

1. DISPLAY FUNCTION

NO.	ITEM	DISPLAY RANGE	Setting range	Memory	RZ	Description
1	TIME	0:00~99:99	±1 minute	Yes	Yes	1.If without setting ,time will be accumulated in cycle. 2.If user has preset the value, it will count down from the preset value to zero. (with 4 BIBI sound) 3. If there is no signal input for 4 minutes, the console will enter into the standby mode.
2	DISTANCE	0~9999	0~9990 ±10K ±10M	Yes	Yes	1.If without setting ,time will be accumulated in cycle 2.If user has preset the value, it will count down from the preset value to zero. (with 4 BIBI sound) 3. If there is no signal input for 4 minutes, the console will enter into the standby mode.
3	CALORIES	0~9999 cal	0~9990 (±10)	Yes	Yes	1.If without setting ,time will be accumulated in cycle 2.If user has preset the value, it will count down from the preset value to zero. (with 4 BIBI sound) 3. If there is no signal input for 4 minutes, the console will enter into the standby mode
4	SPM	0~999	NO	NO	Yes	In START status: a. If there is sensor signal input for 3s, it will display the value. b. If there is no sensor signal input for 4s, after 6s, the value will return to zero. c. Share the same window with WATT, and switch display in every 5 seconds.
5	STROKES	0~9999	0~9990 (±10)	Yes	Yes	ROWING STROKES and TOTAL STROKES share the same window, so they switch display in every 5 seconds.
6	TOTAL STROKES	0~9999	NO	Yes	NO	The total amount for STORKES
7	WATT	0~999	NO	NO	NO	a. If there is sensor signal input for 3s, it will display the value. b. If there is no sensor signal input for 4s, after 6s, the value will return to zero. c. Share the same window with SPM, and switch display in every 5 seconds.

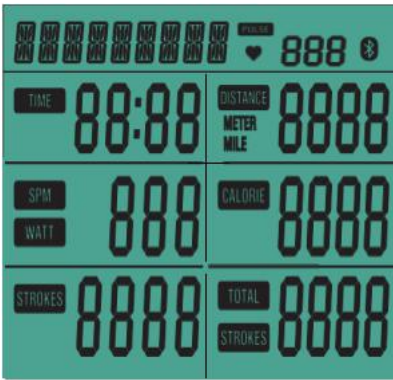
8	PULSE	P-30~230 BPM	0-30~230 (±1)BPM	Yes	Yes	a. If there is pulse signal input , it will displays the initial value after 7.5s (count from the first PULSE value.) b. If there is no pulse for 6s, the value will return to zero. c. he calculate method ,please refer to appendix 1 d. If the pulse is above the preset value, the value in the PULSE window will flash in every second or the PULSE OVER ALARM = 2 ALARM/second.(the alarm will beep in every second)
9	Manual Program、					If the monitor didn't enter into any mode, and have detected the RPM sensor, the monitor will do QUICK START。
10	INTERVAL 20-10					1. INTERVAL exercise mode. 2. Exercise 20s, rest 10s.
11	INTERVAL 10-20					1. INTERVAL exercise mode. 2. Exercise 10s, rest 20s.
12	INTERVAL CUSTOM					1. INTERVAL exercise mode. 2. The exercise time and rest time will be set by user.
13	TARGET TIME					The exercise time will be set by user.
14	TARGET DISTANCE					The exercise distance will be set by user.
15	TARGET CALORIES、					The CALORIES will be set by user.
16	TARGET STROKES					The STROKES will be set by user.
17	TARGET PULSE					The heart rate will be set by user.
18	 ON/OFF					User can turn on or turn off the blue tooth APP. If user has turned on the APP, the console will display  icon. If user has turned off the APP, the console will display normal, but the APP can not be used.

2.Power on and power off:

1). Power on.

After power on, the LCD will full display 2s (picture 1) with a long Bi Bi sound for 2 seconds, then enter into

standby mode.



Picture 1

2).Power off.

