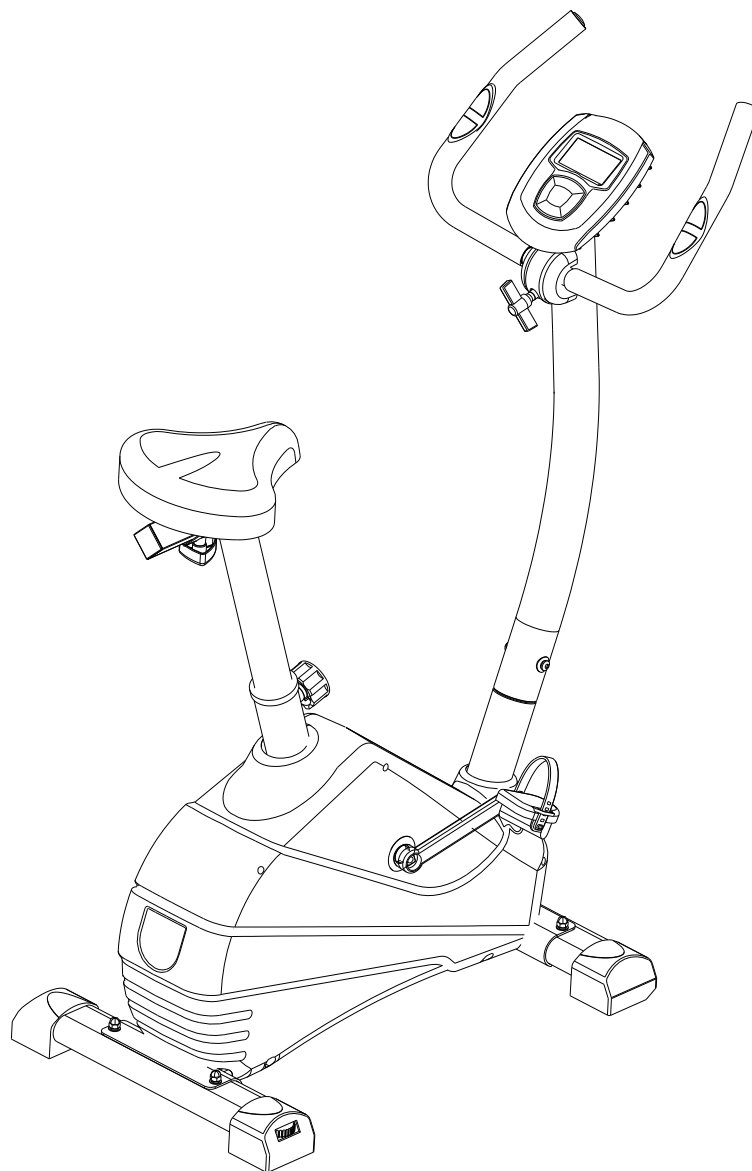


NORDIC

340 cycle

Owner's Manual



UF-56610M
08.30.2007 V01

Kundeservice

Om det skulle oppstå feil ved ditt produkt, ber vi dem gjøre følgende:

- Gå gjennom monteringsanvisningen for å sjekke om produktet er riktig montert.
- Hvis computeren ikke fungerer, sjekk om batteriene er intakte.
- Ta kontakt med Nordic Fitness Servicesenter dersom problemet vedvarer.

For øvrige tekniske spørsmål vedrørende ditt produkt, ta kontakt med Nordic Fitness Servicesenter.

Nesten samtlige av de spørsmål eller problemer som måtte oppstå, kan løses ved å snakke med en av Nordic Fitness sine serviceansvarlige.

For tekniske og brukermessige spørsmål, kontakt:

Nordic Fitness AS
Strandveien 33, 3050 Mjøndalen
Postboks 21, 3051 Mjøndalen

Servicesenter: 32 27 27 27
Hovedkontor: 32 27 27 00
Telefaks: 32 27 27 01
Epost: post@nordicfitness.no

