## 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.
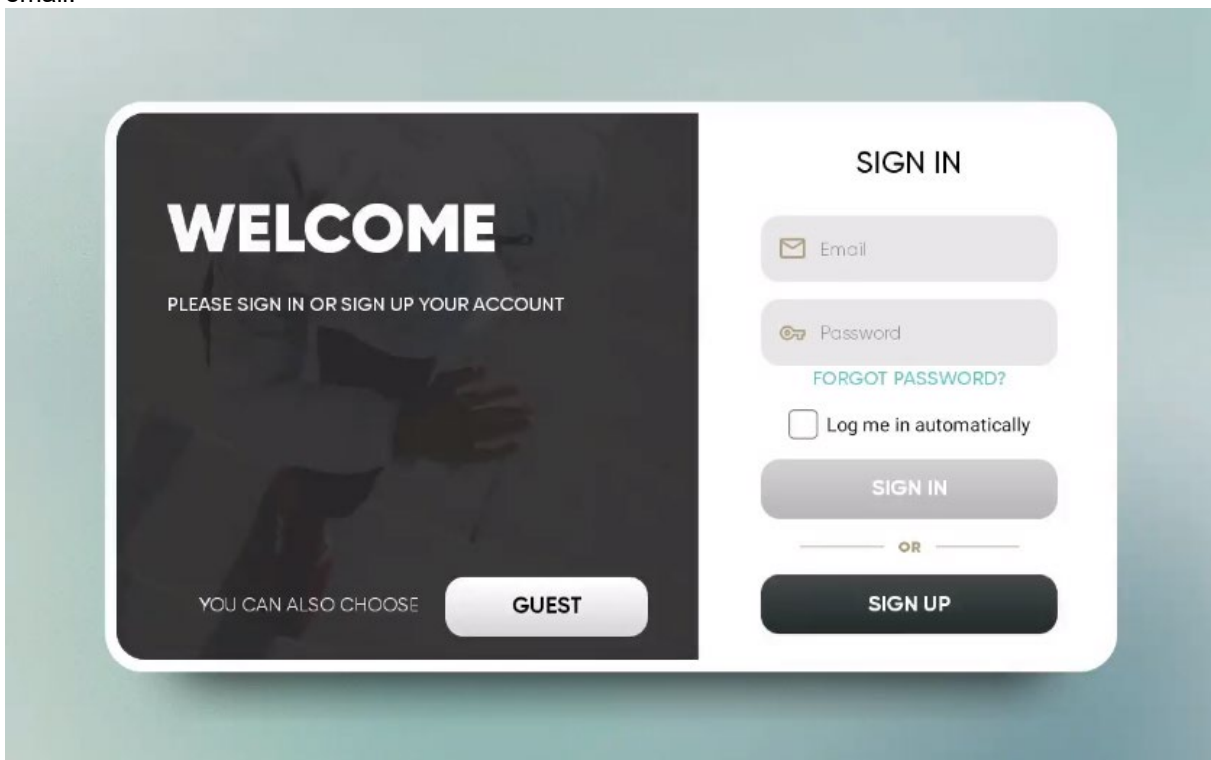
On the main screen press [MEDIA] will show 2 options.

1.1 Application：

The system currently provides 8 APPs：Youtube、Netflix、Disney+、Amazon Prime Video、

Facebook、Twitter、Instagram、Spotify

1.2 Mirror

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

      IOS   Android

➢ Note：The WiFi-name of the console must be on the same network (domain, network name) as the phone.

1   IDLE MODE：

1.1   [Register New User], [User Login], [Guest Login] after setting all of them will enter IDLE MODE.
1.2   If there are not any operation within 3 minute and finish at workout summary, it will return to idle mode.
1.3   In idle mode, if not detect any key even touched within 30 minutes, sleep according to the Display/Sleep setting.
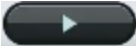
2   Sleep mode/Display mode：

2.1   Sleep mode according to the display on/of and sleep on/off settings
2.2   The Sleep setting takes precedence, by default.
2.3   Note: If a child lock is set, the child lock screen is displayed first after waking up, and other functions can be used after unlocking.

3   WARM UP：

3.1   The running time is 3:00 minutes, starting and counting down to 0:00.
3.2   During Warm Up, you can press SKIP at any time and enter WORKOUT.
3.3   At the last 3 seconds countdown, each emits a short BI sound to indicate that Warm Up is about to end.
3.4   During Warm Up, users cannot adjust the LEVEL at will.
3.5   LEVEL default:
   ➢ First minute: LEVEL 1
   ➢ MINUTE 2：LEVEL 2
   ➢ MINUTE 3：LEVEL 3

4   WORKOUT：

4.1   Press the start key ▶ or quick start key ▶ to enter workout.
4.2   Go to program to display the level profile by default

4.3　Default display: [elapsed time] elapsed time [watt] watt [heart rate] current heartbeat

4.4　If it is VR mode, the display screen is a VR movie after entering the motion; Read more about VR modes.

4.5　Clicking during exercise will pop up the PAUSE window.

4.6　Clicking during exercise will pop up the PAUSE window.

4.7　Reaching the set goal at goal will enter the workout summary.

4.8　The rest of the programs will enter COOL DOWN when the set time counts down to 00:00

5　 PAUSE ：

5.1　When the STOP key or physical button is pressed during the movement, it will enter the pause mode, pop out of the PAUSE window, and all data will stop counting, and the detected RPM will not start automatically.

5.2　If you manually press pause, the movement will not automatically continue when the RPM is detected again, because the user may still have RPM when pressing pause, and the movement will automatically resume immediately after pressing pause.

5.3　If there is no RPM for 30 seconds, it will enter a pause and automatically continue to move when the RPM is detected again.

5.4　When the motor receives a pause during operation, it should stop running immediately and continue to run to the specified position if it resumes motion.

5.5　The pause screen of the vision run is set against the background of the current movie, and the movie stops playing
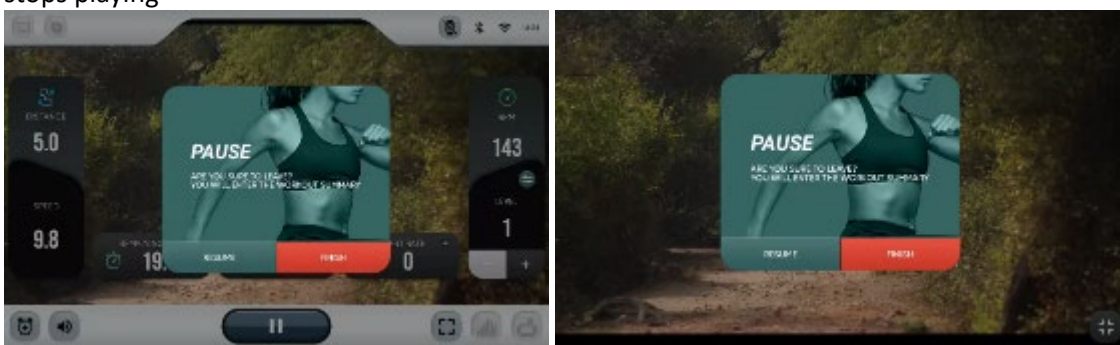
5.6　In the pause state, if it is left for 3 minutes without operation, it will enter the workout summary.

5.7 If you press the RESUME key: The movement will continue and the values will continue to accumulate.

5.8 Press the FINISH key : End the campaign to go to the workout summary page.

6 COOL DOWN：

6.1 Apart from QUICK START, there is no Cool Down

6.2 The rest of the programs meet either condition during the exercise and automatically switch to Cool Down for 3 minutes.

6.3 Running time starts at 3:00 and counts down to 0:00.

6.4 During Cool Down, you can press SKIP to enter the Workout Summary

6.5 At the end of the 3-second countdown, each emits a short BI sound to indicate that Cool Down is about to end.

6.6 During Cool Down, users cannot adjust LEVEL at will.

6.7 Change in level value: the last ending level value, drop 1 level every 10 seconds, and the value is the minimum resistance.

6.8 If in a third-party execution, when the exercise time reaches or the sports goal is reached, force jump back to the motion screen to execute Cool Down.

