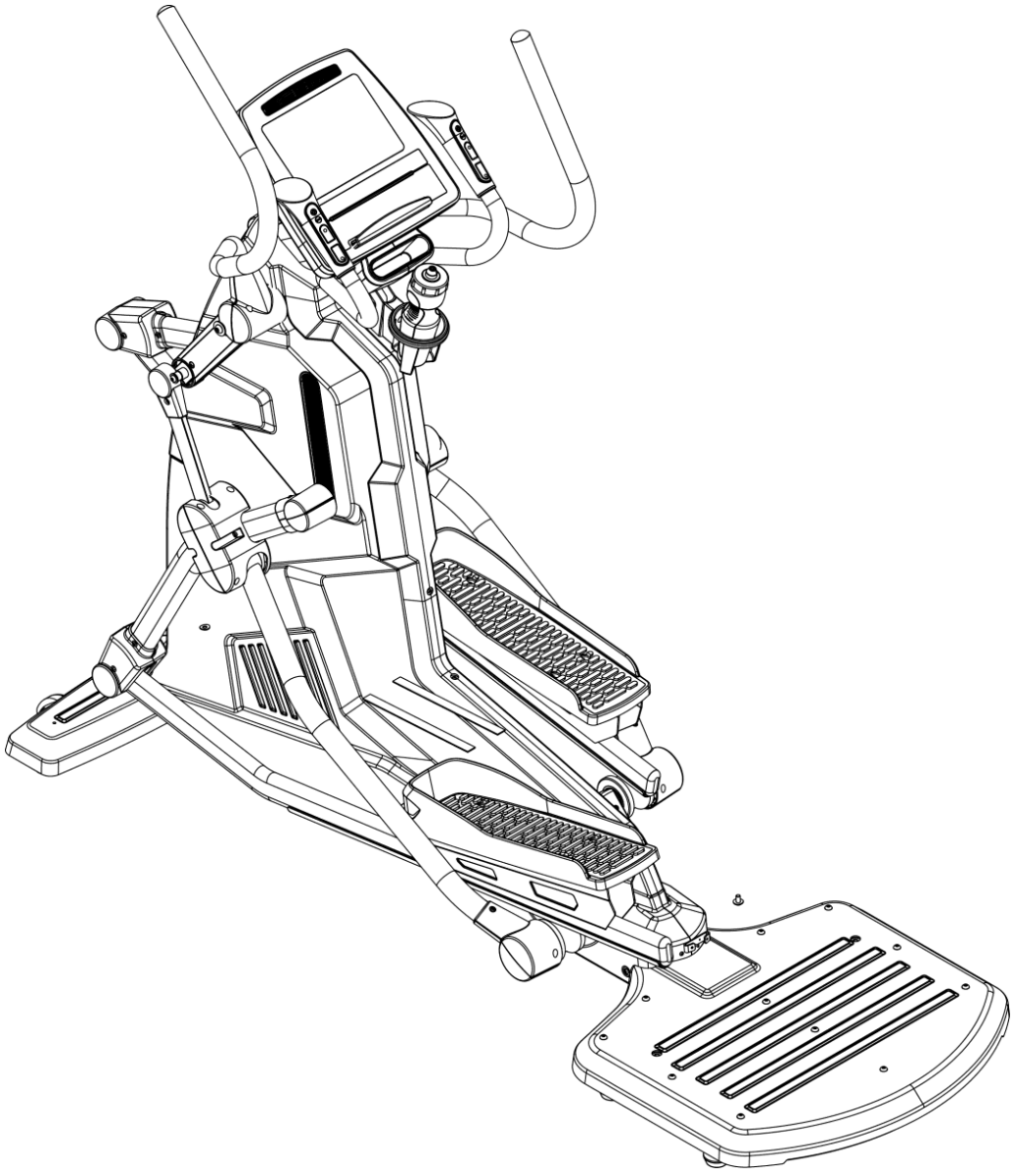
ASSEMBLY INSTRUCTIONS

CALIBER SERIES

BLK ELLIPTICAL W/ LED DOT-MATRIX

SKU: CCB-ELP-2210



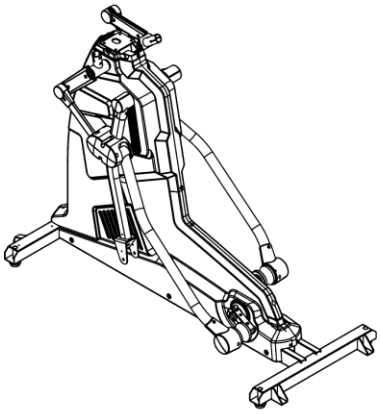
CAUTION: Read all precautions and instructions before using this equipment. Save this manual for future reference.

