FRONT VIEW

Main Window

Time/Segment Time

Calories/Watt/Constant Power

Pulse/Level

Speed/Average Speed

Distance/RPM
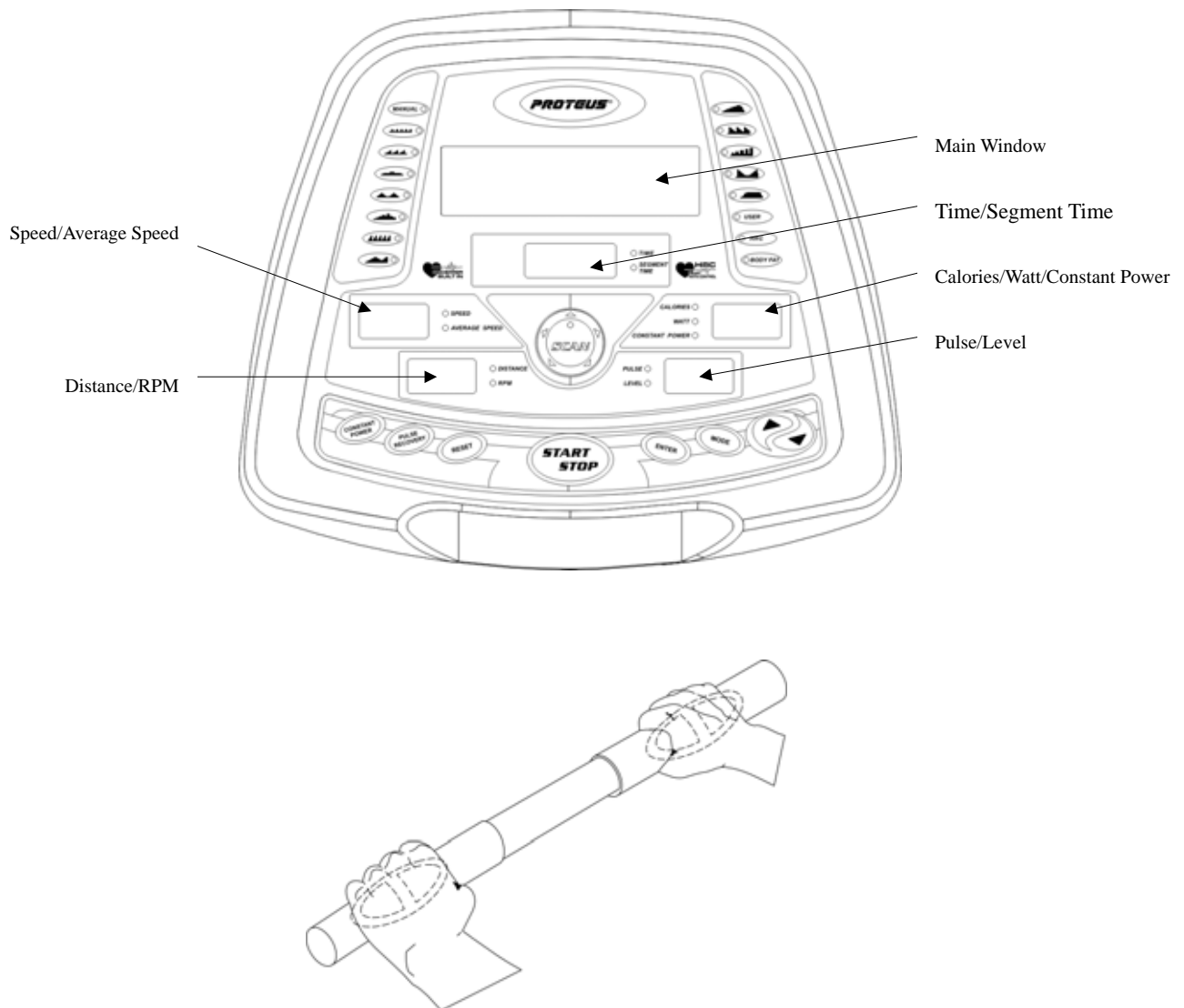
Summary:

The BC-66033 system is a programmable magnetic bike. There are 4 parts to this system: the monitor, gear motor, power adaptor and magnetic braking system.

The monitor is designed for motorized magnetic bike and presented in the following order.

- Monitor
- Key Functions
- Operation Instructions (Please Read Carefully before Using)
- Things You Should Know Before Exercising

■ **Monitor**

There are total 6 display windows. Each window displays multiple functions.

