

EXUM



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1. Safety instructions

IMPORTANT!

- The Ergometer is produced according to DIN EN 957-1/5 class HA.
- Max. user weight is 150 kg.
- The Ergometer should be used only for its intended purpose.
- Any other use of the item is prohibited and maybe dangerous. The importeur cannot be held liable for damage or injury caused by improper use of the equipment.
- The Ergometer has been produced according to the latest safety standards.

To prevent injury and / or accident, please read and follow these simple rules:

1. Do not allow children to play on or near the equipment.
2. Regularly check that all screws, nuts, handles and pedals are tightly secured.
3. Promptly replace all defective parts and do not use the equipment until it is repaired. Watch for any material fatigue.
4. Avoid high temperatures, moisture and splashing water.
5. Carefully read through the operating instructions before starting the equipment.
6. The equipment requires sufficient free space in all directions (at least 1.5 m).
7. Set up the equipment on a solid and flat surface.
8. Do not exercise immediately before or after meals.
9. Before starting any fitness training, let yourself examined by a physician.
10. The safety level of the machine can be ensured only if you regularly inspect parts subject to wear. These are indicated by an * in the parts list. Levers and other adjusting mechanisms of the equipment must not obstruct the range of movement during training.
11. Training equipment must never be used as toys.
12. Do not step on the housing but only on the steps provided for this purpose.
13. Do not wear loose clothing; wear suitable training gear such as a training suit, for example.
14. Wear shoes and never exercise barefoot.
15. Make certain that other persons are not in the area of the home trainer, because other persons may be injured by the moving parts.
16. It is not allowed to place the item in rooms with high humidity (bathroom) or on the balcony.

2. Allmänt

Denna träningsutrustning är ämnad för bruk hemma. Utrustningen uppfyller kraven enligt DIN EN 957-1/5 klass HA. CE markeringen refererar till EU direktivet 2006/95EEC och 2004/108/EEC. Tillverkarna garanterar inte att skada pga. utrustningen inte uppstår.

Före träning bör du göra en hälsoundersökning för att säkerställa att din hälsa är god.

2.1 Packning

Miljömässigt Acceptabel med miljövänliga material

Packning gjord av wellpapp.

Gjutna delar tillverkade av VFS-fri polyester

Väskor och väv gjort av polyeten.

Packband gjorda av polypropen.

2.2 Återvinning



Spara kartongen för eventuella reparationer.
Släng inte varan i brännbart hushållsavfall.

2. General

This training equipment is for use at home. The equipment complies with the requirements of DIN EN 957-1/5 Class HA. The CE marking refers to the EU Directive 2006/95EEC and 2004/108/EEC. Damage to health cannot be ruled out if this equipment is not used as intended (for example, excessive training, incorrect settings, etc.).

Before starting your training, you should have a complete physical examination by your physician, in order to rule out any existing health risks.

2.1 Packaging

Environmentally compatible and recyclable materials:

- External packaging made of cardboard
- Molded parts made of foam CFS-free polystyrol (PS)
- Sheeting and bags made of polyethylene (PE)
- Wrapping straps made of polypropylene (PP)

2.2 Disposal



Please be sure to keep the packing for the event of repairs / warranty matters. The equipment should not be disposed of in the household rubbish!

3. Montering

För att göra monteringen enkel så är den till viss del redan utförd. Läs igenom manualen noggrant och följ instruktionerna steg för steg.

Innehåll:

- Pack ut samtliga delar och lägg dem på golvet
- Placera försiktigt huvudramen på golvet, använd gärna någon skyddande matta.
- Säkerställ att du har tillräckligt med utrymme för monteringen.

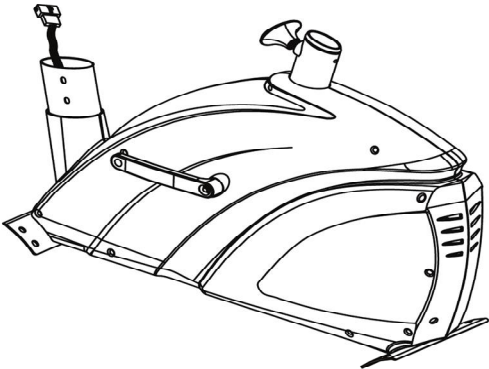
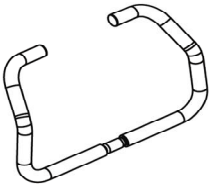
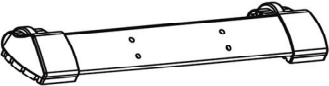
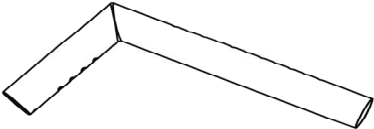
3. Assembly

In order to make assembly of the Ergometer as easy as possible for you, we have preassembled the most important parts. Before you assemble the equipment, please read these instructions carefully and then continue step by step as described

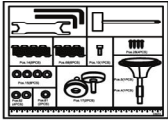
Contents of packaging

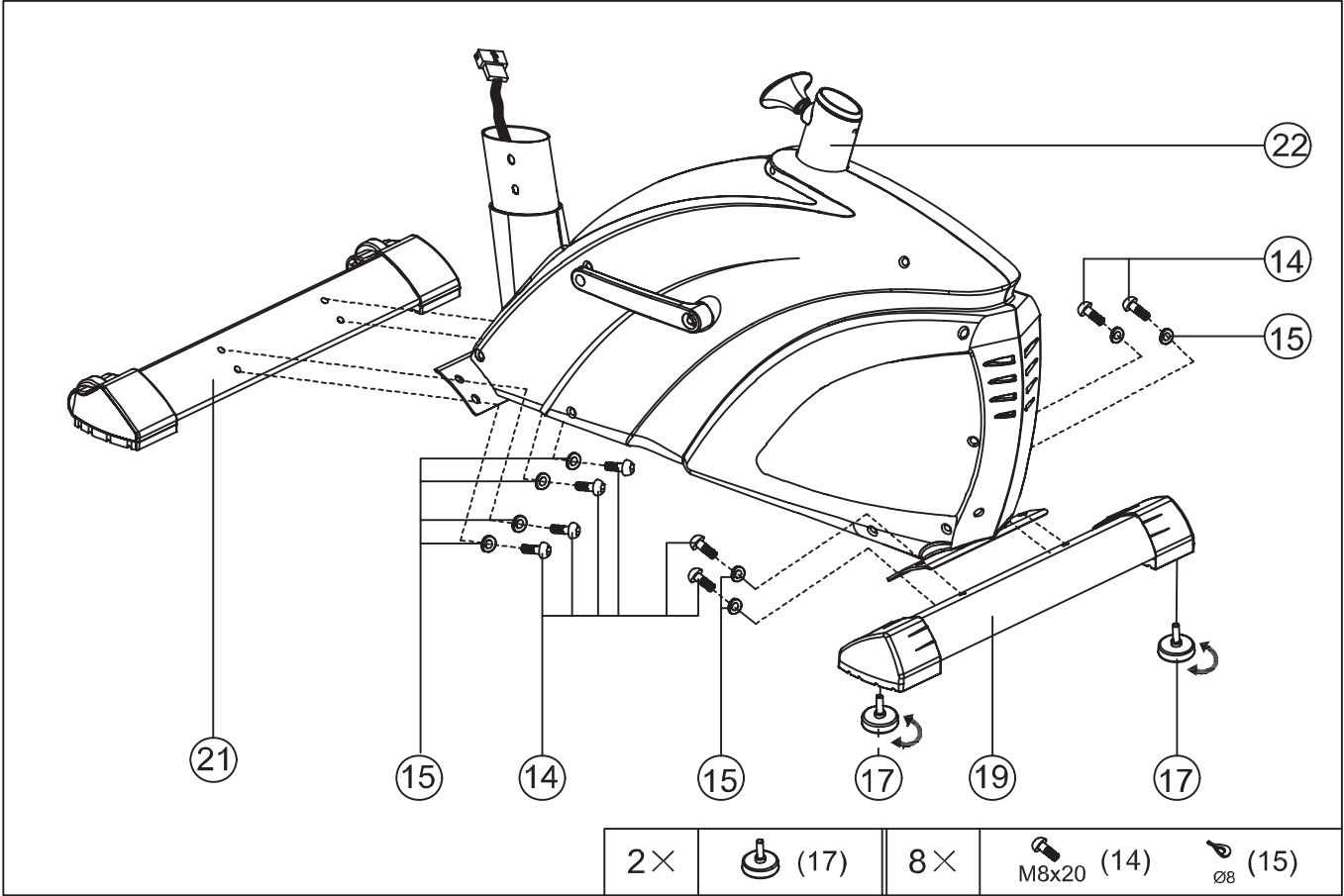
- Unpack all individual parts and place them alongside each other on the floor.
- Place the main frame on a pad protecting the floor, because without its assembled base feet it can damage / scratch your floor. The pad should be flat and not too thick, so that the frame has a stable stand.
- Make certain that you have adequate room for movement (at least 1.5 m) on all sides during assembly.

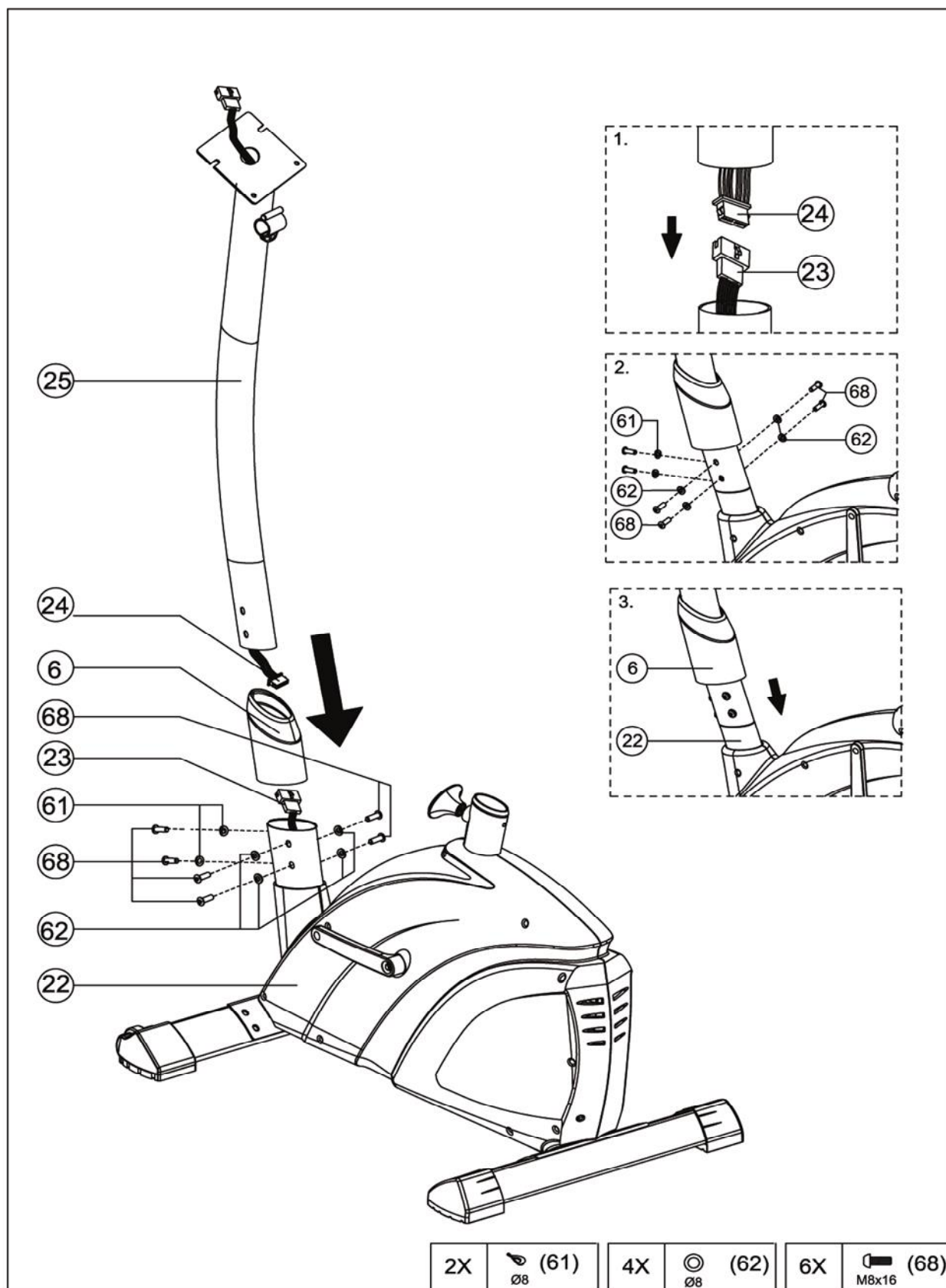
3.1 Checklista

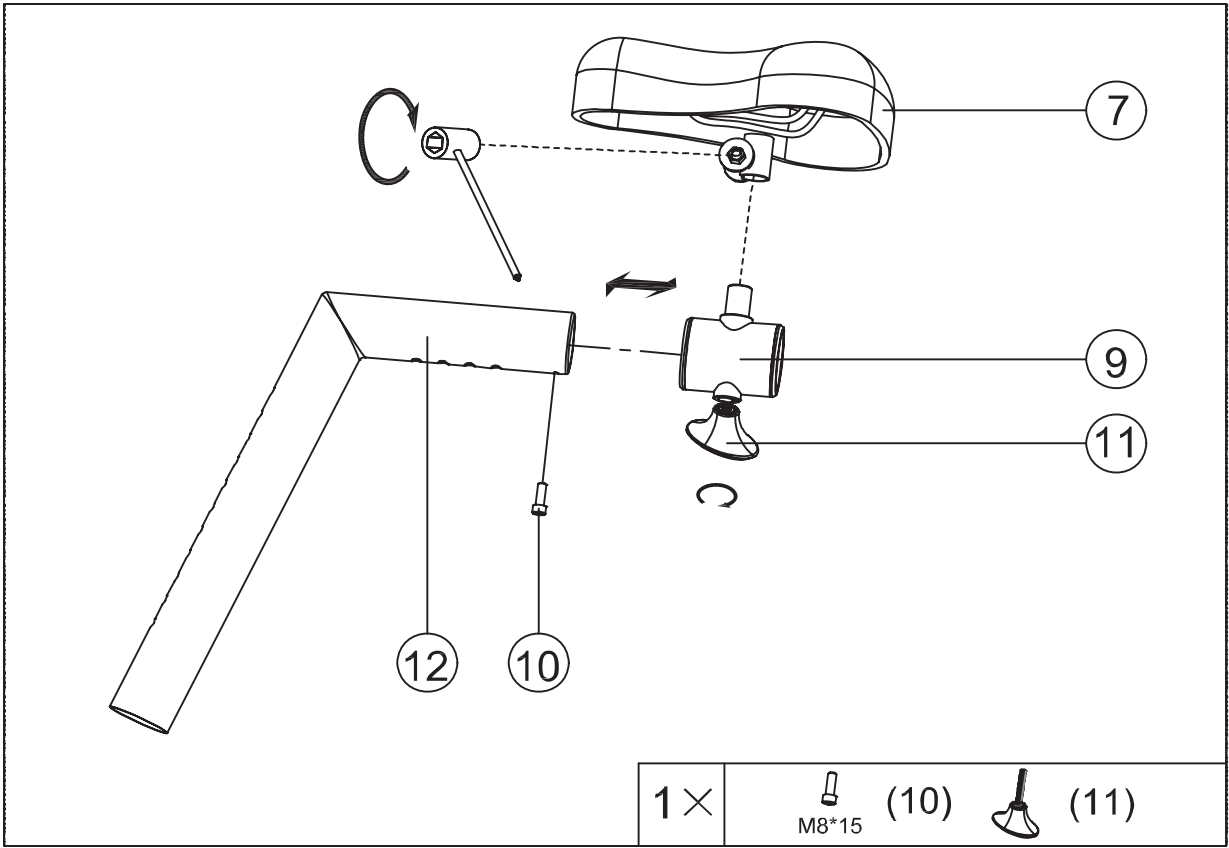
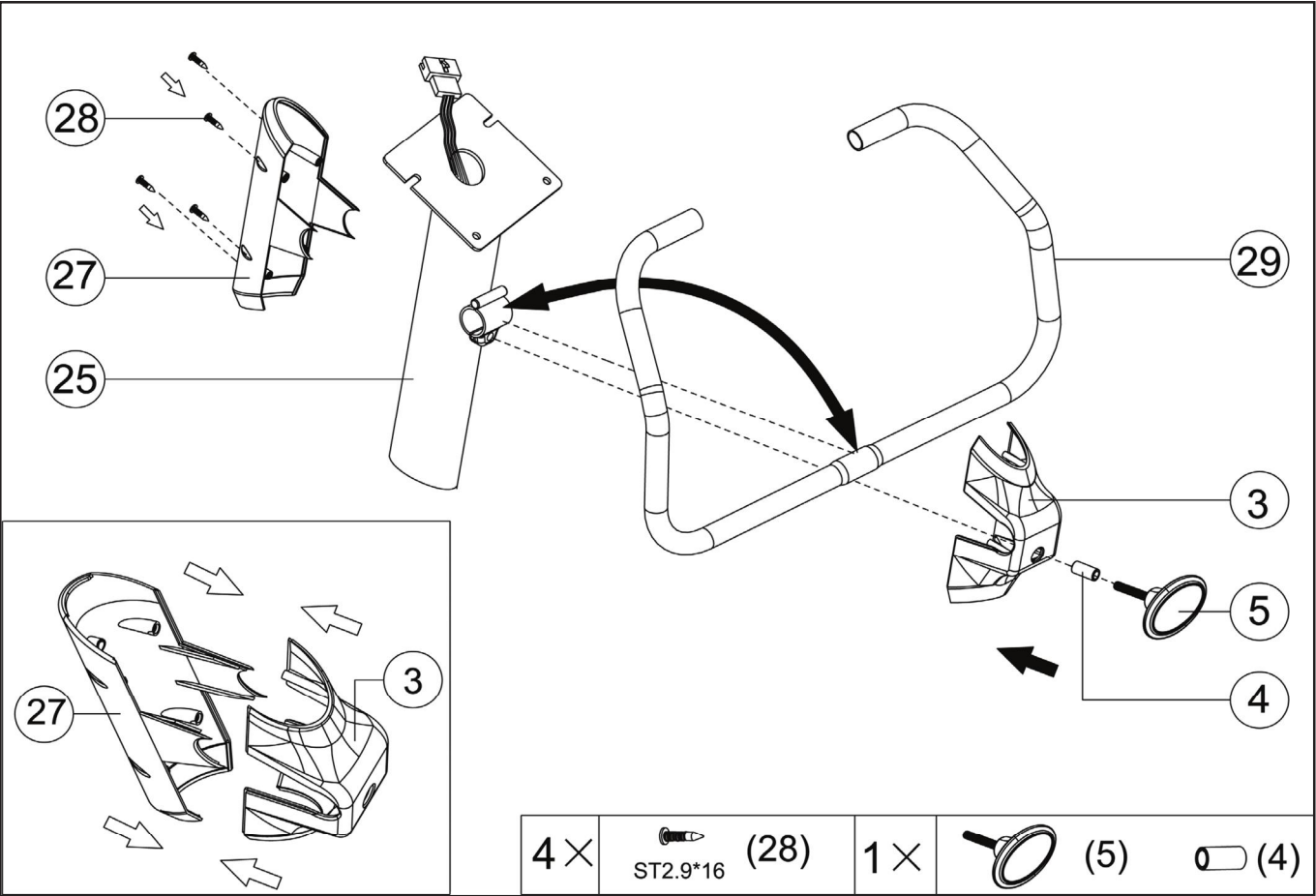
	1		
	1		
	1		
	1		
	1		
	1		
	1		

