

circle

FITNESS

ALWAYS MOVING FORWARD

Owner's Manual



R8 Recumbent Bike

Display Type: LED Console

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INTRODUCTION

Dear Customer,

Thank you for selecting the Circle Fitness product. The product provides an impressive selection of features designed to make your workouts more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical.

If you have questions after reading this manual, please contact us at the telephone and email addresses shown below. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of the elliptical.



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Email: service@circlefitness.com

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1.0 SAFETY INFORMATION

IMPORTANT: Please read all instructions and warnings before assembly and operation.

To assure the correct use of the product, basic safety measures should always be followed including the warnings and cautions listed in this Owner's Manual.

SAFETY SYMBOLS USED IN THIS MANUAL	
WARNING	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
CAUTION	Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.
DANGER	Indicates a high probability that death, severe bodily injury or major property damage could result.



IMPORTANT: It is essential that this equipment is only used indoors in a climate-controlled room.

WARNING: Only one person at a time should use this equipment. If dizziness, nausea, chest pains ,or any other abnormal symptoms are experienced while using this equipment then please stop the workout at once.

WARNING: Always use this equipment on a clear and level surface. Do NOT use outdoors or near water.

WARNING: Do NOT drop or insert any object into any openings.

WARNING: Do NOT wear loose clothing or jewelry. This equipment has moving parts. Do NOT put fingers or other objects into the moving parts.

WARNING: Before using this equipment to exercise, always do stretching exercises first, to properly warm up.

WARNING: It is recommended to replace defective components immediately and keep the equipment out of use until repairs have been made by an approved technician.

WARNING: Always keep children under age 14 and pets away from the equipment.

WARNING: Please consult your physician before starting a workout or a training program. It is best to have your doctor review your training and diet programs first so that they can recommend the best workout routine for you.

WARNING: Make sure all screws and nuts are securely tightened before using this equipment. Periodic maintenance is required on all exercise equipment to keep it in good condition.

WARNING: Keep your back straight while using this equipment; do not arch your back.

1.1. Important Safety Notes

WARNING: Incorrect/excessive training can cause health injuries. Stop using the equipment when feeling uncomfortable.

WARNING: The heart rate sensor is not a medical device. Numerous factors, including the user's movement may affect the accuracy of the heart rate readings. The heart rate sensor is intended only as an exercise aid in determining heart rate trends in general.

WARNING: This equipment should not be used by any person weighing more than 330lbs. (150kgs).

WARNING: Do not hold the handlebars or the console arms when mounting, dismounting, or using the equipment.
Use the handlebars for stability only.

WARNING: Do not leave equipment unattended when plugged in. Turn all controls to OFF and unplug from outlet when not in use and before removing or replacing parts.

WARNING: Close supervision is necessary when the equipment is used by, on, or near children, invalids, or disabled persons.

WARNING: Use the equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

WARNING: Never use the equipment if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or has been dropped into water. Return the equipment to a service center for examination and repair.

WARNING: Do not carry the equipment by the supply cord or use the cord as a handle.

WARNING: Keep the cord away from heated surfaces.

WARNING: Never use the equipment with the air openings blocked. Keep the air openings free of lint, hair, and the like.

WARNING: Do not use where aerosol (spray) products are being used or where oxygen is being administered.

WARNING: Only connect the equipment to a properly grounded outlet. See Grounding Instructions.

WARNING: This equipment is intended for commercial use.

WARNING: Store the safety key in a secured location while not in use and keep away from children.

CAUTION: Ensure that the power cable is not pinched and that no-one can trip over it.

CAUTION: Never touch the moving belt with your hands. Also ensure that there are no objects close to the belt or the rollers which could be pulled into it thus causing injury or damaging the unit itself.

CAUTION: Repairs on the electrical components in the unit should be conducted by qualified technicians only.

DANGER: To reduce the risk of electric shock, always unplug this appliance from the electric outlet at once after using and before cleaning.

Waste Disposal

Products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).



1.2 Serial Number Location and Specifications

1.2.1 The serial number has 10 characters. The location of the serial number is shown below.



1.3 Equipment Placement and Spacing

1.3.1 Location

Before assembling the unit, verify the chosen site meets the following criteria:

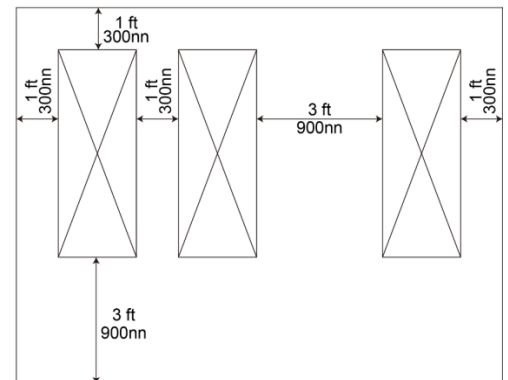
- Area is well lit and well ventilated.
- Surface is structurally sound and properly leveled.
- Place in a location away from direct sunlight. The intense UV light can cause discoloration on the plastics.
- Locate your elliptical in an area with cool temperatures and low humidity.

- Do not install, use, or store the elliptical in an area of high humidity, such as in the vicinity of a steam room, sauna, indoor pool, garage, covered patio, near water or outdoors. Exposure to extensive water vapor, chlorine and/or bromine could adversely affect the electronics as well as other parts of the unit.
- Place the equipment on a level surface. Do NOT place it in any area that will block any vents or air openings.

1.3.2 Spacing

- Free area for access to the unit and emergency dismount. Minimum clearance is 12 inches (0.3 meters) on the sides of the unit and 36 inches (0.914 meters) behind the unit.
- Adjacent units may share the free area.
- The below minimum spacing recommendations are based on a combination of the ASTM (U.S.) voluntary standards and EN (European) regulations as of October 1, 2012, for access, passage around, and emergency dismount:

- ASTM standards are voluntary and may not reflect current industry standards. The actual area for access, passage around, and emergency dismount is the responsibility of the facility. The facility should consider the total space requirements for training on each unit, voluntary and industry standards, and any local, state, and federal regulations. Standards and regulations are subject to change at any time.



1.4 Transportation

- 1.4.1 To move the equipment, carefully lift the rear end by pushing down on the 2 front transport wheels (Figure 1.4.1-1). Carefully steer the equipment to another location.

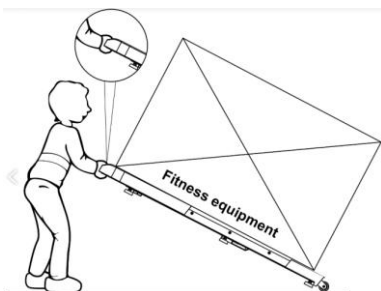


Figure 1.4.1-1

IMPORTANT: Be careful when moving this equipment, as it is heavy and awkward. If you do not feel comfortable moving the unit by yourself, please get help.

NOTE: The transport wheels are designed for indoor use only and should not be used to move the unit over rough surfaces such as concrete or asphalt.

1.5 Television Connection Options

There are multiple options for presenting TV signal with Circle Fitness equipment. Here are some options available to your facility.

1.5.1 Support Gym's Audio System by using CSAFE port (OPTIONAL)

We can use the Tx and Rx shown in below photo to support Gym's Audio system. It gets power from the CSAFE port.

Tx and Rx shown in below photo to support Gym's Audio system



1.6 Grounding Instructions and Power Requirements

1.6.1 Facility Power Information

	Line Voltage (V)	Line Frequency (Hz)	Current (RMS Amp)	Circuit Configuration	Outlet	Max Power Dissipation (Watts)
E7/ B8/ R8 (15.6") (Touchscreen)	120	50-60Hz	5	Dedicated	NEMA 5-15	600
E7/ B8/ R8 (10"T) (Touchscreen) Self-generator	NA	NA	NA	NA	NA	NA
E7/ B8/ R8 (8") (Touchscreen)	120	50-60Hz	5	Dedicated	NEMA 5-15	600
E7/ B8/ R8 (LED) Self-generator	NA	NA	NA	NA	NA	NA
E7/ B8/ R8 (15.6") (Touchscreen)	220	50Hz	5	Dedicated	NEMA 6-15	1100
E7/ B8/ R8 (10"T) (Touchscreen) Self-generator	NA	NA	NA	NA	NA	NA
E7/ B8/ R8 (8") (Touchscreen)	220	50Hz	5	Dedicated	NEMA 6-15	1100
E7/ B8/ R8 (LED) Self-generator	NA	NA	NA	NA	NA	NA

2.0 Preventative Maintenance

2.1 Preventative Maintenance Schedule

2.1.1 Daily Maintenance Items

2.1.1.1 Look and listen for loose fasteners, unusual noises, and any other indications that the equipment may need service.

2.1.1.2 Clean the elliptical trainer before and after each use, including:

2.1.1.3 Use a damp, soft cloth with water or mild liquid detergent to clean all exposed surfaces. DO NOT use ammonia, chlorine, or any acid based cleaners.

2.1.1.4 Keep the console display free of fingerprints and salt build up caused by sweat.

2.1.1.5 Frequently vacuum the floor beneath the unit to prevent the accumulation of dust and dirt which can affect the smooth operation of the unit.

2.1.2 MONTHLY MAINTENANCE ITEMS

2.1.2.1 Inspect the console, handrails, link arms, pedal arms, and pedals for damage.

2.1.2.2 Check the link/pedal arms for loose joints. Tighten hardware as needed.

2.1.2.3 Check pedal motion and stability.

2.1.2.4 Adjust leveling feet if the equipment rocks or wobbles.

2.1.2.5 Remove the Rear Shroud and clean the rollers/tracks to prevent flat spots caused by dust/dirt.

2.1.3 QUARTERLY MAINTENANCE ITEMS

2.1.3.1 Remove the front shrouds and check belts for damage, alignment, and proper tension.

2.2 Check for Damaged Parts

Item	Parts	Daily	Weekly	Monthly	Season	6 Months
1	Console Screws					Visual Inspection (Screws loose)
2	Pedal	Wipe		Visual Inspection (Screws loose)		Visual Inspection (cracks)
3	Power Cord			Visual Inspection		
4	Overlay	Wipe		Visual Inspection (cracks)		
5	Fixed Handlebar	Wipe	Visual Inspection (Screws loose)			
6	Fixed Handlebar(TPR)	Wipe				Visual Inspection (cracks)
7	Moving handlebar	Wipe	Visual Inspection (Screws loose)			
8	Moving handlebar (TPR)	Wipe				Visual Inspection (cracks)
9	Fixed Handlebar TPR Cap and heart rate plate	Wipe			Visual Inspection	
10	Drive Belt x 2pcs (Main pulley and small pulley)				Visual Inspection (Deviation and cracks)	
11	Water bottle holder	Wipe				
12	All cosmetic plastics	Wipe				

3.0 REGULAR EQUIPMENT MAINTENANCE

3.1 Follow the above checking schedule to ensure proper operation of this equipment.

3.1.1 Do Not use any equipment that is damaged or has worn or broken parts.

3.1.2 Maintain labels and name plates. Do not remove labels for any reason. They have essential information. If unreadable or missing, contact Circle Fitness Systems for and replacement at www.service@circlefitness.com

3.1.3 Maintain all equipment. Preventative maintenance is the key to smoothly operating equipment. Equipment needs to be inspected at regular intervals. Defective components must be kept out of use until they are repaired. Ensure that any person(s) adjusting or performing maintenance or repair of any kind is qualified to do so.

