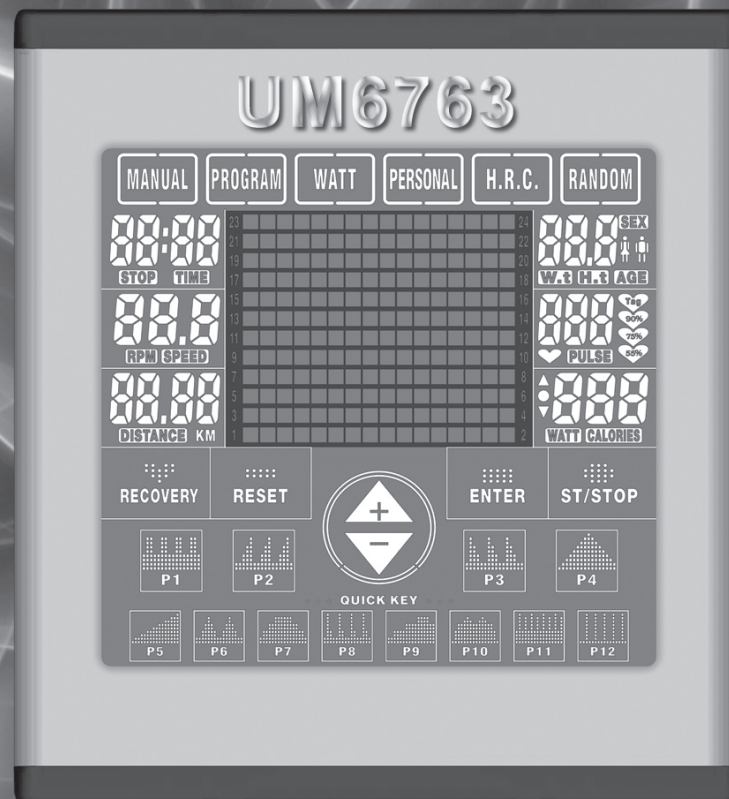
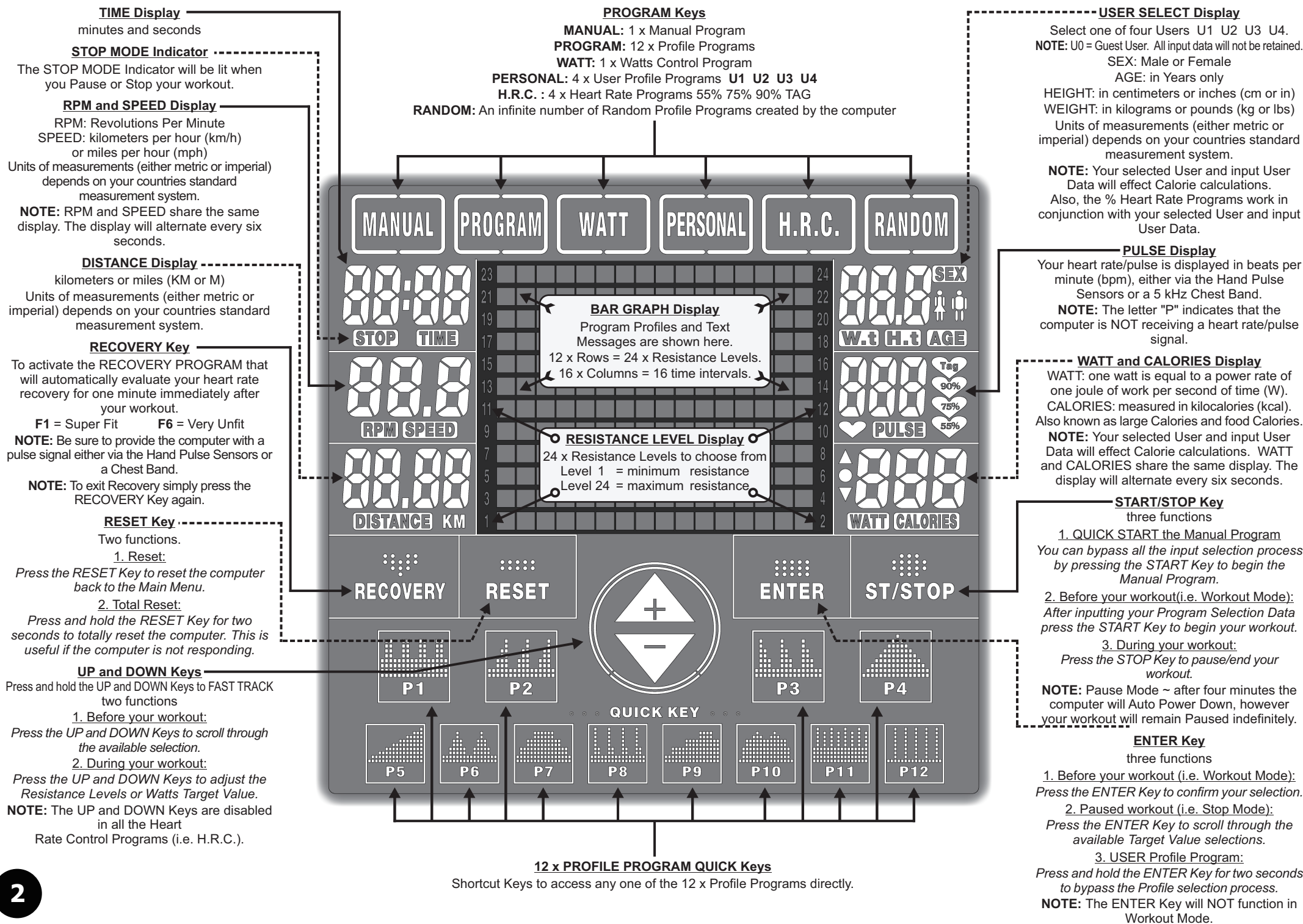


UM6763 COMPUTER INSTRUCTIONS



Menus, Profiles, Users, % Heart Rate, Target Heart Rate, Recovery, Random Profiles, Alarms

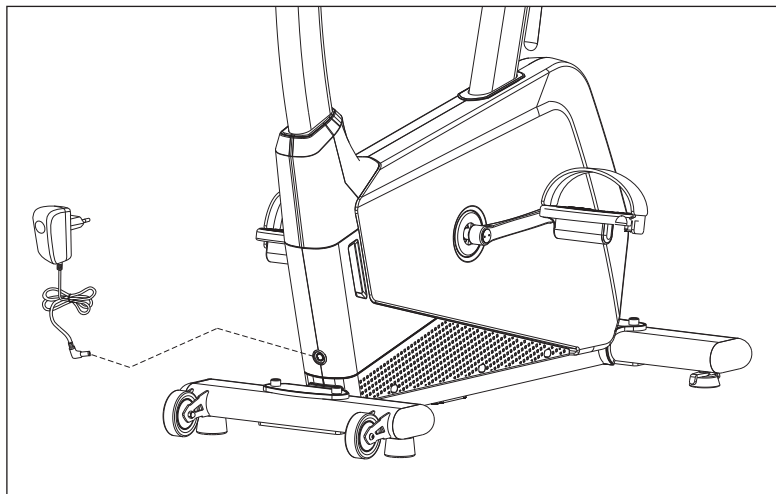


UM6763 COMPUTER INSTRUCTIONS

BEFORE YOU START ~ Recharge the Battery

Because your exercise machine is **NEW!** the BATTERY needs to be Charged.

The battery pack was fully charged when this exercise machine was manufactured. however since then the battery pack has undoubtedly lost some or all of it's charge making it important to recharge the battery pack ASAP. Use the provided AC Adaptor to recharge the battery for at least 30 minutes or longer.



Power Functions

ADAPTOR: DC 9 V 1000mA AC Adaptor. Once your exercise machine is fully assembled and correctly positioned then insert the plug-in adaptor socket. The computer should automatically power up and all the LCD segments will briefly light up. If there are any problems then please refer to the Trouble Shooting Guide on the last page of these instructions for help.

AUTO POWER UP: The computer will automatically power up when the exercise machine is in use, or when any Keys on the computer are pressed.

AUTO POWER DOWN: The computer will automatically power down when the exercise machine is not in use after approximately 1 minutes.

Resistance and Generator System

THIS EXERCISE MACHINE IS EQUIPPED WITH:

Eddy Current Brake Motorized Resistance System: The Flywheel is lined with an Aluminum Strip and a Bank of Magnets are moved by a Geared Electric Motor. The closer the Magnets are to the moving Aluminum Strip the more "Eddy Currents" are created causing drag.

Mini Generator: Basically just an Electric Motor that is powered by the moving Flywheel.

Generator Controller: A sophisticated electronic device that supply's the Computer and/or the Battery Pack with the correct electrical charge.

Battery Pack: The rechargeable Lithium-ion (Li-ion) battery pack is a battery in which lithium ions move from the negative electrode to the positive electrode during discharge and back when charging.

WARNING: The battery pack is filled with toxic chemicals and must be disposed of in a competent manner by recycling.

Battery Warning Display

When you see the "battery warning" then recharge the battery pack for a maximum of 20 minutes.



Battery Warning Levels

40% = STANDARD NORMAL BATTERY WARNING DISPLAY

When the LCD is fully lit and the "Battery Warning Display" appears then the battery is at 40% capacity.

On completion of your workout, recharge the battery pack for a maximum of 20 minutes.

30% = FLASHING BATTERY WARNING DISPLAY

When the LCD is flashing the "Battery Warning Display" then the battery is at 30% capacity and the computer is not receiving enough power, hence the LCD flashing issue.

- 1) You can try to finish your workout by pedaling fast enough to fully supply the computer with enough power. Then, on completion of your workout, recharge the battery pack for a maximum of 20 minutes.
- 2) Stop your workout and recharge the battery pack for a maximum of 20 minutes.

20% = GHOST BATTERY WARNING DISPLAY

When the LCD is not lit and only a "Ghost Battery Warning Display" is barely visible then the battery is at 20%. Stop your workout and recharge the battery pack for a maximum of 20 minutes.

UM6763 COMPUTER INSTRUCTIONS

Battery Pack Care & Maintenance

ADAPTOR: DC 9 V 1000mA AC Adaptor The provided AC Adaptor is the only AC Adaptor you should use to recharge the battery pack.

WARNING: *Using anything other than the provided AC Adaptor may harm the battery pack causing toxic chemicals to leak out and possibly start a fire.*

SMART BATTERY CHARGER

The provided AC Adaptor is a "Smart Battery Charger" and will stop charging when the battery pack is fully charged so it's OK to recharge the battery pack overnight. However, we DO NOT recommend leaving the AC Adaptor plugged in all of the time.

BATTERY PACK: DC7.4V 2200mAh 16.28Wh

Batteries do not enjoy eternal life. All batteries have a limited lifespan. The key point is to extend the battery pack lifespan with some simple to follow guidelines listed below.

CHARGE THE BATTERY PACK WHILE YOU EXERCISE

The average person exercises 20 minutes a day, 3 times a week. That is what the generator system has been designed for. At that rate the Lithium-ion (Li-ion) battery pack charge will fluctuate roughly from 40%~80% charge. It's still OK to exercise everyday, which will probably recharge the battery pack to 100% which will only slightly affect the long-term life of the Lithium-ion (Li-ion) battery pack. What the battery pack doesn't like is a 0% charge which will eventually kill the battery pack.

KEEP THE BATTERY PACK CHARGED 40%~80%

Lithium-ion (Li-ion) batteries don't suffer the memory effect like the old nickel cadmium and nickel-metal hydride rechargeable batteries, so it is best to keep a charge in the batteries at all times. It is best to not let the battery pack charge drop to zero and do not recharge the battery pack to 100% all the time as it will shorten the battery pack's lifespan. To extend the life of your battery pack, you want to keep it between 40%~80% but as there is NO "battery percentage indicator" only a "battery warning" it's best to recharge the battery pack when the "battery warning" displays, and then recharge the battery pack for a maximum of 20 minutes.

WHEN TO PARTIALLY CHARGE THE BATTERY PACK TO 80%

When you see the "battery warning" then recharge the battery pack for a maximum of 20 minutes.

WHEN TO FULLY CHARGE THE BATTERY PACK TO 100%

Even though the Lithium-ion (Li-ion) batteries don't suffer the memory effect, experts recommend to calibrate the battery pack every 1~3 months (a "charge cycle"). Plug-in the AC Adaptor and recharge the battery pack for at least 30 minutes, or overnight just like you would recharge your Smartphone.

Battery Pack Care & Maintenance continued

LONG-TERM STORAGE BATTERY PACK ISSUE

The battery pack will drain at about 5~10% a month when not in use. If storing the exercise machine for a long period of time then make sure the battery pack is fully charged first. Then, fully recharge the battery pack a minimum of every 3 months. If you let the battery pack discharge completely and leave it uncharged for a long period of time it will eventually become incapable of holding a charge (i.e. dead battery pack). If this occurs you will need to contact your dealer and buy and replace the battery pack.

BATTERY PACK LIFESPAN

Batteries do not enjoy eternal life. All batteries have a limited lifespan. The battery manufacturers conservative estimate rates the Lithium-ion (Li-ion) battery pack at 300~500 cycles which is normal for most Lithium-ion (Li-ion) batteries just like Smartphone or Laptop battery packs. However that DOES NOT mean the battery pack can only be recharged 300 times, it means if you fully discharge the battery pack to 0% and recharge the battery pack to 100%, then the battery pack will only last a minimum of 300 cycles, so it is important NOT to do that. Experts claim that Lithium-ion (Li-ion) batteries can reach 80% of their original capacity after 1,000 charges. After this point Lithium-ion (Li-ion) batteries aren't able to hold as much electricity and will power your device for increasingly shorter periods of time. It's also important to note that an aging battery pack will also decrease in performance over time. Lithium-ion (Li-ion) battery packs do not die suddenly, but the runtime gradually shortens as the capacity fades.

BATTERY NO-NO's

TOO LOW: A 0% charge for a long period of time. If you let the battery pack discharge completely and leave it uncharged for a long period of time the battery pack will eventually become incapable of holding a charge.

TOO COLD: 0°C (32°F) The Lithium-ion (Li-ion) battery pack will not charge below freezing.

TOO HOT: 45°C (113°F) The Lithium-ion (Li-ion) battery pack will charge but you will shorten the battery pack lifespan.

TOO WET: High humidity (or worse rain) will cause all kinds of corrosion problems not only with the electrical equipment but also all the metal components on your exercise machine. If you have condensation on the inside of your windows then the humidity is too high. Interior window condensation is caused by excessive moisture in your home. Corrosion will void your warranty, to avoid this buy and use a dehumidifier until the condensation disappears.

