PROTEUS®
FITNESS INNOVATION

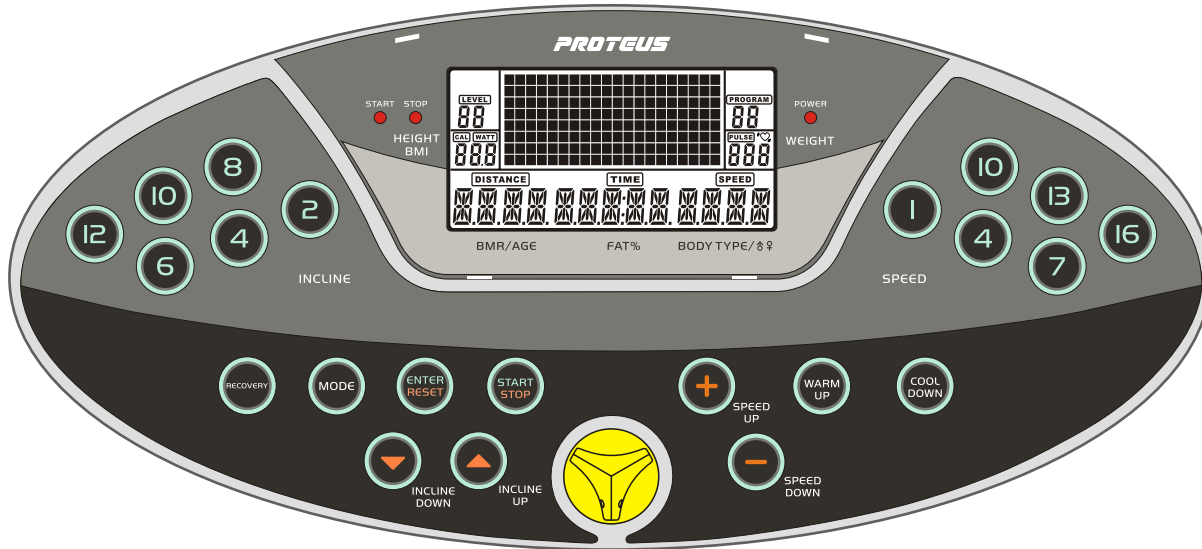PROTEUS

START STOP   POWER

HEIGHT   WEIGHT
BMI

BMR/AGE   FAT%   BODY TYPE/♂♀

INCLINE   SPEED

RECOVERY   MODE   ENTER   START
RESET   STOP

SPEED   WARM   COOL
UP   UP   DOWN

INCLINE   INCLINE   SPEED
DOWN   UP   DOWN

Shaping Healthy Bodies

CBM-2030 MONITOR USER INSTRUCTION

Q U A L I T Y

MONITOR

The monitor, is designed for motorized treadmills and presented by following categories :
* Function Buttons
* About Displays
* Operation Instructions
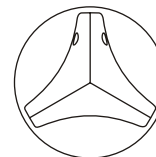* Error Message & Troubleshooting
* Reference

FUNCTION BUTTONS
There are total 23 buttons including 1 Power key, 10 Major Function buttons, and 12 quick buttons.

A. POWER KEY :
The monitor and the treadmill can be operated only with the key attached and note both of the monitor and the treadmill stop as soon as the key is removed.

B. 10 Major Function Buttons :
a. WARM UP :
This is a 5 minutes program. When the power's on, press this button to enter WARM UP program. After pressing this button, treadmill begins to work. **We strongly recommend using the warm up program before exercise, for it can stimulate your body for more strenuous exercise.** A warm-up is almost universally used at the beginning of an exercise or activity session to improve performance and prevent injuries. The theory behind warm-up is that muscular contractions are depended on temperature. Because increased muscle temperature improves performance and a warm-up increases muscle temperature, it is suggested that warm up is essential. There are five advantages about warm-up :

1) To increase the temperature of muscles.
2) To re-distribute blood flow.
3) To increase flexibility.
4) To decrease the chance of injury.
5) To improve performance.

STOP ➡ WARM UP ➡ 5 minutes program

5MIN	SPEED
1min	3.5km/h
4min	5.0km/h

b. START / STOP :
1. Press this button to start or stop exercise.
2. During the start mode, press this button to choose the function from speed profile, incline profile, screen saver

c. MODE :
1. During static status, press this button to choose the exercise program from PRORAM 0 (Manual), 1 (preset program of speed), 7 (preset program of integrated), 13 (user setting program), 16 (Heart rate control program) (if have) and body fat program.
2. During the start mode, press this button to choose the function from Speed profile, incline Profile and screen saver.
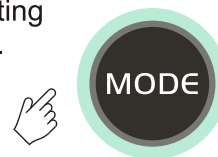
d. ENTER / RESET :
ENTER :
1. When the power is on, press this button to confirm your preset exercise program from MANUAL (0), SPEED PROGRAM (1~6), INTEGRATED PROGRAM (7~9), INCLINE PROGRAM (10~12), USER PROGRAM (13~15), Heart Rate Control (16~17) (if have) and BODY FAT.
2. During the setting mode, press this button to confirm your setting value of time, distance, calorie, difficulty level (speed/incline), and target heart rate in PROGRAM (0~15).
3. During the exercise or after workout, press this button to switch display to calorie & laps.

RESET :
In the stop mode, hold this button for two seconds to reset all values to default.

x 2 sec

e. SPEED UP :
1. In the setting mode, press this button to increase the value of time, distance, calorie, target heart rate in the program 0~15..
2. During the exercise, press this button to increase the value once every 0.1 KPH . To speed up the increment, hold this button for more than 2 seconds.
3. In the difficulty setting, press this button to increase the value once every 0.5 KPH . To speed up the increment, hold this button for more than 2 seconds.

