# SPORTSART C521U UPRIGHT BIKE

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# SPORTSART C521U UPRIGHT BIKE

## INTRODUCTION

Congratulations on purchasing one of the finest pieces of exercise equipment on the market today, the SportsArt C521U Upright Bike. Constructed of high quality materials and designed for years of trouble-free usage, the C521U will be an integral part of your fitness regimen.

Before using your C521U 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.
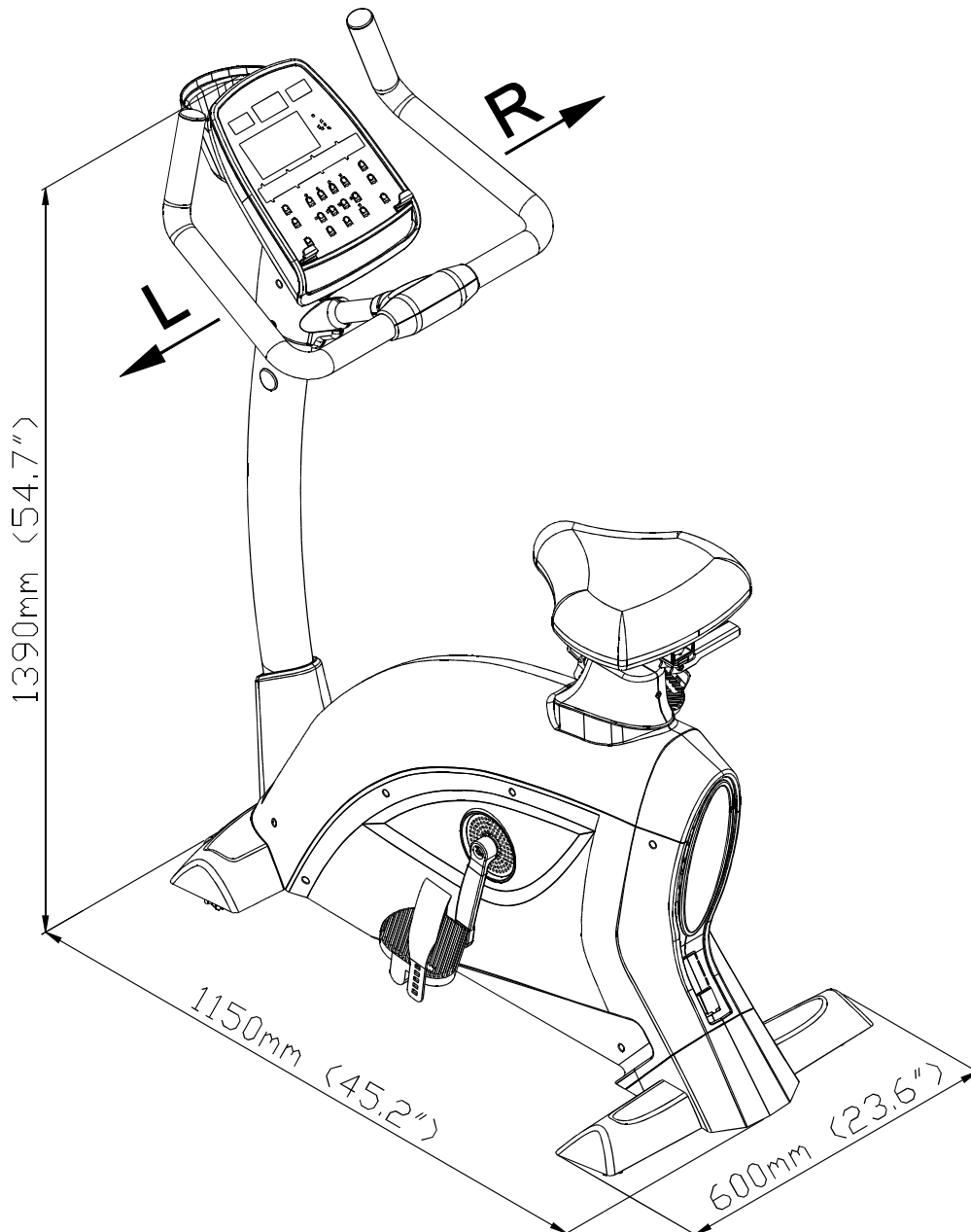
Your SportsArt bike was designed and built for optimum safety. However certain precautions apply whenever you use your bike.

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 a 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 immêdiatement si quelque chose obstacle le mouvement.

- DO NOT use any accessories that aren't 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).

## <u>CAUTION</u>
## <u>ATTENTION</u>

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. Entrainez-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 desired to correct the 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.

# List of Parts
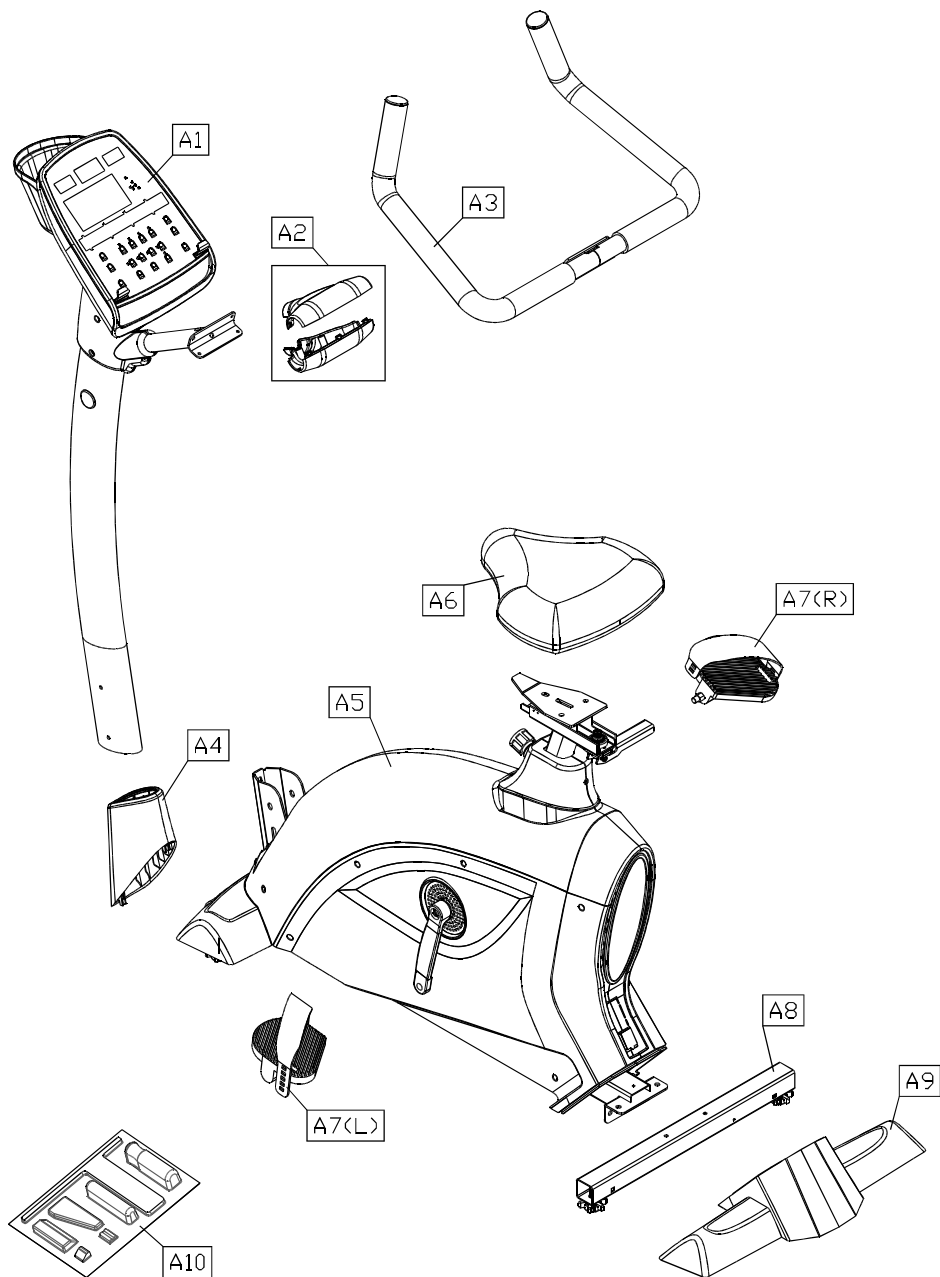


| Assembly Parts | | | | | |
|---|---|---|---|---|---|
| No. | Name | Qty | No. | Description | Qty |
| A1 | Pedesta set | 1 | A6 | Seat bottom | 1 |
| A2 | Handlebar mount upper and lower cover | 1 | A7 | Left/right pedals | 1 |
| | | | A8 | Rear support | 1 |
| A3 | Handlebar | 1 | A9 | Rear support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

| Hardware Kit | | | | |
|---|---|---|---|---|
| No. | Name | Qty | Specification | Notes |
| 21 | Screw socket | | | |
| 22 | 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 | |

| Components on the Product | | | |
|---|---|---|---|
| No. | Part Name | Specification | |
| 31 | Inner hex screw | M8*L20 | |
| | Spring washer | M8 | |
| | Flat washer | $\phi 22* \phi 8.5*t3.0$ | |
| 32 | Hex screw | M8*L20 | |
| | Serrated washer | $\phi 18* \phi 8.5*t2.0$ | |
| 33 | Inner hex screw | M6*L12 | |
| | Flat washer | $\phi 13* \phi 6*t1.0$ | |
| 34 | Mushroom top Phillips-head screw | M4*L16 | |

