

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 Information	3
Warm Up Exercises	4
Exploded View and Parts List	5
Usage And Maintenance	22
Console Panel Functions	23

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.

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.

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

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

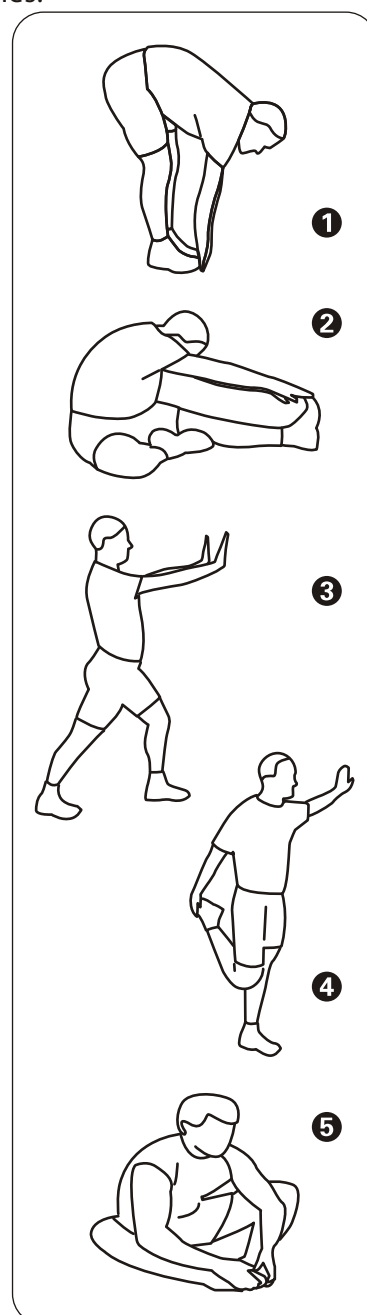
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the achilles tendon,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

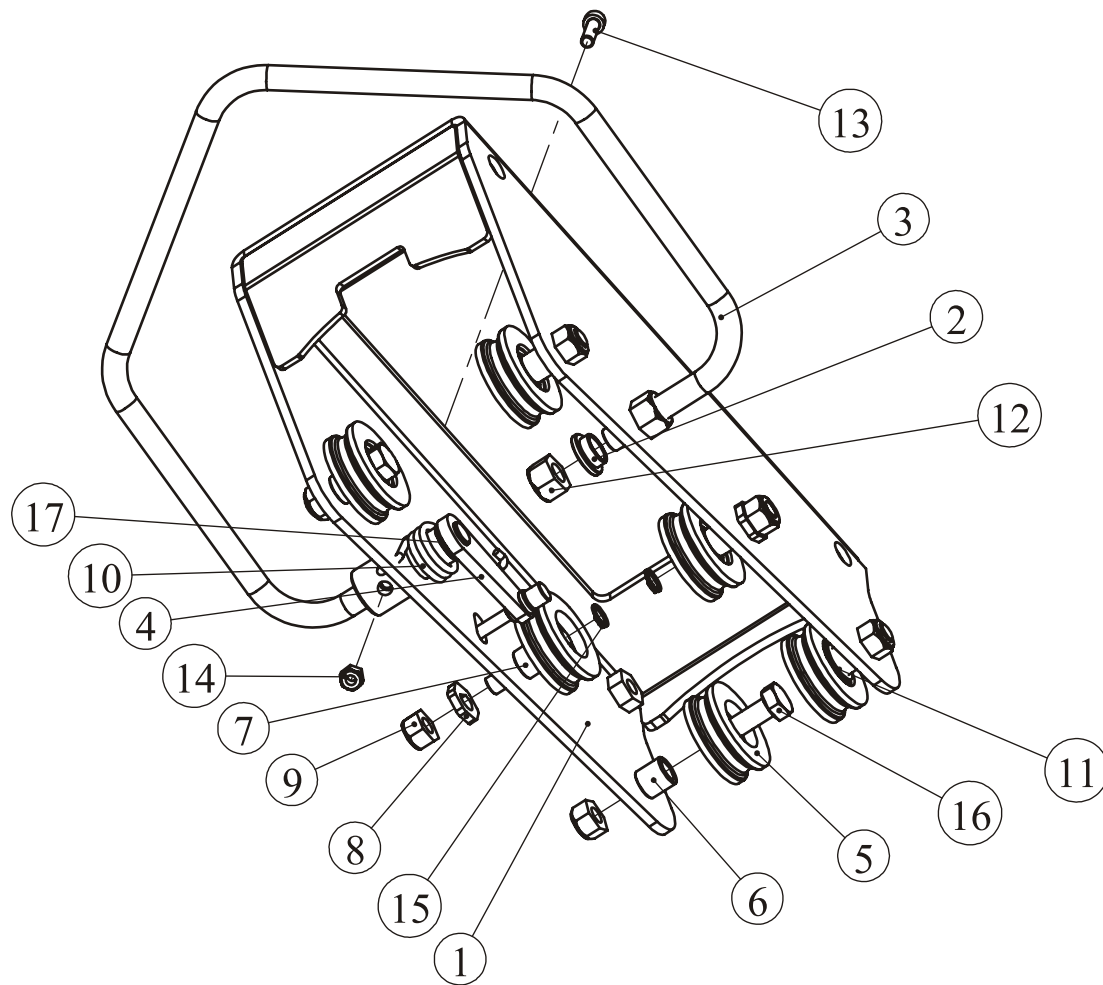
INNER THIGH STRETCH

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.



