



CONSOLE USER MANUAL

SERIES 2 5.0 CV

To ensure safe use, please read this owner's manual before using your new fitness machine.

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User Notes

IMPORTANT SAFETY INFORMATION



CAUTION

Read these instructions carefully before operating Pulse equipment in conjunction with individual machine instructions.

Seek professional medical advice before using fitness equipment. Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, dizzy or exhausted stop exercising immediately.

Ensure equipment is checked regularly for signs of damage and wear. Do not use equipment if faulty or damaged until repaired using only genuine Pulse Fitness parts fitted by an authorised person.



SUPPORTING DOCUMENTATION

Carefully read and comprehend ALL of the safety documents relating to this piece of equipment before commencing exercise.

SERIOUS INJURY MAY OCCUR IF THESE PROCEDURES ARE NOT FOLLOWED.

CONSOLE OVERVIEW

5.0 G-CV CONSOLE



* 260G only

BUTTON SETUP



Navigation: For general selection/navigation through Main Menu screens, and entering numerical data when requested.



Settings: Allows the user to change Language and Units during a workout.



Ascent: Press (▲) to increase or (▼) to decrease elevation. Only available on the 260G.

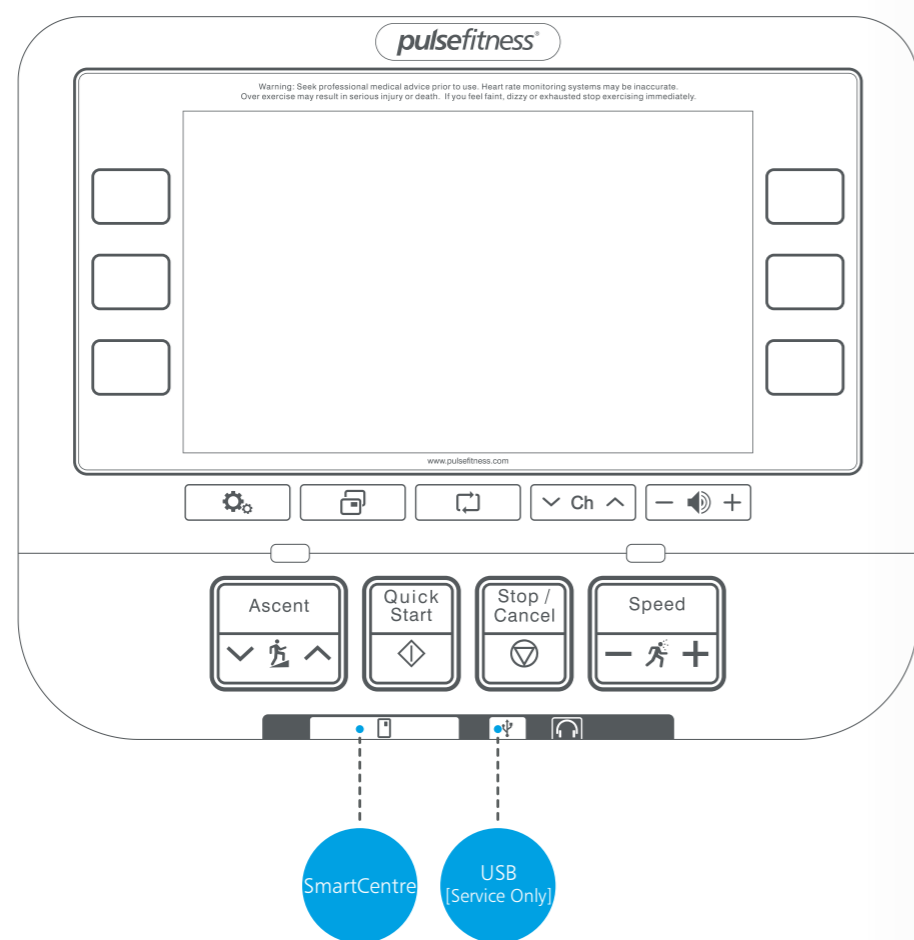


Start / Cancel: Press Quick Start button to begin a manual exercise program or use it to navigate selection screens where it is also used as confirm. Press Stop/Cancel to exit or pause an exercise programme at any time, or return to a previous screen.



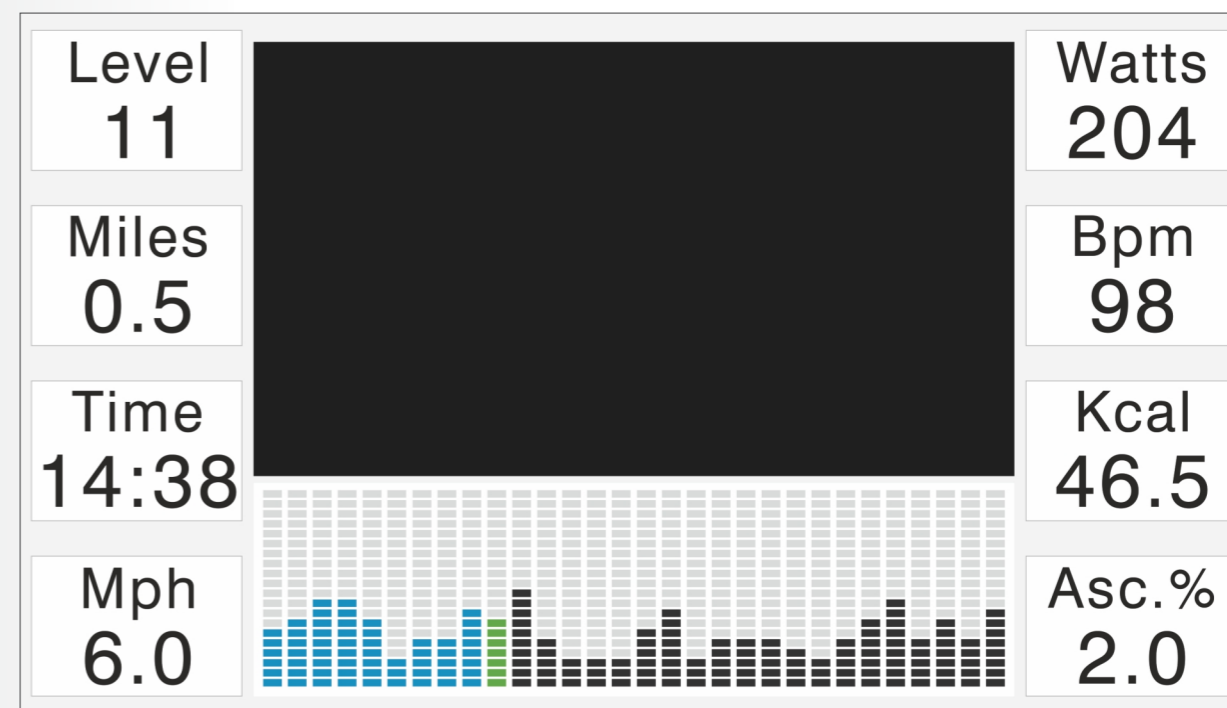
Speed or Effort: Press (+) to increase or (-) to decrease speed on the 260G or effort level on other machines. When exercising in circuit this button allows the user to change gear.

