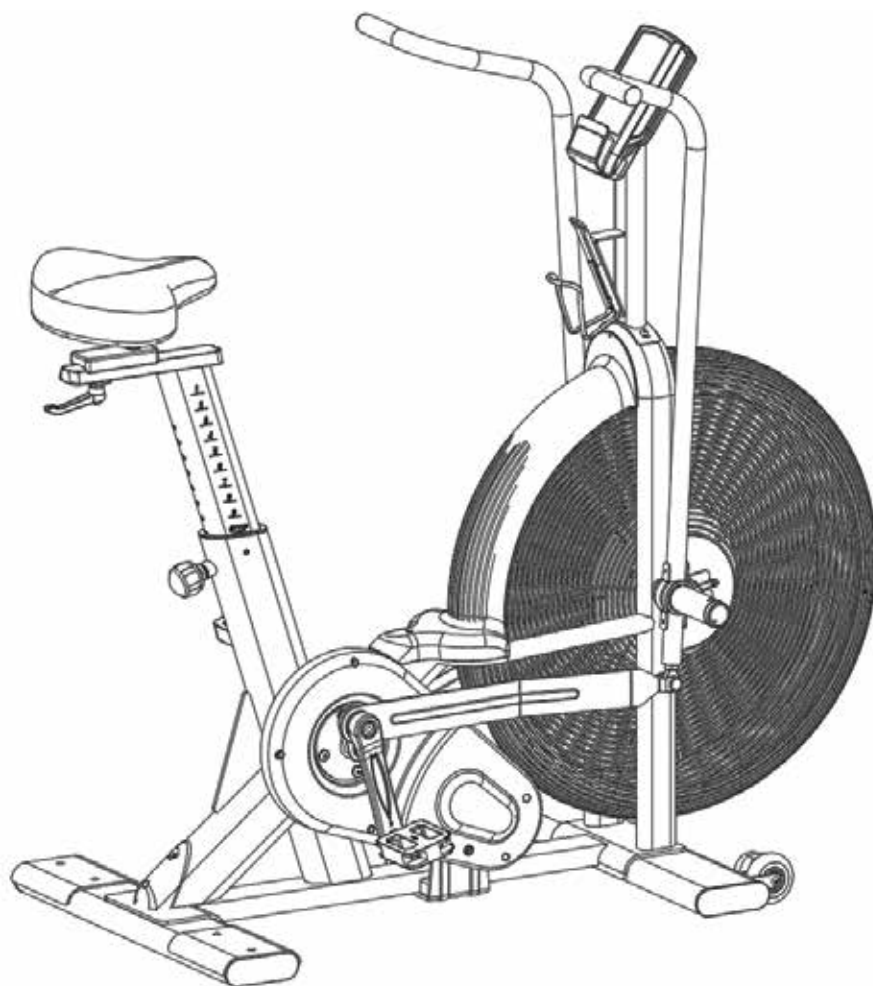




BLITZ AIR BIKE

SKU: BTZBK2
PO:



ASSEMBLY INSTRUCTIONS



BELLSOFSTEEL

Stuck? Scan the QR code for the assembly video

www.bellsofsteel.com | www.bellsofsteel.us | Telephone: 1-888-718-7997



BUILDING STRENGTH, ONE BOLT AT A TIME.



Welcome to Bells of Steel, you've made an excellent choice.

First off I want to say thank you for supporting my small business.

I've put significant thought into designing this product to enhance your lifting experience and help you reach your full potential. I hope you love it!

I've done my best to keep the setup of your new gear simple. If you find yourself needing a bit more assistance than the included instructions, check our youtube page for assembly videos or feel free to email us for troubleshooting guidance.

Kaevon Khoozani



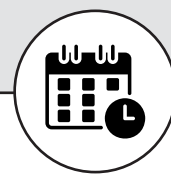
Crush your Gains! Subscribe to our YouTube for workouts & how-to's.

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Warranty & returns? We got you covered—check here:

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Love it? Leave a review! Hate it? We still read it. Help us get better by reviewing our products.



Customer Notice

If you are missing any parts, or otherwise have any warranty issues/shipping damages, please file a warranty claim on our website.

Before discarding the box, please take clear photos of the box and shipping labels, as these may be required if parts are missing or the item is damaged.



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BEFORE WE BEGIN, LET'S STAY SAFE.



A GUIDE TO SAFETY

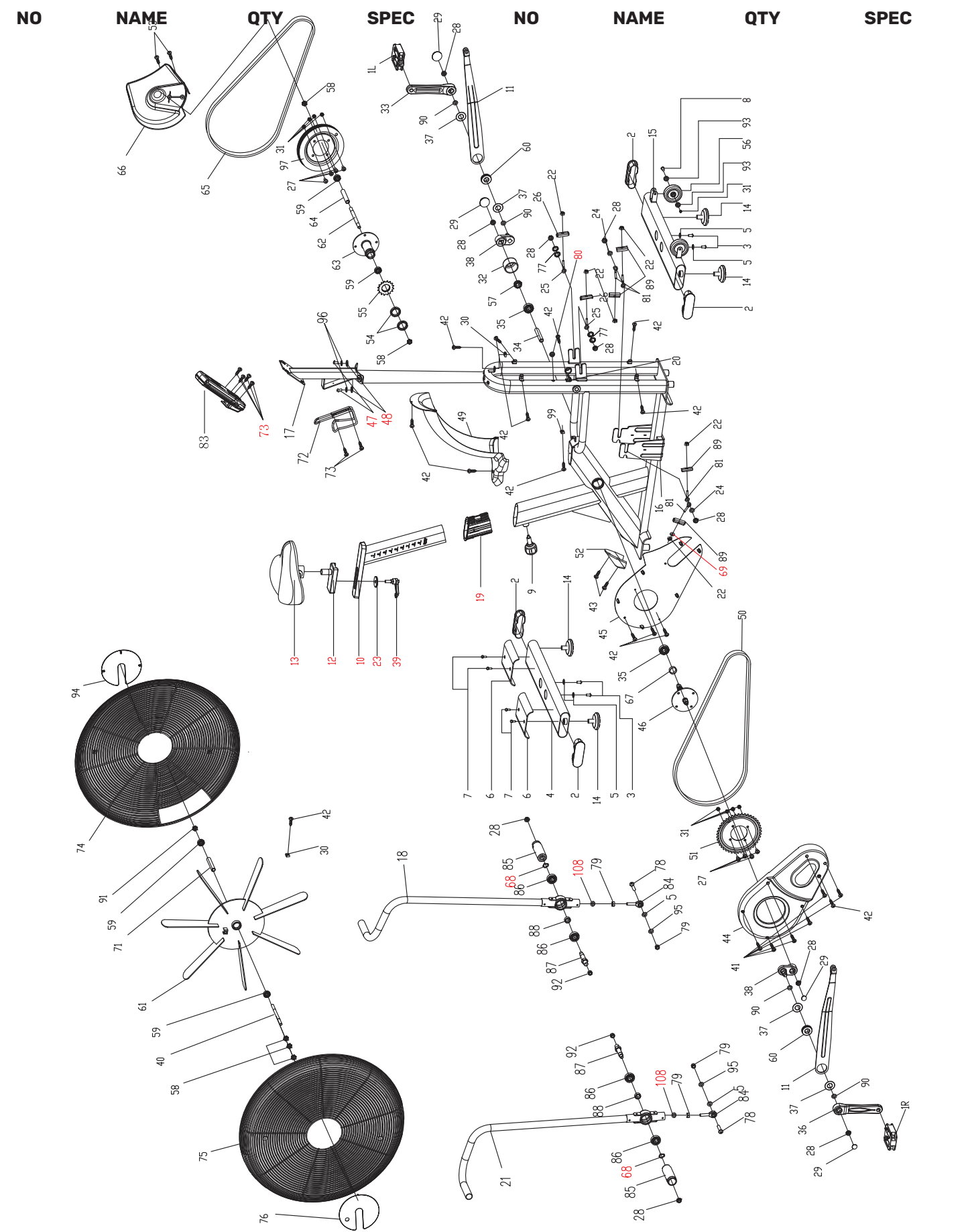
We know you are excited to use your new Bells of Steel gear, but please read through this Guide to Safety to ensure you do not hurt yourself or others while exercising. It is your responsibility to ensure that all users of the equipment are informed of all warnings and instructions in this manual. TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING YOUR BELLS OF STEEL PRODUCT.

- ① Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTEADEDNESS, DIZZINESS, OR FEELINGS OF NAUSEA. IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING WITH YOUR EXERCISE PROGRAM.
- ② It is your responsibility to ensure there is enough space around the product for the intended exercise. Use the product on a flat surface and ensure at least 2 feet (60 cm) of free space around it.
- ③ Children and pets must not be let on or near the product. Moving parts and heavy features of the product can be dangerous and cause serious injury.
- ④ Read all instructions in this manual before using the product and use the product only as described in this manual.
- ⑤ It is your responsibility to ensure that all users of the product are adequately informed of all precautions, have read and understand all warnings, and are informed how to use the product properly.
- ⑥ Keep hands and feet from moving parts. Do not lean or rest on the product.
- ⑦ Wear athletic shoes for foot protection while exercising.
- ⑧ Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas.
- ⑨ This product is designed for indoor use only.
- ⑩ Ensure that any weight pins that may be included with your product are completely inserted into an appropriate weight plate.
- ⑪ Ensure that any handles that may be included with your product are attached securely before using the product.
- ⑫ Ensure that any nuts and bolts that may be included with your product are securely tightened before use. Regularly re-tighten nuts and bolts.
- ⑬ Ensure any cables that may be included with your product always remain attached to their proper pulleys. If a cable bind occurs during exercise, stop immediately and inspect the part to ensure any interference is fixed.
- ⑭ Do not overexert yourself during any exercise program. Operate the product as intended.
- ⑮ The product should be anchored where required or whenever possible. The product should be secured when not in use.
- ⑯ The product is very heavy. Improper use or assembly can lead to serious injury or death.
- ⑰ SAVE AND REVIEW THESE INSTRUCTIONS.

NOW...

LET THE GAINZ BEGIN

Exploded Drawing



PARTS LIST

1	PEDAL	1	JD-30AV (9/16")
2	END CAP	4	120*40*35
3	BOLT 1	4	GB/T 70.2-2000 M10*30
4	REAR STABILIZER	1	WELDING
5	FLAT WASHER	6	GB/T 95-2002 10
6	FRONT COVER	2	160*128*3
7	BOLT 1	4	GB/845-85 ST4.8X19
8	BOLT 2	2	GB/T 5780-2000 M*40
9	SHAPE KNOB	1	Ø 50*91 (M16*35)
10	VERTICAL SEAT POST	1	WELDING
11	DRIVE ASSEMBLY	2	WELDING
12	SEAT POST	1	WELDING
13	SEAT	1	KS-9068
14	STOPPER	4	Ø 70*41 (M16*25)
15	FRONT STABILIZER	1	WELDING
16	MAIN FRAME	1	WELDING
17	ELEC. WATCH CONNECTING	1	WELDING
18	LEFT HANDLE ASSY	1	WELDING
19	PLASTIC SLEEVE	1	80*40 100*50*2
20	SENSOR	1	SR-202
21	RIGHT HANDLE ASSY	1	WELDING
22	NUT	6	GB/T 889.1-2000 M6
23	FLAT WASHER 1	1	Ø45*Ø10.5*5
24	FLAT WASHER	2	GB/T 95-2002 12 (H=2)
25	FIXING BOLT	2	M6*60
26	PULL OUT THE FIX PIECE	2	Ø1
27	BOLT 1	8	GB/T 70.2-2002 M8*16
28	NUT	10	M12X1.25 H=8MM
29	CRANK END CAP	4	28*6.5
30	SPROCKET BUCKLE	9	Ø1
31	NUT	10	GB/T 889.1-2000 M8
32	PLASTIC RING	1	Ø 56*28
33	LEFT CRANK	1	170*15
34	LONG FIXING TUBE	1	Ø 25*20.2*41.2
35	BEARING	2	6004ZZ
36	RIGHT CRANK	1	170*15
37	OUTER SPRING	4	42
38	CRANK DRIVE ASSY	2	80*65
39	L SHAPE KNOB	2	M10*25
40	FLYWHEEL SHAFT 2	1	Ø12*160
41	SCREW 1	6	GB/T 845-1985 ST4.2*19
42	SCREW 2	16	GB/T 845-1985 ST4.2*16
43	SCREW 3	6	GB/T 845-85 ST4.8*19
44	CHAIN COVER 1	1	478*270*60
45	CHAIN COVER 2	1	469*241*23
46	AXIS	1	20*162
47	BOLT 2	2	M8*25
48	WASHER	2	Ø8
49	CHAIN COVER	1	438*194*399

50	SHORT CHAIN WHEEL	1	P=12.7, 66
51	BELT WHEEL	1	P=12.7, Z=52T
52	FRONT COVER	1	122*56*45
53	SCREW 2	2	GB/T 845-1985 ST4.2X25
54	LOCK NUT	2	M33*1*4
55	CHAIN WHEEL 1	1	A7-16 1/2"1/8" 16T (1.37")
56	WHEEL	2	Ø75*24
57	FIXING NUT	1	M10*1.0
58	FIXING NUT 2	3	M12*1.25 H=6
59	BEARING	6	6001ZZ
60	BEARING	2	6004ZZ
61	RIM ASSEMBLY	1	Ø 640*69
62	FLYWHEEL SHAFT	1	Ø 12*160
63	DOUBLE DRIVE ASSY	1	Ø 110*107
64	DOUBLE DRIVE INNER SLEEVE	1	Ø 16*12.2*75.1
65	BELT	1	5PK53
66	CHAIN COVER 3	1	248*269*80
67	SHORT FIXING TUBE	1	Ø 25*20.5*9
68	CORRUGATED GASKET 2	2	Ø17
69	LARGE GASKET	4	GB/T 95-2002 Ø16*6 (H=3)
70	PLATE SHIELD	2	78*59*55
71	FLYWHEEL INNER CASING	1	Ø16*12.2*53.1
72	BOTTLE HOLDER	1	Ø6
73	SCREW 3	6	GT/B 5780-2000 M5*10
74	LEFT WHEEL COVER	1	Ø690*55
75	RIGHT WHEEL COVER	1	Ø690*55
76	FAN BAFFLE	1	Ø 170*10
77	SERRATED GASKET	4	GT/B 95-2002 12
78	BOLT 3	2	M10*50
79	NUT	2	GT/B 889.1-2000 M10 H=15
80	PLASTIC PLUG	1	Ø 14*14
81	FIXING BOLT	4	Ø M6*56
82	NUT	2	GT/B 889.1-2000 M14*1.5 H=10
83	COMPUTER	1	JSD-10421
84	UNIVERSAL JOINT	2	82*30 (M14*1.5)
85	FOOT LEVER	2	Ø38*110 (M16*1.5)
86	BEARING	4	6203ZZ
87	FOOT LEVER	2	Ø22*110 (M16*1.5)
88	FOOT LEVER BUSHING	2	Ø24*17.2*11.1
89	SMALL RETAINING PLATE	4	Ø3
90	CORRUGATED GASKET	4	Ø20
91	FIXING NUT 1	1	M12*1.25 H=10
92	WASHER	2	GB/T 859-1987 16
93	BEARING	4	608ZZ
94	FAN BAFFLE	1	Ø170*10
95	SPRING WASHER	2	GB/T 859-1987 10
96	SPRING WASHER 2	10	GB/T 859-1987 8
97	BELT WHEEL	1	Ø200*24

