

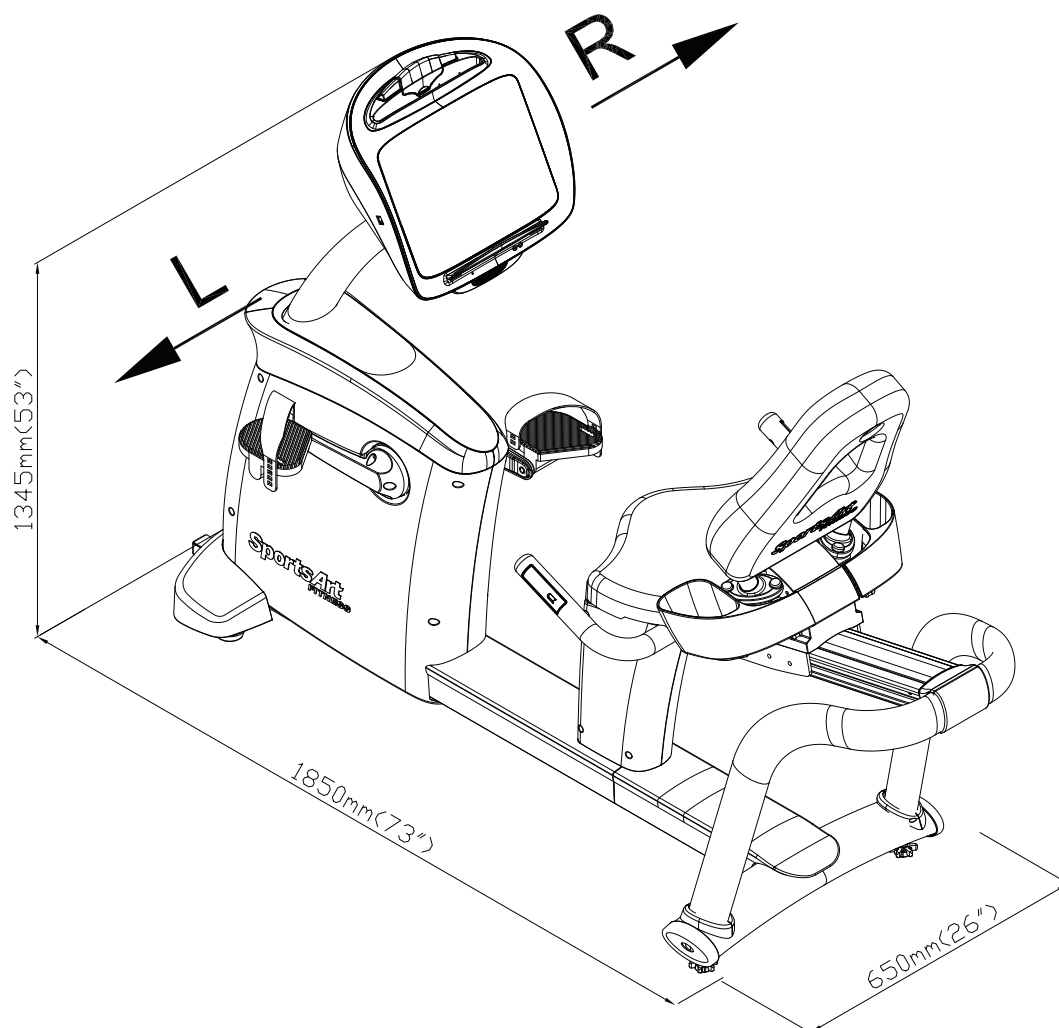
C575R OWNER'S MANUAL CONTENTS

1. INTRODUCTION	2
2. SAFETY PRECAUTIONS	3
3. LIST OF PARTS	7
4. ASSEMBLE THE PRODUCT	9
STEP 1 Separate the Product from the Packaging.....	9
STEP 2 Support the Frame	10
STEP 3 Install the Rear Support.....	11
STEP 4 Secure the Seat Carriage	13
STEP 5 Secure the Seat Bottom and Back	15
STEP 6 Install the Pedestal and Pedals.....	17
STEP 7 Install Covers	19
STEP 8 Move the Product	20
STEP 9 Level the Bike	21
STEP 10 How to Connect the Ground Wire	22
5. UNDERSTAND THE C575R DISPLAY	23
DISPLAY Overview	23
DISPLAY Specifications	24
DISPLAY Windows	24
DISPLAY Keys	24
6. OPERATE THE PRODUCT	26
OPERATION Quick Start	26
OPERATION Start a Workout Program	26
OPERATION Display	27
OPERATION Cool Down	28
OPERATION Workout Programs	28
OPERATION User Preferences and Component Versions.....	31
7. ABOUT HEART RATE DETECTION	32
HEART RATE Telemetry	32
HEART RATE Contact	32
8. GUIDELINES FOR EXERCISE	33
9. ACCESSORIES	34
10. MAINTENANCE	36
MAINTENANCE Messages	36
MAINTENANCE Lubrication	36
MAINTENANCE Schedule	37
MAINTENANCE Task List (Cycles)	38
MAINTENANCE One-Year Maintenance Log	39
MAINTENANCE Electronics Block Diagram	40

1. INTRODUCTION

Congratulations on your purchase of one of the finest exercise products on the market today, the C575R 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 227kg (500lb). 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 Class B 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 elliptique SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre elliptique 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 l'elliptique selon les instructions.
- Assemblez et faites fonctionner l'elliptique 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 l'elliptique.
- Vérifiez l'elliptique 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 l'elliptique 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.
- L'elliptique 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 l'elliptique est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Utilisez l'elliptique uniquement pour l'usage prévu dans ce manuel.
- N'utilisez jamais l'elliptique 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.

2. CONSIGNES DE SÉCURITÉ (SUITE)

- La limite de poids de l'utilisateur pour cet elliptique est de 227 kg (500 lb.). Remarquez que la résistance de 20 convient jusqu'à 150 kg (330 lb.).
- Cet elliptique 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 cet elliptique par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec l'elliptique.

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.

NE PAS monter sur l'étape plus haute. En maintenant sur les supports de stabilité, monter sur l'étape plus bas.

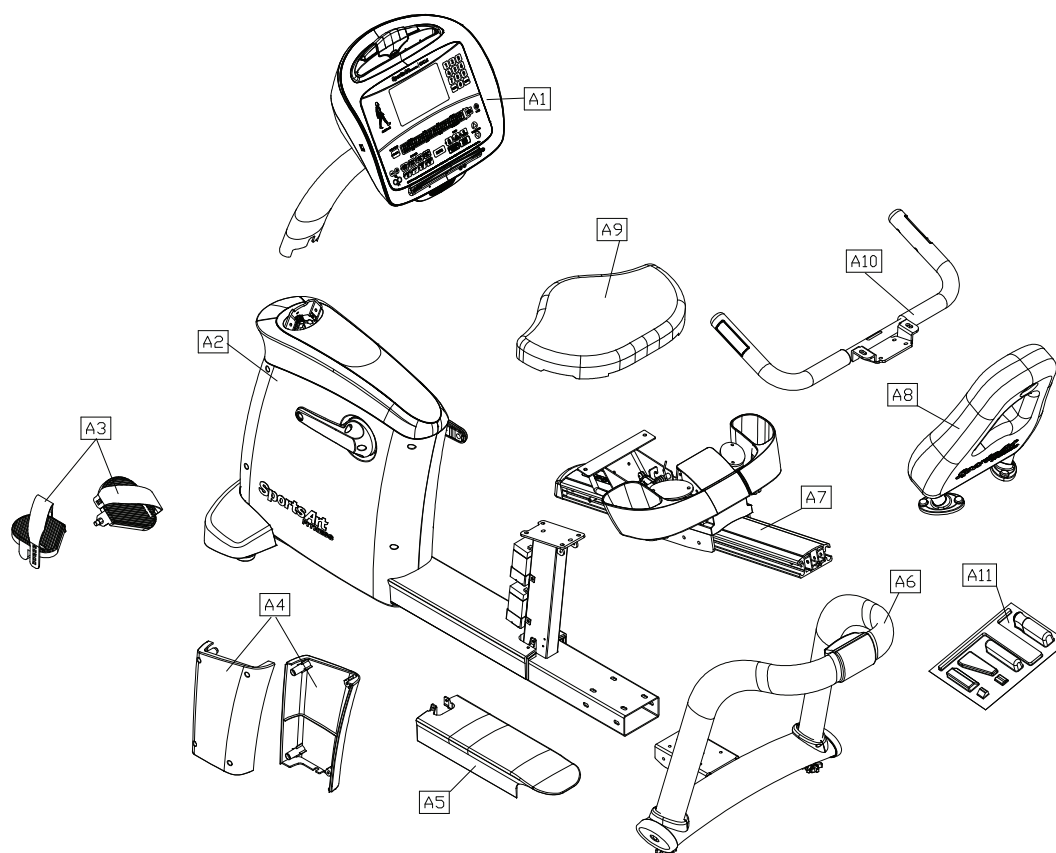
Remarque: Ce matériel a été testé et déclaré conforme aux normes des appareils digitaux de Classe B, conformément à la partie 15 du Règlement de la FCC. Ces limites sont conçues pour offrir une protection raisonnable contre les interférences nuisibles dans une installation résidentielle. Cet appareil 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 "vis" est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

Si vous êtes une personne de langue française en Amérique du Nord, s'il vous plaît placer l'autocollant figurant dans le manuel du propriétaire sur le produit comme indiqué. Les clients dans d'autres pays ne recevront pas l'autocollant.