CONSOLE PORTS



CONSOLE SETUP

EXERCISE DATA WORKOUT SCREEN



LEVEL
Level of effort/resistance.

POINTS
Pulse points earned.

SPEED/RPM/SPM
Imperial / Metric [260G only]. RPM [240G/250G/270G/280G]. SPM [220G Only].

METS
Metabolic Rate.

WATTS
Power generated during exercise.

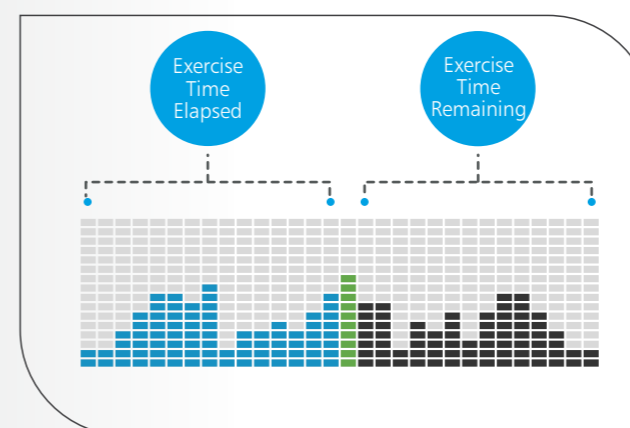
DISTANCE
Distance travelled during exercise [Imperial].

TIME
Time remaining until the end of exercise or time elapsed [depending on program].

ELEVATION
260G only.

KCALs
Calories used during exercise

BPM
Heart rate in beats per minute.



WORKOUT SCREEN

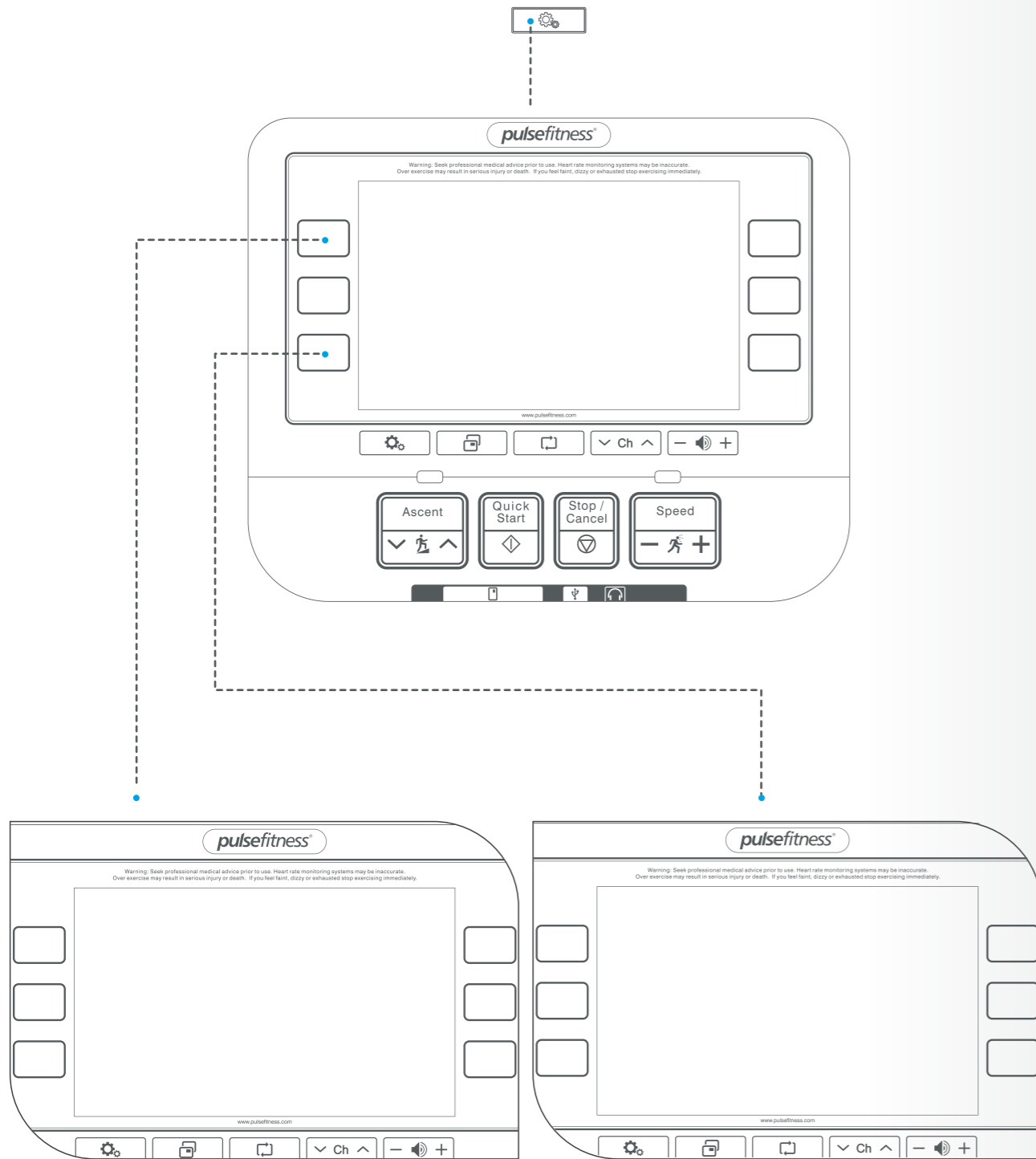
Current position is indicated by the orange column. The bars will move up and down dependant on what effort/resistance and elevation [260G only] is selected.

