

**UNIDAD ELECTRÓNICA
ELECTRONIC MONITOR
UNITÉ ÉLECTRONIQUE
ELEKTRONIKEINHEIT
UNIDADE ELECTRÓNICA
IMPIANTO ELETTRONICO
ELEKTRONISCHER MONITOR**



Fig.1

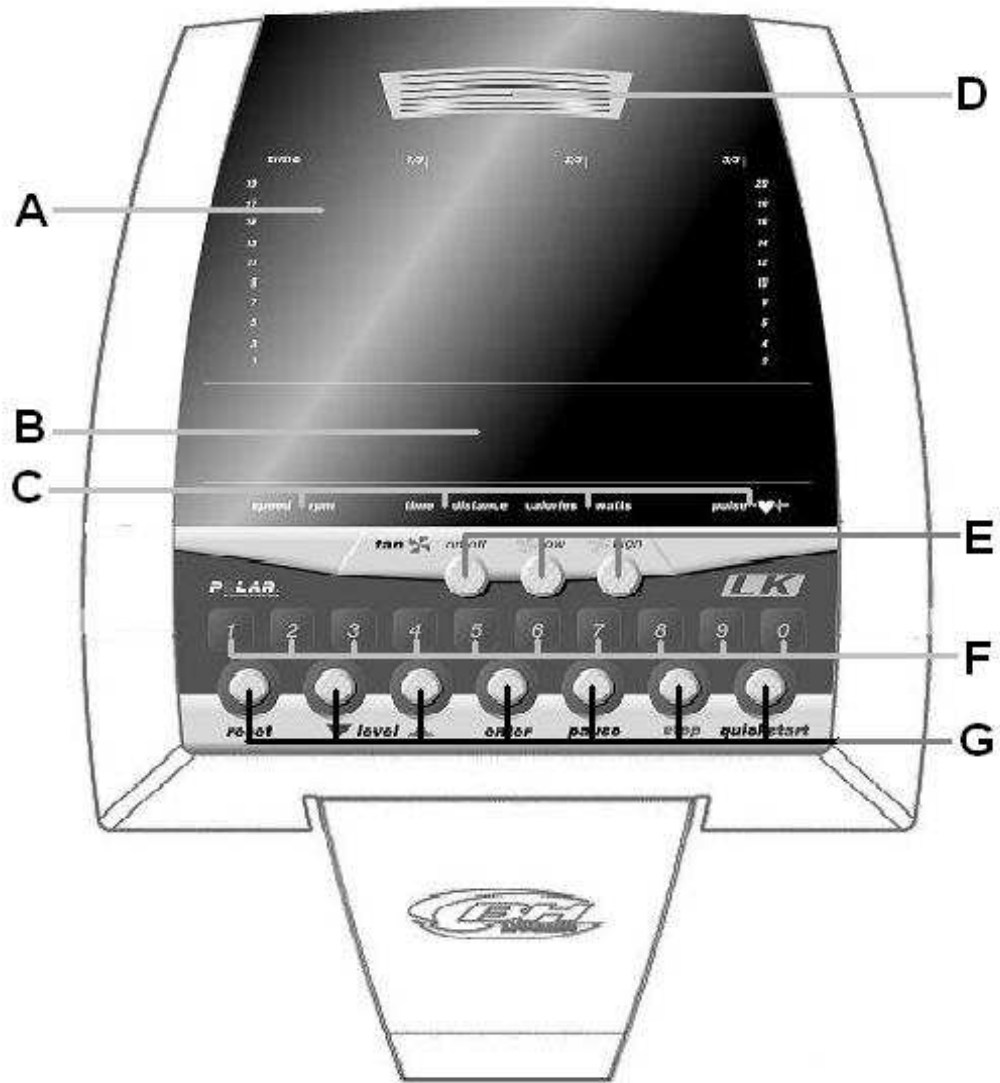


Fig.2

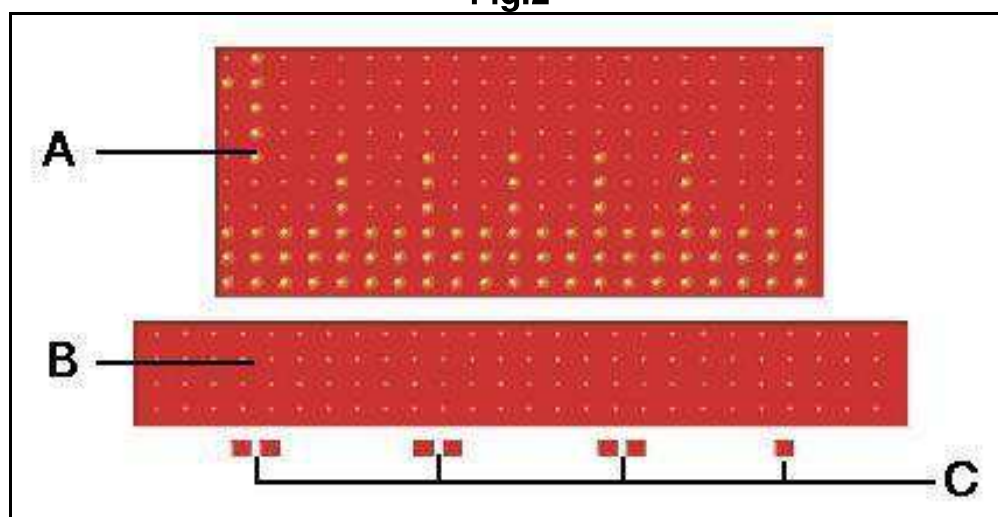


Fig.3





ENGLISH

GENERAL INSTRUCTIONS.-

This exercise machine is equipped with a dynamo that makes use of the energy produced by the user (while exercising) to power the electronic monitor and the brake controller.

This exercise machine also includes a set of batteries that store enough energy to keep the electronic monitor operating for 60 seconds after the exercise has finished.

Should the battery run down because of an operational fault, it can be recharged by using the adapter that is supplied with the exercise machine.

To switch the monitor on, start doing exercise with the machine.

ATTENTION: The adapter should be plugged into an appropriate socket. Make sure that the mains voltage is compatible with the voltage for the adapter supplied with the machine.

The electronic monitor is designed to be easy and intuitive to use. The messages that appear on the bottom screen (B) will guide the user throughout the whole exercise.

Nevertheless, we recommend that the gym instructor reads through this section carefully to become fully familiar with the electronic monitor in order to show the user how to operate it correctly.

IMPORTANT: TO ENSURE THAT THE BATTERIES OPERATE CORRECTLY AND LAST LONGER IT IS ADVISABLE TO RECHARGE THEM USING THE ADAPTER SUPPLIED WITH THE MACHINE.

PERSONALISING THE ELECTRONIC MONITOR.-

Follow the steps below to access the monitor's personalisation mode: With the monitor switched off, press and hold the RESET key and the O key at the same time, and then begin the exercise without releasing the keys.

1) CHANGING FROM km to Mile.

As soon as the monitor switches on, the words "FACTORY – SETTINGS" will appear on the alphanumeric screen (B), Fig.1. Press the ENTER key and the word UNITS will appear, press the ENTER key and the word METRIC will flash, select the unit of speed by using the LEVEL▲ and LEVEL▼ keys. (METRIC / Km. - ENGLISH / Miles) press the ENTER key and the word "UNITS" will start flashing again, using the LEVEL▲ key , pass on to the (2 WHEELSIZE setting on the adjoining bottom screen.

If you wish to exit the personalisation mode, press the STOP key and the manual program will be displayed on the LED array (A).

