

GB

## Computer instruction

### Display function:

Item	Description
TIME	.Display user workout time. .Display range 0:00~1:59:00
DISTANCE	.Display user workout distance. .Display range 0.5~100
CALORIES	.Display calories consumption during workout . .Display range 0 ~ 2000
PULSE	.Display userheart-rate during workout . .Display range 30~230
WATT	.Display the power consumption during training
SPEED	.Display current training speed
PACE	.Set the time to reach the target distance
Load	Display LOAD resistance value for each level in WATT window when adjust LOAD resistance Display range L1~L4

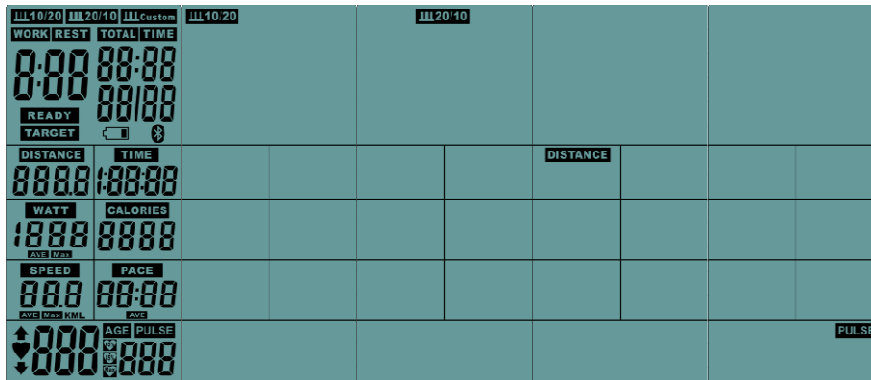
### Button function:

Item	Description
Up ▲	· Adjust function value up.
Down ▼	· Adjust function value down.
Enter	· Confirm setting or selection.
Start	· Start workout quickly or resume workout in Stop mode.
Stop	· To stop/pause workout. · Hold on this key for 2 seconds to reboot the console.
Interval	· here are 3 programs: INTERVAL 10/20,INTERVAL 20/10, Custom Interval .
Target Distance	· Fast access to Target Distance training mode.
Target Calories	· Fast access to Target Calories training mode.
Target Heart-rate	· Fast access to Target Heart Rate training mode.
Target Time	· Fast access to Target Time training mode.

## Operation procedure :

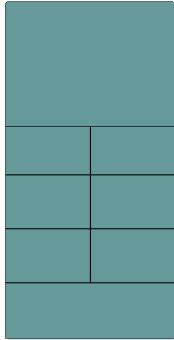
### Power on--

1. When POWER ON, LCD will full display 1s (Figure 1) with long beep sound, then enter into display standby mode( FIG 2), the pictures will be displayed from top ICON to bottom in sequence. Press STOP button for 2s, then enter into standby mode.



(FIG 1) (FIG 2)

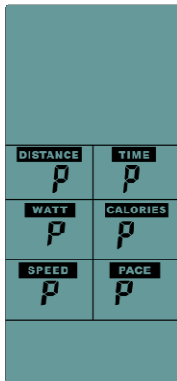
2. If no input of key operation or RPM signal input in 4Min, LCD will go to Sleeping mode(FIG 3).



(FIG 3)

### 3. Break mode:

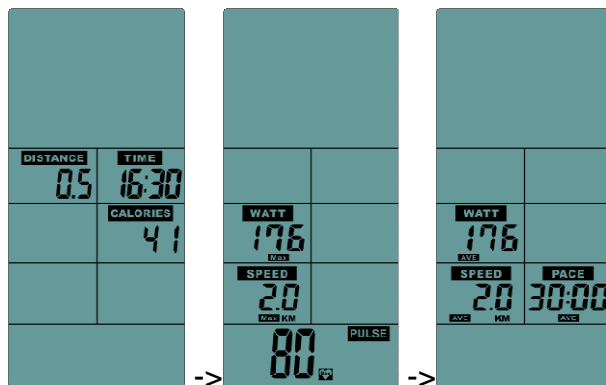
When START, press “START” button one time, enter into Break mode with buzzer sound 0.5s by every 30s. Computer still display all functions ,but LCD windows display”P” .Buzzer will sound for 1s and enter into stand by mode after broke with 5 Min, then press ” START “to continue. (FIG 4)



(FIG 4)

### 4. Stop mode:

Press “STOP” button with buzzer sound 0.5s, enter into Stop mode. All the LCD windows no display ,but after 0.5s LCD will display TIME, DIST, CAL( display KM or ML according to the setting).After 7s with buzzer sound 0.25s, LCD display MAX ICON, WATTS,SPEED ,PULSE,also after keep shows 7s with buzzer sound 0.25s, LCD display AVE ICON WATTS , SPEED ,PACE, after keep shows 7s without display any data at the moment, then re-show the data two times and enter into stand by mode.(FIG 5)



(FIG 5)

## 5. Quick start :

A. In stand by mode , with single RPM>20 input, quick press “START”,buzzer sound 0.5s, then TIME、 CALORIES、 DISTANCE、 WATTS、 SPEED、 &PACE shining in in sequence , the value will count up according to the operation.



