

FUNCTION

| | | | |
|--------------|---|----------------|-------------------------------------|
| SCAN | : Alternates between WATTS/CALORIES and RPM/SPEED. 6 seconds per display. | | |
| RPM | : 0~15~999 | PROGRAM | : P1~P12 |
| SPEED | : 0.0~99.9 km/h | WATTS CONSTANT | : 10~350 |
| TIME | : 0:00~99:59. | PERSONAL | : U1~U4 |
| DISTANCE | : 0.00~99.99 km | H.R.C | : 55%、75%、90%、IND (TARGET) |
| CALORIES | : 0~999. | PULSE | : P~30~240, max value is available. |
| PULSE | : P~30~240 | BODY FAT | : S / M / L / XL |
| HEART SYMBOL | : ON/OFF flashes | | |
| MANUAL | : 1~16 level | | |

DESCRIPTION

This product is used UM series motor system.

FUNCTION DESCRIPTION

USER DATA U0~U4 are user's Personal Programs (refer Personal). Users should enter their gender, age, height and weight. Only data for U1 to U4 will be saved. U0 is for casual users.

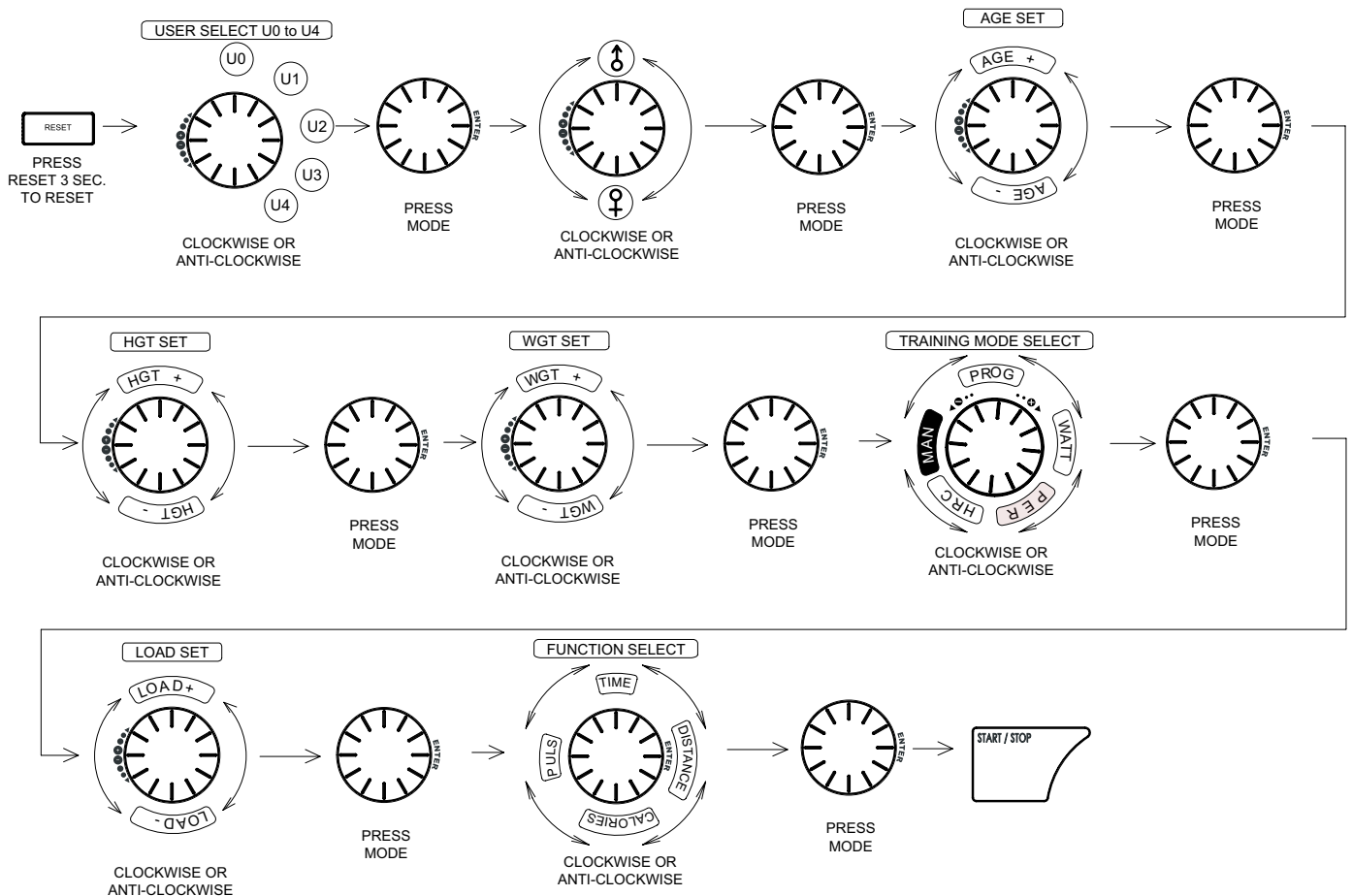
Operating process

1. Knob + (UP) to choose you are U0 / U1 / U2 /U3 / U4