- 2.1. Without any signal being transmitted into the monitor for 4 minutes, it will enter into Sleeping mode.
- 2.2. As signal input or press any key, the console will wake up.

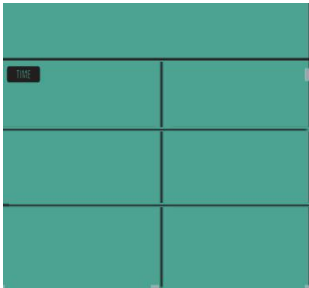
3. Operation procedure

1). Power on:

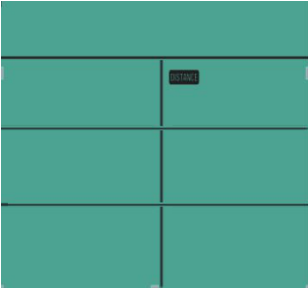
When power on (or press MODE/RESET for 3s), the BUZZER will beep 2s, LCD will full display 2s, and then enter into the standby mode.

2). Standby mode:

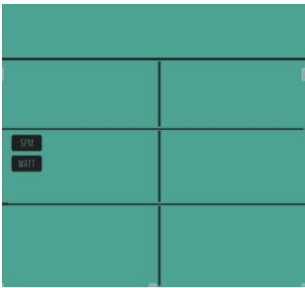
- A. After power on, the console enter into standby mode, MANUAL(“*” “8”display), INTERVAL(“*” “8”display), TARGET(“*” “8”display), **TIME**, **DISTANCE**, **CALORIE**, **PULSE**, **SPM**, **WATT**, **TOTAL STROKES**, **STROKES**, will display circularly 1 second in turn by SCAN mode. Like picture2~picture8.



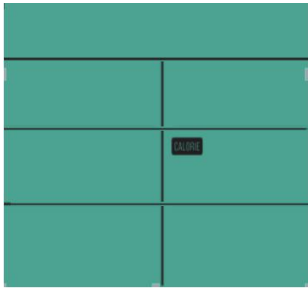
Picture 2



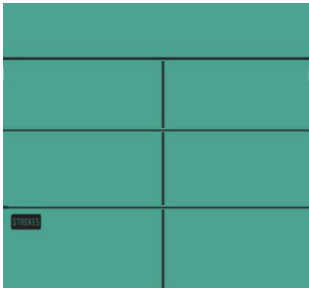
Picture 3



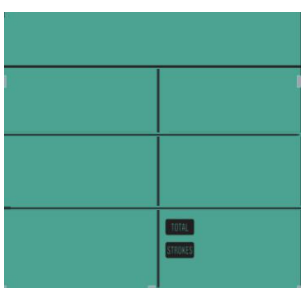
Picture 4



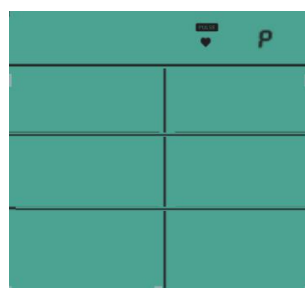
Picture 5



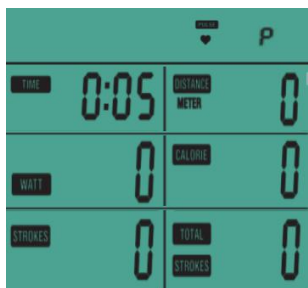
Picture 6



Picture 7



Picture 8



Picture 9

- B. In standby mode, if no input of key operation or RPM signal or pulse input for 4Min, LCD will go to Sleeping mode.

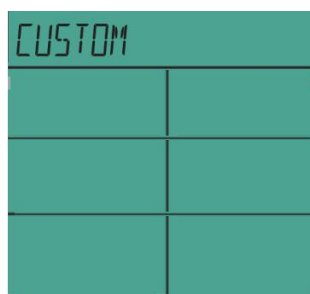
3). MANUAL:

If there is RPM signal input in standby mode,the console will QUICK START immediately with the buzzer beeps 1 second.