3.2 Care and Maintenance Instructions

3.2.1 To maximize the life span of the equipment, and minimize down time, all equipment requires regular cleaning, and maintenance items performed on a scheduled basis. This section has detailed instructions on how to perform these items, the frequency of which they should be done, and a check list to sign off each time service is completed for a specific machine. Some basic tools and supplies will be necessary to perform these tasks which include (but may not be limited to):

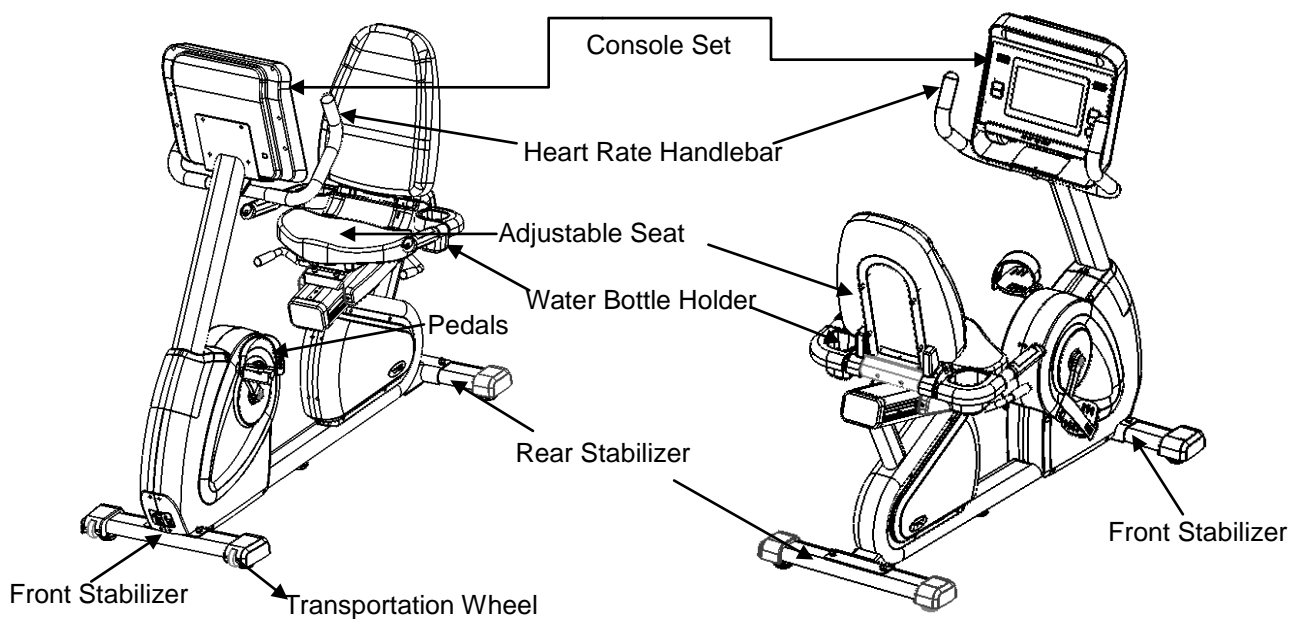
- Metric Allen wrenches
- Phillips's head screw driver
- Adjustable wrench
- Torque wrench (capability to read foot pounds and inch pounds)
- Lint free cleaning cloths (microfiber)
- Teflon based spray lubricant such as "Super Lube" or other approved products.
- Mild water soluble detergent such as "Simple Green" or other approved products
- Vacuum cleaner with an extendable hose and crevasse tool attachment.

4.0 ASSEMBLY

4.1 Specifications

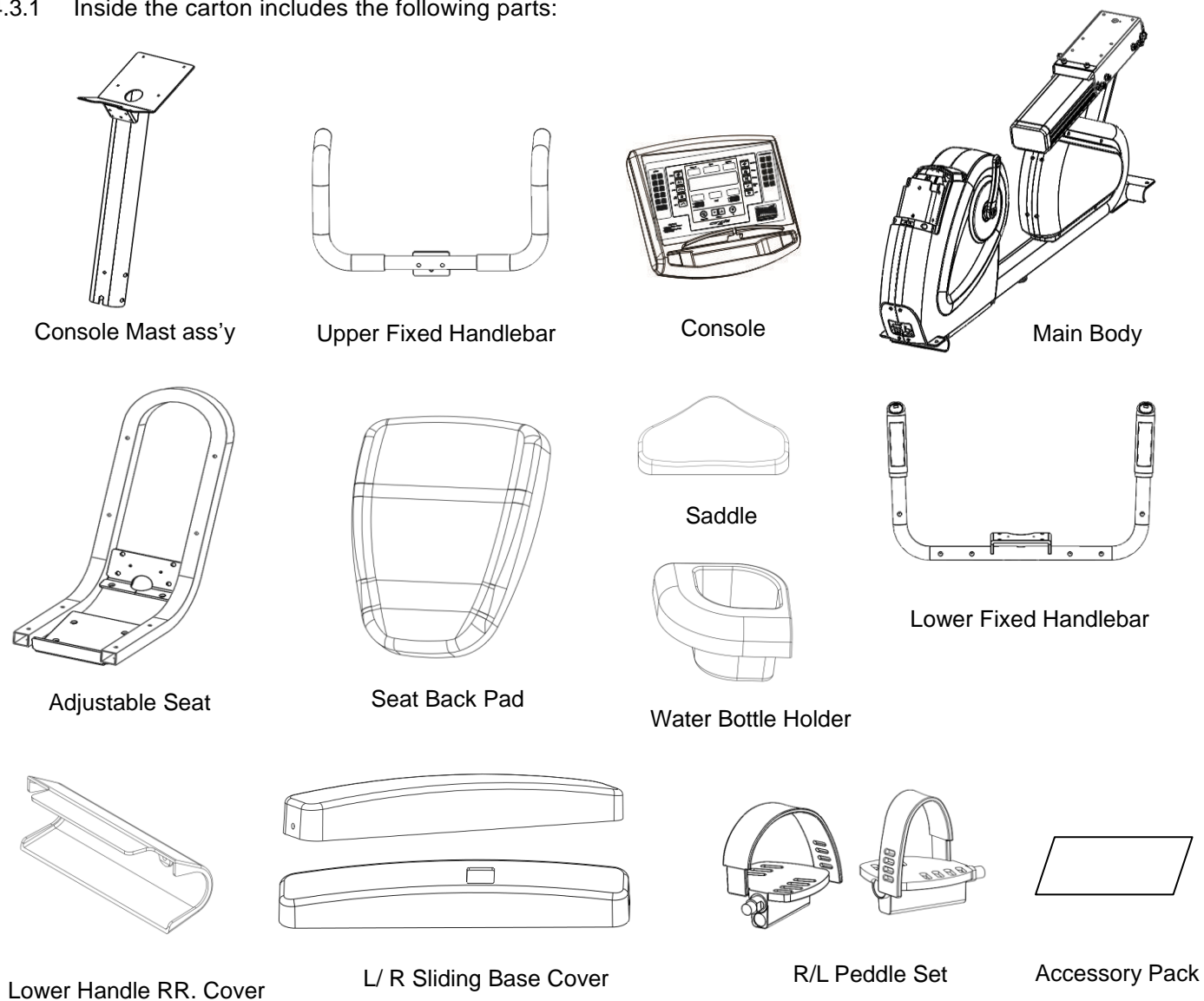
Technical Specifications	
Pedal Spacing	9.8" (24.8mm)
Drive System	Self-Generating Electric Hybrid with Flywheel
Resistance Level	25 Levels
Resistance System	Electrically Returned
Max. User Weight	182 kgs (400 lbs)
Features	
Display Type	LED 7 Segments with Dot-matrix-white light
Display Feedback	NO
Programs	Yes
Hand Pulse	Yes
Heart Rate Receiver	Yes
Quick adjustment	Yes (Level)
Chest Belt	No (Sold separately)
Dimensions	
Diameters (L x W x H) (approx.)	1680 (L) x 630 (W) x 1420 (H) mm
Unit Weight (approx.)	92.3 kgs (203.5 lbs)

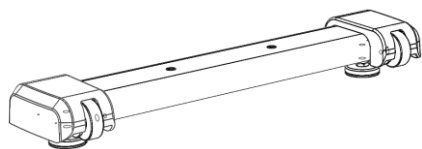
4.2 Machine Overview



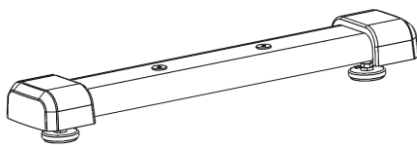
4.3 Unpacking the R8 Bike

4.3.1 Inside the carton includes the following parts:

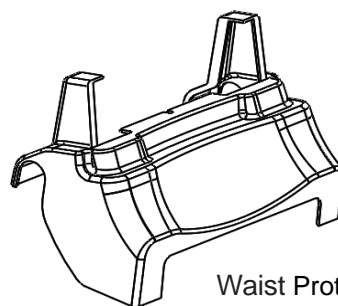




Front Stabilizer



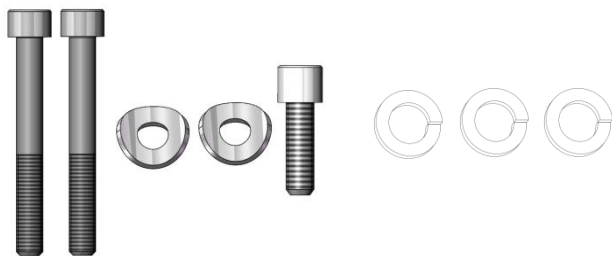
Rear Stabilizer



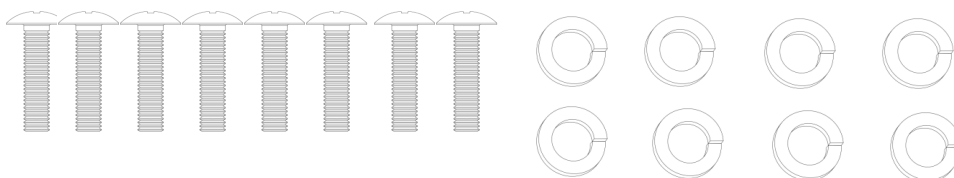
Waist Protecting Cover

4.3.1.1 Inside the accessory pack includes the following parts.

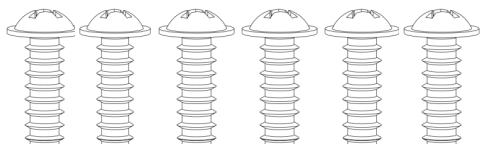
- (1) M8 hex screws *2 (65L) & M8 hex screw *1 (15L) & M8 curve special washer *2 & M8 S washer *3
(Upper Fixed Handlebar use)



