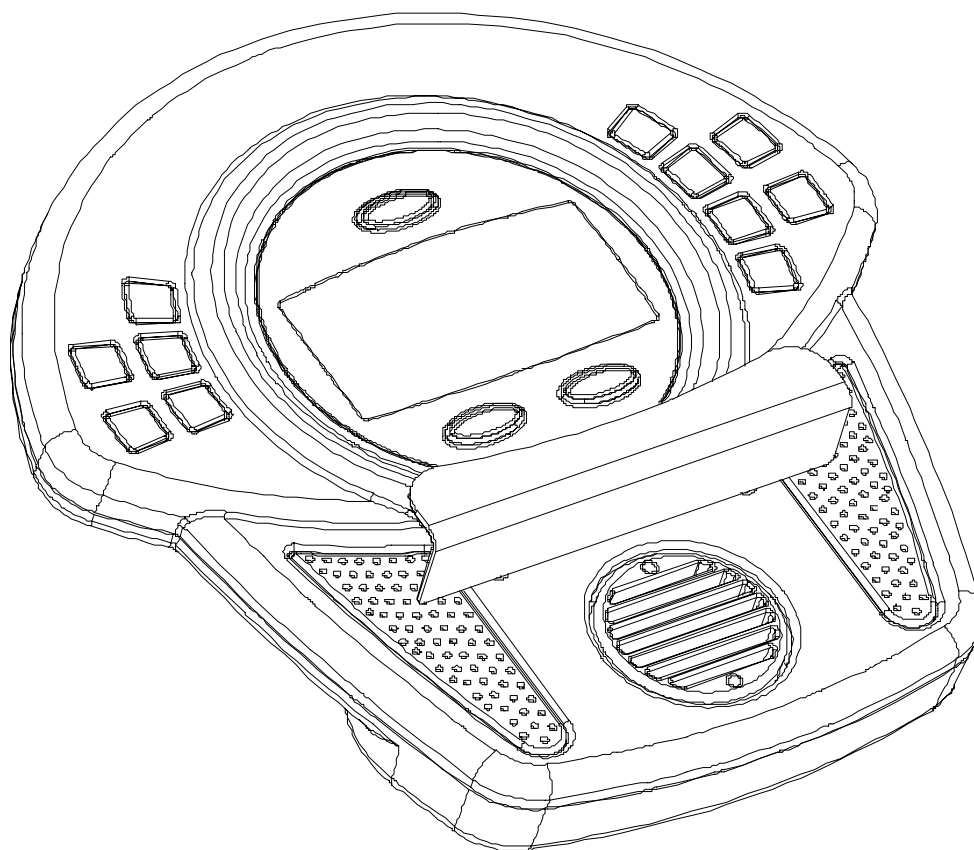




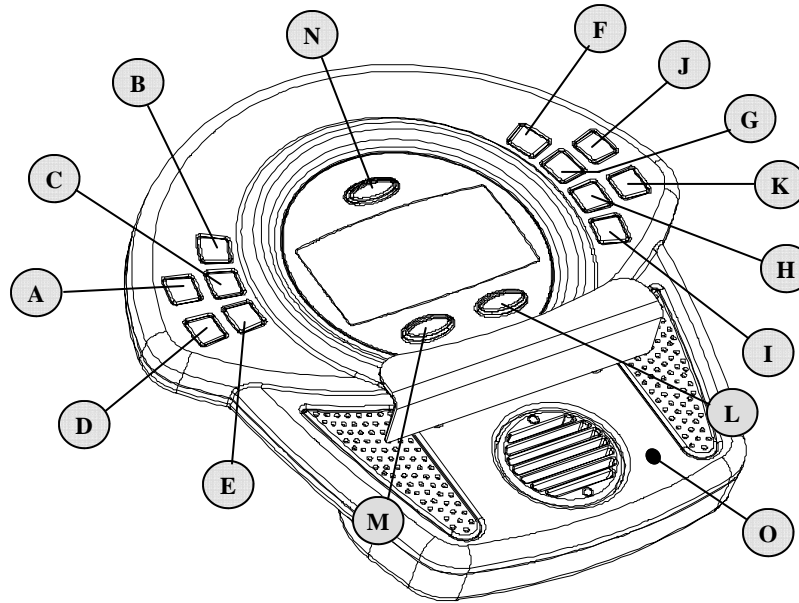
CR 340 COMPUTER INSTRUCTION



PLEASE REFERENCE THIS MANUAL IF YOU HAVE PURCHASED A CR 340 MODEL

SERIAL NO. _____ **PURCHASE DATE:** _____

COMPUTER INSTRUCTION



BUTTON / INPUT FUNCTIONS

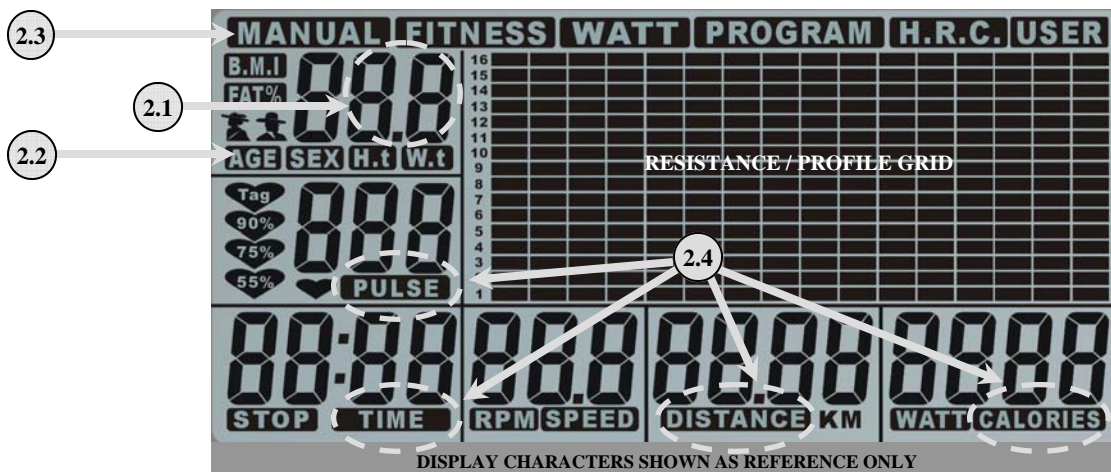
NOTE: THESE ARE THE BASIC OPERATING FUNCTIONS OF EACH BUTTON. ACTUAL PROGRAMMING MAY REQUIRE A ACTIVATION SEQUENCE OF MORE THAN ONE BUTTON (REFERENCE TRAINING PROGRAMS)

- | | |
|-------------------------|--|
| [A] ENTER | SELECTS & SETS DISPLAY FUNCTIONS. HOLDING THE ENTER BUTTON DOWN WILL ACTIVATE A TOTAL DISPLAY RESET (ZERO-OUT VALUES). NOTE: PRESET TARGET VALUES WILL RESET TO THE CUSTOMIZED SETTINGS. |
| [B] START / STOP | ACTIVATES & STOPS COMPUTER FUNCTIONS. |
| [C] PERSONAL | SELECTS USER IDENTIFICATION CODES (U0-U4). |
| [D] UP | SELECTS PROGRAM MODE & ADJUST (INCREASES) DISPLAY SETTINGS. |
| [E] DOWN | SELECTS PROGRAM MODE & ADJUST (DECREASES) DISPLAY SETTINGS. |
| [F] MANUAL | ACTIVATES MANUAL TRAINING PROGRAM. |
| [G] USER | ACTIVATES USER TRAINING PROGRAM. |
| [H] WATT | ACTIVATES WATT CONSTANT TRAINING PROGRAM. |
| [I] FITNESS TEST | ACTIVATES FITNESS LEVEL EVALUATION |
| [J] PROGRAM | ACTIVATES PREPROGRAMMED PROFILE TRAINING. |
| [K] HEART RATE | ACTIVATES HEART RATE TRAINING MODE. |
| [L] RECOVERY | THE RECOVERY BUTTON ALLOWS USERS TO EVALUATE THEIR FITNESS LEVEL AFTER COMPLETING A TRAINING SESSION. |
| [M] BODY FAT % | DISPLAYS BODY FAT % AND BODY MASS INDEX (BMI) READINGS BASED ON A USER'S BODY COMPOSITION. READING CAN BE OBTAINED AFTER COMPLETION OF A TRAINING PROGRAM. |
| [N] FAN ON / OFF | OPERATES COMPUTER FAN. |
| [O] MEDIA INPUT | OFFERS AN OPTION OF PLAYING ELECTRONIC DEVICES (CD & MP3 PLAYERS) THROUGH COMPUTER SPEAKERS. |