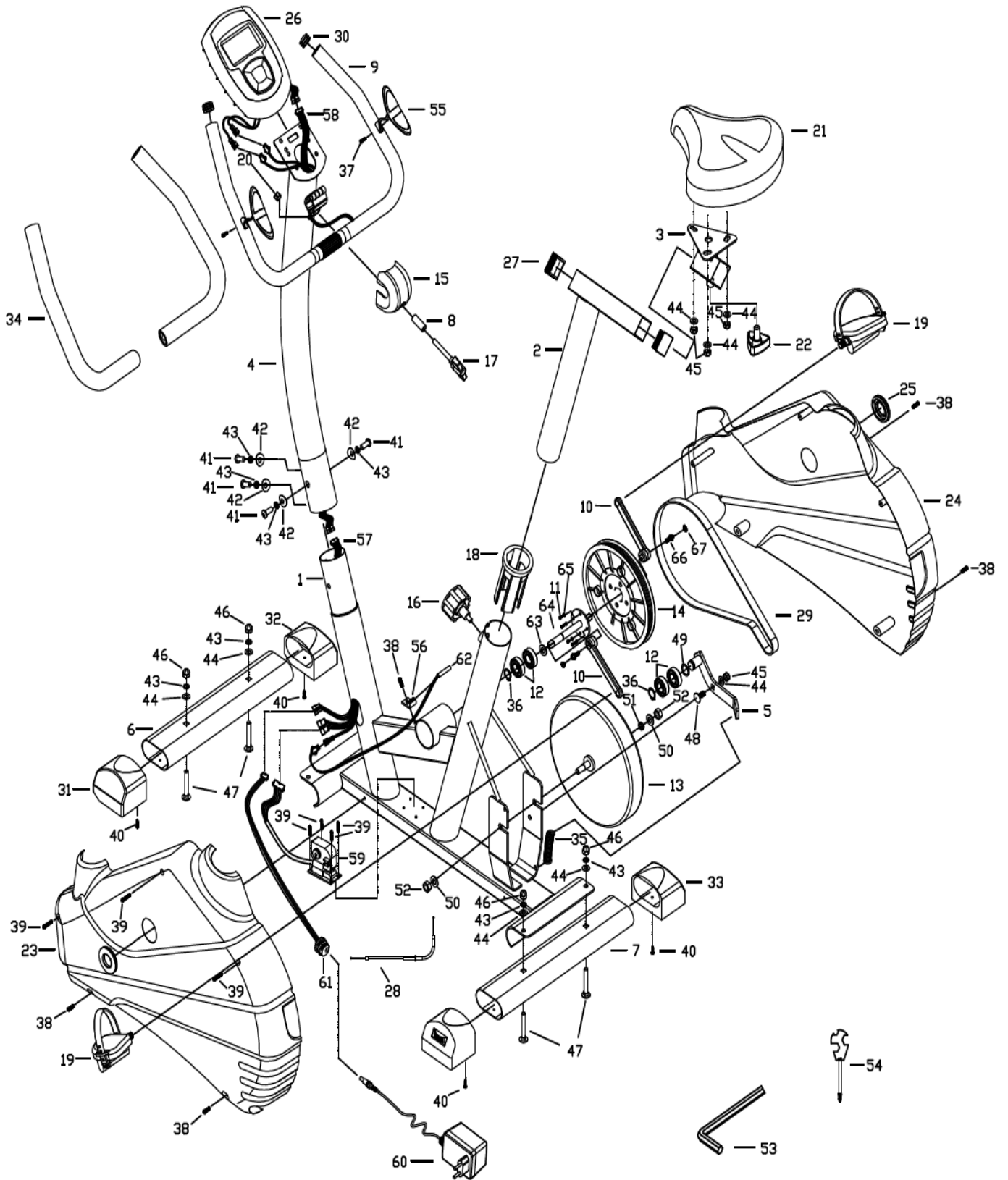
Åpningstider Nordic Fitness Servicesenter: Mandag – torsdag kl. 10.00 – 20.00
Fredag kl. 10.00 – 16.00



Denne manualen er ment som et hjelpemiddel til brukerne. Vi kan ikke garantere for feil i oversettelsen, eller tekniske endringer på produktet.

The owner's manual is only for the customer reference.