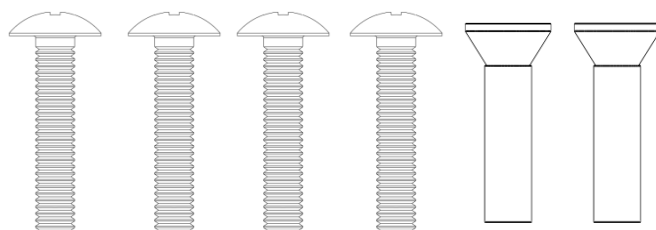
- (2) M6 Round head hex screws *8 & M6 S washer *8 (Saddle & Seat Back Pad)



- (3) M4 Truss head Phillips self- tapping screws *6
(Water Bottle Holder & Waist Protecting Cover)



- (4) M5 Round Hex screws *4 & M3 Phillips Round screws *2



- (5) L- shaped Hex Phillips wrench (5mm)/ (6mm)

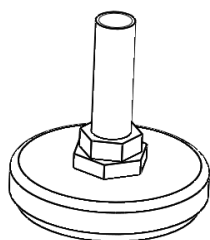
- (6) L- shaped Hex wrench (3mm)/ (4mm)/ (8mm)



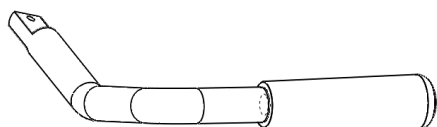
- (7) Adjustable Leveler

- (8) combination wrench (10mm)/ (15mm)

- (9) M6 S washer *2 & M6 Hex nut *2
(for Adjustable handlebar's use)



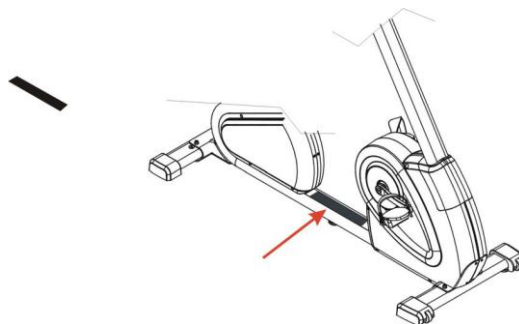
(10) Left Lever



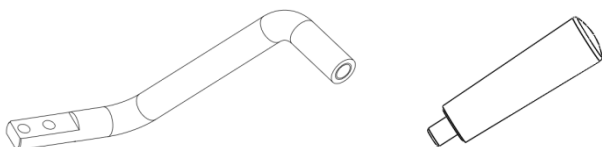
(12) Manual



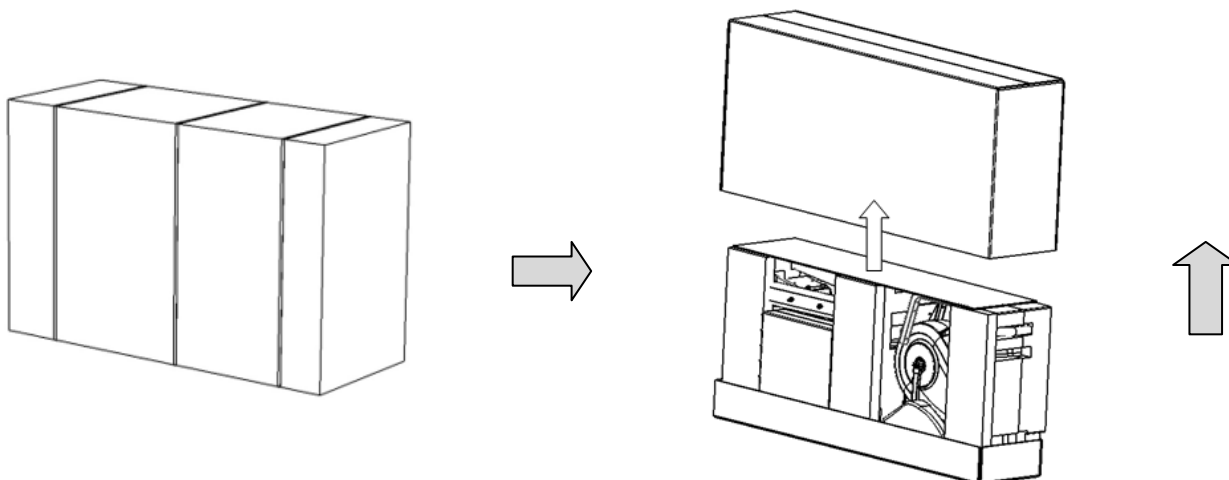
(13) Non-slip Sticker



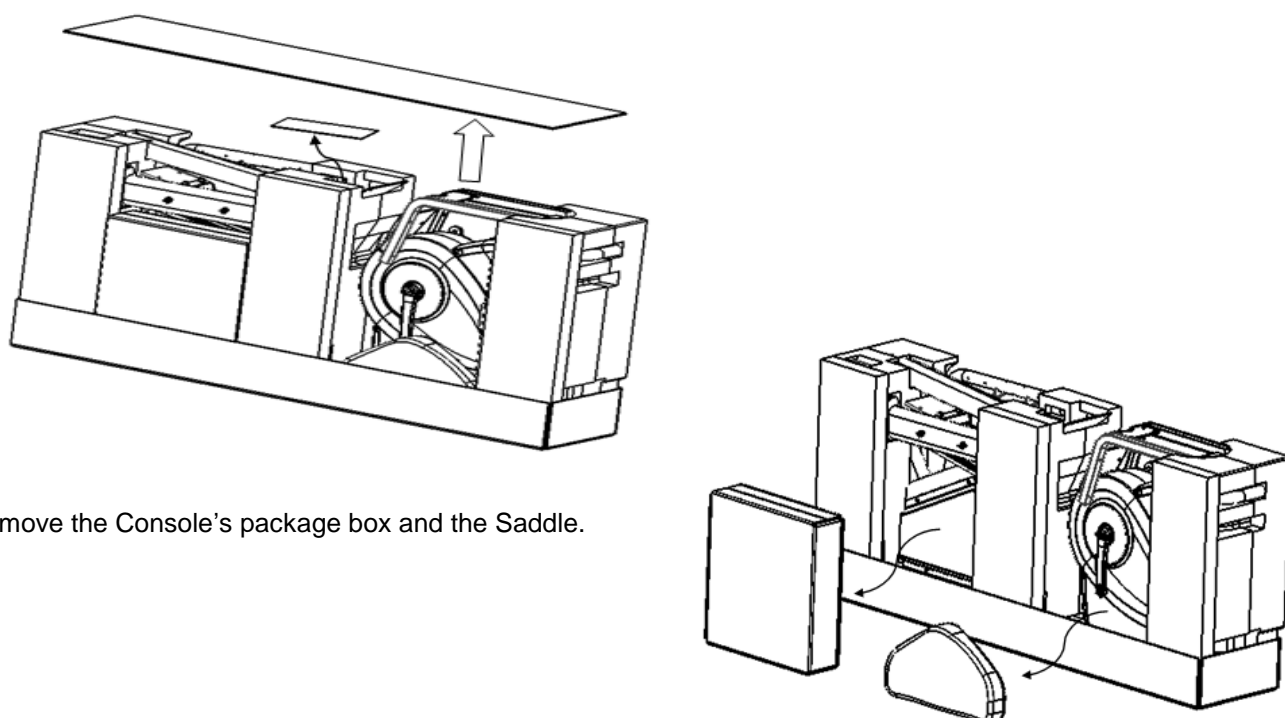
(11) Adjustable handlebar / handlebar's head



4.3.2 Prior to opening the shipping box, first you need to cut the fiberglass straps from around the wrapped carton and remove the upper carton cover.

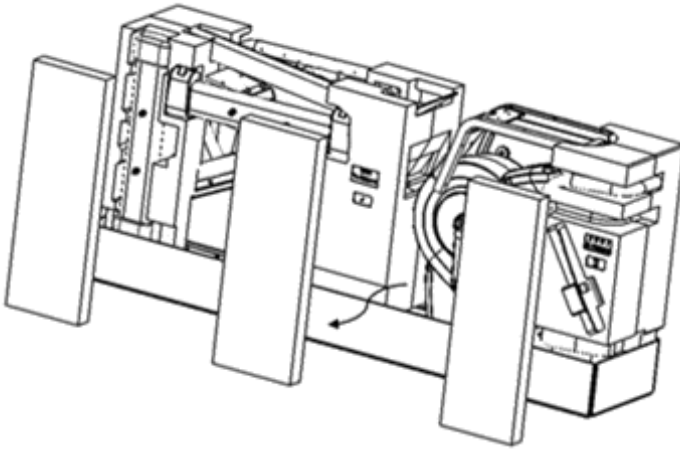


4.3.3 Remove the outer package material.

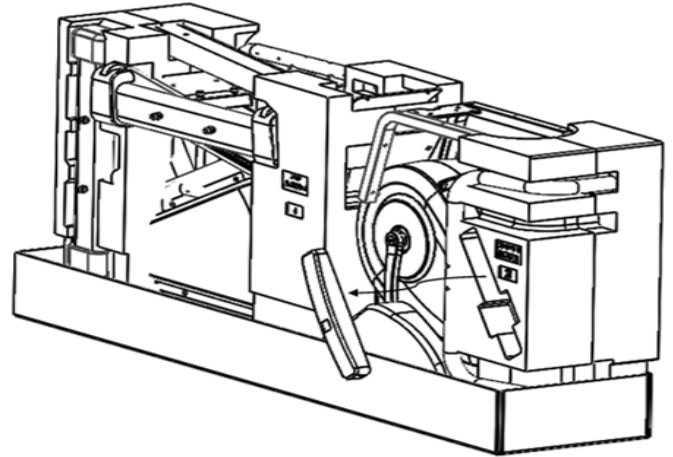


➤ Remove the Console's package box and the Saddle.

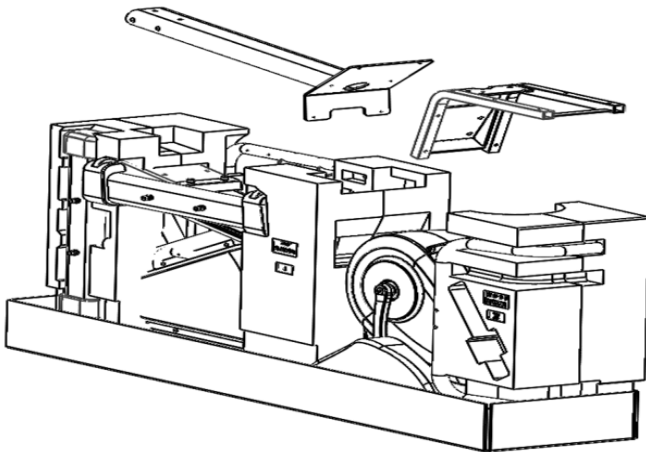
- Remove the Styrofoam from the carton's inside.



