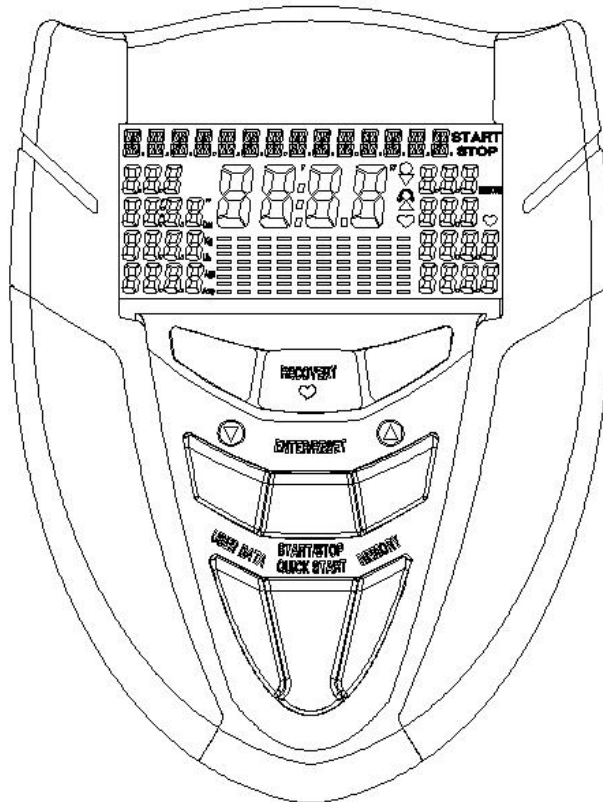


Computer Instructions ~ Cross Trainer ~ X785 (B31012)

Display Console Overview:



Functions and Features:

1. **Quick Start:** Allows you to start the computer without selecting a program. TIME automatically begins to count up from zero. Use the UP and DOWN keys to adjust the resistance.
2. **SCAN:** During the exercise stage, the computer will automatically scan the function of TIME, DISTANCE, SPEED, WATT, PULSE, CALORIES and RPM per each for 6 seconds unless press the ENTER key to exit the auto-scan function. When the computer exits the manual-scan then the message window will show "SCAN" for 2 seconds then switch to auto-scan function.
3. **TIME:** Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You may also program your computer to count down from a set up value by using the UP and DOWN keys. If you continue exercising once the time has reached 0:00, the computer will begin beeping. You can press any key to stop the beep sound. If you re-start the computer at least then the TIME will count up from your setting value to keep counting.
4. **DISTANCE:** Displays the accumulative distance traveled during each workout up to a maximum of 99.9KM/MILE.
5. **SPEED:** Displays your workout speed value in KM or MILE per hour.

6. WATT: The amount of mechanical power the computer is receiving from your exercise.
7. PULSE: Your computer displays your pulse rate in beats per minute during your workout.
8. CALORIES/JOULE: Your computer will estimate the cumulative calories burned at any given time during your workout.
9. RPM: Your pedal cadence.
10. PULSE RECOVERY: During the START stage, leave your hands holding on grips or leave the chest transmitter attached and then press "PULSE RECOVERY" key, then the computer will show "HOLD SENSOR" to remind you. Time starts counting from 01:00 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1.0 to F6.0 and message window will show your workout situation. The details as follows,

1.0 means OUSTANDING
1.0 < F < 2.0 means EXCELLENT
2.0 ≤ F ≤ 2.9 means GOOD
3.0 ≤ F ≤ 3.9 means FAIR
4.0 ≤ F ≤ 5.9 means BELOW AVERAGE
6.0 means POOR

Note: If no pulse signal input then the computer will show "NO PULSE" on the message window. If the computer show "DETECTED FAIL" on the message window, please re-press the PULSE RECOVERY key and please make sure your hands are keeping well on the grips or the chest transmitter is attached well.

11. AGE: Your computer is age-programmable from 10 to 99 years. If you do not set an age, this function will always default to age 35.
12. TARGET HEART RATE (TARGET PULSE): The heart rate you should maintain is called your Target Hear Rate in beats per minute.