SPECIAL FEATURE

- AUTO SHUT-OFF** COMPUTER WILL AUTOMATICALLY SHUT-OFF AFTER 4 MINUTES OF NOT RECEIVING A PEDAL SENSOR READING. NOTE: DURING SHUT-OFF MODE ALL PRESET VALUES WILL BE KEPT. PRESS THE **ENTER** BUTTON OR START PEDALING TO ACTIVATE THE COMPUTER.

BASIC COMPUTER OPERATION



1) ACTIVATION (START UP)

MAKE SURE THE AC ADAPTER IS PROPERLY PLUGGED INTO A WALL OUTLET. PRESS ANY FUNCTION BUTTON OR START PEDALING TO ACTIVATE DISPLAY. A BEEP WILL SOUND AND THE DISPLAY WILL ILLUMINATE .

2) SET UP STEPS

- 2.1** ONCE ACTIVATED, THE DISPLAY WILL SHOW A SCREEN WITH **STOP** BLINKING IN THE LOWER LEFT CORNER AND A **USER ID CODE (U0-U4)** BLINKING IN THE UPPER LEFT CORNER. AT THIS POINT A USER ID MUST BE SELECTED; USE THE **PERSONAL** BUTTON TO SCROLL THROUGH THE USER ID OPTIONS AND PRESS THE **ENTER** BUTTON TO LOCK IN THE DESIRED USER ID.

U0 = QUICKER SETUP PROCESS WITH LIMITED PROGRAMMING OPTIONS.

U1-U4 = MORE PROGRAMMING OPTIONS INCLUDING CUSTOMIZED DATA ENTRY.

- 2.2** IF USER ID CODE U1-U4 IS CHOSEN, THE USER WILL BE PROMPTED (BLINKING DISPLAY TEXT) TO ENTER PERSONAL DATA (GENDER, AGE, HEIGHT, AND WEIGHT). THIS DATA WILL BE USED TO CALIBRATE THE TRAINING PROGRAMS.

IF USER ID **U0** IS CHOSEN, THE DISPLAY WILL AUTOMATICALLY SKIP PERSONAL DATA ENTRIES AND MOVE TO THE TRAINING PROGRAM SELECTIONS.

- 2.3** ONCE THE USER ID IS DEFINED AND PERSONAL DATA IS ENTERED, THE USER WILL BE PROMPTED (BLINKING TEXT) TO SELECT A TRAINING PROGRAM (MANUAL, FITNESS TEST, WATT, PROGRAM, HEART RATE CONTROL, OR USER). ALL PROGRAM HEADINGS WILL BE LISTED ACROSS THE TOP OF THE SCREEN. THE PROGRAM SELECTION WILL VARY DEPENDING ON THE USER ID SELECTED. PUSH THE CORRESPONDING BUTTON (ON THE RIGHT SIDE OF THE COMPUTER) TO CHOOSE A DESIRED PROGRAM. (See page 18)