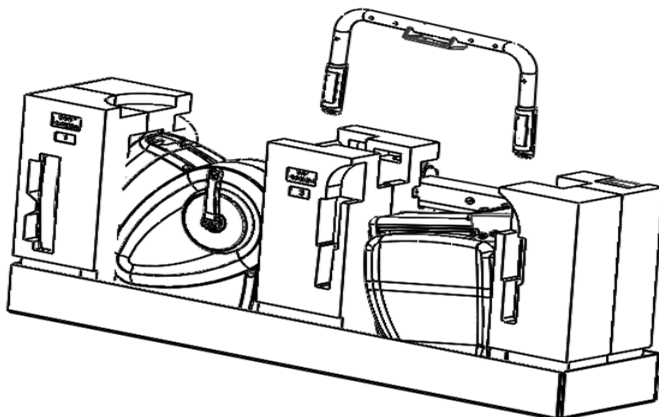
- Take cover of right seat slide out of packaging.



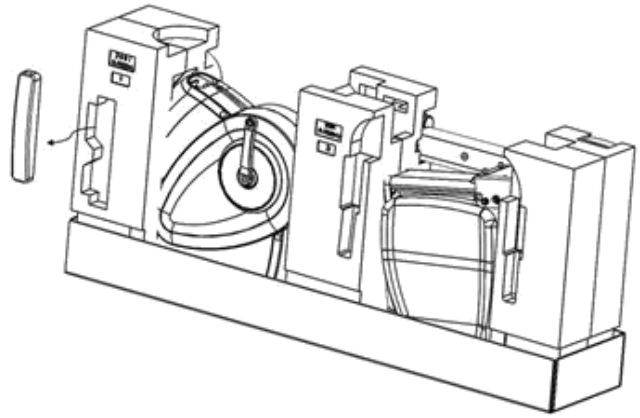
- Remove the Adjustable Seat and the Console Mast.



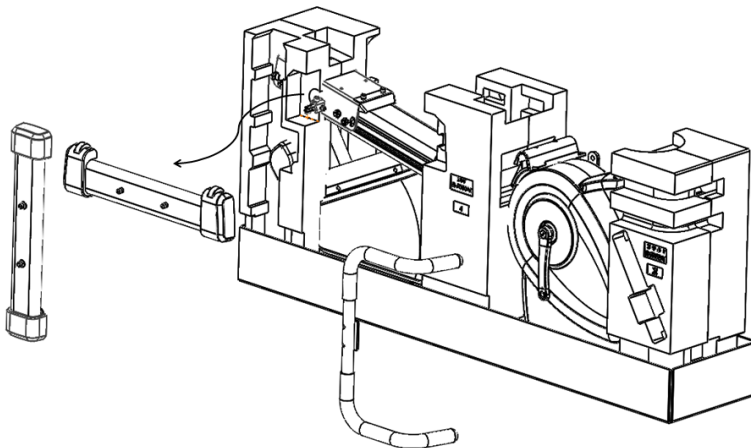
- Take out handlebar weldment from the packaging.



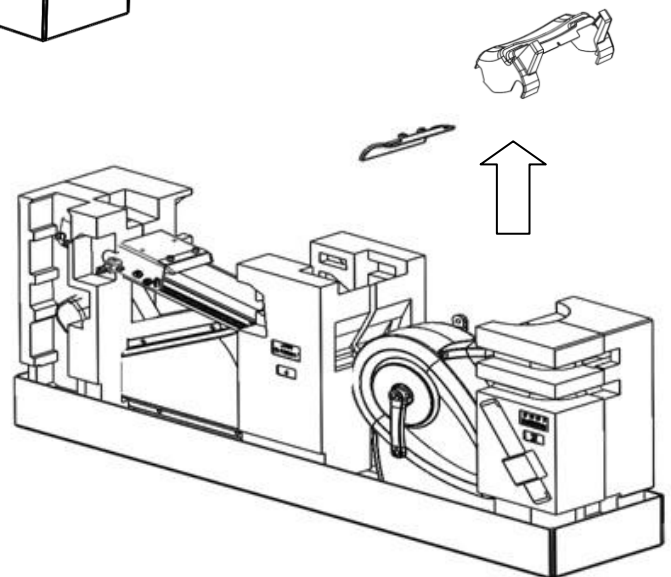
- Take cover of left seat slide out of packaging



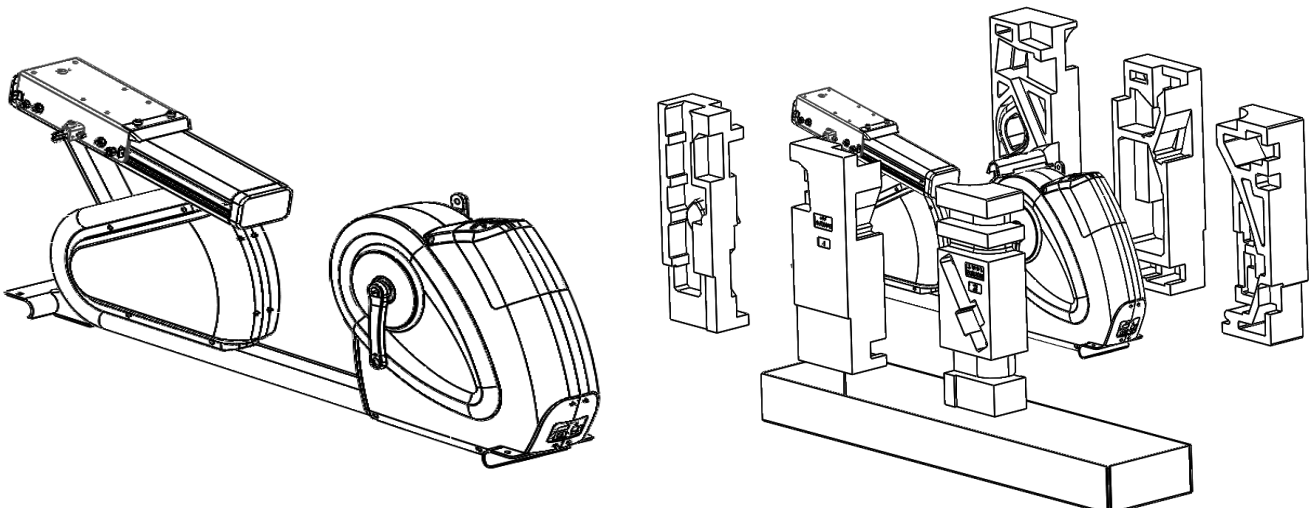
- Take front & rear stabilizer & upper fixed handle weldment assembly out of packaging



- Take front & rear stabilizer & upper fixed handle weldment assembly out of packaging
- Take rear covers of handle bar & weight cover out of packaging

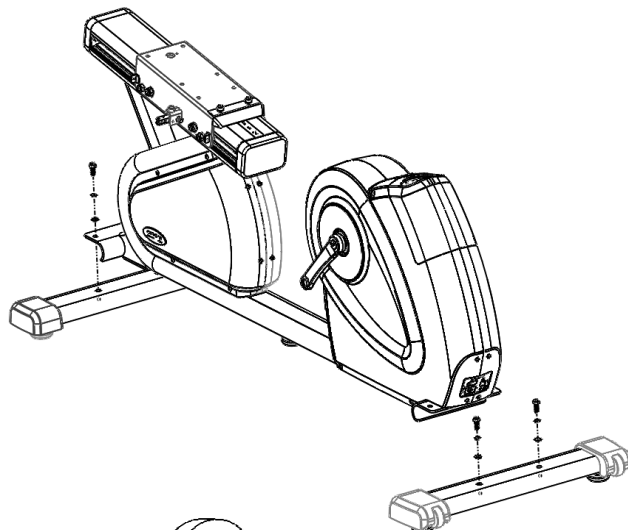


- Take Styrofoam out of packaging & lift entire machine up

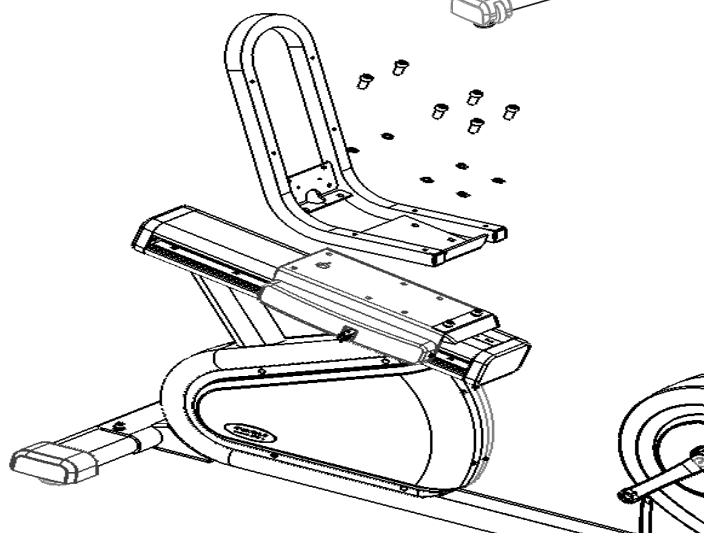


4.4 Recumbent Bike's Assembly

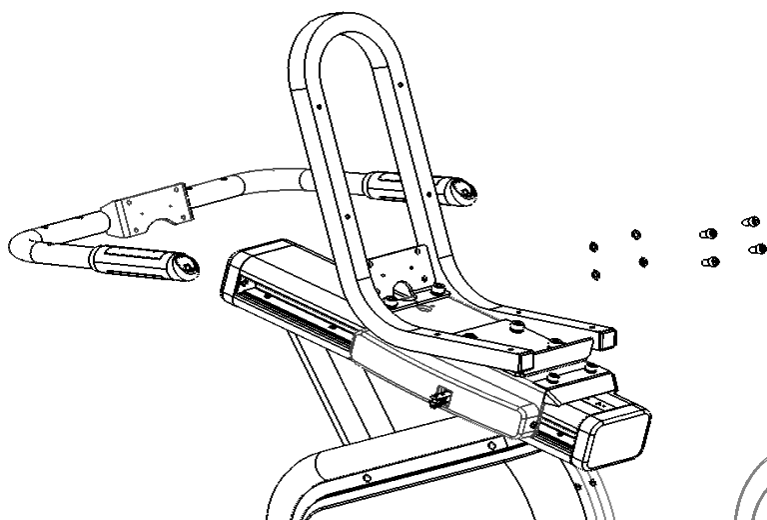
- Assemble front & rear stabilizer on the machine



