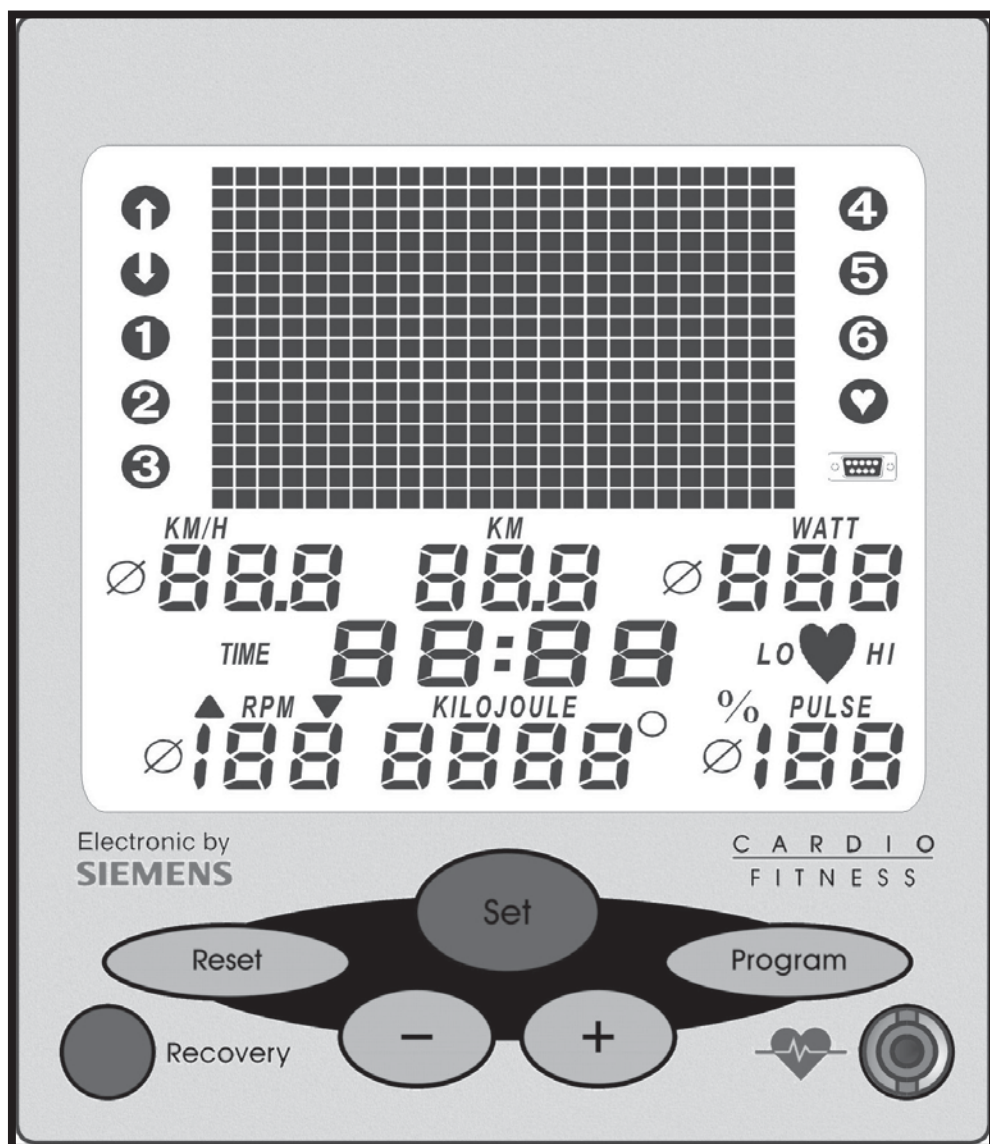




## Computer- and training instructions

Smooth CE model # 07858-699

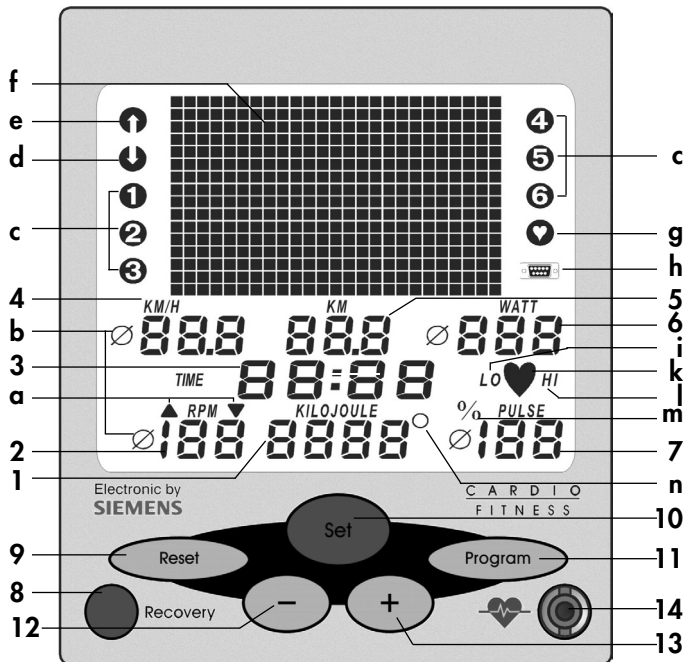


# Function and operation of the training computer

## For Your Safety:

Before beginning your program of exercise, consult your doctor to ensure that you are fit enough to use the equipment. Base your program of exercise on the advice given by your doctor. Incorrect or excessive exercise may damage your health.

