INSTRUCTION MANUAL OF SM8900-67

【BUTTON FUNCTIONS】

| UP	To make upward adjustment to each function data or increase training resistance.
DOWN	To make downward adjustment to each function data or decrease training resistance.
MODE	To confirm all setting.
STAR/STOP	To start or stop workout.
RESET	To reset current setting and have the monitor switch to initial training mode for selection.
RECOVERY	To test heart rate recovery status.
BODY FAT	To test body fat % Press the BODY FAT button in standby mode and modify user data.

【DISPLAY FUNCTIONS】

| TIME	Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 minute. Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 minute between 01:00 to 99:00.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
RPM	Displays the Rotation Per Minute. Display range 0~15~999
DISTANCE	Accumulates total distance from 00:00 up to 99.99 KM or ML. The user may preset target distance data by pressing UP/DOWN button. Each incensement is 0.1KM or ML.
CALORIES	Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
PULSE	User may set up target pulse from 0 - 30 to 230, and computer buzzer will beep when actual heart rate is over the target value during workout.
WATTS	Display current workout watts. Display range 0~999.

【OPERATING PROCEDURE】

Power on:

1. Please connect power adaptor to DC JACK, and console will power on with beep sound for 2 seconds and LCD display all segments.
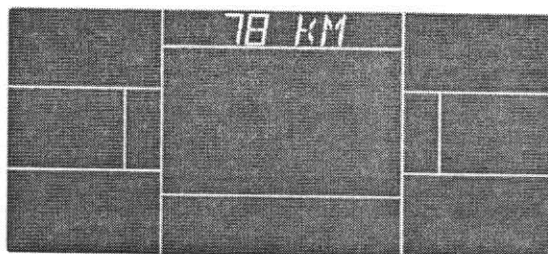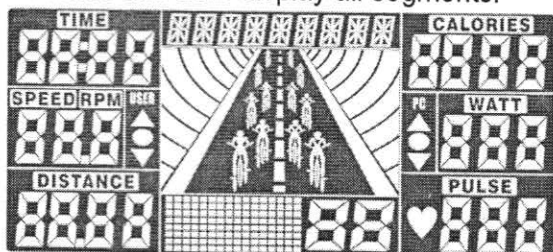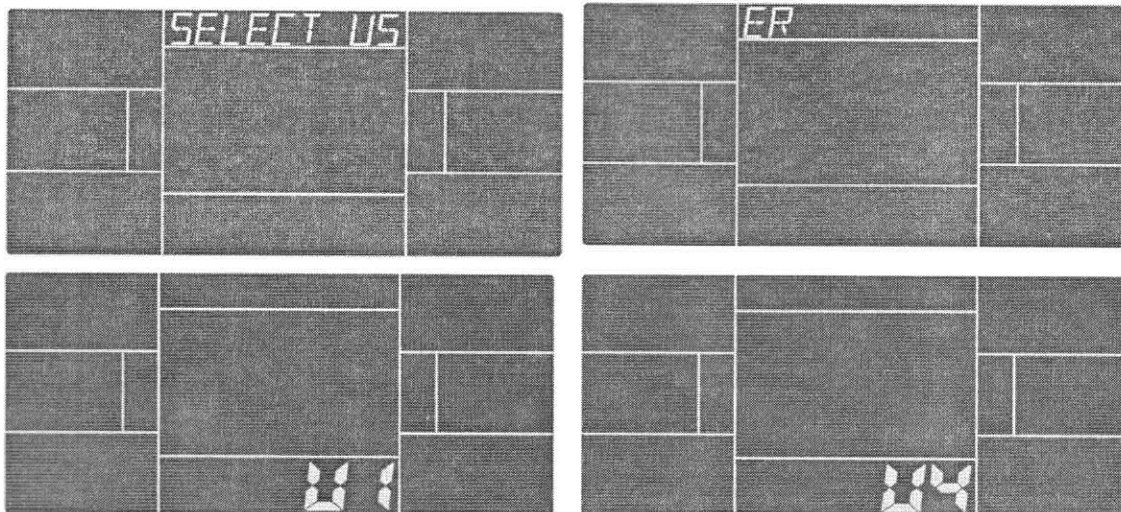

