FRONT VIEW
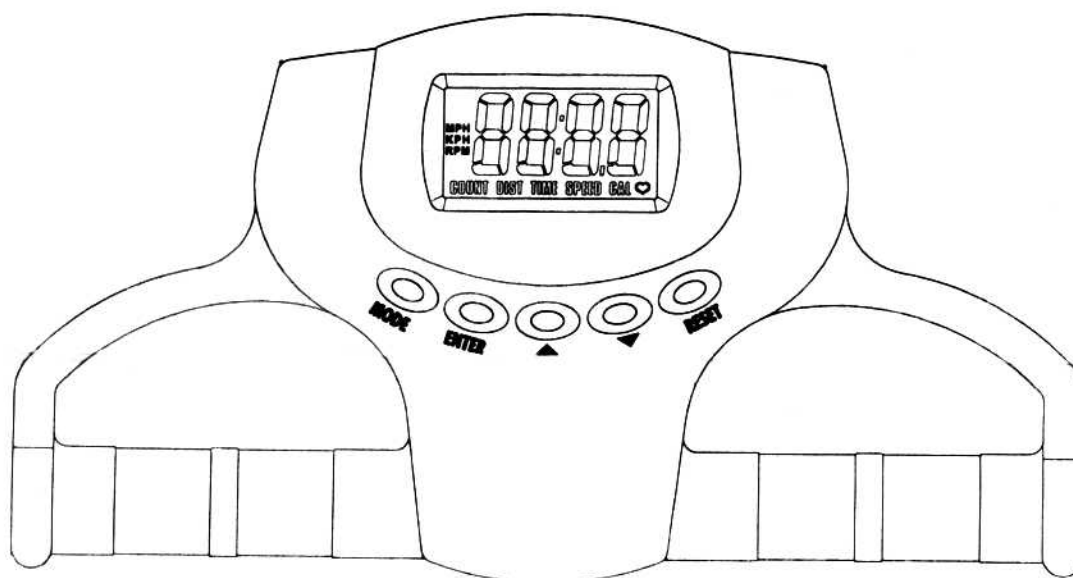

KEY GUIDE:

MODE   1.Select function to be preset.

         Time-Calorie-Pulse-Distance.

         2.Select function and display on the screen during exercise.

         Scan-Time-Speed-Calorie-Pulse-RPM-Distance.

UP   Increase the setting value of the following functions.

         Time-Calor Pulse-Distance.

DOWN   Decrease the setting value of the following functions.

         Time-Calorie-Pulse-Distance.

RESET   1.Hold two seconds to reset all of the values to Zero.

         2.During the setting mode, press this button to clear the setting values to Zero.

         3.During the stop mode, press this button to clear the values on the display to Zero.

ENTER   1.Press this button to enter setting mode.

         2.Press this button to confirm the setting values.

BATTERY   REPLACEMENT:

1.Please install 2 pcs AA or UM-3 batteries in the battery case on the back of monitor.

2.Ensure that the batteries are correctly fitted. Battery must be correctly positioned and make sure the battery spring is properly contacted with battery.

3.Should the displays appear blank or display only partial segments remove the batteries wait 15 seconds, and then replace.

4.Whenever remove batteries, all the functional values will be reset to zero.

FUNCTIONS   AND   OPERATIONS

AUTO ON/OFF

The monitor will wake up automatically if the exercise machine is in motion. If stop exercising for over 4 minutes , monitor will turn off and reset all function values to zero.

KPH: The unit for the Speed and Distance is Km

MPH: The unit for the Speed and Distance is Mile.

SCAN

Press the button until the SCAN display on the screen. Monitor will display the following function and each function will keep 6 seconds on the screen. Scan-Time-Speed-Calorie-Pulse-RPM-Distance.

TIME:

Press the button until the Time display on the screen. Monitor will display the Time function on the screen.

Count up:

Without setting the time value, the monitor will count up the time from 00:00~99:59.

Count down:

Setting the exercise time from 1:00-99:00 minutes, the monitor will count down form your setting values. Once reach setting value, monitor will alarm.

SPEED

Press the button until the SPEED display on the screen. Monitor will display the speed function on the screen.

CALORIE

Press the button until the CAL display on the screen. Monitor will accumulate the calorie consumption

DISTANCE

Press the button until the DIST display on the screen. Monitor will display the distance function on 1st screen.

Count up:

Without setting the distance value, the monitor will count up the time from0.1~999.9 Km or Mile.

Count down:

Setting the exercise time from1.0~999.0 Km or Mile, the monitor will count down form your setting values. Once reach value, monitor will alarm

PULSE

Press the button until the ♥ display on the screen. The monitor will display your current heart beat rate in beats per minute.

Pulse Limit:

Setting the value of pulse limit between 90 to 220, the monitor will measure your heartbeats Once reach value, monitor will alarm twice every 6 seconds until your heartbeats under your setting value.

Place the palms of your hands on the both of the contact pads and the monitor will show up your current heart beat rate in beat per minute(BPM) on the LCD display.

The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely.