CONSOLE INSTRUCTION

Function display description:

1. CADENCE: 0~999.
2. WATT: 0~3500
3. SPEED: 0.0~99.9 KMPH / MPH.
4. CALORIES: 0~999, can count up or down.
5. TIME: 00:00~99:59, can count up or down.
6. DISTANCE: 0.00~99.99 KM/MI, can count up or down.
7. PULSE: 0~230.
8. INTERVALS: intermittent rest exercise mode.
9. TARGETS: Target setting exercise mode.
10. KMPH/MPH: metric/imperial.

Button function description:

1. START KEY:

A. Use the pause function during exercise

B. Resume exercise after pause

2. STOP KEY:

A. Use the stop function during exercise or pause.

B. Return to standby screen during stop or setting

C. Press and hold for 3 seconds at any time to reset

3.INTERVALS KEY:

This KEY has three function options, namely 20/10, 10/20, and CUSTOM (customized time and times) settings. Pressing this KEY continuously can cycle through the three function options.

4. TARGETS KEY:

This KEY has five function options, namely DISTANCE setting, TIME setting, CALORIES setting, 80% of MAX setting, and 65% of MAX setting. Pressing this KEY continuously can cycle through the five function options. .

5. SETTINGS KEY:

This KEY has four function options, namely metric and imperial settings, DISTANCE setting, TIME setting, and CALORIES setting. Pressing this KEY continuously can cycle through the four function options.

6. ENTER KEY:

This KEY is the selection key or confirmation key for each main function.

7.UP KEY:

A. After pressing this KEY during each function setting, the setting value can be increased upwards.

B. During the display of each function, if you press and hold this KEY for more than 1 second, you can continue to add. When you put it down, the carry will stop.

8. DOWN KEY:

A. After pressing this KEY during the display of each function, the setting value can be decreased.

B. During the display of each function, press and hold this KEY for more than 1 second to continue decrement, and when you release it, the carry will stop.

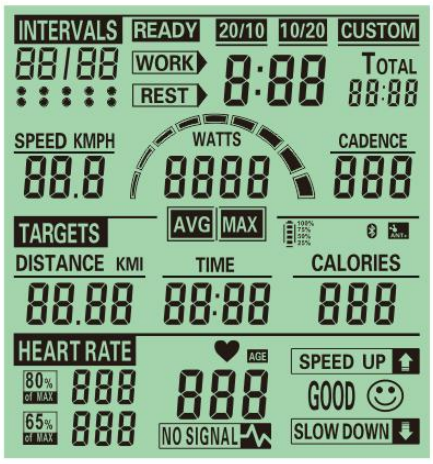
9. CONNECT KEY：

A. After pressing this KEY, lift it up within 0.5 seconds to turn on the heart rate.

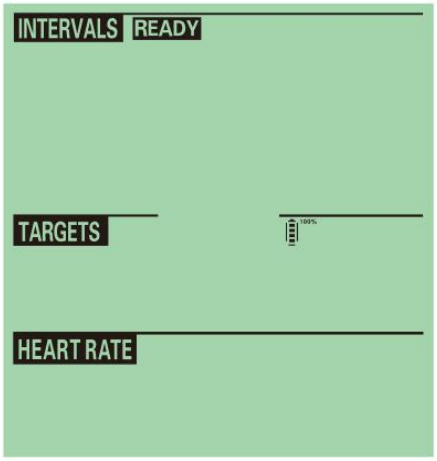
B. After pressing this KEY for more than 1 second, Bluetooth will be turned on.

