INSTRUCTION GUIDE

VENTUS 3 MONITOR

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The contents of this manual are subject to change without notice to improve quality.

CONTENTS

SAFETY PRECAUTIONS

The monitor on this machine has been tested to the required standards, each of those passed regulations are shown via the following symbols:

WEEE - Waste Electrical and Electronic Equipment Recycling.

CE - The product conforms with relevant EU directives regarding health and safety or environmental protection.

ROHS - This is an abbreviation for "Restriction of (the use of certain) Hazardous Substances in electrical and electronic Equipment".

WEEE Symbol	EU Compliance Symbol	ROHS Symbol

CLEANING

Please take care when cleaning this monitor as the LCD screen can easily be scratched.

You will need a soft dry cloth

Do not spray cleaning chemicals directly onto the monitor

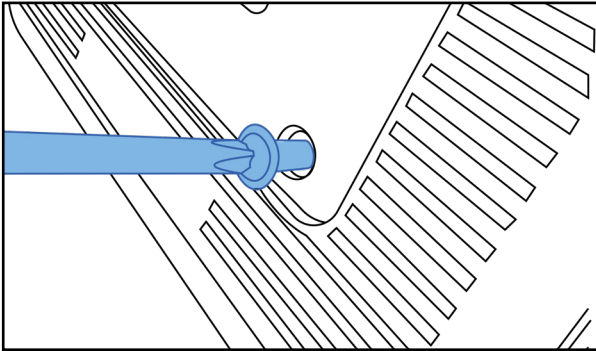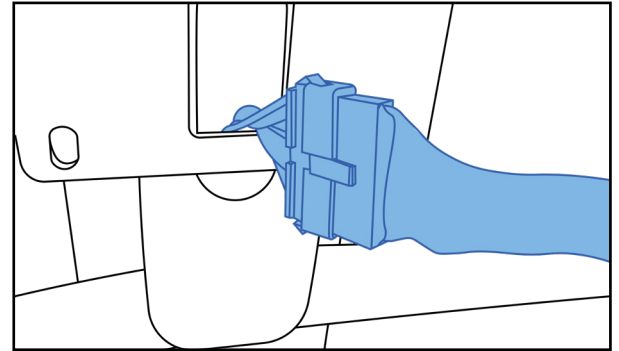Do not apply water to the monitor as it is electrical and may damage the internal components
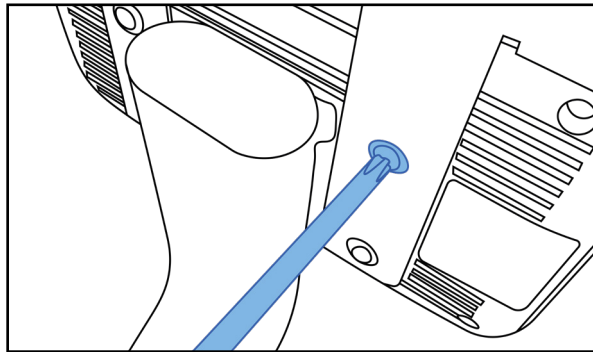
INSTALLATION

STEP 1

Remove the four screws already in the back of the monitor.

STEP 2

Connect the male to female wire from the frame arm to the monitor.

STEP 3

Secure the monitor to the frame arm using the four screws removed previously. Make sure the device stand is slotted behind the monitor.

OPERATION

The Ventus 3 monitor has a total of 9 readouts, displaying:

| Time | Time 500m | Distance | Strokes | Strokes Per Minute | Pulse | Total Strokes |
| Watts | Calories | | | | | |

Plug in the power supply and the monitor will display every segment on the screen for 2 seconds.

MANUAL MODE - PROGRAM 1

- Press the "START/STOP" key then begin your workout to begin a manual mode and see all of your data, or press the "ENTER" key to enter the setting mode.
- In setting status, press the "ENTER" key to choose setting items with the relevant flashing windows for TIME, DISTANCE, CALORIE, STROKES and AGE.
- Press the "UP" or "DOWN" keys to change the digits and press the "ENTER" key to move to the next item.
- Automatically exits the setting status when all operations are complete, or press the "START/STOP" key in the setting status to start a workout directly.
- The magnetic resistance can be adjusted using the "UP" or "DOWN" keys during your manual workout.
- If TIME, DISTANCE, CALORIES or STROKES have been set, then the corresponding value will count down to 0, the program will STOP after this.
- Press the "START/STOP" key to STOP the program during your workout.

PROGRAM MODE - PROGRAMS 2-12

- Press the "UP" key to scan through the selection of programs between 2-12. At the bottom of the screen the chart will show the pattern and intensity of each.
- Press the "START/STOP" key to begin a program.
- Throughout the program the magnetic resistance will automatically change while the monitor displays all your data. However, you can also manually change the resistance whilst in a program from level 1 to 16. The dots on the chart at the bottom of the monitor will change in height according to the resistance level.

BODYFAT - PROGRAM 13

- After exercising press the "UP" key to scan through the programs till you reach 13.
- Press the "ENTER" key to choose setting items with the relevant flashing windows for GENDER, HEIGHT, WEIGHT and AGE. Use the "UP" and "DOWN" keys to change the digits and press "ENTER" after each one.
- Press the "START/STOP" key to start the test and make sure the chest strap is attached. Then the display will show your body fat reading 8 seconds later.
- You should keep your body relaxed and your heart rate calm during this process.