SPEED
UP

f. SPEED DOWN :
1. In the setting mode, press this button to decrease the value of time, distance, calorie, target heart rate in the program 0~15.
2. During the exercise, press this button to decrease the value once every 0.1KPH. To speed up the decrement, hold this button for more than 2 seconds.
3. In the difficulty setting, press this button to decrease the value once every 0.5 KPH. To speed up the decrement, hold this button for more than 2 seconds.

SPEED
DOWN

g. INCLINE UP :
1. During exercise, press this button to increase the level of gradient once every 1 level. To speed up the increment, hold this button for more than 2 seconds.
2. In the difficulty setting, press this button to increase the value once every one level. To speed up the increment, hold this button for more than 2 seconds.

INCLINE
UP

h. INCLINE DOWN :
1. During exercise, press this button to decrease the level of gradient once every 1 level. To speed up the decrement, hold this button for more than 2 seconds.
2. In the difficulty setting, press this button to decrease the value once every one level. To speed up the decrement, hold this button for more than 2 seconds.

INCLINE
DOWN

i. COOL DOWN :

During any exercise except "WARM UP", press this button to enter the COOL DOWN function. After press this button, the cool down function begins to work. This is a 5 minutes program, so the time will count down from 5:00 to 0:00. We strongly recommend using the cool down function before you wish to stop exercise. The main aim of cool down program is to promote recovery and return the body to a pre-workout level. If the cool down process was performed properly, it will help your body to stay in repair process. When the exercise stops, blood was pushed back to the heart and carries wastes like lactic acid at the same time. And these wastes stay in the muscle which cause swelling and pain. The cool down process helps keeping the blood circulate and bringing the oxygen and nutrients needed by the muscles, tendons and ligaments for repair.

START ➡ COOL DOWN ➡ 5 minutes program

| 5MIN	SPEED
1min	5.0km/h
4min	3.5km/h
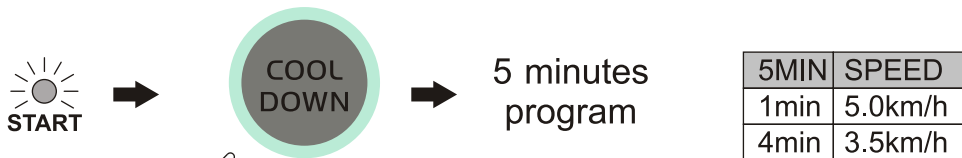
j. PULSE RECOVERY :

1. During the exercise, press this button to enter pulse recovery function. After pressing this button, the treadmill stops immediately, so **we strongly recommend before entering this mode, please hold onto handrail and place feet on side rails.**

2. It is a function to check the pulse recovery condition after exercise. It is scaled from F1.0 to F6.0. While F1.0 means the best condition and F6.0 means the worst. This function may reflect your heart pulse recovery ability and help to improve it through exercise. In order to get rate correctly, user must exam right after the workout. After the button is pressed, please hold the heart rate detector appropriately, the test will last for 1 minute and the result will show on the screen. If you want to quit pulse recovery function during the test, press this button again to exit.

RECOVERY

C. 12 QUICK BUTTONS :

**a. 6 QUICK INCLINE BUTTONS :**
There are 6 quick incline buttons on the panel.
During the exercise, press the quick incline
button any time to change the incline
immediately to what you desire.

8

10

2

12

4

6

INCLINE

10

1

13

4

16

7
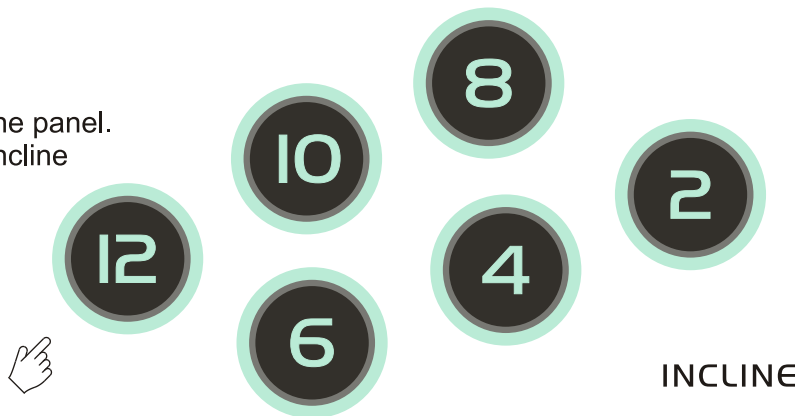
b. 6 QUICK SPEED BUTTONS :
There are 6 quick speed buttons on the
panel. During the exercise, press the
quick speed button any time to change
the speed immediately to what you desire.
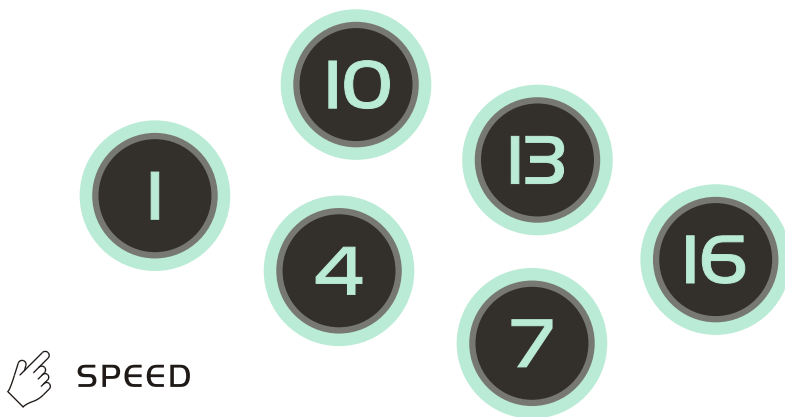
SPEED

ABOUT DISPLAY：

A. LCD MAIN DISPLAY：

C. Profile: Display the profile of PROGRAM

B. LAPS : It shows how many laps user made in this exercise by press ENTER key.. (1 lap = 400M)
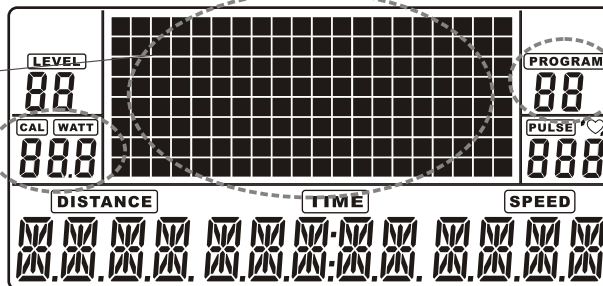
A. PROGRAM INDICATOR : During the setting, it shows 0~15 to indicate exercise programs.

