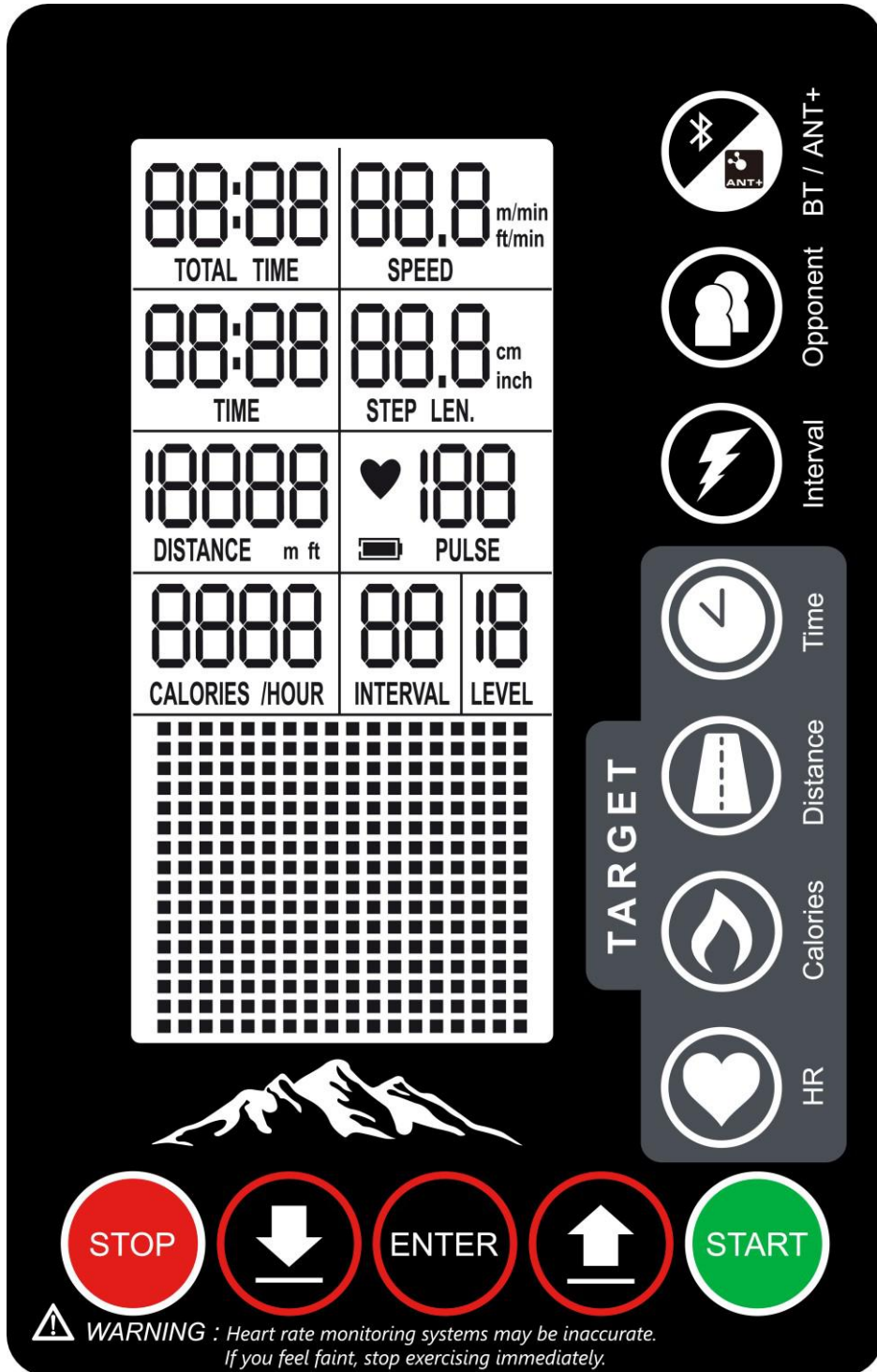
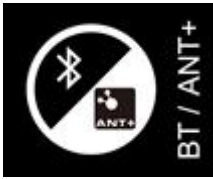


CBR-01 Climber Console Manual



Console Keys:

A. BT/ANT+ Key:



In standby mode, press the BT or ANT+ key to provide power to the BT or ANT+ module to connect to the mobile APP or group leaderboard software.

