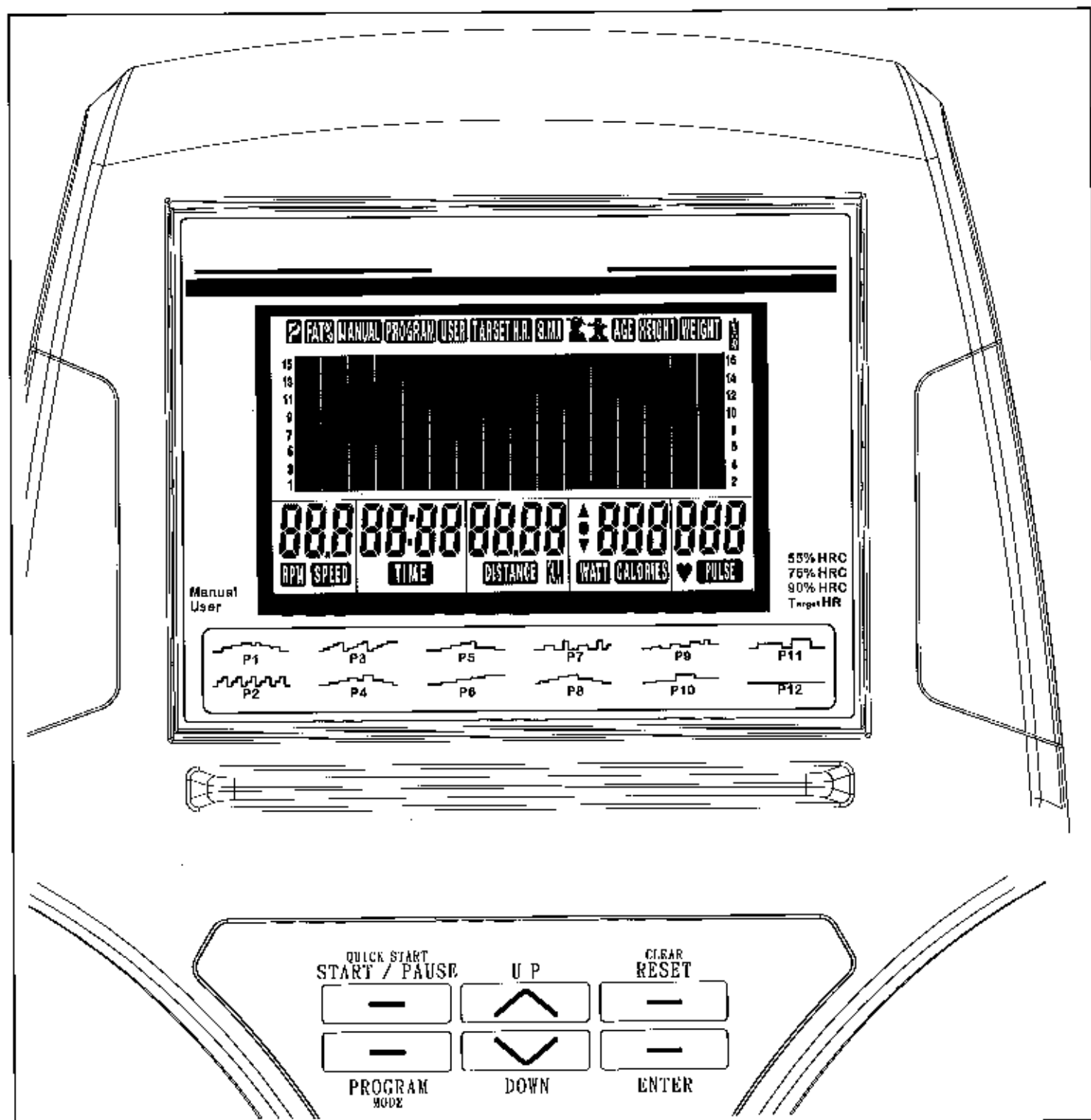## CONSOLE OVERVIEW

- ◆ The console display may vary slightly from the actual console display, the above console overview is for reference only
- ◆ The console has metric and imperial system difference due to the usage of the different countries - Distance: 0.0~99.9 Km/Mile
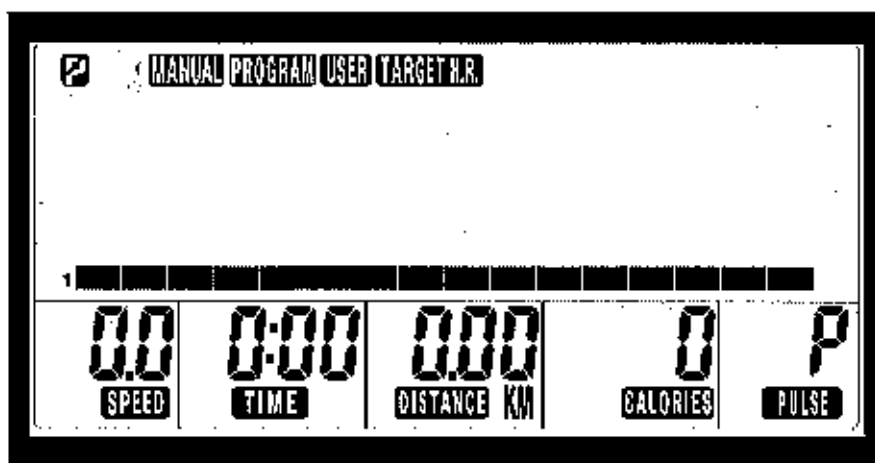
COMPUTER OPERATION

POWER ON:

a. Pedaling to activate the console.

