DISPLAY CONSOLE & OPERATIONS
TO TURN ON

Start Pedaling to activate the console.

The LCD display will lid up along with a long beep sound.

In 2 seconds, the console display changed to the initial setting mode (as shown below)

TO POWER OFF:

The console would automatically shut off after 30 seconds of inactivity.

NOTE: Low battery warning signal
HOW TO INSTALL AND REPLACE BATTERIES:

**Remove the Console Bracket (14):**
Loosen the **Screw, Round Head (M5x0.8x15mm)(83)** at the bottom on the **Console Bracket (14).**

**The Battery Door (16):**
Loosen the **Screw (M3x10mm)(79)** at the bottom on the **Console (13)** using the screw driver.

**Install and replace batteries:**
The **Console (13)** operates with four AA rechargeable batteries. (included)

- The machine is suitable for **Nickel-Metal Hybrid/Ni-MH** rechargeable batteries only.
## BUTTONS & FUNCTIONS

<table>
<thead>
<tr>
<th>Buttons</th>
<th>Functions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Press the button to select the desired mode –</strong></td>
</tr>
<tr>
<td>PROGRAM</td>
<td><strong>MANUAL</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Press the</strong> ENTER to confirm</td>
</tr>
<tr>
<td></td>
<td><strong>Use the UP or DOWN button to change the values of each</strong></td>
</tr>
<tr>
<td></td>
<td><strong>TIME</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Press the</strong> ENTER to confirm</td>
</tr>
<tr>
<td>UP/DOWN</td>
<td><strong>START/PAUSE button:</strong></td>
</tr>
<tr>
<td></td>
<td>1. Press to start a workout.</td>
</tr>
<tr>
<td></td>
<td>2. Press to pause the program.</td>
</tr>
<tr>
<td></td>
<td>3. Press the <strong>START/PAUSE</strong> button again to resume.</td>
</tr>
<tr>
<td></td>
<td><strong>Press and hold the button for FOUR SECONDS to RESET the monitor.</strong></td>
</tr>
</tbody>
</table>
### PROGRAMS

P1 to P12 are preset programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Graph</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>P1</td>
<td><img src="image1" alt="Graph" /></td>
<td>Control</td>
</tr>
<tr>
<td>P2</td>
<td><img src="image2" alt="Graph" /></td>
<td>Control</td>
</tr>
<tr>
<td>P3</td>
<td><img src="image3" alt="Graph" /></td>
<td>Control</td>
</tr>
<tr>
<td>P4</td>
<td><img src="image4" alt="Graph" /></td>
<td>Control</td>
</tr>
<tr>
<td>P5</td>
<td><img src="image5" alt="Graph" /></td>
<td>Control</td>
</tr>
<tr>
<td>P6</td>
<td><img src="image6" alt="Graph" /></td>
<td>Control</td>
</tr>
<tr>
<td>P7</td>
<td><img src="image7" alt="Graph" /></td>
<td>Control</td>
</tr>
<tr>
<td>P8</td>
<td><img src="image8" alt="Graph" /></td>
<td>Control</td>
</tr>
<tr>
<td>P9</td>
<td><img src="image9" alt="Graph" /></td>
<td>Control</td>
</tr>
<tr>
<td>P10</td>
<td><img src="image10" alt="Graph" /></td>
<td>Control</td>
</tr>
<tr>
<td>P11</td>
<td><img src="image11" alt="Graph" /></td>
<td>Control</td>
</tr>
<tr>
<td>P12</td>
<td><img src="image12" alt="Graph" /></td>
<td>Control</td>
</tr>
</tbody>
</table>
HOW TO USE IT

There are four ways to enter into MANUAL MODE as below:

1. POWER OFF STATUS (LCD diagram disappear on LCD window):

   a. Pedaling to activate the console.
   b. The activated LCD console lights up along with a long beep sound. LCD diagram appears as shown on right side:

   c. Enter into the initial setting mode after around two seconds as shown on right side:

2. RESTART FUNCTION:

   a. Press the [START/PAUSE] button to pause the current program.

   a. Hold the [RESET] button for FOUR SECONDS to enter into the initial setting mode as illustration shown on the right.

   ! The RESET function only operates under PAUSE MODE.

   b. Skip to Step B. of NORMAL OPERATION on the next page to continue the operation.

  CONTINUE TO THE NEXT PAGE
COMPUTER OPERATION

3. QUICK START:
   a. **START/PAUSE** button: Press the **START/PAUSE** button directly to start a workout under **MANUAL MODE** without any setting.
   b. Skip to Step C. of **NORMAL OPERATION** to select the function value of **TIME**, **DISTANCE**, **CALORIES**, **PULSE**

   Under both **PAUSE** or **START** mode, workload level can be adjusted with the **UP** or **DOWN** button.

