

ULTIM8
FITNESS

Excel Exercise Bike

OWNER'S MANUAL



Maximum weight capacity for this product is 250 lbs/110 kgs.
Product may vary in appearance slightly from what is picture

Ultim8 Fitness

Unit 93, 24-28 St Leonards road, Windsor Berkshire SL4 3BB

0845 226 0067

Support@ultim8fitness.com

SAFETY INSTRUCTION

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:

1. Keep children and pets away from this equipment at all times.
2. Only one person at a time should use this equipment.
3. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Always use this equipment on a clear and level surface. Do not use outdoors or near water.
5. Keep hands and feet away from any moving parts.
6. Do not insert any object into any openings.
7. Read all instructions before assembly and operation.
8. Before using this equipment to exercise, always do stretching exercises to properly warm up.
9. Use this equipment only for its intended use as described in this manual.
10. Always wear appropriate workout clothing and shoes when exercising. Do not wear robes or other clothing that could become caught in the equipment.
11. Always make sure all bolts and nuts are tightened prior to use.

NOTE :

Maximum user weight for this product is 300 lbs/136 kgs.

WARNING

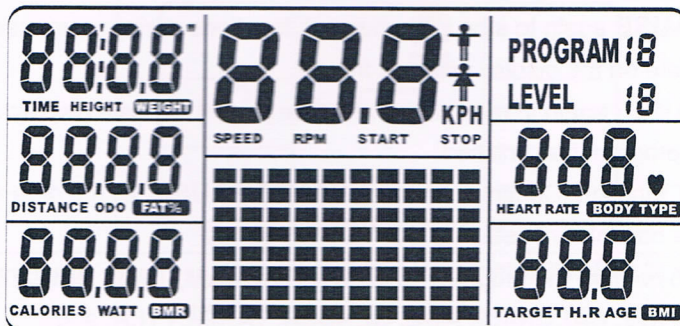
Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury to young children.

Serious injury can occur if this product is not assembled and used correctly.

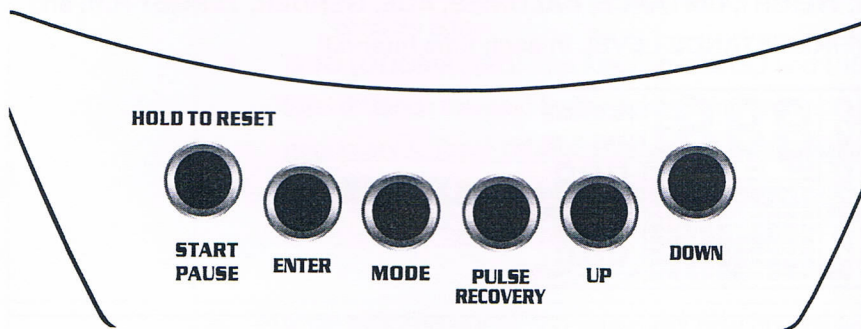
CAUTION

Read all instructions carefully before operating this product.
Retain this Owner's Manual for future reference.

CONSOLE INSTRUCTIONS



- | | | |
|-----------------|------------------|----------------|
| 1 MANUAL | 7 RANDOM | 13 U 1 USER 1 |
| 2 ROLLING | 8 FAT BODY FAT | 14 U 2 USER 2 |
| 3 VALLEY | 9 T.H.R. | 15 U 3 USER 3 |
| 4 FAT BURN | 10 60% MAX H.R. | 16 U 4 USER 4 |
| 5 RAMP | 11 75% MAX H.R. | |
| 6 FITNESS TEST | 12 85% MAX H.R. | |



Program List

- | | | |
|-----------------|------------------|----------------|
| 1 MANUAL | 7 RANDOM | 13 U 1 USER 1 |
| 2 ROLLING | 8 FAT BODY FAT | 14 U 2 USER 2 |
| 3 VALLEY | 9 T.H.R. | 15 U 3 USER 3 |
| 4 FAT BURN | 10 60% MAX H.R. | 16 U 4 USER 4 |
| 5 RAMP | 11 75% MAX H.R. | |
| 6 FITNESS TEST | 12 85% MAX H.R. | |

P1 MANUAL PROGRAM	P2 ROLLING PROGRAM	P3 VALLEY PROGRAM	P4 FAT BURN PROGRAM
P5 RAMP PROGRAM	P6 FITNESS TEST PROGRAM	P7 RANDOM PROGRAM	P8 BODY FAT PROGRAM
P9 TARGET H.R. PROGRAM	P10 60% H.R.C. PROGRAM	P11 75% H.R.C. PROGRAM	P12 85% H.R.C. PROGRAM
P13 USER 1 MODE PROGRAM	P14 USER 2 MODE PROGRAM	P15 USER 3 MODE PROGRAM	P16 USER 4 MODE PROGRAM