b. The activated LCD console lights up along with a long beep sound. LCD diagram appears as below:
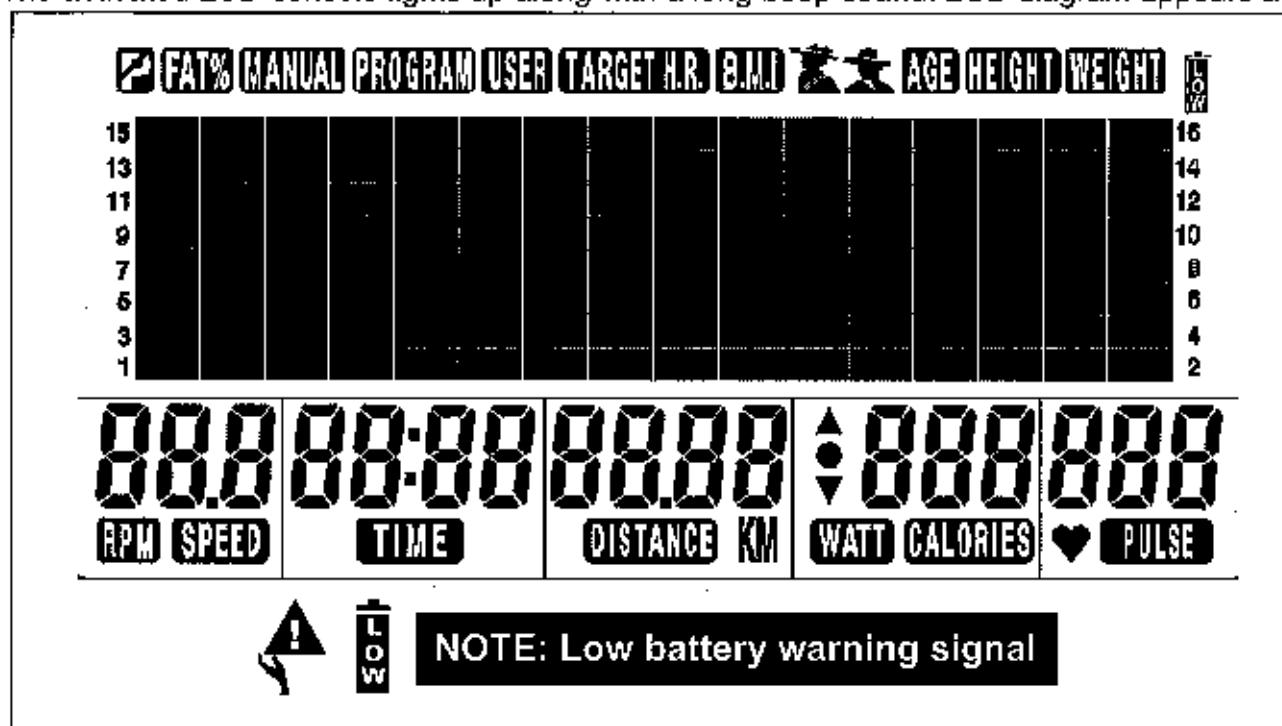
a. Enter into the initial setting mode after around two seconds as below:
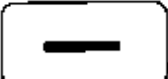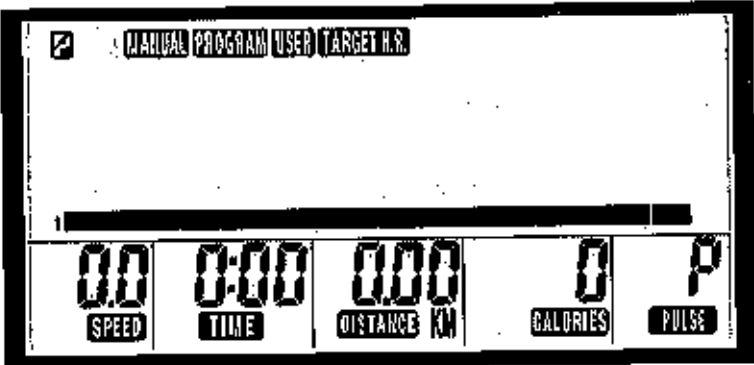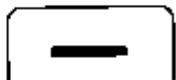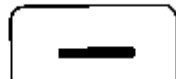

Initial Setting Mode

POWER OFF:

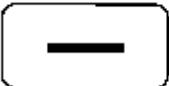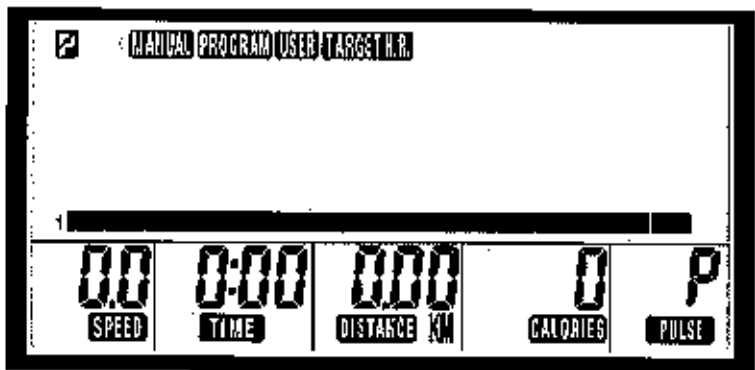The console would automatically shut off after 30 seconds of inactivity.

NOTE: the console would shut down any seconds if rechargeable batteries run out of power.

● FUNCTION BUTTONS:

Button Name	Function Description
▬ **PROGRAM** MODE	Press the button to select the desired mode – **MANUAL** , **PROGRAM** , **USER** , **TARGET H.R.** as shown: ◆ Press the **ENTER** to confirm and enter the function value setting.
▬ **ENTER**	****The button is equipped with TWO operating methods**** a. Press the button to confirm and enter the selected mode (**MANUAL** , **PROGRAM** , **USER** , **TARGET H.R.** .) b. Press to select the function value displays of **TIME** , **DISTANCE** , **CALORIES** , **PULSE** , **AGE** . ◆ Use the **UP** or **DOWN** button to increase or decrease the desired function values of **TIME** , **DISTANCE** , **CALORIES** , **PULSE** , **AGE** .

QUICK START **START/PAUSE** ▬	****The button is equipped with THREE operating methods****
	
	 a. **QUICK START:** Press the button to enter into **MANUAL MODE** immediately without selecting the function value displays of **TIME** , **DISTANCE** , **CALORIES** , **PULSE** .
	 b. **START/PAUSE button:**
	   1. Press to start a workout.
	   2. Press to pause the program.
	     ◆ The console would display the current function values of workload level, **TIME** , **DISTANCE** , **CALORIES** , **PULSE** .
	   3. User can press the **START/PAUSE** button again to continue to run the current program.
	
	 🔧 NOTE: All of the function values of "TIME", "DISTANCE", "CALORIES", "PULSE" in the memory would turn to initial function values the console was set up after turning off or switching to another mode ("MANUAL", "PROGRAM", "USER", "TARGET H.R.") .

● FUNCTION BUTTONS:

Button Name	Function Description
RESET [—]	****The button is equipped with TWO operating methods**** a. **ZEROING FUNCTION:** Press the button to reset each function value to zero during setting. ⚠ The **RESET** function only operates under PAUSE MODE 🅿 b. **CHANGE SLECTED MODE-** `MANUAL` , `PROGRAM` , `USER` , `TARGET H.R.` : ◆ Under PAUSE MODE, Hold the button for **FOUR SECONDS** to enter into the initial setting mode as shown. 👉 🅿 `MANUAL` `PROGRAM` `USER` `TARGET H.R.` | 0.0	0:00	0.00	0	P
SPEED	TIME	DISTANCE KM	CALORIES	PULSE	 ⚠ The **RESET** function only operates under PAUSE MODE 🅿

COMPUTER OPERATION

There are four ways to enter into **MANUAL MODE** as below:

1. POWER OFF STATUS (LCD diagram disappear on LCD window):

a. Pedaling to activate the console.

b. The activated LCD console lights up along with a long beep sound. LCD diagram appears as shown on right side:

c. Enter into the initial setting mode after around two seconds as shown on right side:

2. RESTART FUNCTION:

a. Press the [START/PAUSE] button to pause the current program.

b. Hold the [RESET] button for **FOUR SECONDS** to enter into the initial setting mode as illustration shown on the right.

[RESET]

The RESET function only operates under PAUSE MODE ⟨P⟩.

c. Skip to **Step B.** of **NORMAL OPERATION** on the next page to continue the operation.