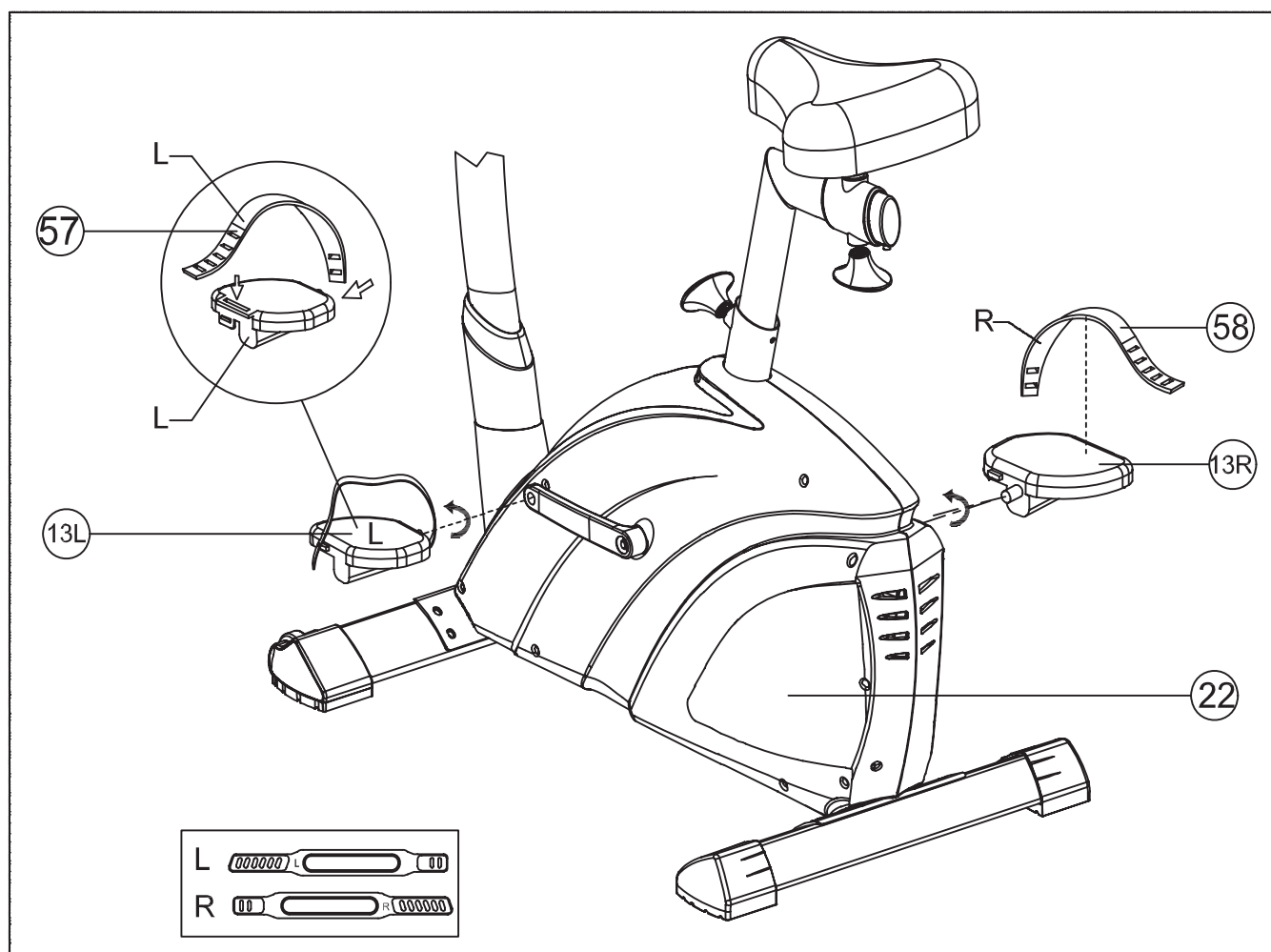
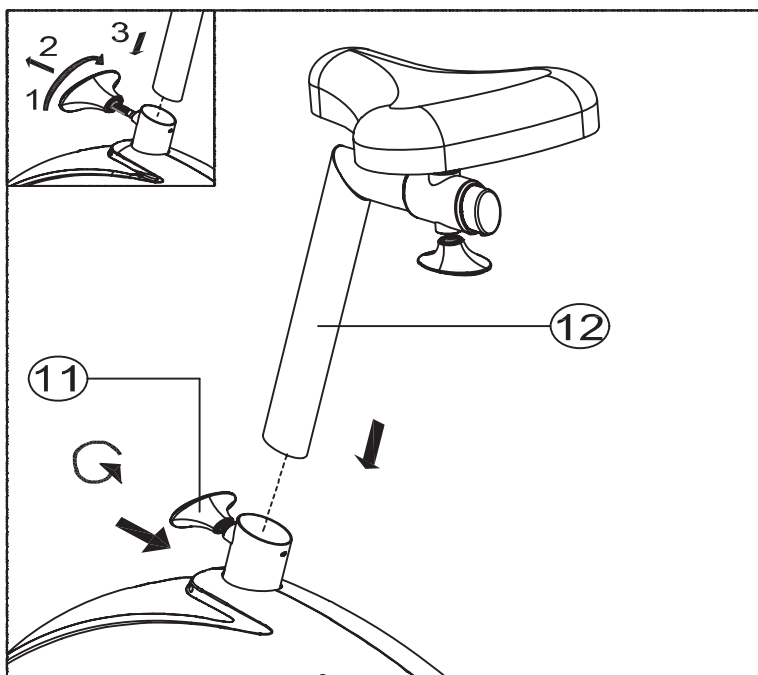
3.1 Check list

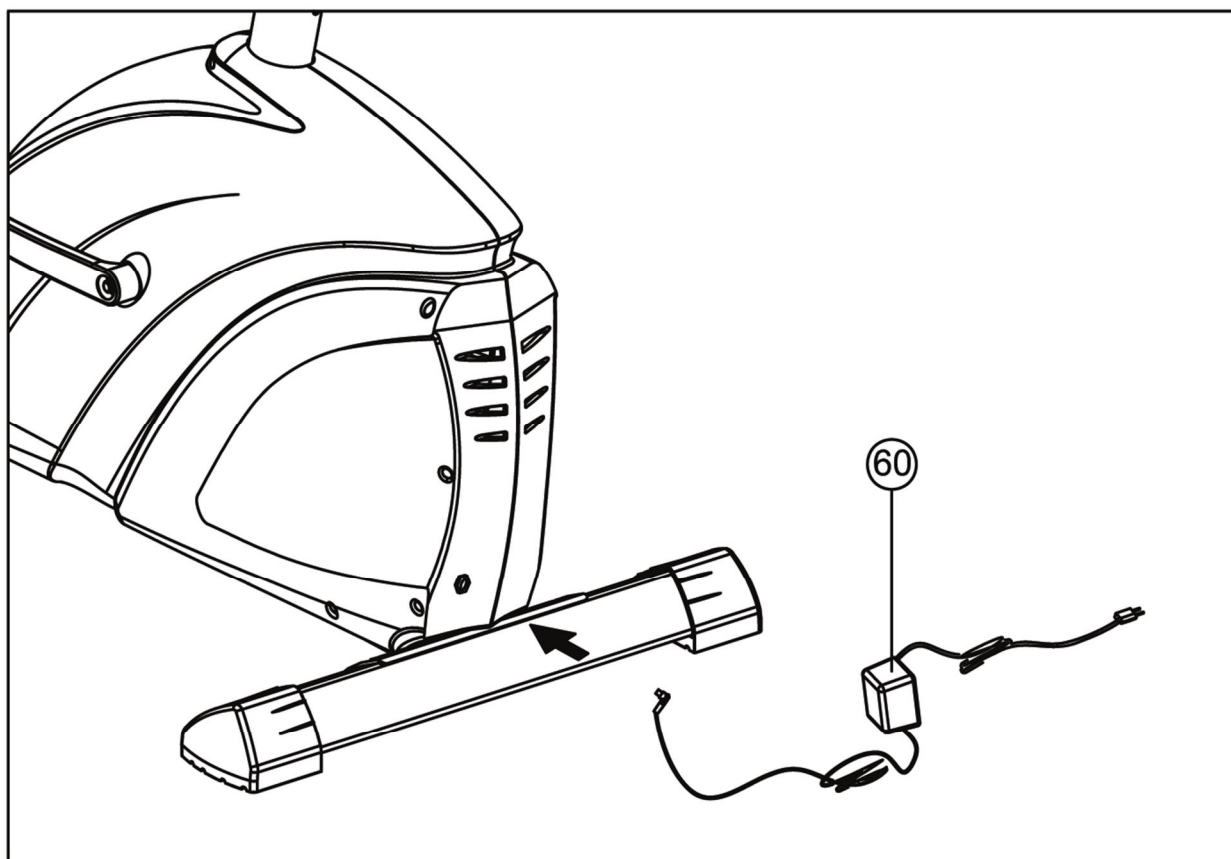
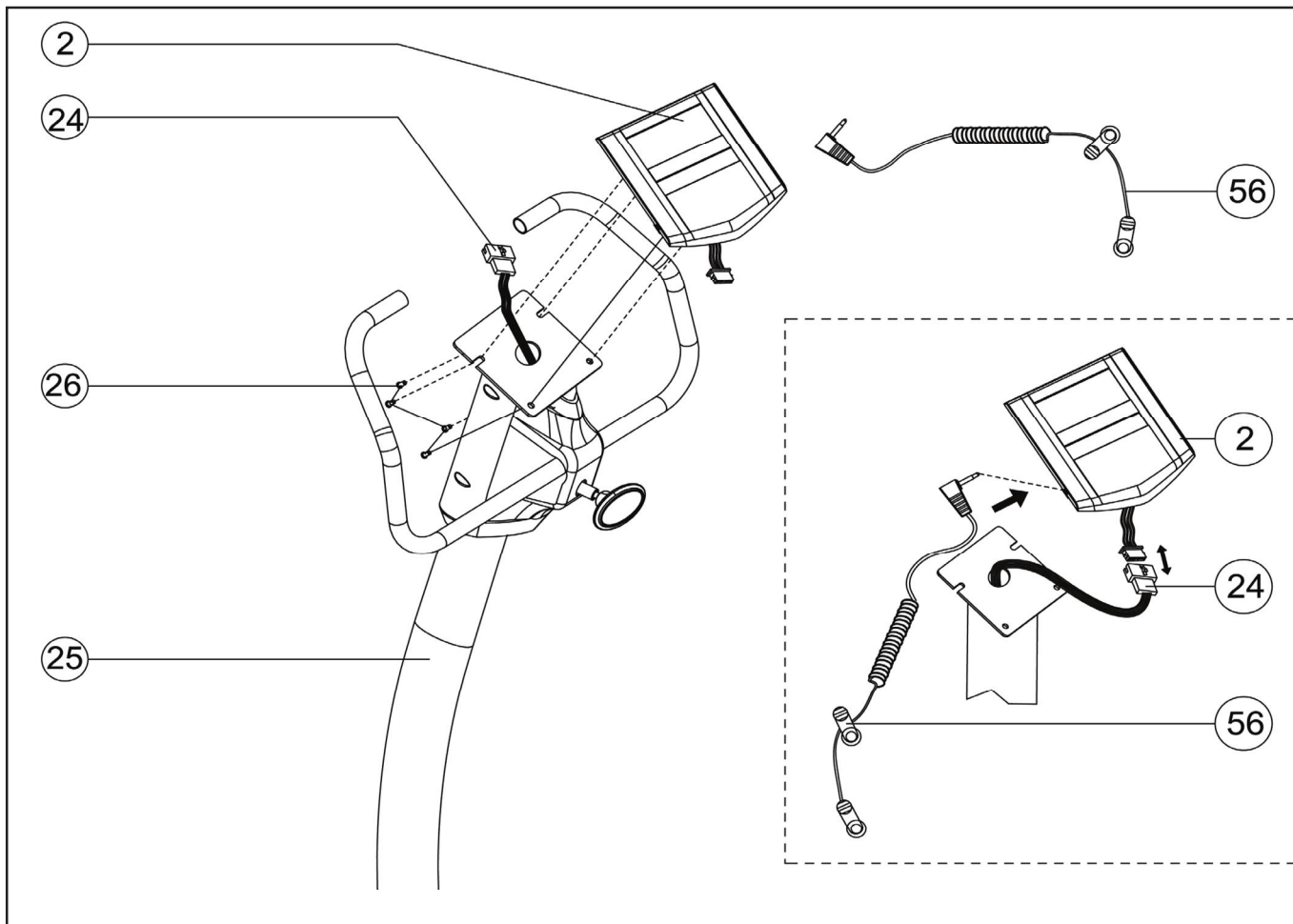
	1	
	1	
	1	
	1	
	1	
	1	
 RIGHT	1	
 LEFT	1	
L 	1	
R 	1	
	1	











3.3 Justering av sadelns position

Sadelns höjd:

Sadelns höjd är viktigast. Följ följande steg för att justera sadelns höjd.

Ställ en pedal i det lägsta läget.

Sitt på cykeln med bågge händerna på styret.

Sätt foten på pedlen som är i det lägsta läget.

Ditt knä ska inte vara rakt. Justera sadelns höjd så den är komfortabel för dig. Men se till att inte ställa in den så att ditt knä blir rakt.



Sadeln får inte dras upp högre än den markerade maxgränsen (MAX).

Horisontell justering av sadeln:

Justera först sadelns höjd. Skruva ut ratten som håller fast sadeln i sidled. Justera sedan sadeln framåt eller bakåt. När du sitter med pedalerna i mittläge bör ditt knä vara vinklat minst 90°.

Sadelns lutning:

Skriva upp de två muttrarna under sadeln. Sadeln kan nu vridas. Ställ in den så att det blir komfortabelt. Skruva sedan åt muttrarna igen.

3.3 How to adjust the saddle position

Height of the saddle: Most important is the correct height of the saddle. To make sure it is correct please follow the below instruction:

- one pedal should be in the lowest position
- sit on the item and put both hands on the handlebar
- put the foot on the pedal, which is in the lowest position
- your knee is not allowed to be straight. adjust the height, so that the position is as much as possible comfortable for you, but make sure, that you won't overstraighten your knee!



The saddle may only be pulled out to the max. position as indicated

Horizontal saddle adjustment: Adjust the height of the saddle first. Unfasten the stargrip and move the saddle slider forward or backward. Adjust it to a position, that when the pedals are in the middle position, your knee should be at a 90 degree angle.

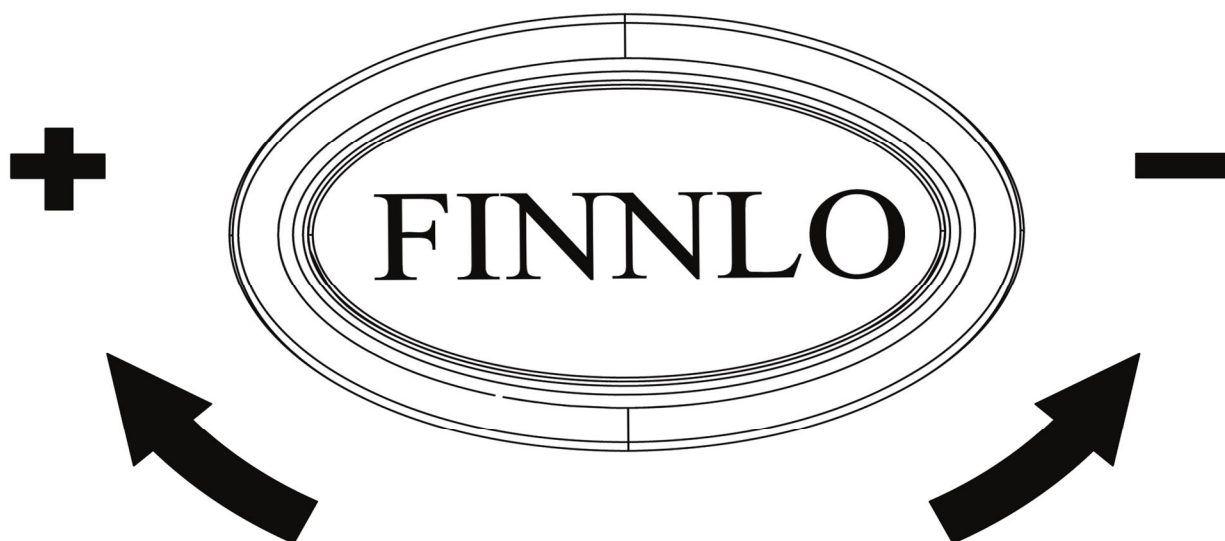
Saddle incline adjustment: Open the 2 pcs of nuts under the saddle, till the saddle can be turned. Push or pull the saddle till you seat comfortable. Tight both nuts.

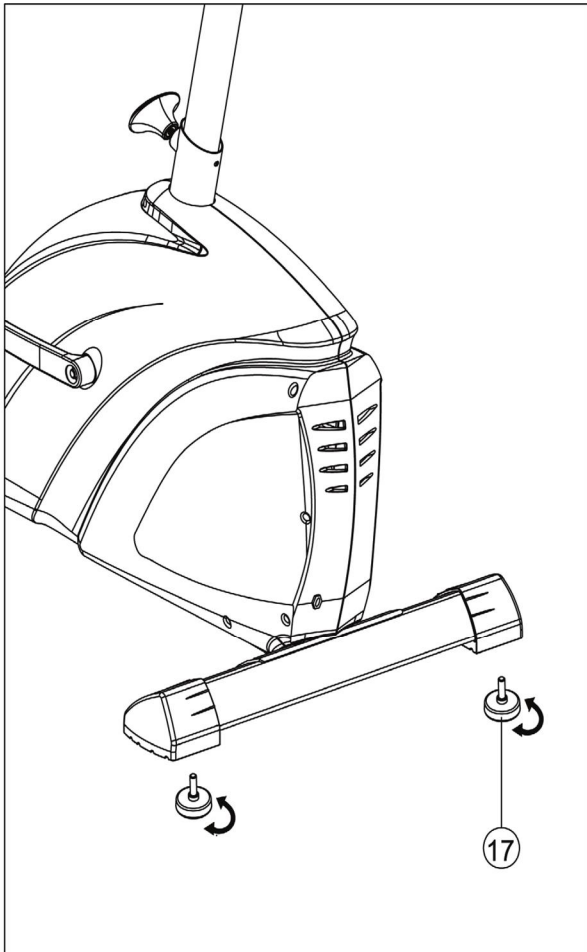
3.4 Justering av styret

Efter att ha lossat T-greppet kan du justera styret så att det blir komfortabelt.

3.4 Handlebar adjustment

After unfixing the T-grip, you can adjust the angle of the handlebar, to get the most comfortable seat position.



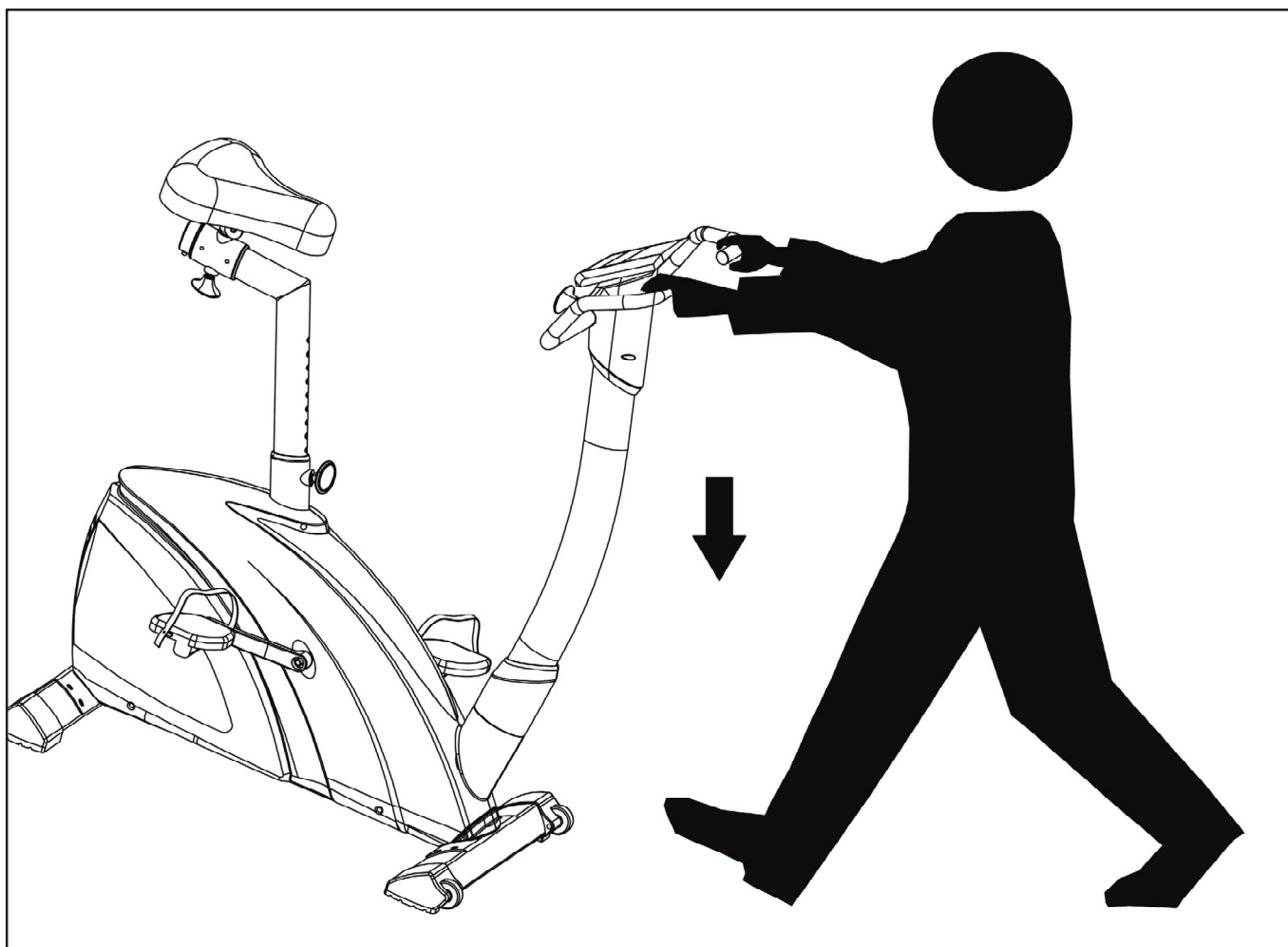


3.5 Höjdjustering

Åtdragning av höjdjusteringsskruven kan förhindra vickande. Skruva skruven moturs för att öka höjden och skruva. Se till så att det finns tillräckligt med gänga kvar så att skruven inte trillar ut.

3.5 Height adjustment

Turning the height adjustment screws can solve the wobble of the ergometer. Turn the screw anti-clockwise increases the height. Please pay attention that there is enough thread left in the foot cap.



3. Montering

Underhåll

Generellt behöver inte utrustningen något underhåll
Inspektera rutinmässigt så att skruvar är åtdragna och andra kablar sitter som de ska.
Ersätt eventuellt trasiga delar med hjälp av kundservice.
Använd inte maskinen under tiden för reparation.

Vård

Använd fuktig trasa vid rengöring och undvik aggressiva medel. Akta så att datorn och elektronik inte utsätts för fukt.
Delar (handtag och sadel) som blir utsatta för svett behöver endast torkas av med en fuktig trasa.

4. Care and Maintenance

Maintenance

- In principle, the equipment does not require maintenance.
- Regularly inspect all parts of the equipment and the secure seating of all screws and connections.
- Promptly replace any defective parts through our customer service. Until it is repaired, the equipment must not be used.

Care

- When cleaning, use only a moist cloth and avoid harsh cleaning agents. Ensure that no moisture penetrates into the computer.
- Components (handlebar, saddle) that come into contact with perspiration, need cleaning only with a damp cloth.

5. Dator (SWE)

5.1 Knappar



DELETE:

Enkelt tryck i inställningsmenyn resulterar i återställning av värden.
Enkelt tryck i genomsnittsmenyn kommer aktivera huvudmenyn: WATT, HCR, PROGRAM, MANUAL, och INDIVIDUAL.
Ett långt tryck (>2 sekunder) i genomsnittsmenyn kommer aktivera användarval.

MODE:

Tryck på denna knapp för att fastställa en funktion.

RECOVERY:

Återställer pulsmätning med steg 1-6.

▲/▼:

Välj program eller öka/minska värden. Långt tryck kommer aktivera värdehittaren.

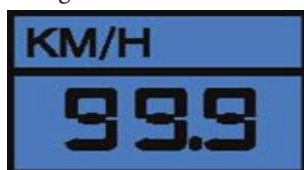
5.2 Datorfunktioner

RPM



Varv per minut (15-200 rpm).

Hastighet



Visar hastighet i km/h (0-99,99km/h). Denna hastighet kan inte jämföras med motsvarande hastigheter vid cykling utomhus med vanlig cykel.

Avstånd



Visar avstånd med 0,01 km ökning per steg (0-999,9).

Tid



Visar träningstiden (00:00 - 99:59).

Effekt (WATT)



RPM-oberoende: visar den effekt(watt) som är inställt.

RPM-beroende: visar den effekt (watt) som baseras på aktuellt varvtal.

Kalorier



Visar kaloriförbrukning baserat på en 22% effektivitet givet av den mekaniska kraften. varierar från 10 till 9990 Kcal.

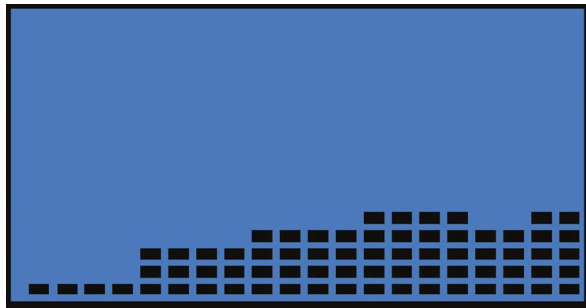
Puls



Visar aktuell puls (70-199 slag per minut).

VARNING: Pulsen som visas är en uppskattning och kan komma att vara oprecis. För mycket träning kan orsaka hjärtstillestånd och leda till död. Om du känner dig trött bör du omedelbart sluta träna.

Nivå



Visar nivån i 16 steg baserat på den varvtalsberoende träningen. Tillägg till träningsprogram visas också.

5.2.1 Anmärkning till individuella funktioner.

A) slut eller paus i träning

Vid mindre än 15 rpm kommer en paus eller slut av träning registreras. Alternativt kommer rpm, puls, hastighet och effekt visas. Skärmen visar gensnitt. Efter det kommer träningens (TRIP) data för träningsavstånd, tid och kaloriförbrukning visas i 4 minuter. Efter 4 minuter kommer datorn gå in i snooze-läge och kan väckas genom att trycka på någon knapp.

B) pulsmätning

Med pulsband. Datorn är utrustad med ett chipp som kan anslutas med pulsband (5-5,5kHz).

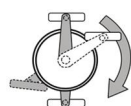
Med senscorer. Anslut handpuls kabeln till uttaget vid datorn främre del. Placera bägge händerna vid sensorerna på styret. Om du tar bort en hand så kan mätningen ta längre tid.

Om du eftersträvar högre precision bör ett pulsband användas.

WARNING: Pulsen som visas är en uppskattning och kan komma att vara oprecis. För mycket träning kan orsaka hjärtstillestånd och leda till död. Om du känner dig trött bör du omedelbart sluta träna.

5.2.2 Förklaring av systemfunktioner.

A) Trampande



Systemet kräver att du börjar trampa. Värdena som ställts in blir aktiva och träningen börjar.

B) Väck datorn u snooze

Trycka på någon knapp.

C) Ställ in värden

Målvärden: Då du når målvärden kommer ett ljud låta och datorn slutar räkna mer värden. Medelvärden kommer visas. För fortsatt träning, tryck DELETE.

D) Återhämtning

Efter träning tryck RECOVERY för att och sluta trampa. Datorn kommer mäta in puls den kommande minuten och om skillnaden mellan pulsen under återhämtning och träning är mer än 20% kommer F1 visas (mycket bra återhämtning).

E) Ökning av effekt under HRC-läge

Effekten kommer öka med 10 watt var 30 sekund till du når inmatad puls. Den stannar sedan på samma nivå i 1 minut. Om pulsen inte ändras kommer effekten ändras igen. Om pulsen förblir högre än den inmatade kommer motståndet minskas med 20 watt omedelbart. När sedan din puls är mindre än den inmatade kommer motståndet öka igen.

