



I. Description of the window

1. Time window: display the time, the corresponding time indicator lights up when displaying the time.
2. Pacing window: displaying the pacing speed, the pacing indicator light is on when the pacing speed is displayed.
3. Distance window: displays distance data, mileage indicator lights up when distance is displayed.
4. Calorie Window: Displays calorie data, calorie indicator light is on when calorie is displayed.
5. Paddle frequency window: display paddle frequency, paddle frequency indicator light when displaying paddle frequency.
6. Resistance window: display resistance, resistance indicator light on when resistance is displayed.
7. Speed window: display speed, speed indicator light when displaying speed.
8. Total pulp times window: display the total pulp times, when displaying the total pulp times, the total pulp times indicator light.
9. When Bluetooth is connected, the Bluetooth indicator light is always on.
10. In standby, the speed window displays P00 for free training mode.
11. The device enters pause mode after stopping for more than 5 seconds during exercise, and the speed window displays 'PAU'.

II. Description of the data display

Item	Event	Display window	Display Instructions
1	Show Full View		1. Display Bluetooth connection status, it will be displayed when APP is connected, but not when Bluetooth heart rate is connected; 2. Display the exercise time, pace, mileage, calories, frequency, resistance, speed and total number of pulses.
2	Time		00:00 ~ 99:59
3	Gearing		0:00 ~ 99:59
4	Mileage (distance)		0.00 ~ 99.99 km
5	Calorie (loanword)		0 ~ 9999 kilocalorie (Kcal)
6	Starch frequency		0 ~ 999
7	Resistances		1 ~ 32
8	Speed		0.0 ~ 99.9 km/h
9	Total number of pulp sessions		0 ~ 999
10	Bluetooth icon		Display: Bluetooth connected

III. Operation instructions of the electronic watch

1. Shortly press the knob in the standby interface or start the movement directly to enter the movement interface.
2. Rotate the knob in standby interface to enter the program movement interface, the speed window displays P01-P10 in turn, a total of 10 different programs, and the resistance window displays the resistance of the first movement of the program. Short press the knob to confirm the selection of the program and enter the countdown setting interface, then rotate the knob to adjust the countdown time, short press the knob again to start the movement.
3. standby interface short press the side button to enter the countdown interface, speed window shows 'L', time window flashes to show 30:00, at this time for the time countdown movement mode, turn the knob can adjust the countdown time. Press the side button briefly to switch to distance countdown mode, the distance window flashes to show 5.00, turn the knob to adjust the countdown distance. Press the side button again to switch to calorie countdown mode, the calorie window flashes 50, turn the knob to adjust the calorie countdown. After setting the value of countdown mode, press the knob briefly to start countdown exercise.
4. Press and hold the side button for 3 seconds to reset the electronic meter, and reset in any interface of the shutdown state can return to the standby interface.

IV. Built-in Programs and Mode Diagrams for Electronic Watches

Resistance: 32 stops

program	Name	Timing	Programs	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
P00	quick start	Positive timing, maximum 99:59 to zer	resistances	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
P01	Beginner's training	Default: 30 minutes.	resistances	1	2	3	4	6	8	10	12	15	18	20	25	28	15	5
P02	interval training	Default: 30 minutes.	resistances	5	15	25	15	25	15	25	15	25	15	25	15	25	15	10
P03	Fat Loss Training	Default: 30 minutes.	resistances	10	15	20	25	28	25	20	15	20	25	28	25	20	15	10

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P04	Mountain mode	Default 30 minutes	Resistance	5	10	15	20	25	20	25	20	25	20	25	20	25	15	10
P05	Off-Road Mode	Default 30 minutes	Resistance	5	15	20	25	30	25	20	25	30	25	20	15	25	20	10
P06	Highway Mode	Default 30 minutes	Resistance	10	15	20	15	20	15	20	15	20	15	20	15	20	15	20
P07	Undulating road	Default 30 minutes	Resistance	10	20	10	20	10	20	10	20	10	20	10	20	10	20	10
P08	Easy Mode	Default 30 minutes	Resistance	5	10	10	15	20	15	10	10	15	20	15	10	10	10	5
P09	Endurance Mode	Default 30 minutes	Resistance	10	20	25	30	30	30	25	25	25	30	30	25	25	25	10
P10	Racing Mode	Default 30 minutes	Resistance	10	20	25	25	25	25	25	25	25	25	25	25	25	20	10

Description of the countdown mode

Model	Name	Introduction	Time	Programs
M1	Time	time countdown mode	Default 30 minutes	Starting resistance 1, resistance manually adjusted by the trainer, countdown to the end of the machine stops running, such as continue to exercise data clear after the restart counting.
M2	Distance	distance countdown mode	Default 5.0Km	Starting resistance 1, resistance is manually adjusted by the trainer, the machine stops running at the end of the countdown distance, if the movement continues the data is cleared and the counting starts again.
M3	Calories	Calorie countdown mode	Default 50Kcal	Starting resistance 1, resistance is manually adjusted by the trainer, the machine stops running at the end of the calorie counting, if you continue to exercise the data is cleared and restart counting.

V. Supplementary description of the mode

1. The electronic watch supports unmanned movement for 30 seconds pause, 2 minutes after the data zero reset, 3 minutes after entering the "sleep mode" display off.

2. After Bluetooth connection, it can't be switched to the interface of program movement and countdown movement.

FCC Caution:

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

—Reorient or relocate the receiving antenna.

—Increase the separation between the equipment and receiver.

—Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

—Consult the dealer or an experienced radio/TV technician for help.