insportline

SV7092-71

Instruction Manual
IN 3387 PANGAR - computer

V1.01

Table of Contents

Important Safety Information

WARNING! To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

WARNING - Electric Shock

1) Only use the AC Adapter that comes with your unit.
2) Do not use the AC Adapter if it has damaged, split or broken cords or wires.
3) Make sure that the AC Adapter cord is fully inserted into the wall outlet or extension cord.
4) Do not spill liquid on the console.
5) Always shut down the power after using the unit.

CAUTION - TV Screen Damage

1) Screen can be damaged by displaying a stationary image for long periods of time.   To avoid this, turn the console off when not in use.
2) Do not leave the TV screen exposed to direct sunlight.
3) Do not push or scratch the LCD screen.   This may cause the image to be uneven or the LCD may become damaged.
4) Although the LCD screen is made with high-precision technology, some black dots or bright points of light (red, blue, or green) may appear constantly on the LCD screen.   This is a structural property of the LCD panel and is not a malfunction.

Computer Introduction Sketch

IR receiver
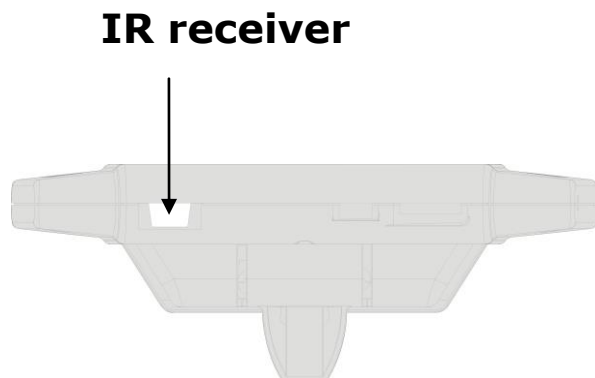
Console Instruction

Overview

Buttons:
Mode Key
  This button is used to confirm selection settings , such as time, distance, calories, pulse, and user data presetting.
Reset Key
  Setup Mode: This button is used to set all preset values to zero.
  Workout Mode: When the button is held down for 2 seconds, the console will reset, taking the user back to the setup screen.
Start/Stop:
  This button is used to start or stop the current program.
Recovery:
  This button will start the heart rate recovery program.   Refer to page 7 for more information.
Up/Down:
  Setup Mode: This button is used to confirm selection settings , such as time, distance, calories, pulse, and user data presetting.
  Workout Mode: This button is used to adjust LEVEL

Functions:
Time: 00:00 to 99:59 Time will count down if it is set to a specific value (for example: 20 minutes). If the time is not preset, it will count up to a maximum of 99:59.
RPM:
  This screen displays the revolutions per minute at which you are pedaling.
Distance: 0.0 to 99.9 Distance will count down if it is set to a specific value (for example: 2 miles). If the distance is not preset, it will count up to a maximum of 99.9 km/ml.
Calories: 0 to 999 Calories will count down if it is set to a specific value (for example: 500 calories). If the calorie is not preset, it will count up to a maximum of 999.
Watt: 10 to 350. Displays current training watts value.   A watt is a measurement of the amount of mechanical energy generated by the unit based on the resistance and speed.
Pulse:
  This will detect your pulse while you hold onto the pulse grips or wear chest strap. The heart rate symbol will start blinking once the monitor detects the heart rate signal.
Recovery:
  This function will test your heart rate recovery.   It does this by measuring your heart rate for 60 seconds. The console takes your starting heart rate and compares it to your heart rate after the 60 seconds has expired. Your score will be based on how quickly your heart rate returns to normal. Refer to page 7 for more information.

Operation Summary

1) Connect power supply or press POWER KEY, the computer will power on and display Logo for 5 seconds.   After enter the main menu, the computer shows UX(X=1~4) and then there will be a long beep sound.
2) You will be asked to set your user information.   This console allows you to store up to 4 different user information (U1-U4).
3) After selecting a user setting, you will be asked to select an Exercise Function.   The exercise functions are broken up into 5 main categories (MANUAL, PROGRAM, H.R.C., WATT, and USER PROGRAM).
4) Once your workout is complete, you can press the RECOVERY button to start the fitness test. Refer to page 7 for information on the recovery program.

Programming

User Profiles
The console can store up to 4 different user profiles (U1-U4).
1) Press the POWER key.
2) Use the UP/DOWN to select any of the 4 profiles, press MODE KEY to confirm selection.
3) Use the UP/DOWN to select gender, press MODE KEY to confirm selection.
4.) Repeat steps 3 to enter information for age, height, and weight.
5.) Once all information has been entered, press MODE/ENTER to save.   The values will be stored in the console. However, every time you turn on the console, the console will request for you to confirm these values.   Make any necessary changes and press the MODE/ENTER button to confirm.

Quick Start
1.) This function allows users to begin their workout immediately. A.) Press the POWER KEY. B.) Press the START/STOP button to begin your workout.   All values will count up from 0.

2.) After press START/STOP button, computer will ask you if you want to record this time workout data, press UP and DOWN button to select YES or NO, and press START/STOP KEY to confirm.

Manual
The manual program allows the user to manually adjust tension settings throughout his/her workout.
1) Press the POWER Key.
2) Input user information.
3) Use the UP/DOWN to select MANUAL, press MODE KEY to confirm selection.
4) Use the UP/DOWN to adjust the LEVEL you want, press MODE KEY to confirm selection.
5) Repeat steps 4 to set the values for time, distance, calories, and pulse.
6) Once you have input all your workout settings, press the START/STOP button. If you decide that you do not want to enter any preset settings, you can start your workout by pressing the START/STOP button at any time.   Any preset values you entered will count down to 0 and the

console will beep for 8 seconds and "0" will be blinking to let you know once it reaches 0.