2. Knob + (UP) to choose MALE / FEMALE.
3. Input your AGE from 30 by knobbing + up / - down. If you are 32 year-old, up to 32
4. Input your Ht: HEIGHT by knobbing + up / - down.
5. Input your Wt:WEIGHT by + up / - down.
6. Press ENTER key to confirm your setting.

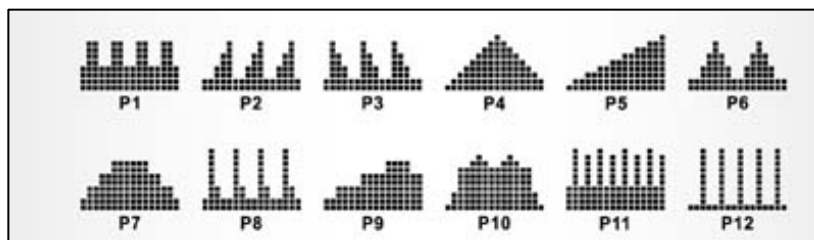
Set the resistance level using the dot matrix display then (if required) set exercise parameters TIME/DISTANCE / CALORIES / PULSE then press ST/STOP to START manual program.

Operating process

1. Set your exercising TIME by knobbing + up / - down from 0:00 to 99:00.
2. Set your exercising DISTANCE by knobbing + up / - down from 0.00~99.50 km
3. Set your exercising CALORIES by knobbing + up / - down from 0~999
4. Set your target PULSE (HEART RATE) by knobbing + up / - down from P~30~240.
5. Press enter to confirm each value setting.
6. If you don't need to set above value (TIME/DISTANCE / CALORIES / PULSE), press START/STOP to quick start your exercising workout.

