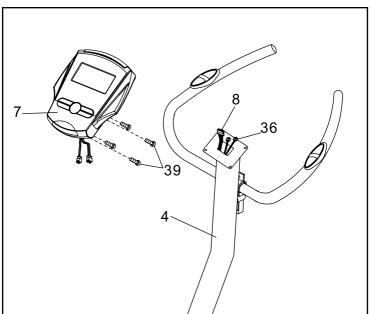
g. Monitor

- 1. Connect extension cable (08) to monitor (07), and then connect pulse cable (36) with the pulse cable on back of the monitor (07).
- 2. Attach monitor (07) onto monitor plate on handlebar post (04), fasten with screws (39). (use tool A)

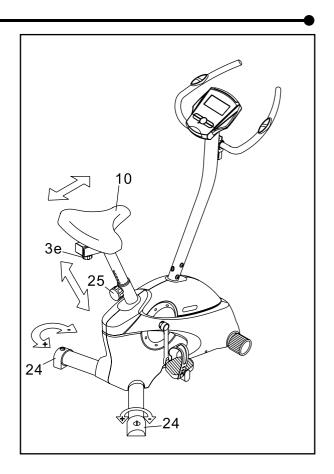
NOTE: Tension adjustment operating by the monitor. Please refers to the operating instruction of monitor.



h. Final adjustment

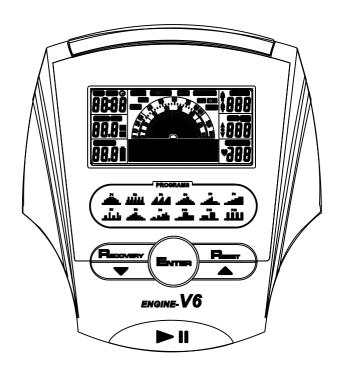
- 1. If you find the machine on an uneven surface, adjust the height by using adjuster on rear stabilizer. To adjust height, raise height by turning the adjuster counter-clockwise; lower height by turning the adjuster clockwise.
- 2. The height and seat position can be adjusted. To adjust the height, loose the knob (25) and pull it out to adjust seat post (04) to a desired height, then fasten the knob (25). To adjust seat position, loose the knob (3e) and adjust saddle (10) to a desired position, than fasten the knob.

NOTE: "height indicator" has Max. and Min. indication lines on seat post, please use slots between these two lines.



MONITOR

- * Function Buttons
- * About Displays
 * Operation Instructions



Power supply: output DC 6V / 500mA transformer adaptor.

FUNCTION BUTTONS:

There are total 6 buttons: including START/STOP, UP, DOWN, ENTER, RECOVERY and RESET buttons.





A. START/STOP:

Press this button to start or stop exercise.



- a. During the initial mode, press this button to select your desired program from MANUAL, PROGRAM, USER and TARGET H.R..
- b. In the setting mode, press this button to increase the value of TIME, DISTANCE, CALORIE and HEART RATE. In the setting mode of TARGET HEART RATE, press this button to increase your setting value of AGE and percentage of 55%, 75%, 90% and THR.
- c. In the setting mode of program MANUAL and PROGRAM (P1~P12), press this button to increase the level of profile.
- d. In the working status, you still can press this button to increase the level of profile.
- e. In the USER program, use this button and DOWN button to set up each column of the profile.

C. DOWN(▼): **▼**

- a. During the initial mode, press this button to select your desired program from MANUAL, TARGET H.R., USER and PROGRAM.
- b. In the setting mode, press this button to decrease the value of TIME, DISTANCE, CALORIE and HEART RATE. In the setting mode of TARGET H.R., press this button to decrease your setting value of AGE and percentage of 55%, 75%, 90% and THR.
- c. In the setting mode of program MANUAL and PROGRAM (P1~P12), press this button to decrease the level of profile.
- d. In the working status, you still can press this button to decrease the level of profile.
- e. In the USER program, use this button and UP button to set up each column of the profile.



D. ENTER:

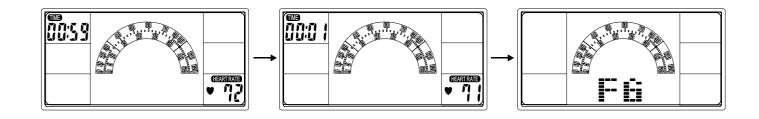
- a. During the initial mode, press this button to confirm your desired program from MANUAL, PROGRAM, USER and TARGET H.R..
- b. During the setting mode, press this button to confirm your setting value of TIME, DISTANCE, CALORIE and HEART RATE. In the setting mode of TARGET H.R., press this button to confirm your setting value of AGE and percentage of 55%, 75%, 90% and THR.
- c. In the setting mode of program MANUAL and PROGRAM (P1~P12), press this button to confirmed the level of profile.
- d. During creating the USER profile, press this button to confirm your each column profile setting.

