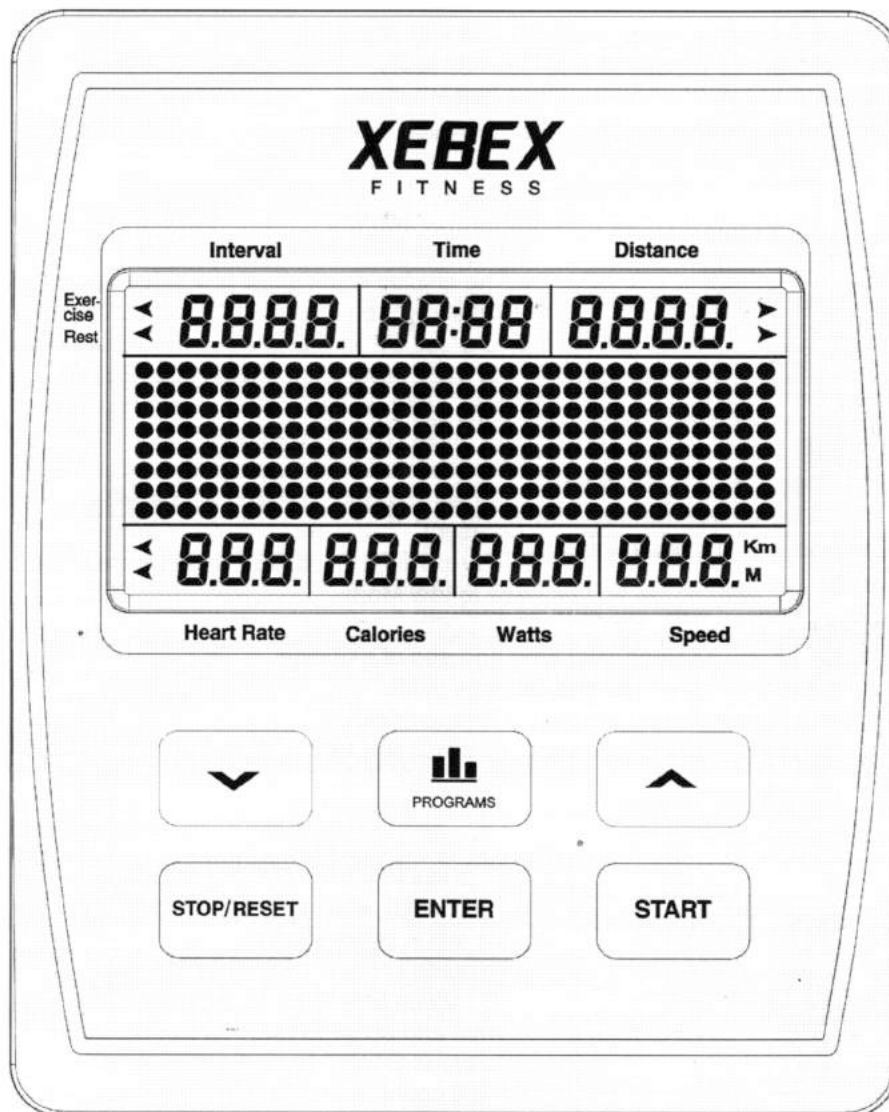


# AB-1 AA00791



## Operation

1. Power ON : To press any button the display will be on. It will enter to Idle Mode after Beep for 2 seconds. As display detects RPM signal will enter to Normal mode.
2. Idle Mode : To press PROGRAMS key to change other programs(Normal, Interval Custom, Target Distance, Target Calories, Target HR, Target Time )
3. No signal detected during exercise for 30 seconds will transitions into Idle mode.
4. Exercise finished : To finish target which you set before, it will show values for 30 seconds and transitions into Idle Mode.
5. Power off : It will transitions into sleep mode if it detects nothing for 60 seconds in Idle mode.

# Function key

## 1. Function key :

- To press any button will hear Beep sound.
- To press any button in Power OFF will restart display.

