

# SM6610 COMPUTER



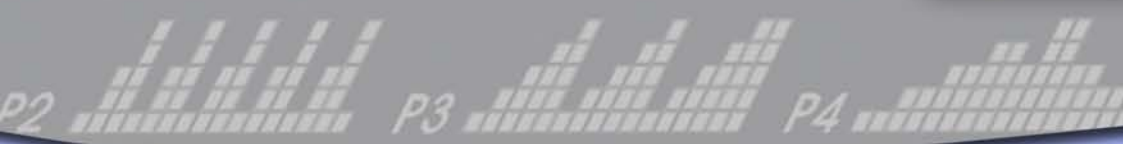
DISTANCE

CALORIES

PULSE

LOAD WATT

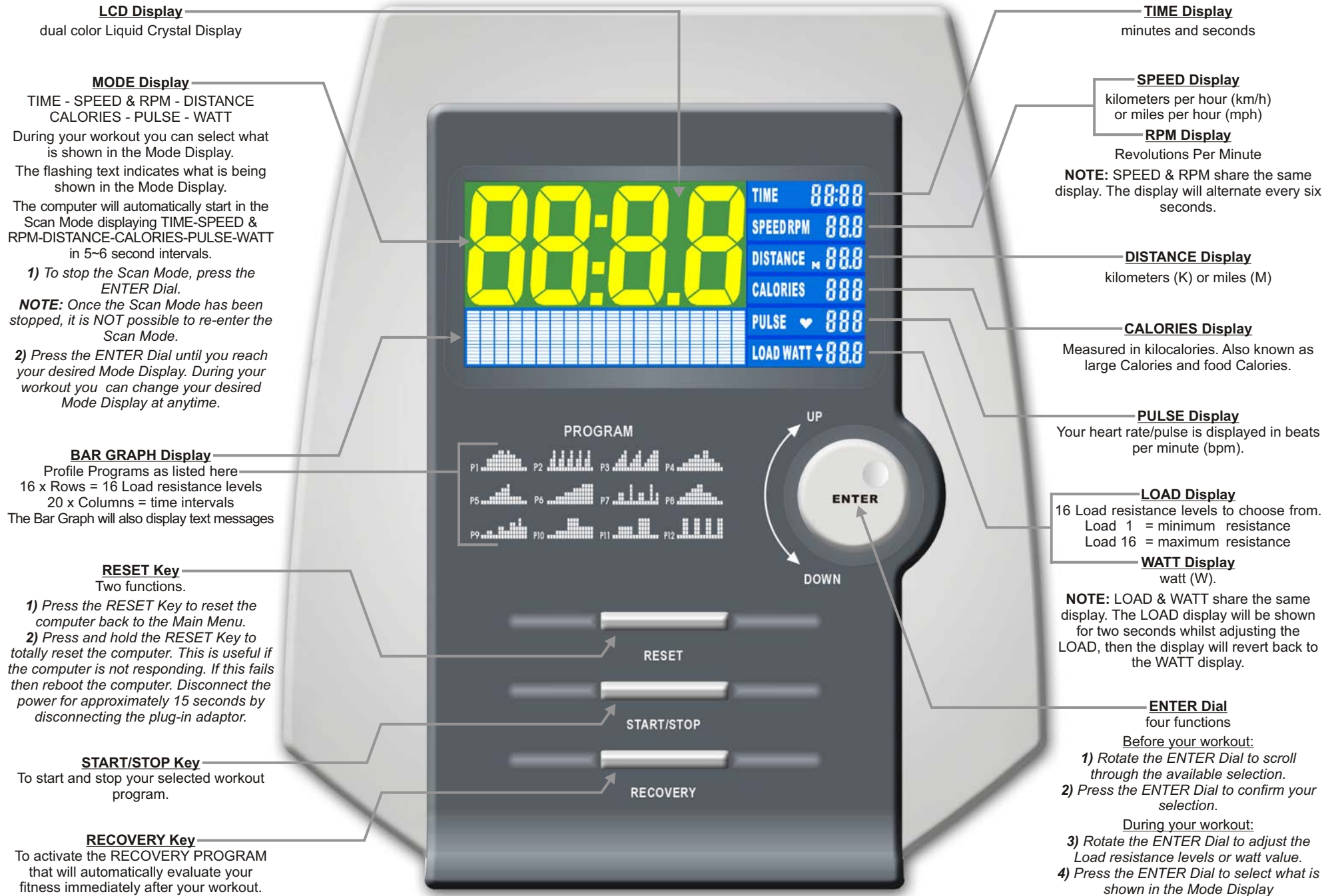
PROGRAM



## OPERATING INSTRUCTIONS



# SM6610 COMPUTER INSTRUCTIONS



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## Error Message Guide

If the computer detects an error it will display the text "E-2" If the following solutions fail to correct the problem then contact your dealer for assistance.

**PROBLEM:** Software failure.

**SOLUTION:** Reboot the computer. Disconnect the power for approximately 15 seconds by disconnecting the plug-in adaptor.

**PROBLEM:** No motor detected.

**SOLUTION:** Reconnect all cable plug connections, refer to the assembly instructions.

## Power Functions

**ADAPTOR:** Once your exercise machine is fully assembled and correctly positioned then insert the plug-in adaptor socket. The computer should automatically power up and all the LCD segments will briefly light up. If there are any problems then please refer to the ERROR MESSAGE GUIDE for help.

**AUTO POWER UP:** The computer will automatically power up when the exercise machine is in use, or when any Keys on the computer are pressed.

**AUTO POWER DOWN:** The computer will automatically power down when the exercise machine is not in use after approximately 4 minutes at which time the computer will go into the Display Mode displaying the Time (24hr), Date and Temperature.

## Time, Date and Temperature Display

The computer will automatically power down when the exercise machine is not in use after approximately 4 minutes at which time the computer will go into the Display Mode displaying the Time (24hr), Date and Temperature.

