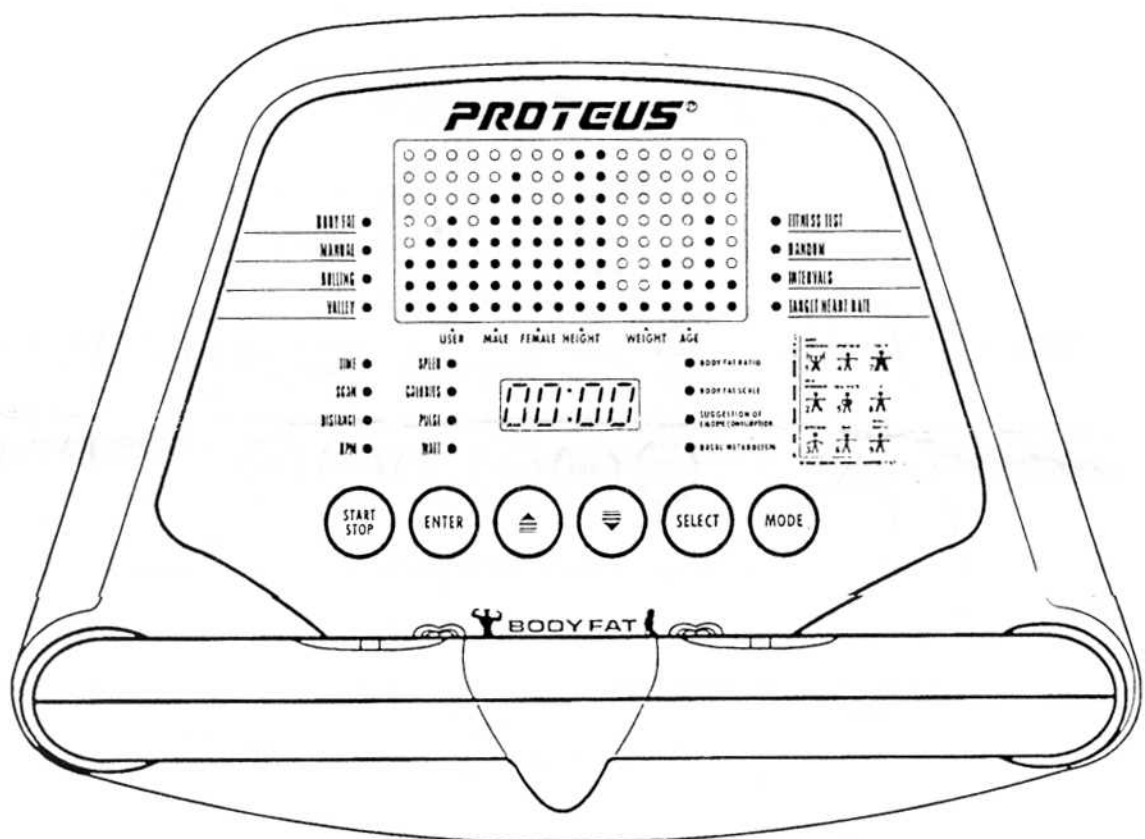


PEA-500 BODY FAT

FIT1001

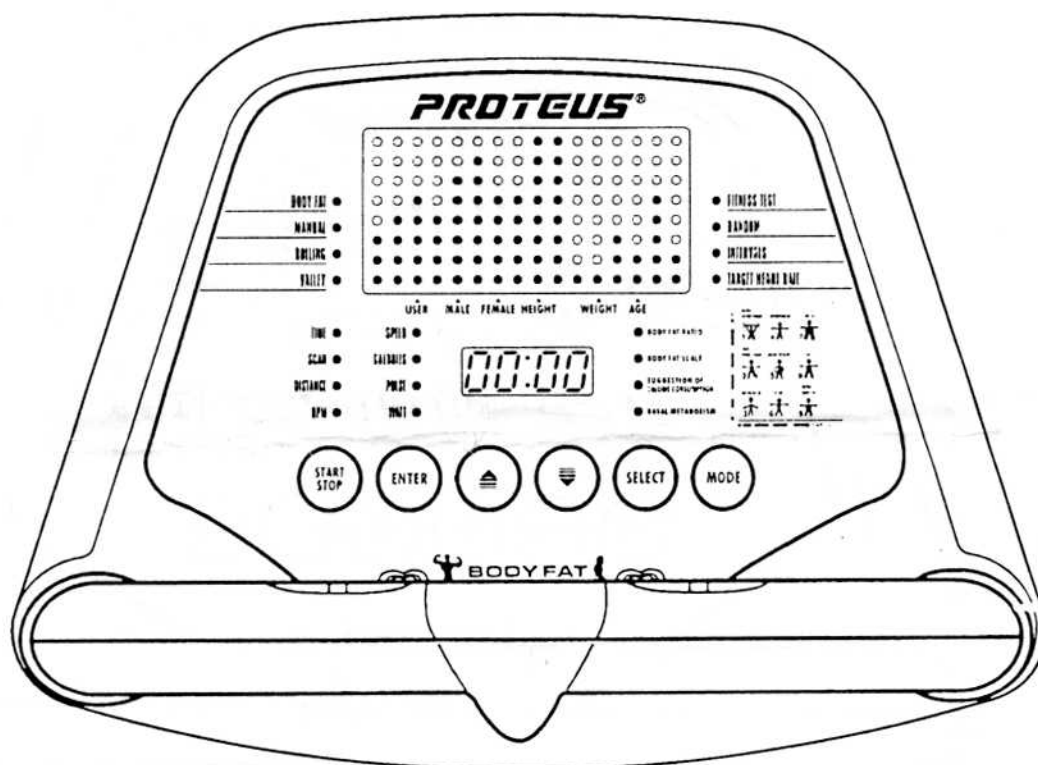
PERSONAL EXERCISE ADVISOR



Advanced Technology.
Designed for the entire family.

