ECU7

Upright Bike

Owner's Manual

15U Rev B

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

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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.

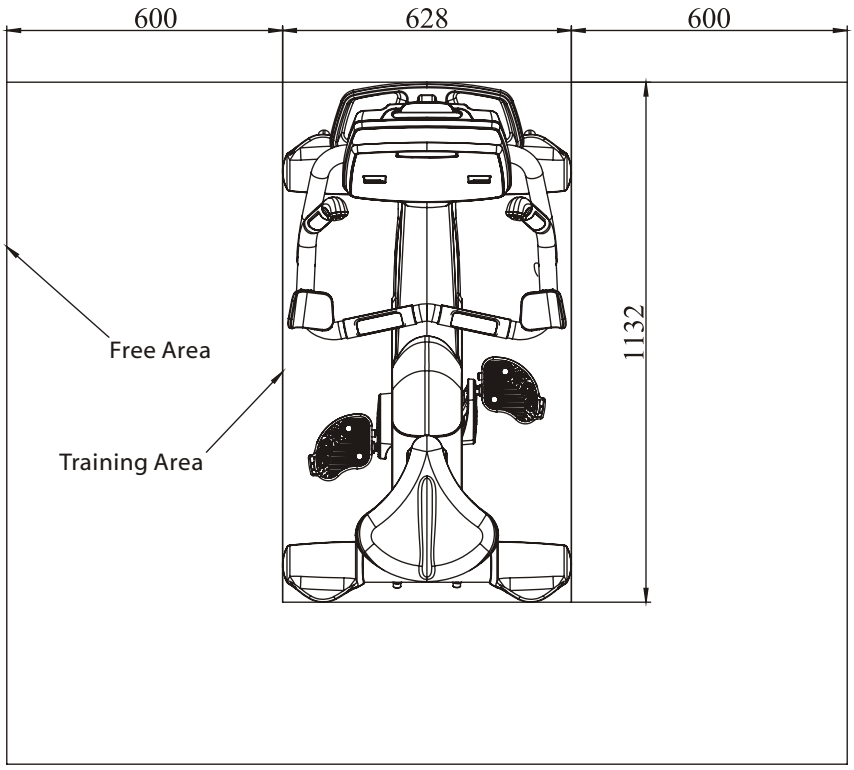
OPERATION

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: 628*1132mm
Product Total Mass: 67.4kg/ 149lbs

Warm Up Exercises

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

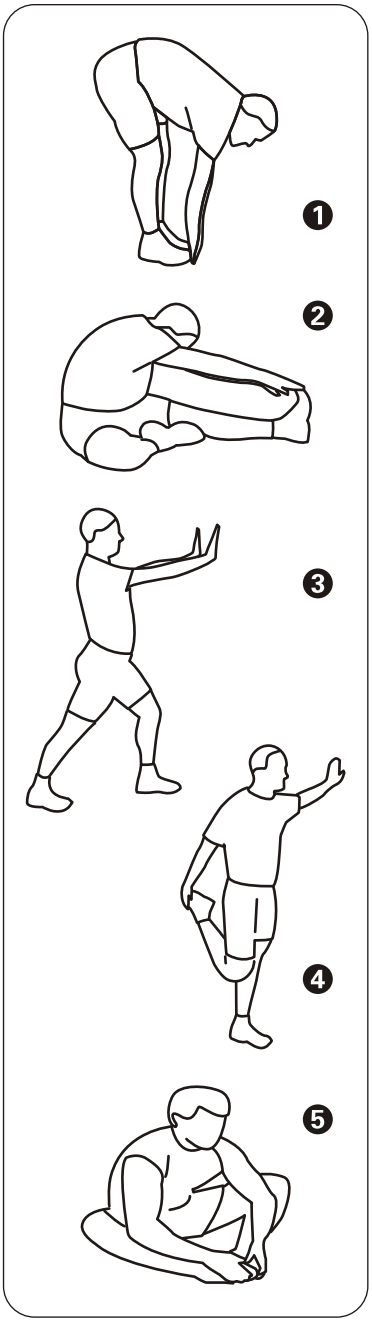
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the achilles tendon,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

QUADRICEPS STRETCH

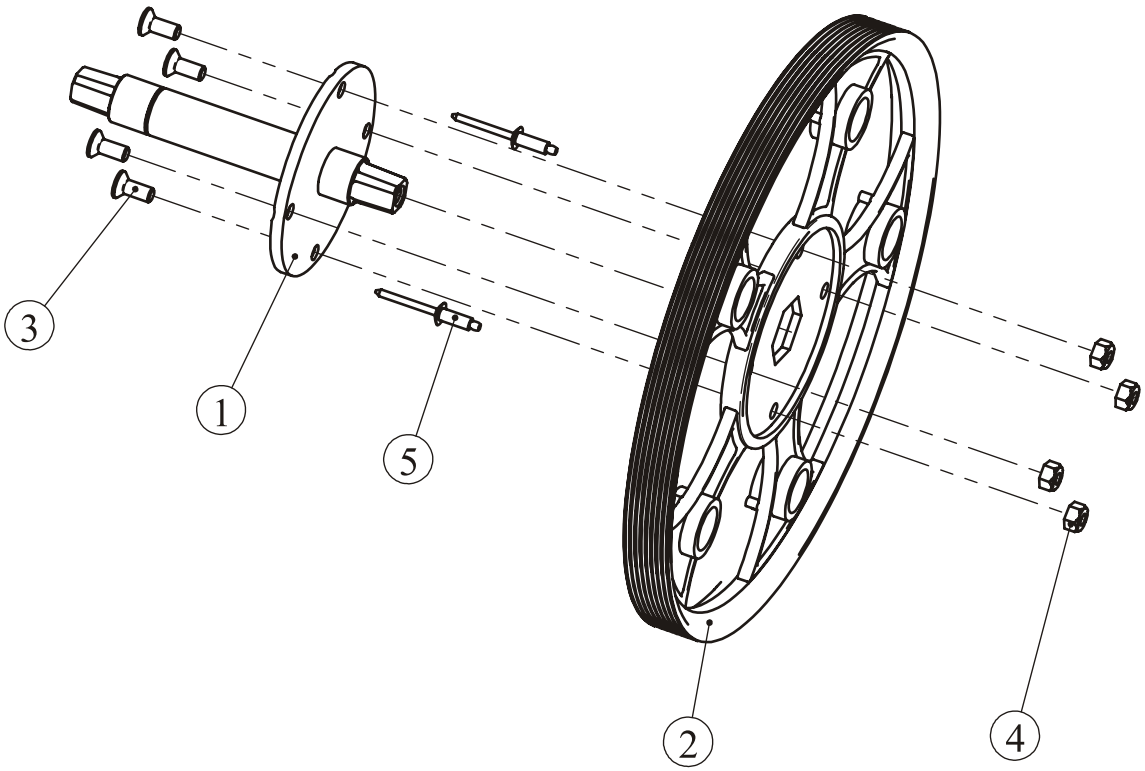
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

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.