4. NORMAL OPERATION:
   a. **START/PAUSE** button: Press the **START/PAUSE** button to pause the current program.
   b. **PROGRAM** button: Press the **PROGRAM** button to select **MANUAL MODE** while in other mode (**USER**, **PROGRAM**, **TARGET H.R.**)
   c. **ENTER** button: Press the **ENTER** button for confirming and entering the function value setting.
   d. **“PAUSE MODE”** single will flash on LCD window for setting.
   e. LCD window then display flashing “workload level” as shown.

   ![Workload Level](image)

   f. **UP** or **DOWN** button: Press the **UP** or **DOWN** button to increase or decrease the workload level ((1~16 levels, 2 levels increment.)
   g. **START/PAUSE** button: Press the **START/PAUSE** button to start a workout directly without setting function values (**TIME**, **DISTANCE**, **CALORIES**, **PULSE**).
   Or **ENTER** button: Press the **ENTER** button to continue to select other function values to adjust the user’s workout.

   **CONTINUE TO THE NEXT PAGE**
h. After pressing the ENTER button, the flashing TIME will appear on the LCD window.

i. UP or DOWN button: Press the UP or DOWN button to the program time as desire.

**NOTE:** The console will cycle through the functions as follow and allow users to set the function values.

**TIME** (01:00 to 99:00; 1 minute increment) ➔ **DISTANCE** (0.1 to 99.9km; 0.1km increment) ➔ **CALORIES** (10 to 990 Kcal; 10 Kcal increment) ➔ **PULSE** (70 to 240 BPM; 1 BPM increment)

- Press the ENTER button to confirm the function value and enter the next function value setting.
- Press the UP or DOWN button to select the value of the function (TIME, DISTANCE, CALORIES, PULSE).
- To reset the function value to zero, press the RESET button.

j. START/PAUSE button: To start a workout, press the START/PAUSE button.

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**a. WITHOUT PULSE VALUE:**

“❤️” flashing symbol will appear when detecting your pulse.

**b. THE WARNING BEEP SOUND EMIT CONSTANLY DURING WORKOUT:**

If your pulse is greater than the SELECTED PULSE VALUE during workout, the short warning beep sound will constantly emit. Please note that this is a warning for you to slow down or to decrease the workload level.
## COMPUTER OPERATION

### OVERVIEW SETTING VALUES:

<table>
<thead>
<tr>
<th>Display Readout</th>
<th>Display range</th>
<th>Storage</th>
<th>Zeroing</th>
<th>Description and small tip</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TIME</strong></td>
<td>0:00 to 99:00</td>
<td>Yes (During a workout. The selected value will turn to zero after turning off)</td>
<td>Yes (Use RESET button)</td>
<td>1. Time will count up to 99:00 and cycle run the program profile without setting. 2. Time will count down to 0 depends on desired time value users set up. Two short beep sound for warning the selected value reach to zero.</td>
</tr>
<tr>
<td><strong>DISTANCE</strong></td>
<td>0.0 to 99.9km</td>
<td>Yes (During a workout. The selected value will turn to zero after turning off)</td>
<td>Yes (Use RESET button)</td>
<td>1. Distance will count up to 99:90km and cycle run the program profile without setting. 2. Distance will count down to 0 depends on desired distance value users set up. Two short beep sound for warning selected value reach to zero.</td>
</tr>
<tr>
<td><strong>CALORIES</strong></td>
<td>10 to 990 Kcal</td>
<td>Yes (During a workout. The selected value will turn to zero after turning off)</td>
<td>Yes (Use RESET button)</td>
<td>1. Calories will count up to 990 Kcal and cycle run the program profile without setting. 2. Calories will count down to 10 depends on desired calories value users set up. Two short beep sound for warning selected value reach to zero.</td>
</tr>
<tr>
<td><strong>PULSE</strong></td>
<td>70 to 240 BPM</td>
<td>Yes (During a workout. The selected value will turn to zero after turning off)</td>
<td>Yes (Use RESET button)</td>
<td>1. CONSOLE WITHOUT PULSE VALUE: “❤️” flashing symbol will appear when detecting your pulse. 2. WARNING BEEP SOUND EMIT CONSTANTLY FROM A CONSOLE: If your pulse is greater than the SELECTED PULSE VALUE during workout, the short warning beep sound will constantly emit. Please note that this is a warning for you to slow down or decrease the workload level.</td>
</tr>
<tr>
<td><strong>WATT</strong></td>
<td>Yes (During a workout. The selected value will turn to zero after turning off)</td>
<td>Yes (Use RESET button)</td>
<td></td>
<td>EACH 6 SECONDS WATT/ CALORIES, RPM/ SPEED WOULD SWITCH DISPLAY ON LCD WINDOW</td>
</tr>
<tr>
<td><strong>RPM</strong></td>
<td>0 to 250</td>
<td>No</td>
<td>Yes (Auto)</td>
<td></td>
</tr>
</tbody>
</table>
COMPUTER OPERATION