2. Preset clock and calendar by using joggle wheel to turn up and down and press MODE to confirm.
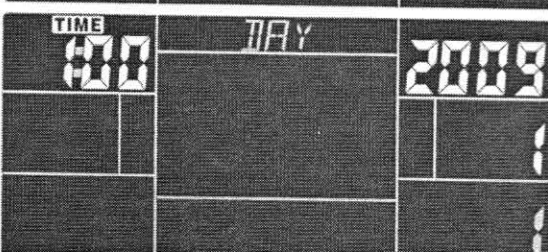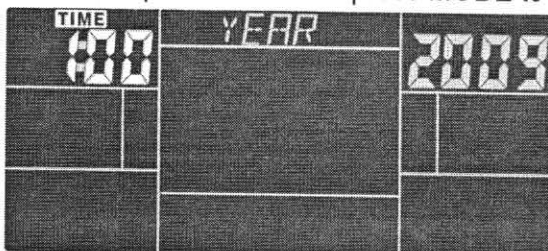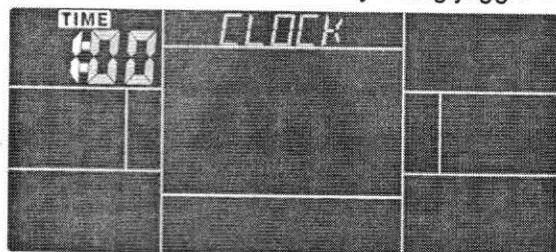

3. Console will show "SELECT USER", user may press mode to enter into user selection mode.

Use joggle wheel to select U1 to U4 and press MODE for confirmation.
And then preset user information for SEX, AGE, HEIGHT and WEIGHT.

4. In standby mode, console will display "SELECT WORKOUT", user may press MODE to enter into selection mode. And use turn joggle wheel to select MANUAL → PROGRAM → USER PROGRAM → H.R.C., → WATT
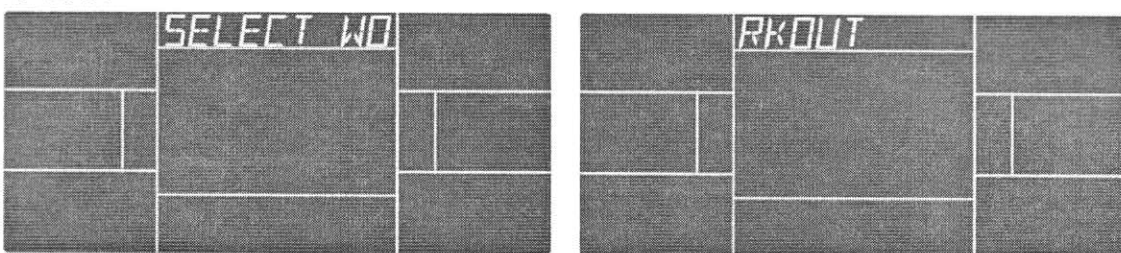

Workout in MANUAL mode:

In standby mode, select MANUAL and press MODE to enter.

Quick start: User may press START/STOP to start training in MANUAL, all exercise values will start counting up from zero.

After enter into MANUAL mode, user may set up TIME → DISTANCE → CALORIES → PULSE → RESISTANCE LEVEL by follow flashing windows, and press START/STOP to start workout. All values will start counting down to zero. (To clear setting, press RESET button)

