PROGRESSION
Fitness™

1638 Elliptical

Owner's Manual

⚠ WARNING ⚠

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

CAUTION:

Weight on this product should not exceed 136 KGS / 300 LBS.

Product May Vary Slightly From Pictured.

1638   JAN.07' IIII
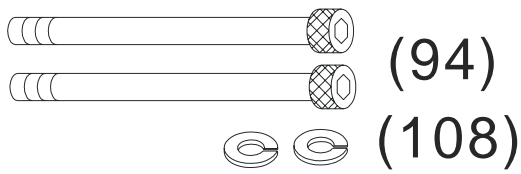
TABLE OF CONTENTS

SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the Progression 1638 Elliptical.
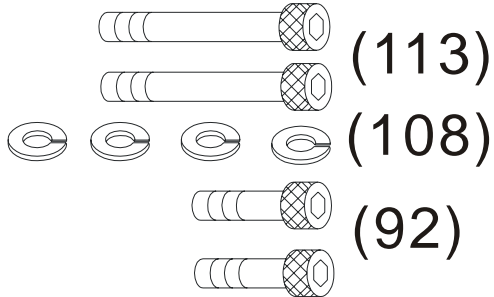
1. Read this Owner's Manual and follow it carefully before using the Progression 1638 Elliptical.. Make sure that it is properly assembled and tightened before use.

2. We recommend that two people be available for assembly of this product.

3. Keep children and pets away form the Progression 1638 Elliptical when it is in use.

4. It is recommended that you place this exercise equipment on an equipment mat.

5. On a solid level surface do not position the Progression 1638 Elliptical on loose rugs or uneven surfaces.

6. Adjust the LEVELING CAPS on the REAR STABILIZER so that the Progression 1638 Elliptical sits on the floor without rocking.

7. Inspect and tighten the Progression 1638 Elliptical for worn or loose components prior to use.

8. Before exercising, securely tighten both adjustment knobs which secure the Pedal Supports.

9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.

10. Follow your physician's recommendations in developing your own personal fitness program.

11. Consult your physician before using the Body Fat Program (P8) or any of the Heart Rate Control Programs (P9 to P12). See pages 15 and 16 for a description of these programs.

12. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercise.

13. Do not wear loose or dangling clothing while using the Progression 1638 Elliptical.

14. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or crosstraining shoes. Be sure that they fit well, provide foot support and feature non-skid rubber soles.

15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the Progression 1638 Elliptical, loss of balance may result in a fall and serious bodily injury.

16. Keep both feet firmly and securely on the Foot Pedals while exercising.

17. The Progression 1638 Elliptical should not be used by persons weighing over 136 kgs / 300 lbs.

18. The Progression 1638 Elliptical should be used by only one person at a time.

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. **READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**
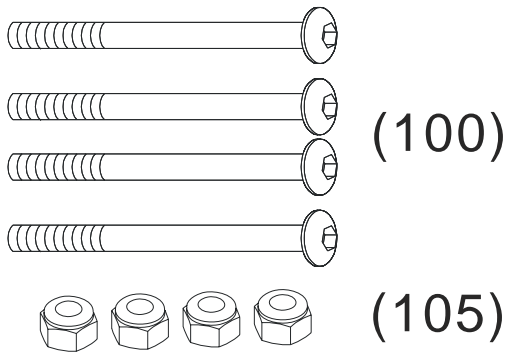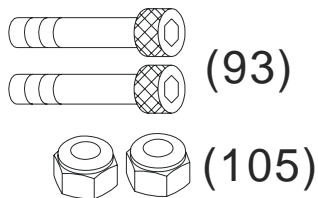
HARDWARE IDENTIFICATION CHART

(94)

(108)

FRONT STABILIZER (3)

(104)

(105)

REAR STABILIZER (2)

(113)

(108)

(92)

UPRIGHT (4)

(101)

(110)

(106)

PEDAL ARM(14)

(100)

(105)

LINKAGE(13)

(90)

(102)
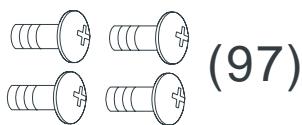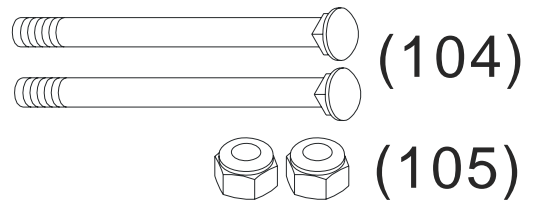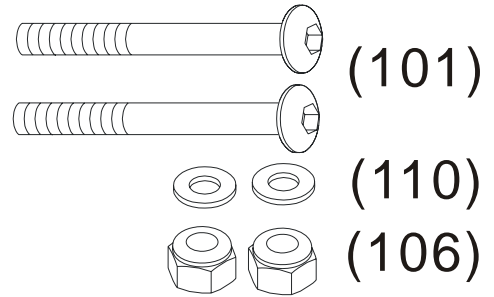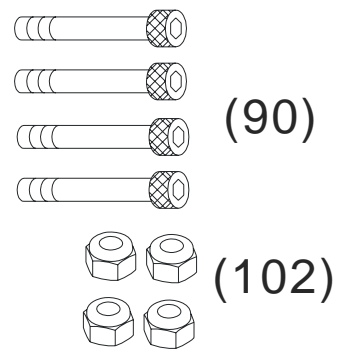
LEFT HANDLEBAR (5)
RIGHT HANDLEBAR(6)

(93)

(105)

STATIONARY HANDLEBAR(7)

(92)

(108)

COMPUTER(39)

(97)

PEDAL CAP(79)

(86)
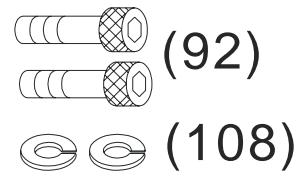
MOUNTING BRACKET(61)

NOTE: Some of the hardware items listed may be attached to other parts.

ASSEMBLY INSTRUCTIONS

Place all parts form the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.
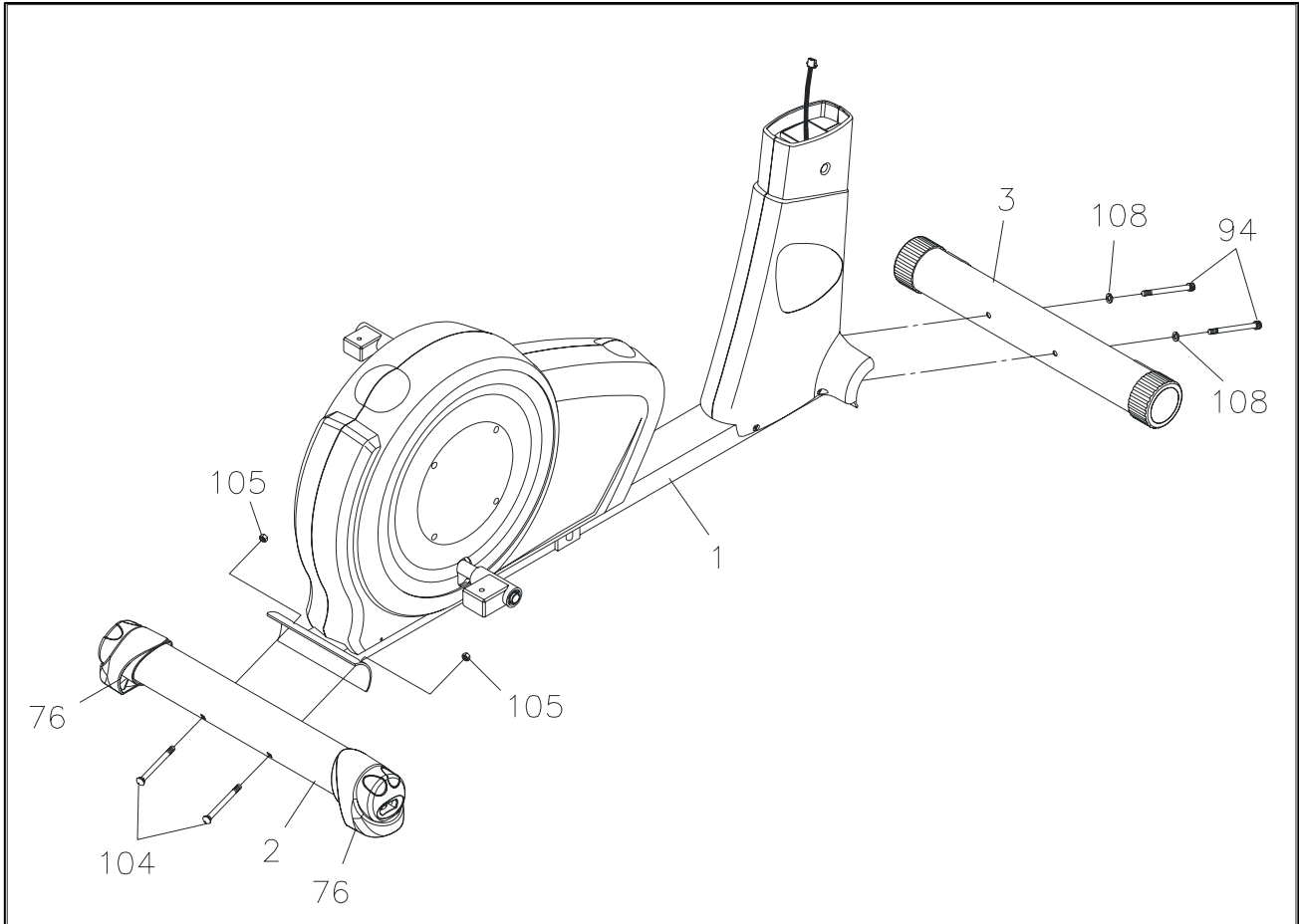
STEP 1:
Attach the FRONT STABILIZER(3), the one with wheel, onto the MAIN FRMAE(1) with SCREWS(M8 x 90mm)(94) and M8 SPRING WASHER(108).

