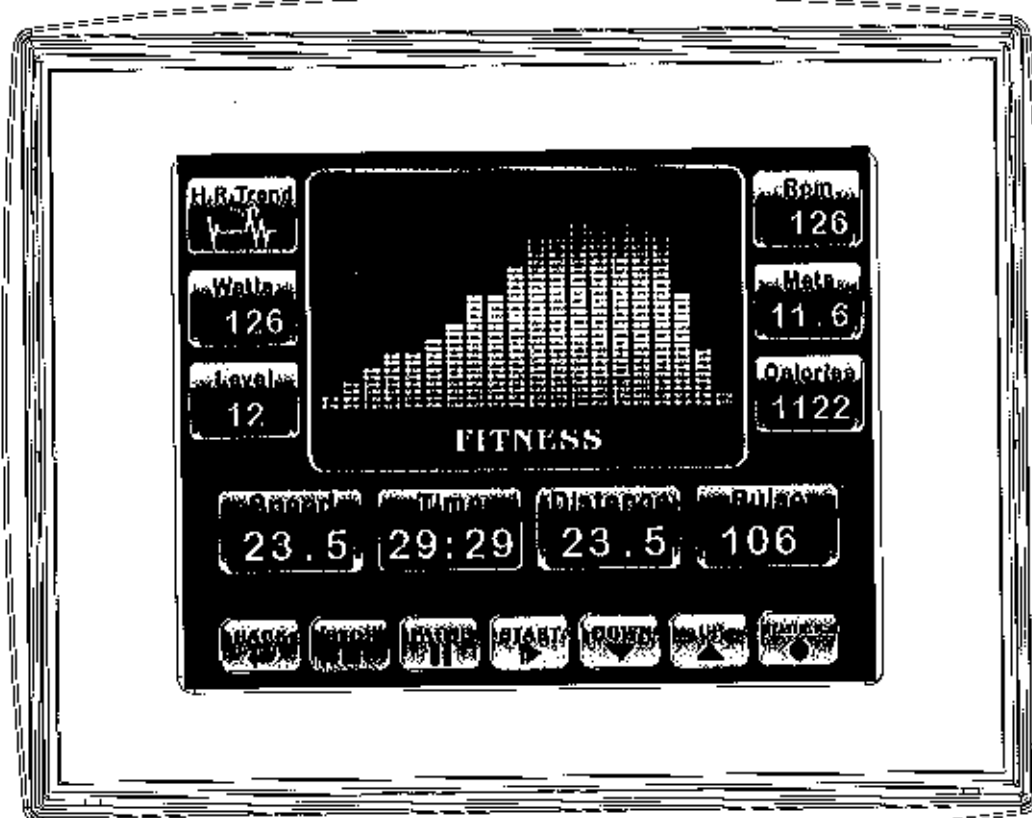


OWNER'S MANUAL

## TFT CONSOL

**WARNING**

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment.

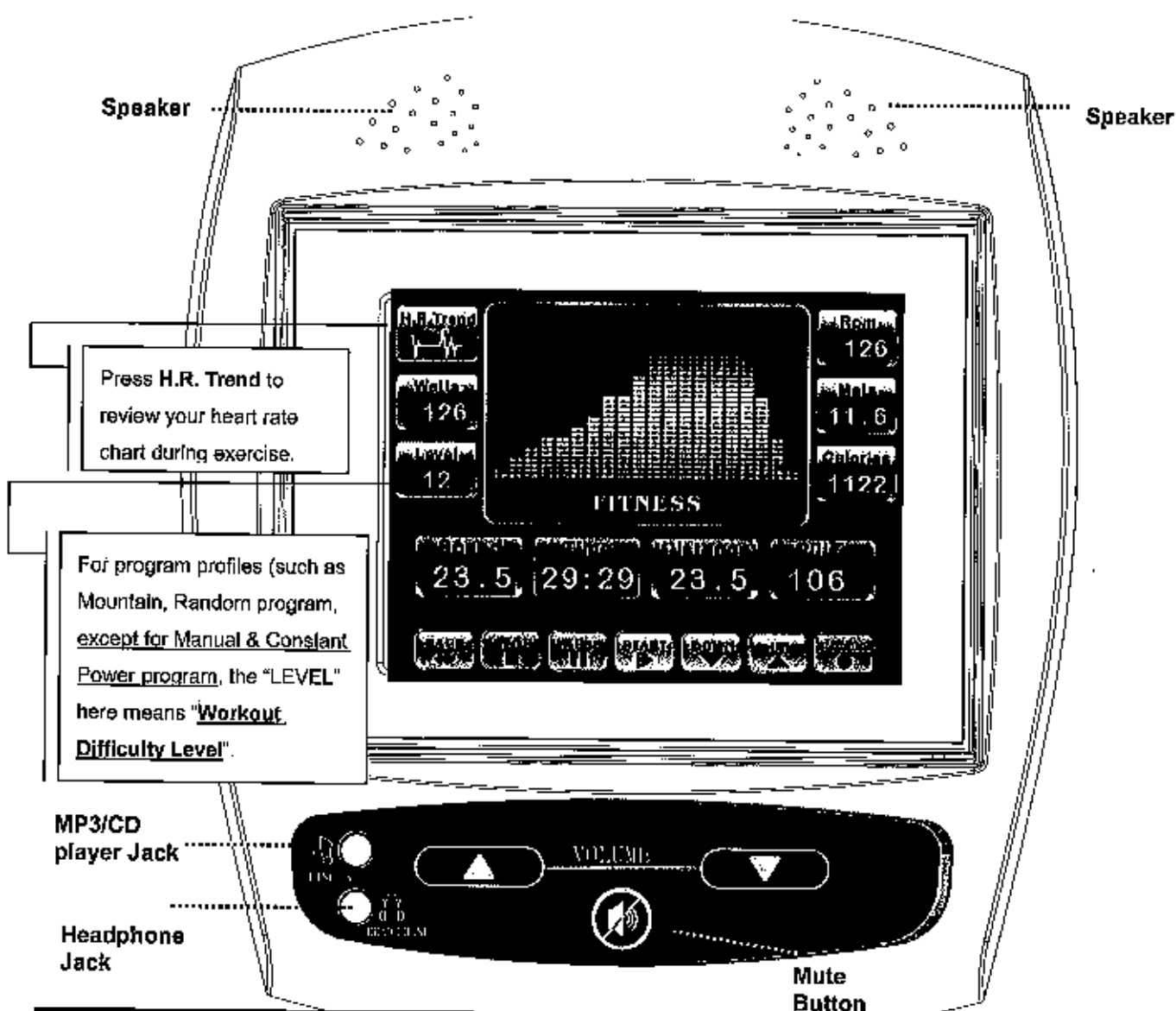
If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed.

