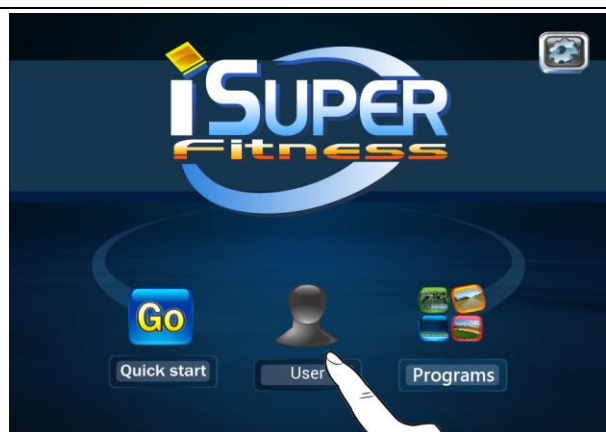# User Guide

- **T**his console is built-in with iSUPER compatible hardware, please take a few minutes to review this user guide.

|	**Step 1:** Tap "**User**" button to login. NOTE: "Pressing the "Quick Start" button will skip the login setting process.
	Step 2: a. Fill out personal information – **NAME**, **GENDER**, **BIRTHDAY**, **HEIGHT** and **WEIGHT**. NOTE: The personal information will be erased after 1 minute of inactivity on the item. b. Then tap "**OK**" button to go back to the main screen.

Step 1:

◆ Tap "**Programs**" button to select the preference program to exercise.

◆ Tap "**Quick Start**" button to exercise.
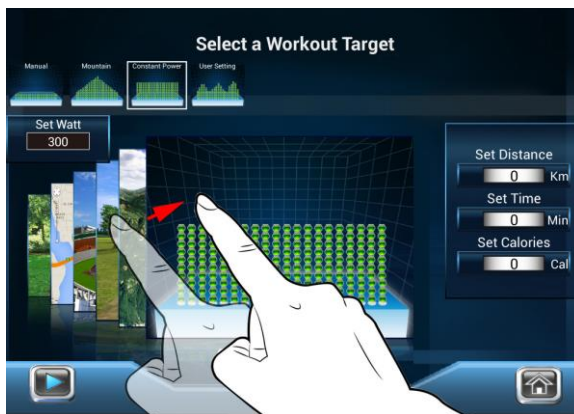
Step 2:

Drag your finger to scroll to the desired exercise program. There are 6 types of programs to choose from as shown below:
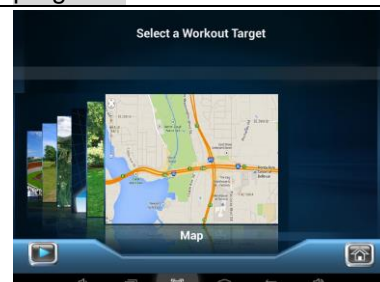
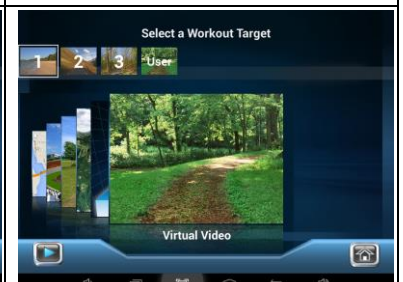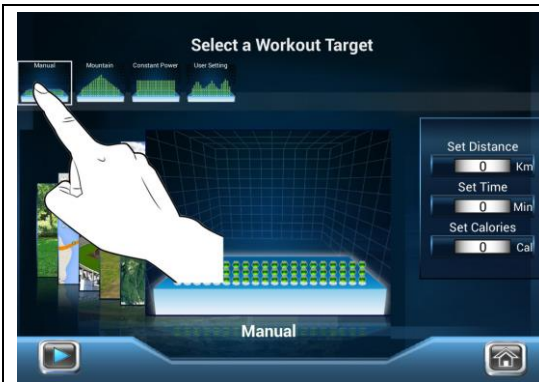| 4 types of Workout Programs	4 types of Mountain Roads
4 types of Heart Rate Control programs	4 types of Racing Challenge
Running Routes with Google Maps	3 types of Virtual Running scenes

Select a Workout Target

Manual   Mountain   Constant Power   User Setting

Set Distance
   0   Km

Set Time
   0   Min

Set Calories
   0   Cal

Manual

NOTE:
- Count Up: If target Distance, Time, Calories and Watt are not selected.
- Count Down: if target Distance, Time, Calories and Watt are selected.

