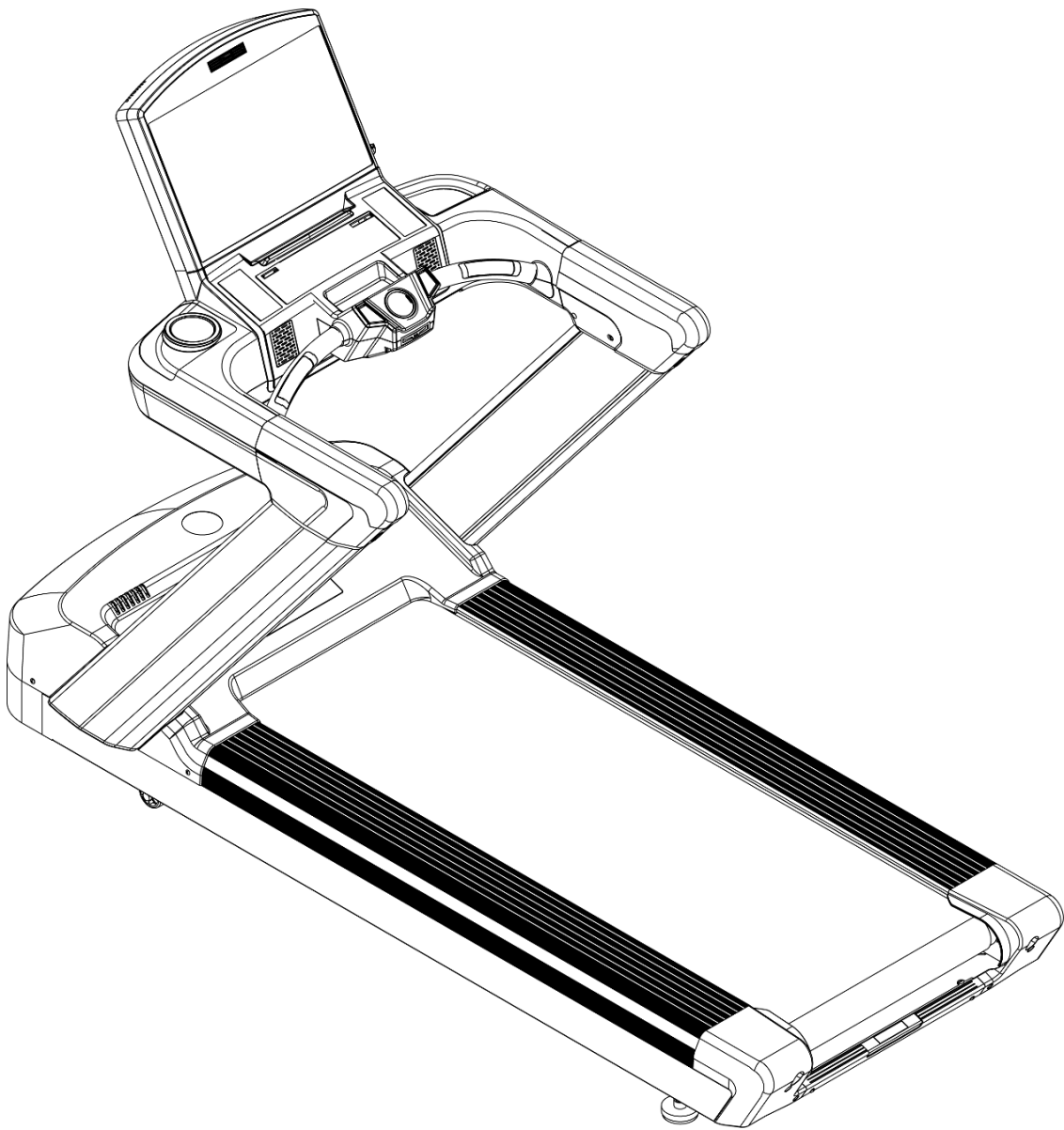

ASSEMBLY INSTRUCTIONS

CALIBER SERIES

BLK TREADMILL W/ 18.5" HD SCREEN

SKU: CCB-TDM-2220



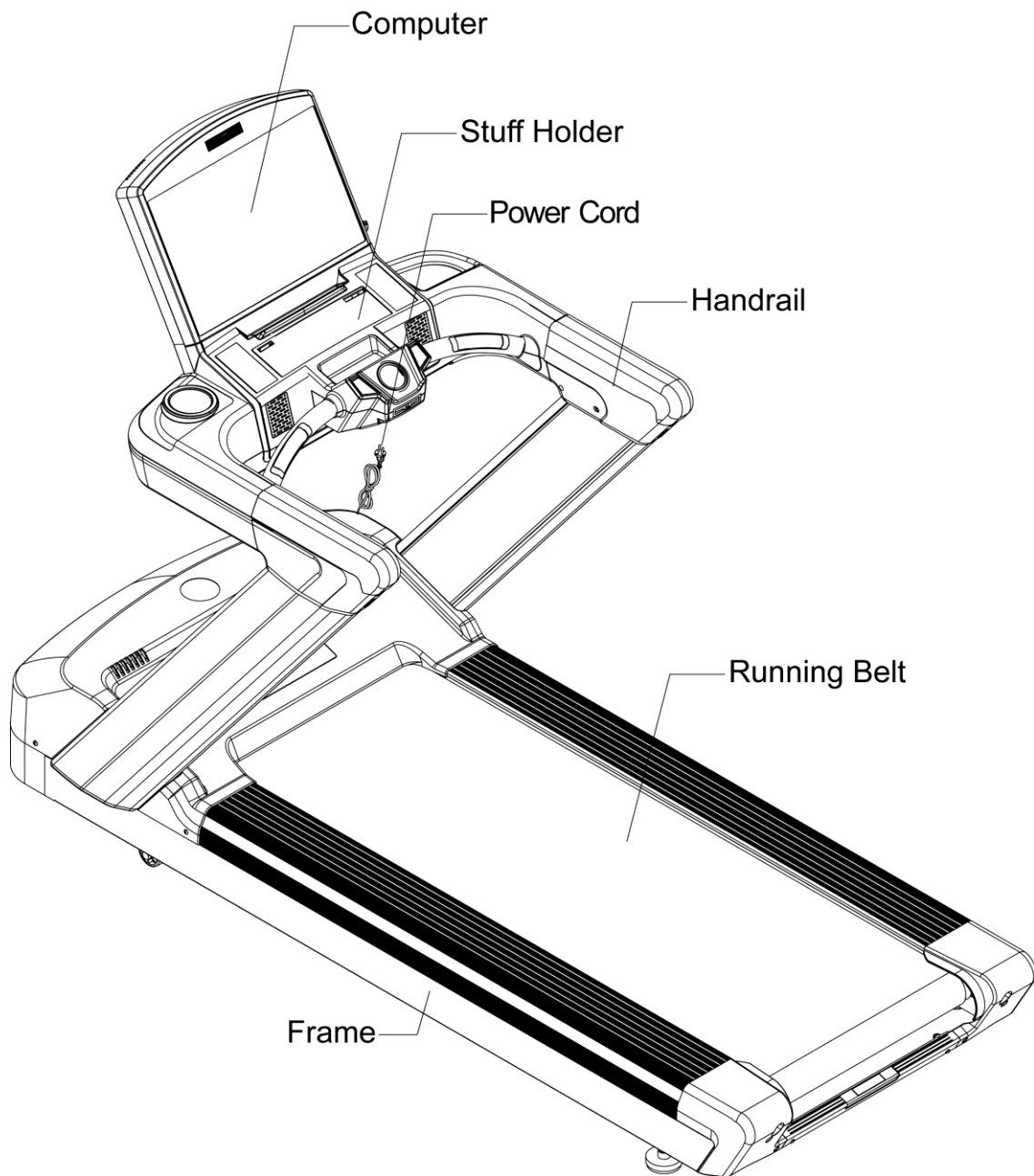
CAUTION: Read all precautions and instructions before using this equipment. Save this manual for future reference.

COMPOUND
FITNESS EQUIPMENT

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1. Overview Drawing



2. SAFETY INSTRUCTION

When using this product, basic precautions should always be followed, including the following:

Please read the instruction carefully before starting to use this product.

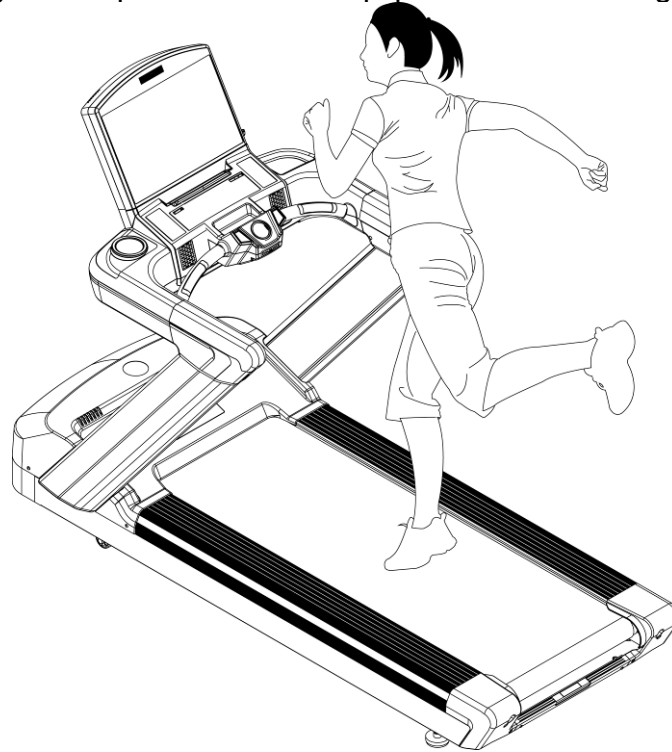
■ **DANGER – To reduce the risk of electric shock :**

Always unplug this product from the electrical outlet immediately after using and before cleaning.

■ **WARNING – To reduce the risk of burns, fire, electric shock, or physical injury :**

- 1 The product should never be left unattended while plugged in. Unplug the product from the outlet when not in use.
- 2 Close supervision is necessary when this product is used by or near children, invalids, or disabled person.
- 3 Be sure to use the product only for its intended use as described in this manual. Do not use any attachment not recommended by the manufacturer in order to avoid any danger or accidents.
- 4 Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or dropped into water. Please return the product to the service center of seller for examination and repair.
- 5 Do not carry this product by the supply cord or use the cord as a handle.
- 6 Keep the cord away from hot surfaces or ground.
- 7 Never operate the product with the air vents blocked. Keep the air vents free of lint, hair, etc.
- 8 Never drop or insert any objects into any openings.
- 9 Do not use or operate outdoors.
- 10 Do not operate where aerosol (spray) products are being used or where oxygen is thin.
- 11 Before turning the product power off, turn all controls to the off position then remove the plug from the outlet.
- 12 Connect the product to a properly grounded outlet only.
- 13 If the power cord is damaged, be sure to ask the manufacturer for replacement to avoid accidents. The seller and correlative qualified professionals are as well as eligible.
- 14 This appliance is not intended for use by person (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- 15 Incorrect or excessive training may cause injuries.
- 16 The equipment shall be installed on stable base and properly leveled.
- 17 A safety area of 2,000mm x 1,000mm should be kept behind the equipment.
- 18 Maximum user weight is 180 Kgs.
- 19 The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
- 20 Any of the adjustment devices that could interfere with the user's movement should not be left projecting.

21 Users correct ergonomic position on the equipment shown in Figure



22 Before using this product, you should step on it then turn on the product. Do not turn on the treadmill before step on it.

23 Running surface is 555*1575mm

24 The appliance is intended for commercial use.

2.1. Power Requirement

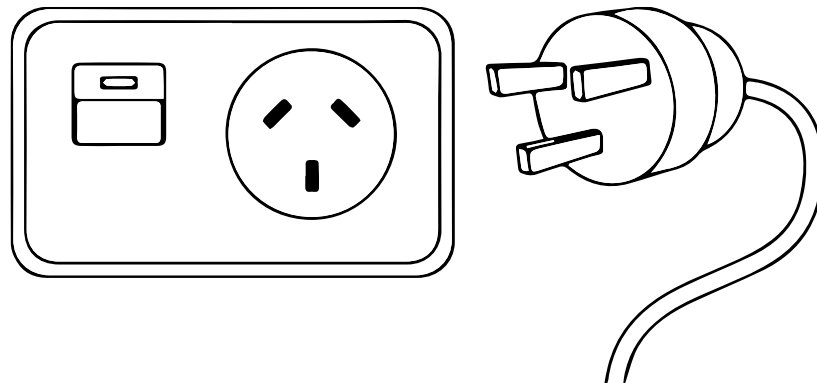
■ This treadmill needs special power supply:

Power Voltage (V)	Frequency (HZ)	Rated Current (A)
100	50/60	18
120	50/60	18
200	50/60	9
220	50/60	9
230	50/60	9
240+	50/60	9

Wirings should be transported according to the electric law of the local country. High pressure wires, low pressure wires and underground wires should be transported separately and can't connect with or twist other wires.

Improper connection of the grounding plug can result in the risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the products are properly grounded. Do not modify the plug provided with the product – If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Figure
Grounding methods

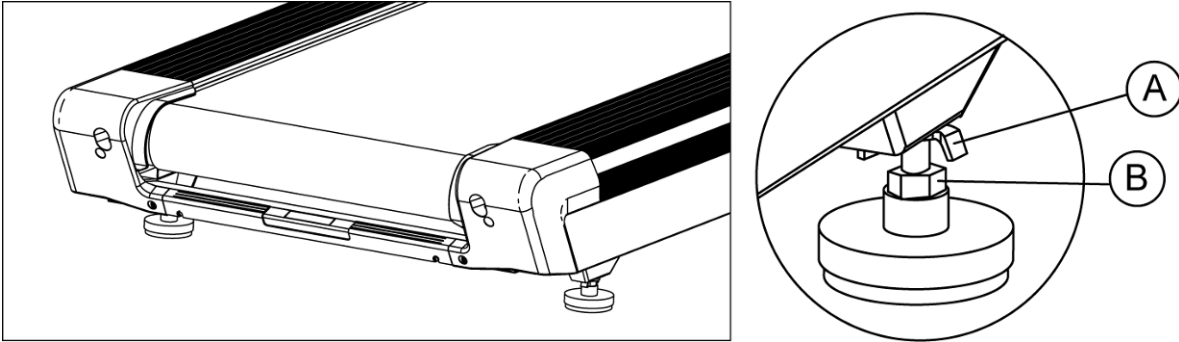


2.2. Level Adjustment

The treadmill will wobble during workout and the incline angles will be affected if it is placed on uneven ground.

The level adjustment method is as follows:

- 1 Turn A anticlockwise to loosen it
- 2 Adjust B to the proper height
- 3 Turn A clockwise to tighten it.
- 4 The left side adjustment method is same as the right side.



2.3. Power Switch

The Power Switch is on the bottom panel of the treadmill. 1 means on, 0 means off.

2.4. Running Belt Adjustment

After assembling the treadmill, check the operation of the running belt.

First, make sure the power supply is correct. After starting the treadmill, stand on the two sides of the pedal (At the very start, don't stand on the running belt). Press QUICK START key and then increase the speed to 4.0MPH(6.4KPH) by pressing + key.

■ If the running belt is moving towards the right side :

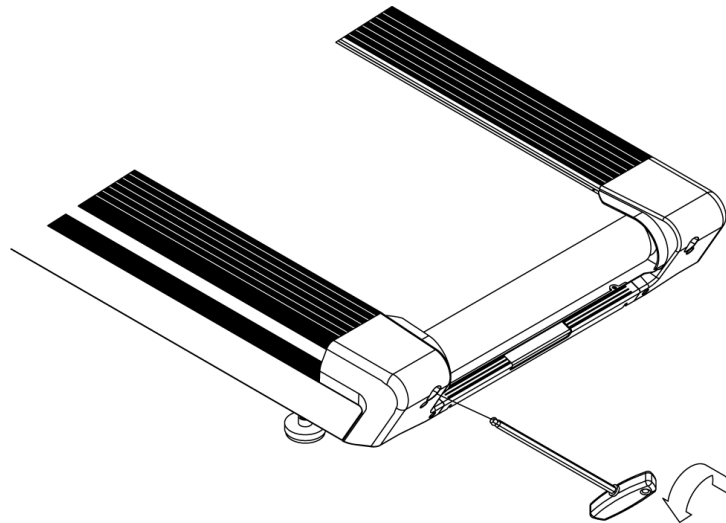
Turn the right button 90° clockwise and the left button anticlockwise 90°. You will find the belt return to the center position automatically.

■ If the running belt is moving towards the left side :

Turn the left button 90° clockwise and the right button anticlockwise 90°. You can also find the treadmill return to the center position automatically.

If you find that the belt has not moved to the proper position, please repeat the steps above.

Note : When adjusting the button, the angle can not exceed 90° which will make it impossible to adjust the belt to the proper position.



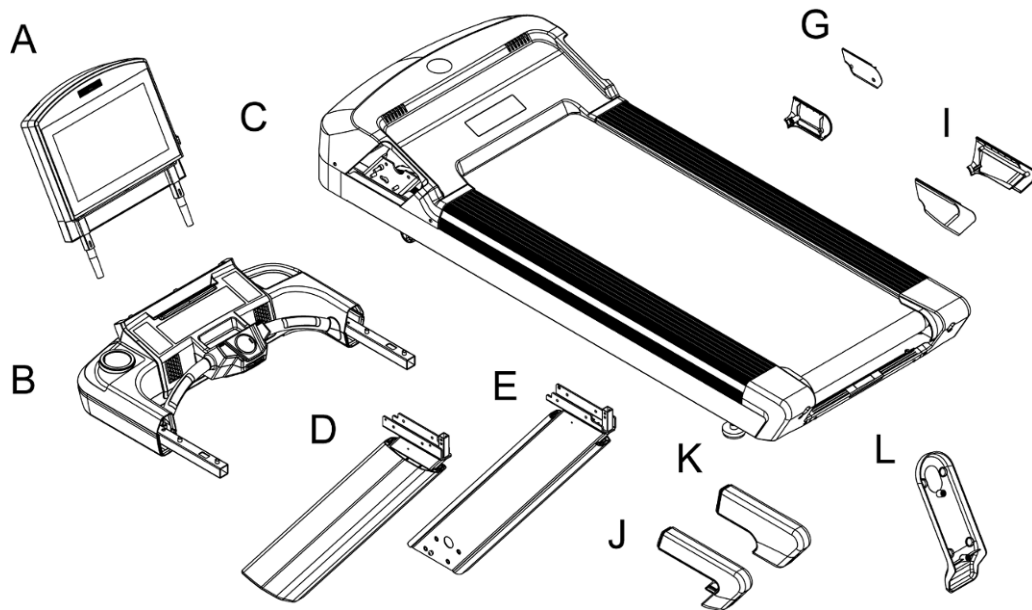
3. Assembly Instructions

Read the operation instructions carefully before use, then choose a flat position to assemble.



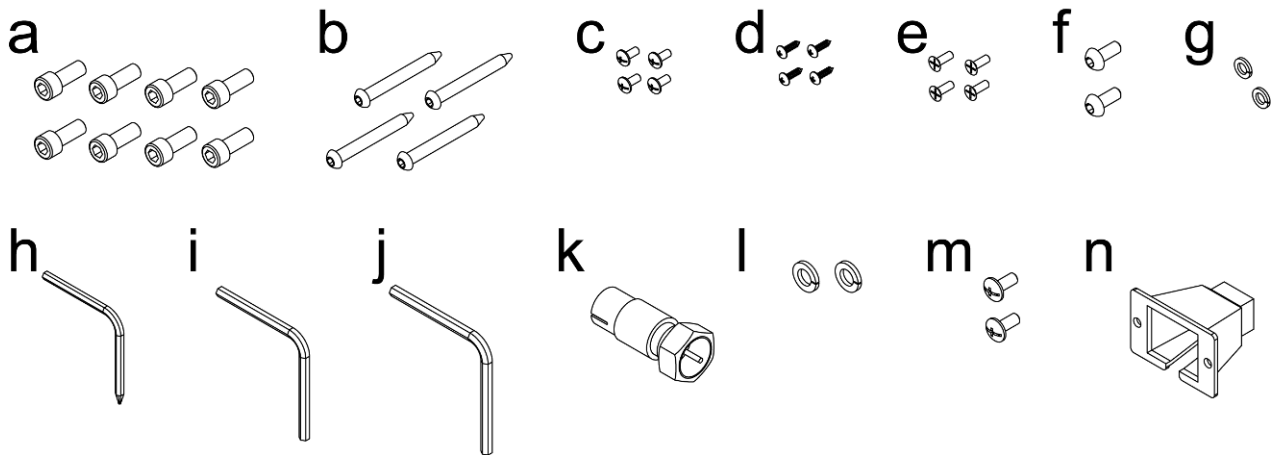
This treadmill also can use other way to account the HRC. When in fitness, user can wear the chest pulse belt and the HRC will show in Pulse windows.

