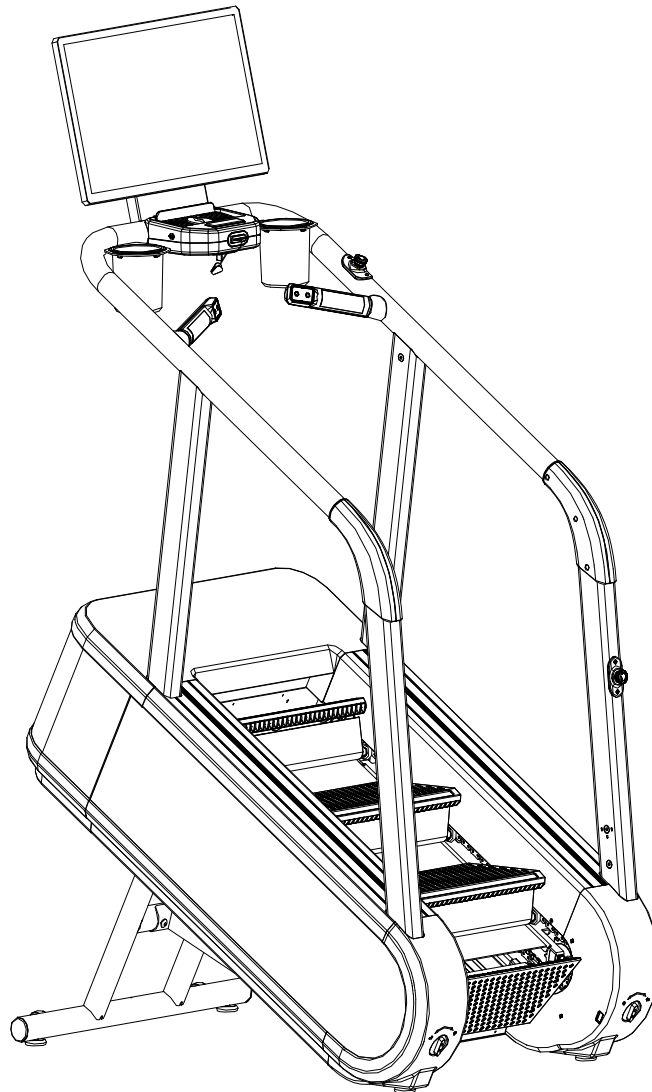


Manual Instruction



Thank you

Thanks for purchasing this product. The product will help you exercise your muscles in the correct way and to improve your fitness – and all this in a familiar environment.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

FCC Warning

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Operation instructions, safety precautions and warning instructions

Operation instructions

1. The power plug must be reliably grounded, and the socket must have a special circuit to avoid sharing with other electrical equipment.

2. Before using the stair machine, please check whether it is placed steadily.
3. Before exercise, check whether the function of stair machine is normal.
4. When starting the machine, the user shall stand on the step in the middle of the stair machine.
5. When exercising, please clip the safety key on the clothes, in case of emergency, the machine will stop safely.
6. Press the start button of the console to make the stair machine in motion.
7. Before the formal exercise, users shall use the first paragraph to do the trial climbing training to adapt to the running mode of the platform and ensure the safety of the exercise!
8. The athletes can adjust the speed according to their own needs. For the safety of your use, it is suggested that the initial users should speed up slowly and shift to adapt to the movement before exercising, so as to avoid unnecessary injuries caused by over speed.
9. After the exercise, the user can directly pull down the safety key or press the stop button to make the stair machine in the stop state.
10. After the exercise, turn off the stair mechanical and electrical source switch and unplug the power supply.

safety precautions

1. The stair machine is suitable to be placed indoors to avoid dampness. Water cannot be splashed on the stair machine and any foreign matter cannot be placed.
Before exercise, please wear proper sportswear and sports shoes.
3. Children should stay away from the machine to avoid accidents.
4. Avoid overload operation for a long time, otherwise, motor and controller will be damaged. Bearing, step, chain and other transmission parts also will be accelerated wear and aging. Please make regular maintenance.
- 5 reduce indoor dust, maintain a certain indoor humidity, avoid the generation of strong electrostatic, otherwise it may interfere with the normal work of the console and controller.
6. It is recommended not to run the stair machine for more than 2 hours.
7. Due to the particularity of the machine, it is recommended that the user's weight should not exceed maximum bearing capacity.
8. Please keep the air in the room when using the stair machine.
9. During exercise, the tail end of the stair machine should have a vacant barrier-free safety area of 2000x1000mm.
11. After exercise, users should not jump off the stair machine directly to avoid dangerous consequences.
12. The power plug must be pulled out gently.
13. When anything abnormal happens to the stair machine during operation, it must be terminated immediately and cut off all power supply.
14. In case of any abnormality of the stair machine, the local dealer shall be informed, and professionals shall be sent to deal with and repair it. It is forbidden to dismantle any parts of the stair stair machine without permission.
15. If you feel uncomfortable or abnormal during use, please stop exercising and consult your doctor.

warning instructions

1. Please check whether the clothes are fastened or zipped before using the stair machine.
2. Don't wear clothes that can be easily hooked up by the stair machine.
3. Do not place the power cord near a hot object.