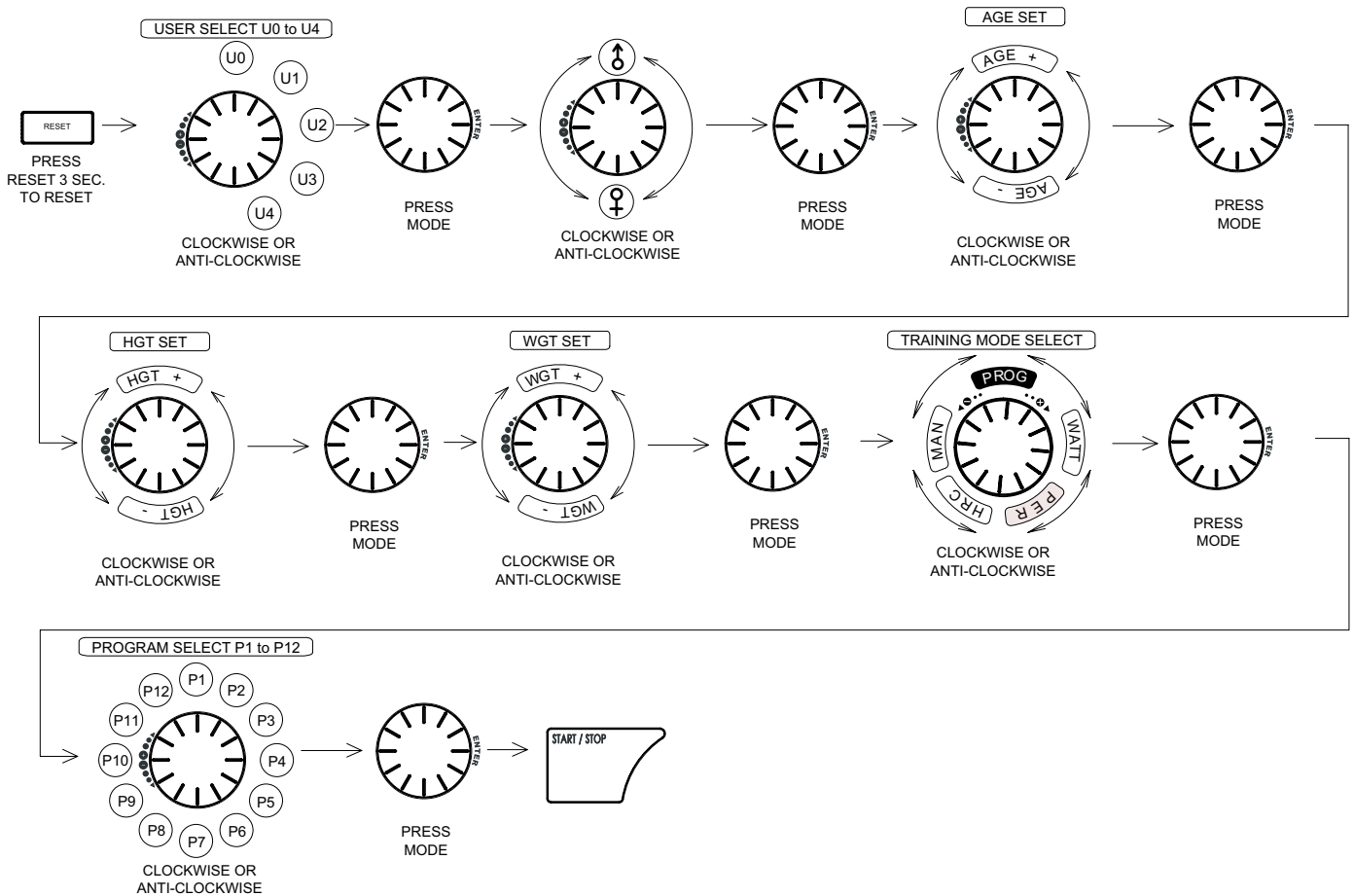


PROGRAM 12 automatic adjusting programs with control exercise (P1~P12), Resistance level can be adjusted during the program.



Operating process

1. Choose program profile P1 – P12 which workout program you want to challenge.
2. In the program you can raise the load level by +UP / - DOWN.
3. Set your program TIME by knobbing + up / - down from 0:00 to 99:00.
4. Set your program DISTANCE by knobbing + up / - down from 0.00~99.50 km
5. Set your program CALORIES by knobbing + up / - down from 0~999
6. Set your target PULSE (HEART RATE) by knobbing + up / - down from P~30~240.
7. Press ENTER to confirm each value setting.