3.1. Pre-Assembly Check List



ITEM	Description	Qty
A	Computer Console	1
B	Stuff Holder	1
C	Frame	1
D	Left Handrail	1
E	Right Handrail	1
F	Inner handrail cover L	1
G	Inner handrail cover R	1
H	Outer handrail cover L	1
I	Outer handrail cover R	1
J	TPR handrail upper cover set L	1
K	TPR handrail upper cover set R	1
L	Computer decorative cover	1

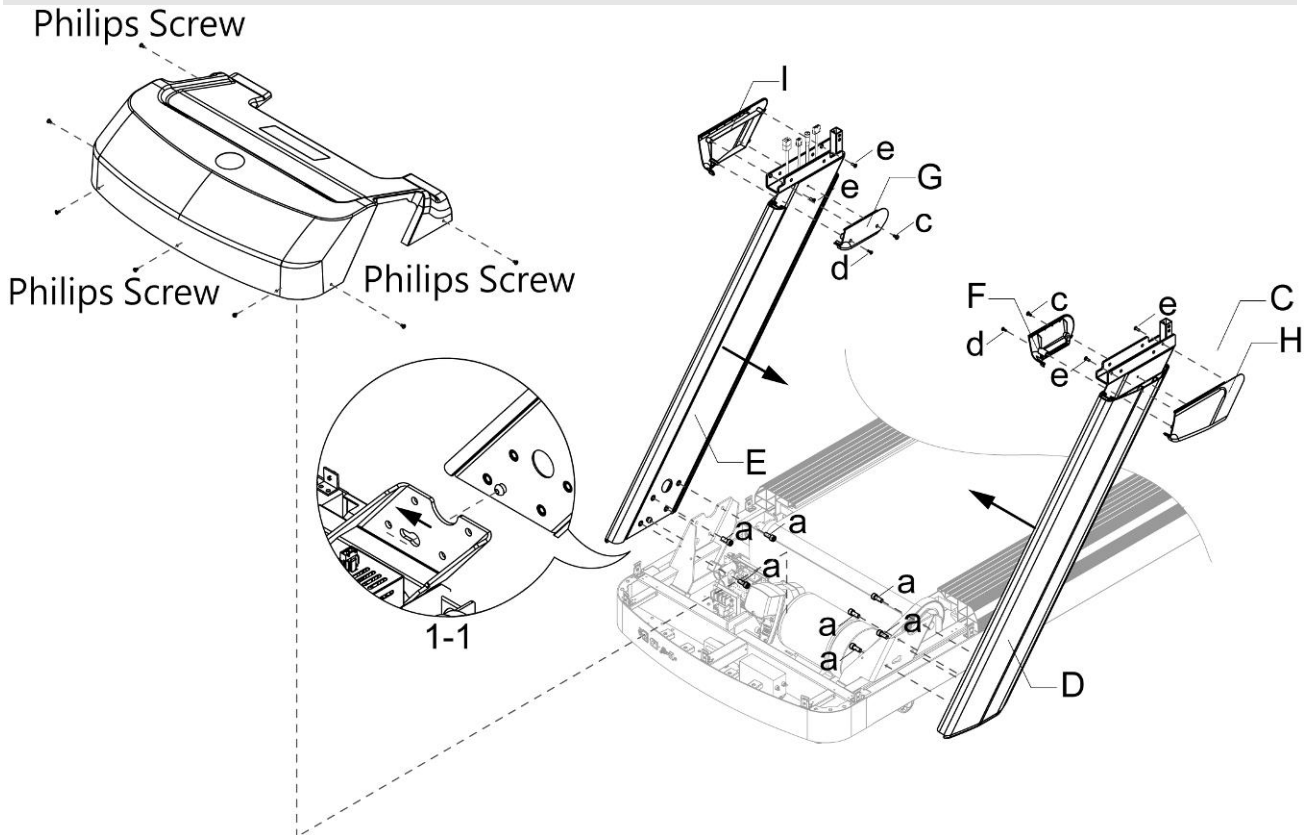
3.2. Hardware Pack



ITEM	Description	Qty
a	Cks hex screw M10xP1.5x25	8
b	Truss hex screw $\phi 13$	4
c	Truss Philips Screw M5xP0.8x12	4
d	Screw $\phi 4 \times 16$	4
e	Philips screw M5xP0.8x15	4
f	Truss hex screw M8xP1.25x20	2
g	Spring washer M8	2
h	L hex wrench+ Philips Screwdriver 5mm	1
i	L hex wrench 10mm	1
j	L hex wrench 8mm	1
k	CABLE Adapter	1
l	Spring washer M4	2
m	Truss Philips Screw M4xP0.7x10	2
n	Power Cord Switch Cover	1

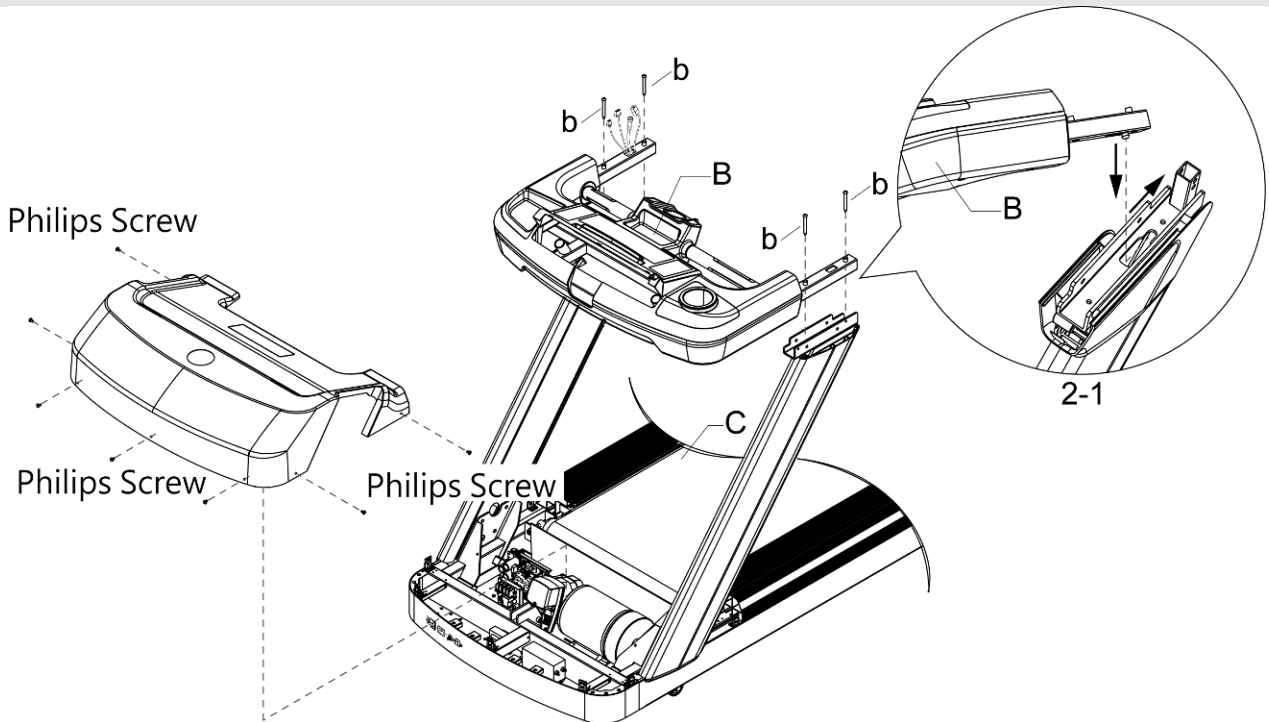
3.3. Assembly Steps

■ STEP 1



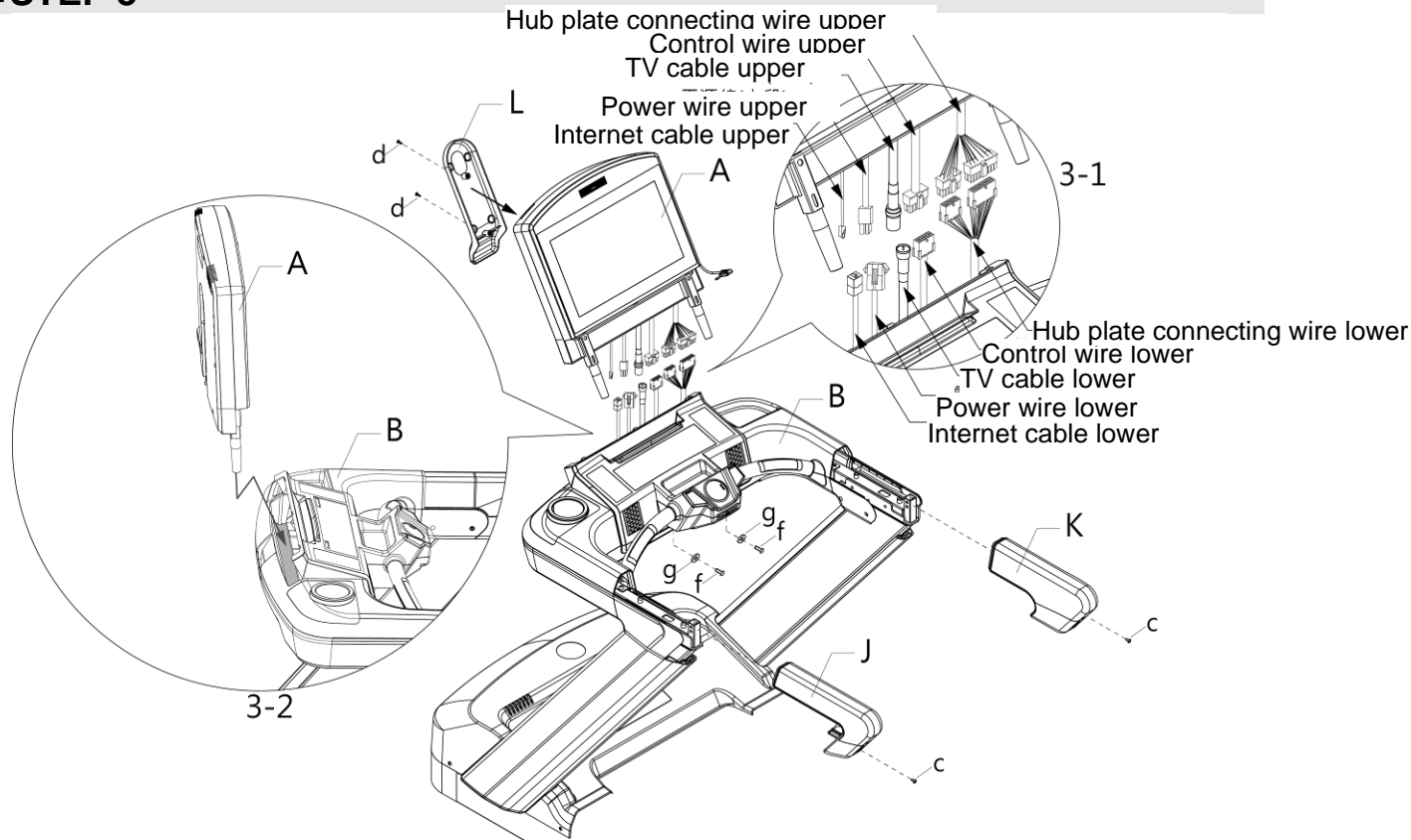
Release cross screw on frame(c) for motor upper cover fixing and take off upper motor cover, fix the truss hex screw of upright tube into gourd hole as figure 1-1 and push it forward. Then pull the control wire & other wires out with guide thread attached in upright tube and fix the upright tube L,R(D,E) with screw(a), but do not tighten. Tighten outer handrail cover L&R(H,I) on upright tube L,R with screw(e), at last tighten inner handrail cover L,R(F,G) with screw(c,d).

■ STEP 2



Make control wire& other wires through the hole of stuff holder set(B), make sure the wires is not pressed and fix the truss hex screw of stuff holder set(B) into gourd hole of upright tube as figure 2-1, push it forward.After finished, tighten stuff holder(B) with screw(b) and tighten the screw(a) that fixing the upright tube L,R. At last,cover the upper motor cover back to frame(C) and tighten with cross screw.

STEP 3

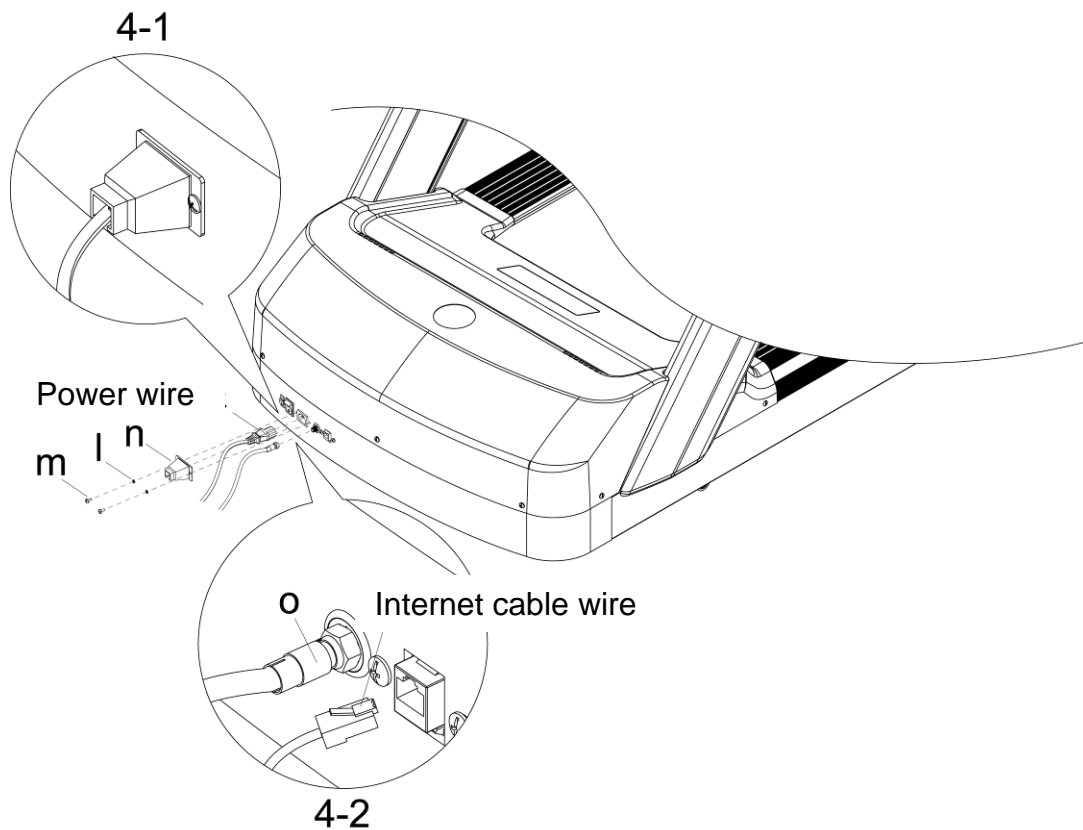


Put computer console(A) on stuff holder(B) as figure 3-2, connect the control wire & other wires of stuff holder(B) with wires of computer as figure 3-1. The put the connected wires down to the place under flask holder set, that assembled before and fix with screw(f) & spring washer(g), cover the computer decorative cover(L) and tighten with screw(d), when cover it, please be sure to not press the wires. At last, tighten TPR handrail upper cover set L,R(J,K) on stuff holder with screw(c).

Attention:

- (1) When connect the wires, if the connecting is successful, it will have a voice.
 - (2) TV cable(lower) is ready for TV systems using
 - (3) To avoid danger, always assemble the treadmill with more than two workers, do not assemble alone.
 - (4) When assembling the console, one person should hold the console to prevent them from falling.
- Internet wire (lower) is prepared for the internet system.

■ STEP 4



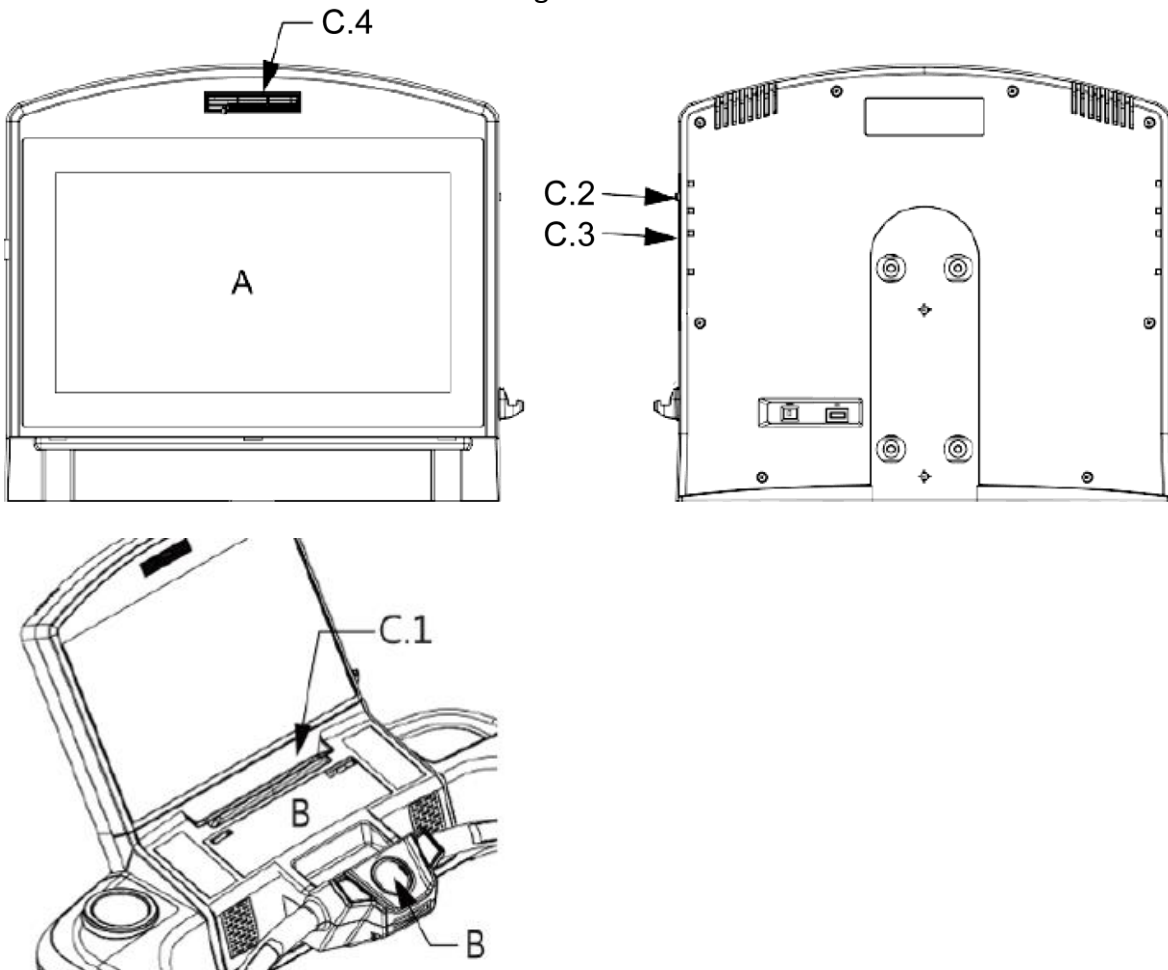
Inset power wire into power wire socket as figure showing, then cover the power wire switch cover(n) and tighten with screw(m), spring washer(l). Finished as figure 4-1.

Attention: cable transferring connector(o) is ready for TV cable systems using as figure 4-2


Internet adapter connector is prepared for the adaption of the internet system, as picture 4-2

4. CONSOLE OPERATION INSTRUCTION





This treadmill provides a convenient computer console, and users can input the personal information into the console and set the goal of the exercises.






4.1. computer console constructure_A liquid crystal screen section




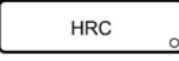
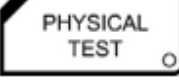


position section	function instruction
information status display section	Show the information before, in, and after the exercise.
touching operation section	Screen section is of touching function, there operation keys for all pages, except for single press, some keys also can be pressed long-time, finger drag and rotation. 
film display section	Display the film of multi-media.





4.2. Computer console structure B. Practical buttons

Name of buttons	Function instruction
 <p>QUICK START</p>	<p>1. At the standby page, press this button to enter into Quick start mode.</p> <p>2. Under the pause condition, press this button to relieve pause and come back exercise mode. The speed and inclination will be back to the status before pause.</p>
 <p>STOP</p>	<p>1. At the program control setting page, press this button to be back to standby mode.</p> <p>2. During exercise, there are two kinds of ways: (2-1) with pause function: press once is pause and press twice is exercise end and go to exercise course report. (2-2) without pause function: end exercise directly and then go to exercise course report.</p>
 <p>SPEED ↑ / ↓</p>	<p>In motion, it can be pressed or long pressed</p> <p>※When the button is long pressed, the data change quickly. For safety consideration, the adjustment can only increase / decrease within 5.0 kph (3.1mph) per time. Relieve and press again to do the next adjustment.</p> <p>※At the specific program, the speed is specified by computer and this button will be invalid.</p>
 <p>INCLINE ↑ / ↓</p>	<p>In motion, it can be pressed or long pressed °</p> <p>※At the specific program, the speed is specified by computer and this button will be invalid.</p>

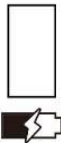
4.3. Computer console structure B. Practical buttons



Name of buttons	Function instruction
 <p>Program control quick button – GOAL</p>	<p>At the standby page, press to enter the Target Time setting page of program “Goal” directly.</p>
 <p>Fan function button – ON / OFF</p>	<p>During exercise, turn on or off the fan. The preset status of the fan speed is “High” after start.</p>
 <p>Fan function button – HIGH / LOW</p>	<p>After start of fan, switch the speed between high and low (2 level adjustment).</p>

 <p>Program control quick button – FIT TEST</p>	<p>At the standby page, press to spread Fit Test selection list.</p>
 <p>Program control quick button – PROGRAM</p>	<p>From the Standby page, pressing the button will take you directly to the Settings page for virtual reality mode.</p>
 <p>Program control quick button – TRAINING</p>	<p>At the standby page, press to spread Training selection list.</p>
 <p>Program control quick button – HRC</p>	<p>At the standby page, press to spread HRC selection list.</p>
 <p>Program control quick button – PHYSICAL TEST</p>	<p>At the standby page, press to spread Physical Test selection list.</p>
 <p>CLEAR</p>	<ol style="list-style-type: none"> 1. At the setting page, the function is to recover preset data and clean data. 2. At the Virtual Active setting page, the function is to back to previous page. 3. During exercise, the function is to Skip when execution of warm up and cool down.
 <p>ENTER</p>	<ol style="list-style-type: none"> 1. On the program setting page, the function is to confirm the selected item and confirm the numerical input. 2. In motion, enter NUMBER 0~9 to confirm the numerical input.