Full-Features of PEA-5000.

- Advanced Technology - Measure Body Fat Percentage and Heartrate in just seconds.
- Stores up to five sets of personal data. Designed for the entire family.
- Identifies your Body Type.
- Measures your Basal Metabolism - Calorie consumption without undertaking any activity.
- Provides unique personal programs determined by your test results and loads Heart.
- Rate Control for exercising within safe personal limits.
- Total of 8 exercise programs. Full Magnetic System.
- Provides a useful index to help you attain your ideal body type.
- Large LED Display.



ACCURATE BODY FAT MEASUREMENT IN SECONDS USING BIO-ELECTRICAL IMPEDANCE ANALYSIS.

Henry C. Lukaski, Ph. D. Grand Forks Human Nutrition Research Center , USA.

The PEA-5000 Body Fat monitor determines body fat using Bio-Electric Impedance Analysis (BIA), a process by which a small electrical current is sent via the hands through the body to measure the impedance. . The more adipose tissue (fat) in the body, the harder the current must work to travel around. This resistance to the current is known as the impedance value, which increases in value as the body fat increases. The impedance value measured is then inserted into an equation (along with height, weight, sex, and physical stature) to calculate body density and percentage of body fat. To ensure a high level of accuracy, this equation is correlated to DEXA (DUAL Energy X-Ray Absorptiometry) and underwater weighting (Hydrodensitometry).

HOW TO ATTAIN YOUR IDEAL BODY TYPE AND BECOME HEALTHIER.

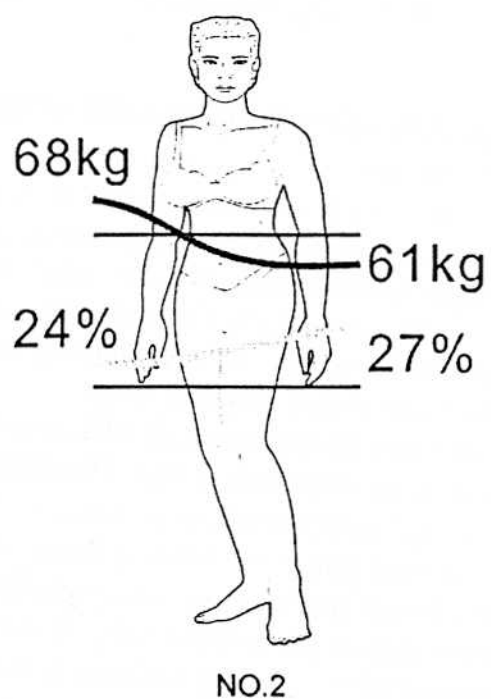
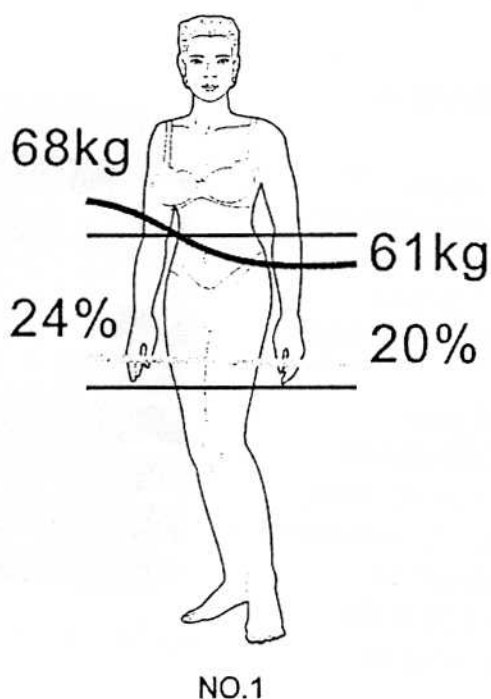
Being fit has many advantages, from helping you to control your weight to giving you a better nights sleep. Most important of all, there is impressive and mounting evidence that people who exercise regularly, and in the right way, are less prone to get diseases such as heart attacks and strokes and live longer than people whose life is sedentary.

To attain your ideal body type, you should take the following steps.

1. Measure your body fat ratio.
2. Identify your body type.
3. Target your ideal body type.
4. Calculate your Basal metabolism and Active calorie burn rate.
To lose weight, you must eat less calories than the above calorie value.
To gain weight, you must eat more calories than the above calorie value.
5. Monitor your heartrate during exercise.
To increase the fat ratio, you need to exercise below the Training Zone. (50% to 80% of your Max. Heart beats).
To decrease the fat ratio, you need to exercise in the Training Zone.
6. Continue to exercise and monitor your results.

BODY FAT MONITORING TO ATTAIN BETTER RESULTS.

