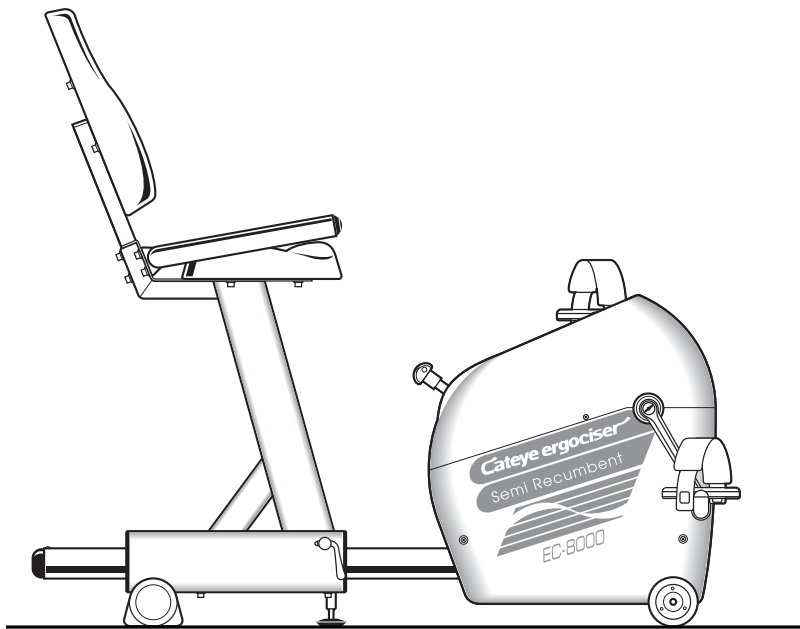




# Cateye ergociser

## SEMI-RECUMBENT TYPE Instruction Manual

MODEL EC-8000U



EC-8000U

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# Introduction

Thank you very much for your purchase of Cateye Ergociser Model EC-8000.

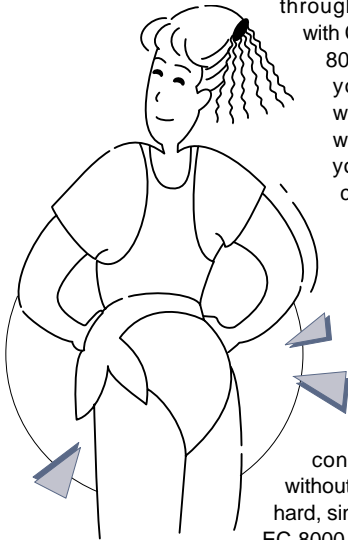
## Something about Cateye Ergocisers

Let's enjoy physical fitness among all of your family members; sisters, mother, father, and even grandparents.

Cateye Ergociser EC-8000 is not a professional training machine. You can enjoy healthy and safe physical fitness

through an easy exercise

with Cateye Ergociser EC-8000, while monitoring your pulse. Intense workouts are not always necessary. All you need to do is to continue the exercise at a moderate level, for a rather long time. It will help you to increase your metabolism rate and burn excessive body fat, thus making your body healthier. You can continue your exercise without pushing yourself too hard, since Cateye Ergociser EC-8000 provides you an easy exercise. Therefore, Cateye



Ergociser EC-8000 is adequate for a variety of usage among your family members including the shaping up of young bodies, the prevention of growing old of the middle-aged, and the rehabilitation of the old.

Please read through this manual carefully and understand the benefits of the Cateye Ergociser EC-8000 before proceeding to the operation of this unit. In addition, please keep this manual and the warranty card for your future reference.

# For safety operation



Please read through this section before proceeding to operate your Cateye Ergociser.

For your safety, you are kindly requested to observe the following:

## WARNING!!!

- Before using the EC-8000, it is important to consult a medical specialist if you are suffering from any of the following: heart disease (angina pectoris, myocardial infraction), hypertension, diabetes, respiratory disease (asthma, chronic bronchitis, pulmonary emphysema, etc.), articular metamorphosis, rheumatism, gout, or any other disease and physical complaints.
- If you are not used to regular physical activities, it may be dangerous to suddenly start strenuous exercise. Try to increase your exercise level gradually and always avoid careless exertion.
- If you feel sick or sense something is wrong with your body during exercise, immediately stop exercising.
- In case children, sick persons, or those who are physically disabled are using this unit, be sure that they should be attended by someone else.

## CAUTION

- The pulse (earlobe) sensor should always be used with the correct age setting. This allows the upper pulse limit alarm to issue a warning when your heart rate has unusually increased.
- Be sure to remove pulse sensor cord by holding the plug instead of pulling it by holding the cord.
- Do not use this unit in areas where there are a lot of spray products or inflammable substance.
- Do not use this unit with the ventilation hole, etc. covered.
- Do not let substance fall or insert into the openings of the unit. As otherwise, it may result in failures of the unit.
- Avoid using or storing the unit outdoors or in areas where it is exposed to direct sunlight.
- Do not use the unit in areas where temperature and humidity are high.
- Avoid using the unit in other manners than stated in this manual.
- Do not use the unit whenever it does not operate normally, it is dropped or damaged, or when it is wet. When such events have occurred, contact our authorized dealer in your location.
- For repairing the unit, be sure to use the genuine parts for Cateye Ergocisers only.

### Symbol marks used for safety precautions in this manual

The descriptions with the following symbol marks in this manual refer to very important matter in terms of your safety and handling of the unit. You are strictly requested to observe these precautions.

**WARNING** Should this indication be neglected and improper handling attempted by the operator, such critical risks which could result in a fatal or serious injuries are impending.