ASSEMBLY INSTRUCTIONS

1. Preparation:

- A. Before assembling, make sure there is enough space to do so in your chosen area.
- B. Use the tools provided to assemble.
- C. Before assembling, make sure to check that all parts needed are present.

2. Assembly Instructions:

STEP 1 (FIG. 1):

- 1. Attach the front stabilizer (15) to the main frame (16) using two sets of flat washers (5) and bolts (3).
- 2. Attach the rear stabilizer (4) to the main frame (16) using two sets of flat washers (5) and bolts (3).

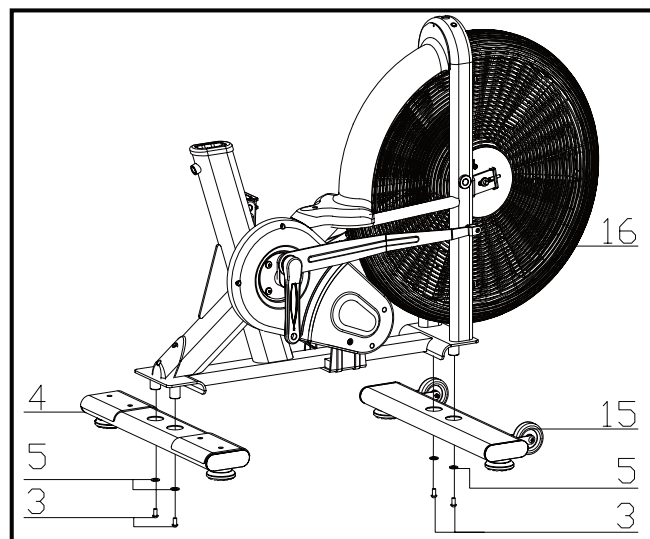


Fig. 1

STEP 2 (FIG. 2):

- 1. Slide the vertical seat post (10) into the seat post housing on the main frame (16). Slide the seat post (12) onto the vertical seat post (10). Loosen the knob (39) to adjust the seat position forwards/back, and then tighten back down.
- 2. To attach the adjustment knob (9), screw it into the main frame and vertical seat post and tighten. You don't need to tighten it all the way. Once screwed in partially, you can pull back on the knob to adjust the seat to your desired height.
- 3. Next, fit the seat (13) to the seat post (12) (as shown in FIG 2) by tightening the bolts around the screws under the seat.

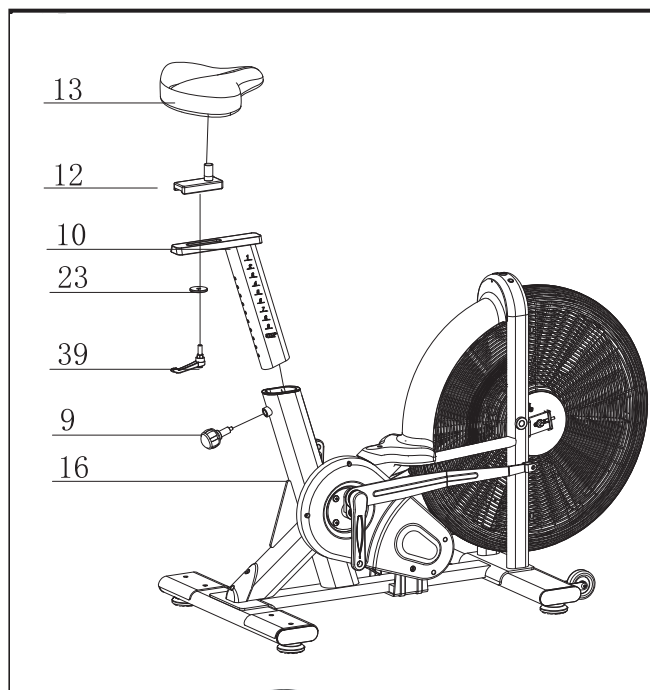


Fig. 2

STEP 3 (FIG.3):

1. FIG 3 shows how the left arm (18) and the right arm are fixed to the main frame assembly (16).
2. ATTENTION : YOU SHOULD FIX THE HANDLEBAR TIGHTLY
3. The monitor (83) is fixed to it's holder (17) by removing the 4 screws (84) that are preinstalled on the back of the monitor and reattaching them while fixed to the holder. Once that's done, be sure to connect the plug (A1 and A2).

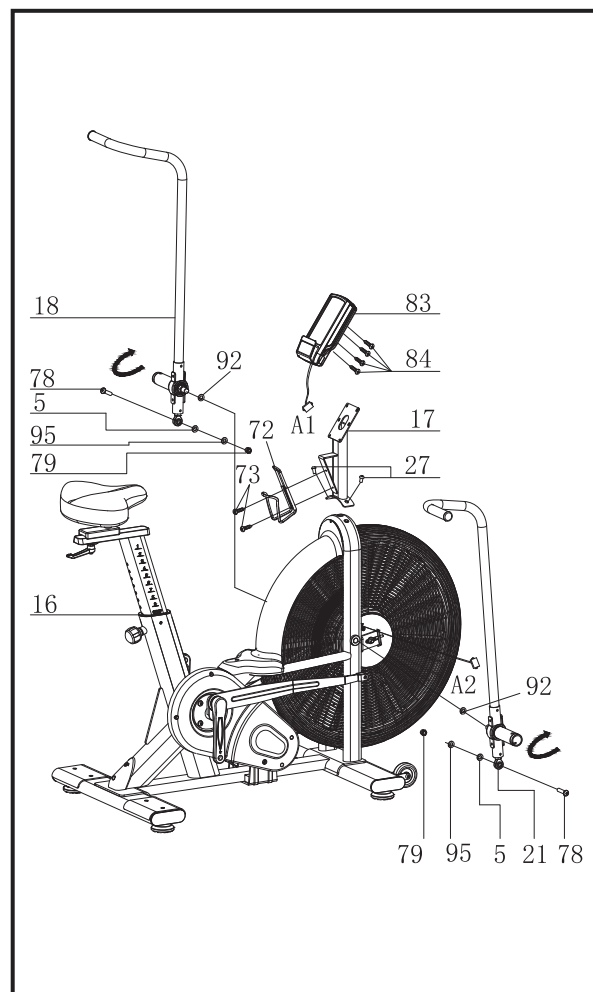


Fig. 3

STEP 4 (FIG.4):

The left and right pedals (1L and 1R) are marked "L" and "R" accordingly. Connect them to their appropriate crank arm. Note that the right pedal should be threaded clockwise and the left pedal should be threaded anticlockwise.