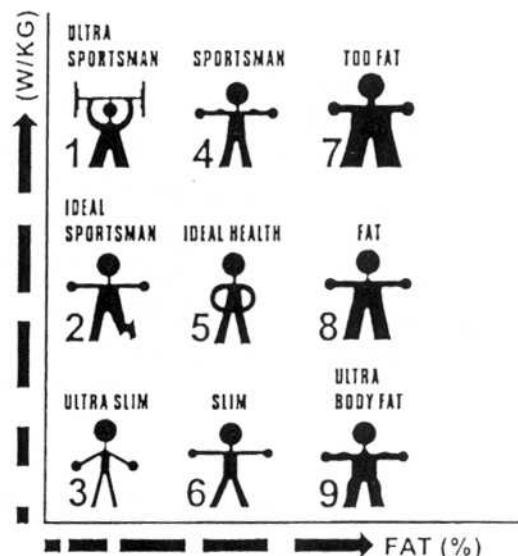
Body fat is usually given as a percentage of total weight. You want weight loss to be caused by losing fat, not muscle or water. Men should maintain an ideal level of no more than 22% body fat and women no more than 26%. The graphics below show examples of women, originally with identical weights and body fat proportions. After exercise, No.1 has effectively improved She has lost both weight and body fat. Correct exercise can help you burn your body fat, lose weight and improve body type. The PEA-5000 creates programs according to your body type, age, gender, and body fat ratio, to help you burn your body fat. If you follow the exercise program, you can also improve your body type as No. 1 did. While diet can lose you weight it does not effectively burn your body fat. If you do not use the correct way to exercise, you will get the results No. 2 achieved !



IDENTIFY YOUR BODY TYPE

The PEA-5000 monitor will identify your current body type from the 9 standard profiles (see chart) using the Body Fat Test results.

Body type	
1.	Ultra-sportsman
2.	Ideal-sportsman
3.	Ultra-slim
4.	Sportsman
5.	Ideal-health
6.	Slim
7.	Too Fat
8.	Fat
9.	Ultra body fat



BASAL METABOLISM MEASUREMENT

The PEA-5000 monitor will display how many calories your body consumes per day without undertaking any activity. To lose weight you must eat less calories than this basal rate. To gain weight you must eat more calories than your active calorie burn rate.

Weight Loss Tip :

Rather than eat or think about food, keep busy with other activities including exercise !

THE RELATIONSHIP BETWEEN HEARTRATE & FAT BURN

Like any combustion engine, your body uses oxygen and fuel to generate energy. The cardiovascular system delivers oxygen to the skeletal muscles, which then use this oxygen to "burn" various fuels (carbohydrate and fat) to yield mechanical energy. While performing aerobic exercise, your heart rate should stay in a range

(*Training Zone*) between 50% and 80% of your maximum heart rate. (*Max. Heart Rate = 220-age in years*) For the best results, aerobic and fat burning, keep your heart rate in the Training Zone for at least 12 minutes. The longer and more frequently you do this the more improvement you will see. Why 12 minutes? This is the amount of time needed for body to start producing fat burning enzymes.



CAUTION :

If you suffer from either of the following conditions you should consult your medical advisor before taking exercise :

1. Heart disease (especially if fitted with a heart-pacemaker)
2. Pregnant Women.

IMPORTANT :

You cannot get accurate body fat measurement under the following conditions.

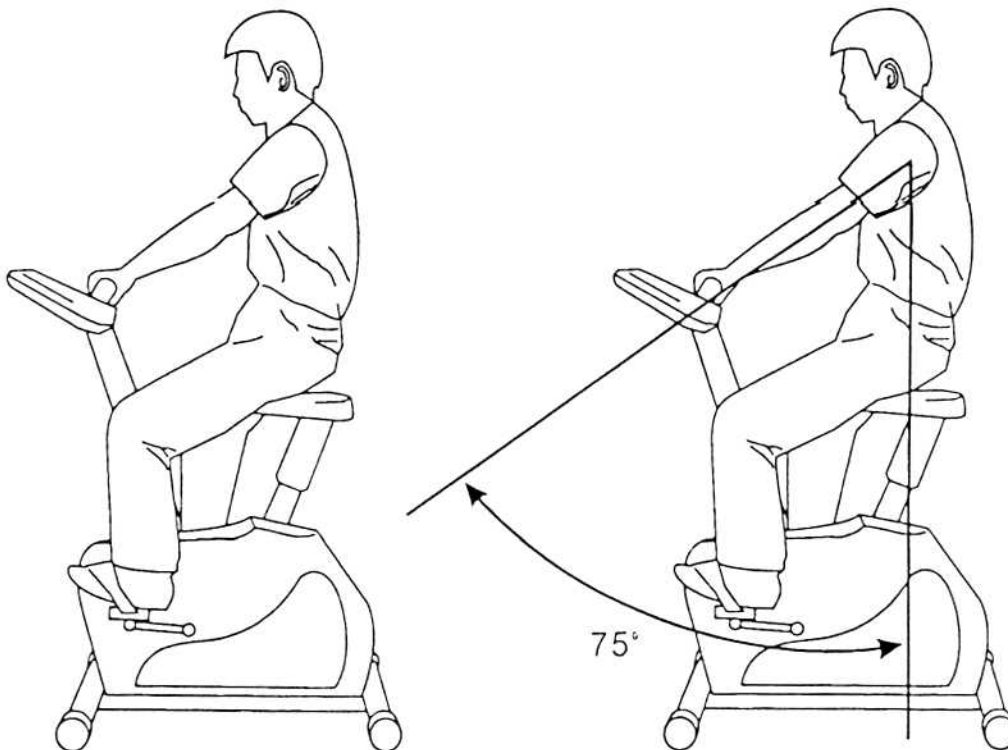
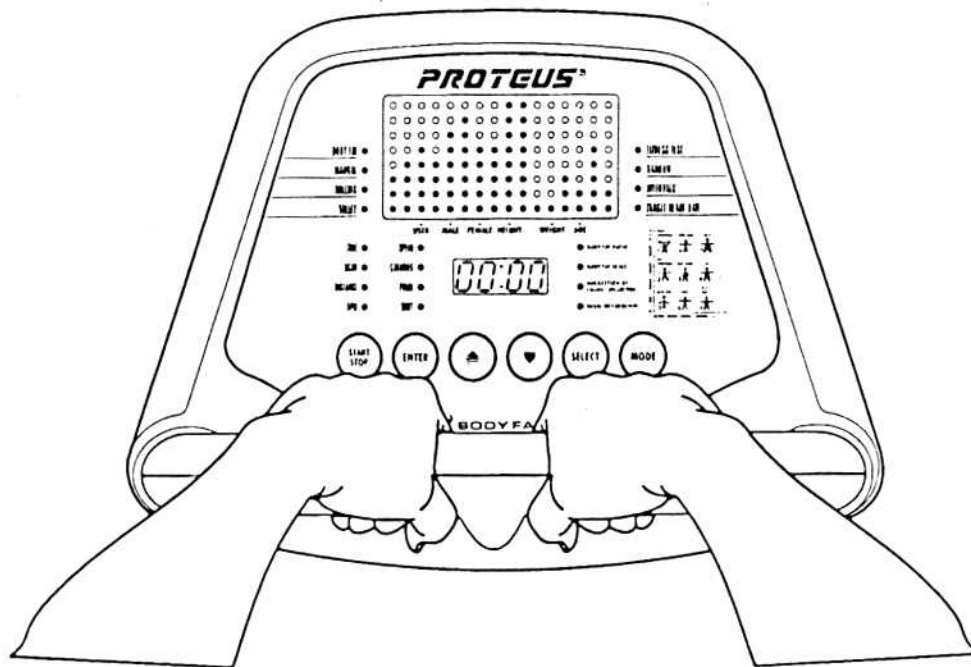
1. Posture is not correct.
2. After consumption of alcohol.
3. Immediately after an exercise session.

