



FRENCH FITNESS

FF-E600

**FRENCH FITNESS E600 ELLIPTICAL
W/LED CONSOLE (NEW)**

OWNER'S MANUAL



! CAUTION

Read all precautions and instructions in this manual before using this equipment.

FEATURES

- Brand: French Fitness
- Self-powered operation (no outlet required); console powers up when pedaling
- 25 resistance levels with 350W resistance brake power
- LED console (6-window + dot-matrix)
- Readouts: speed, time, distance, calories, RPM, heart rate
- 7 workout programs (manual, interval-style, HR-based, and target modes)
- 21" stride length for a natural elliptical motion
- Cushioned gel pedals + 1" pedal spacing
- Heart rate monitoring: contact + telemetry
- Handlebar controls with ergonomic ABS + TPU coating
- Accessory storage: Yes

TECH SPECS

- Product Name: French Fitness E620T Elliptical w/ 15.6" TFT Touchscreen Console (New)
- Product Code: E620T
- Certification: CE
- Max User Weight: 160 kg / 352 lbs
- Electrical Receptacle & Plug: 220V-240V
- Power Supply: 60W
- Brake Type: Self-Powered Hybrid Brake
- Resistance Brake Power: 350W
- Resistance Levels: 25
- Stride Length: 533 mm / 21"
- Pedals: Pedal with cushioned gel pads
- Pedal Spacing: 1"
- Step-Up Height: 190 mm / 7.5"
- Handlebar Control: Handlebar control; ABS + TPU coated handlebars
- Console Display: 15.6" TFT
- Console Readouts: Resistance, time, distance, calories, HR, RPM
- Languages: EN / CN / FR / DE / ES / PT / IT / RU / JP / KR
- Metric / English: Metric & English
- Entertainment: Multiple built-in apps
- Programs: 5
- HR Monitor: Contact & Telemetry
- Accessory Storage: Yes
- USB Data Exchange: Yes
- Multi-Language Display: Yes
- Net Weight: 118 kg / 260.1 lbs
- Gross Weight: 174.9 kg / 385.6 lbs
- Product Dimensions: 742 x 2113 x 1610 mm / 29.2" x 83.2" x 63.4"

WARRANTY

- **Lifetime Frame Warranty**
- **10 Years Parts Warranty***
- **1 Year Labor Warranty***

*What is covered? See complete [French Fitness Warranty](#) details.

Table Of Contents

IMPORTANT SAFETY INSTRUCTIONS.....	4
WARM UP EXERCISES.....	6
EXPLODED VIEW AND PARTS LIST	

Important Safety Instructions

WARNING! The safety of the product can be maintained only if it is examined regularly for damage and wear. See preventive maintenance section for details.

WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

LOCATION

1. Keep the area around the product clear of any obstructions, including walls and furniture. Provide at least three feet of clearance behind the unit.
2. Do not use the product outdoors, near swimming pools, or in areas of high humidity.
3. Do not allow other people to interfere in any way with the user or equipment during workout.
4. Supervise closely any children or disabled persons using the product.
5. The product should only be used on a level surface and is with 0.5 meters space around the product.

OPERATION

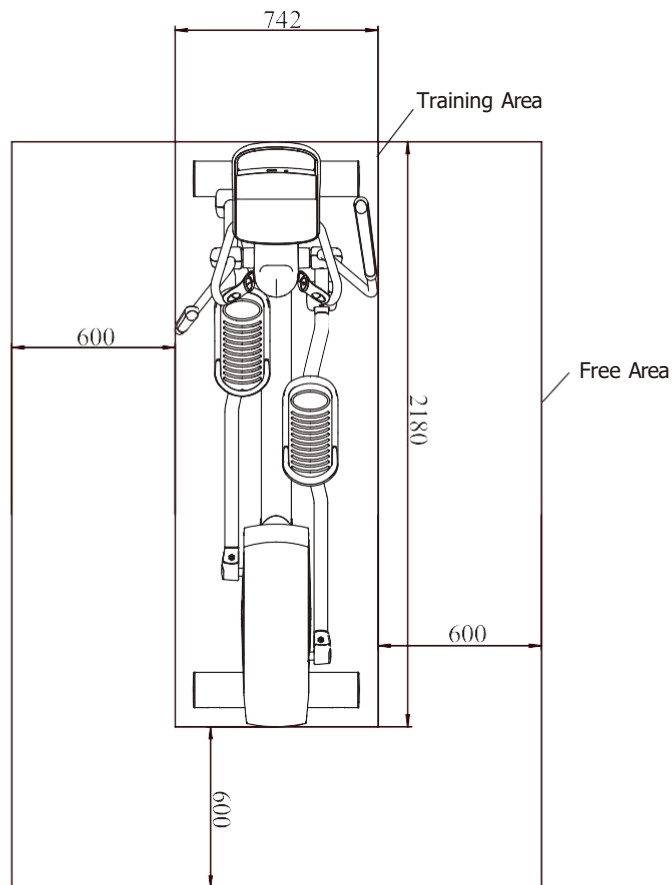
1. Always follow the console instructions for proper operation.
2. Do not reach into, or underneath, the unit, and do not tip the unit on its side during operation.
3. Never insert objects into any opening of the Bike. If any object fall into this equipment, carefully retrieve it while the unit is not in use. If the object can't be reached, please contact customer services.
4. Never place any containers filled with liquids on the unit, except in the accessory tray or water bottle holder. Containers should be covered with lids.
5. Wear shoes with rubber or high-traction soles. Do not wear shoes with high heels, leather shoes, slippers, or spikes. Make sure no sharp stuff is embedded in the soles.
6. Do not use the bike with bare feet.
7. Keep all loose clothing, shoelaces, and towels away from moving parts.

Important Safety Instructions

8. Take extra caution when stepping on or off the bike.
9. Never face backward while using the bike.

Save these instructions for future reference

Training Area and Free Area



Specifications

Class: SB

Maximum User Weight: 160kg/ 353lbs

Product Total Surface: 2180*742mm

Product Total Mass: 118kg/ 260lbs

Warm Up Exercises

EXERCISE GUIDELINES

Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH

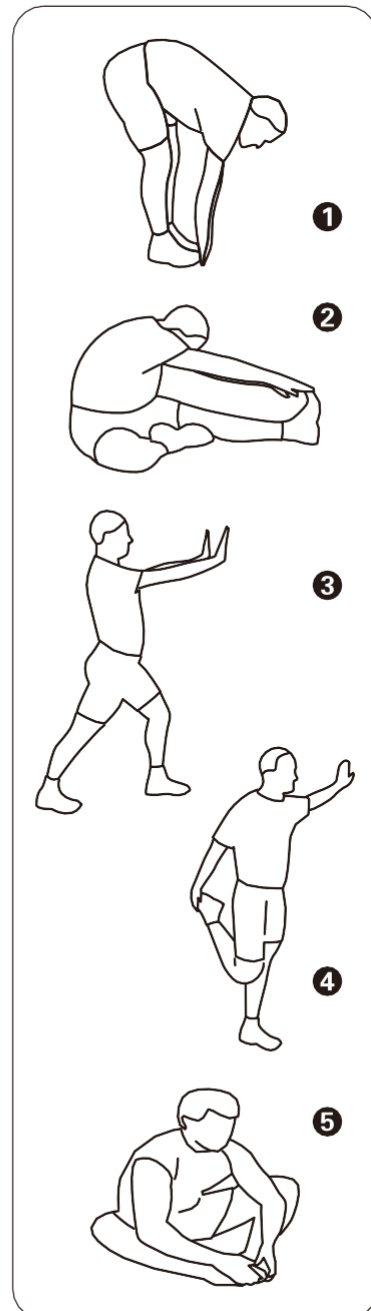
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the achilles tendon, bend your back leg as well. This will stretch your calves, achilles tendons, and ankles.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

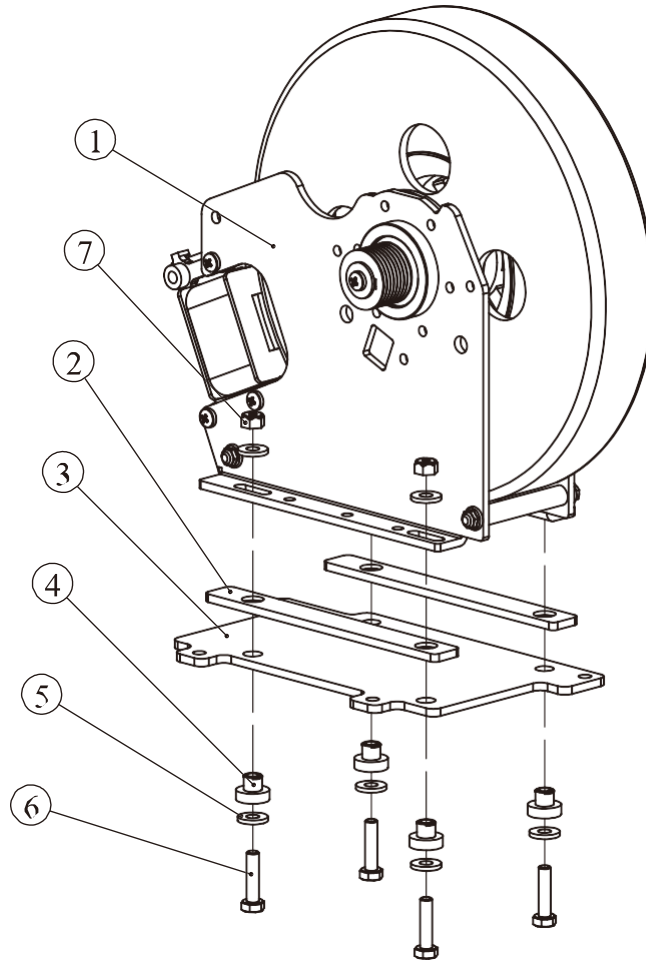
INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



Exploded View and Parts List

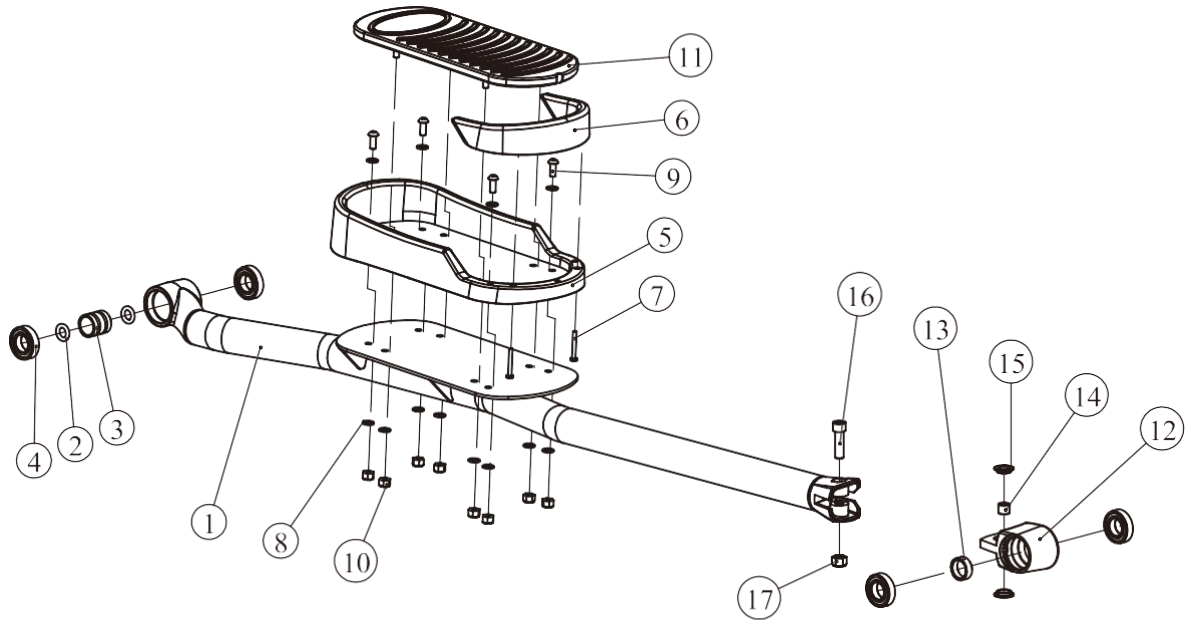
Brake ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	I.15.1	D75V1-1500-MC	Brake	1
2	I.15.2	U7B3700	Insulation Plate:Brake	2
3	I.15.3	PE350D9500	Transition Plate	1
4	I.15.4	U7B3800	Insulation Space:Brake	4
5	I.15.5	DQ6DS2A	Washer $\Phi 6.6*\Phi 15*2$	8
6	I.15.6	GB5781M6*25DS20	Hex Head Bolt M6*25	4
7	I.15.7	NM6DS2	Nylon Insert Lock Nut M6	4
8	I.15.8	LI500AL9396-3-3-MC	Wire For Generator	1
9	I.15.9	LI500STDCY2F-AI9396-2-MC	Wire For Braker	1

Exploded View and Parts List

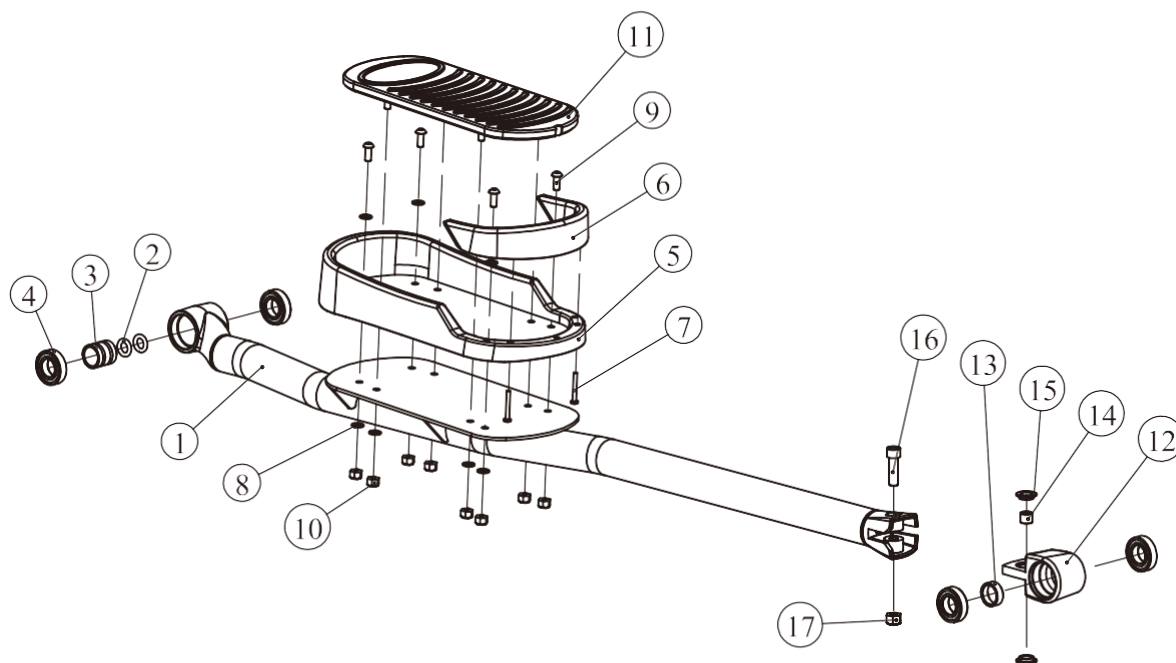
Left Pedal Bracket ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	I.48.1	RE3000300	Left Pedal Bracket	1
2	I.48.2	GB3452.125*5.3	Rubber Sealing Ring $\Phi 25*5.3$	2
3	I.48.3	PE350D9700	Sleeve $\Phi 32*\Phi 26*34$	1
4	I.48.4	GB2766005-2RSC3NBK	Bearing 6005	4
5	I.48.5	RE7004200	Pedal	1
6	I.48.6	RE7004300	Holder For Pedal	1
7	I.48.7	GB818M5*40DS2	Screw M5*40	2
8	I.48.8	GB958DS2	Washer $\Phi 9*\Phi 16*1.6$	12
9	I.48.9	PNLM8*20DS20	Button Head Bolt M8*20	4
10	I.48.10	NM8DS2	Nylon Insert Lock Nut M8	8
11	I.48.11	RE7005700	Pedal Forming	1
12	I.48.12	RE500C8100	Bearing Housing	1
13	I.48.13	RE500C8000	Sleeve $\Phi 32*\Phi 26*11.3$	1
14	I.48.14	TBT1400	Bushing $\Phi 16*13$	1
15	I.48.15	TBT5500	Plastic Bushing	2
16	I.48.16	GB70M12*40DHS20	Socket Head Bolt M12*40	1
17	I.48.17	NMI2DHS2	Nylon Insert Lock Nut M12	1

Exploded View and Parts List

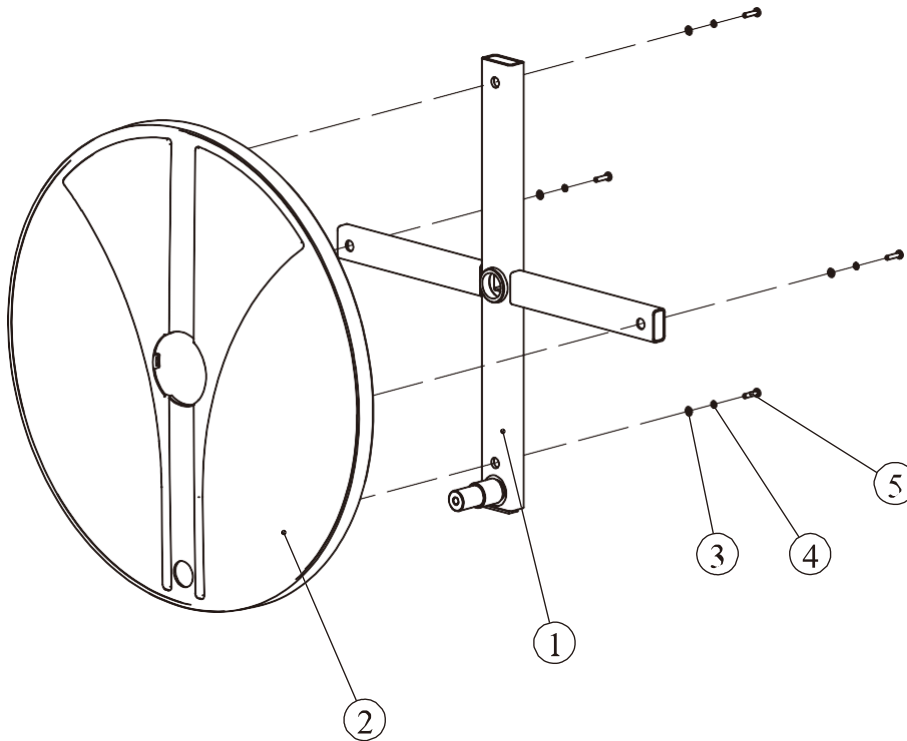
Right Pedal Bracket ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	I.49.1	RE3000400	Right Pedal Bracket	1
2	I.49.2	GB3452.125*5.3	Rubber Sealing Ring $\Phi 25*5.3$	2
3	I.49.3	PE350D9700	Sleeve $\Phi 32*\Phi 26*34$	1
4	I.49.4	GB2766005-2RSC3NBK	Bearing 6005	4
5	I.49.5	RE7004200	Pedal	1
6	I.49.6	RE7004300	Holder For Pedal	1
7	I.49.7	GB818M5*40DS2	Screw M5*40	2
8	I.49.8	GB958DS2	Washer $\Phi 9*\Phi 16*1.6$	12
9	I.49.9	PNLM8*20DS20	Button Head Bolt M8*20	4
10	I.49.10	NM8DS2	Nylon Insert Lock Nut M8	8
11	I.49.11	RE7005700	Pedal Forming	1
12	I.49.12	RE500C8100	Bearing Housing	1
13	I.49.13	RE500C8000	Sleeve $\Phi 32*\Phi 26*11.3$	1
14	I.49.14	TBT1400	Bushing $\Phi 16*13$	1
15	I.49.15	TBT5500	Plastic Bushing	2
16	I.49.16	GB70M12*40DHS20	Socket Head Bolt M12*40	1
17	I.49.17	NM12DHS2	Nylon Insert Lock Nut M12	1

Exploded View and Parts List

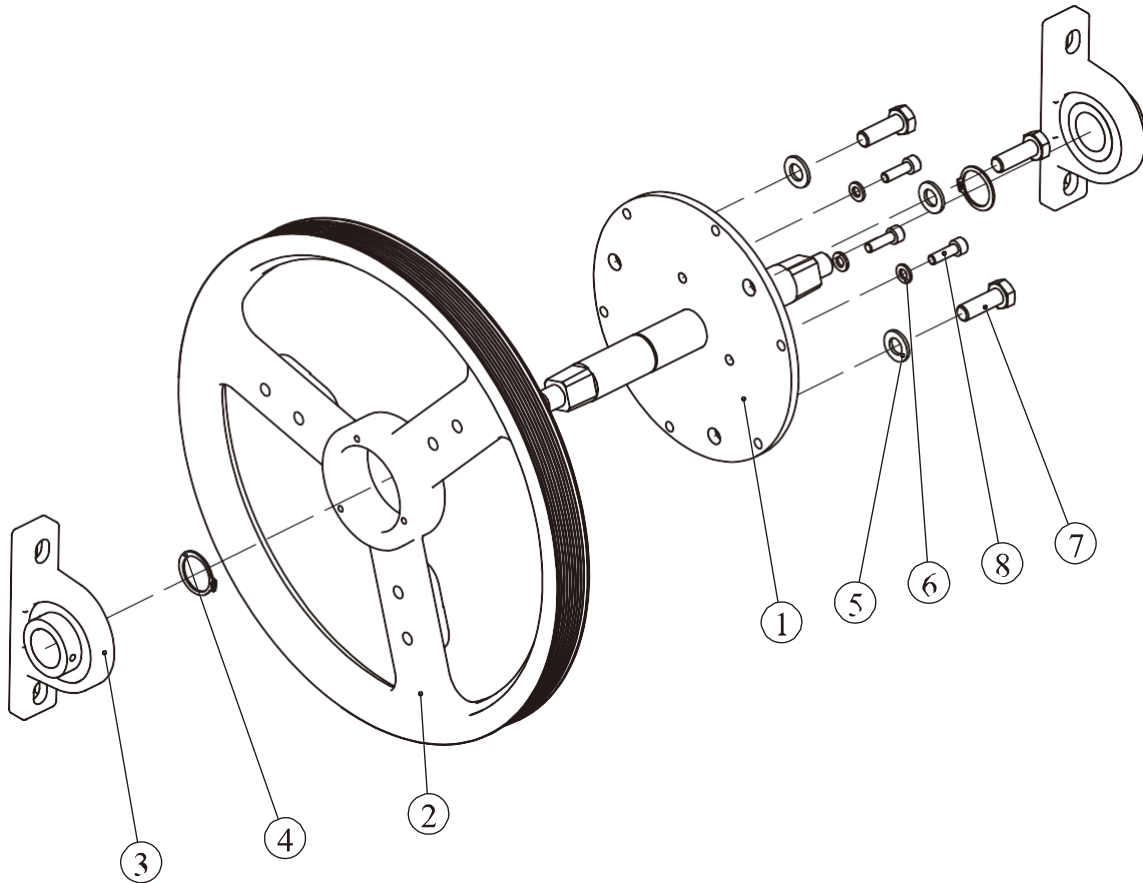
Cross Bracket ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	I.42.1	RE500C0900	Cross Bracket	1
2	I.42.2	RE7003200	Disk Cover	1
3	I.42.3	GB955DS2	Washer $\Phi 5.3 \times \Phi 10 \times 1$	4
4	I.42.4	GB935DS12	Spring Washer $\Phi 5$	4
5	I.42.5	GB818M5*20DHS2	Screw M5*20	4

Exploded View and Parts List

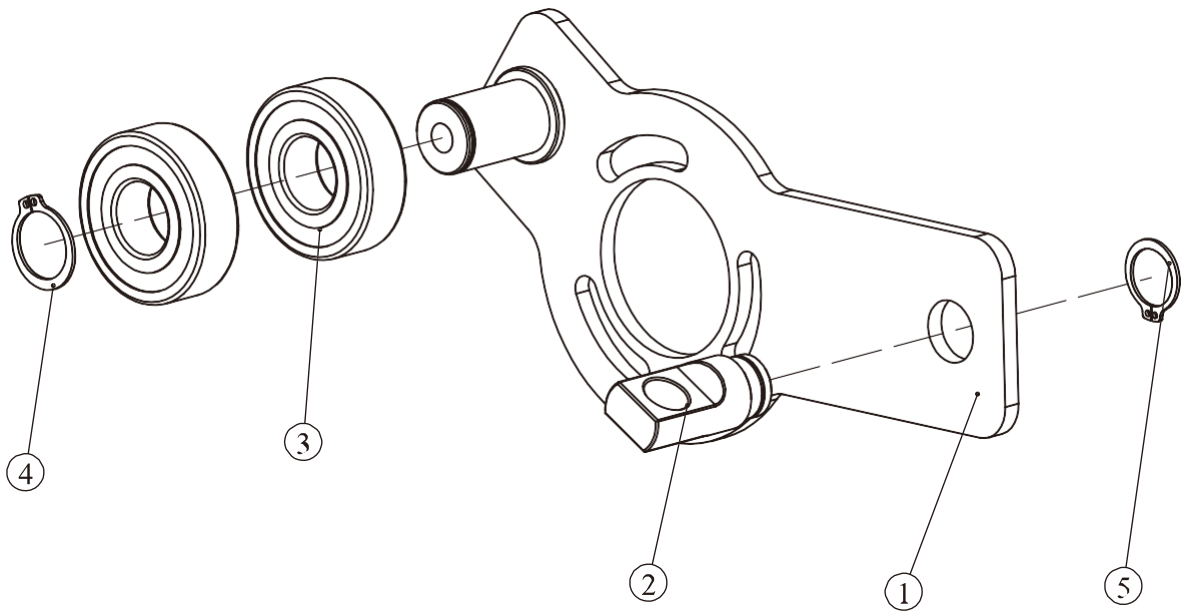
Shaft ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	I.23.1	RE7000800	Shaft	1
2	I.23.2	RE7001200	Belt Pully	1
3	I.23.3	UP205	Pillow Block Bearing	2
4	I.23.4	GB894.125FH12	External Retaining Ring $\Phi 25$	2
5	I.23.5	GB9510DHS2	Washer $\Phi 11*\Phi 20*2$	3
6	I.23.6	GB956DS2	Washer $\Phi 6.6*\Phi 12*1.6$	3
7	I.23.7	GB5781M10*30DS20NL	Hex Head Bolt M10*30	3
8	I.23.8	GB70M6*20DS4NL	Socket Head Bolt M6*20	3

Exploded View and Parts List

Tightener ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	I.19.1	RE500C1100	Tightener	1
2	I.19.2	PE350D10200	Tension Shaftadjustable Axle	1
3	I.19.3	GB2766204-2RSC3TPI	Bearing 6204	2
4	I.19.4	GB894.120FH12	External Retaining Ring Φ 20	1
5	I.19.5	GB894.117FH12	External Retaining Ring Φ 17	1

Exploded View and Parts List

Main Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	1.1	RE900B0100	Main Frame	1
2	1.2	ECU7P3500	Nut,PA6	11
3	1.3	CG60007700	Foot	3
4	1.4	GB41M10DS2	Nut M10	4
5	1.5	PE3001700	Adjustbale Foot	2
6	1.6	RE3004800	Wheel	2
7	1.7	GB70M10*50DS20	Socket Head Bolt M10*50	2
8	1.8	RE7002600	Plug 1	2
9	1.9	RE7002700	Plug 2	2
10	1.10	L35000XHB-SMA-12	Lower Cable Of Console	1
11	1.11	RE7005200	Square Nut	2
12	1.12	GB9510DS2	Washer $\Phi 11 * \Phi 20 * 2$	10
13	1.13	GB5781M10*15DS20NL	Hex Head Bolt M10*15	2
14	1.14	GB5781M10*40DS20	Hex Head Bolt M10*40	2
15	1.15	D75V1-1500ASSY	Brake ASSY	1
16	1.16	GB956DS2	Washer $\Phi 6.6 * \Phi 12 * 1.6$	4
17	1.17	GB936DS12	Spring Washer $\Phi 6$	4
18	1.18	GB70M6*15DS4	Socket Head Bolt M6*15	4
19	1.19	RE500C11ASSY	Tightener ASSY	1
20	1.20	RU7004800	Busing	3
21	1.21	GB935DS12	Spring Washer $\Phi 5$	3
22	1.22	GB70M5*20DS20	Socket Head Bolt M5*20	3
23	1.23	RE30005ASSY	Shaft ASSY	1
24	1.24	DXD510J8A	Poly-V Belt	1
25	1.25	GB70M10*80DHS20	Socket Head Bolt M10*80	4
26	1.26	NMI0DS2	Nylon Insert Lock Nut M10	4
27	1.27	TBT0800	Tightening Nut	1
28	1.28	GB70M8*25DS20	Socket Head Bolt M8*25	1

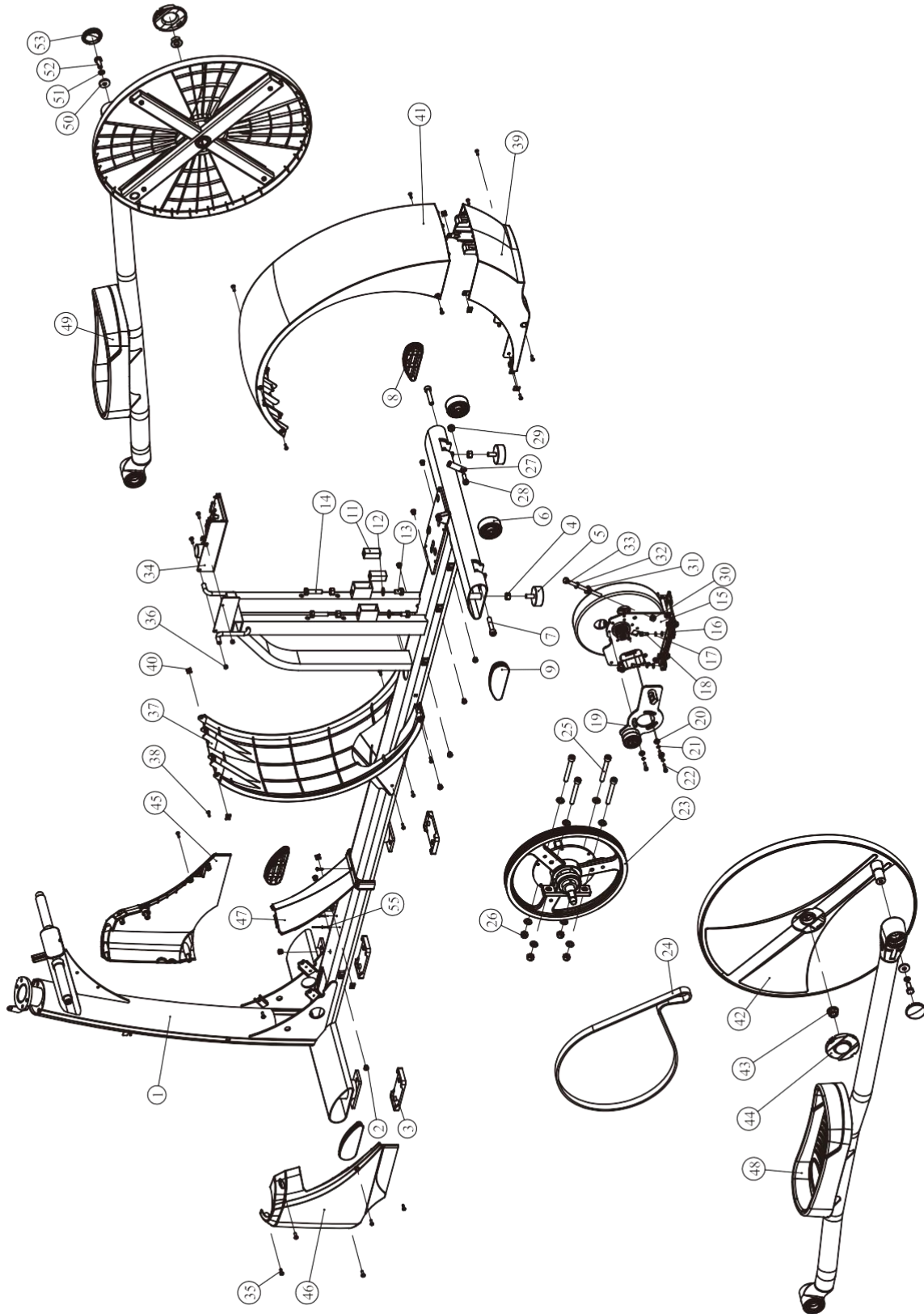
Exploded View and Parts List

Main Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
29	1.29	NM8DS2	Nylon Insert Lock Nut M8	1
30	1.30	GB41M8DS2	Hex Nut M8	1
31	1.31	U7B4000	Insulation Spacer	1
32	1.32	GB958DS2	Washer $\Phi 9*\Phi 16*1.6$	1
33	1.33	GB5780M8*120*45DS20	Hex Head Bolt M8*120	1
34	1.34	C66	Controller	1
35	1.35	GB818M5*15DHS2	Screw M5*15	8
36	1.36	GB41M5DS2	Hex Nut M5	2
37	1.37	RE7003600	Mid Rear Cover 3	1
38	1.38	GB845ST4.2*16DHS	Screw ST4.2*16	19
39	1.39	RE7003500	Mid Rear Cover 2	1
40	1.40	B306700	Screw Clip	8
41	1.41	RE7003400	Mid Rear Cover 1	1
42	1.42	RE500C09ASSY	Cross Bracket ASSY	2
43	1.43	GB6187M14DY2	Flange Nut M14*1.5	2
44	1.44	RE7003300	Little Disk Cover	2
45	1.45	RE7003900	Right Front Bottom Cover	1
46	1.46	RE7003800	Left Front Bottom Cover	1
47	1.47	RE3002400	Bottom Cover	1
48	1.48	RE500C03ASSY	Left Pedal Bracket ASSY	1
49	1.49	RE500C04ASSY	Right Pedal Bracket ASSY	1
50	1.50	DQ10DHS2E	Washer $\Phi 28*\Phi 10.5*5$	2
51	1.51	GB9310DS12	Spring Washer $\Phi 10$	2
52	1.52	GB5781M10*25DS20NL	Hex Head Bolt M10*25	2
53	1.53	RE7004100	Plug	2
54	1.54	08-0077	Magnet Cord	1
55	1.55	GB126183.2*15N11	Blind Rivets	2

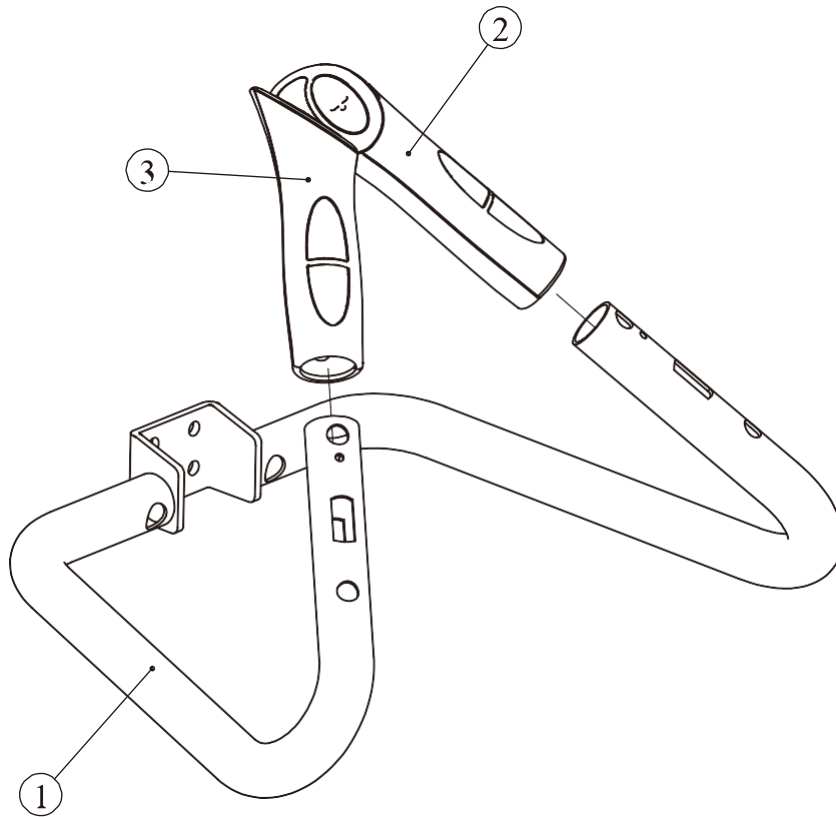
Exploded View and Parts List

Main Frame ASSY



Exploded View and Parts List

Handle Bracket ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	2.2.1	RE3000800	Handle Bracket	1
2	2.2.2	X13V1	Pulse Plate	1
3	2.2.3	X12V1	Pulse Plate	1
4	2.2.4	LI000XHP-XHP-4	Switching Cable	1
5	2.2.5	LI000ST0-XHB-4	Handle Pulse Cable	1

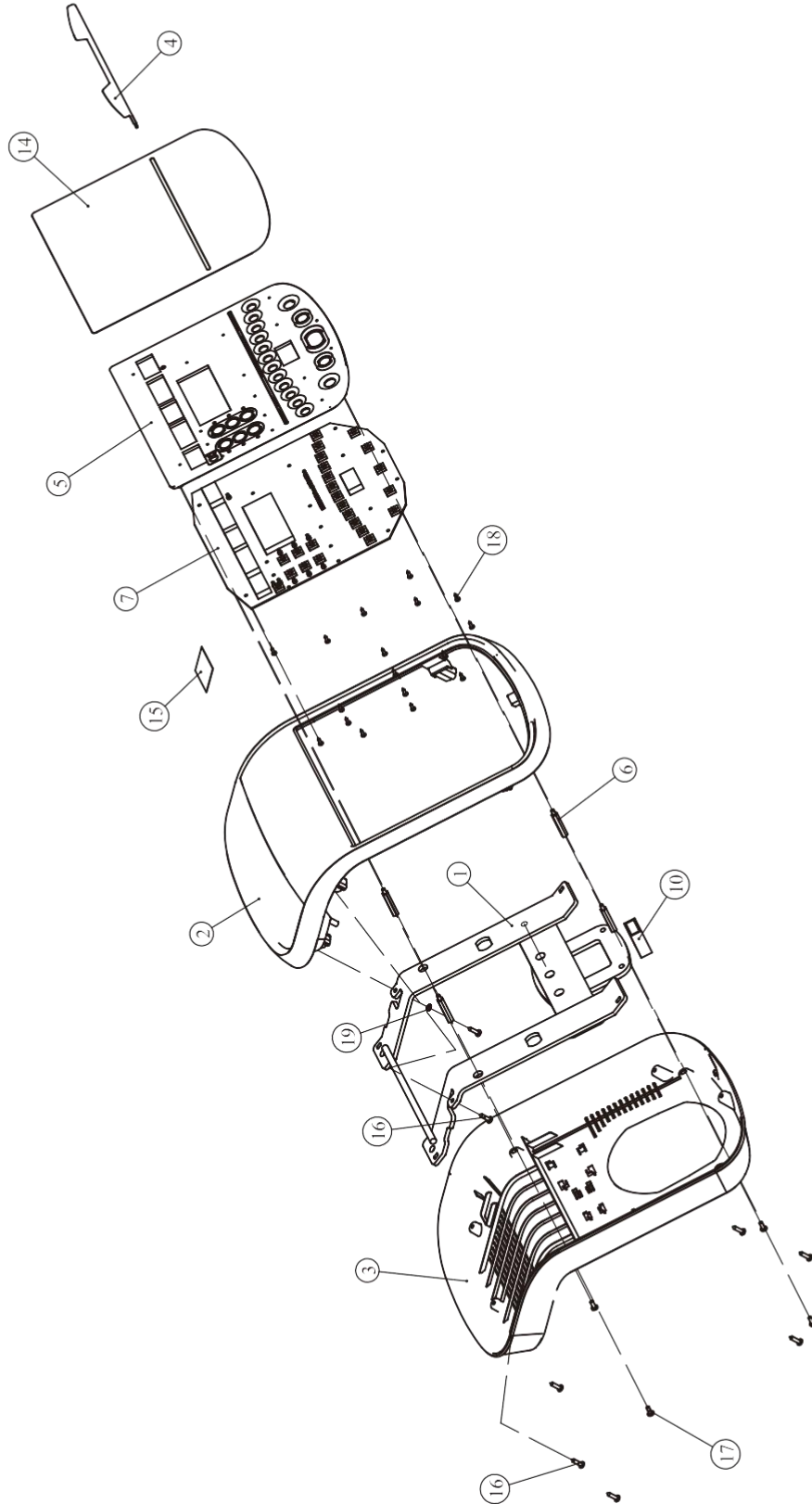
Exploded View and Parts List

Console

Item No.	Grade No.	Part No.	Description	QTY
1	2.3.1	RU900B0700	Console Bracket	1
2	2.3.2	RU700DZB01	Console Top Cover	1
3	2.3.3	RU700DZB02	Console Bottom Cover	1
4	2.3.4	RU700DZB03	Console Cabinet	1
5	2.3.5	RU700DZB04	Circuit Board Frame	1
6	2.3.6	PR3003000	Support Pillar	4
7	2.3.7	B147	PCB	1
8	2.3.8	DQSWXT01-S	Handle Pulse PCB	1
9	2.3.9	DQXTJS02	Wireless Receiver	1
10	2.3.10	RU5004400	Acceptor Cover	1
11	2.3.11	L350XHB_XHB-3	Hand Pulse Cable To Console	1
12	2.3.12	08-0077	Magnet Cord	2
13	2.3.13	K1NF-55(N)	Magnet Cord	3
14	2.3.14	RE700BMM01	Console Overlay	1
15	2.3.15	IMPULSETZ51	LOGO	1
16	2.3.16	GB845ST4.2*16DHS	Screw ST4.2*16	8
17	2.3.17	GB818M4*10DHS2	Screw M4*10	4
18	2.3.18	GB845ST2.9*9.5DS	Screw ST2.9*9.5	17
19	2.3.19	GB862.24DS12	Washer D=4	1

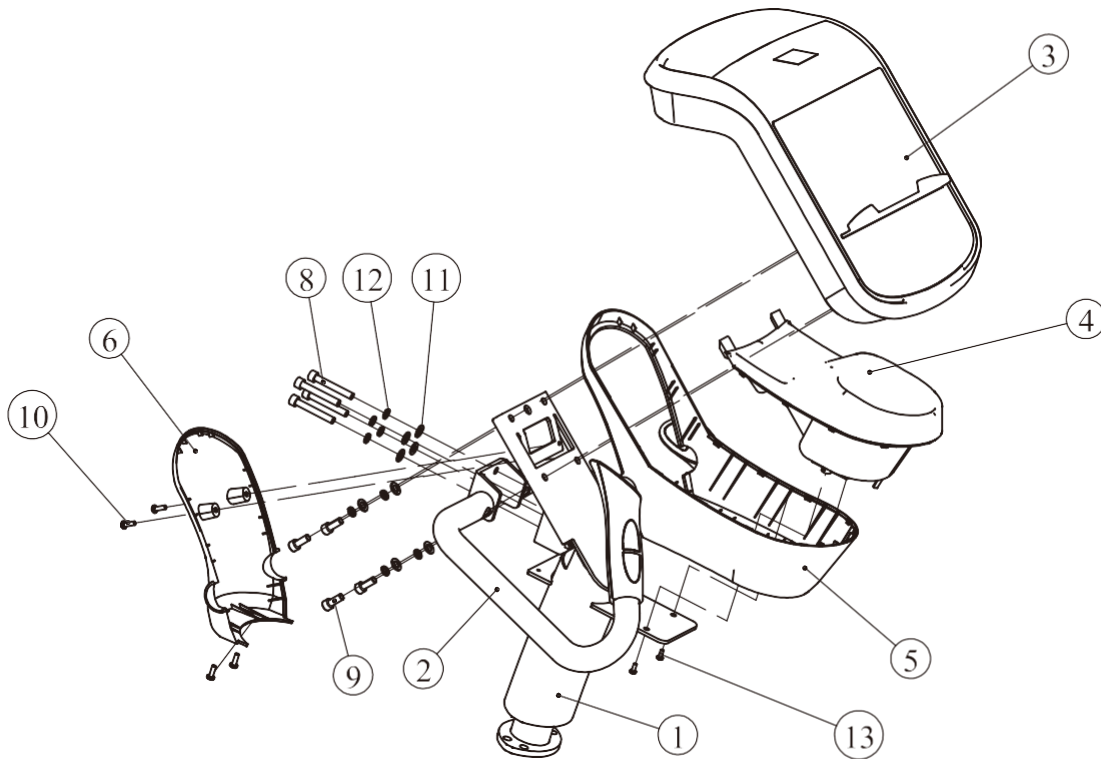
Exploded View and Parts List

Console



Exploded View and Parts List

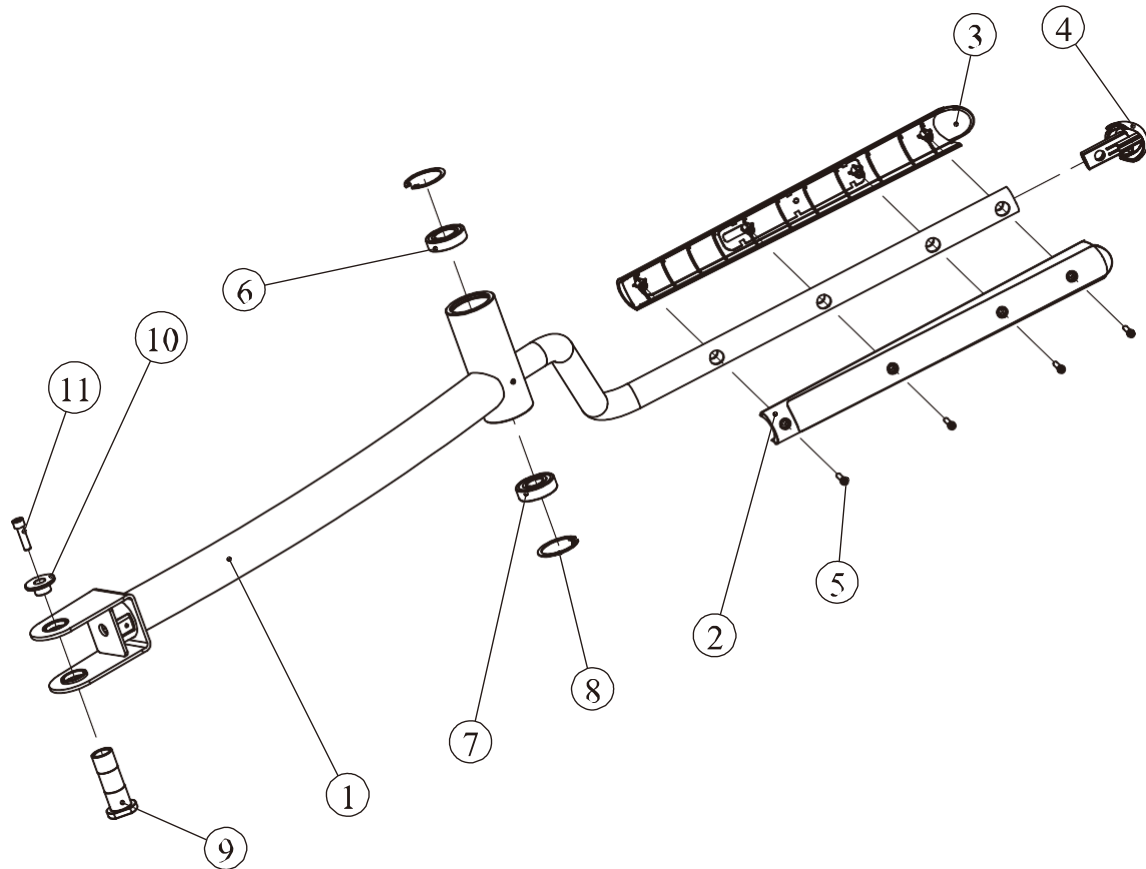
Console ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	2.1	RE900B0200	Upright Frame	1
2	2.2	RE700C03ASSY	Handle Bracket ASSY	1
3	2.3	RE700C-WXDZB	Console	1
4	2.4	RE3002500	Water Bottle Holder	1
5	2.5	RE3002600	Water Bottle Holder Bracket	1
6	2.6	RE3002700	Cover For Water Bottle Holder	1
7	2.7	L800XHB_SMY-I2A	Upper Cable Of Console	1
8	2.8	GB70M8*55DS20	Socket Head Bolt M8*55	4
9	2.9	GB70M8*20DS20	Socket Head Bolt M8*20	4
10	2.10	GB818M5*15DHS2	Screw M5*15	4
11	2.11	GB958DS2	Washer Φ9*Φ16*1.6	8
12	2.12	GB938DS12	Spring Washer Φ8	8
13	2.13	GB818M4*10DHS2	Screw M4*10	2

Exploded View and Parts List

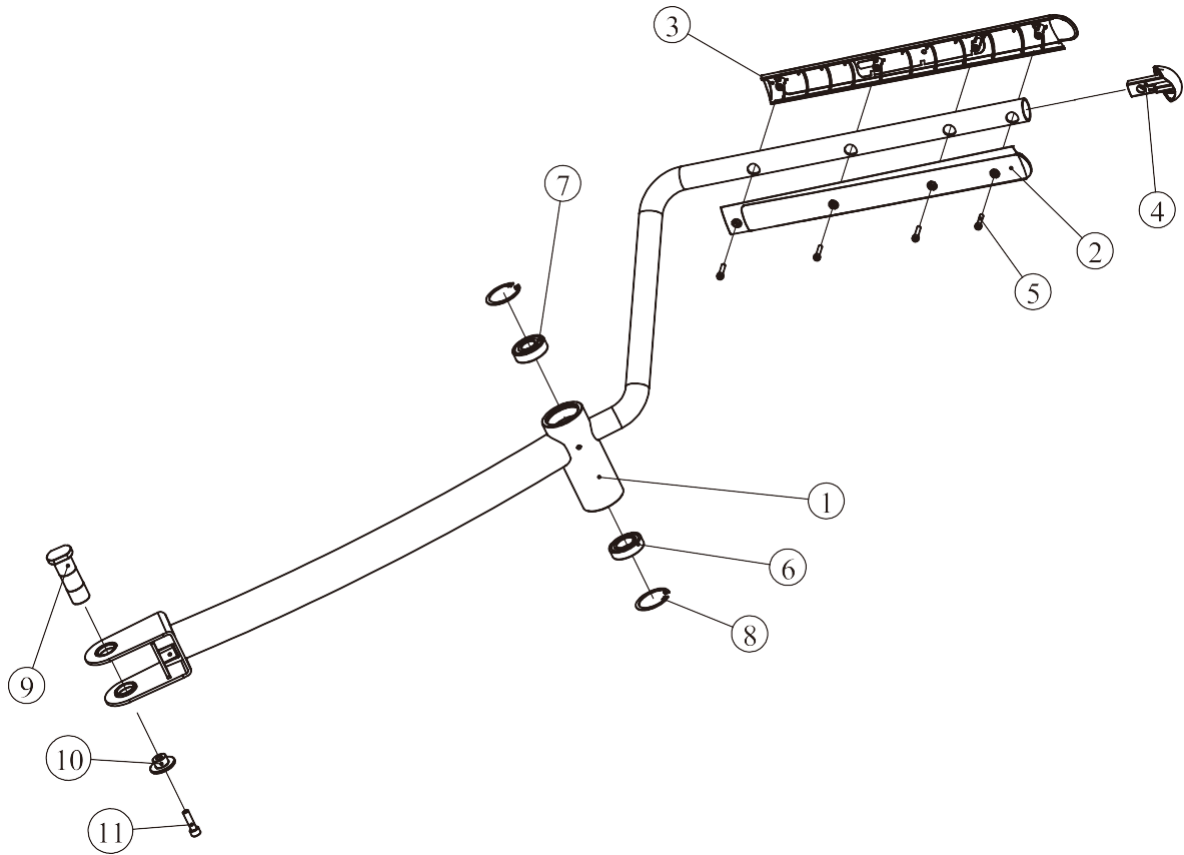
Left Handle Bracket ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	3.1	RE900B0300	Left Handle Bracket	1
2	3.2	RE7005400V1	Front Handle	1
3	3.3	RE7005500V1	Back Handle	1
4	3.4	RE7005600	Plug Of Handle	1
5	3.5	GB70M5*25N19	Socket Head Bolt M8*25	4
6	3.6	GB2766005-2RSC3NBK	Bearing 6005	1
7	3.7	GB2766204-2RSC3NBK	Bearing 6204	1
8	3.8	GB893.147FH12	Internal Retaining Rings Φ 47	2
9	3.9	PE350D9800	Shaft	1
10	3.10	PE350D9900	Bushing	1
11	3.11	GB70M8*30FH21NL	Socket Head Bolt M8*30	1

Exploded View and Parts List

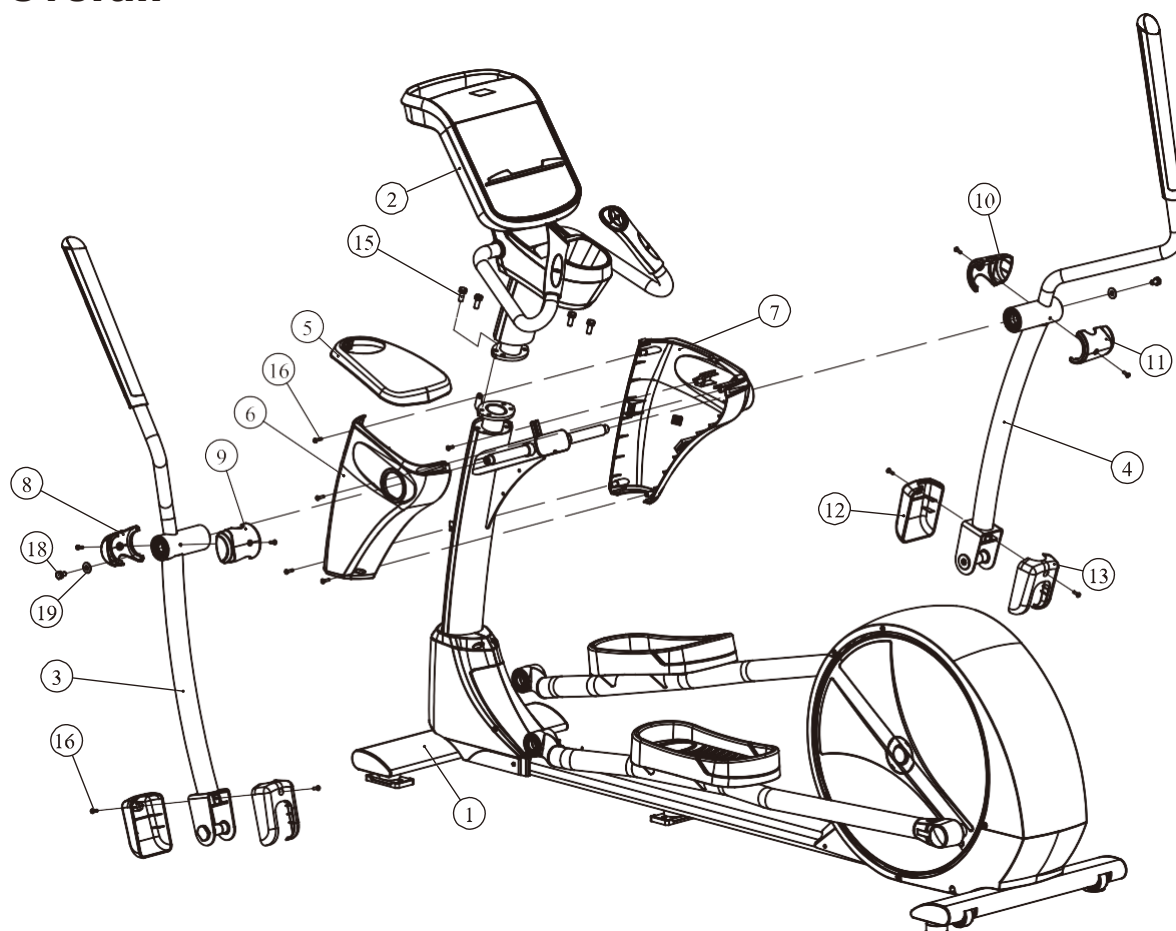
Right Handle Bracket ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	4.1	RE900B0400	Right Handle Bracket	1
2	4.2	RE7005400V1	Front Handle	1
3	4.3	RE7005500V1	Back Handle	1
4	4.4	RE7005600	Plug Of Handle	1
5	4.5	GB70M5*25N19	Socket Head Bolt M8*25	4
6	4.6	GB2766005-2RSC3NBK	Bearing 6005	1
7	4.7	GB2766204-2RSC3NBK	Bearing 6204	1
8	4.8	GB893.147FH12	Internal Retaining Rings $\Phi 47$	2
9	4.9	PE350D9800	Shaft	1
10	4.10	PE350D9900	Bushing	1
11	4.11	GB70M8*30FH21NL	Socket Head Bolt M8*30	1

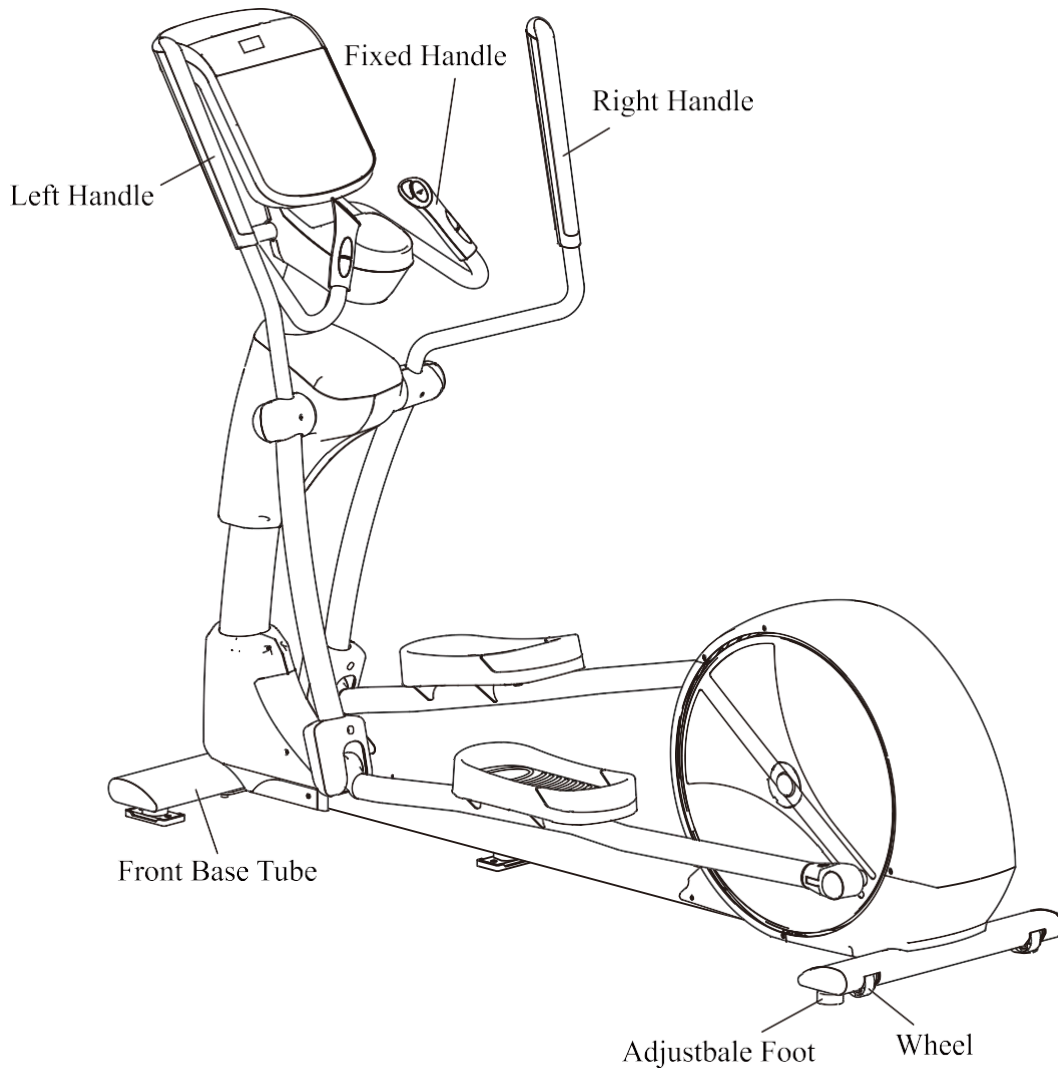
Exploded View and Parts List

Overall



Item No.	Part No.	Description	QTY
1	RE700C01ASSY	Main Frame ASSY	1
2	RE700C02ASSY	Console ASSY	1
3	RE900B03ASSY	Left Handle Bracket ASSY	1
4	RE900B04ASSY	Right Handle Bracket ASSY	1
5	RE500C1700	Front Top Cover	1
6	RE500C1800	Left Top Cover	1
7	RE500C1900	Right Top Cover	1
8	RE3002000	Left Rotating Cover1	1
9	RE3002100	Left Rotating Cover2	1
10	RE3002200	Right Rotating Cover1	1
11	RE3002300	Right Rotating Cover2	1
12	RE3002800	Front Cover	2
13	PE3502700P11C	Rear Cover	2
15	GB9074.16M10*25DS20	Hex Head Bolt W/Serrated Loch Washer M10*25	4
16	GB818M5*15DHS2	Screw M5*15	13
18	GB5781M10*15DS20NL	Hex Head Bolt M10*15	2
19	DQ10DS2B	Washer $\Phi 11 \times \Phi 25 \times 2$	2

Usage And Maintenance



Instruction

1. When moving the machine, you can grasp the Front Base Tube, and pull it up. Then you can move it.
2. When using the machine, you must ensure it stand steadily on the ground. If it isn't steady, you must adjust the Adjustable Foot.
3. The machine has self-generating system (no power required).

Maintenance

1. Tighten the pedals every 3 months.
2. If the Bolts and Screws have the trend of losing, please lock them timely.

Console Panel Functions



Console Panel Functions

CONSOLE PANEL FUNCTION

1. CALORIES WINDOW

Indicates estimated calories used based on 70Kg person at the indicated speed, incline, and time.



- calories
- watt

2. WATT WINDOW

Indicates user's current to make power (Watt).



distance

3. DISTANCE WINDOW

Indicates Kilometers or Miles traveled, Range 0.01---999.



speed

4. SPEED WINDOW

Indicates workout laps per minute on pedal.

5. TIME WINDOW

Indicates elapsed time after pressing start in minutes and seconds (0-99minutes, 0-59seconds).



time

6. HEART RATE WINDOW

Indicates user's current heart rate (BPM).



♥ *heart rate*

7. RESISTANCE WINDOW

Indicates workout in resistance L1—L20 in 1 increments.



resistance

8. DOT MATRIX

8.1 Indicates 'START PEDALLING OR SELECT PROGRAM TO BEGIN' when turn on power.

8.2 Indicates message when enter value.

8.3 Indicates workout curve in Program mode.



CONSOLE BUTTONS

1. START

This button is used to start the current program.



2. RESET

Press once, Resistance drop to 0, every other window remains un-changed. Hold for 3 seconds, console resets.



3. + and -

3.1 These buttons are used to adjust the degree of force of the machine during workout.



3.2 These buttons are also used to adjust the values when setting up your workout.

Console Panel Functions

4. COOLDOWN

This button is used select workout "cool down mode".



5. NUMERIC KEYPAD

These buttons are used to cycle through to the desired data.



6. OK

This button is used to enter value of program mode.



7. DELETE (◀)

This button is used delete data.



8. MANUAL ONE TOUCH

This button is used to select workout "manual mode".

9. INTERVAL ONE TOUCH

This button is used to select workout "interval mode".

10. TERGET ONE TOUCH

This button is used to select workout "target mode".

11. CARDIO ONE TOUCH

This button is used to select workout "cardio mode".

12. HEART RATE ONE TOUCH

This button is used to select workout "heart rate mode".

13. ADVANCED ONE TOUCH

This button is used to select workout "advanced mode".



CONSOLE OPERATION

1. QUICK START/MANUAL MODE

1.1 Start the pedal.

1.2 When console turns on, the LED screen scrolls "START PEDALLING OR SELECT PROGRAM TO BEGIN".

1.3 If press start button through manual mode.

1.4 If press RESET button will stop the current program.

2. Program mode

When console turns on, the LED screen scrolls "START PEDALLING OR SELECT PROGRAM TO BEGIN".

Console Panel Functions

2.1 If Manual is selected

- 2.1.1 LED scrolls "MANUAL MODE: ENTER WEIGHT", LED displays "70".
- 2.1.2 Uses speed keys or Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.1.3 Press OK to confirm.
- 2.1.4 LED scrolls "ENTER TIME", LED displays "20".
- 2.1.5 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.1.6 Press OK or QUICK START to confirm.
- 2.1.7 LED displays "START PEDALLING".

2.2 If Cardio is selected

- 2.2.1 LED scrolls "CARDIO MODE: ENTER WEIGHT", LED displays "70".
- 2.2.2 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.2.3 Press OK to confirm.
- 2.2.4 LED scrolls "ENTER TIME", LED displays "20".
- 2.2.5 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.2.6 Press OK or QUICK START to confirm.
- 2.2.7 LED displays "START PEDALLING".

2.3 If Interval is selected

- 2.3.1 LED scrolls "INTERVAL MODE: ENTER WEIGHT", LED displays "70".
- 2.3.2 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.3.3 Press OK to confirm.
- 2.3.4 LED scrolls "ENTER TIME", LED displays "20".
- 2.3.5 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.3.6 Press OK to confirm.
- 2.3.7 LED scrolls "ENTER LOWER RESISTANCE LIMIT", LED displays "5".
- 2.3.8 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.3.9 Press OK to confirm.

Console Panel Functions

2.3.10 LED scrolls "ENTER UPPER RESISTANCE LIMIT", LED displays "10".

2.3.11 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.3.12 Press OK or QUICK START to confirm.

2.3.13 LED displays "START PEDALLING".

2.4 If Heart Rate is selected

LED scrolls HEART RATE TRAINING 1= 65%HR, 2= 75%HR, 3= 85%HR, Uses resistance keys.

2.4.1 If 1 is selected

2.4.1.1 LED scrolls 65%HR : "ENTER WEIGHT", LED displays "70".

2.4.1.2 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.4.1.3 Press OK to confirm.

2.4.1.4 LED scrolls "ENTER TIME", LED displays "20".

2.4.1.5 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.4.1.6 Press OK to confirm.

2.4.1.7 LED scrolls "ENTER AGE", LED displays "40".

2.4.1.8 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.4.1.9 Press OK or QUICK START to confirm.

2.4.1.10 LED displays "START PEDALLING".

2.4.2 If 2 is selected

2.4.2.1 LED scrolls 75%HR: ENTER WEIGHT.

2.4.2.2 Same as above.

2.4.3 If 3 is selected

2.4.3.1 LED scrolls 85%HR: ENTER WEIGHT.

2.4.3.2 Same as above.

2.5 If Target is selected

LED scrolls TARGET TRAINING 1= CALORIES TARGET 2= DISTANCE TARGET 3= TIME TARGET, Uses resistance keys.

Console Panel Functions

2.5.1 If 1 is selected

2.5.1.1 LED scrolls CALORIES TARGET: ENTER CALORIES, LED displays "100".

2.5.1.2 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.5.1.3 Press OK to confirm.

2.5.1.4 LED scrolls ENTER WEIGHT, LED displays "70".

2.5.1.5 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.5.1.6 Press OK or QUICK START to confirm.

2.5.1.7 LED displays "START PEDALLING".

2.5.2 If 2 is selected

2.5.2.1 LED scrolls DISTANCE TARGET: ENTER DISTANCE, LED displays "5KM".

2.5.2.2 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.5.2.3 Press OK or QUICK START to confirm.

2.5.2.4 LED displays "START PEDALLING".

2.5.3 If 3 is selected

2.5.3.1 LED scrolls TIME TARGET: ENTER TIME, LED displays "30".

2.5.3.2 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.5.3.3 Press OK or QUICK START to confirm.

2.5.3.4 LED displays "START PEDALLING".

2.6 If Advanced is selected

LED scrolls "ADVANCED TRAINING 1= EVENTS 2= OTHERS, Uses resistance keys.

2.6.1 If 1 is selected, LED scrolls 1= 2KM WALK 2= 5KM WALK 3=CUSTOM DISTANCE.

2.6.1.1 If 1 is selected, LED displays "START PEDALLING".

2.6.1.2 If 2 is selected, LED displays "START PEDALLING".

2.6.1.3 If 3 is selected, LED scrolls CUSTOM DISTANCE: ENTER DISTANCE, LED displays "2KM".

2.6.1.3.1 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.6.1.3.2 Press OK or QUICK START to confirm.

2.6.1.3.3 LED displays "START PEDALLING".

Console Panel Functions

2.6.2 If 2 is selected, LED scrolls OTHER ADVANCED PROGRAMS: 1= BURN CALORIES 2= HILL.

2.6.2.1 If 1 is selected, LED scrolls "BURN CALORIES MODE: ENTER MAX RESISTANCE", LED displays "10".

2.6.2.1.1 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.6.2.1.2 Press OK OR QUICKSTART to confirm.

2.6.2.2 If 2 is selected, LED scrolls "HILL MODE: ENTER WEIGHT".

2.6.2.2.1 LED displays "70".

2.6.2.2.2 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.6.2.2.3 Press OK to confirm.

2.6.2.2.4 LED scrolls "ENTER TIME", LED displays "20".

2.6.2.2.5 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.6.2.2.6 Press OK or QUICK START to confirm.

2.6.2.2.7 LED displays "START PEDALLING".

Troubleshooting Guide

Malfunction	Probable Cause	Corrective Action
Heart rate reading is erratic or absent entirely	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes.
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin.
	Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Belt transmitter is not within 3 feet (one meter) of the heart rate receiver.	Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver.
	Chest strap battery is depleted.	Contact Customer Support Services for instructions on how to have the chest strap replaced.
Abnormally elevated heart rate readings	Electromagnetic interference from cell phones.	Move the bike a few inches away from the probable cause, or move the probable cause a few inches away from the bike, until the heart rate readings are accurate.
	Electromagnetic interference from computers.	
	Electromagnetic interference from cars.	
	Electromagnetic interference from high voltage power lines.	
	Electromagnetic interference from motor driven exercise equipment.	
	Electromagnetic interference from another heart rate transmitter within three feet (one meter).	

Electrical Connection

