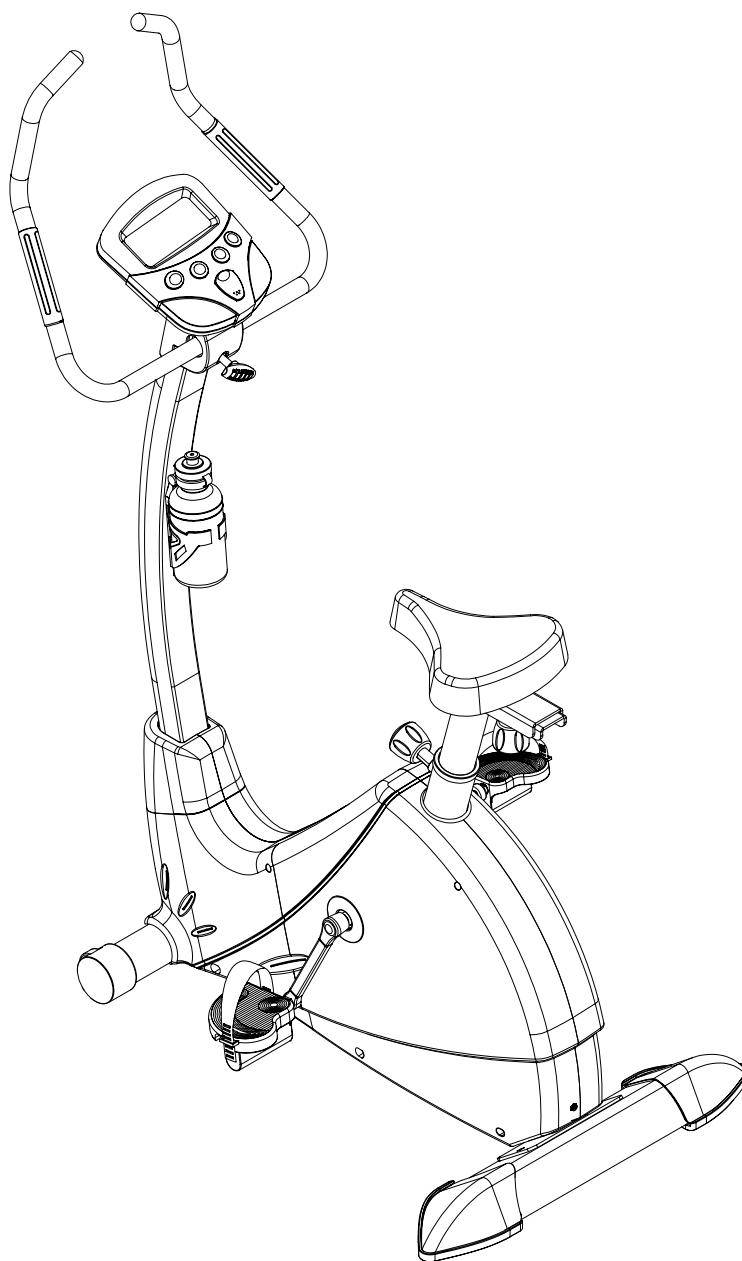


NL

# HANDLEIDING

## Joy Sport HT-Excellent



# Joy Sport Importeur

Fitness-Import  
Timmermannsweg 46  
5813 AP Ysselsteyn (LB)  
info@joysport.nl  
www.joysport.nl

## Geachte klant,

Wij feliciteren u met de aankoop van dit **JOY SPORT** product.  
Tevens wensen wij u veel sportplezier toe met uw goede keuze.  
Volg aandachtig de montage handleiding.  
Mocht u nog vragen hebben dan helpen wij u graag verder.

## Garantie,

Deze garantie geldt gedurende 12 maanden voor elke fabricagefout aan uw **JOY SPORT** product die door een gemachtigd **JOY SPORT** dealer werd verkocht.  
Wanneer u garantie claimt biedt **JOY SPORT** de mogelijkheid om naar eigen goeddunken het defecte apparaat of het betreffende onderdeel te herstellen of te vervangen.

De transportkosten van en naar onze werkplaats worden uitgesloten van deze garantie, en zijn dus voor rekening van de bezitter van het product.

Wanneer u aanspraak wenst te maken op eventuele garantie gaat u met het aankoopbewijs naar de dealer waar u uw product heeft gekocht.

De dealer zal uw claim dan verder afhandelen.

Tevens bestaat de mogelijkheid om contact op te nemen met de officiële **JOY SPORT** importeur.

## Garantie uitsluitingen,

De garantie geldt niet voor: de normale slijtage, de gevolgen van een ondeskundige handeling, of beschadiging door de koper of door derden zelf, en defecten die aan extreme omstandigheden te wijten zijn.

De garantie kan ook niet worden geclaimd wanneer de originele constructie of uitrusting werd gewijzigd, of wanneer geen originele **JOY SPORT** onderdelen voor de reparatie werden gebruikt.

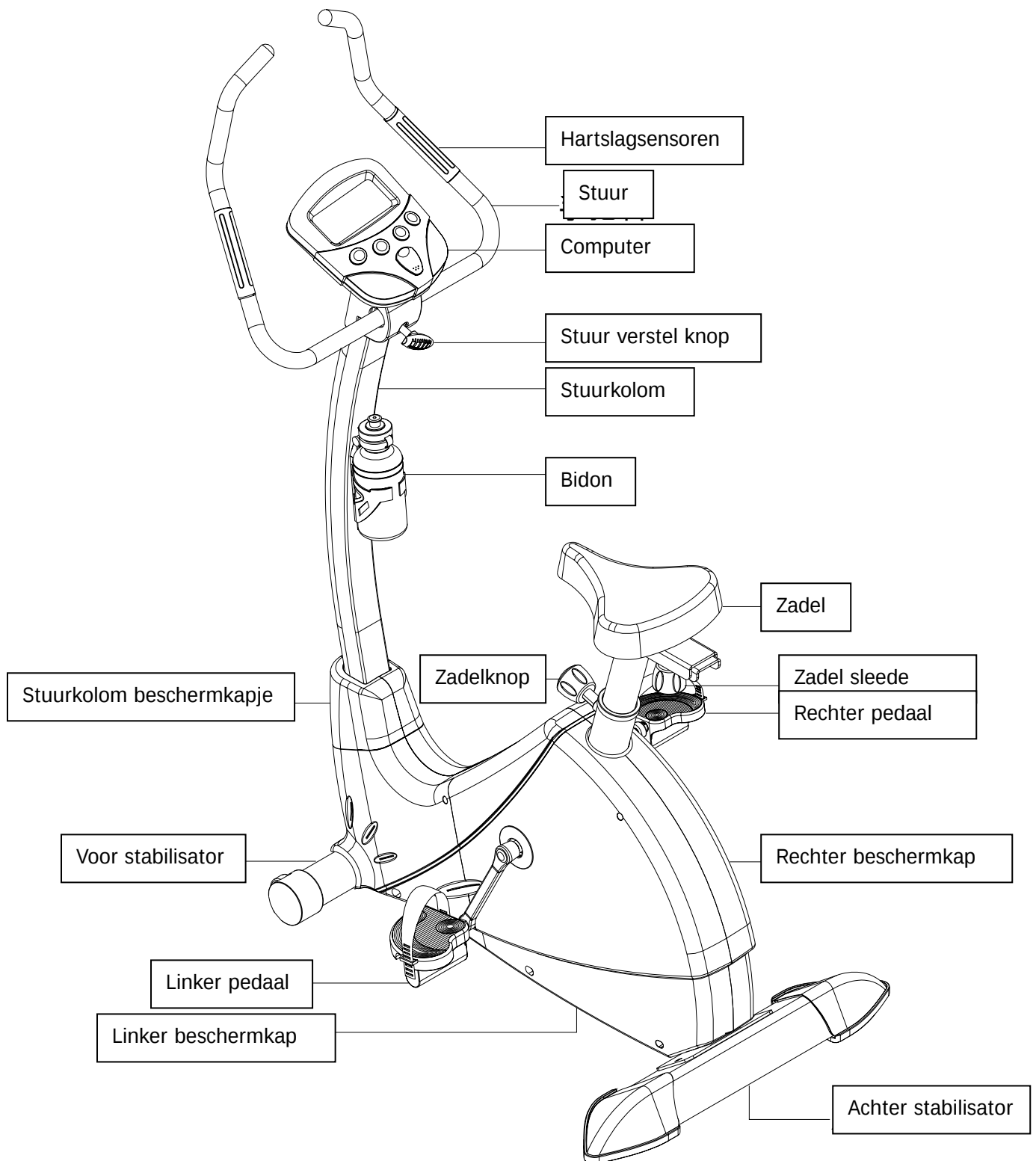
De fabrikant kan niet verantwoordelijk gesteld worden voor schade, verlies of kosten, incidenteel noch gerelateerd ten gevolge van gebruik van dit apparaat.

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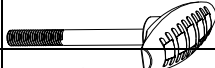
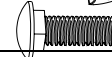
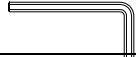
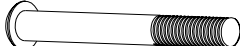
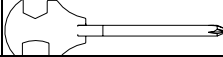
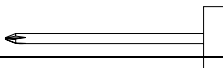
# Veiligheids instructies

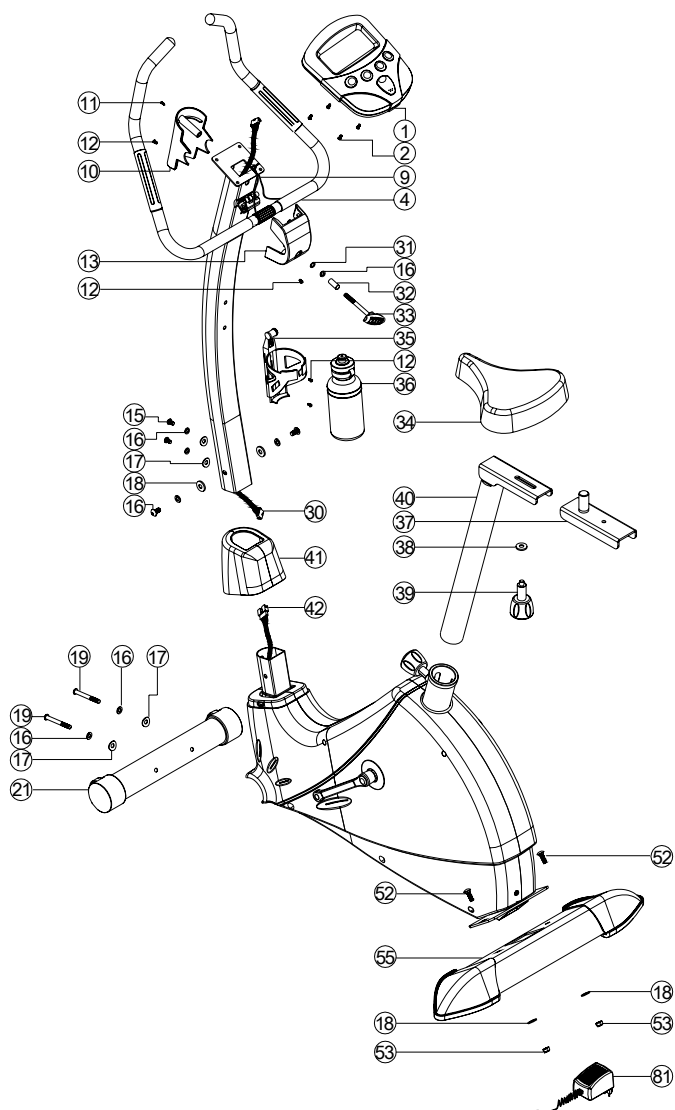
**Lees de volgende veiligheids punten aandachtig door:**

1. Houd kinderen altijd uit de buurt van dit apparaat, de enthousiastheid van kinderen kan leiden tot verkeerd gebruik van dit apparaat, zorg altijd dat wanneer kinderen dit apparaat gebruiken dit gebeurt onder toezicht van een volwassen persoon.
2. Draag altijd sportschoenen wanneer U traint op dit apparaat.
3. Stop meteen met Uw training wanneer U last krijgt van pijn of duizeligheid.
4. Voer nooit met meer dan 1 persoon Uw training uit op dit apparaat.
5. Zorg ervoor dat Uw apparaat correct volgens de handleiding is afgemonteerd.
6. Gebruik Uw apparaat niet meer als er belastende delen van het apparaat defect zijn.
7. Let er goed op hoe Uw lichaam reageert na Uw training, als U duizelig bent betekent dat U Uw training te intensief heeft uitgevoerd (Ga bij duizeligheid vlak op de grond liggen en sta pas weer op als U zich niet meer duizelig voelt).
8. Gebruik Uw apparaat altijd in een droge omgeving.
9. Zorg er altijd voor dat U met Uw armen en benen niet te dicht bij de bewegende delen komt.
10. Gebruik dit apparaat uitsluitend zoals in de handleiding is beschreven en plaats er nooit onderdelen op die niet van de fabrikant komen.
11. Zorg er altijd voor dat er zich geen scherpe delen in Uw omgeving bevinden terwijl U Uw training uitvoert.
12. Zorg er voor dat het apparaat volledig tot stilstand is gekomen alvorens U van het apparaat afstapt.