B.M.I (BODY MASS INDEX)

Gender/Age	Underweight	Healthy	Slightly Overweight	Overweight	Obese
Male <30	< 14	14 - 20	20.1 - 25	25.1 - 35	> 35
Male >30	< 17	17 - 23	23.1 - 28	28.1 - 38	> 38
Female <30	< 17	17 - 24	24.1 - 30	30.1 - 40	> 40
Female >30	< 20	20 - 27	27.1 - 33	33.1 - 43	> 43

BODY FAT

Gender	Low	Medium	Slightly High	High
Male	<13%	13% - 25.9%	26% - 30%	>30%
Female	<23%	23% - 35.9%	36% - 40%	>40%

BODY TYPE

B1	B2	B3	B4	B5	B6	B7	B8	B9
Skinny	Thin	Slightly	Slim	Healthy	Slightly Overweight	Overweight	Obese	Obesity

WATTS - PROGRAM 14

- Press the "UP" key to scan through the programs till you reach 14.
- Press the "ENTER" key to choose setting items with the relevant flashing windows for TIME, DISTANCE, STROKES and WATT. Use the "UP" and "DOWN" keys to change the digits and press "ENTER" after each one.
- Press the "START/STOP" key to begin the program, the resistance will change automatically to maintain your set values. Alternatively, you can manually edit the resistance within this program using the "UP" and "DOWN" keys.
- Any set values e.g. distance will count down to 0 throughout the program, when completed the program will end.

HEART RATE MODE - PROGRAMS 15-18

- Press the "UP" key to scan through the programs till you reach between 15-18.
- Press the "ENTER" key to choose setting items with the relevant flashing windows for TIME, DISTANCE, CALORIE, STROKES and AGE. Use the "UP" and "DOWN" keys to change the digits and press "ENTER" after each one.
- To set a target heart rate this can only be done within program 18 following the same steps.
- Press the "START/STOP" key to begin the program, the resistance will change automatically to maintain your set values. Alternatively, you can manually edit the resistance within this program using the "UP" and "DOWN" keys.
- Any set values e.g. distance will count down to 0 throughout the program, when completed the program will end.
- Press the "START/STOP" key to stop the program at any time.

	TRAINING ZONE
AGE	MIN - MAX (BPM)
20	133 - 167
25	132 - 166
30	130 - 164
35	129 - 162
40	127 - 161
45	125 - 159
50	124 - 156
55	122 - 155
60	121 - 153
65	119 - 151
70	118 - 150
75	117 - 147
80	115 - 146
85	114 - 144

RESETTING YOUR MONITOR

Press and hold the 'RESET' button until all the digits come up and return to zero, the monitor will also beep.

USER MODE - PROGRAMS 19-22

• Press the "UP" key to scan through the programs till you reach between 19-22. You will be able to select from user 1-4.
• Press the "ENTER" key to choose setting items with the relevant flashing windows for TIME, DISTANCE, CALORIE, STROKES, AGE and RESISTANCE LEVEL. Use the "UP" and "DOWN" keys to change the digits and press "ENTER" after each one.
• Press the "START/STOP" key to begin the program, the resistance will change automatically to maintain your set values. Alternatively, you can manually edit the resistance within this program using the "UP" and "DOWN" keys.
• Any set values e.g. distance will count down to 0 throughout the program, when completed the program will end.

RECOVERY FUNCTION

• After exercising for a period of time, if you are wearing a chest strap press RECOVERY.
• All of the functions will stop displaying except for time, which will start counting down from 60 secs.
• The screen will display your heart rate recovery status from F1-F6.
• F1 being the best and F6 being the worst.
• The user may keep exercising to improve the heart rate recovery status.
• Press RECOVERY again to return to the main menu.

F1=1.0	BEST STATE
1.0 < F2 < 2.0	WELL
2.0 < F3 < 2.9	GOOD
3.0 < F4 < 3.9	ORDINARY
4.0 < F5 < 5.9	RELATIVELY POOR
F6=6.0	BAD

BLUETOOTH/KINOMAP APP

This monitor is equipped with Bluetooth which is designed to connect to the Kinomap app. The app can be downloaded from the App Store or from Google Play. Once connected the monitor will power off and all readings will be displayed within the app.

For more instructions on how to use the Kinomap app click the link below or scan the QR code:

Kinomap App Instructions

DATA READOUTS

Readout	Measurement
Time	Minutes : Seconds
Time 500m	Minutes : Seconds
Distance	Kilometres
Pulse	BPM (Beats Per Minute)
SPM	Strokes Per Minute

| TROUBLESHOOT

Issue	Resolutions
No power to the monitor	• Make sure the power cable is fully inserted into the back of the machine and the plug is pushed fully into the socket. • Check your connection wires from the monitor to the adjustable arm. They must not be trapped, fully connected and the pins must be straight.
No pulse reading	• Make sure if you are using a chest strap the sensor is clean and dry. • Do not have any lotion on. • Sweat can affect the reading. • Make sure it is placed in the centre of your chest over your diaphragm.

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