SETTINGS

The settings button allows the user to access the control panel.

Options Available:

- A selection of languages
- A choice of Imperial or Metric.



START UP & PROGRAM MODES

This section describes in detail the G-CV functions and aspects of each of the six operating modes. (some programs are machine specific).

Main menu

<p style="font-size: 24px; font-weight: bold;">Goals</p>	<p style="font-size: 24px; font-weight: bold;">HR Control</p>
<p style="font-size: 24px; font-weight: bold;">Pacer</p>	<p style="font-size: 24px; font-weight: bold;">Fitness Test</p>
<p style="font-size: 24px; font-weight: bold;">Profiles</p>	<p style="font-size: 24px; font-weight: bold;">E-Scape</p>

Please choose your workout mode or press Quick S

QUICK START

Allows user to enter a goal focussed exercise mode.

GOALS

Motivational training programs set via: Time, Distance or Calories.

PACER

Based on a running track the user can set the machines computerised pacer at Time/Distance or Distance/Speed and compete against it.

PROFILES

In built database allows the user to select a pre-programmed workout with different Target and Levels to chose from. [See Note].

HEART RATE CONTROL

An optimum pulse rate is first chosen by the user (Weightloss or Cardio). A consistent training session is then delivered, keeping the users Heart Rate at a constant level. Enables the user to undertake general fitness training within medically approved heart rates bands [See Note].

*Calculation for 100% heart rate (HRmax)=(220 - age)

FITNESS TEST

A completely automatic process, the test determines the user's aerobic capacity (Åstrand sub-max V02 test).

A six minute test that enables fitness trainers to measure improvements in the user's level of fitness following a prescribed program of exercise.

The objective of the test is to cycle at a constant 60rpm under an increasing workload over the period of the test.

Note - 260G Treadmill uses a one mile walk fitness test rather than the Åstrand sub-max V02 test.

X-TRAIN [280G ONLY]

Enables the user to work on arms, legs or a combination of both. During exercise the Console will prompt the user to concentrate on certain aspects of the exercise program.

L-TRAIN [270G ONLY]

Enables the user to work clockwise or anti-clockwise, squat etc to encourage different training positions. During exercise the Console will prompt the user to concentrate on certain aspects of the exercise program.

E-SCAPE

A revolutionary workout experience. Run along with the video to enhance your workout.

NOTE: Profiles Included:

- Cross Country - Easy / Moderate / Advanced
- Aerobic Training - Easy / Moderate / Advanced
- Hill Climb - Easy / Moderate / Advanced
- Interval Course - Easy / Moderate / Advanced
- Random - Easy / Moderate / Advanced

PROGRAM EXAMPLE - GOALS

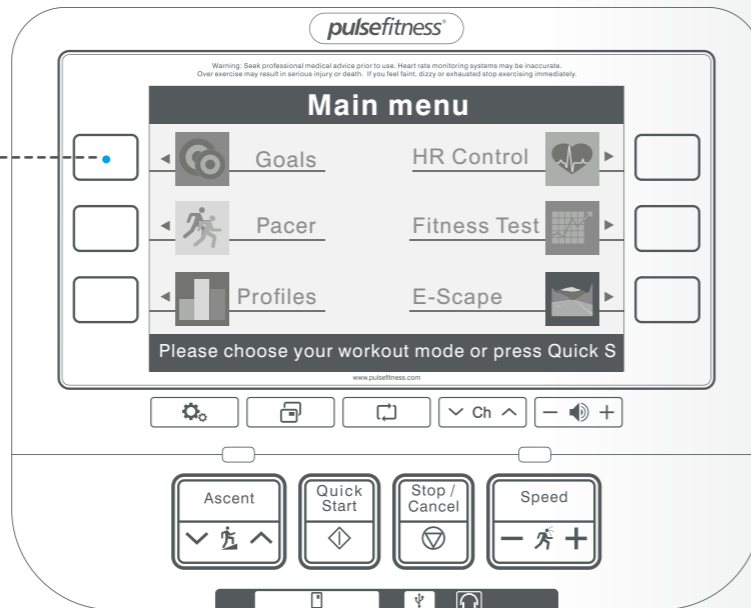
Goals mode focuses on Effort and Endurance or Weight loss. Using Calories, Distance or Time has been introduced to maximise a user's workout. These are displayed using a count timer where the user can measure their progress against a desired target, improving motivation.

Select the Goals program.

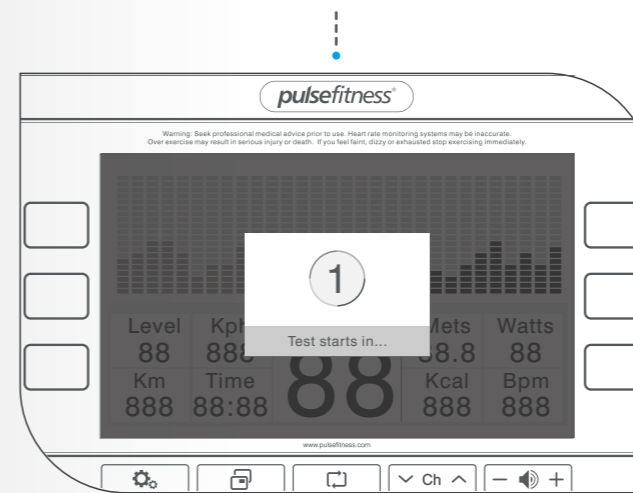
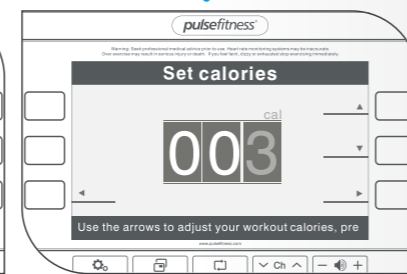
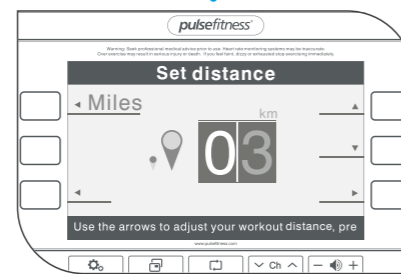
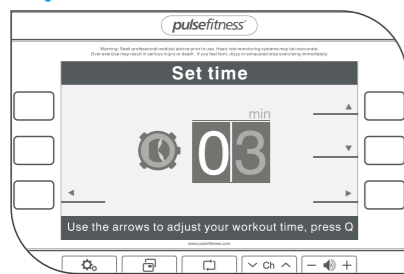
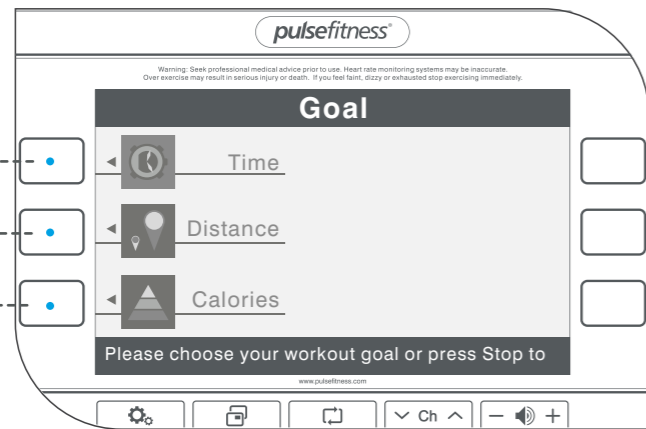
Choose your goal from Time/Distance/Calories