- Take a few minutes to review the console layout. Below is an overview of the console's features and functions
- We recommend that you use the console to help vary your workout routine and keep you focused on your process toward your fitness goals. The console can become an important source of motivation and interest which will help keep you on track

Power ON



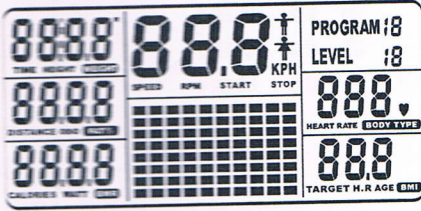

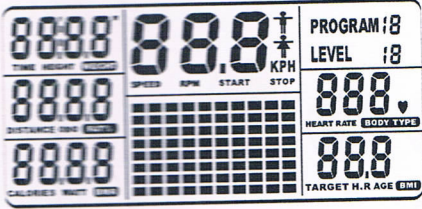

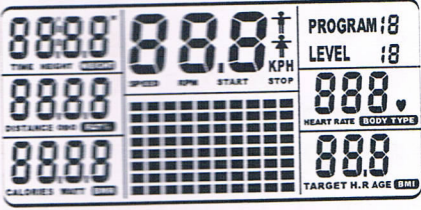
- Make sure the item's adaptor is correctly plugged into the socket
- Pedaling or pressing any keys to active the console. The console display will then light up with a short beep sound, indicating the console will be ready for use

Power Off

The console would automatically shut off after 4 minutes of inactivity

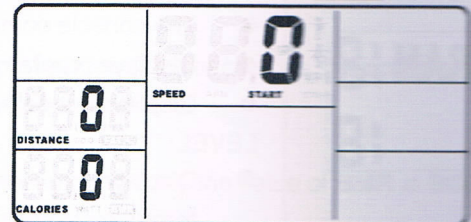
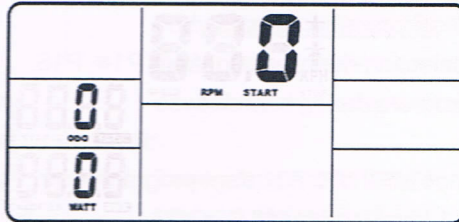
CONSOLE INSTRUCTIONS – CONSOLE BUTTONS

Console Buttons

<p>START / PAUSE</p>  <p>HOLD TO RESET</p>	<p>a. Press START/PAUSE to begin your exercise</p> <p>b. Press START/PAUSE again to stop and pause all functions during your exercise program. All the data on the display will then freeze.</p> <p>c. Press START/PAUSE again to resume the program and all the data displayed will continue until the program has finished.</p> <p>d. HOLD TO RESET function: Continue pressing START/PAUSE, all the data will return to 0 and the console will return to POWER ON status</p>
<p>ENTER</p> 	<p>Press ENTER to confirm the program function (PROGRAM, TIME, HEIGHT, WEIGHT, DISTANCE, CALORIES, AGE, GENDER, TARGET H.R. and TORQUE/RESISTANCE LEVEL in each time interval)</p> 
<p>UP</p> 	<p>Press UP to increase the values of the program function (PROGRAM, TIME, HEIGHT, WEIGHT, DISTANCE, CALORIES, AGE, GENDER, TARGET H.R. and TORQUE/RESISTANCE LEVEL in each time interval)</p> 
<p>DOWN</p> 	<p>Press DOWN to decrease the values of the program function (PROGRAM, TIME, HEIGHT, WEIGHT, DISTANCE, CALORIES, AGE, GENDER, TARGET H.R. and TORQUE/RESISTANCE LEVEL in each time interval)</p> 

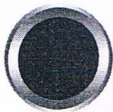
CONSOLE INSTRUCTIONS – CONSOLE BUTTONS

During workout (after pressing **START/PAUSE**), the user could press **MODE** to select **SPEED, DISTANCE** and **CALORIES**, or **RPM, ODO (Odometer)** and **WATT**



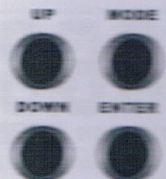
RPM, ODO, WATT will show at the same time SPEED, DISTANCE, CAL. will show at the same time

MODE



DISTANCE and **ODO (ODOMETER)** information:

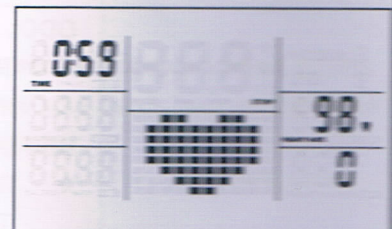
- **DISTANCE:**
 - a. This measures the total distance from 0 to 999 km/Mile.
 - b. After pressing **START/PAUSE**, **DISTANCE** will count up. Press **START/PAUSE** again to pause all functions and **DISTANCE** value during your exercise program.
 - c. Press **START/PAUSE** again to resume the program and **DISTANCE** value will continue counting up until the program finish
 - d. The console would automatically shut off after 4 minutes of inactivity. The **DISTANCE** value's counting will restart from zero after pedaling or pressing any keys to active the console again
- **ODO (ODOMETER):** The function of **ODO** and **DISTANCE** are similar will accumulate the total distance traveled by the item during workout. If there is any necessary to reset ODO's distance value, press UP, MODE, DOWN and ENTER at the same time to let the motor automatically calibrate to reset ODO value to zero



PULSE RECOVERY



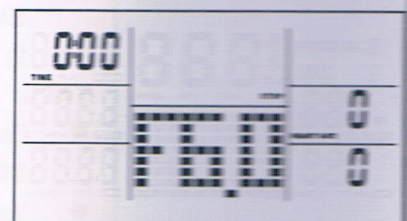
- a. **PULSE RECOVERY** button measures how quickly you return to a resting hear rate after exercising. You could use this button to measure improvement as you get into shape
- b. The console will monitor your pulse for 60 seconds and calculate a **HEART RATE RECOVERY** value from F1.0 to F6.0. F1.0 is best; F6.0 is worst (For Reference Only)
- c. The readout should only be used as a comparison between workouts. It's recommended to use right after any aerobic exercise. Stop exercising before starting the function.



- d. Your pulse will be displayed approximately few seconds after the heart symbol "♥" is displayed









NOTE:

If you don't hold the **HEART RATE SENSORS** on the handrails with both hands properly, the console's HEART RATE value would show "0" and the main screen would show "F6.0" after the console counts down to zero, which means the HEART RATE SENSORS won't be able to pick up the signals. Press any keys to stop the long beep sound, then press **PULSE RECOVERY** button again and make sure to hold the **HEART RATE SENSORS** on the handrails with both hands properly this time






CONSOLE INSTRUCTIONS – CONSOLE FUNCTIONS

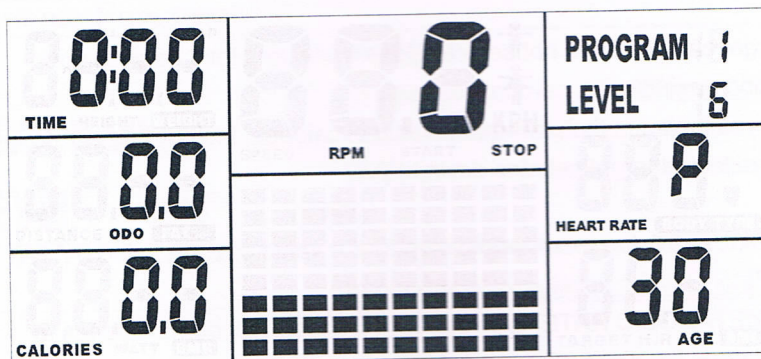
Console Functions

	<p>PROGRAM:</p> <ul style="list-style-type: none"> • The console comes with <u>16 preset programs</u> • Displays programs for selection during setup, from P1 ~ P16 • Displays the selected program during exercise <p>LEVEL:</p> <ul style="list-style-type: none"> • Displays torque/resistance level of the current program, from <u>1 to 16 torque/resistance level; 1 level increment</u>
	<p>TIME:</p> <ul style="list-style-type: none"> • Count Up: If a target time was not selected, TIME will count up from <u>0:00 to maximum 99:59 minutes</u> • Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00 <p>HEIGHT:</p> <ul style="list-style-type: none"> • Display range: <u>110 ~ 250cm; 0.5 cm increment / 3'08" ~ 8' 00"; 1 inch increment; the product is not recommended for children's use</u> <p>WEIGHT:</p> <ul style="list-style-type: none"> • Display range: <u>10 ~ 200KG; 0.2 KG increment / 23 ~ 440 LBS; 0.5 LBS increment; the product is not recommended for children's use</u>
	<p>DISTANCE:</p> <ul style="list-style-type: none"> • Count Up: If a target distance was not selected, this would measure the total distance from <u>0:00 to 999 km/mile</u> • Count Down: If you have set the target distance, the console will count down from that selected target distance down to 0 • During workout (after pressing START/PAUSE), the user could press MODE button to select DISTANCE, or ODO (Odometer)
	<p>ODO:</p> <ul style="list-style-type: none"> • The function of ODO and DISTANCE are similar will accumulate the total distance traveled by the item during workout <p>DIFFERENT RESET INFO. of DISTANCE & ODO:</p> <ul style="list-style-type: none"> • RESET INFO. of DISTANCE: The console would automatically shut off after 4 minutes of inactivity. The DISTANCE value's counting will restart to zero after pedaling or pressing any keys to active the console again • RESET INFO. of ODO: To reset ODO's distance value, press UP, MODE, DOWN and ENTER at the same time to let the motor automatically calibrate to reset ODO value to zero <div style="text-align: right;"> <p>UP MODE</p>   <p>DOWN ENTER</p>   </div> <p>FAT%:</p> <ul style="list-style-type: none"> • During BODY FAT TEST, the result would display the percentage of body fat in BODY FAT PROGRAM (P8) • Your body fat percentage is simply the percentage of the fat your body contains