PREPARATION**1. CORRECT POSTURE FOR BODY FAT MEASUREMENT.**

1. Sit on the bike.



2. Keep palms on the sensors as illustrated.



3. Hold the monitor with your arms straight in front of you at a 75 degree angle (as illustrated). Keep your elbows straight and do not move your body during measurement.

1. INCORRECT POSTURES

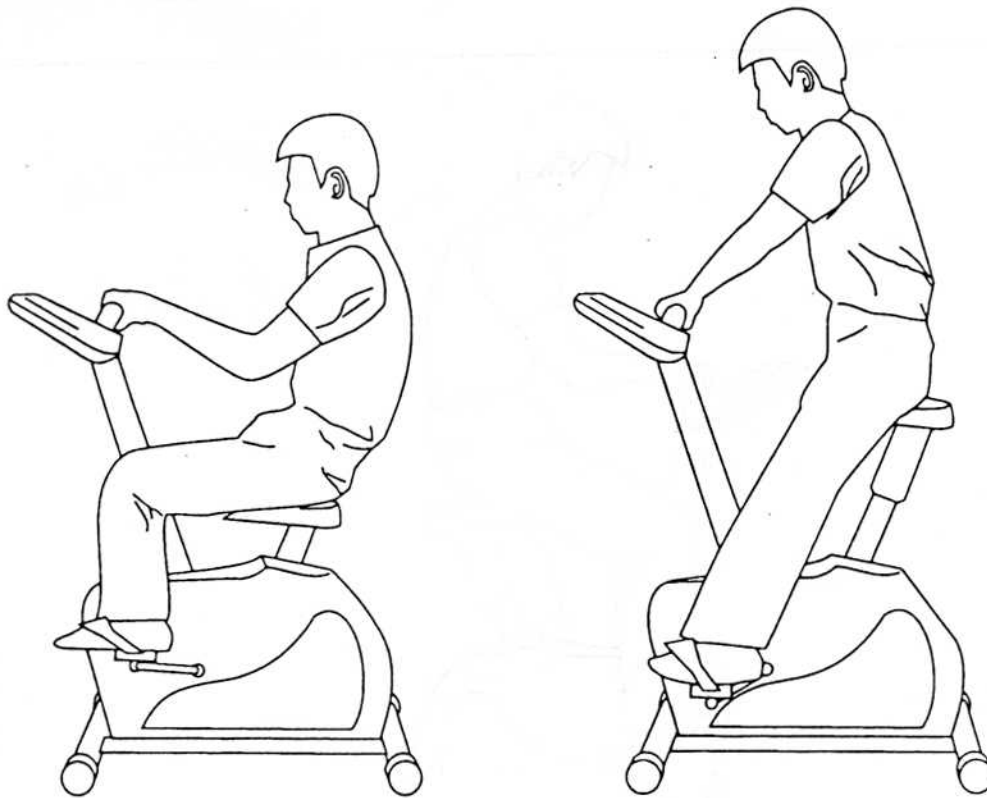
Be sure to avoid the following during Body Fat measurement as they may result in inaccuracy.



