



HIT FITNESS

HIT00816

Hit Fitness HIIT Air Bike

USER MANUAL

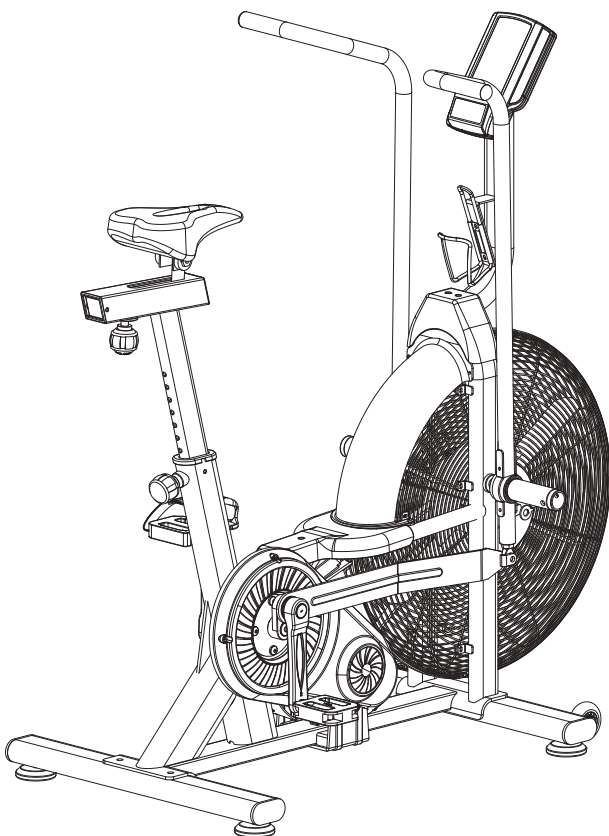


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SAFETY INFORMATION

GENERAL SAFETY GUIDELINES FOR FITNESS PRODUCTS

- Always read and understand the user manual equipment before assembling or operating any fitness equipment.
- Consult with a physician before starting any exercise program, especially if you have pre-existing health conditions.
- Wear appropriate attire. Ensure you wear comfortable clothing that doesn't hang below your wrist or ankles and non-slip athletic shoes.
- Keep the equipment clean and dry. Sweat or moisture can make surfaces slippery.
- Ensure adequate space around the equipment to avoid any obstructions during workouts (At least 50cm all around the machine)
- Children and pets should be kept away from the equipment when in use.

