

FRENCH FITNESS

FF-SC600

FRENCH FITNESS STAIR CLIMBER
STEPPER SC600 (NEW)

ASSEMBLY MANUAL



FEATURES

- Elliptical Steel Tube Main Frame: 100 x 50 x 3mm
- Wide Textured Foot Plate ensuring safety and comfort
- Pedal Size: 15.75" x 7" (40cm x 18 cm)
- Transmission Type: Belt
- Resistance Level: 32 Levels Auto-Tension Control System
- Heart Rate Monitoring: Handheld Heart Rate Sensor
- With Recovery Function
- Integrated water bottle holder and accessory tray

Console Features

- LCD Screen (Dual Color)
- Display: Time, Elevated Climb (in Km), Calories, Pulse (Heart Rate)
- With BMI Measurement Program
- 12 Preset Programs
- 4 Self-Compiled Programs
- Language: English

Power Source

- EMS System with 13 lbs (6 kg) flywheel
- Transformer: 9V 1A
- Power Adaptor: 100-240V 50-60Hz / 18V 2A
- It does not require electric power but it comes with a power adaptor plug to prevent it from running out of power if not in use for a long time.
- Self-powered, Cordless operation. [It uses an Alternator and Battery for Power.](#)

TECH SPECS

- Color: Dark Gray
- Max User Weight: 330 lbs (150 kg)
- Product Weight: 171.9 lbs (78 kg)
- Shipping Weight: 216 lbs (98 kg)
- Dimensions: 51.2"L x 37.4"W x 73.2"H (130cm x 95cm x 186cm)
- Dimensions: 53.9"L x 23.6"W x 34"H (137cm x 60cm x 86.5cm)

WARRANTY

- **10 Years Parts, 1 Year Labor (Commercial)**
- **California Residents see Prop 65 WARNING**

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PRECAUTIONS

WARNING: This bicycle has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the bicycle. The following safety precautions should also be observed:

1. Before using the exercise bike, please read all instructions in this manual.
2. It is the responsibility of the owner to ensure that all users of the bike are adequately informed of all precautions. Use the exercise bike only as described in this manual.
3. Use the bike indoors on a level surface and keep it away from moisture and dust. Place a mat under the stabilizers to protect the carpet or floor.
4. Inspect and tighten all parts regularly. Replace and worn parts immediately.
5. Keep children away from this equipment at all times. **DO NOT** leave them unsupervised in the room where this bicycle is kept.
6. Wear appropriate exercise clothing when using the bike. Do not wear loose clothing that could become caught in the bike.
7. If you feel pain or dizziness while exercising, stop immediately and cool down.
8. The pulse sensor is not a medical device. Various factors including the user's movement, may affect the accuracy of the heart rate readings. The Pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

PRE- ASSEMBLY NOTES OPEN THE BOXES

Make sure to inventory all the parts that are included in the boxes. Check The Hardware Chart for a full count of the number of parts included for proper assembly.

GATHER YOUR TOOLS

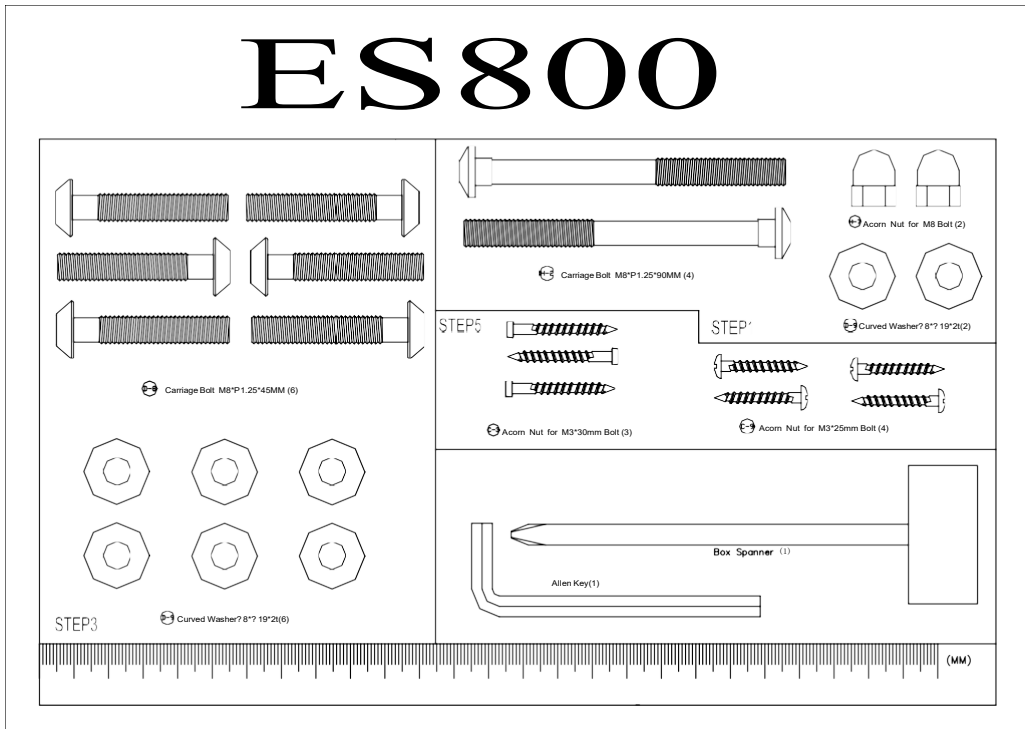
Before starting the assembly of your unit, gather the necessary tools. Having all of the equipment at hand will save time and make the assembly quick and hassle-free.

CLEAR YOUR WORK AREA

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

HARDWARE CHART

ES800



| | | | |
|--|----------|--|----------|
| | 1 | | 1 |
| | 1 | | 1 |
| | 1 | | 1 |
| | 1 | | 1 |
| | 1 | | 1 |
| | 1 | | 1 |

PART LIST

| NO | DESCRIPTION | QTY | | BOM NUMBRE |
|------|---|-----|-----|--------------------|
| A-1 | COMPUTER | 1 | PCS | PE-SE52000010702 |
| A-2 | BACK COVER FOR COMPUTER | 10 | PCS | 1C212A-8220-200-00 |
| A-3 | SCREW | 7 | PCS | 1C1210-500-200 |
| B-1 | COMPUTER HOLDER | 1 | PCS | PR-P-PW5446-1000 |
| B-2 | SCREW M5x10L | 4 | PCS | PD-SWM20510-1041 |
| B-3 | SPRING WASHER $\phi 8$ | 6 | PCS | PD-WS220800-1041 |
| B-4 | CABLE WIRE UPPER | 1 | PCS | PE-C52-1050-1000 |
| B-5 | SPEED SENSOR UPPER | 1 | PCS | PE-D34-1050-1000 |
| B-6 | HANDLEBAR POST | 1 | PCS | MTES800FW02-7005 |
| B-7 | COVER FOR HANDLEBAR POST | 1 | PCS | PL-CMP80041-10E7 |
| B-8 | SCREW M8*P1.25*16L | 6 | PCS | PD-SRM20816-1041 |
| B-9 | FLAT WASHER $\phi 8 \times \phi 19 \times 2T$ | 4 | PCS | PD-WN220819-1041 |
| B-10 | CURVED WASHER $\phi 8 \times \phi 19 \times 2t$ | 2 | PCS | PD-WA220819-1041 |
| C-1 | SUPPORTING COVER FOR COMPUTER LEFT | 1 | PCS | PLEB1000-10-10E7 |
| C-2 | SUPPORTING COVER FOR COMPUTER RIGHT | 1 | PCS | PLEB1000-11-10E7 |
| C-3 | SCREW M3x30L | 3 | PCS | PD-SGM20330-1041 |
| C-4 | SCREW M5xP0.8x14L | 7 | PCS | PD-SWM10514-1002 |
| C-5 | COVER FOR HANDLEBAR CLAMPING | 1 | PCS | PLEB1000-12-10E7 |
| C-6 | WATER BOTTLER HOLDER | 1 | PCS | PLEB1000-13-10E7 |
| C-7 | BACK COVER FOR HANDLEBAR | 1 | PCS | PL-SES800E0-10E7 |
| C-8 | FRONT COVER FOR HANDLEBAR | 1 | PCS | PL-SES800E1-10E7 |
| C-9 | SCREW M3x25L | 4 | PCS | PD-SBM10325-1002 |
| D-1 | HANDLEBAR | 1 | PCS | MT-P-PB4057-7005 |
| D-2 | FOAM GRIP | 2 | PCS | PL-P-PB4229-1002 |
| D-3 | HANDPULSE | 4 | PCS | PH-T-PB-242-1000 |
| D-4 | HOLDER FOR HANDPULSE | 4 | PCS | PL-T-PB-250-1002 |
| D-5 | HOLDER FOR HANDPULSE UPPER | 2 | PCS | PL-T-PB-445-10E7 |
| D-6 | HOLDER FOR HANDPULSE LOWER | 2 | SET | PL-T-PB-447-10E7 |
| D-7 | SCREW M3x20L | 4 | PCS | PD-SGM10320-1041 |
| D-8 | SCREW M8xP1.25x45L | 6 | PCS | PD-SRM20845-1041 |
| D-9 | CURVED WASHER $\phi 8 \times \phi 19 \times 2t$ | 8 | PCS | PD-WA220819-1041 |
| D-10 | CABLE FOR BODYFAT SENSOR | 2 | PCS | PE-B06-0850-1002 |
| E-1 | MAIN FRAME | 1 | PCS | MTES800FW01-7005 |
| E-2 | RUBBER STOPPER UPPER | 2 | PCS | PL-P-PB4232-1000 |
| E-3 | RUBBER STOPPER LOWER | 2 | PCS | PL-P-PB4274-1000 |
| E-4 | HOLDER FOR RUBBER HOLDER | 4 | SET | PH-P-PB4231-1000 |
| E-5 | SCREW M5x14L | 8 | PCS | PD-SWM20514-1041 |
| E-6 | HOLDER | 1 | PCS | MTES800FW07-7300 |
| E-7 | SCREW M3x8L | 9 | PCS | PD-SDM20308-1041 |
| E-8 | CONTROL BOARD | 2 | PCS | PE-P-PB4325-1000 |
| E-9 | SPEED SENSOR LOWER | 1 | PCS | PE-D33-0500-1000 |
| E-10 | CABLE WIRE LOWER | 1 | PCS | PE-C53-0700-1000 |

PART LIST

| NO. | DESCRIPTION | QTY | | BOM NUMBRE |
|------|---|-----|-----|------------------|
| E-11 | HOLDER | 1 | PCS | PH-P-PB4308-1000 |
| E-12 | CONNECTIONG WIRE | 1 | PCS | PE-D32-0300-1000 |
| E-13 | CONTROL BOARD FOR POWE | 1 | PCS | PE-P-PB3589-1000 |
| E-14 | SWITCHING POWER 100-240V 50-60HZ/18V 2A | 1 | PCS | PE-P-PB4349-1000 |
| E-15 | DC WIRE | 1 | PCS | PE-H00-0700-1000 |
| F-1 | FLYWHEEL | 1 | PCS | PH-FCD24045E1000 |
| F-2 | SMALL PULLEY J8xφ30 | 1 | PCS | PH-P-PB3254-1000 |
| F-3 | FLAT WASHER φ17.5xφ25x1t | 1 | PCS | PD-WN111725-1041 |
| F-4 | COVER FOR FLYWHEEL ALIMINUM | 2 | PCS | PH-P-PB2943-1000 |
| F-5 | C-TYPE RING φ17 | 2 | PCS | PD-KCO11700-1002 |
| F-6 | BEARING 6003RS | 3 | PCS | PH-BA2-6003-1000 |
| F-7 | ONE WAY BEARING | 1 | PCS | PH-P-PB3485-1000 |
| F-8 | BEARING 6203RS | 1 | PCS | PH-BA2-6203-1100 |
| F-9 | WASHER φ17.5xφ25x0.3t | 1 | PCS | PD-WD061725-1002 |
| F-10 | FLAT WASHER φ17.5xφ25x0.3t | 4 | PCS | PD-WN121725-1002 |
| F-11 | PLASTIC WASHER | 2 | PCS | φ17xφ23x0.5t |
| F-12 | SCREW M5x14L | 10 | PCS | PD-SWM20514-1041 |
| G-1L | LEFT COVER | 1 | PCS | PL-CMP80001-1200 |
| G-1R | RIGHT COVER | 1 | PCS | PL-CMP80011-1200 |
| G-2 | SCREW M4x50L | 4 | PCS | PD-SBM20450-1041 |
| G-3 | SCREW | 10 | PCS | PL-CMP80021-10F7 |
| G-4 | ROUND COVER | 2 | PCS | PL-CMP80021-10F7 |
| G-5 | SCREW M4x10L | 8 | PCS | PD-SBM20410-1041 |
| G-6 | FRONT COVER | 1 | PCS | PL-CMP80031-10E7 |
| H-1 | REAR STABILIZER | 1 | PCS | MTES800FW06-7005 |
| H-2 | CARRIAGE BOLT | 2 | PCS | M8xP1.25x90L |
| H-3 | CAP FOR STABILIZER | 4 | PCS | PLEB1000-04-1185 |
| H-4 | ADJUSTOR | 4 | PCS | PLEB1000-08-1002 |
| H-5 | HEXAGONAL SCREW M16*P1.5*12.5T | 4 | PCS | PD-NHI21600-1041 |
| H-6 | SCREW | 2 | PCS | PD-SZI20624-1041 |
| H-7 | NUT M8 | 2 | PCS | PD-NCM20800-1041 |
| H-8 | COVER FOR TRANSPORTATION WHEEL UPPER | 1 | PCS | PLEB1000-05-10E7 |
| H-9 | COVER FOR TRANSPORTATION WHEEL LOWER | 1 | PCS | PLEB1000-06-10E7 |
| H-10 | SCREW M3x25L | 2 | PCS | PD-SGM20325-1041 |
| H-11 | TRANSPORTATION WHEEL | 2 | PCS | PL-T-PA-017-1000 |
| H-12 | SCREW M8xP1.25x45L | 2 | PCS | PD-SRM20845-1041 |
| H-13 | FLAT WASHER φ8xφ16x1t | 2 | PCS | PD-WN120816-1041 |
| H-14 | NYLON NUT M8 | 2 | PCS | PD-NNM20800-1041 |
| I-1 | HOLDER FOR EMS FLYWHEEL | 1 | PCS | PH-P-PB3397-1000 |
| I-2 | ELECTRIC MAGENT WITH COIL | 1 | PCS | PE-P-PB3549-1000 |
| I-3 | HEAT SINK FOR EMS SYSTEM | 3 | PCS | PH-P-PB3262-1000 |
| I-4 | SPRING HOLDER | 1 | PCS | PH-P-PB4300-1000 |
| I-5 | SCREW M5xP0.8x80L | 3 | PCS | PD-P-PB3257-1041 |
| I-6 | FLAT WASHER φ5xφ10x1t | 6 | PCS | PD-WN120510-1041 |
| I-7 | HEXAGAONAL SCREW M5 | 6 | PCS | PD-NHM20500-1041 |
| I-8 | SCREW M10xP1.5x20L | 4 | PCS | PD-SOM21020-1141 |
| I-9 | SPRING WASHER φ10 | 3 | PCS | PD-WS221000-1041 |

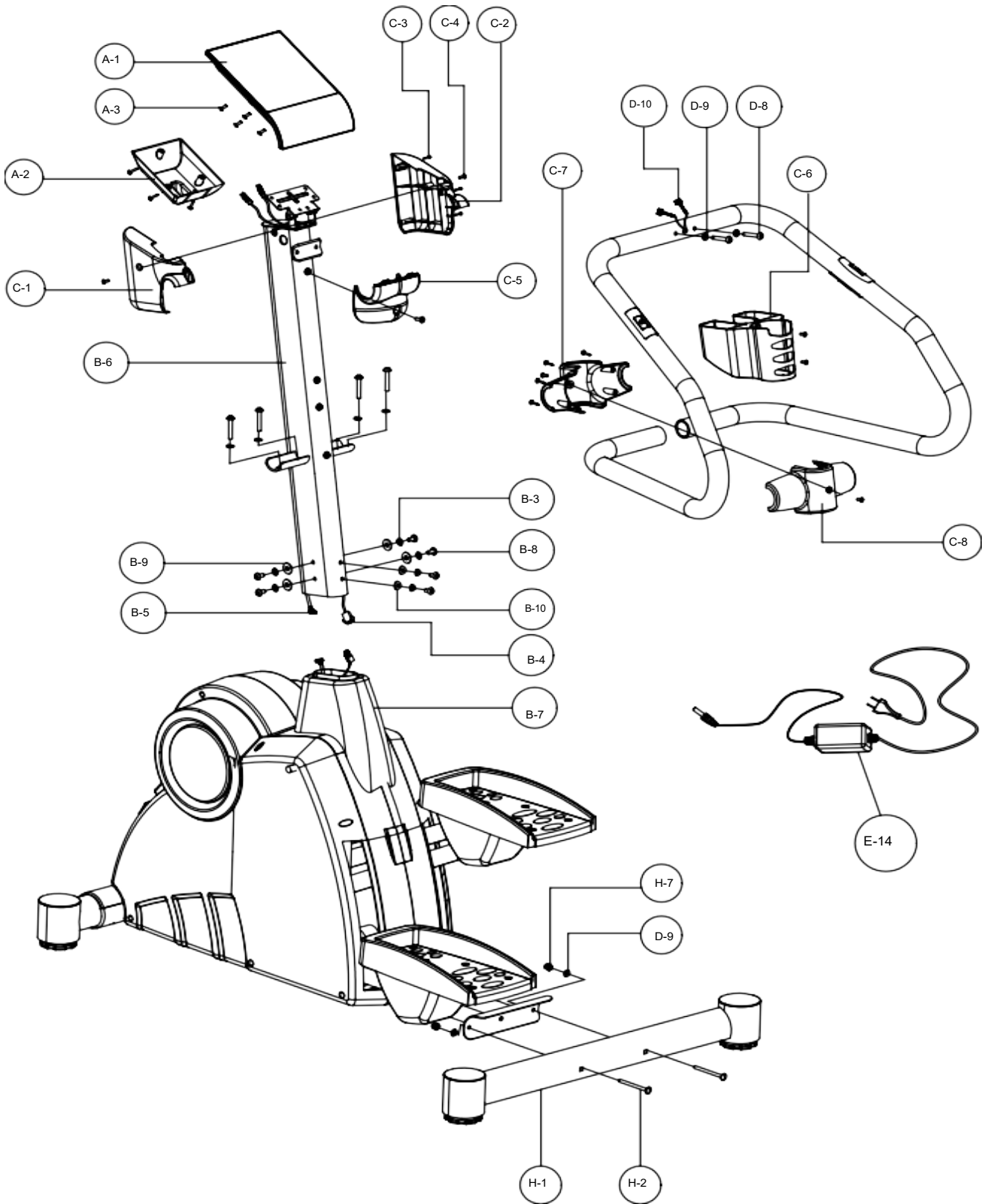
PART LIST

| NO. | DESCRIPTION | QTY | | BOM NUMBRE |
|-------|---|-----|-----|---------------------|
| J-1 | DRIVING PULLEY ϕ 232 | 1 | PCS | PH-PJ6E2321-1000 |
| J-2 | SHAFT | 1 | PCS | PH-P-PB4218-1000 |
| J-3 | SCREW M8xP1.25x12Lx5t | 3 | PCS | PD-SHM20812-110 |
| J-4 | BEARING 6004RS | 2 | PCS | PH-BA2-6004-1000 |
| J-5 | ONE WAY BEARING | 2 | PCS | PH-P-PB4217-1000 |
| J-6 | BEARING 61904 (RS) | 2 | PCS | PH-BA2-619041000 |
| J-7 | WHEEL | 1 | PCS | PH-P-PB4216-1000 |
| J-8 | WHEEL | 1 | PCS | PH-P-PB4257-1000 |
| J-9 | FLAT WASHER ϕ 20x ϕ 25x0.3t | 6 | PCS | PD-WN322025-1000 |
| J-10 | CURVED WASHER ϕ 20x ϕ 30x0.3t | 3 | PCS | PD-WD062030-1002 |
| J-11 | C-TYPE RING ϕ 20 | 4 | PCS | PD-KCO12000-1002 |
| J-12 | RINGER | 1 | PCS | PH-P-PB4352-1000 |
| J-13 | STOPPER | 1 | PCS | PH-P-PB4353-1000 |
| J-14 | TOOTH DISC | 1 | PCS | PH-P-PB4295-1000 |
| J-15 | BUSHING FOR TOOTHE DISC | 1 | PCS | PL-P-PB4296-1002 |
| J-16 | FLAT WASHER ϕ 6x ϕ 13x1t | 1 | PCS | PD-WN120613-1041 |
| J-17 | SPRING WASHER ϕ 6 | 1 | PCS | PD-WS210600-1041 |
| J-18 | HEXAGONAL SCREW M6xP1.0x18L | 1 | PCS | PD-SHM20618-1041 |
| J-19 | DRIVING BELT J6 1016m/m | 1 | PCS | PH-LJ6M1016-1000 |
| J-20 | FLAT WASHER ϕ 20.3x ϕ 30x1t | 1 | PCS | PD-WN222030-1002 |
| K-1 | IDLER | 1 | PCS | PR-P-PW2031-1000 |
| K-2 | IDLER WHEEL | 1 | PCS | PH-P-PB3851-1000 |
| K-3 | FLAT WASHER ϕ 8x ϕ 16x1t | 1 | PCS | PD-WN120816-1041 |
| K-4 | CURVED WASHER ϕ 10.5x ϕ 15x0.3t | 2 | PCS | PD-WD061015-1002 |
| K-5 | NYLON NUT M8 | 1 | PCS | PD-NNM20800-1041 |
| K-6 | HEXAGONAL SCREW M8xP1.25x20L | 1 | PCS | PD-SHM10820-1141 |
| K-7 | FLAT WASHER ϕ 10x ϕ 14x1t | 2 | PCS | PD-WN121014-1041 |
| K-8 | SPRING FOR IDLER | 1 | PCS | PH-P-PB2517-1000 |
| K-9 | FLAT WASHER ϕ 8.5x ϕ 25x2t | 1 | PCS | PD-WN210825-1141 |
| K-10 | HEXAGONAL NUT M8 | 2 | PCS | PD-NHM10800-1241 |
| L-1 | PEDAL ARM (1) | 2 | SET | MTES800FW03-7005 |
| L-2 | BARRIER FOR PEDAL ARM | 4 | SET | PH-P-PB4059-1000 |
| L-3 | BUSHING ϕ 26.7x ϕ 17.12x15L | 16 | PCS | PH-P-PB4045-1000 |
| L-4 | PLASTIC WASHER ϕ 17x ϕ 23x0.5t | 4 | PCS | PD-WP011723-1090 |
| L-5 | HEXAGONAL M8xP1.25x104L | 4 | PCS | PD-SHM2081041041 |
| L-6 | FLAT WASHER ϕ 8* ϕ 25*2T | 8 | PCS | PD-WN210825-1041 |
| L-7 | NYLON NUT M8 | 4 | PCS | PD-NNM20800-1041 |
| L-8 | CURVED WASHER ϕ 17.5x ϕ 25x0.3t | 4 | PCS | PD-WD061725-1002 |
| L-9 | FLAT WASHER ϕ 17x ϕ 25x1t | 8 | PCS | PD-WN111725-1002 |
| L-10 | NYLON NUT M8xP1.0x20L | 4 | PCS | PD-SEM10820-7600 |
| L-11 | PEDAL ARM (2) | 2 | SET | MTES800FW04-7005 |
| L-12 | FLAT WASHER ϕ 8* ϕ 25*2T | 4 | PCS | PD-WN210825-1002 |
| M-1 | PEDAL | 2 | PCS | MTES800FW05-7005 |
| M-2 | MAT FOR PEDAL | 2 | PCS | P-SES80062-10F7 |
| M-3 | SCREW M5x14L | 12 | PCS | PD-SWM20514-1041 |
| M-4 | SCREW M4x14L | 8 | PCS | PD-SBM20414-1041 |
| M-R/L | BELOW COVER FOR PEDAL | 2 | PCS | PL-SES800D8/D9-10E7 |

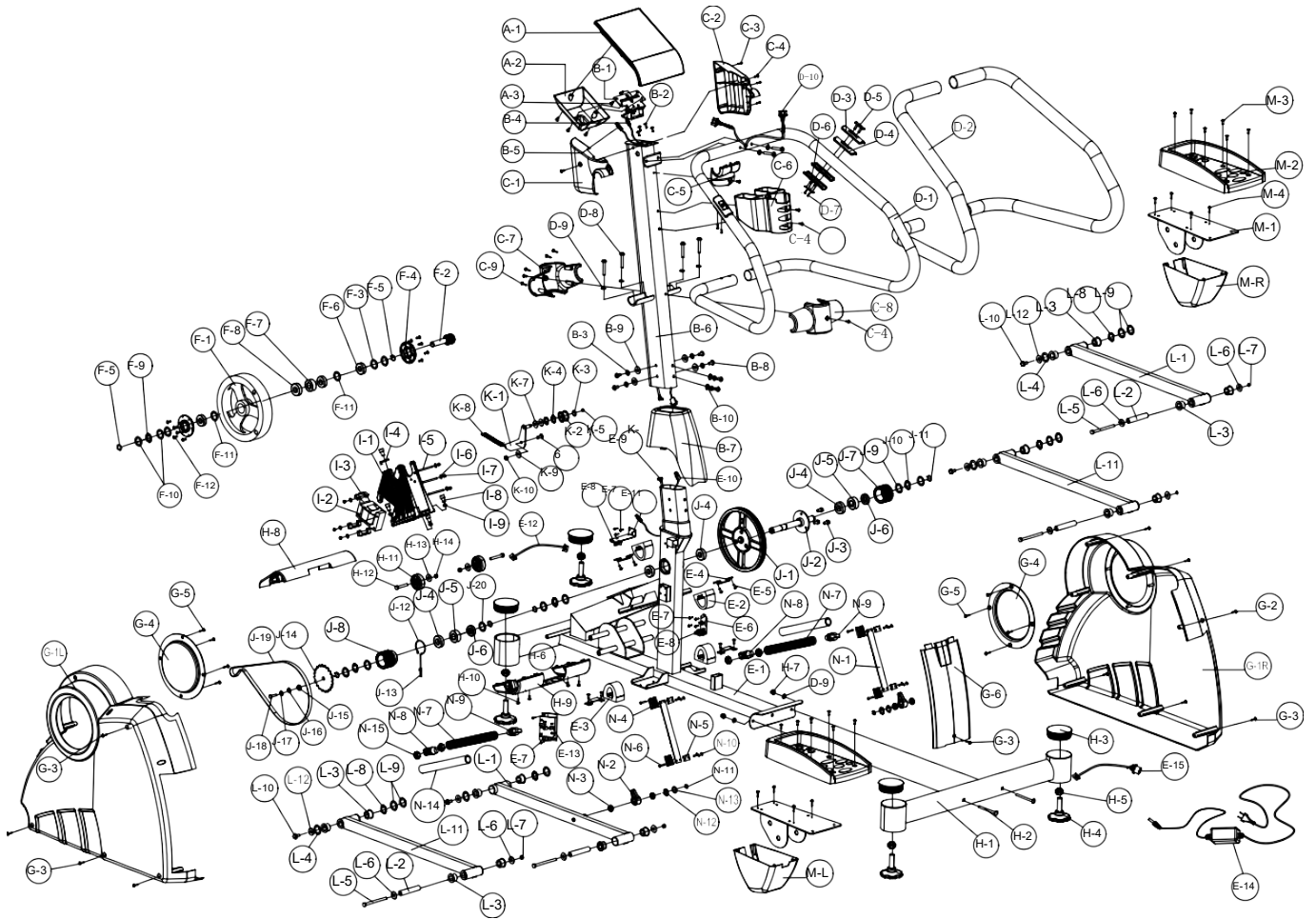
PART LIST

| | | | | |
|------|--|---|-----|------------------|
| N-1 | BELT 400L | 2 | PCS | PH-P-PB4227-1000 |
| N-2 | CONNECTOR | 2 | PCS | PH-P-PB4225-1000 |
| N-3 | BEARING 61801 (RS) | 4 | PCS | PH-BA2-618011000 |
| N-4 | CONNECTOR FOR BELT | 4 | PCS | PH-P-PB4223-1000 |
| N-5 | PRESSOR FOR CONNECTOR | 4 | PCS | PH-P-PB4224-1000 |
| N-6 | AXLE | 4 | PCS | PH-P-PB4228-1000 |
| N-7 | SPRING | 2 | PCS | PH-P-PB4054-1000 |
| N-8 | CONNECTING BOLT | 2 | PCS | PH-P-PB4220-1000 |
| N-9 | CONNECTION BOLT | 2 | PCS | PH-P-PB4221-1000 |
| N-10 | SCREW M4x14L | 8 | PCS | PD-SWM10414-1041 |
| N-11 | C-TYPE RING $\phi 12$ | 2 | PCS | PD-KCO11200-1002 |
| N-12 | CURVED WASHER $\phi 12.5 \times \phi 18 \times 0.3t$ | 2 | PCS | PD-WD061218-1002 |
| N-13 | FLAT WASHER $\phi 12.4 \times \phi 16 \times 1t$ | 2 | PCS | PD-WN141219-1002 |
| N-14 | ANTI ACOUSTIC FOAM | 2 | PCS | PL-P-PB4355-1002 |
| N-15 | HEXAGONAL SCREW M12 | 4 | PCS | PD-NHM11200-1141 |

DRAWING FOR ASSEMBLY



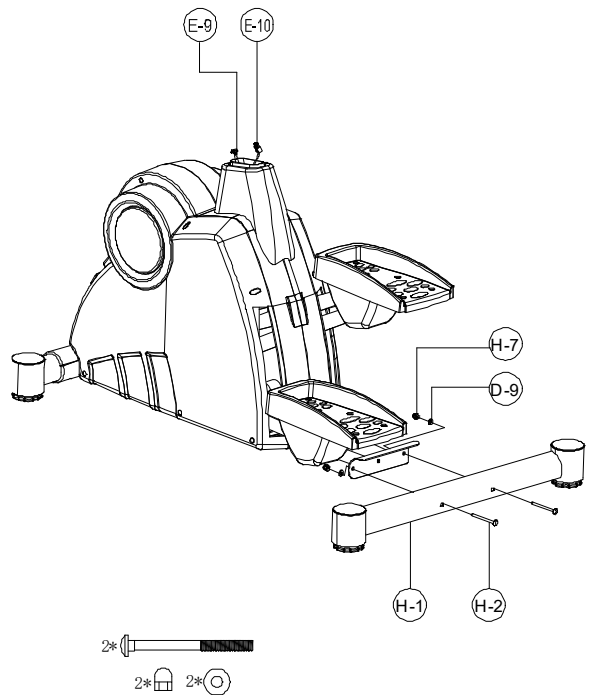
EXPLORATION DRAWING



ASSEMBLY STEPS

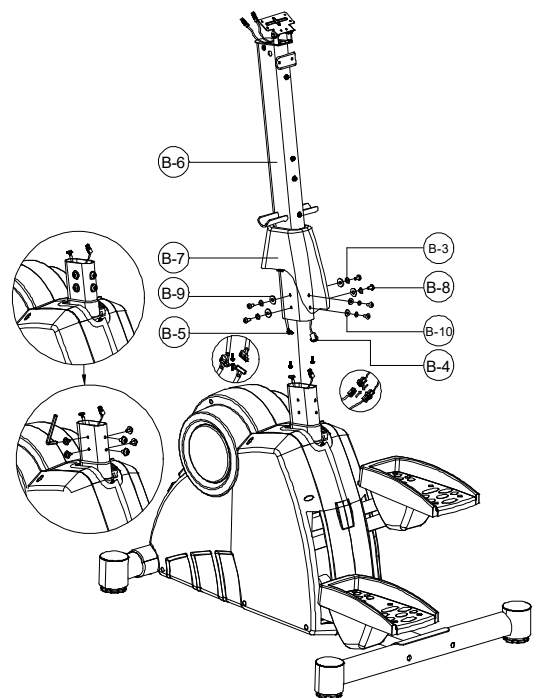
STEP 1 – Install Pedals

Assembly the rear stabilizer (H-1)
with mainframeBy screw & washer (H-2, H-7 & D-9)



STEP 2 – Install Handlebar Post

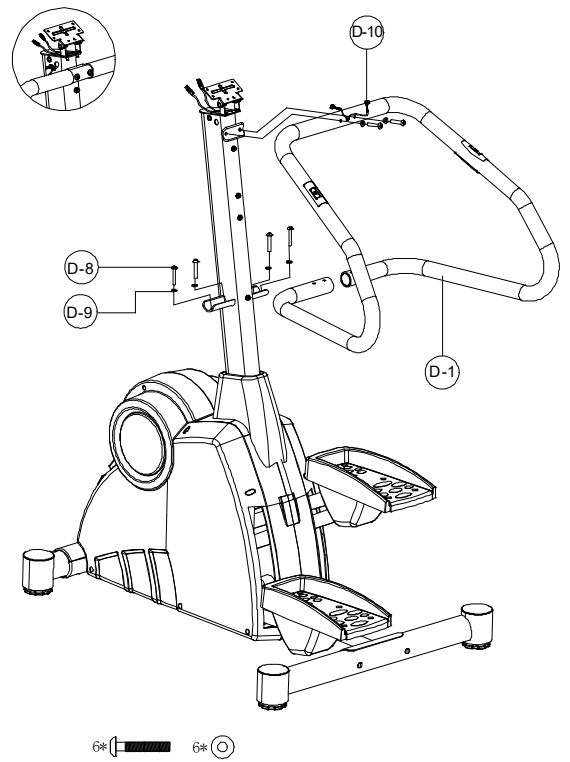
Take off the screw, washer, nut (B-3, B-8 & B-10) & cover (B-7) from
the handlebar postAnd connect the cable (B-4 & E-10), sensor (B-5 & E-9), then fix the screw
Washer and nut on the handlebar post and put on the cover (B-7)



ASSEMBLY STEPS

STEP 3 – Install Handlebar

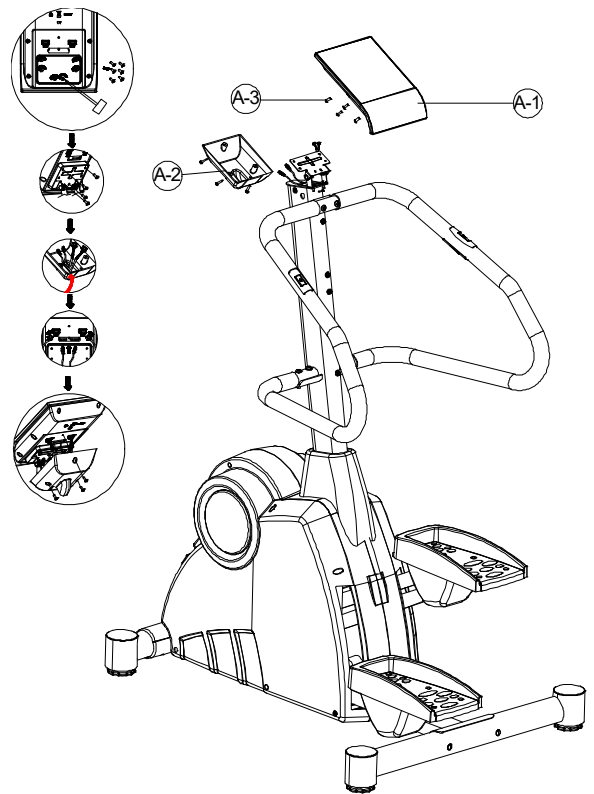
Install the handlebar (D-1) to the mainframe with bolt and washer (D-8 & D-9) And make sure the pulse wire (D-10) must go through the side hole of handlebarpost



ASSEMBLY STEPS

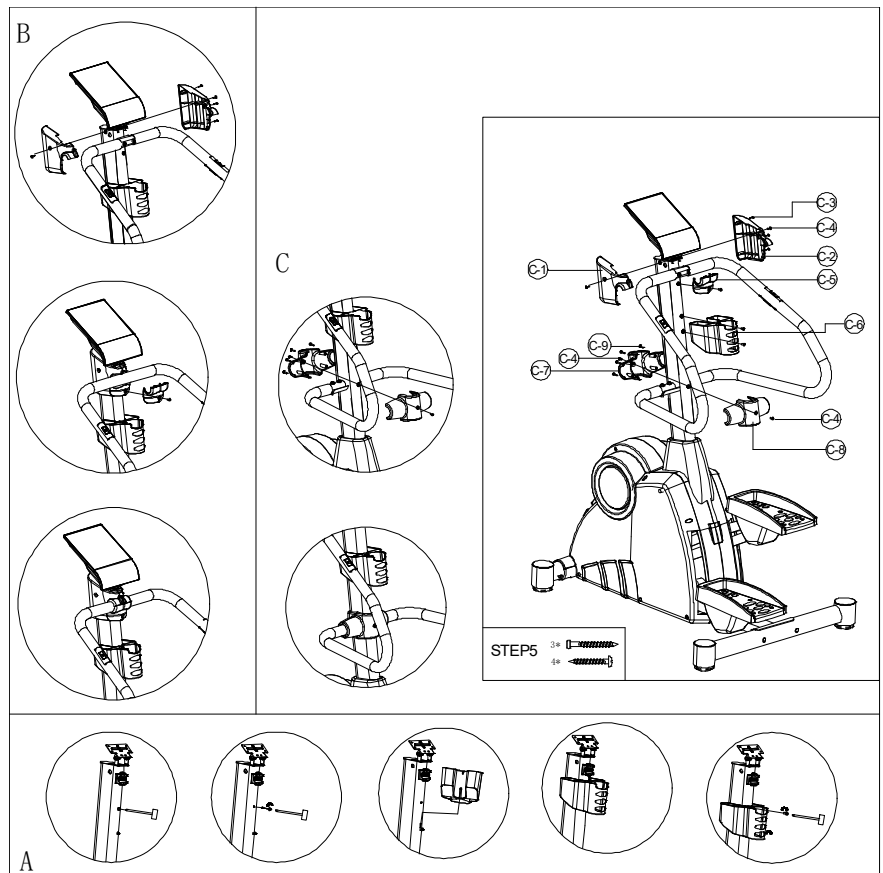
STEP 4 - Insert Computer

Take off back cover (A-2) from computer make screws (A-3) fix on computer bracket (B-1). Make four computer cables through the computer back cover. Connect four cables with computer, and then screw computer back cover back with screw (A-3). Please see the detailed assembly as below :



Step 5 – Install Protect Cover

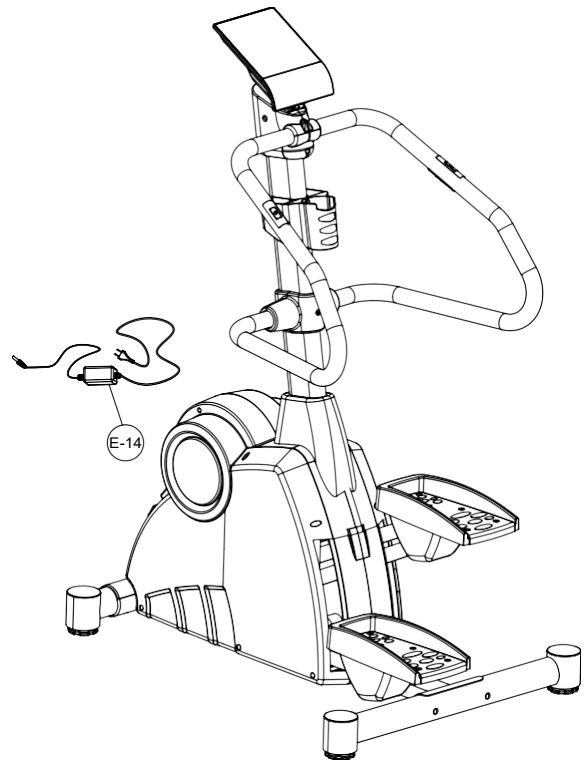
Take off the screw on the handlebar post and assembly the water bottler cage (C-6) the cover (C-1 , C-2 & C-5) with screw (C-4) And cover (C-7 & C-8) with screw (C-4 & C-9)



ASSEMBLY STEPS

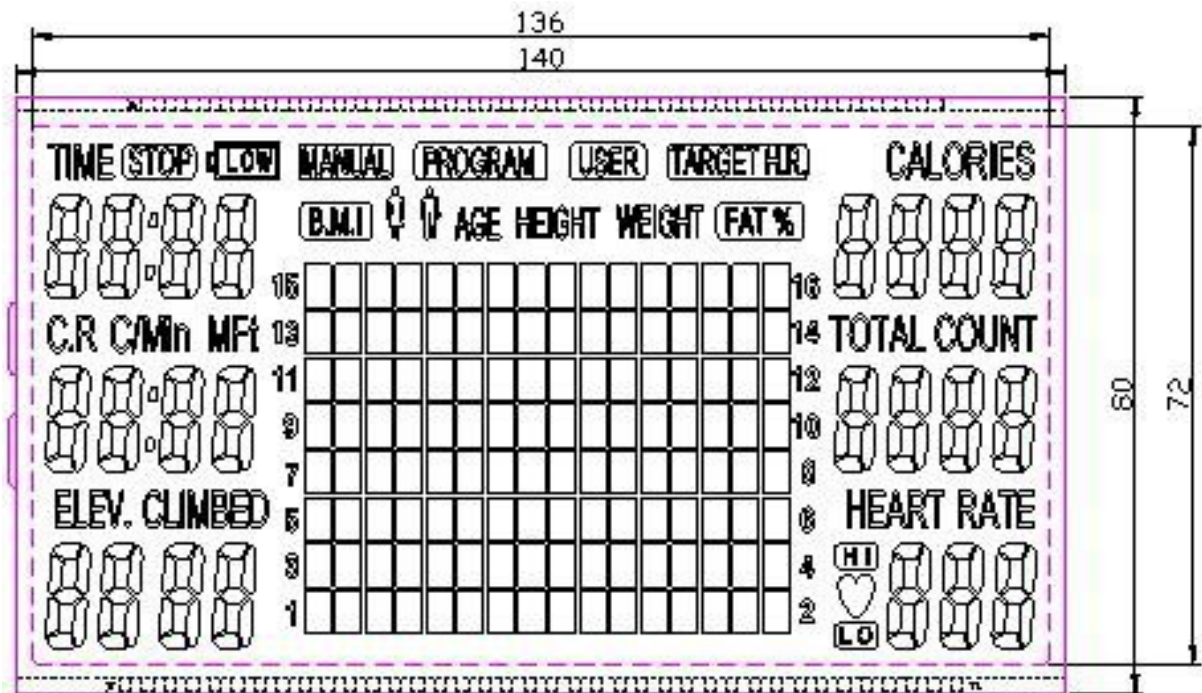
Step 6 – plug the power adaptor

Make sure the power adaptor to the plug hole



LCD DISPLAY SCREEN

LCD DISPLAY SCREEN:



OPERATION DESCRIPTION:

1、 POWER ON:

- (1) POWER ON or press RESET KEY for 2seconds · buzzer deeps for one second, and LCD willfull display for 2seconds.Then the console will display fat measurements specifications

A(Asia) or E(Europe) at C.R C/Min window. Then the dot matrix display ODO and value atELEV CLIMBED window, Ux waits setting. (Picture 1~picture 4)

- (2) After LCD off (1)press any key or (2) input the sensor signal can restart the console with an alarm bell.Please note the key or the sensor signal only has the function of awakening ratherthan its original function, and moves from LOAD=1 to the position before the system stops.When the system stops,all set values and operation values are automatically saved, and the next START will continue to operate based on the operational values.

2、 POWER OFF:

- (1) No signal(Display of sensor,keyboard,pulse values) input more than 4 minutes, the console offand LOAD returns to 0, and the system STOP MCU switches to low speed (power-saving mode).All set values and operation values are saved automatically. The operation value continues when the console power on. Special mode does not enter SLEEP mode.

BUTTON FUNCTION: this console of button adopts an electrostatic switch

- ※ This system has button ringing prompts (valid KEY 1 short tone, invalid KEY 2 short tone, countdown to zero with 4 short tones per second for a certain function, continuous 6 short tones when H.R.C. forces STOP, PULSE exceeding the set valuewith 2 short tones per second)※

1、UP KEY OR DOWN KEY:

(1) POWER ON or press RESET KEY for 2seconds, buzzer deeps for one second, and LCD willfull display for 2seconds. Then the console will display fat measurements specifications A (Asia)or E(Europe) at C.R C/Min window. Then the dot matrix display ODO and value at ELEV CLIMBED window, Ux waits setting. (Picture 1~picture 4)

2、Set USER INFORMATION U1~U4(SEX,AGE,HEIGHT,WEIGHT,etc) :

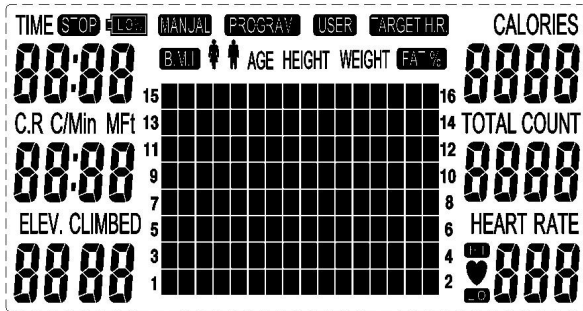
(1) When select one group of U1~U4,The symbol represented by SEX flashes at 1HZ and waitsfor setting. Press UP/ DOWN key to select. And then press MODE/ENTER key, the screen appears AGE,HEIGHT and WEIGHT in sequence. Press UP /DOWN key to adjust the set value (This key has a quick adjustment function. If you hold it for 1.5 seconds, it will move forward and backward by 8 steps each time, and when you put it down, it will stop).(Picture 5~picture8)

3、SELECT MANUAL、PROGRAM、 User Program、 HEART RATE:

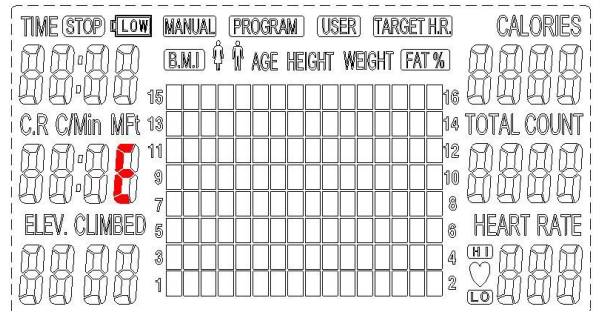
(1) After enter into the set MODE (Picture 9), MANUAL(MAN) in the dot matrix flashes at 1HZ.Press UP、 DOWN KEYS to select MANUAL、 PROGRAM、 User Program and HEART RATE in cycle. If it is not selected, press START key directly to enter into MANUAL MODE, and then START.

(2) Press UP、 DOWN KEY according to MANUAL(Picture 10)→ PROGRAM(Picture 11)→

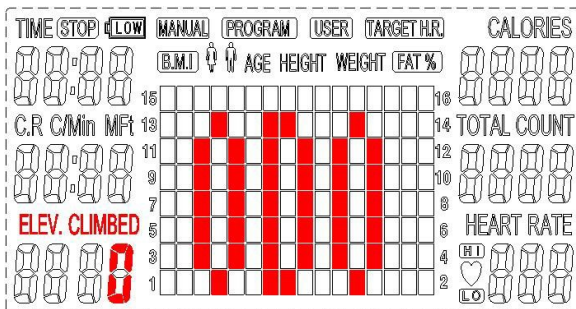
User Program(Picture 12)→ HEART GATE(Picture 13)→ MANUAL in sequence and cycle.Press MODE key to confirm and enter.



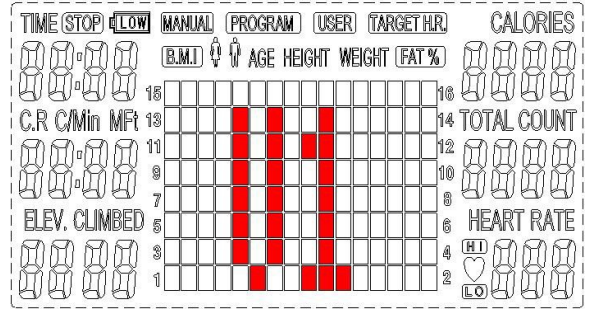
Picture 1



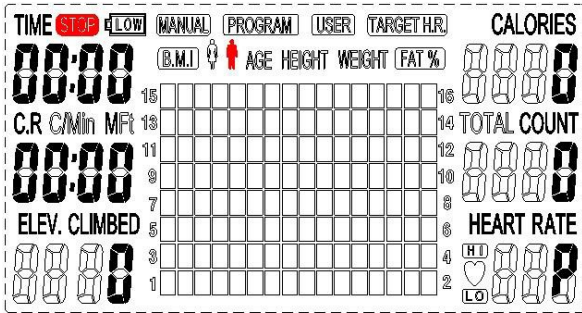
Picture 2



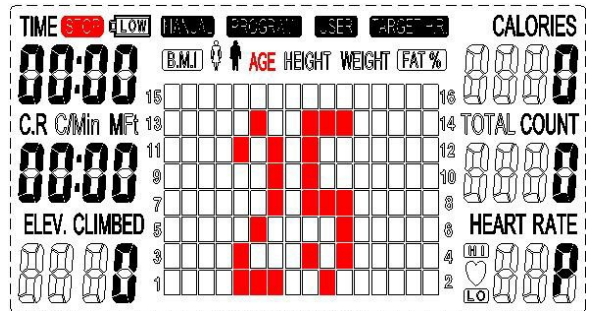
Picture 3



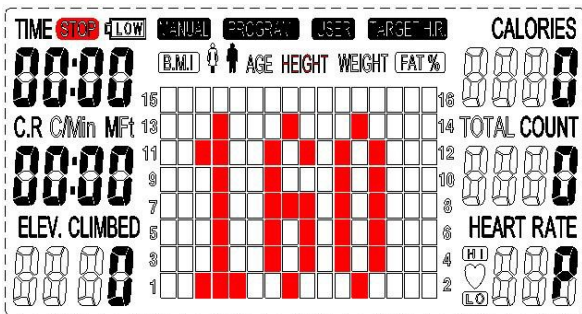
Picture 4



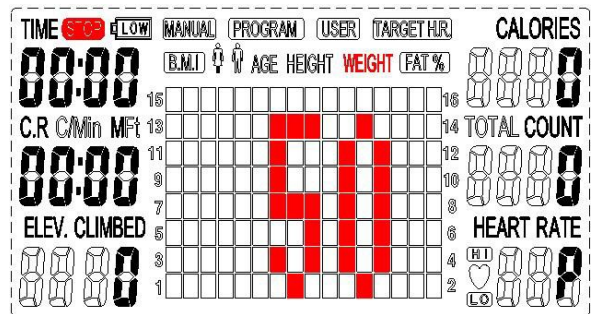
Picture 5



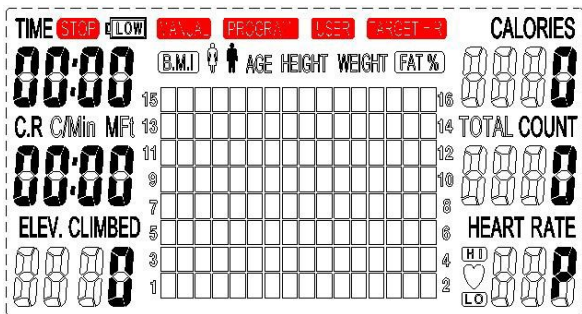
Picture 6



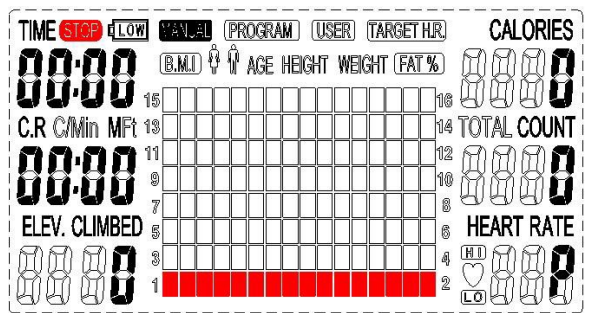
Picture 7



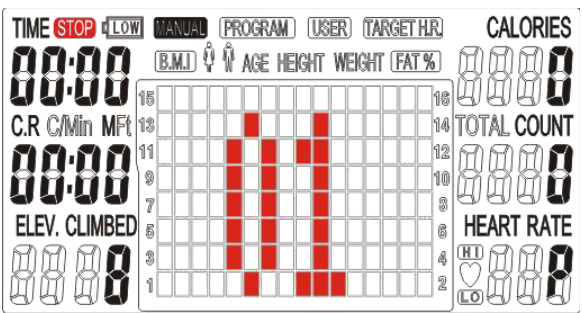
Picture 8



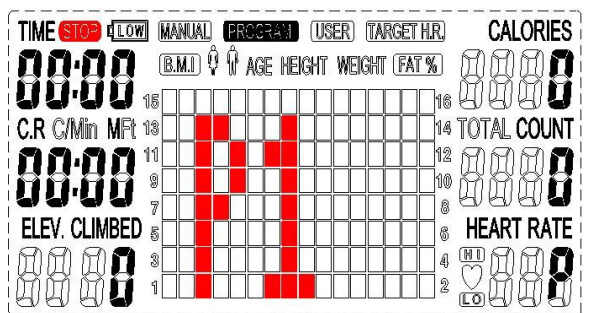
Picture 9



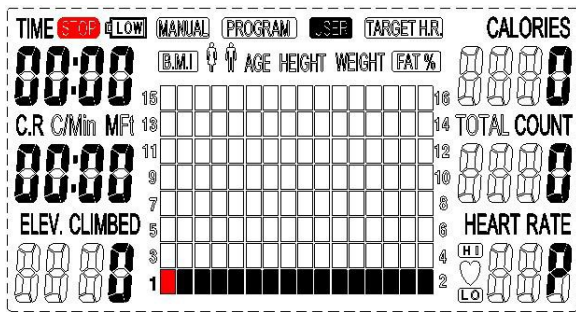
Picture 10



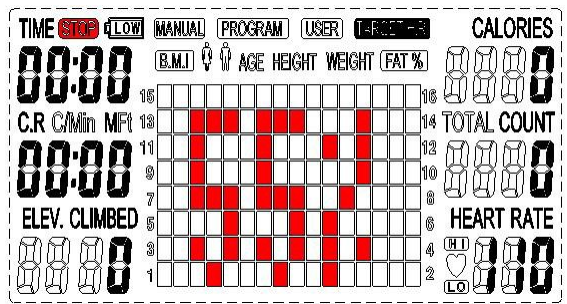
Picture 10-1



Picture 11



Picture 12

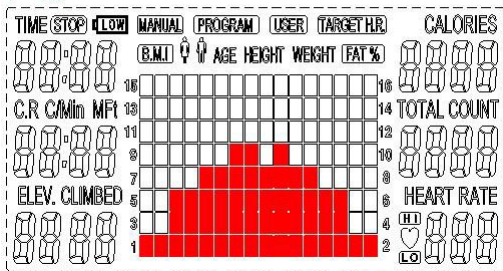


Picture 13

4、SET PROGRAM:

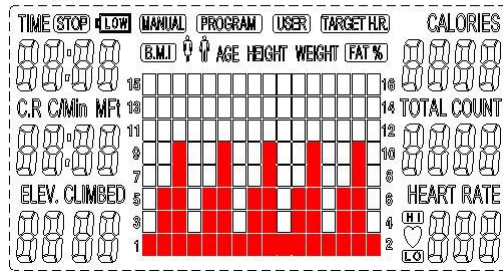
If select PROGRAM, press UP \ DOWN KEY to select P01,P02,P03,P04.....,as one of the items in P12Program.The dot matrix first displays PX, and then displays the corresponding PROGRAM figure flashes at 1HZ after 2 seconds. (Picture 14)

P1



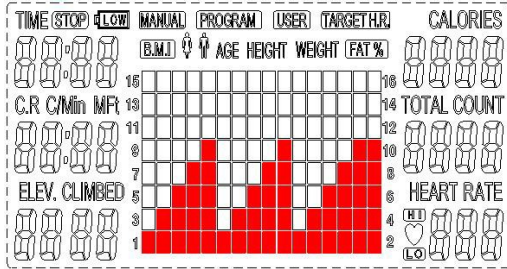
Picture 14

P2



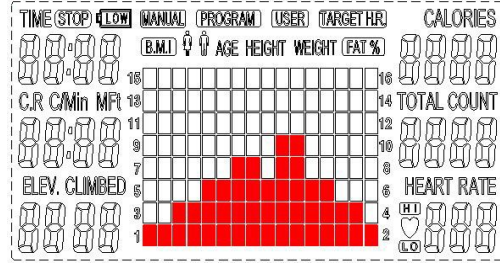
Picture 15

P3



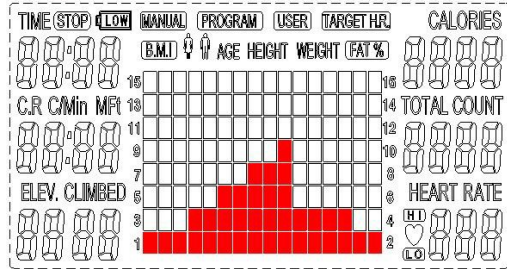
Picture 16

P4



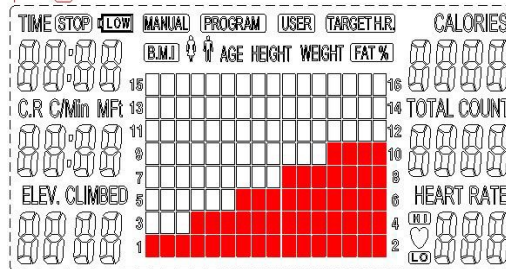
Picture 17

P5



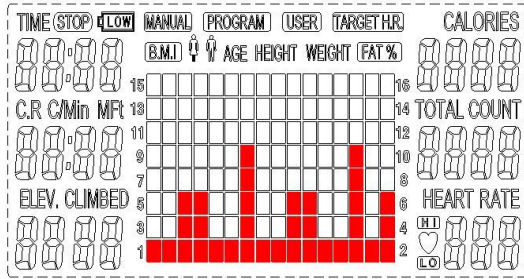
Picture 18

P6



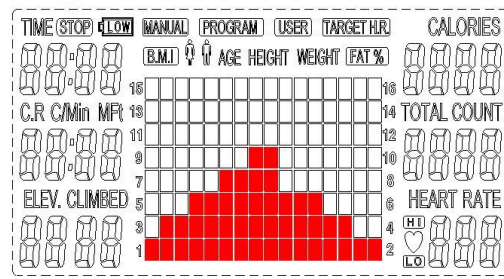
Picture 19

P7



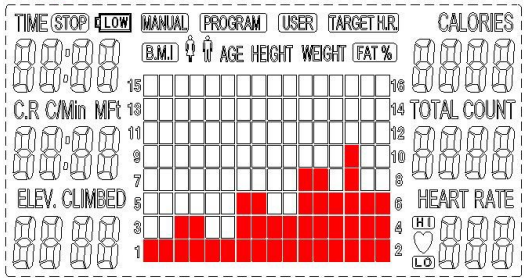
Picture 20

P8



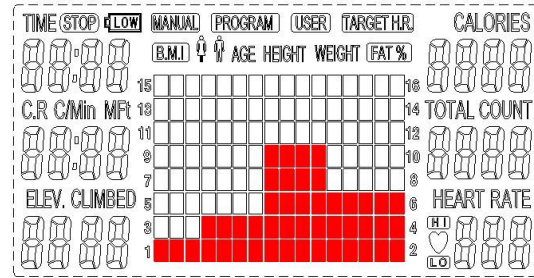
Picture 21

P9



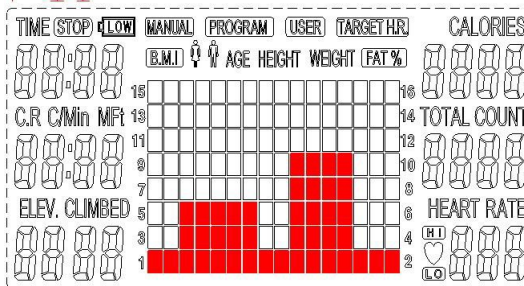
Picture 22

P10



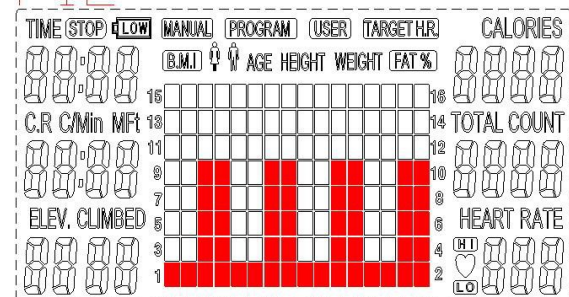
Picture 23

P11



Picture 24

P12



Picture 25

5. SET THE PROGRAM LEVEL:

- (1) After the figure of PROGRAM is selected, the dot matrix (1 HZ flashing) displays the PROGRAM figure waiting to be set. Press UP/ DOWN KEY to set the LEVEL of the PROGRAM . The dot matrix increases or decreases according to the adjusted LEVEL value. The matrix will first display the LOAD value for 2 seconds. After displaying the figure, press the MODE key to confirm the adjusted LEVEL. When making a LEVEL adjustment, UP or DOWN KEY does not have a loop function (pressing UP KEY can only increase to LEVEL 32, and pressing DOWN KEY can only decrease to 1).
- (2) In the START state, the LOAD can also be adjusted. The matrix will display the LOAD value for 2 seconds and then display the matrix graph.
- (3) In the START state, whenever the timeline changes, the matrix will first display the LOAD value for 2 seconds and then display the matrix graph.

6、ADJUST THE MANUAL LEVEL:

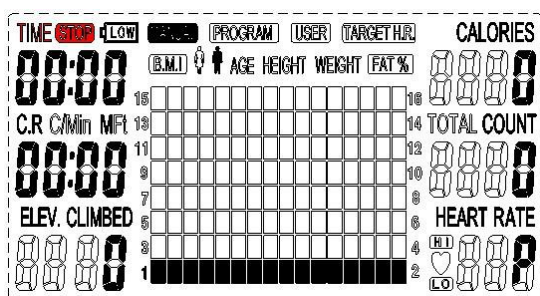
(1) If MANUAL is selected, the dot matrix will display '01' for 2 seconds, and the matrix graph (Picture 10~10-1) will be displayed after 2 seconds. The LEVEL value can be adjusted by pressing UP or DOWN KEY, and the dot matrix (1 HZ flashing) will wait for setting. The default value is LEVEL 1.

(2) Press UP /DOWN key ± 1 in each time, and press 1.5 seconds for ± 2 per second. There is no circulation function when user adjust the LEVEL. Every time you press UP or DOWN to adjust LEVEL, the matrix will first display the LOAD value for 2 seconds and then display the matrix graph.

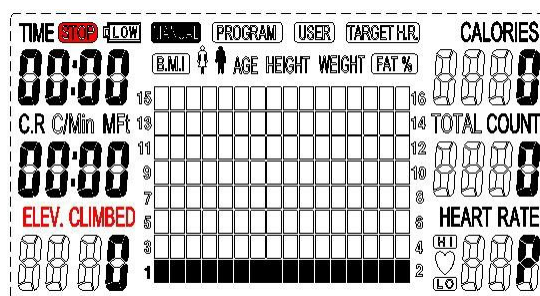
(3) In the START state, the MANUAL LEVEL value can be adjusted, and the LEVEL of LOAD and its value can be displayed in the matrix for 2 seconds and then display the matrix graph.

7、ADJUST THE SETTING VALUE (TIME、ELEV.CLIMBED、CALORIES、PULSE, etc.):

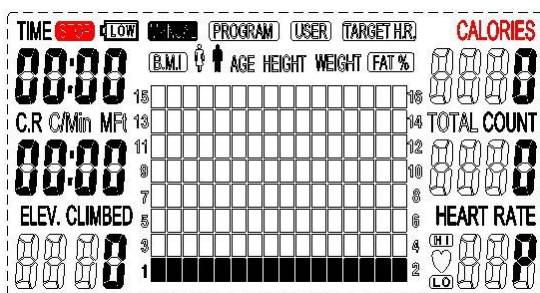
(1) when TIME (Picture 26), ELEV.CLIMBED (Picture 27), CALORIES (Picture 28), PULSE (Picture 29) are selected, press UP / DOWN KEY can adjust the setting values of each function, and have circular function.



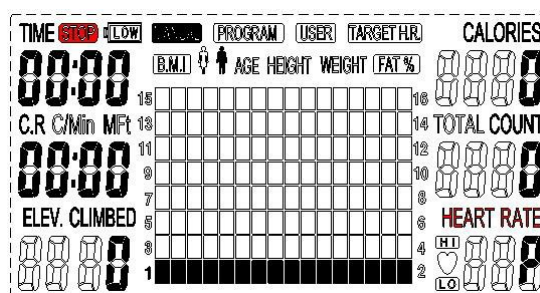
Picture 26



Picture 27



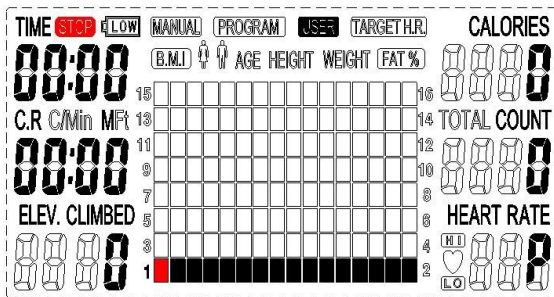
Picture 28



Picture 29

8、 SELECT USER PROGRAM:

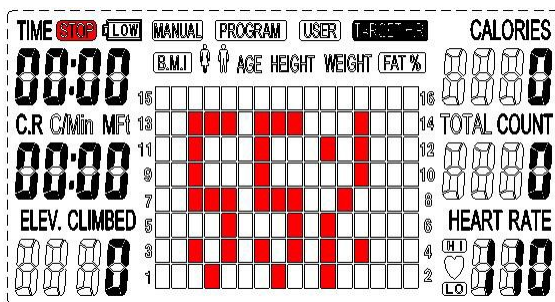
If select the User Program, user can press UP、 DOWN KEY to set the PROGRAM graph(the LEVELvalue corresponding to each timeline), the figure in setting flashes (Picture 30), after setting the figure keep bright. When setting, in the LOAD window, the matrix will first display the LOAD value for 2 seconds, and then display the matrix diagram. After setting, press MODE key to confirm . There are 16 segment must be set for a complete Program graph timeline, in order to execute according to the set Program, if user want to stop setting in the halfway , press MODE key for 2 seconds. The unset timeline will save automatically according to the last set value.



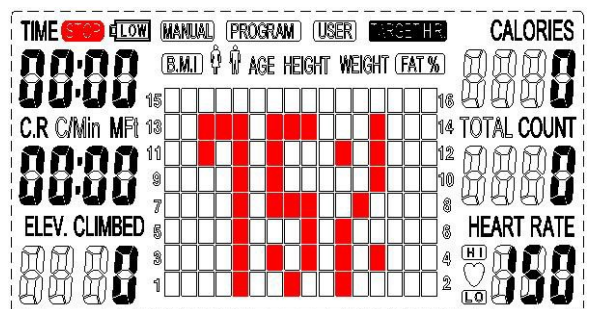
Picture 30

9、 SELECT H.R.C.:

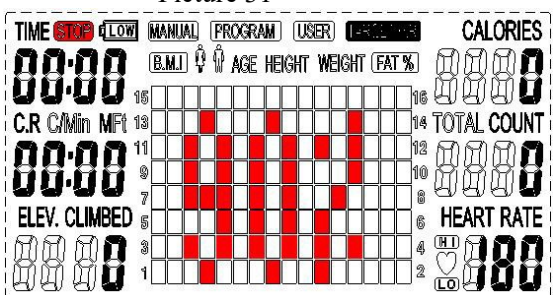
Select H.R.C, if AGE is not set, then the dot matrix will display the AGE default value : 20.(flashing waiting for UP and DOWN settings). User can press UP/ DOWN KEY to select one of 55%, 75%, 90% and TARGET(Picture 31~Picture 34), During selection, the dot matrix will flash at 1HZ and the preset value calculated based on age will be displayed in the PULSE window; If select TARGET, the dot matrix displays 100 and flashes. At this time, user can press UP /DOWN KEY to set the TARGETvalue (30~240). The UP /DOWN KEY have circulatory function.



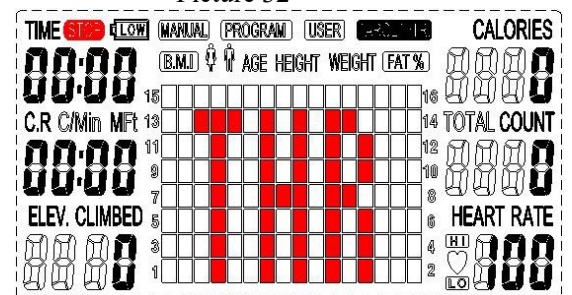
Picture 31



Picture 32



Picture 33



Picture 34

10、MODE KEY：

- (1) Select the function which can be set.(TIME,ELEV.CLIMBED,CAL,PULSE,etc)：
Press this KEY to select TIME,ELEV.CLIMBED,CAL,PULSE in sequence,When a function is selected, the LCD will display the function value and flashes at 1HZ to indicate that the function is can be set at this time, and the calculated value or set value of the function is alsodisplayed.
- (2) This key has the same function like ENTER：
Press this key to confirm and enter to the next step after selection or setting. The previous function can not be set after press this key.
- (3) The above action can only be performed under the STOP state.

11、RESET KEY:

- (1) General RESET: press this button one time in the STOP state can return to the main menu (MANUAL flashes and waits for setting. Press UP、DOWN KEY to select→PROGRAM→User Program→HEART RATE, and clear all the set values of TIME、ELEV.CLIMBED、CALORIES、PULSE(When there are no 4 sets of memories).
- (2) TOTAL RESET: Press the RESET button for 2s at any time, it will jump to the power on state with an alarm bells, which is TOTAL RESET. LCD will full display for 2s. Then the console will display fat measurements specifications A or E at C.R C/Min window. And enter into the setting mode. No matter where LOAD is located before, it must return to LEVEL1 and wait for setting.
- (3) The TOTAL COUNT value must be cleared.

12、START/STOP KEY: After press this KEY, the system starts operation, and then press this KEY to stop operation.

After POWER ON, the KEY has a QUICK START function.

(1) START KEY:

A.If it's for PROGRAM, then the dot matrix display figures.if it's for MANUAL, then 1-16 of the dot matrix keep bright. (According to the set LOAD), And all the performed STEP flashes at 1HZ until all the figures are performed. (The set time has ended), Then system automatically

STOP, if there is no set time, jump to STEP1 to perform. The system will not automatically STOP, data continues calculate.

B. The row (STEP) of the point matrix that was executed at that time flickered at 1 Hz. After one STEP, the next STEP flashed.and each STEP shall be calculated as the set time divided by 16.And if not set time, then calculate ELEV.CLIMBED divided by 16. 10M/30Ft means a STEP.

- (2) The TIME count down 0 means finish the training. The system automatically STOP, the TIME text flashes in 1HZ.(the number of TIME flashes at 1HZ). At the same time, the ALARM beeps for(4 short tones per second)8 seconds, TIME will go back to the original Settings.Press START/STOP KEY again there would START dot matrix operations. If press START/STOP KEY in the halfway,the

operation will stop(STOP) and all operational value will save and display the current value. Press START button to perform the operation which before STOP again .

(3) TARGET H.R. OPERATION:

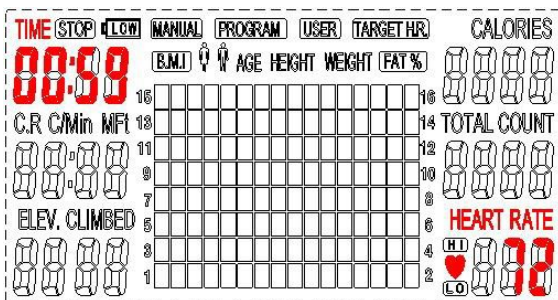
After system START, when the current PULSE value is less than the set TARGET H.R. value, the LOAD value will be increased by 1 in every 30 seconds until arrive the maximumvalue of 32.If the current PULSE value is more than the set TARGET H.R. value, it must be immediately decreased by in 1 every 15 seconds until decrease to1. If the PULSE value continues to exceed by 30 seconds at 1, then the system will automatically STOP and ALARM beeps for 6 seconds.

(4) Press START/STOP key one time to stop the system and MATRIX stops flashing.All set values (non-operational values) are saved.Press START/STOP KEY to perform the operationwhich before STOP again.

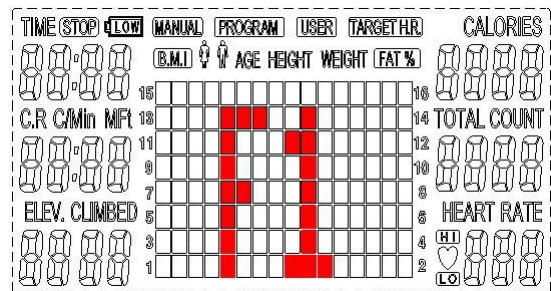
(5) When the main function options(MANUAL、PROGRAM、User Program、H.R.C、WATT)flash,press START/STOP key without any selection, then enter MANUAL MODE and START state directly.

13、RECOVERY KEY:

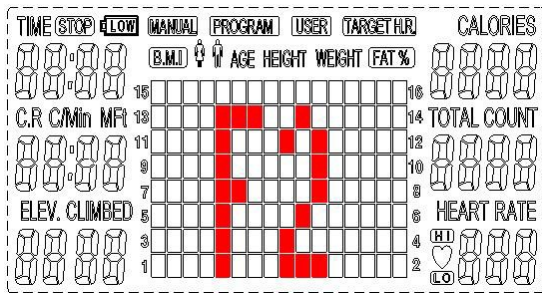
- (1) If there is no PULSE input, the RECOVERY key is invalid.
- (2) When PULSE value is displayed, press this KEY to recovery ;
 - A. Only display the TIME and PULSE value (Picture 35).
 - B. The TIME window displays "0:60" seconds and starts counting down(if no PULSE input ,it won't affect the automatic power on time),The PULSE window displays the actual heartbeat. When count down to 0, it will displays "FX"(X value is 1~6)(Picture 36~ picture 41) in the dot matrix and continues to display the heartbeat.At this time, press any KEY againto jump to the normal display (LOAD returns to 1 and waits for setting).
- (3) Press this KEY after "FX" display, and the general display will be restored.If user press thisKEY again, the perform will start from the first item.
- (4) Press this KEY to restore during RECOVERY.



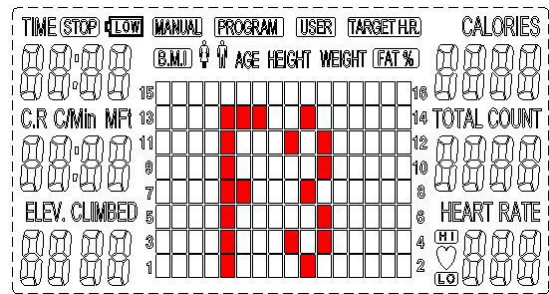
Picture 35



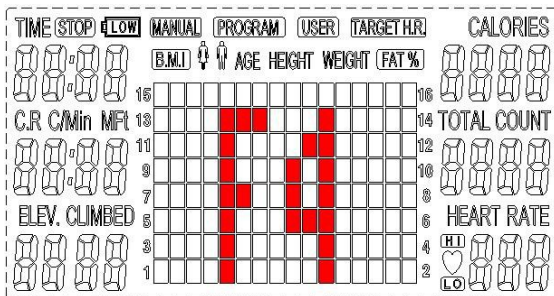
Picture 36



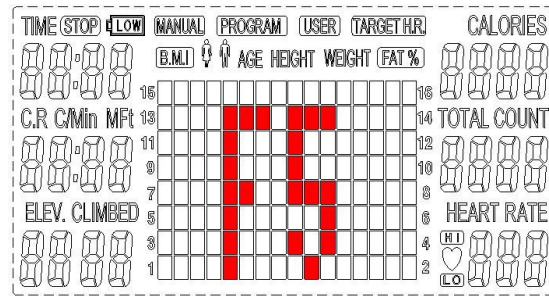
Picture 37



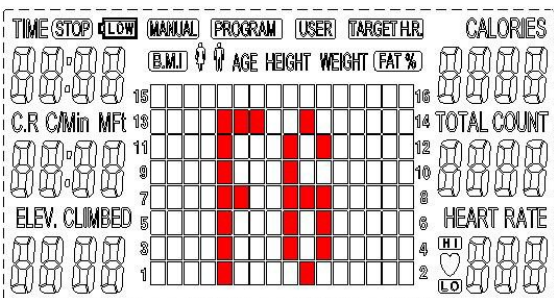
Picture 38



Picture 39



Picture 40



Picture 41

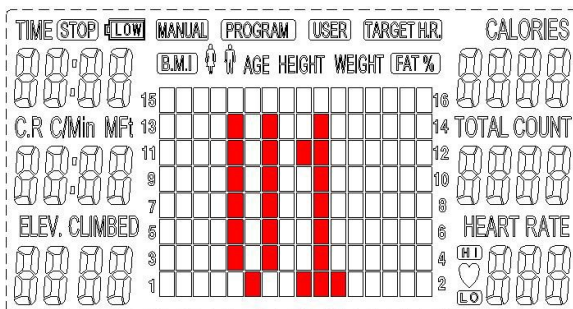
14、FAT KEY: (BODY FAT)

- A. It only works in the STOP state, and it can be operated after the setting of personal data is completed.
- B. When user wants to test the body fat rate, press this key, then at matrix will display UX(U1 ~ U4) . "-----", (Picture 42 ~ picture44), user need holds handgrip correctly in 8s. The electrode matrix display "-", -, -, -," (Picture 45). There are 8 seconds for the whole test. After the test, the dot matrix will display the test results. If the test is wrong the it will display error signal, "E - 1"-----means not hold handgrip correctly (Picture 46), "E - 4"----- means the Body fat

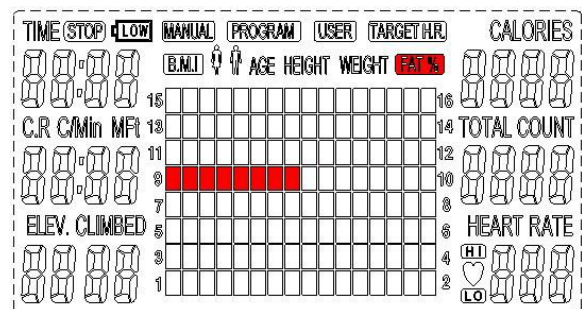
percentage index exceeds the set range ((5% ~ 50%) (Picture 47). The values will display in the dot matrix. And it alternately displays FAT% and BMI & FAT & thin symbols.

C. Press FAT KEY during BODY FAT TEST to cancel the BODY FAT test and return to the previous state.

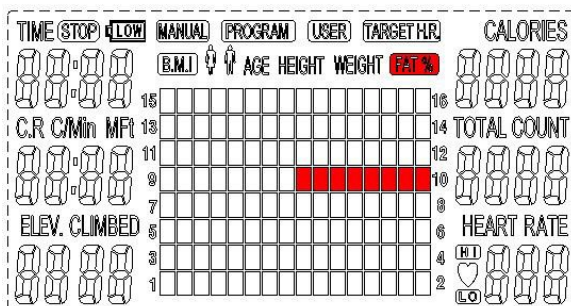
D. Press FAT KEY for 2s can modify the personal data except change the user group.



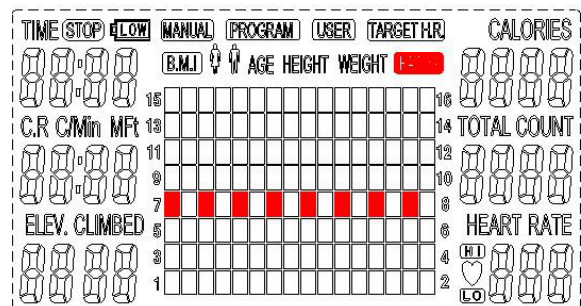
Picture 42



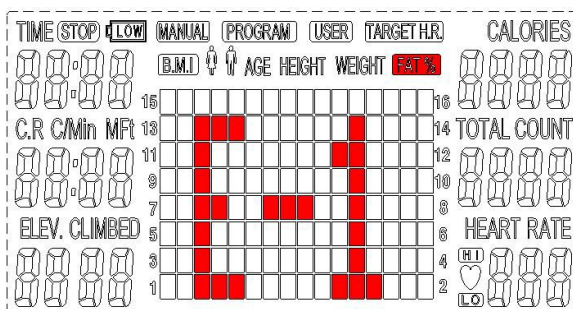
Picture 43



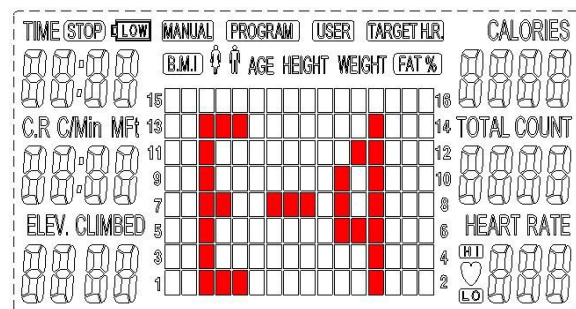
Picture 44



Picture 45



Picture 46



Picture 47

15、TARGET H.R:

This function is a practice method that controls exercise load based on the user's exercise heartbeat value. There are basically four states according to the desired exercise purpose::

- a. 55% -- DIET PROGRAM
- b. 75% -- HEALTH PROGRAM
- c. 90% -- SPORTS PROGRAM
- d. TARGET—SELF SET TARGET PULSE

After the user inputs their age, the console automatically converts their TARGET PULSE value and sets it based on the extracted function. After starting the exercise, the system adjusts the LOAD based on the heartbeat value.

When the heartbeat value does not exceed the set value, increase Load 1 by 1 LEVEL every 30 seconds until the maximum value of Load (LOAD32). If the heartbeat exceeds the set value, decrease Load by 1 LEVEL every 15 seconds until Load=1. BUZZER emits 2 BiBi sounds per second. If the heartbeat value continues to exceed 30 seconds at LOAD=1, the console automatically stops to ensure user safety.

If the heartbeat value is equal to the target heartbeat value and BUZZER emits a BiBi sound twice per second, the load will not increase or decrease.

16、FAT MEASUREMENT SPECIFICATIONS:

1. After the Total reset (Press the RESET key for more than 2 seconds), personal data such as Sex、Age、Height、Weight、Personal, etc must be retained, with Personal being the group before the Total reset.
2. After the Power reset, increase the display of Personal (flashing at 1Hz on the dot matrix, "U1~U4"), cycle settings with ▲ and ▼, and then press the MODE/ENTER key to enter the personal profile settings to which this Personal belongs.
3. Press the FAT key to measure the fat. Before starting the detection, display UX (X=1-4). After 2 seconds, (a) SENSOR is not inputted, left side & right side take turns displaying, each time for 1 second (b) SENSOR input, incremental display per second, and after 8 seconds, display Body fat & BMI. If the FAT key is not pressed, repeat the cycle display.
4. Press the FAT key for fat measurement. During the detection period, press the FAT key again to return to the display before pressing this key.
5. During the fat measurement period, when FAT SENSOR is detected and continuously input for 2 seconds, the fat measurement result can be displayed after 8 seconds; E-1 "indicates that SENSOR has not been input, while" E-4 "indicates that it is out of range.
6. During FAT testing, it is necessary to hold the handgrip.

17、SPECIAL FUNCTIONS:

1. In the standby screen, press the MODE key first, then press the UP key for one second (EEP will appear on the LCD) to clear all USER CHART to LOAD 1, reset the personal data of U1~U4 to the preset values, clear the U1~U4 set values, and clear the ODO value.

2. AUTO TEST: Test each ICON on the LCD, and the lighting sequence is as follows, which can be

executed in standby mode (without any signal).

(1) TIME→STOP→LOW→MANUAL→PROGRAM→USER→TARGRT
H.R.→CALORIES

→B.M.I→female→male→AGE→HEIGHT→WEIGHT→FAT%→C.R→C/MIN→MfT→T
OTAL COUNT→ELEV.CLIMBED→HEART RATE

(2) All 8 words are lit up in order from 1 to 8, and the dot matrix is lit up from the lowest segment(including the left and right digits of that segment). After reaching the 8th segment, the LCD is fully displayed. After the display is completed, repeat the cycle. The lighting speed is at 2HZ.

(3) In standby mode, press the MODE key first, and then press the RESET key for one second to execute this function. During function execution, press the MODE+RESE key to return to the standby screen.

3. SHOW MODE: Execute this function in standby mode (without any signal) to simulate the motion of the screen.

(1) Simulate the screen after the MANUAL START, TIME, MANUAL, CALORISE, C.R, C/MIN, COUNT, TOTAL COUNT, ELEV.CLIMBED starts counting up.

(2)The heartbeat symbol flashes at 1HZ with a display value of 60,and CALORIES is counted as the accumulated value of LOAD1.

(3)C.R, C/MIN, ELEV.CLIMBED are calculated at 20HZ.

(4)COUNT is calculated in 1HZ.

(5)The dot matrix repeats from LOAD1→LOAD32→LOAD1 rising and falling by a segment in 30 seconds.

(6)In standby mode, press the MODE key first and then press the START key for one second to execute this function. During function execution, press the MODE+START keys again to return to the standby screen. Any buttons during function execution will have no effect.

4. LIGHT GUARD: LED guided button function, which is used to guide users to operate buttons.

(1)After POWER ON, the LED is fully lit, the operable buttons remain on, and the non operable buttons do not light up.

The purpose is to guide the user to the next available buttons.

5.QUICK SLEEP: In the STOP mode of the standby screen, there is no signal input.

First, press theMODE key and then press the DOWN key for one second to enter the SLEEP mode. Press any key or input signal to WAKE UP.

6. The special mode can only be executed after the profile is set.