3. Operation setting instructions:

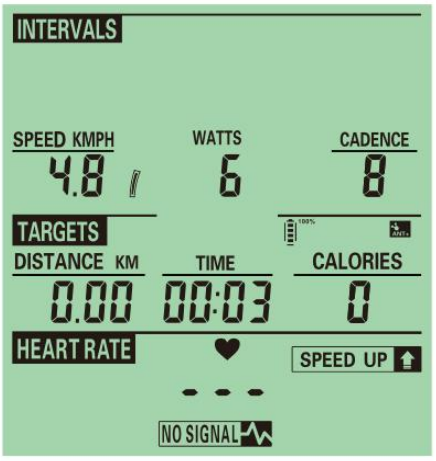
1. After installing the battery (POWER ON), the LCD will display for 1 second (Figure 1) and BI will sound a short tone at the same time, then enter the standby screen, READY, WORK, REST, 20/10, 10/20, CUSTOM in SCAN mode Flashes in sequence for 1 second (similar to Figure 2)



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2.If no button is pressed and RPM signal is input, it will automatically sleep after 2 minutes.

3.Fast movement mode:

A. If there is RPM signal input during standby, QUICK START immediately.

B. CADENCE, WATTS, SPEED, CALORIES, TIME, and DISTANCE start counting according to the operation value (Figure 3).

C. After turning on the heart rate switch, the heartbeat symbol will continue to light up and ♥ flash when there is heartbeat input and the current heartbeat value will be displayed; when there is no heartbeat input, the heartbeat symbol will flash and ♥ - - - NO SIGNAL will continue to light up.

D. Press the STOP key and enter the stop mode after a short tone or no RPM signal input for 60 seconds.

E. Press the START key once for a short beep and enter the pause mode (Figure 4). At this time, only the values of CALORIES, TIME and DISTANCE remain displayed and flash at intervals of 1 second. Press START again to continue running and continue to pause. Enter wake-up mode after 2 minutes.

4.Stop mode:

A. In stop mode, display AVG for 3 seconds and then flash MAX at 0.5 second intervals for 3 seconds, in a cycle (Figure 5).

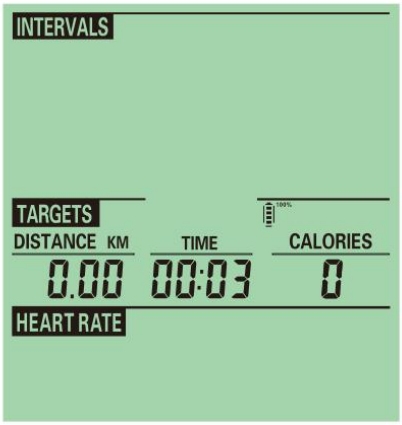
B. During the display of AVG, the average values of CADENCE, WATTS and SPEED are simultaneously displayed.

C. During the display of MAX, the maximum values of CADENCE, WATTS and SPEED are simultaneously displayed.

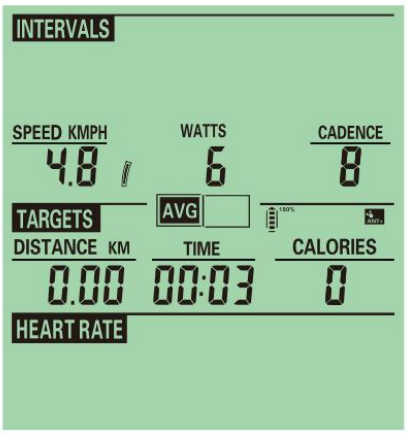
D. Keep displaying the accumulated values CALORIES, TIME and DISTANCE.

E. If there is no acceleration RPM signal input, it will enter wake-up mode after stopping for 2 minutes.

F. In this mode, except for UP KEY, ENTER KEY and DOWN KEY, all other keys are invalid.



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5. Wake-up mode:

A. When in wake-up mode, if there is RPM signal input or any KEY is pressed, the mode before entering wake-up mode can be restored.

6.INTERVALS selection:

In addition to all sports modes or pause modes, this function can be selected by pressing the shortcut key INTERVALS KEY.

6.1 Select INTERVAL 20/10 function:

A. Press INTERVALS KEY and while 20/10 is flashing:

① If there is an acceleration RPM signal input, it will automatically count down for three seconds and then enter the sports mode of this function;

② If you press the START button, it will enter the sports mode of this function after a countdown of three seconds;

③ If the ENTER key is pressed, the UP or DOWN key is invalid during this period. If the START key or ENTER key is pressed, or if an acceleration RPM signal is input, the sports mode of this function will be entered after a countdown of three seconds. If the remaining PROGRAM is pressed key to perform this action.