1. Main Window

   This window displays messages using alphanumeric style, including types of terrain, screen saver, and simple messages.

2. Time/Segment Time

   Two different ways to display times; One is total time counting down. Another is segment time counting down. There are total of 30 segments (intervals), default value is one minute per segment.

3. Calories/Watt/Constant Power

   Switch between calories or watt consumed during the workout. When 'Constant Power' is selected, you can precisely control total watt spent on your entire workout.

4. Pulse/Level

   Toggle display between current pulse (must be holding the pulse sensor with both hands) and workout resistant level.

5. Speed/Average Speed

   Toggle display between current speed and average speed of entire workout at the end.

6. Distance/RPM

   Toggle display between current total distance (kilometers or miles) and RPM.

■ **Key Functions:**

There are total of 9 function keys including UP, DOWN, START/STOP, ENTER, MODE, RESET, PULSE RECOVERY, CONSTANT POWER and Scan.

Function Keys:

1. UP

   a. Before pressing 'START', can use this key to move up a program.

   b. While in the ENTER mode, use this key to increase numeric value.

   c. While in the START mode, use this key to increase the resistance level.

2. DOWN

   a. Before pressing 'START' key, can use this key to move down a program.

   b. While in the ENTER mode, use this key to decrease numeric value.

   c. While in the START mode, use this key to decrease numeric value.

3. START/STOP

Use this key to start or end a workout.

4. ENTER
   a. Before start any program, pressing this key to enter the program setting.
   b. While in program setting, pressing this key to toggle to between each program options.

5. MODE
   Use this key to toggle screen saver ON/OFF while working out. Switch to different screen saver using UP/DOWN keys.

6. RESET
   a. While setting any value within a quick program, pressing this key will set current value to zero.
   b. While holding this key for 2 seconds, it will return all values back to manufacture default except User Program and Body Fat programs.

7. PULSE RECOVERY
   This feature can be applied any time during or after the workout. It estimates the differentiation of your pulse in one minute. From the computerized formula, PULSE RECOVERY derives an approximation of your cardiovascular fitness, scaling from F1.0 to F6.0.

F	Condition
1.0	Excellent
2.0	Very Good
3.0	Good
4.0	+Average
5.0	Below Average
6.0	Poor

8. CONSTANT POWER
   While in Manual or P1 ~ P12 program or User Program, pressing this key will switch resistance level to Watt control. While in Watt control mode, you can use UP/DOWN to set your desire value.
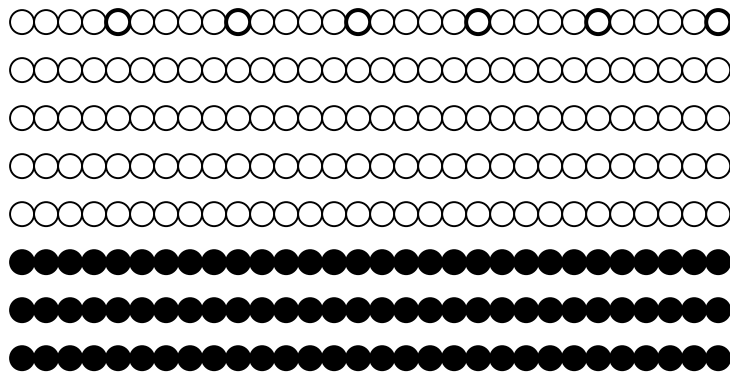
9. SCAN
   This key offers 3 different modes to view display windows.
   a. Upper values (SPEED/DIST/TIME/PULSE/CAL)
   b. Lower values (AVG SPEED/RPM/SEGMENT TIME/LEVEL/WATT)
   c. Rotate between upper an lower values every 6 seconds; While in the rotating mode, SCAN LED will be flashing every half second to distinguish from other two modes.

There are total of 16 program quick keys including, Manual, P1 ~ P12, User Program, Heart Rate Control (H.R.C) and Body Fat.