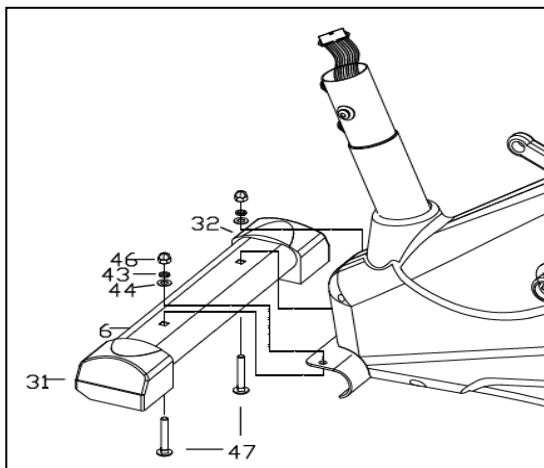
Explode Diagram



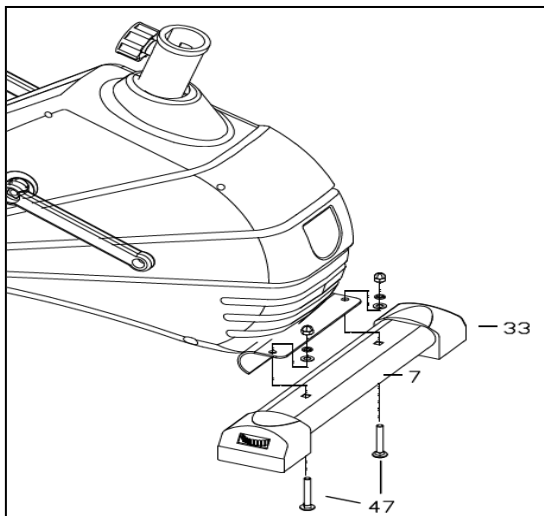
Part List

NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	main frame	1	36	c clip	2
2	seat post	1	37	screw	2
3	Seat Slider	1	38	screw	5
4	handlebar post	1	39	screw	7
5	idle wheel	1	40	screw	4
6	front stabilizer	1	41	Bolt	4
7	rear stabilizer	1	42	curve washer	4
8	bushing	1	43	spring washer	8
9	handlebar	1	44	washer	8
10	crank	1	45	Nylon lock nut	4
11	Hex Bolt	4	46	cap nut	4
12	ball bearing	4	47	carriage bolt	4
13	flywheel	1	48	carriage bolt	1
14	pulley	1	49	washer	1
15	cover for handlebar	1	50	washer	2
16	quick releaser	1	51	spacer	1
17	knob	1	52	hex nut	2
18	sleeve	1	53	allen key	1
19	pedal	1	54	wrench	1
20	pug	1	55	Hand pulse sensor	2
21	saddle	1	56	Wire clip	1
22	knob	1	57	Lower computer wire	1
23	chain cover Left	1	58	Upper computer wire	1
24	chain cover Right	1	59	Small motor	1
25	cover	2	60	Adaptor	1
26	exercise meter	1	61	Power wire with socket	1
27	endcap	2	62	Sensor with wire	1
28	tension cable	1	63	Sleeve	1
29	belt	1	64	Crank Axile	1
30	End cap	2	65	Nylon lock nut	4
31	foot cap left	1	66	Hex Bolt	2
32	foot cap right	1	67	Cap for Crank	2
33	foot cap rear	2			
34	grip foam	2			
35	spring	1			

