

ANATOMYX

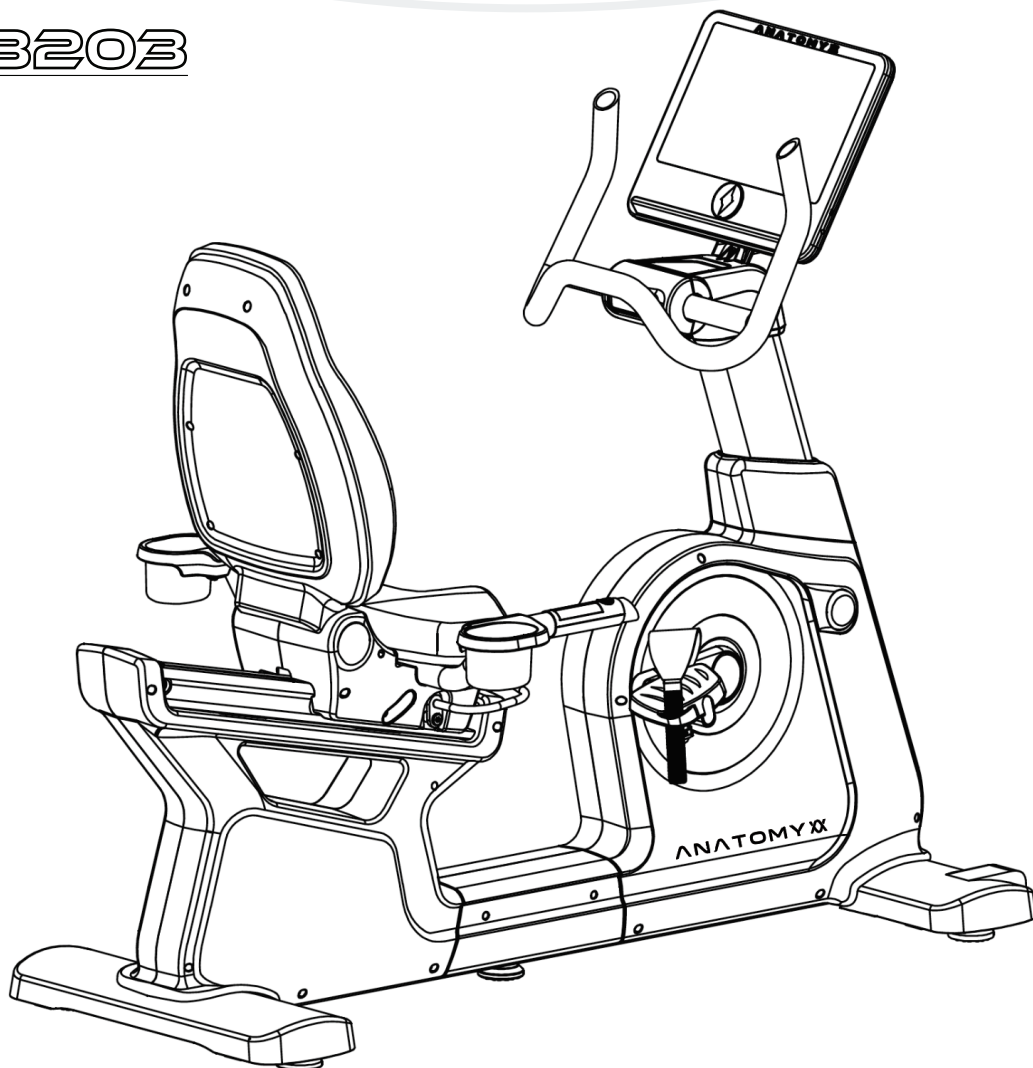
// THE FITNESS EQUIPMENT CO. //

RECUMBENT - LED

VELTRIX SERIES

Owners Manual

AF-8203



www.anatomyfitness.co

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:
Read all instructions before using (this appliance).

Before You Start

Thank you for purchasing this Product! For your safety and benefit, read this manual carefully before using the machine.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

IMPORTANT SAFETY NOTICE

PRECAUTIONS

BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS:

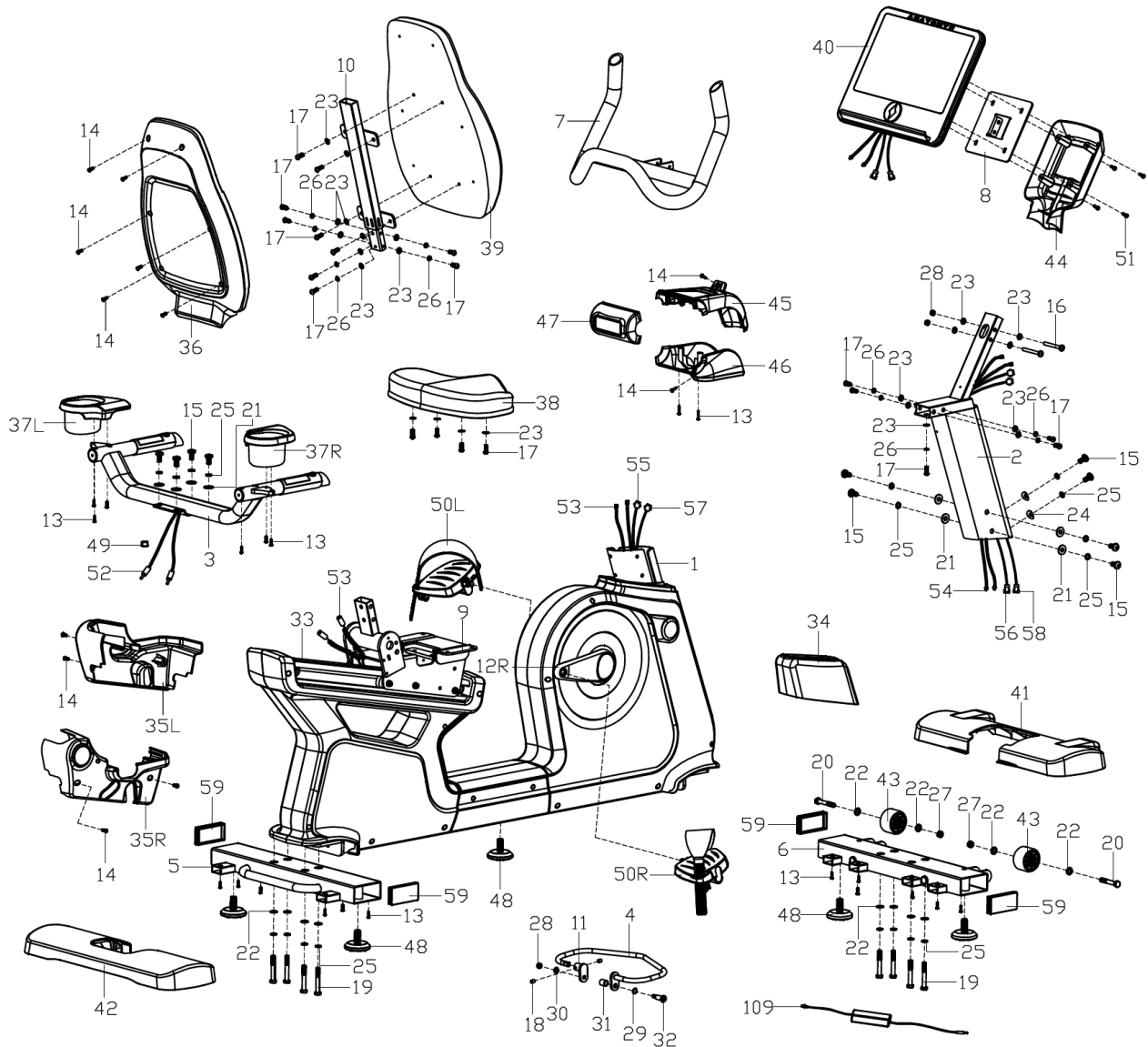
1. Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
2. Set up the machine in a dry level place and leave it away from moisture and water.
3. Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in assembly to avoid dirt etc.
4. Before beginning training, remove all objects within a radius of 9.8feet (2meters) from the machine.
5. DO NOT use aggressive cleaning articles to clean the machine, only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
6. Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc.) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
7. Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
8. This machine can be used for only one person's training at a time.
9. Wear training clothes and shoes which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
10. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor asap.
11. People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
12. The power of the machine increases with increasing the speed, and the reverse.