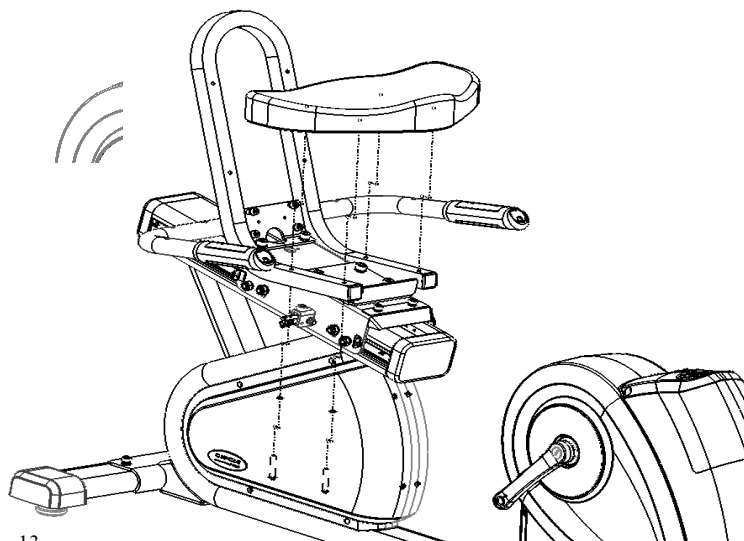
- Assemble hardware for the seat back weldment assembly on the machine



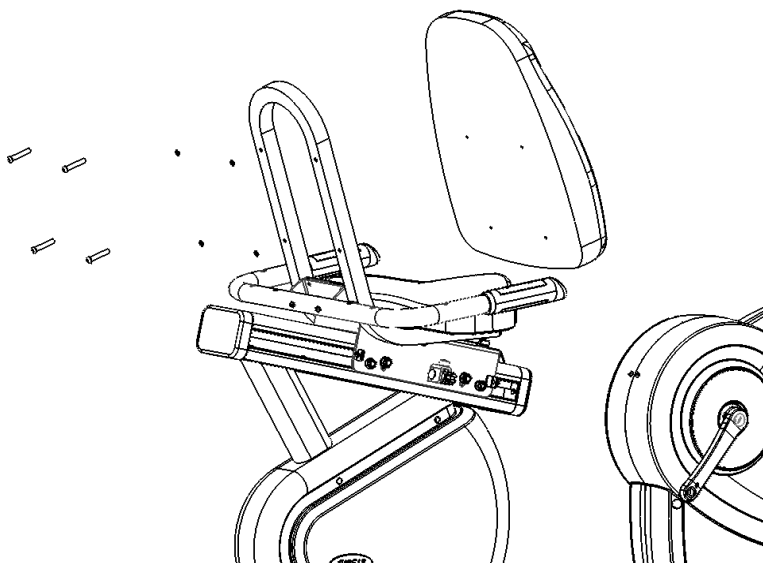
- Assemble pulse handlebar weldment assembly on the seat slide assembly



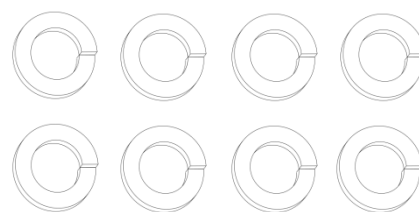
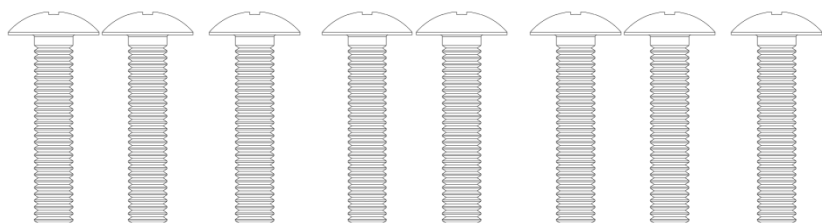
- Install saddle on the seat slide assembly



- Install seat back pad on the seat back weldment assembly

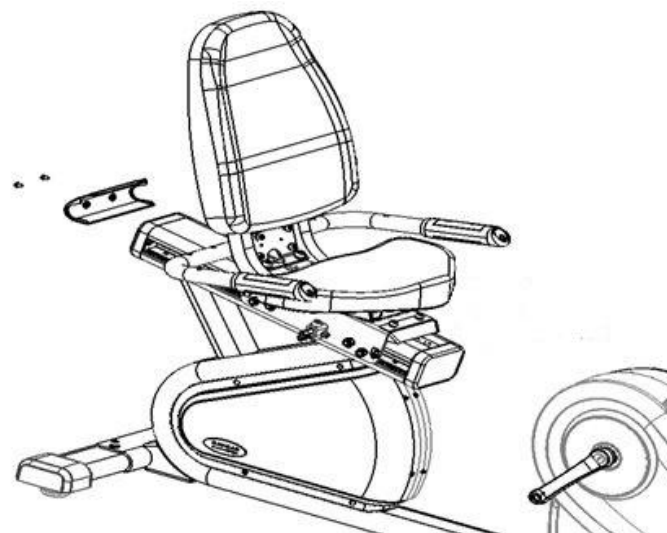
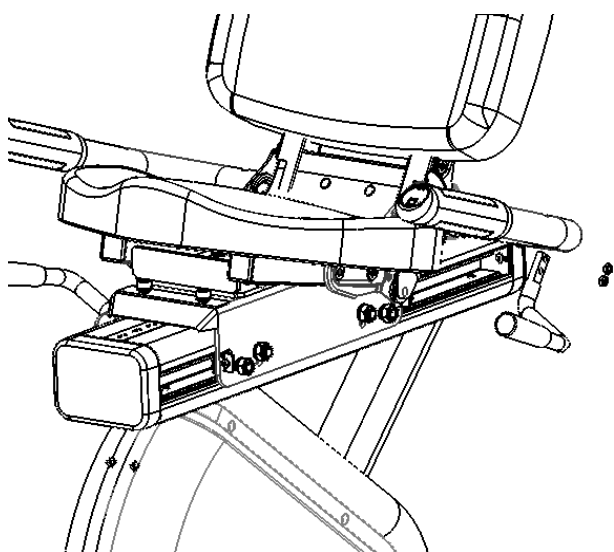
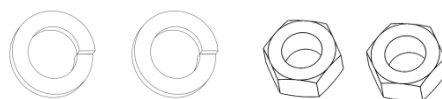


M6 pan head hex screw *8 & M6 S washer *8



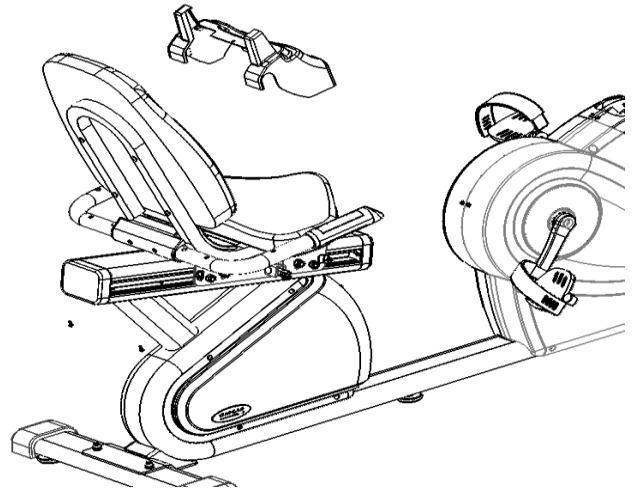
Assemble the Adjustable Handlebar's Head with the Left Lever, and install on the Adjustable Seat.

M6 S washer*2 & M6hex nut*2

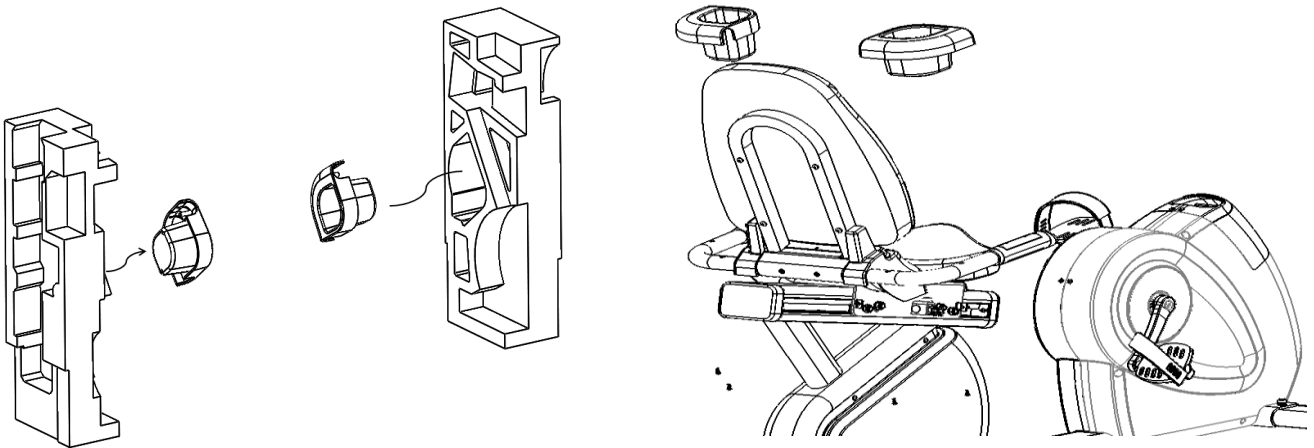


- Install RR. handle covers on the seat slide assembly

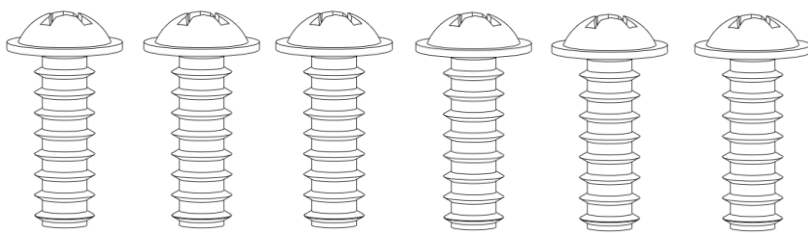
- Install waist cover on the seat slide assembly



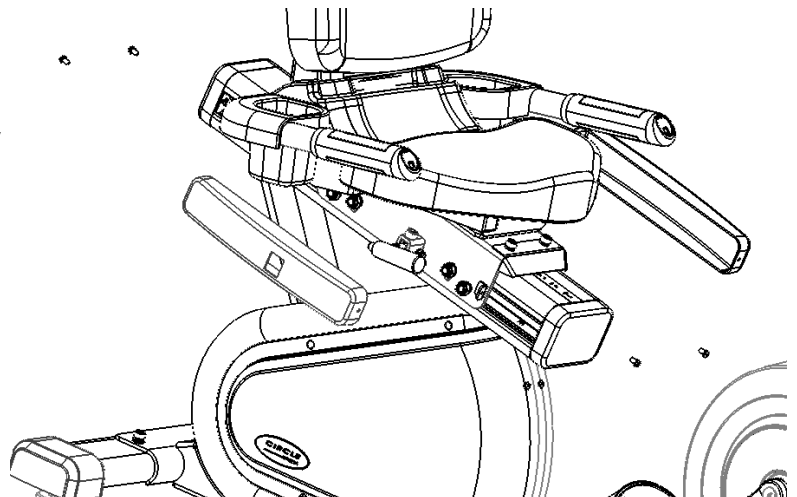
- Take water bottle out of Styrofoam & install on the seat slide assembly