- A. Or in standby mode, press MODE KEY, MANUAL(“*” “8” display), then press MODE KEY again, buzzer beeps 1s, to start MANUAL function(picture 9), LCD will display “*” “8”, and MANUAL will keep flashing, TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES will begin to accumulate according to the operation value. SPM and WATT switch display in every 5 seconds. Press MODE key while in training can switch SPM and WATT.
- B. When exercise, if no input of key operation or RPM signal or pulse input for 4Min, the buzzer will beep 0.5s, then enter into standby mode.
- C. In exercise status, press START/STOP KEY to stop exercise, and “*” “8”display , STOP keeps flashing. TIME, DISTANCE, TOTAL STROKES, STROKES, CALORIES keep flashing and display the current exercise value. PULSE display the current heart rate value.
- D. When stopped exercise and the STOP flashes, press START/STOP KEY, the console will perform exercise images again. In STOP status, if press RESET KEY, then the console will enter into standby mode. In STOP status, if there is no any key operation input or after finish the training for 4 minutes, the console will enter into the standby mode.

4). INTERVAL:

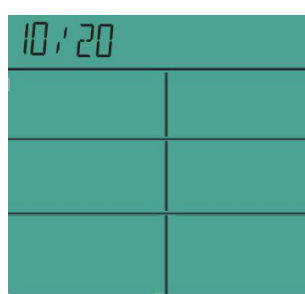
In standby mode, press MODE KEY, and press UP KEY to select INTERVAL, the LCD “*” “8” display, INTERVAL will flash. (Picture10~ picture13)



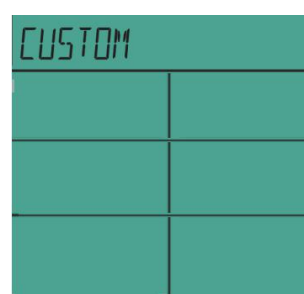
Picture 10



Picture 11



Picture 12



Picture 13

(1) INTERVAL 10/20

- A. When the LCD “*” “8”display , and the INTERVAL flashes, press MODE KEY, then the LCD “*” “8”display and 10/20 flashes. Press START/STOP KEY to start 10/20 function.
- B. When the LCD “*” “8”display, and the READY flashes, TIME will count down from 3 to 0 in TIME window, the buzzer will beep 0.5s in every second.
- C. After READY 3s, the buzzer will beep 0.5s, the LCD “*” “8”display “WORK 01/08”, TIME begins to count down 10s. TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES will accumulate according to the operation value.
- D. When the LCD “*” “8”display REST 01/08, and the buzzer beeps 0.5s in every second, TIME begins to count down 20S. TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES will accumulate according to the operation value. SPM, WATT will switch display in every 5 seconds. At the last 3s, the LCD will “*” “8”display and “READY”flashes.
- E. C and D will perform tautologically and circularly, each cycle count plus 1 until display “WORK 08/08”. After exercise, the monitor will enter into the ending mode, the buzzer beeps 0.5s. In exercise period, press MODE KEY can switch display SPM /WATT.
- F. After exercise, the LCD “*” “8”display and STOP flashes, TCALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES keep flashing and display the exercise value, PULSE displays the current heart rate. Then press START/STOP KEY, can perform INTERVAL 10/20 again. After exercise, press RESET KEY, the console will enter into standby mode, the buzzer beeps 0.5s. After exercise, if there is no any input of key operation or after finish exercise for 4 minutes, the console will enter into standby mode, the buzzer beeps 0.5s.
- G. In exercise period, press START/STOP KEY to stop, the LCD “*” “8”display and STOP flashes, TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES and TROKES display the current the exercise value, PULSE displays the current heart rate value. Then press START/STOP KEY, the console can perform exercise images again. If press RESET KEY, the console will enter into standby mode. In STOP status, if there is no any input of key operation or after finish exercise for 4 minutes, the console will enter into standby mode.