④ If there is no acceleration RPM signal input, it will enter wake-up mode after 2 minutes.

B. CYCLE TIME starts after counting down for three seconds, and the buzzer sounds once every second during the countdown.

C. CYCLE TIME starts counting down for 20 seconds and WORK flashes at intervals of 0.5 seconds, and TIME starts counting down from four minutes. TOTAL, CADENCE, WATTS, SPEED, CALORIES, and DISTANCE start counting according to the operation value. The count displays 1/8 and there is Black dots • show the same counting effect (Figure 6).

D. CYCLE TIME starts counting down for 10 seconds and REST flashes at an interval of 0.5 seconds. The buzzer also sounds simultaneously. In the last 3 seconds, the buzzer beeps twice continuously every second.

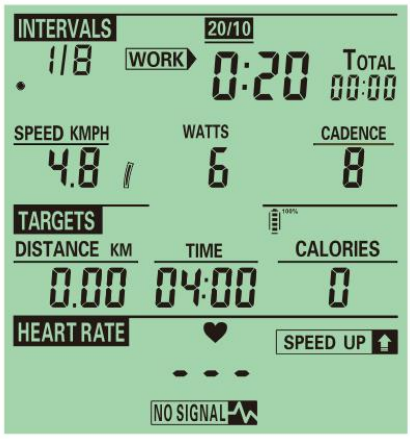
E, C and D continue to repeat the cycle. Each cycle count increases by 1 and the black dot increases by 1 until 8/8 is displayed. When TIME counts down to 0, WORK and WORK TIME remain displayed at 0:20, and TIME remains at 00:00. The display flashes for 0.5 seconds, the buzzer beeps twice continuously every second, and enters the stop mode after 6 seconds.

F. Press the START key once for a short tone and enter the pause mode of this function (Figure 7). In the pause mode, the values and counts of WORK, TOTAL, CALORIES, TIME and DISTANCE (1~8/8) and The black dot • flashes at intervals of 1 second. It will pause for 2 minutes and then enter wake-up mode. Press the START key again to continue running.

G. Press the STOP key BI after a short tone to enter the stop mode. At this time, TIME displays the TOTAL TIME accumulated time.

H. After turning on the heart rate switch, the heartbeat symbol will continue to light up and ♥ flash when there is heartbeat input and the current heartbeat value will be displayed; when there is no heartbeat input, the heartbeat symbol will flash and ♥- - - NO SIGNAL will continue to light up.

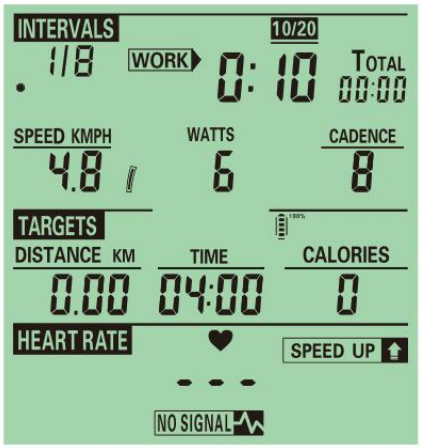
I. In the sports mode and pause mode of this function, except START KEY, STOP KEY and CONNECT KEY, all other keys are invalid.



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6.2 Select INTERVAL 10/20 function:

A. Press INTERVALS KEY and while 10/20 is flashing:

① If there is an acceleration RPM signal input, it will automatically count down for three seconds and then enter the sports mode of this function;

② If you press the START button, it will enter the sports mode of this function after a countdown of three seconds;

③ If the ENTER key is pressed, the UP or DOWN key is invalid during this period. If the START key or ENTER key is pressed, or if an acceleration RPM signal is input, the sport mode of this function will be entered after a countdown of three seconds; if the rest of the PROGRAM is pressed key to perform this action.