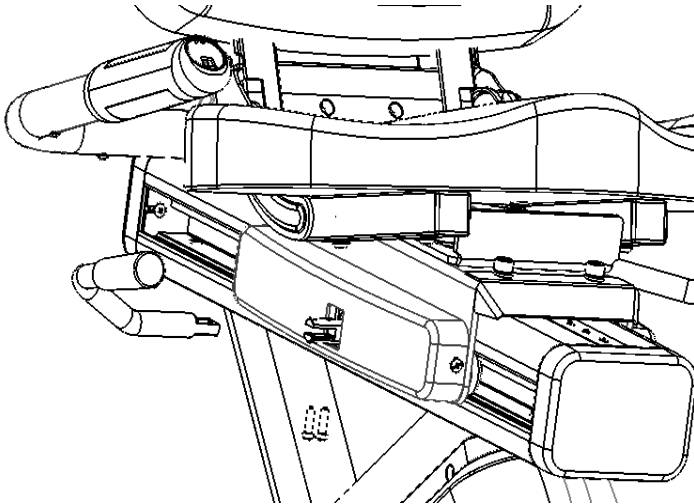
M4 Truss self tapping screw *6 (for water bottle holder & weist cover)



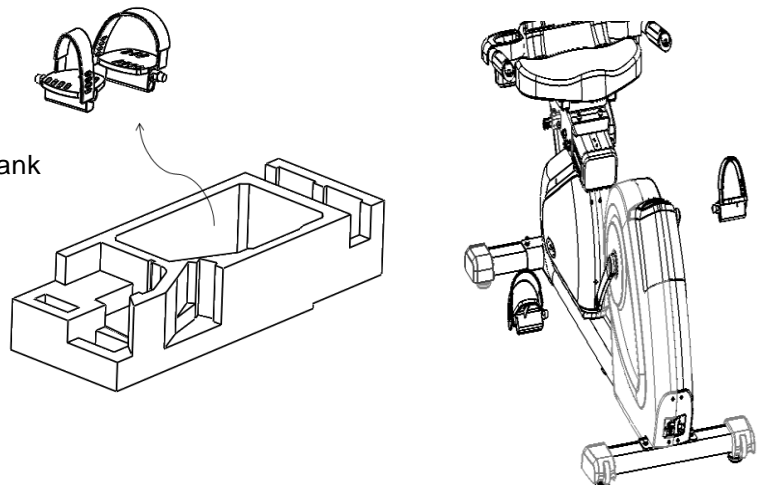
- Install slide cover on the seat slide assembly



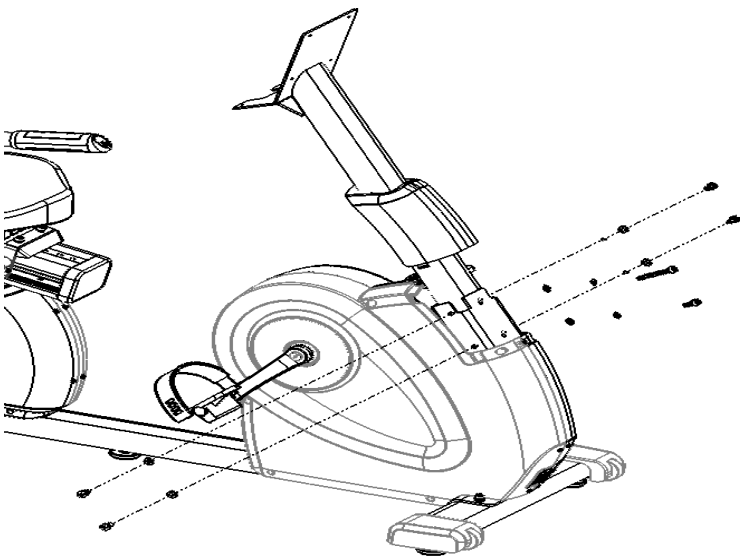
- Install adjust lever on the seat slide assembly



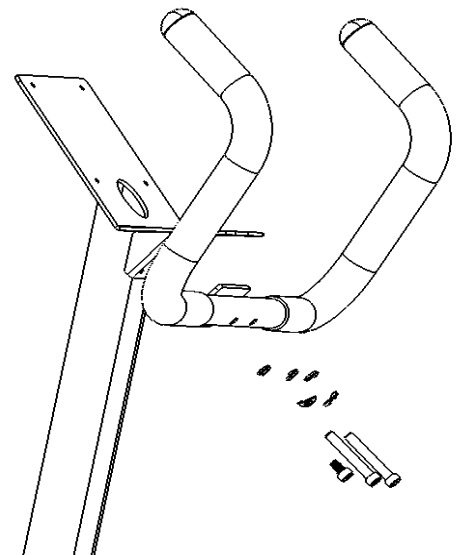
- Take pedal out of Styrofoam & Install on the crank



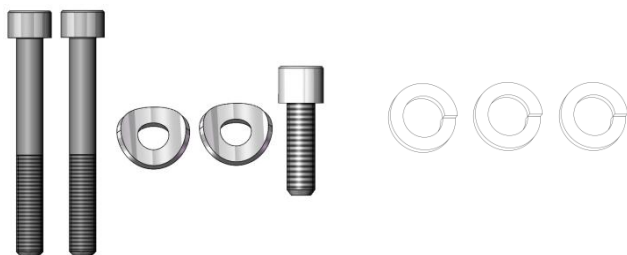
- Slide the bushing cover out , Install console mast with hardware on the machine



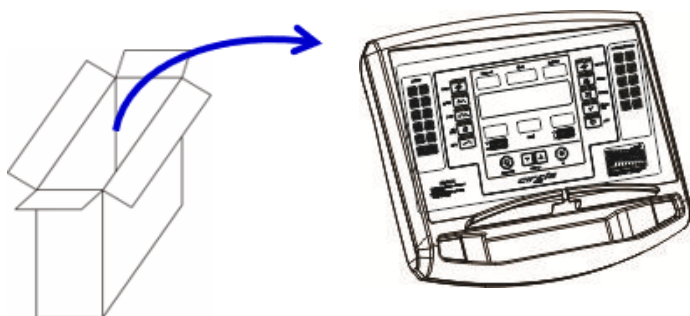
- Install fixed handlebar assembly on the machine



M8 pan head hex screw *2 & M8 arc washer*2 & M8 S washer*3



Remove the Console and the (4) M5 x 35mm screws from the box.



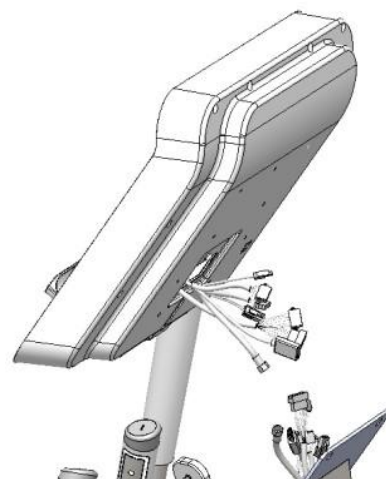
With the assistance from another person to

hold the Console, connect the connectors from the Console

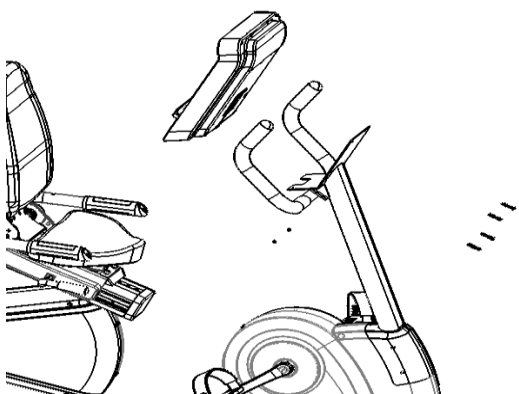
Mast to the Console. **There are**

(3) cables which need to be connected as shown below.

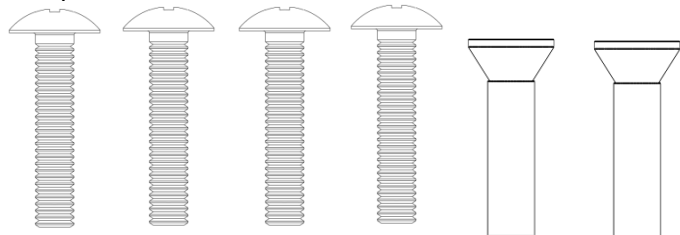
1. **Console cable**
2. **Resistance control cable**
3. **Grounded cable**



➤ Install console assembly onto console mast assembly



M5 pan head screw*4 & M3 Phillips Anti sunk screw*2



5.0 Engineering Mode Setting

5.1 Engineering Mode 1

5.1.1 Test Mode.

5.1.1.1 In IDLE mode, first press “**PAUSE/STOP**” and then press “**Start**” for 3 seconds.)

5.1.1.2 All **ON** and **OFF** flashing mode: the window is all **ON** and **OFF** flashing, press **START** to enter the next mode.

5.1.2 LED Scanning Mode

5.1.2.1 For production testing of software and hardware, press **START** to enter the next mode.

5.1.3 LED Indicator Scanning Mode

5.1.3.1 For production testing of software and hardware, press **START** to enter the next mode.

5.1.4 Keyboard Test

5.1.4.1 The matrix window displays “**KEY**”, press each key to display the information as follows: (press **START** to enter the next mode)

5.1.5 IO Test Mode

5.1.5.1 Detection of heartbeat and RPM, press **START** to exit.

5.2 Engineering Mode 2

5.2.1 Machine Information

5.2.1.1 In IDLE mode, first press “**PAUSE/STOP**” and then press “**LEVEL ▲**” for 3 seconds.

5.2.2 Software Version

5.2.2.1 HEART RATE window displays E21, DOT MATRIX displays [VER X.XX] mobile string, press **START** to enter the next setting.

5.2.3 Model

5.2.3.1 HEART RATE window displays E22, DOT MATRIX displays [E7], press **START** to enter the next setting.

5.2.4 Total Used Time

5.2.4.1 HEART RATE window displays E23, DOT MATRIX displays [TOTAL HOURS] mobile string, TIME window displays total hours, display range: 00:00 (minutes: seconds) ~ 9999 (hours), added when overflow 3 digits in INCLINE window, press **START** to enter the next setting.

5.2.5 Total Used Distance

5.2.5.1 HEART RATE window displays E24, DOT MATRIX display: [TOTAL DISTANCE KM] in metric system / [TOTAL DISTANCE MI] mobile string in imperial system, total distance displayed in TIME window, 0~9999, add INCLINE window when overflow 3 digits, press “**START**” button to exit to IDLE.

5.2.6 Clear TOTAL HOURS and TOTAL DISTANCE

5.2.6.1 **PAUSE/STOP** + **START** for 5 seconds.

5.3 Engineering Mode 3

5.3.1 Custom Setting

5.3.1.1 In IDLE mode, first press “**PAUSE/STOP**” and then press “**LEVEL ▼**” for 3 seconds.

5.3.2 Unit Setting

5.3.2.1 HEART RATE window displays E31, DOT MATRIX displays [UNIT METRIC] mobile string, you can press **▲** or **▼** to modify it to [UNIT IMPERIAL], press **START** to enter the next setting.

