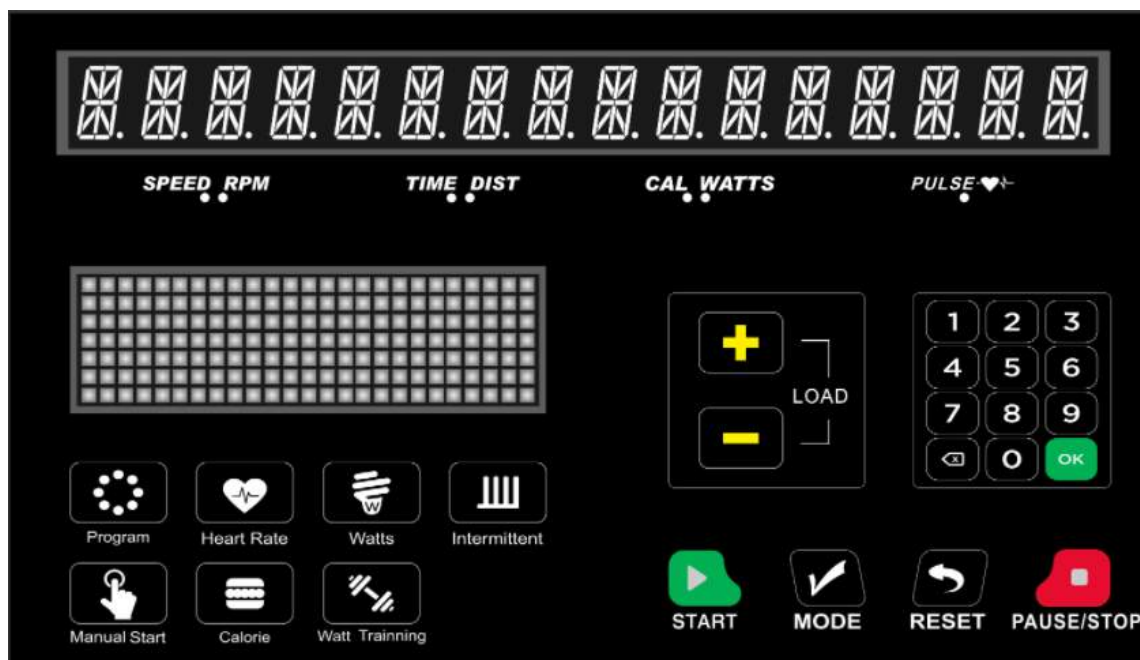# Metagenics Fitness LED console operation manual

ITEM	SM8551CONSOLE INSTRUCTION MANUALV10	DATE	2023/10/17

一、 Display Description：

(1).LED FULL DISPLAY

二、 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
Dot matrix	5 X 7 X 25				

2.EXERCISE MODE PROJECT：

1. **Manual Start** MANUAL： For general manual setting exercises, it includes Quick start operation function and can set target values for TIME、CAL、DIST、PULSE.

2. **Program**(PROGRAM)：P1~P20，twelve groups of PROGRAM selection, and TIME can be set.

3. **Calorie** (Calories Program)：Low, medium, and high CAL target difficulty graphic selection, and TIME cannot be set.

4. **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 Trainning**(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.BUTTION FUNCTION：

General Key Function Description：

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

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

 MODE / ENTER：Select/Confirm.

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

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

 PAUSE / STOP：Pause exercise, the Console stops calculating values,

press to stop the exercise when pausing.

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

2. ：Quickly switch to the Program setting function（when the exercise mode is not confirmed).

3. ：Quickly switch to the Calorie Program setting function（when the exercise mode is not confirmed).

4. ：Quickly switch to the Heart Rate setting function（when the exercise mode is not confirmed）.

5. ：Quickly switch to the Watt Training setting function（when the exercise mode is not confirmed）.

6. ：Quickly switch to the Watt Constants setting function（when the exercise mode is not confirmed）.

7. ：Quickly switch to the Intermittent setting function（when the exercise mode is not confirmed）.