UM6763 COMPUTER INSTRUCTIONS

Program Count

This Computer has the following Programs:

- 1 x MANUAL PROGRAM
- 12 x PROFILE PROGRAMS
- 1 x WATT PROGRAM
- 4 x PERSONAL PROFILE PROGRAMS one per user stored in the computers memory
- 4 x HEART RATE CONTROL PROGRAMS 55% 75% 90% Target Heart Rate
- ? x RANDOM PROFILE PROGRAMS
- 1 x RECOVERY PROGRAM

24 x PROGRAMS in Total

Quick Start

- 1) Power up the computer and press the START Key which will automatically start the Manual Program.

User Select + User Data Input

When the computer powers up the LCD Display will be flashing and requesting data input for the following:

USER SELECT U0 or U1~U4

The computer can store four sets of personal user data. This stored information will be used in conjunction with the % Heart Rate Programs and to more accurately calculate Calories (kcal).

NOTE: U0 = Guest User. The computer will not memorize any input User Data or input Personal Profile Program.

- 1) Press the UP and DOWN Keys to select either U0 U1 U2 U3 U4
- 2) Pressing the ENTER Key will confirm your User selection and begin the User Data Entry process.

USER DATA ENTRY ~ Gender ~ Age ~ Height ~ Weight

- 1) SEX ~ Press the UP and DOWN Keys to select either MALE or FEMALE. Then press the ENTER Key to confirm your selection.
- 2) AGE ~ Press the UP and DOWN Keys to select your Age (in years). Then press the ENTER Key to confirm your selection.
- 3) HEIGHT ~ Press the UP and DOWN Keys to select your Height in either centimeters (cm) or inches (") depending on your countries standard measurement system. Then press the ENTER Key to confirm your selection.
- 4) WEIGHT ~ Press the UP and DOWN Keys to select your Weight in kilograms (kg) or pounds (lbs) depending on your countries standard measurement system. Then press the ENTER Key to confirm your selection.

Now you will be at the **Main Menu**.

Main Menu **MANUAL - PROGRAM - WATT - PERSONAL - H.R.C. - RANDOM**

The Main Menu consists of the 5 x following selections:

- | | |
|--------------------|---|
| 1. MANUAL | 1 x MANUAL PROGRAM |
| 2. PROGRAM | 12 x PROFILE PROGRAMS |
| 3. WATT | 1 x WATT PROGRAM |
| 4. PERSONAL | 4 x PERSONAL PROFILE PROGRAMS one per user |
| 5. H.R.C. | 4 x HEART RATE CONTROL PROGRAMS 55% 75% 90% Target Heart Rate |
| 6. RANDOM | ? x RANDOM PROFILE PROGRAMS |

- 1) From the MAIN MENU press any one of the six PROGRAM Keys at the top of the LCD, or press one of the twelve PROFILE PROGRAM QUICK Keys, or press the START Key to immediately start the MANUAL PROGRAM.

If at anytime you wish to return to the Main Menu then simply press the RESET Key.

To return to the Main Menu during a workout, you must first press the STOP Key. Then press the RESET Key. If that fails then press and hold the RESET Key for two seconds to start over.

Manual Program



The MANUAL PROGRAM is a simple program that has a flat profile and is preset at Resistance Level one. Before and during your workout you can adjust the Resistance Levels by pressing the UP and DOWN Keys.

QUICK START

Press the START Key to immediately begin your workout.

NORMAL START with Target Value options

- 1) From the Main Menu, press the MANUAL Key to select the MANUAL PROGRAM.
- 2) Press the UP and DOWN Keys to select your Resistance Level. Then press the ENTER Key to confirm your selection.
- 3) To select Target Values **TIME-DISTANCE-CALORIES** and/or Pulse Alarm, repetitively press the ENTER Key to scroll and select your Target. Then press the UP and DOWN Keys to select your Target Values. Then press the ENTER Key to confirm your selection.

NB To return to the Main Menu press the RESET Key.

- 4) Press the START Key when you are ready to begin your workout.

During your workout you can adjust the Resistance Levels by pressing the UP and DOWN Keys.

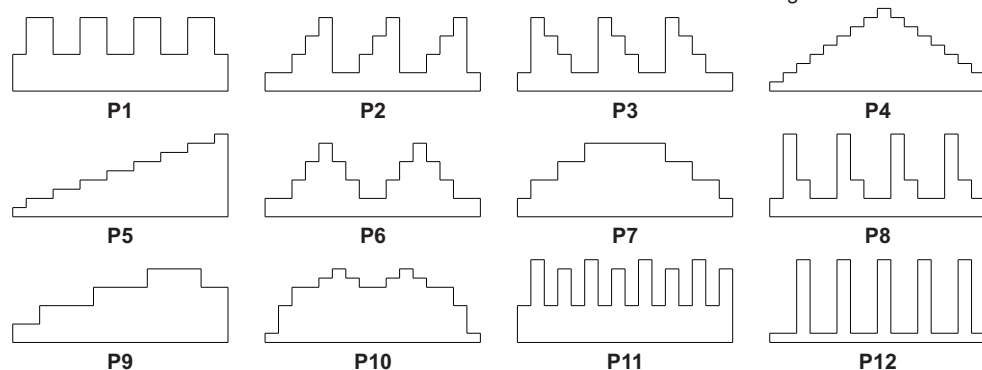
UM6763 COMPUTER INSTRUCTIONS

Profile Programs



The computer will automatically adjust the Resistance Levels according to the PROFILE PROGRAM you select. During your workout you can adjust the Resistance Levels by pressing the UP and DOWN Keys.