④ If there is no acceleration RPM signal input, it will enter wake-up mode after 2 minutes.

B. CYCLE TIME starts after counting down for three seconds, and the buzzer sounds once every second during the countdown.

C. CYCLE TIME starts counting down for 10 seconds and WORK flashes at intervals of 0.5 seconds, and TIME starts counting down from four minutes. TOTAL, CADENCE, WATTS, SPEED, CALORIES, and DISTANCE start counting according to the operation value. The count displays 1/8 and there is Black dots • show the same counting effect (Figure 8).

D. CYCLE TIME starts counting down for 20 seconds and REST flashes at intervals of 0.5 seconds. The buzzer also sounds simultaneously. In the last 3 seconds, the buzzer beeps twice continuously every second.

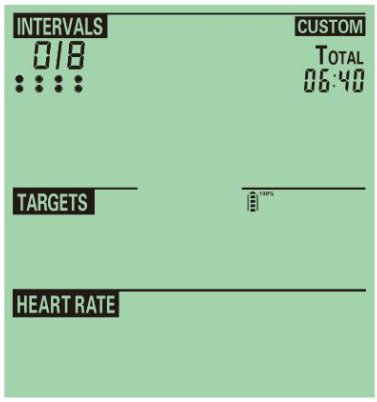
E, C and D continue to repeat the cycle. Each cycle count increases by 1 and the black dot increases by 1 until 8/8 is displayed. When TIME counts down to 0, WORK and WORK TIME remain displayed at 0:20, and TIME remains at 00:00. The display flashes for 0.5 seconds, the buzzer beeps twice continuously every second, and enters the stop mode after 6 seconds.

F. Press the START key once for a short tone and enter the pause mode of this function. In the pause mode, the values and counts (1~8/8) of WORK, TOTAL, CALORIES, TIME and DISTANCE and black dots are displayed. There is also a flashing display at an interval of 1 second. After a continuous pause of 2 minutes, it enters

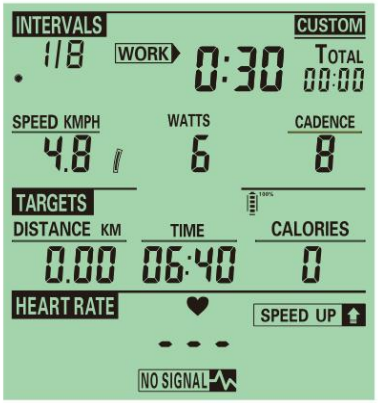
wake-up mode. Press the START button again to continue running.

G. Press the STOP key BI after a short tone to enter the stop mode. At this time, TIME displays the TOTAL TIME accumulated time.

H. After turning on the heart rate switch, the heartbeat symbol will continue to light up and ♥ flash when there is heartbeat input and the current heartbeat value will be displayed; when there is no heartbeat input, the heartbeat symbol will flash and ♥ - - - NO SIGNAL will continue to light up.



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6.3 Select INTERVAL CUSTOM function:

A. The default values of this function after every power-on are: WORK TIME defaults to 30 seconds, REST TIME defaults to 20 seconds, count defaults to 8 times, and TOTAL TIME defaults to 6:40. If set after power on, the set value will be maintained.

B. Press INTERVALS KEY and while CUSTOM is flashing:

① If there is an acceleration RPM signal input, it will automatically count down for three seconds and then enter the sports mode of this function;

② If you press the START button, it will enter the sports mode of this function after a countdown of three seconds;

③ If the ENTER key is pressed (Figure 9), during this period the ENTER key only acts as a selection key and if other PROGRAM keys are pressed, the action will be performed.

④ If there is no acceleration RPM signal input, it will enter wake-up mode after 2 minutes.

C. After pressing the ENTER key, the 8 in the counting display of 0/8 is flashing. You can press UP or DOWN to set the count. The setting range is 1~99 and can be set in a cycle. TOTAL continues to light up and its time changes with the set value. Change together, the number of black dots • changes together with the set value (if the count value is greater than 10, the black dots will not be displayed).