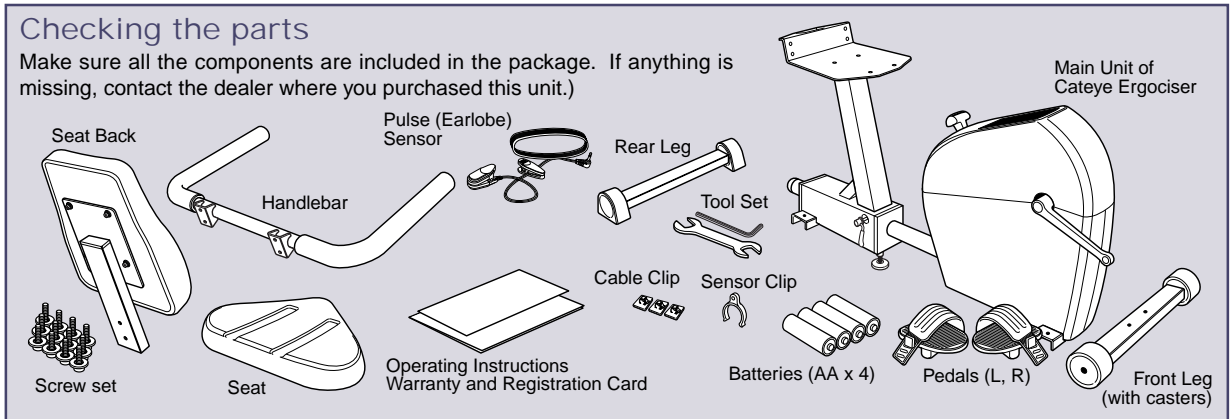
**CAUTION** Should this indication be neglected and improper handling attempted by the operator, there are possibilities of physical injuries or material damages.

**REFERENCE** This symbol mark describes advantageous items to the user or complementary items.

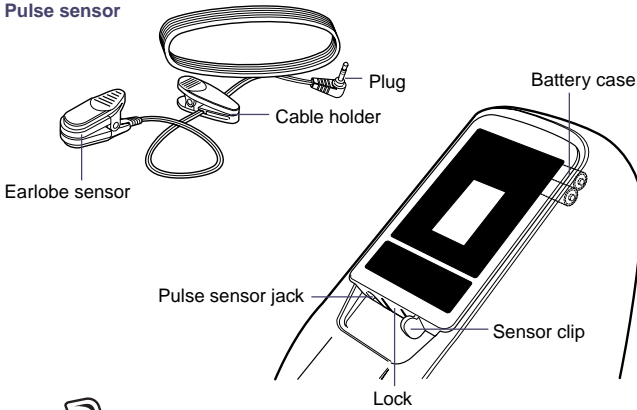
# Name of Each Part

## Checking the parts

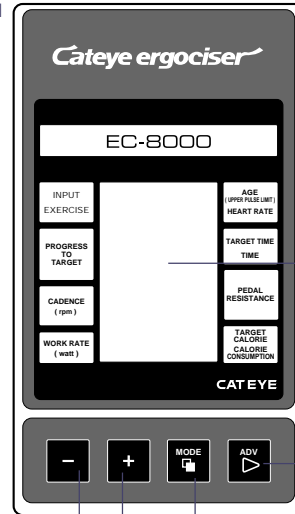
Make sure all the components are included in the package. If anything is missing, contact the dealer where you purchased this unit.)



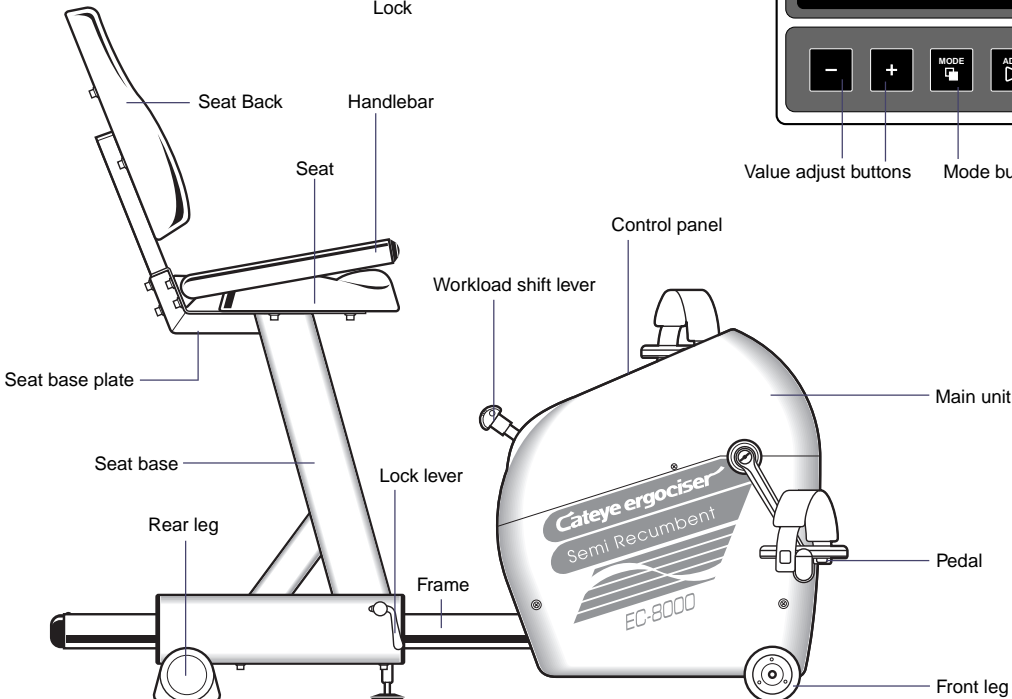
### Pulse sensor



### Control panel



Value adjust buttons    Mode button



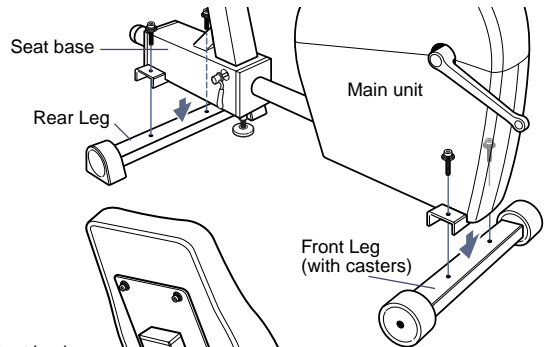
# Assembly

Assembling is easy. Assemble the unit according to the following procedures.