- 2.4** AFTER SELECTING A TRAINING MODE, THE USER WILL HAVE THE OPTION TO PRESET TARGET VALUES FOR THE INDIVIDUAL DISPLAY FUNCTIONS (TIME, DISTANCE, CALORIE, AND HEART RATE). THESE TARGET VALUES WILL BE IDENTIFIED WITH BLINKING TEXT. USE THE **UP** OR **DOWN** BUTTON TO ADJUST VALUES AND PRESS THE **ENTER** BUTTON TO LOCK IN THE DESIRED PRESETS. THE ENTER BUTTON CAN ALSO BE USED TO SCROLL THROUGH EACH TARGET WINDOW OR A USER CAN SKIP ALL TARGET SET UP BY PUSHING THE **START /STOP** TO BEGIN TRAINING. NOTE: DISPLAY FUNCTIONS WILL COUNT UP FROM ZERO WHEN NO VALUES ARE PRESET.

QUICK START

AFTER A USER ID IS CHOSEN, PRESS THE **MANUAL** PROGRAM BUTTON. NEXT; PRESS THE **START /STOP** BUTTON AND BEGIN TRAINING. ALL DISPLAY VALUES WILL COUNT UP FROM ZERO, UNLESS PRESET VALUES WERE PREVIOUSLY ENTERED. NOTE: IF USING **U0** USER ID; PRESS THE **START /STOP** BUTTON. THE COMPUTER WILL AUTOMATICALLY GO INTO MANUAL TRAINING MODE.

RESISTANCE

PRODUCT IS EQUIPPED WITH AN ADJUSTABLE RESISTANCE MECHANISM. THIS FEATURE WILL ALLOW A USER TO CHOOSE FROM 1-16 LEVELS OF VARIED RESISTANCE. A USER CAN ADJUST RESISTANCE AT ANY TIME DURING A TRAINING MODE BY PUSHING THE **UP / DOWN** BUTTONS (THE EXCEPTION WOULD BE THE TARGET HEART RATE MODE). NOTE: PREPROGRAMMED TRAINING PROFILES WILL NOT ALLOW THE RESISTANCE LEVELS TO BE ADJUSTED BEYOND THE MINIMAL SETTINGS.

ERROR CODES

E1 = BODY FAT MEASUREMENT FAILED DUE TO INCORRECT HEART RATE READING.

E2 = BAD DATA CABLE CONNECTION.