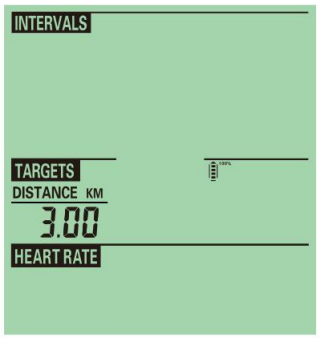
D. WORK and 0:30 flash. You can press UP or DOWN to set the working time. The setting range is 0:01~9:59, which can be set in a cycle. TOTAL continues to light up and its time changes with the set value.

E. REST and 0:20 flash. You can press UP or DOWN to set the working time. The setting range is 0:01~9:59. It can be set in a cycle. TOTAL continues to light up and its time changes with the set value.

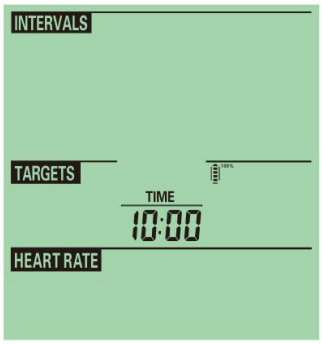
F. During or after setting, you can press the START key or if there is an acceleration RPM signal input, it will enter the sports mode of this function after a three-second countdown. During the countdown, the buzzer will sound once every second.

G. CYCLE TIME starts counting down and WORK flashes at intervals of 0.5 seconds, and TIME starts counting down according to the set total time. TOTAL, CADENCE, WATTS, SPEED, CALORIES, and DISTANCE start counting according to the operation value. The count displays 1/XX and there is Black dots • show the same counting effect (Figure 10).

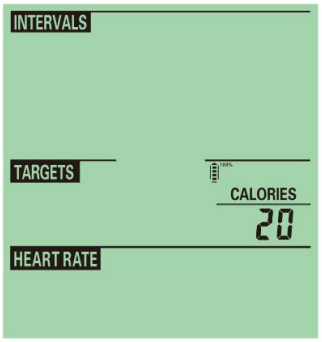
H. CYCLE TIME starts counting down and REST flashes at intervals of 0.5 seconds. The buzzer also sounds synchronously. In the last 3 seconds, the buzzer sounds twice continuously every second.
I, C and D continue to repeat the cycle. Each cycle count increases by 1 and the black dot increases by 1 until 8/8 is displayed. When TIME counts down to 0, WORK and WORK TIME remain displayed at 0:20, and TIME remains at 00:00. The display flashes for 0.5 seconds, the buzzer beeps twice continuously every second, and enters the stop mode after 6 seconds.
J. Press the START key once for a short tone and enter the pause mode of this function. In the pause mode, the values and counts (1~XX/XX) and black spots of WORK, TOTAL, CALORIES, TIME and DISTANCE will be displayed. There is also a flashing display at an interval of 1 second. After a continuous pause of 2 minutes, it enters wake-up mode. Press the START button again to continue running.
K. Press the STOP key BI after a short tone to enter the stop mode. At this time, TIME displays the TOTAL TIME accumulated time.
L. After turning on the heart rate switch, the heartbeat symbol will continue to light up and flash when there is heartbeat input and the current heartbeat value will be displayed; when there is no heartbeat input, the heartbeat symbol will flash and - - - and NO SIGNAL will continue to light up.



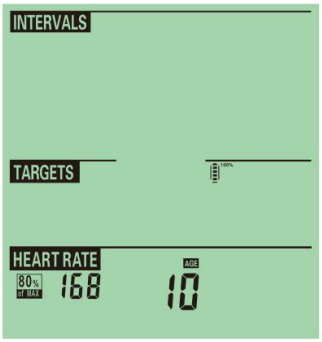
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7.TARGETS selection:
In addition to all sports modes or pause modes, this function can be selected by pressing the shortcut key TARGETS KEY.