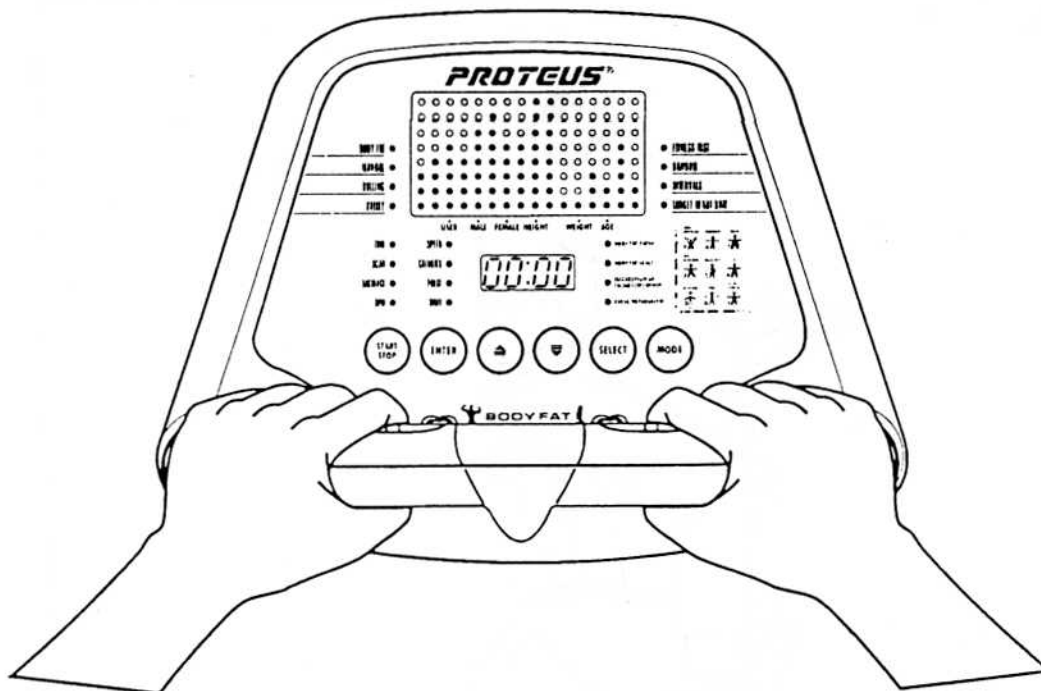
- Bent back.



- Moving your body or arms during measurement.



- Arms too high or too low.



Palms not in good contact with the sensors.

Note : while correct posture is necessary for the Body Fat Measurement process, you may sit in alternative positions for Pulse measurement if desired.

Getting Started1

1. Computer Connections

- Plug the 10-pin connector (protruding from the upright tube) into the receptor on the back of the computer
- Secure the computer to the mounting plate. Be sure that the computer cable is not pinched.
- Plug the power pack into a wall outlet.
- Plug the power cable into the jack on your exerciser.

2. Remove the protective film.

Note : To prevent scratching during shipment, a protective film has been applied to the face of your computer. To remove the film :

- Locate a corner edge of the protective film.
- Carefully pull the corner edge until the protective film is completely removed.

Buttons and Definitions

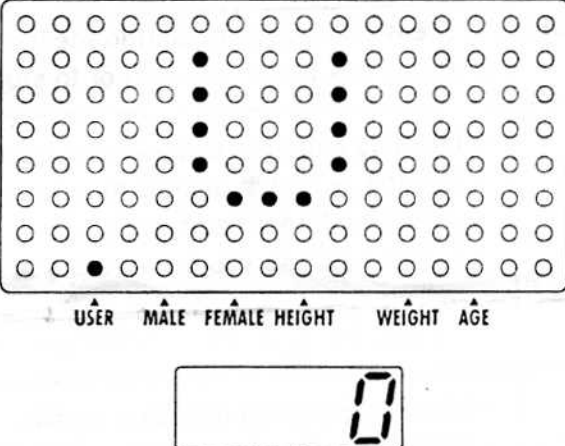
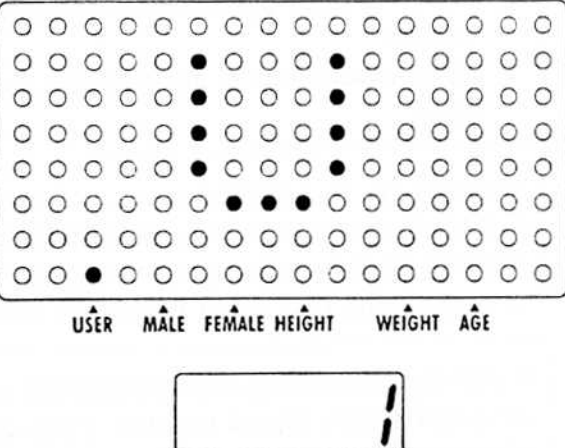
Buttons	Definitions
START / STOP	<ol style="list-style-type: none">1. Press this button to start to measure your body fat percentage.2. Press this button to begin or to stop your exercise.
▲ and ▼	<ul style="list-style-type: none">• Use this button to change your gender, height, weight, and age.• Use the ▲ and ▼ buttons to increase or decrease programmable settings (Time or Target heart rate)• During exercise you can use the ▲ and ▼ buttons to adjust the resistance setting.• Holding the ▲ and ▼ buttons for 1.5 seconds will change the settings faster.
MODE	<ul style="list-style-type: none">• Use this button to choose a profile.• Hold this button to reset all values to initial mode. <p>Note : In the time setting function, you cannot reset and return to initial mode.</p>
SELECT	<ol style="list-style-type: none">1. Use the SELECT buttons while exercising to select the function to be displayed (Time, Scan, Distance, RPM, Speed, Calories, Pulse and Watts) in the Manual, Rolling, Valley, Fitness Test, Random, Interval and Target Heart Rate programs. In the Body Fat program you also can select Body Fat Ratio, Body Fat Scale, Suggestion of Calorie Consumption and Basal Metabolism.2. Every time you press the button your computer will advance to the next function.3. While in scan mode, pressing SELECT takes the computer out of this mode.
ENTER	Use this key to confirm selections. Example : After using the ▲ and ▼ buttons to chose a profile, press ENTER to confirm your selection and advance to Time. After using the ▲ and ▼ to select weight, height, age, time or target heart rate, press ENTER to confirm your selection.
AUTO OFF	If you stop exercising and do not press any button, the monitor will turn off automatically after 4 minutes. If you wish to stop for a longer period, please remove the adapter from the wall outlet.

