Computer Manual - Proteus ISS-500
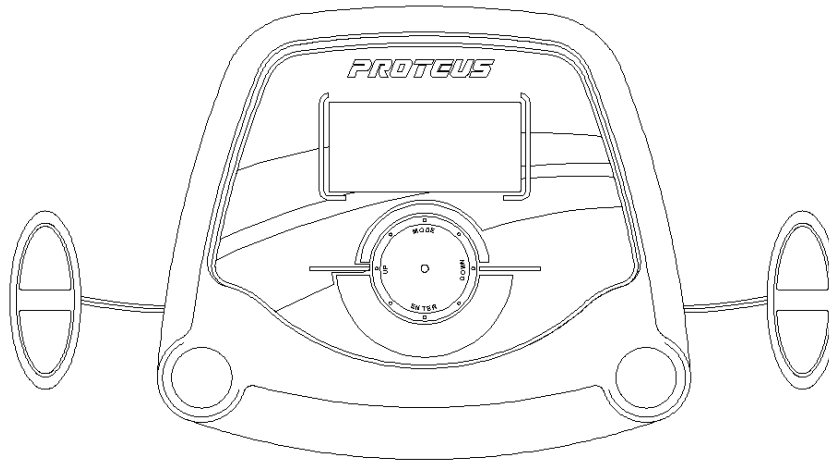

KEY GUIDE:

MODE   1. Select function and display on the screen during exercise.

      Scan – Time – Calorie – RPM – Count.

      2. Press this button to confirm the setting values of time, calorie and count.

      3. Hold two seconds to reset all of values to zero.

UP   Increase the setting value of the following functions.

      Time – Calorie – Pulse – Count.

DOWN   Decrease the setting value of the following functions.

      Time – Calorie – Pulse – Count.

ENTER   1. Press this button to enter setting mode.

      2. Select function to be preset.

      Time – Calorie – Pulse – Count.

      3. Press this button to confirm the setting values of pulse.

BATTERY REPLACEMENT:

1. Please install 2 pcs AA or UM-3 batteries in the battery case on the back of monitor.
2. Ensure that the batteries are correctly fitted. Battery must be correctly positioned and make sure the battery spring is properly contacted with battery.
3. Should the displays appear blank or display only partial segments remove the batteries, wait 15 seconds, and then replace again.
4. Whenever remove batteries, all the functional values will be to zero.

FUNCTION AND OPERATIONS

AUTO ON/OFF

The monitor will wake up automatically if the exercise machine is in motion. If stop exercising for over 4 minutes, monitor will turn off and reset all function values to zero.

SCAN

Press the button until the SCAN display on the screen. Monitor will display the following function and each function will keep 6 seconds on the screen. Scan – Time – Calorie – Pulse – RPM – Count.

TIME

Press the button until the Time display on the screen. Monitor will display the Time function on the screen.

Count up:

Without setting the time value, the monitor will count up the time from 00:00 ~ 99:59.

Count down:

Setting the exercise time from 1:00 ~99:00 minutes, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

RPM

Press the button until RPM display on the screen. Monitor will display step per minute on the screen.

CALORIE

Press the button until CAL display on the screen. Monitor will display accumulate the calorie consumption.

Count up:

Without setting the calorie value, the monitor will count up from 0.1 ~ 999.9
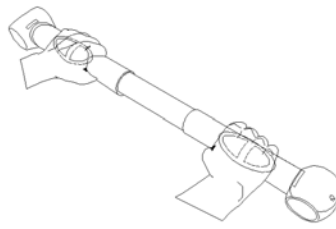
Count down:

Setting the calorie from 1.0 ~ 999.0, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

PULSE

Press the button until the ♥ display on the screen. The monitor will display your current heartbeat in beats per minute. The monitor is setup hand pulse detected system. Place the palms of your hands on the both of the contact pads and the monitor will show up your heartbeat rate in beat per minute (BPM) on the LCD display. If there is any difficulty in detecting signals, please rub your hands gently to improve blood circulation. The pulse display value is between 40 to 240 BPM.

Pulse limit:

Setting the value of pulse limit between 90 to 220, the monitor will measure your heartbeats. Once reach setting value, monitor will alarm twice every 6 seconds until your heartbeats under your setting value.

COUNT

Press the button until the count display on the screen. Monitor will display the total counts on the screen.

Count up:

Without setting the count value, the monitor will count up from 0 ~ 9999.

Count down:

Setting the count from 10 ~9990, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.