Note that for brevity, throughout this manual, the word "screws" is used in reference to screws, washers, and other hardware.
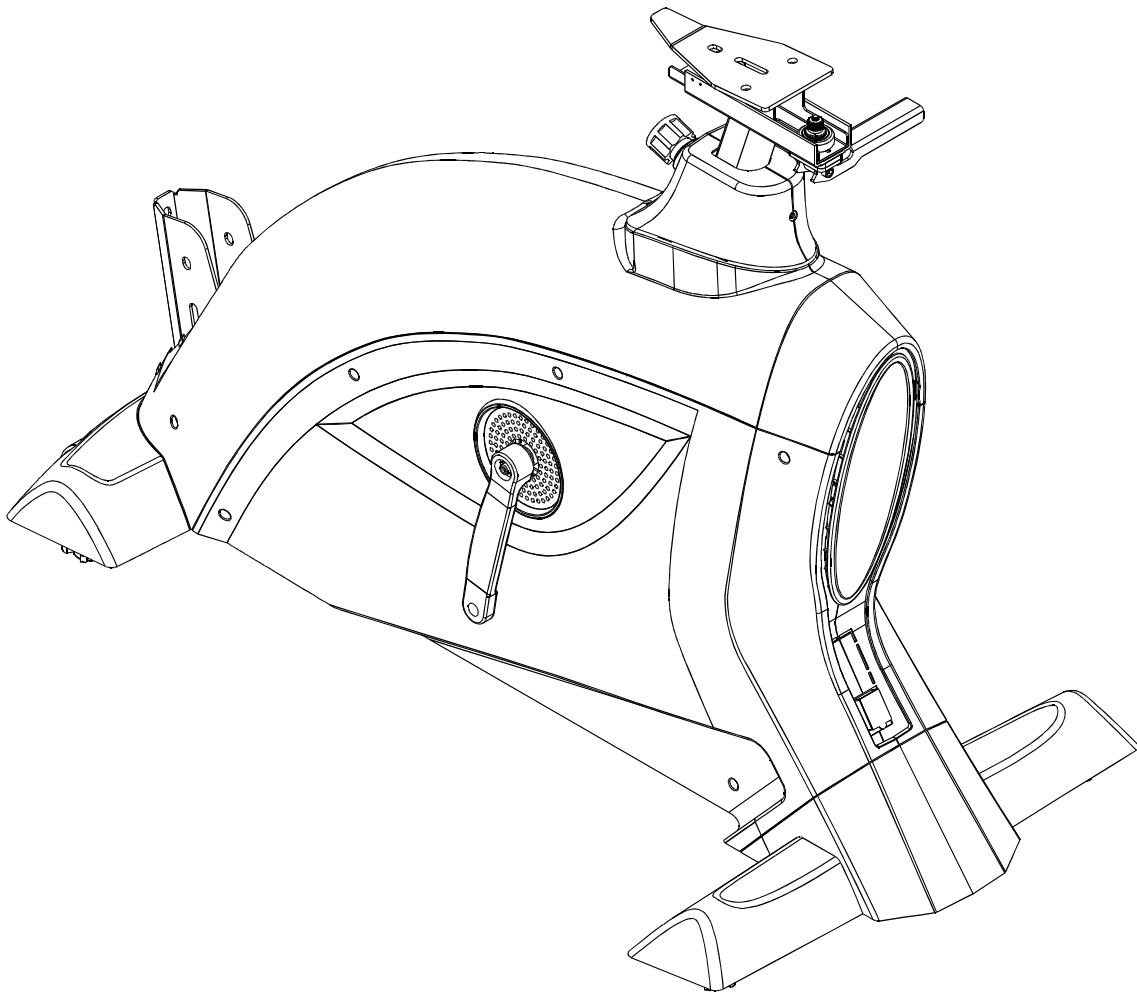
Follow steps A,B,C to flatten the cardboard box and place the body of the bike on the flattened cardboard.
A. First, remove the parts, and cut the four corners to flatten them.
B. Lift the front end of the cycle and remove the Styrofoam.
C. Lift the back end of the cycle and remove the Styrofoam.
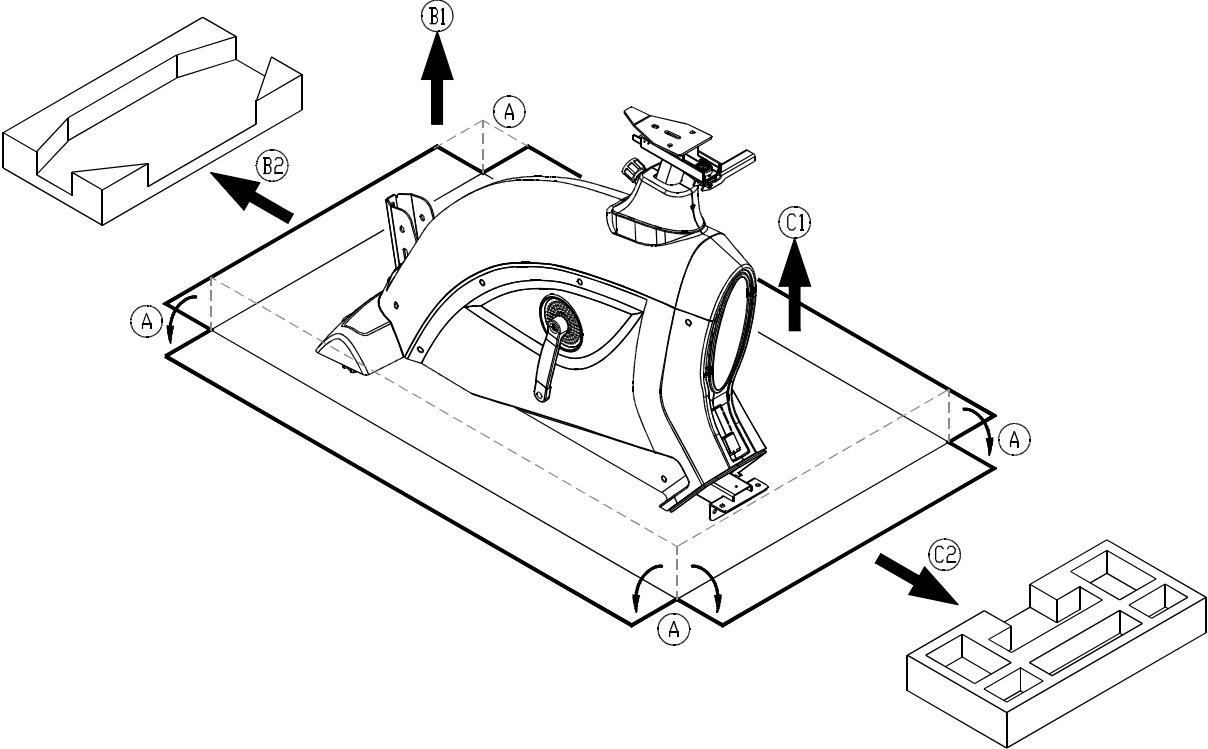
# ASSEMBLING YOUR BIKE

**STEP 1**  **Rear Support and Cover Installation**

1-1. Follow steps (a~d) below to install the rear support and its cover.

(a) Insert screw sockets (21) into the rear support (A8). 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).

(c) Align the support cover (A9) with the left and right side covers. Then insert the support cover into the channel.

