

SPORTSART C521R UPRIGHT BIKE

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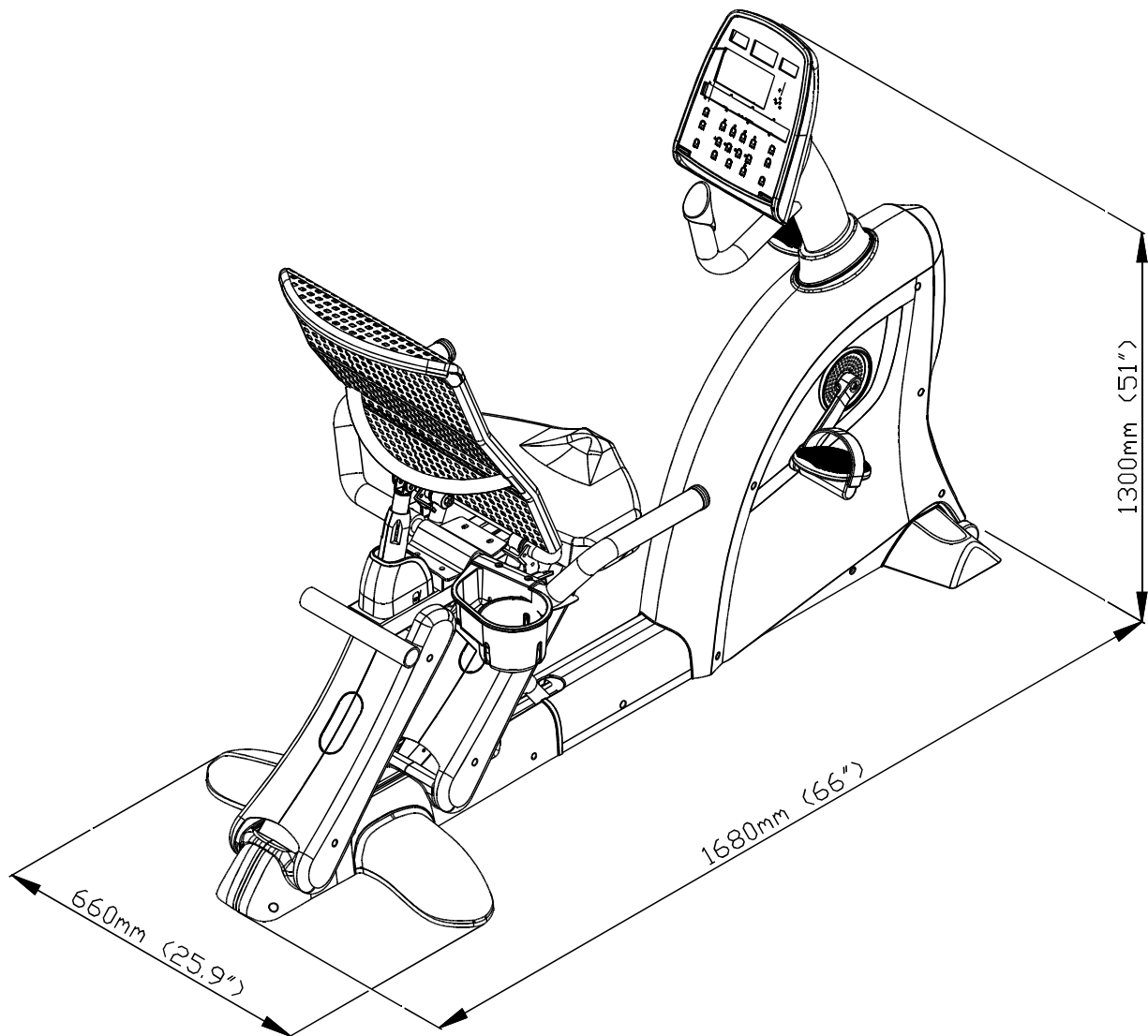
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SPORTSART C521R UPRIGHT BIKE

INTRODUCTION

Congratulations on purchasing one of the finest pieces of exercise equipment on the market today, the SportsArt C521R Upright Bike. Constructed of high quality materials and designed for years of trouble-free usage, the C521R will be an integral part of your fitness regimen.

Before using your C521R bike, we recommend that you familiarize yourself with this Owner's Manual. Whether you are a first-time user of an upright bike or a seasoned "pro," understanding the correct use of the equipment will enhance your ability to achieve your exercise goals safely and successfully.



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

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.

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

Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:

IMPORTANT SAFETY PRECAUTIONS **CONSIGNES DE SÉCURITÉ IMPORTANTES**

- Please read the instructions carefully and install the bike as instructed.
- Veuillez lire attentivement les instructions et installer le vélo de course selon les instructions.
- Assemble and operate the bike on a solid, level surface. DO NOT use outdoors or near water.
- Assemblez et faites fonctionner le vélo sur une surface solide et plane. NE PAS l'utiliser à l'extérieur ou près de l'eau.
- Never allow children on or near the bike.
- En aucun cas, ne laissez des enfants à proximité ou sur le vélo.
- 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.
- Vérifiez le vélo de course avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées, et tous les éléments de fixation sont bien serrés. NE PAS utiliser le vélo de course si l'appareil est démonté de quelque façon.
- Keep your hands away from moving parts.
- Gardez vos mains loin des pièces mobiles.
- 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.

- Portez des vêtements d'entraînement approprié. 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.
- Be careful when mounting and dismounting the unit.
- Soyez prudent lors du montage et démontage de l'appareil.
- The bike may or may not stop immediately if any object becomes caught or impedes normal motion.
- Le vélo peut s'arrêter ou ne s'arrêter pas immédiatement si quelque chose obstacle le mouvement.
- DO NOT use any accessories that are not specifically recommended by the manufacturer. These might cause injuries or cause the unit to fail.
- NE PAS utiliser d'accessoires non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.
- Close supervision is necessary when this bike is used by, on, or near children, invalids, or disabled persons.
- Une surveillance étroite est nécessaire quand le vélo est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Use this bike only for its intended use as described in this manual.
- Utilisez le vélo de course uniquement pour l'usage prévu dans ce manuel.
- 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.
- N'utilisez jamais ce 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.
- Keep all air ventilation areas free of blockage.
- Veillez à ce qu'aucun orifice de ventilation ne soit obstrué.

- Never drop or insert any object into any opening.
- Ne faites jamais tomber ou n'insérez jamais d'objet dans les orifices.
- DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
- NE PAS l'utiliser là où des produits aérosols (vaporisés) sont utilisés ou lorsque de l'oxygène est administré.
- The user weight limit for this bike is 180 kgs (400 lbs).
Note that the 20 resistance rating is good for up to 150 kgs (330 lbs).
- La limite de poids de l'utilisateur pour ce tapis de course est 180 Kgs (400 lbs).
Remarquez que la résistance de 20 convient jusqu'à 150kgs (330 lbs).

CAUTION
ATTENTION

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.

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.

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

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

Note: This equipment has been tested and found to comply with the limits for a Class B 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 the such interference, it is at the user's own expense.

Remarque: Cet équipement a été testé et déclaré conforme aux normes des appareils digitaux de Classe B, conformément à la partie 15 du Règlements 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 particulier.

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

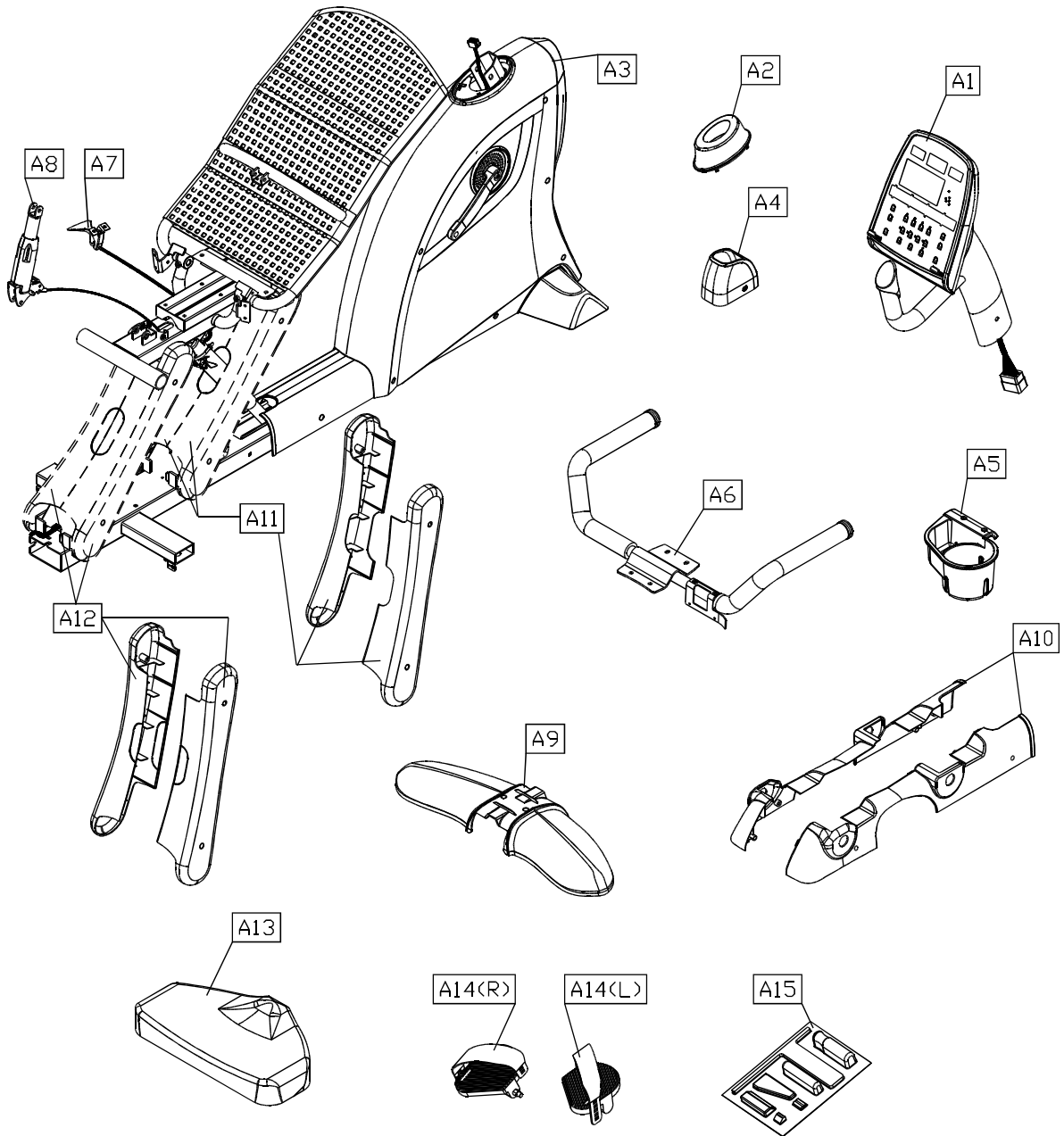
In this manual, the words "left" and "right" are used in reference to parts and the product. As such, the words "left" and "right" equate to the exerciser's left and right sides respectively. Also, for brevity, the word "screws" is used in some cases where washers, screws, and other hardware are involved.

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 "vis" est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

WARNING!

Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

List of Parts



Assembly Parts					
No.	Name	Qty	No.	Description	Qty
A1	Pedestal and display	1	A9	Back foot cover	1
A2	Pedestal collar	1	A10	Left/right horizontal cover	1
A3	Body	1	A11	Left/right seat support cover (front have cut-away for gas spring)	1
A4	Spring cover	1	A12	Left/right seat support cover (rear have no cut-away)	1
A5	Bottle holder	1	A13	Seat bottom	1

Assembly Parts					
No.	Name	Qty	No.	Description	Qty
A6	Handlebars	1	A14	Pedals	1
A7	Seat adjustment handle	2	A15	Hardware kit	1
A8	Gas spring	1			

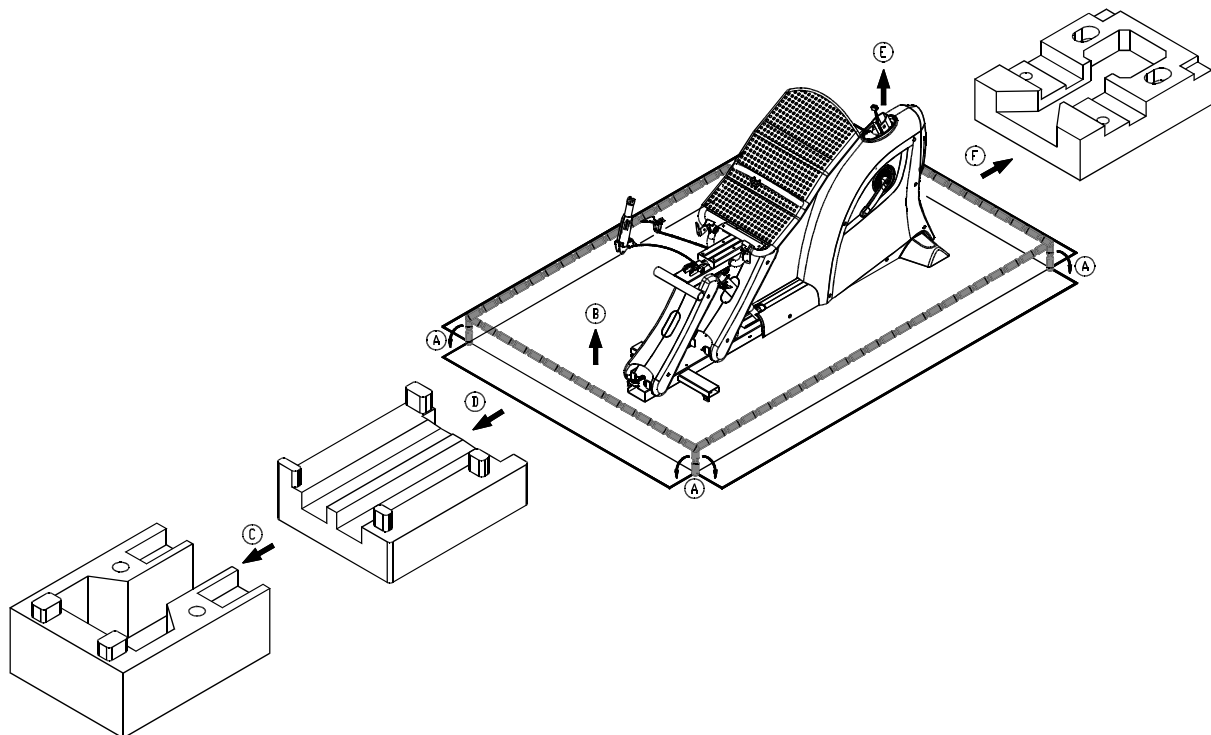
Hardware Kit				
No.	Part Name	Qty	Specification	Notes
21	Mushroom top Phillips	9	M4*L16	
22	Screw socket	8		
23	Mushroom top Phillips screw	2	M5*L12	
	Serrated washer	2	BW5 3/16	
	L-shaped Allen wrench	1	(M5)	
	L-shaped Allen wrench	1	(M6)	
	Double open-end wrench	1	(13*15)	
	Screwdriver handle	1	green	
	Screwdriver bit	1	Phillips and flat	

Hardware Kit			
No.	Part Name	Specification	Notes
51	Gas spring set pin		
	R-clip		
52	Inner hex screw	M5*P0.8*L10	
	Spring washer	M5*t1.0	
53	Inner hex screw	M8*L20	
	Washer		
	Serrated washer	D18*d8.5*t2.0	
54	Mushroom top inner hex screw	M8*L20	
	Spring washer	M8*t2.0	
	Flat washer	D17*d8*t1.5	
55	Mushroom top Phillips screw	M5*0.8*L12	
56	Mushroom top Phillips screw	M4*L16	

Note: For brevity, throughout this manual, the word “crews” is used where screws, washers, and other hardware may be involved. Note that some parts are marked “L” for left and “R” for right. Product side determinations correspond to the left/right sides of a person exercising on the product. For example, the exerciser's left side would be the product's left side. The exerciser's right side would be the product's right side.

