

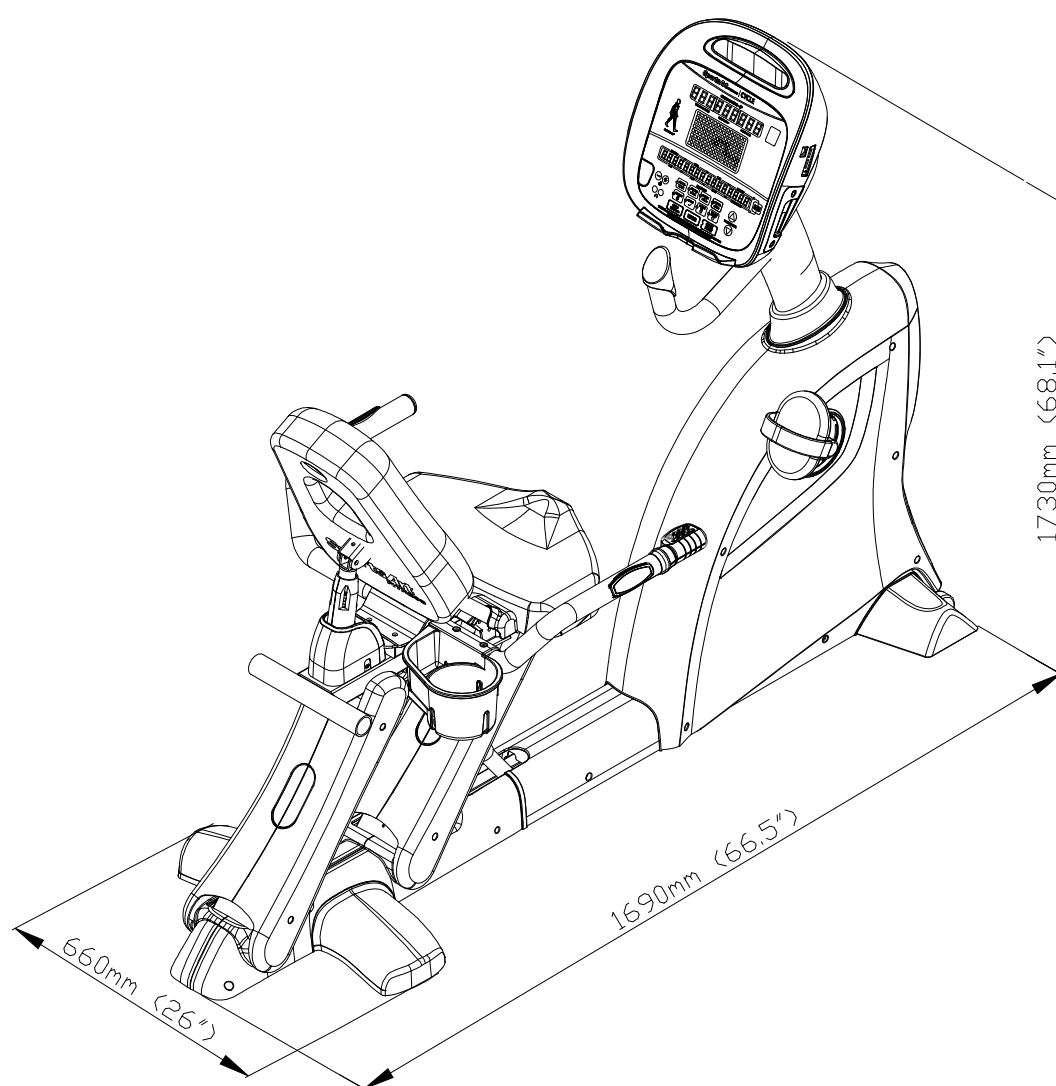
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1. INTRODUCTION

Congratulations on your purchase of one of the finest exercise products on the market today, the C545R recumbent exercise cycle. Constructed of high quality materials and designed for years of reliable usage, this product was made to become an integral part of your commercial fitness venue.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.



2. SAFETY PRECAUTIONS

Your SportsArt bike was designed and built for optimum safety. However certain precautions apply whenever you use your bike.

Please read the entire manual before assembly and operation. Also, please note the following safety precautions:

- Please read the instructions carefully and install the bike as instructed.
- Assemble and operate the bike on a solid, level surface. DO NOT use outdoors or near water.
- Never allow children on or near the bike.
- Check the bike before every use. Make sure all parts are assembled, and all fasteners are tightened. DO NOT use the bike if the unit is disassembled in any way.
- Keep your hands away from moving parts.
- Wear proper workout clothing; DO NOT wear loose clothing. DO NOT wear shoes with leather soles or high heels. Tie all long hair back. DO NOT go barefoot on this product.
- Be careful when mounting and dismounting the unit.
- The bike may or may not stop immediately if an object becomes caught or impedes normal motion.
- DO NOT use any accessories that are not specifically recommended by the manufacturer. Such parts might cause injuries or cause the unit to fail.
- Close supervision is necessary when this bike is used by, on, or near children, invalids, or disabled persons.
- Use this bike only for its intended use as described in this manual.
- Never operate this bike if it has been damaged in any way. If it is not working properly, or has been dropped or damaged, contact your dealer.
- Keep all air ventilation areas free of blockage.
- Never drop or insert any object into any opening.
- DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
- The general user weight limit for this bike is 205kg (450lb). Note that at resistance level 40 this product meets standards for users of up to 150kg (330lb).
- This bike is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of this bike by a person responsible for their safety.

2. SAFETY PRECAUTIONS (CONTINUED)

Caution

If you feel any pain or abnormal sensation, STOP YOUR WORKOUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion.

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

Note: This equipment has been tested and found to comply with the limits for a digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the user desires to correct such interference, it is at the user's own expense.

Warning

Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, stop exercise immediately and consult a medical physician.

2. CONSIGNES DE SÉCURITÉ

- Votre vélo SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre vélo de course.
- Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:
- Veuillez lire attentivement les instructions et installer le vélo de course selon les instructions.
- Assemblez et faites fonctionner le vélo sur une surface solide et plane; NE PAS l'utiliser à l'extérieur ou près de l'eau.
- En aucun cas, ne laissez des enfants à proximité ou sur le vélo.
- Vérifiez le vélo de course avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées, et que tous les éléments de fixation sont serrés. NE PAS utiliser le vélo de course si l'appareil est démonté de quelque façon.
- Gardez vos mains loin des pièces mobiles.
- Portez des vêtements d'entraînement appropriés; NE PORTEZ PAS de vêtements amples. NE PORTEZ PAS de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs. Ne marchez pas pieds nus sur l'appareil.
- Soyez prudent lors du montage et démontage de l'appareil.
- Le vélo peut s'arrêter ou ne s'arrêter pas immédiatement si quelque chose obstacle le mouvement.
- NE PAS utiliser d'accessoire non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.
- Une surveillance étroite est nécessaire quand le vélo est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Utilisez le vélo de course uniquement pour l'usage prévu dans ce manuel.
- N'utilisez jamais le vélo de course s'il a été endommagé de quelque façon que ce soit. S'il ne fonctionne pas correctement, ou s'il est tombé ou endommagé, contactez votre vendeur.
- Veillez à ce qu'aucun orifice de ventilation ne soit obstrué.
- Ne faites jamais tomber ou n'insérez jamais d'objet dans les orifices.
- NE PAS l'utiliser là où des produits aérosols (vaporisés) sont utilisés ou lorsque de l'oxygène est administré.
- La limite de poids de l'utilisateur pour cet vélo est de 205 Kgs (450 lbs). Remarquez que la résistance de 40 convient jusqu'à 150kgs (330 lbs).
- NE PAS transporter le vélo de course par le cordon d'alimentation et n'utilisez pas le cordon comme poignée.
- Maintenez le cordon éloigné de toute surface chaude.
- Débranchez l'appareil de la prise avant l'entretien ou la suppression de toute pièce.
- Pour diminuer le risque de choc électrique, débranchez toujours ce vélo de course de la prise de courant, immédiatement après utilisation et avant le nettoyage.

2. CONSIGNES DE SÉCURITÉ (SUITE)

Ce vélo n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de ce vélo par une personne responsable de leur sécurité. Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le vélo.

ATTENTION

Si vous ressentez une douleur ou si vous avez une sensation anormale, **ARRÊTEZ VOTRE ENTRAÎNEMENT** et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. **NE PAS** s'entraîner jusqu'à l'épuisement.

Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet.

Remarque: Ce matériel a été testé et déclaré conforme aux normes des appareils digitaux de, conformément à la partie 15 du Règlement de la FCC. Ces limites sont conçues pour offrir une protection raisonnable contre les interférences nuisibles dans une installation résidentielle. Cet appareil génère, utilise, et peut diffuser des signaux radioélectriques, et, s'il n'est pas installé et utilisé conformément aux instructions, peut provoquer des interférences nuisibles aux communications radio. Cependant, il n'y a aucune garantie que des interférences ne se produiront pas dans une installation particulière.

Si l'utilisateur désire corriger les interférences, ces corrections seront à la charge de l'utilisateur.

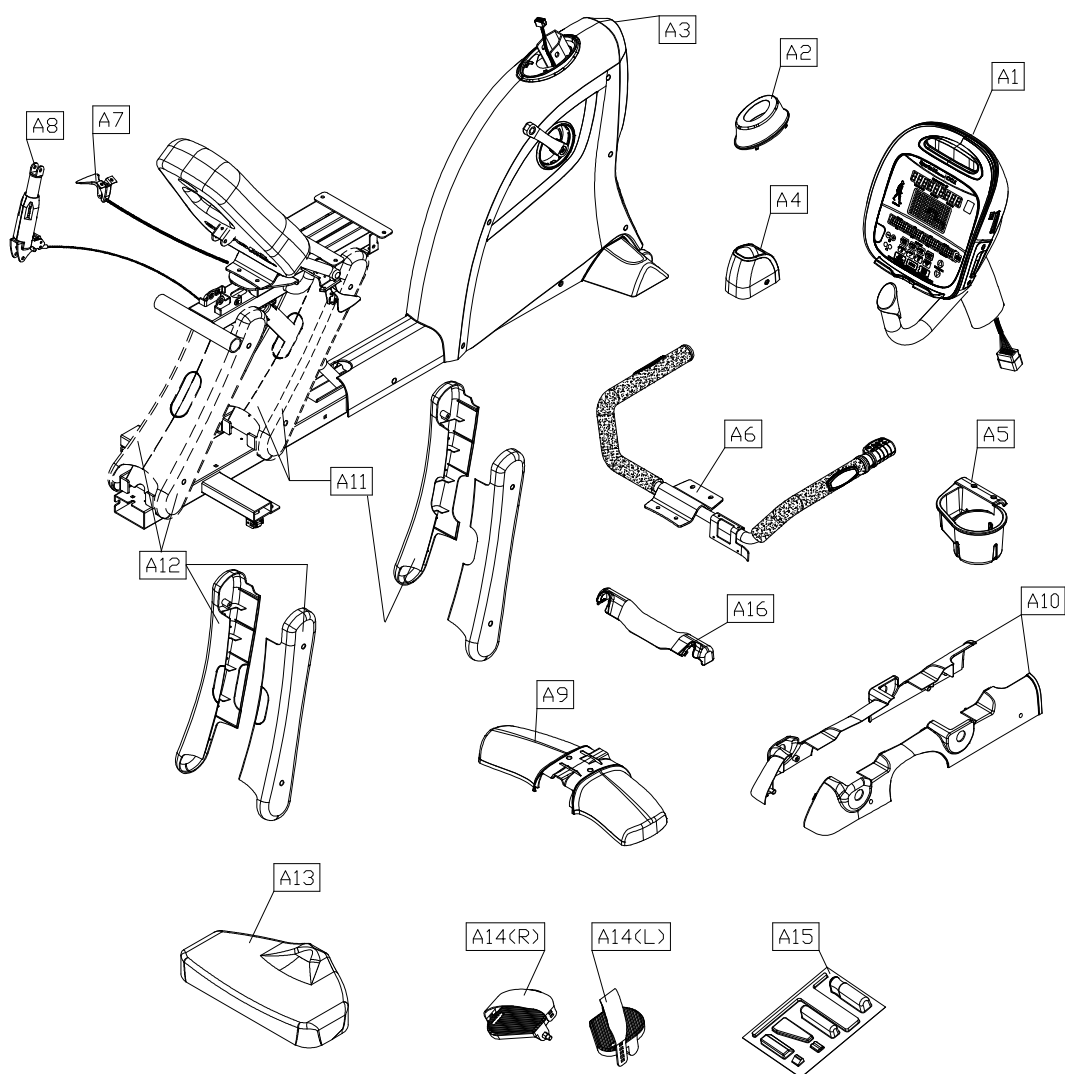
Dans ce manuel, les mots "gauche" et "droit" sont utilisés en référence aux pièces et au produit. Comme tels, les mots "gauche" et "droit" font respectivement référence aux côtés gauche et droit de l'exerciseur. De même pour plus de concision, le mot est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

ATTENTION!

Les systèmes de surveillance de la fréquence cardiaque peuvent s'avérer imprécis. Un entraînement excessif risque de nuire sérieusement à la santé ou d'entraîner la mort. En cas d'étourdissement, arrêtez immédiatement l'entraînement.

- Un branchement incorrect du connecteur de mise à la terre de l'équipement risque d'entraîner un choc électrique. En cas de doute sur la mise à la terre correcte de vélo, faites appel à un technicien ou un électricien qualifié. **NE PAS** modifier la fiche fournie avec l'elliptique, si elle ne correspond pas à la prise, faites installer une prise adéquate par un technicien qualifié.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le vélo.

3. LIST OF PARTS



Assembly Parts					
No.	Name	Qty.	No.	Name	Qty.
A1	Pedestal and display	1	A9	Back foot cover	1
A2	Pedestal collar	1	A10	Left/right horizontal cover	1
A3	Main frame and body	1	A11	Left/right seat support cover (front have cut-away for Seat carriage)	1
A4	Spring cover	1	A12	Left/right seat support cover (rear have no cut-away)	1
A5	Storage tray	1	A13	Seat bottom	1
A6	Handlebars	1	A14	Pedals	1
A7	Seat adjustment handle	2	A15	Hardware kit	1
A8	Gas spring	1	A16	Cover	1

3. LIST OF PARTS (CONTINUED)

Components in the Hardware Kit				
No.	Name	Qty.	Specification	Notes
21	Mushroomtop Phillips screw	12	M4*L16	
22	Screw socket	8		
23	Mushroomtop Phillips screw	2	M5*L12	
	Serrated washer	2	BW5 3/16	
24	Ground wire	1	Yellow/Green L1500	
	L-shaped Allen wrench	1	M5	
	L-shaped Allen wrench	1	M6	
	Double open-end wrench	1	13*15	
	Screwdriver handle	1	Green	
	Screwdriver shank	1	Flat and Phillips	

Components on the Product			
No.	Name	Specification	Notes
51	Gas spring set pin		
	R-clip		
52	Inner hex screw	M5*P0.8*L10	
	Spring washer	M5*t1.0	
53	Inner hex screw	M8*L20	
	Spring washer		
	Serrated washer	D18*d8.5*t2.0	
54	Mushroom top inner hex screw	M8*L20	
	Spring washer	M8*t2.0	
	Flat washer	D17*d8*t1.5	
55	Mushroomtop Phillips screw	M5*0.8*L12	
56	Mushroomtop Phillips screw	M4*L16	
57	Phillips screw	M5*P0.8*L15	

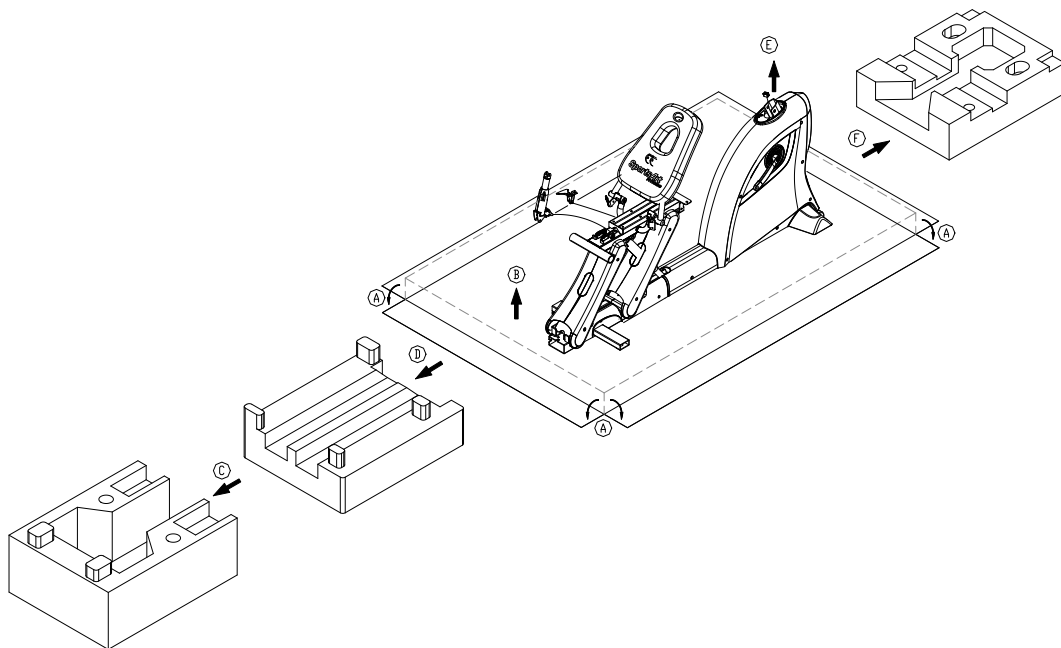
4. ASSEMBLE THE PRODUCT

Follow instructions below to assemble this product. Note that in this manual the words “left” and “right” are used to refer to the product and its parts. As such, these designations correspond to the “left” and “right” sides of a person in position to exercise on this product. Also, for brevity, the word “screws” is used where screws, washers, and other hardware may be involved.

