6. HEART RATE will glitter. Press ▲ or ▼ button to set up target heart rate to exercise. Press ENTER to confirm the value.

7. Press START button to begin exercise.

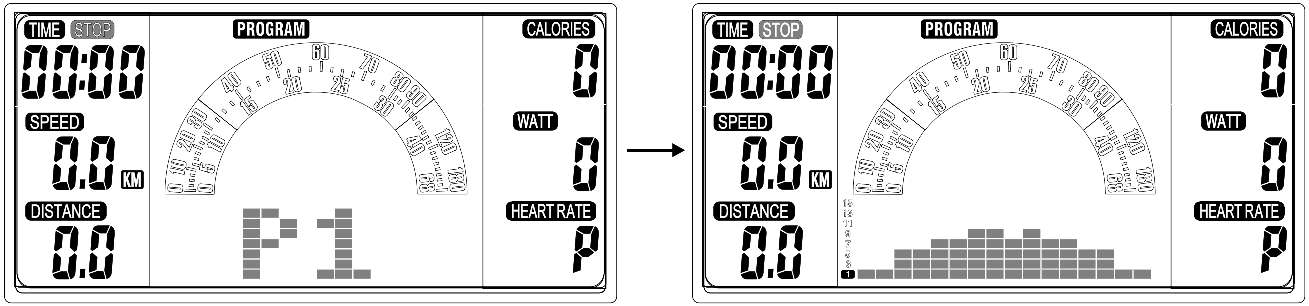
Note :

- **If you did not set the value of TIME, DISTANCE or CALORIE, these values start from zero and counting up. If these values have been set, they start to count down until zero. when the value reached zero, it stops counting and monitor beeps 8 times to remind you.**
- **In this mode, you don't need to set each values, press ENTER to skip the value you want to ignore, and press START at any time to start exercise.**
- **During exercise, use ▲ or ▼ to adjust the tension.**
- **The target heart rate value only works as a reminder in MANUAL mode. It will not affect tension as it works in TARGET H.R. mode.**

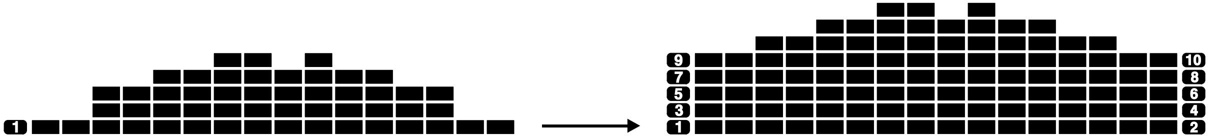
(b.)PROGRAM mode:

There are 12 preset training programs for your selection. You may set TIME, DISTANCE, CALORIES and TARGET H.R. You may adjust whole training resistance by pressing UP or DOWN button during your training.

1. In PROGRAM mode, LCD matrix shows "P1" for 2 seconds first, then the preset P1 chart appears. You can use ▲ or ▼ to choose from program P1~P12, then press ENTER to confirm.


TIME
STOP
00:00
SPEED
0.0
KM
DISTANCE
0.0
PROGRAM
P1
CALORIES
0
WATT
0
HEART RATE
P
15
13
11
9
7
5
3
1

2. STOP will glitter, use ▲ or ▼ to adjust desired resistance (difficulty) for your whole training program. The adjusting range decided by the maximum and minimum level of resistance in each program. When the maximum resistance reach the possible maximum level (16), whole chart resistance stops. When the minimum resistance reach the possible minimum level (1), whole chart resistance stops.


1
9
7
5
3
1
10
8
6
4
2

3. TIME will glitter. Press ▲ or ▼ button to set up the desired time to exercise. Press ENTER to confirm the value.

4. DISTANCE will glitter. Press ▲ or ▼ button to set up the desired distance for exercise. Press ENTER to confirm the value.

5. CALORIES will glitter. Press ▲ or ▼ button to set up the desired CALORIES to be burned.
   Press ENTER to confirm the value.

6. HEART RATE will glitter. Press ▲ or ▼ button to set up the target heart rate to exercise. Press ENTER to confirm the value.

7. Press START button to begin exercise.

Note :

- **If you did not set the value of TIME, DISTANCE or CALORIE, these values start from zero and counting up. If these values have been set, they start to count down until zero.**
  when the value reached zero, it stops counting and monitor beeps 8 times to remind you.
- **In this mode, you don't need to set each values, press ENTER to skip the value you want to ignore, and press START at any time to start exercise.**
- **During exercise, use ▲ or ▼ to adjust the tension.**
- **The target heart rate value only works as a reminder in PROGRAM mode. It will not affect tension as it works in TARGET H.R. mode.**

(c.) USER mode:

The monitor provides one user-defined mode. You may use UP, DOWN and ENTER to set each column in order to create your own training program. In this mode, you may set TIME, DISTANCE, CALORIES and TARGET H.R.. You can press UP or DOWN button to adjust the current tension. If you don't want to set up training chart, press and hold ENTER for 2 seconds to skip.

1. In USER mode. The first column of the LCD matrix will glitter. Press ▲ or ▼ button to set up the desired tension (resistance) of this column, press ENTER to confirm the value.