Exploded View and Parts List

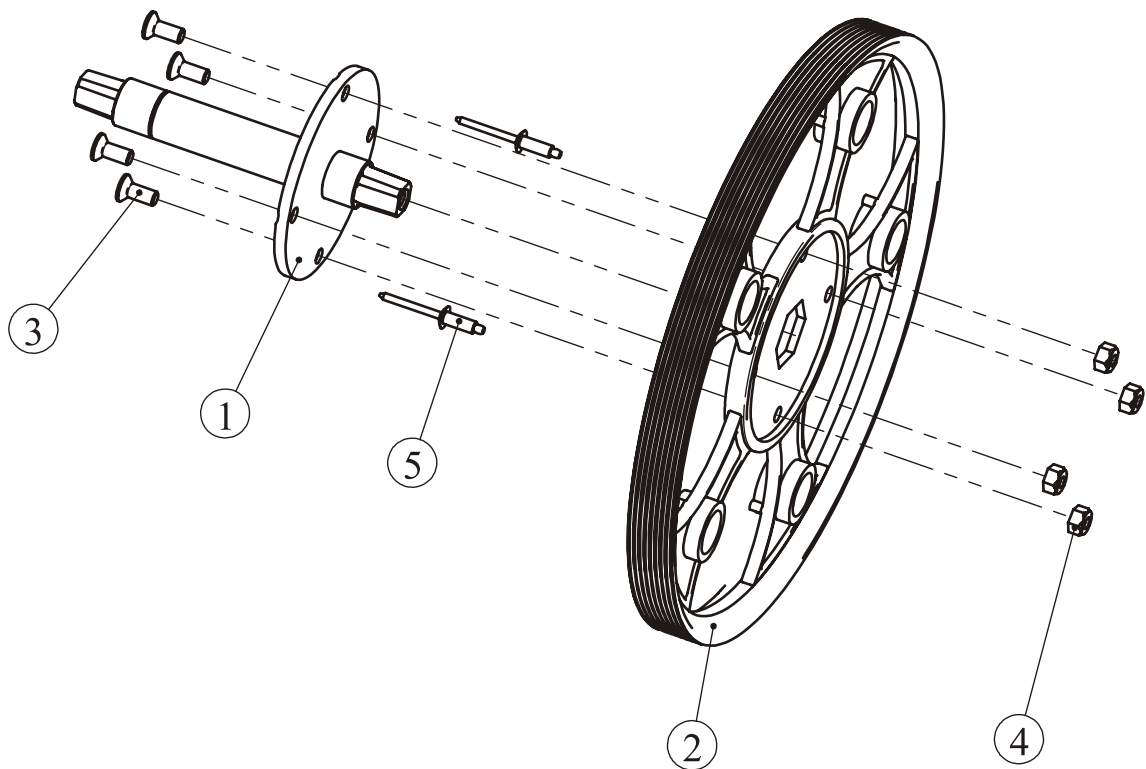
Adjustable Bracket ASSY



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Adjustable Bracket	1	10	Wrest Spring	1
2	Spacer	1	11	Washer $\Phi 20 \times \Phi 10 \times 0.5$	6
3	Adjustable Handle	1	12	Nut M12	2
4	Pull Spring Bracket	1	13	Socket Head Shoulder Screw M6*25	1
5	Nylon Idler Wheel	6	14	Nut M6	1
6	Spacer	4	15	Shaft Clip $\Phi 10$	2
7	Adjustable Shaft	2	16	Hex Head Bolt M10*40	4
8	Adjustable Iron	2	17	Washer $\Phi 12.2 \times \Phi 20 \times 0.2$	2
9	Nut M10	6			

Exploded View and Parts List

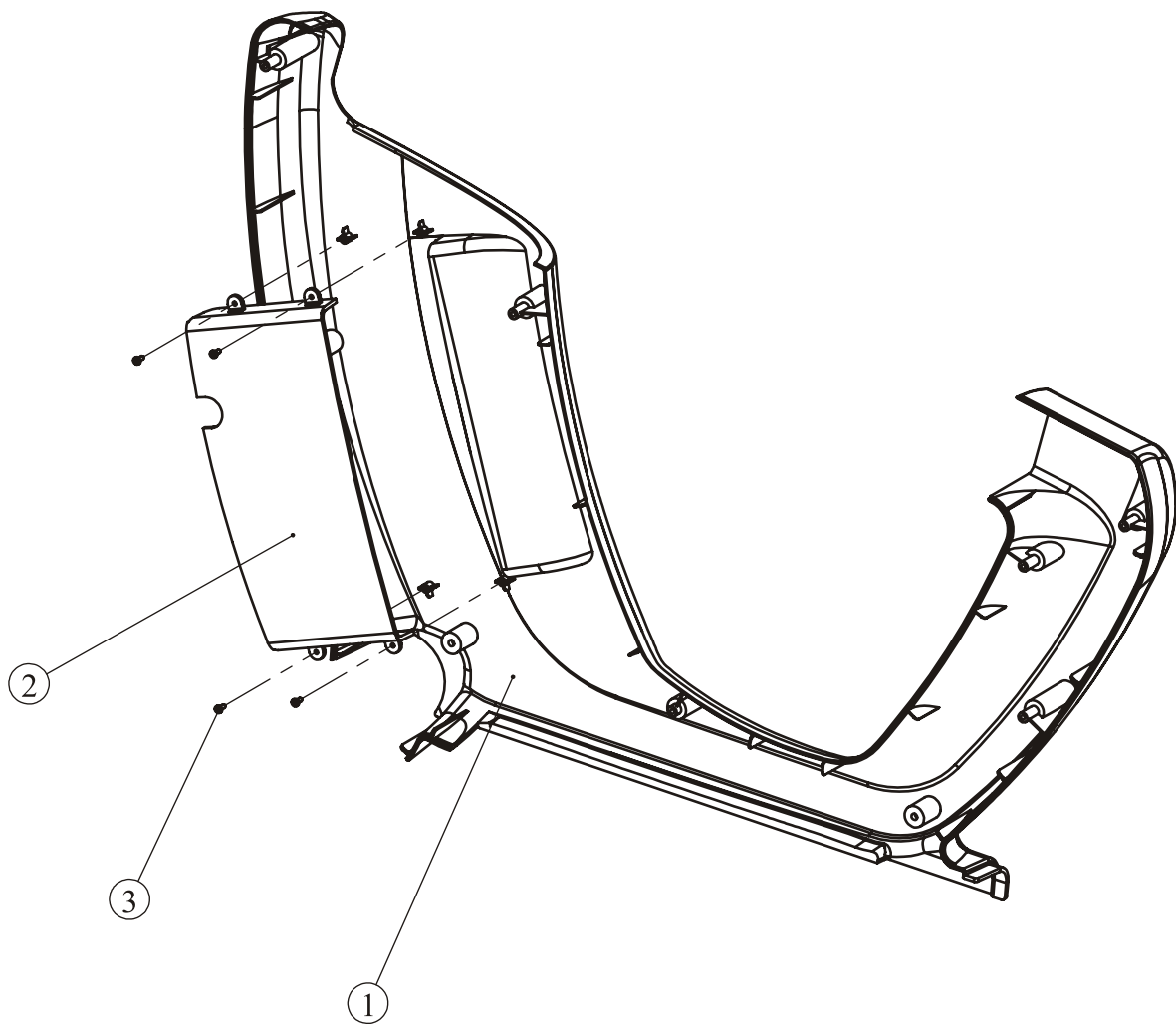
Shaft ASSY



ITEM NO.	Description	QTY
1	Shaft	1
2	Pulley	1
3	Screw,M6*15	4
4	Nut M6	4
5	Rivet,Φ5*13	2