2) CHANGING DISTANCE PER REVOLUTION.

With the word "WHEELSIZE" flashing, press the ENTER key and a figure between 0 to 80 will start flashing. Select the value using the LEVEL▲ y LEVEL ▼ keys (**Models H700, H750,G811 select 80**) press the ENTER key and the word "WHEELSIZE" will start flashing again, using the LEVEL▲ key , pass on to the (3 LANGUAGE) setting on the adjoining bottom screen. If you wish to exit the personalisation mode press the STOP key.

3) CHANGING LANGUAGE.

With the word "LANGUAGE" flashing, press the ENTER key and the current language will start flashing. Select your language using the LEVEL▲ and LEVEL▼ keys and then press ENTER, the word "LANGUAGE" will start flashing again, using the LEVEL▲ key , pass on to the (4 POWER) setting on the adjoining bottom screen. If you wish to exit the personalisation mode press the STOP key.

4) SELF OR ELECTRICALLY POWERED.-

With the word "Power" flashing, press the ENTER key and the word ON or OFF will start flashing. Select the option that is flashing by using the LEVEL▲ and LEVEL▼ keys.

The ON option is used to keep the monitor on at all times. If the ON option is selected **it will be necessary to ensure that the machine is plugged into the mains supply by means of the adapter.** When you have selected an option press the ENTER key to confirm and the word "POWER" will start flashing again. Stop exercising.



If you wish to switch the monitor off with this option, press and hold the STOP keys until you hear a beep. Wait 45 seconds and the unit will switch over to the OFF option.

With the OFF option the machine is self powered, which means that the monitor will come on as soon as you start exercising. Once you have selected this option press the ENTER key and the word "POWER" will start flashing. Use the LEVEL▲ key to pass on to the (5 SWR time) setting on the adjoining bottom screen.

With the OFF option selected the monitor will switch itself off 45 seconds after you have finished exercising.

If you wish to exit the personalisation mode press the STOP key.

5) STEADY WATT RATE TIME (SWR TIME, Mod; H700; H750)

With the word "SWR time" flashing, press the ENTER key and a figure between 0 and 60 seconds will start flashing. Select the flashing value using the LEVEL▲ and LEVEL▼ keys and then press ENTER to confirm, the word "SWR time" will start flashing again, using the LEVEL▲ key , pass on to the (6 SPR time setting on the adjoining bottom screen.

