



Easy accessible, Easy reading. Showing Speed, Distance, Heart rate, Time, RPM, Calories, Watts, the ability to input user weight, and what no other bike display has, a Load Level number that incorporates a strain gage that displays a Number Value related to how much force is being placed on the turning flywheel.

Simple Operation -

Hold the Mode button for 5 seconds to reset / turn on the computer.

A weight number will be in the display, just use the up or down arrow button to adjust.

Press Mode button to enter weight.

Begin pedaling the bike.

The Up arrow button, at each push, moves from Time, Level, RPM, and Speed, being displayed in the Larger Center while a "flashing" title indicates which data is shown.

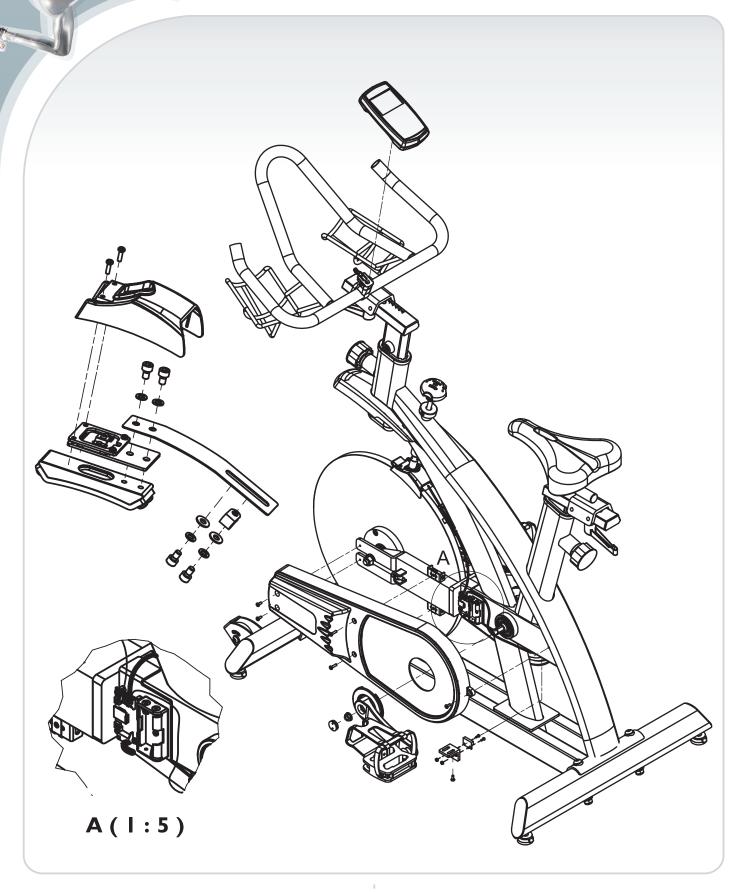
The Down arrow button, at each push, changes the 3 smaller lower displays from RPM, Calories, Watts, to Speed, Distance, Heart Rate. Back and forth as often as the user desires.

NOTES:

- #I Power Saver turns off the display in 60 seconds, if no buttons are pushed and the bike is not being pedaled.
- #2 Level / Load will not give an accurate number when bike is not being pedaled.
- #3 The Level number is just a numerical reference for how much pressure the resistance pad is placing against the flywheel.
- #4 Watts are being calculated from RPM and pressure exerted against the flywheel.
- #5 Flashing "Word" is indicating what Data is being displayed in the large Center display.

SB-CS





FITNESS MASTER INC.

I 1419 Mathis #200, Farmers Branch, TX 75234
Tel:214-3508884 Fax:214-3508876 Toll Free: I-866-4fitnex
E-mail:info@fitnexonline.com http://www.fmiamerica.com

JOONG CHENN INDUSTRY CO., LTD.

3F28, No. 5, Shin-Yi Rd., Sec. 5, Taipei 110, Taiwan
Tel:886-2-2720-9980 Fax:886-2-2722-9750
E-mail:joong@ms13.hinet.net http://www.steelflexfitness.com