Keep children away from stair machine.

5. In case of any abnormal situation, Do pull-ups by using hand-pushed side handrail can be adopted. And then both feet will leave the step and jump away from the outside of the stair machine step.

6. Do not use the stair machine outdoors

7. The power supply must be cut off before moving the stair machine.

8. Non-professionals shall not open the cover plate of stair machine without authorization

9. The stair machine can only be used in the circuit of 10 amperes.

10. Only one person can move on the stair machine when the machine starts.

If you experience dizziness, chest pain, nausea, or shortness of breath during exercise, please stop exercising immediately and consult a fitness instructor.

12. The heart rate test is not a medical device, which may lead to inaccurate test. The test results are for reference only.

Warning!

Mandatory!

If you are receiving medical treatment from a doctor or the following patient, please be sure to discuss with a professional doctor before using it.

1. Those who suffer from back pain now or have been injured in leg, waist and neck in the past, and have numbness in leg, waist, neck and hand (chronic diseases such as intervertebral disc herniation, spondylolisthesis and cervical spine herniation).

2. Patients with deformed arthritis, rheumatism and gout.

3. Osteoporosis and other abnormalities.

Have circulatory disorder (heart disease, vascular disorder, hypertension, etc.).

5. People with respiratory disorders.

6. Those who are using artificial pacemakers or implantable medical electronic devices.

7. People with malignant tumors.

8. Patients with blood circulation disorders or symptoms of various skin infections, such as thrombosis, Severe environment tumor, and acute environmental tumor. There are due to diabetes and other causes of high peripheral circulation disorders caused by the perceptual disorders.

9. People with skin injuries.

10. Due to the illness of a high fever (38 ° C or above).

11. Abnormal dorsal bone or dorsal bone bending.

12. Pregnancy or possible pregnancy or menstruation.

13. Feel abnormal in body and need rest.

14. Obviously in poor physical condition.

15. Users for rehabilitation purposes.

16. In addition to the above situations, those who feel abnormal in their bodies.

- may cause accident or poor health.

1. In the process of exercise, if you feel pain in your lower back, numbness in your legs and feet, dizziness, heartbeats and other body aches that are different from normal times, or any feeling or abnormality in coordination, stop using it immediately and consult your doctor.

2. Do not let children use the product or play around the product.

- if not, there is a risk of injury.

1. Children's protectors should take care not to let children play with this product.

- if not, there is a risk of injury.

2. Make sure that no one or pets are around (rear, bottom or front of the product) when loading or removing the product and sliding it during use.

Forbidden!

1. Do not use it when the shell is cracked or detached (the internal structure is exposed) or when the welding part is detached.
 - there may be an accident or injury.
- Don't jump up or down during exercise.
 - may fall and cause injury.
3. Do not use or keep the product outside or near the bathroom where it is wet or dripping.
4. Do not use or keep in places with direct sunlight such as high-temperature places around the stove and heating appliances such as electric carpet.
 - otherwise, it may lead to electricity leakage, fire.
5. Do not use when the power cord or plug is damaged or the socket is loose.
 - may cause electric shock, short circuit, fire.
6. Do not damage or forcibly bend or twist the power cord. At the same time do not place heavy objects on it, do not let the line be clamped.
 - this will cause fire or electric shock.
7. Do not use it with more than two people at the same time, and be careful not to make people around you approach during use.
 - you may fall down and get hurt.
8. Don't use it if you can't express yourself or if you can't act.
 - possible accident or injury.

Don't disassemble!

1. Disassemble, repair and reelection are absolutely not allowed.
 - risk of injury due to mechanical failure.
- Avoid water!
2. Do not pour water or drinks on the main body or operation department.
 - may cause electric shock and fire.

Forbidden!

People who don't usually exercise shouldn't suddenly do strenuous exercise.

2. Do not use it after eating or when you are tired, just after exercising or in abnormal physical condition.
 - may cause damage to health.
3. Do not use it in conjunction with eating, drinking or other activities.

Don't drink alcohol until you're feeling sluggish.