There are three ways to enter into PROGRAM MODE as below:

1. POWER OFF STATUS (LCD diagram disappear on LCD window):
   a. Pedaling to activate the console.
   b. The activated LCD console lights up along with a long beep sound. LCD diagram appears as shown on right side:

   ![LCD Diagram]

   c. Enter into the initial setting mode after around two seconds as shown on right side:

   ![Initial Setting Mode]

2. RESTART FUNCTION:
   a. Press the [START/PAUSE] button to pause the current program.
   c. Hold the [RESET] button for FOUR SECONDS to enter into the initial setting mode as illustration shown on the right.

   ![Reset Button]

   The RESET function only operates under PAUSE MODE.

   ![Warning]

   c. Skip to Step B. of NORMAL OPERATION on the next page to continue the operation.
COMPUTER OPERATION

3. NORMAL OPERATION:
   a. START/PAUSE button: Press the START/PAUSE button to pause the current program.
   b. PROGRAM button: Press the PROGRAM button to select PROGRAM MODE while in other mode (MANUAL, USER, TARGET H.R.)
   c. ENTER button: Press the ENTER button for confirming and entering the function value setting.
   d. "PAUSE MODE" single will appear on LCD window for setting.
   e. START/PAUSE button: After flashing “P1” appears on LCD window, press the START/PAUSE button to start a workout directly without setting function values (Profile (P1~P12), TIME, DISTANCE, CALORIES, PULSE).

Or UP or DOWN button: press the UP or DOWN button to directly select the desired profile (P1 to P12) as shown.

P1 to P12 are preset automatic programs. The profiles are shown on LCD window.
f. After pressing the **ENTER** button, the flashing **TIME** will appear on the LCD window.

g. **UP** or **DOWN** button: Press the **UP** or **DOWN** button to select the program time as desired.

**NOTE:** The console will cycle through the functions as follow and allow users to set the function values.

**TIME** (01:00 to 99:00; 1-minute increment) → **DISTANCE** (0.1 to 99.9km; 0.1km increment ) → **CALORIES** (10 to 990 Kcal; 10 Kcal increment) → **PULSE** (70 to 240 BPM; 1BPM increment)

- Press the **ENTER** button to confirm the function value and enter the next function value setting.
- Press the **UP** or **DOWN** button to select the value of the function ( **TIME**, **DISTANCE**, **CALORIES**, **PULSE** )
- To reset the function value to zero, press the **RESET** button.
h. **START/PAUSE** button: To start a workout, press the **START/PAUSE** button.

---

<table>
<thead>
<tr>
<th><strong>a. WITHOUT PULSE VALUE:</strong></th>
<th><strong>b. THE WARNING BEEP SOUND EMIT CONSTANTLY DURING WORKOUT:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>“❤” flashing symbol will appear when detecting your pulse.</td>
<td>If your pulse is greater than the SELECTED PULSE VALUE during workout, the short warning beep sound will constantly emit. <strong>Please note that this is a warning for you to slow down or to decrease the workload level.</strong></td>
</tr>
</tbody>
</table>

---

The console is equipped with **LEVEL CONTROL** and **WATT CONTROL** function. During Program 12 under **PROGRAM** mode, the **WATT CONTROL** function is available to operate.

Before operating **P12**, review the difference between the **CONSTANT POWER** and the **CONSTANT TORQUE** function:

<table>
<thead>
<tr>
<th><strong>Level Control (Constant Torque)</strong></th>
<th><strong>Watt Control (Constant Power)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>RPM↑ RESISTANCE——</strong></td>
<td>Changeable resistance depends on the value of <strong>RPM (Rotate Per Minute).</strong></td>
</tr>
<tr>
<td>Unchangeable resistance even though the value of <strong>RPM (Rotate Per Minute)</strong> increases or decreases under the <strong>Constant Torque Mode</strong> during workout.</td>
<td><strong>RPM↑ RESISTANCE↓ ; RPM↓ RESISTANCE↑</strong> In order to remain the value of <strong>Watt Control</strong>, the value of the <strong>RPM (Rotate Per Minute)</strong> increases (when you pedal faster), while the value of the <strong>Resistance</strong> decrease (becomes lighter resistance.).</td>
</tr>
<tr>
<td>No matter how fast you pedal, the resistance is fixed.</td>
<td>On the contrary, the value of the <strong>Resistance</strong> would increase (becomes heavier resistance) when the value of the <strong>RPM</strong> decreases (when you pedal slower.)</td>
</tr>
</tbody>
</table>
COMPUTER OPERATION

a. **START/PAUSE** button: Press the **START/PAUSE** button to pause the current program.

b. **RESET** button: Hold the **RESET** button for **FOUR SECONDS** to enter into the initial setting mode as the illustration shown on the right.

c. **PROGRAM** button: **MANUAL** would then flash on the LCD window. Press the **PROGRAM** button to select **PROGRAM MODE**.

d. **ENTER** button: Press the **ENTER** button for confirming and entering the function value setting.

e. **UP** or **DOWN** button: Press the **UP** or **DOWN** button to choose **P12** as the following illustration shown.

f. **ENTER** button: Press the **ENTER** button to enter **Program 12**.

g. **UP** or **DOWN** button: Press the **UP** or **DOWN** button to choose the desired **Watt Control value** (40 ~ 400 Watt; 10 Watt increment.)

h. **ENTER** button: To continue selecting other function values, press the **ENTER** button.
NOTE: The console will cycle through the functions as follow and allow users to set the function values.

**TIME** (01:00 to 99:00; 1 minute increment) → **DISTANCE** (0.1 to 99.9 km; 0.1 km increment) → **CALORIES** (10 to 990 Kcal; 10 Kcal increment) → **PULSE** (70 to 240 BPM; 1 BPM increment)

- Press the [ENTER] button to confirm the function value and enter the next function value setting.
- To increase or decrease the value of the function (TIME, DISTANCE, CALORIES, PULSE), press the [UP] or [DOWN] button.
- To reset the function value to zero, press the [RESET] button.

i. **START/PAUSE** button: After setting up all the function values, press the [START/PAUSE] button to start a workout.

- Under PAUSE or START mode, the user could press the [UP] or [DOWN] button to adjust the desired Watt value (40 ~ 400 Watt.)

---

**a. WITHOUT PULSE VALUE:**

“❤” flashing symbol will appear when detecting your pulse. Without wearing a chest belt, make sure to always hold the pulse sensors on the handlebars with both hands during a workout.

**b. THE WARNING BEEP SOUND EMIT CONSTANTLY DURING WORKOUT:**

If your pulse is greater than the SELECTED PULSE VALUE during workout, the short warning beep sound will constantly emit.

Please note that this is a warning for you to slow down or to decrease the workload level.
COMPUTER OPERATION

There are three ways to enter into USER MODE as below:

1. POWER OFF STATUS (LCD diagram disappear on LCD window):
   a. Pedaling to activate the console.
   b. The activated LCD console lights up along with a long beep sound. LCD diagram appears as shown on right side:
   c. Enter into the initial setting mode after around two seconds as shown on right side:

2. RESTART FUNCTION:
   a. Press the START/PAUSE button to pause the current program.
   b. Hold the RESET button for FOUR SECONDS to enter into the initial setting mode as illustration shown on the right.
   c. Skip to Step B. of NORMAL OPERATION on the next page to continue the operation.
3. NORMAL OPERATION:

a. START/PAUSE button: Press the START/PAUSE button to pause the current program.

b. PROGRAM button: Press the PROGRAM button to select USER MODE while in other mode (MANUAL, PROGRAM, TARGET H.R.)

c. ENTER button: Press the ENTER button for confirming and entering the function value setting.

d. “PAUSE MODE” single will appear on LCD window for setting.

e. START/PAUSE button: After flashing “the first time interval of the workload level” appears on LCD window, press the START/PAUSE button to start a workout directly without setting function values (TIME INTERVAL 1, TIME INTERVAL 16, TIME, DISTANCE, CALORIES, PULSE).

Or UP or DOWN button: Press the UP or DOWN button to preset the desired workload level in each time interval (the console will divide the time into 16 intervals.)
COMPUTER OPERATION

f. **START/PAUSE** button: Press the **START/PAUSE** button to start a workout directly without setting function values (TIME, DISTANCE, CALORIES, PULSE).