## Operating instructions for the training computer with digital display



**(NOTICE: All illustrations and texts are explained by the metric version of distance/temperature KILOMETERS/°C. Computer itself calculates with MILES/°F.)**

### Values

- |                                 |                         |
|---------------------------------|-------------------------|
| 1. KILOJOULE energy consumption | 0-9999 [KJ]             |
| room temperature                | 0-50 [°C]               |
| odo total kilometres            | 0-9999 [km]             |
| 2. RPM pedal rotations          | 20-199 [rotations/min]  |
| 3. TIME                         | 0:00-99:59 [min:sec]    |
| 4. KM/H velocity                | 0-99,9 [km/h]           |
| 5. KM distance                  | 0-99,9 [km]             |
| 6. WATT performance             | 25-400 [Watt]           |
| 7. PULSE pulse beat             | 0-199 [pulse beats/min] |

### Symbols

- |                       |   |
|-----------------------|---|
| a ▲▼ arrows           | change pedal rotations                                  |
| b ∅ average           | RPM + km/h + performance + pulse                        |
| c 1-6 program         | given training programs                                 |
| d ⏴ count-down mode   | training values count down                              |
| e ⏵ count-up mode     | training values count up                                |
| f ■■■ graphic display | multiple display for graphics+values                    |
| g ❤ pulse             | heart program pulse controlled program                  |
| h 🖱 interface         | PC mode   |
| i LO low pulse limit  | age-dependending low pulse limit                        |
| k ❤ pulse beat        | flashes in accordance with pulse beat                   |
| l HI high pulse limit | age-dependending high pulse limit, max. pulse (flashes) |

- |     |                  |                         |
|-----|------------------|-------------------------|
| m % | per cent         | % of max. pulse setting |
| n ° | room temperature | degree Celsius          |

### Keys

- |                |  |
|----------------|--|
| 8 Recovery key | function key (recovery pulse and fitness value calculation)  |
| 9 Reset key    | function key (delete the display contents)                   |
| 10 Set key     | function key (acceptance and confirmation of inputs)         |
| 11 Program key | selection of programs and display contents in graphics field |
| 12 Minus key   | reduce values  |
| 13 Plus key    | increase values  |

### Connections (front)

- |           |  |
|-----------|--|
| 14 Socket | for the ear-clip and the plug-in receiver  |
| 15 Plug   | (4-pole) for the hand pulse sensors        |
| 16 Plug   | (6-pole) for voltage, impulses and control |
| 17 Plug   | (3-pole) to interface                      |

### Connections (rear)

- |                     |               |
|---------------------|---------------|
| 18 Socket interface | PC connection |
|---------------------|---------------|

## 1.0 Displays before training

1. Room temperature Fig. 1 [before and after training]
2. Full display Fig. 2 [after pedalling or key actuation, 1 sec]
3. Total kilometres Fig. 3 [all kilometres covered, 8 sec]
4. Start display Fig. 4 [after key actuation or after 8 seconds]



Figure 1

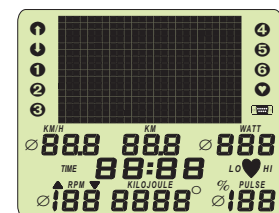


Figure 2  
Full display



Figure 3  
Total kilometre display



Figure 4  
Start display Count up ⏵

## 2.0 Pulse measuring

This display offers **three** possibilities for pulse measuring:

1. with the **hand pulse sensors**
2. with the **ear-clip**
3. with the **cardio pulse set**, article No. 07937-000 (available as

an option from specialised dealers)

### Information on pulse measuring

**Only one kind of pulse measuring is possible at a time.** (Ear-clip or hand pulse sensors or cardio pulse set)

Select the **start display** (Fig. 4). Your **current pulse** is displayed at **position** (7).

### Pulse measuring with hand pulse sensors

Your hands grasp the hand pulse sensors.

### Pulse measuring with the ear-clip

Plug the ear-clip into socket (14).

**Rub** one ear **lob** in order to achieve a better blood circulation. Put the **ear-clip** at your **ear lob**.

### Pulse measuring with the cardio pulse set

Please refer to the appropriate instructions.

### Pulse display

The heart **symbol** (j) will **flash** according to your pulse beat.

The pulse beat is displayed as value (7).

## 3.0 Training without preset training data

Step into the pedals. All values will count up. Count-up mode.

## 4.0 Training with preset training data

### 4.1 Program types

The crosstrainer possesses nine different program types:

- Count-up (count-up mode)
- Count-down (count-down mode)
- 6 programs 1-6 (preset training intervals in a given time)
- pulse controlled program (strain control based on your preset pulse value)

After switching on, **count-up** (Fig. 4) will be automatically activated.

### 4.2 Selection of programs (Fig. 5-8)

You set the **start display** (Fig. 8). **Press** the program key (11) several times without pedalling. The programs are shown in the display by flashing **program symbols**. In case of **count-up**, **count-down** and **HRC** text is displayed in the **graphics field** (f). In the programs 1-6, additionally the training profile is shown in **graphics field** (f) in a compressed form. The **training time** given by the program will be shown in the **time display** (3) (Fig. 7).

