



C535U LED BIKE Owner's Manual



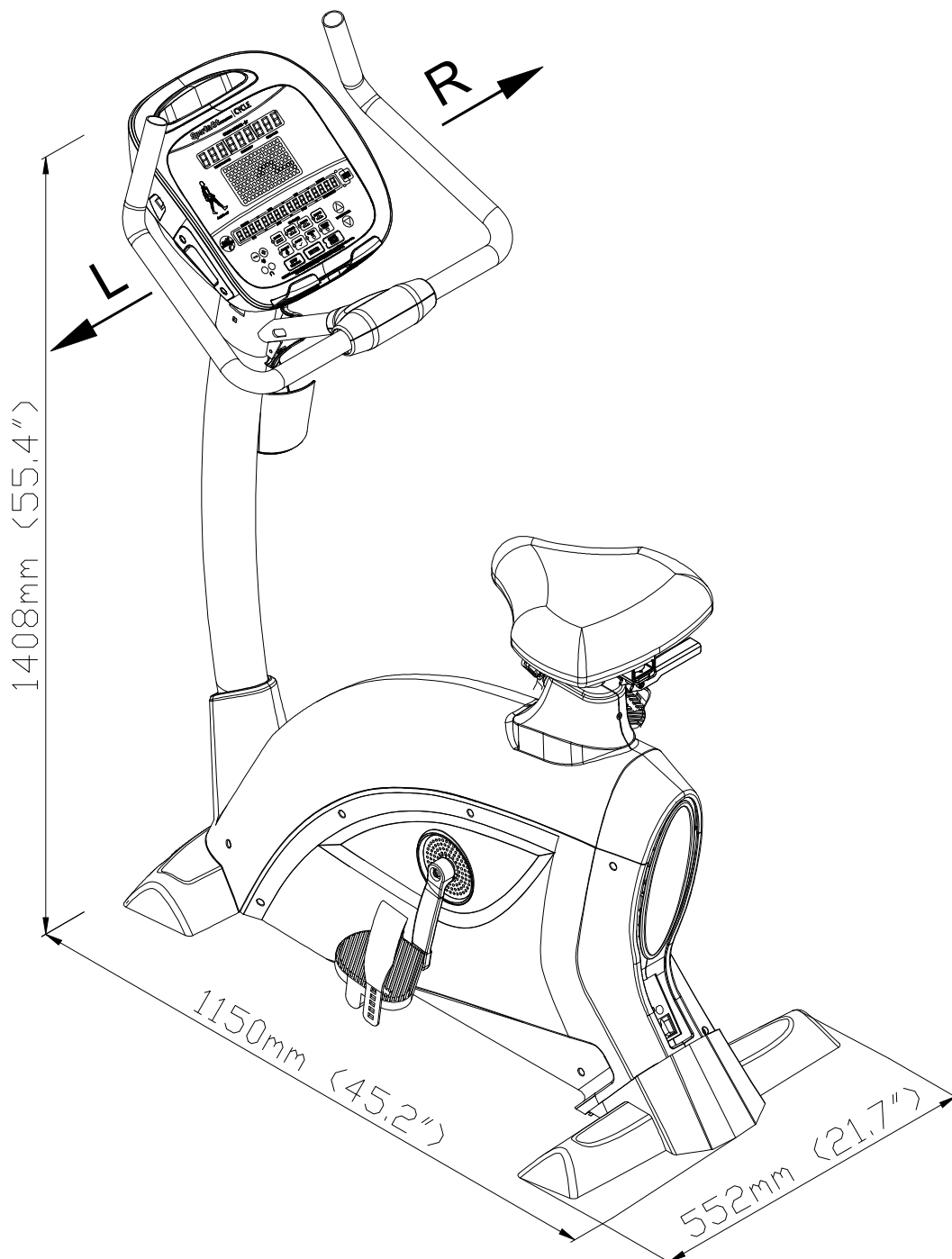
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1. INTRODUCTION

Congratulations on your purchase of one of the finest exercise products on the market today, the C535U exercise cycle. Constructed of high quality materials and designed for years of reliable usage, this product was made to become an integral part of your commercial fitness venue.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.



2. SAFETY PRECAUTIONS

Your SportsArt bike was designed and built for optimum safety. However certain precautions apply whenever you use your bike.

Please read the entire manual before assembly and operation. Also, please note the following safety precautions:

- Please read the instructions carefully and install the bike as instructed.
- Assemble and operate the bike on a solid, level surface. DO NOT use outdoors or near water.
- Never allow children on or near the bike.
- Check the bike before every use. Make sure all parts are assembled, and all fasteners are tightened. DO NOT use the bike if the unit is disassembled in any way.
- Keep your hands away from moving parts.
- Wear proper workout clothing; DO NOT wear loose clothing. DO NOT wear shoes with leather soles or high heels. Tie all long hair back. DO NOT go barefoot on this product.
- Be careful when mounting and dismounting the unit.
- The bike may or may not stop immediately if an object becomes caught or impedes normal motion.
- DO NOT use any accessories that are not specifically recommended by the manufacturer. Such parts might cause injuries or cause the unit to fail.
- Close supervision is necessary when this bike is used by, on, or near children, invalids, or disabled persons.
- Use this bike only for its intended use as described in this manual.
- Never operate this bike if it has been damaged in any way. If it is not working properly, or has been dropped or damaged, contact your dealer.
- Keep all air ventilation areas free of blockage.
- Never drop or insert any object into any opening.
- DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
- The general user weight limit for this bike is 180kg (400lb). Note that at resistance level 40 this product meets standards for users of up to 150kg (330lb).
- This bike is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of this bike by a person responsible for their safety.

2. SAFETY PRECAUTIONS (CONTINUED)

Caution

If you feel any pain or abnormal sensation, STOP YOUR WORKOUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion.

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

Note: This equipment has been tested and found to comply with the limits for a digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the user desires to correct such interference, it is at the user's own expense.

Warning

Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, stop exercise immediately and consult a medical physician.

2. CONSIGNES DE SÉCURITÉ IMPORTANTES

- Votre vélo SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre vélo de course.
- Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:
- Veuillez lire attentivement les instructions et installer le vélo de course selon les instructions.
- Assemblez et faites fonctionner le vélo sur une surface solide et plane; NE PAS l'utiliser à l'extérieur ou près de l'eau.
- En aucun cas, ne laissez des enfants à proximité ou sur le vélo.
- Vérifiez le vélo de course avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées, et que tous les éléments de fixation sont serrés. NE PAS utiliser le vélo de course si l'appareil est démonté de quelque façon.
- Gardez vos mains loin des pièces mobiles.
- Portez des vêtements d'entraînement appropriés; NE PORTEZ PAS de vêtements amples. NE PORTEZ PAS de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs. Ne marchez pas pieds nus sur l'appareil.
- Soyez prudent lors du montage et démontage de l'appareil.
- Le vélo peut s'arrêter ou ne s'arrêter pas immédiatement si quelque chose obstacle le mouvement.
- NE PAS utiliser d'accessoire non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.
- Une surveillance étroite est nécessaire quand le vélo est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Utilisez le vélo de course uniquement pour l'usage prévu dans ce manuel.
- N'utilisez jamais le vélo de course s'il a été endommagé de quelque façon que ce soit. S'il ne fonctionne pas correctement, ou s'il est tombé ou endommagé, contactez votre vendeur.
- Veillez à ce qu'aucun orifice de ventilation ne soit obstrué.
- Ne faites jamais tomber ou n'insérez jamais d'objet dans les orifices.
- NE PAS l'utiliser là où des produits aérosols (vaporisés) sont utilisés ou lorsque de l'oxygène est administré.
- La limite de poids de l'utilisateur pour cet vélo est de 180 Kgs (400 lbs). Remarquez que la résistance de 40 convient jusqu'à 150kgs (330 lbs).
- NE PAS transporter le vélo de course par le cordon d'alimentation et n'utilisez pas le cordon comme poignée.
- Maintenez le cordon éloigné de toute surface chaude.
- Débranchez l'appareil de la prise avant l'entretien ou la suppression de toute pièce.
- Pour diminuer le risque de choc électrique, débranchez toujours ce vélo de course de la prise de courant, immédiatement après utilisation et avant le nettoyage.

2. CONSIGNES DE SÉCURITÉ (SUITE)

Ce vélo n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de ce vélo par une personne responsable de leur sécurité. Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le vélo.

ATTENTION

Si vous ressentez une douleur ou si vous avez une sensation anormale, **ARRÊTEZ VOTRE ENTRAÎNEMENT** et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. **NE PAS** s'entraîner jusqu'à l'épuisement.

Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet.

Remarque: Ce matériel a été testé et déclaré conforme aux normes des appareils digitaux de, conformément à la partie 15 du Règlement de la FCC. Ces limites sont conçues pour offrir une protection raisonnable contre les interférences nuisibles dans une installation résidentielle. Cet appareil génère, utilise, et peut diffuser des signaux radioélectriques, et, s'il n'est pas installé et utilisé conformément aux instructions, peut provoquer des interférences nuisibles aux communications radio. Cependant, il n'y a aucune garantie que des interférences ne se produiront pas dans une installation particulière.

Si l'utilisateur désire corriger les interférences, ces corrections seront à la charge de l'utilisateur.

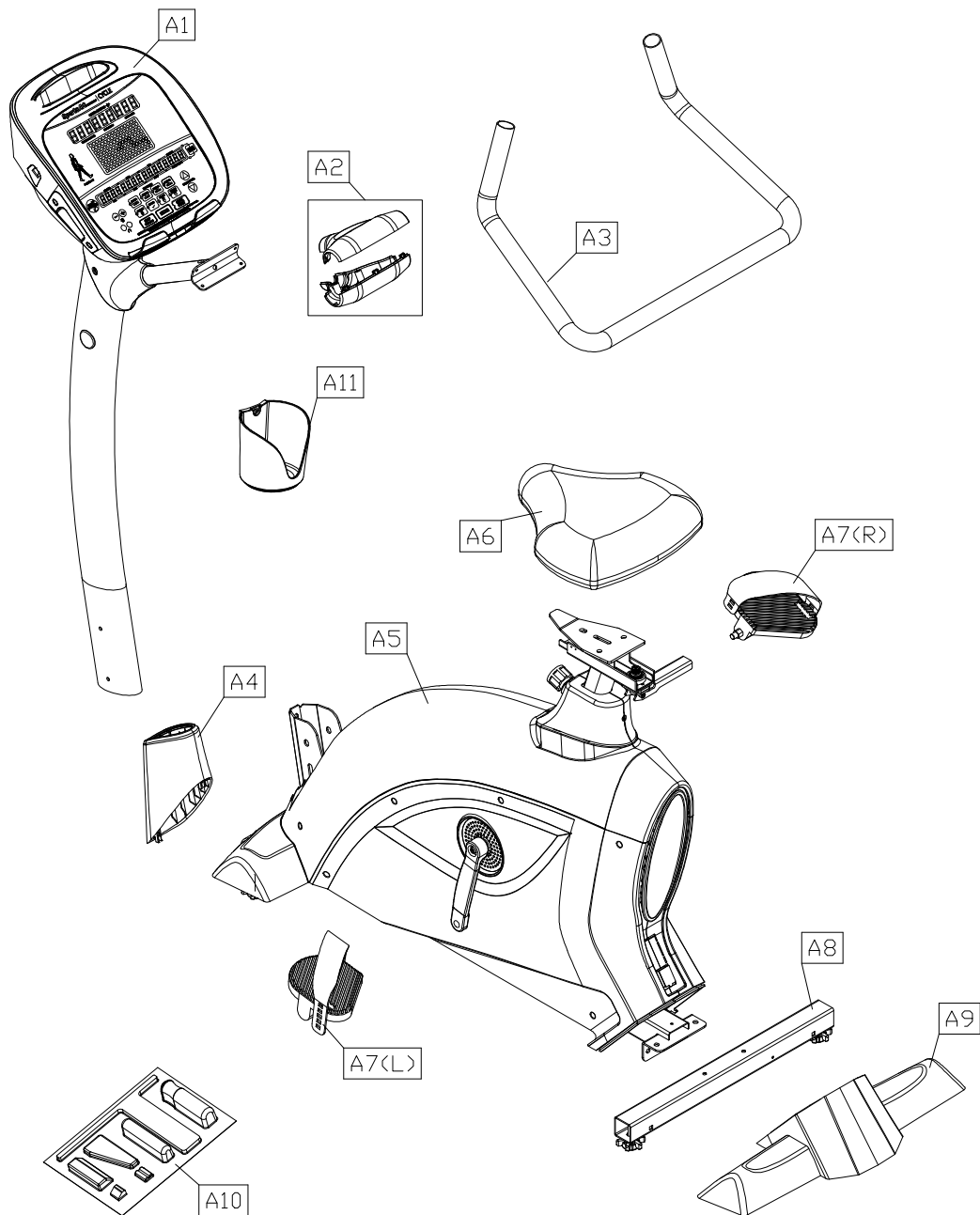
Dans ce manuel, les mots "gauche" et "droit" sont utilisés en référence aux pièces et au produit. Comme tels, les mots "gauche" et "droit" font respectivement référence aux côtés gauche et droit de l'exerciseur. De même pour plus de concision, le mot est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

ATTENTION!

Les systèmes de surveillance de la fréquence cardiaque peuvent s'avérer imprécis. Un entraînement excessif risque de nuire sérieusement à la santé ou d'entraîner la mort. En cas d'étourdissement, arrêtez immédiatement l'entraînement.