 - possible accident or injury.
- Don't use it with something hard in your pants pocket.
 - may cause accident or injury.
6. Do not attach needles, garbage or water to the power plug.
 - may cause electric shock, short circuit or fire.
7. Do not directly pull out the power plug or switch the power switch to "off" during use.
 - may cause injury.

Do not use it with wet hands!

1. Do not use wet hands to pull out or insert the power plug.

- may cause electric shock and injury.

Pull out the power plug!

2. Unplug the power source from the socket when not in use.
 - dust and moisture can degrade insulation, leading to leakage fires.
3. During maintenance, be sure to pull out the power plug from the socket.
 - failure to comply may result in electrocution or injury.
4. When the machine is not started or abnormal, stop using it, immediately pull out the power plug and commission inspection and repair.
 - failure to comply may result in electrocution or injury.
5. In case of power failure, pull out the power plug immediately.
 - if the power is restored, accident or injury may occur.
6. When unplugging the power plug, do not hold the wire part, must hold the power plug to pull out.
 - this may result in short circuit, electric shock and fire.

Ground instruction!

1. The product must be grounded. In the event of a malfunction of the unit, grounding will provide the channel of least resistance to the current to minimize the risk of electric shock.
2. The product is equipped with a wire with a grounded conductor for the equipment and a grounded plug. The plug must be inserted into a suitable socket that has been properly installed and grounded in full compliance with local regulations or ordinances.

Danger!

1. Improper connection of the grounding conductor of the equipment may lead to electric shock. If you have questions about whether the grounding of the product is correct, please entrust a professional electrician to check. Even if the plug doesn't match the socket, it can't be modified. Please entrust a professional electrician to install a suitable socket.
2. The product has a ground plug. Make sure the product is connected to a socket with the same shape. This product cannot use adaptor socket.