 <p>INSTANE INCLINE</p>	<p>During exercise, the incline is preset to be closed. Press this key to start the incline adjustment function. After start, quick switch among 0-9 number keys.</p>
 <p>INSTANE SPEED</p>	<p>During exercise, the speed is preset to be start and switched among 0-9 number keys. Close by pressing INSTANT INCLINE.</p>
<p>NUMBER 0~9</p>	 <p>1. As the data input entry at the setting page, the function is to input data(only the positive integer is acceptable) 2. During exercise, as the data from speed or incline input button (only the positive integer is acceptable). Time limit is 2 seconds. Beyond the time or over the adjustment range, the data will not able to input.</p>
 <p>WAKE</p>	<p>After a period of no-one operation, the system will enter the energy-saving mode (the default is OFF), automatically turn OFF the power, press this button to wake up, and the machine will automatically re-energize.</p> <p>※The reboot time is about 25 to 30 seconds</p>

4.4. computer console constructure_C external device section

<p>C.1 book shelf</p>	<p>For user to place newspaper or any other books.</p>
<p>C.2 HDMI signal input hole</p>	<p>1. Use HDMI TYPE A wires to connect external HDMI multi-media device, such as laptop, i-pad, DVD PLAYER.... 2. After connection, during exercise, user can go to the multi-media function section to switch to HDMI mode.</p>
<p>C.3 USB hole (two)</p> 	<p>(1) this hole is for cellphone/pad charge, and the output current is 5V/1A (2) This hole is for software update maintenance.</p>

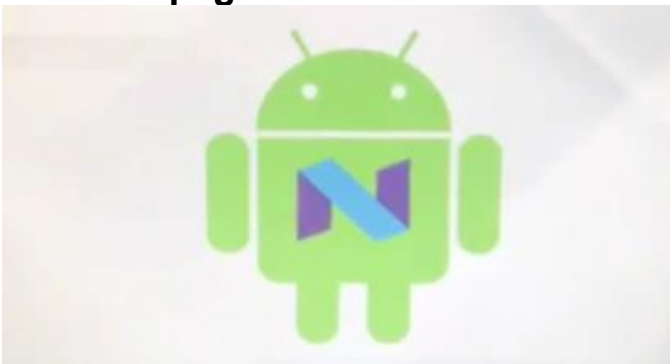
<p>C.4 earphone hole</p> 	<p>This hole can connect 3.5mm sound output device, such as earphone. If the cable for the earphone is not long enough and cause inconvenience during running, user can buy the 3.5mm prolonged socket yourself.</p>
<p>C.5 fan air outlet</p> 	

5. Display screen instruction

5.1. legible user screen

- Easy and legible key and image, the user can finish setting and control during exercise by intuition.
- The UI design which is of the suitable operation environment is based on the rich experience in sports fitness and the function of new tech, and we also try every effort to bring convenience for the users.

5.2. start page



Computer console is Android system, and when the console is on, there will be Android loading icon and it will take about 20-25 seconds to load.

5.3. Resident section



on the upper right of the page, there is a list of the regular status for user to check the information below:

-  : language switch


To change the language on the operation page, after choosing the language, the system will switch automatically and during switch process, the other keys are invalid.

※ The language is converted to immediacy.

※ When the machine is finished from the exercise and returns to the standby mode, the language will automatically return to the factory defaults to facilitate the next person to

use or re-select the language.

- ✘ After each reboot, the language will be restored to the factory defaults. The preset values can be set in the engineering mode.
- ✘ During exercise, the language cannot be changed, unless back to the standby page.

-  : Wi-Fi signal receiving status

(1) To confirm the status of the wireless internet connection and the intensity. No image means without open Wi-Fi function, show X means the internet signal is abnormal and no connection with the signal, show 0-1 semi-round in this icon means the connection quality is poor.

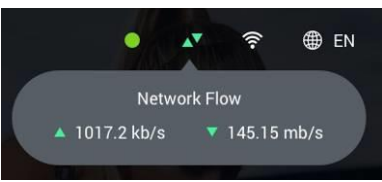
(2) At least 4 semi-round in this icon to ensure the strong internet signal

(3) It supports manual connection with 2.4GHz and 5.0GHz wireless frequency.

-  : solid internet wire-connection status

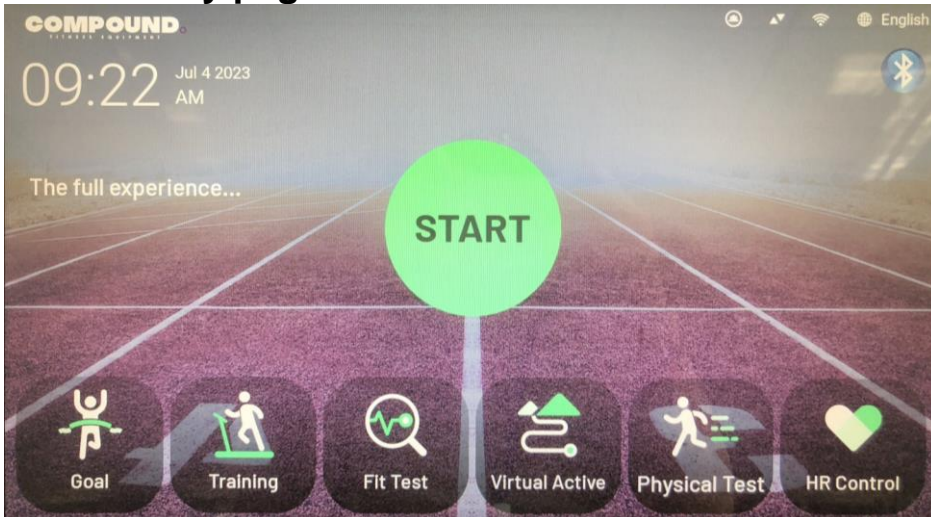
(1) (Ethernet) when this image shows, it means the internet hole under the machine has connected to the section internet successfully.

(2) When the solid internet and WIFI signal are connected with the machine at the same time, the solid internet is the primary.

-  internet transmission-upload/download speed flow status


Click this image to check the upload/download speed flow status. When the multi-media function is off, the speed is about 0~2kbps, when it is on, the data will increase above 20kbps immediately. The higher the data, the faster and smoother of the internet signal. If the data keeps 0~2kbps, it means the internet flow has been the max limit, please check the internet signal source.

5.4. standby page

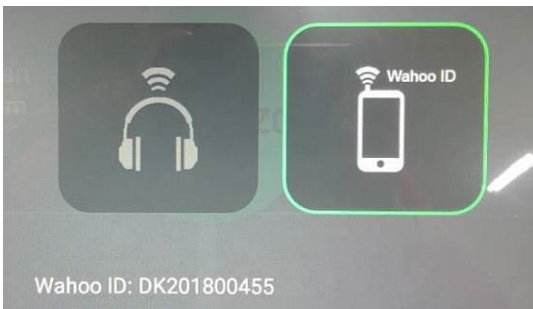


- (1) Choose Quick start or other program in this page. Each time, after exercise, the system will come back to this page.
- (2) The current date and time will show on the left of the page. (The system has the inter-built battery, and the time will calculate according to the setting data; when use the machine for the first time, please connect to the internet and the system will update the time automatically.)
- (3) On the lower part of the page, there is program section and click the program icon to enter into the set page. (Choose different machine operating mode, program will change accordingly.)
- (4) This model has built-in energy-saving and power-saving function (preset as OFF). If the machine does not perform any operation for 720 minutes in standby mode, the machine will automatically enter the power-saving mode. The machine will automatically turn OFF the power until press the WAKE key of the control box to wake up, or manually restart the machine.



- (5)  key in the upper right to enter the Bluetooth setting page and confirm the following two functions

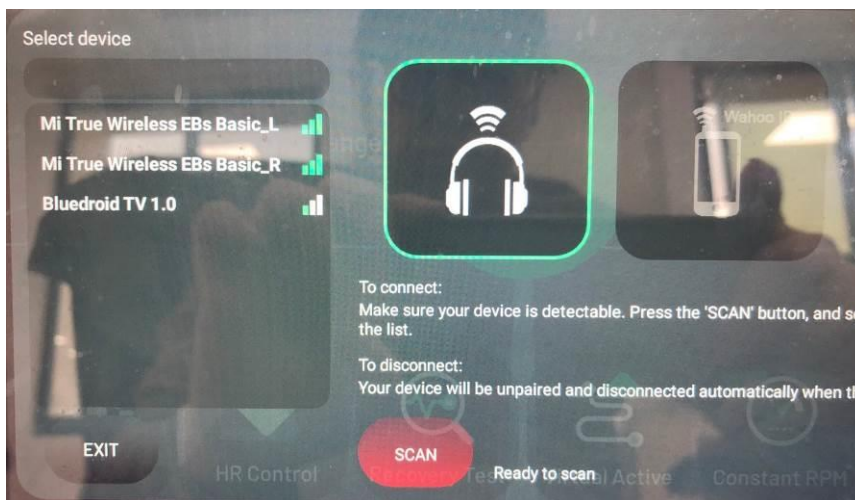
※Displays the Wired ID name of the device's Wahoo function. (Wahoo Motion Management is optional. Set the page only for ID confirmation and other Wahoo functions. If this function is optional, see the Wahoo function description in the insert.)



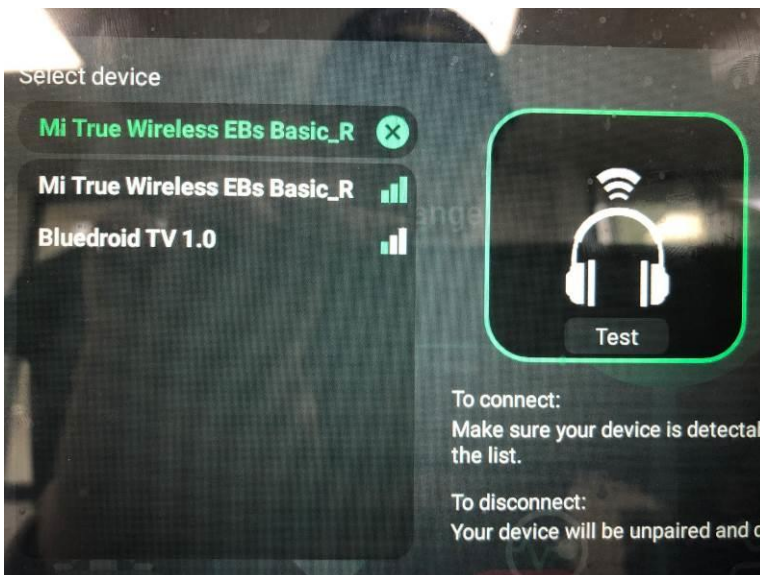
✘ Pair and connect the Bluetooth headset

The pairing and connecting of Bluetooth headset is the same as the operation of Bluetooth on general mobile phones

- i. Check and make sure your Bluetooth headset is waiting for pairing (usually with blinking lights).
 - ii. When the Bluetooth headset is waiting for pairing, press the Scan button on this page, and the system will start searching for nearby Bluetooth devices.
- ✘ If the surrounding wireless interference is serious and may affect the search, you can re-scan the search several times after failure.
- iii. When your Bluetooth headset ID appears in the list on the left of the screen during the search process, it means that your Bluetooth headset has been successfully detected.



- iv. Press the Bluetooth headset ID in the list within 1 minute, and the system will start to connect. When the ID goes to the top of the list and appears as a green word, and the "TEST" button appears below the headset pattern on the screen, it means that the connection is successful. (If you press the X key next to the green word ID, the pairing will be unpaired manually. Please perform the pairing again.)



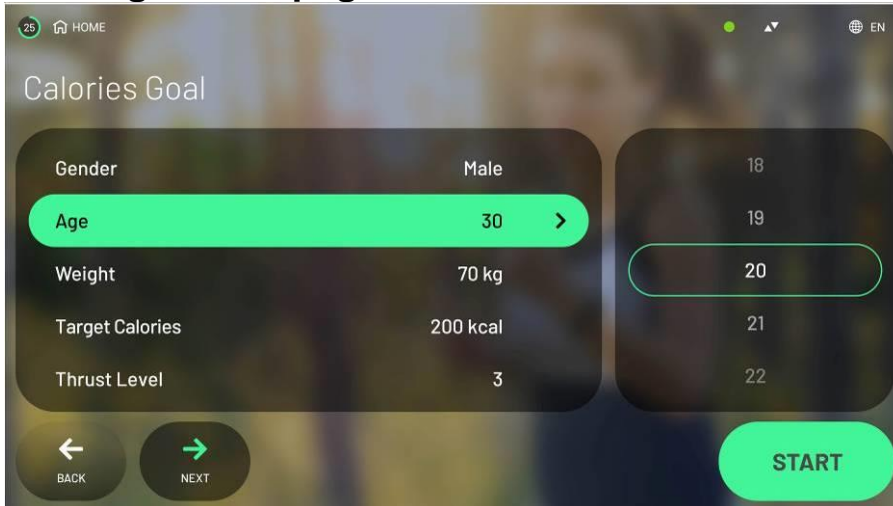
- v. Press the Test button to check whether the Bluetooth headset can hear the Test sound normally.
- vi. If the test is normal, please press the EXIT button to leave the Bluetooth Settings page.
- vii. Enter any exercise mode and start using the Bluetooth headset function.
- viii. When the exercise is over, the system will automatically remove the pairing and connection. If you need to continue using the machine, please repeat the above procedure.

※Bluetooth headset function, currently only support Web View mode and virtual reality mode sound output.

※The left and right ears of Bluetooth headset can distinguish the host from the auxiliary. For some brands, both ears can have sound only when the host is paired, or both ears need to be bound before pairing. Please confirm the product description of Bluetooth headset by yourself, which has nothing to do with this system.

※Bluetooth audio source output, there are various audio source specifications and Bluetooth headset versions, if this system can not be detected, please check the manual of Bluetooth headset, confirm all pairing and connecting steps correctly, then change to other brands of headset to use.

5.5. Program set page



- (1) Under standby page, except Quick start, choose any of the programs to enter into the set page.
- (2) After entering into the set page, user still can choose other program under the set page.
- (3) Input the user's age, weight, gender and other information to calculate in the formula of the program.
- (4) Some program needs to set the beginning speed and incline of the exercise.

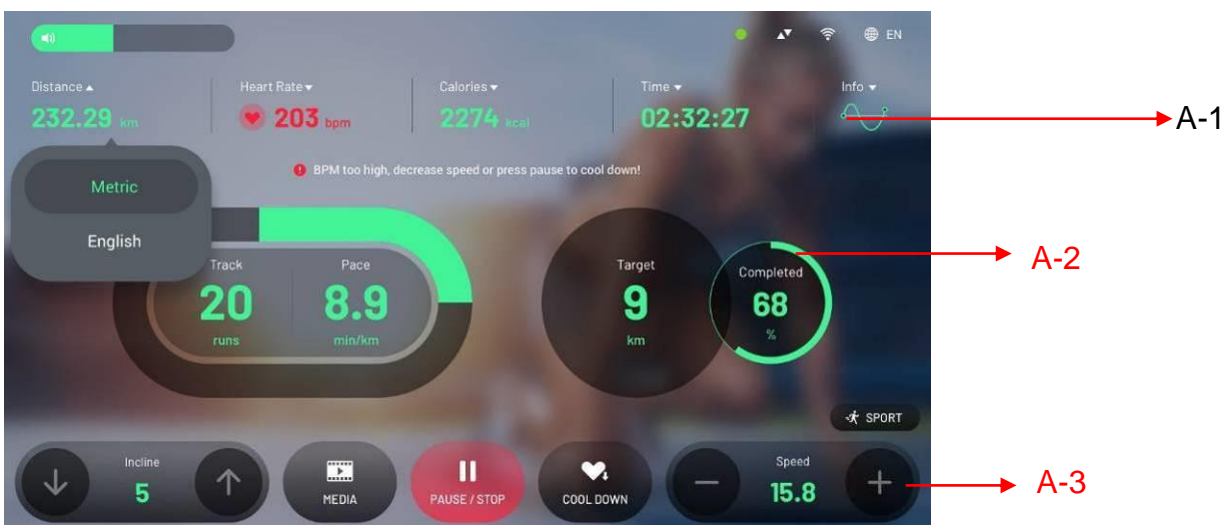
5.6. exercise page


5.6.1. Enter into the status page of the exercise by Quick start or program mode, and there are

A-1 · A-2 · A-3 sections.

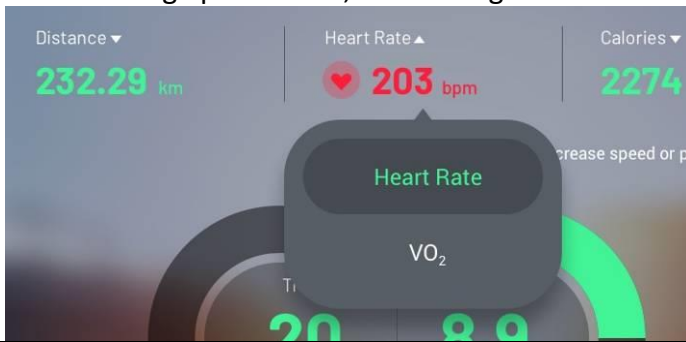
5.6.2. display section instruction

- A-1 section (exercise data display screen)




- (1) Exercise status information section, there will be 5 kinds of the exercise data information, including distance, heart rate, calories, time and Stage frame image (The incline will be show in way of straight line, while the speed and heart beat data will be in curve line.)
- (2) Click the icon  in the list of the first four to pull out more information and you can

change the exercise information to other backup information, for example, change the distance data to British system, heart rate change to max oxygen capacity, total calorie to calorie change per minute, time change to minute unit and so on.



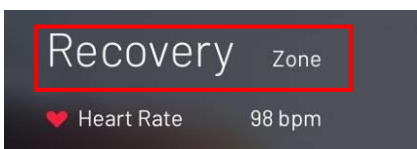
(Distance)	Metric system, distance and speed show in km and kph. British system. distance and speed show in mile and mph
(Heart Rate)	The data from the hand grip or wireless sensor.
(VO2)	Oxygen capacity in the heart-lung.
(Calories)	Accumulated consumed calories. (Just for this time, the unit is hour.)
(Calories Efficiency)	Calories consumption data per minute.
Exercise time (Time)	Display unit is hour, minute: second.
	Display unit is minute: second.


(3) Click  in the Info column to pull down and zoom to check the exercise frame chart. This chart will show the change of the speed, incline and the heart rate (as the image below). If the time is over 12 minutes, the chart will move forwards.



(4) In the exercise chart, on the left you can see the current heart rate and the relative heart rate section. (as the image below)

There are totally RECOVERY ZONE \ FAT BURN ZONE \ CARDIO ZONE \ ANAEROBIC ZONE.



(1) Click  or any blank space outside of the section to shrink the bounce screen.



- A-2 section

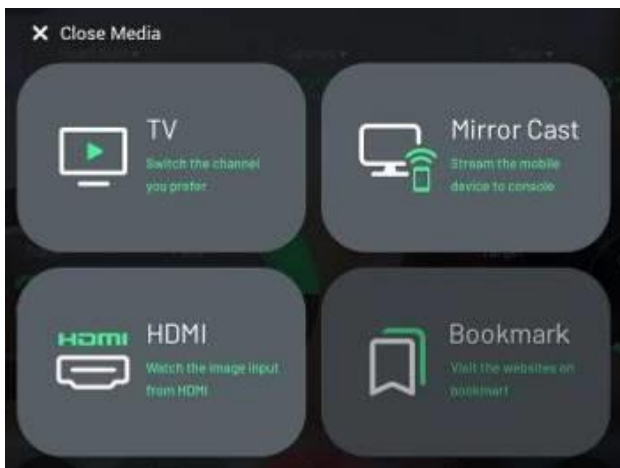
(1) When the multi-media mode is off, mainly show: playground circles (400meter/laps), pace (minutes/km), some information status reminding and target data and completeness and so on.





(2) When the multi-media mode is on, the middle of the page will switch to the film treating section, including film, website display and multi-media operation page.





(3) Press  key to show the menu of the multi-media list. Press  key to close the list.



(4) When the multi-media mode is on, the center section will show “film” and other section will show exercise information and exercise control key. If you want the film section to

show in full screen, press the  or  in the upper column to hide/show the information and exercise control key.

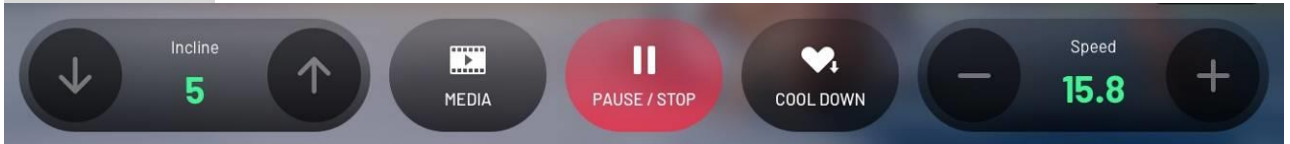
(5) When enter into any multi-media mode, press the  key in the left tool column  to shut down the current medial mode and back to the media choosing list to choose other

media mode.

(6) Adjust the volume.

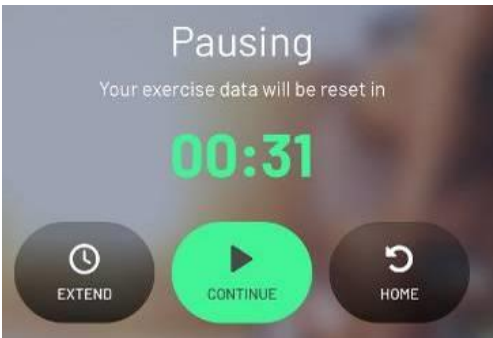
- A-3 section: this section is main display section, including reminding information and multi-media pages of all kinds of status.

Treadmill mode:

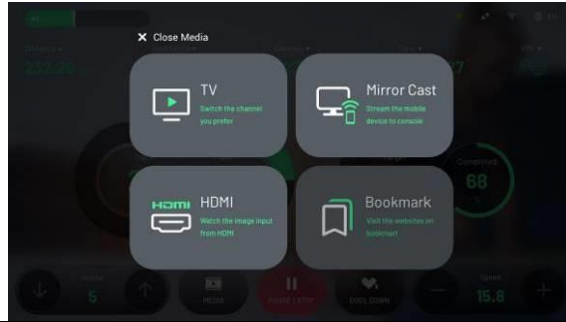


(1) Basic operation key, right key +/- is for speed adjustment, left key ↑/↓ is for incline change by pressing one time or pressing long time.

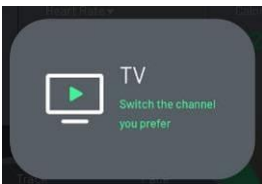
(2) exercise status operation key, including as follows:

(Cool down)	Enter into the cool down program which lasts for 3 minutes, during the program, the speed will decrease 50% automatically per minute, and the incline will back to 0 level and the time will back to zero and the machine run end. This key is only available in program mode
(Skip)	When the system enter into warm up or cool down program, you can press this key to skip.
(Pause)	<p>(1) Press this key during the exercise to enter into pause status, and the preset is 4 minutes.</p> <p>(2) During the pause status, the speed will decline to zero and the incline will back to 0% position.</p> <p>(3) During pause, press “Continue” key to back the status (including speed and incline) before the pause and continue to execute the exercise stage.</p> <p>(4) Press”Extend” key to recalculate the pause time.</p> <p>(5) Press ”Home” key to skip Summary to back to standby mode directly.</p> 
(Stop)	<p>(1) Press this key to stop the exercise and enter into Summary page.</p> <p>(2) After stop, the incline will back to 0 level compulsorily. Under engineering mode GS must be set to OFF</p>
(Media)	Start or stop the main menu of the multi-media mode, including TV

mode, mirror casting mode, HDMI INPUT mode, video streaming website mode.




