

# EXERCISE MONITOR INSTRUCTION MANUAL

## (For Laubr Motion Bike III Exercise Bike)



### THE THINGS YOU SHOULD KNOW BEFORE EXERCISE

**USER DATA:** You should input your personal data before workout. Press MEASURE key to enter the setting mode of sex, age, height and weight. The computer will save these data until batteries are taken out.

**ON/OFF:** To activate the display, press any button of the computer. The display will enter into sleep mode if there is no signal input or no key pressed for 4 minutes.

### KEY FUNCTIONS

There are 5 functional buttons:

**RECOVERY:** Press this button to measure your fitness level.

**MEASURE:** Press this button for the setting of your personal data and measuring your BMR, BMI and FAT%.

**MODE:** Press this button to confirm the settings and switch between exercise data. Hold this button to clear all exercise data to zero.

**DOWN:** Press this button to increase the value of the chosen parameter.

**UP:** Press this button to decrease the value of the chosen parameter.

### FUNCTIONS AND FEATURES

**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 may also program your computer to count down from a set value by using UP and DOWN keys from 1:00 to 99:00. If you continue exercising once the time has reached 0:00, the computer will begin beeping and then count up from 0:00.

**SPEED:** Displays your workout speed value.

**DISTANCE:** Displays the accumulative distance traveled during each workout up to a maximum of 999.9KM/MILE. You may also program your computer to count down from a set value by using the UP and DOWN keys from 1:00 to 999:0. If you continue exercising once the distance has reached 0:00, the computer will begin beeping then count up from 0:00.

**CALORIES:** Your computer will estimate the cumulative calories burned at any given time during your workout. You may also program your computer to count down from a set value by using the UP and

DOWN keys from 10:0 to 9990. If you continue exercising once calories has reached 0:0, the computer will begin beeping then count up from 0:0.

**PULSE:** The computer displays your pulse rate in beats per minute during your workout. You can set T.H.R. mode, in which the display switches between the current and preset heart rate for your information.

**SCAN:** After starting the exercise, the computer will automatically scan between the following exercise parameters: TIME – SPEED – DIST – CAL – PULSE. You can use MODE button to choose the desired parameter.

**PULSE RECOVERY:** After finishing your training stage, leave the hands holding on pulse sensors in handlebars and then press RECOVERY key – all functions will stop displaying except TIME. Time starts counting down from 1:00 - 0:59 - - to 0:00. 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 “- - -” on the PULSE window. If the computer shows “Err” on the message window, please re-press the PULSE RECOVERY key and make sure your hands are keeping well on the grips.

**MEASURE:** Press MEASURE key to activate this function. Then you will need to set your personal data: sex (options: male/female), age (range: 10-99), height (range: 130-200), weight (range: 20-150). Use UP and DOWN keys to set the value and MODE for confirmation. After setting all personal data, press MODE once again and grip pulse sensors in handlebars. Then the display calculates BMR (Basal Metabolic Rate), BMI (Body Mass Index) and FAT in %.

## **BATTERIES**

If improper display on monitor, please reinstall the batteries (AAA x 2) to have a good result.