If you wish to exit the personalisation mode press the STOP key.

6) STEADY PULSE RATE TIME.-

With the word "SPR time" flashing, press the ENTER key and a figure between 20 and 60 seconds will start flashing. Select the flashing value using the LEVEL▲ and LEVEL▼ keys and then press ENTER to confirm, the word "SPR time" will start flashing again, using the LEVEL▲ key , pass on to the (7 MANUAL T) setting on the adjoining bottom screen.

If you wish to exit the personalisation mode press the STOP key.

7) MAX. EXERCISE TIME.-

With the word "MANUAL T" flashing, press the ENTER key and a figure between 0 and 60 minutes will start flashing. Select the flashing value using the LEVEL▲ and LEVEL▼ keys and then press ENTER to confirm, the word "MANUAL T" will start flashing again, using the LEVEL▲ key , pass on to the (8 TEXT) setting on the adjoining bottom screen.

If you wish to exit the personalisation mode press the STOP key.

8) CHANGING THE WELCOME MESSAGE.-

With the word "TEXT" flashing, press the ENTER key and the word ON or OFF will start flashing. Select the option that is flashing by using the LEVEL▲ and LEVEL▼ keys choosing the ON option allows you to change the monitor's welcome message.

Once the ON option has been selected, press the ENTER key and a flashing cursor will appear on the alphanumeric screen (B). Use the LEVEL▲ and LEVEL▼ keys to enter a welcome message letter by letter.

Once you have finished entering the message, press the ENTER key for a few seconds and the word "TEXT" will start flashing. Use the LEVEL▲ key to pass on to the (9 SOUNDS) setting on the adjoining bottom screen.

If you wish to exit the personalisation mode press the STOP key.

9) CHANGING THE SOUND.-

With the word "SOUNDS" flashing, press the ENTER key and the word ON or OFF will start flashing. Select the flashing value using the LEVEL▲ and LEVEL▼ keys and then press ENTER to confirm, the word "SOUNDS" will start flashing again.

Press the STOP key to exit the personalisation mode and the manual program will be displayed on the LED array (A).

Begin exercising and you will see that the changes have been made.

PERSONALISED SETTINGS PANEL

Setting	Description
1) Metric	Change speed unit from km/h to mph
2) Wheelsize	Change rpm – distance travelled ratio
3) Language	Define the language in which messages are displayed on the monitor. Options: Spanish, Portuguese, English, French, German, Dutch, Italian.
4) Power	Define the method of operating the machine, between self-powered or connected to the mains supply. If the ON mode is selected, the machine has to be plugged into the mains supply. To switch off the monitor in ON mode, hold the STOP key down for 4 seconds. Options: - OFF (Battery operated) - ON (Mains operated). IMPORTANT: With the ON option the machine has to be plugged into the mains supply otherwise the batteries will run down and may be rendered useless.
5) SWR time	Establishes the calculation rate for the steady watt rate program. This option is only available on models that include the steady watt rate program. Options: Value in seconds (minimum 20, maximum 60)
6) SPR time	Establishes the calculation rate for the steady pulse rate program. Options: Value in seconds (minimum 20, maximum 60)
7) Manual T	Establishes a maximum time limit for the exercise. Options: - 0 (No maximum time limit established). - Exercise time limit values in minutes (maximum 60).
8) Text	Options: - OFF (The welcome message is displayed by default) - ON (Allows the welcome message to be edited) For personalising the welcome message, including, for example, the name of the gymnasium.
9) Sounds	Enables or disables sound messages emitted by the monitor. Options: - ON (Enabled) - OFF (Disabled)

ELEMENTS OF THE ELECTRONIC MONITOR (Fig.1).-

The electronic monitor is made up of two distinct areas:

The top area, **Fig.2** (A – B – C) for the **DISPLAY**

The bottom area, **Fig.3** (E – F – G) for the **KEYPAD**

DISPLAY.-

This area comprises of two screens.

(A) The top LED array, which displays real-time exertion levels being produced during the selected program.

(B) Bottom alphanumeric screen, which guides the user selection options and exercise.

The top screen (A) displays the various pre-programmed exercise profiles (programs) that we can select and, during exercise, current exertion levels.

The bottom alphanumeric screen (B) is used to guide the user when selecting the exercise to do, as well as displaying information about the exercise both during and after the session. The LED indicators (C) located below the alphanumeric screen give a simultaneous readout of SPEED / R.P.M; TIME / DISTANCE; CALORIES / WATTS; PULSE RATE and indicate which information is being displayed throughout the exercise.

