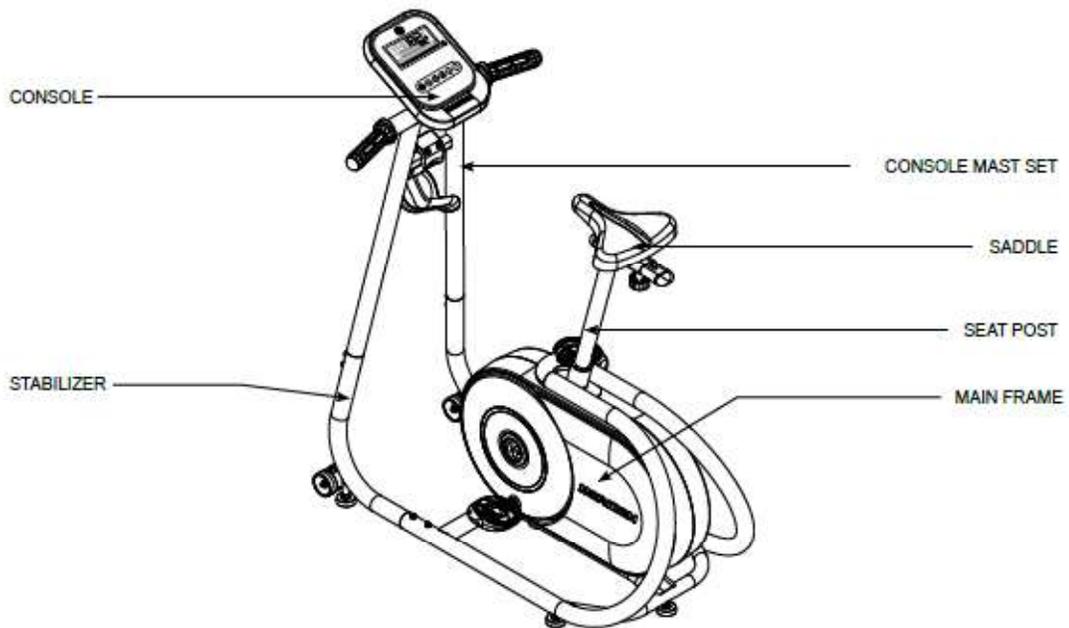
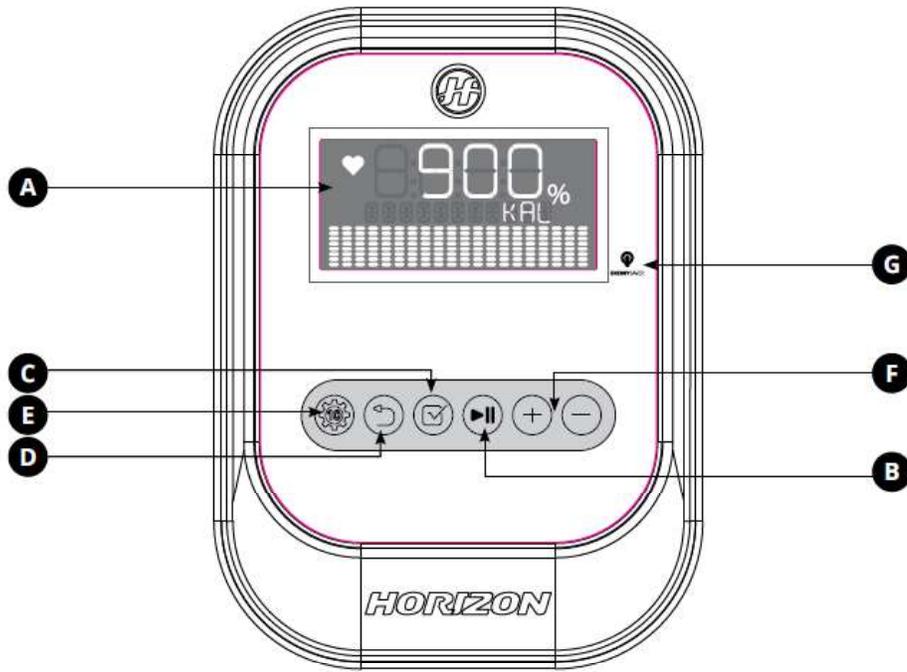