7) After press START/STOP button, computer will ask you if you want to record this time workout data, press UP and DOWN button to select YES or NO, and press START/STOP to confirm selection

Program

There are 12 preset programs.   A profile of each program will be displayed in the center screen as you scroll through.
1) Press POWER KEY.
2) Input user information.
3) Use the UP/DOWN to select Program and press MODE KEY to confirm selection.
4) There are 12 programs, P1-P12.   Use the UP/DOWN to select a program.
5) Use the UP/DOWN to adjust the LEVEL you want and press MODE KEY to confirm selection.
6) Repeat steps 4 to set the values for time, distance, calories, and pulse.
7) Once you have input all your workout settings, press the START/STOP button.   If you decide that you do not want to enter any preset settings, you can start your workout by pressing the START/STOP button immediately after confirming program selection. Any preset values you have entered will count down and the console will beep to let you know once it reaches 0.

8) After press START/STOP button, computer will ask you if you want to record this time workout data, press UP and DOWN button to select YES or NO, and press START/STOP to confirm the selection

H.R.C.

Heart rate control programs are designed to automatically change resistance to you're your heart rate at a predetermined level based on the selected heart rate program. Each heart rate pro-gram is designed with a specific goal in mind, such as fat burning, etc.

1) Press POWER KEY
2) Input user information.
3) Use the UP/DOWN to select H.R.C. when prompted to select an exercise function.
4) Use the UP/DOWN to select H.R.C. programs (55%, 75%, 90%, and target) you want, and press MODE key to confirm. The heart rate target of 55%, 75%, 90% is based on the formula: (220-AGE) x A (A=55%,75%,90%), AGE is set up on step 2., Target is the heart rate target you want.
5) If you choose the Target H.R.C program, you will first be prompted to enter your target pulse. press MODE key to confirm selection.
6) Use the UP/DOWN to select the total time you wish to work out, and press MODE KEY to confirm the selection.
7) Repeat steps 7 to set the values for distance and calories.
8) Once you have input all your workout settings, press the START/STOP button.   If you decide

that you do not want to enter any preset settings, you can start your workout by pressing the START/STOP button immediately after confirming program selection.   Any preset values you have entered will count down and the console will beep to let you know once it reaches 0.

9) After press START/STOP button, computer will ask you if you want to record this time workout data, press UP and DOWN button to select YES or NO, and press START/STOP again to start workout.

10) The unit is not a medical appliance, and testing value is only for reference purpose.

11) Please hold handgrips tightly during the process while you are doing the test.

Watt

The watt program is designed to maintain a preset level of watt generation that you selected by automatically adjusting the resistance level.

1) Press POWER key

2) Input user information.

3) Use the UP/DOWN to select WATT target you want , press the MODE KEY to confirm selection.

4) Use the UP/DOWN to select the amount of WATTS you want to maintain, and press MODE KEY to confirm selection.

5) Repeat steps 4 to set the values for time, distance, calories, and pulse.

6) Once you have input all your workout settings, press the START/STOP button.   If you decide that you do not want to enter any preset settings, you can start your workout by pressing the START/STOP button immediately after confirming program selection.   Any preset values you have entered will count down and the console will beep to let you know once it reaches 0.

7) After press START/STOP button, computer will ask you if you want to record this time workout data, press UP and DOWN button to select YES or NO, and press START/STOP again to start workout.
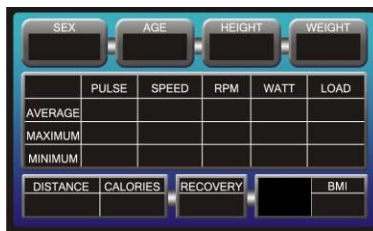
8) If the workout is lower more than 25% from the preset value, the screen will display "PLEASE QUICKLY" , on the contrary, if the workout is higher more than 25% from the preset value, the screen will display "PLEASE SLOWLY". The screen will display " - - - " and beep to let you know the current workout is higher or lower more than 50% from the preset value.

User

The console allows user to customize up to four separate workout sessions. The program will be stored in the console's memory after setup.

1) Press POWER key

2) Input user information.

3) Use the UP/DOWN to select USER when prompted to select an exercise function and press the MODE KEY to confirm selection.

4) Use the UP/DOWN to select the resistance level for the first segment and press MODE KEY to confirm selection.

5) Repeat steps 4 until you have set resistance on all 10 segments.

6) Hold the MODE/ENTER button for 2 seconds until the console beeps.

7) Use the UP/DOWN to set up time and press the MODE KEY   to confirm selection.

8) Repeat steps 7 to set the values for distance, calories, and pulse.

9) Once you have set all your workout values, press the START/STOP button.   Your profile will be saved and your workout will begin.   You can choose not to set any values by pressing

START/STOP button.   Any preset values you have entered will count down to 0.   The console will beep when you have achieved your preset values.
10) After press START/STOP button, computer will ask you if you want to record this time workout data, press UP and DOWN button to select YES or NO, and press START/STOP again to start workout.

Recovery

The function will test your heart rate recovery status.

1) Once your workout is complete, press the RECOVERY KEY to run RECOVERY function.
2) A 60-second countdown will start.
3) Hold both pulse grips until the console has finished counting down.