Pulley ASSY



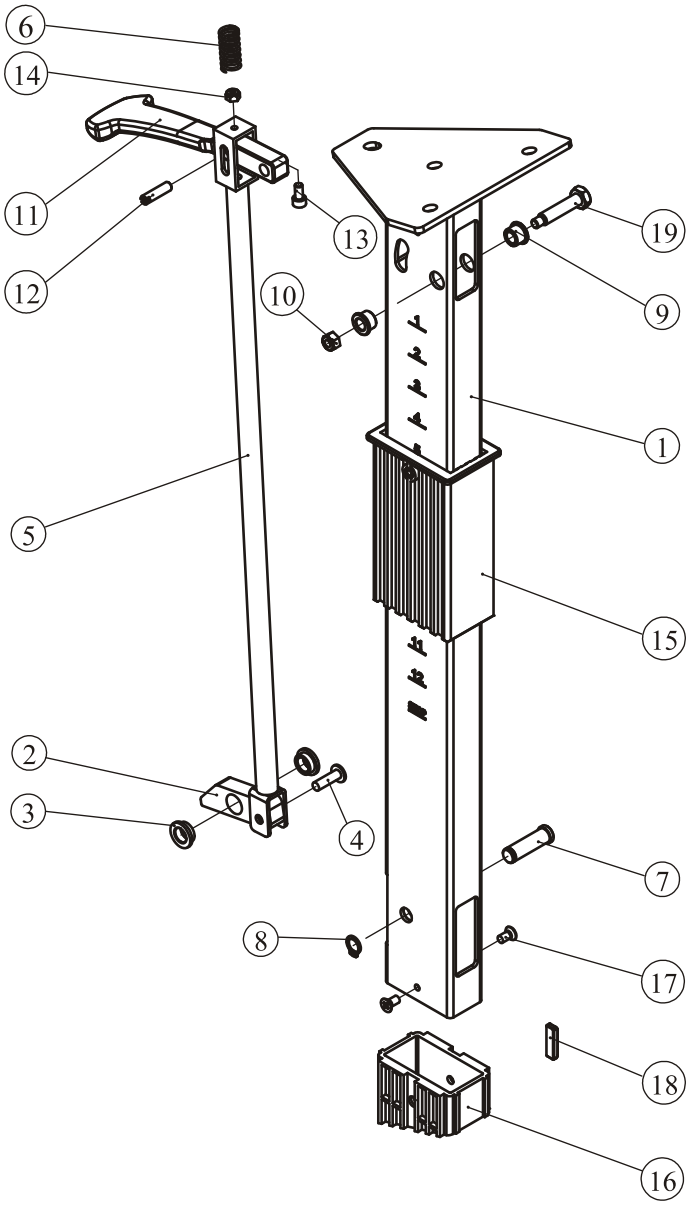
Item No.	Grade No.	Part No.	Description	QTY
1	1.5.1	RU5002900	Shaft	1
2	1.5.2	PU3002600	Pulley	1
3	1.5.3	CNLM6*15DHS20	Nut,M6	4
4	1.5.4	NM6DS2	M6*15	4
5	1.5.5	GB126185*13N11	rivet Φ5*13	2

Seat Support Post ASSY

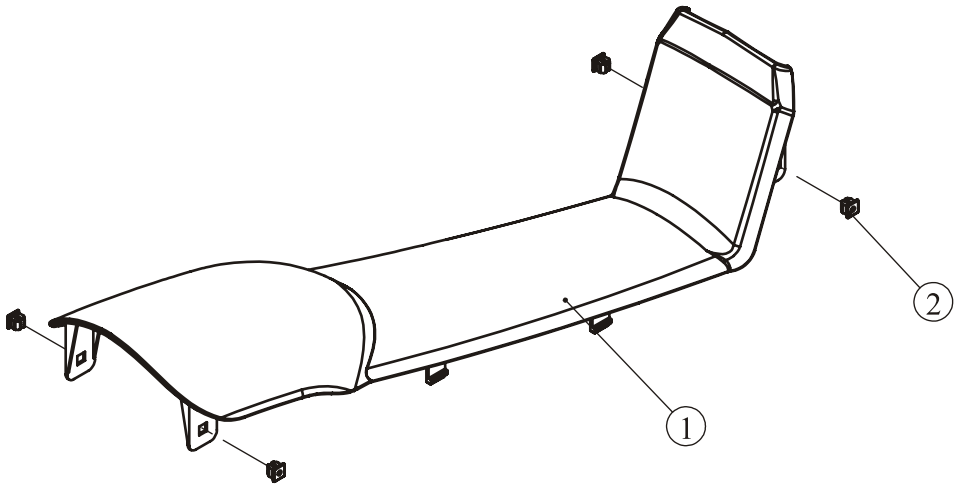
Item No.	Grade No.	Part No.	Description	QTY
1	1.31.1	ECU7P0300	Seat Support Frame	1
2	1.31.2	ECU7P3400	Pin	1
3	1.31.3	PBE10008	Bushing	2
4	1.31.4	GB1096*20N4	Rivet, Φ6*20	1
5	1.31.5	IB4000400	Connecting Rod	1
6	1.31.6	IB4002100	Spring	1
7	1.31.7	ECU7P3000	Shaft,For Pin	1
8	1.31.8	GB894.110FH12	Ring, Φ10	1
9	1.31.9	ECU7P0400	Spacer	2
10	1.31.10	NM6DS2	Nut,M6	1
11	1.31.11	ECU7P2900	Adjusting Handlebar	1
12	1.31.12	IB4002000	Screw,M6*23	1
13	1.31.13	GB70M5*10DS4	Socket Head Cap Screw,M5*10	1
14	1.31.14	NM5DS2	Nut,M5	1
15	1.31.15	ECU7P2800	Sleeve	1
16	1.31.16	ECU7P3100	Sleeve	1
17	1.31.17	GB819M5*10DS2	Screw,M5*10	2
18	1.31.18	ECU7P3200	PU,Block	1
19	1.31.19	ECU7P3600	Shaft,For Handlebar	1

Exploded View and Parts List

Seat Support Post ASSY



Top Cover ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.34.1	ECU7P0700	Top Cover	1
2	1.34.2	ECT74600	Nut,PA6	4