4
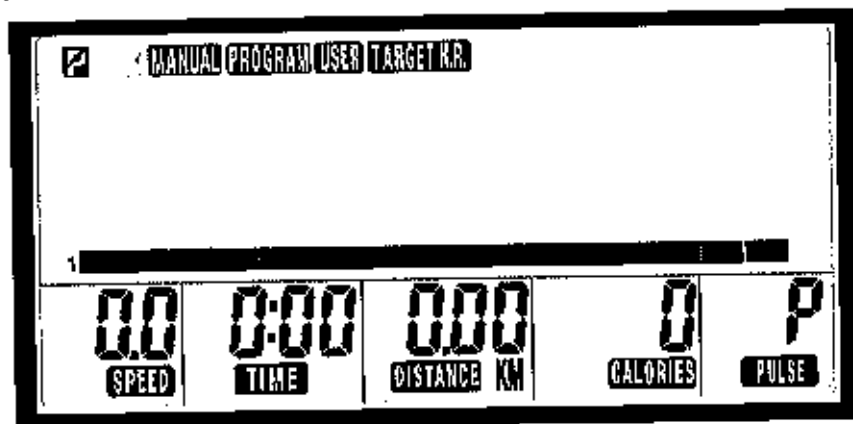
COMPUTER OPERATION

3. QUICK START:

a. |START/PAUSE| button: Press the |START/PAUSE| button directly to start a workout under **MANUAL MODE** without any setting.

UNDER **MANUAL** MODE

b. Skip to **Step C. of NORMAL OPERATION** to select the function value of . **TIME** , **DISTANCE** , **CALORIES** , **PULSE**

Under both PAUSE **P** or START mode, workload level can be adjusted with the | UP | or | DOWN | button.

---

4. NORMAL OPERATION:

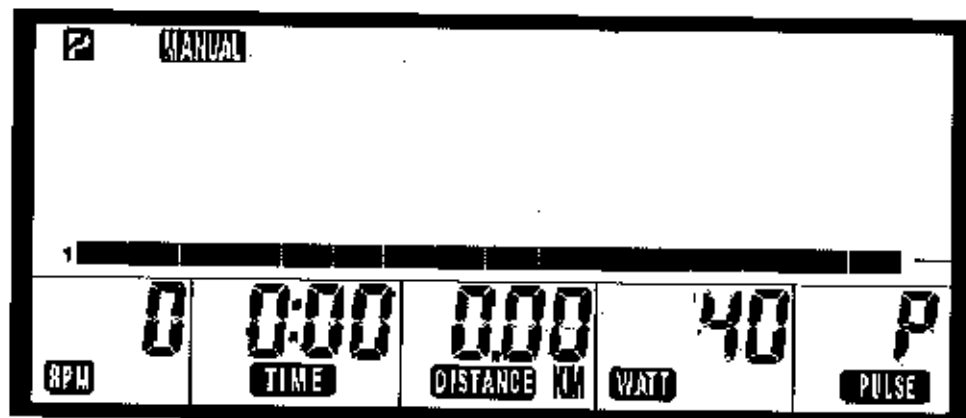a. |START/PAUSE| button: Press the |START/ PAUSE| button to pause the current program.

b. |PROGRAM| button: Press the |PROGRAM| button to select **MANUAL MODE** while in other mode (**USER** , **PROGRAM** , **TARGET H.R.**)

c. |ENTER| button: Press the |ENTER| button for confirming and entering the function value setting.

d. **P** "PAUSE MODE" single will flash on LCD window for setting.

e. LCD window then display flashing "workload level" as shown.

→ **Workload Level**

f. | UP | or |DOWN| button: Press the | UP | or |DOWN| button to increase or decrease the workload level ((1~16 levels, 2 levels increment.)

g. |START/PAUSE| button: Press the |START/PAUSE| button to start a workout directly without setting function values (**TIME** , **DISTANCE** , **CALORIES** , **PULSE** .)

Or | ENTER | button: Press the | ENTER | button to continue to select other function values to adjust the user's workout.

➡

COMPUTER OPERATION

h. After pressing the [ENTER] button, the flashing **TIME** will appear on the LCD window.

i. [UP] or [DOWN] button: Press the [UP] or [DOWN] button to the program time as desire.

NOTE: The console will cycle through the functions as follow and allow users to set the function values.

TIME (01:00 to 99:00; 1minute increment) → **DISTANCE** (0.1 to 99.9km; 0.1km increment)→ **CALORIES** (10 to 990 Kcal; 10 Kcal Increment) → **PULSE** (70 to 240 BPM; 1BPM increment)

- Press the [ENTER] button to confirm the function value and enter the next function value setting.
- Press the [UP] or [DOWN] button to select the value of the function (**TIME** , **DISTANCE** , **CALORIES** , **PULSE** .)
- To reset the function value to zero, press the [RESET] button.

---

j. [START/PAUSE] button: To start a workout, press the [START/PAUSE] button .

a. WITHOUT PULSE VALUE:
"♥" flashing symbol will appear when detecting your pulse.

b. THE WARNING BEEP SOUND EMIT CONSTANLY DURING WORKOUT:

If your pulse is greater than the SELECTED PULSE VALUE during workout, the short warning beep sound will constantly emit. <u>Please note that this is a warning for you to slow down or to decrease the workload level.</u>

COMPUTER OPERATION

OVERVIEW SETTING VALUES:

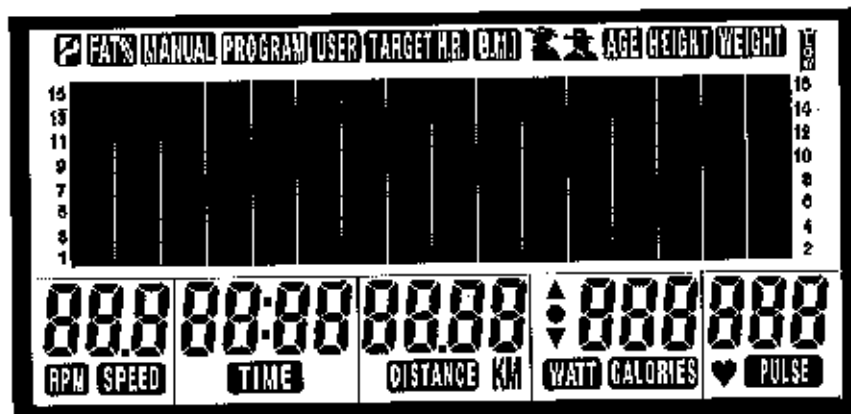| Display Readout	Display range	Storage	Zeroing	Description and small tip
TIME	0:00 to 99:00	Yes (During a workout. The selected value will turn to zero after turning off)	Yes (Use RESET button)	1. Time will count up to 99:00 and cycle run the program profile without setting. 2. Time will count down to 0 depends on desired time value users set up. Two short beep sound for warning the selected value reach to zero.
DISTANCE	0.0 to 99.9km	Yes (During a workout. The selected value will turn to zero after turning off)	Yes (Use RESET button)	1. Distance will count up to 99:90km and cycle run the program profile without setting. 2. Distance will count down to 0 depends on desired distance value users set up. Two short beep sound for warning selected value reach to zero..
CALORIES	10 to 990 Kcal	Yes (During a workout. The selected value will turn to zero after turning off)	Yes (Use RESET button)	1. Calories will count up to 990 Kcal and cycle run the program profile without setting. 2. Calories will count down to 10 depends on desired calories value users set up. Two short beep sound for warning selected value reach to zero..
♥ **PULSE**	70 to 240 BPM	Yes (During a workout. The selected value will turn to zero after turning off))	Yes (Use RESET button)	1. **CONSOLE WITHOUT PULSE VALUE:** " ♥ " flashing symbol will appear when detecting your pulse. 2. **WARNING BEEP SOUND EMIT CONSTANTLY FROM A CONSOLE:** If your pulse is greater than the **SELECTED PULSE VALUE** during workout, the short warning beep sound will constantly emit. Please note that this is a warning for you to slow down or decrease the workload level.
WATT		Yes (During a workout. The selected value will turn to zero after turning off)	Yes (Use **RESET** button)	**EACH 6 SECONDS WATT/ CALORIES, RPM/ SPEED WOULD SWITCH DISPLY ON LCD WINDOW**
RPM	0 to 250	No	Yes (Auto)	

