USER MANUAL

一、Function display description：

    1、SPEED：0.0~99.9 KM / ML

    2、TIME：1:00:00~1:59:59，Countable or countdown

    3、DISTANCE：0.00~999.9 K / M，Countable or countdown

    4、CALORIES：0~999，Countable or countdown

    5、WATT：0~1999。

    6、PULSE：P~30~230。

    7、INTERVAL：Intermittent rest exercise mode

    8、TARGET HR：Heart rate control mode

    9、KM/M: Kilometre/Imperial

二、Button function description：

    1、START KEY：

    A、Pause function during exercise

    B、Resume movement after suspension

    2、STOP KEY：

    A、Stop function during exercise

    B、Long press for 3 seconds at any time

    3、UP KEY：

    A、After pressing this KEY during each function display, you can set TIME, DISTANCE, CAL, and AGE respectively.

    B、Pressing this KEY for more than 1 second during each function display can continue the carry (8 steps per second), and stop the carry when it is put down.

    4、DOWN KEY：

    A、After pressing this KEY during each function display, you can set TIME, DISTANCE, CAL, and AGE respectively.

    B、Pressing this KEY for more than 1 second during each function display can be continuously abdicated (8 steps per second), and when it is put down, the carry is stopped.

    5、ENTER KEY：

This KEY is the main function selection button, and the ENTER function when SET

    6、INTERVAL 20-10 KEY：

Press this KEY to go directly to the function menu

    7、INTERVAL 10-20 KEY：

Press this KEY to go directly to the function menu

    8、INTERVAL CUSTOM KEY：

Press this KEY to go directly to the function menu

    9、TARGET TIME KEY：

Press this KEY to go directly to the function menu

    10、TARGET DISTANCE KEY：

Press this KEY to go directly to the function menu

    11、TARGET CALORIES KEY：

Press this KEY to go directly to the function menu

12、TARGET HR KEY：

Press this KEY to go directly to the function menu

13：Pressing ENTER+START at the same time is ML and KM conversion

14：Press ENTER+DOWN to quickly shut down

三、 Operation setting description：

After installing the battery (POWER ON), the LCD will display for 2 seconds (Fig. 1) and at the same time has a BI sound,and will display the wheel diameter value for 1 second in the DIST field (Fig. 2), enter the AGE setting, and the age value will flash. Press UP/DOWN to adjust and press ENTER to confirm and enter the standby screen.
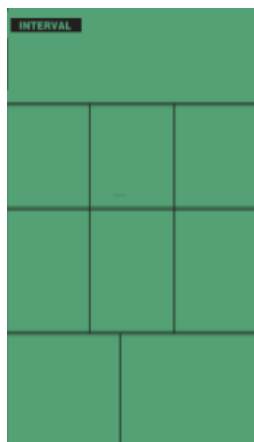

Fig.1   Fig.2   Fig.3

INTERVAL10/20、READY、WORK、REST、TARGET、TIME、DISTANCE、CALORIES、TIME、DISTANCE、CALORIES、WATTS、SPEED、RPM、HEART RATE.The sequence is flashed in SCAN mode for 1 second (similar to Figure 2).

1. **If you do not press any button, RPM signal, heartbeat signal input, automatically sleep after 60 seconds.**

2. **Fast motion mode：**
    A、Press the QUICK START immediately if there is an RPM signal input during standby, , the buzzer will sound for 1 second at the same time.

    B、TOTAL TIME、TIME、DISTANCE、CALORIES、WATTS、SPEED、RPM Start counting according to the calculated value (Figure 3)。

    C、The heartbeat symbol flashes when there is a heartbeat input, and the symbol flashes brightly and displays the current heartbeat value (Fig. 4); P does not light up when there is no heartbeat input.

    D、After 30 seconds without any signal input, the buzzer sounds for 1 second to enter the awake mode.

    E、Press the START button once to enter the pause mode. The buzzer sounds for 0.5 seconds every 30 seconds. When entering the pause mode, all the displays will remain on the screen for 3 seconds and then flash every 4 seconds (3 bright / 1 off), and pause for 5 After a minute, the buzzer sounds for 2 seconds to enter the wake-up mode, press START to continue running.