Main Frame ASSY

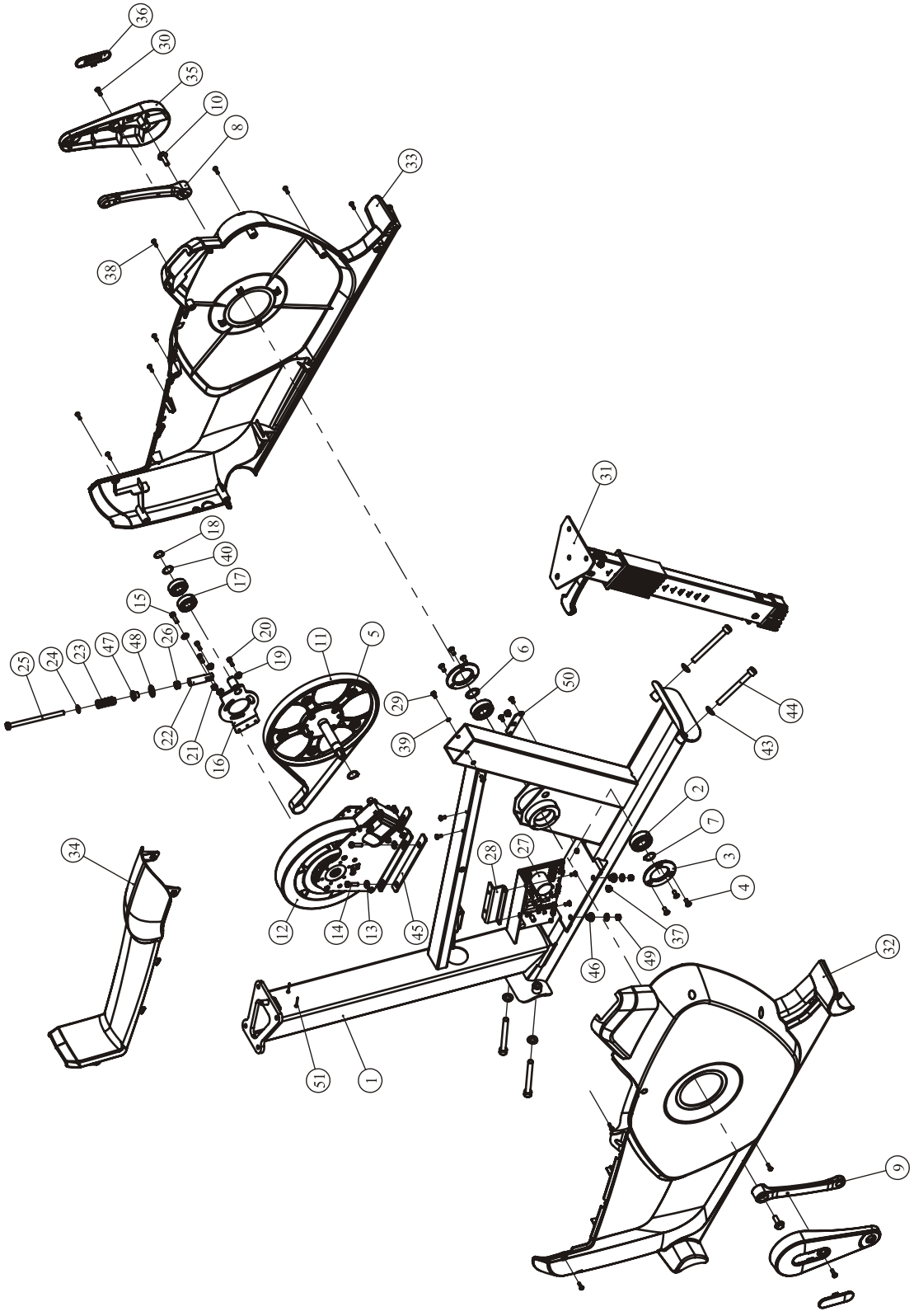
Item No.	Grade No.	Part No.	Description	QTY
1	1.1	U7B0100	Main Frame	1
2	1.2	GB2766204-2RSC3TPI	Bearing,6204	2
3	1.3	RR7001600	End Cover,For Bearing,6204	2
4	1.4	CNLM6*15DHS20	Flat Head Cap Screw,M6*15	6
5	1.5	RU50029ASSY	Pulley Assy	1
6	1.6	B304400	Wave Washer, Φ20	1
7	1.7	GB894.120FH12	Ring, Φ20	2
8	1.8	B303100V1	Right Crank	1
9	1.9	B303200V1	Left Crank	1
10	1.10	BR18006500	Hexagon Flange Bolts,M8*25	2
11	1.11	DXD420J8A	Belt,420J8	1
12	1.12	D78V3	Brake	1
13	1.13	DQ6DS2A	Washer, Φ6.6* Φ15*2	9
14	1.14	GB5781M6*25DS20	Hex Head Bolt,M6*25	4
15	1.15	GB70M6*20DHS20	Socket Head Cap Screw,M6*20	1
16	1.16	RU7004300V1	Tightener Frame	1
17	1.17	GB2766203-2RSC3TPI	Bearing,6203	2
18	1.18	GB894.117FH12	Ring, Φ17	1
19	1.19	RU7004800	Spacer,For Tightener	3
20	1.20	GB70M5*15DS20	Socket Head Cap Screw,M5*15	3
21	1.21	GB41M6DS2	Hex Nut,M6	1
22	1.22	TBT0800	Tread Bushing	1
23	1.23	TBT1800	Spring	1
24	1.24	GB958DS2	Washer, Φ9* Φ16*1.6	1
25	1.25	GB5780M8*130*50DS20	Hex Head Bolt,M8*130	1

Main Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
26	1.26	GB41M8DS2	Hex Nut,M8	1
27	1.27	C66	Lower PCB	1
28	1.28	ECU7P0200	Plate,For Fixing Pcb	1
29	1.29	GB818M5*10DHS2	Screw,M5*10	8
30	1.30	GB818M5*15DHS20	Screw,M5*15	2
31	1.31	ECU7P03ASSY	Seat Support Post Assy	1
32	1.32	ECU7P0500	Left Cover,For Frame	1
33	1.33	ECU7P0600	Right Cover,For Frame	1
34	1.34	ECU7P07ASSY	Top Cover Assy	1
35	1.35	ECU7P0800	Crank Cover	2
36	1.36	ECU7P0900	Crank Endcap	2
37	1.37	ECU7P3500	Nut PA6	4
38	1.38	GB845ST4.2*16DHS	Screw,ST4.2*16	13
39	1.39	GB935DS12	Spring Washer, Φ5	2
40	1.40	DQ17DHS2	Washer, Φ17.2* Φ23*0.35	1
41	1.41	L1100XHB-SMA-12	Lower Cable,For Console	1
42	1.42	08-0077	Magnetic Ring	1
43	1.43	HDQ10DHS2	Arc Washer, Φ11* Φ21*1.5	4
44	1.44	GB70M10*100DHS20	Socket Head Shoulder Screw,M10*100	4
45	1.45	U7B3700	Plate,Isolation	2
46	1.46	U7B3800	Spacer,Isolation	4
47	1.47	U7B4000	Spacer,Isolation	1
48	1.48	GB9512DS2	Washer, Φ13* Φ24*2.5	1
49	1.49	NM6DS2	Nut,M6	4
50	1.50	U7B4300	Plate,For Fixing Cover	1
51	1.51	GB126183.2*15N11	Rivet, Φ3.2*15	2