STEP 2
Attach the REAR STABILIZER(2) onto the MAIN FRAME(1) with SCREWS(M8 x 85mm)(104) and NYLOCK NUTS(M8)(105).

NOTE: You can adjust the LEVELING CAPS(76) on the REAR STABILIZER(2) to keep the Progression 1638 Elliptical stable.
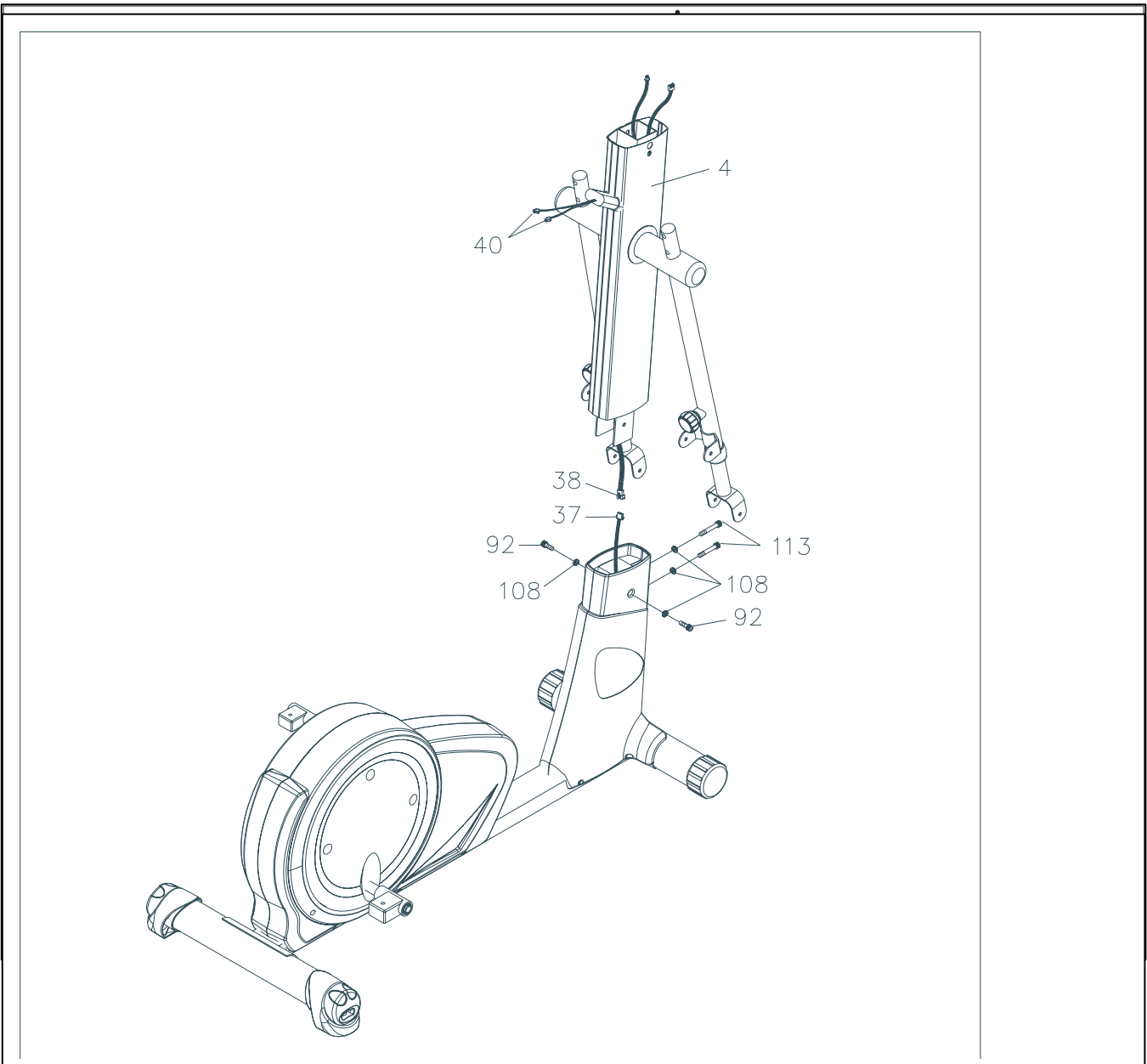
STEP 3

Connect the LOWER CONNECTION WIRE(37) to UPPER CONNECTION WIRE(38).
Insert the UPRIGHT(4) into the MAIN FRAME(1) and secure with SCREWS(M8 x 50mm)(113), SCREWS(M8 x 25mm)(92), and M8 SPRING WASHERS(108). CAUTION: Be careful not to damage the wires.

NOTE: The opening in the channel on the UPRIGHT(4) must be facing toward the back as shown.
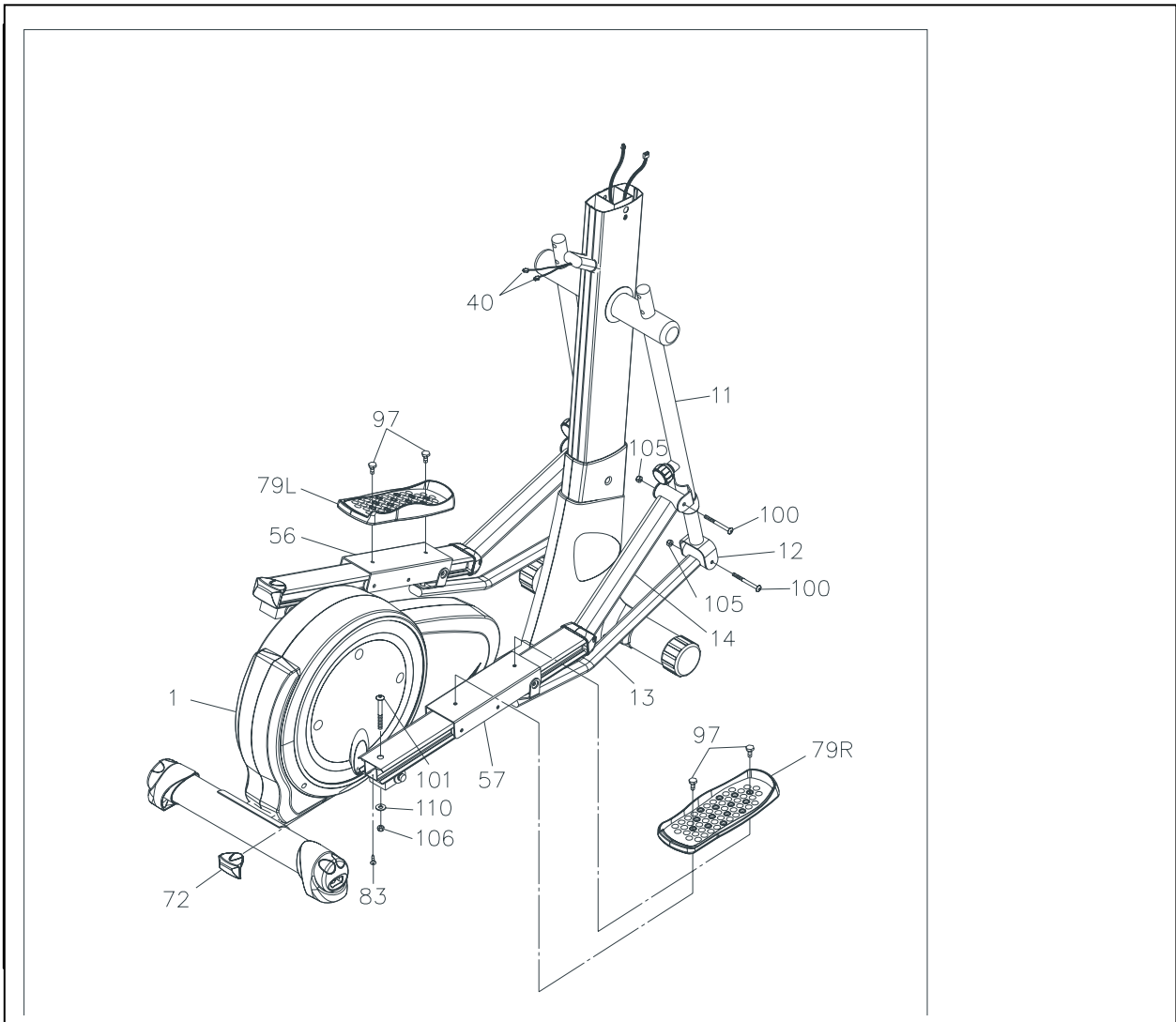
STEP 4
NOTE: There is a "L" decal on the LEFT PEDAL BRACKET(56) attached to the left PEDAL RAIL ASSEMBLY. Attach the left PEDAL RAIL ASSEMBLY to the left side of the Elliptical unit. There is a "R" decal on the RIGHT PEDAL BRACKET(57) attached to the right PEDAL RAIL ASSEMBLY. Attach the right PEDAL RAIL ASSEMBLY to the right side of the Elliptical unit.

