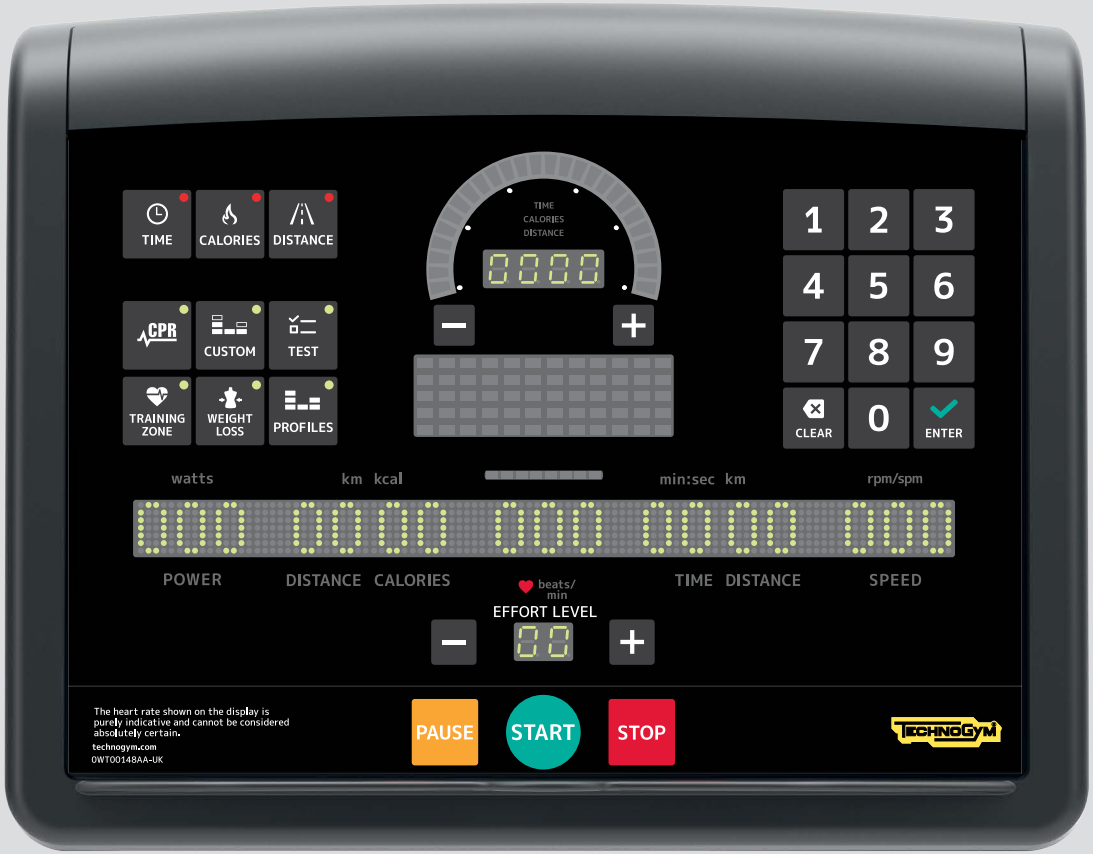
EXCITE, ENGAGING CARDIO

ADVANCED LED DISPLAY



Crossover
Synchro
Vario
Bike
Recline
Step
Climb
Top

User manual

TECHNOGYM®
The Wellness Company

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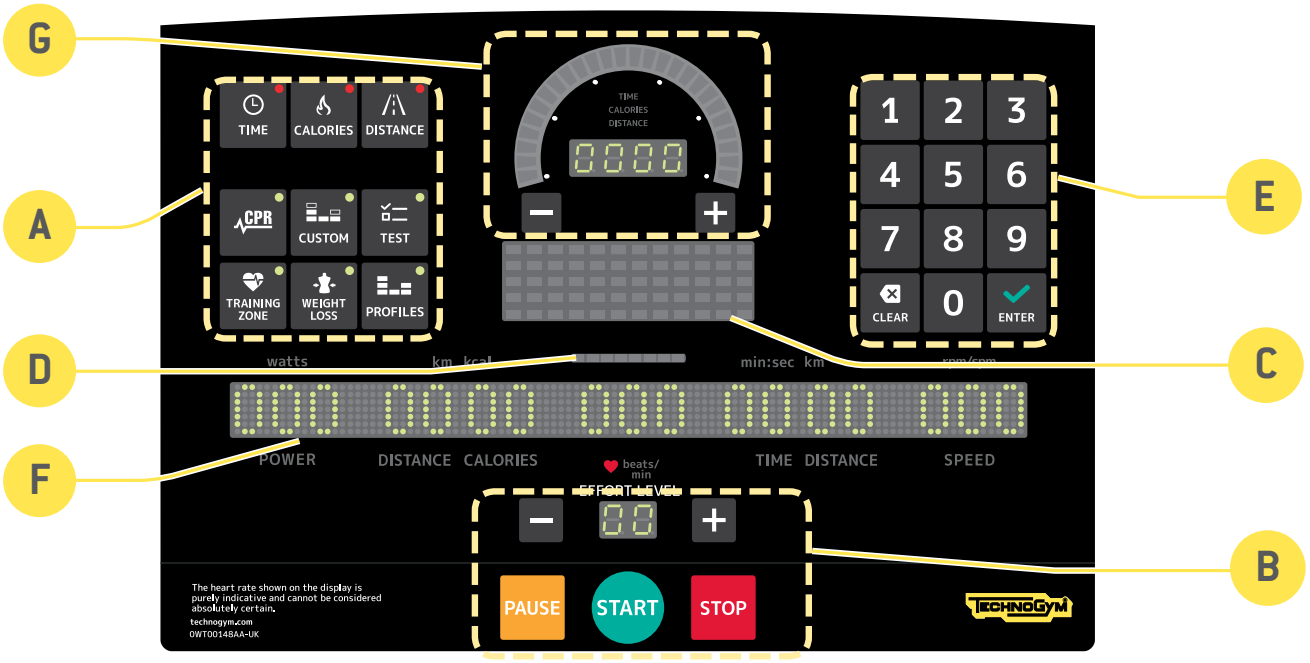
Description of the control panel



A **Function keys** for workout or test selection. If the corresponding LED lights up, this key is active or the corresponding exercise is in progress.

B **Manual control keys**

C **Profile LEDs**

D **Heart rate LED**

E **Number pad**

F **Alphanumeric display**

G **Goal arc and dial**

Note:
Depending on the country of destination, the equipment will display:
CHR™ (Constant Heart Rate), Smartkey™, mi and mph;
CPR (Constant Pulse Rate), TGS Key™, km and km/h.

Function keys

starts a workout with a preset time, i.e. selecting time as a goal in CPR workouts and profiles.

starts a workout with a preset calorie consumption, i.e. selecting calorie consumption as a goal in CPR workouts and profiles.

starts a workout with a preset running distance, i.e. selecting distance as a goal in CPR workouts and profiles.

for starting a constant heart rate workout, in which the effort level is automatically adjusted to keep the heart rate constant. The workout duration depends on one of the three GOALS: time, distance or calories.

starts a steps workout, in which the user sets the power and the goal (time or distance) for each step. In Top, use the PROFILES key to start this exercise.

starts the fitness test or other assessment tests, depending on the product type.

starts a constant heart rate workout, in which the workout heart rate is set on the basis of the user's fitness; the time is set by the user.

starts a workout that has the aim of burning the maximum amount of calories in the time available. It is not available in Top.

starts one of the 6 different route types proposed by Technogym, or for programming up to 9 personal route types. The duration of the profiles is defined by one of the GOALS: time, distance or calories for predefined profiles; time or distance for personal profiles.

available in Top, starts a warm up exercise.

available in Top, starts a constant speed exercise.

Manual control keys

Increases the effort level of a workout. The setting increases by 1 unit each time the key is pressed.
For constant speed exercises, this key increases the target speed by 6 spm (Step) or 5 rpm (Top) or 1 spm (Climb) each time it is pressed.
For constant power exercises (on Bike, Recline, Synchro, Vario, Crossover), this key increases the target power by 10 watts each time it is pressed, or by 1 watt on Top.
For constant heart rate exercises, this key increases the target heart rate by 1 unit each time it is pressed (if the keys are enabled in this way: see the *Configuration menu* section).

Decreases the effort level of a workout. The setting decreases by 1 unit each time the key is pressed.
For constant speed exercises, this key decreases the target speed by 6 spm (Step) or 5 rpm (Top) or 1 spm (Climb) each time it is pressed.
For constant power exercises (on Bike, Recline, Synchro, Vario, Crossover), this key decreases the target power by 10 watts each time it is pressed, or by 1 watt on Top.
For constant heart rate exercises, this key decreases the target heart rate by 1 unit each time it is pressed (if the keys are enabled in this way: see the *Configuration menu* section).

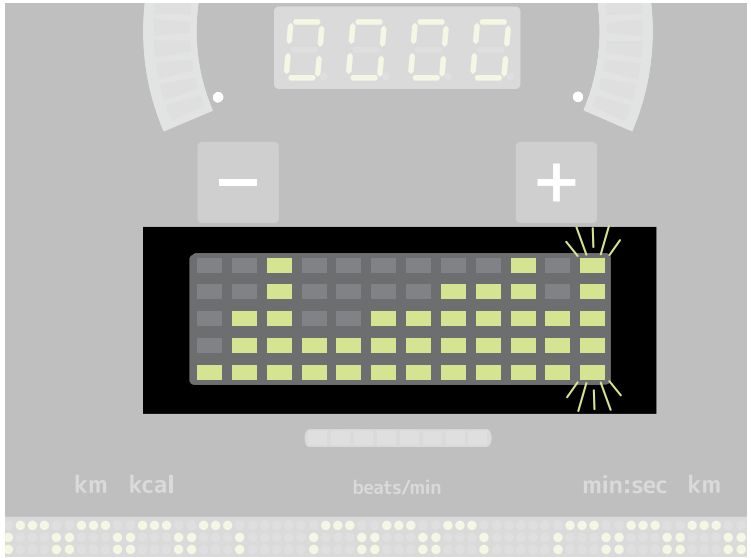
Stops the exercise for a short pause. During the pause, all the control panel settings are blocked and the only keys enabled are the START (restart) and STOP (end) keys.

Starts an exercise or restarts it after a pause.

To end each exercise and the cool down, and to cancel workout programming.

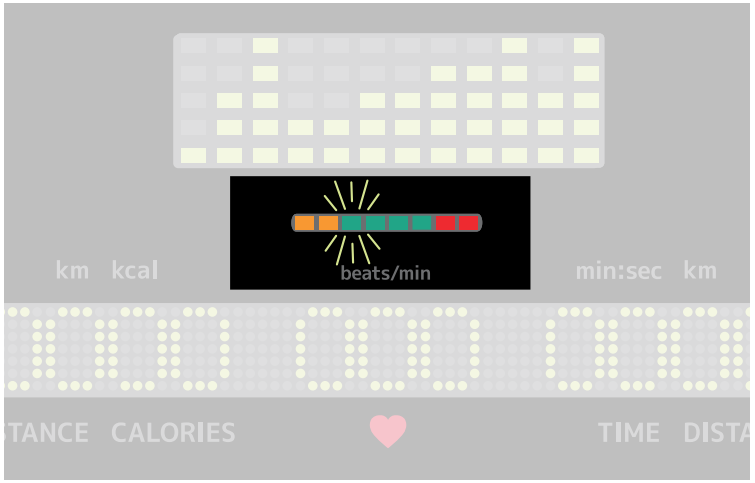
Profile LEDs

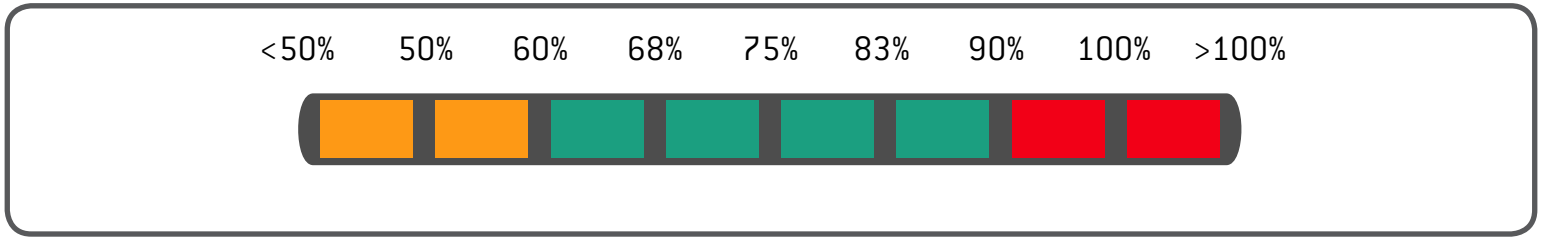
The height of the 12 LED columns is proportional to the exercise effort level; each line corresponds to 5 levels. The columns light up gradually until they are fully lit at the end of the workout, and the column corresponding to the current step blinks. In workouts where the total time is neither known nor calculable and the distance and calories are also unknown, a column lights up every minute and the column corresponding to the current minute blinks.



Heart rate LEDs

The heart rate LEDs will be unlit if there is no heart rate signal. If there is a heart rate signal the LEDs will light up, and if the age has been entered when programming the exercise or if the exercise has been stored on the TGS key, the LEDs will all light up and the LED corresponding to the user's theoretical maximum heart rate will blink.





The first two LEDs, coloured orange, signal a heart rate less than 60% of the theoretical maximum heart rate; the four central LEDs, coloured green, signal values between 60% and 90%; the two red LEDs signal a heart rate greater than 90%.
The graph for selecting the workout heart rate is shown in the *Monitoring the heart rate* section in the equipment manual.

The number pad

The number pad is for entering the numerical values requested when setting the workouts. Only figures are entered, i.e. 7 and 5 to indicate 7.5 km.

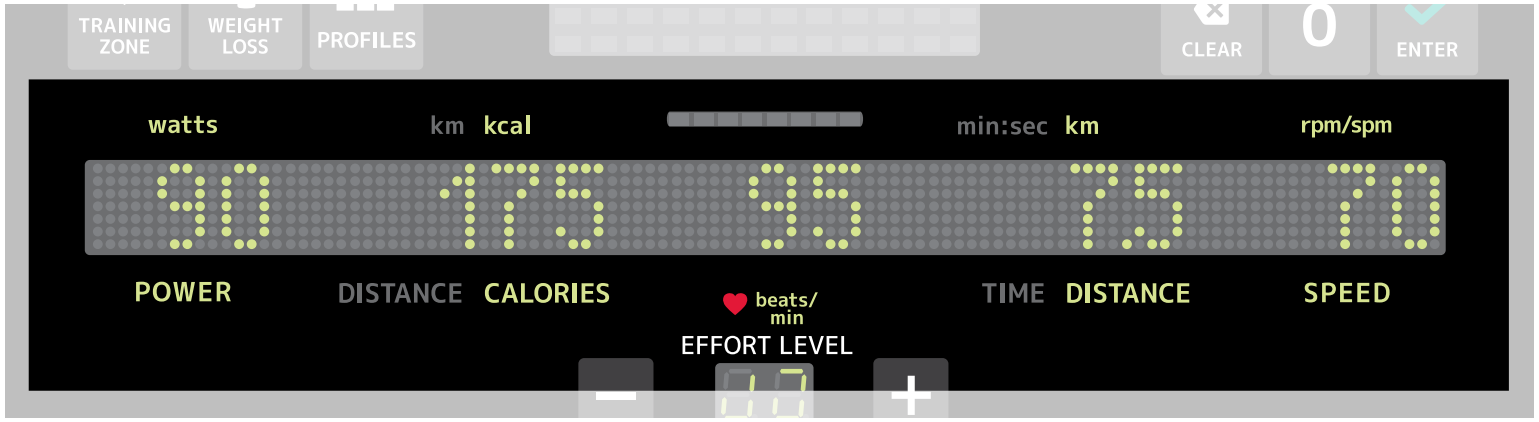
As well as the figures, the number pad also has CLEAR and ENTER keys.

confirms the entered value and proceeds;

press once to delete the entered value; press twice to go back to the previous message.

The alphanumeric display

The alphanumeric display alternates between the display of the current exercise numerical values and the display of all the messages.



The following values are displayed during an exercise:

- power, expressed in watts.
- distance covered in kilometres. If the count goes over the display maximum (99.99), it starts again from zero.
  In Step and in Climb the distance is expressed in floors. If the count goes over the display maximum (999.9), tenths are no longer shown in order to display thousands (1000, 1001, 1002, ...).
- calories burned, in kilocalories. If the count goes over the display maximum (9999), only the last four figures of the count are shown (e.g. 1234 for 11234).
- heart rate, expressed in number of beats per minute.
- time elapsed, in minutes and seconds. If the time goes over the display maximum (99:59), it will be shown in hours and minutes (e.g. 1 hour and 30 minutes is shown as 1H:30).
- speed, expressed in spm (strides per minute) or rpm (revolutions per minute), depending on the type of the product.

The second numerical value can indicate either distance or calories and the fourth numerical value either time or distance, depending on the type of workout or the selected goal, as the value not shown on the alphanumeric display will be shown in the goal dial.

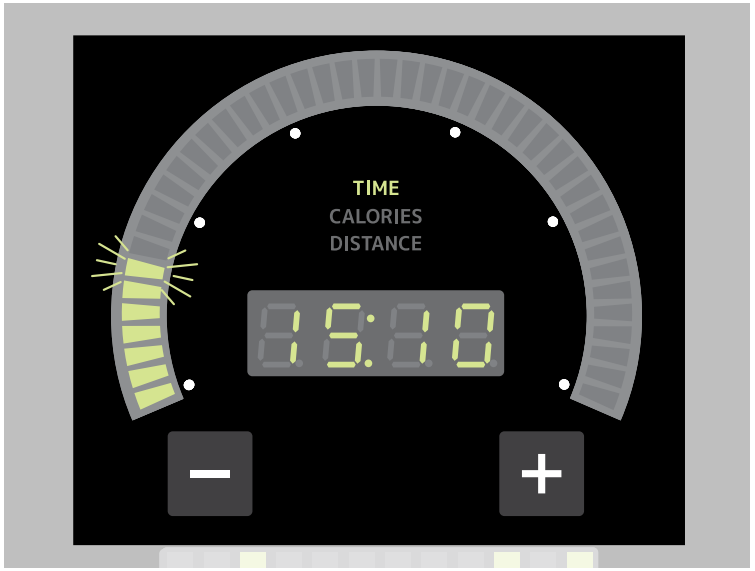
In Step and in Climb the distance is expressed in floors instead of km also in the messages.

The goal arc and dial

The arc of LEDs lights up from left to right in time with the workout, until the set goal is reached. The LED corresponding to the current time/distance/calories portion blinks.

The type of goal selected is lit up in the arc during the exercise.

The numerical value for the selected goal increases.



The keys are for increasing or decreasing the selected goal value during the exercise. Depending on the type of goal, the value increases or decreases in steps of 1 minute, 0.1 km or 10 calories each time the key is pressed.

The distance in Step and in Climb increases or decreases by 1 floor each time the key is pressed.

Quick start

START

Exercises started with START are on a time increase basis; the age and weight values are predefined, i.e. 30 years and 70 kilograms.

In Bike, Recline, Synchro, Vario and Crossover, this exercise is performed at a constant torque and starts at effort level 1.

In Top this exercise is performed at a constant torque and starts at effort level 5.

In Step and in Climb, this exercise is performed at a constant speed and starts at effort level 1.

The columns of the profile LEDs light up one per minute; the last column to light up, i.e. the one for the current minute, blinks. From the 13th minute onwards, the columns move to the left so that the current minute column is always visible.
The time is shown in the goal dial and arc as it increases; the LED for the current minute blinks in the arc.

The keys for changing the effort level and the keys STOP and PAUSE are enabled.

Cool down

At the end of each exercise and test, there is a cooling down stage at half the load of the exercise just completed.

The workloads can be modified using the corresponding keys in the same way as during the exercise.

The profile LED columns are blocked, showing the gradient for the exercise just ended.

Everything switches off in the goal arc; the goal dial will either show the total time of the exercise just ended, the total distance covered or the total calories burned.

The workout results alternate on the alphanumeric display:

```
average H.R. = 120 bpm
```

- if the heart rate monitor has been used for at least 3 minutes during the exercise

```
P.I. = 10
```

- if the heart rate monitor has been used for at least 3 minutes during the exercise

```
average speed = 115 spm
```

- - in workouts at constant speed

```
average power = 350 watt
```

During the cool down, the TGS key can be inserted in the reader to save the results of the exercise just ended.

```
insert the TGS key to save data
```

To stop the cool down, press the STOP key.

Cool down

The self-powered version has to be kept moving to keep it turned on. If you stop moving for a certain time (as indicated by the profile LEDs, see the "Other control panel messages" section), during the workout, the exercise stops without the cool down procedure. If the TGS key is inserted when you stop moving, the exercise results will be saved on them.

Goal driven exercises

Press the GOAL keys in standby to select an exercise, in which the only parameter to set before starting is the total duration, in terms of time, calories to be burned or distance to cover.

In Bike, Recline, Synchro, Vario and Crossover, this exercise is performed at a constant torque and starts at effort level 1.

In Top this exercise is performed at a constant torque and starts at effort level 5.

In Step and in Climb, this exercise is performed at a constant speed and starts at effort level 1.

Press the key for the selected goal.

```
time = min. 30
```

```
calories = 320
```

```
distance = km 20.5
```

Type in the goal value with the number keys and then press ENTER to confirm and proceed. The exercise starts.

The age and weight values are set initially, then, if the heart rate signal is detected, the age will be requested.

```
for the max H.R. enter age: 30
```

Type in the age with the number keys and then press ENTER to confirm and proceed. On the basis of the age, the maximum heart rate value specified by the user is calculated; the maximum heart rate percentage is then indicated by the blinking LED in the heart rate bar.
If no data are entered, the exercise proceeds without a specific LED blinking for the heart rate.

If the age has been entered, the body weight will be requested for the exact calculation of the calories.

for the exact calories enter weight: kg 70

Type in the weight with the number keys and then press ENTER to confirm and proceed.
In a calories workout, the weight is requested even if the age hasn't been entered.
If no data are entered, the calorie consumption will be calculated on the basis of a bodyweight of 70 kg.

The profile LED columns light up in sequence during the exercise until all the goal values have expired.

The goal value is shown in the goal dial as it increases; the goal arc lights up proportionally from left to right until the entire set value has expired.

The following keys are enabled:

- the effort level edit keys
- the STOP and PAUSE keys
- the goal value edit keys
- the keys for changing the type of goal (time, calories, distance)

Constant heart rate (CPR) exercise

The constant heart rate exercise is very important in situations where specific heart rate levels have to be maintained. In the constant heart rate exercise the exercise workload is automatically adjusted to take the heart rate to the preselected level and keep it constant throughout the entire exercise duration.

The heart rate monitor is needed for the constant heart rate exercise. If there is no heart rate signal the exercise does not start.

Press the CPR key in standby.

```
select goal: TIME CALORIES DISTANCE
```

Press the key for the selected goal.

```
time = min. 30
```

```
calories = 320
```

```
distance = km 20.5
```

Type in the goal value with the number keys and then press ENTER to confirm and proceed.

```
age = 30
```

Type in the age with the number keys and then press ENTER to confirm and proceed.

```
constant H.R. (125-155) = 130
```

The values corresponding to 60% and 90% of the maximum heart rate are given in brackets as a reference.
Type in the heart rate you want to maintain constantly throughout the workout with the number keys, then press ENTER to confirm and proceed. The exercise starts.

30 seconds after the start of the exercise, the body weight will be requested for the exact calculation of the calories.

```
for the exact calories enter weight: kg 70
```

Type in the weight with the number keys and then press ENTER to confirm and proceed.
If no data are entered, the calorie consumption will be calculated on the basis of a bodyweight of 70 kg.

The profile LED columns light up in sequence during the exercise until all the goal values have expired.
The goal value is shown in the goal dial as it increases; the goal arc lights up proportionally from left to right until the entire set value has expired.

The following keys are enabled:

- the effort level edit keys
- the STOP and PAUSE keys
- the goal value edit keys

If, during the exercise, there is no heart rate signal for 60 consecutive seconds, the CPR exercise becomes a goal driven exercise, keeping the same goal (i.e. time, calories or distance).

CUSTOM exercise

The CUSTOM exercise can be used to create a personal profile consisting of a number of steps, up to a maximum of 12. The workload and duration are defined when programming each step.

In Top, for this workout, see the *Profile workout* section.

Press the CUSTOM key in standby.

```
select goal: TIME or DISTANCE
```

Press the key for the selected GOAL.

Now there is the programming of the individual steps: for each step you must set the chosen GOAL value, and the power or the speed, as described below.

```
step 1: time = min. 5
```

```
step 1: distance = km 2.0
```

Type in the goal value with the number keys and then press ENTER to confirm and proceed.

```
power = watts 50
```

or

```
speed = spm 150
```

Type in the power or the speed for the first step and then press ENTER to confirm and proceed.

```
insert a value or press ENTER to end
```

At the end of every step you can:

- either enter the goal value for the next step, followed by the power or the speed, and then proceed with programming other steps;

```
step 2: time = min. 3
```

```
step 2: distance = km 3.5
```

```
step 2: floors = 80
```

- or press ENTER to end the programming and start the exercise.

The age and weight values are set initially, then, if the heart rate signal is detected, the age will be requested.

```
for the max H.R. enter age: 30
```

Type in the age with the number keys and then press ENTER to confirm and proceed. On the basis of the age, the maximum heart rate value specified by the user is calculated; the maximum heart rate percentage is then indicated by the blinking LED in the heart rate bar.
If no data are entered, the exercise proceeds without a specific LED blinking for the heart rate.

If the age has been entered, the body weight will be requested for the exact calculation of the calories.

```
for the exact calories enter weight: kg 70
```

Type in the weight with the number keys and then press ENTER to confirm and proceed.
If no data are entered, the calorie consumption will be calculated on the basis of a bodyweight of 70 kg.

During the programming, a column of the profile LEDs lights up for every step. During the exercise, on the other hand, the profile LED columns are proportional to the total time or distance for the whole exercise, and light up in sequence until all the set value has expired.
During the exercise the total goal value in the goal dial as it increases; the goal arc lights up proportionally from left to right until all the time has expired.

The following keys are enabled:

- the effort level edit keys; the change affects the parameters of the whole exercise and not just the individual step
- the STOP and PAUSE keys
- the goal value edit keys; the change affects the whole exercise and not just the individual step

The tests

The following tests are available, depending on the equipment type:

- Fitness test, on all products
- Wingate test, on Top
- Custom maximal test, on Top
- Navy PRT test, on Synchro, Bike and Recline
- Air Force PRT test, on Bike and Recline

Press the TEST key in standby. If more than one test is available, select the required test with the corresponding number key.

The user's age, bodyweight and gender may be required depending on the type of test.

age = 30

Type in the age with the number keys and then press ENTER to confirm and proceed.

weight = kg 70

Type in the body weight with the number keys and then press ENTER to confirm and proceed.

gender (M=1 / F=2) = 1

Press number key 1 to select male gender, or number key 2 to select female gender. Then press ENTER to confirm and proceed.

Each test then proceeds in a specific way, as described below.

If the tests have not been performed with the TGS key, the results cannot be saved.

The test cannot be interrupted for a pause.

The fitness test

The fitness test is a sub-maximum test suitable for quite unfit or moderately fit users.

You need to wear the heart rate monitor to perform the test; if there is no heart rate signal the test does not start.

The fitness test is in three stages; in the warm up stage the workload is determined externally; in the next two stages, the workload is internal, as it is determined by the heart rate.

stage	time	workload
warm up	90 seconds	In Bike, Recline, Synchro, Vario: 50 watts In Top: 30 watt In Step: 50 spm. In Climb: 40 spm Crossover: 60 spm
1	3 minutes after reaching the workload	60% of the Max heart rate if the HR at the end of warm up is <= 100
		65% of the Max heart rate if the HR at the end of warm up is > 100
2	4 minutes after reaching the workload	75% of the Max heart rate

The profile LED columns light up in sequence during the exercise until the test duration has completely expired. The time is shown in the goal dial as it increases.

next H.R. = 160

While you are reaching the heart rate required for each step the goal arc stays switched off.

STEP 1: H.R. = 160

On reaching the set heart rate, the goal arc lights up from left to right until all the step time expires.

Only the STOP key is enabled, for cancelling the test. The test cannot be interrupted for a pause.

When the STOP key is pressed, or if there is no heart rate signal for 100 consecutive seconds, the test is cancelled, then it ends without giving any result:

```
TEST CANCELLED
```

At the end of the test the effort level decreases for the cool down, during which the results scroll by:

```
max. H.R. = 180
absolute max VO2 = 3.04
relative max VO2 = 43.2
mets = 15.0
effort level for training = 10
max power = 90 watts
```

In Bike, Recline, Synchro, Vario, Crossover, Top.

```
maximum speed = 120 spm
```

In Step and Climb.

The custom maximal test

The custom maximal test is available in Top Excite. This test is for very fit users in good state of health.

To perform this test, in addition to age, weight and gender, you must also set the workloads.

```
starting power= watt 120
```

Type in the test starting power with the number keys, then press ENTER to confirm and proceed.

```
power increase= watt 10
```

Type in how much the load must increase between one step and the next with the number keys; then press ENTER to confirm and proceed.

```
single step time (mm:ss) = 00:50
```

Type in the time, in minutes and seconds, for each step with the number keys; then press ENTER to confirm and proceed.

There is no specific warm up stage; therefore you are advised to set the first step or steps with appropriate loads or to warm up for a few minutes before the test.

The test ends when the user is exhausted and presses the STOP key.

During the cool down the results are scrolled on the alphanumeric display:

```
max. H.R. = 180
absolute max VO2 = 3.04
relative max VO2 = 38.1
max power = 180 watts
```

The Wingate test

The Wingate test is available on Top. This is a maximal test for any category of user.

The heart rate monitor is recommended: if it is not worn, the maximum heart rate value cannot be calculated.

This test is performed at a constant torque and requires the user to enter the resistance, as well as their age, bodyweight and gender.

```
resistance = Nm 32.9
```

The value proposed after the message is calculated on the basis of the user's weight previously entered; this value can be modified with the number keys. Press ENTER to confirm and proceed.

Considering the maximum effort required, it is important that the test is preceded by a correct warm up lasting at least 10 minutes, and that it is followed by a cool down stage.

```
GO!
```

When the start message is displayed, you must go at maximum speed for 30 seconds.

At the end of the test, the results are scrolled on the alphanumeric display:

```
max power = 175 watts
```

```
relative max power = 4.0 watts/kg
```

```
average power = 150 watts
```

```
relative average power = 3.3 watts/kg
```

```
fatigue ratio = 58%
```

Only the STOP key is enabled, for cancelling the test.

The Air Force PRT test

You need to wear the heart rate monitor to do the Air Force test; if there is no heart rate signal the test does not start.

To start the test, you must enter your age, weight, gender and number of workouts per week.

The test has a warm up stage lasting 2 minutes at 50 watts; then the workload increases to bring the heart rate up to over 125 beats per minute.
The increase in workload depends on age, gender and training level.

The goal of the test is to keep the heart rate at over 125 beats per minute for 6 minutes at a constant power.

If the heart rate has not reached the value required for the test, the power is increased every 2 minutes; the 6 minutes required to calculate the results start from the last workload increase.

stage	time	workload
warm up	2 minutes	50 watts
1	2 minutes	increase based on set parameters
2	2 minutes	+ 50 watts if HR is lower than 110 + 25 watts if HR is between 111 and 120 + 0 watts if HR is higher than 120
n	2 minutes	like step 2

Before starting, if the heart rate is already higher than 110 beats per minute when the data is entered, the test does not start.
During the test, it is important to maintain a pedal speed of between 50 and 80 rpm.

The test is cancelled and ends without giving any result in the following circumstances:

- if, at the end of the 6 minutes, the heart rate value goes back to below 125 beats per minute;
- if the heart rate value is over 85% of the theoretical max heart rate;
- if a speed of below 50 rpm or above 80 rpm is detected for more than 10 consecutive seconds;
- when the STOP key is pressed;
- if there is no heart rate signal for 100 consecutive seconds.

During the cool down the results are scrolled on the alphanumeric display:

```
absolute max VO2 = 3.04
```

```
relative max VO2 = 43.2
```

```
power = 150 watts
```

The Navy PRT test

To start the test, you must confirm the duration and enter your body weight.

The heart rate monitor is not required.

The goal of the test is to achieve the maximum calorie consumption possible in 12 minutes; to increase calorie consumption, the exercise workload, i.e. speed and/or effort level is increased.

When the STOP key is pressed, the test is cancelled, and ends without showing any result.

The test cannot be stopped for a pause. If movement stops, the test continues and at the end of the test the calorie count includes the period in which there was no movement.

During the test, the bodyweight entered at start-up is always shown at the centre of the alphanumeric display.

At the end of the test, the following data are shown on the alphanumeric display:

- instantaneous power and speed figures
- bodyweight
- total calories burned

TRAINING ZONE exercise

The TRAINING ZONE exercise is performed at constant heart rate; the training heart rate is determined by the user's fitness level, who must select the workout intensity: light, moderate or hard.

The heart rate monitor is needed for the constant heart rate exercise. If there is no heart rate signal the exercise does not start.

Press the TRAINING ZONE key in standby.

```
age = 30
```

Type in the age with the number keys and then press ENTER to confirm and proceed.

```
press 1 for light intensity, 2 for moderate, 3 for hard (1-2-3) = 2
```

Press number key 1 to select light intensity, number key 2 for moderate intensity and number key 3 for a harder effort. Then press ENTER to confirm and proceed.

```
time = min. 30
```

Type in the time with the number keys, then press ENTER to confirm and proceed. The exercise starts.

30 seconds after the start of the exercise, the body weight will be requested for the exact calculation of the calories.

```
for the exact calories enter weight: kg 70
```

Type in the weight with the number keys and then press ENTER to confirm and proceed.
If no data are entered, the calorie consumption will be calculated on the basis of a bodyweight of 70 kg.

The profile LED columns light up in sequence during the exercise until all the goal values have expired.
The goal value is shown in the goal dial as it increases; the goal arc lights up proportionally from left to right until the entire set value has expired.

The following keys are enabled:

- the STOP and PAUSE keys
- the keys for changing the effort level, for changing the heart rate value
- the goal value edit keys

If, during the exercise, there is no heart rate signal for 100 consecutive seconds, the exercise becomes a time goal exercise:

ATTENTION: H.R. NOT DETECTED

exercise goal in time

WEIGHT LOSS exercise

The aim of the WEIGHT LOSS exercise is to burn the maximum amount of calories in the time available.

The WEIGHT LOSS workout is in two stages: a first processing stage at constant heart rate; and a second stage with the actual exercise. The heart rate monitor is therefore needed, at least during the first stage; If there is no heart rate signal the exercise does not start.

Press the WEIGHT LOSS key in standby.

```
age = 30
```

Type in the age with the number keys and then press ENTER to confirm and proceed.

```
gender (M=1 / F=2) = 1
```

Press number key 1 to select male gender, or number key 2 to select female gender. Then press ENTER to confirm and proceed.

```
time = min. 30
```

As the first minutes of the exercise are needed for calculating the user's workout heart rate and processing the actual exercise parameters, the total test time must not be less than 10 minutes.
Type in the time with the number keys, then press ENTER to confirm and proceed. The exercise starts.

30 seconds after the start of the exercise, the body weight will be requested for the exact calculation of the calories.

```
for the exact calories enter weight: kg 70
```

Type in the weight with the number keys and then press ENTER to confirm and proceed.
If no data are entered, the calorie consumption will be calculated on the basis of a bodyweight of 70 kg.

The profile LED columns light up in sequence during the exercise until the set time has completely expired.

The time is shown in the goal dial as it increases; the goal arc lights up proportionally from left to right until all the set time has expired.

The following keys are enabled:

- the STOP and PAUSE keys
- the keys for changing the effort level, but only in the actual exercise stage
- the goal value edit keys

If there is no heart rate signal for 100 consecutive seconds in the initial data processing stage, used for setting the exercise, the exercise ends.

ATTENTION: H.R. NOT DETECTED EXERCISE CANCELLED

The Weight Loss exercise is not available on Top.

WARM UP

The

key, available on Top, starts a warm up exercise for the upper part of the trunk.

This exercise is performed in constant torque mode.

```
level (1-12) = 10
```

Type in the effort level with the number keys, then press ENTER to confirm and proceed. The exercise starts.

The warm up lasts 4 minutes, 3 minutes with the forward movement and 1 minute backwards.

The duration of the WARM UP can be modified in the configuration menu; in case of modification, the movement remains forward for the first 3/4 of the exercise, and backwards for the remaining 1/4.

At the end of the exercise there is no cool down.

CRUISE CONTROL exercise

The

key, available on Top, quickly starts a constant speed exercise.

Type in the speed with the number keys and then press ENTER to confirm and proceed. The exercise starts.

The columns of the profile LEDs light up one per minute; the last column to light up, i.e. the one for the current minute, blinks. From the 13th minute onwards, the columns move to the left so that the current minute column is always visible.
The time is shown in the goal dial and arc as it increases; the LED for the current minute blinks in the arc.
Workouts started with CRUISE CONTROL are on a time increment basis; the age and weight values are preset.

The following keys are enabled:

- the effort level edit keys
- the STOP and PAUSE keys

Profile workout

With the PROFILES key you can choose between:

- six predefined profiles, non-modifiable;
- nine personal profiles saved by the trainer.

When the PROFILES key is pressed:

1 - if there are only predefined profiles, you are prompted to select a profile.

```
select profile (1-6)
```

Press the number key for the profile you want to select.

2 - if there are also personal profiles, your are prompted to select between the two types:

```
1=predefined  2=custom
```

Press the number key for the type of profile you want to select.

3 - in Top, as well as selecting between the predefined profiles and the personal profiles, key 3 sets a CUSTOM profile at constant speed; key 4 a CUSTOM profile at constant power (see the *CUSTOM exercise* section).

Predefined profiles

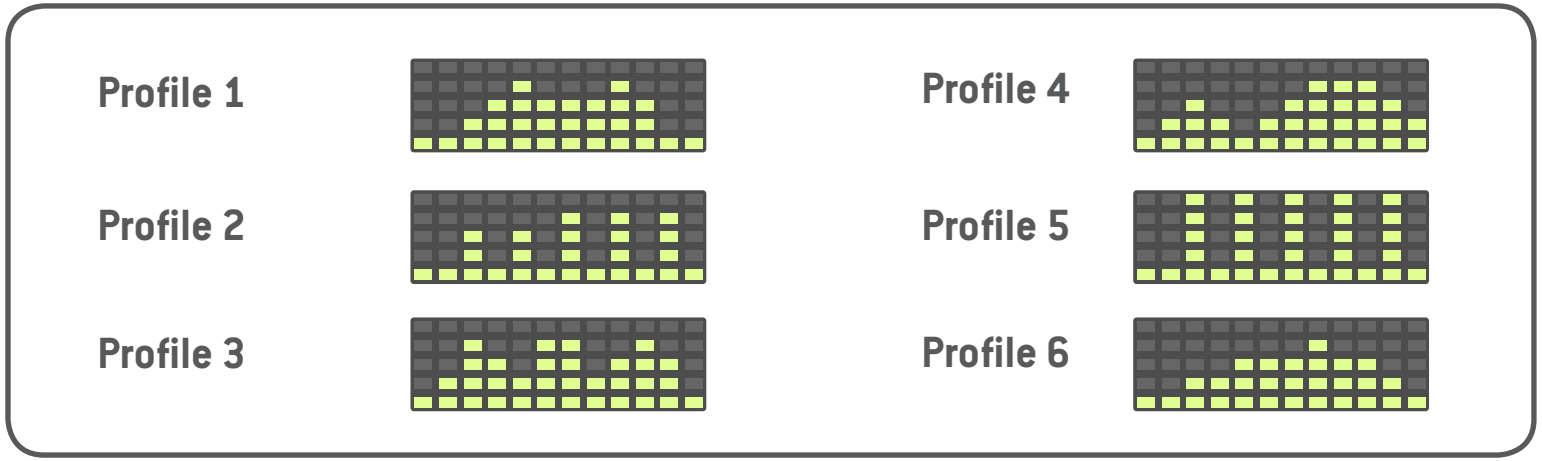
The predefined profiles are variable workouts defined on the basis of one of three goals: time, distance or calorie consumption. The goal value is set in the programming stage and can be changed during the exercise with the corresponding keys.

Profile workouts are set at the effort level specified by the user, calculated with the fitness test; you are advised, therefore, to do the fitness test first.

The heart rate monitor is not needed for profile workouts.

select profile (1-6)

Press the number key for the profile you want to select, from 1 to 6.



Each column on the display corresponds to a step, with a duration of 1/12 of the total goal value.

Press ENTER to confirm the selection of the displayed profile.

After having selected one of the profiles, select the goal and give the goal value:

```
select goal: TIME CALORIES DISTANCE
```

Press the key for the selected GOAL.

```
time = min. 30
```

```
calories = 320
```

```
distance = km 20.5
```

Type in the goal value with the number keys and then press ENTER to confirm and proceed.

```
level (1-12) = 10
```

Type in the effort level (based on the test result) with the number keys, then press ENTER to confirm and proceed. The exercise starts.

WARNING

You are advised not to do the exercise at a higher effort level than that indicated by the level test.

The age and weight values are set initially, then, if the heart rate signal is detected, the age will be requested.

```
for the max H.R. enter age: 30
```

Type in the age with the number keys and then press ENTER to confirm and proceed. On the basis of the age, the maximum heart rate value specified by the user is calculated; the maximum heart rate percentage is then indicated by the blinking LED in the heart rate bar.
If no data are entered, the exercise proceeds without a specific LED blinking for the heart rate.

If the age has been entered, the body weight will be requested for the exact calculation of the calories.

```
for the exact calories enter weight: kg 70
```

Type in the weight with the number keys and then press ENTER to confirm and proceed.
If no data are entered, the calorie consumption will be calculated on the basis of a bodyweight of 70 kg.

During the exercise the profile LED columns are all lit to show the programmed route: the height of the 12 LED columns is proportional to effort level; the column for the current step blinks.

The goal value is shown in the goal dial as it increases; the goal arc lights up proportionally from left to right until the entire set value has expired.

The following keys are enabled:

- the STOP and PAUSE keys
- the keys for changing the effort level; the change affects the parameters of the whole profile and not just the individual step
- the goal value edit keys; the change affects the parameters of the whole profile and not just the individual step.

Personal profiles

Personal profiles are multiple step workouts in two different modes:

- either at constant heart rate (CPR); for this type of profile the heart rate monitor is needed;
- or in Bike, Recline, Synchro, Vario, Crossover and Top at constant power; in Step and Climb at a constant speed.

select profile (1-9)

Press the number keys for a personal profile, from **1** to **9**; the LED display will show the altitude features of the corresponding profile. Each column on the display corresponds to a step, with a duration of 1/12 of the total goal value.
Press ENTER to confirm the selection of the displayed profile.

age = 30

Type in the age with the number keys and then press ENTER to confirm and proceed. The exercise starts.

30 seconds after the start of the exercise, the body weight will be requested for the exact calculation of the calories.

for the exact calories enter weight: kg 70

Type in the weight with the number keys and then press ENTER to confirm and proceed.
If no data are entered, the calorie consumption will be calculated on the basis of a bodyweight of 70 kg.

During the exercise the profile LED columns are all lit to show the programmed route: in constant power or constant speed profiles, the height of the 12 LED columns is proportional to the effort level; in constant heart rate profiles, the height of the 12 LED columns is proportional to the target heart rate. The column for the current step blinks.

The goal value is shown in the goal dial as it increases; the goal arc lights up proportionally from left to right until the entire set value has expired.

The following keys are enabled:

- the STOP and PAUSE keys
- the keys for changing the effort level; the change affects the parameters of the whole profile and not just the individual step
- the goal value edit keys; the change affects the parameters of the whole profile and not just the individual step

Programming personal profiles

To program personal profiles, when in standby press number keys **3 6 9** simultaneously; then enter the password **2412** with the number keys and confirm with ENTER.

```
profile (1-9) = 3
```

Type in the number of the profile to be saved with the number keys, then press ENTER to confirm. If the number entered corresponds to a previously stored profile, this profile will shown in the led display; if you proceed at this point, the previously stored profile will be overwritten.

On equipment with constant power:

```
press 1 for power, 2 for CPR (1-2) = 2
```

Or on equipment with constant speed:

```
press 1 for speed, 2 for CPR (1-2) = 2
```

Press number key 1 to program a constant power or constant speed profile, or number key 2 to program a constant heart rate profile.

```
select goal: TIME or DISTANCE
```

Press the key for the selected GOAL.

Now there is the programming of the individual steps: for each step you have to enter different parameters, depending on the type of profile selected and on the equipment.

- For the **constant power profile**, you must set the selected GOAL value and power:

```
step 1: time = min. 30
```

```
step 1: distance = km 2.0
```

Type in the goal value with the number keys and then press ENTER to confirm and proceed.

```
power = watts 85
```

Type in the power for the first step and then press ENTER to confirm and proceed.

- For the **constant speed profile**, you must set the selected GOAL value and the speed:

```
step 1: time = min. 5
```

```
step 1: distance = km 2.0
```

Type in the goal value with the number keys and then press ENTER to confirm and proceed.

```
speed = spm 110
```

Type in the speed for the first step and then press ENTER to confirm and proceed.

- For **CPR profiles**, you must set selected GOAL value and the percentage of the theoretical maximum heart rate to be kept constant:

```
step 1: time = min. 3
```

```
step 1: distance = km 2.5
```

Type in the goal value with the number keys and then press ENTER to confirm and proceed.

```
% max H.R. = 70
```

Type in the percentage of the theoretical maximum heart rate you want to reach and maintain constantly during the step with the number keys, then press ENTER to confirm and proceed.

```
insert a value or press ENTER to end
```

At the end of every step you can:

- either enter the goal value for the next step, followed by the power or the speed or by the maximum heart rate percentage, and then proceed with programming other steps;
- or press ENTER to end the programming and save the profile.

```
profile 1 saved
```

The personal profile is now available, when the PROFILES key is pressed.

Performance index

The performance index (PI) was invented by Technogym to give a concise and easily comparable assessment of performance in a workout.

To have your performance index shown on the display with the other results at the end of the exercise, in any kind of workout, simply use the heart rate monitor for at least 3 minutes.

The index is based on a rating scale ranging from 0 to 99. The higher the rating, the greater your aerobic capacity.

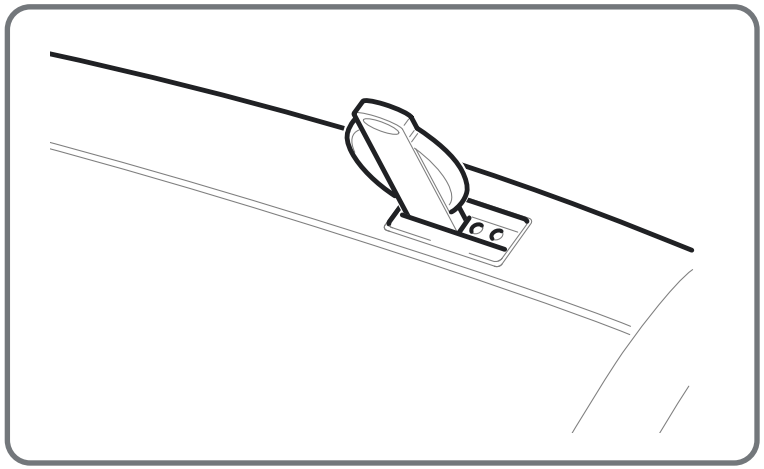
If your performance index increases, this means that you are exercising more intensely without increasing your heart rate.

The criteria used to calculate the performance index makes it possible to compare tests taken by people of different ages. In any event, you are advised to compare the results of different tests taken by the same person, or different people, working out at the same intensity for the same time.

PI value	Rating
under 10	Improvable
from 11 to 20	Fair
from 21 to 30	Very good
from 31 to 40	Excellent
over 40	Superb

Workouts with the TGS key

The TGS key does away with the need to enter your personal data and workout parameters each time you exercise, as all this information is saved in its memory. To start the exercise just slip the TGS key into its port; the display shows the user name, followed by the type of exercise specified in the workout program.



EXERCISE GOAL: 30.00 KM

level 10

For example if a single-step GOAL exercise is specified, the goal value (a distance of 30 km) is given and the effort level.

CPR EXERCISE IN CALORIES

STEP 1: 60 calories, H.R. = 135

If a multiple-step CPR exercise is specified, the type of goal (calories) is given and then, at the start of each step, the goal (60 calories) and target heart rate (135 beats per minute) values.

After the first message you can start the workout; the equipment behaves exactly as if the exercise had been set on the control panel.

At the end of the exercise, either a message appears saying that that was the last of the set of exercises stored on the TGS key, or another exercise follows.

```
end of workout
```

```
next equipment: VARIO
```

At any time, however, it will be possible to perform an exercise and save its results on the TGS key, even if this exercise was not included in the workout program (unless the use of the TGS key is disabled: see the *Configuration menu* section).

- after inserting the TGS key into the reader, select the exercise with the control panel keys;
- either this, or select the exercise with the control panel keys and then insert the TGS key into the reader during the workout or cool down.

Integration with NFC and QR code

For further information on use of the product, connect to the Technogym cloud.

Use the QR code or the NFC sensor to connect to the cloud.

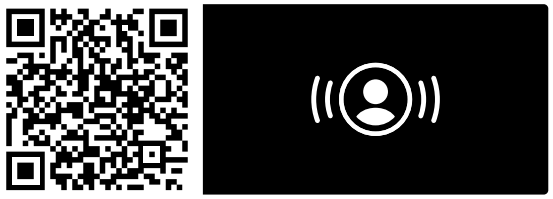
NFC Sensor

Activate the Internet connection on your device (for example, on your smartphone).

Identify the position of the NFC sensor on your device.

Place your personal device on the equipment, with its sensor over the NFC logo. In this way, the personal device will connect to the Technogym cloud.

To connect using NFC you must have installed the Technogym application on your personal device.



QR Code

Activate the Internet connection on your device (for example, on your smartphone).

Open the QR code reader on your device and point the camera of the device at the code on the product.

In this way, the personal device will connect to the Technogym cloud.

To connect using the QR code, you must have installed the Technogym application on your personal device.

Configuration menu

To customise the software configuration, when in standby press number keys **3 6 9** simultaneously; then enter the password **2406** with the number keys and confirm with ENTER.
If the password entered is not correct, the software will go back to standby directly.

PASSWORD INCORRECT

The configuration menu messages are in two parts:

- the first part, which is fixed, gives the name of the parameter;
- the second part shows the individual parameter options one by one (on pressing the corresponding keys).

Press the + effort level key to go to the next message; to go back to the previous message press the − effort level key.

To scroll the options of the individual parameter press the + or the − goal keys.

To select one of the options and proceed, press ENTER when the chosen option is displayed.

Press the CLEAR key to go back to standby. Whenever CLEAR is pressed, in whatever message, all the changes made up to that time will be saved. You cannot exit without saving. If you make a mistake, you can reset the initial Technogym values with *default config.* (see below).

The following parameters can be edited, in the order given below:

LANGUAGE: UK ENGL.

Selects the language for the messages.

DISTANCE: KM

To select the unit of measurement, either kilometres and kilograms (KM) or miles and pounds (MILES).

MAX TIME: 0

To set a maximum time for all the exercises, enter the number of minutes with the number keys. If you make a mistake press CLEAR to delete the entered number.

PAUSE TIME: 120

To set the pause time, after which the equipment goes back to standby, enter the number of minutes with the number keys. If you make a mistake press CLEAR to delete the entered number.

COOLDOWN TIME: 60

To set the cool down time, from 5 to 180 seconds, enter the number of seconds with the number keys. If you make a mistake press CLEAR to delete the entered number. Whatever duration has been set, the results of the workout scroll completely.

HR: MODIFIABLE

To enable (*modifiable*) the effort level keys to change the heart rate that has to be kept constant in CPR mode exercises. If you select the non-modifiable option, it will not be possible to change the set heart rate in any way.

TGS: ENABLED

To enable the equipment to be used with the TGS key. If the TGS is *disabled*, the equipment can be used only with the control panel.

KEYS: ENABLED

To enable the equipment with the function keys. If the function keys are *disabled*, the equipment can be used only with the TGS key.

LANGUAGE: FIXED

If the language is *fixed*, all the messages will be in the language set in the current configuration menu; if the language is *optional*, it can be changed when in standby.

DEFAULT CONFIG.

Resets all the initial settings that were on the equipment when it was first purchased.

LUBRICATED: YES

In Step, to confirm that the chains have been lubricated (see the following section too).

WARM UP: MIN 4

In Top, to modify the duration of the WARM UP exercise, up to a maximum of 10 minutes.

Other control panel messages

```
the equipment is blocked. Contact the Technogym Technical Support
```

In case of trouble it is necessary to contact the Technogym Technical Support Service.

```
lubricate chain then press any key to continue
```

In Step, this message signals when it is time to lubricate the chains. To proceed, simply press any key.
After lubricating the chains, confirm you have performed this operation in the configuration menu, to prevent this message from appearing again every time the equipment is switched on.

```
select language and press ENTER
```

If the language has been set as *optional* in the configuration menu, the available options are scrolled when in standby. After selecting the language with the corresponding number key, the equipment works normally with the messages in the chosen language. If you make a mistake, press the CLEAR key to go back to the previous message and select a different language.
If no exercise is started after 60 seconds after making the selection, the software will go back to scrolling the language options.
If a workout is selected while the message is scrolling, the language enabled will be the one selected in the configuration menu.

```
calorie consumption = 184 kcal per exercise  15.0 mets
```

Scrolls during the exerecise to show the total forecast calorie consumption in the whole exercise. This message is not displayed in exercises with calorie goals and exercises where the total time is neither known nor calculable (Quick Start).

```
calorie consumption = 254 kcal per hour  15.0 mets
```

Scrolls during exerecises in which the total calorie consumption for the exercise is not know, displaying the hourly calorie consumption rate.

15 minutes to end

Scrolls during the workout to show the time remaining to the end of the exercise. This message is not displayed in exercises with time goals and exercises where the total time is neither known nor calculable (Quick Start, Cruise Control).

the maximum time is 60 min.

If, when programming an exercise, a maximum time is set that is greater than the maximum time in the configuration menu, a message prompts the user to decrease the setting. May appear when setting the time in time profiles, in exercises such as GOAL, CPR, time Custom, Training Zone and Weight Loss.

MAXIMUM TIME EXPIRED

In exercises with calorie consumption or distance goals, or in any exercises with no preset time, if the maximum time setting in the configuration menu is reached, the exercise stops and the cool down starts.
May appear in calorie and distance profiles and in exercises such as calorie and distance GOAL or CPR exercises, distance Custom exercises and Quick Start exercises.

wear the chest band

In some exercises and tests, this message prompts the user to wear the chest band. Scrolls both while setting the exercise and during the workout, if there is no heart rate signal from the chest band.

ATTENTION: H.R. NOT DETECTED

Scrolls during exercises in constant heart rate mode if there is no heart rate signal.

HIGH HEART RATE

Scrolls during exercises performed with the heart rate monitor, if the heart rate reading exceeds 90% of the theoretical maximum value.

keep to 100-130 spm

Depending on the type of equipment, it indicates the recommended speed for exercises carried out in constant heart rate mode.

TGS key empty

Signals that there are no workout programs on the TGS key.

equipment not included on the TGS key

Scrolls if the workout program refers to equipment other than that stored on the TGS key. The exercise can still be performed, however, and the results saved on the TGS key, making the selection with the keys on the control panel.

keep on moving to end exercise

In the self-powered version, you have to keep moving to keep the equipment turned on. If you stop moving during the exercise, this message warns you that the equipment is about to switch off. The profile LEDs display the time remaining before the equipment switches off, with an emptying image.

keep on moving to choose exercise

In the self-powered version, if you stop moving when in standby, this message warns you that the equipment is about to switch off. The profile LEDs display the time remaining before the equipment switches off, with an emptying image.

User not detected: the exercise is interrupted

During the exercise, if the presence of the user is not detected on the steps for a few seconds, the equipment will stop and the exercise will be paused. If the speed of the steps permits it, the equipment will stop in the courtesy position. If the TGS key is inserted or the user is connected, the exercise will be stored at the end of the pause.

exercise interrupted: clear the product access area

There are safety sensors in the product access area. If they detect a presence, the sensors will lock the steps. To restart step movement, press the START key on the control panel. The START key is only active is the sensor area is free.

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