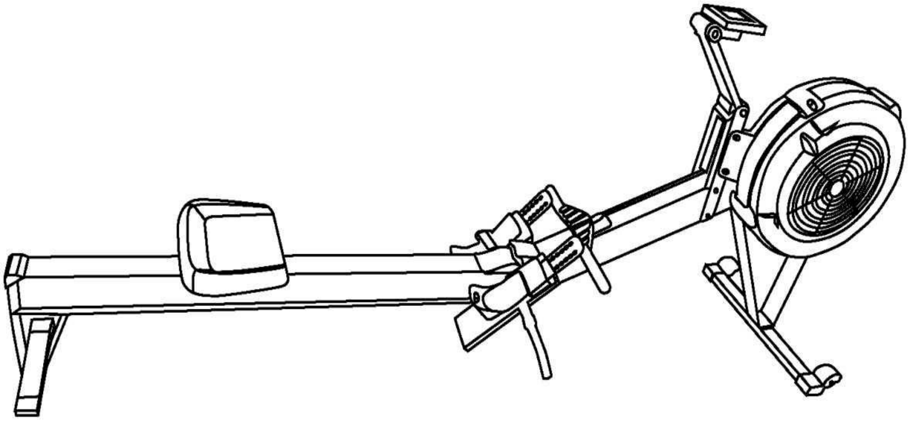
EPSILON

RX90

USER'S MANUAL

ROW MACHINE



1.IMPORTANT SAFETY STATEMENT

1.1.Safety Notice

1.1.1.Using a rowing machine that is damaged or has aging parts can cause physical injury to the user. If the user suspects that the parts of the machine are already in this condition, it is strongly recommended that the user immediately replace the original rowing machine parts.
1.1.2.To avoid possible personal injury, be careful when attaching the monorail section to the flywheel section, and when operating the rack lock.
1.1.3.Don't stand wind resistance rowing machine upright to avoid tipping over.

1.2.Instructions for first use

1.2.1.Consult a doctor to ensure that performing strenuous exercise is not dangerous;
1.2.2.Carefully read the rowing machine manual. Improper operations such as extreme back tilt or seat removal may cause personal injury;

1.3. Introduction

1.3.1. Start the exercise. Do not exercise for more than five minutes on the first day. Adjust your physical condition for new exercises.
1.3.2. In the first two weeks, gradually increase exercise time and intensity, and practice for at least one week. Do not exercise at full power before the skills are good; Similar to other physical activities, increasing the amount and intensity of exercise too quickly or using it improperly will increase the risk of personal injury.
1.3.3. The arm stroke rate during exercise should be between 24 and 30 spm (per minute stroke), start practicing for 3-5 minutes, then take a break, perform stretching exercises and walk around. If it feels good, perform four groups;This is enough for the first day of training.

1.4. Flywheel gear settings

The regulator is like a bicycle gear, it affects the feeling of movement, but it does not directly affect the resistance. After a few tries, you'll find the regulator settings that will give you the best results. We recommend setting the regulator to 3-5 to achieve the best aerobic exercise. This setting range is most like smooth and fast boating on water. At higher settings, it feels like a larger, slower boat.

2.RECOMMENDED MAINTENANCE SCHEDULE

2.1.Every two days.

Wipe the rail by hand, cloth or non-abrasive cloth.

2.2.Every 50 using hours or every month.

You can lubricate the chain with a spoonful of pure mineral oil, triple oil, or 20W motor oil. Pour the oil on a kitchen towel and use it to wipe the entire chain. Wipe off spilled oil. Repeat wiping if necessary. Do not use any cleaners or solvents for chain cleaning.

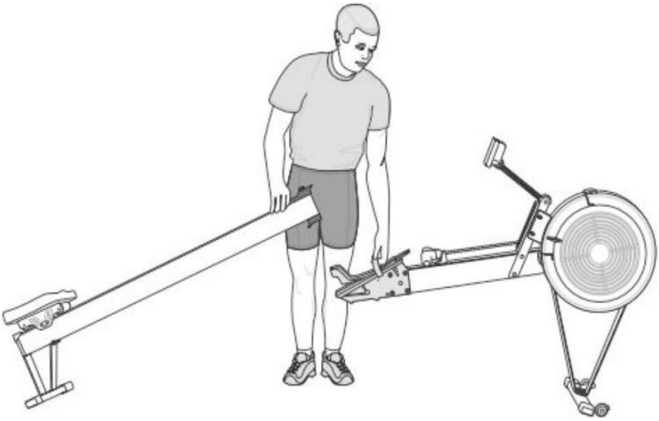
2.3. Every 250 using hours or every month

2.3. I.Check the key bar for hard links. If lubrication does not solve the problem, the chain should be replaced.
2.3.2.Inspect the chain and handle bar connections for wear. If the holes become longer or the U-bolts are worn to half, the entire connection should be replaced
2.3.3.Check whether the screws including the component screws are tightened.If necessary, loosen or tighten the nut on the electronic arm connector.
2.3.4.Use a flashlight to check for dust inside the flywheel and vacuum if necessary
Note: The electronic control console is a sealed device and should never be disassembled. Attempts to dismantle will exempt the security interest. If there is a problem with this part, please contact the manufacturer.

