

Getting on / off your Upright Bike

IMPORTANT

The Upright Bike comes with a Stationary Handlebar.

Always hold the Stationary Handlebar when getting on and off the Upright Bike.

First time users should familiarize themselves with using the Upright Bike by using the Stationary Handlebar first

Caution should always be taken when getting on and off any exercise machine.

Please follow the safety steps below.

To get on, Please hold the Stationary Handlebar with one of hands and sit on the seat.

Place your left foot on the left Foot Pedal and get secure.

Lift your right foot over machine and place on right Foot Pedal. Get balanced and begin your workout.

To get off, come to a complete stop and reverse the procedure.

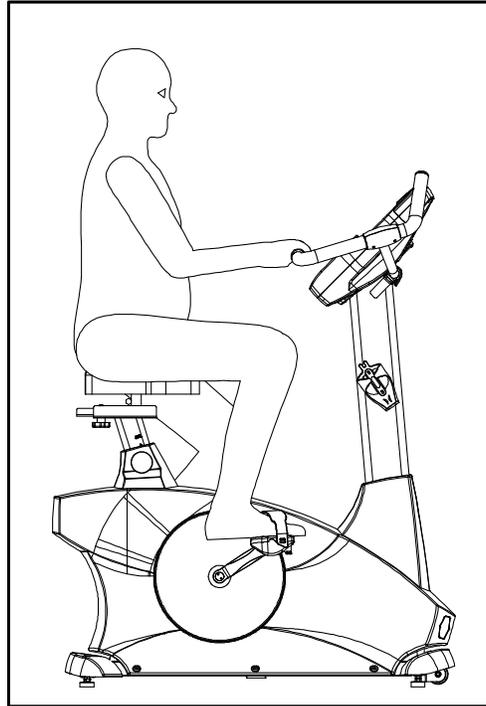
Always wear rubber-soled shoes, such as tennis shoes.

It is recommended that you keep at least one hand on the Stationary Handlebar at all times, especially when getting on or off.

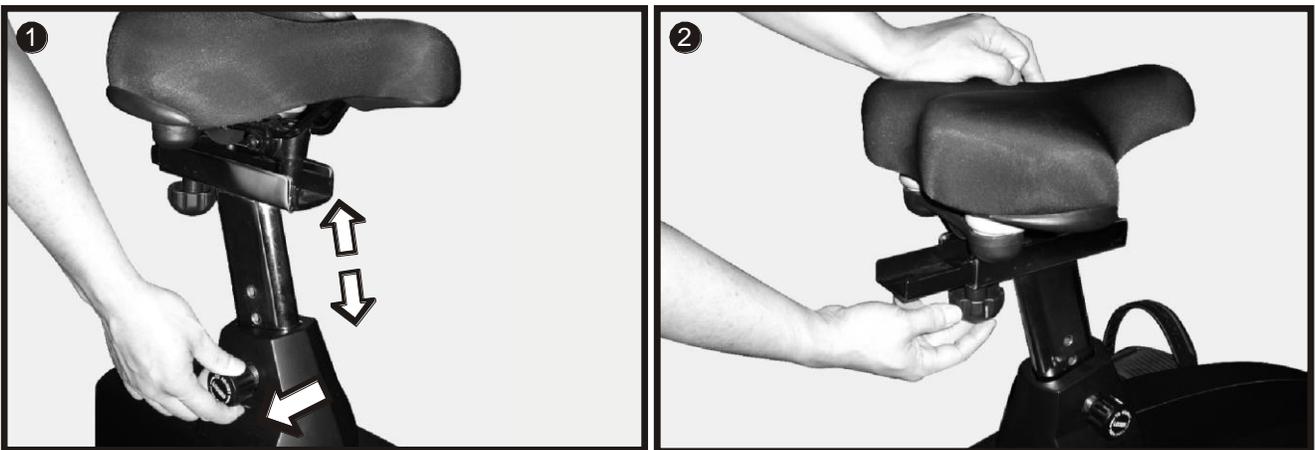
All equipment should be set-up and operated on solid, level surfaces.

Suggested Posture:

Sit straight on the saddle, grab the handle with both hands, position the feet on pedal through the pedal strap.