5.3 Datorfunktioner

5.3.1 Snabbstartsfunktion

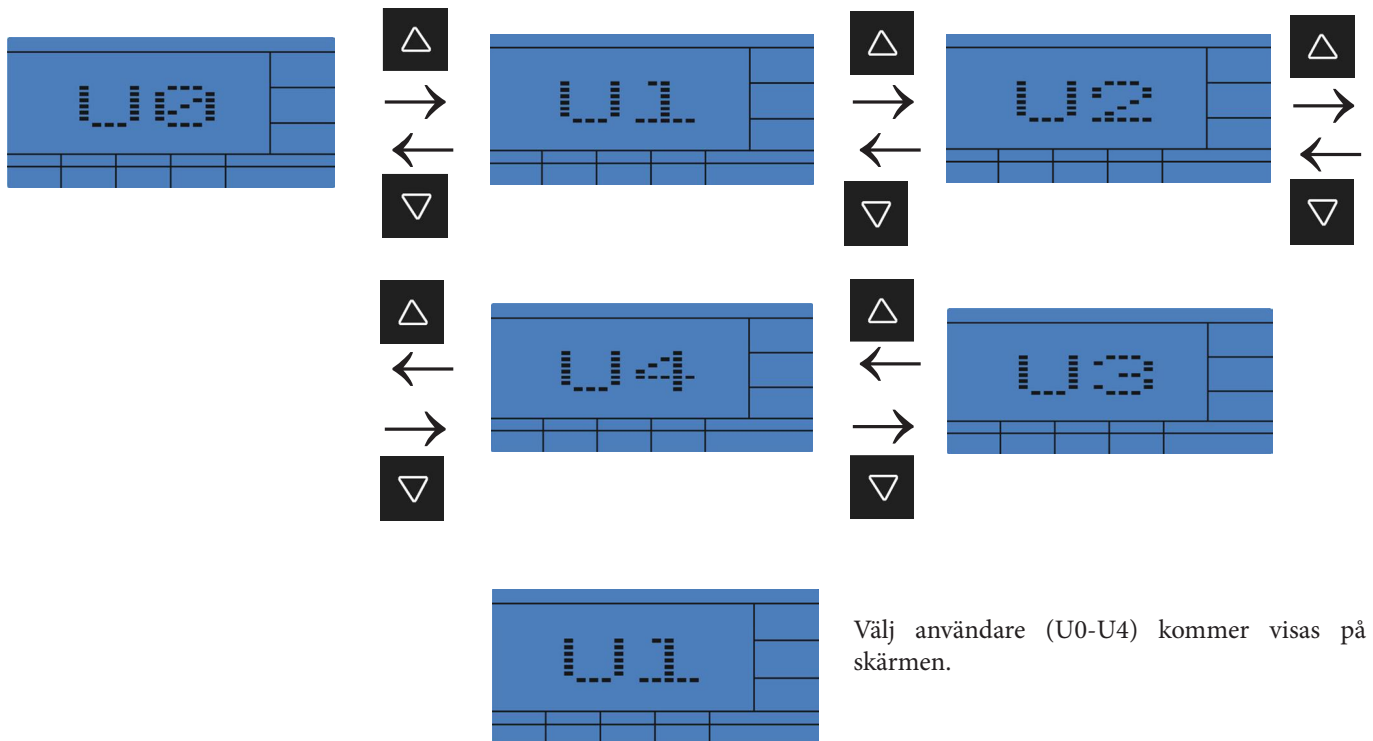
För snabbstartsfunktion, följ följande.

Koppla in adaptorn och vänta tills testbilden har slocknat. Efter en kort tid kommer U0, U1, U2, U3, U4 dyka upp på skärmen. Börja träna genom att trampa. Värden börjar registreras. Om du väljer U0 kommer inte värden sparas till nästa träningstillfälle.

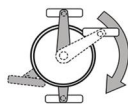
5.4 Träning med användarinställningar

5.4.1 användarval och inmatning av personliga data.

1) användare(USER)-val.



A)



WATT					
					TIME 0:06
					WATT 25
RPM/MIN	KM/H	KM	Kcal	S	P OFF
60	22.4	1.1			

oder

B)

MODE

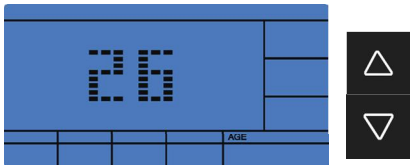
>3 sekunders tryck: se 2) inställningar och persnoliga data

<1 sekunder tryck: se 3) effekt-läge.

Du är i oberoende läge. Data kommer räknas baklänges. Om data når 0 kommer träningen avslutas och ett ljud låta. Om du inte ställer in några värden kommer data räknas uppåt.

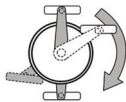
2) inställningar och personliga data

Ålder

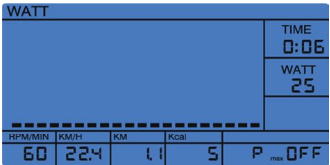


20-90 år

A)



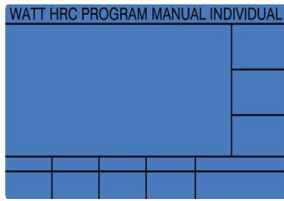
B)



Du är i huvudläge, se 5.4.3, effekt-läge.

5.4.3 Effekt-läge.

1) välj effekt

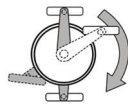
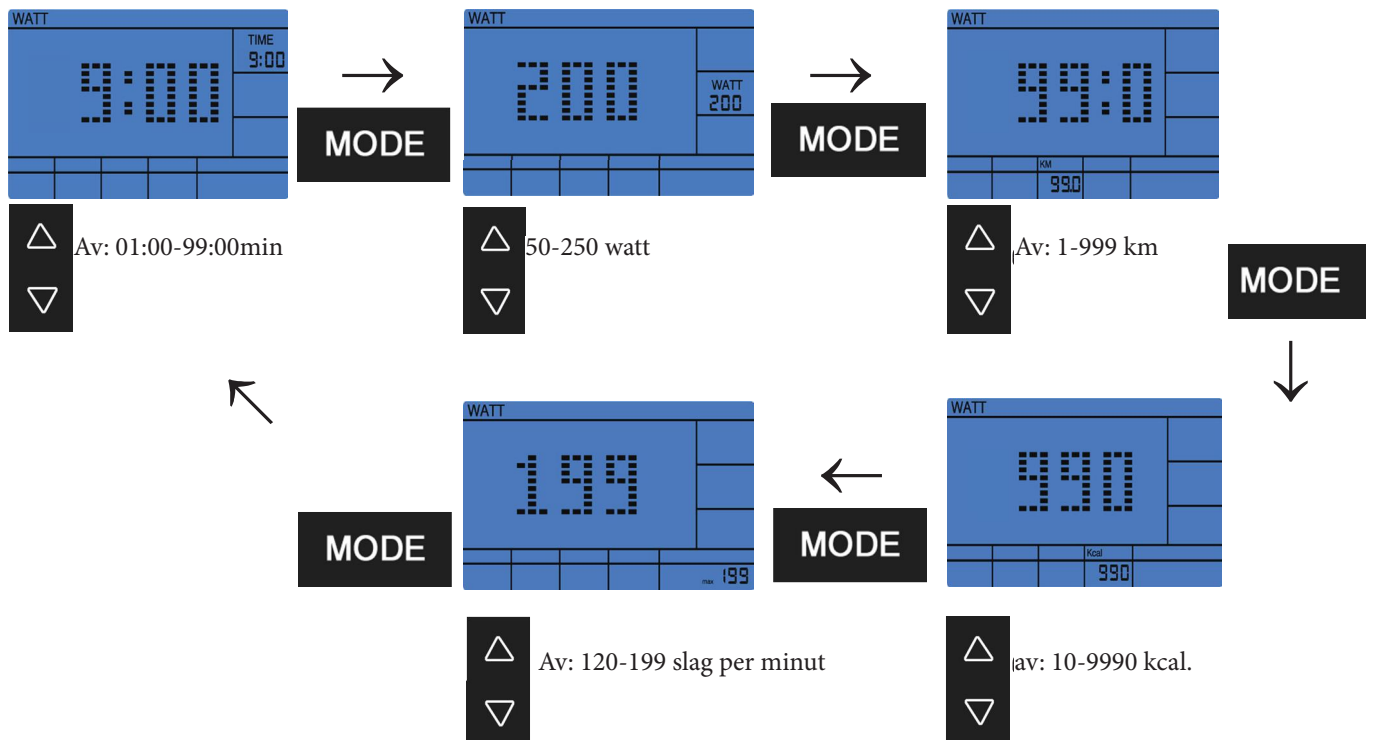


Effekt (WATT) blinkar

Tryck enkelt

MODE

2) ställ in värden

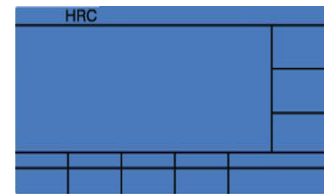


WATT					TIME	0:08
					WATT	25
HPMA/MIN	KMH	KM	KZoll			
60	224	11	5		P OFF	

Starta träna. Inställd data kommer räknas ned. Om data når 0 kommer datorn sluta mäta data och ett ljud hörs. Om inga data inmatats kommer data räknas upp.

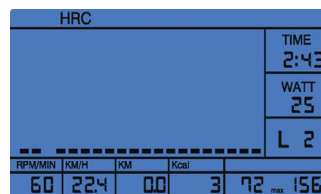
1) HCR-val

1) HCR-val

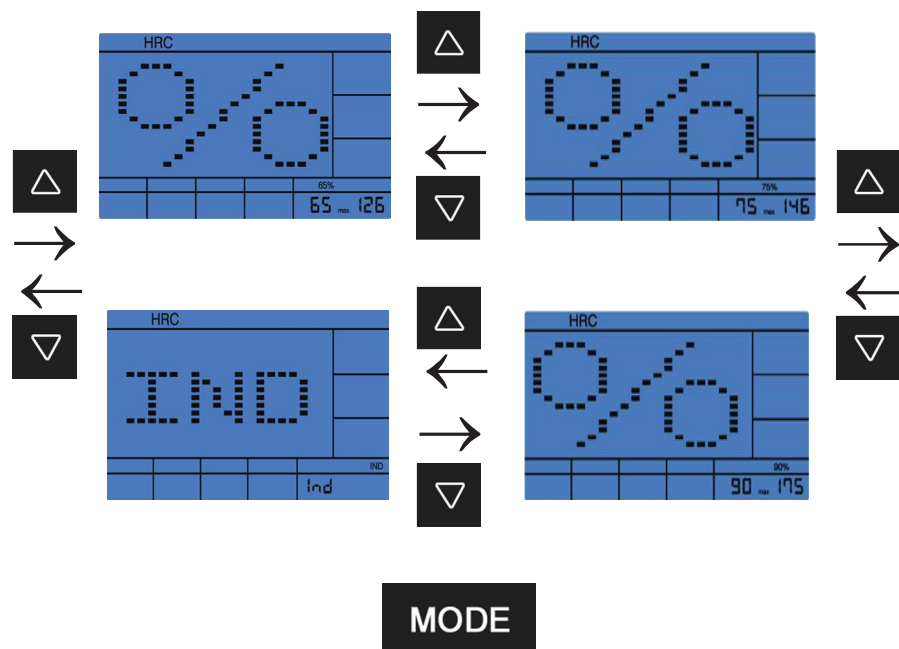


A diagram of a bicycle's crank and pedal assembly. It shows a central crank arm connected to a pedal. A dashed line indicates the path of the pedal as it rotates in a circle. A large curved arrow indicates the direction of rotation.

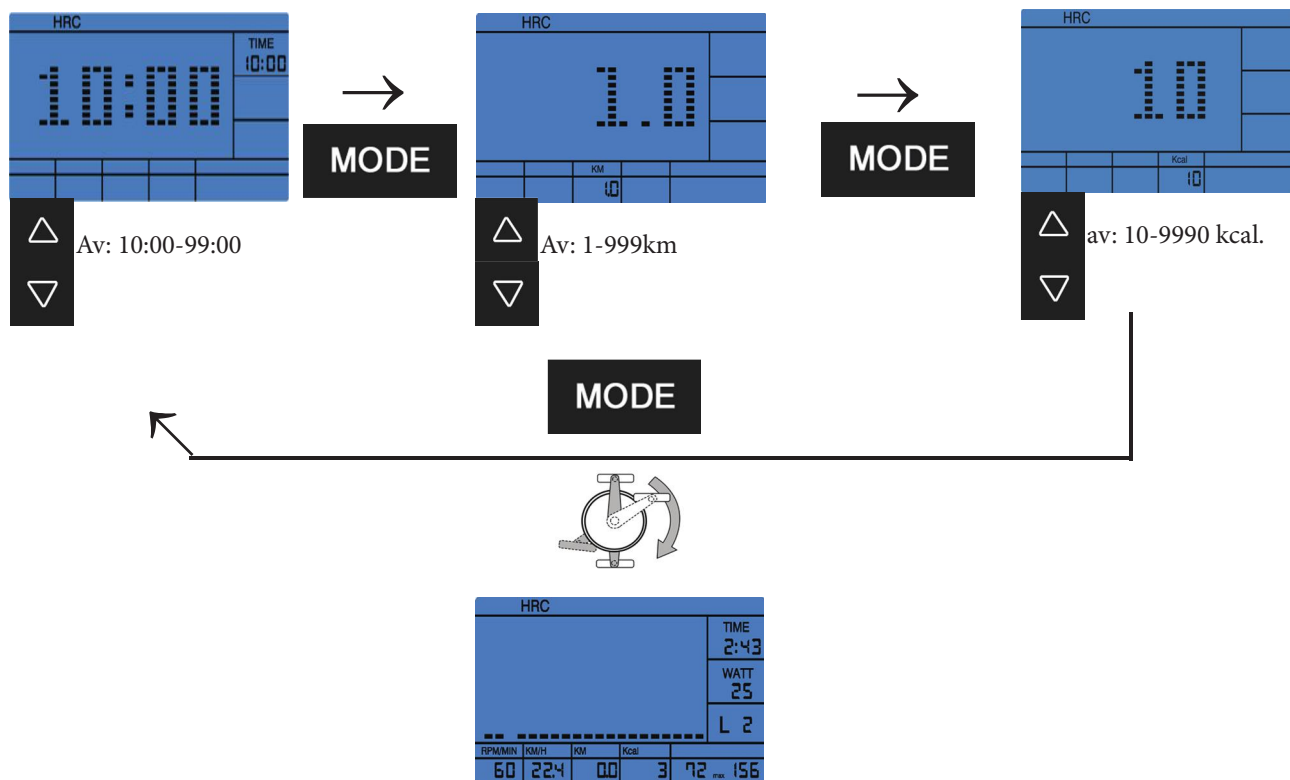
kolla 2) inställning av maxpuls.