Key function:





There are 7 button keys and the function description as follows:

1. Quick Start key: Press START key can allow you to start the computer without selecting a program. Manual workout only. Time automatically begins to count up from zero.
2. START/STOP key:
 - a. During the exercise mode, press the key to STOP exercise.
 - b. During the stop mode, press the key to START exercise.
3. UP key:
 - a. Press the key to increase the resistance during exercise mode.
 - b. During the setting mode, press the key to increase the value of Time, Distance, Calories, Age and select Program.
4. DOWN key:
 - a. Press the key to decrease the resistance during exercise mode.
 - b. During the setting mode, press the key to decrease the value of Time, Distance, Calories, Age and select Program.
5. ENTER/RESET key:
 - a. During the setting mode, press the key to accept the current data entry.

- b. At the stop mode, by holding this key for over two seconds the computer will re-power on and all the value will reset to zero or default value.
 - c. During the user data setting mode, by holding this key for over two seconds can exit to the MANUAL program.
 - d. During the START stage, press the key can exit the auto-scan mode to manual-scan mode. .
6. USER DATA key: Press the key to enter the USER DATA mode. There are 4 users including U1, U2, U3 and U4. Each user can have 10 memories data.
 7. MEMORY key: Press the key to save the exercise data after workout. The message window will show "DATA SAVED" after pressing the key.
 8. PULSE RECOVERY key: Press the key to activate heart rate recovery function.

The Things You Should Know Before Exercise

How to select user and setting user data:

1. You can select user before start exercise. Press USER DATA key to select user from USER 1 to USER 4(U1 to U4).
2. Press UP/DOWN keys to select user.
3. Press the ENTER key to confirm your user number, and then the computer will flash  on the window and shows GENDER on the message window.
4. Press UP/DOWN keys to select sexy ( , ). The default sexy is  (MAN).
5. Press the ENTER key to confirm your sexy, and then the computer will flash 35 on the window and shows AGE on the message window.
6. Press UP/DOWN keys to set up your age. The default age is 35.
7. Press the ENTER key to confirm your age, and then the computer will flash 170.0 or 5'07" on the window and shows HEIGHT on the message window.
8. Press UP/DOWN keys to set up your actual height. The default height is 170cm or 5'07"(5 feet 7 inches).
9. Press the ENTER key to confirm your height, and then the computer will flash 70.0 or 155.0 on the window and shows WEIGHT on the message window.
10. Press the ENTER key to confirm your height. The default weight is 70kgs or 155lbs.
11. The first segment on the message window will flash.
12. Press UP/DOWN keys to input your name. There are 14 segments totally.
13. Press ENTER key to confirm your name.
14. If you would not input your name, by holding the ENTER key for over two seconds can quit the USER DATA mode.

15. The computer will beep 2 sounds then show "WELCOME" on the display. Then your name will show on the message display. If you do not input your name then the display will show "MY FRIEND" after "WELCOME".
16. Press UP/DOWN keys to select exercise program and setting your target before workout.
17. Press START/STOP key to do the exercise.

How to save the exercise data and study it:

There are 4 users and each user can save 10 memory data.

1. Press MEMORY key after workout to save exercise data.
2. The computer will show "DATA SAVED" on the message window then save in the MEMORY 1 always.
3. The latest data will always be saved in the memory 1. Memory 10 is the oldest exercise data.
4. You can review your exercise data during the STOP mode. Press the USER DATA key then press the MEMORY key to check the exercise data. Using UP or DOWN keys to review data from MEMORY 1 to MEMORY 10.

Program Introduction & Operation:

Manual Program: Manual

P1 is a manual program. User can start exercise by pressing START/STOP key. The default resistance level is 5. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

- Operations:
1. Use UP/DOWN key to select the MANUAL (P1) program.
 2. Press the ENTER key to enter MANUAL program.
 3. The U0 will flash on the window and show the "SELECT USER" on the message window. If you already set up your user data then please omit the item 3 & 4 to the item 5.
 4. Press UP/DOWN keys to select user from U1 to U4, or press ENTER key for U0.
 5. The TIME will show on the message window and you can press UP or DOWN key to setting your exercise TIME. Press ENTER key to confirm your desired workout TIME.
 6. The DISTANCE will show on the message window and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired workout DISTANCE.
 7. The CALORIES/JOULE will show on the message window and you can press UP or DOWN keys to setting your exercise CALORIES/JOULE. Press ENTER key to confirm your desired workout CALORIES/JOULE.

8. Press START/STOP key to begin exercise.

Preset Program: Rolling, Valley, Fat Burn, Ramp, Mountain, Intervals, Random, Plateau Program

PROGRAM 2 to PROGRAM 9 is the preset programs. Users can exercise with different level of loading in different intervals as the profiles show. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN key during the workout) with a period of time or a number of calories or a certain distance.