Program Quick Keys

- **Manual Program**

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1. Press STOP key, if there is another program still running.
2. Selecting Manual Program by directly press quick program key, the first key on left hand side. Or you can navigate to destination by using UP/DOWN key.
3. Once you have selected this program, you can start the exercise right away by pressing START key or you can customize the program setting.
4. To change the program setting, press ENTER key to change each individual value. When you are done, press ENTER key again to rotate next value. The program flows as following:

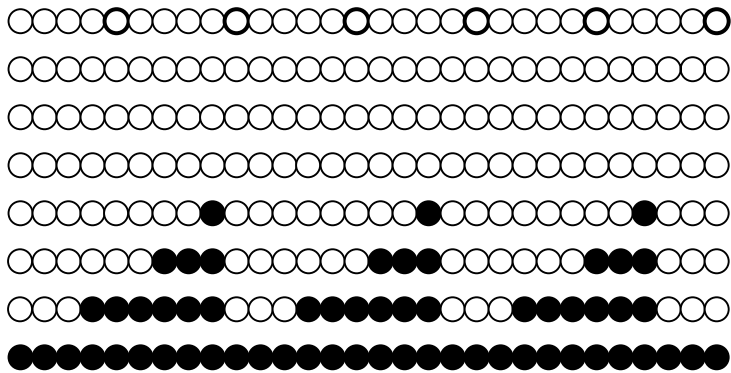   Manual ➔ Level ➔ Time ➔ Distance ➔ Calorie ➔ Target
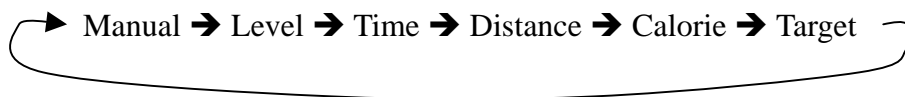
   - If you turn on the CONSTANT POWER feature, you will be changing Watt value instead resistance level value.
   - Only when your pulse is greater than given target heart rate, PULSE LED will begin flashing.
5. After you have finished customizing your setting, press START key to begin your exercise.
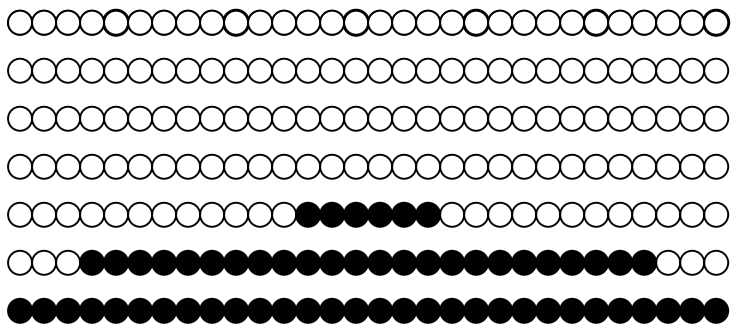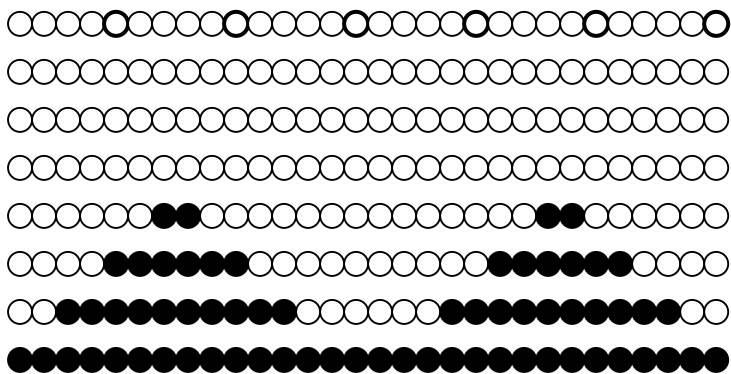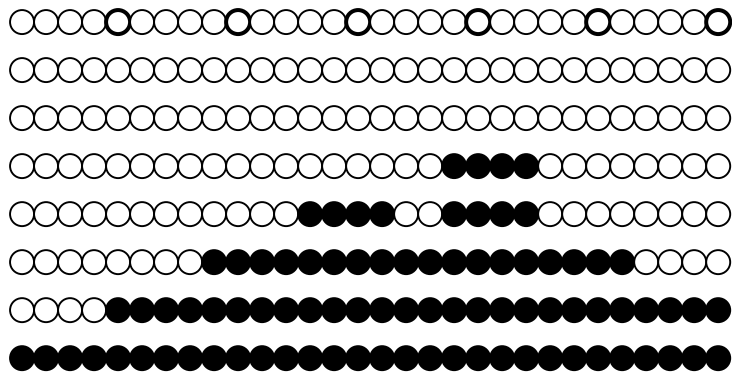
- **P1 ~ P12**