5.7. Multi-media function



5.7.1 : DTV mode





- This machine has a digital TV card, supporting DVB-T/T2, ATSC(8VSB &QAM B), just insert the Cable line containing TV signal into the machine, including the wireless signal channel accepted by the antenna, and the Cable signal channel set up by the machine room (need not encrypting), can watch TV programs in this mode.
- Except for the TV signal specifications above, such as the CMNB in China, because the TV card within this machine does not support, it cannot be scanned. But the users could make the film of the customer terminal CMNB machine box output to the machine by HDMI cable method, please refer to the details in the HDMI chapter.
- When use the TV mode for the first time, please enter into program mode firstly to set the frequency and channel scan. After that, you can receive and watch the local channel content. You can check the details in the program mode chapter.
- The center of the page is film section, press  key to hide exercise information and the operation keys, and the film section will be the full screen. Press

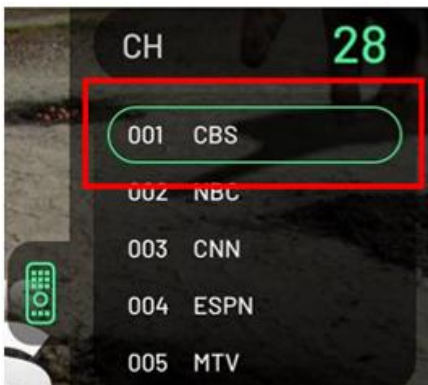


key again to show the exercise information and operation keys again.





- On the right, there is control  for channels, press it to bounce the TV channel control options, there are 2 ways to switch the channel:

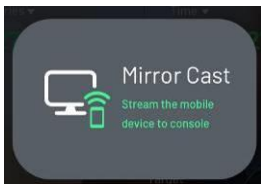
- (1) Press  to switch the channels one by one.
- (2) Directly click on the channel program name in the channel list in the screen. (As shown below)



Regarding the way to switch channels (2), the content of the channel list, when first used, must first go to the TV mode of the engineering mode, press the List button in the OSD setting menu to generate the channel list, otherwise it will be blank. The screen will also pop up a message. For detailed settings, please see the TV settings on the last page.

- (3) If the channel LIST appears to be scrambled, please notify the TV signal operator of the gym and check the channel sending name of the signal terminal. If it is confirmed, enter the engineering mode of this machine and scan the TV channel again. After scanning, press the "LIST" key to replace the channel name.

- Press  key on the left tool column to shut down the current medial mode and back to the media choosing list to choose other media mode.
-  Adjust the volume.
- The sound output in this mode only supports 3.5mm wired earphones, not Bluetooth headset.
- When the screen shows "NO SINGAL", it means that the TV signal is not really connected with the machine. Please check whether the TV CABLE at the source terminal has a signal, whether the TV specification set in the engineering mode and the ground difference are consistent with the specification of the source signal, and carry out channel scanning again.
- When there is NO screen in this mode (and NO "NO SINGAL" message), please unplug the external TV CABLE first, and then shut it down again. Then plug the external TV CABLE back to check whether there is any restored image picture or NO SINGAL message. If there is NO solution, please replace the TV module or computer console set.



5.7.2 mirror cast mode

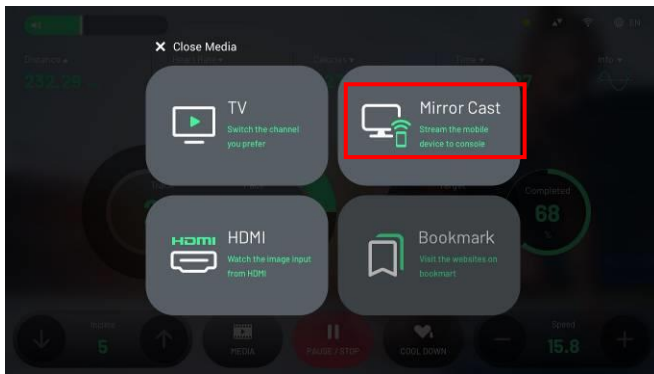
- The objects for the mirror cast are smart phone or pad which is of Wi-Fi connection function or mobile internet, including Apple device and Android device.



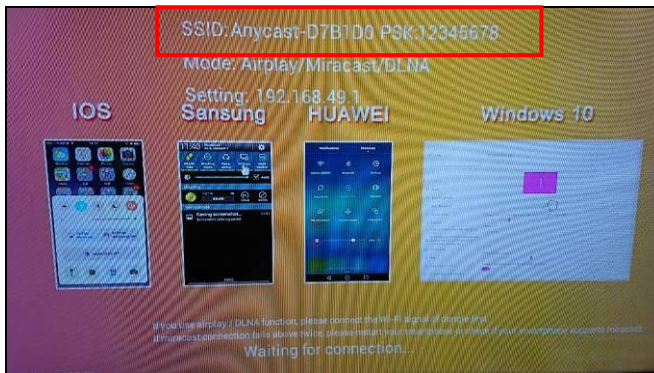
- Function, abiding by the setting steps in the machine page to make a small section internet between the machine and the user's phone or pad. And then show the screen of the phone or pad to the machine screen page simultaneously by wireless transmission.



- Step. 1 Firstly, switch on Wi-Fi status of the cellphone or pad which need the mirror cast, and then enter into exercise page; choose Mirror Cast among the multi-media list.



- Step.2 Above the page there will be the unique ID name of the internal-built mirror cast module. (At the bottom of the page will be the setting position for the mirror cast of all brands of the mobile phones.)

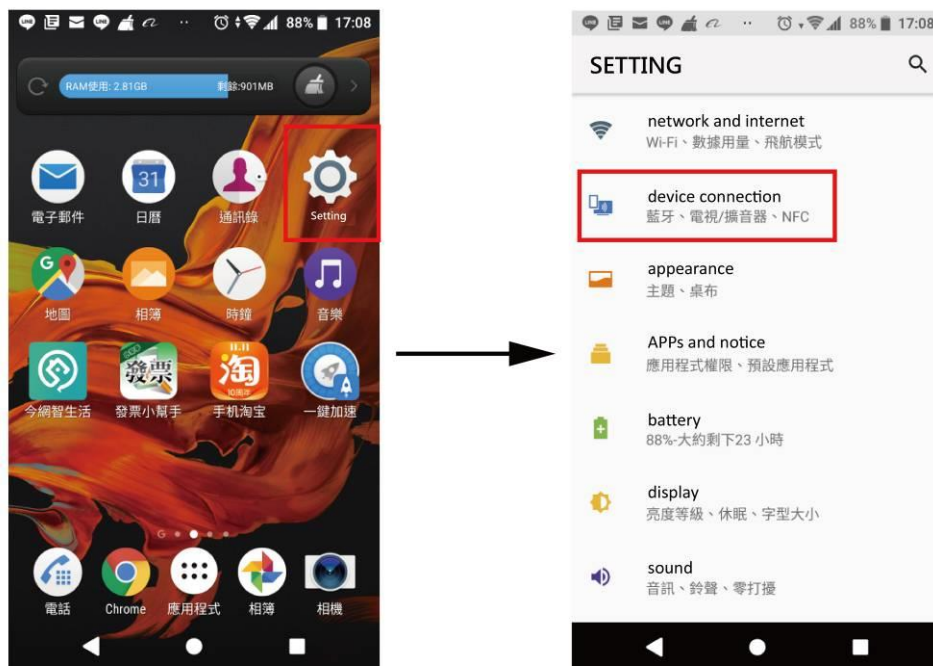


(Because of the different versions of the mirror casting, the sample images will be different.)
 Step.3-1 According to the instruction on image above or take the chart below for reference, enter into the setting list in the phone or tablet following the brand or system of the phone and tablet.

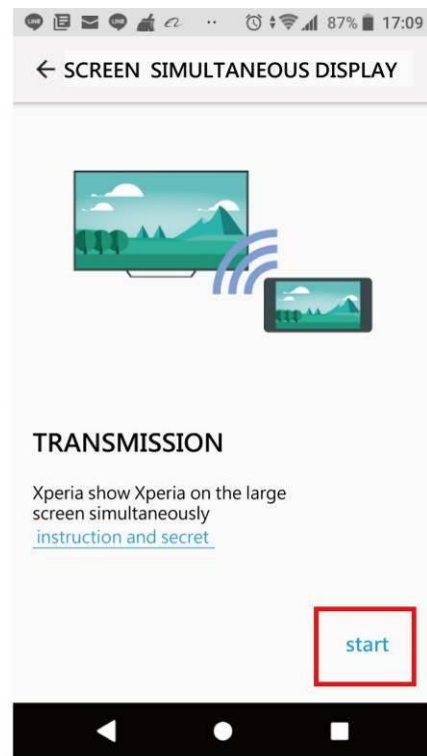
PHONE SETTINGS	
Apple :	AirPlay screen mirror output
HTC :	setting→media output
ASUS :	setting→more→Play To
Samsung :	fast connection→Screen Mirroring
SONY :	setting→Xperia connection→screen simultaneous display
小米:	setting→more wireless connection→wireless display
LG :	setting→sharing &connection→Miracast
Google :	setting→display→Miracast
InFocus :	setting→screen mirroring→startwireless screen sharing
OPPO :	setting→more wireless connection→Wi-Fi display
Huawei :	shortcut→multi-screen
Acer :	setting→display→wireless screen sharing

※If there is any mistake for the above information, please take the public information from the original manufacture as final.

Step.3-2 Take Sony mobile phone as example, enter into setting page and click “device connection”.



Step.3-3 Click “screen show simultaneously” and then press “start”



Step.4 The page on the phone/tablet will show the searched mirror cast module, as the range of the wireless signal is large and each machine has the unique ID. To avoid connection with other machine, please choose the ID same with the one show in the center of the machine page. (As the ID name in Step. 2)



(Phone page)



(Phone page)



(machine page)

- Step.5 After finishing, the page on the phone/tablet will show on the machine screen simultaneously.



the usage process of the mirror cast module please take the video below for reference. (Phone brand: Sony)



<https://drive.google.com/open?id=1EnvJ7X4FExMNzwZFYUoO55hoRLLob6IF>

Example two: Apple device

At the official mirror cast setting page, the user can slid the phone or pad from bottom to top to drag out the fast key page to click AirPlay program. And then the phone will search the object to match, at that time, please search and connect the ID and passcode in the page.



Step.6 When the mirror cast is done, the page in the machine will show the page of the phone or pad, and then you can operate the phone in the machine directly. For example, check the photos in the phones or the video and other kind of contents.

- Press  key on the left tool column to back to the media choosing list to choose other media mode, but the background is still under the mirror cast status, when you click the mirror cast again, there is no need to redo the matching steps above again.
-  Adjust the volume.

Step.7 The following 3 methods to disconnect the mirror cast matching between machine and phone:


- (1) Press “mirror cast disconnect” or “disconnect” buttons on the phone




(2) Press Stop on the machine to back to the standby mode, and the system will disconnect the mirror cast matching with the machine to protect the person privacy.

(3) When the phone/tablet is away from the machine for 30 km, there is no signal for each side, and the system will disconnect the matching automatically.

- As the narration above, this module is just for the image and sound input from the phone/tablet. All the video operation on the phone/tablet, please do on the phone/tablet.

- During mirror cast, the center of the page is film section, press  key to hide exercise information and the operation keys, and the film section will be the full screen.

Press  key again to show the exercise information and operation keys again.



5.7.3 HDMI signal input mode



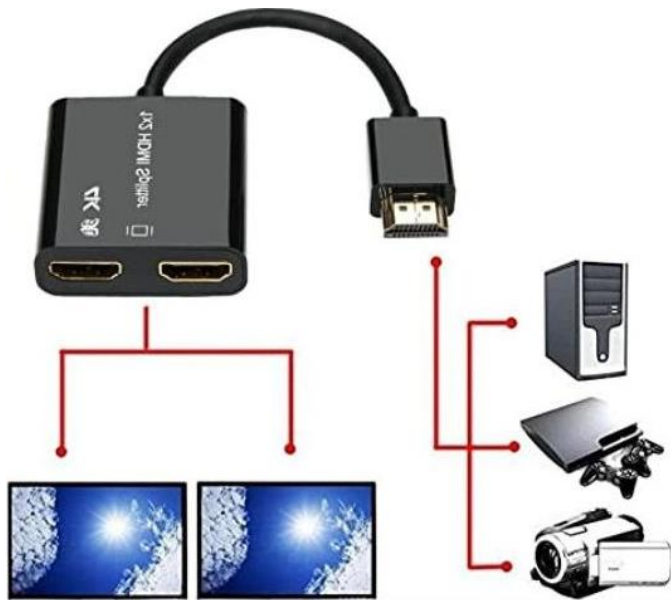
Insert the HDMI device with HDMI Cable(Type A) into the HDMI input hole of the machine and enter the movement. Then select the HDMI mode from the multimedia mode menu of the screen.





This product supports 1080P external HDMI Output devices, such as TV Digital Case, DVD Player, Notebook... Through HDMI Cable, the images and sounds of external devices are transmitted to the LCD screen and headset jack of the machine, so that users can directly watch any multimedia video and audio equipment from the machine.

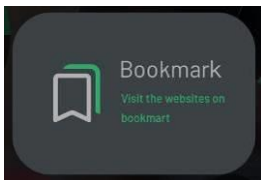
- This mode is the external HDMI device input screen and sound, does not include the operation, the device of all video and audio operations, please use the original HDMI device provided by the remote control to carry out.
- The sound output in this mode only supports 3.5mm wired earphones, not Bluetooth headset.
- When the screen shows "no signal", it means that the external HDMI device has not been successfully connected to the upper control table. Please check whether the resolution of the source terminal is 1080P and whether there is no HDCP limit.
- **This product does not support HDCP protocol, solution**

A. Please set the HDCP of the HDMI source device to off.

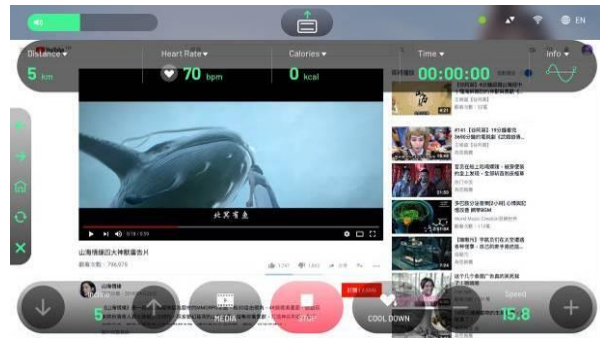
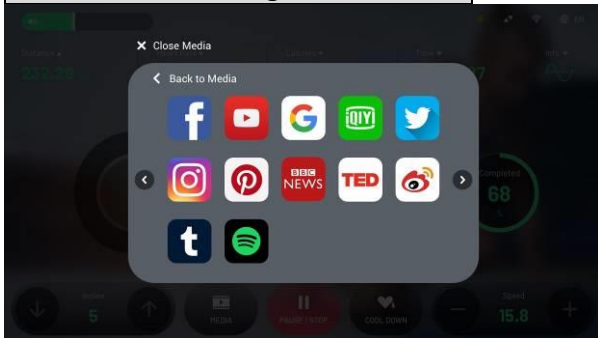
B. Install HDCP Compliant Splitter (Only 1080P) and connect the output of your HDMI source device to the input of the decoder adapter. Connect the output of the HDMI decoder to the HDMI hole to release the HDCP limit of your HDMI source device.



- The center of the screen is the image display area. Press  to hide the motion information and operation keys, and the image area will be displayed in full screen. Press  again to display the motion information and operation keys again.
- Press the  key in the left-most tool bar to close the current multimedia mode and return to the multimedia mode menu to choose another multimedia mode.
- Frequently queued , you can adjust the volume output.








5.7.4 film streaming website mode



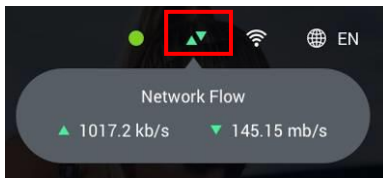
- 18 common websites are preset, including news information website, film streaming website and internet community. Users can click the icon to the website.
- YouTube
- NETFLIX
- TED
- MLB
- NBA
- IQIYI
- Youku
- Weibo
- BBC NEWS
- CNN
- Spotify
- Facebook
- Instagram
- Twitter
- Google News
- Amazon
- NASA
- The Economist
- This mode supports Bluetooth headsets. (Please enter the Bluetooth Setup page in standby mode for Bluetooth pairing)
- In order to avoid the malicious program on the website that is logged in, or the problem of the performance of the control system, which affects the security of the use of the machine, it is not open to add bookmarks and URL columns (enter URL). If you add or




delete bookmarks of the website. For the demand, please ask the dealer to expand the way you can use the software update.

- This model uses the browsing interface of Google's native web version. Therefore, the operation on the webpage varies according to each website. If you want to input text, this model only supports the input of the original English letters of the Android operating system. (If there are other input methods, you can ask the dealer for customization)
- Some video streaming websites, because the website only serves the paid members of the website, it will limit certain high-definition videos, and can only use the website APP to play the video, but this model is a web browsing system, so it cannot be installed. The APP is used, so this kind of movie will not support playback. The screen will display the white page of the message that failed to open the app. Please press the previous page to return to the general operation page of the website.

- The center of the page is website information, press  key to hide exercise information and the operation keys, the information section will be in full screen.
- Press  key again to show the exercise information and operation keys again.
- Press  on the left tool column to the previous page, and press  to shut down the current website and back to bookmark choosing page to change the other website.
- At the bookmark choosing page, press the  key on the left tool list to shut down the list and back to multi-media list to choose other multi-media mode.
- Adjust the volume.
- It needs internet signal to use this mode, for some high-quality film is of large transmission, please make sure the speed and quality of the internet. When the quality is poor, the film will be loaded slowly or the play screen will be fitful. When enter into baffle zone, please wait patiently, and it is highly recommended to use solid internet (Ethernet) as the main source of the internet signal to ensure the quality and stability of the internet connection.
- When the film is not played smoothly, you can check the internet connection quality in the resident zone, when the download data is less than 50Kbps continually, it means the film is stuck, and you should change to other films or exit the multi-media mode to enter

again. If the data is close to or under 0kbps, it means the internet signal source is abnormal or unstable.



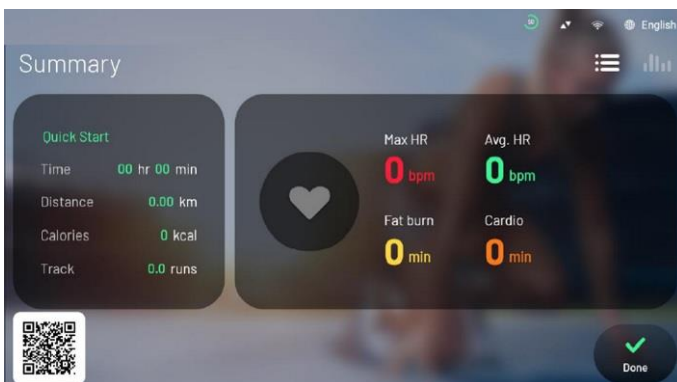
- If the picture white to be normal connection url information page of Webpage (Webpage not available), or the picture has been turned around (loading), please check the network status, such as Internet signal source for physical network route, please confirm whether at the upper right of this picture shows  pattern, if not, said the network signal is not input or network route poor contact, if there is A show  pattern at the upper right of this picture, please check whether the network bandwidth is enough. If the network signal is from Wi-Fi, please confirm whether there is "" on the upper right side of the screen. If "X" is displayed, it means that the Wi-Fi setting in the engineering mode is not enabled, or the network source (base station) is not connected, or the signal from the network source (base station) is very unstable, resulting in automatic offline.
- If the network signal is from Wi-Fi, please turn off the firewall and open the "Allow connection to the external network" Settings. The signal strength should be at least 2 bars or less than 60dB.
- If the network signal source is Wi-Fi, when it is impossible to determine whether the network failure is affected by the Wi-Fi quality of the environment, the mobile signal of 3G or 4G can be used as the Wi-Fi hot spot temporarily, and the device can be confirmed by this hot spot.
- Recommends minimum network signal traffic quality: for 720P video, 3Mbps should be fixed per machine. (Assuming there are 20 machines in the site, the total network traffic required is 60 Mbps, and the network signal source is only used by the 20 machines. The network signal source should not be open for public use to avoid the bandwidth being divided)
- If use Netflix, please click the Login button on the right side of the screen to login to your Netflix account. If not logged in, Netflix will force you to log out of the Netflix page and the screen will be automatically redirected to the workout page.

5.8. Exercise process page

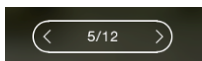
- When Quick Start or remote control, the time, target data come to zero or the exercise is finished, or stop by hand, the page will show the complete summary of the exercise this time.



- The complete summary information includes 2 pages, you can click to switch, the first page show the exercise data and the second page show the exercise frame chart. (Only for treadmill mode). On the left lower corner, there is QR Code for the exercise information of this time; the user can scan it to get the exercise information of this time. Please contact with the dealer about the relative APP.



- In the exercise frame chart, the left show the average heartbeat, average speed and average incline, and the right show the frame chart of the whole process, you can click



to switch to browse the curves change in each time point.



- Some special program, such as army physical fitness test, when the target is finished, the system will show the relative score and level assessment according to the age and time for finishing.

6. Heart detection instruction

According to research, keeping a stable heart rate to exercise is the best training method to monitor exercise intensity and realize highest intensity. And this treadmill can meet this demand.