The data that are displayed on the LEDs (C) during exercise are as follows:



- **SPEED** : This shows an estimated value of the linear velocity at which a bicycle would be travelling based on the user's pedalling rate. The value is displayed in kilometres per hour (km/h)

-**RPM**: This shows the current pedalling rate during exercise. It indicates the number of full turns that the crank makes in one minute (RPM).

-**TIME**: This shows the time that has elapsed since you started the exercise or, if a time limit has been established, the amount of time left before the exercise finishes. The time is displayed in minutes and seconds (mm:ss).

-**DISTANCE**: This shows the distance that you have travelled since beginning the exercise. The distance is calculated by using the estimated linear velocity (SPEED) and the units displayed are kilometres and hectometres

-**CALORIES**: This shows the estimated number of calories that have been burnt off up until now. This calculation is based on the energy being produced and the weight and age values provided by the user.

-**WATTS**: This shows the amount of energy currently being produced during the exercise. This calculation is based on the exertion level at which the user is working and the pedalling rate. The information is displayed in Watts.

-**PULSE**: This shows the user's heart rate, assuming that this information can be accessed through the hand-grip sensors or the telemetric chest band. When both of these are used together, priority is given to the telemetric chest band. For more information about heart rate refer to the section entitled: Pulse measurement; chest band and hand-grip

KEYPAD (Fig.3).

The function of each key is listed below. See Fig.3.

The electronic monitor includes an easy-to-use keypad. This keypad consists of Fan keys (E), numeric keys (F) and function keys (G).

- **Fan keys** (E) – **Off / On; Low** (Minimum speed); **High** (Maximum speed).

- **Numeric keys** (F) - (1- 0) are used to enter the data requested by the monitor.

- **Function keys** (G) – **reset; level▲; level▼; enter; pause; stop; quick / start**. Are used to select a particular exercise, enter requested data, control exercise exertion levels and to finish the exercise.

-**reset.-** Reset key. This is used to erase the data that have been entered into the monitor when selecting a program.

-**level ▼.-** Key for decreasing exertion level. When pressed during exercise this key will decrease the exertion level by one machine setting. During the selection of pre-programmed profiles, it is used to move on to the next profile screen.

-**level ▲.-** Key for increasing exertion levels. When pressed during exercise this key will increase the exertion level by one machine setting. During the selection of pre-programmed profiles, it is used to move back to the previous profile screen.

-**enter .-** Selection and validation key. This is used during pre-programmed profile selection to select a profile, confirm data that have been entered and to start the exercise. It is also used during user profile programming to confirm the exertion level settings for each minute.

-**pause.-** Pause key. If this is pressed during a session, the exercise is interrupted and the exercise chronometer is halted. To restart the exercise chronometer press the **pause** key again or continue exercising. There is a 45 second time limit in pause mode, after which the exercise will be taken as finished and the monitor will switch itself off.

If, in pause mode, the STOP key is pressed then the exercise will be taken as finished.

-**stop.-** Stop key. If this is pressed during the session, the exercise will be taken as finished and exertion settings will drop to minimum level. A summary of all the exercise data will be displayed and it will then return to the start screen.

Hold the STOP key down for 3 seconds in Start/Ready mode, and the console will automatically change to off status with a beep if the POWER option under project mode is on.



-quick / start.- Quick start key. When this key is pressed, provided that the LED on the key is flashing, exercise will begin in manual mode.

STARTING.-

In order to switch the monitor on it is necessary to pedal so that the crank spins at 45 r.p.m, as soon as it reaches 45 r.p.m the monitor will come on and remain on for 60 seconds so that you can program it.

You can also plug the adapter that is supplied with the machine into a mains socket, assuming that you have chosen the ON option in the personalised settings (step 4 POWER).

Once the monitor is on it will display the profile and the letter "M" for manual on the LED array (A) Fig.2, and the "WELCOME TO HI – POWER" welcome message on the bottom alphanumeric screen (B).

You can start the program in manual mode by pressing the QUICK/START key and by pressing the keys **level▲** or **level▼** keys you can increase or decrease the exertion levels.

OPERATING INSTRUCTIONS.-

STARTING THE FAN. -

The monitor on this machine is fitted with an air vent (D), Fig.1, through which a FAN provides two air speeds, LOW and HIGH. To switch the fan on while exercising press the ON/OFF key on the keypad, Fig.3, and the fan will start. Whenever the monitor is switched to PAUSE the fan will switch off.

SLEEP MODE:

This mode is activated if no RPM signal is received within 45 seconds when in stand-by mode. No windows are displayed while in this mode. You have to step on the footplate to produce a signal and reopen the display window. Sleep mode cannot be accessed if the appliance is switched on.

If the adapter is connected to the machine then the console will not switch over to sleep mode when the POWER option under project mode is switched on. With no adapter connected, the console will switch over to sleep mode even when it is switched ON.

P0 MANUAL MODE.-

Once the monitor is on it will display the profile and the letter "M" for manual on the LED array (A) Fig.2, and the "WELCOME TO HI – POWER" welcome message on the bottom alphanumeric screen (B) Fig.2.