In manual mode, biking animation will move forward every 3 km, and PC speed will be the same as user's speed.
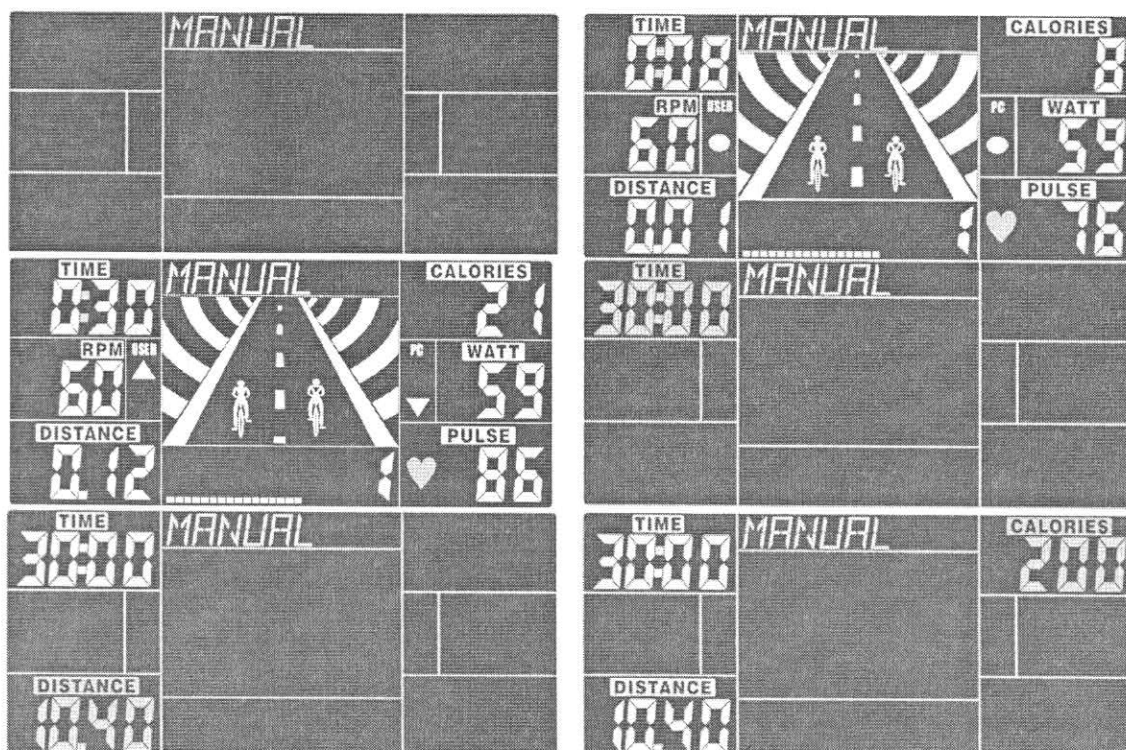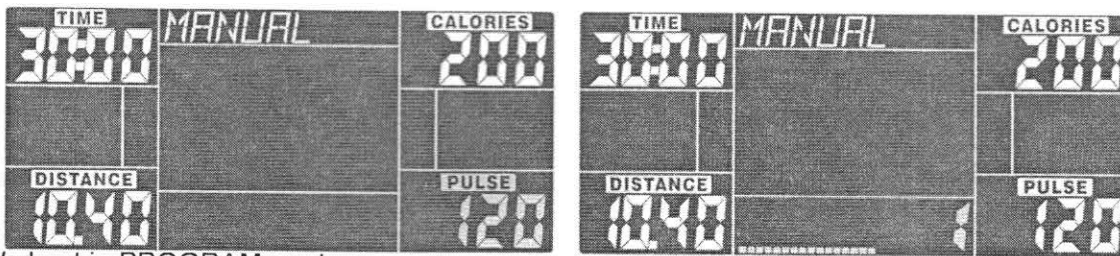
Workout in PROGRAM mode:

In standby mode, select PROGRAM and press MODE to enter.

User may turn joggle wheel up or down to select preferred program from 1 to 12, and press MODE to confirm.