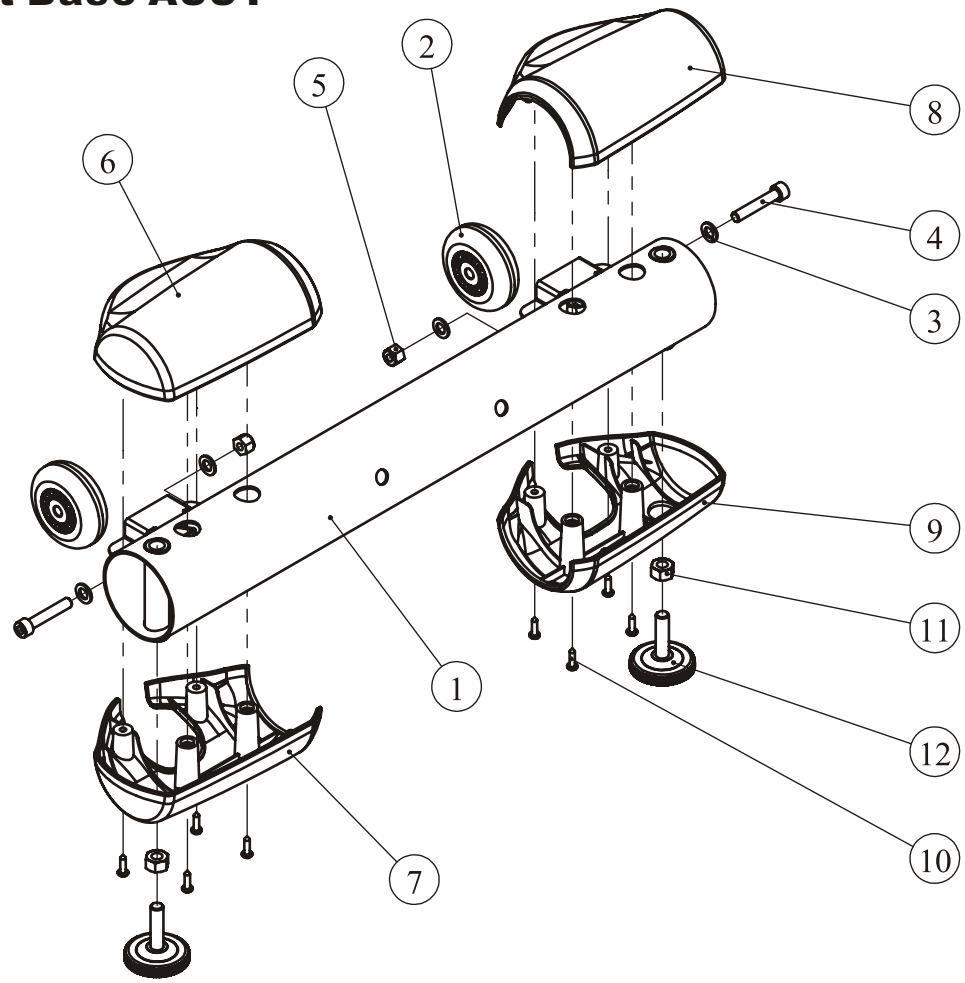
Exploded View and Parts List

Main Frame ASSY



Exploded View and Parts List

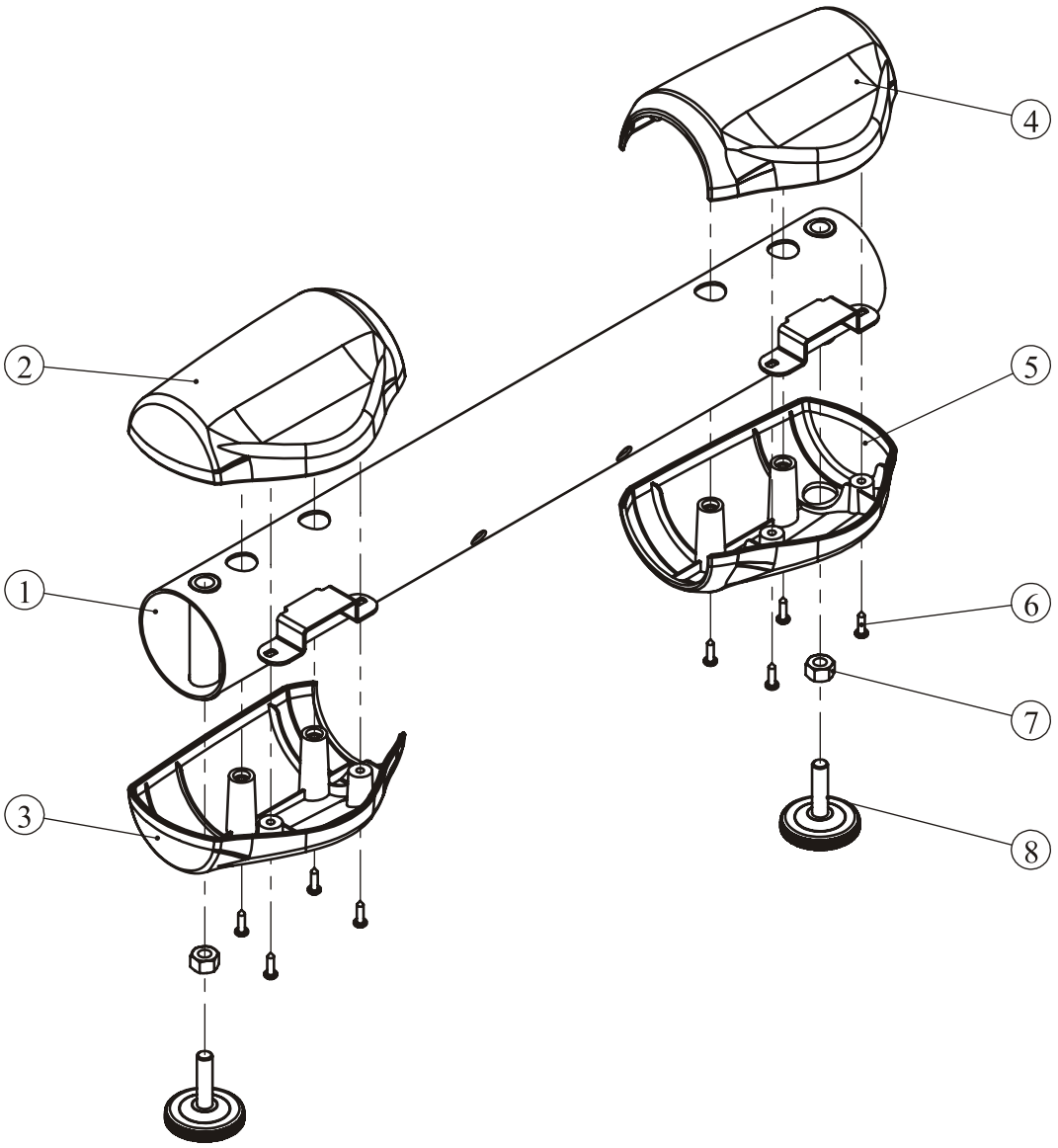
Front Base ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	2.1	ECU7P1200	Front Base	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 Cap Screw,M8*45	2
5	2.5	NM8DS2	Nut,M8	2
6	2.6	ECU7P1301	Cover,For Front Base L,Top	1
7	2.7	ECU7P1302	Cover,For Front Base L,Bottom	1
8	2.8	ECU7P1303	Cover,For Front Base R,Top	1
9	2.9	ECU7P1304	Cover,For 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	Leveler Foot	2

