Main Display

Bar Graph

Program Profile Chart

Start/Stop Key

Select Keys

Reset Key to clear training data

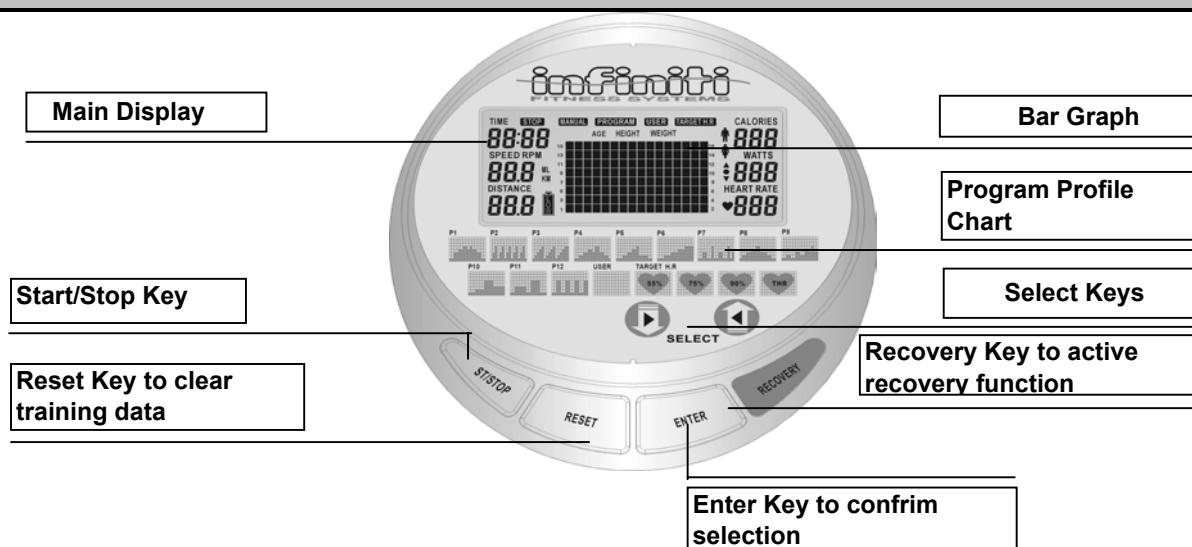**Recovery Key to active recovery function**

Enter Key to confrim selection

Operating Instructions SM5068

Batteries
Open the battery compartment at the rear of the computer and install 4 x C batteries. If the LCD is not clear and only partial segments are displayed then remove the batteries, wait 15 seconds, and reinstall them. If the problem persists then install new batteries. If new batteries do not fix the problem then consult your retailer. Under normal use the batteries will last 6 months. AC adaptor socket for 6 volt @ 100mA AC adaptor, fitted on back of case, optional.

Power On
The power will automatically turn on when the batteries are installed or any key is pressed or the computer receives a speed signal.

Auto Power Off/On.
As long as you are working out the computer will operate. If there is not input for 4 minutes then the computer will automatically turn off. All existing values will be held until the computer is powered up again.

Computer Key Functions

ST/STOP Key (START/STOP)
By pressing this key the computer will START and STOP. When the computer is in the stop mode, STOP will be displayed. If no sensor input is detected for 4 seconds, the monitor will stop counting (except TIME). All functions will resume when the sensor input is reactivated and the ST/STOP key is pressed.

RESET Key
Press this key once to revert back to the previous display. Pressing and holding the RESET key for 2 seconds will

reset all functions and return you to the personal data entry section.

Recovery Key
Pressing this key at the end of your workout will activate the recovery function and test your fitness level.

Select Keys
These keys are used for selecting a variety of data as well as increasing or reducing the resistance level.

Programming Functions

Personal Data Storage
There are 9 separate user personal data storage files listed from U1 to U9. When the computer is powered-up, it will first display the wheel size for 2 seconds.Then automatically enter the user data storage section where you will be asked to enter your sex, age, height and weight. The first user number displayed will be the last user number selected. Press the ENTER key to select the required user number U1 to U9, press ENTER.The computer will now enter the personal data entry section and the male symbol will flash (along with the STOP indicator). If there is no change to your personal data from the last workout, press ENTER quickly 4 times. Press the SELECT key to change to female. Once the correct sex symbol is flashing, press ENTER. The computer will now prompt you to enter your correct age. Press the SELECT keys until your correct age is flashing, then press ENTER. Enter your height in cm. Select your correct height and press ENTER.
NOTE: By pressing and holding either of the SELECT keys the display will cycle rapidly. Now select and enter your weight in Kg. Press ENTER. You will now enter the programming mode.