- Operations:
1. Use UP/DOWN keys to select one of the above programs from P2 to P9.
 2. Press ENTER key to enter your workout program.
 3. The U0 will flash on the window and show the "SELECT USER" on the message window. If you already set up your user data then please omit the item 3 & 4 to the item 5.
 4. Press UP/DOWN key to select user from U1 to U4 or press ENTER key for U0.
 5. The TIME will show on the message window and you can press UP or DOWN key to setting your exercise TIME. Press ENTER key to confirm your desired workout TIME.
 6. The DISTANCE will show on the message window and you can press UP or DOWN key to setting your target DISTANCE. Press ENTER key to confirm your desired workout DISTANCE.
 7. The CALORIES/JOULE will show on the message window and you can press UP or DOWN key to setting your exercise CALORIES/JOULE. Press ENTER key to confirm your desired workout CALORIES/JOULE.
 8. Press START/STOP key to begin exercise.

Heart Rate Control Program: 55% Max H.R.C., 65% H.R.C., 75% H.R.C., 85% H.R.C., Target H.R.C.

Program 10 to Program 13 is the Heart Rate Control Programs and Program 14 is the Target Heart Rate Control program.

Program 10 is the 55% Max H.R.C. - - Target H.R. = $(220 - \text{AGE}) \times 55\%$

Program 11 is the 65% Max H.R.C. - - Target H.R. = $(220 - \text{AGE}) \times 65\%$

Program 12 is the 75% Max H.R.C. - - Target H.R. = $(220 - \text{AGE}) \times 75\%$

Program 13 is the 85% Max H.R.C. - - Target H.R. = $(220 - \text{AGE}) \times 85\%$

Program 14 is the Target H.R.C. - - Workout by your target heart rate value.

Users can exercise according to your desired Heart Rate program by setting your AGE, TIME, DISTANCE, CALORIES/JOULE or TARGET PULSE. In these programs, the computer will adjust the resistance level according to the heart rate detected. For example, the resistance level may increase every 20 seconds while the heart rate detected is higher than the TARGET H.R value and then the computer will show "SLOW DOWN" on the

message window. Also the resistance level may decrease every 20 seconds while the heart rate detected is lower than the TARGET H.R and then the computer will show “HURRY UP” on the message window. As a result, the user’s heart rate will be adjusted to close the TARGET H.R. between the range of TARGET H.R. +5 and TARGET H.R. -5 and then the computer will show “KEEP GOING” on the message window.

- Operations:
1. Use UP/DOWN keys to select one of the heart rate control program from P10 to P14.
 2. Press ENTER key to enter your workout program.
 3. The U0 will flash on the window and show the “SELECT USER” on the message window. If you already set up your user data then please omit the item 3, item 4 and item 5.1 direct to the item 5.2 or 6.
 4. Press UP/DOWN keys to select user from U1 to U4 or press the ENTER key for U0.
 - 5.1 The AGE will show on the message window at P10 to P13 programs and you can press UP or DOWN keys to setting your AGE. The default age is 35.
 - 5.2 At P14, the TARGET PULSE will show on the message window and you can press UP or DOWN keys to setting your TARGET PULSE. The default TARGET PULSE is 120.
 6. The TIME will show on the message window and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired workout TIME.
 7. The DISTANCE will show on the message window and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired workout DISTANCE.
 8. The CALORIES will show on the message window and you can press UP or DOWN keys to setting your exercise CALORIES/JOULSE. Press ENTER key to confirm your desired workout CALORIES/JOULE.
 9. Press START/STOP key to begin exercise.

User Setting Program: User Profile

Program 15 is the user setting program. Users are free to create the values in the order of TIME, DISTANCE, CALORIES and the resistance level in 10 columns. The values and profiles will be stored in the memory after setup. Users may also change the ongoing loading in each column by UP/DOWN keys, and they will not change the resistance level stored in the memory.

- Operations:
1. Use UP/DOWN key to select the USER PROFILE(P15) program.
 2. Press ENTER key to enter your workout program.
 3. The U0 will flash on the window and show the “SELECT USER” on the message window.