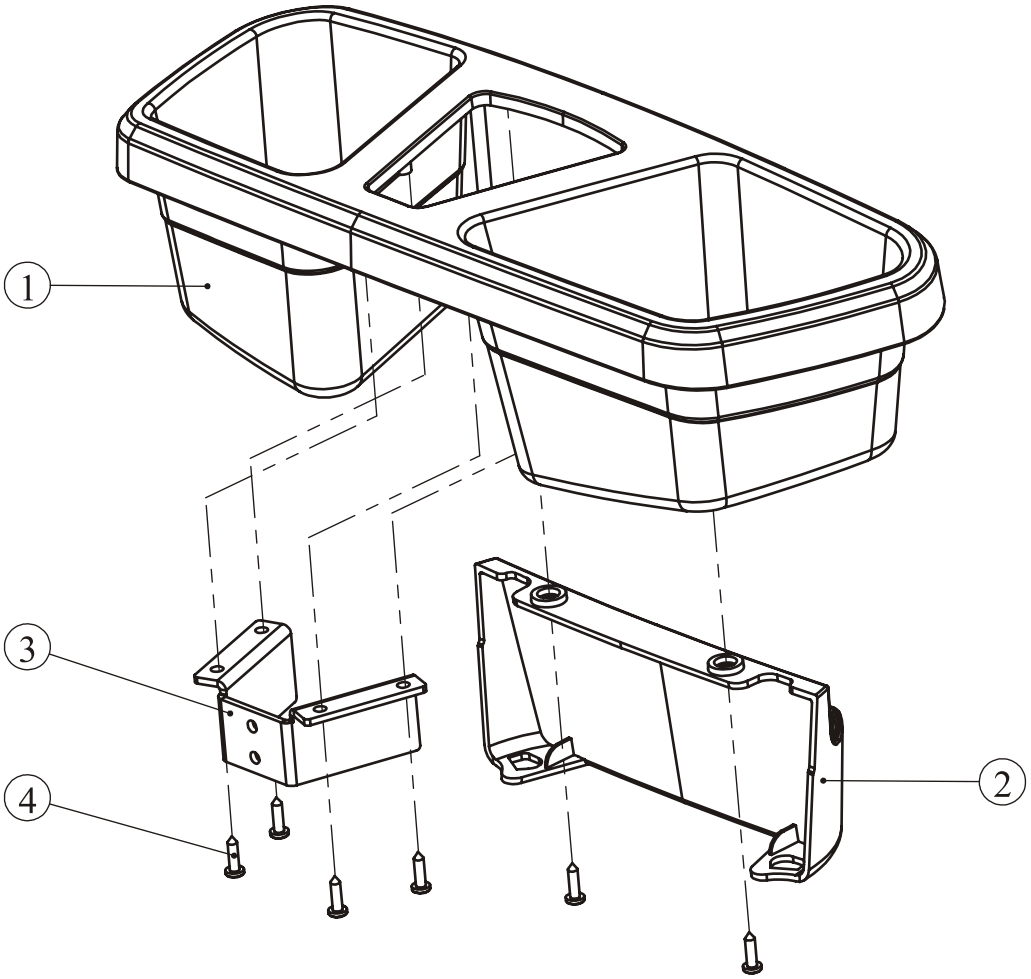
Exploded View and Parts List

Rear Base ASSY



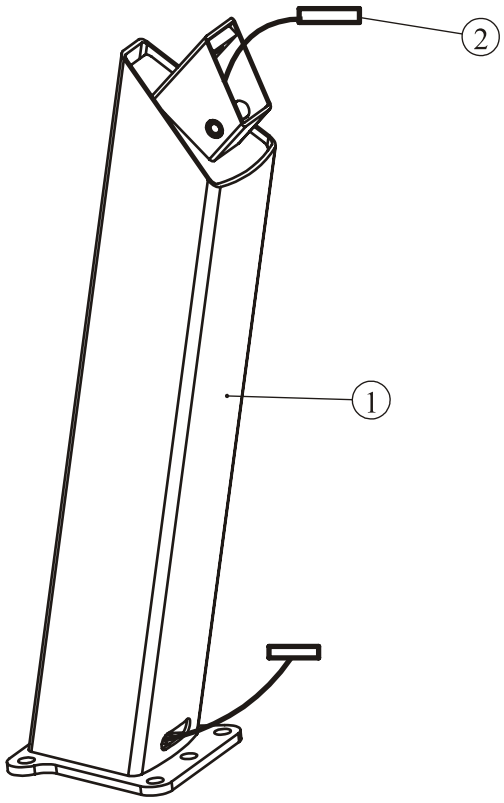
Item No.	Grade No.	Part No.	Description	QTY
1	3.1	ECU7P1500	Rear Base	1
2	3.2	ECU7P1601	Cover,For Rear Base L,Top	1
3	3.3	ECU7P1602	Cover,For Rear Base L,Bottom	1
4	3.4	ECU7P1603	Cover,For Rear Base R,Top	1
5	3.5	ECU7P1604	Cover,For Rear Base R,Bottom	1
6	3.6	GB845ST4.2*16DHS	Screw,ST4.2*16	8
7	3.7	GB41M10DS2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

Cup Holder ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	7.1	ECU7P1801	Cup Holder	1
2	7.2	ECU7P1802	Mobile Phone Holder	1
3	7.3	ECU7P1803	Plate,For Fixing Cup Holder	1
4	7.4	GB845ST4.2*16DHS	Screw	6

Upright Frame ASSY

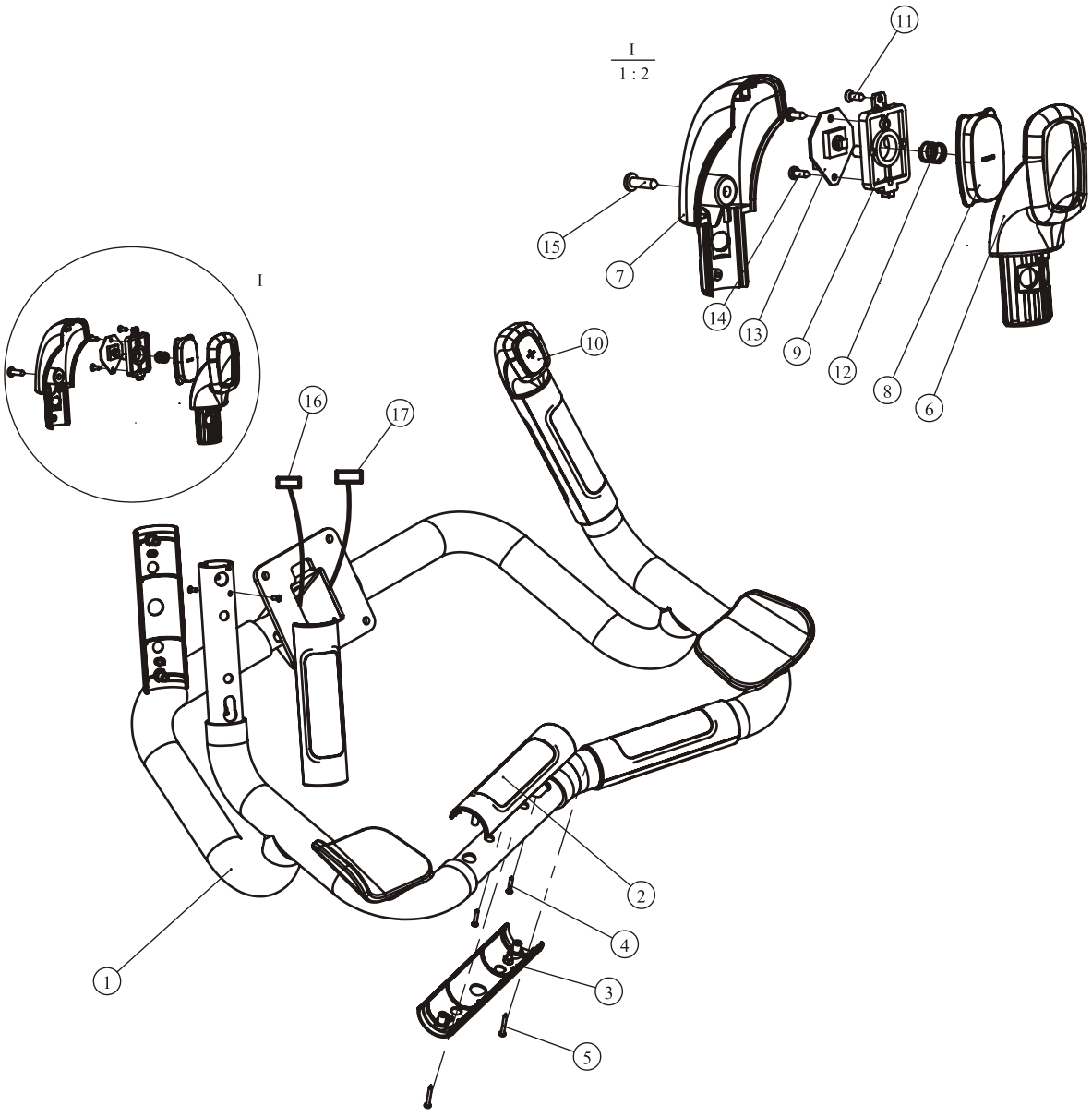


Item No.	Grade No.	Part No.	Description	QTY
1	9.1	ECU7B2100	Upright Frame	1
2	9.2	L800SMA-SMY-12	Central Cable	1
3	9.3	ZX1*2	Leading Wire	0.2

