

Heart Rate Indicator

Contact Heart Rate – Lightly hold hand grips on the handlebar ensuring that hands are clean and contact both the front and back sensors of each grip. A heart rate will display in typically 30 seconds or less.

Factors that interfere with heart rate signal:

- hand lotions
- oils or body powder
- excessive dirt
- excessive movement
- body composition
- hydration
- too loose grip
- too tight grip
- resting or leaning on grips

Wireless Display – To use this feature, a Polar® compatible heart rate transmitter belt (not included) must be worn.



Once the actual heart rate is determined, the LED to the right of the Text Area is blinking to the displayed BPM and the Heart LED lights up. The color of the light represents a scale of low to high target heart rate.

White	Valid BPM not yet available
Blue	0 – 69 BPM
Green	70 – 93 BPM
Yellow	94 – 119 BPM (Fat Burn Zone)
Blood Orange	120 – 169 (Cardio Zone)
Magenta	170 and higher

Fan Control

The fan defaults at the “OFF” setting. The user can change to “LO” or “HI” setting by pressing the appropriate control key. **NOTE:** User must be striding faster than 70 strides per minute for fan to operate.