- H. In WORK function status, if no input of key operation or RPM signal or pulse input for 4Min, the buzzer beeps 0.5s, then the console will enter into standby mode. In REST function status, if no input of key operation or RPM signal or pulse input, the console will enter into SLEEP mode.

(2) INTERVAL 20/10

- A. When the LCD “*” “8”display and INTERVAL flashes, press MODE KEY, and press UP/DOWN to select 20/10 function, the LCD “*” “8”display and 20/10 flashes, press START/STOP to start 20/10 function.
- B. When the LCD “*” “8”display and READY flashes, TIME will count down 3s in TIME window, the buzzer will beeps 0.5s in every second.
- C. After READY 3s, the buzzer will beep 0.5s, the LCD * “8”display “WORK 01/08”, TIME begins to count down from 20 to 0. TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES will accumulate according to the operation value. SPM/WATT will switch display in every 5 seconds.
- D. When the LCD “*” “8”display “REST 01/08”, the buzzer beeps in every 0.5s. TIME begins to count down 10s. TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES will accumulate according to the operation value. SPM/ WATT switch display in every 5 seconds. At the last 3s, the LCD “*” “8”display and “READY”flashes.
- E. C and D will perform tautologically and circularly, each cycle count plus 1 until display“WORK 08/08”. After exercise, the monitor will enter into the ending mode, the buzzer beeps 0.5s.
- F. After exercise, the LCD “*” “8”display and STOP flashes, TIME and DISTANCE keep flashing and display the exercise value. CALORIES,PULSE,TOTAL STROKES and STROKES display the current the exercise value, PULSE display the current heart rate value. Then press START/STOP KEY, can perform INTERVAL 20/10 again; After exercise, press RESET KEY, the console will enter into standby mode, the buzzer beeps 0.5s. After exercise, if there is no any input of key operation or after finish exercise for 4 minutes, the console will enter into standby mode, the buzzer beeps 0.5s.
- G. In exercise period, press START/STOP KEY to stop, the LCD “*” “8”display and STOP flashes, TIME,DISTANCE, CALORIES,PULSE, TOTAL STROKES and STROKES display the current exercise value, PULSE displays the current heart rate value. Then press START/STOP KEY, the console can perform exercise images again. If press RESET KEY, the console will enter into standby mode. In STOP status, if there is no any input of key operation or after finish exercise for 4 minutes, the console will enter into standby mode.
- H. In WORK function status, if no input of key operation or RPM signal or pulse input for 4Min, the buzzer beeps 0.5s, then the console will enter into standby mode. In REST function status, if no input of key operation or RPM signal or pulse input, the console will enter into SLEEP mode.

(3) INTERVAL CUSTOM

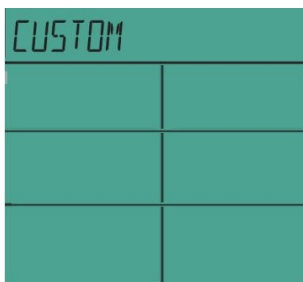
- A. When the LCD “*” “8”display and INTERVAL flashes, press MODE KEY, and press UP/DOWN to select CUSTOM function, the LCD “*” “8”display and CUSTOM flashes, press MODE KEY to enter into CUSTOM to set value.
- B. When the LCD “*” “8”display “SET ROUND”, TIME window displays 01 and flashes. Press UP to set ROUND(the ROUND setting range is 01~99) which can be set circularly. After press MODE KEY, the buzzer beeps 0.5s, and then enter into the next setting.
- C. When the LCD “*” “8”display “SET WORK”, TIME window displays 0:05 and flashes, press SET KEY to set WORK TIME (the setting range is 0:05~10:00), which can be set circularly. After press MODE KEY, the buzzer beeps 0.5s, and then enter into the next setting.
- D. When the LCD “*” “8”display “SET REST”, TIME window displays 0:05 and flashes, press SET KEY to set REST TIME(the setting range is 0:05~10:00),which can be set circularly. After press START/STOP KEY, the buzzer beeps 0.5s, and then enter into exercise screen.
- E. When the LCD “*” “8”display and the “READY”flashes, TIME will count down 3s in TIME window, the buzzer will beep 0.5s in every second.
- F. After READY 3s, the buzzer will beep 0.5s, the LCD * “8”display “WORK 01/XX”, TIME begins to count down according to the setting time. TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES will accumulate according to the operation value. SPM/WATT switch

display in every 5 seconds.