3. LIST OF PARTS



Assembly Parts					
No.	Name	Qty.	No.	Name	Qty.
A1	Pedestal and display	1	A7	Seat carriage	1
A2	Main frame and body	1	A8	Seat back	1
A3	Pedals	1	A9	Seat bottom	1
A4	Support covers	1	A10	Handlebars (with contact heart rate detection)	1
A5	Rear frame cover	1	A11	Hardware kit	1
A6	Rear support	1			

Components in the Hardware Kit				
No.	Name	Qty.	Specification	Notes
10	Cap	2		
	L-shaped Allen wrench	1	M5	
	L-shaped Allen wrench	1	M6	
	Double open-end wrench	1	(12*15)	
	Screwdriver handle	1	Green	
	Screwdriver bit	1	Flat and Phillips	

Components on the Product			
No.	Name	Specification	Notes
21	Mushroom top inner hex screw	M8*L15	
	Flat washer	D15.5*d8.1*t0.5	
22	Inner hex screw	M6 * L15	
	Spring washer	M6	
	Flat washer	D13*d6*t1	
23	Inner hex screw	M8*L20	
	Spring washer	M8	
	Flat washer	D17*d8.3*t2	
24	Flat washer	D20*d8*t1	
	Spring washer	M8*t2.0	
	Outer/inner hex screw	M8*P1.25*L20	
25	Inner hex screw	M8*L20	
	Spring washer	M8	
26	Mushroom top inner hex screw	M8*P1.25*L25	
	Serrated washer	D18*d8.5*t2	
	Cushion washer	D13	
27	Phillips screw	M5*P0.8*L20	
28	Front cover		

4. ASSEMBLE THE PRODUCT

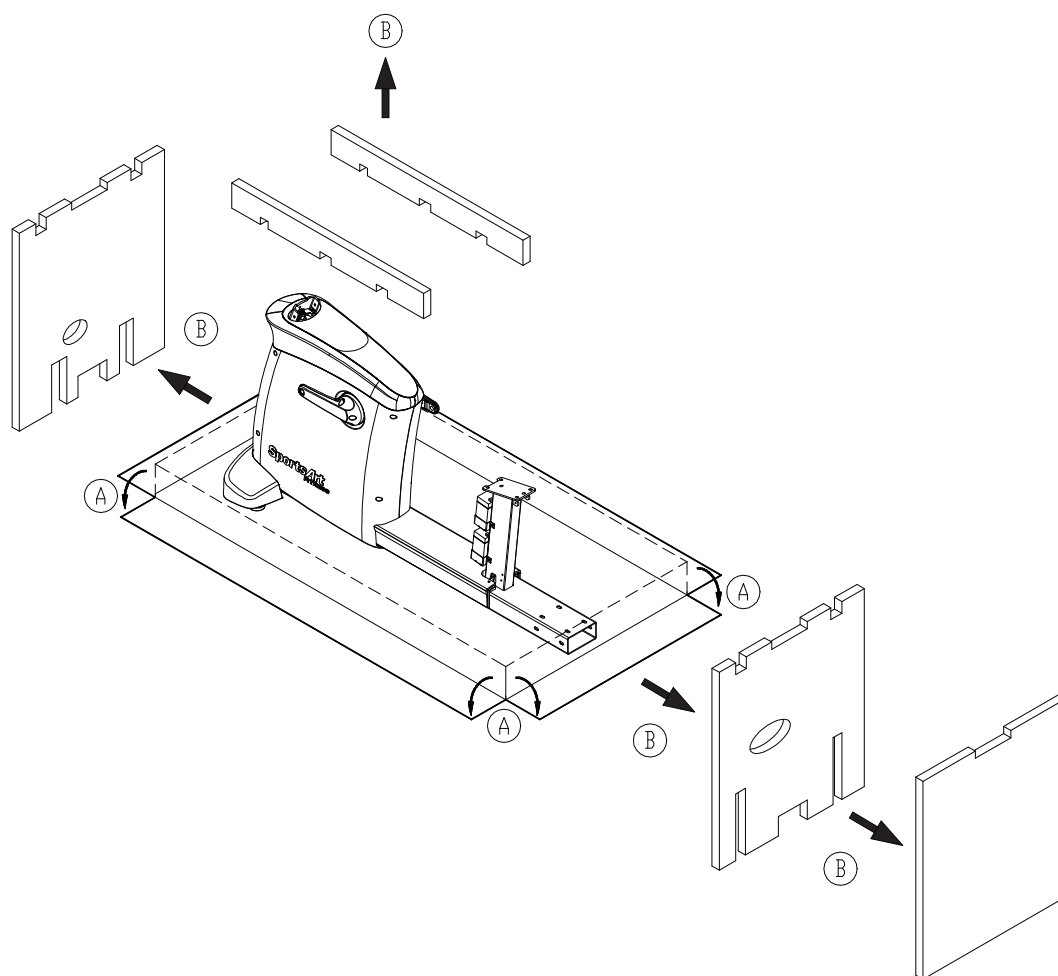
Follow instructions below to assemble this product. Note that in this manual the words “left” and “right” are used to refer to the product and its parts. As such, these designations correspond to the “left” and “right” sides of a person in position to exercise on this product. Also, for brevity, the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

STEP 1 Separate the Product from the Packaging

Remove packaging as shown to leave the product on a flat piece of cardboard.

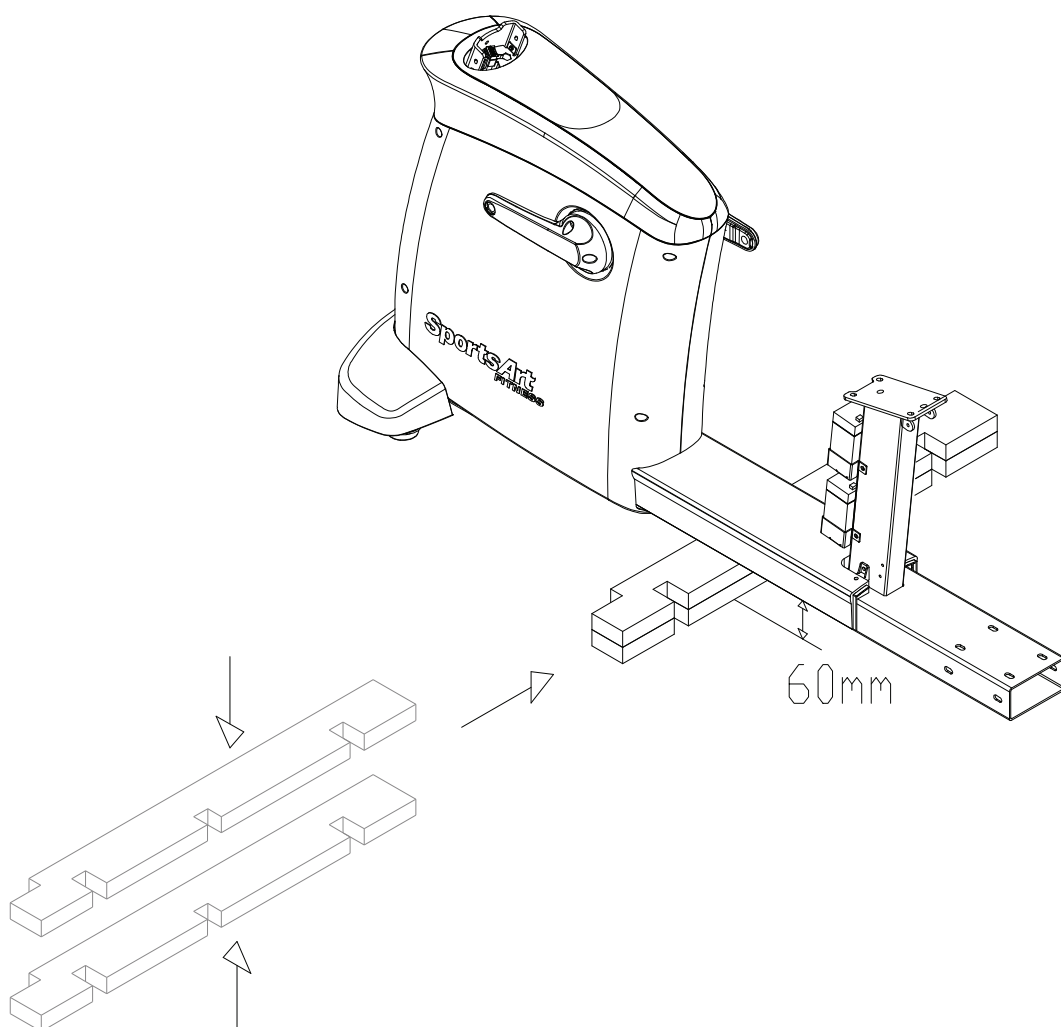
(a) Remove bike parts. Set them aside in a safe place. Cut the corners of the box to leave the main frame and body alone on a flat piece of cardboard.

(b) Remove the packaging material. Inspect all packaging material for parts, such as pedals, etc., before discarding the packaging material.

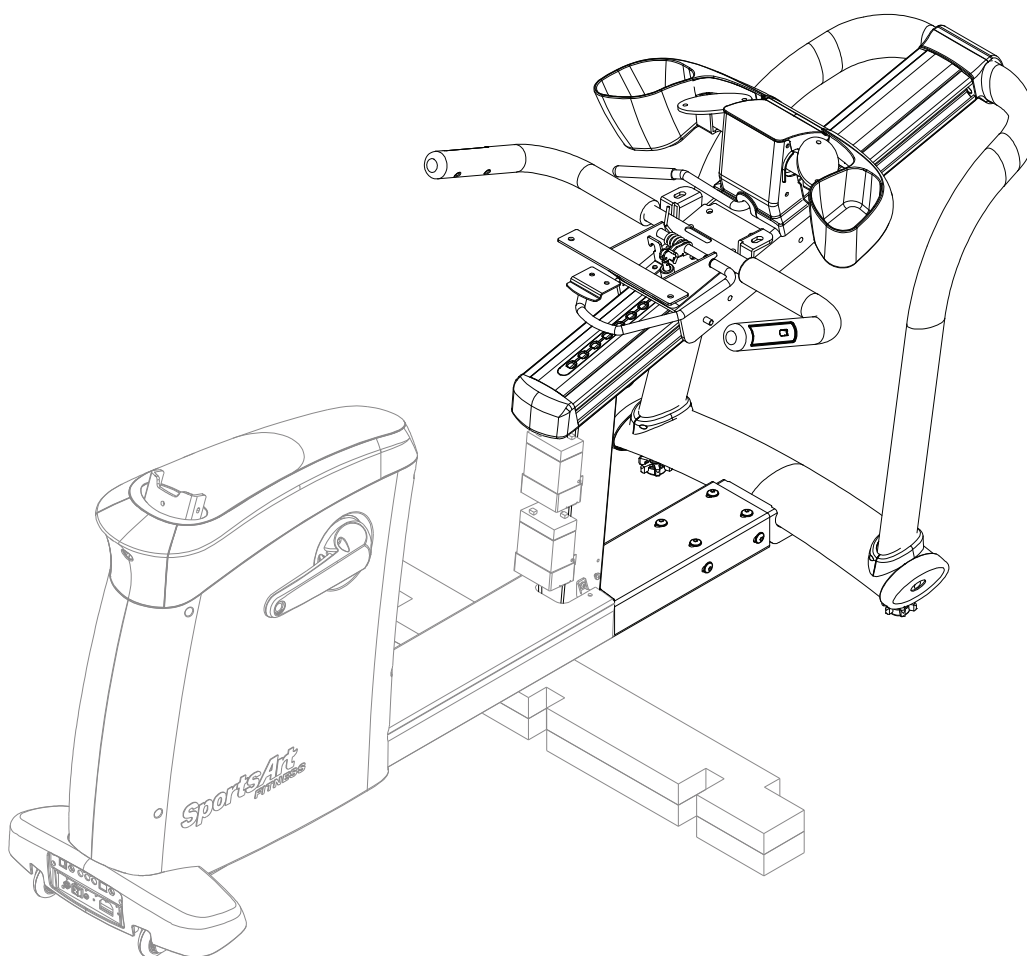


STEP 2 Support the Frame

Before assembling the bike, please insert a piece of corrugated cardboard as shown to lift the main frame approximately 60 mm (about 2 11/32 inch). This will aid in the installation of the rear support.



STEP 3 Install the Rear Support

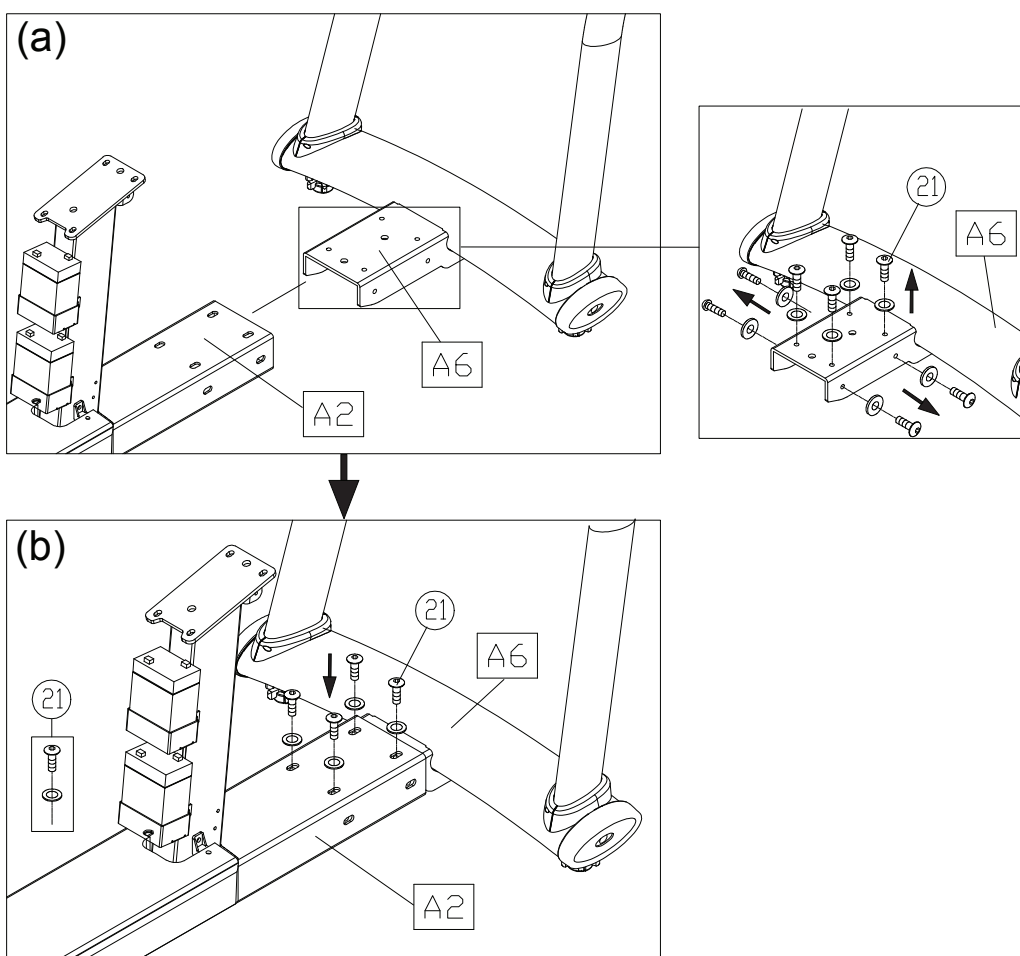


STEP 3 Install the Rear Support (Continued)

Install the rear support as shown in steps (a) through (b) below.

(a) Remove screws from the rear support (A6). Insert the stem of the rear support (A6) into the main frame (A2) as shown.

(b) First, loosely secure screws (21) into the top of the main frame. Do not fully tightened these screws yet.



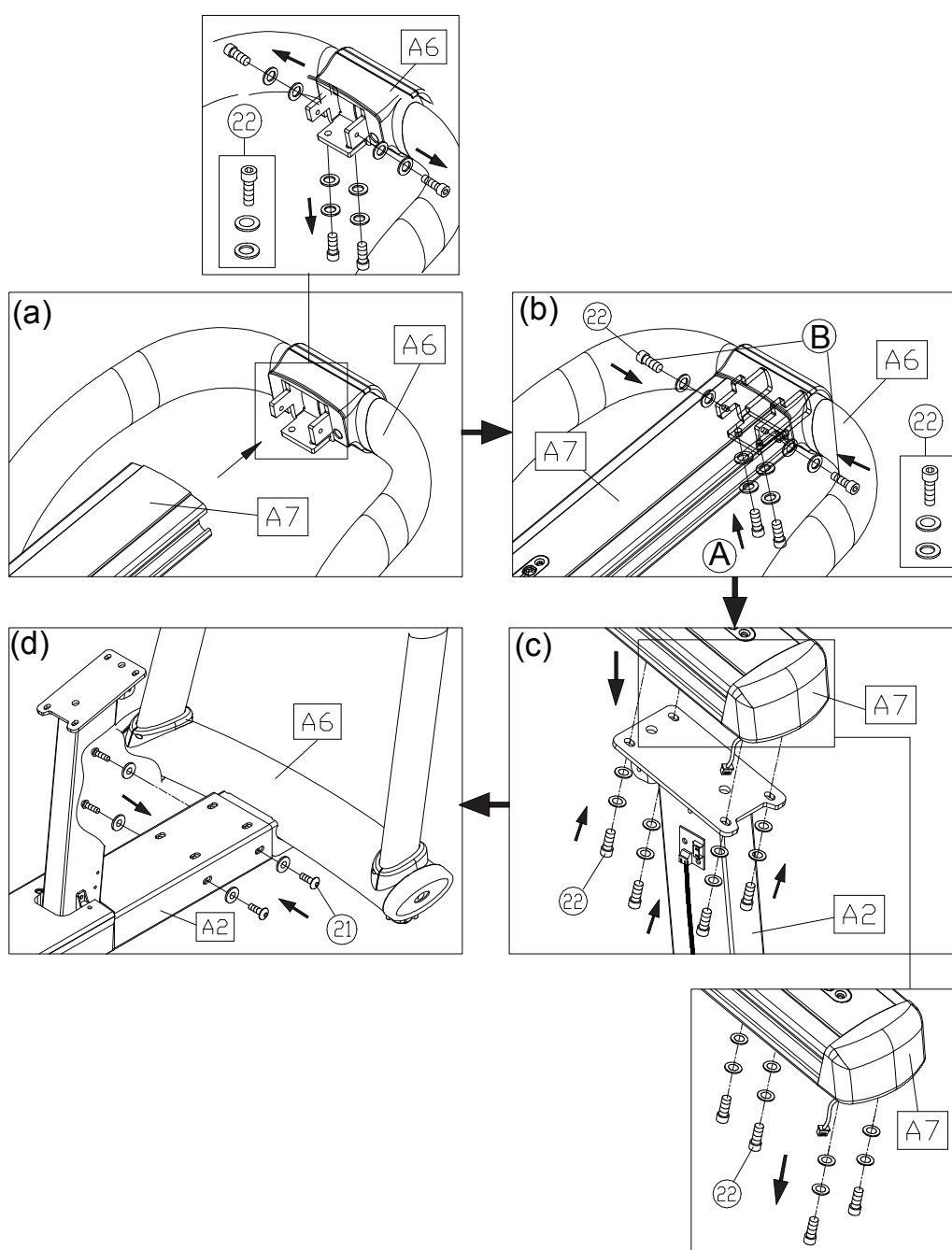
STEP 4 Install the Seat Carriage

Secure the seat carriage and handlebars as shown in steps (a) through (d).
(a) First, remove screws (22) from the rear support (A6). Then insert the end of the seat carriage (A7) into its mount on the rear support (A6).

(b) Loosely secure screws (22) in area A before loosely securing screws in area B. Do not fully tighten these screws yet.

(c) First remove screws from the seat carriage (A7). Then place the front of the seat carriage (A7) on the seat post on the main frame (A2). Loosely secure screws (22). Do not fully tighten these screws yet.

(d) Loosely secure screws (21) on the left and right sides of the main frame. Do not fully tighten these screws yet.

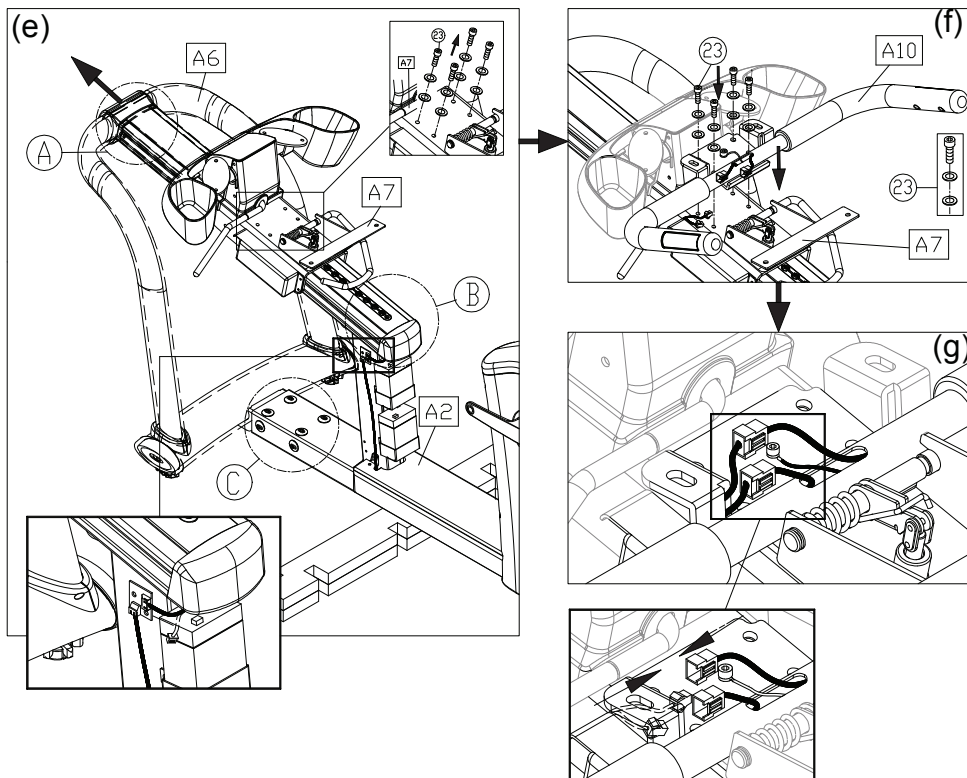


STEP 4 Secure the Seat Carriage (Continued)

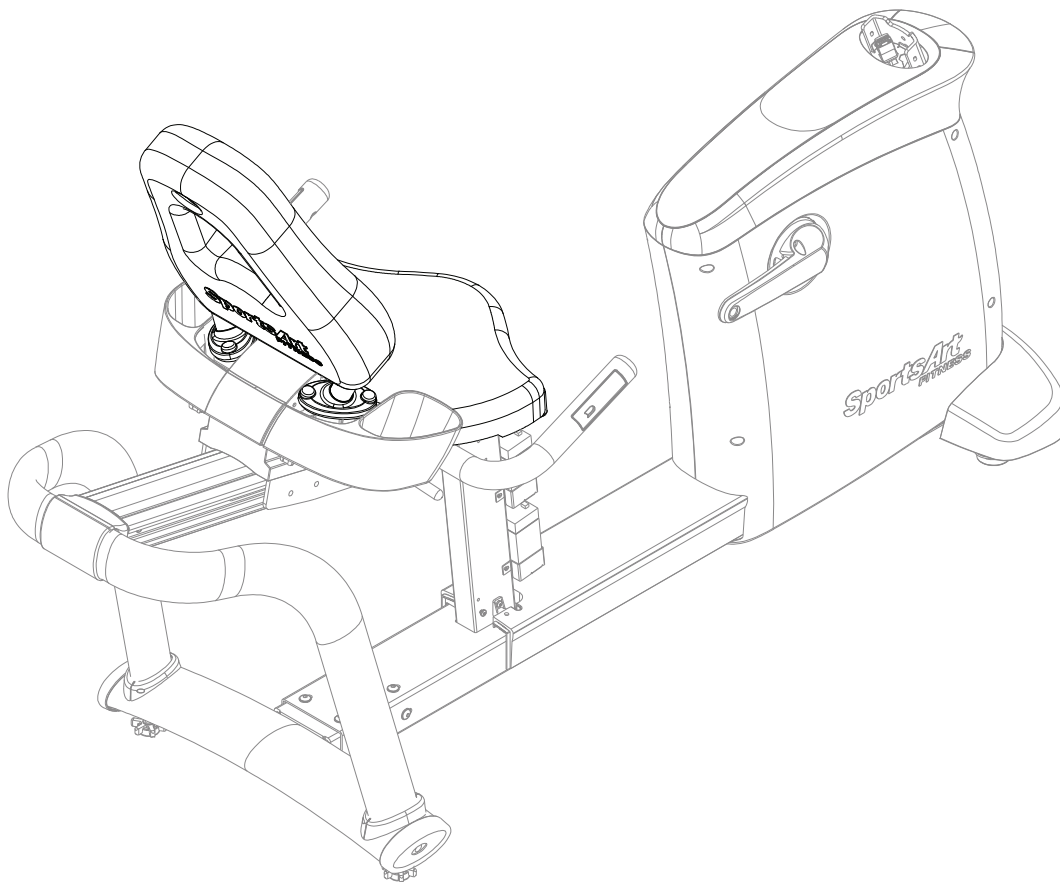
(e) Push the seat carriage (A6) toward the rear support. Then fully secure screws in areas A, B and C in sequence, starting with those in area A. Connect the seat carriage (A7) cable to the connector in the seat post of the main frame (A2). After completing this step, remove the corrugated cardboard from beneath the frame.

(f) Remove screws (23) from the seat carriage (A7). Place handlebars (A10) flat on the seat carriage (A7). Fully secure the handlebar screws (23).

(g) Connect handlebar (A10) cables to the connector in the frame (A2).



STEP 5 Secure the Seat Bottom and Back



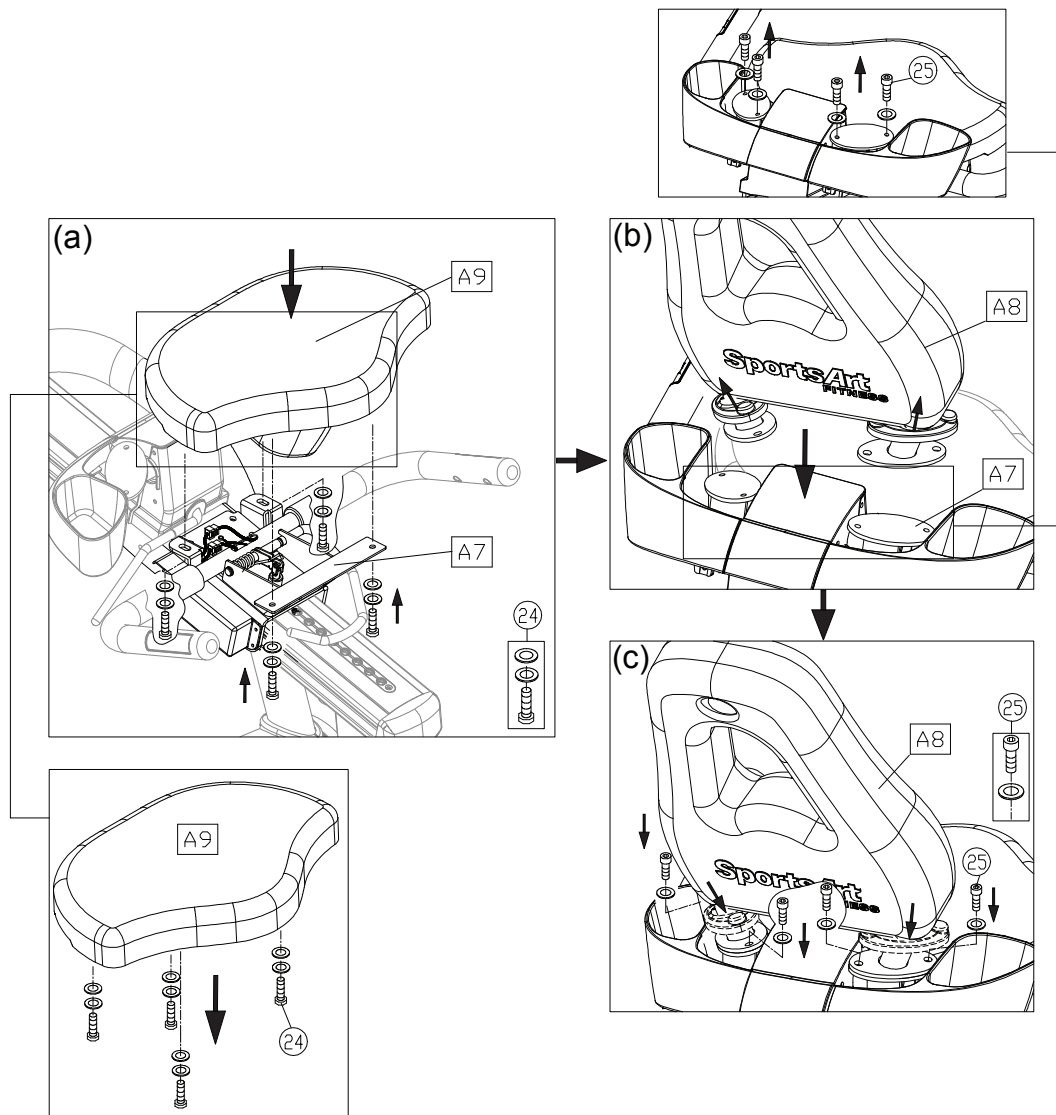
STEP 5 Secure the Seat Bottom and Back (Continued)

Follow steps (a) through (c) to install the seat bottom and seat back.

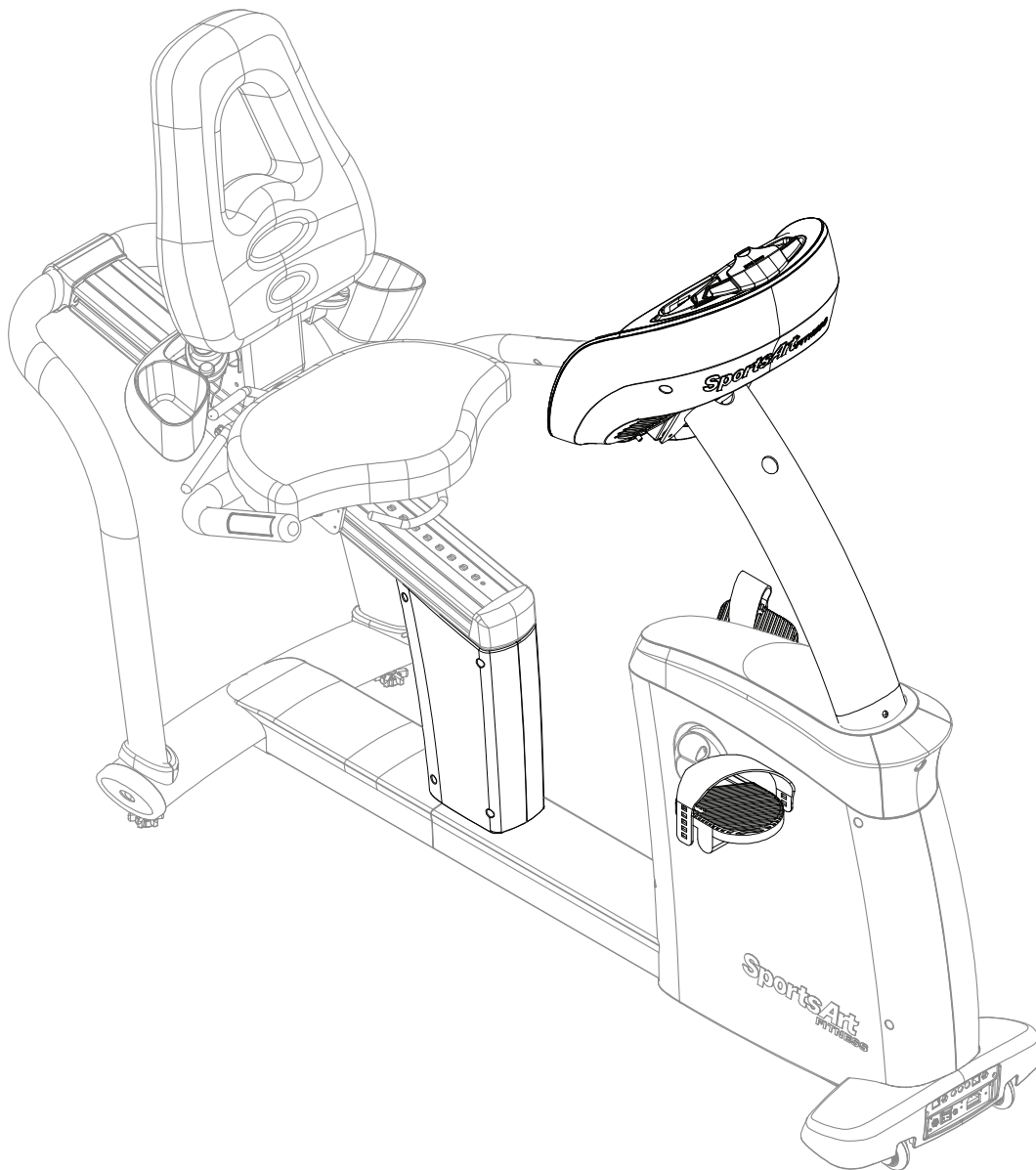
(a) Remove screws (24) from the seat bottom (A9). Place the seat bottom (A9) onto the seat carriage (A7). Align the screw holes. From the bottom, secure the screws (24) into place.

(b) Remove screws (25) from the seat carriage (A7). Lift up the soft covers on the seat back (A8). Place the seat back on the mounts on the seat carriage (A7).

(c) Secure screws (25). Then slide the soft covers down into place.



STEP 6 Install the Pedestal and Pedals

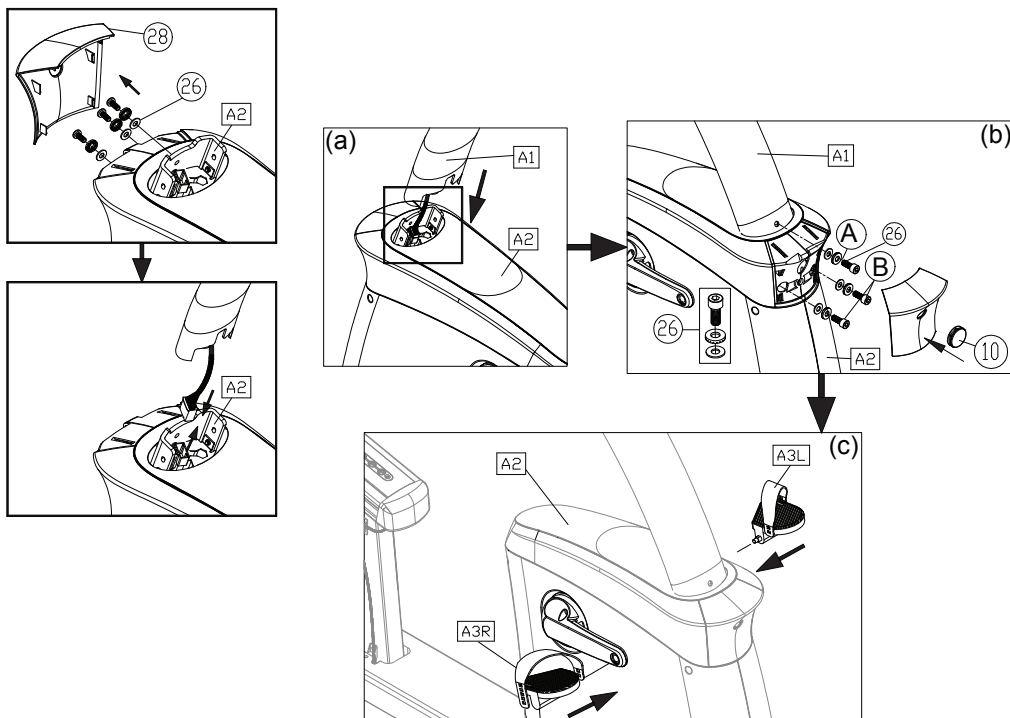


STEP 6 Install the Pedestal and Pedals (Continued)

Follow steps (a) through (c) to install the pedestal assembly and the pedals. (a) Remove the front cover (28) and screws (26) from the main frame (A2). Connect the cable from the pedestal (A1) into the connector in the main frame (A2). Then insert the pedestal (A1) into its mount on the main frame (A2).

(b) Secure the pedestal (A1) onto the main frame as follows: First, loosely secure all three screws (26). Then fully secure screws in position A before securing screws in position B. After screws are secured, insert the soft caps (10) over the screw heads.

(c) Note that pedals are marked either “L” for left or “R” for right. Each pedal must be installed on the appropriate side. The stem of the right pedal screws in clockwise. The stem of the left pedal screws in counterclockwise. Start securing pedals by hand to ensure proper threading. Then use the wrench to fully secure the pedals into place.

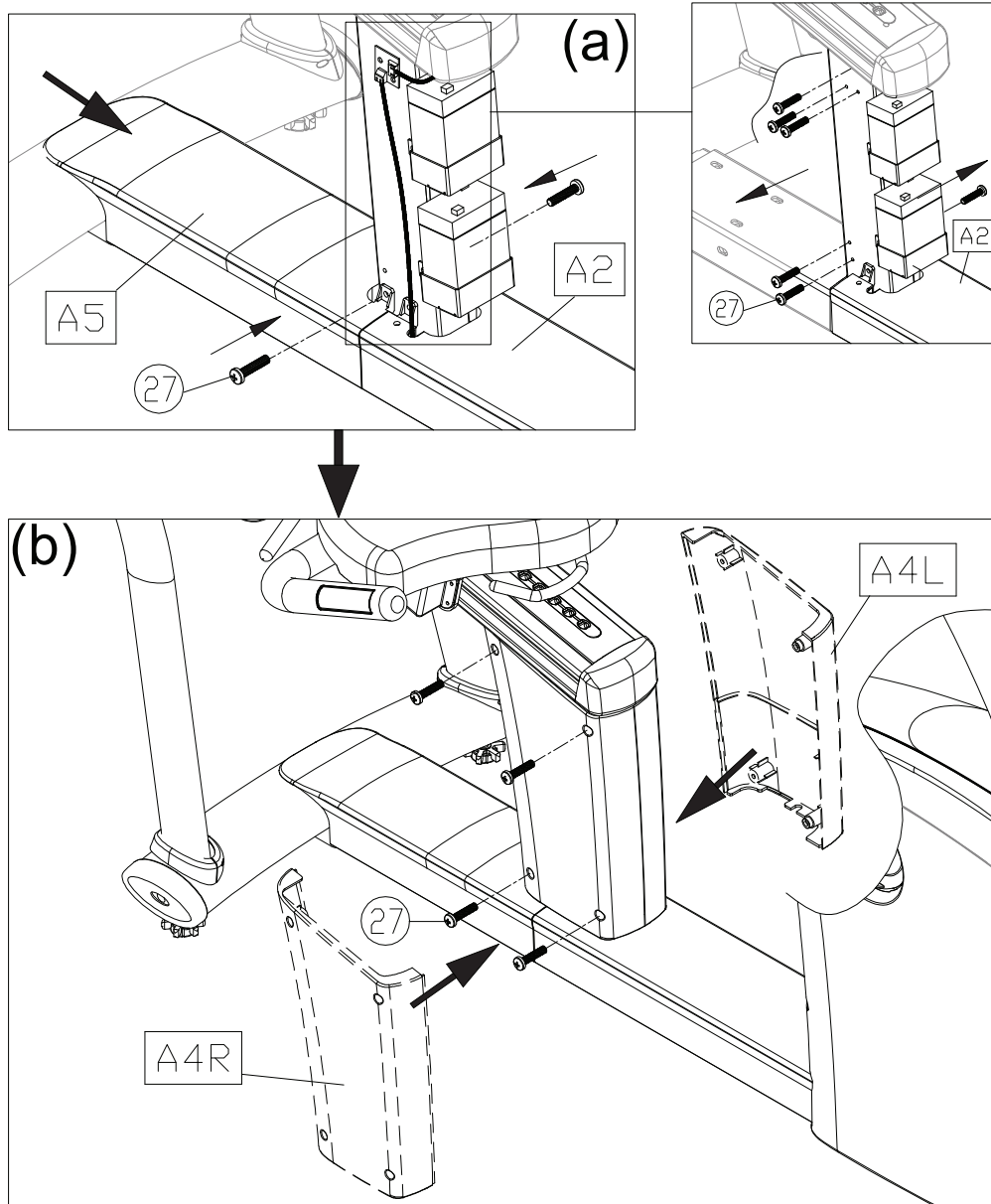


STEP 7 Install Covers

Follow steps (a) through (b) to install the rear frame cover and the seat post covers.

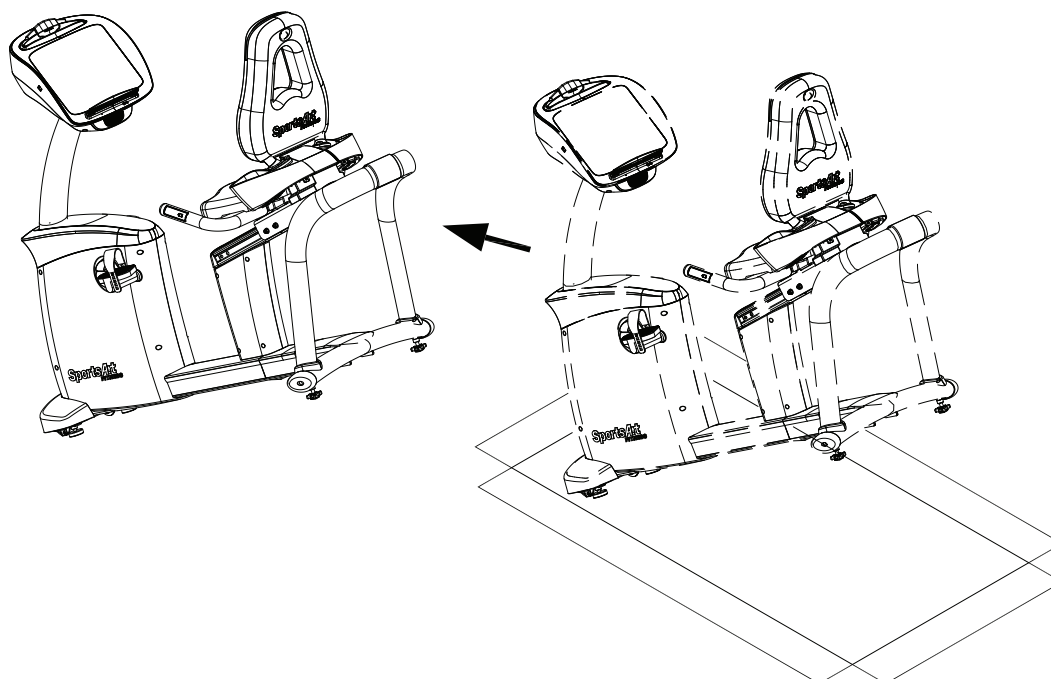
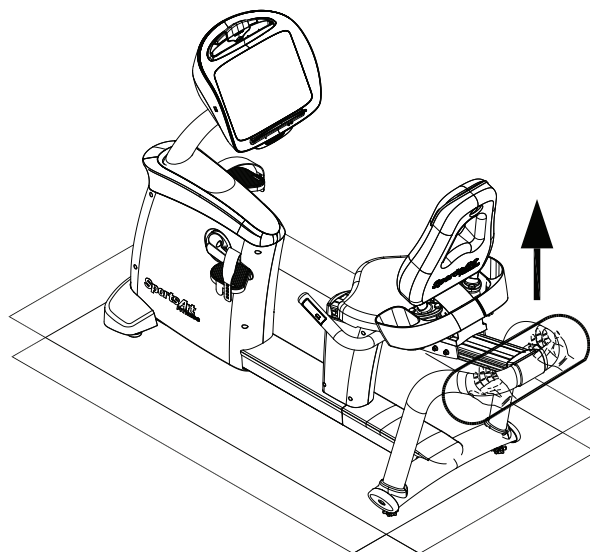
(a) Remove screws (27) from the main frame (A2). Slide the rear frame cover (A5) from the back toward the front on the main frame (A2). Use screws (27) to secure the cover into place.

(b) Insert left (A4L) and right (A4R) seat post covers into place, and secure them with screws (27).



STEP 8 Move the Product

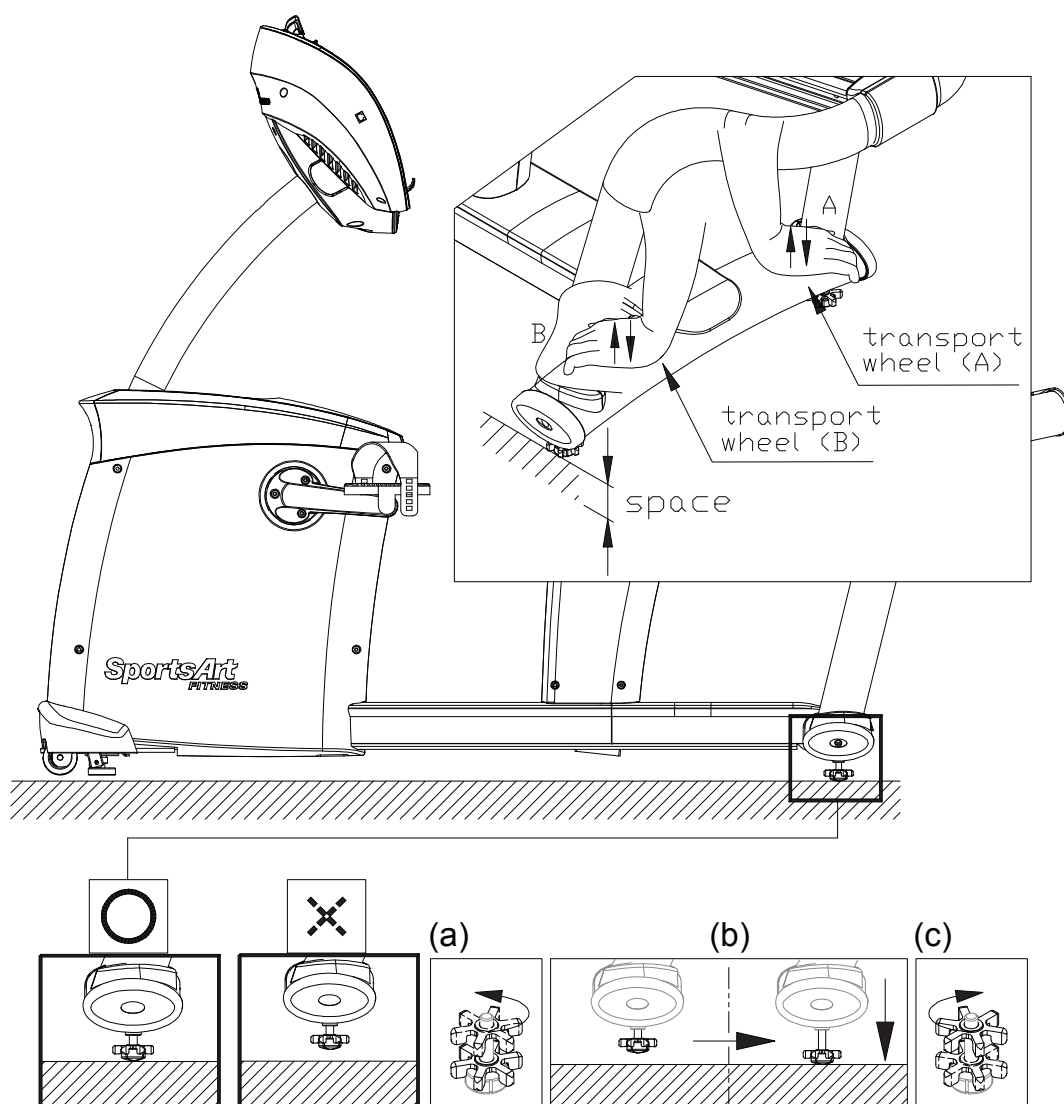
Lift the rear support and push, rolling the bike into place for use.



STEP 9 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.

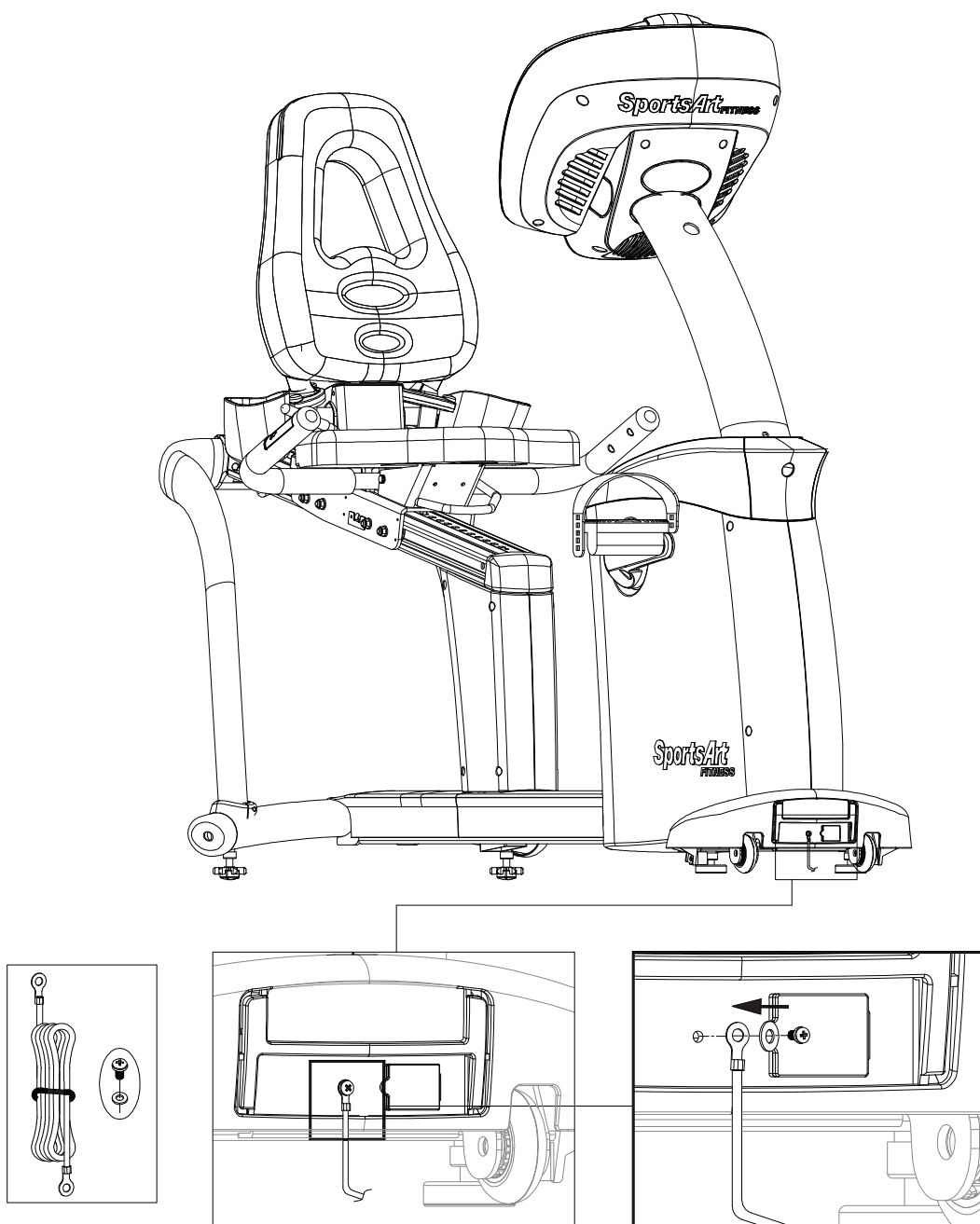
- (a) Loosen the leveler nut.
- (b) Rotate the leveler foot downward so it firmly touches the floor.
- (c) To secure this position, secure the leveler nut against the product frame.



STEP 10 How to Connect the Ground Wire

Note: A ground wire and the following instructions are required by European safety standards. The ground wire is not required by North American safety standards.

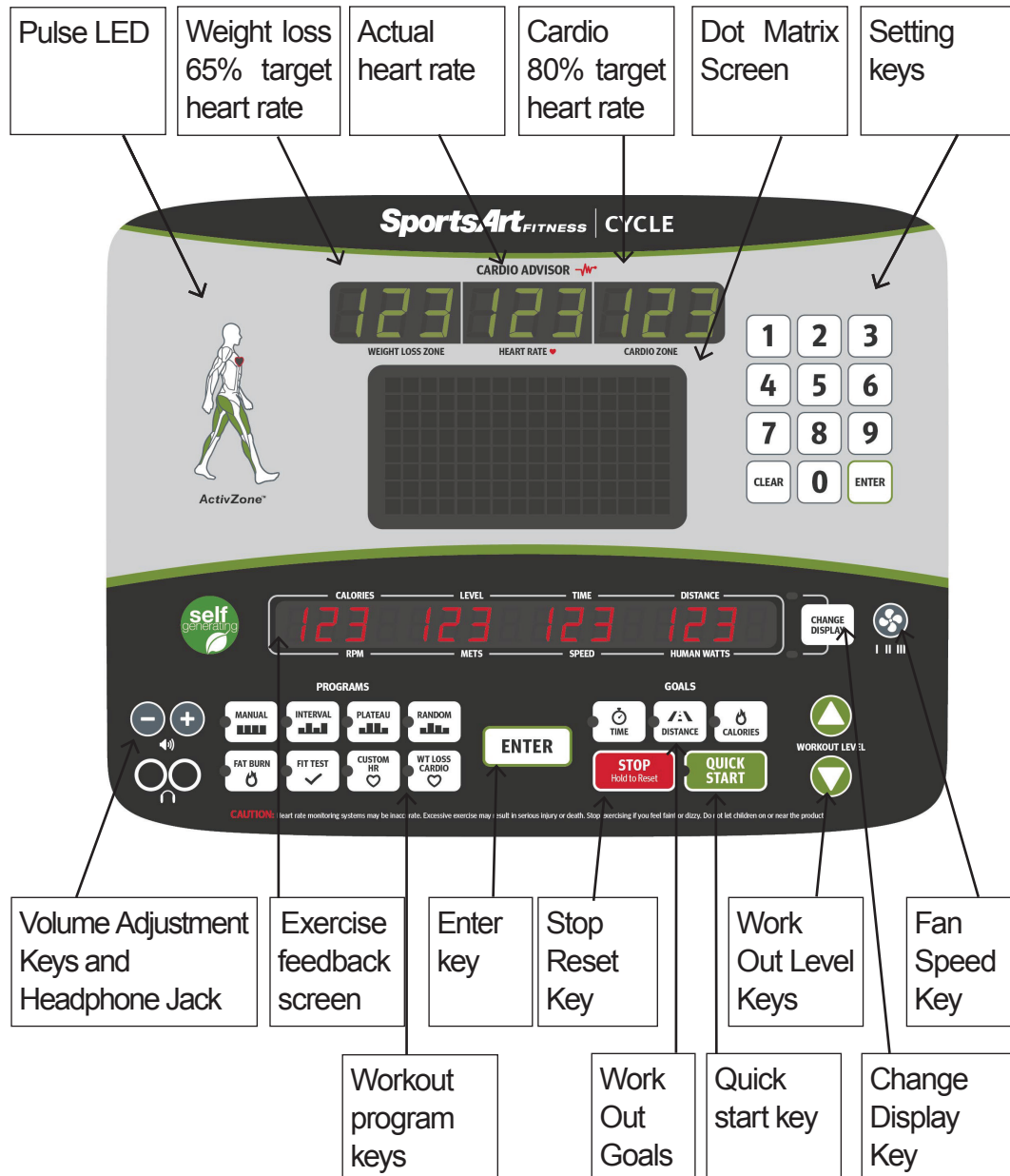
Installation instructions: Please use screws and washers to secure one end of the ground wire to the product frame as shown and the other end to the building electrical ground.



5. UNDERSTAND THE C575R DISPLAY

DISPLAY Overview

The C575R 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.



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 $(220 - \text{AGE}) \times 0.8$.

TIME – Press this key to make time your workout goal.

DISTANCE – Press this key to make distance your workout goal.

CALORIES – Press this key to make calories your workout goal.

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.

0 – 9 numeric keys – Press these keys to directly input numbers, rather than pressing ▲/▼ keys.

CLEAR – When inputting setting values, press this key to delete previous setting values back to 0.

FAN – Press this key to activate the fan. There are settings: low, medium, high, and off.

DISPLAY Keys (Continued)

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.)

6. OPERATE THE PRODUCT

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

OPERATION Quick Start

Press the QUICK START key to start exercising immediately, without inputting any user information. TIME goal LED indicator will light up. The program time is default at 60 minutes unless the program time limit is activated in the engineering mode. 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 and stride settings 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 or press a goal key (TIME, DISTANCE, CALORIES) to select a goal program. Press ENTER to confirm the program selection.

2. If you select a program key, then “SELECT GOAL” will appear on the exercise feedback window. There are three types of workout goals: TIME, DISTANCE, and CALORIE. Press the key of your preferred workout goal. Its indicator LED will light up.

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

OPERATION Start a Workout Program (Continued)

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.

- The CALORIE setting range is from 100 to 9999 kCal, with a default value of 700 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 500 lb. (20 to 227 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.

OPERATION Display (Continued)

- 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.

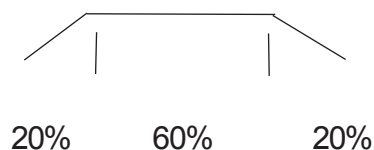
INTERVAL

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

The display will show the current country code selected twice, such as "US". After that, it will display "XX MILE H>H" or "XX KM H>H" (XX represents the country code). Press ▲/▼ key to change the country code. Press ENTER 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 display program version..