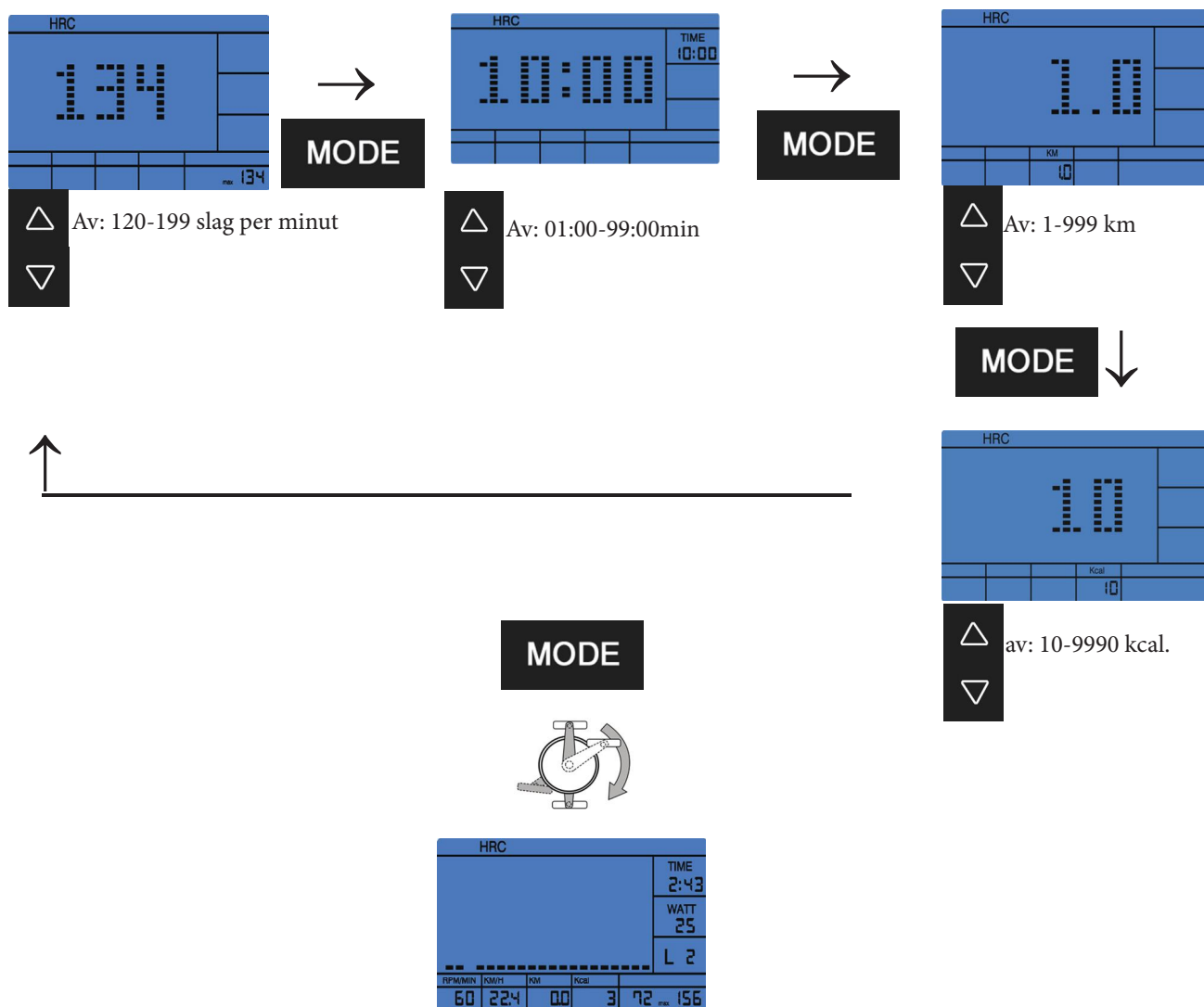
2) inställning av maxpuls



3A) Ställ in värden för gränser 65%, 75% och 90%



3B) Ställ in värde för gränsen IND



1) Program-val

MODE

PROGRAM					TIME	0:04
					L 2	
RPM/MIN	KM/H	KM	Kcal		P	OFF
0	00	00	0			

2) profil-val

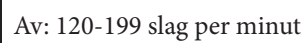


MODE

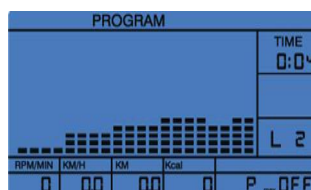
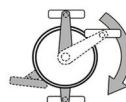
3) Ställ in värde



Av: 01:00-99:00min



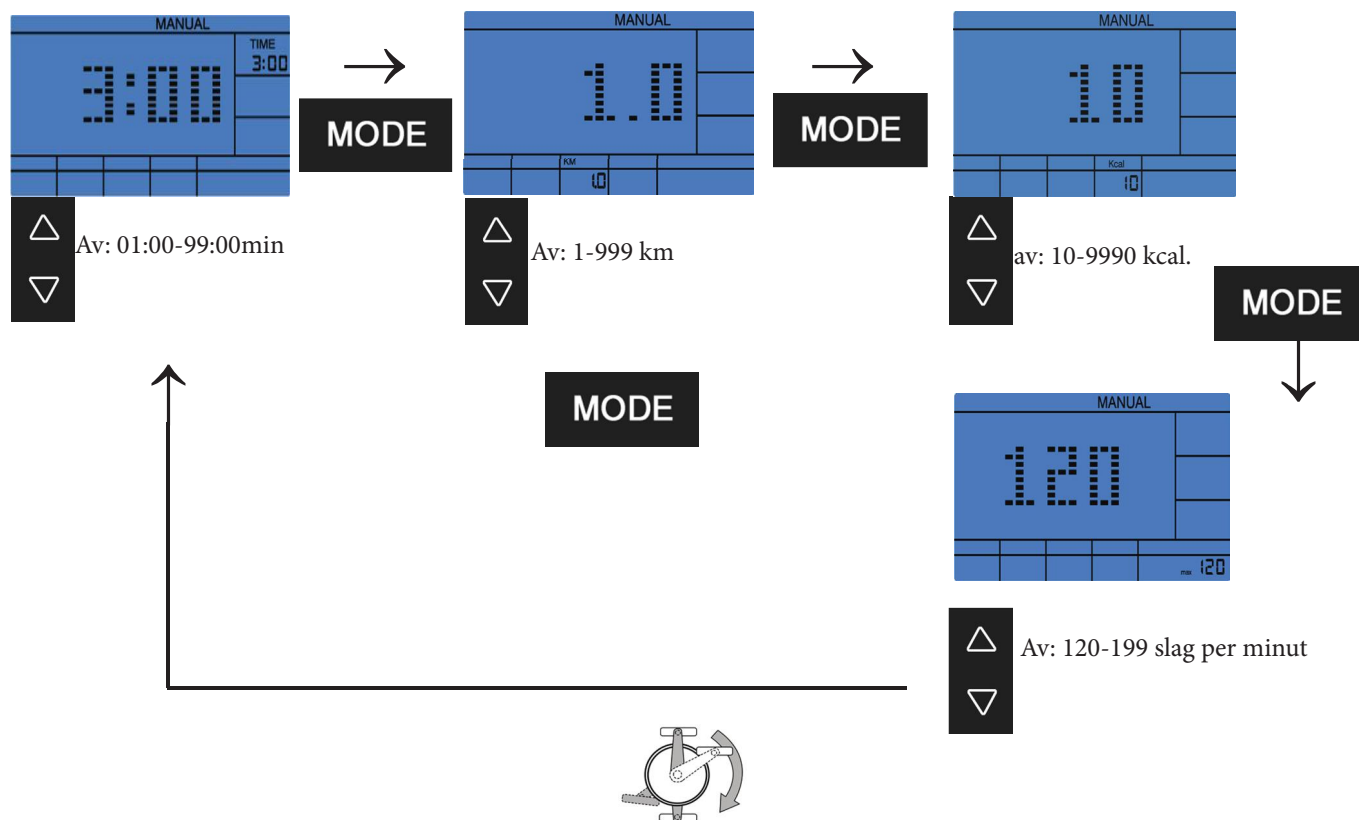
MODE



21

1) Manuellt-val

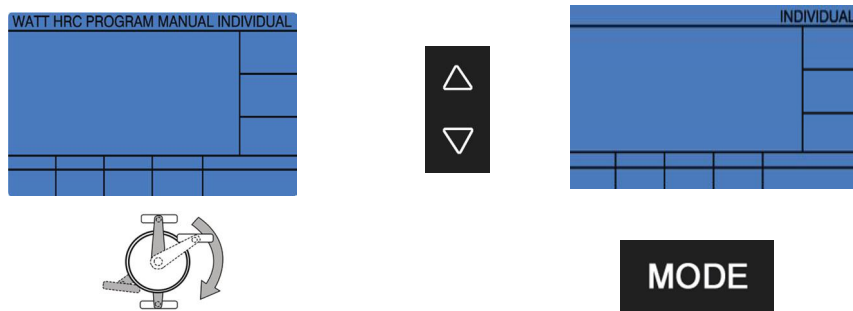
2) Inställning av värde



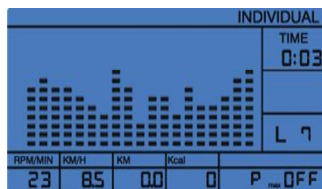
Starta träna. Inställd data kommer räknas ned. Om data når 0 kommer datorn sluta mäta data och ett ljud hörs. Om inga data inmatats kommer data räknas upp.

5.4.6 Individuellt läge

1) Individuellt val

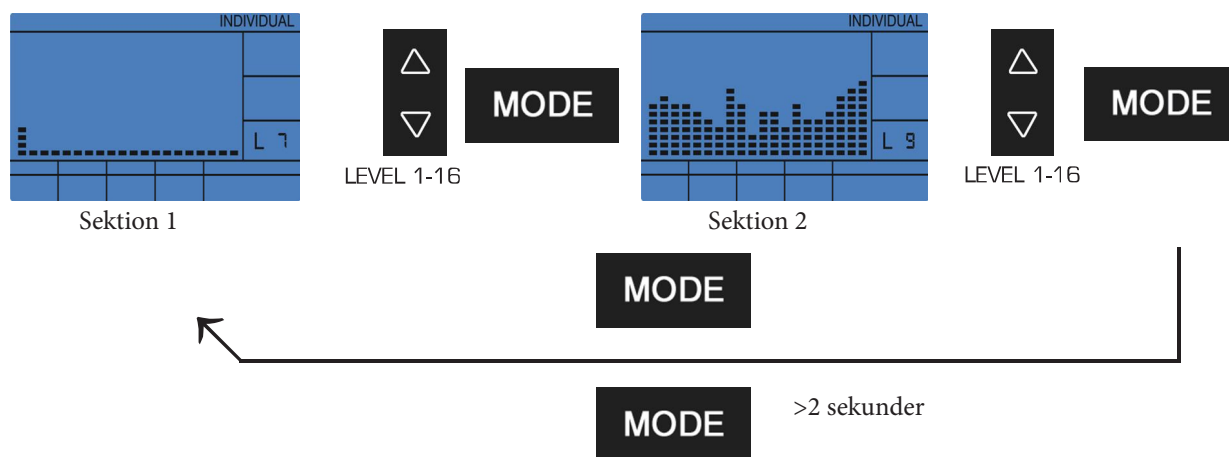


Se 2) Ställ in värden

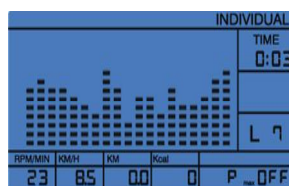
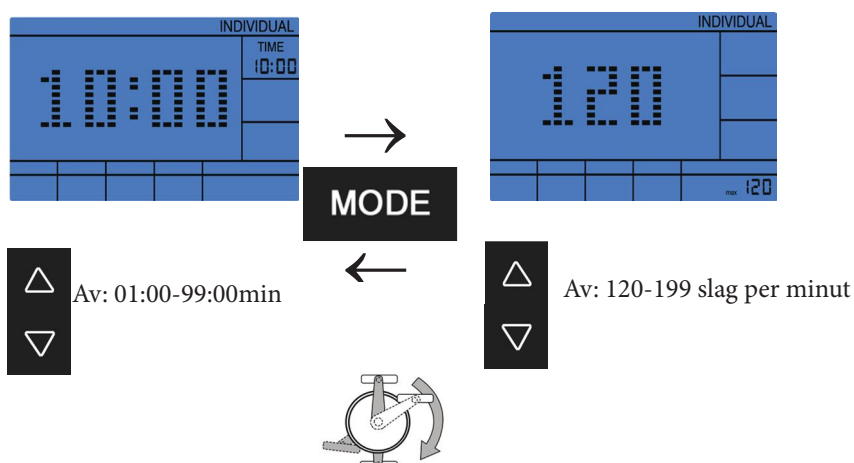


Starta träna. Inställd data kommer räknas ned. Om data når 0 kommer datorn sluta mäta data och ett ljud hörs. Om inga data inmatats kommer data räknas upp.

2) Ställ in effelt (watt) för varje träningstillfälle



3) Ställ in värden



Starta träna. Inställd data kommer räknas ned. Om data når 0 kommer datorn sluta mäta data och ett ljud hörs. Om inga data inmatats kommer data räknas upp.

5. Computer (UK)

5.1 Computer keys



DELETE:

- Briefly pressing this key will resets the activated value in the setting mode
- Briefly pressing this key in the average/Trip-mode will activate the main menu: WATT; HRC; PROGRAM;MANUAL and INDIVIDUAL.
- Longer pressing (> 2 seconds) in in the average/Trip-mode will activate the user selection.

MODE:

By pressing this key, a function can be confirmed.

RECOVERY:

Recovery pulse measurement with assignment of a fitness score 1–6.

▲/▼:

Program selection or increase/ decrease of values. A longer press will start the automatic value finder.

5.2 Computer funktion

RPM



Revolutions per minute.(15-200rpm).

SPEED



Display of speed in km/h, 0-99.99km/h, (theoretical assumed value), which cannot be compared with the speed value of a regular outdoor bike.

DISTANCE



Records the distance in 0.01 km increments (0 -999.9)

TIME



Records the training time in seconds (00:00 – 99 :59).

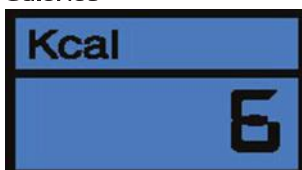
WATT



In RPM independant: Shows the Watt value, which is set.

In RPM dependant: Shows the actual Watt value according to the rpm and the resistance level.

Calories



Shows the energy consumption, based on a efficiency of 22% to provide the mechanical power. Range from 10-9990Kcal.

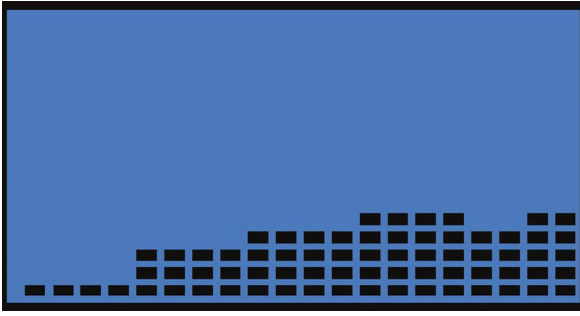
HEARTRATE



Shows the actual heartrate, range from 70-199bpm.

WARNING: Systems with heartrate control can be incorrect. To much exercise could injure your body or can cause dead. If you feel light theaded or weak, stop your exercise immediately!

LEVEL



Shows the resistance in 16 levels in the rpm-dependant exercise. Additionally the profile of the programs, will be shown, too.

5.2.1 Remarks on the individual functions

A) End or break of your exercise

For less than 15rpm/min the computer will recognize an end or break. It will show alternatively the average data for rpm, speed, watt and the heartrate. The display shows the average sign. After that TRIP will be shown in the display and the values for distance, time and kcal. The data can be seen for 4 minutes. After 4 minutes, the computer will go into snooze mode. You can wake him up by pressing any button.

B) Pulse measurement

Pulse measurement with the chest strap: The computer is equipped with a chip, which makes wireless pulse transmission possible using a chest strap (5.0 – 5.5 kHz).

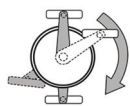
Handpulse measurement: Plug in the hand pulse cable in the hand pulse plug (Pulse input) at the back of the computer. Please put both hands on the sensors, which are assembled on the handlebar. If you lift off one hand off the sensor during measuring, it will take some time to reach the correct watt value. Both hands have to be kept on the hand pulse sensors.

For a heartrate controlled exercise, please use the chestbelt, which can be bought at the Finnlo Service.

WARNING: Systems with heartrate control can be incorrect. Too much exercise could injure your body or can cause dead. If you feel light headed or weak, stop your exercise immediately!

5.2.2 Explanation of the symbols and need to know

A) Pedalling



The symbol demand you to begin to pedal. the set values will be confirmed and you start your exercise.

B) Waking up the computer from the snooze mode

To reactivate the computer from the snooze mode, press any button, please. A pedalling has no function in this mode.

C) Setting values

Target values: After achieving the target values, there will be a beep and the computer will stop counting. The monitor will show the average and trip values. To continue your exercise, you have to reactivate the computer by pressing the DELETE button.

Attention: Except the heartrate value, you can set only one further value. If you set another value, the already set value will be set to OFF. To start your exercise, beginn to pedal, after you have set the target value.

D) Recovery

After you finished your exercise press RECOVERY and stop pedalling. The computer will measure the heartrate for the next 60 seconds. If the difference between the starting and end heartrate is around 20%, you will get the grade F1 (very good).

E) Increasing of the Watt value during HRC -Mode

The resistance (watt value) will be increase every 30 seconds for 10 Watt, till you reach a heart rate value, which is 5 beats lower than your target. The resistance will stay at this level for 1 minute. If there is no further heartrate change, the resistance will increase again. If the actual heartrate is for 5 seconds higher than your target, the resistance will decrease immediately for 20 Watt and than every 20 seconds for 10 Watt, till your actual heartrate is lower than the target. If it is lower than the target heartrate, the resistance will increase again.

For IND: You can set an individual max heartrate.