Exploded View and Parts List

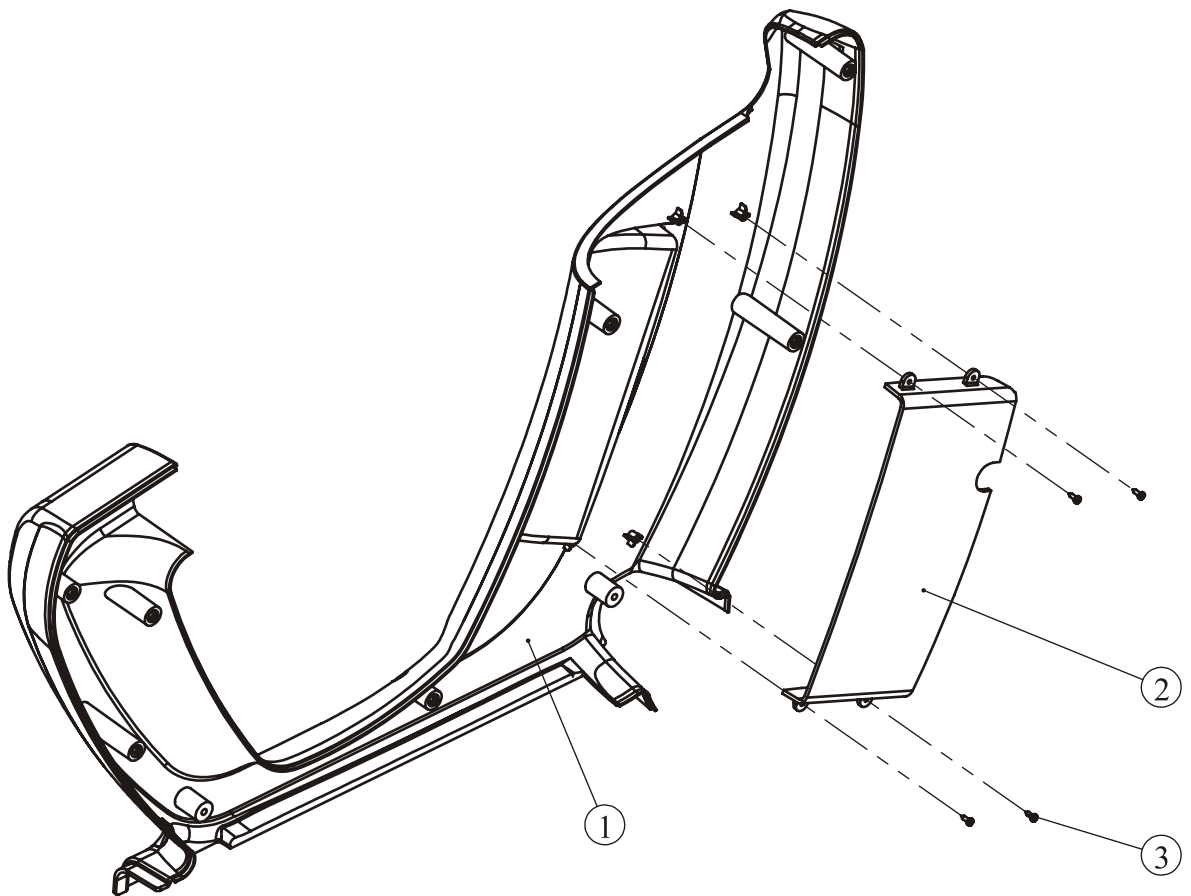
Left Cover ASSY



ITEM NO.	Description	QTY
1	Left Cover:Back Cover	1
2	Support Frame:New spaper&Magazine,L:Back Cover	1
3	Screw,St2.9*9.5	4

Exploded View and Parts List

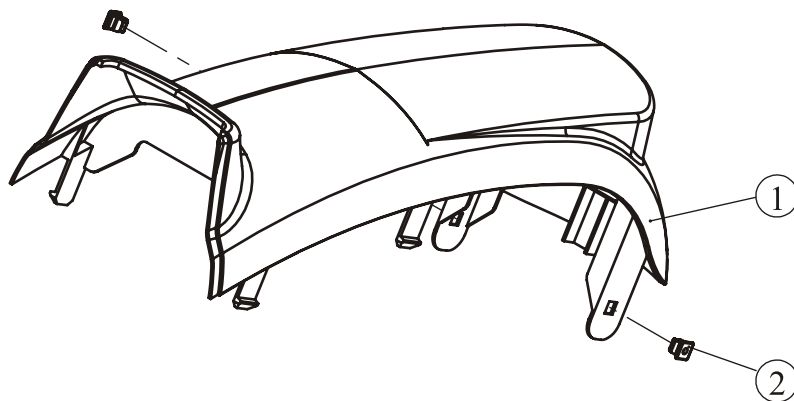
Right Cover ASSY



ITEM NO.	Description	QTY
1	Right Cover: Back Cover	1
2	Support Frame: New spaper&Magazine, R: Back Cover	1
3	Screw, St2.9*9.5	4