THE BODY FAT PROGRAM

1. USING THE MEMORY FUNCTION

The PEA-5000 is equipped with a memory feature with storage of height, weight, age, and gender for up to 5 people. The information is accessed through a personal data number that is displayed on the LED panel.

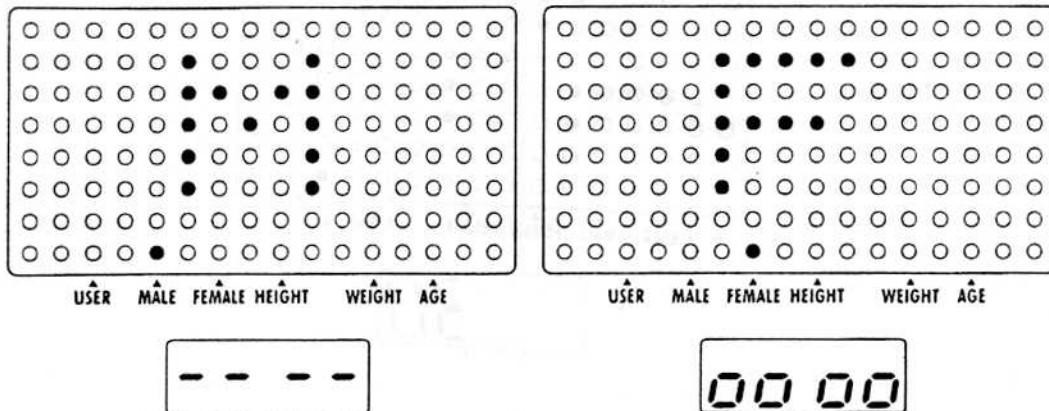
Note : this memory function does not store the measured results.

Use	Measurement procedure
<p>SINGLE USAGE</p> <ul style="list-style-type: none"> • No data storage required. • Data will change every time used. 	<ol style="list-style-type: none"> 1. Plug the power cable into the jack on your exerciser. Full LED display will light up. 2. The small window will show 0. 3. Press ENTER. 4. Begin to input your personal data. 
<ul style="list-style-type: none"> • To store new personal data • To change stored personal data • To measure using stored personal data. <p>REGULAR USAGE</p>	<ol style="list-style-type: none"> 1. Plug the power cable into the jack on your exerciser. Full LED display will light up. 2. The small window will show 0. 3. Press the ▲ and ▼ buttons to choose a number from 1 to 5. 4. Press ENTER. 5. Begin to input your personal data. 

(2) Inputting your personal data

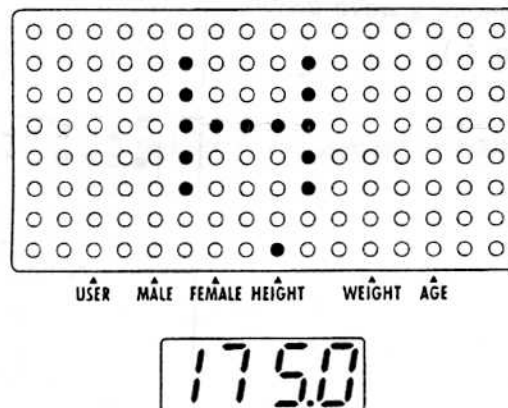
[1] Input Gender

- The Display will show as below.
- Use the ▲ and ▼ buttons to input your gender.
- When complete press ENTER key.



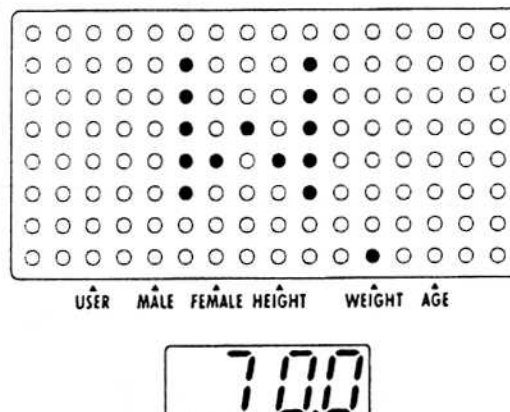
[2] Input Height (Input numbers are in the range of 40 in. - 77 in. or 100cm 199.5cm.

- The display will show as below with the initial value of 69 in. (5ft.9in.) or 175cm
- Use the ▲ and ▼ buttons to input your height.
- When complete press ENTER key.

