Powerjog Self-powered Treadmill Console
Bluetooth Console

DT6718

Intermittent training

Interval training time, number of sets

Target time

Training time

Target distance

Running speed

Training animation

Training distance

Interval training customization

Target Calories

Training Calories

Running power

Time Speed - Time / 1km

Target Heart Rate

Training heart rate, HRC percentage

Uplift settings

Descent setting

Start/pause

Stop/reset

Confirm

Function introduction：

1. It has 3 sports modes: MANUAL, INTERVAL and TARGET. 3 shortcut movement keys in intermittent mode and 4 shortcut movement keys in target mode.

2. Pressing UP, DOWN and ENTER to set the console after selecting the entry mode. During the exercise, Users can press the START button to pause and start, and STOP button to end.

3. Fitness monitoring parameters: Time / Distance/ Calorie / Power / Step speed / Speed / Heart rate percentage / Heart rate and etc.

4. Heart rate connection: Adopting 5.3K wireless heart rate chest strap

5. Bluetooth connection: Please scan the QR code on the console to download the APP (ZWIFT / KINOMAP)and connect with Treadmill。

6. Warning:

Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel dizzy , stop exercising immediately.