Program profile will flashing, user may turn up or down to adjust profile's resistance level.
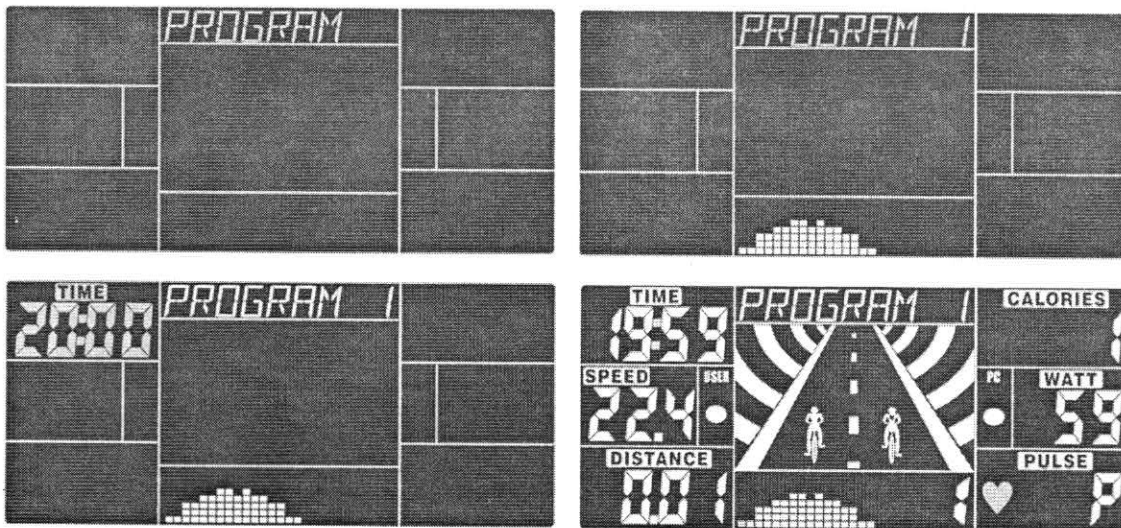
TIME is fixed in 20:00, which is not adjustable.   Press START/STOP to start workout and racing with PC.

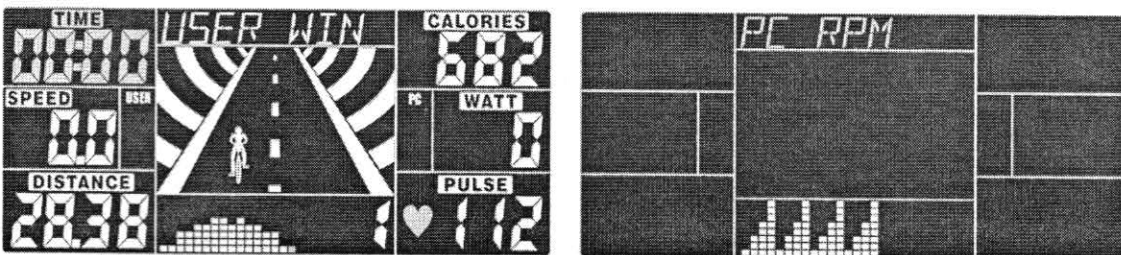After start, TIME will start counting down; the runway animation will follow user's RPM input.

User need to follow PC speed by checking below symbols to finish the entire 20 minutes training:

▲   : USER speed > PC RPM – user need to slow down

●   : USER speed = PC RPM

▼   : USER speed < PC RPM – user need to speed up

When TIME count down to zero, console will beep for 8 seconds, and display racing result: PC WIN or USER WIN.

runway

Workout in User program mode:

In standby mode, select USER PRO and press MODE to enter.

User may create his/her own preferred profile by turning UP and DOWN to set up resistance level of each row, and press MODE to confirm.   User may hold on pressing MODE button to finish setting.

Time is fixed in 20:00, which is not adjustable. User may press START/STOP button to start workout.

After start, TIME will start counting down; the runway animation will follow user's RPM input.

User need to follow PC speed by checking below symbols to finish the entire 20 minutes training:

▲   : USER speed > PC RPM – user need to slow down

●   : USER speed = PC RPM

▼   : USER speed < PC RPM – user need to speed up

When TIME count down to zero, console will beep for 8 seconds, and display racing result: PC WIN or USER WIN.
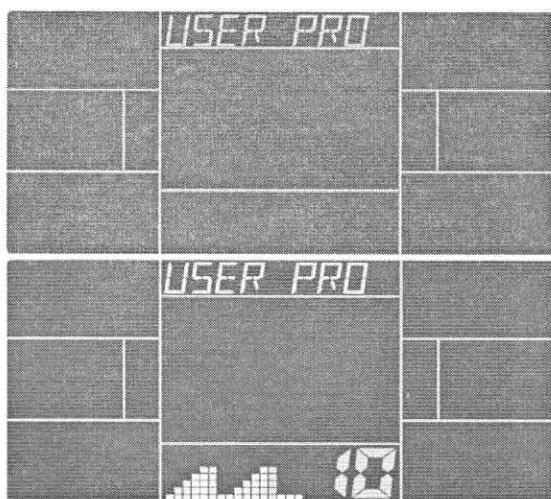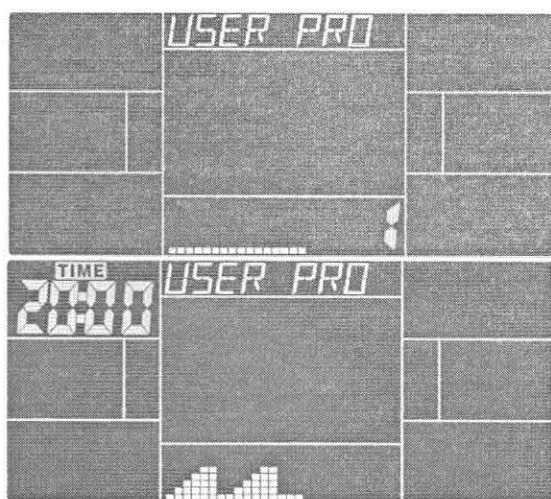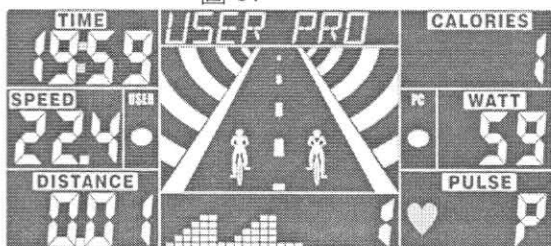
圖 37

圖 38

圖 39

Workout in H.R.C. mode:

In standby mode, select H.R.C. and press MODE to enter.

AGE 25 is flashing after enter H.R.C. mode, you may set your age by turning UP/DOWN button and press MODE. The monitor will calculate preset heart rate value automatically according to your age setting. Screen will show heart rate percentage 55%, 75%, 90% and TARGET. You may select heart rate percentage by UP/DOWN/ENTER button for training.

If there is no HR input for 5 seconds, LCD will display "NEED H.R." until HR signal input.
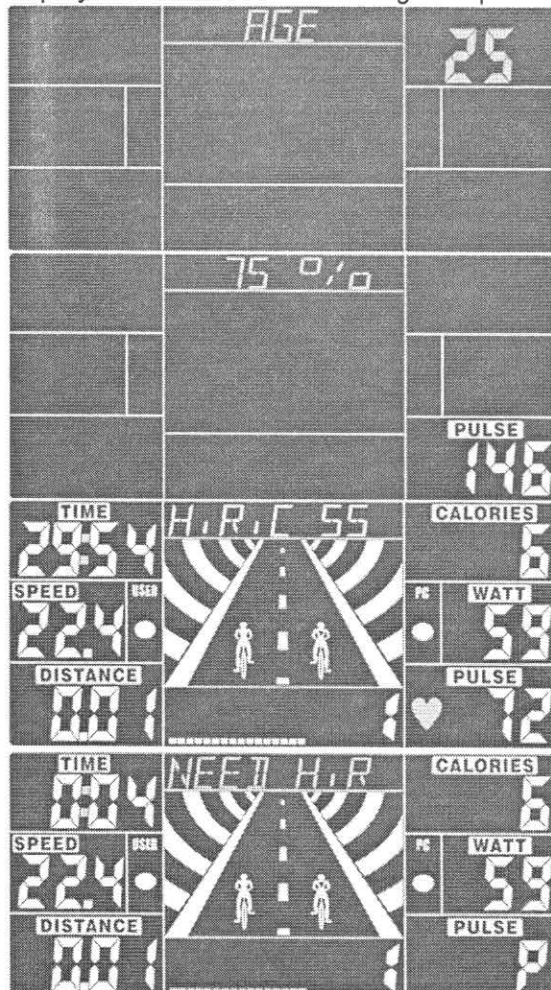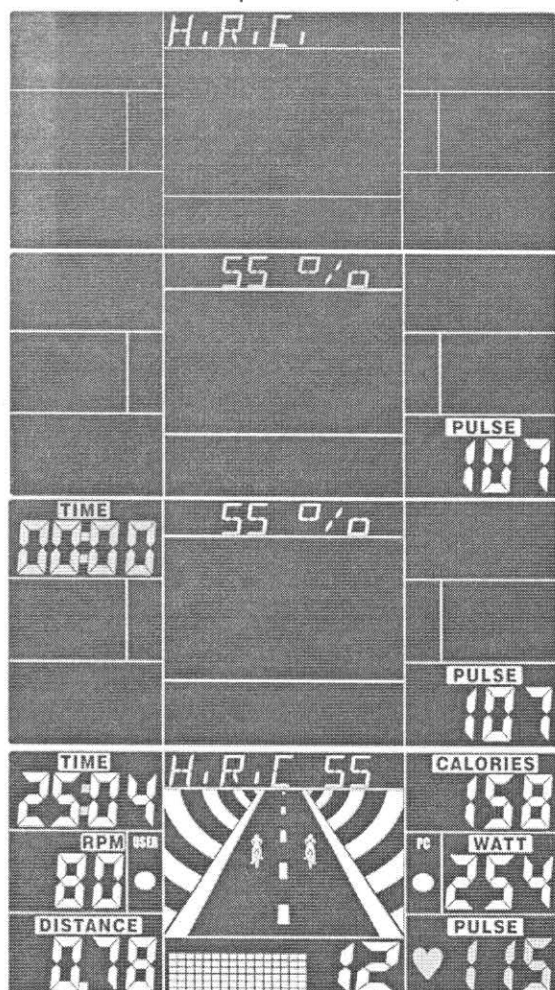
Workout in WATT constant mode:

In standby mode, select WATT and press MODE to enter.

The preset watt value 120 is flashing on screen in WATT setting mode, select UP/DOWN/ENTER to set target value from 10 to 350. Pressing START button to start training.
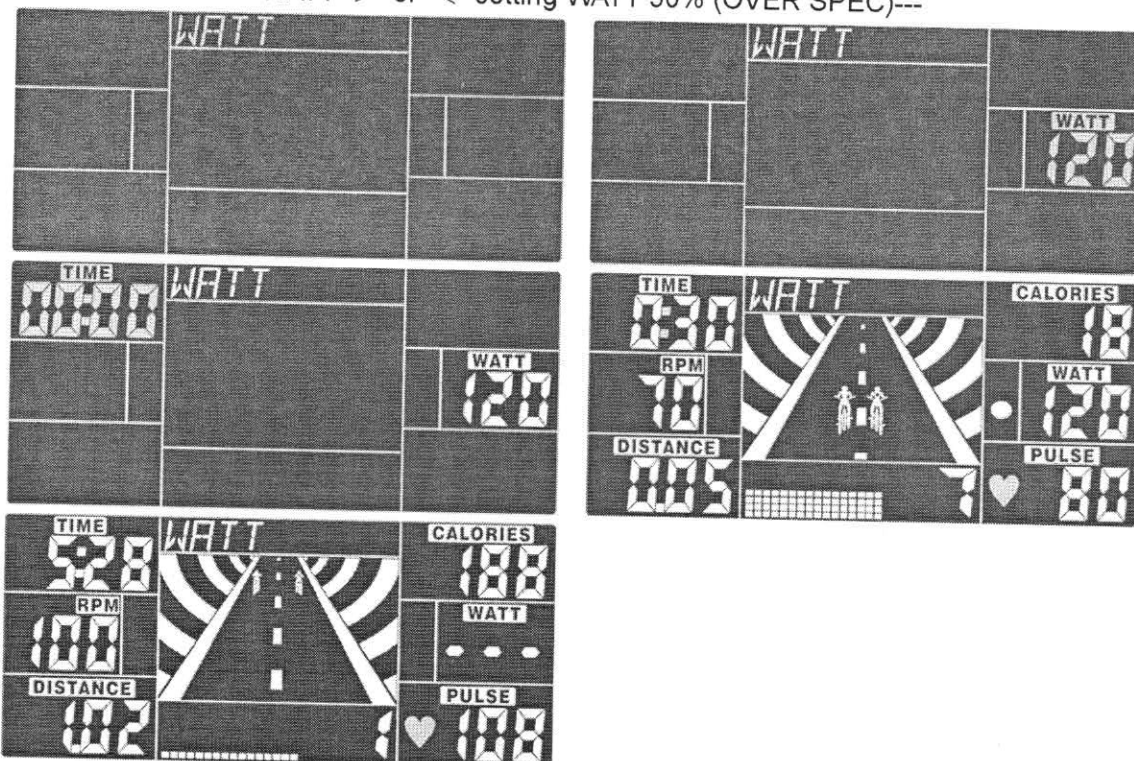
After start, Level is adjusted according to RPM to reach the setting WATT.