4). Once complete, the console will display a result. FX(X=F1-F6). F1 is the best.

Workout Record

1) Press START on the display screen.
2) After press START button, computer will ask you if want to save this time workout data.   After press STOP button to stop workout, computer will also ask you if you want to save this time workout data.   User may press UP and DOWN button to select YES or NO.
3) After STOP, press OSD key, will show the workout record as below, press RESET KEY to reverse back to main menu.

SEX		AGE		HEIGHT		WEIGHT	

	PULSE	SPEED	RPM	WATT	LOAD
AVERAGE					
MAXIMUM					
MINIMUM					

DISTANCE	CALORIES	RECOVERY		BMI

Troubleshooting

Symptom	Possible Cause	Troubleshooting
Console has no power	Is the AC adapter is not plugged into the wall outlet?	Plug the AC adapter into wall outlet.
	Is the AC adapter is not plugged into the unit?	Plug the AC adapter into the unit.
	Console harness is not connected correctly.	Verify console was connected correctly during the assembly process.
	Defective console	Call the local distributor.
Strides/Min or Speed constantly displays zero.	Console is not receiving a signal from the sensor.	Make sure the sensor magnet is correctly installed into the unit and passes by the sensor.
		Make sure the gap between sensor and the sensor magnet is 3mm or less.
		Make sure that all the wires are connected properly.
		Make sure that the wires are not damaged.
	The sensor could be defective.	Call the local distributor.
	The console could be faulty.	Call the local distributor.
No heart rate signal or incorrect heart rate signal	The console is receiving a faint or intermittent pulse signal.	Make sure the pulse wires are firmly connected.
		If problem still exists, call the local distributor.
Unusually loud noise coming from the gear box when resistance is changed.	Gears in the gear box are not meshing correctly.	Try alternating between hi and low resistance.
		If problem still exists, call the local distributor.
"E-2" is displayed in the top right window.	Console harness is not connected correctly.	Verify console was connected correctly during the assembly process.
	Gear box is defective.	Call the local distributor.

OSD Instruction

Overview

OSD Button

POWER KEY
The screen will automatically display when power on, press POWER KEY to select power on or off.

OSD Key

1. The DISPLAY button is used to toggle between the 2 different display modes. (digital TV → GAME (OPTION → digital TV), refer to page.10 for more information.
2. Under STOP, press OSD KEY to show "START→ STOP", refer to page.8 for more information.

Display Key
The DISPLAY button is used to toggle between the 3 different display modes. (Computer→digital TV→manual→computer), refer to page.10 for more information.

Volume + / -
 Use these buttons to adjust the audio volume (0 -30).

Display KEY:
Press DISPLAY KEY can get 3 different displays:

First one is Exercise mode display
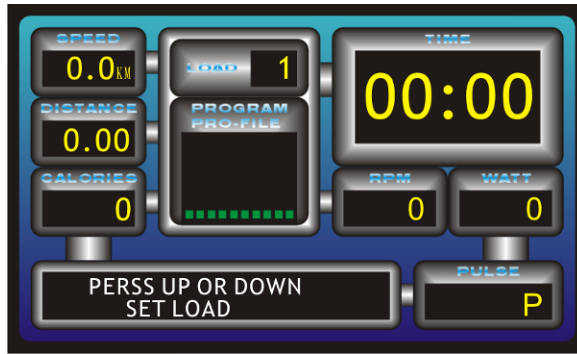
OSD+Digital TV: 2nd one is Exercise mode + digital TV

Instruction : 3rd one is Instruction manual display

Console appearance
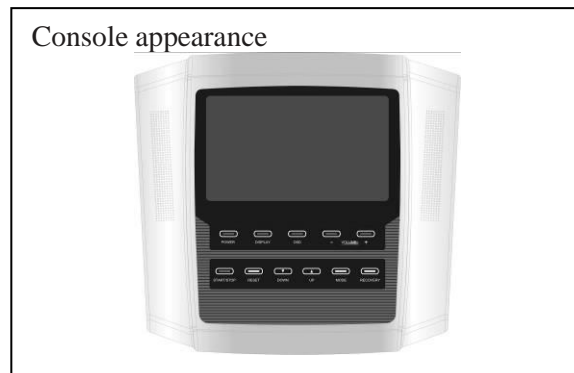
OSD KEY:

Press OSD Key can get two displays, as follows:

Digital TV + Computer display

GAME (OPTION) + Computer display

Digital TV

Remote Control instruction:

1.Power On/Off
2.Video Shift
3.Mute
4.Digits
5.Status / Information
6.Program
7.Menu
8.Escape / Exit
9.Channel (Up) ／
  Select (Up)
10.Volume (Down)／
  Select (Right)
11.Volume (Up)／
  Select (Left)
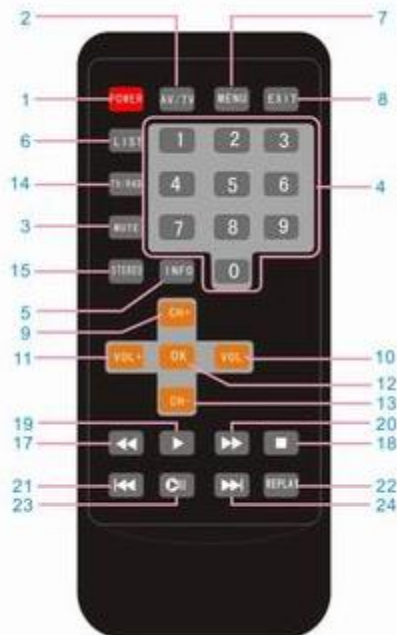
12.OK
13.Channel (Down) ／
  Select (Down)
14.DTV／DAB Shift
15.Audio (Left／Right Shift)