You can start the program in manual mode by pressing the QUICK/START key.

The flashing top LED array (A), Fig.2, will indicate the exertion level being produced during exercise. By pressing the **level▲** or **level▼** keys you can increase or decrease the exertion levels between twenty different settings.

Every 10 seconds the alphanumeric screen (B), Fig.2, will switch between displayed readings for: Values relating to: (SPEED Mod.H700; H750 Metric system km/h or imperial system mph ; Mod.G811 Strides per minute; Mod. R-100 Steps per minute) ; TIME; CALORIES; PULSE RATE and In the second sequence: (r.p.m. H700 ; H750; Mod. G811 number of Strides ; Steps Mod. R-100); DISTANCE; WATT and PULSE RATE.

The program can be interrupted by pressing the STOP key and the bottom alphanumeric screen (B), Fig.2, will display the average values for EXERCISE TIME; DISTANCE TRAVELLED; CALORIES CONSUMED during the exercise. These values will be displayed twice every five seconds.

If, during the time it takes to display these average values, no keys are touched and no further exercise is done and the STOP key is pressed then the machine will go back to the manual program.

PROGRAM MODE.-

The monitor has: 1 MANUAL profile program; 8 pre-programmed PROGRAM profiles; a user programmable profile (USER) as well as a male TEST, female TEST, steady watt rate and steady pulse rate (H.R.C) programs.

See pre-programmed program graphs at the end of this manual.

P1 - P8 GRAPHIC PROGRAMS.-

With the monitor switched on, the top LED array (A), Fig.2, will display the profile and the letter "M" for manual. The LEVEL▲ and LEVEL▼ keys are used to display the various pre-programmed profiles. Once a specific profile has been selected press the ENTER key.



The top LED array (A) will ask for an age value (between 10 and 99), select your age by using the number keys (F), Fig.3, press ENTER. It will now ask for your weight (between 30 and 199 kg), select your weight by using the number keys (F), Fig.3, press ENTER. It will now ask for an exercise time limit (between 10 and 60 minutes), select the time by using the number keys (F), Fig. 3, press ENTER and this will begin your exercise session.

There are four different difficulty levels (L1 – L4) within each pre-programmed profile, to select any of these just press the LEVEL▲ and LEVEL▼ keys during the exercise.

Once you have finished the exercise program, the monitor will calculate the average values at which you did the exercise and display these on the bottom alphanumeric screen (B), Fig.2.

The program can be interrupted by pressing the STOP key and the bottom alphanumeric screen (B), Fig.2, will display the average values for EXERCISE TIME; DISTANCE TRAVELLED; AVERAGE SPEED; CALORIES CONSUMED during the exercise. These values will be displayed twice every five seconds.

If, during the time it takes to display these average values, no keys are touched and no further exercise is done and the STOP key is pressed then the machine will go back to the manual program.

P9 USER PROGRAM (USER).-

With the monitor switched on, the top LED array (A), Fig.2, will display the profile and the letter “M” for manual. Use the LEVEL▲ and LEVEL▼ keys to display the various pre-programmed profiles. Once program 9 (USER) has been selected, press the ENTER key.

The top LED array (A), Fig.2, will ask for an age value (between 10 and 99), select your age by using the number keys (F), Fig.3, (If the value entered exceeds these limits it will display the closest acceptable value). Press ENTER.

It will now ask for your weight (between 30 and 199 kg), select your weight by using the number keys (F), Fig.3, press ENTER. It will now ask for an exercise time limit (between 10 and 60 minutes), select the time by using the number keys (F), and press ENTER. Now press the RESET key and you can begin to design a personalised exercise profile on the LED array (A).

The profile to be designed is subdivided into 21 steps, the first three steps are for warm-up purposes and only reach a limited value of four in order to prevent possible injuries, the rest of the 21 steps reach maximum. To select the first step press RESET; the LEVEL▲, LEVEL▼ keys and then press the ENTER key, and so on until you have completed the graph for your own personal program.

If you make a mistake when recording any step, press the RESET key and repeat the previous step.

Next press the ENTER key and begin exercising with your custom designed program. Once you have finished the exercise program, the monitor will calculate the average values at which you did the exercise and display these on the bottom alphanumeric screen (B), Fig.2.

The program can be interrupted by pressing the STOP key and the bottom alphanumeric screen (B), Fig.2, will display the average values for EXERCISE TIME; DISTANCE TRAVELLED; CALORIES CONSUMED during the exercise. These values will be displayed twice every five seconds.

If, during the time it takes to display these average values, no keys are touched and no further exercise is done and the STOP key is pressed then the machine will go back to the manual program.

NOTE: The first three steps of the program are for warm-up purposes with limited exertion levels to prevent any possible injuries.