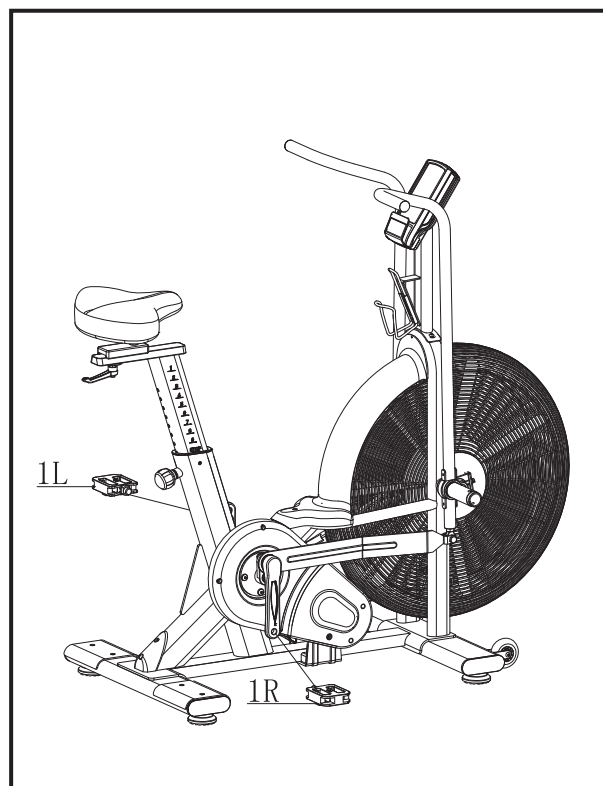


Fig. 4

ADJUSTMENT

To Adjust the Seat Height:

Loosen the adjustment knob and then pull back on it to allow the seat post to move up and down.

To Adjust the Seat Position (Forward or Backward):

Loosen the adjusting knob then, slide the horizontal seat post forward or back to the desired position. Once complete, retighten the adjusting knob.

MONITOR INSTRUCTION MANUAL

Button Functions	Description
Start	- Starts the workout or resumes it in Stop mode. - Stops/pauses the workout. - Clears all settings when held for 2 seconds to reboot the console.
Stop	- Stops/pauses the workout. - Clears all settings. - Hold for 2 seconds to reboot the console.
Down	Adjusts Distance, Calories, Heart Rate, Time, or Age values downward.
Up	Adjusts Distance, Calories, Heart Rate, Time, or Age values upward.
Target Distance	Provides direct access to the Target Distance training mode.
Target Calories	Provides direct access to the Target Calories training mode.
Target Heart Rate	Provides direct access to the Target Heart Rate training mode.
Time	Provides direct access to the Target Time training mode.
Interval	Includes three programs: Interval 10/20, Interval 20/10, and Custom.
Enter	Confirms settings or starts the selected program.

Display Functions	Description
RPM	Displays the rotations per minute, ranging from 0 to 199.
Speed	Displays the current training speed. Maximum speed is 99.9 KM/H or ML/H.
Time	- Count Up: The timer counts from 00:00 to a maximum of 1:59:59, with increments of 1 minute. - Count Down: The timer counts down from a preset value to 00:00:00, with increments or decrements of 1 minute.
Distance	Accumulates total distance from 0.0 to 999.9 KM or ML, or counts down from a preset value. Users can set the target distance using the UP/DOWN keys, with increments of 1.0 KM or ML.
Calories	Accumulates calories burned or counts down during training from 0 to a maximum of 999 calories. Users can set the target calories using the UP/DOWN keys.
Watt	Displays power consumption during training. Range: 0 to 1999.
Pulse	Allows users to set a target pulse value from 0 to 230. The console will beep when the actual heart rate exceeds the target value during the workout.

OPERATION INSTRUCTIONS

1. When Powered on, the whole LCD display will light up for 2 seconds and make a long beep sound. It'll then display the wheel diameter for 1s in DIST area. Next, it'll enter into AGE setting mode. Press the UP/DOWN keys to set age and press ENTER to confirm.

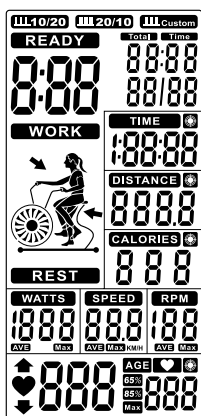


Figure 1

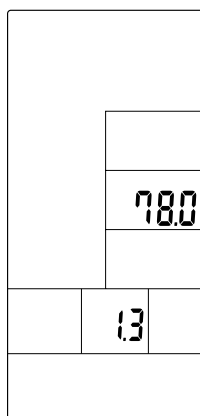


Figure 2

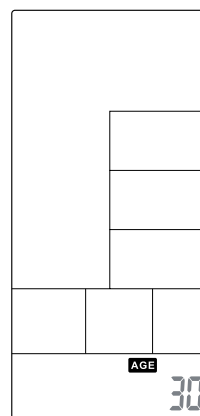


Figure 3

2. Next, it'll cycle through the windows of INTERVAL10/20, INTERVAL 10/20, INTERVAL CUSTOM, READY, WORK, REST, TIME, CALORIES, WATTS, SPEED, RPM and HEARTRATE. If no key is touched and no signal is detected for 60 seconds then the monitor will go into sleep mode.