CONSOLE INSTRUCTIONS – CONSOLE FUNCTIONS

	<p>CALORIES:</p> <ul style="list-style-type: none"> ● Count Up: If target calories were not selected, this measures total calories your body burned during exercise ● Count Down: If you have set the preference value of calories, the console will count down from that selected target calories down to 0 <p>BMR:</p> <ul style="list-style-type: none"> ● During BODY FAT TEST, the result would display the value of BMR in BODY FAT PROGRAM (P8) ● BMR (BASAL METABOLIC RATE) is a rate at which the body burns calories to maintain normal body functions while at rest <p>WATT:</p> <ul style="list-style-type: none"> ● Display the current value of Watt during exercise
	<p>TARGET H.R.:</p> <ul style="list-style-type: none"> ● Display range: 60 ~ 220 BPM (beats per minute) ; 1 BPM increment <p>AGE:</p> <ul style="list-style-type: none"> ● Display range: 10 ~ 99 years old; 1 year-old increment <p>NOTE: Although the console allows input for age beginning at 10 years old, the product is not recommended for children's use</p> <p>BMI:</p> <ul style="list-style-type: none"> ● During BODY FAT TEST, the result would display the value of BMI in BODY FAT PROGRAM (P8) ● BMI (BODY MASS INDEX) is a height/weight formula. From the value of your BMI, you can see whether you are underweight, normal weight, overweight or obese
	<p>HEART RATE:</p> <ul style="list-style-type: none"> ● You must place both of your hands on the Pulse Sensors on the Handlebar. Your pulse will be displayed approximately few seconds after the heart symbol "♥" is displayed ● If you do not place your hands correctly and a few seconds passes without a pulse input, the console will turn off the pulse circuit. Place your hands back on the Pulse Sensors correctly, the pulse readout will appear again <p>BODY TYPE:</p> <ul style="list-style-type: none"> ● During BODY FAT TEST, the result would display the value of BODY TYPE in BODY FAT PROGRAM (P8)

CONSOLE INSTRUCTIONS – MANUAL PROGRAM (P1)



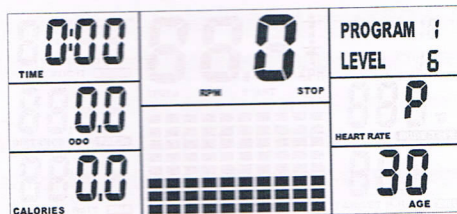
- 1** Prior information: Press any button on the console or begin pedaling to turn on the console
 - a. Make sure that the power cord is properly plugged into the socket.
 - b. The console would automatically shut off after 4 minutes of inactivity
 - c. Press any button on the console or begin pedaling to turn on the console. After a few seconds, the console will then light up with a short beep sound, indicating the console will be ready for use
- 2** Prior information: "HOLD TO RESET" button, an easy way to reset and enter into POWER ON status

START / PAUSE



HOLD TO RESET

Continue pressing **START/PAUSE** a few seconds, all the data will reset to the initial value and the console will return to **POWER ON** status



POWER ON status

3 Normal way to operate MANUAL PROGRAM (P1)

A. ENTER MANUAL PROGRAM (P1)

ENTER button:

When the power is turned on, the manual program (P1) will be selected,
pressing **ENTER** button to confirm and enter **MANUAL PROGRAM (P1)**

OR

- a. **START/PAUSE** button:
If you have selected other program (P2~P16)
pressing **START/PAUSE** button to pause the current program
- b. **UP** or **DOWN** button:
Press **UP** or **DOWN** button to select **MANUAL PROGRAM (P1)**
- c. **ENTER** button:
Press **ENTER** button to confirm and enter **MANUAL PROGRAM (P1)**

CONSOLE INSTRUCTIONS – MANUAL PROGRAM (P1)