B. TIME Display：
Shows the exercise time.

Count up :　Without setting the value, time will count up after pressing START/STOP button and the maximum value is 99:59.

Count down :　In the setting mode, press SPEED UP or SPEED DOWN button to set up exercise time. The range of setting value is from 10:00 to 99:00 with each increment or decrement of 1:00. After finish setting the value, the monitor will start to count down. While counting down to 0:00, monitor beeps to remind you the target is achieved, and stop counting at the same time.

x 1

TIME 10:00

+ SPEED UP

− SPEED DOWN

TIME 99:00

C. DISTANCE Display：

Shows the distance.

Count up: Without setting value, the distance will count up and the maximum value is 99.99km.

Count down: In the setting mode, press SPEED UP or SPEED DOWN button to set up exercise distance. The range of setting value is from 0.1 km to 99.9 km with each increment or decrement of 0.1km. After finish setting the value, the monitor will start to count down. While counting down to 0.0, monitor beeps to remind you the target is achieved, and stop counting at the same time.

D. CALORIES Display：

Shows the calories consumed.

Count up: Without setting value, the calorie will count up and the maximum value is 999 Kcal.

Count down: In the setting mode, press SPEED UP or SPEED DOWN button to set up calories to be burned. The range of setting value is from 1.0 Kcal to 999 Kcal with each increment or decrement of 1 Kcal. After finish setting the value, the monitor will start to count down. While counting down to 0.0, monitor beeps to remind you the target is achieved, and stop counting at the same time.

E. SPEED Display：
  a. During the exercise, showing the speed that treadmill currently provide. The speed can be adjusted by pressing SPEED UP or SPEED DOWN button.
  b. In setting mode, it can be adjusted by pressing SPEED UP or SPEED DOWN button to set the speed of this program from 1.0km to 16.0km.
  c. The speed display shows initial speed while setting program 1~15.

F. INCILNE DISPLAY：
  a. During the exercise, shows the gradient that treadmill currently provide. It can be adjusted by pressing INCLINE UP or INCLINE DOWN button.
  b. In the setting mode, it can be adjusted by pressing INCLINE UP or INCLINE DOWN button to set up gradient of this program from LEVEL 0 to LEVEL 15.

G. PULSE DISPLAY：

In the setting mode :
In the MANUAL , PROGRAM, and USER PROGRAM, It can by adjusted by pressing SPEED UP or SPEED DOWN button to set the target heart rate of this program from 60~220.

During exercise :
Shows the current heart rate in beats per minute. The range of pulse value is from 60 to 240 BPM

PULSE MEASUREMENT SYSTEM :

The heart rate receiver is optional, to activate, use chest belt transmitter. If the model has receiver built in, it can accepts two pulse measurement functions on this machine : hand-pulse system and chest belt system. The hand-pulse system is the first priority. If you wear your chest belt and put your hand on the hand-pulse sensor at the same time, the monitor will measure your heart rate from the hand-pulse system and ignore the signal from the chest belt. Once you remove your hand from the sensor, the monitor will measure your heart rate from the chest belt system automatically.

NOTE : The frequency of the chest belt accepted by the monitor is 5 KHz.

H. SCREEN SAVER :

a. During exercise, press MODE button to switch matrix to screen saver. Randomly display 5 different screen saver graphics.
b. In stop mode, it turns into screen saver automatically after 256 seconds if no further Operating message from monitor and randomly display 5 different graphics.

OPERATION INSTRUCTIONS
TO START：

Turn on power switch and attach POWER KEY to the monitor. All the windows will fully display for one second; the program will start from manual function. Press START/STOP button to begin exercise. Please notice that the machine does not work without the POWER KEY attached.
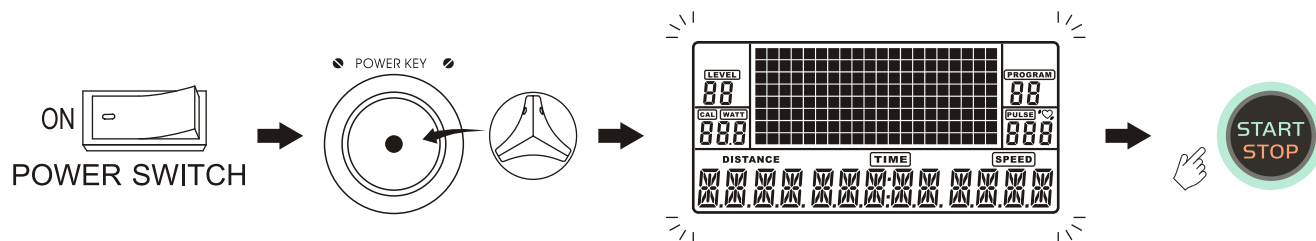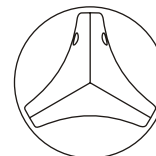

TO STOP：
Press START/STOP button, remove POWER KEY or turn off power switch.
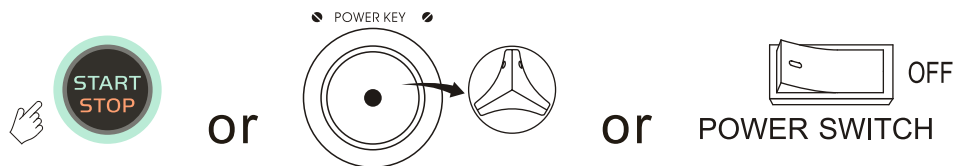
CAUTION :
Clip the other end of the power key to your clothing before exercise to ensure the machine will stop in case the user accidentally runs off the track. Should that happens, the power key will fall off from the monitor and the treadmill will stop immediately to avoid further injury.