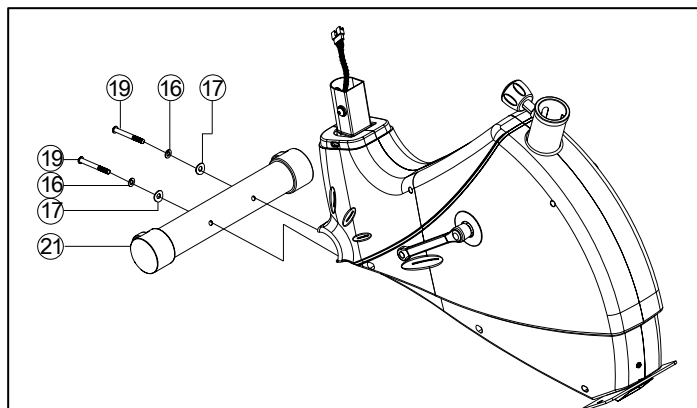
## 1.Onderdelen & Gereedschap.

| Nr.       | Naam en Specificatie | Photo                                                                             | Aan<br>tal. | Nr.       | Naam en Specificatie     | Photo                                                                               | Aan<br>tal. |
|-----------|----------------------|-----------------------------------------------------------------------------------|-------------|-----------|--------------------------|-------------------------------------------------------------------------------------|-------------|
| <b>11</b> | M4*20 Schroef        |  | <b>1</b>    | <b>32</b> | Stuurknop busje          |  | <b>1</b>    |
| <b>12</b> | M5*16 Bout           |  | <b>4</b>    | <b>33</b> | Stuurknop                |  | <b>1</b>    |
| <b>16</b> | M8 Veerring          |  | <b>3</b>    | <b>52</b> | M8*20 Bout               |  | <b>2</b>    |
| <b>17</b> | M8 Gebogen ring      |  | <b>2</b>    | <b>53</b> | M8 Borgmoer              |  | <b>2</b>    |
| <b>18</b> | OD20*ID8.5*1.5T Ring |  | <b>2</b>    |           | 5MM inbussleutel         |  | <b>1</b>    |
| <b>19</b> | M8*72 inbusbout      |  | <b>2</b>    |           | Multifunctionele sleutel |  | <b>1</b>    |
| <b>31</b> | OD12*ID8*1.5T Ring   |  | <b>1</b>    |           | Dopsleutel met Kruiskop  |  | <b>1</b>    |



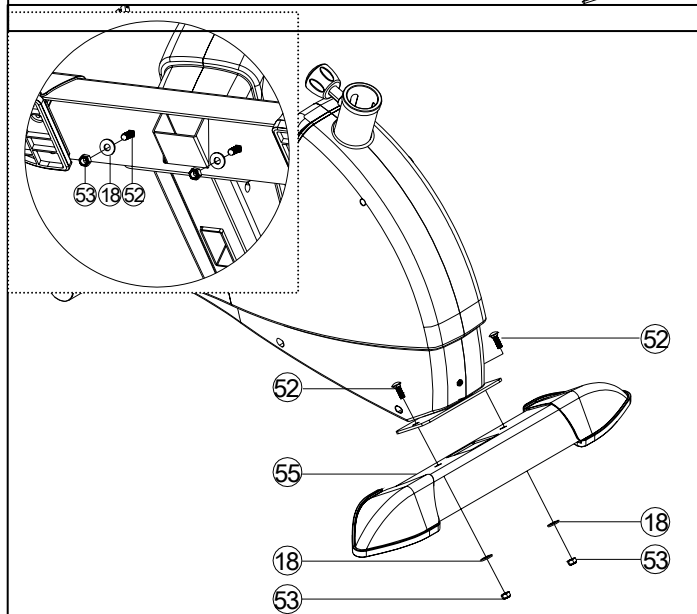
## 2 Voor stabilisator

Houd de voor stabilisator (21) Dicht bij het hoofdframe. Plaats een M8 veerring (16), M8 Gebogen ring (17) over de M8\*72 inbusbout (19) en monteer de voor stabilisator vast op het hoofdframe..



## 3 Achter Stabilisator

Houd de achter stabilisator (55) dicht bij het hoofdframe. Plaats een M8\*20 bout (52) door het hoofdframe en door de achter stabilisator en gebruik een OD20\*ID8.5\*2.0T ring (18), en M8 borgmoer (53) om de achter stabilisator op het hoofdframe te monteren.



## 4 Pedalen

Monteer de pedaalriempjes (23, 78) op de pedalen (24, 79) Zoals aangegeven op de foto's 4-A / 4-B / 4-C

Monteer het linkse pedaal (24) Tegen de klok in op de crank (27)

Monteer het rechtse pedaal (78) Met de klok mee op de crack (79).

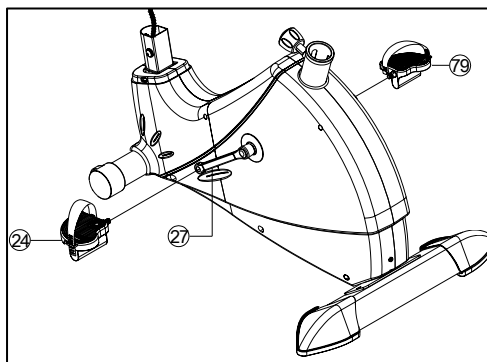


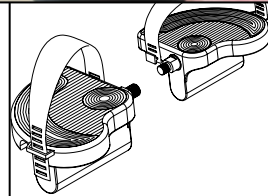
Photo 4-A



Photo 4-B



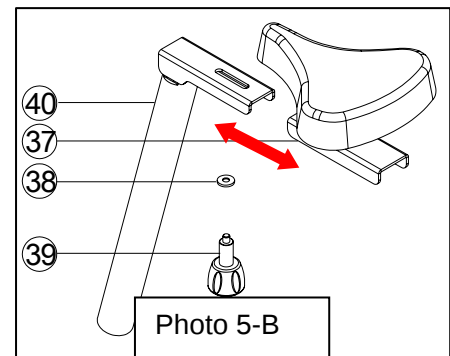
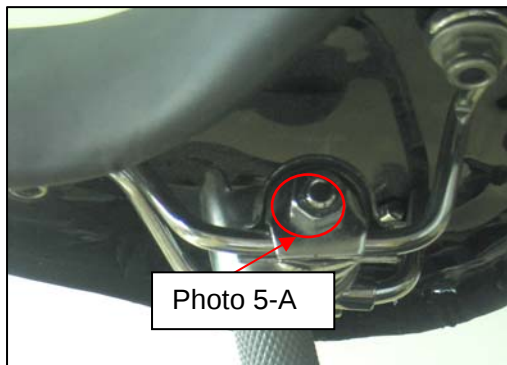
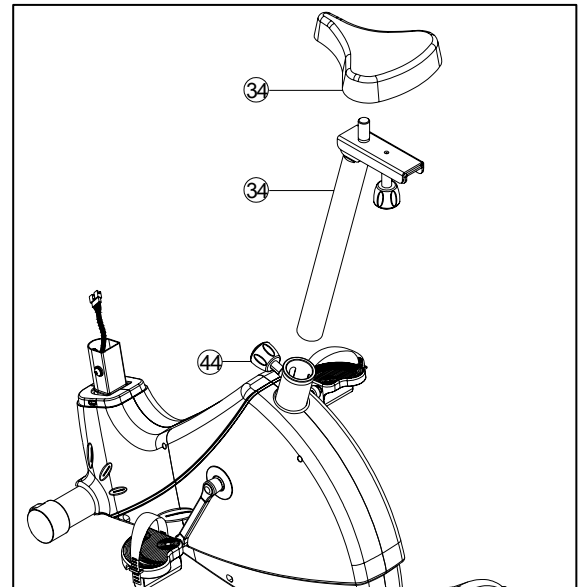
Photo 4-C



## 5 Zadel

Draai eerst de bout los zoals aangegeven op foto 5-A. Plaats nu het zadel (34) op de zadelpen (34). Draai nu de bout uit foto 5-A weer aan .

Draai de zadelknop een stukje los en trek deze uit (44). Plaats nu de zadelpen (34) in het hoofdframe. Stel het in op Uw gewenste positie en schoef de zadelpen weer vast. Ben er zeker van dat de zadelknop (44) in één van de gaatjes zit die in de zadelpen zitten.



## 6 Stuurkolom

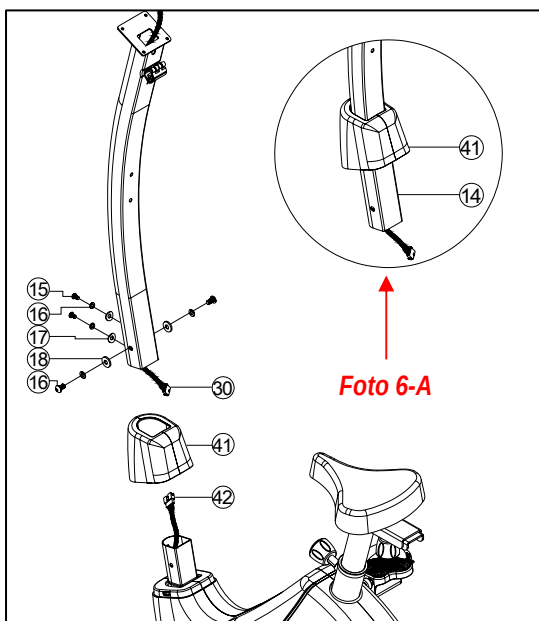
Demonteer de vier M8\*20 inbusbouten (15), vier M8 veerringen (16), twee M8 gebogen ringen (17) en de twee OD20\*ID8.5\*1.5T ringen (18) welke al zitten voormonteerd op de stuurkolom.

Schijf het beschermkapje (41) naar de hoogste positie van de stuurkolom (14). Zie foto 6-A. Houd nu de stuurkolom (14) dicht bij het hoofdframe. Verbind nu kabel (30) met kabel (42).

Plaats nu de stuurkolom in het hoofdframe, let er wel op dat U de kabels niet beschadigd.

Zet de stuurkolom vast met de delen die U zojuist gedemonteerd had.

Schuif nu het beschermkapje over het aansluitpunt.

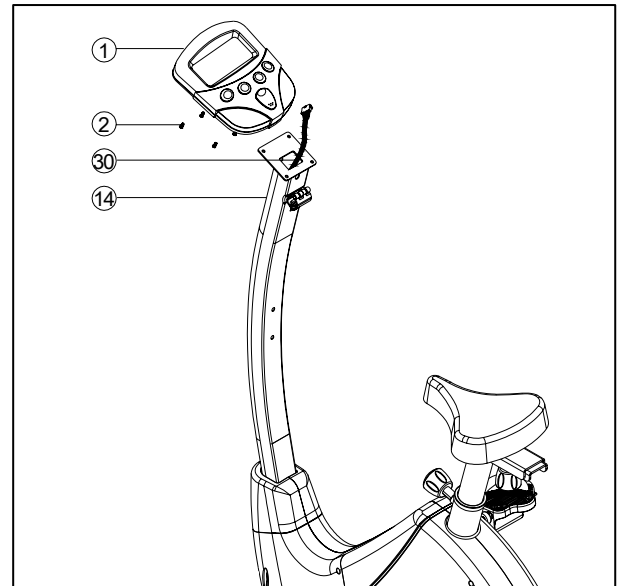


## 7 Computer

Demonteer de vier M5\*12 schroefjes (2) welke al zitten gemonteerd in de computer (1).

Sluit nu de kabel (30) aan op de achterzijde van de computer.

Monteer nu de computer (1) op de stuurkolom (14) en gebruik hiervoor de vier M5\*12 schroefjes voor.



## 8 Stuur.

Plaats de kabel (9) in de computer.  
En plaats het stuur (4) in het haakje.  
Plaats het beschermkapje (10) en monteer het met één M5\*16 schroef (12).

Monteer nu het beschermkapje (13).  
Plaats nu het busje (32), veering (16) en rinf (31) over de stuurknop (33).

**Zoals aangegeven in foto 8-A.**

Plaats nu de stuurknop (33) door het beschermkapje en monteer zo het stuur vast.

