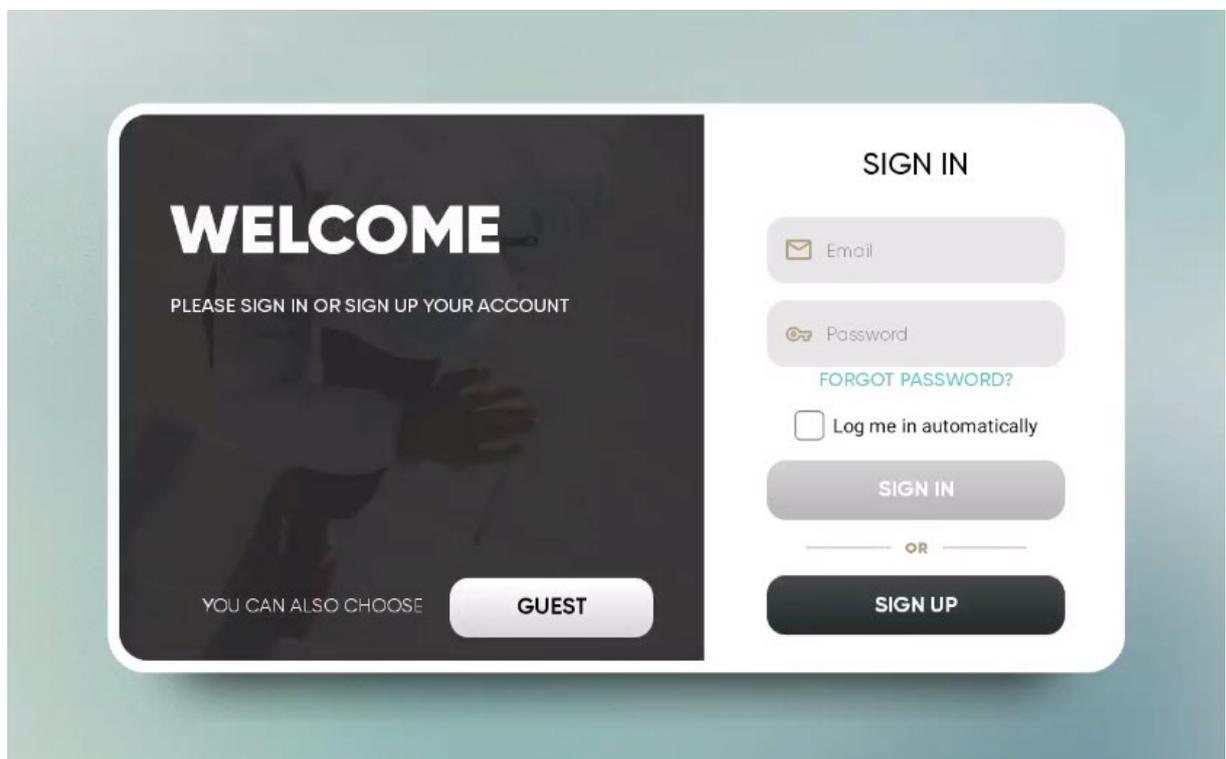


A. Console Display



Member Sign IN :

For the best experience and ability to follow your training progress we recommend to create an account with Sunrise. This can be done by pressing the main menu icon and selecting Sign in. Please note that only one user can be logged in at the same time. If you already have an account with Sunrise, you can directly sign in. If not, you can register directly using your email.



B. MEDIA :

Press MEDIA in home page  there are 2 options.

1.1 Application

The system currently provides 8 APPS: Youtube、Netflix、Disney+、Amazon Prime Video、Facebook、Twitter、Instagram、Spotify

Note1: When testing, check whether there is enough storage space and whether power-on clearing cache is effective.

Note2: Third-party apps of this model need to do whitelist installation, and other third-party apps are not in the whitelist need to be restricted.



1.2 Mirror

Select mirror function in MEDIA; and select the phone systems IOS / Android.



IOS



Android

Note: The WiFi-name of the electronic meter must be on the same network (domain name) as the mobile phone.

C. Mode Function Description :

1 IDLE MODE :



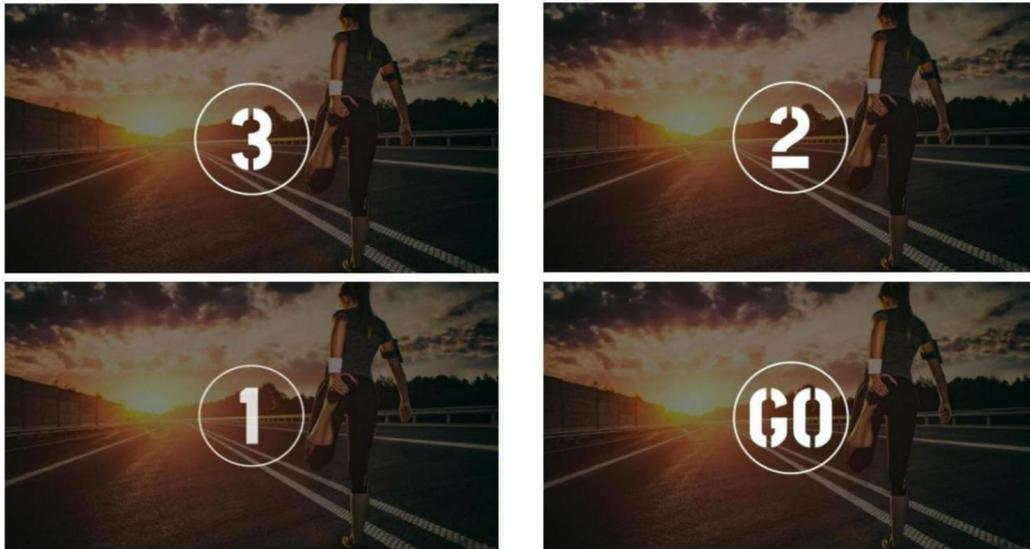
- 1.1 On the login screen, whatever click 「Register New User」 , 「User Login」 , 「Guest Login」 ,and 「Logged in」 all can enter IDLE MODE.
- 1.2 After quit Workout Summary or without any operation of machine will return to IDLE MODE.
- 1.3 In IDLE MODE, if no key is detected within 30 minutes, sleep according to the SLEEP KEY setting.

2 Sleep mode/Display mode :

- 2.1 Sleep preset NO, if no button is detected within 30 minutes, enter sleep according to the following settings.
- 2.2 True sleep: turn off the power and backlight, only press any key to wake up, cannot use the touch screen to wake up.

	Sleep Mode ON	Sleep Mode OFF
Display ON	No operation within 30 minutes Go into true sleep (Any button can wake up the CONSOLE).	No operation within 30 minutes Go into false hibernation (Touch-screen wake-up THE CONSOLE).
Display OFF	No operation within 30 minutes Go into true sleep (Any button can wake up the console).	Never go to sleep.

3 Prepare



3.1 The purpose of this status is to allow the user to complete the pre-exercise preparation to avoid danger caused by immediately starting the system

3.2 Press the key  on the console or press the physical start  key and touch key to animate [3,2,1,GO], where [3, 2, 1] animation display from small to large to small, while each emits a short BI sound, to [GO] the picture from small to large, and corresponds to a long buzzer sound.

3.3 This process cannot be clicked to pause/stop, and it will not take effect until you click pause/stop after entering the motion.

4 WARM UP:



4.1.1 With or without warm-up mode.

Mode		Mode		Mode		Mode	
QUICK START	NO	RANDOM Incline	YES	INTERVALS - HIIT CLASSIC、CUSTOM	YES	H.R.C	NO
GOAL	NO	Speed	YES	USER PROGRAM	NO	Gerkin	YES
HILL	YES	V.R	NO	FITNESS TEST--AIR FORCE、 ARMY、 COAST GUARD、 PEB、 MARINE CORPS、 NAVY	NO		

4.1.2 Warm Up time starts at 3:00 minutes and counts down to 0:00, during which you can press SKIP  to skip Warm Up, and when the last 3 seconds to countdown, a short BI sound is displayed to indicate that Warm Up is about to end.

4.1.3 Incline default value: 0% The user cannot adjust the current value at will.

4.1.4 Speed default value: 03:00~02:00 Speed when starting exercise *20%

02:00~01:00 Speed when starting exercise *30%

01:00~00:00 Speed when starting exercise *40%

4.2.1 LED window TIME window synchronously displays a three-minute countdown.

4.2.2 During the period, you can press the SKIP key, the physical START button, and the touch key  on the console to skip the Warm Up program and enter WORKOUT.

5 WORKOUT:

5.1 Press Start key to enter WORKOUT.

5.2 Entering the Program will first display [INCLINE PROFILE].:



5.3 Can be manually switched to [SPEED PROFILE].:



5.4 It can be manually switched to [playground dynamic map]:



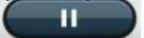
5.5 Except that when VR mode enters motion, it is [Play Video].

5.6 Exercise status information

5.7 The key functions

5.8 Can use MEDIA

5.9 When the console is moving, the LED window synchronously displays the motion data, and the [PULSE/DISTANCE], [INCLINE/ALTITUDE], [SPEED/CALORIES] windows switch the display every 5 seconds

5.10 Clicking during exercise  will pop up the PAUSE window.

5.11 COOL DOWN will be entered when the time counts down to 00:00 set by Hill, Random Incline, Speed, HIIT, Custom.

5.12 When goal reaches the set selective goal, it will enter the workout summary.

6 PAUSE:



6.1 When the STOP button is pressed during the movement, it will enter the pause mode, jump out of the PAUSE window, and all data will stop counting. The LED window displays the data before pause, and the pause status does not automatically switch the display.

- 6.2 Neither speed nor incline can be controlled, the running belt stops slowly and the slope stops adjusting.
- 6.3 Fitness test physical fitness test, this mode of movement pause to end the test, into the workout summary.
- 6.4 The pause screen of vision run is set against the background of the movie, the pause screen of the video stop playing is based on the current movie as the background, and the video stops playing.



- 6.5 In the pause state, if it is left for 3 minutes without operation, it will enter the workout summary and the led window will be displayed to zero.
- 6.6 **IF PRESS RESUME KEY:** The movement will continue, and the values will continue to be counted, but for safety reasons, before the running belt has not stopped, the RESUME function will be forced to a gray invalid state, until the running belt is completely stopped, the button can turn on the light, and the user will exercise again.
- 6.7 **IF PRESS FINISH KEY:** End the campaign to go to the workout summary page.

7 COOL DOWN:



- 7.1 Enter Cool Down when Hill, Random Incline, Speed, HIIT, Custom mode ends.
- 7.2 When any of the conditions are met in the exercise, automatically switch to Cool Down for 3 minutes, and press the SKIP button on the console to skip from 3:00 to 0:00, and finally count down to 3 seconds, each emitting a short Bi sound to indicate that the Cool Down process is about to end and enter the Workout Summary.

7.3 Default value: 0% The user can adjust the current value at will.

7.4 Speed default value: 03:00~02:00 speed at the end of the exercise * 40%

02:00~01:00 speed at the end of exercise *30%

01:00~00:00 speed at the end of exercise *20%

7.5 Cool mode includes: Hill, Random Incline, Speed, HIIT, Custom.

7.6 No cool mode: QUICK START、GOAL、USER、Vision Run、H.R.C.

8 **WORKOUT SUMMARY:**

8.2 After 3 minutes on the workout summary page, no operation will automatically jump back to the idle mode page



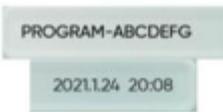
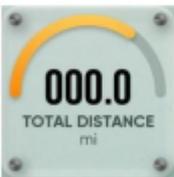
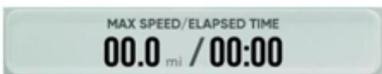
8.2.1 In military mode fitness test will show success or failure.



8.2.2 In marathon, marathon will display the standard marathon grade results.



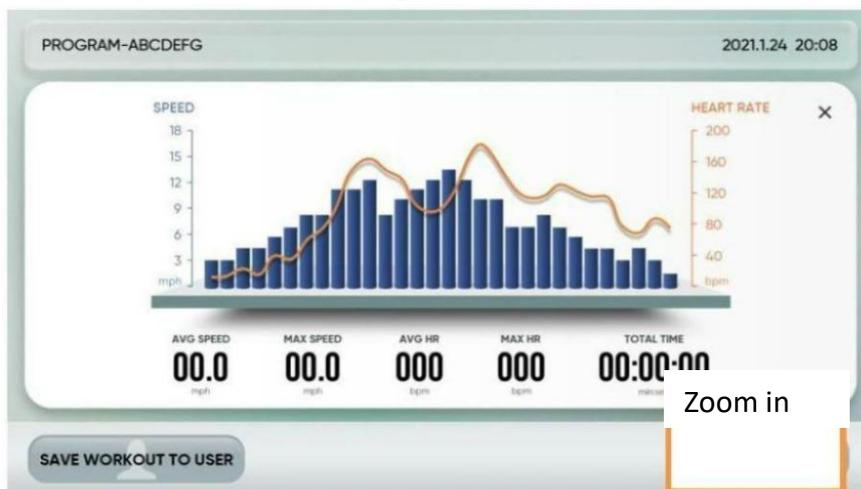
8.3 General Motion Data Settlement:

Project	Picture	Range of Display
Name + Date +Time Program-NAME		(Note: 12H OR 24H)
Exercise Time Time		<ul style="list-style-type: none"> ● Display range: 99: 59 (sec: min) ~ 99: 59 (h:min) . ● The PROGRAM display of the count up number is full in GOAL. ● The mode is the next number, and the total time / exercise time is displayed in the USER setting.
Total Distance		<ul style="list-style-type: none"> ● Display range: 0.0~999.9 ● (Decimal point change) ● The PROGRAM display of the count up number is full. ● In GOAL mode, the number is lower, and the achievement percentage is displayed by the USER setting.
Calories		<ul style="list-style-type: none"> ● Display range: 0~9999 ● The PROGRAM display of the count up number is full. ● In GOAL mode, the number is lower, and the achievement percentage is displayed by the USER setting. ●
<u>Avg.Pace</u> [←]		Display range: 0:0~99:59 [←]
<u>Avg.Mets</u> [←]		Display range: 1~999 (No [←] unit) [←]
Max [←] Speed/Elapsed [←] Time [←]		ex: 10MI/5:05 [←]

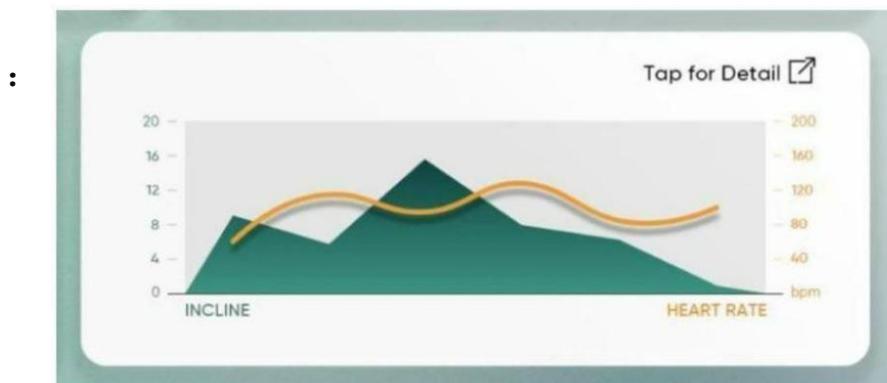
8.3.1 Graph speed + heart rate:



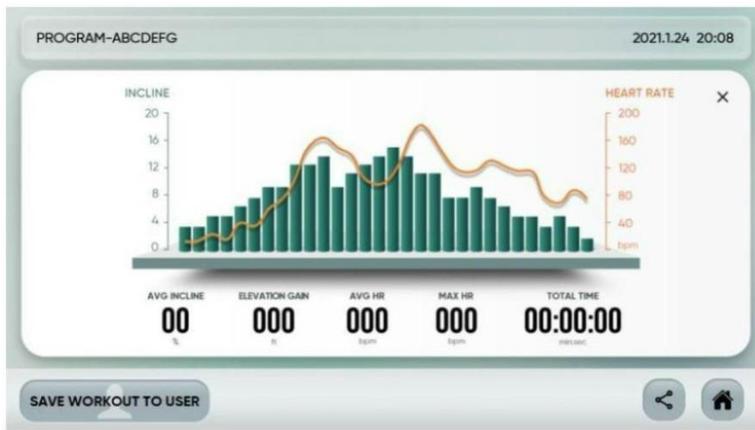
Press TAP FOR DETAIL to expand Profile



8.3.2 Curve Ascension + Heart Rhythm:



Press TAP FOR DETAIL to expand Profile.

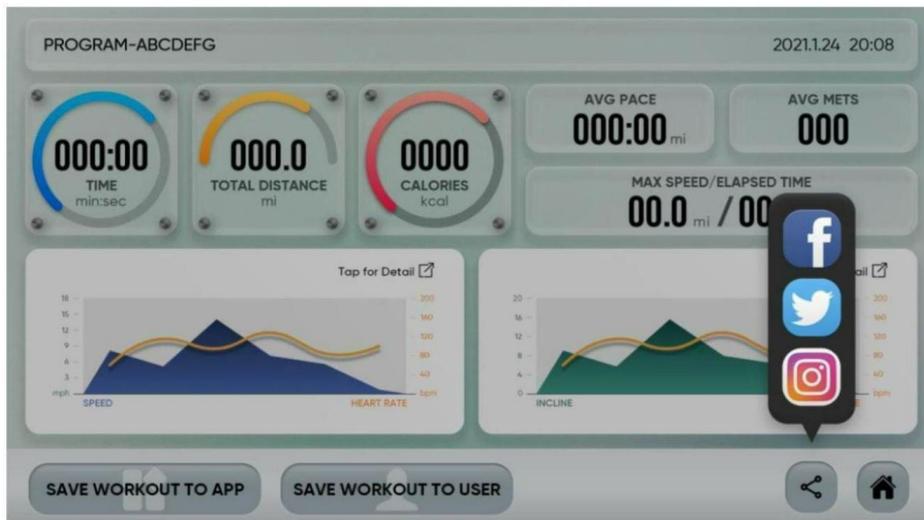


8.3.3 If there is no operation on the WORKOUT SUMMARY page for 3 minutes, it will automatically jump back to the IDLE MODE page.

9 SHARE TO APP

9.1 SHARE TO APP FOR SUMMARY RECORDING.

9.2 Click  share **【Summary data】** it will pop out   



9.2.1 Selecting one of the third-party screens will take you to that third-party app for sharing.

10 USER SAVE WORKOUT TO USER

10.1 USER login:



10.1.1 Click **SAVE WORKOUT TO USER**  , then it will automatically save the summary record to User Mode.

10.2 Guest log in:

10.2.1 Click [SAVE WORKOUT TO USER] to pop up the USER login ,account pop-up window on the summary screen, enter the account password and click SIGN IN to log in, the [Login successful] prompt pops up at the bottom of the SUMMARY screen, and click [SAVE WORKOUT TO USER] again to save the motion data to the user mode.

10.3 FITNESS TEST and HRC are not have a storage.

D. Exercise status display

DISPLAY	DESCRIPTION
TIME	+ Display of the elapsed or remaining or target time in minutes + Display range: 99:59 (min: sec) ~ 99:59 (h: min).
CALORIS	+ Display of the METS Display range: X~XXX + Display of the CALORIES in kcal Display range: 0~9999 + Display of the CALORIES/HR in kcal Display range: 0~9999 + Display of the ELEVATION GAIN in M Display range: 0~9999
HEART RATE	+ Display of the heart rate in BPM + Display range: 40~220
Distance	+ Display of the training distance in Imperial/ MI/ Metric/ KM + Display range: 0.0~999.9
PACE	+ Display of the PACE in MIN/KM + Display range: 0.0~99.59
INCLINE	+ Display of the INCLINE in None + Display range: 0 ~ 15
Speed	+ Display of the current speed in kph/mph + Display range: 0.8kph-22 kph; 0.5mph-13.8 mph.

E. CONSOLE KEY FUNCTION

1. INCLINE QUICK KEY

Click to pop up a window to select, display range: 1, 3, 6, 9, 12, 15. Adjustable range: 0-15

2. SPEED QUICK KEY

Click to pop up a window to select, display range: 1, 3, 5, 7, 9, 11, 13, 15.

Adjustable range: 1.0-20KM/H.

3. MEDIA

EXCEPT FOR VR MODE, MEDIA CAN BE USED IN SPORTS IN THE SAME WAY AS IDLE MODE.

3.1 【Application】  PRESSED  SELECTED 

3.2 【MIRROR】  PRESSED  SELECTED 

3.3 Add the Back button in the lower right corner. 

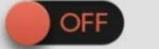
3.4 Add full-screen button in the lower right corner. The screen becomes full-screen, and you can press Return to the small screen.

3.5 During workout, when INCLINE and SPEED are adjusted, an orange box above will pop up to prompt USER.

4. Wearable Bluetooth key:

4.1 Display in the upper right corner of the sports interface, click / when pausing the mode to trigger, pop-up window is presented.

4.2 Default: OFF

4.3   Connected/   disconnected.

4.4  Research the device /  Enable/  Disable /  Delete device.

4.5 The device button should change with whether there is a connection, and add a diagonal line when there is no connection.

4.6  Connected/  Disconnected.

5. WIFI/Bluetooth key:

5.1 Click the Connection Setting option in SETTING mode to pop up the CONNECTION SETTING pop-up window.

5.2 Display in the upper right corner of the main interface and sports interface, click

 /  to trigger, and the Android setting window will pop up.

5.3  Turn on/  Turn off to connect.

5.4 The button of the device should change according to whether there is a connection or not. When there is no connection, add a slash to the icon.

5.5 WIFI =  connected/  disconnected.

5.6 Bluetooth =  connected/  disconnected.

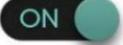
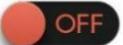
5.7  Back to previous page.

5.8 Press  to become Full Screen, press  to back small screen.

6. Alarm

6.1 Display in the lower left corner of the motion interface, click to Trigger, pop-up window mode is presented.

6.2 Default: OFF

6.3  turn on the alarm/  turn off the alarm/  close window.

6.4 Sliding numbers to adjust, pay attention to AM, PM.

6.5 The alarm button changes depending on whether it is turned on or not.

6.6 Unset Time  / Time has set. 

6.7 When the set time is reached, the movement is paused and an ALARM pop-up window pops up.

6.8 All pop-up windows are displayed on the top with an alarm prompt, which continues to shake until manually pressed to close.

6.9 If the alarm goes off while pausing, cover the PAUSE window and display the pause window after closing the ALLARM window.

6.10 While paused, the alarm window does not affect the PAUSE window to continue counting down 3 minutes.

Suppose after 1 minute countdown, the alarm goes off, continue to count the remaining two minutes, and then enter SUMMARY.

6.11 At the end of the campaign, the alarm clock sounds, the ALLARM window is displayed first, and the user presses CLOSE to enter SUMMARY.

In fitness mode, if you set an alarm, it will trigger a pause when it sounds, and press close to go back to idle mode directly.

7. Volume key:

7.1 Display in the lower left corner  of the motion interface, click the volume up and down adjustment key after triggering.

7.2 Click  adjust volume until 0, the volume icon will become  pressed.

7.3 The minimum volume is 0, the maximum volume is 15.

8. Profile

8.1 Click  pressed  selected  in the lower right corner of the sports interface to switch to PROFILE.

8.2 You can switch between the two profiles by clicking the incline/speed tab by touching.

● When Click incline:



● When click



8.3 Color: white = completed segment, light green = current segment, dark green= incomplete segment.

8.4 The Bar status display should let the user know where the current movement is. A Bar represents a section. The single-drawing screen has 30 sections. There is a villain and the current value displayed on the section of the exercise, and the villain is maintained at INCLINE 20. horizontal line

8.5 There are two ways to calculate the time corresponding to each order:

8.5.1 When the exercise time is up, the time for each stage is fixed at 1 minute and the next stage

Once the exercise time exceeds 30 minutes, it will return to the first paragraph and continue to display.

For example: Take QUICK START as an example, the profile jumps back to the first paragraph at the 31st minute, the second paragraph at 32 minutes and so on

8.5.2 When the exercise time is a lower number, the time of each step is (total exercise time/30)

For example: if the total exercise time is set to 1 hour, then each step is (60/30), which is equal to 2 minutes for the next step.

9. LAPS

9.1 Click on the bottom right corner of the sports interface  PRESSED  SELECTED  TO SWITCH PROFILE.

9.2  The red mark is the starting position, run counterclockwise to the right.

9.3 The distance per lap is 0.4KM/0.25MILE.

9.4 LAPS: The number of laps, one lap on the outside is the first lap, one lap on the inner circle is the second lap, and so on.

10. Zoom Keys

10.1 In the MEDIA interface, there will be a full screen requirement. In the workout screen, only the multimedia screen will be displayed on the full screen.

10.2 Executing the MEDIA screen during exercise,  there will be an additional

full screen button in the lower right corner  to return to the small screen.

10.3 Switch to full screen in VR mode

11. Return Key:



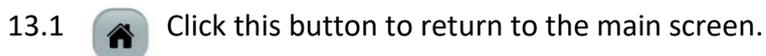
11.2 It can only be triggered if there is an exit situation.

12. Enter



12.2 Select [INTERVALS], [CLASSICS], [VISION RUN], [FITNESS TEST], [H.R.C.] mode in IDLE MODE and press the confirm key to enter.

13. HOME



14. START



14.1 Set the exercise interface before starting the exercise Click this button to enter the exercise.

15. PAUSE KEY



15.1 Clicking this button during exercise will pop up the pause (pause) string + resume (continue) button + finish (end exercise) button.

16. SAFETY KEY:

16.1 When the electronic watch is powered on, when the SAFETY KEY is pulled, the string of [SAFETY KEY falls off PLEASE PEPLACE SAFETY KEY] will pop up, and the IDLE MODE page will appear after the safety KEY is plugged in.

16.2 Physical buttons:



Functional	Illustrate
START key*2	<ul style="list-style-type: none"> ● One is the START button on the keypad, and the other is the touch START button. ● If the program is being set, press the START button to confirm the set value and start the electric treadmill. ● Press the START button to start executing the program, DM displays "3 2 1 GO", (3, 2, 1 are short beeps; at the beginning it is long beeps).
STOP Key*2	<ul style="list-style-type: none"> ● One is the STOP key on the keypad, and the other is the touch STOP key. ● Press the stop button during exercise to enter the pause state, DM will display "pause", the speed will return to zero, and the ascension will continue to the target value.
Speed + key	<ul style="list-style-type: none"> ● Press the stop button again to enter the end mode, and the ● This is touch adjustment speed + key ● This key is used as an acceleration function during program execution (add 0.1 for each adjustment)
Speed - key	<ul style="list-style-type: none"> ● Press this key to enter continuous key mode. ● This is the touch adjustment speed-key ● This key acts as a deceleration function during program execution (minus 0.1 for each adjustment). ● Press this key to enter continuous key mode.
speed shortcut	<ul style="list-style-type: none"> ● A total of 3 shortcut keys are 4/6/8 on the keypad.
Incline shortcut	<ul style="list-style-type: none"> ● There are four quick keys on the keypad for 2/4/6 stage ascension.
PROG Key	<ul style="list-style-type: none"> ● Press this button in IDLEMODE to directly enter the GOAL mode interface, you can choose a mode GOAL/HILL/PANDOM INCLINE arbitrarily, click ENTER to enter to set the user's gender, age, weight, height, exercise time, distance, calories, speed, lift Lift.
MODE Key	<ul style="list-style-type: none"> ● It is only valid on the sports page, press the mode button to switch between INCLINE PROFILE and SPEED PROFILE.
 KEY	<ul style="list-style-type: none"> ● In idle mode, press key  to turn off the console display. You need to press the key  again to restart.
Incline/Volume +/-keys	<ul style="list-style-type: none"> ● The hand-held blue light is displayed as the ascension +/- button, turn it up to ascension +1, and turn it down to ascension -1; the green light is the sound +/- button, turn it up to +1%, and turn it down to -1 %.
Hand held Speed+/-	<ul style="list-style-type: none"> ● The hand held blue light shows the upward rotation speed +0.1, the downward rotation speed -0.1; the green light shows the upward rotation speed +1.0, and the downward rotation speed -1.0.

F. **USER Setting**

AGE:

Default value: 30; Range: 10 ~ 99

In the setting, only FITNESS TEST can modify the age, and this setting value is used for calculation when Summary is settled. If you have logged in to USER, the modification of this setting value will not affect the data of USER.

Weight:

Imperial - Default value: 155LB; adjustable bottom range: 44 ~ 440 LB.

Metric - default value: 70 KG; adjustable bottom range: 20 ~ 200 KG.

HEIGHT:

Inch - default value: 5 feet 3 inches; adjustable bottom range: 3 feet 3.4 inches ~ 8 feet 2.4 inches.

Metric - Default value: 160 CM; Adjustable bottom range: 100 ~ 250 CM.

GENDER:

Default: MALE; Range of setting: MALE / FEMALE

FITNESS TEST

G. **PROGRAMS DESCRIPTION**



There are 7 major modes to choose from

1. QUICK START
2. CLASSICS: GOAL、HILL、RANDOM INCLINE
3. INTERVALS: SPEED、HIIT、CUSTOM
4. USER PROGRAM
5. VISION RUN: VIDEO1、VIDEO2、VIDEO3、VIDEO4
6. H.R.C: 60%、70%、80%
7. FITNESS TEST: AIRFORCE、ARMY、COASTGUARD、PEB、MARINECORPS、

1 QUICK START:

1.1 After clicking QUICK START directly from IDLE MODE or pressing the PROGRAM key, before selecting other PROGRAM.

You can directly press QUICK START to enter the fast movement.

1.2 RUNNING

This mode has no Warm Up and Cool Down processes.

Press QUICK START  on the screen display **【3】**、**【2】**、**【1】**、**【GO】**

The animation display changes from small to large and then to small, and at the same time, a short BI sound is emitted, and when the [GO] screen changes from small to large, it corresponds to a long BI sound, and the process cannot be paused/stopped.

1.3 WORKOUT

1.3.1 Exercise status:

Display	illumination
Distance	Unit: MI, display range: 0.0~999.9(M) (automatically change the decimal point) The distance starts from 0 and increases, and returns to 0 after exceeding 999.9 and continues to count
time	Unit: MIN, display range: 0:00~99:59 (min:sec)~99:59(h:min) The time starts counting up from 0:00, and counts up at 99:59 (h:min) after 99:59, and returns to 0:00 after 99:59 and continues counting The menu can be pulled down for 3 seconds to switch data (elapsed time, target time, remaining time)
Calories	Unit: kcal, display range: 0~99999 (kcal) The distance starts from 0 and increases, and returns to 0 after exceeding 9999 and continues to count. The menu can be pulled down for 3 seconds to switch data (metabolic equivalent, calories, calories/hour, elevation gain).
Heart rate	Unit: BPM、 Ranges: 40~220 If the heartbeat value is 0, the red heart icon is still and does not change If the heartbeat value is not 0, the size of the red heart icon changes every 1 second (1 second big, 1 second small).
Path	It is the current data, unit: MIN/KM, display range: 2:30~120:00.
Incline	Default: 15 To display the current data; unit: lift; display range: 0 ~15.

Speed	Default value: Imperial system: 0.6mph; Metric system: 1.0KM To display the current data; unit: mph / km; display range: 1.0~24.0.
PROFILE	Each PROFILE exercise time is 1 minute, a total of 30 segments. When adjusting INCLINE or SPEED, the PROFILE of the current segment and the non-moving segment will adjust the rise and fall synchronously.

1.3.2 This mode does not end automatically, you need to press  to enter pause mode, and all data.

1.3.3 SUMMARY process: This mode can be shared to APP and SAVE WORKOUT TO USER.



2. CLASSICS:



- After clicking the PROGRAM button in IDLE MODE, select CLASSICS to enter PROGRAM.

- Includes 3 modes: 【GOAL】、【HILL】、【RANDOM INCLINE】
- At moment 【PROG】、【MODE】 are invalid keys.

●  Press RETURN key to back PROGRAM select page.

●  If press the ENTER key: confirm the PROGRAM key, when the PROGRAM is not selected, the ENTER key is invalid.

2.1 GOAL

From IDLE MODE → point PROGRAM → select CLASSICS → select GOAL and press ENTER to enter PROGRAM.

2.1.1 Setting

USER login: The information column on the far left will automatically bring in USER information, you can click to modify  and save it.

Guest login: Using the system default value, you can press  to modify the USER information, a single set is not saved.

There are three target adjustable [TIME], [DISTANCE], [CALORIES].

Setting	Default value	Settable range	Setting
TIME	Target time setting	20 min	00:01 ~ 99:59 min
DISTANCE	target distance setting	5 KM	0~ 9999 KM
CALORIES	target calories setting	200 kcal	0 ~ 9999 kcal

2.1.1.1 The user can choose one, two or three targets to input at the same time, no matter which target item is set, it will count down from the target value to 0.

If no target is selected, all target values count up

2.1.1.2 Press  : Use the system preset goal [time 20min] to start

2.1.1.3 Press  : Return to PROGRAM selection page.

2.1.1.4 Press  : Return to IDLE MODE.

2.1.2 RUNNIG

This mode has no Warm Up and Cool Down processes.

Press START to display [3], [2], [1], [GO] animation display from small to large and then to small, and at the same time make a short BI sound, [GO] screen from small to large, and corresponding to a long BI sound; Pause/Stop cannot be clicked during the process.

2.1.3 WORKOUT

2.1.3.1 Exercise status display

Display	Illustrate
Distance	Unit: MI, display range: 0.0~999.9 (automatically change the decimal point) Target does not set a "distance": Display the "actual distance" time count up, return to 0 after 999.9 and continue counting If you set the target "distance": Display "remaining distance", count down from the set value until 0, end the movement and enter SUMMARY.
Time	Unit: MIN, display range: 00:01 ~ 99:59 (min:sec)~99:59(h:min) The menu can be pulled down for 3 seconds to switch data (elapsed time, target time, remaining time) Target doesn't set a "time": Display "elapsed time" time counting up, counting up at 99:59(h:min) after exceeding 99:59(min:sec), returning to 0:00 after exceeding 99:59(h:min) and continuing counting If you set the target "time": Display "remaining time", count down from the set value until 0, end the movement and enter SUMMARY.
Calories	Unit: kcal, display range: 0~99999 (kcal) The menu can be pulled down for 3 seconds to switch data (metabolic equivalent, calories, calories/hour, altitude gain) Goal does not set "calories": Display the "actual calories" count up time, after exceeding 99999, return to 0 and continue counting If you set a target "Calorie": Display "remaining calories", count down from the set value until 0, end the exercise and enter SUMMARY.
Heart rate	Unit: BPM, display range: 40~220 If the heartbeat value is 0, the red heart icon is still and does not change If the heartbeat value is not 0, the size of the red heart icon changes every 1 second (1 second big, 1 second small)
Path	It is the current data, unit: MIN/KM, display range: 2:30~120:00

Incline	<p>Starting Ascension: 0%</p> <p>To display the current data; unit: Ascension %; display range: 0 ~15</p> <p>The ascension setting can be adjusted by the user, and it is applicable to the synchronous adjustment of the PROFILE of the current segment and the non-exercising segment.</p>
Speed	<p>Starting speed: Imperial: 0.6mph; Metric: 1.0KM</p> <p>To display the current data; unit: mph / km; display range: 1.0~24.0</p> <p>The speed setting can be adjusted by the user, and it is suitable for synchronous adjustment of the PROFILE of the current segment and the non-exercising segment.</p>
PROFILE	<p>You can select the INCLINE/SPEED tab by touch to switch between two types of PROFILE</p> <p>When the exercise time is at the top, the time for each stage is fixed at 1 minute.</p> <p>When the exercise time is a lower number, the time of each step is (total exercise time/30)</p> <p>If the exercise time exceeds 30 minutes, the 31st minute will be displayed in the first segment.</p>

2.1.3.2 When one of the target values is reached, the movement will end.

2.1.3.3 During exercise click  pop out PAUSE window.

2.1.3.4 When the (arbitrary) set goal is reached, the exercise will end and enter the SUMMARY process.

2.1.4 SUMMARY process: In this mode can share to APP and SAVE WORKOUT TO USER or SAVE WORKOUT TO APP.

2.2 HILL

From IDLE MODE → point PROGRAM → select CLASSICS → select HILL and press ENTER to enter PROGRAM.

2.2.1 PREVIEW PROFILE PARAMETER:

USER login: The information column on the far left will automatically bring in USER information, which can be modified and saved simultaneously by pressing .

Guest login: Use the system default values, you can click  to modify USER information, a single set is not saved.

Slide the Profile screen or press the left and right  arrow keys to go to the next setting.

2.2.1.1 Parameter setting:

	Setting	Default value	Settable range
TIME	Exercise time setting	20 min	00:01 ~ 99:59 (min:sec)
MAX SPEED	Maximum speed setting	2.0 mph	1.0~24.0Max Value of calibration
MAX INCLINE	Maximum incline % Setting	10 %	0~15 Max Value of calibration

2.2.1.2 Press start  : The motion will start using the preset values.

2.2.1.3 Press  : Return to home page

2.2.1.4 Press  : Back to IDLE MODE.

2.2.2 RUNNING:

This mode has Warm Up and Cool Down processes.

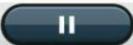
Press START to display [3], [2], [1], [GO] animation display from small to large and then to small, and at the same time make a short BI sound, [GO] screen from small to large, corresponding to a long BI Sound, enter WARM UP; the process cannot click Pause/Stop.

2.2.3 WORKOUT:

2.2.3.1 Sports status display:

Display	Illustrate
Distance	Count up the actual running distance, unit: MI, display range: 0.0~999.9 (the decimal point is automatically changed).
Time	Unit: MIN, display range: 00:01 ~ 99:59 (min:sec)~99:59(h:min) If it is set to 0, the exercise time will increment by the above number, count up to 99:59(h:min) after exceeding 99:59(min:sec), and return to 0:00 after exceeding 99:59(h:min) continue to count If the setting is not 0, the motion time will be decremented by the following number until 0:00, and the motion will stop The menu can be pulled down for 3 seconds to switch data (elapsed time, target time, remaining time).
Calories	It is the number of calories actually run, unit: kcal, display range: 0~99999 (kcal) The menu can be pulled down for 3 seconds to switch data (calories, calories/hour, metabolic equivalent).
Heart rate	Unit: BPM, display range: 40~220 If the heartbeat value is 0, the red heart icon is still and does not change If the heartbeat value is not 0, the size of the red heart icon changes every 1 second (1 second big, 1 second small).
Path	It is the current data, unit: MIN/KM, display range: 2:30~120:00.

<u>Incline</u>	To display the current data; unit: Ascension %; display range: 0~15 (determined by MAX INCLINE) Ascension settings can be adjusted by the user, and the adjustment is only applicable to the current section of PROFILE and will be adjusted synchronously.
<u>Speed</u>	To display the current data; unit: mph / km; display range: 1.0~24.0 (determined by MAX SPEED) The speed setting can be adjusted by the user, and the adjustment is only applicable to the current segment PROFILE and will be adjusted synchronously.
<u>PROFILE</u>	You can select the INCLINE/SPEED tab by touch to switch between two types of PROFILE A single screen displays 30 segments, and the status display should let users know which segment they are currently exercising at When the exercise time is at the top, the time for each stage is fixed at 1 minute. When the exercise time is a lower number, the time of each step is (total exercise time/30) If the exercise time exceeds 30 minutes, the 31st minute will be displayed in the first segment.

2.2.3.2 Press  pop out the PAUSE window.

2.2.4 PAUSE PROCESS:

2.2.5 COOL DOWN process: In this mode can sharing to APP and SAVE WORKOUT TO USER or SAVE WORKOUT TO APP.

2.2.6 SUMMARY process:

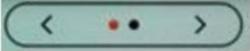
2.3 RANDOM INCLINE MODE:

From IDLE MODE → point PROGRAM → select CLASSICS → select RANDOM INCLINE and press ENTER to enter PROGRAM.

2.3.1 PREVIEW PROFILE PARAMETER:

USER login: The information column on the far left will automatically bring in the USER information, which can be modified and saved simultaneously by pressing .

Guest login: Use the system default value, you can press  to modify the USER information, a single set is not saved.

Slide the Profile screen or press the left and right arrow keys  to go to the next setting.

2.3.1.1 Enter the program, the system will randomly generate an INCLINE PROFILE program, press to refresh the system will generate a new INCLINE PROFILE program.

2.3.1.2 This PROFILE cannot exceed the MAX INCLINE setting INCLINE PROFILE.

2.3.1.3 Unlimited Ascension Height in the First and Last Sections.

2.3.2 Slide the Profile screen or press the left and right arrow keys  to go to the next setting.

2.3.3 Parameter setting:

Setting		Default value	Settable range
TIME	Exercise target time setting	20 min	00:01 ~ 99:59 (min:sec)
MAX LEVEL	Max incline setting	10	0~15 MAX of calibration

2.3.3.1 Press  : The motion will start using the preset values.

2.3.3.2 Press  : You will return to the PROGRAM selection page.

2.3.3.3 Press  : Return to IDLE MODE.

2.3.4 RUNNING

2.3.5 WARM UP:

2.3.6 WORK OUT:

2.3.6.1 Exercise status display:

Display	illustrate
Distance	Count up the actual running distance, unit: MI, display range: 0.0~999.9 (the decimal point is automatically changed)
Time	Unit: MIN, display range: 00:01 ~ 99:59 (min:sec)~99:59 (h:min) If it is set to 0, the exercise time will increase by the above number, count up to 99:59 (h:min) after exceeding 99:59 (min:sec), and return to 0:00 after exceeding 99:59 (h:min) continue to count If the setting is not 0, the motion time will be decremented by the following number until 0:00, and the motion will stop The menu can be pulled down for 3 seconds to switch data(elapsed time, target time, remaining time).

Calories	It is the number of calories actually run, unit: kcal, display range: 0~99999 The menu can be pulled down for 3 seconds to switch data (calories, calories/hour, metabolic equivalent).
Heart rate	Unit: BPM, display range: 40~220 If the heartbeat value is 0, the red heart icon is still and does not change If the heartbeat value is not 0, the size of the red heart icon changes every 1 second (1 second big, 1 second small).
Path	It is the current data, unit: MIN/KM, display range: 2:30~120:00
Incline	To display the current data; unit: Ascension %; display range: 0 ~15 (determined by MAX INCLINE) Ascension settings can be adjusted by the user, and the adjustment is only applicable to the current section of PROFILE and will be adjusted synchronously.

<p>Speed</p>	<p>To display the current data; unit: mph / km; display range: 1.0~24.0 (determined by MAX SPEED) The speed setting can be adjusted by the user, and the adjustment is only applicable to the current segment PROFILE and will be adjusted synchronously.</p>
<p>PROFILE</p>	<p>You can select the INCLINE/SPEED tab by touch to switch between two types of PROFILE A single screen displays 30 segments, and the status display should let users know which segment they are currently exercising at When the exercise time is at the top, the time for each stage is fixed at 1 minute. When the exercise time is a lower number, the time of each step is (total exercise time/30) If the exercise time exceeds 30 minutes, the 31st minute will be displayed in the first segment.</p>

2.3.6.2 Press  pop out the PAUSE window.

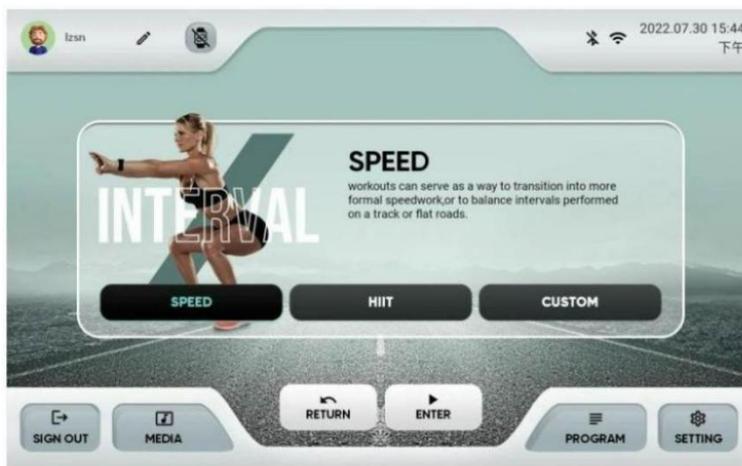
2.3.6.3 When the exercise time is up, it will enter the COOL DOWN program.

2.3.7 PAUSE Process:

2.3.8 COOL DOWN Process:

2.3.9 SUMMARY Process: This mode can share to APP and SAVE WORKOUT TO USER or SAVE WORKOUT TO APP .

3. INTERVALS MODE:



- After clicking the PROGRAM button in IDLE MODE, select CLASICS to enter PROGRAM
- There are three modes: [SPEED], [HIIT], and [CUSTOM].
- In this moment 【PROG】、【MODE】 are invalid keys.
-  Press RETURN key: Return to the PROGRAM selection page
-  If you press ENTER: Confirm the PROGRAM key, when the PROGRAM is not selected , the ENTER key is invalid.

3.1 SPEED:

From IDLE MODE → point PROGRAM → select INTERVAL → select SPEED and press ENTER to enter PROGRAM.

3.1.1 Parameter setting:

USER login: The information column on the far left will automatically bring in the USER information, which can be modified and saved simultaneously by pressing .

Guest login: Use the system default value, you can press  to modify the USER information, a single set is not saved.

Slide the Profile screen or press the left and right arrow keys  to go to the next setting.

Setting	Default value	Settable range
TIME	time	20 min
MAX LEVEL	Max speed	2.0 mph
		00:01 ~ 99:59 (min:sec)
		1.0~24.0 By calibrate the highest value

3.1.2 Swipe the Profile screen or press the left and right arrow keys  to next setting PREVIEW PROFILE.

3.1.3 PARAMTER:

3.1.3.1 Press  : The motion will start using the preset values.

3.1.3.2 Press  : Return to PROGRAM home page.

3.1.3.3 Press  : Back to IDLE MODE.

3.1.4 RUNNING:

This mode has Warm Up and Cool Down processes.

Press START to display [3], [2], [1], [GO] animation display from small to large and then to small, and at the same time make a short BI sound, [GO] screen from small to large, corresponding to a long BI Sound, enter WARM UP; the process cannot click Pause/Stop.

3.1.5 WORKOUT:

3.1.5.1 Exercise status display:

display	illustrate
Distance	Count up the actual running distance, unit: MI, display range: 0.0~999.9 (the decimal point is automatically changed).
Time	Unit: MIN, display range: 00:01 ~ 99:59 (min:sec)~99:59(h:min), the default value is 20 min. If it is set to 0, the exercise time will increase by the above number, count up to 99:59(h:min) after exceeding 99:59(min:sec), and return to 0:00 after exceeding 99:59(h:min) continue to count If the setting is not 0, the motion time will be decremented by the following number until 0:00, and the motion will stop The menu can be pulled down for 3 seconds to switch data (elapsed time, target time, remaining time).

Calories	It is the number of calories actually run, unit: kcal, display range: 0~99999 The menu can be pulled down for 3 seconds to switch data (metabolic equivalent, calories, calories/hour, elevation gain).
Heart rate	Unit: BPM, display range: 40~220 If the heartbeat value is 0, the red heart icon is still and does not change If the heartbeat value is not 0, the size of the red heart icon changes every 1 second (1 second big, 1 second small)

Path	It is the current data, unit: MIN/KM, display range: 2:30~120:00
Incline	Starting Ascension: 0% To display the current data; unit: Ascension %; display range: 0~15 The ascension setting can be adjusted by the user, and it is applicable to the synchronous adjustment of the PROFILE of the current segment and the non-exercising segment.
Speed	Starting speed: Imperial: 0.6mph; Metric: 1.0KM To display the current data; unit: mph / km; display range: 1.0~24.0 The speed setting can be adjusted by the user, and it is suitable for synchronous adjustment of the PROFILE of the current segment and the non-exercising segment.
PROFILE	You can select the INCLINE/SPEED tab by touch to switch between two types of PROFILE When the exercise time is at the top, the time for each stage is fixed at 1 minute. When the exercise time is a lower number, the time of each step is (total exercise time/30) If the exercise time exceeds 30 minutes, the 31st minute will be displayed in the first segment.

3.1.5.2 Press  will pop out PAUSE window.

3.1.5.3 When the exercise time is up, it will enter the COOL DOWN program.

3.1.5.4 PAUSE PROCESS:

3.1.6 COOL DOWN process:

3.1.7 SUMMARY process: This mode can share to APP and SAVE WORKOUT TO USER or SAVE WORKOUT TO APP.

3.2 HIIT:

From IDLE MODE → point PROGRAM → select INTERVAL→ select HIIT and press ENTER to enter PROGRAM.



3.2.1 Parameter setting:

- **USER login:** The information column on the far left will automatically bring in the USER information, which can be modified and saved simultaneously by pressing .
- **Guest login:** Use the system default value, you can click  to modify the USER information, a single set is not saved.
- Slide the Profile screen or press the left and right arrow keys  to go to the next setting.

Setting	Default value	Settable range
SELECT INTERVAL RATIO	Choose a grid ratio (WORK: REST) 10:30	10:30 ∙ 20:10 20:20 ∙ 20:30
WORK SPEED	WORK SPEED 6 kph	1.0kph~24.0kph
REST SPEED	REST SPEED 2 kph	1.0kph~24.0kph
REPETITION	REPETITION 4 times	4 – 10 TIMES

3.2.2 PREVIEW PROFILE PARAMETER:

3.2.2.1 If press  will start the exercise with preset values.

3.2.2.2 Press  : Back to IDLE MODE.

3.2.3 RUNNING:

This mode has Warm Up and Cool Down processes.

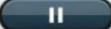
Press START to display [3], [2], [1], [GO] animation display from small to large and then to small, and at the same time make a short BI sound, [GO] screen from small to large, corresponding to a long BI Sound, enter WARM UP; the process cannot click Pause/Stop.

3.2.4 WORKOUT:

3.2.4.1 Exercise status display:

Display	illustrate
<u>Distance</u>	Count up the actual running distance, unit: MI, display range: 0.0~999.9 (the decimal point is automatically changed).
<u>Time</u>	Unit: SEC, display range: 00:01 ~ 99:59 (min:sec)~99:59(h:min) If set to 10:30 Working section display: 10 seconds countdown, then display the rest period Rest segment display: 30 seconds countdown, then display the working segment time The menu can be pulled down for 3 seconds to switch data (elapsed time, target time, remaining time).
<u>Calories</u>	It is the number of calories actually run, unit: kcal, display range: 0~99999 The menu can be pulled down for 3 seconds to switch data (metabolic equivalent, calories, calories/hour, elevation gain).

Heart rate	Unit: BPM, display range: 40~220 If the heartbeat value is 0, the red heart icon is still and does not change If the heartbeat value is not 0, the size of the red heart icon changes every 1 second (1 second big, 1 second small).
Path	It is the current data, unit: MIN/KM, display range: 2:30~120:00.
Incline	To display the current data; unit: lift; display range: 0 ~15 The ascension setting can be adjusted by the user, and it is only applicable to the synchronous adjustment of the current segment PROFILE.
Speed	WORK SPEED preset value: 6 mph REST SPEED preset: 2 mph To display the current data; unit: mph / km; display range: 1.0~24.0 The speed setting can be adjusted by the user, and it is suitable for synchronous adjustment of the PROFILE of the current segment and the non-exercising segment.
PROFILE	USER sets the following parameters [WORK SPEED, REST SPEED, REPETITION] to determine the graphics of PROFILE You can select the INCLINE/SPEED tab by touch to switch between two types of PROFILE A single screen displays 30 segments, and the status display should let users know which segment they are currently exercising at?

3.2.4.2 Press  will pop out PAUSE window.

3.2.5 When the exercise time is up, it will enter the COOL DOWN program.

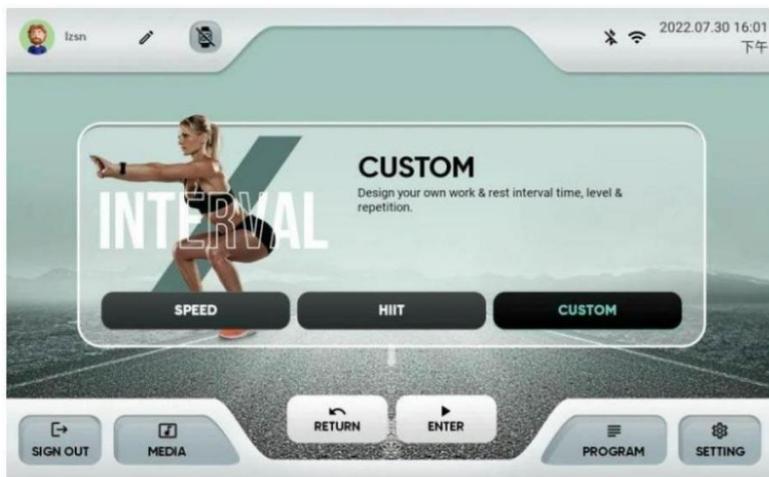
3.2.6 PAUSE Process:

3.2.7 SUMMARY Process:

3.2.8 COOL DOWN Process: In this mode can sharing to APP and SAVE WORKOUT TO USER or SAVE WORKOUT TO APP.

3.3 CUSTOM:

From IDLE MODE → point PROGRAM → select INTERVAL→ select CUSTOM and press ENTER to enter PROGRAM.



3.3.1 Parameter setting:

- **USER login:** The information column on the far left will automatically bring in the USER information, which can be modified and saved simultaneously by pressing .
- **Guest login:** Use the system default value, you can click  to modify the USER information, a single set is not saved.
- Slide the Profile screen or press the left and right arrow keys  to go to the next setting.

Setting		Default value	Settable range
WORK TIME	WORK TIME	01:00 min	01:00~99:00 min
WORK SPEED	WORK SPEED	6 mph	0.2 mph~13.0 mph
REPETITION	REPETITION	4 times	4 – 10 times
REST TIME	REST TIME	00:30 min	00:30~99:00 min
REST SPEED	REST SPEED	2 mph	0.1 mph~13.0 mph

3.3.1.1 PREVIEW PROFILE PARAMETER:

3.3.2 RUNNING

This mode has Warm Up and Cool Down processes.

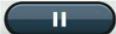
Press START to display [3], [2], [1], [GO] animation display from small to large and then to small, and at the same time make a short BI sound, [GO] screen from small to large, corresponding to a long BI Sound, enter WARM UP; the process cannot click Pause/Stop.

3.3.3 WORKOUT

3.3.3.1 Exercise status display:

Display	illustrate
<u>Distance</u>	Count up the actual running distance, unit: MI, display range: 0.0~999.9 (the decimal point is automatically changed).
<u>Time</u>	Unit: SEC, display range: 00:01 ~ 99:59 (min:sec)~99:59(h:min) If set to 10:30 Working section display: 10 seconds countdown, then display the rest period Rest segment display: 30 seconds countdown, then display the working segment time The menu can be pulled down for 3 seconds to switch data (elapsed time, target time, remaining time).

Calories	It is the number of calories actually run, unit: kcal, display range: 0~99999 The menu can be pulled down for 3 seconds to switch data (metabolic equivalent, calories, calories/hour, elevation gain).
Heart rate	Unit: BPM, display range: 40~220 If the heartbeat value is 0, the red heart icon is still and does not change If the heartbeat value is not 0, the size of the red heart icon changes every 1 second (1 second big, 1 second small).
Path	It is the current data, unit: MIN/KM, display range: 2:30~120:00.
Incline	To display the current data; unit: lift; display range: 0 ~15 The ascension setting can be adjusted by the user, and it is only applicable to the synchronous adjustment of the current segment PROFILE.
Speed	WORK SPEED preset value: 6 mph REST SPEED preset: 2 mph To display the current data; unit: mph / km; display range: 1.0~24.0 The speed setting can be adjusted by the user, and it is suitable for synchronous adjustment of the PROFILE of the current segment and the non-exercising segment.
PROFILE	USER sets the following parameters [WORK SPEED, REST SPEED, REPETITION] to determine the graphics of PROFILE You can select the INCLINE/SPEED tab by touch to switch between two types of PROFILE A single screen displays 30 segments, and the status display should let users know which segment they are currently exercising at?

3.3.3.2 During exercise Press  will pop out PAUSE window.

3.3.3.3 When the exercise time is up, it will enter the COOL DOWN program.

3.3.3.4 PAUSE Process:

3.3.4 SUMMARY Process:

3.3.5 COOL DOWN Process: In this mode can sharing to APP and SAVE WORKOUT TO USER or SAVE WORKOUT TO APP.

4 USER PROGRAM:



- After clicking the PROGRAM button in IDLE MODE, select USER PROGRAM to enter PROGRAM
- PROGRAM divided into: 【USER login】 and 【Guest Login】 The entry screen is different.



【USER】



【Guest】

- Both PROGRAMs have CUSTOM processes
- Press : Go straight to exercise.
- : Return to the PROGRAM selection page.
- : will return to IDLE MODE.

4.1 USER Login:

4.1.1 Enter the screen, first check whether the USER has exercise records

4.1.2 No exercise record:

No record] appears on the screen, indicating that the user has not pressed to save PROGRAM, the START button is grayed out, and cannot start exercising.

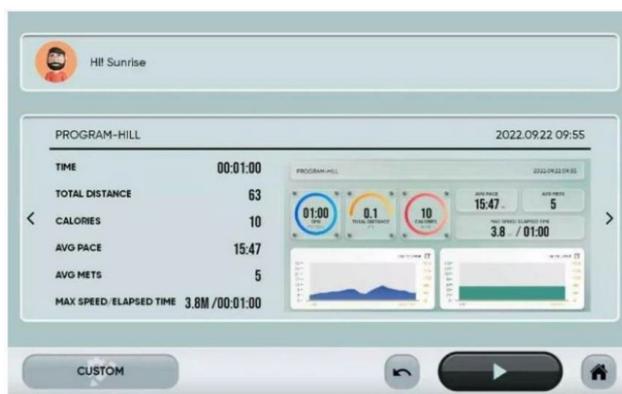


4.1.1.3 Have exercise records:

USER is displayed here after SUMMARY is saved;

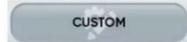
Display the last 10 sports records saved.

Press < > keys, Swipe smoothly, slide in units of 1 avatar, and select the program to be executed; Press the START key to execute the movement.



4.1.2 Press  :will return to the PROGRAM selection page.

4.1.3 Press  : Back to IDLE MODE.

4.1.4 Press  **【CUSTOM】** Customize PROFILE movement.

4.1.5 RUNNING

This mode has no Warm Up and Cool Down processes.

Press START to display [3], [2], [1], [GO] animation display from small to large and then to small, and at the same time make a short BI sound, [GO] screen from small to large, and corresponding to a long BI sound;

Pause/Stop cannot be clicked during the process. Exercise according to the stored PROGRAM.

4.2 Guest login:

4.2.1 Enter the screen, first check whether the USER has exercise records.

4.2.1.1 Without any exercise record:

[No record] appears on the screen, indicating that the user has not pressed to save PROGRAM, the START button is grayed out, and cannot start exercising.



4.2.1.2 Have exercise records:

USER is displayed here after SUMMARY is saved;

Display the last 10 sports records saved;

Press < > keys, Swipe smoothly, slide in units of 1 avatar, and select the program to be executed;

Press the START key to execute the movement



The top will record the last 10 unlogged user activity records, and only 5 USER avatars will be displayed at a time

It can slide left and right smoothly, and infinitely circle 10 avatars, and adjust to slide in units of 1 avatar.

Select an avatar record and press START to enter sports mode

4.2.2 Press SIGN IN to USER

4.2.3 RUNNING:

This mode has no Warm Up and Cool Down processes.

Press START to display [3], [2], [1], [GO] animation display from small to large and then to small, and at the same time make a short BI sound, [GO] screen from small to large, and corresponding to a long BI sound;

Pause/Stop cannot be clicked during the process.

Exercise according to the stored PROGRAM.

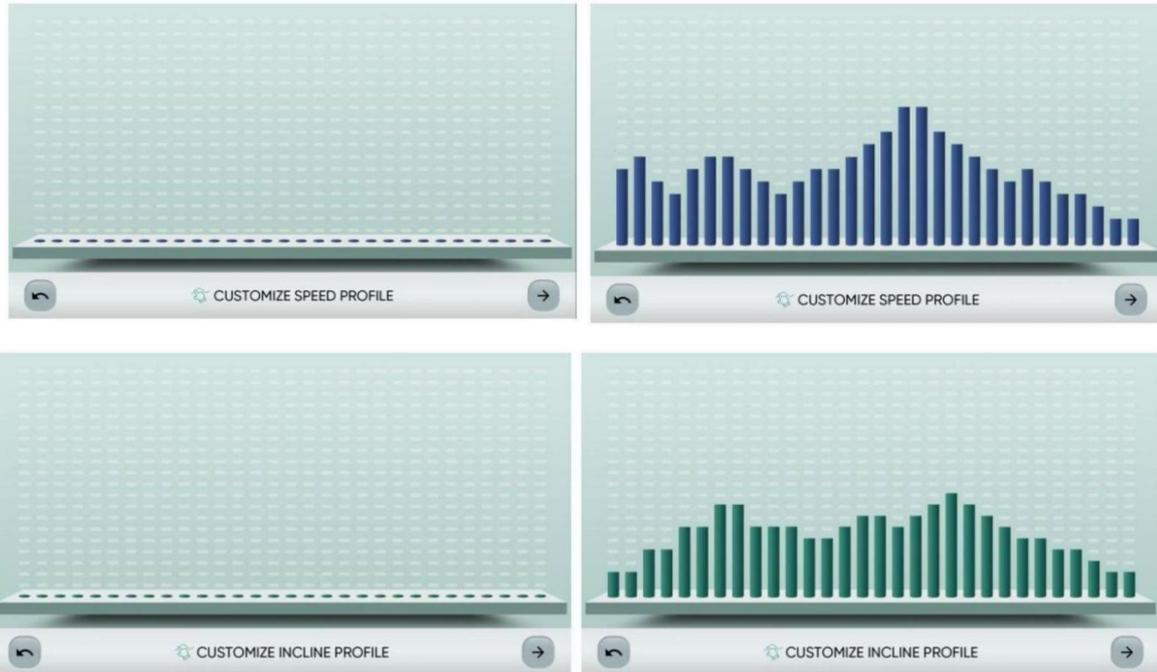
4.2 CUSTOM:

4.3.1 Enter the PROGRAM screen and press the CUSTOM key in the lower left corner 

4.3.2 Draw" the trend curve in the PROFILE area by touching the sliding method to complete the

setting values of each stage.

SPEED is purple, INCLINE is green; height: 20 grids, width: 30 grids.



4.3.3 Parameter setting:

Setting		Default value	Range setting
TIME	Work time setting	20 min	00:01 ~ 99:59 (min:sec)
MAX INCLINE	Max incline% setting	10%	0~15 Calibrate the highest value

4.3.4 PREVIEW PROFILE PARAMETER:

4.3.4.1 Press  : Start to workout.

4.3.4.2  : Return to PROGRAM selection page.

4.3.4.3  : Back to IDLE MODE.

4.3.5 RUNNING:

This mode has no Warm Up and Cool Down processes.

Press START to display [3], [2], [1], [GO] animation display from small to large and then to small, and at the same time make a short BI sound, [GO] screen from small to large, and corresponding to a long BI sound;

Pause/Stop cannot be clicked during the process.

4.4 WORKOUT:

4.4.1 Motion status display:

Display	illustrate
Distance	Count up the actual running distance, unit: MI, display range: 0.0~999.9 (the decimal point is automatically changed).
Time	Unit: SEC, display range: 00:01 ~ 99:59 (min:sec)~99:59(h:min) If set to 10:30 Working section display: 10 seconds countdown, then display the rest period Rest segment display: 30 seconds countdown, then display the working segment time The menu can be pulled down for 3 seconds to switch data (elapsed time, target time, remaining time).
Calories	It is the number of calories actually run, unit: kcal, display range: 0~99999 The menu can be pulled down for 3 seconds to switch data (metabolic equivalent, calories, calories/hour, elevation gain).
Heart rate	Unit: BPM, display range: 40~220 If the heartbeat value is 0, the red heart icon is still and does not change If the heartbeat value is not 0, the size of the red heart icon changes every 1 second (1 second big, 1 second small).
Path	It is the current data, unit: MIN/KM, display range: 2:30~120:00.
Incline	To display the current data; unit: lift; display range: 0 ~ 15 The ascension setting can be adjusted by the user, and it is only applicable to the synchronous adjustment of the current segment PROFILE.
Speed	WORK SPEED preset value: 6 mph REST SPEED preset: 2 mph To display the current data; unit: mph / km; display range: 1.0~24.0 The speed setting can be adjusted by the user, and it is suitable for synchronous adjustment of the PROFILE of the current segment and the non-exercising segment.

PROFILE	USER sets the following parameters [WORK SPEED, REST SPEED, REPETITION] to determine the graphics of PROFILE You can select the INCLINE/SPEED tab by touch to switch between two types of PROFILE A single screen displays 30 segments, and the status display should let users know which segment they are currently exercising at?
-------------------------	--

4.4.1.2 Press  will pop out PAUSE window.

4.4.1.3 When the exercise time is up, it will enter the COOL DOWN program.

4.4.2 PAUSE PROCESS:

4.4.3 SUMMARY process:

In this mode can sharing to APP and SAVE WORKOUT TO USER or SAVE WORKOUT TO APP.

5. VISION RUN:

- From IDLE MODE → click PROGRAM → select VISION RUN → press ENTER to enter PROGRAM



- A total of 4 films are available for selection, and no single film shall exceed 10 minutes.
- The selected video changes to aqua blue font, press ENTER to confirm.



5.1 Parameter setting:

- **USER LOGIN:** The information column on the far left will automatically bring in the USER information, which can be modified and saved simultaneously by pressing .
- **Guest LOGIN:** Use the system default value, you can click  to modify the USER information, a single set is not saved.

Setting		Default value	Range of setting
TIME	Work target time	20 min	00:01 ~ 99:59 (min:sec)
DISTANCE	Work target distance	5 M	1 ~ 9999 M
CALORIES	Work target calories	200 kcal	10 ~ 99999 kcal

5.2 RUNNING:

This mode has no Warm Up and Cool Down processes.

Press START to display [3], [2], [1], [GO] animation display from small to large and then to small, and at the same time make a short BI sound, [GO] screen from small to large, and corresponding to a long BI sound; enter WARM UP; the process cannot click Pause/Stop.

5.3 WORKOUT:

5.3.1 All videos are played from the beginning.

5.3.2 Tentative playback magnification: 0.5~3.0, the interval is +/-0.5 magnification.

5.3.3 Temporary speed range: 0.5~24.5.

5.3.4 During the exercise in this mode, the system has special corresponding functions for speed and ascension. The description is as follows: The speed-based system will adjust the speed of the running belt according to the user's adjustment. Mode to adjust the playback speed magnification of the video, the lowest running speed corresponds to the lowest video playback speed magnification, and the highest running belt speed corresponds to the highest video playback speed magnification. (It does not correspond to the actual speed of the running belt at the actual speed of the film).

5.3.5 Incline control method:

(highest elevation - lowest elevation) / incline range = elevation difference per elevation

incline 1 = (Minimum elevation gain Value) ~ (Minimum elevation gain Value + elevation gain Difference*1 for each Ascension)

Ascension 2 = (Minimum elevation gain + elevation gain Difference per Ascension*1) ~ (Minimum elevation gain + Altitude Difference per Ascension*2)

Downhill, Ascension unchanged = Ascension 0

This mode is a virtual reality, so there is no MEDIA, MIRROR, HDMI function.

5.3.6 Workout status:

Display	illustrate
<u>Distance</u>	Count up the actual running distance, unit: MI, display range: 0.0~999.9 (the decimal point is automatically changed).
<u>Time</u>	Unit: SEC, display range: 00:01 ~ 99:59 (min:sec)~99:59(h:min) If set to 10:30 Working section display: 10 seconds countdown, then display the rest period Rest segment display: 30 seconds countdown, then display the working segment time The menu can be pulled down for 3 seconds to switch data (elapsed time, target time, remaining time).
<u>Calories</u>	It is the number of calories actually run, unit: kcal, display range: 0~99999 The menu can be pulled down for 3 seconds to switch data (metabolic equivalent, calories, calories/hour, elevation gain).

<u>Heart rate</u>	Unit: BPM, display range: 40~220 If the heartbeat value is 0, the red heart icon is still and does not change If the heartbeat value is not 0, the size of the red heart icon changes every 1 second (1 second big, 1 second small).
<u>Path</u>	It is the current data, unit: MIN/KM, display range: 2:30~120:00.

<u>Incline</u>	To display the current data; unit: lift; display range: 0 ~15 The ascension setting can be adjusted by the user, and it is only applicable to the synchronous adjustment of the current segment PROFILE.
<u>Speed</u>	WORK SPEED preset value: 6 mph REST SPEED preset: 2 mph To display the current data; unit: mph / km; display range: 1.0~24.0 The speed setting can be adjusted by the user, and it is suitable for synchronous adjustment of the PROFILE of the current segment and the non-exercising segment.
<u>PROFILE</u>	USER sets the following parameters [WORK SPEED, REST SPEED, REPETITION] to determine the graphics of PROFILE You can select the INCLINE/SPEED tab by touch to switch between two types of PROFILE A single screen displays 30 segments, and the status display should let users know which segment they are currently exercising at?

5.3.7 During exercise press  the PAUSE window will pop up.

5.3.8 When the exercise time is up, it will enter the SUMMARY program.

5.3.9 PAUSE process:

5.4 SUMMARY process: This mode can share to APP and SAVE WORKOUT TO USER or SAVEWORKOUT TO APP.

6. HRC

- From IDLE MODE → click PROGRAM → select H.R.C → press ENTER to enter PROGRAM.



- There are three modes: 【60%】、【70%】、【80%】 .

6.1 Enter PROGRAM preset: 【60%】

Display string: The default value is 60% of your projected heart rate maximum.

You have the option of changing your target heart rate. The machine will attempt to keep you with in 5 beats of your target.

6.2 Formula:

6.2.1 60%: $THR = (220 - AGE) * 60\%$

6.2.2 70%: $THR = (220 - AGE) * 70\%$

6.2.3 80%: $THR = (220 - AGE) * 80\%$

- At this moment 【SIGN IN】、【MEDIA】、【PROGRAM】、【SETTING】 are invalid keys.
-  If press RETURN key: Back to PROGRAM selection page
-  If press the ENTER key: confirm the PROGRAM key, when the PROGRAM is not selected, the ENTER key is invalid.
- **USER LOGIN:** The information column on the far left will automatically bring in the USER information, which can be modified and saved simultaneously by pressing .
- **Guest LOGIN:** Use the system default value, you can click  to modify the USER information, a single set is not saved.

6.3 Parameter setting:

Setting		Default value	Range of setting
TARGET TIME	Work target time	20	00:01 ~ 99:59 (min: sec)
TARGET HR	Work target Heart rate	140bpm	40~220

6.3.1 If press  the motion will start using the preset values.

6.3.2  : Will return to the PROGRAM selection page.

6.3.3  : Will return to IDLE MODE.

6.4 RUNNING:

This mode has Warm Up and Cool Down processes.

Press START to display [3], [2], [1], [GO] animation display from small to large and then to small, and at the same time make a short BI sound, [GO] screen from small to large, corresponding to a long BI Sound, enter WARM UP; the process cannot click Pause/Stop.

6.5 WARM UP Process:

6.6 WORKOUT

6.6.1 Exercise status:

Display	illustrate
Distance	Count up the actual running distance, unit: MI, display range: 0.0~999.9 (the decimal point is automatically changed).
Time	Unit: SEC, display range: 00:01 ~ 99:59 (min:sec)~99:59(h:min) If set to 10:30 Working section display: 10 seconds countdown, then display the rest period Rest segment display: 30 seconds countdown, then display the working segment time The menu can be pulled down for 3 seconds to switch data (elapsed time, target time, remaining time).
Calories	It is the number of calories actually run, unit: kcal, display range: 0~99999 The menu can be pulled down for 3 seconds to switch data (metabolic equivalent, calories, calories/hour, elevation gain).
Heart rate	Unit: BPM, display range: 40~220 If the heartbeat value is 0, the red heart icon is still and does not change If the heartbeat value is not 0, the size of the red heart icon changes every 1 second (1 second big, 1 second small).
Path	It is the current data, unit: MIN/KM, display range: 2:30~120:00.
Incline	To display the current data; unit: lift; display range: 0 ~15 The ascension setting can be adjusted by the user, and it is only applicable to the synchronous adjustment of the current segment PROFILE.
Speed	WORK SPEED preset value: 6 mph REST SPEED preset: 2 mph To display the current data; unit: mph / km; display range: 1.0~24.0 The speed setting can be adjusted by the user, and it is suitable for
	synchronous adjustment of the PROFILE of the current segment and the non-exercising segment.
PROFILE	USER sets the following parameters [WORK SPEED, REST SPEED, REPETITION] to determine the graphics of PROFILE You can select the INCLINE/SPEED tab by touch to switch between two types of PROFILE A single screen displays 30 segments, and the status display should let users know which segment they are currently exercising at?

6.6.2 Prompt window during motion:

6.6.2.1 When the heartbeat is not high enough

YOUR HEART RATE IS NOT HIGH ENOUGH INCREASE SPEED/INCLINE TO XX.

In the state of exercise, if [actual heart rate < target heart rate - 5]

Then the SPEED will automatically increase by 0.5 KPH/MPH every 10 seconds until the SPEED reaches the maximum value (the value is not fixed).



6.6.2.2 When the heart rate is high

YOUR HEART RATE IS TOO HIGH! DECREASE SPEED/INCLINE TO XX.

In the state of exercise, if [actual heartbeat value > target heartbeat value +5], then the SPEED is automatically reduced by 0.5 every 10 seconds during exercise until the SPEED reaches the minimum (the value is not fixed).



6.6.2.3 The heartbeat cannot be detected, please reconfirm the heartbeat or end the exercise

NO HR DETECTED! RECONNECT OR FINISH THE PROGRAM

During exercise, if no heartbeat signal is detected for 15 consecutive seconds, screen 1- "Reconfirm Heartbeat" will be displayed, and the machine will continue to run. If no heartbeat is detected for 60 seconds, the system will automatically switch to SUMMARY.



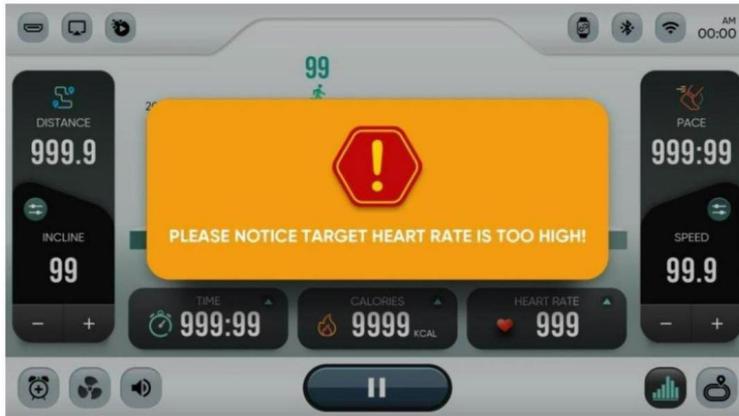
6.6.2.4 If the heartbeat exceeds the standard, you will stop exercising

YOUR HEART RATE IS TOO HIGH! FINISHING PROGRAM

After entering the WORKOUT state, if the SPEED has dropped to the lowest value of the system, but the actual heartbeat value > target heartbeat value +25 BPM for 15 seconds, the screen will display "heart rate exceeded" and the machine will continue to run. If this situation lasts for 30 seconds, the system will automatically switch to the SUMMARY state.

6.6.2.5 Please note that the target heartbeat is adjusted too high

PLEASE NOTICE TARGET HEART RATE IS TOO HIGH



6.6.3 During exercise press function keys:

6.6.4 During exercise can use MEDIA:

6.6.4.1 During exercise press  the PAUSE window will pop up.

6.6.4.2 When the exercise time is up, it will enter the COOL DOWN program.

6.6.4.3 PAUSE process:

6.6.5 COOL DOWN process:

6.6.6 SUMMARY process:

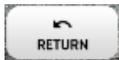
6.6.6.1 This mode can share to APP, but HRC has no storage mode.

7. FITNESS TEST:

- In IDLE MODE → click PROGRAM → select FITNESS TEST → press ENTER to select PROGRAM.



- It contains 8 modes: [AIR FORCE], [ARMY], [COAST GUARD], [PEB], [MARINE CORPS], [NAVY], [GERKIN]; after clicking one of the modes, it will be displayed in blue font Displayed, representing the selected state.



- If you press RETURN key: to back PROGRAM select page.



- If you press ENTER: Confirm the PROGRAM key, when the PROGRAM is not selected, the ENTER key is invalid.
- At this time, [SIGN IN], [MEDIA], [PROGRAM], and [SETTING] are invalid keys.
- This mode is to test the long-distance goal. The user performs the test exercise at a predetermined distance according to the set age, gender, and weight, and tries to complete the specified mileage exercise as far as possible. The completion time is divided according to gender and age. After the test is completed within the specified time, enter the exercise report page to display the total time and test results of this exercise.
- The test is successful

**CONGRATULATIONS,
YOU HAVE PASSED THE TEST.**



- The test is failed.

**SORRY,
YOU HAVE FAILED THE TEST.**



- In FITNESS TEST, only firefighter GERKIN has warm-up and cool-down, other programs do not.
- In this mode, the test will end when you pause during exercise
- This mode does not have the function of storing PROGRAM.

7.1 AIR FORCE:

7.1.1 From IDLE MODE → click PROGRAM → select FITNESS TEST → select AIR FORCE and press → ENTER to enter.



7.1.2 **USER login:** After pressing ENTER, the USER information will be automatically brought in. After the setting value is modified, it will not be saved to the USER data.

7.1.3 **Guest login:** directly use the USER system default value, which can be modified, but will not save any information.

7.1.3.1 Guest login: directly use the USER system default value, which can be modified, but will not save any information.

7.1.3.2 Parameter setting:

SETTING		Default value	Range of setting
HEIGHT	WEIGHT	Imperial: 155LB Metric: 70 KG	Imperial: 44 ~ 440 LB Metric : 20 ~ 200 KG
GENDER	GENDER	MALE	MALE / FEMALE
AGE	AGE	30	10 ~ 99
WEIGHT	WEIGHT	160 CM	100 ~ 250 CM

7.1.4 **RUNNING:**

7.4.4.1 This mode has no Warm Up and Cool Down processes.

Press START to display [3], [2], [1], [GO] animation display from small to large and then to small, and at the same time make a short BI sound, [GO] screen from small to large, Corresponds to a long BI sound;

Pause/Stop cannot be clicked during the process.

7.1.5 **WORKOUT:**

7.1.5.1 During exercise press function keys:

7.1.5.2 During exercise can use MEDIA:

7.1.5.3 Exercise status description:

Display	Illustrate
Distance TOTAL DISTANCE	Default imperial system: 1.5MILE; metric system: 2.4KM or less Unit: MI, display range: 0.0~999.9 (automatically change the decimal point) When the distance counts down to 0.0, BIBIBI will make three consecutive beeps to indicate that the program has finished running.
Time	Default value: 00:00 (min:sec) Count up from 00:00, display range: 00:01 ~ 99:59 (min:sec) count up at 99:59(h:min) after 99:59(min:sec), count up at 99:59(h:min) and return to 0:00 to count up again The menu can be pulled down for 3 seconds to switch data (elapsed time, target time, remaining time).

Calories	It is the number of calories actually run, unit: kcal, display range: 0~99999 The menu can be pulled down for 3 seconds to switch data (MET, calories, calories/hour, elevation gain)
Heart rate	To display the current data; unit: BPM, display range: 40~220 If the heartbeat value is 0, the red heart icon is still and does not change If the heartbeat value is not 0, the size of the red heart icon changes every 1 second (1 second big, 1 second small).
Path	It is the current data, unit: MIN/KM, display range: 2:30~120:00.
Incline	Default value: 0 To display the current data; display range: 0~15 (according to the corrected value) The USER can adjust the INCLINE at will, and it is applicable to the synchronous adjustment of the PROFILE of the current segment and the non-moving segment.
Speed	Default value: 0.5mph/1.0km/h (mph / km) To display the current data; display range: 1.0~24.0 (according to the corrected value) USER can adjust SPEED at will, which is suitable for synchronous adjustment of PROFILE of current segment and non-moving segment.
PROFILE	You can select the INCLINE/SPEED tab by touch to switch between two types of PROFILE A single screen displays 30 segments, and the status display should let users know which segment they are currently exercising at The exercise time of each PROFILE is fixed at 1 minute. The LAPS value increases by 1 every time a lap is completed If the exercise time exceeds 30 minutes, the 31st minute will be displayed in the first segment.

7.1.6 WORKOUT SUMMARY:

7.1.6.1 If there is no operation on the WORKOUT SUMMARY page for 3 minutes, it will automatically jump back to the IDLE MODE page.

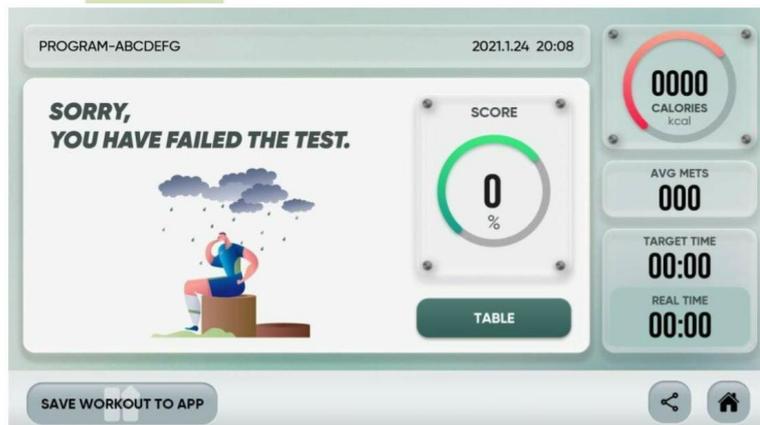
7.1.6.2 This mode can share to APP , And FITNESS TEST has no storage function.

7.1.6.3 Test successful:



- When the target distance is reached, count down to 0.0, and the corresponding time table will display the score = the test is passed.
- The upper display **【CONGRATULATIONS! YOU HAVE PASSED THE TEST.】**
- **【Score】** Corresponding table display scores.

7.1.6.4 Test failed:



- Do not press the PAUSE and STOP keys  during exercise. If you press this key = the test fails,
- When the target distance is reached, count down to 0.0, and the corresponding time table score shows 0 = test failed
- Upper display **【SORRY, YOU HAVE FAILED THE TEST.】** **【Score】** display 0.

7.1.6.5 The window displays the value after exercise [CALORIES] is the actual total accumulated calories.

【AVG METS】、**【TARGET TIME】**、**【REAL TIME】**

TABLE displays: **【AGE】** , **【Very Poor】** , **【Poor】** , **【Below Average】** , **【Average】** , **【Above Average】** , **【Good】** , **【Excellent】** .

7.2 ARMY:

7.2.1 From IDLE MODE → click PROGRAM → select FITNESS TEST → select ARMY and press →

ENTER to enter.



7.2.2 **USER login**: Press ENTER to automatically bring in USER information, and this setting value will not be saved to USER data after modification.

7.2.3 **Guest login**: directly use the USER system default value, which can be modified, but will not save any information.

7.2.3.1 In the setting, only FITNESS TEST can modify the age, and this setting value is used for calculation in Summary settlement

7.2.3.2 Target setting:

SETTING	Default value	Settable range
AGE	30	10~99
WEIGHT	Imperial:155LB Metric: 70KG	Imperial:40~440 LB Metric: 20~200 KG
HEIGHT	160 CM	100~250 CM
GENDER	MALE	MALE / FEMALE

7.2.4 **RUNNING**:

7.2.4.1 This mode has no Warm Up and Cool Down processes.

7.2.4.2 Press START to display [3], [2], [1], [GO] animation display from small to large and then to small, and at the same time make a short BI sound, [GO] screen from small to large, Corresponds to a long BI sound;

Pause/Stop cannot be clicked during the process.

7.2.5 **WORKOUT**:

7.2.5.1 During exercise press function keys:

7.2.5.2 During exercise can use MEDIA:

7.2.5.3 Motion status display: the following table

Display	Illustrate
Distance	<p>Default imperial system: 2.0MILE; Metric system: 3.2KM or less Unit: MI, display range: 0.0~999.9 (automatically change the decimal point)</p> <p>When the distance counts down to 0.0, BIBIBI will make three consecutive beeps to indicate that the program has finished running</p>
Time	<p>Default value: 00:00 (min:sec) Count up from 00:00, display range: 00:01 ~ 99:59 (min:sec), count up at 99:59(h:min) after 99:59 (min:sec), count up at 99:59(h: min) and return to 0:00 to recount The menu can be pulled down for 3 seconds to switch data (elapsed time, target time, remaining time).</p>
Calories	<p>It is the number of calories actually run, unit: kcal, display range: 0~999999 The menu can be pulled down for 3 seconds to switch data</p>
	<p>(metabolic equivalent, calories, calories/hour,elevation gain).</p>
Heart rate	<p>To display the current data; unit: BPM, display range: 40~220 If the heartbeat value is 0, the red heart icon is still and does not change If the heartbeat value is not 0, the size of the red heart icon changes every 1 second (1 second big, 1 second small).</p>
Path	<p>It is the current data, unit: MIN/KM, display range: 2:30~120:00.</p>
Incline	<p>Default value: 0 To display the current data; display range: 0~15 (according to the corrected value) The USER can adjust the INCLINE at will, and it is applicable to the synchronous adjustment of the PROFILE of the current segment and the non-moving segment.</p>
Speed	<p>Default value: 0.5mph/1.0km/h (mph / km) To display the current data; display range: 1.0~24.0 (according to the corrected value) USER can adjust SPEED at will, which is suitable for synchronous adjustment of PROFILE of current segment and non-moving segment.</p>
PROFILE	<p>You can select the INCLINE/SPEED tab by touch to switch between two types of PROFILE A single screen displays 30 segments, and the status display should let users know which segment they are currently exercising at The exercise time of each PROFILE is fixed at 1 minute. The LAPS value increases by 1 every time a lap is completed If the exercise time exceeds 30 minutes, the 31st minute will be displayed in the first segment.</p>

7.2.6 WORKOUT SUMMARY:

7.2.6.1 If there is no operation on the WORKOUT SUMMARY page for 3 minutes, it will automatically jump back to the IDLE MODE page.

7.2.6.2 This mode can share to APP , but FITNESS TEST has no data record.

7.2.6.3 Test successful:



- When the target distance is reached, count down to 0.0, and the corresponding time table will display the score = the test is passed.
- Display on the top **【CONGRATULATIONS! YOU HAVE PASSED THE TEST.】**
- **【Score】** Corresponding table display scores.

7.2.6.4 Test failed:



- Do not press the PAUSE and STOP keys  press this key = the test fails, during exercise. If you press this key = the test fails,
- When the target distance is reached, count down to 0.0, and the corresponding time table score shows 0 = test failed
- On the top display **【SORRY, YOU HAVE FAILED THE TEST.】** **【Score】** display 0.

7.2.6.5 The window displays the value after exercise [CALORIES] is the actual total accumulated calories.

【ACG MERS】 、 **【ACG MERS】** 、 **【TARGET TIME】** 、 **【REAL TIME】**

 **TABLE** key to display: **【AGE】** 、 **【VeryPoor】** 、 **【Poor】** 、 **【Below Average】** 、 **【Average】** 、 **【Above Average】** 、 **【Good】** 、 **【Excellent】**

7.3 COAST GUARD:

7.3.1 From IDLE MODE → click PROGRAM → select FITNESS TEST → select COAST GUARD and press → ENTER to enter.

7.3.2 USER login: Press ENTER to automatically bring in USER information, and this setting value will not be saved to USER data after modification.

7.3.3 Guest login: directly use the USER system default value, which can be modified, but will not save any information.

7.3.3.1 In the setting, only FITNESS TEST can modify the age, and this setting value is used for calculation in Summary settlement.

7.3.3.2 Target setting:

SETTING	Default value	Settable range
WEIGHT	Imperial:155LB Metric: 70KG	Imperial:40~440 LB Metric: 20~200 KG
GENDER	MALE	MALE / FEMALE
AGE	30	10~99
HEIGHT	160 CM	100~250 CM

7.3.4 RUNNING:

7.3.4.1 This mode has no Warm Up and Cool Down processes.

7.3.4.2 Press START to display [3], [2], [1], [GO] animation display from small to large and then to small, and at the same time make a short BI sound, [GO] screen from small to large, and Corresponds to a long BI sound;

Pause/Stop cannot be clicked during the process.

7.3.5 WORKOUT:

7.3.5.1 During exercise press function keys:

7.3.5.2 During exercise can use MEDIA:

7.3.5.3 Exercise status display:

	illustrate
<u>Distance</u>	Default imperial system: 1.5MILE; metric system: 2.4KM or less Unit: MI, display range: 0.0~999.9 decimal point automatically changed) When the distance counts down to 0.0, BIBIBI will make three consecutive beeps to indicate that the program has finished running.
<u>Time</u>	Default value: 00:00 (min:sec) Count up from 00:00, display range: 00:01 ~ 99:59 (min:sec), count up at 99:59 (h:min) after 99:59 (min:sec), and count up at 99:59 (h:min) after 99:59 (h: min) and return to 0:00 to recount The menu can be pulled down for 3 seconds to switch data (elapsed time, target time, remaining time).

<u>Calories</u>	It is the number of calories actually run, unit: kcal, display range: 0~99999 The menu can be pulled down for 3 seconds to switch data
-----------------	---

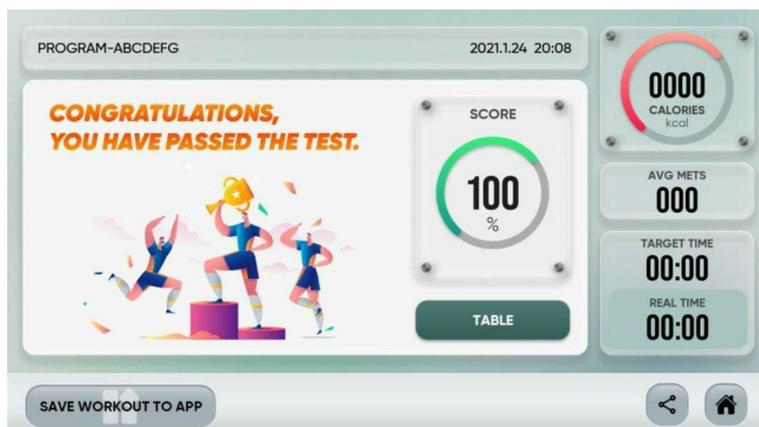
	(metabolic equivalent, calories, calories/hour, elevation gain).
<u>Heart rate</u>	To display the current data; unit: BPM, display range: 40~220 If the heartbeat value is 0, the red heart icon is still and does not change If the heartbeat value is not 0, the size of the red heart icon changes every 1 second (1 second big, 1 second small).
<u>Path</u>	It is the current data, unit: MIN/KM, display range: 2:3~120:00.
<u>Incline</u>	Default value: 0 To display the current data; display range: 0~15 (according to the corrected value) The USER can adjust the INCLINE at will, and it is applicable to the synchronous adjustment of the PROFILE of the current segment and the non-moving segment.
<u>Speed</u>	Default value: 0.5mph/1.0km/h (mph / km) To display the current data; display range: 1.0~24.0 (according to the corrected value) USER can adjust SPEED at will, which is suitable for synchronous adjustment of PROFILE of current segment and non-moving segment.
<u>PROFILE</u>	You can select the INCLINE/SPEED tab by touch to switch between two types of PROFILE A single screen displays 30 segments, and the status display should let users know which segment they are currently exercising at The exercise time of each PROFILE is fixed at 1 minute. The LAPS value increases by 1 every time a lap is completed If the exercise time exceeds 30 minutes, the 31st minute will be displayed in the first segment.

7.3.6 WORKOUT SUMMARY:

7.3.6.1 If there is no operation on the WORKOUT SUMMARY page for 3 minutes, it will automatically jump back to the IDLE MODE page.

7.3.6.2 This mode can share to APP, but FITNESS TEST has no data record.

7.3.6.3 Test successful:



- When the target distance is reached, count down to 0.0, and the corresponding time table will display the score = the test is passed
- Display on the top **【CONGRATULATIONS! YOU HAVE PASSED THE TEST.】**
- **【Score】** Corresponding table display scores.

7.3.6.4 Test failed:



- Do not press the PAUSE and STOP keys press this key = the test fails, during exercise. If you press this key = the test fails,
- When the target distance is reached, count down to 0.0, and the corresponding time table score shows 0 = test failed
- On the top display **【SORRY, YOU HAVE FAILED THE TEST.】** **【Score】** display 0.

7.3.6.5 The window displays the value after exercise [CALORIES] is the actual total accumulated calories.

7.3.6.6 **【ACG MERS】**, **【ACG MERS】**, **【TARGET TIME】**, **【REAL TIME】**

TABLE TABLE key to display: **【AGE】**, **【VeryPoor】**, **【Poor】**, **【Below Average】**, **【Average】**, **【Above Average】**, **【Good】**, **【Excellent】**,

7.4 PEB:

7.4.1 From IDLE MODE → click PROGRAM → select FITNESS TEST → select PEB and press → ENTER to enter.



7.4.2 **USER login:** Press ENTER to automatically bring in USER information, and this setting value will not be saved to USER data after modification.

7.4.2.1 **Guest login:** directly use the USER system default value, which can be modified, but will not save any information.

7.4.2.2 In the setting, only FITNESS TEST can modify the age, and this setting value is used for calculation in Summary settlement

7.4.2.3 Parameter setting:

SETTING	Default value	Settable range
WEIGHT	Imperial:155LB Metric: 70KG	Imperial:40~440 LB Metric: 20~200 KG
GENDER	MALE	MALE / FEMALE
AGE	30	10~99
HEIGHT	160 CM	100~250 CM

7.4.3 **RUNNING:**

7.4.3.1 This mode has no Warm Up and Cool Down processes.

7.4.4 Press START to display [3], [2], [1], [GO] animation display from small to large and then to small, and at the same time make a short BI sound, [GO] screen from small to large, and Corresponds to a long BI sound; Pause/Stop cannot be clicked during the process.

7.4.5 **WORKOUT:**

7.4.5.1 During exercise press the function keys:

7.4.5.2 During exercise can use MEDIA:

7.4.5.3 Motion status display:

Display	illustrate
Distance	<p>Default imperial system: 1.5MILE; metric system: 2.4KM or less Unit: MI, display range: 0.0~999.9 decimal point automatically changed)</p> <p>When the distance counts down to 0.0, BIBIBI will make three consecutive beeps to indicate that the program has finished running.</p>
Time	<p>Default value: 00:00 (min:sec) Count up from 00:00, display range: 00:01 ~ 99:59 (min:sec), count up at 99:59 (h:min) after 99:59 (min:sec), and count up at 99:59 (h:min) after 99:59 (h: min) and return to 0:00 to recount The menu can be pulled down for 3 seconds to switch data (elapsed time, target time, remaining time).</p>
Calories	<p>It is the number of calories actually run, unit: kcal, display range: 0~99999 The menu can be pulled down for 3 seconds to switch data</p>

	(metabolic equivalent, calories, calories/hour, elevation gain).
Heart rate	<p>To display the current data; unit: BPM, display range: 40~220 If the heartbeat value is 0, the red heart icon is still and does not change If the heartbeat value is not 0, the size of the red heart icon changes every 1 second (1 second big, 1 second small).</p>
Path	It is the current data, unit: MIN/KM, display range: 2:3~120:00.
Incline	<p>Default value: 0 To display the current data; display range: 0~15 (according to the corrected value) The USER can adjust the INCLINE at will, and it is applicable to the synchronous adjustment of the PROFILE of the current segment and the non-moving segment.</p>
Speed	<p>Default value: 0.5mph/1.0km/h (mph / km) To display the current data; display range: 1.0~24.0 (according to the corrected value) USER can adjust SPEED at will, which is suitable for synchronous adjustment of PROFILE of current segment and non-moving segment.</p>
PROFILE	<p>You can select the INCLINE/SPEED tab by touch to switch between two types of PROFILE A single screen displays 30 segments, and the status display should let users know which segment they are currently exercising at The exercise time of each PROFILE is fixed at 1 minute. The LAPS value increases by 1 every time a lap is completed If the exercise time exceeds 30 minutes, the 31st minute will be displayed in the first segment.</p>

7.4.6 WORKOUT SUMMARY:

7.4.6.1 If there is no operation on the WORKOUT SUMMARY page for 3 minutes, it will automatically jump back to the IDLE MODE page.

7.4.6.2 This mode can share to APP, but FITNESS TEST has no data record.

7.4.6.3 Test successful:



- When the target distance is reached, count down to 0.0, and the corresponding time table will display the score = the test is passed **【CONGRATULATIONS! YOU HAVE PASSED THE TEST.】**
- **【Score】** Corresponding table display scores.

7.4.6.4 Test Failed:



- Do not press the PAUSE and STOP keys  during exercise. If you press this key = the test fails,
- When the target distance is reached, count down to 0.0, and the corresponding time table score shows 0 = test failed
- On the top display **【SORRY, YOU HAVE FAILED THE TEST.】** **【Score】** display 0.

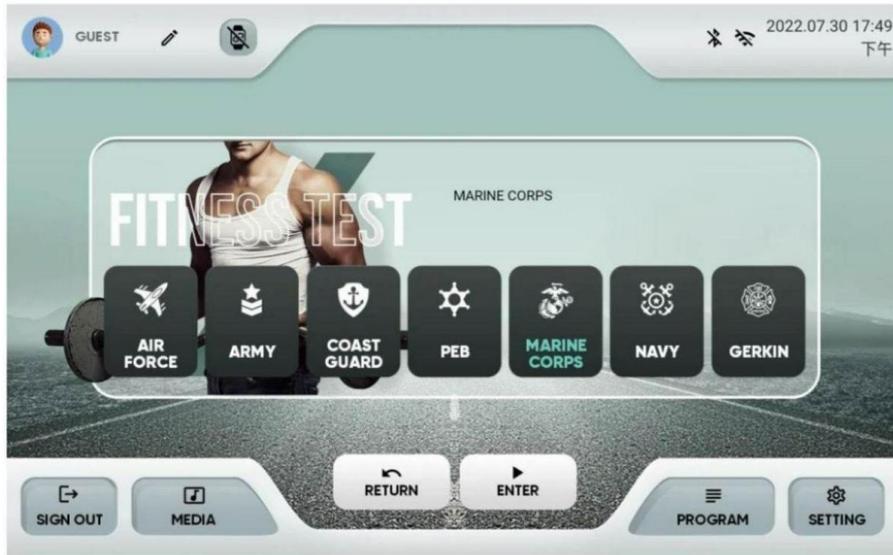
7.4.6.5 The window displays the value after exercise [CALORIES] is the actual total accumulated calories.

【ACG MERS】、【ACG MERS】、【TARGET TIME】、【REAL TIME】

TABLE TABLE key to display: **【AGE】**、**【VeryPoor】**、**【Poor】**、**【Below Average】**、**【Average】**、**【Above Average】**、**【Good】**、**【Excellent】**、

7.4 MARINE CORPS:

7.5.1 From IDLE MODE → click PROGRAM → select FITNESS TEST → select MARINE CORPS and press → ENTER to enter.



7.5.2 **USER login:** Press ENTER to automatically bring in USER information, and this setting value will not be saved to USER data after modification.

7.5.3 **Guest login:** directly use the USER system default value, which can be modified, but will not save any information.

7.5.3.1 In the setting, only FITNESS TEST can modify the age, and this setting value is used for calculation in Summary settlement.

7.5.3.2 Parameter Setting:

SETTING	Default value	Settable range
WEIGHT	Imperial:155LB Metric: 70KG	Imperial:40~440 LB Metric: 20~200 KG
GENDER	MALE	MALE / FEMALE
AGE	30	10~99
HEIGHT	160 CM	100~250 CM

7.5.4 RUNNING:

7.5.4.1 This mode has no Warm Up and Cool Down processes.

7.5.4.2 Press START to display [3], [2], [1], [GO] animation display from small to large and then to small, and at the same time make a short BI sound, [GO] screen from small to large, and Corresponds to a long BI sound;

Pause/Stop cannot be clicked during the process.

7.5.4.3 During exercise press the function keys:

7.5.4.4 During exercise can use MEDIA:

7.5.4.5 Exercise status:

Display	illustrate
Distance	<p>Default imperial system: 3.0MILE; metric system: 4.8KM or less Unit: MI, display range: 0.0~999.9 (automatically change the decimal point) When the distance counts down to 0.0, BIBIBI will make three consecutive beeps to indicate that the program has finished running.</p>
Time	<p>Default value: 00:00 (min:sec) Count up from 00:00, display range: 00:01 ~ 99:59 (min:sec) 99:59(h:min) after 99:59(min:sec), 99:59(h:min) min) and return to 0:00 to recount The menu can be pulled down for 3 seconds to switch data (elapsed time, target time, remaining time).</p>
Calories	<p>It is the number of calories actually run, unit: kcal, display range: 0~99999 The menu can be pulled down for 3 seconds to switch data</p>
	(metabolic equivalent, calories, calories/hour, altitude gain).
Heart rate	<p>It is the number of calories actually run, unit: kcal, display range: 0~99999 The menu can be pulled down for 3 seconds to switch data (metabolic equivalent, calories, calories/hour, elevation gain).</p>
Path	<p>Unit: BPM, display range: 40~220 If the heartbeat value is 0, the red heart icon is still and does not change If the heartbeat value is not 0, the size of the red heart icon changes every 1 second (1 second big, 1 second small).</p>
Incline	It is the current data, unit: MIN/KM, display range: 2:30~120:00.
Speed	<p>To display the current data; unit: lift; display range: 0 ~15 The ascension setting can be adjusted by the user, and it is only applicable to the synchronous adjustment of the current segment PROFILE.</p>
PROFILE	<p>WORK SPEED preset value: 6 mph REST SPEED preset: 2 mph To display the current data; unit: mph / km; display range: 1.0~24.0 The speed setting can be adjusted by the user, and it is suitable for synchronous adjustment of the PROFILE of the current segment and the non-exercising segment.</p>

7.5.5 WORKOUT SUMMARY:

7.5.5.1 If there is no operation on the WORKOUT SUMMARY page for 3 minutes, it will automatically jump back to the IDLE MODE page.

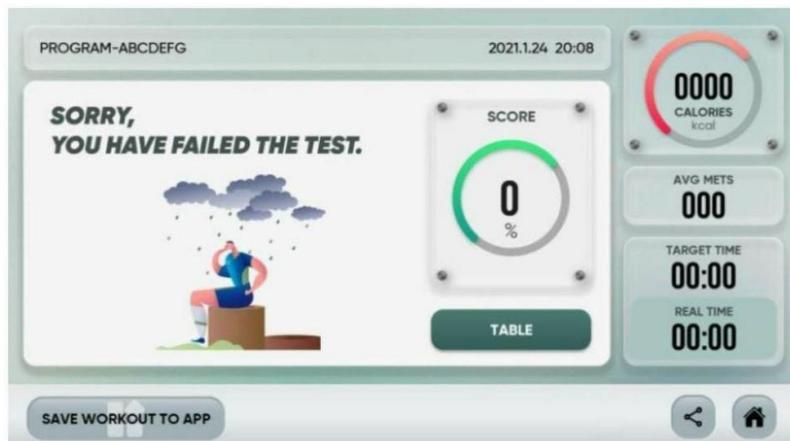
7.5.5.2 This mode can share to APP, but FITNESS TEST has no data record.

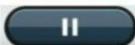
7.5.5.3 Test successful:



- When the target distance is reached, count down to 0.0, and the corresponding time table will display the score = the test is passed
- Display on the top **【CONGRATULATIONS! YOU HAVE PASSED THE TEST.】**
- **【Score】** Corresponding table display scores.

7.5.5.4 Test Failed:



- Do not press the PAUSE and STOP keys  during exercise. If you press this key = the test fails,
- When the target distance is reached, count down to 0.0, and the corresponding time table score shows 0 = test failed
- On the top display **【SORRY, YOU HAVE FAILED THE TEST.】** **【Score】** display 0.

7.5.5.5 The window displays the value after exercise [CALORIES] is the actual total accumulated calories.

【ACG MERS】、【ACG MERS】、【TARGET TIME】、【REAL TIME】

TABLE TABLE key to display: **【AGE】、【VeryPoor】、【Poor】、【Below Average】、【Average】、【Above Average】、【Good】、【Excellent】、**

7.6 NAVY:

7.6.1 From IDLE MODE → click PROGRAM → select FITNESS TEST → select MARINE CORPS and press → ENTER to enter.



7.6.2 **USER login:** Press ENTER to automatically bring in USER information, and this setting value will not be saved to USER data after modification.

7.6.3 **Guest login:** directly use the USER system default value, which can be modified, but will not save any information.

7.6.3.1 In the setting, only FITNESS TEST can modify the age, and this setting value is used for calculation in Summary settlement

7.6.3.2 Parameter setting:

SETTING	Default value	Settable range
WEIGHT	Imperial:155LB Metric: 70KG	Imperial:40~440 LB Metric: 20~200 KG
GENDER	MALE	MALE / FEMALE
AGE	30	10~99
HEIGHT	160 CM	100~250 CM

7.6.4 RUNNING:

7.6.4.1 This mode has no Warm Up and Cool Down processes.

7.6.4.2 Press START to display [3], [2], [1], [GO] animation display from small to large and then to small, and at the same time make a short BI sound, [GO] screen from small to large, and Corresponds to a long BI sound;

Pause/Stop cannot be clicked during the process.

7.6.5 WORKOUT:

7.6.5.1 During exercise press the function keys:

7.6.5.2 During exercise can use MEDIA:

7.6.5.3 Exercise status:

Display	illustrate
Distance	<p>Default imperial system: 1.5MILE; metric system: 2.4KM or less Unit: MI, display range: 0.0~999.9 decimal point automatically changed)</p> <p>When the distance counts down to 0.0, BIBIBI will make three consecutive beeps to indicate that the program has finished running.</p>
Time	<p>Default value: 00:00 (min:sec) Count up from 00:00, display range: 00:01 ~ 99:59 (min:sec), count up at 99:59 (h:min) after 99:59 (min:sec), and count up at 99:59 (h:min) after 99:59 (h: min) and return to 0:00 to recount The menu can be pulled down for 3 seconds to switch data (elapsed time, target time, remaining time).</p>

Calories	<p>It is the number of calories actually run, unit: kcal, display range: 0~99999 The menu can be pulled down for 3 seconds to switch data (metabolic equivalent, calories, calories/hour, elevation gain).</p>
Heart rate	<p>To display the current data; unit: BPM, display range: 40~220 If the heartbeat value is 0, the red heart icon is still and does not change If the heartbeat value is not 0, the size of the red heart icon changes every 1 second (1 second big, 1 second small).</p>
Path	<p>It is the current data, unit: MIN/KM, display range: 2:3~120:00.</p>
Incline	<p>Default value: 0 To display the current data; display range: 0~15 (according to the corrected value) The USER can adjust the INCLINE at will, and it is applicable to the synchronous adjustment of the PROFILE of the current segment and the non-moving segment.</p>
Speed	<p>Default value: 0.5mph/1.0km/h (mph / km) To display the current data; display range: 1.0~24.0 (according to the corrected value) USER can adjust SPEED at will, which is suitable for synchronous adjustment of PROFILE of current segment and non-moving segment.</p>
PROFILE	<p>You can select the INCLINE/SPEED tab by touch to switch between two types of PROFILE A single screen displays 30 segments, and the status display should let users know which segment they are currently exercising at The exercise time of each PROFILE is fixed at 1 minute. The LAPS value increases by 1 every time a lap is completed If the exercise time exceeds 30 minutes, the 31st minute will be displayed in the first segment.</p>

7.6.6 WORKOUT SUMMARY:

7.6.6.1 If there is no operation on the WORKOUT SUMMARY page for 3 minutes, it will automatically jump back to the IDLE MODE page.

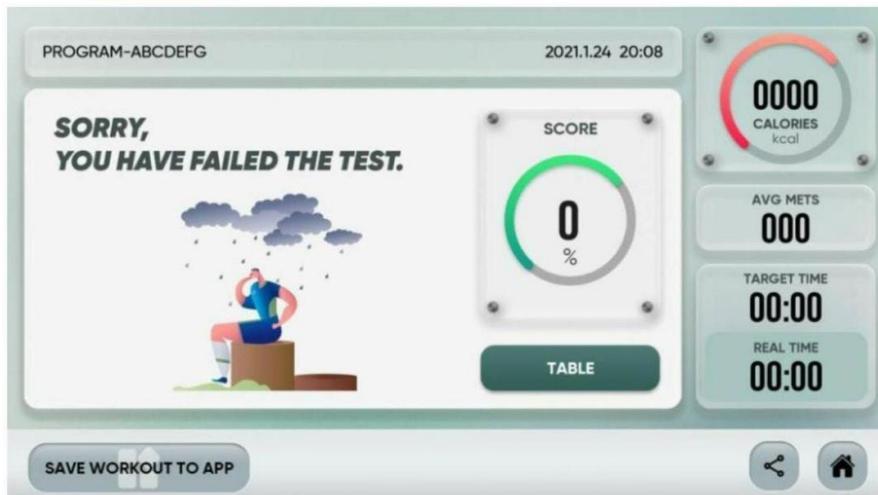
7.6.6.2 This mode can share to APP, but FITNESS TEST has no data record.

7.6.6.3 Test successful:



- When the target distance is reached, count down to 0.0, and the corresponding time table will display the score = the test is passed.
- Display on the top **【CONGRATULATIONS! YOU HAVE PASSED THE TEST.】**
- **【Score】** Corresponding table display scores.

7.6.6.4 Test Failed:



- Do not press the PAUSE and STOP keys  during exercise. If you press this key = the test fails,
- When the target distance is reached, count down to 0.0, and the corresponding time table score shows 0 = test failed
- On the top display **【SORRY, YOU HAVE FAILED THE TEST.】** **【Score】** display 0.

7.6.6.5 The window displays the value after exercise [CALORIES] is the actual total accumulated calories.

【ACG MERS】、【ACG MERS】、【TARGET TIME】、【REAL TIME】

TABLE

TABLE key to display: 【AGE】、【VeryPoor】、【Poor】、【Below Average】、【Average】、【Above Average】、【Good】、【Excellent】、

7.7 GERKIN:

7.7.1 From IDLE MODE → click PROGRAM → select FITNESS TEST → select GERKIN and press → ENTER to enter.



7.7.2 USER login: Press ENTER to automatically bring in USER information, and this setting value will not be saved to USER data after modification.

7.7.3 Guest login: directly use the USER system default value, which can be modified, but will not save any information.

7.7.3.1 In the setting, only FITNESS TEST can modify the age, and this setting value is used for calculation in Summary settlement.

7.7.3.2 Parameter setting:

SETTING	Default value	Settable range
WEIGHT	Imperial:155LB Metric: 70KG	Imperial:40~440 LB Metric: 20~200 KG
GENDER	MALE	MALE / FEMALE
AGE	30	10~99
HEIGHT	160 CM	100~250 CM

7.7.4 RUNNING:

- This mode has Warm Up and Cool Down processes.
- Press the START screen to display [3], [2], [1], [GO] animation display from small to large and then to small, and at the same time make a short BI sound, [GO] screen from small to large, corresponding to a long BI sound, enter WARM UP; the process cannot be paused/stopped
- WARM UP Process:

7.7.4.1 Speed preset: 3.0mph/4.8km/h, ascension preset: 0, cannot be adjusted manually

7.7.4.2 During the WARM UP period, it is necessary to detect the heartbeat to execute the exercise. If the heartbeat is not detected for 1 minute in a row, then leave the exercise and display [Sorry, Invalid test no heart rate] after 1 minute and jump to the Summary failure page.

7.7.4.3 There is no pause in this mode. If you press the pause or STOP button during WARM UP, it will fail, and the exercise will end, and the speed will drop to 0 at the same time. It will display [Sorry, You have failed the test:] and then jump to Summary and fail after 1 minute. Page.

7.7.5 WORKOUT:

7.7.5.1 Exercise status:

Display	illustrate
Distance	<p>Default imperial system: 3.0MILE; metric system: 4.8KM or less Unit: MI, display range: 0.0~999.9 (automatically change the decimal point)</p> <p>When the distance counts down to 0.0, BIBIBI will make three consecutive beeps to indicate that the program has finished running.</p>
Time	<p>Default value: 00:00 (min:sec) Count up from 00:00, display range: 00:01 ~ 99:59 (min:sec) 99:59(h:min) after 99:59(min:sec), 99:59(h:min) min) and return to 0:00 to recount</p> <p>The menu can be pulled down for 3 seconds to switch data (elapsed time, target time, remaining time).</p>
Calories	<p>It is the number of calories actually run, unit: kcal, display range: 0~99999</p> <p>The menu can be pulled down for 3 seconds to switch data (metabolic equivalent, calories, calories/hour, altitude gain).</p>
Heart rate	<p>It is the number of calories actually run, unit: kcal, display range: 0~99999</p> <p>The menu can be pulled down for 3 seconds to switch data (metabolic equivalent, calories, calories/hour, elevation gain).</p>
Path	<p>Unit: BPM, display range: 40~220</p> <p>If the heartbeat value is 0, the red heart icon is still and does not change</p> <p>If the heartbeat value is not 0, the size of the red heart icon changes every 1 second (1 second big, 1 second small).</p>
Incline	<p>It is the current data, unit: MIN/KM, display range: 2:30~120:00.</p>
Speed	<p>To display the current data; unit: lift; display range: 0 ~15</p> <p>The ascension setting can be adjusted by the user, and it is only applicable to the synchronous adjustment of the current segment PROFILE.</p>

<u>PROFILE</u>	WORK SPEED preset value: 6 mph REST SPEED preset: 2 mph To display the current data; unit: mph / km; display range: 1.0~24.0 The speed setting can be adjusted by the user, and it is suitable for synchronous adjustment of the PROFILE of the current segment and the non-exercising segment.
-----------------------	--

7.7.5.2 Target Heart rate = (220 - AGE) *85%

7.7.5.3 During PROGRAM MODE, the slope and speed change according to the table and cannot be adjusted manually.

7.7.5.4 During exercise press the function keys:

7.7.5.5 During exercise can use MEDIA:

7.7.5.6 When the heartbeat is not detected during exercise, it will display **【No HR detected! Reconnect or finish the program】**, if no heartbeat is detected for 1 minute, and leave the exercise, it will display **【Sorry, Invalid test no heart rate】** 1 Jump to the test failure page after minutes.

7.7.5.7 There is no pause mode in this mode. If you pause or press the STOP key during the test, the movement will end if the test fails, and the speed will drop to 0. It will display [Sorry, You have failed the test:] and jump to the test failed page after 1 minute.

7.7.5.8 After the user reaches the target heart rate (actual heart rate \geq target heart rate), the window will display [YOU HEART RATE REACHED THE TARGET.] after 15 seconds of continuous detection, or if the challenge is successfully completed for 11 minutes, it will enter the COOLDOWN three Minutes, [You are currently in the cool-down phase. Press 'Skip' to finish the program immediately.] is displayed in the window, and the slope is set to 0%.

7.7.5.9 The user reaches the target heartbeat (actual heartbeat \geq target heartbeat) and it will last for 15 seconds. After the test is over, you will get the completed final stage, VO2 MAX, speed and slope will start to change according to the following table, the metric value will be by miles X1.61.

7.7.6 COOL DOWN process:

7.7.6.1 Speed preset: calibrated minimum speed; Ascension preset: 0; cannot be adjusted manually.

7.7.6.2 If the challenge is successful, if you press the pause or STOP key during COOL DOWN, it will jump to the window and display [Good! You have passed the test:]

7.7.6.3 It is also necessary to detect the heartbeat during COOL DOWN to perform exercise. If no heartbeat is detected for 1 minute in a row, you will leave the exercise, and a prompt of [SORRY, INVALID TEST NO HEART RATE] will appear, and it will automatically jump to the test failure page after 1 minute.

7.7.7 When the exercise time in COOLDOWN mode counts down to 0.00, the running belt stops, and a BI sound indicates that the program has finished running, and a prompt of [Good! You have passed the test] appears, and the lower [Score] displays the number, you can click on the upper right corner Checklist button to view grades. After 1 minute, it will automatically jump to the test success page.

7.7.8 WORKOUT SUMMARY:

7.7.8.1 If there is no operation on the WORKOUT SUMMARY page for 3 minutes, it will automatically jump back to the IDLE MODE page.

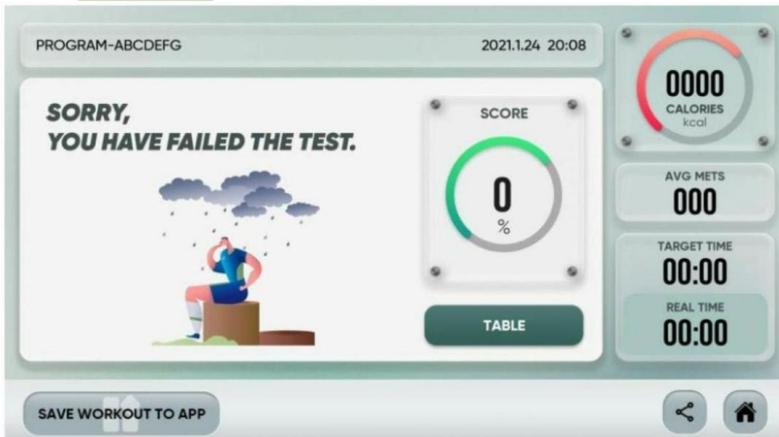
7.7.8.2 This mode can share to APP, but FITNESS TEST has no data record.

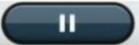
7.7.8.3 Test successful:



- When the target distance is reached, count down to 0.0, and the corresponding time table will display the score = the test is passed
【CONGRATULATIONS! YOU HAVE PASSED THE TEST.】
- 【Score】 Corresponding table display scores.

7.7.8.4 Test Failed:



- Do not press the PAUSE and STOP keys  during exercise. If you press this key = the test fails,
- When the target distance is reached, count down to 0.0, and the corresponding time table score shows 0 = test failed
- On the top display 【SORRY, YOU HAVE FAILED THE TEST.】 【Score】 display 0.

7.7.8.5 The window displays the value after exercise [CALORIES] is the actual total accumulated calories.

【ACG MERS】、【ACG MERS】、【TARGET TIME】、【REAL TIME】

 TABLE key to display: 【AGE】、【VeryPoor】、【Poor】、【Below Average】、【Average】、【Above Average】、【Good】、【Excellent】、

H. SETTING



1. CONNECTION SETTING: 【Wi-Fi】【Ethernet】【Bluetooth】

1.1 Wifi Setting

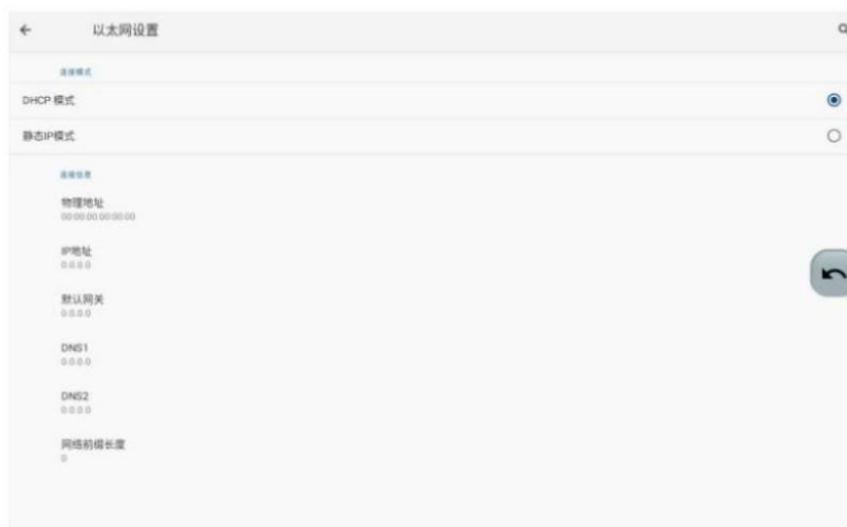
1.1.1 Turn on the wifi connection, the system will automatically scan the nearby wifi, click the name of the wifi to be connected

1.1.2 Enter the wifi password, the system will connect with the parameters entered by the user,

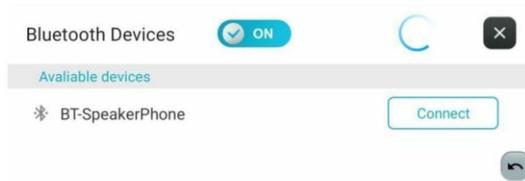
1.1.3 If the connection is successful, press the Back button to return to the setting page, and then press the Home button to return to the main screen, otherwise it will only appear saved and will not connect

1.1.4 WIFI status icon: Connected  No connected .

1.2 Ethernet Setting



1.3 Bluetooth Setting



1.3.1 Turn on the bluetooth connection, the system will automatically scan the nearby bluetooth, click the name of the bluetooth to be connected, and the pairing connection will be performed. If the connection is successful, press the back button to return to the setting page and then press the home button to return to the main page screen, otherwise no connection will be made.

2 MACHINE SETTING

2.1 Language

2.1.1 There are 9 languages: English, Español, Deutsch, 日本語, 繁體中文, 简体中文, 한국인, Português, Norsk

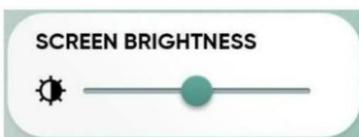
	Country	Language
1	U.K.	English
2	Germany	Deutsch
3	Spain	Español
4	Japan	日本語
4	Korea	한국인
5	Portuguese	Português

2.2 Metric/Imperial Unit

2.2.1 Press this key to switch METRIC/IMPERIAL

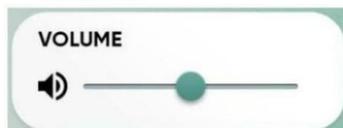
2.3 Default: Metric

2.4 Screen Brightness



Using bar  to adjust brightness.

2.5 Volume



use bar  to adjust volume up and down.

2.6 Time Setting:

2.6.1 Set system time, use AM/PM or 24hr to make switching.

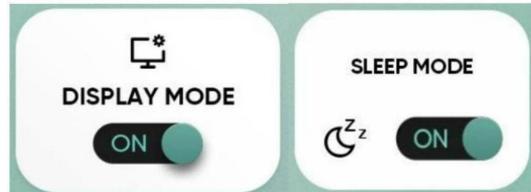
2.1.2 ON – AM and PM will disappear.

2.1.3 OFF – AM and PM appeared.

2.7 Date Setting

2.7.1 Set the system date and time, using (dd/mm/yy).

2.8 Display Mode Setting



2.8.1 Sleep function can be set switch on/off, the default is set: ON.

2.8.2 When Display Mode is ON:

Remove the save key, the screen is turned off, and there is a sleep mode. When there is no operation for 30 minutes on the IDLE MODE page, it will automatically enter sleep and turn off the screen. During sleep, any key can wake it up.

2.8.3 When Display Mode is OFF:

Remove the save key, the screen does not close, no sleep mode.

2.9 Child Lock

2.9.1 Default: OFF, for children to touch the buttons by mistake, use the key combination start+stop to unlock the screen when turning on the.



2.9.2 When it is set to ON, if there is no key press within 10 minutes in IDLE MODE DM, the window will display "Console Locked".

2.9.3 Or press the save key and put it back to take effect.

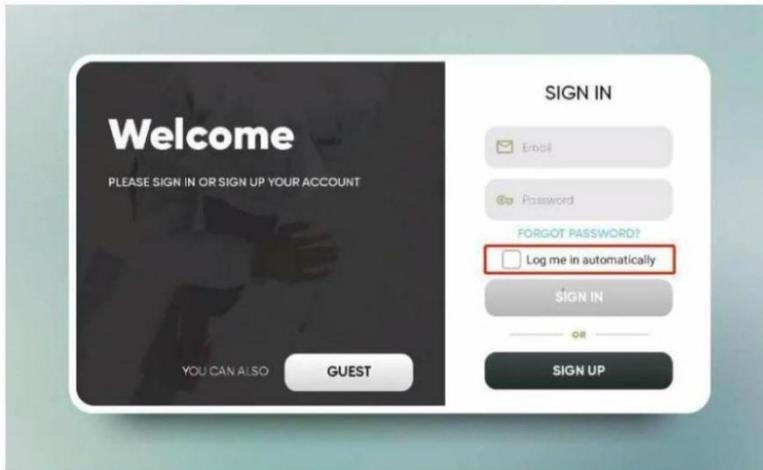
2.9.4 Users need to press and hold the stop button for 3 seconds to release Console Locked and display IDLE MODE.

2.9.5 After unlocking, if there is no button or the child lock function is not turned off within 10 minutes, the child lock will lock it again.

2.10 AUTO LOGIN

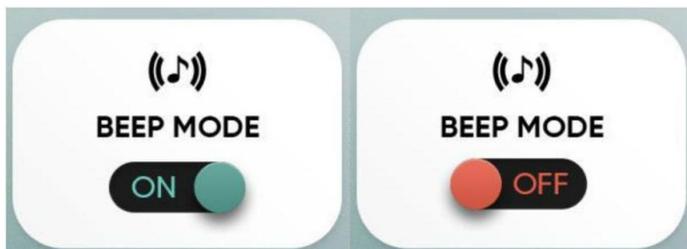


2.10.1 When the automatic login is on, the Log me in automatically option on the login screen will appear.

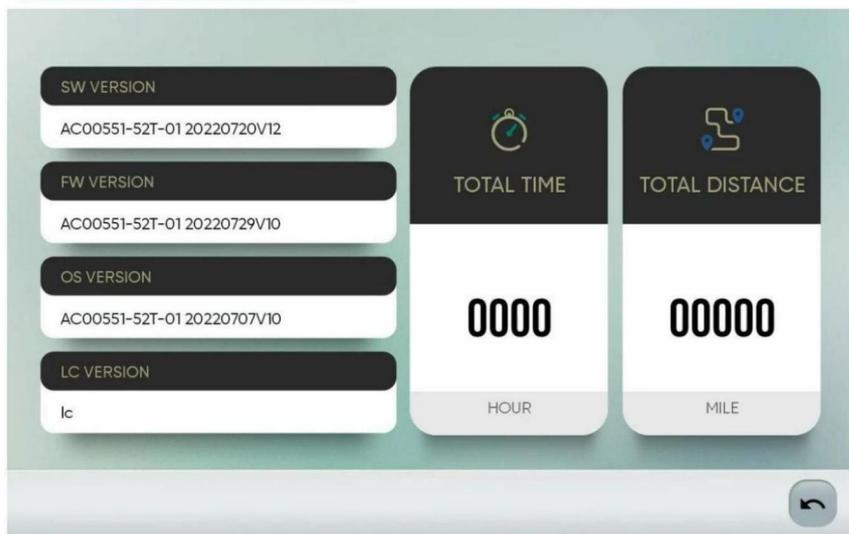


2.11 Beep Sound Mode

The sound triggered when the button is touched, when it is set to ON, the sound will be played when a valid key is clicked, and if it is set to OFF, the sound is turned off.

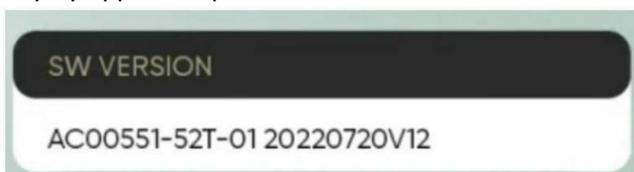


3 MACHINE INFORMATION



3.1 SW Version

Display upper computer APK version.



3.2 FW Version

Display lower computer FW version.



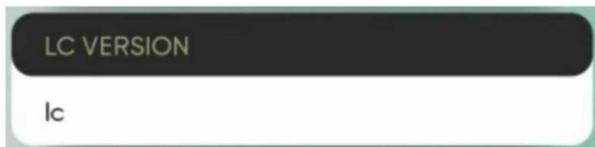
3.3 OS Version

Display IMG version.



3.4 LC Version

Display lower controller version.



3.5 Total Hour

Displays the total time of exercise. Unit: 00:00 hours; display range: 0.00~9999H, reset to zero for overflow and recalculate.



3.6 Total Distance

Displays the total distance traveled. Display range: 0.00~9999MILE, overflow reset to zero and recalculate.



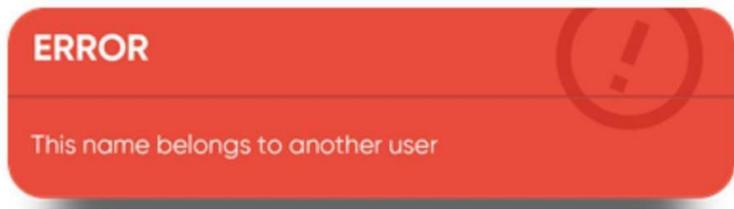
J. Other test functions :

On the main page, click the year/month/day in the upper right corner ten times continuously to enter other test functions

Add the function of clearing the visitor's exercise records and clearing the third-party account.

K. Alert message window:

1 USER Login



Shared windows:



1 H.R.C Exclusive use



When the current system crashes, a program error exception page appears, you can click [View LOG] to pop up the error information, or click [Restart Now] to clear the crash information page, and the electronic watch returns to IDLE MODE.