E. RECOVERY: RECOVERY



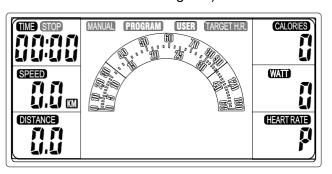
Press this button to act heart rate recovery function. The heartbeats must be detected by the monitor in advance, then the recovery function could starts to work.

It is a function to check the condition of pulse recovery when stop exercising. That is scaled from F1.0 to F6.0. F1.0 means the best and F6.0 means the worst and the increment is 0.1. This function may reflect your heart pulse recovery ability and improve it through exercise day by day. In order to get rate correctly, users must test it right after the workout. After the key is pressed, please also hold the heart rate detector appropriately. The test will last for 1 minute and the result will show on the display. While doing the recovery testing, it is allowed to press recovery button any time to leave this mode. After getting the testing result, pressing any button to leave this mode.

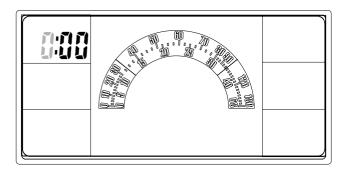


F. RESET:

a. Press the button once to reset the monitor to initial mode.(STOP MANUAL PROGRAM USER TARGET H.R. will glitter)



b. Press the button and hold 2 seconds to total reset the monitor to initial mode like the monitor has power supply connected. Showing time input mode (the time location will glitter)



ABOUT DISPLAY:

A. PROGRAM profile display:

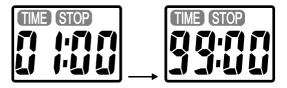
Display the profile of MANUAL, PROGRAM(P1~P12), USER, TARGET H.R.. The profile was divided into 16 columns; without setting the time, the column changes while reach every 0.1 kilometer. If you set the target time you wish to exercise, each column would contains the time length of target time divided by 16.

(whole matrix display) PROGRAM P1~P12





B. TIME display:

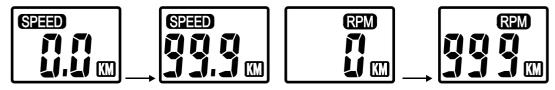


Shows the exercise time.

Count up: Without setting the value, time will count up after press START button and the maximum value is 99: 59.

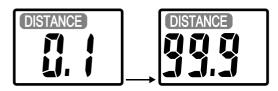
Count down: In the setting mode, press ▲ or ▼ button to set the desired time for exercise. The range of set value is from 1:00 to 99:00 with each increment 1:00 or decrement. After finish setting the value, the monitor will start to count down. While counting down to 0:00, the monitor will beep and remind you that the target is achieved, and stop counting at the same time.

C.SPEED, RPM display:



Shows the exercise speed by kilometer per hour & RPM by revolutions per minute. The monitor displays speed and RPM on the SPEED/RPM window and also on the meter. The information of speed and RPM were showing in the window by turns every 6 seconds.

D. DISTANCE display:

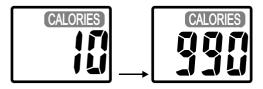


Shows the distance.

Count up: Without setting value, the distance will count up and the maximum value is 99.9 km.

Count down: In the setting mode, press ▲ or ▼ button to set the desired distance to exercise. The range of setting value is from 0.1 km to 99.9 km with each increment 0.1km or decrement. After finish setting the value, it will start to count down. While counting down to 0.0, the monitor will beep and remind you that the target is achieved, and stop counting at the same time.

E.CALORIES display:

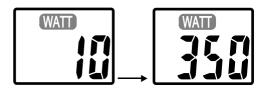


Shows the calories.

Count up: Without setting value, the calorie will count up and maximum value is 999 Kcal.

<u>Count down:</u> In the setting mode, press ▲ or ▼ button to set the desired calorie to be burned. The range of setting value is from 10 Kcal to 990 Kcal with each increment 10 Kcal or decrement. After finish setting the value, it will start to count down. While counting down to 0.0, the monitor will beep and remind you that the target is achieved, and stop counting at the same time.

F. WATT display:



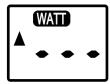
- a. Preset If you have preset target watt in MANUAL program, the training resistance level will be auto-adjusted depends on your current training speed and RPM. Here are some symbols you might see from the monitor display that is to help your training:
 - ▲ It means your current training speed/RPM is too high that you need to speed down to catch up the preset watt target.



