







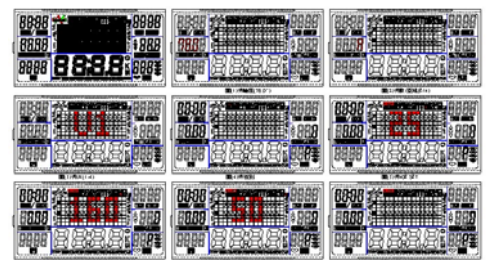
1. ОПИСАНИЕ ФУНКЦИЙ

ЭЛЕМЕНТ	ДИАПАЗОН	ИЗМЕНЕНИЕ ДИАПАЗОНА	ЗАПИСЬ	СБРОС	КРАТКОЕ ОПИСАНИЕ
TIME	0:00~99:59 MINU SEC MINU SEC	0:00~99:00 ±1MINU CIRCUIT	+	+	1. Count UP TIME value when start exercise, no seating. 2.If setting, when count down to 0,system will STOP TIME value blinks
SPM	0~10~999	5~90 ±1MINU CIRCUIT	—	+	UNDER START: 1.start workout , display value in 3 seconds 2. No workout input, reset to 0 in 6 seconds.
WATT display	0~999	—	—	+	UNDER START: 1.Sensor input, display value in 3 seconds 2. No sensor input, reset to 0 in 6 seconds.
DISTANCE	0.00~99.99 KM(ML)	0.00~99.90 ±0.1 CIRCUIT	+	+	1. Count UP DISTANCE value when start exercise, no seating. 2.If setting, when count down to 0,system will STOP .
CALORIES	0~999 CAL	0~990 ±10 in circuit	+	+	1. Count UP CALORIES value when start exercise, no setting. 2.If setting, when count down to 0,system will STOP .
AGE	10-25-99	±1	+	—	Under setting "AGE" , initial value is 25.
GENDER	 	 	+	—	Under setting GENDER, please choose GIRL or BOY.
HEIGHT	100-160-200 (CM) 40-60-80 (INCH)	±1	+	—	Under setting Height "H.T" , initial value 160CM(60INCH) .
WEIGHT	20-50-150 (KG) 40-100-350 (LB)	±1	+	—	Under setting Weight: "W.T", initial value. 50KG(100LB)
HEART RATE	P · 30~240	0→30~240	+	+	

HEART SYMBOL	ON/OFF blink	N	N	N	1. Display with blink as per Heart Rate Hi / Fast & Low slow. 2. No Heart-Rate detected SYMBOL will be gone.
MANUAL		1~16 LEVEL (±1LEVEL)	Y	N	Set up Resistance-Load from Level 1-16
PROGRAM	P1~P12	1~12	Y	N	1. P1~P12 · 12 fixed diagram. 2. Every time you choose one PROGRAM, correspondent diagram will display on the center of dot matrix.. 3. Diagram choice by turning UP · DOWN-Knob · and ENTER for confirmation. 4. After selecting program, blinking diagram will show in dot matrix, turning UP/DOWN-KNOB for adjusting LEVEL and ENTER -KEY for TIME setting · TIME symbol blinks.
RACE	5 ~ 90 ±1SPM 0.1 ~99.9±0.1 KM(ML)				USER can set SPM of PC as well as distance for race.
Watt Constant	10~350	10~350 ±5 in circuit	Y	N	1. fixed value: 100 . 2. Turn UP/DOWN for adjusting WATT value when exercise.
MY PROGRAM	U1~U4		Y	N	1. USER can set PROGRAM diagram by himself 2. press ENTER KEY for line setting and UP · DOWN Knob for adjusting LOAD value. 3. One saved value each.
H.R.C.	55% · 75% · 90% · IND (TARGET)	55% · 75% · 90% · IND (TARGET)	Y	N	1. choice your want H.R.: 55% · 75% · 90% · IND. 2. (55% · 75% · 90% · IND) symbol blink during setting, constant light after choosing and then step to time setting, TIME symbol blinks.
SCAN		N	N	N	1. TIME&TIME/500M ° 2. WATT & CALORIES switch to display every 6 seconds. 3. DISTANCE switch to display every 6 seconds. 4. STROKES & TOTAL STRORES switch to display every 6 seconds.
TIME/500M	0:00 ~ 99:59	N	N	Y	
STROKES	0 ~ 9999	0 ~ 9990±10	Y	Y	STROKES ALARM one
TOTAL STROKES	0 ~ 9999	N	Y	Y	

2. OPERATION DESCRIPTION

1. Make sure plug in right power adaptor (6V 1A), and regarding with different country system pin, and then powering on: BI with long tone for 1 second together with LCD full display for 2 seconds, show "KM /ML" 1 second in DISTANCE window. I.e. figure (1)
2. Powering on (or hold RESET key for 2 seconds) full display "KM /ML". Press START/STOP key entering MANUAL control mode directly and start exercise..
3. USER display in dot matrix to choose (U1-U4), you can turning knob ►UP, ◀DOWN for choice USER number and input MY PROGRAM data after pressing ENTER for confirmation, i.e. attached figure. Press ENTER-key for confirmation if everything, it will step to upper key functions, all blink and wait for USER, turn SELECT ►UP, ◀DOWN KNOB for choice, I.e. figure(2)(If Press Reset-key during MY PROGRAM files' setting, it will jump back to UX(0-4) choice).
USER : U0 ~U4 (U1 ~ U4 memorized user data; U0- No memory of data and workout value)