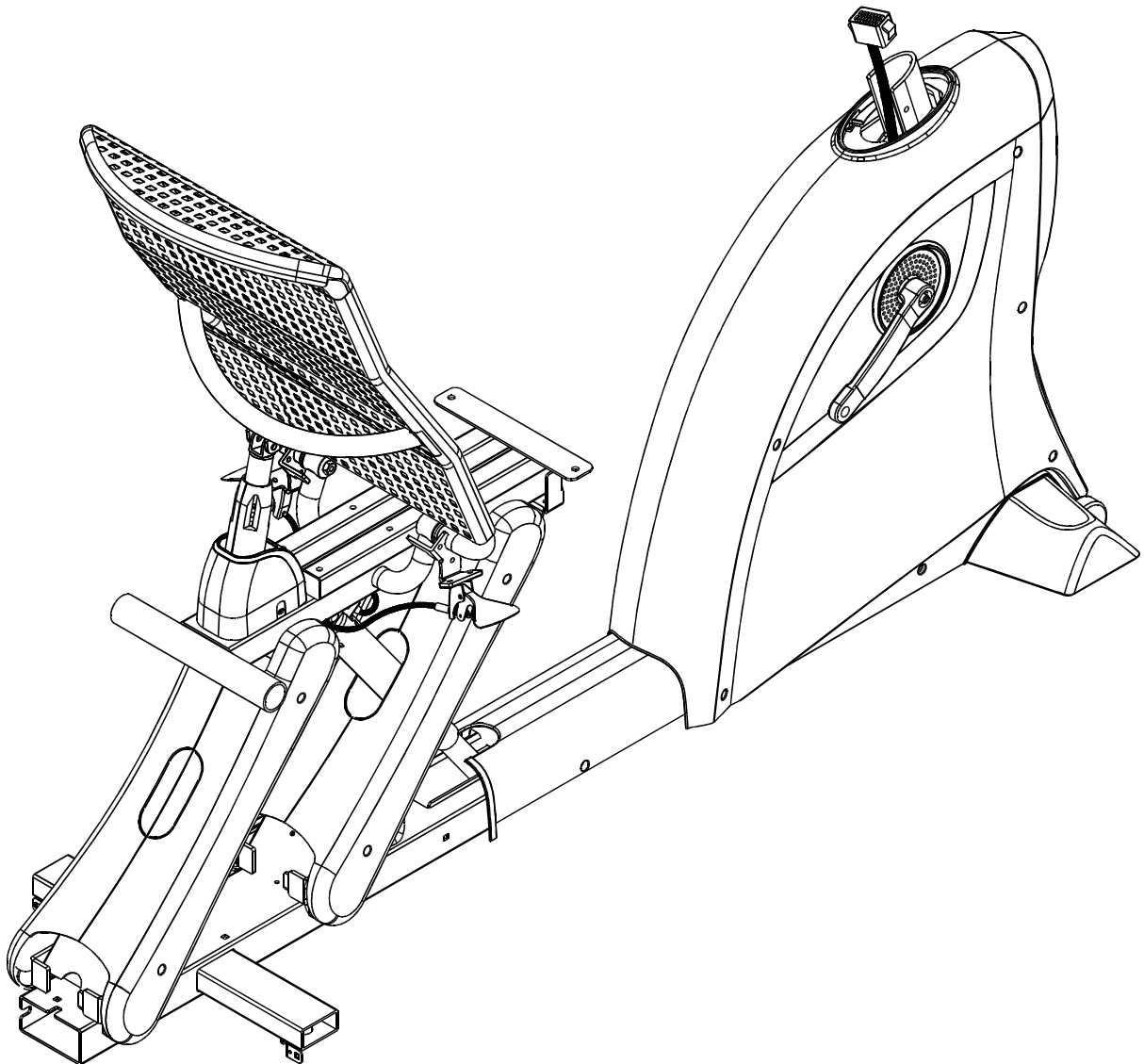
Follow steps A, B, C, D, E, F to place the product on a flat sheet of cardboard for assembly.

- A. Remove the packaging material. Then cut the box flaps to lay them flat on the ground.
- B. Lift the front of the bike.
- C. Remove packaging material from the front part of the bike.
- D. Lift the rear of the bike.
- E. Remove packaging material from the rear of the box.
- F. Remove packaging material from the center of the box.



ASSEMBLING YOUR BIKE

STEP 1 Seat Back and Adjustment Handle Installation

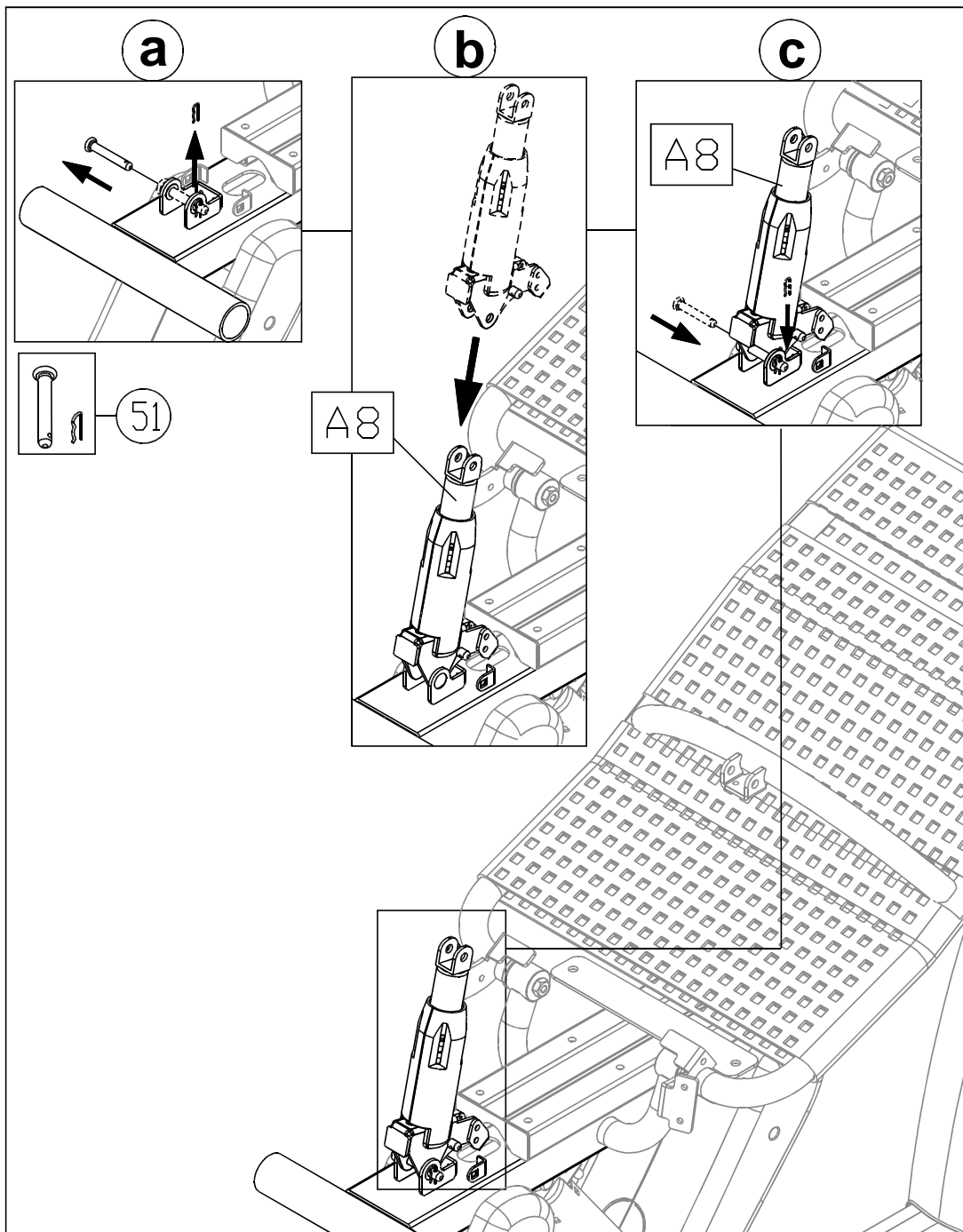


1-1. Follow steps (a-h) to install the gas spring and seat back.

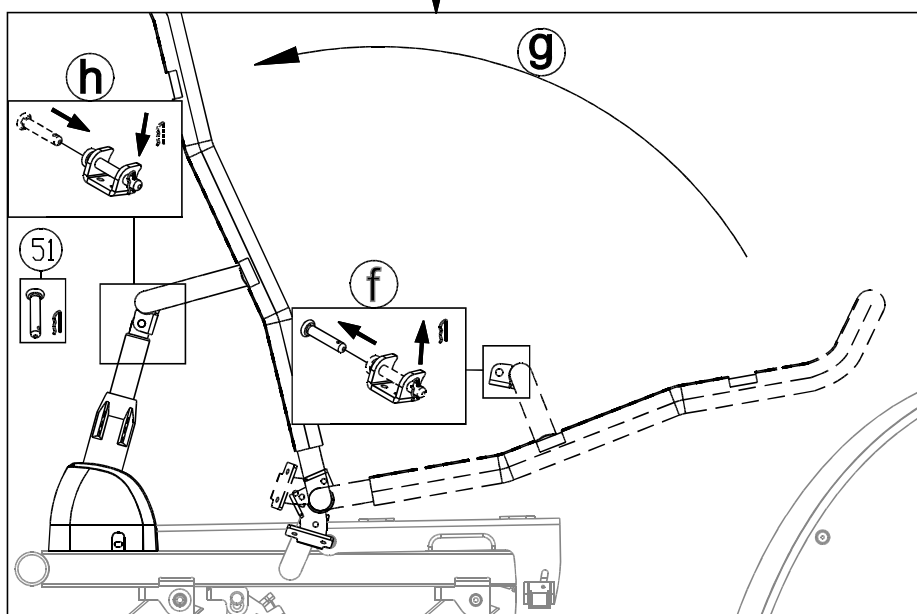
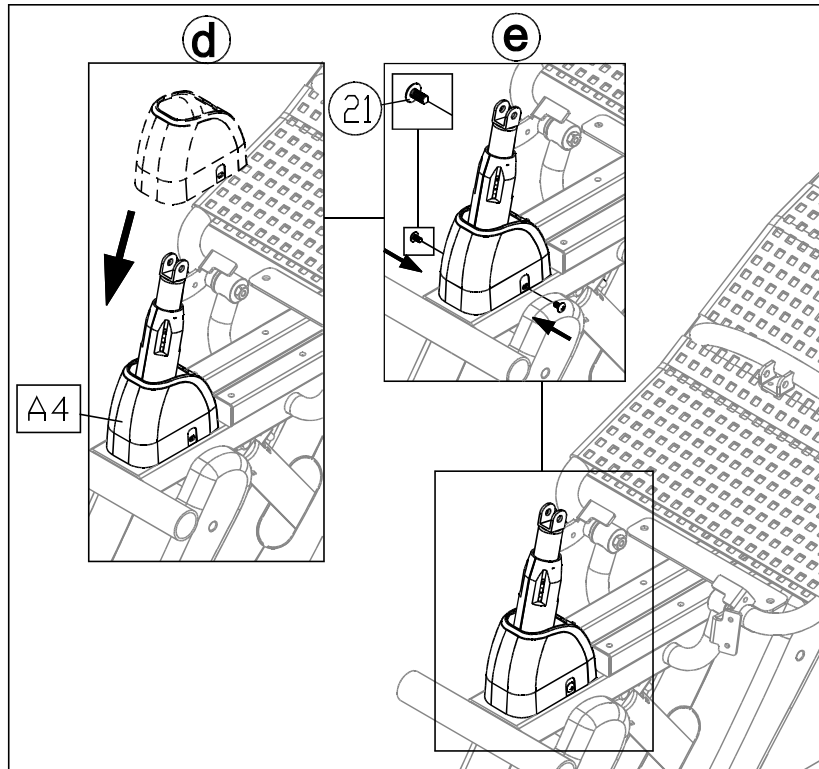
(a) First, remove the gas spring set pin (51) from the product frame.

(b) Align the lower part of the gas spring (A8) with the pin hole in the frame.

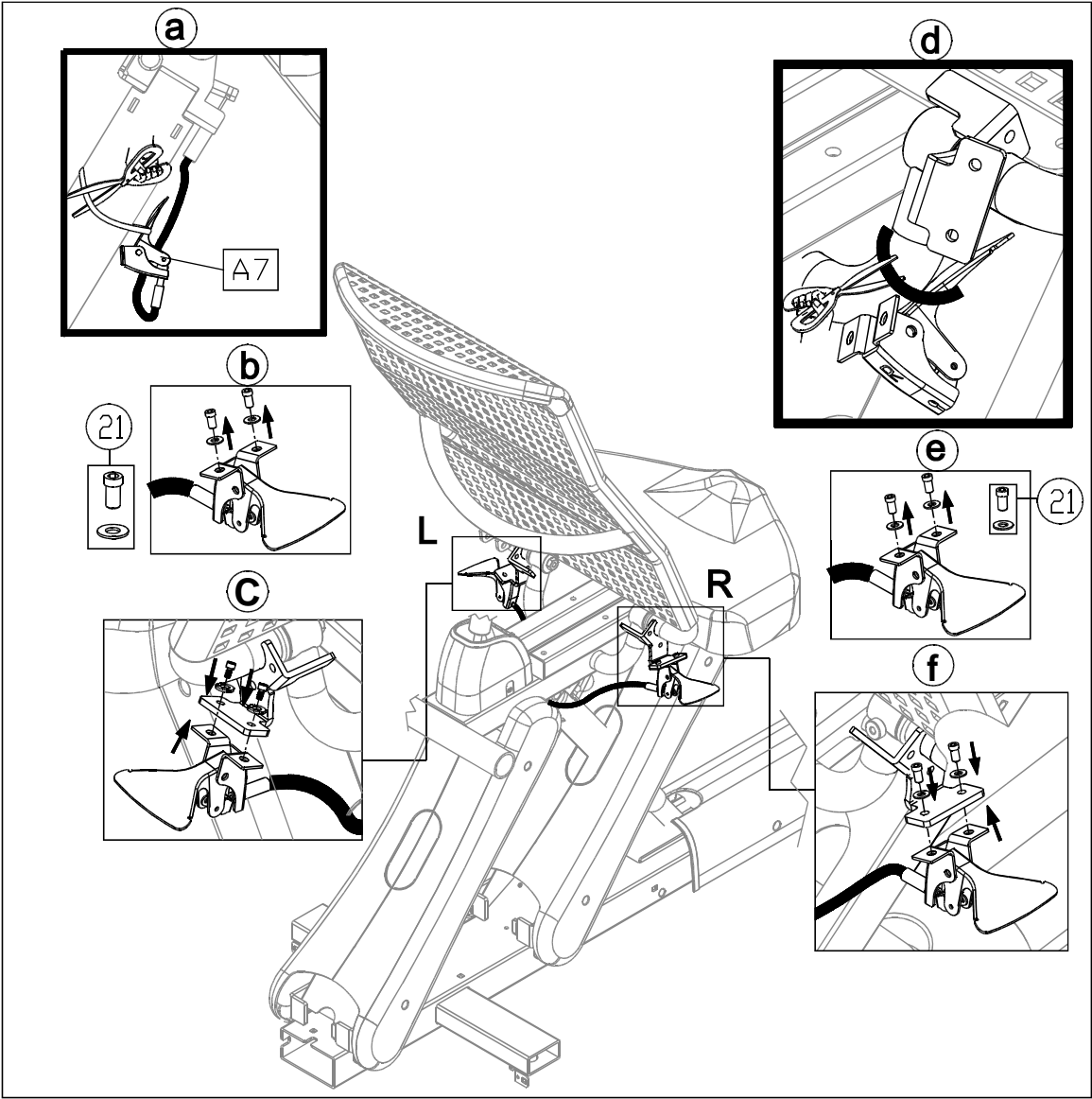
(c) Insert the pin (51) through both the frame and the gas spring and secure it with the R-clip.