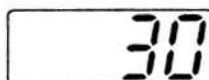
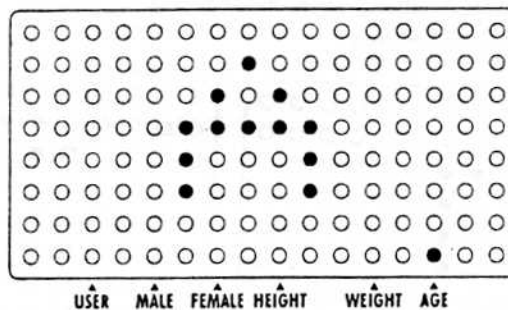


[3] Input Weight (Input numbers are in the range of 25kg - 199.8 kg or 23lb. 440lb.

- The display will show as below with the initial value of 70kg or 155lb.
- Use the ▲ and ▼ buttons to input your weight.
- When complete press ENTER key.



- (4) Input Age (Input numbers are in the range of 10 to 99)
- The display will show as below with the initial value of 30.
 - Use the ▲ and ▼ buttons to input your age.
 - When complete press ENTER key.



(3).Starting Measurement

- Hold the PEA-5000 in the correct posture.
- Push the START / STOP button with your finger.
- Return your finger immediately to the original position and hold grip correctly.

During measurement a wave picture will display (Fig. 1).
After 10 seconds the result is displayed (Fig. 2)

Fig. 1

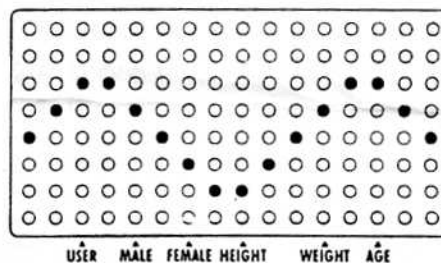
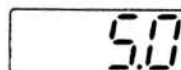
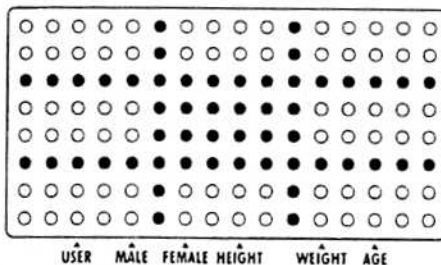


Fig. 2



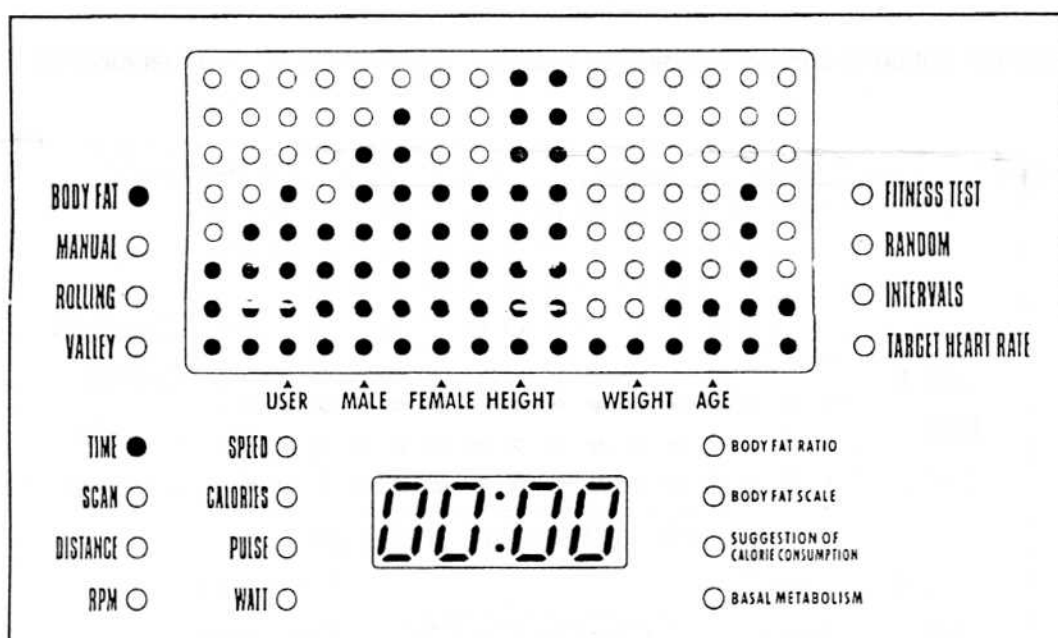
(4) Reading the Results :

1. After the test is complete the display will show the results as follows (each result will display in the window every four seconds in sequence).
 - a. Body Type Identifies your body type from the profile chart.
 - b. Body Fat Ratio Shows body fat mass as a percentage of body weight.
 - c. Body Fat Scale Shows the body fat mass of the entire body.
 - d. Suggestion of calorie consumption the correct consumption to attain your ideal body type.
(Weight - ideal weight) x 7000kcal.
Unit = 1000 Kcal.
 - e. B.M.R. : Calorie consumption without undertaking any activity. Unit = Kcal.
 - f. Heart Rate: Indicates your heart rate.
2. Push the SELECT button to stop the Scan function and then continue to use this button to select the result you would like to display in the window.

(5) Begin exercise.

- a. Press the Start / Stop button.
- b. The monitor will automatically load a program unique to you based on your results. The time for this program is 48 minutes and this program will use the heart rate control function according to your body type to ensure exercise is both within safe limits and controls body fat loss.

See the illustration below :



(6) End of exercise period :

Please remember to remove the power cable from your exerciser.

