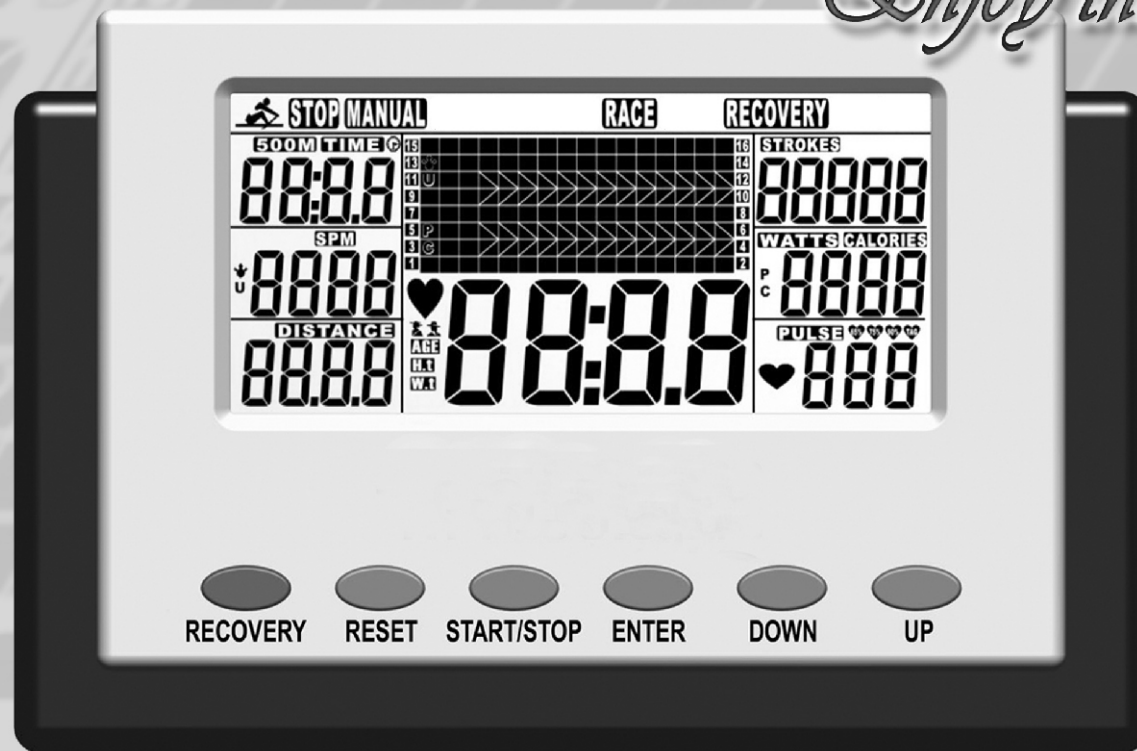


ST-5816 COMPUTER

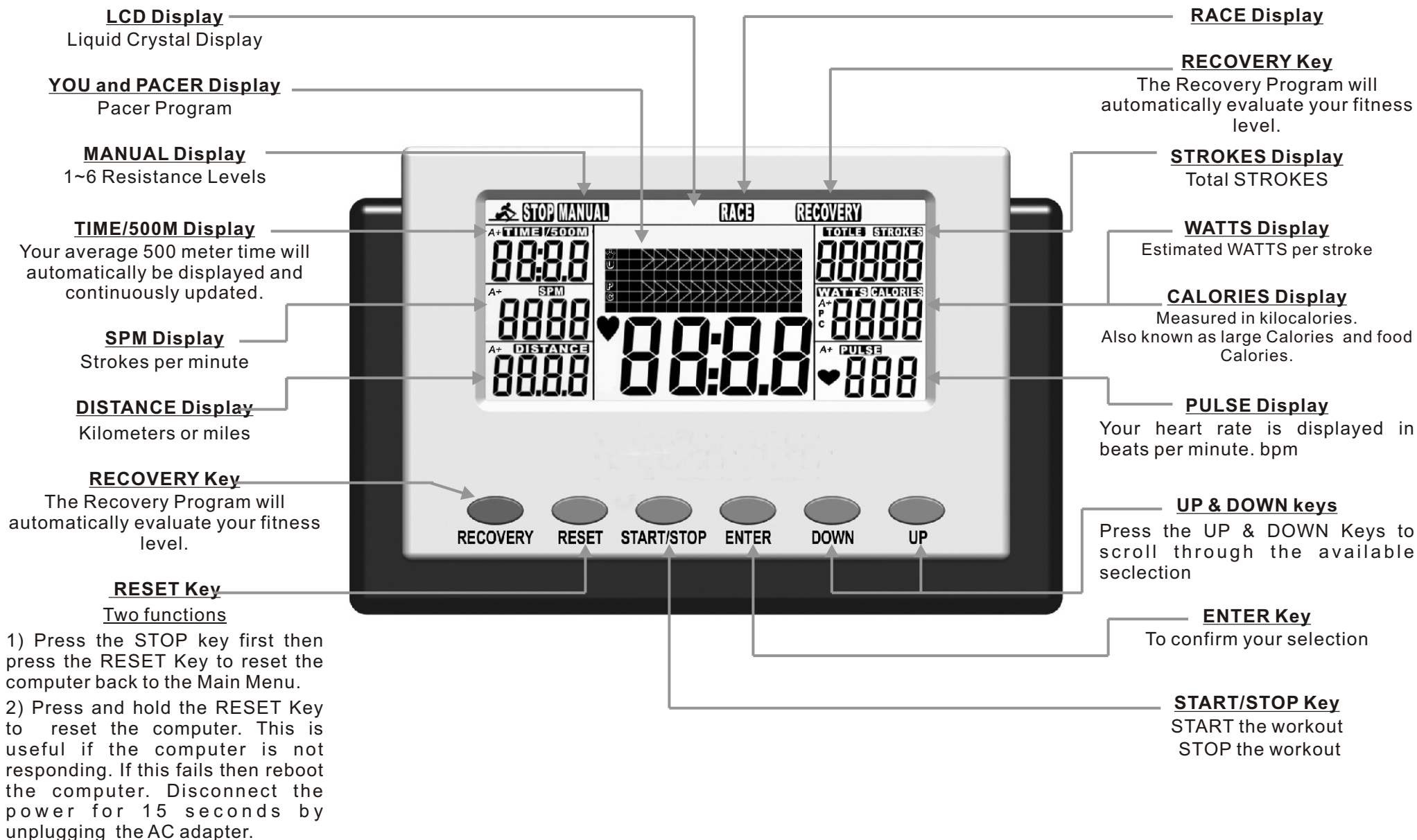
Enjoy the Sensation



COMPUTER INSTRUCTION

ST-5816 COMPUTER INSTRUCTIONS

Function Identification



COMPUTER INSTRUCTIONS

Power Functions

MANUAL COMPUTER:

This computer will work with batteries (2 x AA 1.5V).

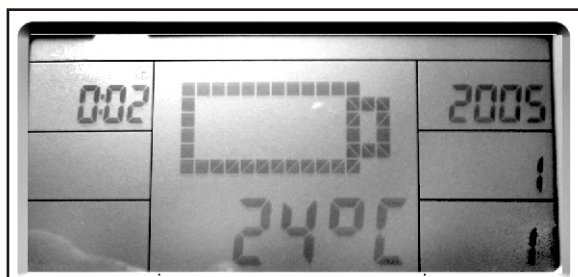
BATTERIES: Remove the battery cover as shown in the diagram below and install 2 pieces of R6P * UM-3 * SIZE"AA" * 1.5V or 4 pieces of R14UG * SUM2 * SIZE"C" * 1.5V batteries. Insure the batteries are correctly positioned and the battery springs are in proper contact with batteries. Replace the battery cover and insure it is tightly closed.