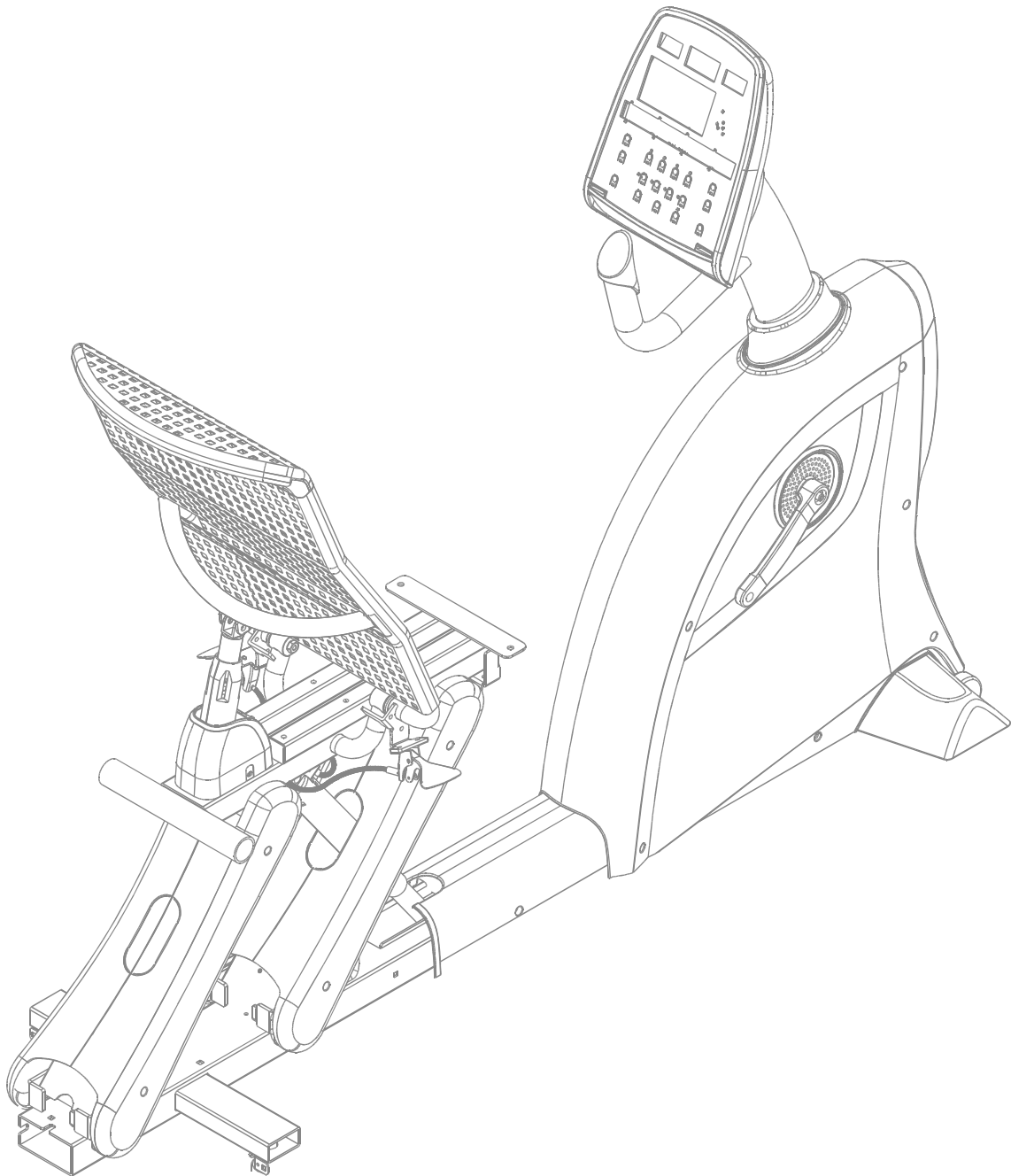
- (d) Insert the gas spring cover (A4) onto the gas spring.
- (e) Secure the cover screws (21).
- (f) Remove the gas spring set pin (51) and R-clip from the seat back frame.
- (g) Align the seat back frame and the gas spring upper connector.
- (h) Insert the set pin (51) and the R-clip to secure the seat back and gas spring.



- 1-2. Follow steps (a~f) to install the seat adjustment handles.
- (a) Detach one seat adjustment handle (A7) from the top of the gas spring.
 - (b) Remove screws (21) from the handle.
 - (c) Hold the handle (A7) onto the left handle base. Secure it with screws (21).
 - (d) Detach the other handle (A7) from the tube.
 - (e) Remove screws from the handle (21).
 - (f) Hold the handle (A7) onto the right handle base and secure it with screws (21).



STEP 2 Pedestal and Display Installation



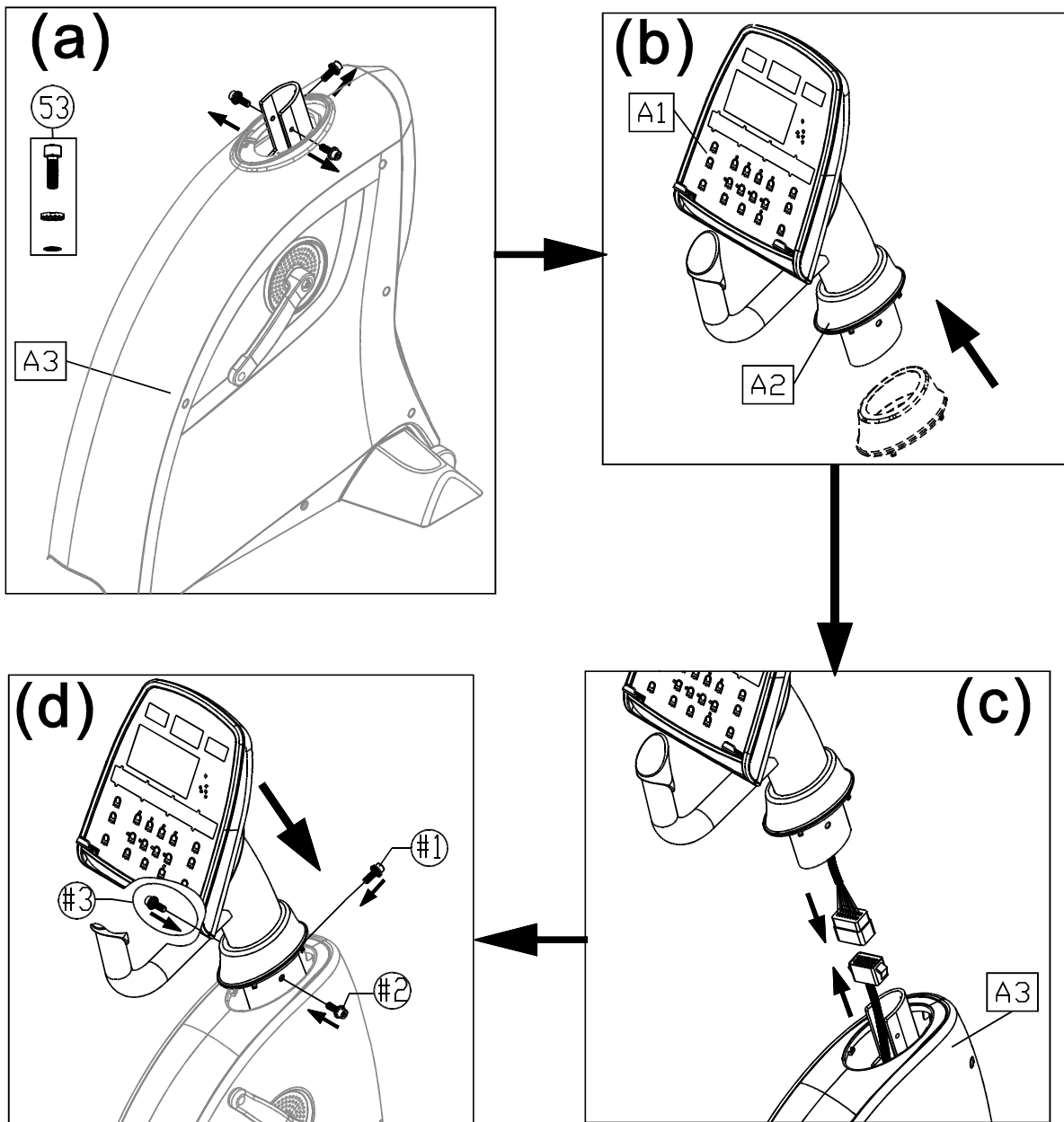
2-1. Follow steps (a~d) to install the pedestal and display.

(a) Remove screws (53) attached to the pedestal base.

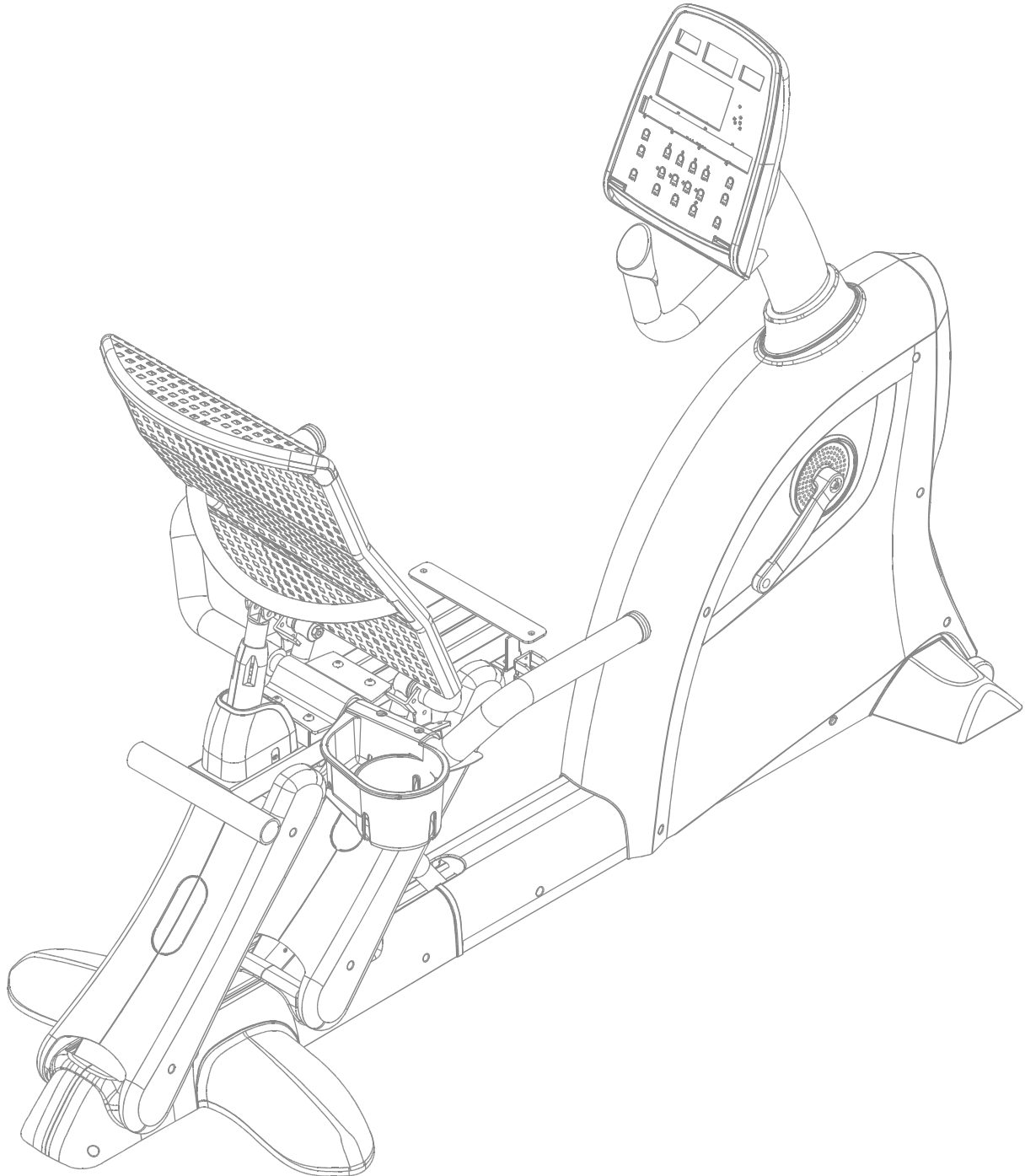
(b) Insert the pedestal collar (A2) onto the pedestal (A1).

(c) Connect the data cables.

(d) Insert the pedestal into its mount on the frame. Then secure screws (53) in the following order: #1, #2, #3.

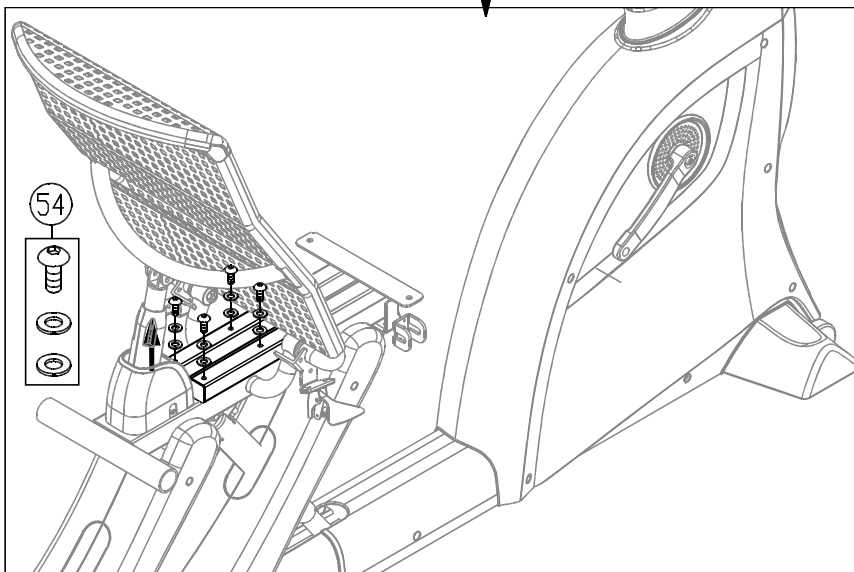
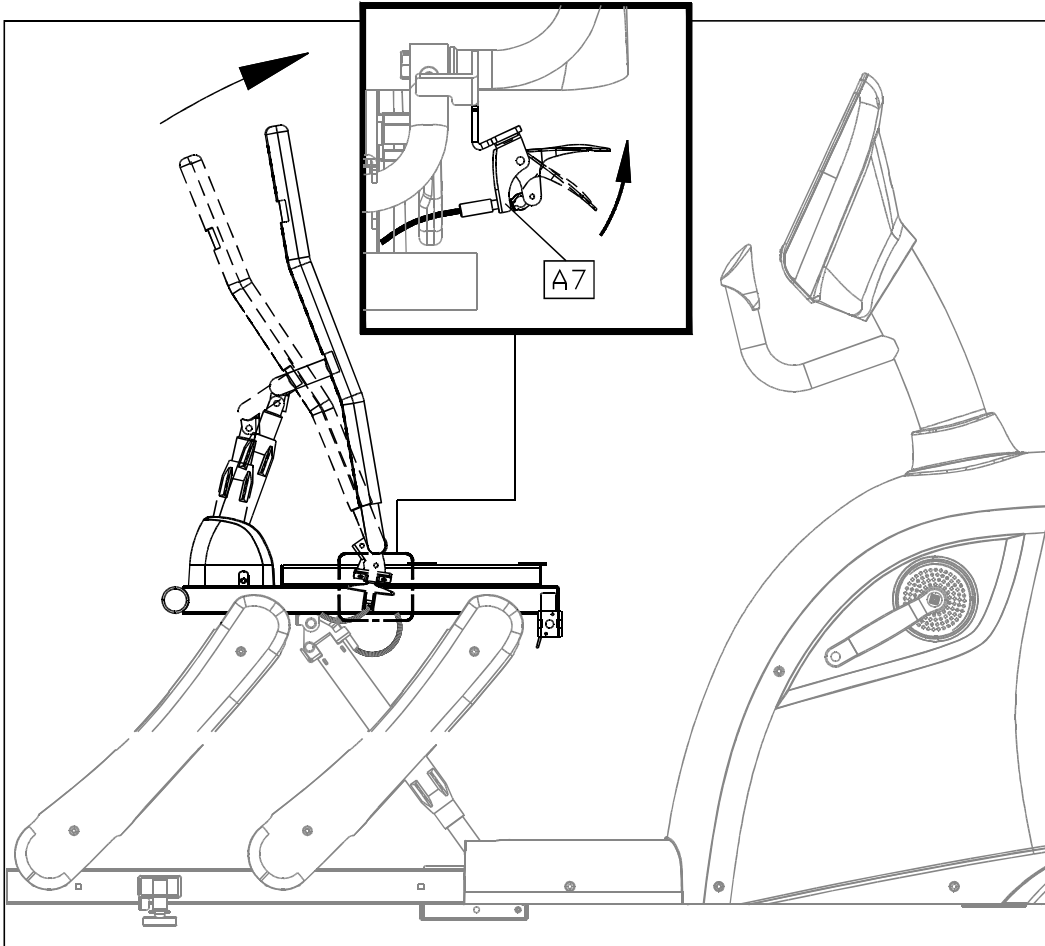


STEP 3 Handlebar Installation

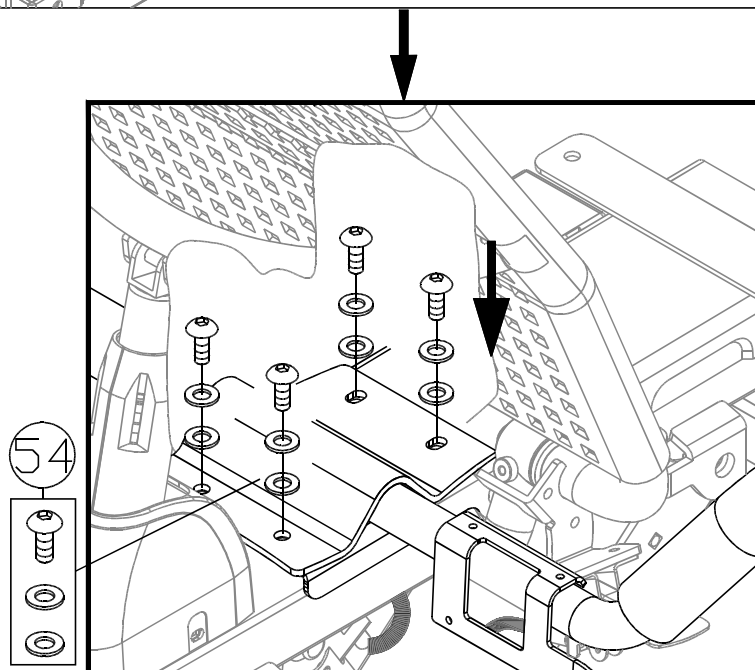
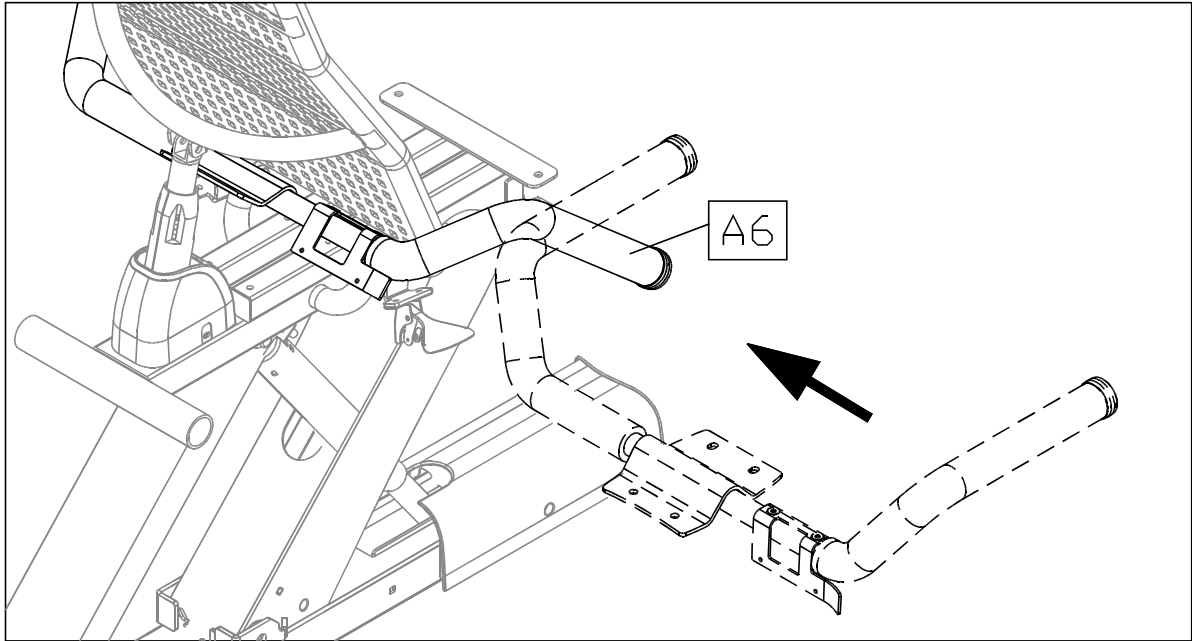


3-1. Pull the seat back adjustment handle (A7) up to allow the seat back to move forward, allowing installation of the handlebars.