7.1 Select the TARGET DISTANCE function:
A. The default value of this function every time it is turned on is: DISTANCE defaults to 3.00KM/MI. If set after power on, the set value will be maintained.
B. Press TARGETS KEY and while DISTANCE is flashing:
① If the START key is pressed or if there is an acceleration RPM signal input, the function will enter the sports mode.
② If the ENTER key is pressed (Figure 11), if the START key or ENTER key is pressed during this period, or if there is an acceleration RPM signal input, it will enter the sports mode of this function; if the other PROGRAM keys are pressed, the action will be performed.
③ If there is no acceleration RPM signal input, it will enter wake-up mode after 2 minutes.
C. After pressing the ENTER key, DISTANCE will continue to light up and its setting value will flash. You can press UP or DOWN to set the distance. The setting range is 0.50~99.00 and can be set in a cycle.
D. During or after setting, you can press the START key or if there is an acceleration RPM signal input, you will enter the sports mode of this function. The value of DISTANCE flashes at 0.5 second intervals, CADENCE, WATTS, SPEED, CALORIES, TIME, DISTANCE Start counting based on the operation value.

E. Press the START key once for a short beep and enter the pause mode. In the pause mode, only the values of CALORIES, TIME and DISTANCE remain displayed and flash at intervals of 1 second. After continuing to pause for 2 minutes, enter the wake-up mode, and then Press the START key to continue running.

F. After turning on the heart rate switch, the heartbeat symbol will continue to light up and ♥ flash when there is heartbeat input and the current heartbeat value will be displayed; when there is no heartbeat input, the heartbeat symbol will flash and ♥ - - - NO SIGNAL will continue to light up.

G. If there is no acceleration RPM signal input or after pressing the STOP key BI for a short tone, it will enter the stop mode. At this time, DISTANCE displays the accumulated movement distance.

7.2 Select TARGET TIME function:

A. The default value of this function every time it is turned on is: TIME defaults to 10:00. If set after power on, the set value will be maintained.

B. Press TARGETS KEY and while TIME is flashing:

① If the START key is pressed or if there is an acceleration RPM signal input, the function will enter the sports mode.

② If the ENTER key is pressed (Figure 12), if the START key or ENTER key is pressed during this period, or if there is an acceleration RPM signal input, it will enter the sports mode of this function; if the other PROGRAM keys are pressed, the action will be performed.

③ If there is no acceleration RPM signal input, it will enter wake-up mode after 2 minutes.

C. After pressing the ENTER key, TIME continues to light up and its setting value is flashing. You can press UP or DOWN to set the time. The setting range is 1:00~99:00 and can be set in a loop.

D. During or after setting, you can press the START key or if there is an acceleration RPM signal input, you will enter the sports mode of this function. The value of TIME flashes at 0.5 second intervals, CADENCE, WATTS, SPEED, CALORIES, TIME, DISTANCE Start counting based on the operation value.

E. Press the START key once for a short beep and enter the pause mode. In the pause mode, only the values of CALORIES, TIME and DISTANCE remain displayed and flash at intervals of 1 second. After continuing to pause for 2 minutes, enter the wake-up mode, and then Press the START key to continue running.

F. After turning on the heart rate switch, the heartbeat symbol will continue to light up and ♥ flash when there is heartbeat input and the current heartbeat value will be displayed; when there is no heartbeat input, the heartbeat symbol will flash and ♥ - - - NO SIGNAL will continue to light up.

G. If there is no acceleration RPM signal input or after pressing the STOP key BI for a short tone, it will enter the stop mode. At this time, TIME displays the accumulated exercise time.

7.3 Select TARGET CALORIES function:

A. The default value of this function every time it is turned on is: CALORIES defaults to 10:00. If set after power on, the set value will be maintained.

B. Press TARGETS KEY and while CALORIES is flashing:

① If the START key is pressed or if there is an acceleration RPM signal input, the function will enter the sports mode.