- Un branchement incorrect du connecteur de mise à la terre de l'équipement risque d'entraîner un choc électrique. En cas de doute sur la mise à la terre correcte de vélo, faites appel à un technicien ou un électricien qualifié. **NE PAS** modifier la fiche fournie avec l'elliptique, si elle ne correspond pas à la prise, faites installer une prise adéquate par un technicien qualifié.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le vélo.

3. LIST OF PARTS



| Assembly Parts | | | | | |
|----------------|---------------------------------------|------|-----|--------------------|------|
| No. | Name | Qty. | No. | Name | Qty. |
| A1 | Pedestal and display | 1 | A7 | Left/right pedals | 1 |
| A2 | Handlebar mount upper and lower cover | 1 | A8 | Rear support | 1 |
| A3 | Handlebar | 1 | A9 | Rear support cover | 1 |
| A4 | Pedestal cover | 1 | A10 | Hardware kit | 1 |
| A5 | Main frame and body | | A11 | Storage tray | 1 |
| A6 | Seat bottom | 1 | | | |

3. LIST OF PARTS (CONTINUED)

| Components in the Hardware Kit | | | | |
|--------------------------------|----------------------------|------|-----------------------|-------|
| No. | Name | Qty. | Specification | Notes |
| 21 | Screw socket | 8 | | |
| 22 | Mushroomtop Phillips screw | 2 | M5*L12 | |
| | Serrated washer | 2 | BW5 3/16 | |
| 23 | Mushroomtop Phillips screw | 8 | Ø8.5*M4*L14 | |
| 24 | Spring washer | 4 | M4 | |
| 25 | Ground wire | 1 | Yellow/Green L1500 | |
| | L-shaped Allen wrench | 1 | M5 | |
| | L-shaped Allen wrench | 1 | M6 | |
| | Double open-end wrench | 1 | 13*15 | |
| | Screwdriver handle | 1 | Green | |
| | Screwdriver shank | 1 | Phillips and flat | |

| Components on the Product | | | |
|---------------------------|----------------------------|---------------|-------|
| No. | Name | Specification | Notes |
| 31 | Round head inner hex screw | M8*L20 | |
| | Spring washer | M8 | |
| | Flat washer | Ø22*Ø8.5*t3.0 | |
| 32 | Hex head screw | M8*L20 | |
| | Serrated washer | Ø18*Ø8.5*t2.0 | |
| 33 | Round head inner hex screw | M6*L12 | |
| | Flat washer | Ø13*Ø6*t1.0 | |
| 34 | Mushroomtop Phillips screw | Ø8.5 M4*L14 | |

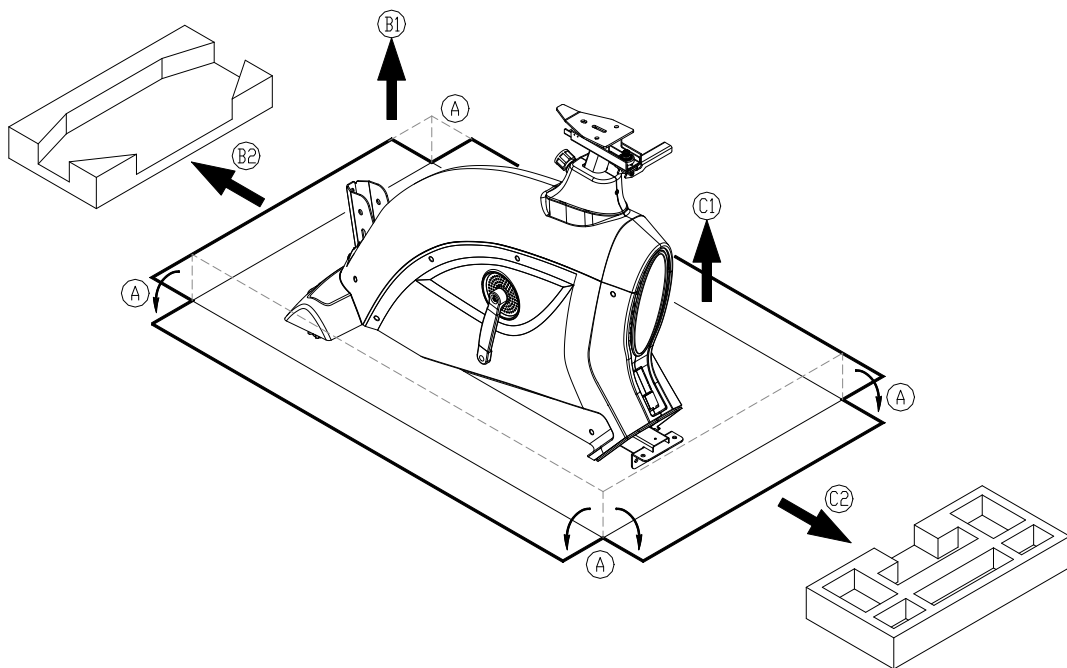
4. ASSEMBLE THE PRODUCT

Follow instructions below to assemble this product. Note that in this manual the words “left” and “right” are used to refer to the product and its parts. As such, these designations correspond to the “left” and “right” sides of a person in position to exercise on this product. Also, for brevity, the word “screws” is used where screws, washers, and other hardware may be involved.

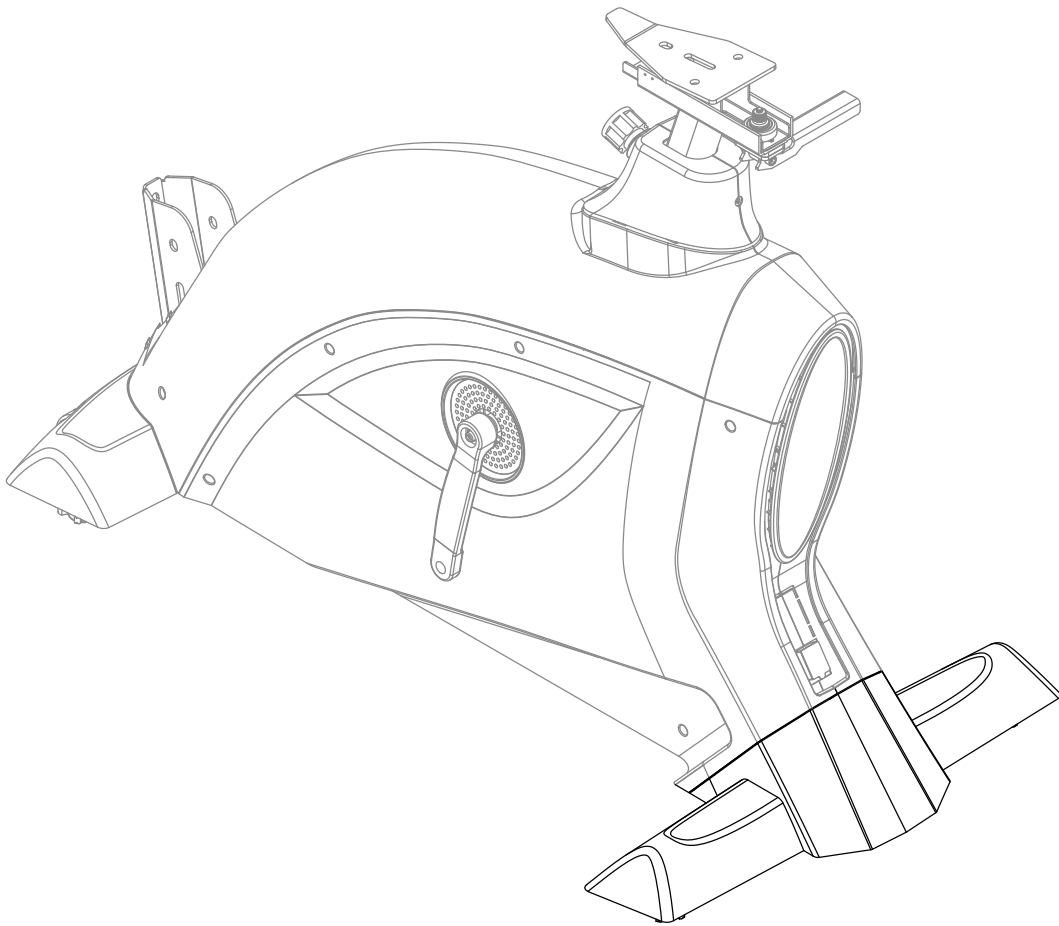
STEP 0 Preparation: Separate product from the Package

Follow steps A, B, and C to flatten the cardboard box and place the body of the bike on the flattened cardboard.

- A. First, remove the parts, and cut the four corners of the box to flatten them.
- B. Lift the front end of the box, and remove the Styrofoam.
- C. Lift the back end of the box, and remove the Styrofoam.



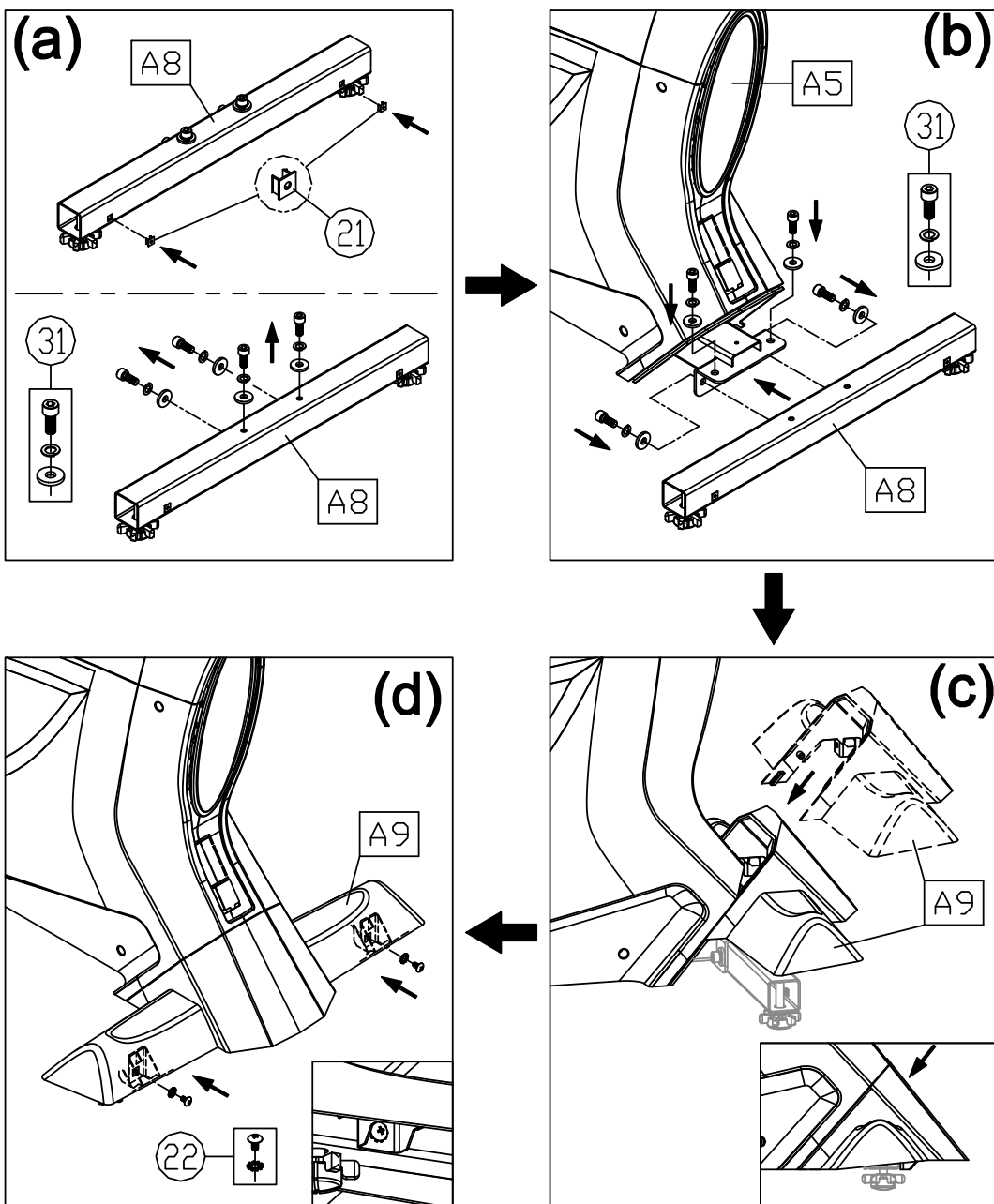
STEP 1 Install the Rear Support and Cover