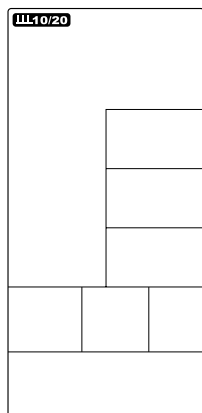


Figure 4

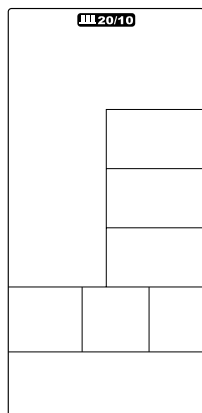


Figure 5

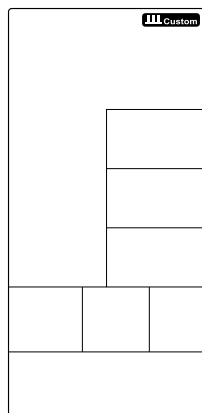


Figure 6

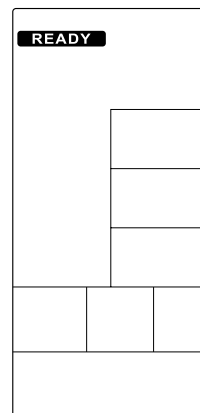


Figure 7

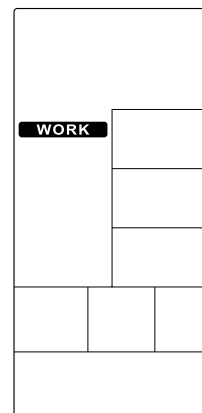


Figure 8

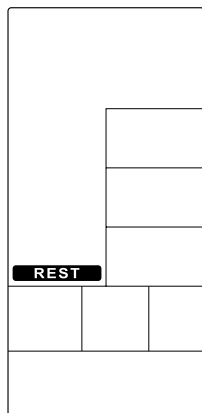


Figure 9

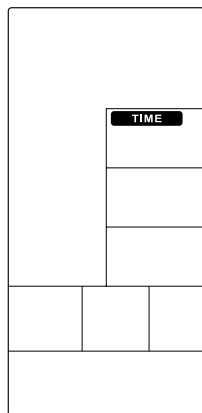


Figure 10

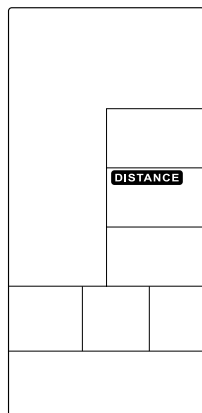


Figure 11

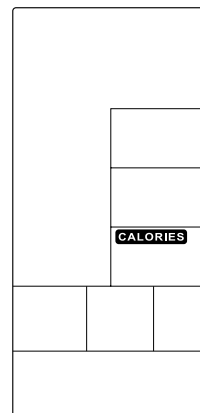


Figure 12

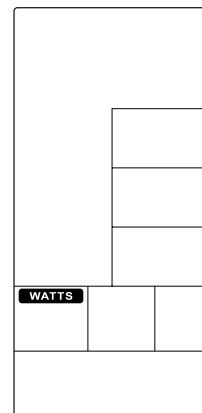


Figure 13

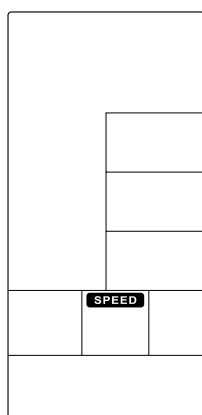


Figure 14

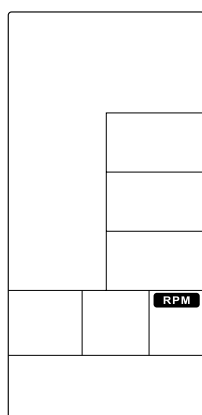


Figure 15

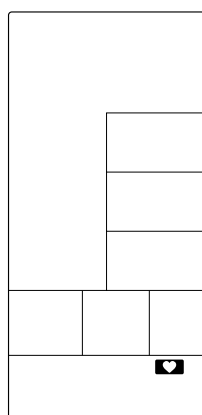


Figure 16

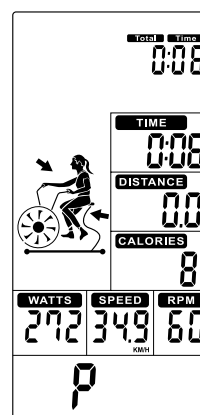


Figure 17

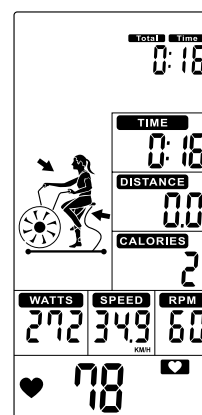


Figure 18

SELECT PROGRAM MODES

MANUAL, INTERVAL, TARGET DISTANCE, TARGET CALORIES, TARGET HR, TARGET TIME

Manual Mode:

1. In Standby Mode, press "START" to begin the workout. The buzzer will sound for 1 second. The **TOTAL TIME, TIME, DISTANCE, CALORIES, WATTS, SPEED, and RPM** will start counting up (see Figure 17).
2. If a pulse signal is detected, the heart icon (♥) will light up, and the symbol will flash, displaying the pulse value (see Figure 18). If no pulse is detected, the display will show "P."
3. If there is no input for 30 seconds, the buzzer will sound a short beep, and the system will enter Wake-Up Mode. Press any key to wake up the console.
4. Press "**START**" to pause the workout. The buzzer will sound for 0.5 seconds every 30 seconds while paused. All values will remain on the LCD, flashing every 4 seconds. If the workout is paused for 5 minutes, the buzzer will sound for 2 seconds, and the system will enter Wake-Up Mode. Press "**START**" to resume.
5. Press "STOP" to end the workout.
 - The **TIME** window will display the total workout time.
 - The **DISTANCE** window will display the total workout distance.
 - The **CALORIES** window will display the total calories burned.
 - The **WATTS, SPEED, and RPM** windows will switch to show average (AVG) and maximum (MAX) values.
 - The **PULSE** window will display 65% and 85% of the maximum pulse value every 5 seconds (see Figures 21–23).
6. If pulse data is detected, the **PULSE** window will display the user's actual pulse. If no pulse signal is detected, the **PULSE** window will remain blank (see Figures 19–20).
7. Press any program key to select and start a new program.

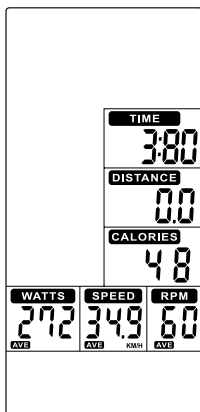


Figure 19

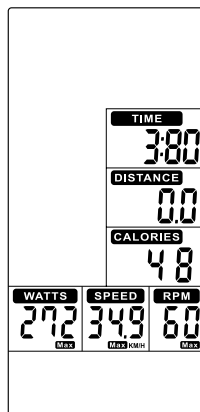


Figure 20

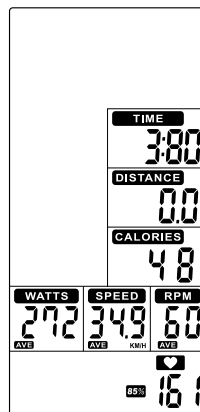


Figure 21

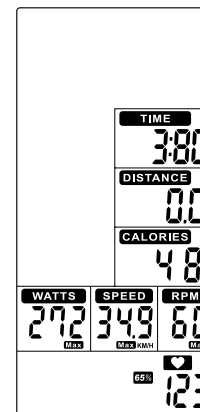


Figure 22

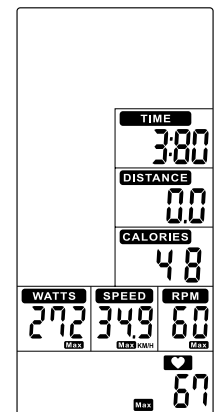


Figure 23

Interval 20/10 Mode:

1. Press the "INTERVAL 20/10" key to select this program. Press "ENTER," and the **INTERVAL 20/10** icon will light up. A long buzzer will sound for 1 second.
2. The cycle timer will count down from 3 to 0, and the console will start. The buzzer will beep once per second, and the **READY** icon will flash during the countdown (see Figure 24).
3. The cycle timer will count down from 20 to 0, and the **WORK** icon will flash once per second. During this phase, the windows will display rotation animations, and the **TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED, and RPM** will start calculating. The counter will display "01/08" (see Figure 25).