(d) Finally, use screws (22) to secure the rear support cover (A9).
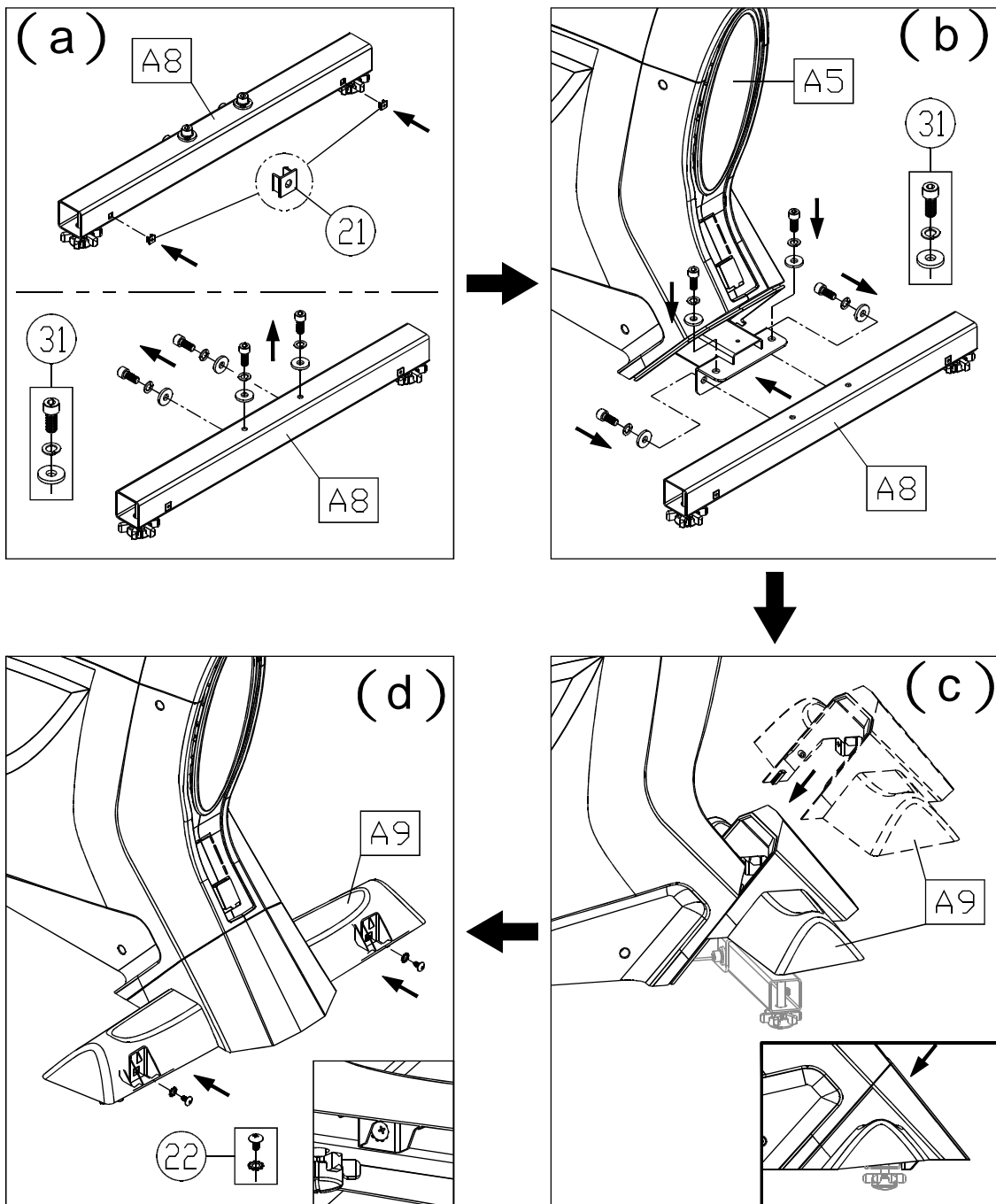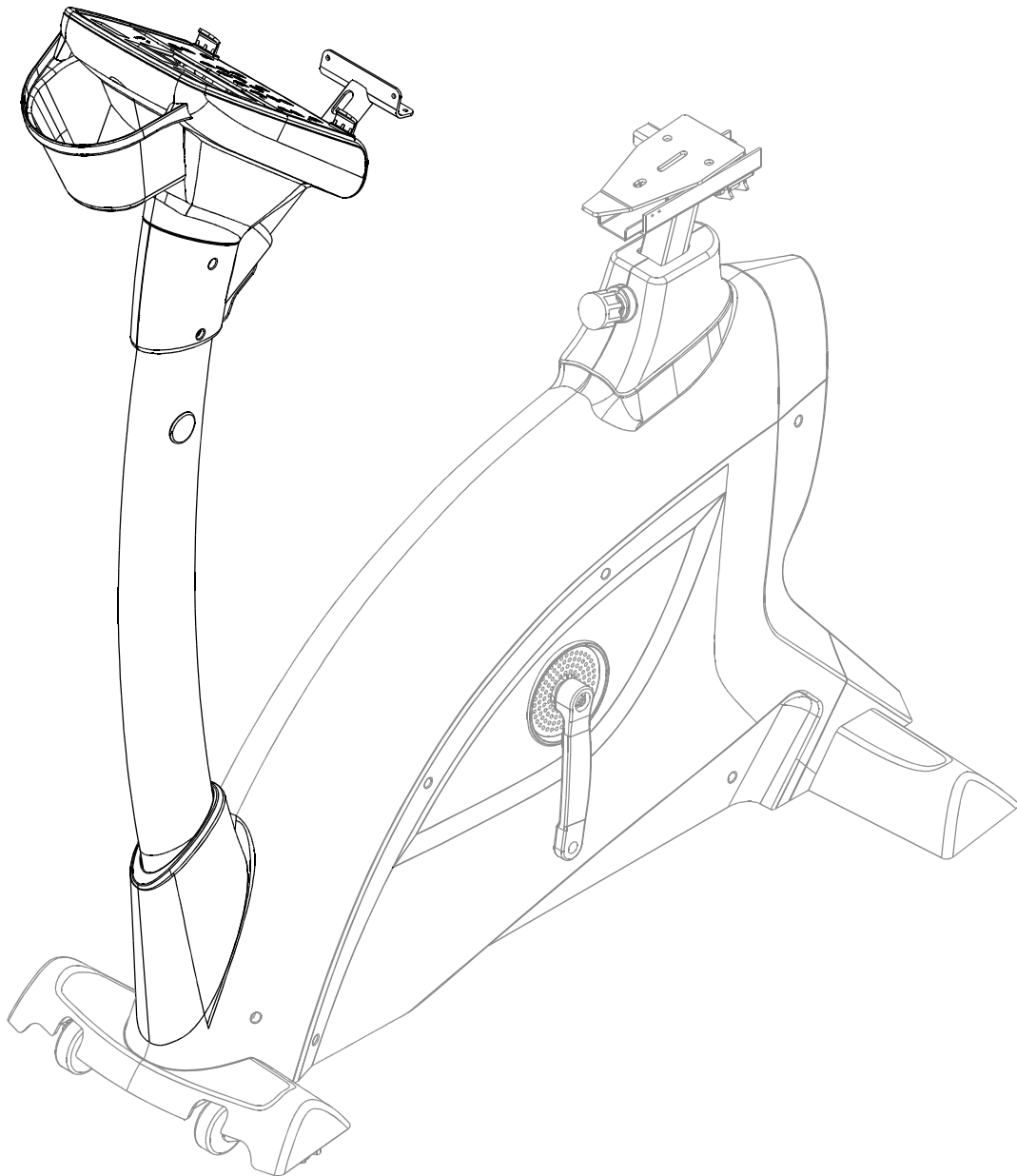
2-1. Follow steps (a~f) below to secure the pedestal onto the main frame.
(a) First, remove screws (32) from the lower part of the pedestal (A1). Note: areas A, B have elongated holes; Area  C has a single hole.
(b) Insert the pedestal cover (A4) onto the pedestal (A1) as shown.
(c) Insert the pedestal (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.
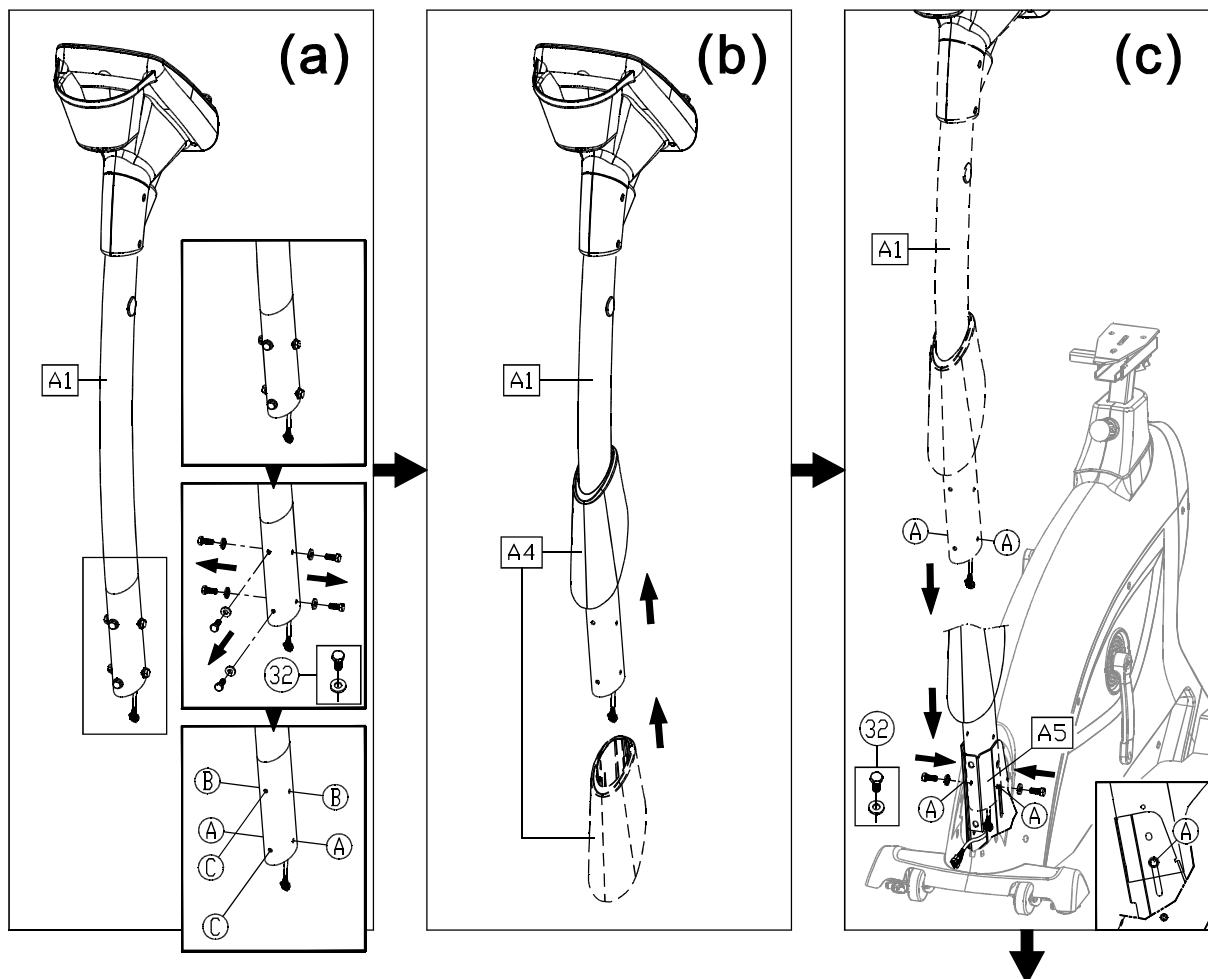
(d) Once screws are loosely in place, lower the pedestal into place until B and C holes come into alignment.