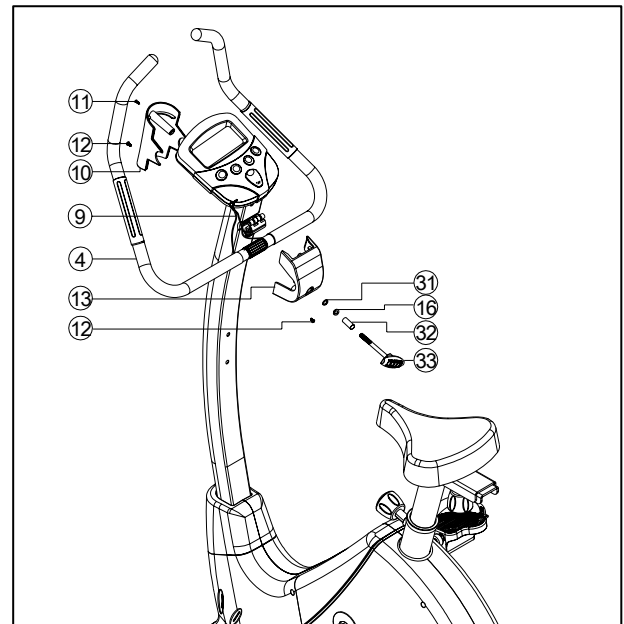
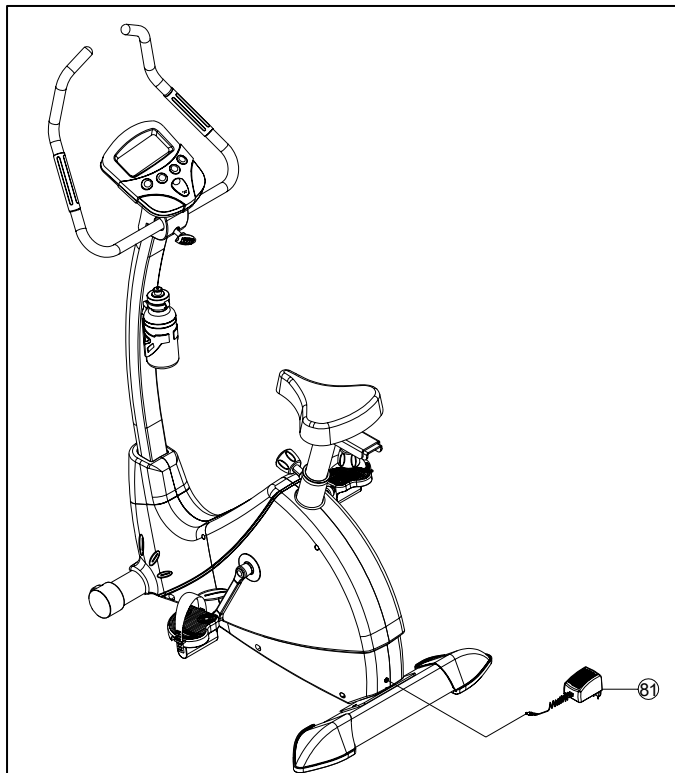
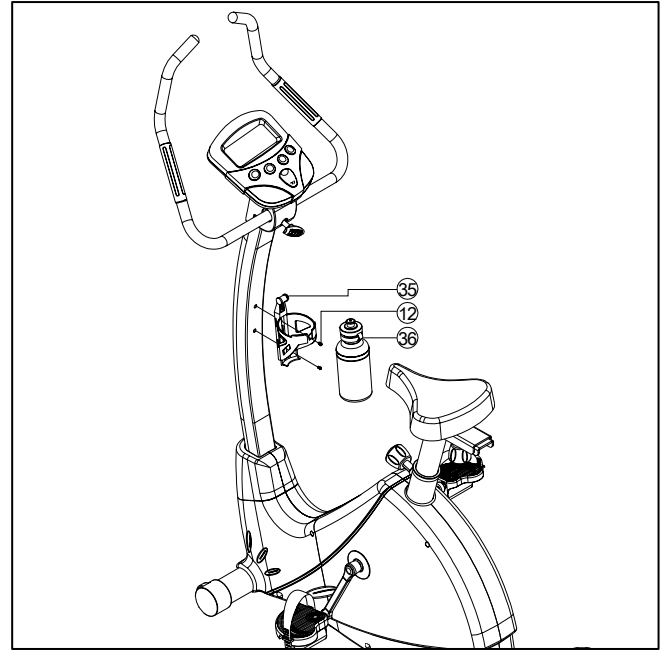


Photo 8-A

## 9 Bidonhouder

Monteer de bidonhouder (35) op de stuurkolom. Gebruik hiervoor twee M5\*16 schroefjes (12) om de bidonhouder op de stuurkolom te monteren.

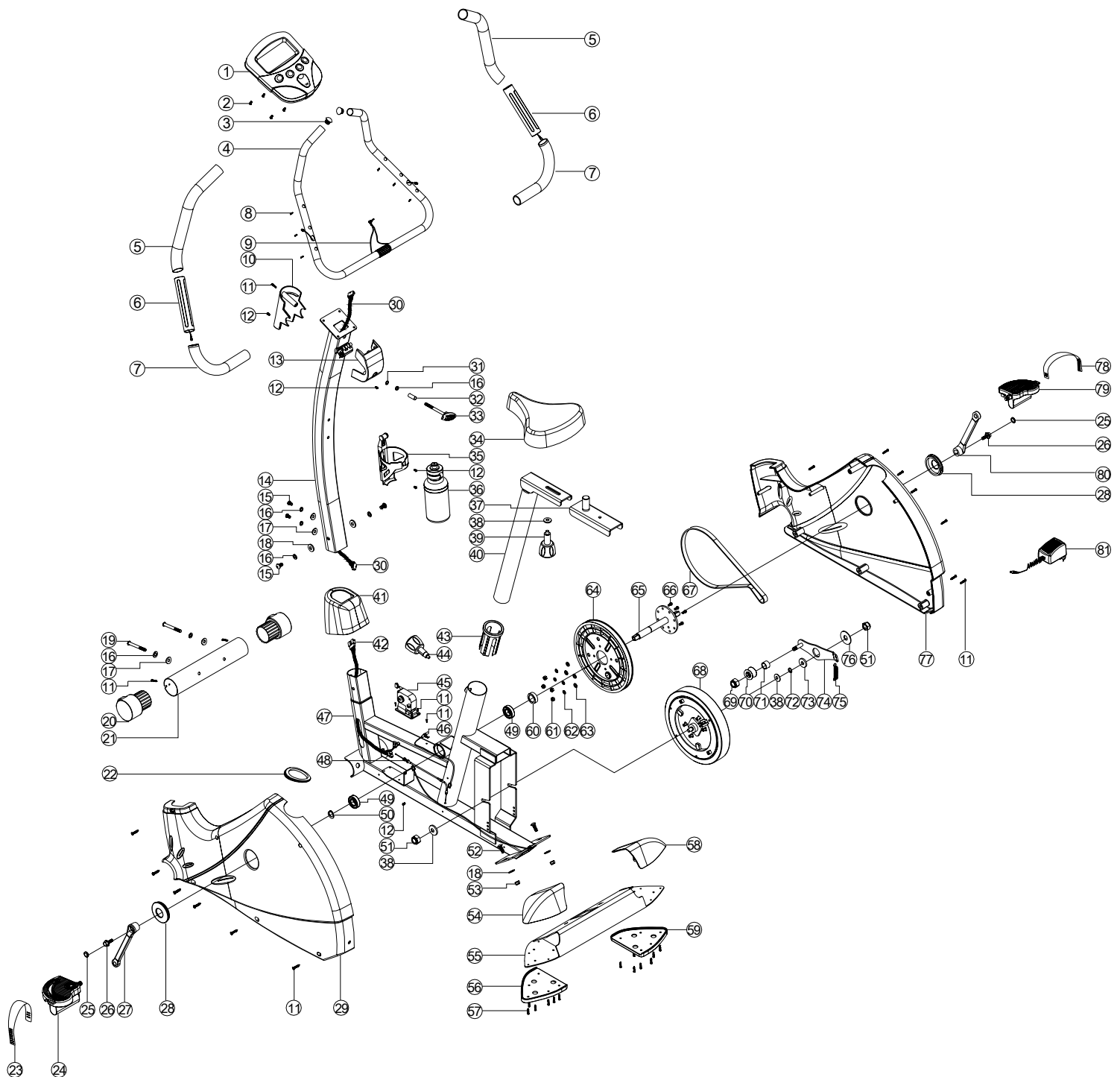
Plaats de bidon (36) in de bidonhouder.



## 10 Uw apparaat aansluiten op het lichtnet

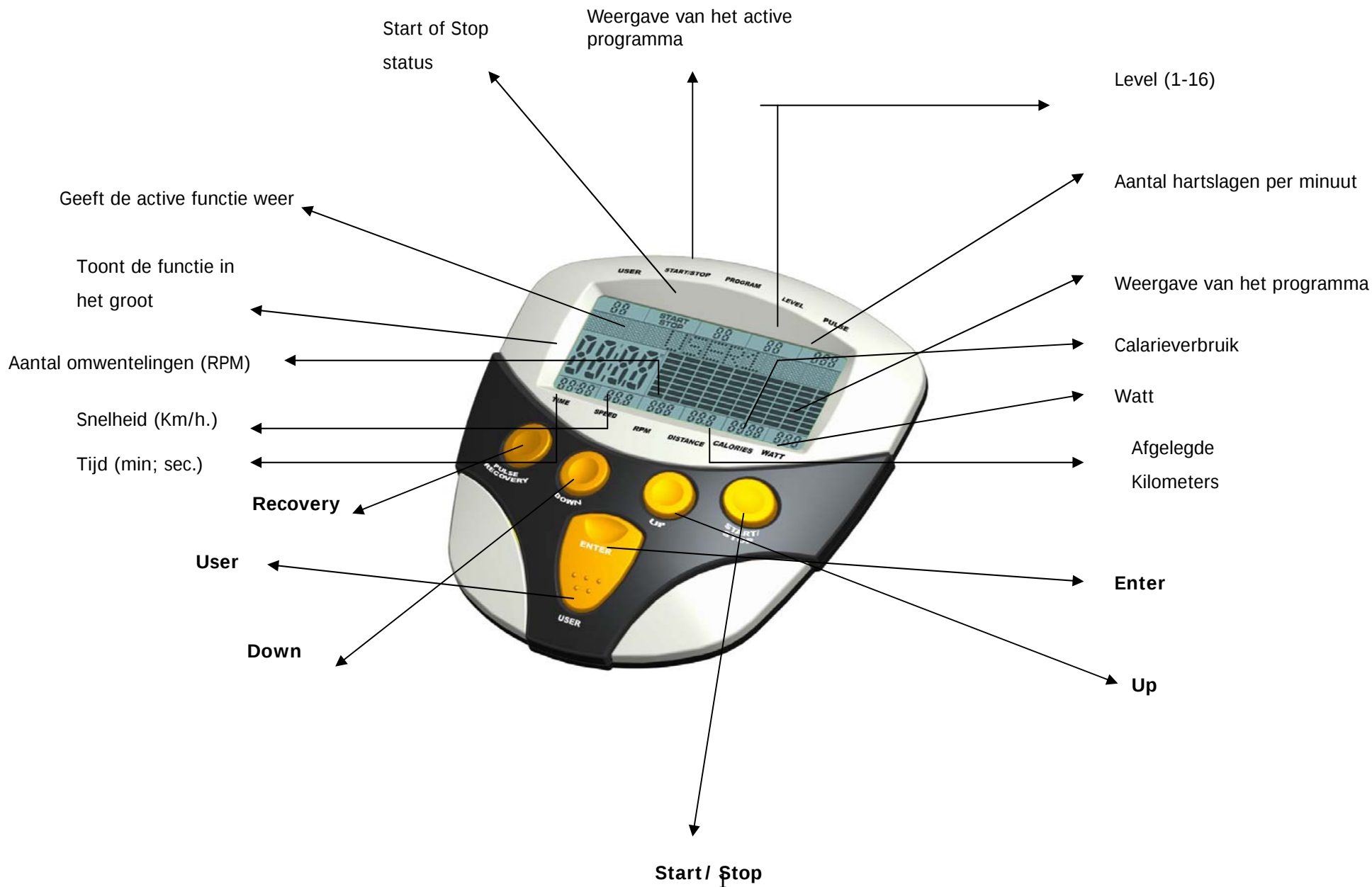
Zorg ervoor dat U de adaptor (81) altijd aansluit op het lichtnet met (230V-50HZ).

## Losse onderdelen diagram



## Onderdelenlijst.

| NR. | Naam en Specificatie         | Aantal. | NR. | Naam en Specificatie                  | Aantal. |
|-----|------------------------------|---------|-----|---------------------------------------|---------|
| 1   | Computer                     | 1       | 42  | Computer kabel                        | 1       |
| 2   | Schroefjes M5*12             | 4       | 43  | Plastic bus                           | 1       |
| 3   | Afdichtdopje                 | 2       | 44  | Zadelknop                             | 1       |
| 4   | Stuur                        | 1       | 45  | motor                                 | 1       |
| 5   | Foam                         | 2       | 46  | Kabel                                 | 1       |
| 6   | Handgreepsensoren            | 2       | 47  | Hoofdframe                            | 1       |
| 7   | Foam                         | 2       | 48  | Kabel                                 | 1       |
| 8   | M3*10 schroefjes             | 6       | 49  | Lager R12                             | 2       |
| 9   | Kabel handgreepsensoren      | 1       | 50  | Borgveer                              | 1       |
| 10  | Beschermkapje                | 1       | 51  | M10*6.35T Borgmoer                    | 2       |
| 11  | M4*20 schroefjes             | 20      | 52  | M8*20 Bout                            | 2       |
| 12  | M5*16 bout                   | 5       | 53  | M8 Borgmoer                           | 1       |
| 13  | Beschermkapje                | 1       | 54  | Achter stabilisator beschermkapje (L) | 1       |
| 14  | Stuurkolom                   | 1       | 55  | Achter Stabilisator                   | 1       |
| 15  | M8*20 inbusbout              | 4       | 56  | Rubber beschermkapje (L)              | 1       |
| 16  | M8 veerring                  | 7       | 57  | M4*12 bout                            | 16      |
| 17  | OD20*ID8.5*1.5T gebogen ring | 4       | 58  | Achter stabilisator beschermkapje (R) | 1       |
| 18  | D20*ID8.5*1.5T ring          | 4       | 59  | Rubber beschermkapje (R)              | 1       |
| 19  | M8*72 inbusbout              | 2       | 60  | V-riem geleider busje                 | 1       |
| 20  | Transportwieljes             | 2       | 61  | M6 Borgmoer                           | 4       |
| 21  | Voor stabilisator            | 1       | 62  | Veerring                              | 4       |
| 22  | Afdichtring                  | 1       | 63  | OD16*ID6.5*1.5T Ring                  | 4       |
| 23  | Linker pedaal bandje         | 1       | 64  | V-riem geleider met magneet           | 1       |
| 24  | Linker pedaal                | 1       | 65  | Crank as                              | 1       |
| 25  | Crank dopje                  | 1       | 66  | M6*18 Bout                            | 4       |
| 26  | 5/16-18UNC25 bout            | 2       | 67  | V-riem                                | 1       |
| 27  | Linker crank                 | 1       | 68  | Magneet                               | 1       |
| 28  | Afdichtring (crank)          | 2       | 69  | Borgmoer                              | 1       |
| 29  | Linker beschermkap           | 1       | 70  | V-riem geleider met lager 6000        | 1       |
| 30  | Computer kabel               | 1       | 71  | Busje                                 | 1       |
| 31  | OD12*ID8*1.5T Ring           | 1       | 72  | Borgveer                              | 1       |
| 32  | Busje                        | 1       | 73  | Ring                                  | 1       |
| 33  | Stuurknop                    | 1       | 74  | Spanner                               | 1       |
| 34  | Zadel                        | 1       | 75  | Veer                                  | 1       |
| 35  | Bidonhouder                  | 1       | 76  | Ring                                  | 1       |
| 36  | Bidon                        | 1       | 77  | Rechter beschermkap                   | 1       |
| 37  | Zadelsleede                  | 1       | 78  | Rechter pedaal met bandje             | 1       |
| 38  | OD20*ID10.5*2.0T Ring        | 4       | 79  | Rechter pedaal                        | 1       |
| 39  | Zadelknop                    | 1       | 80  | Rechter crank                         | 1       |
| 40  | Zadelpen                     | 1       | 81  | Adaptor                               | 1       |
| 41  | Beschermkapje                | 1       |     |                                       |         |



**LET OP U KUNT ALLEEN DE GEGEVENS VERANDEREN ALS DE COMPUTER OP STOP STAAT ALS HIJ OP START STAAT DIENT U DUS EERST OP DE STOPKNOP TE DRUKKEN ALVORENS U DE GEGEVENS WILT VERANDEREN.**

**Functie van de toetsen.**

**ENTER:**

1 Selecteer deze functie om het volgende in te stellen.

**Tijd - Afstand - Calorieverbruik - Hartslag.**

2. Gebruik deze knop om van functie te veranderen.

3. Druk op deze knop om de door u gekozen waarde vast te leggen.

4. Houd deze knop 3 seconden ingedrukt om alle waardes te wissen.

**PULSE RECOVERY:**

Druk op deze knop om uw conditie cijfer te berekenen.