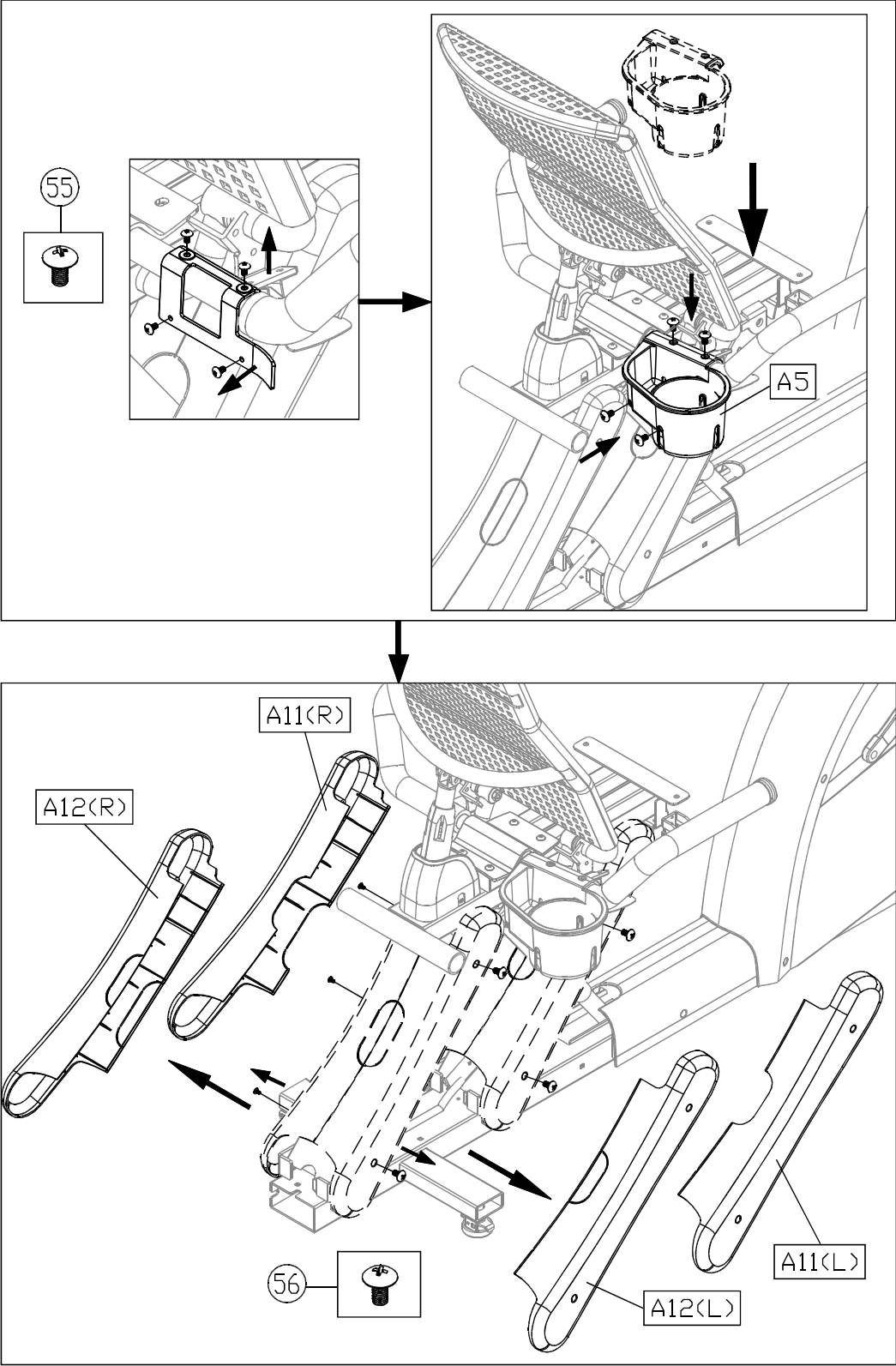
3-2. Remove screws (54) from the handlebar base on the product frame as shown.



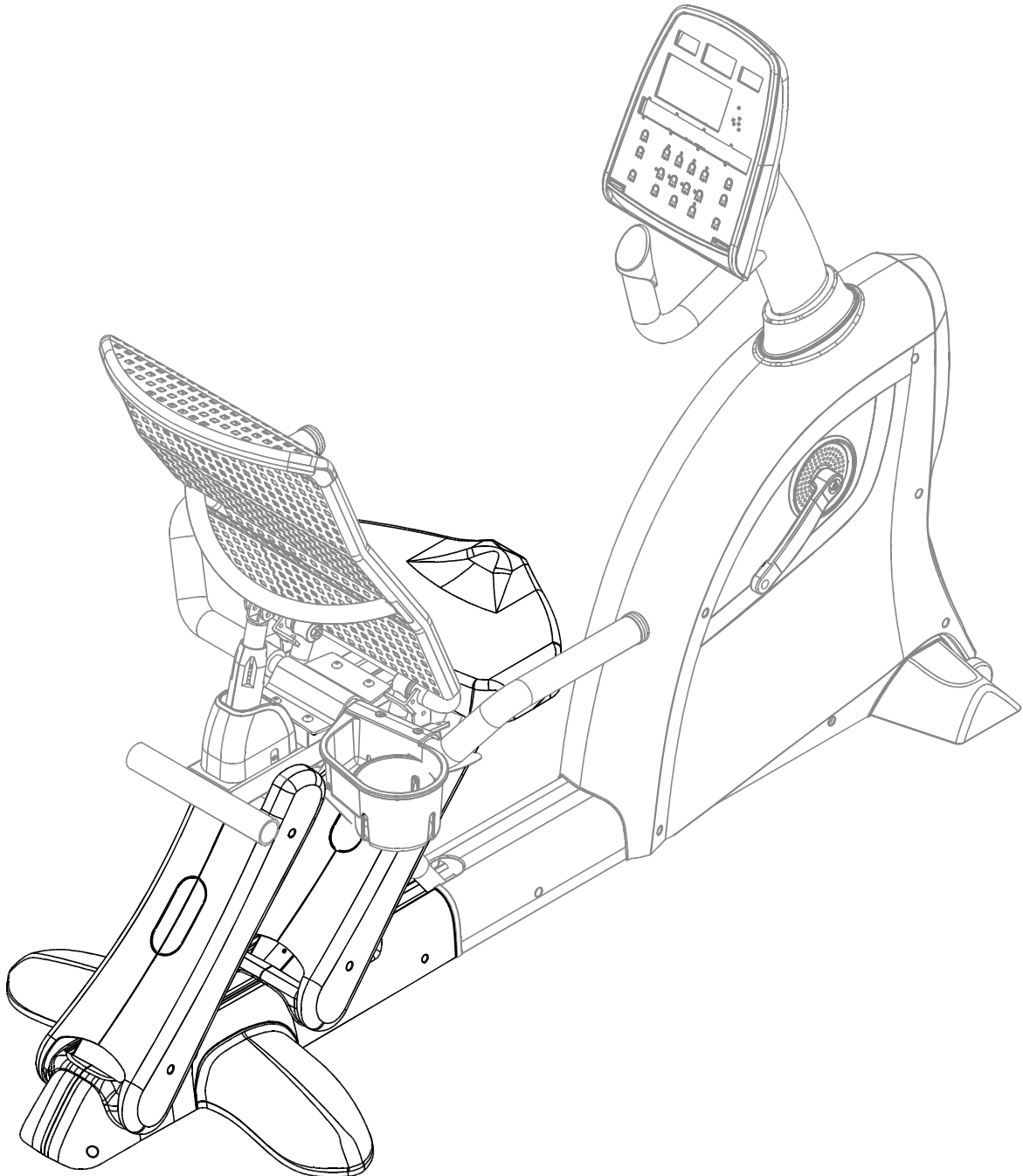
3-3. Insert the handlebars (A6) between the seat back and the gas spring.
And secure them with screws (54).



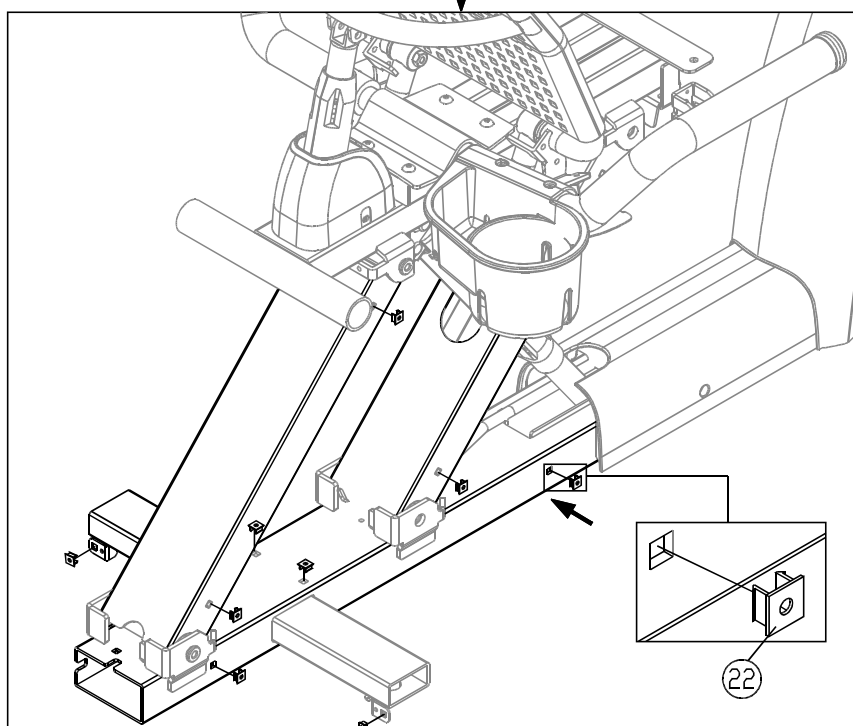
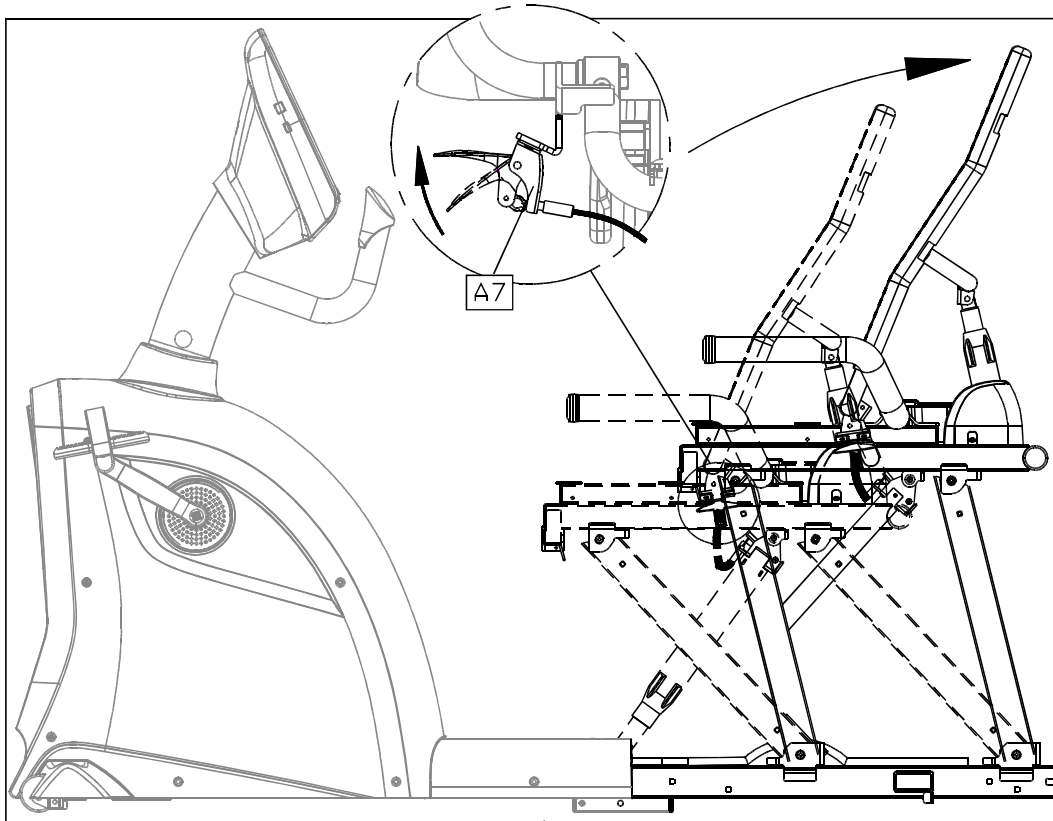
- 3-4. Remove screws (55) from the handlebars. Then set the cup holder (A5) in place and secure its screws (55).
- 3-5. Remove the seat support cover screws (56), and remove the covers (A11R · A11L · A12R · A12L).