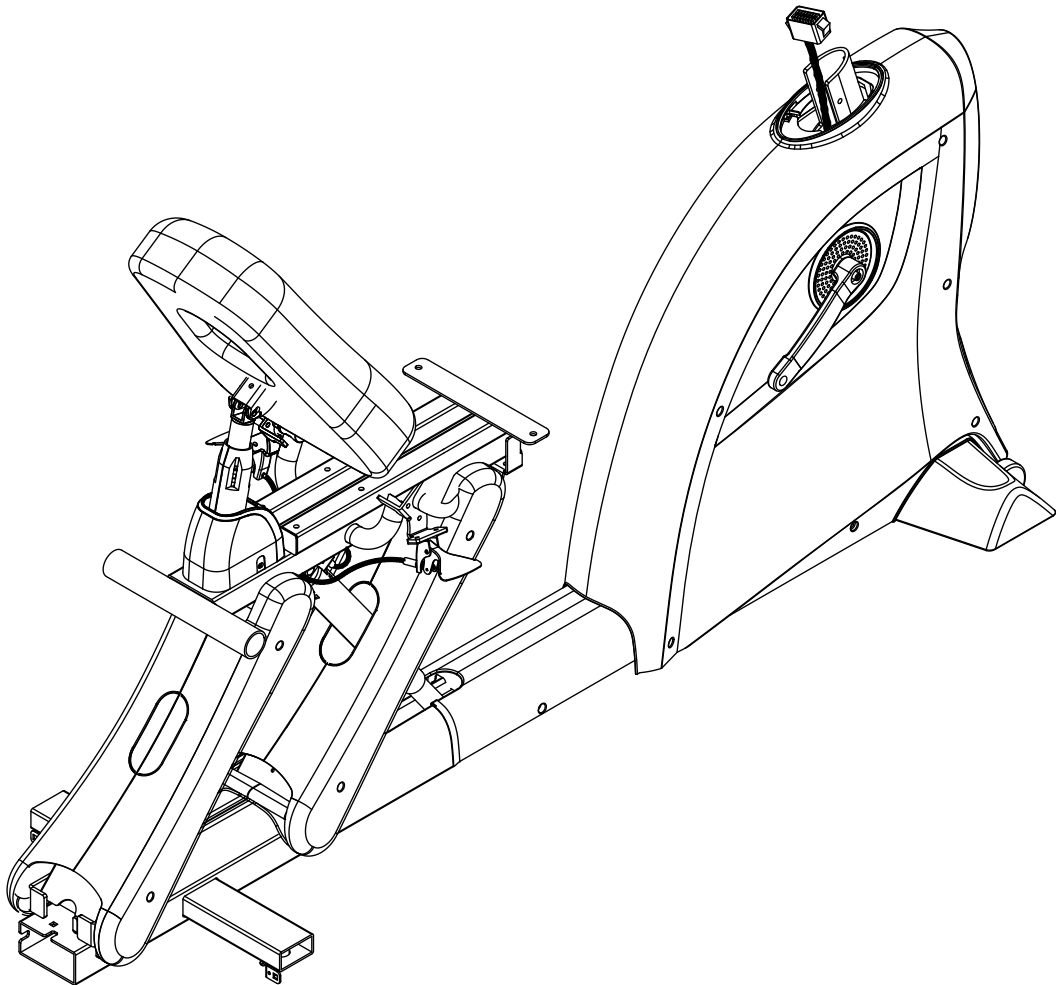
STEP 1 Separate the Product from the Packaging

Follow steps (a) through (f) to place the product on a flat sheet of cardboard for assembly.

- (a) Remove the packaging material and then cut the box flaps to lay them flat on the ground.
- (b) Lift the front of the bike.
- (c) Remove packaging material from the front part of the bike.
- (d) Lift the rear of the bike.
- (e) Remove packaging material from the rear of the box.
- (f) Remove packaging material from the center of the box.



STEP 2 Seat Back and Adjustment Handle Installation



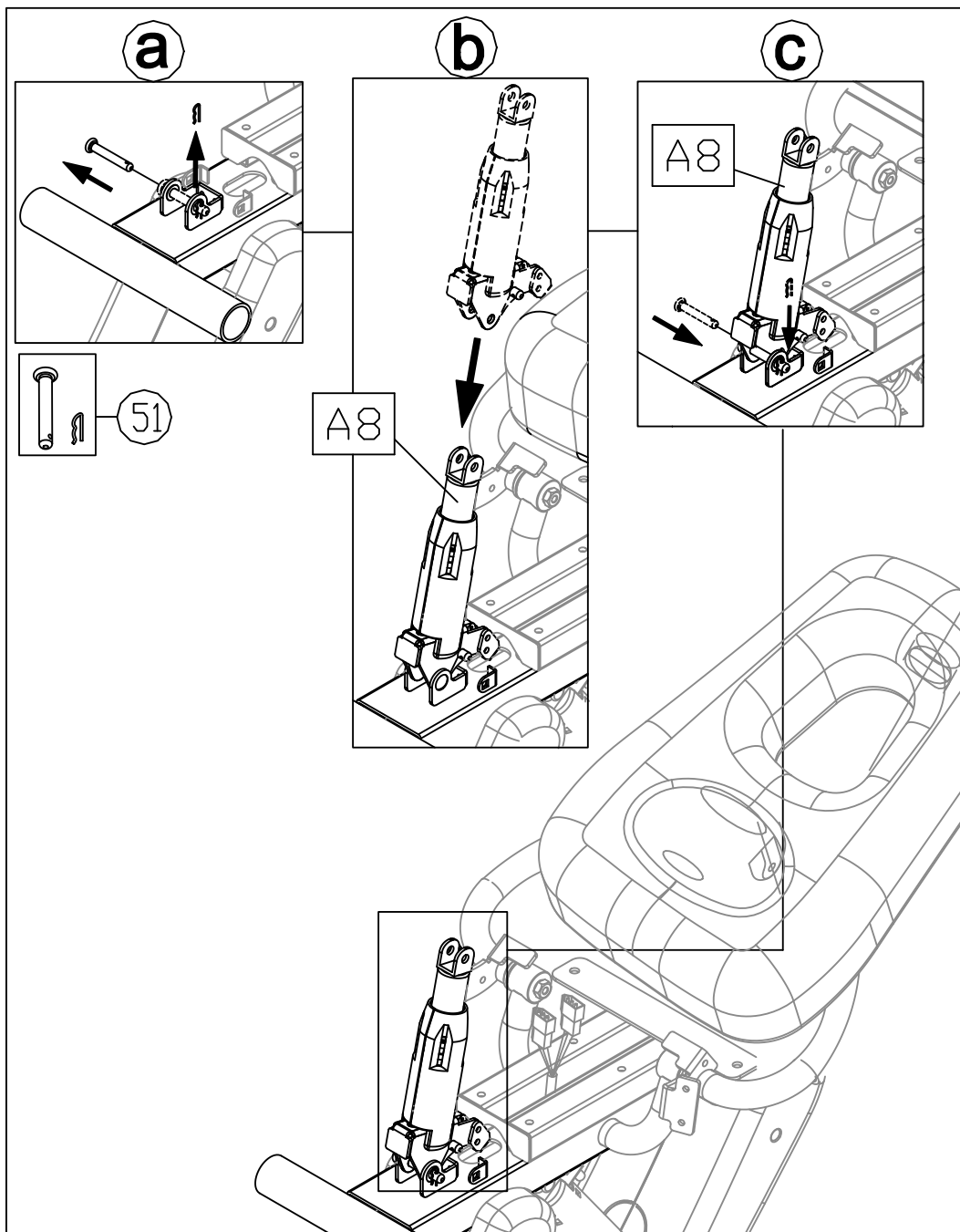
STEP 2 Seat Back & Adjustment Handle Installation (Cont.)

Follow steps (a) through (h) to install the gas spring and seat back.

(a) First, remove the gas spring set pin (51) from the product frame.

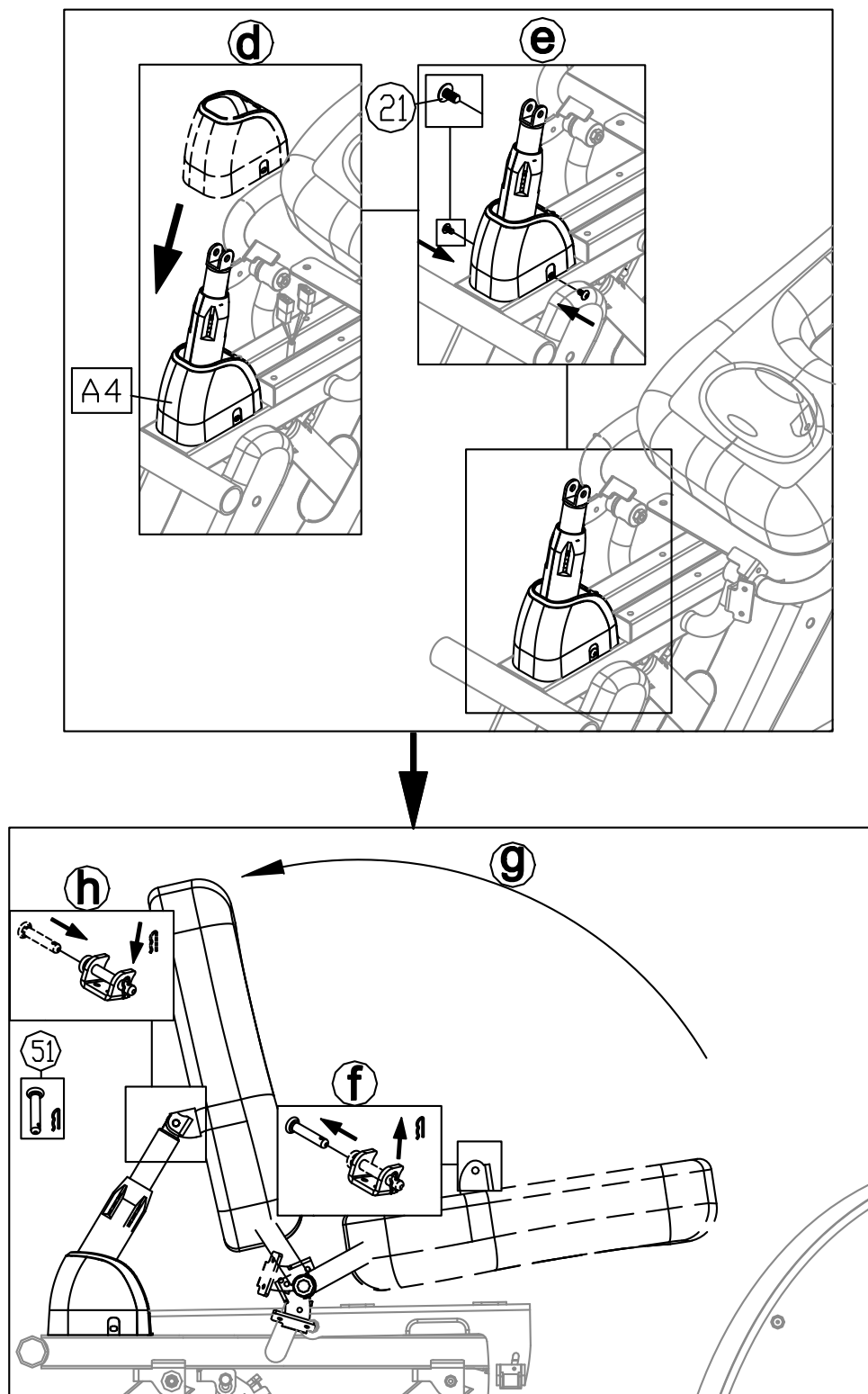
(b) Align the lower part of the gas spring (A8) with the pin hole in the frame.

(c) Insert the pin (51) through both the frame and the gas spring and secure it with the R-clip



STEP 2 **Seat Back & Adjustment Handle Installation (Cont.)**

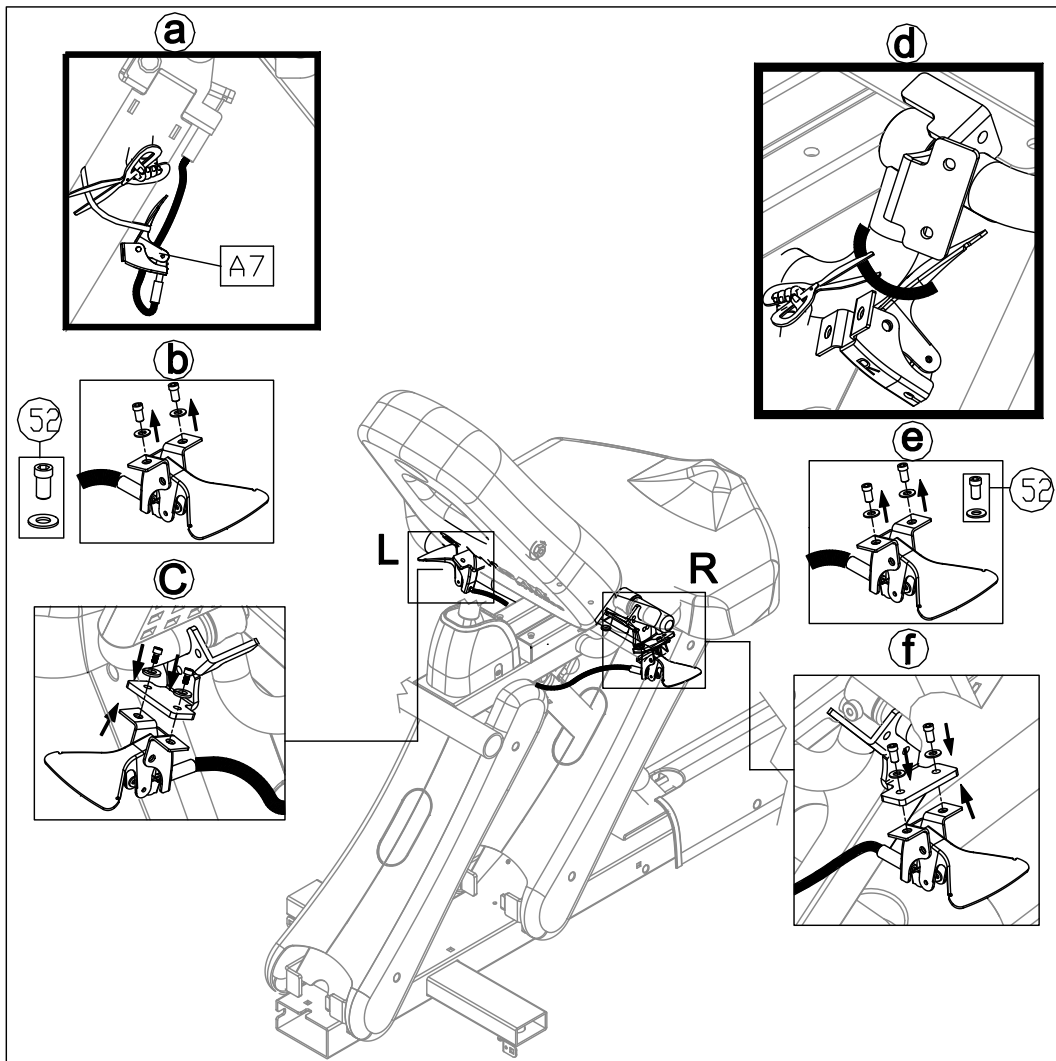
- (d) Insert the gas spring cover (A4) onto the gas spring.
- (e) Secure the cover screws (21).
- (f) Remove the gas spring set pin (51) and R-clip from the seat back frame.
- (g) Align the seat back frame and the gas spring upper connector.
- (h) Insert the set pin (51) and the R-clip to secure the seat back and gas spring.



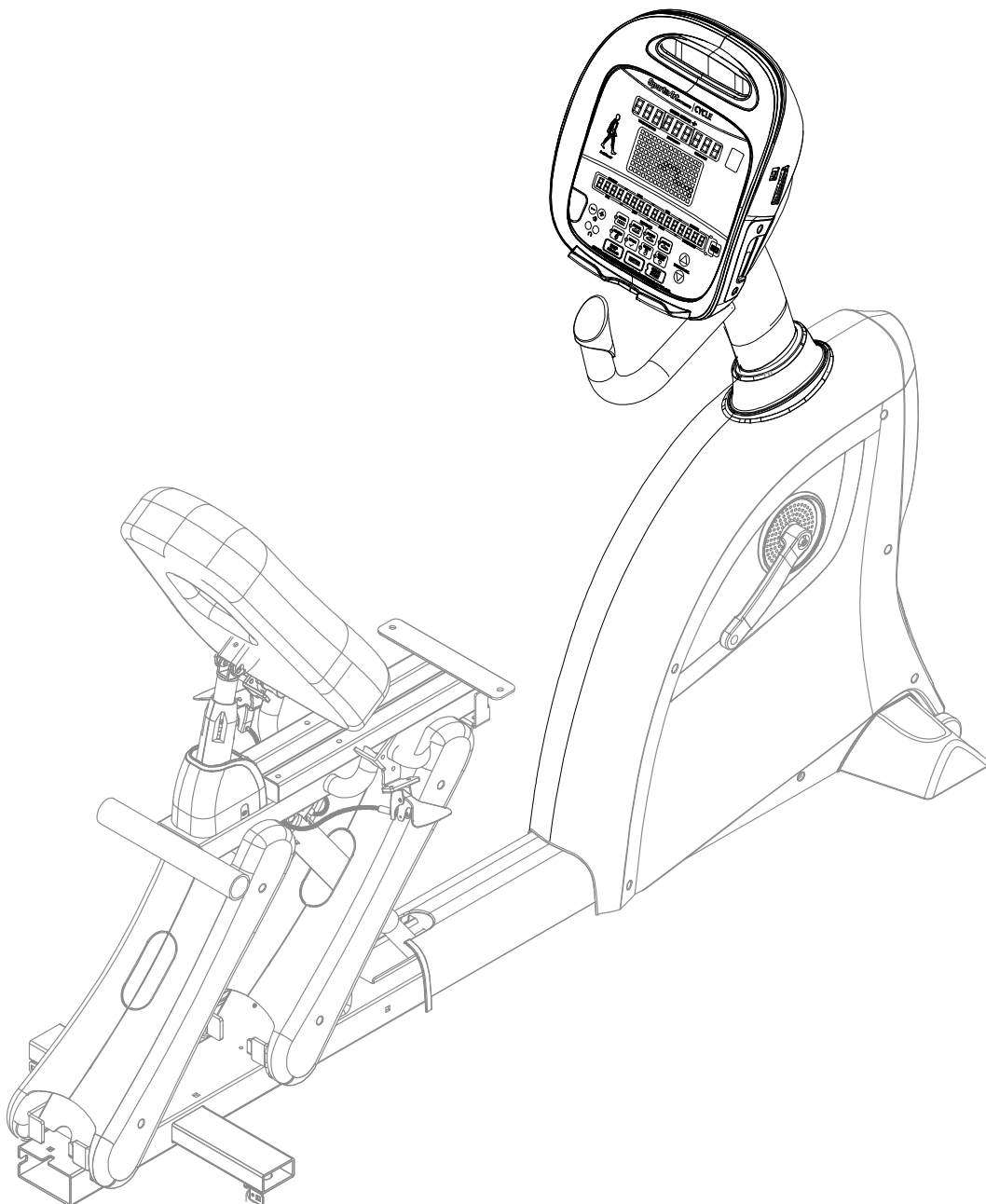
STEP 2 Seat Back & Adjustment Handle Installation (Cont.)

Follow steps (a) through (f) to install the seat adjustment handles.

