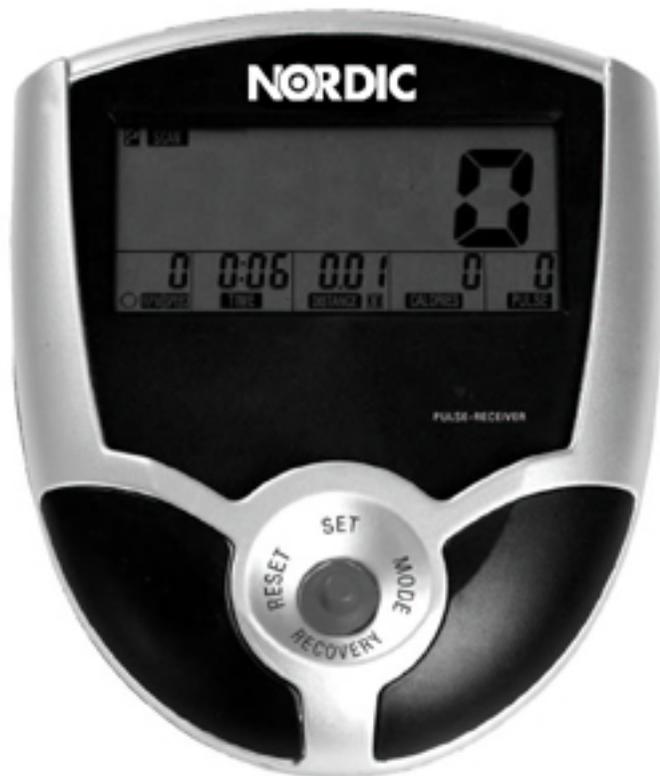## COMPUTER
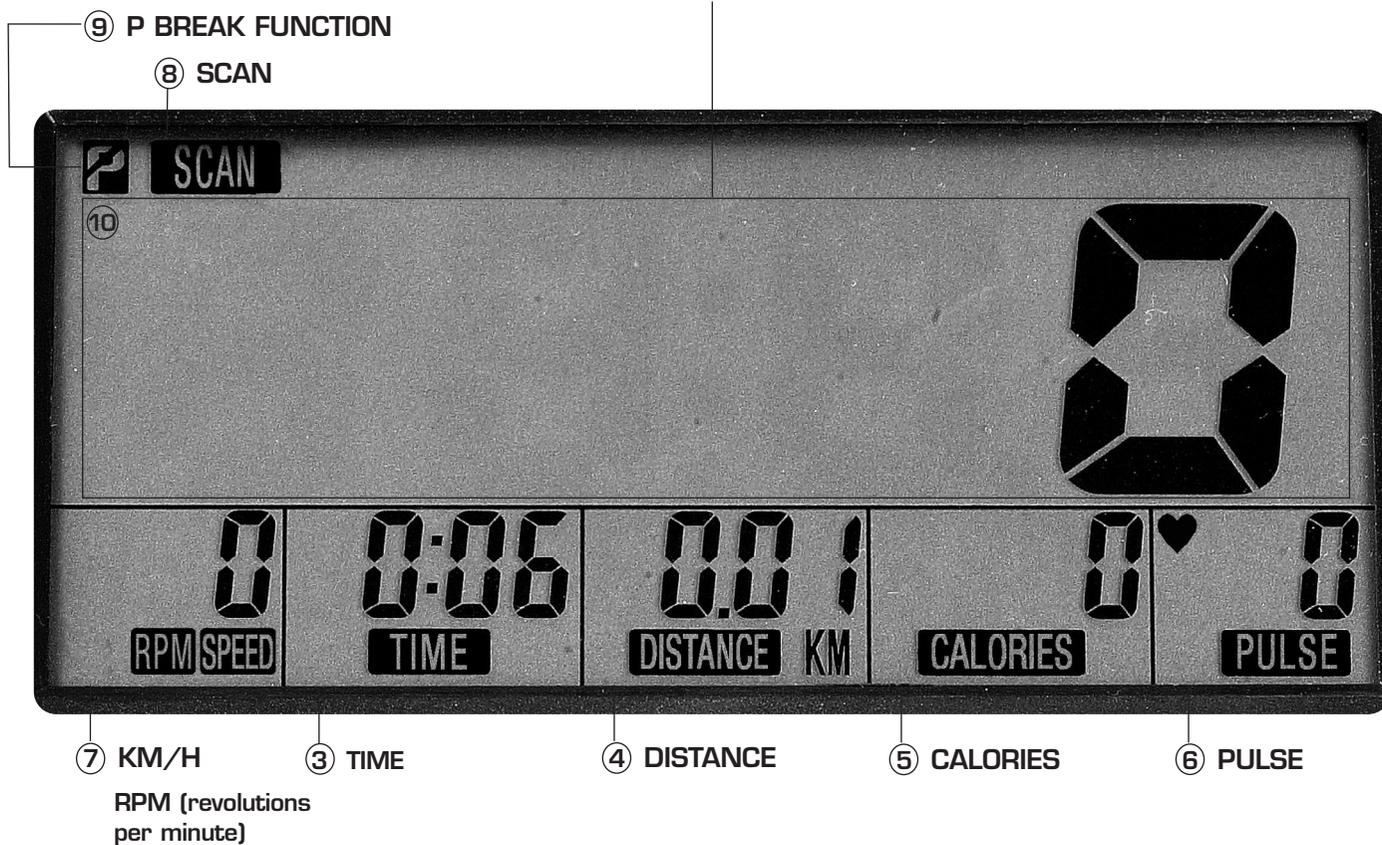
1. LCD display and computer functions