COMPUTER OPERATION

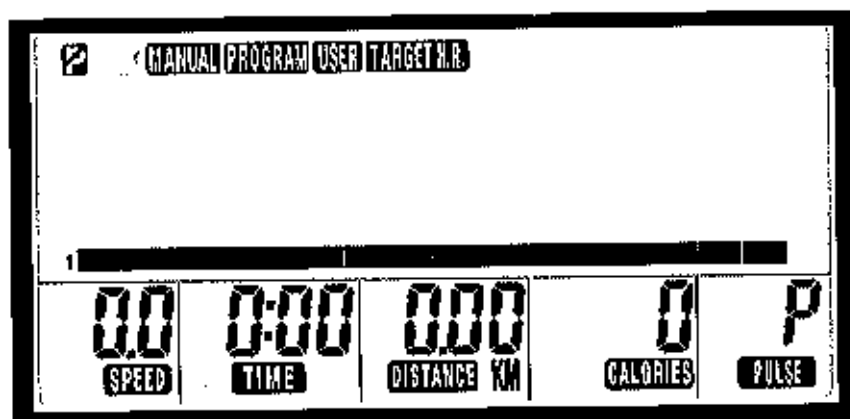There are three ways to enter into **PROGRAM MODE** as below:

UNDER **PROGRAM** MODE

1. POWER OFF STATUS (LCD diagram disappear on LCD window):

a. Pedaling to activate the console.

b. The activated LCD console lights up along with a long beep sound. LCD diagram appears as shown on right side:

c. Enter into the initial setting mode after around two seconds as shown on right side:
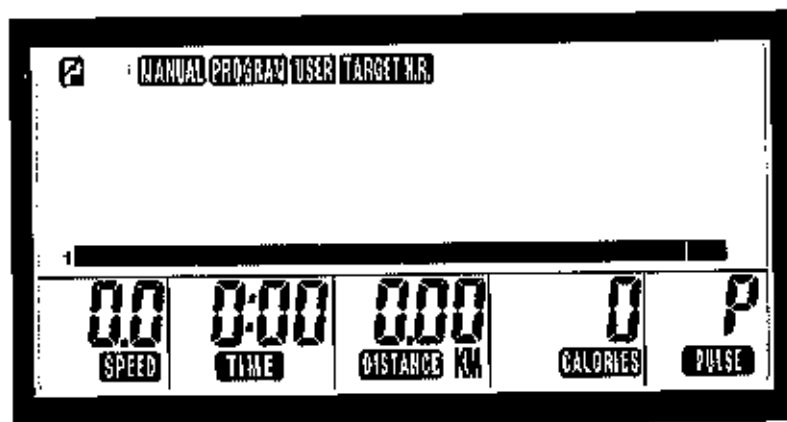
2. RESTART FUNCTION:

a. Press the [START/PAUSE] button to pause the current program.

c. Hold the [RESET] button for **FOUR SECONDS** to enter into the initial setting mode as illustration shown on the right.

RESET

The RESET function only operates under PAUSE MODE 🄿

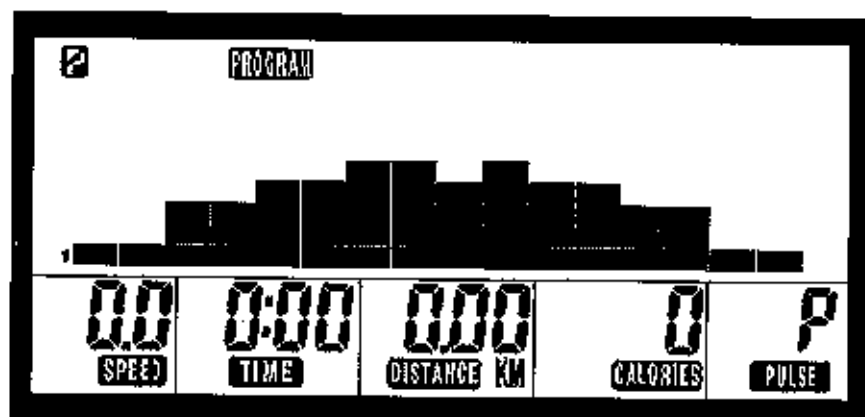c. Skip to **Step B.** of **NORMAL OPERATION** on the next page to continue the operation.

8

COMPUTER OPERATION

3. NORMAL OPERATION:

a. START/PAUSE button: Press the

UNDER **PROGRAM** MODE

START/ PAUSE button

to pause the current program.

b. PROGRAM button: Press the PROGRAM button to select PROGRAM MODE while in other

mode (MANUAL , USER , TARGET H.R.)

c. ENTER button: Press the ENTER button for confirming and entering the function value setting.

d. **P** "PAUSE MODE" single will appear on LCD window for setting.

e. START/PAUSE button: After flashing "P1" appears on LCD window, press the START/PAUSE

button to start a workout directly without setting function values (Profile

(P1~P12), TIME , DISTANCE , CALORIES , PULSE .)

Or UP or DOWN button: press the UP or DOWN button to directly select the desired

profile (P1 to P12) as shown.

P1 to P12 are preset automatic programs. The profiles are shown on LCD window.