(FIG 6)

B. ”PULSE” ICON is lighten, if any heart single input the “PULSE” ICON is flashing with current value,if no heart single input LCD display “P”.

C. If without any single input in 5Min, the buzzer rings for 0.5s and computer will back to stand by mode .

D. If did not complete the setting in 30 seconds, the buzzer sounded for 0.5 seconds and back to standby mode.

E. Press the “START “button once, enter into the break mode, and press “START” to continue running.

F. Press the “STOP” button to sound the buzzer for 0.5 seconds and enter into the stop mode.

G. If the result of movement is displayed, press “STOP” button to leave and return to standby mode.

H. When adjust the adjustment button, it will display the LOAD resistance for each segment in WATT window.

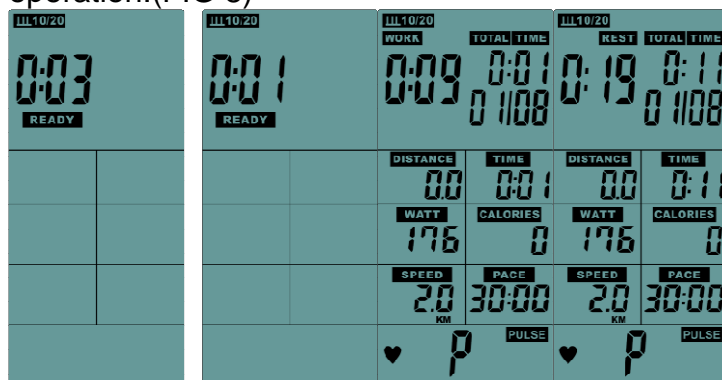
## 6. INTERVAL10/20:

A. Press” INTERVAL10/20” button ,enter to this mode , LCD display **III 10/20** |CON , with buzzer beeps 0.5s.

B. If did not input in 30s when setting, computer will back to standby mode.

C. The “READY” ICON counts down from 3s to 0s , meanwhile with a short buzzer beep

(FIG 7) , LCD display "01/XX"("01" is flashing) . The "WORK" ICON is flashing one time every 1s with buzzer sounds( shining 0.75s/ put out 0.25s) ,"TIME"ICON counts down from 10s to 0s, DISTANCE、CALORIES、WATTS、SPEED、RPM count up according the operation.(FIG 8)



(FIG 7)

(FIG 8)

D. After Work 10s, LCD window display"01/08"("01" is flashing), "REST" ICON is keep flashing , the buzzer rings for 0.25s per 1s, TIME start to count down from 20s to 0s.

E. Work & REST display in cycle , cycle count increase 1 every time till reach to 08/08(total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode.(The average value of the sports results is only calculated within the Work time)

F. when the last REST is reached ,this mode is stop directly.

G. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.

H. Press the "START "button once, enter into the break mode, and press "START" to continue running.

I. Press the "STOP" button to sound the buzzer for 0.5s and enter into the stop mode.

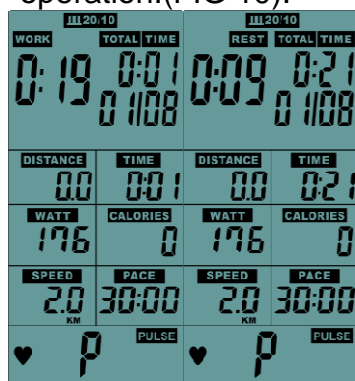
J. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

#### 7、INTERVAL 20/10:

A. Press" INTERVAL20/10" button ,enter to this mode , LCD display **II 20/10** ICON(FIG 10) , with buzzer beeps 0.5s.

B. If did not input in 30s when setting, computer will back to standby mode.

C. The "READY" ICON counts down from 3s to 0s , meanwhile with a short buzzer beep (FIG 7) , LCD display "01/XX"("01" is flashing) . The "WORK" ICON is flashing one time every 1s with buzzer sounds ( shining 0.75s/ put out 0.25s) ,"TIME"ICON counts down from 10s to 0s, DISTANCE、CALORIES、WATTS、SPEED、RPM count up according the operation.(FIG 10).



(FIG 10)

D. After Work 10s, LCD window display"01/08"("01" is flashing), "REST" ICON is keep

flashing , the buzzer rings for 0.25 seconds per second, TIME start to count down from 20s to 0s.