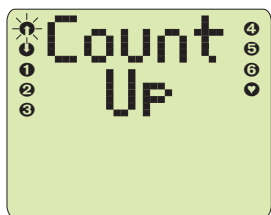


Figure 5  
Count up mode: Count up

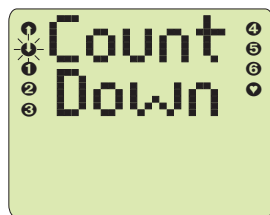


Figure 6  
Count down mode:  
Count Down

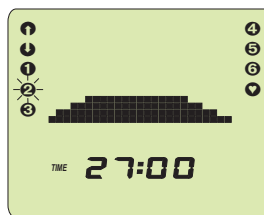


Figure 7  
Programs 1-6 Example:

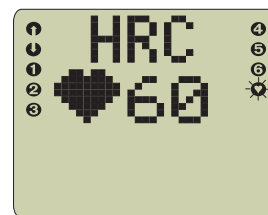


Figure 8  
Heart rate control program:  
HRC

### 4.3 Settings in the programs count-down and HRC

You have selected a program, e.g. **count-down** (Fig. 6).

If you press the **set key**, the setting mode will open (Fig. 9). **No** preset data are represented by "Off" in the graphics field (Fig. 9). With the **+/-** keys (12/13) you can adjust the **setting values** (Fig. 10). If you press the **-/+ key longer**, forward or reverse run will be carried out faster.

If you press the **-/+ keys together**, the value **will be reset** to zero.

With the **set key** you will get to the **next preset data**. (Fig. 10-12).

#### Note:

Fig. 8 shows the initial call of the HRC programme. An entered target pulse will be stored, and the next time the programme is called this pulse will be displayed and monitored following immediate commencement of the training session

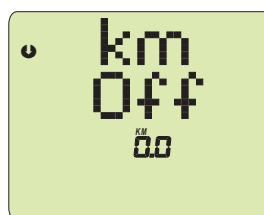


Figure 9  
No setting "Off"

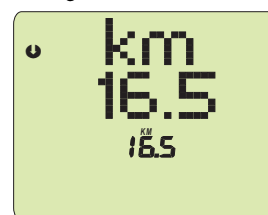


Figure 10  
Distance setting e.g. 16.5 km



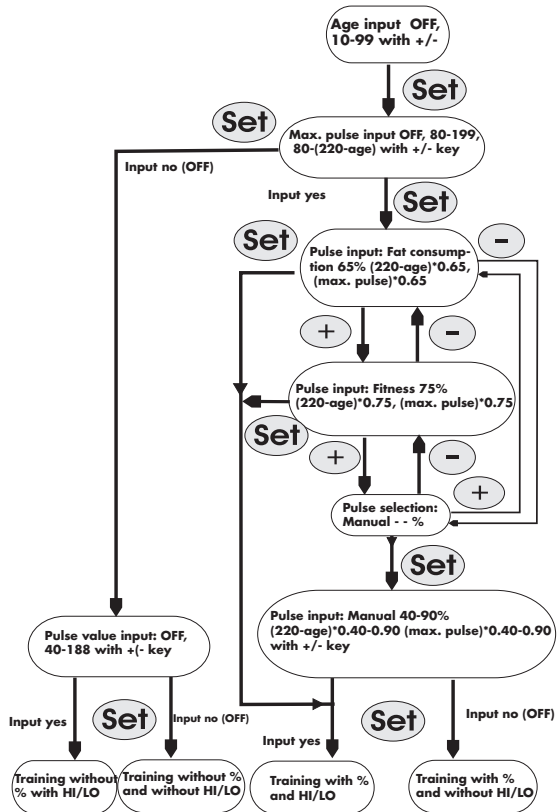
Figure 11  
Time setting e.g. 34 minutes



Figure 12  
Kilojoule setting e.g. 820 kJ

### 4.4 Possibilities of preset pulse values

The schematic diagram shows the sequence for preset pulse values



#### 4.4.2 Max. pulse

After the entry of an age in the max. pulse display the calculated value will appear in the graphics fields (Fig. 16). Additionally, the % symbol and 100 appear in the PULSE display. If no age has been preset, a max. pulse between 80 and 199 can be entered.

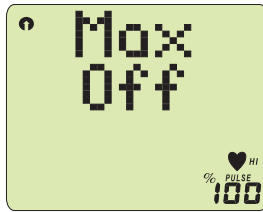


Figure 15  
No input "OFF"



Figure 16  
Max. pulse displayed with input 31 years with 100% - symbol

If the max. pulse is to be lower than the calculated value, press the - key (12). An increase exceeding the max. value is not possible.

#### Note

A previously calculated or altered max. pulse in HRC program will be adopted.

#### Function

Through the age input and the adopted or altered max. pulse a pulse monitoring is activated which will indicate an exceeding value by means of a flashing HI symbol. The value shown with the % symbol is the comparison between current pulse value and max. pulse value.

If you do not enter any max. pulse value, the subsequently described pulse zone inputs are not possible and you will get to the entry of a freely selectable pulse value monitoring (item 4.4.3).

#### 4.4.3 Pulse zones/training targets

With the +/- keys you select 3 zones. The age input and/or the altered max. pulse are used for calculating this pulse zone which is visible in the PULSE display (7).