- (a) Detach one seat adjustment handle (A7) from the top of the gas spring.
- (b) Remove screws (52) from the handle.
- (c) Hold the handle (A7) onto the left handle base. Secure it with screws (52).
- (d) Detach the other handle (A7) from the tube.
- (e) Remove screws from the handle (52).
- (f) Hold the handle (A7) onto the right handle base and secure it with screws (52).



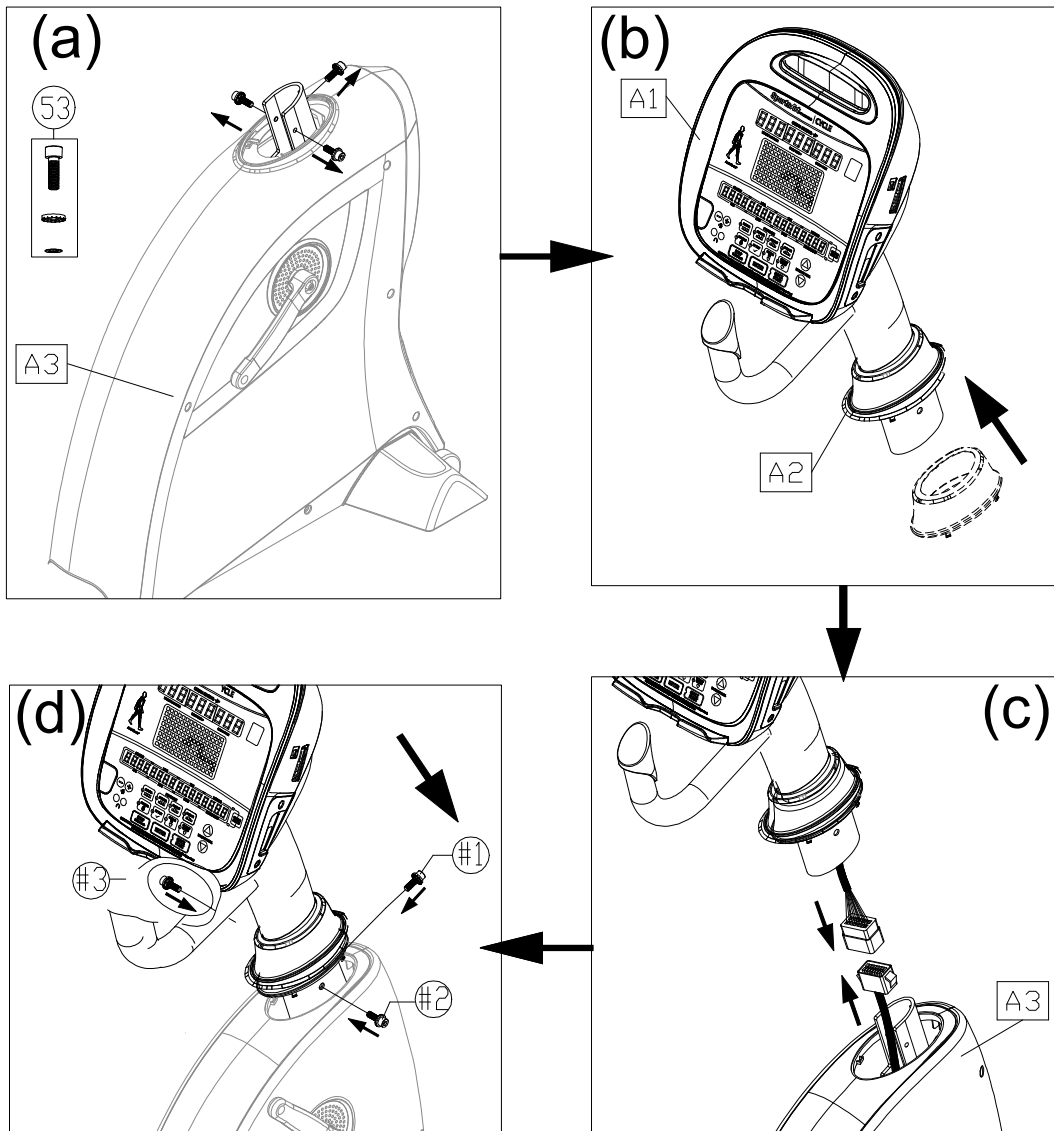
STEP 3 Pedestal and Display Installation



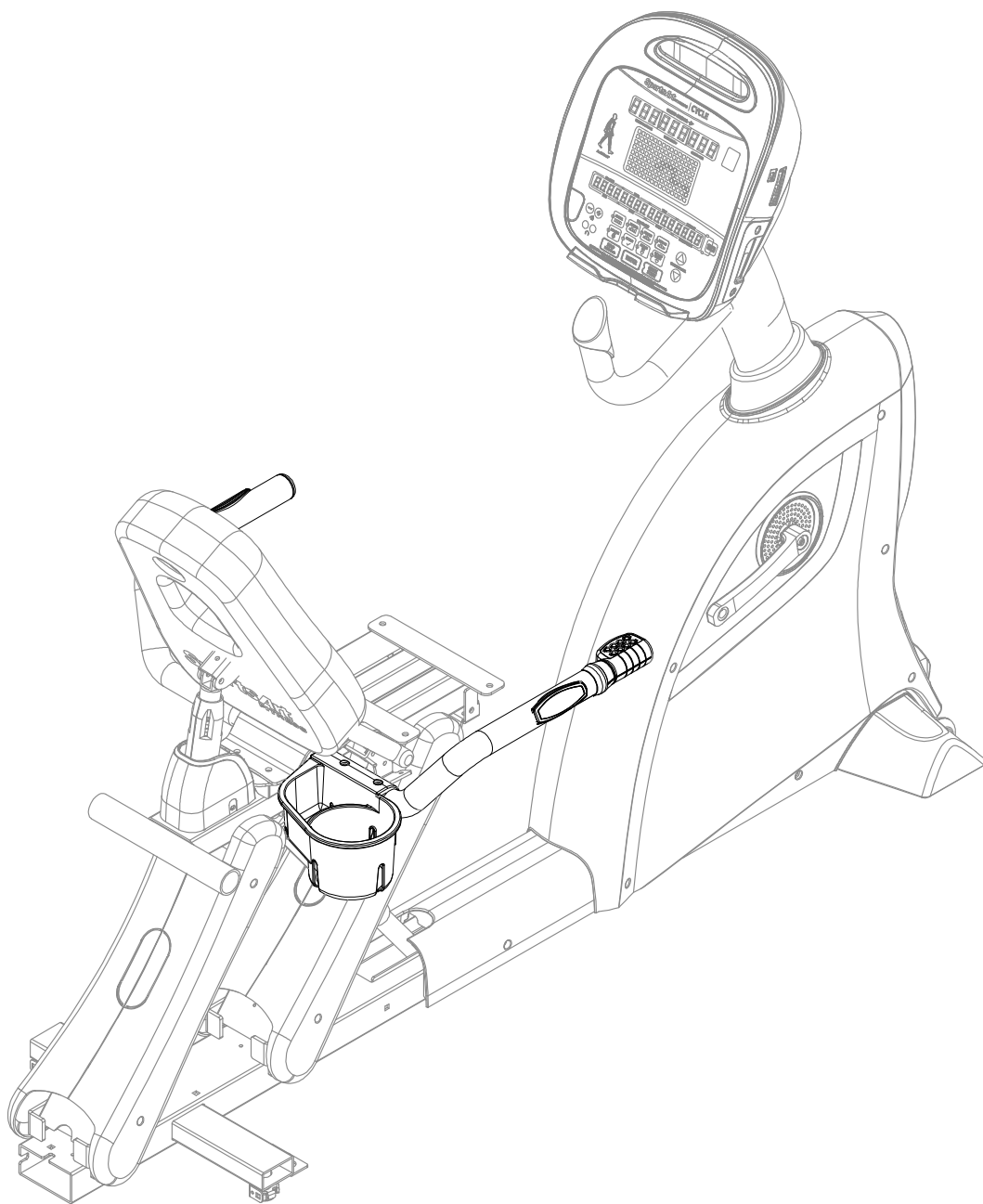
STEP 3 Pedestal and Display Installation (Continued)

Follow steps (a) through (d) to install the pedestal and display.

- (a) Remove screws (53) attached to the pedestal base.
- (b) Insert the pedestal collar (A2) onto the pedestal (A1).
- (c) Connect the data cables.
- (d) Insert the pedestal into its mount on the frame and then secure screws (53) in the following order: #1, #2, #3.

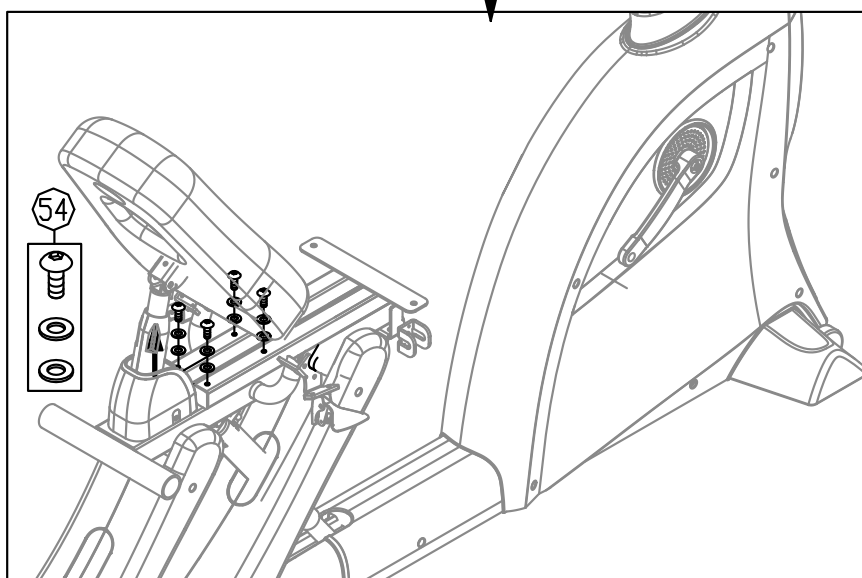
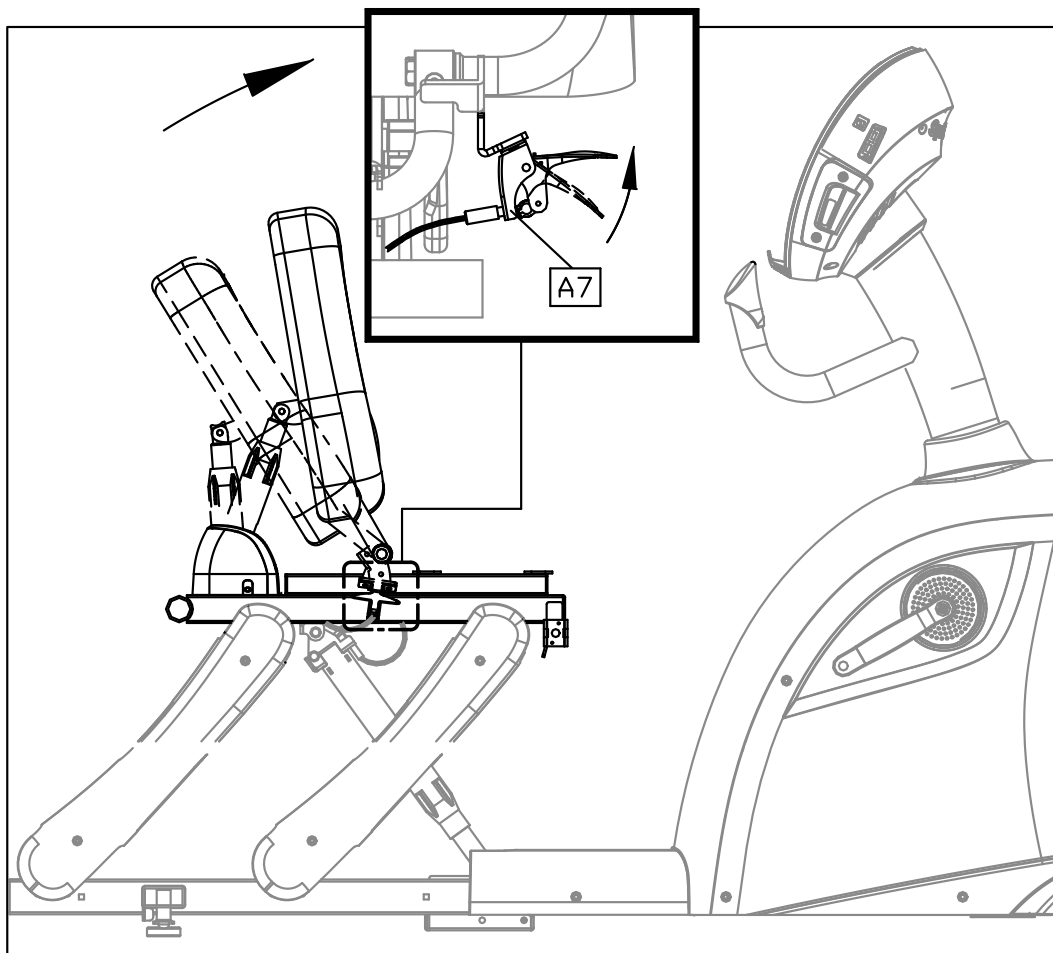


STEP 4 Handlebar Installation



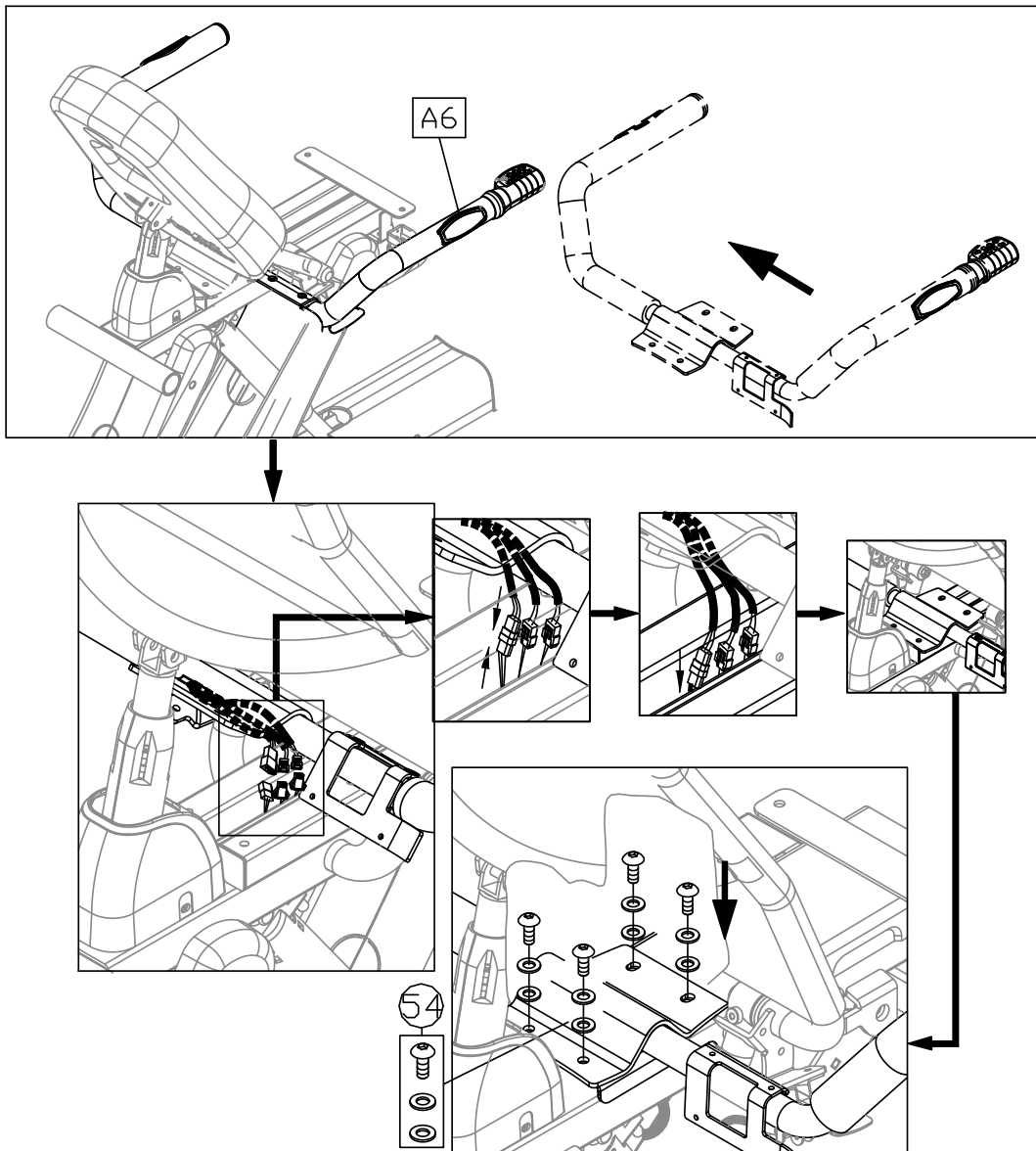
STEP 4 Handlebar Installation (Continued)

- 4-1. Pull the seat back adjustment handle (A7) up to allow the seat back to move forward, allowing installation of the handlebars.
- 4-2. Remove screws (54) from the handlebar base on the product frame as shown.