Attach the RIGHT PEDAL ARM(14) to the MAIN FRAME(1) with SCREWS(M10x85mm)(101), M10 WASHER(110), and M10 NYLOCK NUT(106).
Connect the RIGHT PEDAL ARM(14) to RIGHT PIVOTING ARM(11), and secure with SCREWS(M8x90mm)(100) and M8 NYLOCK NUT(105).

STEP 5
Connect the RIGHT LINKAGE(13) to the RIGHT LOWER HANDLEBAR POST(12) and secure with SCREWS(M8x90mm)(100) and M8 NYLOCK NUT(105).
Attach the REAR RAIL CAP(72) to the RIGHT PEDAL ARM(14).

Attach the PEDAL CAPS(79) onto the RIGHT PEDAL BRACKET(57) with SCREWS (M8 x 16mm)(97). CAUTION: The lip on the PEDAL CAPS(79) must face inside.
The sides without a lip face outside as shown.

STEP 6
Repeat the above steps on the left side.   6

ASSEMBLY INSTRUCTIONS
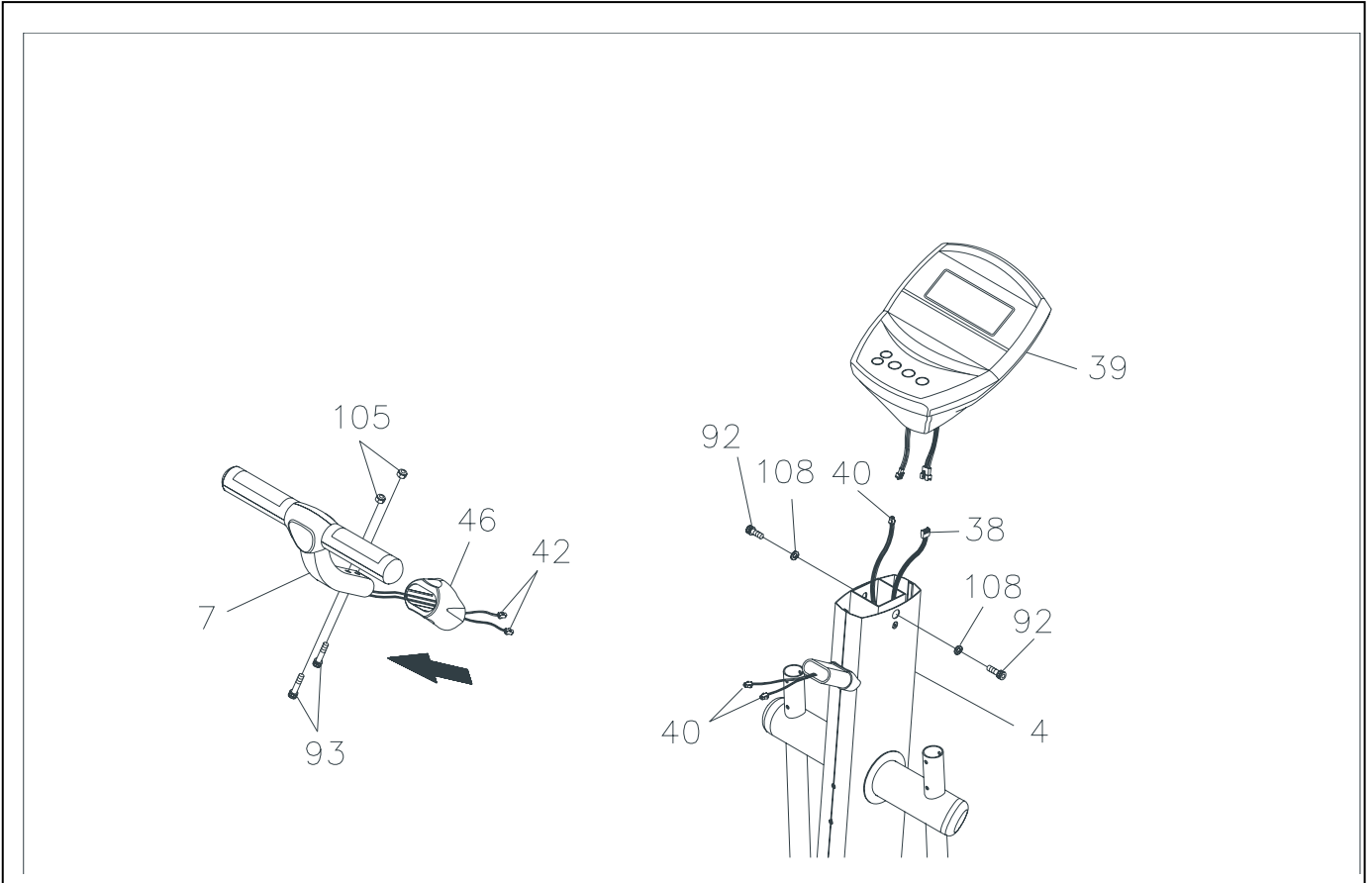
STEP 7
Slide the STATIONARY HANDLEBAR SLEEVE(46) onto the STATIONARY HANDLEBAR(7).
Connect the Pulse Sensor Wire (42) to the Pulse Wire (40). Insert the STATIONARY
HANDLEBAR(7) onto the UPRIGHT(4) and secure with SCREWS (M8x35mm)(93) and M8
NYLOCK NUT(105).