4. The cycle timer will count down from 10 to 0 during the **REST** phase. The **REST** icon will flash, and the buzzer will sound 10 beeps (see Figure 26). The **READY** icon will flash in the last 3 seconds of the countdown.
5. Steps 3 and 4 will repeat, increasing the cycle count by 1 each time until the display shows "08/08" **WORK**. The program will then go to the End page.
6. During Pause Mode (accessed by pressing "START"), the buzzer will sound for 0.5 seconds every 30 seconds. All values will remain displayed on the LCD, flashing every 4 seconds. If the pause lasts for 5 minutes, the buzzer will sound for 2 seconds, and the system will enter Wake-Up Mode. Press "START" to resume the workout.
7. Press "STOP" to end the workout.
 - The **TOTAL TIME, DISTANCE, and CALORIES** windows will display their respective values for 30 seconds.
 - The **WATTS, SPEED, and RPM** windows will switch to show average (AVG) and maximum (MAX) values.
 - The **PULSE** window will display the actual pulse and pulse values at 65% and 85% of the maximum heart rate (see Figures 21–23). If no pulse signal is detected, the **PULSE** window will remain blank (see Figures 19–20).
8. Press any program key to start a new program.

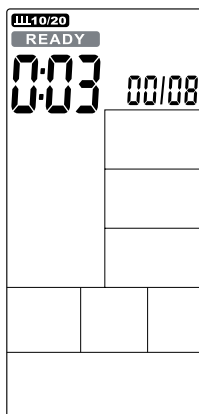


Figure 24

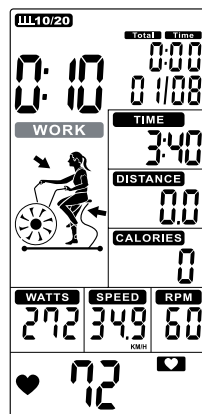


Figure 25



Figure 26

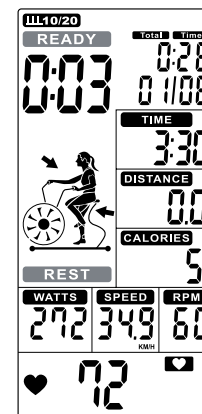


Figure 27

Interval 10/20 Mode:

1. Press the "INTERVAL" button to select **INTERVAL 10/20** mode. Press "ENTER," and the **INTERVAL 10/20** icon will light up. The buzzer will sound for 1 second.
2. The cycle timer will count down from 3 to 0, and the console will start. During this time, the buzzer will beep once per second, and the **READY** icon will flash once per second. The display will show "00/08" (see Figure 28).
3. During the **WORK** phase, the cycle timer will count down from 10 to 0, and the **WORK** icon will flash once per second. The REMAINING window will light up and count down from 4 minutes. During this phase, the **TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED, and RPM** will start calculating. The counter will display "01/08" (see Figure 29).
4. During the **REST** phase, the cycle timer will count down from 20 to 0, and the **REST** icon will flash once per second. The buzzer will sound once per second. In the final 3 seconds of the countdown, the **READY** icon will flash (see Figure 30).
5. Steps 3 and 4 will repeat, with the cycle count increasing by 1 each time, until the counter reaches "08/08 WORK." The program will then proceed to the End Page (see Figure 31).
6. To pause the workout, press the "START" button. The buzzer will sound for 0.5 seconds every 30 seconds while paused, and all values on the LCD will flash every 4 seconds. If the pause lasts for 5 minutes, the buzzer will sound for 2 seconds, and the system will enter Wake-Up Mode. Press "START" to resume the workout.

7. To stop or end the workout, press the “STOP” button. The buzzer will beep for 1 second, and the system will display:
 - **TOTAL TIME, DISTANCE, and CALORIES** for 30 seconds.
 - **WATTS, SPEED, and RPM** will switch to show average (AVG) and maximum (MAX) values.
 - The **PULSE** window will display 65% and 85% MAX values every 5 seconds (see Figures 21–23).
8. If pulse data is detected, the **PULSE** window will display the user’s actual pulse. If no pulse signal is detected, the **PULSE** window will remain blank (see Figures 19–20).
9. To select and start a new program, press any program key.

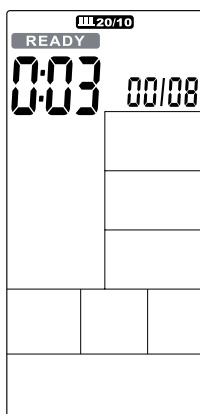


Figure 28

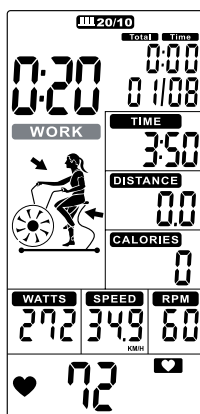


Figure 29

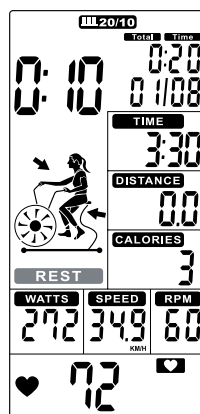


Figure 30

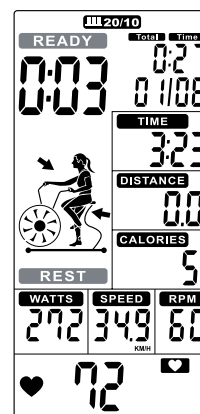


Figure 31

Interval CUSTOM:

1. Press the “INTERVAL” button to select **INTERVAL CUSTOM** mode. Press “ENTER” to begin. The **INTERVAL CUSTOM** icon will flash, displaying 00/XX. Use the “UP” and “DOWN” buttons to set the cycle count (range: 1–99). Press “ENTER” to confirm, and the buzzer will sound for 1 second (see Figure 32).
2. The **WORK** icon and 0:01 will flash. Use the “UP” and “DOWN” buttons to set the training time (range: 0:01–9:59). Press “ENTER” to confirm. The buzzer will sound for 1 second, and the **INTERVAL CUSTOM** icon will remain lit (see Figure 33).
3. The **REST** icon will flash. Use the “UP” and “DOWN” buttons to set the rest time (range: 0:01–9:59). Press “ENTER” to confirm. The buzzer will sound for 1 second, and the **INTERVAL CUSTOM** icon will remain lit (see Figure 34).
4. The cycle timer will count down from 3 to 0, and the console will start. The buzzer will beep once per second, and the **READY** icon will flash. The display will show 00/XX (see Figure 35).
5. The timer will count down from the preset total time, and the **WORK** icon will flash once per second. During this phase, the **TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED, and RPM** will start calculating. The display will show 01/XX (see Figure 36).
6. The timer will count down from the preset rest time, and the **REST** icon will flash once per second. The buzzer will sound once per second. During the last 3 seconds of the countdown, the **READY** icon will flash (see Figure 37).
7. Steps 5 and 6 will repeat, with the cycle count increasing by 1 each time, until the total preset cycles are completed. The program will then proceed to the End Page (see Figure 38).
8. During the **WORK** phase, if no signal inputs are received within 30 seconds, the buzzer will beep for 1 second, and the system will enter Wake-Up Mode.

9. To pause the workout, press the “START” button. The buzzer will sound for 0.5 seconds every 30 seconds, and all values on the LCD will flash every 4 seconds. If the pause lasts for 5 minutes, the buzzer will sound for 2 seconds, and the system will enter Wake-Up Mode. Press “START” to resume.
10. To stop or end the workout, press the “STOP” button. The buzzer will beep for 1 second, and the system will display:
- **TOTAL TIME, DISTANCE, and CALORIES** for 30 seconds.
 - **WATTS, SPEED, and RPM** will switch to show average (AVG) and maximum (MAX) values.
 - The **PULSE** window will display 65% and 85% MAX values every 5 seconds (see Figures 21–23).
11. If pulse data is detected, the **PULSE** window will display the user’s actual pulse. If no pulse signal is detected, the **PULSE** window will remain blank (see Figures 19–20).
12. Press any program key to start a new program.