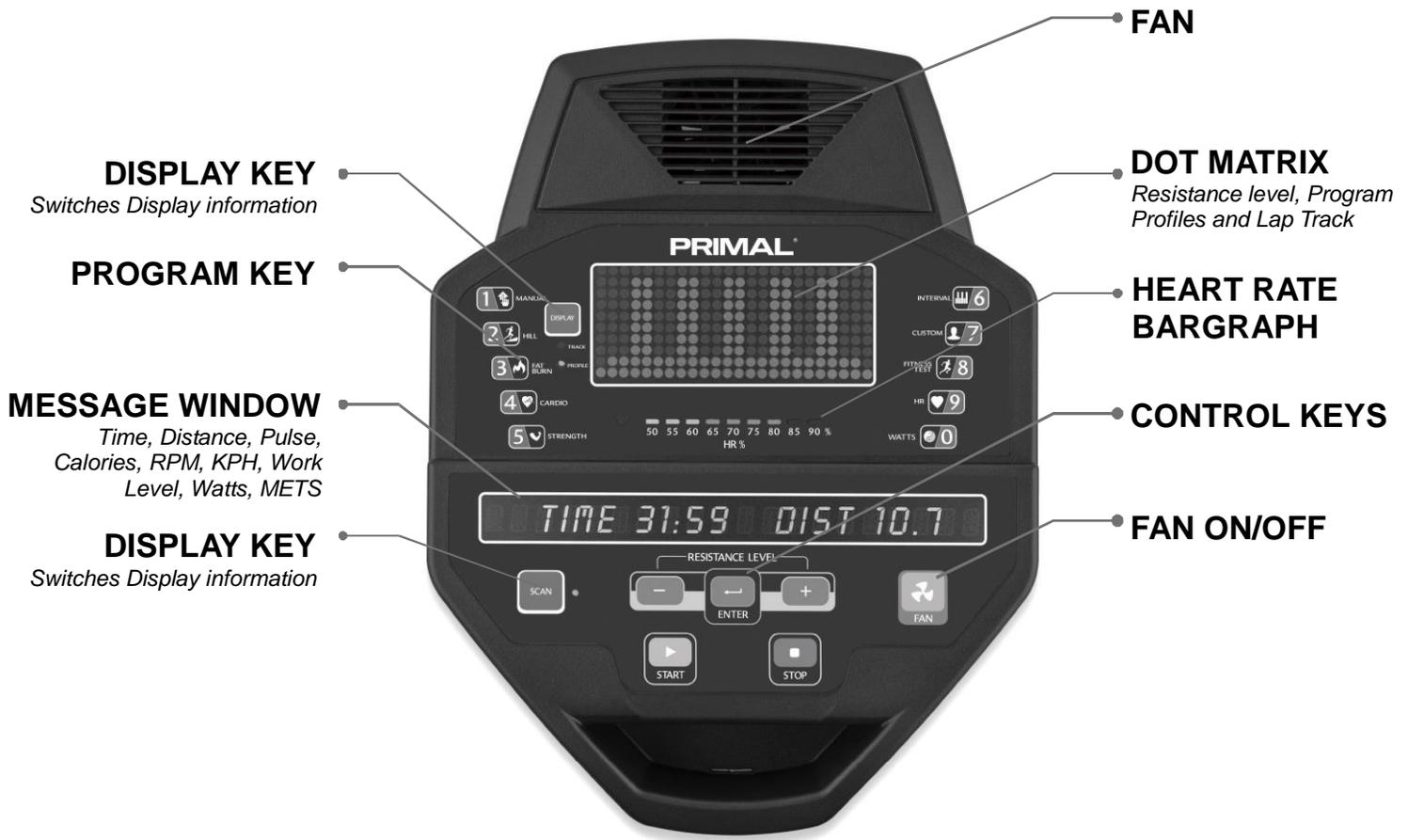
Seat Adjustment Instruction:



Adjustment

1. When you adjust the Seat Bottom Cushion Fore/Aft. Loosen the Fore Aft Adjustment and adjust the seat to the modest position then tighten the knob to fix the position.
2. When you adjust the Seat Bottom Cushion altitude, please pull the Locking Knob and put your hand on the Seat Bottom Cushion. Then adjust the altitude with the power of your hand.

CONSOLE OPERATION



Power on

The bike has a built-in generator for power and does not need to be plugged into an AC outlet. To power up the bike simply start to pedal, the console will turn on automatically.