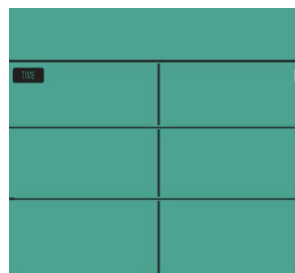
- G. When the LCD “*” “8”display “REST 01/XX”, the buzzer will beep 0.25s in every second. TIME begins to count down according to the setting time. TIME,DISTANCE,CALORIES,PULSE,SPM,WATT,TOTAL STROKES and STROKES will accumulate according to the operation value. SPM/WATT switch display in every 5 seconds. At the last 3s, the LCD “*” “8”display and “READY”flashes.
- H. C and D will perform tautologically and circularly, each cycle count plus 1 until display“WORK XX/XX”. Then enter into ending mode, the buzzer beeps 0.5s.
- I. After exercise, the LCD“*” “8”display and STOP flashes,
TIME,DISTANCE,CALORIES,PULSE,TOTAL STROKES and STROKES will display exercise value,
PULSE will display the current heart rate value.Then press START/STOP KEY, can perform INTERVAL
CUSTOM again; After exercise, press RESET KEY, the console will enter into standby mode, the buzzer
beeps 0.5s. After exercise, if there is no any input of key operation or after finish exercise for 4 minutes,
the console will enter into standby mode, the buzzer beeps 0.5s.
- J. In exercise period, press START/STOP KEY to stop, the LCD “*” “8”display and STOP flashes,
TIME,DISTANCE, CALORIES,PULSE, TOTAL STROKES and STROKES display the current exercise
value, PULSE displays the current heart rate value. Then press START/STOP KEY , the console can
perform exercise images again. Press RESET KEY, the console will enter into standby mode. In STOP
status, if there is no any input of key operation or after finish exercise for 4 minutes, the console will enter
into standby mode.
- K. In WORK function status, if no input of key operation or RPM signal or pulse input for 4Min, the buzzer
beeps 0.5s, then the console enter into standby mode.

5). TARGET:

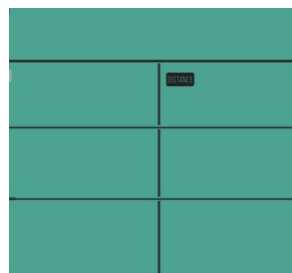
In standby mode, press MODE KEY and UP to select TARGET function, the LCD “*” “8”display and TARGET flashes (Picture 14~ picture 21) .



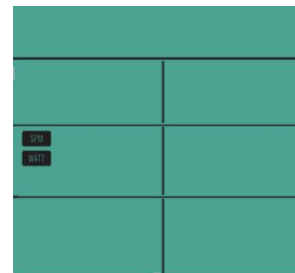
Picture 14



Picture 15



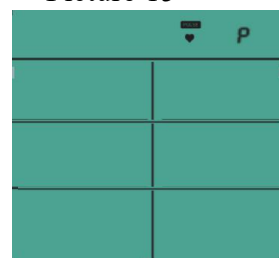
Picture 16



Picture 17



Picture 18



Picture 19

6). TARGET TIME: (Picture 15)