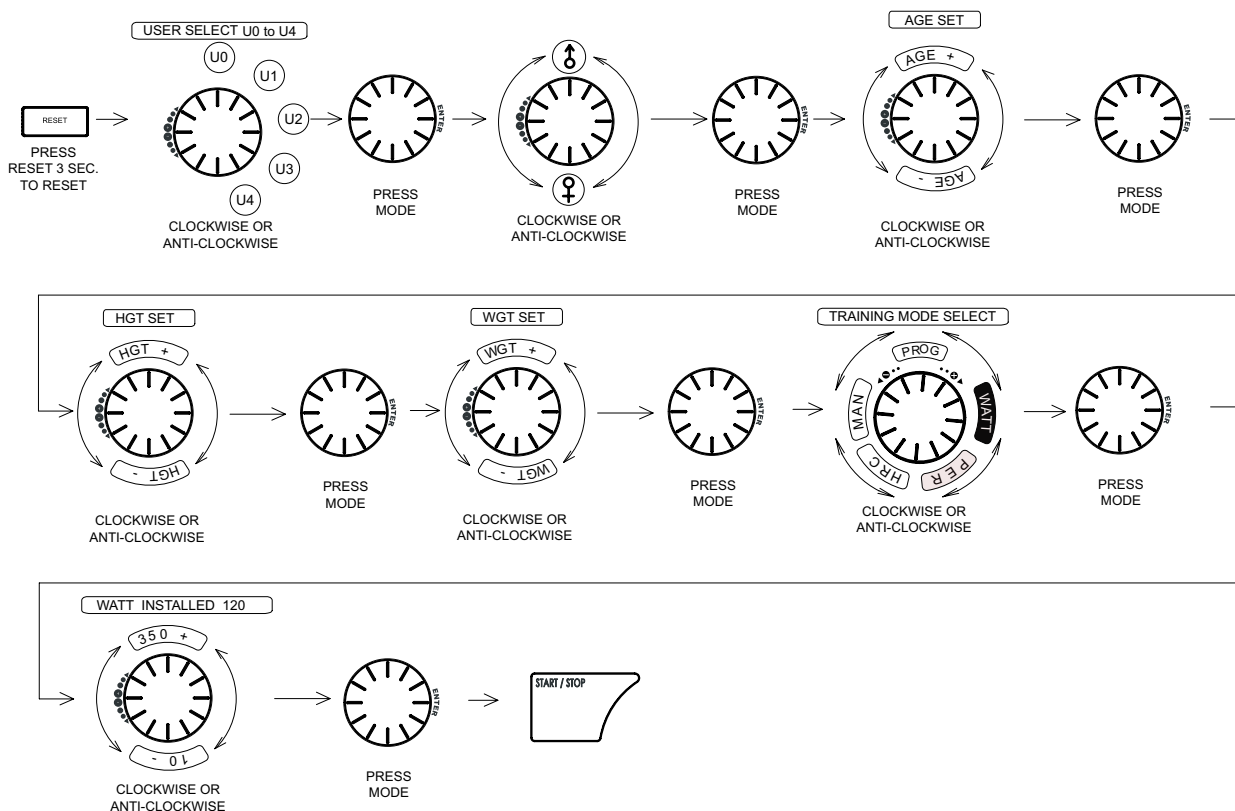


WATTS

Default WATTS value is 100. User can adjust WATTS value using the UP / DOWN knob. The entered WATTS will be maintained automatically regardless of speed.