7 WORKOUT SUMMARY：

7.1 Pressing FINISH in QUICK START pause will end the movement into WORKOUT SUMMARY.

7.2 Meet any of the conditions in the GOAL movement to enter the WORKOUT SUMMARY.

7.3 The rest of the programs enter COOL DOWN if the conditions are met during the movement→ then enter the WORKOUT SUMMARY

7.4 If no operation after 3 minutes on the workout summary page, it will automatically jump back to the Idle Mode page

8   SHARE TO APP：

8.1   To share the activity recording, click to pop up a small window.

8.2   Selecting one of the third-party screens will take you to that third-party app for sharing
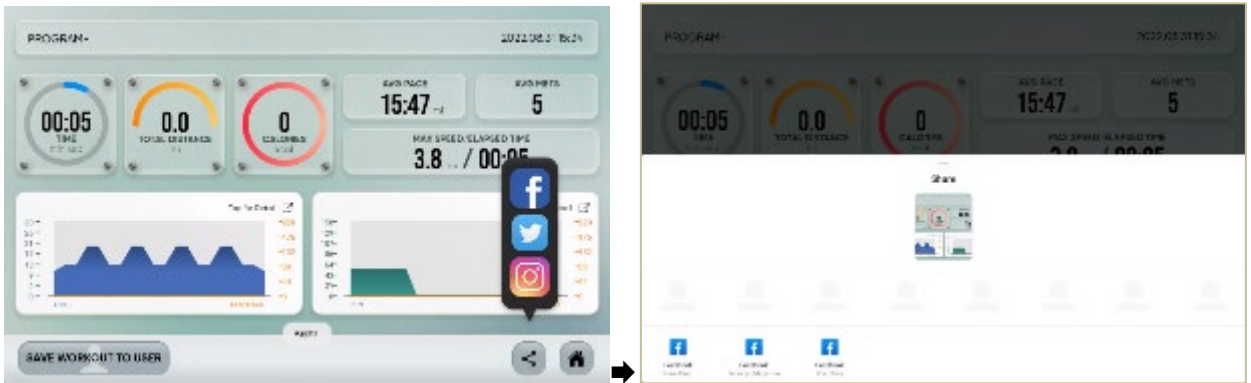
9   SAVE WORKOUT TO USER

There are separate visitors and USER logins

9.1   Guest Login:

9.1.1 The visitor will automatically save the first ten records to the User program.

9.1.2 Click [SAVE WORKOUT TO USER] to bring up the SIGN IN screen.
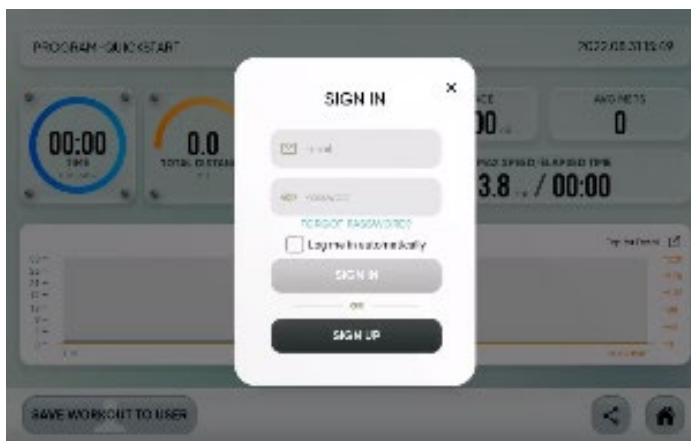
9.2   USER login:

9.2.1 Motion logs are not automatically saved to the User program.

9.2.2 Click [SAVE WORKOUT TO USER] to bring up SAVED screen means saved to the user program.
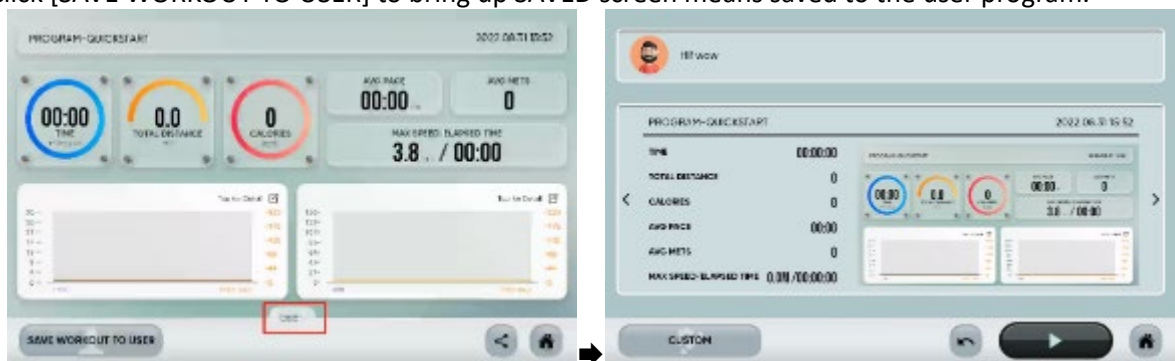
9.3   FITNESS TEST and HRC do not have a storage mode.

DISPLAY	DESCRIPTION
TIME	+ Display of the elapsed or remaining or target time in minutes + Display range: 00：00(min:sec)~ 59：59(min:sec)~ 999:59 （hr:min）
WATT	+ Display of the METS Display range: X~XXX + Display of the CALORIES in kcal Display range: X~XXX + Display of the CALORIES/HR in kcal Display range: X~XXX + Display of the WATT in w Display range: X~XXX
HEART RATE	+ Display of the heart rate + Display range: XX~XXX (integer)
Distance	+ Display of the training distance in Imperial/ MI/ Metric/ KM + Display range: X.XX~XXX.X
RPM	+ Display of the current RPM data + Display range: Unlimited.
RESISTANCE LEVEL	+ Display of the current level + Display range: 1~80
Speed	+ Display of the current speed in kph/mph + Display range: X~XXX

CONSOLE KEY FUNCTION：

1. **LEVEL + - adjustable key**
You can press the + or – keys to adjust the LEVEL value in units of 1. Adjustable range: 1 – 80.

2. **LEVEL quick key**

Click to pop up a Window to select, display range: 1、16、32、48、64、80

3. **MEDIA**
During workout can be used Media, but except VR mode.

The key effects: PRESSED SELECTED .

There is a back button in the right corner.

Add full-screen button in the lower right corner next to the back button. Press become full-screen and

press to return to the small screen.

4. **Wearable Bluetooth Key**
    4.1 Displayed in the upper right corner of the workout interface, it can only be triggered when the PAUSE

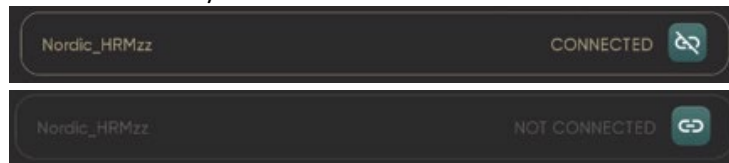   MODE is clicked, and the pop-up window is presented.

    4.2 Default：OFF

    4.3 CONNECTED/ NOT CONNECTED.

    4.4 Searching device / Enable / Disable / Remove devices.

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

4.6 connected / not connected.

 Pairing device.

 Nearby devices.

5. **WIFI Key**

5.1 Display in the upper right corner of the sports interface, tap to trigger when in PAUSE MODE, and the Android setting window will pop up.

WIFI = Connected / Not Connected

5.2 Return to the previous screen

6. **Bluetooth Key**

Displayed in the upper right corner of the workout interface, it can only be triggered when the pause mode is

clicked, and the pop-up window is presented.

Bluetooth = Connected / Not Connected

7. **ALARM**

7.1 It is displayed in the lower left corner of the motion interface, click , and the pop-up window is presented.

Default: OFF alarm is off.

7.2 Turn on the alarm clock The time will be +1 minute to the current time, you can slide the number to adjust, pay attention to AM, PM

7.3 Press Close Window to be completed. Icon will change to which mean the alarm is set.

7.4 When the set time is up, the exercise has to pause and the window prompt Alarm.

All pop-ups are displayed at the top with an alarm prompt, which continues to shake until manually pressed to close.

7.5 If the alarm pops up while in PAUSE mode and cover the PAUSE window, close the alarm and it will display the PAUSE window.

7.6 If the alarm pops up while in PAUSE mode but does not affect the PAUSE window, it will continue counting down to 3 minutes.

Suppose that after counting down 1 minute, the alarm pops up, it will continue to count the remaining two minutes, and then enter SUMMARY.

7.7 At the end of the movement, the alarm clock sounds, the Alarm window is displayed first, and the user presses CLOSE to enter SUMMARY.

7.8 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.

8. **Volume Key**

Display in the lower left corner of the motion interface. Adjust the volume of the device from 0 to 15.

9. **Profile**

9.1 click in the lower right corner of the motion interface to switch profile.

9.2 Colors of BAR: white = completed segment, light green = current segment, dark green = incomplete segment.

9.3 Bar status display to let the user know which segment of the current movement, a bar represents a section, the total is 30 segments, the current value will be shown above.

9.4 The time corresponding to each segment is calculated in two ways:

＊When the exercise time is counted up, the time of each segment is fixed at 1 minute.

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

Take QUICK START as an example, the Profile jumps back to the first segment at minute 31, the second segment at 32 minutes, and so on.

＊When the exercise time is counted down, the time of each segment is (total exercise time/30).

For example, if the total exercise time is set to 1 hour, then each segment is (60/30), which is equivalent to 2 minutes.

10. Track

10. 1 In the lower right corner of the motion interface, click to switch track.

10.2 This red mark is the starting location, run counterclockwise to the right.

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

LAPS: Number of laps (1 laps on the outer circle is the first lap, 1 lap on the inner circle is the second lap, and so on).

11. Zoom key

11.1 Not in workout, the zoom key shows up above SETTING.

11.2 During workout, the zoom key shows in the right corner of the MEDIA screen or VR mode, press to become full-screen, press to return the small screen.

12. Return key: return to the previous step.

13. ENTER： confirm to next step

Confirmation key

14. HOME Key：

14.1 The physical button is a shuttle knob , pressing this button on any page will return to IDLE MODE. When the window displays 'Console Locked', the user needs to press and hold this button for 3 seconds, then unlock the Console Locked and enter IDLE MODE.

15. START： Click to start workout.

16. PAUSE Key： The pause string + resume button + finish button will pop up.

USER Setting

AGE：

Default value: 30; Range: 10 ~ 99

In the settings, only FITNESS TEST can modify the age, and this setting is used for calculation in SUMMARY settlement

If you log in to USER, this setting will not affect the USER's data.