P1 Profile
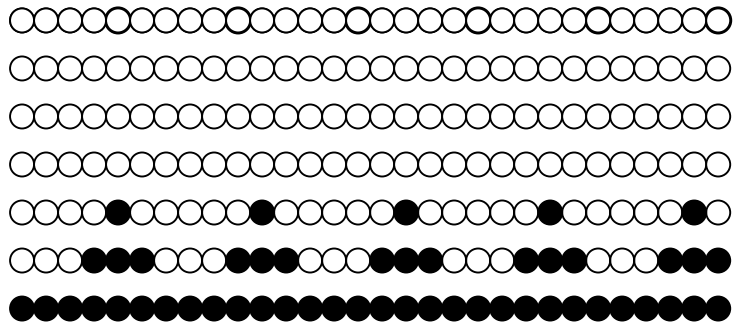
P2 Profile

P3 Profile
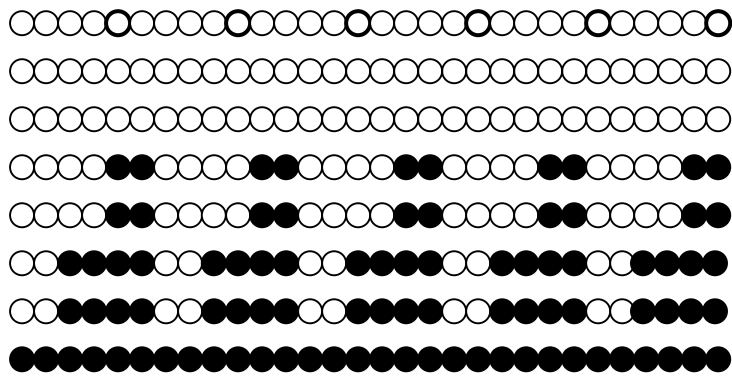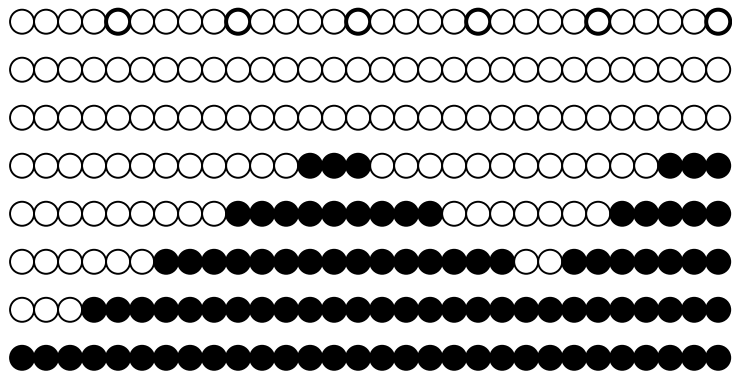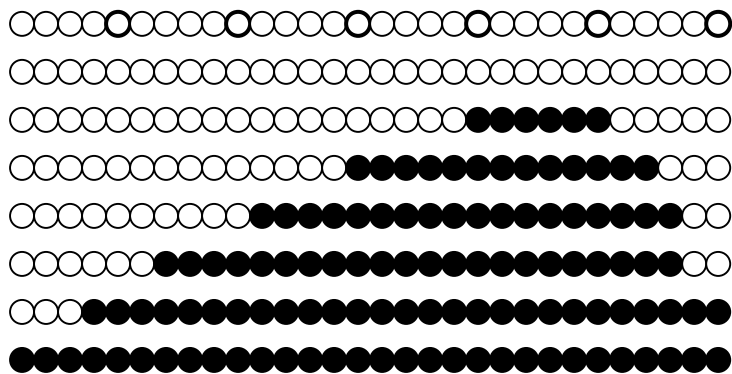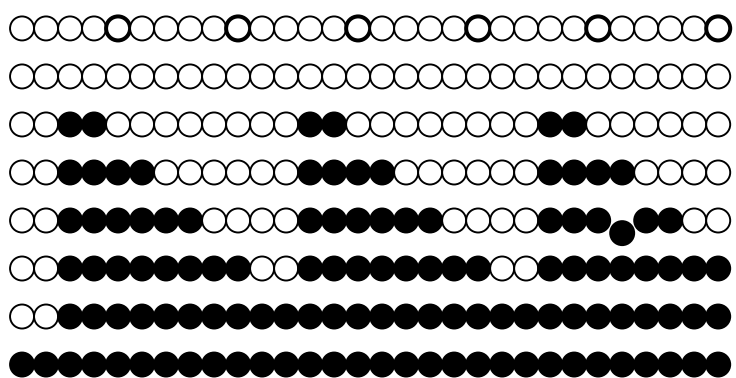
P4 Profile

