USER MANUAL – EN

Exercise Computer

BUTTONS

Hold on, press the button to clear all the exercise value.

Press to select each function of: TIME, SPEED, DISTANCE, CALORIES, PULSE (displaying on the monitor).

FUNCTIONS

SCAN	The monitor will scan each function data of time, speed, distance, calories and pulse automatically every 6 seconds.
SPEED	The monitor will display current training speed.
TIME	Accumulated working time in range up to 99:59.
DISTANCE	Accumulated training distance in range from 0 up to 999.9 km (ml)
CALORIES	Accumulated calories consumption during training in range from 0 to 999.9 cal. This value is only indicative without any medical validity. Use it only as comparison among different workouts.
PULSE	It displays the users pulse.

NOTE:

- If there is no button activity or incoming training signal within 4 minutes, the monitor shuts off automatically. All training data will be kept. To wake up the monitor, press any button or start exercise directly.
- If the monitor displays incorrectly, try to replace the batteries to rectify it.
- Battery specification: 1.5V UM-3 or AA (2 pcs)