






SteelFlex

**FPRI 12
USER MANUAL**

CONSOLE DISPLAY

TIME	When pulling out the strap, time is counted. When retracting the strap, time is not counted.
CALORIES	Workout calories.
DISTANCE	M indicates meter. Y indicates yard.
PULLS	It counts only when strap is pulled out over 120 cm.
PEAK POWER	WATT indicates power consumption of workout. HP means horse power.
LOAD	It indicates resistance and range is from L1 to L30.
MAX SPEED	KPH indicates kilometer/per hour. MPH indicates mile/per hour.

BUTTON


	<p>Press to wake console up. Press and hold for a while, console goes into sleep mode.</p>
	<p>Switch KPH/MPH. Switch WATT/HP.</p>
	<p>Press and hold for a while to reset.</p>

RESISTANCE KNOB





OPERATION

AUTO CALCULATING MODE

Step 1	If console is in sleep mode, press  to wake it up.																		
Step 2	When wakes up the console, information below can be displayed. <table border="1" data-bbox="491 674 999 1025"><thead><tr><th></th><th>TOTAL</th><th>LOAD</th></tr></thead><tbody><tr><td>TIME</td><td>88:800</td><td>888</td></tr><tr><td>CALORIES</td><td>880</td><td>KG LBS</td></tr><tr><td>DISTANCE</td><td>88800^M</td><td>MAX SPEED</td></tr><tr><td>PULLS</td><td>880</td><td>800</td></tr><tr><td>PEAK POWER</td><td>8000^{WATT} HP</td><td>KPH MPH</td></tr></tbody></table>		TOTAL	LOAD	TIME	88:800	888	CALORIES	880	KG LBS	DISTANCE	88800 ^M	MAX SPEED	PULLS	880	800	PEAK POWER	8000 ^{WATT} HP	KPH MPH
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CALORIES	880	KG LBS																	
DISTANCE	88800 ^M	MAX SPEED																	
PULLS	880	800																	
PEAK POWER	8000 ^{WATT} HP	KPH MPH																	
Step 3	Pull out the strap and it can be calculated automatically. No need to press any button.																		



NOTE:

1. Press  to switch KPH/MPH and WATT/HP.
2. Press  and hold for a while, workout data can be clear and reset.
3. If machine is not used in 5 minutes, console goes into sleep mode automatically.

CALIBRATION

When turning resistance knob to lightest level, but LI is not showed on console, the machine needs to do calibration.

How to calibrate?

Turn resistance knob to lightest level, press  and  together and hold for a while, when LI is showed on LOAD of console, calibration is completed.