P1

P2

P3

P4

P5	**P6**
P7	**P8**
P9	**P10**
P11	Watt Control **P12**
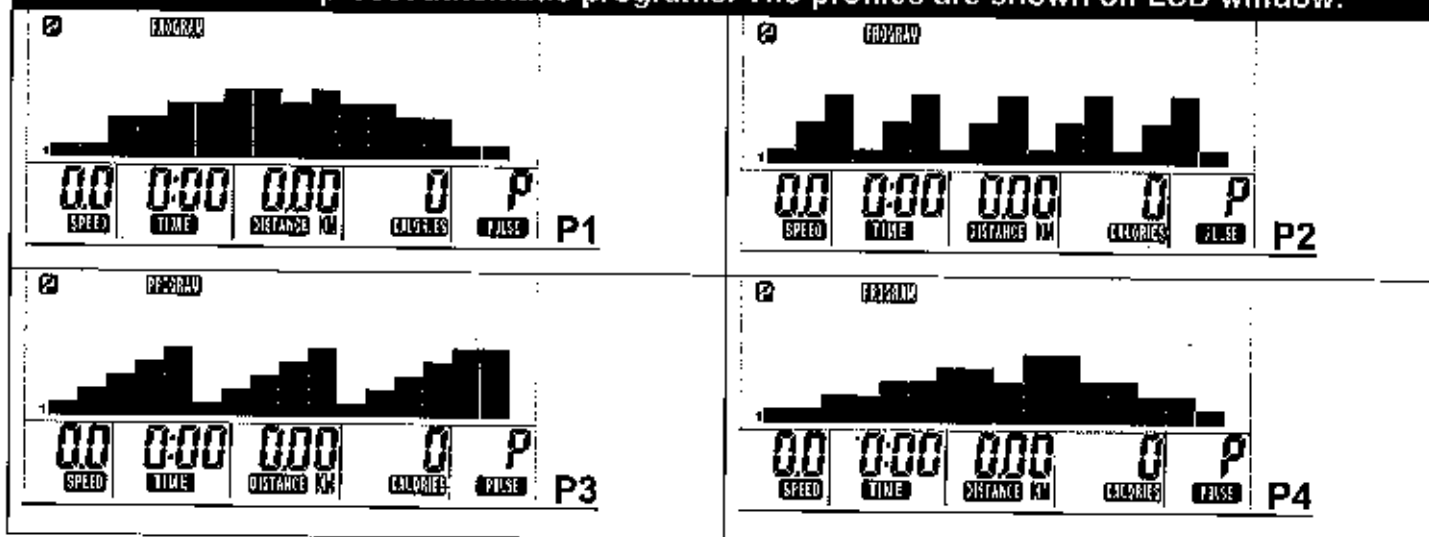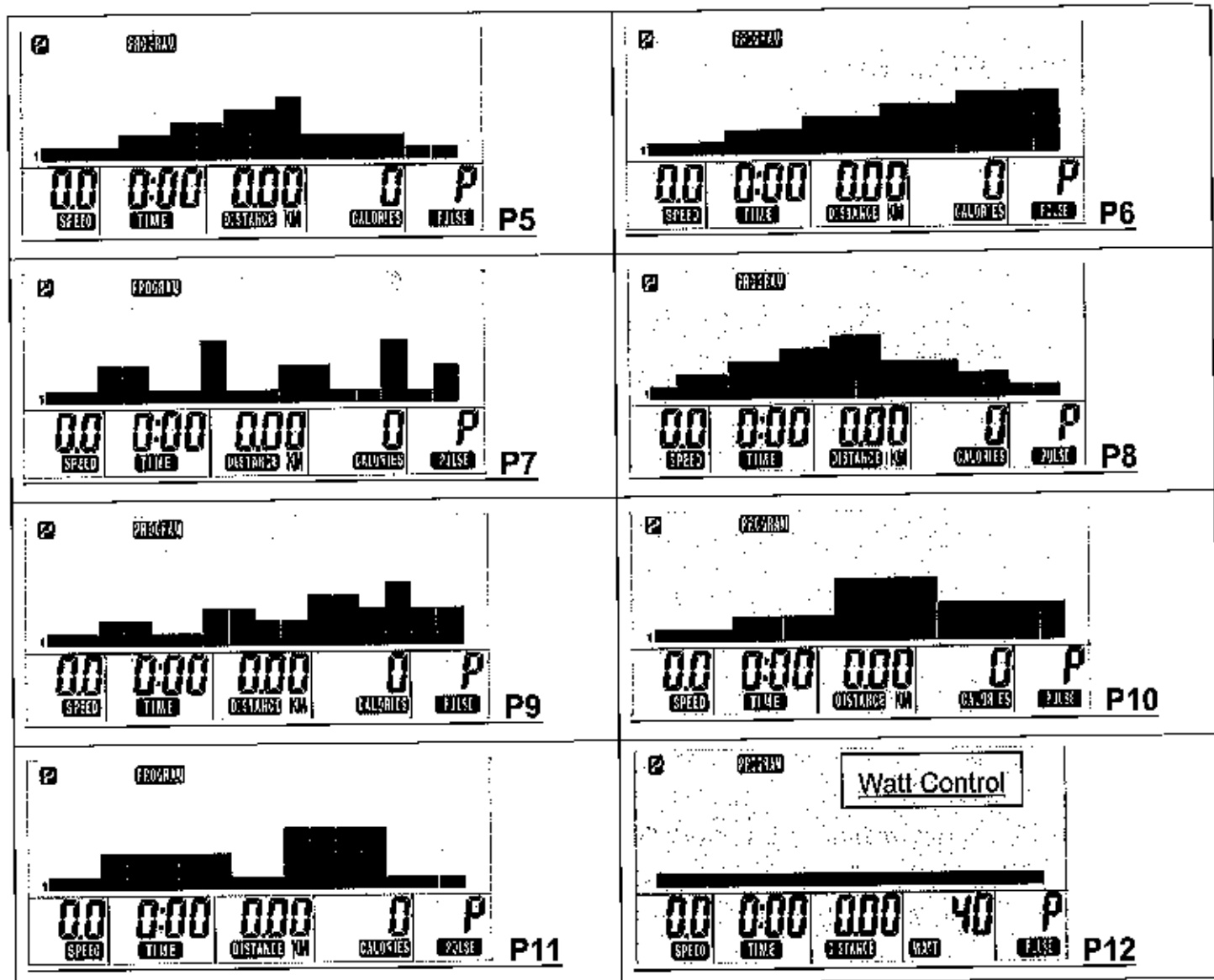
f. After pressing the [ENTER] button, the flashing **TIME** will appear on the LCD window.

g. [UP] or [DOWN] button: Press the [UP] or [DOWN] button to select the program time as desire.

NOTE: The console will cycle through the functions as follow and allow users to set the function values.

TIME (01:00 to 99:00; 1minute increment) → **DISTANCE** (0.1 to 99.9km; 0.1km increment)→ **CALORIES** (10 to 990 Kcal; 10 Kcal Increment) → **PULSE** (70 to 240 BPM; 1BPM increment)

◆ Press the [ENTER] button to confirm the function value and enter the next function value setting.

◆ Press the [UP] or [DOWN] button to select the value of the function (**TIME** , **DISTANCE** , **CALORIES** , **PULSE** .)

◆ To reset the function value to zero, press the [RESET] button.

➡ CONTINUE TO THE NEXT PAGE

COMPUTER OPERATION

h. START/PAUSE button: To start a workout, press the START/PAUSE button .

⚠

a. WITHOUT PULSE VALUE:
"♥" flashing symbol will appear when detecting your pulse.

b. THE WARNING BEEP SOUND EMIT CONSTANLY DURING WORKOUT:

If your pulse is greater than the SELECTED PULSE VALUE during workout, the short warning beep sound will constantly emit.
     <u>Please note that this is a warning for you to slow down or to decrease the workload level.</u>

The console is equipped with **LEVEL CONTROL** and **WATT CONTROL** function. During **Program 12** under **PROGRAM** mode, the **WATT CONTROL** function is available to operate.

P12 (WATT CONTROL) UNDER **PROGRAM** MODE

Before operating **P12**, review the difference between the **CONSTANT POWER** and the **CONSTANT TORQUE** function:

| Level Control (Constant Torque)	Watt Control (Constant Power)
RPM↓↑ RESISTANCE — Unchangeable resistance even though the value of **RPM (Rotate Per Minute)** increases or decreases under the **Constant Torque Mode** during workout. No matter how fast you pedal, the resistance is fixed.	Changeable resistance depends on the value of **RPM (Rotate Per Minute.)** **RPM↑ RESISTANCE↓ ; RPM↓ RESISTANCE ↑** In order to remain the value of **Watt Control**, the value of the **RPM (Rotate Per Minute)** increases (when you pedal faster), while the value of the **Resistance** decrease (becomes lighter resistance.) On the contrary, the value of the **Resistance** would increase (becomes heavier resistance) when the value of the **RPM** decreases (when you pedal slower.)