三、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).
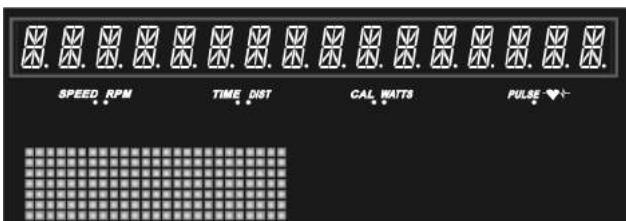
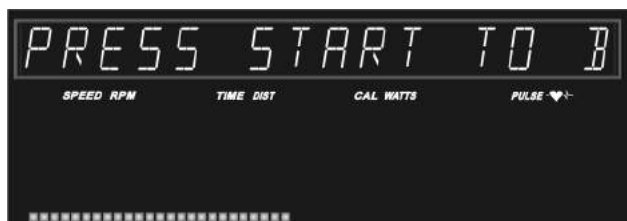(picture 1)   (picture 2)

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.
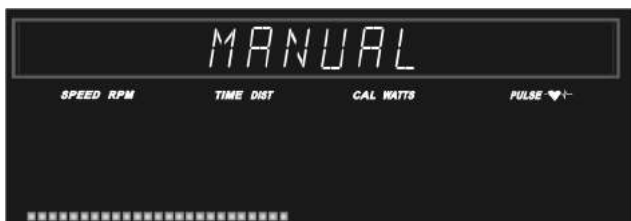
PLEASE PRESS BUT

SPEED RPM   TIME DIST   CAL WATTS   PULSE ♥↵

PLEASE PRESS BUTTONS TO SELECT FUNCTIONS

(picture 4)

PRESS START TO B

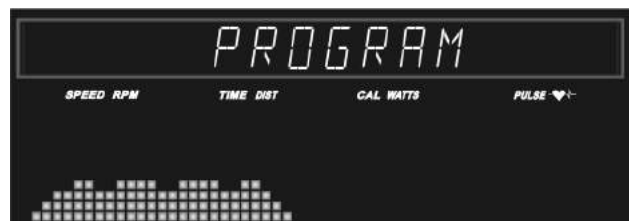SPEED RPM   TIME DIST   CAL WATTS   PULSE ♥↵
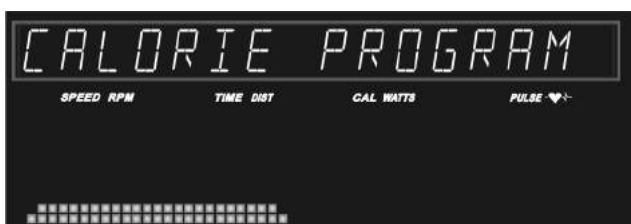
PRESS START TO BEGIN

(picture 5)

3. Press function quick key to switch to mode menu or operate LOAD(+/-) 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.

MANUAL	PROGRAM
SPEED RPM TIME DIST CAL WATTS PULSE ♥↵	SPEED RPM TIME DIST CAL WATTS PULSE ♥↵
(picture 6)	(picture 7)
CALORIE PROGRAM	HEART RATE
SPEED RPM TIME DIST CAL WATTS PULSE ♥↵	SPEED RPM TIME DIST CAL WATTS PULSE ♥↵
(picture 8)	(picture 9)
WATT TRAINNING	WATT CONSTANT
SPEED RPM TIME DIST CAL WATTS PULSE ♥↵	SPEED RPM TIME DIST CAL WATTS PULSE ♥↵
(picture 10)	(picture 11)

INTERMITTENT

SPEED RPM   TIME DIST   CAL WATTS   PULSE ♥↵

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(+/-)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 OK key to confirm, and then press the ✓ key to skip to
the next set target (Recyclable).