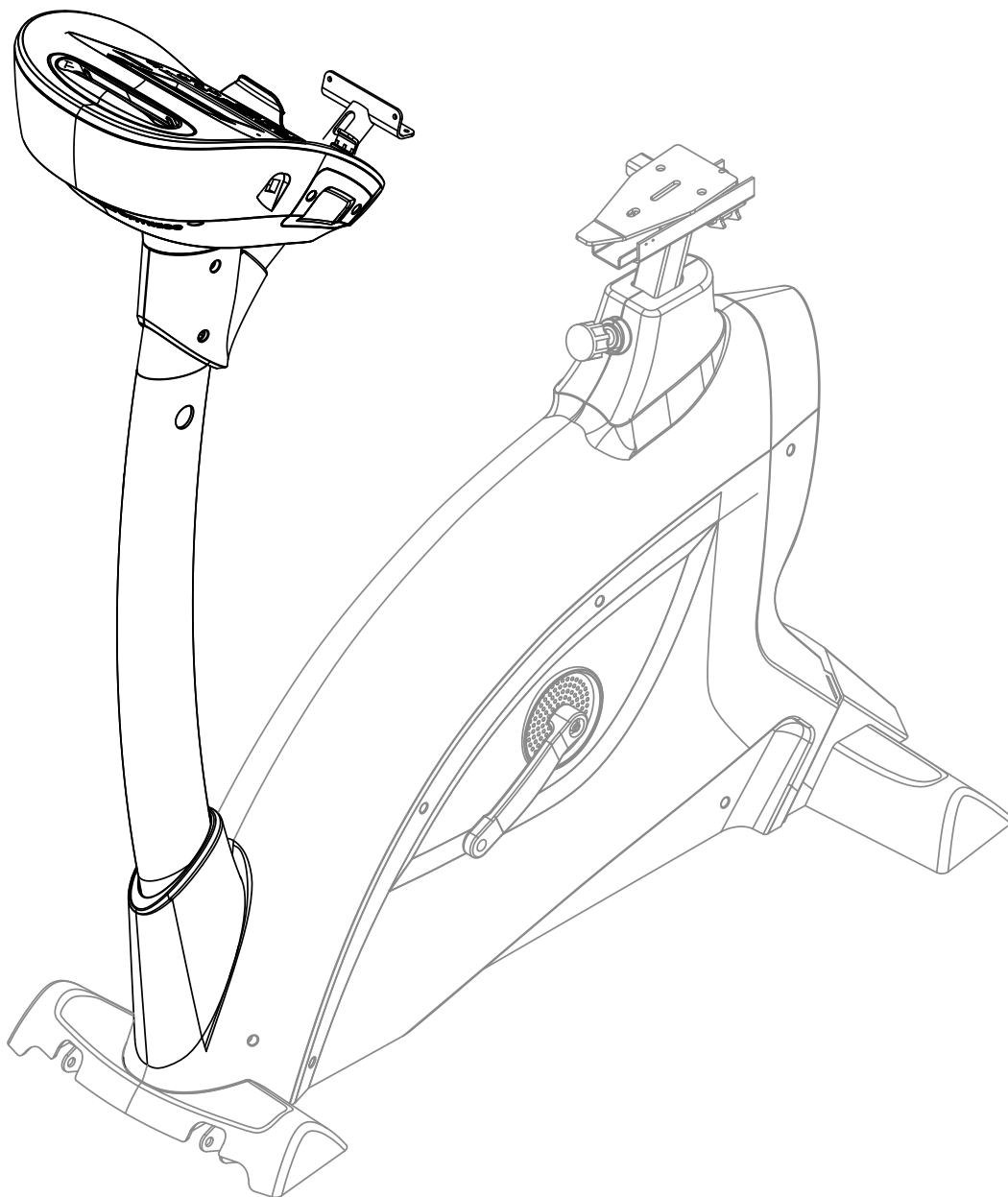
STEP 1 Install the Rear Support and Cover (Continued)

Follow steps (a) through (d) below to install the rear support and its cover.

- (a) Insert screw sockets (21) into the rear support (A8) and then remove screws (31) from the rear support (A8).
- (b) Use these screws (31) to secure the rear support (A8) to the main frame (A5) as shown.
- (c) Align the support cover (A9) with the left and right side covers and then insert the support cover into the channel.
- (d) Finally, use screws (22) to secure the rear support cover (A9).



STEP 2 Install the Pedestal



STEP 2 Install the Pedestal (Continued)

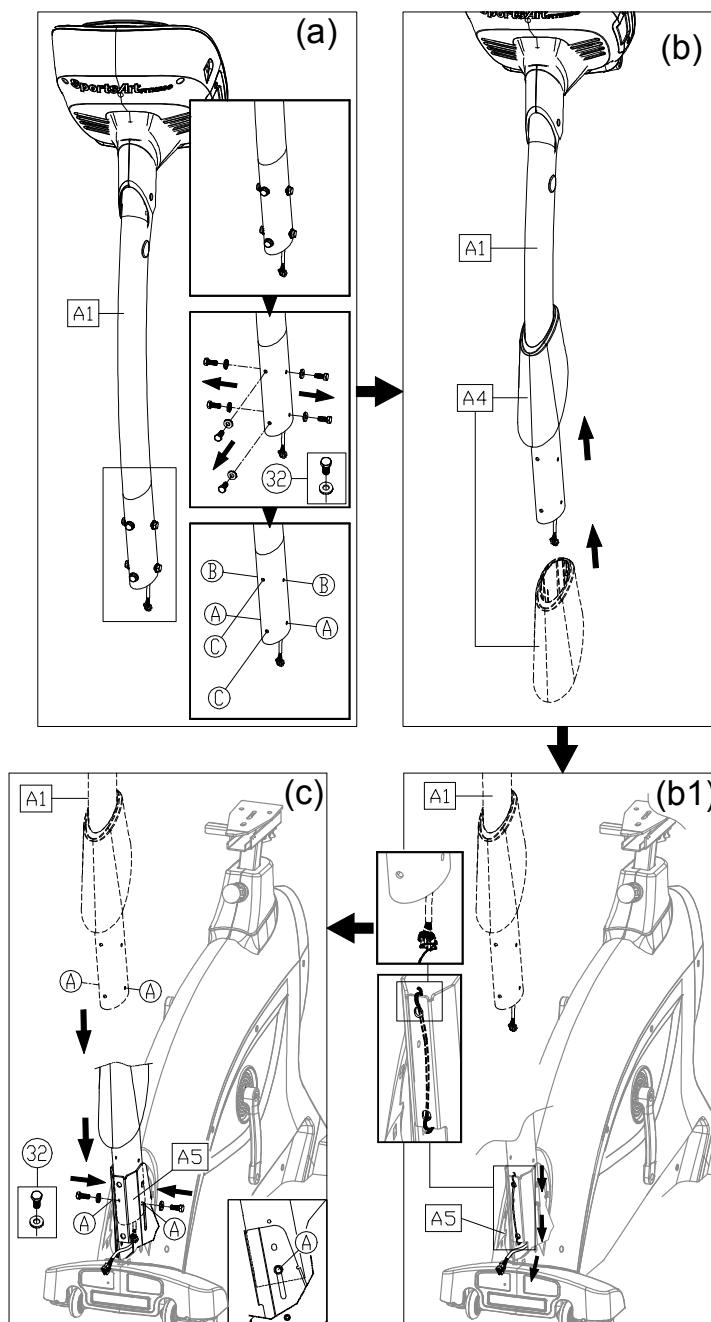
Follow steps (a) through (f) below to secure the pedestal onto the main frame.

(a) First, remove screws (32) from the lower part of the pedestal and display (A1). Note: Areas A and B have elongated holes; Area C has round holes.

(b) Insert the pedestal cover (A4) onto the pedestal and display (A1).

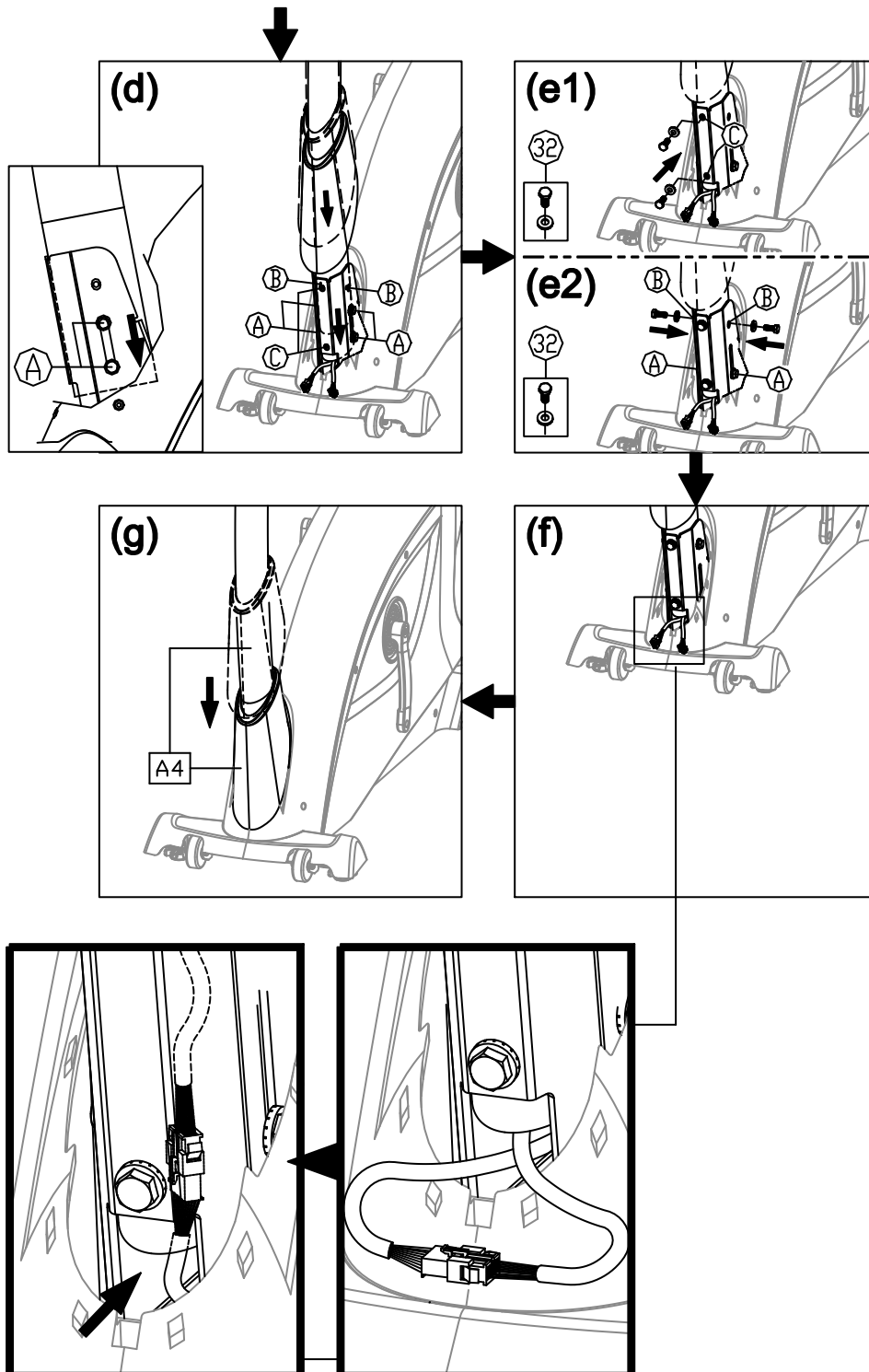
(b1) Disconnect the top end of feeder cord from the main frame (A5) and wrap it around the top of the cables from the pedestal and display (A1) to secure them together. Disconnect the bottom end of feeder cord and pull it out as indicated by arrows and then disconnect the feeder cord from the cables.

(c) Insert the pedestal and display (A1) onto the pedestal base on the main frame (A5), aligning it with hole A. Start threading screws (32), but do not fully secure these screws yet.



STEP 2 Install the Pedestal (Continued)

- (d) Once screws are loosely in place, lower the pedestal into place until B and C holes come into alignment.
- (e) First secure screws (32) in position C and then secure screws in positions A and B.
- (f) Connect cables at the pedestal base and tuck extra cabling into the pedestal for safety.
- (g) After connecting cables, press the pedestal cover (A4) down into place.

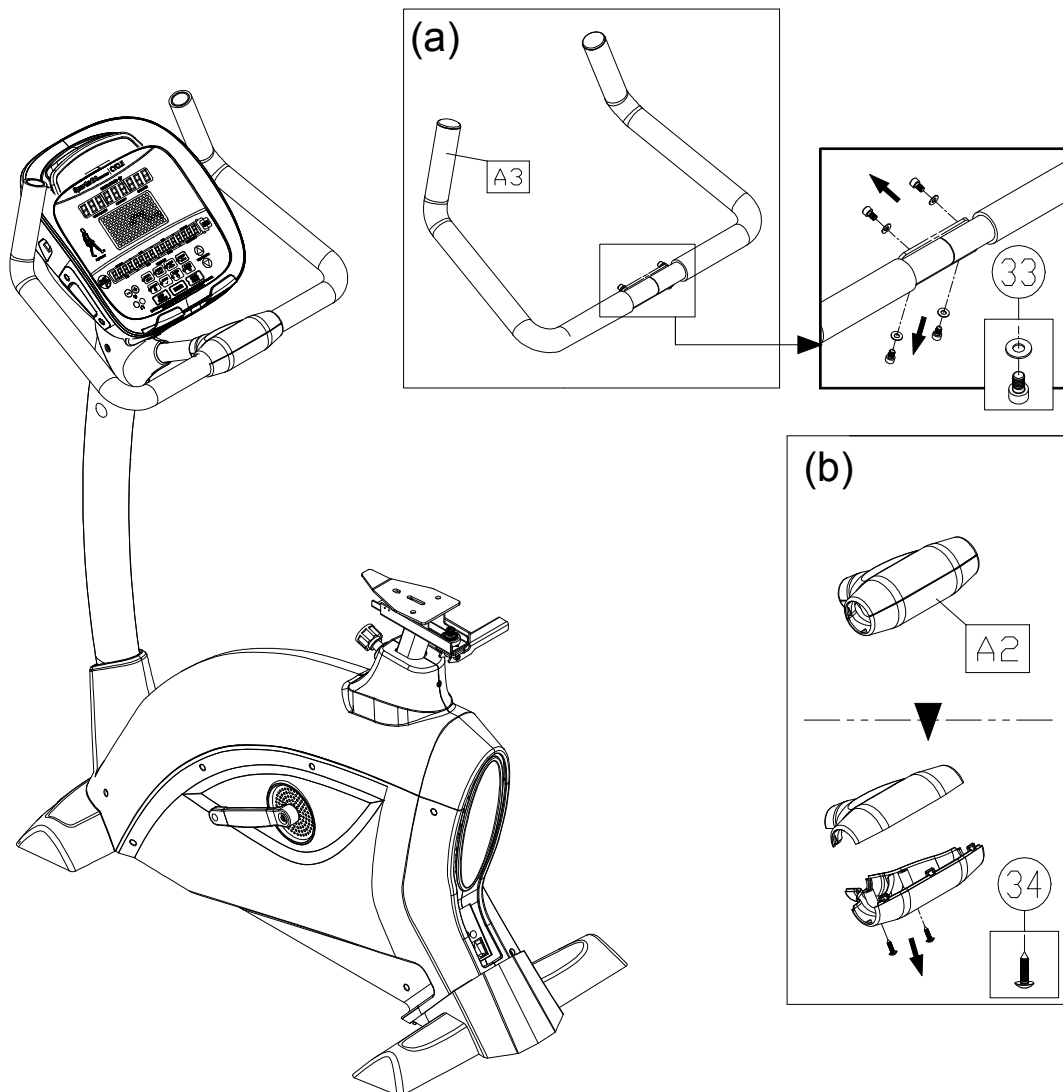


STEP 3 Install the Handlebar and Cover

Follow steps (a) through (e) below to secure the handlebar and handlebar mount upper and lower covers.