E. Work & REST display in cycle , cycle count increase 1 every time till reach to 08/08(total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode.(The average value of the sports results is only calculated within the Work time)

F. when the last REST is reached ,this mode is stop directly.

G. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.


H. Press the “START “button once, enter into the break mode, and press “START” to continue running.

I. Press the “STOP” button to sound the buzzer for 0.5s and enter into the stop mode.

J. If the result of movement is displayed, press “STOP” button to leave and return to standby mode.

## **8、 INTERVAL CUSTOM :**

A. Press” INTERVAL CUSTOM” button ,enter to this mode , LCD display

 Custom ICON(FIG 13) , with buzzer beeps 0.5s.

B. LCD display the presetting value 01, press “UP、 DOWN”button to setting (setting range 01~20), it is non-recyclable ( FIG 14).

C. Press “ENTER” confirmed, “WORK” ICON is flashing, LCD window “TOTAL TIME “ display the presetting value 0:30. Press”UP、 DOWN” button to setting(setting range:0:05~30:00), it is non-recyclable ( FIG 15).

D. Press “ENTER” confirmed, “REST” ICON is flashing, LCD window “TOTAL TIME “ display the presetting value 0:20. Press”UP、 DOWN” button to setting(setting range:0:05~30:00), it is non-recyclable ( FIG 16).

E. Press “ENTER” confirmed, meanwhile with a short buzzer rings 0.5s , LCD display ”01/XX”(“01”is flashing) . The “WORK” ICON is flashing one time every 1s with buzzer sounds( shining 0.75s/ put out 0.25s) ,”TIME”ICON counts down from the setting value, DISTANCE、 CALORIES、 WATTS、 SPEED、 PACE count up according the operation.

F. There is set RSET time, matrix displays 01/XX(part 01 is flashing), “REST” ICON keep flashing, The buzzer rings for 0.25s every second.

G. “Work” & “REST “display in cycle , cycle count increase 1 every time till reach to 08/08(total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode.(The average value of the sports results is only calculated within the Work time)

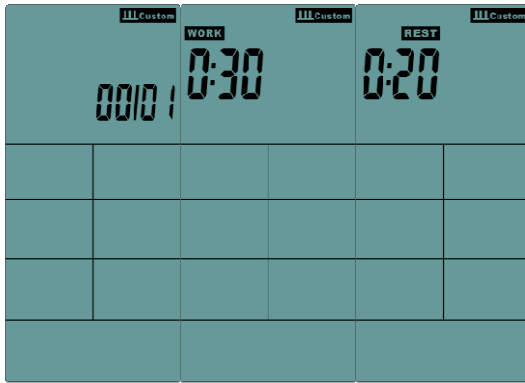
H. when the last REST is reached ,this mode is stop directly.

I. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.

J. Press the “START “button once, enter into the break mode, and press “START” to continue running.

K. Press the “STOP” button to sound the buzzer for 0.5 seconds and enter into the stop mode.

L. If the result of movement is displayed, press “STOP” button to leave and return to standby mode.



(FIG 14) (FIG 15) (FIG 16)

### 9、 TARGET TIME:

- A. Press "TARGET TIME" button ,enter to this mode , LCD flashing display TARGET& TIME .
- B. LCD "TIME" window display the presetting value 1:00 or the last setting value.press "UP、 DOWN"button to setting (setting range 1:00~1:59:00), it is non-recyclable .
- C. After setting, press "ENTER" confirmed , TARGET&TIME ICON continue to flashing ,meanwhile start to count down form setting value.
- D. Press the "START "button once, enter into the break mode, and press "START" to continue running.
- E. Press the "STOP" button to sound the buzzer for 0.5s and enter into the stop mode.
- F. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
- G. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.
- H. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

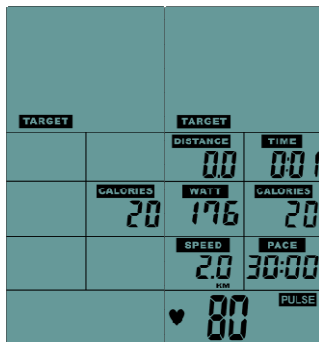


### 10、 TARGET CALORIES:

- A. Press "TARGETCALORIE" button ,enter to this mode , LCD flashing display TARGET& CALORIE.
- B. LCD "CALORIE" window display the presetting value 2:00 or the last setting value.press "UP、 DOWN"button to setting (setting range 1~2000), it is non-recyclable.
- C. After setting, press "ENTER" confirmed , TARGET&CALORIE ICON continue to flashing ,meanwhile start to count down form the setting value.
- D. Press the "START "button once, enter into the break mode, and press "START" to continue running.
- E. Press the "STOP" button to sound the buzzer for 0.5s and enter into the stop mode.
- F. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.

G. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.