COMPUTER INSTRUCTION

DISPLAY FUNCTIONS / READINGS

- TIME** COMPUTER DISPLAY WILL ACCUMULATE TOTAL TRAINING TIME IN 00:00 (MINUTES : SECONDS). COMPUTER WILL COUNT UP TO, OR DOWN FROM, A MAXIMUM READING OF 99:59.
- PRESET TARGET TRAINING TIME:** USE THE **ENTER** BUTTON TO SCROLL TO THE TIME FUNCTION AND USE THE **UP / DOWN** BUTTONS TO ADJUST THE SETTING. SETTINGS WILL BE ENTERED IN 1:00 MINUTE INCREMENTS AND THE COMPUTER WILL COUNT DOWN FROM THE SET TIME. ONCE THE DESIRED TIME IS SET, PRESS **START / STOP** BUTTON TO BEGIN TRAINING. ONCE A SET TRAINING TIME IS COMPLETED, THE COMPUTER WILL “BEEP” FOR APPROXIMATELY 8 SECONDS AND COMPUTER WILL RESET TO THE INITIAL SETTING.
- SPEED** THE COMPUTER WILL REGISTER AND DISPLAY TRAINING SPEED (MPH).
- RPM** THE COMPUTER WILL READ AND DISPLAY PEDAL / DRIVE TRAIN ROTATIONS.
- DISTANCE** THE COMPUTER ACCUMULATES TRAINING DISTANCE FROM 0.00 TO A MAXIMUM OF 99.90 MILES. EACH INCREMENT WILL BE DISPLAYED IN 0.01 MILE.
- PRESET A TARGET TRAINING DISTANCE:** USE THE **ENTER** BUTTON TO SCROLL TO THE DISTANCE FUNCTION WINDOW AND USE THE **UP / DOWN** BUTTONS TO ADJUST THE SETTING. EACH SETTING WILL BE IN INCREMENTS OF 0.10 MILE AND THE COMPUTER WILL COUNT DOWN FROM THE SET DISTANCE. ONCE THE DESIRED DISTANCE IS SET, PRESS THE **START / STOP** BUTTON TO BEGIN TRAINING. ONCE A TARGET DISTANCE IS ACHIEVED, THE COMPUTER WILL “BEEP” FOR APPROXIMATELY 8 SECONDS AND RESET TO THE INITIAL SETTINGS.
- CALORIE** COMPUTER ACCUMULATES TOTAL CALORIE CONSUMPTION (BURN) DURING A TRAINING PERIOD. COMPUTER WILL COUNT IN 1 CALORIE INCREMENTS, FROM 0 TO A MAXIMUM READING OF 9990 CALORIES.
- PRESET A TARGET CALORIE BURN:** USE THE **ENTER** BUTTON TO SCROLL TO THE CALORIE FUNCTION AND USE THE **UP / DOWN** BUTTONS TO ADJUST THE SETTING. ADJUSTED VALUES WILL BE ENTERED IN INCREMENTS OF 10 CALORIES AND THE COMPUTER WILL COUNT DOWN FROM THE SET CALORIE BURN. ONCE THE CALORIE FUNCTION IS SET, PRESS **START / STOP** BUTTON TO BEGIN TRAINING. ONCE THE TARGET CALORIE BURN IS ACHIEVED, THE COMPUTER WILL “BEEP” FOR APPROXIMATELY 8 SECONDS AND THEN RESET TO THE ORIGINAL SETTING.
- NOTE:** THE REPORTED CALORIE DATA IS ONLY A REFERENCE GUIDE FOR THE USER. IT SHOULD NOT BE USED IN COMPARISON OF CALIBRATED MEDICAL EQUIPMENT.
- PULSE** THE COMPUTER CAN DISPLAY A USER'S HEART RATE READING. A BLINKING HEART SYMBOL & NUMERIC READING WILL BE DISPLAYED ON THE COMPUTER AS LONG AS A USER'S HANDS ARE LOCATED ON THE GRIP SENSORS. READINGS WILL APPEAR WITHIN 30 SECONDS TO 1 MINUTE OF CONSISTENT GRIP CONTACT. READINGS WILL BECOME INCONSISTENT IF A USER FAILS TO LEAVE BOTH HANDS IN CONTACT WITH THE GRIP SENSORS.
- PRESET A TARGET HEART RATE:** USE THE **ENTER** BUTTON TO SCROLL TO THE HEART RATE FUNCTION AND PRESS THE **UP / DOWN** BUTTONS TO ADJUST THE SETTING. PULSE SETTINGS WILL BE FROM 30 - 240 BPM. ONCE THE DESIRED HEART RATE IS SET PRESS THE **START / STOP** BUTTON TO BEGIN TRAINING. IF A USER EXCEEDS THE SET TARGET HEART RATE, THE COMPUTER WILL “BEEP” TO REMIND THE USER OF THE PRESET LIMIT.
- NOTE:** HEART RATE READINGS ARE ONLY A REFERENCE OF A USER'S PULSE RATE DURING TRAINING. THESE READOUTS SHOULD NOT BE USED IN COMPARISON WITH CALIBRATED MEDICAL EQUIPMENT. SOME USERS MAY EXPERIENCE INCONSISTENCIES IN READINGS DUE TO THE NATURE OF THEIR PHYSICAL CONDITION.
- WATT** THE COMPUTER WILL MEASURE A USER'S TRAINING OUTPUT (WORKLOAD). THE COMPUTER WILL AUTOMATICALLY CONFIGURE AND DISPLAY WATT READINGS DURING ALL TRAINING MODES. READINGS WILL BE DISPLAYED IN 1-WATT INCREMENTS. (Refer to the WATT program to train using a preprogrammed setting)
- RECOVERY** THE COMPUTER WILL ALLOW A USER TO EVALUATE THEIR FITNESS LEVEL AFTER COMPLETING A TRAINING SESSION. THE EVALUATION IS BASED ON A USER'S HEART RATE RECOVERY. **ACTIVATION:** AFTER COMPLETING A TRAINING SESSION, PRESS THE **RECOVERY** BUTTON AND PLACE PALMS OF BOTH HANDS ON THE SENSOR GRIPS. THE COMPUTER WILL AUTOMATICALLY STOP ALL DISPLAY FUNCTIONS EXCEPT “TIME”, WHICH WILL START COUNTING DOWN FROM 60 SECONDS. ONCE THE COUNT DOWN IS COMPLETED, THE USER CAN REMOVE THEIR HANDS FROM THE SENSOR GRIPS. THE BOTTOM DISPLAY WILL SHOW A RATING OF F1-F6. AN “F1” READING IS THE BEST RATING POSSIBLE. USERS CAN MONITOR THEMSELVES AFTER EACH TRAINING SESSION AND USE THE RECOVERY READING AS A GAUGE FOR CARDIO CONDITIONING.
- NOTE:** PRESS THE **RECOVERY** BUTTON AGAIN TO RETURN TO THE MAIN DISPLAY.