TIME = 0.00
SPEED RPM   TIME DIST   CAL WATTS   PULSE ♥⊢

(picture 13)

DIST = 0.0
SPEED RPM   TIME DIST   CAL WATTS   PULSE ♥⊢

(picture 14)

CAL = 0
SPEED RPM   TIME DIST   CAL WATTS   PULSE ♥⊢

(picture 15)

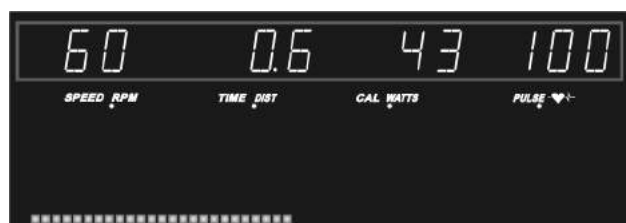| PULSE = 0 |
| --- |
| SPEED RPM   TIME DIST   CAL WATTS   PULSE ♥⊢ |

(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. When there is a change in LOAD，immediately skip to the LOAD display(picture 19~20). After 3
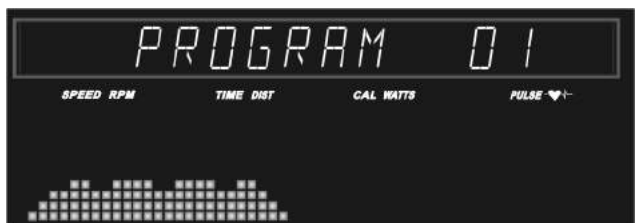seconds, there is no operation or change, and then switch back to the original exercise value display. During
the exercise, press the ■ key to pause the exercise，press the ■ key again or when the set value is
completed, the exercise stops. After keeping the data displayed for one cycle，the average
RPM/WATT/PULSE/SPEED will be displayed in a running light mode. Each item value needs to be displayed
for 3 seconds(picture21~24). 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.

22.4   0.33   3   78
SPEED RPM   TIME DIST   CAL WATTS   PULSE ♥⊢

60   0.6   43   100
SPEED RPM   TIME DIST   CAL WATTS   PULSE ♥⊢

LEVEL 12

SPEED RPM   TIME DIST   CAL WATTS   PULSE ♥+-

INCLINE 02

SPEED RPM   TIME DIST   CAL WATTS   PULSE ♥+-

(picture 19)

(picture 20)

AVG RPM = 60

SPEED RPM   TIME DIST   CAL WATTS   PULSE ♥+-

AVG WATT = 100

SPEED RPM   TIME DIST   CAL WATTS   PULSE ♥+-

(picture 21)

(picture 22)

AVG PULSE = 111

SPEED RPM   TIME DIST   CAL WATTS   PULSE ♥+-

AVG SPEED = 22.4

SPEED RPM   TIME DIST   CAL WATTS   PULSE ♥+-

(picture 23)

(picture 24)

5. Program：

On the homepage or exercise mode menu，operate LOAD(+/-)to the Program menu(picture 25)，press the ☑MODE

key or directly press the ⊛Program 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 ⊕LOAD/⊖LOAD keys are continuously pressed,20 graphics will display in a loop(P1>P2>P3…>P20>P1).

PROGRAM

SPEED RPM   TIME DIST   CAL WATTS   PULSE ♥+-

PROGRAM 01

SPEED RPM   TIME DIST   CAL WATTS   PULSE ♥+-

(picture 25)

(picture 26)

PROGRAM 02

SPEED RPM   TIME DIST   CAL WATTS   PULSE ♥+-

(picture 27)

Press the ☑MODE 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 OK key to confirm,

and then press the ▶START 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 ⊕LOAD/⊖LOAD keys to adjust the LOAD. When there is a change in LOAD, immediately skip to the LOAD 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 PAUSE/STOP key to pause the exercise，press the PAUSE/STOP 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 RESET key to immediately return to the exercise mode menu.

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

(picture 28)

(picture 29)

(picture 30)

6. Calorie Program：

On the homepage or exercise mode menu，operate LOAD(+/-)to the Calorie Program menu(picture 31)，and press ✓MODE 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 ⊕LOAD/⊖LOAD keys are continuously pressed，the low difficulty(384)、medium difficulty(704)、and high difficulty(992)graphics will be displayed in sequence. Press the ✓MODE key to confirm the difficulty selection，and then press the ▶START key to start exercising(picture 33~34)，and the LOAD will automatically adjust with RPM 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 PAUSE/STOP key to pause the exercise，press the PAUSE/STOP 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 ![RESET] key to immediately return to the exercise mode menu.