2. Then the second column of the LCD matrix will glitter. Press ▲ or ▼ button to set up the desired tension (resistance) of the this column. Repeat step 1 and 2 to establish your own training program. At the end, press ENTER to confirm your program.

Note :

The LCD matrix has 16 columns. Once the chart been adjusted, it'll be memorized in the monitor. If you want to adjust your program, repeat step 1 and 2. You can also press UP and DOWN during exercise to change tension in current column, the value will also be memorized. If you don't want to set up the chart at this stage, press and hold ENTER for 2 seconds to skip.

3. TIME will glitter. Press ▲ or ▼ button to set up the desired time to exercise. Press ENTER to confirm the value.

4. DISTANCE will glitter. Press ▲ or ▼ button to set up the desired distance for exercise. Press ENTER to confirm the value.

5. CALORIES will glitter. Press ▲ or ▼ button to set up the desired CALORIES to be burned.
   Press ENTER to confirm the value.

6. HEART RATE will glitter. Press ▲ or ▼ button to set up the target heart rate to exercise. Press ENTER to confirm the value.

7. Press START button to begin exercise.

Note:

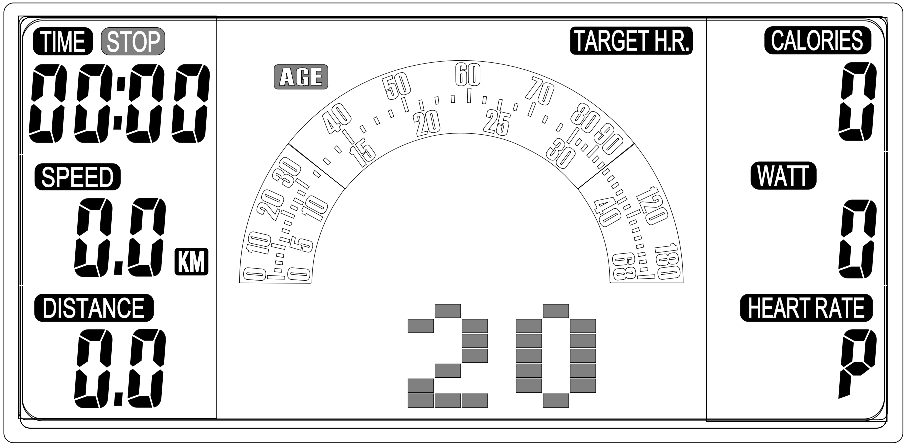
- **If you did not set the value of TIME, DISTANCE or CALORIE, these values start from zero and counting up. If these values have been set, they start to count down until zero. when the value reached zero, it stops counting and monitor beeps 8 times to remind you.**
- **In this mode, you don't need to set each values, press ENTER to skip the value you want to ignore, and press START at any time to start exercise.**
- **During exercise, use ▲ or ▼ to adjust the tension.**
- **The target heart rate value only works as a reminder in USER mode. It will not affect tension as it works in TARGET H.R. mode.**

(d.)TARGET H.R. mode:

This is a heart rate control mode. The monitor provides 4 default target settings : 55%, 75%, 90% and manual input. (showing as THR) Monitor will calculate the value according to the input age. After choosing your setting, monitor will constantly monitoring your status and adjust the tension. When your heart rate reaches setting value, tension drops one level immediately. If your heart rate still higher than setting value, tension drops one level every 15 seconds until it reaches level 1. and if your heart rate still higher than default at this stage, monitor shuts down automatically to protect your health. And if your heart rate lower than setting value, tension rises one level every 30 seconds until it reaches level 16.

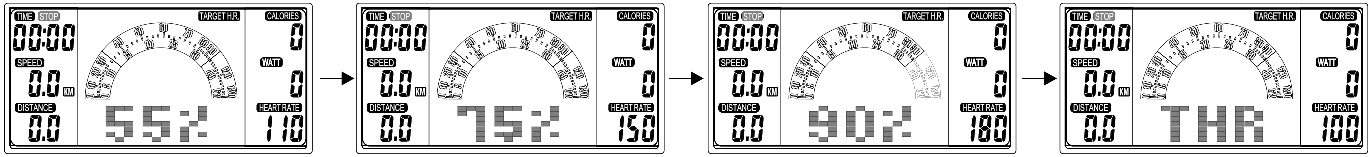
1. In TARGET H.R. mode, "AGE" glitters and LCD matrix shows default age "20" and glitters. Press Up and DOWN to set your age (range from 1~99), then press ENTER to confirm.

Note： In the setting procedure of TARGET H.R. mode, press RESET can only delete all values and jump to standby mode, the age can't be adjusted. If you want to reset your age, press and hold RESET for 2 seconds to total reset the monitor, then you can enter TARGET H.R. again to set your age.