Programming Mode
All program selections will be flashing (along with the STOP indicator). Selections are MANUAL, PROGRAM, USER and TARGET H.R. Press the SELECT key until the program you want is flashing, press ENTER.

Manual Mode

value you wish. For all programs you also have the opportunity to preset countdown values for TIME,DISTANCE ,and CALORIES.

Recovery
This function evaluates your fitness level by measuring how quickly your heart rate recoverys over a period of 1 minute. At the end of your workout press the RECOVERY key. The computer will STOP all functions except HEART RATE

This mode can be selected at any time by pressing ST/STOP If you want the correct value for CALORIES you should enter your correct personal data or select your preprogrammed user number. You have the opportunity to preset one countdown value from TIME, DISTANCE or CALORIES and the value for both WATTS and HEART RATE. The function to be preset will be flashing. Press the SELECT key until the desired value is displayed, then press ENTER. Pressing ENTER again and again will cycle through all presettable functions. Press ST/STOP and begin exercising. Adjust the resistance level to suit.

Watts Dependant Mode
Available in MANUAL MODE only. (Also referred to as Speed Independent Mode). The resistance level will automatically adjust to the preset WATTS value regardless of Speed (except for very slow Speeds and higher WATTS settings where the resistance can only increase to level 16, maximum).

Program Mode
You will have the option to choose from 12 program profiles P1 to P12. The program profiles are displayed on the front panel. The display will show the program number for 1 second, then the profile will be displayed. Select the profile you want and press ENTER. (If you want to reselect the profile, press RESET once). You now have the opportunity to preset one countdown values from TIME, DISTANCE, or CALORIES and the value for your HEART RATE. Press the SELECT key until the desired value is displayed, then press ENTER. Pressing ENTER again and again will cycle through all presettable functions. Press ST/STOP and begin exercising. Once the program has started the first segment of the profile will flash, you can adjust the resistance level and the entire profile will be adjusted.

User Program Mode
This program has a blank profile that can be preset by any user. Resistance levels from 1 to 16 can be selected acorss all 16 time segments. Press the SELECT key until the desired level for the segment is selected then press ENTER. Move across all 16 segments until the profile is built. You will also have the opportunity to preset any countdown value available in the USER PROGRAM MODE.Once you have pressed ST/STOP, you can adjust the resistance level of any segment. The profile as displayed when ST/STOP is pressed will be stored for future use.

Target Heart Rate Mode
There are 4 heart rate programs available. 55%, 75%, 90% and THR. Press SELECT and cycle through the programs. Your target heart rate will be displayed for each preset program. Press ENTER for the desired program. If you select the THR program you have the option to preset the heart rate

and TIME which will start to countdown from 60 seconds. HEART RATE sensor input MUST be maintained during the RECOVERY test. When the timer reaches 00,your personal fitness level(F1/F2) will be displayed.

F1 - Very Good   **F6 - Unsatisfactory**

Press the RECOVERY key to return to the main display.
Heart Rate Measurement
To display the pulse rate, please put both heands on the sensors of handlebar. Only you are holding the sensors with 2 hands will make the system working correctly. After a few seconds your pulse rate will be shown on the display. You may also use chest transmitter belt with plug-in receiver to read your heart rate datas.

Display functions
Bar Graph
This display is made up of 128 segments, 16 horizontal column segments and 8 vertical row segments. The vertical segments represent the resistance level and the horizontal segments represent Time. Each vertical segment will represent 2 resistance levels; the exact level will be displayed in the smaller resistance LCD. If Time is not preset (counts up) then each column segment represents 1 minute. If Time is preset to say 20 minutes,the Time period is divided equally into the 16 columns. (Each column is 1 min 15 sec)

Elapsed Time
Time counts up from 00:00 to 99:59.

Speed
Speed is displayed in km/h from 0.0 to 99.9. This function is displayed for 4 seconds and then RPM is displayed for 4 seconds.

RPM
Displays the pedal crank speed in revelations per minute from 0 to 999. This function is displayed for 4 seconds, and then SPEED is displayed for 4 seconds.

Distance
Distance is displayed in km from 0.00 to 99.99.

Calories
Calories are displayed in Kilocalories from 0 to 999.

Heart Rate
Heart Rate is displayed in BPM (beats per minute) from 30 to 240. NOTE: When the sensor detects your heart rate, the ♥ symbol will flash on the display in unison.

Low Battery
If the battery symbol with the word "LOW" is flashing then replace the batteries as soon as possible.If the battery power is too low then the computer will not be able to adjust the resistance setting.