When initially powered on the console will perform an internal self-test. During this time all the lights will turn on for a short time. When the lights go off the dot matrix display will show a software version (i.e. VER 1.0) and the message window will display an odometer reading. The odometer reading displays how many hours the Bike has been used and how many virtual miles the Bike has gone. The display shows: ODO 123 MI 123 HRS.

The odometer will remain displayed for only a few seconds then the console will go to the start up display. The dot matrix display will be scrolling through the different profiles, showing the programs, and the message window will be scrolling the start up message. You may now begin your workout program.

Console Operation

Quick Start

This is the quickest way to start a workout. After the console powers up you just press the Start key to begin. This will initiate the Quick Start mode. In Quick Start the Time will count up from zero, all workout data will start to accrue and the workload may be adjusted manually by pressing the Up and Down buttons. The dot matrix display will show a ¼ mile (0.4KM) track display or just the bottom row lit at first, depending on how the display button has been set (see Basic information below). As you increase the workload more rows will light indicating a harder workout. The bike will get harder to pedal as the rows increase. The dot matrix has 24 columns of lights and each column represents 1 minute. At the end of the 24th column (or 24 minutes of work) the display will wrap around and start at the first column again.

There are 40 levels of resistance – displayed as 10 rows of lights - available for plenty of variety. The first 10 levels are very easy workloads, and the changes between levels are set to a good progression for de-conditioned users. Levels 10-20 are more challenging but the increases from one level to the next remain small. Levels 20-30 start getting tough as the levels jump more dramatically. Levels 30-40 are extremely hard and are good for short interval peaks and elite athletic training.

Basic information

The **Dot Matrix, or Profile Window**, has two display modes. When you begin a program the dot matrix will display the workout Profile. To the left of the dot matrix there is a button labeled Display. Pressing this button once will switch the display to show a quarter mile track. If the Display button is pressed again the dot matrix will switch back and forth between Track and Profile mode every few seconds. To turn off the scan mode press the Display key again. This will return you to the profile display mode.

The **Message Window** will initially be displaying Time and Distance information. On the bottom left of the message window is a button labeled Display. Each time this Display button is pressed the next set of information will appear, four windows in all. In order: Time and Distance, Pulse and Kcal (Calories), Speed in RPM and MPH, Work Level and Watts, then METs. If the Display button is pressed during the METs display the Scan light will come on and the message window will show each set of data for four seconds then switch to the next set of data in a continuous loop. Pressing the Display button again will bring you back to the beginning.

Below the Dot matrix display is a **Heart Icon** and a **Bar Graph**. The Bike has a built in heart rate monitoring system. Simply grasping the hand pulse sensors, or wearing a heart rate chest belt transmitter, will start the **Heart Icon** blinking (this may take a few seconds). The Message Window will display your heart rate, or Pulse, in beats per minute. The **Bar Graph** represents the percentage of your maximum heart rate you are currently achieving. NOTE: You must enter your age during program setup for the Bar Graph to be accurate. Refer to Heart Rate section for details about these features and how they can help you work out more efficiently.

The **Stop/Reset** button actually has several functions. Pressing the Stop/Reset key once during a program will **Pause** the program for 5 minutes (when you stop pedaling without AC power the display will turn off but the memory will be saved for 5 minutes just like the pause mode). If you need to get a drink, answer the phone, or any of the many things that could interrupt your workout, this is a great

feature. To resume your workout during Pause just press the Start key or start pedaling. If the Stop/Reset button is pressed twice during a workout the program will end and the console will return to the start up screen. If the Stop/Reset key is held down for 3 seconds the console will perform a complete **Reset**. During data entry for a program the Stop/Reset key performs a **Previous Screen** function. This allows you to go back one step in the programming each time you press the Stop/Reset key.

The **Program Keys** are used to preview each program. When you first turn the console on you may press each program key to preview what the program profile looks like. If you decide that you want to try a program, press the corresponding program key and then press the Enter key to select the program and enter into the data-setup mode.

The program keys also act as a **Number Key Pad** when you are in the data-setup mode. Under each program key is a number. If you are setting new data such as Age, weight etc., you can use these keys to enter the numbers quickly.

The console includes a built-in fan to help keep you cool. To turn the fan on press the key on the right side, front of the console

Programming the console

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for is necessary to ensure the readouts are correct. You will be asked for your **Age** and **Weight**. Entering your **Age** ensures that the Heart Rate bar graph shows the correct number. Your Age is also necessary during the Heart Rate control program to ensure the correct settings are in the program for your Age. Otherwise the work settings could be too high or low for you; entering your **Weight** aides in calculating a more correct **Calorie** reading. Although we cannot provide an exact calorie count we do want to be as close as possible.