6.1. Heart rate monitor system

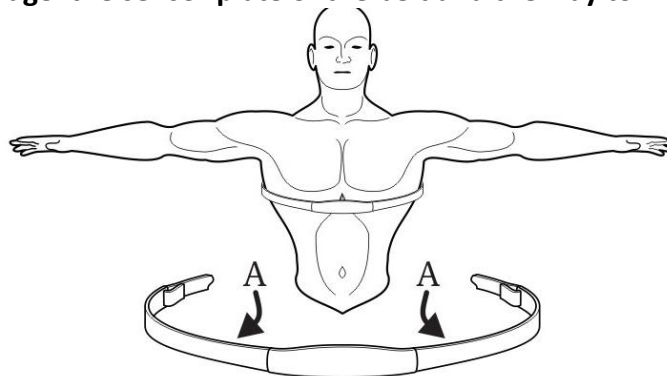
A. Hand grip sensor system

- (1) It means the heart rate monitor system, during exercise, by hand gripping the stainless steel sensor in the front handrail. There are two sensors for each handrail, and these four sensors all should be gripped during the exercise. So you can get the heartbeat signal in the control board, and it will show the heart rate change after 15-30 seconds.
- (2) When the speed is higher than 4.5mph (7.2KPH), the hand cannot grip the sensor iron plate, you should use the breast band heart rate belt instead of the hand grip sensor.

B. Breast band heart rate belt

- (1) The breast band heart rate belt is to stick sensor plate to the body and transmit the heart rate to the control board by remote detection technology. The belt is not the accessory for the machine, so the users can buy it according to personal demand.

Image: the sensor plate of the belt and the way to wear



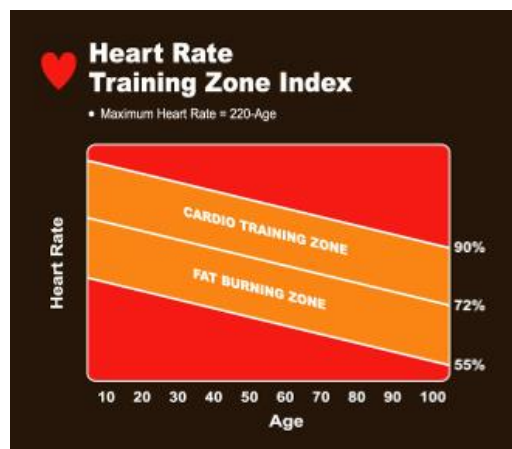
- (2) The image above show the position of the belt and the way to wear. The sensor section A is in the groove in two sides. The sensor section should be wet during the usage, otherwise the signal to the receiver will not be exact enough.
- (3) The belt should be worn below the pectorals, and you should adjust the belt to make the breath is smooth. If the sensor section touches the skin directly, the effect will be best, but wet cloth can also get the effect.
- (4) If you want to dampen the sensor section, you can hold the middle of the belt to drive out the belt to dampen the sensor section.
- (5) Chest band heart rate monitor (5 kHz wireless chest band) is optional.
- (6) The wireless heartbeat receiver of this system, default is 5KHz, can be purchased as 2.4GHz+FTMS wireless heartbeat + motion data receiver, details, please contact the dealer.

6.2. Sectional heart rate training

Set the ideal heart range or section to do aerobic exercise and strengthen the heart vascular function. The chart below is the conversion formula and the reference illustration for the sectional heart rate.

<u>AGE</u>	<u>65%</u>	<u>80%</u>
10	136	168
20	130	160
30	123	152
40	117	144
50	110	136
60	104	128
70	97	120
80	91	112
90	84	104
100	78	96

1%~54% : Low (Recovery)
 55%~71% : Fat burn
 72%~89% : Cardio
 90%~100% : High (Anaerobic)



5 kinds of mode for section heart rate training

- Fat burn Heart Rate
- Cardio Heart Rate
- Target Heart Rate
- Hill Heart Rate
- Interval Heart Rate

The aim for each sectional training is different; you can check the details in the HRC chapter.

7. Exercise program

7.1. Introduction of exercise program

- Quick start mode, 3 sets of Goal program, 3 sets of Training program, 2 sets of Fit Test program, 8 kinds of virtual reality program, 5 sets of PFT program, 6 sets of HRC program.
- Except for virtual environment mode, during all the exercise modes, users can use the multi-media function introduced above.
- The program mode will execute the exercise target and personal information and other setting, after entering into the setting page, if no operation for 60 seconds, the page will back to standby mode automatically.
- Some exercise programs (take the details of the program control for reference), will execute 3-minute warm-up firstly after start. The preset speed and incline for the warm-up stage is different for the different definition of each program. And the user cannot adjust the speed and incline manually, but can press Skip to cancel this program.
- Some exercise programs (take the details of the program control for reference), will execute 3-minute cool-down firstly after the program target is finished. Speed=per minute decline 50% of the current speed and incline=0 level. And the user cannot adjust the speed and incline manually, but can press Skip to cancel this program.
- Pause: Press the pause button during movement, and the speed will slowly return to zero and the slope will return to 0.0% (when the GS of Engineering Mode is set to OFF). All motion values will be temporarily retained for 240 seconds. Press the "Continue" button within 240 seconds to return to the state of continuing movement, and the speed and slope will return to the state before the pause. When the pause state exceeds 4 minutes, it will automatically end and directly return to the standby page.

※Some program control (take the details of the program control for reference) base on training target and the pause function is invalid.

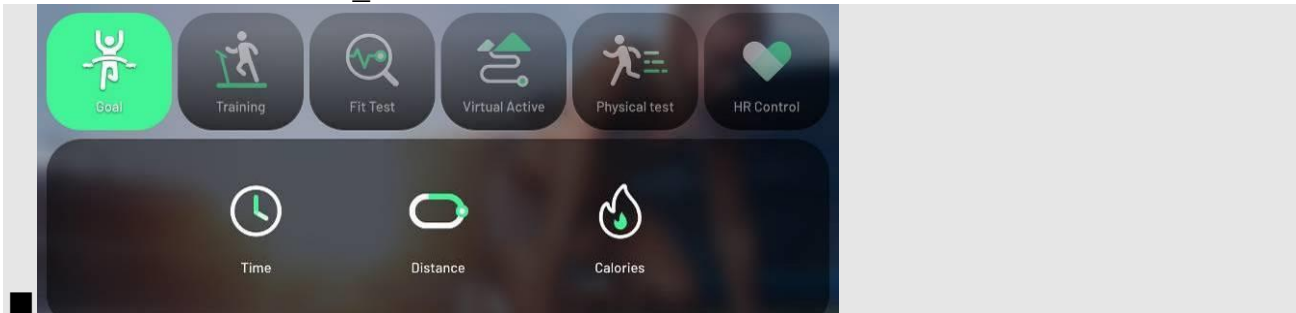
7.2. Exercise program instruction

7.2.1. QUICK START

- (1) After the machine starts, then press QUICK START directly to start. Because this action will let you skip the program setting, the personal information for calculation during the exercise, including age, weight, will be the preset data: male, 30-year-old, 70kg (154LBS). (You could adjust the age and body weight of Quick Start in the engineer mode) For the quick start mode, there is no warm-up stage, the speed begin with 0.8kph (0.5mph), and the incline start with 0 level. During the process, the speed and incline can be adjusted manually.

(2) Under QUICK START mode, the max continue exercise time per time is preset as “360 minutes”, the time will run forward and when it’s over 360 minutes, the center of the page will show “The exercise time has reached the maximum 360 minutes ”and the system will execute 3-minute Cool down automatically, and then the center of the page will show “Cool down Auto running “. if no pressing on Skip/Stop key, after 3 minutes the machine will execute run end, and the page will switch to Summary Page.

7.2.2. Automatic mode_ GOAL mode



Step.1 choose program target

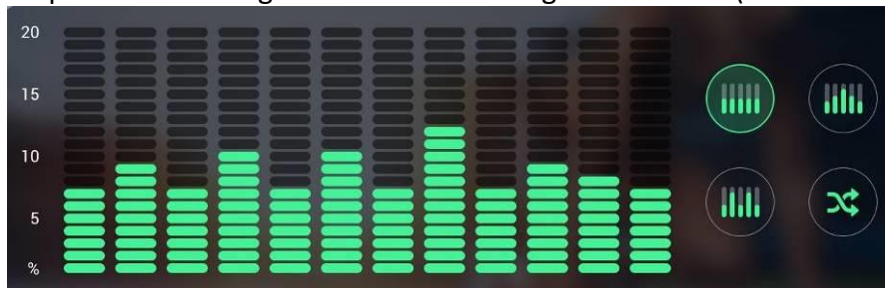
1. time target	Set the target of exercise base on time.
2. distance target	Set the target of exercise base on distance.
3. calorie target	Set the target of exercise base on calorie consumption.

Step.2 set personal information

1. gender	Preset is male, set between male or female
2. age	Preset is 30-year-old, set range 13-80
3. weight	Preset is 70 kg, set range 23-193 kg
4. target data set	Time target :20 minutes, set range 20-99 minutes ° Distance target : 5 kilometers · set range 1-99 kms. ° Calorie target : 200kcal, set range 100-9900 kcal °


※ Have not entered into step 3 and press Start key directly in step 2, the incline will change as the preset frame “level status”

Step.3 Set the change of the incline during the exercise. (The users can skip this step)



There are four preset frames, users can choose one of them or create/define new frame chart

1. level	the change during the process : level °
2. massif	the change during the process : from the low point to high point slowly °
3. interval block	the change during the process : from the low point to high point

	and change continually °
4. random	the change during the process : Generate in random, press  key one time to reset within the range.

※Except for 4 kinds of the preset resistance change frames above, there is other valid way by touching choose to create frame for 12 minutes under the page among the 4 preset frames.

Step.4 After setting, press start key to enter into exercise page.

- (1) After into program, there will be 3-minutes warm-up, speed is 0.8kph(0.5mph), incline is 0.0%, user can skip this process.
- (2) After warm-up stage, the speed will start with the preset data 3.0kph(1.9mph) and the incline will change according to the frame per minute once, totally 12 stages. Until the exercise time goes to zero or the user press Stop key to stop.
- (3) Speed is valid for manual adjust.
- (4) Incline base on the preset, change 1 time per minute. It is also valid for manual adjustment, but after skipping the stage the incline will back to the preset.
- (5) Pause is valid.
- (6) When the target has been zero, the system will execute 3-minute cool down program automatically. The user can skip the program by pressing Skip or Stop key to run end, and the screen will show the process page.

7.2.3. Automatic program TRAINING special training mode



Step.1 choose heart rate training target

Training 5K	5km (3.1mile) self-challenge program, finish the target data in the frame by setting different intensity of incline.
Training 10K	10km (6.2mile) self-challenge program, finish the target data in the frame by setting different intensity of incline.
Fartlek (Speed Interval)	Commute between low and high speed to do exercise to train the explosion power and endurance.

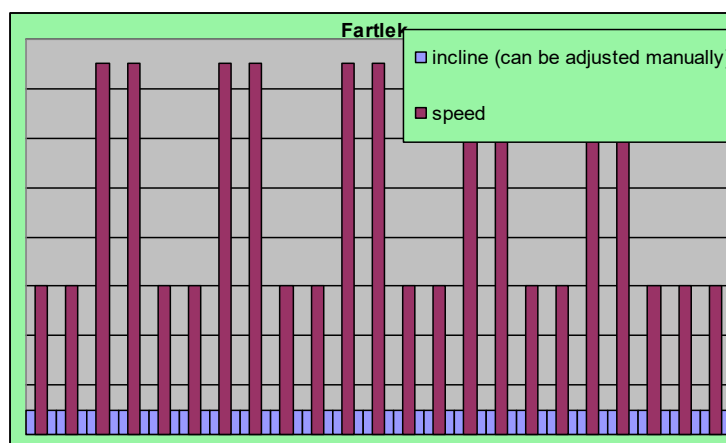
Step.2 set personal information

1. gender	Preset is male, set between male or female
2. age	Preset is 30-year-old, set range 13-80
3. weight	Preset is 70 kg, set range 23-193 kg
4. Training Beginning speed	Preset is 4.0kph(2.5mph), set range 1.0-10.0 kph.
5. Fartlek Exercise time	Preset is 20 minutes, set range 1-99 minutes
6. Training 5k/10k Incline	20 levels for intensity, larger number means higher difficulty and the incline is steeper, the preset is LEVEL 5. Incline range is within the chosen LEVEL rang (as the chart below), and the incline will change per minute at random. So,

	<p>though you have chosen the same intensity, the data will be different each time.</p> <p>5-3 The user can edit the preview and change the shape of each stage directly, and can also edit the incline, but limit within each LEVEL range.</p> <table border="1" data-bbox="657 347 1362 790"> <thead> <tr> <th>LEVEL</th> <th>%INCLINE</th> <th>LEVEL</th> <th>%INCLINE</th> </tr> </thead> <tbody> <tr><td>1</td><td>0.0-1.5</td><td>11</td><td>2.0-8.5</td></tr> <tr><td>2</td><td>0.0-2.2</td><td>12</td><td>3.0-9.2</td></tr> <tr><td>3</td><td>0.0-2.9</td><td>13</td><td>3.5-9.9</td></tr> <tr><td>4</td><td>0.0-3.6</td><td>14</td><td>5.0-10.6</td></tr> <tr><td>5</td><td>0.0-4.3</td><td>15</td><td>5.5-11.3</td></tr> <tr><td>6</td><td>0.0-5.0</td><td>16</td><td>6.5-12.0</td></tr> <tr><td>7</td><td>0.0-5.7</td><td>17</td><td>0.0-12.7</td></tr> <tr><td>8</td><td>0.0-6.4</td><td>18</td><td>0.0-13.4</td></tr> <tr><td>9</td><td>0.5-7.1</td><td>19</td><td>0.0-14.1</td></tr> <tr><td>10</td><td>1.5-7.8</td><td>20</td><td>0.0-15.0</td></tr> </tbody> </table>	LEVEL	%INCLINE	LEVEL	%INCLINE	1	0.0-1.5	11	2.0-8.5	2	0.0-2.2	12	3.0-9.2	3	0.0-2.9	13	3.5-9.9	4	0.0-3.6	14	5.0-10.6	5	0.0-4.3	15	5.5-11.3	6	0.0-5.0	16	6.5-12.0	7	0.0-5.7	17	0.0-12.7	8	0.0-6.4	18	0.0-13.4	9	0.5-7.1	19	0.0-14.1	10	1.5-7.8	20	0.0-15.0
LEVEL	%INCLINE	LEVEL	%INCLINE																																										
1	0.0-1.5	11	2.0-8.5																																										
2	0.0-2.2	12	3.0-9.2																																										
3	0.0-2.9	13	3.5-9.9																																										
4	0.0-3.6	14	5.0-10.6																																										
5	0.0-4.3	15	5.5-11.3																																										
6	0.0-5.0	16	6.5-12.0																																										
7	0.0-5.7	17	0.0-12.7																																										
8	0.0-6.4	18	0.0-13.4																																										
9	0.5-7.1	19	0.0-14.1																																										
10	1.5-7.8	20	0.0-15.0																																										
5. Fartlek	<p>Set the data for high and low speed, there are 10 kinds of intensity to choose:</p> <p>This program is severe training program, the speed is fast and fixed, please use after the instruction of the profession people.</p>																																												

Step.3 After setting, press start key to enter into exercise page

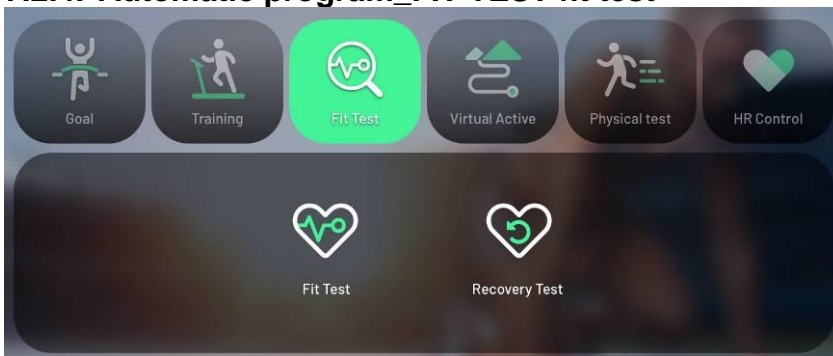
- (1) After into program, there will be 3-minutes warm-up, speed is 0.8kph(0.5mph), incline is 0.0%, user can skip this process.
- (2) After warm-up, the original speed of the Training 5K/10K is the preset one, but the user can adjust to other speed manually; during the exercise, the speed of Fartlek is set by the computer, and will change per minute and the speed cannot be adjusted manually.
- (3) During the process of Training 5K/10K, the speed begins with the preset data, but can be changed to other speed manually.
- (4) The speed of Fartlek begins with the preset data, and then computer will change between fast and slow two statuses according to the set intensity. The trend of the speed change is as the chart below, switch per minute and cannot be changed to other speed manually and press once to switch once. No matter the speed is adjusted manually to fast or slow, when the time reaches to the stage point, the speed base ont the specific data of the program control.



- (5) During the process of Training 5K/10K, the speed begins with the preset data, but can be changed to other speed manually; after per minute, the incline will back to the preset data; while the incline of Fartlek should be changed manually.
- (6) The pause is valid during the exercise.

(7) When the target is finished, the exercise will end, and the page will show the process page.

7.2.4. Automatic program_FIT TEST fit test



Step.1 choose test target

Fit Test	Test the suitability of cardiovascular of different ages and gender by the intensity of exercise.
Recovery Test	<ol style="list-style-type: none"> 1. Input the heartbeat data of the before and after into the calculation formula during the exercise to calculate the speed of heartbeat recovery. 2. During the test, the user should wear and grip the heart beat sensor.

Step.2 Set personal information

1. gender	Preset is male, set between male or female
2. age	Preset is 30-year-old, set range 13-80
3. weight	Preset is 70 kg, set range 23-193 kg
4. speed	Preset is 3.2kph(2.0mph), set range 3.2-7.2 kph

Step.3 After setting, press start key to enter into exercise page

- FIT TEST

(1) This aim of this program is to check whether the user can finish the whole process to analyze the fitness by a temporary and fixed speed (as the chart below) and incline.

Exercise intensity and relative speed comparison chart

	non-dynamic	dynamic	Highly dynamic
Suitability level	2.0-3.0 mile/hour	3.0-4.0 mile/hour	3.5-4.5 mile/hour
	3.2-4.8 km/hour	4.8-6.4 km/hour	5.6-7.2 km/hour

(2) Suitability test is to test the blood provision function of the heart and the oxygen absorption efficacy of the muscle tissue by measuring the oxygen capacity in the blood under the extreme condition.

(3) The time of the execution of the program is fixed for 5 minutes. (No warm-up.)

(4) The pause is invalid during the exercise.

(5) During exercise, if pressed stop key, the result will be “non-dynamic”

(6) Summary page ° When the time reaches zero, for there is no cool down program, the speed and incline will be zero directly, and the page will switch to Summary page.

(7) At the Summary page, except for the basic exercise information, the computer will show the suitability level according whether the user do the exercise to the end.

Activity intensity and suitable people

Activity intensity-non-dynamic	Activity intensity-highly dynamic
old	young
thin	fat
short	high

- Recovery test

- (1) The aim of the program is to analyze the health condition of the breathing organs by checking the change after a temporary and fixed exercise status.
- (2) During the execution, the speed and incline are controlled by the computer and cannot be changed manually.
- (3) After 5-minute execution, the program will start the heart recovery calculation in the second stage, and the motor will stop rotation to do analysis about the heartbeat in 60 seconds. At that time, please wait and continue to generate the heartbeat signal.
- (4) During execution, if no heartbeat is detected for 45 seconds, the page will show NO PULSE warning.
- (5) No PAUSE function.
- (6) After 60 seconds for the analysis process, the page will show the analysis result.
- (7) If the user does not switch to 60-second heartbeat analysis or press STOP key during analysis process or the heartbeat cannot be detected during the process, all will be seen as giving up exercise, and the result will be "Much to do" and the score will be "6".
- (8) Recovery test : comparison chart as the following

F=1	F=2	F=3	F=4	F=5	F=6
Superior	Excellent	Good	Fair	Poor	Much to do

7.2.5. Virtual Active



1. The films applied in the virtual active are made by the professional photography company and the contents are legal and authorized. The map route include famous resorts, national park, town street or woods. The films are based on the first-person perspective, which make the user feel in the real environment.
2. There are 8 place sites in the setting page for user to choose, click i key to check the name of the place, relative description.
3. The time of the film can be adjusted by pressing time screen to edit and the preset time is 20 minutes. The time will countdown after the start, when the time becomes zero, the exercise is over. If time has become zero and the map route has not finished, the film will replay.
4. After confirming the resort, press START key to enter into virtual active mode.




5. In the virtual active mode, the incline is preset as 0%, during the exercise, the speed and incline can be controlled manually according to personal demand, and the pause function is also valid.

6. In the virtual active mode, before and after the system will execute Warm up and cool down process, user can press Skip key to skip.

7. In the virtual active mode, the multi-media function is invalid, for this mode's focus is on the appreciation of the real view in the map and the process of each route and it will also play the relevant local music according to the map. (When the speed is quicker or slower, the play of the film and music will change accordingly.)

8. In the virtual active mode, click any space of the film, the film will be full screen and other exercise screens and keys will be hidden. Click again to recover.



9. Click the upper exercise information column  to pull down the other exercise information.

10. Video sound in this mode supports 3.5mm wired headset and Bluetooth headset.

7.2.6. Automatic program_PHYSICAL TEST Army physical fit test



Step.1 Choose the standards of the tests

1. Superior Physical Test	This program is based on the physical demands for U.S army, and the target is to finish 3.6km (2.24mile) and the system will do assessment according to the exercise time.
2. Extreme Physical Test	This program is based on the physical demands for U.S navy, and the target is to finish 2.4km (1.5mile) and the system will do assessment according to the exercise time.
3. Endurance Physical Test	This program is based on the physical demands for U.S Marine Corps, and the target is to finish 4.8km (3.0mile) and the system will do assessment according to the exercise time.
4. Physical Efficiency Battery	This program is based on the physical demands for Federal law enforcement training center, and the target is to finish 2.4km (1.5mile) and the system will do assessment according to the exercise time.
5. Gerkin Protocol	High intensity endurance test is to test whether the soldier is qualified for fire fight for IAFF, the more stage you finish, the higher score you get.
6. (IPPT)	The target is 2.4 km running. This target means to test whether we conform to the standards about the power and angiocardy health for the Singapore army.