    F、Press STOP button for 1 second, TIME to display total time, DISTANCE display total distance, CALORIES display total heat consumption display for 30 seconds, WATT, SPEED, RPM exchange display average and maximum value every five seconds.

G、85%, 65% heartbeat value and maximum value are exchanged every five seconds when there is heartbeat input, no display when there is no heartbeat input.

H、If you press any PROGRAM button to perform this action.

3. **INTERVAL Options：**
This function can be accessed by pressing the UP/DOWN selection function during power-on, or by selecting the shortcut key in the stop state.

5.1.Options INTERVAL20/10 ：

A、Press INTERVAL Key to select INTERVAL20/10, press Enter Key, enter this mode INTERVAL20/10 lights up, buzzer sounds for 1 second at the same time.

B、CYCLE TIME START countdown after three seconds, the buzzer sounds once every second and READY flashes once per second (0.75 light / 0.25 off), the count shows 00/08 (Figure 5).

C、CYCLE TIME starts counting down for 20 seconds and WORK flashes once every second (0.75 light / 0.25 off). The buzzer also syncs, and the rim will have a rotation animation and count down from four minutes, TOTAL TIME, DISTANCE, CALORIES, WATTS SPEED and RPM start counting according to the calculated value, and the count shows 01/08.

D、CYCLE TIME starts counting down for 10 seconds and REST flashes once every second (0.75 light / 0.25 off). The buzzer also sounds synchronously, and the last 3 seconds READY also flashes synchronously. This animation is still.

E、C and D continue to repeat the cycle, adding 1 to each cycle count until CYCLE TIME begins to count down 10 seconds after the 08/08WORK motion is displayed and REST flashes once per second (0.75 light / 0.25 off).

F、After 30 seconds without any signal input, the buzzer sounds for 1 second to enter the awake mode.

G、Press the START button once to enter the pause mode. The buzzer sounds for 0.5 seconds every 30 seconds. When entering the pause mode, all the displays will remain on the screen for 3 seconds and then flash every 4 seconds (3 bright / 1 off), and pause for 5 After a minute, the buzzer sounds for 2 seconds to enter the wake-up mode, press START to continue running.

H、When the STOP button is pressed or the buzzer sounds for 1 second, the TIME shows the total time, the DISTANCE shows the total distance, the CALORIES shows the total calorie consumption for 30 seconds, and the WATT, SPEED, and RPM exchanges the average and maximum values every five seconds.

I、When there is a heartbeat input, the 85% and 65% heartbeat values are exchanged with the maximum value every five seconds, and are not displayed if there is no heartbeat input.

J、Perform this action if you press any PROGRAM button.
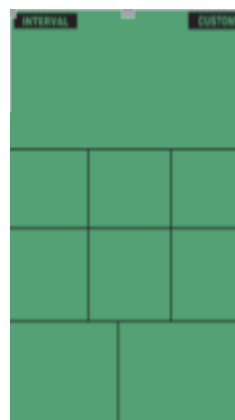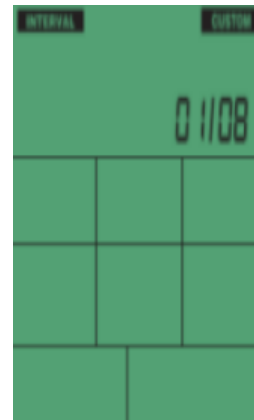

| Fig.4 | Fig.5 | Fig.6 | Fig.7 |

5.2 Select INTERVAL 10-20：

A、Press INTERVAL Key to select INTERVAL10/20, press Enter Key, enter this mode INTERVAL10/20 lights up, buzzer sounds for 1 second at the same time.

B、CYCLE TIME START countdown after three seconds, the buzzer sounds once every second and READY

flashes once per second (0.75 light / 0.25 off), the count shows 00/08 (Figure 5).

C、CYCLE TIME starts counting down for 10 seconds and WORK flashes once every second (0.75 light / 0.25 off). The buzzer also sounds synchronously, REMAINING lights up and counts down from four minutes, TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM The value starts counting and the count shows 01/08.