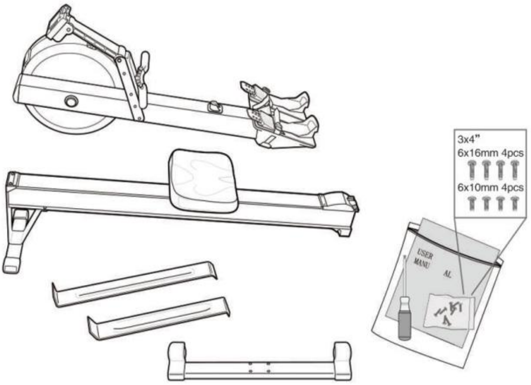
3. ASSEMBLY AND DETACHING INSTRUCTION.

3.1.ASSEMBLY INSTRUCTION

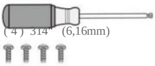
Place the flywheel and monorail sections of the Indoor Rower end to end.



Weight: 57 lb (26 kg)
Dimensions: 8 ft , 2 ft (244 cm , 61 cm)
Space Required for Use: 9 ft , 4 ft (274 cm , 122 cm)
Weight Capacity : 5 00 lb (227 kg)

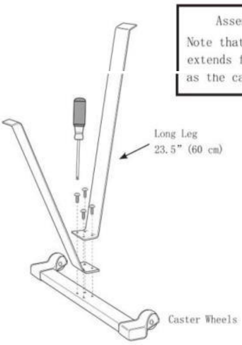

3x4"
6x16mm 4pcs
6x10mm 4pcs
USER MANUAL

1

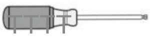

(4) 314" (6,16mm)

Assembly Tip

Note that the long leg extends from the same side as the caster wheels.

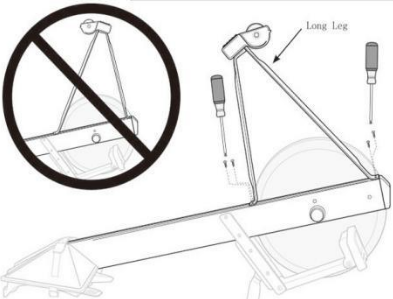

Long Leg
23.5" (60 cm)
Caster Wheels

2

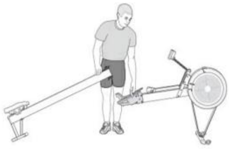

I 4l Y4" I 6'10mm l

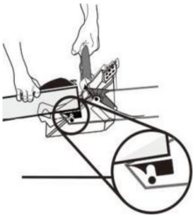
Assembly Tip

To prevent thread damage, be sure holes line up before inserting fasteners. Do not fully tighten until all fasteners are in place.



3





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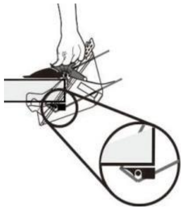
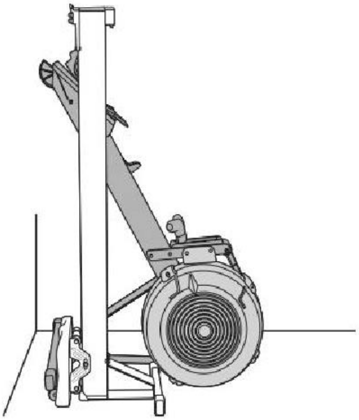
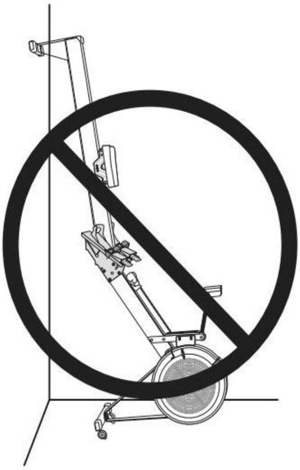