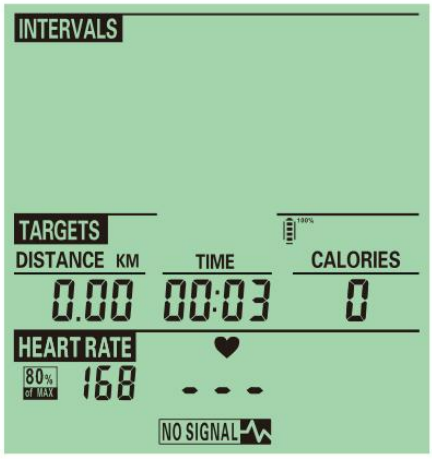
② If the ENTER key is pressed (Figure 13), if the START key or ENTER key is pressed during this period, or if there is an acceleration RPM signal input, it will enter the sports mode of this function; if the other PROGRAM keys are pressed, the action will be performed.

③ If there is no acceleration RPM signal input, it will enter wake-up mode after 2 minutes.
C. After pressing the ENTER key, CALORIES will continue to light up and its setting value will flash. You can press UP or DOWN to set calories. The setting range is 1:00~99:00 and can be set in a cycle.
D. During or after setting, you can press the START key or if there is an acceleration RPM signal input, you will enter the sports mode of this function. The value of CALORIES flashes at 0.5 second intervals, CADENCE, WATTS, SPEED, CALORIES, TIME, DISTANCE Start counting based on the operation value.
E. Press the START key once for a short beep and enter the pause mode. In the pause mode, only the values of CALORIES, TIME and DISTANCE remain displayed and flash at intervals of 1 second. After continuing to pause for 2 minutes, enter the wake-up mode, and then Press the START key to continue running.
F. After turning on the heart rate switch, the heartbeat symbol will continue to light up and ♥ flash when there is heartbeat input and the current heartbeat value will be displayed; when there is no heartbeat input, the heartbeat symbol will flash and ♥ - - - NO SIGNAL will continue to light up.
G. If there is no acceleration RPM signal input or after pressing the STOP key BI for a short tone, it will enter the stop mode. At this time, CALORIES displays the accumulated exercise calories.

7.4 Select TARGET HR function:

A. The default value of this function every time it is turned on is: AGE defaults to 10 years old, 80% of MAX defaults to 168 PULSE, and 65% of MAX defaults to 136 PULSE. If set after power on, the set value will be maintained.
B. Press TARGETS KEY, while 80% of MAX or 65% of MAX is flashing:
① If the START button is pressed or if there is an acceleration RPM signal input, the function will enter the sports mode.
② If the ENTER key is pressed (Figure 14), if the START key or ENTER key is pressed during this period, or if an acceleration RPM signal is input, the motion mode of this function will be entered; if the other PROGRAM keys are pressed, the action will be performed.
③ If there is no acceleration RPM signal input, it will enter wake-up mode after 2 minutes.
C. After pressing the ENTER key, 80% of MAX or 65% of MAX and its setting value and AGE setting value continue to light up, and AGE is flashing. You can press UP or DOWN to set the age. The setting range is 10~120 , can be set cyclically, and the setting value of 80% of MAX or 65% of MAX is also changed simultaneously.
D. During or after setting, you can press the START key or if there is an acceleration RPM signal input, you will enter the sports mode of this function. CADENCE, WATTS, SPEED, CALORIES, TIME, and DISTANCE will start counting according to the calculated value, 80% of MAX Or the set value of 65% of MAX is continuously displayed.
E. Press the START key once for a short tone and enter the pause mode (Figure 15). In the pause mode, only the values of CALORIES, TIME and DISTANCE are displayed, and the setting values of 80% of MAX or 65% of MAX are displayed. There are also, - - - and NO SIGNAL, and they flash at intervals of 1 second. They will continue to pause for 2 minutes and then enter wake-up mode. Press the START button again to continue running.
F. After turning on the heart rate switch, the heartbeat symbol will continue to light up and ♥ flash when there is heartbeat input and the current heartbeat value will be displayed; when there is no heartbeat input, the heartbeat symbol will flash and ♥ - - - NO SIGNAL will continue to light up.
Description of the relationship between G and AGE setting value and 80% of MAX or 65% of MAX setting value:

When AGE is set to 10 years old, the athlete's heart rate value in 80% of MAX or 65% of MAX mode is suitable at this time. Between ±5 of 168 PULSE or 136 PULSE.