BEFORE YOU BEGIN

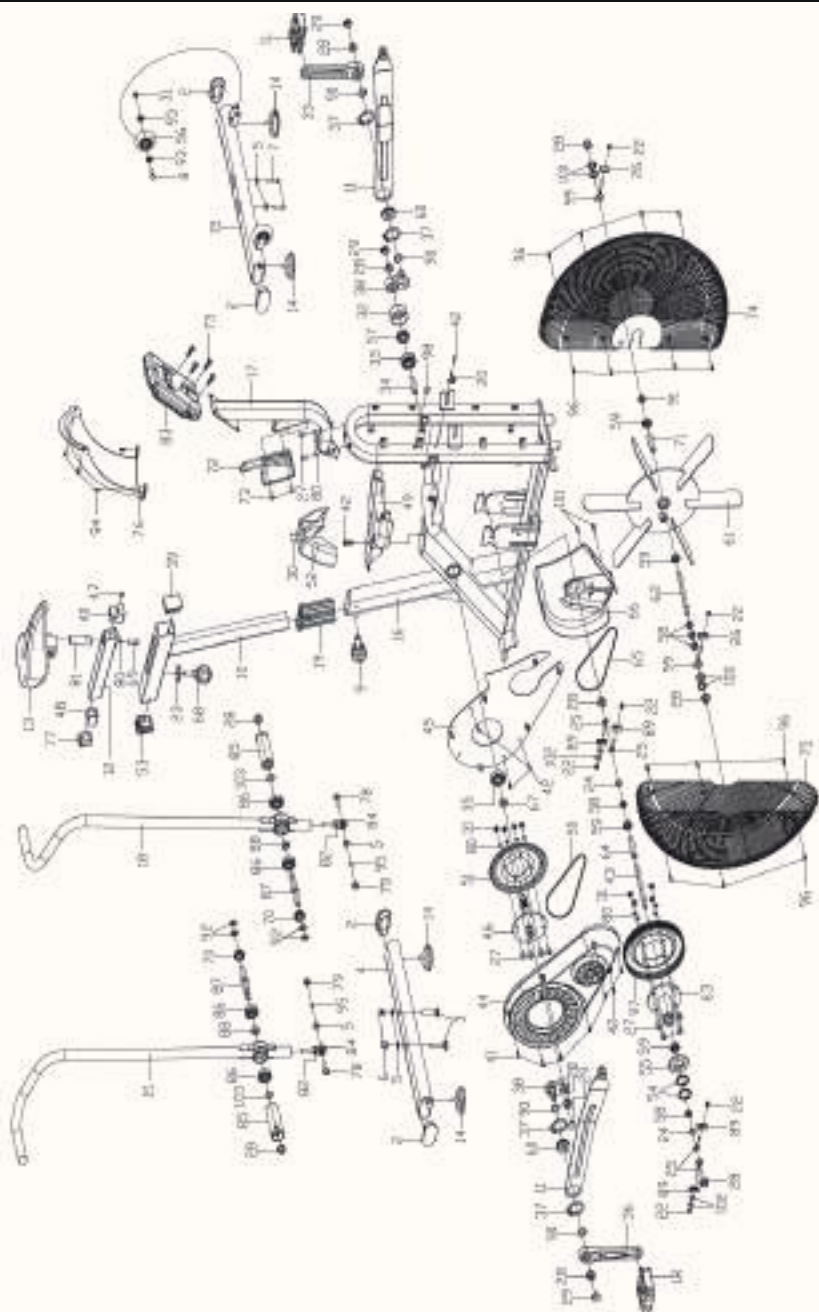
CHOOSING THE RIGHT LOCATION

Selecting the right location for your treadmill is crucial for safety and optimal performance.

Consider the following when choosing a location:

- **Stable Surface:** Place the Air bike on a flat, stable surface to prevent wobbling or tilting during use.
- **Ventilation:** Ensure the room has adequate ventilation. A fan or open window can help circulate air during workouts.
- **Space:** Leave at least 0.5 meters (about 1.5 feet) of space on each side of the Air Bike and 1 meter (about 3 feet) of space at the rear to ensure safety during use and to accommodate any movement during intense workouts.
- **Away from Moisture:** Avoid placing the Air bike near water sources or in damp areas to prevent electrical hazards and potential damage to the machine.

EXPLODED VIEW



HARDWARE LIST

NO	NAME	QUANTITY	SPEC
1	PEDA	1	4084V (6-87)
2	END CAP	4	804P20
3	CARRIAGE BOLT	3	GB T 12-1988 M10*5
4	HEAR STRAPLON	1	WELLING
5	FLAT WASHER	6	GB/T 30-2002 75
6	COARD NUT	3	GB/T 680-1988 M10
7	BOLT 1	2	GB/T 12-2008 M10*8
8	BOLT 2	2	GB/T 12-2008 M10*6
9	WASHER	1	GB/T 30 (M10)
10	CONTROL SCAF POST	1	WELLING
11	SPRING WASHER	3	WELLING
12	HEAT RUST	1	WELLING
13	WELT	1	K3-008
14	STOPPER	4	GB/T 28-2002
15	FRONT STABILIZER	1	WELLING
16	WASHER	1	WELLING
17	WASHER WITH LOCKING WASHER	1	WELLING
18	The extendable assembly	1	WELLING
19	PLASTIC SLIM	1	M12*1.5 M14*2.0
20	WASHER	1	GB/T 30-2002
21	Right handle assembly	1	WELLING
22	NUT	6	GB/T 689 1,2000 M6
23	WASHER 2	1	GB/T 30 175
24	FLAT WASHER	2	GB/T 30-2002 52 (11-2)
25	CARRIAGE BOLT	4	M10*5
26	Put out the best price	3	51
27	BOLT 1	10	GB/T 12-2008 M10*8
28	NUT	10	M10 1.5 PLUM
29	CARRIAGE BOLT CAP	4	GB/T 12
30	SCREW 1	2	GB 845-85 ST4.8A33
31	NUT	10	GB/T 689 1,2000 M6
32	PLASTIC RING	1	GB/T 26
33	LEFT COVER	1	GB/T 15-1988 (M10)
34	LONG RUBBER TUBE	1	GB/T 680 2*11.2
35	BEARING	3	600402
36	RIGHT COVER	1	GB/T 15-1988 (M10)
37	Slide spring	4	42
38	Crank pin assembly	2	8P10
39	Square inner stop	1	GB/T 12
40	Fronding of slide table	1	8P10
41	SCREW 1	6	GB/T 845-1985 ST4.2*15
42	SCREW 2	6	GB/T 845-1985 ST4.2*18
43	Fronding spindle	1	8P10
44	CHAIN COVER 1	1	GB/T 20100
45	CHAIN COVER 2	1	8P10 (M10)
46	WASHER	1	GB/T 30
47	SCREW 4	1	GB/T 845-1985 ST4.2
48	Adjuster screw	1	GB 550
49	Upper guard	1	GB/T 20100
50	RIGHT COVER (WHEEL)	1	GB/T 15