**NOTE:** When in the Display Mode, to prevent the computer from overheating the backlight will automatically turn off.

## Getting Started SETTING THE DATE & TIME

When the computer is first activated the LCD Display will be flashing and requesting data impute for Year, Month, Day and Time.

1) Rotate the ENTER Dial to select the correct information, then press the ENTER Dial to confirm your selection.

## Main Menu

The Main Menu consists of the 5 x following selections:

1. **MAN** 1 x MANUAL PROGRAM
2. **PROG** 12 x PROGRAM PROFILES
3. **USER** 1 x USER PROFILE PROGRAM
4. **H.R.C.** 4 x HEART RATE CONTROL PROGRAMS
5. **WATT** 1 x WATT PROGRAM

1) Rotate the ENTER Dial to scroll through the 5 x Main Menu selections. Press the ENTER Dial to confirm your selection.

**NOTE:** If at anytime you wish to return to the Main Menu then simply press the RESET Key. If that fails then press and hold the RESET Key.

## Manual Program QUICK START

The MANUAL PROGRAM is a simple program that has a flat profile and is preset at Load resistance level one. Before and during your workout you can adjust the Load resistance levels by rotating the ENTER Dial.

1) From the Main Menu, rotate the ENTER Dial to scroll and select the MANUAL PROGRAM. Confirm your selection by pressing the ENTER Dial.