B. SET THE DESIRED TIME or DESIRED DISTANCE

To avoid the user to select TIME and DISTANCE in the same program to confuse the user couldn't distinguish which one (TIME or DISTANCE) as the first priority. User could only select TIME or DISTANCE in the same program, one at the time

If you would like to select TIME value, not DISTANCE value:

UP or DOWN button:



- After pressing the **ENTER** button to enter into **MANUAL PROGRAM (P1)**, the **TIME** function mode will appear with the display flashing "0:00".
- Use **UP** or **DOWN** buttons to set the desired **TIME** (1:00 TO 99:00; 1 MINUTE INCREMENT)

NOTE for TIME:

- Count Up: If a target time was not selected, **TIME** will count up from 0:00 to maximum 99:59 minutes
- Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00

If you would like to select DISTANCE value, not TIME value:

ENTER button and then UP or DOWN button:



- After pressing the **ENTER** button to enter into **MANUAL PROGRAM (P1)**, the **TIME** function mode will appear with the display flashing "0:00".
- Press the **ENTER** button again, the **DISTANCE** function mode will then appear with the display flashing "0.0"
- Use **UP** or **DOWN** buttons to set the desired **DISTANCE** (1 TO 999KM/MILE; 1 KM/MILE INCREMENT)

NOTE for DISTANCE:

- Count Up: If a target distance was not selected, this would measure the total distance from 0:00 to 999 km/mile
- Count Down: If you have set the target distance, the console will count down from the selected target time down to 0

CONSOLE INSTRUCTIONS – MANUAL PROGRAM (P1)

C. SET THE DESIRED CALORIES and YOUR AGE

1. **ENTER** button and then **UP** or **DOWN** button:



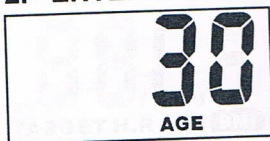
- Press **ENTER** button to confirm **TIME** or **DISTANCE** value and enter the mode to set the **CALORIES**
- Use **UP** or **DOWN** buttons to set the desired **CALORIES (10 TO 9990KCAL; 10**

KCAL
INCREMENT)

NOTE for CALORIES:

- Count Up: If target calories was not selected, this would measure total calories burned during exercise
- Count Down: If you have set the preference value of calories, the console will count down from that selected value down to 0

2. **ENTER** button and then **UP** or **DOWN** button:



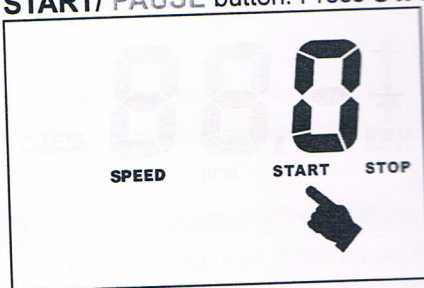
- Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **AGE**
- Use **UP** or **DOWN** buttons to set your **AGE (10 TO 99 YEARS OLD; 1 YEAR OLD**

NOTE for AGE:

NOTE: Although the console allows input for ages beginning at 10 years old, the product is not recommended for children's use

D. START EXERCISE

START/ PAUSE button: Press **START/ PAUSE** to begin exercise. "**START**" would then appear on the screen



E. DURING WORKOUT, ALWAYS MONITOR YOUR CURRENT HEART RATE STATUS



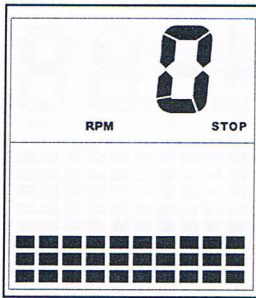
NOTE for HEART RATE:

- You must place both of your hands on the **Pulse Sensors** located on the **Seat Handlebar**. Your pulse will be displayed approximately few seconds after the heart symbol "♥" is displayed
- If you do not place your hands correctly and a few seconds pass without a pulse input, the console will off the pulse circuit. The console will then display an error message "P". Place your hands back on the **Sensors** correctly, the pulse readout will appear again



CONSOLE INSTRUCTIONS – MANUAL PROGRAM (P1)