There are 12 x PROFILE PROGRAMS to choose from as shown in the diagrams below:



1) QUICK SELECT: Press one of the 12 x PROFILE PROGRAM QUICK Keys.

NB To immediately start your workout press the START Key.

NB To return to the Main Menu press the RESET Key.

2) To select a Target Value, press the ENTER Key then press the UP and DOWN Keys to select your Target Value/Values. Then press the ENTER Key to confirm your selection. Repeat this step for all desired Target Values.

3) Press the START Key when you are ready to begin your workout.

During your workout you can adjust the Resistance Levels by pressing the UP and DOWN Keys.

Watt Program



The WATT PROGRAM is designed to keep your watt output at a constant level you have selected. During your workout you can adjust the WATT Target Value by pressing the UP and DOWN Keys.

NOTE: During your workout you cannot adjust the Resistance Levels.

WATT TARGET VALUE CHOICE: 10~350 W (in 5 watt steps)

1) From the Main Menu, press the WATT Key to select the WATT PROGRAM.

2) Press the UP and DOWN Keys to select your WATT Target Value.

NB To immediately start your workout press the START Key.

3) To select a Target Value press the UP and DOWN Keys to scroll and select your Target. Then press the ENTER Key to confirm your selection. Repeat this step for all desired Target Values.

NB To return to the Main Menu press the RESET Key.

4) Press the START Key when you are ready to begin your workout.

During your workout you can adjust the WATT Target Value by pressing the UP and DOWN Keys.

WATT ALARM

The WATT PROGRAM has an alarm that will sound, and flash three dashes (i.e. - - -) when you exceed the limitations of the 24 x Resistance Levels versus the WATT Target Value you have chosen reminding you to either PEDAL FASTER or SLOW DOWN accordingly, or change the WATT Target Value by pressing the Up and DOWN Keys.

WATT GUIDE

Too Fast = SLOW DOWN



Correct Speed



Too Slow = PEDAL FASTER



User Profile Programs



The computer will automatically adjust the Resistance Levels according to the USER PROFILE PROGRAM you design. All four Users have their own USER PROFILE PROGRAM which can only be accessed through the User Select process. During your workout if you adjust the Resistance Levels by pressing the UP and DOWN Keys.

NOTE: If during your workout if you adjust the Resistance Levels you will be changing the stored USER PROFILE PROGRAM as well.

1) From the Main Menu, press the PERSONAL Key to select the USER PROFILE PROGRAM.

NB To immediately start your workout press the START Key.

2) Profile Selection: There are 16 columns, each with a choice of 24 Resistance Levels. Press the Up and DOWN Keys to select your desired Resistance Level for each column. Then press the ENTER Key to confirm your selection. Repeat this process for all 16 columns.

NB To bypass the Profile Selection process, press and hold the ENTER Key for two seconds. Then the computer will take you directly to Target Value selections.

NB To immediately start your workout press the START Key.

3) To select Target Values press and hold the ENTER Key for two seconds. Then press the UP and DOWN Keys to scroll and select your Target Value. Then press the ENTER Key to confirm your selection. Repeat this step for all desired Target Values.

4) Press the START Key when you are ready to begin your workout.

Random Profile Programs



The computer will automatically adjust the Resistance Levels according to the RANDOM PROFILE PROGRAM you select.

During your workout if you adjust the Resistance Levels by pressing the UP and DOWN Keys.

1) From the Main Menu, press and keep pressing the RANDOM Key to scroll through an infinite number of RANDOM PROFILE PROGRAMS.

NB To immediately start your workout press the START Key.

NB To return to the Main Menu press the RESET Key.

2) To select a Target Value, press the ENTER Key then press the UP and DOWN Keys to select your Target Value/Values. Then press the ENTER Key to confirm your selection. Repeat this step for all desired Target Values.

3) Press the START Key when you are ready to begin your workout.

During your workout you can adjust the Resistance Levels by pressing the UP and DOWN Keys.

UM6763 COMPUTER INSTRUCTIONS

55% 75% 90% Heart Rate Programs



The % HEART RATE PROGRAMS are designed to keep your heart rate/pulse at the constant level you have selected. Every 30 x seconds the computer will check your heart rate/pulse against what you have selected and will automatically adjust the Resistance Levels accordingly.

All Heart Rate Programs require a heart rate signal either via a compatible international standard 5 kHz bandwidth Chest Band or by holding the Hand Pulse Sensors.

These three % HEART RATE PROGRAMS work in conjunction with your selected User and the User Data you have input, therefore it is important that you select the correct User and have input the correct User Data before you begin any of the three % HEART RATE PROGRAM.

NOTE: During your workout you cannot adjust the Resistance Levels.