##### 1. Training target ⇒ fat consumption [Fat 65%] (Fig. 17)

Formula:  $(220 - \text{age}) \times 0.65$  or  $\text{max. pulse} \times 0.65$

##### 2. Training target ⇒ cardiovascular fitness [Fit 75%] (Fig. 18)

Formula:  $(220 - \text{age}) \times 0.75$  or  $\text{max. pulse} \times 0.75$

##### 3. Manual zone [Man - - %] (Fig. 19)

You set the factor in the range of 40 - 90 % with the +/- keys.

Formula:  $(220 - \text{age}) \times (0.40 - 0.90)$  or  $\text{max. pulse} \times (0.40 - 0.90)$

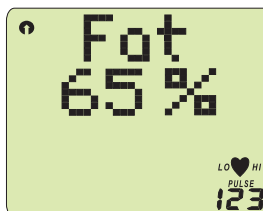


Fig. 17  
Pulse zone:  
Fat consumption with 65%

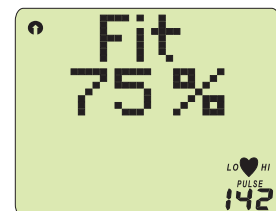


Fig. 18  
Pulse zone: Fitness with 75 %

#### In detail:

#### Preset: Training pulse

With the set key you subsequently call 3 input ranges.

1. Age (Fig. 13/14)
2. Max. pulse (Fig. 15 / Fig. 16)
3. Pulse zones: Training target ⇒ fat consumption [fat 65%] (Fig. 17)  
Training target ⇒ cardiovascular fitness [fit 75%] (Fig. 18)  
Manual [man. - - %] (Fig. 19/20)

#### 4.4.1 Age input

The age input is required for calculating the max. pulse.



Figure 13  
No input "OFF"



Figure 14  
Age z.B.31 with max. pulse setting 189 and HI - symbol

If you enter your age, the age-depending max. pulse (formula:  $220 - \text{age}$ ) will appear in the PULSE display (7). (Fig. 14) In case of inputs up to 21 years, only 199 can be shown as the max. pulse, however, the calculation is based upon the correct value.

#### Note

If you entered an age in the HRC program before, this value will be shown.

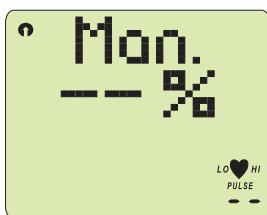


Fig. 19  
Manual pulse selection

With the set key you accept the pulse zone and get to completion of preset data (item 4.4.5.).

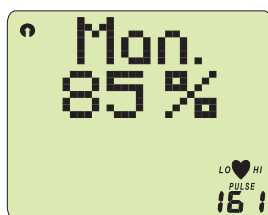


Fig. 20  
Manual pulse input, e.g. 85%

### Function

Through the pulse zone input and the accepted or altered max. pulse a pulse zone monitoring is activated. If you fall below the preset training pulse by 11 beats, the lettering "LO" appears; if you exceed it by 11 beats, the display will show "HI". The "LO" monitoring is active, if the preset training pulse is reached for the first time **when pedalling**. If the pedal speed falls to zeros, the "LO" function will become **active** again when reaching the preset training pulse. The "HI" monitoring is always active.

The value which is displayed with the % symbol is the comparison between current pulse value and max. pulse value.

If you do not enter any max. pulse value, the % pulse display is not active.

### 4.4.4 Pulse value monitoring

This input is possible with the +/- keys in the range of 40 - 188.

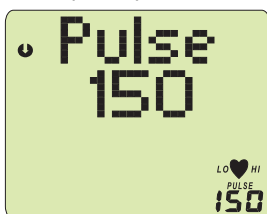


Fig. 21  
Pulse value input, e.g. 150

### Function

The "HI" and "LO" display functions as described under 4.4.3. The % pulse display is not available.

Switch the pulse value monitoring off: "OFF" display, all pulse monitoring functions are de-activated.

### Note

Previously set pulse values in the HRC program are accepted and appear in the display.

In this mode, the training pulse has no influence on the performance.

(Such a function is offered by the HRC program.)

### 4.4.5 Completion of preset data

If you press the set key after the last preset value (except in the programs 1-6), all preset values (except preset pulses) will be displayed. The graphics field will read the lettering "Ready" (Fig. 22).

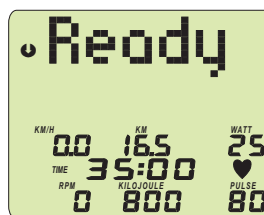


Fig. 22  
Display with preset value prior to start of training

### Possibilities of preset training values in the program types:

#### Count-up

Standard values:

- KM (distance): 0.0 km
- Time (training time): 0:00 min.
- Kilojoule (energy consumption): 0 kJ
- Training pulse: - -
- Max. pulse: - -
- Performance: 25 Watt

Possibilities of preset values in the sequence:

- Age
- Max. pulse
- Pulse zones Fat 65%, Fit 75% and Man. - - %
- Performance

#### Count-down

Standard values:

- KM (distance): 0 km
- Time (training time): 0:00 min.
- Kilojoule (energy consumption): 0 kJ
- Training pulse: - -
- Max. pulse: - -
- Performance: 25 Watt

Possibilities of preset values in the sequence:

- KM (distance)
- Time (training time)
- Kilojoule
- Age
- Max. pulse
- Pulse zones Fat 65%, Fit 75% and Man. - - %
- Performance

### Note:

At least preset the training distance or training time or energy consumption, otherwise the electronic system will start in count-up mode when taking up training.

