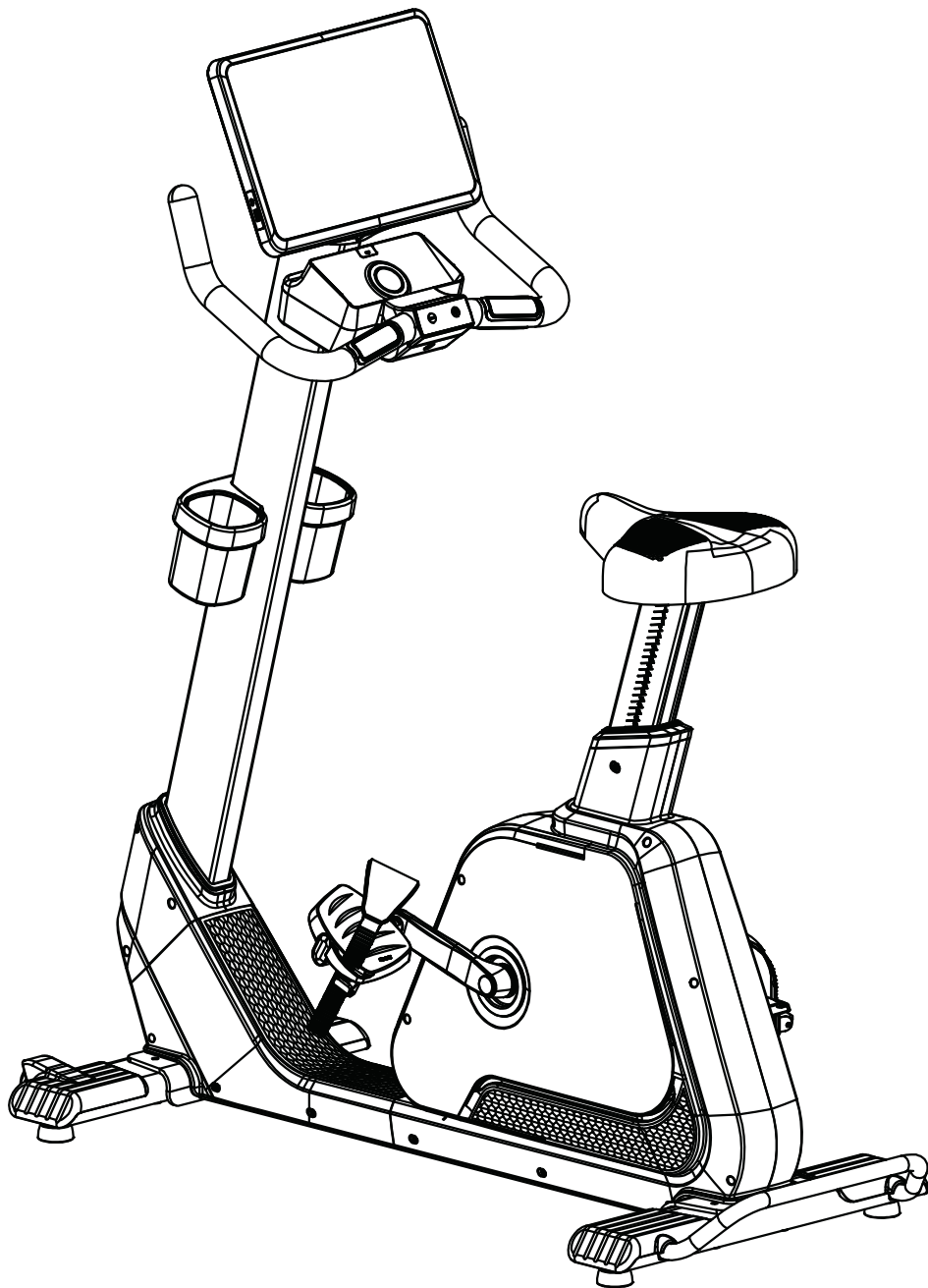


UPRIGHT BIKE

INSTRUCTION MANUAL

#BU201E



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FCC AND IC COMPLIANCE STATEMENTS

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, and
- (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 should be installed and operated with a minimum distance of 20cm between the radiator and your body.

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s).

Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- (1) l'appareil ne doit pas produire de brouillage, et.
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

IC Radiation Exposure Statement:

This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.

Cet équipement doit être installé et utilisé à une distance minimum de 20 cm entre l'antenne et votre corps.

SAFETY PRECAUTIONS & WARNINGS

For your safety and to prevent accidents, please read this manual carefully before using the equipment and follow all safety instructions below.

General Safety Notice

This product is designed and manufactured with safety considerations; however, improper use or incorrect operation may still result in injury. Always follow the instructions in this manual. The manufacturer shall not be held responsible for any injury or damage caused by abnormal use, misuse, or failure to follow the instructions.

- Set up the machine in a dry level place and keep it away from moisture and water.
- The equipment shall be installed on a stable base and properly leveled.
- This equipment is not suitable for high accuracy purposes.

Before Use

- Ensure that the upright bike is properly assembled according to the instructions and placed on a flat, stable, and level surface.
- Before each use, check that all bolts, screws, pedals, and adjustable components are securely tightened.
- Do not remove any screws or reduce the number of installed fasteners, as this may lead to unsafe conditions.
- If applicable, that if any of the adjustment devices are left projecting, they can interfere with the user's movement.

During Use

- This product is designed for single-user operation only.
- Wear appropriate athletic shoes and suitable workout clothing. Bare feet, socks, or slippers are strictly prohibited.
- Keep hands, feet, loose clothing, hair, and other objects away from moving parts such as pedals, crank arms, and drive components.
- Adjust the seat height, handlebar position, and resistance level according to your physical condition before starting exercise.
- Maintain a stable posture while exercising. Incorrect posture, excessive resistance, or overtraining may result in injury.
- If you experience chest pain, dizziness, nausea, shortness of breath, or any abnormal discomfort, stop exercising immediately and consult a physician before resuming use.

User Restrictions

- This appliance can be used by children aged 14 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

Weight & Classification

- Maximum user weight: 180 kg

Electrical Safety

- Only use the original 12V / 3A power adapter supplied with the product or a replacement approved by the manufacturer. Using an incorrect power adapter may cause malfunction, damage, or safety hazards.
- Do not operate the product if the power cord or power adapter is damaged.
- Do not pull the power cord to unplug the product; always grip the plug when disconnecting.
- When the appliance is not in use, it will enter low-power mode after 10 minutes. Power consumption is 0.3 W.

After Use & Maintenance

- Do not leave the equipment unattended while it is powered on.
- When the bike is not in use, being cleaned, maintained, or moved, switch off the power and unplug the power adapter.
- Regularly inspect the equipment. If any part is loose, damaged, or malfunctioning, stop using the product immediately and contact your dealer or service center. Do not resume use until the equipment has been fully repaired.
- Cleaning and user maintenance shall not be made by children without supervision.
- Special attention to components most susceptible to wear.

Environment

- This equipment is classified as SB class and is intended for indoor home or supervised commercial use only.
- Do not expose the equipment to direct sunlight, extreme temperatures, moisture, or high-humidity environments.
- Keep children and pets away from the equipment during use to prevent accidents.
- This equipment is intended for use at altitudes up to 2000 meters above sea level.

Additional instructions for use

- Ensure the seat adjustment mechanism is securely locked before use.
- This equipment is equipped with a speed-independent braking system.

Correct Riding Position

- For proper positioning when using the bike, begin by adjusting the seat to approximately hip height while standing next to the bike.
- This should position the seat so that when the ball of your foot is placed on the pedal at the lowest point of the pedal stroke, your knee remains slightly bent (approximately 5 degrees).
- Make sure your knees are not fully extended and that your body remains stable on the seat while pedaling.
- Hold the multi-position handlebars to maintain upper body stability and a comfortable riding position.