COMPUTER INSTRUCTION

DISPLAY FUNCTION / READINGS (Continued)

BODY FAT % THE COMPUTER WILL ALLOW A USER TO MEASURE THEIR BODY COMPOSITION BASED ON BODY FAT & BODY MASS INDEX (BMI) EVALUATION. THE READINGS ARE CALCULATED USING A COMBINATION OF USER ENTRY DATA (HEIGHT, WEIGHT, AGE, & GENDER) AND HEART RATE SAMPLING. **ACTIVATION:** AFTER COMPLETING A TRAINING PROGRAM PRESS THE "BODY FAT %" BUTTON AND PLACE THE PALMS OF BOTH HANDS ON THE HEART RATE GRIP (SENSORS). **E-1** ERROR CODE WILL APPEAR ON THE DISPLAY IF BOTH HANDS ARE NOT PLACED IN PROPER POSITION ON THE SENSORS. THE FOLLOWING SEQUENCE OF READINGS WILL APPEAR ON THE DISPLAY WITHIN 10 SECONDS OF RECEIVING A HEART RATE SIGNAL:

(1ST #) **BODY FAT %:** PERCENTAGE OF FAT TISSUE VERSUS LEAN MUSCLE MASS OF USERS TOTAL BODYWEIGHT.

(2ND #) **BODY MASS INDEX (BMI):** CALCULATED NUMBER USED TO DETERMINE HEALTHY WEIGHT RANGES.

(SYMBOL) **BODY COMPOSITION SYMBOL:** HEALTH RATING BASED ON BODY FAT AND BODY MASS READING.

REFERENCE CHARTS

BODY FAT %

	EXCELLENT	GOOD	FAIR	POOR
MALE	< 13%	14 - 17%	18 - 25%	26% >
FEMALE	< 20%	21 - 24%	25 - 31%	32% >

BODY MASS INDEX (BMI)

UNDERWEIGHT	IDEAL WEIGHT	OVERWEIGHT	HIGH RISK
< 20	20 - 24.9	25 - 29.9	30 >

BODY COMPOSITION (SYMBOL)

			
ATHLETE	FIT	ACCEPTABLE	NEEDS IMPROVEMENT

SUMMARY

BODY FAT AND BODY MASS MEASUREMENTS ARE RECOGNIZED AS ESSENTIAL FACTORS IN ACCESSING A PERSONS PHYSICAL CONDITION. HIGHER READINGS ARE FLAGS TO POTENTIAL WEIGHT RELATED HEALTH RISK. THESE RISK INCLUDE, BUT ARE NOT LIMITED TO; HEART DISEASE, HIGH BLOOD PRESSURE, DIABETES, AND OSTEOARTHRITIS.