To select a heart rate that is optimal for you, see CALCULATING TARGET HEART RATE on this page. While increasing your heart rate is an important part of exercise, it is also important that your heart rate is not too high. To be safe we suggest that you start your workouts at the 55% and increase your heart rate % as your fitness improves.

NOTE: The recommended absolute **Maximum Heart Rate** is equal to **220 bpm minus your age**.

- 1) From the Main Menu, press the H.R.C Key to select the H.R.C. PROGRAMS.
- 2) Press the UP and DOWN Keys to scroll and select either the 55% 75% 90% HEART RATE PROGRAM. Press the ENTER Key to confirm your selection. The computer will automatically calculate your target heart rate based on your selected User and input User Data.

NB To immediately start your workout press the START Key.

NB To return to the Main Menu press the RESET Key.

- 3) To select a Target Value, press the ENTER Key then press the UP and DOWN Keys to select your Target Value/Values. Then press the ENTER Key to confirm your selection. Repeat this step for all desired Target Values.

- 4) Press the START Key when you are ready to begin your workout.

Target Heart Rate Program



The TARGET HEART RATE PROGRAM is designed to keep your heart rate/pulse at the constant level you have selected. Every 30 x seconds the computer will check your heart rate against what you have selected and will automatically adjust the Resistance Levels accordingly.

All Heart Rate Programs require a heart rate signal either via a compatible international standard 5 kHz bandwidth Chest Band or by holding the Hand Pulse Sensors.

NOTE: During your workout you cannot adjust the Resistance Levels.

To select a heart rate that is optimal for you, see CALCULATING TARGET HEART RATE on this page.

While increasing your heart rate is an important part of exercise, it is also important that your heart rate is not too high. We suggest that you start off slowing and increase your THR as your fitness level improves.

NOTE: The recommended absolute **Maximum Heart Rate** is equal to **220 bpm minus your age**.

- 1) From the Main Menu, press the H.R.C Key to select the H.R.C. PROGRAMS.
- 2) Press the Up and DOWN Keys to scroll and select H.R.C. TAG. Then press the ENTER Key to confirm your selection.
- 3) Press the Up and DOWN Keys to scroll and select your Target Heart Rate between 30~240 bpm. Press the ENTER Key to confirm your selection.

NB To immediately start your workout press the START Key.

NB To return to the Main Menu press the RESET Key.

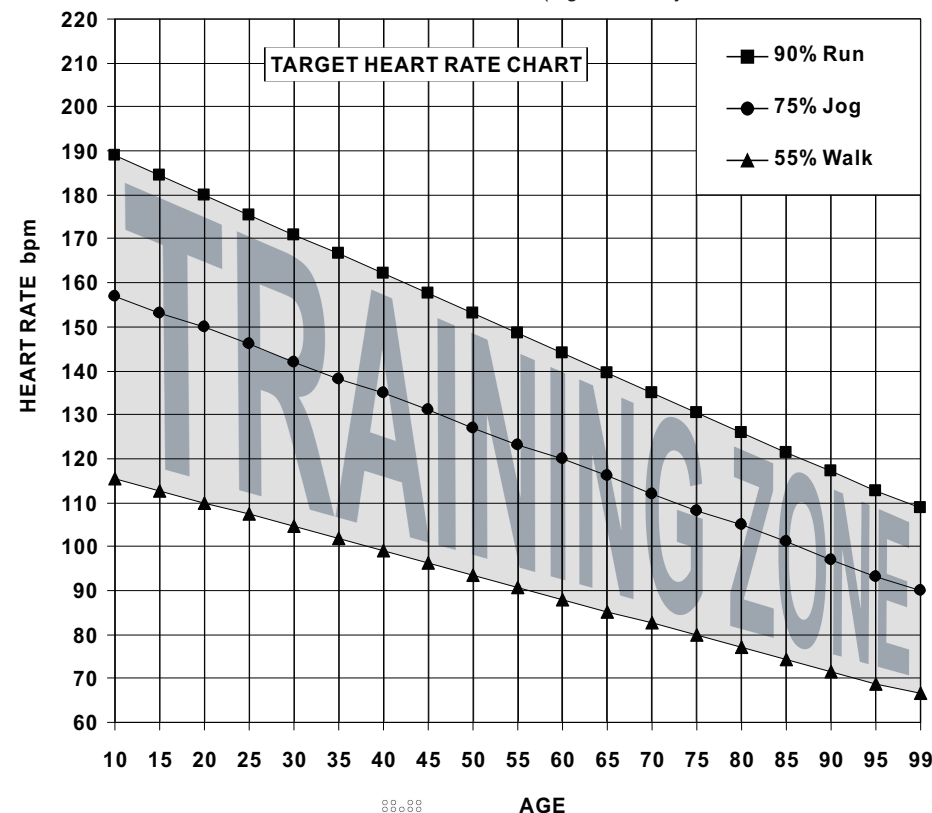
- 4) To select a Target Value, press the ENTER Key then press the UP and DOWN Keys to select your Target Value/Values. Then press the ENTER Key to confirm your selection. Repeat this step for all desired Target Values.