If training time, training distance and energy consumption have been counted down to zero, the display will change into count-up mode. Now, the values will again count up from the preset values.

### Programs 1-6

Standard values:

- KM (distance): 0.0 km
- Time (training time): depending on program
- Kilojoule (energy consumption): 0 kJ
- Training pulse: - -
- Max. pulse: - -
- Performance: depending on program

Possibilities of preset values in the sequence:

- Age
- Max. pulse
- Pulse zones Fat 65%, Fit 75% and Man. - - %

- Performance (not in programs that include a performance range from 25 - 400 Watt)

The adjustment will cause the increase or decrease of the stored program flow.

**Note:**

If the training time has been set to zero, the display will change into count-up mode. Even the time value will count up now.

**Pulse controlled program (HRC)**

Standard values:

- KM (distance): 0.0 km
- Time (training time): 0:00 min.
- Kilojoule (energy consumption): 0 kJ
- Training pulse: 60 or the training pulse indicated last in the HRC program
- Performance: 25 Watt or the starting performance indicated last in the HRC program

Possibilities of preset values in the sequence:

- KM (distance)
- Time (training time)
- Kilojoule
- Age
- Max. pulse
- Pulse zones Fat 65%, Fit 75% and Man. - - %
- Performance

**Note:**

For the HRC program we recommend pulse measuring with the ear-clip or the cardio pulse set.

The difference between given training pulse and current pulse determines the performance adjustment. At the beginning of training, the performance will be increased from the given value until the preset pulse is reached. If the value is exceeded, the performance will be reduced.

Starting performance can be set from 25 – 100 Watt.

The first adjustment will take place after 30 seconds (exception: the default pulse is exceeded).

The % pulse will be displayed only during the training. Within the programs Count Up, Count Down and HRC it will only be displayed in the graphic display in connection with the pulse indication. Within the programs 1 – 6 it is displayed alternately every 5 seconds.

A performance adjustment with the "-" and "+" keys is not possible.

Your preset pulse should be reached after approx. 5 minutes.

The HRC can only be terminated by you. If preset values for training time, training distance and energy consumption have been counted down to zero, there is no program stop or change. The performance is continued to be controlled by the electronic system on the basis of your pulse frequency.

**General**

If you press the program key when entering preset data, the display will skip to the next program type without storing any preset data.

Preset training data will only be taken into account, if you terminate the preset mode with the "Ready" display (Fig. 22). Otherwise the standard preset data are taken.

**Start of training**

The selected program type will start after you have achieved more

than 20 pedal rotations/min.

**5.0 Training**

**5.1 Training displays in count-up, count-down and HRC program**

In these program types the graphics display (f) is used in order to represent the values in large. At the start of training the training time (Fig. 23) is shown. With the program key you change the display contents during training in the following key sequence: Time (Fig. 23) → km/h (Fig. 24) → km (Fig. 25) → performance (Fig. 26) → RPM (Fig. 27) → kilojoule (Fig. 28) → pulse (Fig. 29) → time (Fig. 23) → ...

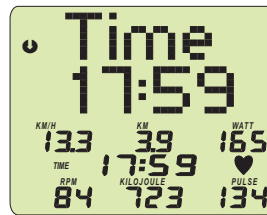


Fig. 23 Display of training time in graphics field

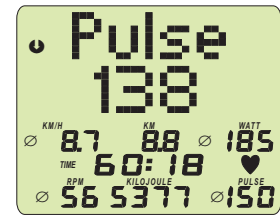


Fig. 24 Display of velocity in graphics field

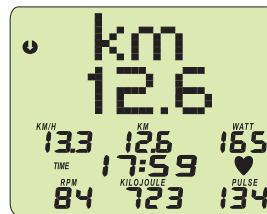


Fig. 25 Display of distance in graphics field

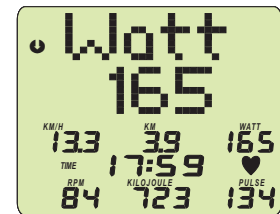


Fig. 26 Display of performance in graphics field

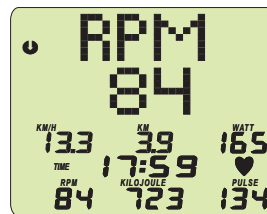


Fig. 27 Display of pedal rotations per minute in graphics field

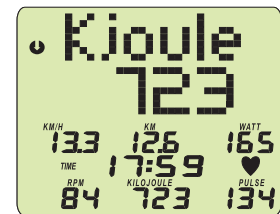


Fig. 28 Display of energy consumption in graphics field

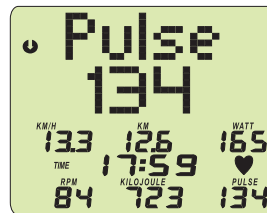


Fig. 29 Display of pulse value in graphics field

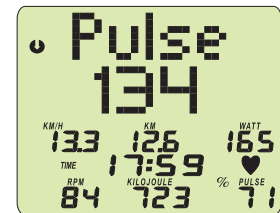


Fig. 29a Display of pulse value setting Max. pulse

**5.2 Training display in program 1-6**

In program type 1-6 the program flow is shown in the graphics field (Fig. 30). The left column indicates current strain. One column represents 1 minute of training time and it runs through to the left.