- A. When the LCD “*” “8”display and the TARGET flashes, press MODE KEY and SET KEY to select TARGET TIME. Then LCD “*” “8”display, and TARGET keeps flashing, TIME flashes in TIME window, press MODE KEY to start TIME setting function.
- B. When the LCD “*” “8”display, and SET keeps flashing, 0:00 flashes in TIME window, press UP to set target time, the setting range is 0:00~99:00, which can be set circularly. Press START/STOP KEY to confirm, then the buzzer beeps 0.5s, and the console enters into exercise mode.
- C. When the LCD “*” “8”display, TARGET and TIME switch display in every 2s. TIME will count down according to the setting value. TIME,DISTANCE,CALORIES,PULSE,SPM,WATT,TOTAL STROKES and STROKES will accumulate according to the operation value.SPM/WATT switch display in every 5s.
- D. In exercise status, press START/STOP KEY to stop exercise, then the LCD “*” “8”display, and STOP flashes. TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES and STROKES display the current

exercise value, PULSE displays the current heart rate value. Then press START/STOP KEY, the console can perform the exercise images again. Press RESET KEY, the console will enter into standby mode. In STOP status, if there is no any input of key operation or after finish exercise for 4 minutes, the console will enter into standby mode.

- E. After exercise, the LCD “*” “8” display, and STOP flashes. TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES and STROKES display exercise value. Press START/STOP KEY at this time, which can perform TARGET TIME function again; after ending exercise, press RESET KEY, the console will enter into standby mode, and the buzzer will beep 0.5s; After ending exercise, if there is no any input of key operation or after finish exercise for 4 minutes, the console will enter into standby mode, and the buzzer will beep 0.5s.
- F. In exercise status, no input of key operation or RPM signal or pulse input for 4Min, the buzzer will beep 0.5s, and then the console will enter into standby mode.

(2) TARGET DISTANCE: (Picture 16)

- A. When the LCD “*” “8” display and the TARGET flashes. Press MODE KEY and UP KEY to select TARGET DISTANCE. Then LCD “*” “8” display, and TARGET keeps flashing. **DISTANCE** flashes in DISTANCE window, press MODE KEY to start DISTANCE setting function.
- B. When the LCD “*” “8” display, and SET keeps flashing, 0 flashes in DISTANCE window. Press UP to set target distance, the setting range is 0~9990, which can be set circularly. Press START/STOP KEY to confirm, and the buzzer beeps 0.5s, then enters into exercise mode.
- C. When the LCD “*” “8” display, TARGET and DISTANCE switch display in every 2s. DISTANCE will count down according to the setting value. TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES will accumulate according to the operation value. SPM/WATT switch display in every 5s.
- D. In exercise status, press START/STOP KEY to stop exercise, then the LCD “*” “8” display, and STOP flashes. TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES and STROKES display the current exercise value, PULSE displays the current heart rate value. Then press START/STOP KEY, the console can perform the exercise images again. Press RESET KEY, the console will enter into standby mode. In STOP status, if there is no any input of key operation or after finish exercise for 4 minutes, the console will enter into standby mode.
- E. After exercise, the LCD “*” “8” display and STOP flashes. TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES and STROKES display exercise value. Press START/STOP KEY at this time, which can perform TARGET DISTANCE function again; after ending exercise, press RESET KEY, the console will enter into standby mode, and the buzzer will beep 0.5s; after ending exercise, if there is no any input of key operation or after finish exercise for 4 minutes, the console will enter into standby mode, and the buzzer will beep 0.5s.
- F. In exercise status, no input of key operation or RPM signal or pulse input for 4Min, the buzzer will beep 0.5s, and then the console will enter into standby mode.

(3) TARGET CALORIES: (Picture 17)

- A. When the LCD “*” “8” display and the TARGET flashes. Press MODE KEY and UP KEY to select TARGET CALORIES. Then LCD “*” “8” display, and TARGET keeps flashing. **CALORIES** flashes in CALORIES window, press MODE KEY to start CALORIES setting function.
- B. When the LCD “*” “8” display, and SET keeps flashing, 0 flashes in CALORIES window. Press UP/DOWN to set target CALORIES, the setting range is 0~9990, which can be set circularly. Press START/STOP KEY to confirm, and the buzzer beeps 0.5s, then enters into exercise mode.
- C. When the LCD “*” “8” display, TARGET and CALORIES switch display in every 2s, CALORIES will count down according to the setting value. TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES will accumulate according to the operation value. SPM/WATT switch display in every 5s.
- D. In exercise status, press START/STOP KEY to stop exercise, then the LCD “*” “8” display, and STOP flashes. TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES and STROKES display the current exercise value, PULSE displays the current heart rate value. Then press START/STOP KEY, the console can perform the exercise images again. Press RESET KEY, the console will enter into standby mode. In STOP status, if there is no any input of key operation or after finish exercise for 4 minutes, the console