4. ENTER "CONTROL MODE"- MANUAL / PROGRAMS / WATTS / MY PROGRAMS / H.R.C./ RACE

4-1 Manual

LOAD1 and display in dot matrix after pressing ENTER key for confirmation, now turn SELECT ►UP, ◀DOWN knob for adjusting LOAD value and ENTER key for confirmation, turn SELECT ►UP, ◀DOWN KNOB again for setting, Press START and begin to exercise after finish all functions' setting (I.e. TIME ∙ DISTANCE ∙ CALORIES ∙ HEART RATE).

4-2 PROGRAM

If choose Program diagram P1-P12 in dot matrix after pressing ENTER -key to program. After select ideal program diagram to turn SELECT ►UP, ◀DOWN KNOB for adjusting LOAD value, and begin to exercise after finish all functions' setting (I.e. TIME ∙ DISTANCE ∙ CALORIES ∙ HEART RATE).

4-3 WATTS CONSTANT

User can default WATTS value at his/her desire 10-350 watts between 10~350 watts by using the UP / DOWN knob. To fix WATTS constant value and then press ST/STOP key. Use WATTS control mode to train yourself in different WATTS constant.

4-4 MY PROGRAM

Create USER own Program profile through U1~U4 by setting the resistance level for each individual segment. Then the Program will be automatically saved for future use. U0 ENTER can be set the same as U1~U4 but this Program cannot be saved.

4-5 H.R.C

HEART RATE CONTROL- Select your own target Heart Rate by choosing from one of the preset programs 55%, 75%, or 90%. Please ENTER your age into the User Data to ensure that your target heart rate is set correctly. The HEART RATE display will flash when you have reached your target heart rate according to the Program you have chosen.

- i. 55% -- DIET PROGRAM
- ii. 75% -- HEALTH PROGRAM
- iii. 90% -- SPORTS PROGRAM
- iv. TAG --USER SET TARGET HEART RATE

4-6 RECOVERY

When you have finished your workout, press RECOVERY. For RECOVERY to function correctly, it needs your Heart Rate input. TIME will count down from 1 minute and then your fitness level from F1 to F6 will be displayed.

NOTE: during RECOVERY, no other displays will operate.

F 1 ~ F6 = RECOVERY HEART RATE LEVEL

Operating ENTER:

1. User press H.R.C key to start the H.R.C.
2. Get the result from F1 - F6.

Score	Condition	Heart Rate (from test HR minus end HR)
F1	Excellent	Above 50
F2	Good	40 ~ 49
F3	Average	30 ~ 39
F4	Fair	20 ~ 29
F5	Poor	10 ~ 19
F6	Very Poor	Under 10

4-7 RACE

Use SELECT -►UP, ◀DOWN-KNOB to adjust SPM of PC, see fig A. and racing DISTANCE see fig. B, PRESS START to begin the RACE , USER & PC symbol blinking to show who run first (USER LOAD is adjustable in race) . End of race distance, the result see figure D= WIN, fig E=USER lose..

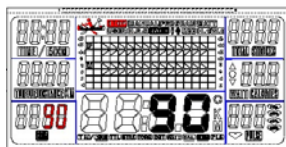


fig. A Set SPM

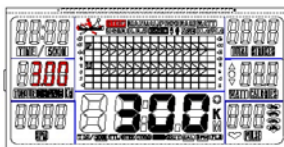


fig. B Set DISTANCE



fig. C PC (COMPUTER) race with user



fig. D USER WIN

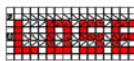


fig. E USER LOSE

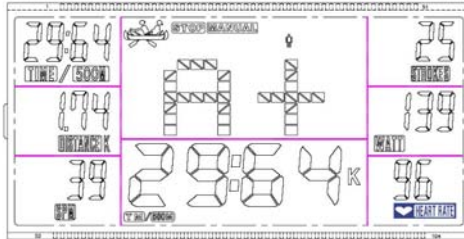
4-8 TIME/500M

Computer/console will automatically calculate user's rowing 500 meter need to spend how much time regarding with USER'S SPM. We call TIME/500M function value.

4-9 AVERAGE: A + Display

USER press STOP KEY to stop workout, the monitor will show A + (AVERAGE -FUNCTION VALUE), Include TIME/500 M ; SPM ; HEART RATE.; WATT., See below fig.

Average Picture



3. . KEY FUNCTION :

1. SELECT ►UP, ◀DOWN KNOB:

- Set CLOCK.
- Choose U0~U4.
- MY PROGRAM files setting(I.e.SEX,AGE,HEIGHT,WEIGHT etc) :
- Choose MANUAL 、 PROGRAM 、 WATT 、 MY PROGRAM 、 HRC 、 RACE :
- Choose PROGRAM P1-P12 :
- Set LEVEL LOAD of MANUAL / PROGRAM:
- Adjust function value (i.e.TIME,DIST,CAL,WATTS,HEART RATE,STROKES etc) :
- Choose H.R.C. 55%,75%,90%,IND(TARGET) :
- Choose MY PROGRAM :

2. ENTER KEY :

Confirm setting and select function.