HARDWARE LIST

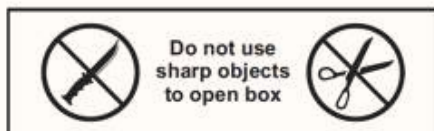
ID	NAME	QUANTITY	SPEC.
01	BELT WHEEL	1	PH212H021
02	Interaxial roller bearing	1	180T104
03	Roll adjusting mechanism	1	MR01 0020
04	LOOK NUT	2	MT14
05	CHAIN PIVOT 1	1	2PK-60-127-157-167-177-1
06	WHEEL	2	g7004
07	FRAG-ROCK	1	MR13
08	FRAG-ROCK 2	3	MR0125-4FR
09	WASHER	4	00402
10	WASHER	2	00402
11	Roll assembly	1	WELL06
12	FLYWHEEL ROCKET	1	g02-00
13	DOUBLE-ROCK MECHANISM	1	PT0200
14	Double roller bearing	1	g100-0-270-11
15	BELT	1	SPR003-130-000-0-00-0
16	CHAIN COVER 0	1	240-20700
17	SHORT PIVOT SHAFT	1	g07-00-07
18	SHAFT PIVOT	1	g0700-00070
19	NUT	3	08T-08-1-2000-008-0-0T
20	Coated roller bearing	1	g100-0-270-11
21	ROLLER ASSEMBLY	1	all
22	SCREW 2	6	08T-08-080-080-0T0
24	Roller main cover stop	1	g02-1-0
25	Roller main cover stop	1	g02-1-0
26	Roller stop	1	230-10-006
27	Stopper main stop	1	2000-0
28	NUT 0	2	08T-08-08-1-08T-1
29	NUT	2	08T-08-08-1-08T-1-0
30	SPRING WASHER	11	08T-08-08T-0
31	Roller main roller stop	1	g02-1-0
32	NUT	2	08T-08-1-2000-08T-1-0-0800
33	COMPLIANCE	1	200-10-07
34	Assemblage	2	0200-00PT-0
35	Roller stop	2	g07-1000-001-0
36	WASHER	4	00402
37	Roller stop	2	g07-1000-001-0
38	Roller stop (top)	2	g07-100-001-0
39	Spring assembly	4	01
40	Coated roller bearing	1	g02
41	FRAG-ROCK 1	1	MR0125-4FR
42	Turned gear	4	08T-08-200-08T-0
43	WASHER	4	00402
44	SCREW 0	4	08T-08-08-1-08T-1-0
45	SPRING WASHER	2	08T-08-08T-0
46	SCREW 2	14	08T-08-100-08T-0
47	BELT WHEEL	1	g00004
48	FRAG-ROCK	1	g1004
49	FRAG-ROCK 2	2	MR01
50	Coated roller bearing	4	08T-08-200-08T-0
51	SCREW 2	2	08T-08-100-08T-0
52	Large gear	2	08T-08-200-08T-0-0
53	Coated roller bearing	2	011

ASSEMBLY INSTRUCTIONS

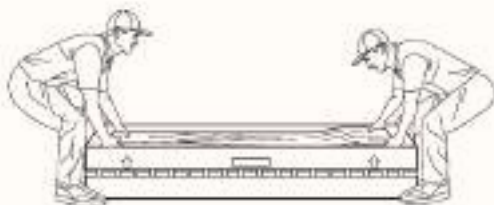
UNPACKING AIR BIKE

- **Position the Box:** Place the box in the location where you intend to use the Air bike. This will make the setup process smoother.
- **Open the Box:** Carefully cut the tape and open the box. Avoid using sharp objects that might damage the product.
- **Remove Packaging Materials:** Take out all packaging materials and set them aside. It's a good idea to keep the packaging for at least 30 days in case you need to return or move the Air bike.
- **Lift Out the Air Bike:** With the help of another person, gently lift the Air Bike out of the box and place it on the floor.

Placing the box in a corner, with an outlet on the wall.
2 persons putting the box on the ground