Keep children and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

Product May Vary Slightly From Picture.

Version: II

# CONSOLE OVERVIEW & CONSOLE BUTTON



◆ The console display may vary slightly from the actual console display, the above console overview is for reference only

## Console Buttons:

Button Name	Function Description
<b>START</b>	Press <b>START</b> to begin/continue your exercise.
<b>PAUSE</b>	Press <b>PAUSE</b> to pause all functions during your exercise program. All the data on the display will pause except for <b>PULSE</b> readout
<b>STOP</b>	Press <b>STOP</b> to stop current profile, all the data will reset to its original setting value except for <b>PULSE</b> readout
<b>UP</b>	Press <b>UP</b> to <b>increase</b> the level of tension during exercise
<b>DOWN</b>	Press <b>DOWN</b> to <b>decrease</b> the level of tension during exercise
<b>BACK</b>	Press <b>BACK</b> to return to previous page

## CONSOLE INSTRUCTIONS – CONSOLE BUTTON

### Console Buttons:



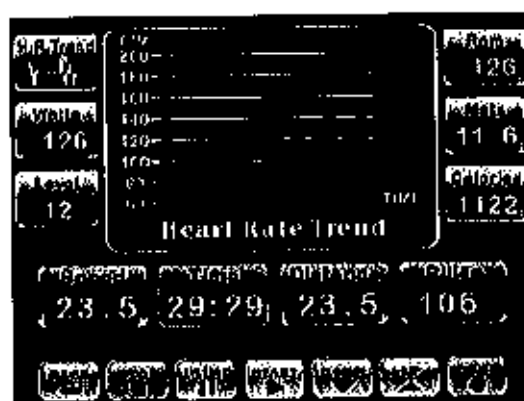
#### H.R. Trend:

- Press **H.R. Trend** to review your heart rate chart.
- The Heart Rate Trend is recorded automatically in every 60 seconds if the user's actual heart rate is able to detect by the console.

NOTE: Please be sure to wear a chest belt or place both of hands on the Pulse.

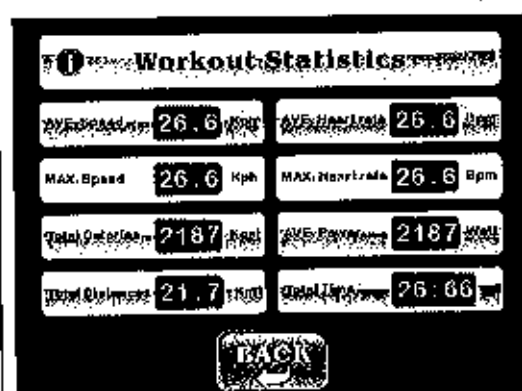
Sensors located on the Handlebar in order to make sure that the pulse readout could be able to detect.

- Press **H.R. Trend** again to return to the workout program.



#### STATISTICS:

- Press **STATISTICS** to review your workout statistics. NOTE: The button is able to press at anytime to review the workout statistics during exercise.



## CONSOLE INSTRUCTIONS – CONSOLE FUNCTION

### Console Functions:



#### PULSE:

- Wear chest belt or place both of hands on the **Pulse Sensors** located on the **Handlebar**. The pulse will be displayed within several seconds after the heart symbol "♥" is displayed.
- If the hands are not correctly positioned on the sensors, and a few seconds passes without a pulse input, the console will turn off the pulse circuit. Replace hands back on the Pulse Sensors correctly, and the pulse readout will appear again.



#### WATT:

Display range: 0 ~ 999 Watt.

## CONSOLE INSTRUCTIONS – CONSOLE FUNCTION



**LEVEL:** For this TFT console, the LEVEL HAS TWO MEANINGS, SINCERELY PLEASE TAKE A LOOK BELOW,

- ◆ For **Manual, Constant Power Program**, Level means "resistance/tension level"; Display range: 1 ~ 16 resistance levels.
- ◆ For **FITNESS, RANDOM, ROLLING, FAT BURN, ASCENT, IRON MAN, MOUNTAIN, WEIGHT LOSS, INTERVAL, VALLEY**, Level means "Workout Difficulty Level"; Display range: 1 ~ 16 workout difficulty levels. For example, The level of 16's Watt range would be heavier than the level of 8's Watt range. The lower level of workout difficulty you select, the workout difficulty Watt range would decrease, making more easier for user to exercise.