**USER:**

Druk op user om uw gegevens in te geven (U1,U2,U3 en U4) kunt U stellen, dit wil zeggen dat als U bijvoorbeeld U1 instelt de computer deze gegevens bewaard, U kunt dus voor 4 personen de gegevens ingeven. Reset nu de computer door 5 Sec. op de **START/STOP** knop te drukken. Daarna kunt U het gewenste programma instellen en op de **START** knop drukken om Uw training te starten.

**DOWN/UP:**

1. Met deze knop verlaagt u de waarde van de volgende functies.

**Geslacht - Lengte - Gewicht - Leeftijd - Tijd - Afstand - Calorieverbruik - Hartslag.**

2. Selecteer deze functie tijdens uw training om de volgende dingen in het hoofdscherm te zien.

**Scan - Tijd - Snelheid - Afstand - Calorieverbruik - Hartslag.**

**Functies en de werking van een functie.****AUTOMATISCH AAN/UIT:**

De computer springt automatisch aan wanneer u begint met oefenen of wanneer u één van de knoppen indrukt.

De computer zal 4 minuten na het beëindigen van uw oefening automatisch uit gaan. Alle waardes worden op 0 teruggezet.

**Tijd:**

Druk op de knop **ENTER** tot de functie TIME oplicht.

Nu laat de computer de tijd zien in het hoofdscherm.

Als U zelf een tijd in wilt stellen ga dan met de **UP** of **DOWN** naar de functie TIME

en druk vervolgens op **ENTER** nu kunt U doormiddel van de **UP** toets de gewenste tijd instellen.

Als U niets instelt zal de computer automatisch bij 00:00 beginnen tot maximaal 99:99 Minuten.

Als U zelf een tijd instelt zal de computer automatisch naar beneden tellen nadat u de tijd heeft ingesteld.

U hoeft nu dus nergens meer op te drukken U kunt gewoon beginnen met trainer.

Als U een tijd heeft ingesteld en deze is voorbij dan zal de computer U een alarm signaal laten horen.

**Snelheid:**

Druk op de knop **ENTER** tot de computer de Speed (Snelheid) laat zien in het hoofdscherm.

Nu laat de computer de snelheid zien die u fietst.

De snelheid gaat van 0.00 tot 999.9 KM/H of Miles/H.

**Afstand:**

Druk op de knop **ENTER** tot de computer de Distance (Afstand) laat zien in het hoofdscherm.

Als U zelf een Afstand in wilt stellen ga dan met de **UP** of **DOWN** naar de functie DISTANCE en druk vervolgens op **ENTER**.

Nu kunt U doormiddel van de **UP** toets de gewenste afstand instellen.

Als U niets instelt zal de computer automatisch bij 0.0 beginnen tot maximaal 999.9 KM of Miles.

Als U zelf een afstand instelt zal de computer automatisch naar beneden tellen nadat u de afstand heeft ingesteld.

U hoeft nu dus nergens meer op te drukken U kunt gewoon beginnen met trainen.

Als U een afstand heeft ingesteld en deze is voorbij dan zal de computer U een alarm signaal laten horen.

**Calorie:**

Druk op de knop **ENTER** tot de computer de Calorie laat zien in het hoofdscherm.

Als U zelf een Calorieverbruik in wilt stellen ga dan met de **UP** of **DOWN** naar de functie CALORIE en druk vervolgens op **ENTER** nu kunt U doormiddel van de **UP** toets het gewenste calorieverbruik instellen.

Als U niets instelt zal de computer zelf bij 0.0 beginnen tot maximaal 9999 Calorieën.

Als U zelf een calorieverbruik instelt zal de computer zelf naar beneden tellen nadat u het calorieverbruik heeft ingesteld u hoeft nu dus nergens meer op te drukken U kunt gewoon beginnen met fietsen.

Als U een calorieverbruik heeft ingesteld en deze is voorbij dan zal de computer U een alarm signaal laten horen.

**Hartslag:**

Druk op de knop **ENTER** tot de computer de Pulse (Hartslag) laat zien in het hoofdscherm.

Als U zelf een maximale hartslag in wilt stellen ga dan met de **UP** of **DOWN** naar de functie PULSE en druk vervolgens op **ENTER** nu kunt U doormiddel van de **UP** of **DOWN** toets de gewenste maximale hartslag instellen.

**Bereken zelf uw maximale hartslag:**

De computer kan ingesteld worden van minimaal 60 hartslagen tot maximaal 220 hartslagen per minuut.

220 minus uw leeftijd is uw maximale hartslag.

**60 % tot 70 % van uw maximale hartslag is de beste vetverbranding zone.**

**70 % tot 90 % van uw maximale hartslag is voor conditie verbetering.**

Bijvoorbeeld: Iemand is 40 jaar en wil trainen voor vetverbranding (afvallen).

Dan is dit **220 minus 40 is 180 MAXIMALE HARTSLAG.**

**180 X 60 % is 108 en 180 X 70 % is 126.**

**Ideale vetverbranding voor deze persoon ligt dus tussen de 108 en 126 hartslagen per minuut. \_**

Pakt U met de palmen van de handen beide hartslag sensoren vast en begint u met fietsen.

De computer zal een alarm geven als U boven uw maximale hartslag komt en het alarm zal pas weer stoppen als uw hartslag weer op het gewenste niveau zit.

**(Optioneel)**

**Ook verkrijgbaar is de draadloze hartslagband van JOY SPORT.**

**Wanneer U deze band draagt tijdens Uw training hoeft U de handgrepen niet vast te houden.**

**De draadloze hartslagband zal Uw hartslag doorgeven aan de computer.**

**Informeer bij Uw JOY SPORT dealer naar deze hartslagband.**

**Pulse recovery:**

Deze functie laat U het conditiecijfer zien na afloop van Uw training.

Van F1.0 tot F6.0, F1.0 betekend het beste conditiecijfer en F6.0 betekend het slechtste conditiecijfer.

Als U Uw correcte conditiecijfer wilt weten dient U direct na Uw training op de **RECOVERY** knop

te drukken, en als U geen draadloze hartslagband draagt met Uw handpalmen de handgrepen vast te houden.  
De computer zal ongeveer na 1 minuut uw conditiecijfer in het display tonen.  
Als U daarna nogmaals op de knop **RECOVERY** drukt komt U weer terug in het hoofdmenu.

Er zijn 6 verschillende conditiecijfers die de computer U zal laten zien.

1. **Perfect**    2. **Goed**    3. **Normaal**    4. **Onder Normaal**    5. **Niet goed**    6. **Slecht**

#### **PROGRAMMA INSTELLEN:**

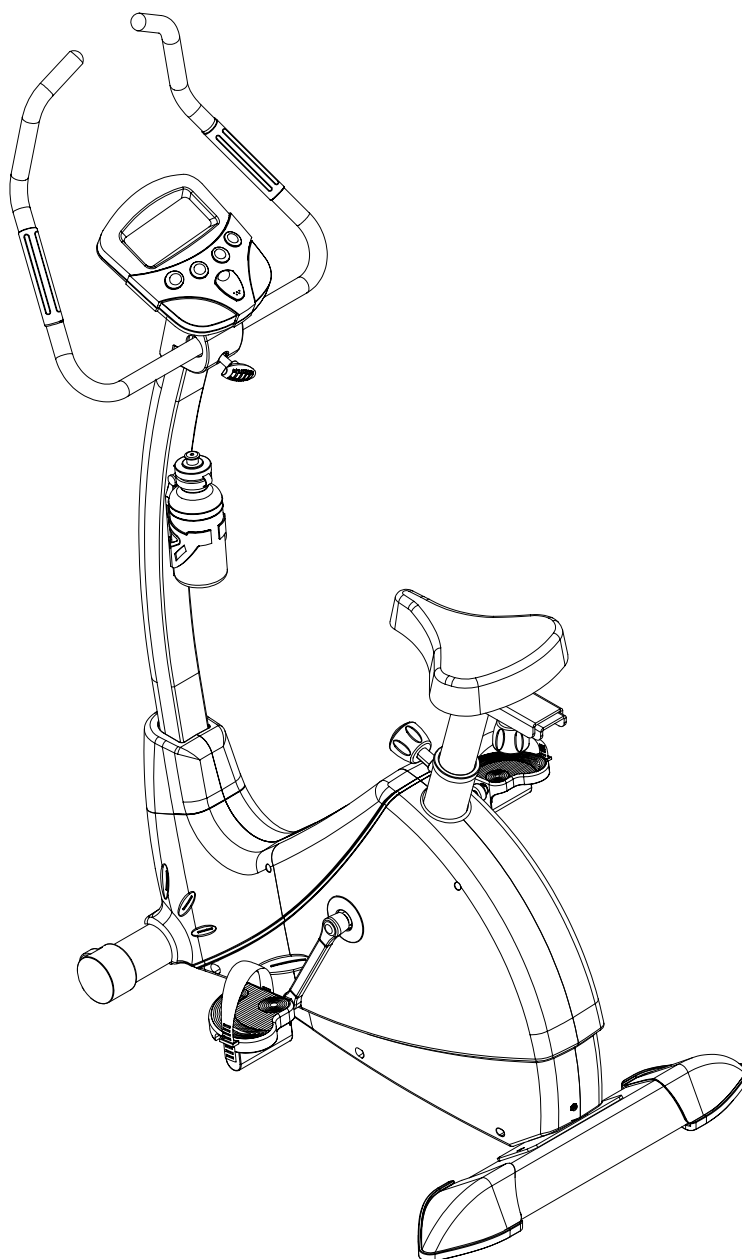
U houdt de **START/STOP** knop 5 sec ingedrukt tot de computer zichzelf reset ga daarna door middel van de **UP/DOWN** toets het gewenste programma instellen U kunt ook met de **ENTER** knop naar **tijd/afstand/calorie/hartslag** gaan om daar de gewenste gegevens in te geven.

| <b>PROGRAMMA</b> | <b>FUNCTIE</b>               |
|------------------|------------------------------|
| Programma 1      | Handmatig                    |
| Programma 2      | Rolling                      |
| Programma 3      | Heuvels                      |
| Programma 4      | Vetverbranding               |
| Programma 5      | Ramp                         |
| Programma 6      | Bergen                       |
| Programma 7      | Interval                     |
| Programma 8      | Gebruikers profiel           |
| Programma 9      | Snelheidsprogramma           |
| Programma 10     | 60% van de maximale hartslag |
| Programma 11     | 75% van de Maximale hartslag |
| Programma 12     | 85% van de Maximale hartslag |
| Programma 13     | Vet meeting                  |



# USER MANUAL

## Joy Sport ® HT-Excellent



# Joy Sport Importer

Fitness-Import  
Timmermannsweg 46  
5813 AP Ysselsteyn (LB)  
info@joysport.nl  
www.joysport.nl

## Dear customer,

We want to thank you for having chosen a **JOY SPORT** product, and wish you a lot of fun and success during training with your **JOY SPORT** exercisers. Please note and follow the enclosed safety and assembly instructions carefully. If you have questions please do not hesitate to contact us.

## Guarantee,

This guarantee covers all manufacturing and material flaws on **JOY SPORT** products purchased from an authorized **JOY SPORT** dealer for a period of 12 months from purchase.

If you wish to make a claim under the guarantee, **JOY SPORT** shall be entitled to repair or replace the defective unit or part at its discretion.

The owner of the unit must pay for the transport costs and any dealer's workshop costs.

To make a claim under the guarantee, take your guarantee card to your dealer.

The dealer will then take the necessary action.

If this is not possible, contact your national **JOY SPORT** importer.

The following are not covered by the guarantee : normal wear and tear and the consequences of improper treatment or damage caused by the purchaser or third persons and faults which are due to other circumstances.

Claims may not be made under the guarantee if modifications have been made to the original construction or equipment or if **JOY SPORT** original parts were not used to repair the unit.

In no event the manufacturer shall be liable for incidental or consequential losses, damages or expenses in connection with exercise products.