## 2. PROGRAMS key :

- To press every button in Idle mode to set exercise state. It will be like Normal → Interval Custom → Target Distance → Target Calories → Target HR. The Normal mode is default value for Power on.
- To set exercise value in exercise mode. The window of setting will gleam every second to show and set values.

## 3. Up key :

- To adjust values in exercise mode.
- To press button one time it will raise one value.
- If Up key is held down for more than 1 sec, it will be continuous key. The rate of it will be 1sec/4 times.

## 4. Down key :

- To adjust values in exercise mode.
- To press button one time it will reduce one value.
- If Down key is held down for more than 1 sec, it will be continuous key. The rate of it will be 1sec/4 times.

## 5. ENTER key :

- In exercise mode to confirm values and to set next value.
- After setting value in exercise mode, it will start to exercise.

## 6. START key :

- To press **START key enter to Normal** in Idle Mode.

## 7. STOP / RESET key :

- To press Stop Key to stop exercise and cumulate value.
- To press Stop Key transition into Idle Mode.
- The display will restart after holding on button for 3 seconds in any state.

# Structure explained

## 1. Speed :

- SPEED shows current speed. The range is 00.0 ~ 92.0KPH ( 57.5MPH )

## 2. Interval :

- The window of **Interval** is for cumulate time.
- Exercise : It will count down exercise time to show remnant time. The range is 0 ~ 999. Unit : 1/second
- Rest : It will count down the rest time to show remnant time. The range : 0 : 01 ~ 9 : 99. Unit : 1/second

## • Time :

- The range is 00 : 00 ~ 99 : 59 (mm : ss)
- To add up exercise time in every exercise mode.
- It will count down exercise time to show remaining in Target Time.

## • Watts :

- To show current value of watts. The range : 000 ~ 999

## • Distance :

- To count range is 0 ~ 9999 Meter. It will change to 1X.XX KM if it's greater than 9999.
- It will show accumulation of Distance in every exercise mode.
- It will show remaining distance in Target Distance.

## • Calories :

- To count range is 0 ~ 9999 cals It will change to 1.XX Kcals if it's greater than 9999.
- It will show accumulation of Distance in every exercise mode.
- It will show remaining Calories in Target Calories.

## • Heart Rate :

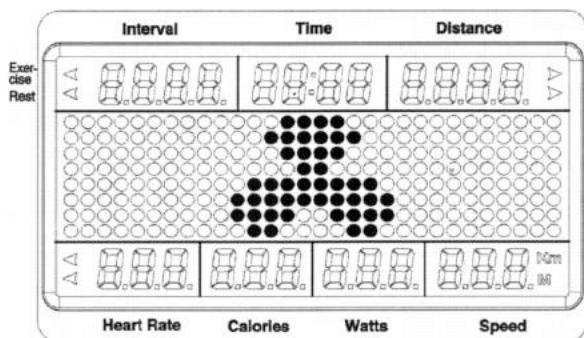
- The range of HEART RATE signal : 40 ~ 220 bmp
- It will show heart symbol and a dot will gleam at right button corner of as it detects Heart Rate.
- It won't show anything if it doesn't detect Heart Rate.

**Buzzer :**

- i. To press button and make a short beep to confirm the instructions.
- ii. It won't make a deep sound if you press pointless button.

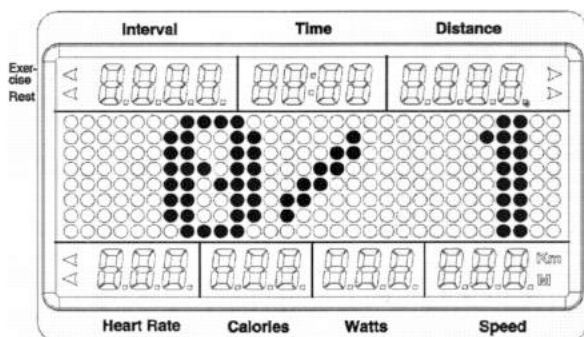
# Training function

## 1. Normal :



- a. To press START to workout.
- b. As it detects speed signal it will go to Normal to show LCD Dot matrix.
- c. It will show 00 : 00 at Time field, other fields will show 0. The time will be added up during training. And It will show Watts, Speed's value at present.
- d. To press STOP / RESET to go pause mode and it will stop counting.
- e. To press STOP / RESET to end of exercise and go back to Idle Mode.
- f. To press START to restore it.