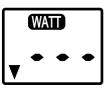
▼ It means your current training speed/RPM is too slow that you need to speed up and keep the watt at the preset target.



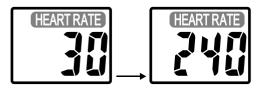
--- It means your current training speed/RPM is too much higher or lower than the target. You might need to slow down or speed up training until this symbol is disappeared. If it is showing for over 3 minutes, and resistance is up to the maximum level 16 or minimum level 1, the monitor will stop automatically. During the time this symbol appears, monitor has beep sounds to remind you at the same time.



b. Non-preset - When you select training in PROGRAM, USER, and TARGET H.R. mode, watt could not be adjusted. The monitor just displays workout efforts on the watt area during training.



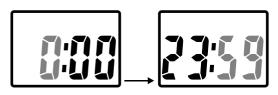
G.HEART RATE display:



Shows the heart rate of beats per minute (BPM). The monitor will display your current heart rate figures in a few seconds after you hold on two hands to the handgrip sensors. During heart rate measurement, please hold both hands to the handgrip sensors instead of one hand only.

- a. In the setting mode:
 - In the MANUAL, PROGRAM (P1~P12) and USER program, the heart rate window at right down side "HEART RATE" glitters, press ▲ or ▼ button to setting the desired target heart rate that you do not want to exceed this value during your exercise. Once your heart rate is more than your setting value, the monitor will glitter to inform you. (tolerance is +/- 5 bpm)
- b. In the heart rate control (HRC) mode:
 - In the TARGET H.R. program. After imputing the age, the right down side heart rate window will show the calculated target heart rate
 - b-1. HEART RATE = (220-age)*55%
 - b-2. HEART RATE = (220-age)*75%
 - b-3. HEART RATE = (220-age)*90%
 - b-4. HEART RATE = THR preset value 100bpm

H. Clock display:



While power is connected, or press reset key over 2 seconds to activate total reset, clock time is glittering, and you can set up the clock. (Time showing 0:00~23:59.)

After you stop your exercise for 4 minutes, the current time will show on the TIME window, and the seconds will show as LCD second hand on the meter.

I. ROOM TEMPERATURE display:

The monitor displays room temperature by $^{\circ}$ on the speed area when you stop training for 4 minutes.



J. HUMIDITY RATE display:

The monitor displays room humidity rate by % on the watt area when you stop training for 4 minutes.



Operation Instructions:

Note:

- 1. If you stop pedalling or press any buttons in 4 minutes, the monitor switches to clock mode. In this mode, the monitor shows time, room temperature and humidity rate.
- 2. If the monitor is not display properly, unplug the adaptor and plug it back after waiting for 15 seconds.
- a. Power on: plug adaptor into electric socket, then plug another end into the socket on chain cover.
- b. There are two situation you can set the time: the first few seconds when you turn the power on or after press RESET for 2 seconds.

Press UP and DOWN to set up the hour, press ENTER to confirm. Then press UP and DOWN to set up the minute, press ENTER to confirm. Afterward the monitor shows the standby mode.

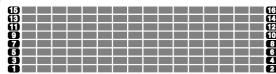
c. Select training mode:

Press ▲ or ▼ button to select training mode from MANUAL, PROGRAM, USER and TARGET H.R., then press ENTER to confirm selection.

(a.)MANUAL mode:

In MANUAL mode, you may set TIME, DISTANCE, CALORIES, WATT and PULSE. You may adjust whole training resistance by pressing UP or DOWN button during your training. If you already set the WATT value, the tension will be auto adjusted by the speed and RPM.

1. In MANUAL mode, LCD matrix starts to glitter, then you could use ▲ or ▼ to adjust the exercise tension from level 1 to 16, then press ENTER to confirm.



- 2. TIME will glitter. Press ▲ or ▼ button to set up the desired time to exercise. Press ENTER to confirm the value.
- 3. DISTANCE will glitter. Press ▲ or ▼ button to set up the desired distance to exercise. Press ENTER to confirm the value.
- CALORIES will glitter. Press ▲ or ▼ button to set up the desired CALORIES to be burned.
 Press ENTER to confirm the value.
- 5. WATT will glitter. Press ▲ or ▼ button to set up the target WATT value. Press ENTER to confirm the value. WATT setting can only be operated in MANUAL mode.
- Note: If WATT value has been set, the tension setting in step 1 will be cancelled. The tension will be auto adjusted by the set value of WATT. When you pedal faster, the tension decrease, if you pedal slower, the tension increase.