Step.2 set personal information

1. gender	Preset is male, set between male or female
2. age	Preset is 30-year-old, set range 13-80
3. weight	Preset is 70 kg, set range 23-193 kg

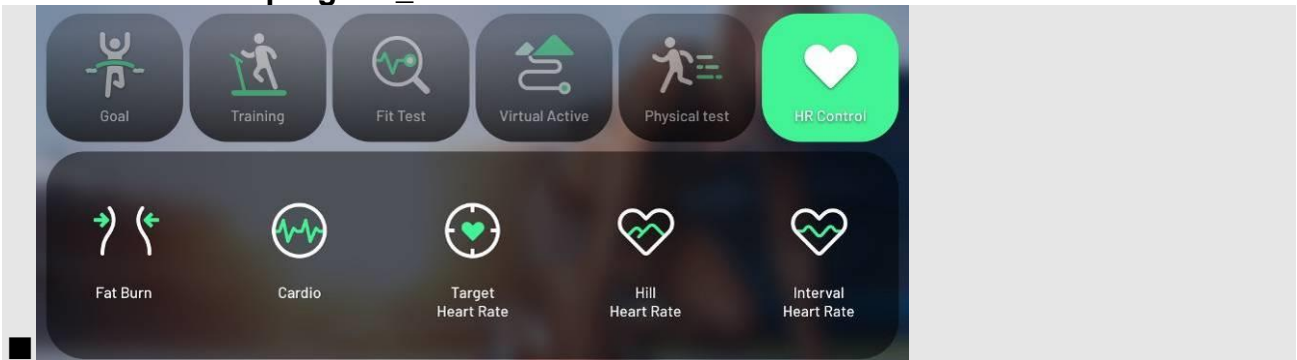
Step.3 After setting, press start key to enter into exercise page.

- (1) Except for Gerkin Protocol in which the target is based on whether the tester can endure high intensity exercise within 20 minutes. Other army physical tests' target is based on whether the tester can finish the distance in least time.
- (2) After entering into program, there will be 3-minute warm up, and except for Gerkin Protocol, the speed is 4.8kph(3.0mph), and incline is 0.0%, and the speed for other tests is 0.8kph(0.5mph) and the incline is 0.0%.
- (3) The user cannot skip the warm up in Gerkin Protoco, when you press Stop key, the exercise will end. But in other tests, you can press Skip key to skip warm up.
- (4) After warm up, the physical test begins, the original speed of Gerkin Protoco is 7.2kph(4.5mph), and other tests are 3.0kph(1.9mph).
- (5) During the physical test, the speed and incline in Gerkin Protocol is changed by the computer according to the chart (Please check the appendix) and the manual adjustment is invalid.

While other army tests are manual adjustment of speed and incline.

- (6) During the program, the pause function in Gerkin Protocol is invalid, while other tests are valid.
- (7) Except for Gerkin Protocol, other tests should finish the target distance to finish test. If press Stop or cool down key before the distance has become zero, the test is suspended and the test result is Much to do or the lowest score.
- (8) Except for Gerkin Protocol, other tests should finish the target distance to finish test. If press Stop or cool down key before the distance has become zero, the test is suspended and the test result is Much to do or the lowest score.
- (9) When the test target is finished, the system will enter into cool down program automatically. After cool down (or press skip key), the page will show the exercise process and the score and level of the test. The score is based on the age section and gender. According to the finishing time, the system will compare with the army test standard chart (Please check the appendix) and generate the score among 0-100, and the levels Poor \ Fair \ Good \ Excellent \ Superior and so on.

7.2.7. Automatic program_Heartbeat control



Train the intensity of the body according to the different intensity of the heartbeat.

During the program, the breast sensor should be worn, and the computer console should receive the heart beat signal, otherwise the program cannot be executed.

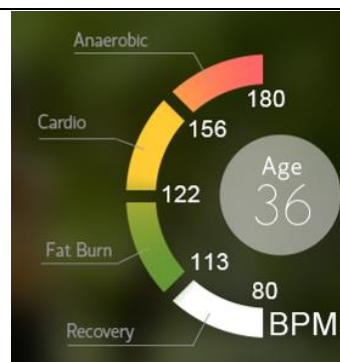
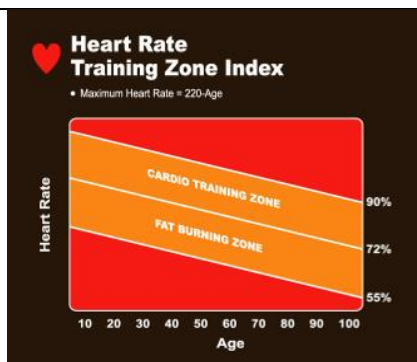
Step.1 choose heartbeat training targets

1. Fat Burn	1-1 Low intensity heartbeat exercise program, mainly for title 1-2 During the exercise time, the heart rate will be forced and controlled between two normal rates (60%~70%) according to the age of user.
2. Cardio	2-1 Severe heartbeat exercise program 2-2 During the exercise, force and control the real heartbeat to maintain between 65% and 85%.
3. Target Heart Rate	3-1 If the user wants to define the target heartbeat data by himself, the recommended data are shown in the below chart. The system will input 60% heartbeat section according to the age to calculate the default which means the set range.

Age	BPM			Age	BPM			Age	BPM			Age	BPM		
	H	default	L		H	default	L		H	default	L		H	default	L
13	197	124	124	31	180	113	113	49	162	103	103	67	145	92	92
14	196	124	124	32	179	113	113	50	162	102	102	68	144	91	91
15	195	123	123	33	178	112	112	51	161	101	101	69	143	91	91
16	194	122	122	34	177	112	112	52	160	101	101	70	143	90	90
17	193	122	122	35	176	111	111	53	159	100	100	71	142	90	89
18	192	121	121	36	175	110	110	54	158	100	100	72	141	90	89
19	191	121	121	37	174	110	110	55	157	99	99	73	140	90	88
20	190	120	120	38	173	109	109	56	156	98	98	74	139	90	88
21	189	119	119	39	172	109	109	57	155	98	98	75	138	90	87
22	188	119	119	40	171	108	108	58	154	97	97	76	137	90	86
23	187	118	118	41	170	107	107	59	153	97	97	77	136	90	86
24	186	118	118	42	169	107	107	60	152	96	96	78	135	90	85
25	185	117	117	43	168	106	106	61	151	95	95	79	134	90	85
26	184	116	116	44	167	106	106	62	150	95	95	80	133	90	84
27	183	116	116	45	166	105	105	63	149	94	94				
28	182	115	115	46	165	104	104	64	148	94	94				
29	181	115	115	47	164	104	104	65	147	93	93				
30	181	114	114	48	163	103	103	66	146	92	92				

3-2 Set range for target heartbeat data : 84~197bpm.

4. Hill Heart Rate	There are four target heartbeat ratio (level), three of them is 70% · 75% · 80%, other keeps 65% as the lowest limit.
5. Interval Heart Rate	There are two target heartbeat ratio (level) 65% and 80%. After finish one target, you can go on to finish the next heartbeat target.



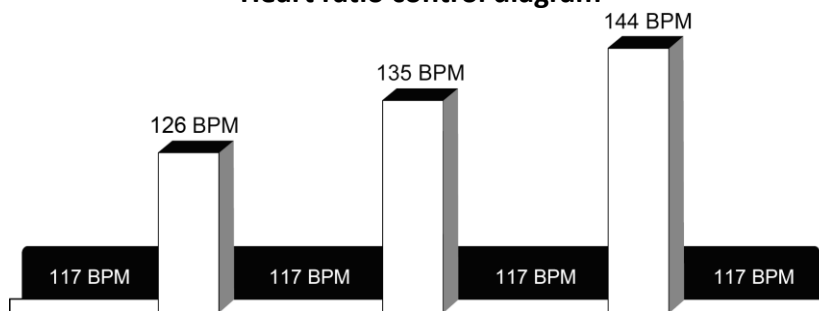
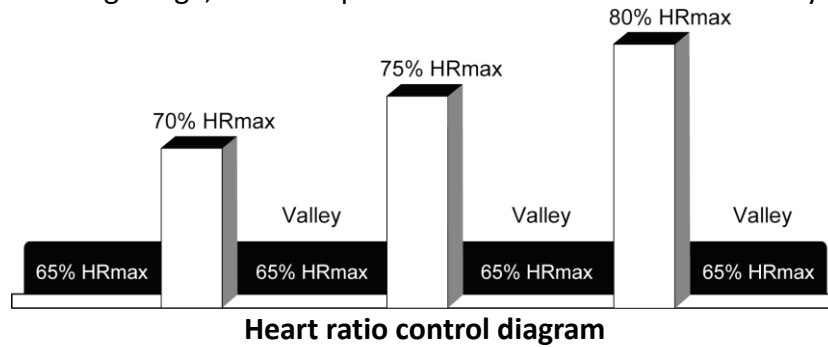
Step.2 set personal information

1. gender	Preset is male, set between male or female
2. age	Preset is 30-year-old, set range 13-80
3. weight	Preset is 70 kg, set range 23-193 kg
4. exercise time	Time target: 20 minutes, set range 20-99 minutes.

Step.3 after setting, press start key to enter into exercise page.

- (1) After into program, there will be 3-minutes warm-up, user can skip this process.
- (2) After the warm-up stage, the speed begins with preset data 3.0kph (1.9mph) and incline begins with 0.0%.
- (3) The system detects the heartbeat data once per 10 seconds, when the data is over or lower than the target heartbeat, the system will adjust the incline and speed of the machine to keep the heartbeat rate reach or as the target data.

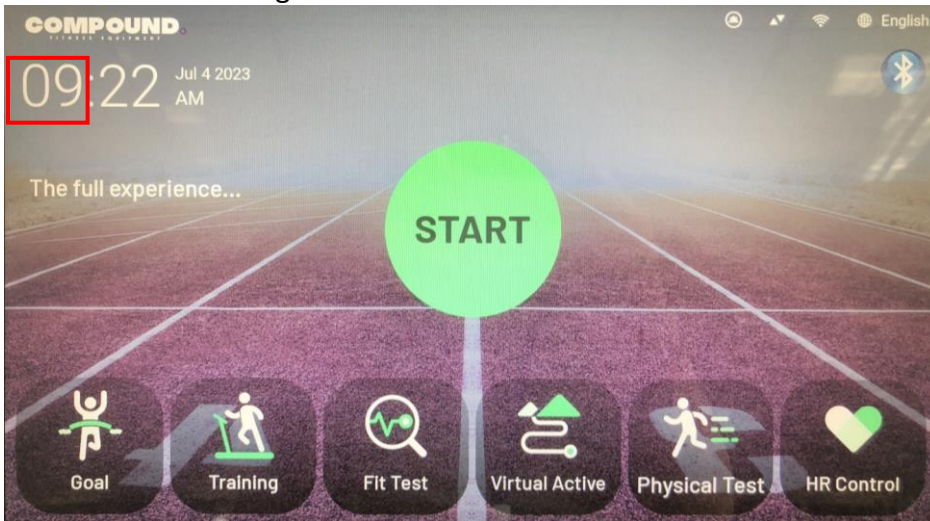
- (4) The increase and decrease scope for the computer console is 0.1%, when it accumulates to 1.0%, it will increase and decrease speed 1.0kph (0.6mph).
- (5) During the execution, the manual speed and incline is valid.
- (6) The program applies level stages (except for Fat burn HR and Cardio HR). The user increase and decrease the incline or speed by manual or automatic method to make the real heartbeat reach the target data. When user reaches the heartbeat of the first stage and keeps for 1 minute, it means the user has finished the first stage and the system will execute the next stage. The system will continue in this way for the following stages until the exercise time becomes zero. (As the following image, the example of the Hill Heart Rate for the 40-year-old user.)



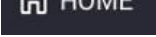
- (7) If the real heartbeat does not reach the target data and stroll between the previous and the next one, the system cannot execute the next stage.
- (8) The pause function is valid.
- (9) If the system cannot sense the heartbeat signal, it will show the reminding "NO PULSE". If no pulse signals for over 45 seconds, the program will end compulsorily.
- (10) When the exercise time becomes zero, the system will enter into 3-minute cool down program. During the program, the user can press Skip or Stop key to run end, and then the page will show the exercise process.

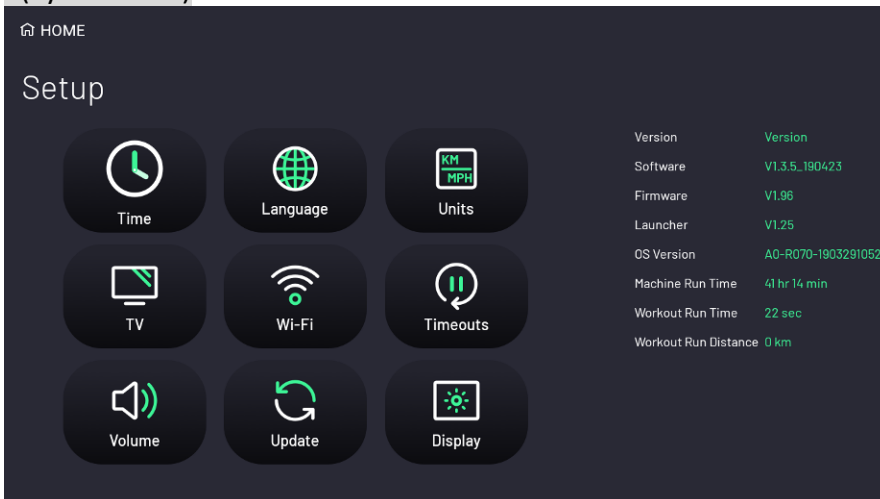
8. Program setting

enter and exit the engineer mode



Entrance: after start, at this page, press for 5~8 seconds in time area, the screen will flash one time to enter into the engineer mode.

Exit: at the engineer mode page, press the upper  key. (System info)



Machine Type : The machine type of the current setting.

Software : Version of the APP main program

Firmware : Version of the I/O software

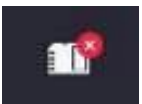
Launcher : Version of start program.

OS Version : Version of the core program for the Android system

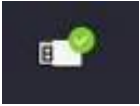
Machine Run Time : Accumulated usage time of the system

Workout Run Time : Accumulated exercise time of the machine.

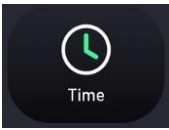
Workout Run Distance : Accumulated exercise distance of the machine.



: Represents the read status of the built-in Micro SD card.



: Represents the detection status of the portable disk on the USB port. (when inserting a software update drive)



Time setting

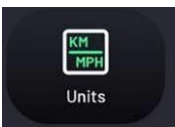
Choose the local section, the system will choose the internet GMT time of the local automatically. The time is system time, and will show in the standby page.

After setting of the time, please ensure the machine is connected with the internet; otherwise the time will be calculated by the timing battery in the main computer board. But the accuracy and stability of internet time are better than battery time.



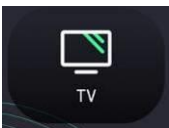
Language setting

Choose the language name and the system show the set language in the operation page each time when the machine turns on or turn down.

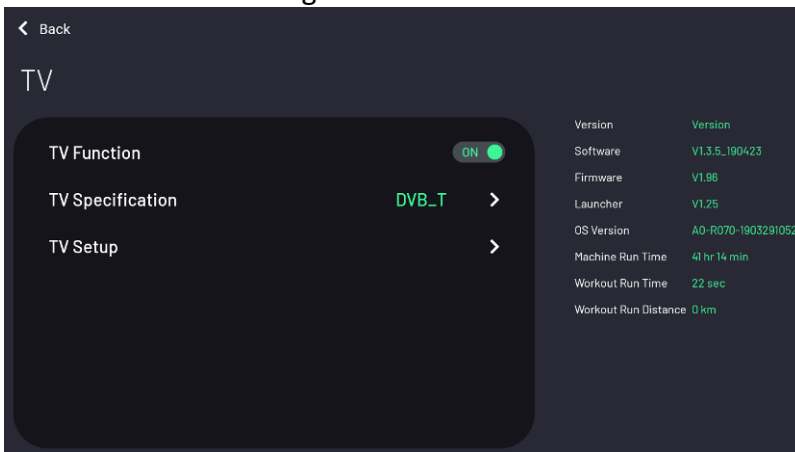


Units setting


Choose "Metric" to get metric unit; choose "Imperial" to get British unit. All the data in the system will show in the preset unit.



TV setting



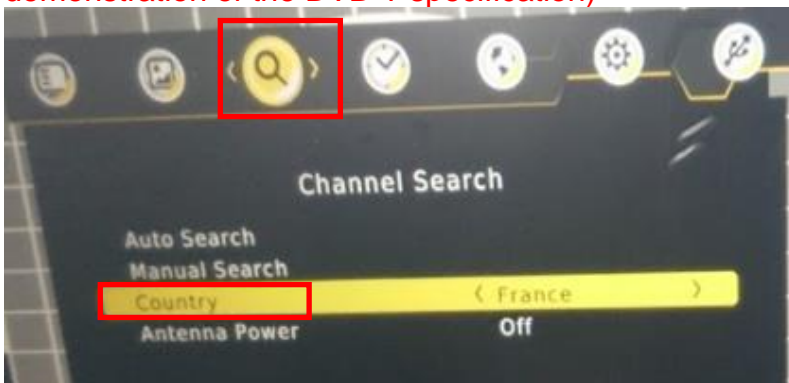
1. The user should do the TV setting for the first time; otherwise the TV cannot be used normally.
2. In "TV Function" choose "On", and then click "TV Specification" program to set the signal specification of the digital TV between European specification DVB-T or American specification ATSC. (Specifications not listed in the options are not supported by the system at the moment)

3. Click "TV Setup"  to enter into the TV function setting page.

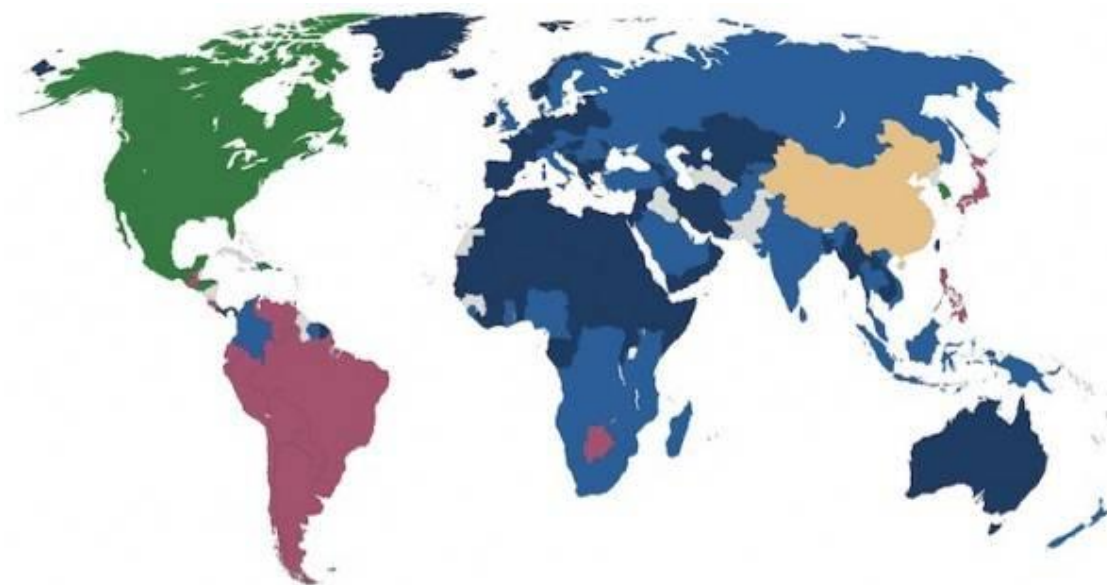


4. Press **Menu** on the right down, the page will show OSD setting screen. (If no OSD screen, it means the TV module has not been installed or the wire connection is abnormal.)

5. Press **◀ ▶** key, move cursor to "Channel Search" program. (The following is a demonstration of the DVB-T specification)

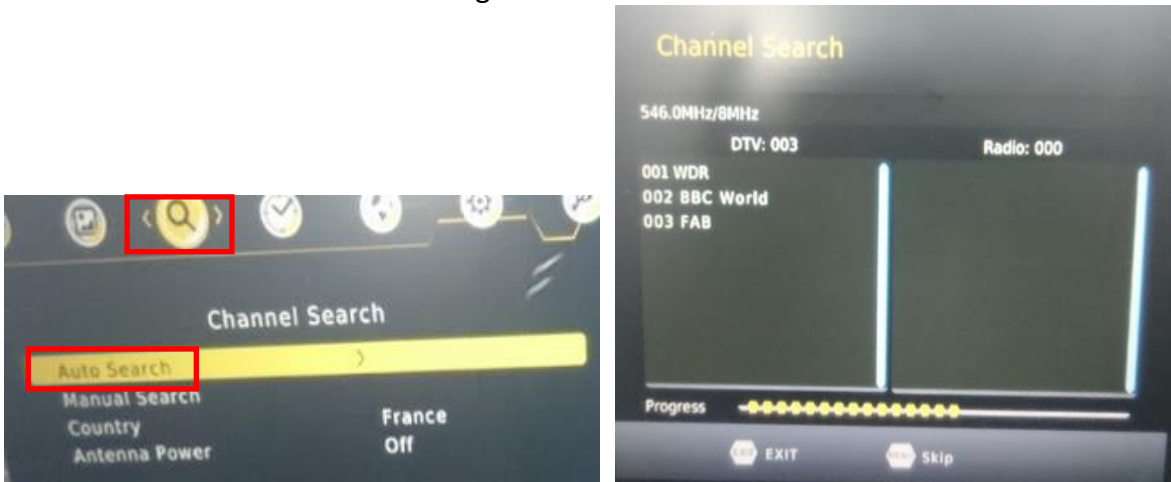


6. Press **▼ ▲** key, and then move cursor to "Country" and press **Enter** key. Choose the local country's name among the option list. (If not sure, please refer to the below chart or consult the TV signal business man or retailers by phone.)



7. Press **▼ ▲** key, and then move cursor to " Auto Search" and press **Enter** key

and then to search the TV channel signal.