To prevent damaging the computer we suggest that you replace the batteries at least every six months. DO NOT mix old and new batteries. DO NOT mix different brands of batteries.

Battery life is approximately three months under normal use.

WARNING: If you plan to store your exercise machine for a long period of time then it is important to REMOVE the batteries to prevent damaging the computer.

LOW BATTERY Display: The low battery display will flash when the batteries need replacing.

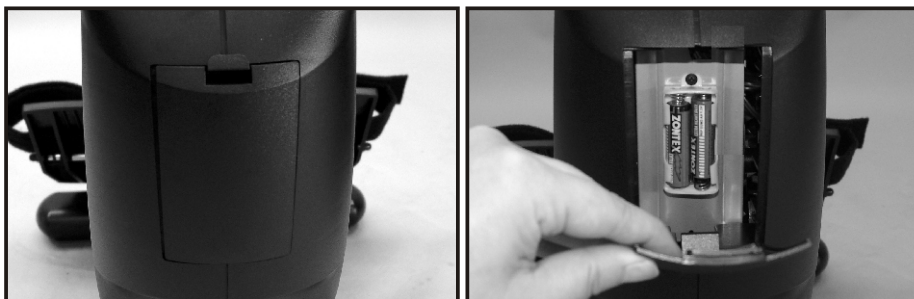


AUTO POWER ON: The computer will automatically turn on when the Dual Mode Rower is in use, or when any key on the computer is pressed.

AUTO POWER OFF (SLEEP): The computer will automatically sleep when the Dual Mode Rower is NOT in use (no RPM, PULSE & press any key) after 4 minutes.

NB: The computer will not memory any setting before sleep.