F. DURING WORKOUT, THE TORQUE/TENSION LEVEL IS EASILY CHANGED AT ANY TIME



UP or **DOWN** button: You can change the torque/tension level (from 1 to 16 levels) at any

time during workout by pressing **UP** or **DOWN** button

G. DURING WORKOUT, ALWAYS NOTICE TARGET HEART RATE – A EASY WAY TO SET A GOAL TO STRENGTHEN YOUR CARDIOVASCULAR WORKOUT



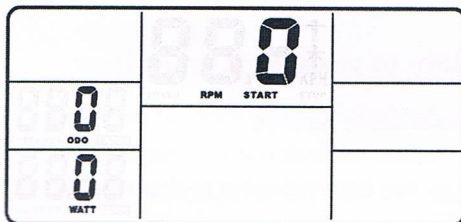
- To improve your cardiovascular condition, while input your personal age during the setting mode, the console will calculate the appropriate **TARGET HEART RATE** for you automatically
- The **TARGET HEART RATE** calculation is based on 85% of the maximum heart rate. For example: For a 30-year-old user, the max. user heart rate should be 161 =

$$(220-30) \times 85\%$$

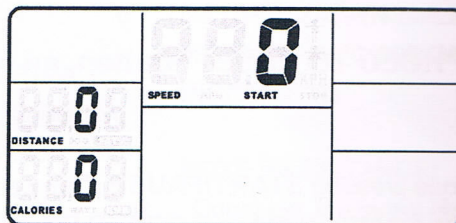
- The console will monitor your pulse and compare the value of your pulse with **TARGET HEART RATE**. The value of **HEART RATE** will keep flashing to warn you to slow down or lower the torque/resistance level if your pulse value is greater than **TARGET HEART RATE**

H. DURING WORKOUT, HOW TO REVIEW SPEED, DISTANCE, CALORIES, RPM, ODO (ODOMETER) AND WATT

During workout (after pressing **START/PAUSE**), the user could press **MODE** to select **SPEED, DISTANCE** and **CALORIES**, or **RPM, ODO (Odometer) and WATT**