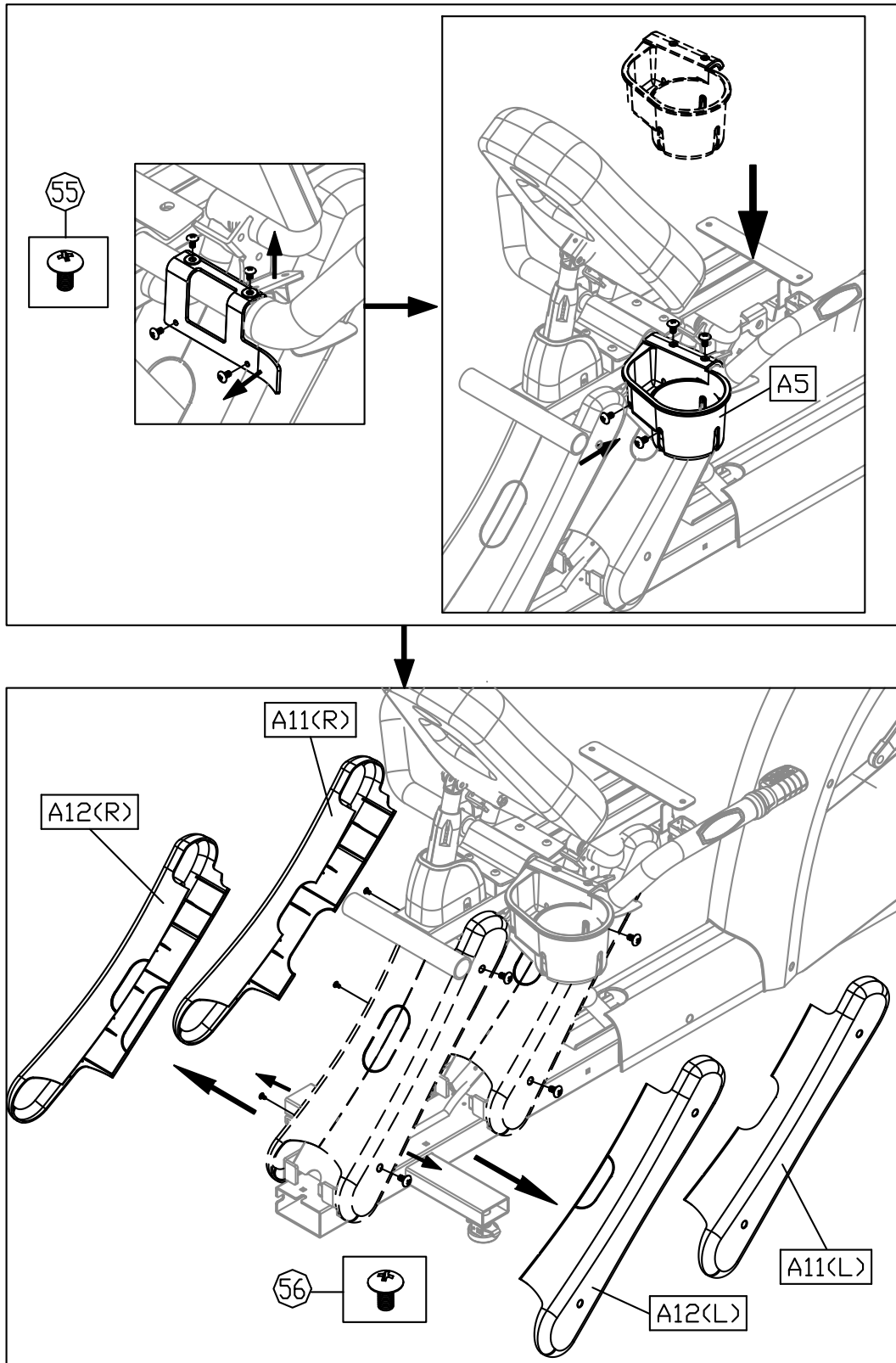
STEP 4 Handlebar Installation (Continued)

- 4-3. Insert the handlebars (A6) between the seat back and the gas spring.
- 4-4. Secure the wire connections, tuck cables into a safe position, and secure handlebars with screws (54).

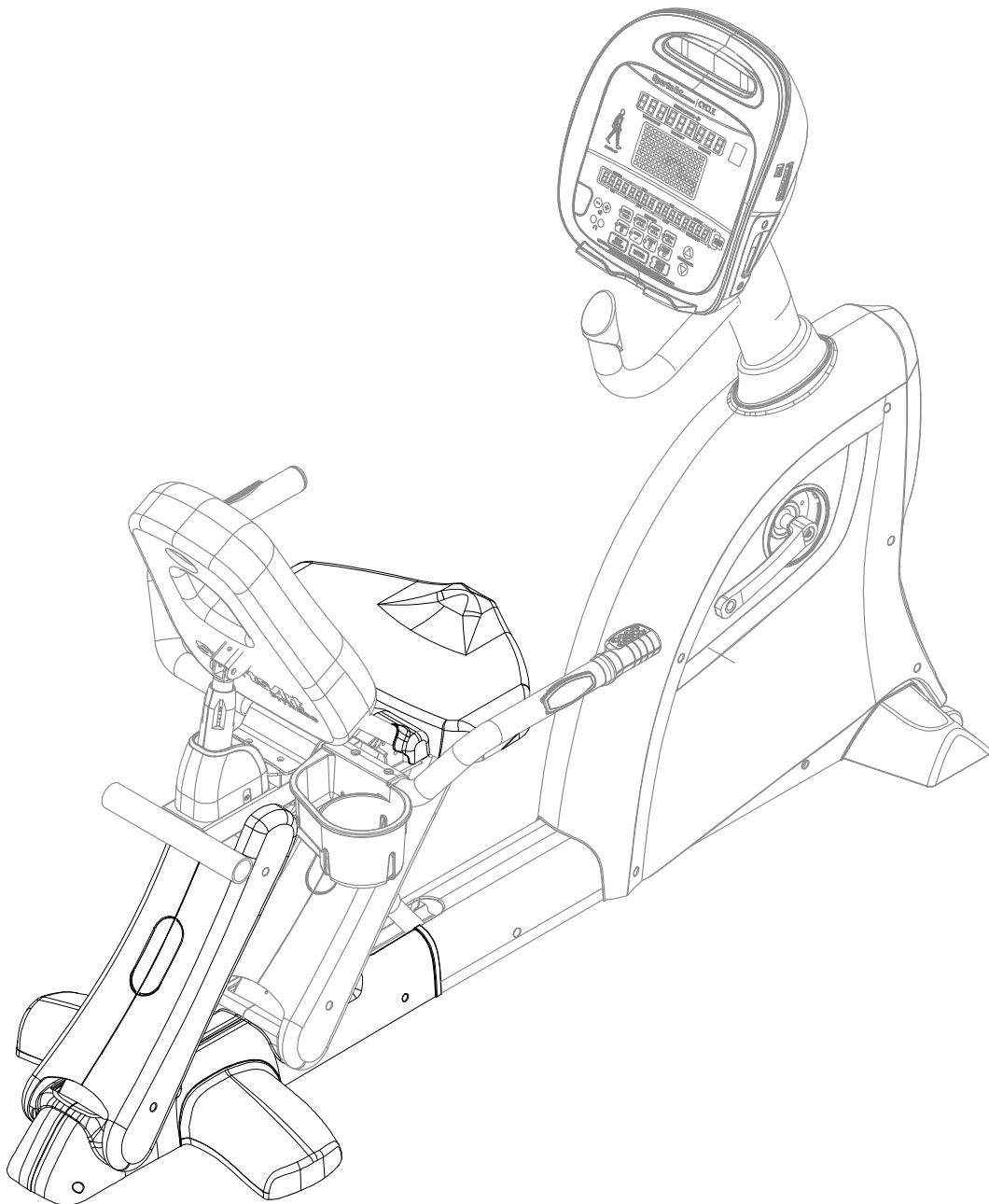


STEP 4 Handlebar Installation (Continued)

- 4-5. Remove screws (55) from the handlebars and then set the cup holder (A5) in place and secure its screws (55).
- 4-6. Remove the seat support cover screws (56), and remove the covers (A11R, A11L, A12R, A12L).

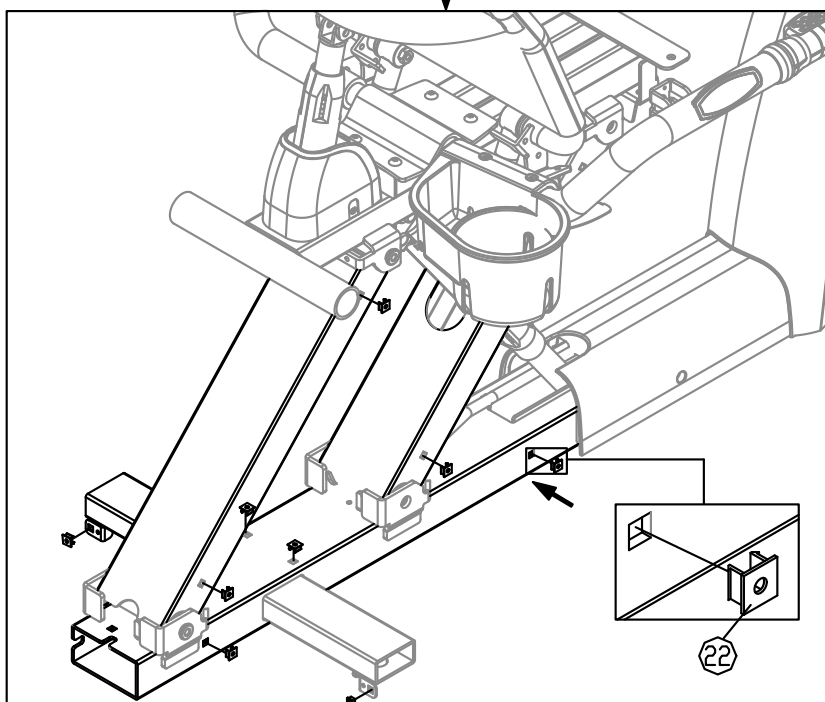
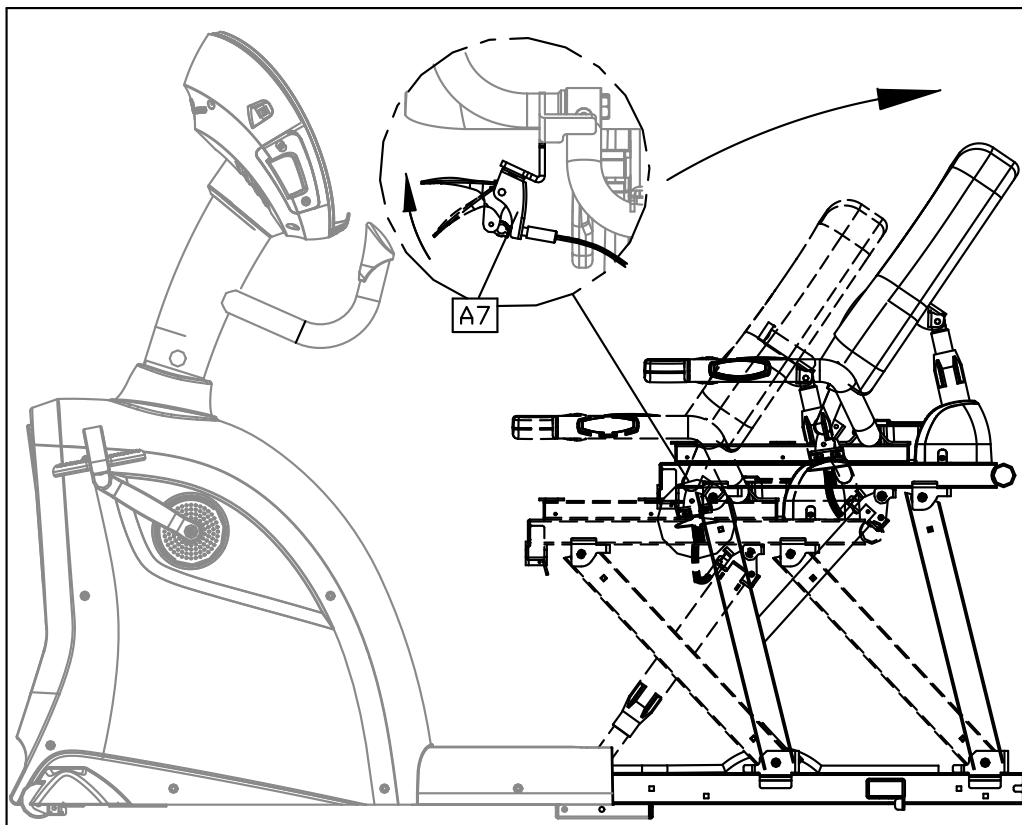


STEP 5 Cover and Seat Bottom Installation



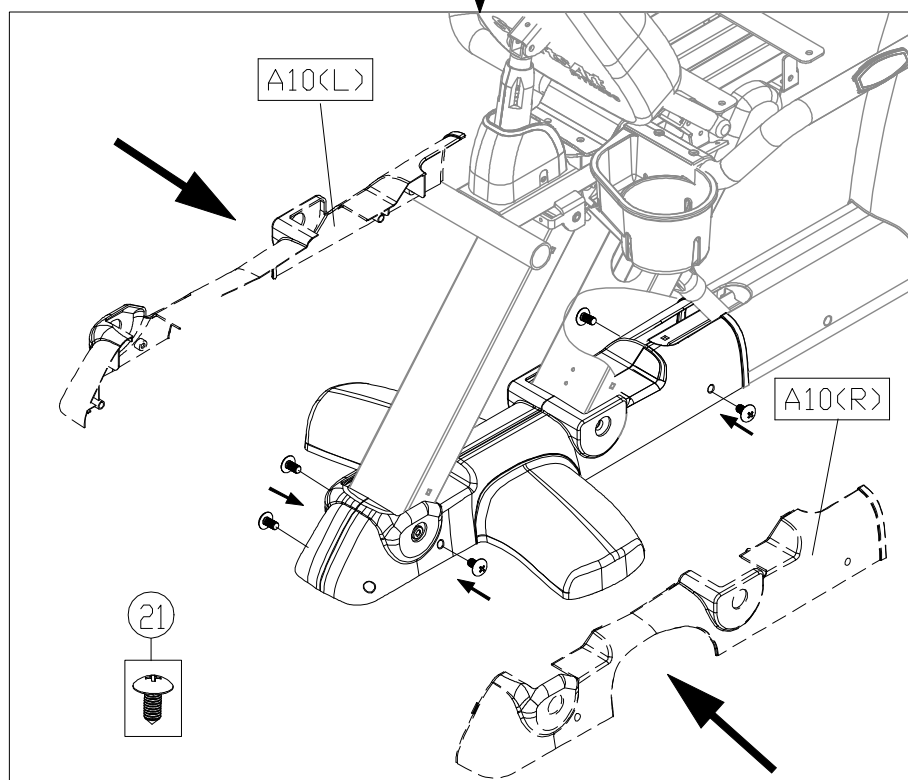
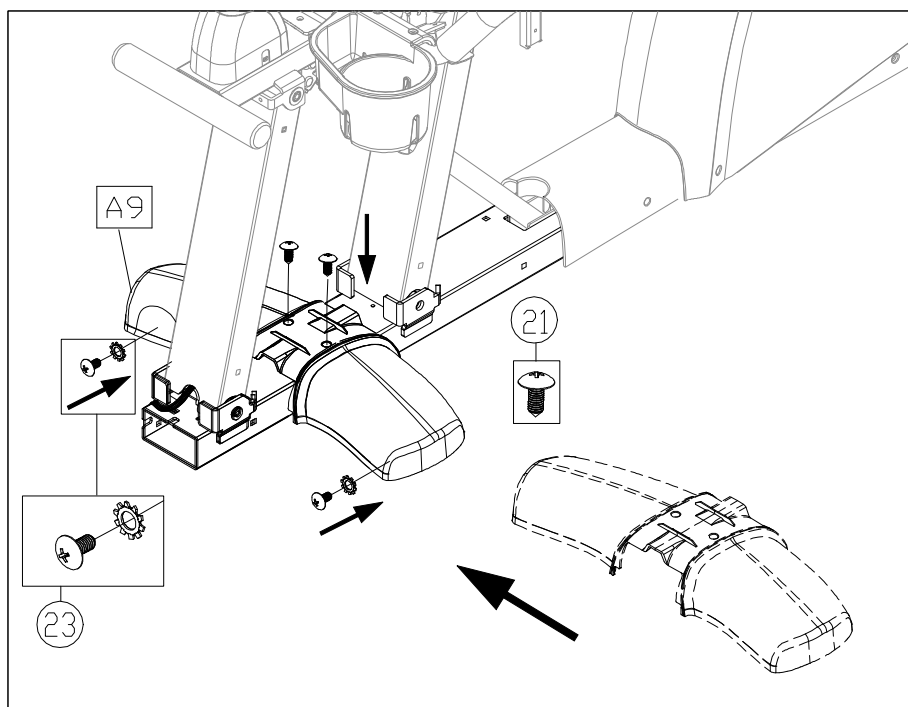
STEP 5 Cover and Seat Bottom Installation (Continued)

- 5-1. Lift up the seat back adjustment handle (A7), allowing the seat back to move forward, into position for seat support cover installation.
- 5-2. Insert screw sockets (22) into place on the frame as shown. There are eight screw sockets on each side.



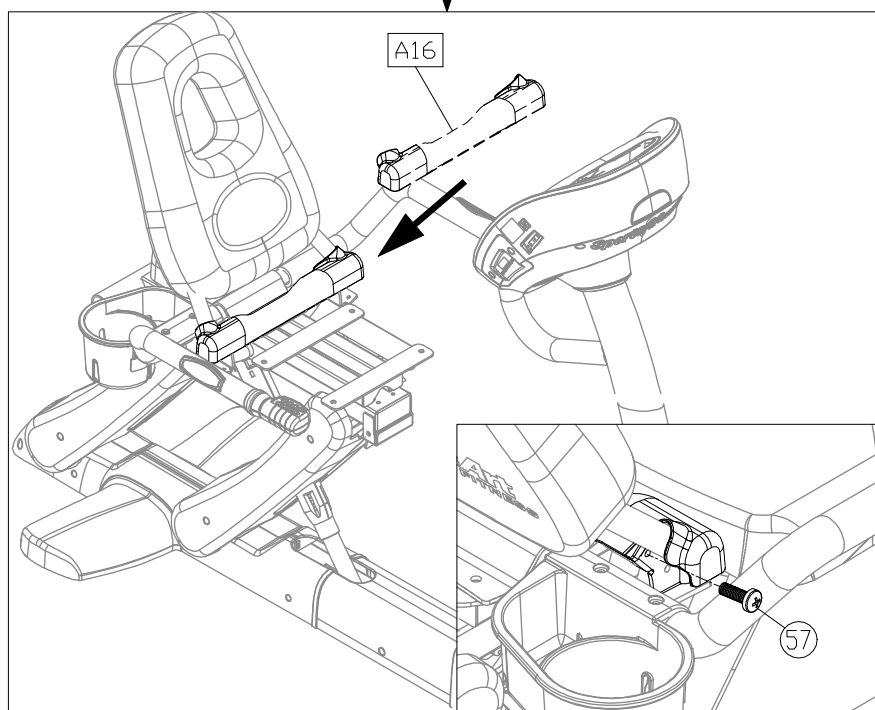
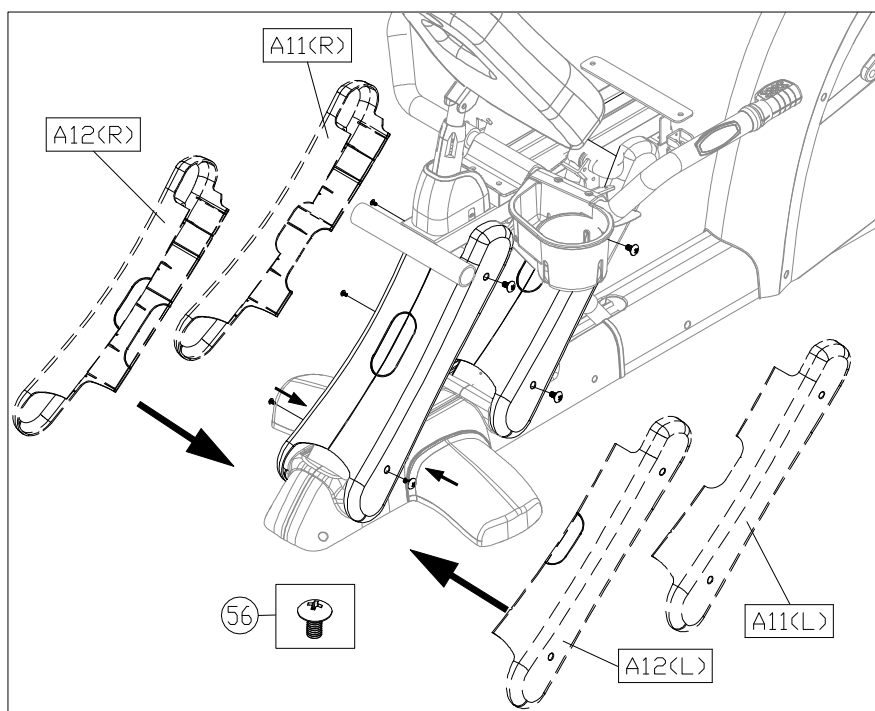
STEP 5 Cover and Seat Bottom Installation (Continued)

- 5-3. Set the back foot cover (A9) into place on the frame. Secure it with screws (21) and (23). Note: Use screws (23) in the position shown.
- 5-4. Hold left/right horizontal covers (A10R, A10L) onto the product and secure them with screws (21). Start threading all screws before fully tightening the screws.