(e) First secure screws (32) in position C. 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.
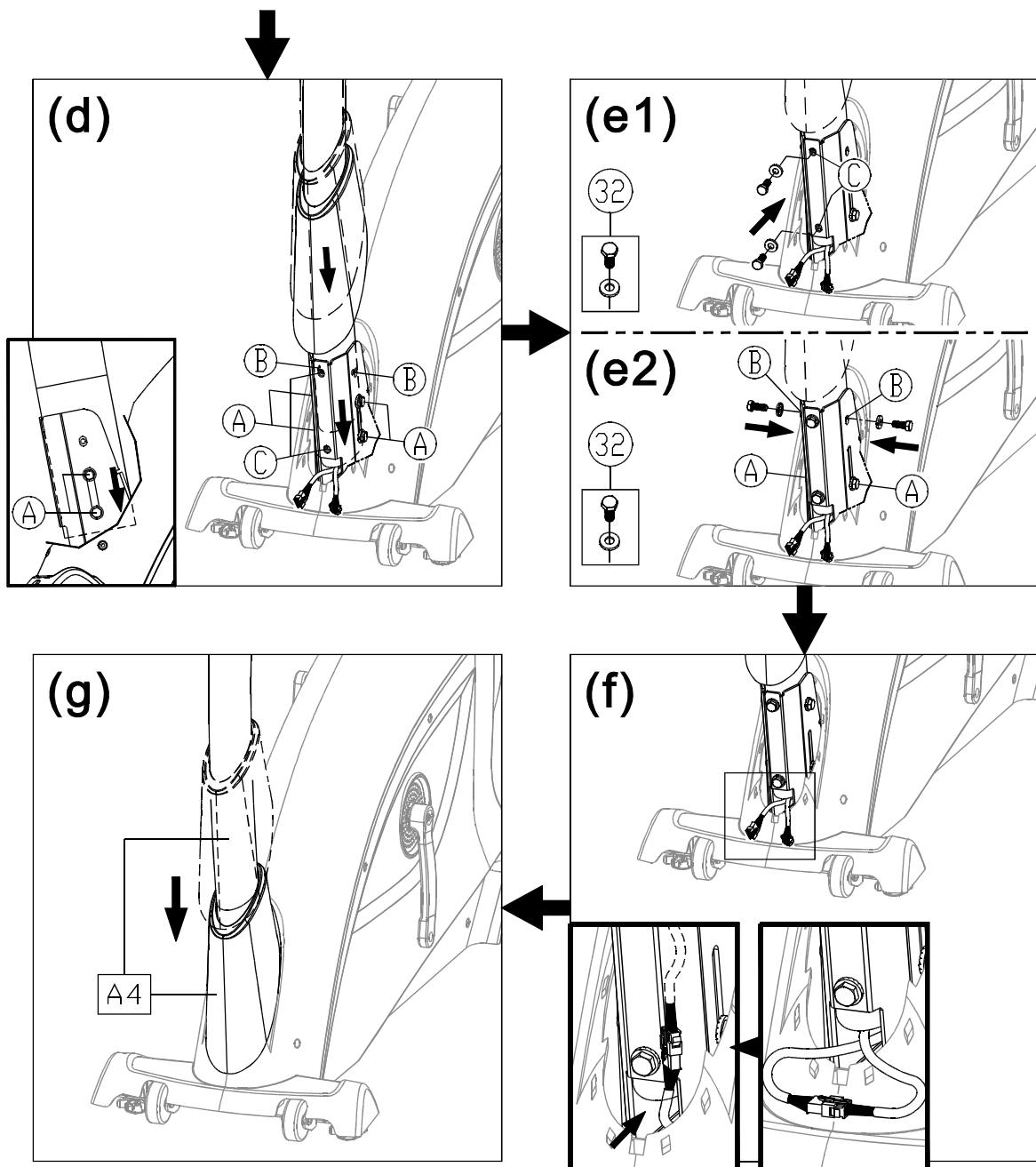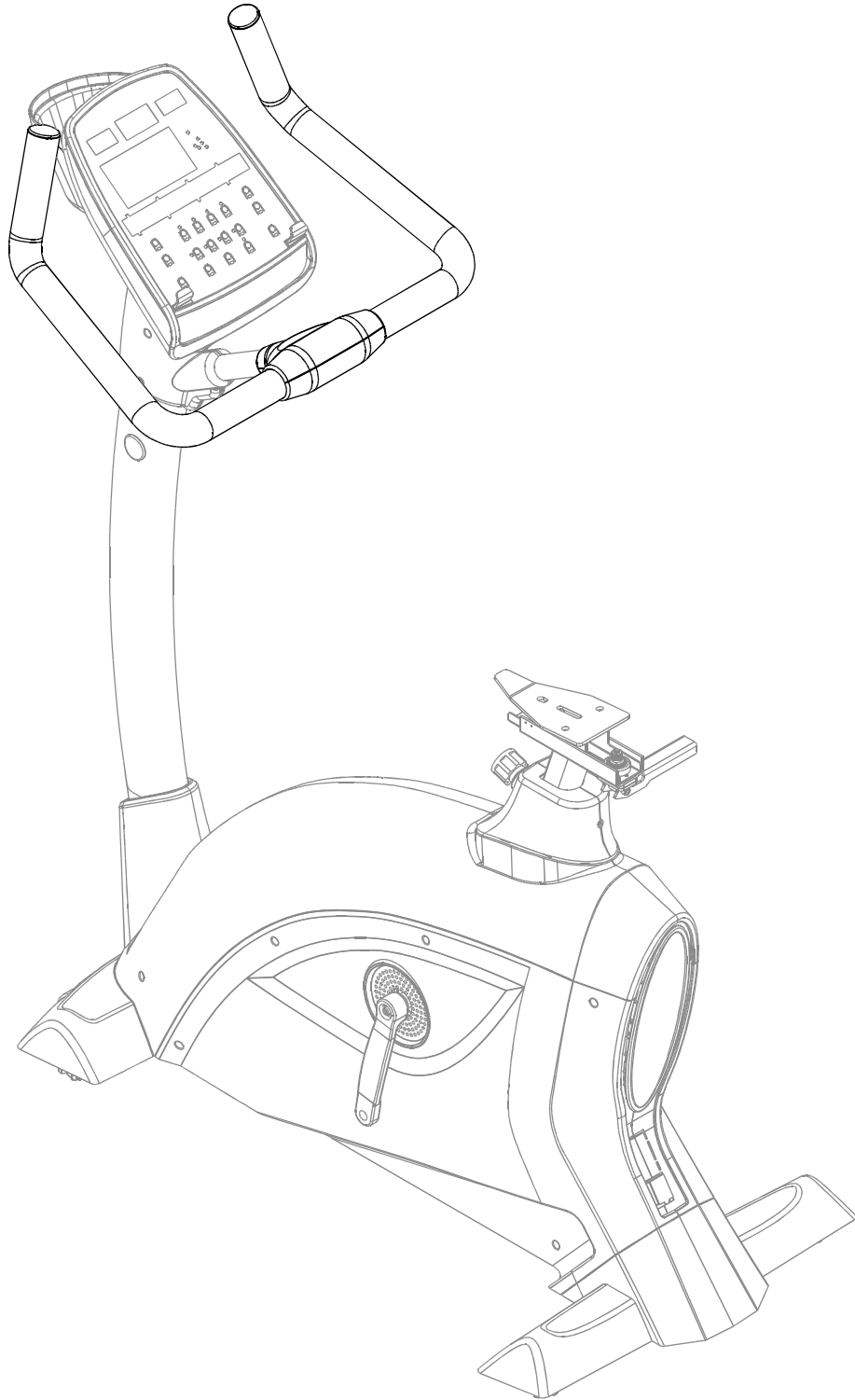
3-1. Follow steps (a~e) below to secure the handlebar and handlebar mount upper and lower covers.

(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.

(c) Hold the handle (A3) onto its mount on the pedestal (A1) and secure the handlebar mount screws (33).

(d) Connect handlebar mount upper and lower covers (A2) onto the product and secure screws (34)
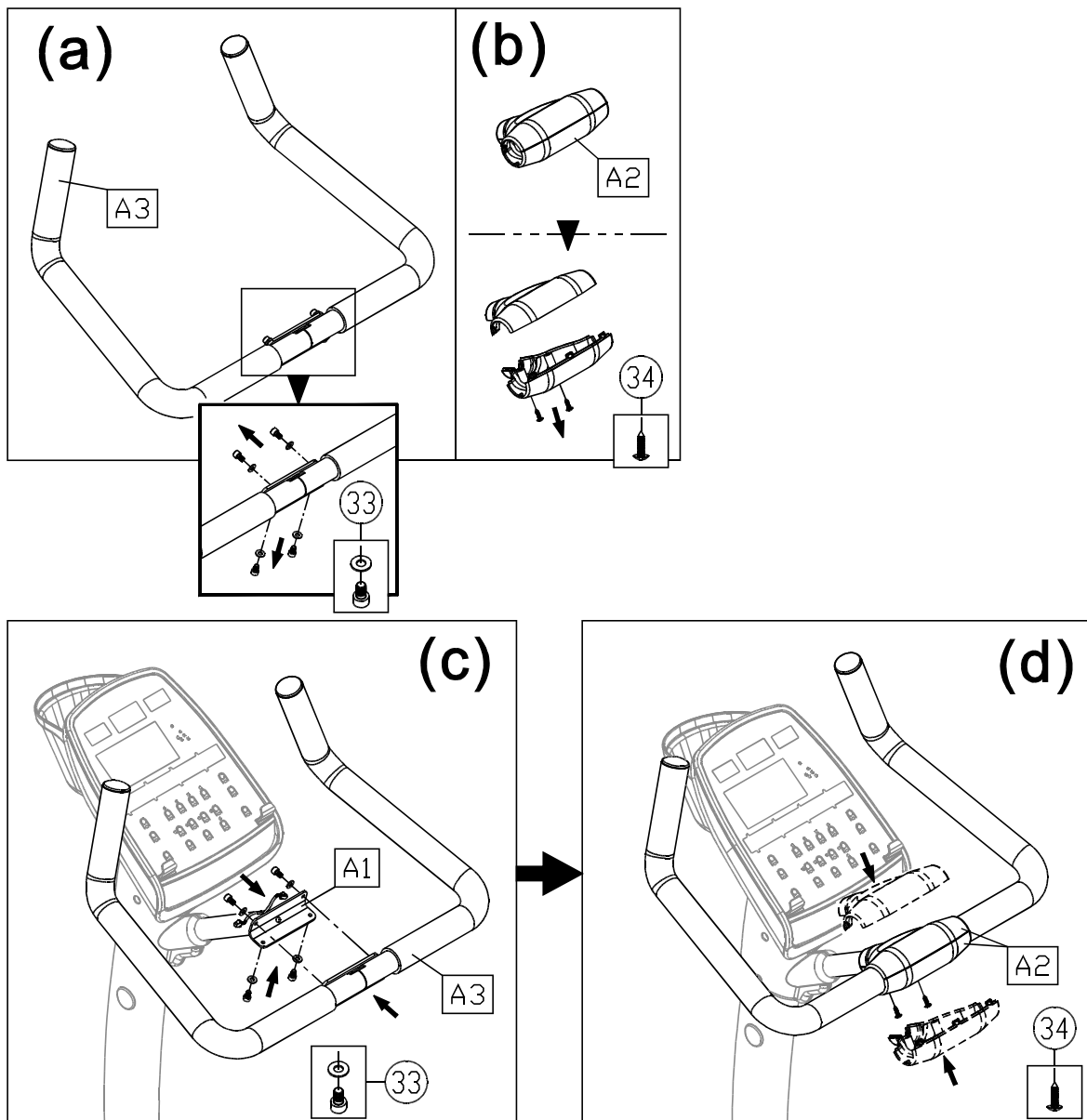
## STEP 4  Pedal Installation

4-1. 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 side designations refer to the users' left and right sides as they exercise on the product. Put the pedal marked "R" on the right crank fitting. Turn the pedal stem clockwise by hand until you feel it smoothly thread into place. Then use the open-end wrench to secure the pedal firmly on the crank. Put the pedal marked "L" on the left crank. Turn the pedal stem counterclockwise by hand until you feel it smoothly thread into place. Then use the open-end wrench to secure it firmly in place on the crank.