will enter into standby mode.

- E. After exercise, the LCD “*” “8”display and STOP flashes. TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES and STROKES display exercise value. Press START/STOP KEY at this time, which can perform TARGET CALORIES function again; after ending exercise, press RESET KEY, the console will enter into standby mode, and the buzzer will beep 0.5s; after ending exercise, if there is no any input of key operation or after finish exercise for 4 minutes, the console will enter into standby mode, and the buzzer will beep 0.5s.
- F. In exercise status, no input of key operation or RPM signal or pulse input for 4Min, the buzzer will beep 0.5s, and then the console will enter into standby mode.

(4) TARGET STROKES: (Picture 18)

- A. When the LCD “*” “8”display and the TARGET flashes. Press MODE KEY and UP KEY to select TARGET STROKES. Then LCD “*” “8”display, and TARGET keeps flashing. **STROKES** flashes in STROKES window, press MODE KEY to start STROKES setting function.
- B. When the LCD “*” “8”display, and SET keeps flashing, 0 flashes in STROKES window. Press UP to set target STROKES, the setting range is 0~9990, which can be set circularly. Press START/STOP KEY to confirm, and the buzzer beeps 0.5s, then enters into exercise mode.
- C. When the LCD “*” “8”display, TARGET and CALORIES switch display in every 2s. STROKES will count down according to the setting value. TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES will accumulate according to the operation value.
- D. In exercise status, press START/STOP KEY to stop exercise, then the LCD “*” “8”display, and STOP flashes. TIME, DISTANCE keep flashing and display the current exercise value. CALORIES, PULSE, TOTAL STROKES and STROKES display the current exercise value. PULSE display the current heart rate value. Then press START/STOP KEY, the console can perform the exercise images again. Press RESET KEY, the console will enter into standby mode. In STOP status, if there is no any input of key operation or after finish exercise for 4 minutes, the console will enter into standby mode.
- E. After exercise, the LCD “*” “8”display and STOP flashes. TIME, DISTANCE keep flashing and display the current exercise value, CALORIES, PULSE, TOTAL STROKES and STROKES display exercise value. Press START/STOP KEY at this time, which can perform TARGET CALORIES function again; after ending exercise, press RESET KEY, the console will enter into standby mode, and the buzzer will beep 0.5s; after ending exercise, if there is no any input of key operation or after finish exercise for 4 minutes, the console will enter into standby mode, and the buzzer will beep 0.5s.
- F. In exercise status, no input of key operation or RPM signal or pulse input for 4Min, the buzzer will beep 0.5s, and then the console will enter into standby mode.

(5) TARGET PULSE: (Picture 19)

- A. When the LCD “*” “8”display and the TARGET flashes. Press MODE KEY and UP KEY to select TARGET PULSE. **PULSE** flashes in PULSE window. Press MODE KEY to start PULSE setting function.
- B. When the LCD “*” “8”display, and SET keeps flashing. The preset value 100 flashes in PULSE window. Press UP/DWON to set target PULSE, the setting range is 30~230, which can be set circularly. Press START/STOP KEY to confirm, and the buzzer beeps 0.5s, then enters into exercise mode.
- C. When the LCD “*” “8”display, TARGET and PULSE switch display in every 2s. TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES will accumulate according to the operation value. SPM/WATT switch display in every 5s.
- D. In exercise status, when the actual heart rate value is over the preset heart rate value, the buzzer will beep in every second.
- E. In exercise status, press START/STOP KEY to stop exercise, the LCD “*” “8”display, and STOP flashes. TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES and STROKES display the current exercise value. PULSE display the current heart rate value. Then press START/STOP KEY, which can perform exercise images again; if press RESET KEY, the console will enter into standby mode; if in STOP status, there is no any input of key operation or after finish exercise for 4 minutes, the console will enter into standby mode.