P5 Profile

P6 Profile

P7 Profile
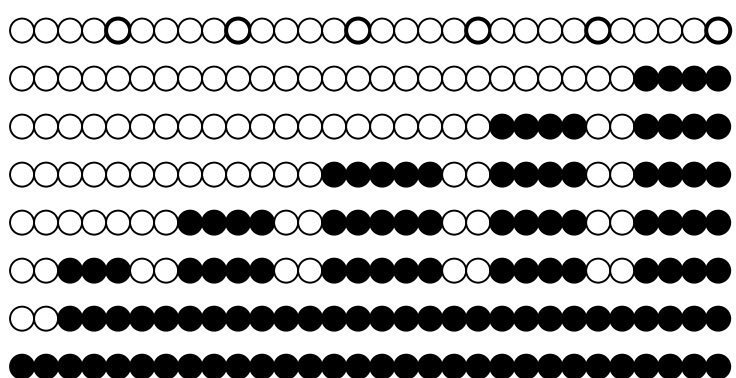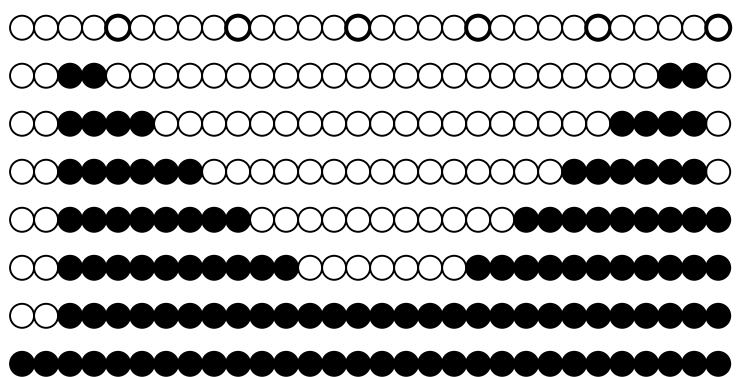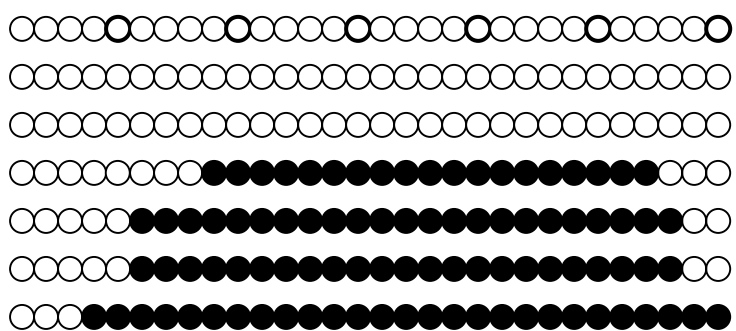
P8 Profile

P9 Profile

P10 Profile

P11 (PLATEAU) Profile

P12 Profile

1. Press STOP key, if there is another program still running.
2. Selecting any program between P1 to P12 by directly press quick program key, or navigate to destination by using UP/DOWN key.
3. Once you have selected this program, you can start the exercise right away by pressing START key or you can customize the program setting.
4. To change the program setting, press ENTER key to change each individual value. When you are done, press ENTER key again to rotate next value. The program flows as following:

➤ Program ➤ Level ➤ Time ➤ Distance ➤ Calorie ➤ Target H.R.
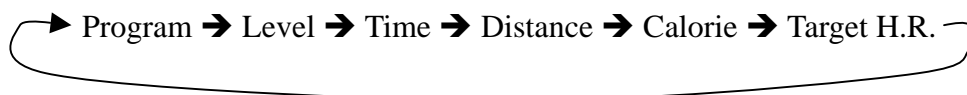
- If you turn on the CONSTANT POWER feature, you will be changing Watt value instead resistance level value.
- Only when your pulse is greater than given target heart rate, PULSE LED will begin flashing.