## 1 Installing Front and Rear legs

- Attach the front leg (with casters) under the main unit, and the rear leg under the seat base using two screws each, as illustrated.

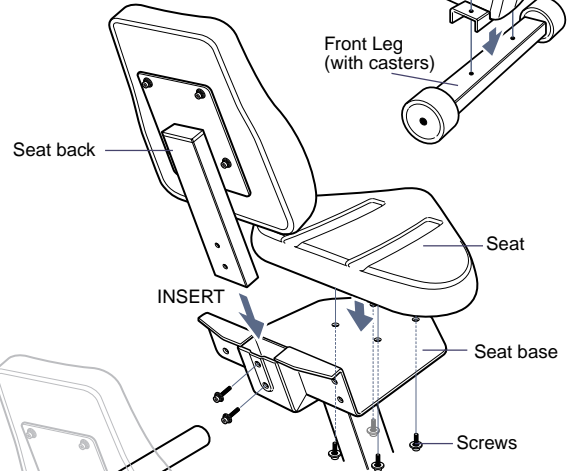
**CAUTION:** Be sure to fasten all the screws tightly.



## 2 Installing the seat and seat back

- Insert the steel pipe of the seat back into the seat base, and fasten with the two screws provided. Place the seat on the flat part of the seat base, and use the four screws to fasten the seat from the bottom.

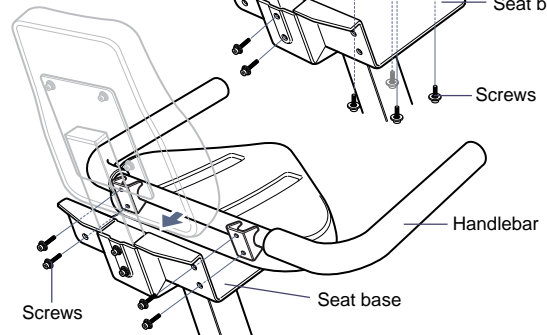
**CAUTION:** Be sure to fasten all the screws tightly.



## 3 Installing the handlebar

- Mount the handlebar as illustrated between the seat and the seat back pipe, and fasten with the four screws. Install the handlebar so the grip ends are lifted.

**CAUTION:** Be sure to fasten all the screws tightly.

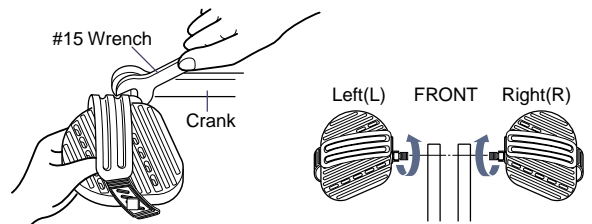


## 4 Attaching the pedals

- Attach the pedals at the end of the crank. Identify R(right) and L(left) of the pedal with the engraved mark. Use the spanner wrench provided as illustrated to fasten the pedals.

**CAUTION:** Fasten the R pedal clockwise, and the L counterclockwise.

**CAUTION:** Be sure to fasten the pedals tightly.



## 5 Loading the batteries

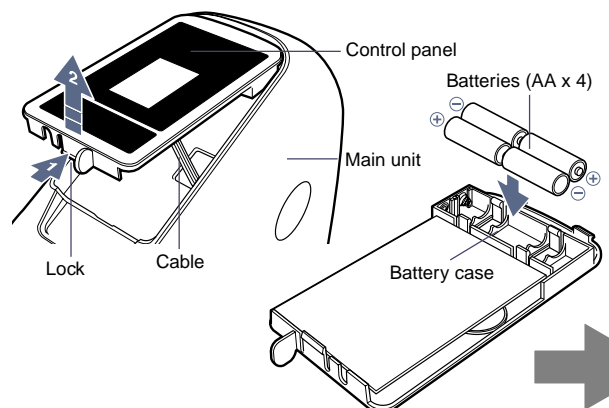
- Detach the control panel from the main unit. Carefully lift the control panel while pressing the lock.

**CAUTION:** The control panel and the main unit is connected by a cable. Any excessive pulling of the cable may result in failures of the unit.

- Load the batteries (AA x 4) which come with the unit into the battery case on the control panel. Check the polarities of the battery and load them as shown in the drawing.

**CAUTION:** Do not mix old and brand-new batteries or different types of batteries.

- Install the control panel on the main unit. For this purpose, insert the front part of the panel first.

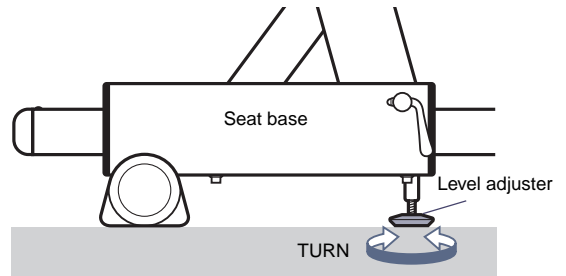


# Preparing for your exercise

Before starting the exercise, you should adjust your seat height for comfortable operation.