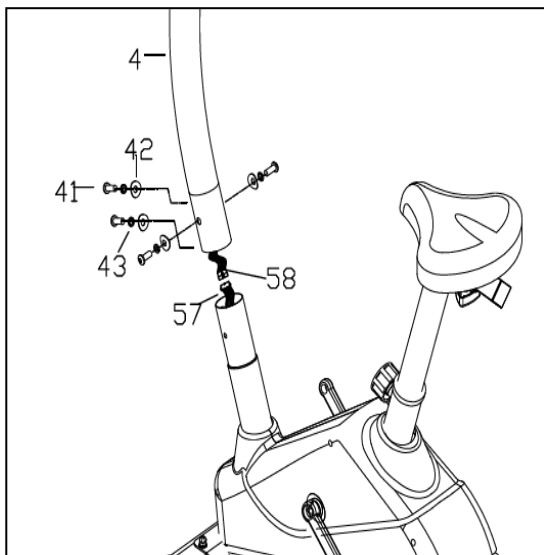
Assembly Instructions



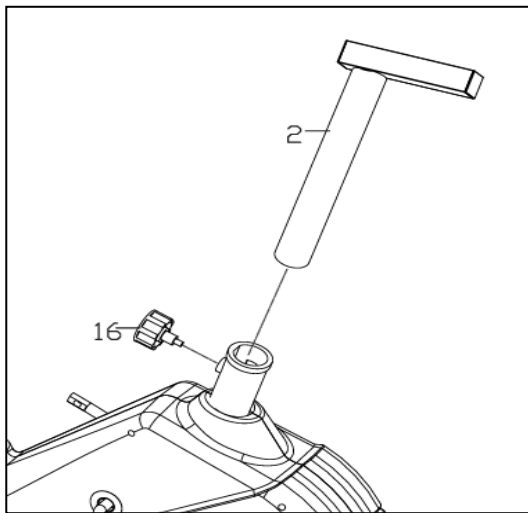
1. Fasten Front Foot (6) to the Base Frame (1) using 2 x (47), 2 x (44), 2 x (43) and 2 x (46) as indicated.



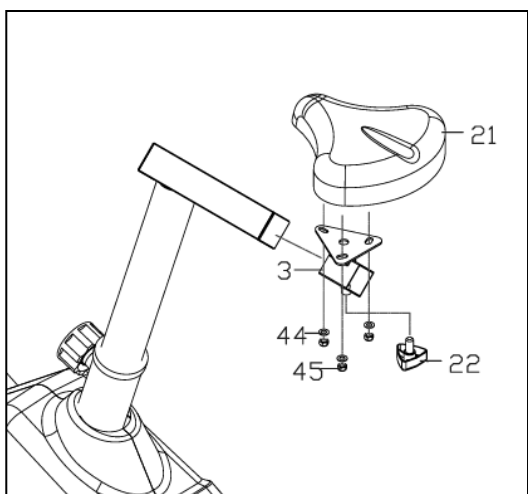
2. Fasten Rear Foot (7) to the Base using 2 x (47), 2 x (44), 2 x (43) and 2 x (46) as indicated.



3. Connect Computer Upper Cable (58) to Computer Wire (57).
4. Insert the Handlebar Post (4) into the Base (1) and attach it with 4 x (42), 4 x (43) and 4 x (41).

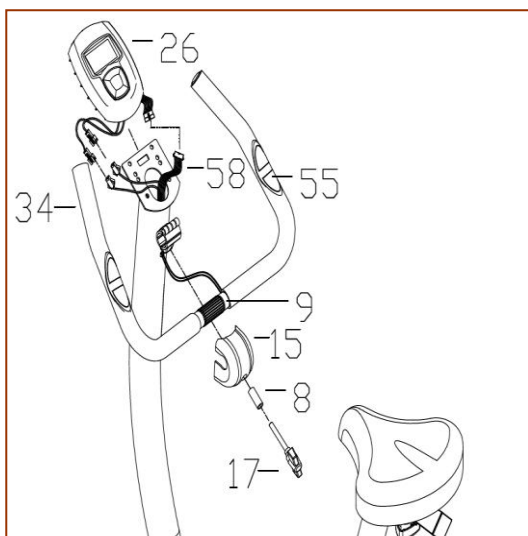


5. Insert the Saddle Post (2) into the Base (1). Align one of the holes in the Saddle Post with the hole in the Base and insert the Seat Knob (16) through the hole in the base into the hole in the Saddle Post. Tighten the Seat Knob into the Base.



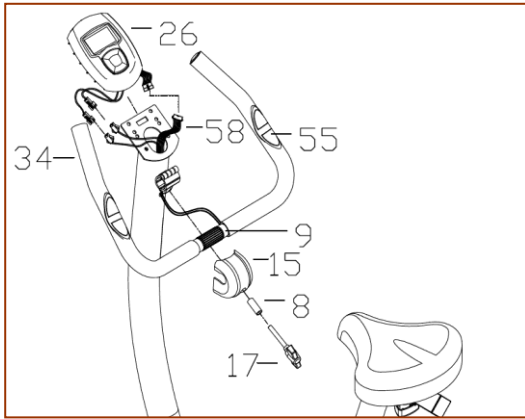
6. Attach the seat (21) to the seat slide post (3) and tighten the seat firmly with 3 washers (44) and 3 Nylon lock nuts (45).

And then you can move the seat post (3) to the position you need and lock with knob (22).



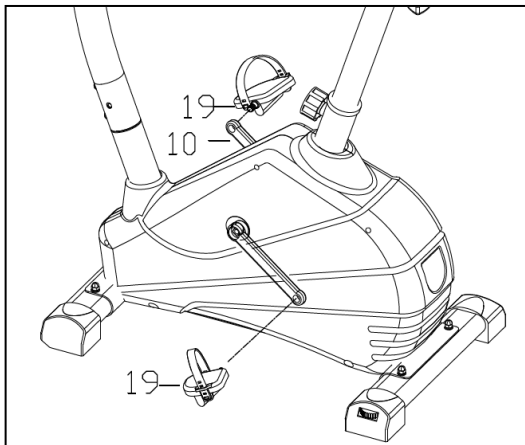
7. Attach the Handlebar (9) to the Handlebar Post (4) using Knob (17) through Cover (15), and Bushing (8).

Insert the plug of hand pulse wire (55) to the connector of the monitor (26).



8. Attach the Computer Upper Cable (58) to the Computer (26). Attach the Computer (26) to the Handlebar Post by sliding and lock.

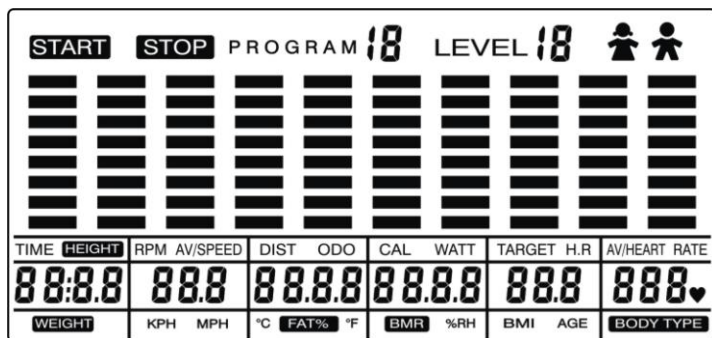
(Attention: Ensure that the cable loom are not crunched or pinched during installation.)



9. Insert the Right Pedal (19R) into the right arm of the Crank Assembly (10) and finger tighten in a clockwise direction until the thread is fully inserted in the crank.

Insert the Left Pedal (19L) into the Left arm of the Crank Assembly (10) and finger tighten in a counter-clockwise until the thread is fully inserted in the crank.

INSTRUCTION MANUAL FOR COMPUTER TZ-6156



Key Functions

- START/STOP:** 1. Start & Pauses workouts.
 2. Start body fat measurement and quit the body fat program.
 3. Operates only when in stop mode. Holding key for 3 seconds will reset all function value to be zero.
- DOWN:** Decrease value of selected workout parameter: TIME, DISTANCE, etc. During the workout, it will decrease the resistance load.
- UP :** Increases value of selected workout parameter. During the workout, it will increase the resistance load.
- ENTER:** To input desired value or work out mode.
- TEST:** Press to enter into Recovery function when computer has the heart rate value. Recovery is Fitness Level 1-6 after 1 minute. F1 is the best, and F6 is the worst.

Workout Selection

After power-up using UP or DOWN keys to select then pressing ENTER to enter the desired mode.

There are 5 basic workout modes:

Manual, Pre-programs, Body Fat Program, Target Heart Rate program, Heart Rate Control program and User Program.

Setting Workout Parameters

After selecting desired workout mode: Manual, Pre-set Programs, Body Fat, Target Heart Rate, Heart Rate Control and User Program. You may pre-set several workout parameters for desired results.

WORKOUT PARAMETERS:

TIME / DISTANCE / CALORIES /AGE

Note: Some parameters are not adjustable in certain programs.

Time and Distance can not be set up at the same time.

Once a program has been selected, pressing ENTER, will make "Time" parameter flash. Using UP OR DOWN KEY you may select desired time value. Press ENTER KEY to input value. Flashing prompt will move to the next parameter. Continue use of UP OR DOWN KEY. Press START/STOP to start workout.

More About Workout Parameters

Field	Display Range	Default Value	Increment/Decrement	Description
Time	0:00~ 99:00	00:00	± 1:00	1. When display is 0:00, Time will count up. 2. When time is 1:00-99:00, It will count down to 0.
Distance	0.00~999.0	0.00	±1.0	1. When display is 0.0, Distance will count up. 2. When Distance is 1.0~999.0, it will count down to 0.