One segment line is always faded in and corresponds with 25 Watt. If the performance exceeds 395 Watt, the highest (16th) line will be displayed.

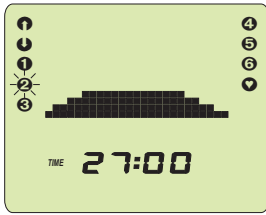


Figure 30  
Programs ①-⑥ Example: ②

## 6.0 Display at interruption or end of training

If you achieve less than 20 pedal rotations/min., the electronic system will recognise a training interruption and the training data are displayed and not the counted down values of preset data. In case of velocity (km/h), performance (Watt), pedal rotations (RPM) and pulse (pulse) the average values are shown with a ∅ symbol (b). (Fig. 31)

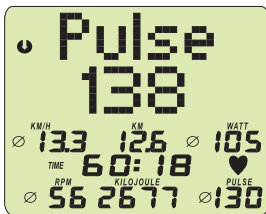


Fig. 31 Display  
of achieved training and average values

If the program symbols stay, you see that still preset values exist. If the program symbol changes to count-up, you see that the preset values are counted down or have not been set.

Only in the HRC program can the value be counted up or down. In the graphics field "pulse" and the current pulse value (or "P" in case of inactive pulse measuring) is shown.

Training data are displayed for 4 minutes. If you do not press any keys or step onto the pedals during this time, the electronic system will change over into the standby mode with room temperature display (Fig. 1). The kilometres are stored. All other values are not stored. The SET or +/- key will change over to the training value display.

## 7.0 Display in case of continued training

Step onto the pedals. The values will count further.

## 8.0 Recovery pulse measuring

The training computer is equipped with a recovery pulse function which permits to measure your recovery pulse. When finishing your training press the recovery key (8). The current pulse value will be accepted under KM/H (4) (Fig. 32).

For 60 seconds in count-down the electronic system measures your pulse

Afterwards, the current value is shown under KM (5) and the difference between the pulse values under WATT (6) during count-down. Under Rec a fitness value is displayed with (F). (Fig. 33)

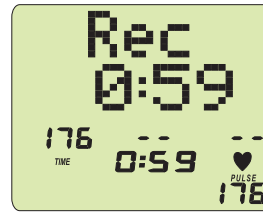


Fig. 32 Display  
during count-down of 60  
seconds

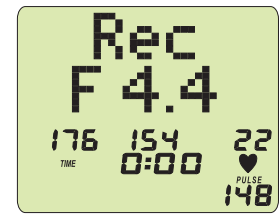


Fig. 33 Display  
Display after count-down of 60  
seconds

The calculation is explained under item 9 Fitness note calculation. If pulse measuring is interrupted or interfered with, "Error" is displayed instead of a value (Fig. 34). If no pulse signal is available at recovery start, recovery pulse measuring will not start.

### Note

In order to stop the heavy centrifugal mass, the braking force in the recovery function is continuously increased until standstill. If no pulse signal is available, the braking operation is performed as well. After 20 seconds, the recovery display will automatically be extinguished. Afterwards, the display of the achieved training and average values appears (Fig. 31). Also the "Error" display, however, only at standstill of the flywheel. If you leave the recovery function, the previously set performance is adjusted again.



Fig. 34 Display  
at Recovery without pulse signal

## 9 General

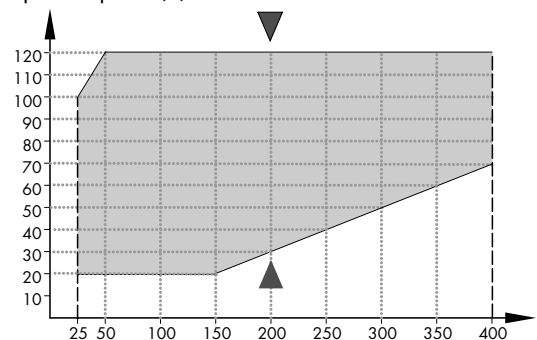
### Braking behaviour

The electromagnetic eddy current brake produces the braking effect independent from the speed such that the braking power is kept constant in a wide range of pedal rotations (RPM).

### Arrow display ▲▼:

Performance range of the ergometer.

If the adjusted performance cannot be achieved with the current pedal rotation (e.g. 400 Watt at 50 RPM - outside the grey range), an appropriate arrow of direction (a) is displayed next to the current pedal speed (2).



The above diagram is only used to illustrate a performance range. If a performance cannot be achieved with the current pedal rotation, an arrow pointing upwards ▲ or an arrow pointing dou-

wnwards ▼ appears for an increase or a reduction of speed.

### Velocity calculation

60 pedal rotations result in a velocity of 9,5 km/h.