Fitness-Import  
Timmermannsweg 46  
5813 AP Ysselsteyn (LB)  
info@joysport.nl  
www.joysport.nl

## **General safety instructions**

In the design and the production of this fitness equipment, much attention has been paid to safety. Nevertheless, you need at all times to remain conscious of certain safety measures. Make certain that you have carefully read through the whole user manual prior to your use of the equipment. Keep in mind the following points:

1. This equipment has not been designed to be used as a toy and must only be used for the purposes described in this manual. Read the instructions below carefully before using this equipment.
2. Keep children and animals away from the equipment. Children's enthusiasm may well lead to incorrect use of the equipment. If children are allowed to use the equipment, they should only do so under supervision and after receiving instructions regarding its proper use. Under no circumstances should the equipment be used as a toy.
3. Always consult with your physician prior to making use of this equipment or any other fitness equipment.
4. Always wear safe and comfortable clothing when you are using fitness equipment. Preferably, wear sports shoes or aerobic footwear.
5. In the event you should feel faint or suffer other discomforts, stop using the equipment. You also need to stop when you experience pain in or pressure on your joints.
6. Make certain that no more than one user is occupying the equipment at one time. Place the equipment on a level surface; the space required is approximately 2 x 1 meters.
7. Make certain that the equipment has been correctly assembled prior to its use. Ensure that all screws, nuts and bolts have been fitted correctly and tightened properly. Use only the parts that are recommended by the importer and that have been delivered with the equipment.
8. Do not use the equipment if it is damaged or has broken down.
9. Pay attention to how your body reacts after using the equipment. Dizziness is a sign that you worked out too intensely. If you feel dizzy, stretch out on the floor and do not try to get back on your feet until the dizziness has disappeared.
10. Always use the equipment on a level and clean surface. Never use the equipment outdoors or in water.
11. Avoid that your arms and legs come too close to the moving parts. Do not stuff articles inside the existing openings in the equipment.
12. Use this equipment only for the purposes as described in this user manual. Do not use parts that were not recommended by the manufacturer.
13. Ascertain that there are no sharp and pointed objects in the immediate vicinity of the equipment.
14. We advise physically challenged individuals to use this fitness equipment only under the supervision of qualified instructors.
15. The equipment must have come to a complete standstill before stepping down.

**Warning**

Consult with your physician prior to starting your exercises. A frequent and intensive training programme should first be approved by your family physician. This is especially important for individuals above 35 years of age or for those with physical problems. Carefully read through the entire user manual before you start exercising. We are in no wise responsible for personal injury or physical strains and discomforts that are caused by the use of this equipment and cannot be held liable in case of their occurrence. Carefully save these instructions. Incorrect or extreme use may lead to personal injury.

Note: the maximum permissible weight on this equipment is 100 kg.

**Assembly**

This user manual has been put together in order to simplify the assembly of the equipment and at the same time to explain its correct use. Please make certain to carefully read through this manual. In order to familiarise yourself with the parts of the equipment, we recommend that you carefully study the general reference drawing prior to starting the assembly and the use of the equipment.

Place all parts needed for the assembly on the floor in an orderly manner and remove all packing material. Check the list of parts to verify what items are present. For the actual assembly we make referral to the following pages.

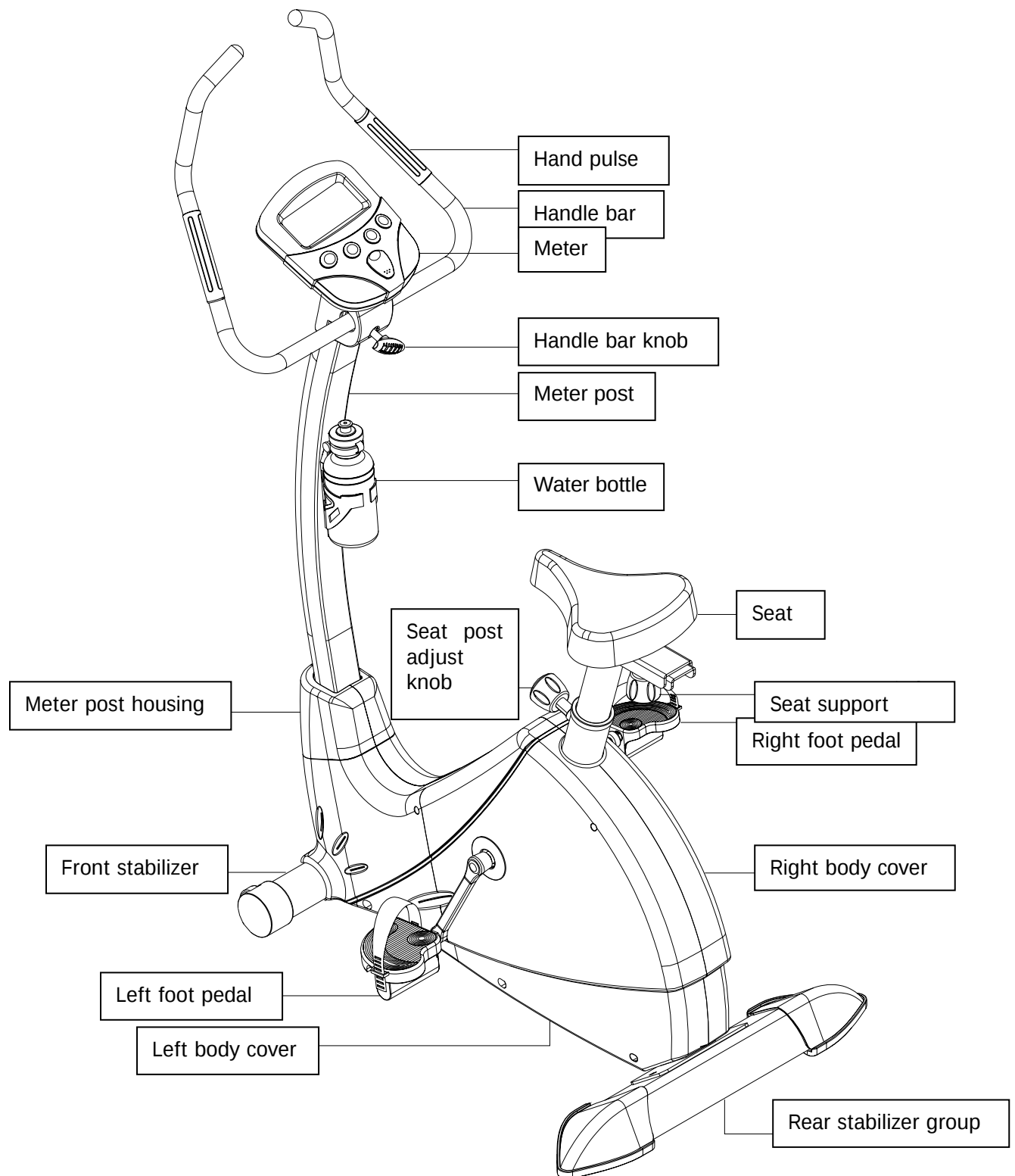
**Thank you for your purchase**

we thank you for your purchase of this fitness equipment. This equipment will help you in improving your general conditioning and in developing your muscles in the correct way. In addition, you can now enjoy all of these benefits inside your own home.

**Maintenance and use**

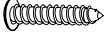
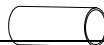
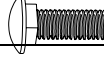
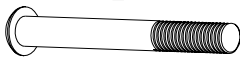
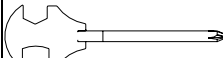
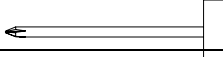
Consult your physician before starting the exercises. A frequent and strenuous workout program must be approved by your physician first.

- The equipment requires a regular check-up to prevent physical injury. This means that bolts and nuts should be frequently checked for their proper tightening and that the equipment in general should be checked for cracks and sharp edges etc.
- Defective components must be replaced immediately. If this is not feasible, the equipment must be put out of order until the required repairs have been made.
- NB! Do not smoke or use fire near the equipment, as some of the plastic components are flammable.
- Do not use the equipment in front of a burning stove and/or fire place.
- Persons suffering from a plastics allergy should consult their physician before using the equipment.
- Do not touch any cylinders on the equipment as they become extremely hot during use.

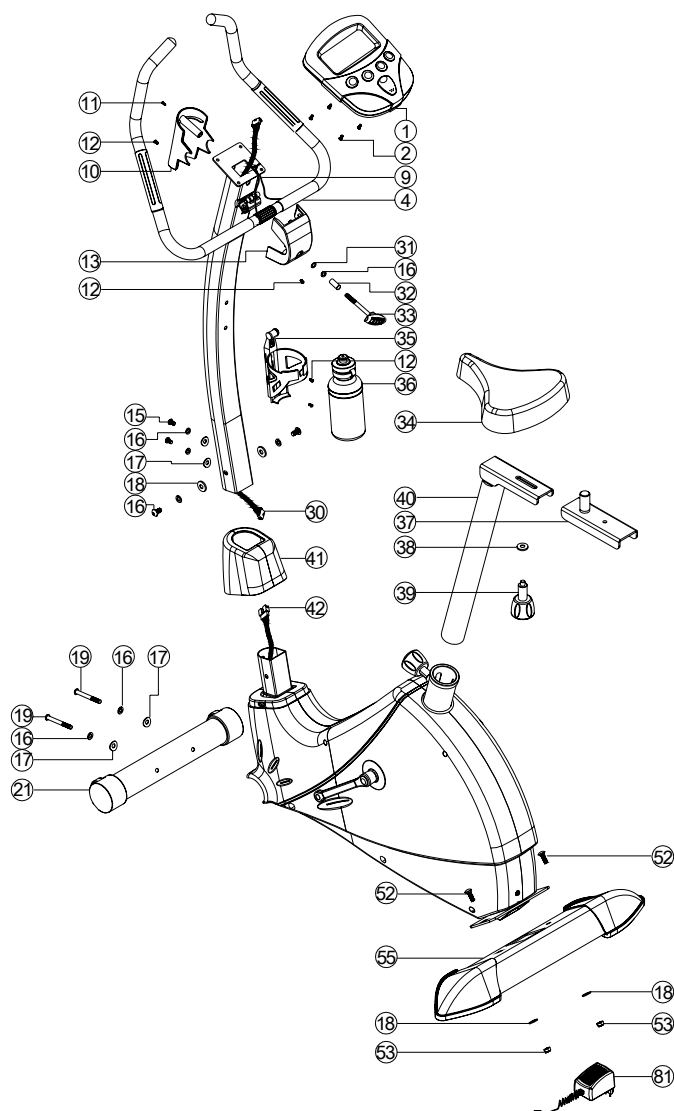


## 1.Parts & Tools

Please review the following photos to identify the tool you will use for assembly.

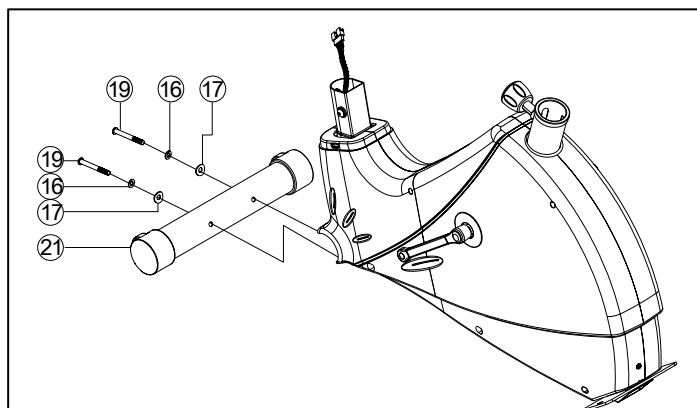
| Nr.       | Name & Specs                | Photo                                                                             | Qty      | Nr.       | Name & Specs                 | Photo                                                                               | Qty      |
|-----------|-----------------------------|-----------------------------------------------------------------------------------|----------|-----------|------------------------------|-------------------------------------------------------------------------------------|----------|
| <b>11</b> | M4*20 cross screw           |  | <b>1</b> | <b>32</b> | handle bar knob tube bushing |  | <b>1</b> |
| <b>12</b> | M5*16 round cross screw     |  | <b>4</b> | <b>33</b> | handle bar knob              |  | <b>1</b> |
| <b>16</b> | M8 spring washer            |  | <b>3</b> | <b>52</b> | M8*20 carriage screw         |  | <b>2</b> |
| <b>17</b> | M8 arc washer               |  | <b>2</b> | <b>53</b> | M8 nylon cap                 |  | <b>2</b> |
| <b>18</b> | OD20*ID8.5*1.5T flat washer |  | <b>2</b> |           | 5MM inner hexagon spanner    |  | <b>1</b> |
| <b>19</b> | M8*72 inner hexagon screw   |  | <b>2</b> |           | Tri-functional spanner       |  | <b>1</b> |
| <b>31</b> | OD12*ID8*1.5T flat washer   |  | <b>1</b> |           | Tum spanner                  |  | <b>1</b> |

## ASSEMBLY EXPLODED DIAGRAM



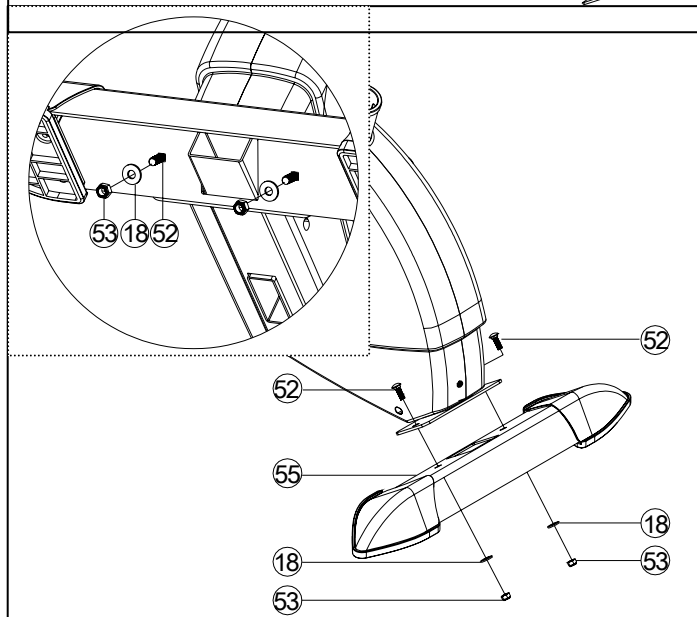
## 2 FRONT STABILIZER

Take the front stabilizer (21) close to the front bottom of main frame. Inert through a M8 spring washer (16), M8 arc washer (17) with an M8\*72 innerhexagon screw (19) and lock the up on the stabilizer.