① **1 TEMPERATURE:** if the device is not used for longer than 3 minutes, the main display switches to the Temperature/Time display. The temperature is given in C°.

② **TIME/DATE**

③ **TIME**

① **TEMPERATURE**

MAIN DISPLAY AREA

⑨ **P BREAK FUNCTION**

⑧ **SCAN**

⑩

RPM SPEED   TIME   DISTANCE KM   CALORIES   PULSE

⑦ **KM/H**   ③ **TIME**   ④ **DISTANCE**   ⑤ **CALORIES**   ⑥ **PULSE**

RPM (revolutions per minute)

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Computer

② **TIME/DATE:** if the device is not used for longer than 3 minutes, the main display switches to the Temperature/Time display.

1.1 Setting of the Time/Date: the time and date are set only immediately after the batteries are inserted.

→ The hour display blinks after the batteries are inserted.
→ Move the joystick upwards (set) to set the hours from 0-24. Hold the joystick pressed upwards and the hours count quicker forwards.
→ Confirm your presetting by moving the joystick to the right (MODE).
→ The minute display blinks.
→ Move the joystick upwards (set) to set the minutes from 0-59. Hold the joystick pressed upwards, the minutes count quicker forwards.
→ Confirm your presetting by moving the joystick to the right (MODE).
→ The year blinks.
→ Move the joystick upwards (set) to set the current year. Hold the joystick pressed upwards, the years count quicker forwards.
→ Confirm your presetting by moving the joystick to the right (MODE).
→ Move the joystick upwards (set) to set the current month. Hold the joystick pressed upwards, the months count quicker forwards.
→ Confirm your presetting by moving the joystick to the right (MODE).
→ Move the joystick upwards (set) to set the current day. Hold the joystick pressed upwards, the days count quicker forwards.
→ Confirm your presetting by moving the joystick to the right (MODE).

③ **TIME:** the executed period of training is displayed in this field, from 00:00 to maximum 99:59 (minutes:seconds) in 1-second steps. Alternatively, however, you can preset a time, which counts down in reverse in 1-second steps. An alarm signal makes you aware when the value 00:00 has been reached.

