

# EXERCISE COMPUTER WITH PULSE INSTRUCTION MANUAL

## FUNCTIONAL BUTTONS:

**MODE**-Push down for selecting functions. If the long time holds down MODE button will turn completely 0.

**SET**-To set the values of time, distance pulse and calories when not in scan mode.

**RESET**-Push down for resetting time, distance and calories. the current data change is 0 .

If the long time holds down RESET, besides the ODO position, the material will turn completely 0.

## FUNCTION AND OPERATIONS:

### 1. SCAN:

Press "MODE" button until "SCAN" appears, monitor will rotate through all the 4 functions :Time, speed, distance, calorie , ODO, and pulse , Each display will be hold 6 seconds.

### 2. TIME: (1)Count the total time from exercise start to end.

(2)Press "MODE" button until "TIME" appears, press "SET" button to set exercise time. When the "SET" is zero, the computer will alarm 5 seconds.

### 3. SPEED: Display current speed.

### 4. DIST: (1)Count the distance from exercise start to end.

(2)Press "MODE" button until "DIST" appears, Press "SET" button to set exercise distance. When the "SET" is zero, the computer will alarm 5 seconds.

### 5. CALORIES: (1)Count the total calories from exercise start to end.

(2)Press "MODE" button until "CAL" appears, Press "SET" button to set exercise calories.

When the "SET" is zero, the computer will alarm 5 seconds.

### 6. ODO: The total distance which this function is refers to from battery capacity period runs.

### 7. PULSE RATE:

Press MODE button until "PULSE" appears. Before measuring your pulse rate, please place your palms of your hands on Both of your contact pads and the monitor will show your current heart beat rate in beats per minute (BPM) on the LCD after 6~7 seconds.

Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value can not be regarded as the basis of medical treatment.

### 8. ALARM: The computer will "Beep" when press "MODE" , "SET" and "RESET" buttons.

### 9. AUTO ON/OFF & AUTO START/STOP

Without any signal for 8 minutes, the power will turn off automatically. As long as the wheel is in motion or press any button, the monitor is in action.

## SPECIFICATIONS:

FUNCTION	Auto Scan	Every 6 seconds
	Running Time	00:00-99:59
	Current speed	0.0~999.9 KM/ML
	Trip Distance	0.0~999.9 KM/ML
	Total distance(ODO)	0.0~999.9 KM/ML
	Calories	0.0~999.9 Kcal
	Pulse Rate	40~240BPM
Battery type		2 pcs of size - AA or UM - 3
Operating temperature		0°C~+40°C
Storage temperature		-10°C~+60°C