## 3 REAR STABILIZER GROUPE

Attach the rear stabilizer group (55) on the rear bottom of the main frame. Insert through an M8\*20 carriage screw (52) and use OD20\*ID8.5\*2.0T flat washer (18), M8 nylon cap (53) to lock them up.



## 4 PEDALS

Please fix the pedal bondage (23, 78) onto the pedals (24, 79) according to the photo illustration 4-A / 4-B / 4-C

Screw the left pedal (24) with bondage anti-clockwise so that it will get connected firm with left crank (27)

Then screw the right pedal (78) with bondage clockwise so that it will get connected firm with right crank (79).



Photo 4-A



Photo 4-B

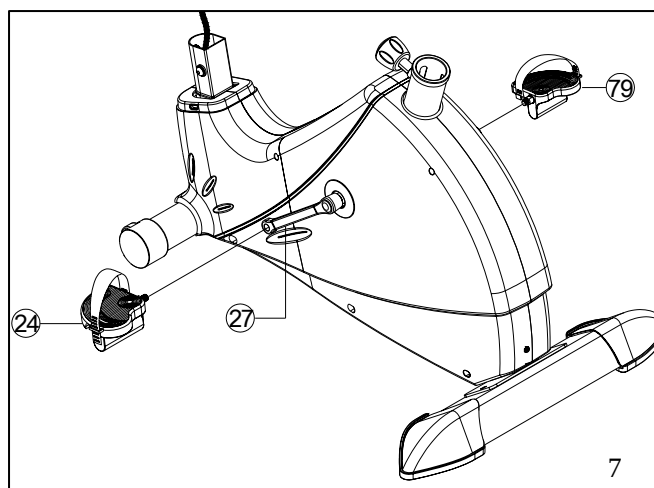


Photo 4-C

## 5 SEAT

First loosen the nuts which are fixed with the seat (34) please refer to photo illustration 5-A. Then slide the seat (34) on the seat group (34). Tighten the loosen nuts.

Pull out the seat post knob (44) and hold on. Insert the seat group (34) into the main frame. Set it on your wanted position and release the seat post knob. Screw it to firm. Please make sure the seat post knob (44) must be inserted through the holes inside the seat post and screwed without any gap.

### SEAT ADJUST

You can adjust your seat forward or backward.

Loosen the seat adjust knob (39) & OD20\*ID10.5\*2.0T flat washer (38).

Then you can move the seat support (37) forward or backward so that seat position could be changed accordingly as your level. Finally tighten the knob again. (Photo 5-B)

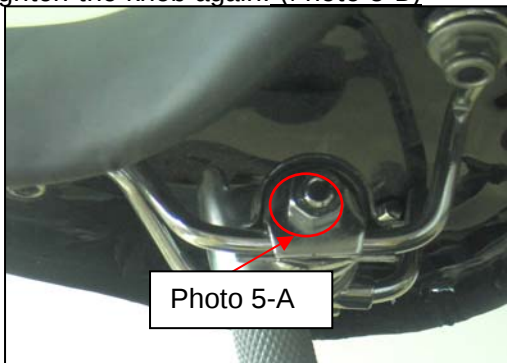


Photo 5-A

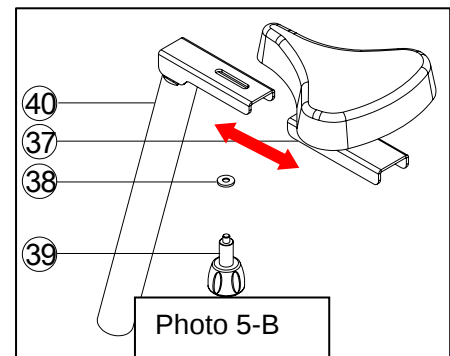
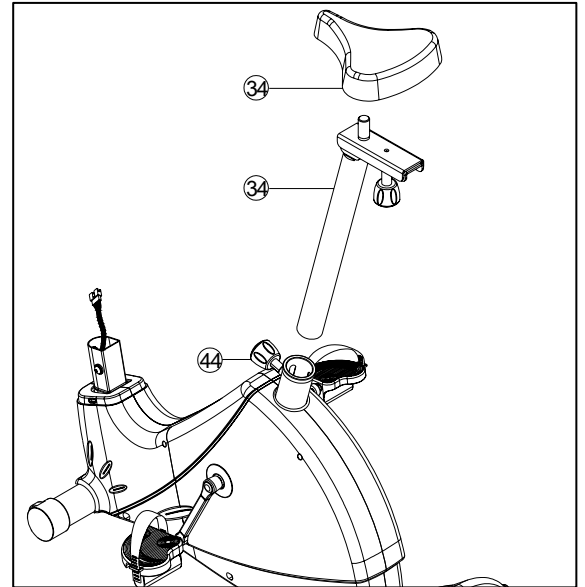


Photo 5-B

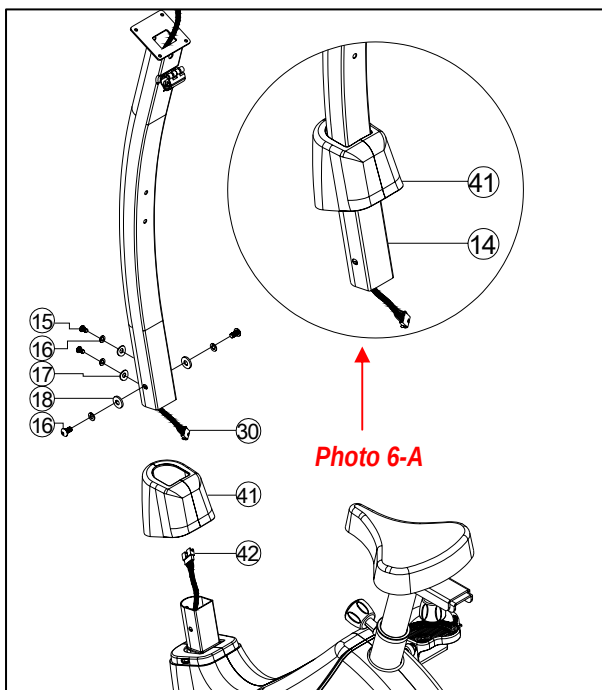


Photo 6-A

## 6 METER POST

Remove the four M8\*20 inner hexagon screws (15), four M8 spring washers (16), two M8 arc washers (17) and two OD20\*ID8.5\*1.5T flat washers (18) which are pre-assembled meter post.

Move the meter post housing (41) at upper position of the meter post (14). Please refer to the Photo 6-A. Then move the meter post (14) close to the lower post. Combine the meter connecting upper wire (30) with meter connecting lower wire (42)

Then insert the meter post into lower post. Lock them with the removed screws & washers.

Finally fix the meter post housing on the main frame.

## 7 METER

Remove the meter screws M5\*12 (2) from the back of the meter (1).

Combine the meter connecting upper wire (53) with meter wire at back of the meter.

Attach the meter (1) on the top site of the meter post (14) and use the removed meter screws M5\*12 to lock them up.

## 8 HANDLE BAR & HOUSING.

Put the handle bar (9) into the handle bar fixer. Cover a handle bar rear housing (10) and use an M5\*16 cross screw (12) to lock it.

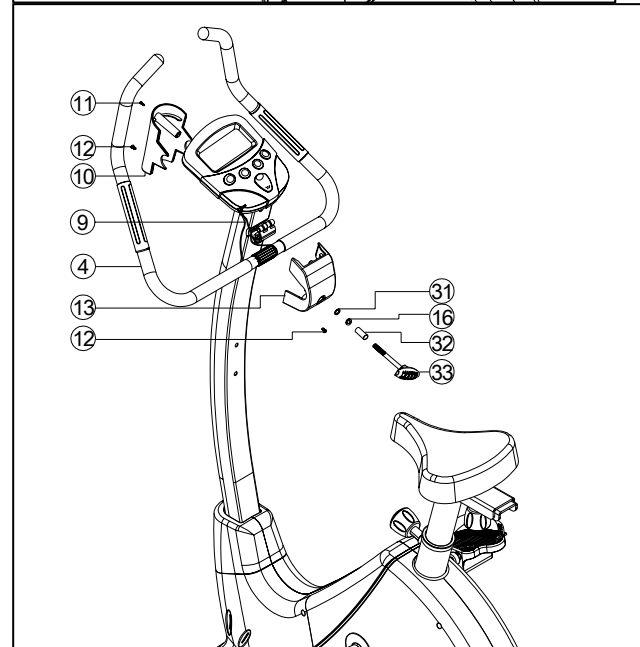
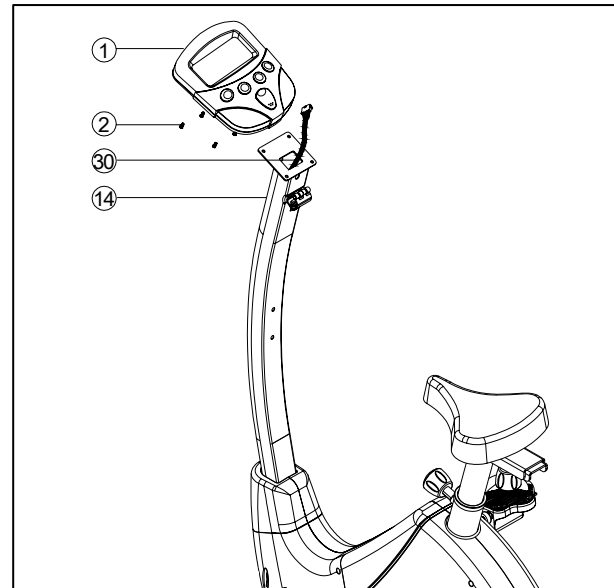
Cover the handle bar front housing (13). Adjust the handle bar at a proper angle so that you can insert the handle bar knob (33) through handle bar knob tube bushing (32), M8 spring washer (16) and OD12\*ID8\*1.5T (31).. Screw the knob to fix them all up on the handle bar. Please refer to the Photo 8-A.

Then use an M5\*16 cross screw to fix a the handle bar front housing. Use an M4\*20 cross screw to fix together with handle bar front housing (13) and handle bar rear housing (10).

Plug the hand pulse wire (9) into the sensor hole on back side of the meter.



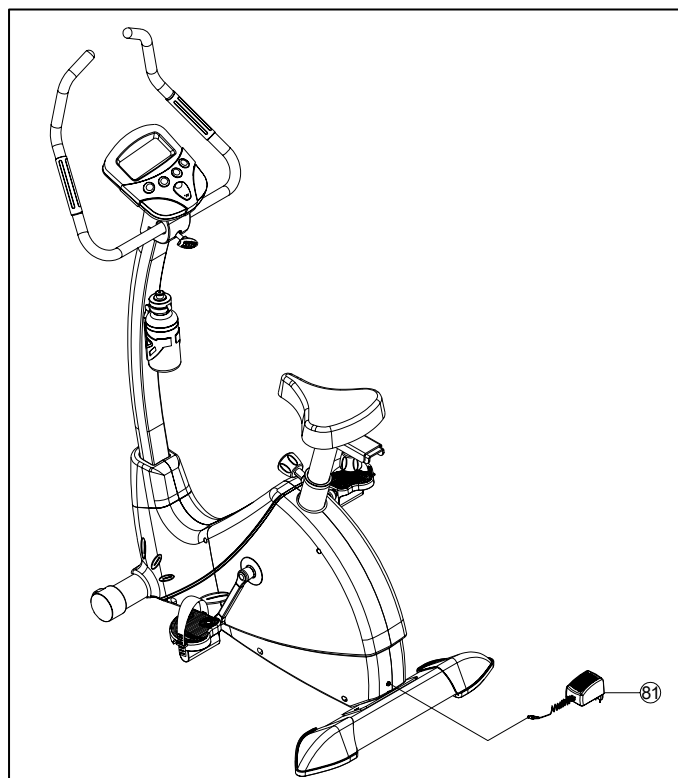
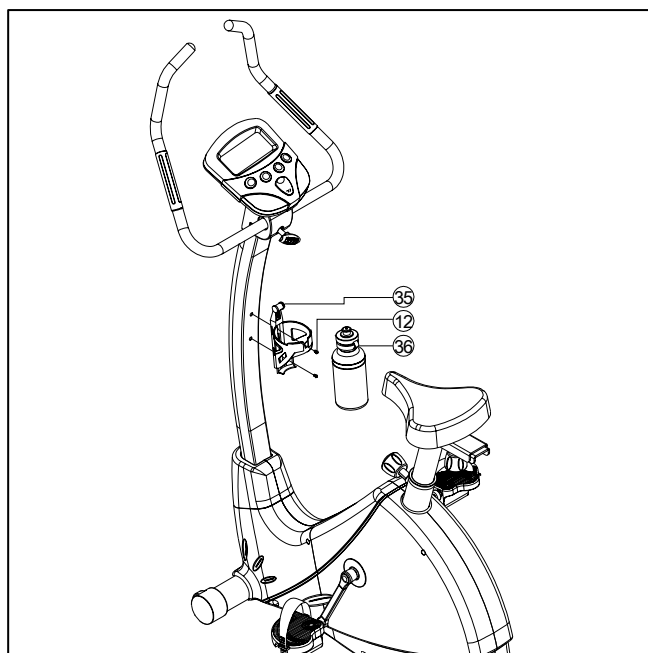
Photo 8-A



## 9 WATER BOTTLE

Attach the water bottle holder (35) on the meter post. Use M5\*16 round cross screw (12) to fix them.