**SPEED:**

- Display range: 0.0~99.9 km/h.



**TIME:**

- Count Up: If a target time is not selected, **TIME** will count up from 0:00 to maximum 99:59 minutes.
- Count Down: If a target time is set, (**5:00 TO 99:00; 1 MINUTE INCREMENTS**), the console will count down from that selected target time to 0:00.



**DISTANCE:**

- Display range: 0.0~99.9 km/h.



**RPM:**

- Display range: 0~255.



**CALORIES:**

- Display range: 0~9999.



**METS:**

**Definition:** MET or **metabolic equivalent** is a term commonly used to measure or express an average person's metabolic rate, is the amount of oxygen used by an average seated person. One MET is the amount of energy or oxygen used to sit quietly for a minute.

1 MET= 3.5ml/kg/min (the body consumes 3.5 milliliters of oxygen a minute for each kilogram of body weight), is the energy (oxygen) used by the body at rest, while sitting quietly or reading a book, for example.

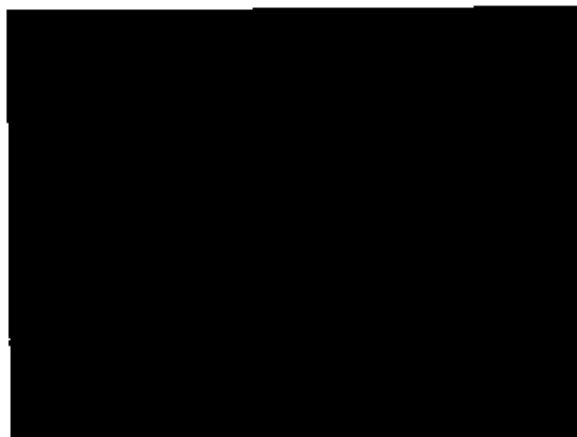
The harder your body works during the activity, the more oxygen is consumed and the higher the MET level. If you are exercising at a level of 7 METS, this means that you are working about 7 times as hard as you would be at rest. You are consuming about 7 times the amount of oxygen as you would at rest as well.

- ◆ Activity that burns 3 to 6 METs is considered moderate-intensity physical activity.
- ◆ Activity that burns > 6 METs is considered vigorous-intensity physical activity.

## CONSOLE OPERATION

### Power ON:

Pedaling over 25rpm to power on the console. The console will display the stand-by screen as below.



### Power Off:

The console would automatically shut off after 60 seconds of inactivity.



#### NOTE:

- ▶ The console would shut down any time if rechargeable batteries are run out of power.
- ▶ If pedaling over 35rpm, the item will start charging batteries.

### Boot Screen:

Stand-by screen displays 3 seconds later will then enter into the Boot Screen as below:



Boot Screen

On Boot Screen, there are 3 main workout options.

1. **Quick Start:** Starting exercise directly in Manual Program without any setting.
2. **Profile:** including Basic profile and Advanced profile.
3. **Heart Rate Control** (60%, 65%, 70%, 75%, 80% and 85%)

## CONSOLE OPERATION – QUICK START

### Quick Start:

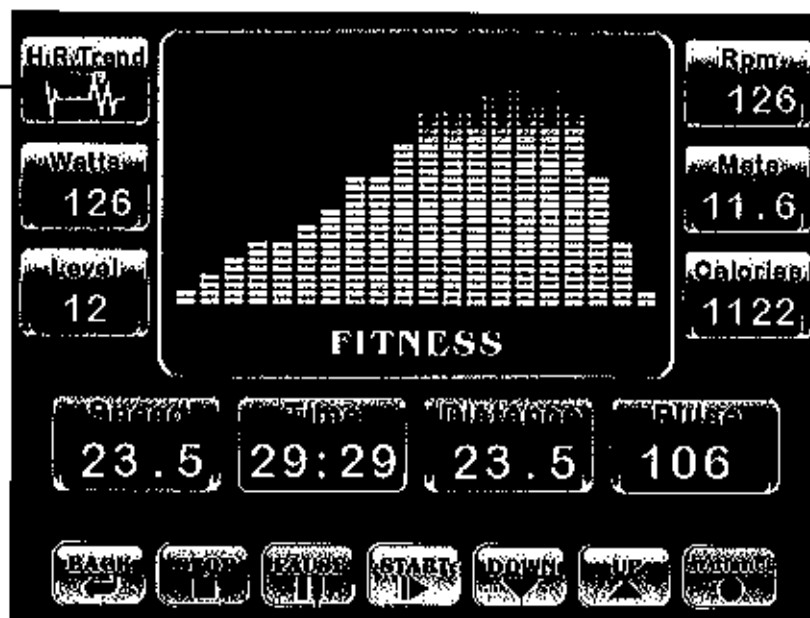
1. Press "**Quick Start**" on Boot Screen.

After selecting Quick Start, following countdown pages will display sequentially.



► The countdown pages will appear before every entry of final main page.

2. Enter into final main page as below.



Press **H.R. Trend** to review your heart rate chart during exercise.