WEIGHT：
Imperial - default: 155LB; Range: 44 ~ 440 LB
Metric - default: 70 KG; RANGE CAN BE SET 20 ~ 200 KG
HEIGHT：
Imperial - Default value: 5 inches 3 inches; Bottom range: 3 inches 3.4 inches ~ 8 feet 2.4 inches
METRIC - DEFAULT: 160 CM; CAN SET THE BOTTOM RANGE: 100 ~ 250 CM
GENDER：
Default value: MALE; CAN BE SET BASE: MALE/FEMALE
In FITNESS TEST, it is a separate setting and will not be stored in conjunction with the login user.

PROGRAMS DESCRIPTION：

There are 7 major modes to choose from

1. QUICK START：
2. CLASSICS： GOAL、HILL、RANDOM LEVEL、PLATEAU、CONSTANT POWER
3. INTERVALS：CLASSIC、HIIT、CUSTOM
4. USER PROGRAM：
5. VISION RUN：
6. H.R.C：
7. FITNESS TEST：

1 QUICK START：

  1.1 Click QUICK START directly from idle mode or press PROGRAM key, before selecting another program, you can press QUICK START directly to enter the fast movement.
1.2 **RUNNING：**
1.2.1 There are no Warm Up and Cool Down processes in this mode.
1.2.2 Press QUICK START, the screen displays the [GO] animation, corresponding to a long BI sound, and the process cannot be clicked to PAUSE/STOP.
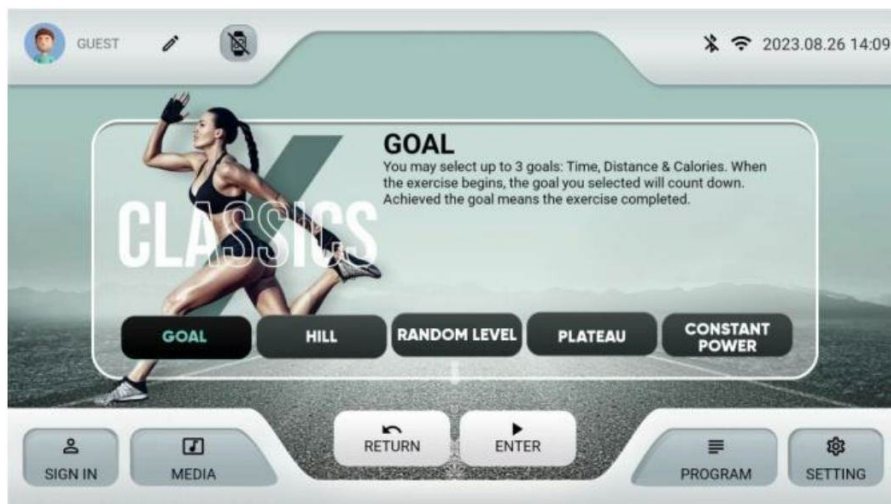1.3 **WORKOUT：**

1.3.1 This mode does not end automatically, you need to press ⬭II⬭ to enter pause mode, and all data

stops counting.

1.3.2 If you want to end the movement in a third party, press ⬛ II ⬛ →FINISH KEY → SUMMARY.

2 CLASSICS STANDARD MODE:

• In IDLE MODE, click the PROGRAM key, and select CLASSICS to enter the program.

• Contains five modes: GOAL, HILL, RANDOM INCLINE, PLATEAU, and CONSTANT POWER

Enter the program default: [GOAL].

⬛ RETURN ⬛ If you press the RETURN key: Return to the PROGRAM selection page

⬛ ENTER ⬛ If you press ENTER: Confirm the PROGRAM key, the ENTER key is invalid when not select PROGRAM.

2.1 GOAL target mode

• FROM IDLE MODE→ CLICK PROGRAM→ SELECT CLASSICS→ SELECT GOAL, PRESS ENTER TO ENTER THE PROGRAM.

2.1.1 Target Setting:

    2.1.1.1 USER login: Automatically bring in USER information in the information bar on the far left, you can ⬛✎⬛ press to modify and link to save.

    2.1.1.2 Visitor login: Using system preset values, you can press ⬛✎⬛ to modify USER information, and a single set is not stored.

    2.1.1.3 There are three types of GOALS that can be adjusted [TIME], [DISTANCE], [CALORIES].

Setting	Default value	Range can be set	Setting
TIME	Setting a target exercise time	20 min	00:01 ～ 99:59 min
DISTANCE	Setting the target exercise distance	5 KM	0~ 9999 KM
CALORIES	Setting the target calories	200 kcal	0 ～ 9999 kcal

    2.1.1.4 The user can select one or two or three goals to enter at the same time, and no matter which target item is set, the target value will be counted back to 0.

      If you press ⬛ ▶ ⬛ directly: use the system default goals [Time 20min], [Distance 5KM], [Calorie 200kcl] to start exercising.

    2.1.1.5 Press ⬛↩⬛ : It will return to the PROGRAM selection page。

    2.1.1.6 Press ⬛🏠⬛ : It will return to IDLE MODE.

2.1.2 RUNNING：

2.1.2.1 There are no Warm Up and Cool Down processes in this mode.

2.1.2.2 Press START, the screen displays the [GO] animation, corresponding to a long BI sound, and the process cannot be clicked to PAUSE/STOP.

2.1.3 WORKOUT：

2.1.3.1 Click during the movement and the PAUSE window will pop up.

2.1.3.2 Completion conditions: when the (any) set goal is reached will end the movement and enter the COOL DOWN process.

2.1.3.3 If the (any) set goal is achieved in a third party, force back to the moving screen to perform the COOL DOWN process.

2.2 HILL MODE

• From IDLE MODE→ click PROGRAM→ select CLASSICS→ select HILL, press ENTER to enter the PROGRAM.

2.2.1 Parameter settings:

2.2.1.1 USER login: Automatically bring in USER information in the information bar on the far left, you can press to modify and link to save.

2.2.1.2 Visitor login: Using system preset values, you can press to modify USER information and a single set is not stored.

2.2.1.3 A total of two parameters can be adjusted [TIME] and [MAX LEVEL].

Default value		Default value	Range can be set
TIME	Exercise time setting	20 min	00:01 ~ 99:59 (min:sec)
MAX LEVEL	Maximum resistance setting	16	1~80

2.2.1.4 When the user adjusts max level, the entire profile will be adjusted with the increase and decrease

2.2.1.5 Swipe the setting screen or press the left and right arrow keys to view the profile image on the next page.

2.2.1.6 The profile will change as max level increases or decreases, and cannot exceed the max level setting.

2.2.1.7 If you press : the movement will start using the default values.

2.2.1.8 Press : You will be returned to the PROGRAM selection page.

2.2.1.9 Press : will return you to IDLE MODE.

2.2.2 RUNNING：

2.2.2.1 This model has Warm Up and Cool Down processes.

2.2.2.2 Press START, the screen displays the [GO] animation, corresponding to a long BI sound, and the process cannot be clicked to PAUSE/STOP.

2.2.3 WORKOUT：

2.2.3.1 Click during the movement and the PAUSE window will pop up.

2.2.3.2 Completion conditions: When the exercise time is reached, the COOL DOWN program will be entered.

2.2.3.3 If in a third party, the exercise time is reached, force the motion screen back to perform

the COOL DOWN process.

2.3 RANDOM mode

From IDLE MODE→ CLICK PROGRAM→ CLASSICS→ SELECT RANDOM LEVEL AND PRESS ENTER TO ENTER THE PROGRAM.

2.3.1 Parameter settings:

2.3.1.1 USER login: Automatically bring in USER information in the information bar on the far left, you can press ![pencil icon] to modify and link to save.

2.3.1.2 Visitor login: Using system preset values, you can press ![pencil icon] to modify USER information and a single set is not stored.

2.3.1.3 A total of two parameters can be adjusted [TIME] and [MAX LEVEL].

Setting		Default value	Range can be set
TIME	Exercise time setting	20 min	00:01 ~ 99:59 (min:sec)
MAX LEVEL	Maximum resistance setting	20	1~80

2.3.1.4 Swipe the setting screen or press the left and right arrow keys to view the profile image on the next page ![navigation control]
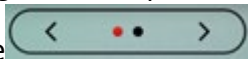
2.3.1.5 The profile of this area cannot exceed the max level setting.

2.3.1.6 Each segment level will randomly generate 30 segment profile graphs according to the max level adjusted by the user.

2.3.1.7 Press Refresh ![refresh button], and the system randomly generates a new LEVEL PROFILE program.

2.3.1.8 Level profile, the first and last level has unlimited elevation.

2.3.1.9 If you press ![play button]: the movement will start using the default values.

2.3.1.10 Press ![back button] : You will be returned to the PROGRAM selection page.

2.3.1.11 Press ![home button] : will return you to IDLE MODE.

2.3.2 RUNNING：

2.3.2.1 This model has Warm Up and Cool Down processes.

2.3.2.2 Press START, the screen displays the [GO] animation, corresponding to a long BI sound, and the process cannot be clicked to PAUSE/STOP.

2.3.3 WORKOUT：

2.3.3.1 Click ![pause button] during the movement and the PAUSE window will pop up.

2.3.3.2 2.3.3.2 Completion conditions: When the exercise time is reached, the COOL DOWN program will be entered.

2.3.3.3 If in a third party, the exercise time is reached, force the motion screen back to perform the COOL DOWN process.

2.4 PLATEAU MODE

From IDLE MODE→ CLICK PROGRAM→ CLASSICS→ SELECT PLATEAU, PRESS ENTER TO ENTER THE PROGRAM.