17.Backward
18.Stop／Record
19.Play
20.Forward
21.Last Page
22.Replay Mode
23.Image Still
24.Next Page

Function – Digital TV:
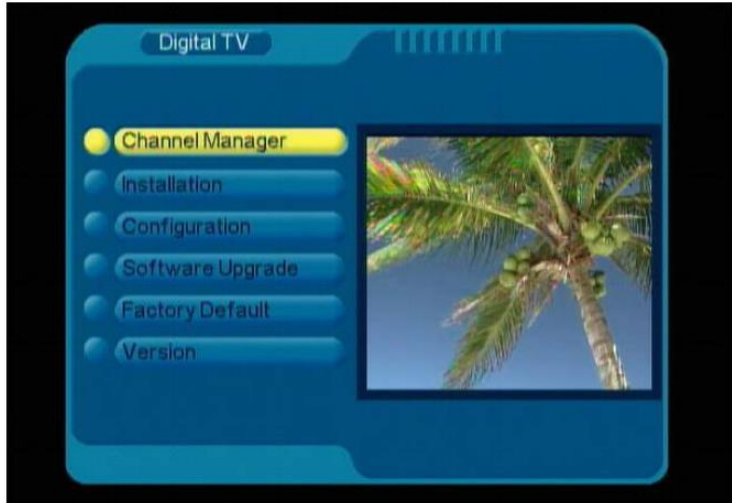
A. Select Digital TV and press OK to enter Digital TV mode. Press Status / Information key to view operation description. There are items about channel management as follows.

B. Channel Manager: Channel Organizer, Channel Sorting, Channel Grouping, Edit Channels and Delete All.

C. Installation: Area Search, Manual Search and Auto Search.

D. Configuration: OSD, TV, System Setup, Time, Wakeup Timer and Parental Lock.

E. Software Upgrade: Use the item to upgrade software when the vendor updates or corrects software.

F. Factory Default: Use the item to return to preset when the user operates incorrectly.

G. Version: Use the item to confirm software version before software upgrade and confirm whether software is upgraded after upgrading software.

Digital TV (Program management) :

Program Management Menu
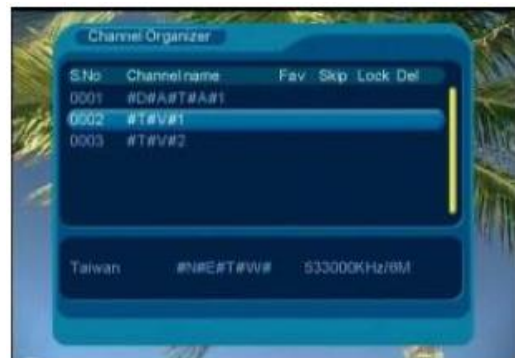
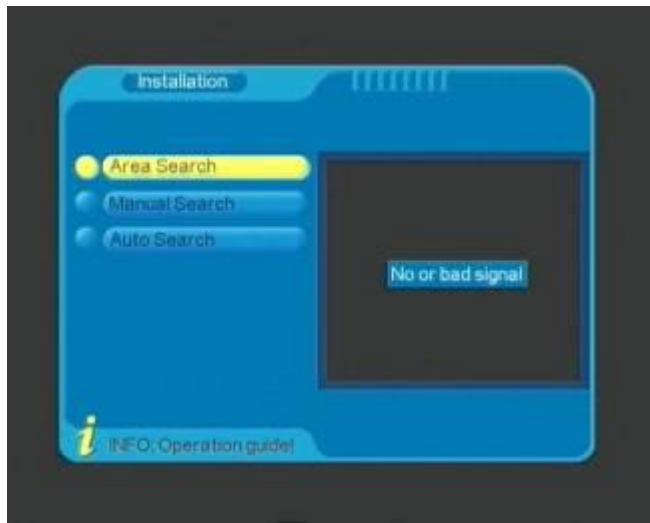(1) Program Setting