COMPOUND FITNESS EQUIPMENT

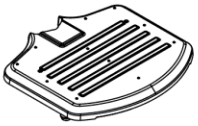
INDEX

1. Assembly parts

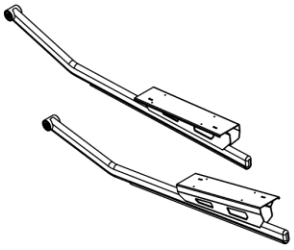
A.Main frame set



B.Rear pedal set



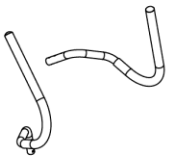
C.Foot pedal set



D.Control tube set

E.Electronic meter set

F.Handrail tube set

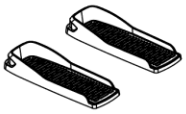


R.adjustment foot pad

G.Front bottom tube trim cover

H.Foot tube spindle cover set

I.Foot pedal set



J.Front trim cover set of electronic meter

K.Lower trim cover of electronic meter

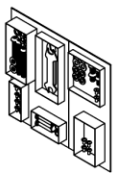
L.Commodity cup holder

M.Trim cover set of control tube

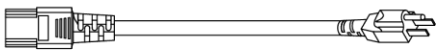
N.Cup holder

O.Handrail spindle cover set

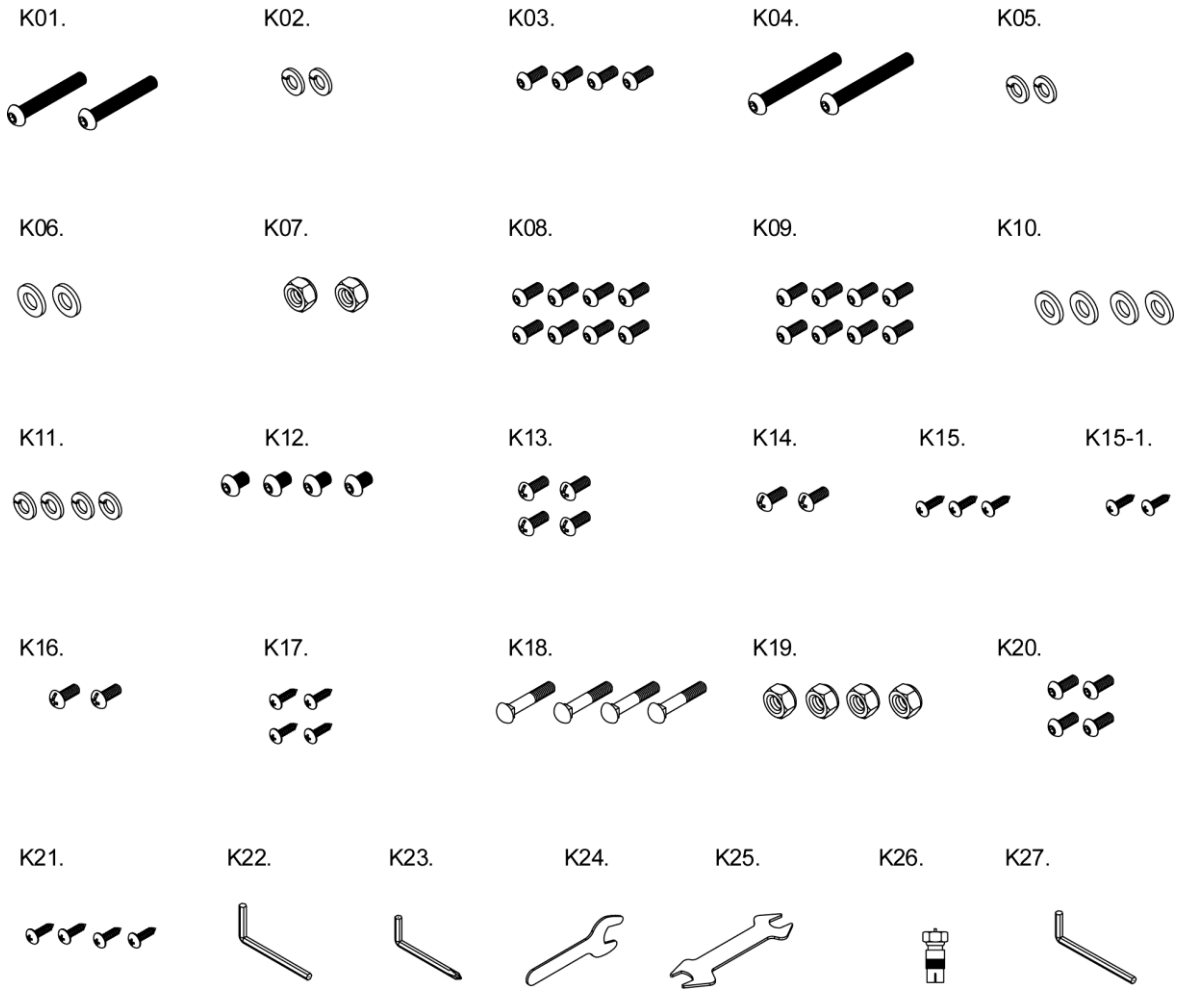
P.Screw package



Q.Power line



2. Details of parts



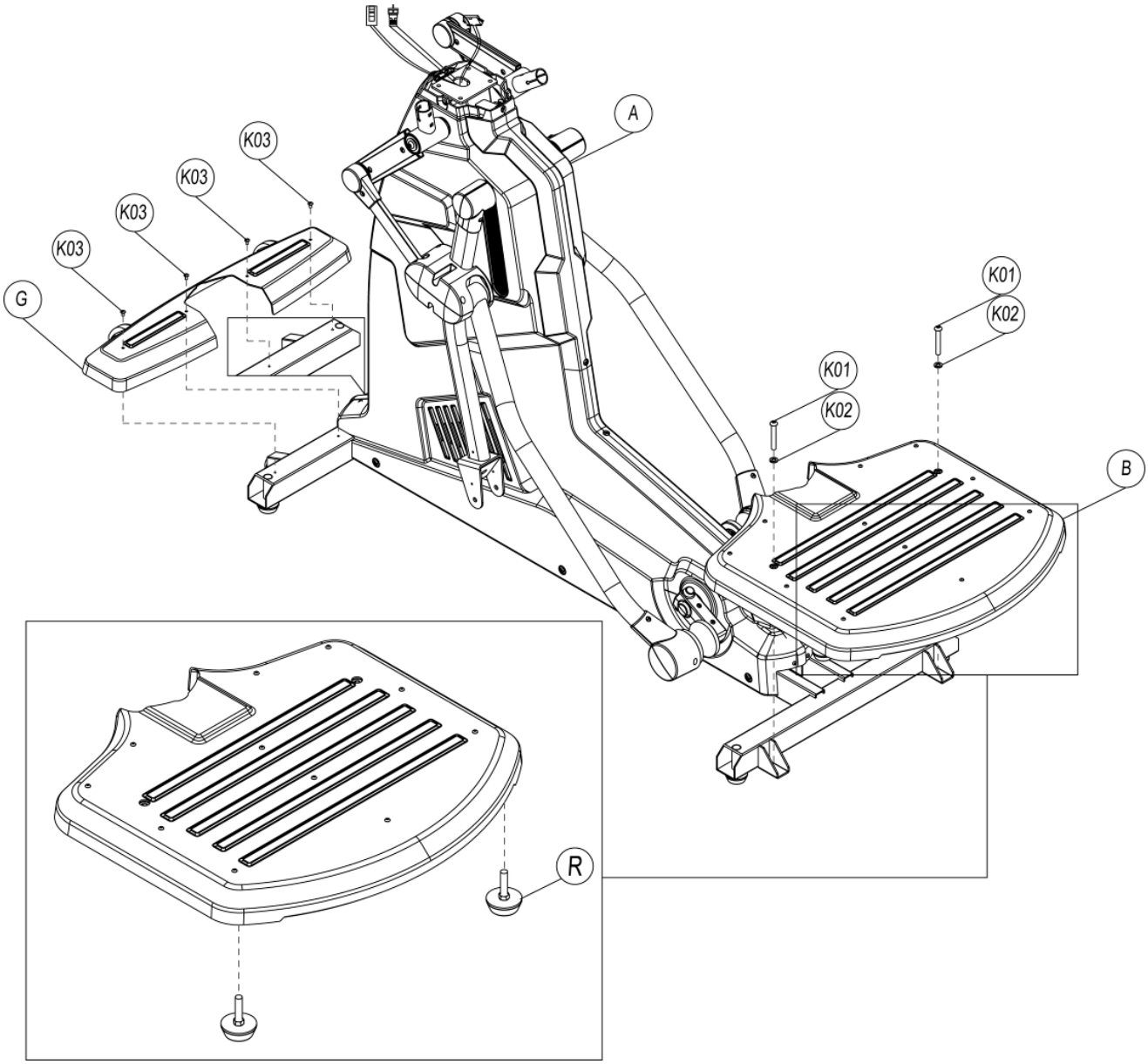
ITEM	Description	Qty	ITEM	Description	Qty
K01.	Truss hex screw M10xP1.5x70 Stainless Steel	2	K15.	Screw Ø4X12	3
K02.	Spring washer M10	2	K15-1.	Truss cross screw M4X10	2
K03.	Truss hex screw M5X10 Stainless Steel	4	K16.	Truss cross screw M4X10	2
K04.	Truss hex screw M10xP1.5x85	2	K17.	Screw Ø4X12	4
K05.	Spring washer M10	2	K18.	Carriage Screw M8X45	4
K06.	Washer ψ10xψ20x1.5t	2	K19.	Nylon Nut M8	4
K07.	Nylon Nut M10	2	K20.	Truss hex screw M5X10 Stainless Steel	4
K08.	Truss hex screw M5X10 Stainless Steel	8	K21.	Screw Ø4X12	4
K09.	Truss hex screw M5X10 Stainless Steel	8	K22.	L shaped hex wrench 6X40X120	1
K10.	Washer ψ10xψ20x1.5t	4	K23.	L shaped hex wrench +cross screwdriver 5x35x115mm	1
K11.	Spring washer M10	4	K24.	Opened wrench 17mmX110mmX2.0t	1
K12.	Truss hex screw M10xP1.5x15	4	K25.	Opened wrench 13mm+15mm	1
K13.	Truss cross screw M5X10	4	K26.	Cable adapter _PAL (female) adapted to socket F (male)	1
K14.	Truss cross screw M5X10	2	K27.	L shaped hex wrench 3X23X130	1

3. Assembly steps

STEP 1 Assemble the main frame set with the rear pedals

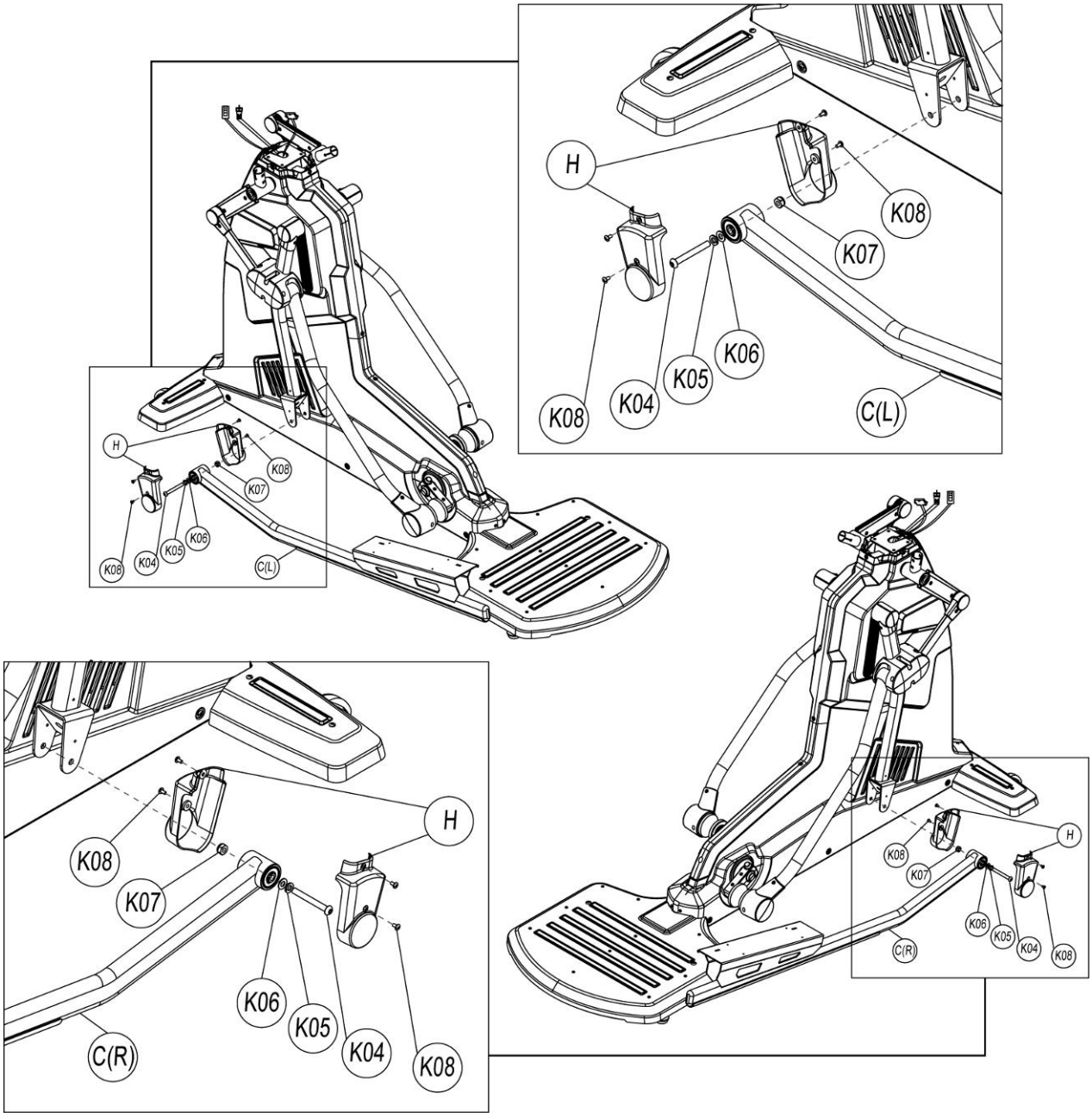
As shown in the figure, use truss head hexagon socket screw (K01) and spring washer (K02) to lock and fix the rear pedal set (B) on the main frame set (A), and then use cross Truss hex screw (K03) to lock and fix the front bottom tube trim cover (G) on the main frame set (A). At last, fix the adjustment foot pad (R) and make it level to ground.

Note: **The assembly must be implemented by two people.**



STEP 2 Assemble the foot tube set with the main frame set

Use truss head hexagon socket screw (K04), spring washer (K05), washer (K06) and nylon nut (K07) to lock and fix the foot pedal set (C), and then use Truss hex screw (K08) to lock the foot tube spindle cover set (H).