5. After you have finished customizing your setting, press START key to begin your exercise.

- **User Program (User 1, User 2, User 3, User 4)**
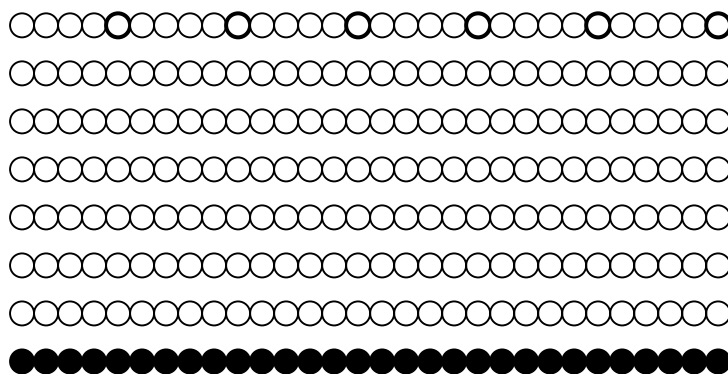
1. Press STOP key, if there is another program still running.
2. There are two ways to select User Program's user
   a. If you enter the User Program using quick program key, then press same quick program key will allow you to switch between USER1 through USER4.
   b. If you enter the User Program using UP/DOWN key, then press ENTER KEY, then you can switch between USER1 and USER4 using UP/DOWN key.
3. Once you have selected this program, you can start the exercise right away by pressing START key or you can customize the program setting.

4. In the User Program, you can design your own personal terrain. To change the program setting, press ENTER key to change each individual value. When you are done, press ENTER key again to rotate next value. The program flows as following:

User Program ➔ Time ➔ Distance ➔ Calorie ➔ Interval 1 ➔ ...➔ Interval 30
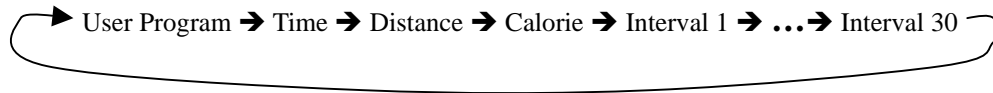
- Interval represents each column on the Main Window, which will be total of 30 intervals. Each interval time is equivalent to each other; value can be obtained by total time divided by 30 total intervals. If you change the default time, then it will be the new given time divided by 30 intervals. Default time is 30 minutes per exercise; therefore each interval is 1 minute by default.
- You will need to create you terrain by pressing through each interval, and change the resistance level. Every vertical LED represents increment of two resistance levels. To continue intervals by pressing ENTER key and using UP/DOWN keys to manipulate your desired terrain.

5. After you have finished customizing your setting, press START key to begin your exercise.
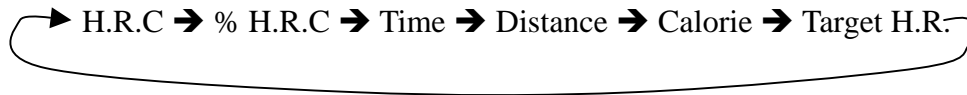
- **Heart Rate Control (65%, 75%, 85% H.R.C and Target Heart Rate)**
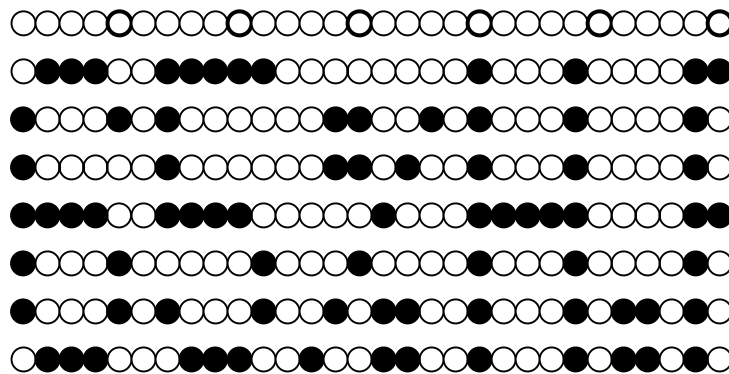
1. Press STOP key, if there is another program still running.
2. There are two ways to select Heart Rate Control options
   a. If you enter the Heart Rate Control using quick program key, then press same quick program key will allow you to switch between 65%, 75% and 85% H.R.C and Target Heart Rate.
   b. If you enter the Heart Rate Control using UP/DOWN key, then press ENTER KEY, then you can switch between 65%, 75%, and 85% using UP/DOWN keys and Target Heart Rate.
3. Once you have selected this program, you can start the exercise right away by

pressing START key or you can customize the program setting.