▲ : WATT > setting WATT 25% – user need to slow down

● : WATT = setting 25%

▼ : WATT < setting 25% – user need to speed up
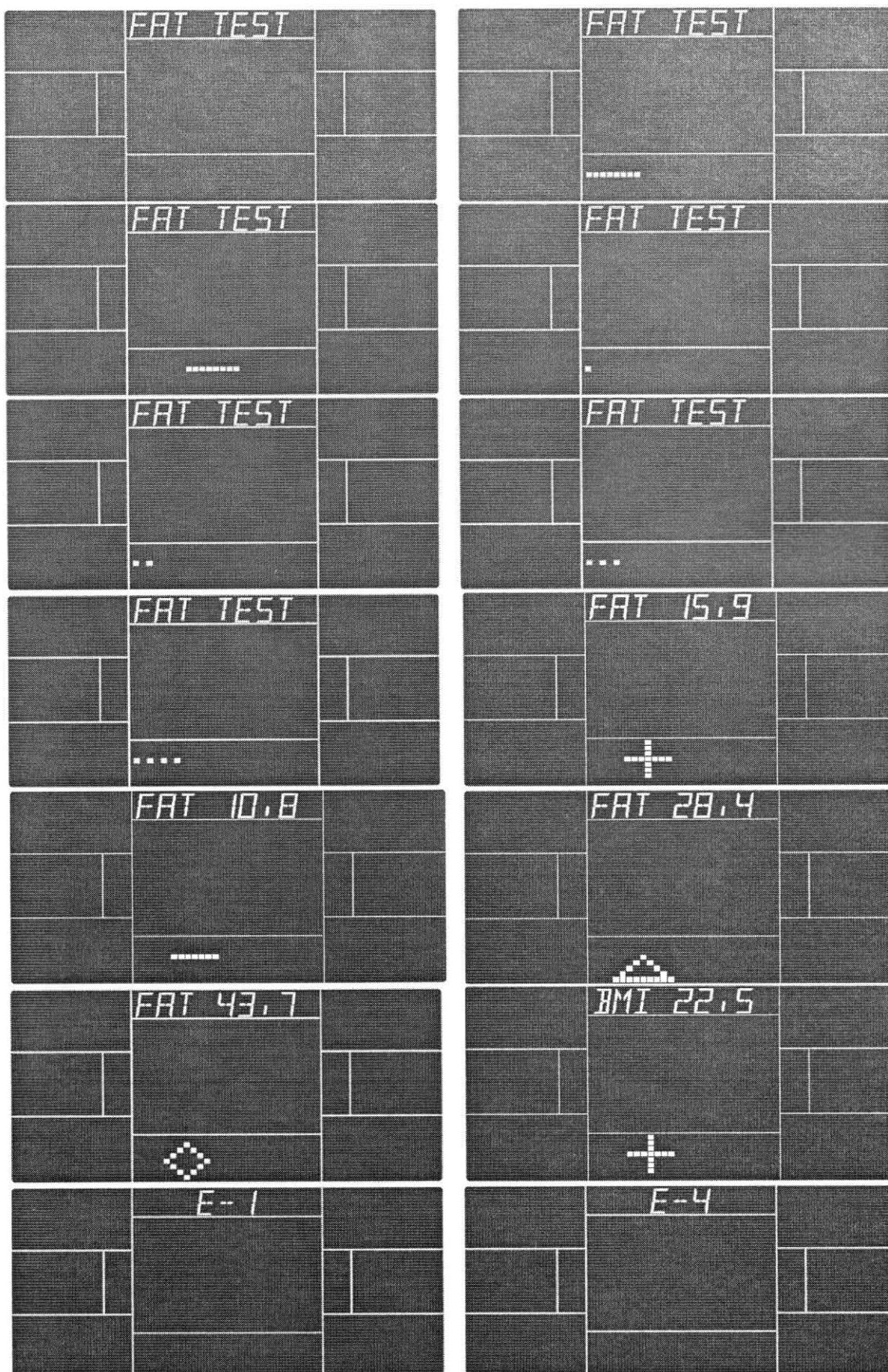
--- : WATT > or < setting WATT 50% (OVER SPEC)---