- 5) Press the START Key when you are ready to begin your workout.

Calculating Target Heart Rate

Your optimal heart rate range during exercise is referred to as your training zone. To achieve effective results you should do your cardiovascular workout within your training zone. Refer to the target heart rate chart below to calculate your THR at 55%, 75% and 90%, that is our suggested training zone. We also suggest that you start your workouts at the 55% THR and increase your THR % as your fitness improves.

TARGET HEART RATE FORMULA: **220 - AGE x THR%** (e.g. 220 - 30 years old x 55% = THR 104.5)



Recovery Program



The RECOVERY PROGRAM is a good way of checking your cardiovascular fitness level as your fitness improves. The RECOVERY PROGRAM will evaluate your cardiovascular fitness level by measuring how quickly your heart rate recovers over a period of one minute immediately at the end of your workout. For the entire sixty second countdown it is essential that you provide the computer with a heart rate signal either via the hand pulse sensors or a chest band. Then the computer will display your cardiovascular fitness recovery score from F1~F6. If you are already at a stable cardiovascular fitness level then this RECOVERY PROGRAM is not much help. However, if you are in the process of improving your cardiovascular fitness level then the RECOVERY PROGRAM is an excellent cardiovascular fitness level indicator.

- 1) Immediately upon completing your workout press the RECOVERY Key.
- 2) The computer will analyze your heart rate recovery for one minute and display a result as follows.

NB To cancel RECOVERY press the RECOVERY Key again.

F1 ~ SUPER FIT

F2 ~ VERY FIT

F3 ~ FIT

F4 ~ FAIR

F5 ~ UNFIT

F6 ~ VERY UNFIT

UM6763 COMPUTER INSTRUCTIONS

Target Values TIME - DISTANCE - CALORIES

TIME - DISTANCE - CALORIES Target Values are optional. If you do not select any of these optional Target Values then the computer will count from zero upwards. If you select one or more of these optional Target Values then the computer will countdown from your selection. The computer will stop your workout and sound an alarm for once the **FIRST** Target Value has been achieved.

NOTE: Pressing the STOP Key will stop the alarm.

TIME: 1:00 ~ 99:00 minutes (in 1 minute steps).

DISTANCE: 0.5 ~ 99.5 kilometers (in 0.5 steps).

CALORIES: 10 ~ 990 (in 10 calorie steps).

ENTER Key and Target Values

The ENTER Key has multiply functions. To access Target Values use the ENTER Key.

- 1) From the MAIN MENU choose a workout Program.
- 2) Then keep pressing the ENTER Key to access the workout Programs Target Values.
- 3) Press the START Key to begin your workout.

See page 2 for more information about the ENTER Key.

Pulse Alarm

The Pulse Alarm is a maximum bpm warning. The Manual Program, Profile Programs, Watt Program, User Profile Program and Random Programs all have optional Pulse Alarm.

PULSE: 30~240 bpm (in single steps).

Heart Rate Receiver & Chest Bands

The computer has a built in chest band Heart Rate Receiver that uses the international standard 5 kHz bandwidth. Your heart rate will only register on the computer if you are wearing a compatible Chest Band. If you are unsure that your existing Chest Band is compatible then contact your dealer for verification.

Hand Pulse Sensors

Both palms of your hands should be in contact with both hand pulse sensors. The hand pulse sensors should be held firmly. Jiggling or moving your hands will cause incorrect pulse signals. Slightly moist hands are desirable. Dry hands can cause incorrect pulse signals.

Medical Safety Warning

If you experience any pain or tightness in your chest, irregular heartbeat, shortness of breath, faintness, or unusual discomfort upon exercising, stop and consult a physician.

Warm-Up and Cool-Down

Remember to warm-up and cool-down. Limbering up "cold" muscles and cooling down after exercise are important injury prevention measures.

WARM-UP: Five minutes of stretches then five minutes of light cardiovascular exercise.

COOL-DOWN: Five minutes of light cardiovascular exercise then Five minutes of stretches.

Training Tips

Wear comfortable, lightweight, well ventilated clothing to help sweat evaporate.

Make sure your shoes fit you properly and provide external and lateral stability support to prevent ankle and knee injuries. Wear cross-training, walking or running shoes.

It's very important not to become dehydrated. Your body needs water lost during exercise.

Recycle

Help save the planet.

Please recycle this computer and exercise machine after use.



UM6763 COMPUTER INSTRUCTIONS

Trouble Shooting Guide

If the computer detects an error it will display an Error Message such as ERR4 or the letter "P".



Error Message ~ the letter "P" appears in the LCD Pulse Window

PROBLEM: No heart rate detected. All Heart Rate Programs require a heart rate signal.

SOLUTION: 1) Wear a compatible international standard 5 kHz bandwidth Chest Band.
2) Hold the Hand Pulse Sensors.

PROBLEM: No heart rate detected. The computer Hand Pulse Sensors detect your heart rate but the computer does NOT detect your Chest Band heart rate.