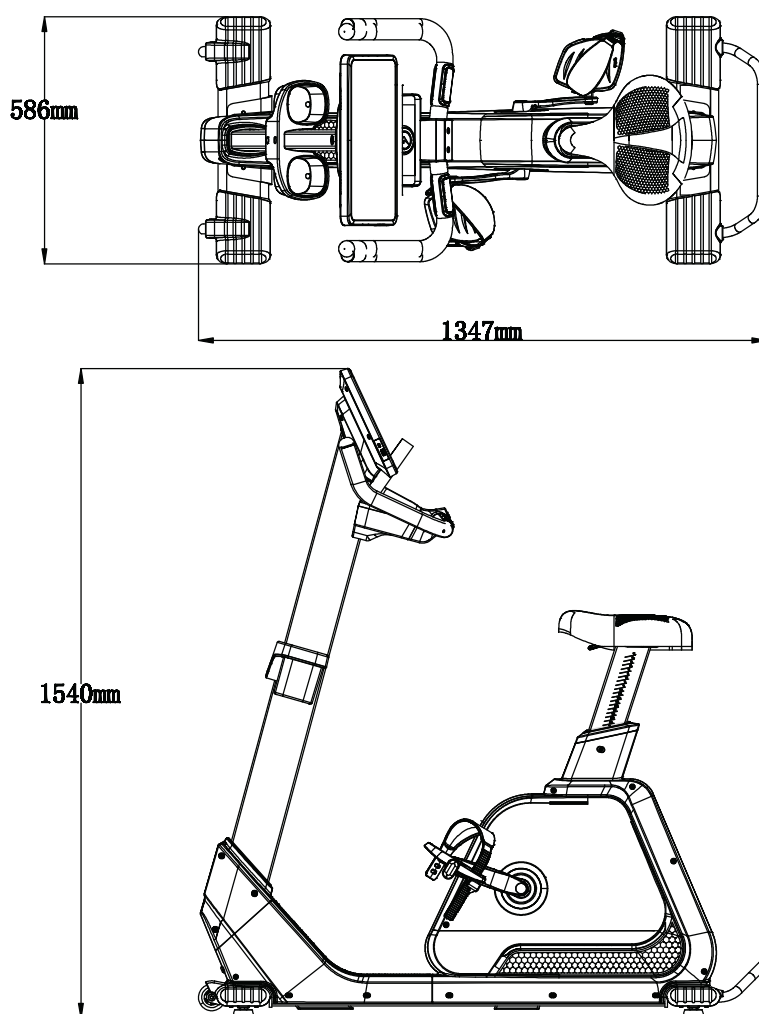
READ AND SAVE THESE INSTRUCTIONS

Specifications	
Product Size	1347 x 586 x 154 mm
Product Weight	59.50 kg
Power	12V 3A
Water Bottle Holder	Yes
Table Holder	Yes
Maximum User Weight	180 kg

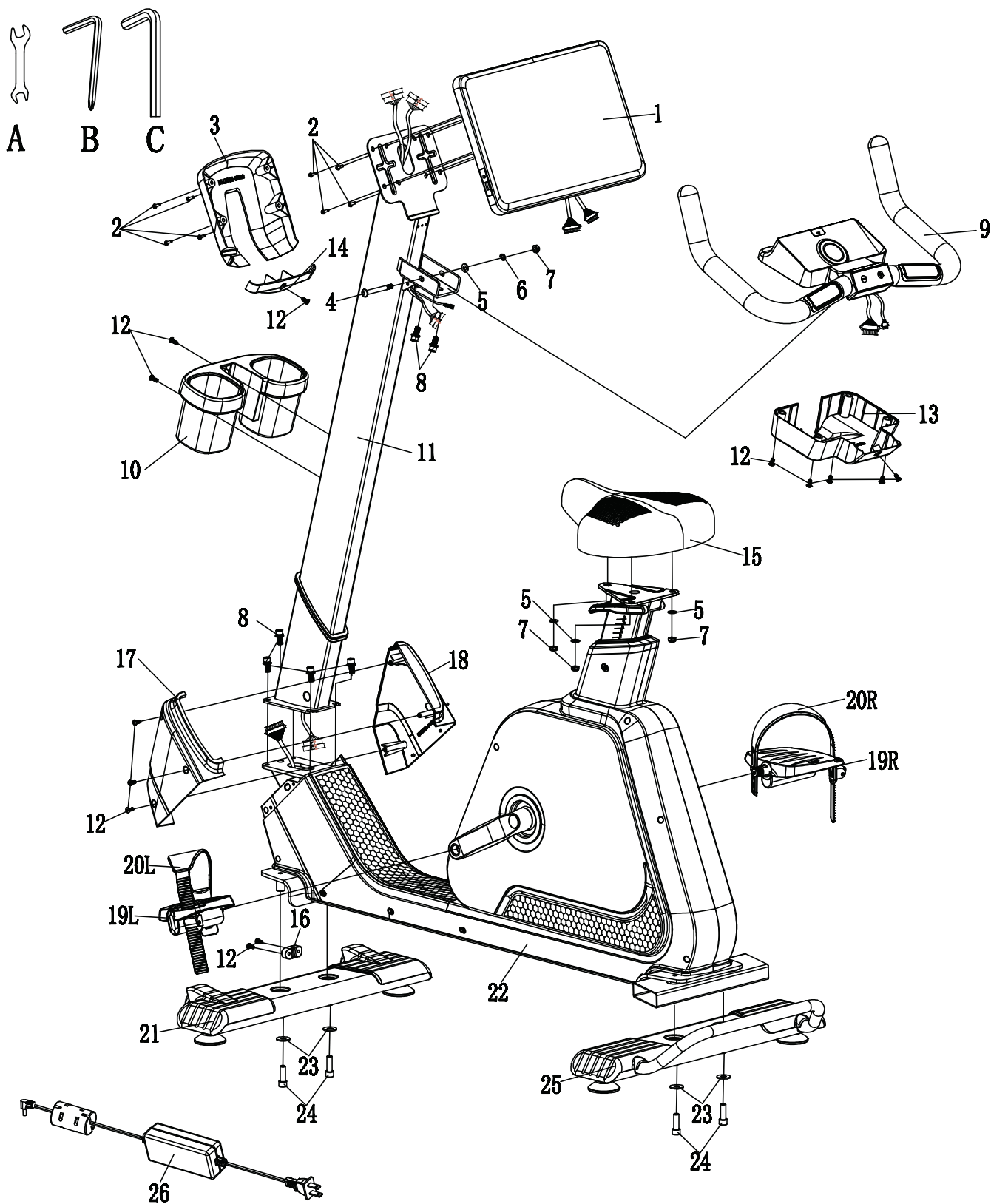
WARNING:

Ensure that sufficient free space is provided around the equipment during use.

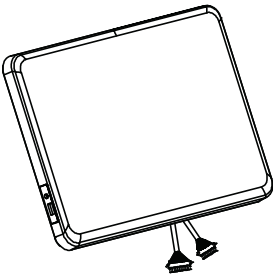
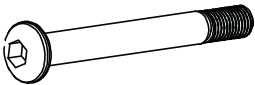
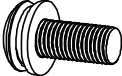
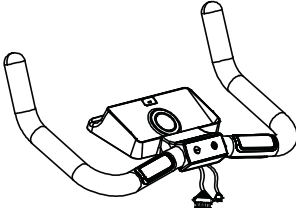
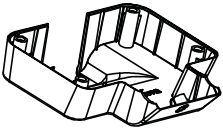
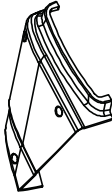
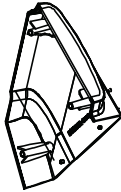
- The free area must extend at least 0.6 m (24 in) beyond the training area in all directions from which the equipment is accessed.
- The free area must include sufficient space for emergency dismount.
- When multiple pieces of equipment are positioned next to each other, the free area may be shared, provided that the minimum clearance requirements are maintained.