ANOTHER IMPORTANT FACTOR IS THAT MUSCLE TISSUE WEIGHS MORE THAN FAT TISSUE. CERTAIN TYPES OF EXERCISE WILL BUILD MUSCLE MASS. MUSCLED TONED INDIVIDUALS MAY HAVE A LOWER BODY FAT PERCENTAGE, BUT REGISTER HIGHER BODY MASS (BMI) READINGS. BASED ON STANDARD WEIGHT CHARTS THESE INDIVIDUALS MAY BE CONSIDERED OVERWEIGHT, BUT BASED ON OVERALL BODY COMPOSITION, WOULD BE LABELED AS FIT INDIVIDUALS.

PHYSICAL ACTIVITY AND GOOD NUTRITION ARE KEY FACTORS TO MAINTAINING A HEALTHIER LIFESTYLE. CONSISTENT CARDIOVASCULAR EXERCISE WILL LEAD TO THE GREATEST METABOLISM (BURNING) OF FAT. BY KEEPING BODY FAT LEVELS IN AN ACCEPTABLE RANGE, YOU WILL LOOK AND FEEL BETTER. MAKE SURE TO SET REALISTIC FITNESS GOALS AND DEVELOP A TRAINING REGIMENT THAT WORKS BEST YOU.

THE READINGS FROM THIS PRODUCT ARE OFFERED AS A POINT OF REFERENCE IN DEVELOPING TRAINING METHODS WHICH ARE BENEFICIAL TO ACHIEVING FITNESS GOALS. READINGS SHOULD ONLY BE USED AS A TRAINING GAUGE AND NOT BE CONSIDERED AS A REPLACEMENT FOR PROFESSIONAL MEDICAL ADVISE. IT IS A IMPORTANT TO NOTE; BODY FAT AND BODY MASS ARE ONLY PART OF A PERSON'S HEALTH PROFILE. WE RECOMMEND TALKING TO YOUR PERSONAL PHYSICIAN ABOUT OTHER MEASURES AND ASSOCIATED HEALTH FACTORS.

TRAINING PROGRAMS

SELECTING A TRAINING PROGRAM

Once a User ID is set up, the computer will list six available training programs across the top of the display (Manual, User, Watt, Fitness, Program, or Target Heart Rate). The user may select one of the six programs by pressing the corresponding button on the right side of the computer face or simply press the **START / STOP** button to begin training in a **MANUAL** Mode. Reference the instructions listed below to set up and activate a desired program.

◆ MANUAL MODE - Standard Program

Activation Procedure: 1) Press the **MANUAL** Program button. 2) Use the **UP / DOWN** buttons to adjust the resistance level and press the **ENTER** button to set the desired level (see reference below). 3) Use the **UP / DOWN** buttons to preset (adjust) individual target values (time, distance, calories, etc.) or press the **START / STOP** button to begin training.

Manual Resistance Adjustment: The display will reference 1-16 levels of training resistance. Level 16 will be highest resistance setting. Use the **UP / DOWN** buttons to select a desired resistance setting. The display graph will change as resistance levels are changed (adjusted). Each row (segment) equals one level of resistance. Reference numbers will appear on left side of the row segments. Once a resistance level is selected, press the **ENTER** button. **Note:** If a target value is preset in Manual mode, the resistance will automatically adjust to match the preset target values. Resistance levels can be adjusted anytime during training by pressing the **UP / DOWN** buttons.

◆ USER MODE - Set Up a Customized Training Grid (Note: This program option cannot be used with U0 -User ID Selection)

Activation Procedure: 1) Press the **USER** program button. 2) Set a customized training Profile (referenced below). 3) Hold down the **ENTER** button for approximately 2 seconds to preset target values or press the **START / STOP** button to begin training.