5.3.3 Language Setting

- 5.3.3.1 HEART RATE window displays E32, DOT MATRIX displays [ENGLISH] mobile string, you can press ▲ or ▼ to modify it to “NEDERLANDS” to “FRANCAIS” to “DEUTSCH” to “ITALIANO” to “ESPANOL” to “POLAND”. Press **START** to enter the next setting.
- 5.3.4. Maximum Time Setting
- 5.3.4.1 HEART RATE window displays E33, DOT MATRIX displays [MAXIMUM WORKOUT TIME] mobile string, TIME window displays 99:00 flashing, you can press ▲ or ▼ to adjust, the adjustment range is 10:00~99:00, press **Start** to Go to the next setting. (Limit the maximum use and settable time).
- 5.3.5. FAN Button Setting
- 5.3.5.1 HEART RATE window displays E34, DOT MATRIX displays [FAN OFF] mobile character string, you can press ▲ or ▼ to adjust **OFF/ON**. Press the **START** button to exit and return to IDLE.

5.4 Test Operation

- 5.4.1 Use the following instructions to test the full resistance range of the elliptical for proper operation.
- 5.4.2 Hold the handlebars to steady yourself while stepping into the pedals and then being peddling.
- 5.4.3 Verify the console display does illuminate.
- 5.4.4 Run through the full resistance range.
- 5.4.4.1 Press the **(Resistance level +)** button until the equipment reaches its highest load.
- 5.4.4.2 Press the **(Resistance level -)** button until the equipment reaches its lowest load.
- 5.4.5 Wait for the pedals come to a complete stop before dismounting the equipment. Hold the handlebar steady while dismounting.

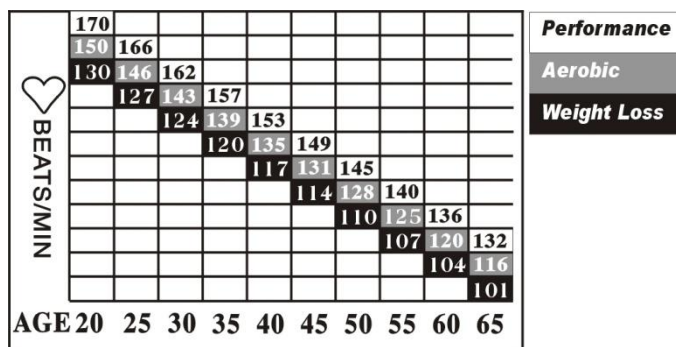
6.0 Operation

6.1 Heart Rate System

This equipment offers two heart rate feedback options. You may choose to use the **Heart Rate Handlebar**, or the **Chest Belt** (sold separately) for a hands free workout.

WARNING: The heart rate reading is intended only as an exercise aid and not for medical purposes. Heart rate monitoring systems may be inaccurate. Various factors may affect the accuracy of heart rate readings. Over exercise may result in serious injury or death. If you feel faint, please stop all exercise immediately.

Target Heart Rate Chart

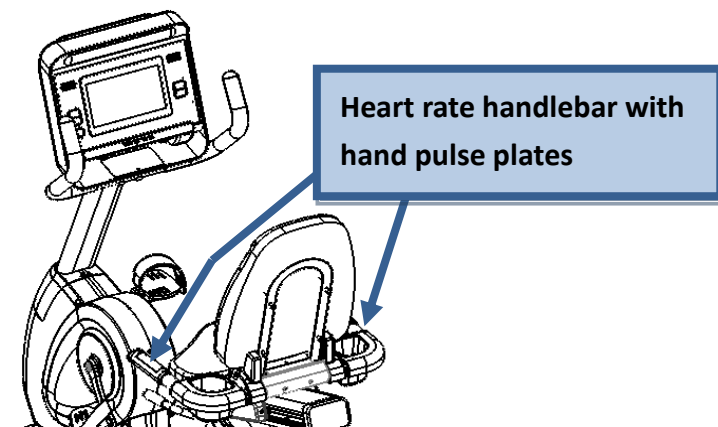


Maximum Heart Zone = 220-Your Age

Please consult your physician to find your optimal heart rate and Watt setting.

6.2 Heart Rate Handlebar (Standard)

- 6.2.1 Place the palms of your hands directly on the heart rate handlebars. Both hands must grip the bars for your heart rate to register.
- 6.2.2 When gripping the handlebars, do not grip tightly. It is recommended that you hold the handlebars only long enough to see your heart rate readout on the console.



NOTE: DO NOT do this test during the workout.

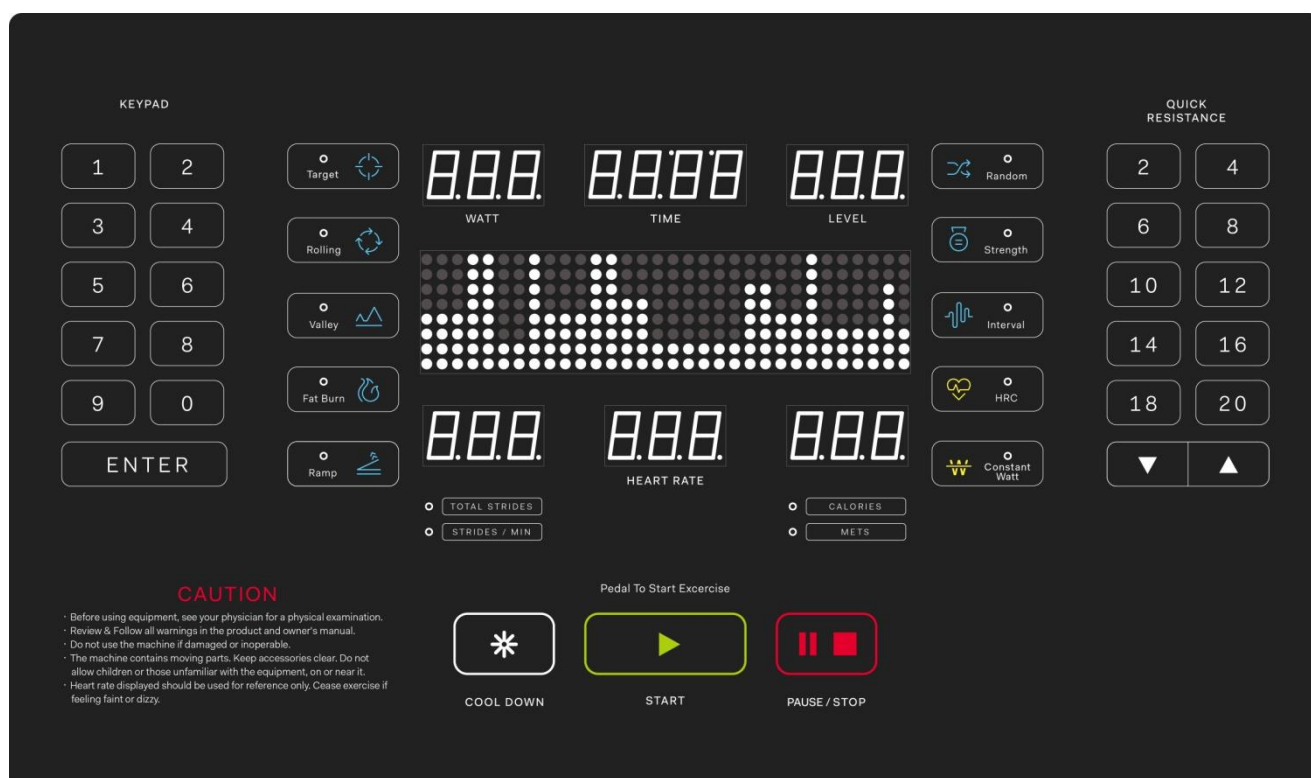
6.3 Chest Belt (Optional)

- 6.3.1 Prior to wearing the chest belt on your chest, center the chest strap just below the breast or pectoral muscles, directly over your sternum.

NOTE: The Chest Belt must be tight and properly placed to receive an accurate and on consistent reading.

7.0 Console Operation

7.1 Console of the R8 recumbent bike



Display Cross Check List

Display	Displays content
Distance	Accumulated distance (Km/Miles)
Time	Time usage or used for countdown
Heart Rate	Heart rate reading
Watts	The wattage machine output during user workout
RPM	Rotation per minute
Level	Level settings L1~L25 , the greater the level set, the greater the resistance
Calories	The calories user applied (consumed) to machine during workout
Mets	User's METS readings

NOTE: The calories burned and the heart rate are approximate values which are for reference only.

7.2 Keypad Instruction

Keypad Name	Main Function
LEVEL ▲ / ▼	Adjust the resistance, adjust the set value
Calories / Mets	Window transfer Calories←→Mets
Distance / RPM	Window transfer Distance ←→RPM
START	Activate the machine
STOP / PAUSE	To stop & pause the machine, and machine will be back to idle mode after pause
Program control	To select program
LEVEL	To quickly adjust 10 options of resistance
Numeric Key	To set the numbers or parameters , to adjust among 0~9
ENTER	To press this key to confirm settings or enter next settings

7.3 Program Control

7.3.1 Target Mode

7.3.1.1 Press the **“Target”** button to start the **Setting Mode**.

7.3.1.2 For user weight setting, DOT MATRIX displays the **“SET BODYWEIGHT THEN PRESS ENTER”** and the value is displayed in the Calories window and flashes. After the modification has been completed, press **“ENTER”** to continue to modify the next item.

7.3.1.3 For Time setting, DOT MATRIX displays the **“SET TIME THEN PRESS ENTER”**. After the time is modified, press **“ENTER”** to continue to modify the next item or press **“STOP”** to return to the previous setting.

7.3.1.4 For Calorie setting, DOT MATRIX displays **“SET CALORIES THEN PRESS ENTER”**. After the modification has been completed, press **“ENTER”** to confirm and then displays **“PRESS START TO BEGIN WORKOUT”**. You can press **“STOP”** to go back to the previous setting or press **“Start”** to execute the program under Start.