STEP 5 Cover and Seat Bottom Installation (Continued)

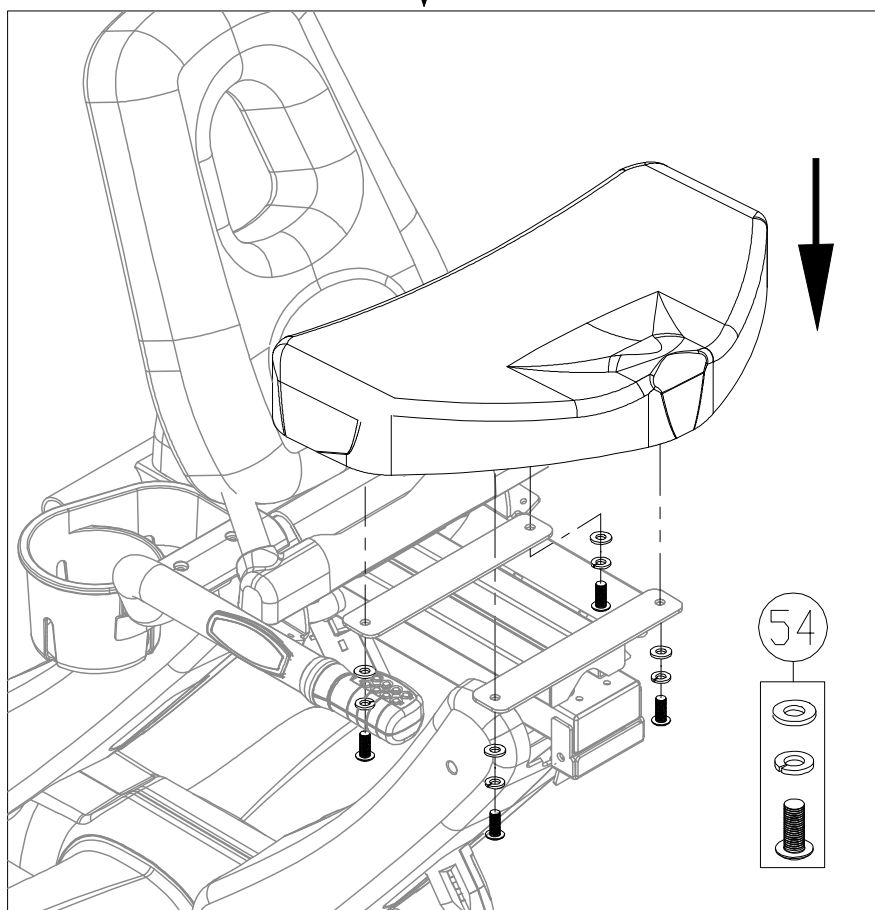
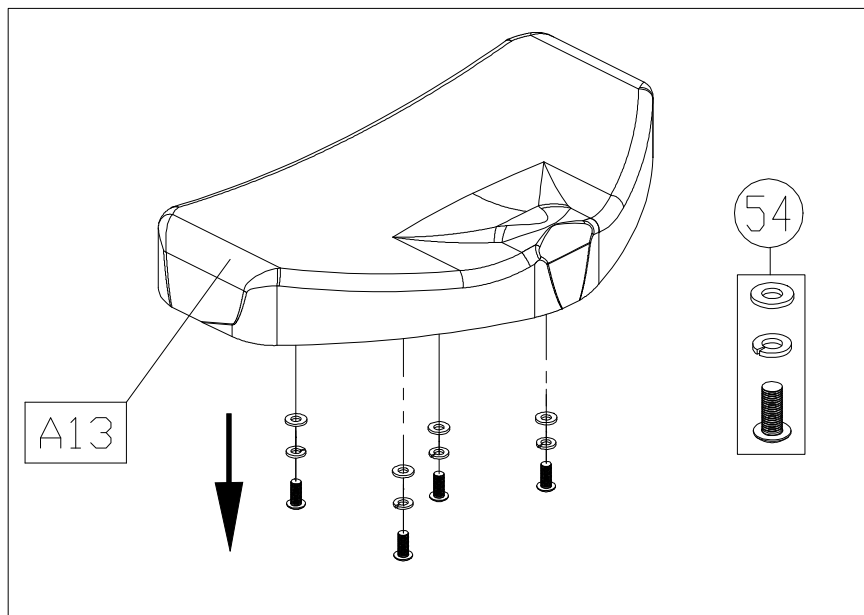
- 5-5. Identify seat support covers (A11R, A11L, A12R, A12L). Front covers have the cut-away for the gas spring. Hold covers in place and secure them with screws (56).
- 5-6. Remove screws (58) from the product frame and set the cover (A17) into place on the product frame and secure them with screws (58). (Note: Secure screws (58) on both sides.)



STEP 5 Cover and Seat Bottom Installation (Continued)

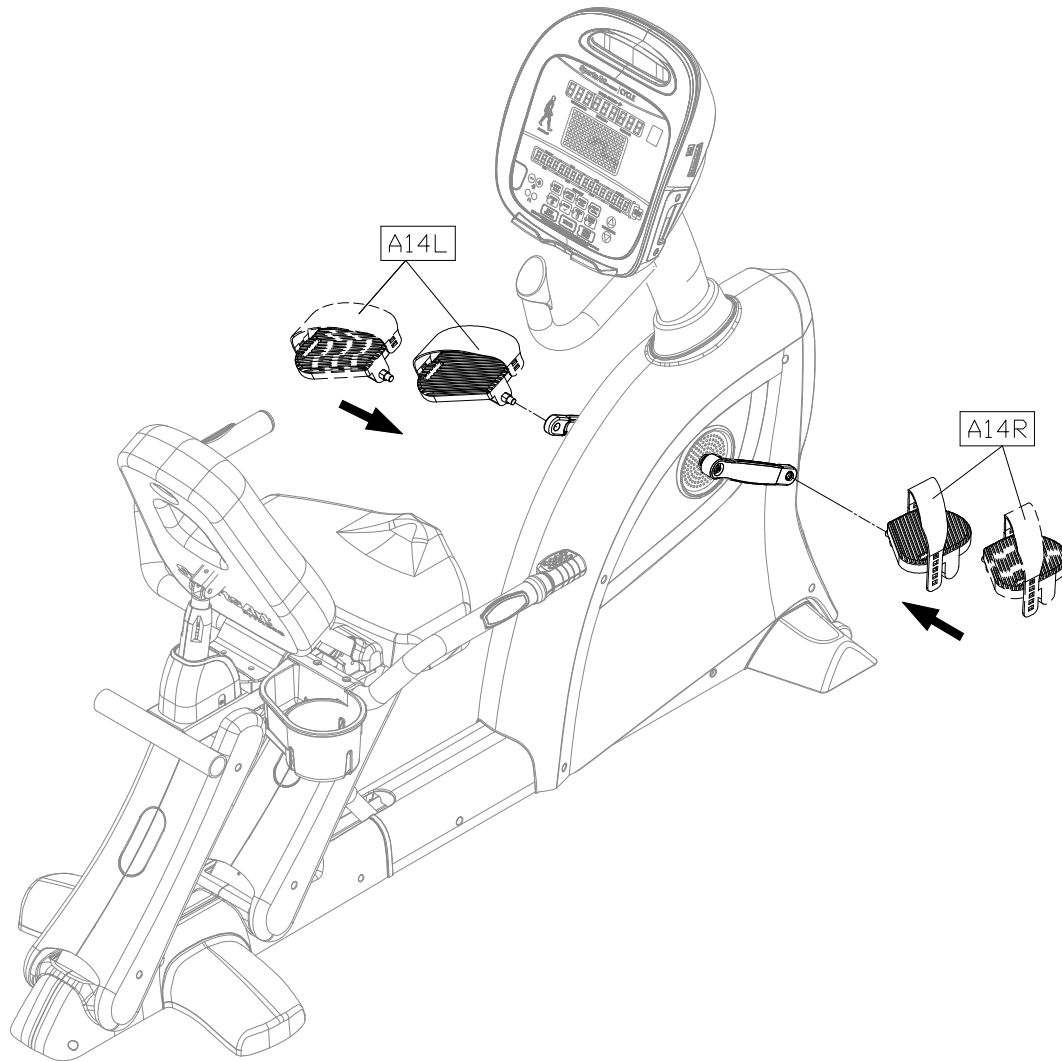
5-7. Remove screws (54) from the seat bottom (A13).

5-8. Place the seat bottom (A13) on the bike frame and secure it with screws (54).



STEP 6 Pedal Installation

Each pedal is marked left or right. Left/right designations correspond to the exercisers' left/right sides in the position at which they workout on the product. Install pedals (A14) on the appropriate sides of the bike. Note: The left pedal screws in counterclockwise; the right pedal screws in clockwise. Screw pedals onto the cranks by hand to make sure they thread properly. Then use the wrench to fully secure them into place.



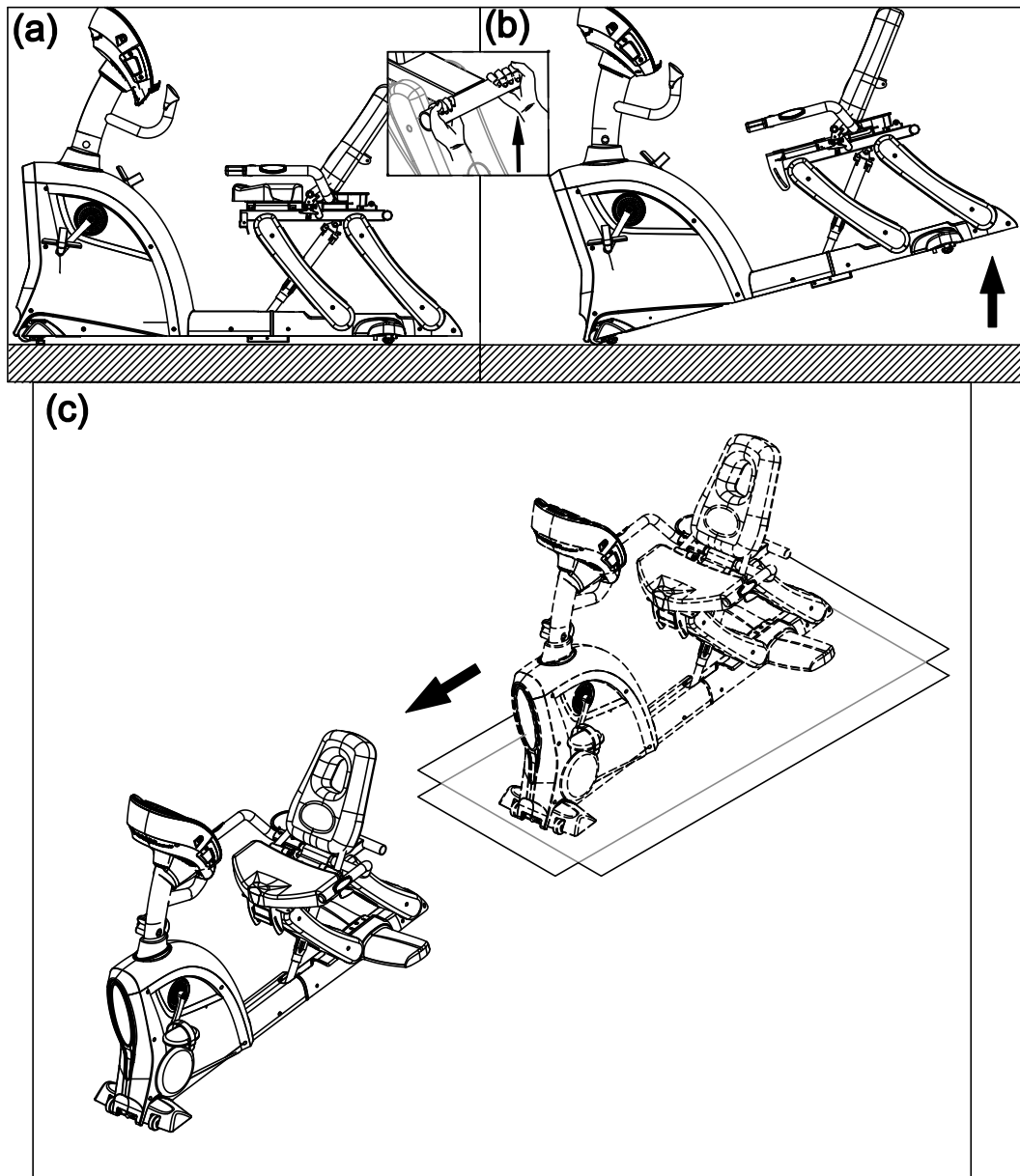
STEP 7 Bike Placement

Follow steps (a) through (c) to roll the bike into place.

(a) Stand behind the bike. Grasp the moving handle with both hands and lift.

(b) With the bike at a slant, push the bike.

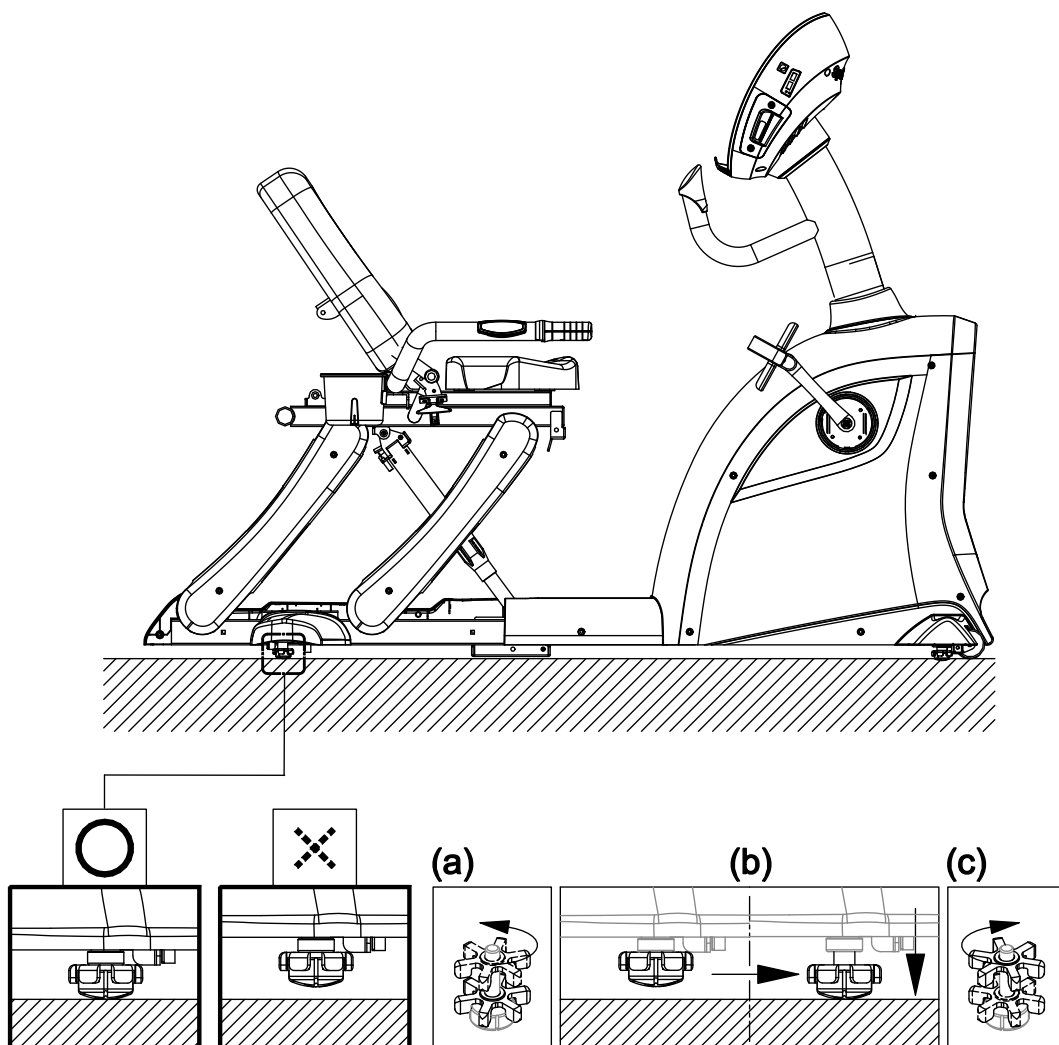
(c) Front rollers allow the bike to be rolled into place.



STEP 8 Level the Bike

For the user's safety and the proper functioning of the product, this bike must sit level on a flat floor. If necessary, adjust the levelers by following instructions (a) through (c) below.