Press **BACK** to return to previous page

Press **STOP** to stop current profile, all the data will reset to its original setting value except for **PULSE** readout

Press **PAUSE** to pause all functions during your exercise program. All the data on the display will pause except for **PULSE** readout

Press **STATISTICS** to review your average value of workout statistics

Press **UP** to Increase the level of tension during exercise

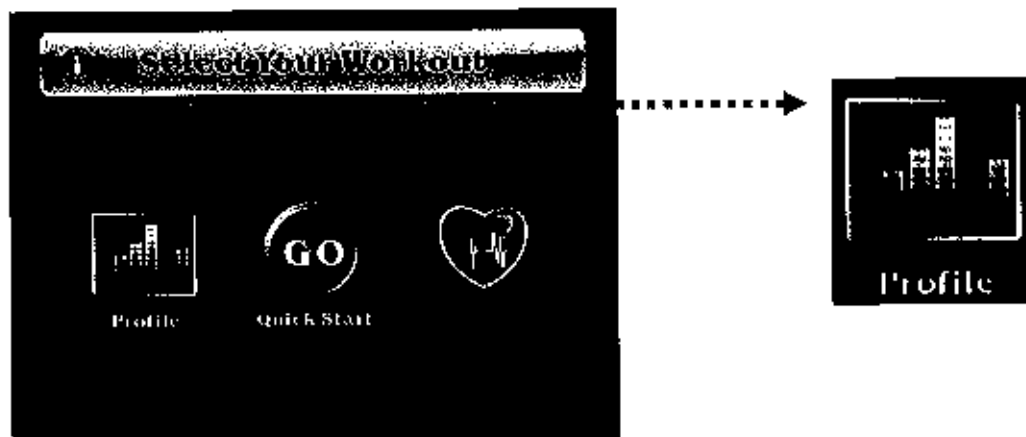
Press **DOWN** to decrease the level of tension during exercise

Press **START** to start workout

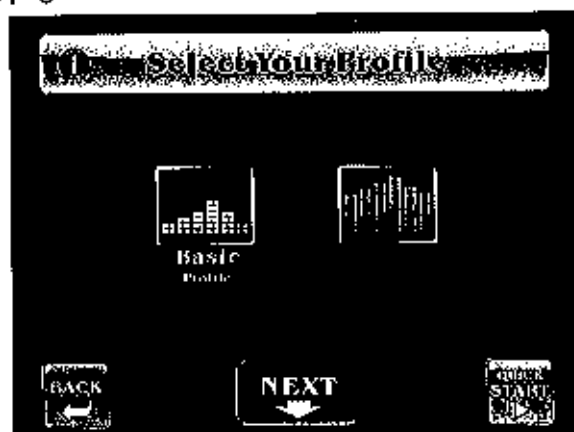
## CONSOLE OPERATION – PROFILE

### Profile:

1. Press "Profile" on Boot Screen.



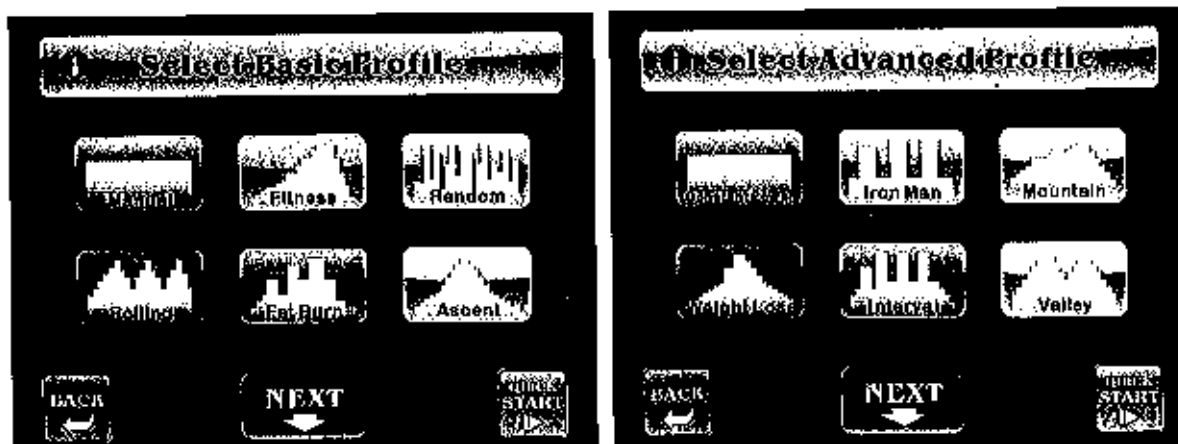
2. Enter into Main Profile Selecting page.



### Main Profile Selecting

There are 2 workout profiles for options.

- **Basic Profile:** 6 different workout programs are available under Basic Profile.
- **Advanced Profile:** 6 different workout programs are available under Advanced Profile.



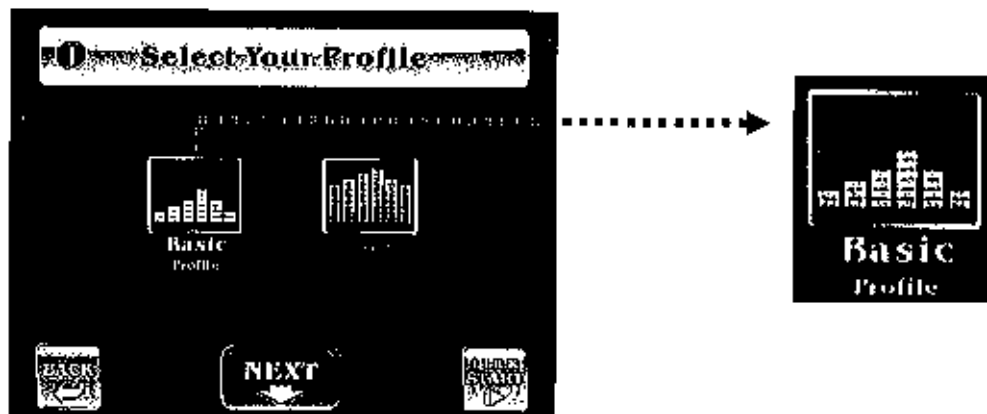
**LEVEL:** For this TFT console, the LEVEL HAS TWO MEANINGS, SINCERELY PLEASE TAKE A LOOK BELOW,