STEP 8
Connect the RIGHT PULSE WIRE(38) and the LEFT PULSE WIRE(40) to the COMPUTER(39).
Attach the COMPUTER(39) onto the UPRIGHT(4) by inserting the BRACKET in the
COMPUTER(39) into the UPRIGHT(4) and secure with SCREWS(M8 x 25mm)(92) and
M8 SPRING WASHERS(108).
CAUTION: Be careful not to damage the wires.
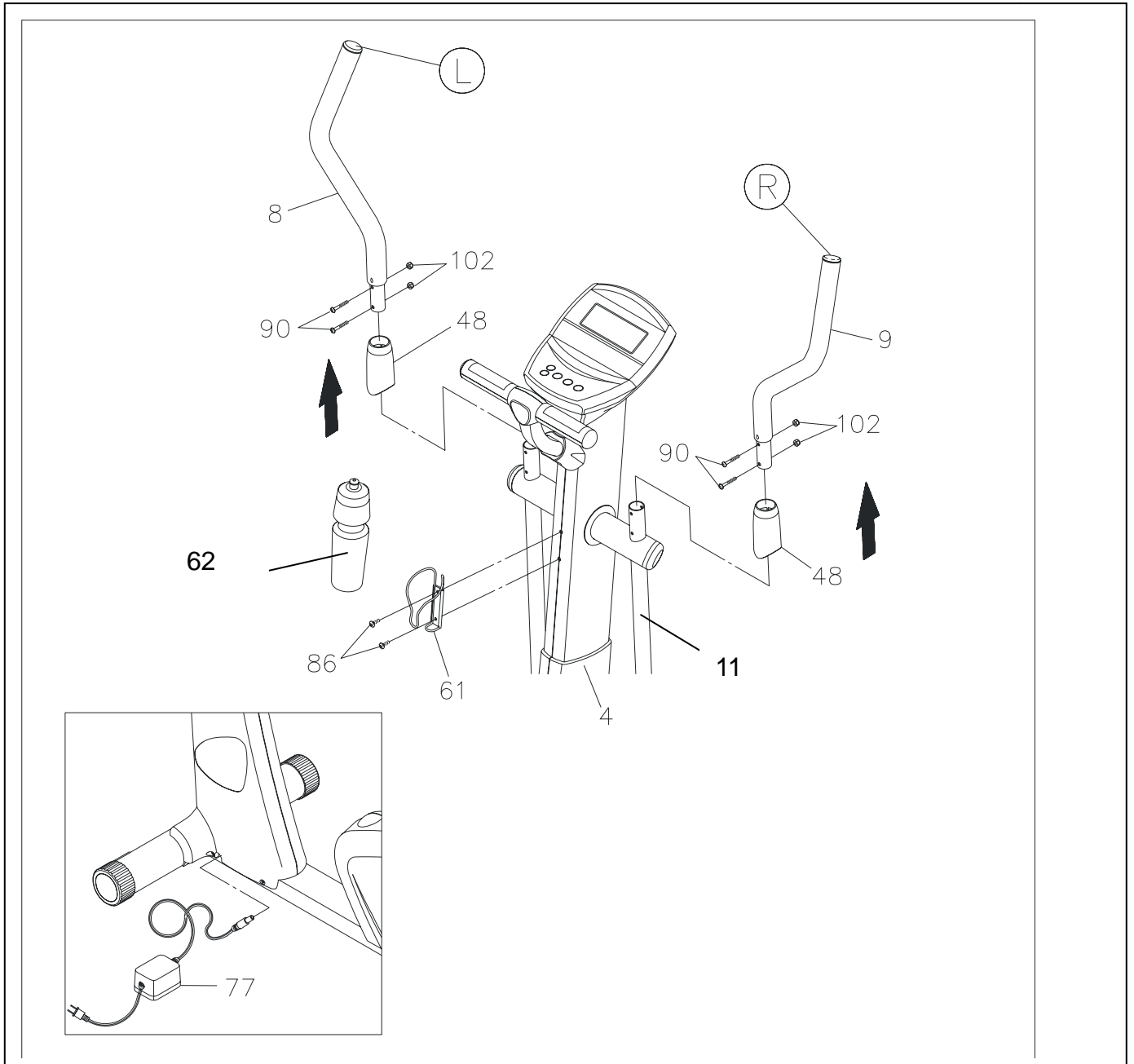
STEP 9

There is a "L" decal on the LEFT HANDLEBAR(8), and a "R" decal on the RIGHT HANDLEBAR (9). Slide the HANDLEBAR SLEEVE(48) onto the RIGHT HANDLEBAR(9). Insert the RIGHT HANDLEBAR(9) onto the RIGHT PIVOTING ARM(11) and secure with SCREWS (M6 x 35mm)(90) and NYLOCK NUTS(M6)(102). CAUTION: Be careful not to damage the wires. Slide the HANDLEBAR SLEEVE(48) down to cover the bolts on the RIGHT HANDLEBAR(9). Repeat on the left side.

STEP 10

Attach the MOUNTING BRACKET(61) onto the UPRIGHT(4) with SCREWS(M5 x 12mm)(86). Place the WATER BOTTLE(62) in the MOUNTING BRACKET(61).

STEP 11

Connect the ADAPTER(77) to the connector located on the base of the MAIN FRAME(1), refer to the inset drawing. Plug the ADAPTER(77) into an electrical outlet.

SET UP INSTRUCTIONS

Place the Progression 1638 Elliptical in the area where it will be used. It is recommended that the Progression 1638 Elliptical be placed on an equipment mat.

LEVELING: Adjust the LEVELING CAPS(76) on the REAR STABILIZER(2) so that the Progression 1638 Elliptical sets on the floor without rocking. Remove and reposition the LEVELING CAPS(76) on the REAR STABILIZER(2) to level the Progression 1638 Elliptical.

MOVING: The Progression 1638 Elliptical has a pair of MOVING WHEELS(75) built into the FRONT STABILIZER(3) at the front. Grasp the center section of the HANDLEBARS(8,9) and tip the Progression 1638 Elliptical forward to move.
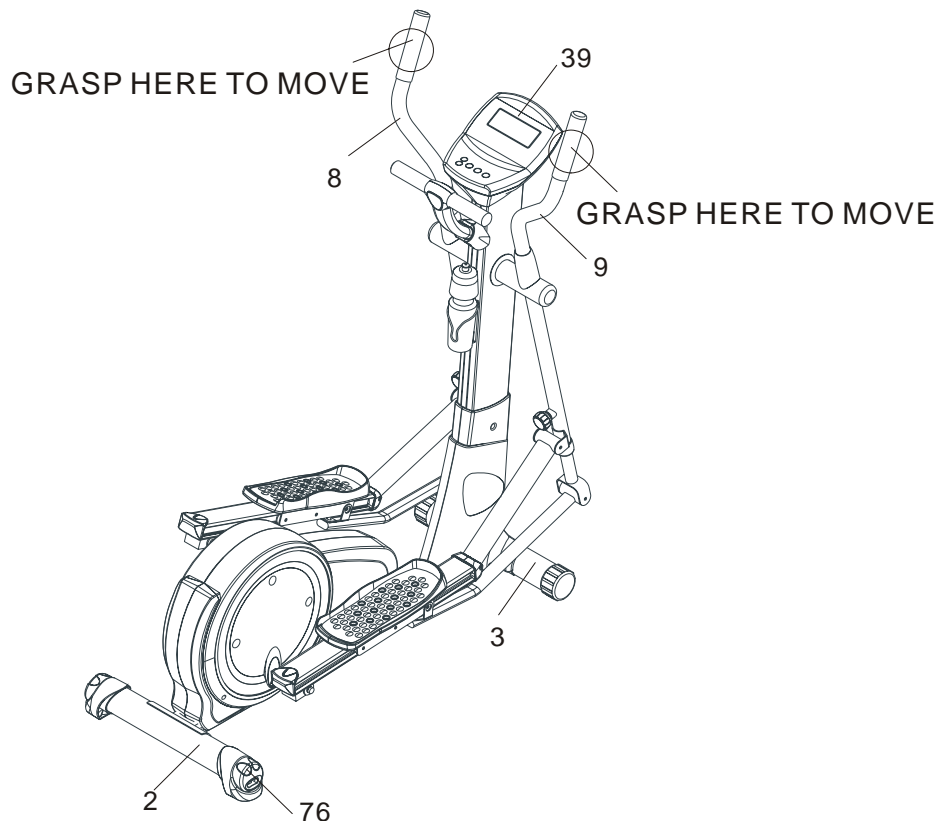
FUNCTION INSPECTION:

Visually inspect the Progression 1638 Elliptical to verify that assembly is as shown in the above illustration. Check the function of the Progression 1638 Elliptical. Stand on the foot pedals and place your hands at a comfortable position on the handlebars. Slowly move your highest foot forward and follow the natural path of the machine. Turn the crank slowly through one complete revolution to verify that the drive train functions properly. Use the "+/-" buttons on the COMPUTER(39) to select a program and verify that the Magnetic System provides different tensions. Refer to the COMPUTER INSTRUCTIONS on pages 11 to 14.

CAUTION: Locate and read the Warning Label on the Progression 1638 Elliptical. Make sure that all users read the Warning Label.