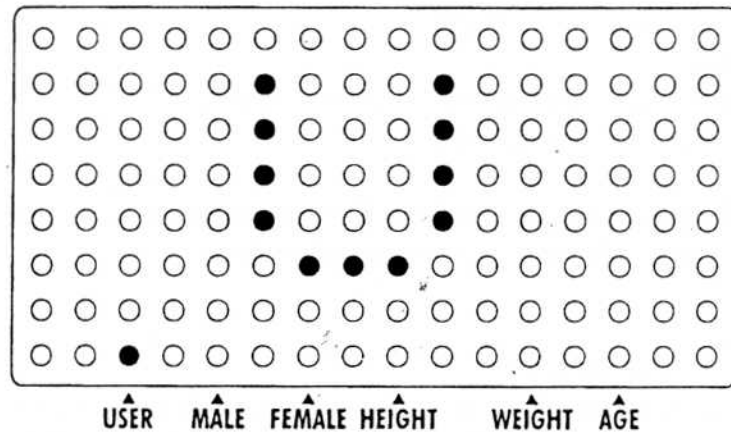
ERROR INDICATION

Indication	Cause	Action
E	Poor contact with sensor electrodes.	Restart measurement ensuring you hold the PEA-5000 with your arms straight in front of you at a 75 degree angle. Keep your elbows straight and do not move your body during measurement.

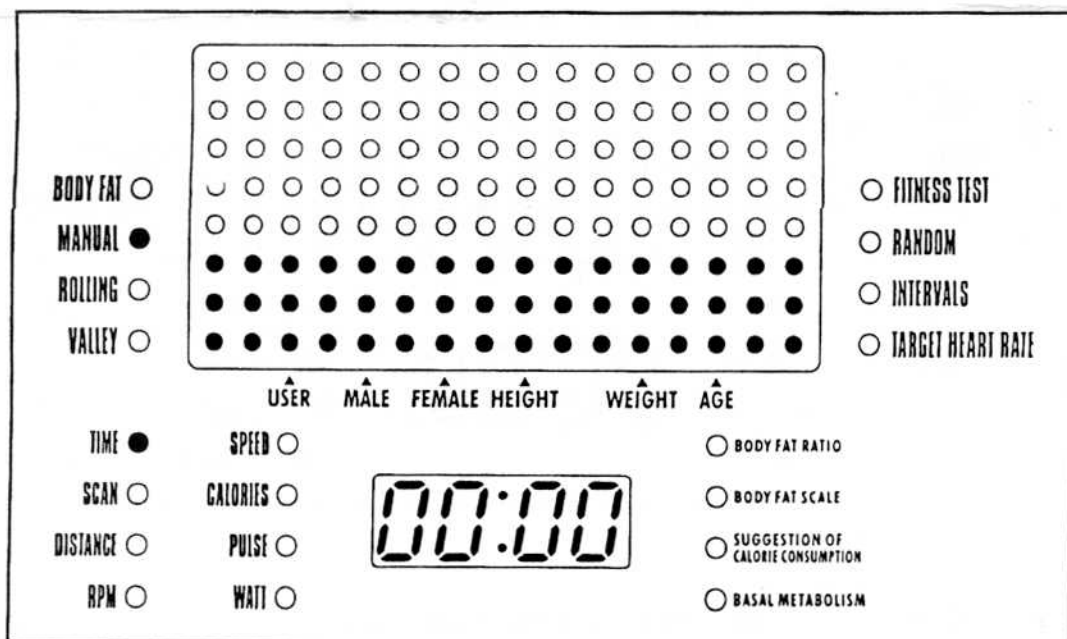
USING THE MANUAL, ROLLING, VALLEY, FITNESS TEST, RANDOM AND INTERVAL PROGRAMS.

(1) Turning on the power

- Plug the power cable into the jack on your exerciser. Full LED display will light up.
- The display then changes as shown below.



Press MODE button to choose the desired program. (For example : manual function.)



(3) Press ENTER to confirm.

(4) To commence exercise :

A. Continuous

Press the START / STOP button to begin. Time will count up from zero.

B. With preset exercise period

1. Press the ▲ and ▼ buttons to set up exercise time.

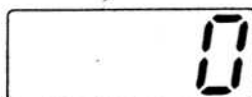
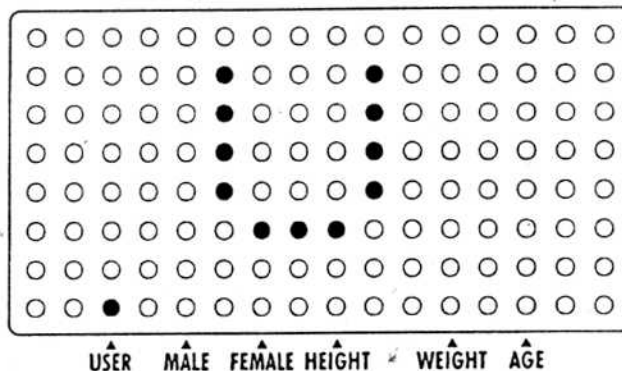
2. To confirm the set up value, press ENTER.

3. Press START / STOP button to begin. Time will count down to zero.

USING THE TARGET HEART RATE PROGRAM

(1) Turning on the power

- Plug the power cable into the jack on your exerciser. Full LED display will light up.
- The display then changes as shown below.



(2) Press MODE button to select Target Heart Rate program.

