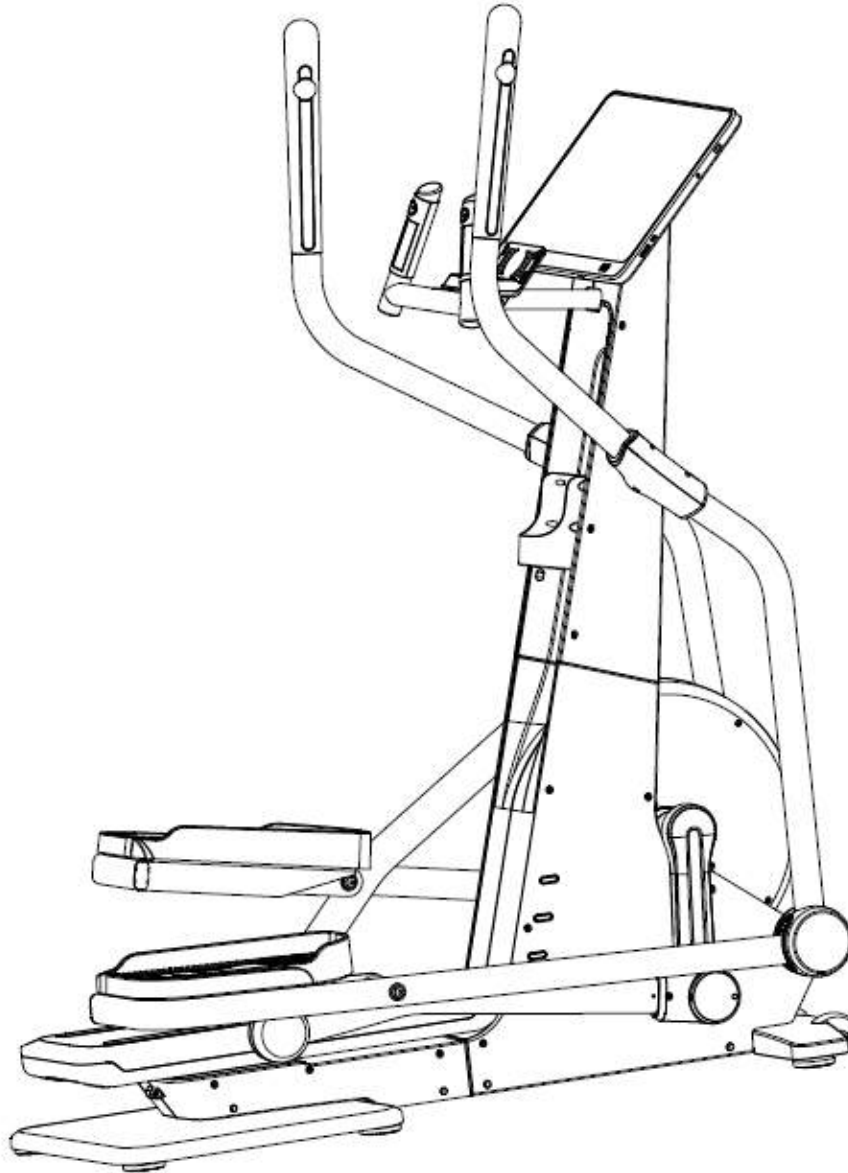


MF-9005 TP Elliptical with LED console

Self-power Elliptical

OWNER'S MANUAL



IMPORTANT!

Please read all instructions carefully before using this product.

Retain this manual for future reference.

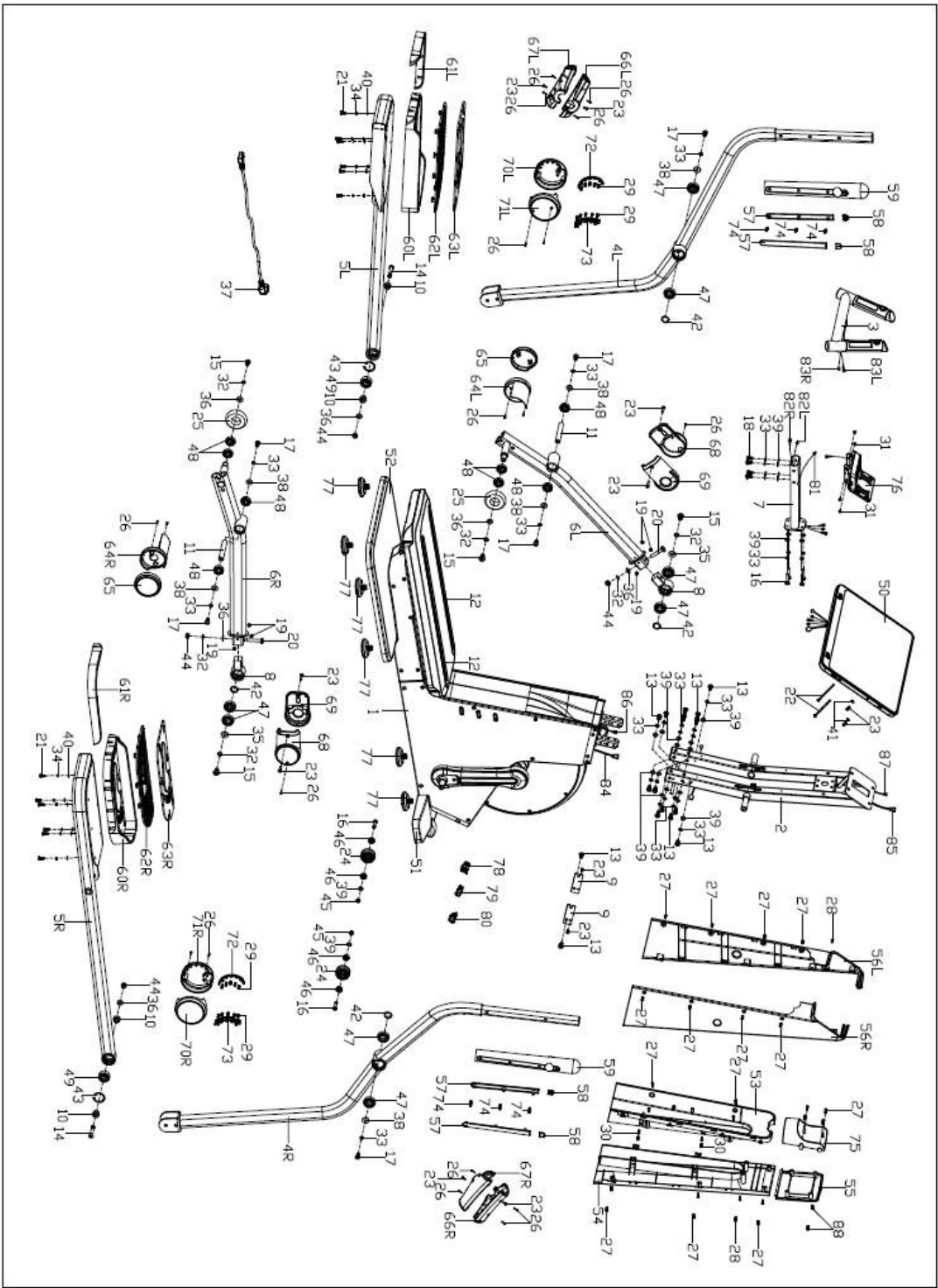
The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

IMPORTANT SAFETY NOTICE

Note the following precaution before assembling and operating the machine.

1. Assemble the machine exactly as the descriptions in the instruction manual.
2. Check all the bolts, nuts and other connections before using the machine for the first time to ensure the machine is in the safe condition.
3. Set up the machine in a dry level place and keep it away from moisture and water.
4. Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt.
5. Before beginning the training, remove all objects within a radius of 2 meters from the machine.
6. Do not use aggressive cleaning articles to clean the machine. Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
7. Your health can be affected by incorrect or excessive training. Consult a doctor before beginning the training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
8. Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
9. This machine can be used for only one person's training at a time.
10. Wear training clothes and shoes that are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
11. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.
12. People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
13. The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob that can adjust the resistance.
14. Maximum user's weight is **160 KGS**.