STEP 4 Cover and Seat Bottom Installation

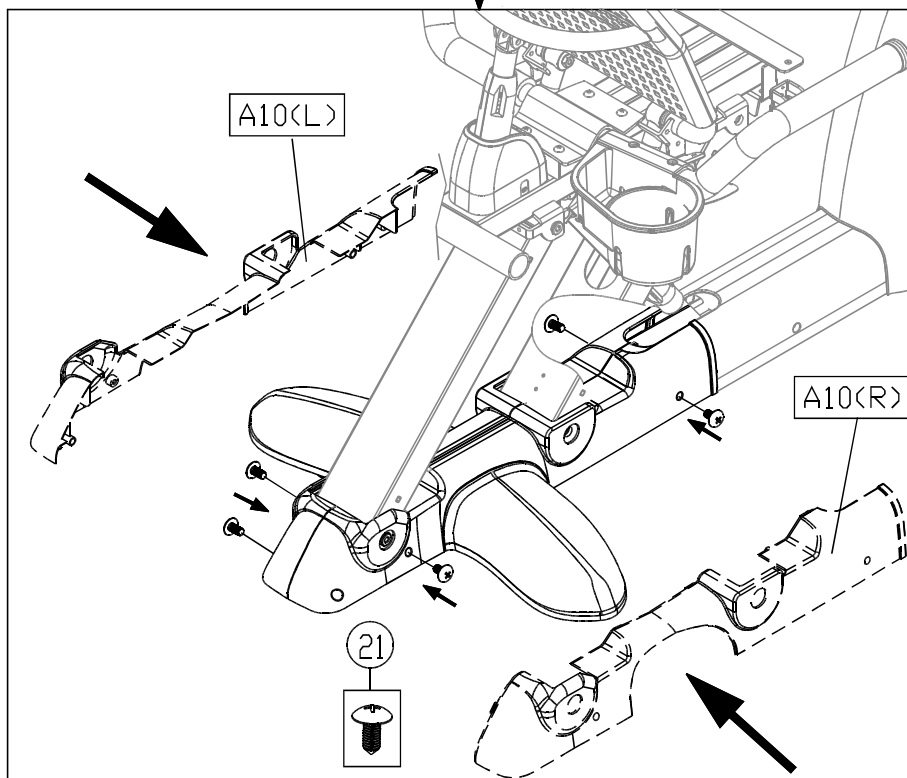
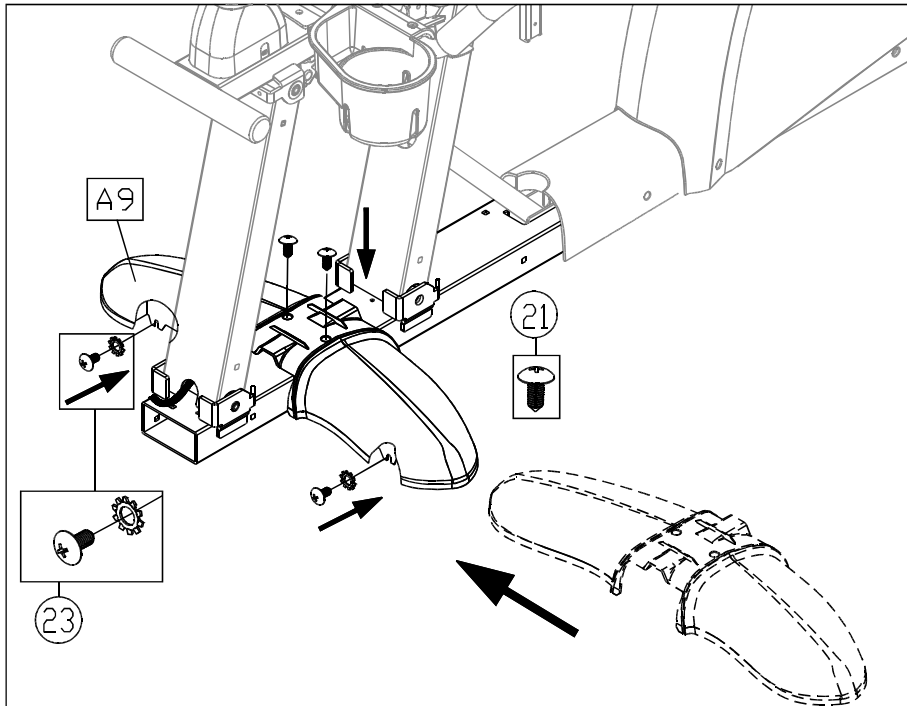


- 4-1. Lift up the seat back adjustment handle (A7), allowing the seat back to move forward, into position for seat support cover installation.
- 4-2. Insert screw sockets (22) into place on the frame as shown. There are eight screw sockets on each side.

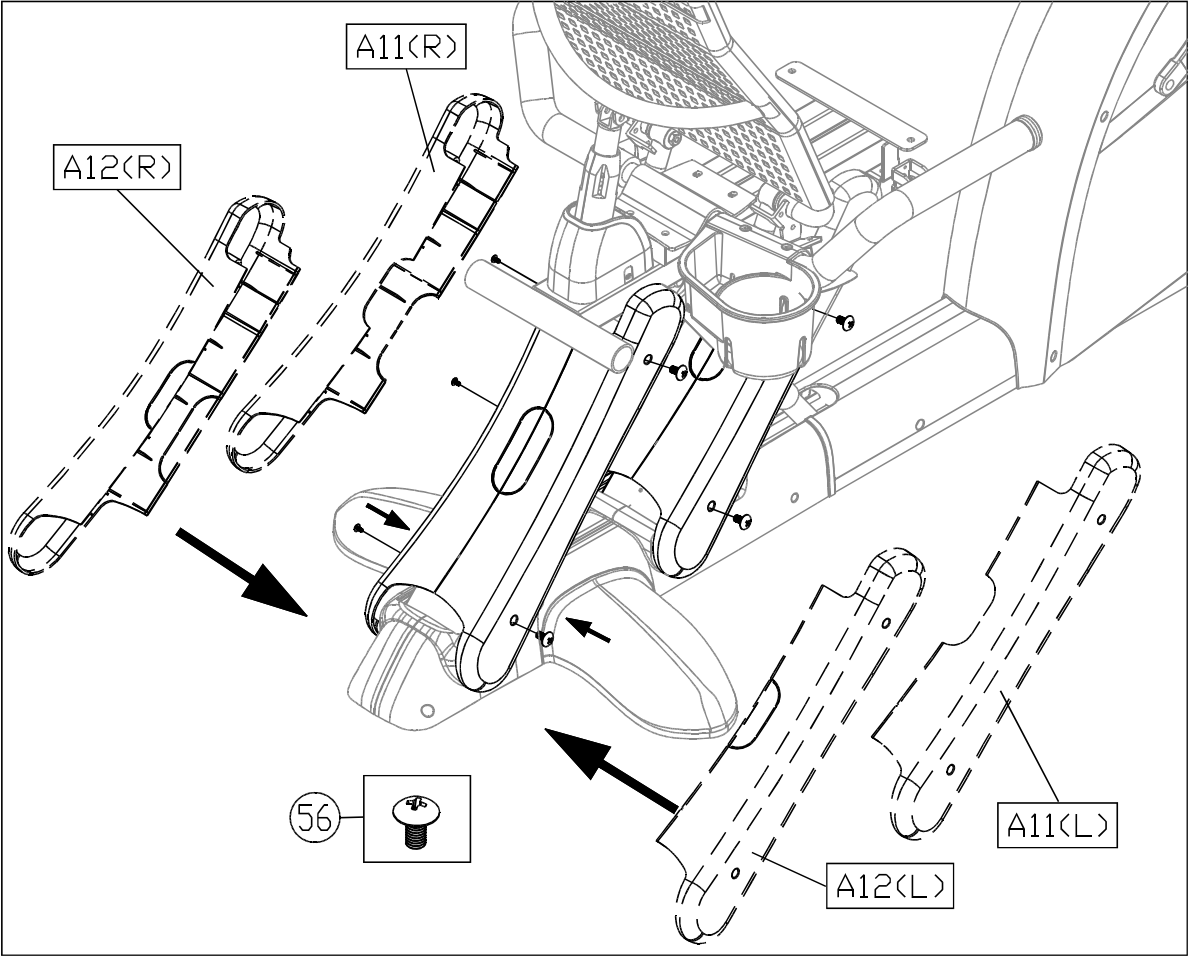


4-3. Set the back foot cover (A9) into place on the frame. Secure it with screws (21) and (23). Note: use screws (23) in the position shown.

4-4. Hold left/right horizontal covers (A10R, A10L) onto the product and secure them with screws (21). Start threading all screws before fully tightening the screws.

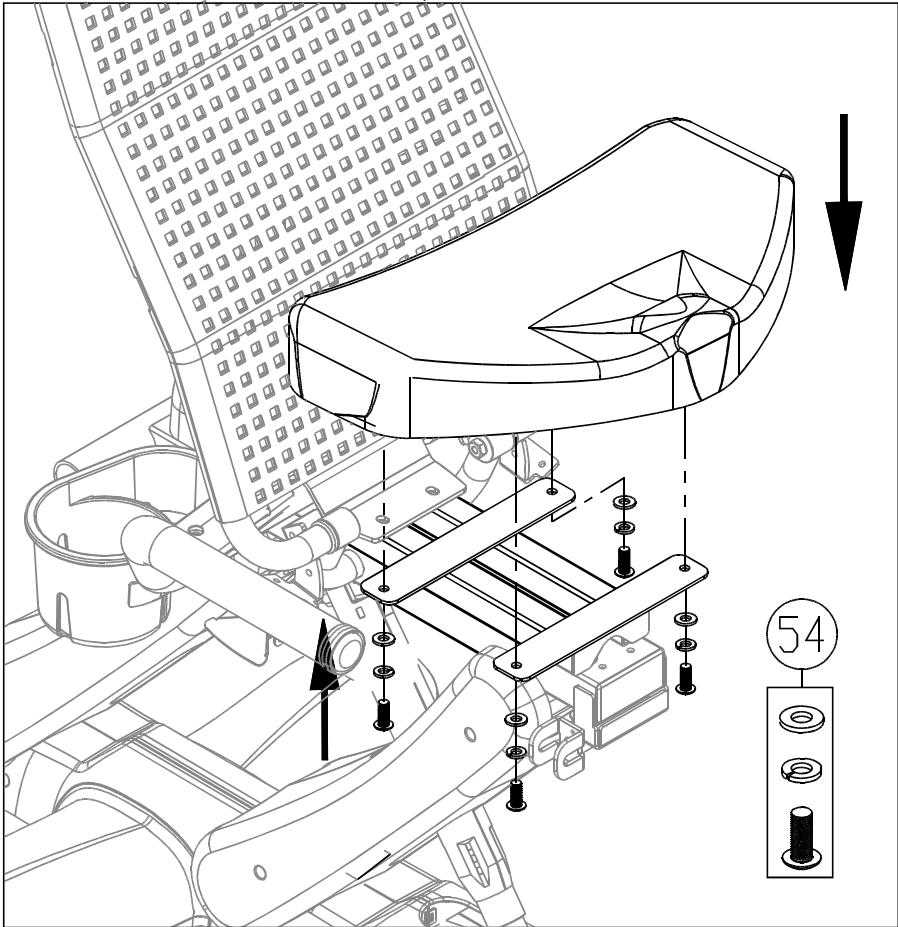
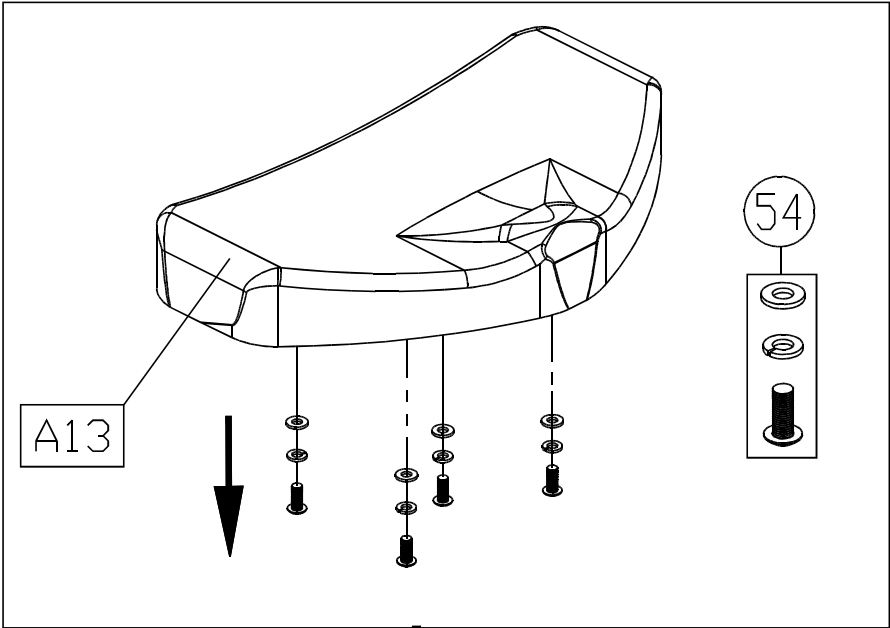


4-5. Identify seat support covers (A11R、A11L、A12R、A12L). Front covers have the cut-away for the gas spring. Hold covers in place and secure them with screws (56).



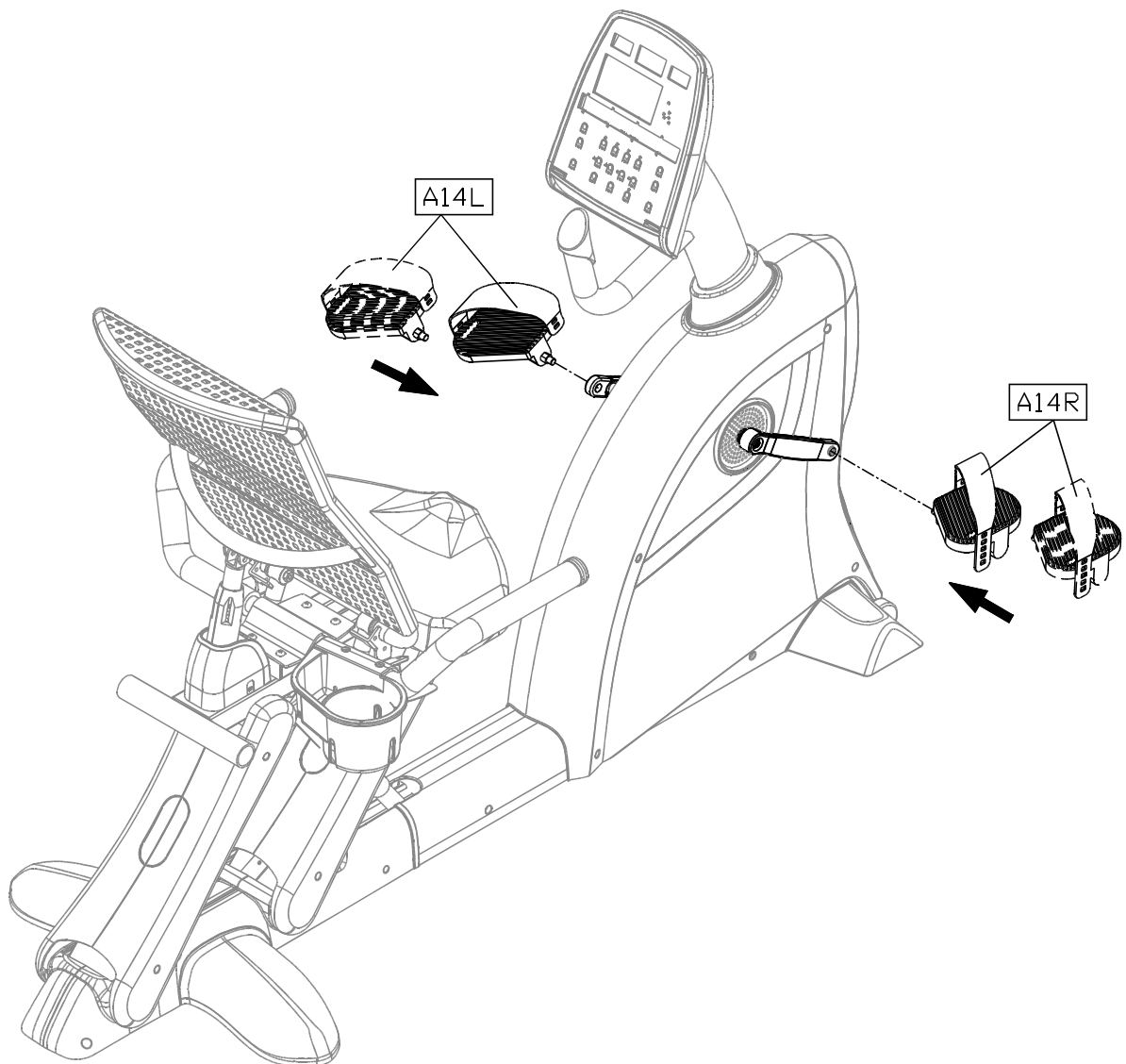
4-6. Remove screws (54) from the seat bottom (A13).

4-7. Place the seat bottom (A13) on the bike frame and secure it with screws (54).



STEP 5 Pedal Installation

Each pedal is marked left or right. Left/right designations correspond to the exercisers' left/right sides in the position at which they workout on the product. Install pedals (A14) on the appropriate sides of the bike. Note: the left pedal screws in counterclockwise; the right pedal screws in clockwise. Screw pedals onto the cranks by hand to make sure they thread properly. Then use the wrench to fully secure them into place.



