

EXERCISE COMPUTER

I0744

ST7811-7

FUNCTION BUTTON

- MODE** Touch "Mode" button to select year, month, date, hour and minute for setting.
Touch "Mode" button to preset TIME, DISTANCE, CALORIES and PULSE.
Touch "Mode" button for selection, or enter after setting up.
- SET** To set up the value of TIME, DISTANCE, CALORIES and PULSE. You can hold the button to increase the value faster. (The computer has to be in stop condition.)
- RESET** The user may touch "RESET" button to reset each function: Time, Distance, Calories, Pulse or hold on for 2 seconds for total reset.
(When the user replace batteries, all the value will reset to ZERO automatically.)
- RECOVERY** To act the heart rate recovery function after training.

FUNCTIONS

- SCAN** Display all function from RPM - SPEED - DISTANCE - CALORIES - PULSE.
- RPM** Displays the Rotation Per Minute. The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.
- TIME** Accumulates workout time from 00:00 up to 99:59. The user may preset target time by pressing SET button. Each increasement is 1 minute.
- SPEED** Displays current training speed. Maximum speed is 99.9 KM/H or MILE/H.
- DISTANCE** Accumulates total distance from 0.00 up to 99.99 KM or MILE. The user may preset target distance data by pressing SET button. Each increasement is 0.1KM or MILE.
- CALORIES** Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
- TARGET PULSE** Press SET button to input your AGE, then the monitor will set up a pulse value automatically. When you exercise for a while, the screen will show the pulse percentage 55%, 75% or 95% with a blinking symbol if you reach that percentage of pulse value. Also the monitor will come out beep sounds for 8 seconds to remind you when the target is achieved or exceeded.
- TEMPERATURE** Displays current room temperature from 0 to 60 .
- CALENDAR** You can set up current calendar including year, month, and date.
- CLOCK** Displays current hour and minute from 00:00 to 23:59 (24 hours mode)
* Room temperature, calendar, and clock will show out when the monitor is in sleep mode while the training has been stop for 4 minutes or pressing any button.

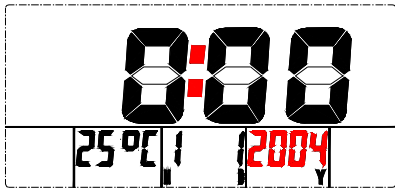
OPERATION ORDER

1. Installs 2 pieces of 1.5V #3 batteries, then the screen will display as following "Drawing A" and have "Bi" sound at the same time.

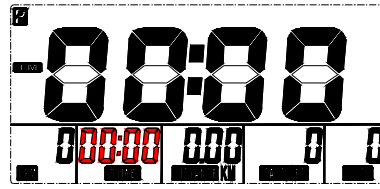


Drawing A

2. The calendar display will be in blinking mode shown as "Drawing B", then you can press SET button to set up the value. You can also press RESET button to come back the preset value. Press "MODE" button will skip to Month, Date, Hour, and Minute. Set-up method is the same with year. Press "MODE" button to confirm set-up shown as below "Drawing C".

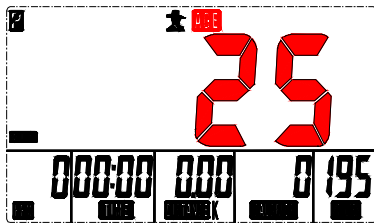


Drawing B

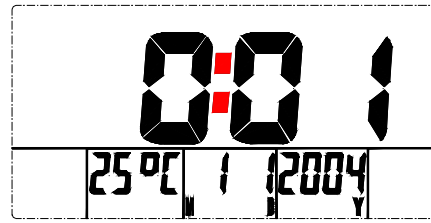


Drawing C

3. Get access to the set-up mode of TIME/DISTANCE/CALORIES/TARGET PULSE. When you are in each set-up mode. For instance the time set-up, when the time value is blinking, you can press "SET" button to adjust the number. Press "Mode" button for confirmation and skip to next set-up. The set-up of DISTANCE & CALORIES is the same as TIME set-up.
4. When you are in Target PULSE mode, the main screen will show "AGE", PULSE screen show "TARGET value (220-AGE)". At the time you can press "SET" button to change the value of AGE and TARGET shown as "Drawing D". When the set-up is completed, press "MODE" button to confirm and skip to TIME screen. Continuously press "MODE" button will act this circle. If you do not enter the RPM and PULSE signal or manual set-up time over 4 minutes in this mode, it will be skip to SLEEP mode shown as "Drawing E".

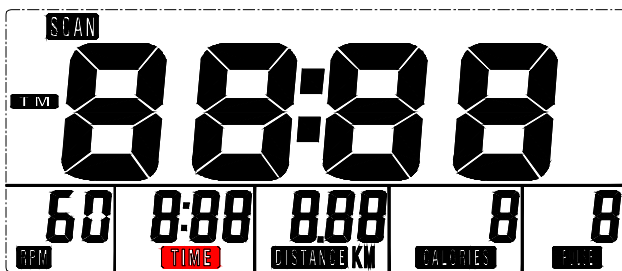


Drawing D



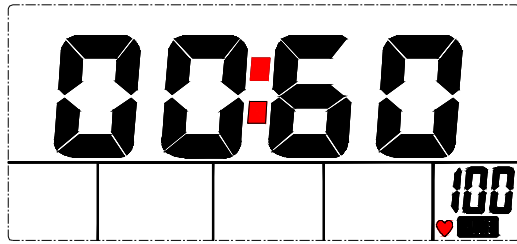
Drawing E

5. After entering RPM value, and setting up the TIME, DISTANCE, CALORIES. In SCAN mode shown as "Drawing F". RPM/SPEED/TM/DIST/CAL/PULSE will skip to display every 6 seconds. The order is as follows.

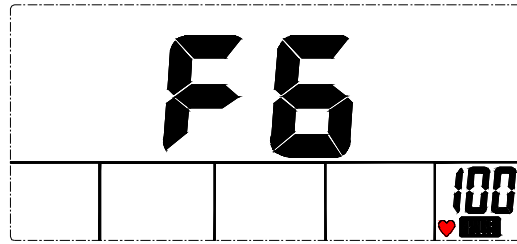


Drawing F

6. You can also press "Mode" button to select single function display except RPM & SPEED function. The RPM & SPEED function will switch display.
7. Except the SPEED / RPM cannot set up other function mode. For example when set-up is completed of TIME, DISTANCE, CALORIES, TARGET H.R., enter and set up the RPM value will count down to 00:00 and produce 4 times "Bi" sound for 8 seconds, then the value will be counting up from 00:00.
8. **RECOVERY**
 - (1) When press "RECOVERY" button, the RECOVERY function will work. At this time only PULSE and TIME is working, other function will not be displayed, and the Sensor Input is not available. TIME start to count down from "00:60". Pulse signal will be blinking according to user's pulse. When count down to "0", it will show F1~F6.
 - (2) LCD display as follows: (RECOVERY start condition & end condition)



Drawing G



Drawing H

(3) If the count down action to 00:00 is not completed and there is no pulse signal. The count down action have to be done and shown F6.

(4) If you press the RECOVERY button prior to count down to 00:00, it will be end the function and there will be no display at all.

NOTE

1. Stop training for 4 minutes, the main screen will be off and display the room temperature , clock, and calendar automatically, other function display will be off.
2. If the computer displays abnormally, please re-install batteries and try again.
3. Battery Spec: 1.5V UM-3 or AA (2PCS).