EXPLODED DIAGRAM



PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Main frame	1	45	Nylon nut M8	1
2	Handlebar post	1	46	Bearing 608	1
3	Handlebar	1	47	Bearing 6004-2RS	1
4L/R	Swing bar post	1	48	Bearing 6003-2RS	1pr.
5L/R	Pedal bar post	1	49	Bearing 2203	1
6L/R	Roller post	1	50	Computer	1
7	Handlebar connection	1	51	Front end cover	1
8	Connecting rod joint	1	52	Rear end cover	1
9	Fixing board	1pr	53	Handlebar post front cover	1
10	Bushing	8	54	Handlebar post rear cover	1
11	Pivot2	6	55	Computer cover	1
12	Aluminium alloy guide rail	4	56L/R	Handlebar post cover	2
13	Inner hex screw M8x18	12	57	Foam grip strip 1	1pr.
14	Inner Cross pan head screw M10*60	2	58	Foam grip strip 1	1
15	Inner Cross pan head screw M10*20	2	59	Foam grip	1
16	Inner Cross pan head screw M8*40	2	60L/R	Pedal	1
17	Inner Cross pan head screw M8*20	24	61L/R	Pedal strip	1
18	Inner Cross pan head screw M8*16	2	62L/R	Pedal cushion 1	1
19	Inner hex screw M8*8	10	63L/R	Pedal cushion 2	1
20	Inner hex screw M10*55	4	64L/R	Roller cover	1pr
21	Cross screw M6*16	4	65	Roller cover cap	1pr
22	Cross screw M5*95	6	66L/R	Swing bar up cover 1	2
23	Cross screw M5*15	5	67L/R	Swing bar down cover 2	1
24	Roller	8	68	Connecting bar cover 1	2
25	Guide rail roller	18	69	Connecting bar cover 2	1
26	Cross pan head tapping screwST3*16	18	70L/R	Swing bar down cover 1	
27	Cross pan head cushion screwM4*15	3	71L/R	Swing bar down cover 2	
28	Cross pan head tapping screwST4.2*18	9	72	Swing bar down baffle 1	
29	Cross pan head cushion tapping screwST2.3*7	4	73	Swing bar down baffle 2	
30	Cross outer hexagon screw M4*20	1pr.	74	Plastic stop trip latch	
31	Cross screw M5*10	1pr.	75	Water bottle rack	
32	Washer D10	4	76	Power charge	
33	Washer D8		77	Adjusting foot pad	
34	Washer D6		78	Hull switch	
35	Flat washer D10*D26*2		79	Overload protector	
36	Flat washer D10*D20*2		80	Electrical outlet	
37	Power wire		81	Extension wire1	
38	Flat washer D8*25*2		82L/R	Extension wire	
39	Flat washer D8*D16*1.5		83L/R	Pulse wire	
40	Flat washer D6*D12*1.2		84	control trunk1	
41	Flat washer D5*12*1		85	control trunk2	
42	Arc washer D20		86	Motor control trunk 1	
43	Hole ring D40		87	Motor control trunk2	
44	Nylon nut M10		88	Cross pan head cushion screw M4*8	

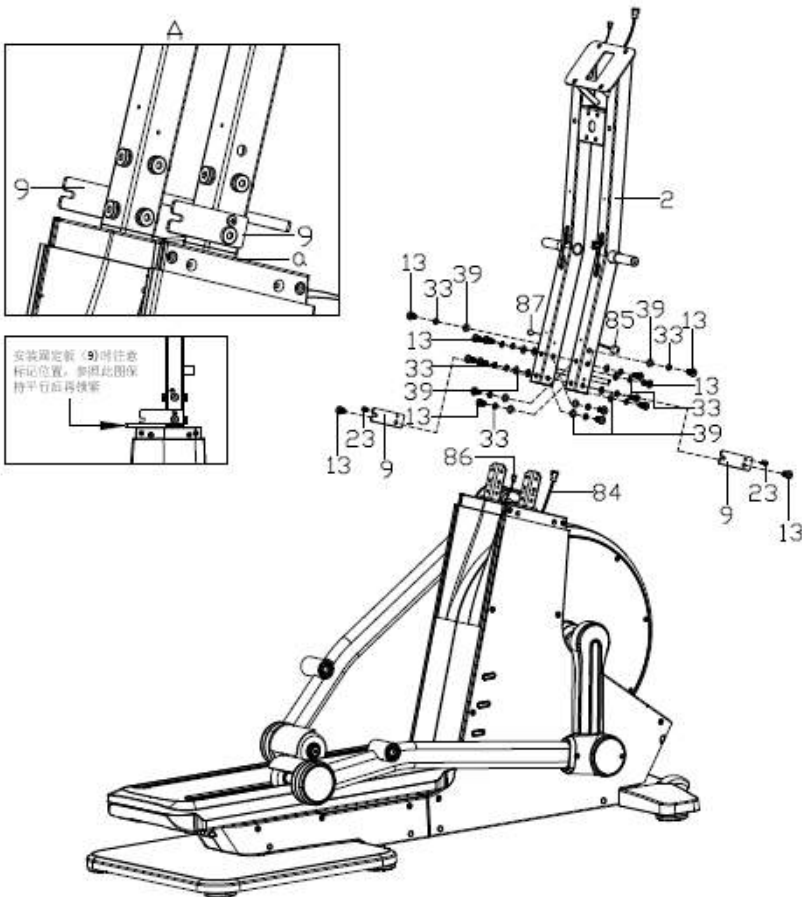
Assembly Instructions

Attention:

Please follow these assembly instructions step by step to assemble this bike.

STEP 1:

- 1: Use hexagon flat head screws (13), spring washer (33), flat washer (39) to lock the riser coupling (2) to the main frame coupling (1);
- 2: Use hexagon flat head screws (13) and cross pan head screws (23) to lock the fixing plate (9) on the riser joint (2) (pay attention to the position of each screw during installation, and the fixing plate (9) is parallel to face a, as shown in Figure A below);
- 3: Connect control trunk 1 (84) to control trunk 2 (85); Motor control trunk 1 (86) is connected to motor control trunk 2 (87).

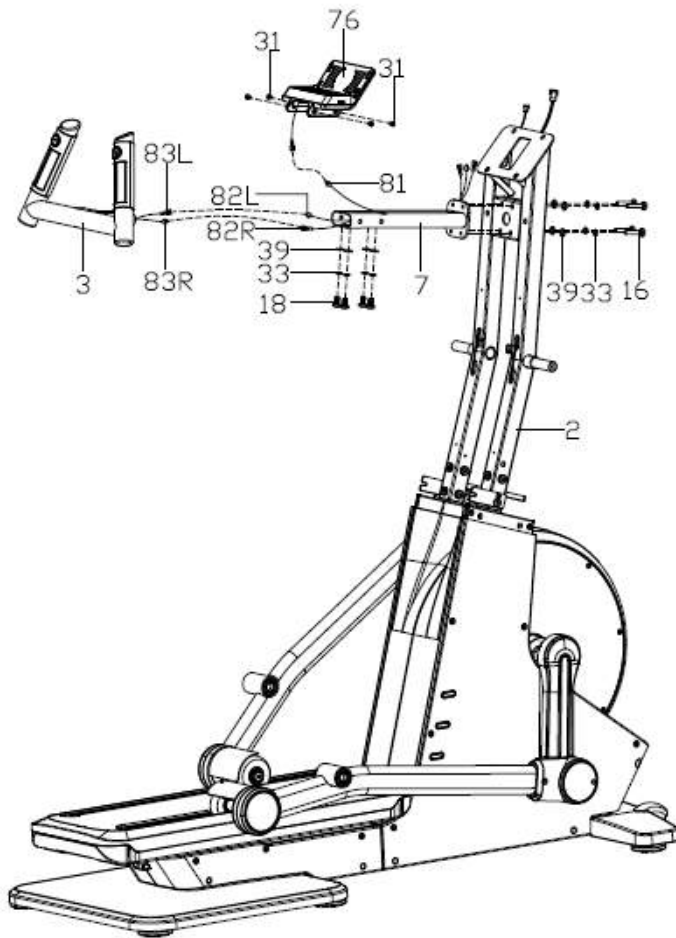


STEP 2:

1: Connect the grip wire (83L/R) to the wire corresponding to the trunk wire (82L/R), and pull out the excess wire from the handrail connecting tube (7) to prevent the wire from being clipped, and then lock the handrail connecting tube (3) to the handrail connecting tube (7) with the hex pan head screw (18), spring washer (33), and flat washer (39);

2: Connect the wire of the external wireless charging module (76) to the trunk line 1 (81), and pull out the excess from the handrail connecting tube (7) to prevent the wire from being clipped, and then lock the external wireless charging block (76) to the handrail connecting tube (7) with the cross recessed countersink screw (31);

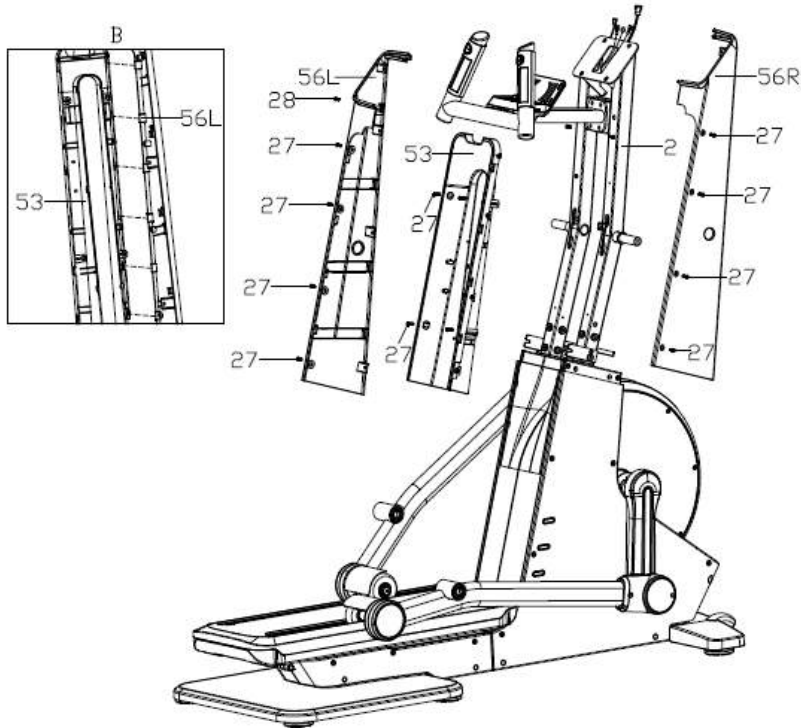
3: Pass trunk 1 (81) and trunk (82L/R) through the circular hole in the middle of the riser coupling (2) strengthening pipe into the square hole of the table tray, and then lock the armrest connecting pipe (7) to the riser coupling (2) with the hex pan head screw (16), spring washer (33), and flat washer (39).



STEP 3:

1: Pre-lock riser front guard (53) to riser joint (2) with cross pan head with cushion screw (27) (Note that it cannot be locked, ensure that it can move up and down)

2: Insert the protruding clamp of the left and right riser guard (56L/R) into the square hole of the riser front guard (53) (as shown in Figure B below), then use the cross pan head with cushion screws (27) and the cross pan head tapping screws (28) to lock the left and right riser guard (56L/R) to the riser front guard (53).

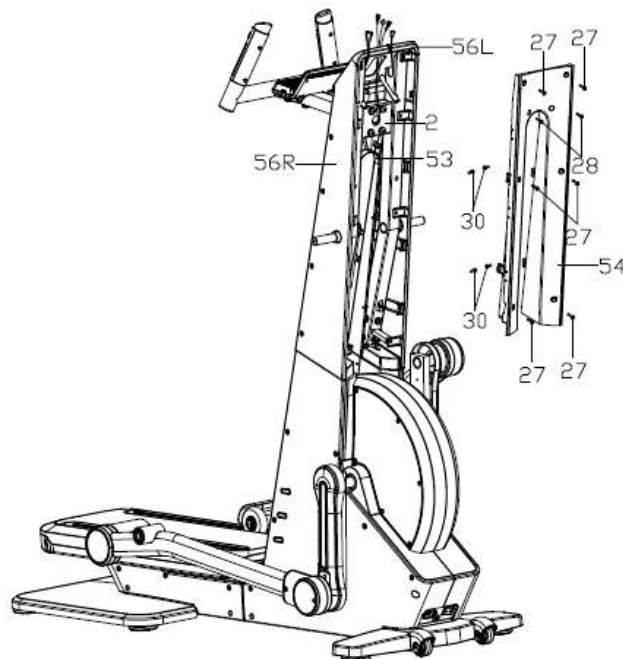


STEP 4:

1: Use the cross groove outer hexagon bolt (30) to align the riser rear guard (54) with the riser front guard (53) after the boundary position is aligned to the riser joint (2);

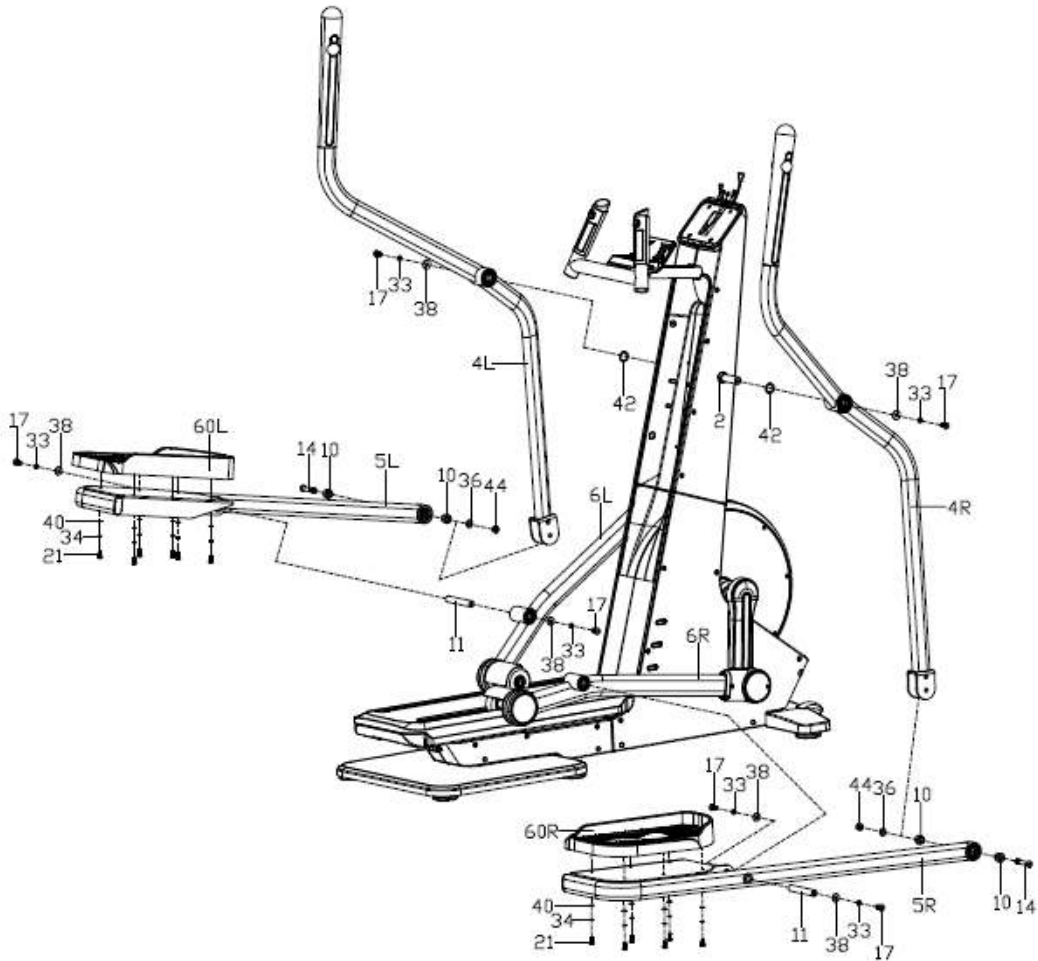
2: Align the riser rear guard (54) with the riser front guard (53) at the boundary position, and then use the cross pan head with cushion screws (27) and the cross pan head self-tapping nails (28) to lock the riser rear guard (54) to the riser joint (2);

3: Lock all cross pan heads with cushion screws (27) in step 3.