A7(R)

A7(L)
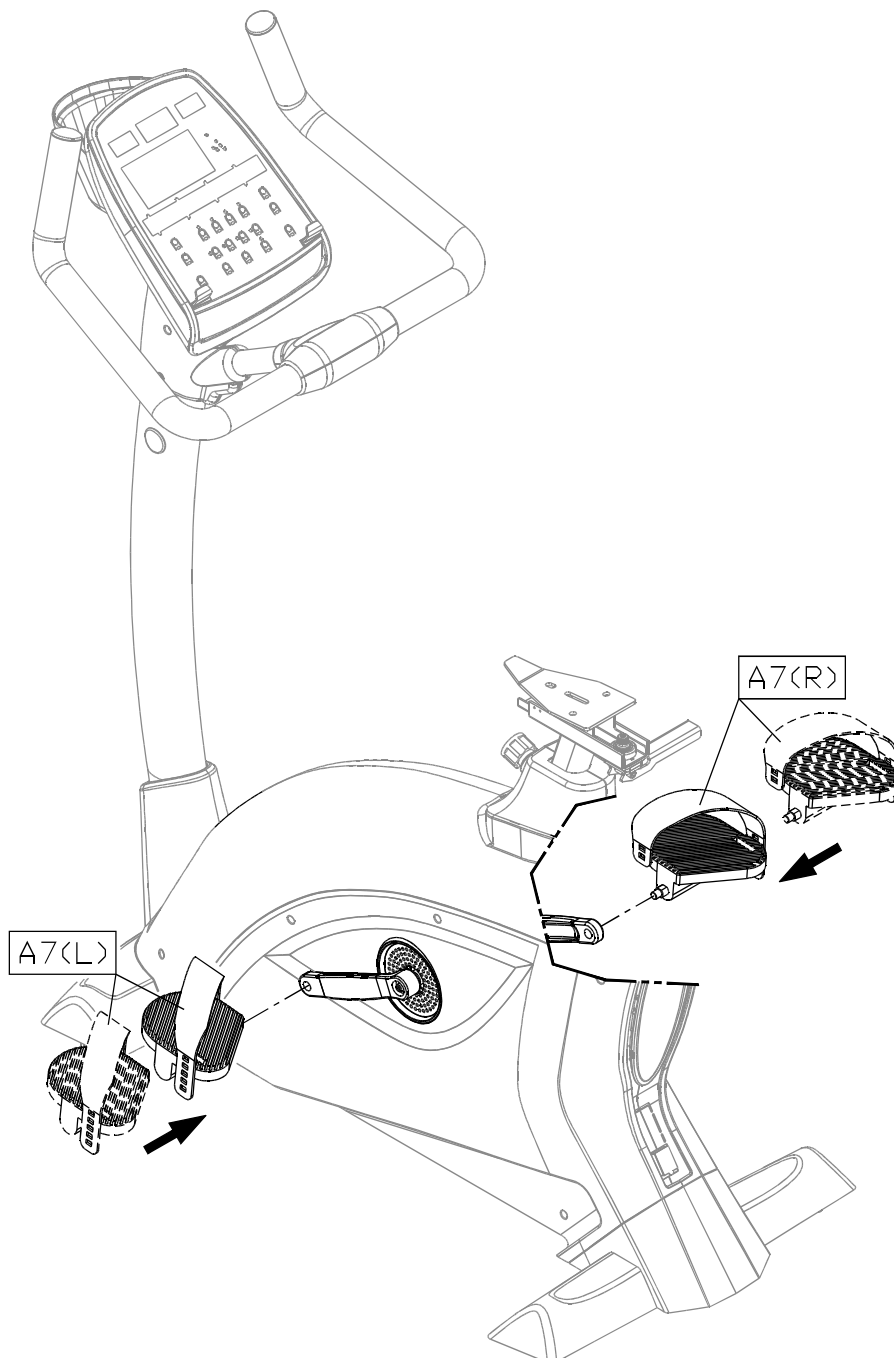
**Seat Installation**

5-1. First, remove nuts (35) from the seat bottom (A6). Set the seat bottom in place.
and  secure it with the nuts (35).
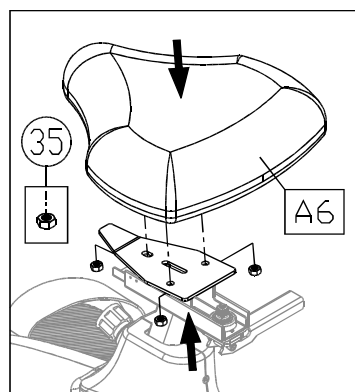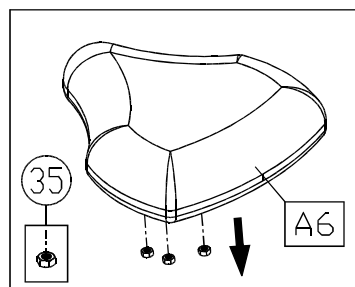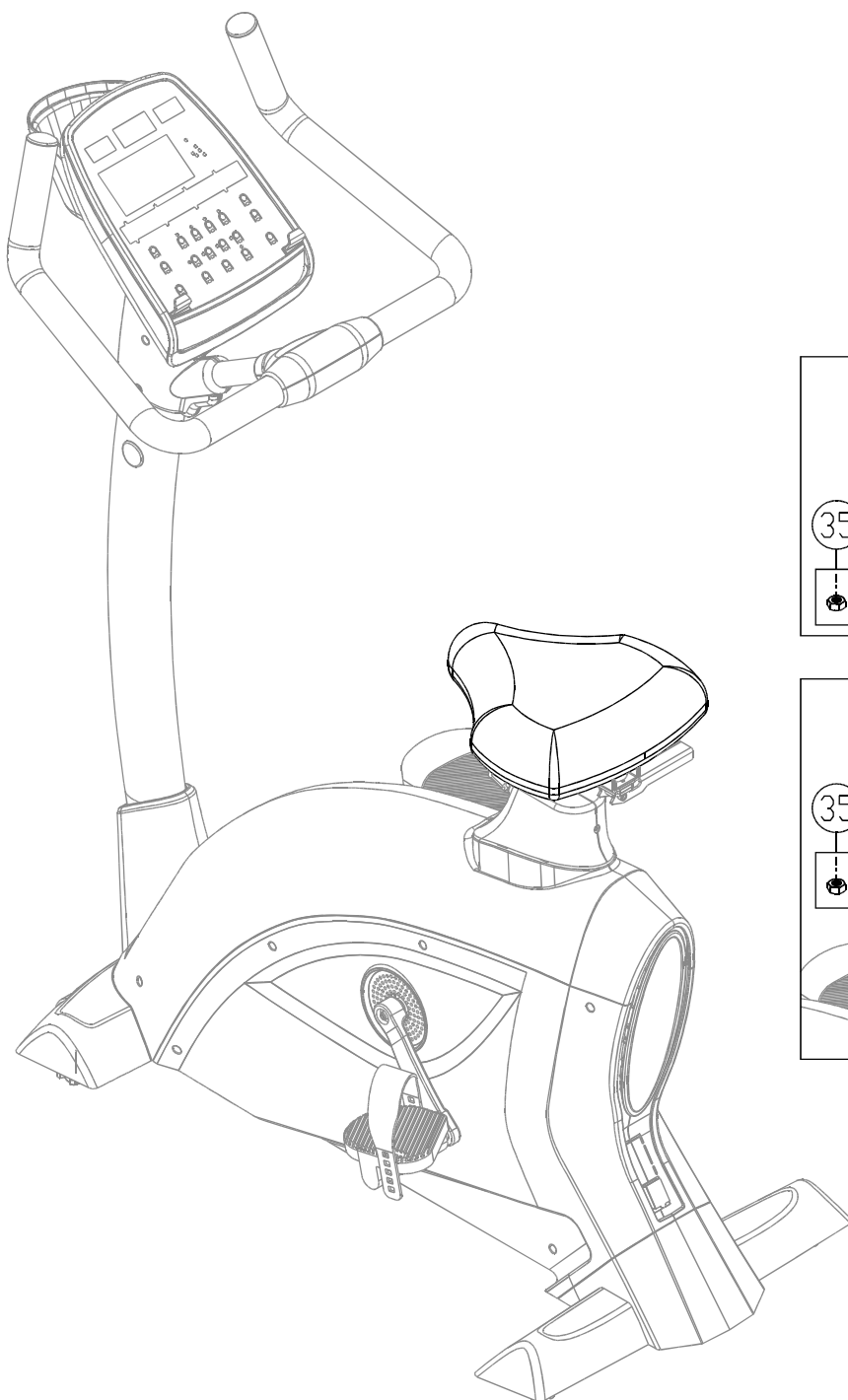
**Product Placement**

6-1. Follow steps (a~c) to install 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. Then roll the bike off the cardboard and into place for use.
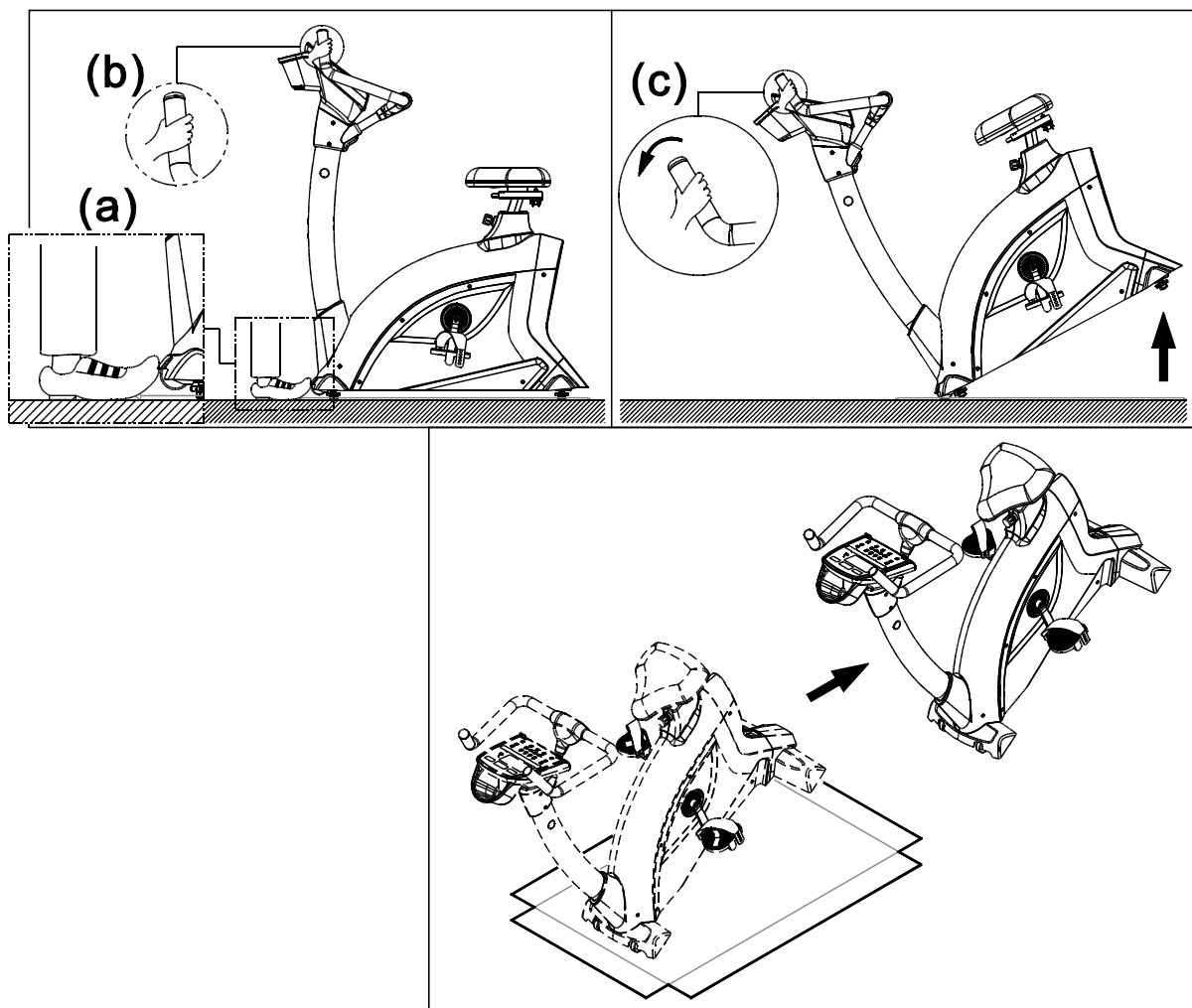
7-1. Test whether the product wobbles in use. It should rest flat on the floor. If
necessary, follow steps (a,b,c) to level the unit.

