ECR7

Recumbent Bike

Owner's Manual

CAUTION! Read all precautions and instructions in this manual before using this equipment.

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Table Of Contents

Important Safety Instructions

WARNING! The safety of the product can be maintained only if it is examined regularly for damage and wear. See preventive maintenance section for details.

WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

LOCATION

1. Keep the area around the product clear of any obstructions, including walls and furniture. Provide at least three feet of clearance behind the unit.
2. Do not use the product outdoors, near swimming pools, or in areas of high humidity.
3. Do not allow other people to interfere in any way with the user or equipment during workout.
4. Supervise closely any children or disabled persons using the product.
5. The product should only be used on a level surface and is with 0.5 meters space around the product.

OPERATION

1. Always follow the console instructions for proper operation.
2. Do not reach into, or underneath, the unit, and do not tip the unit on its side during operation.
3. Never insert objects into any opening of the Bike. If any object fall into this equipment, carefully retrieve it while the unit is not in use. If the object can't be reached, please contact customer services.
4. Never place any containers filled with liquids on the unit, except in the accessory tray or water bottle holder. Containers should be covered with lids.
5. Wear shoes with rubber or high-traction soles. Do not wear shoes with high heels, leather shoes, slippers, or spikes. Make sure no sharp stuff is embedded in the soles.
6. Do not use the bike with bare feet.
7. Keep all loose clothing, shoelaces, and towels away from moving parts.

8. Take extra caution when stepping on or off the bike.
9. Never face backward while using the bike.

Save these instructions for future reference

Training Area and Free Area
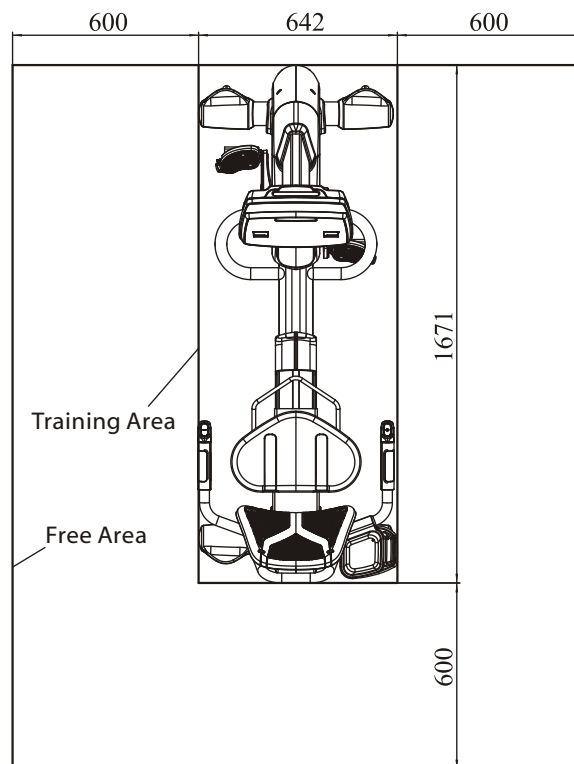
Specifications

Class: S
Maximum User Weight: 150Kg/ 330lbs
Product Total Surface: 642*1671mm
Product Total Mass: 83.2kg/ 183lbs

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the achilles tendon, bend your back leg as well. This will stretch your calves, achilles tendons, and ankles.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.
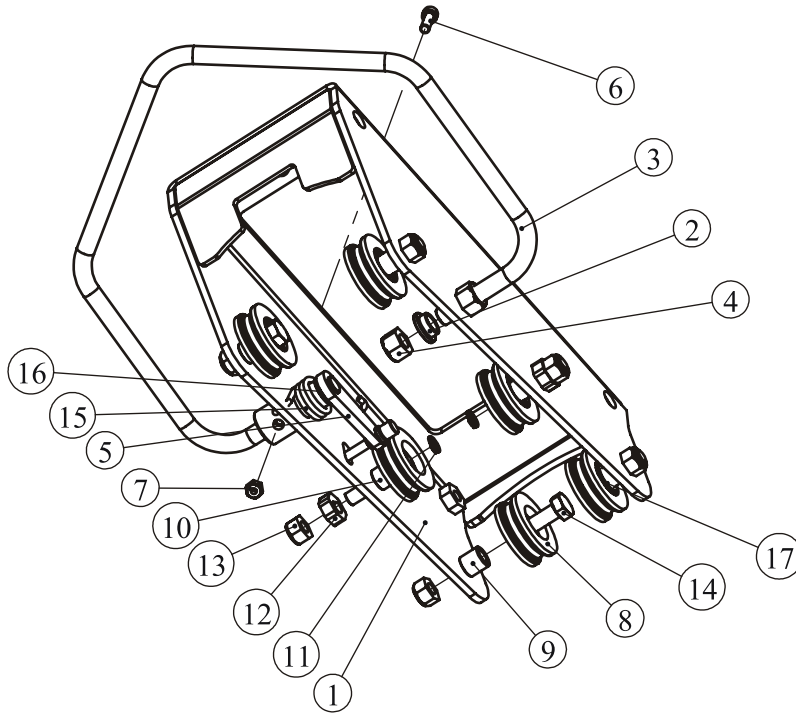
INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.
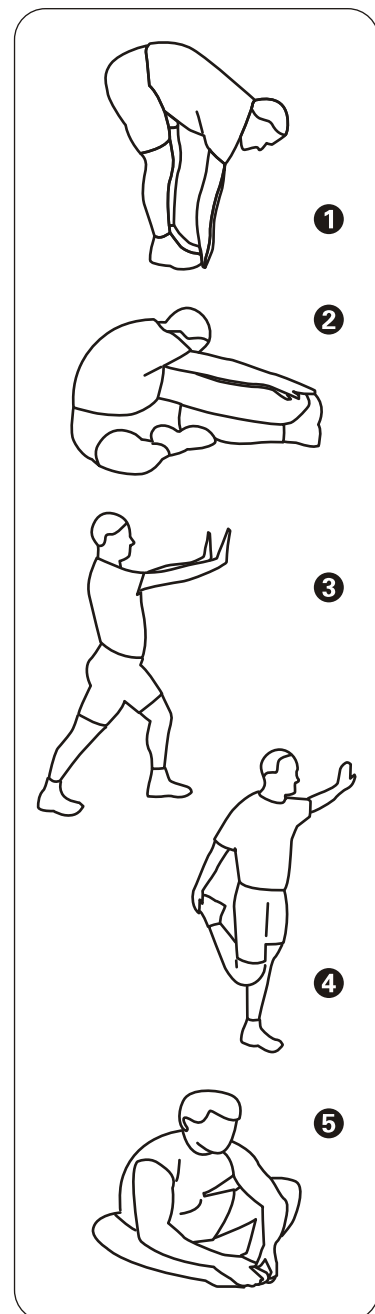
Seat Carriage ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	1.4.1	RR7000300V1	Seat Carriage	1
2	1.4.2	C150C4000	Bushing	1
3	1.4.3	RR7000700	Adjusting Handlebar	1
4	1.4.4	NM12DHS2	Nut,M12	2
5	1.4.5	RR7000800	Stopper Frame	1
6	1.4.6	GB70M6*25N19	Socket Head Bolt M6*25	1
7	1.4.7	NM6N19	Nut,M6	1
8	1.4.8	RR7000900	Nylon Idler Wheel	6
9	1.4.9	RR7001000	Spacer	4
10	1.4.10	RR7001400V1	Adjusting Shaft	2
11	1.4.11	GB894.110FH12	Ring,Φ10	2
12	1.4.12	RR7001500V1	Adjusting Plate	2
13	1.4.13	NM10DHS2	Nut,M10	6
14	1.4.14	GB5780M10*40DHS20	Hex Head Bolt,M10*40	4
15	1.4.15	RR7001300V1	Spring	1
16	1.4.16	DQ12DHS2H	Washer,Φ12.2*Φ20*0.2	2
17	1.4.17	TBT12000	Washer,Φ20*Φ10*0.5	6

Pulley ASSY
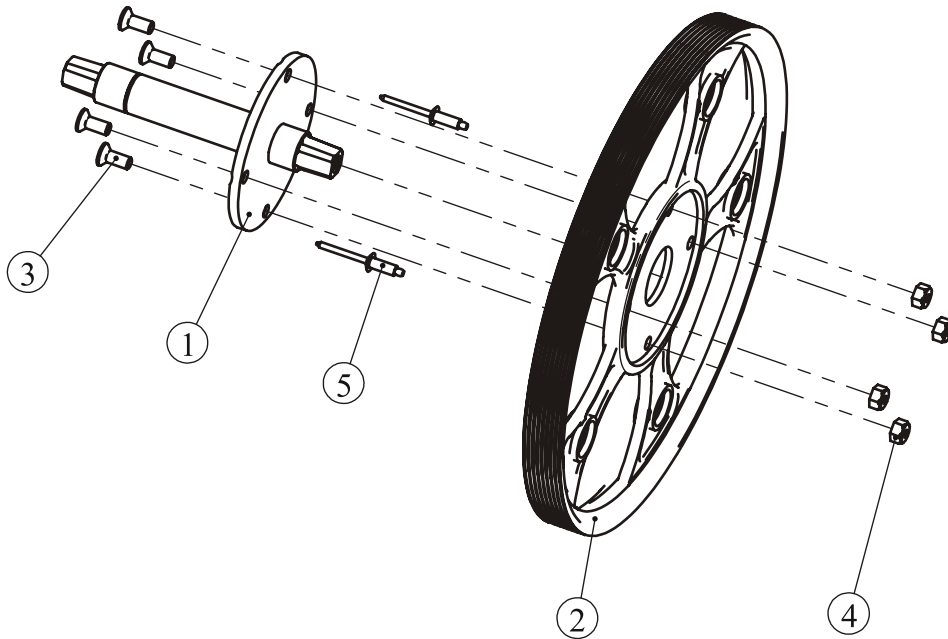
Item No.	Grade No.	Part No.	Description	QTY
1	1.14.1	RU5002900	Shaft	1
2	1.14.2	PU3002600	Pulley	1
3	1.14.3	CNLM6*15DHS20	Screw,M6*15	4
4	1.14.4	NM6DS2	Nut,M6	4
5	1.14.5	GB126185*13N11	Rivet,Φ5*13	2
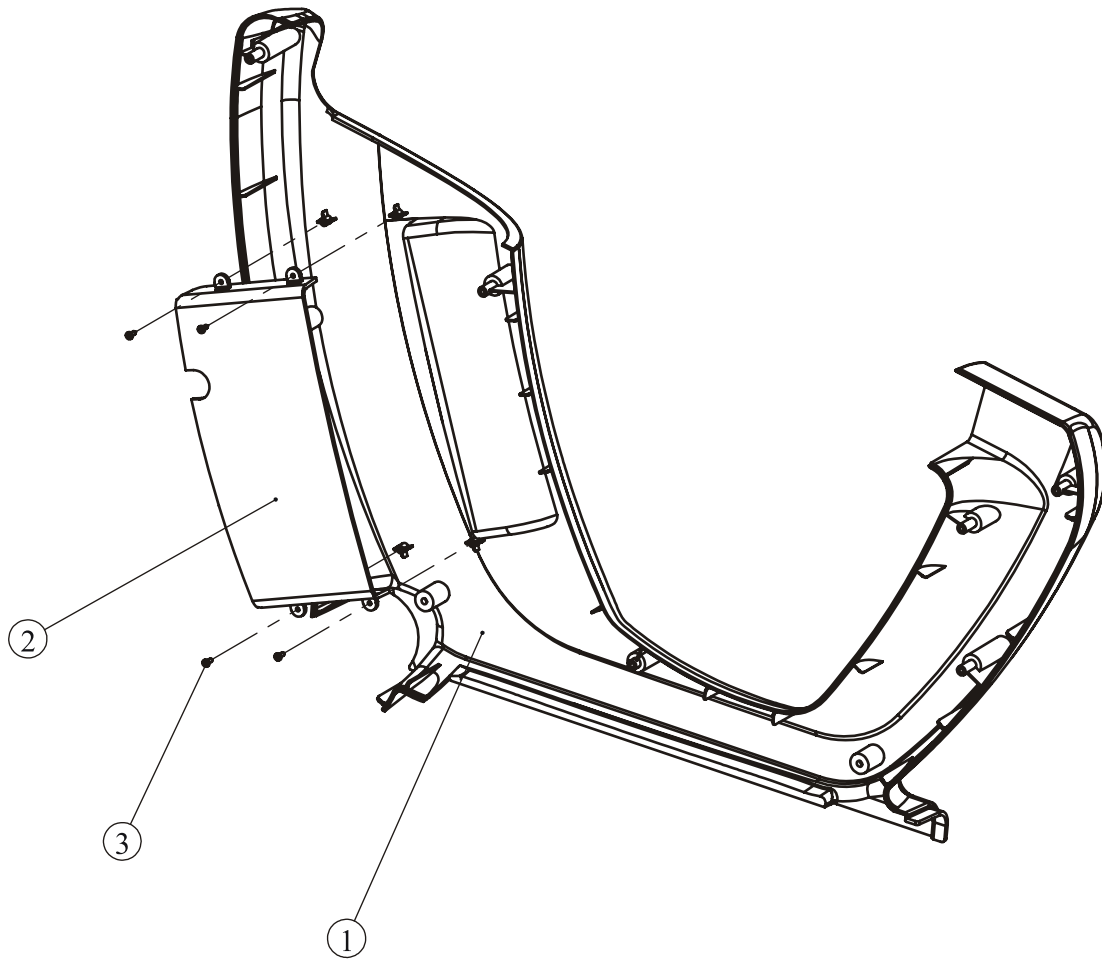
Left Cover ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	1.50.1	ECR7P0400	Left Cover:Back Cover	1
2	1.50.2	ECR7P0600	Support Frame:Newspaper&Magazine,L:Back Cover	1
3	1.50.3	GB845ST2.9*9.5DS	Screw,ST2.9*9.5	4
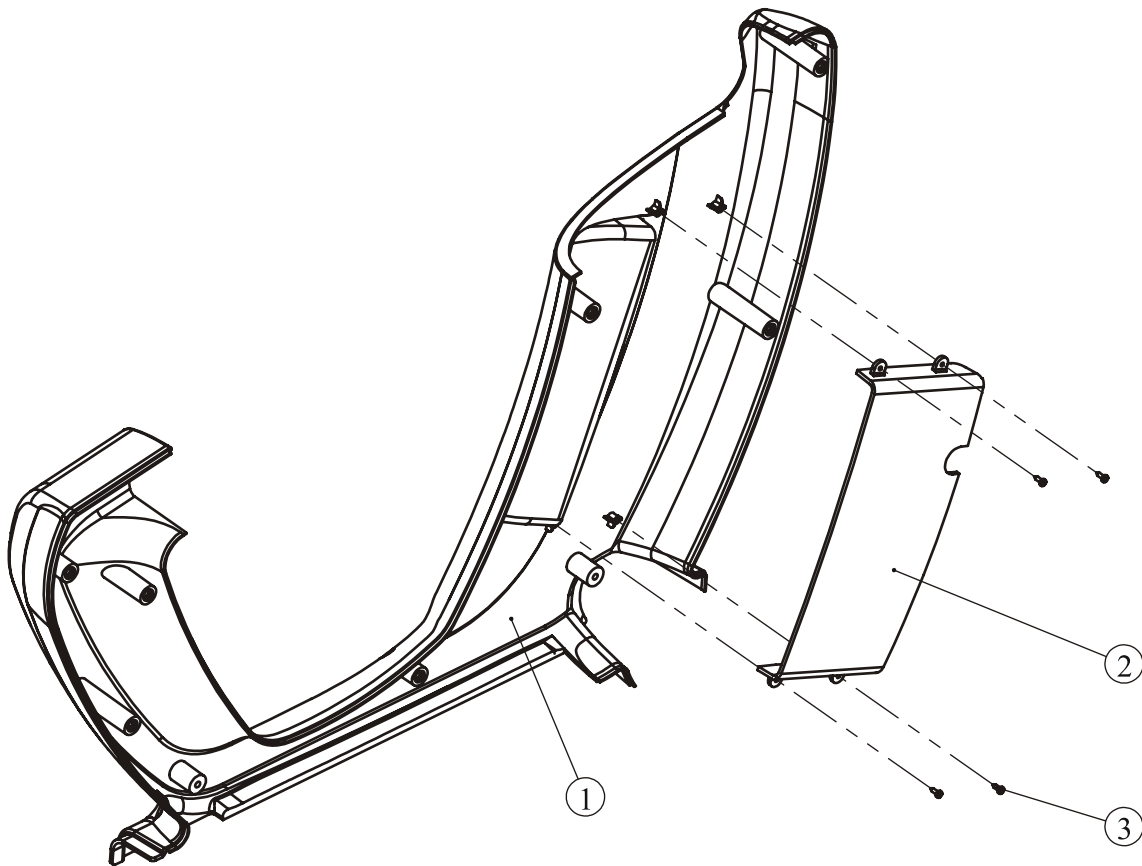
Right Cover ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	1.51.1	ECR7P0500	Right Cover :Back Cover	1
2	1.51.2	ECR7P0700	Support Frame:Newspaper&Magazine,R:Back Cover	1
3	1.51.3	GB845ST2.9*9.5DS	Screw,ST2.9*9.5	4
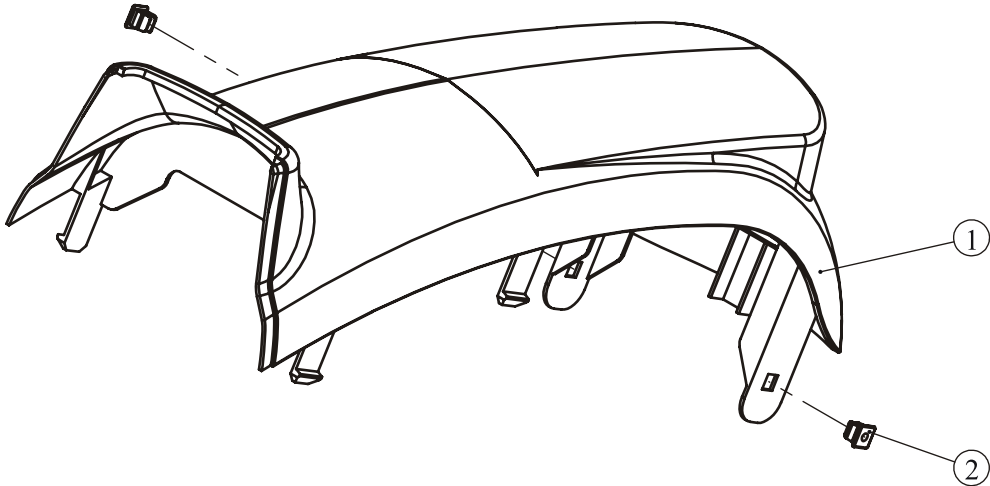
Back Cover ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	1.54.1	ECR7P1100	Back Cover :Front Cover	1
2	1.54.2	ECT74600	Nut,PA6	2

Front Cover ASSY
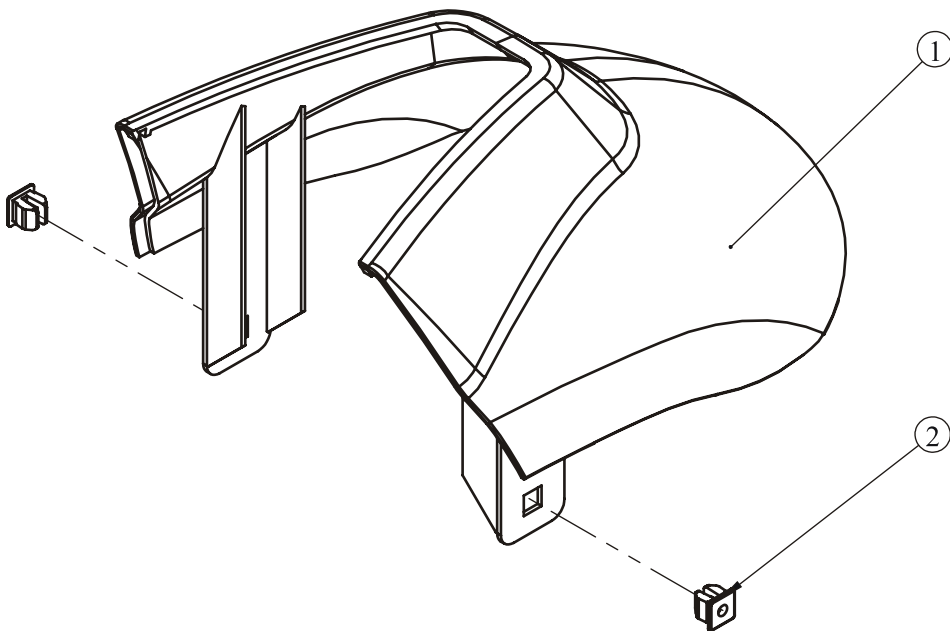
Item No.	Grade No.	Part No.	Description	QTY
1	1.55.1	ECR7P1000	Front Cover:Front Cover	1
2	1.55.2	ECT74600	Nut,PA6	2

Main Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	1.1	R7B0100	Main Frame	1
2	1.2	RR7000600V1	Leader	1
3	1.3	RR700TZ01	Mask:Graduation	1
4	1.4	RR70003V1ASSY	Adjustable Bracket	1
5	1.5	RR7001100	Dentoid Iron	1
6	1.6	CNLM6*15DHS20	Screw,M6*15	11
7	1.7	V20303	Washer,Square	2
8	1.8	NM12DHS2	Nut,M12	2
9	1.9	PNLM6*12N19	Button Head Bolt,M6*12	2
10	1.10	B508700	Press Plate	1
11	1.11	GB818M5*15N19	Screw,M5*15	2
12	1.12	GB2766204-2RSC3TPI	Bearing,6204	2
13	1.13	RR7001600	End Cover:Bearing,6204	2
14	1.14	RU50029ASSY	Pulley Assembly	1
15	1.15	B304400	Wave Washer,Φ20	1
16	1.16	GB894.120FH12	Ring-Shield,Φ20	2
17	1.17	B303100V1	Crank:R	1
18	1.18	B303200V1	Crank:L	1
19	1.19	BR18006500	Bolts With Flange,M8*25	2
20	1.20	DXD380J8A	Belt,380J8	1
21	1.21	D78V3	Brake	1
22	1.22	U7B3700	Insulation Plate:Brake	2
23	1.23	U7B3800	Insulation Space:Brake	4
24	1.24	DQ6DS2A	Washer,Φ6.6*Φ15*2	9
25	1.25	GB5781M6*25DS20	Hex Head Bolt,M6*25	4
26	1.26	NM6DS2	Nut,M6	4
27	1.27	R70200	Tightener	1
28	1.28	GB2766203-2RSC3TPI	Bearing,6203	2
29	1.29	DQ17DHS2	Washer,Φ17.2*Φ23*0.35	1
30	1.30	GB894.117FH12	Ring-Shield,Φ17	1
31	1.31	RU7004800	Space:Tightener	3
32	1.32	GB70M5*15DS20	Socket Head Bolt,M5*15	3

Main Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
33	1.33	GB70M6*20DHS20	Socket Head Bolt,M6*20	1
34	1.34	GB41M6DS2	Hex Nut,M6	1
35	1.35	TBT0800	Nut Sleeve:Tightener	1
36	1.36	TBT1800	Tension Spring	1
37	1.37	U7B4000	Spacer,For Isolation	1
38	1.38	GB9512DS2	Washer,Φ13*Φ24*2.5	1
39	1.39	GB958DS2	Washer,Φ9*Φ16*1.6	1
40	1.40	GB5780M8*130*50DS20	Hex Head Bolt,M8*130	1
41	1.41	GB41M8DS2	Hex Nut,M8	1
42	1.42	C66	Controller	1
43	1.43	GB818M5*10DHS2	Screw,M5*10	2
44	1.44	GB818M5*15DHS20	Screw,M5*15	2
45	1.45	ECU7P0800P9C	Cover:Crank	2
46	1.46	ECU7P0900	Cap:Crank	2
47	1.47	ECU7P3500	Nut PA6	17
48	1.48	DQXK14	U Clip	3
49	1.49	G439506700	Cover	1
50	1.50	ECR7P04ASSY	Left Cover:Back Cover	1
51	1.51	ECR7P05ASSY	Right Cover:Back Cover	1
52	1.52	ECR7P0800	Left Cover:Front Cover	1
53	1.53	ECR7P0900	Right Cover :Front Cover	1
54	1.54	ECR7P11ASSY	Back Cover :Front Cover	1
55	1.55	ECR7P10ASSY	Front Cover:Front Cover	1
56	1.56	ECR7P2100	Base Cover	1
57	1.57	GB846ST4.2*25DHS	Screw,ST4.2*25	4
58	1.58	GB845ST4.2*16DHS	Screw,ST4.2*16	26
59	1.59	08-0077	Magnetic Ring	1
60	1.60	L2900XHB_SMA-7	Switching Cable	1
61	1.61	L550XHB-SMA-12	Cable:Console	1
62	1.62	HDQ10DHS2	Washer,Φ11*Φ21*1.5	4
63	1.63	GB70M10*100DHS20	Socket Head Bolt,M10*100	4

Main Frame ASSY
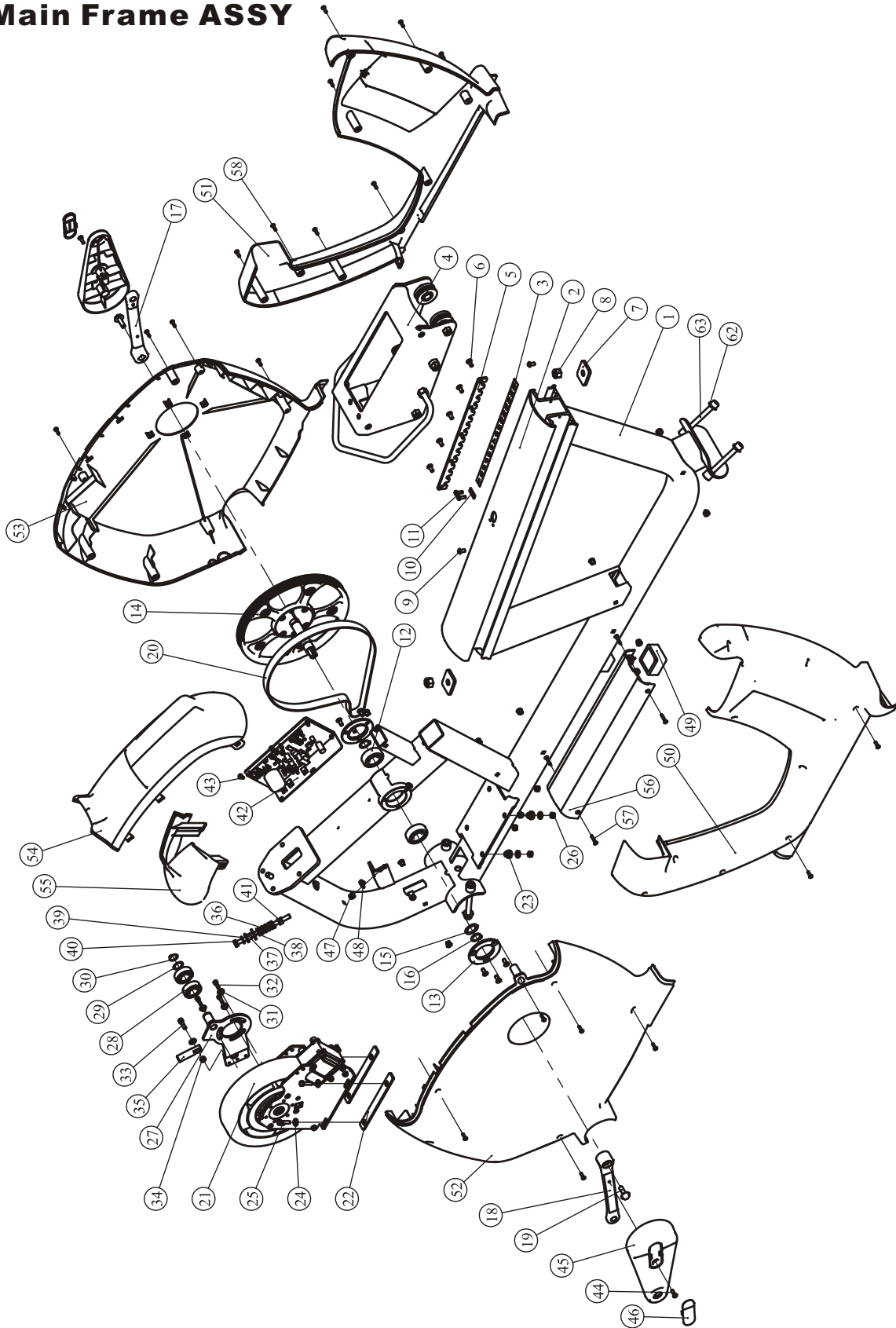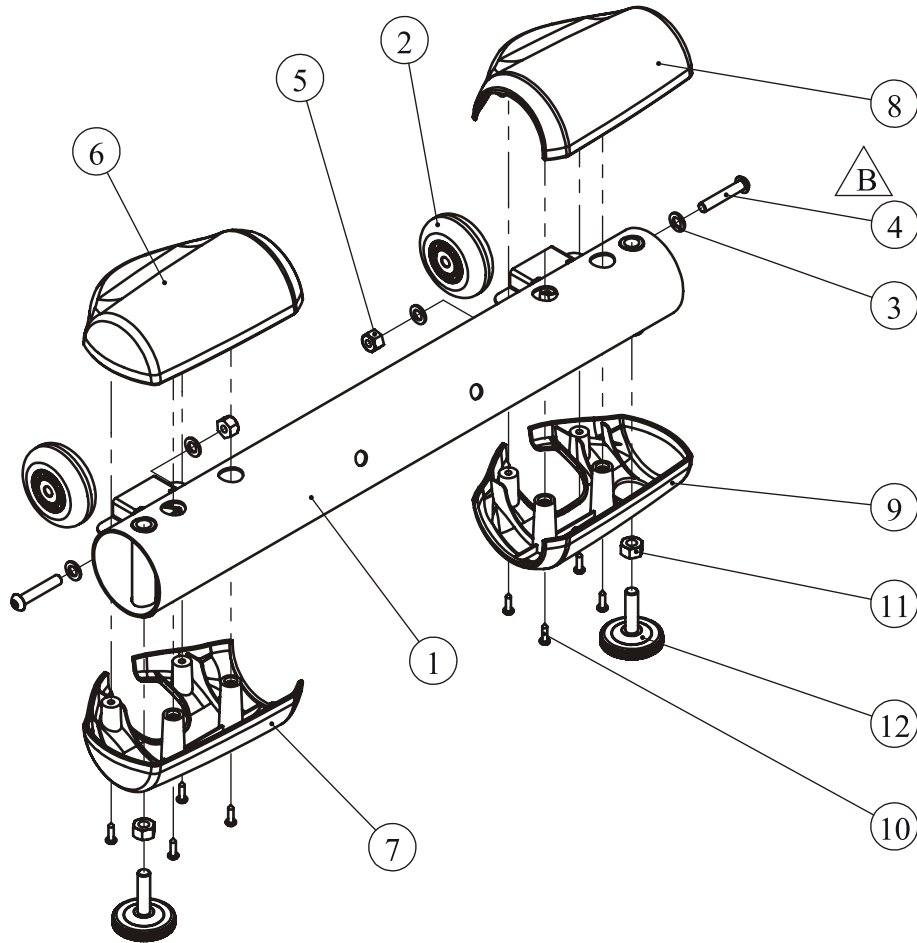
Front Base ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	2.1	ECU7P1200	Front Base Frame	1
2	2.2	DP86703100V1	PU Wheel	2
3	2.3	GB958DS2	Washer,Φ9*Φ16*1.6	4
4	2.4	PNLM8*45*15N19	Button Head Bolt,M8*45	2
5	2.5	NM8DS2	Nut,M8	2
6	2.6	ECU7P1301	Cover:Front Base,L,Top	1
7	2.7	ECU7P1302	Cover:Front Base,L,Bottom	1
8	2.8	ECU7P1303	Cover:Front Base,R,Top	1
9	2.9	ECU7P1304	Cover:Front Base,R,Bottom	1
10	2.10	GB845ST4.2*16DHS	Screw,ST4.2*16	8
11	2.11	GB41M10DS2	Hex Nut,M10	2
12	2.12	ASCENT2900	Height Adjusting Pad	2

Rear Base ASSY
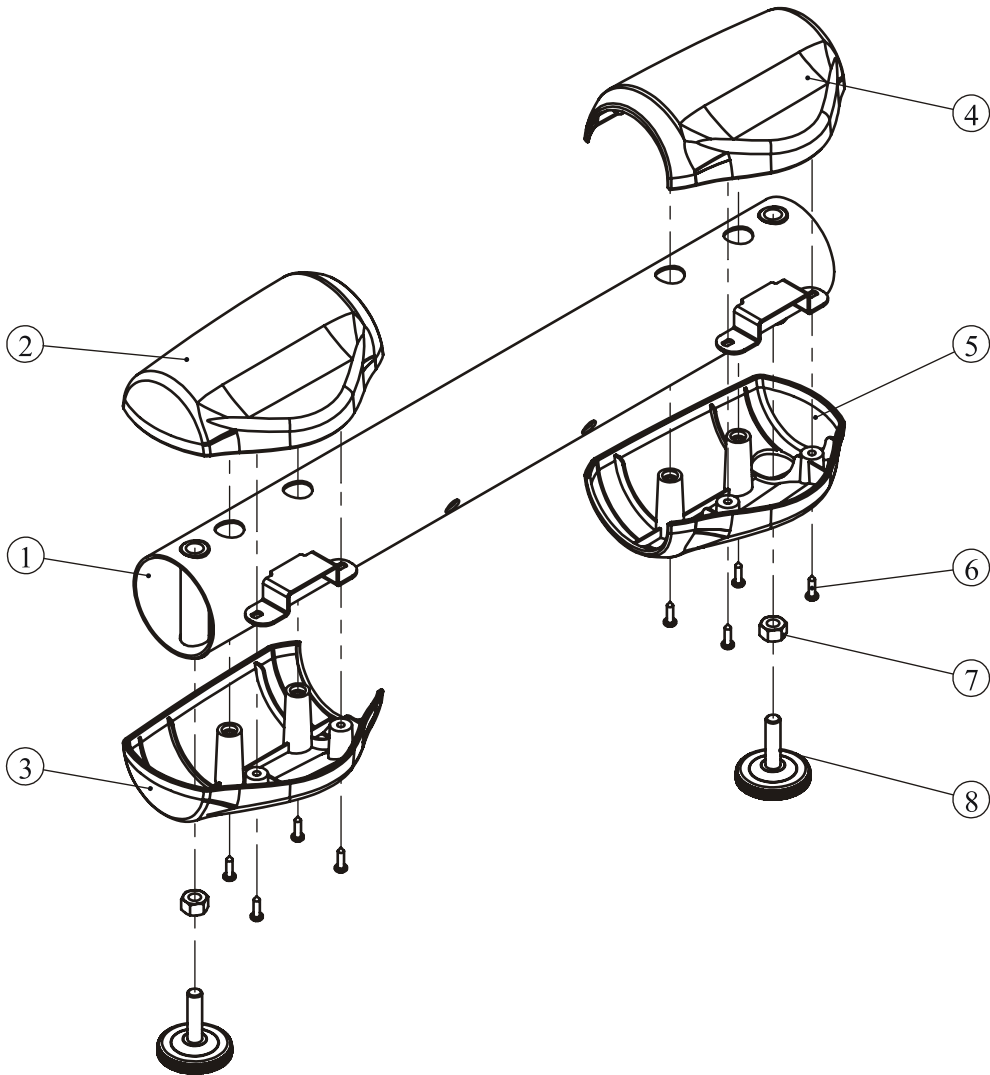
Item No.	Grade No.	Part No.	Description	QTY
1	3.1	ECU7P1500	Rear Base Frame	1
2	3.2	ECU7P1601	Cover:Rear Base,L,Top	1
3	3.3	ECU7P1602	Cover:Rear Base,L,Bottom	1
4	3.4	ECU7P1603	Cover:Rear Base,R,Top	1
5	3.5	ECU7P1604	Cover:Rear Base,R,Bottom	1
6	3.6	GB845ST4.2*16DHS	Screw,ST4.2*16	8
7	3.7	GB41M10DS2	Hex Nut,M10	2
8	3.8	ASCENT2900	Height Adjusting Pad	2

Upright Frame ASSY
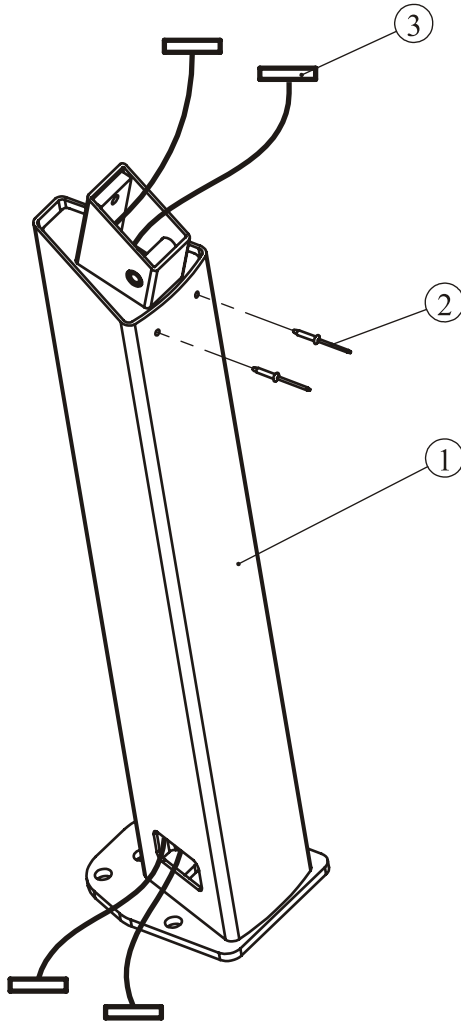
Item No.	Grade No.	Part No.	Description	QTY
1	4.1	ECR7B1400	Rivet,Φ3.2	1
2	4.2	GB126183.2*15N11	Front Handle	2
3	4.3	L800SMA-SMY-12	Cable:Console	1
4	4.4	L800SMA-SMY-7	Switching Cable	1
5	4.5	ZX1*2	Guiding Wire	0.2

Circuit Board Frame ASSY
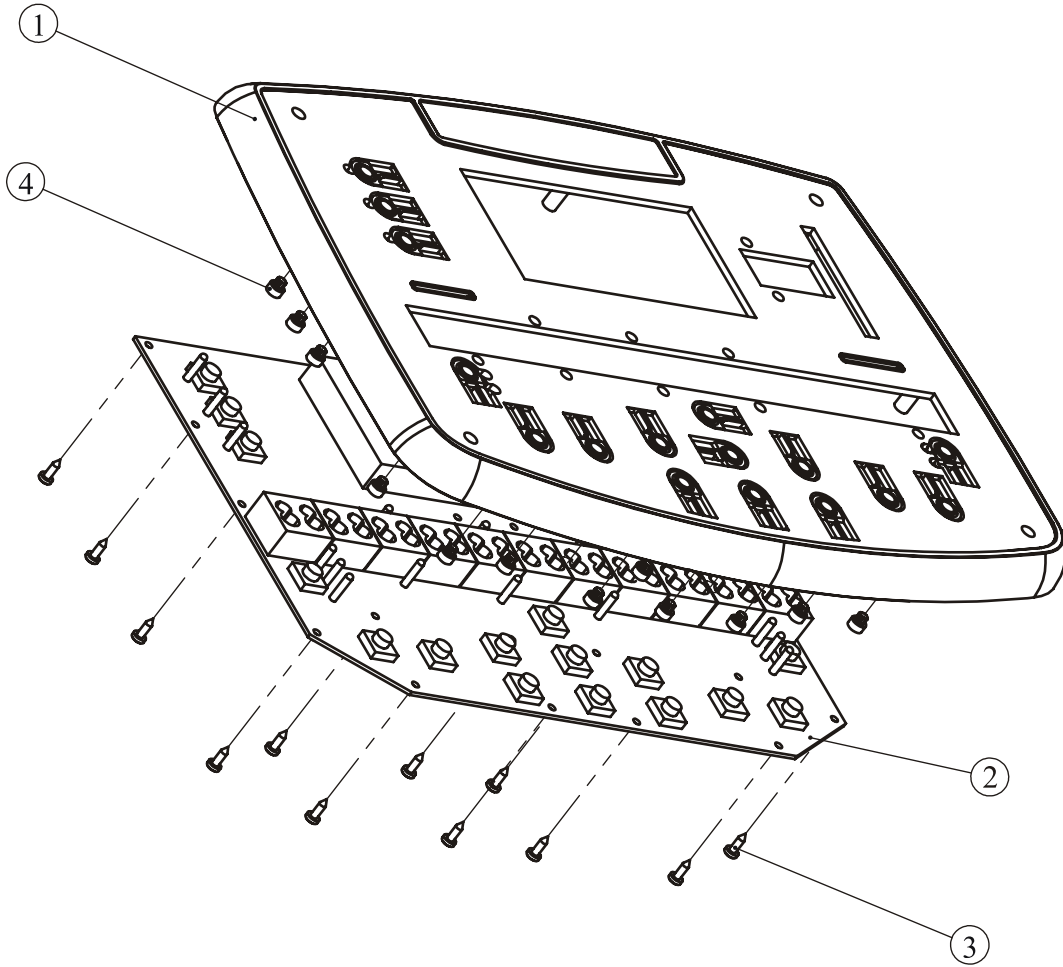
Item No.	Grade No.	Part No.	Description	QTY
1	6.7.1	ECT72200	Circuit Board Frame	1
2	6.7.2	B148	PCB:Console	1
3	6.7.3	GB845ST2.9*9.5DS	Screw,ST2.9*9.5	18
4	6.7.4	ECT74800	Cushion:TPU	14

Console ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	6.1	ECU7P2600	Fixed Frame:Console	1
2	6.2	ECU7PDZB01	Upper Shell:Console	1
3	6.3	ECU7PDZB02	Lower Shell:Console	1
4	6.4	ECU7PDZB04	Cellholder	1
5	6.5	GB845ST2.9*9.5DS	Screw,ST2.9*9.5	6
6	6.6	ECU7PDZB05	Baffle	1
7	6.7	ECU7BXLBJASSY	Assembly:Circuit Board Frame	1
8	6.8	ECU7DZB06	Plug	1
9	6.9	DQXTJS01	PCB:Heart Rate	1
10	6.10	K1NF-55（N）	Magnetic Ring	1
11	6.11	08-0077	Magnetic Ring	2
12	6.12	GB845ST4.2*16DHS	Screw,ST4.2*16	10
13	6.13	GB818M5*10DHS2	Screw,M5*10	4
14	6.14	RU5004400	Acceptor Cover	1
15	6.15	L300XHP-SMY-12	Upper Cable:Console	1
16	6.16	L300XHB-SMY-7	Stopwatch Cable	1
17	6.17	ECR7MM01	Mask:Console	1
18	6.18	ECR7MM02	Mask:Fan	1
19	6.19	ECR7PMM03	Mask:Cellholder	1
20	6.20	ECT74400	Support Frame:Newspaper&Magazine,L	1
21	6.21	ECT74500	Support Frame:Newspaper&Magazine,R	1
22	6.22	ECT7MP01	LOGO	1

Console ASSY

Seat Support ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	11.1	ECR7P1700	Seat Support	1
2	11.2	ECR7P2300	Seat	1
3	11.3	RR7002900	Fixed Box:PCB:Hand Pulse	1
4	11.4	DQ6DS2A	Washer,Φ6.6*Φ15*2	4
5	11.5	PNLM6*20*20DS2	Button Head Bolt,M6*20	4
6	11.6	GB845ST2.9*9.5DS	Screw,ST2.9*9.5	6
7	11.7	ECT73800PBC	Top Cover:Hand Pulse	2
8	11.8	ECT73900PBC	Bottom Cover:Hand Pulse	2
9	11.9	ECT74000PBC	Top Cover:Adjustable Resistance	2
10	11.10	ECT74100PBC	Bottom Cover:Adjustable Resistance	2
11	11.11	ECU7P2400	Fixed Plate:Pcb	2
12	11.12	F33	PCB:Resistance	2
13	11.13	ECU7P2300	Key:Down	1
14	11.14	ECU7P2500	Key:Up	1
15	11.15	140-3458	Reset Spring	2
16	11.16	GB846ST2.9*19DS	Screw,ST2.9*19	4
17	11.17	GB845ST2.9*25DS	Screw,ST2.9*25	4
18	11.18	GB846ST2.9*9.5DS	Screw,ST2.9*9.5	6
19	11.19	GB845ST4.2*16DHS	Screw,ST4.2*16	2
20	11.20	DQSWXT01-S	PCB:Hand Pulse	1
21	11.21	L1000ST0-XHB-4	Hand Pulse Cable	1
22	11.22	L800XHP-SMA-2	Switching Cable1	1
23	11.23	L800XHP-SMY-2	Switching Cable2	1
24	11.24	K1NF-55（N）	Magnetic Ring	2
25	11.25	GB862.24DS12	Washer,D=4	1

Seat Support ASSY

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Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	ECR7B01ASSY	Assembly:Main Frame	1
2	ECU7P12ASSY	Assembly:Front Base	1
3	ECU7P15ASSY	Assembly:Rear Base	1
4	ECR7B14ASSY	Ssembly:Upright Frame	1
5	ECR7B2200	Front Handle	1
6	ECR7B26ASSY	Assembly:Console	1
7	ECR71200	Hollow Back Pad	1
8	ECR7P1300	Cover:Neck	1
9	ECR7P1500	Cup Holder	1
10	ECR7P1600	Fixed Frame:Hollow Back Pad	1
11	ECR7P17ASSY	Assembly:Seat Support	1
12	ECR7P1900	Front Cover:Hollow Back Pad	1
13	ECR7P2000	Back Cover:Hollow Back Pad	1
14	JD-22ARV2	Pedal:R	1
15	JD-22ALV2	Pedal:L	1
16	GB9310DHS12	Spring Washer,Φ10	12
17	GB70M10*20DHS20NL	Socket Head Bolt,M10*20	8
18	GB70M8*20DS20	Socket Head Bolt,M8*20	4
19	GB938DS12	Spring Washer,Φ8	4
20	GB936DS12	Spring Washer,Φ6	4
21	GB70M6*15DS4	Socket Head Bolt,M6*15	4
22	GB845ST4.2*16DHS	Screw,ST4.2*16	11
23	GB5781M10*25DHS20	Hex Head Bolt,M10*25	4
24	PNLM8*20N19NL	Button Head Bolt,M8*20	4
25	GB958N19	Washer,Φ9*Φ16*1.6	4
26	ECR7P1800	Back Pad Cover	4

Overall

Rapid Button

Adjustment Handle

Leveler Foot

Rear Base

PU Wheel

Instruction

1. When moving the machine, you can grasp the rear base, you can move it by the PU wheel.

2. You can adjust the position of the seat by adjustment handle.

3. Before using the machine, you must ensure it stand steadily on the ground, if it is't stand steady, you can adjust the leveler foot.

4. When using the machine, two feet tread the pedals, two hands grasp the handles, when pedals rotating, the machine can form the production of electricity, you can excise by choosing program.

5. when adjusting the resistance, you can also use the rapid button, the "-" is down, the "+" is up.

Maintenance

1. Tighten the pedals every months.

2. If the bolts and screws have loosed, please lock them tightly in time.
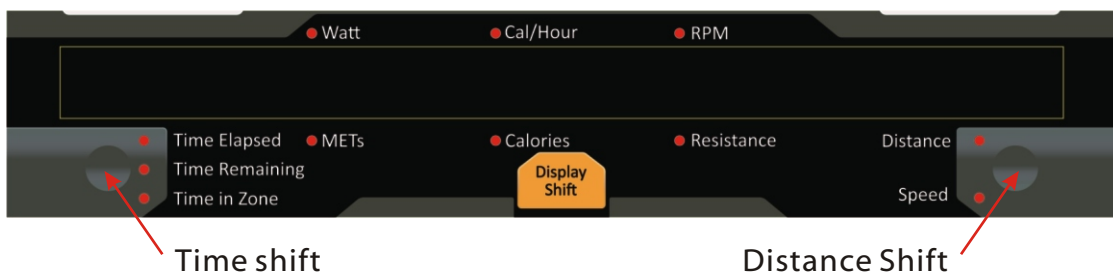
CONSOLE PANEL FUNCTION

1 Lower LED + display controls

Time shift   Distance Shift

1.1 The default display for above windows is always: Time elapsed, METs, Calories, Resistance, Distance.

1.2 If user pressed the "Display shift"

Then 3 windows in the middle + Heart rate window, will change to other displays.

METs -> Watt

Calories -> Cal/Hour

Resistance -> RPM

Heart Rate -> % Heart Rate

1.3 If user pressed the "Time shift" button

    Time elapsed -> Time Remaining -> Time in zone loop through per press.

    Time elapsed: time passed since workout started.

    Time remaining: remaining time of a workout program.

    Time in zone: Time passed in a specific target heart rate zone, only active when heart rate program is activated.

1.4 If user pressed the "Distance shift" button

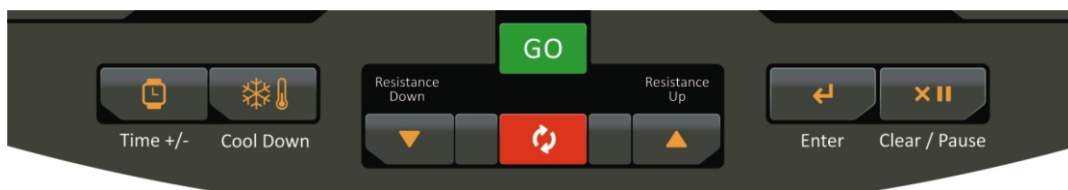   Distance -> Speed

2 Dot matrix

2.1 Displays 400m track. Indicates position on track by a blink.

2.2 Indicates message when enter value.

2.3 Indicates workout curve in Program mode.

3 User control buttons

3.1 Time +/-

During workout: Press once, Time window flashes, user can use incline or speed adjustments to change the value press enter to save.

3.2 Cool Down

Press once, Resistance drop by 50%.

3.3 GO

3.3.1 Press once when outside of a program.

3.3.2 LED displays "3","2","1".

3.3.3 Program starts.

3.4 RESET

Press once, console resets.

3.5 Resistance Up/Down

Press up arrow and down arrow buttons to adjust the resistance by 1.
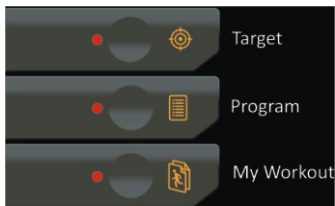
3.6 Enter

Data entering, start programs.

3.7 Clear/ Pause

3.7.1 Clear the value entered.

3.7.2 Console value is not changed, Lower LED scrolls "PAUSE, PRESS START TO RESUME". Upper LED displays "II"

4 Program buttons

Target: Time, Calories, Distance

Program: P1=Manual P2=Cardio P3=Interval P4=Burn Calories P5=Heart Rate P6= Random P7=Hill P8=Advanced

My Workout: custmized programs, can be modified by users.

PROGRAMMING

When console turns on or after reset:

the lower LED windows scrolls "PRESS GO OR SELECT PROGRAM TO BEGIN".

1 If Target is selected

Lower LED scrolls "CALORIES TARGET".

Lower LED scrolls "Press adjust keys to loop or press enter to select."

User can use adjustment keys to loop through all 3 Target programs:

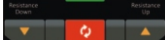"CALORIES TARGET, DISTANCE TARGET, TIME TARGET"

Press Enter to select

Console Panel Functions

1.1 If CALORIES TARGET is selected

1.1.1 LED scrolls "CALORIES TARGET: ENTER CALORIES".

1.1.2 LED displays "100 KCAL".

1.1.3 User can use adjustment keys to adjust the default value by 20 cal.

1.1.4 Press Enter to confirm.

1.1.5 LED scrolls "ENTER WEIGHT".

1.1.6 LED displays "70KG".

1.1.7 User can use adjustment keys to adjust the default value.

1.1.8 Press Enter or GO to confirm.

1.1.9 LED displays "3","2","1".

1.1.10 Program starts.

1.2 If DISTANCE TARGET is selected

1.2.1 LED scrolls DISTANCE TARGET: ENTER DISTANCE.

1.2.2 LED displays "5 KM".

1.2.3 User can use adjustment keys to adjust the default value.

1.2.4 Press Enter or GO to confirm.

1.2.5 LED displays "3","2","1".

1.2.6 Program starts.

1.3 If TIME TARGET is selected

1.3.1 LED scrolls TIME TARGET: ENTER TIME.

1.3.2 LED displays "30 MIN".

1.3.3 User can use adjustment keys to adjust the default value.

1.3.4 Press Enter or GO to confirm.

1.3.5 LED displays "3","2","1".

1.3.6 Program starts.

2 Program

Program: P1=Manual P2=Cardio P3=Interval P4=Burn Calories
P5=Heart Rate P6=Random P7=Hill P8=Advanced.
Press self to loop through 8 programs.
For all 8 programs:
User can use adjustment keys to adjust the default value.
LED Displays: "P1" or "P2"......according to user selection.

Console Panel Functions

2.1 If Manual (P1) is selected

2.1.1 LED scrolls "MANUAL MODE: ENTER WEIGHT".

2.2.2 LED displays "70 KG" flash once and holds User can use adjustment keys to adjust the default value.

2.2.3 Press Enter to confirm.

2.2.4 LED scrolls "ENTER TIME".

2.2.5 Lower LED displays "20 MIN".

2.2.6 User can use adjustment keys to adjust the default value.

2.2.7 Press Enter or GO to confirm.

2.2.8 LED displays "3","2","1".

2.2.9 Program starts.

2.2 If Cardio(P2) is selected

2.2.1 LED scrolls "CARDIO MODE: ENTER WEIGHT".

2.2.2 LED displays "70KG".

2.2.3 User can use adjustment keys to adjust the default value.

2.2.4 Press Enter to confirm.

2.2.5 LED scrolls "ENTER TIME".

2.2.6 LED displays "20 MIN".

2.2.7 User can use adjustment keys to adjust the default value.

2.2.8 Press Enter or GO to confirm.

2.2.9 LED displays "3","2","1".

2.2.10 Program starts.

2.3 If Interval (P3)is selected

2.3.1 LED scrolls "INTERVAL MODE: ENTER WEIGHT".

2.3.2 LED displays "70 KG".

2.3.3 User can use adjustment keys to adjust the default value.

2.3.4 Press Enter to confirm.

2.3.5 LED scrolls "ENTER TIME" Lower LED displays "20 MIN".

2.3.6 User can use adjustment keys to adjust the default value.

2.3.7 Press Enter to confirm.

2.3.8 LED scrolls "ENTER LOWER RESISTANCE LIMIT".

2.3.9 Lower LED displays "8".

2.3.10 User can use adjustment keys to adjust the default value.

2.3.11 Press Enter to confirm.

2.3.12 LED scrolls "ENTER UPPER RESISTANCE LIMIT".

2.3.13 LED displays "10".

2.3.14 User can use adjustment keys to adjust the default value.

2.3.15 Press Enter or GO to confirm.

2.3.16 LED displays "3","2","1".

2.3.17 Program starts.

2.4 If Burn Calories (P4) is selected

2.4.1 LED scrolls "BURN CALORIES MODE: ENTER MAX RESISTANCE".

2.4.2 LED displays "10".

2.4.3 User can use adjustment keys to adjust the default value.

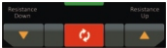2.4.4 Press Enter or GO to confirm.

2.4.5 LED displays "3","2","1".

2.4.6 Program starts.

2.5 If Heart Rate (P5)is selected

LED scrolls "HEART RATE TRAINING: 65% HR".

LED scrolls: "Press enter to select. Use resistance adjustment key to see other programs".

User can use adjustment keys to loop through all 3 HR programs: 65%, 75%, 85%.

Press Enter to select.

2.5.1 If 65% is selected

2.5.1.1 LED scrolls "65%HR: ENTER WEIGHT".

2.5.1.2 Lower LED displays "70 KG".

2.5.1.3 User can use adjustment keys to adjust the default value.

2.5.1.4 Press Enter to confirm.

2.5.1.5 LED scrolls "ENTER TIME".

2.5.1.6 LED displays "20 MIN".

2.5.1.7 User can use adjustment keys to adjust the default value.

2.5.1.8 Press Enter to confirm.

2.5.1.9 LED scrolls "ENTER AGE".

2.5.1.10 LED displays "40".

2.5.1.11 User can use adjustment keys to adjust the default value.

2.5.1.12 Press Enter or GO to confirm.

2.5.1.13 LED displays "3","2","1".

2.5.1.14 Program starts.

2.5.2 If 75% is selected

2.5.2.1 LED scrolls "75%HR: ENTER WEIGHT".

2.5.2.2 Same as above.

2.5.3 If 85% is selected

LED scrolls "85%HR: ENTER WEIGHT".

Same as above.

2.6 If Random(P6) is selected

2.6.1 Lower LED scrolls "RANDOM MODE: Press Enter or GO to begin"

2.6.2 LED displays "3","2","1".

2.6.3 Program starts.

2.7 If Hill(P7) is selected

2.7.1 LED scrolls "HILL MODE: ENTER WEIGHT".

2.7.2 LED displays "70KG".

2.7.3 User can use adjustment keys to adjust the default value.

2.7.4 Press ENTER to confirm.

2.7.5 LED scrolls "ENTER TIME".

2.7.6 LED displays "20 MIN".

2.7.7 Press Enter or GO to confirm.

2.7.8 LED displays "3","2","1".

2.7.9 Program starts.

2.8 If Advanced(P8) is selected

Advanced Program: Afterburn, Fat burn.

LED scrolls "ADVANCED MODE: AFTER BURN".

LED scrolls: "Press adjustment key to loop, or press enter to select".

If pressed adjust key Lower LED scrolls "ADVANCED MODE: FAT BURN".

LED scrolls: "Press adjustment key to loop, or press to select".

Press adjust key to loop through 2 programs, press enter to select.

2.8.1 If AFTER BURN is selected

2.8.1.1 LED scrolls "Please select age using the arrow keys".

2.8.1.2 LED displays "40".

2.8.1.3 User can use adjustment keys to adjust the default value.

2.8.1.4 Press Enter to confirm.

2.8.1.5 LED scrolls "Please select high intensity interval heart rate using the arrow keys".

2.8.1.6 LED displays "90%".

2.8.1.7 User can use adjustment keys to adjust the default value.

2.8.1.8 Press Enter to confirm.

2.8.1.9 LED scrolls "Please select duration of high intensity interval using the arrow keys".

2.8.1.10 LED displays "60".

2.8.1.11 User can use adjustment keys to adjust the default value.

2.8.1.12 Press Enter to confirm.

2.8.1.13 LED scrolls "Please select recovery interval heart rate using the arrow keys".

2.8.1.14 LED displays "65%".

2.8.1.15 User can use adjustment keys to adjust the default value.

2.8.1.16 Press Enter to confirm.

2.8.1.17 LED scrolls "Please select duration of recovery intensity interval using the arrow keys".

2.8.1.18 LED displays "30".

2.8.1.19 User can use adjustment keys to adjust the default value.

2.8.1.20 Press Enter to confirm.

2.8.1.21 LED scrolls "Please select duration of recovery interval using the arrow keys".

2.8.1.22 LED displays "8".

2.8.1.23 User can use adjustment keys to adjust the default value.

2.8.1.24 Press Enter to confirm.

2.8.1.25 LED displays "3","2","1".

2.8.1.26 LED scrolls "Warm up – please use arrow keys to change resistance or press GO key again to start 1st interval".

2.8.1.27 Press GO to confirm.

2.8.1.28 Program starts.

2.8.1.29 LED scrolls "HIGH INTENSITY INTERVAL 1 OF X" (X is number of intervals set by user). Resistance level goes up until the high intensity interval heart rate set is reached. Start 1st high intensity interval duration.

2.8.1.30 After 1ST high intensity interval duration is over, the recovery interval starts.

2.8.1.31 LED scrolls "RECOVERY INTERVAL 1 OF X" (X is number of intervals set by user). Start recovery interval duration. Resistance level is lowered until recovery interval heart rate set is reached.

2.8.1.32 Intervals are repeated until the number of intervals set by user is reached.

2.8.1.33 Program ends.

2.8.2 If FAT burn is selected

2.8.2.1 Lower LED scrolls "FAT BURN MODE: ENTER WEIGHT".

2.8.2.2 Lower LED displays "70KG".

2.8.2.3 User can use adjustment keys to adjust the default value.

2.8.2.4 Press Enter to confirm.

2.8.2.5 LED scrolls "ENTER AGE".

2.8.2.6 LED displays "40".

2.8.2.7 User can use adjustment keys to adjust the default value.

2.8.2.8 LED scrolls "ENTER TIME".

2.8.2.9 LED displays "20 MIN".

2.8.2.10 User can use adjustment keys to adjust the default value.

2.8.2.11 Press Enter or GO to confirm.

2.8.2.12 Upper LED displays "3","2","1".

2.8.2.13 Program starts.

3 My workout

If My workout is selected

3.1 LED scrolls "My workouts - design your own workout".

3.2 LED displays "70KG".

3.3 User can use adjustment keys to adjust the default value.

3.4 Press Enter to confirm.

3.5 LED scrolls "ENTER AGE".

3.6 LED displays "40".

3.7 User can use adjustment keys to adjust the default value.

3.8 LED scrolls "ENTER TIME".

3.9 LED displays "20 MIN".

3.10 User can use adjustment keys to adjust the default value.

3.11 Press Enter to confirm.

3.12 Uses adjustment keys to adjust the default value.

3.13 Press Enter to confirm and into the next segment. User can set the 16 segments.

3.14 Set the 16th segment.

3.15 Press GO to confirm.

3.16 Upper LED displays "3","2","1".

3.17 Program starts.

Troubleshooting Guide

Malfunction	Probable Cause	Corrective Action
Heart rate reading is erratic or absent entirely	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes.
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin.
	Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Belt transmitter is not within 3 feet (one meter) of the heart rate receiver.	Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver.
	Chest strap battery is depleted.	Contact Customer Support Services for instructions on how to have the chest strap replaced.
Abnormally elevated heart rate readings	Electromagnetic interference from cell phones.	Move the bike a few inches away from the probable cause, or move the probable cause a few inches away from the bike, until the heart rate readings are accurate.
	Electromagnetic interference from computers.	
	Electromagnetic interference from cars.	
	Electromagnetic interference from high voltage power lines.	
	Electromagnetic interference from motor driven exercise equipment.	
	Electromagnetic interference from another heart rate transmitter within three feet (one meter).	

HAND HELD WIRING

HEART RATE BOARD

GENERATOR +

WIRELESS CHEST RECEIVER

RED   WHITE

J6 FAN
J9 HAND
J8 WIRELESS

J10

J11

CONSOLE

CONTROLLER

UPPER CONSOLE CABLE

LOWER CONSOLE CABLE 1

LOWER CONSOLE CABLE 2