P10 – P11 MALE - FEMALE TEST PROGRAMS.-

The aim of this test is to assess the user’s level of fitness To do this you have to maintain a pedalling speed of between 70 to 80 revolutions per minute (r.p.m) for 5 minutes. The difference between the Male and Female programs is in the Watts. The value for the Male test is set at 150 W whereas the Female test is set at 100 W.

With the monitor switched on, the top LED array (A), Fig.2, will display the profile and the letter “M” for manual. The LEVEL▲ and LEVEL▼ keys are used to display the various pre-programmed profiles. Once the Male TEST or Female TEST has been selected, press the ENTER key.

Next, the bottom alphanumeric screen (B), Fig.2, will ask for an age value (between 10 and 99), select your age by using the number keys (F), Fig.3, press ENTER.



The top LED array (A), Fig.2, will display a flashing heart symbol. Place your hands on the pulse sensors (handgrip) located on the handlebar or place the telemetric chest band on your chest, if you have one. Begin the TEST at a pedalling rate of between 70 to 80 R.P.M, pedalling for 5 minutes. As long as you stay within 70 to 80 R.P.M limit the monitor will display "OK" however if you go above or drop below this R.P.M then the monitor will display the "R.P.M ?" prompt.

At the end of the 5 minute test you will be awarded a score between 1 (very poor) and 5 (excellent). See tables Figures 4 & 5. A 0 score may also appear, which means that the test was not done correctly (the 75 r.p.m pedalling rate was not maintained or heart rate measurement sensor was not used correctly).

NOTE: In order to do the test it is essential to use heart rate measurement, using either the hand-grip sensors or the chest band. It is advisable to do a brief warm-up session before doing this test. This will prevent possible injuries.

The maximum number of heartbeats that a person should not exceed is referred to as the maximum Herat rate and this value drops with age. A simple formula to calculate this is to subtract your age, in years, from the number 220. The maximum Herat rate should be kept between 65% and 85% for correct exercise, it is not advisable to go above 85%.

Whenever your pulse rate exceeds 85% of the maximum heart rate value a flashing heart symbol will appear and a 2 second beep will sound until your pulse rate drops below 85% of your maximum heart rate.

For safety reasons it is advisable to exercise at below 85% of the maximum heart rate.

P-12 CONSTANT HEART RATE PROGRAM (H R C)-

It is advisable to do a brief warm-up session before using this program. This will prevent possible injuries.

This program allows you to select a heart rate (between 65% and 85% of the maximum heart rate) and the machine will automatically adjust exertion levels to ensure that the user maintains the selected heart rate value. Use of heart rate measurement using the telemetric chest band is obligatory and you must not exceed 85% of your maximum heart rate value.

With the monitor switched on, the top LED array (A), Fig. 2, will display the profile and the letter "M" for manual. Use the LEVEL▲ and LEVEL▼ keys to display the various pre-programmed profiles. Once the HRC program has been selected, press the ENTER key.

Press the ENTER key to modify the target heart rate and the LED window will display "ENTER PULSE SETTING <40-220>" Press the number keys and the LED window will show "PULSE = xxx" and the specified value will flash. Press the number keys to modify and enter a three digit number (values: 40 ~ 220) . If the number is beyond these limits it will display a larger or smaller number. Enter a value within the said limits and press ENTER to confirm.

Press ENTER to modify the time and the LED window will show "ENTER THE EXERCISE TIME <MINUTES>" The dot matrix display will prompt "? 10" and flash the number you have specified. Press the number keys to modify and enter a two digit number (values: 10 ~ 60) . If the number is beyond these limits it will display the default time setting. Enter a value within the said limits and press ENTER to confirm, you can now start the program.

After specifying the last setting, all of the values are stored together. The exertion level is 1 and moves to the next line every minute. If the speed (RPM) is too slow, the dot matrix display will show "RPM↑" and switch to pause mode alter 15 seconds.

Begin the exercise at a pedalling rate of between 70 to 80 R.P.M., place your hands on the pulse sensors (handgrip) located on the handlebar or place the telemetric chest band on your chest, if you have one. Should you go above or drop below this R.P.M then the top LED array (A), Fig.2, will display the "R.P.M ?" prompt.

This program uses a preset exertion level during the first three minutes in order to prevent any type of injury. After the third minute, the computer will automatically adjust the exertion setting to keep the pulse rate at the previously programmed value.



AUTOMATIC EXERTION SETTING.-

At the beginning of the exercise the machine sets the exertion level to minimum, i.e. 50W, until the first pulse reading is taken.

Once the pulse rate is established the program calculates your heart rate every X seconds (this period can be modified between 20 to 60 seconds within the SPR program).

The exertion setting based on pulse rate is explained in the following steps.

1.- TARGET HEART RATE greater than ACTUAL HEART RATE:

When the difference between the **TARGET HEART RATE** and the **ACTUAL HEART RATE** is equal to or greater than 15 r.p.m., the **AUTOMATIC EXERTION CONTROL** will start increasing in steps of 20 Watts. When the difference is less than 15 r.p.m the setting will change in steps of 10 Watts until both heart rates match.