Under the display of average exercise data, press the ![START] 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(+/-)to the Heart Rate menu(picture 35) , and press the ![MODE] key or directly press the ![Heart Rate] 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 ![keypad] key，and the function value flashes during the setting process. After the setting is completed, press the ![OK] key to confirm, and then press the ![MODE] key to confirm the value and then skip to the heartbeat target setting.

Press ![LOAD+/-] 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 ![MODE] key before pressing the ![keypad] key to set it). After setting it, press the ![MODE] key to select the mode and enter the TIME setting(picture 41). After setting the TIME, press the ![START] key to start exercise, or directly press the ![START] 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)，but no heartbeat input is detected, the dot matrix displays" ♥?", it reminders 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 ![PAUSE/STOP] key to pause the exercise，and then press ![PAUSE/STOP] 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 [RESET] key to immediately return to the exercise mode menu.

Under the display of average exercise data, press the [START] 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(+/-)to the Watt Training menu(picture 45)，and press the [MODE] key or directly press the [Watt Training] 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 [LOAD+]/[LOAD-] 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. 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.
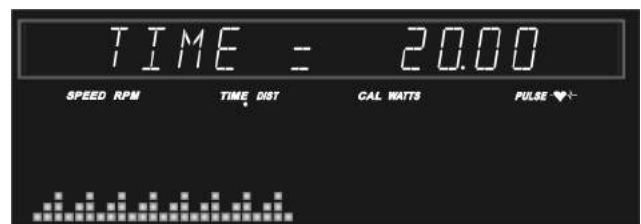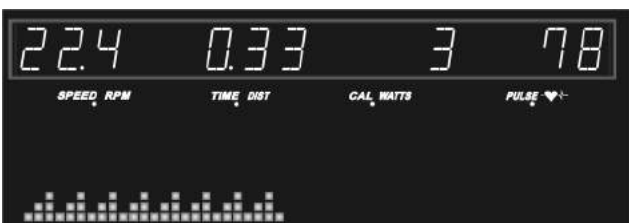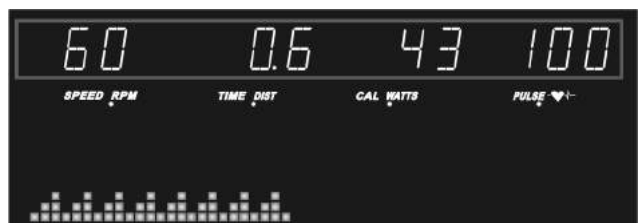

(picture 45)

(picture 46)

(picture 47)

(picture 48)

(picture 49)

(picture 50)

9. Watt Constant：

On the homepage or exercise mode menu, operate LOAD(+/-)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 ![OK] key to confirm, and then press the ![MODE] key to enter the TIME setting(picture 53), the value is set with the ![keypad] key. During the setting process, the value of this function flashes. After setting, press the ![OK] key to confirm, and then press the ![MODE] key to confirm the value. After setting the TIME, press the ![START] key to start exercising, or directly press the ![START] key to start exercising without setting the TIME(picture 54~55). During the exercise process, press the ![LOAD+/−] keys to adjust WATT and control the LOAD change. During the exercise process, press the ![PAUSE/STOP] key to pause the exercise，and then press the ![PAUSE/STOP] 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 ![RESET] key to immediately return to the exercise mode menu.

Under the display of average exercise data, press the ![START] key to start exercising again.

(picture 51)

(picture 52)

(picture 53)
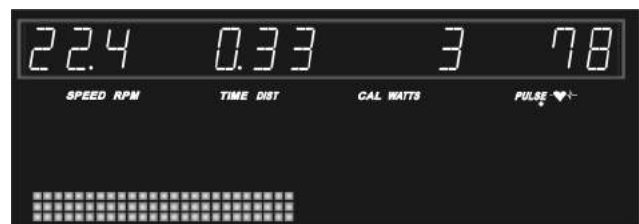
(picture 54)

(picture 55)

10. Intermittent：
    On the homepage or exercise mode menu, operate LOAD(+/-)to the Intermittent menu(picture 56)，and press the ![MODE] key or directly press the ![Intermittent] key to enter the Intermittent mode. There are three kinds of intermittent modes to choose from(picture 57--I1diagram).When the ![LOAD+]/![LOAD−] 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] key to start exercise. After confirming the three kinds of intermittent modes with ![MODE] key, the prompt for (IMPLEMENT)executing seconds/(REST)rest seconds/(CIRCLE)and cycling cycles(picture 58~60) will be displayed in cycles. Press the ![START] 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 ![LOAD+]/![LOAD-]keys adjust the LOAD. 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 ![PAUSE/STOP] key to pause the exercise, and then press the ![PAUSE/STOP] 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 ![RESET] key to immediately return to the exercise mode menu.