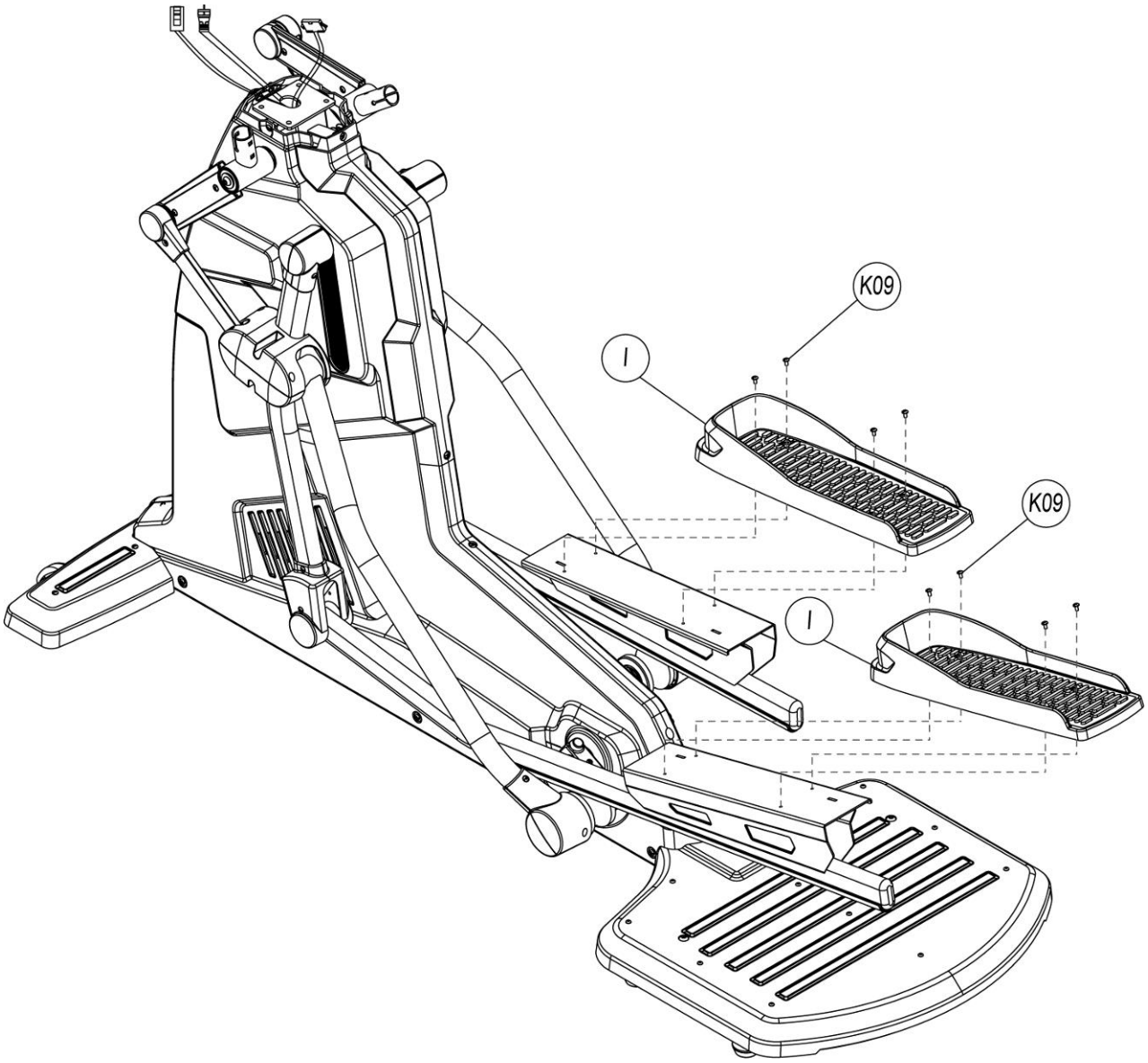


STEP 3 Assemble the foot pedal set with the foot tube set

Align the screw holes on the foot pedal set (I) with the screw holes on the foot pedal set (C) firstly, and then use cross Truss hex screw (K09) to lock and fix them after affirming that they are aligned.

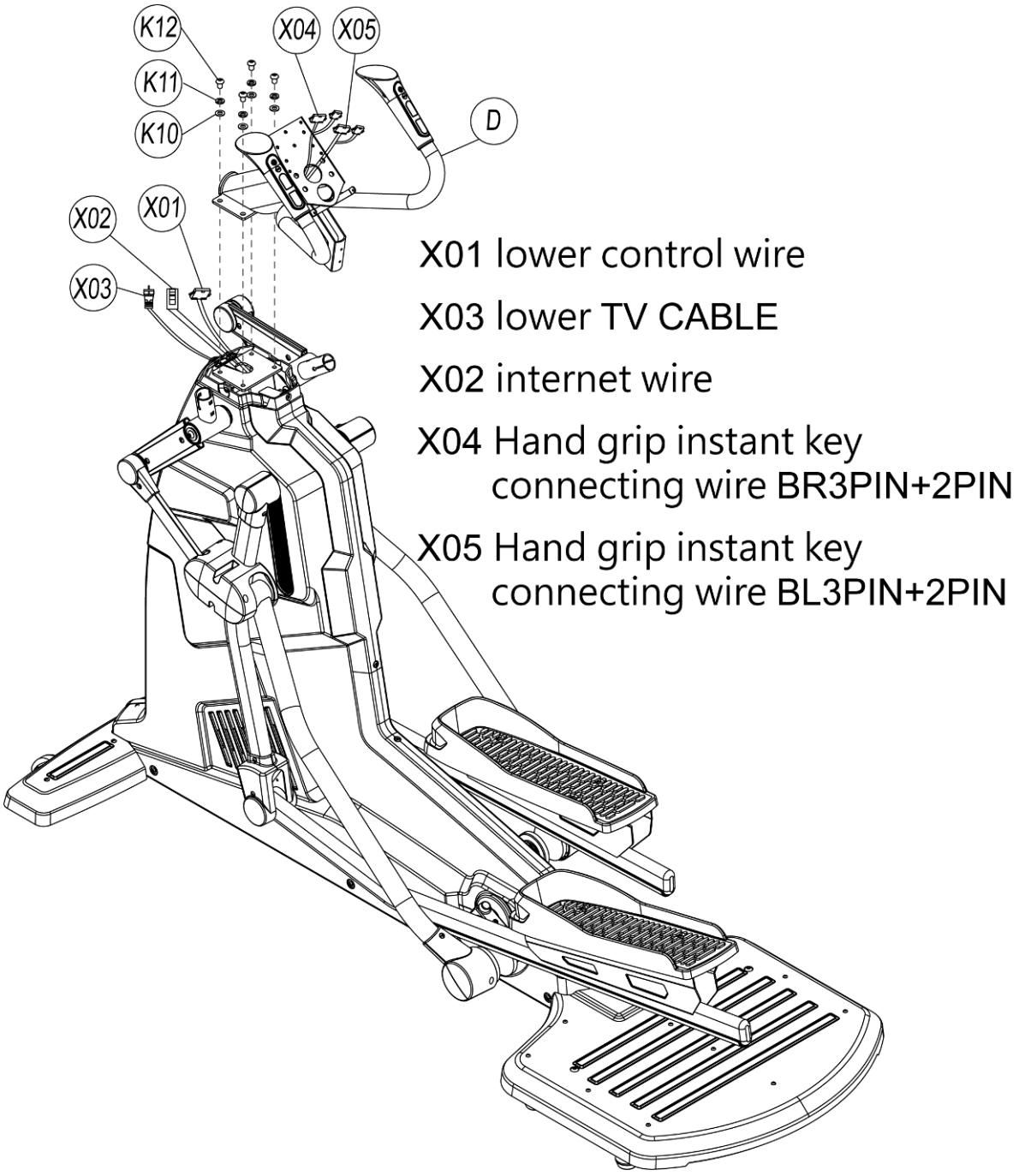
Note:

- It should be affirmed that the foot pedal set are really locked to avoid using dangers due to loosening of the screw.



STEP 4 Assemble the control tube set with the main frame set

Align the screw holes of the control tube set (D) with the screw holes of the main frame set, and use washer (K10), spring washer (K11) and truss head hexagon socket screw (K12) to lock and fix the control tube set (D).



STEP 5 Assemble the electronic meter set with the control tube set

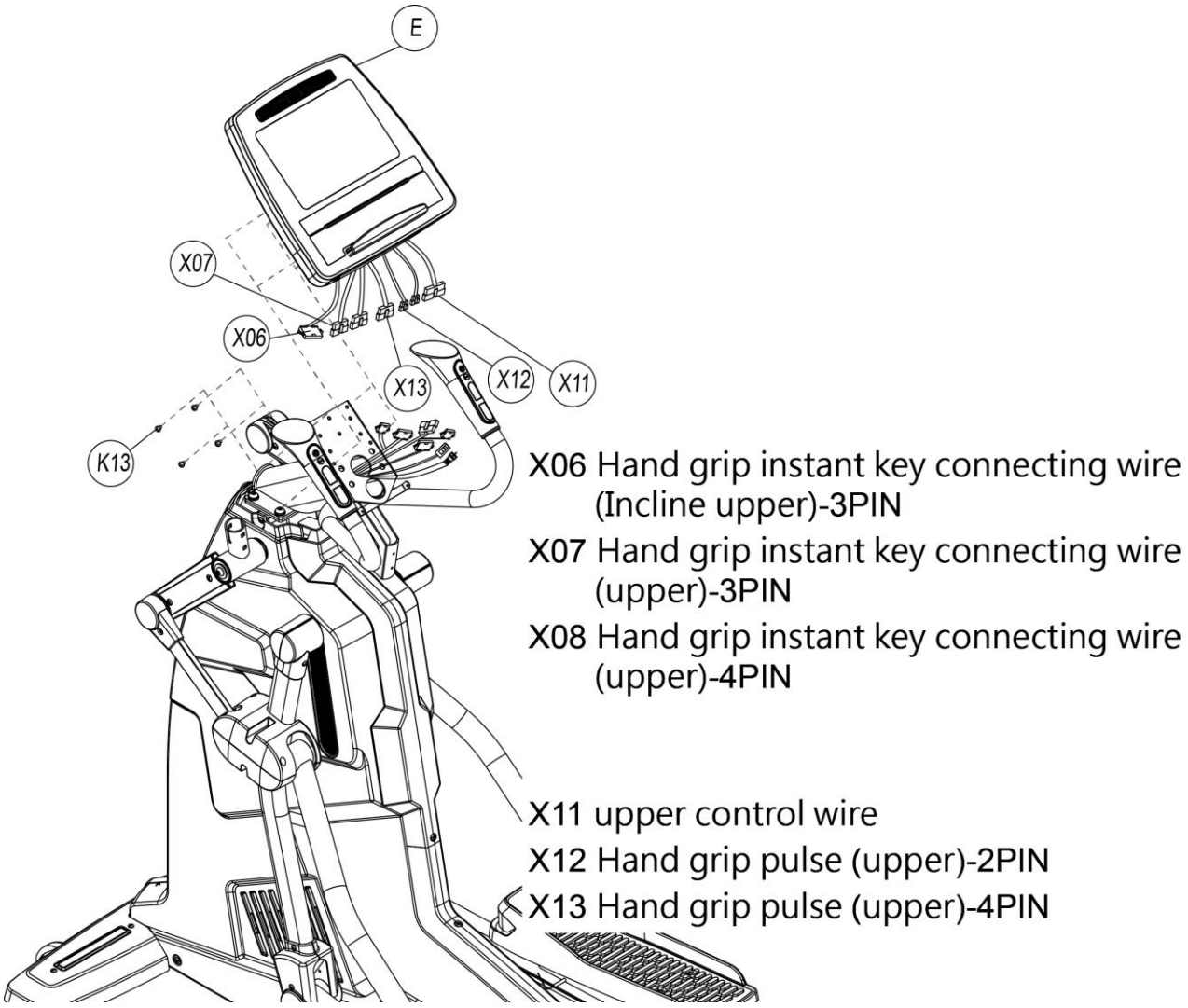
Connect the lines according to the figure. Pay attention to the directivity. Please do not insert forcibly if the directivity is wrong.

