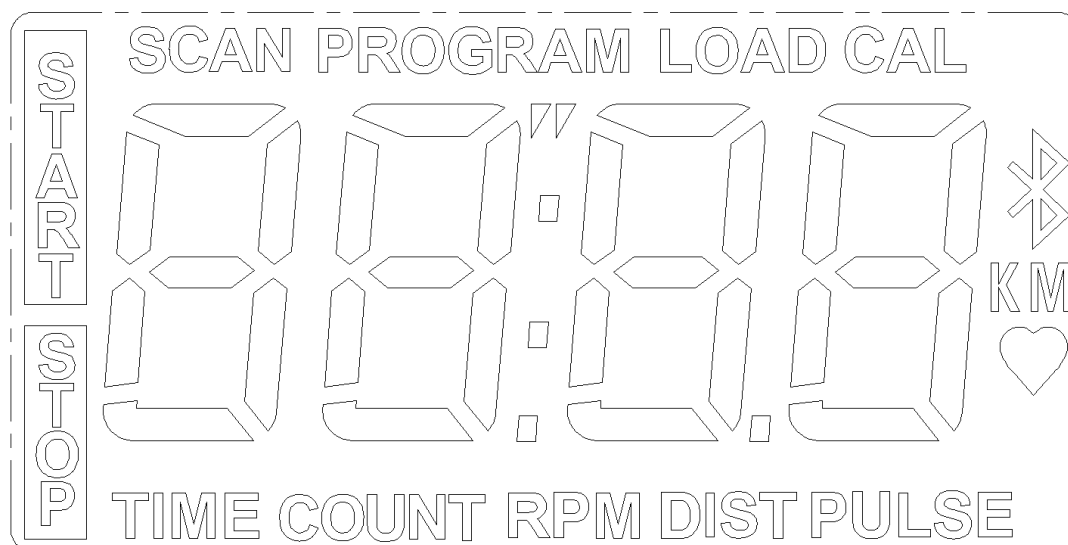


English Manual for 28675



The things you should know before exercise

A. App system of smart handheld device: Need to install Bluetooth module

B. Input Power

Plug in the battery to the equipment then the computer will produce a beep sound and turn on the computer at the Manual mode.

C. Setting value

1. At the stop mode, the computer will use the UP or DOWN keys to set up your exercise TIME, COUNT, DISTANCE, CALORIES, PULSE.
2. Start exercise.
3. When you reach the target, the computer will produce beep sounds and then stop.
4. If you set up more than one target and you would like to reach next target, please keep on exercise.

D. Wake-Up Function

The monitor will entry SLEEP mode (LCD off) when there is no signal input and no key be pressed after 4 minutes. Please press any key to start the monitor.

Functions and Features:

1. TIME: Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You can also program your computer to count down from a set value by using the UP and DOWN keys. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and reset itself to the original time set, letting you know your workout is done.
2. COUNT: Displays your workout count.
3. RPM: Strokes per min
4. DISTANCE: Displays the accumulative distance traveled during each workout up to a maximum of 999.0KM/MILE.
5. CALORIES: Your computer will estimate the cumulative calories burned at any given time during your workout.
6. PULSE: Your computer displays your pulse rate in beats per minute during your workout. .
7. PULSE RECOVERY: During the START stage, leave the hands holding on grips or leave the chest

transmitter attached and then press "PULSE RECOVERY" key, time starts counting from 00:60 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1.0 to F6.0.

1.0 means OUTSTANDING

1.0 < F < 2.0 means EXCELLENT

2.0 ≤ F ≤ 2.9 means GOOD

3.0 ≤ F ≤ 3.9 means FAIR

4.0 ≤ F ≤ 5.9 means BELOW AVERAGE

6.0 means POOR

Note: If no pulse signal input then the computer will show "Err" on the PULSE window, please re-press the PULSE RECOVERY key and please make sure your hands are keeping well on the grips or the chest transmitter is attached well.

Key function:

There are 6 button keys and the function description as follows:

1. Reset key: press this key can accept the setting return to zero
2. UP key: During the setting mode, press the key to increase the value of Time, Count, Distance, Calories, Pulse.
3. DOWN key: During the setting mode, press the key to decrease the value of Time, Count, Distance, Calories, Pulse.
4. ENTER key:
 - a. During the setting mode, press the key to accept the current data entry.
 - b. At the stop mode, by holding this key for over two seconds the user can reset all values to zero or default value.
5. PULSE RECOVERY key: Press the key to activate heart rate recovery function.
6. BlueTooth key: Press the key open/close the Bluetooth module power supply, LCD windows on the Bluetooth logo is flashing or not display.