BT5.0 SERVICE MANUAL



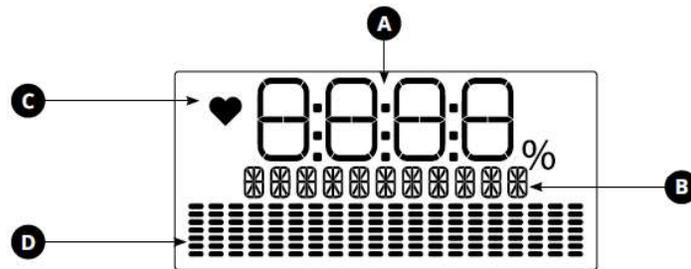
CHAPTER 2: Console Operation



Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A. LCD DISPLAY WINDOW: Time, speed, distance, calories, watts, HR, RPM, resistance level.
- B. START AND STOP BUTTON: Press to begin exercising, pulse your workout or resume exercising after pulse. Hold for 3 seconds to reset the console.
- C. ENTER: Press to confirm selection during programming setup. Or press to change display during exercise. Press and hold for 3 seconds to allow console to change the display in sequence automatically.
- D. BACK: Press to go back to last selection.
- E. PROGRAMS: Press to adjust the resistance level or to adjust the value in the setting screen.
- F. ENERGY SAVOR: Indicates if machine is in energy save mode.
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DISPLAY WINDOWS



- ◆ **WORKOUT INFORMATION:** Show time, speed, distance, calories, watts, HR, RPM, resistance level.
- ◆ **MEASUREMENT OF WORKOUT:** Show as KM, KM/H, CAL, ETC.
- ◆ **HEART RATE:** When contact is made with both pulse grips, the heart rate icon is blinking in pulse window.
- ◆ **PROGRAMME PROFILE:** Represent the profile of the program being used.

PROGRAM INFORMATION

10 programs (Manual, Intervals, Weight Loss Plus, Rolling, Cadence, Random, Constant Watts, THR Zone, %THR, Custom)

- ◆ **MANUAL:** Allows you to adjust the resistance level to your preference, without a preset program. Adjust your resistance manually during your workout. User sets time and resistance using (up/ down arrow) and ENTER.
- ◆ **INTERVALS:** Improves your strength, speed and endurance by raising and lowering the resistance levels throughout your workout to involve both your heart and muscles. Time based program with 16 levels to choose from. User sets time and level using (up/down arrows) and ENTER.
- ◆ **WEIGHT LOSS**
- ◆ **WEIGHT LOSS PLUS:** promotes weight loss and weight loss plus by increasing and decreasing the resistance, while keeping you in your fat burning zone. Time based program with different levels to choose from and greater intensity than the weight loss program. User sets time and level using (up/ down arrows) and ENTER. Please drink enough water while and after doing exercise to enhance the weight loss results.
- ◆ **ROLLING:** Maintains weight by gradually raising and lowering the resistance level to gradually raise and lower your heart rate.
- ◆ **CADENCE:** Special training program to build your muscle. This program will gradually increases resistance level and prompt you to high speed, or medium speed, or low speed to help you reach your fitness goal.
- ◆ **RANDOM:** Special designed chart based program that will simulate resistance being changed randomly.
- ◆ **THR ZONE:** Simulate the intensity of your favorite sport as the program resistance

automatically adjusts to maintain a set Target Heart Rate range.

- I. Select THR Zone program using ▲▼ and press ENTER.
- II. Select TIME using ▲▼ and press ENTER.
- III. The HEART RATE window will flash showing the default target heart rate of 80 beats per minute. Select your target heart rate (from heart rate training chart)) using ▲▼ and press ENTER.
- IV. Press START to begin.

HEART RATE TRAINING

The first step in knowing the right intensity for your training is to find out your maximum heart rate (max HR= 220-your age). The age-based method provides an average statistical prediction of your max HR and is a good method for the majority of people, especially those new to heart rate training. The most precise and accurate way of determine your individual max HR is to have it clinically tested by a cardiologist or exercise physiologist through the use of a maximal stress test. If you are over the age of 40, overweight, have been sedentary for several years, or have a history of heart disease in your family, clinical testing is recommended. This chart gives examples of the heart rate for a 30 years old exercising at 5 different heart rate zones. For example, a 30-year-old's max HR is $220-30=190$ bpm and 90% max HR is $190*0.9=171$ bpm.

- ◆ % THR: Benefits weight loss by maintaining an optimum exercise level to burn fat, while adjusting the resistance to keep you in your target heart rate zone. First set up your personal data (your machine will automatically calculate your maximum workout heart rate) and select the percentage you wish to workout base on your maximum hear rate.
Note: The heart rate program is based on your heart rate target. Resistance will change automatically according to your pedaling speed and make sure you keep your workout in your target heart rate. Please do not pedal too slow or too fast. If you are out of target zone, LCD will show arrow sigh beside RPM column to tell you to adjust your speed. Upper arrow is for speeding up your RPM and arrow down is for slowing down your workout.
- ◆ CUSTOM: Customized workout, time defaults to 30 minutes.
 - I. First enter the program setting and profile display will guide you through all the workout column.
 - II. Use upper and lower arrow to change the resistance and press enter to confirm. Console will display your current segment number and guide you through segment 1 to segment 20.
 - III. After finish all setting press START to begin.