4. Press UP/DOWN key to select user from U1 to U4 or press ENTER key for U0. If you already set up your user data then please omit the item 3 and item 4 direct to the item 5.
5. The column 1 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your first column of exercise profile. The default level is load 1(L1).
6. The column 2 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your second column of exercise profile.
7. Follow the above description 5 and 6 to finish your personal exercise profiles. Press ENTER to confirm your desired exercise profile.
8. The TIME will show on the message window and you can press UP or DOWN key to setting your workout TIME. Press ENTER key to confirm your desired workout TIME.
9. The DISTANCE will show on the message window and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired workout DISTANCE.
10. The CALORIES/JOULE will show on the message window and you can press UP or DOWN keys to setting your exercise CALORIES/JOULES. Press ENTER key to confirm your desired workout CALORIES/JOULE.
11. Press the START/STOP key to begin exercise.

Body Fat Program: Body Fat Test

Program 16 is a special program design to calculate users' body fat ratio and to offer a specific loading profile for users. There are 3 body types divided according to the FAT% calculated.




Type1: BODY FAT% > 27

Type2: $27 \geq \text{BODY FAT\%} \geq 20$

Type3: BODY FAT % < 20

The computer will show the test results of FAT PERCENT, BMI, BMR.

- Operations:
1. Use UP/DOWN key to select the BODY FAT TEST(P16) program.
 2. Press ENTER key to enter your workout program.
 3. The U0 will flash on the window and show the "SELECT USER" on the message window.
 4. Press UP/DOWN keys to select user from U1 to U4 or press ENTER key for U0. **If you already set up your user data then press START/STOP key to begin body fat measurement. If not, please follow up the following operations.**
 5. The GENDER will show on the message window and you can press UP or

DOWN key to select your gender ( , ). The default gender is 
(MAN)

6. The AGE will show on the message window and you can press UP or DOWN keys to setting your AGE. The default AGE is 35.
7. The HEIGHT will show on the message window and you can press UP or DOWN key to setting your HEIGHT. The default HEIGHT is 170.0cm or 5'07" (5 feet 7 inches).
8. The WEIGHT will show on the message window and you can press UP or DOWN key to setting your WEIGHT. The default WEIGHT is 70kgs or 155lbs.
9. Press START/STOP key to begin body fat measurement. The message window will show HOLD SENSOR to remind you to have your hands are attached well on the grips.
10. After finished your measurement, the computer will show "RESULTS" for 2 seconds and then show "FAT PERCENT" on the message window. You can press UP or DOWN key to study your FAT PERCENT, BMI and BMR. Furthermore, the computer will show your own exercise profile for your body type.
11. Press START/STOP key to begin exercise.

Watt Control Program: Watt Control

Program 17 is a Speed Independent Program. Press enter key to set up the values of TARGET WATT, TIME, DISTANCE and CALORIES/JOULE. During the exercise mode, the level of resistance is not adjustable. For example, the level of resistance may increase while the speed is too slow. Also the level of resistance may decrease while the speed is too fast. As a result, the calculated value of WATT will close to the value of TARGET WATT setup by users.

- Operations:
1. Use UP/DOWN key to select the WATT CONTROL(P17) program.
 2. Press ENTER key to enter your workout program.
 3. The U0 will flash on the window and show the "SELECT USER" on the message window.
 4. Press UP/DOWN keys to select user from U1 to U4 or press ENTER key for U0.
 5. The TARGE WATT will show on the message window and you can press UP or DOWN key to setting your target WATT value. Press ENTER key to confirm your target WATT. The default WATT value is 100.
 6. The TIME will show on the message window and you can press UP or DOWN key to setting your exercise TIME. Press ENTER key to confirm your desired TIME.

7. The DISTANCE will show on the message window and you can press UP or DOWN key to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
8. The CALORIES/JOULE will show on the message window and you can press UP or DOWN key to setting your exercise CALORIES/JOULE. Press ENTER key to confirm your desired CALORIES/JOULE.
9. Press the START/STOP key to begin exercise.

- NOTE:**
1. $WATT = TORQUE (KGM) * RPM * 1.03$
 2. In this program, the WATT value will keep constant value. It means that if you peddle quickly, the resistance level will decrease and if you peddle slowly, the resistance level will increase. Always try to keep you in the same watt value.

