Infiniti ST-1200 / JT-1200 EXERCISE COMPUTER WITH LED DISPLAY

TRAINING PROGRAMS

LOW BATTERY WARNING

DISPLAY TRAINING PROGRAMMS

NO.1 LED DISPLAY

NO.2 LED DISPLAY

NO.3 LED DISPLAY

BATTERY COMPARTMENT

SCAN-BUTTON
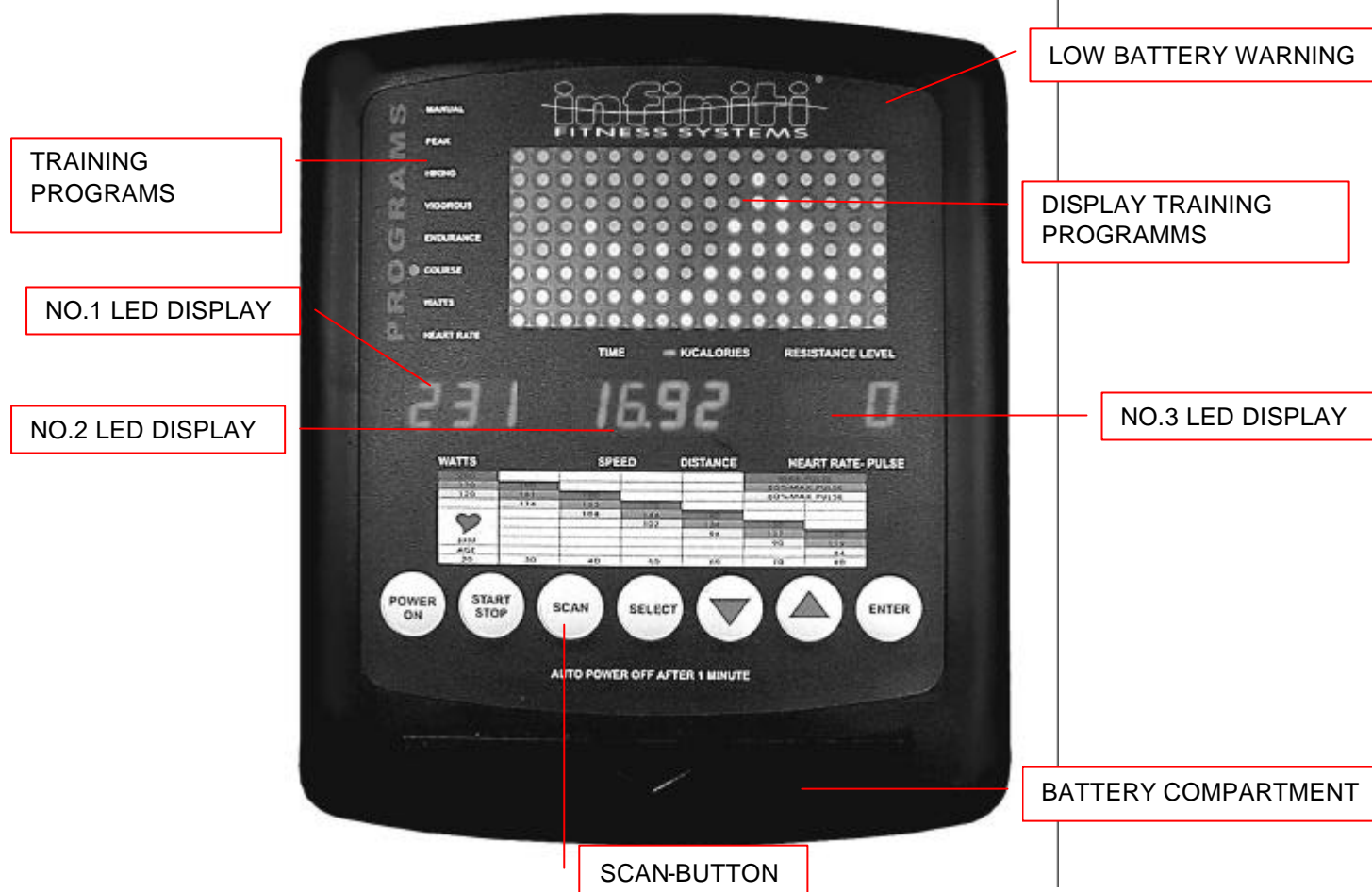
OPERATING INSTRUCTIONS FOR BC-6880 COMPUTER

BATTERY COMPARTMENT: 6 x size AA alkaline rechargeable batteries.