(2) Program Group
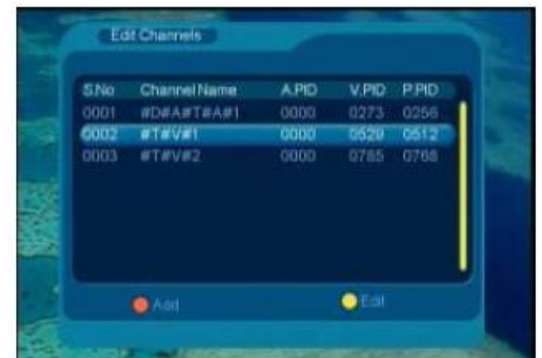
(3) Edit Program
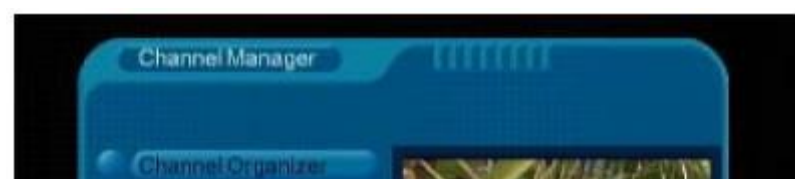
(4) Delete All Program: must enter password
Preset password: 0000.
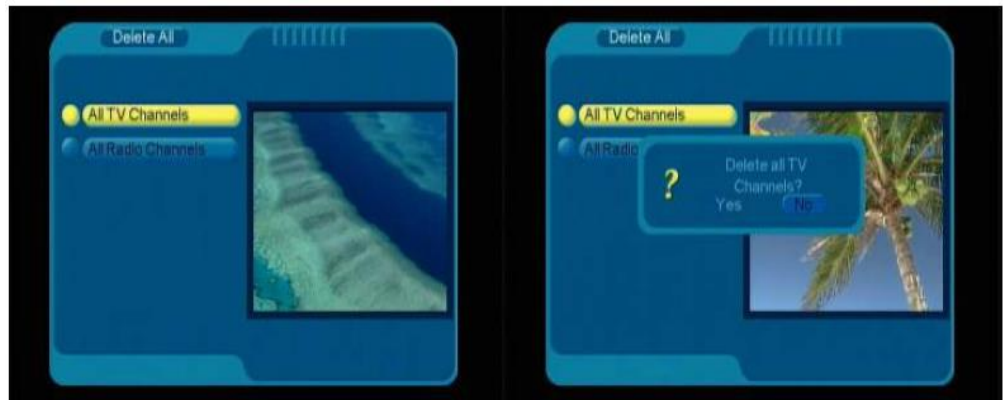
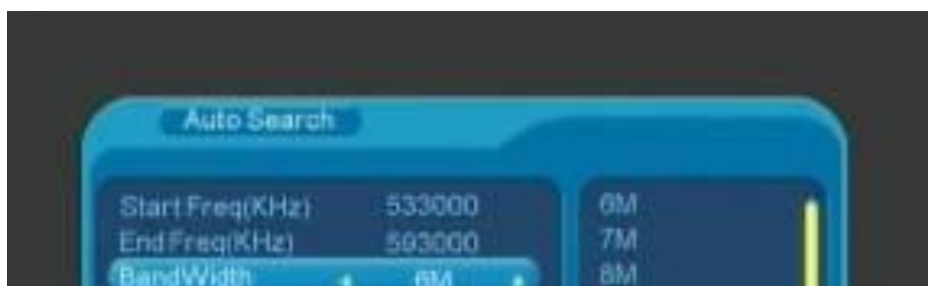(6)Select all TV program, press confirm key to delete all digital TV channel.
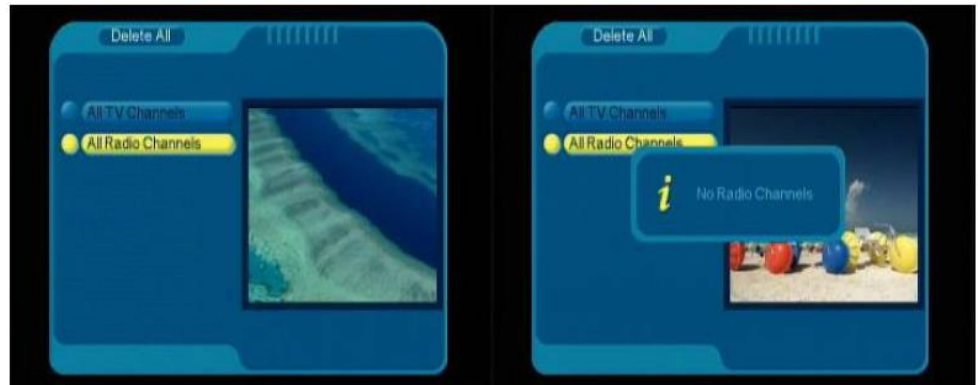
(7) Select all radio program, press confirm key to delete all radio program channel.

Select area searching, press confirm key to run.

Manual Search: use Manual Search to search one particular frequency.

Auto Search: Key in beginning frequency and ending frequency and bandwidth before searching frequency range.

When play searching display as above, wait % run completed, it finished searching.

Function Menu Setup － OSD (System Setup):

