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 LEDs

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.

Description of the control panel

Function keys

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

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

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

CPR® SYSTEM — for starting a constant heart rate workout, in which the exercise 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.

Custom — starts a steps workout, in which the user sets the power and GOAL (time or distance) for each step.

Test — starts the fitness test. In Top Excite it starts the fitness test, the custom maximal test, the Wingate test.

TRAINING ZONE — 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.

700 IFI version software

Description of the control panel

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

Warm up — available in Top Excite, starts a warm up exercise.
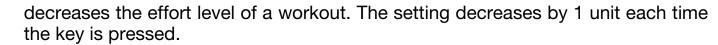
starts one of the 6 different route types proposed by Technogym, or for programming up to 9 personal route types. The duration of the profiles is defined by one of the GOALS: time, distance or calories for predefined profiles; time or distance for personal profiles.

Description of the control panel

Manual control keys

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

For constant speed exercises (on Top Excite), this key decreases the target speed by 5 rpm each time it is pressed.

For constant power exercises this key decreases the target power by 10 watts each time it is pressed on Bike and Recline Excite, or by 1 watt on Top Excite.

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).

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

For constant speed exercises (on Top Excite), this key increases the target speed by 5 rpm each time it is pressed.

For constant power exercises this key increases the target power by 10 watts each time it is pressed on Bike and Recline Excite, or by 1 watt on Top Excite.

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).

Description of the control panel

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 QUICK START (restart) and STOP (end) keys.

QUICK START: starts an exercise or restarts it after a pause.

STOP: for ending each exercise and cooling down, and for canceling workout programming and exiting.

Description of the control panel

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, (e.g. Quick Start), a column lights up every minute and the column corresponding to the current minute blinks.

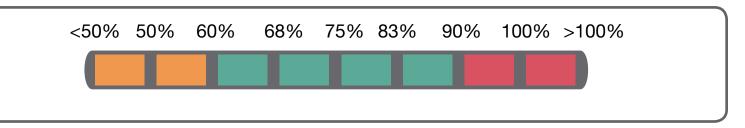## Description of the control panel
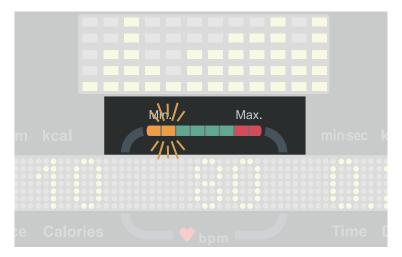
Heart rate LEDs

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 *Technical information* part.

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 CLEAR and ENTER keys.

ENTER: confirms the entered value and proceeds;

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

Description of the control panel

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.

- 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.

Description of the control panel

- 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 rpm (revolutions per minute).

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.

Description of the control panel
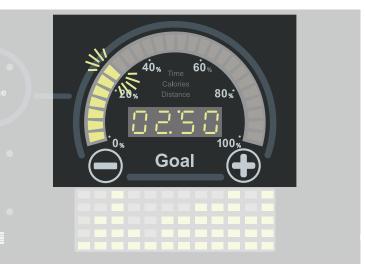
The goal arc and dial

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.

The numerical value for the selected goal increases.

The keys, enabled after a goal is selected, 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 workout

Workouts started with QUICK START are on a time increment basis; the age and weight values are preset.

In Bike and Recline Excite this workout is at constant torque and the starting power is 30 watts.

In Top Excite this workout is at constant torque and the effort level is 5.

Start the movement or press the (▶) key in standby; the equipment gives a beep and 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.

The effort level edit keys are enabled, and the (❚❚) and (■) keys.

At the end of the exercise the effort level decreases for the cool down.

Cool down

At the end of each workout there is a cool down stage, at half the effort level of the exercise just completed.

For workouts lasting less than a minute, on the other hand, at the end of the exercise the equipment goes straight into standby.

During the cool down, the only key enabled is the one for going into standby.

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 rpm
```

- in workouts at constant speed

```
average power = 350 watts
```

Cool down

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

Workouts with Goals: Time, Calories, Distance

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 and Recline Excite this workout is at constant torque and the starting power is 30 watts.

In Top Excite this workout is at constant torque and the effort level is 5.

(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.

A beep sounds to signal the start of the exercise and you can start the workout immediately.

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

Workouts with Goals: Time, Calories, Distance

```
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 default body weight.

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 GOAL keys, for changing the type of goal

At the end of the exercise the effort level decreases for the cool down.

Constant heart rate workout (CPR)

A constant heart rate workout is very important in situations where certain heart rate levels have to be kept to. In constant heart rate workouts the effort level is automatically adjusted to take the heart rate to the preselected level and keep it constant throughout the entire exercise.

The chest band must be worn for this workout.

Press the CPR key in standby.

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

Press the key for the selected GOAL.

```
time = min. 50
```

```
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 workout (CPR)

```
constant H.R. (125-155) = 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 values corresponding to 60% and 90% of the maximum heart rate are given in brackets as a reference.

The programming of the exercise is now complete. A beep sounds to signal that you can start the workout.

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 keys
- 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 exercise, keeping the same goal (i.e. time, calories or distance).

```
ATTENTION: H.R. NOT DETECTED
```

```
exercise GOAL in time
```

At the end of the exercise the effort level decreases for the cool down.

CUSTOM workout

The CUSTOM workout is made up of multiple steps, up to a maximum of 12. All the exercise parameters are user-defined during programming for each step.

Press the **Custom** key in standby.

`1=constant power 2=constant speed`

Press number key 1 to select a constant power profile, or number key 2 to select a constant speed profile. Then press ENTER to confirm and proceed.

`select goal: TIME or DISTANCE`

Press the key for the selected GOAL.

You must enter the age and body weight to set the workout and calculate the results.

`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.

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.

CUSTOM workout

```
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 = rpm 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
```

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

CUSTOM workout

The programming stops when ENTER is pressed. A beep sounds to signal that you can start the workout.

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

At the end of the exercise the effort level decreases for the cool down.

The tests

The **Test** key starts the fitness test, and, in Top Excite, the custom maximal test and the Wingate test.

Press the **Test** key in standby.

```
 1=fitness   2=custom maximal   3=Wingate
```

In Top Excite, press number key 1 to select the fitness test, number key 2 to select the custom maximal test, the number key 3 to select the Wingate test.

The age, body weight and gender are requested for setting the test and calculating the results.

```
 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 tests

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

After all the compulsory data has been inserted, a beep sounds to signal that the test can be started.

The tests cannot be interrupted for a pause.

If the test has not been performed with the TGS key, the results cannot be saved.

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:

1) a 90 seconds **warm-up** stage:
   - at 50 watts on Bike and Recline Excite
   - at 30 watts on Top Excite

2) a **test** stage of about 3 minutes, once the heart rate required is reached, at constant heart rate (step 1).

3) a subsequent **test** stage of about 4 minutes, in constant heart rate mode at 75% (70% in Top Excite) of the maximum theoretical heart rate (step 2).

The tests

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.

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
```

The tests

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 = 10.03
```

```
relative max VO2 = 5.0
```

```
mets = 15.0
```

```
max power = 90 watts
```

```
level = 10
```

The tests

The custom maximal test

The maximal test is for very fit users. It is available on Top Excite.
The heart rate monitor is recommended: if it is not worn, the maximum heart rate value cannot be calculated.

In the custom maximal test the loads are set by the user:

```
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 is considered concluded when the STOP key is pressed.

The tests

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

```
max. H.R. = 180
```

```
absolute max VO2 = 40.03
```

```
relative max VO2 = 5.0
```

```
max power = 180 watts
```

If the STOP key is pressed before 70% of the maximum heart rate is reached or before 60 seconds, the test is cancelled, then ends without giving any result.

The tests

The Wingate test

The Wingate test is maximal test for any category of user. It is available on Top Excite.
The heart rate monitor is recommended: if it is not worn, the maximum heart rate value cannot be calculated.

The Wingate test is performed at a constant torque and requires entry of the resistance.

```
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 this message scrolls, accompanied by a beep, the user must go at maximum speed for 30 seconds.

The tests

At the end of the test, during the cool down, 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.

TRAINING ZONE workout

As the exercise Training Zone is performed in constant heart rate mode, the chest band must be worn.

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.

```
weight = kg 70
```

Type in the body weight 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 programming of the exercise is now complete. A beep sounds to signal that you can start the workout.

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

TRAINING ZONE workout

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 effort level keys, 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
```

At the end of the exercise the effort level decreases for the cool down.

WEIGHT LOSS workout

Weight Loss exercises are in two stages: an initial processing stage in constant heart rate mode and a second stage for the actual exercise. And so, the chest band must be worn, at least during the first stage.

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.

    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.

    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 programming of the exercise is now complete. A beep sounds to signal that you can start the workout.

WEIGHT LOSS workout

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 effort level edit keys, 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
```

At the end of the exercise the effort level decreases for the cool down.

The Weight Loss workout is not available on Top Excite.

WARM UP

The key **Warm up**, available on Top Excite, 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. A beep sounds to signal that you can start the workout.

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.

Profile workout

With the key you can choose between:

- six predefined profiles, non-modifiable;

- nine personal profiles saved by the trainer;

- access personal profile programming.

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.
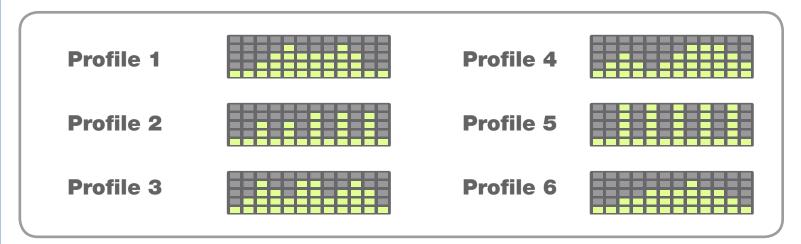
Profile workout

When the dedicated key is pressed you are prompted to select a profile.

select profile (1-6)

Press one of the number keys for profiles 1 to 6 and the LED display will show the altitude features of the corresponding profile.

Profile 1

Profile 2

Profile 3

Profile 4

Profile 5

Profile 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.

Profile workout

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.

    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.

Profile workout

⚠️ **DANGER**

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

Always check that the heart rate is no greater than 90% of the maximum rate (for the calculation, see the *Monitoring the heart rate* section in the *Technical information* part; for the display, see the *Description of the control panel* section).

The programming of the exercise is now complete. A beep sounds to signal that you can start the workout.

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 the 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 effort level edit keys; 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

At the end of the exercise the effort level decreases for the cool down.

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 chest band must be worn;
-   or at constant power.

When the dedicated key ▁▃▅▂ is pressed you are prompted to select a profile.

`select profile (1-6)`

Press the number keys for profiles **01** to **09** and 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.

`weight = kg 70`

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

Profile workout

The programming of the exercise is now complete. A beep sounds to signal that you can start the workout.

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 effort level edit keys; 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

At the end of the exercise the effort level decreases for the cool down.

Profile workout

Programming personal profiles

When the key is pressed you are prompted to select a profile for the workout.

```
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 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.

Profile workout

```
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 the power:

```
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 85
```

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

Profile workout

- 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 = rpm 110
```

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 H.R. to be kept constant:

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

```
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.

Profile workout

```
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 the heart rate percentage, depending on the type of the profile; and then proceed with programming other steps;

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

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

- or press ENTER to end the programming and save the profile.

```
profile 01 saved
```

The personal profile is now available together with the other six profiles, when the key is pressed.

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 reader slot; 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.

Workouts with the TGS key

After the first message, a beep sounds to signal that you can start the workout and 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: RUN EXCITE
```

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 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.

Workouts in Plug & Play mode

With Plug & Play mode, you can save the exercise performed on the TGS key without having to use the TGS system.
The TGS key must first of all be formatted in the user configuration menu (see the *Configuration menu* section); this formatting is not compatible with Wellness System.

Select and set an exercise with the control panel keys. Then, after starting the workout, insert the TGS key into the TGS key reading device in order to save the type of exercise performed in the memory. In the next session, simply insert the TGS key into the same type of equipment to repeat the same exercise.

Only one exercise for each type of equipment can be saved on the TGS key (e.g. one exercise for Run and one for Cardio Wave). Consequently:

-   If an exercise performed on the 700 version but not possible on the 500 version has been saved on the TGS key (e.g. the CUSTOM exercise), the exercise will not start if the TGS key is inserted in the 500 version;
-   If, in the next workout, an exercise other than the one previously saved for the same type of equipment is performed, and if the TGS key is inserted to save it, the new exercise will be saved and the previous one deleted.

In Plug & Play mode, the test cannot be saved on the TGS key.

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.

```
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

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).

Configuration menu

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

`LANGUAGE: UK ENGL.`

Selects the language for the messages.

`CHANGE MESS.LANG.`

To change the standby Wellness messages to the language set with the previous parameter as well.
The change to the first parameter, LANGUAGE, does not apply to the standby Wellness messages. To extend the choice of language to the standby Wellness messages as well, press ENTER when this request scrolls past.

`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.

Configuration menu

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

Configuration menu

CUSTOM MESS.: YES

To enable or disable the five standby Wellness messages, or as modified (see next option).

EDIT MESSAGES

To edit the five standby Wellness messages referred to above, press ENTER. You will go to a subsequent edit menu where the five messages are scrolled. Press ENTER to select the message to edit as it scrolls, then write the new message when the cursor appears on the display.

- Use the ⊕ and ⊖ effort level keys to scroll the characters.

- Move the cursor to the right and left in the message text with the goal ⊕ and ⊖ keys.

- Delete the character in which the cursor is positioned with the CLEAR key.

- Confirm the newly written message with the ENTER key.

- Press and hold the CLEAR key to go back to the configuration menu.

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.

Configuration menu

DEFAULT CONFIG.

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

FORMAT P&P

To format the TGS key in Plug & Play mode.

WARM UP: MIN 4

In Top Excite, 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.

`select language`

If the language has been set as *modifiable* 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 (see previous section).

`calorie consumption = 184 kcal per exercise  15.0 mets`

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

Other control panel messages

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).

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 (see previous section), 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 (see previous section), 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 exercises in constant heart rate mode and in 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.

Other control panel messages

`ATTENTION: H.R. NOT DETECTED`

`exercise GOAL in calories`

Scrolls during exercises in constant heart rate mode if there is no heart rate signal from the chest band for 100 consecutive seconds. The exercise becomes a Goal type exercise, keeping the same goal.

`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 rpm`

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.