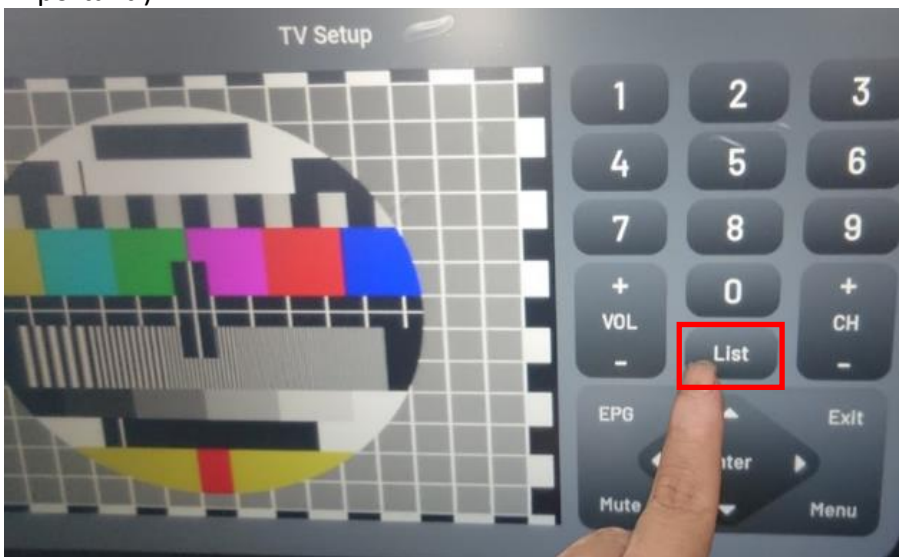
8. Please wait for the scan to 100%.

※ During the scanning process, the left screen will show the scanned channels' information.

※ If no one was scanned out, please check whether TV Cable has plugged into the terminal of TV Cable. Or check the setting content above is correct. After changing the setting data, please Scan.

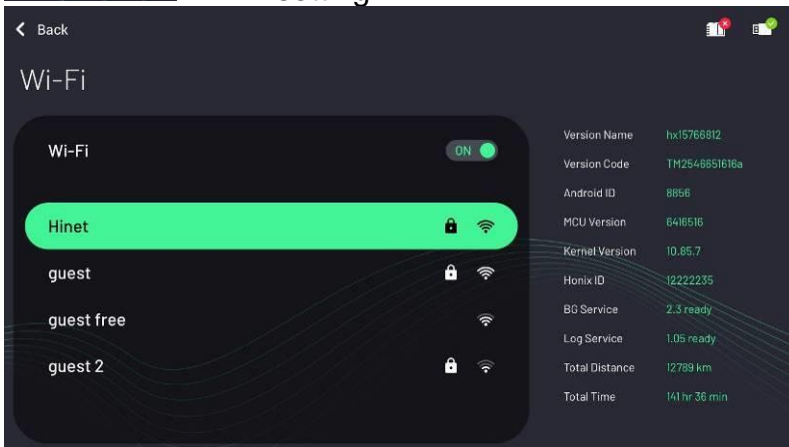
※ After the channels have been scanned, OSD screen will shut off automatically, and show the TV channel content at the center of the page.

9. Secondly, press "List" to make the scanned result into the TV channel LIST. (This step is pretty important.)



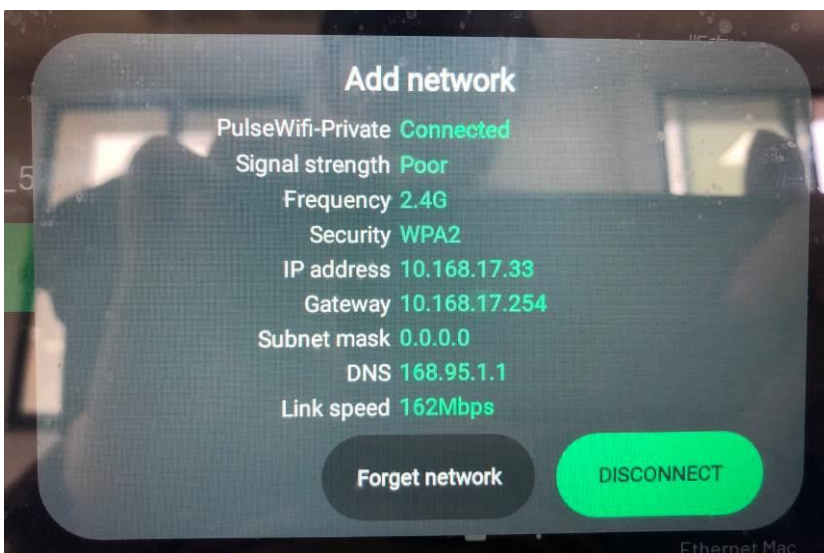


Wi-Fi setting



將 When the switch is set to ON, the system will display the detected Wi-Fi device (ID Name). The more cells the connection pattern is, the better the connection quality will be. Please select the target you want to connect to, enter the Wi-Fi password, press CONNECT button, wait for a few seconds, and wait patiently for the connection. When the connection fails or the desired Wi-Fi device is not found, please press the OFF switch first and then the ON switch again to re-detect the device.

- ❌ Support WiFi frequency of 2.4GHz and 5GHz.
- ❌ When the connection status is "Connected", click the connection ID name to display the details of the network signal, such as the frequency type of the source signal, the signal strength, the frequency speed... And other information, can also be wired memory elimination.



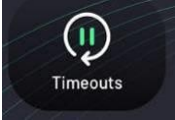
The electronic meter will remember the Wi-Fi device that has been connected. The next time you use it, as long as the Wi-Fi device is within 30 meters, it will automatically connect. There is no need to enter a password.

If you have a Wi-Fi signal source, please turn off the firewall and set the right to connect the

Wi-Fi IP to the external network. Otherwise, you will not be able to find the Wi-Fi device or connect to the website normally. If you have other problems, please contact your dealer.

※ For the Wi-Fi and Ethernet MAC addresses of each machine, please see the version information bar on the right.

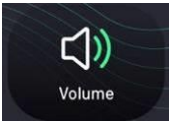
When the physical network route and the wireless network are connected to the machine at the same time, the network route predominates.



Timeouts

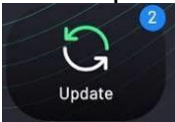
Pause timeout: preset is 240 seconds, and the set range is 1~600 seconds.

This time means the “pause” status during the exercise, if no operation for a period, it will end workout automatically and back to the standby mode.



Volume

Set the preset data of the volume, the preset is “middle”



Update

Update OS : Update Android bottom

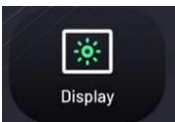
Update APP : Update main program of system

Update FW : Update system

Update Lanucher : Install start loading program

Update Logo : Change brand Logo icon, consult with the retailer about the details.

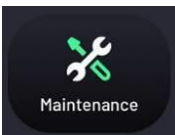
Update Welcome Text : Change the welcomes words under the standby mode, consult with the retailer about the details.



Display setting

Set the backlight luminance of the screen, the preset is 70%.

The following is the hidden setting programs of the engineer mode; please consult with the retailer about the details



Maintenance

Machine Type : Preset is “T22.2”, which is the Treadmill. (Do not change it randomly.)

Hide Settings (For other items not specified, please do not change, so as not to affect the normal factory Settings. If you need to set other hidden parameters, please contact the dealer)

Malfunction chart

error code	possible cause	Corrective Action	remark
No power for computer console	1. The power turn off	Turn on the power	
	2. The light for power is off	Check whether the socket has the power.	Check the Voltage(110/220V)
	3. no output of DC 12V current from DC Adaptor	Change to new Inverter .	
	4. malfunction for computer console	change computer console	
	5. energy-saving mode	press the WAKE button	
0x01	low voltage supply from transducer	Change: filter, choke, transducer	Check the Voltage(110/220V)
0x02	Malfunction for the heat sensor of the transducer	Change transducer	
0X04	Output current overload of the transducer	Change transducer	
0X06	Output current overload of the transducer	Change the brake electric resistance of the transducer.	
0X08	Abnormal loading of the inverter	Change transducer	
0X09	Overheat for the transducer	Change transducer	
0X0A	Overload of the motor/transducer	Change motor or transducer	
0X0A	Overload of transducer	Change transducer.	
0X0A	Overload of transducer system	Change transducer.	
0X0A	Inverter/ motor disconnection detection	Change motor or transducer	
0X0E	Inverter brake fault detection	Change the brake electric resistance of the transducer.	
0X23	nverter low voltage warning	Change: filter, choke, transducer	Check the Voltage(110/220V)
0X29	nverter high temperature	Replace the inverter	
0X41	Inverter communication is abnormal	Replace the inverter, control line, upper PCB	

9. Appendix I-physical fitness test standard chart for every army

SUPERIOR PHYSICAL TEST(ARMY PFT) - Fitness Charts

gender-male

age	26 and younger			27-36			37-41		
finish time range(minutes)	> 16:30	14:30 - 16:30	< 14:30	> 17:40	15:30 - 17:40	< 15:30	> 18:20	16:00 - 18:20	< 16:00
score	Poor	Good	Excellent	Poor	Good	Excellent	Poor	Good	Excellent

42-46			47 and older		
> 18:45	16:25 - 18:45	< 16:25	> 19:50	17:20 - 19:50	< 17:20
Poor	Good	Excellent	Poor	Good	Excellent

gender-female

age	26 and younger			27-36			37-41		
finish time range(minutes)	> 19:45	17:40 - 19:45	< 17:40	> 21:45	18:50 - 21:45	< 18:50	> 22:45	19:55 - 22:45	< 19:55
score	Poor	Good	Excellent	Poor	Good	Excellent	Poor	Good	Excellent

42-46			47 and older		
>23:45	20:35 - 23:45	< 20:35	> 24:20	21:45 - 24:20	< 21:45
Poor	Good	Excellent	Poor	Good	Excellent

EXTREME PHYSICAL TEST - Fitness Charts

Navy Fitness Test-Male												
Performance		Points	Age									
Category	Level		~19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
Superior	High	100	08:15	08:30	08:55	09:20	09:25	09:30	09:33	09:35	10:42	11:21
Superior	Medium	95	08:45	09:00	09:23	09:45	09:53	10:00	10:08	10:15	11:09	11:48
Superior	Low	90	09:00	09:15	09:38	10:00	10:08	10:15	10:30	10:45	11:25	12:04
Excellent	High	85	09:15	09:45	10:15	10:30	10:38	10:45	11:08	11:30	11:57	12:40
Excellent	Medium	80	09:30	10:00	10:30	11:00	11:08	11:15	11:38	12:00	12:29	13:16
Excellent	Low	75	09:45	10:30	10:52	11:15	11:23	11:45	12:08	12:30	13:12	13:53
Good	High	70	10:00	10:45	11:23	12:00	12:23	12:45	13:00	13:15	14:13	15:00
Good	Medium	65	10:30	11:30	12:15	13:00	13:23	13:45	14:08	14:30	15:14	16:07
Good	Low	60	11:00	12:00	12:53	13:45	14:08	14:30	14:53	15:15	16:15	17:14
Fair	High	55	12:00	12:45	13:23	14:00	14:23	14:45	15:15	15:45	16:33	17:47
Fair	Medium	50	12:15	13:15	13:45	14:15	14:45	15:15	15:45	16:15	16:51	18:20
Poor		45	12:30	13:30	14:00	14:30	15:00	15:30	16:08	12:45	17:09	18:52

Navy Fitness Test-Female												
Performance		Points	Age									
Category	Level		~19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
Superior	High	100	09:29	09:47	10:17	10:46	10:51	10:56	10:58	11:00	12:23	13:34
Superior	Medium	95	11:15	11:15	11:30	11:45	11:53	12:00	12:08	12:15	13:39	14:50
Superior	Low	90	11:30	11:30	11:45	12:00	12:08	12:15	12:30	12:45	13:57	15:08
Excellent	High	85	11:45	12:15	12:30	12:45	12:53	13:00	13:15	13:30	14:25	15:34
Excellent	Medium	80	12:00	12:45	13:00	13:15	13:23	13:30	13:45	14:00	14:53	16:00
Excellent	Low	75	12:30	13:15	13:23	13:30	13:45	14:00	14:08	14:15	15:20	16:25
Good	High	70	12:45	13:30	14:00	14:30	14:38	14:45	15:00	15:15	16:09	17:17
Good	Medium	65	13:00	13:45	14:30	15:15	15:30	15:45	15:53	16:00	16:58	18:06
Good	Low	60	13:30	14:15	14:53	15:30	15:53	16:15	16:30	16:45	17:48	18:51
Fair	High	55	14:15	15:00	15:23	15:45	16:15	16:45	16:53	17:00	18:03	19:08
Fair	Medium	50	14:45	15:15	15:45	16:15	16:38	17:00	13:45	17:15	18:18	19:25
Poor		45	15:00	15:30	16:08	16:45	17:00	17:15	14:15	17:30	18:34	19:43

ENDURANCE PHYSICAL TEST - Fitness Charts

Marine Corps Physical Fitness Test Points - Male			
Points	3-Mile Run		
100	18:00	50	26:20
99	18:10	49	26:30
98	18:20	48	26:40
97	18:30	47	26:50
96	18:40	46	27:00
95	18:50	45	27:10
94	19:00	44	27:20
93	19:10	43	27:30
92	19:20	42	27:40
91	19:30	41	27:50
90	19:40	40	28:00
89	19:50	39	28:10
88	20:00	38	28:20
87	20:10	37	28:30
86	20:20	36	28:40
85	20:30	35	28:50
84	20:40	34	29:00
83	20:50	33	29:10
82	21:00	32	29:20
81	21:10	31	29:30
80	21:20	30	29:40
79	21:30	29	29:50
78	21:40	28	30:00
77	21:50	27	30:10
76	22:00	26	30:20
75	22:10	25	30:30
74	22:20	24	30:40
73	22:30	23	30:50
72	22:40	22	31:00
71	22:50	21	31:10
70	23:00	20	31:20
69	23:10	19	31:30
68	23:20	18	31:40
67	23:30	17	31:50
66	23:40	16	32:00
65	23:50	15	32:10
64	24:00	14	32:20
63	24:10	13	32:30
62	24:20	12	32:40
61	24:30	11	32:50
60	24:40	10	33:00
59	24:50	9 x	
58	25:00	8 x	
57	25:10	7 x	
56	25:20	6 x	
55	25:30	5 x	
54	25:40	4 x	
53	25:50	3 x	
52	26:00	2 x	
51	26:10	1 x	

Performance	Points
Rank	
Superior	90~100
Excellent	75~89
Good	60~74
Fair	50~59
Poor	40~49
Very poor	10~39
Much to do	x

Marine Corps Physical Fitness Test Points - Female			
Points	3-Mile Run		
100	21:00	50	29:20
99	21:10	49	29:30
98	21:20	48	29:40
97	21:30	47	29:50
96	21:40	46	30:00
95	21:50	45	30:10
94	22:00	44	30:20
93	22:10	43	30:30
92	22:20	42	30:40
91	22:30	41	30:50
90	22:40	40	30:00
89	22:50	39	31:10
88	23:00	38	31:20
87	23:10	37	31:30
86	23:20	36	31:40
85	23:30	35	31:50
84	23:40	34	32:00
83	23:50	33	32:10
82	24:00	32	32:20
81	24:10	31	32:30
80	24:20	30	32:40
79	24:30	29	32:50
78	24:40	28	33:00
77	24:50	27	33:10
76	25:00	26	33:20
75	25:10	25	33:30
74	25:20	24	33:40
73	25:30	23	33:50
72	25:40	22	34:00
71	25:50	21	34:10
70	26:00	20	34:20
69	26:10	19	34:30
68	26:20	18	34:40
67	26:30	17	34:50
66	26:40	16	35:00
65	26:50	15	35:10
64	27:00	14	35:20
63	27:10	13	35:30
62	27:20	12	35:40
61	27:30	11	35:50
60	27:40	10	36:00
59	27:50	9 x	
58	28:00	8 x	
57	28:10	7 x	
56	28:20	6 x	
55	28:30	5 x	
54	28:40	4 x	
53	28:50	3 x	
52	29:00	2 x	
51	29:10	1 x	

Performance	Points
Rank	
Superior	90~100
Excellent	75~89
Good	60~74
Fair	50~59
Poor	40~49
Very poor	10~39
Much to do	x

PHYSICAL EFFICIENCY BATTERY - Fitness Charts

Physical Efficiency Battery Scores - (MALE)											
			24-	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
Score	Flexibility	%Body Weight Pushed	1.5 Mile Run								
95	24.25	158.7	9.28	9.34	9.48	10.01	10.27	11.15	12.03	12.48	12.43
90	23.3	146.4	9.56	10.04	10.22	10.37	11.12	11.59	12.57	13.34	13.57
85	22.7	138.9	10.17	10.25	10.47	11.03	11.44	12.38	13.35	14.18	14.55
80	22.2	133.3	10.34	10.43	11.07	11.29	12.1	13.08	14.08	14.57	15.15
75	21.7	127.3	10.49	11.01	11.25	11.5	12.4	13.31	14.31	15.42	15.57
70	21.25	122.4	11.04	11.17	11.42	12.12	13	13.58	14.55	16.09	16.24
65	21	118	11.19	11.3	11.58	12.31	13.26	14.24	15.23	16.3	16.58
60	20.5	113.4	11.33	11.45	12.15	12.5	13.48	14.52	15.47	16.54	17.22
55	20.2	109.6	11.47	12	12.32	13.08	14.12	15.17	16.07	17.24	17.52
50	19.9	106	12	12.16	12.5	13.3	14.34	15.37	16.33	17.43	18.14
45	19.4	102.6	12.16	13.32	13.09	13.5	14.56	16	16.55	18.04	18.44
40	18.95	99.4	12.32	12.5	13.3	14.14	15.2	16.22	17.16	18.28	19.19
35	18.7	95.8	12.5	13.09	13.51	14.4	15.44	16.5	17.42	19.07	19.39
30	18.2	92.26	13.1	13.31	14.16	15.08	16.12	17.18	18.17	19.4	20.02
25	17.6	88.45	13.33	13.58	14.45	15.38	16.38	17.5	18.5	20.08	20.33
20	17.1	84.8	14.01	14.28	15.18	16.1	17.15	18.25	19.2	20.5	21.12
15	16.25	80.4	14.38	15.07	16	16.51	17.59	19.03	19.56	21.25	22.08
10	15.25	75.42	15.28	15.59	16.55	17.42	19.06	19.58	21.02	22.35	23.11
5	14	68.2	16.55	17.22	18.13	19.18	20.39	21.5	22.45	24	24.14

Physical Efficiency Battery Scores - (FEMALE)									
			24-	25-29	30-34	35-39	40-44	45-49	50+
Score	Flexibility	%Body Weight Pushed	1.5 Mile Run						
95	25.75	83.3	11.36	11.45	11.59	12.19	12.95	14.09	15.22
90	24.75	75.8	12.25	12.03	12.57	13.25	14.32	15.32	16.39
85	24.3	70.9	12.59	13.04	13.39	14.03	15.03	16.21	17.36
80	23.7	67.5	13.3	13.32	14.21	14.44	15.52	16.43	18.39
75	23.25	65	13.54	14.02	14.52	15.14	16.27	17.09	19.12
70	23	63	14.21	14.03	15.21	15.42	16.54	17.34	19.28
65	22.55	60.91	14.43	14.56	15.46	16.21	17.17	18.21	19.45
60	22.15	59.3	15.05	15.19	16.11	16.43	17.36	18.45	20.5
55	21.9	57.7	15.28	15.46	16.38	17.1	18	19.04	20.27
50	21.45	56	15.48	16.07	17.05	17.38	18.18	19.18	20.51
45	21.2	54.5	16.13	16.32	17.31	18.06	18.45	19.38	21.16
40	20.75	52.6	16.35	16.55	17.55	18.32	19.1	19.57	22.08
35	20.5	51	17	17.22	18.05	19.03	19.35	20.26	22.36
30	20.05	49.5	17.23	17.54	18.19	19.4	20	20.52	23.02
25	19.5	47.8	17.48	18.23	19.19	20.1	20.3	21.09	23.09
20	19	46.2	18.25	18.58	19.53	20.47	21.2	21.57	23.8
15	18.4	43.8	19.07	19.41	20.41	21.27	22.03	22.28	24.42
10	17.6	40.7	20.01	20.36	21.51	22.27	23.11	23.48	26.26
5	16.25	37.2	21.42	22.15	23.28	24.03	25.15	25	28.06

Performance Rank	Points
Superior	90~100
Excellent	75~89
Good	60~74
Fair	50~59
Poor	40~49
Very poor	10~39
Much to do	x

IPPT - Fitness Charts

For Man:

2.4km Scoring Table for Servicemen.

Age Cat Age Group Time (≤)	<22 1	22-24 2	25-27 3	28-30 4	31-33 5	34-36 6	37-39 7	40-42 8	43-45 9	46-48 10	49-51 11	52-54 12	55-57 13	58-60 14
	Total Score													
8:30	50													
8:40	49	50												
8:50	48	49	50											
9:00	47	48	49											
9:10	46	47	48	50										
9:20	45	46	47	49	50									
9:30	44	45	46	48	49	50								
9:40	43	44	45	47	48	49	50							
9:50	42	43	44	46	47	48	49	50						
10:00	41	42	43	45	46	47	48	49	50					
10:10	40	41	42	44	45	46	47	48	49	50				
10:20	39	40	41	43	44	45	46	47	48	49	50			
10:30	38	39	40	42	43	44	45	46	47	48	49	50		
10:40	38	38	39	41	42	43	44	45	46	47	48	49	50	
10:50	37	38	38	40	41	42	43	44	45	46	47	48	49	50
11:00	37	37	38	39	40	41	42	43	44	45	46	47	48	49
11:10	36	37	37	38	39	40	41	42	43	44	45	46	47	48
11:20	36	36	37	38	38	39	40	41	42	43	44	45	46	47
11:30	35	36	36	37	38	38	39	40	41	42	43	44	45	46
11:40	35	35	36	37	37	38	38	39	40	41	42	43	44	45
11:50	34	35	35	36	37	37	38	38	39	40	41	42	43	44
12:00	33	34	35	36	36	37	37	38	38	39	40	41	42	43
12:10	32	33	34	35	36	36	37	37	38	38	39	40	41	42
12:20	31	32	33	35	35	36	36	37	37	38	38	39	40	41
12:30	30	31	32	34	35	35	36	36	37	37	38	38	39	40
12:40	29	30	31	33	34	35	35	36	36	37	37	38	38	39
12:50	28	29	30	32	33	34	35	35	36	36	37	37	38	38
13:00	27	28	29	31	32	33	34	35	35	36	36	37	37	38
13:10	26	27	28	30	31	32	33	34	35	35	36	36	37	37
13:20	25	26	27	29	30	31	32	33	34	35	35	36	36	37
13:30	24	25	26	28	29	30	31	32	33	34	35	35	36	36
13:40	23	24	25	27	28	29	30	31	32	33	34	35	35	36
13:50	22	23	24	26	27	28	29	30	31	32	33	34	35	35
14:00	21	22	23	25	26	27	28	29	30	31	32	33	34	35
14:10	20	21	22	24	25	26	27	28	29	30	31	32	33	34
14:20	19	20	21	23	24	25	26	27	28	29	30	31	32	33
14:30	18	19	20	22	23	24	25	26	27	28	29	30	31	32
14:40	16	18	19	21	22	23	24	25	26	27	28	29	30	31
14:50	14	16	18	20	21	22	23	24	25	26	27	28	29	30
15:00	12	14	16	19	20	21	22	23	24	25	26	27	28	29
15:10	10	12	14	18	19	20	21	22	23	24	25	26	27	28
15:20	8	10	12	16	18	19	20	21	22	23	24	25	26	27
15:30	6	8	10	14	16	18	19	20	21	22	23	24	25	26
15:40	4	6	8	12	14	16	18	19	20	21	22	23	24	25
15:50	2	4	6	10	12	14	16	18	19	20	21	22	23	24
16:00	1	2	4	8	10	12	14	16	18	19	20	21	22	23
16:10	0	1	2	6	8	10	12	14	16	18	19	20	21	22
16:20	0	0	1	4	6	8	10	12	14	16	18	19	20	21
16:30	0	0	0	2	4	6	8	10	12	14	16	18	19	20
16:40	0	0	0	1	2	4	6	8	10	12	14	16	18	19
16:50	0	0	0	0	1	2	4	6	8	10	12	14	16	18
17:00	0	0	0	0	0	1	2	4	6	8	10	12	14	16
17:10	0	0	0	0	0	0	1	2	4	6	8	10	12	14
17:20	0	0	0	0	0	0	0	1	2	4	6	8	10	12
17:30	0	0	0	0	0	0	0	0	1	2	4	6	8	10
17:40	0	0	0	0	0	0	0	0	0	1	2	4	6	8
17:50	0	0	0	0	0	0	0	0	0	0	1	2	4	6
18:00	0	0	0	0	0	0	0	0	0	0	0	1	2	4
18:10	0	0	0	0	0	0	0	0	0	0	0	0	1	2
18:20	0	0	0	0	0	0	0	0	0	0	0	0	0	1

For Woman:

2.4km Scoring Table for Servicewomen.