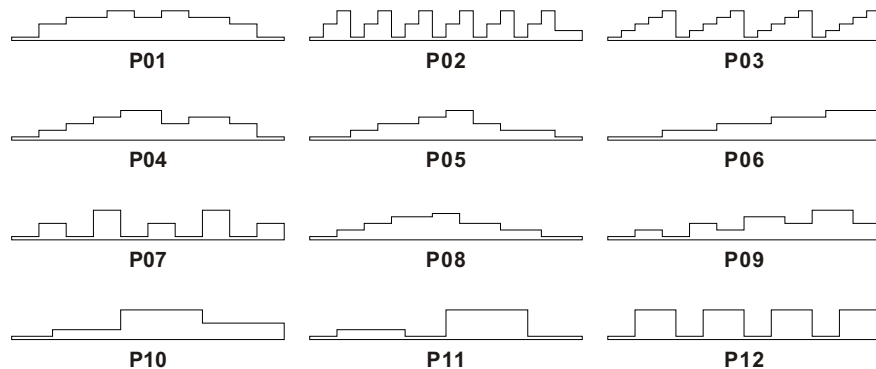
2) Press the START Key to begin your workout.

# SM6610 COMPUTER INSTRUCTIONS

## Profile Programs

The computer will automatically adjust the Load resistance levels according to the PROFILE PROGRAMS you select. Before and during your workout you can adjust the Load resistance levels by rotating the ENTER Dial.

There are 12 x PROFILE PROGRAMS to choose from as shown in the diagrams below:



- 1) From the Main Menu, Rotate the ENTER Dial to scroll and select the PROFILE PROGRAMS Confirm your selection by pressing the ENTER Dial.
  - 2) Rotate the ENTER Dial to scroll through the 12 x PROFILE PROGRAMS. After two seconds the computer will automatically display the Profile Program. Press the ENTER Dial to confirm your selection.
- NB** To immediately start your workout press the START Key.
- 3) To select target values press the ENTER Dial. Rotate the ENTER Dial to select your target values. Press the ENTER Dial to confirm your selections. Then press the START Key to begin your workout.
  - 4) During your workout, press the ENTER Dial to select your Mode Display. Rotate the ENTER Dial to change the Load resistance level.

## User Profile Program

The computer will automatically adjust the Load resistance levels according to the USERS PROFILE PROGRAM you design. During your workout you can adjust the Load resistance levels by rotating the ENTER Dial.

- 1) From the Main Menu, rotate the ENTER Dial to scroll and select the USER PROGRAM. Confirm your selection by pressing the ENTER Dial.
  - 2) There are 20 columns, each with a choice of 16 Load resistance levels. Rotate the ENTER Dial to select your Load resistance level. Press the ENTER Dial to confirm your selection.
- NB** To immediately start your workout press the START Key.
- 3) To select target values press the ENTER Dial. Rotate the ENTER Dial to select your target values. Press the ENTER Dial to confirm your selections. Then press the START Key to begin your workout.
  - 4) During your workout, press the ENTER Dial to select your Mode Display. Rotate the ENTER Dial to change the Load resistance level.

## 55% 75% 90% Heart Rate Control Programs

The % H.R.C. PROGRAMS are designed to keep your heart rate/pulse at the constant level you have selected. Every 30 x seconds the computer will check your heart rate against what you have selected and will automatically adjust the Load resistance levels accordingly.

**NOTE:** During your workout you cannot adjust the Load resistance levels.

To select a heart rate that is optimal for you, see CALCULATING TARGET HEART RATE on the next page.

While increasing your heart rate is an important part of exercise, it is also important that your heart rate is not too high. To be safe we suggest that you start your workouts at the 55% H.R.C. and increase your % H.R.C. as your fitness improves.

**NOTE:** The recommended absolute **Maximum Heart Rate** is equal to **220 bpm - your age**.

- 1) From the Main Menu, rotate the ENTER Dial to scroll and select the H.R.C. PROGRAM. Confirm your selection by pressing the ENTER Dial.
  - 2) Rotate the ENTER Dial to scroll and select your age and the computer will automatically calculate your heart rate for 55% 75% 90%. Press the ENTER Dial to confirm your selection.
  - 3) Rotate the ENTER Dial to scroll and select one of the 3 x % H.R.C. PROGRAMS. Press the ENTER Dial to confirm your selection.
- NB** To immediately start your workout press the START Key.
- 4) To select target values rotate the ENTER Dial. Press the ENTER Dial to confirm your selections. Then press the START Key to begin your workout.
  - 5) During your workout, press the ENTER Dial to select your Mode Display.