Align the screw holes on the rear part of the electronic meter set (E) with the screw holes of the control tube set (D), and use cross truss head screw (K13) to lock and fix the electronic meter.

During assembly, please make sure the screws are firmly locked to avoid damage of the electronic meter due to loosening of the screw.

Notes:

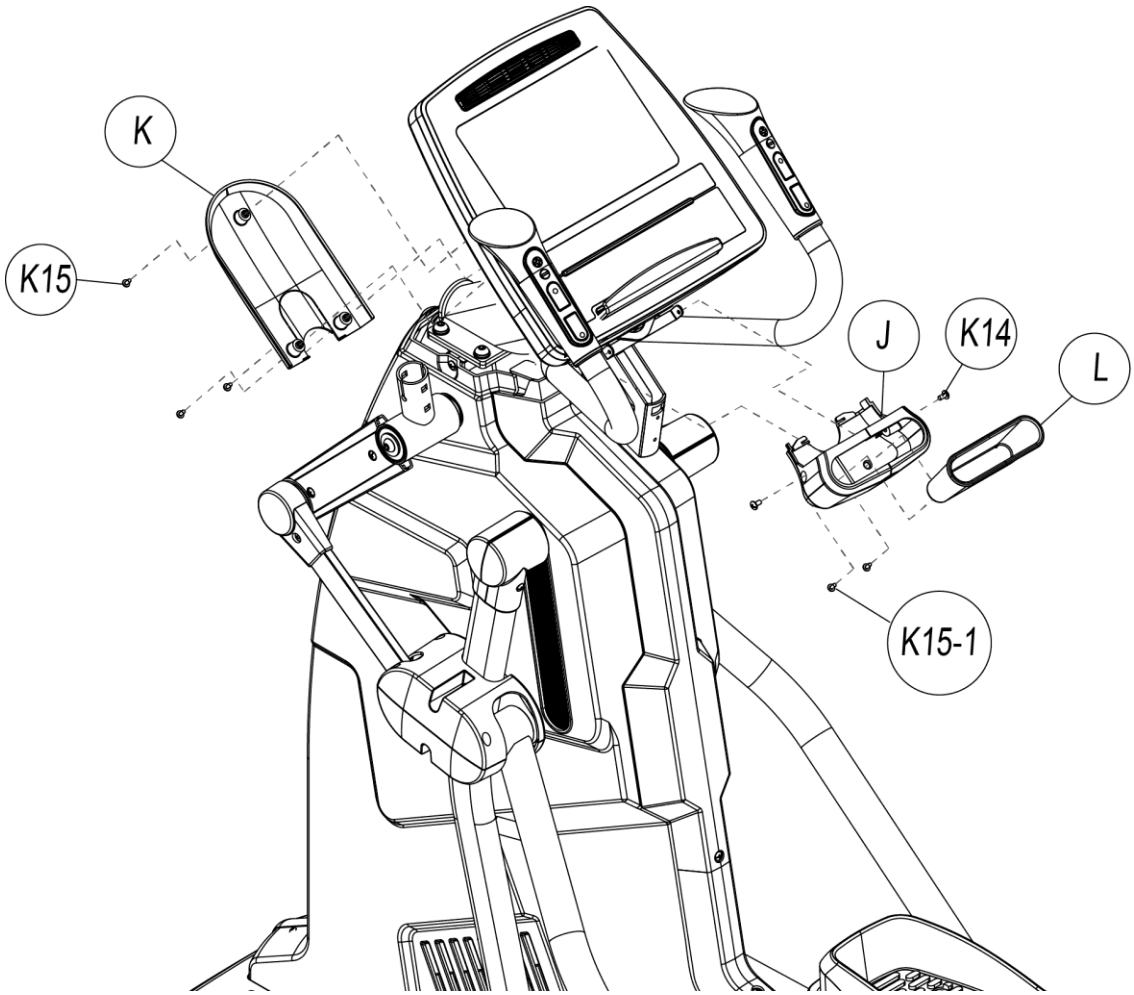
- The holes shall be aligned and the directivity of the electronic meter shall be affirmed during assembly.
- The wires of the electronic meter shall be arranged in cooperation with the holes of the electronic meter holder, so as to avoid wire short easily caused by bending of the electric wires.



STEP 6 Assemble the trim cover set of electronic meter with the electronic meter set

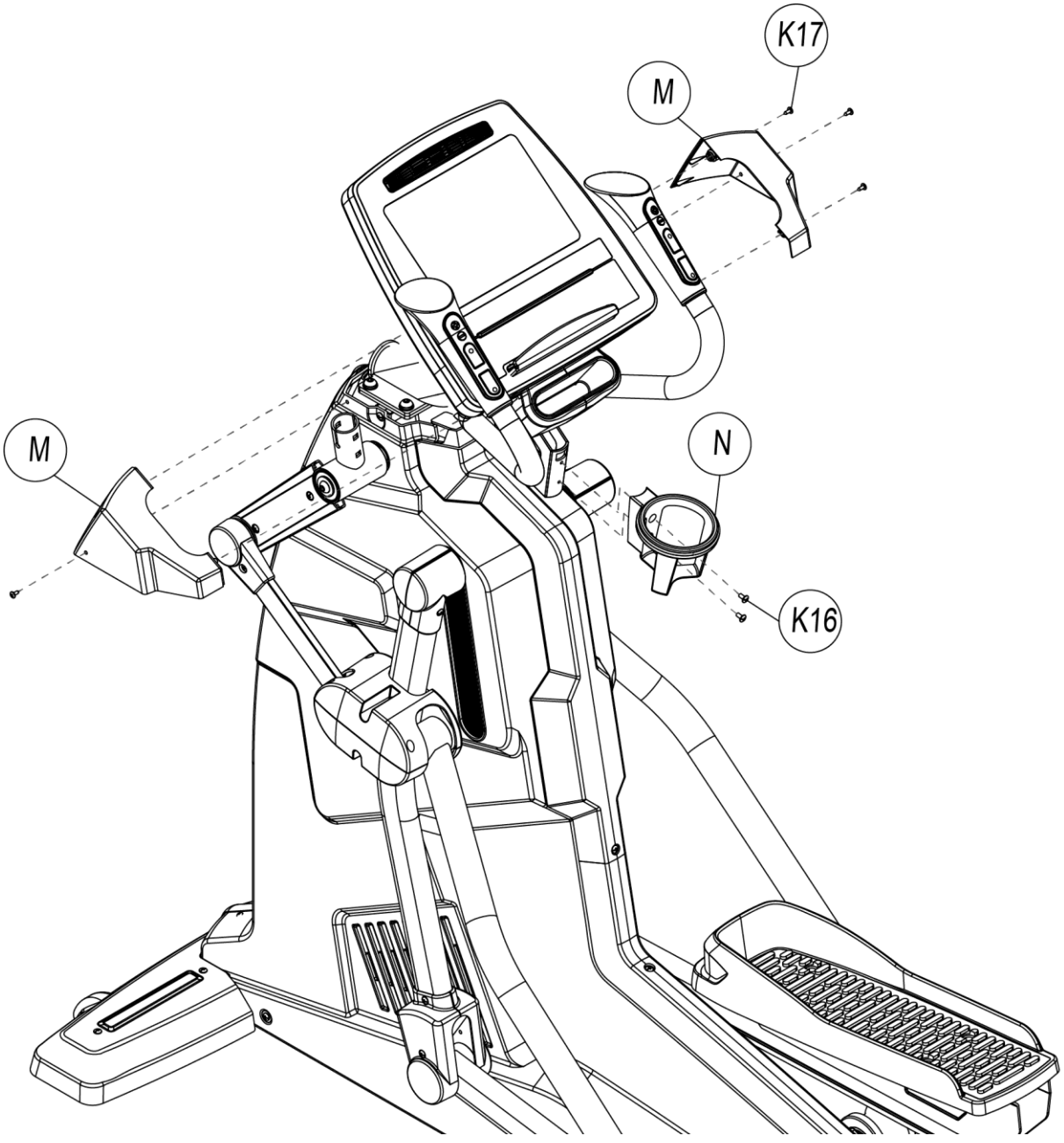
Use cross truss head screw (K14) to lock and fix the front trim cover set of electronic meter on the control tube set (D), and then arrange the commodity cup holder (L) in, and use cross truss head self-tapping screw (K15-1) to lock.

Use cross truss head self-tapping screw (K15) to lock and fix the lower trim cover of electronic meter on the electronic meter set (E) finally.



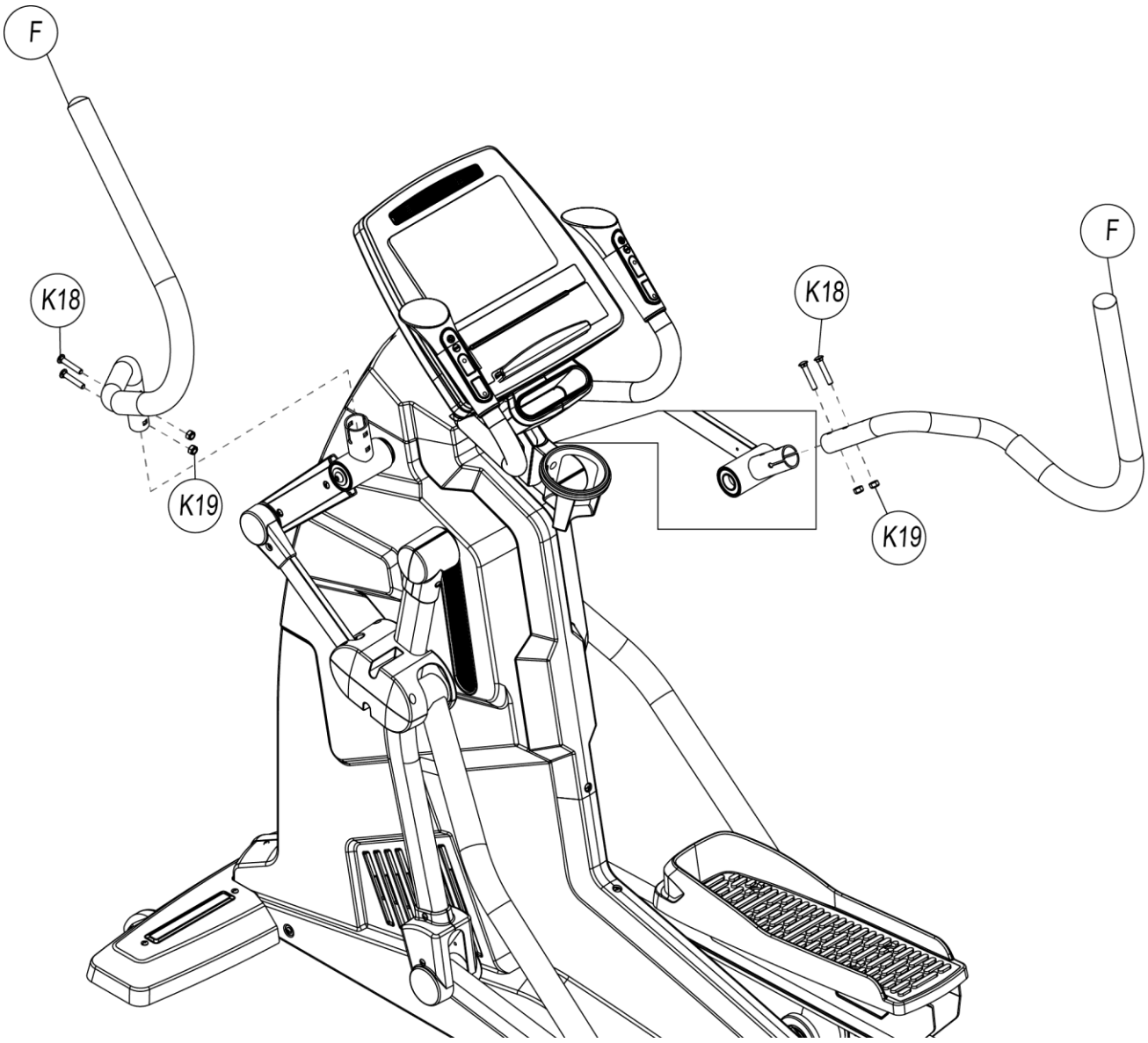
STEP 7 Assemble the trim covers of control tube, the cup holder with the control tube set