Configuration Menu – OSD
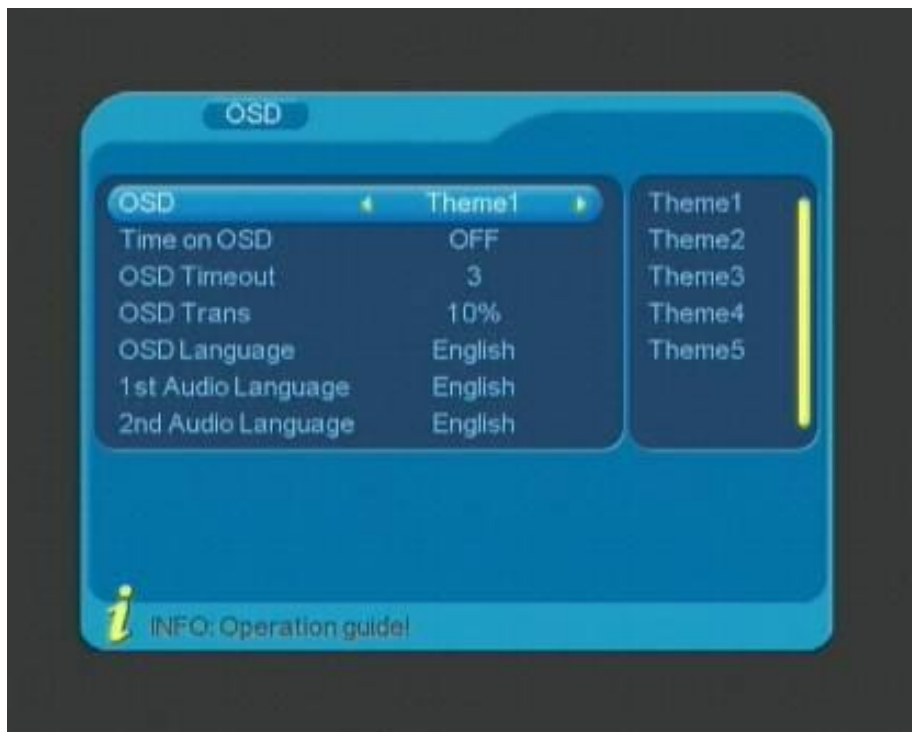
Screen Setting
OSD: Setup color or theme of OSD (5 options).）
Time on OSD: Show live time at right up corner.
OSD Timeout: Change time of OSD (6 options).
OSD Trans: Setup transparent OSD or opaque OSD (7 options).
OSD Language: Setup OSD language (14 languages).
1st Audio Language: Main language (13 languages).
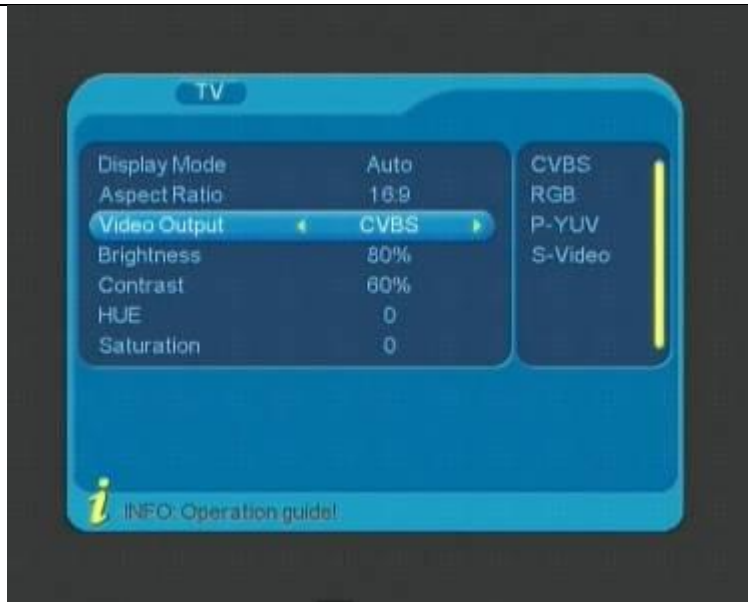2nd Audio Language: Secondary language (13 languages).
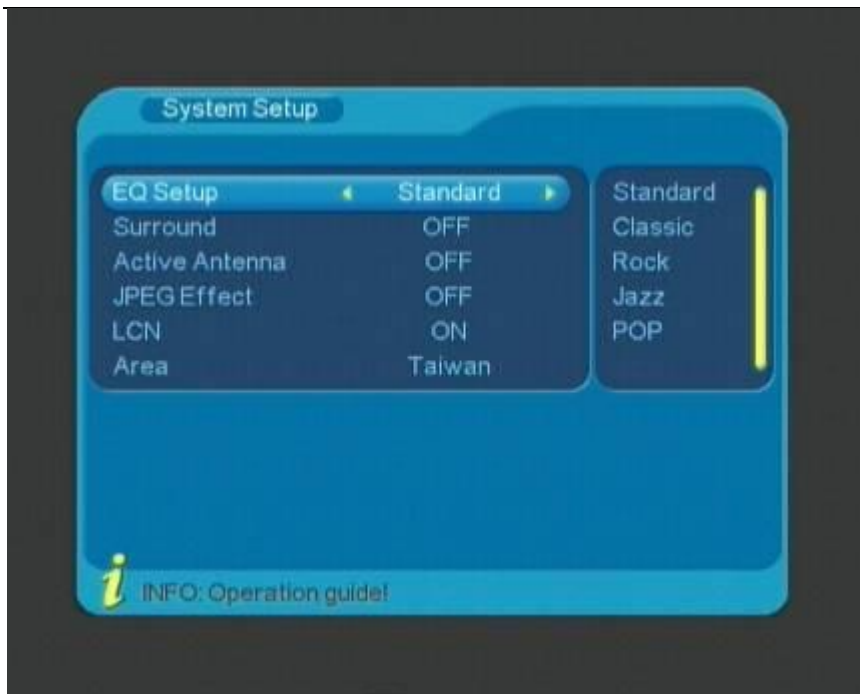
Configuration Menu – TV

Display Mode: Auto, PAL or NTSC.

Aspect Ratio: 4:3LB, 4:3PS or 16:9. Setup in accordance with the screen.

Video Output: CVBS,RGB,P-YUV or S-Video.
Brightness, Contrast, HUE and Saturation: Setup in accordance with personal
preference and environments.