4.MAIN FUNCTION TABLE

NO.	CONTENT	RANGE	SET	MEMORABLE	RESET	BRIEF IINTRODUCTION
1	**TIME**	**0:00-99:59** (MIN:SEC)	**±1MIN**	YES	YES	**1**、Count up count when no setting; **2**、 Count down when set,ring at 0 （Beep 4 times）; **3**、No input signal for 4 minutes, enter standby screen.
2	**DIST** **(DISTANCE)**	**0-9999 KM**	**0-9990** **±10K** **±10M**	YES	YES	**1**、Count up count when no setting; **2**、 Count down when set,ring at 0 （Beep 4 times）; **3**、No input signal for 4 minutes, enter standby screen.
3	**CAL** **(CALORIES)**	**0-9999 CAL**	**0-9990** **(±10)**	YES	YES	**1**、Count up count when no setting; **2**、 Count down when set,ring at 0 （Beep 4 times）; **3**、No input signal for 4 minutes, enter standby screen.
4	**SPM** **(SPEED)**	**0-999**	NO	NO	YES	In the START state: **1.**After the sensor signal is input for 3 seconds, its value is displayed. **2.**After no sensor signal is input, the value returns to zero after 4.6 seconds. **3.**The display window shared with WATT is therefore displayed interactively every 5 seconds.
5	**STROKES**	**0-9999**	**0-9990** **(±10)**	YES	YES	ROWING SOROKES and TOTAL STROKES share the display window so it takes 5 seconds to display interactively.
6	**TOTAL STROKES**	**0-9999**	NO	YES	NO	The sum of STOKES

NO.	CONTENT	RANGE	SET	MEMORABLE	RESET	BRIEF IINTRODUCTION
7	**WATT**	**0-999**	NO	NO	NO	**1.**After the sensor signal is input for 3 seconds, its value is displayed. **2.**After no sensor signal is input, the value returns to zero after 4.6 seconds.
8	**PULSE (HEART RATE)**	**P-30-230BPM**	**0-30-230 (±1)BPM**	YES	YES	**1.**When there is a pulse signal input, the initial value is displayed for 7.5 seconds (from the first pulse). **2.**After no pulse signal is input, its value returns to zero after 6 seconds. **3.**Refer to Appendix I for the calculation of heart rate. **4.**When the value is higher than the set value, the value of the PULSE visual indicator blinks every second. PULSE OVER ALARM = 2 ALARM is Bl-Bl per second.
9	**Manual Program**					When no mode is entered, when RPM signal is detected, it is QUICK STARTO
10	**INTERVAL 20-10**					**1.**Intermittent exercise mode. **2.**20 seconds of exercise and 10 seconds of rest.
11	**INTERVAL 10-20**					**1.**Intermittent exercise mode. **2.1**0 seconds of exercise and 20 seconds of rest.
12	**INTERVAL**					**1.**Intermittent exercise mode. **2**、Users can set exercise time and rest time.
13	**TARGET TIME**					The user can set the exercise time.
14	**TARGET DISTANCE**					The movement distance is set by the user.
15	**TARGET CALORIES**					The user sets CALORIES.
16	**TARGET STROKES**					It is up to the user to set STROKES
17	**TARGET PULSE**					The target pulse is set by the user.

5.POWER ON AND OFF

5.1.POWER ON

Power on LCD CONSOLE full display for 2 seconds (Figure 1) At the same time there will be a long beep for 2 seconds, enter standby mode.

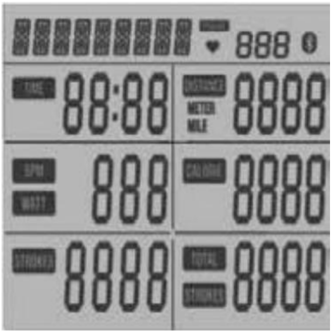


Figure 1

5.2.POWER OFF

5.2.1.No signal input within 4 minutes, LCD CONSLOLE enters ASLEEP mode.
5.2.2. When there is signal input or key input, LCD CONSOLE wakes up.

6. OPERATION INSTRUCTIONS

6.1.POWER ON

6.1.1. After LCD CONSOLE is powered on (or press MODE / RESET for 3 seconds), after 2 seconds of beeping, the LCD will enter standby mode after 2 seconds of full display.
6.2. STAND BY MODE
After booting, the LCD CONSOLE enters the standby mode. MANUAL, INTERVAL, TARGET, TIME, DISTANCE, CALORIE, PULSE, SPM, WATT, TOTAL STROKES are displayed cyclically in SCAN mode for 1 second.
6.3.In standby mode, 4 minutes after no key is pressed, no RPM signal, or heartbeat signal is input, LCD CONSOLE enters ASLEEP mode.