Insert the water bottle (36) into the holder.

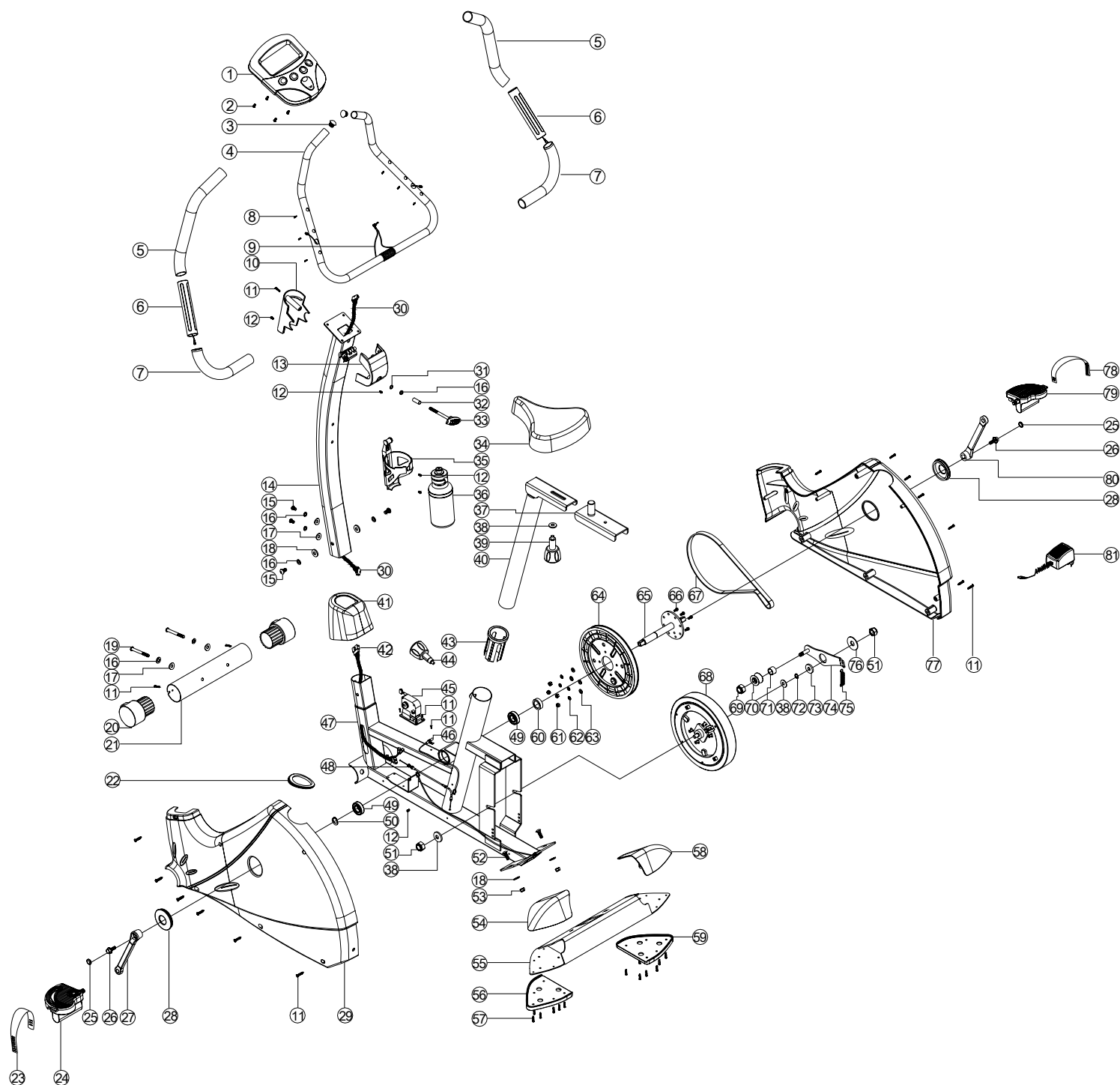


## 10 POWER SUPPLY

Please make sure the transformer is connected with your country's power standard (200-240V ~ 50/60Hz).

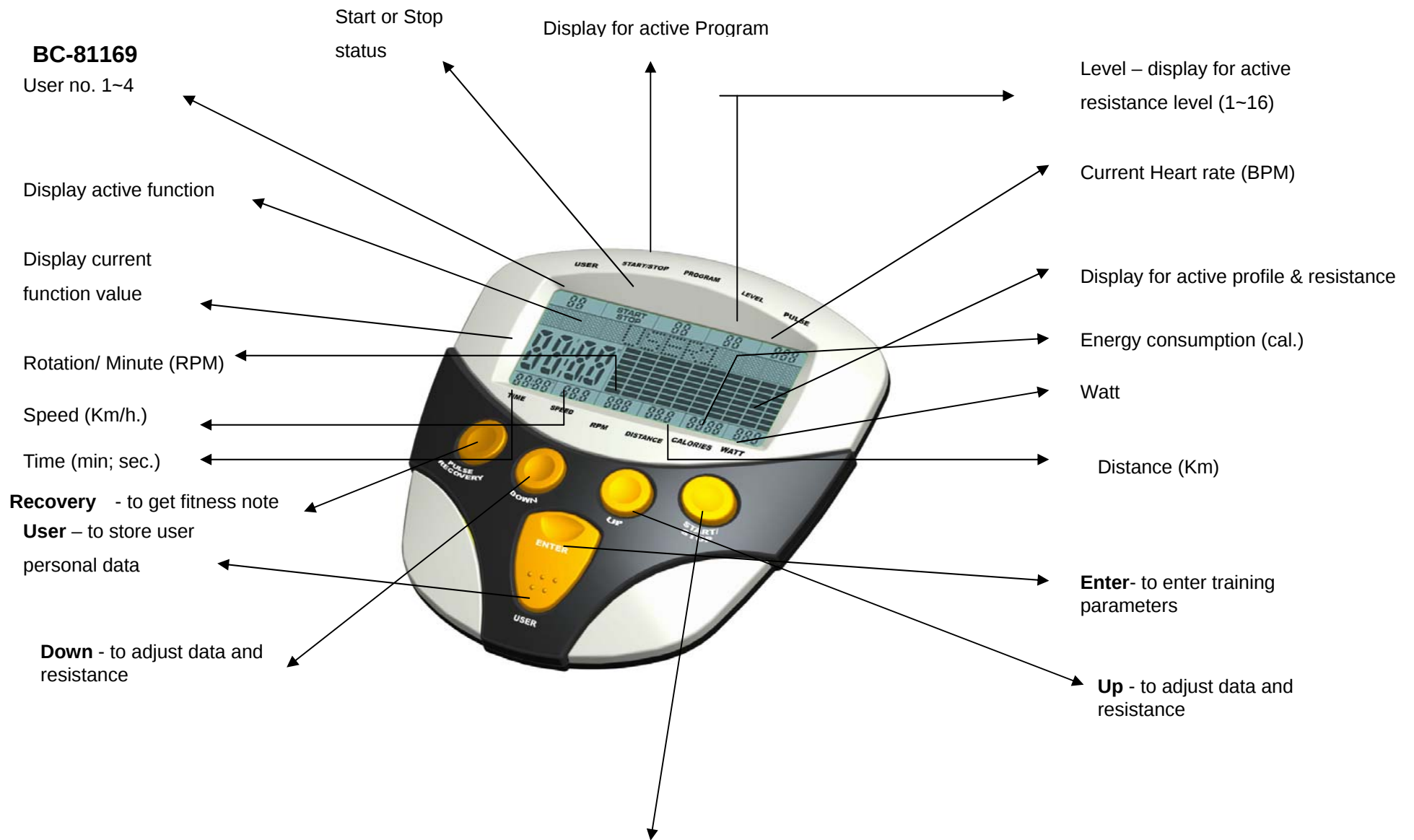
Meter can be operated immediately only under this power supply.

# EXPLODED DIAGRAM



## PARTS LIST.

| NR. | NAME & SPECS                     | QTY. | NR. | NAME & SPECS                           | QTY. |
|-----|----------------------------------|------|-----|----------------------------------------|------|
| 1   | meter                            | 1    | 42  | meter connecting lower wire            | 1    |
| 2   | meter screws M5*12               | 4    | 43  | seat post bushing                      | 1    |
| 3   | handle bar end caps              | 2    | 44  | seat post adjust knob                  | 1    |
| 4   | handle bar                       | 1    | 45  | motor                                  | 1    |
| 5   | handle bar foam 1                | 2    | 46  | sensor wire with sensor and fixer      | 1    |
| 6   | handle pulse                     | 2    | 47  | main frame                             | 1    |
| 7   | handle bar foam 2                | 2    | 48  | motor piano wire                       | 1    |
| 8   | hand pulse round cross M3*10crew | 6    | 49  | bearing R12                            | 2    |
| 9   | hand pulse wire                  | 1    | 50  | crank axle semicircular washer withΦ19 | 1    |
| 10  | handle bar rear housing          | 1    | 51  | M10*6.35T nylon cap                    | 2    |
| 11  | M4*20 cross screw                | 20   | 52  | M8*20 carriage screw                   | 2    |
| 12  | M5*16 round cross screw          | 5    | 53  | M8 nylon cap                           | 1    |
| 13  | handle bar front housing         | 1    | 54  | rear stabilizer end cap (L)            | 1    |
| 14  | meter post                       | 1    | 55  | rear stabilizer group                  | 1    |
| 15  | M8*20 inner hexagon screw        | 4    | 56  | rear end cap rubber washer (L)         | 1    |
| 16  | M8 spring washer                 | 7    | 57  | M4*12 cross screw                      | 16   |
| 17  | OD20*ID8.5*1.5T arc washer       | 4    | 58  | rear stabilizer end cap (R)            | 1    |
| 18  | D20*ID8.5*1.5T flat washer       | 4    | 59  | rear end cap rubber washer (R)         | 1    |
| 19  | M8*72 inner hexagon screw        | 2    | 60  | belt plate gap bushing                 | 1    |
| 20  | front transportation wheel       | 2    | 61  | M6 nylon cap                           | 4    |
| 21  | front stabilizer                 | 1    | 62  | spring washer                          | 4    |
| 22  | seat post housing                | 1    | 63  | OD16*ID6.5*1.5T flat washer            | 4    |
| 23  | left pedal bandage               | 1    | 64  | belt plate with magnet sensor          | 1    |
| 24  | left pedal                       | 1    | 65  | crank axle group                       | 1    |
| 25  | crank foot cover                 | 1    | 66  | M6*18 outer hexagon screw              | 4    |
| 26  | 5/16-18UNC25 outer hexagon screw | 2    | 67  | belt                                   | 1    |
| 27  | left crank                       | 1    | 68  | inner magnet group                     | 1    |
| 28  | crank housing                    | 2    | 69  | nylon cap                              | 1    |
| 29  | left body cover                  | 1    | 70  | arc adjust wheel with bearing 6000     | 1    |
| 30  | meter connection upper wire      | 1    | 71  | adjust wheel tube bushing              | 1    |
| 31  | OD12*ID8*1.5T flat washer        | 1    | 72  | flywheel axle semicircular withΦ12     | 1    |
| 32  | handle bar knob tube bushing     | 1    | 73  | gap washer                             | 1    |
| 33  | handle bar knob                  | 1    | 74  | adjust wheel fixer                     | 1    |
| 34  | seat                             | 1    | 75  | adjust spring                          | 1    |
| 35  | water bottle holder              | 1    | 76  | curve washer                           | 1    |
| 36  | water bottle                     | 1    | 77  | right body cover                       | 1    |
| 37  | seat support                     | 1    | 78  | right pedal bandage                    | 1    |
| 38  | OD20*ID10.5*2.0T flat washer     | 4    | 79  | right pedal                            | 1    |
| 39  | seat adjust knob                 | 1    | 80  | right crank                            | 1    |
| 40  | seat post                        | 1    | 81  | transformer                            | 1    |
| 41  | meter post housing               | 1    |     |                                        |      |



when you press the "start" button to start the exercising. You can turn the "up" button or "down" button to adjust the level you want to meet

**Start/ Stop** - to start or pause

## **PROGRAM INTRODUCTION:**

training by pressing the nut

---

### **Manual Program: Manual**

PROGRAM 1 is a manual program. Press "ENTER" key to select TIME, DISTANCE, and CAL. Then, turn the nut to adjust the values. The default level of loading is 6. After pressing "START/STOP" key to exercise, please also apply the heart rate detector appropriately. Users may exercise in any desired level (by turning the nut during the workout) with a period of time or a certain distance.

### **Preset Programs: Rolling, Valley, Fat Burn, Ramp, Mountain, Intervals**

PROGRAM 2 to PROGRAM 7 is the preset program. Press "ENTER" key to select TIME, DISTANCE, and CAL. Then, turn the nut to adjust the values. Users may exercise with different level of loading in different intervals as the profiles show. After pressing "START/STOP" key to exercise, please also apply the heart rate detector appropriately. Users may also exercise in any desired level (by turning the nut during the workout) with a period of time or a certain distance.