4. To change the program setting, press ENTER key to change each individual value. When you are done, press ENTER key again to rotate next value. The program flows as following:

H.R.C ➔ % H.R.C ➔ Time ➔ Distance ➔ Calorie ➔ Target H.R.

- Heart Rate Control System
  If your pulse did not reach the predefined heart rate, H.R.C. mode will gradually increase resistance level until your pulse matches with target heart rate. After you have reached the target heart rate, H.R.C. will also help you maintain your heart rate.

5. After you have finished customizing program setting, press START key to begin your exercise.

- **BODY FAT**

1. Press STOP key, if there is another program still running.
2. Selecting Body Fat by directly press quick program key, or you can navigate to destination by using UP/DOWN key.
3. Once you have selected this program, you can start the exercise right away by pressing START key or you can customize the program setting.
4. To change the program setting, press ENTER key to change each individual value. When you are done, press ENTER key again to rotate next value. The program flows as following:
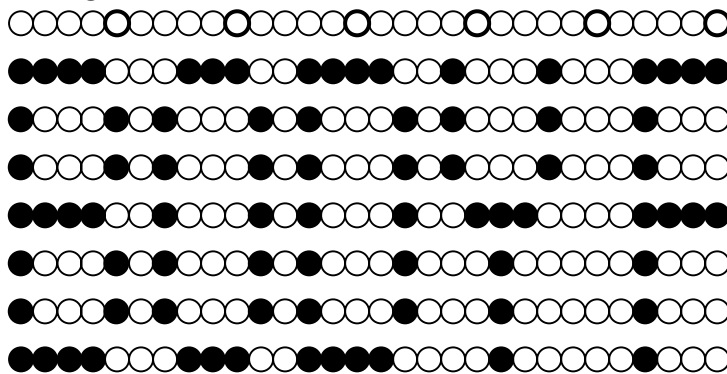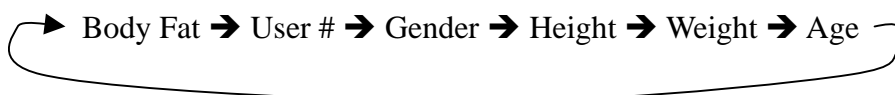
Body Fat ➔ User # ➔ Gender ➔ Height ➔ Weight ➔ Age

- Select predefined User # by pressing UP/DOWN keys. All values entered into any User 1 through User 4 will be stored in the memory.
- To change Gender, press UP/DOWN keys; 0 equals Male; 1 equals

Female.
- To change Height, Weight, and Age, press UP/DOWN keys.
5. After entered all the personal information, press START key to continue. Main Window will display 'Hold Sensor'; it is required in order to calculate your personal body type.
6. In a few seconds, computer will analyze your body type based on all your given data. On the Main Window, it will display 'RESULTS', where you can use UP/DOWN keys to navigate through each result.
   a. Fat Weight – total weight of body fat in kilogram/pound.
   b. Body Type – there are total of 5 types depends on calculated body fat ratio, which will suggest best exercise for your current condition.
      o Type 1 (5% ~ 14%): P4
      o Type 2 (15% ~ 24%): P7
      o Type 3 (25% ~ 29%): P8
      o Type 4 (30% ~ 39%): P5
      o Type 5 (40% ~ 50%): P6
   c. Target Heart Rate (T.H.R.) – suggested heart rate for your exercise
   d. Body Mass Index – body fat based on height and weight that applies to both adult men and women.
   e. Basal Metabolism Rate –the minimum number of calories your body requires to maintain itself.
   f. Body Fat Ratio – Range from 5% (min) ~ 50% (max); Total fat versus body weight represented in percentile.
7. After viewing the RESULTS, press START key will bring you directly to the suggested exercise program (P1 ~ P12). You may start your workout right away.

- **Things You Should Know Before Exercising**
  A. The values calculated or measured by the computer are for exercise purpose only, **not for medical purpose.**
  B. Unit Conversion – while there is no program running, holding down both DOWN and START keys for 2 seconds will switch between KM and MILE.

	KM	MILE
Distance	Kilometer (km)	Mile (mi)
Weight	Kilogram (kg)	Pound (lb)
Height	Centimeter (cm)	Feet' Inches