

## DISPLAY FUNCTION:

ITEM	DESCRIPTION
SCAN	<ul style="list-style-type: none"> <li>. In SCAN mode, press MODE/ENTER key to choose functions.</li> <li>. Automatically scan through each mode in sequence every 6 seconds.</li> <li>. The sequence of display when press MODE/ENTER key : TIME→ DIST→CAL→ PULSE→RPM/SPEED</li> </ul>
SPEED	<ul style="list-style-type: none"> <li>. Range 0.0 ~ 99.9</li> <li>. Without any signal being transmitted into the monitor for 4 seconds during workout, SPEED will display “0.0”</li> </ul>
RPM	<ul style="list-style-type: none"> <li>. Range 0 ~ 999</li> <li>. Without any signal being transmitted into the monitor for 4 seconds during workout, RPM will display “0”</li> </ul>
TIME	<ul style="list-style-type: none"> <li>. Without setting the target value, time will count up.</li> <li>. When setting the target value, time will count down from your target time to 0 and alarm will sound or flash.</li> <li>. Without any signal being transmitted into the monitor for 4 seconds during workout, time will STOP</li> <li>. Range 0:00 ~ 99:59</li> </ul>
DISTANCE	<ul style="list-style-type: none"> <li>. Without setting the target value, distance will count up.</li> <li>. When setting the target value, distance will count down from your target distance to 0 with an alarm sound or flash.</li> <li>. Range 0.00~99.99</li> </ul>
CALORIES	<ul style="list-style-type: none"> <li>. Without setting the target value, calorie will count up.</li> <li>. When setting the target value, calories will count down from your target calorie to 0 with an alarm sound or flash.</li> <li>. Range 0~9999</li> </ul>
PULSE	<ul style="list-style-type: none"> <li>. Current pulse will display after 6 seconds when detected by the console.</li> <li>. Without any pulse signal for 6 seconds, console will display “P”.</li> <li>. Pulse alarm will sound when current pulse is over the target pulse.</li> <li>. Range 0-30~230 BPM</li> </ul>

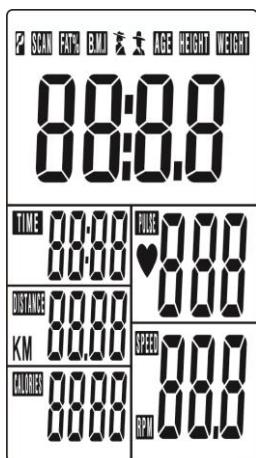
## KEY FUNCTION:

ITEM	DESCRIPTION
SET	<ul style="list-style-type: none"> <li>. Press SET key to increase value. Press and hold the key to increase value faster.</li> <li>. TIME setting range: 00:00~99:00 (Each increment is 1:00)</li> <li>. CAL setting range: 0~9990 (Each increment is 10)</li> <li>. DIST setting range: 0.00~99.50 (Each increment is 0.5)</li> <li>. PULSE setting range: 0-30~230 (Each increment is 1)</li> </ul>
MODE/ENTER	<ul style="list-style-type: none"> <li>. Choose each function by pressing MODE/ENTER key.</li> <li>. Press and hold MODE/ENTER key for 2 seconds to reset all functions (same feature as the reset key if press for 2 seconds).</li> </ul>
RESET	<ul style="list-style-type: none"> <li>. In setting mode, press RESET key once to reset the current function figures.</li> <li>. Press RESET key and hold for 2 seconds to reset all function figures.</li> </ul>
RECOVERY	<ul style="list-style-type: none"> <li>. After the console detects pulse signal, press the RECOVERY key to enter recovery mode to monitor heart rate recovery ability.</li> </ul>

## OPERATION PROCEDURE

### POWER ON

- . LCD will display all segments as Drawing 1.



Drawing 1

### POWER OFF

- . Without any signal being transmitted into the monitor for 4 minutes the monitor will enter SLEEP mode.

## OPERATION

### 1. Workout setting

- Press MODE/ENTER key to select the function of TIME, DISTANCE, CALORIES and PULSE. Use SET Key for setting and press MODE/ENTER key for confirmation.
- For instance the time set-up, when the time value is blinking, you can use SET Key to adjust the number. Press MODE/ENTER key for confirmation and skip to next set-up. The set-up of DISTANCE, CALORIES and PULSE is the same as TIME set-up.
- Once the workout begins and the console picks up the exercise signal, the value of SPEED/RPM, TIME, DST and CAL will count up on the display.

## Recovery

1. The RECOVERY key will only be valid if pulse is detected.

2. TIME will show "0:60" (seconds) and counts down to 0.

Computer will show F1 to F6 after the countdown to test heart rate recovery status. User can find the heart rate recovery level based on the chart below.

3. Press RECOVERY key again to return to the beginning.

F1	Outstanding
F2	Excellent
F3	Good
F4	Fair
F5	Below average
F6	Poor

## Trouble shooting:

. When the display of LCD is dim, it means the batteries need to be changed.

. If there is no signal when you pedal, please check if the cable is well connected.

## NOTE:

1. When stop training for 4 minutes, the main screen will be off.

2. If the computer displays abnormally, please re-install the batteries and try again.