- ◆ For **Manual, Constant Power Program**, Level means "**resistance/tension level**"; Display range: 1 ~ 16 resistance levels.
- ◆ For **FITNESS, RANDOM, ROLLING, FAT BURN, ASCENT, IRON MAN, MOUNTAIN, WEIGHT LOSS, INTERVAL, VALLEY**, Level means "**Workout Difficulty Level**"; Display range: 1 ~ 16 workout difficulty levels. For example, The level of 16's Watt range would be heavier than the level of 8's Watt range. The lower level of workout difficulty you select, the workout difficulty Watt range would decrease, making more easier for user to exercise.

## CONSOLE OPERATION –BASIC PROFILE

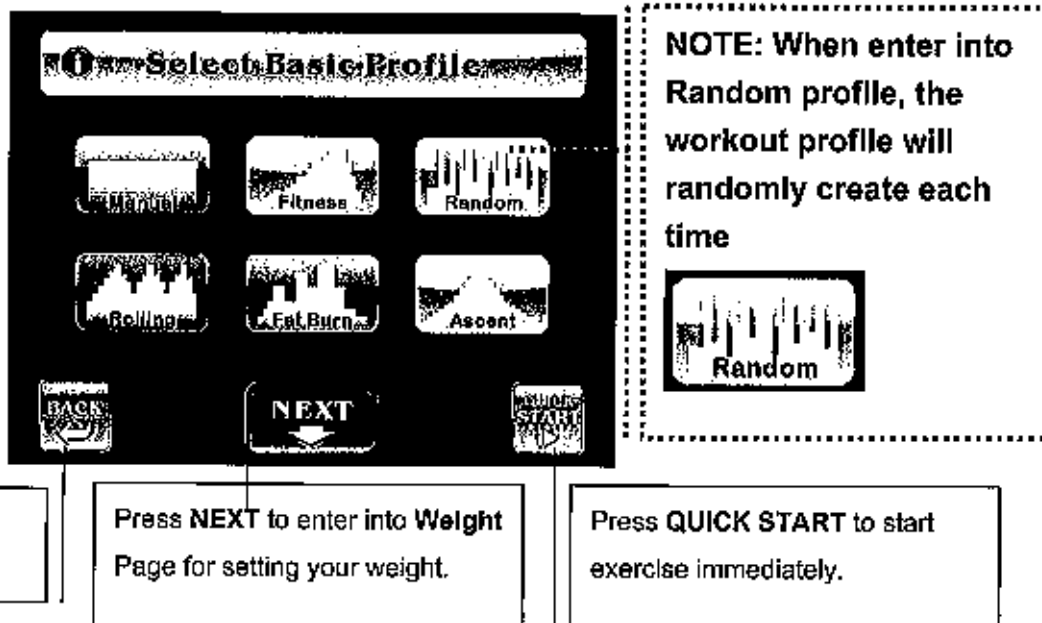
### A Basic Profile Instruction:

1. Press "Basic Profile".



2. Enter into diagrams' selection page.

Options include **Manual**, **Fitness**, **Random**, **Rolling**, **Fat Burn**, **Ascent**, total in 6 diagrams. Press the desired diagram to workout.



NOTE: When enter into Random profile, the workout profile will randomly create each time

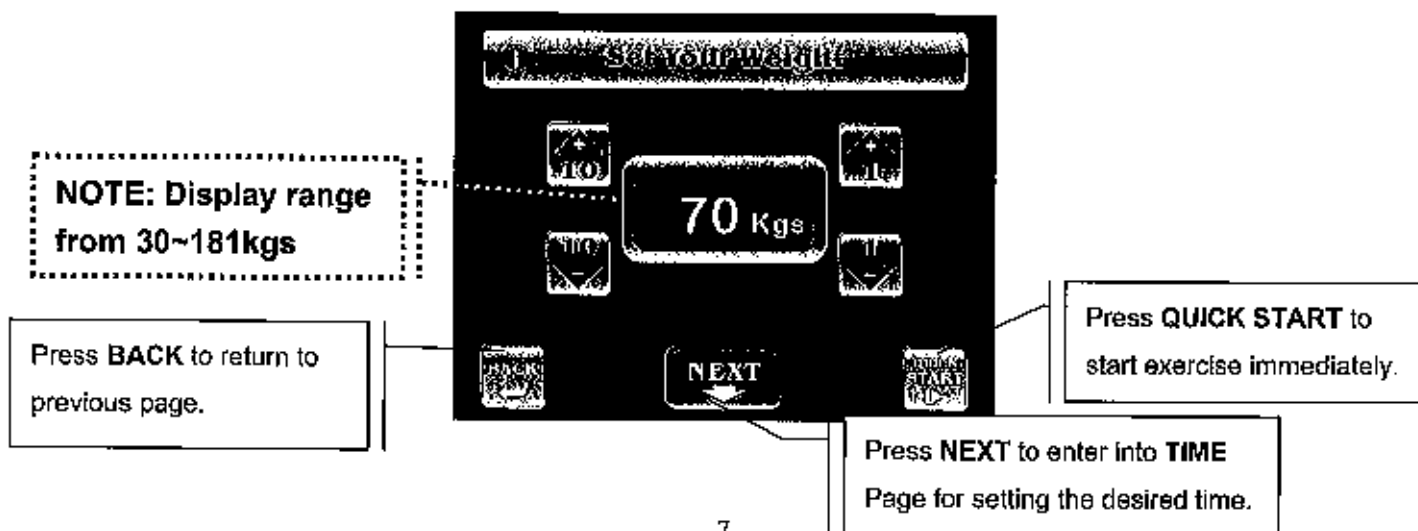


Press **BACK** to return to previous page.