6.4 MANUAL

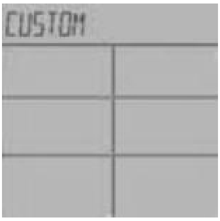
6.4.1 If there is RPM signal input during standby, LCD CONSOLE will QUICKSTART immediately, and the buzzer will sound for 1 second at the same time.
6.4.2.In standby mode, press MODE KEY, LCD CONSOLE displays MANUAL, and then press MODE KEY, the buzzer sounds for 1 second, the MANUAL function is activated, the LCD screen displays MANUAL, TIME, DISTANCE. CALORIES. PULSE, SPM, WATT. TOTAL STROKES and STOKES start counting display according to the calculated value, SPM and WATT switch the display every 5 seconds. Press the MODE key during exercise to switch between SPM and WATT respectively.
6.4.3.When no button is pressed, no RPM signal, heartbeat signal is input 4 minutes later, the buzzer sounds for 0.5 seconds to enter standby mode.
6.4.4.During the exercise, press START / STOP KEY to pause the exercise. The LCD

display "STOP" blinks, TIME, DISTANCE, TOTAL STROKES, STROKES, CALORIE constantly display the current exercise value, PULSE displays the instant heartbeat value.

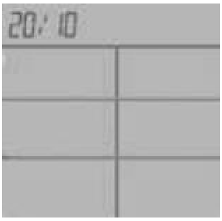
6.4.5.When the motion is paused and the LCD display "STOP" flashes, press START / STOP KEY, LCD CONSOLE will continue to display the motion picture. If you press RESET KEY in "STOP" state, LCD CONSOLE will enter the standby screen. After 4 minutes without pressing any button or ending the exercise, the LCD CONSOLE enters the standby screen.

6.5.INTERVAL

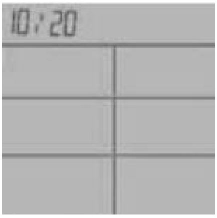
In standby mode, press MODE KEY, press UP key to select INTERVAL function, LCD display “INTERVAL” flashes as figures(2- 5)below.



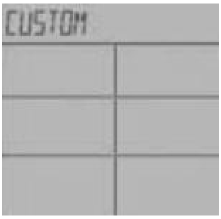
(Figure 2)



(Figure 3)



(Figure 4)



(Figure 5)

6.5.1.INTERVAL 10/20

A.When the LCD displays "INTERVAL" flashing screen, press MODE KEY, the LCD display 10/20 flashes, press START / STOP KEY to start the 10/20 function.

B.When the LCD screen "READY" flashes, the TIME window displays a countdown of 3 seconds and the buzzer sounds for 0.5 seconds per second.

C.After 3 seconds of READY, the buzzer sounds for 0.5 seconds, the LCD displays "WORK01 / 08", TIME starts counting down for 10 seconds, and TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES start counting display according to the calculated value.

D. The LCD displays "REST01 / 08", the buzzer sounds for 0.5 seconds per second, and TIME starts counting down for 10 seconds. TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROCES start counting display according to the calculated value. SPM, WATT switches display every 5 seconds, and the LCD display “READY” flashes in the last 3 seconds.

E.Step C and step D continue to repeat the cycle. Each cycle count is increased by 1 until the LCD displays “WORK08 / 08”. After entering the end screen, the buzzer sounds for 0.5 seconds. Press MODEM during exercise to switch between SPM and WATT display.

F. After the exercise, the LCD display STOP blinks, TCALORIES, PULSE, SPM, WATT, TOTAL STROKES,STROKES shows the completed value of the motion constantly, and PULSE displays the instant heartbeat value. At this time, press START / STOP KEY again to execute the INTERVAL 10/20 function again; When LCD in showing the end screen, press RESET KEY, LCD CONSOLE enters standby mode, the buzzer sounds for 0.5 seconds; if you do not press any button or end the exercise for 4 minutes in the exercise end screen, the LCD CONSOLE enters the standby mode and the buzzer sounds for 0.5 seconds.

G. During the exercise, press START / STOP KEY, the exercise is paused, the LCD shows STOP blinking, TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES, TROKES shows the current exercise value, PULSE shows the instant heartbeat value, press again START / STOP KEY, LCD CONSOLE Continue to display the motion picture. If you press RESET KEY, LCD CONSOLE enters the standby screen. If you do not press any button or stop the exercise for 4 minutes in STOP state, LCD CONSOLE enters the standby screen.

H.When the WORK function is executed, 4 minutes since no button pressed, no RPM signal, heartbeat signal is input, the buzzer sounds for 0.5 seconds, then enters standby mode,the LCD CONOLE enters ASLEEP mode.