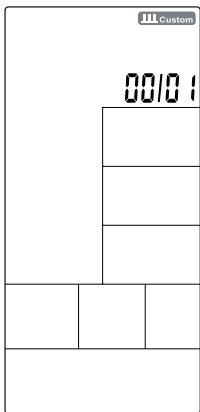


Figure 32

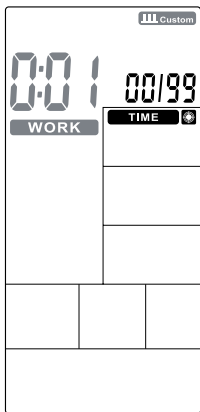


Figure 33

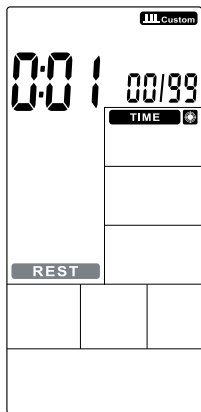


Figure 34

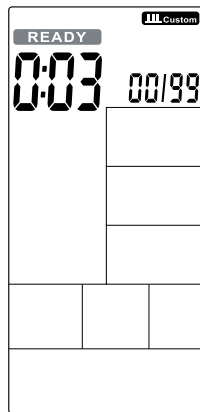


Figure 35

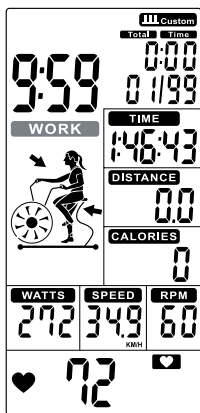


Figure 36

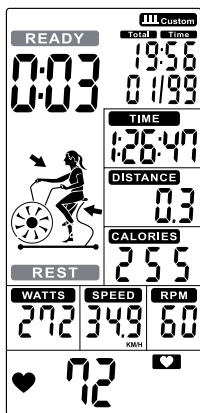


Figure 37

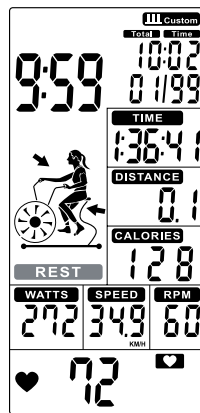


Figure 38

Target TIME Mode:

1. In Standby Mode, press the “Target Time” button. The **TIME** icon will light up, accompanied by a long beep for 1 second.
2. The **TIME** value will flash. Use the “UP” and “DOWN” buttons to adjust the value (see Figure 39). Press “ENTER” to confirm. The buzzer will sound for 1 second, and the **TIME** icon will remain lit.
3. The preset **TIME** value will begin counting down. During this time, **DISTANCE, CALORIES, WATTS, SPEED, and RPM** will start counting up (see Figure 40).
4. Press the “START” button to enter Pause Mode. The buzzer will sound for 0.5 seconds every 30 seconds while paused, and all values on the LCD will flash every 2 seconds. If the workout remains paused for 5 minutes, the buzzer will sound for 2 seconds, and the system will enter Wake-Up Mode. Press “START” to resume the workout.
5. If no input is received for 30 seconds, the buzzer will sound a short beep, and the system will enter Wake-Up Mode.
6. To stop or end the workout, press the “STOP” button. The buzzer will beep for 1 second, and the system will display:
 - The **TIME** window will show the total workout time.
 - The **DISTANCE** window will show the total distance.
 - The **CALORIES** window will show the total calories burned.
 - The **WATTS, SPEED, and RPM** windows will switch to display average (AVG) and maximum (MAX) values.
 - The **PULSE** window will display values at 65% and 85% of the maximum pulse rate every 5 seconds (see Figures 21–23).
7. If a pulse signal is detected, the **PULSE** window will display the user’s actual pulse. If no pulse signal is detected, the **PULSE** window will remain blank (see Figures 19–20).
8. Press any program key to start a new program.

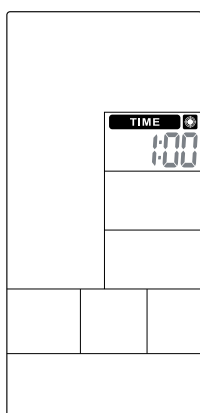


Figure 39

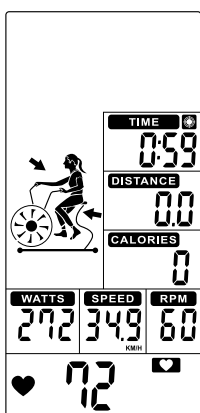


Figure 40

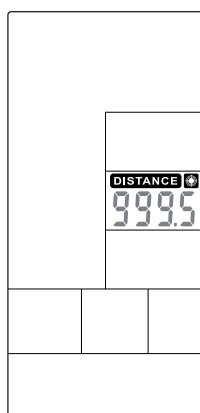


Figure 41

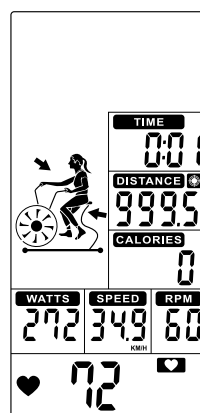


Figure 42

Target Distance Mode:

1. In Standby Mode, press the "Target Distance" button. The **DISTANCE** icon will light up, accompanied by a long beep for 1 second.
2. The **DISTANCE** value will flash. Use the "UP" and "DOWN" buttons to adjust the value (see Figure 41). Press "ENTER" to confirm. The buzzer will sound for 1 second, and the **DISTANCE** icon will remain lit.
3. The preset **DISTANCE** value will begin counting down. During this time, **TIME, CALORIES, WATTS, SPEED, and RPM** will start counting up (see Figure 42).
4. Press the "START" button to enter Pause Mode. The buzzer will sound for 0.5 seconds every 30 seconds while paused, and all values on the LCD will flash every 2 seconds. If the workout remains paused for 5 minutes, the buzzer will sound for 2 seconds, and the system will enter Wake-Up Mode. Press "START" to resume the workout.
5. If no input is received for 30 seconds, the buzzer will sound for 1 second, and the system will enter Wake-Up Mode.
6. Press "STOP" or end the workout to display results:
 - The **TIME** window will show the total workout time.
 - The **DISTANCE** window will show the total distance.
 - The **CALORIES** window will show the total calories burned.
 - The **WATTS, SPEED, and RPM** windows will switch to display average (AVG) and maximum (MAX) values.
 - The **PULSE** window will display values at 65% and 85% of the maximum pulse rate every 5 seconds (see Figures 21-23).
7. If a pulse signal is detected, the **PULSE** window will display the user's actual pulse. If no pulse signal is detected, the **PULSE** window will remain blank (see Figures 19-20).
8. Press any program key to start a new program.