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8.SETTINGS selection:

In addition to all sports modes or pause modes, this function can be selected by pressing the shortcut key SETTINGS KEY.

8.1 Select SETTINGS metric and imperial functions:

A. The default value of this function every time it is turned on is metric: KMPH/KM. If set after power on, the set value will be maintained.

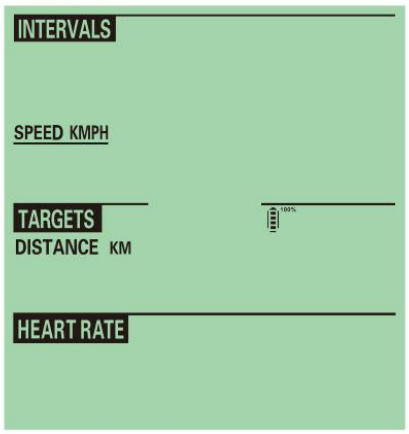
B. Press SETTINGS KEY and while SPEED and DISTANCE are flashing together:

① The START, UP and DOWN keys are invalid. Press the other PROGRAM keys to perform this action.

② If there is no acceleration RPM signal input, it will enter wake-up mode after 2 minutes.

C. After pressing the ENTER key (Figure 16), KMPH and KM will flash together. Press UP or DOWN to set the metric and imperial system. After confirmation, press the ENTER or STOP key to return to the standby screen.

D. During the setting period, the START key is invalid. If you press other PROGRAM keys, the action will be performed



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8.2 Select SETTINGS DISTANCE function:

A. This function has the same operations and functions as 7.1, but its value can only be set. You cannot enter

the sports mode of this function by pressing the ENTER or START key during or after setting.
B. If there is an acceleration RPM signal input, you can enter the sports mode of this function.

8.3 Select SETTINGS TIME function:
A. This function has the same operations and functions as 7.2, but its value can only be set. You cannot enter the sports mode of this function by pressing the ENTER or START key during or after setting.
B. If there is an acceleration RPM signal input, you can enter the sports mode of this function.

8.4 Select SETTINGS CALORIES function:
A. This function has the same operations and functions as 7.3, but its value can only be set. You cannot enter the sports mode of this function by pressing the ENTER or START key during or after setting.
B. If there is an acceleration RPM signal input, you can enter the sports mode of this function.

9. In the sports mode of any function, when there is a speed value, if SPEED is less than 18.0KMPH, the blue light will light up to indicate that it is at low speed, and SPEED UP ↑ will flash at intervals of 0.5 seconds to remind you to speed up; if SPEED is between 18.0~30.0KMPH, The green light indicates that the speed is moderate, and GOOD☺; if the SPEED is greater than 30.0KMPH, the red light indicates that the speed is too fast, and SLOW DOWN ↓ flashes at intervals of 0.5 seconds to remind you to slow down.

10. In the sports mode or pause mode of any function, except START KEY, STOP KEY and CONNECT KEY, all other keys are invalid.

11. Bluetooth APP connection:
A. Press and hold CONNECT KEY for 1 second to activate the Bluetooth switch. If the Bluetooth symbol flashes, Bluetooth is turned on. If the Bluetooth symbol disappears, Bluetooth is turned off.
B. After turning on Bluetooth, use your mobile phone to connect. If the connection is successful, Bluetooth will continue to light up. Follow the Bluetooth APP operating instructions to connect and use. While Bluetooth is connected, except for CONNECT KEY, press and hold for 1 second, START KEY and STOP KEY, all other keys are invalid.
C. When Bluetooth is connected, if there is no button action or acceleration RPM signal input, Bluetooth will be disconnected and enter wake-up mode after 2 minutes.
D. Download address: Scan the QR code through the browser to download and install directly. After installing the APP, there are instructions for use:

