Programs P1 – P9 Setup

1. Press **PROGRAMS** key to cycle through program choices. Each press of the key will choose the next program in the list. The number keypad is active to accept a single-digit (1-9) for direct program access.

2. Select desired workout time when Text Area prompts "SET PROGRAM TIME XXX".

3. Select desired workout level when Text Area prompts "SELECT LEVEL 1-10"

4. **For P9 - HRC Program only:**

    • Using the number keypad, key in user's accurate age when Text Area prompts 'ENTER YOUR AGE TO CALCULATE TARGET HEART RATE". Valid age range values are 13 - 113.

    • Adjust target heart rate when Text Area scrolls "75% = XXX BPM" and "TARGET BPM AT 75% = XXX BPM".

NOTE: *Target heart rate is calculated at 75% of Max, where Max Heart rate is calculated at 220 minus the user's age. Adjust the Target HR up or down from the default 75% value presented or accept as is.*

5. Using the number keypad, key in user's accurate weight when Text Area prompts "ENTER YOUR WEIGHT". Valid weight range is 50 - 400 lbs (23-181 kgs).

Manual and Quick Start Program Setup

NOTE: *The Manual and Quick Start programs have no associated profile or level. Program and Level selection are not available.*

Select **MANUAL** key and enter desired workout time and user's accurate weight.

Select **QUICK START** key to directly enter Active Mode. Program is similar to Manual Program without the option of a configured session time. Time counts up to Max Time.

Advanced Programs A1 – A2 Setup

Press **ADVANCED** key to cycle through program choices. Each press of the key will choose the next program in the list.

Program	Settings
A1 Constant Power	Select time, power level and weight.
A2 Power Training	Select time, level and weight.

A1 – Constant Power Setup

> **1.** Press **ADVANCED** programs key.
>
> **2.** Scroll to (or key in) #1.
>
> **3.** Enter desired workout time.
>
> **4.** Select power level when Text Area scrolls "SELECT POWER 50-900 WATTS". Valid range of Watts is 50-900 in increments of five.
>
> **5.** Enter user's accurate weight.

A2 – Power Training Setup

> **1.** Press **ADVANCED** programs key.
>
> **2.** Scroll to (or key in) #2.
>
> **3.** Enter desired workout time.
>
> **4.** Enter desired Level (1-21).
>
> **5.** Enter user's accurate weight.

Custom Programs

A maximum of nine custom programs can be created from any workout session. The unit automatically records incline and resistance; anticipating storing the workout as a custom program when completed.

Enable the SAVE function by first entering *Setup mode*. To enter *Setup mode*, key sequence **CLEAR**, **7-5-0**, **ENTER** during the initial *Count Down mode*. Pressing the **CLEAR** key will halt the countdown to help facilitate keying in **7-5-0, ENTER** in sufficient time.

From the menu, use **+/-** keys to navigate to menu item SAVE PROGRAM and press **ENTER** to allow editing the feature.

NOTE: *If unit is equipped with an optional power supply, Set Up mode can also be entered during the Dormant mode.*

See **Chapter 2 – Assembly and Set Up** for more information on *Set Up mode*.

To save custom program

> **1.** During *Review Mode*, press the SAVE key within the first five seconds. The text area will display "SAVE AS PROG 0X". X represents the next available slot (01-09).
>
> **2.** Using the keypad, enter a number (01 to 09). The **+/-** keys are available to scroll through the nine custom program slots.
>
> **3.** Press **ENTER** key to accept and store program.

If nine custom programs already exist, no slots are available; the text area will display "REPLACE PROG 0X name." The 0X represents the first custom program in the list. Use the keypad or **LEVEL** keys as described above to select program number.

To play back custom program

Press the **Programs** key and use the key pad to key in 01 – 09, then press **ENTER** key.

Note that these programs do not prompt the entry of level or time, as these are aspects that were saved as part of the program itself.

To delete a custom program

Custom programs require a minimum of one minute, anything less than one minute effectively erases the program location.

1. Start a workout session (such as Quick Start) and end before one minute has elapsed.

2. During *Review Mode,* press **SAVE** and choose the program slot to be deleted.

3. Press **ENTER.**

Data Readouts

As the user exercises, the unit keeps track of and displays the following data:

CAL / HR	DISTANCE	STRIDES PER MIN	CALORIES	WATTS	METs	BPM

Calories Per Hour (CAL/HR) – Calculation of present workload's energy exertion in Calories per Hour.

Distance – The total accumulated distance during workout. Depending on the defaults chosen, this measurement will show in English (miles) or Metric (kilometers). The unit uses a fixed 24" (61 cm) stroke, giving a travel distance of 48" (122 cm) per revolution.

Distance = Strides per Minute x 24" (61 cm) x Time

Strides per Minute – The average number of strides per minute at current speed.

Calories – The total accumulated calories burned during workout.

WATTS – Present workload energy exertion.

Metabolic Equivalent (METs) – Displayed only if no BPM signal is present. A MET is the metabolic equivalent of the energy expended by the human body at rest. Anything over one MET is considered exertion. METs are calculated by the display and updated every 1 – 1.2 seconds.

METs = Cal/Hr X 2.2 / User Weight

Beats Per Minute (BPM) – User's current heart rate. Heart rate will appear when a signal is introduced.