STEP 5:

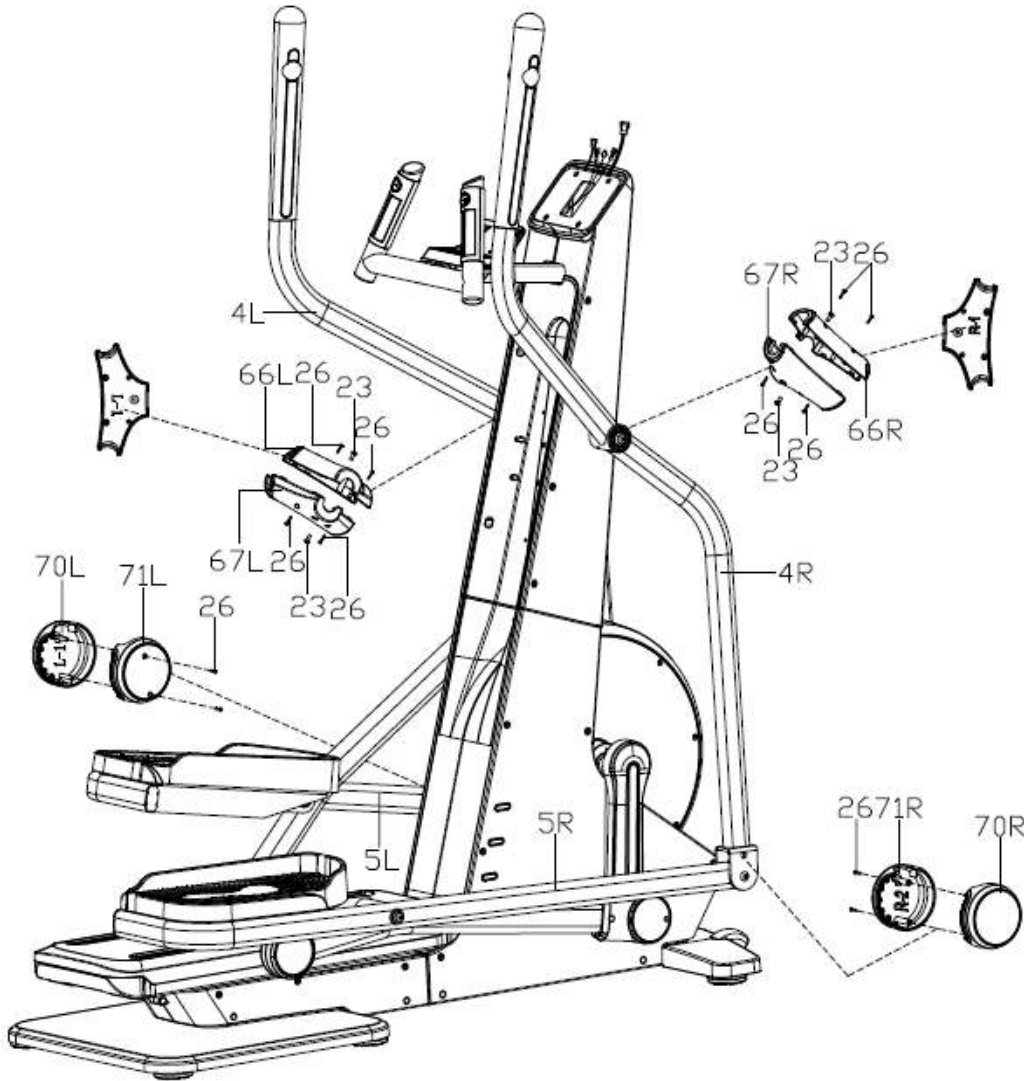
- 1: Use hexagon pan head screw (17), spring washer (33), flat washer (38) and rotating shaft 2 (11) to lock the left and right foot rod (5L/R) on the left and right roller frame (6L/R);
- 2: Lock the left and right swing rod (4L/R) on the rotating shaft that connects the riser (2) with the hex pan head screw (17), spring washer (33), flat washer (38), and waveform gasket (42).
- 3: Connect the left and right foot rod (5L/R) with the left and right swing rod (4L/R) with the hexagon pan head screw (14), the spacer sleeve (10), the flat washer (36), and the nylon nut (44) (do not lock it first);
- 4: Lock all unlocked hex pan head screws (17) and hex pan head screws (14);
- 5: Lock the left and right pedal (60L/R) to the left and right foot lever (5L/R) with the cross pan head screw (21), spring washer (34), and flat washer (40).



STEP 6:

1: Use a cross pan head screw (23) and a cross pan head tapping screw (26) to lock the top guard 1 (66L/R) and top guard 2 (67L/R) on the left and right swing rod (4L/R) (pay attention to the left and right directions of the top guard 1 (66L/R) and top guard 2 (67L/R) on the left and right swing rod). The left and right swing rod upper guard 1 (66L/R) is installed on the top, the left swing rod upper guard 1 (66L) corresponds to L-1, and the right swing rod upper guard 1 (66R) corresponds to R-1);

2: Use the cross pan head self-tapping screw (26) to lock the left and right swing rod lower guard 1 (70L/R) and the left and right swing rod lower guard 2 (71L/R) at the connection of the left and right swing rod combination (4L/R) and the left and right foot rod combination (5L/R).

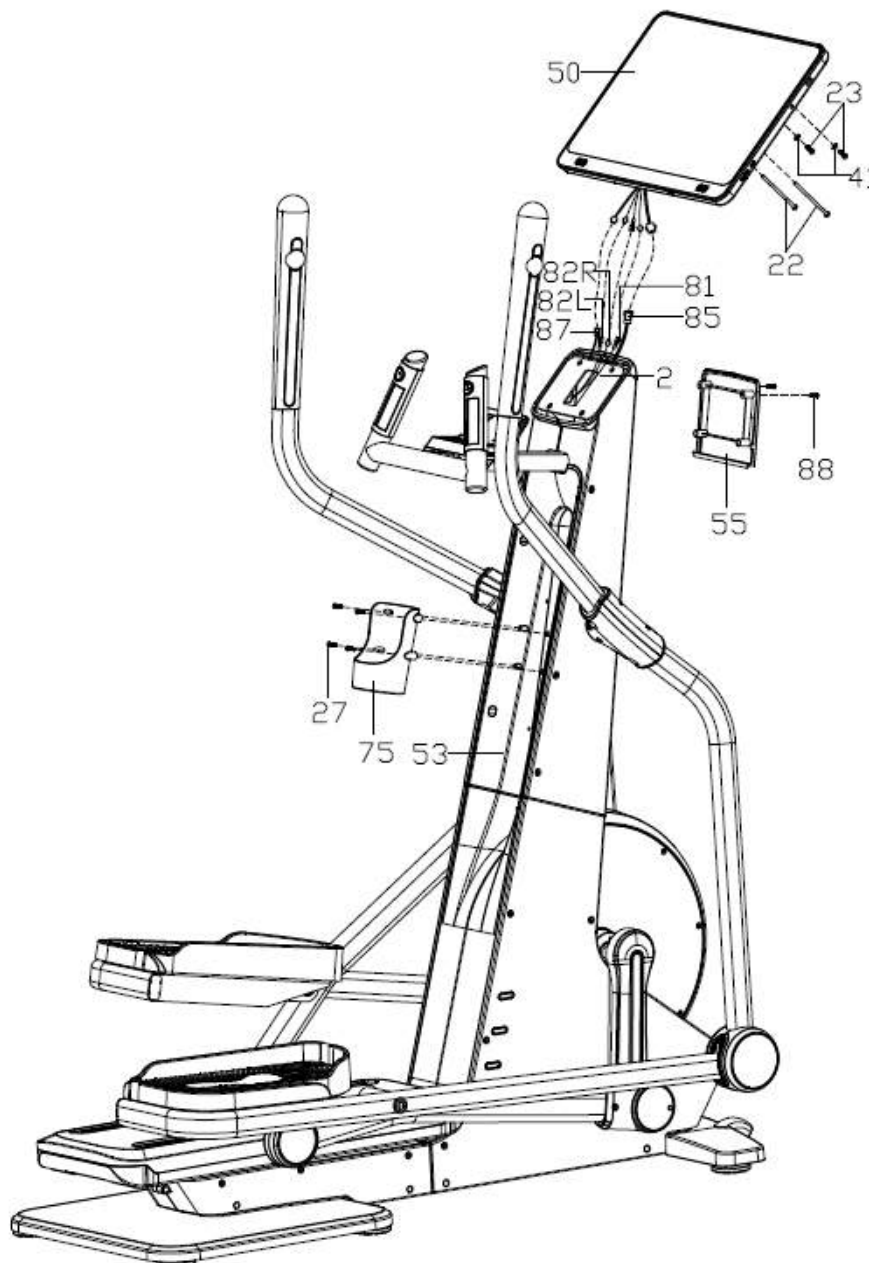


STEP 7:

1: First connect the control trunk 2 (85), trunk 1 (81), left and right trunk (82L/R), motor control trunk 2 (87) to the wire corresponding to the fairy meter (50), and then lock the electronic meter (50) to the table tray that connects the riser to (2) with the cross pan screw (22), the cross pan screw (23), and the flat pad;

2: Use a cross pan head with a cushion screw (88) to lock the meter guard (55) to the riser (2);

3: Fasten the kettle holder (75) to the front guard (53) of the riser with the cross pan head with the cushion screw (27).



WARM-UP and COOL-DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE.**



Side Stretch



Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

Remember always to check with your physician before starting any exercise program.

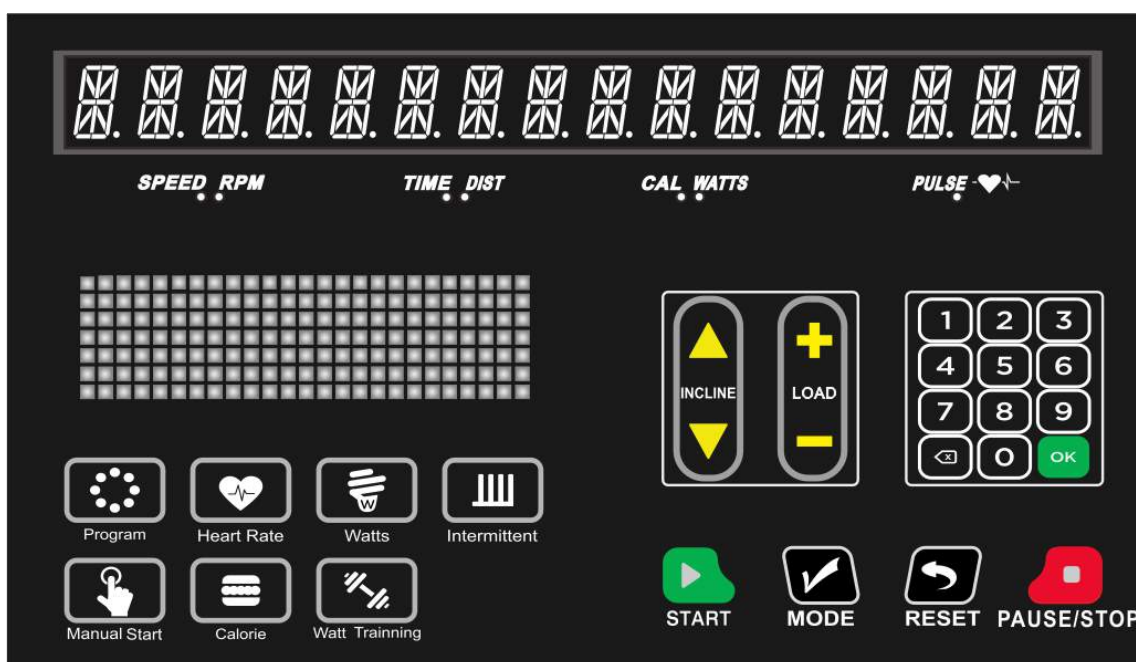
COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

Display manual

1. Display Description:

(1).LED FULL DISPLAY



2. Function specifications:

1.DISPLAY FUNCTION RANGE:

Function Name	Display Range	Set Range	Setting	Unit	Notes
TIME	00:00~99:59	00:00~99:00	Input with keys	min/sec	
SPEED	0.0~99.9			KM/ML(H)	
DISTANCE	0.0~99.9	0.0~99.9	Input with keys	KM/ML	
LOAD	1~32	1~32	±1(Load +/-)		
RPM	0~999			SETP/MIN	
CALORIES	0~999	0~999	Input with keys	KCAL	
WATT	0~999	10~420	Input with keys		UP/DOWN±5W during exercise
PULSE	0; 30~230	30~230	Input with keys		
AGE	1~99	1~99	Input with keys		1.Set at H.R.C 2.Default value:25
INCLINE	1~20	1~20	±1(INCLINE +/-)		
Dot matrix	5 X 7 X 25				

2.EXERCISE MODE PROJECT:

- Manual Start** (MANUAL) : For general manual setting exercises, it includes Quick start operation function and can set target values for TIME、CAL、DIST、PULSE.
- Program** (PROGRAM): P1~P20, twelve groups of PROGRAM selection, and TIME can be set.
- Calorie** (Calories Program): Low, medium, and high CAL target difficulty graphic selection, and TIME cannot be set.
- Intermittent** (INTERVAL): Three groups of interval training program selection, two groups of presets,

and one group of user settings.

5. **Watts** (Watt Constant): Manual setting, set Watts to train, and TIME can be set.
6. **Watt Training** (Watt Program): Six groups of WATT PROGRAM selection, and TIME can be set.
7. **Heart Rate** (H.R.C.): There are 55%, 75%, 90%, and Target heartbeat setting mode, which automatically adjust the load based on the heartbeat value control, and can set AGE and TIME.
8. LOAD:16/32.
9. Bluetooth function: Supports FTMS APP (ZWIFT/KINOMAP), iConsole+APP, BLE Bluetooth heartbeat.

3. BUTTON FUNCTION:

General Key Function Description:



LOAD

LOAD(LEVEL) DOWN: Adjust the resistance downwards and select the function/mode upwards.



LOAD

LOAD(LEVEL) UP: Adjust the resistance upward and select the function/mode downward.



MODE

MODE / ENTER: Select/Confirm.



RESET

RESET: Press and hold for 2 seconds to return to the homepage when the Console restarts or stops exercising.



START

START: Start exercising, and the Console starts calculating values.



PAUSE/STOP

PAUSE / STOP: Pause exercise, the Console stops calculating values, press to stop the exercise when pausing.



INCLINE

INCLINE UP: Adjust lift upward, and select the mode upward (exercise mode selection).





INCLINE

INCLINE DOWN: Adjust the lift downward, and select the mode downward (exercise mode selection).

Key Description:









Set values: TIME/DIST/CAL/PULSE/AGE, all set by the keyboard, with values set from 0 to 9. When the number of digits exceeds, the new input is updated from the units digit (999>input 5>5).

Press the  key to reverse and delete the set value. (delete to the bottom and return to 0, with an invalid sound reminder). And press the  key to confirm the set value, and go to the next step (If the set value exceeds the range, replace it with the preset value).

QUICK KEY DESCRIPTION

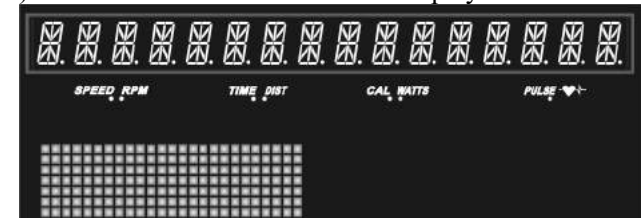


1. **Manual Start**: Quickly switch to the Manual setting function (when the exercise mode is not confirmed).

2.  Program: Quickly switch to the Program setting function (when the exercise mode is not confirmed).
3.  Calorie Program: Quickly switch to the Calorie Program setting function (when the exercise mode is not confirmed).
4.  Heart Rate: Quickly switch to the Heart Rate setting function (when the exercise mode is not confirmed) .
5.  Watt Training: Quickly switch to the Watt Training setting function (when the exercise mode is not confirmed) .
6.  Watts: Quickly switch to the Watt Constants setting function (when the exercise mode is not confirmed) .
7.  Intermittent: Quickly switch to the Intermittent setting function (when the exercise mode is not confirmed) .