B. Opponent Key:



In standby mode, press the Opponent key to enter the **Opponent** program.

C. Interval custom Key:



In standby mode, press the Interval key to enter the **Interval** program.

D. Target Time Key:



In standby mode, press the Target Time key to enter the **Target Time** program.

E. Target Distance Key:



In standby mode, press the Target Distance key to enter the **Target Distance** program.

F. Target Calories Key:



In standby mode, press the Target Calories key to enter the **Target Calories** program.

G. HR Key:



In standby mode, press the HR key to enter the **Heart Rate** program.



H. START Key:



- 1- In standby mode, press the Start key to enter the **Quick Start** setting.
- 2- After the program is selected, press Start key again to **Start** the workout.

I. UP key:



- 1- Press the  key to increase the console value.
- 2- During workout, press the  key to increase the resistance level.



J. ENETR Button:



Press the **ENTER** key to confirm the selected program.

K. DOWN Button:



- 1- Press the  key to decrease the console value.
- 2- During workout, press the  key to decrease the resistance level.





L. STOP Button:



- 1- Press the **STOP** key to back to standby mode.
- 2- During workout, press the **STOP** key to stop the program.

How to Change Metric Unit: Meter/ Foot



(The original console setting is Meter)

- 1- In standby mode, press and hold both  and  keys for 5 seconds till the LCD display shows **IMPERIAL** words.
- 2- Use  or  key to select **IMPERIAL** or **METRIC** and press the **ENTER** key to confirm your selection.

How to Start:





- 1- In standby mode, the LCD displays the original setting for each program.
- 2- User can press the Quick Program key to set the desired value then press the **ENTER** key to confirm your selection.
- 3- User can press the **START** key to **QUICK START** the workout.

Quick Start:

- 1- In standby mode, the console will automatically enter sleep mode if not receiving any signal.
- 2- In standby mode, user can press START key to QUICK START the workout.
- 3- During workout, TOTAL TIME /TIME / DISTANCE / CALORIES will DISPLAY increment.
- 4- During workout, press the  and  key to increase or decrease the resistance level.
- 5- During workout, if the console doesn't receive any signal, TIME program and other program will shut down after 3 minutes of inactivity.
- 6- In standby mode, the console will shut down after 3 minutes of inactivity.
- 7- During workout, press the STOP key one time to pause the workout, press the STOP key twice to stop the workout and return back to standby mode.

Programs

A: Opponent Program

- 1- In standby mode, press the **Opponent** Key to enter the **Opponent** program.
- 2- Use the  and  key to select from **OPPO-1 / OPPO-2 / OPPO3 / OPPO4 / OPPO5 / OPPO6 / OPPO CUST**, press the **ENTER** key to confirm your selection.
- 3- Press the **START** key to start the workout.
- 4- During workout, press the  and  key to increase or decrease the resistance level.
- 5- During workout, press the STOP key one time to pause the workout, press the STOP key twice to stop the workout and return back to standby mode.

OPPO-1 - 15 MINUTES , DISTANCE FEET 300 , 20 SPEED FEET/MIN

OPPO-2 - 15 MINUTES , DISTANCE FEET 450 , 30 SPEED FEET/MIN ,

OPPO-3 - 15 MINUTES , DISTANCE FEET 600 , 40 SPEED FEET/MIN



OPPO-4 - 15 MINUTES , DISTANCE FEET 750 , 50 SPEED FEET/MIN ,

OPPO-5 - 15 MINUTES , DISTANCE FEET 975 , 65 SPEED FEET/MIN





OPPO-6 - 15 MINUTES , DISTANCE FEET 1350 , 90 SPEED FEET/MIN

OPPO-CUST - 15 MINUTES , DISTANCE FEET 300 , 20 SPEED FEET/MIN (ADJUSTABLE)





B. Interval Custom Program

- I- In standby mode, press the **Interval** Key to enter the **Interval Custom** program.
- II- Use  and  keys to select from WORK TIME / WORK DISTANCE / WORK CALORIES / WORK STEP, press the **ENTER** key to confirm the selection.





(a). Work Time:

- 1- Use  and  keys to select **Work Time** program.
- 2- Use  and  keys to select the Target Work Time from 0:10~10:00.
- 3- Press the **ENTER** key to confirm your selection or press STOP to back to the standby mode.