D、CYCLE TIME starts counting down for 20 seconds and REST flashes once every second (0.75 light / 0.25 off). The buzzer also syncs, and the last 3 seconds READY also flashes synchronously.

E、C and D continue to repeat the cycle, adding 1 to each cycle count until CYCLE TIME begins to count down 20 seconds after the 08/08WORK motion is displayed and REST flashes once per second (0.75 light / 0.25 off).

F、After 30 seconds without any signal input, the buzzer sounds for 1 second to enter the awake mode.

G、Press the START button once to enter the pause mode. Within 30 seconds, the buzzer will sound for 0.5 second every 1 second. When entering the pause mode, all the display will remain on the screen for 3 seconds and then flash every 4 seconds (3 bright / 1 off), lasting After 5 minutes of pause, the buzzer sounds for 2 seconds to enter the wake-up mode, press START to continue running.

H、When the STOP button is pressed or the buzzer sounds for 1 second, the TIME shows the total time, the DISTANCE shows the total distance, the CALORIES shows the total calorie consumption for 30 seconds, and the WATT, SPEED, and RPM exchanges the average and maximum values every five seconds.

I、85%, 65% heartbeat value and maximum value are exchanged every five seconds when there is heartbeat input, no display when there is no heartbeat input.

5.3 INTERVAL CUSTOM：

A、Press INTERVAL Key to select INTERVAL CUSTOM, press Enter Key, enter this mode INTERVALCUSTOM, 00/XX flashes, buzzer sounds for 1 second at the same time, press UP or DOWN to set 00/XX, the setting range is 1~99 , can be cycled, press ENTER to confirm the buzzer sounds for 1 second and enters the next option setting (Figure 6-7).

B、TIME will continue to light, WORK and 0:01 flashing, press UP or DOWN to set the working time, the setting range is 0:00~9:59, can be cycled, press ENTER to confirm the buzzer sounds 0.75 seconds and Go to the next option setting.

C、TIME continues to light, REST and 0:01 flashes, you can press UP or DOWN to set the working time, the setting range is 0:00~9:59, you can cycle the setting, press ENTER to confirm the buzzer sounds 1 second INTERVALCUSTOM Continuously lit.

D、CYCLE TIME START countdown to three seconds, the buzzer sounds once every second and READY flashes once per second (0.75 light / 0.25 off), the count shows 00/XX.

E、CYCLE TIME starts counting down and WORK flashes once every second (0.75 light / 0.25 off). The buzzer also sounds synchronously, REMAINING lights up and starts counting down according to the set total time. TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM The value starts counting and the count shows 01/XX.

F、CYCLE TIME starts counting down and REST flashes once every second (0.75 light / 0.25 off). The buzzer also syncs, the last 3 seconds

G、C and D continue to repeat the cycle, each cycle count is incremented by 1, until the set value WORK moves CYCLE TIME begins to count down and REST flashes once per second (0.75 light / 0.25 off).

H、After 30 seconds without any signal input, the buzzer sounds for 1 second to enter the awake mode.

I、Press the START button once to enter the pause mode. Within 30 seconds, the buzzer will sound for 0.5 second every 1 second. When entering the pause mode, all the display will remain on the screen for 3 seconds and then flash every 4 seconds (3 bright / 1 off), lasting After 5 minutes of pause, the buzzer sounds for 2 seconds to enter the wake-up mode, press START to continue running.

J、When the STOP button is pressed or the buzzer sounds for 1 second, the TIME shows the total time, the DISTANCE shows the total distance, the CALORIES shows the total calorie consumption for 30 seconds, and the WATT, SPEED, and RPM exchanges the average and maximum values every five seconds.

