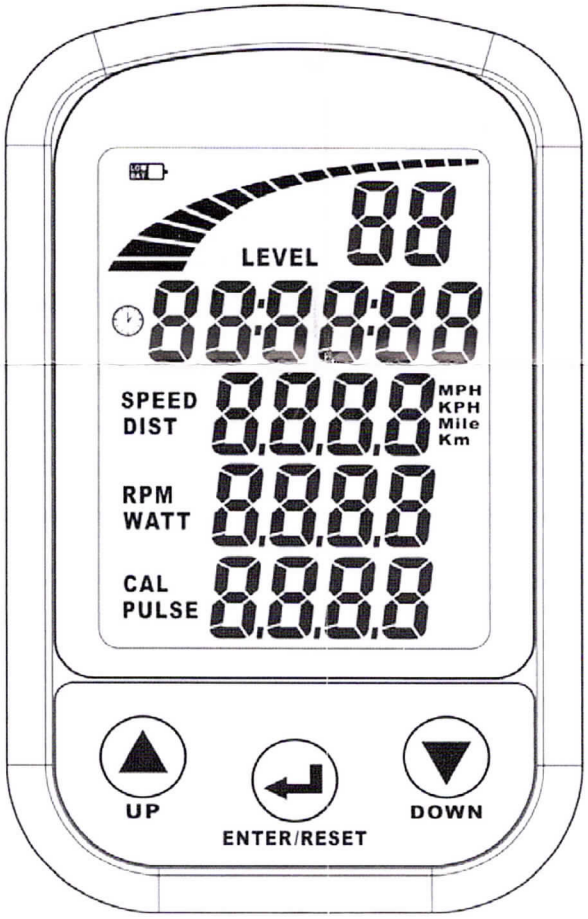
Operating Guide



Computer Instructions

1. QUICKSTART: Press any key to power-up the Computer Display. Begin workout. Time, Distance, Calories and Watts will count up from Zero.
2. SET TIME GOAL: Press any key to power-up the display. Press [ENTER/RESET] key once to set the TIME goal (TIME window will flash). Use the [UP] or [DOWN] keys to set the TIME Press [ENTER/RESET] to lock in or the computer will set automatically in 16 seconds. Once a goal reaches zero, the computer will beep for 3 seconds then the TIME will count up. The beep can be silenced immediately by pressing any key.
3. SET DISTANCE GOAL: Press any key to power-up the display. Press [ENTER/RESET] key twice to set the DISTANCE GOAL (DISTANCE window will flash). Use the [UP] or [DOWN] keys to set the DISTANCE . Press [ENTER/RESET] to lock in or the computer will set automatically in 16 seconds. Once a goal reaches zero, the computer will beep for 3 seconds then the DISTANCE will count up. The beep can be silenced immediately by pressing any key.
4. CHANGING DISPLAY VALUES: Pressing the [UP] key will allow you change the display values: SPEED ⟷ DISTANCE RPM ⟷ WATT CALORIE ⟷ PULSE
5. RESET EXERCISE VALUES: If exercise data appears from previous use or prior user, press and hold the [ENTER/RESET] key for 5 seconds to reset all values to zero.
6. SWITCH BETWEEN ENGLISH (MPH) and METRIC (KPH): While the computer console is on and speed/rpm is at zero, simultaneously press and hold the [UP] and [DOWN] keys for 5 seconds.
7. BACKLIGHT: The backlight will light automatically and stay on as long as the machine is in use. The backlight will turn off when speed drops to zero to conserve battery life.
8. AUTO OFF: The computer will power down automatically after 1 minute of not receiving speed/rpm signal. Press any key to power up and resume workout.

Computer Specifications

Time counting up:	00:00:00 ~ 99:59:59
Time counting down:	00:05:00 ~ 99:59:00
Speed:	0.0 ~ 999.9 MPH or KPM
RPM:	15 ~ 999
Distance counting up:	0.0 ~ 999.9
Distance counting down:	1.0 ~ 999.0 Mile or Km
Calorie:	0.0 ~ 9999 K/Cal
Pulse*:	40 ~ 200 BPM. No Pulse displays "P"
Level:	1 ~ 16
Watt:	0 ~ 999
Working temperatures:	0˚C ~ 50˚C / 32˚F ~ 122˚F
Storage Temperatures:	0˚ ~ 60˚C / 14˚F ~ 140˚F

*Polar® **compatible 5kHz heart rate belt required. Not included.**

Low-Battery Indicator

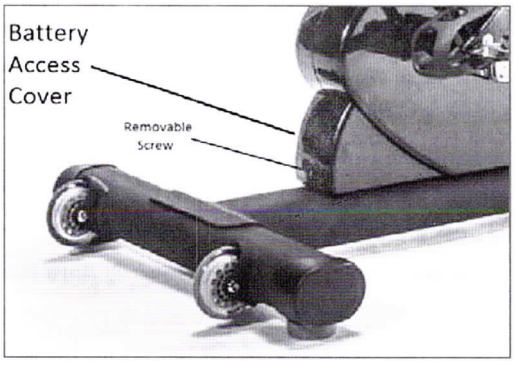


When the Battery starts to get low, the Low Battery symbol will appear in the upper left hand corner of the display. When the battery icon begins to blink, it is important to replace the battery or the computer monitor may not function properly.

Battery Replacement

The Indoor cycle computer is powered by 2 replaceable C-size (LR14) Batteries. They are NOT located is the display itself, but behind a removable compartment by the Front Stabilizer as shown below.

1. Using a 5mm Allen wrench (originally included with the bike) Unscrew the bolt counter clockwise and remove. You will now be able to remove the Battery Cover.
2. Replace the 2-C size batteries. (NOTE: there may be a tie wrap holding the batteries in place. Please cut and discard. It does not need to be replaced and was only used to secure the original batteries for shipment.)
3. Replace Battery Cover and reinstall screw with 5mm allen wrench.



Resistance Calibration

You may find the need to recalibrate the Resistance Level Meter to the Resistance Lever. Please follow this procedure if the Level will not lower to 1 or go up to 16.

1. Press the [UP] and [ENTER/RESET] simultaneously for 5 seconds to begin calibration process.
2. The Computer should display "LEVEL 1". Pull the Resistance Lever back completely to the lightest resistance, then press [ENTER/RESET] to lock in the level 1 value.
3. The computer should now display "LEVEL 16". Push the Resistance Lever all the way forward to the highest resistance and press the [ENTER/RESET] key to lock in the value.
4. The display will have returned to it's normal state. If the computer displays "LEVEL --" and beeps for 5 seconds, this means that the calibration has failed. Please repeat the above steps 1, 2 and 3 again. If it fails again, replace batteries. If batteries do not resolve the issue contact you Bodycraft service representative. Email: service@bodycraft.com