-- QUICK START --

    a. Press MODE buttons to select main functions from PROGRAM 0(MANUAL), 1(SPEED program), 7(INTEGRATE program) and 13(USER program). Then choose desired program in SPEED, INTEGRATE, INCLINE and USER by pressing SPEED UP or SPEED DOWN button, press ENTER to confirm.

    b. Press START/STOP to begin exercise.
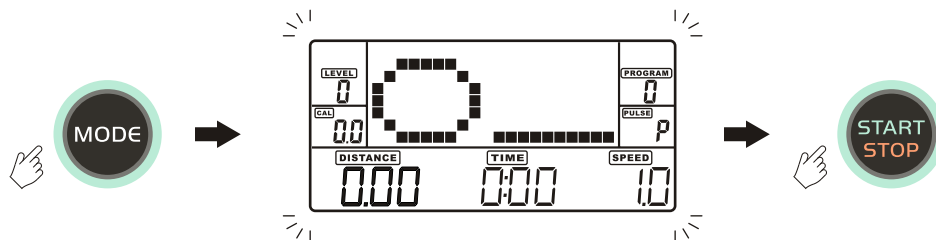
-- PROGRAM 0 (MANUAL PROGRAM) --

a. Turn on the power switch and attach the POWER KEY to the monitor. All the windows will fully Display for one second; then top-right of the profile window shows "0", press ENTER to confirm.
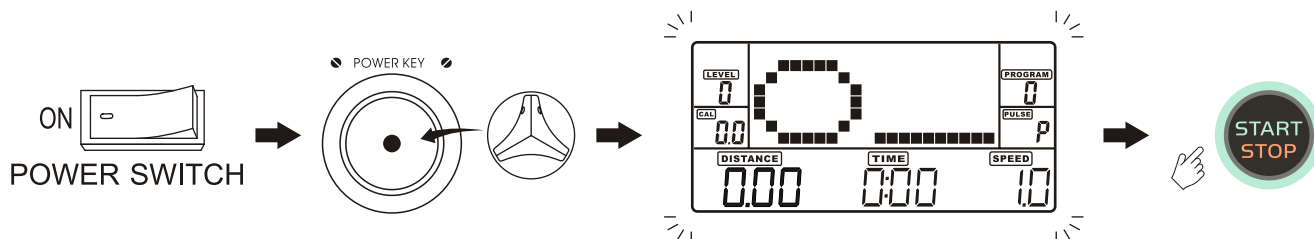
b. TIME window glitters, press SPEED UP or SPEED DOWN button to set up exercise time. Press ENTER to confirm the value.

c. DISTANCE window glitters, press SPEED UP or SPEED DOWN button to set up exercise distance. Press ENTER to confirm the value.
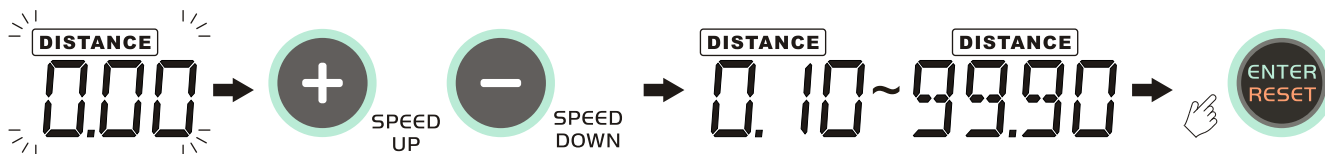
d. CALORIES window glitters, press SPEED UP or SPEED DOWN button to set up calories you want to consume. Press ENTER to confirm the value.

e. The LOOP icon and SPEED window glitter, press SPEED UP or SPEED DOWN button to set up desired exercise speed. Press ENTER to confirm the value.

f. The GRADIENT icon and LEVEL window glitter, press INCLINE UP or INCLINE DOWN button to set up desired gradient. Press ENTER to confirm the value.

g. PULSE window glitters, press SPEED UP or SPEED DOWN button to set up target heart rate (PULSE). Press ENTER to confirm the value

h. Press START/STOP to begin exercise.

In this mode, you don't need to set up each value, press ENTER to skip the value you want to ignore, and press START any time to start exercise.

During the exercise, you can adjust current speed by pressing SPEED UP or SPEED DOWN button or SPEED QUICK BUTTONS.

+ SPEED UP   − SPEED DOWN   or   ① ④ ⑦ ⑩ ⑬ ⑯

During exercise, you can adjust current incline by pressing the INCLINE UP or INCLINE DOWN Button or INCLINE QUICK BUTTONS.

▼ INCLINE DOWN   ▲ INCLINE UP   or   ② ④ ⑥ ⑧ ⑩ ⑫

NOTE：
1. **If you did not set the value of TIME, DISTANCE, and CALORIE, these values start from zero and counting up. If these values have been set, they start to count down until zero.**
2. **Without setting the function of Speed, the treadmill will follow default speed profile.**
3. **Without setting the function of gradient, the treadmill will follow default incline profile.**
4. **Without setting the function of TARGET HEART RATE, the monitor automatically uses 120 bpm as default target heart rate, and blinks if your heart rate beats higher than this value.**
5. **Once you finish the program, the treadmill stops and beeps to remind you. You may Press START/STOP to begin next program.**