COMPUTER OPERATION

a. START/PAUSE button: Press the START/PAUSE button to pause the current program.

b. RESET button: Hold the RESET

   b 👉

   for **FOUR SECONDS** to enter into the initial setting mode as the illustration shown on the right.
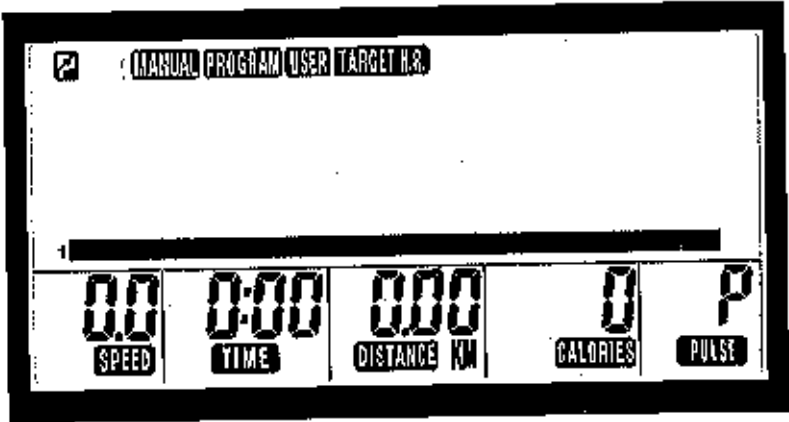
⚠ The RESET function only operates under PAUSE MODE 🅿

c. PROGRAM button: **MANUAL** would then flash on the LCD window. Press the PROGRAM button to select **PROGRAM MODE** .

d. ENTER button: Press the ENTER button for confirming and entering the function value setting.

e. UP or DOWN button: Press the UP or DOWN button to choose **P12** as the following illustration shown.
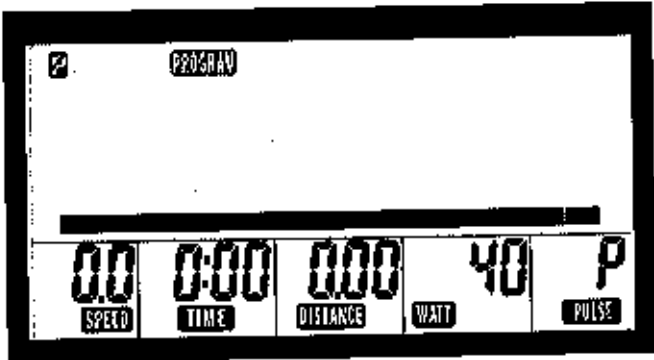
f. ENTER button: Press the ENTER button to enter **Program 12**.

g. UP or DOWN button: Press the UP or DOWN button to choose the desired **Watt Control** value (40 ~ 400 Watt; 10 Watt increment.)

h. ENTER button: To continue selecting other function values, press the ENTER button.

NOTE: The console will cycle through the functions as follow and allow users to set the function values.

TIME (01:00 to 99:00; 1minute increment) → **DISTANCE** (0.1 to 99.9km; 0.1km increment)→ **CALORIES** (10 to 990 Kcal; 10 Kcal Increment) → **PULSE** (70 to 240 BPM; 1BPM increment)

◆ Press the ⬚ ENTER ⬚ button to confirm the function value and enter the next function value setting.
◆ To increase or decrease the value of the function (**TIME** , **DISTANCE** , **CALORIES** , **PULSE** ,) press the ⬚ UP ⬚ or ⬚ DOWN ⬚ button.
◆ To reset the function value to zero, press the ⬚ RESET ⬚ button.

---

i. ⬚START/PAUSE⬚ button: After setting up all the function values, press the ⬚START/PAUSE⬚ button to start a workout.

◆ Under **PAUSE** or **START** mode, the user could press the ⬚ UP ⬚ or ⬚DOWN⬚ button to adjust the desired Watt value (40 ~ 400Watt.)

a. WITHOUT PULSE VALUE:
"♥" flashing symbol will appear when detecting your pulse. Without wearing a chest belt, make sure to always hold the pulse sensors on the handlebars with both hands during a workout.

b. THE WARNING BEEP SOUND EMIT CONSTANLY DURING WORKOUT:
If your pulse is greater than the SELECTED PULSE VALUE during workout, the short warning beep sound will constantly emit.
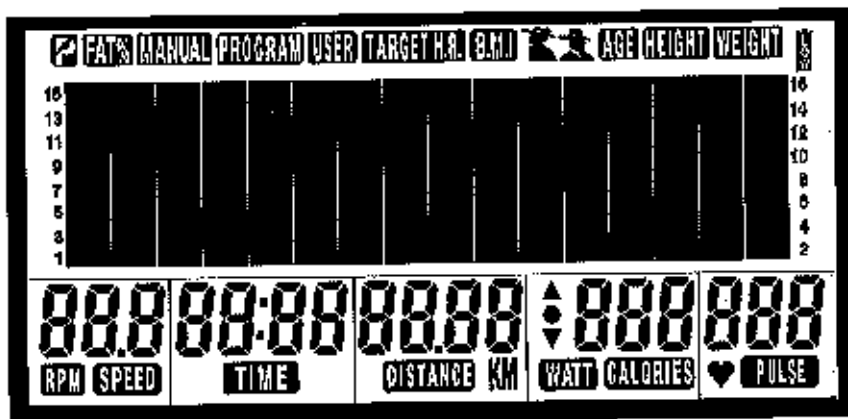<u>Please note that this is a warning for you to slow down or to</u> decrease the workload level.

COMPUTER OPERATION
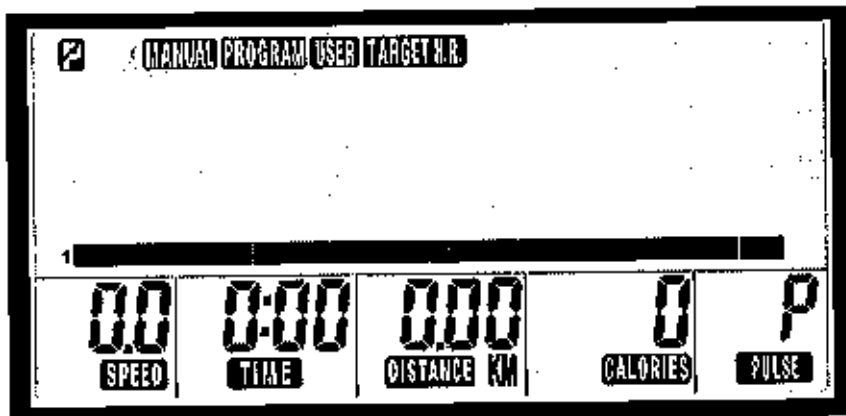
There are three ways to enter into **USER MODE** as below:

UNDER **USER** MODE

1. POWER OFF STATUS (LCD diagram disappear on LCD window):

a. Pedaling to activate the console.

b. The activated LCD console lights up along with a long beep sound. LCD diagram appears as shown on right side:

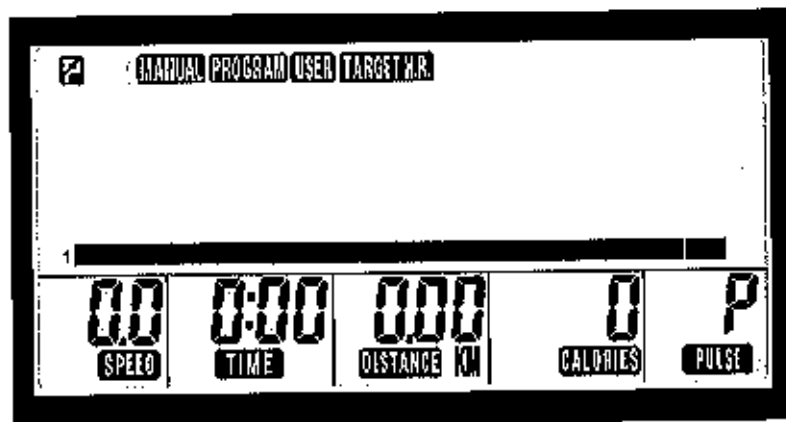c. Enter into the initial setting mode after around two seconds as shown on right side:

---

2. RESTART FUNCTION:

a. Press the [START/PAUSE] button to pause the current program.

b. Hold the [RESET] button for **FOUR SECONDS** to enter into the initial setting mode as illustration shown on the right.

RESET

The RESET function only operates under PAUSE MODE 🄿.

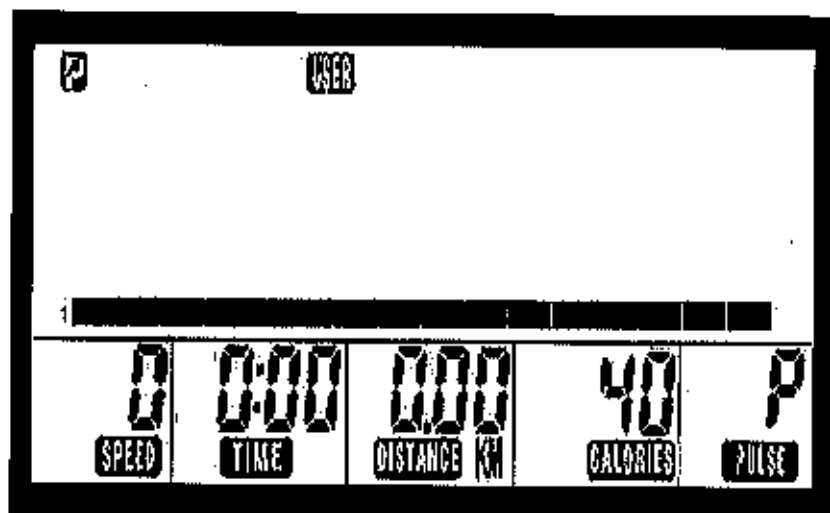c. Skip to **Step B.** of **NORMAL OPERATION** on the next page to continue the operation.

COMPUTER OPERATION

3. NORMAL OPERATION:
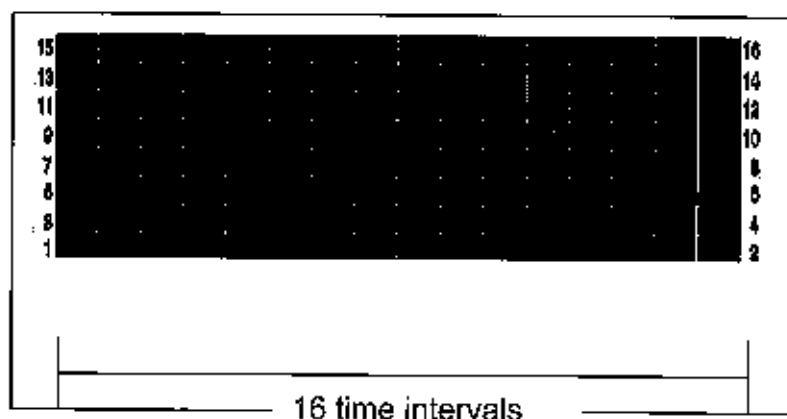
a. START/PAUSE button: Press the START/ PAUSE button to pause the current program.

UNDER USER MODE

b. PROGRAM button: Press the PROGRAM button to select USER MODE while in other mode (MANUAL , PROGRAM , TARGET H.R.)

c. ENTER button: Press the ENTER button for confirming and entering the function value setting.

d. 🅿 "PAUSE MODE" single will appear on LCD window for setting.

e. START/PAUSE button: After flashing "the first time interval of the workload level" appears on LCD window, press the START/PAUSE button to start a workout directly without setting function values (TIME INTERVAL 1 ... TIME INTERVAL 16 , TIME , DISTANCE , CALORIES , PULSE .)

Or UP or DOWN button: Press the UP or DOWN button to preset the desired workload level in each time interval (the console will divide the time into 16 intervals.)

16 time intervals

COMPUTER OPERATION

f. START/PAUSE button: Press the START/PAUSE button to start a workout directly without setting function values (**TIME** , **DISTANCE** , **CALORIES** , **PULSE** .)

UNDER USER MODE

Or hold the "ENTER" button for 3 seconds to continue selecting the other function value of TIME, DISTANCE, CALORIES, PULSE.

g. After pressing the ENTER button for 3 seconds, the flashing **TIME** will appear on the LCD window.

h. UP or DOWN button: Press the UP or DOWN button to the program time as desire.

NOTE: The console will cycle through the functions as follow and allow users to set the function values.

TIME (01:00 to 99:00; 1minute increment) → **DISTANCE** (0.1 to 99.9km; 0.1km increment)→ **CALORIES** (10 to 990 Kcal; 10 Kcal increment) → **PULSE** (70 to 240 BPM; 1BPM increment)

♦ Press the ENTER button to confirm the function value and enter the next function value setting.
♦ Press the UP or DOWN button to select the value of the function (**TIME** , **DISTANCE** , **CALORIES** , **PULSE** .)
♦ To reset the function value to zero, press the RESET button.

i. To start a workout, press the START/PAUSE button .
♦ Under **PAUSE** or **START** mode, the user could press the UP or DOWN button to adjust workload level.

⚠ **a. WITHOUT PULSE VALUE:**
"♥" flashing symbol will appear when detecting your pulse.

b. THE WARNING BEEP SOUND EMIT CONSTANLY DURING WORKOUT:
If your pulse is greater than the SELECTED PULSE VALUE during workout, the short warning beep sound will constantly emit.
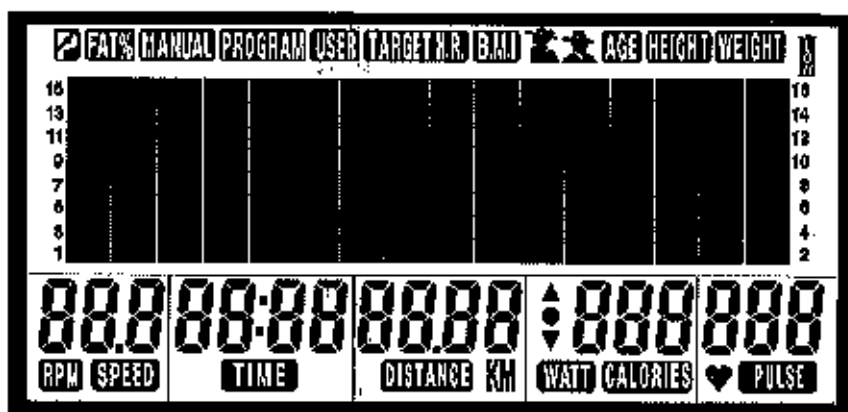   **Please note that this is a warning for you to slow down or to decrease the workload level.**