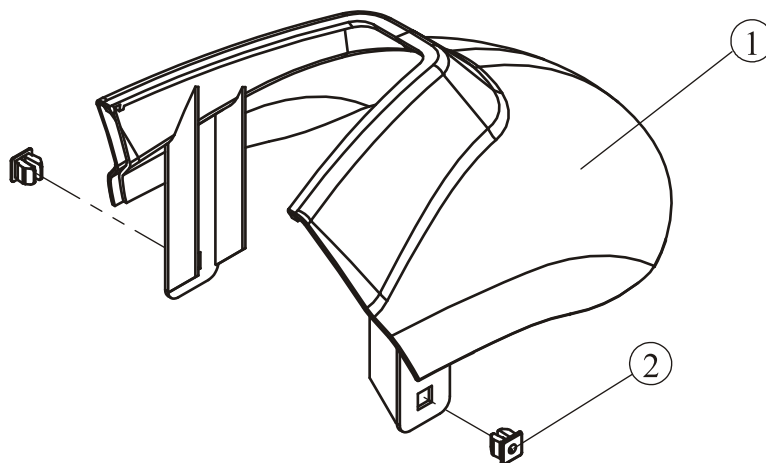
Exploded View and Parts List

Back Cover ASSY



ITEM NO.	Description	QTY
1	Back Cover:Front Cover	1
2	Nut,Pa6	2

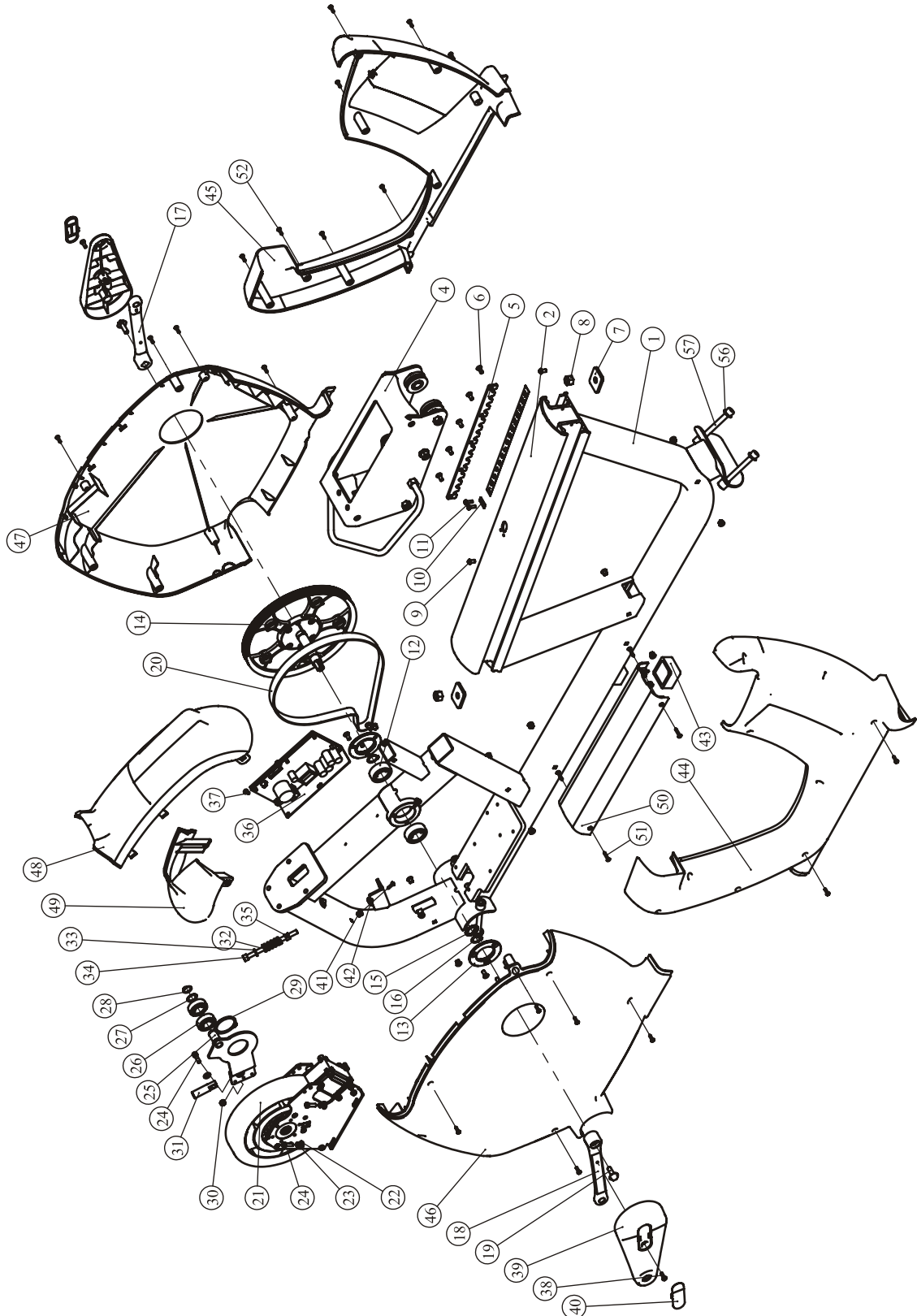
Front Cover ASSY



ITEM NO.	Description	QTY
1	Front Cover:Front Cover	1
2	Nut,Pa6	2

Exploded View and Parts List

Main Frame ASSY



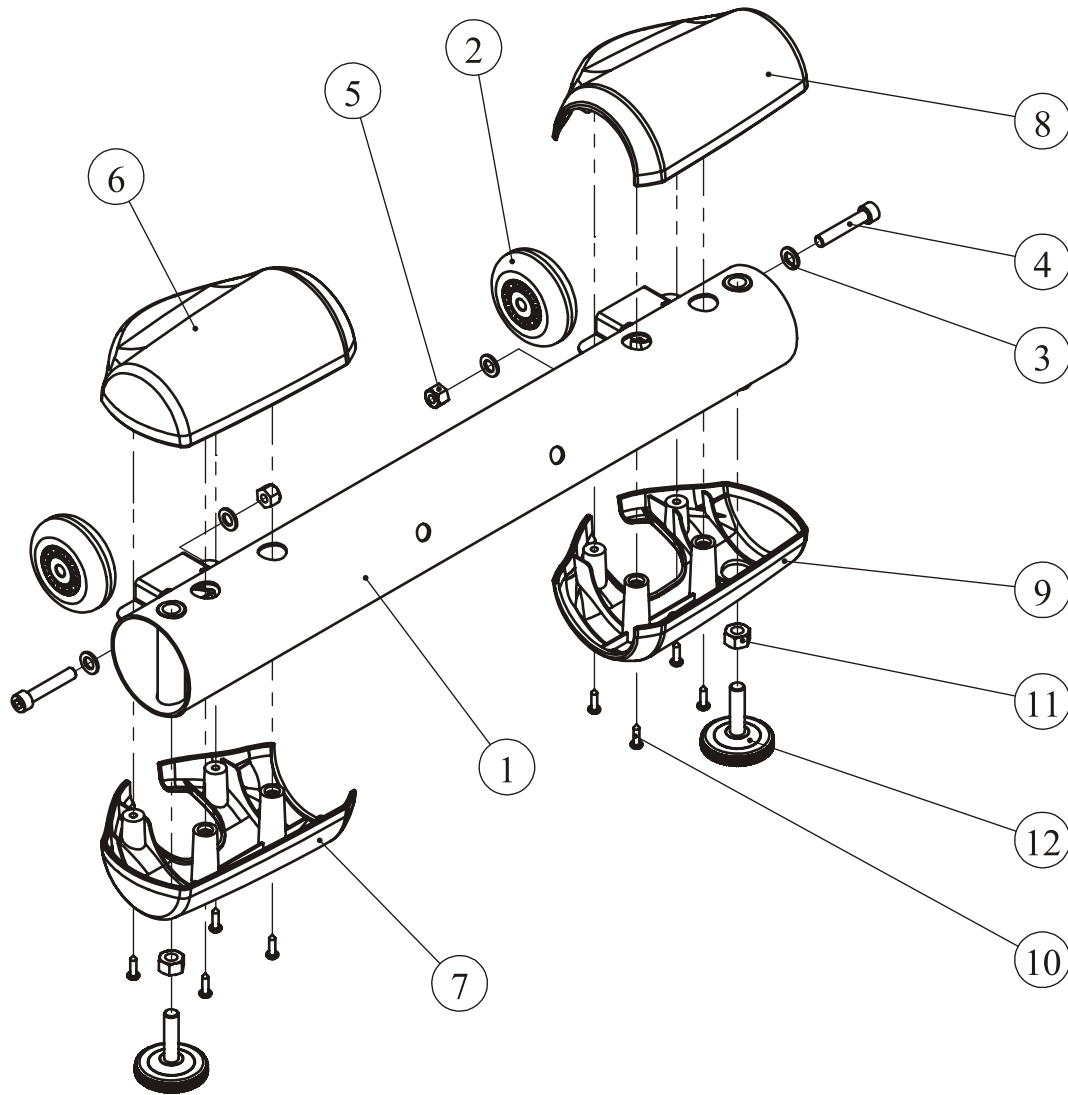
Exploded View and Parts List

Main Frame ASSY

ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Main Frame	1	30	Nut,M6	1
2	Leader	1	31	Nut Sleeve:Tightener	1
3	Mask:Graduation	1	32	Tension Spring	1
4	Adjustable Bracket	1	33	Washer,Φ9*Φ16*1.6	1
5	Dentoid Iron	1	34	Socket Head Shoulder Screw ,M8*120	1
6	Screw,M6*15	11	35	Nut,M8	1
7	Washer,Square	2	36	Controller	1
8	Nut M12	2	37	Screw,M5*10	2
9	Allen Bolt M6*12	2	38	Screw,M5*15	2
10	Press Plate	1	39	Cover:Crank	2
11	Screw,M5*15	2	40	Cap:Crank	2
12	Bearing,6204	2	41	Nut PA6	17
13	End Cover:Bearing,6204	2	42	U Clip	3
14	Pulley Assembly	1	43	Cover	1
15	Wave Washer,Φ20	2	44	Left Cover:Back Cover	1
16	Ring-Shield,Φ20	2	45	Right Cover:Back Cover	1
17	Crank:R	1	46	Left Cover:Front Cover	1
18	Crank:L	1	47	Right Cover:Front Cover	1
19	Bolts With Flange,M8*25	2	48	Back Cover:Front Cover	1
20	Belt,420J8	1	49	Front Cover:Front Cover	1
21	Hybird	1	50	Base Cover	1
22	Washer,Φ6.6*Φ15*2	5	51	Screw,ST4.2*25	4
23	Spring Washer,Φ6	4	52	Screw,ST4.2*16	26
24	Socket Head Shoulder Screw,M6*20	5	53	Magnetic Ring	1
25	Tightener	1	54	Switching Cable	1
26	Bearing,6203	2	55	Cable:Console	1
27	Thin Washer	1	56	Arc Washer,Φ11*Φ21*1.5	4
28	Ring-Shield,Φ17	1	57	Socket Head Shoulder Screw ,M10*100	4
29	Ring-Shield,Φ45	1			