④ **DISTANCE:** the distance travelled is displayed in this field, 0.0 to maximum 99.9km in 0.01km steps. Alternatively, however, you can preset a distance, which counts down in reverse in 0.01km steps. An alarm signal makes you aware when the value 0.00 has been reached.

⑤ **CALORIES:** the calories burned are displayed in this field, from 0 to maximum 990 in 1kcal steps. Alternatively, however, you can preset a number, which counts down in reverse in 1kcal steps. An alarm signal makes you aware when the value 0 has been reached.

PLEASE OBSERVE: these values are only guidelines and not suitable for medical use.

⑥ **PULSE:** shows the measured pulse rate (min. 30 to max. 240 beats).

You can preset the computer to a specific target pulse rate. An alarm signal is heard as soon as the target pulse rate value is exceeded.

1.2 Pulse measurement can be executed in two ways:

→ Hand-pulse measurement: the two MEGA hand-pulse sensors are on the handlebar. Please ensure that both palms are placed simultaneously on the hand-pulse sensors. As soon as a pulse reading has been executed, a small heart blinks on the LCD display next to the PULSE display. The hand-pulse measurement serves for orientation, because deviations from an actual pulse rate can occur through movement, friction, perspiration, etc.

→ Cardio-pulse measurement: so-called cardio-pulse measurers are commercially available, which consist of a chest belt and a wristwatch – as does the Crane Sport Cardio Pulse Measurer. The computer is equipped with a receiver (without transmitter) for common cardio-pulse measurement devices. If you own such a device you can read on the LCD display the radiated impulses from your transmitter (chest belt).

If both pulse measurement procedures are used simultaneously (you wear a chest belt and simultaneously lay your hands on the hand-pulse sensors), the hand-pulse measurement has priority.
PLEASE OBSERVE: both pulse-measurement types are not suitable for medical use!

⑦ **KM/H ↻ RPM (speed/revolutions per minute):** shows the current speed in km/h every alternating 6 seconds and the revolutions per minute (pedal rate).

⑧ **SCAN:** automatic countdown through all functions. Every function value is displayed for a few seconds in the main display field. This function is only displayed immediately after the start of training. If you wish to switch off this function, move the joystick to the right (MODE).

⑨ **P BREAK FUNCTION:** this symbol appears in the LCD display when pedalling does not take place. It signalises the computer pause mode.

Please open the side outwards! →

Computer

2. Joystick functions

Joystick movement upwards (SET)

By moving the joystick upwards you can set the required values for TIME, DISTANCE (Entfernung), CALORIES BURNED and PULSE. You also need this key for presetting the TIME/DATE.

Joystick movement to the right (MODE)

By moving the joystick to the right you can select and confirm the (AUTOMATIC countDOWN, SPEED, TIME, DISTANCE, CALORIES BURNED and PULSE).

Joystick movement to the left (RESETTING)

By moving the joystick to the left you can reset the values.

Joystick movement downwards (RECOVERY)

This function displays the pulse-rate status after training in 6 stages. Stage 1 is the best and F6 is the worst. After finishing training move the joystick downwards (RECOVERY) and lay your hands on the hand-pulse sensors or put on a commercially available chest belt. The computer then stops all displays other than time and pulse. The time counts down from 00:60 to 00:00 (Picture 1). When 00:00 has been reached, your pulse-rate status appears on the computer display in values from F1– F6 (Picture 2).

Calculating the fitness rating:
(= recovery capacity of your pulse-rate values)

   [pulse-rate at the end of training

– [pulse-rate 60 seconds after
   pressing the RECOVERY KEY]

= [DIFFERENCE]

(Picture 1)

(Picture 2)

0:60 98

F 6 71

Due to this difference the computer returns the fitness rating of F1 – F6. The higher the difference, the better is your recovery and the fitness rating returned by the computer. With the aid of the fitness rating, it is possible to check your increase in performance. To exit or to end the recovery-value function, move the joystick downwards towards recovery – you will then return to the main display.