BODY FAT

You may test and have the BODY FAT advice when the computer is in STOP mode. Please follow the steps as below:

1. Press BODY FAT button, and hold on handgrip to start body fat testing.

2. The symbol "- - - - - - - -" will display while testing period in 8 seconds. After 8 seconds, you will see the BODY FAT advice in percentage and BMI and the fat advice in different symbol.

3. It would be possible to display other indication if you have the following situation:

   "E-1" - When you see this indication, it means you did not put your thumb properly on the conductor. Please try again.

   "E-4" - When you see this indication, it means the BODY FAT advice is exceeded the available area which is fixed in the program.

After BODY FAT testing, press BODY FAT button to have the computer back to working continues from the previous data before testing. The BODY FAT advice figure and BMI will disappear.

SYMBOL	⊖	✚	▲	◆
SEX FAT%	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE	<13%	13%-25.8%	26%-30%	>30%
FEMALE	<23%	23%-35.8%	36%-40%	>40%

FAT TEST	FAT TEST
FAT TEST	FAT TEST
. . . .	.
FAT TEST	FAT TEST
. .	. . .
FAT TEST	FAT 15.9
. . . .	+
FAT 10.8	FAT 28.4
. . . . . .	▲
FAT 43.7	BMI 22.5
◇	+
E-1	E-4

RECOVERY: of time, keep holding on handgrips and press "RECOVERY"
button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00.
Screen will display your heart rate recovery status with the F1,F2....to F6. F1 is the best, F6
is the worst. User may keep exercising to improve the heart rate recovery status.
(Press the RECOVERY button again to return the main display.)
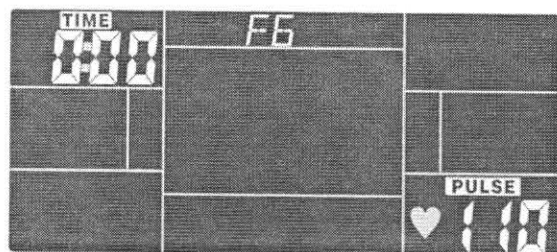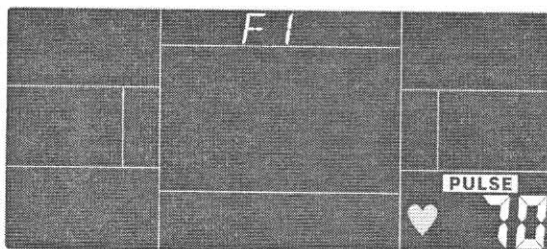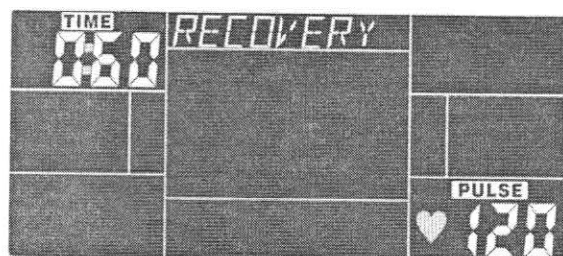
NOTE:

1. This computer require 9V, 0.5A adaptor.
2. When user stop pedaling for 4 minutes, computer will enter into power save mode, all setting and exercise data will stored until user start exercise again.
3. When computer act abnormal, please disconnect the adaptor and plug in again.
4. If cable connection between computer and servo motor is loose or broken, then computer will display E2.

   User may check first if cables are well connected before consult with our agent.

WARM-UP and COOL-DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength

or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE.**