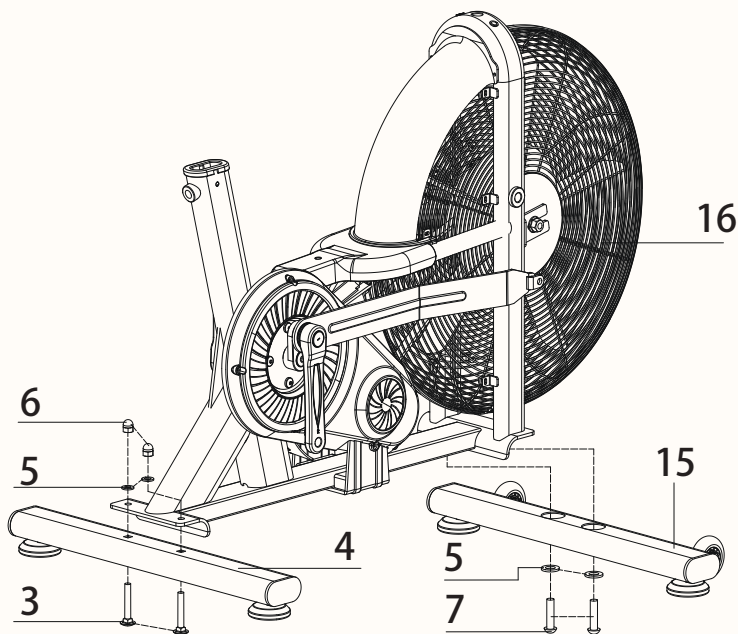


Lifting the treadmill out of the box,
with 2 person with their back straight



ASSEMBLY INSTRUCTIONS

STEP 1

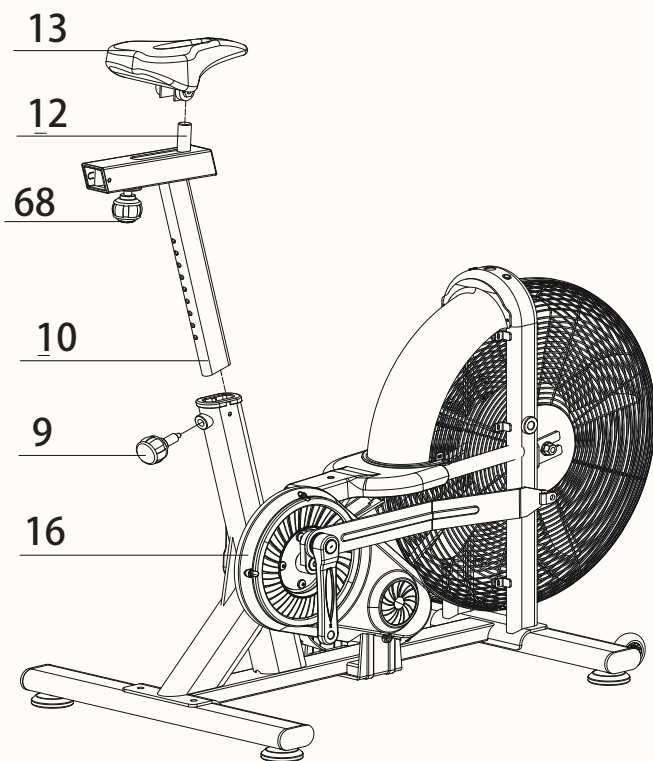


Attach the Front Stabilizer (15) to the Main Frame (16) using two sets of \varnothing ia.10m m Flat Washers (5) and bolt 1 (7).

Attach the Rear Stabilizer (4) to the Main Frame (16) using two sets of \varnothing ia.10m m Flat Washers (5) ,DOMED NUT(6)and bolt 1 (3)

ASSEMBLY INSTRUCTIONS

STEP 2

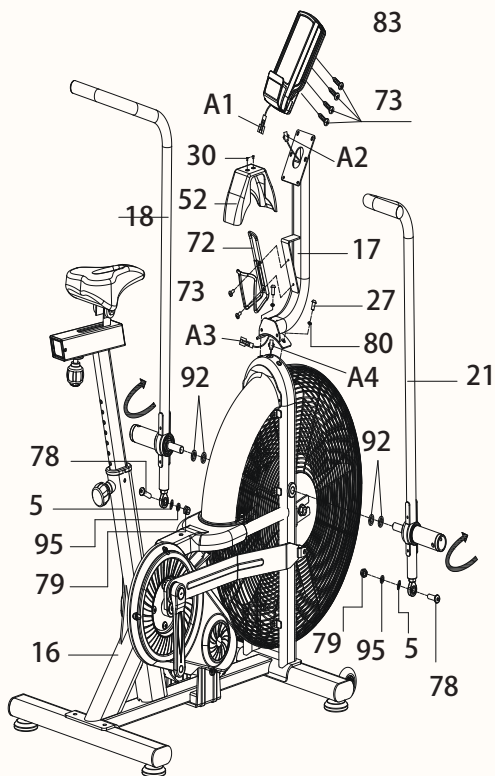


Insert the cushion adjustment tube assembly (10) into the bushing on the main frame assembly (16) and adjust to tighten the elastic latch (9). Lock (13) to the cushion slide assembly (12) by loosening the lock nut on the seat pad (13), adjust to the proper position and tighten the ball knob (68).

Now fix the Seat (13) to the Seat Post (12) as shown, and tighten the bolts around the screws under the seat.

ASSEMBLY INSTRUCTIONS

STEP 3



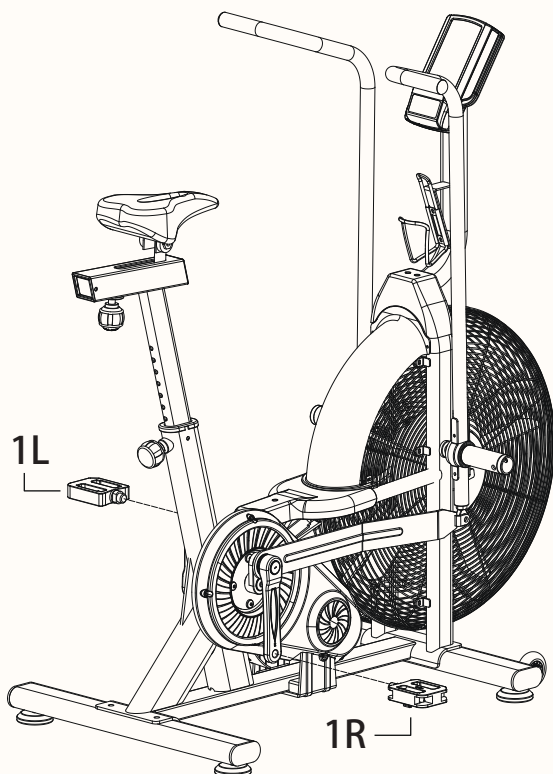
The left hand assembly (18), the right wrench assembly (21) and the outer tooth type gasket (92) are fixed to the main frame assembly (16) in accordance with the graphic method, the inner six angle flat head screws (78), flat washer (5), Spring washer (95), the lock nut (79) drive assembly connected then, locking; electronic connection assembly (17) with six angle flat head screws (27) fixed to the main frame assembly (80), the cross slot screw (73) will Aluminum Alloy kettle (72) fixed to the main frame assembly (16)

ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY

The electronic meter assembly (83) with cross slot screw (73) fixed to the electronic connection assembly (17), connect the plug (A1&A2),

ASSEMBLY INSTRUCTIONS

STEP 4



The Pedals (p1 L & p1 R) are marked "L" and "R" - Left and Right.

