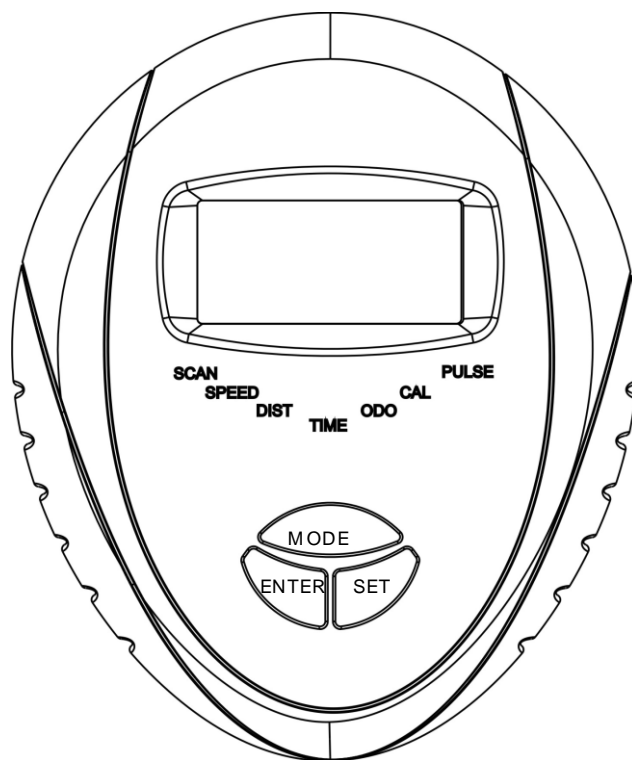INSTRUCTION MANUAL

FUNCTION MARK:

1. SCAN   2. SPEED   3 DIST   4. TIME   5. ODO   6. CAL   7. PULSE

FUNCTIONS AND OPERATIONS:

KEY BOARD

1、MODE ：Press Mode to choose functions. Keep pressing Mode Key for 3 seconds, LCD fully display for 1 second and the previous values of all function are back to 0.

2、ENTER： Under "STOP" condition, press "ENTER" to preset the values for DIST, TIME and CAL.

Under "START" condition, press "ENTER" to select the display of all functions.

3、SET ： Press "SET" to select the values for DIST, TIME and CAL, and then press ENTER again to set the value.

SUMMARY:

This monitor is equipped with an auto on /auto off function. The computer will come on automatically if the exercise machine is in motion. If stop exercising for over 6 minutes, the computer will turn itself off.

RESET FUNCTION:

Press the MODE button over 3 seconds, this will reset all functional values to zero except Odometer Value. **When all of the functions display, the symbol of the pulse will not appear**

SCAN:

Press the MODE button until the monitor displays SCAN. Monitor will automatically rotate display SPEED, DIST, TIME, ODO & CAL every 30 seconds. Each display will be held for 6 seconds.

SPEED:

Press the MODE button until the arrow points to SPEED. Monitor will display the current speed.

DISTANCE:

Press the MODE button until the arrow points to DIST. Monitor will display the trip distance you are traveling. If you have set the distance, the computer will count down once you've begun your exercise.

TIME:

Press the MODE button until the arrow points to TIME. Monitor will count your riding time. If you have set the time, the computer will count down once you've begun your exercise.

ODOMETER:

Press the MODE button until the arrow points to ODO. Monitor will display the total accumulated distance.

CALORIE:

Press the MODE button until the arrow points to CAL. Monitor will accumulate the calorie consumption. If you have set the calorie, the computer will count down you've begun your exercise.

● PULSE:

Press the MODE button until the heartbeat symbol ♥ starts flickering; monitor will display your current heartbeat per minute.

SPECIFICATION:

FUNCTION	Auto Scan	Every 6 seconds
	Speed	Unit: KPH or MPH (According to inside setting)
	Distance	0.1-999.9 Mile or KM (According to inside setting)
	Time	0:00-99:59 (Minute: Second)
	Odometer	0.1-999.9 KM or Mile (According to inside setting)
	Calorie	0.1-999.9 Kcal
	Pulse	40-240 BPM
Sensor		No-contact magnetic type
Battery type		Two pieces of SIZE-AAA
Operation temperature		0℃ - +40℃ (32°F - 104°F)