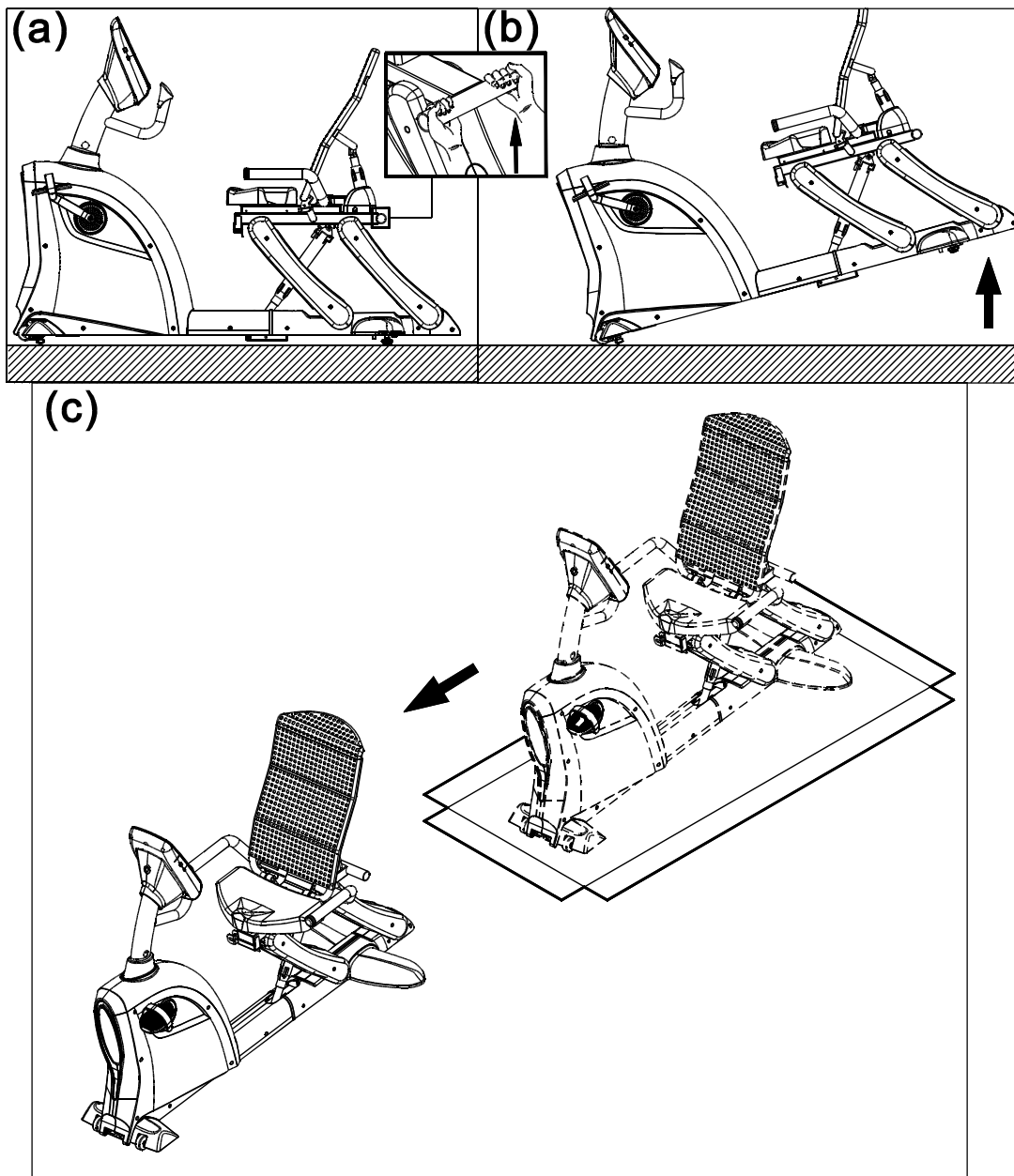
STEP 6 Bike Placement

Follow steps (a,b,c) to roll the bike into place.

(a). Stand behind the bike. Grasp the moving handle with both hands and lift.

(b). With the bike at a slant, push the bike.

(c). Front rollers allow the bike to be rolled into place.



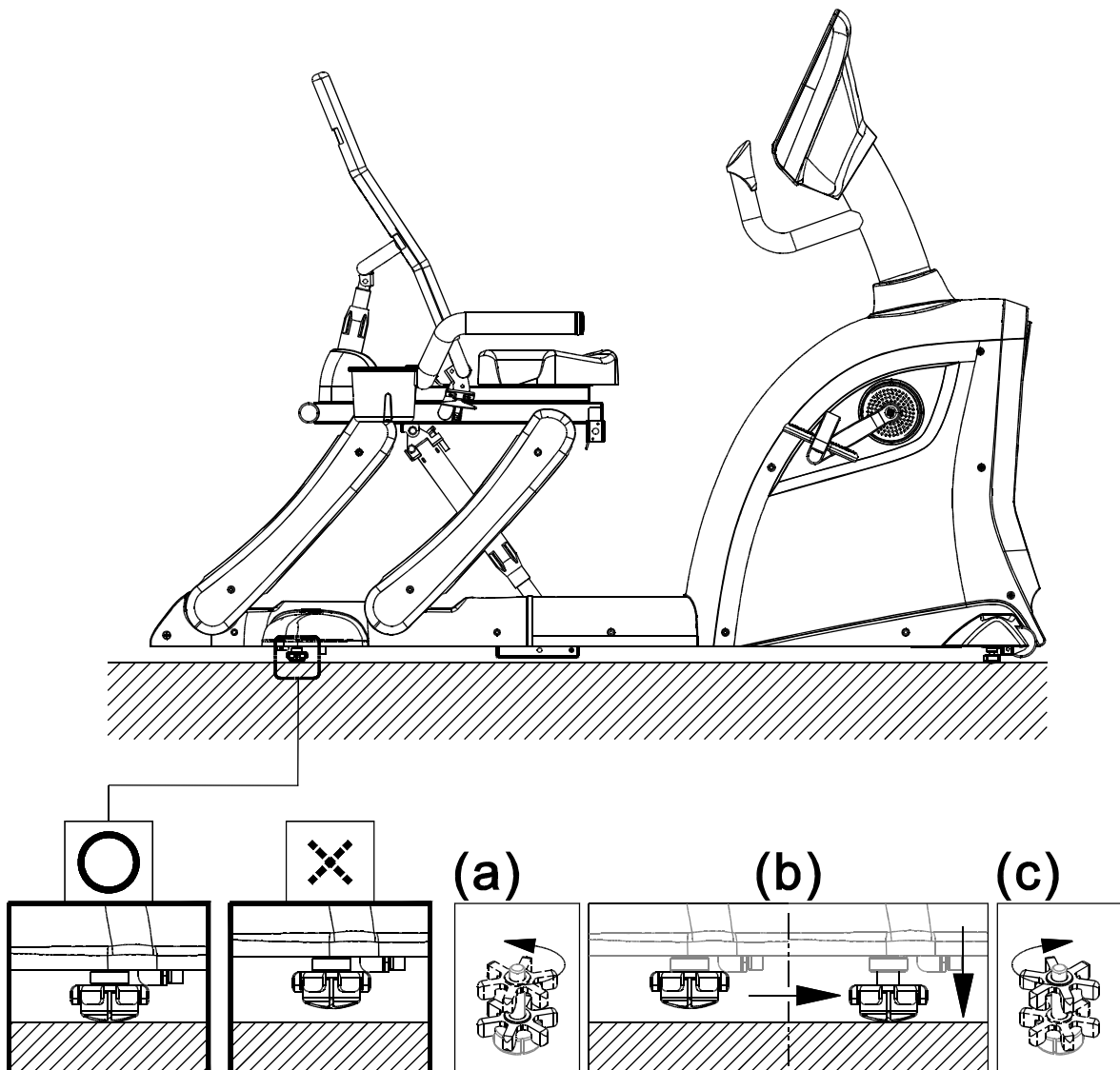
STEP 7 Leveler Adjustment

Put the bike where it will be ridden. Sit on the bike. Inspect it by shifting your weight from side to side. Does the bike rock from side to side? If so, level it. Follow instructions (a, b, c) to level the bike.

(a) Loosen the leveler nut.

(b) Rotate rubber feet downward until they touch the floor.

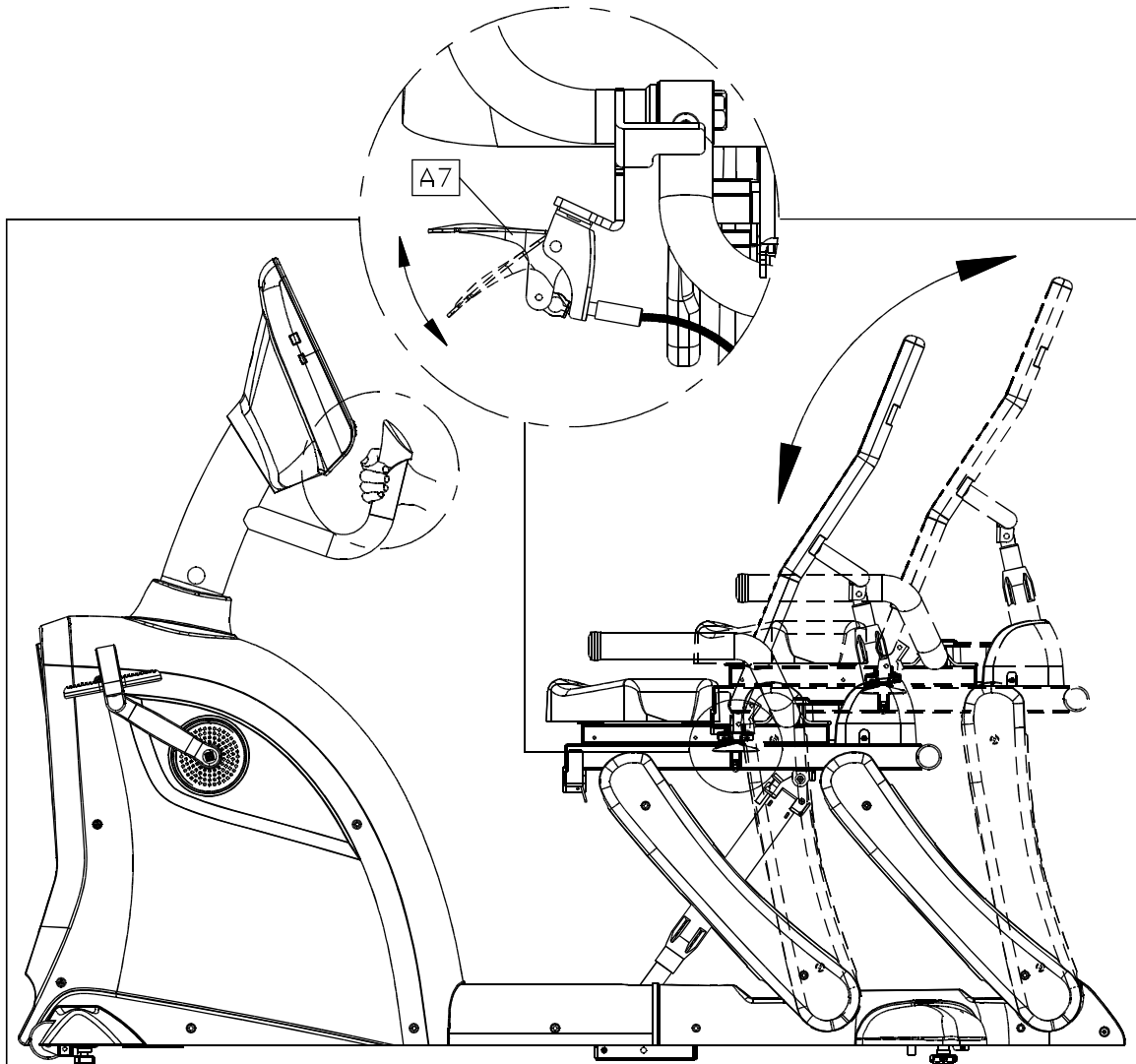
(c) Rotate the leveler nut against the frame of the bike to secure this position.



STEP 8 Seat Position Adjustment

The seat position on C521R can be adjusted to suit people of different heights. The position can be altered in two ways: an automatic gas spring moves the seat with in a set range; and the placement of the gas spring's connection to the frame changes the range of movement. Below are instructions for adjusting the seat position via the gas spring.

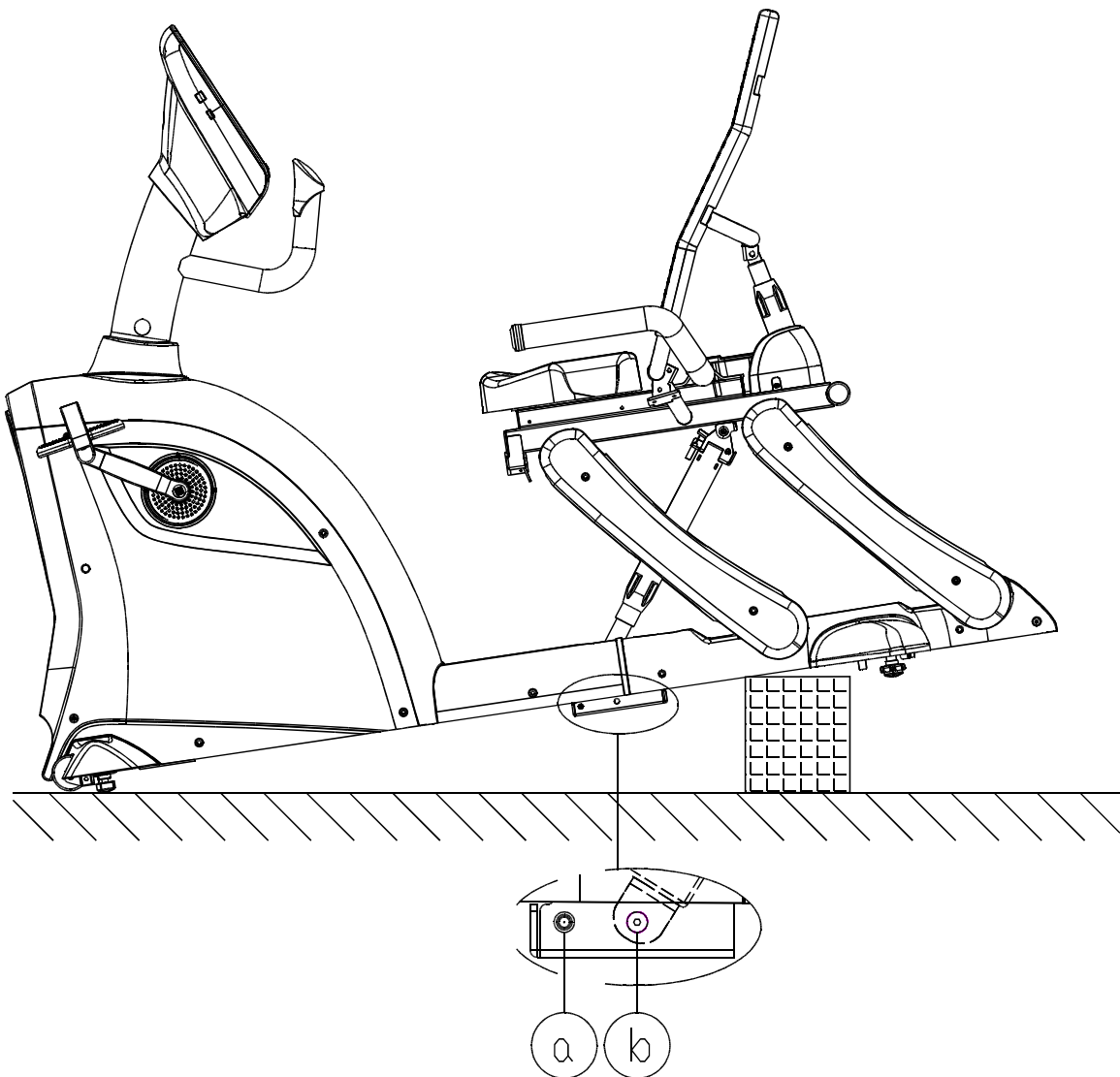
To adjust the seat position, pull up the adjustment handle (A7). For convenience, the gas spring automatically moves the seat upward when there is no weight on the seat. From the seated position, you can push back on pedals or pull on the handle under the display to take weight off the seat. Release the handle when the seat is in your preferred position. To move downward, pull up the handle. Your weight on the seat allows the spring to gently move the seat downward. Release the handle when the seat is in your preferred position.