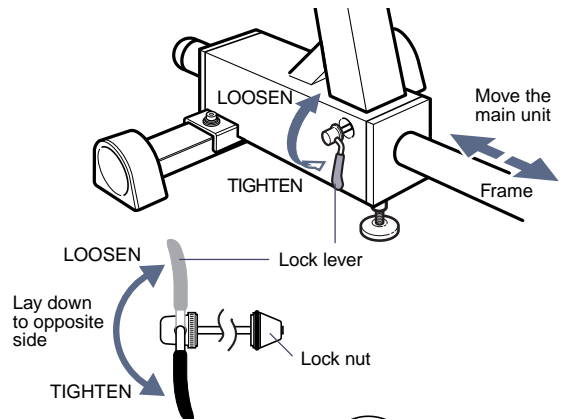
## 1 Adjusting the level

- Turn the level adjuster at the bottom of the seat base, so the main frame pipe is supported securely.  
**CAUTION:** If the level adjuster is not contacting the floor, or not exactly in line with the front and rear legs, the seat position adjustment cannot be done smoothly.



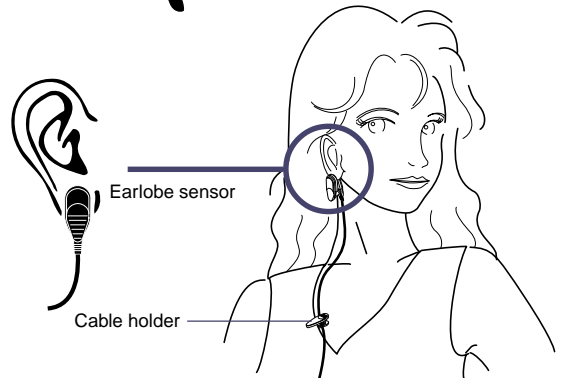
## 2 Adjusting seat position

- Open the lock lever completely, to allow the frame pipe to slide back and forth.
- Move the main unit to adjust the distance from the seat. Upon adjusting, fasten the lock lever.  
**CAUTION:** To adjust, be sure to move the main unit and frame pipe. The seat base will not move.  
**NOTE:** Set the position where you can comfortably extend your legs for pedaling. If the seat is too close to the main unit, your motion will be restricted.  
**NOTE:** If the lock lever doesn't hold the frame pipe, readjust the lock nut tighter. Loosen the lock lever, and turn the lock nut clockwise until the frame pipe is firmly locked when the lock lever is tightened.



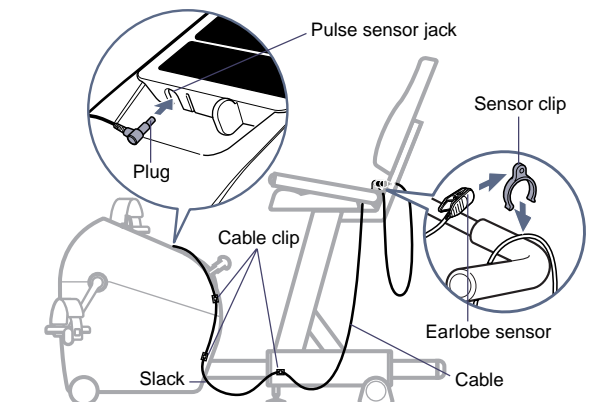
## 3 Attaching the earlobe sensor

- Sit on the seat and attach the earlobe sensor.
- The earlobe sensor can be clipped and attached at the center of your right or left earlobe. Remove ear rings, etc. since they may interfere with the measurement.
- When it is cold, attach the sensor after giving slight massage to your earlobe to improve the blood circulation.
- The cable clip can be clipped to the collar of your shirt to prevent swinging.
- The earlobe sensor can be clipped to the sensor clip when it is not being used.  
**NOTE:** During the exercise, watch that the pulse sensor cable doesn't get caught by your foot or pedal.



## 6 Attaching the pulse (earlobe) sensor

- Insert the pulse sensor plug into the sensor jack of the control panel.  
**CAUTION:** Be sure to fully insert the plug.
- Attach three cable clips on the main unit and seat base as illustrated, and run the sensor cable through these clips.  
**CAUTION:** Allow some slack in the sensor cable so it will not get damaged when the seat base is moved backward.
- Attach the sensor clip on the handlebar with the sensor cable in between. Keep the pulse sensor on this sensor clip when not in use.



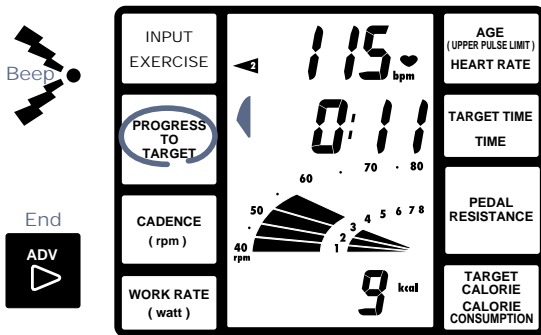
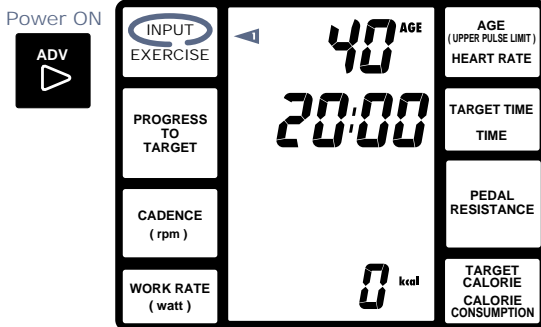
# Your first ride

Try a ride so that you can familiarize with the unit. The target time period will be set at four minutes. Take a position on the seat and attach the earlobe sensor.

## 1 Displaying the screen

A press on the advance button will turn the unit on and the display will appear on the screen. First, check what respective display items are for.

- ▶----- Indicates the function which you are going to set.
- 40 AGE - Indicates the age of the person who is exercising. The upper pulse limit will be automatically set.
- 20:00 ---- Indicates the target time period.
- 0 kcal --- Indicates the target calorie for the exercise. At this time, zero (0) calorie is displayed, but you can determine the target calorie consumption for your exercise.



## 6 Finishing your exercise

Now that the target time set for your exercise has elapsed and the graph for the progress to target has shown that 1/8 portion of segments remains.