Press **NEXT** to enter into **Weight** Page for setting your weight.

Press **QUICK START** to start exercise immediately.

3. Enter into **Weight** page and input the value of weight; display range: 30 ~ 181 kgs.



NOTE: Display range from 30~181kgs

Press **BACK** to return to previous page.

Press **QUICK START** to start exercise immediately.

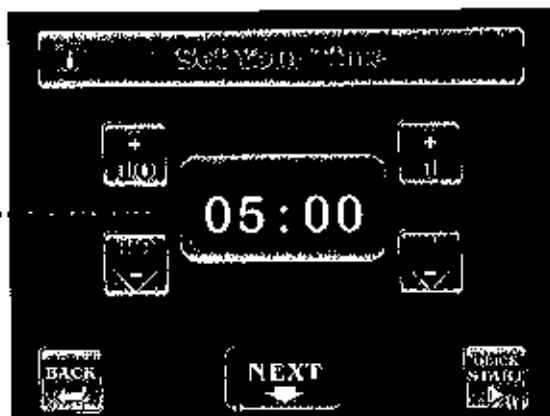
Press **NEXT** to enter into **TIME** Page for setting the desired time.



## CONSOLE OPERATION –BASIC PROFILE

4. Enter into Time page and select the desired value of time; display range: 5:00 ~ 99:00.

**NOTE:** Display range  
from 5:00 ~ 99:00



Press **BACK** to return to  
previous page.

Press **NEXT** to  
start exercise.

Press **QUICK START** to  
start exercise immediately.

### B Instruction Note for During Exercise:



#### H.R. Trend:

- Press **H.R. Trend** to review your heart rate chart.
- The Heart Rate Trend is recorded automatically in every 60 seconds if the user's actual heart rate is able to be detected by the console.

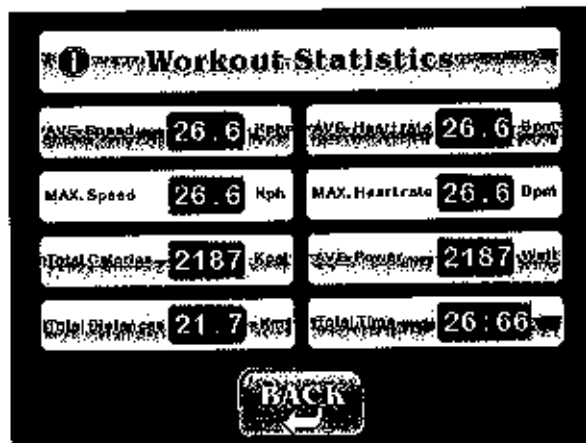
**NOTE:** Please be sure to wear a chest belt or place both of hands on the Pulse Sensors located on the Handlebar in order to make sure that the pulse readout could be able to detect:

- Press **H.R. Trend** again to return to the workout program.



#### STATISTICS:

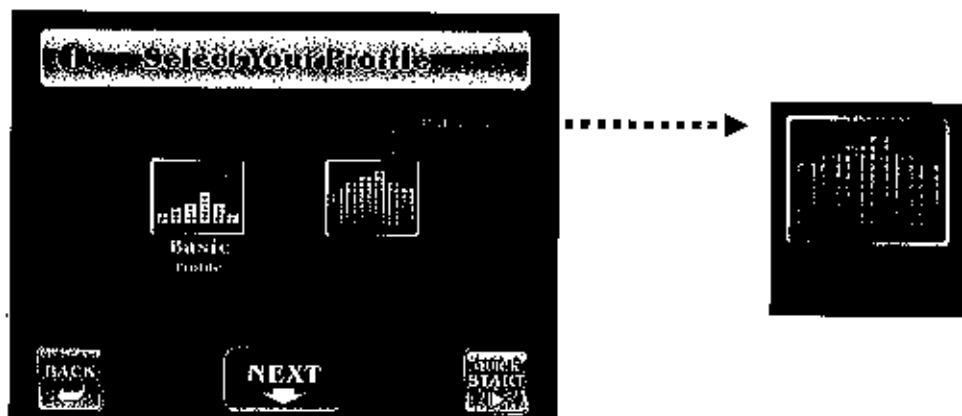
- Press **STATISTICS** to review your average value of workout statistics. **NOTE:** The button is able to press at anytime to review during exercise. Press **Back** to return to the workout program.