DISPLAY PROGRAM VERSION

The display program version will appear as "CTL C5_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.

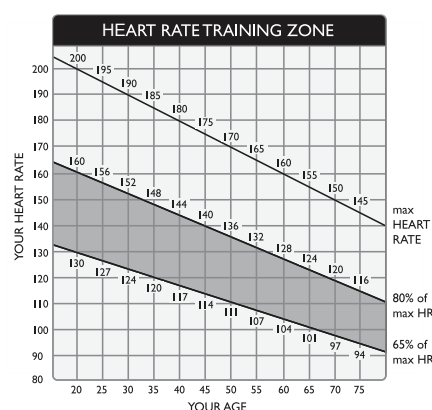
8. GUIDELINES FOR EXERCISE

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 Apple products, such as iPod, iPhone nor 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.

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.

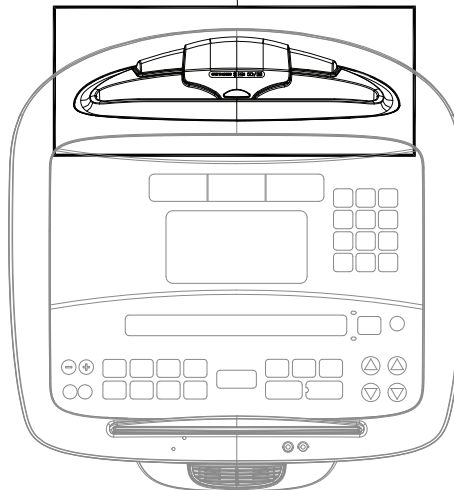
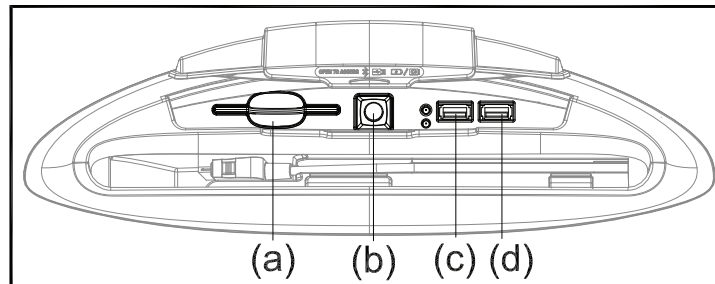
SAFitDirector Member System (Option)

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 in the smart phone and SAFitDirector App.
2. Use USB Flash Drive to store the workout data.
3. Use member card to access user profile and workout tracking.

9. ACCESSORIES (CONTINUED)

Entertainment Cap



The functions of the Entertainment Cap of the display:

- (a) RFID member card slot: work with both optional SAFitDirector and ECOFIT member cards.
- (b) Bluetooth connection button: press this button to pair or unpair the smart phone SAFitDirector 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.

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.

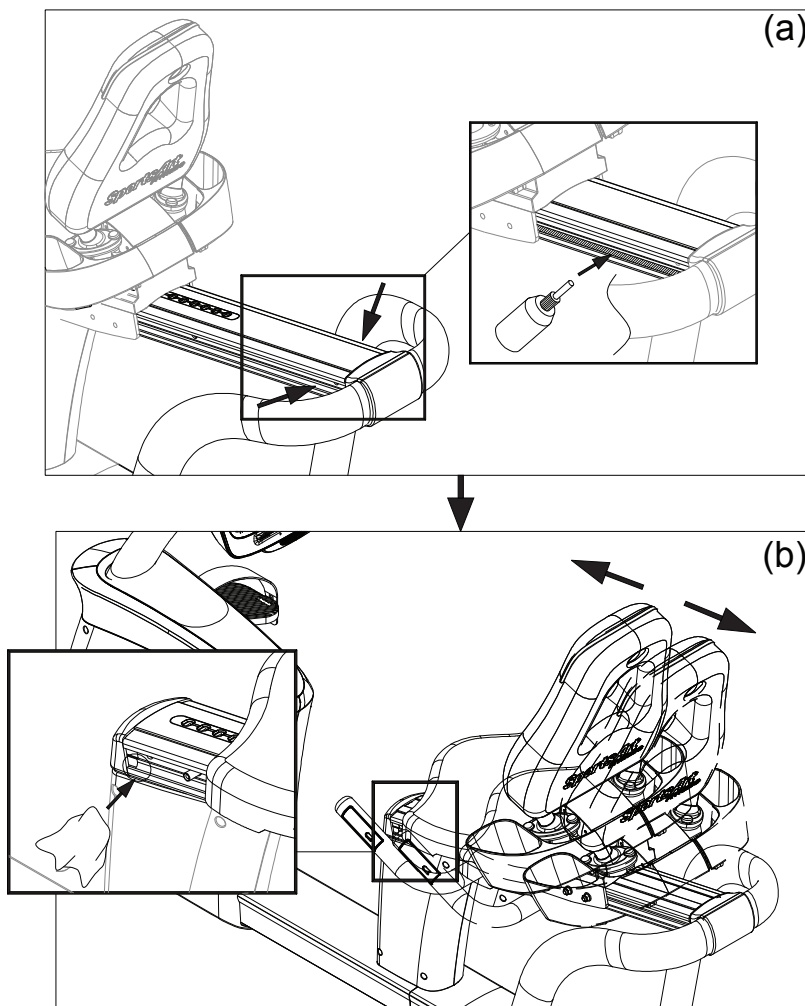
--- (Four flashing lines) - Indication: The unit is entering the energy saving mode. The main display will shut off, and keys will remain lit. To reactivate the unit, press a key or exercise on it.

MAINTENANCE Lubrication

If the seat carriage does not fore and aft easily, follow steps (a) through (b) to lubricate the seat carriage.

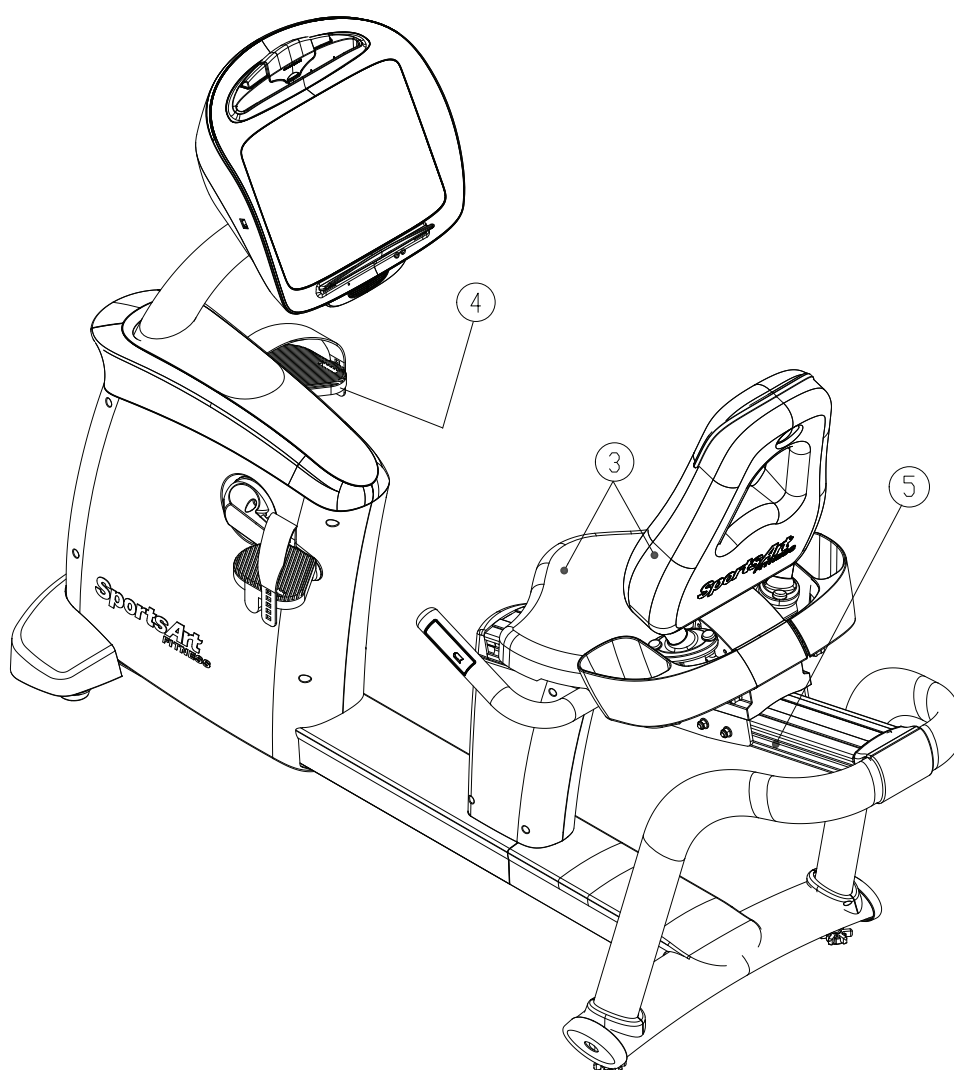
(a) Push the seat all the way forward. Add a few drops of silicone lubricant to the slide tracks on both sides.

(b) Then slide the seat carriage up and down several times. If the lubricant drips off the track, wipe off the excess lubricant with a clean towel.



MAINTENANCE Schedule

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	•					Clean
2	Screws	•					Inspect and secure loose parts
3	Seat back and bottom	•					Wipe clean with a slightly damp towel.
4	Pedals	•					Inspect and secure loose parts
5	Seat carriage rail		•				Apply silicone lubricant



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, apply silicone lubricant to the seat carriage rail.

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