## Target Heart Rate Control Program

The TARGET H.R.C. PROGRAM is designed to keep your heart rate/pulse at the constant level you have selected. Every 30 x seconds the computer will check your heart rate against what you have selected and will automatically adjust the Load resistance levels accordingly.

**NOTE:** During your workout you cannot adjust the Load resistance levels.

To select a heart rate that is optimal for you, see CALCULATING TARGET HEART RATE on the next page.

While increasing your heart rate is an important part of exercise, it is also important that your heart rate is not too high. To be safe we suggest that you start your workouts at the 55% H.R.C. and increase your Target Heart Rate as your fitness improves.

**NOTE:** The recommended absolute **Maximum Heart Rate** is equal to **220 bpm - your age**.

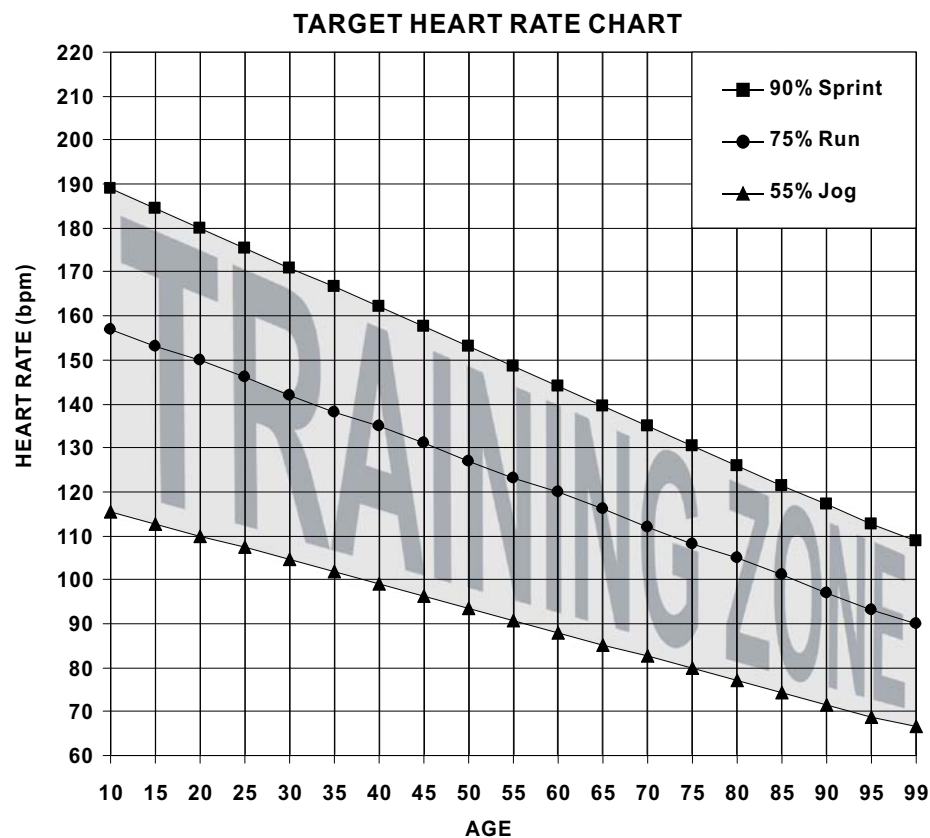
- 1) From the Main Menu, rotate the ENTER Dial to scroll and select the H.R.C. PROGRAM. Confirm your selection by pressing the ENTER Dial.
  - 2) Your age impute is not relevant so skip this section by pressing the ENTER Dial.
  - 3) Rotate the ENTER Dial to scroll and select the TARGET H.R.C PROGRAM. Press the ENTER Dial to confirm your selection.
  - 4) Rotate the ENTER Dial to select your Target Heart Rate in beats per minute (bpm). Press the ENTER Dial to confirm your selection.
- NB** To immediately start your workout press the START Key.
- 5) To select target values, rotate the ENTER Dial. Press the ENTER Dial to confirm your selections. Then press the START Key to begin your workout.
  - 6) During your workout, press the ENTER Dial to select your Mode Display.

