

Instructions for ZM12-G Gym Weight Lifting Console

The Console

Features:

- ANT+ and bluetooth interoperable 2.4Ghz wireless technology
- Best-in-class interference immunity
- Automatic scan function
- Code memory during battery replacement
- ANT+, Bluetooth and heritage 5.3Khz analogue heart rate receiver included
- Calculate times for weight lifting function
- Triple data display; weight lifting times, Heart Rate and Training Data
- Bright LED back light
- Advanced energy expenditure algorithm for personalized Kcals (Calories)

On screen features:

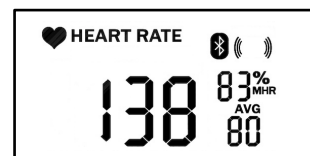
- Weight lifting times & repetitions & sets & lifting weight & memory record & max lifting weight & average lifting weight
- Heart rate actual & average & intensity
- Timer, person calorie & total repetitions(calorie and total repetitions one at time)
- Console low battery indicator
- Training achievement display

Using The Console

- The top display (GYM) shows weight lifting times, repetitions, sets, lifting weight, memory record, max lifting weight, average lifting weight, low battery indicator and training achievement indicator. The weight lifting times is calculate how many times when you lifting weight. The repetitions and sets are your goal in this training. The max and average weight indicates max and average weight value since the start of the exercise.



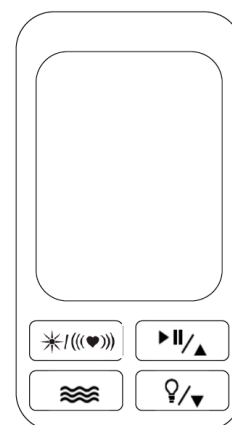
- The Middle display (HEART RATE) shows heart rate, session average and % of maximum heart rate. The heart rate is presented in beats per minute. AVG (average) indicates the average value since the start of the exercise. The % of MHR display indicates exercise intensity using the formula $220 - \text{age}$ to represent 100%, and then current heart rate as a percentage of the maximum.



- The bottom display (TRAINING) shows calories, timer and total repetitions since the start of the exercise. Calories need to wear and pair heart rate transmitter.



- The console have four function control button. One is set/HR paring button " *I(((♥))) ", one is mode button " ≡ ", one is start/pause/up button " ▶||/▲ " and one is light/down button " ♫/▼ ".



- *I(((♥))) SET/HR Paring Button
- ≡ MODE Button
- ▶||/▲ Start/Pause/Up Button
- ♫/▼ Light/ Down Button

- To start and pause the timer press the start/pause/up button “▶/▲”. To setup repetitions press and hold the start/pause/up button “▶/▲”. To setup sets press and hold light/down button “⬇/▼”. To setup lifting weight press set/HR paring button “*I(♥)”. When timer is going. Press start/pause/up button “▶/▲” or light/down button “⬇/▼” can adjust value increase or decrease 1. Long press start/pause/up button “▶/▲” or light/down button “⬇/▼” can adjust the value increase or decrease 1 in fast. Press set/HR paring button “*I(♥)” is confirming value. Press set/HR paring button “*I(♥)” can see set memory value, max lifting weight and average lifting weight when timer is stop. Press mode button “≈” can return exercise display. Press and hold the mode button “≈” is reset when timer is stop.
- Press mode button “≈” can start and stop scan feature. Press the mode button “≈” 2 times until (SCAN) appears in the TRAINING display. This will automatically change between training data in intervals of 3 seconds showing: calories/timer and total repetitions/timer. Press the mode button “≈” until (SCAN) in the TRAINING display have disappeared that means turn off scan feature.
- Press light/down button “⬇/▼”, the display should go shine.
- Without lifting weight times activity 5 minutes, the timer is stop. Without lifting weight times activity 5 minutes when timer is stop, the console will go to sleep mode.
- When battery is low, the console will display low battery symbol “🔋” at top display.
- When lifting weight times over set training sets, the console will display smile symbol “😊” at top display

Pairing weight lifting transmitter to console

1. Remove one battery from the console, the display should go blank.
2. Insert the same battery again while pressing and hold set/HR paring button “*I(♥)”. The console will show all display and then press set/HR paring button “*I(♥)” which will show (E01) at the top display and (📶) at the middle display(see figure 1). It is success to the maintenance mode.
3. Press set/HR paring button “*I(♥)” which will show (GYM, 0, 🏋️) at the top display, (📶) at the middle display and (--- -- -- --) at the bottom display(see figure 2, if have paired weight lifting transmitter before, it is shows the weight lifting transmitter device name).
4. To pair automatically press mode button “≈”. The 5 digit alphanumeric should show weight lifting transmitter device name when weight lifting transmitter have waked up(if device name is over 5 characters, it will be presented all characters in a left-right scrolling manner). Press start/pause/up button “▶/▲” and light/down button “⬇/▼” to choose weight lifting transmitter if console search two more weight lifting transmitters. Press set/HR paring button “*I(♥)” to confirm paired weight lifting transmitter.
5. Press set/HR paring button “*I(♥)” to set weight unit. Press start/pause/up button “▶/▲” and light/down button “⬇/▼” to choose Kg or lb. Press set/HR paring button “*I(♥)” to confirm(see figure 3).
6. Press set/HR paring button “*I(♥)” to set weight step value. Press start/pause/up button “▶/▲” and light/down button “⬇/▼” can adjust value increase or decrease 0.5. Press and hold start/pause/up button “▶/▲” and light/down button “⬇/▼” can adjust value increase or decrease 0.5 in fast(see figure 4).
7. Press set/HR paring button “*I(♥)” to exercise display(see figure 5). If weight lifting transmitter have paired, the console will display symbol “🏋️” at top display.