Configuration Menu – System Setup
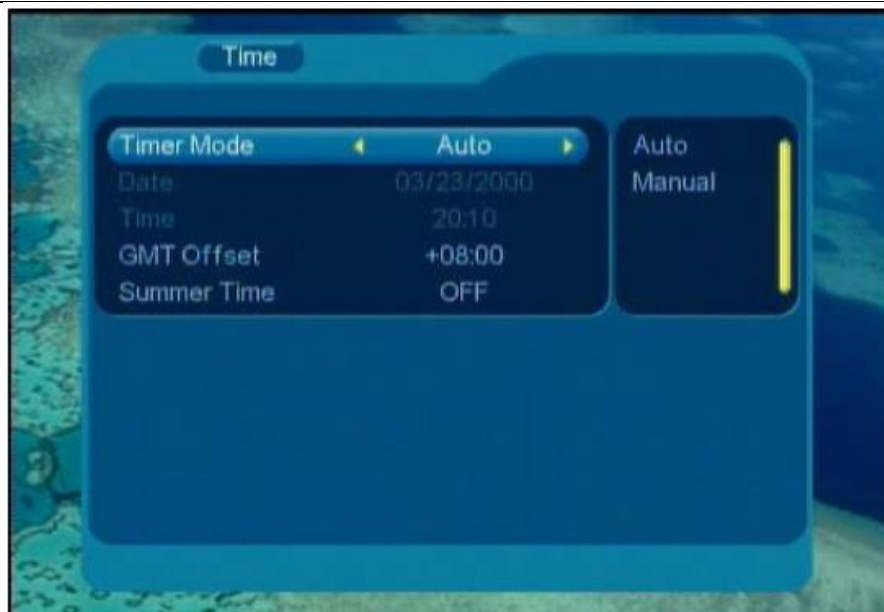EQ Setup: Setup audio style (5 options).

Surround: Setup audio surrounding (5 options).
Active Antenna: Switch On to use active antenna or switch off to use passive
antenna. The preset is on.
JPEG Effect: ON/OFF
LCN: ON/OFF
Area: 13 countries to choose. After setting up area, use Installation – Area Search
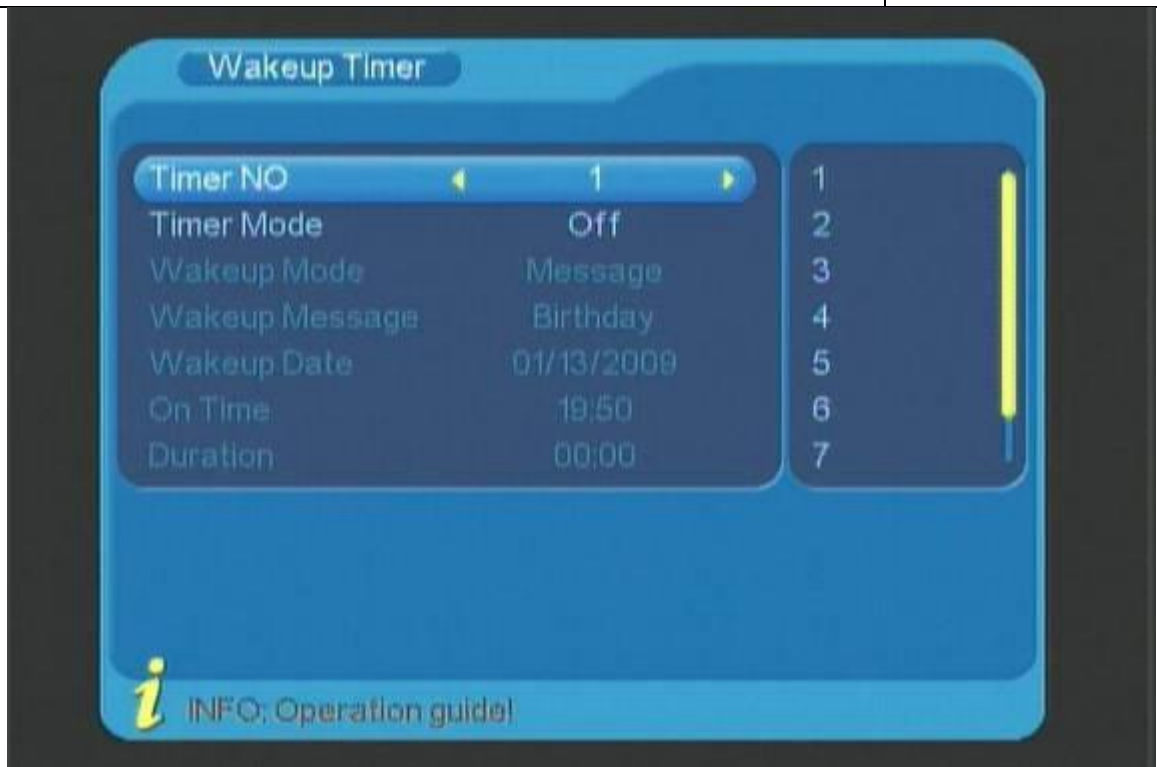and it will search frequencies or signals in accordance with the area.

Auto: Setup up time zone and daylight saving time.

Time: Auto or Manual. Setup up time in accordance with preference
and location.

————————Manual: Setup date and time.

Wakeup Timer

Parents Lock Setting: Preset security code is 0000.