SOLUTION: 1) Verify that your Chest Band is compatible with the computers 5 kHz bandwidth Heart Rate Receiver. If you are unsure then contact your dealer for verification.
2) Replace the batteries in your Chest Band.
3) If your skin is too dry then the Chest Bands CONDUCTIVE PADS will NOT be able to receive or on-send your heart rate. Clean your skin where the Conductive Pads touch and slightly moisten the Conductive Pads themselves with water or ECG Gel.
4) Interference may be an issue so move your exercise machine to a different location away from all electrical appliances and recheck heart rate signal.
5) Verify that your Chest Band is working correctly. Check your Chest Band on another exercise machine, perhaps a friends exercise machine or a dealers.
6) Please try the "ERR4 Error Message" Solutions

ERR4 Error Message

PROBLEM: Software failure.

SOLUTION: 1) Reset the computer. Press and hold the RESET Key for two seconds.
2) Reboot the computer. Disconnect the power for approximately 15 seconds by disconnecting the plug-in adaptor.

PROBLEM: No motor detected.

SOLUTION: Reconnect all cable plug connections, refer to the assembly instructions.

LCD Flashing

PROBLEM: The computer is not receiving enough power.

SOLUTION: Recharge the battery pack for a maximum of 20 minutes.

LCD Ghosting

PROBLEM: The computer is not receiving enough power.

SOLUTION: 1) Recharge the battery pack for a maximum of 20 minutes.
2) Dead battery pack. Contact your dealer and buy and replace the battery pack.

If these solutions fail to correct the problem then contact your dealer for assistance.

FAQ FREQUENTLY ASKED QUESTIONS

Q: CHEST BAND/CHEST STRAP ~ Will my Chest Band/Chest Strap work with this exercise machine ?

A: 5 kHz CHEST BAND/CHEST STRAP = YES ~ This computer has a built-in chest band receiver. Providing that your chest band uses the international standard 5 kHz bandwidth. Search the www for verification.

A: DIGITAL CHEST BAND/CHEST STRAP = NO ~ Digital Chest Band/Chest Straps (normally accompanied with a Heart Rate Watch) will not successfully communicate with this computers Heart Rate Receiver due to incompatible bandwidth.

Q: How does the computer detect and calculate DISTANCE and SPEED ?

A: This exercise machine has a RPM SENSOR that is activated once every revolution.

This computers Wheel Diameter Setting is 78 inches (1.9812 meters), which is the internationally adopted standard for indoor exercise equipment, emulating a single - speed bicycle with a 26 inch diameter wheel and a gear ratio of 1:3 (i.e. 26" wheel x 3 = 78" Wheel Diameter Setting). That means a 1.9812 meter Wheel Diameter x π equates to each revolution being a DISTANCE traveled of 6.224 meters. SPEED calculation is "Distance over Time" using the following formula.

Wheel Diameter Setting 1.9812 meters x π 3.14159 = 6.224 Meters traveled per one revolution.

6.224 meters x 60 rpm = 373.447 meters traveled per minute.

373.447 meters x 60 minutes (i.e. one hour) = 22,406 meters per hour or 22.4 km/h (13.9 mph) at 60 rpm.

Q: How does the computer calculate WATT ?

A: watt Calculation: This computers WATT display values have been calibrated according to the EN 957 European Standards. This exercise machine was tested by an approved testing laboratory using a Dynamometer which measures the precise torque/power/WATT values for all 24 resistance Levels at various speeds. Then the computer is programmed with this information and must pass a final test within $\pm 10\%$ accuracy.

watt Definition: a watt is the rate at which energy is expended. watt is used both in mechanics and in electricity, so it links the mechanical and electrical units to one another. One watt is "equal to a power rate of one joule of work per second of time".

Q: How does the computer calculate CALORIES ?

A: Kilocalories Generated versus Kilocalories Consumed: This computers kilocalorie estimations are an attempt to show you how many food Calories/kilocalories consumed it took to generate the work done (i.e. your workout). And as the human body is estimated to run at 25% efficiency $\pm$?, and one kilocalorie per hour = 1.163 watt (i.e. per hour), you can roughly estimate the computer displayed kilocalories as being 4~5 times the computer displayed watt value.

Kilocalorie Calculation: The computer stores your watt generated over time and converts it into kilocalories, then the computer alters the kilocalorie figure to better match the human body efficiently taking into account your input User Data gender, age, height and weight. Because, it is extremely difficult and complicated to accurately determine precise kilocalorie expenditure based on the minimal amount of data the computer receives, and the huge differences between every persons metabolism, combined with the fact that there are no international standards regulating Calorie accuracy of exercise equipment, the kilocalories displayed by this computer are an estimation only !

Kilocalorie Definition: A kilocalorie is a unit of heat energy. One kilocalorie is "the amount of heat required at a pressure of one atmosphere to raise the temperature of one kilogram of water by one degree Celsius". Not to get confused with calorie (cal) gram calorie or small calorie. One kilocalorie equals 1000 small calories. A kilocalorie is often (but certainly not always!) distinguished from the small calorie by capitalizing its name and symbol. One kilocalorie per hour = 1.163 watt.