Use cross truss head self-tapping screw (K17) to lock the trim covers of control tube (M) along the direction shown in the figure, and finally use cross truss head screw (K16) to lock and fix the cup holder (N).



STEP 8 Assemble the handrail tube set with the main frame set

Sheath the tail end of the handrail tube set (F) into the iron tube at the upper end of the swing tube set, combine them and use carriage bolt (K18) and nylon nut (K19) to fix.

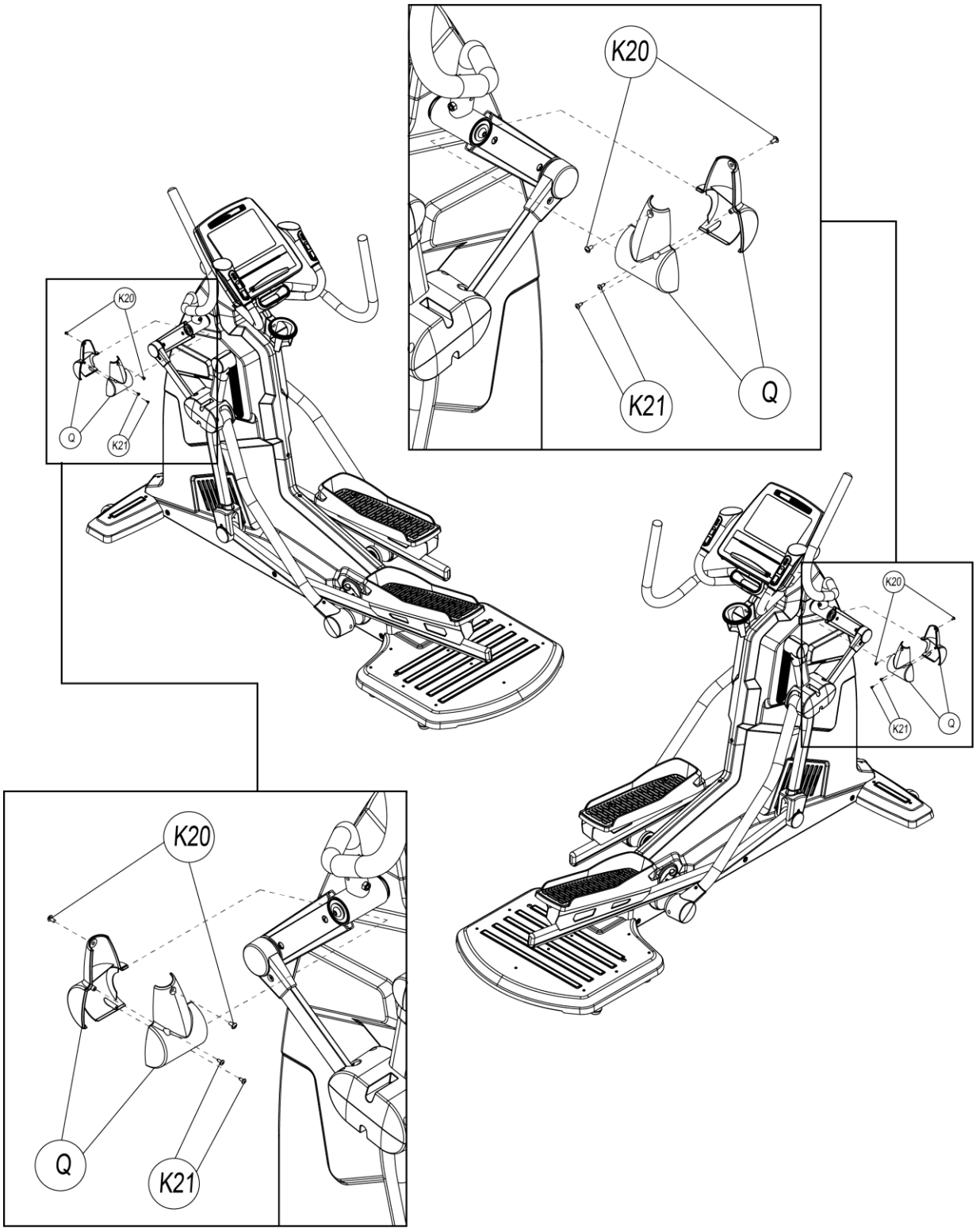


STEP 9 Assemble the handrail spindle cover set with the handrail tube set

Lean the handrail spindle cover set (O) against the horizontal tube of the handrail tube set tightly, use cross Truss hex screw (K20) to lock it and use cross truss head self-tapping screw (K21) to fix it.

Note:

When locking plastic covers, it shall be affirmed that whether the plastic covers are mutually cooperated and tightly jointed.



4. COMPUTER SPEC

4.1. WINDOWS INSTRUCTION

This computer is LED windows, display function as WORKLEVEL, STRIDE LEVEL, RPM, DISTANCE, WATT, PEED(KMH/MLH), TIME, CALORIES, HEART RATE and HR light, PROGRAM figure.

1. Resistance LEVEL is 40 levels, when at 60RPM, the max WATT value is 400W.
2. STRIDE LEVEL is divided into 0 to 10 segments with 11 segments in total. P1 program and HRC program have built-in step program, besides, all other program steps have an initial value of 0 segment.
3. Fan:
   - When executive program enters into PAUSE Mode, the resistance will be adjusted to the minimum value automatically, fan will close automatically, and Stride will stop change. All data will disappear after entering Sleep Mode if there is no action for 20 seconds.
   - Under PAUSE Mode, make the RPM value over 40 by the way of stepping can start program and go on working.

4.2. WINDOWS DISPLAY AND START FOR POWER ON

Under POWER ON condition, data windows will show software versions date" and then enter start/steady windows after 1s.

1. Start/steady mode:
   - After showing the versions, program windows will show figure『---』 and data windows will show words『SELECT PROGRAM OR QUICK START』. The word will be different by the different languages.
2. Sleep Mode：
   - Under start/steady condition: if there is no RPM signal input within 30 seconds before enter Sleep Mode, program windows will light 21 lights and if you do not step the pedal, the light will turn off 1 per second as clockwise. After the 21 lights of program windows turn off and it will auto enter Sleep Mode.(this function only can be started under POWER=OFF condition in program)
   - Under fitness condition, if there is no RPM signal input within 20 seconds, it will enter Sleep Mode and LED of computer will all auto turn off.
   - When user steps the pedal and RPM is over 25 or use press any key of computer, computer will be auto lighted and back to start/steady windows.
   - When electronic meter is waken up by Sleep Mode to use all programs firstly, Stride will reset to 0 segments automatically.

4.3. Key Functions

1. QUICK START: Press QUICK START KEY, computer will start as MANUAL MODE and account all function value as positive number.
2. STOP：When computer works, press STOP KEY once can pause all function's accounting, press the TOP KEY twice can stop the program.
3. LEVEL ▲ : This key can be used for PEOFILE function selecting and during program working, it can be used for resistance increasing function.
4. LEVEL ▼ : This key can be used for PEOFILE function selecting and during program working, it can be used for resistance decreasing function.
5. STRIDE ▲: During program running, the key is used to increase step distance until the maximum of 10 segments.
6. STRIDE ▼: During program running, the key is used to decrease step distance until the minimum of 0 segments.
7. FAN ON/OFF: power switch of fan.
8. LOCK：When computer works, this key is the switch of data windows.
9. GOAL：This key is program control's instant key, press this key can enter GOAL program windows directly.
10. HRC：This key is program control's instant key, press this key can enter HRC program windows directly.
11. WATT：This key is program control's instant key, press this key can enter WATT program windows directly.
12. TEST：This key is program control's instant key, press this key can enter TEST program windows directly.
13. P1：This key is program control's instant key, press this key can enter P1 program windows directly.
14. P2：This key is program control's instant key, press this key can enter P2 program windows directly.
15. ENTER : Press this key enter data setting and it also can be used for confirming modify the set or value.
16. CLEAR：Clear the parameter that input before.

17. 0~9 NUMBER KEYS：Total10 KEY. You can input PROGRAM parameter as age, weight, training time and so on. During program working, you can adjust the level of resistance by pressing number key.