Age Cat	<22	22-24	25-27	28-30	31-33	34-36	37-39	40-42	43-45	46-48	49-51	52-54	55-57	58-60
Age Group	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Time	Total Score													
10:00	50													
10:10	49													
10:20	48	50												
10:30	47	49	50											
10:40	47	48	49	50										
10:50	46	47	48	49	50									
11:00	46	46	47	48	49	50								
11:10	45	46	46	47	48	49	50							
11:20	45	45	46	46	47	48	49	50						
11:30	44	45	45	46	46	47	48	49	50					
11:40	44	44	45	45	46	46	47	48	49	50				
11:50	43	44	44	45	45	46	46	47	48	49				
12:00	43	43	44	44	45	45	46	46	47	48				
12:10	42	43	43	44	44	45	45	46	46	47	50			
12:20	42	42	43	43	44	44	45	45	46	46	49	50		
12:30	41	42	42	43	43	44	44	45	45	46	48	49		
12:40	41	41	42	42	43	43	44	44	45	45	47	48	50	
12:50	39	41	41	42	42	43	43	44	44	45	46	47	49	
13:00	39	39	41	41	42	42	43	43	44	44	45	46	48	50
13:10	38	39	39	41	41	42	42	43	43	44	44	45	47	49
13:20	38	38	39	39	41	41	42	42	43	43	44	44	46	48
13:30	38	38	38	39	39	41	41	42	42	43	43	44	45	47
13:40	37	38	38	38	39	39	41	41	42	42	43	43	44	46
13:50	37	37	38	38	38	39	39	41	41	42	42	43	43	45
14:00	37	37	37	38	38	38	39	39	41	41	42	42	43	44
14:10	36	37	37	37	38	38	38	39	39	41	41	42	42	43
14:20	36	36	37	37	37	38	38	38	39	39	41	41	42	42
14:30	36	36	36	37	37	37	38	38	38	39	39	41	41	42
14:40	35	36	36	36	37	37	37	38	38	38	39	39	41	41
14:50	35	35	36	36	36	37	37	37	38	38	38	39	39	41
15:00	35	35	35	36	36	36	37	37	37	38	38	38	39	39
15:10	34	35	35	35	36	36	36	37	37	37	38	38	38	39
15:20	34	34	35	35	35	36	36	36	37	37	37	38	38	38
15:30	33	34	34	35	35	35	36	36	36	37	37	37	38	38
15:40	33	33	34	34	35	35	35	36	36	36	37	37	37	38
15:50	32	33	33	34	34	35	35	35	36	36	36	37	37	37
16:00	32	32	33	33	34	34	35	35	35	36	36	36	37	37
16:10	31	32	32	33	33	34	34	35	35	35	36	36	36	37
16:20	31	31	32	32	33	33	34	34	35	35	35	36	36	36
16:30	30	31	31	32	32	33	33	34	34	35	35	35	36	36
16:40	30	30	31	31	32	32	33	33	34	34	35	35	35	36
16:50	29	30	30	31	31	32	32	33	33	34	34	35	35	35
17:00	28	29	30	30	31	31	32	32	33	33	34	34	35	35
17:10	27	28	29	30	30	31	31	32	32	33	33	34	34	35
17:20	26	27	28	29	30	30	31	31	32	32	33	33	34	34
17:30	25	26	27	28	29	30	30	31	31	32	32	33	33	34
17:40	24	25	26	27	28	29	30	30	31	31	32	32	33	33
17:50	23	24	25	26	27	28	29	30	30	31	31	32	32	33
18:00	22	23	24	25	26	27	28	29	30	30	31	31	32	32
18:10	21	22	23	24	25	26	27	28	29	30	30	31	31	32
18:20	20	21	22	23	24	25	26	27	28	29	30	30	31	31
18:30	18	20	21	22	23	24	25	26	27	28	29	30	30	31
18:40	16	18	20	21	22	23	24	25	26	27	28	29	30	30
18:50	14	16	18	20	21	22	23	24	25	26	27	28	29	30
19:00	12	14	16	18	20	21	22	23	24	25	26	27	28	29
19:10	10	12	14	16	18	20	21	22	23	24	25	26	27	28
19:20	8	10	12	14	16	18	20	21	22	23	24	25	26	27
19:30	6	8	10	12	14	16	18	20	21	22	23	24	25	26

19:40	4	6	8	10	12	14	16	18	20	21	22	23	24	25
19:50	2	4	6	8	10	12	14	16	18	20	21	22	23	24
20:00	1	2	4	6	8	10	12	14	16	18	20	21	22	23
20:10	0	1	2	4	6	8	10	12	14	16	18	20	21	22
20:20	0	0	1	2	4	6	8	10	12	14	16	18	20	21
20:30	0	0	0	1	2	4	6	8	10	12	14	16	18	20
20:40	0	0	0	0	1	2	4	6	8	10	12	14	16	18
20:50	0	0	0	0	0	1	2	4	6	8	10	12	14	16
21:00	0	0	0	0	0	0	1	2	4	6	8	10	12	14
21:10	0	0	0	0	0	0	0	1	2	4	6	8	10	12
21:20	0	0	0	0	0	0	0	0	1	2	4	6	8	10
21:30	0	0	0	0	0	0	0	0	0	1	2	4	6	8
21:40	0	0	0	0	0	0	0	0	0	0	1	2	4	6
21:50	0	0	0	0	0	0	0	0	0	0	0	1	2	4
22:00	0	0	0	0	0	0	0	0	0	0	0	0	1	2
22:10	0	0	0	0	0	0	0	0	0	0	0	0	0	1

Gerkin Protocol- Fitness Charts

Male VO2 MAX (values in ml/kg/min)

age	much to do	poor	fair	good	excellent	superior
~19	<35.0	35.0 - 38.3	38.4 - 45.1	45.2 - 50.9	51.0 - 55.9	>55.9
20-29	<33.0	33.0 - 36.4	36.5 - 42.4	42.5 - 46.4	46.5 - 52.4	>52.4
30-39	<31.5	31.5 - 35.4	35.5 - 40.9	41.0 - 44.9	45.0 - 49.4	>49.4
40-49	<30.2	30.2 - 33.5	33.6 - 38.9	39.0 - 43.7	43.8 - 48.0	>48.0
50-59	<26.1	26.1 - 30.9	31.0 - 35.7	35.8 - 40.9	41.0 - 45.3	>45.3
60+	<20.5	20.5 - 26.0	26.1 - 32.2	32.3 - 36.4	36.5 - 44.2	>44.2

Female -VO2 MAX (values in ml/kg/min)

age	much to do	poor	fair	good	excellent	superior
~19	<25.0	25.0 - 30.9	31.0 - 34.9	35.0 - 38.9	39.0 - 41.9	>41.9
20-29	<23.6	23.6 - 28.9	29.0 - 32.9	33.0 - 36.9	37.0 - 41.0	>41.0
30-39	<22.8	22.8 - 26.9	27.0 - 31.4	31.5 - 35.6	35.7 - 40.0	>40.0
40-49	<21.0	21.0 - 24.4	24.5 - 28.9	29.0 - 32.8	32.9 - 36.9	>36.9
50-59	<20.2	20.2 - 22.7	22.8 - 26.9	27.0 - 31.4	31.5 - 35.7	>35.7
60+	<17.5	17.5 - 20.1	20.2 - 24.4	24.5 - 30.2	30.3 - 31.4	>31.4

The standard for the Gerkin test is the exercise intensity change in 20 minutes, and when the time change, the intensity will be higher and higher (including the increase of the speed and incline), instead of the distance. When the exercise intensity is higher, the demand of the oxygen is higher, and the VO2 is the reference data for the test to check which stage you can tolerate continually with stop. So, during the exercise, the pause function is invalid, when you cannot tolerate any more, press STOP key at any time. And the system will check your body level basing on the stage you finished. If you finish all the stages within 20 minutes, the level will be the Superior.

10.22 series _TFT model _ Bluetooth output sound function description

Introduction:

- (1) This product uses Bluetooth pairing method to output the multimedia sound of electronic watch to the Bluetooth headset (or speaker) on the user side.
- (2) The Bluetooth output function of this product varies slightly depending on the year of shipment:
 - A. Machines shipped before 2022/1/1: Only support background music in Virtual Active mode, Quick Start and WEB VIEW mode sound in program-controlled mode.
 - B. Machines shipped after 2022/1/1: Support background music in Virtual Active mode, Quick Start, programmable mode, all multimedia modes (DTV, SCREEN MIRROR, HDMI INPUT, WEB VIEWS) sound.

Functional Operation Description

HOW TO PAIR

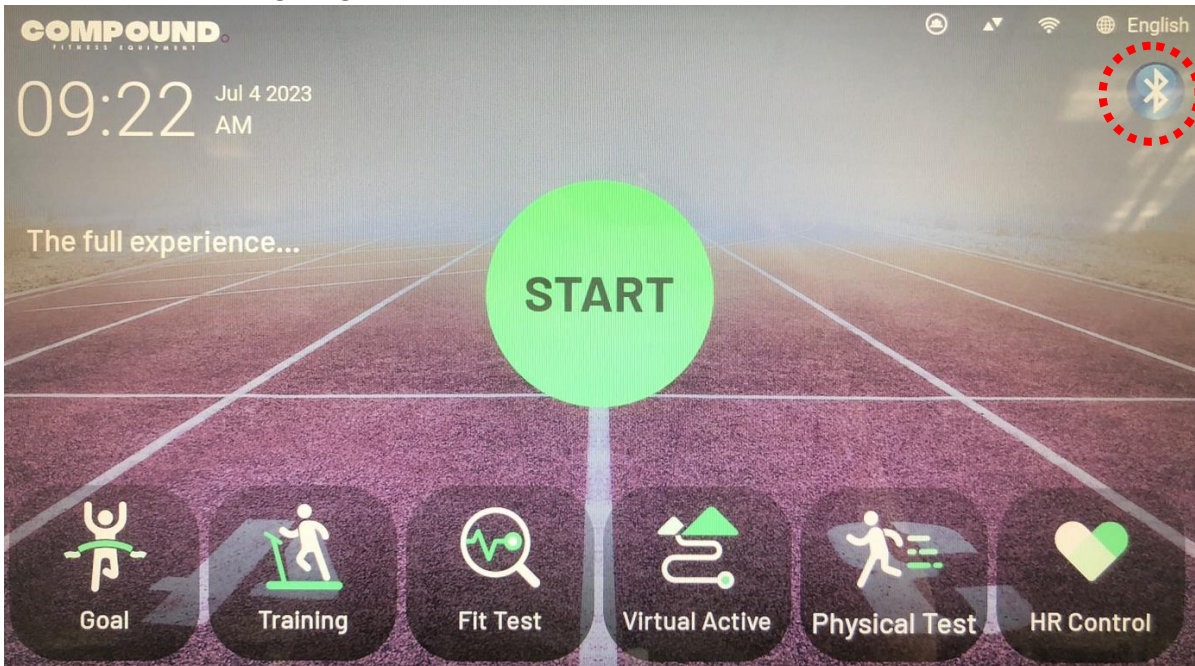
- ▲ 1-1 Take out your Bluetooth headset (or speaker) and check that it has enough power so that it doesn't run out of power and shut down in the middle of pairing, causing a pairing failure.
- ▲ 1-2 Power on your Bluetooth headset (or speaker)
- ▲ 1-3 Put your Bluetooth headset (or speaker) into Bluetooth pairing mode.
- ※ Usually, on the Bluetooth headset (or speaker), there will be a button with the Bluetooth symbol. After holding or pressing the button, the indicator light on the Bluetooth headset will show a state of rapid flashing.
- ※ This is just a sample of most of the ways, please use your Bluetooth headset (or speaker) instructions



▲ 1-4 In THE STANDBY MODE OF the electronic meter, press the "Bluetooth

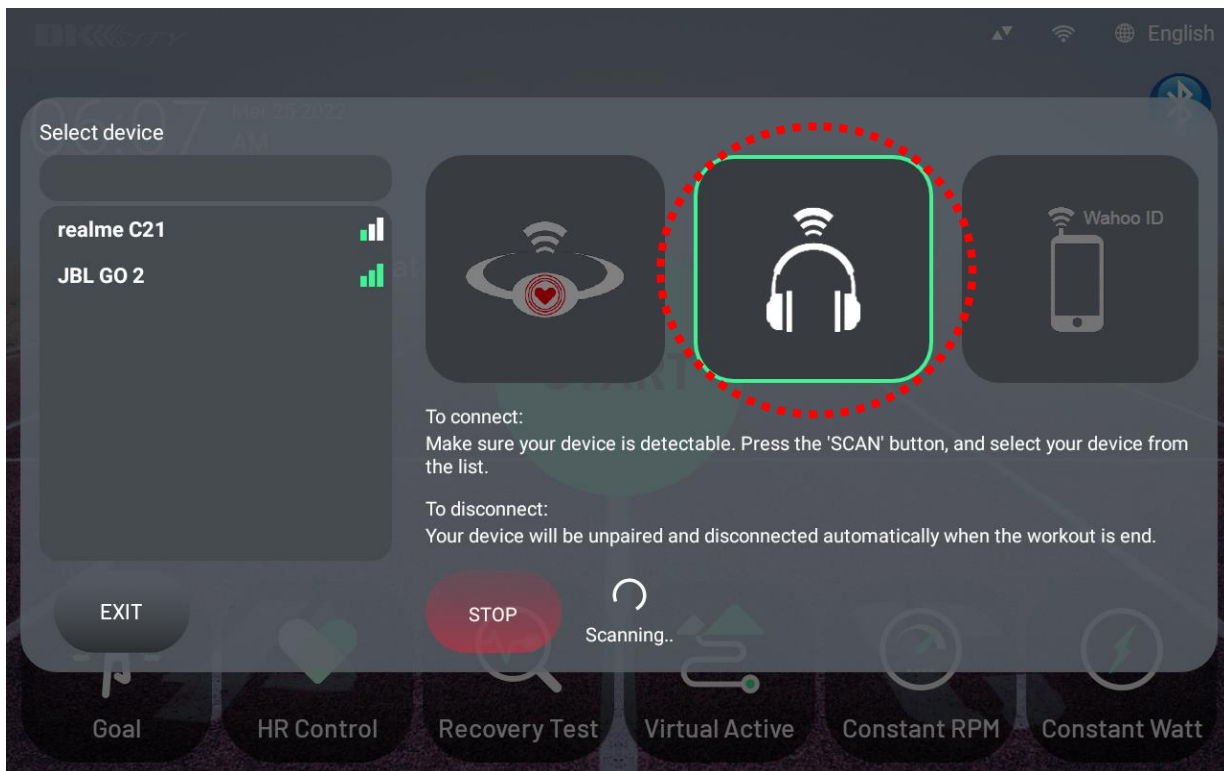


button" in the upper right corner of the screen to enter the Bluetooth device connection/pairing page.



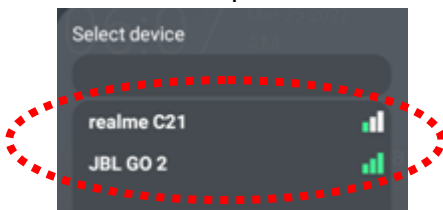
▲ 1-5 Select "Bluetooth Headset Design TAB"





▲ 1-6 Press the scan key below the screen of the electronic meter. The message next to the key will say "SCANNING", indicating that the machine is searching for a nearby Bluetooth headset (or speaker) to pair with.

▲ 1-7 When the list on the left side of the screen of the electronic meter all Bluetooth device IDs, Please click the name of your Bluetooth headset (or speaker), The machine will start to pair and connect with your Bluetooth device.



※What if there is no match?

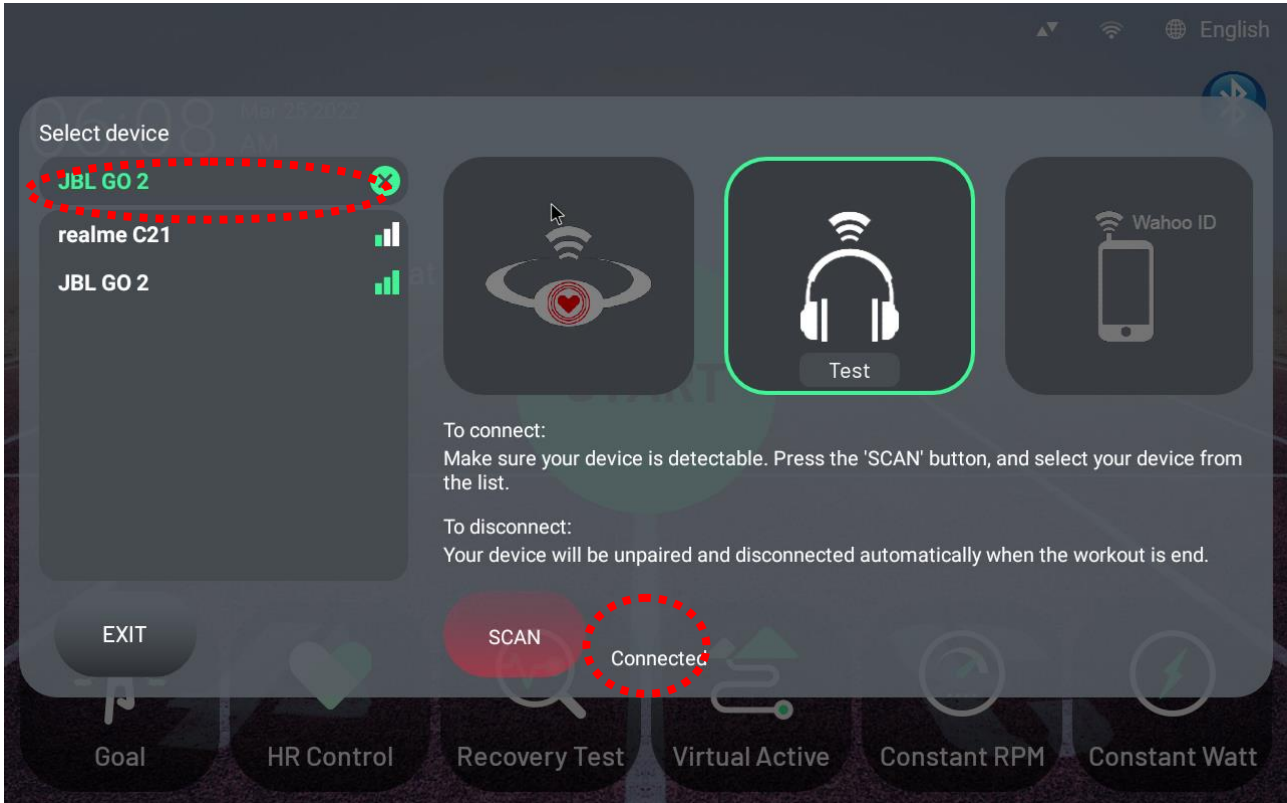
(1) Turn your Bluetooth headset (or speaker) back on. (It is recommended that the Bluetooth headset or speaker be fully charged)

(2) Put your Bluetooth headset (or speaker) back into the waiting state to pair/connect.

(3) Press the SCAN key on the screen again.

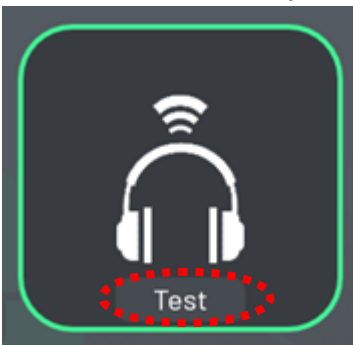
▲ 1-8 When the pairing is successful, the message "Connected" will be displayed on the right side of the SCAN key on the screen of the electronic meter. Meanwhile, the ID and name of the list on the upper left will also change into green font. The indicator light of your Bluetooth headset (or speaker) will also change & have a

prompt tone, so that you can judge whether the connection is successful.



SOUND OUTPUT AND RECEPTION CHECK

▲ Press the "test key" below the Bluetooth headset pattern on the screen of the electronic meter to check whether your Bluetooth headset (or speaker) can hear the test tone emitted by the system.



- ▲ If you can hear a test tone, it means that the device and your Bluetooth headset (or speaker), the connection and transceiver function are normal
- ▲ If you can't hear a test tone, perform Step 1-1 to 1-8 again, or enter the motion mode to check the multimedia sound.