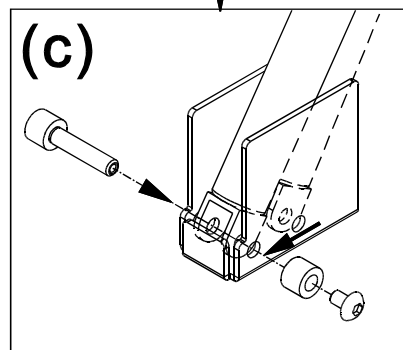
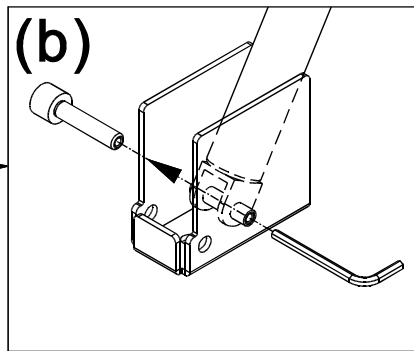
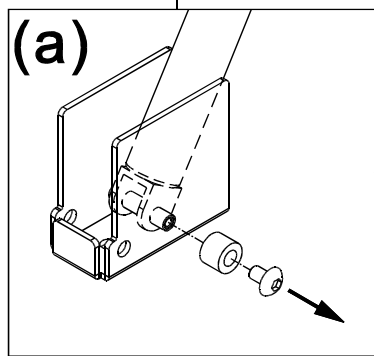
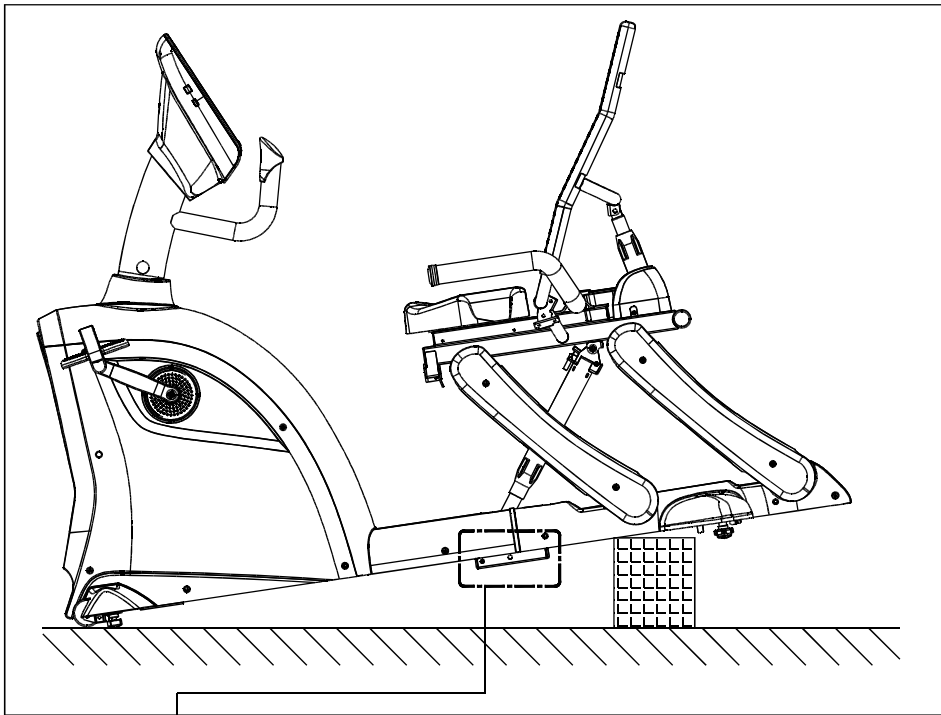
To adjust the seat position via holes in the frame, follow the instructions below. The frame has two sets of holes, one in front (a) and one more toward the back (b), for the gas spring connection. Connecting the gas spring at the front hole makes the seat closer and lower in relation to the display. Connecting the gas spring at the back hole makes the seat further and higher from the display. Tall people would probably prefer a set up with the gas spring connected at the back hole. This is the position set at the factory.

Follow steps below to change the gas spring connection from one set of holes to the other.

1. Use the gas spring to adjust the seat to the lowest position.
2. Place an 8- to 12-inch (20- to 30-cm) object under the back part of the frame as shown.

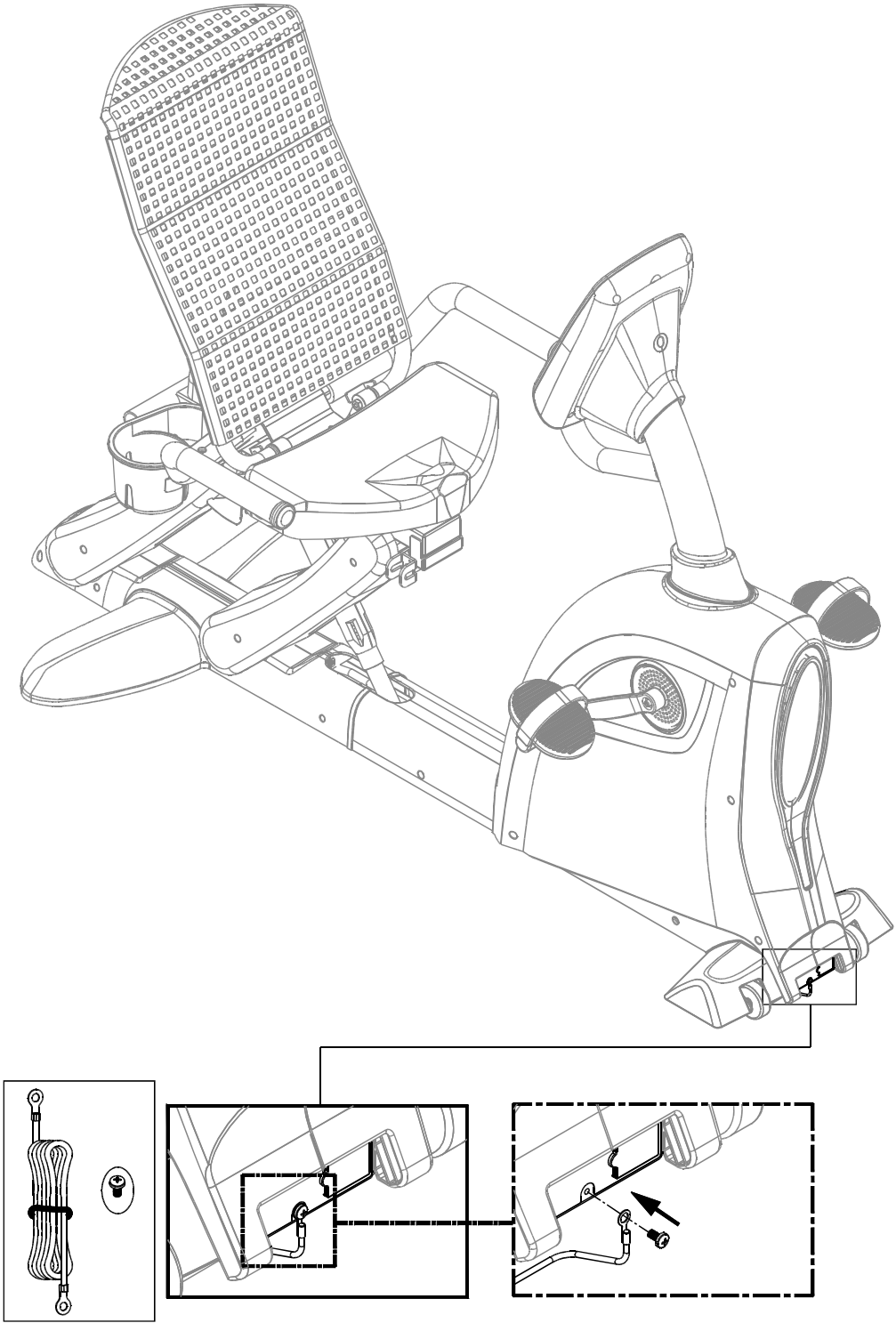


3. Disconnect and reconnect the gas spring as follows.
 - a. Remove the screw and bushing.
 - b. Tap out the axle pin.
 - c. Align the end of the gas spring with the desired hole in the frame.
 - d. Insert the axle pin into the hole in the frame and that in the gas spring. Secure the bushing and screw.
 - e. Remove the object under the frame to prepare for normal operation.



Note: A ground wire and the following instructions are required to fulfill European certification standards. To avoid electric shock and current leakage, this product has an exterior ground wire. For your safety, connect this ground wire to the unit and the building ground.

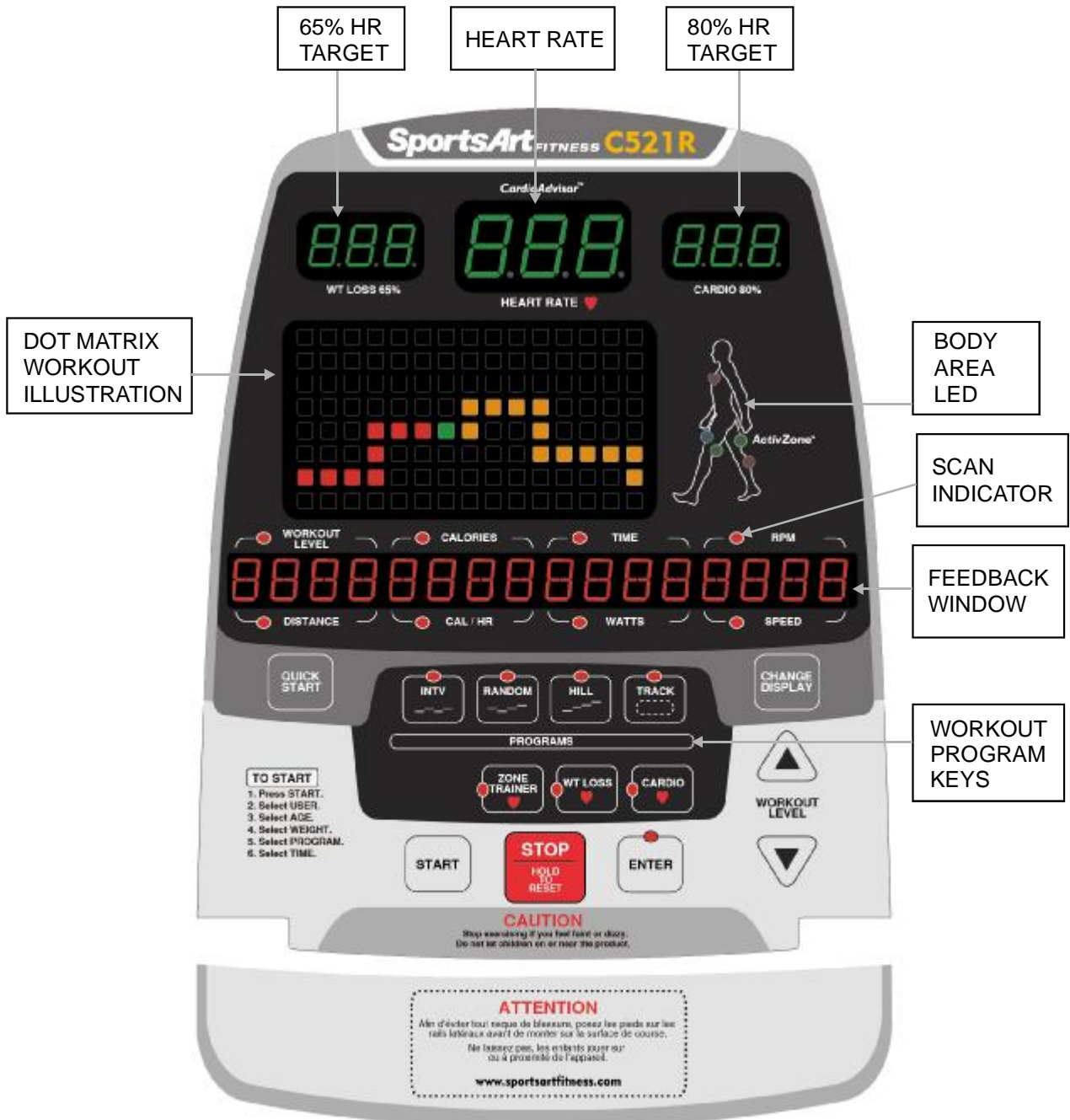
Installation: Please use screws and washers to secure one end of the ground wire to the frame as shown. Connect the other end to the building ground connection. The ground wire and related instructions are not required by North American standards.



UNDERSTANDING THE C521R DISPLAY CONSOLE

Display Features

The C521R 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



Display Functions

- **Windows:**

- 65% HR TARGET — shows the optimum heart rate zone for weight loss.
- HEART RATE — shows actual heart rate.
- 80% HR TARGET — shows the optimum heart rate for cardio conditioning workouts.
- WORKOUT ILLUSTRATION — shows workout profiles and workout prompts.
- FEEDBACK WINDOW — shows workout prompts and workout feedback.
- LEDs — light to indicate active programs, active feedback, scan mode, selection confirmation, and body areas being exercised.

- **Basic Functions:**

CHANGE — Press the CHANGE key while exercising to view different workout feedback. Active feedback indicators light up. Top row: WORKOUT LEVEL, CALORIES, TIME, RPM. Bottom row: DISTANCE, CAL/HR, WATTS, SPEED. In SCAN mode, a different row of feedback information is displayed every six seconds, and the scan indicator flashes every second. If not in SCAN mode, the indicator LEDs remain lit.

QUICK START — Press this key to start exercising without first entering user information. In QUICK START mode, time counts upward; values accumulate.

START — Press this key to start exercising after inputting user information.

WORKOUT PROGRAMS KEYS — When these indicators flash or during exercise, press a workout program key to activate the related program. The related program indicator lights up.

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

WORKOUT LEVEL (UP & DOWN) — Press these keys to adjust resistance level. Holding these keys makes resistance adjust up or down faster.

STOP/HOLD TO RESET

1. In a workout program

(A) If you entered a workout program via the QUICK START key, press the STOP key to exit the program.

(B) If you entered a workout program via the START key, press the STOP key to select another program. PROGRAM indicators flash.

2. In any circumstance, hold the STOP key for three seconds to go back to the start up banner screen.

KEY FUNCTIONS

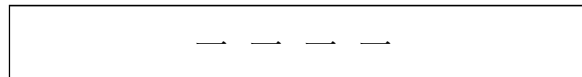
- WORKOUT LEVEL (resistance): 1 ~ 20
- TIME: 00~99 : 59; setting range: 5:00 ~ 99:00. (After 99:00, 0 appears.)
- DISTANCE: 0.01-9999 Km/Mile
- CALORIES: 0~9999 K-CAL
- CAL/Hr (calories per hour): 0.0~999.9 K-CAL
- RPM (rotations per minute): 0~200 (countable)
- HEART RATE (range): 40-250
- WATTS: 0~9999
- SPEED: 0~55.9 Mile/H / 0~90 Km/H (1 Km=0.62137 Miles; 1 Mile=1.60935 Km)
- PROGRAMS: TRACK, HILL, RANDOM, INTERVAL, WT LOSS, CARDIO, ZONE TRAINER.
- AGE: 10~99
- WEIGHT: 30 ~ 150 Kg or 66 ~ 330 LB

OPERATING THE C521R BIKE

To start: Press the START key or press the QUICK START key, or simply start pedaling (over 30 RPM). The startup banner "SPORTSART-C521" appears.

Quick Start

- (A) At the startup banner, press the QUICK START key. Quick start mode uses the default assumption of a 35-year-old, 165-lb/75-Kg user to calculate calorie and other feedback values. Time counts upward. Resistance starts at level one and can be adjusted during exercise.
- (B) While exercising, press workout program keys or press the ZONE TRAINER key to change workout programs.
- (C) When no one pedals on the bike, "PEDAL TO START" scrolls across the display every four seconds, after which the start up banner screen appears.
- (D) If pedals are not moved for 15 seconds, an energy saving mode is activated. The energy saving mode remains on until someone pedals over 30 RPM.
- (E) In energy saving mode, all LEDs extinguish except for the feedback window which shows the following:



- (F) If no one pedals for two minutes, the unit automatically shuts off.

Workout Setup

Press the START key to take advantage of user age and weight factors in providing more accurate calorie expenditure values and other information. This user information is saved in the unit's memory, and the user's workout time, distance, and calorie expenditure values accumulate.

The following lines of information appear for six seconds each:

- (A). The process to establish a user ID is as follows:

1. Selecting user ID

- While the start up banner appears, press the START key. The display shows the previously used USER ID and that user's accumulated workout record.
- Every six seconds, the display shows different information, as follows:



TIMES - 25:05

DISTS - 15.8

CALS - 1020

- Use <▲> or <▼> key to choose a user ID. Then press ENTER to confirm your choice.

2.To set up a personalized user ID

- The user ID does not have to be a number. Names can be used. Follow instructions below to establish a user name with up to 11 alphabetical characters.
- When your USER ID appears, press and hold the CHANGE key continuously for three seconds. The following appears:

			E	N	T	E	R		N	A	M	E			
--	--	--	---	---	---	---	---	--	---	---	---	---	--	--	--

- Press <▲/▼> keys to choose an alphabetical character. Then, press the ENTER key to confirm your selection. Use the same process again to choose and confirm more characters. When the user name is complete, hold down the ENTER key for three seconds to complete the process.
- To revise or delete a USER NAME, choose the USER ID and hold down the CHANGE key for three seconds. To revise the ID, follow the steps above.
- To erase accumulated workout information, press STOP and START keys simultaneously. User accumulated workout time, RPMs, and distance will disappear.

(B) Age and Weight Settings

1. AGE setting range is 10 ~ 99. The default age is 35 years old.

- Press <▲/▼> keys to select a user age. This user age becomes the basis for calculating target heart rate. 65% and 80% target heart rates represent recommended low and high heart rate targets.
- Press the ENTER key to confirm your choice and proceed to set the user weight.

2. WEIGHT setting range is 66 ~ 330 LB / 30 ~ 150 KG. The default weight setting is 165 LB / 75 KG.

- Press <▲/▼> keys to select a weight. User weight is a factor in the calorie expenditure calculation.

- Press the ENTER key to confirm your choice and proceed to select your exercise program.

(C) Follow steps below to select a workout program

1. Press the workout program key. The related PROGRAM indicator lights up. Then press the ENTER key to confirm your choice and proceed to the TIME setting.
2. While exercising, press the ZONE TRAINER key to make your present heart rate become the target heart rate.

(D) Follow steps below to select a time duration for your workout.

1. Press the <▲> or <▼> key to select an appropriate duration for your workout. Then press the ENTER key to confirm your choice.

(E) Note that changes can be made to settings during workouts.

1. Resistance can be changed as you exercise. Time starts counting upward when you start pedaling. On the workout illustration, your present stage in the workout is represented by the flashing LED.
2. As you workout, you can activate another program. Time continues to accrue.
3. In USER mode, you can move from any workout program to another workout program while exercising. Workout values continue to accumulate.
4. Please note that ZONE TRAINER has special rules which are described in the following section.