2.4.1 **Parameter settings:**

2.4.1.1 USER login: Automatically bring in USER information in the information bar on the far left, you can press ![pencil icon] to modify and link to save.

2.4.1.2 Visitor login: Using system preset values, you can press ![pencil icon] to modify USER information and a single set is not stored.

2.4.1.3 A total of two parameters can be adjusted [TIME] and [MAX LEVEL].

Setting		Default value	Range can be set
TIME	Exercise time setting	20 min	00:01 ~ 99:59 (min:sec)
MAX LEVEL	Maximum resistance setting	16	1~80

2.4.1.4 When the user adjusts max level, the entire profile will be adjusted with the increase and decrease.

2.4.1.5 Swipe the setting screen or press the left and right arrow keys to view the profile image on the next page ⟨ • • ⟩

2.4.1.6 The profile will change as max level increases or decreases, and cannot exceed the max level setting.

2.4.1.7 If you press ▶ : the exercise will start with the default values.

2.4.1.8 Press ↰ : You will be returned to the PROGRAM selection page.

2.4.1.9 Press 🏠 : will return you to IDLE MODE.

2.4.2 RUNNING：

2.4.2.1 This model has Warm Up and Cool Down processes.

2.4.2.2 Press START, the screen displays the [GO] animation, corresponding to a long BI sound, and the process cannot be clicked to PAUSE/STOP.

2.4.3 WORKOUT：

2.4.3.1 Click ❚❚ during the movement and the PAUSE window will pop up.

2.4.3.2 Completion conditions: When the exercise time is reached, the COOL DOWN program will be entered.

2.4.3.3 If in a third party, the exercise time is reached, force the motion screen back to perform the COOL DOWN process.

2.5 CONSTANT POWER

From IDLE MODE→ CLICK PROGRAM→ CLASSICS→ SELECT CONSTANT POWER AND PRESS ENTER.

2.5.1 **Parameter settings:**

2.5.1.1 USER login: Automatically bring in USER information in the information bar on the far left, you can press ✎ to modify and link to save.

2.5.1.2 Visitor login: Using system preset values, you can press ✎ to modify USER information and a single set is not stored.

2.5.1.3 A total of two parameters can be adjusted [TIME] and [Target Power].

Setting		Defualt value	Range can be set
TIME	Exercise time setting	20 min	00:01 ~ 99:59 (min:sec)
Target Power	Exercise time setting	200 watts	50 watts ~700 watts

2.5.1.4 If you press ▶ : the exercise will start with the default values.

2.5.1.5 Press ↰ : You will be returned to the PROGRAM selection page.

2.5.1.6 Press 🏠 : will return you to IDLE MODE.

2.5.2 RUNNING：

2.5.2.1 This model has Warm Up and Cool Down processes.

2.5.2.2 Press START, the screen displays the [GO] animation, corresponding to a long BI sound, and the process cannot be clicked to PAUSE/STOP.

2.5.3 WORKOUT：

2.5.3.1 You can manually adjust the "target watt" above the motion screen, and the adjustment range is 50 watts to 700 watts.

2.5.3.2 The LEVEL + - value in this mode is automatically determined by the system and cannot be manually adjusted.

2.5.3.3 Click [ⅠⅠ] during the movement and the PAUSE window will pop up.
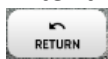
2.5.3.4 Completion conditions: When the exercise time is reached, the COOL DOWN program will be entered.

2.5.3.5 If in a third party, the exercise time is reached, force the motion screen back to perform the COOL DOWN process.

3 INTERVALS MODE
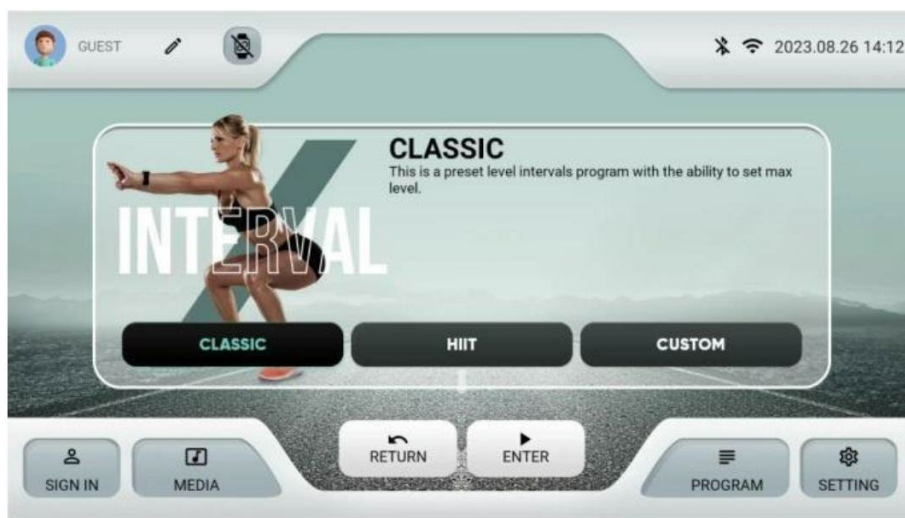
- After clicking the PROGRAM key in IDLE MODE, select INTERVALS to enter PROGRAM
- It contains three modes: [CLASSIC], [HIIT], and [CUSTOM].
- Enter the program default: [CLASSIC].
- [RETURN] If you press the RETURN key: Return to the PROGRAM selection page
- [ENTER] If you press ENTER: Confirm the PROGRAM key, the ENTER key is invalid when PROGRAM is not selected.

3.1 CLASSIC INTERVAL：

From IDLE MODE→ PROGRAM→ INTERVAL→ CLASSIC→PRESS ENTER TO ENTER THE PROGRAM.

3.1.1 Parameter settings:

3.1.1.1 USER login: Automatically bring in USER information in the information bar on the far left, you can press [✎] to modify and link to save.

3.1.1.2 Visitor login: Using system preset values, you can press [✎] to modify USER information and a single set is not stored.

3.1.1.3 A total of two parameters can be adjusted [TIME] and [MAX LEVEL].

Setting		Default value	Setting Range
TIME	Exercise time	20 min	00:00~ 99:59 (HOUR:MIN)
MAX LEVEL	Highest resistance	10	1~80

3.1.1.4　When the user adjusts max level, the entire profile will be adjusted with the increase and decrease.

3.1.1.5　Swipe the setting screen or press the left and right arrow keys to view the profile image on the next page

3.1.1.6　The profile will change as max level increases or decreases, and cannot exceed the max level setting.

3.1.1.7　If you press : the exercise will start with the default values.

3.1.1.8　Press : You will be returned to the PROGRAM selection page.

3.1.1.9　Press : will return you to IDLE MODE.

3.1.2　**RUNNING：**

3.1.2.1　This model has Warm Up and Cool Down processes.

3.1.2.2　Press START, the screen displays the [GO] animation, corresponding to a long BI sound, and the process cannot be clicked to PAUSE/STOP.

3.1.3　**WORKOUT：**

3.1.3.1　Click during the movement and the PAUSE window will pop up.

3.1.3.2　Completion conditions: When the exercise time is reached, the COOL DOWN program will be entered.

3.1.3.3　If in a third party, the exercise time is reached, force the motion screen back to perform the COOL DOWN process.

3.2　HIIT high-intensity interval exercise:

From IDLE MODE→ CLICK PROGRAM→ INTERVAL→ SELECT HIIT AND PRESS ENTER TO ENTER THE PROGRAM.

3.2.1　**Parameter settings:**

3.2.1.1　USER login: Automatically bring in USER information in the information bar on the far left, you can press to modify and link to save.

3.2.1.2　Visitor login: Using system preset values, you can press to modify USER information and a single set is not stored.

3.2.1.3　A total of four parameters can be adjusted [SELECT INTERVAL RATIO], [WORK LEVEL], [REST LEVEL], [REPETITION 】

Setting		Default value	Setting range
SELECT INTERVAL RATIO	Select the compartment scale (WORK: REST)	10:30	10:30 、 20:10 20:20 、 20:30
WORK LEVEL	WORK LEVEL	LEVEL 8	LEVEL 5 ~ LEVEL 80
REST LEVEL	REST LEVEL	LEVEL 2	LEVEL 1 ~ LEVEL 80 No more than WORK LEVEL
REPETITION	REPETITION	10times	4 – 100 TIMES

3.2.1.4　Swipe the setting screen or press the left and right arrow keys to view the profile image on the next page

3.2.1.5　The profile generates a profile graph along with work level, rest level, and repetition.

3.2.1.6　If you press : the exercise will start with the default values.

3.2.1.7　Press : You will be returned to the PROGRAM selection page.

3.2.1.8　Press : will return you to IDLE MODE.

3.2.2　**RUNNING：**

3.2.2.1 This model has Warm Up and Cool Down processes.

3.2.2.2 Press START, the screen displays the [GO] animation, corresponding to a long BI sound, and the process cannot be clicked to PAUSE/STOP.

3.2.3 **WORKOUT：**

3.2.3.1 Click during the movement and the PAUSE window will pop up.

3.2.3.2 Completion conditions: When the exercise time is reached, the COOL DOWN program will be entered.

3.2.3.3 If in a third party, the exercise time is reached, force the motion screen back to perform the COOL DOWN process.

3.2.4 **This mode has two states: Work Interval and Rest Interval.**

3.2.4.1 Access to movement paragraph 1, starting with REST INTERVAL, it displays [REST INTERVAL].

3.2.4.2 Adjusting the LEVEL during the REST period will also apply to "Current rest segment" and "Incomplete rest segment".