5.3 Computer functions

5.3.1 Immediate-Start function

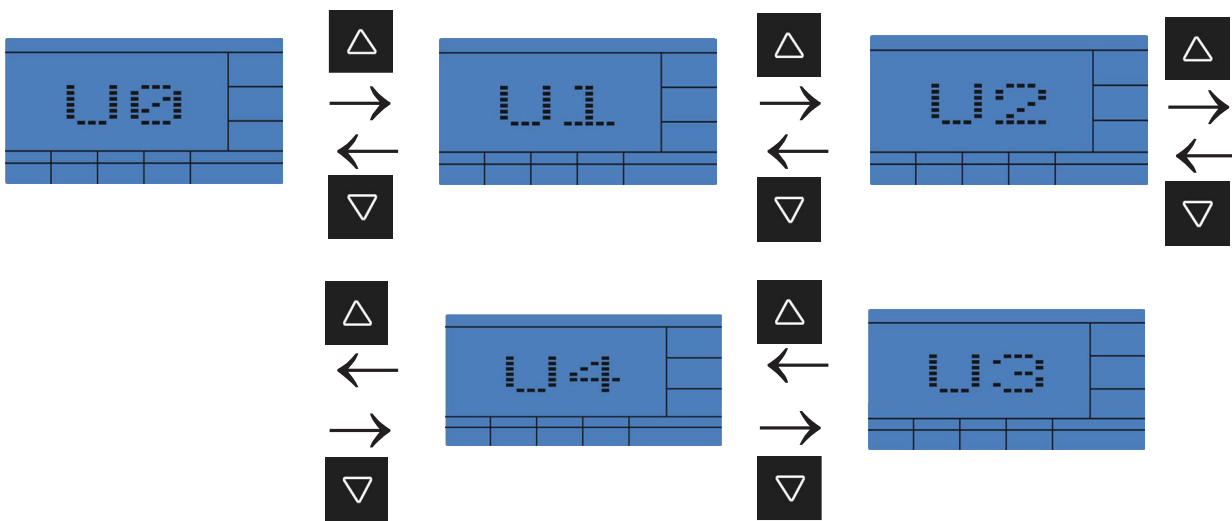
In order to provide optimum user friendliness of your training equipment, an opportunity for quick and uncomplicated initiation of training was devised. Please do the following :

- Connect the power supply included in the scope of delivery to the bottom end of the equipment, at the socket provided. A test image will briefly appear on the computer. After a short time „U0, U1, U2, U3 or U4“ will appear in the center of the digital display.
- Start your exercise by pedalling. You have activated the last used, all values start counting up. After you have finished your exercise, the reached values will not be saved in the, if you have selected U0!

5.4. Exercise with User setting

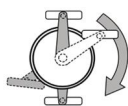
5.4.1 User selection and setting of personal datas.

1) USER-Selection



The selected User (U0-U4) will be shown in the display.

A)



WATT					TIME
					0:06
					WATT
					25
SPR/MIN	KMH	KM	KCAL	S	P_OFF
60	224	11	5		

or

B)

MODE

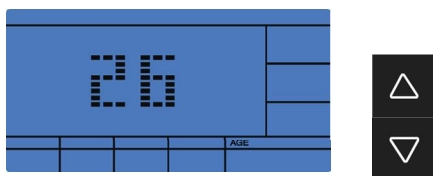
>3s press: **check 2) Setting of personal datas**

<1s press: **check 3) Watt Mode**

You are in the independant mode. The already set data will start counting backwards. If the set data reach 0, the computer will stop and a beep will be heard. If you didn't set any values, all data will start counting up.

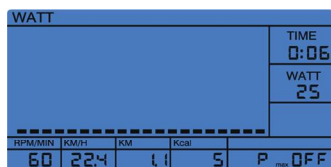
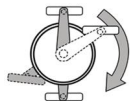
2) Setting of personal datas

a) Age



20-90 years

A)



B)

MODE

You are in the main menu, check 5.4.2
Watt-Mode

1) WATT-selection

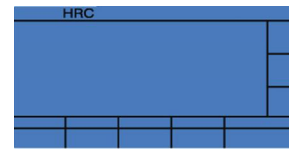
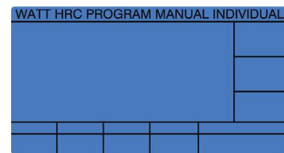


Press quickly

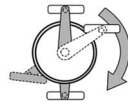
Starting your exercise, the already set data will start counting backwards. If the set data reach 0, the computer will stop and a beep will be heard. If you didn't set any values, all data will start counting up.

5.4.3 HRC-Mode

1) HRC-Selection



Menu, HRC is blinking



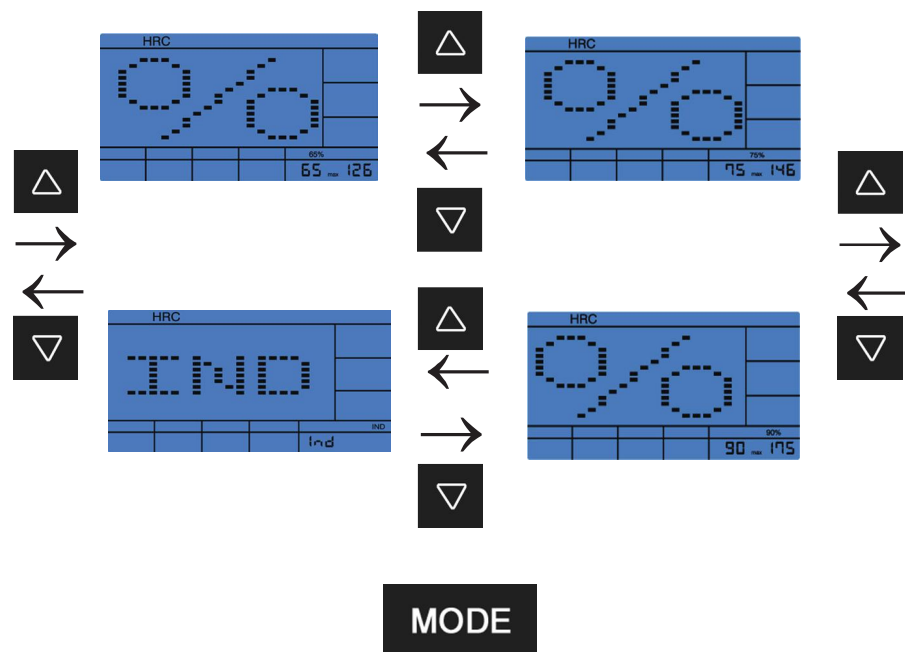
MODE

HRC					
					TIME 2:43
					WATT 25
					L 2
RPM/MIN	KM/H	KM	KCAL	IND	
60	22.4	0.0	3	72	156

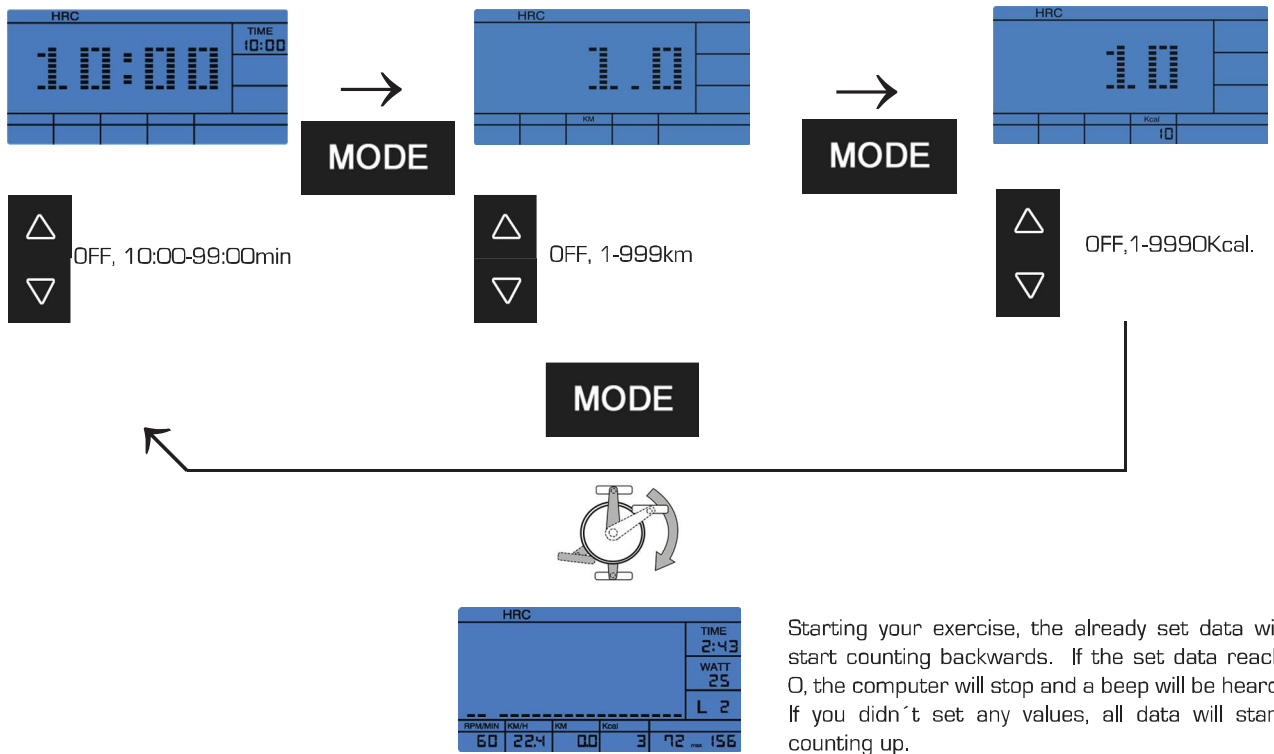
check 2) Setting of the max heartrate.

Starting your exercise, the already set data will start counting backwards. If the set data reach 0, the computer will stop and a beep will be heard. If you didn't set any values, all data will start counting up.

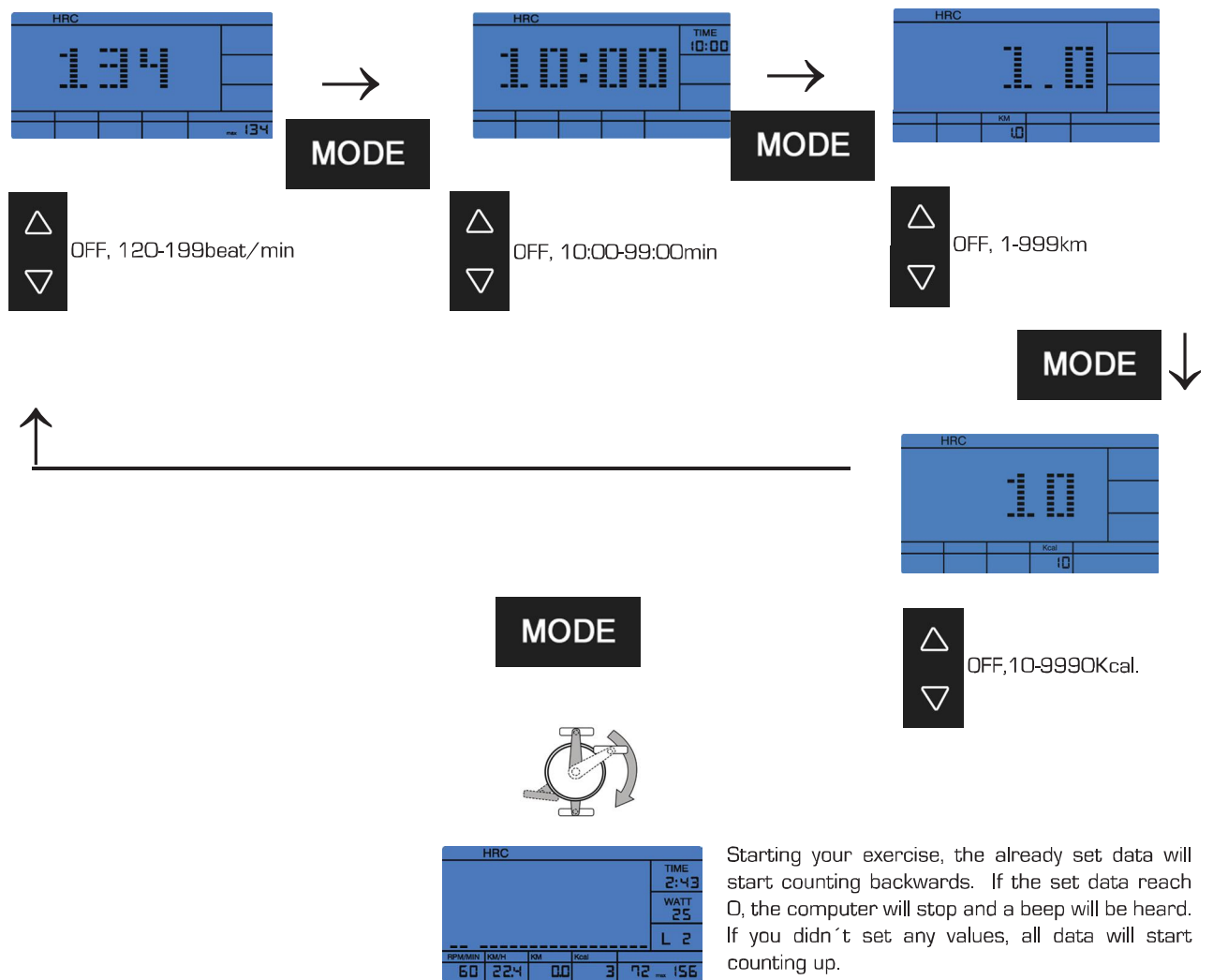
2) Setting of the max heartrate



3A) Setting of the values for the limits 65%, 75% und 90%

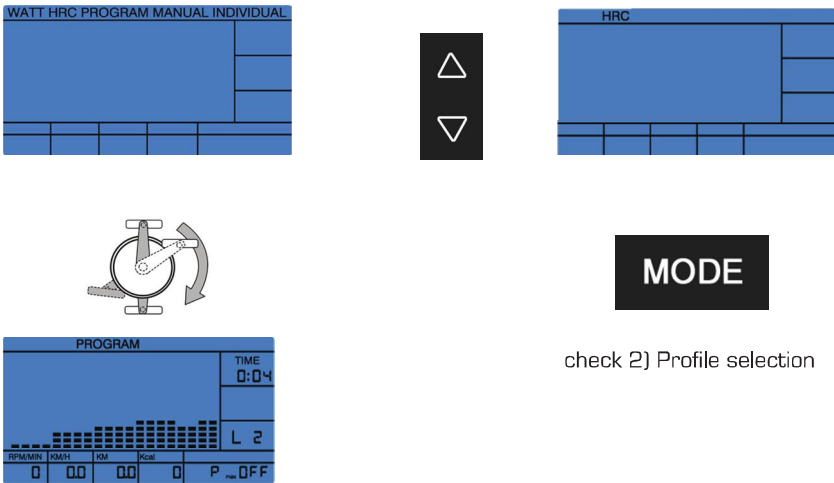


3B) Setting of the values for the limit IND



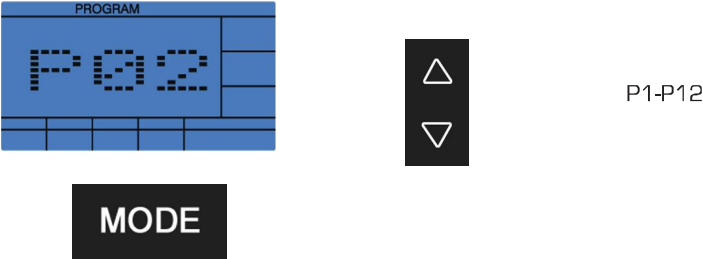
5.4.4 PROGRAM-Mode

1) PROGRAM-Selection

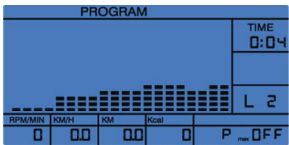
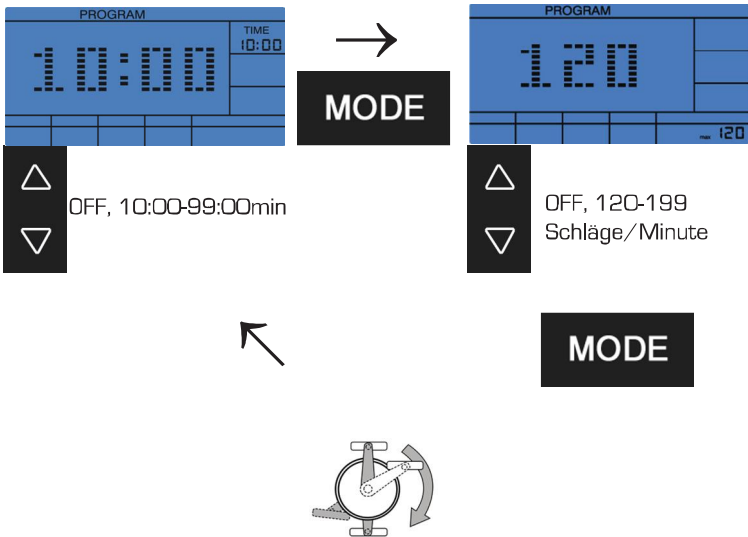


Starting your exercise, the already set data will start counting backwards. If the set data reach 0, the computer will stop and a beep will be heard. If you didn't set any values, all data will start counting up.