2.- ACTUAL HEART RATE greater than TARGET HEART RATE:

When the difference between the **ACTUAL HEART RATE** and the **TARGET HEART RATE** is equal to or greater than 15 r.p.m., the **AUTOMATIC EXERTION CONTROL** will start decreasing in steps of 20 Watts. When the difference is less than 15 r.p.m the setting will change in steps of 10 Watts until both heart rates match.

When the difference between the **ACTUAL HEART RATE** and the **TARGET HEART RATE** is equal to or greater than 30 r.p.m, the bottom alphanumeric screen (B) will display the message “**REDUCE EXERTION LEVEL, YOUR HEART RATE IS TOO HIGH**” and the machine’s automatic control will drop the exertion level to minimum (50 W).

If no heart rate is detected during the exercise, the message “**Heart rate value ?**” will appear flashing, if this situation continues for more than 60 seconds the machine will go back to manual mode.

NOTE: The maximum number of heartbeats that a person should not exceed is referred to as the maximum heart rate and this value drops with age. A simple formula to calculate this value is to subtract your age, in years, from 220. The maximum heart rate should be kept between 65% and 85% for correct exercise, it is not advisable to go above 85%

For safety reasons it is advisable to exercise at below 85% of the maximum heart rate. If you do not use a heart rate measuring system then the heart symbol and a question mark will appear on the screen, if the machine continues not to receive any heart rate information then the program will be cancelled and you will have to make a new program selection.

P-13 .- Mod. H700; H750 STEADY WATT RATE PROGRAM.-

This program allows you to select the power level (watts) at which you would like to work.

The power being developed (Watts) is based on the effort you make and the speed at which you do the exercise. The machine will automatically regulate the exertion level to ensure that the user always develops the same power output, independently of the pedalling rate.

This program uses a preset exertion level during the first forty seconds in order to prevent any type of injury. After the fortieth second the machine takes control of the exertion settings based on the user’s pedalling rate.

It is advisable to do a brief warm-up session before using this program. This will prevent possible injuries.

With the monitor switched on, the top LED array (A), Fig.2, will display the profile and the letter “M” for manual. Use the LEVEL▲ and LEVEL▼ keys to display the various pre-programmed profiles. Once the WATT program has been selected, press the ENTER key.

The bottom alphanumeric display (B) will ask for the WATT value at which you would like to do the exercise. Use the number keys (F), Fig.3, to select a value between 25 and 400 Watts, and press ENTER. Press ENTER to modify the time and the LED window will show “ENTER THE EXERCISE TIME <MINUTES>” The dot matrix display will prompt “? 10” and flash the number you have specified. Press the number keys to modify and enter a two digit number (values: 10 ~ 60) . If the number is beyond these limits it will display the default time setting. Enter a value within the said limits and press ENTER to confirm, you can now start the program.

After specifying the last setting, press ENTER to store all the values together. The exertion level is 1 and moves to the next line every minute. If the speed (RPM) is too slow, the dot matrix display will show “RPM↑” and switch to pause mode after 15 seconds.



The bottom alphanumeric screen (B) will ask you for the WATT value at which you wish to do the exercise, use the number keys (F), Fig.3, to select a value (between 25 and 400 WATT), then press ENTER.

If less than 25 W is consumed during exercise, the top LED array (A), Fig.2, will display the message "R.P.M ?" , the same is true if you exceed 450 W.

AUTOMATIC EXERTION SETTING

After starting in Training Mode, the program will calculate the WATT value every X seconds (This "X" value can be modified by the user in the SWR program on the monitor) The method for setting the WATT rate is as follows:

1. – During training, the program will compare the actual WATT value with the target WATT value. If the actual WATT value is less than or equal to 75 (¿%?) of the target WATT value, the exertion LEVEL will increase automatically in steps of 3 up to LEVEL 20.
- 2.– During training, the program will compare the actual WATT value with the target WATT value. If the actual WATT value is less than or equal to 50 (¿%?) of the target WATT value, the exertion LEVEL will increase automatically in steps of 2 up to LEVEL 20.
- 3.– During training, the program will compare the actual WATT value with the target WATT value. If the actual WATT value is less than or equal to 15 (¿%?) of the target WATT value, the exertion LEVEL will increase automatically in steps of 1 up to LEVEL 20.
- 4.– During training, the program will compare the actual WATT value with the target WATT value. If the actual WATT value is greater than or equal to 15 (¿%?) of the target WATT value, the exertion LEVEL will decrease automatically in steps of 1 down to LEVEL 1.
5. – During training, the program will compare the actual WATT value with the target WATT value. If the actual WATT value is greater than or equal to 50 (¿%?) of the target WATT value, the exertion LEVEL will decrease automatically in steps of 2 down to LEVEL 1.
6. – During training, the program will compare the actual WATT value with the target WATT value. If the actual WATT value is greater than or equal to 75 (¿%?) of the target WATT value, the exertion LEVEL will decrease automatically in steps of 3 down to LEVEL 1.