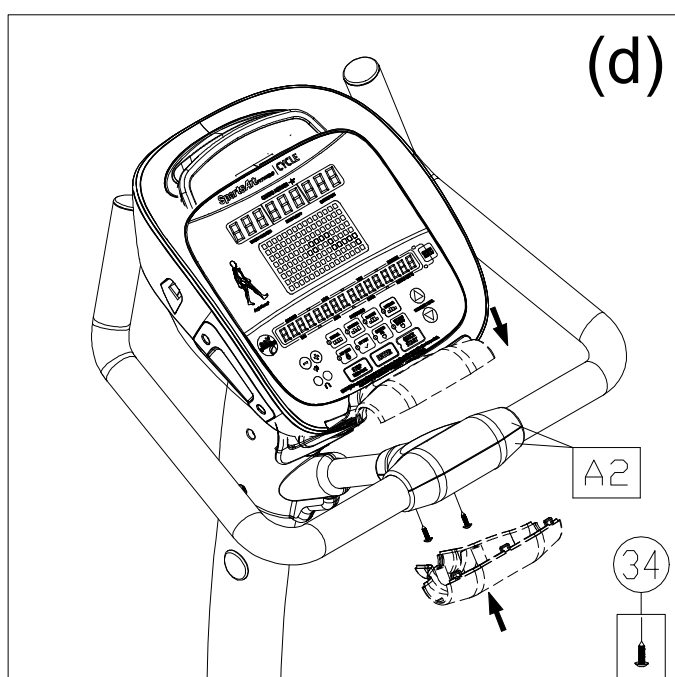
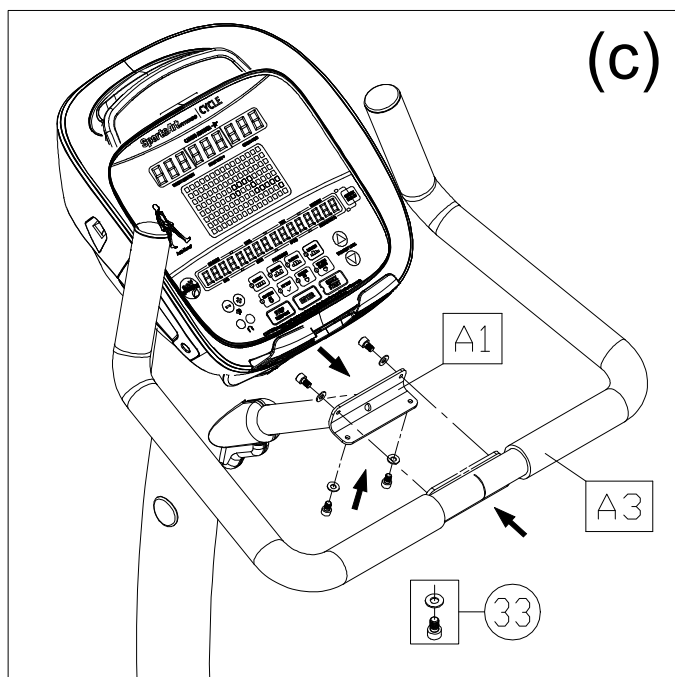
(a) Remove screws (33) from the handlebar (A3) as shown.

(b) Remove screws (34), and disconnect upper and lower mount covers (A2) from each other.



STEP 3 Install the Handlebar and Cover (Continued)

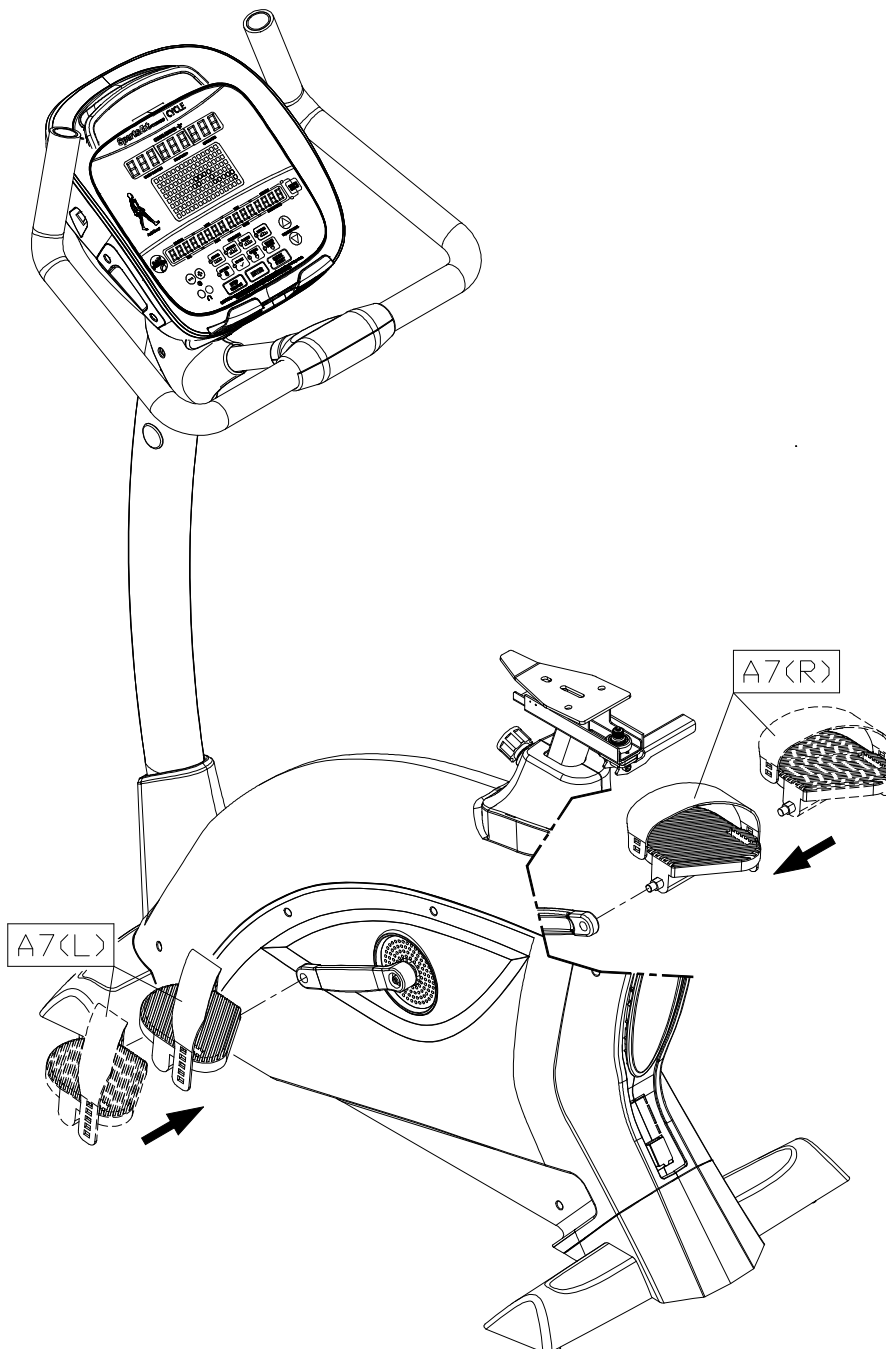
- (c) Hold the handlebar (A3) onto its mount on the pedestal and display (A1) and secure the handlebar mounting screws (33).
- (d) Connect handlebar mount upper and lower covers (A2) onto the product, and secure screws (34).



STEP 4 Install the Pedals

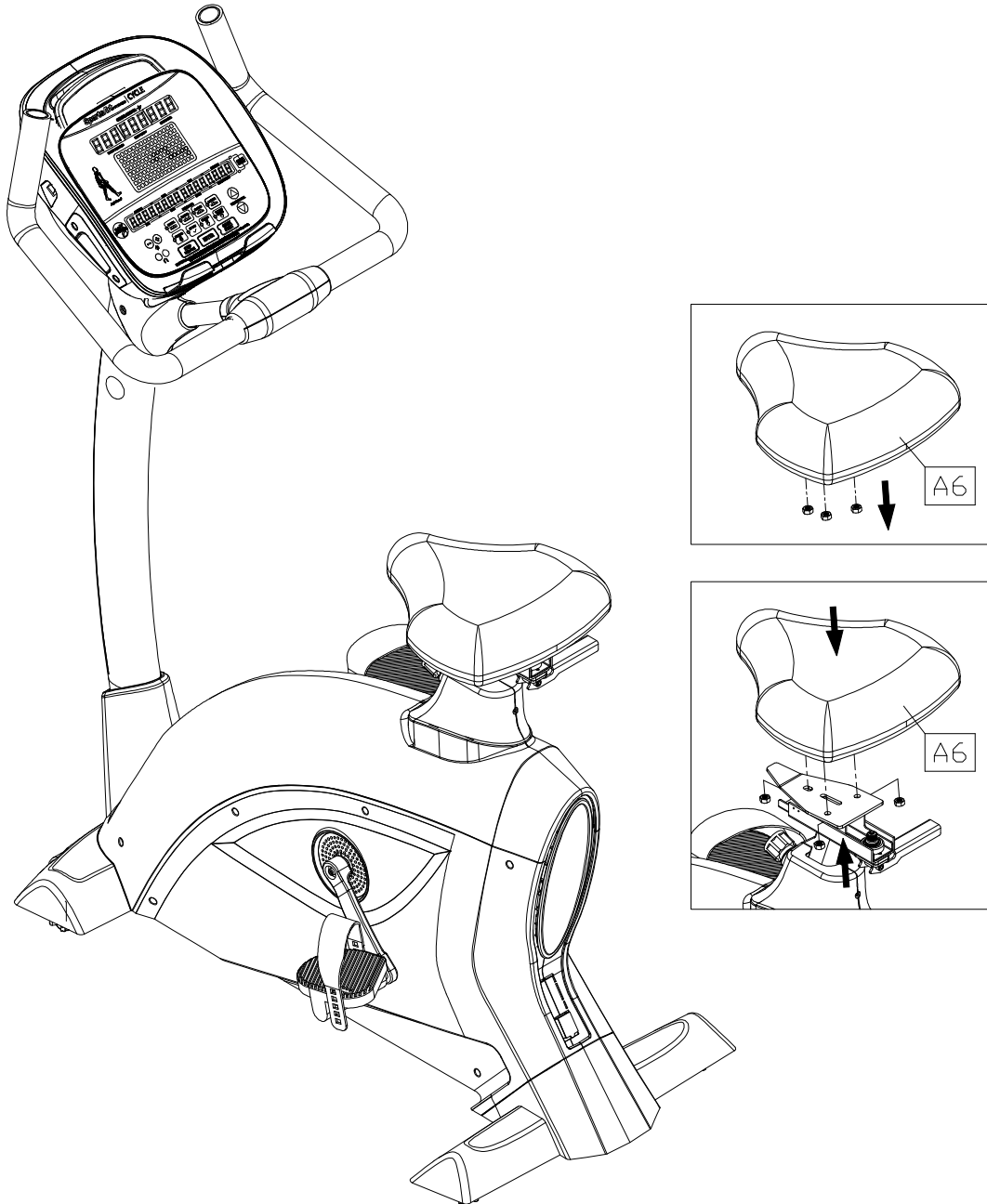
Be very careful in securing pedals to the pedal cranks. Otherwise, pedals and crank threads can easily become stripped and must be replaced. Note that left and right side designations for parts correlate to the exerciser's left and right sides as he or she exercises on the product.

Put the pedal (A7) marked R on the right crank fitting. Turn the pedal stem clockwise by hand until you feel it smoothly thread into place and then use the open-end wrench to secure the pedal (A7) firmly in place. Put the pedal (A7) marked L on the left crank. Turn the pedal stem counterclockwise by hand until you feel it smoothly thread into place and then use the open-end wrench to secure it firmly in place on the crank.



STEP 5 Install the Seat Bottom

First, remove nuts from the seat bottom (A6). Set the seat bottom in place and secure it with the nuts.