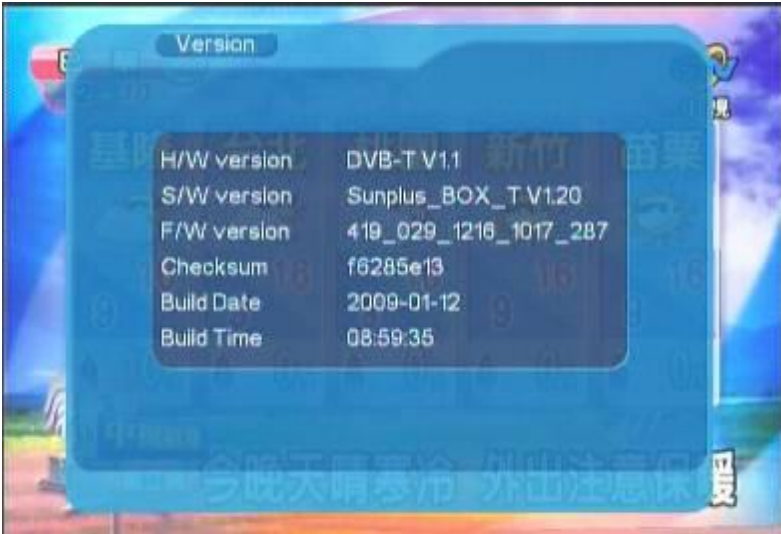# Function Menu Setup – DTV (Software Upgrade):

The item needs USD storage device and update software.

Function Menu Setup – DTV (Preset):

Select the item, a dialog box pops up. It asks if the user wants to return to preset, if the user answers "Yes", all settings return to preset.

F   ion):

Use the item to identify software version.

Function Menu Setup – Movie, Music and Photo:

*To use these items needs USB storage device and related application program. Besides, USB device must be FAT format.。
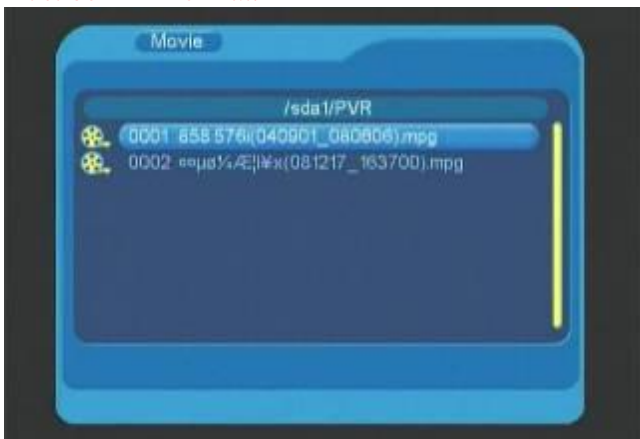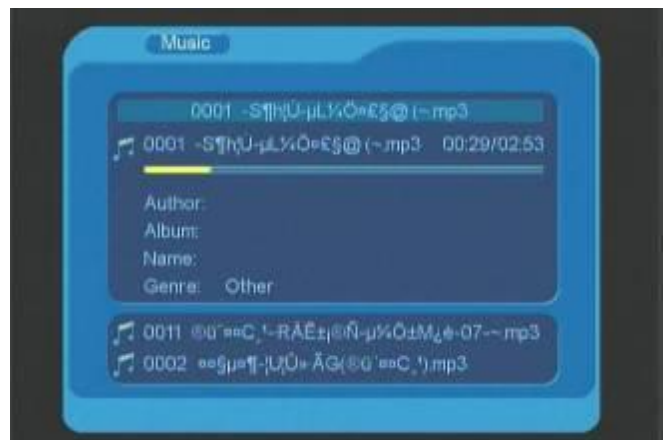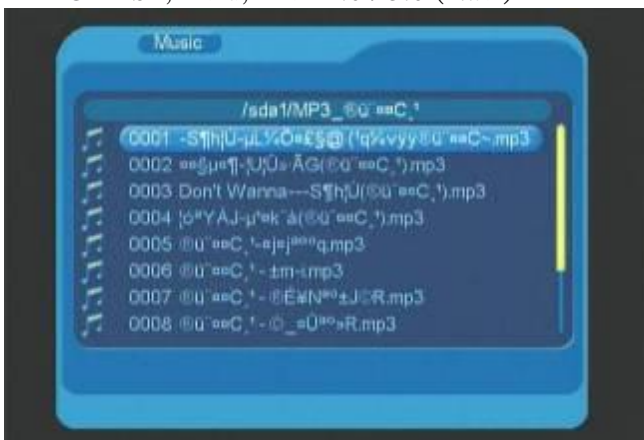

Video format is as follows.

In playing movie

MPEG1 (*.dat / *.mpg)

MPEG2 MP@ML (*.dat / *.mpeg / *.vob)

MPEG4 ASP, Xvid, Divx 4.0 / 5.0 (*.avi)

There are two music formats.　LPCM and PCM (*.wav)

In playing music

MPEG 1/2 LAYER 1/2/3 (*.mp3)

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There is only one photo format, JPEG (*.jpg)   In displaying photo

Troubleshooting

Symptom	Possible Cause	Troubleshooting
No Image	Is the power cord is not plugged into the wall outlet?	Plug the power cord into wall outlet.
	Is the power cord connecting to the correct position?	Plug the power cord into the correct unit.
	Is the power on?	Make sure the power supplies voltage to computer.
	Defective Computer	Call the local distributor.
No Audio	Is the power cord is not plugged into the wall outlet?	Plug the power cord into wall outlet.
	Is the power cord connecting to the correct position?	Plug the power cord into the correct unit.
	Is the power on?	Make sure the power supplies voltage to computer.
	Is the volume turn to "0" ?	Use Volume +/- Key to adjust volume.
	Defective Computer	Call the local distributor.
GAME no working	No display/unstable display	Restart
	Defective Computer	Call the local distributor.
Use control pole,	Is the power cord connecting to the correct	Plug the power cord into the correct unit.

display no working	position?	
	Defective Computer	Call the local distributor.