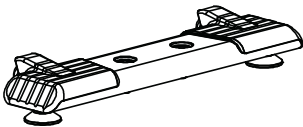
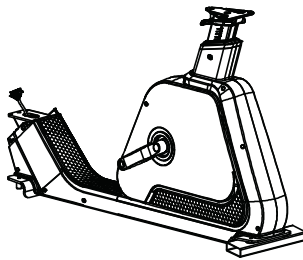
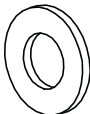
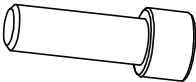
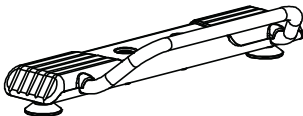
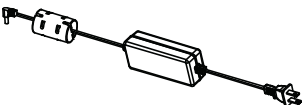
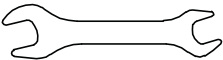


EXPLODED VIEW



PARTS LIST

 No.1 Display Console	 No.2 Display Mounting Screws (pre-installed on the console), with spring washers and flat washers × 8 pcs	 No.3 Rear Display Cover	 No.4 Hex Socket Bolt, M8 × 73 mm
 No.5 Flat Washers × 4 pcs	 No.6 Spring Washer	 No.7 Nut × 4 pcs	 No.8 Hex Socket Screws, M8 × 20 mm, with spring washers and flat washers × 6 pcs
 No.9 Handlebar Assembly	 No.10 Water Bottle Holder	 No.11 Upright Tube Assembly	 No.12 Screws, M5 × 12 mm × 13 pcs
 No.13 Rear Handlebar Cover	 No.14 Bottom Display Cover	 No.15 Seat Cushion (with pre-installed flat washers and nuts)	 No.16 Power Cable Fixing Bracket
 No.17 Left Upright Tube Decorative Cover	 No.18 Right Upright Tube Decorative Cover	 No.19L Left Pedal	 No.19R Right Pedal

 No.20L Left Pedal Strap	 No.20R Right Pedal Strap	 No.21 Front Stabilizer	 No.22 Main Frame
 No.23 Front / Rear Stabilizer Spacers × 4 pcs	 No.24 Front / Rear Stabilizer Screws × 4 pcs	 No.25 Rear Stabilizer	 No.26 Power Adapter
 No.A Open-End Wrench (13–15 mm)	 No.B L-Shaped Allen Key / Phillips Screwdriver (6 mm)	 No.C L-Shaped Allen Key (8 mm)	

NOTE:

Some screws and components may be pre-installed on the product to prevent loss during transportation.

Please remove them before assembly and use them as instructed.

⚠ WARNING:

Use only the supplied screws and tools. Using incorrect hardware may result in improper assembly or damage to the product.

ASSEMBLY

Before Assembly

After unpacking, remove all components from the carton and place them on a clean, flat surface.

Verify that all parts listed in the Parts List are included.

WARNING

Assembly must be completed by at least one adult.

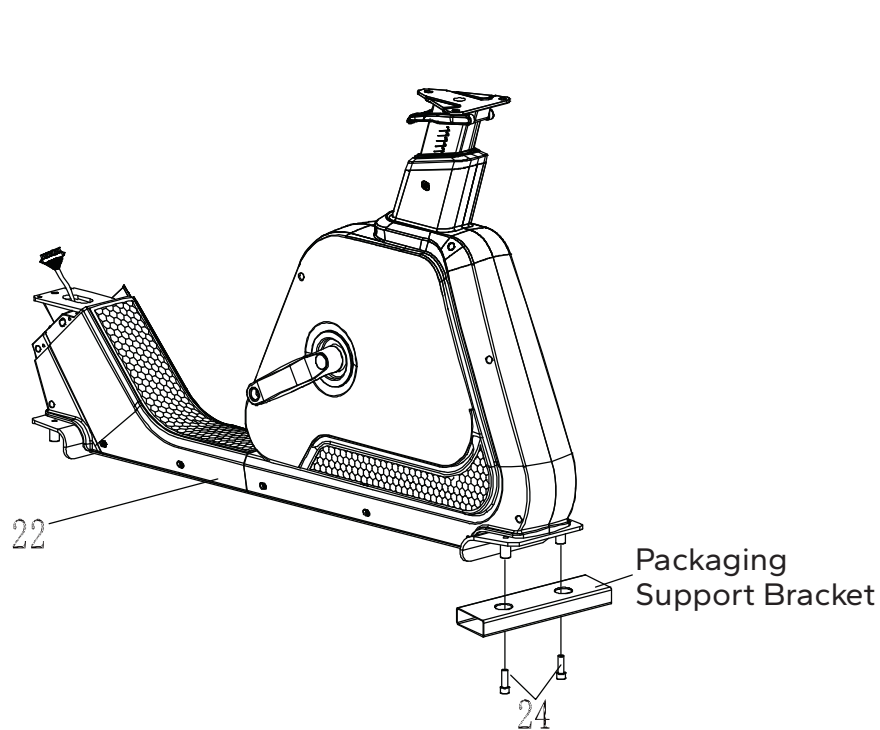
Do not connect the power adapter until assembly is fully completed.

Step 1: Remove the Packaging Support Bracket

1. Take out the Main Frame (No. 22).
2. Using the L-Shaped Allen Key (Tool C), remove the Rear Stabilizer Screws (No. 24) and detach the packaging support bracket.
3. Remove the packaging support bracket.

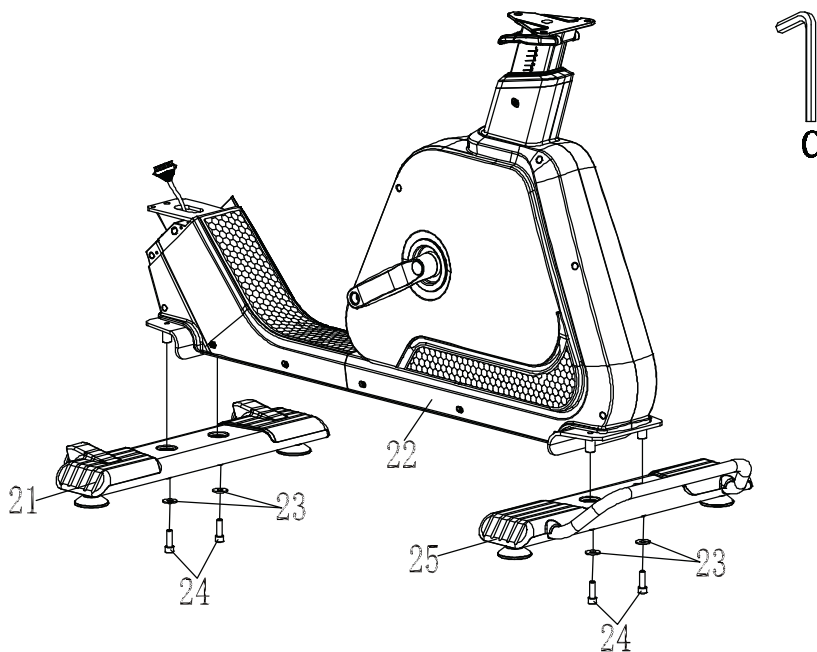
NOTE:

The packaging support bracket is not part of the final assembly and can be discarded. Do not discard the Rear Stabilizer Screws (No. 24); keep them as spare parts.



Step 2: Install the Front and Rear Stabilizers

1. Take the Front Stabilizer (No. 21) and align it with the front curved mounting plate on the Main Frame (No. 22).
2. Insert the Front / Rear Stabilizer Spacer (No. 23) onto the Front / Rear Stabilizer Screws (No. 24).
3. Align the holes and tighten the Front / Rear Stabilizer Screws (No. 24) using the L-Shaped Allen Key (Tool C).
4. Repeat the same procedure to install the Rear Stabilizer (No. 25).