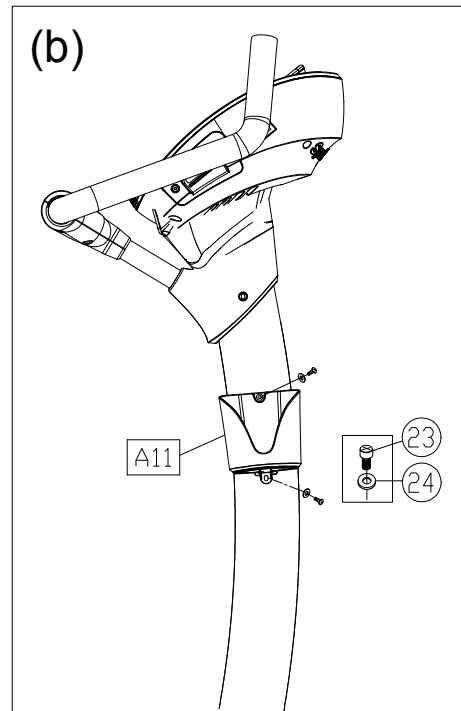
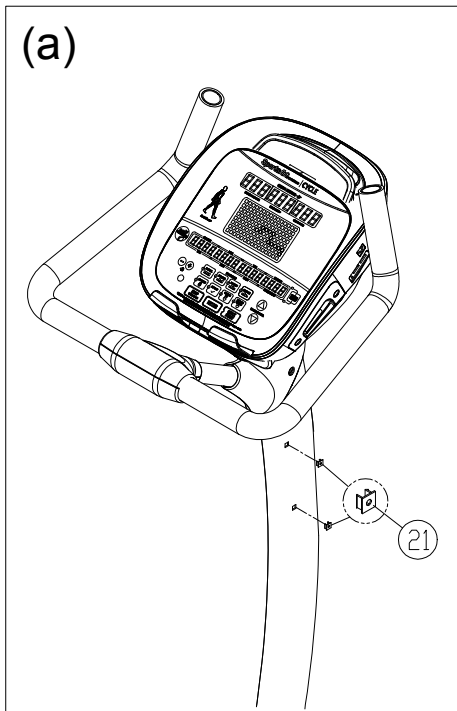


STEP 6 Install the Storage tray

Follow steps (a) through (b) below to install the storage tray.

(a) First insert screw sockets (21) into the pedestal.

(b) Use these screws (23) (24) to secure the storage tray (A11) onto the pedestal.



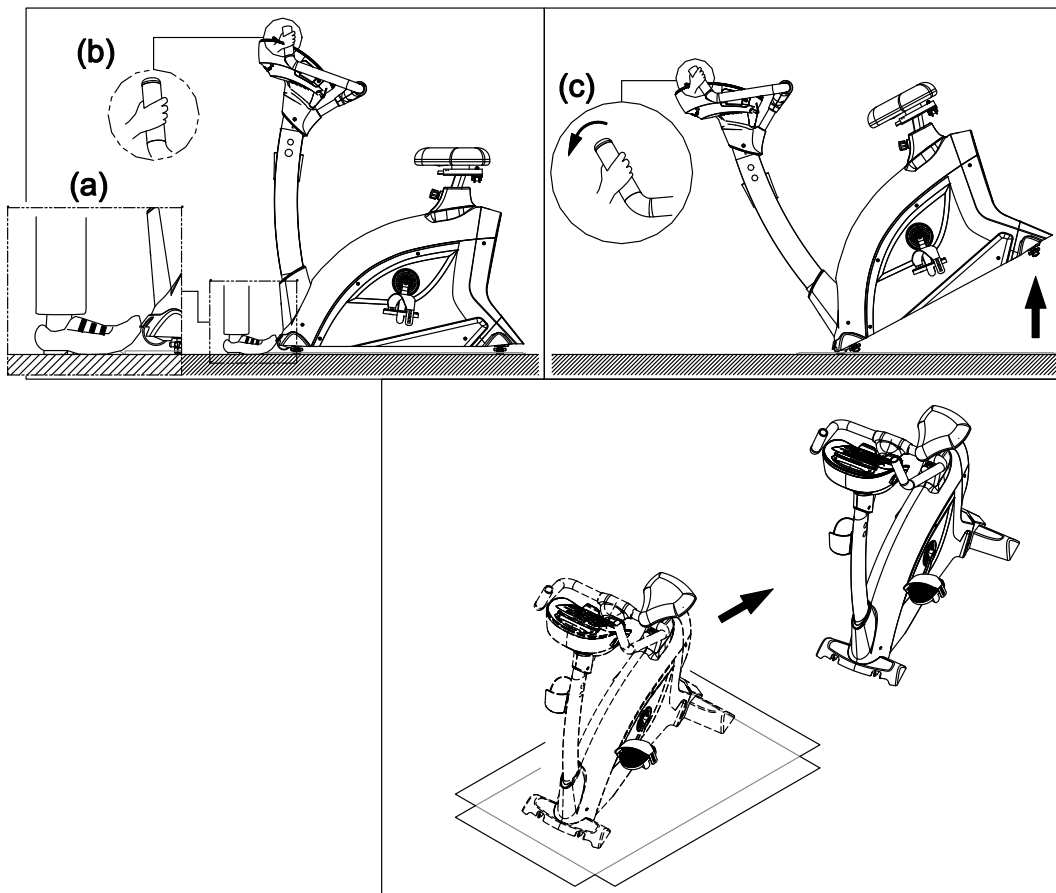
STEP 7 Move the Product

Follow steps (a) through (c) below to move the product in place for use.

(a) Stand in front of the unit. Place one foot in front of the wheel.

(b) Hold onto handlebars with both hands.

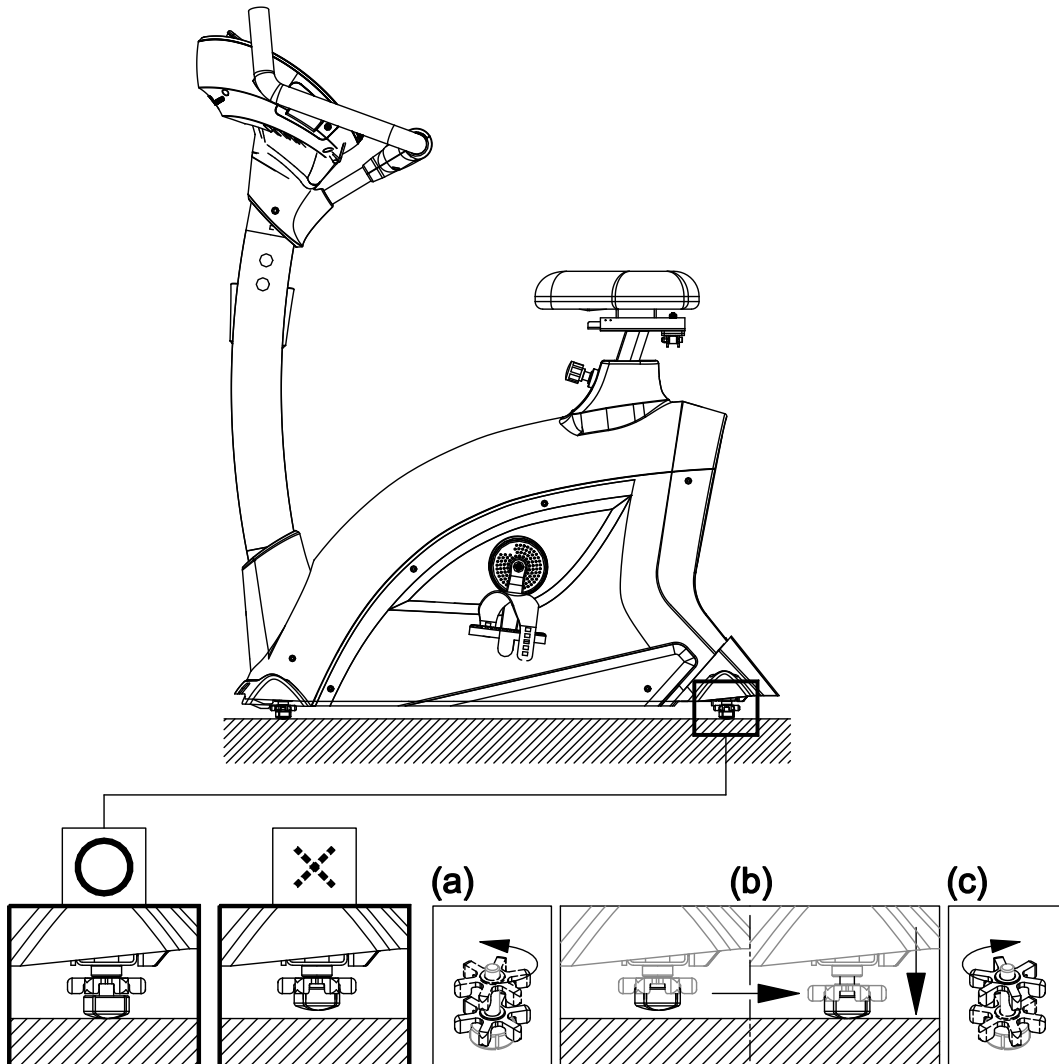
(c) Press the handlebars down, placing the unit at a slant and then roll the bike off the cardboard and into place for use.



STEP 8 Level the Bike

For the user's safety and the proper functioning of the product, this bike must sit level on a flat floor. If necessary, adjust the levelers by following instructions (a) through (c) below.

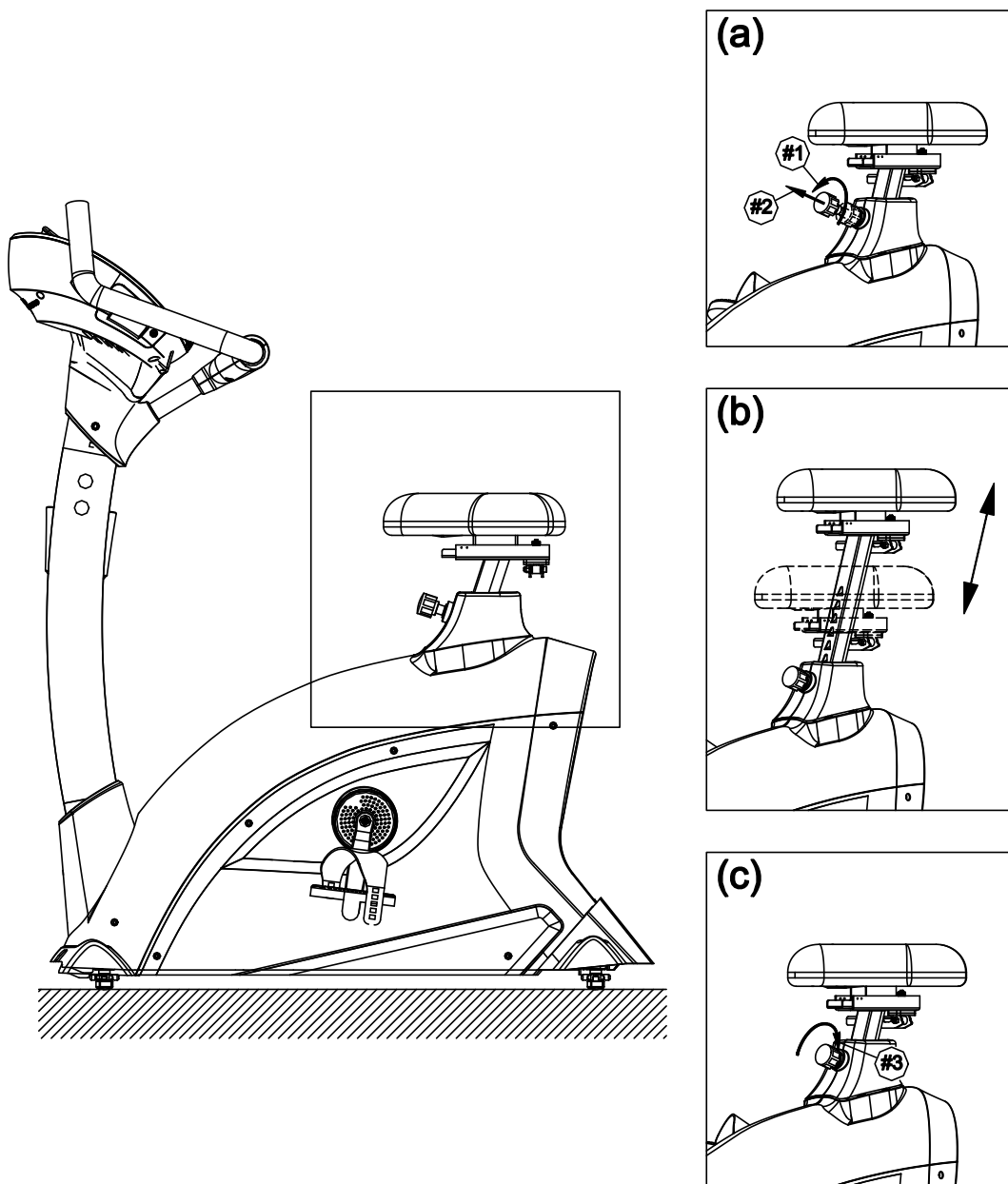
- (a) Loosen the leveler nut.
- (b) Rotate the leveler foot downward so it firmly touches the floor.
- (c) To secure this position, secure the leveler nut against the product frame.



STEP 9 Seat Position Adjustment

Follow steps (a) through (c) to adjust seat height.

- (a) Turn the seat adjustment knob counterclockwise and then pull the knob.
- (b) Use your hand to adjust the seat position up or down.
- (c) When the seat is in the desired position, release the knob and then turn the knob clockwise to lock the seat into place.