13. To reduce the risk of electrical shock, burns, fire or other possible injuries to the user, it is important to review this manual and the precautions before operation.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

SAVE THESE INSTRUCTIONS / Maximum user's weight: (396.8 lbs. (180.0 kg))

EXPLODED DIAGRAM



PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	31	Spacer	1
2	Handlebar post	1	32	Bolt	1
3	Handrail	1	33	Guide rail	1
4	Adjustable handlebar	1	34	Handlebar post cover	1
5	Rear stabilizer	1	35L/R	Seat cover L/R	1/1
6	Front stabilizer	1	36	Backrest cover	1
7	Handlebar	1	37L/R	Commodity shelf L/R	1/1
8	Computer block	1	38	Seat	1
9	Seat slider	1	39	Backrest	1
10	Back bracket	1	40	Computer	1
11	Adjustable connector	1	41	Front stabilizer cover	1
12L/R	Crank L/R	1/1	42	Rear stabilizer cover	1
13	Phillips tapping screw ST4.2x18	49	43	Transport wheel	2
14	Phillips screw M5x15	14	44	Computer rear cover	1
15	Allen bolt M10x20	10	45	Computer upper cover	1
16	Allen bolt M8x70xL15	2	46	Computer bottom cover	1
17	Allen bolt M8x20	19	47	Computer front cover	1
18	Allen bolt M8x10	2	48	Foot pad	5
19	Hex bolt M10x70 xL25	8	49	Crossline hole plug.	2
20	Hex bolt M10x65 xL15	2	50L/R	Pedal L/R	1/1
21	Flat washer D26xd10x2	8	51	Phillips screw M5x15	4
22	Flat washer D20xd10x2	12	52	Pulse sensor wire	2
23	Flat washer D16xd8x1.5	29	53	Pulse extension wire 1	2
24	Arc washer $\Phi 10.2 \times \Phi 25 \times 2$	2	54	Pulse extension wire 2	2
25	Spring washer D10	18	55	Light board extension wire 1	1
26	Spring washer D8	11	56	Light board extension wire 2	1
27	Nylon nut M10	2	57	Control extension wire 1	1
28	Nylon nut M8	9	58	Control extension wire 2	1
29	Wave washer $\Phi 12 \times \Phi 16 \times 0.3$	7	59	Square end cap	4
30	Flat washer D16xd8x1.5	1			

60	Battery holder	1	85	Bearing6001RZ	6
61	Combination of idler wheel	1	86	Pullback spring	1
62	Swing Plate Assembly	1	87	Torsional spring	1
63	Phillips tapping screw ST4.2x8	10	88	Center shaft	1
64	Phillips tapping screw ST3.5x10	6	89	Sleeve for center shaft	1
65	Elastic collar D17	1	90	Alloy sleeve small	3
66	Phillips screw M6x20	3	91	Mandrel bolt	2
67	Phillips screw M6x20	2	92	Wheel sleeve	6
68	Phillips screw M5x17	3	93	The shaft on the limit seat	2
69	Allen bolt M8x16	4	94	Sleeve inside the center shaft	1
70	Hex bolt M6x20	4	95	Belt plate	1
71	Hex bolt M6x15	4	96	One-way self-generation	1
72	Flat washerΦ25xΦ32x2	1	97	Pulley shaft bolt	6
73	Flat washer D16xD8x1.5	5	98	Elastic retaining ring for hole	6
74	Flat washer D6xΦ16x1.5	5	99	Chain guard L/R	1/1
75	Flat washer D12xD6x1.2	4	100	Decorative cover for a rotary table	2
76	Flat washer D16xD5x1.2	3	101L/R	Connecting shield L/R	1/1
77	Flat washer D10xD5x1	2	102L/R	Guide rail guard L/R	1/1
78	Power supply hole plug	1	103	The decorative cover of the lampshade	2
79	Spring washer D6	7	104	Crank hole cover	2
80	Nylon nut M6	7	105	Belt	1
81	Hex nut M25x1.5	1	106	Pulley	6
82	Wave washerΦ26xΦ32x0.3	1	107	The Position-limiting seat	4
83	Bearing6005	2	108	Limit adjustment block	1
84	Bearing6203	2	109	Adaptor	1

NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

◆ Take time to review the manual and familiarize yourself with the entire assembly process before proceeding.

◆ Although this product can be assembled by one person, we recommend having the assistance of another individual. This is especially convenient when assembling multiple parts or moving the equipment.

Assembly Tip: It is always helpful to pre-stage the items needed for each assembly step.

ASSEMBLY INSTRUCTIONS

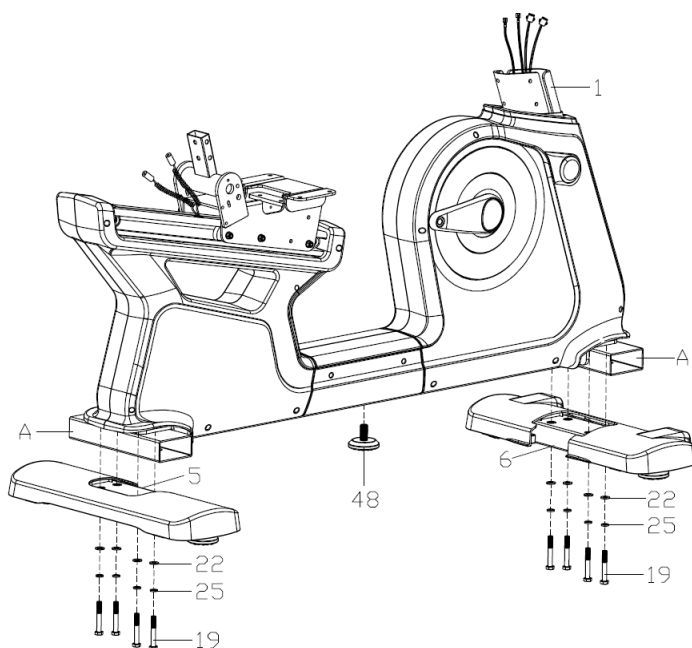
Step 1:

Unload the Wrapping tube(A) from the Main frame (1). Put away the Wrapping tube(A) for use in the next packing.

Attach the Rear stabilizer (5) and Front stabilizer (6) to the Main frame (1) with the Hex bolt (19), Spring washers (25) and Flat washers (22).

Fix the Foot pad (48) to the Main frame (1).

Adjust the Foot pad (48) to be parallel to the foot pad of Rear stabilizer (5) and Front stabilizer (6).



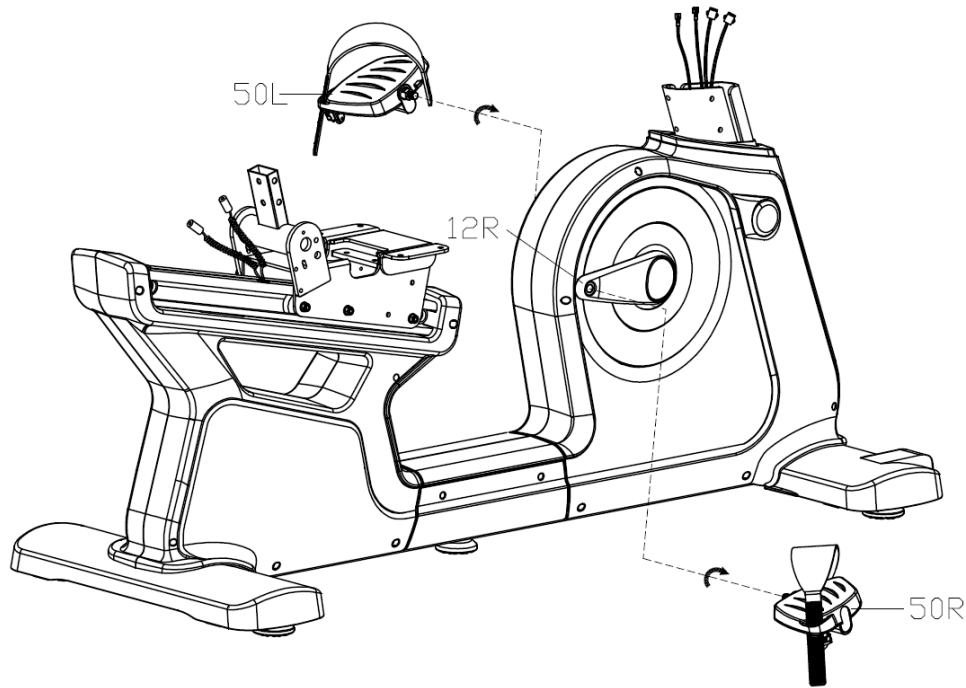
Step 2:

Attach the Pedals (50L/R) to the Cranks (12L/R) respectively with wrench.

Note: The marks “L” and “R” on the pedal are for left and right side of the crank. The pedal (L) should be turned counterclockwise to the crank (L). On the contrary, the pedal (R) should be turned clockwise to

the crank (R).

Note: Make ensure the Pedals are securely locked during exercise to avoid any damage to the threads of Pedals or Cranks, please check on regular basis.

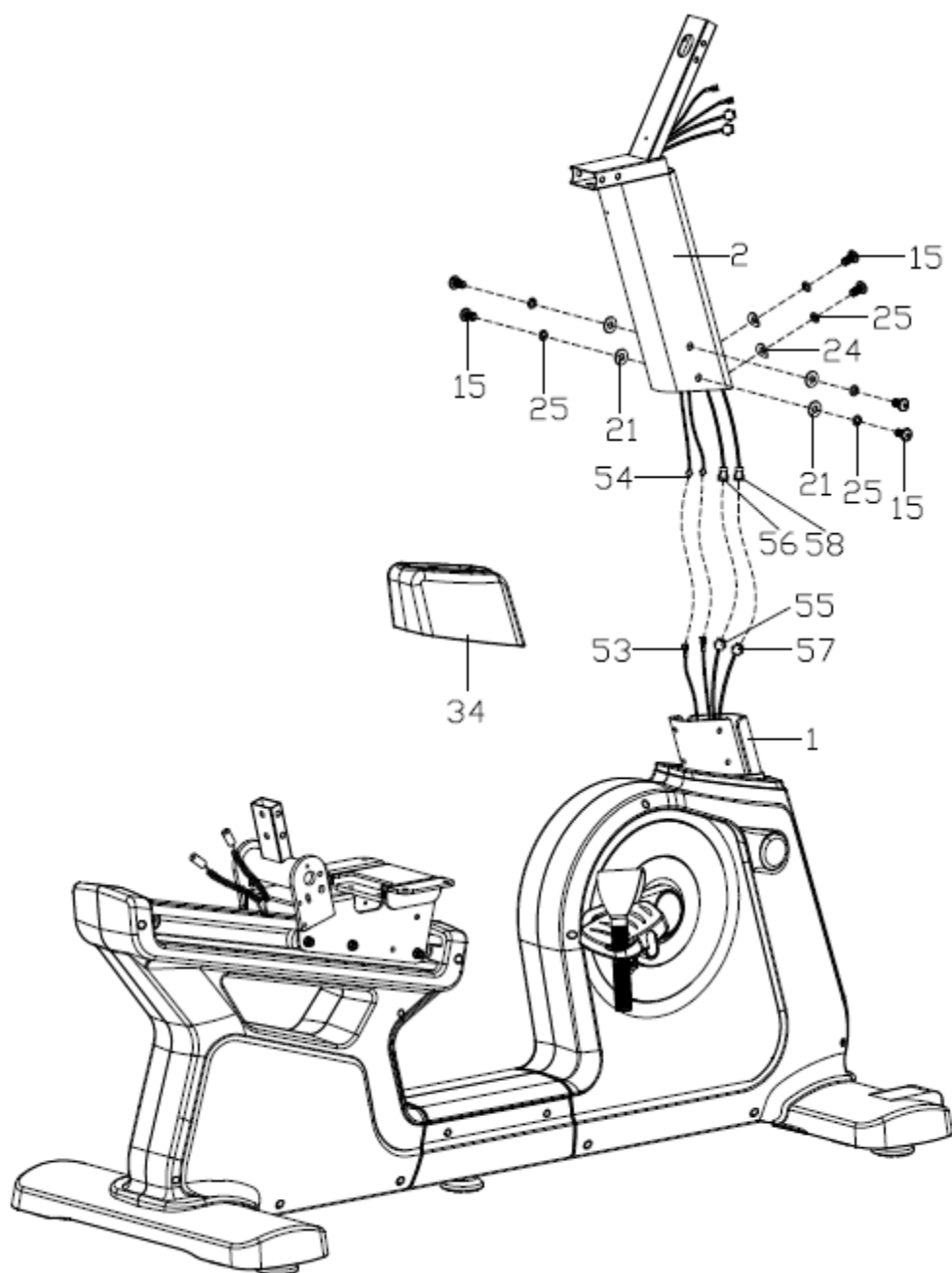


Step 3:

Slide down the Handlebar post cover (34) to Handlebar post (2).

Connect the Pulse extension wire 1 (53) and Pulse extension wire 2 (54), Light board extension wire 1(55) and Light board extension wire 2 (56), Control extension wire 1 (57) and Control extension wire 2 (58) well.

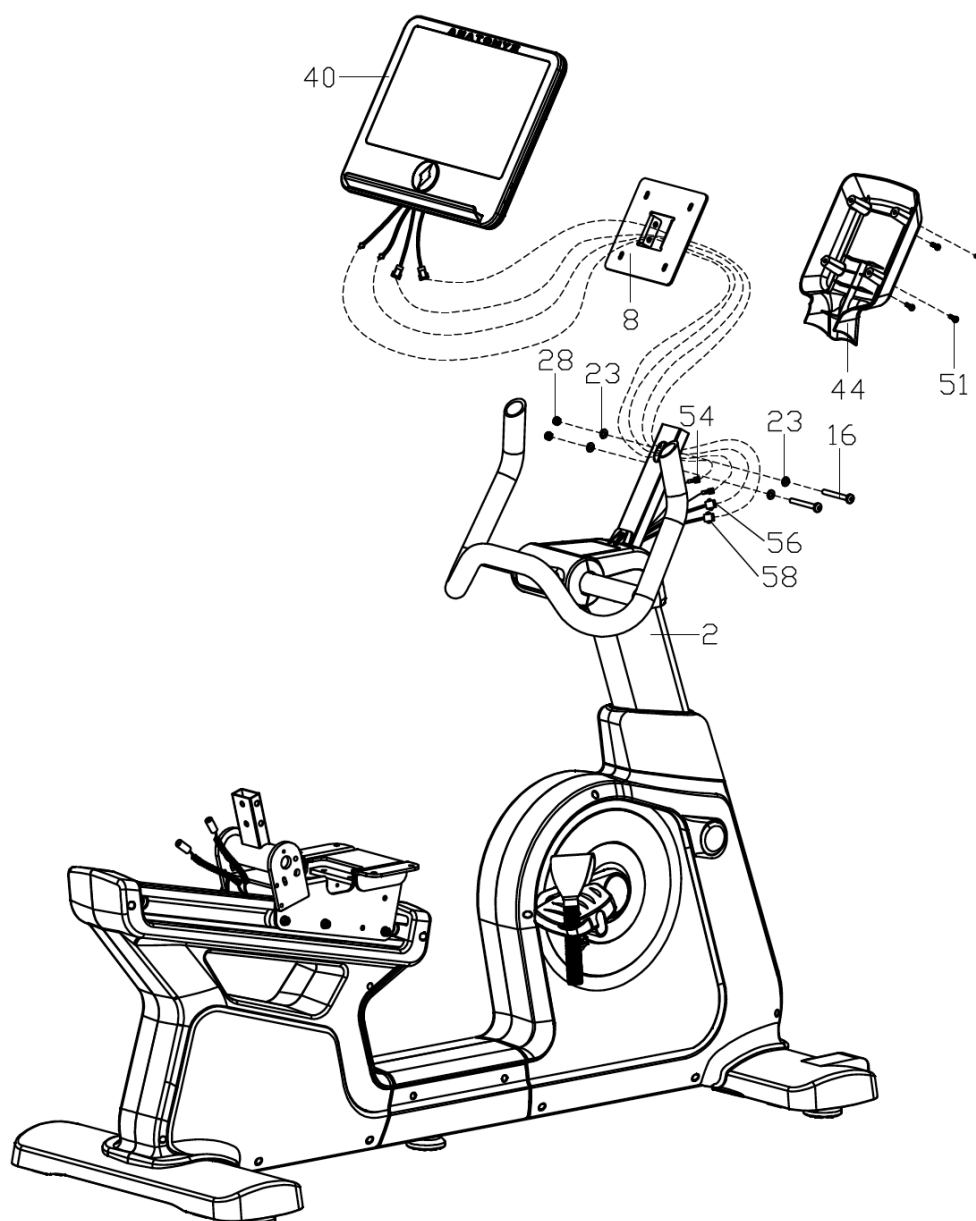
Attach Handlebar post (2) to Main frame (1) with Allen bolt (15), Spring washer (25) and Flat washer (21), and then cover the Handlebar post cover (34).



Step 4:

Attach the Handlebar (7) to the Handlebar post (2) with the Allen bot (17), Spring washer (26) and Flat washers (23).

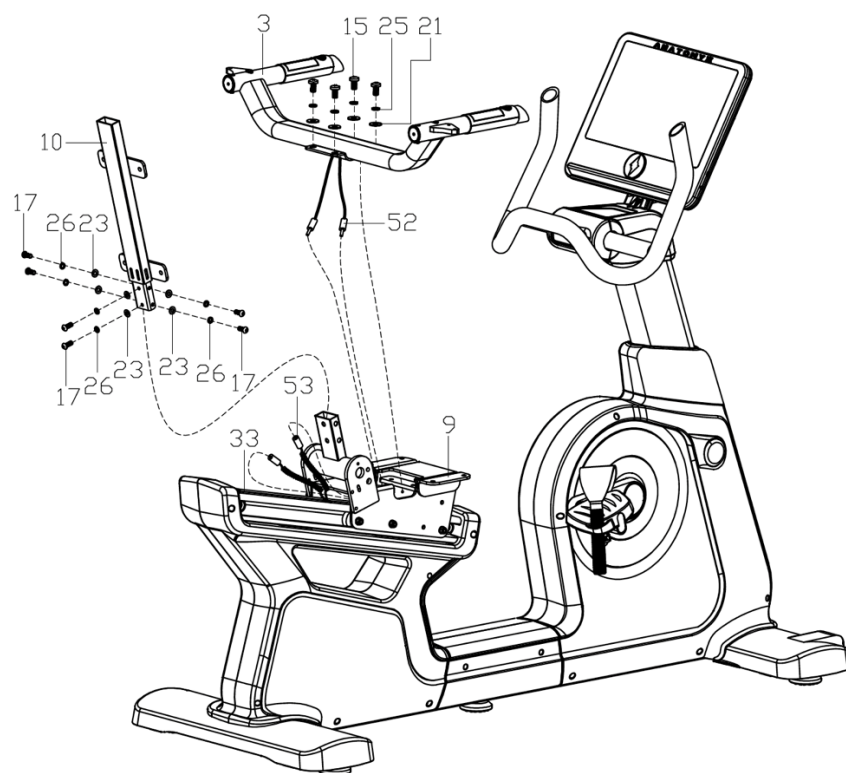
Attach Computer upper cover (45) and Computer bottom cover (46) to Handlebar post (2) with Phillips tapping screw (13) and Phillips screw (14). Clip the Computer front cover (47) into Computer upper cover (45) and Computer bottom cover (46).



Step 6:

Feed the Pulse sensor wire (52) through Guide rail (33) and connect with Pulse extension wire 1 (53) and attach Handrail (3) to Seat slider (9) with Allen bolt (15), Spring washer (25) and Flat washer (21).

Insert the Back bracket (10) to the support tube of Seat slider (9) and then fix Back bracket (10) to Seat slider (9) with Allen bolt (17), Spring washer (26) and Flat washer (23).

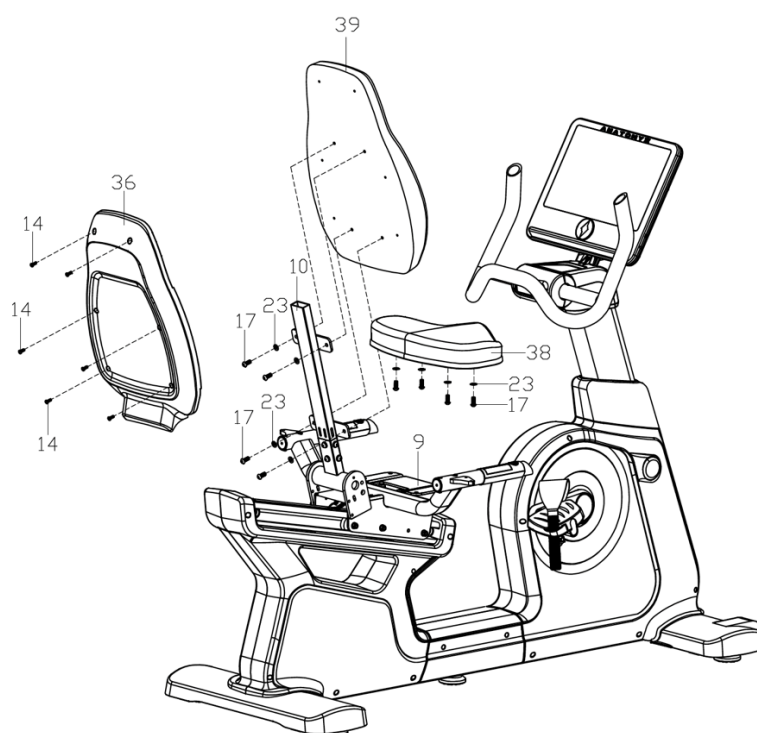


Step 7:

Attach the Backrest (39) to the Back bracket (10) with Allen bolt (17) and Flat washers (23).

Attach the Backrest cover (36) to the Backrest (39) with Phillips screw (14).

Attach the Seat (38) to the Seat slider (9) with Allen bolt (17) and Flat washers (23)

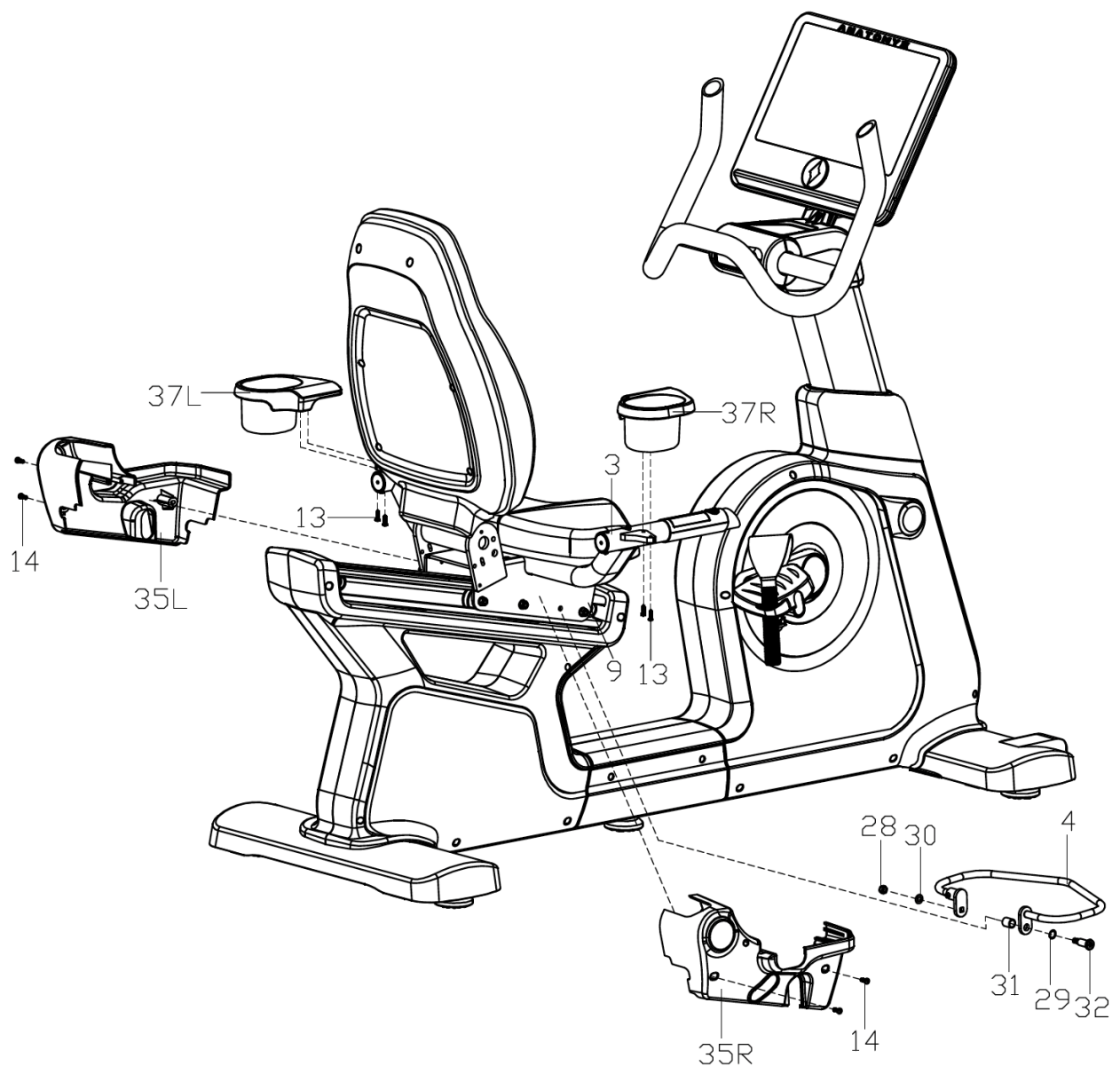


Step 8:

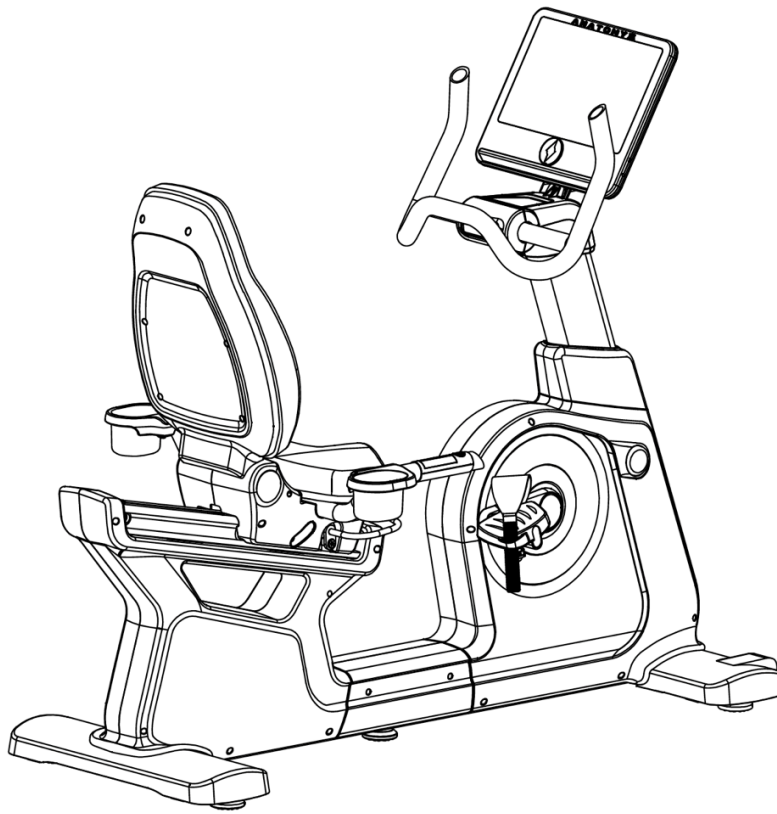
Attach the Seat cover (35L/R) to the Seat slider (9) with Phillips screw (14).

Attach the Commodity shelf (37L/R) to the Handrail (3) with Phillips tapping screw (13).

Attach the Adjustable handlebar (4) to the Seat slider (9) with Bolt (32), Spacer (31), Wave washer (29), Flat washer (30) and Nylon nut (28).



CAUTION



The battery will naturally consume electricity when the equipment is not used for a long time or is used unreasonably.

If the screen goes off when stopping movement, please open the power socket cap and insert the equipped 12V/4A adapter to charge 8 hours for fully charged. The equipment can be used normally during this period.

WARM-UP and COOL-DOWN

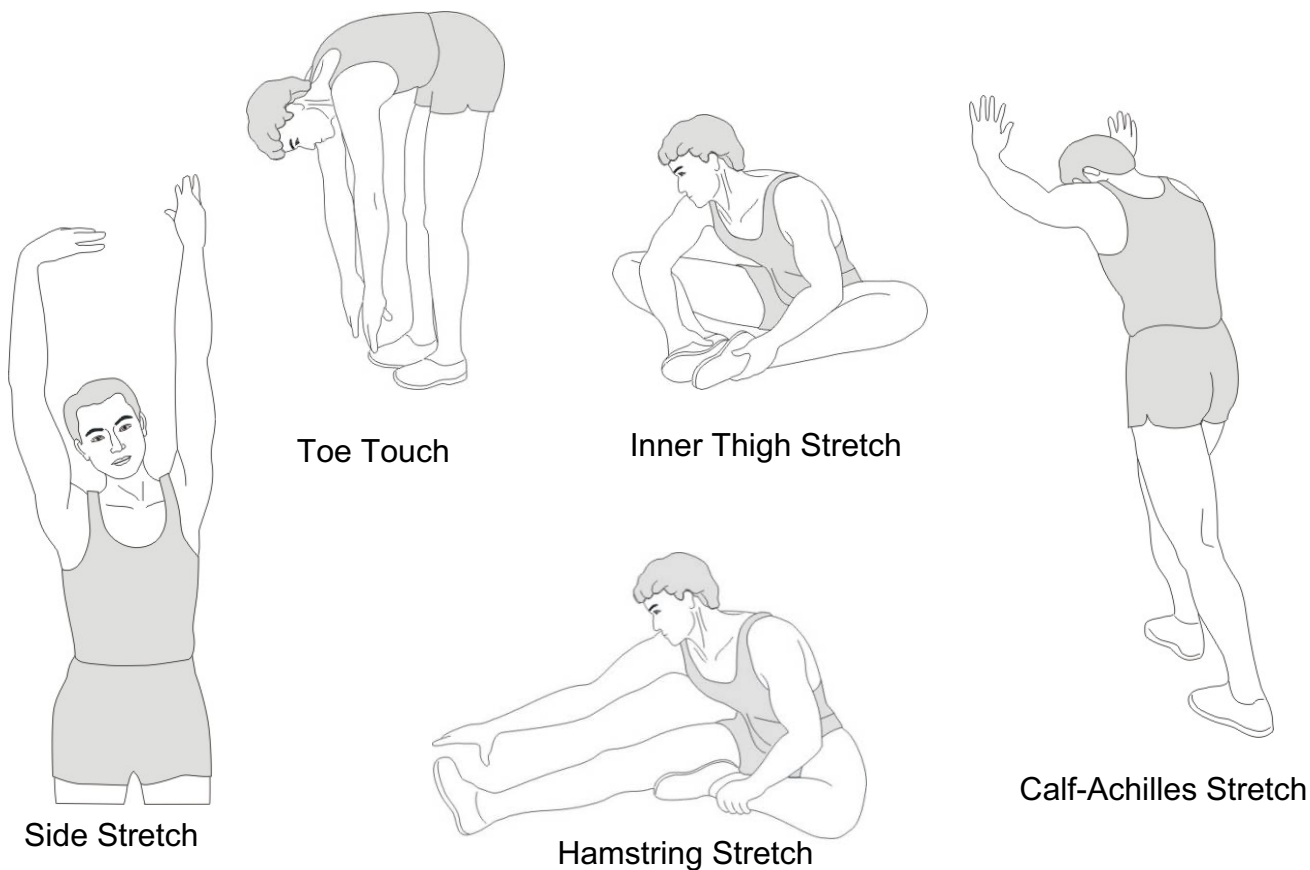
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE.**

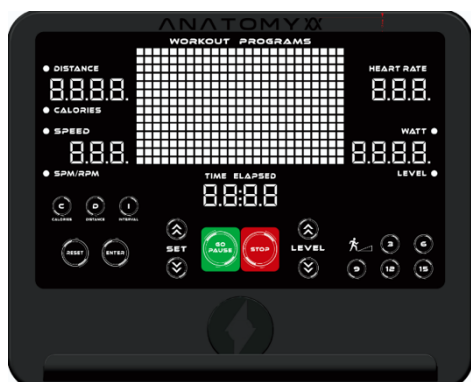


Remember always to check with your physician before starting any exercise program.

COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

1.Product photos (LED full display)



2.Features List:

2-1. This table can be used with Bike/Elliptical depending on the panel function.

2-2. Software functions:

2-2-1. MANUAL: Manually set exercise, including Quick start operation function, and can set TIME, CAL, DIST, PULSE target values.

2-2-2. PROGRAM (Program values vary according to different devices): P1~P12, 12 sets of PROGRAM selection, can set TIME.

2-2-3. H.R.C.: There are 55%, 75%, 90%, Target heart rate setting modes, which control the load automatic adjustment with heart rate value and can set AGE and TIME.

2-2-4. Watt Constan: Manually set Watts value exercise and can set TIME.

2-2-5. Interval Program (Program values vary according to different devices): 3 sets of interval training Program selection, cannot set TIME.

2-2-6. Distance Program (values are set according to different devices): Three distance target difficulty graphics selections of low, medium and high, cannot set TIME. (Bike low 3.1ML (5Km)/ medium 6.2ML (10Km)/high 10.8ML (17.5Km)).

2-2-7. Calories Program: Low 200KCAL, medium 400KCAL, high 500KCAL three CAL target difficulty graphic selection, cannot set TIME.

2-2-8. LEVEL: Bike/Elliptical 32 segments

2-2-9. Bluetooth Function: N/A

2-3. Hardware function:

2-3-1. Magnetic 10W wireless charging.

2-3-2. BIKE RGB light board control (based on heart rate).

3. Display Function Description :

Function Name	Display Range	Setting range	Settings	Unit	Remark																														
TIME	00:00~99:59	00:00~99:00	±1Min	Min/Sec																															
DISTANCE	0.0~99.9	5.0~99.0	±1 Km/ML	KM/ML																															
RPM	0~999																																		
CALORIES	0~9999	10~9990	±10 KCAL	KCAL																															
WATT	0~999	10~350	±10 (default 120)	Watt	UP/DOWN ±5W during exercise																														
PULSE	0; 30~230	30~230	±10 (default 100)	Bpm	Wireless>Handheld Display																														
AGE	1~99	1~99	±1 (default 25)	year	Set at the time of H.R.C.																														
Program	P01~P12	P01~P12	±1		12 Programs (Program diagrams vary depending on the device)																														
H.R.C	H1~H4	H1~H4	±1		55%, 75%, 90%, Custom TARGET (preset to 100 and user adjustable)																														
WATT	WATT	WATT			Default setting is 120 and can be adjusted by the user																														
Interval Program	I1~I3	I1~I3	±1		3 Programs (Program diagrams vary depending on the device)																														
Distance Program	D1~D3	D1~D3	±1		3 Programs (Program diagrams vary depending on the device)																														
Calories Program	C1~C3	C1~C3	±1		3 Programs (Program diagrams vary depending on the device)																														
Dot Matrix	14 X 35	If no time is set, it will advance one grid every 0.1KM/ML (can be cycled). If TIME is set, it will advance one grid every (TIME / 35) seconds (cannot be cycled). PS. Bike=>TIME/25																																	
Matrix Rank for Bike/Elliptical		28 vertical and 14 high grids, 1~14 represent 2 levels, and levels above 28 are not displayed. <table><tr><td>Vertical grid number</td><td>Load</td></tr><tr><td>14</td><td>28</td></tr><tr><td>13</td><td>26</td></tr><tr><td>12</td><td>24</td></tr><tr><td>11</td><td>22</td></tr><tr><td>10</td><td>20</td></tr><tr><td>9</td><td>18</td></tr><tr><td>8</td><td>16</td></tr><tr><td>7</td><td>14</td></tr><tr><td>6</td><td>12</td></tr><tr><td>5</td><td>10</td></tr><tr><td>4</td><td>8</td></tr><tr><td>3</td><td>6</td></tr><tr><td>2</td><td>4</td></tr><tr><td>1</td><td>2</td></tr></table>				Vertical grid number	Load	14	28	13	26	12	24	11	22	10	20	9	18	8	16	7	14	6	12	5	10	4	8	3	6	2	4	1	2
Vertical grid number	Load																																		
14	28																																		
13	26																																		
12	24																																		
11	22																																		
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5	10																																		
4	8																																		
3	6																																		
2	4																																		
1	2																																		

4. Button functions:

4-1. General button function description:

4-1-1. SET UP: Select UP.

4-1-2. SET DOWN: Select DOWN.

4-1-3. LEVEL DOWN: Adjust resistance downward.

4-1-4. LEVEL UP: Adjust resistance upward.

4-1-5. ENTER: Select/confirm.

4-1-6. RESET: 1. Press once to return to standby mode for function adjustment. 2. Press and hold for 2 seconds to restart the electronic watch or when the electronic watch stops moving, return to standby mode.

4-1.7. SATRT/PAUSE: Start exercise, the instrument starts calculating values/ Pause exercise, the instrument stops calculating values and the screen stays.

4-1-8. STOP: Press once to end exercise.

4-2. Quick key description:

4-2-1. Interval Program quickly jumps to Interval Program function settings (when the exercise mode is not confirmed).

4-2-2. Distance Program quickly jumps to Distance Program setting functions (when the exercise mode is not confirmed).

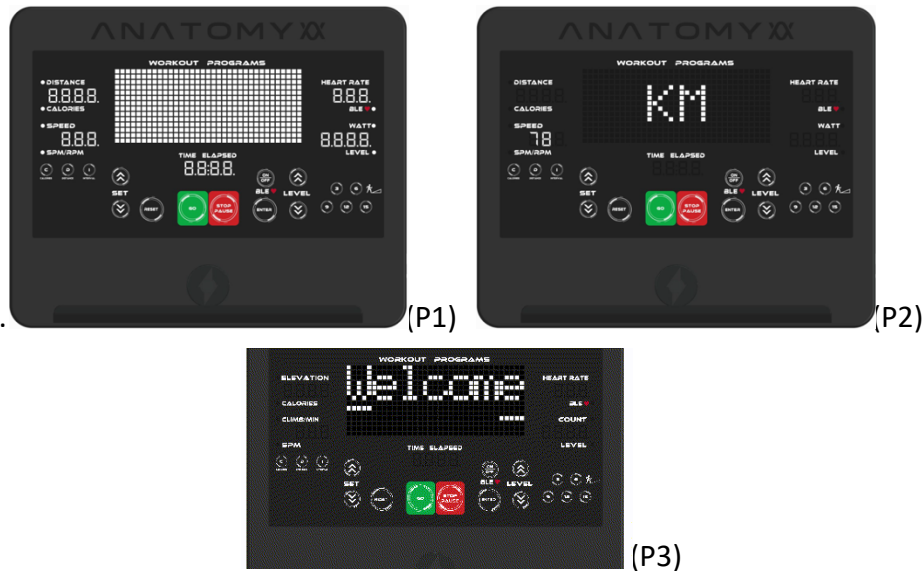
4-2-3. Calorie Program quickly jumps to Calorie Program function settings (when the exercise mode is not confirmed).

5. Operation Instructions:

5-1. Power on:

After power on, BUZZER beeps for 2 seconds, the full display is on for 2 seconds (Figure 1), and then the wheel diameter & unit (according to OPTION setting) are displayed for 1 second (Figure 2) to enter the standby mode matrix. Press the function shortcut key to jump to the mode menu or operate SET+/- to select the sports mode; the order of sports modes is Manual > Program > Heart Rate Control > Watt Constant > Interval Program > Distance Program>Calorie Program > Manual (the function word flashes before confirmation and stays on after confirmation). The function is represented by words or graphics

on the matrix, Manual = "M" / Program = "Display graphics, PXX display in TIME window" > Heart Rate Control = "♥" > Watt Constant = "W" > Interval Program = "Display graphics, IOX display in TIME window" > Distance Program = "Display graphics, d0X display in TIME window" > Calorie Program = "Display graphics, C0X display in TIME window"



5-2. Standby:

When in standby mode, the window "TIME=00:00/DIST=0.0/PULSE=P/WATT=0" is displayed, and the bottom row of the matrix is always lit, waiting for user operation.

5-3 Function operation mode:

5-3-1 Manual:

5-3-1-1. In standby or exercise mode menu, press START to start exercise directly in Manual. If you operate SET+/- to Manual, press Enter to enter the target setting, and set TIME, CAL, DIST, and PULSE settings in sequence by operating SET+/- . During the setting process, the function value flashes. After setting, press Enter to confirm and jump to the next setting target (can be cycled). After setting, you can press START to start exercise .

5-3-1-2 During exercise, the two function windows (DIST/CAL, SPEED/RPM, WATT/LEVEL) cycle every 3 seconds. During exercise, LEVEL+/- adjusts the resistance and immediately jumps to the LEVEL or INCLINE window display. After 3 seconds without operation or change, it jumps back to the original function value display. The bottom row of the matrix is always bright (the point of exercise at that time flashes). When the LEVEL is adjusted, the entire matrix moves up or down horizontally (14 vertical grids, each representing 2 levels, and the matrix does not display more than 28 levels). During exercise, press the PAUSE/STOP key to pause the exercise. Press it again or when the set value is reached to end the exercise. The data is retained, and the cycle display of each item value needs to be maintained for 3 seconds. After two cycles, it returns to standby, or press RESET to return to standby immediately.

5-3-2. Program (Program values vary depending on the device):

5-3-2-1. Operate SET+/- to the Program menu, press ENTER to enter Program mode, there are 12 graphics to choose from in this mode (unconfirmed function words flash). The graphics are displayed on the matrix, and PXX is displayed in the TIME window. When SET+/- is pressed continuously, the 12 graphics will be displayed in a cycle (P1>P2>P3...>P12>P1). Press Enter to confirm the graphics and enter TIME setting. The setting is set with SET+/- . The function value flashes during the setting process. After setting, press START to start the movement.

5-3-2-2. During exercise, the two function windows (DIST/CAL, SPEED/RPM, WATT/LEVEL) cycle every 3 seconds. During exercise, press LEVEL+/- to adjust the resistance. When there is a change in LEVEL or INCLINE, it will immediately jump to the LEVEL or INCLINE window display. After 3 seconds without any operation or change, it will jump back to the original function value display. The matrix display graph will move up or down as a whole according to the preset original graph. When it moves up, it will be the highest segment in the Program graph. It cannot move up when it reaches the highest position. When it moves down, it will be the lowest segment in the Program graph. It cannot move down when it reaches the lowest position (the number of vertical grids is 14, each representing 2 segments. The matrix will not display when it exceeds 28 segments). During exercise, press the PAUSE/STOP key to pause the exercise. Press it again or when the set value is reached to end the exercise. The data is retained. The value of each item needs to be displayed for 3 seconds. After two cycles, it returns to standby mode, or press RESET to return to standby mode immediately.

5-3-3. H.R.C.(Heart Rate Control):

5-3-3-1. In the standby or exercise mode menu, operate SET+/- to Heart Rate mode, press Enter to enter Heart Rate mode, first set age (default is 25) in the WATT window, the matrix displays "AGE", the setting value is not saved, and the age needs to be reset each time you re-enter HRC). The value is set with SET+/- . The function value flashes during the setting process. After setting, press Enter to confirm the value and jump to the heart rate target setting. Continue to press SET+/- to select 55% (Figure 37), 75% (Figure 38), 90% (Figure 39), TAG (Figure 40) four modes are displayed in the matrix. During the selection process, the function value flashes. TAG is a manual heart rate value (must be confirmed by Enter first and then set by SET+/- , the WATT window displays the set value). After setting, press Enter again to select the mode and enter the TIME setting. After setting the TIME, press the START button to start exercise, or press the START button directly to start exercise without setting the TIME.

5-3-3-2. The load will automatically adjust according to the heartbeat (this mode does not support manual adjustment of LEVEL). If no heartbeat input is detected, the dot matrix will display "❤️?" to remind the heartbeat input (picture). When there is no heartbeat value or the heartbeat value exceeds the current value range, the LEVEL will gradually decrease. When it is already at LEVEL, there is still no heartbeat value or the heartbeat value exceeds the range, the instrument will automatically pause after 30 seconds. During exercise, press the PAUSE/STOP key to pause the exercise. Press it again or when the set value is reached to stop the exercise. The data is retained, and the value of each item is displayed for 3 seconds in a cycle. After two cycles, it returns to standby mode, or press RESET to return to standby mode immediately.

5-3-4. Watt Constant:

5-3-4-1. In the standby or sports mode menu, operate SET+/- to the Watt Constant menu (Figure 51),

and press Enter to directly enter the Watt Constant mode. This mode is for manually adjusting WATT. First, use SET+/- to set the WATT target value to be displayed in the WATT window (the default value is 120. During the setting process, the function value flashes. After setting, press Enter to confirm the value setting and enter the TIME setting. The value is set with SET+/- . During the setting process, the function value flashes. After setting, press Enter to confirm the value. After setting the TIME, press the START button to start the exercise, or press the START button directly to start the exercise without setting the TIME.

5-3-4-2. During the exercise process, use SET+/- to adjust WATT. The electronic watch controls the LEVEL change according to the current RPM & target WATT. During the exercise, press the PAUSE/STOP button to pause the exercise. Press PAUSE/STOP again or when the set value is reached to stop the exercise. The data is retained. The value of each item needs to be displayed for 3 seconds. After the display is cycled twice, return to the sports mode menu, or press RESET to return to the sports mode menu immediately.

5-3-5. Interval Program(Program values vary depending on the device):

5-3-5-1. In the standby or sports mode menu, operate SET+/- or press Interval Program Key to enter the Interval Program menu, and press Enter to enter the Interval Program mode. This mode has 3 groups of intermittent modes to choose from (the function word flashes before confirmation; when SET+/- is pressed continuously, 3 graphics will be displayed in a cycle (I1 (preset mode 1)> I2 (preset mode 2)>>I3 (preset mode 3) >I1), confirm the intermittent mode with Enter, and press the START button to start intermittent exercise.

5-3-5-2. Start by warming up for 3 minutes and then start training. This mode can only adjust the LEVEL of the IMPLEMENT mode from the preset to the upper level and cannot be adjusted below the preset level. LEVEL+/- adjusts the LEVEL. REST is only a rest mode and cannot be adjusted until the entire Interval goal is completed (the number of CIRCLES is completed). Currently, the electronic watch stops. During exercise, press the PAUSE/STOP button to pause the exercise. Press PAUSE/STOP again or when the set value is reached to end the exercise. The data is retained, and the value of each item needs to be displayed for 3 seconds. After the display is cycled twice, return to the exercise mode menu, or press RESET to return to the exercise mode menu immediately.

5-3-6. Distance Program (values vary depending on the device):

5-3-6-1. In the standby or exercise mode menu, operate SET+/- or press the Distance Program Key to enter the Distance Program menu, and press Enter to enter the Distance Program mode. This mode has 3 levels of difficulty/graphics to choose from (the function word flashes before confirmation; when SET+/- is pressed continuously, the low, medium, and high difficulty graphics will be displayed in sequence, and the difficulty selection is confirmed with Enter, and then the START key is pressed to start exercise.

5-3-6-2. (The total DIST of the current grid must be completed every 5 minutes. For example, there are 4 vertical grids in this grid, which means that the goal of 0.25 mi (0.4 km)/ML needs to be completed within 5 minutes). Each time the Distance target value is completed, it will move towards the next Distance target (each point is 0.06 mi (0.1 km)/0.0625MI) until the entire Distance target graph is completed. Currently, the electronic watch ends the exercise. Press the PAUSE/TOP button during

exercise to pause the exercise. Press PAUSE/TOP again or when the set value is reached to end the exercise. The data is retained, and the loop display of each item value must be maintained for 3 seconds. After the display is cycled twice, return to the exercise mode menu, or press RESET to return to the exercise mode menu immediately.

5-3-7. Calories Program:

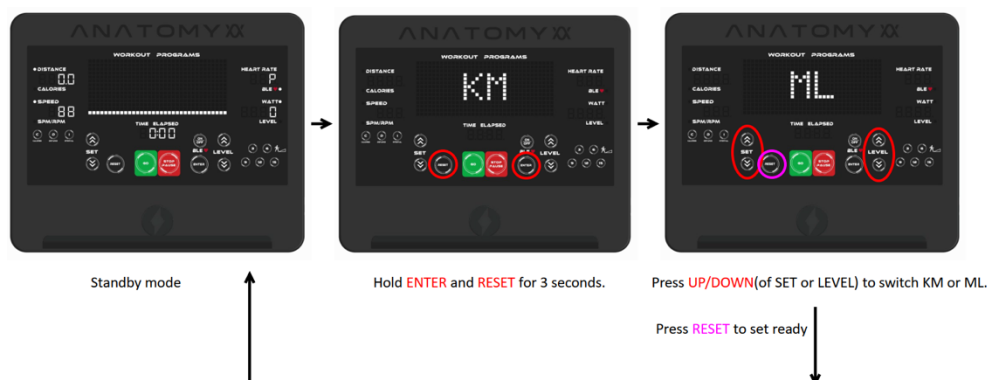
5-3-7-1. In the standby or exercise mode menu, operate SET+/- or press the Calories Program Key to enter the Calories Program menu, and press Enter to enter the Calories Program mode. This mode has 3 difficulty/graphics to choose from (the function word flashes before confirmation; when SET+/- is pressed continuously, the low, medium, and high difficulty graphics will be displayed in sequence, and the difficulty selection must be confirmed with Enter, and then press the START key to start exercise.

5-3-7-2. Bike Level will automatically adjust with RPM (the total CAL of the current number of grids must be completed every 4 minutes. For example, there are 8 vertical grids in this grid, which means that the goal of 32 calories needs to be completed within 4 minutes), and each completed Calories target value will move towards the next Calories target (each grid is 4 KCAL) until the target graph of the entire Calories is completed. Currently, the electronic watch ends the exercise. During the exercise, press the PAUSE/TOP key to pause the exercise. Press PAUSE/TOP again or when the set value is reached to end the exercise. The data is retained, and the value of each item is displayed in a cycle for 3 seconds. After the display is cycled twice, return to the exercise mode menu, or press RESET to return to the exercise mode menu immediately.

6. Engineering mode:

6-1. Metric and imperial switching: In standby mode, press Enter + Reset Key for 3 seconds to enter, press SET+/- to switch units, and press Reset to exit after completion. The electronic watch will restart to complete the switch.

Switching process:



Caution:

The user is cautioned that 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.

(2) this device must accept any interference received, including interference that may cause undesired operation.

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.

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 a minimum distance of 20cm between the radiator and your body.

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