3.2.4.3 When entering the WORK INTERVAL, it displays [SPEED UP-WORK INTERVAL].

3.2.4.4 Adjusting the LEVEL during WORK period will also apply to "Current exercise segment" and "Incomplete exercise segment".

3.2.4.5 From REST INTERVAL in paragraph 3, the display changes to [SLOW DOWN – REST INTERVAL].

3.2.4.6 Adjust the LEVEL during the REST period will also apply to "Current rest segment" and "Incomplete rest segment".

3.3 CUSTOM INTERVAL MODE：

FROM IDLE MODE→ CLICK PROGRAM→ SELECT INTERVAL→ SELECT CUSTOM, PRESS ENTER TO ENTER THE PROGRAM.

3.3.1 **Parameter settings:**

3.3.1.1 USER login: Automatically bring in USER information in the information bar on the far left, you can press to modify and link to save.

3.3.1.2 Visitor login: Using system preset values, you can press to modify USER information and a single set is not stored.

3.3.1.3 A total of five parameters can be adjusted [WORK TIME], [WORK LEVEL], [REST TIME], [REST LEVEL], [REPETITION].
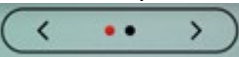
	Defualt value	Setting range
WORK TIME	01:00 (MIN:SEC)	01:00~ 99:59 (MIN:SEC)
WORK LEVEL	LEVEL 16	LEVEL 1 ~ LEVEL 80
REST TIME	00:30 (MIN:SEC)	00:30 ~ 99:59 (MIN:SEC)
REST LEVEL	LEVEL 2	LEVEL 1 ~ LEVEL 80 No more than WORK LEVEL
REPETITION	10 times	4 – 100 TIMES

3.3.1.4 Swipe the setting screen or press the left and right arrow keys to view the profile image on the next page

3.3.1.5 The profile generates a profile graph along with work level, rest level, and repetition.

3.3.1.6 If you press : the exercise will start with the default values.

3.3.1.7 Press : You will be returned to the PROGRAM selection page.

3.3.1.8 Press : will return you to IDLE MODE.

3.3.2 **RUNNING：**

    3.3.2.1 This model has Warm Up and Cool Down processes.

    3.3.2.2 Press START, the screen displays the [GO] animation, corresponding to a long BI sound, and the process cannot be clicked to PAUSE/STOP.

3.3.3 **WORKOUT：**

    3.3.3.1 Click ⬛ during the movement and the PAUSE window will pop up.

    3.3.3.2 Completion conditions: When the exercise time is reached, the COOL DOWN program will be entered.

    3.3.3.3 If in a third party, the exercise time is reached, force the motion screen back to perform the COOL DOWN process.

3.3.4 **This mode has two states: Work Interval and Rest Interval.**

    3.3.4.1 Access to movement paragraph 1, starting with REST INTERVAL, it displays [REST INTERVAL].

    3.3.4.2 Adjusting the LEVEL during the REST period will also apply to "Current rest segment" and "Incomplete rest segment".

    3.3.4.3 When entering the WORK INTERVAL, it displays [SPEED UP-WORK INTERVAL].

    3.3.4.4 Adjusting the LEVEL during WORK period will also apply to "Current exercise segment" and "Incomplete exercise segment".

    3.3.4.5 From REST INTERVAL in paragraph 3, the display changes to [SLOW DOWN – REST INTERVAL].

    3.3.4.6 Adjust the LEVEL during the REST period will also apply to "Current rest segment" and "Incomplete rest segment".

4 USER PROGRAM：

- In IDLE MODE after clicking the PROGRAM key, select USER PROGRAM to enter.
- In this area, it is divided into [Guest Login], [USER Login], and [CUSTOM].
  The presentation of the screen is determined by whether the user is logged in or not.

4.1 Guest login (auto-save):

Enter the screen, whether the visitor has a exercise record or not, and the picture presented is different.

4.1.1 Visitor Login – No Exercise Record

Picture presentation	Description
	1. The picture is presented [No record]. Indicates that ➡the visitor has not pressed Save PROGRAM 2. The START key is gray and cannot start moving

4.1.2 Visitor Login – Exercise Recorded:

Picture presentation	Description
	1. Visitor movements are automatically saved here. 2. Displays the last 10 saved sports records. 3. Only 5 USER avatars are displayed at a time. 4. You can press the ‹ › key and select the PROGRAM you want to execute. 5. Press the START key ➡to start workout.

4.1.3 Press : You will be returned to the PROGRAM selection page.

4.1.4 Press : will return you to IDLE MODE.

4.1.5 You can press to customize the PROFILE movement.

4.2 USER login (no autosave):

Enter the screen, whether the visitor has a exercise record or not, and the picture presented is different.

4.2.1 USER Login – No Exercise Record:

Picture presentation	Description
	3. The picture is presented [No record]. Indicates that ➡the user has not pressed Save PROGRAM. 4. The START key is gray and cannot start moving.

4.2.2 User Login – Exercise Record:

Picture presentation	Description
	1. USER is displayed here after pressing summary to save. 2. Displays the last 10 saved sports records. 3. You can press the ‹ › key and select the PROGRAM you want to execute. 4. Press the START key ➡ to start workout.

4.2.3 Press ⤺ : You will be returned to the PROGRAM selection page.

4.2.4 Press 🏠 : will return you to IDLE MODE.

4.2.5 You can press [CUSTOM] to customize the PROFILE movement.

4.3 CUSTOM：

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

4.3.2 Parameter settings:

4.3.2.1 In the PROFILE area, you can "draw" the trend curve by touching and sliding to complete each step setting.

CUSTOMIZE LEVEL PROFILE

4.3.2.2 Press ⤺ : will return to the record saving screen.

4.3.2.3 Press → : Enter the time settings.

4.3.2.4 Time settings：

	Setting	Defualt value	Range setting
TIME	Work time setting	20 min	00:01 ~ 99:59 (min:sec)

4.3.2.5 If you press [▶] : the exercise will start with the default values.

4.3.2.6 Press ⤺ : will return to the time settings page.

4.3.2.7 Press 🏠 : will return to IDLE MODE.

4.3.3 RUNNING：

4.3.3.1 There is no Warm Up process in this mode.

4.3.3.2 Press START, the screen displays the [GO] animation, corresponding to a long BI sound, and the process cannot be clicked to PAUSE/STOP.

4.3.4 WORKOUT：

4.3.4.1 Click [❚❚] during the movement and the PAUSE window will pop up.

4.3.4.2 Completion conditions: When the exercise time is reached, the COOL DOWN program will be entered.

4.3.4.3 If in a third party, the exercise time is reached, force the motion screen back to perform the COOL DOWN process.

5 VISION RUN：

5.1 From IDLE MODE→ CLICK PROGRAM→ SELECT VISION RUN→ PRESS ENTER TO ENTER THE PROGRAM.

5.1.1 At present, there are a total of 4 films for selection.

5.1.2 Only 4 videos are displayed at a time, and swipe left and right to loop through all videos infinitely.

5.1.3 The selected video changes to aqua blue font, press ENTER to confirm.

5.2 Parameter settings:

5.2.1 USER login: Automatically bring in USER information in the information bar on the far left, you can press [✎] to modify and link to save.

5.2.2 Visitor login: Using system preset values, you can press [✎] to modify USER information and a single set is not stored.

5.2.3 A total of three parameters can be adjusted [TIME], [DISTANCE], and [CALORIES].

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

5.3 RUNNING：

5.3.1 There are no Warm Up and Cool Down processes in this model.

5.3.2 Press START, the screen displays the [GO] animation, corresponding to a long BI sound, and the process cannot be clicked to PAUSE/STOP.

5.4 WORKOUT：

5.4.1 The film starts all over again.

5.4.2 It takes RPM to start the movie when entering exercise.

5.4.3 When paused, the movie follows the pause.

5.4.4 During the movement process in this mode, the system has special corresponding functions for RPM, which are described as follows:

Based on speed, the system will dynamically and in real-time adjusts the playback speed multiplier of the movie in an equal proportion according to the user's RPM, where the lowest RPM corresponds to the lowest movie playback speed multiplier and the highest RPM corresponds to the highest video playback speed multiplier. (The actual speed of the video does not correspond to the actual running belt speed).

5.4.5 The PROFILE key and the playground key of the sports page are gray scaled.

5.4.6 This mode is virtual reality, so there is no MEDIA and MIRROR FUNCTION.

5.4.7   If you set an alarm, the movie will pause when the alarm goes off.

5.4.8   During exercise, click [❚❚] PAUSE window will pop up.

5.4.9   Completion conditions: When the exercise time is reached, the COOL DOWN program will be entered.

6 H.R.C：

- From IDLE MODE→ click PROGRAM→ select H.R.C.→ press ENTER to enter the PROGRAM.
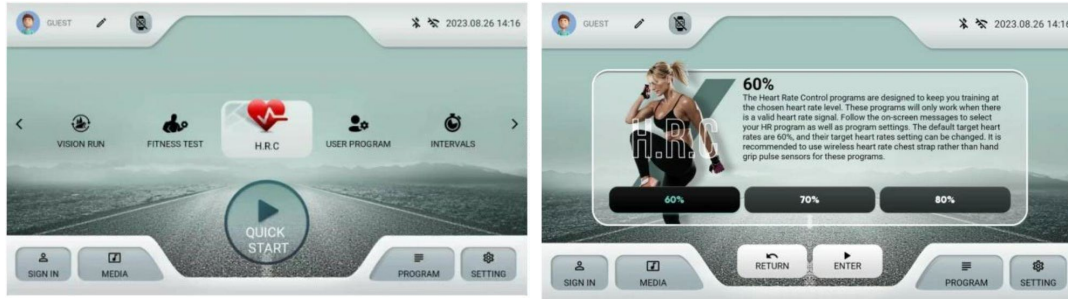
- It contains three modes: [60%], [70%], [80%].
- Enter the PROGRAM default: [60%].
- [RETURN] If you press the RETURN key: Return to the PROGRAM selection page.
- [ENTER] If you press ENTER: Confirm the PROGRAM key, the ENTER key is invalid when PROGRAM is not selected.