Set your workout Time/Distance/Calories

5 second countdown until workout begins

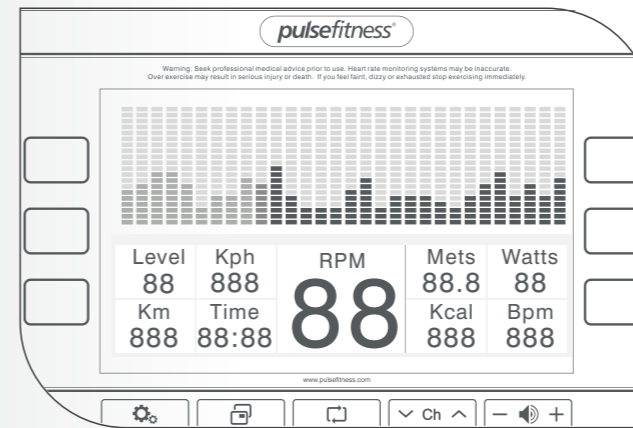


CHOOSE GOAL



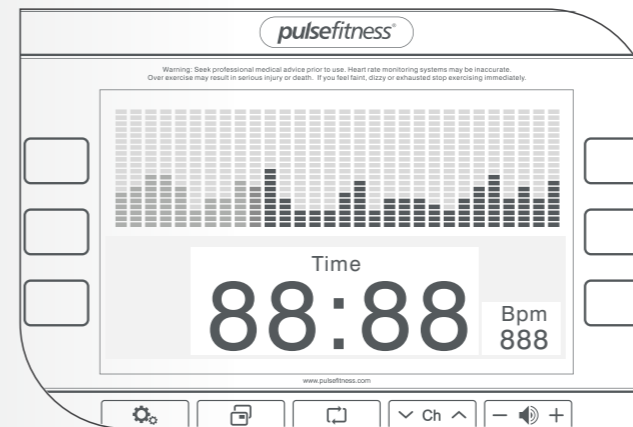
COUNTDOWN

5 Second countdown until workout begins.



WORKOUT SCREEN

Screen displaying all statistics and information of your workout (may vary depending on machine and program selected).

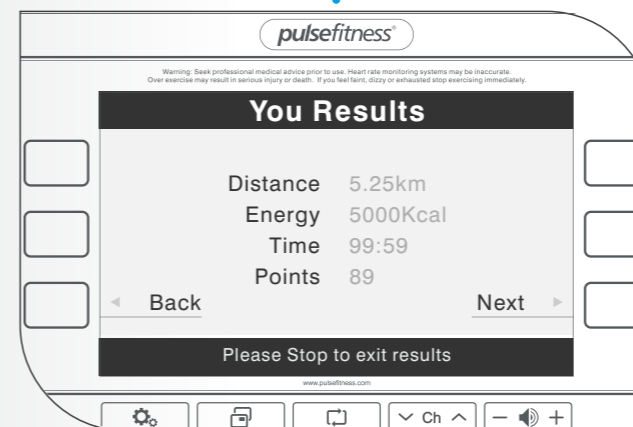


COOL DOWN

Screen displaying Cool Down profile. The Cool Down screen will appear only after a workout is completed. [See Cool Down data] Cool Down mode is used to help reduce the heart rate of the user to avoid any injury.

Note: Cool Down mode can be cancelled by pressing the Stop / Cancel button.

Note:
 00 - 9:59 No Cool Down screen will appear
 10:00 - 14:59 Cool Down for 3:00 minutes
 15:00 - 19:59 Cool Down for 4:00 minutes
 20:00 + Cool Down for 5:00 minutes



RESULTS

Your results shows your workout results and fitness level*.

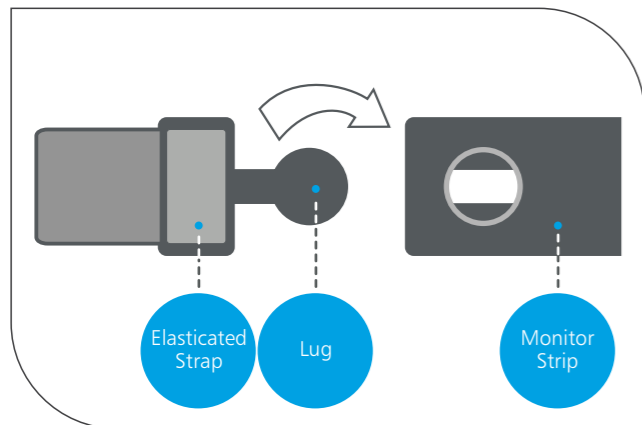
Avg. Speed	Avg. Level
Total Distance	Avg. Heart Rate
Mets	Watts
Total Energy	Pulse Points
Total Time	

*when finishing fitness test.

Select Next to view more statistics.