Pressing the joystick (RESET)

If you hold the joystick pressed for longer than 2 seconds, all values in the LCD DISPLAY are returned to zero (the only exception is time and date).

> If you execute no resetting after the training period, all of the values displayed to the end of the training are stored until the next training session.

3. Putting into operation

→ Please observe when setting up the device that sufficient free space is available in all directions (minimum of 1m to the rear and sides).

→ Observe all of the instructions described in the Safety Instructions chapter and the Training Instructions (P. 21-23)

→ The computer has no ON/OFF switch.

→ Switching on :   Possibility 1: begin pedalling.
                    Possibility 2: operate the red joystick on the computer.

→ Switching off: if the device is not used for longer than around 3 minutes, the computer independently switches off in the Time/Date/Temperature mode. The preset time and the current room temperature are displayed.

→ Your home trainer computer operates with 4 1.5V AA batteries. These are to be inserted into the battery compartment on the rear side of the computer (see P. 16).

> Remove the batteries from the battery compartment when they are empty, or when the device is not to be used for a longer period.

> Batteries must be properly disposed of. Dealers selling batteries and public collection points provide the appropriate containers. Batteries can endanger life when ingested. Contact your doctor immediately in such a case.

4. Display overview

FUNCTION	Max. display values	Presetting of values	Value remains stored as long as not reset to 0
TIME	0.00-99.00 min.	01:00 – 99:00 min. in 1 minutes steps	YES
Revolutions per minute ⌁	0-250	Not possible	NO
Speed	0-99,9 kmh	Not possible	NO
DISTANCE (Entfernung)	0-99.5 km	0-99.00 in single steps	YES
CALORIES	10-990 calories	10-990 in steps of 10	YES
PULSE (Herzfrequenz)	30-240 pulse rate	30-240 in single steps	YES
TEMPERATURE	-9 to +99 °C	Not possible	NO
TIME	00.00-23.59 hrs.	00.00-23.59 in min. steps	YES (until battery is removed)
RECOVERY	F 1- 6 (fitness rating)	Not possible	NO

5. Example: presetting of function values (Time, Distance, Calories, Pulse)

→ Move the joystick in any direction to start the computer. All displays show the value zero. In the upper left corner you will see the letter P, which means that the pedals are not being turned.

→ The small TIME display blinks. The TIME is also simultaneously displayed in the main display. Now move the joystick 10 times consecutively upwards (SET). Thus you have preset 10 minutes training time.

→ Move the joystick to the right (MODE). The small DISTANCE display now blinks. In the large display you will see the value 0.00km. Again move the joystick 20 times consecutively upwards (SET), until you have set the value 10.00 = 10 kilometres.

→ Move the joystick again to the right (MODE). The CALORIES field now blinks in the small display. In the large display you will see the number 0. Again move the joystick 10 times consecutively upwards (SET). You have now preset the value 100.

→ Now again move the joystick to the right (MODE). The PULSE field blinks in the small display. The large display shows the value 0. You can enter here a pulse value as an upper pulse limit. Move the joystick consecutively upwards (SET) until you have reached the pulse value of 130 beats per minute.

⚠ You must have the highest-permissible pulse value calculated by your doctor in a preceding preventative examination. To prevent endangering your health these values should never be exceeded!

→ Now begin to pedal. The letter P (crossed through) goes out, all displays begin to count. By turning the resistance regulator on the handlebar column you can select the desired pedalling resistance from 8 stages. The display value that first reaches 0 triggers the stop of all displays.
It naturally makes sense to preset only one of the values (for example only TIME) and to allow all other functions to run without setting. When you interrupt pedalling, the computer switches automatically to pause and the letter P (crossed through) again appears. You can now either restart all functions by again pedalling or set all functions to zero with longer pressure on the joystick. You now again have the possibility to set new values, or by simply pedalling cause the values to count beginning from zero.