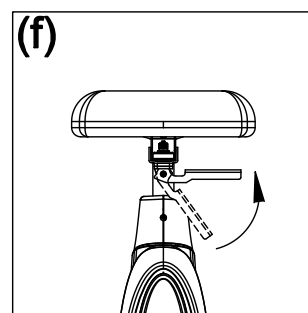
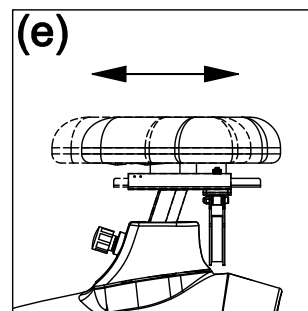
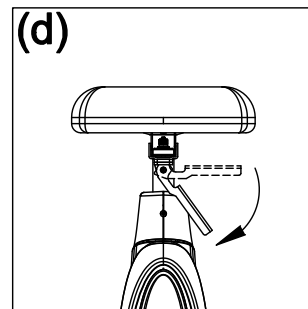
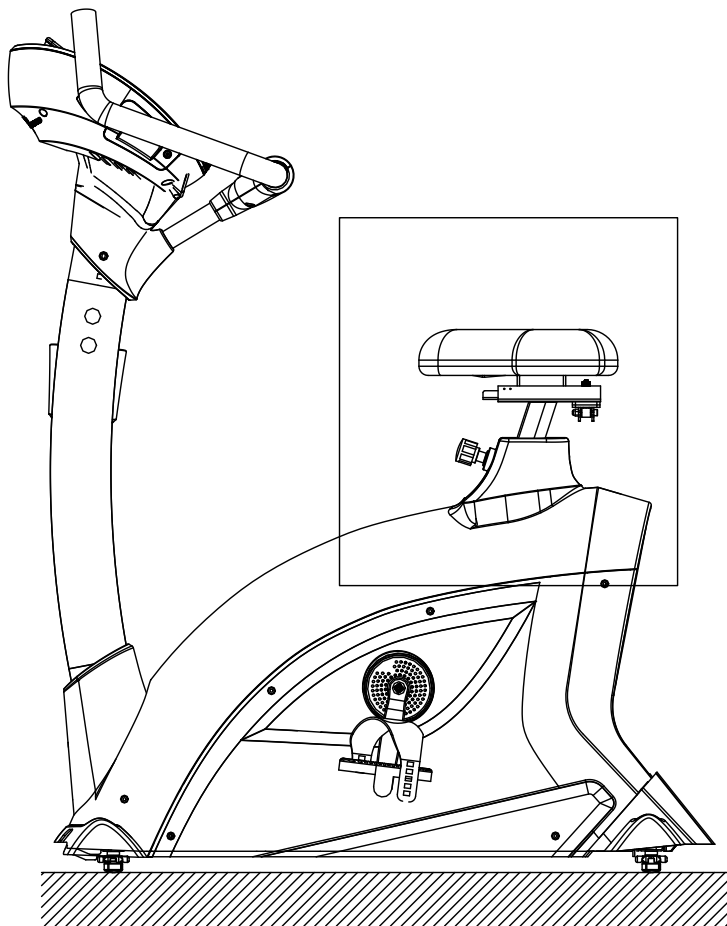
STEP 9 Seat Position Adjustment (Continued)

Follow steps (d) through (f) below to adjust seat fore and aft placement.

(d) Press the fore/aft adjustment lever downward to release the seat.

(e) Use your hand to move the seat fore or aft as desired.

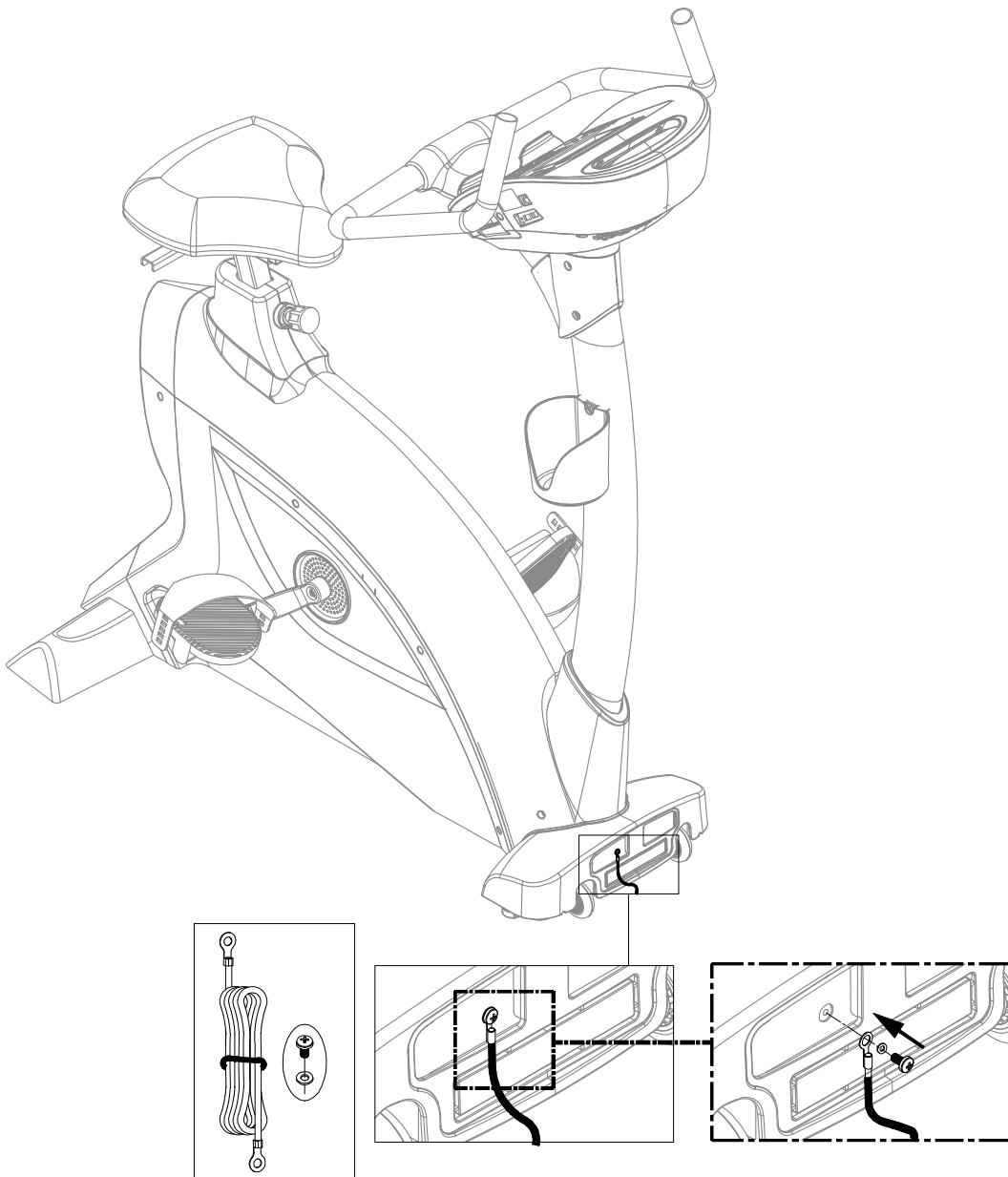
(f) Lift the fore/aft adjustment lever upward to secure this position.



STEP 10 How to Connect the Ground Wire

Note: A ground wire and the following instructions are required by European safety standards. The ground wire is not required by North American safety standards.

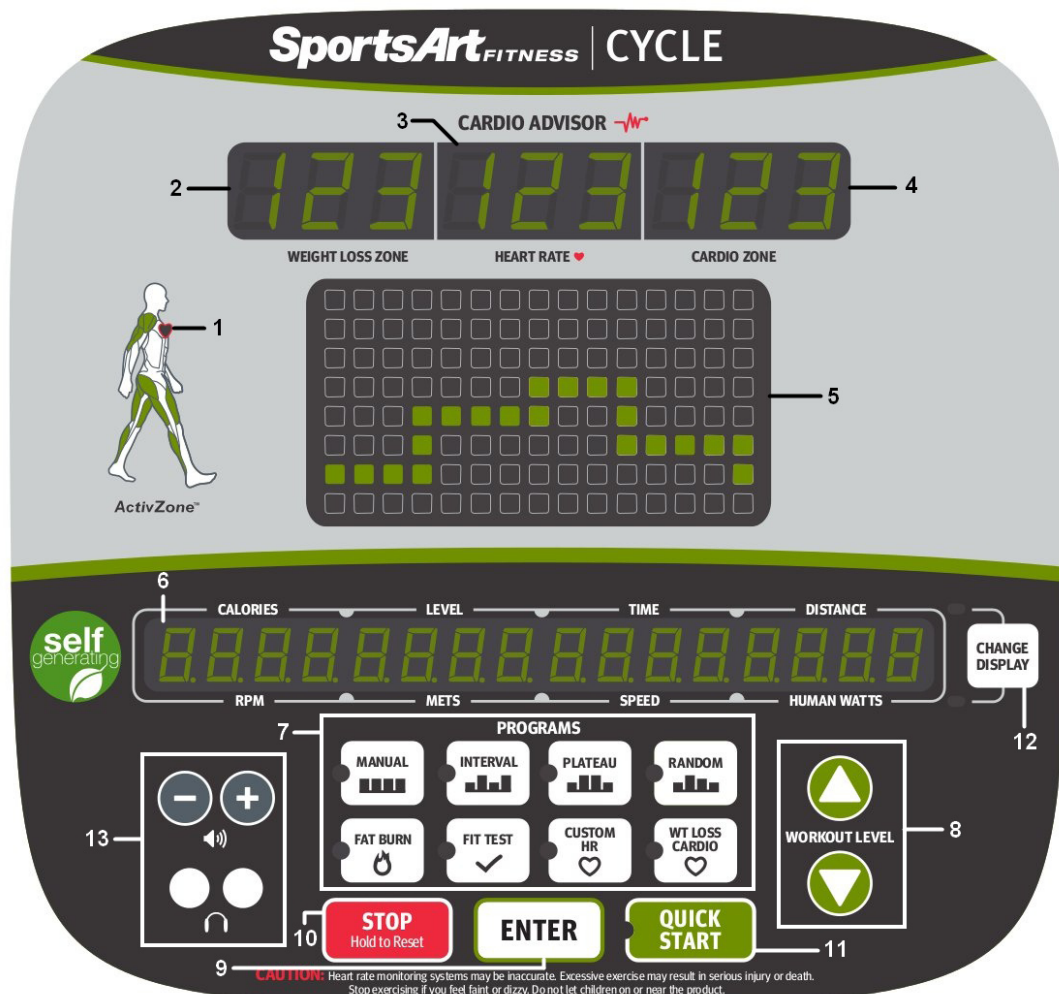
Installation instructions: Please use screws and washers to secure one end of the ground wire to the product frame as shown and the other end to the building electrical ground.



5. UNDERSTAND THE C535U DISPLAY

DISPLAY Overview

The C535U upright cycle is designed for user convenience. With better feedback about your workout, you get better results. The following explains the display key and window functions. Please read this manual, understand the display functions, and thereby get optimum enjoyment and benefit from this product.



- | | |
|--------------------------------------|---------------------------|
| 1. Pulse LED | 8. Work Out Level Keys |
| 2. Weight loss 65% target heart rate | 9. Enter key |
| 3. Actual heart rate | 10. Stop/Reset Key |
| 4. Cardio 80% target heart rate | 11. Quick Start key |
| 5. Dot Matrix Screen | 12. Change Display Key |
| 6. Exercise feedback screen | 13. Volume adjusting keys |
| 7. Workout program keys | |

DISPLAY Specifications

- Workout level (resistance level): 1 - 40
- METS: 0.0 - 99.0
- Time: 0:00 - 300:00
- Distance: 0.00 - 9999 km or mile
- Calories: 0.0 - 9999 kcal
- RPM: 5 – 150 (Range shown)
- Speed: 0.1mph (kph)
- Human Watts: 0 – 9999
- Heart Rate range: 40 - 250bpm
- Programs: MANUAL, INTERVAL, PLATEAU, RANDOM, FAT BURN, FIT TEST, CUSTOM HR and CARDIO/WT LOSS.

DISPLAY Windows

- Cardio Advisor™ shows heart rate goals, WT LOSS 65% and CARDIO 80%, and actual heart rate (center).
- The exercise feedback window shows workout usage prompts and workout information.
- The workout illustration window shows workout program illustrations.

DISPLAY Keys

Display key functions are introduced briefly below.

QUICK START – Press this key to start exercising without first entering age, weight, and other user information. During pause mode, press this key to resume the workout. During program set up, press this key to start using the selected program.

MANUAL – This key allows you to directly control resistance, via resistance keys.

INTERVAL – Press this key to select one of three interval programs: 1:1, 1:2, 2:2. Numbers represent minutes. For example, the 1:1 interval program consists of one minute of rest, followed by one minute of work.

PLATEAU – This workout program gradually increases in difficulty, plateaus, then tapers off, in a 20-60-20 pattern.

RANDOM – Press this key to select one of an almost endless number of randomly generated workout programs. Each key press, the console will randomly generate a different program.

DISPLAY Keys (Continued)

FAT BURN – This workout program provides 1 - 20 different difficulties to select from.

FIT TEST – Press this key to enter a FIT TEST program and start the fitness test.

CUSTOM HR – This heart rate control program allows you to set your own target heart rate.

WT LOSS – A heart rate control program, the weight loss workout is designed to keep the exerciser's pulse at the optimum rate for losing weight. Resistance settings change automatically to maintain a target heart rate calculated by the formula $(220-AGE)*0.65$.