OPERATIONAL INSTRUCTIONS

520mm (21")
66
A
12
Position A

66
B
480mm (20")
12
Position B

445mm (19")
66
C
12
Position C
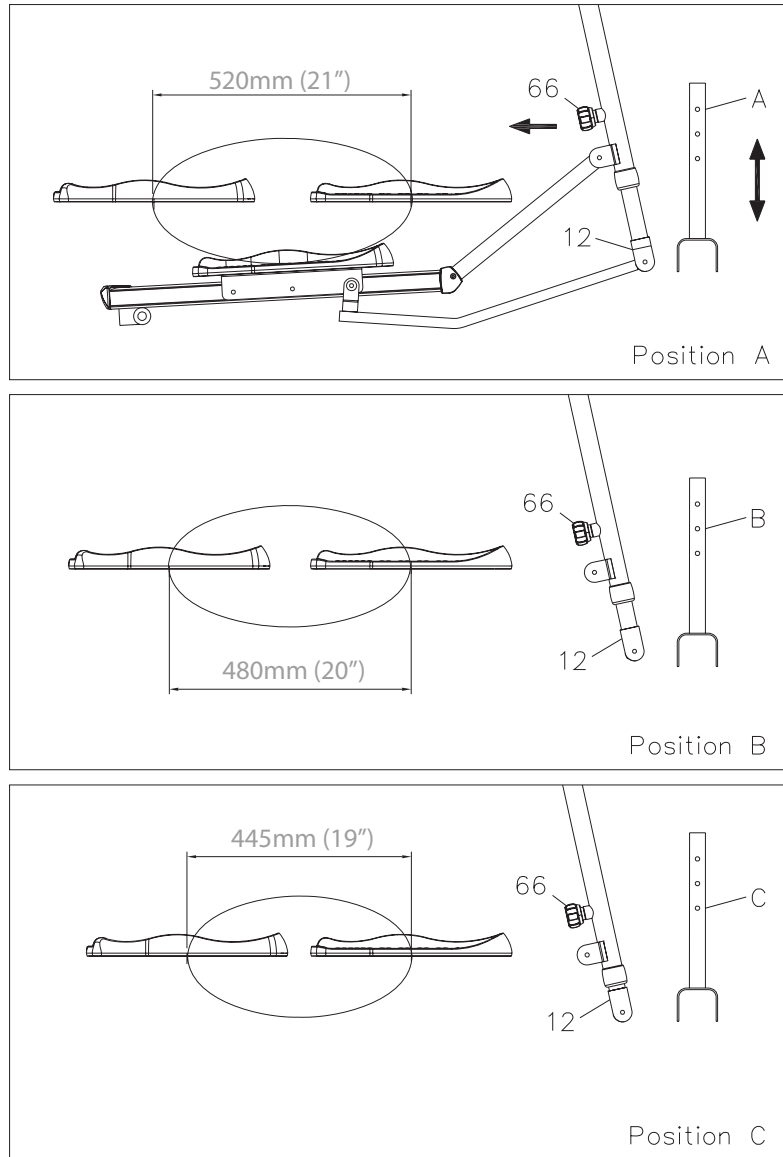
STRIDE LENGTH LEVEL ADJUSTMENT

To exercise in different stride length (3 levels) by adjusting the LOWER HANDLEBAR POST(12) as following.

Refer to the above illustration.
1. Loosen the SPRING KNOB(66) by turning counter-clockwise then pulling out and holding up the SPRING KNOB(66)
2. Adjust the LOWER HANDLEBAR POST(12) up or down to attach the ideal level.
3. Turn the SPRING KNOB(66) clockwise to tighten up.

Load Level Adjustment
The load level of Progression 1638 Elliptical can be changed at any time during your workout. Adjusting the load level will allow you to increase or decrease your intensity level. Press the "+" button to increase the load level. Press the "-" button to decrease the load level.

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must slowly and increase your time on the Elliptical gradually: a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

· Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
· Begin your training program slowly with realistic goals that have been set by you and your doctor.
· Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
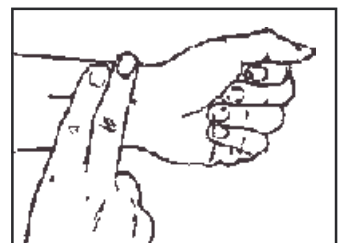
EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below. Target zones are listed for both unconditioned and conditioned persons according to age.

AGE	UNCONDITIONED TARGET ZONE (BEATS/MIN.)	CONDITIONED TARGET ZONE (BEATS/MIN.)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-130

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate manually, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.

WARM-UP and COOL-DOWN

Warm-up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Use the elliptical at a slower less intensive pace.   Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

Suggested Stretching Exercises
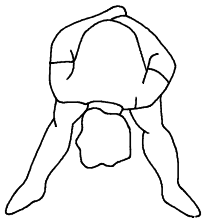
Lower Body Stretch
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.
DO NOT BOUNCE!
When the pull on the back of the legs lessen, try a lower position gradually.

Floor Stretch
While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.
DO NOT BOUNCE!
Do this stretch 10 times.
Repeat the stretch with the left leg.
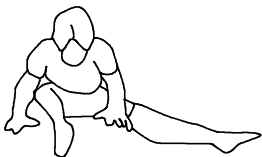
Bent Torso Pulls
While sitting on the floor, have legs apart one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.
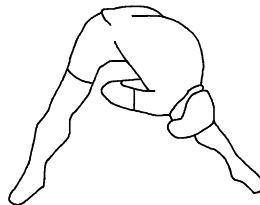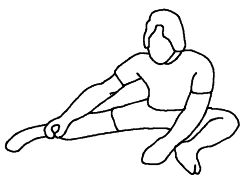
Bent Over Leg Stretch
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hand down. DO NOT BOUNCE! Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember always to check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength-training session.
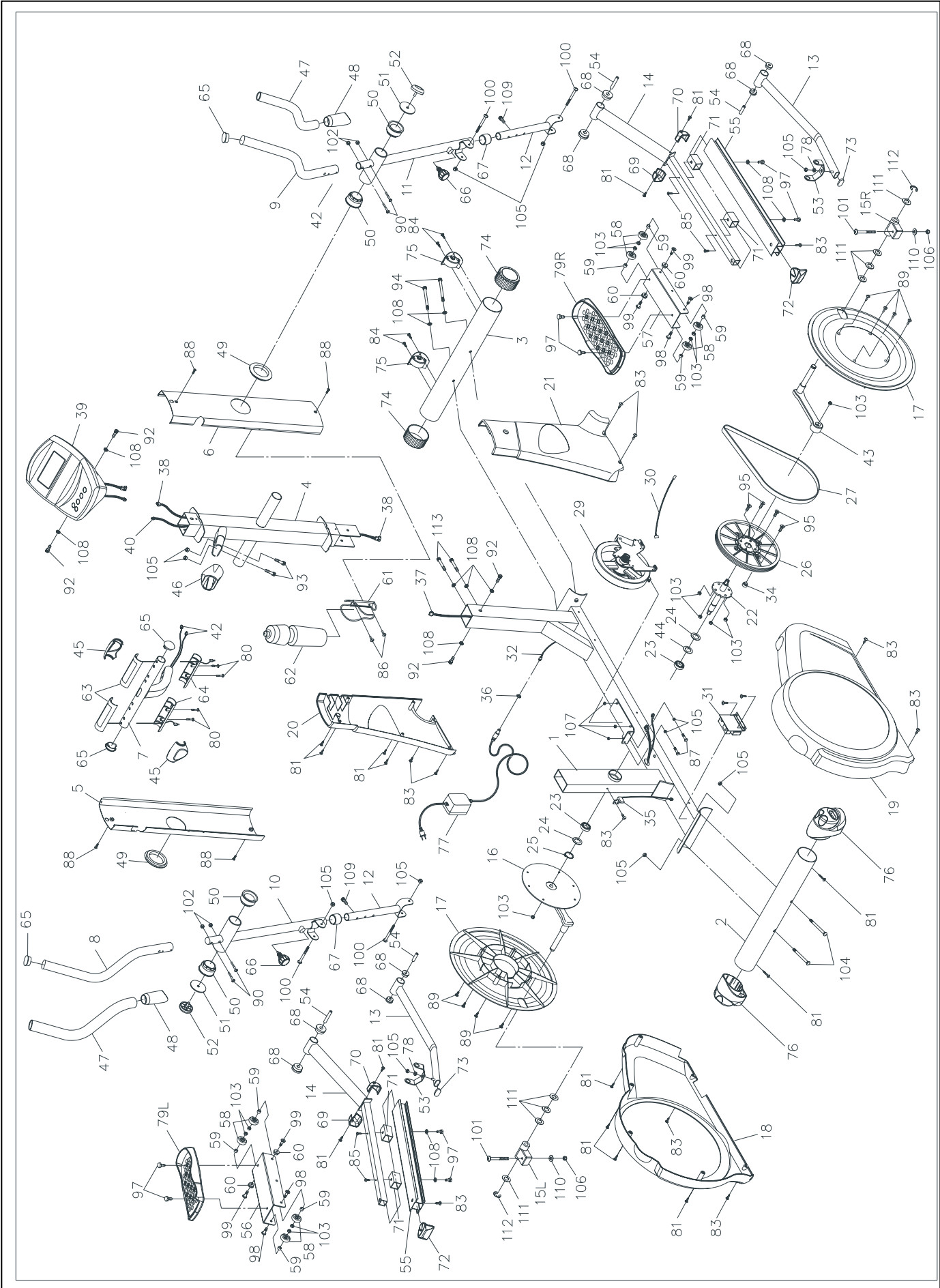
PARTS LIST