 Or hold the “ENTER” button for 3 seconds to continue selecting the other function value of TIME, DISTANCE, CALORIES, PULSE.

g. After pressing the **ENTER** button for 3 seconds, the flashing **TIME** will appear on the LCD window.

h. **UP** or **DOWN** button: Press the **UP** or **DOWN** button to the program time as desire.

i. To start a workout, press the **START/PAUSE** button.
   - Under **PAUSE** or **START** mode, the user could press the **UP** or **DOWN** button to adjust workload level.

   a. **WITHOUT PULSE VALUE:**
      “❤” flashing symbol will appear when detecting your pulse.

   b. **THE WARNING BEEP SOUND EMIT CONSTANTLY DURING WORKOUT:**
      If your pulse is greater than the SELECTED PULSE VALUE during workout, the short warning beep sound will constantly emit. **Please note that this is a warning for you to slow down or to decrease the workload level.**
COMPUTER OPERATION

There are three ways to enter into TARGET H.R. MODE as below:

1. POWER OFF STATUS (LCD diagram disappear on LCD window):
   a. Pedaling to activate the console.
   b. The activated LCD console lights up along with a long beep sound. LCD diagram appears as shown on right side:

   ![LCD Diagram]

   c. Enter into the initial setting mode after around two seconds as shown on right side:

   ![Initial Setting Mode]

2. RESTART FUNCTION:
   a. Press the [START/PAUSE] button to pause the current program.
   b. Hold the [RESET] button for FOUR SECONDS to enter into the initial setting mode as illustration shown on the right.

   ![Reset Button]

   The RESET function only operates under PAUSE MODE.

   ![Pause Mode]

   c. Skip to Step B. of NORMAL OPERATION on the next page to continue the operation.
COMPUTER OPERATION

3. NORMAL OPERATION:

a. [START/PAUSE] button: Press the [START/PAUSE] button to pause the current program.


c. [ENTER] button: Press the [ENTER] button for confirming and entering the function value setting.

d. “PAUSE MODE” single will appear on LCD window for setting.

e. [UP] or [DOWN] button: After flashing the age value the console preset appear on the LCD window, press the [UP] or [DOWN] button to select your age.

Note: Please note that although the console allows input for age beginning at 10 years old, the product is not recommended for children’s use.

f. [ENTER] button: Press the [ENTER] button to confirm the user's age.

g. [UP] or [DOWN] button: Continue to select the TARGET H.R. (55%, 75%, 90%, THR) you desire with the [UP] or [DOWN] button.

◆ If choose the TARGET H.R. of 55%, 75%, 90%, skip STEP H. and operate STEP I. directly.

OVERVIEW SIMPLE FORMULA:

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Formula</th>
</tr>
</thead>
<tbody>
<tr>
<td>55%</td>
<td>55% OF (220 – AGE)</td>
</tr>
<tr>
<td>75%</td>
<td>75% OF (220 – AGE)</td>
</tr>
<tr>
<td>90%</td>
<td>90% OF (220 – AGE)</td>
</tr>
<tr>
<td>THR</td>
<td>Set by user (70 ~ 240 BPM)</td>
</tr>
</tbody>
</table>
COMPUTER OPERATION

h. **UP** or **DOWN** button: If choose THR mode, the function value of pulse (70 to 240 RPM) will flash on the LCD window. Press the **UP** or **DOWN** button to set the desired value for the target heart rate.

i. After the **ENTER** button, the flashing **TIME** will appear on the LCD window.

j. **UP** or **DOWN** button: Press the **UP** or **DOWN** button to the select the function value of **TIME** as desire.

**NOTE:** The console will cycle through the functions as follow and allow users to set the function values.

- **TIME** (01:00 to 99:00; 1minute increment) → **DISTANCE** (0.1 to 99.9km; 0.1km increment) → **CALORIES** (10 to 990 Kcal; 10 Kcal increment) → **PULSE** (70 to 240 BPM; 1BPM increment)
  
  ◆ Press the **ENTER** button to confirm the function value and enter the next function value setting.
  
  ◆ Press the **UP** or **DOWN** button to select the value of the function (**TIME**, **DISTANCE**, **CALORIES**, **PULSE**).
  
  ◆ To reset the function value to zero, press the **RESET** button.

k. **START/PAUSE** button: To start a workout, press the **START/PAUSE** button.

a. WITHOUT PULSE VALUE:
   - “❤️” flashing symbol will appear when detecting your pulse.

b. THE WARNING BEEP SOUND EMIT CONSTANTLY DURING WORKOUT:
   - If your pulse is greater than the SELECTED PULSE VALUE during workout, the short warning beep sound will constantly emit.
   - Please note that this is a warning for you to slow down or to decrease the workload level.