Operation Instruction:

1. Plug in the power
Plug in the adaptor to the equipment then the computer will produce a beep sound and show WELCOME and then turn on the computer at the Manual mode.
2. Determine the User
 - a. Press the USER DATA key to select user.
 - b. Press the ENTER to select user. The message window will show the "SELECT USER" on the display
 - c. Use the UP and DOWN key to select the User from U1 to U4.
 - d. Press ENTER key to decide the User.
 - e. Use the UP or DOWN key to choose the gender and then press ENTER to confirm your sex. The default will always set up for Man.
 - f. Use the UP or DOWN key to set up your age, and then press ENTER to confirm your setting value. The default value is year of 35.
 - g. Use the UP or DOWN key to set up your height, and then press ENTER to confirm your setting value. The default value is 170cm or 5 feet 7 inch.
 - h. Use the UP or DOWN key to set up your weight, and then press ENTER to confirm your setting value. The default value is 70kgs or 155lbs.
 - i. Use the UP or DOWN key to select your name from A to Z and then press ENTER to confirm your name. The message window will show "WELCOME" with 2 beeps sound then show your name on the display with 2 beeps sound also. If you do not want to input your name then the message window will show "WELCOME" with 2 beeps sound then show "MY FRIEND" with 2 beeps sound from the computer.
3. Program select and setting value
 - A. Use the UP or DOWN key to select program mode and then press ENTER to confirm your exercise mode.
 - B. At the Manual mode, the computer will use the UP or DOWN key to set up your workout

TIME, DISTANCE, CALORIES/JOULE.

C. Press the START/STOP key to begin exercise.

D. When you reach the target, the computer will produce beep sounds and then stop.

E. If you set up more than one target and you would like to reach next target, press START/STOP key to keep on exercise.

Operation guide:

A. LCD Contrast Calibration

The contrast of the screen can be adjusted by the following steps:

- a. During the STOP mode, press and hold the ENTER and UP keys together for over two seconds. This will open the LCD contrast calibration mode.
- b. Then press the UP or DOWN key to adjust the contrast of the screen. Press ENTER key to confirm the desired level of contrast. There are 16 levels of contrast.

If you do not change the contrast level, this function will always default to level 8.

B. Sleep Mode:

The computer will enter the sleep mode when there is no signal input or no keys be pressed after 4 minutes. You can press any key to wake up the computer.

C. BMI (Body Mass Index): BMI is a measure of body fat based on height and weight that applies to both adult men and women.

D. BMR (Basal Metabolic Rate): Your Basal Metabolic Rate (BMR) shows the number of calories your body needs to operate. This doesn't account for any activity, it's simply the energy needed to sustain a heartbeat, breathing and normal body temperature. It measures the body at rest, not sleep, at room temperature.

Error Message:

E: The speed over than 99.9 MPH/KPH then the LCD bar displays "E".

E1 (ERROR 1): The monitor cannot read the signal input then the LCD bar displays "E1".

E2 (ERROR 2): The computer cannot interface with the IC chip then the LCD bar displays "E2".

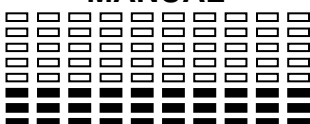
E5 (ERROR 5): After 4 seconds by start mode, the computer detects the faulty motor did not leave the zero point then the LCD bar displays "E5".

LCD Workout Graphics

PRESET PROGRAM PROFILES:

PROGRAM 1

MANUAL

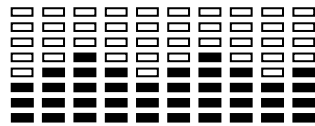


PROGRAM 2

ROLLING

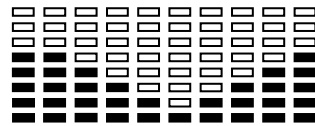
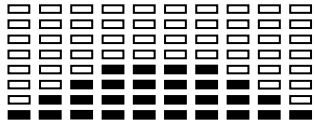
PROGRAM 3

VALLEY



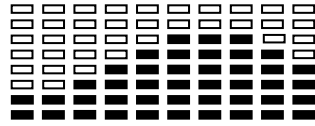
PROGRAM 4

FAT BURN



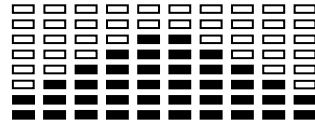
PROGRAM 5

RAMP



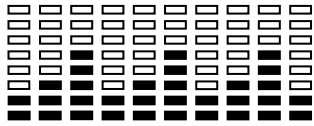
PROGRAM 6

MOUNTAIN



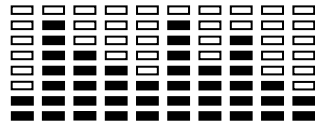
PROGRAM 7

INTERVALS



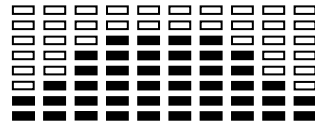
PROGRAM 8

RANDOM



PROGRAM 9

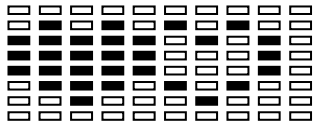
PLATEAU



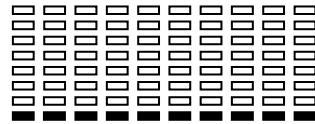
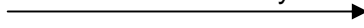
HEART RATE PROGRAM PROFILES:

PROGRAM 10

55% H.R.C.