| NO.	PART NAME	QTY	NO.	PART NAME	QTY
1	Main Frame	1	46	Stationary Handlebar Sleeve	1
2	Rear Stabilizer	1	47	Foam Grip	2
3	Front Stabilizer	1	48	Handlebar Sleeve	2
4	Upright	1	49	Hollow Cap	2
5	Left AL Upright	1	50	Pivot Bar Bushing	4
6	Right AL Upright	1	51	Large Washer M8x60mmx3t	2
7	Stationary Handlebar	1	52	Securing Knob	2
8	Left Handlebar	1	53	U Bracket	2
9	Right Handlebar	1	54	Spacer 12 x 8.2x74mm	4
10	Left Pivoting Arm	1	55	Pedal Rail	2
11	Right Pivoting Arm	1	56	Pedal Bracket (L)	1
12	Lower Handlebar Post	2	57	Pedal Bracket (R)	1
13	Linkage	2	58	PU Wheel	8
14	Pedal Arm	2	59	Spacer 8x7.5mm	8
15	Pedal Arm Connector	2	60	Spacer 8.2x 25mm	4
16	Crank	2	61	Mounting Bracket	1
17	Crank Cover	2	62	Water Bottle	1
18	Left Cover	1	63	Upper Pulse Sensor Plate	2
19	Right Cover	1	64	Lower Pulse Sensor Housing	2
20	Left Upright Cover	1	65	Round Plug 32mm	2
21	Right Upright Cover	1	66	Spring Knob	2
22	Shaft	1	67	Handlebar Post Sleeve	2
23	Bearing (6004Z)	2	68	Bushing 38mm	8
24	Washer M20	2	69	Front Rail Cap (L)	2
25	C Ring 20mm	2	70	Front Rail Cap (R)	2
26	Pulley	1	71	Sleeve	4
27	V-Ribbed Belt	1	72	Rear Rail Cap	2
29	Eddy Current Breaker(EMS)	1	73	Oval Cap	2
30	EMS Connection Wire	1	74	Round End cap 76mm	2
31	Control Board	1	75	Moving Wheel	2
32	Power Connection Wire	1	76	Leveling Cap 76mm	2
34	Magnet	1	77	Adapter	1
35	Sensor Wire	1	78	Spacer 8.2x 16mm	2
36	Plug Nut	1	79	Pedal Cap (L,R)	2
37	Lower Connection Wire	1	80	Screw, M3x10mm	4
38	Upper Connection Wire	1	81	Screw, M4x20mm	12
39	Computer	1	82	Screw, M5x12mm	1
40	Pulse Wire	1	83	Screw, M5x20mm	14
42	Pulse Sensor Wire	2	84	Screw, M4x16mm	4
45	Stationary Handlebar Cover	2	85	Screw, M4x20mm	4

86	Screw, M5x12mm	2
87	Screw, M8x30mm	2
88	Screw, M5x20mm	4
89	Screw, M6x10mm	8
90	Screw, M6x35mm	4
92	Screw, M8x25mm	4
93	Screw, M8x35mm	2
94	Screw, M8x90mm	2
95	Screw, M8x16mm	4
96	Screw, M8x25mm	2
97	Screw, M8x16mm	8
98	Screw, M8x25mm	4
99	Screw, M8x30mm	4
100	Screw, M8x90mm	4
101	Screw, M10x85mm	2
102	Nylock Nut, M6	4
103	Nut, M8x6mm	12
104	Screw, M8x85mm	2
105	Nylock Nut, M8	12
106	Nylock Nut, M10	2
107	Flange Nut, M10	3
108	M8 Spring Washer	12
109	Screw, M5x15mm	2
110	M10 Washer	4
111	M17 Washer	6
112	E Ring (17mm)	2
113	Screw, M8x50mm	2

INSTRUCTION MANUAL
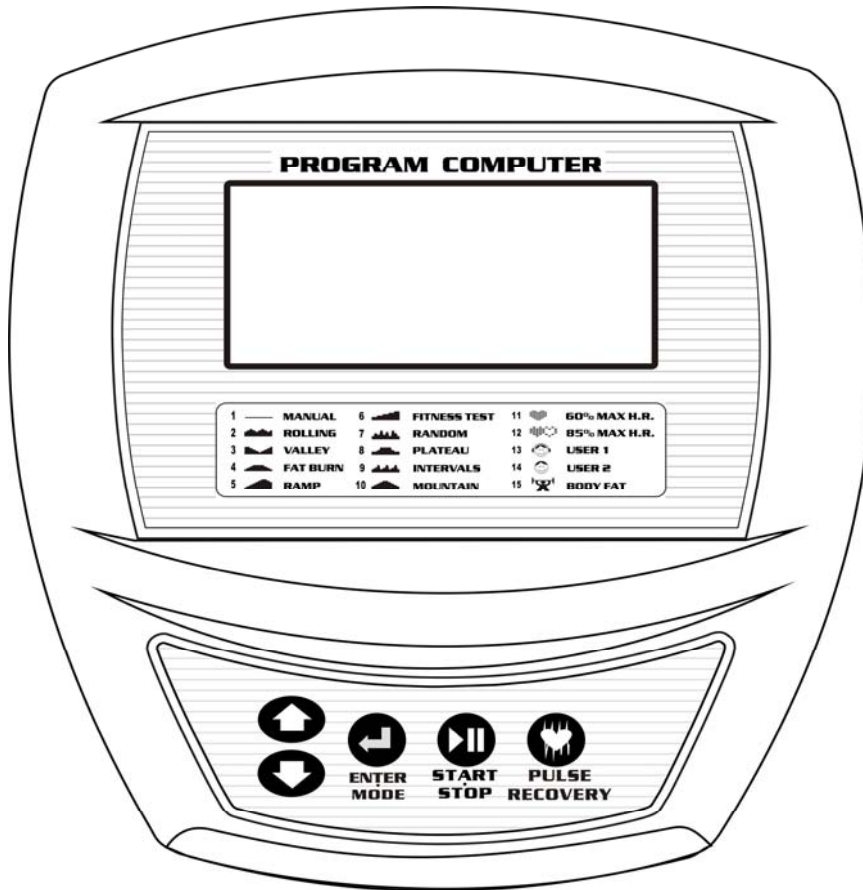
- ● Key Functions
- ● About Displays
- ● Operating Ranges
- ● Things You Should Know Before Exercising
- ● Operation Instructions

Key Functions

START/STOP
1. Use this key to active or shutdown the console.
2. Press and hold over 2 seconds, to reset all functions back to default values (except WATT and Target H.R)
3. During sleep mode, press this key to wake up to normal stage.
4. During user program setting mode, press this key to save data.
5. During body fat program, press this key to begin measuring.

ENTER MODE
1. During stop mode, use this key to enter setting mode for each program.
2. For program 1 ~ 10, press ENTER key to navigate through settings as follow:
   Program → Time / Distance → WATT
3. For program 11 and 12, press ENTER key to navigate through settings as follow:
   Program → Time / Distance → Age

4. For program 13 and 14 press ENTER key to navigate through settings as follow:
Program → Time / Distance → Age → WATT
5. For program 15 press ENTER key to navigate through settings as follow:
Program → GENDER → HEIGHT → WEIGHT →Age

UP Key

1. During stop mode, press this key to navigate through programs as follow:
Program 1 → Program 2 → … → Program 14 → Program 15 → repeat
2. During start mode, press this key to increase WATT level by 10. Press and hold for 2 seconds to increase Watt value rapidly (8x per second).
3. In time setting mode, press this key to increase time value. Distance value will default to zero.
4. In distance setting mode, press this key to increase distance value. Time value will default to zero.
5. In WATT setting mode, press this key to increase WATT value by 10, up to 300 (400) Watt max.