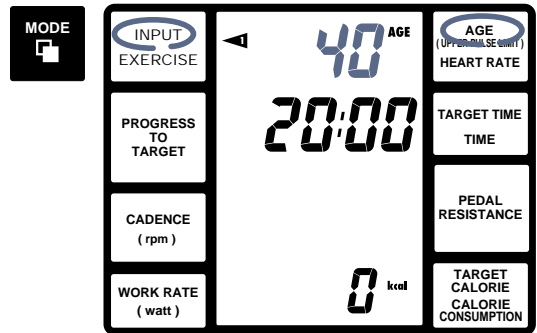
When the target time (4 minutes) has elapsed, the buzzer will beep to notify the target has been achieved. After the target time has been achieved, the timer will start counting up. Slow down your pace gradually, and finish your exercise. Review your workout data shown on the screen, and press the ADV button. The screen will go off and the power will be disconnected.

**REFERENCE:** If you wish to continue your exercise after hearing the beep to notify you the achievement of the target time, you can continue the exercise. The calorie consumption will be continuously logged.

Now, we believe you have understood what you can expect from the exercise of Cateye Ergociser EC-8000.

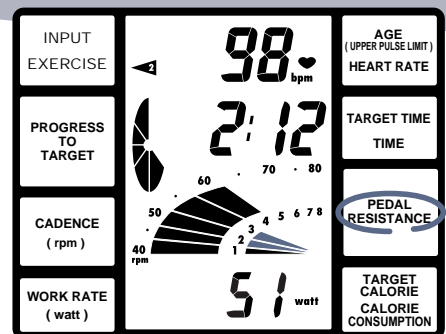
## 2 Press the mode button.

A press on the mode button will make the 40 (AGE) display blink. The blinking item will shift in the order of "AGE", "Target time", "Target Calorie", and "AGE" as the button is pressed. With the blinking item, you can change the setting to your exercise program by pressing the "+" or "-" buttons.



Operation of displays and functions

Lighter pedal resistance  
Workload shift lever  
Heavier pedal resistance



## 5 Operate the workload shift lever

Continue your exercise while watching the screen for a while.

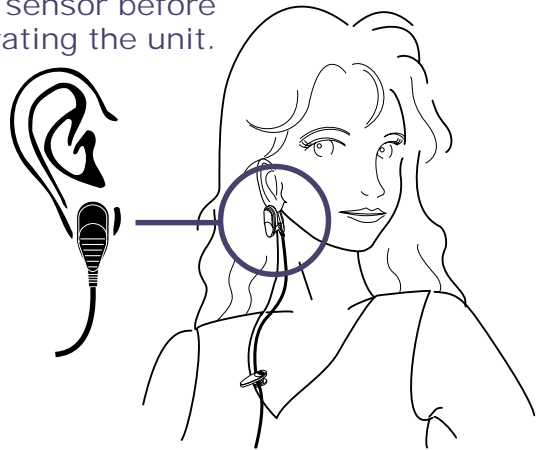
At present, the pedal resistance is set to Level 1 which is the easiest level.

Operate the workload shift lever for greater resistance. Do not operate the lever excessively at one time, but lower the lever step by step.

The graph showing the pedal resistance will increase in the length and the pedal resistance will increase as well.

The workload shift lever can be set in 8 steps from Level 1 (light) to Level 8 (heavy).

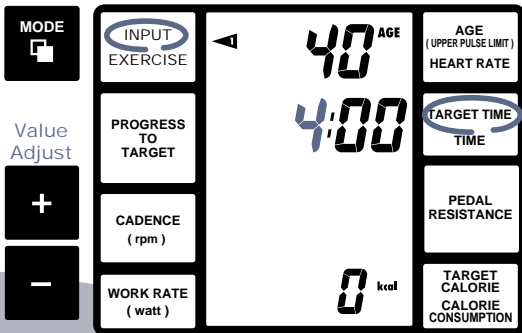
Attach the earlobe sensor before operating the unit.



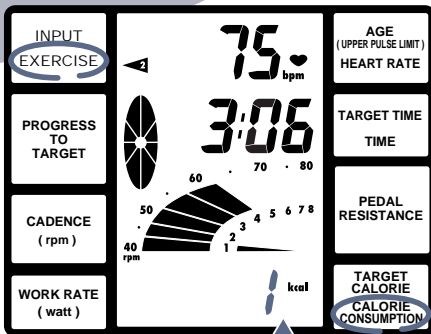
\* The numbers shown in the figures which describe operations after the initiation of timer are only for explanation purposes as they will be different from those actually displayed.

### 3 Changing the setting

If you use this unit for the first time, let's change the "Target time" to 4 minutes with the age unchanged. (This describes the figures on this page.) Press the mode button to make "Target time" blink. Press the "-" button several times to establish [4:00] display. The continuous pressing on the "-" or "+" button will fast forward the displayed numbers. If the number is excessive, use "+" or "-" button to adjust the number back.



Initiation of  
Timer



### 4 Starting the exercise by pressing the advance button

First, set the workload shift lever to the uppermost position. A press on the advance button will start your exercise with the setting made in the previous steps. Start pedaling. The timer will start the count-down.

- ▶ Indicates the screen is in working mode.
- 75 bpm ----- Indicates your current heart rate. It will need several seconds, right the start of your exercise, to display a stable number. The heart-shaped symbol will blink to your pulse.
- CAUTION:** If the "Error" mark is displayed, it means that the earlobe sensor has not been correctly attached. Repeat the procedure to attach the sensor. (See page 5.)
- 3:06 ----- Indicates the remaining time of your exercise.

**Achieved Level** --- Your achievement against your target will be shown in an 8-segment graph, which will disappear when the target has been achieved. (In case the target time is 4 minutes, each 1/8 segment will disappear every 30 seconds.)

**Pedal Cadence** --- The pedal cadence (rpm) is shown in a bar-graph. Usually, maintain a rate of 60rpm. When the cadence is 40 or below, the graph will blink.