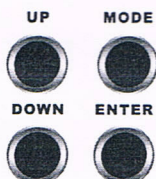


RPM, ODO, WATT will show at the same time

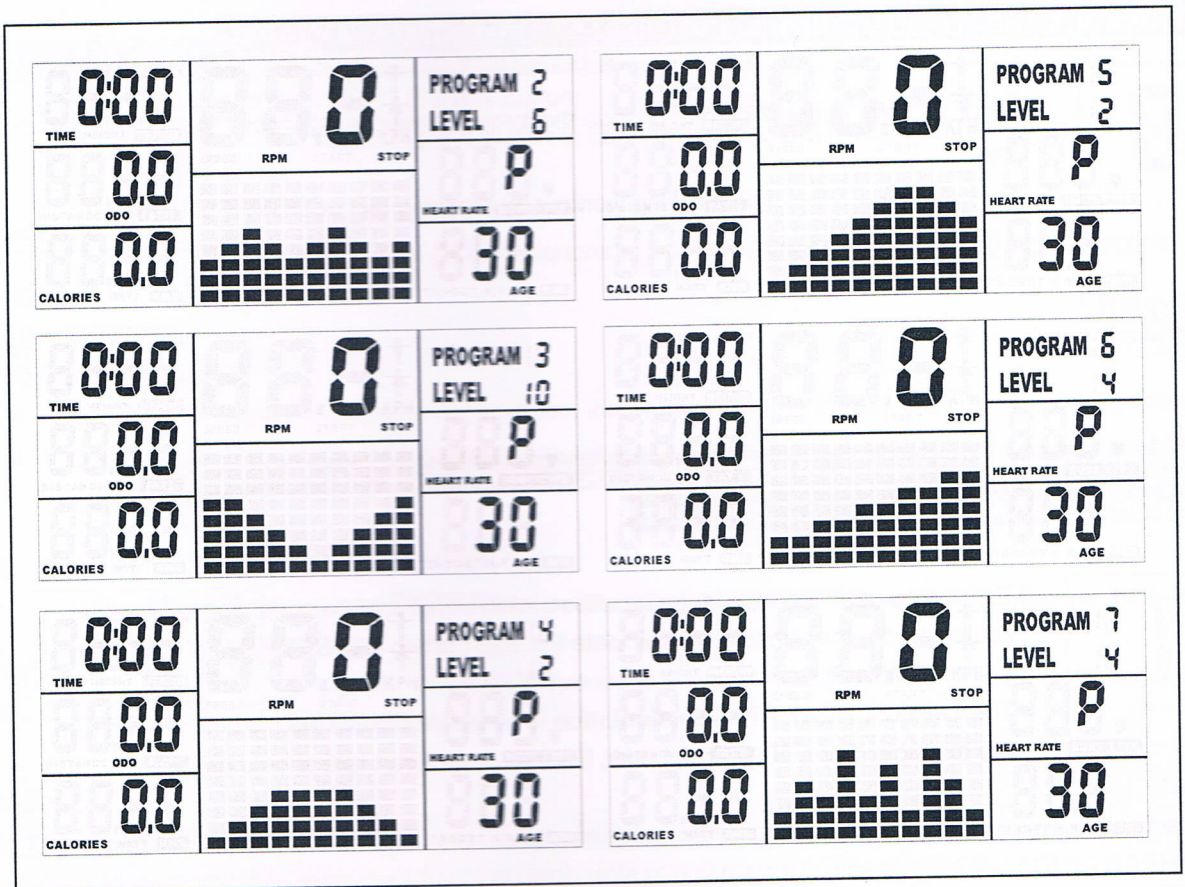


SPEED, DISTANCE, CAL. will show at the same time

About **ODO (odometer)**, the function is similar to **DISTANCE**, will accumulate the total distance traveled by the item during workout. If there is any necessary to reset **ODO's** distance value, press **UP, MODE, DOWN** and **ENTER** at the same time to let the motor automatically calibrate to reset **ODO** value to zero



CONSOLE INSTRUCTIONS – PROGRAM (P2 ~ P7)



1 Prior information: Press any button on the console or begin pedaling to turn on the console

- Make sure that the power cord is properly plugged into the socket
- The console would automatically shut off after 4 minutes of inactivity
- Press any button on the console or begin pedaling to turn on the console. After a few seconds, the console will then light up with a short beep sound, indicating the console will be ready for use

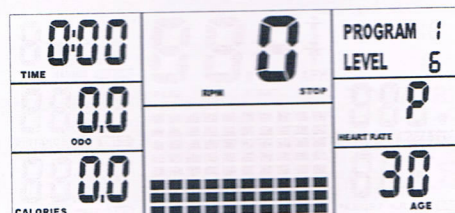
2 Prior information: "HOLD TO RESET" button, an easy way to reset and enter into POWER ON status

START / PAUSE



HOLD TO RESET

Continue pressing **START/PAUSE** a few seconds, all the data will reset to the initial values and the console will return to **POWER ON** status



POWER ON status

CONSOLE INSTRUCTIONS – PROGRAM (P2 ~ P7)

3 Normal way to operate PROGRAM (P2~P7)

A. ENTER MANUAL PROGRAM (P2~P7)

a. **START/PAUSE** button:

If you have selected other program (P1 or P8 ~ P16), pressing **START/PAUSE** button to pause the current program

b. **UP** or **DOWN** button:

Press **UP** or **DOWN** button to select **PROGRAM (P2 ~ P7)**

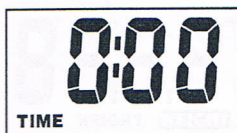
c. **ENTER** button:

Press **ENTER** button to confirm and enter **PROGRAM (P2 ~ P7)**

B. SET THE DESIRED TIME or DESIRED DISTANCE

To avoid the user to select **TIME** and **DISTANCE** in the same program to confuse the user couldn't distinguish which one (**TIME** or **DISTANCE**) as the first priority. User could only select **TIME** or **DISTANCE** in the same program, one at the time

If you would like to select **TIME** value, not **DISTANCE** value:
UP or **DOWN** button:

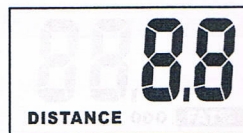


- After pressing the **ENTER** button to enter into **PROGRAM (P2 ~ P7)**, the **TIME** function mode will appear with the display flashing "0:00"
- Use **UP** or **DOWN** buttons to set the desired **TIME (1:00 TO 99:00; 1 MINUTE INCREMENT)**

NOTE for TIME:

- Count Up: If a target time was not selected, **TIME** will count up from 0:00 to maximum 99:59 minutes
- Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00

If you would like to select **DISTANCE** value, not **TIME** value:
ENTER button and then **UP** or **DOWN** button:



- After pressing the **ENTER** button to enter into **PROGRAM (P2 ~ P7)**, the **TIME** function mode will appear with the display flashing "0:00".
- Press the **ENTER** button again, the **DISTANCE** function mode will then appear with the display flashing "0.0"
- Use **UP** or **DOWN** buttons to set the desired **DISTANCE (1 TO 999KM/MILE; 1 KM/MILE INCREMENT)**

NOTE for DISTANCE:

- Count Up: If a target distance was not selected, this would measure the total distance from 0:00 to 999 km/mile
- Count Down: If you have set the target distance, the console will count down from the selected target time down to 0

CONSOLE INSTRUCTIONS – PROGRAM (P2 ~ P7)

C. SET THE DESIRED CALORIES and YOUR AGE

1. **ENTER** button and then **UP** or **DOWN** button:



a. Press **ENTER** button to confirm the **TIME** or **DISTANCE** value and enter the mode to set

the **CALORIES**

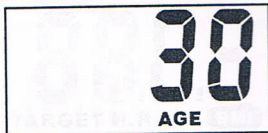
b. Use **UP** or **DOWN** buttons to set the desired **CALORIES (10 TO 9990KCAL; 10**