6.5.2.INTERVAL 20/10

A.When the LCD displays "INTERVAL" flashing screen, press MODE KEY, then UP/DOWN KEY to switch to 20/10 function,the LCD displays 20/10 flashes, press START / STOP KEY to start the 20/10 function.

B.When the LCD screen "READY" flashes, the TIME window displays a countdown of 3 seconds and the buzzer sounds for 0.5 seconds per second.

C.After 3 seconds of READY, the buzzer sounds for 0.5 seconds, the LCD displays "WORK01 / 08", TIME starts counting down for 10 seconds, and TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES start counting display according to the calculated value.

D. The LCD displays "REST01 / 08", the buzzer sounds for 0.5 seconds per second, and TIME starts counting down for 10 seconds. TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROCES start counting display according to the calculated value. SPM, WATT switches display every 5 seconds, and the LCD display “READY” flashes in the last 3 seconds.

E.Step C and step D continue to repeat the cycle. Each cycle count is increased by 1 until the LCD displays “WORK08 / 08”. After entering the end screen, the buzzer sounds for 0.5 seconds. Press MODEM during exercise to switch between SPM and WATT display.

F. After the exercise, the LCD display STOP blinks, TCALORIES, PULSE, SPM, WATT, TOTAL STROKES,STROKES shows the completed value of the motion constantly, and PULSE displays the instant heartbeat value. At this time, press START

/ STOP KEY again to execute the INTERVAL 20/10 function again; When LCD in showing the end screen, press RESET KEY, LCD CONSOLE enters standby mode, the buzzer sounds for 0.5 seconds; if you do not press any button or end the exercise for 4 minutes in the exercise end screen, the LCD CONSOLE enters the standby mode and the buzzer sounds for 0.5 seconds.

G. During the exercise, press START / STOP KEY, the exercise is paused, the LCD shows STOP blinking, TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES, TROKES shows the current exercise value, PULSE shows the instant heartbeat value, press again START / STOP KEY, LCD CONSOLE Continue to display the motion picture. If you press RESET KEY, LCD CONSOLE enters the standby screen. If you do not press any button or stop the exercise for 4 minutes in STOP state, LCD CONSOLE enters the standby screen.

H.When the WORK function is executed, 4 minutes since no button pressed, no RPM signal, heartbeat signal is input, the buzzer sounds for 0.5 seconds, then enters standby mode,the LCD CONOLE enters ASLEEP mode.

6.5.3INTERVAL CUSTOM

A. In the LCD display INTERVAL flashing screen, press MODE KEY, and then press UP KEY to switch the CUSTOM motion function, the LCD display CUSTOM flashes, press MODE KEY to enter the CUSTOM setting function.

B. The LCD displays “SET ROUND”, the TIME window display 01 flashes, press UP to set ROUND, the setting range of ROUND is 01 ~ 99, can be set cyclically, the buzzer will sound for 0.5 seconds after pressing MODE KEY, and enter the next Option setting.

C. LCD display “SET WORK”, TIME window display 0:05 flashes, press SET to set WORKTIME, WORKTIME setting range is 0: 05 ~ 10: 00, can be set in a cycle, buzzer will sound 0.5 after pressing MODE KEY Seconds and go to the next option setting.

D. LCD display “SET REST”, TIME window display 0:05 blinks, press SET to set REST TIME, REST TIME setting range is 0: 05 ~ 100: 00, can be set in a cycle, press START / STOP KEY The buzzer sounds for 0.5 seconds to enter the sports interface.

E. The LCD screen displays "READY" blinking, the TIME window displays a countdown of 3 seconds, and the buzzer sounds for 0.5 seconds per second.

3 seconds after F.READY, the buzzer sounds for 0.5 seconds, the LCD displays "WORK01 / XX", TIME starts counting down according to the WORK setting time, TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STOKES start from the calculated value Count display, SPM, WATT display switch every 5 seconds.

G.LCD display "REST01 / XX", buzzer sounds for 0.5 seconds per second, TIME starts to count down according to REST setting time, TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STOKES start counting display according to the calculated value , SPM, WATT display switch every 5 seconds, the last 3 seconds LCD display "READY" flashes.

H. Steps C and D continue to repeat the cycle. Each cycle count increases by 1 until the LCD displays “WORKXX / XX” movement, enter the end screen, and the buzzer sounds for 0.5 seconds.

I. When the exercise is over, the LCD will show STOP flashing, TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES and STOKES will display the exercise value, PULSE will display the instant heartbeat value, and then press START / STOP KEY to execute the INTERVAL CUSTOM function again If you press RESET KEY in the end of exercise screen, LCD CONSOLE enters the standby screen, the buzzer sounds for 0.5 seconds; if you do not press any button in the end of exercise screen or 4 minutes after the end of exercise, the LCD CONSOLE enters the standby screen, the buzzer Ring for 0.5 seconds.