Cool Down

When the workout time is reached, "ACCU DATA" appears. Accumulated data, including time/distance/calorie expenditure/average heart rate, appear. Then "COOL DOWN" appears as the unit enters a two-minute cool down period. When the unit counts down to "0:00", program indicators flash, and the "SELECT PROGRAM" prompt appears. Press the QUICK START key to immediately start exercising, or press the START key to reset user information.

WORKOUT PROGRAMS

The following explains features of the workout programs.

TRACK

The TRACK function represents a running track. One lap is 400 Meters or 1/4 Mile. The user can manually adjust resistance and stride.

HILL

The HILL program contains three hill patterns to choose from. A different pattern appears each time the HILL key is pressed: HILL-1, HILL-2, HILL-3.

RANDOM

The RANDOM program contains randomly generated workout patterns. A new pattern appears each time the RANDOM key is pressed.

INTERVAL (1:1, 1:2)

The INTERVAL program is made up of two workout periods, a REST period and a WORK period. Each period contains a different resistance level. There are two REST to WORK ratios to choose from, either 1:1 or 1:2.

- (A) In the 1:2 ratio, the first digit, 1, represents a rest period of one minute; the second digit, 2, represents a work period of two minutes.
- (B) While exercising, a different interval pattern appears each time the INTERVAL key is pressed.
- (C) Because interval is a two-segment program, once in operation, changing the resistance of a REST or WORK segment carries that setting into the next REST or WORK segment. For instance, if you change a REST period resistance level and commit it to memory, the next REST period will have that same resistance setting. The same logic applies to WORK segments as well.

WEIGHT LOSS AND CARDIO

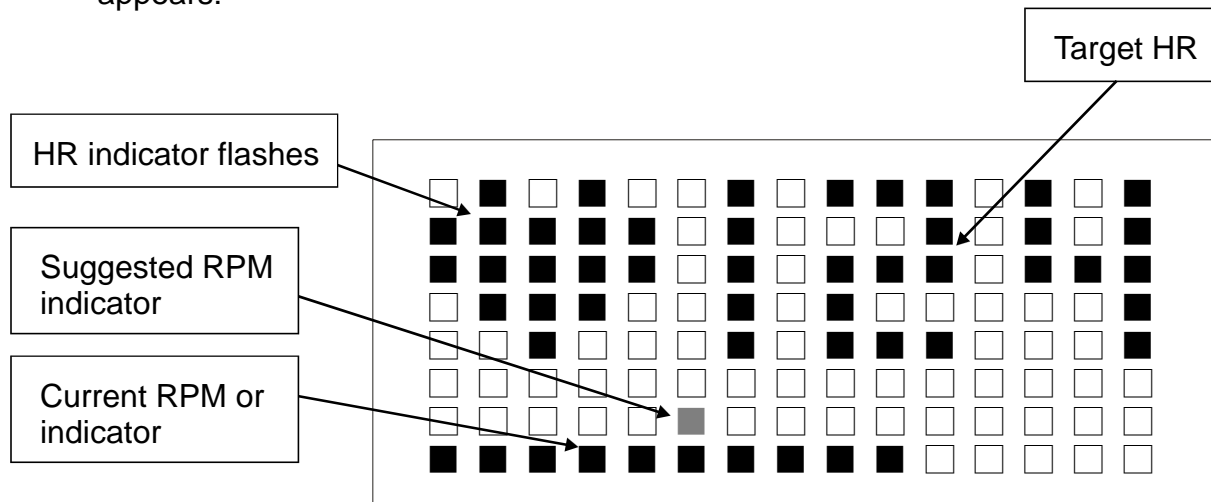
These two programs are heart rate control programs. In heart rate control programs, the bike automatically adjusts resistance to keep your heart rate within an optimum range for your exercise goals.

(A) Target heart rates are calculated as follows:

- WT LOSS maintains a heart rate at 65% of your maximum heart rate, for optimum weight loss. It is calculated as follows: $(220 - \text{AGE}) \times 65\%$.
- CARDIO maintains a heart rate of 80% of your maximum heart rate, for optimum cardio conditioning. It is calculated as follows: $(220 - \text{AGE}) \times 80\%$.

(B) At the start of the exercise or while exercising, if the user's heart rate is not detected, the message "NO HEART RATE READING, PLEASE CHECK TRANSMITTER" appears. At this time, while no heart rate is detected, resistance can only be adjusted manually.

(C) When heart rate control starts operating, a message like the one below appears:



(D) The default startup resistance level is LEVEL 1 and default suggested speed is 50 RPM. Actual heart rate is monitored and shown.

(E) When the workout time is reached, the unit enters COOL DOWN mode.

ZONE TRAINER

ZONE TRAINER allows you to make your current heart rate your target heart rate. To make a current heart rate your target heart rate, press the ZONE TRAINER key at any time. The unit will automatically adjust resistance to keep you exercising at the specified target heart rate.

(A) This program can only be entered through another workout program. And a heart rate reading must appear on the display. (Pressing ZONE TRAINER before you start exercising produces no results.)

(B) Other aspects of ZONE TRAINER are similar to WT LOSS and CARDIO programs. However, ZONE TRAINER acts according to the previous program's time setting. When the workout time has been attained, the unit enters COOL DOWN mode.

Internal Settings

Internal settings determine basic feedback parameters, for example, units of measure. To access internal settings, at the startup banner 『SPORTSART-C520』, press and hold the CHANGE key for three seconds.

1. Follow the steps below to change internal settings.

(1) Determining Metric/American standard units of measure

The feedback windows show the present setting.

American standard

			U	N	I	T		-		L	B			
--	--	--	---	---	---	---	--	---	--	---	---	--	--	--

Metric standard

			U	N	I	T		-		K	G			
--	--	--	---	---	---	---	--	---	--	---	---	--	--	--

Press <▲/▼> keys to toggle from one setting to another. When your preferred unit of measurement appears press the ENTER key to confirm your choice and proceed to the next setting.

(2) The total time of use appears in the feedback window. Press the ENTER key to proceed to the next internal setting.

T	I	M	E	-	X	X	X	X	X	X	H	O	U	R	
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	--

(3) The total distance ridden appears in the feedback window. Press the ENTER key to proceed to the next internal setting.

D	I	S	T	-	X	X	X	X	X	X	X	X	K	M	
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	--

(4) The following prompt appears:

PRESS UP/DN TO ACTIVATE OR DEACTIVATE 4 USER SETTING														
--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Press the ▲/▼ keys as directed. The display toggles between two views.

To enable USER IDs, toggle to the following:

		U	S	E	R	-	I	D		-		O	N		
--	--	---	---	---	---	---	---	---	--	---	--	---	---	--	--

To disable USER IDs, toggle to the following:

	U	S	E	R	-	I	D		-		O	F	F		
--	---	---	---	---	---	---	---	--	---	--	---	---	---	--	--

Press the ENTER key to confirm your choice and proceed to the next step.

(5) The display shows the display main program IC version as follows:

XXXXX – XX

Example: C520H - 1A

Press the ENTER key to confirm settings and proceed to the start up banner.

2. If the ENTER key is pressed, the start up banner screen appears. If the ENTER key is not pressed within six seconds, the FEEDBACK window shows the following:

		P	R	E	S	S			E	N	T	E	R		
--	--	---	---	---	---	---	--	--	---	---	---	---	---	--	--

ABOUT HEART RATE DETECTION AND PRESENTATION

Heart rate detection functions are optional and may not be included in your particular model. If your bike is equipped with these functions, please note the following information.

About Telemetry Heart Rate

The word "telemetry heart rate" refers to the detection of the heart rate, usually via a strap worn on the exerciser's chest, and transmitted over the air for reception by a receiver built into the product. The following explains conditions that influence the performance of the telemetry heart rate function in all products.

1. The telemetry heart rate transmitter emits a wireless 5kHz signal that is harmless to the human body. Inside the transmitter is a 3V battery (CR2032). If the battery charge is too low, either the reception distance shortens or there will be no reception whatsoever.
2. Secure the telemetry heart rate transmitter on your chest so it is neither too tight nor too loose. Moisten the skin for better contact.
3. The telemetry heart rate receiver accepts a 5kHz wireless signal, but because the signal varies from 20Hz to 20KHz, it is susceptible to environmental interference. Stereos, TVs, other electronic products, the vibration between the unit and the floor, and other factors may interfere with telemetry heart rate signal reception. For best results, install the product in a location free from interfering items.
4. Place fitness products apart by at least 100 cm to avoid having the heart rate value from an exerciser on one product appear on another product.
5. Heart rate values are for comparison only. Do not use them for medical treatment or other purposes.

About Contact Heart Rate

It is easy to use the contact heart rate mechanism. Simply put both hands on the silver contact plates (one per side) and hold them there continuously. As soon as your pulse is received and calculated, the heart rate will automatically appear on the display.

Please note that some people have very weak heart beats. This makes heart rate detection difficult. Under such circumstances, the contact heart rate mechanism may not detect heart rate.

Please note the following:

1. For best results, continuously hold the contact heart rate plates.
2. It is difficult to detect the heart rate of people with low systolic blood pressure.
3. It is difficult to detect the heart rate of people with dry, course palms. Keeping palms smooth and damp improves heart rate detection.

4. The vibration of treadmills at speeds over 4mph/6.4kph makes heart rate detection difficult. Also, if your hands move, heart rate detection becomes difficult.

Suggestions:

For better heart rate detection, keep hands in one place on the contact plates. Or wear a telemetry heart rate strap on your chest.

Note: Avoid Static Electricity

In cold, dry areas, static electricity can interfere with unit operation. In such environments, touching metal may cause static electrical shocks.

Suggestions:

Before touching metal, touch a material with electrically isolative properties, for instance, plastic or foam, to avoid shocks from static electricity.

Because heart rate contact plates are made of metal, to avoid static shock, first touch foam grips, then touch heart rate contact plates.

MAINTAINING THE C521R BIKE

The Sports Art C521R requires little maintenance but regular cleaning is recommended to keep your bike at peak performance. Before your workout, use a dry cloth to clean the surface of the display.

NOTE: NEVER POUR LIQUIDS ON THE DISPLAY.

To clean plastic parts, use a mild detergent, and make sure the unit is completely dry before operating it.

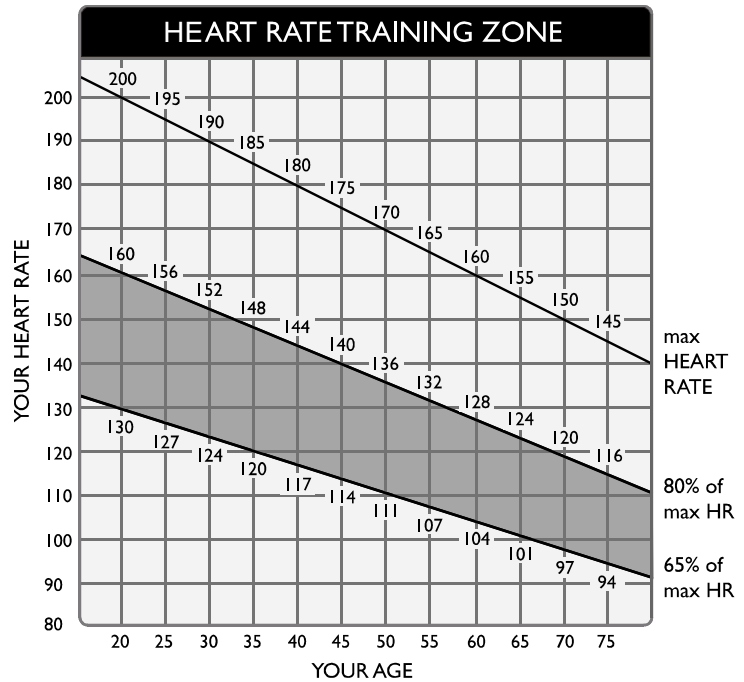
It is recommended that you keep all liquids away from the unit during operation. Spillage of liquids onto or into the machine will void the warranty.

GUIDELINES FOR EXERCISE

How hard should I exercise?

Studies show that to achieve the benefits of aerobic exercise, it is necessary to work within your training zone. Your training zone depends on your age and level of fitness.

The above chart indicates the recommended Heart Rate training zones (darkened area of the chart). These figures are calculated by taking 220 minus your age, and calculating 80% for your maximum and 65% for the minimum heart rate for aerobic exercise.



CAUTION:

Heart Rate training zones are approximations. Always check with your physicians to learn what appropriate heart rate level is best for your fitness level.

How long should I exercise?

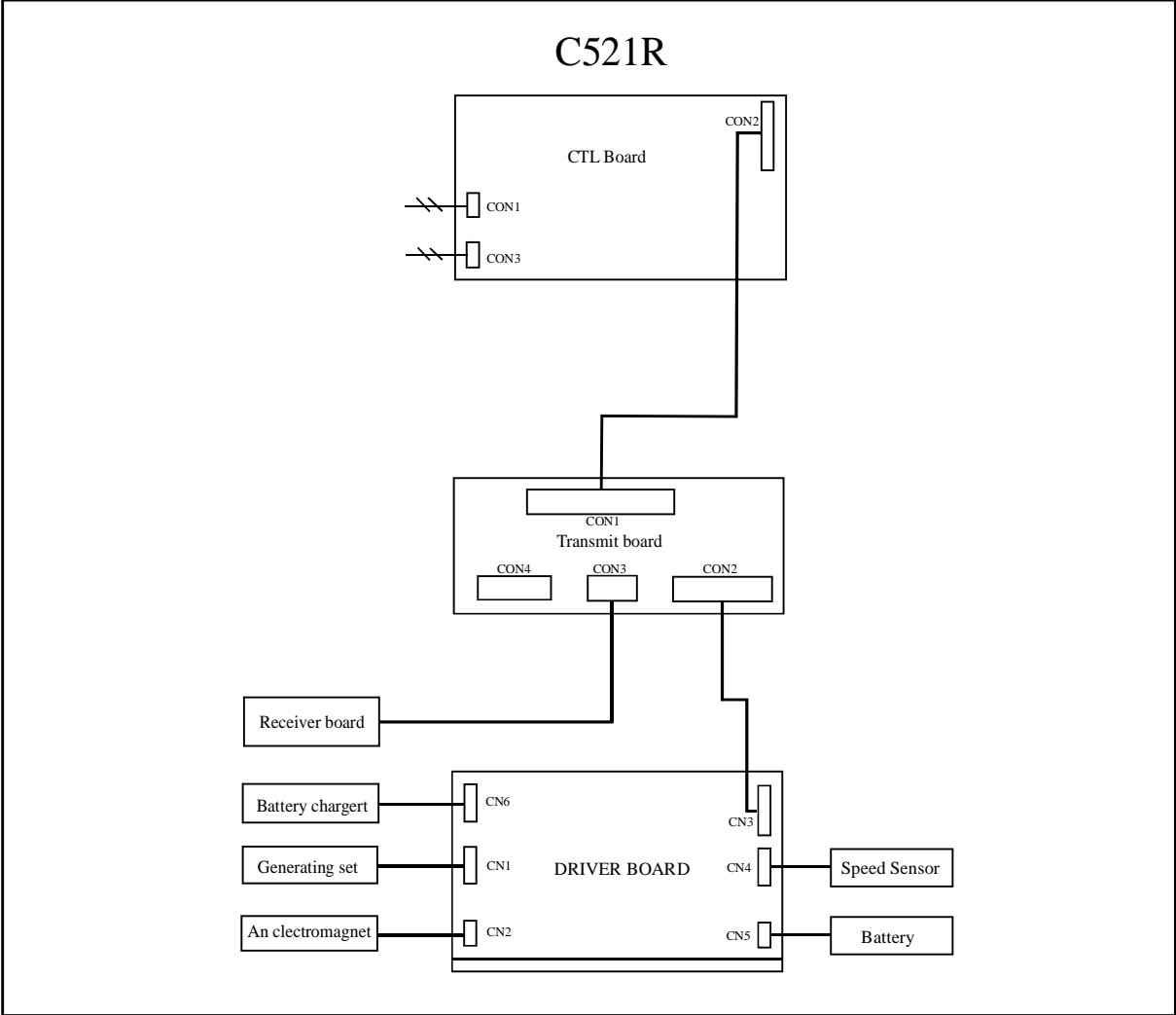
The duration of your exercise session depends on your fitness level. In general, it is recommended that you maintain your heart rate in the training zone for at least 15 to 20 minutes to realize an aerobic benefit. Beginners should always start slowly and bring their workout sessions up to 20 minutes or more. As your fitness level increases, you will be able to maintain your heart rate in the training zone for longer periods: Usually between 20 and 30 minutes.

When first starting your workout, use the first several minutes to warm up, then slowly increase your workload to bring your heart rate into your specific training zone. At the end of your workout, gradually decrease your workload, then exercise lightly as a "cool down".

How often should I exercise?

Research indicates to achieve the greatest benefits, should be performed 3-5 times a week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

Wiring Schematic:



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