Exploded View and Parts List

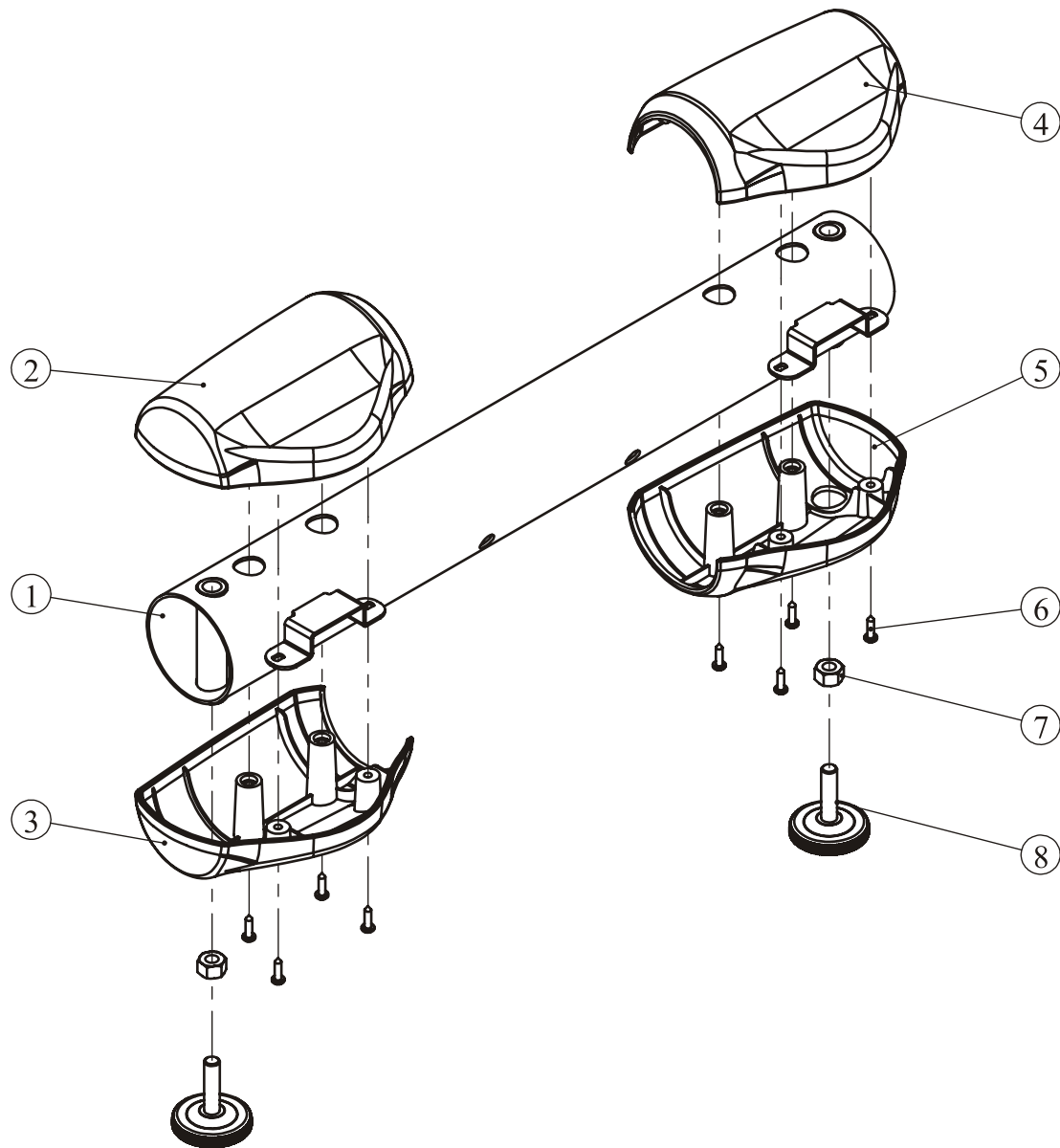
Front Base ASSY



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Front base frame	1	7	Cover: front base, L, bottom	1
2	PU wheel	2	8	Cover: front base, R, top	1
3	Washer, $\Phi 9 \times \Phi 16 \times 1.6$	4	9	Cover: front base, R, bottom	1
4	Bottom head cap screw, M8*45	2	10	Screw, ST4.2*16	8
5	Nut, M8	2	11	Nut, M10	2
6	Cover: front base, L, top	1	12	Height adjusting pad	2

Exploded View and Parts List

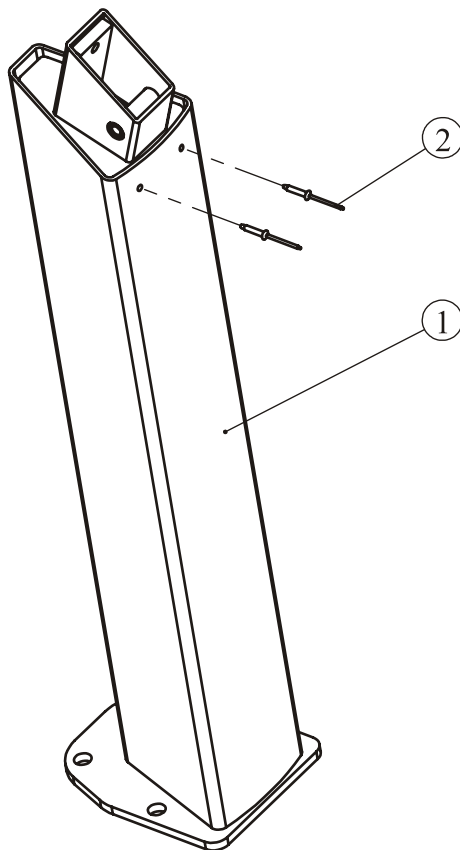
Rear Base ASSY



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Rear Base Frame	1	5	Cover:Rear Base,R,Bottom	1
2	Cover:Rear Base,L,Top	1	6	Screw,ST4.2*16	8
3	Cover:Rear Base,L,Bottom	1	7	Nut,M10	2
4	Cover:Rear Base,R,Top	1	8	Height Adjusting Pad	2