Set		
Distance	Time	Calories
3	20	140
4	25	145
5	30	150
6	35	155
7	40	160
NO	YES	

Set Distance
   5   Km

Set Time
   30   Min

Set Calories
   Cal

Workout Programs :

There are 4 programs (**Manual, Mountain, Constant Power, 1 User Setting**) available to choose from. Choose the desired workout program and set up Distance, Time, Calories or Watt for proper workout.
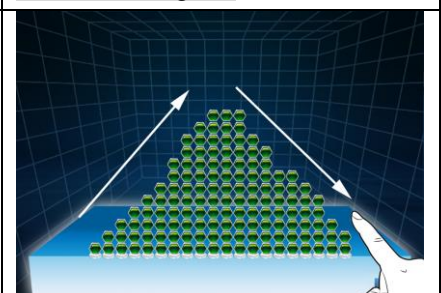
Manual Program
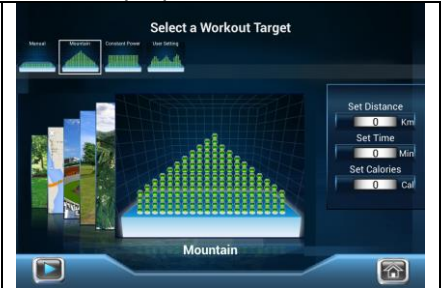
Mountain Program

Constant Power Program
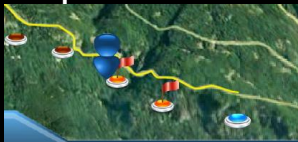
(30 ~ 300 Watt; 5 Watt increment)

1 User Settings

Drag your finger up or down to set up the desired resistance level and press **OK** button

Select a Workout Target

1   2   3   4

Distance
10.0Km
Height
500M

Mountain Road

Marking a red flag every step you conquer

Share your workout results via e-mail

Workout Results

|	
Calories	57
Time	00:05:03
Distance	2.0Km
Ave. RPM	66
Max. RPM	73
Ave. BPM	0

**Mountain Road Programs :**

If select **Mountain Road Program**, there are 4 types of Mountain Roads available to choose from, choose one of the desired mountain road program for proper workout. **NOTE: The shorter the distance, the heavier resistance could get; on the contrary, the longer the distance, the lighter resistance could get.** Every step you conquer, the console will mark a red flag automatically. Once the workout is completed, you can share your workout results via e-mail.

Distance: 10 KM
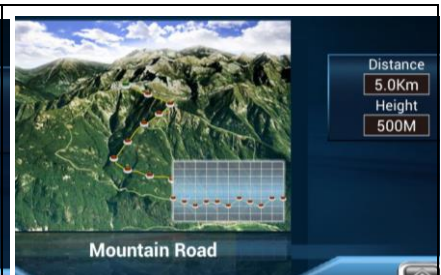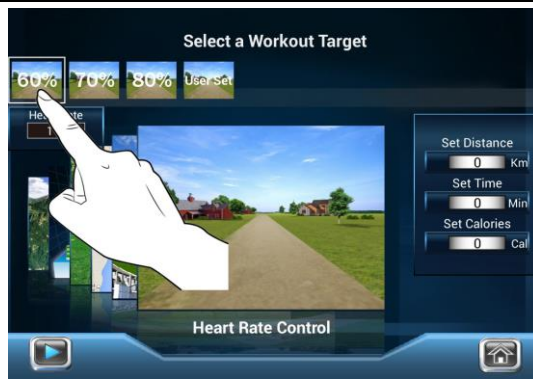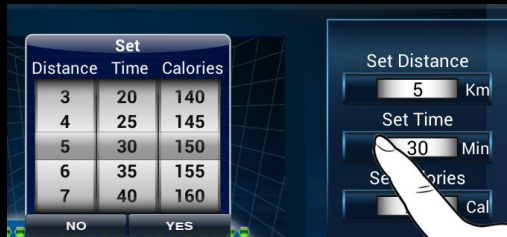
Distance: 5 KM
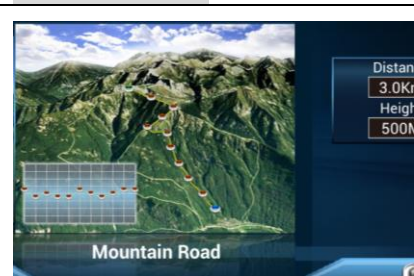
Distance: 3 KM

Distance: 2.5 KM

3

SIMPLE FORMULA OVERVIEW:

- **BEGINNER:** 60% of maximum heart rate; 60% of (220 – your age).
- **TRAINER:** 70% of maximum heart rate; 70% of (220 – your age).
- **ACTIVE TRAINER:** 80% of maximum heart rate; 80% of (220 – your age).