**Pedal Resistance** -- The pedal resistance is shown in 8 steps in the form of a graph.

1 kcal ----- Indicates the calorie value which has been consumed since the start of your exercise. The unit is in kilocalorie.

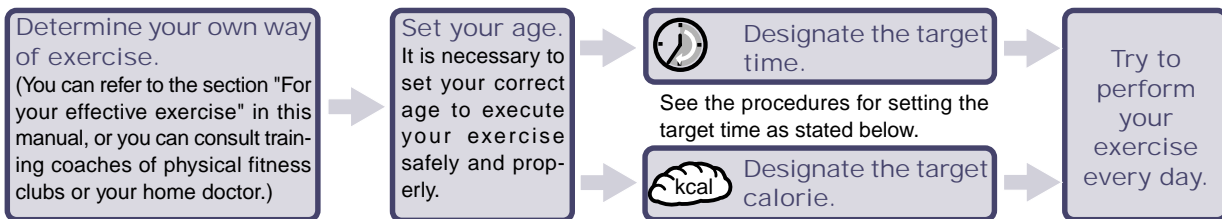
#### Press the mode button

The calorie consumption display will be changed to the work rate display. During your exercise, you can use the mode button to switch the calorie consumption and work rate displays

18 Watt ----- Shows the work rate of your current exercise.

# Flow of Your Exercise

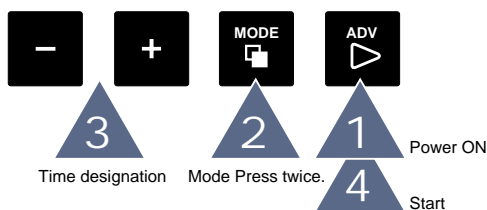
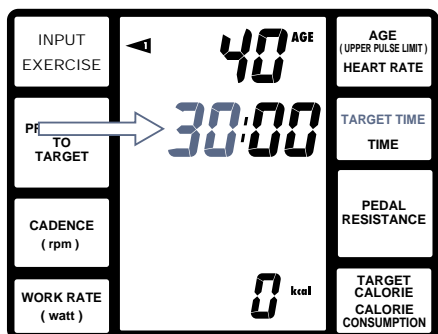
Exercise without a clear defined goal will bring you unsatisfactory results and more importantly will not bring you long-lasting fitness. With our Ergociser, you can set your own goal, and by achieving the goal, you will be fulfilled.



## 1 Performing your exercise on scheduled time

1. Press the advance button to turn on the power.
2. Press the mode button twice to make the target time item blink.
3. Use the "+" and "-" buttons to designate your target time. You can set the time in the range from 0 to 99 minutes in one minute increments.  
**REFERENCE:** When the target time is set, the target calorie is set at zero (0). It is not possible to simultaneously set the target time along with the target calorie.
4. Press the advance button to start your exercise. When the designated time has been reached, a beep will be initiated to signal it.

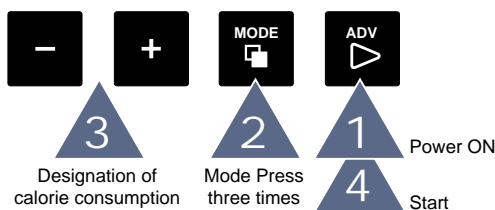
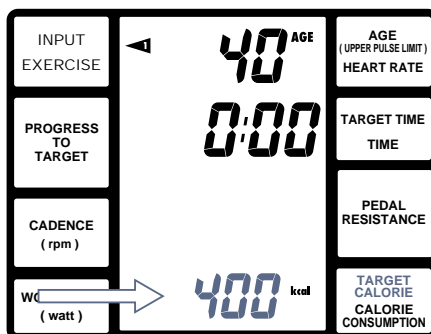
**CAUTION:** In order to simplify the description, the setting of age has been skipped. Actually to set your age, designate the target time, press the mode button twice to make the AGE display blink, and set your age before pressing the advance button.



## 2 Performing your exercise based on the calorie consumption

1. Press the advance button to turn on the power.
2. Press the mode button three times to make the calorie consumption display blink.
3. By using the "+" and "-" buttons, set the target calorie. You can input the value in the range from 0 to 990 kilo calories.  
**REFERENCE:** When the target calorie is set, the target time will be 0:00. It is not possible to simultaneously set the target calorie along with the target time.
4. Press the advance button to start your exercise. When the designated calorie consumption has been reached, a beep will be initiated to signal it.

**CAUTION:** In order to simplify the description, the setting of age has been skipped. Actually to set your age, designate the target time, press the mode button twice to make the AGE display blink, and set your age before pressing the advance button.



**Performing your exercise without setting your goal**  
Set the target time to 0:00 and the calorie consumption to 0 kilo calories. In this case, the time is set to the count-up mode, and no display of the achieved level will be made.



# Useful Functions

## 1 Turning the power on



A press on the advance button will turn the power on with the initial setting values (40 for age and 20 minutes for target time).



A press on the mode button will turn the power on with the setting values that have been set during the previous exercise.

## 2 Function of buttons

The following is the functional summary of respective buttons:

**ADV Button** ----- Use this button to turn the power on, advance to the next step, or to turn the power off.

**Mode Button** -- When the power is off, a press on this button will turn the power on with the setting value for your previous exercise. A press on the button while the setting is being done will select the setting items. When it is pressed during your exercise, it will change the calorie consumption and the work rate.

**+ Button** ----- This button will increase the number which is blinking. A continued press of this button will fast forward the displayed number.

**- Button** ----- This button will decrease the number which is blinking. A continued press of this button will fast forward the displayed number.



## 3 Function of the Workload Shift Lever

The workload shift lever will decrease or increase the pedal resistance. The lever position is graphically displayed along with the pedal resistance display on the screen. The work rate of your exercise will be calculated from the position of the workload shift lever and the pedal cadence.