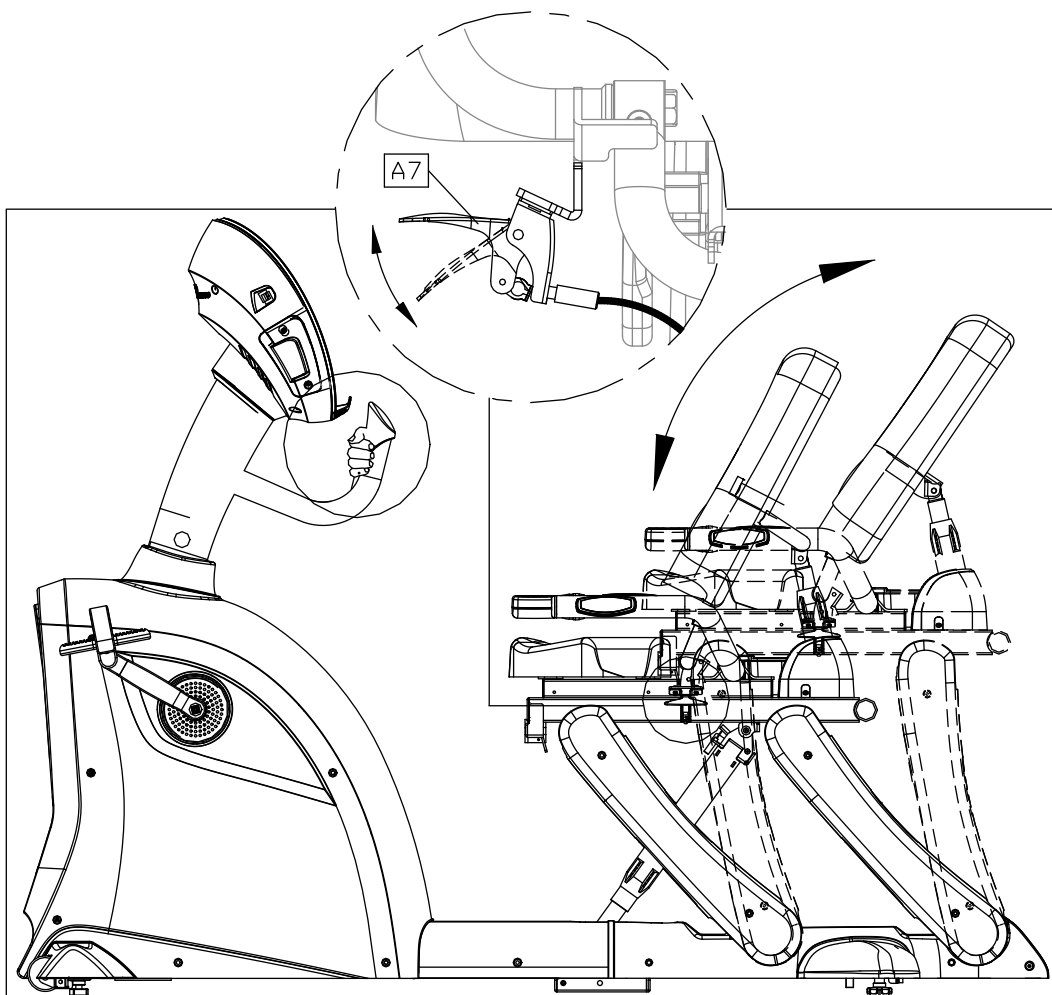
- (a) Loosen the leveler nut.
- (b) Rotate the leveler foot downward so it firmly touches the floor.
- (c) To secure this position, secure the leveler nut against the product frame.



STEP 9 Seat Position Adjustment

The seat position on C545R can be adjusted to suit people of different heights. The position can be altered in two ways: an automatic gas spring moves the seat within a set range; and the placement of the gas spring's connection to the frame changes the range of movement. Below are instructions for adjusting the seat position via the gas spring.

To adjust the seat position, pull up the adjustment handle (A7). For convenience, the gas spring automatically moves the seat upward when there is no weight on the seat. From the seated position, you can push back on pedals or pull on the handle under the display to take weight off the seat. Release the handle when the seat is in your preferred position. To move downward, pull up the handle. Your weight on the seat allows the spring to gently move the seat downward. Release the handle when the seat is in your preferred position.

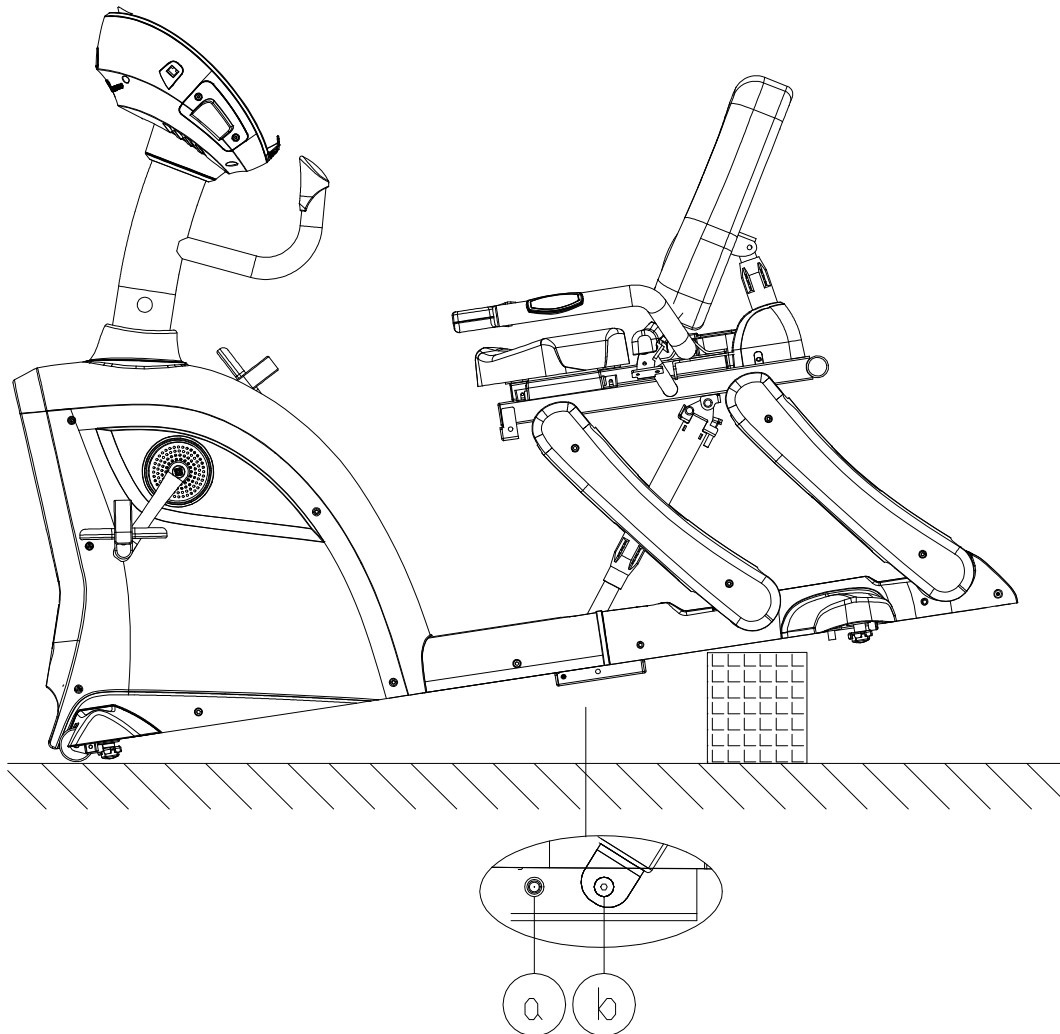


STEP 9 Seat Position Adjustment (Continued)

To adjust the seat position via holes in the frame, follow the instructions below. The frame has two sets of holes, one in front (a) and one more toward the back (b), for the gas spring connection. Connecting the gas spring at the front hole makes the seat closer and lower in relation to the display. Connecting the gas spring at the back hole makes the seat further and higher from the display. Tall people would probably prefer a set up with the gas spring connected at the back hole. This is the position set at the factory.

Follow steps (a) through (b) below to change the gas spring connection from one set of holes to the other.

- (a) Use the gas spring to adjust the seat to the lowest position.
- (b) Place an 8-inch to 12-inch (20-cm to 30-cm) object under the back part of the frame as shown.



STEP 9 Seat Position Adjustment (Continued)

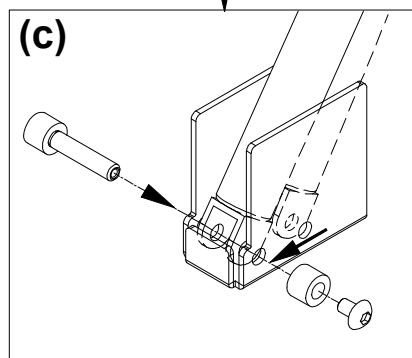
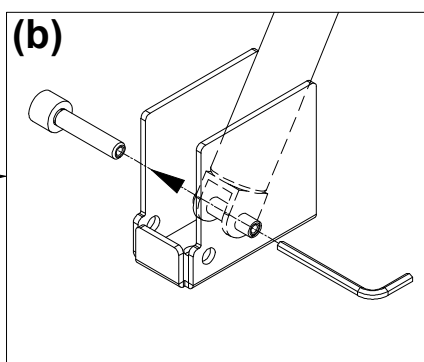
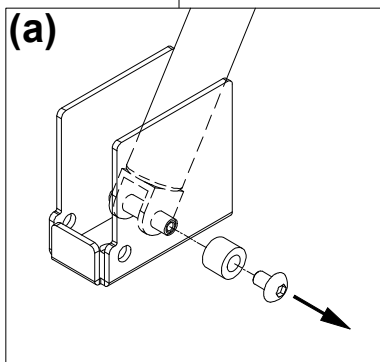
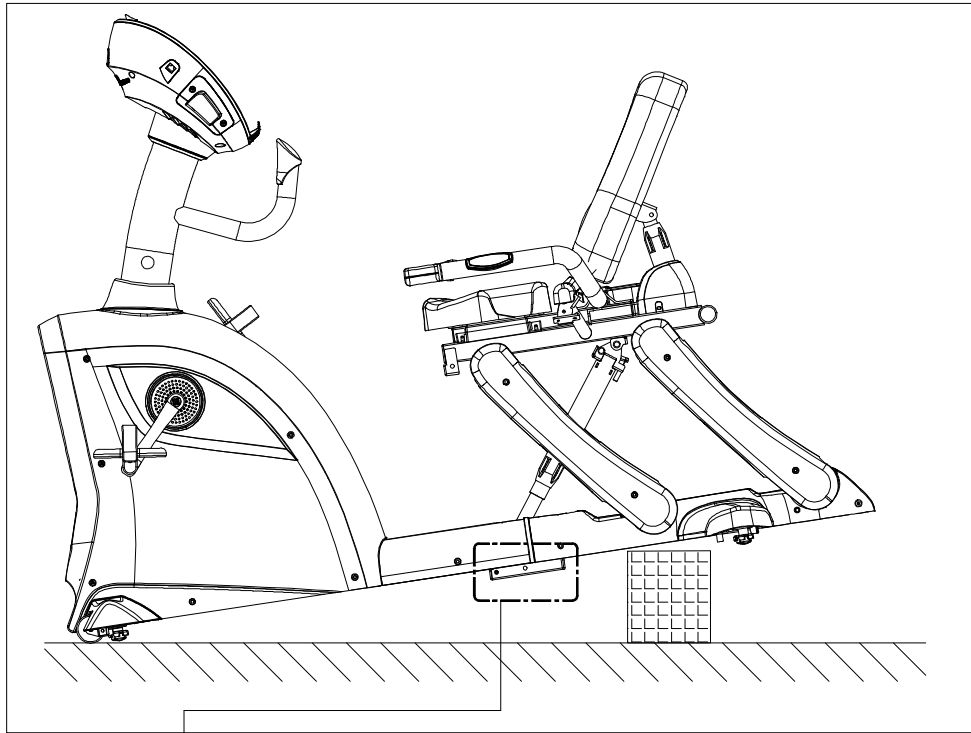
3. Disconnect and reconnect the gas spring as steps (a) through (c) below.

(a) Remove the screw and bushing.

(b) Tap out the axle pin with a tool.

(c) Align the end of the gas spring with the desired hole in the frame.

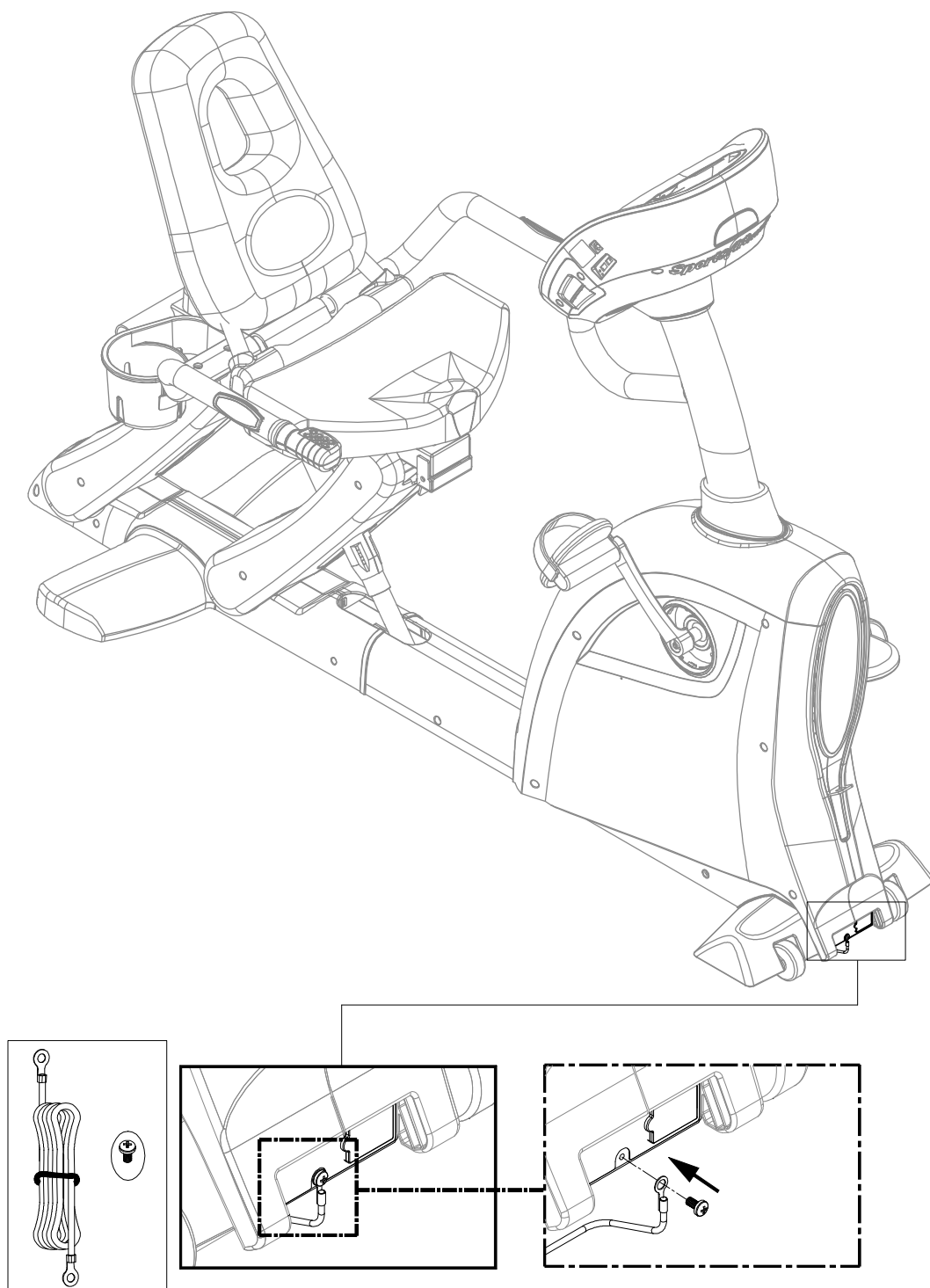
Finally, insert the axle pin into the hole in the frame and that in the gas spring and then secure the bushing and screw.



STEP 10 How to Connect the Ground Wire

Note: The installation of a ground wire is required by European safety standards. The ground wire is not required by North American safety standards.

Ground wire installation: Use a screw to secure one end of the ground wire to the product frame as shown. Secure the other end of the ground wire to the building ground connection.



5. UNDERSTAND THE C545R DISPLAY

DISPLAY Overview

The C545R recumbent cycle is designed for user convenience. With better feedback about your workout, you get better results. The following explains the display key and window functions. Please read this manual, understand the display functions, and thereby get optimum enjoyment and benefit from this product.



- | | |
|--------------------------------------|---|
| 1. Pulse LED | 9. Enter key |
| 2. Weight loss 65% target heart rate | 10. Stop/Reset key |
| 3. Actual heart rate | 11. Quick Start key |
| 4. Cardio 80% target heart rate | 12. Change display key |
| 5. Dot Matrix screen | 13. Volume adjustment keys and
headphone jack |
| 6. Exercise feedback screen | 14. MYE wireless TV audio_channel
receivers keys |
| 7. Workout program keys | |
| 8. Workout level keys | |

DISPLAY Specifications

- Workout level (resistance level): 1 - 40
- METS: 0.0 - 99.0
- Time: 0:00 - 300:00
- Distance: 0.00 - 9999 km or mile
- Calories: 0.0 - 9999 kcal
- RPM: 5 – 150 (Range shown)
- Speed: 0.1mph (kph)
- Human Watts: 0 – 9999
- Heart Rate range: 40 - 250bpm
- Programs: MANUAL, INTERVAL, PLATEAU, RANDOM, FAT BURN, FIT TEST, CUSTOM HR and CARDIO/WT LOSS.

DISPLAY Windows

- Cardio Advisor™ shows heart rate goals, WT LOSS 65% and CARDIO 80%, and actual heart rate (center).
- The exercise feedback window shows workout usage prompts and workout information.
- The workout illustration window shows workout program illustrations.

DISPLAY Keys

Display key functions are introduced briefly below.

QUICK START – Press this key to start exercising without first entering age, weight, and other user information. During pause mode, press this key to resume the workout. During program set up, press this key to start using the selected program.

MANUAL – This key allows you to directly control resistance, via resistance keys.

INTERVAL – Press this key to select one of three interval programs: 1:1, 1:2, 2:2. Numbers represent minutes. For example, the 1:1 interval program consists of one minute of rest, followed by one minute of work.

PLATEAU – This workout program gradually increases in difficulty, plateaus, then tapers off, in a 20-60-20 pattern.

RANDOM – Press this key to select one of an almost endless number of randomly generated workout programs. Each key press, the console will randomly generate a different program.

DISPLAY Keys (Continued)

FAT BURN – This workout program provides 1 - 20 different difficulties to select from.

FIT TEST – Press this key to enter a FIT TEST program and start the fitness test.

CUSTOM HR – This heart rate control program allows you to set your own target heart rate.

WT LOSS – A heart rate control program, the weight loss workout is designed to keep the exerciser's pulse at the optimum rate for losing weight. Resistance settings change automatically to maintain a target heart rate calculated by the formula $(220 - \text{AGE}) \times 0.65$.

CARDIO – A heart rate control program, the cardio conditioning workout is designed to keep the exerciser's pulse at the optimum rate for cardio conditioning. Resistance settings change automatically to maintain a target heart rate calculated by the formula $(220 - \text{AGE}) \times 0.8$.

ENTER – After making a selection, press this key to confirm your choice.

WORKOUT LEVEL ▲/▼ – Press this key to change resistance settings. Settings change by one level each time the key is pressed.

STOP/HOLD TO RESET – During a workout, or Cool Down mode, press this key to display the workout information such as time, distance and calories. At workout summary display mode, press this key to end this program and return to idle and the display will show: SELECT A PROGRAM. At anytime of a program, press and hold this key for 2 seconds, it will reset the console and return to idle mode.