3. OPERATION INSTRUCTIONS:

1. Power on, the BUZZER will ring a long sound for 2 seconds, and the screen full displays for 2 seconds(Picture 1). And then the wheel diameter is displayed for 1 second(picture 2).



(picture 1)



(picture 2)

2. After 1 second, enter the homepage mode and display the "WELCOM TO KPOWER", "PLEASE PRESS BUTTONS TO SELECT FUNCTION", "PRESS START TO BEGIN" (picture 3-5) with a running light to remind you to select the exercise mode with the button.



(picture 3)



(picture 4)



(picture 5)

3. Press function quick key to switch to mode menu or operate LOAD(+/-) and INCLINE(+/-) to select exercise mode; the sequence of exercise mode is Manual Start(Picture 6)> Program(Picture 7) > Calorie Program (Picture 8) > Heart Rate(Picture 9) > Watt Training(Picture 10) > Watt Constant (Picture 11) > Intermittent(Picture 12) > Manual Start.



(picture 6)



(picture 7)



(picture 8)



(picture 9)



(picture 10)









(picture 11)



(picture 12)

4. Manual :

Directly on the homepage or exercise mode menu, press the  key to start exercise directly in Manual.
 On the home page or in exercise mode menu, operate LOAD(+/-)and INCLINE(+/-)to the Manual menu(Picture6) ,
 press the  key or directly press the  key to enter target setting , set the TIME、 CAL 、 DIST 、 PULSE
 (Picture 13 -Picture 16)in sequence, press the  key to set it. During the setting process, the value of this
 function flashes.After the setting is completed, press the  key to confirm, and then press the  key to
 skip to the next set target (Recyclable).



(picture 13)











(picture 14)




(picture 15)



(picture 16)

After all settings are completed, press the  key to start exercise. (picture 17~18). During exercise, the SPEED/TIME/CAL cycle switches with every 3 seconds. Press the  /  keys to adjust LOAD during exercise, press the  /  keys to adjust the lift. When there is a change in LOAD/INCLINE, immediately skip to the LOAD/INCLINE display (picture 19~20). After 3 seconds, there is no operation or change, and then switch back to the original exercise value display. During the exercise, press the  key to pause the exercise, press the  key again or when the set value is completed, the exercise stops. After keeping the data displayed for one cycle, the average RPM/WATT/PULSE/SPEED will be displayed in a running light mode. Each item value needs to be displayed for 3 seconds (picture 21~24). And after two cycles of display, return to the exercise mode menu, or press the  key to immediately return to the exercise mode menu.

Under the display of average exercise data, press the  key to start exercising again.



(picture 17)



(picture 18)



(picture 19)



(picture 20)



(picture 21)



(picture 22)





(picture 23)



(picture 24)



5. Program :

On the homepage or exercise mode menu , operate LOAD(+/-)and INCLINE(+/-) to the Program menu(picture

25) , press the  key or directly press the  key to enter the Program mode, and their are 20 graphics to choose form in this mode(the unconfirmed function word flashing ; Picture 26-P1/Picture 27-P2) , When the

  keys are continuously pressed,20 graphics will display in a loop(P1>P2>P3...>P20>P1).












(picture 25)




(picture 26)



(picture 27)

Press the  key to confirm the graphic and enter the TIME setting (picture 28), press the  key to set it. During the setting process, the value of this function flashes. After setting, press the  key to confirm, and then press the  key to start the exercise (picture 29~30). During the exercise, the SPEE/TIME/CAL cycle switches with RPM/DIST/WATT every 3 seconds, and the LOAD changes with the dot matrix during the exercise. Press the  keys to adjust the LOAD, and press the  keys to adjust the lift. When there is a change in LOAD/INCLINE, immediately skip to the LOAD/INCLINE display. After 3 seconds, there is no operation or change, and then switch back to the original exercise value display. During the exercise, press the  key to pause the exercise, press the  key again or when the set value is completed, the exercise stops. After keeping the data displayed for one cycle, the average RPM/WATT/PULSE/SPEED will be displayed in a running light mode. Each item value needs to be displayed for 3 seconds. After two cycles of display, return to the exercise mode menu, or press  key to immediately return to the exercise mode menu.

Under the display of average exercise data, press the  key to start exercising again.



(picture 28)















(picture 29)

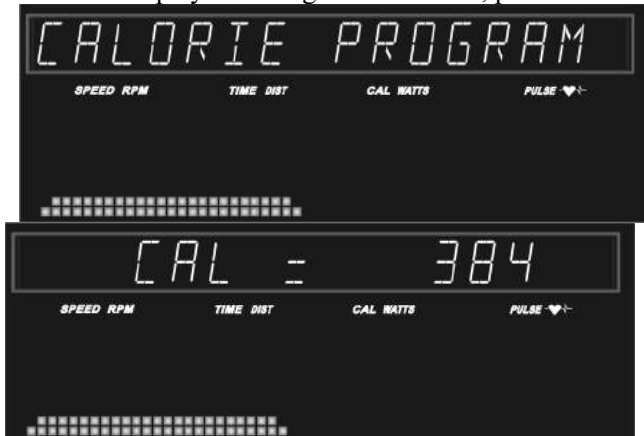


(picture 30)

6. Calorie Program :

On the homepage or exercise mode menu , operate LOAD(+/-)and INCLINE(+/-)to the Calorie Program menu(picture 31) , and press  key or directly press  key to enter the Calorie Program mode(TIME cannot be set in this mode). This mode has 3 difficulty/graphics to choose from (the function word flashes before confirmation : picture 32 shows a low difficulty graphics, CAL target: 384) , When the  /  keys are continuously pressed , the low difficulty(384) 、 medium difficulty(704) 、 and high difficulty(992)graphics will be displayed in sequence. Press the  key to confirm the difficulty selection , and then press the  key to start exercising(picture 33~34) ,and the LOAD will automatically adjust with RPM. Press  /  keys to adjust the lift , and each time the Calories target value is completed, the next Calories target will advance until the entire Calories target graph is completed(such as selecting low difficulty 384 KCAL, the complete graph consumption is 384 KCAL), at this time, the Console stops exercising. During the exercise, press the  key to pause the exercise , press the  key again or when the set value is completed, the exercise stops. After keeping the data displayed for one cycle , the average RPM/WATT/PULSE/SPEED will be displayed in a running light mode. Each item value needs to be displayed for 3 seconds. After two cycles of display, return to the exercise mode menu, or press the  key to immediately return to the exercise mode menu.

Under the display of average exercise data, press the  key to start exercising again.



(picture 31)

(picture 32)



(picture 33)



(picture 34)

7. Heart Rate :

On the homepage or exercise mode menu, operate LOAD(+/-)and INCLINE(+/-)to the Heart Rate menu(picture 35) ,

and press the key or directly press the key to enter the Heart Rate mode. First, set the age(picture 36; the default value is 25, and the set value is not saved. The age needs to be reset every time you re-enter HRC). The value is

set with the key, and the function value flashes during the setting process. After the setting is completed, press

the key to confirm, and then press the key to confirm the value and then skip to the heartbeat target setting.

Press keys to select four modes: 55%(picture 37)、75%(picture 38)、90%(picture 39)、TAG(picture 40). During the selection process, the value of this function flashes, and TAG is the manual heartbeat value(it must be

confirmed by pressing the key before pressing the key to set it). After setting it, press the key to

select the mode and enter the TIME setting(picture 41). After setting the TIME, press the key to start exercise, or

directly press the key to start exercise without setting the TIME(picture 42~43). The LOAD will automatically

adjust and change according to the heartbeat(this mode does not support manual LOAD adjustment). Press the keys to adjust the lift, but no heartbeat input is detected, the dot matrix displays” ♥?”, it reminds the heartbeat input(picture 44). When there is no heartbeat value or the heartbeat value exceeds the range of the current value, the LOAD will gradually decreases. When it is already in LOAD 1, there is still no heartbeat value or the heartbeat value exceeds the current range, the Console will automatically pause after 30 seconds. During the exercise process, press the

key to pause the exercise, and then press key again or when the set value is completed, the exercise stops.