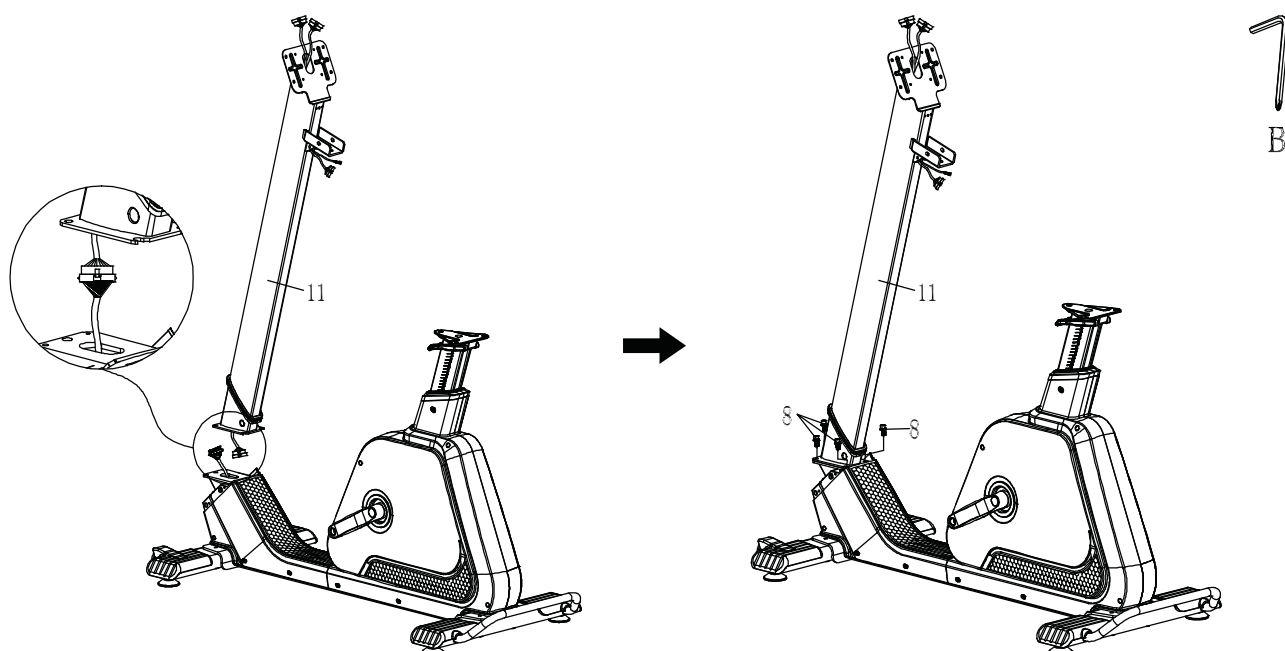
Step 3: Install the Upright Tube Assembly

1. Hold the Upright Tube Assembly (No. 11) in position.
2. Connect the sensor cable from the upright tube to the sensor cable from the Main Frame (No. 22).

⚠ WARNING

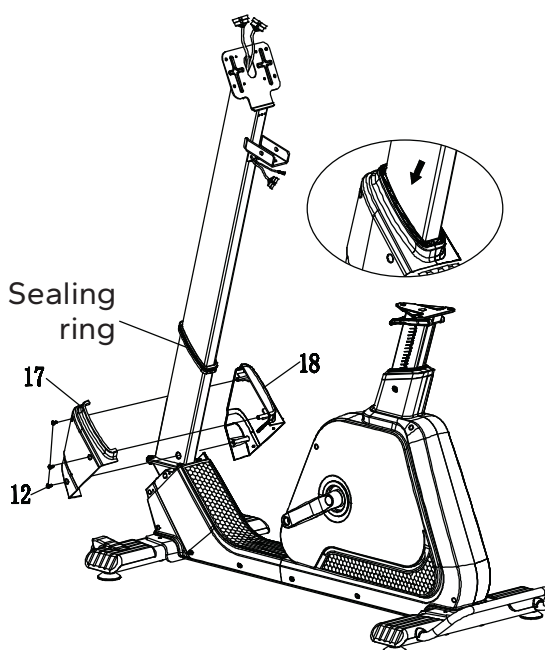
Ensure the connectors are fully aligned. Do not bend or damage the pins.

3. Align the Upright Tube Assembly (No. 11) with the main frame.
4. Hand-tighten the Hex Socket Screws, M8 × 20 mm (No. 8) first.
5. Fully tighten the screws using the Open-End Wrench (Tool A).



Step 4: Install the Upright Tube Decorative Covers

1. Pull the sealing ring upward as shown.
2. Align and attach the Left Upright Tube Decorative Cover (No. 17) and Right Upright Tube Decorative Cover (No. 18).
3. Secure them using the Screws, M5 × 12 mm (No. 12) with the L-Shaped Allen Key / Phillips Screwdriver (Tool B).
4. Press the sealing ring back into the groove at the top of the decorative covers.



Step 5: Install the Display Console

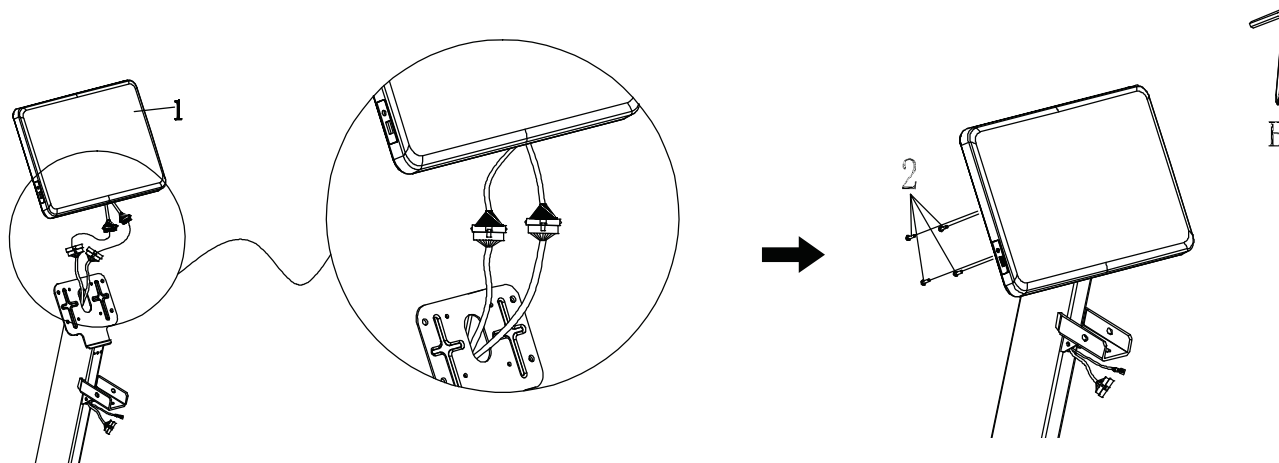
Before installation, remove the 8 pre-installed Display Mounting Screws (No. 2) from the Display Console (No. 1).

1. Connect the power/sensor cable from the display console to the cable from the upright tube.

⚠ WARNING

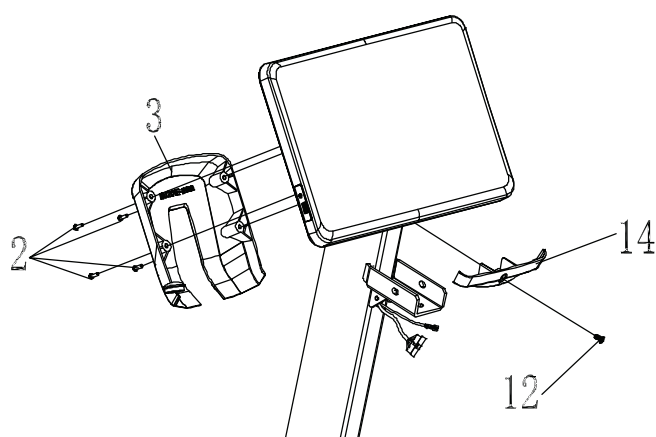
Ensure the connector pins are straight and fully inserted.

2. Carefully store the connected cables inside the upright tube.
3. Mount the Display Console (No. 1) onto the upright bracket.
4. Secure it using the Display Mounting Screws (No. 2) with the L-Shaped Allen Key / Phillips Screwdriver (Tool B).



Step 6: Install the Display Covers

1. Align the Rear Display Cover (No. 3) and secure it using the Display Mounting Screws (No. 2).
2. Align the Bottom Display Cover (No. 14) and secure it using the Screws, M5 × 12 mm (No. 12).
3. Tighten all screws evenly using the L-Shaped Allen Key / Phillips Screwdriver (Tool B).