2) Profile selection



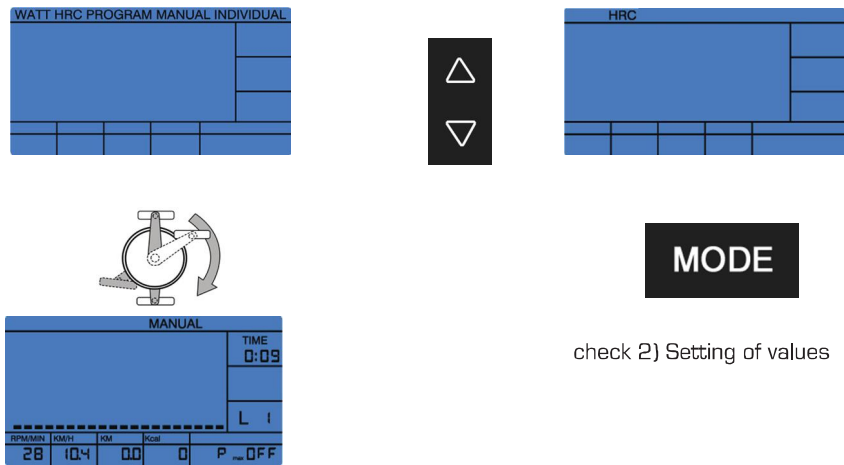
3) Setting of values



Starting your exercise, the already set data will start counting backwards. If the set data reach 0, the computer will stop and a beep will be heard. If you didn't set any values, all data will start counting up.

5.4.5 MANUAL-Mode

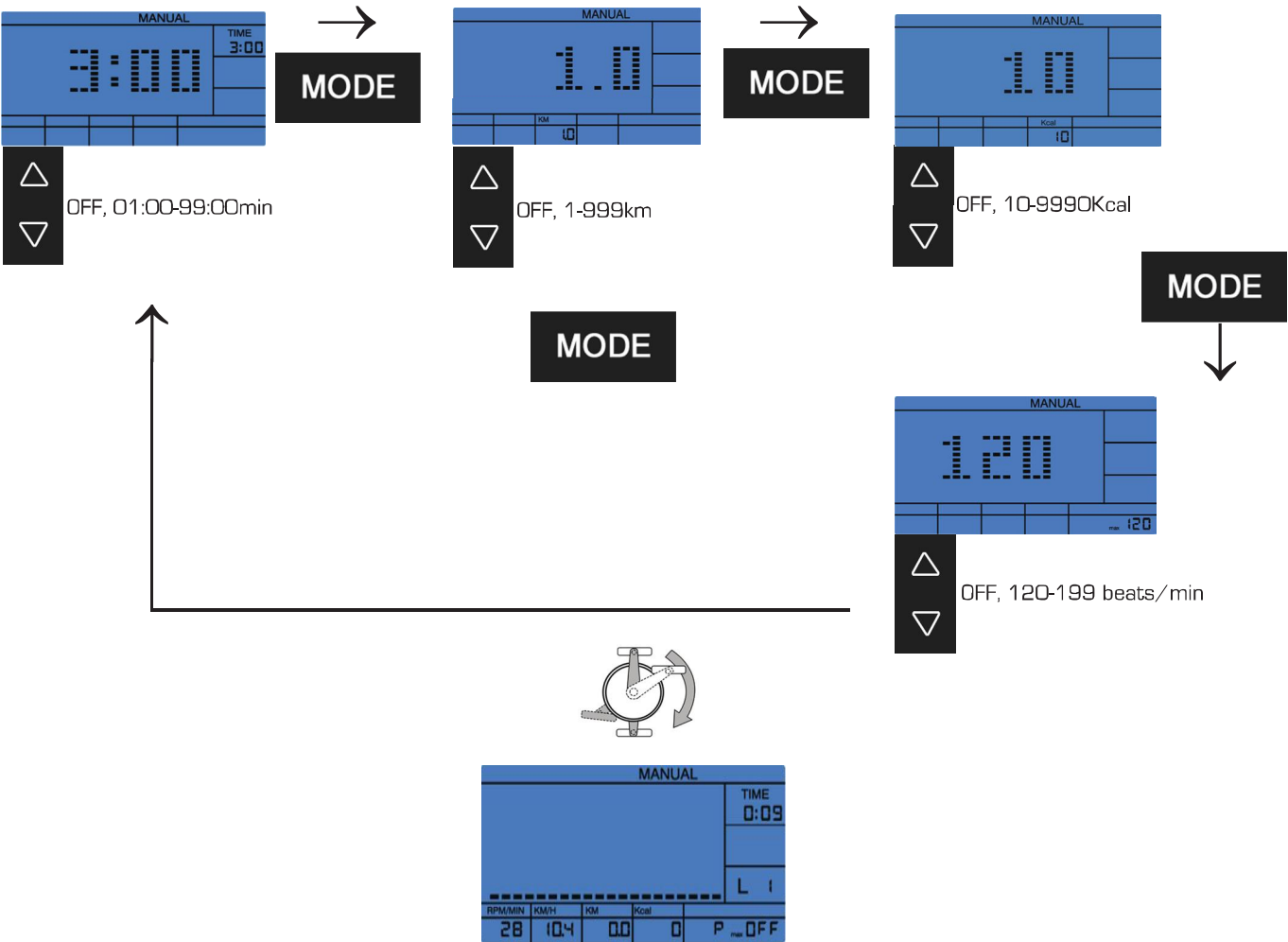
1) MANUAL-Selection



check 2) Setting of values

Starting your exercise, the already set data will start counting backwards. If the set data reach 0, the computer will stop and a beep will be heard. If you didn't set any values, all data will start counting up.

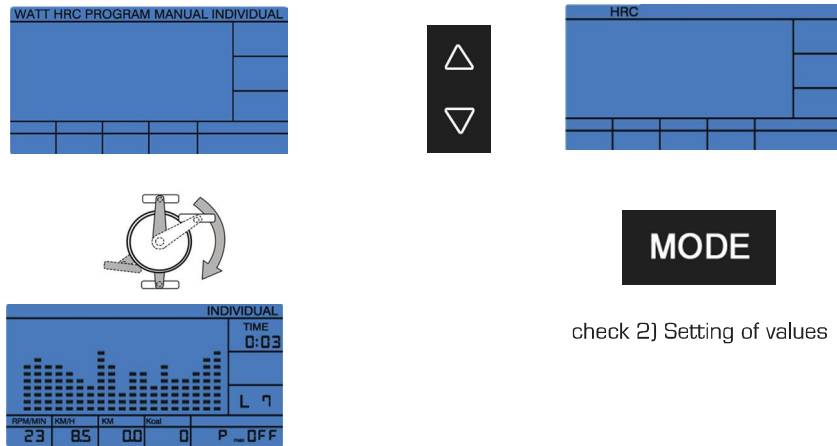
2) Setting of values



Starting your exercise, the already set data will start counting backwards. If the set data reach 0, the computer will stop and a beep will be heard. If you didn't set any values, all data will start counting up.

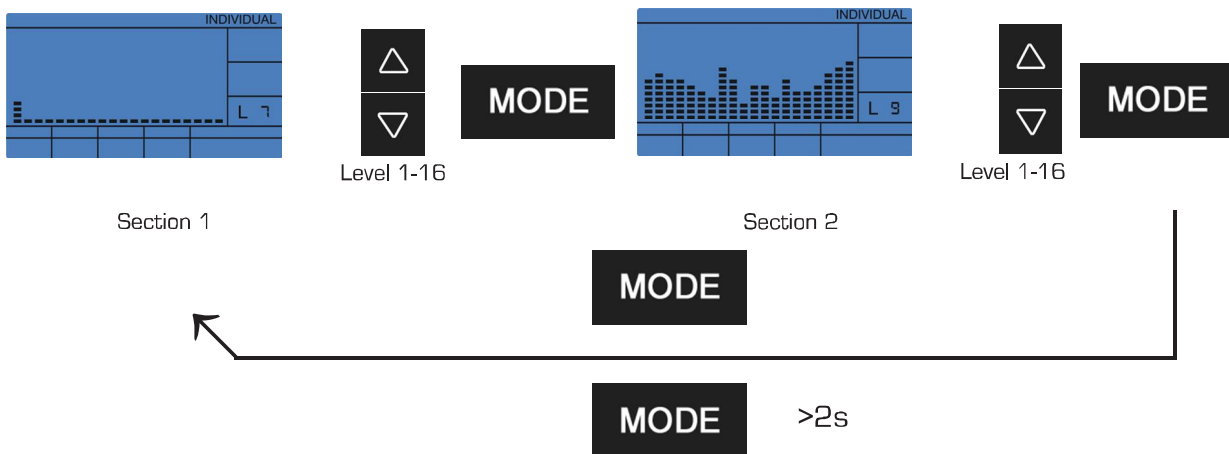
5.4.6 INDIVIDUAL-Mode

1) INDIVIDUAL-Selection

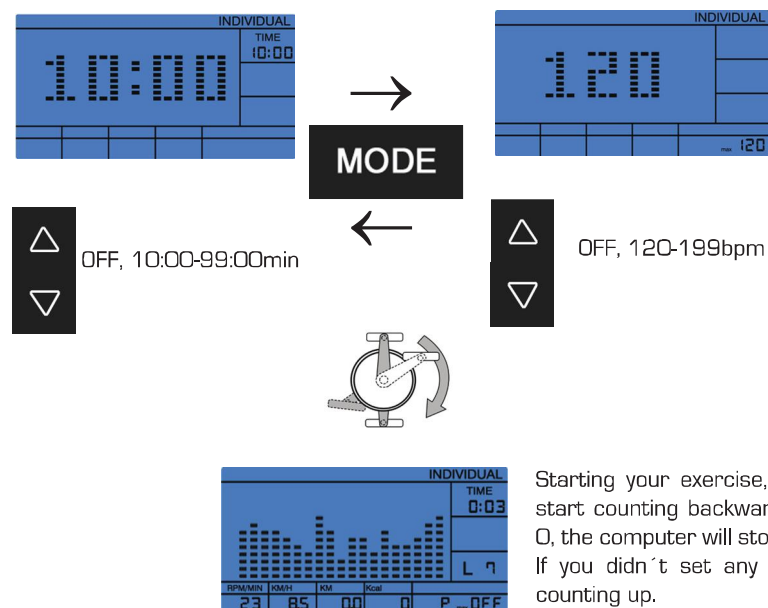


Starting your exercise, the already set data will start counting backwards. If the set data reach 0, the computer will stop and a beep will be heard. If you didn't set any values, all data will start counting up.

2) Setting of Watt values for each section



3) Setting of values



Starting your exercise, the already set data will start counting backwards. If the set data reach 0, the computer will stop and a beep will be heard. If you didn't set any values, all data will start counting up.

6. Technical Details

6.1 Power Supply (included in the scope of delivery)

Connect the cable from the power supply to the respective socket on the lower rear end of the housing.

Power Supply Specification:

Input: 230 V, 50 Hz

Output: 29 V, 2500 mA



- Use only the power supply included in the scope of delivery. If you use another manufacturer's power supply, please ensure that it automatically cuts-off in the event of overload, is short-circuit protected and is electronically controlled. Non-compliance may result in short-circuiting and damage to the computer.
- Disconnection of the power pack from the mains or of the power pack plug from the equipment results in a return to User Selection U0 – U4 input mode.

7. Training manual

Training with the Ergometer is an ideal movement training for strengthening important muscle groups and the cardio-circulatory system.

General notes for Training

- Never train immediately after a meal.
- If possible, orient training to pulse rate.
- Do muscle warm-ups before starting training by loosening or stretching exercises.
- When finishing training, please reduce speed. Never abruptly end training.
- Do some stretching exercises when finished training.

7.1 Training frequency

To improve physical fitness and to enhance condition over the long term, we recommend training at least three times a week. This is the average training frequency for an adult in order to obtain long-term condition success or high fat burning. As your fitness level increases, you can also train daily. It is particularly important to train at regular intervals.

7.2 Training intensity

Carefully structure your training. Training intensity should be increased gradually, so that no fatigue phenomena of the musculature or the locomotion system occurs.

RPM

In terms of objective endurance training it is recommended in principle to select a lower step resistance and to train at a higher rpm (revolutions per minute). Ensure that the rpm is higher than 80 RPM but does not exceed 100.

7.3 Heartrate orientated training

For your personal pulse zone it is recommended that an aerobic training range be chosen. Performance increases in the endurance range are principally achieved by long training units in the aerobic range.

Find this zone in the target pulse diagram or orient yourself on the pulse programs. You should complete 80 % of your training time in this aerobic range (up to 75 % of your maximum pulse).

In the remaining 20 % of the time, you can incorporate load peaks, in order to shift your aerobic threshold upwards. With the resulting training success you can then later produce higher performance at the same pulse; this means an improvement in your physical shape.

If you already have some experience in pulse-controlled training, you can match your desired pulse zone to your special training plan or fitness status.

Note:

Because there are persons who have „high“ and „low“ pulses, the individual optimum pulse zones (aerobic zone, anaerobic zone) may differ from those of the general public (target pulse diagram).

In these cases, training must be configured according to individual experience. If beginners are confronted with this phenomenon, it is important that a physician be consulted before starting training, in order to check health capacity for training.

7.4 Training control

Both medically and in terms of training physiology, pulse-controlled training makes most sense and is oriented on the individual maximum pulse.

This rule applies both to beginners, ambitious recreational athletes and to pros. Depending on the goal of training and performance status, training is done at a specific intensity of individual maximum pulse (expressed in percentage points).

In order to effectively configure cardio-circulatory training according to sports-medical aspects, we recommend a training pulse rate of 70 % - 85 % of maximum pulse. Please refer to the following target pulse diagram.

Measure your pulse rate at the following points in time:

1. Before training = resting pulse
2. 10 minutes after starting training = training / working pulse
3. One minute after training = recovery pulse

- During the first weeks, it is recommended that training be done at a pulse rate at the lower limit of the training pulse zone (approximately 70 %) or lower.
- During the next 2 - 4 months, intensify training stepwise until you reach the upper end of the training pulse zone (approximately 85 %), but without overexerting yourself.
- If you are in good training condition, disperse easier units in the lower aerobic range here and there in the training program, so that you regenerate sufficiently. „Good“ training always means training intelligently, which includes regeneration at the right time. Otherwise overtraining results and your form degenerates.
- Every loading training unit in the upper pulse range of individual performance should always be followed in subsequent training by a regenerative training unit in the lower pulse range (up to 75 % of the maximum pulse).

When condition has improved, higher intensity of training is required in order for the pulse rate to reach the „training zone“; that is, the organism is capable of higher performance. You will recognize the result of improved condition in a higher fitness score (F1 - F6).

Calculation of the training / working pulse:

220 pulse beats per minute minus age = personal, maximum heart rate (100 %).

Training pulse

Lower limit: $(220 - \text{age}) \times 0.70$

Upper limit: $(220 - \text{age}) \times 0.85$

7.5 Trainings duration

Every training unit should ideally consist of a warm-up phase, a training phase, and a cool-down phase in order to prevent injuries.

Warm-up:

5 to 10 minutes also slow cycling.

Training:

15 to 40 minutes of intensive or not overtaxing training at the intensity mentioned above.

Cool-down:

5 to 10 minutes of slow cycling.