Calories	0~9950	0	±50	1.When display is 0, Calories will count up. 2.When Calories is 50~9950, it will count down to 0.
Age	10~99	30	±1	Target HR will be based on Age. When Heart Rate exceeds Target H.R, the number of Heart Rate will flash in programs (P1-P9)

Program Operation

Manual

Selecting "**Manual**" using UP OR DOWN KEY then pressing ENTER KEY . 1st parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY .Press ENTER KEY to save value & move to next parameter to be adjusted.

**** (If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**

Continue through all desired parameters, pressing START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START KEY to continue the workout to reach the unfinished workout parameter.

Pre-programs

There are 6 program profiles ready for use. All program profiles have 16 level of resistance.

Setting Parameters for Pre-programs

Selecting one of pre-programs using UP OR DOWN KEY then pressing ENTER KEY . 1st parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY .Press ENTER KEY to save value & move to next parameter to be adjusted.

**** (If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**

Continue through all desired parameters, pressing START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START KEY to continue the workout to reach the unfinished workout parameter.

BODY FAT PROGRAM

Setting Data for Body Fat

Selecting "**BODY FAT Program**" using UP OR DOWN KEY then pressing ENTER.

"Male" will flash so Gender can be adjusted using UP OR DOWN KEY, press ENTER to save gender & move to next data.

"175" of Height will flash so Height can be adjusted to use UP OR DOWN KEY, press ENTER KEY save value & move to next data.

"75" of Weight will flash so Weight can be adjusted to use UP OR DOWN KEY, press ENTER KEY to save value & move to next data.

"30" of Age will flash so Age can be adjusted using UP OR DOWN KEY, press ENTER to save value.

Press START/STOP to start measurement, please also grasp hand pulse grips.

After 15 seconds the display will show out Body Fat %, BMR, BMI & BODY TYPE.

NOTE: Body Types:

There are 9 body types divided according to the FAT% calculated. Type 1 is from 5% to 9%. Type 2 is from 10% to 14%. Type 3 is from 15% to 19%. Type 4 is from 20% to 24%. Type 5 is from 25% to 29%. Type 6 is from 30% to 34%. Type 7 is from 35% to 39%. Type 8 is from 40% to 44%. Type 9 is from 45% to 50%.

BMR: Basal Metabolism Ratio

BMI: Body Mass Index

Press START/STOP KEY to return the main Display.

TARGET HEART RATE Program Setting Parameters for TARGET H.R

Selecting "**TARGET H.R.**" using UP OR DOWN KEY then pressing ENTER KEY . 1st parameter "Time"

will flash so value can be adjusted using UP OR DOWN KEY .Press ENTER KEY to save value & move to next parameter to be adjusted.

**** (If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**

Continue through all desired parameters, pressing START/STOP to start workout.

Note: If Pulse is above or below (± 5) the set TARGET H.R, computer will adjust the resistance load automatically. It will check Every 20 seconds approx. I resistance load will increase or decrease (Note: each resistance load represents 2 level of loading)

One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP to continue the workout to reach unfinished workout parameter.

HEART RATE CONTROL Program

There are 3 selection for target pulse:

P10- 60% TARGET H.R= 60% of (220-AGE)

P11- 75% TARGET H.R= 75% of (220-AGE)

P12- 85% TARGET H.R= 85% of (220-AGE)

Setting Parameters for HEART RATE CONTROL

Selecting "**One of Heart Rate Control Program .**" using UP OR DOWN KEY then pressing ENTER KEY . 1st parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY .Press ENTER KEY to save value & move to next parameter to be adjusted.

**** (If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**

Continue through all desired parameters, pressing START/STOP to start workout.

Note: If Pulse is above or below (± 5) the TARGET H.R, computer will adjust the resistance load automatically. It will check Every 20 seconds approx. I resistance load will increase or decrease (Note: each resistance load represents 2 level of loading)

One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP KEY to continue the workout to reach unfinished workout parameter.

User Program

User program allows user to set their own program that can be used immediately.

Setting Parameters for User Program

Selecting user using UP OR DOWN KEY then pressing ENTER KEY . 1st parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY . Press ENTER KEY to save value & move to next parameter to be adjusted.

**** (If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**

Continue through all desired parameters .

After finished set up desired parameter, the level 1 will flash, use UP OR DOWN KEY to adjust then pressing ENTER until finished. (There are 10 times total). Press START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP KEY to continue the workout to reach unfinished workout parameter.