4.4. PROGRAM CONTROLLING FUNCTION

4.4.1. General mode

1. Select program window of Manual Mode to display『---』icon , then information window displays 『SELECT PROGRAM OR QUICK START』string. Enter all values of Quick Start Key to start to accumulate, presupposition damping is level 1, and new line will be carried out once per minute; Presuppose Stride as 0, current segment number will be displayed in information window when there is change in Stride.『RPM↑』icon will be displayed in program control window when there is inadequate in PRM, and pause mode will be entered after 5 seconds.
2. During program works, data windows will show below information:
   - metric『KMH』: show『LEVEL』,『RPM』,『DIST』,『WAT』1s first and show value 10 seconds. Then windows show『LEVEL』,『KMH』,『TIME』,『CAL』1s and show value10 seconds.
   - Imperial 『MLH』: show『LEVEL』,『RPM』,『DIST』,『WAT』1s and show value 10 seconds, then show『LEVEL』,『MLH』,『TIME』,『CAL』1s and show value 10 seconds.
3. When program finish, data windows will show below information：
   - Metric 『KMH』:

     『EXERCISE TIME =』moving words shown first and then show『HHMMSS= 0.00.00』

     『DISTANCE COVERED =』moving words shown first and then show『KM= 0.0』

『AVERAGE SPEED =』moving words shown first and then show『KMH=

0.0』

『CALORIES BURNT =』moving words shown first and then show『KCAL=

0.0』

『AVERAGE WATTS =』moving words shown first and then show『WATTS=

0.0』

『AVERAGE METS =』moving words shown first and then show『METS=

0.0』

- Imperial 『MLH』:

  『EXERCISE TIME =』moving words shown first and then show『HHMMSS=

  0.00.00』

  『DISTANCE COVERED =』moving words shown first and then show『ML=

  0.0』

  『AVERAGE SPEED =』moving words shown first and then show『MLH=

  0.0』

  『CALORIES BURNT =』moving words shown first and then show『KCAL=

  0.0』

  『AVERAGE WATTS =』moving words shown first and then show『WATTS=

  0.0』

  『AVERAGE METS =』moving words shown first and then show『METS=

0.0』

4.4.2. P 1 MODE：it is PROGRAMS MODE

1. Under start/steady windows, press P1, program windows will show『PROGRAM 1figure』, data windows will move left and show『PRESS THE ARROWS TO SELECT PROGRAM』and『PRESS ENTER TO BEGIN PROFILE.』2 words.
2. You can use LEVEL▲、LEVEL▼ to select PROGRAM 1, PROGRAM 2, PROGRAM 3 for 3 PROGRAMS, when USER selects the PROGRAM and press ENTER to go on setting weight.
3. Weight set：data windows moves left and show words『ENTER WEIGHT <30-199>KG』(or show words『ENTER WEIGHT <70- 440>LBS』), USER can input weight by pressing number 0~9. Program windows will flash and its default value is 30, input the value. If you press number key for modify and you must input 2~3 numbers(range is 30 ~ 199). For the unreasonable value, systems will auto show max or min value. Press the reasonable value and press ENTER to store the value and go to set the fitness time.
4. Fitness time setting：program windows will flash and show time default value 10 mins, data windows will show words『ENTER TIME <10-60>MINUTES』（range is 10 ~ 60). User can input training time by pressing number 0~9, then press Enter key store and start the program. If you want to modify the set value, please press CLEAR key.
5. During program execution period, Stride will change according to built-in program control automatically, and display current segment number in information window when change happening; USER can use LEVEL▲, LEVEL▼ to change WORKOUT LEVEL, there are four LEVEL to select in total.
6. During program working, user can press LEVEL▲, LEVEL▼ key to change WORKOUT LEVEL, total 4 levels for selecting.
7. When program finishing or working, press STOP Key and program windows will auto show original Profile figure, data windows will show below training accounting items for 2 seconds by turns for twice, then program will back to start/steady condition.
8. During program working, data windows will show below information：

- metric『KMH』:

  Show 『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show value for 10 seconds, then show『LEVEL』、『KMH』、『TIME』、『CAL』 first for 1s and show value for 10 seconds.

- imperial『MLH』:

  Show『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show value for 10 seconds, then show 『LEVEL』、『MLH』、『TIME』、『CAL』 first for 1s and show value for 10 seconds.

9. When program finished, data windows will show below information：

- metric『KMH』:

  『EXERCISE TIME =』moving words shown first and then show『HHMMSS= 0.00.00』

  『DISTANCE COVERED =』moving words shown first and then show『KM= 0.0』

  『AVERAGE SPEED =』moving words shown first and then show『KMH= 0.0』

  『CALORIES BURNT =』moving words shown first and then show『KCAL= 0.0』

  『AVERAGE WATTS =』moving words shown first and then show『WATTS= 0.0』

  『AVERAGE METS =』moving words shown first and then show『METS=

0.0』

- imperial『MLH』:

  『EXERCISE TIME =』moving words shown first and then show『HHMMSS=

  0.00.00』

  『DISTANCE COVERED =』moving words shown first and then show『ML=

  0.0』

  『AVERAGE SPEED =』moving words shown first and then show『MLH=

  0.0』

  『CALORIES BURNT =』moving words shown first and then show『KCAL=

  0.0』

  『AVERAGE WATTS =』moving words shown first and then show『WATTS=

  0.0』

  『AVERAGE METS =』moving words shown first and then show『METS=

  0.0』

4.4.3. P 2 MODE：it is INTERVALS MODE

1. Under start/steady windows, press P2 key, program windows will show figure 『INTERVAL 1』. Data windows moves left and show『PRESS THE ARROWS TO SELECT PROGRAM』and『PRESS ENTER TO BEGIN PROFILE.』2 kinds of words.
2. User can use LEVEL▲, LEVEL▼ to select INTERVAL 1、INTERVAL 2、INTERVAL 3 of 3 INTERVALS. When USER selects PROGRAM and press ENTER, then go to weight setting.

3. Weight setting：data windows will move left and show words『ENTER WEIGHT <30-199>KG』(or show『ENTER WEIGHT <70- 440>LBS』words).USER can use number key 0~9 to input weight, program windows will flash and show default value 30. Press number key for modify must input 2~3 number(range is 30 ~ 199). For the unreasonable value, systems will auto show max or min value. Press the reasonable number, then press ENTER to store it and go to set fitness time.
4. Fitness time set：program windows will flash and show time default value10 mins, data windows will show words 『ENTER TIME <10-60>MINUTES』 (range is 10 ~ 60), USER can input 0~9 number for training time, then press Enter to store it and start program. If you want to modify the set value, please press CLEAR key.
5. During program execution period, presuppose Stride as 0. Current segment number is displayed in information window when change happening; USER can use LEVEL▲, LEVEL▼ to change WORKOUT LEVEL, there are four LEVEL to select in total.
6. When program finishing or working, press STOP Key and program windows will auto show original Profile figure, data windows will show below training accounting items for 2seconds by turns for twice, then program will back to start/steady condition.
7. During program working, data windows will show below information：
   - metric『KMH』:

     show『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show value for 10 seconds, then show『LEVEL』、『KMH』、『TIME』、『CAL』first for 1s and show value for 10 seconds.
   - imperial『MLH』:

     show『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show value for 10 seconds, then show『LEVEL』、『MLH』、『TIME』、『CAL』first for 1s and show value for 10 seconds.
8. When program finished, data windows will show below information：
   - metric『KMH』:

『EXERCISE TIME =』moving words shown first and then show『HHMMSS=

0.00.00』

『DISTANCE COVERED =』moving words shown first and then show『KM=

0.0』

『AVERAGE SPEED =』moving words shown first and then show『KMH=

0.0』

『CALORIES BURNT　=』moving words shown first and then show『KCAL=

0.0』

『AVERAGE WATTS =』moving words shown first and then show『WATTS=

0.0』

『AVERAGE METS =』moving words shown first and then show『METS=

0.0』

- imperial『MLH』:

  『EXERCISE TIME =』moving words shown first and then show『HHMMSS=

  0.00.00』

  『DISTANCE COVERED =』moving words shown first and then show『ML=

  0.0』

  『AVERAGE SPEED =』moving words shown first and then show『MLH=

  0.0』

  『CALORIES BURNT =』moving words shown first and then show『KCAL=

0.0』

『AVERAGE WATTS =』moving words shown first and then show『WATTS=

0.0』

『AVERAGE METS =』moving words shown first and then show『METS=

0.0』

4.4.4. TEST MODE：it is FITNESS TEST MODE

1. Under start/steady windows, press TEST key, program windows will show figure 『MALE TEST』 or『FEMALE TEST』. Data windows moves left and show『PRESS THE ARROWS TO SELECT PROGRAM』and『PRESS ENTER TO BEGIN PROFILE.』 2 kinds of words.
2. Age set：press ENTER key for age setting, data windows will show words『ENTER AGE<10-99>』, when user use number 0~9 to input age, data windows will show 『AGE= xxx』 and flash the input value. If the input age is lower than 10, data windows will show『AGE= 10』 and windows will flash the min value to remind user input again. If the input age is more than 99, data windows will show『AGE= 99』 and windows will flash the min value to remind user input again. The age range is 10~99 years. After finishing the age input, press ENTER to store the value and program windows will show "OK" and it will start program after 1s. When the time is clockwise for 10 seconds, the default resistance value is level 1. When RPM is not enough, program windows will show figure『RPM↑』 and enter PAUSE mode after 5 seconds.
3. Program message during program control period: presuppose Stride as 0, current segment number will be displayed in information window when changes happen to Stride. Presuppose graph as Level 1, Up Down Key can’t be pressed to modify. Executive method is as WATT control mode, the only difference is that presuppose boys as 150W, girls as 100W.

4. TEST MODE contrast table：If Distance is 0 and the accounting value will be 0. If there is no HR, the accounting value also will be 0.

TEST MODE LIST

MALE					
AGE	**HEART RATE**				
<35	**>=186**	**>=170**	**>=139**	**>=129**	**<129**
<45	**>=183**	**>=165**	**>=124**	**>=112**	**<112**
<55	**>=186**	**>=167**	**>=127**	**>=100**	**<100**
>=55	**>=188**	**>=165**	**>=129**	**>=107**	**<107**
RESULT	**1**	**2**	**3**	**4**	**5**

FEMALE					
AGE	**HEART RATE**				
<35	**>=197**	**>=181**	**>=150**	**>=140**	**<140**
<45	**>=212**	**>=197**	**>=161**	**>=150**	**<150**
<55	**>=228**	**>=212**	**>=181**	**>=169**	**<169**
>=55	**>=238**	**>=223**	**>=197**	**>=181**	**<181**
RESULT	**1**	**2**	**3**	**4**	**5**

5. During program working, data windows will show below information：

- metric『KMH』:

  show『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show value for 10 seconds, then show『LEVEL』、『KMH』、『TIME』、『CAL』 first for 1s and show value for 10 seconds.

- imperial『MLH』:

  show『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show value for 10 seconds, then show『LEVEL』、『MLH』、『TIME』、『CAL』 first for 1s and show value for 10 seconds.