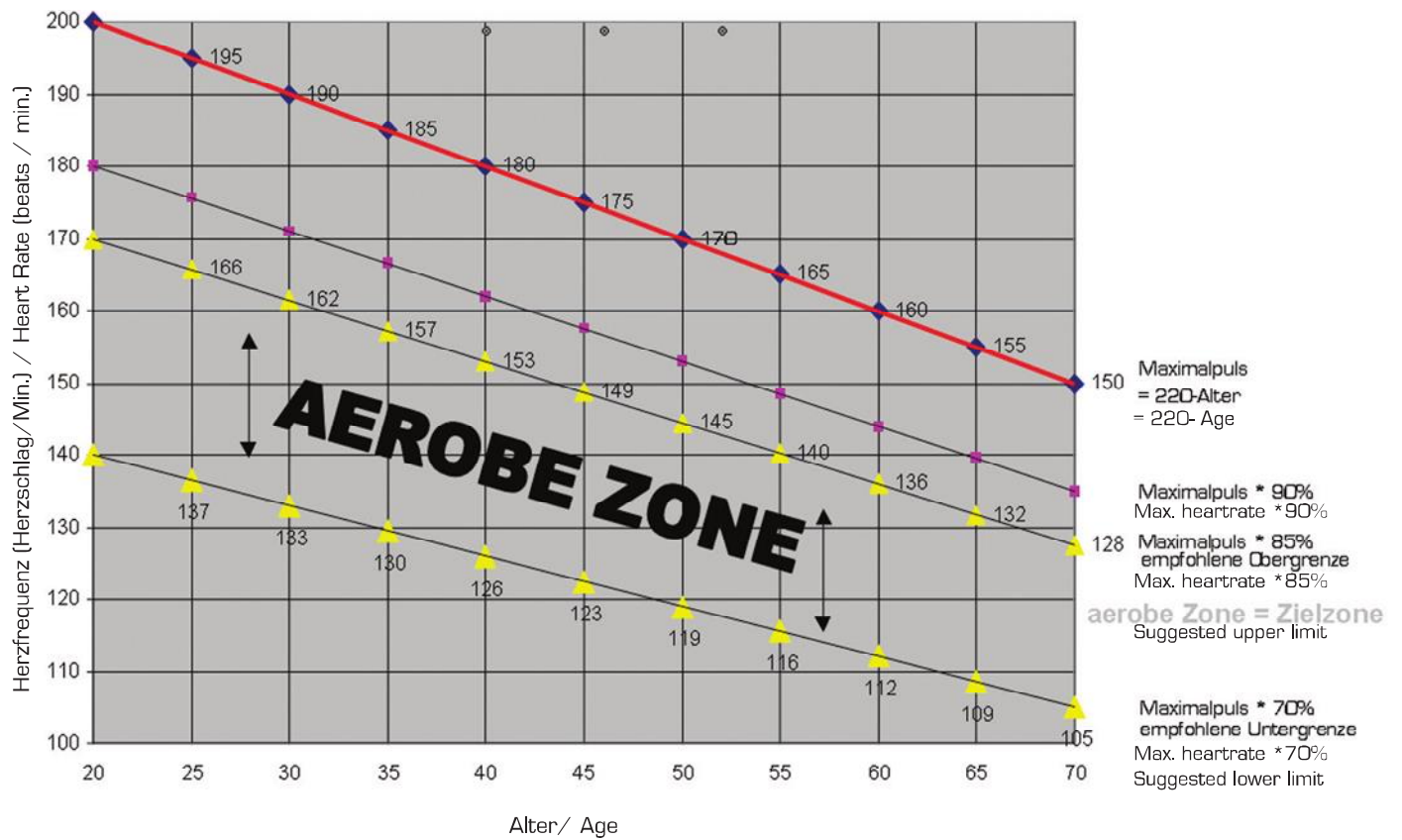
Stop training immediately if you feel unwell or if any signs of overexertion occur.

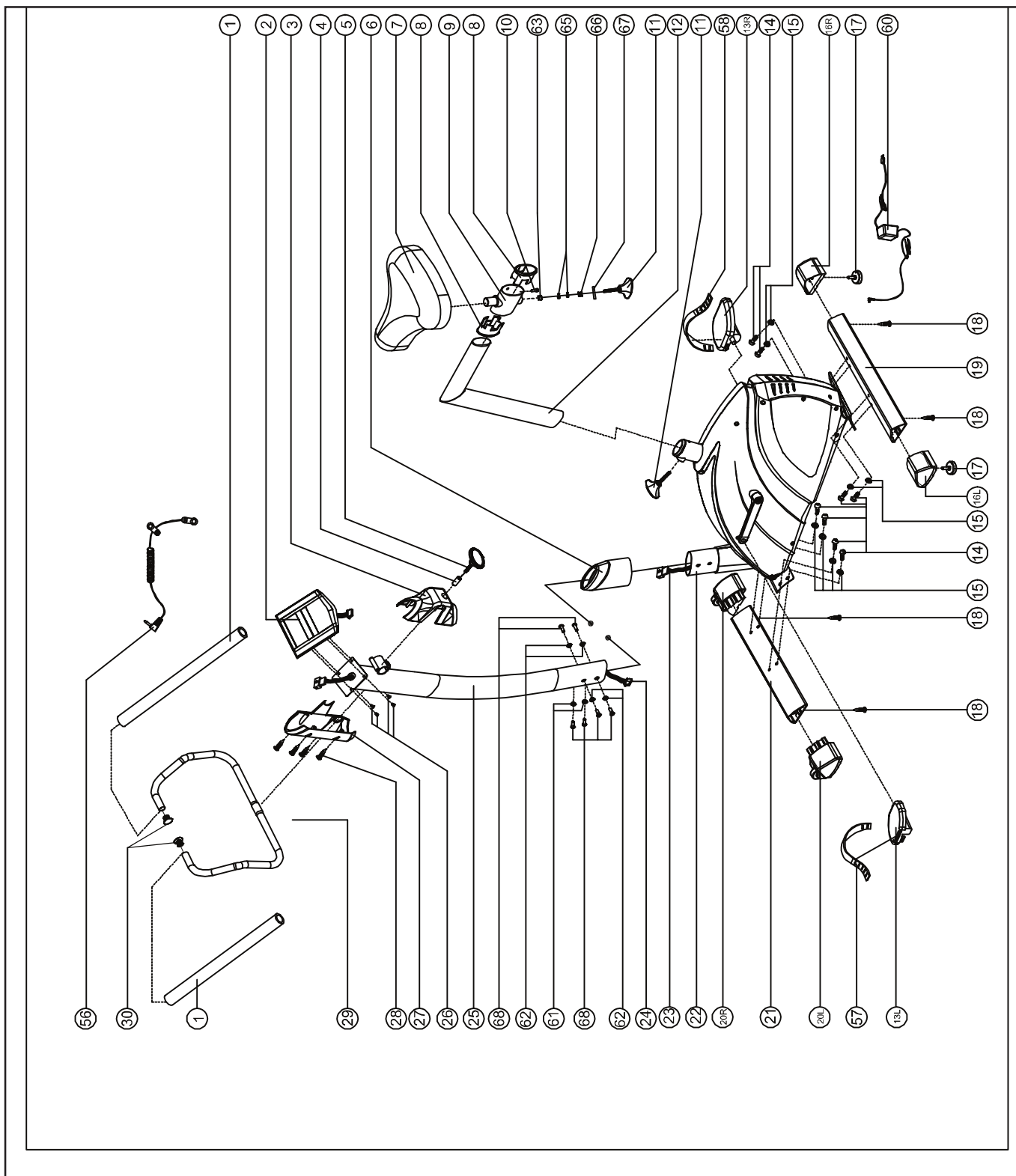
Alterations of metabolic activity during training:

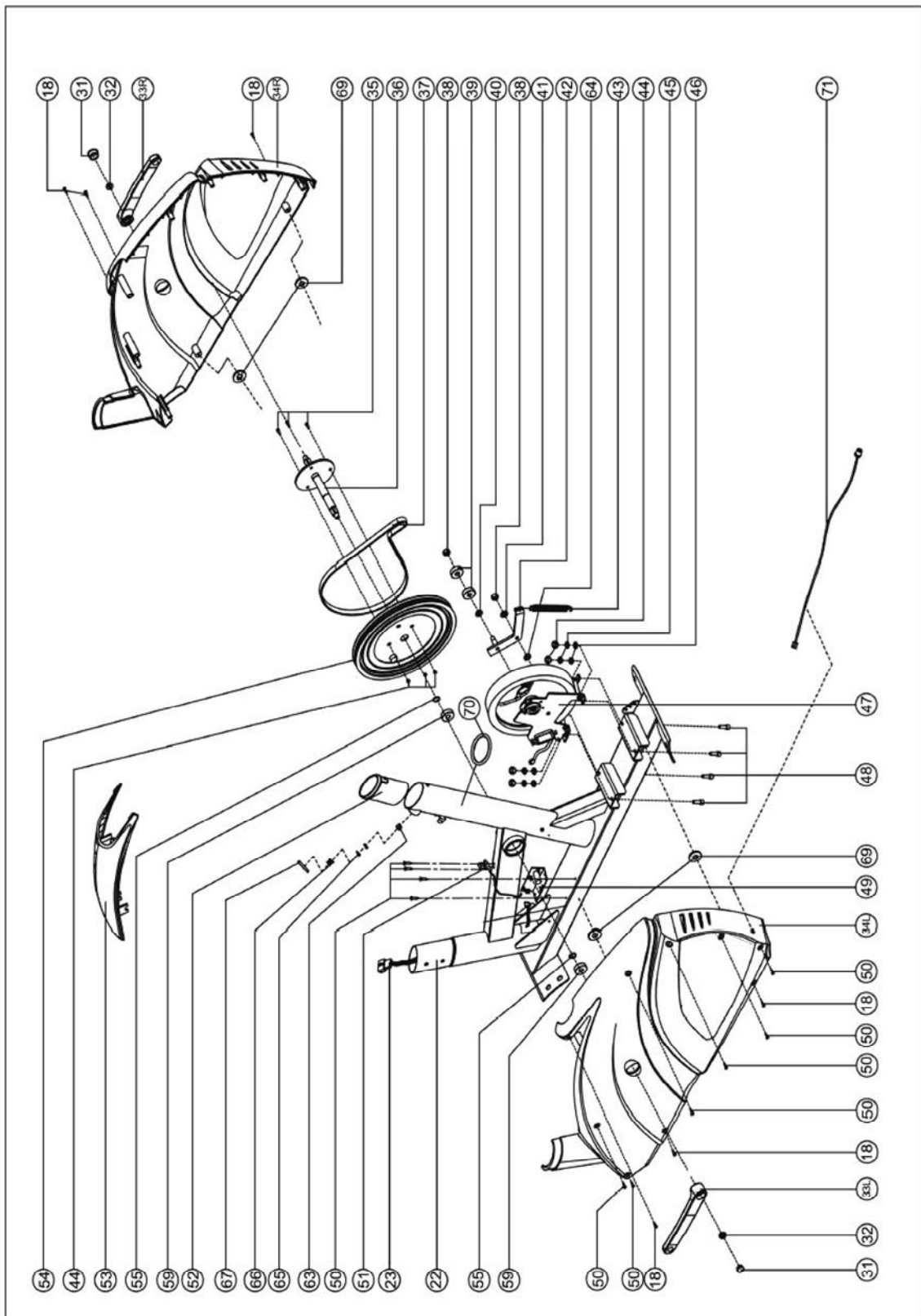
- In the first 10 minutes of endurance performance our bodies consume the sugars stored in our muscles. Glycogen:
- After about 10 minutes fat is burned in addition.
- After 30 - 40 minutes fat metabolism is activated, then the body's fat is the main source of energy

Zielpuls-Diagramm / Target Pulse Diagram

(Herzfrequenz/Alter) / (Heart Rate / Age)







8. Teilleiste / Parts list

Position	Bezeichnung	Description	Abmessung/Dimension	Menge/Quantity
3157 -1 *	Schaumstoff	Foam		2
-2	Computer	Computer	TZ 6170	1
-3	Lenkerabdeckung, vorn	Front cover handlebar cover		1
-4	Buchse	Bushing		1
-5	T-Griff	T-knob	M8x60	1
-6	Abdeckung für Lenkerstützrohr	Lower cover for Handlebar post		1
-7 *	Sattel	Saddle		1
-8	Buchse für Sattelschlitten	Bushing for saddle slider		1
-9	Sattelschlitten	Saddle slider		1
-10	Innensechskantschraube	Allen screw	M6x16	1
-11	T-Griff für Sattelstützrohr	Crossed knob for seatpost	M16x30	2
-12	Sattelstütze	Saddle post		1
-13L *	Pedal, links	Pedal, left	JD-22A	1
-13R *	Pedal, rechts	Pedal, right	JD-22A	1
-14	Innensechskantschraube	Allen screw	M 8x20	8
-15	Unterlegscheibe, gebogen	Arc washer	Ø8	14
-16L	Höhenverstellkappe, links	Height adjustment cap, left side		1
-16R	Höhenverstellkappe, rechts	Height adjustment cap, right side		1
-17	Höhenverstellung	Height adjustment		2
-18	Kreuzschlitzschraube	Cross head screw	ST4.2x25	18
-19	Standfuß, hinten	Rear foot tubing		1
-20L	Transportrolle, links	Front end cap, left side		1
-20R	Transportrolle, rechts	Front end cap, right side		1
-21	Standfuß, vorn	Front foot tubing		1
-22	Hauptrahmen	Main frame		1
-23	Datenkabel, unten	Lower computer cable		1
-24	Datenkabel, oben	Upper computer cable		1
-25	Lenkerstützrohr	Handlebar post		1
-26	Kreuzschlitzschraube	Cross head screw	M5x14	4
-27	Lenkerabdeckung, hinten	rear cover handlebar cover		1
-28	Kreuzschlitzschraube	Cross head screw	ST2.9x16	4
-29	Lenker	Handlebar		1
-30	Kunststoffkappe	Plastic cap		2
-31	Abdeckkappe für Tretkurbel	Round plug for crank		2
-32	Gerändelte Mutter	Serrated nut	M10x1,25	2
-33L	Tretkurbel, links	Crank, left side		1
-33R	Tretkurbel, rechts	Crank, right side		1
-34L	Gehäusehälfte, links	Housing, left side		1
-34R	Gehäusehälfte, rechts	Housing, right side		1
-35	Kreuzschlitzschraube	Cross head screw	M6x16	3
-36	Achse	Axle		1
-37 *	Antriebsriemen	Belt	420,J6	1
-38	Sicherungsmutter	Safety nut	M10	2
-39 *	Kugellager	Ballbearing	6301ZZ	2
-40	Unterlegscheibe	Washer	Ø12	1
-41	Unterlegscheibe	Washer	Ø10	1
-42	Riemenspanner	Idler bracket		1
-43	Feder	Spring		1
-44	Sicherungsmutter	Safety nut	M6	7
-45	Federring	Spring ring	Ø6	4
-46	Unterlegscheibe	Washer	Ø6	4
-47	EMS System	EMS System		1
-48	Innensechskantschraube	Allen screw	M6x20	4
-49	PC Board	PC Board		1
-50	Kreuzschlitzschraube	Cross head screw	ST 4.2x19	11
-51	Sensor	Sensor		1
-52	Buchse für Sattelstützrohr	Lower bushing for saddle post		1
-53	Obere Abdeckung	Top cover		1
-54	Antriebsrad	Belt wheel	Ø260	1
-55	Federring	Spring ring	Ø17	2
-56	Ohrpuls kabel	Ear pulse cable		1
-57 *	Fußschlaufe für Pedal, links	Strap on pedal, left side		1
-58 *	Fußschlaufe für Pedal, rechts	Strap on pedal, right side		1
-59 *	Kugellager	Ballbearing	6203ZZ	2
-60	Netzgerät	Adapter		1
-61	Unterlegscheibe, gebogen	Curved washer	Ø8	2
-62	Unterlegscheibe	Washer	Ø8	4
-63	Buchse	Bushing	Ø9xØ14x11	2
-64	Unterlegscheibe	Washer	Ø25xØ10x0,5	1
-65	Innensechskantschraube	Allenscrew	M4x5	4
-66	Feder Ring	Spring ring	Ø16,3x60	2
-67	Mutter eingepresst	Press nut		2
-68	Innensechskantschraube	Allenscrew	M8x16	6