DOWN Key

1. During stop mode, press this key to navigate through programs as follow:
Program 1 → Program 15 → … → Program 3 → Program 2 → repeat
2. During start mode, press this key to decrease WATT level by 10. Press and hold for 2 seconds to decrease Watt value rapidly (8x per second).
3. In time setting mode, press this key to decrease time value. Distance value will default to zero.
4. In distance setting mode, press this key to decrease distance value. Time value will default to zero.
5. In WATT setting mode, press this key to decrease WATT value by 10, down to 10% of Watt maximum value.

PULSE RECOVERY
Press this key to enter pulse recovery detecting mode.

RESET
In stop mode, press and hold this key over 2 seconds to reset all displaying values.

<u>**About Displays**</u>

A. START: Indicates the program selected has started.

START

B. STOP: Indicates the program selected has stopped.   And, users are free to change the programs and the value of functions applied.

STOP

C. PROGRAM   : Indicates the programs selected from PROGRAM 1 to PROGRAM 15

LEVEL 18
PROGRAM 18

D. GENDER: Indicates the gender (Male or Female) selected.

E. TIME/HEIGHT Display: Indicates only 1 value of TIME, HEIGHT, displayed depending on the programs.

F. RPM/SPEED/WEIGHT Display: Indicates only 1 value of RPM, SPEED, or WEIGHT   displayed depending on the programs.
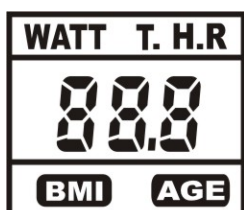

G. DISTANCE/FAT% Display: Indicates only 1 value of DISTANCE or FAT% displayed depending on the programs.
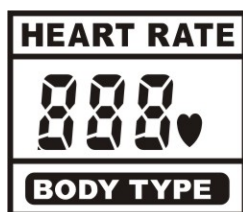

H. KJOULE /CAL /BMR Display: Indicates only one value of KJOULE or CAL, or BMR displayed depending on the programs.


I. WATT/TARGET H.R./BMI/AGE Display: Indicates only one value of WATT, TARGET HEART RATE, BMI, or AGE displayed depending on the programs.

J. HEART RATE/BODY TYPE Display: Indicates only one value of HEART RATE or BODY TYPE displayed depending on the programs.

K. LOADING Profiles: There are 10 columns of loading bars, and 10 bars in each column. Each column represents 3 minutes workout (without the change of TIME value), and each bar represents 2 watt levels of loading.
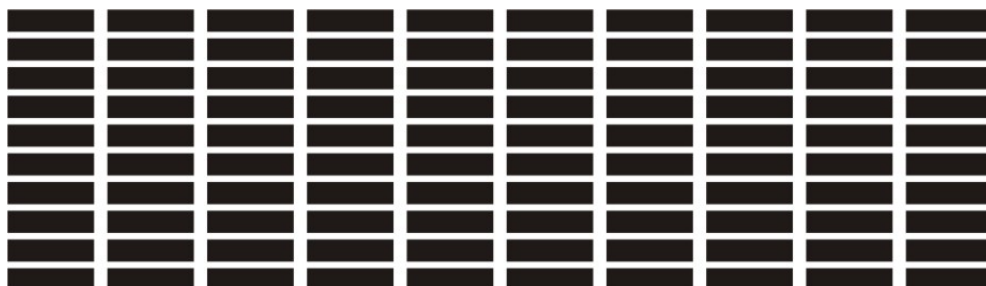
Operating Ranges

Values	Range (Count up)	Count down	Preset	Increment (Decrement)
PROGRAM	1 ~ 15	15 ~ 1	1	1
WATT	30 ~ 300	300 ~ 30	N/A	10
GENDER	Male, Female	N/A	Male	N/A
TIME	0:00 ~ 99:59	99:00 ~ 5:00	0:00	1:00
HEIGHT (cm)	110.0 ~ 199.5	199.5 ~ 110.0	175.0	0.5
WEIGHT (kg)	10.0 ~ 199.8	199.8 ~ 10.0	70.0	0.2
DISTANCE	0.0 ~ 999.0	999.0 ~ 1.0	0.0	1.0
AGE	10 ~ 99	99 ~ 10	30	1

Things You Should Know Before Exercising

A. The values calculated or measured by the computer are for exercise purpose only, **not for medical purpose**.

B. The Variables May Need To Change In The Programs:

| Programs	Variables
P1 ~ P10	TIME, DISTANCE
P15	GENDER, HEIGHT, WEIGHT, AGE
P11 ~ P12	TIME, DISTANCE, AGE
P13 ~ P14	TIME, DISTANCE, AGE, 10 Intervals

Please note that only 1 value of TIME or DISTANCE can be adjusted. Both adjustments do not exist at the same time. For example, the value of DISTANCE is "0.0" while the value of TIME is adjusted to be any number except "00:00".

C. Programs Selection:

There are 15programs include 1 Manual Program, 9 Preset Programs, 1 Body Fat Program, 2 Heart Rate Control Programs, and 2 User Setting Programs.

D. Program Graph:

Each graph shown is the profile of the loading in each interval (column).   With the value of TIME counting up, each interval is 3 minutes that all the columns make up 30 minutes.   With the value of TIME counting down, each interval is the value of setup TIME divided by 10.   For example, if the time value is setup to 40 minutes, each interval will be 40 minutes divided by 10 intervals (40/10=4). Then, each interval will be 4 minutes.   The following graphs are all the profiles in the monitor.
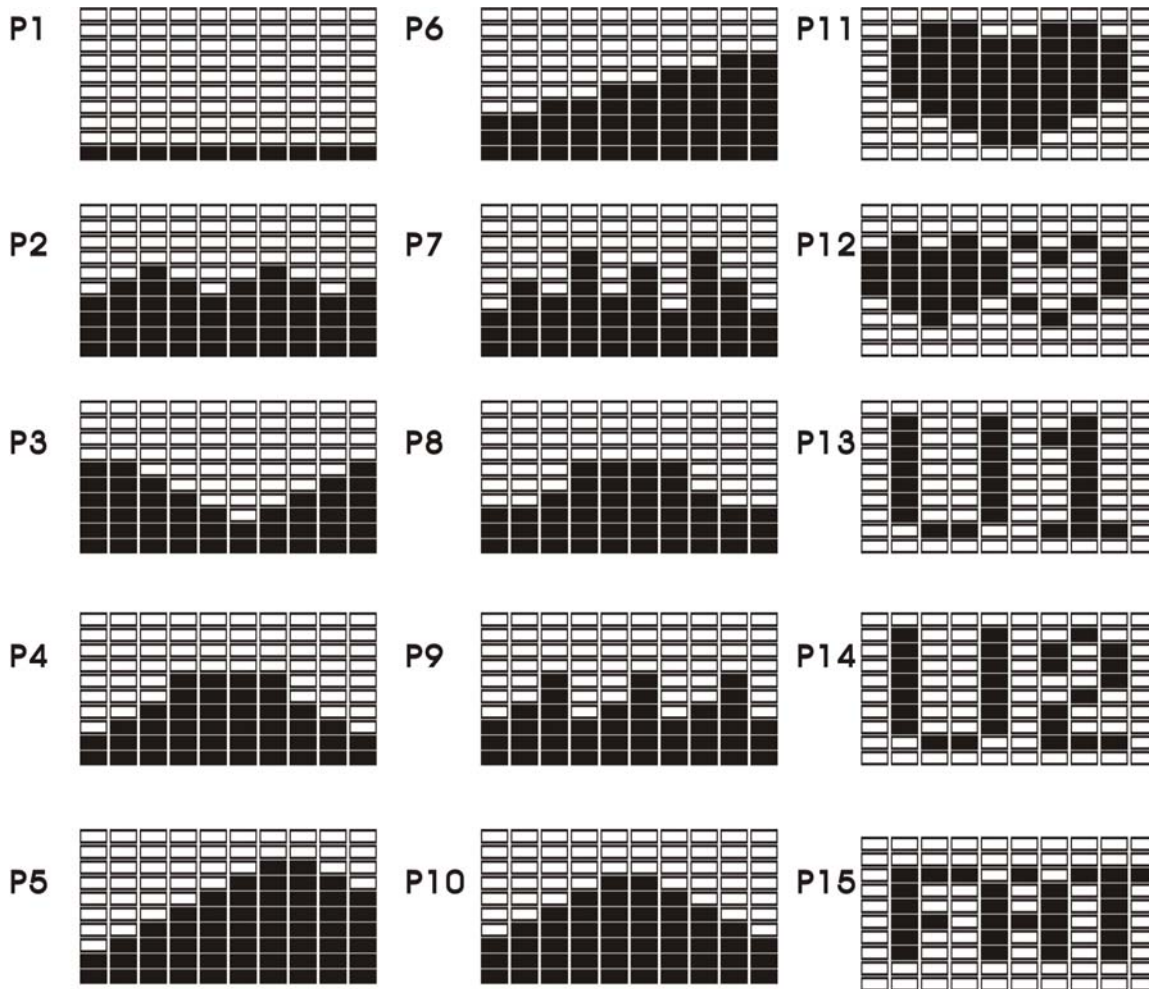
E. Body Types:

There are 9 body types divided according to the FAT% calculated.   Type 1 is from 5% to 9%. Type 2 is from 10% to 14%.   Type 3 is from 15% to 19%.   Type 4 is from 20% to 24%.   Type 5 is from 25% to 29%.   Type 6 is from 30% to 34%.   Type 7 is from 35% to 39%.   Type 8 is from 40% to 44%.   Type 9 is from 45% to 50%.