Entering/Changing Settings

When you enter a program (by pressing a program key, then enter key) you have the option of entering your own personal settings. If you want to workout without entering new settings then just press the Start key. This will bypass the programming of data and take you directly to the start of your workout. If you want to change the personal settings then just follow the instructions in the message window. If you start a program without changing the settings the default - or pre-saved – settings will be used.

Manual

The Manual program works as the name implies, manually. This means that you control the workload yourself and not the computer. To start the Manual program follow the instructions below or just press the Manual button then the Enter button and follow the directions in the message window.

1. Press the **Manual** key then press the **Enter** key.
2. The message window will ask you to enter your **Age**. You may enter your Age, using the Up and Down keys or the numeric key pad, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the Weight number using the Up and Down keys, or the numeric key pad, then press enter to continue.
4. The next setting is **Time**. You may adjust the Time and press enter to continue.
5. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Enter key. NOTE: At any time during the editing of Data you can press the Stop key to go back one level, or screen.
6. The program automatically starts you at level one. This is the easiest level and it is a good idea to stay at level one for a while to warm up. If you want to increase the work load at any time press the Up key; the Down key will decrease the workload.
7. During the Manual program you will be able to scroll through the data in the message window by pressing the adjacent **Display key**. You may also switch between the profile display and a quarter mile track by pressing the Display key adjacent to the dot matrix display.
8. When the program ends you may press Start to begin the same program again or Stop to exit the program, or you can save the program you just completed as a **custom program** by pressing the Custom key and following the instructions in the message window.

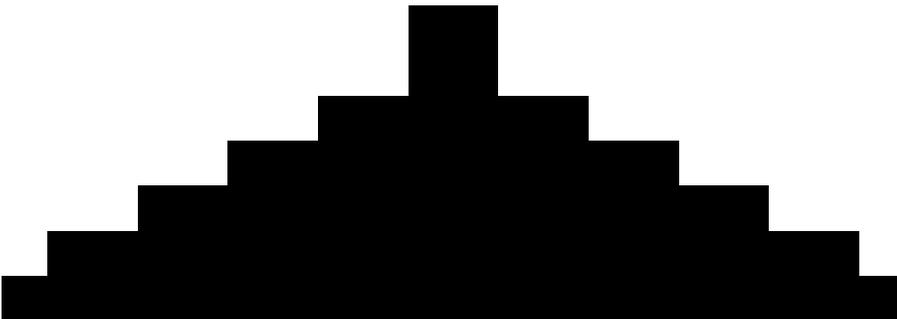
Preset Programs

The bike has five different programs that have been designed for a variety of workout goals. These five programs have factory preset profiles for achieving these different goals. The initial built-in level of difficulty for each program is set to a relatively easy level. You may adjust the level of difficulty (Max level) for each program before beginning by following the instructions in the message window after selecting your program.

HILL

The **Hill** program simulates going up and down a hill. The resistance in the pedals will steadily increase and then decrease during the program.

Work Profile



FATBURN

The **Fat Burn** program is designed, as the name implies, to maximize the burning of fat. There are many schools of thought on the best way to burn fat but most experts agree that a lower exertion level that stays at a steady workload is the best. The absolute best way to burn fat is to keep your heart rate at around 60% to 70% of its maximum potential. This program does not use heart rate but simulates a lower, steady exertion workout.

Work Profile



Cardio

The **Cardio** program is designed to increase your Cardio vascular function. This is exercise for your heart and lungs. It will build up your heart muscle and increase blood flow and lung capacity. This is achieved by incorporating a higher level of exertion with slight fluctuations in work.

Work Profile



Strength

The **Strength** program is designed to increase muscular strength in your lower body. This program will steadily increase in resistance to a high level and then keeps you there. This is designed to strengthen and tone your legs and glutes.

Work Profile



Interval

The **Interval** program takes you through high levels of intensity followed by periods of low intensity. This program increases your endurance by depleting your oxygen level followed by periods of recovery to replenish oxygen. Your cardio vascular system gets programmed to use oxygen more efficiently this way.