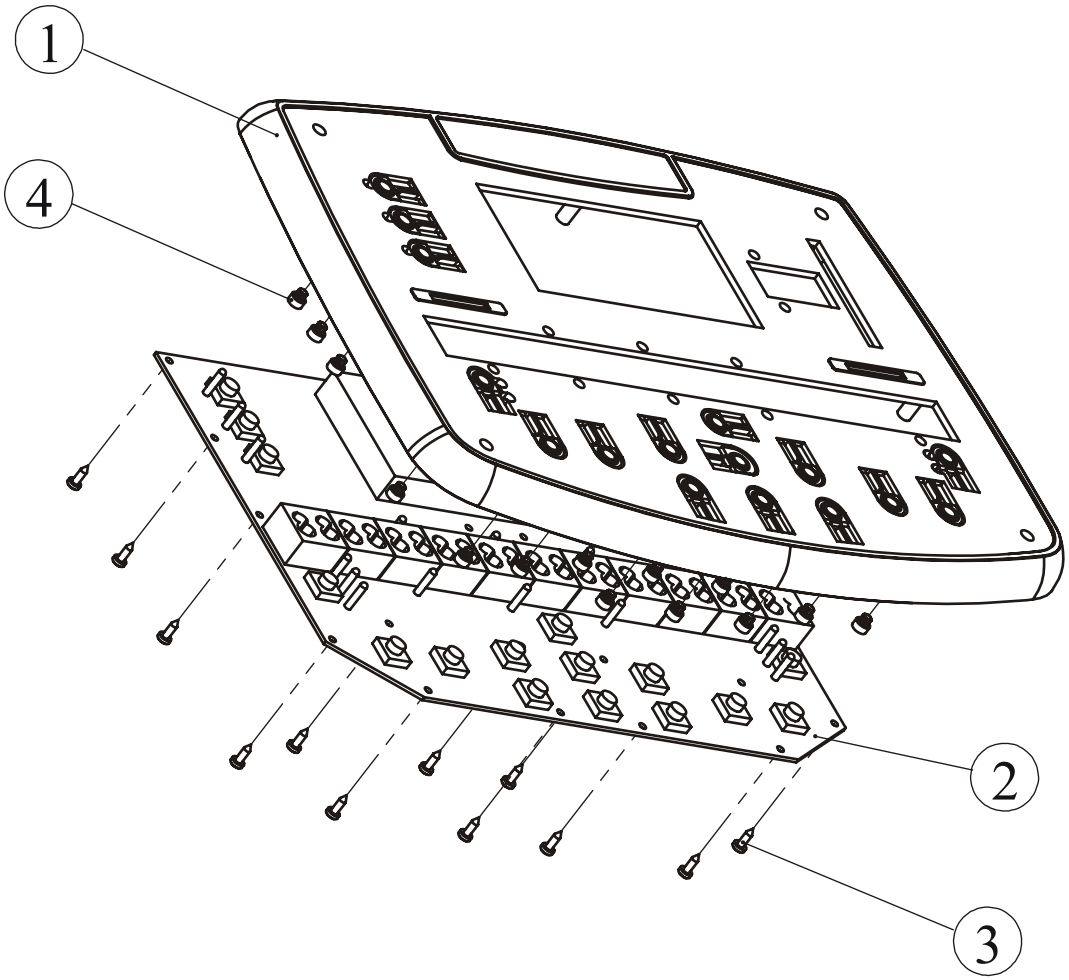
Handlebar ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	10.1	ECU7B2200	Handlebar,Dip	1
2	10.2	ECT73800PBC	Top Cover,For Handpulse	4
3	10.3	ECT73900PBC	Bottom Cover,For Handpulse	4
4	10.4	GB846ST2.9*19DS	Screw,ST2.9*19	8
5	10.5	GB845ST2.9*25DS	Screw,ST2.9*25	8
6	10.6	ECT74000PBC	Top Cover,For Handpulse	2
7	10.7	ECT74100PBC	Bottom Cover,For Handpulse	2
8	10.8	ECU7P2300	Key, For Break Down	1
9	10.9	ECU7P2400	Key Board	2
10	10.10	ECU7P2500	Key, For Break Up	1
11	10.11	GB846ST2.9*9.5DS	Screw,ST2.9*9.5	6
12	10.12	140-3458	Spring	2
13	10.13	F33	Break Pcb	2
14	10.14	GB845ST2.9*9.5DS	Screw,ST2.9*9.5	4
15	10.15	GB845ST4.2*16DHS	Screw,ST4.2*16	2
16	10.16	L1600ST0-SMA-4	Lower Cable,For Pulse	1
17	10.17	L900XHP-SMY-4	Lower Cable,For Break	1

Handlebar ASSY



Pcb, Frame ASSY



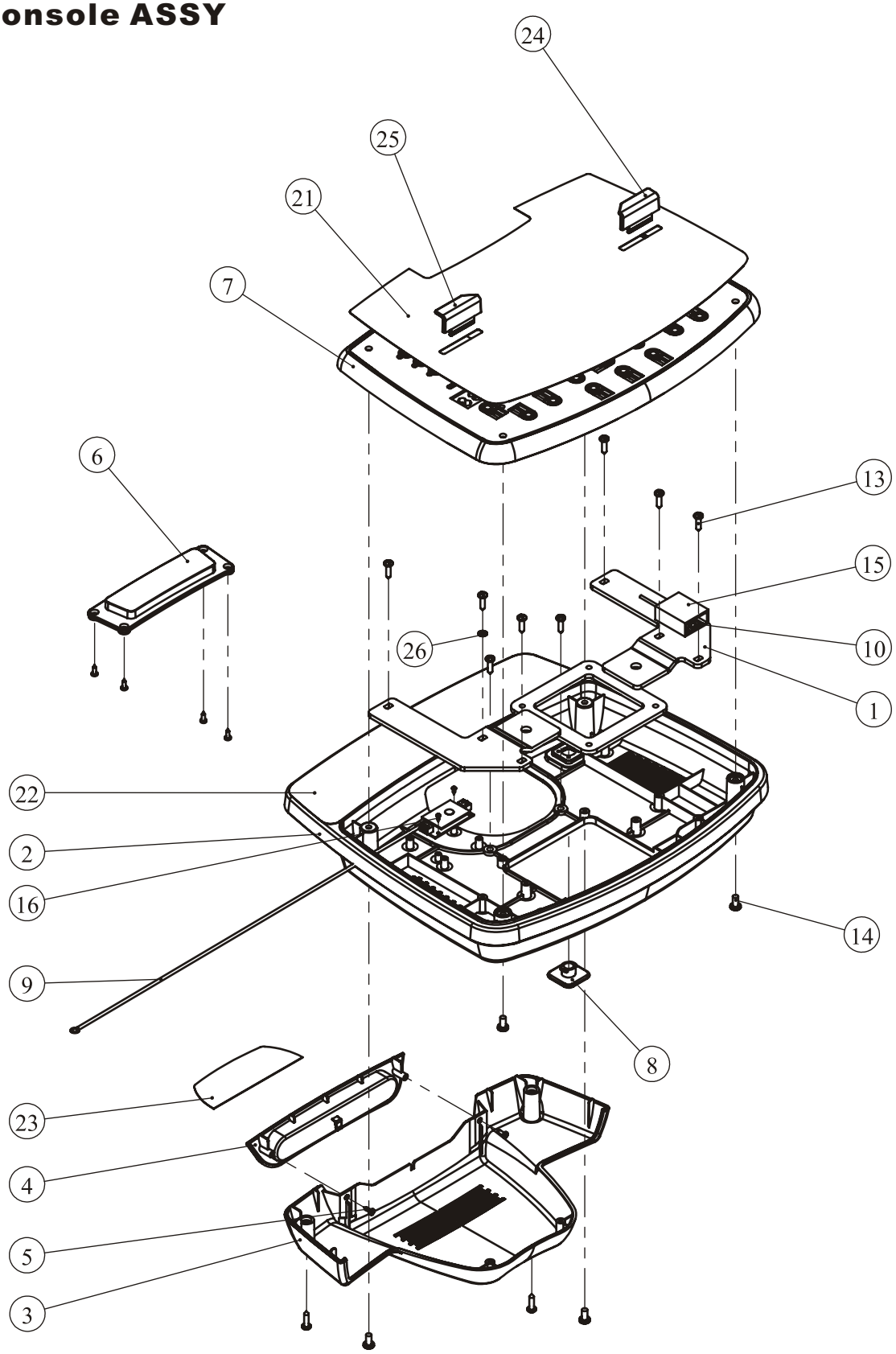
Item No.	Grade No.	Part No.	Description	QTY
1	11.7.1	ECT72200	Pcb,Frame	1
2	11.7.2	B148	Pcb	1
3	11.7.3	GB845ST2.9*9.5DS	Screw,ST2.9*9.5	18
4	11.7.4	ECT74800	Cushion,TPU	14