Under the display of average exercise data, press the ![START] key to start exercising again.
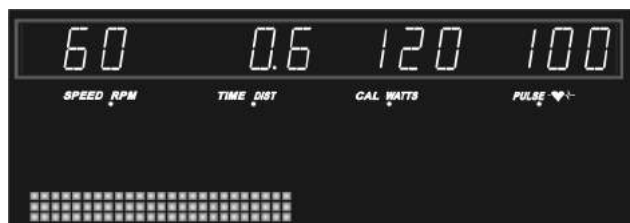

(picture 56)

(picture 57)

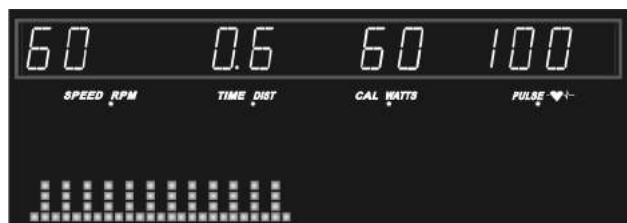(picture 58) IMPLEMENT   execution for 25 seconds(S)

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

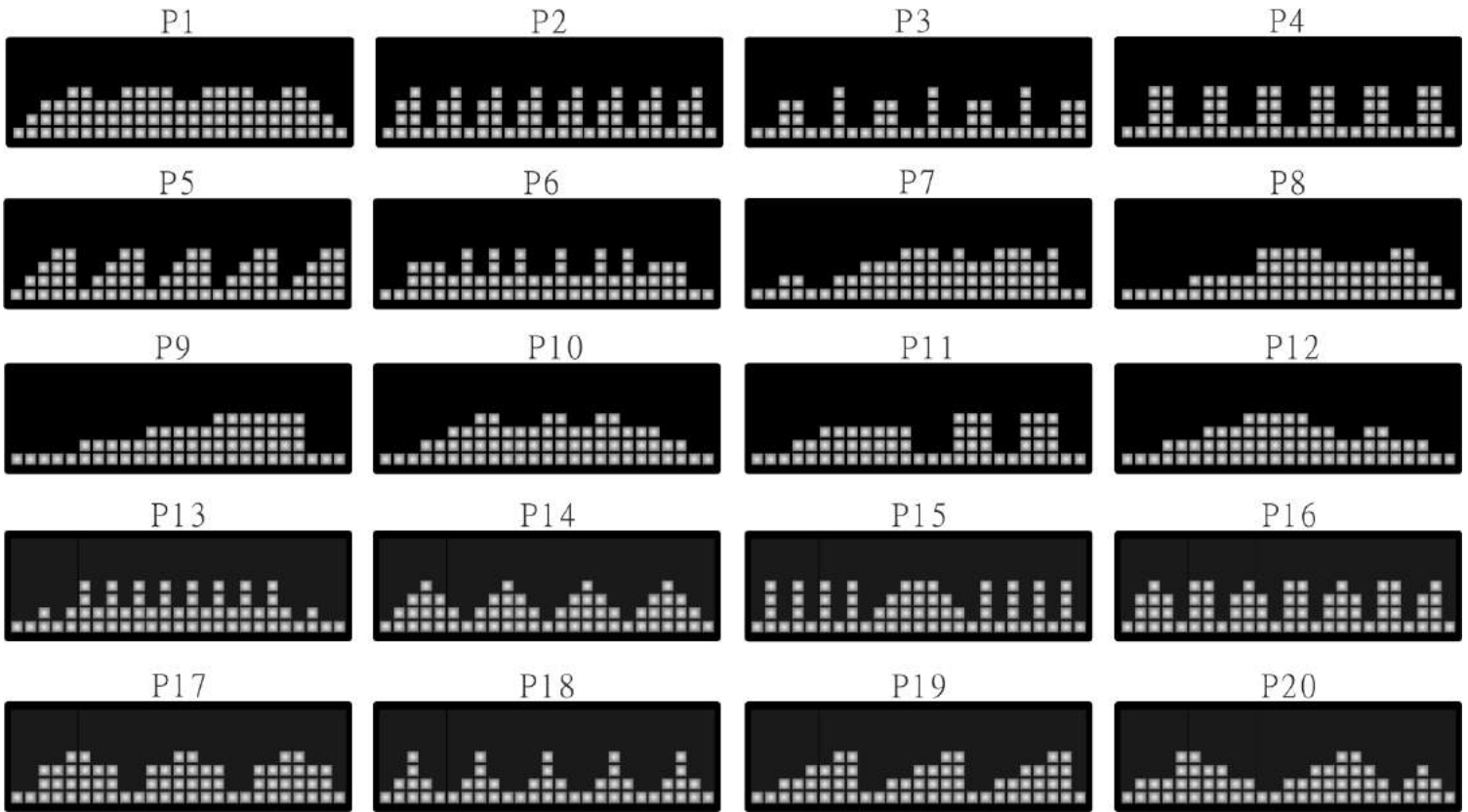(picture 60)CIRCLE   circle eight times

(picture 61)

(picture 62)

四、 **Graphics for each mode：**

1. PROGRAM GRAPH：

P1 P2 P3 P4

P5 P6 P7 P8

P9 P10 P11 P12
