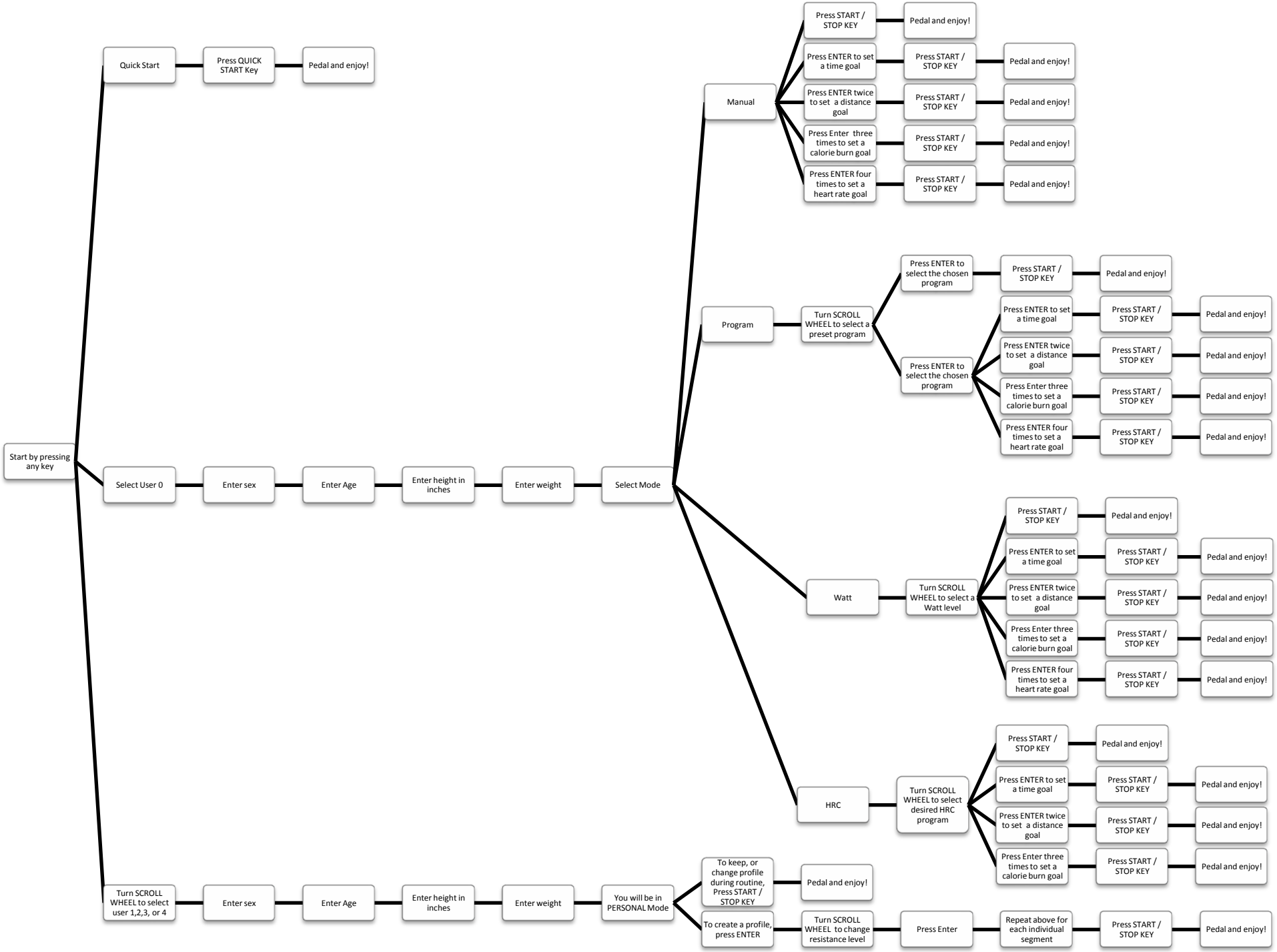
Start by pressing any key
Quick Start
Press QUICK START Key
Pedal and enjoy!
Select User 0
Enter sex
Enter Age
Enter height in inches
Enter weight
Select Mode
Manual
Press START / STOP KEY
Pedal and enjoy!
Press ENTER to set a time goal
Press START / STOP KEY
Pedal and enjoy!
Press ENTER twice to set a distance goal
Press START / STOP KEY
Pedal and enjoy!
Press Enter three times to set a calorie burn goal
Press START / STOP KEY
Pedal and enjoy!
Press ENTER four times to set a heart rate goal
Press START / STOP KEY
Pedal and enjoy!
Program
Turn SCROLL WHEEL to select a preset program
Press ENTER to select the chosen program
Press START / STOP KEY
Pedal and enjoy!
Press ENTER to select the chosen program
Press ENTER to set a time goal
Press START / STOP KEY
Pedal and enjoy!
Press ENTER twice to set a distance goal
Press START / STOP KEY
Pedal and enjoy!
Press Enter three times to set a calorie burn goal
Press START / STOP KEY
Pedal and enjoy!
Press ENTER four times to set a heart rate goal
Press START / STOP KEY
Pedal and enjoy!
Watt
Turn SCROLL WHEEL to select a Watt level
Press START / STOP KEY
Pedal and enjoy!
Press ENTER to set a time goal
Press START / STOP KEY
Pedal and enjoy!
Press ENTER twice to set a distance goal
Press START / STOP KEY
Pedal and enjoy!
Press Enter three times to set a calorie burn goal
Press START / STOP KEY
Pedal and enjoy!
Press ENTER four times to set a heart rate goal
Press START / STOP KEY
Pedal and enjoy!
HRC
Turn SCROLL WHEEL to select desired HRC program
Press START / STOP KEY
Pedal and enjoy!
Press ENTER to set a time goal
Press START / STOP KEY
Pedal and enjoy!
Press ENTER twice to set a distance goal
Press START / STOP KEY
Pedal and enjoy!
Press Enter three times to set a calorie burn goal
Press START / STOP KEY
Pedal and enjoy!
Turn SCROLL WHEEL to select user 1,2,3, or 4
Enter sex
Enter Age
Enter height in inches
Enter weight
You will be in PERSONAL Mode
To keep, or change profile during routine, Press START / STOP KEY
Pedal and enjoy!
To create a profile, press ENTER
Turn SCROLL WHEEL to change resistance level
Press Enter
Repeat above for each individual segment
Press START / STOP KEY
Pedal and enjoy!