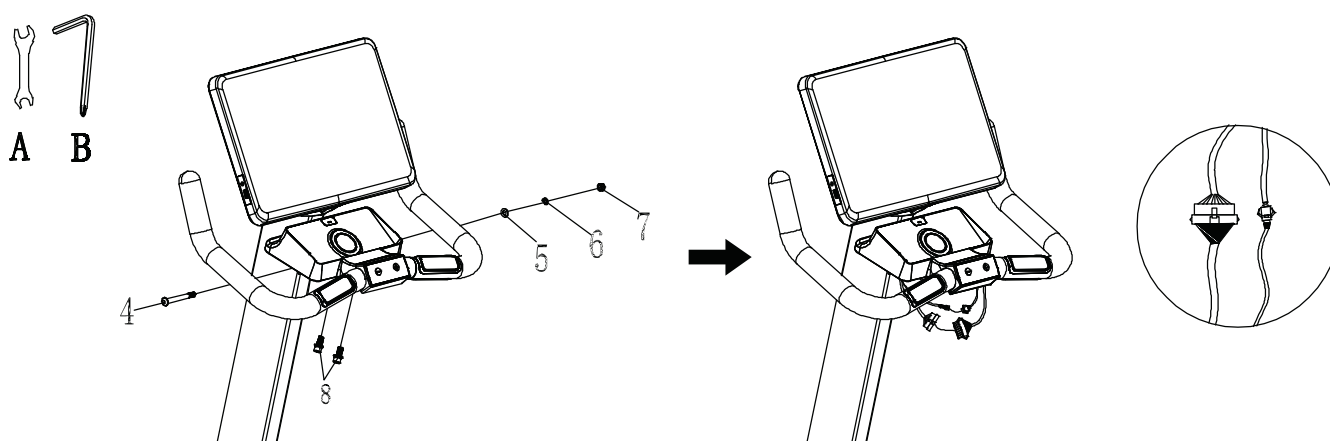


Step 7: Install the Handlebar Assembly

1. Align the Handlebar Assembly (No. 9) with the mounting plate on the upright tube.
2. Insert the Hex Socket Bolt, M8 × 73 mm (No. 4) together with the Flat Washer (No. 5), Spring Washer (No. 6), and Nut (No. 7) in sequence.
3. Secure the fasteners by holding one side with the Open-End Wrench (Tool A) and tightening the other side with the L-Shaped Allen Key / Phillips Screwdriver (Tool B).
4. Align the lower mounting holes of the handlebar and secure them with the Hex Socket Screws, M8 × 20 mm (No. 8) using the Open-End Wrench (Tool A).
5. Connect the power/sensor cable from the handlebar to the cable from the upright tube.

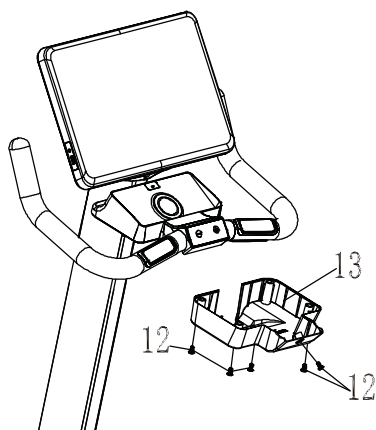
⚠ WARNING

Ensure the connector pins are straight and fully inserted.



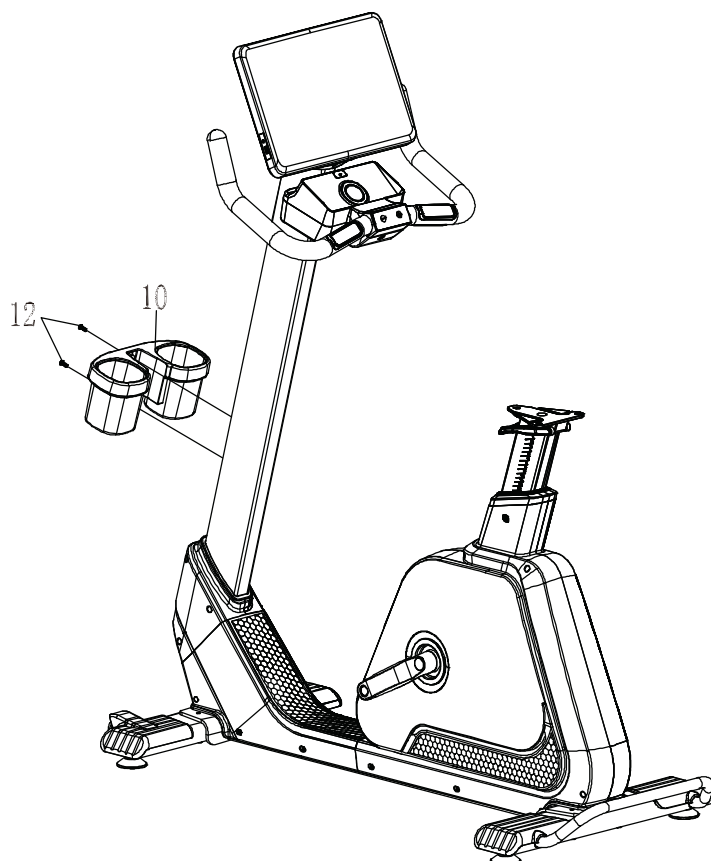
Step 8: Install the Rear Handlebar Cover

1. Align the Rear Handlebar Cover (No. 13) with the handlebar.
2. Secure it using the Screws, M5 × 12 mm (No. 12) with the L-Shaped Allen Key / Phillips Screwdriver (Tool B).



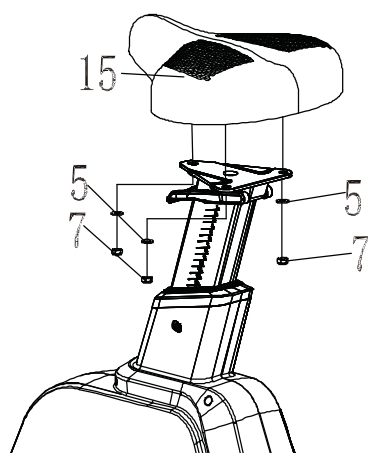
Step 9: Install the Water Bottle Holder

1. Align the Water Bottle Holder (No. 10) with the mounting holes on the main frame.
2. Secure it using the Screws, M5 × 12 mm (No. 12) with the L-Shaped Allen Key / Phillips Screwdriver (Tool B).



Step 10: Install the Seat Cushion

1. Remove the flat washers and nuts pre-installed on the Seat Cushion (No. 15).
2. Align the seat cushion with the triangular mounting plate on the seat tube.
3. Install the Flat Washers (No. 5) onto the seat screws.
4. Hand-tighten the Nuts (No. 7) first, then fully tighten them using the Open-End Wrench (Tool A).



