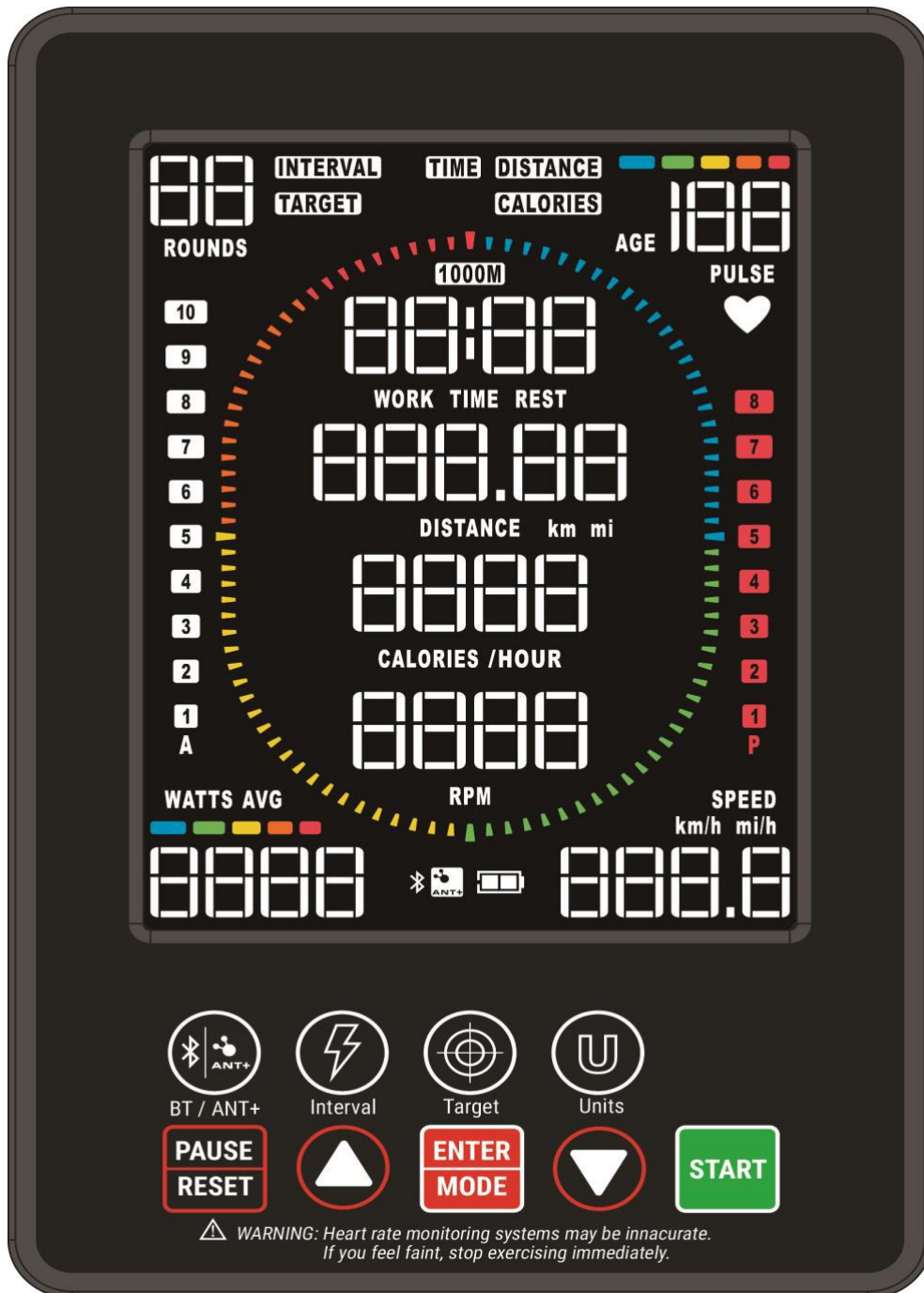


AMSB-02-BA AirPlus Cycle Console Manual



Console Keys:

A. Units key: to switch between English Imperial (miles) and Metric units (km)



Just press START key or start pedaling to start the console. When time starts counting, press UNITS key to switch to **km** or **mi** for setting distance and speed calculation.