### Kilojoule calculation

The performance is entered in Watt (current performance) and the time in seconds. Factor 6 results from the efficiency degree of a human being of approx. 16,7% when training with the trainer. However, this is only a clue.

$$kJ = \frac{\text{performance} \times \text{time} \times 6}{1000}$$

### Fitness value calculation

The computer calculates and assesses the difference between the strain pulse at training end and the recovery pulse after 60 s and the resulting "fitness value" according to the following formula:

$$\text{Value (F)} = 6 - \left( \frac{10 \times (P1 - P2)}{P1} \right)^2$$

P1 = Strain pulse

P2 = Recovery pulse

Value 1 = very good

Value 6 = insufficient

The comparison of strain and recovery pulse is a simple and fast possibility to control your physical fitness. The fitness value is an orientation value for your recoverability after physical strain. Before you press the recovery key (8) and establish your fitness value, you should train for a longer period, i.e. for at least 10 minutes, in your strain range. With a regular cardiovascular training you will note that your "fitness value" improves.

### Average value calculation

For the average value calculation of pedal rotations, velocity, performance and pulse all training intervals are taken into account until the "Temperature" display appears.

### Information on pulse measuring

Only one kind of pulse measuring is possible at a time (ear-clip or hand pulse sensors or cardio pulse set).

Pulse calculation starts when the heart in the display flashes in accordance with your pulse beat.

### With ear-clip

The pulse sensor operates with infra-red light and measures the changes in the light permeability of your skin which are caused by your pulse beat. Before you fasten the ear-clip to your ear lobe please rub it strongly 10 times, in order to increase blood circulation.

Avoid interfering impulses.

- Fasten the ear-clip carefully at your ear lobe and try to find the most favourable point for sensing (heart symbol flashes without interruption).
- Do not train directly under strong incidence of light, e.g. neon light, halogen light, spot light, sunlight.
- Completely avoid any vibrations and wobbling of the ear sensor including cable. Always fasten the cable with the clip at your clothes or - even better - at a headband.

### With hand pulse sensors

A very low voltage caused by the contraction of the heart is detected by the hand sensors and assessed by the electronic system.

- Always grasp the contact surfaces with both hands.
- Avoid jerky grasping.
- Hold your hands calm and avoid contractions and rubbing on the contact surfaces.

### With cardio pulse set

Please refer to the appropriate instructions.

### Malfunctions in pulse display

Should any pulse detecting problems occur, please once again check the above items.

### Malfunctions at training computer

If the electronic system behaves strange or disturbed, press the reset key.

### Information on interface

The training software "ERGO concept", art. No. 7926-000, to be bought from your specialised dealer, permits the control of your cross trainer with a customary PC through this interface.



## 10 Training instructions

Cross training is a very effective training for the whole body straining all large muscle groups and simultaneously training the cardiovascular system in an ideal manner and supporting the fat metabolism. The innovative elliptical motion of the stepping surfaces strengthens the leg and gluteal muscles particularly joint friendly. The upper body training coupled with leg training particularly trains arm, shoulder, chest and back muscles.

Before starting to train you should read the following information carefully!

### Important note:

Before taking up training with the cross trainer, have your family doctor check that you are fit for this kind of fitness training. The medical report should be the basis for building up your training program.

The above and the following training information are only recommended for persons with a healthy cardiovascular system.

### Training information

Training with the cross trainer has to follow the principles of stamina training. Stamina training predominantly causes changes and adjustments at the cardiovascular system. These include a reduction of the resting pulse rate and of the exercise pulse. This gives the heart more time for filling the ventricles of the heart and for supplying the cardiac musculature with blood (through coronary vessels). Furthermore, depth of respiration and volume of air that can be inhaled (vital capacity) increase. Further positive changes take place in metabolic system. In order to achieve these positive changes, your training has to be planned according to certain principles.

### Planning and control of your cross training

Basis for training planning is your current physical capacity. With an exercise test your family doctor can assess your personal capacity which will be the basis for your training planning. If you have no exercise test performed, high training strains and/or overloading are to be avoided by all means. The following principle should be taken into account for planning: Stamina training is controlled both over the volume of strain and over the intensity of strain.

### Intensity of strain

The intensity of strain during cross training is preferably controlled through the pulse frequency of your heart. The max. heart frequency per minute - 220 minus age - must not be exceeded. The optimal training pulse is determined by age and training target (also refer to 4.4.3 Pulse zones/training targets).

Training target: Fat consumption/weight reduction

The optimal pulse frequency is calculated according to the rule of thumb  $(220 - \text{age}) \times 0.65$ .

Note: Fat consumption for energy supply will only gain importance from a training duration of at least 30 minutes.

Training target: Cardiovascular fitness

The optimal pulse frequency is calculated according to the rule of thumb  $(220 - \text{age}) \times 0.75$ .

Moreover there is the possibility to manually determine the factors in the range of 0.40 - 0.90.

The intensity of training with the cross trainer is set through the performance regulation of 25 - 400 Watt with the +/- keys. As a beginner you should avoid a training with a too high performance adjustment since the recommended pulse frequency range may

very soon be exceeded. Start with a low performance adjustment and approach your optimal training pulse gradually. Regularly check during cross training as to whether you still train within your intensity range according to the above recommendations.