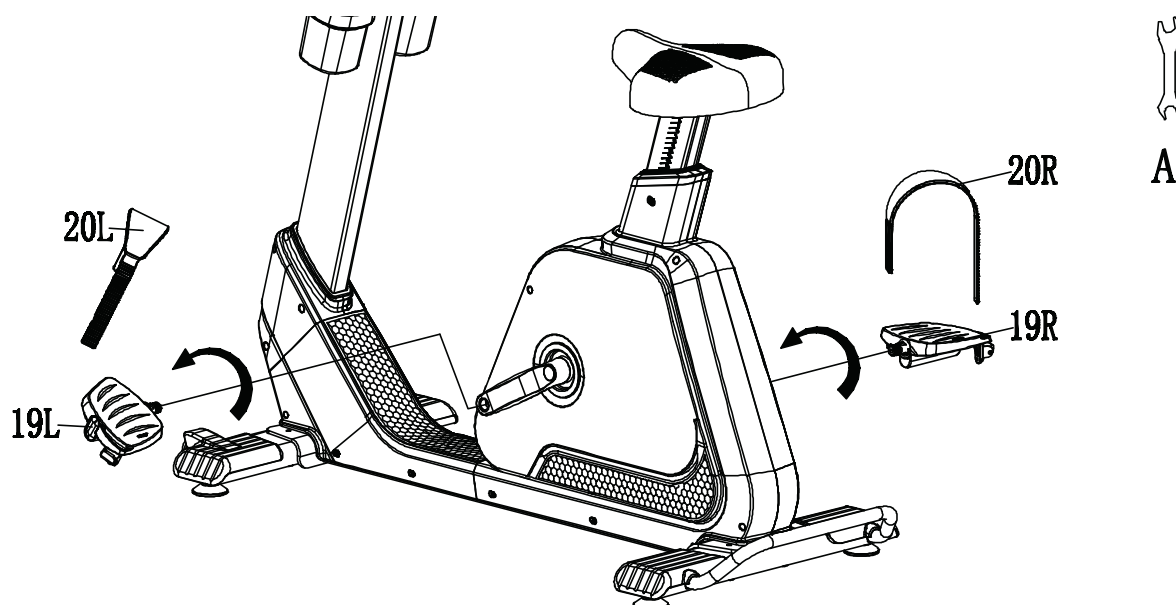
Step 11: Install the Pedals

1. Attach the Left Pedal Strap (No. 20L) and Right Pedal Strap (No. 20R) to the Left Pedal (No. 19L) and Right Pedal (No. 19R) respectively.
2. Install the pedals into the crank arms on the main frame in the indicated directions.
3. Fully tighten the pedals using the Open-End Wrench (Tool A).

⚠ WARNING

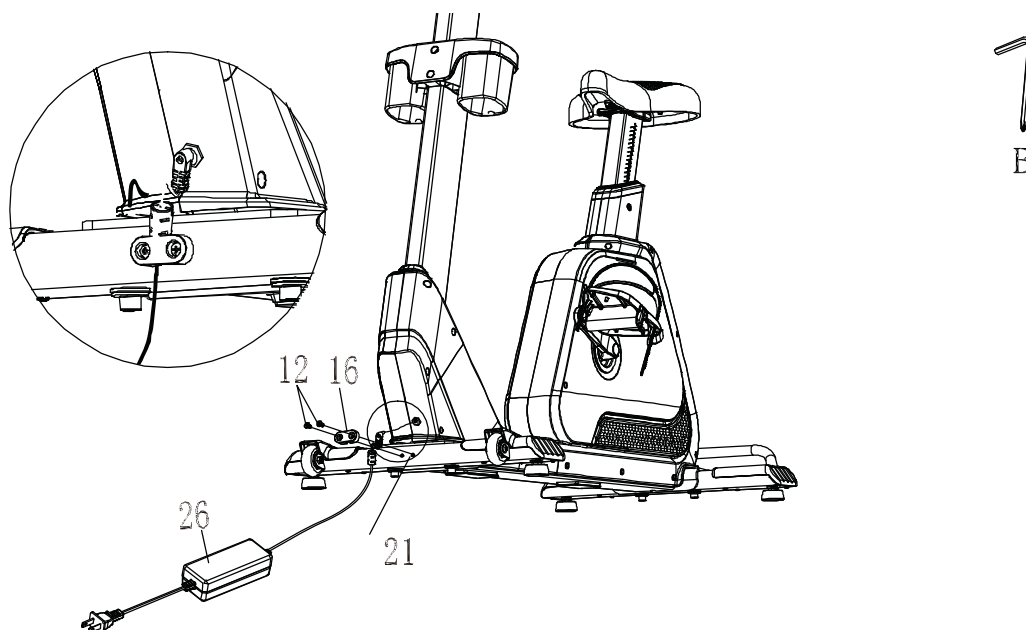
Always install and tighten the pedals according to the direction indicated in the illustration or on the labels on the crank arms.

Installing the pedals in the wrong direction may damage the crank arm threads.



Step 12: Install the Power Adapter

1. Insert the DC plug of the power adapter into the DC socket at the front of the machine.
2. Route the power cable through the Power Cable Fixing Bracket (No. 16) to the limit position.
3. Align the fixing bracket with the Front Stabilizer (No. 21) and secure it using the Screws, M5 × 12 mm (No. 12) with the L-Shaped Allen Key / Phillips Screwdriver (Tool B).



Assembly Completion Check

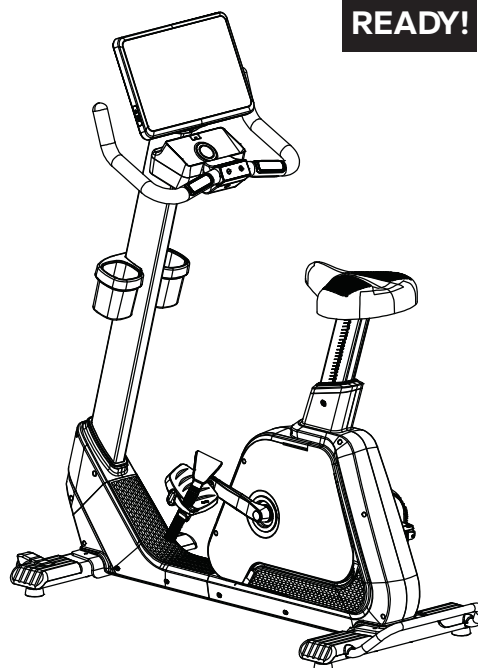
Before use, make sure that:

- All bolts and screws are fully tightened.
- All cables are properly connected and secured.
- The equipment is stable and level.

Connect the power adapter to a standard household outlet.

The machine is now ready for use!

READY!



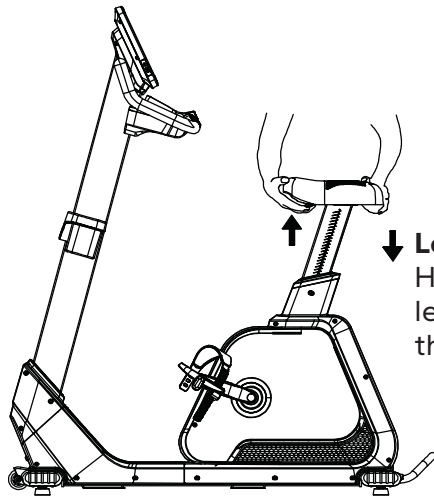
PRODUCT ADJUSTMENT AND MOVEMENT DIAGRAM

Seat Height Adjustment:

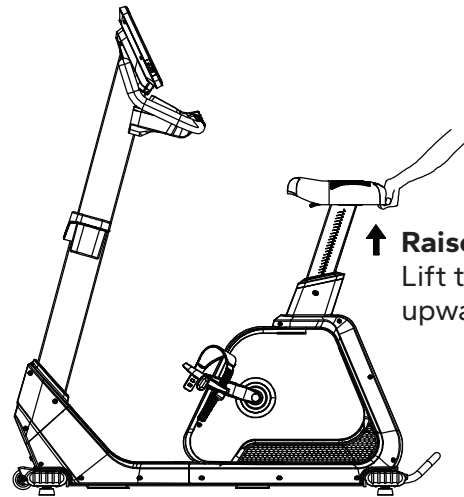
- To lower the seat, press and hold the yellow lever beneath the seat while pushing the seat downward to the desired position.
- To raise the seat, simply hold the seat cushion and lift it upward to the desired height.

⚠ WARNING

Do not force the seat down without engaging the lever, as this may cause damage to the adjustment mechanism.



Lower:
Hold the yellow
lever and push
the seat down.



Raise:
Lift the seat
upward.