Operating process

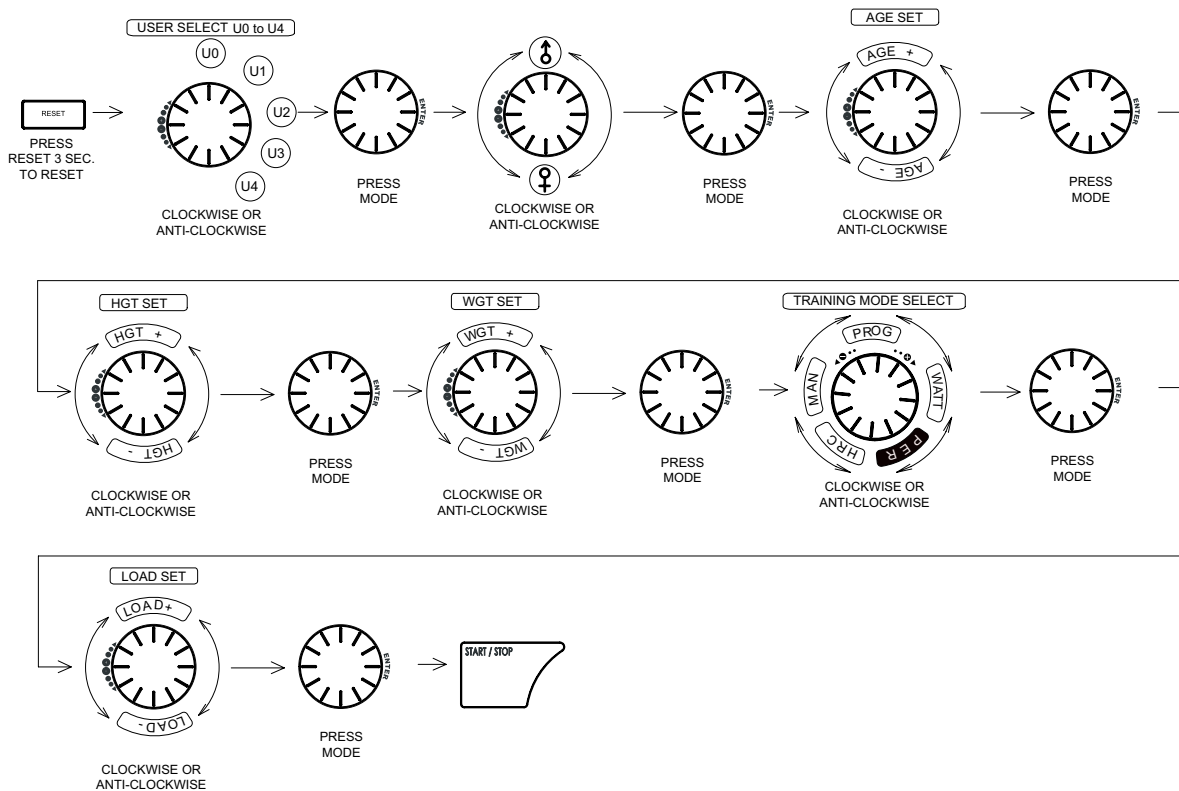
1. Set up watts you want to constant while you are working out.
2. Set your exercising TIME by knobbing + up / - down from 0:00 to 99:00.
3. Set your exercising DISTANCE by knobbing + up / - down from 0.00~99.50 km
4. Set your exercising CALORIES by knobbing + up / - down from 0~999
5. Set your target PULSE (HEART RATE) by knobbing + up / - down from P~30~240.
6. Press ENTER to confirm each value setting.



PERSONAL Create your own Program profile through U1~U4 by setting the resistance level for each individual segment. Then the Program will be automatically saved for future use. U0 ENTER can be set the same as U1~U4 but this Program cannot be saved.

Operating process

1. User design your ideal program profile for each load in 16 levels.
2. For example, user knobbing + up / - down to input his/her resistance load from 1-16 dot matrix.
3. Press ENTER to confirm each resistance load setting.
4. Finish the resistance program chart.
5. Set your exercising TIME by knobbing + up / - down from 0:00 to 99:00.
6. Set your exercising DISTANCE by knobbing + up / - down from 0.00~99.50 km
7. Set your exercising CALORIES by knobbing + up / - down from 0~999
8. Set your target PULSE (HEART RATE) by knobbing + up / - down from P~30~240.
9. Press ENTER to confirm each value setting.