KCAL
INCREMENT)

NOTE for CALORIES:

- Count Up: If target calories was not selected, this would measure total calories burned during exercise
- Count Down: If you have set the preference value of calories, the console will count down from that selected value down to 0

2. **ENTER** button and then **UP** or **DOWN** button:



a. Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the

AGE

b. Use **UP** or **DOWN** buttons to set your **AGE (10 TO 99 YEARS OLD; 1 YEAR OLD**

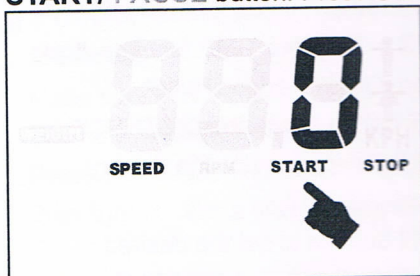
INCREMENT)

NOTE for CALORIES:

NOTE: Although the console allows input for ages beginning at 10 years old, the product is not recommended for children's use

D. START EXERCISE

START/ PAUSE button: Press **START/ PAUSE** to begin exercise. "**START**" would then appear on the screen

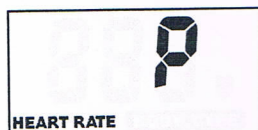


E. DURING WORKOUT, ALWAYS MONITOR YOUR CURRENT HEART RATE STATUS



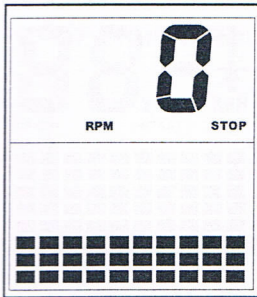
NOTE for HEART RATE:

- You must place both of your hands on the **Pulse Sensors** located on the **Seat Handlebar**. Your pulse will be displayed approximately few seconds after the heart rate symbol "♥" is displayed
- If you do not place your hands correctly and a few seconds pass without a pulse input, the console will turn off the pulse circuit. The console will then display an error message "P". Place your hands back on the **Pulse Sensors** correctly, the pulse readout will appear again



CONSOLE INSTRUCTIONS – PROGRAM (P2 ~ P7)

F. DURING WORKOUT, THE TORQUE/TENSION LEVEL IS EASILY CHANGED AT ANY TIME



UP or **DOWN** button: You can change the torque/tension level (from 1 to 16 levels) at any

time during workout by pressing **UP** or **DOWN** button

G. DURING WORKOUT, ALWAYS NOTICE TARGET HEART RATE – A EASY WAY TO SET A GOAL TO STRENGTHEN YOUR CARDIOVASCULAR WORKOUT



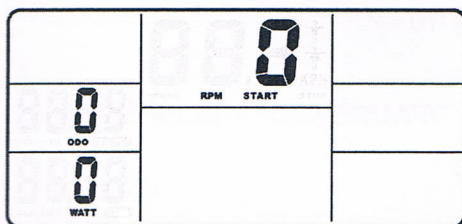
- To improve your cardiovascular condition, while input your personal age during the setting mode, the console will calculate the appropriate **TARGET HEART RATE** for you automatically
- The **TARGET HEART RATE calculation** is based on 85% of the maximum heart rate. For example: For a 30-year-old user, the max. user heart rate should be

$$161 = (220-30) \times 85\%$$

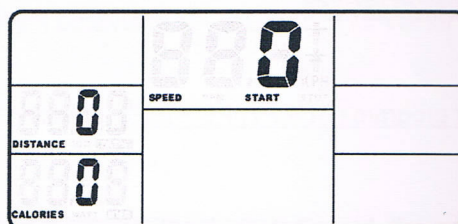
- The console will monitor your pulse and compare the value of your pulse with **TARGET HEART RATE**. The value of **HEART RATE** will keep flashing to warn you to slow down or lower the torque/resistance level if your pulse value is greater than **TARGET HEART RATE**

H. DURING WORKOUT, HOW TO REVIEW SPEED, DISTANCE, CALORIES, RPM, ODO (ODOMETER) AND WATT

During workout (after pressing **START/PAUSE**), the user could press **MODE** to select **SPEED, DISTANCE** and **CALORIES**, or **RPM, ODO (Odometer)** and **WATT**



RPM, ODO, WATT will show at the same time



SPEED, DISTANCE, CAL. will show at the same time

About **ODO (odometer)**, the function is similar to **DISTANCE**, will accumulate the total distance traveled by the item during workout. If there is any necessary to reset **ODO's** distance value, press **UP, MODE, DOWN** and **ENTER** at the same time to let the motor automatically calibrate to reset **ODO** value to zero

