

SYNCHRO BIKE RECLINE FORMA

ADVANCED LED DISPLAY



The heart rate shown on the display is purely indicative and cannot be considered absolutely certain.

TECHNOGYM

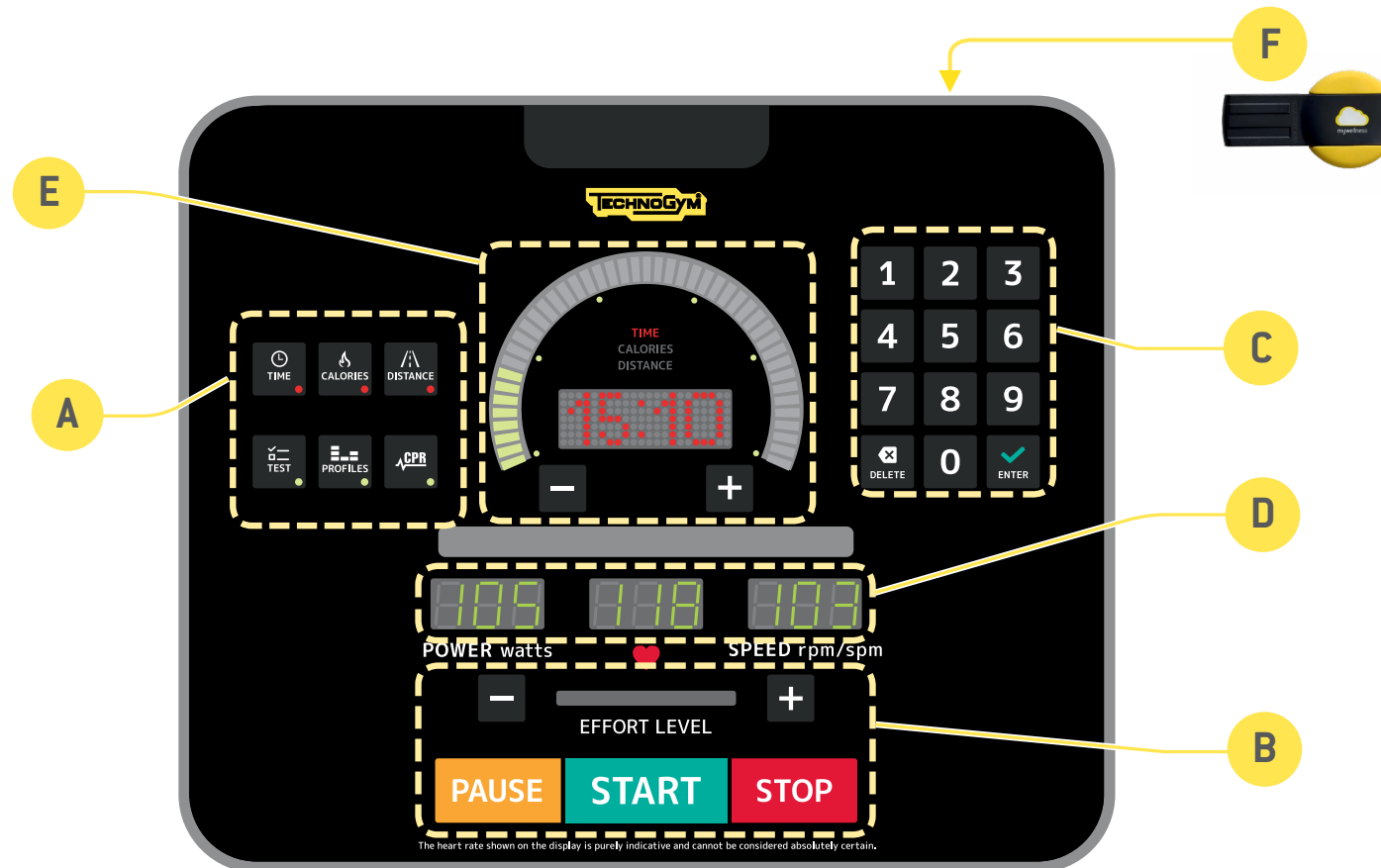
The Wellness Company

User manual

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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** Number pad
- D** Numerical displays
- E** Goal arc and dial
- F** TGS input, for the TGS or mywellness key (optional)

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.

Description of the control panel

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 the fitness test.



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.

Description of the control panel

Manual control keys



Increases the effort level of a workout. The setting increases by 1 unit each time the key is pressed.

For constant power exercises, this key increases the target power by 10 watts each time it is pressed.

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 power exercises, this key decreases the target power by 10 watts each time it is pressed.

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).

PAUSE

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.

START

Starts an exercise or restarts it after a pause.

STOP

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

Description of the control panel

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 DELETE and ENTER keys.



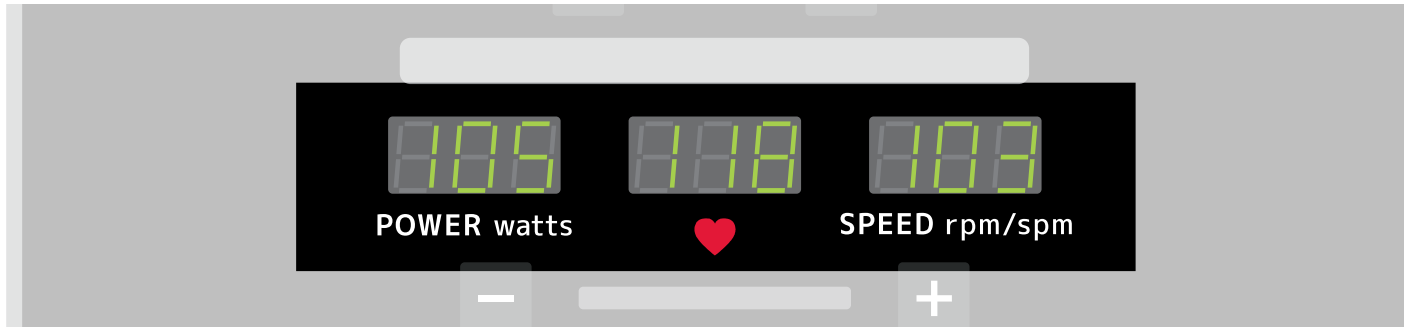
confirms the entered value and proceeds;



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

Description of the control panel

The numerical displays



You can read the numerical values of the current exercise on the numerical displays:

- power, expressed in Watts. The power displayed is the power produced by the user, within the tolerances specified in the equipment identity label.
- heart rate, expressed in number of beats per minute.
- speed, expressed in spm (strides per minute) or rpm (revolutions per minute), depending on the type of the equipment.

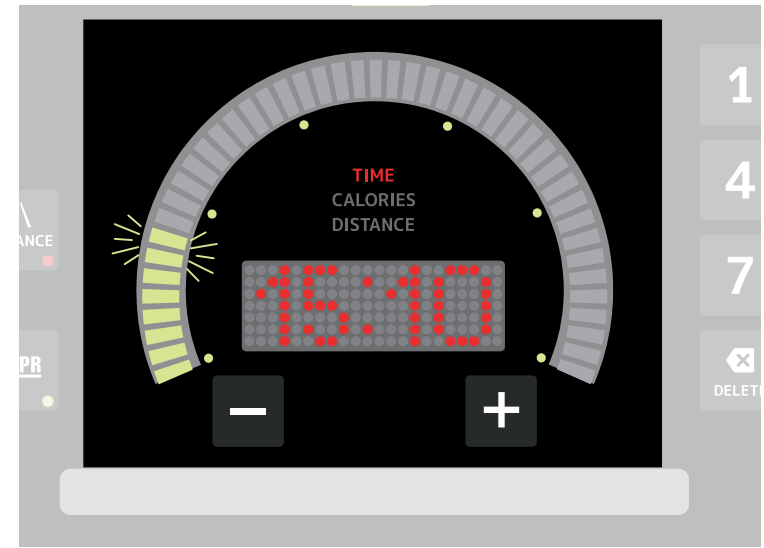
Description of the control panel

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. In the dial, the display of the numerical value for the selected goal, which proceeds incrementally, alternates with that of all the messages.

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.



Quick start

START

In standby, either start moving or press the key START.

This kind of exercise is on a time increment basis; the age and weight values are predefined, i.e. 30 years and 70 kilograms. It starts at effort level 1.

This exercise is performed at a constant torque and braking is independent of speed.

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.

Everything switches off in the goal arc; the exercise results are displayed in the goal dial:

TIME = 13'50"

CALORIES = 350

DISTANCE = 3.05 KM

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.

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.

This exercise is performed at a constant torque 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.

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

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.

Goal driven exercises

During the exercise the goal arc lights up proportionally from left to right until the entire set goal value has expired; the goal's numerical value is shown in the goal dial as it increases and alternates with the display of the information on the unselected goal: i.e. how long ago the exercise started, how many calories have been burned and what distance has been covered.

TIME = 3'50"

CALORIES = 35

DISTANCE = 3.05 KM

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.

This type of exercise is at constant power and braking depends on the speed.

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  key in standby.

```
select goal
```

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.

```
weight = kg 70
```

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

Constant heart rate (CPR) exercise

constant H.R. = 130

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.

During the exercise the goal arc lights up proportionally from left to right until the entire set goal value has expired; the goal's numerical value is shown in the goal dial as it increases and alternates with the display of the information on the unselected goal: i.e. how long ago the exercise started, how many calories have been burned and what distance has been covered.

TIME = 3'50"

CALORIES = 35

DISTANCE = 3.05 KM

The following keys are enabled:

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

If, during the exercise, there is no heart rate signal for 100 consecutive seconds, the CPR exercise becomes a goal driven exercise, keeping the same goal (i.e. time, calories or distance).

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.

Press the  key in standby.

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.

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	50 watts
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 fitness test

During the test the time is shown in the goal dial as it increases, and alternates with the display of the subsequent messages.

```
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
```


Profile workout

With the  key you can choose between:

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

Predefined profiles



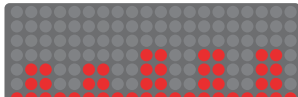
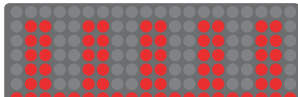


The predefined profiles are variable workouts defined on the basis of one of three goals: time, distance or calorie consumption. The goal value is set in the programming stage and can be changed during the exercise with the corresponding keys.

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, then press ENTER to confirm and proceed.

Profile 1		Profile 4	
Profile 2		Profile 5	
Profile 3		Profile 6	

Profile workout

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

```
select goal
```

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.

```
weight = kg 70
```

Type in the body weight 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.

Profile workout

During the exercise the goal arc lights up proportionally from left to right until the entire set goal value has expired; the goal's numerical value is shown in the goal dial as it increases and alternates with the display of the information on the unselected goal: i.e. how long ago the exercise started, how many calories have been burned and what distance has been covered.

TIME = 3'50"

CALORIES = 35

DISTANCE = 3.05 KM

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.

Profile workout

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 at constant power.

Press the  key in standby.

select profile (1-6)

Press the number keys for the profile you want to select, from **01** to **09**, 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.

weight = kg 70

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

During the exercise the goal arc lights up proportionally from left to right until the entire set goal value has expired; the goal's numerical value is shown in the goal dial as it increases and alternates with the display of the information on the unselected goal: i.e. how long ago the exercise started, how many calories have been burned and what distance has been covered.

TIME = 3'50"

CALORIES = 35

DISTANCE = 3.05 KM

Profile workout

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

the  key in standby.

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

Press number keys **3 6 9** simultaneously to access personal profiles management.

```
profile (01-09) = 03
```

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 be shown in the goal dial display; if you proceed at this point, the previously stored profile will be overwritten.

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

Press number key 1 to program a constant power 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.

- 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.

Programming personal profiles

```
power = watts 85
```

Type in the power 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 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 01 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.

A rectangular LED display with a dark background and yellow-green characters showing "P.I. = 10".

P.I. = 10

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 reading device is optional.

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: SYNCHRO

Workouts with the TGS key

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.

QR code integration

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

The configuration menu messages are in two parts:

- the first part gives the name of the parameter;
- the second part gives the individual parameter options.

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 in the goal dial.

Press the DELETE key to go back to standby. Whenever DELETE 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

To select the language for the messages.

DISTANCE: KM

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

Configuration menu

MAX TIME: 0

To set a maximum time for all the exercises.

Press ENTER to select the setting value; another edit menu appears with the set value shown on the goal dial. Enter the new setting with the number keys and then press ENTER to confirm and go back to the main configuration menu. Press and hold DELETE to go back to the main configuration menu without changing the max duration.

PAUSE TIME: 120

To set the pause time, after which the equipment goes back to standby.

Press ENTER to select the setting value; another edit menu appears with the set value shown on the goal dial. Enter the new setting with the number keys and then press ENTER to confirm and go back to the main configuration menu. Press and hold DELETE to go back to the main configuration menu without changing the max duration.

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. Available only if the TGS key reading device is installed.

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. Available only if the TGS key reading device is installed.

Configuration menu

DEFAULT CONFIG.

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

Other control panel messages

equipment blocked

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

60 minutes max

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, exercises such as GOAL, and CPR.

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.

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.

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.

Other control panel messages

keep to 100-130 spm

Indicates the recommended speed for exercises carried out in constant heart rate mode.

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OSM00750



The Wellness Company