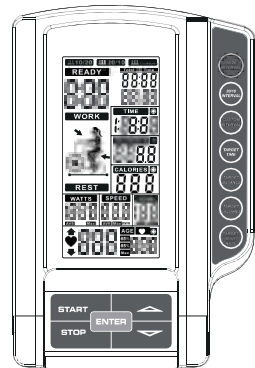
Connect them to their appropriate crank arms. The right crank arm is on the right- hand side of the cycle as you sit on it.

Note that the Right pedal should be threaded on clockwise and the Left pedal counterclockwise .

Monitor Instruction Manual

DISPLAY FUNCTIONS

TIME	DESCRIPTION
RPM	• Display the rotation per minute with range from 0~ 199.
SPEED	• Display current training speed. Maximum speed is 99.9 KM/H or ML/H.
TIME	• Count up - No preset target, Time will count up from 00:00 to maximum 1:59:59 with each increment is 1 minute. • Count down – The console will countdown from preset time to 00:00:00 and each preset increment or decrement will be 1 minute between 00:01:00 to 1:59:00.
DISTANCE	• Accumulates total distance from 0.0 up to 999.9 KM or ML or count down from preset value. User may preset target distance value with UP/DOWN key. Each increment is 1.0KM or ML.
CALORIES	• Accumulates calories consumption or count down during training from 0 to maximum 999 calories. User may preset target Calories with UP/DOWN key.
WATT	• Display the power consumption during training. • Display Range: 0~1999.
PULSE	• User may set up target pulse value from 0~30 to 230 and the console buzzer will beep when the actual heart rate is over the target value during workout.



BUTTON FUNCTION

TIME	DESCRIPTION
START	• To start workout quickly or resume workout in Stop mode.
STOP	• To stop/pause workout. • To clear up all settings. • Hold on this key for 2 seconds to reboot the console
DOWN	• To adjust Distance, Calories, Heart-rate, Time, Age value down.
UP	• To adjust Distance, Calories, Heart-rate, Time, Age value up.
Target Distance	• Fast access to Target Distance training mode.
Target Calories	• Fast access to Target Calories training mode.
Target Heart-rate	• Fast access to Target Heart Rate training mode.
Target Time	• Fast access to Target Time training mode.
Interval	• There are 3 programs: INTERVAL 10/20, INTERVAL 20/10, Custom.
ENTER	• To confirm settings or enter program.

OPERATION INSTRUCTION

1. When POWER ON, LCD will full display 2s (Figure 1) with long beep sound, then display wheel diameter 1s in DIST area (Figure 2). Then enter into AGE setting mode, the AGE flashing to be set (Figure 3). Press the UP/DOWN to set age and press ENTER to confirm then go to Standby mode.

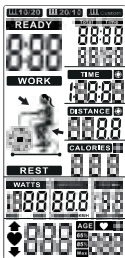


Figure 1

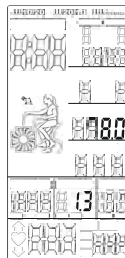


Figure 2

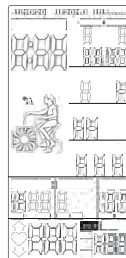


Figure 3

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2. The window of INTERVAL:020, INTERVAL:020, INTERVAL-CUSTOM, READY, WORK, REST, TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM and  will flash by sequence in every 1s (Figure 4-Figure 16).
If no input of key operation or RPM signal or pulse input for 60s, computer will go to Sleeping mode.

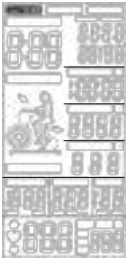


Figure 4

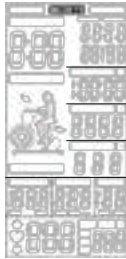


Figure 5



Figure 6



Figure 7

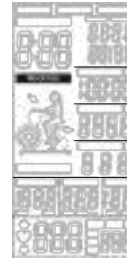


Figure 8

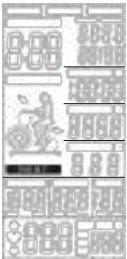


Figure 9

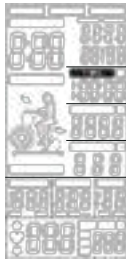


Figure 10

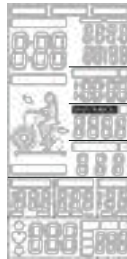


Figure 11



Figure 12

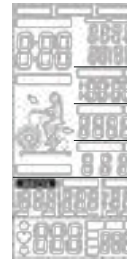


Figure 13

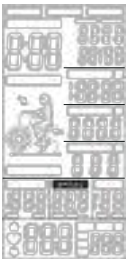


Figure 14

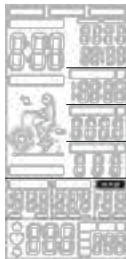


Figure 15



Figure 16

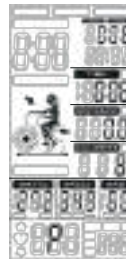


Figure 17



Figure 18

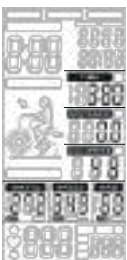


Figure 19

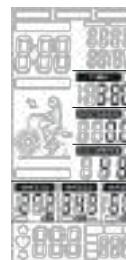


Figure 20



Figure 21



Figure 22

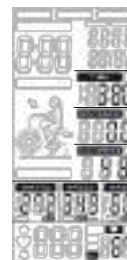




Figure 23

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3. Select **Manual, Interval, Target Distance, Target Calories, Target HR, Target Time** program:

3.1 Manual mode:

- ① In Standby mode, press START to start workout quickly, the buzzer sound 1 second. TOTAL TIME/ TIME/DISTANCE/ CALORIES/ WATTS/ SPEED/ RPM start to count up (Figure 17).
- ② Whenever there is Pulse signal input,  will light up and  symbol will flash and display pulse value (Figure 18). Without pulse input, it will display "P" (Figure 17).
- ③ No signal input for 30s, buzzer sounds 1 short beep and enter to Wake-up mode. Press any to wake up the console.
- ④ Press START key once to pause training, Buzzer will sound for 0.5s in every 30s. All values are displaying on LCD and flashing in every 4s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.
- ⑤ Press STOP key, TIME will display total workout time; DISTANCE will display total workout distance; CALORIES will display total consumption during workout; WATT, SPEED and RPM will switch to display AVG. & MAX. PULSE window will switch to display 65%, 85% MAX (Figure 21~23) each 5s.
- ⑥ With pulse signal input, PULSE window will display user actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19~20).
- ⑦ Press any PROGRAM key then perform the program accordingly.

3.2 Interval 20/10 mode:

- ① Press INTERVAL key to select INTERVAL20/10, press ENTER then **INTERVAL20/10** will light up, along with a long sound for 1s.
- ② Cycle time counts down from 3 to 0 then console start, meanwhile buzzer beeps once per second and **READY** flashes once per second, counting displays '00/08' (Figure 24).
- ③ Cycle time counts down from 20 to 0 and **WORK** flashes once per second. Meantime windows displays rotation animation and count down from 4 minutes. Then TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED & RPM start calculating, counting displays '01/08' (Figure 25).
- ④ Cycle time counts down from 10 to 0 and **REST** flashes once per second along with 10 beeps (Figure 26), meanwhile **READY** will flash in last 3s (Figure 27).
- ⑤ The above ③&④ continue cycle counting and add 1 per each cycle, until displays 08/08 **WORK**, then go to End page.
- ⑥ Press START button once enter into PAUSE mode, Buzzer will sound for 0.5s in every 30s. All values are displaying on LCD and flashing in every 4s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.
- ⑦ Press STOP or end up training, buzzer beeps 1s then displays TOTAL TIME, DISTANCE, CALORIES for 30s, and WATT, SPEED & RPM will switch to display AVG. & MAX. PULSE window will switch to display 65%, 85% MAX (Figure 21~23) each 5s.
- ⑧ With pulse signal input, PULSE window will display user actual pulse and 65%, 85% MAX (Figure 21~23). Pulse window displays nothing if no pulse signal input (Figure 19~20).
- ⑨ Press any PROGRAM key then perform the program accordingly.

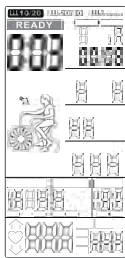


Figure 24

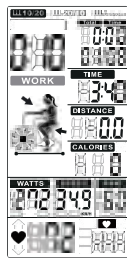


Figure 25



Figure 26

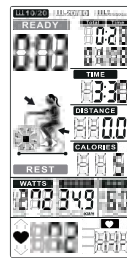


Figure 27

3.3 Interval 10-20 mode:

- ① Press INTERVAL to select INTERVAL10/20, press ENTER then **INTERVAL10/20** will light up along with buzzer beeps 1s.
- ② Cycle time counts down from 3 to 0 then console start, meanwhile buzzer beeps once per second and **READY** flashes once per second, counting displays '00/08' (Figure 28).
- ③ Cycle time counts down from 10 to 0 and **WORK** flashes once per second. Meantime **REMAINING** will light up and count down from 4 minutes. Then TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED & RPM start calculating, counting displays '01/08' (Figure 29).
- ④ Cycle time counts down from 20 to 0 and **REST** flashes once per second along with beeps (Figure 30), meanwhile **READY** will flash in last 3s (Figure 31).
- ⑤ The above ③&④ continue cycle counting and add 1 per each cycle, until displays 08/08 **WORK**, then go to End page.
- ⑥ Press START button once enter into PAUSE mode, Buzzer will sound for 0.5s in every 30s. All values are displaying on LCD and flashing in every 4s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.
- ⑦ Press STOP or end up training, buzzer beeps 1s then displays TOTAL TIME, DISTANCE, CALORIES for 30s, and WATT, SPEED & RPM will switch to display AVG. & MAX. PULSE window will switch to display 65%, 85% MAX (Figure 21~23) each 5s.
- ⑧ With pulse signal input, PULSE window will display user actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19~20).
- ⑨ Press any PROGRAM key then perform the program accordingly.