-- PROGRAM 1 TO PROGRAM 6 (SPEED PROGRAMS) --

a. Press MODE button to select PROGRAM 1 (top-right of the profile window shows "1"), then press SPEED UP & DOWN to choose program 1~6. Press ENTER to confirm.
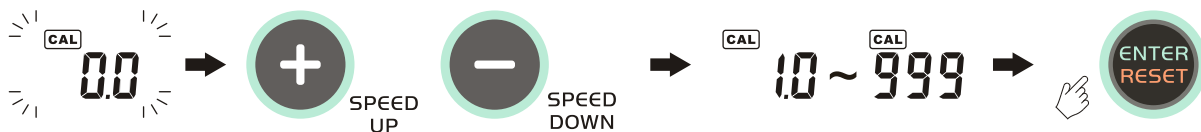

b. TIME window glitters, press SPEED UP or SPEED DOWN button to set up exercise time. Press ENTER to confirm the value.

c. DISTANCE window glitters, press SPEED UP or SPEED DOWN button to set up exercise distance. Press ENTER to confirm the value.

d. CALORIES window glitters, press SPEED UP or SPEED DOWN button to set up calories you want to consume. Press ENTER to confirm the value.

e. The LOOP icon and SPEED window glitter, press SPEED UP or SPEED DOWN button to set up desired exercise speed. Press ENTER to confirm the value.

f. The GRADIENT icon and LEVEL window glitter, press INCLINE UP or INCLINE DOWN button to set up desired exercise gradient. Press ENTER to confirm the value.

g. PULSE window glitters, press SPEED UP or SPEED DOWN button to set up target heart rate (PULSE). Press ENTER to confirm the value.

h. Press START/STOP to begin exercise.

In this mode, you don't need to set up each value, press ENTER to skip the value you want to ignore, and press START any time to start exercise.

During the exercise, you can adjust current speed by pressing
SPEED UP or SPEED DOWN button.

+ SPEED UP   − SPEED DOWN   or   1   4   7   10   13   16

During exercise, you can adjust current incline by pressing the INCLINE UP or INCLINE DOWN
Button or INCLINE QUICK BUTTONS.

INCLINE DOWN   INCLINE UP   or   2   4   6   8   10   12

NOTE：
1. **If you did not set the value of TIME, DISTANCE, and CALORIE, these values start from zero and counting up. If these values have been set, they start to count down until zero.**
2. **Without setting the function of Speed, the treadmill will follow default speed profile.**
3. **Without setting the function of gradient, the treadmill will follow default incline profile.**
4. **Without setting the function of TARGET HEART RATE, the monitor automatically uses 120 bpm as default target heart rate, and blinks if your heart rate beats higher than this value.**
5. **Once you finish the program, the treadmill stops and beeps to remind you. You may Press START/STOP to begin next program.**

-- PROGRAM 7 TO PROGRAM 9 (INTEGRATE PROGRAMS) --

A. Press MODE button to select PROGRAM 1 or 7(top-right of the profile window shows "1" or "7"), Then press SPEED UP & DOWN to choose program 7~9. Press ENTER to confirm.
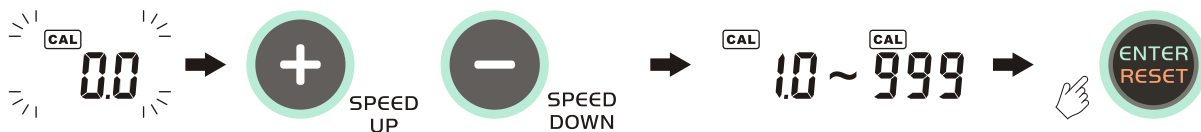

b. TIME window glitters, press SPEED UP or SPEED DOWN button to set up exercise time. Press ENTER to confirm the value.

c. DISTANCE window glitters, press SPEED UP or SPEED DOWN button to set up exercise distance. Press ENTER to confirm the value.

d. CALORIES window glitters, press SPEED UP or SPEED DOWN button to set up calories you want to consume. Press ENTER to confirm the value.

e. The LOOP icon and SPEED window glitter, press SPEED UP or SPEED DOWN button to set up desired exercise speed. Press ENTER to confirm the value.

f. The GRADIENT icon and LEVEL window glitter, press INCLINE UP or INCLINE DOWN button to set up desired exercise gradient. Press ENTER to confirm the value.

g. PULSE window glitters, press SPEED UP or SPEED DOWN button to set up target heart rate (PULSE). Press ENTER to confirm the value.

h. Press START/STOP to begin exercise.

In this mode, you don't need to set up each value, press ENTER to skip the value you want to ignore, and press START any time to start exercise.

During the exercise, you can adjust current speed by pressing
SPEED UP or SPEED DOWN button.

(+) SPEED UP   **(−)** SPEED DOWN   or   ① ④ ⑦ ⑩ ⑬ ⑯

During exercise, you can adjust current incline by pressing the INCLINE UP or INCLINE DOWN
Button or INCLINE QUICK BUTTONS.

(▼) INCLINE DOWN   **(▲)** INCLINE UP   or   ② ④ ⑥ ⑧ ⑩ ⑫

NOTE：
1. If you did not set the value of TIME, DISTANCE, and CALORIE, these values start from zero
   and counting up. If these values have been set, they start to count down until zero.
2. Without setting the function of Speed, the treadmill will follow default speed profile.
3. Without setting the function of gradient, the treadmill will follow default incline
   profile.
4. Without setting the function of TARGET HEART RATE, the monitor automatically
   uses 120 bpm as default target heart rate, and blinks if your heart rate beats higher
   than this value.
5. Once you finish the program, the treadmill stops and beeps to remind you. You may
   Press START/STOP to begin next program.