B. Target key:



In standby mode, press the Target key to light up TIME, DISTANCE, CALORIES, PULSE in order and select the Target Program desired.

C. Interval key:



In standby mode, press the Interval key to display TIME, DISTANCE or CALORIES and select the Interval Program needed.

D. BT/ ANT+ key:



In standby mode, press the BT/ ANT+ key once to turn on the BT/ ANT+ display. Press the BT/ ANT+ key the 2nd time to turn off the BT/ANT+ display. Repeat the same steps to ON/OFF the BT/ANT+ display.

E. START key:



1. In standby mode, press the START key to enter the QUICK START program setting.
2. After program is selected, press START key again to begin the workout.

F. DOWN key:



During PROGRAM setting, press the DOWN key to decrease the setting value.

G. ENTER/ MODE key:



1. During PROGRAM setting, press the ENTER/ MODE key to confirm the setting.
2. During the workout, press the ENTER/ MODE key to switch display of CALORIES/ CALORIES HOUR and WATTS/ WATTS AVG.

H. UP key:



During PROGRAM setting, press the UP key to increase the setting value.

I. PAUSE/ RESET key:



1. During the workout, press the PAUSE/ RESET key to stop the workout.
2. When the workout stops, press and hold the PAUSE/ RESET key for 3 seconds to RESET the console and erase all workout data.

QUICK START:

1. In standby mode, when pressing the START key or when console receives the RPM signal, the QUICK START program will begin.
2. When console receives the RPM signal, TIME/ DISTANCE/ CALORIES will begin to count.
3. **A** for Air Resistance Level: White color display on the left side. By adjusting the damper to change the resistance level from Level 1 to Level 10.
4. **P** for Magnetic Resistance Level: Red color display on the right side. By adjusting the magnetic control knob to change the resistance level from Level 1 to Level 8.
5. User can press the **ENTER/ MODE** key to switch display of CALORIES/ CALORIES HOUR and WATTS/ WATTS AVG.
6. During the workout, press the **PAUSE/ RESET** key to pause the workout.
7. In pause mode, press and hold the **PAUSE/ RESET** key for 3 seconds to RESET the console.

TARGET PROGRAM:

In standby mode, press the Target key once to light up **TIME**, twice to light up **DISTANCE**, three times to light up **CALORIES**, four times to light up **PULSE**.

(A) TARGET TIME:

1. In standby mode, press the Target key once to light up TIME. Press the ENTER/ MODE key to confirm the selection. TIME will display 20:00 as initial value.
2. Press the UP and DOWN key to increase or decrease the desired workout time. Press ENTER/ MODE key to confirm the setting. When console receives the RPM signal, TIME will begin to count.
3. Start workout—
 - During workout, TIME display will count **DOWN**, but DISTANCE/ CALORIES will count **UP**.

(B) TARGET DISTANCE:

1. In standby mode, press the Target key twice to light up DISTANCE. Press the ENTER/ MODE key to confirm the selection. DISTANCE will display 5.00 km or 3.10 ml as initial value.
2. Press the UP and DOWN key to increase or decrease the desired workout distance. Press ENTER/ MODE key to confirm the setting. When console receives the RPM signal, DISTANCE will begin to count.
3. Start workout—
 - During workout, DISTANCE display will count **DOWN**, but TIME/ CALORIES will count **UP**.

(C) TARGET CALORIES:

1. In standby mode, press the Target key three times to light up CALORIES. Press the ENTER/ MODE key to confirm the selection. CALORIES will display 200 as initial value.
2. Press the UP and DOWN key to increase or decrease the desired calories burn. Press ENTER/ MODE key to confirm the setting. When console receives the RPM signal, CALORIES will begin to count.
3. Start workout—
 - During workout, CALORIES display will count **DOWN**, but TIME/ DISTANCE will count **UP**.