6. When program finished, data windows will show below information：

- metric『KMH』:

  『EXERCISE TIME =』moving words shown first and then show『HHMMSS=

  0.00.00』

  『DISTANCE COVERED =』moving words shown first and then show『KM=

  0.0』

  『AVERAGE SPEED =』moving words shown first and then show『KMH=

  0.0』

  『CALORIES BURNT =』moving words shown first and then show『KCAL=

  0.0』

  『AVERAGE WATTS =』moving words shown first and then show『WATTS=

  0.0』

  『AVERAGE METS =』moving words shown first and then show『METS=

  0.0』

- imperial『MLH』:

  『EXERCISE TIME =』moving words shown first and then show『HHMMSS=

  0.00.00』

  『DISTANCE COVERED =』moving words shown first and then show『ML=

  0.0』

  『AVERAGE SPEED =』moving words shown first and then show『MLH=

  0.0』

『CALORIES BURNT =』moving words shown first and then show『KCAL=

0.0』

『AVERAGE WATTS =』moving words shown first and then show『WATTS=

0.0』

『AVERAGE METS =』moving words shown first and then show『METS=

0.0』

4.4.5. HRC MODE：it is HRC MODE

1. Under start/steady windows, press HRC key, program windows will show figure『HR FIGURE』. Data windows moves left and show words『PRESS ENTER TO BEGIN PROFILE.』.
2. Press ENTER key, program windows will flash and show "60%", data windows will move left and show words『PRESS LEVEL UP/DOWN TO SELECT PROFILE.』. Then press LEVEL ▲ or LEVEL ▼to select other PROFILE of HRC. HRC total has 60%、65%、70%、75%、80%、85% of 6 kinds HRC mode.
3. When you select the HR program value, program windows will show the value and flash, press ENTER to enter age setting steps.
4. Age setting steps: at this time, program windows will flash and show default value "30", data windows will show『ENTER AGE<10-99>』. User can input number 0~9 to input your age. When the value input is lower than 10, computer will not accept and will show the min value 10 in program windows. When the value input is more than 99, computer will also not accept and will show the max value 99 in program windows. Ages setting range is 10~99 years. When finished age setting, press ENTER for storing and go to training time setting.
5. HR set value accounting formula=(220-AGE)*HR program controlling value Training time set : at this time, program windows will flash and show training time's default value

"10", data windows will show 『ENTER TIME <10-60>MINUTES』. USER can input number 0~9 to set training time. When the input training time is lower than 10, computer will not accept and will show the min value 10 in program windows. When the value input is more than 60, computer will also not accept and will show the max value 60 in program windows. Training time's range is 10~60 mins. After finishing the training time setting, press ENTER key, program windows will flash and show "THR" for 2 seconds, then start program.

6. The presupposition of Stride is 0 during execution period of program, and Stride will change according to set strength of heartbeat and heartbeat value of users at that time automatically. Besides, current segment number will be displayed in information window.
7. When program finishing or working, press STOP Key and program windows will auto show original Profile figure, data windows will show below training accounting items for 2 seconds by turns for twice, then program will back to start/steady condition.
8. During program working, data windows will show below information：

- metric『KMH』: show『LEVEL』、『RPM』、『DIST』、『WAT』1first for 1s and show value for 10 seconds, then show『LEVEL』、『KMH』、『TIME』、『CAL』 first for 1s and show value for 10 seconds.
- imperial『MLH』: show『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show value for 10 seconds, then show『LEVEL』、『MLH』、『TIME』、『CAL』 first for 1s and show value for 10 seconds.

9. When program finished, data windows will show below information：

- metric『KMH』:

  『EXERCISE TIME =』moving words shown first and then show『HHMMSS= 0.00.00』

  『DISTANCE COVERED =』moving words shown first and then show『KM= 0.0』

『AVERAGE SPEED =』moving words shown first and then show『KMH=

0.0』

『CALORIES BURNT =』moving words shown first and then show『KCAL=

0.0』

『AVERAGE WATTS =』moving words shown first and then show『WATTS=

0.0』

『AVERAGE METS =』moving words shown first and then show『METS=

0.0』

- imperial『MLH』:

  『EXERCISE TIME =』moving words shown first and then show『HHMMSS=

  0.00.00』

  『DISTANCE COVERED =』moving words shown first and then show『ML=

  0.0』

  『AVERAGE SPEED =』moving words shown first and then show『MLH=

  0.0』

  『CALORIES BURNT =』moving words shown first and then show『KCAL=

  0.0』

  『AVERAGE WATTS =』moving words shown first and then show『WATTS=

  0.0』

  『AVERAGE METS =』moving words shown first and then show『METS=

0.0』

10. HR CONTROL MODE：default HR control mode is 50W, Presuppose Stride as 0, when computer detected the HR and will judge the HR value per 10 seconds.
    - Under fitness condition, program will contrast the actual HR value with the set HR value, the judge method as below:
      When actual HR value≦set HR value for 15, WATT will auto increase 20, it can up to 400WATT. Stride increases two segments automatically, which can reach to 10 segments at the highest.
      When actual HR value≦set HR value for 5, WATT will auto increase 10, it can up to 400WATT. Stride increases one segment automatically, which can reach to 10 segments at the highest.
      If actual HR value≧set HT value for 5, WATT will auto decrease 20, it can down to 50WATT. Stride decreases one segment automatically, which can reach to 0 segments at the lowest.
      If actual HR value≧set HT value for 15,WATT will auto decrease 20, it can down to 50WATT. Stride decreases two segments automatically, which can reach to 0 segments at the lowest.
      If actual HR value≧set HT value for 30, program will decrease the WATT to 50WATT. Till the actual HR value≦set HT value for 5 and program will go on working.
    - During fitness, if there is no wireless signal detected, windows will show "NO PULSE" words. If the time is up to 60 seconds, it will enter PAUSE mode.
    - When PRM is lower than 40, program windows will show figure『RPM↑』and enter PAUSE mode after 5 seconds.
    - HR CONTROL mode only can be used with wireless pulse and the hand grip pulse is no function under this mode.
    - During program working, data windows will show below information：default figure is Level 1, press Up、Down Key can't modify it.

4.4.6. WATT MODE：it is WATT CONTROL MODE

1. Under start/steady window, press WATT, program windows will show『WATT』,Data windows moves left and show words『PRESS ENTER TO BEGIN PROFILE.』
2. Press ENTER to modify Target WATT. Data windows moves left and show words

『ENTER WATT <25-400>』, USER can input number 0~9 to input Target WATT, Data windows will show『WATTS= xxx』 and flash the input value. Press the number key for modify must be 2~3 numbers(range is 25 ~ 400). Unreasonable value will auto change to show min or max value, input the reasonable value and press ENTER to confirm and store it.

3. Press ENTER for time modify, data windows will show words『ENTER TIME <10 - 60 > MINUTOS』, (range is10 ~ 60). Program windows show default value『10』 and flash the value. Press number 0~9 for modify and you must input 2 numbers(range is 10 ~ 60). Unreasonable value will auto display default value, input the reasonable value and press ENTER to confirm the value and start program.
4. Press Enter Key to start to accumulate after finishing setting the time of final one item. Presuppose damping as Level 1, and there is new line once per minute; Presuppose Stride as 0. Current segment number will be displayed in information window when changes happen to Stride. 『RPM↑』icon will be displayed in program control window when PRM is less than 40 hours, and pause mode will be entered after 5 seconds.
5. When program finishing or working, press STOP Key and program windows will auto show original Profile figure, data windows will show below training accounting items for 2 seconds by turns for twice, then program will back to start/steady condition.
6. During program working, data windows will show below information：
   - metric『KMH』: show『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show value for 10 seconds, then show『LEVEL』、『KMH』、『TIME』、『CAL』 first for 1s and show value for 10 seconds.
   - imperial『MLH』: show『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show value for 10 seconds, then show『LEVEL』、『MLH』、『TIME』、『CAL』 first for 1s and show value for 10 seconds.
7. When program finished, data windows will show below information：

metric『KMH』:

『EXERCISE TIME =』moving words shown first and then show『HHMMSS= 0.00.00』

『DISTANCE COVERED =』moving words shown first and then show『KM= 0.0』

『AVERAGE SPEED =』moving words shown first and then show『KMH= 0.0』

『CALORIES BURNT =』moving words shown first and then show『KCAL= 0.0』

『AVERAGE WATTS =』moving words shown first and then show『WATTS= 0.0』

『AVERAGE METS =』moving words shown first and then show『METS= 0.0』

imperial『MLH』:

『EXERCISE TIME =』moving words shown first and then show『HHMMSS= 0.00.00』

『DISTANCE COVERED =』moving words shown first and then show『ML= 0.0』

『AVERAGE SPEED =』moving words shown first and then show『MLH= 0.0』

『CALORIES BURNT =』moving words shown first and then show『KCAL= 0.0』

『AVERAGE WATTS =』moving words shown first and then show『WATTS= 0.0』

『AVERAGE METS =』moving words shown first and then show『METS= 0.0』

8. WATT CONTROL MODE：

- Under fitness condition, when WATT value is lower than 25W, program windows will show figure『RPM ↑』.
- Under fitness condition, when WATT value is more than 400W,program windows will show figure『RPM ↓』.
- Under fitness condition, if the LEVEL is up to 40 and WATT value can't up to target value, program windows will show『RPM↑』.
- After fitness mode starting, program will judge the WATT value per 10 seconds. Under fitness condition, program will contrast the actual WATT value and target WATT value, the judge method as below:

If target WATT value：『actual WATT≦target WATT for 75』, during fitness and LEVEL will auto increase 3, the max value can up to LEVEL 40.

If target WATT value：『actual WATT≦target WATT for 50』, during fitness and LEVEL will auto increase 2, the max value can up to LEVEL 40.

If target WATT value：『actual WATT≦target WATT for15』, during fitness and LEVEL will auto increase 1, the max value can up to LEVEL 40.

If target WATT value：『actual WATT≧target WATT for 15』, during fitness and LEVEL will auto decrease 1, the max value can down to LEVEL 1.

If target WATT value：『actual WATT≧target WATT for 50』, during fitness and LEVEL will auto decrease 2, the max value can down to LEVEL 1.

If target WATT value：『actual WATT≧target WATT for 75』, during fitness and LEVEL will auto decrease 3, the max value can down to LEVEL 1.