6.1   Parameter settings:

6.1.1   USER login: Automatically bring in USER information in the information bar on the far left, you can press [✎] to modify and link to save.

6.1.2   Visitor login: Using system preset values, you can press [✎] to modify USER information and a single set is not stored.

6.1.3   A total of two parameters can be adjusted [TIME] and [TARGET HR].

Setting		Default value	Range of setting
TARGET TIME	Target exercise time	20	00:01～99:59 (min:sec)
TARGET HR	Target exercise time	60%:114bpm 70%:133 bpm 80%:152 bpm	60-220

6.1.4   If you press [▶] : the exercise will start with the default values.

6.1.5   Press [↩] : will return to the time settings page.

6.1.6   Press [⌂] : will return to IDLE MODE.

6.2   RUNNING：

6.2.1   This model has Warm Up and Cool Down processes.

6.2.2   Press START, the screen displays the [GO] animation, corresponding to a long BI sound, and the process cannot be clicked to PAUSE/STOP.

6.3   WORKOUT：

6.3.1   As soon as this mode is entered, the heartbeat detection begins.

6.3.2   If no heartbeat is detected during movement, the LEVEL will not change until the heartbeat is re-entered.

6.3.3   Click [❚❚] during the movement and the PAUSE window will pop up.

6.3.4   Completion conditions: When the exercise time is reached, the COOL DOWN program will be entered.

6.3.5   If in a third party, the exercise time is reached, force the motion screen back to perform the COOL DOWN process.

6.4   Activity Prompt Window :

6.4.1   When the heart rate is too low:

【YOUR HEART RATE IS TOO LOW!】	
Target heartbeat value - actual heartbeat value $\geqq$ 25	Automatically increase 3 levels every 10 seconds to the maximum level
Target heartbeat value - actual heartbeat value $\geqq$ 15	Automatically increase 2 LEVELS every 10 seconds to the maximum level
Target heartbeat value - actual heartbeat value $\geqq$ 5	Automatically increase 1 LEVELS every 10 seconds to the maximum level
Target heartbeat value - actual heartbeat value ± 4	Level remains unchanged

6.4.2   When the heart rate t is too high:

【YOUR HEART RATE IS TOO HIGH!】	
Target heartbeat value - actual heartbeat value is $\leqq$-25	Automatically decrease 3 levels every 10 seconds to the level minimum.
Target heartbeat value - Actual heartbeat value $\leqq$-15	Automatically decrease by 2 LEVELS every 10 seconds to the level minimum.
Target heartbeat value - actual heartbeat value is $\leqq$-5	Automatically decrease by 1 LEVEL every 10 seconds to the level minimum.
Target heartbeat value - actual heartbeat value ± 4	Level remains unchanged.

6.4.3   If the heart rate exceeds the limit, the movement will stop:

【YOUR HEART RATE IS TOO HIGH! FINISHING PROGRAM】

If the target heartbeat value - the actual heartbeat value is ≦ -5 for 10 seconds, and LEVEL = 1, this screen will pop up.

If this screen continues to run for 30 seconds, the system automatically switches to the SUMMARY state.

6.4.4 Note that the target heartbeat is high:

【PLEASE NOTICE TARGET HEART RATE IS TOO HIGH!】

If the target heartbeat value - the actual heartbeat value is ≧ 5 for 10 seconds, and LEVEL = 30, this screen will pop up.

If this screen continues to run for 30 seconds, the system automatically switches to the SUMMARY state.

6.4.5 If no heartbeat is detected, please reconfirm the heartbeat or end the movement

【NO HR DETECTED! RECONNECT OR FINISH THE PROGRAM】

During exercise, if no heartbeat signal is detected for 15 seconds, the pop-up window displays a 30-second countdown and returns to the IDLE MODE.

7 FITNESS TEST:

- In IDLE MODE→ CLICK PROGRAM→ SELECT FITNESS TEST.
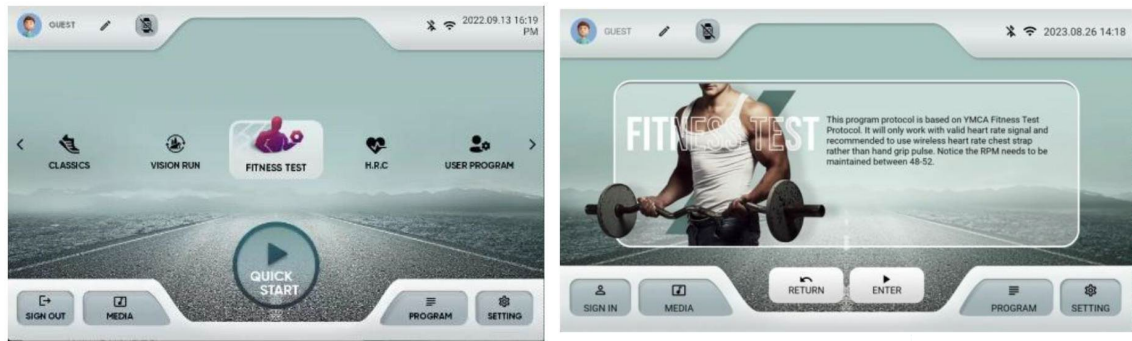
- The test is carried out according to the level of the user's heart rate, and the test time is about 6~15 minutes, and the end is when the heart rate reaches 85%.
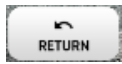
- [RETURN] If you press the RETURN key: Return to the PROGRAM selection page.

- [ENTER] If you press ENTER: Confirm the PROGRAM key.

7.1 Parameter setting:

7.1.1 USER login: automatically bring in USER information, if you modify the information here, it will not be saved to USER.

7.1.2 Visitor login: use system preset values, if you modify the information, a single set will not be applied to other programs.

7.1.3 A total of three parameters can be adjusted [HEIGHT], [AGE], [WEIGHT].

Default value	Default value	Range of setting
HEIGHT	160	METRIC: 100 ~ 250 CM. Imperial: 3 feet 3.4 inches ~ 8 feet 2.4 inches.
GENDER	MALE	MALE / FEMALE
AGE	30	10 ~ 99
WEIGHT	70	Metric：20 ~ 200 KG Imperial ：44 ~ 440 LB

7.1.4 Press [↰] ：It will return to the PROGRAM selection page

7.1.5 Press [⌂] ：It will return to IDLE MODE.

7.2 RUNNING：

7.2.1 This model has Warm Up and Cool Down processes.

7.2.2 Press START, the screen displays the [GO] animation, corresponding to a long BI sound, and the process cannot be clicked to PAUSE/STOP.

7.2.3 However, the WARM UP in this mode cannot press SKIP, and it takes 3 minutes to finish.

7.2.4 The running time is 3:00 minutes, starting and counting down to 0:00.

7.2.5 At the last 3 seconds countdown, each emits a short BI sound to indicate that Warm Up is about to end.

7.2.6 During Warm Up, users cannot adjust LEVEL at will.

7.2.7 During Warm Up, heartbeats are not detected.

7.2.8 LEVEL Default:

7.2.9 first minute: level 1. minute two: level 2. minute 3: level 3.

7.3 WORKOUT：

7.3.1 There is no pause in this mode, if click the pause key [Ⅱ] during workout , it returns to IDLE MODE.

7.3.2 If the alarm is set in this mode, a pause will be triggered when it sounds, and CLOSE will be pressed to return directly to IDLE MODE.

7.3.3 Press START to start and count the time from 0:00.

7.3.4 Girl's default is: LEVEL 3

7.3.5 BOY's DEFAULT is: LEVEL 6

7.3.6 Enter Workout to start testing RPM between 48-52, if ≦ 47 or ≧53,
It will pop up the following window and send a BI alert every second that it is out of range, and return to IDLE MODE after 30 seconds.

7.3.7 Enter the Workout to start detecting the heartbeat, and if there is no heartbeat for 15 seconds, the figure below is displayed, and it returns to IDLE MODE after 30 seconds.

7.3.8 WORKOUT SUMMARY：
If no operation after 3 minutes on the workout summary page, it will automatically jump back to the IDLE MODE.

7.3.9 This mode can be shared to apps, while FITNESS TEST has no storage function.

    7.3.9.1 Test Successful:
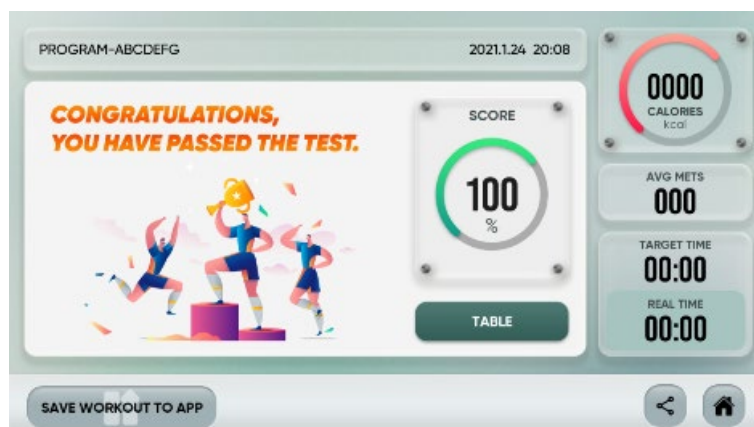
- When the target distance is reached to 0.0, the corresponding time table shows the score = Test passed.