H. If the result of movement is displayed, press “STOP” button to leave and return to standby mode.



### 11、 TARGET DISTANCE :

A. Press” TARGETDISTANCE” button ,enter to this mode , LCD flashing display TARGET& DISTANCE.

B. LCD “DISTANCE” window display the presetting value 0.5KM/0.5Miles or the last setting value.press “UP、 DOWN”button to setting (setting range0.5~100), it is non-recyclable.

C. After setting, press” ENTER” confirmed , TARGET&DISTANNCEcontinue to flashing ,meanwhile start to count down form the setting value.

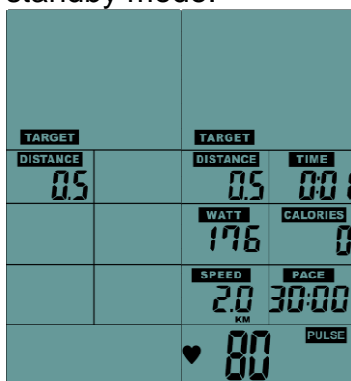
D. Press the “START “button once, enter into the break mode, and press “START” to continue running.

E. Press the “STOP” button to sound the buzzer for 0.5s and enter into the stop mode.

F. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.

G. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.

H. If the result of movement is displayed, press “STOP” button to leave and return to standby mode.



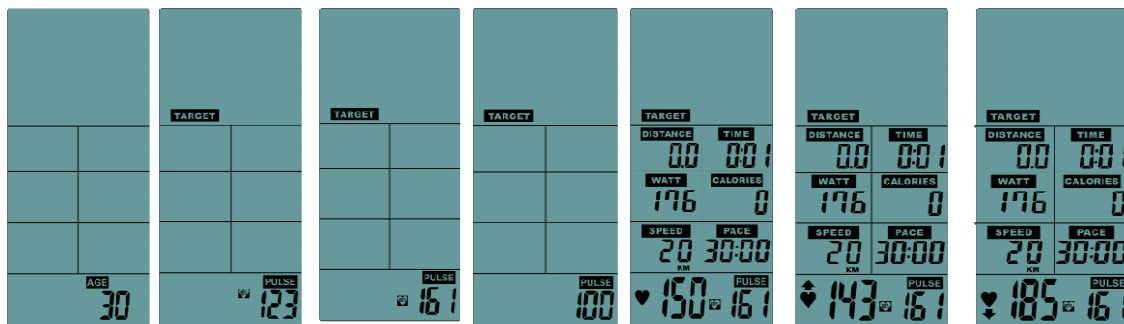
### 12、 TARGET HEART RATE :

A. Press” TARGETHEART RATE” button ,enter to this mode , LCD flashing display Age ICON with presetting value 30 or the last setting value.Press “UP、 DOWN”button to setting (setting range11~99), it is non-recyclable.

B. After setting, press” ENTER” confirmed , LCD display the presetting value 65% , press



- “UP、DOWN”button to adjust to 65% or 85% & the value of Pulse,LCD will shows the corresponding value.
- C. If selected PULSE, LCD display the presetting value”100”, press”UP、DOWN”button to setting (setting range 30~230),it is non-recyclable.
- D. Press”ENTER”button to start to count,TARGET & PULSE ICON is flashing.
- E. When the heartbeat value is higher or lower than the setting value (+/-10%), the PULSE value is displayed continuously.
- F. The heartbeat value is lower than the setting value (<10%), and the PULSE window "UP IOCN" flashes to remind USER to accelerate.
- G. The heartbeat value is higher than the setting value (>10%), and the PULSE window "DOWN IOCN" flashes to remind USER to slow down
- H. The heartbeat value is higher than or equal to the setting value of 100%. The buzzer rings 3 short sounds every 1s. After 10 times, the heartbeat value is still not lower than 100%, the buzzer rings 1s and enter into the stand by mode.
- I. Without any heart single input in 30s, the “PULSE” LCD window display “P” ,buzzer rings 1s and enter into the stand by mode.
- J. Press the “START “button once, enter into the break mode, and press “START” to continue running.
- K. Press the “STOP” button to sound the buzzer for 0.5 seconds and enter into the stop mode.
- L. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
- M. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.
- N. If the result of movement is displayed, press “STOP” button to leave and return to standby mode.



Set Age 65% 85% PULSE START < TARGET10%>TARGET10%

## To order spare parts

To guarantee an efficient service, make sure you have the following items before you contact our After Sales Service:

The name or **reference of the product**.

The **manufacturing number** shown on the main chassis and on the packing box.

The **number of the missing or faulty part** shown on the exploded view of the product described in this manual.

**After Sales Service**  
Email: [service-uk@carefitness.com](mailto:service-uk@carefitness.com)

**INTENSIVE LINE**



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