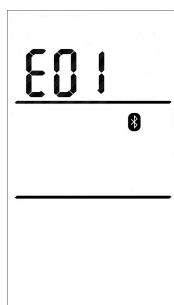


Figure 1

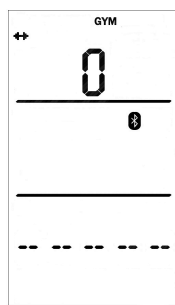


Figure 2

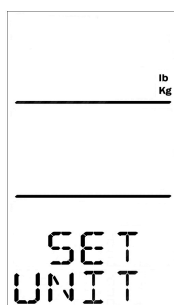


Figure 3

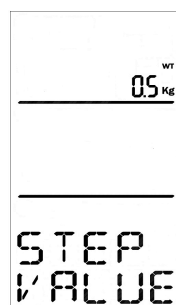


Figure 4

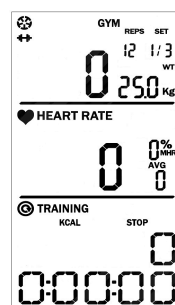


Figure 5

Pairing heart rate transmitter to console

1. From sleep mode press any key, this will activate the console.
2. Press and hold set/HR pairing button “” which will show () at the middle display(see figure 6). Press start/pause/up button “/▲” and light/down button “/▼” to choose bluetooth or ANT+. Press set/HR button “” to confirm.
3. If choose bluetooth, for automatic pairing press mode button “” which the 5 digit alphanumeric should show heart rate transmitter bluetooth device name when heart rate transmitter have waked up(if device name is over 5 characters, it will be presented all characters in a left-right scrolling manner). Press start/pause/up button “/▲” and light/down button “/▼” to choose heart rate transmitter if console search two more heart rate transmitters. Press set/HR pairing button “” to confirm paired heart rate transmitter and will show heart rate value(see figure 7).

If choose ANT+, for automatic pairing press mode button “” which should show heart rate transmitter ANT+ ID(up is hexadecimal ANT+ ID, down is decimal ANT+ ID at bottom display) when heart rate transmitter have waked up. Press set/HR pairing button “” to confirm paired heart rate transmitter and will show heart rate value(see figure 8).

For bluetooth or ANT+ heart rate pairing you must be wearing the heart rate transmitter and move to within 12 inch(30cm) to the console.

4. Once heart rate transmitter has been paired press set/HR pairing button “” to personal data settings. First setting age(see figure 9), then press set/HR pairing button “” to set AHR(see figure 10) and final press set/HR pairing button “” to set weight(see figure 11). For adjust value to press start/pause/up button “/▲” and light/down button “/▼” can adjust value increase or decrease 1. Press and hold start/pause/up button “/▲” and light/down button “/▼” can adjust value increase or decrease 1 in fast.
5. Press set/HR pairing button “” to exercise display
6. Wear an analogue 5.3Khz heart rate transmitter can not pair with the console and will show heart rate value when the console have not pair bluetooth or ANT+ heart rate transmitter.
7. If bluetooth or ANT+ heart rate transmitter pairing is unsuccessful after 20 seconds, or if heart rate value is incorrect, move closer to the console and press mode button “” to repeat the pairing procedure.
8. Once complete the personal data is stored in the console memory, this can be changed or modified during exercise by pressing and holding press set/HR pairing button “” to repeat the pairing procedure.
9. The bluetooth or ANT+ heart rate transmitter has to be paired to the console prior to starting the exercise to achieve accurate results. When the console into sleep mode and press any button to turn on, the bluetooth or ANT+ heart rate transmitter must be paired again before exercise.
10. If the console go to sleep mode and press any button to turn on, the personal settings data will return to the default settings.

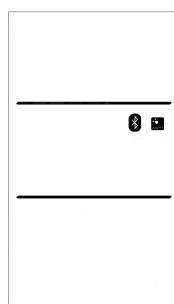


Figure 6

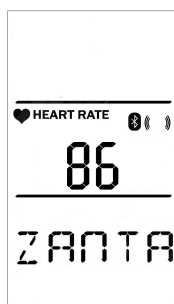


Figure 7

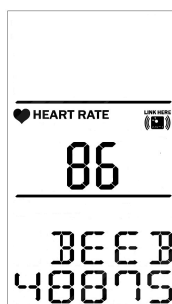


Figure 8

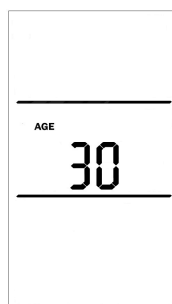


Figure 9



Figure 10

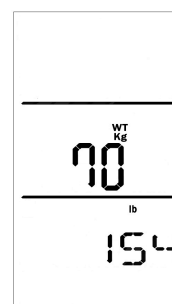


Figure 11

Model:ZM12G

Operation Frequency : BLE 2.402 – 2.480 GHz, ANT+ 2.457 GHz

RF Output Power : BLE: 2.81 dBm (e.i.r.p.), ANT+: 3.36 dBm (e.i.r.p.)

Federal Communication Commission Interference Statement

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 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 Caution: To assure continued compliance, any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment. (Example - use only shielded interface cables when connecting to computer or peripheral devices).

FCC Radiation Exposure Statement

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 0.5 centimeters between the radiator and your body.

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

The antennas used for this transmitter must be installed to provide a separation distance of at least 0.5 cm from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter.

「取得審驗證明之低功率射頻器材，非經核准，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。低功率射頻器材之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。前述合法通信，指依電信管理法規定作業之無線電通信。低功率射頻器材須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。」