Exploded View and Parts List

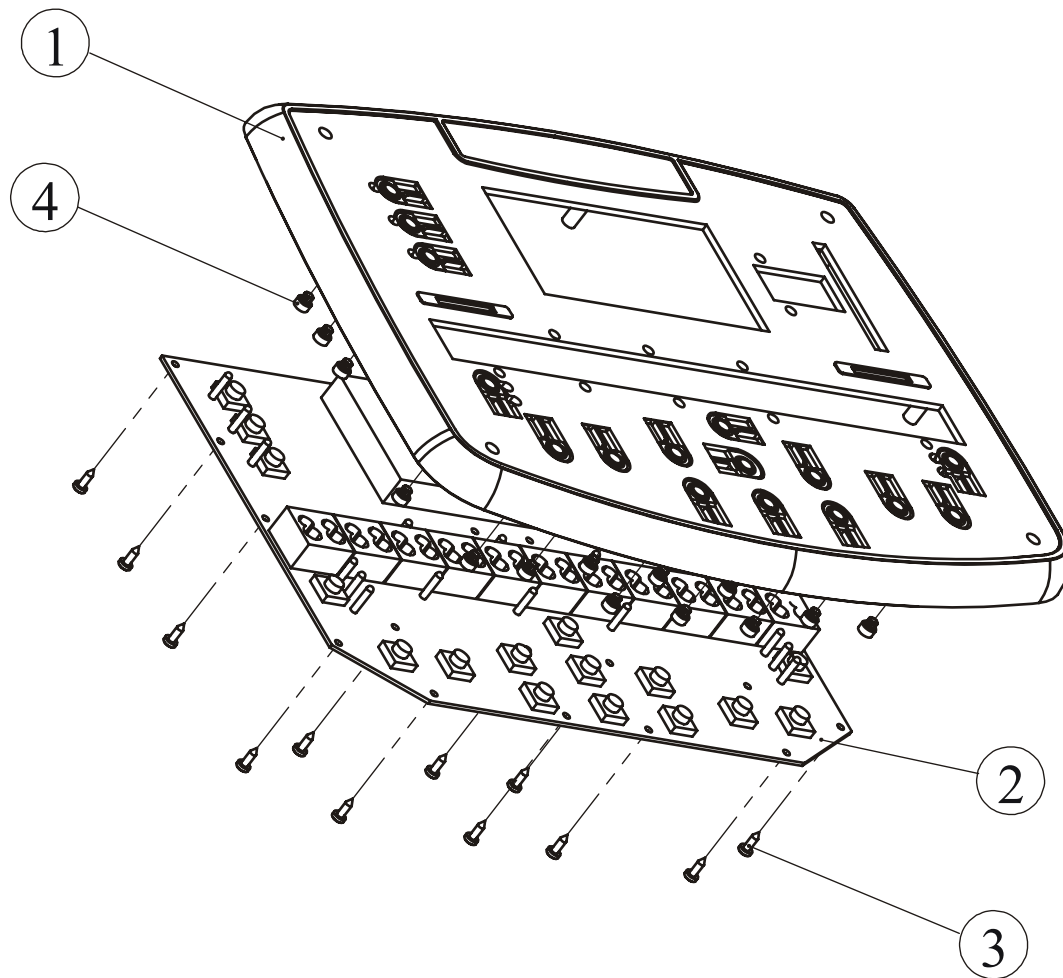
Upright Frame ASSY



ITEM NO.	Description	QTY
1	Upright Frame	1
2	Rivet, $\Phi 3.2$	2
3	Switching Cable	1
4	Cable: Console	1

Exploded View and Parts List

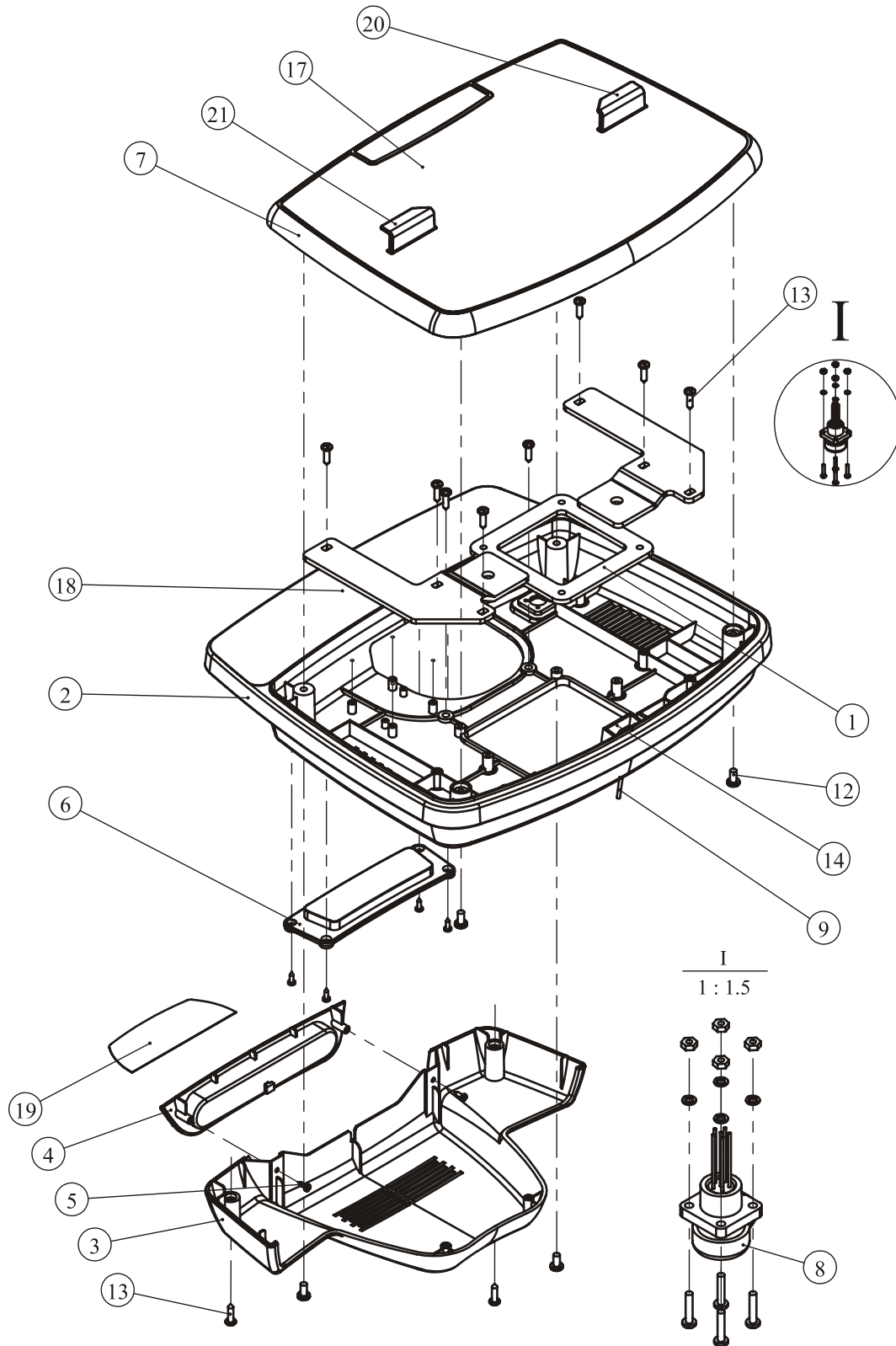
Circuit Board Frame ASSY



ITEM NO.	Description	QTY
1	Circuit Board Frame	1
2	PCB: Console	1
3	Screw, ST2.9*9.5	18
4	Cushion: TPU	14