3. START/STOP KEY :

Press the KEY, system start to calculate, Press it again to stop.

4. RECOVERY KEY :

Test fitness recovery function after user exercise one period.

5. RESET KEY

Reset the function value

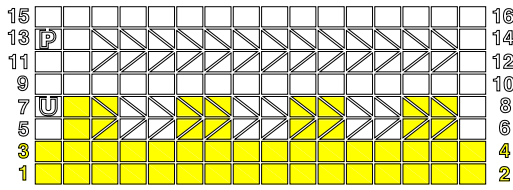
Action of RECOVERY function, see 4-6 description.

Press the key over 2 seconds to total reset all function value.

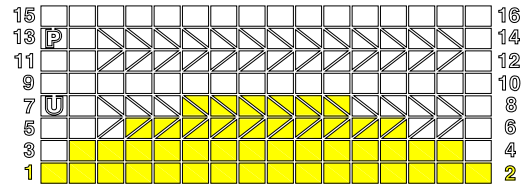
4. TIPS

- Option: Plug in AC Adaptor (**6 VOLT, 1A**).
- Keep moisture away from computer.

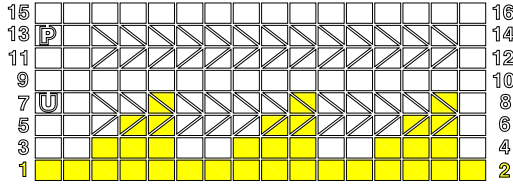
6. PROGRAM PROFILES
P1-P12 PROGRAMS



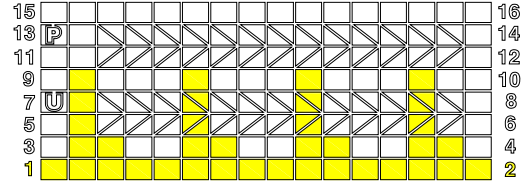
P1



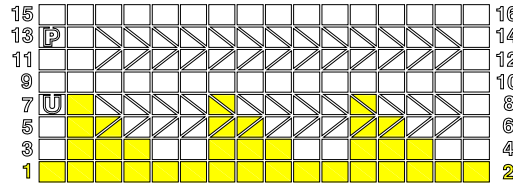
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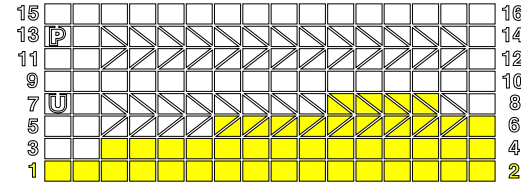
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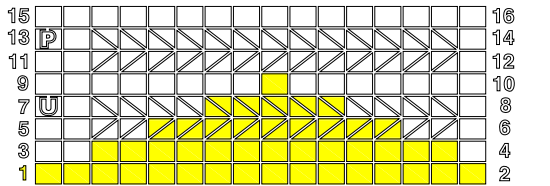
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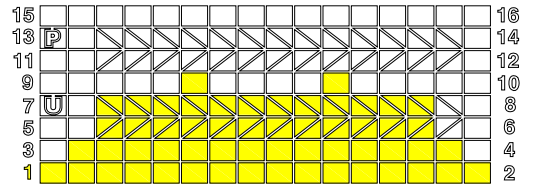
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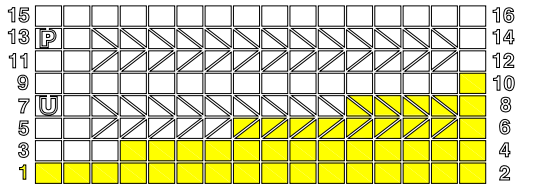
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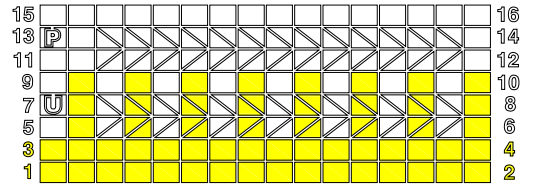
P4



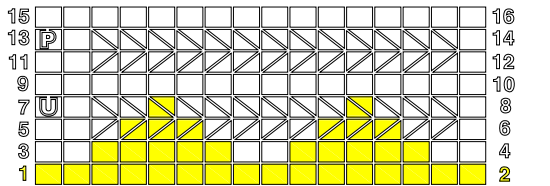
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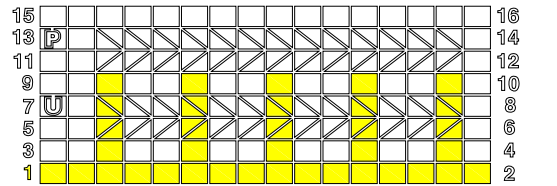
P5



P11



P6



P12