ABVR-1/ABMG-3 Console Manual

TOTAL TIME 88:88
GO>>> REST READY
INTERVAL
8:88
88/88
20/10
20/30
CUSTOM

interval 20-10

interval 20-30

interval custom

TARGET TIME DISTANCE CALORIES

TIME REMAINING ELAPSED
1:88:88

CALORIES TOTAL
888

target time

DISTANCE KM MILE
888.8

WATTS AVERAGE TOTAL
8888

target distance

SPEED AVEMAX
88.8
KPH MPH

LEVEL RPM AVE MAX
8 188

target calories

TARGET HR
65% OF 888
MAX HR
80% OF 888
NO HR SIGNAL TARGET HR ACHIEVED
SPEED UP SLOW DOWN

HEART RATE
AGE
888
BPM

target HR

STOP ▼ ENTER MODE ▲ START
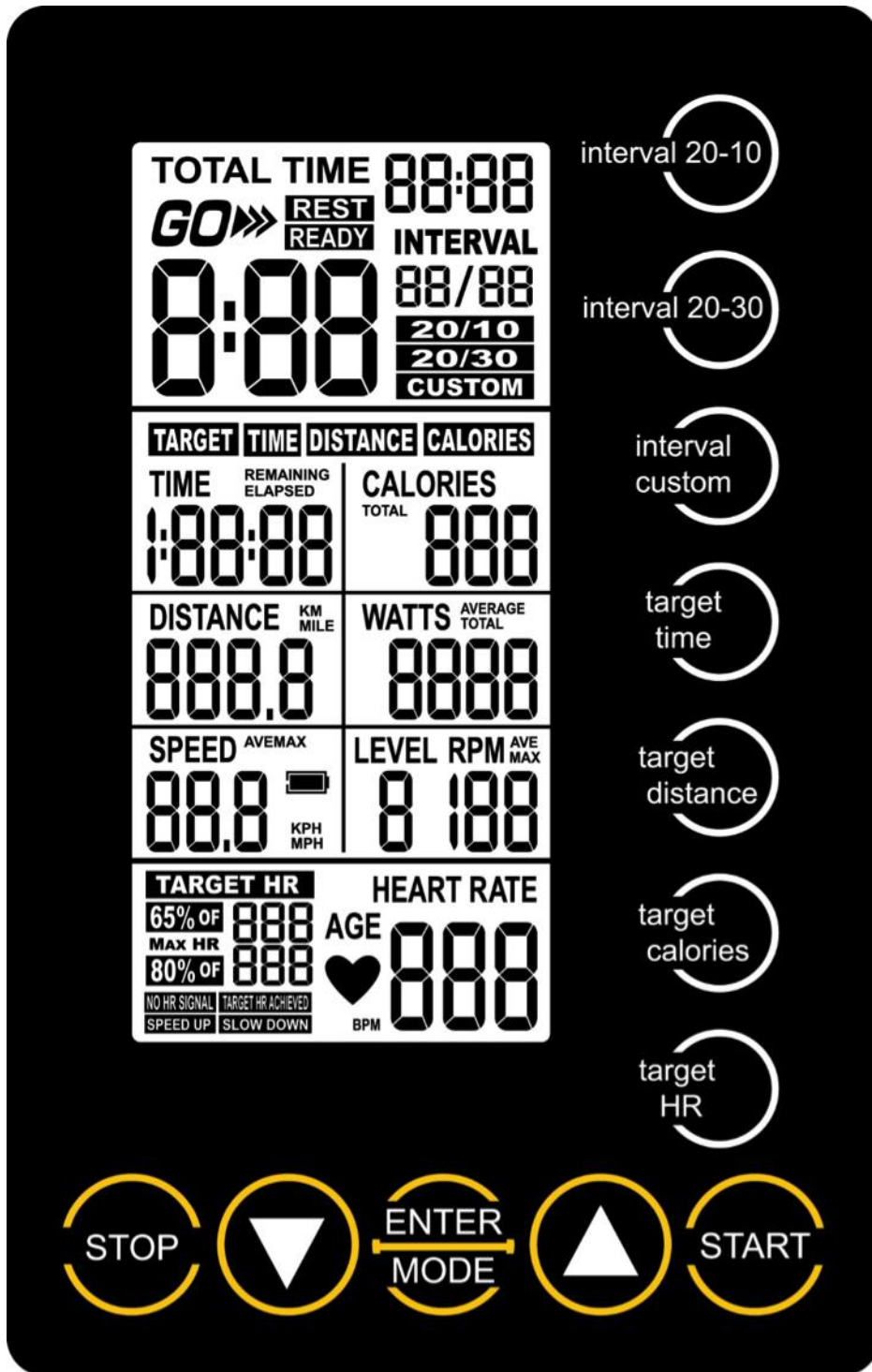
Interval Display

- The Interval Display provides details for the Interval 20-10, Interval 20-30 and Custom Interval programs.
- The left side will show you whether the interval is currently a work (GO) or rest period and how much time is left in that interval (8:88).
- The Total Time 88:88 will count up the total program run time.
- The Interval 88/88 display shows the current interval and total intervals in the program.