CHANGE DISPLAY – This key controls the exercise feedback window, which has two rows: The top row shows CALORIES, LEVEL, TIME, DISTANCE; the bottom row shows RPM, METS, SPEED, HUMAN WATTS. Corresponding LEDs light to indicate the active row of exercise feedback. Press the CHANGE DISPLAY key to toggle between top and bottom feedback row views.

VOLUME + / - : iPod, iPhone analog audio volume adjustment. (Note: this is an option feature and it is only compatible with Apple 30 pin connector.) MYE wireless TV audio channel receivers volume adjustment. **(MYE Wireless TV Audio_Channel Receivers and module not provided.)**

CHANNEL ▲/▼ – Press this key to change MYE wireless TV audio channel receivers channel settings. **(MYE Wireless TV Audio_Channel Receivers and module not provided.)**

6. OPERATE THE PRODUCT

There are two ways to start operating this product, either through the QUICK START mode or through a workout program/goal.

OPERATION Quick Start

Time, distance and calories will count up. If a workout time limit is activated, time will count down, but distance and calories will count up continuously. In QUICK START mode, resistance begins at level 1; calorie and other information is based on a 35 year old and 165 lb. (75 kg) user. Both QUICK START and MANUAL LEDs are lit up to indicate QUICK START program is in session. In QUICK START mode, resistance setting can be modified at any time.

OPERATION Start a Workout Program

To obtain more accurate calorie counts and target heart rates, operate the product via a workout program as follows:

1. Press a workout program key (MANUAL, INTERVAL, PLATEAU, RANDOM, FAT BURN, FIT TEST, CUSTOM HR, CARDIO/WEIGHT LOSS) to select a workout. Press ENTER to confirm the program selection.
2. If you select a program key, then "SELECT GOAL" will appear on the exercise feedback window and "TIME" will appear after two seconds. There are three types of workout goals: TIME, DISTANCE, and CALORIE. Use WORKOUT LEVEL ▲/▼ keys to make your selection. Press the ENTER key to confirm your setting.

If you select a goal program, its LED indicator will light up. Follow the instruction below to set up the goal and start the program. Once the program is started, resistance and stride setting can be modified at any time.

- The TIME setting range is from 5:00 to 300:00, with a default value of 30:00. If the program time limit is activated in engineering mode, the max time can be entered will change accordingly. Use ▲/▼ keys or numeric keys (0-9) to make your selection. Press the ENTER key to confirm your setting and proceed to input your age. Or press QUICK START key to start this program right away with default age and weight.
- The DISTANCE setting range is from 0.1 to 99.9 miles or kilometers, with a default value 2.0 miles (3.0 kilometers). If the program time limit is activated at the engineering mode, then the DISTANCE goal will be deactivated. Use ▲/▼ keys or numeric keys (0-9) to adjust the setting. Press the ENTER key to confirm your setting and proceed to input your age. Or press QUICK START key to start this program right away with default age and weight.

OPERATION Start a Workout Program (Continued)

- The CALORIE setting range is from 100 to 9999 kCal, with a default value of 100 kCal. Use ▲/▼ keys or numeric keys (0-9) to make your selection. Press the ENTER key to confirm your setting and proceed to the age setting. Or press QUICK START key to start this program right away with default age and weight.
- 3. The age setting range is from 10 to 90, with a default value of 35 years old. Use ▲/▼ keys or numeric keys (0-9) to make your selection. Press the ENTER key to confirm your setting and proceed to the weight setting. Or press QUICK START key to start this program right away with default weight.
- 4. The weight setting range is from 50 to 450 lb. (20 to 205 kg), with a default setting of 165 lb. (75 kg). Use ▲/▼ keys or numeric keys (0-9) to make your selection. Press the ENTER or QUICK START key to confirm your setting and start exercising.

Follow prompts to begin your workout. Please refer to OPERATION Workout Programs for information about specific workout programs.

Note that a different workout program can be activated simply by pressing the other workout program key. The workout goal will remain the same, and progress toward the workout goal will continue to accrue.

OPERATION Display

1. If the feedback window is at lower row, press WORKOUT LEVEL ▲/▼ key to adjust the resistance, the display will temporary switch to top row to show the adjustment. In 4 seconds, it will return to lower row.
2. Heart Rate display: it will display the actual heart rate bpm.
3. During workout, user can switch to a different workout program using the same goal by pressing a different program key. There are some exceptions, listed below:
 - During MANUAL, INTERVAL, PLATEAU, RANDOM, FAT BURN, CUSTOM HR, WT LOSS & CARDIO workout, it can't be switched to FIT TEST program.
 - Switch program is not allowed during FIT TEST program.

OPERATION Cool Down

Once the workout goal (time, distance, or calorie expenditure) has been obtained, the product will enter a two-minute cool down period. The display will count down from two to zero.

When the countdown reaches zero, the cool down period will end. The message "REVIEW SUMMARY" will appear, along with accumulated workout information, including total time, distance and calorie expenditure. Press the STOP key to return to idle mode which the "SELECT A PROGRAM" prompt will appear.

OPERATION Workout Programs

The following explains features of the workout programs.

MANUAL

This program allows you to manually control resistance. In manual mode, simply press WORKOUT LEVEL ▲/▼ keys to control resistance.

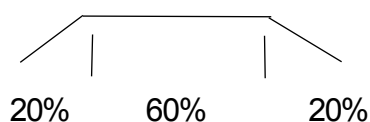
INTERVAL

There are three interval programs: INTERVAL1:1, INTERVAL1:2, INTERVAL 2:2. Each interval program includes two segments, a work segment and a rest segment. (Example: Interval 1:1 indicates one segment of one minute in duration, followed by a second segment of one minute in duration.)

Each time the INTERVAL key is pressed, one of the three interval programs will appear. When your preferred interval program appears, press the ENTER key to activate that program. Then follow prompts to set the interval segment resistance settings. After you begin exercising, the resistance level of any segment can be changed. Simply press WORKOUT LEVEL ▲/▼ keys during the segment to do so. The new resistance level will then become the resistance level each time that segment is activated.

PLATEAU

Resistance levels in this workout gradually increase, level off, then gradually decrease. The first and last segments of this workout each occupy 20% of the workout. The middle segment occupies 60% of the workout. Follow prompts to establish your workout goal.



OPERATION Workout Programs (Continued)

RANDOM

This program provides a near infinite number of randomly generated workouts. A new workout illustration appears each time the RANDOM key is pressed.

FAT BURN

In this program, there are 1-20 different difficulty levels to select from. During program setting, before entering program mode, you must first select the STAGE, range from 1 - 20 (default value is STAGE 5). The display will show "STAGE - XX", press ▲/▼ keys or numeric (0-9) key to select the stage.. Then press the ENTER key to confirm your choice and start exercise/

During program setting, you may press QUICK START to start the program right away. The difficulty stage can be adjusted during exercising by pressing WORKOUT LEVEL ▲/▼

FIT TEST

The FIT TEST program is designed for physical fitness assessments. The program is set with a time limit; therefore it is not restricted by the program time limit setting at the engineering mode.

After you press the FIT TEST key, the display will show "STARTING TEST" to begin this program. The test is divided into 4 segments of 3 minutes; it will compare the actual Watts and the preset Watts in each segment and adjust the resistance accordingly.

During the test, the Red dot in the dot matrix window represents the target RPM and the orange dot represents the actual RPM. You want to match

the actual RPM to the targeted value. The best RPM range during test is between 45 to 55RPM with targeted 50RPM. If the actual RPM is below 45RPM or above 55RPM for more that 5 seconds, the display will ask you to "MAINTAIN RPM - 50".

Following condition occurs will end this test program:

1. STOP key is pressed
2. Program time ends
3. Actual Heart Rate is $> (220 - \text{Age}) \times 0.8$ for more than 15 seconds.
4. No heart rate detected for more than 30 seconds.
5. The speed is slower than 45RPM or faster than 55RPM for more than 15 seconds.

The message will display "END OF FIT TEST" and "YOUR SCORE - XXX". (The max score is 90 and min is 0)

OPERATION Workout Programs (Continued)

CARDIO/WEIGHT LOSS/CUSTOM HR

In these heart rate control programs, the resistance level will automatically change to keep the exerciser's pulse at the optimum rate for achieving his or her fitness goals. Target heart rates are calculated based on a standard "maximum" heart rate for the exerciser's age. The weight loss target heart rate is calculated at 65% of the maximum heart rate: $(220 - \text{age}) * 65\%$. The cardio target heart rate is calculated at 80% of the maximum heart rate: $(220 - \text{age}) * 80\%$. Custom target heart rate is set by user.

If CUSTOM HR is selected, the target heart rate will need to be set first. The range is 84 - 199bpm with default value of 120bpm. The display will show "TARGET HR - XXX" for setting. Press ▲/▼ key or numeric keypads 0-9 to adjust the setting. Press ENTER key to confirm and start the program. You may press QUICK START at anytime to begin the program right away using default values.

After a heart rate control workout is activated, a heart illustration will appear on the dot matrix screen. When the actual heart rate signal is detected, the color of the heart illustration will alternate between red and green. Otherwise, it will maintain with green color. Orange color represents the 65% or 80% of max HR or target heart rate entered.

Once the exerciser begins to exercise, a red dot and an orange line will appear on the lower part of the screen. The red dot represents the recommended RPM; the orange line represents actual RPM. Try to maintain an RPM even with the red dot.

Resistance will start at level 1. The default RPM is 50. If the actual RPM is 5 revolutions below the recommended step rate for 25 seconds, "SPEED UP" will appear on the exercise feedback window.

A telemetry heart rate transmitter must be worn during heart rate control programs. If no heart rate signal is received at the display, the message "NO HEART RATE READING, PLEASE CHECK TRANSMITTER" will appear, and resistance will not change automatically.

OPERATION | User Preferences and Component Versions

Basic settings determine units of measure and show total distance and time, along with display and drive board program version numbers. To access this information, at the startup banner screen, hold the CHANGE DISPLAY key for two seconds.

UNITS

The display will show "UNIT – MILE" or "UNIT – KM" depending on the original distance unit setting. Press ▲/▼ keys to toggle between the two settings. When your preference appears, press the ENTER key to make your selection.

PROGRAM TIME LIMIT

The display will show "TIME LIMIT - YES" or "TIME LIMIT - NO", press ▲/▼ key to turn this function On/Off. Press ENTER to make your selection. When "YES" is selected, it will prompt the message of "TIME - XX:00" for you to set the time limit. Setting range is from 5:00 to 60:00, with a default value of 30:00. Press ▲/▼ key or numeric keypads (0-9) to adjust the value. Press ENTER to confirm the setting.

LANGUAGE

a. The display will show the current country selected, such as "US".

Note: After 4 seconds, it will display "XX MILE H>H" or "XX KM H>H" (XX represents the country code)

b. Press ▲/▼ keys to change the country.

c. Press the ENTER key to confirm the selection.

TOTAL DISTANCE

According to the speed unit setting, total distance will appear as either "DIST – XXXXXX MILE" or "DIST – XXXXXX KM", where XXXXXX represents a number. Press the ENTER key to view total time.

TOTAL TIME

Total time of use will appear as "TIME – XXXXXX HOUR", where XXXXXX represents a number. Press the ENTER key to view the product serial number.

PRODUCT SERIAL NUMBER

The product serial number will appear as "S/N - XXXXXXXX". Press ENTER key to view display program version.

DISPLAY PROGRAM VERSION

The display program version will appear as "CTL SA_5 – XX", where XX represents either letters or numbers. Press the ENTER key to view the drive board program version.

DRIVE BOARD PROGRAM VERSION

The drive board program version will appear as "DRV C575_SG - XX", where XX represents either a letter or a number. Press the ENTER key to finish the review and return to Banner mode.

You may press and hold STOP key at anytime during this process to resent the console and back to Banner state.

7. ABOUT HEART RATE DETECTION

Heart rate detection functions are selected at the time of purchase. Not every product has every type of heart rate detection. The following explains factors that influence the performance of two of the most common types of heart rate detection devices.

HEART RATE Telemetry

The words “telemetry heart rate” refer to the detection of heart rate via a device worn on the exerciser and transmitted over the air to a circuit board built into the product. Telemetry heart rate devices are commonly worn on the exerciser’s chest, where the pulse is strongest and relatively easy to detect.

The following explains conditions that affect the performance of the telemetry heart rate function in all products.

- The telemetry heart rate transmitter emits a wireless 5 kHz signal that is harmless to the human body. Inside the transmitter is a 3 V battery (CR2032). If the battery voltage is too low, either the reception distance shortens or there will be no reception whatsoever.
- Secure the telemetry heart rate transmitter on your chest so that it stays in place without making you feel uncomfortable. Moisten the skin for better contact.
- Because the telemetry heart rate signal varies in strength from 20 Hz to 20 KHz, environmental interference can block signal reception. Physical vibration and electronic devices, including stereos, TVs, and even fluorescent lights, can interfere with signal reception. For best results, install the product in an area free from such interference.
- Space the product apart by at least 39 inches (100 cm) to avoid having the heart rate value from one exerciser appear on a neighboring product.

HEART RATE Contact

The words “contact heart rate” refer to the detection of the heart rate via sensors on the product. By holding the sensors, the exerciser can view his or her heart rate on the product display. Like telemetry heart rate, contact heart rate can be influenced by several factors. The following list includes some of these factors.

- A weak pulse makes it difficult to detect heart rate.
- Low systolic blood pressure makes it difficult to detect heart rate.
- Dry, course palms impede heart rate detection. For best results, moisten your palms. But do not apply hand lotion immediately prior to your workout, because hand lotion can gum up the contact pads.

Heart rate devices built into this product are not medical devices. Heart rate values are for reference only. Do not use them for medical diagnostic or treatment work.

CAUTION: Heart rate detection and transmission devices have been known to interfere with the operation of pacemakers, possibly endangering human life. If you have a pacemaker, exercise under your doctor’s supervision; take a test to ensure your safety during the simultaneous use of the pacemaker and heart rate detection devices. The use of such devices must be undertaken at your own risk.

Note that in dry areas in particular, static electricity can interfere with unit operation and shock people. To discharge static electricity from your body, touch something else before touching metal on the product.

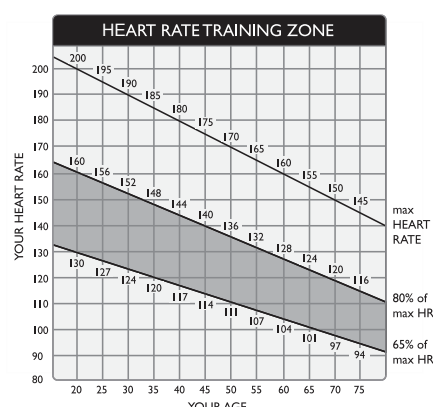
8. GUIDELINES FOR EXERCISE

HOW HARD SHOULD I EXERCISE?

Studies show that to benefit from aerobic exercise, people need to maintain a certain heart rate during their workouts. Your heart rate training zone depends on your age and fitness level.

The darkened area in the chart to the right represents the recommended heart rate training zone for people of various ages. It was calculated by taking 220 minus age in years, multiplied by 65% and 80%. The area between those values is the heart rate training zone.

CAUTION: Heart rate training zones are generalizations and may not suit every person. Always check with your physician to understand what heart rate goal would be appropriate for you.



HOW LONG SHOULD I EXERCISE?

The duration of your workout must depend on your fitness level. In general, it is recommended that you maintain a heart rate within your training zone for at least 15 to 20 minutes to experience the benefits of aerobic exercise. Beginners should always start out slowly and gradually increase the duration and intensity of their workouts. As your fitness level improves, you will be able to maintain a heart rate within the training zone for longer periods of time.

When you begin your workout, use the first several minutes to warm up. Then slowly increase the intensity of your workout to bring your heart rate into your training zone. At the end of your workout, gradually decrease your workload. Then exercise lightly to cool down.

HOW OFTEN SHOULD I EXERCISE?

Research indicates that to achieve the greatest benefit, people should exercise three to five times per week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

9. ACCESSORIES

There are accessories attached to this console; some are standard and some are optional. The following explains the details of each accessory and its function.

USB CHARGER (Standard)

The USB charger will provide 5V 500mA voltage for the smart phone or other devices charging. However it is not compatible with tablet PC, such as iPad. Check the device for charging details.

CSAFE PORT (Standard)

Compatible with CSAFE (Communications Specification for Fitness Equipment) Protocol. It works with optional Netpulse Personal Entertainment System as well as ECOFIT System and MYE Wireless TV Audio_Channel Receivers.

iPod/iPhone/iPad 30 pin connector (Option)

When connecting the device to the 30pin connector, user can listen to music via headphone jack and adjust the audio volume thru the on board volume control keys.

SA WELL+ Member System (Option)

This is a system designed specially by SportsArt to assist user managing his/her workout history. There are three ways to get connected with the member site:

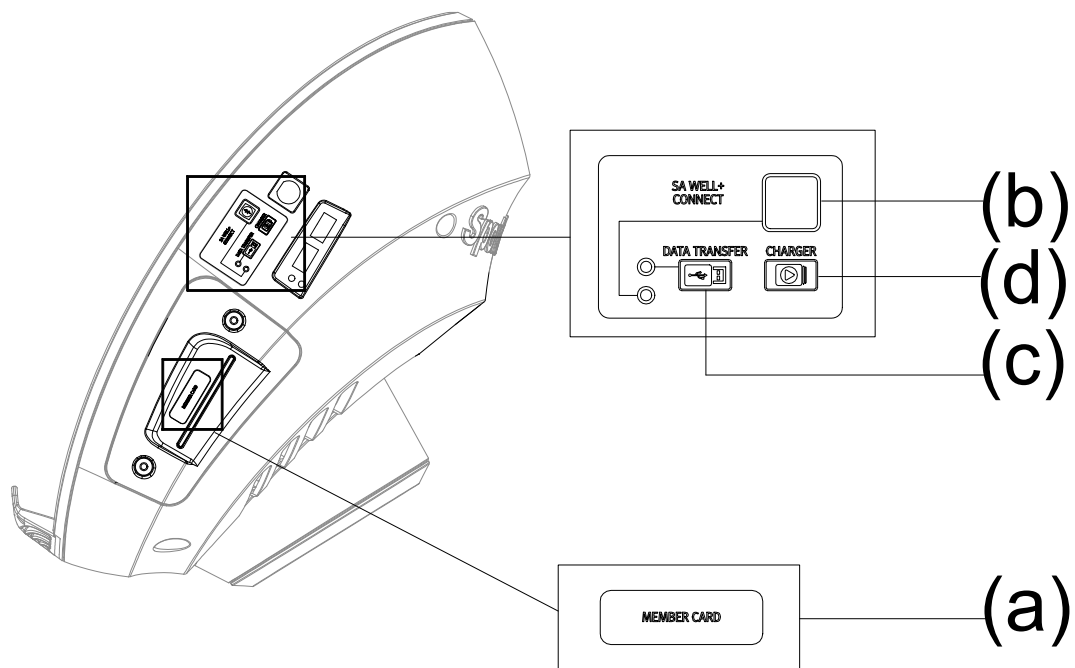
1. Use Bluetooth/WIFI in the smart phone and SA WELL+ App. The App is available for downloading in the App stores.
2. Use USB Flash Drive to store the workout data.
3. Use member card to access user profile and workout tracking. (Not available yet.)