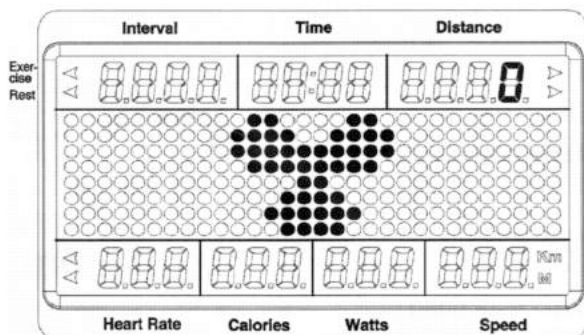
## 2. Interval Custom :



- a. To press PROGRAMS key to set Interval Custom in Idle Mode.
- b. It will gleam 0 / 1 on LCD Dot matrix to set circles. To press UP key, DOWN key adjustment it and set Exercise time after press ENTER key.
- c. The arrow will show on Exercise to set Exercise time. To press UP key, DOWN key for adjustment (1sec ) on Interval which '10' value is gleaming every second to set Rest time after pressing ENTER key.
- d. The arrow will show on Rest to set Rest time. To press UP key, DOWN key for adjustment (1sec ) on Interval which '10' value is gleaming every second to set Rest time after pressing ENTER key.
- e. To press ENTER key back to reset.

- f. To press START to confirm current value. It will base on the last value which user set before if you don't set parameter.
- g. It will show how many circles will you exercise on LCD Dot matrix. The denominator will be target time for workout. The numerator will be how many circles has user done.
- h. To press START key for workout.
- i. It will show 00 : 00 at Time field, other fields will show 0. The time will be added up during training. And It will show Watts, Speed's value at present.
- j. To press STOP to go pause mode and it will stop counting.
- k. To press STOP / RESET to end of exercise and go back to Idle Mode.
- l. To press START to restore it.
- m. As finish the target of exercise it will be Beep third time and end of exercise. It will show average value of exercise on Speed and Calories fields. It will show accumulative value of exercise on Time and Distance fields. It will go to Idle Mode and end of workout after 30 seconds which is showing the value of exercise.

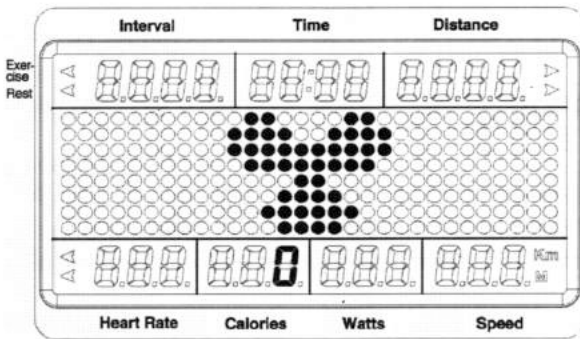
## 3. Target Distance :



- a. To press PROGRAMS key to set Target Distance in Idle Mode.
- b. The display won't show any value except the Distance field, it will show the value every second.
- c. To press UP key, DOWN key to adjust Target Distance. To press one time will adjust Target Distance for 1000M and press ENTER for confirmation.
- d. To press START to workout.
- e. It will count down the target distance on Distance, other fields will show 0. It will be added up during training. And It will show Watts, Speed's value at present.
- f. To press STOP to go pause mode and it will stop counting.

- g. To press STOP / RESET to end of exercise and go back to Idle Mode.
- h. To press START to restore it.
- i. As finish the Target Distance it will be Beep third time and end of exercise. It will show average value of exercise on Speed and Calories fields. It will show accumulative value of exercise on Time and Distance fields. It will go to Idle Mode and end of workout after 30 seconds which is showing the value of exercise.