Target Time, Distance & Calories and Watts/Speed/Level/RPM Display

- The display will show Time, Calories, Distance, Watts, Speed, Level of Resistance and RPM during all programs.
- The banner across the top will indicate if you are running one of the Target programs.
- Time, Calories and Distance will count up during your workout.
- Total distance will be displayed in miles or kilometers depending on how the console was set up.
- Use the Mode button to toggle between average vs. total watts as well as average vs. maximum Speed and RPM
- The Level number indicates the level of resistance you have applied using the knob on the bike (Levels between 1-8).

Heart Rate Display

- If a signal is detected from a wireless monitor, user's heart rate will be shown in the large 888 BPM (beats per minute). If not signal is detected, the console will read "No HR signal"
- During the Target Heart Rate Program, the console will show upper and lower values of the target range next to the 65% and 80% of Max HR banners.
- The console will tell you to "Speed up" or "Slow Down" to reach user's target heart rate. Once target is reached, the "Target HR Achieved" icon will appear.

Console Setup

BATTERY INSTALLATION

The console operates on four (4) AA batteries. The battery compartment is on the back side of the console.

TOGGLE BETWEEN KILOMETERS VS. MILES

1. Remove one (1) battery from console so that the console turns off.

2. Hold the "STOP" and "DOWN" buttons simultaneously. Keep holding the buttons as you put the battery back in to power on console. Hold buttons even after on for at least 3-5 seconds.
3. Either KM or Miles will appear on your console. You can release the "STOP" and "DOWN" buttons. Use the "UP" or DOWN" button to toggle between km and miles.
4. Press "ENTER" to select setting.

TOGGLE BETWEEN BEEP ON AND BEEP OFF
1. Remove one (1) battery from console so that the console turns off.
2. Hold the "STOP" and "UP" buttons simultaneously. Keep holding the buttons as you put the battery back in to power on console. Hold buttons even after on for at least 3-5 seconds.
3. Your console will show sound on or off. You can release the "STOP" and "UP" buttons. Use the "UP" or DOWN" button to toggle between turning the beeping sounds on or off.
4. Press "ENTER" to select setting.

Programs

I.   **QUICK START** – Default Program
1. Use the QUICK START Program to skip programming the workout and begin immediately. Either start pedaling or press the START key to turn on console. Once the console is on in standby mode, press the START key again to begin the Quick Start Program.

2. After a period of inactivity, the console will stop counting. When you start pedaling again, the console will continue counting again.
3. Use the manual lever on the bike to adjust the resistance and this will be reflecting in the LEVEL display.
4. Press STOP to pause your workout. If you press STOP for a second time, the console will reset to standby mode.
5. Hold STOP for 3 seconds during your workout to clear the console and enter standby mode.

II.   **INTERVAL 20/10 PROGRAM and INTERVAL 20/30 PROGRAM**
1. In standby mode, press INTERVAL 20/10 or INTERVAL 20/30 program button on the left side of console.
2. To set amount of intervals:
   a. Once user has selected the INTERVAL 20/10 or 20/30 program, the "INTERVAL 0/8" display will flash.
   b. Use the UP and DOWN buttons on the console to increase or decrease the total amount of intervals.
   c. Press ENTER to finish setting the number of intervals.
3. Press START to begin the program.

4. During the program:
   a. Once user presses START, the console will alternate between work time and rest time. The console will display Go (work time) and Rest (rest time).
   b. The console will show the number of completed intervals out of the total number of intervals after each set.
5. The Total Time in the Interval Display (top third of console) will count the total time that the interval program is running while the Time Display (middle of console) will count the amount of time the user is pedaling.
6. If user stops pedaling for a consecutive 4 minutes, the console will automatically return to standby mode.
7. Press STOP to pause your workout. If you press STOP for a second time, the console will reset to standby mode.
8. Hold STOP for 3 seconds during your workout to clear the console and enter standby mode.