-- PROGRAM 10 TO PROGRAM 12 (INCLINE PROGRAMS) --

a. Press MODE button to select PROGRAM 7 (top-right of the profile window shows "7"), then press SPEED UP & DOWN to choose program 10~12. Press ENTER to confirm.
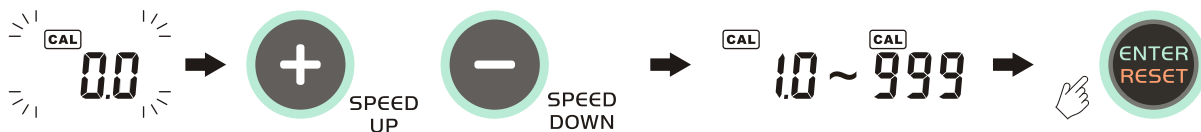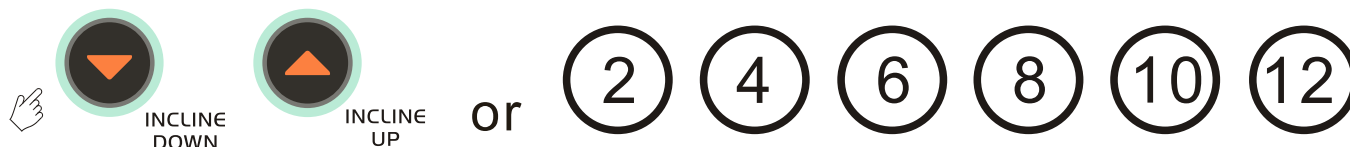

B. TIME window glitters, press SPEED UP or SPEED DOWN button to set up exercise time. Press ENTER to confirm the value.

c. DISTANCE window glitters, press SPEED UP or SPEED DOWN button to set up exercise distance. Press ENTER to confirm the value.

d. CALORIES window glitters, press SPEED UP or SPEED DOWN button to set up calories you want to consume. Press ENTER to confirm the value.

e. The LOOP icon and SPEED window glitter, press SPEED UP or SPEED DOWN button to set up desired exercise speed. Press ENTER to confirm the value.

f. The GRADIENT icon and LEVEL window glitter, press INCLINE UP or INCLINE DOWN button to set up desired exercise gradient. Press ENTER to confirm the value.

g. PULSE window glitters, press SPEED UP or SPEED DOWN button to set up target heart rate (PULSE). Press ENTER to confirm the value.

h. Press START/STOP to begin exercise.

In this mode, you don't need to set up each value, press ENTER to skip the value you want to ignore, and press START any time to start exercise.

During the exercise, you can adjust current speed by pressing
SPEED UP or SPEED DOWN button.

+ SPEED UP   − SPEED DOWN   or   (1) (4) (7) (10) (13) (16)

During exercise, you can adjust current incline by pressing the INCLINE UP or INCLINE DOWN
Button or INCLINE QUICK BUTTONS.

▼ INCLINE DOWN   ▲ INCLINE UP   or   (2) (4) (6) (8) (10) (12)

NOTE：
1. If you did not set the value of TIME, DISTANCE, and CALORIE, these values start from zero
   and counting up. If these values have been set, they start to count down until zero.
2. Without setting the function of Speed, the treadmill will follow default speed profile.
3. Without setting the function of gradient, the treadmill will follow default incline
   profile.
4. Without setting the function of TARGET HEART RATE, the monitor automatically
   uses 120 bpm as default target heart rate, and blinks if your heart rate beats higher
   than this value.
5. Once you finish the program, the treadmill stops and beeps to remind you. You may
   Press START/STOP to begin next program.

-- PROGRAM 13 TO PROGRAM 15 (USER PROGRAMS) --

    A. Press MODE button to select PROGRAM 13 (top-right of the profile window shows "13"), then Press SPEED UP & DOWN to choose program 13~15. Press ENTER to confirm.
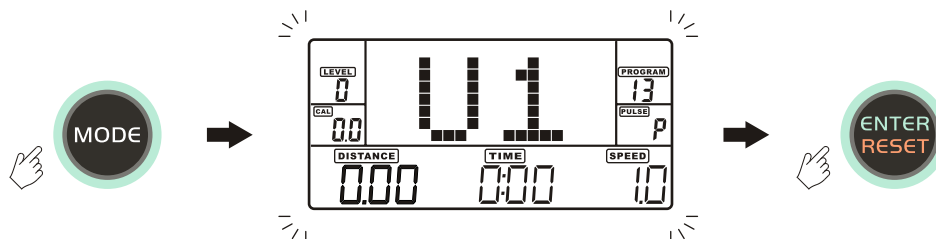
    b. TIME window glitters, press SPEED UP or SPEED DOWN button to set up exercise time. Press ENTER to confirm the value.

c. DISTANCE window glitters, press SPEED UP or SPEED DOWN button to set up exercise distance. Press ENTER to confirm the value.
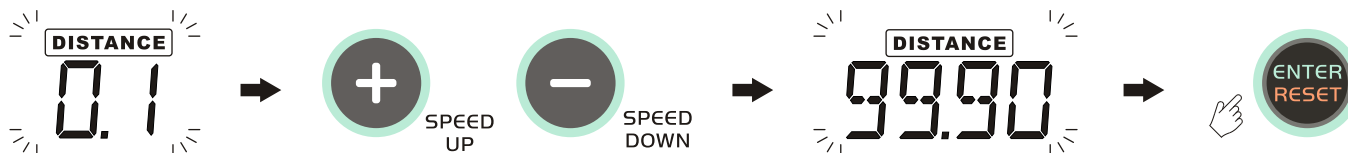
d. CALORIES window glitters, press SPEED UP or SPEED DOWN button to set up calories you want to consume. Press ENTER to confirm the value.

e. Then the speed window and first column of the LED matrix glitter. Press SPEED UP or SPEED DOWN button to set up the desired speed of the first column, then press ENTER to confirm the value of first column.

f. Then the speed window and second column of the LED matrix glitter. Press SPEED UP or SPEED DOWN button to set up the desired speed of the second column. Repeat step e & f to create your own exercise profile. Press ENTER to confirm your desired speed profile.

g. Then the incline window and first column of the matrix glitter. Press INCLINE UP or INCLINE DOWN button to set up the desired gradient of the first column, then press ENTER to confirm the value of first column.
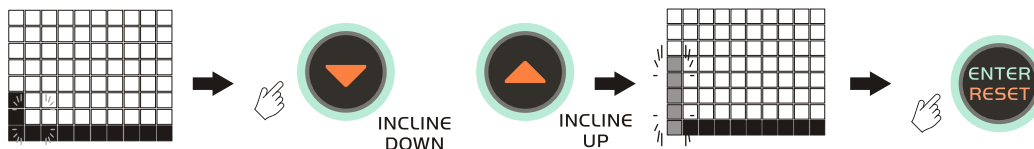
h. Then the incline window and second column of the matrix glitter. Press INCLINE UP or INCLINE DOWN button to set up the desired gradient of the second column. Repeat step g & h to create your own exercise profile. Press ENTER to confirm your desired gradient profile.

i. PULSE window glitters, press SPEED UP or SPEED DOWN button to set up target heart rate (PULSE). Press ENTER to confirm the value.

j. Press START/STOP to begin exercise.

