

Programable Trainging Computer - SM5099-7

Initial operating process: (After the computer is power on with batteries or adaptor connection)

- Step One** You may turn the right button rightward or leftward to select training mode in MANUAL or PROGRAM (12 profiles) or USER or TARGET HEART RATE control (4 different options for training). Press MODE button to confirm selection.
- Step Two** You may turn the right button rightward or leftward to adjust the training LOAD/DIFFICULTY level from 1 to 16 in MANUAL, PROGRAM and USER mode . (Exclude TARGET HEART RATE CONTROL mode) Press MODE button to confirm selection.
- Step Three** You may turn the right button rightward or leftward to set function datas, when each function data has been preset, press MODE to confirm setting.
Available preset training functions:
TIME: Preset area is from 00:00 to 99:00, each increment is 1:00 (minute).
DISTANCE: Preset area is from 0.00 to 99.90, each increment is 0.10 km or ml.
CALORIE: Preset area is from 0 to 990, each increment is 10 cal.
WATT: Preset area is from 10 to 350, each increment is 10 watt.
(WATT can be preset under MANUAL mode only)
PULSE: Preset area is form 30 to 240, each increment is 1 BPM.
(Exclude in TARGET H.R control mode)
- Step Four** Press START/STOP button to start training.

Training Mode Instruction:

To start your training :

As soon as you press START/STOP button without any presetting (functions and programs), the computer starts working under Manual mode.

Training without preset Time:

If you do not preset TIME,each unit of the profile switches forth to another per 0.1 km or ml in counting up (no preset DISTANCE) or counting down (has preset DISTANCE).

Training with preset Time:

If you have preset TIME,each unit of the profiles switches forth to another per preset TIME divided by 16.

Tension difficulty adjustment:

You may adjust the tension load from 1 to 16 during training under Manual mode if you did not preset Watt function.

If you have preset WATT, tension load will be auto-adjusted depends on the current speed and watt values you are working out.

There will be four different symbols showes up to help your training:



You need to slow down the training speed.



You need to speed up the training.



This is to remind the current WATT is OVER SPEC, and you need to speed up or slow down training speed accordingly.

** When the WATT is over spec, computer has Bi-Bi-Bi/second to remind you. If you keep training under this mode for over 1 minute,the computer has an ALARM with 6 beeps sounds for 30 seconds, and the computer system STOP automatically, at this moment, LOAD is down to 1, and preset WATT data is zero. During the ALARM

period, you can stop ALARM by pressing any function buttons.

Training with 12 profiles - You can select from P1 to P12 profiles for training, also you can adjust training levels any time during training.

Training with USER - You can preset your personal training profiles under this mode. During training, you can also adjust training levels any time.

Training in TARGET H.R. control - The tension difficulty will be auto-adjusted according to the current heart rate figure. If your heart rate figure is under the target pulse, the tension difficulty will be up-adjusted one level per 30 seconds, up to the maximum level 16. As soon as your heart rate figure is achieved at the target pulse, tension difficulty will be down-adjusted one level immediately, and keep down-adjusted one level per 15 seconds until level 1. If your current heart rate is still over (or equal to) the target pulse for 30 seconds when tension is level 1, the computer system will STOP and ALARM for 6 beeps to remind you as the training protection.

You may select fixed preset target heart rate percentage or input your personal training target heart rate figures.

Target Pulse with different percentage selected -

You may turn the right button rightward or leftward to have the TARGET HEART RATE figure be zero, and press MODE button. At this moment, you may select the percentage of the heart rate that you will achieve in the training. The computer provides 3 different percentage of the maximum heart rate which is calculated by the CPU according to the input AGE data.

Remark: 55%MAXH.R. - If you input age in 30, the figure will be 104, this figure is 55% of the max. heart rate figure which is 190, the proper figure calculated by the CPU compared the age of 30. The same formula can be used to have the result for 75%, and 90%.

Target Pulse figure input by yourself -

You may preset your target pulse figure by turning the right button rightward or leftward. As soon as you have preset the target pulse figure, the level will be fixed on level 1, and you may only start training from level 1. When your actual heart rate has reached over the target, the computer starts to alarm to remind you, and it stops when your heart rate comes under the target.

To stop your training:

Training with PRESET function datas:

As soon as the preset function datas counting down to zero, (pulse figures excluded) the computer has 8 beep sounds and remind you. At this moment, the computer will stop working. You may press START/STOP button to start the computer working and counting up from the previous datas.

Interrupt training:

You may press START/STOP button to stop computer working during training any time.

To reset program:

You may press RESET button to reset the PROGRAM and select the training mode and tension load or difficulties under STOP mode. If you hold on pressing the RESET button for 2 seconds, all datas (including personal datas) will be total reset.

Buttons:

| | |
|----------|---|
| ST/STOP | To start or stop training. |
| MODE | To select each function of Time, Distance, Pulse, Watt for presetting. To enter all personal datas and function datas setting. |
| UP/DOWN | Turn the button rightward or leftward to make all selection and setting. |
| RECOVERY | To have pulse recovery function work. |

| | |
|-------|---|
| RESET | 1. To reset each function of Time, Distance, Pulse, Watt function figures. 2. To reset program setting and back to initial selection mode with Manual, Program, user, or Target Heart Rate all blinking display. |
|-------|---|

Functions:

| | |
|----------|---|
| TIME | Count Up - The computer starts counting up from 00:00 up to 99:59 during training. Count Down - The computer will count down from the preset Time to 00:00. |
| SPEED | Displays the current SPEED from 0.0 to maximum 99.9 km or ml. |
| DISTANCE | Count Up - The computer accumulates total workout distance from 0.00 to the max. 99.90 km or ml during training. Count Down - The computer will count down from the preset Distance to 0.00. |
| CALORIES | Count Up- The computer accumulates the calories consumption from 0 to the max. 990 cal during training. Count Down - The computer will count down from the preset Calories to 0. This data is a rough guide for comparison of different exercise sessions that can not be used for medical treatment. |
| PULSE | The user may have heart rate figures display after holding both hands on handgrip sensors. To ensure heart rate readout more precise, please hold both hands on grip sensors while detecting heart rate figures. The heart rate figure displays area is from 0 to 240 BPM. You may preset target pulse to assist the training under manual mode or 12 profiles mode or User, or select fixed target heart rate percentage for training. Alarm - If you preset the target pulse under training with Manual or other target the computer will alarm to remind as soon as your current heart rate is achieved at the preset figure. Load tension adjustment - If you preset the target heart rate (or select different target heart rate percentage), the load resistance will be auto-adjusted according to your actual heart rate figure compared with the preset heart rate which is heart rate control program. |
| RECOVERY | After exercising for a period of time, keep holding on handgrip sensor or wearing on the chest belt transmitter, and press "RECOVERY button, all function display will stop except "Time". Time starts counting down from 00:60 - 00:59 - 00:58 - to 00:00. As soon as 00:00 is achieved, the bottom area of LCD will show your heart rate recovery status with grade F1, F2, F3....F6. F1 is the best, and F6 is the worst. You may keep exercising to improve the heart recovery status day by day from F6 up to F1. ** Press the RECOVERY button again to return the main display. |

Note:

1. When there is no signal been transferred into the computer for 4 minutes, the monitor display will shut off automatically, and all previous training datas will be stored. You may press any button to have the computer restart working.

2. The monitor has the same result as abovementioned point 2 if you press and hold on RESET button for 2 seconds.
3. If the monitor display is improper, please remove power supply and re-plug again.
4. The monitor can be power on with battery size UM-2 *4 pcs or adaptor output DC 6V / 500mA.