(D) TARGET PULSE:

1. In standby mode, press the Target key four times to light up PULSE. Press the ENTER/ MODE key to confirm the selection. AGE will light up and display 30 as initial value.
2. Press the UP and DOWN key to increase or decrease the AGE setting. Press ENTER/ MODE key to confirm the setting. When console receives the RPM signal, program begins to work.
3. Start workout—
 - During workout, TIME/ DISTANCE/ CALORIES will all count **UP**.

INTERVAL PROGRAM:

In standby mode, press the Interval key once to light up **INTERVAL TIME**, **WORK TIME** will flash. Press the Interval key twice to light up **INTERVAL DISTANCE**, **DISTANCE** will flash. Press the Interval key three times to light up **INTERVAL CALORIES**, **CALORIES** will flash.

(A) INTERVAL TIME:

In standby mode, press the Interval key once to light up **INTERVAL TIME**, **WORK TIME** will flash. Press the ENTER/ MODE key, **ROUNDS** will flash and display 10 as initial value.

1. ROUNDS:

Press the UP and DOWN key to increase or decrease the desired workout rounds. Press ENTER/ MODE key to go next to **WORK TIME**.

2. WORK TIME:

WORK TIME flash and display 1:00 as initial value. Press the UP and DOWN key to increase or decrease the desired workout time. Press ENTER/ MODE key to go next to **REST TIME**.

3. REST TIME:

REST TIME flash and display 0:30 as initial value. Press the UP and DOWN key to increase or decrease the desired rest time. Press ENTER/ MODE key to confirm the setting. When console receives the RPM signal, program begins to work.

4. START:

- **ROUNDS** display will count **DOWN**. Workout ends up until it counts down to 0.
- **WORK TIME**, **REST TIME** and **ROUNDS** will count **DOWN**, but **DISTANCE/ CALORIES** will count **UP**.

(B) INTERVAL DISTANCE:

In standby mode, press the Interval key twice to light up INTERVAL DISTANCE, DISTANCE will flash.

Press the ENTER/ MODE key, **ROUNDS** will flash and display 10 as initial value.

1. ROUNDS:

Press the UP and DOWN key to increase or decrease the desired workout rounds. Press ENTER/ MODE key to go next to WORK DISTANCE.

2. WORK DISTANCE:

WORK DISTANCE will flash and display 5.00 km or 3.10 ml as initial value. Press the UP and DOWN key to increase or decrease the desired workout distance. Press ENTER/ MODE key to go next to REST TIME.

3. REST TIME:

REST TIME flash and display 0:30 as initial value. Press the UP and DOWN key to increase or decrease the desired rest time. Press ENTER/ MODE key to confirm the setting. When console receives the RPM signal, program begins to work.

4. START:

- ROUNDS display will count **DOWN**. Workout ends up until it counts down to 0.

(C) INTERVAL CALORIES:

In standby mode, press the Interval key three times to light up INTERVAL CALORIES, CALORIES will flash.

Press the ENTER/ MODE key, **ROUNDS** will flash and display 10 as initial value.

1. ROUNDS:

Press the UP and DOWN key to increase or decrease the desired workout rounds. Press ENTER/ MODE key to go next to WORK CALORIES.

2. WORK CALORIES:

WORK CALORIES will flash and display 200 as initial value. Press the UP and DOWN key to increase or decrease the desired workout calories. Press ENTER/ MODE key to go next to REST TIME.

3. REST TIME:

REST TIME flash and display 0:30 as initial value. Press the UP and DOWN key to increase or decrease the desired rest time. Press ENTER/ MODE key to confirm the setting. When console receives the RPM signal, program begins to work.

4. START:

- ROUNDS display will count **DOWN**. Workout ends up until it counts down to 0.