Target Calories Mode:

1. In Standby Mode, press the "Target Calories" button. The **CALORIES** icon will light up, accompanied by a long beep for 1 second.
2. The **CALORIES** value will flash. Use the "UP" and "DOWN" buttons to adjust the value (see Figure 43). Press "ENTER" to confirm. The buzzer will sound for 1 second, and the **CALORIES** icon will remain lit.
3. The preset **CALORIES** value will begin counting down. During this time, **TIME, DISTANCE, WATTS, SPEED, and RPM** will start counting up (see Figure 44).
4. Press the "START" button to enter Pause Mode. The buzzer will sound for 0.5 seconds every 30 seconds while paused, and all values on the LCD will flash every 2 seconds. If the workout remains paused for 5 minutes, the buzzer will sound for 2 seconds, and the system will enter Wake-Up Mode. Press "START" to resume the workout.
5. If no input is received for 30 seconds, the buzzer will sound for 1 second, and the system will enter Wake-Up Mode.
6. Press "STOP" or end the workout to display results:
 - The **TIME** window will show the total workout time.
 - The **DISTANCE** window will show the total distance.
 - The **CALORIES** window will show the total calories burned.
 - The **WATTS, SPEED, and RPM** windows will switch to display average (AVG) and maximum (MAX) values.
 - The **PULSE** window will display values at 65% and 85% of the maximum pulse rate every 5 seconds (see Figures 21-23).

7. If a pulse signal is detected, the **PULSE** window will display the user's actual pulse. If no pulse signal is detected, the **PULSE** window will remain blank (see Figures 19–20).
8. Press any program key to start a new program.

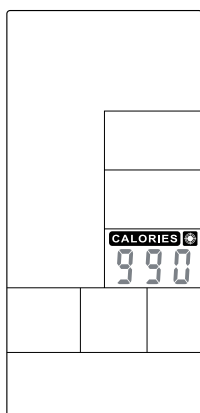


Figure 43

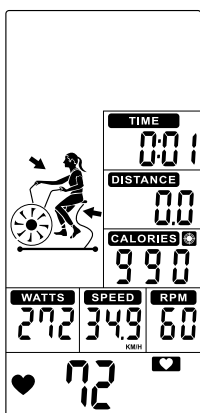


Figure 44

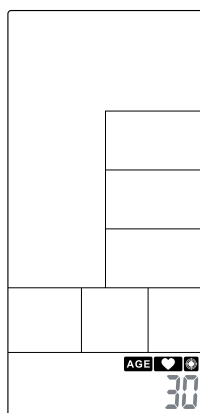


Figure 45

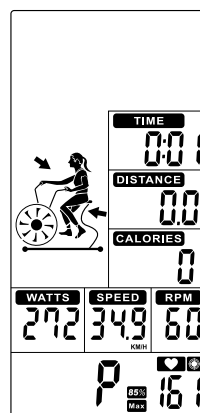


Figure 46

Target Heart Rate (HR) Mode:

1. In Standby Mode, press the “Target Heart Rate” button. The AGE and heart rate icons will light up, accompanied by a long beep for 1 second.
2. The AGE value will flash. Use the “UP” and “DOWN” buttons to set your age (see Figure 45). Press “ENTER” to confirm. The buzzer will sound for 1 second, and the HEART RATE icon will remain lit.
3. When the workout starts, the MAX HR icon will light up. The system will display 65% and 85% of your target heart rate. The TIME, DISTANCE, CALORIES, WATTS, SPEED, and RPM will calculate workout values (see Figure 46).
4. If your heart rate drops below 65%, the upward arrow and “65%” icon will flash. A buzzer will sound every 10 seconds until your heart rate exceeds 65% (see Figure 47).
5. If your heart rate exceeds 85%, the downward arrow and “85%” icon will flash. A buzzer will sound every 10 seconds until your heart rate drops below 85% (see Figure 48).
6. When your heart rate is between 65% and 85%, the heart icon will flash (see Figure 49).
7. If there is no input for 30 seconds, the buzzer will sound a short beep, and the system will enter Wake-Up Mode.
8. Press the “START” button to enter Pause Mode. The buzzer will sound for 0.5 seconds every 30 seconds while paused, and all values on the LCD will flash every 2 seconds. If the workout remains paused for 5 minutes, the buzzer will sound for 2 seconds, and the system will enter Wake-Up Mode. Press “START” to resume the workout.
9. Press “STOP” or end the workout to display results:
 - The **TIME** window will show the total workout time.
 - The **DISTANCE** window will show the total distance.
 - The **CALORIES** window will show the total calories burned.
 - The **WATTS, SPEED, and RPM** windows will switch to display average (AVG) and maximum (MAX) values.
 - The **PULSE** window will display values at 65% and 85% of the maximum pulse rate every 5 seconds (see Figures 21–23).

10. If a pulse signal is detected, the **PULSE** window will display the user's actual pulse. If no pulse signal is detected, the **PULSE** window will remain blank (see Figures 19–20).
11. Press any program key to start a new program.

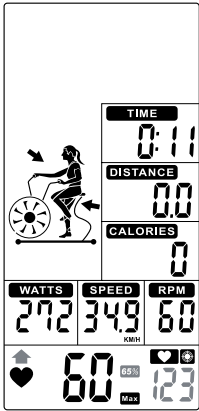


Figure 43

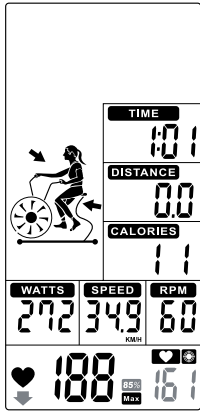


Figure 44

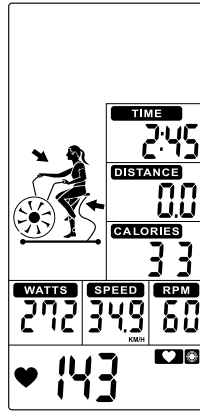


Figure 45

OPTION SETTING

Setting Mode:

1. Hold down the "START" and "ENTER" keys for 2 seconds. The buzzer will emit a long beep, and the **SPEED** indicator will remain lit. The **KM/H** or **M/H** units will flash once per second (see Figures 50–51).
2. Use the "UP" or "DOWN" buttons to select between **KM/H** and **M/H** units. Press "ENTER" to confirm your selection. The system will then return to Standby Mode.
3. If no action is taken within 30 seconds, the system will automatically enter Standby Mode.

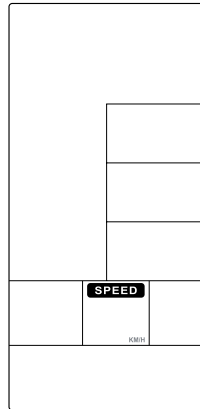


Figure 50

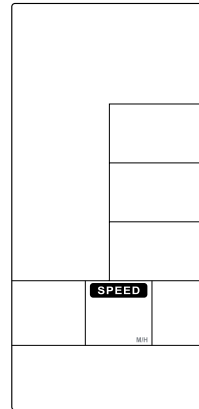


Figure 51

RESET Mode:

1. In any mode, press the "STOP" button for 2 seconds to perform a **TOTAL RESET** of the system.
2. The LCD will flash every 2 seconds, and the buzzer will sound for 2 seconds.
3. The system will revert to the Standby page, and all settings will return to their default preset values.

SLEEPING Mode:

- In Standby Mode, if no key is pressed and no RPM or pulse input is detected for 30 seconds, the console will enter SLEEPING Mode.

YOU'RE FINISHED!

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