- It shows [CONGRATULATIONS! YOU HAVE PASSED THE TEST.】

- 【Score】The corresponding table displays the score.

7.3.9.2 Test failed:
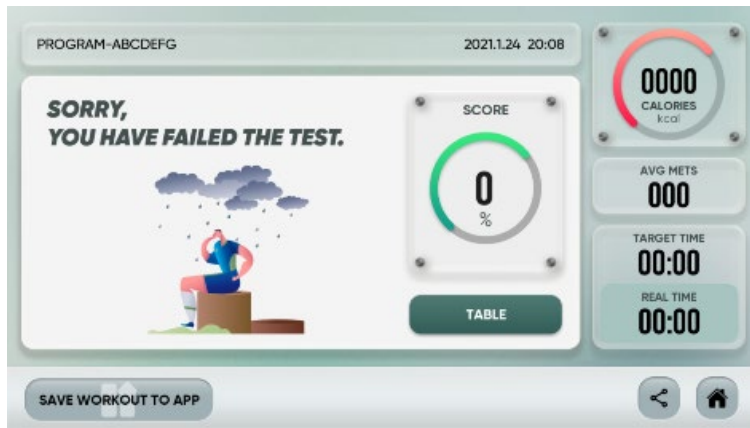
- Do not press PAUSE and STOP keys during exercise, if this key is pressed = Test failed.

- When the target distance is reached to 0.0, and the corresponding time table score shows 0 = Test failed.

- It shows [SORRY, YOU HAVE FAILED THE TEST. 】 【Score】 shows 0.

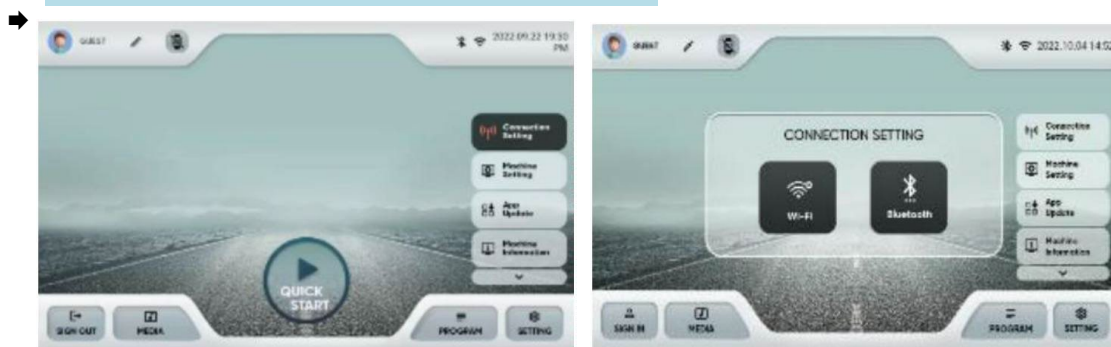7.3.9.3 The window displays CALORIES as a result of exercis

【AVG METS】、【TARGET TIME】、【REAL TIME】

 TABLE displays：【AGE】,【Very Poor】,【Poor】,【Below Average】,

【Average】,【Above Average】,【Good】,【Excellent】.

8 SETTING：

8.1 CONNECTION SETTING:【Wi-Fi】【Bluetooth】

8.1.1 Wireless network settings Wi-Fi

8.1.1.1 Turn on Wi-Fi ⬤ ˑ and the system will automatically scan for nearby WiFi.

8.1.1.2 Tap the name of the Wi-Fi you want to connect to➡enter the password ➡ press CONNECT.

8.1.1.3 If the connection is not successful, it is saved and will not be connected.

8.1.1.4 Wi-Fi status icon: Connected 🛜 Not connected 📶 .

8.1.2 Bluetooth Setting

Turn on the Bluetooth link, the system automatically scans the nearby Bluetooth, click the name of the Bluetooth to be linked, the pairing connection will be carried out, if the connection is successful, press the back button to return to the setting page and press the Home button to return to the main screen, otherwise it will not be connected.

OFF status   Pairing
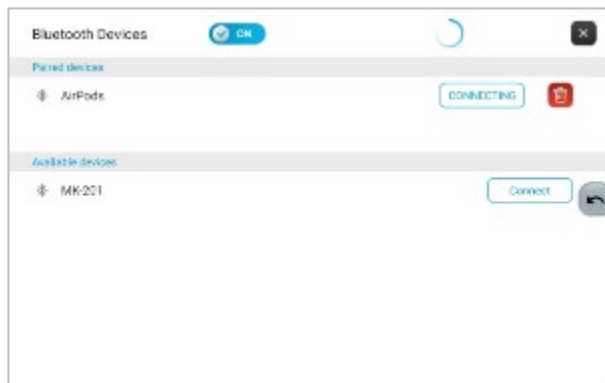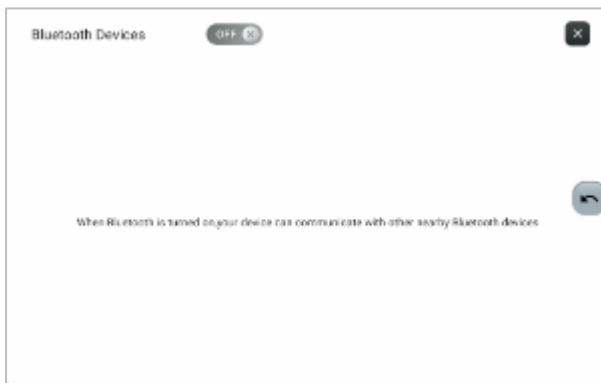
8.2   MACHINE SETTING

➡

8.2.1 Screen Brightness

➢   Use the bar to adjust ⚪ the brightness.

➢   From left side is the darkest to the right side is the brightest adjustable.
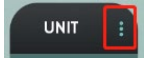
8.2.2 Volume

➢   Using the bar to adjust ⚪ the volume up and down.

➢   From the left side is the minimum volume to the right side is the maximum volume adjustable.

8.2.3 Language

➢   Click the red marked LANGUAGE ⋮ to select language.

➢   Default setting: English

➢   There are 8 languages in total.

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

8.2.4   Unit setting

➢ Press the red marked to select the unit.
➢ Default value：Metric
➢ Two units: Metric/Imperial

	Unit	English	Speed	Weight	Height
1	Metric	METRIC	km	Kg	Cm
2	Inch	IMPERIAL	Mi	Lb	ft, in

8.2.5   Date Setting
➢ Set system date, time in year/month/day.
➢ The current time is automatically updated when connected to the Internet.

8.2.6   Time Setting
➢ Set the system time, using AM/PM or 24hr system to switch.
➢ The IDLE MODE time changes when switching.
➢ Default: ON
➢ ON – AM and PM will disappear
➢ OFF – AM and PM display

8.2.7   Display Mode
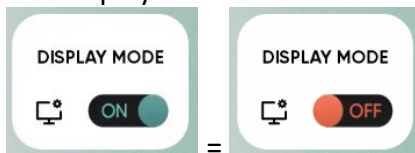
➢ DISPLAY MODE is ON/OFF：the status is determined according to SLEEP ON/OFF.
➢ Default：OFF

|	Sleep ON	Sleep OFF
Display ON	On IDLE MODE or setup page, within 30 minutes, there is no RPM or any key strokes, the console enters a power-off (true sleep).	The console is always on (Never sleep).
Display OFF	On IDLE MODE or setup page, within 30 minutes, there is no RPM or any key strokes, the console enters a power-off (true sleep).	On the main screen, setup page, within 30 minutes, there is no RPM or any key strokes, the console turn off backlight (false sleep). You can press a physical key or touch screen to wake up it.

8.2.8   SLEEP MODE

 =
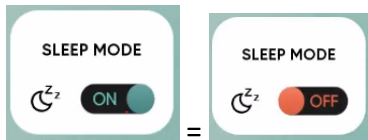
> SLEEP MODE is ON/OFF: the status is determined according to the display on/off.
> Default：OFF

	Sleep ON	Sleep OFF
	On the main screen, within 30 minutes, there is no RPM or any keystrokes, the console enters a power off (true sleep).	The console is always on. (Never sleep)

8.2.9 Auto login
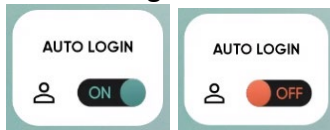
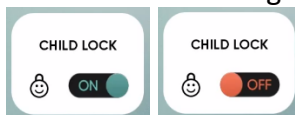When Auto Login is on, the Log me in automatically option on the login screen will appear.
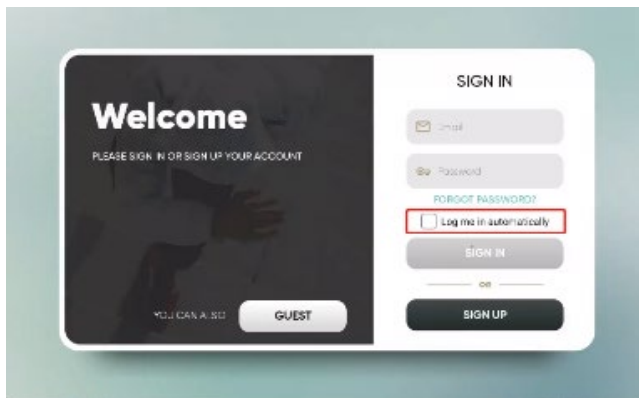
8.2.10 Beep Mode

 =

The sound triggered when the button is set to ON, tapping the effective key will produce a sound,

set to OFF, and turn off the sound.