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Figure 28



Figure 29

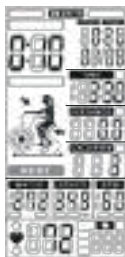


Figure 30



Figure 31

3.4 Interval CUSTOM:

- ① Press INTERVAL to select INTERVAL CUSTOM, press ENTER to enter into this mode then **INTERVAL CUSTOM 00/XX** flashes to be set along with buzzer beeps 1s. Press UP/DOWN to set 00/XX within 1~99 Circularly. Press ENTER to confirm along with buzzer beeps 1s then enter into next setting.(Figure 32)
- ② The TIME continues lighting up, **WORK** and 0:01 will flash, press UP/DOWN to set training time within 0:00~9:59 circularly (Figure 33). Press ENTER to confirm along with buzzer beeps 1s and **INTERVAL CUSTOM** continues lighting up.
- ③ The TIME continues lighting up, **REST** will flash, press UP/DOWN to set rest time 0:01~9:59 circularly (Figure 34). Press ENTER to confirm along with buzzer beeps 1s and **INTERVAL CUSTOM** continues lighting up.
- ④ Cycle time counts down from 3 to 0 then console start, meanwhile buzzer beeps once per second and **READY** flashes once per second, counting displays '00/XX'(Figure 35).
- ⑤ Cycle time counts down from the preset total time and **WORK** flashes once per second . Then TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED & RPM start calculating, counting displays '01/XX'(Figure 36).
- ⑥ Cycle time counts down from and **REST** flashes once per second along with buzzer beeps(Figure 37), meanwhile **READY** will flash in last 3s(Figure 38).
- ⑦ The above ③&④ continue cycle counting and add 1 per each cycle, until the WORK setting value finished then go to End page.
- ⑧ In **WORK** mode, buzzer beeps 1s then enter into wake up mode if no any signal inputs within 30s.
- ⑨ Press START button once enter into PAUSE mode, Buzzer will sound for 0.5s in every 30s. All values are displaying on LCD and flashing in every 4s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.
- ⑩ Press STOP or end up training, buzzer beeps 1s then displays TOTAL TIME, DISTANCE, CALORIES for 30s, and WATT, SPEED & RPM will switch to display AVG. & MAX. PULSE window will switch to display 65%, 85% MAX (Figure 21~23) each 5s.
- ⑪ With pulse signal input, PULSE window will display user actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19~20).
- ⑫ Press any PROGRAM key then perform the program accordingly.



Figure 32

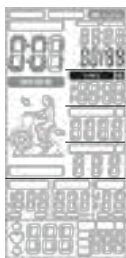


Figure 33

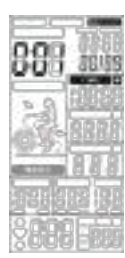


Figure 34

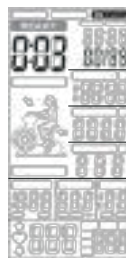


Figure 35

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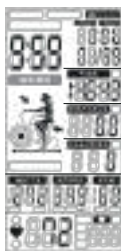


Figure 36

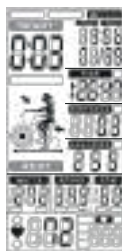


Figure 37

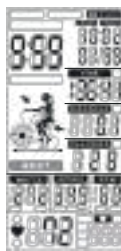


Figure 38

3.5 Target TIME mode:

- ① In Standby mode, press Target Time key and, **TIME** will light up, along with a long sound for 1s.
- ② TIME value is flashing, press UP and DOWN to adjust value (Figure 39) and press ENTER to confirm meanwhile buzzer beeps 1s and **TIME** lasting lighting up.
- ③ Preset TIME value counts down , DISTANCE, CALORIES, WATTS, SPEEED, RPM start to count up. (Figure 40)
- ④ Press START button once enter into PAUSE mode, Buzzer will sound for 0.5s per second within 30s. All values are displaying on LCD and flashing in every 2s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.
- ⑤ No signal inputs for 30s, buzzer sounds 1 short beep and enter to Wake-up mode.
- ⑥ Press STOP or end up training, TIME will display total workout time; DISTANCE will display total workout distance; CALORIES will display total consumption during workout; WATT, SPEED and RPM will switch to display AVG. & MAX. PULSE window will switch to display 65%, 85% MAX (Figure 21~23) each 5s.
- ⑦ With pulse signal input, PULSE window will display user actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19~20).
- ⑧ Press any PROGRAM key then perform the program accordingly.



Figure 39

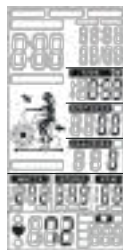


Figure 40

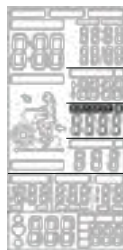


Figure 41

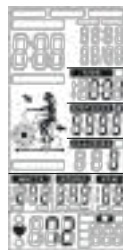


Figure 42

3.6 Target Distance mode:

- ① In Standby mode, press Target Distance key and, **DISTANCE** will light up, along with a long sound for 1s.
- ② DISTANCE value is flashing, press UP and DOWN to adjust (Figure 41). Press ENTER to confirm meanwhile buzzer beeps 1s and **DISTANCE** lasting lighting up.
- ③ Preset DISTANCE value counts down , TIME, CALORIES, WATTS, SPEEED, RPM start to count up. (Figure 42)
- ④ Press START button once enter into PAUSE mode, Buzzer will sound for 0.5s per second within 30s. All values are displaying on LCD and flashing in every 2s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.
- ⑤ No signal input for 30s, buzzer sounds 1s and enter to Wake-up mode.
- ⑥ Press STOP key or end up training, TIME will display total workout time; DISTANCE will display total workout distance; CALORIES will display total consumption during workout; WATT, SPEED and RPM will switch to display AVG. & MAX. PULSE window will switch to display 65%, 85% MAX (Figure 21~23) each 5s.
- ⑦ With pulse signal input, PULSE window will display user actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19~20).
- ⑧ Press any PROGRAM key then perform the program accordingly.