III. **INTERVAL CUSTOM PROGRAM**
1. The INTERVAL CUSTOM Program is similar to the INTERVAL 20/10 and INTERVAL 20/30 Programs, but the user can customize the program by work time, distance, or calories and rest time.
2. In standby mode, press INTERVAL CUSTOM program button on the left side of console.
3. To set work time and rest time:
   a. Once user has selected the INTERVAL CUSTOM program, press ENTER key. The amount of work time will flash.
   b. Use the UP and DOWN buttons on the console to increase or decrease the amount of work time. Press ENTER to set work time.
4. To set work distance and rest time:
   a. Once user has selected the INTERVAL CUSTOM program, use the UP and DOWN buttons to select the Distance display. Press ENTER for the Distance amount to start flashing.
   b. Use the UP and DOWN buttons to increase or decrease the amount of work distance. Press ENTER to set work distance.
5. To set work calories and rest time:
   a. Once user has selected the INTERVAL CUSTOM program, use the UP and DOWN buttons to select the Calories display. Press ENTER for the Calories amount to start flashing.
   b. Use the UP and DOWN buttons to increase or decrease the amount of work calories. Press ENTER to set work distance.
6. Next set the amount of rest time. Use the UP and DOWN buttons on the console to increase or decrease the amount of rest time. Press ENTER to set rest time.
7. Next set the number of intervals. Use the UP and DOWN buttons on the console to increase or decrease the number of intervals. Press ENTER to set rest time.
8. Press START to begin the program.

9. Press STOP to pause your workout. If you press STOP for a second time, the console will reset to standby mode.
10. Hold STOP for 3 seconds during your workout to clear the console and enter standby mode.

IV. **TARGET TIME, TARGET DISTANCE, and TARGET CALORIES PROGRAM**
1. These three programs each work in a similar manner. The user can choose a target value for each program (either time, distance or calories) and the program will run until that target is reached.
2. In standby mode, press TARGET TIME, TARGET DISTANCE or TARGET CALORIES program button on the left side of console.
3. Depending which program the user chose, the target parameter will flash. Use the UP and DOWN buttons to set a target value.
4. Press ENTER to set the target value.
5. Press START to begin the program.
6. Press STOP to pause your workout. If you press STOP for a second time, the console will reset to standby mode.
7. Hold STOP for 3 seconds during your workout to clear the console and enter standby mode.

V. **TARGET HEART RATE PROGRAM**
1. In standby mode, press TARGET HR Program.
2. The Age value will flash. Use the UP and DOWN buttons to select your age.
3. Press ENTER to confirm.
4. Press START to begin the program.
5. During the Program:
    a. If user's heart rate is below the calculated 65% of Max HR, the console will tell the user to "SPEED UP".
    b. If user's heart rate is above the calculated 80% of Max HR, the console will tell user to "SLOW DOWN".
6. Press STOP to pause your workout. If you press STOP for a second time, the console will reset to standby mode.
7. Hold STOP for 3 seconds during your workout to clear the console and enter standby mode.

HEART RATE TRAINING NOTES

Research has shown that exercise and fitness are beneficial to a person's health. The Surgeon General released a report on physical activity and stated exercise as key component for disease prevention and healthier living. Your heart rate level can help you gauge the intensity of your exercise. The Xebex console has a wireless heart rate receiver that can detect a signal being transmitted from a wireless chest strap.

Wireless Heart Rate Receiver
Generally, a wireless heart rate chest strap (not included) will provide the most accurate and easiest way to monitor a heart rate. Certain Wi-Fi networks and cordless telephones may disrupt the signal from a chest strap which will show erratic signal results on the console. If this occurs, please move the bike away from potential disturbances. In order for the console to detect and show your heart rate wirelessly, the following four conditions must be met:
1. A compatible heart rate chest strap must be functional and worn correctly
2. Console must be on
3. A workout program must be running
4. Chest strap is worn within 3 feet of the console

Maximum Heart Rate and Target Training Zone
Target heart rate is determined based on your age. If the exercise intensity, based on your heart rate, is too high, injuries or fatigue may occur and counteract your fitness goals. If the exercise intensity is too low, you are likely not maximizing your workout. It is generally reported that individuals should target between 65% and 80% of your maximum heart rate to be most effective. Maximum heart rate is determined by subtracting your age from 220 BPM.

To calculate your maximum heart rate and determine the most effective target heart rate zone, the following formula is used for a 32 year old:
- 220-32 = 188 BPM (220 BPM less age = calculated maximum heart rate)
- 0.65 x 188 = 122 BPM (65% of calculated maximum heart rate)
- 0.80 x 188 = 150 BPM (80% of calculated maximum heart rate)
For a 32 year old, the target heart rate zone would be between 122 BPM and 150 BPM.