Programable Trainging Computer For EEC-1550

Initial operating process: (After the computer is power on with adaptor output 6V / 500mA)

Step One   You may use UP or DOWN to select training mode in MANUAL or PROGRAM (12 different profiles) or USER or TARGET HEART RATE control (4 different options for training). If you select training with Target Heart Rate control mode, you need to input AGE data, and switch to next procedure.

Step Two   You may use UP or DOWN to adjust the training LOAD/DIFFICULTY level from 1 to 16 under MANUAL, PROGRAM and USER mode .(Exclude TARGET HEART RATE CONTROL mode)

Step Three   You may use UP or DOWN to preset training function datas, when each function data has been preset, press MODE/ENTER.

Available preset training functions:

TIME: Preset area is from 00:00 to 99:00, each increment is 1:00 (minute).
DISTANCE: Preset area is from 0.00 to 99.90, each increment is 0.10 km or ml.
CALORIE: Preset area is from 0 to 990, each increment is 10 cal.
PULSE: Preset area is form 30 to 240, each increment is 1 BPM.
            (Exclude in TARGET H.R control mode)

Step Four   Press START/STOP button to start training.

Training Mode Instruction:

To start your training :

As soon as you press START/STOP button, the computer starts working:

Training with PRESET TIME:

If you have preset TIME,each unit of the profiles switches forth to another per preset TIME divided by 16.

Training without preset time:

If you do not preset TIME,each unit of the profile switches forth to another per 0.1 km or ml in counting up (no preset DISTANCE) or counting down (has preset DISTANCE).

Training with 12 profiles - You can adjust the tension difficulty during training any time.

Training in TARGET H.R. control - The tension difficulty will be auto-adjusted according to the current heart rate figure. If your heart rate figure is under the target pulse, the tension difficulty will be up-adjusted one level per 30 seconds, up to the maximum level 16. As soon as your heart rate figure is achieved at the target pulse, tension difficulty will be down-adjusted one level immediately, and keep down-adjusted one level per 15 seconds until level 1. If your current heart rate is still over (or equal to) the target pulse for 30 seconds when tension is level 1, the computer system will STOP and ALARM for 6 beeps to remind you as the training protection.

To stop your training:

Training with PRESET function datas:

As soon as the preset function datas counting down to zero,(pulse figures excluded) the computer has 8 beep sounds and remind you. At this moment, the computer will stop working. You may press START/STOP button to start the computer working and counting up from the previous datas.

Interrupt training:

You may press START/STOP button to stop computer working during training any time.

To reset program:

You may press RESET button to reset the PROGRAM and select the training mode and tension load or difficulties under STOP mode. If you hold on pressing the RESET button for 2 seconds, all datas(including personal datas) will be total reset.

Buttons:

ST/STOP   To start or stop training.
MODE   To select each function of Time, Distance, Pulse, Calories for preseting.
UP   To up adjust datas.
DOWN   To down adjust datas.

RESET	1. To reset each function of Time, Distance, Pulse, Calories function figures.
	2. To reset program setting and back to initial selection mode with Manual, Program, user, or Target Heart Rate all blinking display.
RECOVERY	To have pulse recovery function work.

Functions:

TIME	Count Up - The computer starts counting up from 00:00 up to 99:59 during training.
	Count Down - The computer will count down from the preset Time to 00:00.
SPEED	Displays the current SPEED from 0.0 to maximum 99.9 km or ml.
DISTANCE	Count Up - The computer accumulates total workout distance from 0.00 to the max. 99.90 km or ml during training.
	Count Down - The computer will count down from the preset Distance to 0.00.
CALORIES	Count Up- The computer accumulates the calories comsuption from 0 to the max. 990 cal during training.
	Count Down - The computer will count down from the preset Calories to 0.
	This data is a rough guide for comparison of different exercise sessions that can not be used for medical treatment.
PULSE (Handpulse)	The heart rate figure displays with the symbol flashing on the bottom field after you holding on the grips with both hands. The heart rate figure displays area is from 0 to 240 BPM. You may preset target pulse to assist the training. The options you may have are as the following:
	Alarm - If you preset the target pulse under training with Manual or Program 1, the computer will alarm to remind as soon as your current heart rate is achieved at the preset figure.
	Load tension adjustment - If you preset the target pulse under taining with program 2, the load tension difficulty will be controlled by your current heart rate figure compared with the preset target. (Please refer the Training in program 2.)
RECOVERY	After exercising for a period of time, keep holding on grips and press " RECOVERY" button, all function display will stop except "Time". Time starts counging down from 00:60 - 00:59 - 00:58 - to 00:00. As soon as 00:00 is reached, the bottom area of LCD will show your heart rate recovery status with the grade F1, F2,... F6. F1 is the best, and F6 is the worst. You may keep exercising to improve the heart rate recovery status day by day from F6 up to F1.
	** Press the RECOVERY button again to return the main display.

Note:

1. When there is no signal been transferred into the computer for 4 minutes, the LCD display will shutt off automatically, and all previous training datas will be stored. You may press any button to have the computer restart working.
2. If the monitor display is improper, please remove power supply and re-plug again.
3. The monitor power on with adaptor output DC 6V / 500mA.