(a) Loosen the leveler nut.

(b) Rotate the leveler foot so that it touches the floor.

(c) Then secure the leveler nut against the product frame to secure this Position.



(a)                    (b)                    (c)
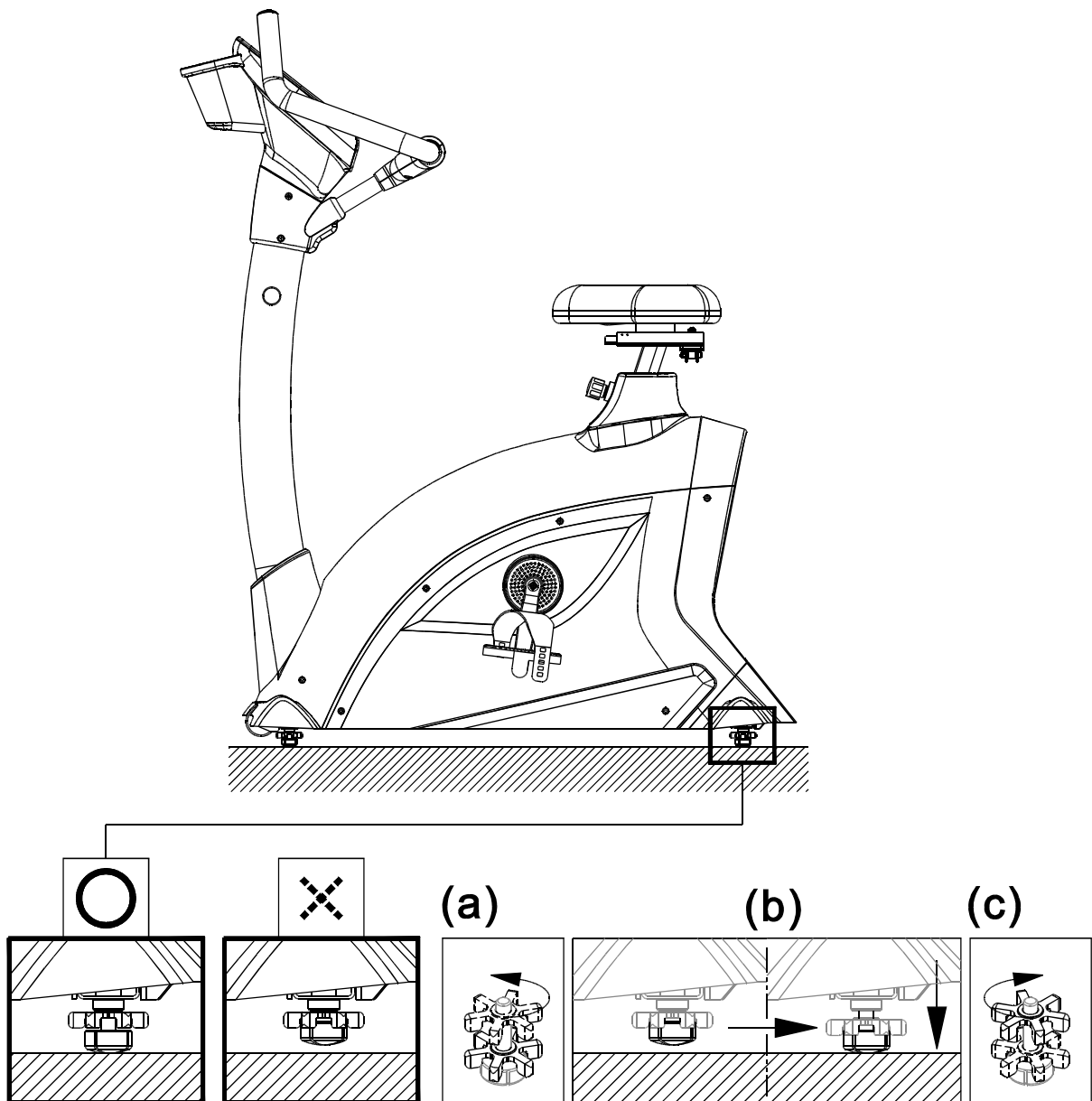
## STEP 8 Adjusting the Seat Position

8-1. Follow steps (a~c) to adjust seat height.

(a) Turn the seat adjustment knob counterclockwise. 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. Then turn the knob clockwise to lock the seat into place.
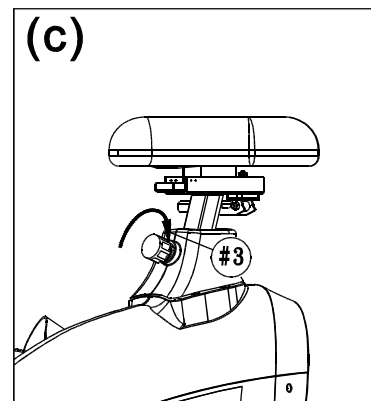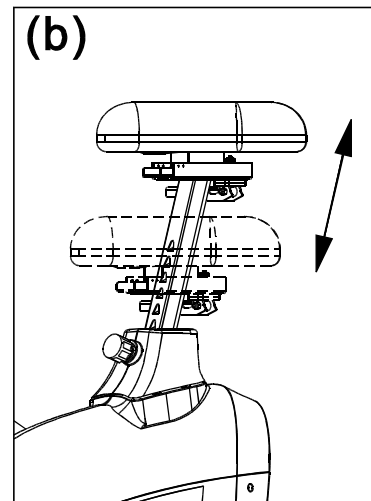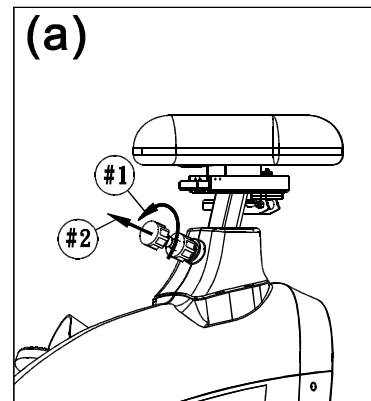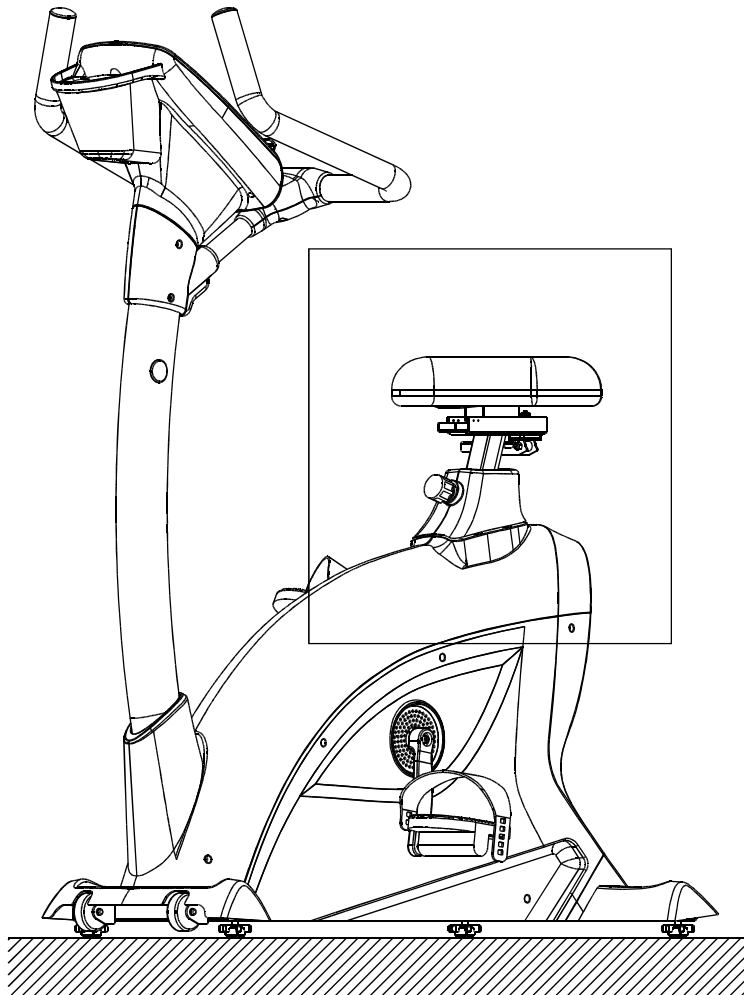
8-2. Follow steps (d~f) to adjust seat fore and aft placement.