### **User Profile programs: User Setting Profile**

Program 8 is the user-setting program. Users are free to edit the values in the order of TIME, DISTANCE, CAL, and the level of loading in 10 intervals. The values and profiles will be stored in the memory after setup. Users may also change the ongoing loading in each interval by turning the nut, and they will not change the level of loading stored in the memory.

### **Speed Independent Program: Watt Control**

Program 9 is a Speed Independent Program. Press "ENTER" key to select the values of TIME, DISTANCE, and WATT. Then, turn the nut to adjust the values. After pressing "START/STOP" key to exercise, please also apply the heart rate detector appropriately. During the exercise, the level of loading is not adjustable. In this program, computer will adjust the level of loading according to the value of WATT setup. For example, the level of loading may increase while the speed is too slow. Also, the level of loading may decrease while the speed is too fast. As a result, the calculated value of WATT will close to the value of WATT setup by users.

**Heart Rate Control Programs: 60% H.R.C. (Heart Rate Control Program), 75% H.R.C., 85% H.R.C.**

Program 10 to Program 12 is the Heart Rate Control Programs. In Program 10 to Program 12, press “Enter” key to select TIME, DISTANCE, Cal & AGE, and TARGET H.R. Then, turn the nut to adjust the values. Users may exercise in a period of time or a certain distance with 60% Max Heart Rate in Program 10, 75% Max Heart Rate in Program 11, and 85% Max Heart Rate in Program 12. After pressing “START/STOP” key to exercise, please also apply the heart rate detector appropriately. Or you can choose Target H.R. working program under these 3 main programs, users may setup a target heart rate to exercise in a period of time or a certain distance. In these programs, the computer will adjust the level of loading according to the heart rate detected. For example, the level of loading may increase while the heart rate detected is lower than TARGET H.R. Also, the level of loading may decrease while the heart rate detected is higher than TARGET H.R. As a result, the user’s heart rate will be adjusted to close the TARGET H.R. in the range of TARGET H.R. –5 and TARGET H.R. +5.

**Body Fat Program: Body Fat Measurement**

Program 13 is a special program designed to calculate users’ body fat ratio and to design a specific loading profile for users. With 9 different body types, the computer can generate 9 different profiles for each. Press “ENTER” key to select GENDER, HEIGHT, WEIGHT, and AGE. Then, turn the nut to adjust the values. After pressing “START/STOP” key to calculate body fat, please also apply the heart rate detector appropriately. If the detector cannot pick up any signals, an error message “E3” will show up in the profile display. If it happens, press “START/STOP” key to calculate again. Then, the calculation values of FAT%, BMR, BMI, BODY TYPE, and a designed profile will show up shortly. Press “START/STOP” key to exercise. The profile shown in the display is specially designed for your body type.

**Fitness Test: Press the Pulse Recovery Button**

The fitness note is for personal orientation and compares the pulse rate before and after training. You will notice that your fitness will improve when exercising regularly.

1. Press the pulse recovery button directly after a training session.

2. Hold the hand on pulse connections or leave the chest transmitter attached.
3. Time will count down from 60 to 0 seconds.
4. Your personal fitness note appears (F1.0 – F6.0) on the display.

F1.0 = Excellent    F2.0 = Good    F3.0 = Fair    F4.0 = below average    F5.0 = No Good    F6.0 = Poor

## BUTTONS & POWER INTRODUCTION

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|                    |                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Power              | This model has been supplied with a power adapter. The specification for the adapter is 6V/1A.                                                                                                                                                                                                                                                                                                                                             |
| Auto on            | Press any button or begin pedaling to automatically turn on the computer. If any part of the display malfunctions check the power adaptor and all connections.                                                                                                                                                                                                                                                                             |
| Auto off           | Without peddling the equipment after 4 minutes 16 seconds, the monitor will turn off automatically.                                                                                                                                                                                                                                                                                                                                        |
| PULSE RECOVERY     | Press this button to enter the fitness test. The ranking of the test resolute is from F1.0 to F6.0.                                                                                                                                                                                                                                                                                                                                        |
| USER               | Press this button to the personal data input.                                                                                                                                                                                                                                                                                                                                                                                              |
| ENTER<br>exercise. | <ol style="list-style-type: none"> <li>1. During the program choosing function, press this button to confirm the program you would like to do the exercise.</li> <li>2. During the setting mode, Press this button to confirm the value you would like to set up.</li> <li>3. During the start mode, press this button to chose the time, speed, distance, calorie, RPM, watt or pulse to display on the bigger digital number.</li> </ol> |

4. In the body fat measurement program, press this button to read the next result after body

1. Press “ UP”or”DOWN” button to select the program form Manual, Rolling, Valley, Fat Burn, Ramp, Mountain, Intervals, User Setting Profile, Watt Control, 60% H.R.C. (Heart Rate Control Program), 75% H.R.C., 85% H.R.C., to Body fat test.
2. Press “ UP”or”DOWN” button to increase or decrease the setting value of Time, Distance, Calories, height, weight, age, sex, and pulse.
3. During the start mode, Press UP”or”DOWN” button to increase or decrease the resistance level.
4. Press the “ START” button to start or stop exercise or begin to measure the body fat.

RESET          Press the START/STOP button for 2 seconds to set all displayed values back to zero.

#### OPERATION INSTRUCTION:

##### A. Plug in the power

Plug in the adaptor to the equipment. The monitor will produce a beep sound and turn on the monitor.

##### B. Determine the User (Only Can Process in the STOP Mode.)

1. Press the User button to the USER DATA, only can use on the stop mode.
2. Press the Enter to the USER SELECT
3. Press “ UP”or”DOWN” button to select the User from U1 to U4
4. Press the Enter to decide the User

5. Press “UP”or”DOWN”button to set up your height, and then press the Enter to confirm your setting value.
6. Press “UP”or”DOWN” button to set up your weight, and then press the Enter to confirm your setting value.
7. Press “UP”or”DOWN” button to set up your age, and then press the Enter to confirm your setting value.
8. Press “UP”or”DOWN” to set up your sex, and then press the Enter to confirm you are M (male) or F (female).
9. Finish the user data input.

#### C. Program select and setting value

##### C-1 Manual Program

1. Press “ UP”or”DOWN”button to select the Manual program.
2. Press the Enter Button to choose the manual program.
3. The Time display will flash, and then press “ UP”or”DOWN” to set up the desired time to do the exercise. Press ENTER button to confirm your setting value.
4. The distance display will flash, and then press “ UP”or”DOWN” button to set up the desired distance value. Press ENTER button to confirm your setting value.
5. The Calories display will flash, and then press “ UP”or”DOWN” button to set up the desired calories to be consumed. Press ENTER button to confirm your setting value.
6. Press the start/stop to begin exercise.

Note:

1. Time and distance cannot set up at the same time in this program.
2. When you reach the target, the monitor will produce beep sound and then stop.
3. If you set up more than one target and you would like to reach next target, press start to exercise again.

##### C-2 Preset Program: Rolling, Valley, Fat Burn, Ramp, Mountain, Intervals Program

1. Press “ UP”or”DOWN” to select one of the above programs.

2. Press the Enter Button to enter this program.
3. The Time display will flash, and then press “ UP”or”DOWN” button to set up the desired time to do the exercise.  
Press ENTER button to confirm your setting value.
4. The distance display will flash, and then press “ UP”or”DOWN” button to set up the desired distance value. Press ENTER button to confirm your setting value.
5. The Calories display will flash, and then press “ UP”or”DOWN” button to set up the desired calories to be consumed.  
Press ENTER button to confirm your setting value.
6. Press the start/stop to begin exercise.

Note:

1. Time and distance cannot set up at the same time in this program.
2. When you reach the target, the monitor will produce beep sound and then stop.
3. If you set up more than one target and you would like to reach next target, press start to exercise again.

#### C-3 User Setting Profile

1. Press “ UP”or”DOWN” button to USER PROFILE.
2. Press the Enter Button to enter this program.
3. The Time display will flash, and then press “ UP”or”DOWN” button to set up the desired time to do the exercise.  
Press ENTER button to confirm your setting value.
4. The distance display will flash, and then press “ UP”or”DOWN” button to set up the desired distance value.  
Press ENTER button to confirm your setting value.
5. The Calories display will flash, and then press “ UP”or”DOWN” button to set up the desired calories to be consumed. Press ENTER button to confirm your setting value.
6. The column 1 will flash, and then press “ UP”or”DOWN” button to create your personal exercise profile.
7. Press the Enter button to confirm your first column of your exercise profile.
8. The column 2 will flash, and then press “ UP”or”DOWN” button to create your personal exercise profile.

9. Press the Enter button to confirm your second column of your exercise profile.
10. Follow the above descriptions to finish your personal exercise profile.
11. Press the START/STOP to begin exercise.

Note: Your personal exercise profile will be stored in the memory of the monitor.

- Note:
1. Time and distance cannot set up at the same time in this program.
  2. When you reach the target, the monitor will produce beep sound and then stop.
  3. If you set up more than one target and you would like to reach next target, press start to exercise again.

#### C-4 Watt Control Program.

1. Press “ UP”or”DOWN” button to select the watt control program.
2. Press the Enter Button to choose the manual program.
3. The Time display will flash, and then press “ UP”or”DOWN” button to set up the desired time to do the exercise. Press ENTER button to confirm your setting value.
4. The distance display will flash, and then press “ UP”or”DOWN” button to set up the desired distance value. Press ENTER button to confirm your setting value.
5. The Calories display will flash, and then press “ UP”or”DOWN” button to set up the desired calories to be consumed. Press ENTER button to confirm your setting value.
6. The watt display will flash, and then press “ UP”or”DOWN” button to set up the watt to do the exercise. Press ENTER button to confirm your setting value.
7. Press the start/stop MODUS to begin exercise.

NOTE:  $WATT = TORQUE (KGM) * RPM * 1.03$ . In this program, the WATT value will keep constant value. It means that if you peddle quickly, the load will decrease and if you peddle slowly, the load will increase. Always try to keep you in the same watt value.

- Note:
1. Time and distance cannot set up at the same time in this program.
  2. When you reach the target, the monitor will produce beep sound and then stop.
  3. If you set up more than one target and you would like to reach next target, press start to exercise again.

C-5 HEART RATE CONTROL PROGRAM: 60% H.R.C., 75%H.R.C., and 85% H.R.C.

1. Turn the “ MODUS” button to select one of the heart rate control program,
2. Press the Enter Button to confirm your choice.
3. The Time display will flash, and then press “ UP”or”DOWN” button to set up the desired time to do the exercise. Press Enter button to confirm your setting value.
4. The distance display will flash, and then press “ UP”or”DOWN” button to set up the desired distance value. Press ENTER button to confirm you setting value.
5. The Calories display will flash, and then press “ UP”or”DOWN” button to set up the desired calories to be consumed. Press ENTER button to confirm your setting value.
6. The Age display will flash, and then press “ UP”or”DOWN” button to set up your age. Press ENTER button to confirm your setting value.
7. The Target H.R. (Target Heart rate) display will flash. Please check this number is suitable for you. If you do not want to use this value for your target, you can press “ UP”or”DOWN” button to set up the desired target heart rate you would like to keep during your exercise.
8. Press the start/stop to begin exercise.

- Note:
1. Time and distance cannot set up at the same time in this program.
  2. When you reach the target, the monitor will produce beep sound and then stop.
  3. If you set up more than one target and you would like to reach next target, press start to exercise again.

C-6 Body fat measurement

1. Press “ UP”or”DOWN” button to select BODY FAT TEST program,

2. Press the Enter Button to confirm your choice.
3. The HEIGHT display will flash, and then press “ UP”or”DOWN” button to set up your height. Press ENTER button to confirm your setting value.
4. The weight display will flash, and then press “ UP”or”DOWN” button to set up your height. Press ENTER button to confirm your setting value.
5. The AGE display will flash, and then press “ UP”or”DOWN” button to set up your sex. Press ENTER button to confirm your setting value.
6. The gender display will flash, and then press “ UP”or”DOWN” button to set up your gender. Press ENTER button to confirm your setting value.
7. Press START/STOP button to begin body fat measurement.
8. After finished your measurement, press the ENTER button to check your test results.
9. To quit this program, press “UP”or”DOWN” button to select your desired program.

NOTE: The personal data will recall from USER SETTING DATE. If the data is correct, just simply press the ENTER button to confirm the values. In this program, your personal data will not store in our memory. If you need to change your personal data, please press the USER button to change your personal information,

- Things You Should Know Before Exercising

- A. The values calculated or measured by the computer are for exercise purpose only, not for medical purpose.
- B. The Variables May Need To Change In The Programs:

| Programs         | Variables                              |
|------------------|----------------------------------------|
| P1 ~ P7          | TIME, DISTANCE, CAL                    |
| P8 •             | TIME, DISTANCE, CAL, 10 Intervals      |
| P9 •             | TIME, DISTANCE, WATT.                  |
| P10 • ~ P12<br>• | TIME, DISTANCE, CAL, AGE,<br>TARGET HR |
| P13 •            | GENDER, HEIGHT, WEIGHT, AGE            |

The pre-set data will begin to count down after you start pedalling.

Once a pre-set has been reached the computer will beep and end the training program.

#### C. Body Types:

There are 5 body types divided according to the FAT% calculated. Type 1 is from 5% to 14%. Type 2 is from 15% to 24%. Type 3 is from 25% to 29%. Type 4 is from 30% to 39%. Type 5 is from 40% to 50%.

D. BMR: Basal Metabolic Rate (metabolism) is the energy (measured in calories) expended by the body at rest to maintain normal bodily function.

E. BMI: BMI means Body Mass Index, which is used for body shape adjustment.

F. FAT WEIGHT: The total body fat in our body measured by Kilogram.

Please consult your physician to find your maximum and minimum heart rate.