Console ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	11.1	ECU7P2600	Console Support Frame	1
2	11.2	ECU7PDZB01	Upper Cover,For Console	1
3	11.3	ECU7PDZB02	Lower Cover,For Console	1
4	11.4	ECU7PDZB04	Phone Holder	1
5	11.5	GB845ST2.9*9.5DS	Screw,ST2.9*9.5	6
6	11.6	ECU7PDZB05	Plug	1
7	11.7	ECU7BXLBJASSY	Pcb Assy	1
8	11.8	ECU7DZB06	Plug	1
9	11.9	DQSWXT01-S	Pcb,For Handpulse	1
10	11.10	DQXTJS01	Chest Pulse Receiver	1
11	11.11	K1NF-55(N)	Magnetic Ring	3
12	11.12	08-0077	Magnetic Ring	2
13	11.13	GB845ST4.2*16DHS	Screw,ST4.2*16	10
14	11.14	GB818M5*10DHS2	Screw,M5*10	4
15	11.15	RU5004400	Receiver Cover	1
16	11.16	GB845ST2.2*6.5DS	Screw,ST2.2*6.5	2
17	11.17	L300XHP-SMY-12	Upper Cable,For Console	1
18	11.18	L350XHB_XHB-3	Cable,From Pulse To Console	1
19	11.19	L350XHB-SMY-4	Upper Cable,For Hand Pulse	1
20	11.20	L300XHB-SMA-3	Upper Cable,For Break	1
21	11.21	ECR7MM01	Console Overlay	1
22	11.22	ECR7MM02	Mask,For Fan	1
23	11.23	ECR7PMM03	Mask,For Phone Holder	1
24	11.24	ECT74400	Support Frame,For Newspapaer And Magazine,L	1
25	11.25	ECT74500	Support Frame,For Newspapaer And Magazine,R	1
26	11.26	GB862.24DS12	Serrated Washer, Φ4	1
27	11.27	ECT7MP01	LOGO	1