CARDIO – A heart rate control program, the cardio conditioning workout is designed to keep the exerciser's pulse at the optimum rate for cardio conditioning. Resistance settings change automatically to maintain a target heart rate calculated by the formula $(220-AGE)*0.8$.

ENTER – After making a selection, press this key to confirm your choice.

WORKOUT LEVEL ▲/▼ – Press this key to change resistance settings. Settings change by one level each time the key is pressed.

STOP/HOLD TO RESET – During a workout, or Cool Down mode, press this key to display the workout information such as time, distance and calories. At workout summary display mode, press this key to end this program and return to idle and the display will show: SELECT A PROGRAM. At anytime of a program, press and hold this key for 2 seconds, it will reset the console and return to idle mode.

CHANGE DISPLAY – This key controls the exercise feedback window, which has two rows: The top row shows CALORIES, LEVEL, TIME, DISTANCE; the bottom row shows RPM, METS, SPEED, HUMAN WATTS. Corresponding LEDs light to indicate the active row of exercise feedback. Press the CHANGE DISPLAY key to toggle between top and bottom feedback row views.

VOLUME + / - – iPod, iPhone analog audio volume adjustment. (Note: this is an option feature and it is only compatible with Apple 30 pin connector.)

6. OPERATE THE PRODUCT

There are two ways to start operating this product, either through the QUICK START mode or through a workout program/goal.

OPERATION Quick Start

Time, distance and calories will count up. If a workout time limit is activated, time will count down, but distance and calories will count up continuously. In QUICK START mode, resistance begins at level 1; calorie and other information is based on a 35 year old and 165 lb. (75 kg) user. Both QUICK START and MANUAL LEDs are lit up to indicate QUICK START program is in session. In QUICK START mode, resistance setting can be modified at any time.

OPERATION Start a Workout Program

To obtain more accurate calorie counts and target heart rates, operate the product via a workout program as follows:

1. Press a workout program key (MANUAL, INTERVAL, PLATEAU, RANDOM, FAT BURN, FIT TEST, CUSTOM HR, CARDIO/WEIGHT LOSS) to select a workout. Press ENTER to confirm the program selection.
2. If you select a program key, then "SELECT GOAL" will appear on the exercise feedback window and "TIME" will appear after two seconds. There are three types of workout goals: TIME, DISTANCE, and CALORIE. Use WORKOUT LEVEL ▲/▼ keys to make your selection. Press the ENTER key to confirm your setting.

If you select a goal program, its LED indicator will light up. Follow the instruction below to set up the goal and start the program. Once the program is started, resistance and stride setting can be modified at any time.

- The TIME setting range is from 5:00 to 300:00, with a default value of 30:00. If the program time limit is activated in engineering mode, the max time can be entered will change accordingly. Use ▲/▼ keys or numeric keys (0-9) to make your selection. Press the ENTER key to confirm your setting and proceed to input your age. Or press QUICK START key to start this program right away with default age and weight.
- The DISTANCE setting range is from 0.1 to 99.9 miles or kilometers, with a default value 2.0 miles (3.0 kilometers). If the program time limit is activated at the engineering mode, then the DISTANCE goal will be deactivated. Use ▲/▼ keys or numeric keys (0-9) to adjust the setting. Press the ENTER key to confirm your setting and proceed to input your age. Or press QUICK START key to start this program right away with default age and weight.

OPERATION Start a Workout Program (Continued)

- The CALORIE setting range is from 100 to 9999 kCal, with a default value of 100 kCal. Use ▲/▼ keys or numeric keys (0-9) to make your selection. Press the ENTER key to confirm your setting and proceed to the age setting. Or press QUICK START key to start this program right away with default age and weight.
3. The age setting range is from 10 to 90, with a default value of 35 years old. Use ▲/▼ keys or numeric keys (0-9) to make your selection. Press the ENTER key to confirm your setting and proceed to the weight setting. Or press QUICK START key to start this program right away with default weight.
 4. The weight setting range is from 50 to 400 lb. (20 to 180 kg), with a default setting of 165 lb. (75 kg). Use ▲/▼ keys or numeric keys (0-9) to make your selection. Press the ENTER or QUICK START key to confirm your setting and start exercising.

Follow prompts to begin your workout. Please refer to OPERATION Workout Programs for information about specific workout programs.

Note that a different workout program can be activated simply by pressing the other workout program key. The workout goal will remain the same, and progress toward the workout goal will continue to accrue.

OPERATION Display

1. If the feedback window is at lower row, press WORKOUT LEVEL ▲/▼ key to adjust the resistance, the display will temporary switch to top row to show the adjustment. In 4 seconds, it will return to lower row.
2. Heart Rate display: it will display the actual heart rate bpm.
3. During workout, user can switch to a different workout program using the same goal by pressing a different program key. There are some exceptions, listed below:
 - During MANUAL, INTERVAL, PLATEAU, RANDOM, FAT BURN, CUSTOM HR, WT LOSS & CARDIO workout, it can't be switched to FIT TEST program.
 - Switch program is not allowed during FIT TEST program.

OPERATION Cool Down

Once the workout goal (time, distance, or calorie expenditure) has been obtained, the product will enter a two-minute cool down period. The display will count down from two to zero.

When the countdown reaches zero, the cool down period will end. The message "REVIEW SUMMARY" will appear, along with accumulated workout information, including total time, distance and calorie expenditure.

Press the STOP key to return to idle mode which the "SELECT A PROGRAM" prompt will appear.

OPERATION Workout Programs

The following explains features of the workout programs.

MANUAL

This program allows you to manually control resistance. In manual mode, simply press WORKOUT LEVEL ▲/▼ keys to control resistance.

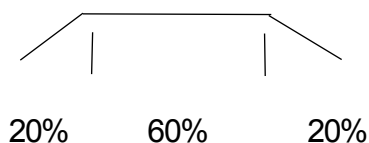
INTERVAL

There are three interval programs: INTERVAL1:1, INTERVAL1:2, INTERVAL 2:2. Each interval program includes two segments, a work segment and a rest segment. (Example: Interval 1:1 indicates one segment of one minute in duration, followed by a second segment of one minute in duration.)

Each time the INTERVAL key is pressed, one of the three interval programs will appear. When your preferred interval program appears, press the ENTER key to activate that program. Then follow prompts to set the interval segment resistance settings. After you begin exercising, the resistance level of any segment can be changed. Simply press WORKOUT LEVEL ▲/▼ keys during the segment to do so. The new resistance level will then become the resistance level each time that segment is activated.

PLATEAU

Resistance levels in this workout gradually increase, level off, then gradually decrease. The first and last segments of this workout each occupy 20% of the workout. The middle segment occupies 60% of the workout. Follow prompts to establish your workout goal.



OPERATION Workout Programs (Continued)

RANDOM

This program provides a near infinite number of randomly generated workouts. A new workout illustration appears each time the RANDOM key is pressed.

FAT BURN

In this program, there are 1-20 different difficulty levels to select from. During program setting, before entering program mode, you must first select the STAGE, range from 1 - 20 (default value is STAGE 5). The display will show "STAGE - XX", press ▲/▼ keys or numeric (0-9) key to select the stage.. Then press the ENTER key to confirm your choice and start exercise/

During program setting, you may press QUICK START to start the program right away. The difficulty stage can be adjusted during exercising by pressing WORKOUT LEVEL ▲/▼

FIT TEST

The FIT TEST program is designed for physical fitness assessments. The program is set with a time limit; therefore it is not restricted by the program time limit setting at the engineering mode.

After you press the FIT TEST key, the display will show "STARTING TEST" to begin this program. The test is divided into 4 segments of 3 minutes; it will compare the actual Watts and the preset Watts in each segment and adjust the resistance accordingly.

During the test, the Red dot in the dot matrix window represents the target RPM and the orange dot represents the actual RPM. You want to match

the actual RPM to the targeted value. The best RPM range during test is between 45 to 55RPM with targeted 50RPM. If the actual RPM is below 45RPM or above 55RPM for more that 5 seconds, the display will ask you to "MAINTAIN RPM - 50".

Following condition occurs will end this test program:

1. STOP key is pressed
2. Program time ends
3. Actual Heart Rate is $> (220 - \text{Age}) \times 0.8$ for more than 15 seconds.
4. No heart rate detected for more than 30 seconds.
5. The speed is slower than 45RPM or faster than 55RPM for more than 15 seconds.

The message will display "END OF FIT TEST" and "YOUR SCORE - XXX". (The max score is 90 and min is 0)

OPERATION Workout Programs (Continued)

CARDIO/WEIGHT LOSS/CUSTOM HR

In these heart rate control programs, the resistance level will automatically change to keep the exerciser's pulse at the optimum rate for achieving his or her fitness goals. Target heart rates are calculated based on a standard "maximum" heart rate for the exerciser's age. The weight loss target heart rate is calculated at 65% of the maximum heart rate: $(220 - \text{age}) * 65\%$. The cardio target heart rate is calculated at 80% of the maximum heart rate: $(220 - \text{age}) * 80\%$. Custom target heart rate is set by user.

If CUSTOM HR is selected, the target heart rate will need to be set first. The range is 84 - 199bpm with default value of 120bpm. The display will show "TARGET HR - XXX" for setting. Press ▲/▼ key or numeric keypads 0-9 to adjust the setting. Press ENTER key to confirm and start the program. You may press QUICK START at anytime to begin the program right away using default values.

After a heart rate control workout is activated, a heart illustration will appear on the dot matrix screen. When the actual heart rate signal is detected, the color of the heart illustration will alternate between red and green. Otherwise, it will maintain with green color. Orange color represents the 65% or 80% of max HR or target heart rate entered.

Once the exerciser begins to exercise, a red dot and an orange line will appear on the lower part of the screen. The red dot represents the recommended RPM; the orange line represents actual RPM. Try to maintain an RPM even with the red dot.

Resistance will start at level 1. The default RPM is 50. If the actual RPM is 5 revolutions below the recommended step rate for 25 seconds, "SPEED UP" will appear on the exercise feedback window.

A telemetry heart rate transmitter must be worn during heart rate control programs. If no heart rate signal is received at the display, the message "NO HEART RATE READING, PLEASE CHECK TRANSMITTER" will appear, and resistance will not change automatically.

OPERATION User Preferences and Component Versions

Basic settings determine units of measure and show total distance and time, along with display and drive board program version numbers. To access this information, at the startup banner screen, hold the CHANGE DISPLAY key for two seconds.

UNITS

The display will show "UNIT – MILE" or "UNIT – KM" depending on the original distance unit setting. Press ▲/▼ keys to toggle between the two settings. When your preference appears, press the ENTER key to make your selection.

PROGRAM TIME LIMIT

The display will show "TIME LIMIT - YES" or "TIME LIMIT - NO", press ▲/▼ key to turn this function On/Off. Press ENTER to make your selection. When "YES" is selected, it will prompt the message of "TIME - XX:00" for you to set the time limit. Setting range is from 5:00 to 60:00, with a default value of 30:00. Press ▲/▼ key or numeric keypads (0-9) to adjust the value. Press ENTER to confirm the setting.

LANGUAGE

a. The display will show the current country selected, such as "US".

Note: After 4 seconds, it will display "XX MILE H>H" or "XX KM H>H" (XX represents the country code)

b. Press ▲/▼ keys to change the country.

c. Press the ENTER key to confirm the selection.

TOTAL DISTANCE

According to the speed unit setting, total distance will appear as either "DIST – XXXXXX MILE" or "DIST – XXXXXX KM", where XXXXXX represents a number. Press the ENTER key to view total time.

TOTAL TIME

Total time of use will appear as "TIME – XXXXXX HOUR", where XXXXXX represents a number. Press the ENTER key to view the product serial number.

PRODUCT SERIAL NUMBER

The product serial number will appear as "S/N - XXXXXXXX". Press ENTER key to view display program version.

DISPLAY PROGRAM VERSION

The display program version will appear as "CTL SA_5 – XX", where XX represents either letters or numbers. Press the ENTER key to view the drive board program version.

DRIVE BOARD PROGRAM VERSION

The drive board program version will appear as "DRV C575_SG - XX", where XX represents either a letter or a number. Press the ENTER key to finish the review and return to Banner mode.

You may press and hold STOP key at anytime during this process to resent the console and back to Banner state.

7. ABOUT HEART RATE DETECTION

Heart rate detection functions are selected at the time of purchase. Not every product includes every type of heart rate detection device. The following explains factors that influence the performance of two of the most common types of heart rate detection devices.

HEART RATE Telemetry

The words “telemetry heart rate” refer to the detection of heart rate via a device worn on the exerciser and transmitted over the air to a circuit board built into the product. Telemetry heart rate devices are commonly worn on the exerciser’s chest, where the pulse is strongest and relatively easy to detect.

The following explains conditions that affect the performance of the telemetry heart rate detection in all fitness products.

- The telemetry heart rate transmitter emits a wireless 5 kHz signal that is harmless to the human body. Inside the transmitter is a 3-volt battery (CR2032). If the battery voltage is too low, either the reception distance shortens or there will be no reception whatsoever.
- Secure the telemetry heart rate transmitter on your chest so that it stays in place without making you feel uncomfortable. Moisten the skin for better contact.
- Because the telemetry heart rate signal varies in strength from 20 Hz to 20 KHz, environmental interference can block signal reception. Physical vibration and electronic devices, including stereos, TVs, and even fluorescent lights, can interfere with signal reception. For best results, install fitness products in an area free from such interference.
- Space fitness products apart by at least 39 inches (100 cm) to avoid having the heart rate value from one exerciser appear on a neighboring fitness product.