LCD Display: If the LCD display is illegible or only partial segments are displayed then reboot the computer. Disconnect the power for approximately 15 seconds by removing the batteries or disconnecting the plug-in adaptor.



Key Functions

There are six keys on the computer. Each key indicates its function. Press the keys with moderate pressure. DO NOT hit the keys as it may damage the computer.

UP & DOWN Key: Press the UP & DOWN Key to scroll through the available selection.

ENTER Key: Press the ENTER Key to confirm your selection.

START/STOP Key: Press the START/STOP Key to start the workout program you have selected. Press it again to stop your workout. Repress the START/STOP Key to resume your workout program. This information is useful if you are interrupted during your workout, by allowing you to return to your workout without the need of reprogramming the computer.

RESET Key: To reset the computer back to the Main Menu Or press the RESET Key for two seconds to total reset the computer.

RECOVERY Key: Press the RECOVERY Key to activate the Recovery Program which will automatically evaluate your fitness level. For more information see Recovery Program on page 13.

Display Functions

TIME, DATE and TEMPERATURE Display: The computer will automatically sleep when the exercise machine is not in use after approximately 4 minutes at which time the computer will go into the Display Mode displaying the Time (24hr), Date and Temperature (SLEEP MODE).

TIME Display: preset target time by pressing UP & DOWN buttons (1~99 minutes), each increase / decrease setting is 1 minute.

TIME / 500M Display: Computer will display the time needed to row 500 meters according to current speed.

DISTANCE Display: Preset target value by pressing UP & DOWN buttons (10~9990meters), each increase / decrease setting is 10 meters.

CALORIES Display: Measured in kilocalories. Also known as large Calories and food Calories.

STROKES Display: Preset target value by pressing UP & DOWN buttons (0~9999 strokes), each increase / decrease setting is 10.

TOTAL STROKES Display: Accumulates total strokes from 0 up to 9999.

WATT Display: The monitor will display current workout effort in figures.

PULSE Display: To preset target value by pressing UP & DOWN buttons from 30 ~240, each increase / decrease setting is 1. The monitor will display user's heart rate during training. The pulse measurement function is only used by chest belt system; the frequency of chest belt accepted by the monitor is 5 Khz.

RECOVERY Display: After exercising for a period of time and press RECOVERY button. All function display will stop except TIME starts counting down from 00:60 ~00:00. Screen will display your heart rate recovery status with the F1, F2 -----F6. Counting downkilometers per hour (km/h) or miles per hour (mph).

F1	F2	F3	F4	F5	F6
SUPER FIT	VERY FIT	FIT	FAIR	UNFIT	VERY UNFIT

ALARM:

Auto. ALARM for over the target setting.

MANUEEL COMPUTER UITLEG

Manual Program

When you enter into the picture of the MAIN MENU, the MANUAL & RACE will blink to be selected. Press UP or DOWN to select it, then press ENTER and confirm all what you have selected.

1) Enter into the MANUAL, press UP to set the flickering figure of the TIME. Press ENTER to confirm it. You can press UP to set DISTANCE (TIME)- STROKES - CALORIES - PULSE immediately (If you have set the target value for TIME then DISTANCE can't be set, vice versa.)

NB To quick start just press the start key and the computer will count from zero upwards.

2) When the function you have selected count backwards to ZERO or you have pressed the STOP Key, the monitor will STOP and display the average figure.

3) Adjust the manual Tension Knob, its figure will display in the matrix (Level 1~6)

Race Program

1) Enter into the RACE, L9 will glitter and the TIME / 500M may display with 4:00. You can press UP & DOWN to set (L1~L15) immediately, press ENTER to confirm. Then, you can set the distance of the RACE (500M~10000M) when the DISTANCE display is blinking.

PC BOAT SPEED LIST

L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15
8:00	7:30	7:00	6:30	6:00	5:30	5:00	4:30	4:00	3:30	3:00	2:30	2:00	1:30	1:00

2) Press ENTER and the picture of RACE will display on the screen.

3) Press START button to START the RACE, the USER & PC will display in the matrix. The monitor will STOP when one have reached the target distance of race, then the matrix displays "PC WIN or USER WIN" and may display the average value after 6 seconds.

NOTE: During your workout you can adjust the resistance levels by rotating the SELECT Dial.

Recovery Program

The Recovery Program will automatically evaluate your fitness level. The computer requires a pulse signal so you must be wearing a compatible chest band (for more information see Chest Bands on page 14).

1) With the computer powered up and in the stop mode. Press the RECOVERY Key.

2) The computer will analyze your heart rate recovery for one minute and display a result as follows.

F1.0~1.9: SUPER FIT
F4.0~4.9: FAIR

F2.0~2.9: VERY FIT
F5.0~5.9: UNFIT

F3.0 ~ 3.9: FIT
F6.0: VERY UNFIT