In exercise mode, if there is no input of key operation or RPM signal or pulse input for 4Min, the buzzer will beep 0.5s, and then enter into standby mode.

4. Animation effect:

In any exercise mode, if there are signal input, the animation will slide with frequency(the faster the exercise frequency is, the faster the animation change is). When the signal is stop, the animation will stop at the same time.

5.BUTTON FUNCTION:

(1). UP KEY

- A. Press 1 time ,add 1. Press this key more than 1s for fast increase setting.
- B. TIME setting range:0:00~99:00(INTERVAL: 0:01 increment/set, TIME: 1:00 increment/set)
- C. CAL setting range:0~9990 (10 increment/set)
- D. DIST setting range:0~9990 (10 increment/set)
- E. STROKES setting range:0~9990 (10 increment/set)
- F. PULSE setting range:30~230(the preset value is100, 1 increment/set)
- G. In standby mode, press UP and MODE key together for 2s, which can switch METER/MILE.

(2). MODE KEY

- A. In function select mode. Press this key to confirm the function.
- B. In setting mode, press this key to confirm the setting.
- C. In exercise mode, press this key to enter into START/STOP mode.
- D. Every time when press this key, the console will have a Bi Bi sound to remind.
- E. In standby mode, press MODE and SET key together for 2s, which can switch METER/MILE.

(3). RESET KEY

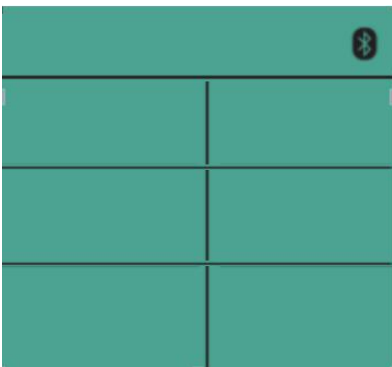
- F. In function select mode, press this key to return to previous function.
- G. In setting mode, press this key to clear the present value.
- H. In STOP mode, press this key to return to standby mode.
- I. Every time when press this key, the console will have a Bi Bi sound to remind.
- J. After power on, press this key for 3s to enter into standby mode. MANUAL(“*” “8”display), INTERVAL(“*” “8”display), TARGET(“*” “8”display), **TIME, DISTANCE, CALORIE, PULSE, SPM, WATT, TOTAL STROKES and STROKES** will display circularly 1 second in turn by SCAN mode.

(4). INTERVAL 20-10 KEY: press this key to enter into interval exercise mode directly.

(5). INTERVAL 10-20 KEY: press this key to enter into interval exercise mode directly.

(6). RECOVERY KEY: when there are heart rate  input, press this key to enter into 60s RECOVERY mode directly. After end the countdown, LCD will display F1-F6.

(7).  ON/OFF KEY:



Press this key to turn on or turn off blue tooth APP. If user has turned on the APP, the console will only display  icon. If user has turned off the APP, the console will display normal, but the APP can not be used.

Note: if user can't exit the exercise mode due to the wrong operate, user can press this key firstly to turn off blue tooth, then the APP will turn off automatically.

- (8). TOTAL RESET KEY: press this key , enter into reboot mode directly, all data will return to zero. (The same as to re-stall batteries.)

6. The connection of blue tooth:

1.1 User can refer the blue tooth APP operation manual to connect.

1.2 Download address: scan the QR code label to download directly.



1.3 User can find the operation manual in the APP.

Remark:

- * When the display of LCD is dim, it means the batteries need to be changed.
- * If there is no signal input, please check if the cable is well connected.