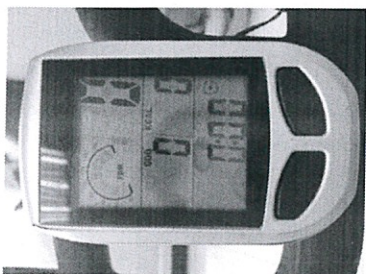


Switch of Imperial(LBS) to Metric(KG)

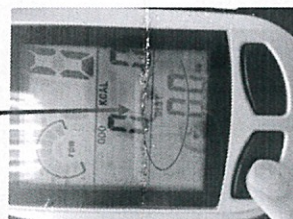
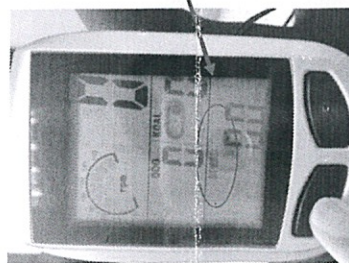
Step1 : Insert batteries and start the console.



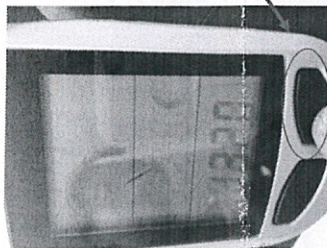
Step4 : Press left button twice until lb flickers (lb flickers = we can change its unit).



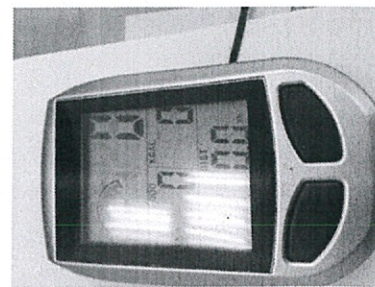
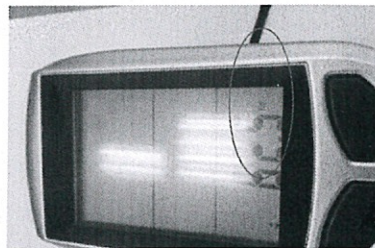
Step2 : Press left button until SPEED or DIST appear.



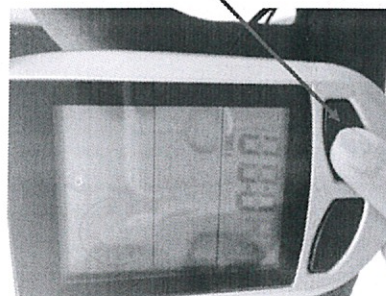
Step5 : Press right button to change Lb into Kg.



Step6 : When Kg appear, wait for few second, Then, you have done the work.



Step3 : Hold right button for 3 seconds



(Kg appear)

(Wait few seconds, Congratulations, you can start the exercise)

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BUTTON:

- 1、Press the left button to select speed、distance、time and clock functions.
- 2、In the display TIME interface, press the right button for 3 seconds to reset the TIME value.
- 3、In the clock interface, press the right button for 3 seconds to enter the setting clock mode.12/24 hour system flicker, press the right button to switch 12/24 hour system, press the left button to enter the setting hour state, press the right button to adjust the hour, then press the left button to enter the setting minute state, press the right button to adjust the minutes.
- 4、In the display of SPEED or DIST interface, press the right button for 3 seconds to enter the setting function. Press the left button to switch the setting TIME, gender, weight and weight unit.Right click to set the function value;5 seconds no operation exit Settings mode, or long press the left key to exit Settings mode.

FUNCTION:

- 1.TIME: Automatically count up exercise time during exercise.Automatically count down exercise time from target during exercise.
- 2.SPEED: Display current exercise speed during exercise.
- 3.DISTANCE: Automatically count up exercise distance during exercise.
- 4.CAL: Automatically count up calories consumption during exercise.
- 5.ODOMETER: Monitor will display the total accumulated distance.
- 6.RPM: Revolution per minute.
7. CLOCK: The current time.

NOTE:

1. Stop exercise for 4 seconds, all functions stop working.
2. Computer automatically shut down after 4 minutes without any signal input.
3. Replace the batteries while the computer displays improperly.
4. Display clock at room after the computer shut down.

SPECIFICATIONS:

FUNCTION	TIME	00:00'~99:59'
	CURRENT SPEED	The maximum signal can be pickup is 99.9KMH The maximum signal can be pickup is 99.9MPH
	TRIP DISTANCE	0.0~999.9KM 0.0~999.9MI
	CALORIES	1~999KCAL
	ODO	1~999KM 1~999MI
	RPM	0~199Rpm/Min
	CLOCK	0.00~11:59 and 0.00~23:59
BATTERY TYPE		2pcs of SIZE –AAA or UM –4
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C