### Amount of strain

A beginner will increase the amount of strain of his/her training only gradually. The first training units should be relatively short and be organised in intervals. Sports physicians regard the following strain factors as being positive for fitness:

Frequency	Duration
daily	10 min
2-3 times weekly	20-30 min
1-2 times weekly	30-60 min

Beginners should not start with training units of 30-60 minutes. During the first 4 weeks, a beginner training could be organised as follows:

Training frequency	Extent of training session
<b>1st week</b>	
3 times a week	2 minutes of training Break of 1 minute for physical exercises 2 minutes of training Break of 1 minute for physical exercises 2 minutes of training
<b>2nd week</b>	
3 times a week	3 minutes of training Break of 1 minute for physical exercises 3 minutes of training Break of 1 minute for physical exercises 2 minutes of training
<b>3rd week</b>	
3 times a week	4 minutes of training Break of 1 minute for physical exercises 4 minutes of training Break of 1 minute for physical exercises 3 minutes of training
<b>4th week</b>	
3 times a week	5 minutes of training Break of 1 minute for physical exercises 4 minutes of training Break of 1 minute for physical exercises 4 minutes of training

Prior to and after every training unit, 5 minutes of gymnastics should warm up or cool down your body. Between two training units there should be one day without training, if you prefer the training of 20-30 minutes 3 times a week later on. Otherwise, there is nothing to be said against an everyday training with the Cross-Trainer of 10 minutes.

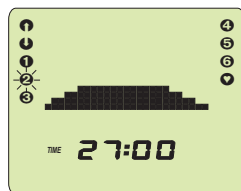
## Integrated training programs

The 6 training programs are designed for "Fitness beginners", "Advanced exercisers" and "Fitness pros". The following description of the programs helps you to select the program suitable for your performance capacity. Program P6, for example, is only suitable for endurance trained exercisers with a high exercise tolerance.



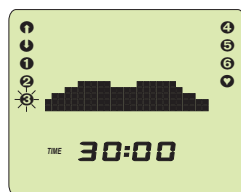
### P1: Fitness test in accordance with WHO standard

This fitness test provides for an automatically controlled increase in performance by 25 watts at an interval of 2 minutes, starting from 25 watts. The recommended number of pedal turns amounts to 60 - 80 turns/min. Only healthy persons without cardiovascular problems may carry out this test while without the presence of a doctor.



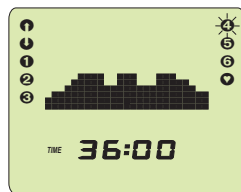
### P 2: Fitness beginners I

Workload: 25 - 100 watts, 27 min



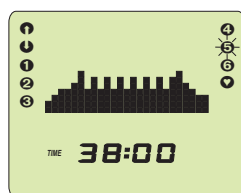
### P 3: Fitness beginners II

Workload: 50 - 125 watts, 30 min



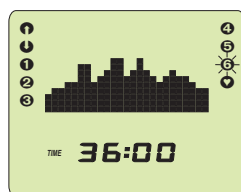
### P 4: Advanced exercisers I

Workload: 50 - 150 watts, 36 min



### P 5: Advanced exercisers II

Workload: 50 - 200 watts, 38 min



### P 6: Fitness pros I

Workload: 75 - 300 watts, 36 min



## Heart Control Program

After setting the desired pulse rate during exercise, the electric eddy current brake controls the pedalling resistance independent of speed and in accordance with the setting. This means that the resistance will automatically be increased until the exercising pulse rate has been reached or be decreased if the setting has been exceeded. The program ensures cardiovascular training while the exercising pulse rate remains at an approximately constant optimum exercising pulse rate. For this reason it is ideally suited for therapeutical training purposes.

## Movements

The movements during Cross-Training are already predefined through the elliptic rotation of the treads and the positioning of the grip bars. Nevertheless, you should pay attention to some points:

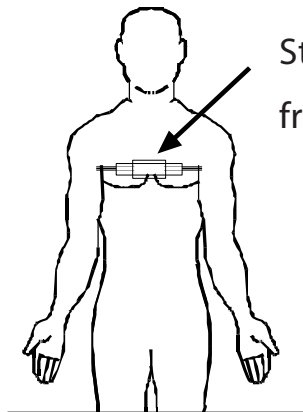
- Prior to taking up training, always pay attention to the correct assembly and stability of the equipment.
- When getting onto the equipment, one tread has to be in the lowest, and one in the uppermost position. Grasp the grip bars with both hands and get onto the lower tread first. When getting off the equipment, first leave the uppermost tread.
- Adjust the tread at the optimal distance for you with regard to the grip bars ; pay attention to sufficient leg-room towards the grip bars.
- Use appropriate sports shoes for training and pay attention to a safe foothold on the treads.
- (Do not train without using your hands.) Hold tight at the grip bracket between the movable grip bars, if you only want to train the lower part of your body.
- Pay attention to a rhythmical, smooth sequence of motions.
- Adjust the brake resistance at the rotary button below the cockpit according to your individual requirements.
- During training, vary between forward and return motions of treads in order to stress leg and gluteal muscles differently.

With a regular training, you can increase your endurance, your power and, thus, your well-being. The success of your training will be optimised by a healthy way of living which is determined by a well-balanced, high-quality nourishment.

## CHEST STRAP INSTRUCTIONS

### USING THE CHEST BELT HEART RATE MONITOR:

For proper operation, the chest belt should be worn with the monitor strapped across the front of your body just above the chest line as shown in the drawing on the right. The monitor needs a little body heat and moisture in order to work properly. To ensure correct operation you may want to wet the two rubber pickups under the belt prior to exercising.



Strap chest belt across the front above the chest line



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