Start by pressing any key.

Quick Start
- Press QUICK START Key
- Pedal and enjoy!

Manual
- Press ENTER to set a time goal
- Pedal and enjoy!
- Press ENTER twice to set a distance goal
- Pedal and enjoy!
- Press ENTER four times to set a heart rate goal
- Pedal and enjoy!

Program
- Turn SCROLL WHEEL to select a program
- Press START / STOP KEY
- Pedal and enjoy!
- Press ENTER to select the chosen program
- Press START / STOP KEY
- Pedal and enjoy!
- Press ENTER to set a time goal
- Pedal and enjoy!
- Press ENTER twice to set a distance goal
- Pedal and enjoy!
- Press ENTER four times to set a heart rate goal
- 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
- Pedal and enjoy!
- Press ENTER twice to set a distance goal
- Pedal and enjoy!
- Press ENTER four times to set a heart rate goal
- 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
- Pedal and enjoy!
- Press ENTER twice to set a distance goal
- Pedal and enjoy!
- Press ENTER four times to set a heart rate goal
- Pedal and enjoy!

Select User
- 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!