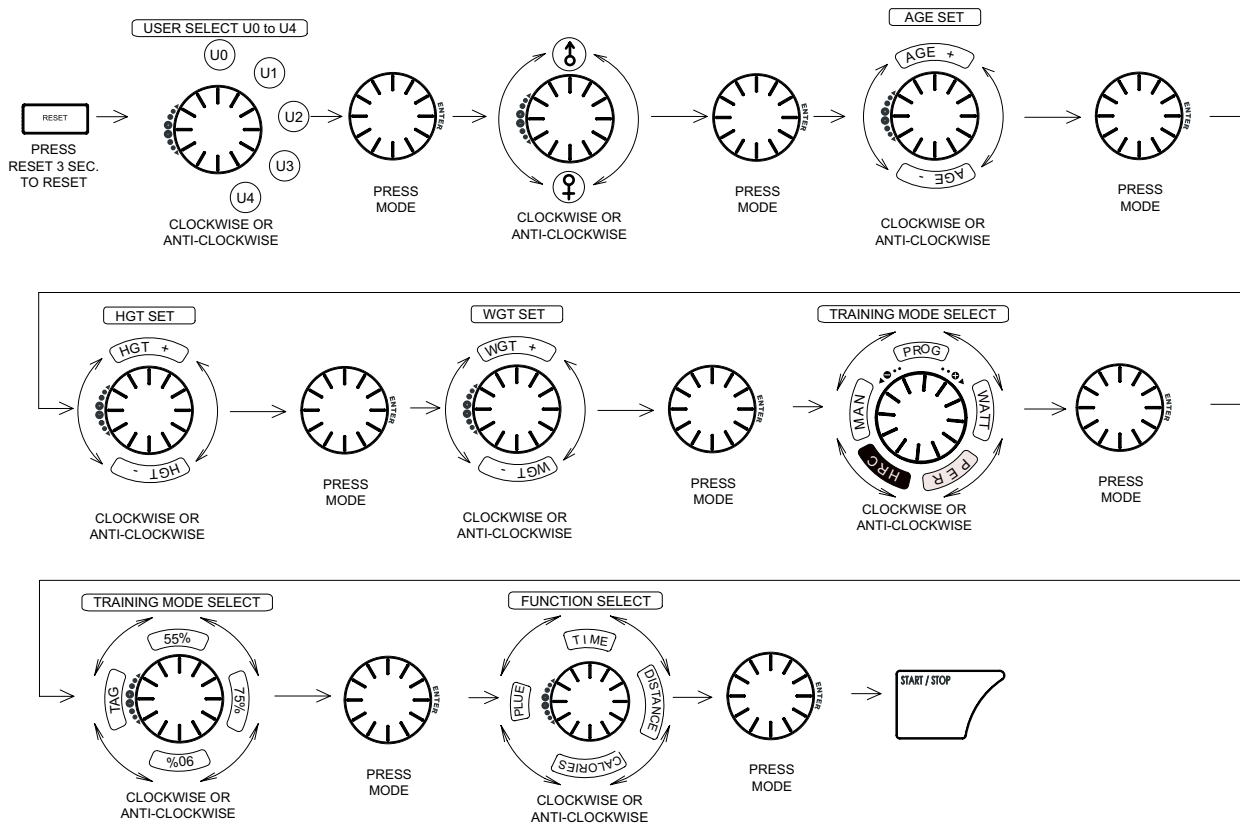


H.R.C HEART RATE CONTROL- Select your own target Heart Rate of choose one of the preset programs 55%, 75%, or 90%. Please enter your age into the User Data to ensure that your target heart rate is set correctly. The PULSE display will flash when you have reached your target heart rate according to the Program you have chosen.

- i. 55% -- DIET PROGRAM
- ii. 75% -- HEALTH PROGRAM
- iii. 90% -- SPORTS PROGRAM
- iv. TARGET—USER SET TARGET HEART RATE

Operating process

1. Set your target Heart Rate in the LCD window 30-240.
2. Set your exercising TIME by knobbing + up / - down from 0:00 to 99:00.
3. Set your exercising DISTANCE by knobbing + up / - down from 0.00~99.50 km
4. Set your exercising CALORIES by knobbing + up / - down from 0~999