## CONSOLE OPERATION – ADVANCED PROFILE

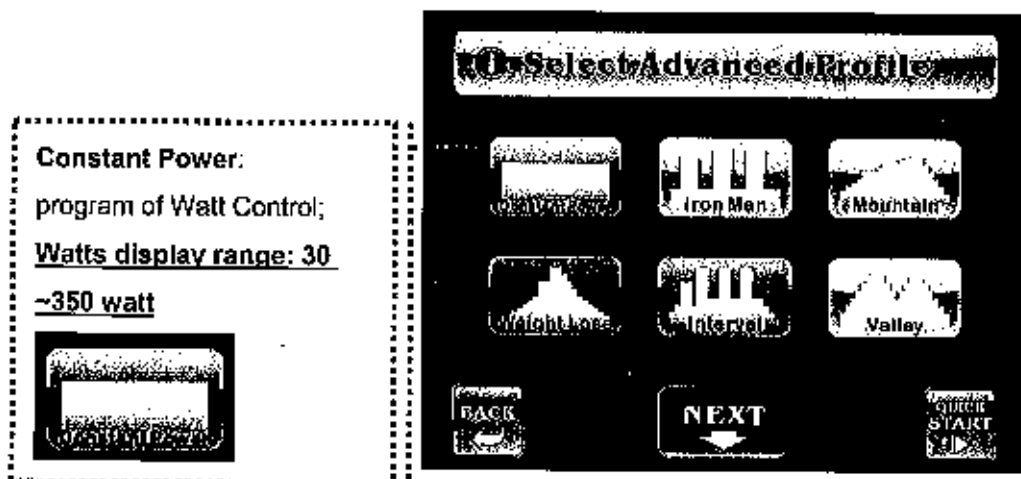
### A Advanced Profile Instruction:

1. Press "Advanced Profile".



2. Enter into diagrams' selection page.

Options include **Constant Power**, **Iron Man**, **Mountain**, **Weight Loss**, **Interval**, **Valley**, total in 6 diagrams. Press the desired diagram to workout



Before operating **CONSTANT POWER PROGRAM**, review the difference between the **CONSTANT POWER** and the **CONSTANT RESISTANCE** function:

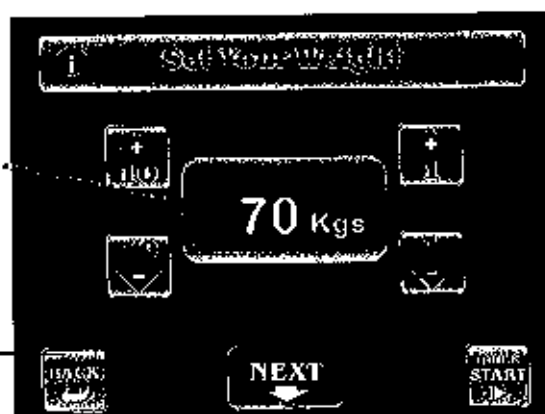
<p><b>Level Control (Constant Resistance)</b> in most of workout programs</p>	<p><b>Watt Control (Constant Power)</b> in Constant Power program</p>
<p><b>RPM↓↑ RESISTANCE --</b></p> <p>Resistance does not change even though the quantity of <b>RPMs (Rotate Per Minute)</b> increases or decreases under the <b>Level Control Mode</b> during workout.</p> <p>No matter how fast you pedal, the resistance is fixed.</p>	<p>The resistance depends on the value of <b>RPM (Rotate Per Minute.)</b></p> <p><b>RPM↑ RESISTANCE↓ ; RPM↓ RESISTANCE ↑</b></p> <p>In order to remain at a consistent effort level (watts) (once you set up the desired Watt value), the computer will start monitoring the user's pedaling speed/RPM.</p> <p>If the <b>RPMs (Rotate Per Minute)</b> increase (when you pedal faster), the <b>Resistance</b> will decrease (becomes lighter.)</p> <p>On the contrary, the <b>Resistance</b> increases (becomes heavier resistance) when the value of the <b>RPMs</b> decreases (when you pedal slower.)</p>

## CONSOLE OPERATION – ADVANCED PROFILE

3. Enter into **Weight** page and input the value of weight; display range: 30 ~ 181 kgs.

**NOTE:** Display range from 30~181kgs

Press **BACK** to return to previous page



Press **QUICK START** to start exercise immediately

Press **NEXT** to enter into **TIME** Page for setting the desired time

4. Enter into **Time** page and select the desired value of time; display range: 5:00 ~ 99:00

**NOTE:** Display range from 5:00 ~ 99:00



Press **BACK** to return to previous page.

Press **NEXT** to start exercise.

Press **QUICK START** to start exercise immediately.

### **B** Instruction Note for During Exercise:



#### **H.R. Trend:**

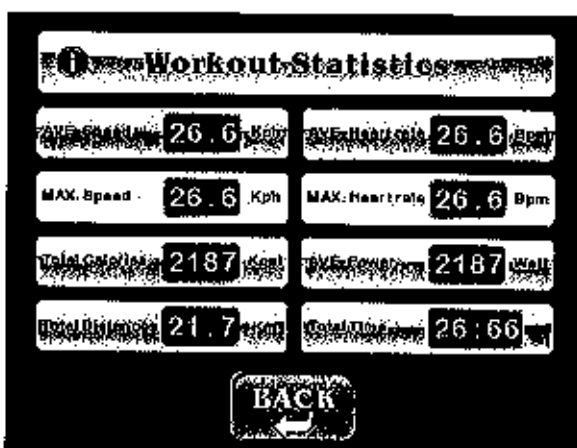
- Press **H.R. Trend** to review your heart rate chart.
- The Heart Rate Trend is recorded automatically in every 60 seconds if the user's actual heart rate is able to be detected by the console.  
**NOTE:** Please be sure to wear a chest belt or place both of hands on the Pulse Sensors located on the Handlebar in order to make sure that the pulse readout could be able to detect!
- Press **H.R. Trend** again to return to the workout program.