# SM6610 COMPUTER INSTRUCTIONS

## Calculating Target Heart Rate

Your optimal heart rate range during exercise is referred to as your training zone. To achieve effective results you should do your cardiovascular workout within your training zone. Refer to the target heart rate chart below to calculate your T.H.R at 55%, 75% and 90%, that is our suggested training zone. We also suggest that you start your workouts at the 55% T.H.R and increase your T.H.R % as your fitness improves.

TARGET HEART RATE FORMULA:  $220 - \text{AGE} \times \text{T.H.R.\%}$  (e.g.  $220 - 30 \text{ years old} \times 55\% = \text{T.H.R } 104.5$ )



## Recycle

Help save the planet. Please recycle this computer after use.



## Watt Program

The WATT PROGRAM is designed to keep your watt output at a constant level you have selected. Before and during your workout you can adjust the watt target value by rotating the ENTER Dial.

- 1) From the Main Menu, rotate the ENTER Dial to scroll and select the WATT PROGRAM. Confirm your selection by pressing the ENTER Dial.
- 2) Rotate the ENTER Dial to select your watt target value. Press the ENTER Dial to confirm your selection.  
**NB** To immediately start your workout press the START Key.
- 3) To select target values, rotate the ENTER Dial. Press the ENTER Dial to confirm your selections. Then press the START Key to begin your workout.
- 4) During your workout, press the ENTER Dial to select your Mode Display. Rotate the ENTER Dial to change the watt target value.

## Recovery Program

The RECOVERY PROGRAM is designed to evaluate your fitness immediately after your workout. Be sure to provide the computer with a heart rate signal either via the hand pulse sensors or a chest band.

- 1) Immediately upon completing your workout press the STOP Key then press the RECOVERY Key.
- 2) The computer will analyze your heart rate recovery for one minute and display a result as follows.

F1 ~ SUPERFIT  
F4 ~ FAIR

F2 ~ VERY FIT  
F5 ~ UNFIT

F3 ~ FIT  
F6 ~ VERY UNFIT

## Target Values TIME - DISTANCE - CALORIES - PULSE - WATT

TIME - DISTANCE - CALORIES Target Values are optional. If you do not select any of these optional target values then the computer will count from zero upwards. If you select one or more of these optional target values then the computer will countdown from your selection. The computer will stop and sound an alarm once the **FIRST** target value has been achieved. Press the STOP Key to stop the alarm.

The heart rate/pulse Target Value is also optional. If selected and your heart rate goes above your selection then the computer will sound alarm to warn you to reduce your heart rate.

**TIME:** 1:00~99:00 minutes (in 1 minute steps).

**DISTANCE:** 0.1~99.9 kilometers or miles (in 0.1 steps).

**CALORIES:** 10~990 (in 10 calorie steps).

**PULSE:** 30~240 bpm (in single steps).

**WATT:** 10~350 (in 5 watt steps, only applies to the WATT PROGRAM).

## Heart Rate Receiver & Chest Bands

The computer has a built in chest band receiver that uses the international standard 5 kHz bandwidth. Your heart rate will only register on the computer if you are wearing a compatible chest band. If you are unsure that your existing chest band is compatible then contact your dealer for verification.

## Hand Pulse Sensors

Both palms of your hands should be in contact with both hand pulse sensors. The hand pulse sensors should be held firmly. Jiggling or moving your hands will cause incorrect pulse signals. Slightly moist hands are desirable. Dry hands can cause incorrect pulse signals.