HEART RATE Contact

The words “contact heart rate” refer to the detection of the heart rate via sensors on the fitness product. By holding the sensors, the exerciser can view his or her heart rate on the product display. Like telemetry heart rate, contact heart rate can be influenced by several factors. The following list includes some of these factors.

- A weak pulse makes it difficult to detect heart rate.
- Low systolic blood pressure makes it difficult to detect heart rate.
- Dry, course palms impede heart rate detection. For best results, moisten your palms. But do not apply hand lotion immediately prior to your workout, because hand lotion can gum up the contact pads.

Heart rate detection devices used on fitness products are not medical devices. Heart rate values are for reference only. Do not use them for medical diagnostic or treatment work.

Note that in dry areas in particular, static electricity can interfere with unit operation and shock people. To discharge static electricity from your body, touch something else before touching metal on the product.

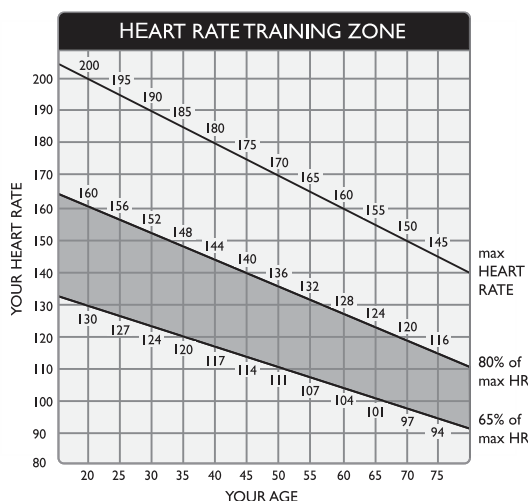
8. GUIDELINES FOR EXERCISE

HOW HARD SHOULD I EXERCISE?

Studies show that to benefit from aerobic exercise, people need to maintain a certain heart rate during their workouts. Your heart rate training zone depends on your age and fitness level.

The darkened area in the chart to the right represents the recommended heart rate training zone for people of various ages. It was calculated by taking 220 minus age in years, multiplied by 65% and 80%. The area between those values is the heart rate training zone.

CAUTION: Heart rate training zones are generalizations and may not suit every person. Always check with your physician to understand what heart rate goal would be appropriate for you.



HOW LONG SHOULD I EXERCISE?

The duration of your workout must depend on your fitness level. In general, it is recommended that you maintain a heart rate within your training zone for at least 15 to 20 minutes to experience the benefits of aerobic exercise. Beginners should always start out slowly and gradually increase the duration and intensity of their workouts. As your fitness level improves, you will be able to maintain a heart rate within the training zone for longer periods of time.

When you begin your workout, use the first several minutes to warm up. Then slowly increase the intensity of your workout to bring your heart rate into your training zone. At the end of your workout, gradually decrease your workload. Then exercise lightly to cool down.

HOW OFTEN SHOULD I EXERCISE?

Research indicates that to achieve the greatest benefit, people should exercise three to five times per week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

9. ACCESSORIES

There are accessories attached to this console; some are standard and some are optional. The following explains the details of each accessory and its function.

USB CHARGER (Standard)

The USB charger will provide 5V 500mA voltage for the smart phone or other devices charging. However it is not compatible with tablet PC, such as iPad. Check the device for charging details.

CSAFE PORT (Standard)

Compatible with CSAFE (Communications Specification for Fitness Equipment) Protocol. It works with optional Netpulse Personal Entertainment System as well as ECOFIT System.

iPod/iPhone/iPad 30 pin connector (Option)

When connecting the device to the 30pin connector, user can listen to music via headphone jack and adjust the audio volume thru the on board volume control keys.

SA WELL+ Member System (Option)

This is a system designed specially by SportsArt to assist user managing his/her workout history. There are three ways to get connected with the member site:

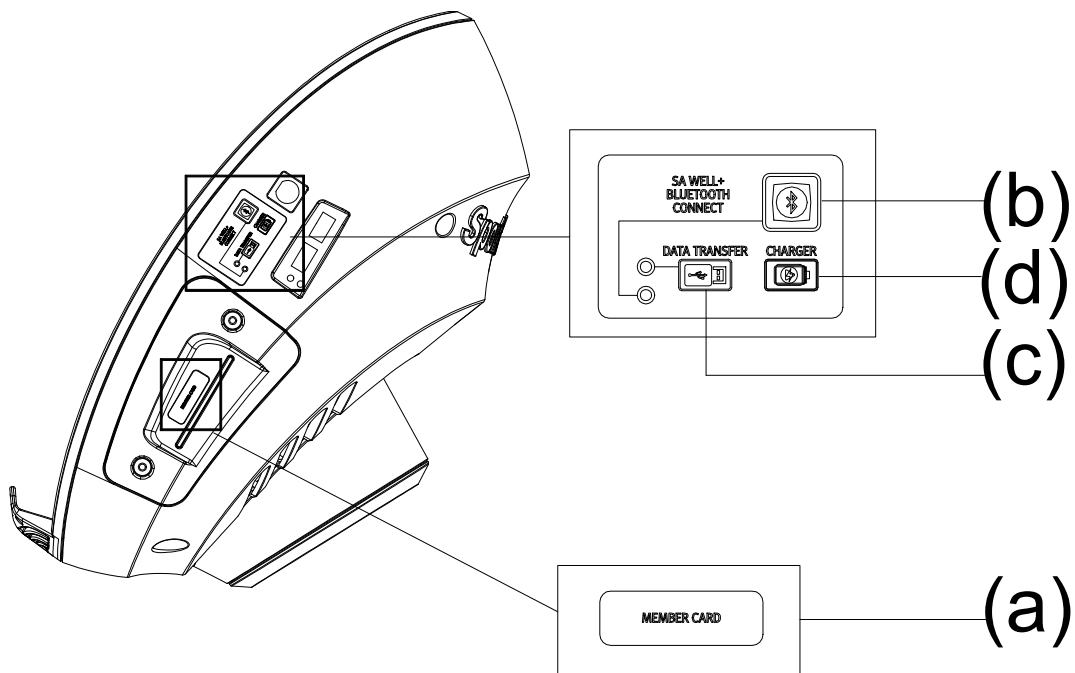
1. Use Bluetooth in the smart phone and SA WELL+ App. The App is available for downloading in the App stores.
2. Use USB Flash Drive to store the workout data.
3. Use member card to access user profile and workout tracking. (Not available yet.)

Visit SA WELL+ website for more information about this feature.

9. ACCESSORIES (CONTINUED)

Entertainment Cap

- (a) RFID member card slot: work with both optional SA WELL+ and ECOFIT member cards. (Not available yet.)
 - (b) Bluetooth connection button: press this button to unpair the smart phone SA WELL+ App.
 - (c) USB port: this port is used for device charging as well as optional data transferring.
 - (d) USB port: this port is used for device charging.
- (Note: USB port is not used for tablet PC charging, such as iPad.)



10. MAINTENANCE

Maintenance topics are presented below in the following order: maintenance schedule, task list, one-year maintenance log, and electronics block diagram.

MAINTENANCE Messages

The following message can appear on this product for diagnostic purposes.

ERROR_8_x

Error messages will appear on the display when the Micro Inverter or stride-length drive board communication is abnormal.

Error code explanations follow:

ERROR_8_1_: When power on, the communication to the Micro Inverter is abnormal.

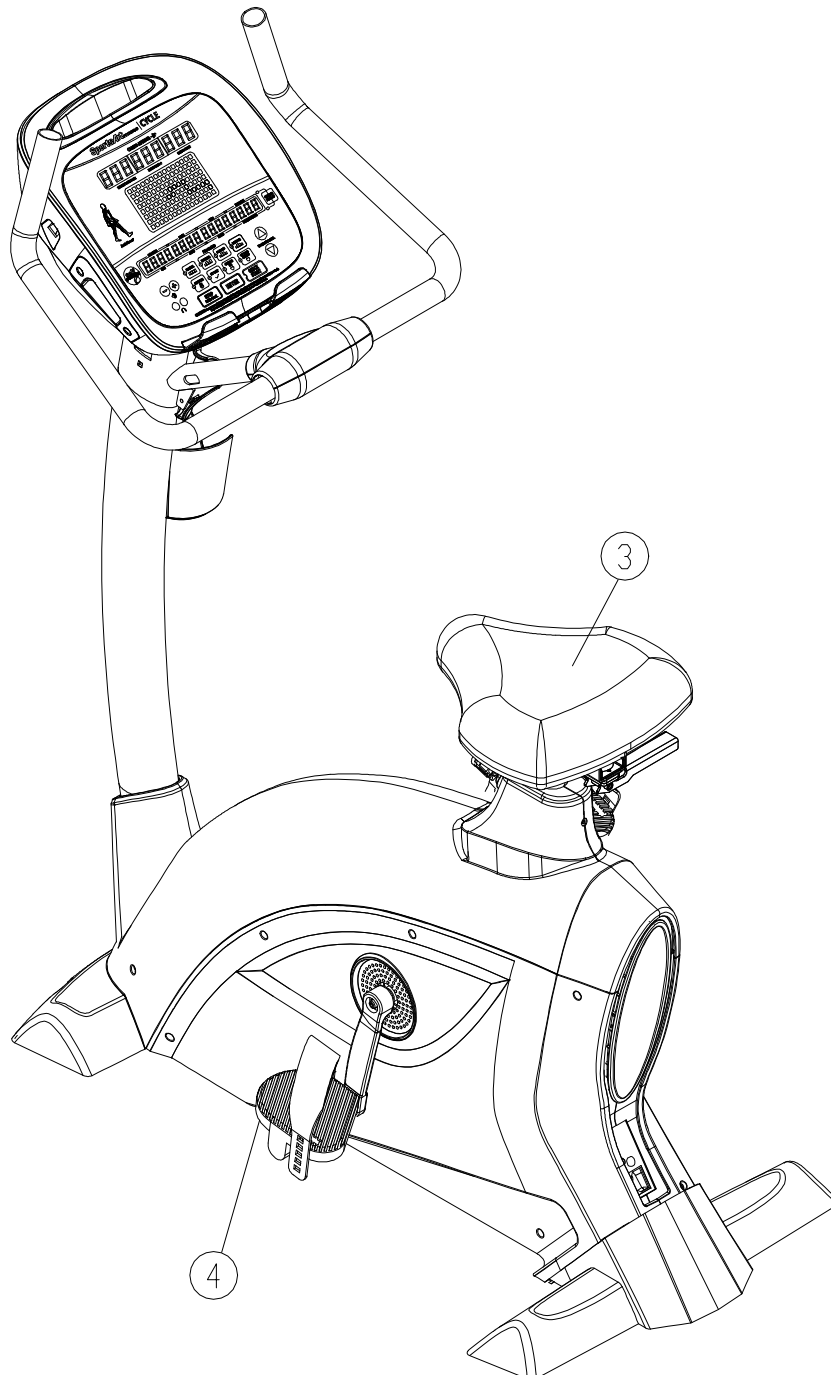
ERROR_8_2_: When power on, the communication to the Micro Inverter is normal, however an abnormality occurs during operation.

These two errors will disappear once the communication recovered.

- - - (four flashing lines) - Indication: The unit is entering the energy saving mode. The main display will shut off, and keys will remain lit. To reactivate the unit, press a key or exercise on it.

MAINTENANCE Schedule

| | Area | Day | Week | Month | Quarter | Year | Notes |
|---|-------------|-----|------|-------|---------|------|---|
| 1 | Exterior | • | | | | | Clean |
| 2 | Screws | • | | | | | Inspect for looseness. Secure if necessary. |
| 3 | Seat bottom | • | | | | | Wipe clean with a damp cloth. |
| 4 | Pedals | • | | | | | Inspect for looseness. Tighten if needed. |



MAINTENANCE Task List

Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

Daily tasks

1. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water, to thoroughly clean the product exterior.
2. Inspect parts for looseness, and secure all loose screws. Make sure that the product is safe for operation. If safety issues arise, place an "Out of Order" sign on the product, and call for service.
3. Wipe dirt and debris off the seat bottom. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water.
4. Inspect pedals and secure them if necessary.

Caution

- Please follow standard safety precautions when working on this product.
- Electronic components can carry an electrical charge even after the product has been turned off. For safety, turn off unit power. Wait five minutes to allow capacitors to discharge and then disconnect the power cord from the wall socket (if applicable). Only after such steps have been completed should covers be removed and electronic components accessed.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.

MAINTENANCE One-Year Maintenance Log

Facility: _____ Supervisor: _____

Product model number: _____ Serial number: _____

Start date: _____ End date: _____

| Daily Tasks | Weeks 1-7 | Weeks 8-14 | Weeks 15-21 | Week 22-28 |
|-------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Completed | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| Daily Tasks | Week 29-35 | Week 36-42 | Week 43-49 | Week 50-52 |
|-------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Completed | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| Weekly Tasks | Weeks 1-7 | Weeks 8-14 | Weeks 15-21 | Weeks 22-28 |
|--------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Completed | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| Weekly Tasks | Weeks 29-35 | Weeks 35-42 | Weeks 43-49 | Weeks 50-52 |
|--------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Completed | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| Monthly tasks | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Completed | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| Quarterly Tasks | Quarter 1 | Quarter 2 | Quarter 3 | Quarter 4 |
|-----------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Completed | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| Yearly Tasks | Year 1 |
|--------------|--------------------------|
| Completed | <input type="checkbox"/> |

Notes: _____

MAINTENANCE Electronics Block Diagram