(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.
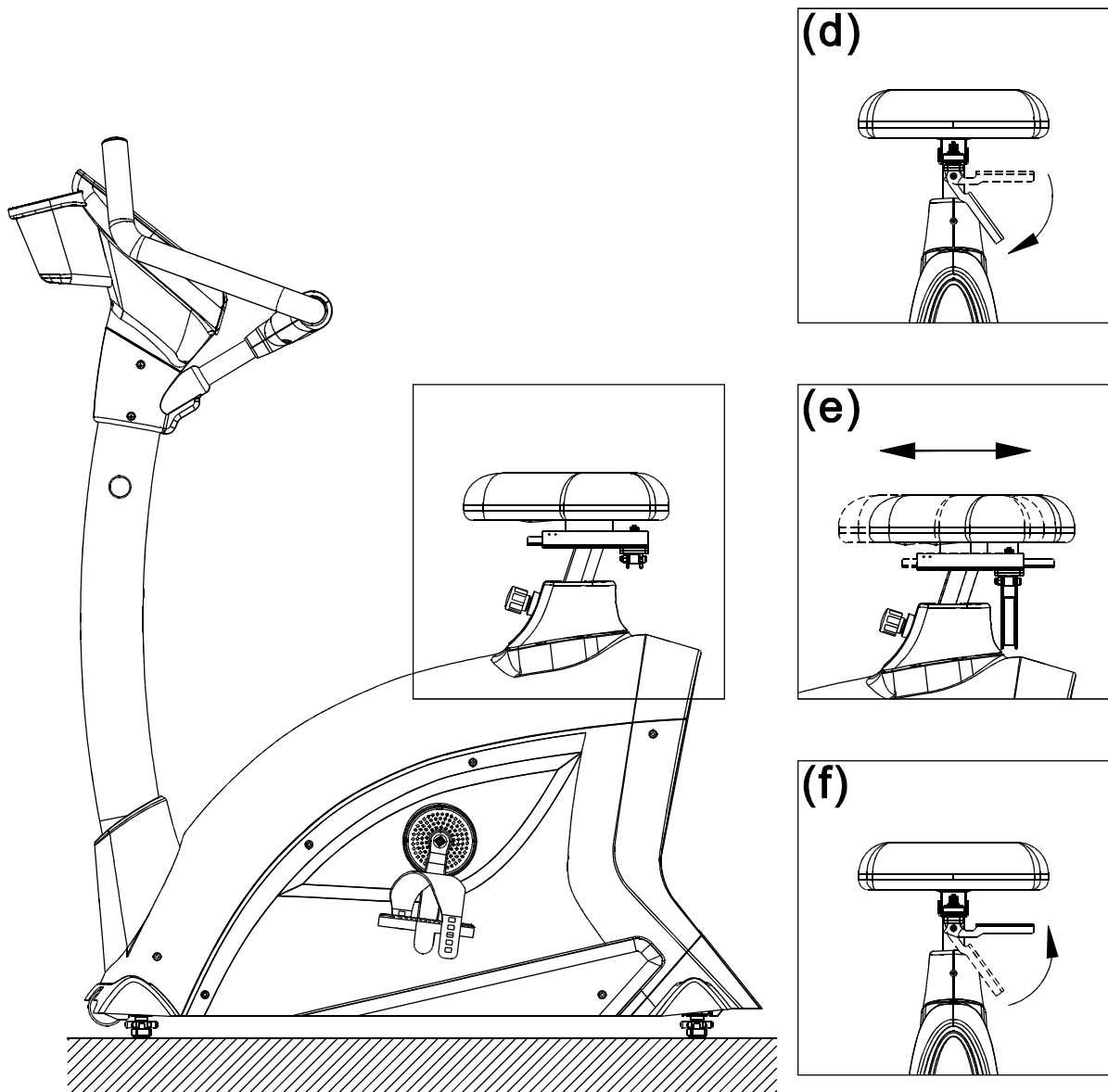
## STEP 9 How To Connect The Ground Wire

Note: 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 power switch frame as shown. Connect the other end to the building ground connection.
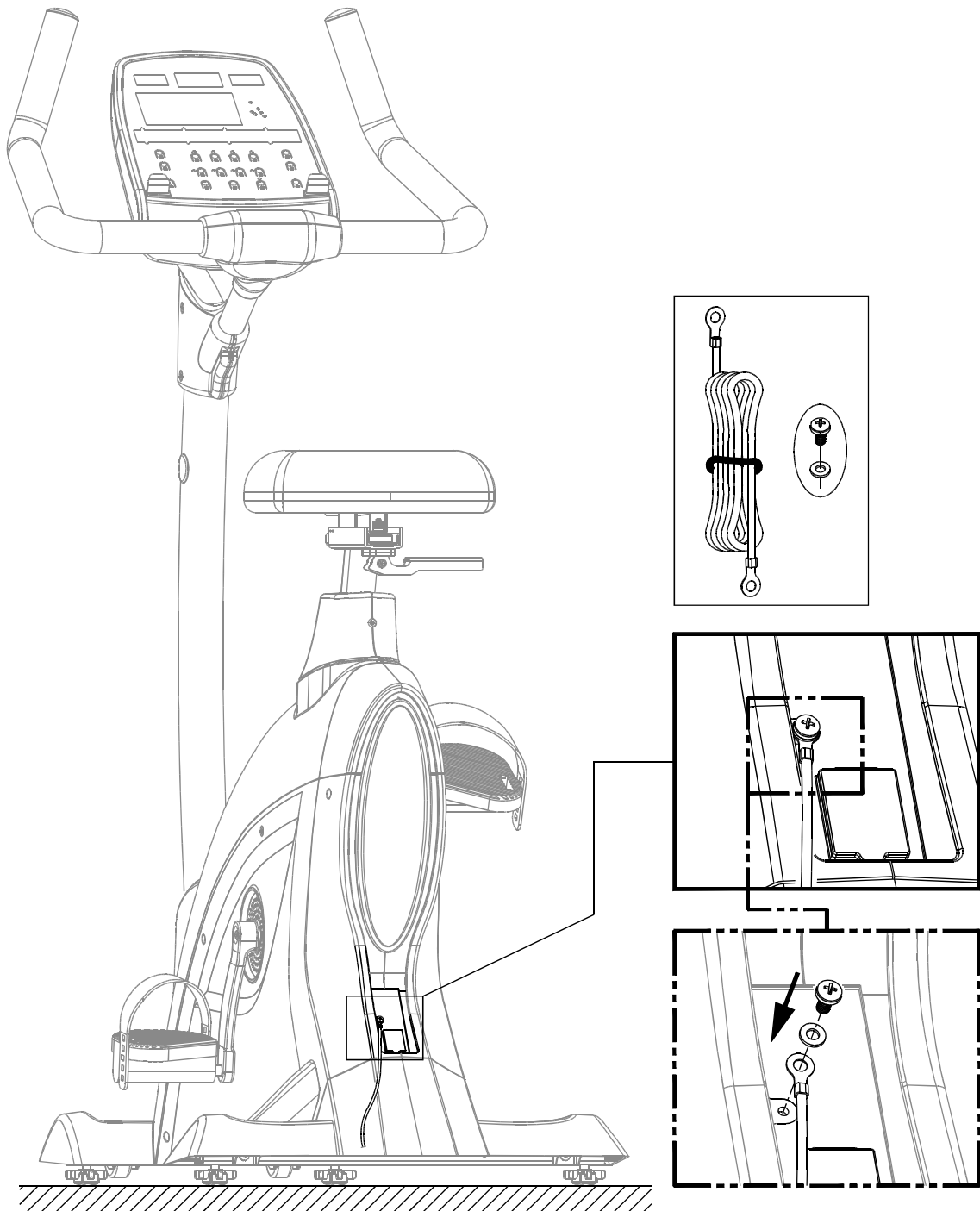
# UNDERSTANDING THE C521U DISPLAY CONSOLE

## Display Features

The C521U 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
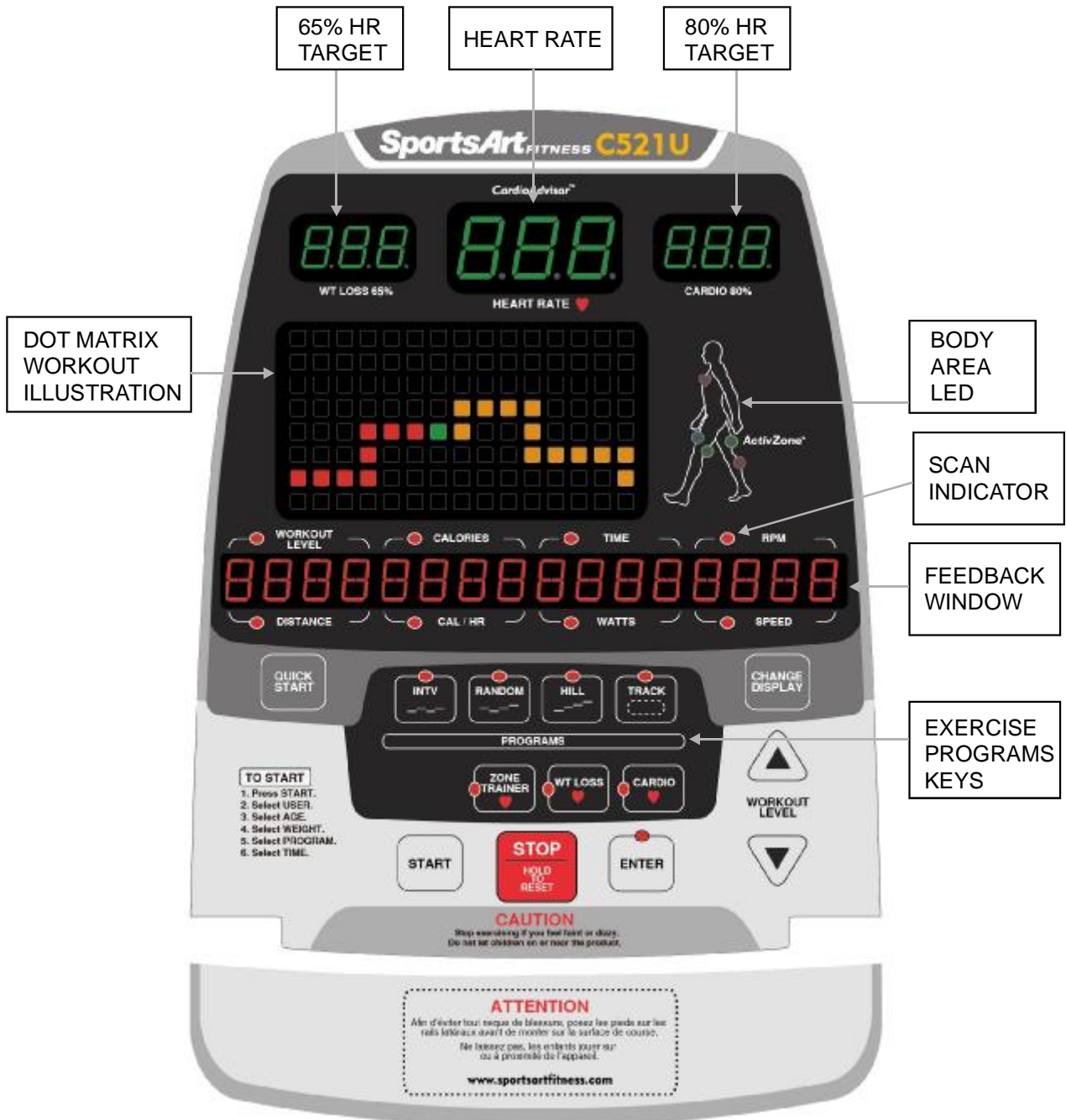
## Display Functions

- **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 workout.

  ■ 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.

  **EXERCISE PROGRAMS KEYS** — When these indicators flash or during exercise, press an exercise 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 an exercise program,

     (A) If you entered an exercise program through QUICKSTART, press the STOP key to leave the program.

     (B) If you entered an exercise program through 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.

## Button 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 C521U 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 EXERCISE PROGRAM keys or ZONE TRAINER key to change exercise programs. Time counts upward. Resistance can be adjusted at any time.