8.2.11 Child Lock Setting

8.2.11.1 Default value: ON

8.2.11.2 If children touch the button by mistake, the user must use the button to unlock the screen when opening the console.

8.2.11.3 In IDLE MODE, if there are no any touch within 10 minutes, the window displays 'Console Locked'.

8.2.11.4 If you press Log Out, and log in again, you must use the button to unlock the screen.

8.2.11.5 The user needs to press and hold the Home button for 3 seconds to disable the Console Locked to display IDLE MODE.

8.2.11.6 After unlock, if there is no press or turn off the child lock function within 10 minutes, the child lock will be jumped out again.
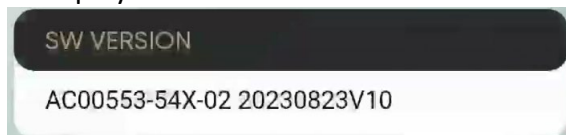
8.3 App update
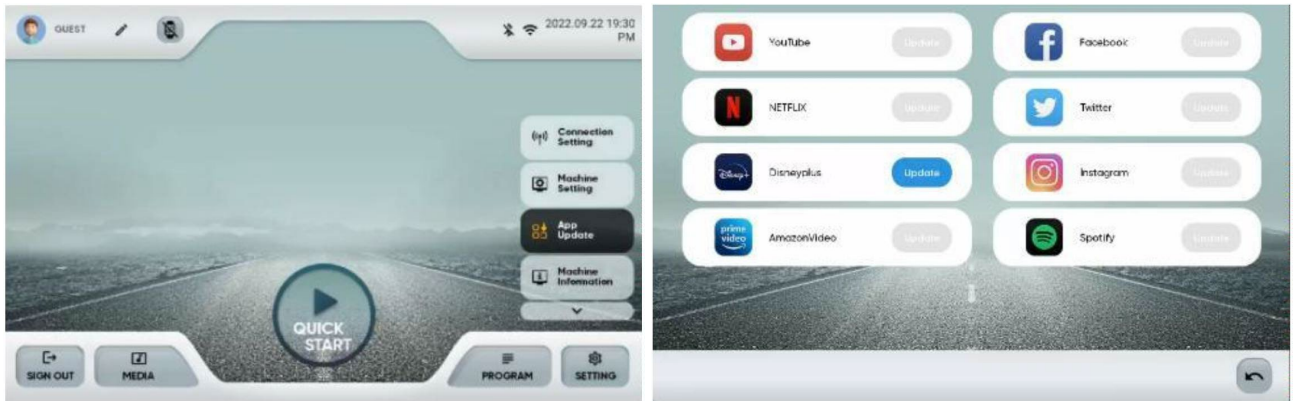
8.3.1 SYSTEM & apps update
8.3.2 If there is an updatable apk, the update button on the right will light up. If there are not, it will be gray scaled.
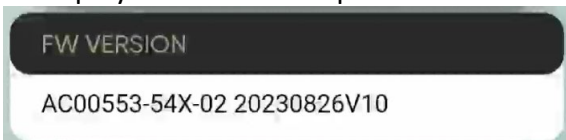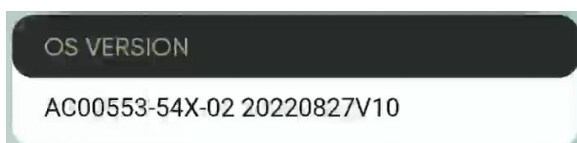
8.4 MACHINE INFORMATION
➡

8.4.1 Upper Computer SW Version
Displays the APK version date.

SW VERSION
AC00553-54X-02 20230823V10

8.4.2 Lower Computer FW Version
Displays the lower computer FW version.

FW VERSION
AC00553-54X-02 20230826V10

8.4.3 OS Version
Displays the IMG version

OS VERSION
AC00553-54X-02 20220827V10

8.4.4 Total TIME
Displays the total time of the exercise. Unit 00:00 hours; Display range: 0.00~9999H, recalculated when overflow to zero.
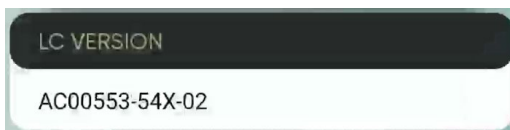
8.4.5 Total Distance

Displays the total distance of the exercise. Display range: 0.00~9999MILE, recalculated when overflow to zero.
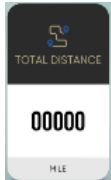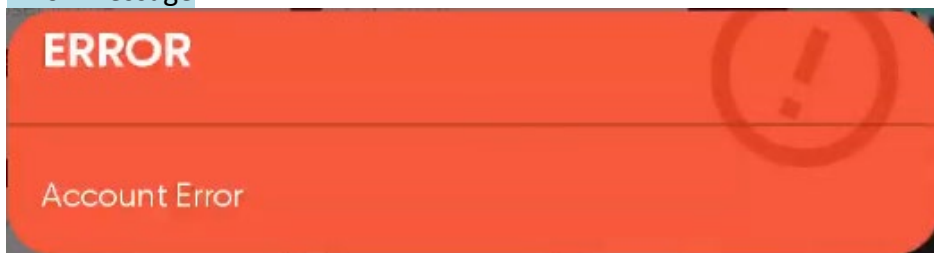

8.4.6 LC Version
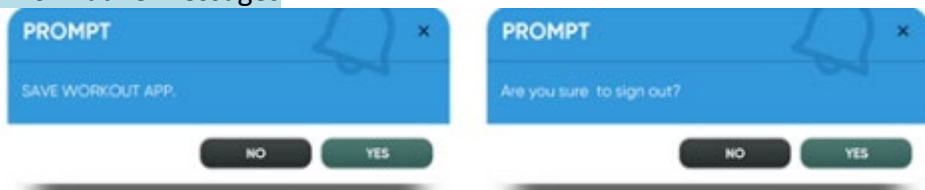
Display the lower controller version.

LC VERSION

AC00553-54X-02

9 Alert message information：

9.1 Error Message

ERROR

Account Error

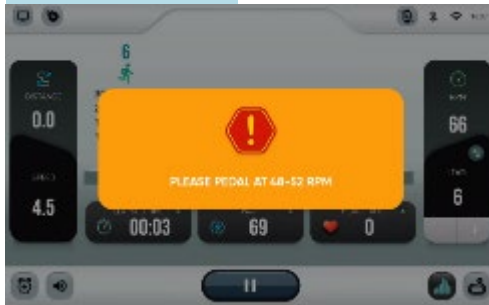## 9.2 Informative messages

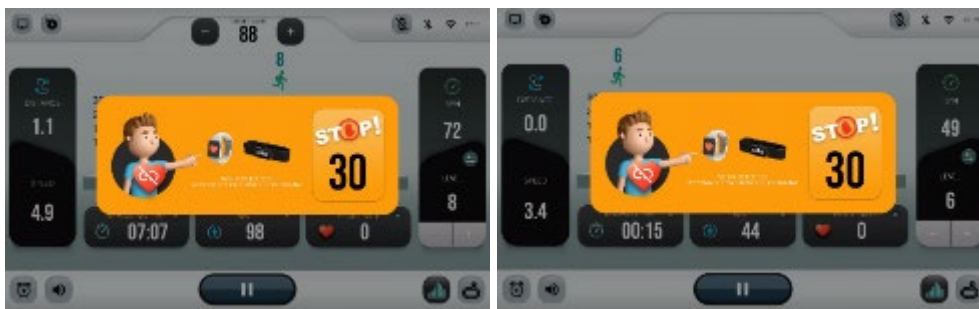## 9.3 All messages for H.R.C

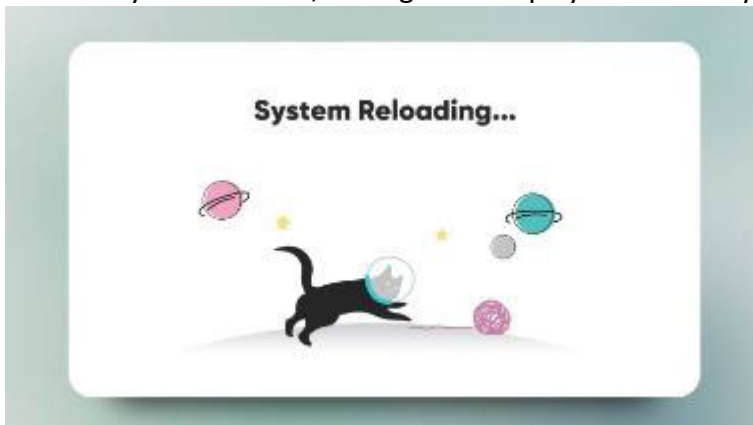## 9.4 All for Fitness test

9.5 For H.R.C、Fitness test information

When no heart rate detected, a 30 seconds countdown pops up.

9.6 System Reloading

When the system crashes, this figure is displayed and the system restarts.

SD Card can't be read, please reinsert the SD card.