F. BMR: Basal Metabolism Ratio

G. BMI: Body Mass Index

Operation Instructions

A. Exercising With a Specific Goal:
    1. TIME Control: Sets up a period of time to exercise. (Except in Program 15)
    2. DISTANCE Control: Sets up a certain distance to exercise. (Except in Program 15)
    3. BODY FAT Control: Computer designs various programs for different people with different body fat ratio.
    4. WATT Control: Keeps different bodies burning in desire WATT consumed. (Program 1 to 14)
    5. Heart Rate Control: Keeps users to exercise under a safe heart-beating condition

B. Pulse Rate:
The whole set of heart rate detector include 2 sensors each side.　Each sensor has 2 pieces of metal parts.　The correct way to get detected is to gently hold both metal parts each hand.　With the good signals picked up by the computer, the heart mark in the HEART RATE/BODY TYPE Display shall flash.

C. Manual Program:
PROGRAM 1 is a manual program.　Press "ENTER" key to select TIME, DISTANCE, and AGE. Then, press ▲ or ▼ key to adjust the values.　The default watt level of loading is 6.　After pressing "START/STOP" key to exercise, please also apply the heart rate detector appropriately. Users may exercise in any desire level (by pressing ▲ or ▼ during the workout) with a period of time or a certain distance.　With the input of age, the computer may suggest a target heart rate to exercise.　The suggested heart rate is 85%(220 – age).　So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing.　**Please note that it is a warning for users to slow down or to lower the watt level of loading**.　To maintain the burn rating steady, output of RPM will be cut if less 15.

D. Preset Programs:
PROGRAM 2 to PROGRAM 10 are the preset programs.　Press "ENTER" key to select TIME, DISTANCE, and AGE.　Then, press ▲ or ▼ key to adjust the values.　Users may exercise with different level of loading in different intervals as the profiles show.　After pressing "START/STOP" key to exercise, please also apply the heart rate detector appropriately.　Users may also exercise in any desire watt level (by pressing ▲ or ▼ during the workout) with a period of time or a certain distance.　With the input of age, the computer may suggest a target heart rate to exercise.　The suggested heart rate is 85%(220 – age).　So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing.　**Please note that it is a warning for users to speed down or to lower the watt level of loading**.　To maintain the burn rating steady, output of RPM will be cut if less 15.

E. Body Fat Program:

Program 15 is a special program designed to calculate users' body fat ratio and to design a specific loading profile for users.   With 9 different body types, the computer can generate 9 different profiles for each.   Press "ENTER" key to select GENDER, HEIGHT, WEIGHT, and AGE.   Then, press ▲ or ▼ key to adjust the values.   After pressing "START/STOP" key to calculate body fat, please also apply the heart rate detector appropriately.   If the detector cannot pick up any signals, an error message "E2" will show up in the profile display.   If it happens, press "START/STOP" key to calculate again.   Then, the calculation values of FAT%, BMR, BMI, BODY TYPE, and a designed profile will show up shortly.   Press "START/STOP" key to exercise.   The profile shown in the display is specially designed for your body type.

F. Heart Rate Control Programs:

Program 11 to Program 12 are the Heart Rate Control Programs.   In Program 11 and Program 12, press "Enter" key to select TIME, DISTANCE, and AGE.   Then, press ▲ or ▼ key to adjust the values.   Users may exercise in a period of time or a certain distance with 60% Max Heart Rate in Program11, and 85% Max Heart Rate in Program 12.   After pressing "START/STOP" key to exercise, please also apply the heart rate detector appropriately.   In these programs, the computer will adjust the watt of loading according to the heart rate detected.   For example, the watt of loading may increase while the heart rate detected is lower than TARGET H.R.   Also, the watt of loading may decrease while the heart rate detected is higher than TARGET H.R.

G. User Setting Programs:

Program 13 to Program 14 are the user-setting programs.   Users are free to edit the values in the order of TIME, DISTANCE, AGE, and the watt level of loading in 10 intervals.   The values and profiles will be stored in the memory after setup.   After pressing "START/STOP" key to exercise, please also apply the heart rate detector appropriately.   Users may also change the ongoing loading in each interval by pressing ▲ or ▼ key, and they will not change the watt level of loading stored in the memory.   With the input of age, the computer may suggest a target heart rate to exercise. The suggested heart rate is 85%(220 – age).   So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing.   **Please note that it is a warning for users to speed down or to lower the watt level of loading**.   To maintain the burn rating steady, output of RPM will be cut if less 15.

H. Pulse Recovery:

It is a function to check the condition of pulse recovery that is scaled from 1.0 to 6.0 while 1.0 means the best and 6.0 means the worst and the increment is 0.1.   In order to get rated correctly, users must test it right after the workout finished by pressing "RECOVERY" key and then stop exercising.   After the key is pressed, please also apply the heart rate detector appropriately.   The test will last for 1 minute and the result will show in the display.

TROUBLE SHOOTING GUIDE

Problem	Cause	Things to Check	Solution
No display	No power (or low voltage)	Is the power cord unplugged or loose?	Make sure the power cord is connected properly
		Is the adaptor (AC24V/3A) correct?	Change to correct adaptor.
	Crash	Is the adaptor (AC24V/3A) correct?	Verify power cord is connected
			Change to correct adaptor.
No Speed	Speed Sensor and/ or Magnet	The speed sensor is too far from magnet	Adjust distance within 5mm.
		The wires are damaged or shorted	Change wires or sensor.
		Verify all wires are connected properly	Reset all wires.
Partial Display	The PA board or connector are not connected well	Press PA board to ensure proper connection or inspect PA board	Reset connectors & verify screws are tight
No Pulse Signal	Hand sensor has poor inductance	Verify all wires are connected properly or no damage is present?	Change / Reset wires.
		Verify all wires are connected properly or no damage is present?	Change / Reset wires.
	Poor inductance when Using hand pulse	Reposition or wet hands	Check display for signal
No Resistance	The Speed signal does not work correctly	Check the speed sensor	Verify the cord is positioned correctly on controller, and adjust the distance of sensor if required.
	Controller doesn't work properly	Check connector on controller	Reconnect all jacks or change controller
Resistance is Weak	Electro-Magnetic is positioned incorrectly	Check the distance between the Electro-Magnetic & Flywheel	Must be less than 0.8mm
	Wrong adaptor	Check adaptor specification	adaptor must be AC 24V/3A
	Adjust Controller	Adjust the VR1 on controller	Adjust VR1 clockwise for more resistance
Too Much Resistance	Electro-Magnetic has wrong distance	Check the distance between the Electro-Magnetic & Flywheel.	No contact between Electro-Magnetic & Flywheel.
	Controller doesn't work properly	Check controller	Change controller board
	Controller needs adjustment	Adjust the VR1 on controller	Adjust VR1 counterclockwise to reduce resistance.

TROUBLE SHOOTING GUIDE

Problem	Cause	Things to Check	Solution
E 1	1. EEPROM has problem or not programmed correctly	1.Check that IC is not damaged and verify program is correct?	1.Change computer or change EEPROM.
	2. EEPROM is not installed correctly	2.Verify IC is installed correctly.	2.Reinstall EEPROM.
E2	Testing Body Fat- no pulse signal in dsplayed after 8 seconds	1.Verify the sensor on pluse is assembled correctly? 2 Check the position on hand pulse	1. Re-adjust pluse sensor 2. Re-adjust the position.
E3	Testing Pulse Recovery- no pulse signal is present	1.Verify the sensor of pluse is assembled correctly? 2 Check the position on hand pulse	1. Re-adjust pluse sensor 2 Re-adjust the position.

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