(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 no one pedals for 15 seconds, an energy saving mode is activated. It 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:

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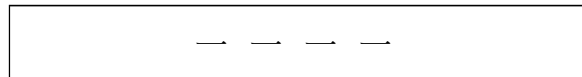
(F) If no one pedals for two minutes, the unit automatically shuts off.

### Workout Setup

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

(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:

```
USER-1
```

| | | | |
|---|---|---|---|
| TIMES - 25:05 | | | |

| | | | |
|---|---|---|---|
| DISTS - 15.8 | | | |

| | | | |
|---|---|---|---|
| CALS - 1020 | | | |

- Use any $<\blacktriangle>$ or $<\blacktriangledown>$ key to choose a user ID. Then press ENTER to confirm your choice.

2. To set up a personalized user ID

- This function allows users to establish a user ID with up to 11 characters.

- When an USER ID appears, press the CHANGE key continuously for three seconds to change the USER ID. The following appears:

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

- Press <$\blacktriangle$/$\blacktriangledown$> 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 $<\blacktriangle$/$\blacktriangledown>$ 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 $<\blacktriangle$/$\blacktriangledown>$ keys to select a weight. User weight is the basis for the Calorie expenditure calculation.

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

(C) 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. When exercising, press the Zone Trainer key to enter the heart rate control (HRC) mode.

(D) Time setting

1. Press the $<\blacktriangle>$ or $<\blacktriangledown>$ key to select an appropriate duration for your workout. Then press the ENTER key to confirm your choice.

(E) Changes during a workout

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. The accumulated values continue to accrue.

4. Please note: 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 START to reset user information.

# WORKOUT PROGRAM

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 a random selection of 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 every time 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 applies for WORK Segments.

WT LOSS & CARDIO

These two programs are heart rate control programs. By automatically adjusting resistance or speed, they keep the user's heart rate in a specific target range to accomplish certain 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: $(220 - AGE) \times 65\%$.

- CARDIO maintains a heart rate of 80% of your maximum heart rate, for optimum cardio conditioning. It is calculated as follows: $(220 - AGE) \times 80\%$.

(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:
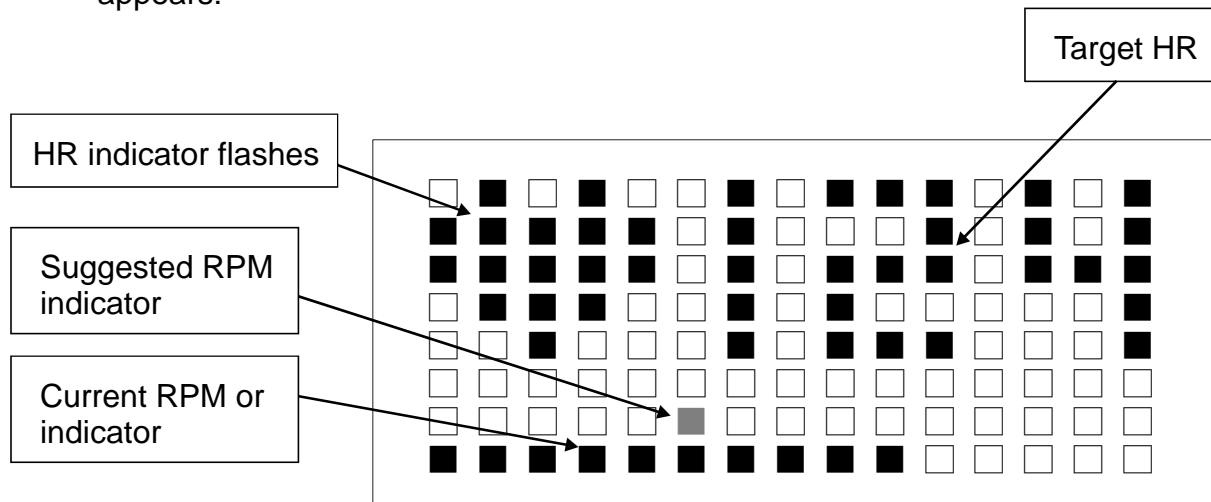


(D) The default startup resistance level is LEVEL 1 and default suggested speed is 50 RPM. Actual heart rate is monitored and shown.

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

ZONE TRAINER

ZONE TRAINER allows you to select a heart rate and make it your target heart rate for any program. 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 program. It has no validity if you are not first in another program.

(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 operating conditions, for example, units of measure. To access internal settings, at the startup banner 『**SPORTSART-C521**』, 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: C521H - 1A
      Press the ENTER key to confirm settings and proceed to the start up banner.

2. If the ENTER key is not pressed in six seconds, the FEEDBACK window shows

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

# ABOUT THE HEART RATE DETECTION AND PRESENTATION

## 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 least100 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.

**<u>Note: Avoid Static Electricity</u>**

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.

# USER PARAMETER SETTING

To check system default settings, at initial setting stage (select PROGRAM or QUICK START), hold the CHANGE key for 3 seconds:

1. Unit of Speed (MPH or KPH): press ▲/▼ keys to change the setting. Press ENTER key to confirm your choice and to see the next setting. You may also press STOP key to leave this setting.

2. The next setting, "DIST", shows the total accumulated distance. The unit of distance is either in Miles or Kilometers, depending on the speed setting selected previously. Press ENTER key to confirm your choice and to see the next setting. You may also press STOP key to leave this setting.

3. TIME: this value shows the total accumulated workout time. The unit of TIME is in Hours. Press ENTER key to see the next setting or press STOP key to leave this setting. This setting cannot be changed.

4. The next value shows you the Control Board version. Press ENTER key to see the next value or press STOP key to leave this setting.

# MAINTAINING THE C521U BIKE

The Sports Art C521U 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 figuress are calculated by taking 220 minus your age, and calculating 80% for your maximum and 65% for the minimum heart rate for aerobic exercise.
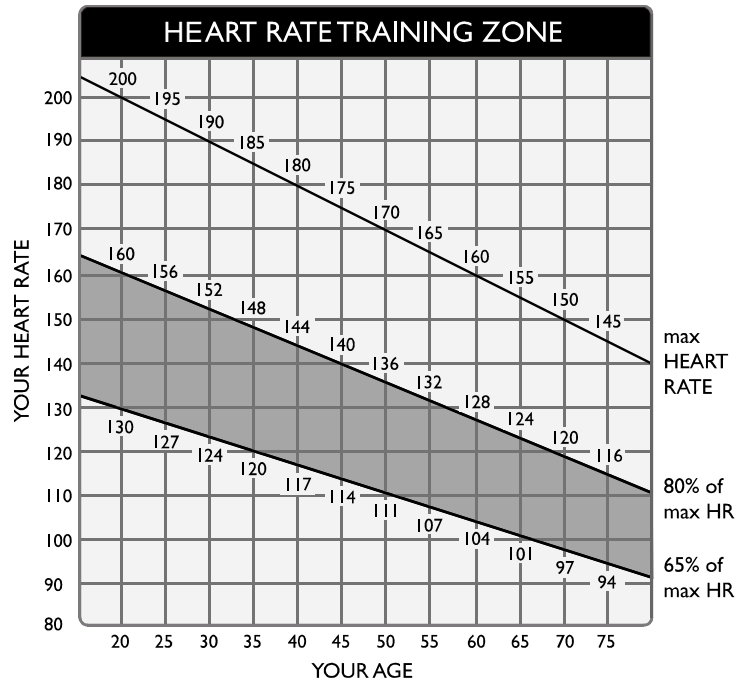
## CAUTION:

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

### HEART RATE TRAINING ZONE



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 decease 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

## C521U
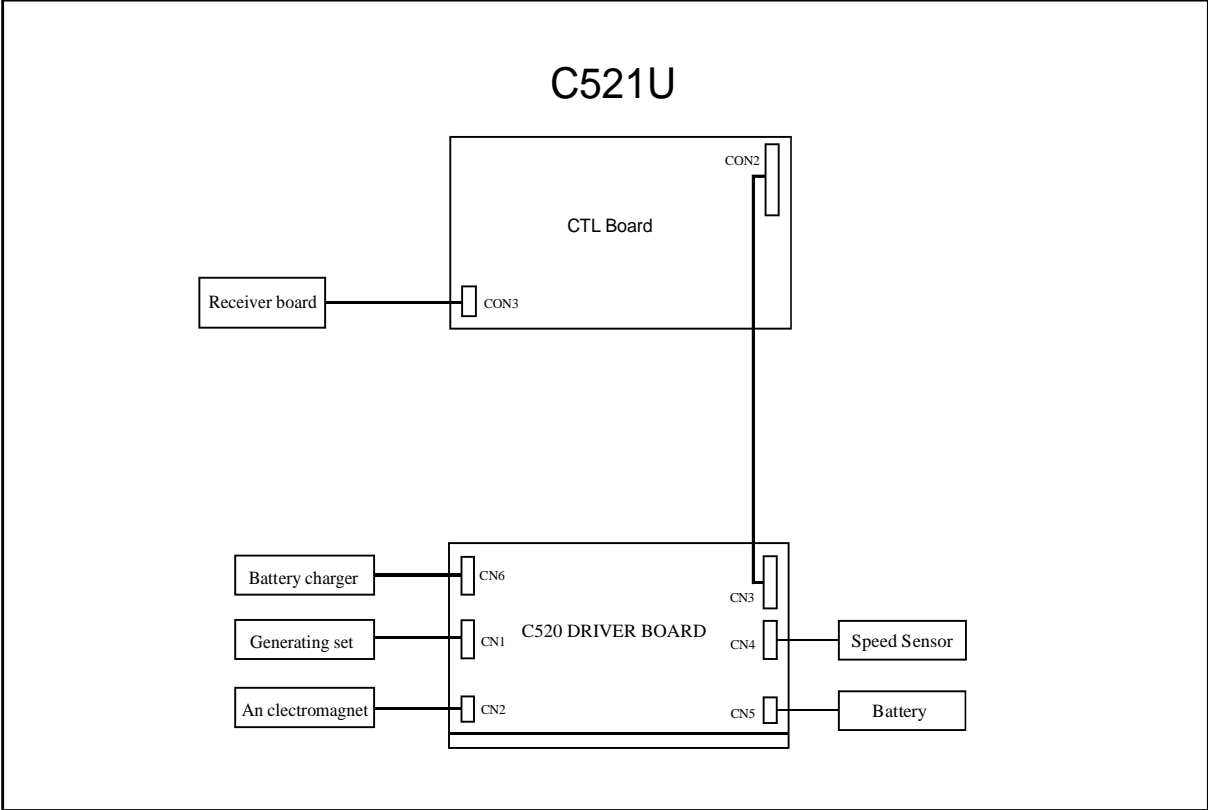


Your Authorized SPORTS ART Distributor