In this mode, you don't need to set up each value, press ENTER to skip the value you want to ignore, and press START any time to start exercise.

During the exercise, you can adjust current speed by pressing SPEED UP or SPEED DOWN button.

👆 ➕ SPEED UP ➖ SPEED DOWN **or** ① ④ ⑦ ⑩ ⑬ ⑯

During exercise, you can adjust current incline by pressing the INCLINE UP or INCLINE DOWN Button or INCLINE QUICK BUTTONS.

👆 🔽 INCLINE DOWN 🔼 INCLINE UP **or** ② ④ ⑥ ⑧ ⑩ ⑫

NOTE：
1. If you did not set the value of TIME, DISTANCE, and CALORIE, these values start from zero and counting up. If these values have been set, they start to count down until zero.
2. Without setting the function of Speed, the treadmill will follow default speed profile.
3. Without setting the function of gradient, the treadmill will follow default incline profile.
4. Without setting the function of TARGET HEART RATE, the monitor automatically uses 120 bpm as default target heart rate, and blinks if your heart rate beats higher than this value.
5. Once you finish the program, the treadmill stops and beeps to remind you. You may Press START/STOP to begin next program.

-- BODY FAT PROGRAM --

a. Press MODE until figures of male and female shown in profile window, press ENTER to confirm.
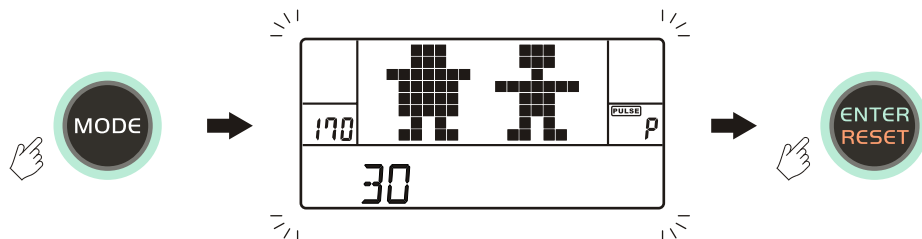
b. Middle-left window glitters, press SPEED UP or SPEED DOWN button to select your height, then press ENTER to confirm.
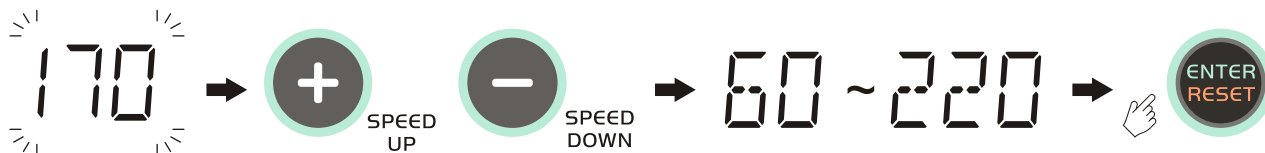
c. Middle-right window glitters, press SPEED UP or SPEED DOWN button to select your weight, then press ENTER to confirm.
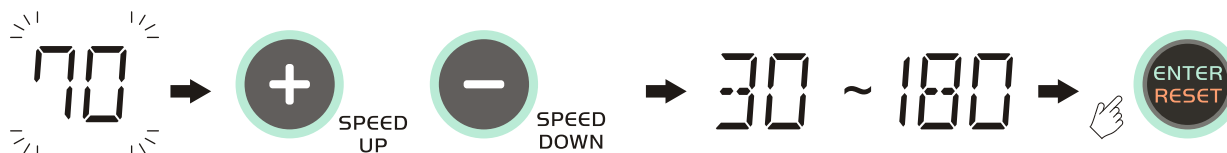
d. Bottom-left window glitters, press SPEED UP or SPEED DOWN button to select your age (default 30), then press ENTER to confirm.
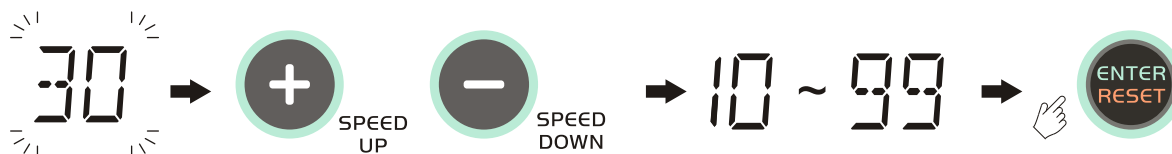
e. Bottom-right window glitters, press SPEED UP or SPEED DOWN button to select your gender (default 1), then press ENTER to confirm ("2" means female, "1" means male).
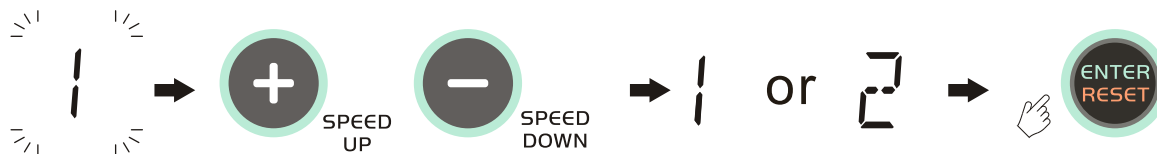
f. Press START/STOP button to begin the test.