J. During exercise, press START / STOPKEY, exercise pause, TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES and STOKES to display the exercise value, PULSE to display the instant heartbeat value, press START / STOP KEY again at this time, you can Perform the INTERVAL CUSTOM function once; if you press RESET KEY in the end of exercise screen, the LCD CONSOLE enters the standby screen, the buzzer sounds for 0.5 seconds; if you do not press any key in the end of exercise screen or end the exercise for 4 minutes, the LCD CONSOLE enters Standby screen, buzzer sounds for 0.5 seconds

K. In WORK mode, if no key input, no RPM signal, heartbeat signal is input for 4 minutes, the buzzer will enter 0.5 second to enter standby mode.

6.6.TARGET

In standby mode, press MODE KEY, press UP to select TARGET function, LCD display TARGET flashes.

6.6.1.TARGET TIME:

A. On the LCD display TARGET flashing screen, press MODE KEY, and then press SET to switch to select the TARGETTIME function. The LCD displays TARGET constant light, TIME window TIME flashes, press MODE KEY KEY to start the TIME setting function.

B. LCD display "SET" is constantly lit, TIME window flashes at 0:00, press UP to set the target time, the setting range is 0: 00-99: 00, can be set cyclically, and beep will be heard after pressing START / STOP KEY The instrument sounds for 0.5 seconds and enters the sport mode.

C.LCD screen LCD display "TARGET", "TIME" two-second interactive display, TIME starts counting down according to the set value, TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STOKES start counting display according to the calculated value, SPM WATT display switches every 5 seconds.

D. During the exercise, press START / STOPKEY, the exercise is paused, the LCD displays STOP blinking, TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES and STROCES display the current exercise value, PULSE displays the instant heartbeat value, and then press START / STOPKEY, LCD CONSOLE continues to display the motion picture. If you press RESET KEY, the LCD CONSOLE enters the standby screen. If you do not press any button or stop the exercise for 4 minutes in the STOP state, the LCD CONSOLE enters the standby screen.

E. When the exercise is over, the LCD display "STOP" flashes, TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES and STROKES display the movement value. At this time, press START / STOP KEY again to execute the TARGET TIME function again. In the screen, press RESET KEY, LCD CONSOLE to enter the standby screen, the buzzer will sound for 0.5 seconds; if you do not press any button or end the exercise for 4 minutes in the exercise end screen, LCD CONSOLE will enter the standby screen, and the buzzer will sound for 0.5 second.

F. During exercise, no key input, no RPM signal, 4 minutes after the heartbeat signal is input, the buzzer sounds for 0.5 seconds to enter the standby mode.

6.6.2.TARGET DISTANCE

A. Under the TARGET flashing screen on the LCD, press MODE KEY, and press the UP button to select the TARGET DISTANCE function.

DISTANCE

Flashes, press MODEKEY to activate DISTANCE setting function.

B. The LCD display "SET" is constantly on, the DISTANCE window blinks at 0:00, the SUP sets the target distance, the setting range is 0-9990, which can be set cyclically. Press START / STOP KEY to confirm that the peak beep sounds for 0.5 seconds and Enter sport mode.

C.LCD screen LCD display "TARGET", "DISTANCE" two-second interactive display, DISTANCE starts counting down according to the set value, TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STOKES start counting display according to the calculated value, SPM WATT5 display switches every 5 seconds.

D. During the exercise, press START / STOP KEY, the exercise is paused, the LCD displays STOP blinking, TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES and STROCES display the current exercise value, PULSE displays the instant heartbeat value, and then press again START / STOP KEY, LCD CONSOLE continues to display the motion picture. If you press RESET KEY, LCD CONSOLE enters the standby screen. If in STOP state, no button is pressed or the exercise is finished for 4 minutes, LCD CONSOLE enters the standby screen.

E. When the exercise is over, the LCD display “STOP” flashes, TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES and STROKES display the movement value. At this time, press START / STOP KEY again to execute the TARGET DISTANCE function again. In the screen, press RESET KEY, LCD CONSOLE enters the standby screen, the buzzer sounds for 0.5 seconds; if you do not press any button or end the exercise for 4 minutes in the end of exercise screen, LCD CONSOLE enters the standby screen, the buzzer sounds for 0.5 second.

F. During the exercise, no key input, no RPM signal, and heartbeat signal input stop for 4 minutes, the buzzer will sound for 0.5 seconds to enter standby mode.