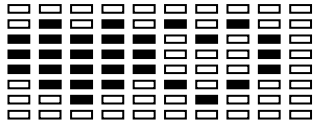


Press ENTER key

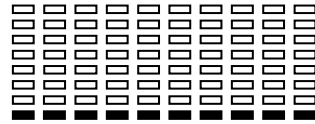


PROGRAM 11

65% H.R.C.

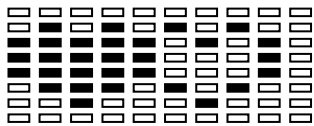


Press ENTER key

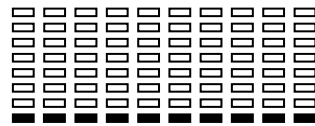
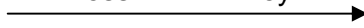


PROGRAM 12

75% H.R.C.

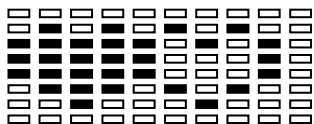


Press ENTER key

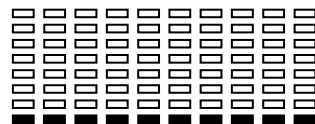
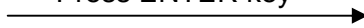


PROGRAM 13

85% H.R.C.

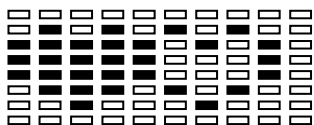


Press ENTER key

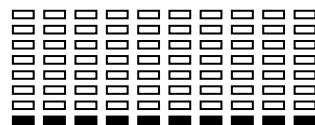
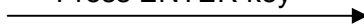


PROGRAM 14

TARGET H.R.C.



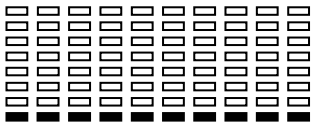
Press ENTER key



USER SETTING PROGRAM

PROGRAM 15

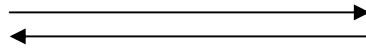
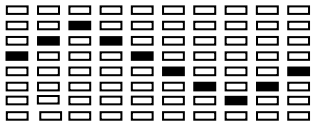
USER PROFILE



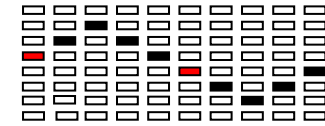
BODY FAT TEST PROGRAMS:

PROGRAM 16

BODY FAT (STOP MODE)

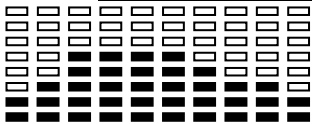


BODY FAT (START MODE)

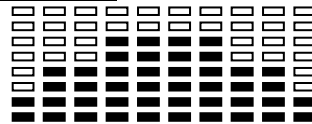


WORKOUT MODE:

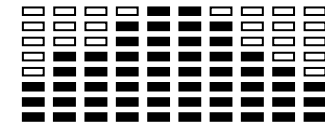
a. **BODY FAT PROGRAM FOR MAN**



Workout Time: 40 minutes



Workout Time: 40 minutes

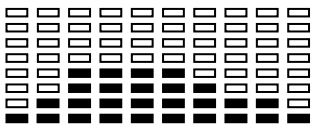


Workout time: 20 minutes

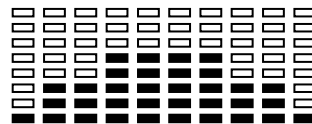
b. **BODY FAT PROGRAMS FOR WOMAN**

c. **BODY FAT PROGRAMS FOR MAN AGE MORE THAN YEAR OF 55**

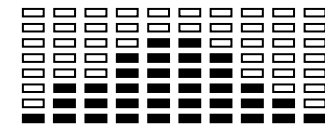
d. **BODY FAT PROGRAMS FOR LESS THAN 50KGS' MAN**



Workout Time: 40 minutes



Workout Time: 40 minutes



Workout time: 20 minutes

WATT CONTROL PROGRAM

PROGRAM 17

WATT CONTROL