NOTE:

- Count Up: If target Distance, Time, Calories are not selected.
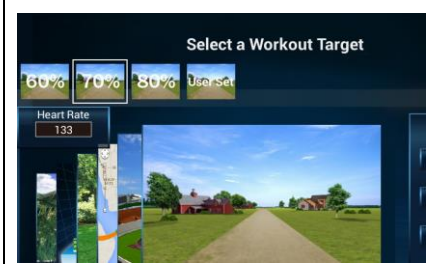- Count Down: if target Distance, Time, Calories are selected.

H.R.C. Programs:

There are 4 H.R.C. programs (**60%, 70%, 80% and Target Heart Rate**) available to choose from, choose one of the desired workout program, and set up Distance, Time, Calories for proper workout.
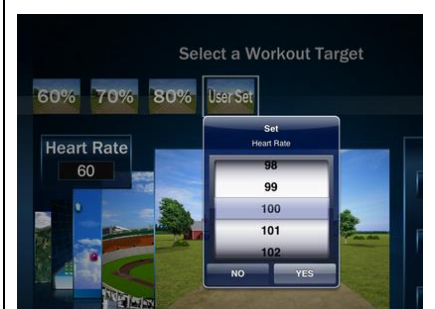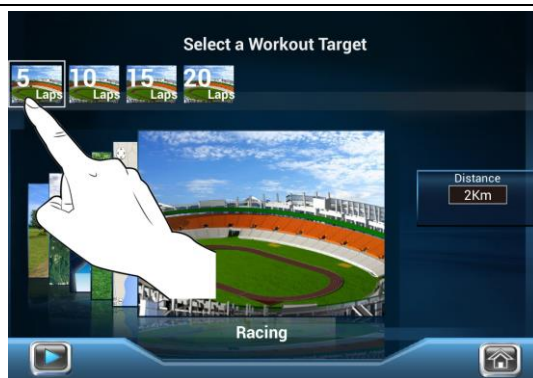

60% H.R.C.

70% H.R.C.

80% H.R.C.

Target Heart Rate (114 ~ 190 BPM/BEATS PER MINUTE)

Share your workout results via e-mail

Racing Challenge Programs:

There are 4 types (5, 10, 15 and 20 Laps) available to choose from, choose one of the desired racing challenge program for proper workout. Once the workout is completed, you can share your workout results via e-mail.
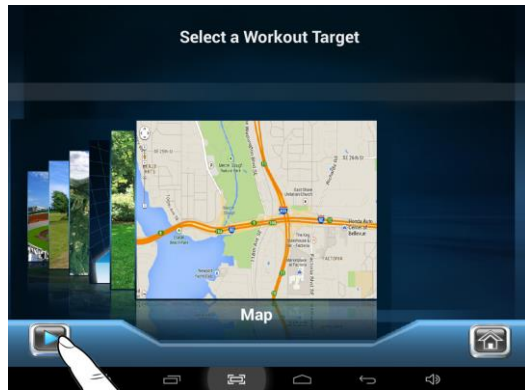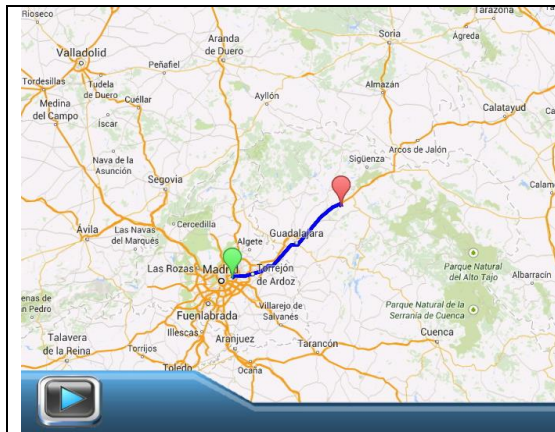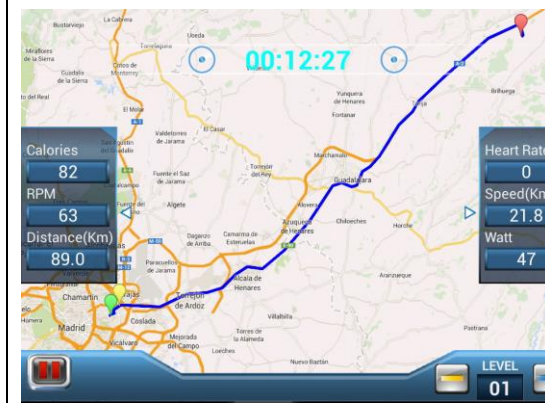