COMPUTER OPERATION

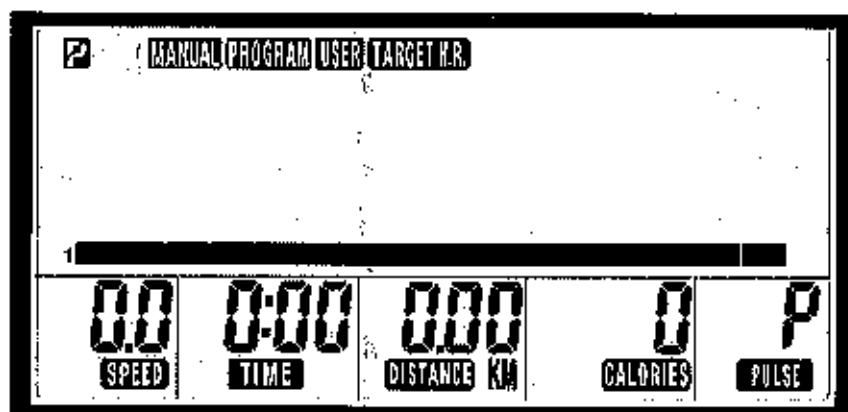There are three ways to enter into **TARGET H.R. MODE** as below:

UNDER **TARGET H.R.**

1. POWER OFF STATUS (LCD diagram disappear on LCD window):

a. Pedaling to activate the console.

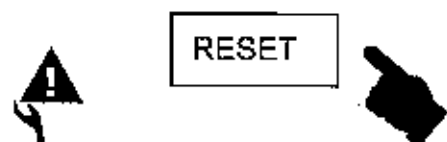b. The activated LCD console lights up along with a long beep sound. LCD diagram appears as shown on right side:

c. Enter into the initial setting mode after around two seconds as shown on right side:
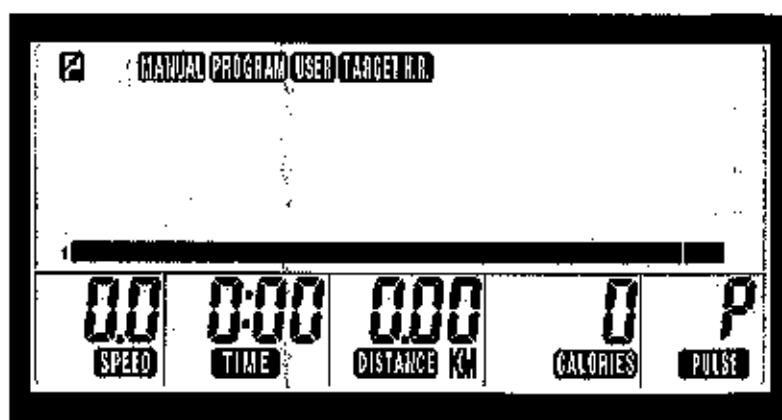
2. RESTART FUNCTION:

a. Press the $\boxed{\text{START/PAUSE}}$ button to pause the current program.

b. Hold the $\boxed{\text{RESET}}$ button for **FOUR SECONDS** to enter into the initial setting mode as illustration shown on the right.

$\boxed{\text{RESET}}$

The RESET function only operates under PAUSE MODE 🄿

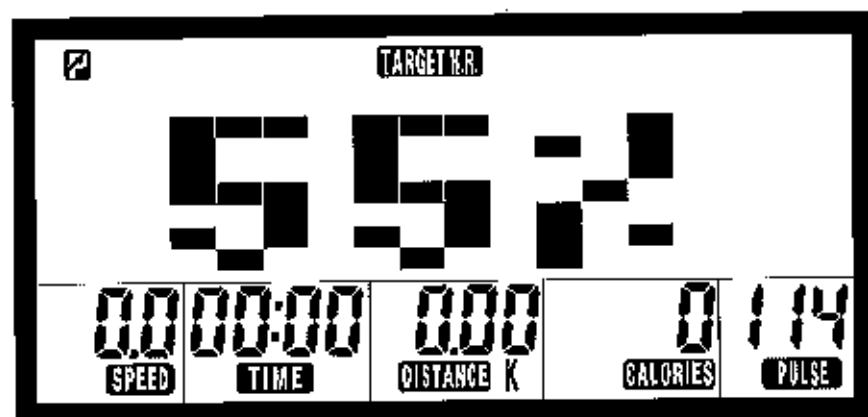c. Skip to **Step B.** of **NORMAL OPERATION** on the next page to continue the operation.

COMPUTER OPERATION

3. NORMAL OPERATION:

a. [START/PAUSE] button: Press the [START/ PAUSE] button to pause the current program.

b. [PROGRAM] button: Press the [PROGRAM] button to select **TARGET H. R.** as shown.

c. [ENTER] button: Press the [ENTER] button for confirming and entering the function value setting.

d. 🄿 "PAUSE MODE" single will appear on LCD window for setting.

e. [UP] or [DOWN] button: After flashing the age value the console preset appear on the LCD window, press the [UP] or [DOWN] button to select your age.

> ⚠ **Note: Please note that although the console allows input for age beginning at 10 years old, the product is not recommended for children's use.**

f. [ENTER] button: Press the [ENTER] button to confirm the user's age.

g. [UP] or [DOWN] button: Continue to select the TARGET H.R. (55%, 75%, 90%, THR) you desire with the [UP] or [DOWN] button .

◆ If choose the TARGET H.R. of 55%, 75%, 90%, skip **STEP H.** and operate **STEP I.** directly.

OVERVIEW SIMPLE FORMULA:

55% = 55% OF (220 − AGE)

75% = 75% OF (220 − AGE)

90% = 90% OF (220 − AGE)

THR = Set by user (70 ~ 240 BPM)

COMPUTER OPERATION

h. UP or DOWN button: If choose **THR** mode, the function value of pulse (70 to 240 RPM) will flash on the LCD window. Press the UP or DOWN button to set the desired value for the target heart rate.

i. After the ENTER button, the flashing **TIME** will appear on the LCD window.

j. UP or DOWN button: Press the UP or DOWN button to the select the function value of **TIME** as desire.

NOTE: The console will cycle through the functions as follow and allow users to set the function values.

TIME (01:00 to 99:00; 1minute increment) → **DISTANCE** (0.1 to 99.9km; 0.1km increment)→ **CALORIES** (10 to 990 Kcal; 10 Kcal Increment) → **PULSE** (70 to 240 BPM; 1BPM increment)

◆ Press the ENTER button to confirm the function value and enter the next function value setting.
◆ Press the UP or DOWN button to select the value of the function (**TIME** , **DISTANCE** , **CALORIES** , **PULSE** .)
◆ To reset the function value to zero, press the RESET button.

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k. START/PAUSE button: To start a workout, press the START/PAUSE button .

⚠

a. WITHOUT PULSE VALUE:
"♥" flashing symbol will appear when detecting your pulse.

b. THE WARNING BEEP SOUND EMIT CONSTANLY DURING WORKOUT:

If your pulse is greater than the SELECTED PULSE VALUE during workout, the short warning beep sound will constantly emit.
     Please note that this is a warning for you to slow down or to decrease the workload level.