K、When there is a heartbeat input, the 85% and 65% heartbeat values are exchanged with the maximum value every five seconds, and are not displayed if there is no heartbeat input.
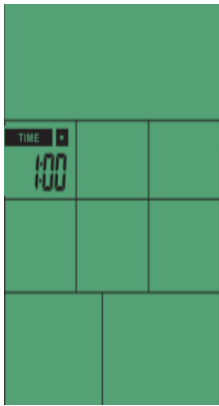
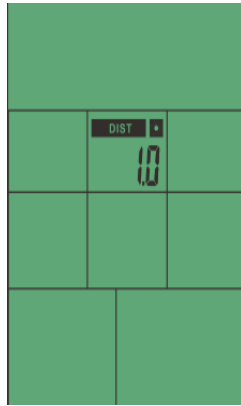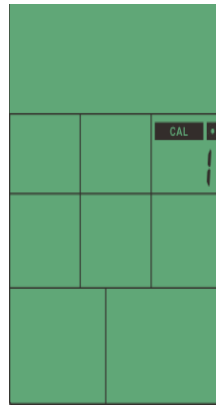L、Perform this action if you press any PROGRAM button.
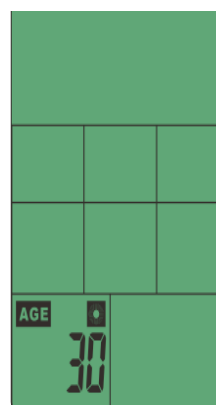

| Fig.8 | Fig.9 | Fig.10 | Fig.11 | Fig.12 |

6. TARGET TIME：

A、 Press the button to enter the mode, the value flashes, and the buzzer sounds for 1 second at the same time.

B、 TIME will continue to light, the TIME value will flash and you can press UP or DOWN to set the time (Fig. 8). Press ENTER to confirm and the buzzer will sound for 1 second. Start counting down, DISTANCE, CALORIES, WATTS, SPEED, RPM start counting according to the calculated value (Figure 12)

7. TARGET   DISTANCE：

C、Press the button to enter the mode and the value will flash. The buzzer will sound for 1 second at the same time.

D、TIME will continue to light, the TIME value will flash and you can press UP or DOWN to set the time (Figure 9). Press ENTER to confirm and the buzzer will sound for 1 second. Start counting down, DISTANCE, CALORIES, WATTS, SPEED, RPM start counting according to the calculated value (Figure 12)

8. TARGET CALORIES：

A、Press the button to enter the TARGET, CALORIES flashing value in this mode, and the buzzer will sound for 1 second at the same time.

B、The CALORIES will illuminate continuously, the CAL value will flash and the CAL can be set by pressing UP or DOWN (Fig. 10). After pressing ENTER, the buzzer will sound for 1 second. TARGET, CALORIES will start the countdown value and display the current distance for five seconds until the countdown. At the end, TIME, DISTANCE, WATTS, SPEED, and RPM start counting according to the calculated value (Figure 12).

9. TARGET HR：

A、 Press the button to enter this mode. TARGET HEART RATE flashes and the buzzer sounds for 1 second at the same time.

B、AGE is continuously lit, the age value is flashing and you can set the age by pressing UP or DOWN (Fig. 13). After pressing ENTER, the buzzer will sound for 1 second. TARGET HEART RATE and HEART RATE will continue to light up. After starting, MAX HR will continue to light up. Showing 65% and 85% heart rate, TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM start counting according to the operation value。

C、When the heart rate drops to 65% and the 65% value flashes, the buzzer sounds every 10 seconds until the heart rate reaches 65% or more.

D、When the heart rate exceeds 85% and the 85% value flashes, the buzzer sounds every 10 seconds until the

heart rate reaches 85% or less..

E、When the heart rate is in the range of 65%~85%, the heartbeat symbol flashes, MAX/65%/85% does not display, which means that it enters the range of 65%~85%.
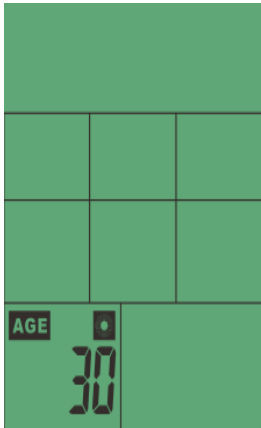

Fig.13

12、In any button state, press the START button once to enter the pause mode. Within 30 seconds, the buzzer will sound 0.5 seconds every 1 second. When entering the pause mode, all the display will remain on the screen for 3 seconds and then flash every 4 seconds (3 bright /1 off), after 5 minutes of continuous pause, the buzzer sounds for 2 seconds to enter the wake-up mode, press START to continue running.

13、After 30 seconds without any signal input, the buzzer sounds for 1 second to enter the awake mode.