4.4.7. GOAL MODE：it is clockwise mode

1. Under start/steady windows, press GOAL key can enter MANUAL MODE clockwise mode, data windows moves left and show words『1.TIME　2.DISTANCE 3.CALORICES』.
2. Use number key(1~3key) to select clockwise item and press ENTER to go to age setting steps.
3. Age setting steps : at this time, program windows will flash and show default value "30", data windows will show『ENTER AGE<10-99>』. USER can press 0~9number key to input your age. When the input age is lower than 10, computer will not accept and will show the min value 10 in program windows. When the value input is more than 99, computer will also not accept and will show the max value 99 in program windows. Ages setting range is 10~99 years. When finished age setting, press ENTER for storing and go to weight setting.
4. Weight set：data windows moves left and show words 『ENTER WEIGHT

<30-199>KG』(or show words『ENTER WEIGHT <70- 440>LBS』), USER can input weight by pressing number 0~9. Program windows will flash and its default value is 30, input the value. If you press number key for modify and you must input 2~3 numbers (range is 30 ~ 199). For the unreasonable value, systems will auto show max or min value. Press the reasonable value and press ENTER to store the value and go to set the clockwise items.

5. Clockwise item is below 3 kinds, program will work as the item you enter GOAL selected.

   - TIME SET：program windows will show time default value10 mins, data windows will show words『ENTER TIME <10-60>MINUTES』,(range is 10 ~ 60). User can press number 0~9 to input training time. After finishing the set, press ENTER key to start this program.
   - DISTANCE SET：program windows will show distance default value10 KMH, data windows will show reminding words『ENTER DISTANCE <1.0-99.9>KM』.USER can press number 0~9 to input training distance. After finishing the set, press ENTER key to start this program. Training distance set range is 1.0~99.9KMH.
   - CALORIE SET：program windows will show calories default value, data windows will show reminding words『ENTER CALORIES <1-999>KCAL』. USER can press number 0~9 to input training calories. After finishing the set, press ENTER key to start this program. Training distance set range is 1~999 Kcal.

6. The presupposition of Stride is 0 during execution period of program. Current segment number will be displayed in information window when changes happen to Stride. USER can use LEVEL▲, LEVEL▼ to change WORKOUT LEVEL, and there are L1 to L40 LEVEL in total.
7. When program finishing or working, press STOP Key and program windows will auto show original Profile figure, data windows will show below training accounting items for 2 seconds by turns for twice, then program will back to start/steady condition.
8. During program working, data windows will show below information：

   - metric『KMH』:

     show『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show value for 10

seconds, then show『LEVEL』、『KMH』、『TIME』、『CAL』 first for 1s and show value for 10 seconds.

- imperial『MLH』:

  show『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show value for 10

  seconds, then show『LEVEL』、『MLH』、『TIME』、『CAL』 first for 1s and show value for 10 seconds.

9. When program finished, data windows will show below information：

- metric『KMH』:

  『EXERCISE TIME =』moving words shown first and then show『HHMMSS= 0.00.00』

  『DISTANCE COVERED =』moving words shown first and then show『KM= 0.0』

  『AVERAGE SPEED =』moving words shown first and then show『KMH= 0.0』

  『CALORIES BURNT =』moving words shown first and then show『KCAL= 0.0』

  『AVERAGE WATTS =』moving words shown first and then show『WATTS= 0.0』

  『AVERAGE METS =』moving words shown first and then show『METS= 0.0』

- imperial『MLH』:

『EXERCISE TIME =』moving words shown first and then show『HHMMSS=

0.00.00』

『DISTANCE COVERED =』moving words shown first and then show『ML=

0.0』

『AVERAGE SPEED =』moving words shown first and then show『MLH=

0.0』

『CALORIES BURNT =』moving words shown first and then show『KCAL=

0.0』

『AVERAGE WATTS =』moving words shown first and then show『WATTS=

0.0』

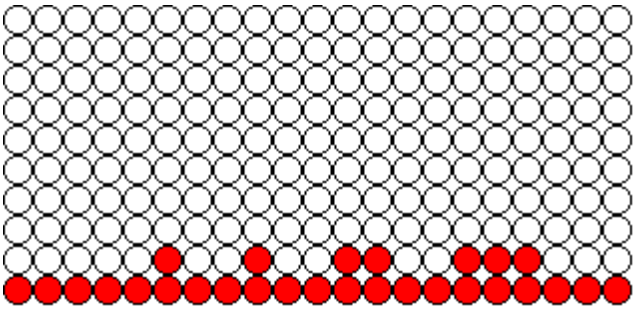
『AVERAGE METS =』moving words shown first and then show『METS=

0.0』

5. PROFILE FIGURE:

5.1. P 1 FIGURE:

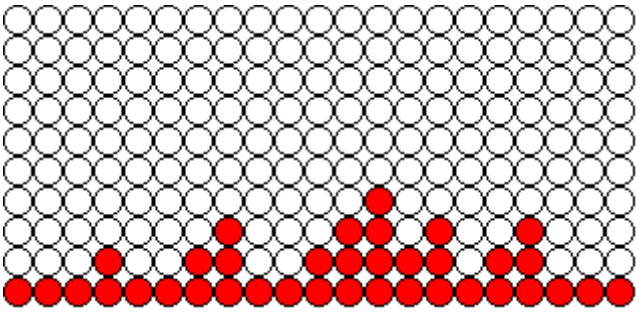
PROGRAM 1 PROFILE



PROGRAM 1 PROFILE

STRIDE 1 1 1 1 3 3 1 1 1 1 1 3 3 1 1 3 3 3 1 1 1

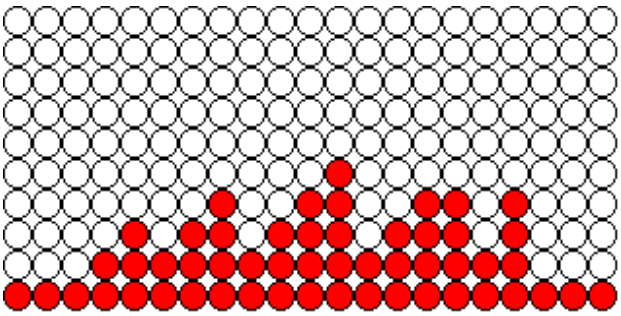
PROGRA M 2 PROFILE



PROGRAM 1 PROFILE

STRIDE 1 1 1 1 3 3 1 1 1 1 1 3 3 1 1 3 3 3 1 1 1

PROGRAM 3 PROFILE

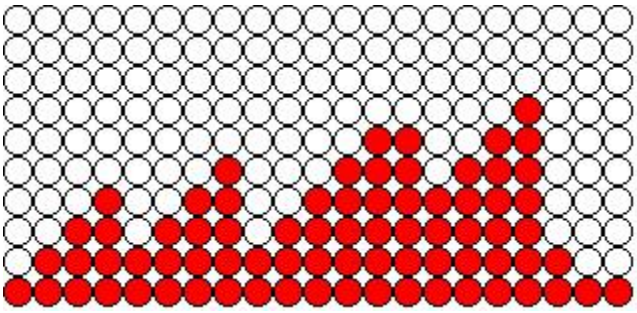


PROGRAM 1 PROFILE

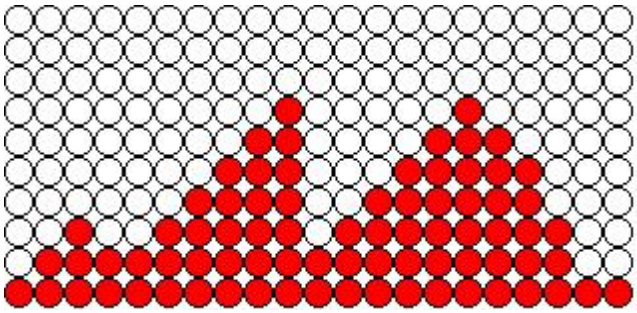
STRIDE 1 1 1 1 3 3 1 1 1 1 1 3 3 1 1 3 3 3 1 1 1

5.2. P 2 FIGURE:

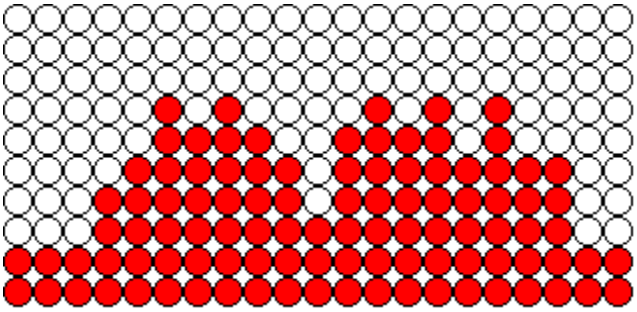
INTERVAL 1 PROGRAM：



INTERVAL 2 PROGRAM：

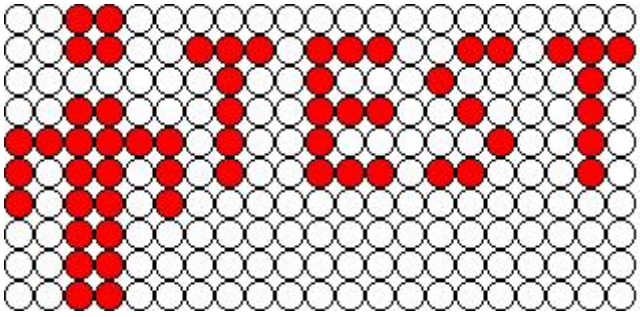


INTERVAL 3 PROGRAM：

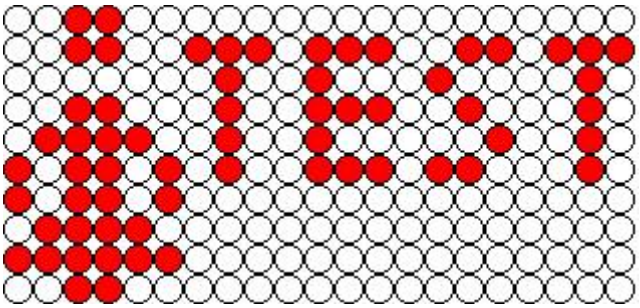


5.3. TEST FIGURE:

FITNESS TEST：



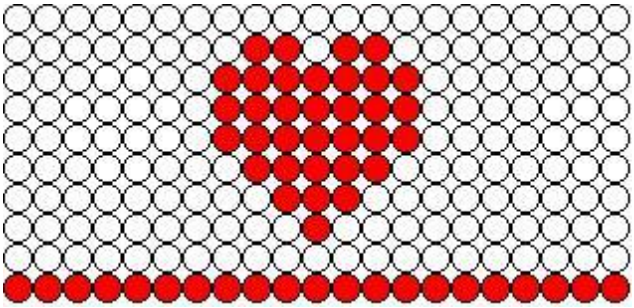
TEST-MALE



TEST-FEMALE

5.4. HRC FIGURE:

HRC：



5.5. WATT FIGURE:

WATT CONTROL：