

RX6040 PREMIER ROWER

OWNER'S MANUAL



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INTRODUCTION

Congratulations!

Thank you for selecting the RX6040 Rower.

The Rower is one of the finest and most comprehensive rowing machines available.

By choosing the Rower you have made a decision that will improve the health, fitness and well being for you and your family. The Rower will provide an efficient, low impact cardiovascular workout that will help improve your energy levels and your quality of life.

Cardiovascular training is vital for all ages and the Rower will provide an effective workout, producing results that will encourage you to reach your fitness goals and maintain the body you have always wanted.

Spending 15 to 30 minutes a day, three times a week is all you need to start seeing the benefits of a regular exercise program.

We, at want you to enjoy the full benefits of your exercise program, so please take the time to read this manual thoroughly. By doing so you will:

- **Save valuable exercise time in the long run.**
- **Exercise safely and more effectively.**
- **Learn proper techniques.**
- **Be able to better define your fitness goals.**

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IMPORTANT INFORMATION - PLEASE READ

Failure to read and follow the safety instructions below may result in injury.

Medical / Safety

Read this Owner's Manual safety instructions thoroughly to familiarize yourself with the Rower before using it.

Before beginning any exercise program, consult your physician. He or she can help evaluate your present fitness level and determine the exercise program that is the most appropriate for your age and physical condition.

If you experience any pain or tightness in your chest, irregular heartbeat, shortness of breath, faintness, or unusual discomfort upon exercising, stop and consult a physician.

Adult supervision is required at all times when children are on or near the Rower. Unsupervised children should keep away from the equipment at all times.

Keep fingers and limbs, loose clothing and hair away from moving parts.

Before each workout on your Rower we advise that a Precautionary Safety Check is wise. All equipment should be Safety Checked for wear and damage. If you find any damage or defective components STOP using the Rower IMMEDIATELY. Replace defective components immediately and/or keep the equipment out of use until repaired. For repair help - see General Information on this page.

Care should be taken when getting ON or OFF your Rower. Please follow the instructions on page 4.

Wear comfortable, lightweight, well-ventilated clothing to help sweat evaporate. Make sure your shoes fit you properly and provide external and lateral stability support to prevent ankle and knee injuries. Wear cross-training, walking or running shoes.

It's very important not to become dehydrated. Your body needs water lost during exercise.

Don't forget to warm-up and cool-down. Limbering up "cold" muscles and cooling down after exercise are important injury-prevention measures.

Use only the accessory attachments recommended by the manufacturer. DO NOT attempt to modify or alter your Rower as injury may result.

Care and Maintenance

Your Rower is made of the highest quality materials. It is still important that you take care of your Rower on a regular basis.

Your Rower is for indoor use only and should NOT be used or stored in damp areas. Wipe all perspiration from your Rower after each use.

For safety, inspect your Rower on a regular basis. When used in a light commercial environment safety check and clean every day. When used in a domestic environment safety check and clean before use.

Components most Susceptible to Wear **SEAT ROLLERS - ALUMINUM BEAM** **[part#001,118]**

These parts are easily damaged by dust and dirt and should be cleaned regularly. The SEAT ROLLERS [118] are hidden so all you can do is clean the ALUMINUM BEAM [001]. Using a damp cloth wipe the top of the ALUMINUM BEAM [001]. Pay special attention to the outside edges. Check and remove any black spots.

DRIVE STRAP [part#709]

The DRIVE STRAP [709] is made of high quality nylon webbing which is extremely strong making it almost impossible to break. Even so it is important to check the DRIVE STRAP [709] for wear. Check for nicks or cuts and fraying that may weaken the integrity. Also check that the stitching at the handle bar end is intact. If any of these symptoms are found discontinue use immediately and contact your dealer for a replacement DRIVE STRAP [709].

FOOT REST Assembly

[part#016,027,143,147,314A,367,386A,710]

The FOOT REST Assembly has a lot of moving parts. It is essential that these parts be in good condition at all times. Check that the FOOT STRAP BUCKLE firmly holds the FOOT STRAP. Check that the HEEL REST [143] HEEL REST HOLDER [147] self locking system is working correctly. Make sure that all Bolts are tight and firm. If any defects are found discontinue use immediately and contact your dealer for replacement parts.

All FASTENERS [Nuts, Bolts, and Screws]

Regularly inspect all Nuts, Bolts and Screws to insure they are tight and firm.

General Information

The Rower is designed for Residential and Light commercial use ONLY and should not be used in a full commercial, therapeutic or medical environment.

The official maximum load is 350 lbs or 150kg.

The Rower has been tested and certified according to EN 957-1 and EN 957-7, Class S.A.

DO NOT attempt to modify or alter your Rower as it will be considered tampering and will invalidate your warranty.

Please continue to read the Owner's Manual and all safety instructions thoroughly to familiarize yourself with the Rower before using it.

DESIGNERS NOTE: The return spring on the Rower has been designed with the lightest possible force. There is more than sufficient spring tension to recoil the DRIVE STRAP ASSEMBLY [709] regardless of the return speed of the handle to the start position.

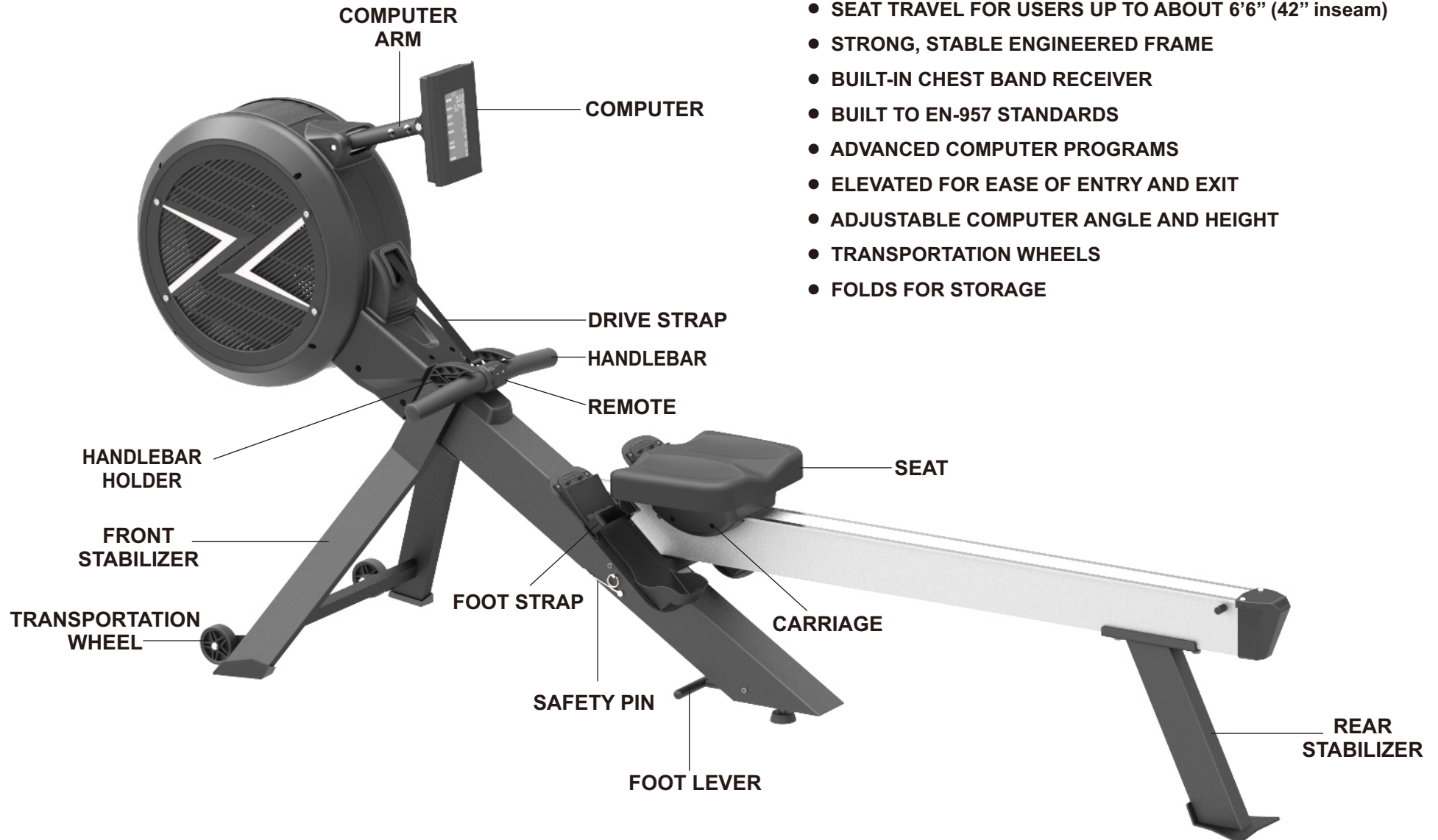
This gives the user an improved level of exercise by increasing the benefit to the hamstring group of muscles at the rear of the thigh. This muscle group is called upon when the user moves the seat forward.

We have faithfully duplicated the "normal" rowing action one would get when rowing on water where the oar is not pulled forward.

RX6040 Rower GENERAL PARTS IDENTIFICATION

The RX6040 Rower represents over a decade of research and development and incorporates all the latest technology and long standing consumer requests.

- **FULL AUTO CONTROLLED AIR MAGNETIC RESISTANCE SYSTEM**
- **ERGONOMICALLY CORRECT HANDLEBAR**
- **FULLY ADJUSTABLE FOOTREST**
- **SEAT TRAVEL FOR USERS UP TO ABOUT 6'6" (42" inseam)**
- **STRONG, STABLE ENGINEERED FRAME**
- **BUILT-IN CHEST BAND RECEIVER**
- **BUILT TO EN-957 STANDARDS**
- **ADVANCED COMPUTER PROGRAMS**
- **ELEVATED FOR EASE OF ENTRY AND EXIT**
- **ADJUSTABLE COMPUTER ANGLE AND HEIGHT**
- **TRANSPORTATION WHEELS**
- **FOLDS FOR STORAGE**

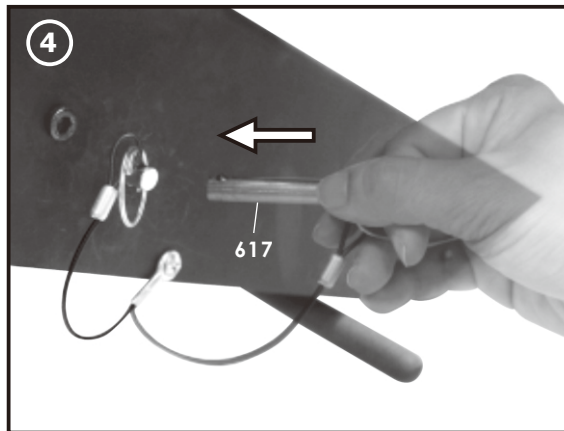
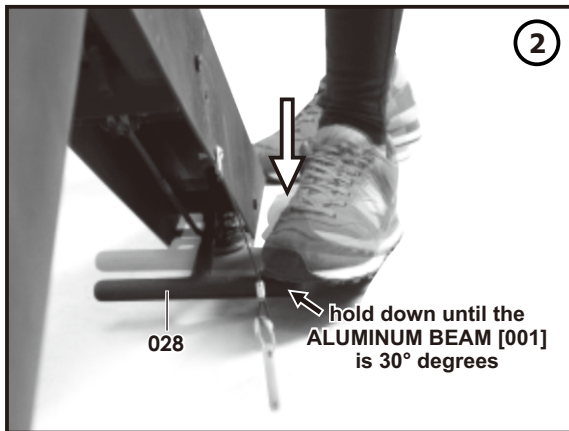
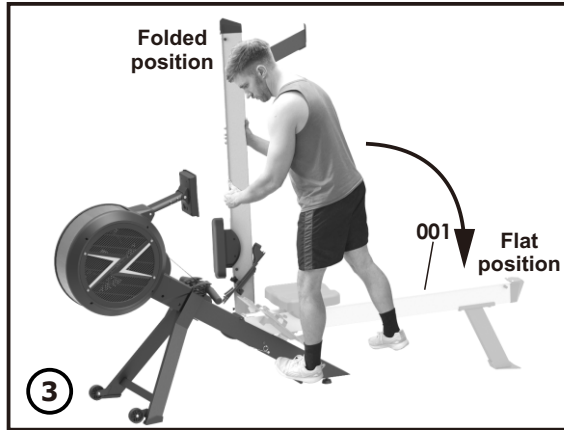
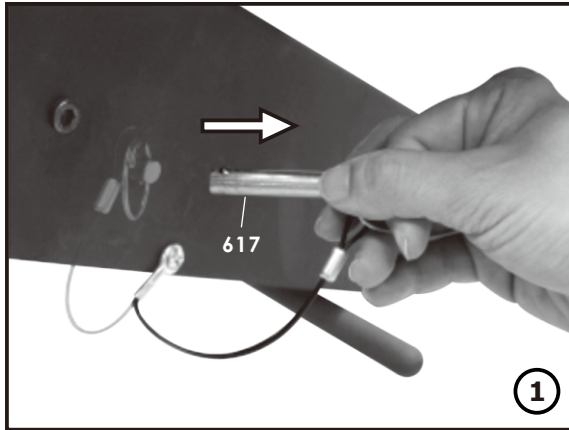


SETTING UP YOUR ROWER

Unfolding

Make enough space for the Rower by clearing a workout area 3.3 x 8.5 feet before setting up your Rower taking care to ensure the floor is solid and level.

NOTE: While inserted, the FOLD SAFETY PIN prevents the unit from being folded or unfolded. The #028 Fold Foot Lever will still move down when pressed, but the unit will not unlock to allow the unit to be folded or unfolded until you have removed the SAFETY PIN.



- 1) With the Rower in the folded position, remove the FOLD SAFETY PIN [617].
- 2) With a firm grasp of the ALUMINUM BEAM [001] depress the FOLD - FOOT LEVER [028] down releasing the safety lock.
- 3) Allowing the ALUMINUM BEAM [001] to be laid down flat.
- 4) With the Rower in the flat position, reinsert the FOLD SAFETY PIN [617] to ensure young children CANNOT fold the rower.

WARNING: When unfolding and folding the Rower, keep finger and hands away from folding hinge points to avoid serious injury.

Getting on Safely

Getting on safely is a simple procedure. Just be careful that the SEAT [119] is directly underneath you before sitting down.



- 1) Straddle the ALUMINUM BEAM [001].
- 2) Correctly position the SEAT [119] beneath you.
- 3) Sit down taking care that the SEAT [119] has not moved.

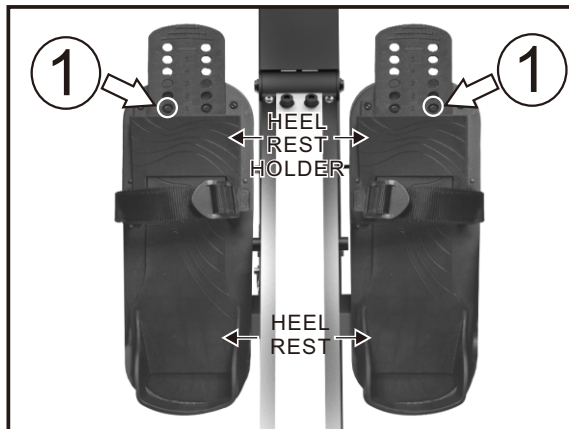
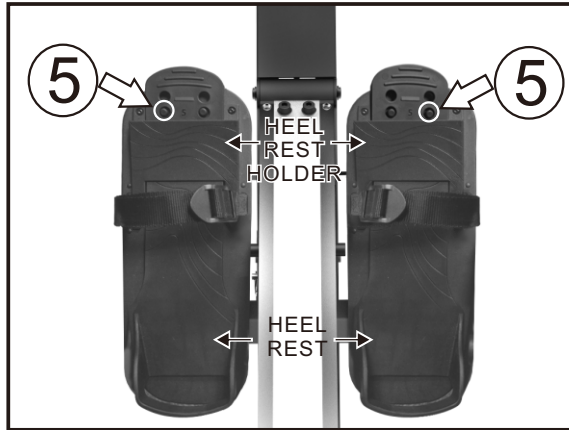
SETTING UP YOUR ROWER

Heel Rest - Pre Adjustment

There are six heel support settings clearly numbered 1~5 and the 6th being the maximum has a "STOP" preventing you from removing the HEEL REST.

If this is your first time on the rower, then adjust the HEEL REST to position "5".

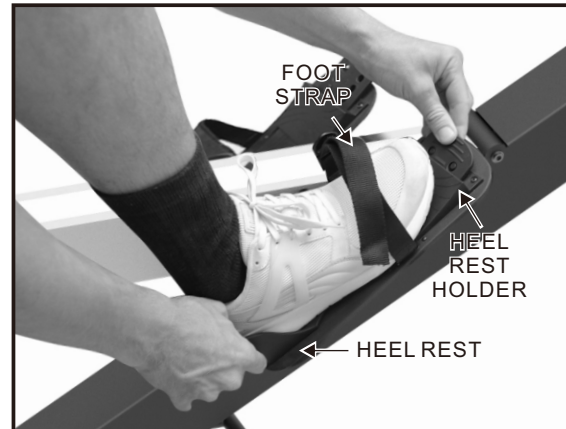
Memorize the setting number best suited for future reference.



- 1) The HEEL REST is flexible and bends easily. Lift the HEEL REST away from the HEEL REST HOLDER and slide the HEEL REST up or down to your desired setting.
- 2) If this is your first time on the rower, then adjust the HEEL REST to position "5".

Heel Rest - Adjustment

You can adjust the HEEL REST whilst sitting on the rower, but it's much easier to adjust the HEEL REST off the rower before you sit down to start your workout. Hence we suggest you memorize the setting number best suited for future reference.



NB The correct position for the FOOT STRAP is across the top of the foot just below the toes.

- 1) With the FOOT STRAP loose, slide your foot under and through the FOOT STRAP into the HEEL REST.
- 2) Lift the HEEL REST away from the HEEL REST HOLDER and slide the HEEL REST up or down until the FOOT STRAP is approximately across the toe pivot joints.
- 3) Pull the FOOT STRAP down hard making sure it is tight.
- 4) Memorize the setting number best suited to you for future reference.

Foot Strap Adjustment

The correct position for the FOOT STRAP is across the top of the foot just below the toes. Approximately across the toe pivot joints.

Ensure the FOOT STRAP is tight.



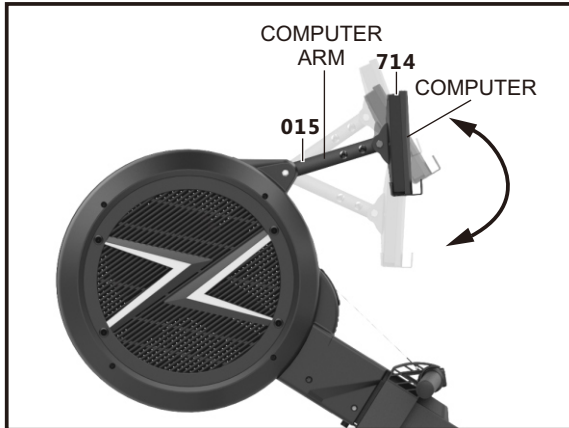
- 1) Slide your foot under the FOOT STRAP [710] then down fully into the HEEL REST [143].
- 2) Check to make sure the FOOT STRAP [710] is in the correct position across the ball of your foot.
- 3) Firmly pull the end of the FOOT STRAP [710] to ensure a tight fit.
- 4) Using your thumb simply lift the tab of the FOOT STRAP BUCKLE up and away and the FOOT STRAP will easily slide through the FOOT STRAP BUCKLE.

SETTING UP YOUR ROWER

Computer Angle Adjustment

The COMPUTER [714] and COMPUTER ARM [015] are designed to rotate and pivot giving you adjustment to height and angle.

NOTE: For safety reasons, whilst exercising avoid the DRIVE STRAP [709] touching the COMPUTER [015].

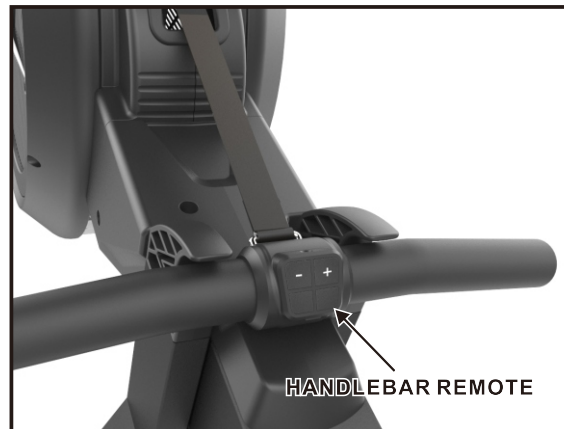
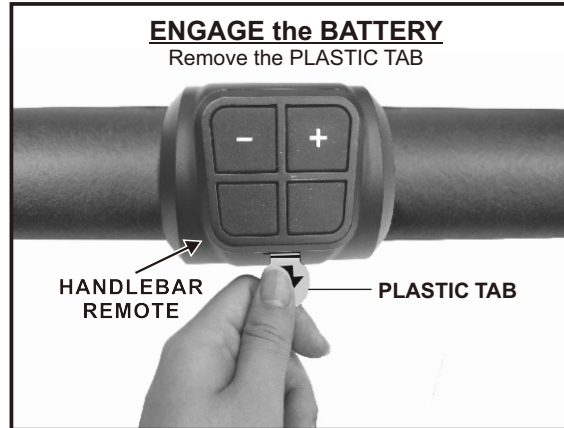


- 1) Hold the COMPUTER [714] with both hands and rotate and pivot the COMPUTER [714] to the desired height and angle.

NOTE: For safety reasons, whilst exercising avoid the DRIVE STRAP [709] touching the COMPUTER [015].

Handlebar Remote

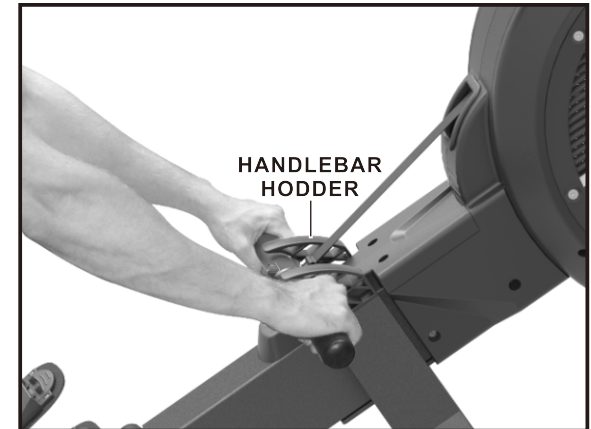
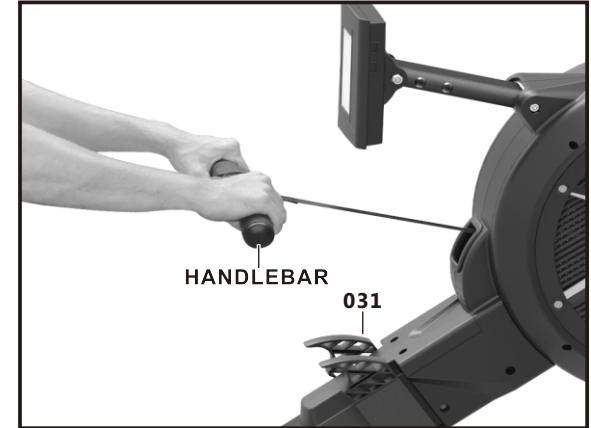
The HANDLEBAR REMOTE is shipped with the plastic tab preventing the battery from supplying power to the remote to ensure good battery life out of the box. To engage the battery simply remove the PLASTIC TAB and discard.



- 1) Remove the PLASTIC TAB to engage the battery by pulling in the direction of the printed arrow.
- 2) You can use the remote to set up your program and to control resistance during exercise, please refer to the computer portion of the manual.

Handlebar Holder

When you have finished your workout remember to store the HANDLE BAR into the HANDLE BAR HOLDER [031].



- 1) When you have finished your workout place the HANDLEBAR into the HANDLE BAR HOLDER [108] as shown in the diagrams above.

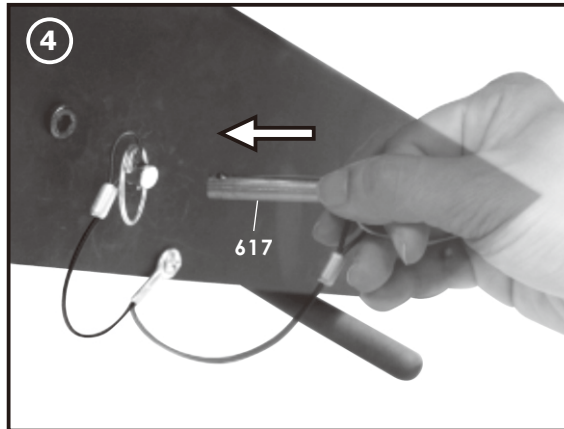
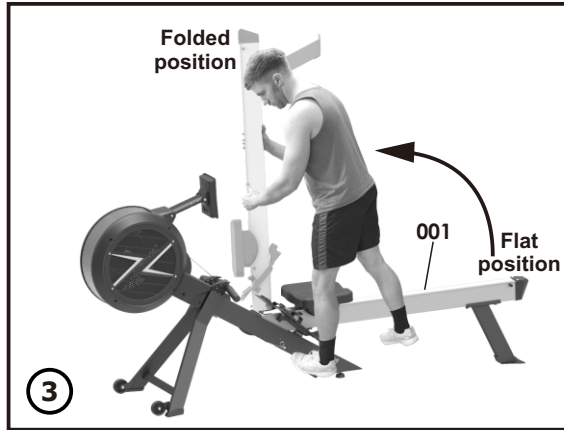
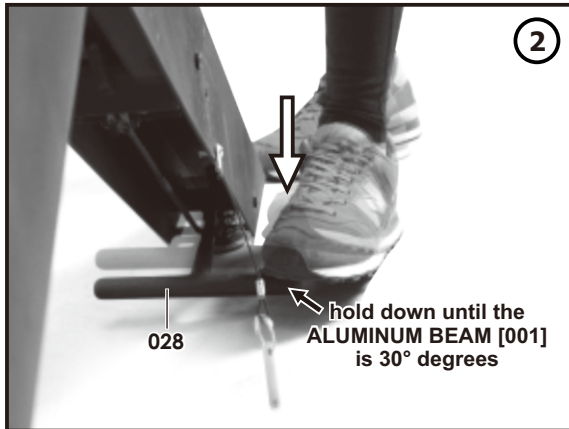
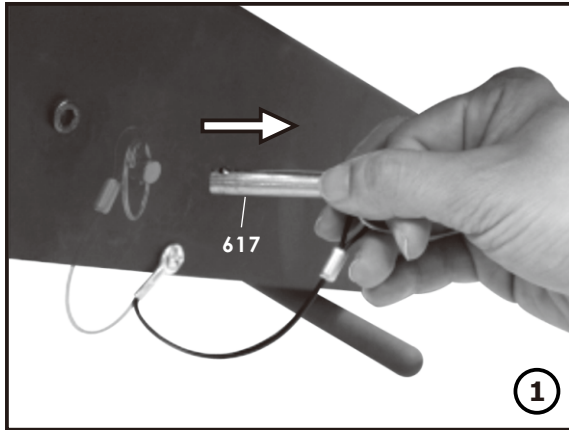
WARNING! Never let go of the Handlebar until it is resting in the HANDLEBAR HOLDER. Releasing it while it is retracted can damage the HANDLEBAR, HANDLEBAR REMOTE, and/or the HANDLEBAR HOLDER. Always carefully place it back into the HANDLEBAR HOLDER. Damage to these components as a result of improper use is considered abuse and will not be covered under warranty.

SETTING UP YOUR ROWER

Folding

Make enough space for the Rower by clearing a workout area 3.3 x 8.5 feet before setting up your Rower taking care to ensure the floor is solid and level.

NOTE: While inserted, the FOLD SAFETY PIN prevents the unit from being folded or unfolded. The #028 Fold Foot Lever will still move down when pressed, but the unit will not unlock to allow the unit to be folded or unfolded until you have removed the SAFETY PIN.

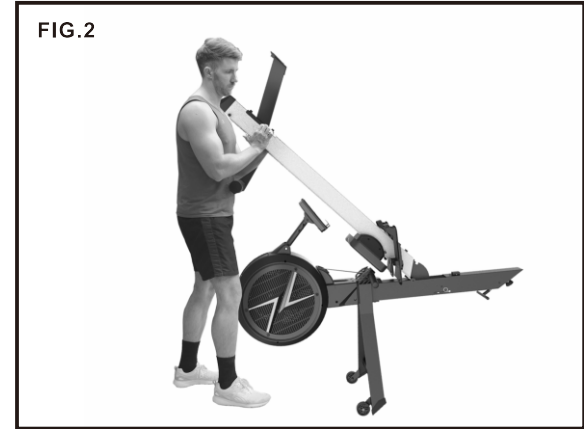


- 1) With the Rower in the flat position, remove the FOLD SAFETY PIN [617].
- 2) With a firm grasp of the ALUMINUM BEAM [001] depress the FOLD - FOOT LEVER [028] down releasing the safety lock.
- 3) Allowing the ALUMINUM BEAM [001] to be lifted up.
- 4) With the Rower in the folded position, reinsert the FOLD SAFETY PIN [617] to ensure young children CANNOT unfold the rower.

WARNING: When unfolding and folding the Rower, keep finger and hands away from folding hinge points to avoid serious injury.

Transportation and Storage

The Rower is fitted with TRANSPORTATION WHEELS making it fairly simple for one person to move it by themselves. The Rower is a large rowing machine so you may require help when moving it around depending on your size and strength.



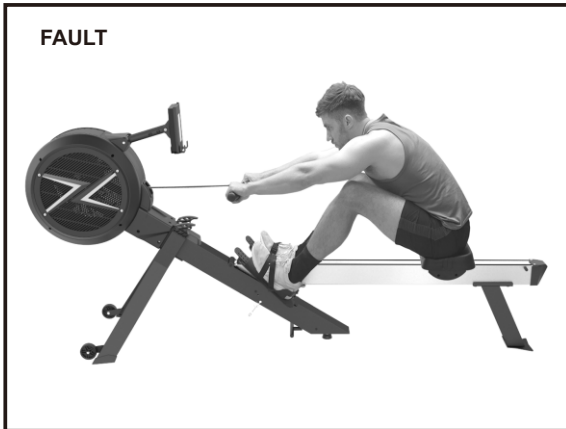
- 1) Position yourself as shown in "Fig. 1". Hold onto the rowing machine with both hands. Using your body weight, slowly tip the rowing machine towards the front while at the same time move around to the front of the machine to support the weight.
- 2) Once balanced (see Fig 2) wheeling the machine is made easy with the "Smooth Roll Transport Wheels".
- 3) When resting the rowing machine to the floor follow the reverse of step one (as shown in Fig. 1).

CORRECT ROWING GUIDE

Over Reaching

FAULT

The body stretches too far forward. The shins may be past vertical. The head and shoulders tend to drop towards the feet. The body is in a weak position for the stroke.



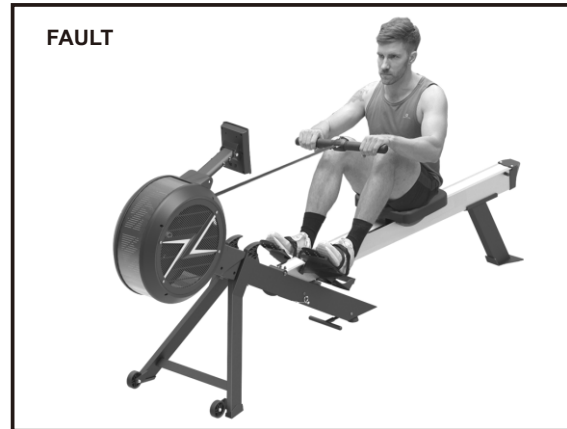
SOLUTION

The shins are vertical. The body is pressed up to the legs. The arms are fully extended and relaxed, body tilted slightly forward. This position should feel comfortable.

Rowing with Arms Bent

FAULT

The user starts the stroke by pulling with the arms rather than pushing with the legs.



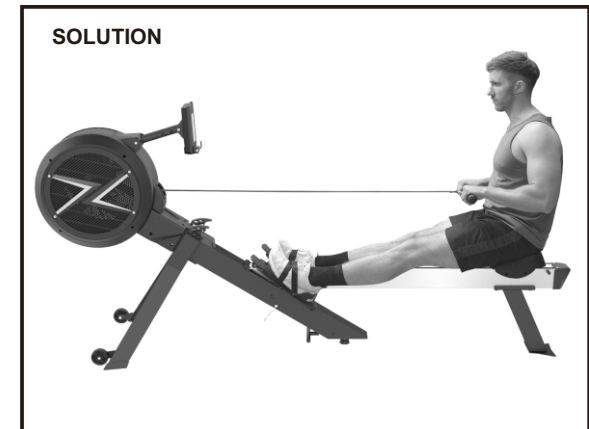
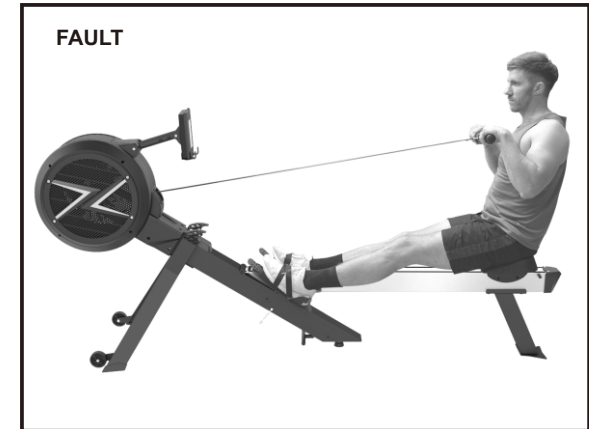
SOLUTION

The user starts the stroke by pushing the legs and bracing the back with the arms fully extended and relaxed.

Bent Wrists

FAULT

The user bends their wrists at any time through the stroke.



SOLUTION

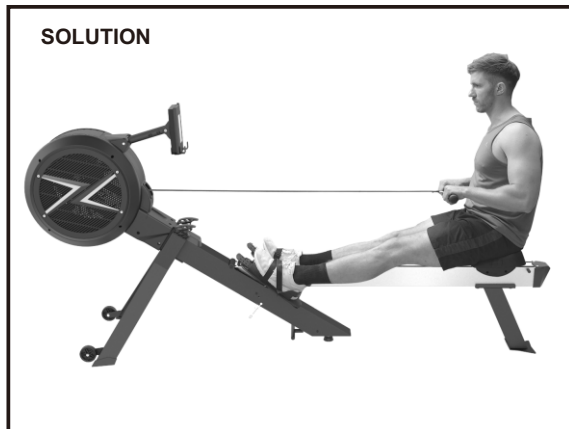
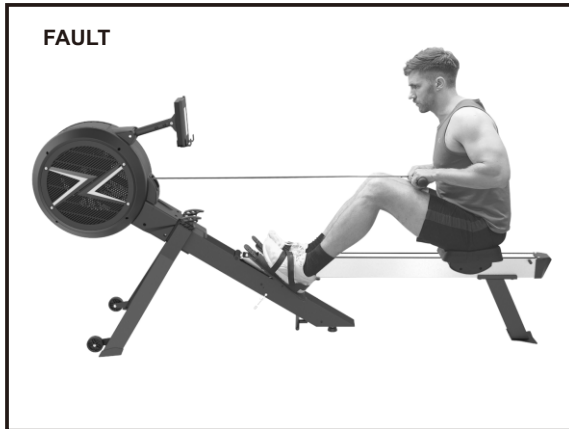
Always row with flat wrists through the entire stroke.

CORRECT ROWING GUIDE

Pulling the Body to the Handle

FAULT

At the finish, the user, instead of pulling the handle to the body, pulls themselves forward to the handle.



SOLUTION

At the finish the user leans back slightly, holds the legs down and draws the handle to the body using the upper body as a firm platform.

Flying Elbows

FAULT

The user's elbows are sticking out from the body at the finish and the handle is at chest level.



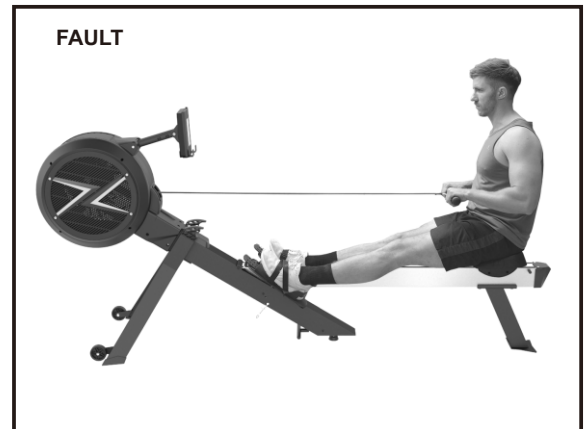
SOLUTION

Draw the handle to the body. The wrists are flat and the elbows pass close to the body. Elbows extend behind the body as the handle is drawn to the waist.

Locking the Knees

FAULT

At the end of the stroke the user locks the knees making the legs straight.

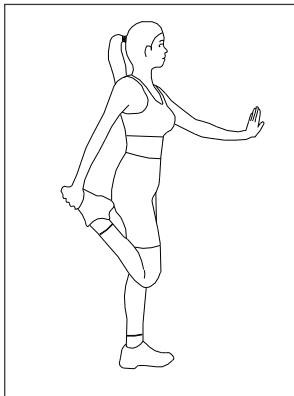


SOLUTION

Always keep the legs slightly bent in the fully extended position do not lock the knees.

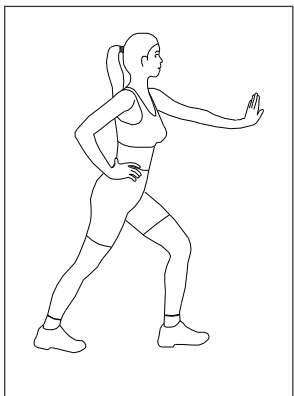
STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or calisthenic type exercise. Stretching Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.



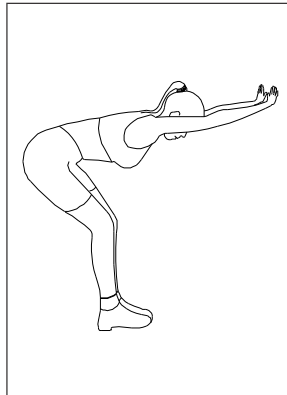
1. Quadriceps Stretch

Reach behind body with one hand, grasp top of foot and pull heel toward buttocks while maintaining an erect and upright posture. Hold for 20-30 seconds and release. Repeat for opposite leg.



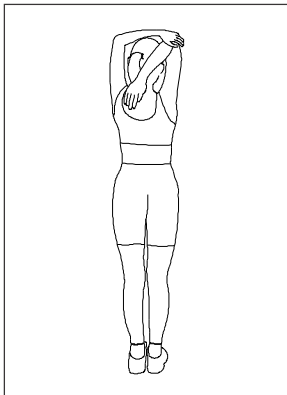
2. Calf, Achilles Stretch

Keeping back leg straight and foot flat on floor with toes pointed straight ahead, move hips forward by bending knee on front leg. Hold for 20-30 seconds and release. Repeat for opposite leg.



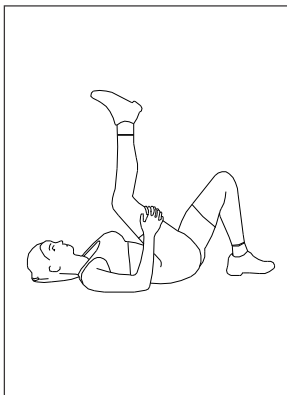
3. Back Stretch

With arms extended and hips directly over feet, lower upper body below hand level by bending at the knees. Hold for 20 - 30 seconds and release.



4. Rear Upper Arm Stretch

Grasp elbow and pull hand toward midline of the body while maintaining an erect and upright posture. Hold for 20 - 30 seconds and release. Repeat for opposite arm.

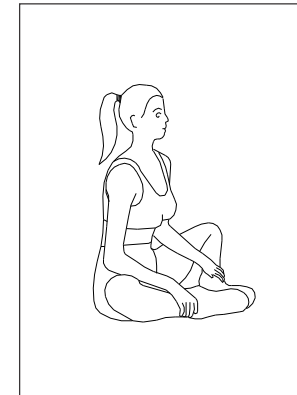
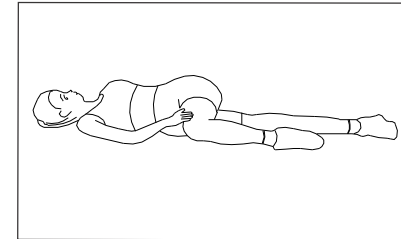


5. Hamstring, Lower Back Stretch

Holding thigh against upper body, extend leg toward ceiling. Hold for 20-30 seconds. Repeat for opposite leg.

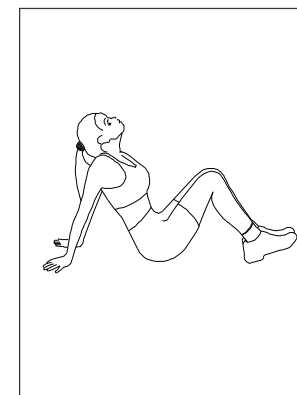
6. Buttocks, Hips, Abdominal Stretch

While keeping both shoulders in contact with the ground, gently pull knee toward the ground. Hold for 20-30 seconds and release. Repeat for opposite side.



7. Inner Thigh Stretch

With soles of feet together, lean forward from the waist while applying downward pressure to the inside of the knees. Hold for 20 - 30 seconds and release.



8. Chest, Shoulder, Upper Arm Stretch

Move buttocks forward away from arms while keeping arms extended back and palms on ground. Hold for 20-30 seconds and release.

COMPUTER(SM5843) INSTRUCTION

DISPLAY FUNCTIONS

ITEM	DESCRIPTION
TIME	-Count up – No preset target, Time will count up from 00:00 to maximum. -Count down - If training with preset Time, Time will count down from reset to 00:00. -Display range: 0:00~99:59.
TIME/500m	-Display the remain time to finish 500, and meters rowing according to current speed. -Display range: 0:00~59:59
DISTANCE (METER)	-Display range: 0~99999m
CALORIES	-Burned calories during rowing. -Display range: 0~9999 (This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatment.)
SPM	-Strokes per minute
STROKES	-The movements when complete rowing. -Display range: 0 ~ 9999
PULSE	-Computer buzzer will beep when actual heart rate is over the target value during workout. -Display range: 0-30~230Bpm
WATTS	-Workout power consumption -Display range: 0 ~ 999 *Press UP/DOWN key to preset level value when computer works.

KEY FUNCTIONS

ITEM	DESCRIPTION
INTERVAL PROGRAM	- Function selection. - Interval Program 20/10 、 10/20 、 Customer.
TARGET PROGRAM	- Function selection - Target Time 、 Target Distance 、 Target Calories 、 Target Pulse 、 Target Watts.
START/STOP KEY	- Press Start to row training. - Press Stop to display workout results.
UP	- In setting mode, adjust the values. - Increase resistance levels.
DOWN	- In setting mode, adjust the values. - Decrease resistance levels.
ENTER /MODE	- Confirm setting or selection.
RESET	- In Ready mode, hold on pressing UP key + DOWN key, computer will reboot.

OPERATION:

POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds (Drawing 1).

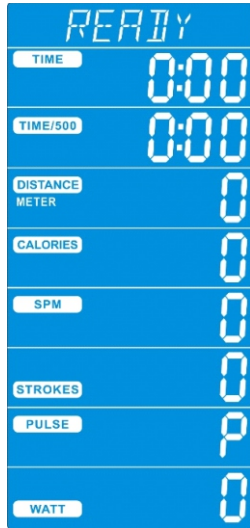


(Drawing 1)

COMPUTER(SM5843) INSTRUCTION

QUICK-START

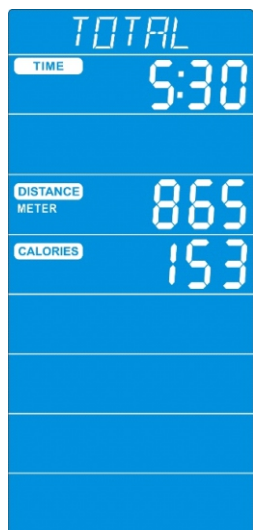
1. Then into READY mode (Drawing 2), press START / STOP key to start workout (Drawing 3).
2. Press START/STOP key to stop, into workout results (TOTAL / AVERAGE / MAX) (Drawing 4~6).
3. In STOP mode, hold on START/STOP key, monitor return to READY mode.



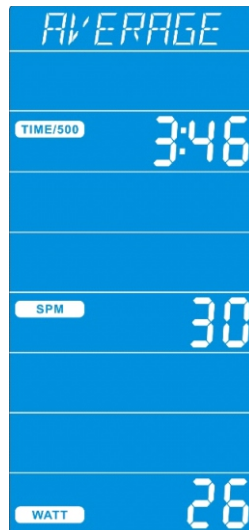
(Drawing 2)



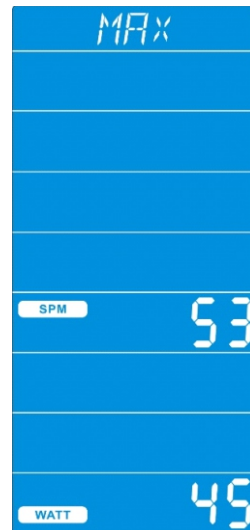
(Drawing 3)



(Drawing 4)



(Drawing 5)

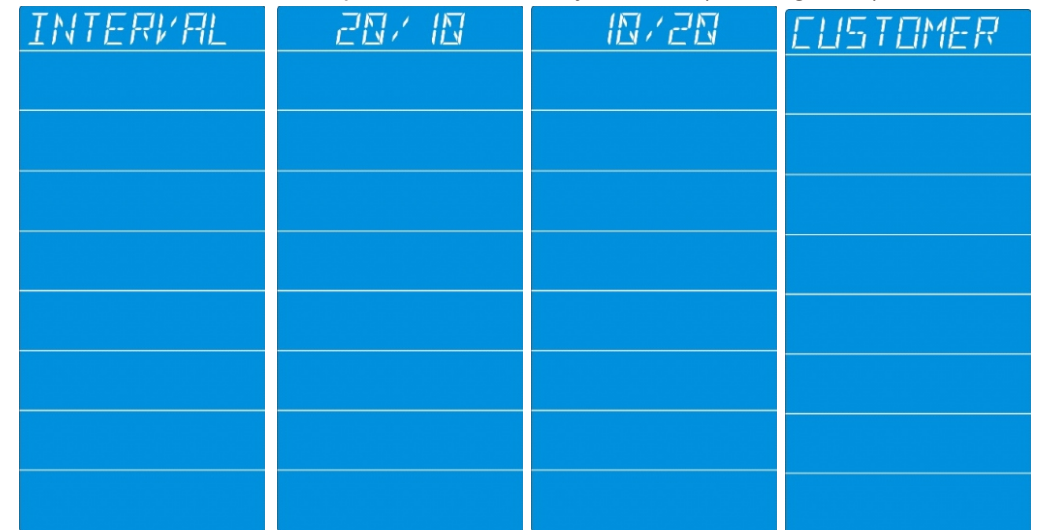


(Drawing 6)

INTERVAL PROGRAM

Sections

20/10 → 10/20 → CUSTOM, press UP/DOWN key to select. (Drawing 7~10)



(Drawing 7)

(Drawing 8)

(Drawing 9)

(Drawing 10)

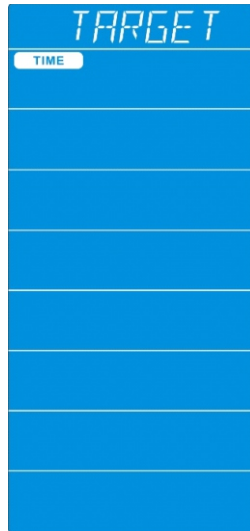
1. (20/10): Work for 20 seconds and rest for 10 seconds for 8 times.
 - A. Select (20/10) then press START/STOP key to begin.
 - B. As work, time would count down from 20 seconds.
 - C. Then as rest, time would count down from 10 seconds.
 - D. B&C would continue for 8 times till end.
 - E. In STOP mode, hold on START/STOP key, monitor return to READY mode.
2. (10/20): Work for 10 seconds and rest for 20 seconds for 8 times.
 - A. Select (10/20) then press START/STOP key to begin.
 - B. As work, time would count down from 10 seconds.
 - C. Then as rest, time would count down from 20 seconds.
 - D. B&C would continue for 8 times till end.
 - E. In STOP mode, hold on START/STOP key, monitor return to READY mode.
3. CUSTOMER: User can set up the time for exercise and rest.
 - A. Select CUSTOMER and Press ENTER/MODE key to enter.
 - B. SET ROUND would show up. Press UP/DOWN key to select exercise terms.
 - C. Then press ENTER/MODE key to select Work / Rest time. Press UP/DOWN key to select exercise time.
 - D. Press START/STOP key to begin.
 - E. As exercise, time would count down as setting.
 - F. Then as rest, time would count down as setting.
 - G. E&F would continue as setting till end.
 - H. In STOP mode, hold on START/STOP key, monitor return to READY mode.

COMPUTER(SM5843) INSTRUCTION

TARGET PROGRAM

Sections

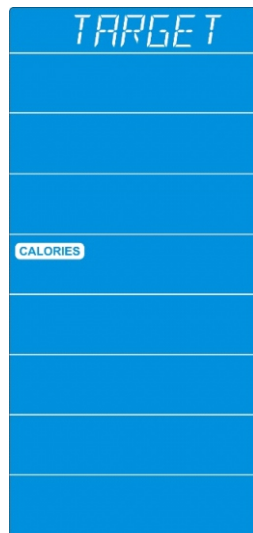
TIME →DISTANCE(METER) →CALORIES →PULSE →WATT, press UP/DOWN key to select. (Drawing 11~15)



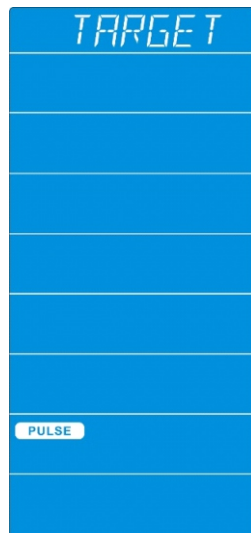
(Drawing 11)



(Drawing 12)



(Drawing 13)



(Drawing 14)



(Drawing 15)

Target Time

1. Press UP/DOWN key to set Target TIME, press STRAT/STOP key to workout in Target Time mode.
2. TIME begins to count down from Target value, TIME/500 /DISTANCE(METER)/ CALORIES/ SPM/ STROKES/ PULSE/ WATT will display value accordingly.
3. Press STRAT/STOP key to stop workout, into workout results (TOTAL / AVERAGE / MAX).
4. In STOP mode, hold on START/STOP key, monitor return to READY mode.

Target Distance

1. Press UP/DOWN key to set Target DISTANCE, press STRAT/STOP key to workout in Target Distance mode.
2. DISTANCE begins to count down from Target value, TIME/500 /DISTANCE(METER) / CALORIES/ SPM/ STROKES/ PULSE/ WATT will display value accordingly.
3. Press STRAT/STOP key to stop workout, into workout results (TOTAL / AVERAGE / MAX).
4. In STOP mode, hold on START/STOP key, monitor return to READY mode.

Target Calories

1. Press UP/DOWN key to set Target CALORIES, press STRAT/STOP key to workout in Target Calories mode.
2. CALORIES begins to count down from Target value, TIME/500 /DISTANCE(METER)/ CALORIES/ SPM/ STROKES/ PULSE/ WATT will display value accordingly.
3. Press STRAT/STOP key to stop workout, into workout results (TOTAL / AVERAGE / MAX).
4. In STOP mode, hold on START/STOP key, monitor return to READY mode.

Target Pulse

1. Press UP / DOWN key to set AGE and enter by pressing ENTER / MODE. Choose 60% →75% →85% →TARGET.
Pulse 60% - Here you are rowing in the very efficient range of 60%, ideal for beginners and for general fat Burning.
Pulse 75% - This range of 75% of the maximum pulse rate is suitable for experienced users and athletes.
Pulse 85% - The anaerobic range of 85% of the maximum pulse rate is only suitable for competitive athletes and short sprint exercises.
TAG - The computer uses your Age to calculate a target pulse rate, which you can change as per your willing. Never select a target pulse that is higher than your age-determined maximum pulse rate.
2. TIME begins to count up, TIME/500 /DISTANCE(METER)/ CALORIES/ SPM/ STROKES/ PULSE/ WATT will display value accordingly.
3. Press STRAT/STOP key to stop workout, into workout results (TOTAL / AVERAGE / MAX).
4. In STOP mode, hold on START/STOP key, monitor return to READY mode.

COMPUTER(SM5843) INSTRUCTION

Target Watt

1. Press UP/DOWN key to set Target WATT, press STRAT/STOP key to workout in Target Watt mode.
2. Press UP/DOWN key to preset TIME.
3. TIME begins to count up, TIME/500 /DISTANCE(METER)/ CALORIES/ SPM/ STROKES/ PULSE/ WATT will display value accordingly.
4. Press STRAT/STOP key to stop workout, into workout results (TOTAL / AVERAGE / MAX).
5. In STOP mode, hold on START/STOP key, monitor return to READY mode.
 - A. Press UP/DOWN key to set Target WATT, press STRAT/STOP key to workout in Target Watt mode.
 - B. Press UP/DOWN key to preset TIME.
 - C. TIME begins to count up, TIME/500 /DISTANCE(METER)/ CALORIES/ SPM/ STROKES/ PULSE/ WATT will display value accordingly.
 - D. Press STRAT/STOP key to stop workout, into workout results (TOTAL/ AVERAGE / MAX).
 - E. In STOP mode, hold on START/STOP key, monitor return to READY mode.

Noted

1. After 1 minute without pedaling or pulse input, console will turn off backlight, and will enter into power saving mode after 3 minutes. Press any key may wake the console up.
2. When computer act abnormal, please plug out the adaptor and plug in again.

APP(optional)

1. This console can connect APP on the smart device by Bluetooth.
2. Once console is connect to smart device via Bluetooth, the console will power off.