HEART RATE MONITOR

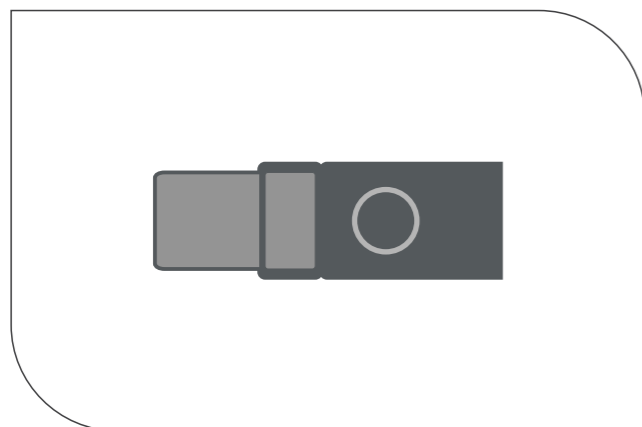
FITTING A HEART RATE MONITOR



STEP 1

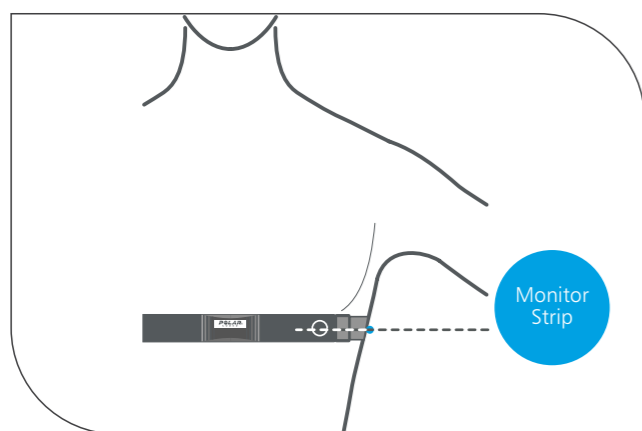
To fit the Heart Rate Monitor, proceed as follows:

Attach one end of the elasticated Strap to one end of the Sensor Strip as shown. Turn the end of the elasticated strap 90° and insert lug through the rear of the hole in the end of the monitor strip.



STEP 2

Then turn back through 90° and press on the circular lug so that it is flush with the front of the Sensor Strip.



STEP 3

Attach the other end of the elasticated strap to the Sensor Strip. If necessary, the length of the elasticated strap can be adjusted using the adjustment buckle.

If the Monitor fails to detect a heartbeat, moisten the electrodes on the back of the strip (two ridged rectangular blocks) with a wet finger and try again.

NOTE: The sensor strips must be placed against your skin (Manufacturer's insignia facing outwards), otherwise it may not detect a heartbeat. The Chest Strap must not be rotated (i.e. The writing should appear the right way up), except in certain individuals who have a 'reversed' EGG (this condition is extremely rare).

TARGET HEART RATE CHART

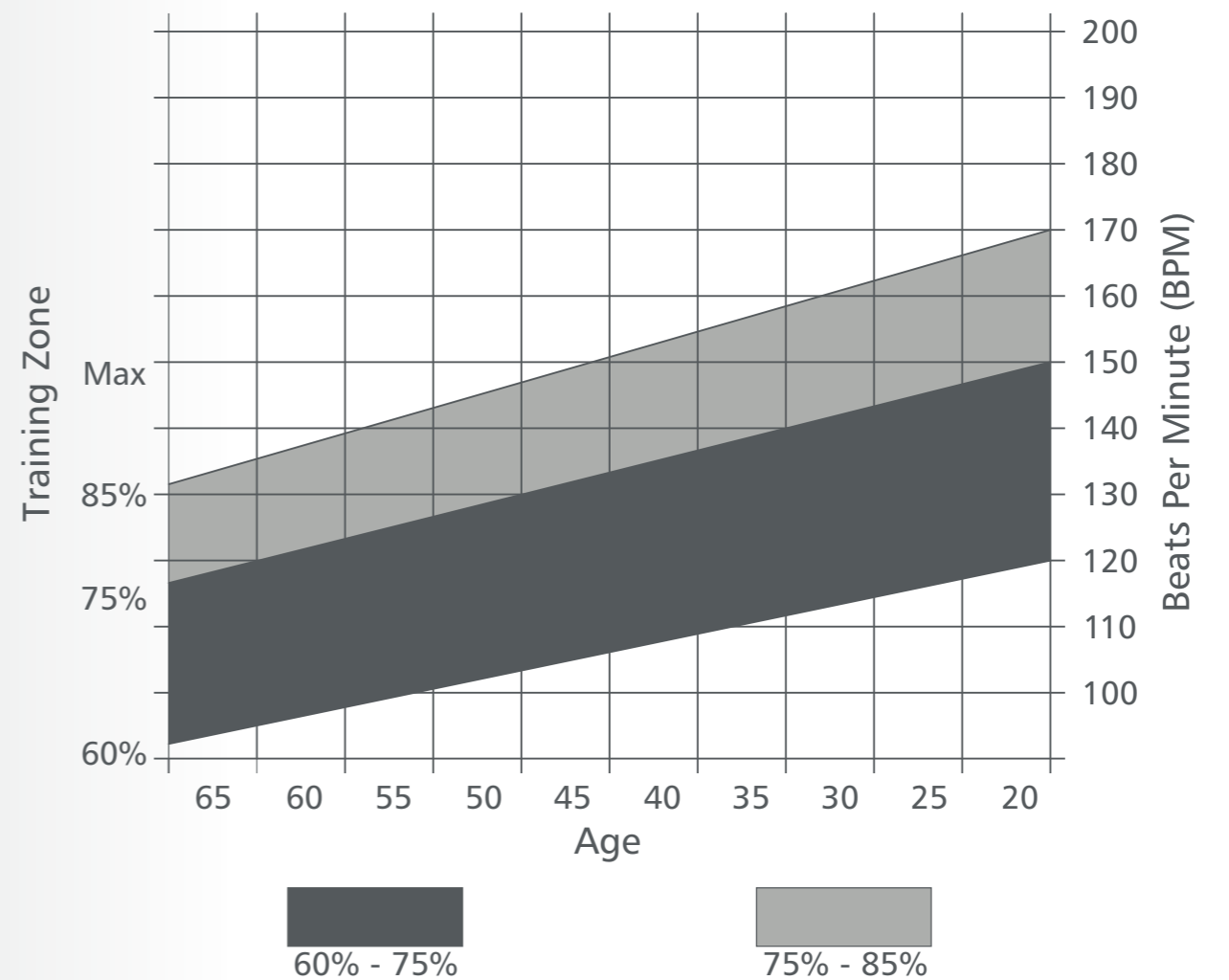
Select your Age Band and appropriate Training Zone according to your fitness level (if in doubt, consult your health professional).