(b). Work Distance:

- 1- Use  and  keys to select **Work Distance** program.
- 2- Use  and  keys to select the **Target Work Distance** from 1:00~99:00.
- 3- Press the **ENTER** key to confirm your selection or press **STOP** to back to the standby mode.





(c). Work Calories:

- 1- Use  and  keys to select **Work Calories** program.
- 2- Use  and  keys to select the **Target Work Calories** from 10~1000.
- 3- Press the **ENTER** key to confirm your selection or press **STOP** to back to the standby mode.





(d). Work Step:

- 1- Use  and  keys to select **Work Step** program.
- 2- Use  and  keys to select the **Target Work Steps** from 10~990.
- 3- Press the **ENTER** key to confirm your selection or press **STOP** to back to the standby mode.



(e). Interval Setting:

- 1- Use  and  keys to select **Interval** program.
- 2- Use  and  keys to select the **Target Interval** from 1~99.
- 3- Press the **ENTER** key to confirm your selection or press **STOP** to back to the standby mode.

(e). Rest Time:

- 1- Use  and  keys to select **Rest Time** program.
- 2- Use  and  keys to select the **Target Rest Time** from 0:10~10:00.
- 3- Press the **ENTER** key to confirm your selection or press **STOP** to back to the standby mode.



III- Start to Workout

- 1- When the console starts working in **Interval Work Time** program, the dot metric will display **WORK** means **WORK TIME**; when **TIME DISPLAY** countdowns to 0, the dot metric will display **REST** means **REST TIME**.
- 2- When **TIME DISPLAY** countdowns to 0, the operation of the cycle is counted as one **INTERVAL**.
- 3- User can press **START** key to work on the factory setting program.
- 4- During workout, press the  and  key to increase or decrease the resistance level.
- 5- During workout, press the **STOP** key one time to pause the workout, press the **STOP** key twice to stop the workout and back to the standby mode.

C. Target Time Program



I- In standby mode, press the **Target Time** key to enter the **Target Time** program.

(a). Time Setting:

- 1- Press **ENTER** key to confirm your selection.
- 2- Use  and  keys to select the **Target Time** and press the **ENTER** key to confirm your selection.
- 3- Press **START** key or roll the rope to start the workout after **SPM** signal.

(b). Start Workout:



- 1- During workout, **TIME** display will count **DOWN** but **CALORIES/ DISTANCE** will count **UP**.

- 2- Press START key to start the workout.
- 3- During workout, press the  and  key to increase or decrease the resistance level.
- 4- During workout, press the STOP key one time to pause the workout, press the STOP key twice to stop the workout and back to the standby mode.



D. Target Distance Program

I- In standby mode, press the **Target Distance** key to enter the **Target Distance** program.

(a). Distance Setting:

- 1- Press ENTER key to confirm your selection.
- 2- Use  and  keys to select the **Target Distance** and press the **ENTER** key to confirm your selection.



(b). Start Workout:

- 1- During workout, DISTANCE display will count **DOWN** but CALORIES/ TIME will count **UP**.
- 2- Press START key to start the workout.
- 3- During workout, press the  and  key to increase or decrease the resistance level.
- 4- During workout, press the STOP key one time to pause the workout, press the STOP key twice to stop the workout and back to the standby mode.



E. Target Calories Program

I- In standby mode, press the **Target Calories** key to enter the **Target Calories** program.

(a). Calories Setting:

- 1- Press ENTER key to confirm your selection.
- 2- Use  and  keys to select the **Target Calories** and press the **ENTER** key to confirm your selection.



(b). Start Workout:

- 1- During workout, CALORIES display will count **DOWN** but DISTANCE/ TIME will count **UP**.
- 2- Press START key to start the workout.
- 3- During workout, press the  and  key to increase or decrease the resistance level.
- 4- During workout, press the STOP key one time to pause the workout, press the STOP key twice to stop the workout and back to the standby mode.

F. Target HR Program

I- In standby mode, press the **Target HR** key to enter the **Target Heart Rate** program.



(a). Age Setting:

- 1- The dot metric will display the original setting age 30.
- 2- Use  and  keys to select your age and press the **ENTER** key to confirm your selection.

(b). Start Workout:

- 1- During workout, TIME / DISTANCE / CALORIES will count **UP**.

2- Press START key to start the workout.

3- During workout, press the  and  key to increase or decrease the resistance level.

4- During workout, press the STOP key one time to pause the workout, press the STOP key twice to stop the workout and back to the standby mode.