6.6.3TARGET CALORIES

A. In the TARGET flashing screen displayed on the LCD, press MODE KEY, and then press UP to select TARGET, DISTANCE function.

Yes, LCD display TARGET constant light, CALORIES window

CALORIES setting function.

B. The LCD display "SET" is constantly on, and the CALORIES window 0 flashes. Press UP / DOWN to set the target CALORIES. The setting range is 0 ~ 9990. The setting can be cycled. The buzzer will sound for 0.5 seconds after pressing START / STOP KEY. And enter sport mode.

C.LCD screen LCD display "TARGET", "CALORIES" two-second interactive display, CALORIES starts counting down according to the set value, TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STOKES start counting display according to the calculated value, SPM WATT display switches every 5 seconds.

D. During the exercise, press START / STOP KEY, the exercise is paused, the LCD displays STOP blinking, TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES and STOKES display the current exercise value, PULSE displays the instant heartbeat value, and then press again START / STOP KEY, LCD CONSOLE continues to move the screen. If you press RESET KEY, LCD CONSOLE enters the standby screen. If in the STOP state, no button is pressed or the exercise is finished for 4 minutes, LCD CONSOLE enters the standby screen.

E. When the exercise is over, the LCD displays “STOP” and flashes TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES, and STROKES to display the exercise value. At this time, press START / STOP KEY again to execute TARGET DISTANCE again. Press RESET KEY, LCD CONSOLE enters the standby screen, and the buzzer sounds for 0.5 seconds. If you do not press any button or end the exercise for 4 minutes in the exercise end screen, LCD CONSOLE enters the standby screen, and the buzzer sounds for 0.5 seconds.

F. During exercise, no key input, no RPM signal, and heartbeat signal input stop for 4 minutes, the buzzer will sound for 0.5 seconds to enter standby mode.

6.6.4.TARGET STROKES

A. In the TARGET flashing screen displayed on the LCD, press MODE KEY, and then press UP to select TARGET, DISTANCE function.

STROKES setting function.

B. The LCD display "SET" is constantly lit, and the STRECES window 0 flashes. Press UP to set the target STRECES. The setting range is 0 to 9990. The setting can be cycled. After confirming by pressing START / STOP KEY, the buzzer will sound for 0.5 seconds and enter. Sport mode.

C. The LCD screen displays "TARGET", "STROKES 'is displayed interactively every two seconds, and STROCHES starts counting down according to the set value. TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES start counting display according to the calculated value.

D. During exercise, press START / STOP KEY, the exercise is paused, STOP flashes on the LCD display, TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STOKES show the current exercise value, PULSE shows the instant heartbeat value, this When you press START / STOP KEY again, LCD CONSOLE continues to move the picture. If you press RESET KEY, LCD CONSOLE enters the standby screen. If you do not press any button or stop the exercise for 4 minutes in

STOP state, LCD CONSOLE enters standby. Screen.

E. When the exercise is over, the LCD display “STOP” flashes, TIME, DISTANCE show the completed value of the exercise, CALORIES, PULSE, TOTAL STROKES and STROCES show the exercise value. At this time, press START / STOP KEY again to execute the TARGET DISTANCE function again; If in the exercise end screen, press RESET KEY, LCD CONSOLE to enter the standby screen, the buzzer will sound for 0.5 seconds; if in the exercise end screen, no button is pressed or 4 minutes after the end of the exercise, the LCD CONSOLE enters the standby screen, the bee The buzzer sounds for 0.5 seconds.

F. During exercise, no key input, no RPM signal, and heartbeat signal input stop for 4 minutes, the buzzer will sound for 0.5 seconds to enter standby mode.

6.6.5.TARGET PULSE

A. In the TARGET flashing screen displayed on the LCD, press MODE KEY, and then press UP to select the TARGET PULSE function.

B. The LCD display "SET" is constantly on, the PULSE window displays the preset value of 100 blinking, press UP / DWON to set the target PULSE, the setting range is 30 ~ 230, can be set cyclically, press START / STOPKEY to confirm the buzzer Beeps for 0.5 seconds and enters sport mode.

C. LCD screen display "TARGET", "PULSE" two-second interactive display, TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES start counting display according to the calculated value, SPM, WATT display switches every 5 seconds.

D. During the exercise, when the actual heartbeat value exceeds the preset heartbeat value, the buzzer beeps for 1 second.