LOW BATTERY WARNING: If there is no pedal rotation the monitor is running on its batteries only and AUTO POWER OFF will be activated after 1 minute. During this time if the batteries a low the LOW BATTERY warning LED (top right hand LED on the dot matrix) will flash and the power will turn off after 10 seconds.

DOT MATRIX DISPLAY: This display is 8 segments high and 16 segments wide. The vertical segments represent the resistance setting. There are 16 resistance levels so each segment will represents 2 levels. The horizontal segments represent 1/16th of your workout time. If you select a workout time of 20 minutes then each segment will represent 1 minute15 seconds and so on. The current time vertical segment will flash.

PROGRAM LED's: When all program LED's are flashing at the same time then PROGRAMS can be selected or changed. When a PROGRAM has been selected then only that PROGRAM LED will stay on.

NO. 1 LED DISPLAY: This constantly displays WATTS, the amount of power being generated by the users.

NO. 2 LED DISPLAY: This can display selected functions, TIME, SPEED, DISTANCE and K/CALORIES. The function to be displayed can be selected by pressing the SELECT key or all functions can be displayed for 4 seconds each in rotation by pressing the SCAN key. The function being displayed is indicated by its associated LED.

NO. 3 LED DISPLAY: Normally displays HEART RATE unless the resistance level changes. When this happens the display will show the new resistance level, L1 through L16, for 5 seconds and then return to HEART RATE.

KEYS: There are 7 keys along the bottom of the monitor. Each key indicates its function. Press the key in the center with moderate pressure. Some keys can be pressed and held to cycle the display. Do not hit the keys

POWER UP: By pressing the POWER ON key or by rotating the pedal ½ turn. If there is no pedaling for 1 minute the power will automatically turn off.

PROGRAM SELECTION: By pressing the ? and ? keys you can select the desired program.

INSTANT MANUAL MODE: If you want to get started immediately simply press the START key. If you want to enter the exercise time then press ENTER.

PEAK, HIKING, VIGOROUS, ENDURANCE and COURSE PROGRAMS: Select the desired program. The dot matrices display will show the profile of the program. After the program has been selected press ENTER to advance to the TIME display.

ENTERING TIME: When the TIME LED display is flashing and if you want to exercise for a preset amount of time then press the ? and ? keys until the desired time is displayed, then press ENTER. If you don't want to countdown time then press ENTER while the display is flashing *00:00.*

WATTS PROGRAM: This is a special program that automatically adjusts the resistance level to the watts value selected regardless of SPEED. When the WATTS LED display is flashing enter the desired watts value by pressing the ? and ? keys then press ENTER. The watts you are producing, which is dependant on speed, is monitored and every 10 seconds and the resistance will increase or decrease to maintain the watts value you entered. Start with a value of 75 watts until you are familiar with this program.