7.3.1.5 Press the **“Start”** key and all the values will begin to accumulate. This is the start of the **“Execution Mode.”**

7.3.1.6 DOT MATRIX displays the same message as **“Quick Start”** during program execution.

- 7.3.1.7 MESSAGE WINDOW displays messages during the execution of the Program, except that Time and Calories are in Count Down while the others are the same as Quick Start.
- 7.3.1.8 When one of the “**Time**” or “**Calories**” is in “**Count Down**” and counting is then terminated. The program will enter the “**Stop Mode.**”
- 7.3.2 Program Profiles Mode
- 7.3.2.1 There are seven PROGRAM PROFILES, namely Rolling, Valley, Fat Burn, Ramp, Strength, Interval, Random.
- 7.3.2.2 Press the “**Profile**” button to start the “**Setting Mode.**”
- 7.3.2.3 The user weight setting DOT MATRIX displays “**SET BODYWEIGHT THEN PRESS ENTER**”. The value is displayed in the Calories window and flashes. After the modification has completed, press “**ENTER**” to continue to modify the next item or press “**STOP**” to return to the previous setting.
- 7.3.2.4 The Time setting DOT MATRIX displays the “**SET TIME THEN PRESS ENTER**”. After the time has been modified, press “**ENTER**” to continue to modify the next item or press “**STOP**” to return to the previous setting.
- 7.3.3 Graphic Settings
- 7.3.3.1 If **RANDOM** is selected, the DOT MATRIX will display the “**CHANGE PROFILE BY PRESS ARROW KEY**” once and then DOT MATRIX will display the profile graph. Press **LEVEL ▲** or **▼** to select other graphs. After the modification has completed, press “**ENTER**” to confirm and continue to modify the next item or press “**STOP**” to return to the previous setting.
- 7.3.3.2 In the **LEVEL** setting, DOT MATRIX displays the “**SET LEVEL**” once then DOT MATRIX displays the profile graphic. When the **LEVEL** window displays “**L1**”, press **LEVEL ▲** or **▼** to select **L1~ L5**. After the modification has completed, press “**START**” to confirm or press “**STOP**” to return to the previous setting.
- 7.3.3.3 After the setting has completed, the “**PRESS START TO BEGIN WORKOUT**” will be displayed. You can press “**STOP**” to return to the previous setting or press “**Start**” to begin the program.
- 7.3.3.4 Press the “**Start**” key and all the values will begin to accumulate. This is the start of the Execution Mode】.
- 7.3.4 DOT MATRIX displays a message during the program execution.
- 7.3.4.1 The execution method is performed in accordance with the built-in PROFILE with line breaks every minute.
- 7.3.4.2 If executed for more than 27 minutes, the graph and X-axis scale will automatically shift to the left for 5 minutes (same as Quick Start).
- 7.3.4.3 The executed line is displayed in 1 Sec flashing mode, and you can press **▲** or **▼** to make LEVEL modification. The number of executed lines will not be modified.
- 7.3.4.4 MESSAGE WINDOW displays a message during Program execution except that **Time** is in **Count Down**, and the others are the same as **Quick Start**.
- 7.3.4.5 When **Time Counting** mode is **Count Down** and counting has terminated, the program will enter the “**Stop Mode.**”

P1=ROLLING, P2=VALLEY, P3=FAT BURN, P4=RAMP, P5=STRENGTH, P6=INTERVAL, P7=RANDOM

[illegible][illegible]

[illegible]

P7-RANDOM : To randomly get graph

7.4.1 Heart Rate Control (HRC)

7.4.1.1 Press the **“HRC”** key. Once the DOT MATRIX window displays **“THR”**, press the **▲** or **▼** key to switch between **HRC 65**, **HRC 75**, and **HRC 85**. Confirm the selected program and press **“ENTER”** to begin the **“Setting Mode”**.

7.4.2 Mode Selection

7.4.2.1 When the THR mode is selected, the console will display “**SET TARGET HR THEN PRESS ENTER**”. The **Heart Rate** window will display 130 (setting range: 70~190). After the modification has been completed, press “**ENTER**” to continue to modify the next item or press “**Quick Start**” to begin the program.

7.4.2.2 Select HRC 65, HRC 75, HRC 85 Mode

7.4.2.3 The display will show **"SET AGE"** then press **"ENTER"**. After the modification has completed, press **"ENTER"** to continue to modify the next item or press **"STOP"** to return to the previous setting.

7.4.2.4 Modify the weight and the display will show **“SET BODYWEIGHT”** then press **“ENTER”**. After the modification has completed, press **“ENTER”** to continue to modify the next item or press **“STOP”** to return to the previous setting.

7.4.2.5 Modify the time, DOT MATRIX the display shows “**SET TIME**” then press “**ENTER**”. After the time has been modified, press “**ENTER**” to continue to modify the next item or press “**STOP**” to return to the previous setting.

7.4.2.6 Initial Level setting will display “**SET BEGIN LEVEL THEN PRESS ENTER**” then press “**ENTER**”. When the Level window displays **L1** press the ▲ or ▼Key to set the parameter. After the modification has

completed, press **“ENTER”** to confirm and the display will show **“PRESS START TO BEGIN WORKOUT”** or press **“STOP”** to go back to the last setting.

7.4.2.7 Press the **“Start”** key and all the values begin to accumulate. This is the start of **Execution Mode**.

7.4.2.8 DOT MATRIX displays messages during program execution, the same as **Quick Start**.

7.4.2.9 In HRC mode, if the heartbeat cannot be detected for 20 seconds during the exercise, the DOT MATRIX will display **“No Heartbeat Warning Icon”**.



7.4.3 MESSAGE WINDOW displays a message during Program execution, except that Time is Count Down, the others are the same as Quick Start.

7.4.3.1 In the exercise state, the time for the program to make adjustment changes for the first time is fixed at 30 seconds of the program execution.

7.4.3.2 Target heartbeat value: (rounded to integer)

7.4.3.2.1 Select **HRC 65**: target heartbeat value= $(220-\text{Age}) \times 0.65$

7.4.3.2.2 Select **HRC 75**: target heartbeat value= $(220-\text{Age}) \times 0.75$

7.4.3.2.3 Select **HRC 85**: target heartbeat value= $(220-\text{Age}) \times 0.85$

7.4.3.2.4 In the exercise state, the execution of the program is compared with the target heartbeat value. If “Actual heartbeat value < Target heartbeat value of -10”, the LEVEL will automatically increase by 1 segment every 30 seconds during exercise, until the maximum value of LEVEL. No change when the heartbeat is 0.

7.4.3.2.5 In the exercise state, the execution of the program is compared with the target heartbeat value. If “Actual heartbeat value > Target heartbeat value of +10”, the LEVEL will automatically decrease by 1 stage every 30 seconds during exercise, until the LEVEL minimum value, does not change when the heartbeat is 0.

7.4.3.2.6 When the Time counting mode is in Count Down and counting has been terminated, the program will enter the **“Stop Mode.”**

7.4.4 Constant Watt

7.4.4.1 Press the **“Constant Watt”** button to start the **“Setting Mode.”**

7.4.4.2 In the user weight setting, DOT MATRIX displays **“SET BODYWEIGHT THEN PRESS ENTER”**. The value is displayed in the Calories window and flashes, after the modification has completed. Press **“ENTER”** to continue setting the next item or press **“STOP”** to return to the previous setting.

7.4.4.3 In the Time setting, DOT MATRIX displays **“SET TIME THEN PRESS ENTER”**. After the time has been modified, press **“ENTER”** to continue setting the next item or press **“STOP”** to return to the previous setting.

7.4.4.4 In the Watt setting, DOT MATRIX displays **“SET WATT THEN PRESS ENTER”**. After the time is modified, press **“ENTER”** and then the display will show **“PRESS START TO BEGIN WORKOUT”**. Press **“START”** to start exercise or press **“STOP”** to return to the last setting.

7.4.4.5 Press the **“Start”** key and all the values begin to accumulate. This is the beginning of the **“Execution Mode.”**

7.4.4.6 In the motion state, the time for the program to make adjustment changes for the first time is fixed at 30 seconds of execution.

7.4.4.6.1 Watt > Target: Watt-target > 10, Level -1, Watt-target ≤ 10, Level does not change

7.4.4.6.2 Watt < Target: Target-Watt > 10, Level +1, Target-Watt ≤ 10, Level does not change

7.4.4.7 DOT MATRIX displays a message during Program execution, the same as **Quick Start**.

7.4.4.8 MESSAGE WINDOW displays a message during the program execution, except that Time is **Count Down**, the others are the same as **Quick Start**.

7.4.4.9 When Time counting mode is in **Count Down** and counting is terminated, the program will enter the “**Stop Mode**.”

7.5 WATT TABLE

RPM	30	40	50	60	70	80	90	100	110	120
LEVEL	Watt									
1	20	27	33	40	47	53	60	67	73	80
2	25	33	41	49	58	66	74	82	90	99
3	29	39	48	58	68	77	87	97	106	116
4	34	45	56	67	78	90	101	112	123	134
5	38	51	63	76	88	101	114	126	139	152
6	43	57	71	85	99	113	128	142	156	170
7	47	63	79	94	110	126	141	157	173	189
8	51	69	86	103	120	137	154	172	189	206
9	56	75	93	112	131	150	168	187	206	224
10	60	80	100	120	140	160	180	200	220	240
11	67	90	112	135	157	180	202	225	247	270
12	75	100	125	150	175	200	225	250	275	299
13	83	110	138	165	193	220	248	275	303	330
14	90	120	150	180	210	240	270	300	330	360
15	97	130	162	195	227	260	292	325	357	389
16	105	140	175	210	245	280	315	350	385	420
17	112	150	187	225	262	300	337	375	412	450
18	120	160	200	240	280	320	360	400	439	479
19	128	170	213	255	298	340	383	425	468	510
20	135	180	225	270	315	360	405	450	495	540
21	148	197	246	296	345	394	444	493	542	592
22	161	215	269	322	376	430	483	537	591	645
23	174	232	290	348	406	464	522	580	638	696
24	187	249	312	374	436	499	561	623	686	748
25	200	267	333	400	467	533	600	667	733	800

8.0 Error Code and Troubleshooting

Item	Error Message	Descriptions
1.	COMMUNICATION FAIL	<p>CAUSE: Communication timeout. This error message displays if the console and generator lose communication for over 90 seconds.</p> <p>SOLUTION:</p> <ol style="list-style-type: none"> 1. Check that the console and generator are connected properly. 2. If the connection is correct, please replace the console or generator.
2.	DC BUS ERROR	<p>CAUSE: The generator cannot transform AC power to DC power.</p> <p>SOLUTION:</p> <ol style="list-style-type: none"> 1. Stop peddling and wait for the power to shut down. 2. Pedal to power up the console. If the error message displays again, replace the generator.
3.	DCV VOLT OVERLOAD	<p>CAUSE: The voltage of DC generator is too high (over 300V for 3 seconds). User may be peddling too fast (normal peddling speed should be under 180 RPM).</p> <p>SOLUTION:</p> <ol style="list-style-type: none"> 1. Stop peddling and wait for the power to shut down. 2. Pedal to power up the console. If the error message displays again, replace the generator.
4.	CMP CURR OVERCURR	<p>CAUSE: The output current of generator is over 3.5amps for 1 second.</p> <p>SOLUTION:</p> <ol style="list-style-type: none"> 1. Stop peddling and wait for the power to shut down. 2. Pedal to power up the console. If the error message displays again, replace the generator.
5.	SHORT CIRCUIT	<p>CAUSE: The IGBT of generator is short circuited.</p> <p>SOLUTION:</p> <ol style="list-style-type: none"> 1. Stop peddling and wait for the power to shut down. 2. Pedal to power up the console. If the error message displays again, replace the generator.
6.	CURRENT STATE NG	<p>CAUSE: The output circuit of the generator is abnormal, or the coil did not connect to the controller.</p> <p>SOLUTION:</p> <ol style="list-style-type: none"> 1. Check the coil connection. 2. If coil connection is correct, replace the generator.
7.	LOW BATTERY	<p>CAUSE: The battery's voltage is too low.</p> <p>SOLUTION:</p> <p>If the error message displays again, please replace the battery.</p>

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