The chart has been designed to enable the user to easily select their desired training zone, whether it be Fat Burning or Cardiovascular training. Shaded bands within their training zone assist the user as stepping stones to improve their fitness level.

Fat Burning zone is between 60% -75% of your theoretical maximum Heart-Rate.

Cardiovascular training zone is between 75% -85% of your theoretical maximum Heart-Rate (to improve your cardiovascular conditioning)

WARNING: Heart Rate monitoring systems can be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.



NOTE: When the chest strap monitor is used it automatically overrides any signal from the hand pulse monitors. If the battery fails (it has an estimated life in excess of three years) then the plastic strip must be replaced. If you wish to monitor your heart rate, you should always fit the heart rate monitor before you select one of the exercise programs.

FITNESS TEST

FITNESS CHARTS

Two Fitness Tests are used on the G-CV range; Åstrand on all machines except the 260G and Rockwell on the 260G.

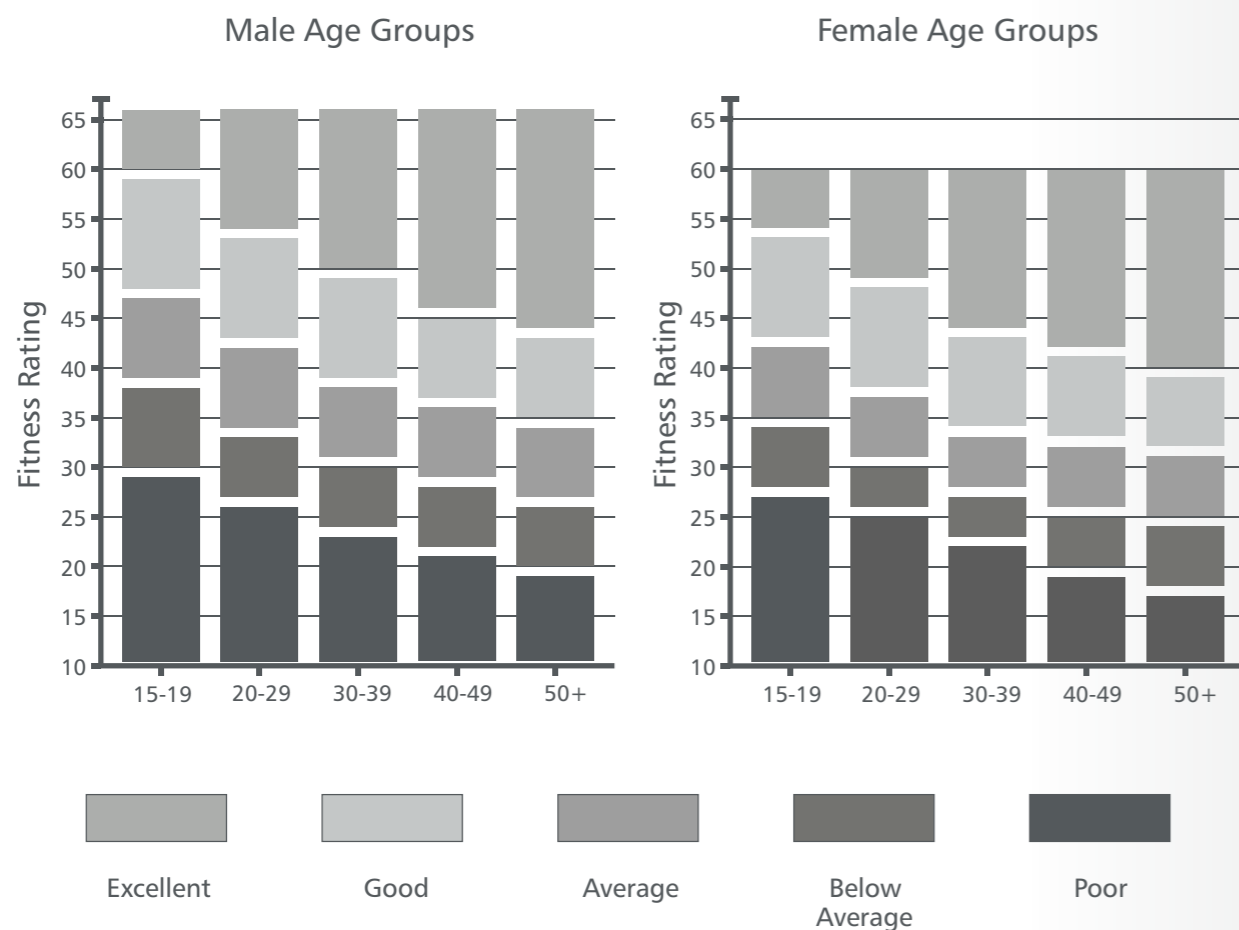
The Åstrand Fitness Test works by increasing resistance until the user's heart rate reaches 115bpm, when this occurs resistance will stop increasing, but the user's Heart Rate will continue to rise. The final Heart-Rate after six minutes is used to calculate a Vo_{2max} figure.

The Rockwell fitness test requires the user to walk at a brisk pace for one mile.

The Console uses Gender, Weight, final Heart-Rate and wattage to generate a Vo_{2max} estimate.

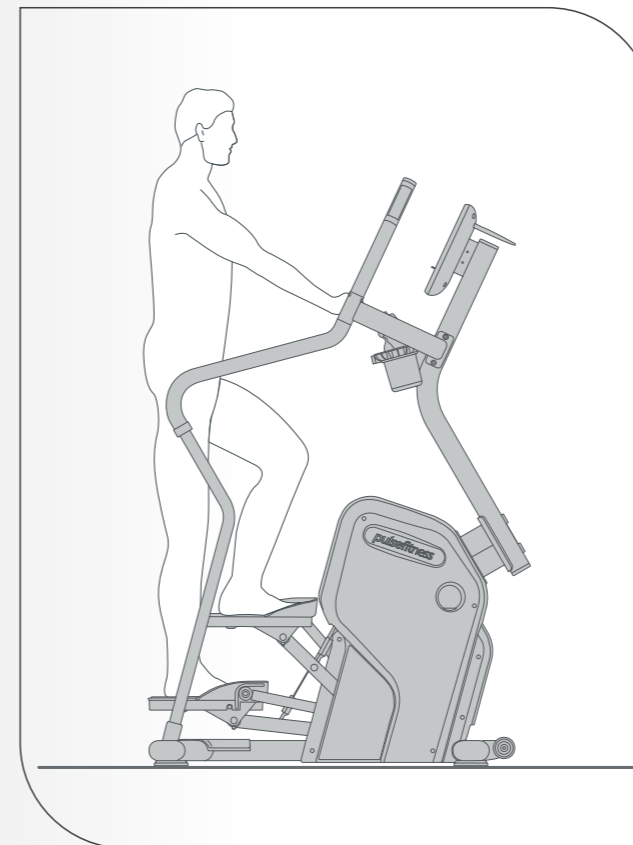
Once the test has finished you will be given a Fitness Level mark out of five. The chart below shows how you rate between Excellent and Poor.

Note: This is a low intensity fitness test designed for unconditioned users.



NOTE: When the chest strap monitor is used it automatically overrides any signal from the hand pulse monitors. If the battery fails (it has an estimated life in excess of three years) then the plastic strip must be replaced. If you wish to monitor your heart rate, you should always fit the heart rate monitor before you select one of the exercise programs.

CORRECT EXERCISING POSTURE



220G

When using Pulse Fitness equipment, to ensure that you obtain the most from your workout, it is essential that you have the correct posture on the machine as follows;

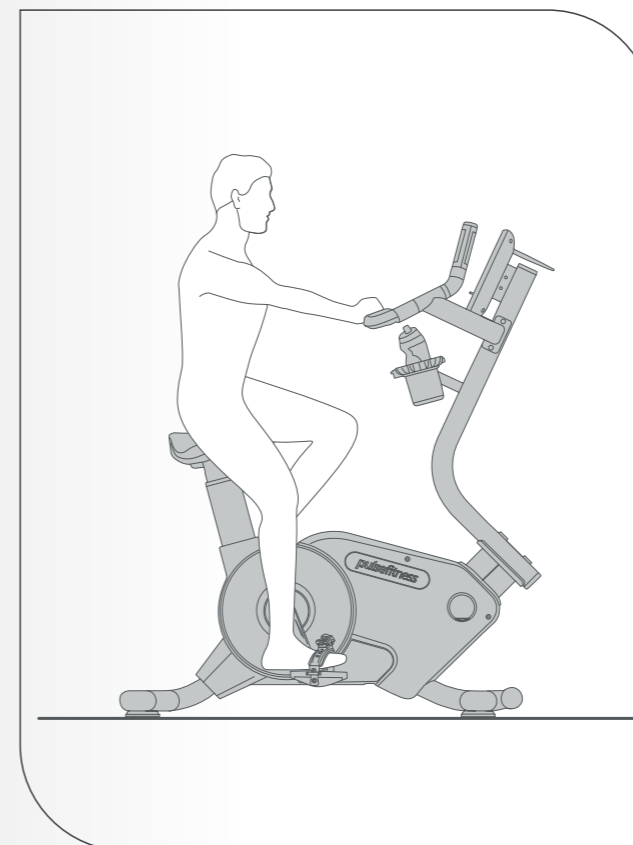
Your Back should be straight.

You should only hold the Handlebars for balance and not for leaning or resting on.

The balls of your Feet should stay in contact with the pedals at all times and should not allow the Pedals to touch the upper or lower stops.

You should not try to force the Pedals down, if you want to step quicker increase the level.

Always warm up before and warm down after completion of exercise program by doing gentle stretches.



240G

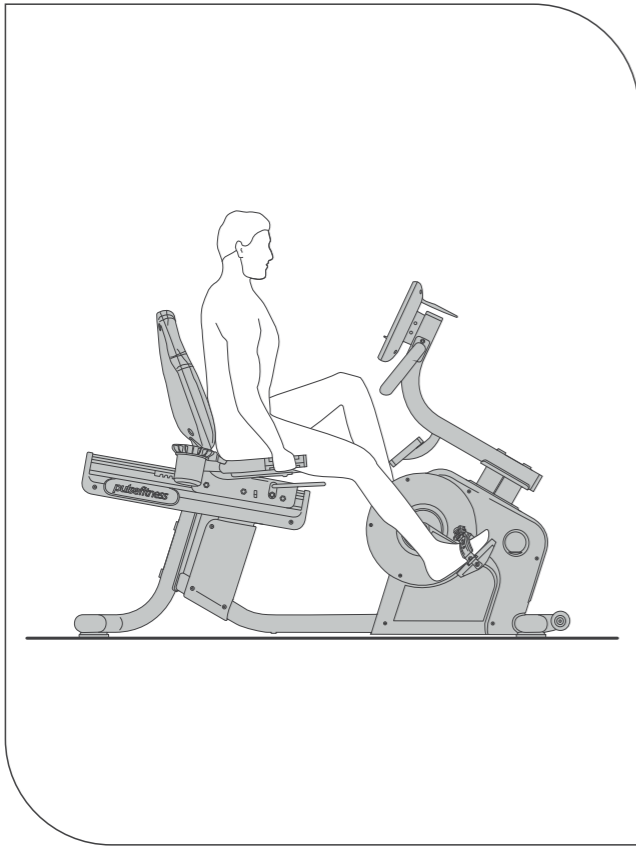
Always warm up before and warm down after completion of exercise program by doing gentle stretches.

Your Back should be straight whilst pedalling.

Place balls of your Feet on Pedals and secure with the Foot Straps.

Adjust the Seat so that the knee is slightly bent when the Pedal is at the furthest position away from the body.

Grip Handlebars lightly.



250G

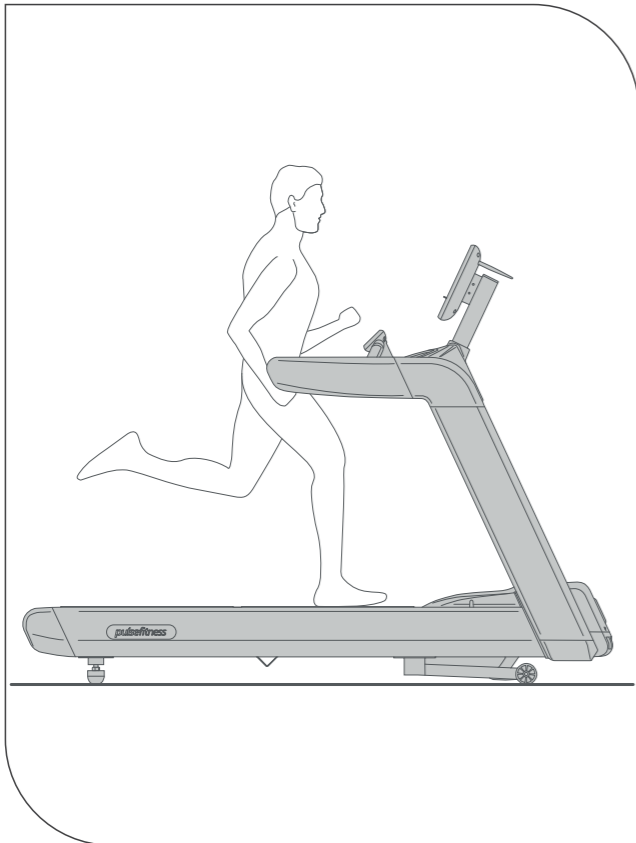
Always warm up before and warm down after completion of exercise program by doing gentle stretches.

Place balls of your Feet on Pedals and secure with the Foot Straps.

Adjust the Seat so that the knee is slightly bent when the pedal is at the furthest position away from the body.

Grip Handlebars lightly.

Your Back should remain in contact with the Backrest at all times.



260G

Always warm up before and warm down after completion of exercise program by doing gentle stretches.

DO NOT get on or off the Treadmill when the Running Belt is moving.

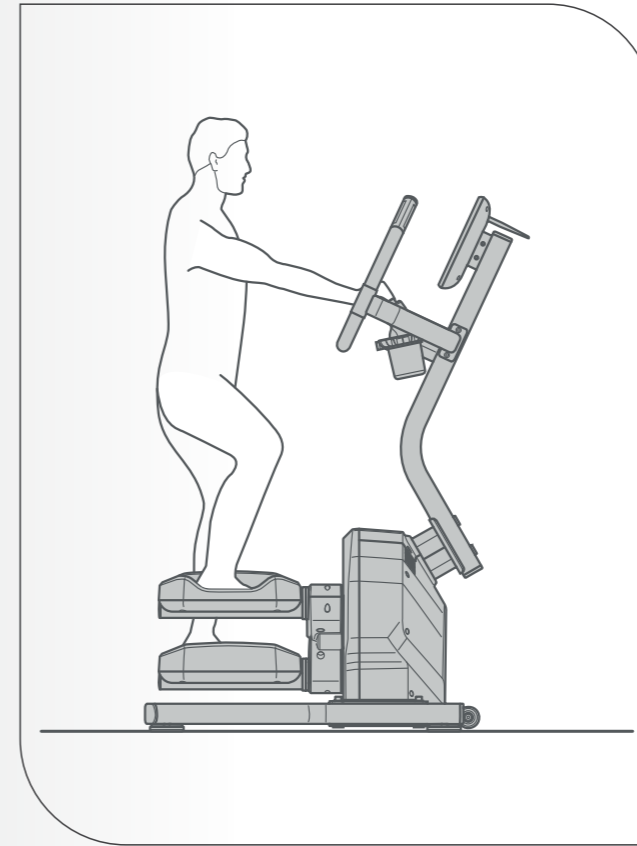
Enter a slow speed to start with and hold onto the Handlebars until you are comfortable with the speed.

You should only hold the Handlebars for balance and not for leaning or resting on.

Your Back should be straight.

Keep your Body and Head facing forward. Never attempt to turn around on the Treadmill when the Belt is moving.

Try to keep in the middle of the Running Belt.



270G

Always warm up before and warm down after completion of exercise program by doing gentle stretches.

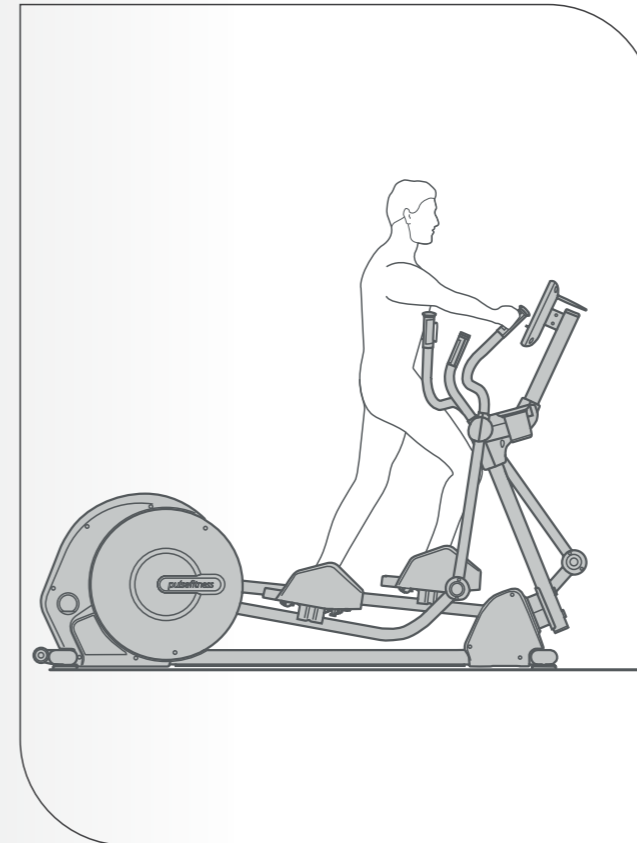
Your Back should be straight.

You should only hold the Handlebars for balance and not for leaning or resting on.

The balls of your Feet should stay in contact with the pedals at all times.

Move your legs clockwise or anti-clockwise depending on if you are working on the front or the backs of your legs.

Always warm up before and warm down after completion of exercise program by doing gentle stretches.



280G

Always warm up before and warm down after completion of exercise program by doing gentle stretches.

Place your feet carefully on the Foot Mouldings.

Your Back should be straight whilst exercising.

Grip Handlebars lightly.



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