

Fan Resistance Exercise Air Bike - Interval



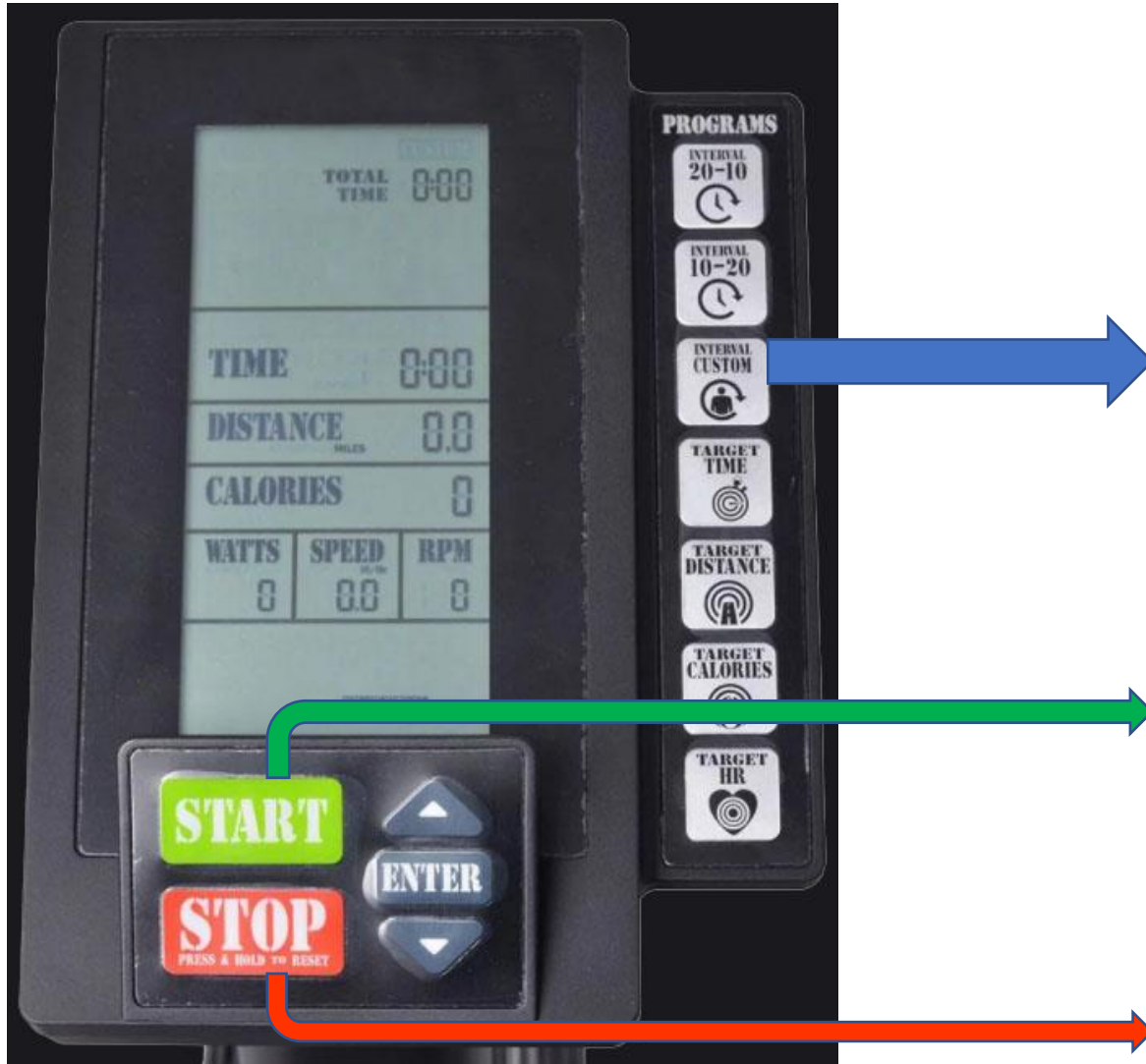
20 seconds work and 10 seconds rest
10 seconds work and 20 seconds rest
Exercise will be ready in 3 seconds