NOTE: You can vary the programmed watt rate at any time during the exercise by using the LEVEL▲ and LEVEL▼ keys (this will not affect the time setting). The programmed watt rate will be shown flashing on the display.

The machine is equipped with hand sensors (hand-grips) to gauge the user's pulse rate. It can also be used with a telemetric system based on a transmitter (chest-band) and a receiver included on the electronic monitor.

The hand sensors are easy to use, just grip them while doing the exercise and wait until the heart rate reading appears on the display. The pulse rate reading will not appear instantaneously, you will have to wait about 20 seconds before it appears on the screen.

The chest band is in contact with the chest and sends a heart rate signal to the monitor, which then displays it.

P-13.- Mod. G811 DISTANCE CONTROL PROGRAM.-

This program allows you to run a pre-selected set distance.

With the monitor switched on, the top LED array (A), Fig.2, will display the profile and the letter "M" for manual. Use the LEVEL▲ and LEVEL▼ keys to display the various pre-programmed profiles. Once the DIST program has been selected, press the ENTER key.

The message "ENTER DISTANCE TO RUN <0.1-99.9>" will appear on alphanumeric screen (B). Use the number keys to enter the desired distance. If the number is beyond these limits it will display a larger or smaller number. Enter a value within the said limits and press ENTER to begin the exercise. The value for the specified distance is shown on alphanumeric screen (B) and will decrease accordingly as you do the exercise. The exertion level is 9 and moves to the next line every minute. If the speed (RPM) is too slow, the dot matrix display will show "RPM↑" and switch to pause mode after 15 seconds. You can use the LEVEL▲ and LEVEL▼ keys to modify the exertion level during exercise.

CAUTION Before beginning any exercise program you should first consult your doctor and discuss the nature of the exercise. If you have a pacemaker fitted do not use the chest band until after you have consulted your doctor.



WHAT THE SYMBOLS MEAN.-

A series of symbols or words may appear on the screen, meaning the following:

Heart symbol and a question mark: The chest band has not been fitted or is fitted incorrectly.

Flashing heart symbol: This symbol only appears in the tests.

The maximum number of heartbeats that a person should not exceed is referred to as the maximum heart rate and this value drops with age. A simple formula to calculate this value is to deduct your age, in years, from the number 220.

The maximum heart rate should be kept between 65% and 85% for correct exercise, it is not advisable to go above 85%. Whenever your pulse rate exceeds 85% of the maximum heart rate value a flashing heart symbol will appear and a 2 second beep will sound until your pulse rate drops below 85% of your maximum heart rate. For safety reasons it is advisable to exercise at below 85% of the maximum heart rate.

This symbol appears in the male and female tests, it means that you have not done the test correctly (i.e. you have failed to maintain a speed of 75 r.p.m or you have not worn the chest band).

Spanner symbol: Mechanical fault. Switch the machine off for 2 minutes and then switch it back on again. The machine has an automatic fault correction system, nevertheless if the problem persists get in touch with your technical service centre.

MONITOR MESSAGES

1.	"WELCOME TO HI POWER"
2.	"PRESS THE ARROWS TO SELECT PROFILE"
3.	" PRESS QUICK/START TO BEGIN"
4.	" PRESS ENTER TO BEGIN PROFILE"
5.	" ERROR"
6.	" CONSULT TECHNICAL SERVICE"
7.	" INTRODUCE YOUR AGE <10-99>"
8.	" INTRODUCE YOUR WEIGHT <30-199> KG"
	" INTRODUCE YOUR WEIGHT <70-440> LB"
9.	" INTRODUCE EXERCISE TIME <10-60> MINUTES"
10.	" INTRODUCE WATT SETTING <25-400>"
	" WATTS="
11.	" AGE="
12.	" INTRODUCE PULSE RATE SETTING <40-220>"
13.	" PULSE RATE="
14.	" PRESS PAUSE TO CONTINUE THE EXERCISE. PRESS STOP TO FINISH"
15.	" EXERCISE TIME="
16.	" DISTANCE COVERED="
17.	" AVERAGE SPEED="
18.	" CALORIES BURNT="
19.	" PRESS ENTER TO ACCEPT THE STORED PROFILE. PRESS RESET TO MODIFY THE PROFILE."
20.	" USE THE ARROWS TO SELECT THE EXERTION LEVELS FOR THE ACTIVE COLUMN. PRESS ENTER TO MOVE TO THE NEXT COLUMN. PRESS RESET TO RETURN TO MANUAL MODE"
21.	" DECREASE EXERTION OF EXERCISE. YOUR HEART RATE IS TOO HIGH"
22.	" THE RESULT OF THE TEST IS="

Do not hesitate to get in touch with us if you have any queries, by calling:

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