HEART RATE PROGRAM: When the HEART RATE LED is flashing enter your target heart rate. Refer to the chart below for the correct value based on your age and the percentage of your maximum heart rate you wish to target. The monitor will automatically adjust the resistance level to maintain your target heart rate.
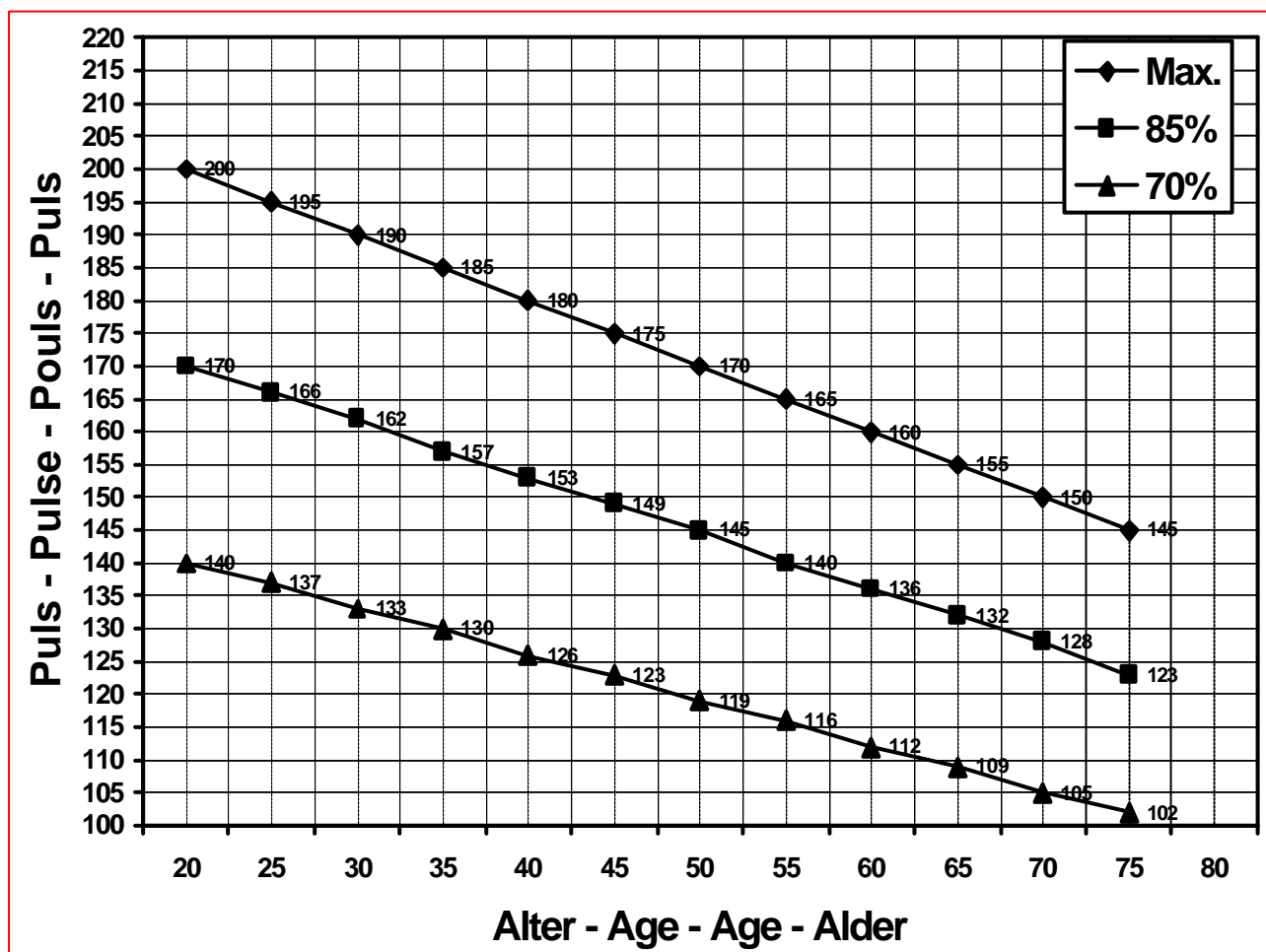
START STOP: When all data has been entered press START. NOTE; if you take too long to enter your exercise data without turning the pedal occasionally then the AUTO POWER OFF could be activated turning off the monitor. Press STOP to freeze all displays.

VALUES DISPLAYED

WATTS: Displays watts produced and is updated every 10 seconds.

TIME: Counts up to 99:59 minutes or counts down from the same value.

SPEED: Displays speed in miles per hour and is updated every 10 seconds.

DISTANCE: Displays distance in miles.

K/CALORIES: This value is the sum total of "work done" during your entire exercise workout. This is not the value for "calories expended." This value is determined by the Resistance setting, the Speed and Time, all factors related to exertion and it starts to accumulate from the first second of the workout. The human body, like most machines, is about 1/3 efficient. Energy expended is about 1/3 of energy consumed. So for an approximate "calories expended" value the K/CALORIES produced value can be multiplied by 3.

Use this K/CALORIES function to compare daily workouts. If you have performed a good workout today then this K/Calorie value should be compared to what you can do tomorrow.

HEART RATE: Displays the value in beats per minute (BPM).

RESISTANCE LEVEL: Displays the resistance level for 5 seconds only when it changes. There are 16 resistance levels.