# EXERCISE MONITOR FOR JMR-4000

## FUNCTION BUTTON

MODE     PRESS TO SELECT FUNCTION .

## FUNCTIONS

SCAN     AUTOMATICALLY SCANS EACH FUNCTION IN SEQUENCE.

TIME     COUNTS TIME FROM ZERO UP TO 99:59 IN ONE SECOND INCREMENT.

COUNT     ACCUMULATES TOTAL WORKING COUNTS DURING EXERCISING, THE MAX IS UP TO 9999 COUNTS.

TOTAL COUNT     ACCUMULATES THE TOTAL WORKING COUNTS WHICH WILL BE KEPT DISPLAYING ON THE LCD
TO SHOW THE USER'S TOTAL COUNTS.(After replacing batteries, the count will set to default and start from zero.)

CALORIES     ACCUMULATES THE CALORIES CONSUMPTION DURING EXERCISE FROM ZERO TO MAX. VALUE 9999.
THIS IS A ROUGH GUIDE FOR REFERENCE ONLY. YOU MAY USE IT AS A COMPARISON OVER
SEVERAL EXERCISE SESSIONS.

## NOTE

1. WITHOUT ANY SIGNAL TRANSMITTED TO THE COMPUTER FOR 5 MINUTES, THE LCD WILL SHUT OFF
   AUTOMATICALLY TO CONSERVE THE BATTERY POWER.

2. PRESS "MODE" BUTTON OR START EXECISE ON THE EQUIPMENT SHALL TURN THE POWER ON.

3. PRESS AND HOLD "MODE" BUTTON FOR 4 SECONDS, ALL VALUE WILL BE RESET TO ZERO.(Except total count function)

4. THE COMPUTER OPERATES WITH 1 PC 1.5V AAA BATTERY.