

XLG Exercise Computer (III)

SPECIFICATIONS:

TIME-----	00:00 - 99:59 MIN:SEC
SPEED-----	0.0 - 999.9 KM/H OR ML/H
DISTANCE-----	0.00 - 99.99 KM OR ML
CALORIES-----	0.0 - 999.9 KCAL
ODOMETER(if have)-----	0.00 - 99.99 KM OR ML
PULSE(if have)-----	40 - 200 BEATS/MIN

KEY FUNCTION:

MODE/SELECT: To select the function you want. Hold the key for 4 seconds to have all function values reset except the **ODOMETER(TOTAL)**.

SET(if have): To input the target value by the key except the **ODOMETER(TOTAL)**.

RESET/CLEAR(if have): To let the value reset except the **ODOMETER(TOTAL)**.

OPERATION PROCEDURES:

AUTO ON/OFF . The monitor will be automatically shut off if there is no signal coming in for 4 minutes. The monitor will be auto-powered when start exercise or press the key.

FUNCTION:

- <1>. **TIME (TMR)** Displays the workout time while exercising.
- <2>. **SPEED (SPD)** Displays the current speed.
- <3>. **DISTANCE (DST)** Accumulates the distance while exercising.
- <4>. **CALORIES (CAL)** Displays amount of calories consumed while exercising.
- <5>. **ODOMETER(TOTAL) (if have)** Displays the total distance while exercising.

Accumulates total distance from all previous workouts combined.

The ODOMETER can't be reset (by any key); to reset you must remove the battery.

- <6>. **PULSE (PUL) (if have)**. Displays the user's heart rate per minute while exercising. Remark: You have to hold on reaction planks with both hands.
- <7>. **SCAN** Automatically scans through each function: ①TIME②SPEED③DISTANCE④CALORIES⑤PULSE(if have)⑥ODOMETER(if have).

BATTERY If display shows improperly on the monitor, please replace the batteries to improve your result. This monitor uses two "AA" batteries.