Exploded View and Parts List

Console ASSY



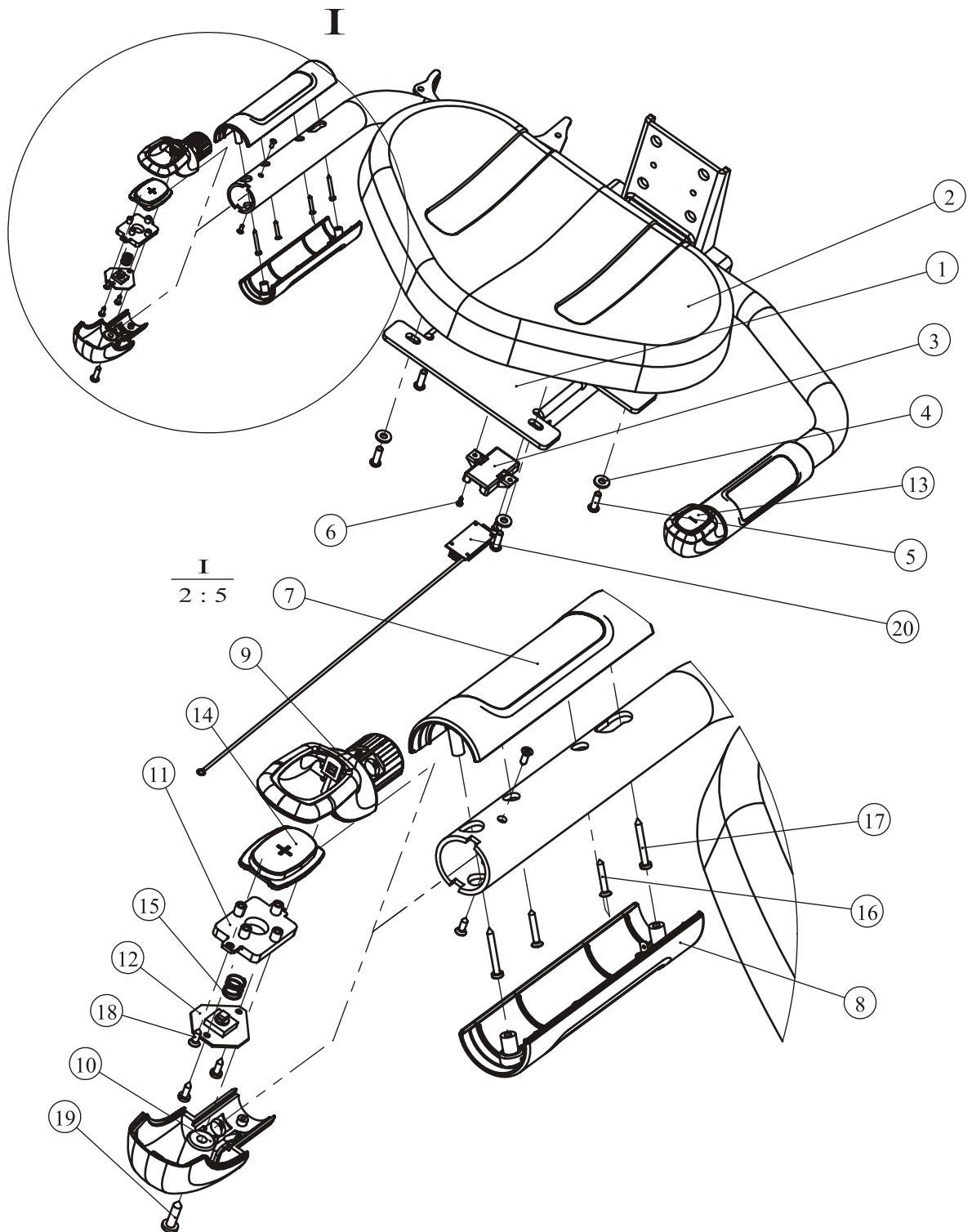
Exploded View and Parts List

Console ASSY

ITEM NO.	Description	QTY
1	Fixed Frame:Console	1
2	Upper Shell:Console	1
3	Lower Shell:Console	1
4	Cellholder	1
5	Screw,ST2.9*9.5	6
6	Baffle	1
7	Assembly:Circuit Board Frame	1
8	Writing Device	1
9	PCB:Heart Rate	1
10	Magnetic Ring	1
11	Magnetic Ring	2
12	Screw,ST4.2*16	10
13	Screw,M5*10	4
14	Acceptor Cover	1
15	Upper Cable:Console	1
16	Stopwatch Cable	1
17	Mask:Console	1
18	Mask:Fan	1
19	Mask:Cellholder	1
20	Support Frame:Newspaper&Magazine,L	1
21	Support Frame:Newspaper&Magazine,R	1

Exploded View and Parts List

Seat Support ASSY



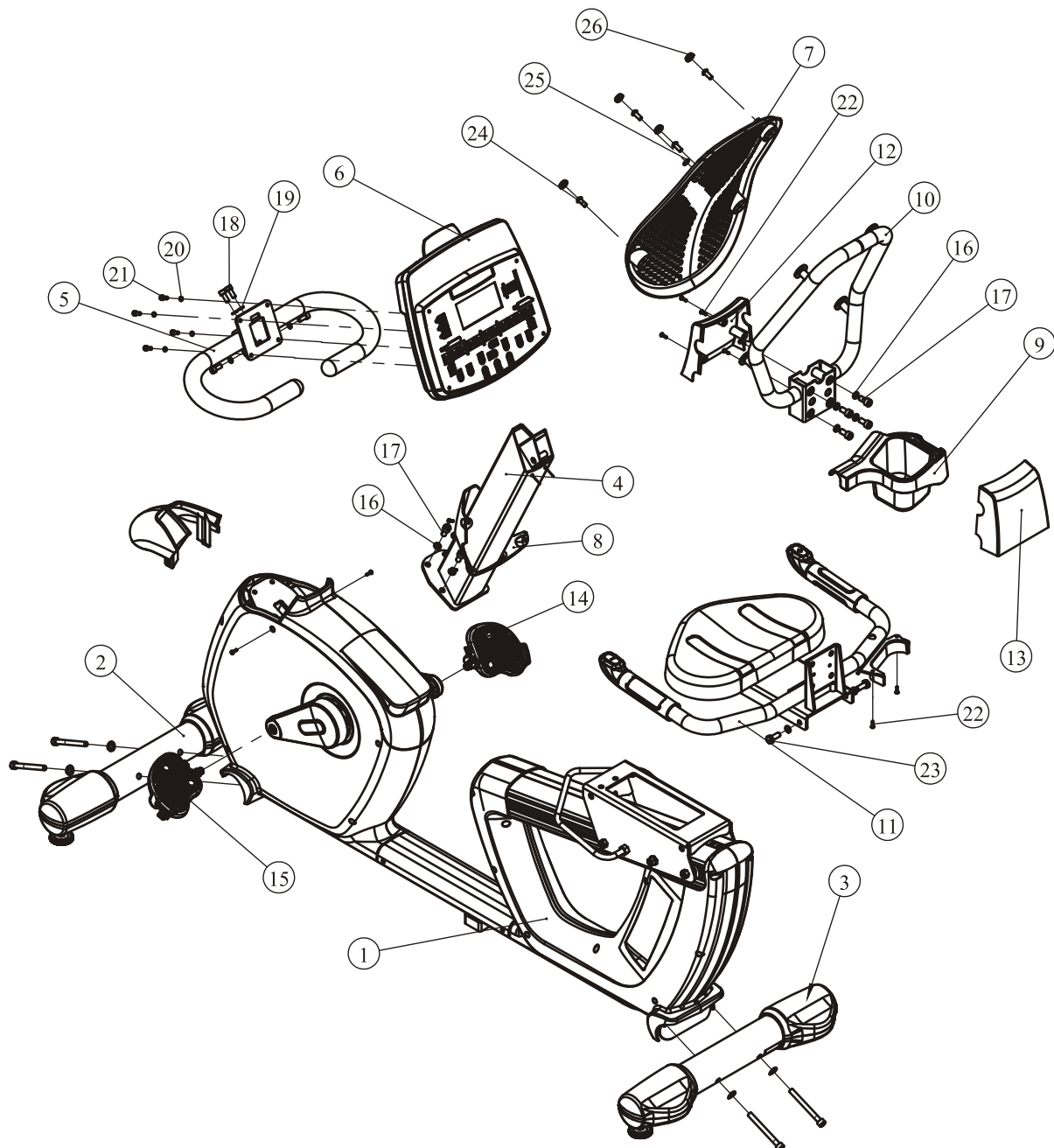
Exploded View and Parts List

Seat Support ASSY

ITEM NO.	Description	QTY
1	Seat Support	1
2	Seat	1
3	Fixed Box:PCB:Hand Pulse	1
4	Washer $\Phi 6.6 \times \Phi 15 \times 2$	4
5	Allen Bolt M6*20	4
6	Screw, ST2.9*9.5	6
7	Top Cover:Hand Pulse	2
8	Bottom Cover:Hand Pulse	2
9	Top Cover:Adjustable Resistance	2
10	Bottom Cover:Adjustable Resistance	2
11	Fixed Plate:Pcb	2
12	PCB:Resistance	2
13	Key:Down	1
14	Key:Up	1
15	Reset Spring	2
16	Screw,ST2.9*19	4
17	Screw,ST2.9*25	4
18	Screw,ST2.9*9.5	6
19	Screw,ST4.2*16	2
20	PCB:Hand Pulse	1
21	Hand Pulse Cable	1
22	Switching Cable1	1
23	Switching Cable2	1
24	Magnetic Ring	2