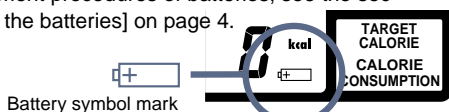
Lever position	1	2	3	4	5	6	7	8
40rpm	10 w	18 w	26 w	34 w	42 w	50 w	59 w	71 w
50rpm	14 w	27 w	39 w	52 w	64 w	77 w	90 w	109 w
60rpm	17 w	36 w	51 w	69 w	86 w	103 w	120 w	145 w
70rpm	22 w	47 w	68 w	92 w	114 w	136 w	159 w	191 w
80rpm	26 w	58 w	84 w	114 w	142 w	170 w	199 w	238 w

## 4 Replacing the batteries

When the batteries are weak, the battery alarm mark will be displayed. When this mark has been displayed, replace the batteries immediately.

Alkaline batteries are recommended due to their longer service life.

\* For the replacement procedures of batteries, see the section [2. Loading the batteries] on page 4.



## 5 Automatic Power Off

Cateye Ergociser EC-8000 will automatically turn the power off when the unit is left inactive for about 40 minutes.

## 6 Handling of the pulse (earlobe) sensor

The pulse (earlobe) sensor should be handled by paying attention to the following points.

- When it is cold, attach the sensor after giving slight massage to your earlobe to improve the blood circulation.
- The pulse sensor cable may be broken when it is pulled with an excessive force. Do not let the cable be caught on the protruded portions of the unit.
- When the error mark is frequently displayed during the use, repeat attaching the earlobe sensor. If the mark will be displayed after the reattachment, inspection should be made to the earlobe sensor in the following manner.

**How to check the pulse (earlobe) sensor**

**OK mark** Obtain the In-Exercise display mode. Close the earlobe sensor without clipping anything. Swing the cable by holding the earlobe sensor.

**INPUT EXERCISE** When the OK mark is displayed on the display screen, and the heart rate of zero (0) is displayed, the pulse sensor is working fine.

**Error mark** If the OK mark blinks or it is not displayed when the cable swings, the pulse sensor has been damaged. Replace it with a brand-new sensor.

Also, if OK mark appears while the sensor is attached to your earlobe, the sensor is considered to be damaged.

## 7 Upper pulse limit Alarm

In order to make your exercise safe, Cateye Ergociser EC-8000 is designed to set the upper pulse limit and to issue the warning beep when the rate exceeds the limit.

The upper pulse limit can be automatically set by setting your age. The rate is calculated by subtracting your age from 200.

**WARNING:** When the warning beep has been issued, immediately stop your exercise, or set the pedal resistance to a lighter level and pace down your exercise until the beep stops.

The upper pulse limit can be changed in the following manner.

1. Keep pressing the mode button when the AGE item is blinking during the setting procedure on the display screen.
2. The display "AGE" will be changed to "PLL" (upper pulse limit).
3. Use "+" and "-" buttons to change the setting.

**WARNING:** The upper pulse limit will be automatically set by calculating "200 - your age." Changing the rate to increase the number is very dangerous. Never try to do this unless you are very experienced and in excellent physical condition.

# For your effective exercise

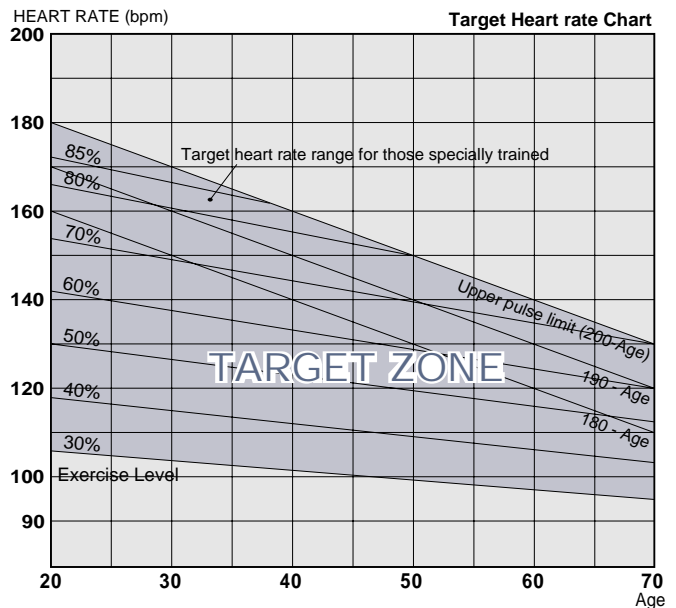
## 1 For shaping and toning up

For the purpose of shaping up by using the ergocisers, it is important to perform the exercise for a long time at a rather easy work intensity, to burn the calories obtained from meals or snacks. Set the pedal resistance at an easy level so that your pulse rate would not rise too high, and continue the session for a certain length of time, watching TV, listening to music or reading magazines as you like. It is essential to do the exercise on a regular basis, ideally every day.

### Exercise Program

The ideal exercise will be such that you start to sweat after 10 minutes' exercise.

One exercise should be continued for 30 minutes or longer. If you continue exercising every day, you can expect good results.



## 2 For the prevention of aging

Aging of the human body starts when the functioning of heart and lungs begin to deteriorate. This functioning can be evaluated by using a value of Maximum Oxygen Uptake<sup>1</sup> (MOU), which in general will become lower after 20 years of age. The more you lack proper exercise, the faster it decreases. Continued aerobic exercises by using Cateye Ergociser EC-8000 can enhance the functioning to prevent aging.

### Exercise Program

Aerobic exercise will be more efficient and important when it is continued at a certain heart rate which is basically determined based on your gender, age and physical strength. This is called "Target Heart rate" (TPL). TPL can be obtained from the Target Heart rate Chart. If you are a male, you can refer to the upper limit line, and if you are a female, you can refer to the lower limit line on the chart.