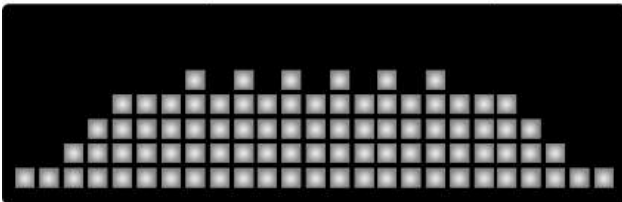
P13 P14 P15 P16

P17 P18 P19 P20

2. Calories Program graph：

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

C1（384 KCAL）

C2（704 KCAL）

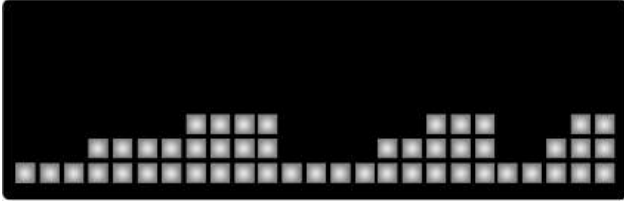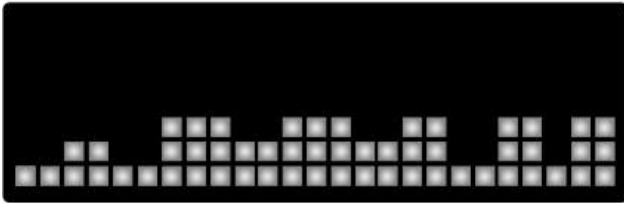C3（992 KCAL）
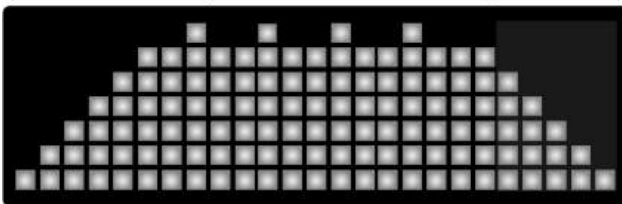
3. Watt Training PROGRAM：
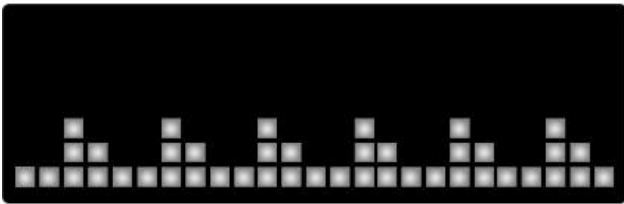
W1

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 ▦key，with the preset IMPLEMENT 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