3.7 Target Calories mode:

- ① In Standby mode, press Target Calories key and, **CALORIES** will light up, along with a long sound for 1s.

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- ② CALORIES value is flashing, press UP and DOWN to adjust (Figure 43). Press ENTER to confirm meanwhile buzzer beeps 1s and CALORIES lasting lighting up
- ③ Press CALORIES value counts down, TIME, DISTANCE, WATTS, SPEED & RPM start to count up. (Figure 44)
- ④ Press START button once enter into PAUSE mode. Buzzer will sound for 0.5s per second within 30s. All values are displaying on LCD and flashing in every 2s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.
- ⑤ No signal input for 30s, buzzer sounds 1s and enter to Wake-up mode.
- ⑥ Press STOP key or end up training, TIME will display total workout time; DISTANCE will display total workout distance; CALORIES will display total consumption during workout; WATT, SPEED and RPM will switch to display AVG. & MAX. PULSE window will switch to display 65%, 85% MAX (Figure 21~23) in each 5s.
- ⑦ With pulse signal input, PULSE window will display user actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19-20).
- ⑧ Press any PROGRAM key then perform the program accordingly.

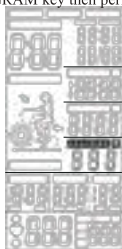


Figure 43

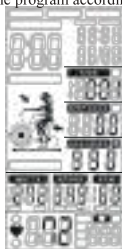


Figure 44



Figure 45



Figure 46

3.8 Target HR mode:

- ① In Standby mode, press Target Heart-Rate key and AGE, HEART RATE will light up, along with along sound for 1s.
- ② AGE value is flashing, press UP and DOWN to preset your Age (Figure 45). Press ENTER to confirm along with buzzer beeps 1s and HEART RATE last lighting up.
- ③ When start workout, MAX HR lights up, 65% & 85% Heart rate will switch to display. TIME/ DISTANCE/ CALORIES/ WATTS/ SPEED/ RPM will calculate workout value (Figure 46).
- ④ When Heart Rate goes below to 65%, 65% & 85% value will flash. And buzzer sounds in every 10s until user HR achieve above 65% (Figure 47).
- ⑤ When Heart Rate exceeds to 85%, 65% & 85% value will flash. And buzzer sounds in every 10s until user HR goes below 85% (Figure 48).
- ⑥ When Heart Rate goes between 65% ~ 85%, only HEART RATE will flash (Figure 49).
- ⑦ No signal input for 30s, buzzer sounds 1 short beep and enter to Wake-up mode.
- ⑧ Press START button once enter into PAUSE mode. Buzzer will sound for 0.5s per second within 30s. All values are displaying on LCD and flashing in every 2s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.
- ⑨ Press STOP again or end up training in 15s, TIME will display total workout time; DISTANCE will display total workout distance; CALORIES will display total consumption during workout; WATT, SPEED and RPM will switch to display AVG. & MAX. PULSE window will switch to display 65%, 85% MAX (Figure 21~23) each 5s.
- ⑩ With pulse signal input, PULSE window will display user actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19-20).
- ⑪ Press any PROGRAM key then perform the program accordingly.

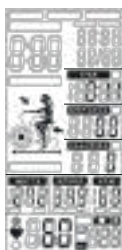


Figure 47

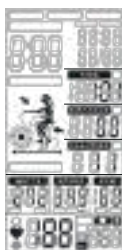


Figure 48

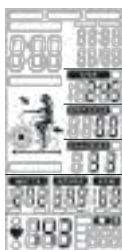


Figure 49

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OPTION SETTING:

SETTING mode-

1. Hold on START&ENTER key for 2s, buzzer will sound 1 long beep. SPEED keep lighting up, M/H,KM/H flash once per second (Figure 50-51).
2. Press UP or DOWN to select KM/H or M/H, press ENTER to confirm then skip to Standby mode.
3. No action to console for 30s, it will go to Standby mode.

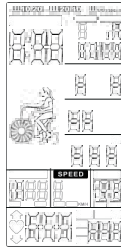


Figure 50

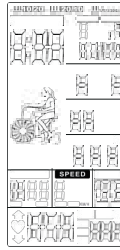


Figure 51

RESET mode-

1. In any mode, press STOP for 2s, system will do TOTAL RESET.
2. LCD flash in every 2 seconds, buzzer sound for 2 seconds.
3. Reverse to Standby page, all setting resume to preset value.

SLEEPING mode-

- In Standby mode, if no key press/RPM/pulse input for 30s, console will go to SLEEPING mode.