After keeping the data displayed for one cycle, the average RPM/WATT/PULSE/SPEED will be displayed in a running light mode. Each item value needs to be displayed for 3 seconds. After two cycles of display, return to the exercise mode

menu, or press key to immediately return to the exercise mode menu.

Under the display of average exercise data, press the key to start exercising again.



(picture 35)



(picture 36)



(picture 37)



(picture 38)



(picture 39)



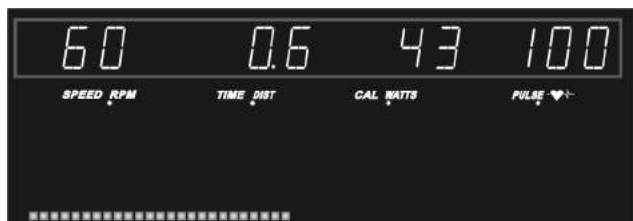
(picture 40)



(picture 41)



(picture 42)




















(picture 43)




(picture 44)

8. Watt Training:

On the homepage or exercise mode menu, operate LOAD(+/-) and INCLINE(+/-) to the Watt Training menu (picture 45), and press the  key or directly press the  key to enter the Watt Training mode. This mode has six graphics to choose from (the function word flashes before confirmation; picture 46--W1/picture 47—W2). When the  /  keys are continuously pressed, the 6 graphics will be displayed in a cycle (W1>W2>...>W6>W1).

Press the  key to confirm the graphics and enter the TIME setting [preset 20 minutes (picture 48), range: 0-99 minutes], the value is set with the  key, and the function value flashes during the setting process. After the setting is completed, press the  key to confirm, and then press the  key to confirm the value. After setting the TIME, press the  key to start exercising, or directly press  key to start exercising without setting the TIME (picture 49~50). Press the  /  keys to adjust WATT, and the LOAD will automatically change with WATT/RPM. Press the  /  keys to adjust the lift. During the exercise process, press the  key to pause the exercise, and then press  key again or when the set value is completed, the exercise stops. After keeping the data displayed for one cycle, the average RPM/WATT/PULSE/SPEED will be displayed in a running light mode. Each item value needs to be displayed for 3 seconds. After two cycles of display, return to the exercise mode menu, or press the  key to immediately return to the exercise mode menu.

Under the display of average exercise data, press the  key to start exercising again.



(picture 45)



(picture 46)



(picture 47)



(picture 48)





















(picture 49)



(picture 50)

9. Watt Constant:

On the homepage or exercise mode menu, operate LOAD(+/-)and INCLINE(+/-)to the Watt Constant menu(picture 51), and press the  key or directly press the  key to enter the Watt Constant mode. This mode is for manual adjustment of WATT. Firstly, set the WATT target value with  key(preset 120, picture 52). During the setting process, the value of this function flashes. After the setting is completed, press the  key to confirm, and then press the  key to enter the TIME setting(picture 53), the value is set with the  key. During the setting process, the value of this function flashes. After setting, press the  key to confirm,and then press the  key to confirm the value. After setting the TIME, press the  key to start exercising, or directly press the  key to start exercising without setting the TIME(picture 54~55). During the exercise process, press the   keys to adjust WATT and control the LOAD change. Press the   keys to adjust the lift. During the exercise process, press the  key to pause the exercise, and then press the  key again or when the set value is completed, the exercise stops. After keeping the data displayed for one cycle,the average RPM/WATT/PULSE/SPEED will be displayed in a running light mode. Each item value needs to be displayed for 3 seconds. After two cycles of display, return to the exercise mode menu, or press the  key to immediately return to the exercise mode menu.

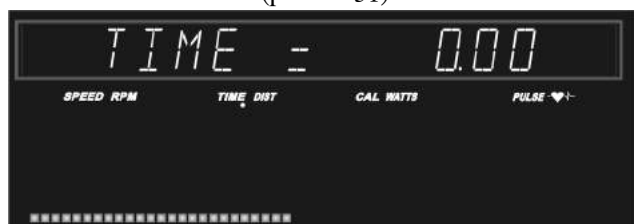
Under the display of average exercise data, press the  key to start exercising again.





(picture 51)

(picture 52)

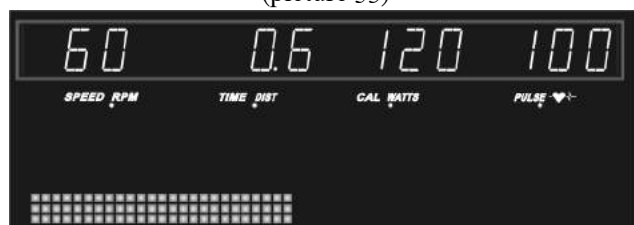


(picture 53)

(picture 54)






(picture 55)





10. Intermittent :



On the homepage or exercise mode menu, operate LOAD(+/-)and INCLINE(+/-) to the Intermittent menu(picture 56) , and press the  key or directly press the  key to enter the Intermittent mode. There are three kinds

of intermittent modes to choose from(picture 57--I1 diagram).When the   keys are continuously pressed, the three graphics will cycle display(I1(preset mode 1)> I 2(preset mode 2)>>I3(user set)>I1). Note that I3 needs

to be set completely(preset IMPLEMENT 5 seconds/ REST 5 seconds/ CIRCLE 1 time) , and set with  key

to start exercise. After confirming the three kinds of intermittent modes with  key, the prompt for (IMPLEMENT)executing seconds/(REST)rest seconds/(CIRCLE)and cycling cycles(picture 58~60) will be

displayed in cycles. Press the  key to start intermittent exercise(picture 61~62) , start warming up for 3 minutes, and after warming up, start training. This mode can only increase the LOAD of the IMPLEMENT mode

from the preset, and cannot be adjusted below the preset. Press the   keys adjust the LOAD, press the




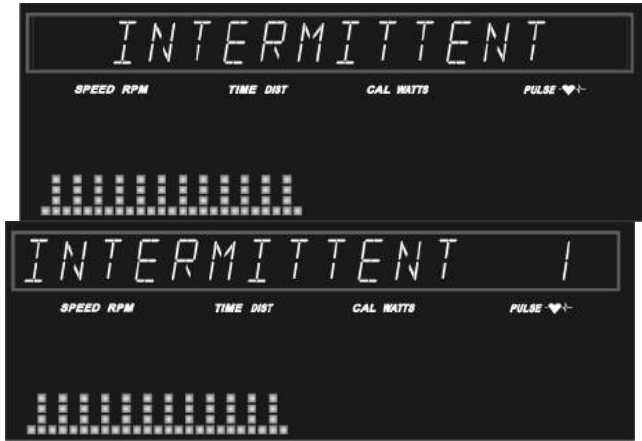
keys adjust the lift. REST is only in rest mode, and the LOAD cannot be adjusted until the entire Intermittent target is completed (completing the number of cycles), at this time, the Console stops, and press the



key to pause the exercise, and then press the  key again or when the set value is completed, the exercise stops. After keeping the data displayed for one cycle,the average RPM/WATT/PULSE/SPEED will be

displayed in a running light mode , or press  key to immediately return to the exercise mode menu.

Under the display of average exercise data, press the  key to start exercising again.



