

EXERCISE METER

ST6910-7/ST6950-7/ST6970-7

FUNCTION BUTTON

MODE	1.PRESS "MODE" TO SELECT EACH FUNCTION DISPLAY ON THE MAIN SCREEN AND THE SAME ONE BLINKING ON THE BOTTOM FIELD. 2.PRESS "MODE" AND HOLD ON FOR 2 SECONDS TO RESET ALL FUNCTION FIGURES.
SET	TO SET FUNCTION OF TIME, DISTANCE, CALORIE, PULSE .
RESET	THE USER MAY USE "RESET" KEY FOR SINGLE RESET EACH FUNCTION:TIME,DISTANCE,CALORIE, PULSE OR HOLD ON FOR 4 SECONDS FOR TOTAL RESET. (WHEN THE USER REPLACE BATTERIES, ALL VALUES MAY ALSO RESET TO ZERO.)
RECOVERY	PRESS THE BOTTON TO HAVE RECOVERY FUNCTION WORK AFTER EXERCISING FOR A WHILE.
FUNCTIONS	
SCAN	AUTOMATICALLY SCAN THROUGH EACH MODE IN SEQUENCE EVERY 6 SECONDS. THE DISPLAY LOOP IS SCAN-SPEED-RPM(IF HAVE)-TIME-DISTANCE-CALORIE-PULSE-SCAN ON THE MAIN SCREEN.
SPEED	DISPLAYS CURRENT TRAINING SPEED, THE MAXIMUM IS 99.9KM/ML.
RPM(IF HAVE)	DISPLAYS CURRENT ROTATION PER MINUTE. RPM AND SPEED WILL SWITCH TO ANOTHER DISPLAY EVERY 6 SECONDS AFTER EXERCISE STARTS.
TIME	ACCUMULATES TOTAL WORKING TIME FROM 00:00 UP TO 99:59. YOU MAY ALSO PRESET THE TARGET TIME BEFORE TRAINING BY PRESSING "SET" BUTTON. EACH SETTING IS 1:00 MINUTE. AS SOON AS THE TARGET TIME IS REACHED, TIME STARTS TO COUNT UP IMMEDIATELY AND ALARM FOR 8 SECONDS.
DISTANCE	ACCUMULATES THE TRAINING DISTANCE FROM 0.00 TO THE MAXIMUM 99.99KM/ML WITH EACH INCREMENT 0.01KM/ML. YOU MAY ALSO PRESET THE TARGET DISTANCE BEFORE TRAINING BY PRESSING "SET" BUTTON.EACH SETTING IS 0.5KM/ML.AS SOON AS THE TARGET DISTANCE IS ACHIEVED DISTANCE STARTS COUNTING UP IMMEDIATELY AND ALARM FOR 8 SECONDS.
CALORIES	ACCUMULATES CALORIES CONSUMPTION DURING TRAINING FROM 0 TO THE MAXIMUM 9999 CAL WITH EACH INCREMENT 1 CAL. YOU MAY ALSO PRESET THE TARGET CALORIE BEFORE TRAINING BY PRESSING "SET" BUTTON. EACH SETTING IS 10 CAL. AS SOON AS THE TARGET CALORIES IS ACHIEVED CALORIES WILL START COUNTING UP IMMEDIATELY AND ALARM FOR 8 SECONDS. (THIS DATA IS A ROUGH GUIDE FOR COMPARISON OF DIFFERENT EXERCISE SESSIONS WHICH CAN NOT BE USED IN MEDICAL TREATMENT)
PULSE	THE MONITOR WILL DISPLAY THE USER'S HEART RATE WHILE EXERICING.

Gripped Sensor Pulse Function Description:

YOU WILL SEE YOUR CURRENT HEART RATE (BPM) DISPLAY ON THE LCD DURING EXERCISING. WHEN YOU START TO EXERCISE,YOU HAVE TO HOLD ON GRIPS WITH BOTH HANDS,AFTER 30 SECONDS TO MAX. 1 MINUTE,THE PULSE FIGURE WILL DISPLAY ON THE LCD. IF YOU HOLD ON THE GRIP WITH ONLY ONE HAND,THE PULSE FIGURE DISPLAY WILL BECOME UNSTABLE. FOR THE PULSE FIGURE ACCURACY REASON, WE'LL SUGGEST YOU TO HOLD ON BOTH HANDS DURING EXERCISING.

RECOVERY	AFTER EXERCISING FOR A PERIOD OF TIME, KEEP HOLDING ON GRIPS AND PRESS "RECOVERY" BUTTON,THE COMPUTER WILL STOP ALL THE FUNCTION DISPLAY EXCEPT "TIME" WHICH WILL BE COUNTING FROM 00:60 - 00:59 - 00:58 - .DOWN TO 00:00. AS SOON AS 00:00 IS REACHED,THE BOTTOM AREA OF LCD WILL SHOW YOUR HEART RATE STATUS WITH GRADE F1,F2, TO F6. F1 IS THE BEST,AND F6 IS THE WORST.THE USER MAY KEEP EXERCISING TO IMPROVE THE HEART RATE STATUS (RECOVERY RESULT) DAY BY DAY FROM F6 UP TO F1. ** PRESS THE "RECOVERY" BUTTON AGAIN TO RETURN TO THE MAIN DISPLAY.
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NOTE

1. WITHOUT ANY SIGNAL BEEN TRANSMITTED INTO THE MONITOR FOR 4 MINUTES, THE LCD DISPLAY WILL SHUT OFF AUTOMATICALLY, AND ALL FUNCTION VALUES WILL BE KEPT. YOU MAY PRESS MODE OR START PEDALLING TO HAVE THE COMPUTER POWER ON AGAIN.
2. IF IMPROPER DISPLAY ON MONITER, PLEASE RE-INSTALL THE BATTERIES TO HAVE A GOOD RESULT.

3. THE BATTERIES MUST BE REMOVED FROM THE APPLIANCE BEFORE IT IS SCRAPPED AND THAT THEY ARE DISPOSED OF SAFELY.

4. BATTERY SPEC: 1.5V UM-3 OR AA(2PCS).