Exploded View and Parts List

Console ASSY

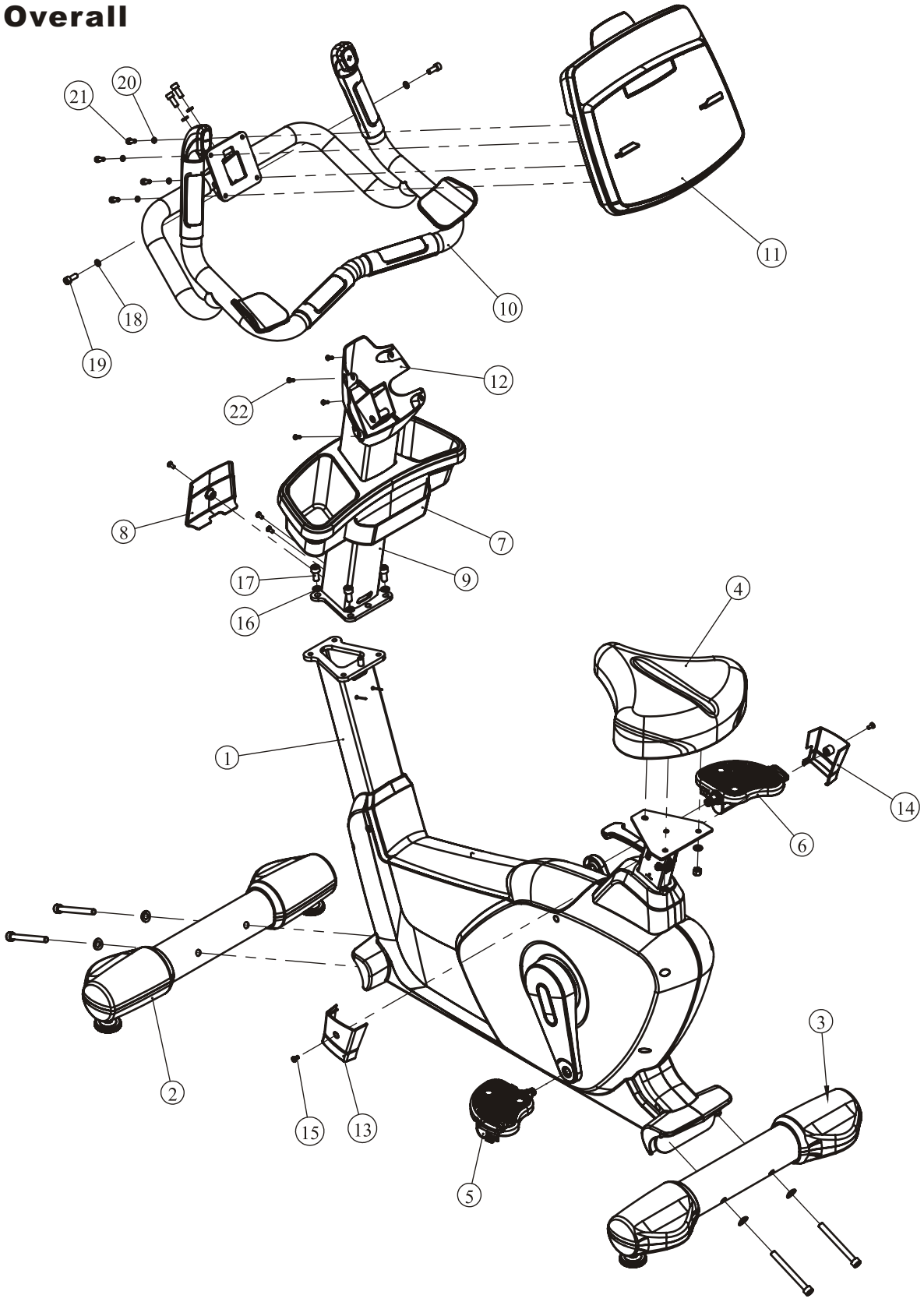


Overall

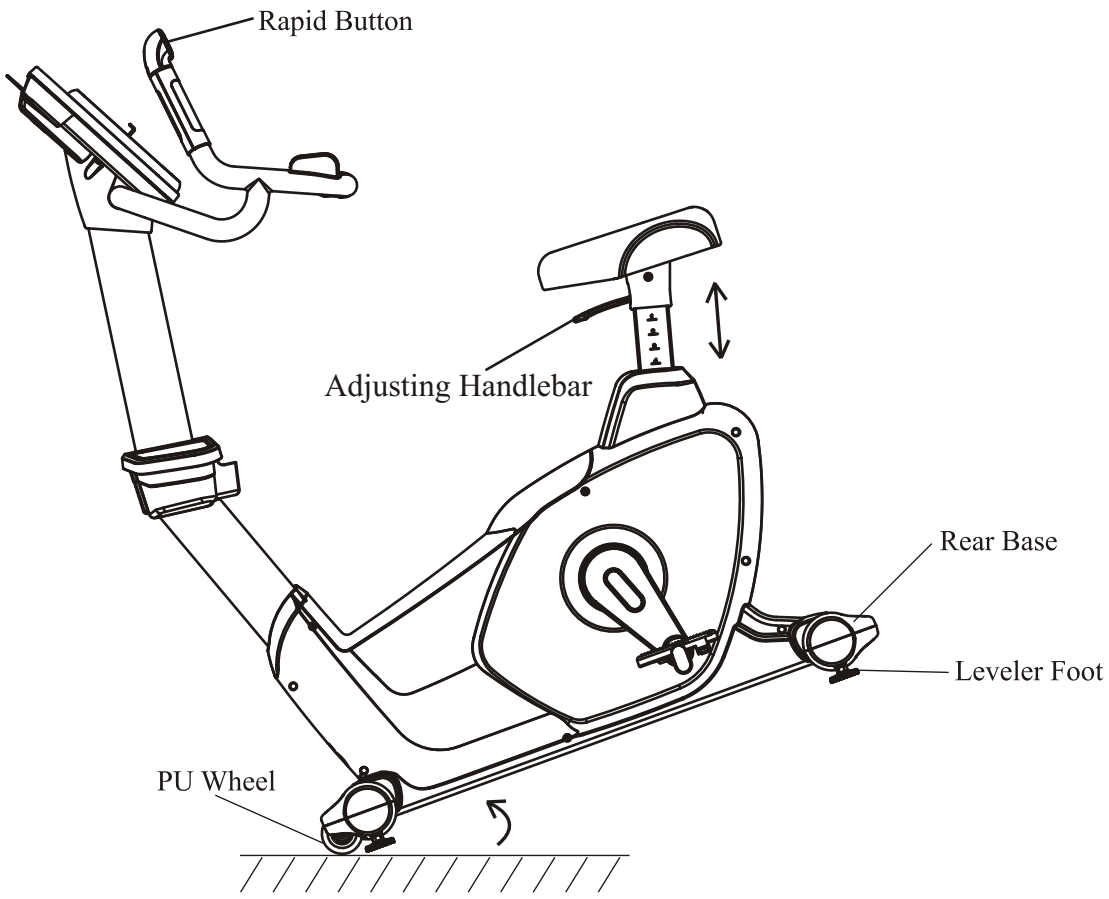
Item No.	Part No.	Description	QTY
1	ECU7B01ASSY	Main Frame Assy	1
2	ECU7P12ASSY	Front Base Assy	1
3	ECU7P15ASSY	Rear Base Assy	1
4	BS-39V1	Seat Pad	1
5	JD-22ALV2	Left Pedal	1
6	JD-22ARV2	Right Pedal	1
7	ECU7P18ASSY	Cup Holder Assy	1
8	ECU7P1900	Rear Cover,For Cup Holder	1
9	ECU7B21ASSY	Upright Frame Assy	1
10	ECU7B22ASSY	Handlebar Assy	1
11	ECU7B26ASSY	Console Assy	1
12	ECU7P2700	Neck Cover	1
13	ECU7P1000	Left Cover,For Seat Pad	1
14	ECU7P1100	Right Cover,For Seat Pad	1
15	GB818M5*10DHS2	Screw,M5*10	5
16	GB9310DHS12	Spring Washer, Φ10	4
17	GB70M10*20DHS20NL	Socket Head Cap Screw,M10*20	4
18	GB938DS12	Spring Washer, Φ8	4
19	GB70M8*20DS20	Socket Head Cap Screw,M8*20	4
20	GB936DS12	Spring Washer, Φ6	4
21	GB70M6*15DS4	Socket Head Cap Screw,M6*15	4
22	GB845ST4.2*16DHS	Screw,ST4.2*16	4

Exploded View and Parts List

Overall



Usage And Maintenance



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 height of the seat by adjusting handlebar.
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 adjusingt 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

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

Console Panel Functions

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

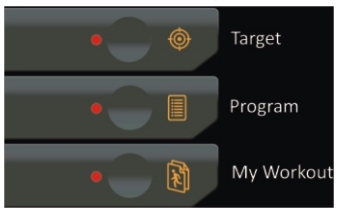
Data entering, start programs.

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

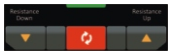
When console turns on or after reset:

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"

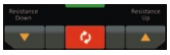
Press Enter to select

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.

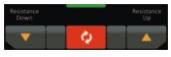
2 Program

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.

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

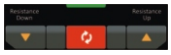
2.2.1 LED scrolls "CARDIO MODE: ENTER WEIGHT".
2.2.2 LED displays "70KG".
2.2.3 User can use adjustment keys to adjust the default value.
2.2.4 Press Enter to confirm.
2.2.5 LED scrolls "ENTER TIME".
2.2.6 LED displays "20 MIN".
2.2.7 User can use adjustment keys to adjust the default value.
2.2.8 Press 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.

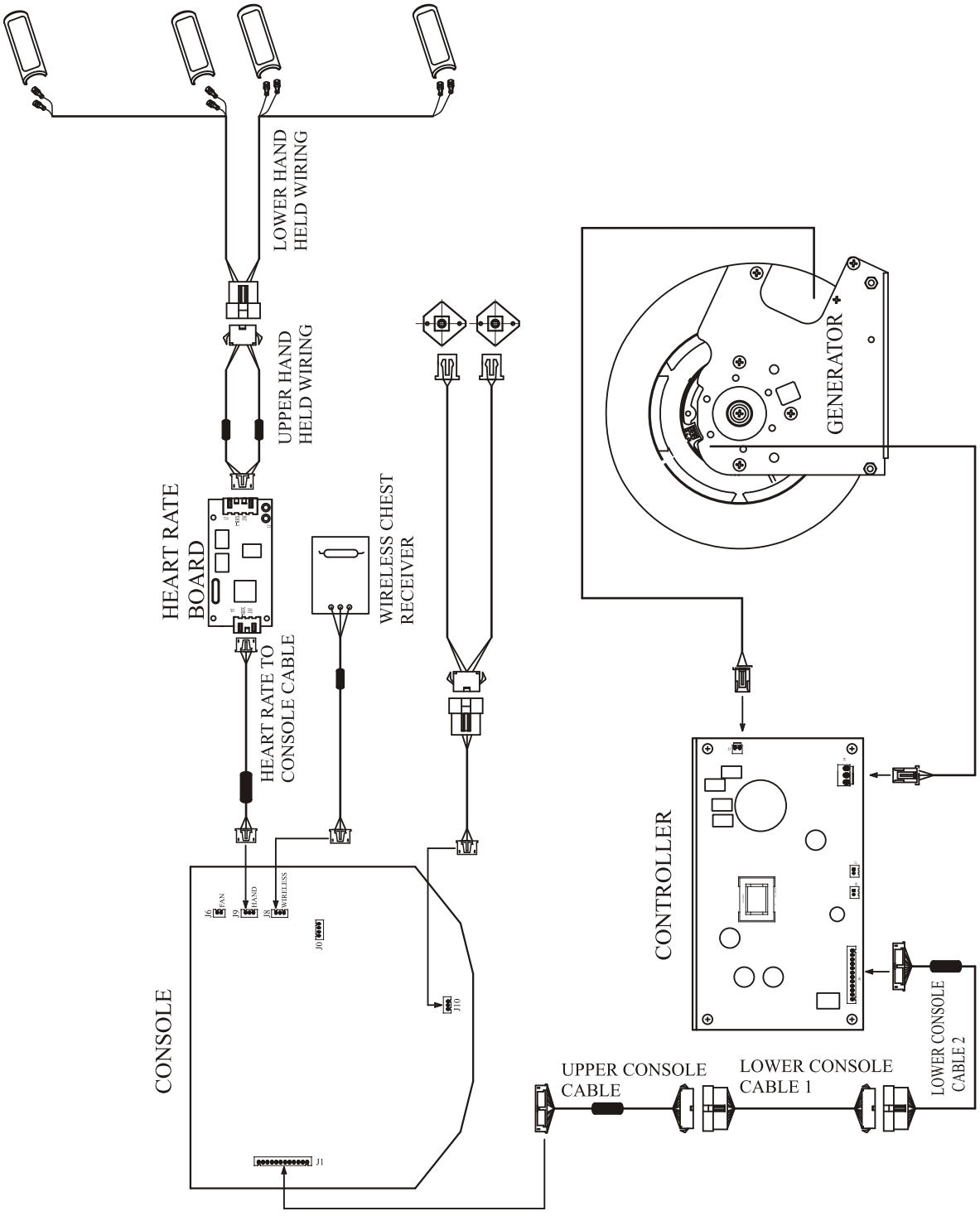
3 My workout

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).	

Electrical Connection



SYSTEM CERTIFICATION
ISO 9001
SGS
SYSTEM CERTIFICATION
ISO 14001
SGS
SYSTEM CERTIFICATION
OHSAS 18001
SGS
SYSTEM CERTIFICATION
ISO 10015
SGS