g. After the test is done, the body type value shown in SPEED window, body fat ratio value shown in TIME window, BMI value shown in CALORIES window, and BMR value shown in DISTANCE window. The profile window shows a profile that is suitable for your own exercise.
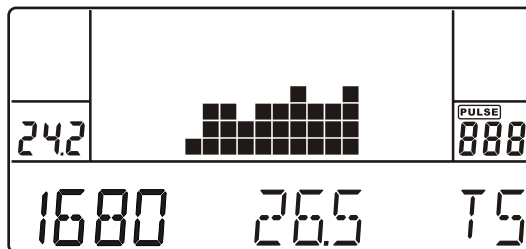
h. Press MODE button to go back to initial status or press ENTER to start exercise with the suggested profile.
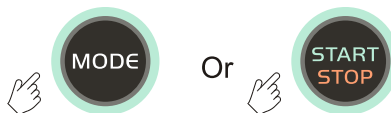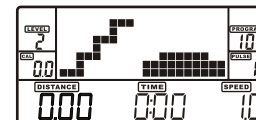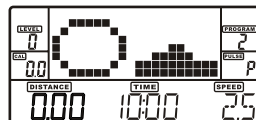
PROGRAM PROFILE (default)
Unit = Km / Hr
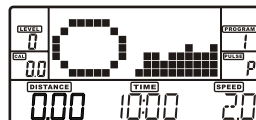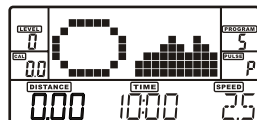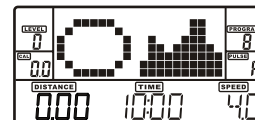
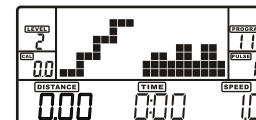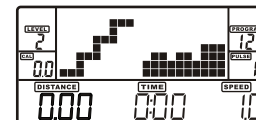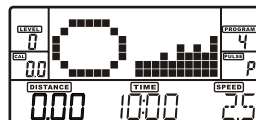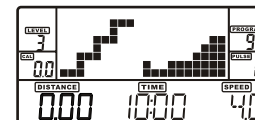|			
P1-SPEED	P5-SPEED	P8-SPEED	P10-INCLINE
P2-SPEED	P6-SPEED	P8-INCLINE	P11-INCLINE
P3-SPEED	P7-SPEED	P9-SPEED	P12-INCLINE
P4-SPEED	P7-INCLINE	P9-INCLINE	
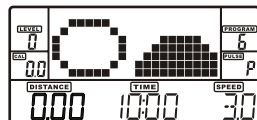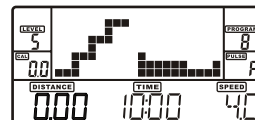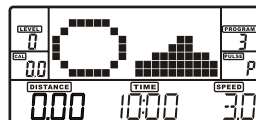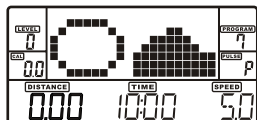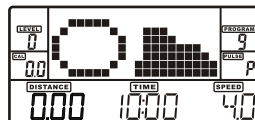
ERROR MESSAGE & TROUBLESHOOTING :
E1 : It indicates no signal picked up for 8 seconds and the monitor stops.
   Solutions :
   1. Please check all the wires if they are well connected or any connecting pins bent.
   2. Please consult dealer.
   3. Please proceed self-testing (remove POWER KEY, press and hold SPEED UP & START/STOP at the same time, then place POWER KEY back on while holding the two buttons. Press START/STOP to confirm all the values until the monitor shows 「cal」and automatically enter self-testing).

E2 : It indicates the problems of EEPROM IC chip. Either the ID code is incorrect or the data accessed from the IC chip is wrong.
   Solutions :
   1. Please change the monitor (consult dealer).

E3 : It indicates that VR value does not change in 5 seconds.
   Solutions :
   1. Please proceed self-testing (remove POWER KEY, press and hold ENTER & SPEED UP at the same time, then place POWER KEY back on while holding the two buttons).
   2. Check all the wires if they are broken, damaged, or connecting pins bent.
   3. Check if the fuse on incline controller was broken.
   4. Change monitor or MCB, then test the machine.(consult dealer)

E4 : It indicates the changing VR values picked up are different.
   Solutions :
   1. Please consult dealer.

E5 : It indicates during body fat test, there's no pulse signal input.
   Solutions :
   1. Re-enter the body fat program to input setting values, and make sure your both hands grip on the sensor properly.

REFERENCE

BMR : **The Basal Metabolic Rate,** is the amount of energy required to maintain the basal metabolism for a specified unit of time. Continuously throughout life, every body expends energy for the activities that keep it alive. These activities include breathing, producing heartbeats, maintaining body temperature and muscle tone, and the functioning of the glands, cells, and nervous system. Collectively, these life-sustaining processes are referred to as Basal Metabolism.

In most situations, BMR is estimated by taking into account various physical factors known to affect it, like Body size, Age, Sex, Health status, Thyroid hormone level, Reproductive status, Individual variation, Physical activity, Type of activity, Duration of activity, Body weight, Biological processing of food & Environmental factors.

It can be a great help to maintain your health if you have knowledge of BMR and your value of BMR.

BMI: Body Mass Index.

BMI Classification	Western People	Asia People
Underweight	<19	<18.5
Healthy Weight	19-24.9	18.5-22.9
Overweight	25-29.9	23.0-24.9
Heavily Overweight	30-34.9	25.0-29.9
Obese	>35	>30

FAT %: Body fat ratio. Which means percentage of fat in your weight. Normal FAT% for men is 12~25%, and 20~30% for women. Generally, a man's FAT% over 25% or a woman's over 30% is call fat. The value will show on screen from 5 ~ 50%.

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We reserve rights to revise specification, equipment, and maintenance information 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.

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