Visit SA WELL+ website for more information about this feature.

9. ACCESSORIES (CONTINUED)

Entertainment Cap

- (a) RFID member card slot: work with both optional SA WELL+ and ECOFIT member cards. (Not available yet.)
 - (b) Bluetooth/WIFI connection button: press this button to pair the smart phone SA WELL+ App.
 - (c) USB port: this port is used for device charging as well as optional data transferring.
 - (d) USB port: this port is used for device charging.
- (Note: USB port is not used for tablet PC charging, such as iPad.)



9. ACCESSORIES (CONTINUED)

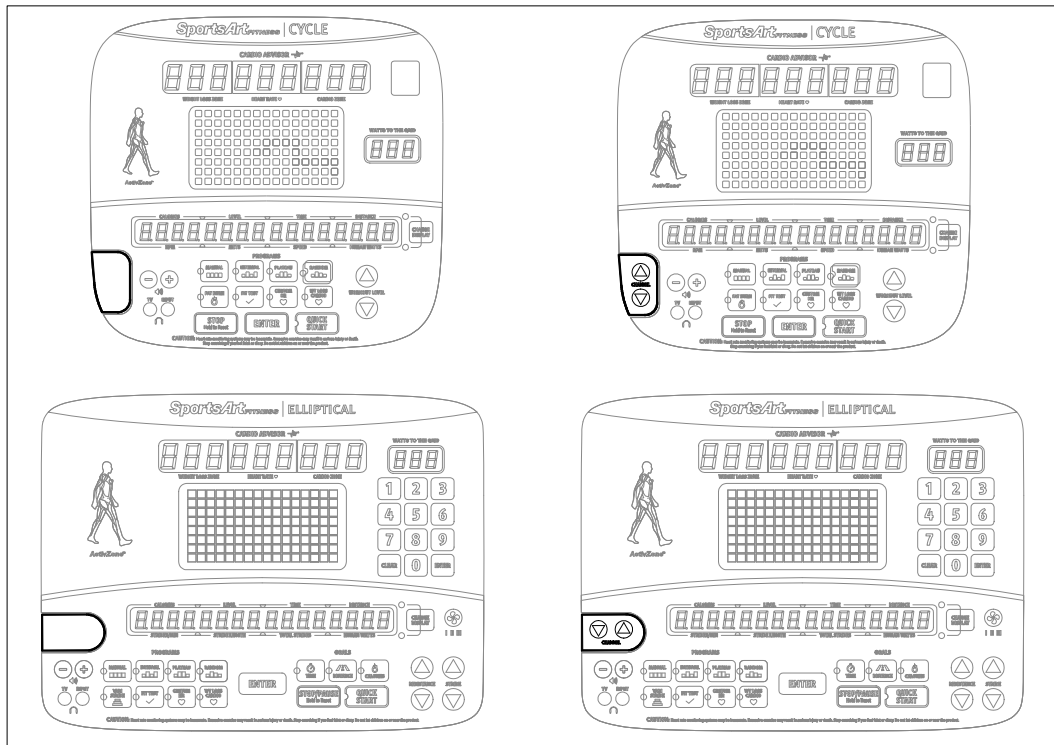
MYE Wireless TV Audio_Channel Receivers:

If your equipment has been installed MYE Wireless TV Audio_Channel Receivers, the display must have Channel Keys. Please make sure your equipment is with the correct sticker as below.

(a) None Treadmill (Bike, Elliptical and Stepper...etc.)

Left display: **Without** Channel Keys.

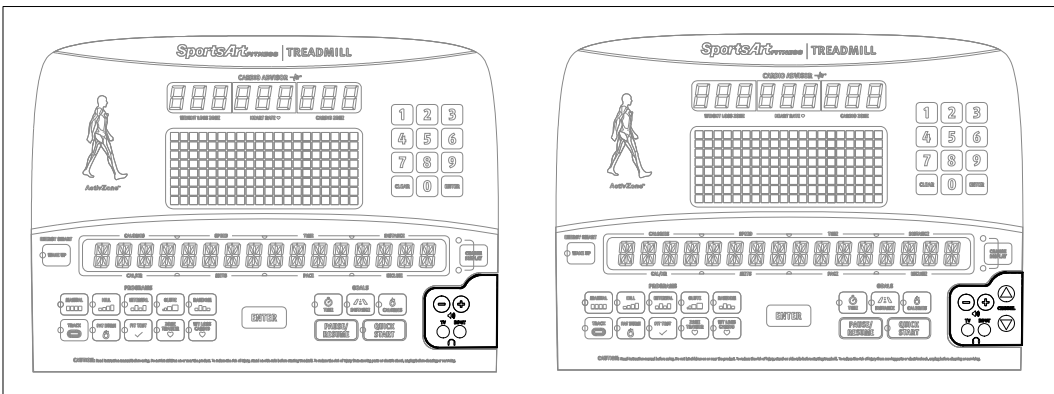
Right display: **With** Channel Keys.



(b) Treadmill

Left display: **Without** Channel Keys.

Right display: **With** Channel Keys.



9. ACCESSORIES (CONTINUED)

MYE Wireless TV Audio_Channel Receivers fuctions:

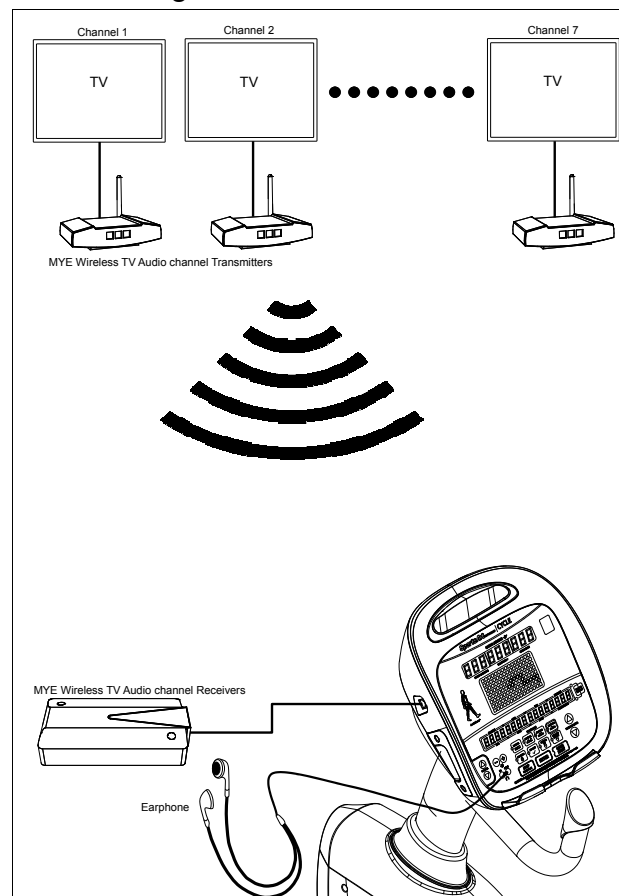
1. The receiver has two kinds of module as below. **(Note: MYE Wireless TV Audio_Channel Receivers and Module not provided.)**
 - (1). MC3R-9(900MHZ) must work with MYE Wireless TV Audio_Channel Receivers MWTD-S9.
 - (2). MC3R-8(863MHZ) must work with MYE Wireless TV Audio_Channel Receivers MWTD-S8.

Choose the suitable module according to your country. **(Please contact with MYE Inc. for more information or purchasing MYE Wireless TV Audio_Channel Receivers and module.)**

For example: Wireless TV frequency in America is 900MHZ.

Wireless TV frequency in Europe is 863MHZ (800MHZ).

2. Installation instruction: Turn off the power and plug the receiver into the CSAFE port (RJ45) in the left of display and then turn on the power.
3. VOLUME + / - keys and CHANNEL ▲/▼ keys will be activated once the receiver plug into the unit.
 - (1). Press VOLUME + / - keys to adjust volume settings. The volume setting range is from 0 to 15, with a default setting of 5.
 - (2). Press CHANNEL ▲/▼ keys to change channel settings. The channel setting range is from 1 to 32, with a default setting of 1. The display will show "CHANNEL - XX".
4. Note: DO NOT unplug the receiver from unit before turning off the power to avoid the damage to the receiver.



10. MAINTENANCE

Maintenance topics are presented below in the following order: error messages, lubrication the seat carriage, maintenance schedule, task list, one-year maintenance log, and electronics block diagram.

MAINTENANCE Messages

The following message can appear on this product for diagnostic purposes.

ERROR_8_x

Error messages will appear on the display when the Micro Inverter or stride-length drive board communication is abnormal.

Error code explanations follow:

ERROR_8_1_: When power on, the communication to the Micro Inverter is abnormal.

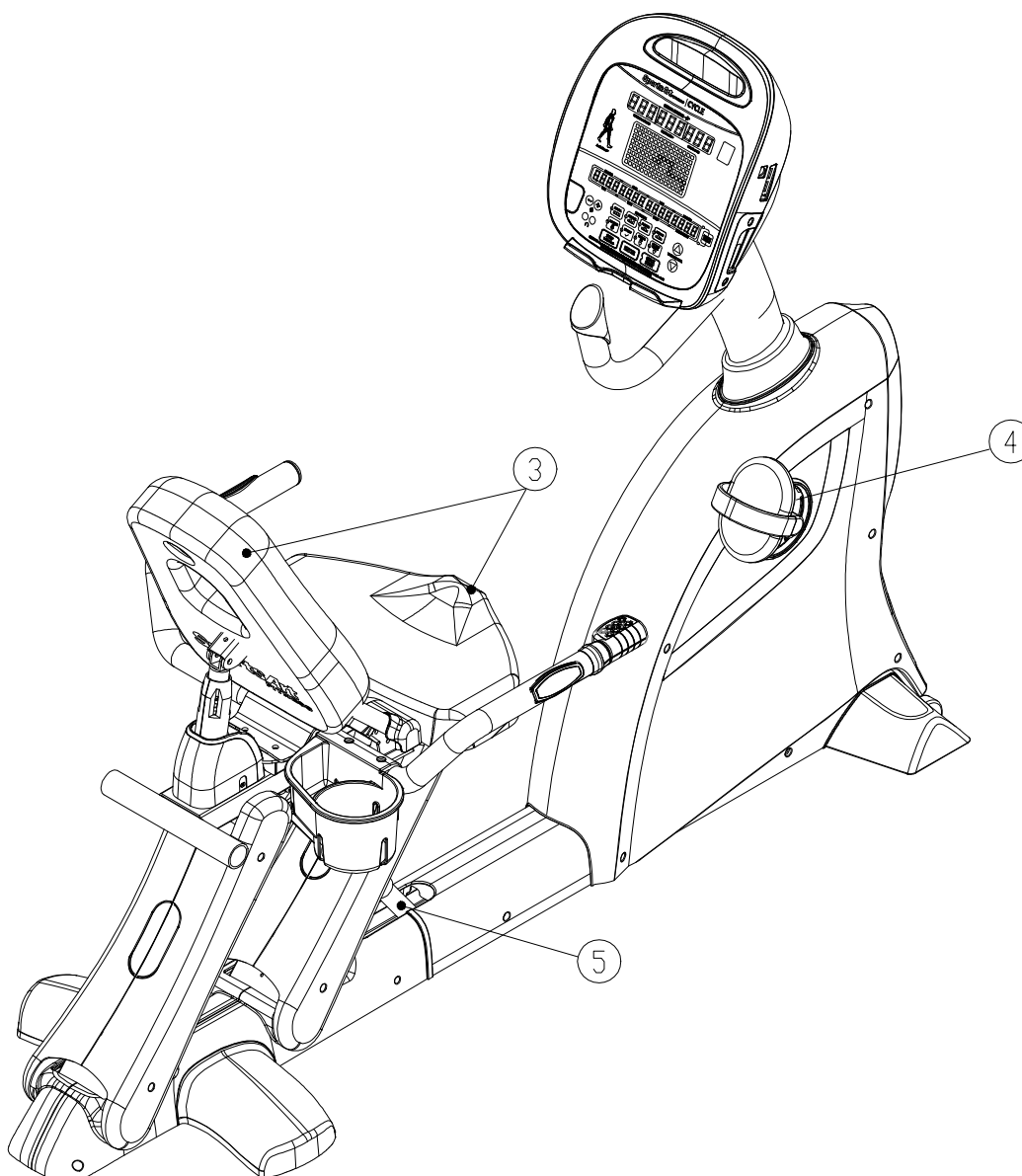
ERROR_8_2_: When power on, the communication to the Micro Inverter is normal, however an abnormality occurs during operation.

These two errors will disappear once the communication recovered.

- - - (four flashing lines) - Indication: The unit is entering the energy saving mode. The main display will shut off, and keys will remain lit. To reactivate the unit, press a key or exercise on it.

MAINTENANCE Schedule

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	•					Clean
2	Screws	•					Inspect for looseness. Secure if necessary.
3	Seat back and bottom	•					Wipe clean with a damp cloth.
4	Pedals	•					Inspect for looseness. Tighten if needed.
5	Gas spring		•				Inspect for normal operation.



MAINTENANCE Task List (Cycles)

Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

Daily tasks

1. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water, to thoroughly clean the product exterior.
2. Inspect parts for looseness, and secure all loose screws. Make sure that the product is safe for operation. If safety issues arise, place an "Out of Order" sign on the product, and call for service.
3. Wipe dirt and debris off the glide rails. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water.
4. Inspect pedals and secure them if necessary.

Weekly tasks

On recumbent bikes, inspect the gas spring for normal operation.

Caution

- Please follow standard safety precautions when servicing on this product.
- Electronic components can carry an electrical charge even after the product has been turned off. For safety, turn off unit power. Wait five minutes to allow capacitors to discharge. Then disconnect the power cord from the wall socket (if applicable.) Only after such steps have been completed should covers be removed and electronic components accessed.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.

MAINTENANCE One-Year Maintenance Log

Facility: _____ Supervisor: _____

Product model number: _____ Serial number: _____

Start date: _____ End date: _____

Daily Tasks	Weeks 1-7							Weeks 8-14							Weeks 15-21							Week 22-28						
Completed																												

Daily Tasks	Week 29-35							Week 36-42							Week 43-49							Week 50-52						
Completed																												

Weekly Tasks	Weeks 1-7							Weeks 8-14							Weeks 15-21							Weeks 22-28						
Completed																												

Weekly Tasks	Weeks 29-35							Weeks 35-42							Weeks 43-49							Weeks 50-52						
Completed																												

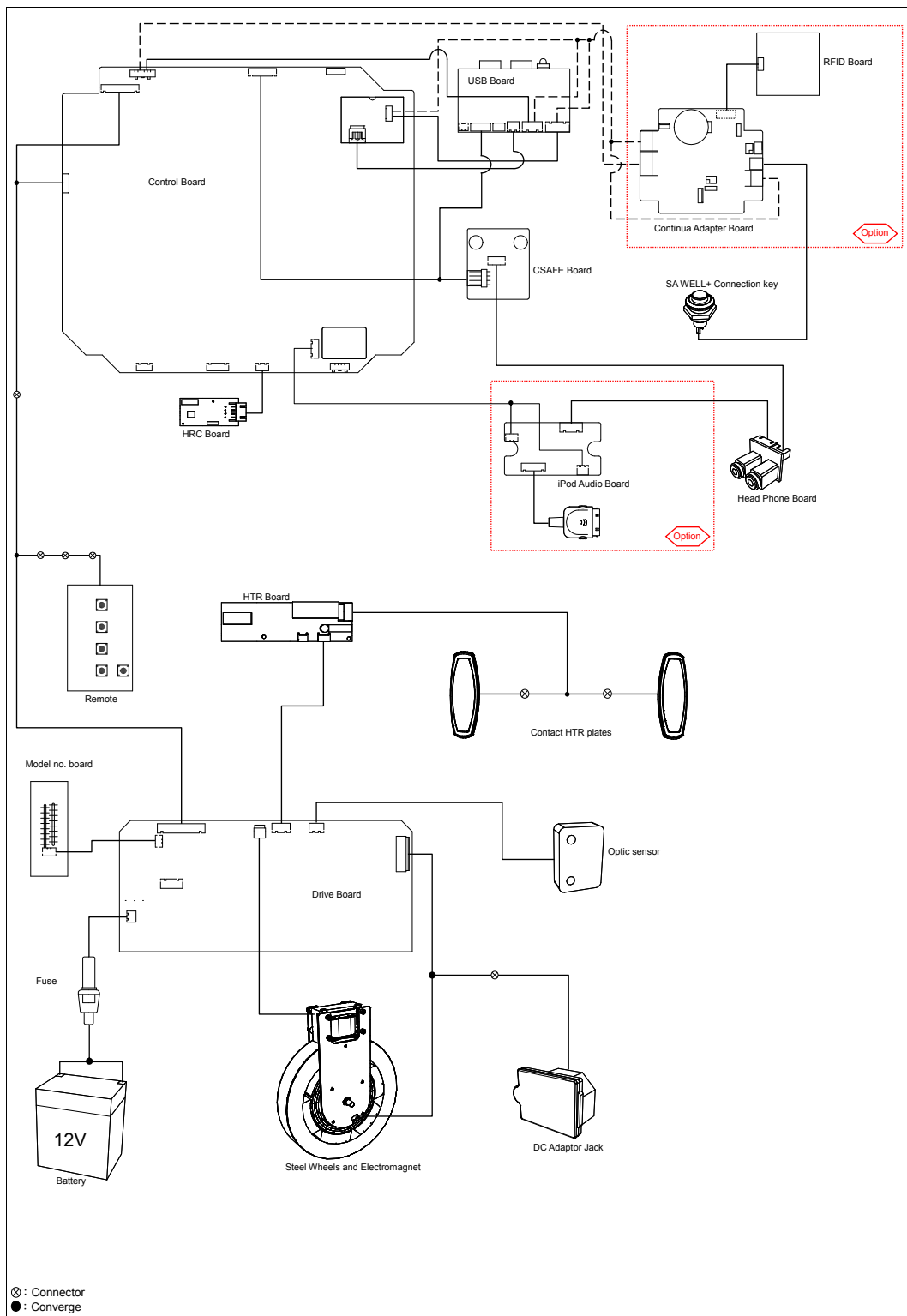
Monthly tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed												

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed				

Yearly Tasks	Year 1
Completed	

Notes: _____

MAINTENANCE Electronics Block Diagram



Your Authorized Distributor