#### STATISTICS:

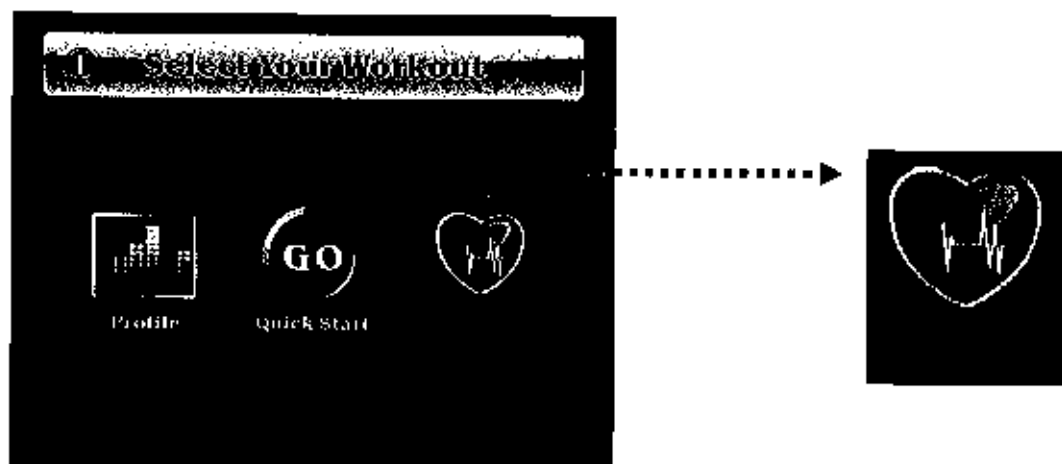
- Press **STATISTICS** to review your average value of workout statistics. **NOTE:** The button is able to press at anytime to review during exercise. Press **Back** to return to the workout program.



## CONSOLE OPERATION – HEART RATE CONTROL PROFILE

### A Heart Rate Control Instruction:

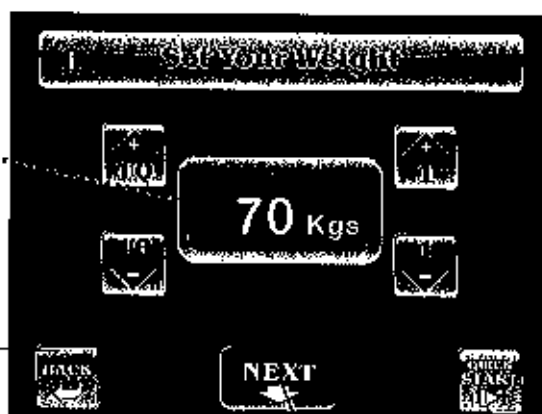
1. Press **Heart Rate Control** on Boot Screen.



2. Enter into **Weight** page and input the value of weight; display range: 30 ~ 181 kgs.

**NOTE:** Display range from 30~181kgs

Press **BACK** to return to previous page.



Press **QUICK START** to start exercise immediately.

Press **NEXT** to enter into **TIME** Page for setting the desired time.

## CONSOLE OPERATION – HEART RATE CONTROL PROFILE

3. Enter into **Time** page and select the desired value of time; display range: 5:00 ~ 99:00

**NOTE:** Display range from 5:00 ~ 99:00



Press **BACK** to return to previous page.

Press **NEXT** to select your age.

Press **QUICK START** to start exercise immediately.

4. Enter into **Age** page and input the value of your age; display range: 5 ~ 99 years old.

**NOTE:** Display range from 5 ~ 99 years old ; Although the console allows input for age beginning at 5 years old, this product is not recommended for children usage.



Press **BACK** to return to previous page.

Press **NEXT** to select your gender.

Press **QUICK START** to start exercise immediately.

5. Enter into **Gender** page and select your gender.



Press **BACK** to return to previous page.

Press **QUICK START** to start exercise immediately.

Press **NEXT** to select target heart rate.

## CONSOLE OPERATION – HEART RATE CONTROL PROFILE

6. Select your ideal target heart rate (60%, 65%, 70%, 75%, 80% and 85%).

**NOTE for H.R.C. Program:**

60%, 65%, 70%, 75%, 80% and 85% of max. heart rate:

- ◆ Male formula: heart rate percentage % of (220 – your age)
- ◆ Female formula: heart rate percentage % of (225 – your age)



Press **BACK** to return to previous page.

Press **NEXT** to start exercise.

Press **QUICK START** to start exercise immediately

### **B** Instruction Note for During Exercise:

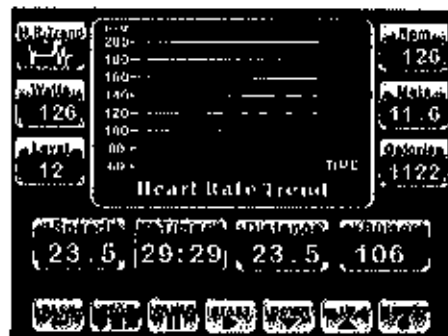


#### **H.R. Trend:**

- Press **H.R. Trend** to review your heart rate chart.
- The Heart Rate Trend is recorded automatically in every 60 seconds if the user's actual heart rate is able to be detected by the console.

**NOTE:** Please be sure to wear a chest belt or place both of hands on the Pulse Sensors located on the Handlebar in order to make sure that the pulse readout could be able to detect.

- Press **H.R. Trend** again to return to the workout program.



#### **STATISTICS:**

- Press **STATISTICS** to review your average value of workout statistics. **NOTE:** The button is able to press at anytime to review during exercise. Press **Back** to return to the workout program.