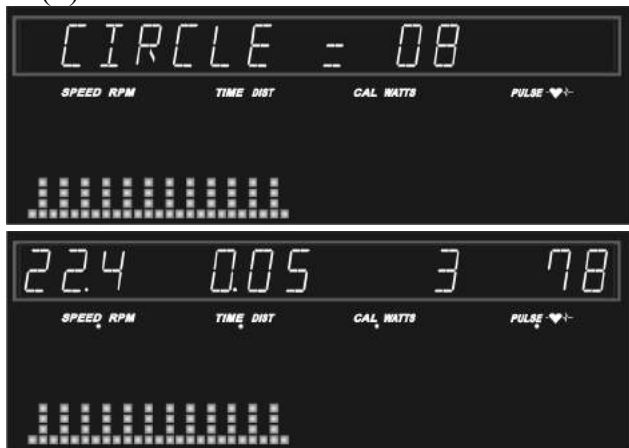
(picture 56)

(picture 57)



(picture 58) IMPLEMENT execution for 25 seconds(S)

(picture 59) REST rest for 15 seconds(S)



(picture 60) CIRCLE circle eight times

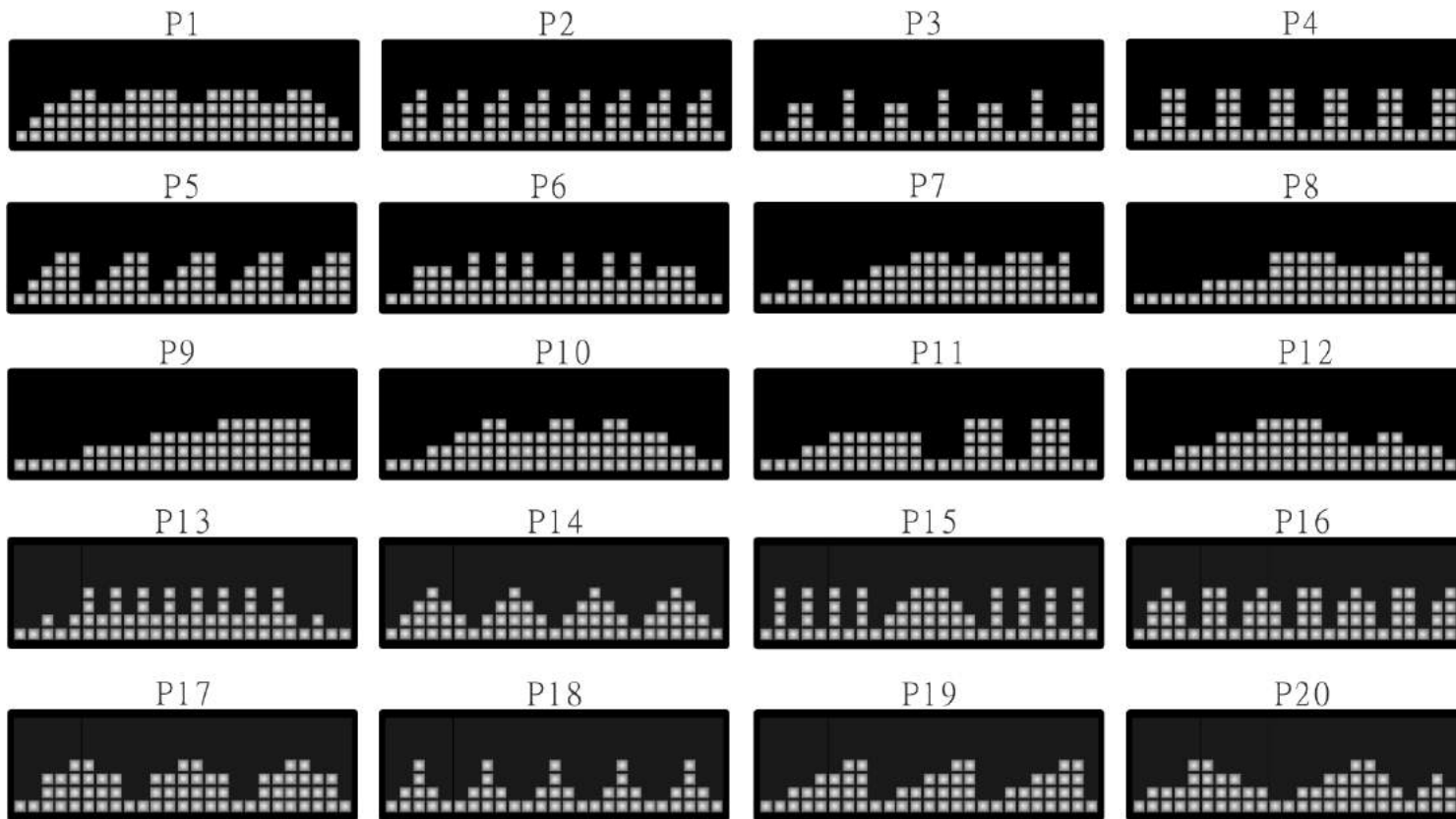


(picture 61)

(picture 62)

4. Graphics for each mode:

1. PROGRAM GRAPH:



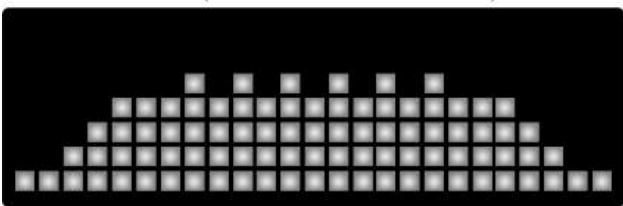
2. Calories Program graph:

After completing the vertical total CAL, progress to the next grid.

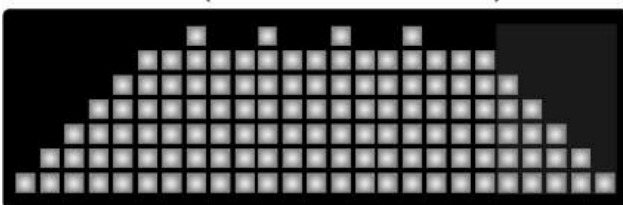
C1 (384 KCAL)



C2 (704 KCAL)

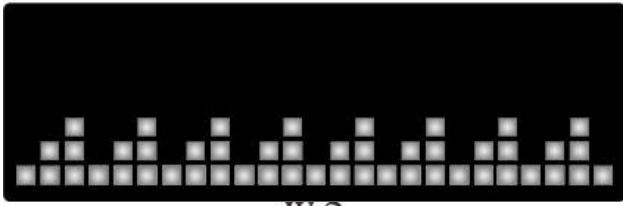


C3 (992 KCAL)

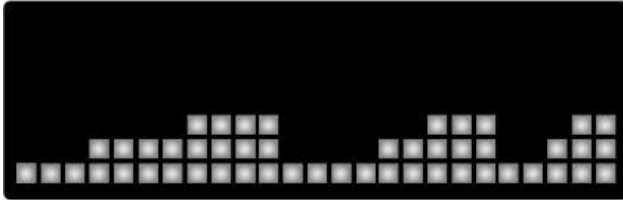


3. Watt Training PROGRAM:

W1



W2



W3



W4



W5



W6



4. Intermittent Description:

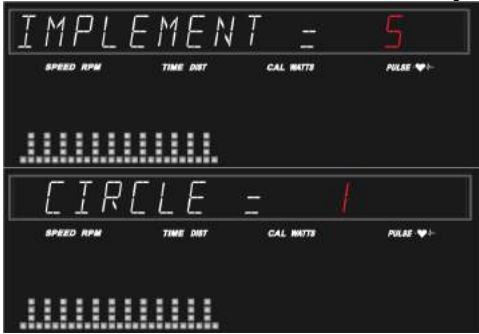
There are three modes of target(I1~I3), I1~I2 for the program preset target, I3 for the user set. After the three modes start to exercise ,LOAD can only be adjusted from the IMPLEMENT mode LOAD to the preset, and cannot be adjusted below the preset. REST is only a rest mode and cannot be adjusted. There will be a beep reminder when automatically switching to the load.

- (1). **Intermittent 1:** IMPLEMENT operates at high intensity for 25 seconds/rests for 15 seconds, lasting for 8 cycles.
- (2). **Intermittent 2:** IMPLEMENT operates at high intensity for 60 seconds/rest for 75 seconds, lasting for 12 cycles.
- (3). **Intermittent 3:** Custom mode, which allows for customization of the IMPLEMENT high intensity/REST/loop settings.

At Intermittent 3, when pressing the MODE button to confirm,set the IMPLEMENT high intensity/REST/CIRCLE



cycle in sequence, which can be set repeatedly. The setting is also set using the 5 seconds/REST 5 seconds/CIRCLE 1 cycle.



IMPLEMENT Seconds setting(5~99)

REST Seconds setting(5~99)

CIRCLE loop setting(1~99)

5. Bluetooth connection supports FTMS APP (ZWIFT/KINOMAP), iConsole+APP, and BLE Bluetooth heartbeat.

- (1). Without WATT and wind resistance, the Console manually adjusts the load.
- (2). With WATT and wind resistance, turn off the Console and manually adjust the load, which is fully controlled by the APP.



After FTMS connection, always display the load value

iConsole+display after connection