5 Laps

10 Laps

15 Laps

20 Laps

4

Select a Workout Target

Map

Share your workout results via e-mail

Workout Results

@ abc@mail.com

Calories	57
Time	00:05:03
Distance	2.0Km
Ave. RPM	66
Max. RPM	73
Ave. BPM	0

Running Routes with Google Maps:

- To create a route, select and touch the "start" and "destination".
- To start workout by pressing the "Start" button.

- "Green" means the start location.
- "Yellow" means your current location.
- "Red" means the final destination.
- Once the workout is completed, you can share your workout results via e-mail.

Select a Workout Target

Virtual Video
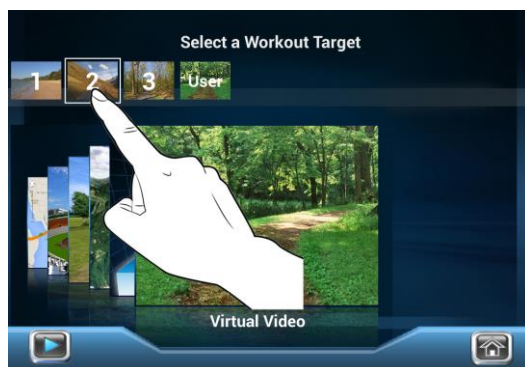
Virtual Running:

There are 3 types of virtual running scenes available to choose from, choose one of the virtual running scene for proper workout.

5
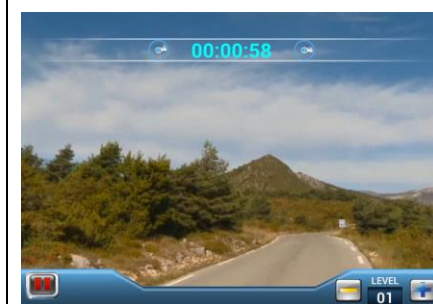
During workout, drag your finger on the " ◀ " or " ▶ ", " ▲ " triangular icons on either side of the screen to reveal or hide the panels displaying the current workout values (Calories, RPM, Distance, Heart Rate, Speed, and Watt).
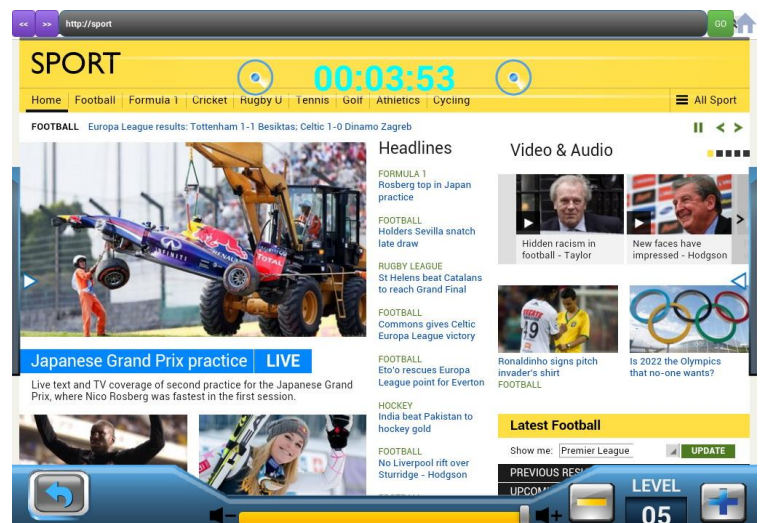
iSuper software comes with the following multi-media function apps for your enjoyment during exercise.   Drag your finger down on the top triangular icon " ▲ " to reveal the panel of app icons and tap your desired app.