Work Profile



Programming Preset Programs:

1. Select the desired program button then press the **Enter** key.
2. The message window will ask you to enter your **Age**. You may adjust the age setting, using the Up and Down keys, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the weight number using the Up and Down keys, then press enter to continue.
4. Next is **Time**. You may adjust the Time and press enter to continue.
5. Now you are asked to adjust the **Max Level**. This is the peak exertion level you will experience during the program (at the top of the hill). Adjust the level and then press enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Stop key to go back one level, or screen.
7. If you want to increase or decrease the workload at any time during the program press the Up or Down key. This will change the workload settings of the entire profile, although the profile picture on the screen will not change. The reason for this is so that you can see the entire profile at all times. If the profile picture is changed it will look distorted and not a true representation of the actual profile. When you make a change to the workload, the message window will show the current column, and program maximum, levels of work.
8. During the program you will be able to scroll through the data in the message window by pressing the **Display** key next to the message window.
9. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

Custom User Defined Program

The custom program allows you to build and save a custom program. You can build your own custom program by following the instructions below or you can save any other preset program you complete as a custom program. The custom program allows you to further personalize it by adding your facility name.

1. Press the **Custom** key. The message window will show a welcome message; if you had previously saved a program the message will contain the name you gave it. Then press the **Enter** key to begin programming.
2. When you press enter, the message window will show "Name – A", if there is no name saved. If the name "Custom Workout" had been previously saved the message window will show "Name – Custom Workout" and the C in Custom will be blinking. If there is a name saved you can change it or you may press the Stop key to keep the name and continue to the next step. If you want to enter a name use the Up and/or the Down key to change the first letter then press Enter to save the first letter and continue to the next letter. When you have finished entering the name press the Stop key to save the name and continue to the next step.
3. The message window will ask you to enter your **Age**. You may enter your Age, using the Up and Down keys or the numeric key pad, then press the Enter key to accept the new number and proceed on to the next screen.
4. You are now asked to enter your **Weight**. You may adjust the Weight number using the Up and Down keys or the numeric key pad then press enter to continue.
5. Next is **Time**. You may adjust the Time and press enter to continue.
6. Now you are asked to adjust the **Max Level**. This is the peak exertion level you will experience during the program. Adjust the level and then press enter.
7. Now the first column will be blinking and you are asked to adjust the level for the first segment of the workout. When you finish adjusting the first segment, or if you don't want to change, then press enter to continue to the next segment.
8. The next segment will show the same level as the previously adjusted segment. Repeat the same process as the last segment then press enter. Continue this process until all twenty segments have been set.
9. The message window will then tell you to press enter to save the program. After saving the program the message window says "New program saved" then will give you the option to Start or modify the program. Pressing Stop will exit to the start up screen.
10. If you want to increase or decrease the workload at any time during the program press the Up or Down key. This will only affect the workload for the present position in the profile. When the profile changes to the next column it will return to the preset work level.
11. During the User 1 or User 2 program you will be able to scroll through the data in the message window by pressing the adjacent **Display key**. Switch between the profile display and a quarter mile track by pressing the Display key adjacent to the matrix.

Fit-Test

The fitness test will assess your fitness level and give a score at the end of the test. This score is not a Vo2 max number, but just a number to use as a reference. You can take the test every month and the score will be higher as your level of fitness improves. The test will take anywhere from 6–15 minutes. The test will ask you to maintain a pedal speed of 50 RPM and will automatically make adjustments to the work load depending on your heart rate response to set work levels. The test ends when you reach your target heart rate which is 85% of your maximum heart rate (Max HR = 220 – your age) or if your HR exceeds 110 BPM for 2 stages.

Workload chart for male or very fit female:

1st Stage				Level 12 - 50 watts - 300 kgm/min					
HR		< 90			90 - 105			> 105	
2nd Stage		Level 29 - 150 watts - 900 kgm/min			Level 26 - 125 watts - 750 kgm/min			Level 23 - 100 watts - 600 kgm/min	
HR	HR <120	HR 120-135	HR >135	HR <120	HR 120-135	HR >135	HR <120	HR 120-135	HR >135
3rd stage	Level 36 - 225 watts - 1350 kgm/min	Level 34 - 200 watts - 1200 kgm/min	Level 32 - 175 watts - 1050 kgm/min	Level 34 - 200 watts - 1200 kgm/min	Level 32 - 175 watts - 1050 kgm/min	Level 29 - 150 watts - 900 kgm/min	Level 32 - 175 watts - 1050 kgm/min	Level 29 - 150 watts - 900 kgm/min	Level 26 - 125 watts - 750 kgm/min