Setting a Customized Training Profile: The lower display will reference 16 individual profile (resistance) columns. Each column can be set to an individual resistance level (1-16). The **UP & DOWN** buttons will adjust the number resistance bars (segments) per column. After a column has been preset (adjusted), press the **ENTER** button. This can be done until all 16 columns have been customized (preset).

◆ WATT CONSTANT- Resistance Training Based on Preprogrammed Watt Settings

Activation Procedure: 1) Press the **WATT CONSTANT** program button. 2) Select a Watt setting (referenced below). 3) Use the **UP / DOWN** buttons to preset target values or push the **START / STOP** button to begin training.

Selecting a Watt setting: The upper left window will reference Watt settings (120 - 350). Use the **UP / DOWN** buttons to make a selection. Settings will be in increments of 10. Higher Watt settings will equal higher resistance levels. Press the **ENTER** button to lock in the setting. **Note:** Resistance levels cannot be adjusted during the WATT training mode. Users must maintain a speed output that corresponds with the Watt setting. Resistance levels will automatically adjust based on a user's speed. If the user speed is lower than needed to maintain a Watt setting, the resistance will increase. If the user maintains a speed higher than the selected Watt setting, the resistance will decrease.

◆ FITNESS TEST - Performance Evaluation Program (Note: This program option cannot be used with U0 -User ID Selection.)

Activation Procedure: 1) Press the **FITNESS TEST** program button. 2) Press the **START / STOP** button to begin training

Program Summary: User evaluation is based on a preset 12 minute training period. The other target values will be based on the initial user data (gender & age). Target values and resistance level cannot be adjusted. A Fitness rating (F1-F5) will appear in the upper left of the display, at the completion of the training program. An **F1** reading is the best possible rating, while **F5** would be the worst. **Note:** A Heart rate reading is used as part of the evaluation formula. User's must maintain grip contact during the training session to receive an accurate performance assessment.

◆ PROGRAM MODE - Preprogrammed Training Grids

Activation Procedure: 1) Press the **PROGRAM** button 2) Use the **UP / DOWN** buttons to select one of the preprogrammed training profiles P1-P9 (referenced below) 3) Press the **ENTER** button to lock in a selected profile. 4) Use the **UP / DOWN** buttons to preset target values or push the **START / STOP** button to begin training.

Selecting a Training Profile: The computer has 9 programmed training (resistance) profiles (referenced **P1-P9**). Use the **UP / DOWN** buttons to scroll through the training profiles. Once a training profile is selected, press the **ENTER** button to lock in the profile.

◆ TARGET HEART RATE MODE -Training Based on Target Heart Rate Zones (Note: This program option cannot be used with U0 -User ID Selection.)

Activation Procedure: 1) Press **HEART RATE** Program button 2) Use the **UP / DOWN** buttons to select a heart rate training zone (referenced below) 3) Press the **START / STOP** button to begin training or use the **UP / DOWN** buttons to preset function targets.

Setting a HR Training Zone: Zone training is based on exercising within a set percentage of a users maximum heart rate. A users maximum heart rate is based on a basic formula; $(220 \text{ BPM} - \text{Users Age} = \text{Maximum HR})$. After activating the Heart Rate Mode, use the **UP / DOWN** buttons to select one of the HR training percentage referenced in the upper display area (55%, 75% , 90%). Press the **ENTER** button to lock in the desired zone setting. **Note:** Users may also set a customized HR target by selecting **TAG** (target) and using the **UP / DOWN** buttons to set zone parameters.

Note: The resistance will auto-adjust according heart rate presets. If a user's heart rates falls under the preset targets, the resistance auto- adjust up one level every 30-seconds until target rate is achieved. If a users heart rate exceeds the target presets, the computer will auto-adjust down the resistance one level until target is reached. For training safety, the computer will stop functioning and beep, if a user continues to exceed a target heart rate for more than 30-seconds at the lowest resistance training level.