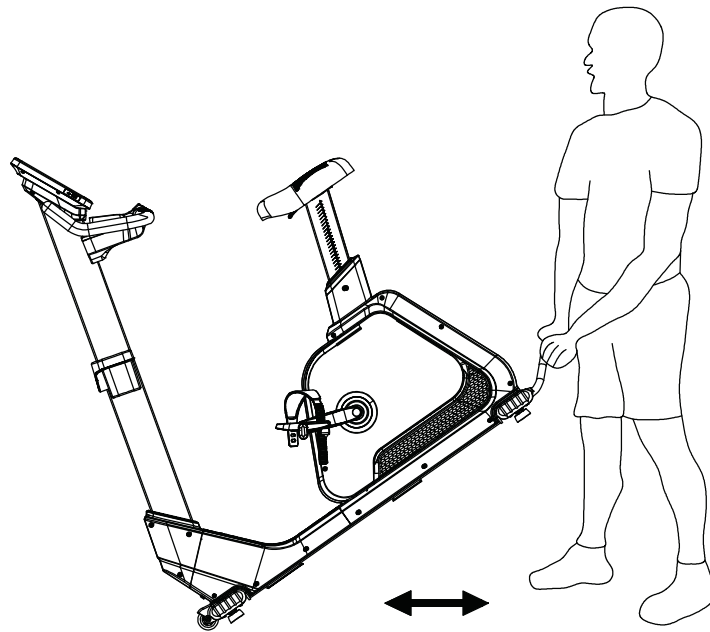
MACHINE HANDLING INSTRUCTIONS

The machine may be moved by one person or with assistance, depending on individual strength and physical ability. Please ensure that all persons involved are in proper condition to move the machine safely.

⚠ WARNING

Always unplug the adapter from the power outlet before moving the machine.

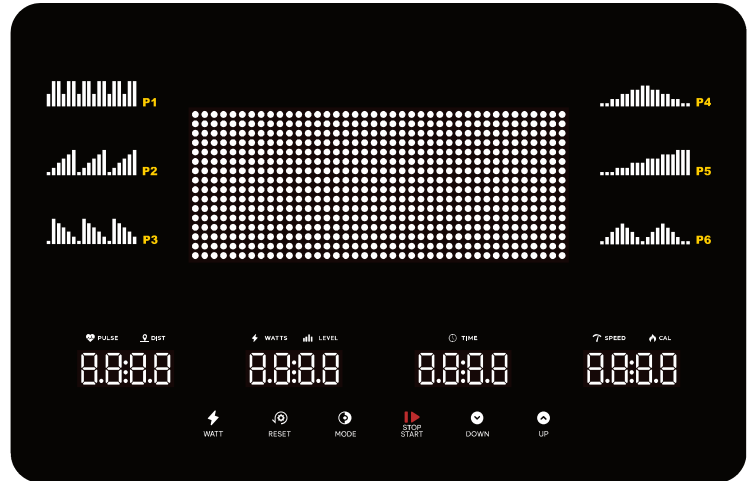
1. Carefully lift the rear stabilizer (moving handle) and roll the unit using the transport wheels.
2. Lower the machine gently and ensure that it is stable before use.



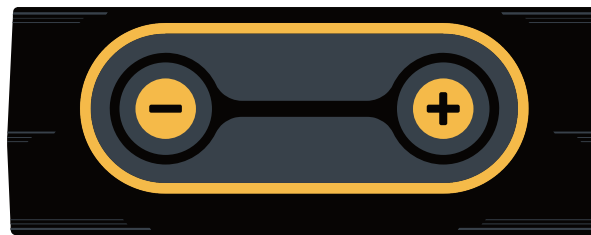
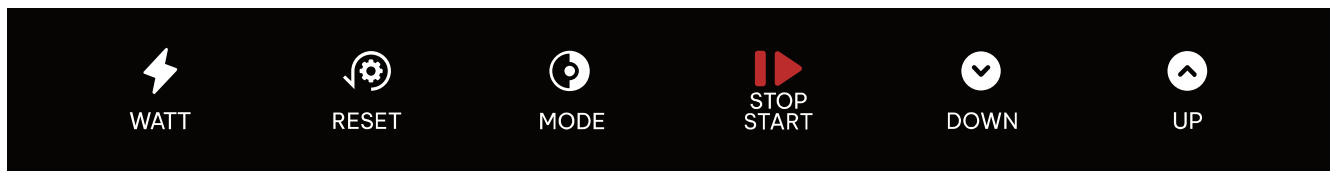
INSTRUCTION ON PRODUCT USAGE

Display Windows

1. PULSE / DISTANCE
2. WATTS / LEVEL
3. TIME
4. SPEED / CALORIES
5. Icons for PULSE, DISTANCE, WATTS, LEVEL, TIME, SPEED, and CALORIES.



Keypad Layout



Wireless Charging Instructions

⚠ WARNING

Do not place any metal objects on the wireless charging pad. Metal interference may cause charging to fail and could lead to overheating or damage.

1. After powering on the machine, place a device that supports wireless charging onto the wireless charging pad to begin charging. Charging will stop automatically when the device is removed.
2. A 15W wireless charging indicator light is located above the charging area.
3. The indicator light displays:
 - o **Red:** Not charging
 - o **Green:** Charging
 - o **Yellow (rapid flashing):** Metal detected; charging disabled



Hand Pulse Sensors

During both exercise and pause modes, the system can automatically detect the user's heart rate when both hands are placed on the hand pulse sensors.

⚠ CAUTION: Heart rate readings obtained from the hand pulse sensors are for reference only and are not intended for medical use.



LED Lighting Description

During exercise, the lighting color changes according to the workout segment:

1. Resistance 1–8: Blue
2. Resistance 9–16: Yellow
3. Resistance 17–24: Red

Initial Specification

1. IDLE MODE

- When the console is powered on, all segments briefly illuminate before the unit enters IDLE MODE. The DM display will scroll "WELCOME TO USE," and the PULSE, WATT, TIME, and SPEED indicators will light up.
- In IDLE MODE, press the MODE key to enter the workout mode selection screen. The DM display will show "P00" to indicate that mode selection is active.
- If no key is pressed and no speed signal is detected for 5 minutes, the console will automatically enter SLEEP MODE.

2. PAUSE MODE

- During exercise, press the STOP/START key once to enter PAUSE MODE. All workout values will stop counting.
- While paused, press the STOP/START key again to resume the workout. All displays will continue counting from where they stopped.
- In PAUSE MODE, pressing the RESET key will end the session and return the console to IDLE MODE.
- If no operation is performed for 5 minutes while paused, a beep will sound and the console will automatically return to IDLE MODE.

3. END MODE

- When the program countdown finishes, the console will emit three beeps and enter END MODE.
- Press the RESET key to exit END MODE. A beep will sound and the console will return to IDLE MODE.
- If no key operation occurs for 5 minutes in END MODE, the console will automatically return to IDLE MODE.

4. SLEEP MODE

- When the console remains in IDLE MODE with no key input and no speed signal for 5 minutes, the unit enters SLEEP MODE, and all backlighting turns off.
- To wake the console, press any key or begin pedaling to generate a speed signal.

Function Description

1. PULSE

- When a heart-rate signal is detected, the display shows the current heart-rate value (range: 40–220 bpm).
- When no heart-rate signal is detected, the window shows the DISTANCE value instead.
- The PULSE icon illuminates whenever heart-rate data is displayed.

2. DISTANCE

- Shows the total distance accumulated during the current workout.
- Display range: 0.0–999.9 (KM / MILE). When the value exceeds the range, it resets and continues counting.
- The DISTANCE icon illuminates when distance is displayed.

3. WATTS

- The window alternates between WATT and LEVEL every 5 seconds.
- Display range: 0–9999.
- Watt values are calculated based on RPM and resistance level according to the preset watt table.
- The WATTS icon illuminates when watt data is displayed.

4. LEVEL

- The bike offers 24 resistance levels, with Level 1 being the lightest and Level 24 the heaviest.
- Display range: 1–24.
- The LEVEL icon illuminates when the resistance level is shown.

5. TIME

- Display range: 00:00–99:59 (min:sec).
- When exceeding 99:59, time converts to 1:40 (hr:min) automatically.
- If exceeding 99:59 (hr:min), the value resets to zero and continues counting.
- In QUICK START, time counts up from 0:00.

- In other programs, time counts down from the preset value if the time setting is not zero; when set to zero, it counts up from 0:00.
- There are 18 segments in total.
- For count-up timing, each segment changes every 1 minute.
- For count-down timing, each segment changes based on preset time $\div$ 18.
- The TIME icon illuminates when time is displayed.

6. SPEED

- Alternates between SPEED and CALORIES every 5 seconds.
- Displays the user's current speed.
- Display range: 0.0–999.9 (KPH / MPH).
- The SPEED icon illuminates whenever speed is shown.

7. CALORIES

- Displays the estimated calories burned.
- Display range: 0.0–999.9. Values exceeding the limit reset to zero and continue counting.
- The CALORIES icon illuminates when calorie data is displayed.

8. WEIGHT

- Metric default: 70 kg, adjustable from 30–150 kg.
- Imperial default: 155 lb, adjustable from 66–330 lb.

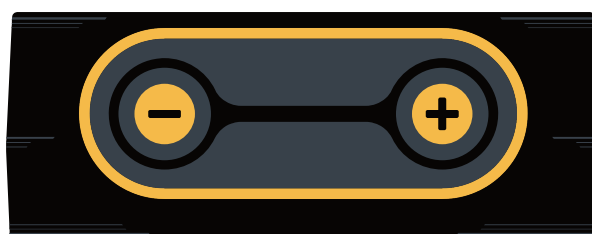
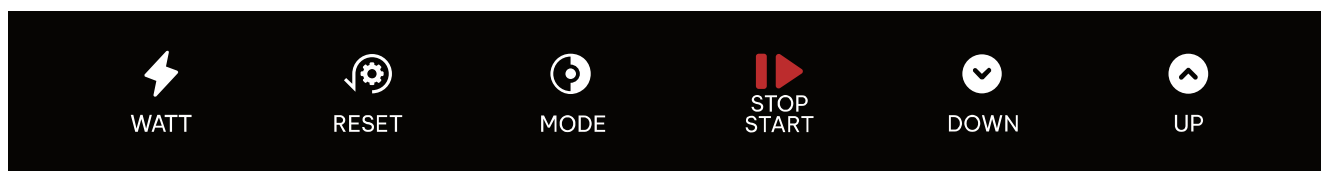
9. AGE

- Default value: 30.
- Adjustable range: 10–99 years.

10. SOUND INDICATIONS

- A short beep (0.1 sec) confirms any valid key operation.
- When the unit powers on, a long beep (0.5 sec) is emitted.
- When attempting to increase or decrease resistance beyond the maximum or minimum limit, a long beep will sound to indicate the boundary.

Console Key Functions Description



1. WATT Key

- In IDLE MODE or on the mode selection screen, pressing the WATT key will take you directly to the watt program's parameter setting page.

2. RESET Key

- 2.1. Press the RESET key to return to the previous screen.
- 2.2. On any parameter setting page, press and hold the RESET key for 2 seconds to return to IDLE MODE.
- 2.3. While the workout is paused, pressing the RESET key ends the session. A beep will sound and the console will return to IDLE MODE.
- 2.4. In the END screen, press the RESET key once to confirm. A beep will sound and the console will return to IDLE MODE.

3. MODE Key

- 3.1. In IDLE MODE, press the MODE key to enter the workout mode selection menu.
- 3.2. During mode selection or parameter setting, the MODE key functions as the confirmation key.

4. STOP/START Key

- 4.1. In IDLE MODE, press the STOP/START key to activate QUICK START. The display will count down "3, 2, 1, GO," accompanied by one short beep per second. After "GO," the workout begins and all displays start counting.
- 4.2. During exercise, press the STOP/START key to pause the workout. The display will show "PAUSE," and all data will stop updating.
- 4.3. While paused, press the STOP/START key again to resume the workout.
- 4.4. If no operation is performed for 5 minutes while paused, a beep will sound and the console will automatically return to IDLE MODE.

5. UP & DOWN Keys

- 5.1. When the display shows "P00," the DOWN key cycles forward through all workout modes in this order:
P00 → P01 → ... → P30 → USER1 → USER2 → HRC1 → HRC2 → HRC3 → WATT.
The UP key scrolls backward to the previous option.
- 5.2. When adjusting TIME, WEIGHT, AGE, LEVEL, or TARGET HEART RATE, the UP/DOWN keys change values in increments of 1.
- When adjusting CALORIES, each press changes the value by 10.
- 5.3. Press and hold either key for 2 seconds to enable continuous adjustment.

6. Resistance + / – Keys

- 6.1. The left key decreases resistance (–) and the right key increases resistance (+). In USER mode or during exercise, these keys adjust the resistance level directly.
- 6.2. Resistance levels range from 1 to 24.
- Level 1 = lowest resistance; Level 24 = highest resistance.
- 6.3. Each press increases or decreases the resistance by one level.
- 6.4. If resistance is already at the minimum or maximum level, pressing the – or + key again will trigger a long beep.
- 6.5. Press and hold either key for 2 seconds to enable continuous adjustment.

Additional Notes:

1. In Quick Start and Manual modes, resistance changes apply only to the current and upcoming (not yet executed) segments of the program. Completed segments remain unchanged.
2. In Program (P) and USER modes, resistance adjustments apply only to the current segment. Both completed and upcoming segments remain unchanged

PROGRAM DESCRIPTIONS

This console offers several workout programs to suit different training needs. Select a program by pressing the MODE button while the machine is in idle mode.

1. Quick Start

- Press START/STOP in idle mode to begin exercising immediately.
- The display will count down 3–2–1 and the workout will start at Level 1.
- If no movement is detected for 5 minutes, the machine will pause automatically.
- Press START/STOP within 5 minutes to resume the workout and continue recording data.

2. Manual Program

Manual mode allows you to set your own workout targets.

- In idle mode, press MODE to select P00 (Manual).
- Set your desired Time, Distance, and/or Calories.
- Press MODE to move to the next setting.
- Press START/STOP at any time to begin the workout.
- The program is divided into 18 segments, with resistance changing automatically during the workout.
- The workout will end when any one of the set targets reaches zero.
- If a value is set to 0, it will count upward during exercise.

3. Preset Programs (P01–P30)

The console includes 30 preset workout programs.

- In idle mode, press MODE and select P01–P30.
- Adjust workout settings as desired.
- Press START/STOP to begin.
- Each program consists of 18 segments, with resistance changing automatically.
- If no movement is detected for 5 minutes, the workout will pause.
- Press START/STOP within 5 minutes to resume and continue recording data.

4. User Programs (USER1 / USER2)

User programs allow you to save your own custom workouts.

- Two user programs are available: USER1 and USER2.
- In idle mode, press MODE and select USER1 or USER2.
- Set your preferred workout parameters.
- Press START/STOP to begin.
- The workout consists of 18 segments based on your settings.
- If no movement is detected for 5 minutes, the system will pause automatically.
- Press START/STOP to resume.

5. Heart Rate Control (HRC)

Heart Rate Control programs automatically adjust resistance to help you maintain a target heart rate.

Three HRC programs are available:

- HRC1: 60% of (220 – age)
- HRC2: 70% of (220 – age)

- HRC3: 80% of (220 – age)

How to use:

- In idle mode, press MODE and select HRC1, HRC2, or HRC3.
- The target heart rate will be displayed.
- Use UP / DOWN to adjust the target heart rate within ± 5 bpm.
- Press START/STOP to begin.

Notes:

- If no heart rate signal is detected, the program will start at the lowest resistance level.
- During exercise, press UP / DOWN to adjust the target heart rate.
- The display will briefly show the target heart rate, then return to the workout screen.

NOTE:

The heart rate values displayed by this product are for reference only.

They are not intended for medical use or diagnosis.

This product is not a medical device.

6. Constant Watts Program (WATT)

The Constant Watts program maintains a fixed power output regardless of speed.

- In idle mode, press MODE and select WATT.
- Set the desired watt value (range: 0–1000 W) using UP / DOWN.
- Press START/STOP to begin.
- The system automatically adjusts resistance based on your pedaling speed to maintain the target wattage.
- The workout is divided into 18 equal segments.
- If no movement is detected for 5 minutes, the machine will pause.
- Press START/STOP within 5 minutes to resume.