Program Operation

THE PAUSE FUNCTION

Pause the treadmill at any time during operation by   pressing
"STOP" button once.Rsume treadmill operation by pressing
the "START" button.

THE RESET FUNCTION

Reset workout program and time by holding "STOP" button for
few seconds until the program window displays "0.00" .Repeat the
above steps to reset desired programs,level and workout time.

Notes:
1) After press "START", there is a warming period for first 3 minutes at incline level 5 and speed 3.0km/hr.
2) After warming up, the program compares actual heart rate and target heart rate every 12-15 seconds.
3) If the actual heart rate is less than target heart rate, increases speed by 0.2km/h every time and increases incline by 1 once changing speed by 5 times. If the actual heart rate is reached target heart rate, decreases speed by 0.2km/h every time and decreases incline by 1 once changing speed by 5 times.
4) If the speed is increased up to max. target speed, then speed can not be increased anymore eventhough the actual heart rate is still less than target heart rate.
5) If it does not read heart rate signal from user in 30 seconds after warming up period, the treadmill stops into runend mode.