#### 4. Target Calories :



- To press PROGRAMS key to set Target Calories in Idle Mode.
- The display won't show any value except the Calories field, it will show the value every second.
- To press UP key, DOWN key to adjust Calories. To press one time will adjust Calories for 100 cal and press ENTER for confirmation.
- To press START to workout.
- It will count down the Target Calories on Calories, other fields will show 0. It will be added up during training. And It will show Watts, Speed's value at present.
- To press STOP / RESET to go pause mode and it will stop counting.
- To press STOP / RESET to end of exercise and go back to Idle Mode.

h. To press START to restore it.

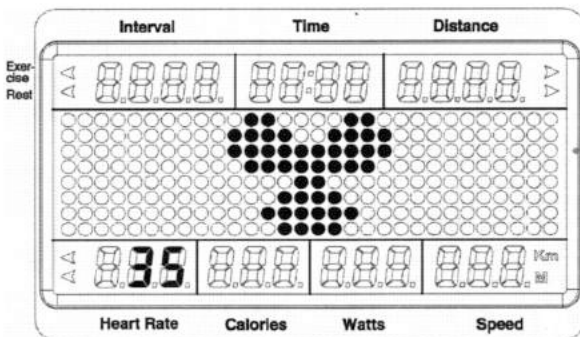
i. As finish the target of exercise it will be Beep third time and end of exercise.

It will show average value of exercise on Speed and Calories fields.

It will show accumulative value of exercise on Time and Distance fields.

It will go to Idle Mode and end of workout after 30 seconds which is showing the value of exercise.

#### 5. Target HR :



- To press PROGRAMS key to set Target HR in Idle Mode.
- The display won't show any value except the Heart Rate field, it will show the value every second.
- To press UP key, DOWN key to adjust Target HR. It will gleam 35 (AGE) every second in Heart Rate. To press one time will adjust AGE and press ENTER for confirmation.
- To press START to workout.
- It will show 00 : 00 on time field, other fields will show 0. It will be added up during training. And It will show Watts, Speed's value at present.
- To press STOP / RESET to go pause mode and it will stop counting.

g. To press STOP / RESET to end of exercise and go back to Idle Mode.

h. To press START to restore it.

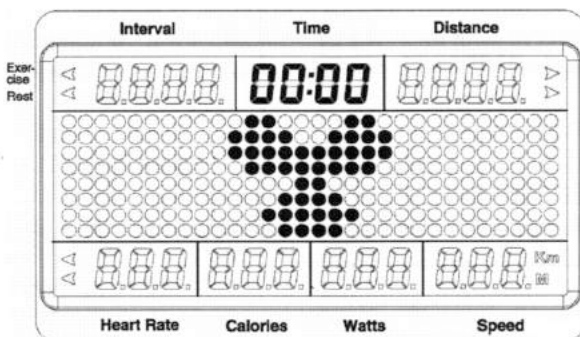
i. As finish the target of exercise it will be Beep third time and end of exercise.

It will show average value of exercise on Speed and Calories fields.

It will show accumulative value of exercise on Time and Distance fields.

It will go to Idle Mode and end of workout after 30 seconds which is showing the value of exercise.

#### 6. Target Time :



- To press PROGRAMS key to set Target Time in Idle Mode.
- The display won't show any value except the Time field, it will show the value every second.
- To press UP key, DOWN key to adjust Target Time. It will show 00 : 00 on time field. To press one time will adjust Target Time for 1min and press ENTER for confirmation.
- To press START to workout.
- It will count down the target Time on Time, other fields will show 0. It will be added up during training. And It will show Watts, Speed's value at present.
- To press STOP to go pause mode and it will stop counting.

g. To press STOP / RESET to end of exercise and go back to Idle Mode.

h. To press START to restore it.

i. As finish the target of exercise it will be Beep third time and end of exercise.

It will show average value of exercise on Speed and Calories fields.

It will show accumulative value of exercise on Time and Distance fields.

It will go to Idle Mode and end of workout after 30 seconds which is showing the value of exercise.

## The adjust unit in display

1. To press enter+start in Idle mode to go to Engineer mode.

2. Distance unit ( 0 : meter unit, 1 : ft. unit)

3. To confirm value with pressing START / STOP to log out engineer mode.