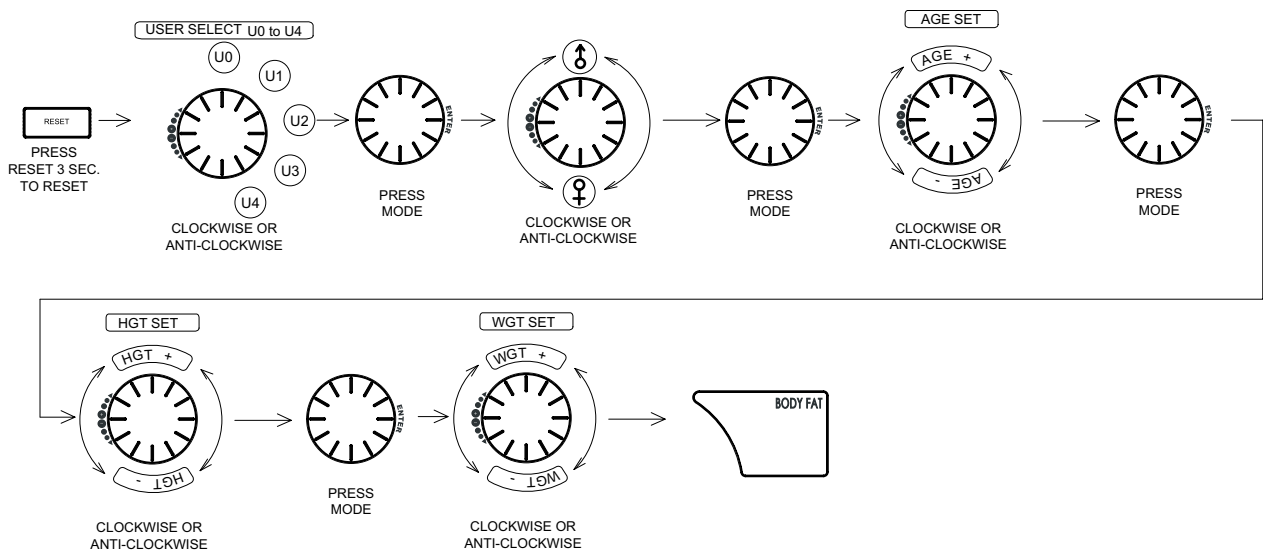


BODY FAT : Press the “BODY FAT” key, and hold hand-pulse with both hand 6 seconds. The LCD monitor show the user 1-user 4 ‘s body fat percent.

| AREA | GENDER | THIN S | STAND M | FAT L | EXTRA FAT XL |
|---------|--------|--------|-----------|-----------|--------------|
| Asia | MALE | <10% | 10%~19.9% | 20%~24.9% | ≥ 25% |
| | FEMALE | <20% | 20%~29.9% | 30%~34.9% | ≥ 35% |
| Western | MALE | <13% | 13%~25.9% | 26%~30% | >30% |
| | FEMALE | <23% | 23%~35.9% | 36%~40% | >40% |

Operating Mode:

1. User press BODY FAT key to start the testing Body-Fat percent.
2. Get the result and you can refer above table. Check you are Asia or Western to refer the right fat percent.



RECOVERY

The RECOVERY will determine your fitness level after your workout. When you have finished your workout press RECOVERY. For RECOVERY to function correctly it needs your Heart Rate input. TIME will countdown from 1 minute and then your fitness level from F1 to F6 will be displayed. NOTE; during RECOVERY no other displays will operate.

Calculation of the fitness mark F:

Computer will detect your heart rate by hand-pulse from before push Recovery minus (-) end of recovery timing 1 minute.

| Score | Condition | Heart Rate (from test HR minus end HR) |
|-------|------------------|--|
| F1 | Excellent | Above 50 |
| F2 | Good | 40 ~ 49 |
| F3 | Average | 30 ~ 39 |
| F4 | Fair | 20 ~ 29 |
| F5 | Poor | 10 ~ 19 |
| F6 | Very Poor | Under 10 |

Operating Mode:

1. User press H.R.C key to start the H.R.C testing
2. Get the result from F1 - F6.

KEY FUNCTIONS

1. ENTER KEY : Function select and confirmation key. PUSH
2. UP/DOWN KNOB : Increase and decrease or select option. ROTATE
3. RESET KEY : Reset all displays to default values.
4. START/STOP KEY : Start/stop key
5. RECOVERY KEY : Fitness test by measuring your recovery rate.
6. BODY FAT : Testing user 1 to user 4 body fat percent.

TIPS

1. Option: Plug in AC Adaptor (**6 VOLT, 1A**).
2. Keep moisture away from computer.