TIME
STOP
00:00
SPEED
0.0
KM
DISTANCE
0.0
AGE
TARGET H.R.
20
CALORIES
0
WATT
0
HEART RATE
P

2. LCD matrix shows 55% and glitters, press UP and DOWN to choose preferred TARGET H.R. mode, press ENTER to confirm.

   2-1. 55% -- preset age 20，HEART RATE = (220-20)*55% = 110 TARGET H.R.
   2-2. 75% -- preset age 20 , HEART RATE = (220-20)*75% = 150 TARGET H.R.
   2-3. 90% -- preset age 20，HEART RATE = (220-20)*90% = 180 TARGET H.R.
   2-4. THR -- preset heart rate = 100, press UP and DOWN to manually input your preferred target heart rate.


TIME
STOP
00:00
SPEED
0.0
KM
DISTANCE
0.0
TARGET H.R.
CALORIES
0
WATT
0
HEART RATE
55%
110
→
75%
150
→
90%
180
→
THR
100

3. TIME will glitter. Press ▲ or ▼ button to set up the desired time to exercise. Press ENTER to confirm the value.

4. DISTANCE will glitter. Press ▲ or ▼ button to set up the desired distance for exercise. Press ENTER to confirm the value.

5. CALORIES will glitter. Press ▲ or ▼ button to set up the desired CALORIES to be burned.
   Press ENTER to confirm the value.

6. Press START button to begin exercise.

Note:

- If you did not set the value of TIME, DISTANCE or CALORIE, these values start from zero and counting up. If these values have been set, they start to count down until zero. when the value reached zero, it stops counting and monitor beeps 8 times to remind you.
- In this mode, you don't need to set each values, press ENTER to skip the value you want to ignore, and press START at any time to start exercise.
- During TARGET H.R. program, the tension can't be adjusted. The tension determined by the monitored heart rate.

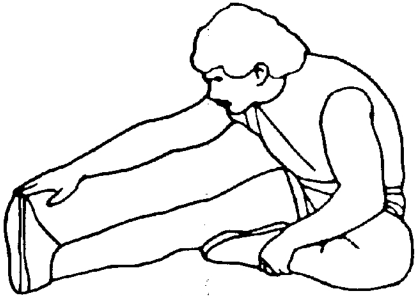
WARM - UP GUIDELINES

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increase circulation, deliver more oxygen to the muscles, and raise the body temperature.

SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch-never bounce.

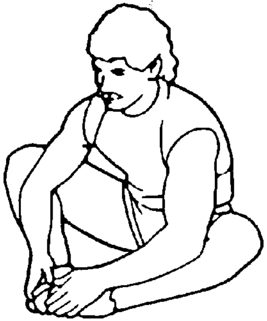
HAM STRING STRETCH



Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches : Hamstrings, lower Back and Groin

INNER THIGH STRETCH



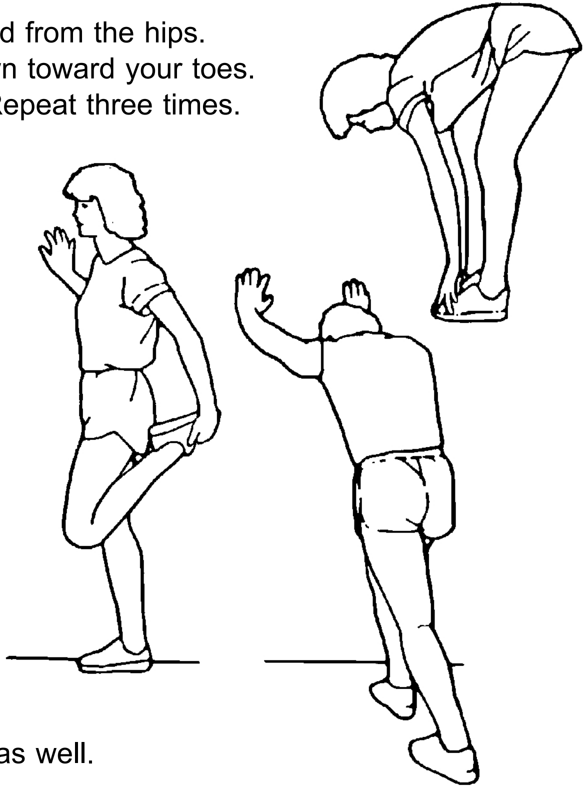
Sit with the soles of your feet together and knees pointing outward. Pull your feet as colse into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches : Quadriceps, Hip Muscles

TOE TOUCHES

Standing with your knees bend slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

Stretches : Hamstrings, Back of Knees, Back



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your bottom as possible. Hold for 15 counts. Repeat.
Stretches : Quadriceps, Hip Muscles.

CALF / ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the. Achilles tendons, slightly bend back leg as well.

Stretches : Calves, Achilles Tendons, and Ankles.

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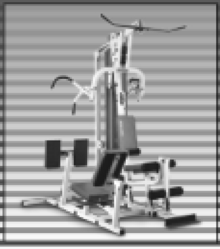
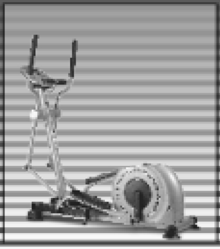
We reserve rights to revise specification, equipment, and maintenance informations for our R&D team keeps updating our product quality.

Before printing this manual, we have done the best efforts to make this manual more comprehensible for all users.

ENGINE V6





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