Age of 30 or below -----	Exercise level: about 70%
Age of 40s -----	Exercise level: about 70-60%
Age of 50s -----	Exercise level: about 60-50%
Age of 60 or over -----	Exercise level: about 50%

\* If the exercise thus set according to the above is difficult for you, set TPL lower by 10%, and gradually increase the setting as you get accustomed to the exercise level.

To maintain the heart rate, use the workload shift lever to adjust the pedal resistance, and also adjust the pedal cadence. A minimum of 15 minutes exercise is necessary for each session of exercise.

A minimum exercise of three times a week will bring you a slight improvement from your present physical fitness level.

Exercise of four times or more a week will bring you more effective improvement.

## 3 For rehabilitation exercise

Riding your Ergociser EC-8000 will provide more effective exercise than taking walk without giving stress to leg muscles.

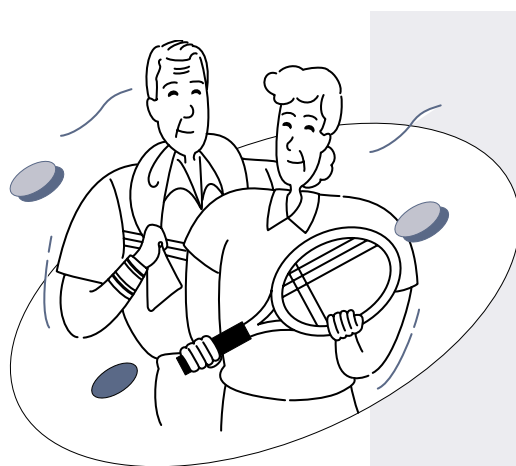
### Exercise Program

No heavy resistance nor speed of pedal is necessary in this case. Just relax and spin the pedal.

Pedal your Ergociser EC-8000 for the same period of time as taking a walk.

If you are physically confident, it will be a good choice to challenge the exercise as stated in the section 2 Prevention of Aging.

If you are using Ergociser for your rehabilitation, it will be ideal to do it under the direction of your doctor. Present this manual to your doctor for his or her advice.



### About MOU<sup>1</sup>

MOU implies your ability to take oxygen into your body, and it can be an index for your physical endurance. Actually, it presents the maximum amount of oxygen taken into your body per 1kg of body-weight in a minute, and can be expressed in a unit of (ml/kg-min). The average MOU value is 40-50 ml/kg-min for men in their twenties, and 30-40 ml/kg-min for women of the same age. In general, the MOU value becomes less as you get older.

# Troubleshooting

## 1 Checking the problem first

Before suspecting the failure of the unit, check the following point:

No display on screen at all.	
Display is unusual.	Check if the batteries have run short. Replace all of four batteries with brand-new ones.
Beep would not stop.	Have you set your age correctly? Setting of age will automatically set the upper pulse limit. Set your correct age.
The progress to target has been reached quickly.	Have you set the target time or target calorie? Set the values in accordance with your exercise program.
No display of heart rate on screen	Have you set the earlobe sensor of pulse sensor correctly? Set the sensor at the center of your earlobe. The sensor should be set after removing earrings Is the pulse sensor plug firmly connected? Insert the plug correctly. Has the pulse sensor been damaged? Check the pulse sensor according to the check procedure. If it is found damaged, replace it with a brand-new one.
Unusually high heart rate is displayed.	Check the pulse sensor according to the check procedure. If it is found damaged, replace it with a brand-new one.

## 2 Limited warranty

- Cat Eye Co., Ltd. guarantees that the Cateye Ergociser Model EC-8000 is free from material defects and malfunctions, for a period specified in the separate Warranty Card. In case there should be defects or malfunctions under correct and normal personal use, Cat Eye will repair or replace the unit or parts, according to the terms and conditions mentioned in the Warranty Card.
- If repair service is required, contact the dealer where you purchased the unit.
- The warranty covers only the main resistance unit and the control panel. Accessories such as pulse sensor, and mechanically consumable parts are not covered.

## Specifications

Load:	Eddy current system utilizing permanent magnet	
Load adjustment:	8-step adjustment by using manual lever	
Load range:	approx. 10 - 240 watts (subject to pedal cadence)	
Acceleration:	2-step acceleration by using a V-rib belt	
Control system:	4-bit microcomputer	
Display:	LCD	
Display function:		
Function	Range	Accuracy
Heart rate	50-220 /min	±1bpm (stable state)
Cadence	40-80 rpm	9-step graph
Elapsed time	0min00sec-99min59sec	±0.003%
Work rate	0-999 watts	±5watts at 50watts
Calorie consumption	0-999 kcal	Estimated value
Progress to target	remaining 8/8-0/8	8-segment graph
Pedal resistance	1-8 levels	8-segment graph
Screen display	Display in input screen or exercise screen	
Heart mark	Blinks to heart rate	
Battery mark	Illuminates when batteries run short	
Error mark	Illuminates when fails to detect the pulse sensor signal	
Pulse sensor OK mark	Illuminates at the time of pulse sensor test	
Setting function		
Age	10-99 years of age (initial value: 40)	
Target time	0-99 min. (initial value 20)	
Target calorie	0-999kcal (initial value 0)	
	*Either of target time or target calorie can be set.	
Upper pulse limit	Automatically set (200–age) by inputting the value for age. *Setting can be changed by operating a button.	
Alarm function		
Upper pulse limit alarm:	Beep sound when the heart rate exceeds preset upper pulse limit	
Target achievement alarm:	Beep sound when the target time or target calorie setting has been reached.	
Power supply:	AA(R6) x 4	
Battery life:	Approx. 200 hours (by alkaline batteries)	
User's weight limit:	286 lbs (130 kg)	
Measurement:	22-1/16 x 51-31/32 x 39-25/32" max (560 x 1320 x 1010 mm)	
Weight:	approx. 68 lbs (31 kg)	
*Specifications and design subject to change without notice.		

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