Browser Button
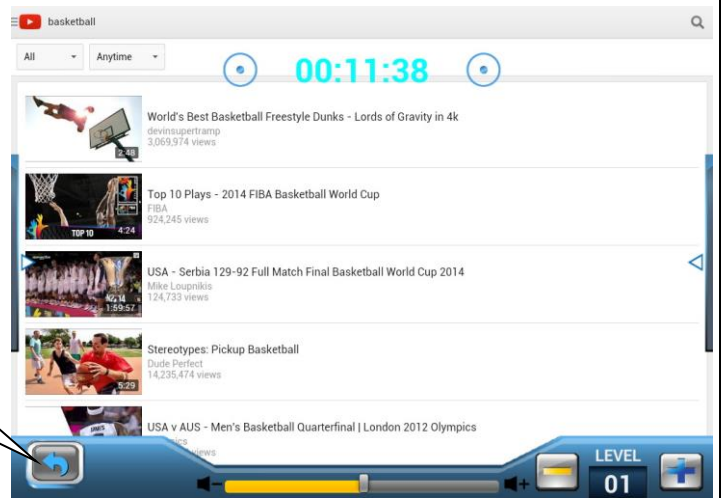
Browse websites on the Internet.

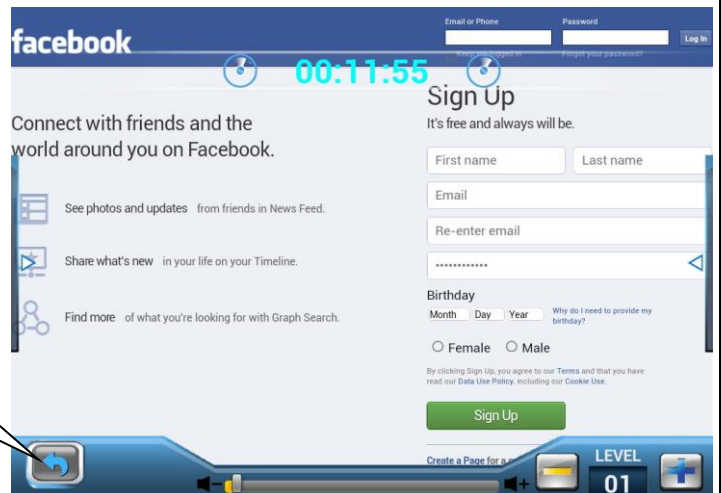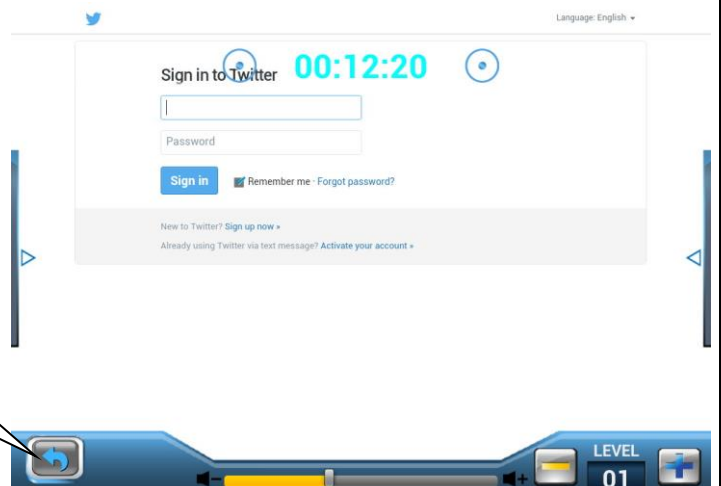|	
Youtube Button	Play videos from YouTube's online collection. Search for any video, or browse featured, most viewed, most recently updated, and top-rated videos. Press this button to return to previous screen
Facebook Button	Share updates of your health process while working out via Facebook. Press this button to return to previous screen
Twitter Button	Share updates of your health process while working out via Twitter. Press this button to return to previous screen

Video Button

- Video Formats – MP4, AVI, WMV, MOV…etc.
- Instruction:
  a. Download your videos to USB memory stick.
  b. Connect USB memory stick into the Console's USB port.
  c. Press "Video Button".
  d. Select the preference video file and play.

Go
Quick start

00:36:53

LEVEL
01

Press this button to return to previous screen

Music Button

- Music Formats – MP3, WMA, WAV…etc.
- Instruction:
  a. Download your music to USB memory stick.
  b. Connect USB memory stick into the Console's USB port.
  c. Press "Music Button".
  d. Select the preference music and play.

Go
Quick start

00:44:53

Play List	Audio List
BEYOND	
M2M - Proud Of You	
M2M - The Day You Went	**BEYOND**
YAN	**M2M - Proud Of You**
	M2M - The Day You Went

00:00:11　　　　00:03:45

LEVEL
01

Press this button to return to previous screen

8