Exploded View and Parts List

Overall

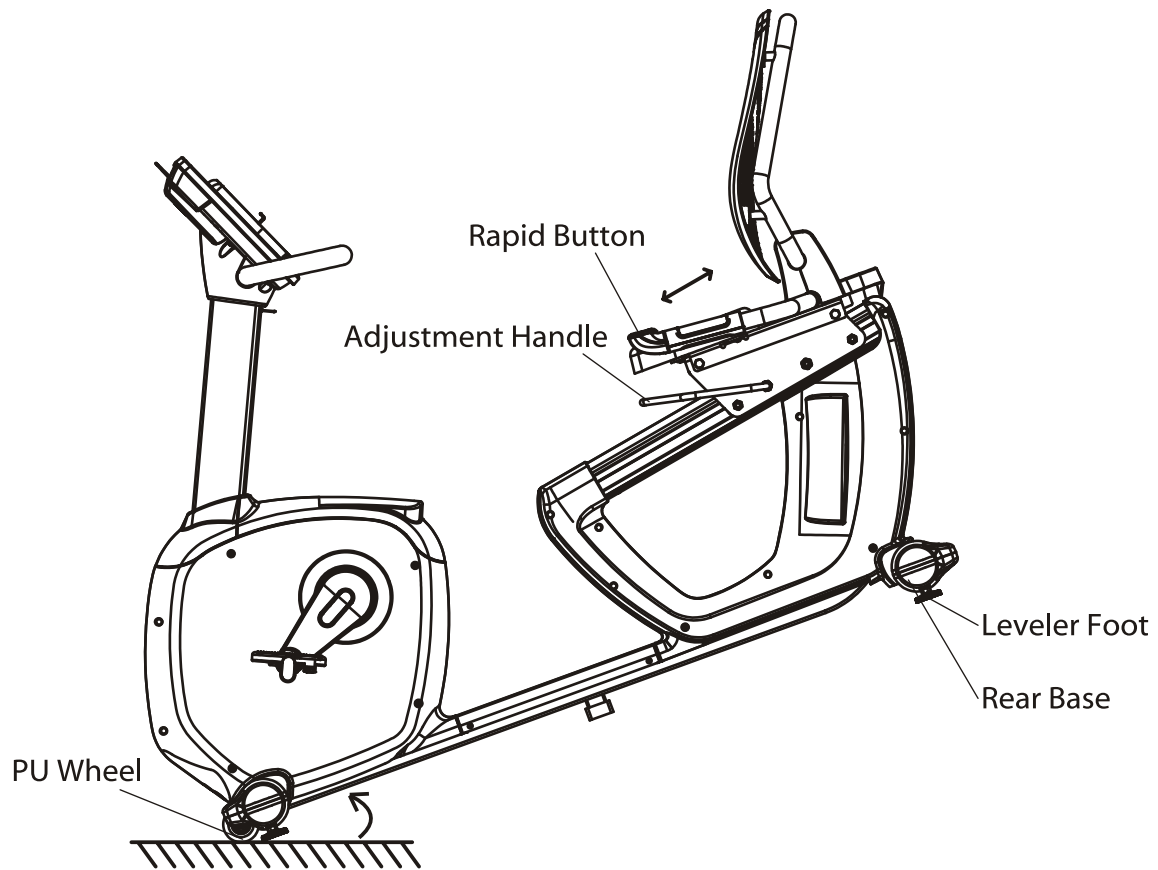


Exploded View and Parts List

Overall

ITEM NO.	Description	QTY
1	Assembly:Main Frame	1
2	Assembly:Front Base	1
3	Assembly:Rear Base	1
4	Assembly:Upright Frame	1
5	Front Handle	1
6	Assembly:Console	1
7	Hollow Back Pad	1
8	Cover:Neck	1
9	Cup Holder	1
10	Fixed Frame:Hollow Back Pad	1
11	Assembly:Seat Support	1
12	Front Cover:Hollow Back Pad	1
13	Back Cover:Hollow Back Pad	1
14	Pedal:L	1
15	Pedal:R	1
16	Spring Washer $\Phi 10$	12
17	Socket Head Cap Screw M10*20	8
18	Socket Head Cap Screw M8*20	4
19	Spring Washer $\Phi 8$	4
20	Spring Washer $\Phi 6$	4
21	Socket Head Cap Screw M6*15	4
22	Screw ST4.2*16	11
23	Hex Head Bolt M10*25	4
24	Allen Bolt M8*20	4
25	Washer $\Phi 9*\Phi 16*1.6$	4
26	Back Pad Cover	4

Usage And Maintenance



Instruction

1. Max. user weight is 150kg.
2. When moving the machine, you can grasp the rear base, you can move it by the PU wheel.
3. You can adjust the position of the seat by adjustment handle.
4. Before using the machine, you must ensure it stand steadily on the ground, if it isn't stand steady, you can adjust the leveler foot.
5. 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 exercise by choosing program.
6. When adjusting the resistance, you can also use the rapid button, the "-" is down, the "+" is up.

Maintenance

1. Tighten the pedals every month.
2. If the bolts and screws have loosened, please lock them tightly in time.

Console Panel Functions

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.

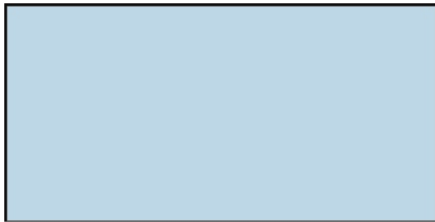
Time remaining: remaining time of a workout program.

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

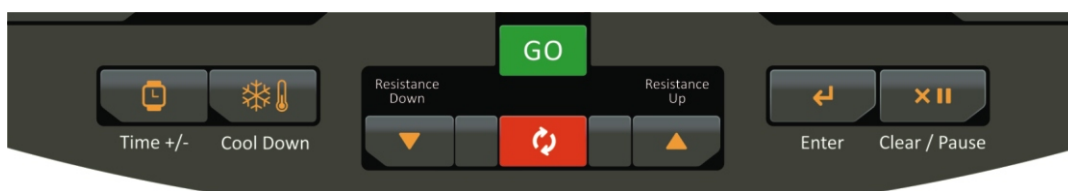


2.1 Displays 400m track. Indicates position on track by a blink.

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.

Console Panel Functions

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

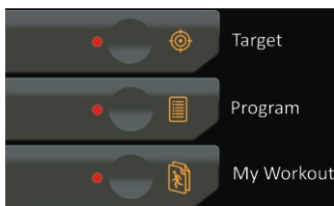
Data entering, start programs.

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: customized programs, can be modified by users.

PROGRAMMING

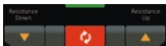
When console turns on or after reset:

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

1 If Target is selected

Lower LED scrolls "CALORIES TARGET".

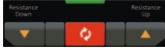
Lower LED scrolls "Press adjust keys to loop or press enter to select."

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.

Console Panel Functions

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.

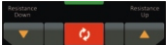
2.4.5 LED displays "3","2","1".

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.

Console Panel Functions

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".

Console Panel Functions

- 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.

Console Panel Functions

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.

