FUNCTION AND OPERATION

AUTO ON/OFF & AUTO START/STOP: As long as the wheel is in motion, the computer is in action. If there is no moving within 256 seconds, computer will turn it off automatically.

STROKES PER MIN: The counter will display the count number you work out per minute.

DISTANCE: The distance will display on the upper right LCD area. It shows your trip distance.

TIME: The time displays on down left LCD area to show your work out and trip time. If you stop working out for 4 seconds, it stops counting.

CLOCK: When you install the batteries into computer, the clock number will flash (on the down right LCD area). Press “SELECT” key to set time. If there is no action for this function for 5 seconds, it will start counting.

TOTAL STROKES: Press the ◀ or ▶ to select the TOTAL STROKES function. The display shows total accumulate counts on the up left LCD area.

SPEED: Press the ◀ or ▶ to select the SPEED function. It displays the current speed on the upper right LCD area. If there is no work out for 4 seconds, it shows “0”.

CALORIES: Press the ◀ or ▶ to select the CALORIES function. It displays the calorie consumption on the down left LCD area.

HEART RATE: Press “SELECT” key to choose the pulse function you want. Heart rate range is between 30 to 240 beats per minute, and shows on the down right LCD area.

BUTTON:

SELECT: Press this button, you may choose CLOCK or PULSE function display on LCD.

◀▶: Press one of these 2 keys to change the function display of SPM & COUNT, DIST & SPEED, TIME & CALORIES, CLOCK & HEART RATE.

HOW TO INSTALL BATTERY:

1. Take off the battery cover.
2. Place two of “SIZE AA” or “UM-3” batteries into housing.
3. Insure batteries are correctly positioned and battery spring is proper contact with battery.
4. Replace battery’s cover and ensure it is tightly closed.
5. Batteries life is approx. 1 year under normal usage.
6. If the display is illegible or only partial segment appear, remove batteries and wait 15 seconds before reinstall.
7. Remove the batteries will erase computer memory.