Choose either program

Press START Key to Get Ready for Exercise

Press STOP Key to stop or RESET Exercise

Fan Resistance Exercise Air Bike – Interval Custom



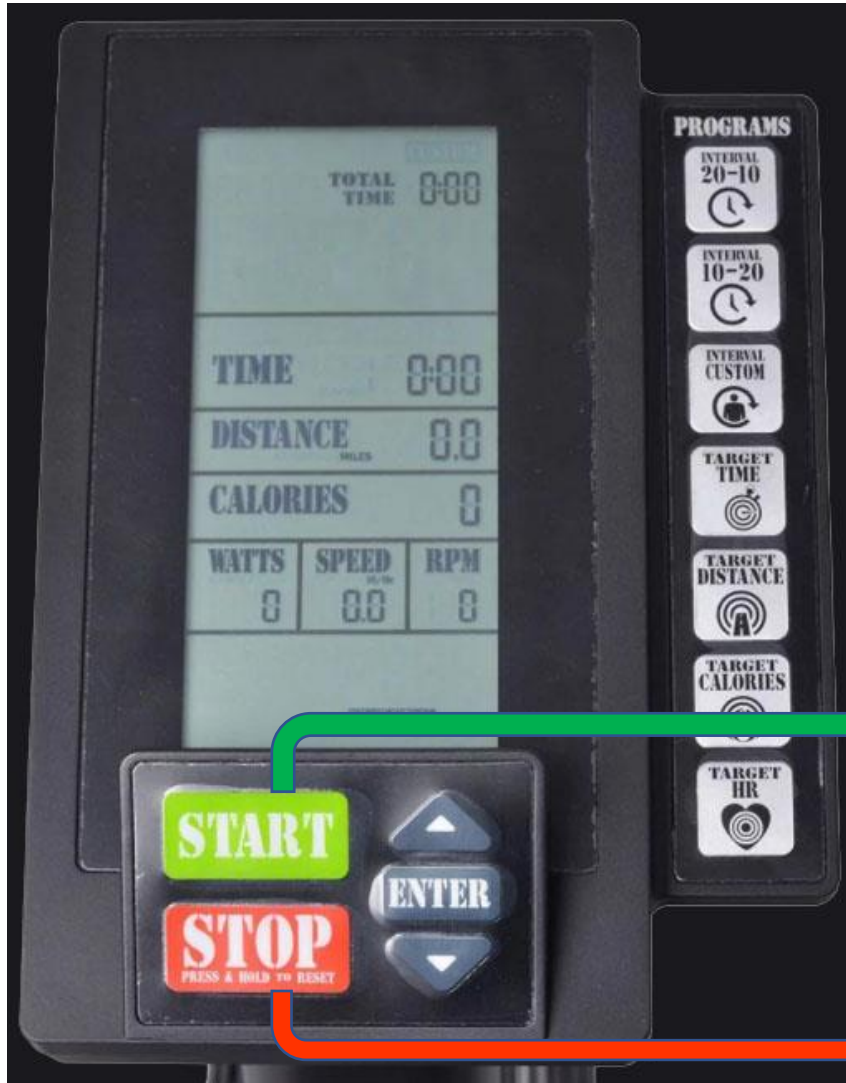
Select how many rounds to work for
Adjust numbers with up ▲ and down ▼
Press ENTER to move on next step
Select how long to rest
Press ENTER to confirm program
Adjust numbers with up ▲ and down ▼
Exercise will be ready in 3 seconds



Press START Key to Get Ready for Exercise

Press STOP Key to stop or RESET Exercise

Fan Resistance Exercise Air Bike – Target Setting



Choose the target to work for
Select program by pressing TARGET button
Adjust numbers with up ▲ and down ▼
Press ENTER to confirm program
Exercise will be ready in 3 seconds



Press START Key to Get Ready for Exercise

Press STOP Key to stop or RESET Exercise