E. During the exercise, press START / STOP KEY, the exercise is paused, the LCD displays STOP blinking, TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES and STOKES show the current exercise value, PULSE shows the instant heartbeat value, press again START / STOPKEY, LCD CONSOLE continues to move the screen. If you press RESET KEY, LCD CONSOLE enters the standby screen. If you do not press any button or stop the exercise for 4 minutes in STOP state, LCD CONSOLE enters the standby screen.

During exercise. No key input, no RPM signal, 4 minutes after the heartbeat signal input is stopped, the buzzer sounds for 0.5 seconds to enter standby mode.

7.SHORTCUT FUNCTION KEY DESCRIPTION

7.1.UP KEY

A. Press once to increase once, long press for fast increase setting;

B.TIME setting range: 0: 00 ~ 99: 00 (INTERVAL function 每 adjust once to rise 0:01, TIME function 每 adjust once to rise 1:00);

C.CAL setting range: 0 ~ 9990 (up 10 each time);

D.DIST setting range: 0 ~ 9990 (每 adjust once and increase by 10);

E.STROKES setting range: 0 ~ 9990 (10 for each adjustment);

F.PULSE setting range: 30 ~ 230 (preset value 100, increase 1 by each adjustment);

G. Press and hold the MODE KEY for 2 seconds in standby mode to switch DIST units (METER or MILE).

7.2.MODE KEY

A. In the function selection mode, press once for the function confirmation key;
B. In the setting mode, press once for the setting confirmation key;
C. In sports mode, press once to pause or start;
D. There will be a BI sound prompt for each key press;
E. Press and hold SET KEY for 2 seconds in standby mode to switch between metric and imperial.

7.3.INTERVAL 20-10KEY

Press this key to directly enter 20-10 intermittent exercise mode.

7.4.INTERVAL 10-20 KEY

Press this key to enter 10-20 intermittent exercise mode directly.

7.5.RESET KEY

A. In the function selection mode, each press will return to the previous function level;
B. In setting mode, press once to clear the current setting value;
C. In the pause mode, press once to return to the standby screen;
D. There will be a BI sound prompt for each key press;
E. Press and hold for 3 seconds to put the LCD CONSOLE into standby mode after power on.

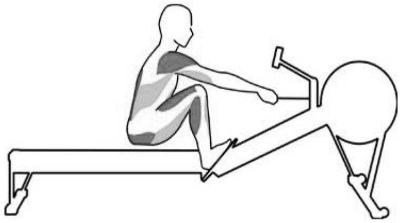
7.6.RECOVERY KEY

When there is a heartbeat input, press this key to directly enter the 60-second countdown heart rate recovery. F1-F6 will be displayed after the countdown.

8.INSTRUCTIONS FOR USE

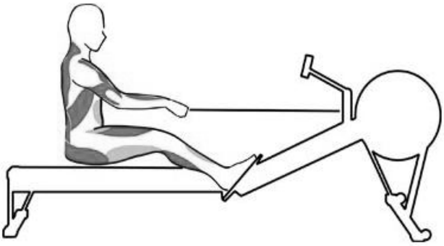
8.1.The catch

At the catch, your legs are compressed and your shins are vertical. Your triceps work to extend your arms, and the flexor muscles of your fingers and thumbs grip the handle. Your back muscles are relaxed, and your abdominals are flexing your torso forward.



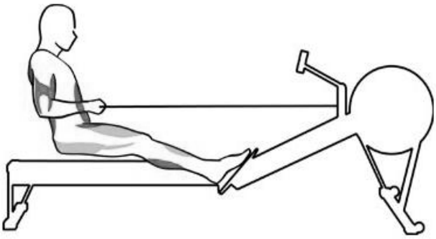
8.2. The Drive

You initiate the drive with the powerful muscles of your legs, and all of the shoulder muscles are contracting. As you work through the drive sequence, your biceps engage to pull the handle toward your abdomen, your back muscles work more as you swing your torso open, and your glutes and hamstrings contract to extend the hip. As the drive finishes with the arm pull-through, nearly all the muscles of your upper body engage.

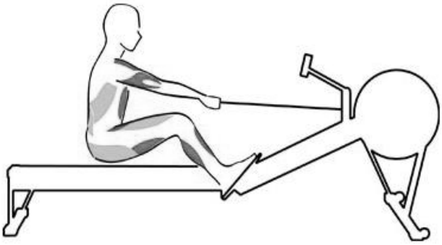


8.3. The Finish

At the finish, the abdominals stabilize the body, and the glutes and quads are contracting. The biceps and many of the back muscles are also contracting to help keep the torso in the finish position and to internally rotate the upper arms.



8.4. The Recovery

The triceps engage to push the arms forward and away from the body. The abdominals flex the torso forward, and the hamstrings and calves contract as you slide up to the catch.