Workload chart for female or de-conditioned male

		1st Stage	Level 5 (25W) 150 kgm/min	
Heart Rate	HR<80	HR: 80-90	HR: 90-100	HR>100
2nd Stage	Level 26 (125W) 750 kgm/min	Level 23 (100W) 600 kgm/min	Level 18 (75W) 450 kgm/min	Level 12 (50W) 300 kgm/min
3rd Stage	Level 29 (150W) 900 kgm/min	Level 26 (125W) 750 kgm/min	Level 23 (100W) 600 kgm/min	Level 18 (75W) 450 kgm/min
4th Stage (if needed)	Level 32 (175W) 1050 kgm/min	Level 29 (150W) 900 kgm/min	Level 25 (117W) 700 kgm/min	Level 23 (100W) 600 kgm/min

Fitness test programming:

1. Press the Fit-test button and press enter.
2. The message window will ask you to enter your **Age**. You may adjust the age setting, using the Up and Down keys then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the weight number using the Up and Down keys then press enter to continue.
4. Now press Start to begin the test.

Before the test:

- Make sure you are in good health; check with your physician before performing any exercise if you are over the age of 35 or persons with pre-existing health conditions.
- Adjust the seat to the proper position so that when your leg is extended during pedaling there is a slight bend at the knee of about 5 degrees.
- Make sure you have warmed up and stretched before taking the test.
- Do not take in caffeine before the test.
- Hold the hand grips gently, do not tense up.

During the test:

- The console must be receiving a steady heart rate for the test to begin. You may use the hand pulse sensors or wear a heart rate chest strap transmitter.
- You must maintain a steady 50 RPM pedal speed. If your pedal speed drops below 48 RPM or goes above 52 RPM the console will emit a steady beeping sound until you are within this range.
- You may scroll through the various data readings in the message window by pressing the Display button under the message window.
 1. The message window will always display your pedal speed on the right side to help you maintain 50RPM.
 2. The data shown during the test is:
 - a. **Work in KGM** is actually an abbreviated form of kg-m/min. which is a work measurement of kilogram-force meter/minute
 - b. **Work in Watts** (1 watt is equal to 6.11829727787 kg-m/min.)
 - c. **HR** is your actual heart rate; **TGT** is the target heart rate to reach to end the test.
 - d. **Time** is the total elapsed time of the test.

After the test:

- Cool down for about one to three minutes.
- Take note of your score because the console will automatically return to the start-up mode after a few minutes.

What your score means:

VO2max Chart for males and very fit females

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	>60	>56	>51	>45	>41	>37
good	52-60	49-56	43-51	39-45	36-41	33-37
above average	47-51	43-48	39-42	35-38	32-35	29-32
average	42-46	40-42	35-38	32-35	30-31	26-28
below average	37-41	35-39	31-34	29-31	26-29	22-25
poor	30-36	30-34	26-30	25-28	22-25	20-21
very poor	<30	<30	<26	<25	<22	<20

VO2max Chart for females and de-conditioned males

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	56	52	45	40	37	32
good	47-56	45-52	38-45	34-40	32-37	28-32
above average	42-46	39-44	34-37	31-33	28-31	25-27
average	38-41	35-38	31-33	28-30	25-27	22-24
below average	33-37	31-34	27-30	25-27	22-24	19-22
poor	28-32	26-30	22-26	20-24	18-21	17-18
very poor	<28	<26	<22	<20	<18	<17

HEART RATE TRAINING

A word about Heart Rate:

The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:

$$\begin{aligned} 220 - 40 &= 180 \text{ (maximum heart rate)} \\ 180 \times .6 &= 108 \text{ beats per minute (60\% of maximum)} \\ 180 \times .8 &= 144 \text{ beats per minute (80\% of maximum)} \end{aligned}$$

So for a 40 year old the training zone would be 108 to 144 beats per minute.

If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate control programs. After calculating your Maximum Heart Rate you can decide upon which goal you would like to pursue.

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the Maximum Heart Rate for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Heart Rate Control bike machines you may use the heart rate monitor feature without using the Heart Rate Control program. This function can be used during manual mode or during any of the nine different programs. The Heart Rate Control program automatically controls resistance at the pedals.

”WARNING” Heart rate monitoring system may be inaccurate. Over exercise may result in injury or death. If you feel faint stop exercising immediately.