Exploding drawing

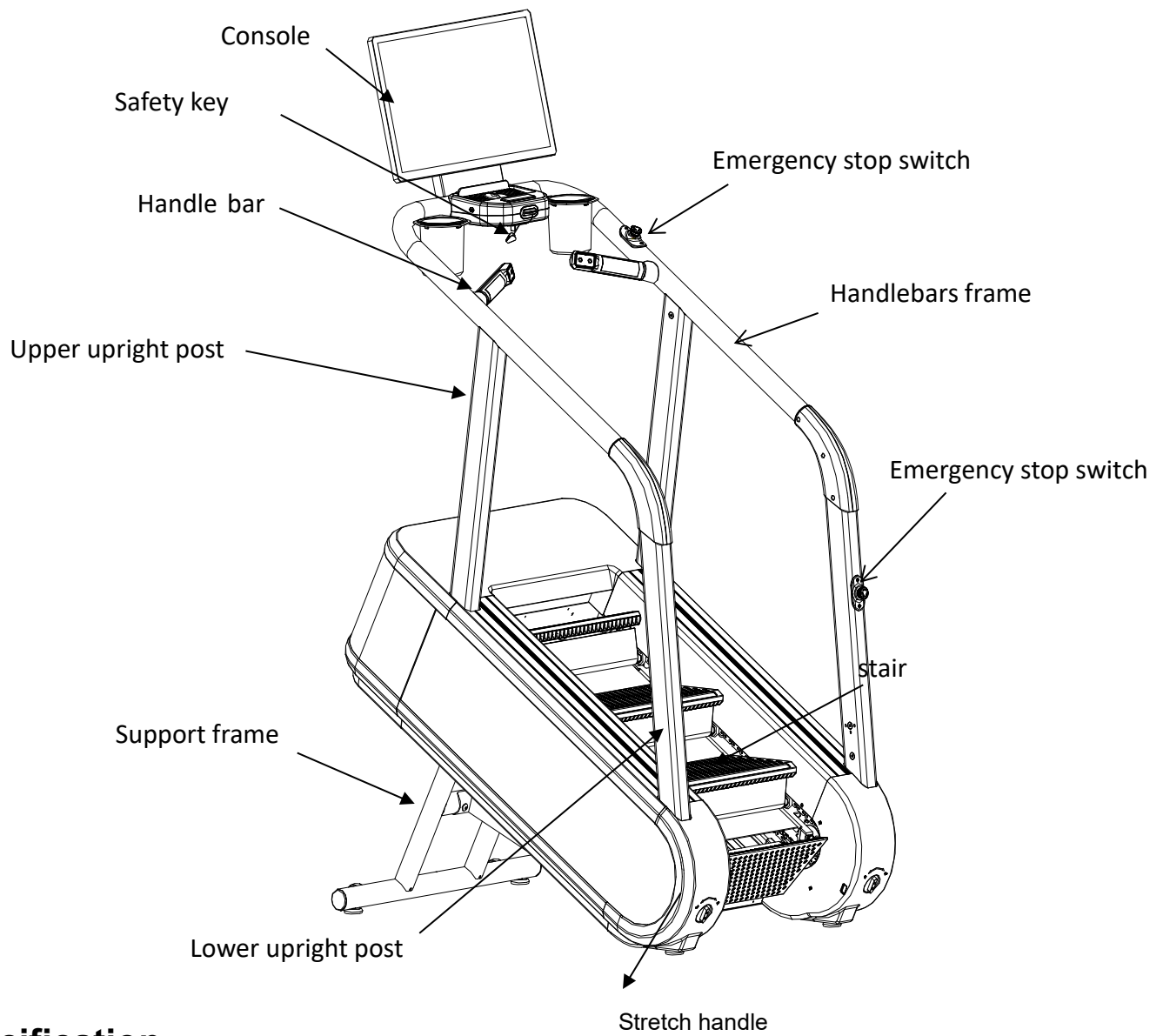
NO.	Parts name	Specification	Qty.
1	Main frame		1
2	Support frame welds		1
3	Connecting parts of main frame		1
4	Left handle fixed bracket		1
5	Right handle fixed bracket		1
6	Expansion tube		2
7	Electric control mounting board		1
8	Bottom pedal parts		1
9	Switch bracket		1
10	Foot separator	t2.5*690*440	1
11	Handle block	Φ45*t2.0	2
12	Hand grip	41*10*10	2
13	Side cover plate	T1.2*1020*286	2
14	back cover plate	t1.2*1196*317	1
15	Side strip fastening plate	T3.0*1164*81.5	2
16	Fixed support	T3.0*618*45	2
17	Left Connecting bracket	T3.0*335*50	1
18	Right Connecting bracket	T3.0*335*50	1
19	Pedal	435*230*36*t3.0	6
20	Pedal cover	430*27*93.5*t2.5	6
21	Pedal bracket	95*20*55*t2.5	12
22	Pedal sleeve	Φ20*60*t2.5	12
23	Wheel	Φ55*25.8	2
24	Power wire bracket		1
25	Phillips large flat head full thread bolt	M3x10	4
26	Foot pad		4
27	Drive pipe	Φ14*φ10.5*10	2
28	Round Head Plug	Φ50*t1.5	2
29	controller		1
30	Reciprocal induction transmitter	34*20*11	1
31	Reciprocal induction receiver	34*20*11	1
32	Inductive receiving connection cable	L1500mm	1
33	Inductive emission connection cable	L1500mm	1
34	Inductor adapter wire	L150mm	1
35	Emergency stop switch connection cable	L1500mm	2
36	Magnetic ring	Φ31*φ19*t16	1
37	Power socket		1
38	Switch		1
39	Self-reset switch		1
40	Power cable	L-500mm/red	1
41	Power cable	L-500mm/black	1
42	Power cable	L-100mm/18# red	1
43	Communicate wire	L1500mm	1
44	Phillips countersunk head full thread bolt	M4x12	20
45	Philips C.K.S full thread screw	M4×10 black	23
46	Philips C.K.S sharp full thread screw	M4×16	6

47	Philips C.K.S full thread screw	M4×10	5
48	Philips C.K.S self-tapping screw	ST4x16	48
49	Allen cylindrical head full thread screw	M8×65 black	4
50	Serrated lock washers	Φ5	1
51	Spring washer	Φ5	1
52	hex nut	M8	4
53	cable ties	3*100	10
54	Philips C.K.S Cutting tail tapping screws	ST4*10	24
55	Allen C.K.S full thread screw	M6×15(6.8grade)	8
56	Allen countersunk head full thread screw	M6×15(8.8grade)	28
57	Philips countersunk full thread screw	M4x30(6.8grade)	4
58	Phillips C.K.S full thread screw	M4×8 (6.8grade)	2
59	Allen C.K.S full thread screw	M8×20 (8.8grade)	4
60	Allen C.K.S full thread screw	M8×10 (6.8grade)	22
61	Allen Cylindrical head full thread screw	M8×15 (8.8grade)	2
62	Pedal EVA sticker	T3.0*155*25	12
63	EVA sticker tape	T1.0*30*90	12
64	Rear sprocket wheel		1
65	Idle wheel bracket		2
66	Front sprocket wheel		2
67	Pedal chains		2
68	Front axle		1
69	Middle axle		1
70	Pedal shaft		12
71	bearing base	Φ42xφ50x14	4
72	Small driving wheel	Φ75xφ42xφ17x23.5	1
73	Middel driving wheel	Φ153xφ42xφ17x23.5	1
74	Large driving wheel	Φ222xφ42xφ17x26	1
75	Drive pipe	Φ33xφ26xφ17x28	2
76	Deep groove ball bearing	6000ZZ	6
77	PU wheels	Φ35.7×13	24
78	Pedal retaining clamp ring	J30*50*t2.5*158	12
79	External circlip	Φ15	12
80	External circlip	Φ10	2
81	External circlip	Φ8	12
82	External circlip	Φ7	12
83	Motor belt	330JP6	1
84	Motor belt	560JP6	1
85	Idle wheel	Φ38*22	2
86	deep groove ball bearing	6000ZZ	4
87	drive pipe	Φ14*φ8.2*25	12
88	Magnetoresistive device		1
89	Allen pan head half-thread bolt	M8×40×20	14
90	hex lock nut	M8	14
91	flat washer	Φ8xφ30xt3.0	5
92	Allen C.K.S head full-thread bolt	M8x15 (8.8grade)	29
93	Sensor bracket		1

94	Sensor		1
95	Phillips pan head full-thread bolt	M5x6 (6.8 grade)	2
96	Left lower Upright-post		1
97	Left Upper Upright-post		1
98	Right lower Upright-post		1
99	Right Upper Upright-post		1
100	Left cover of left upright post	268*87*30*T3.0	1
101	Right cover of left upright post L	268*87*30*T3.0	1
102	Left cover of right upright post	268*87*30*T3.0	1
103	Right cover of right upright post	268*87*30*T3.0	1
104	Curved emergency stop trim cover	t2.0×45x83	1
105	Emergency stop switch		2
106	Philips countersunk head self-tapping screw	ST4×15	8
107	Handlebars frame		1
108	Console bracket frame		1
109	Cambered scam cover	T2.0*83*48.5	1
110	Central control upper cover		1
111	Central control lower cover		1
112	Handrail upper shell		2
113	Handrail lower shell		2
114	Handrail button start/stop		1
115	Handle button level +/-		1
116	Handle steel sheet		4
117	Keypad		1
118	Keypad frame		1
119	Safety key base		1
120	Console		1
121	Connection wire	L1000mm	1
122	Handrail trim cover		2
123	Wireless charger rubber pad	200*100*13	1
124	Wireless charger bracket		1
125	Safety key (with rope)		1
129	Bottle		2
130	End cap	Φ20	2
131	Handrail connection wire	L700mm	2
132	Centre control EVA		1
133	Philips C.K.S. pan head self-tapping screw	ST3×25	8
134	Philips C.K.S. pan head self-tapping screw	ST3×15	2
135	Allen countersunk head full thread bolt	M8x12 (8.8 grade)	10
136	L shape wrench	6x35x80	1
137	L shape wrench	5x35Sx85	1
138	Wire clamp		1
139	Power plug		1
140	Warning label of pedal		6
141	Keypad PCB		1
142	Reed pipe		1
143	Steel of Safety key		1

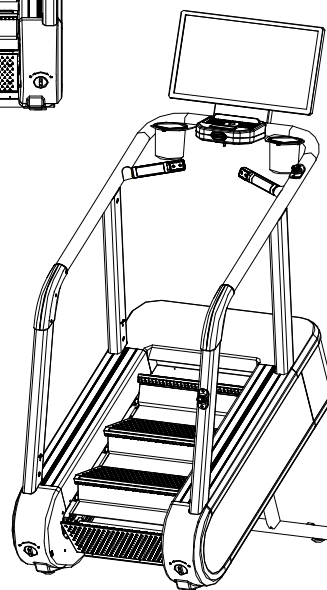
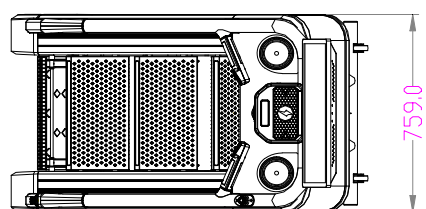
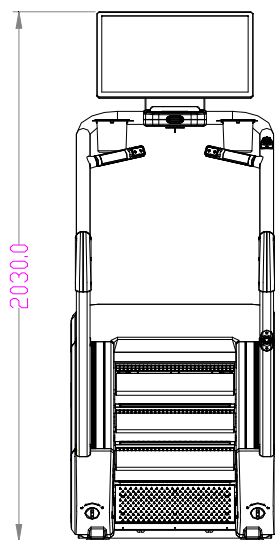
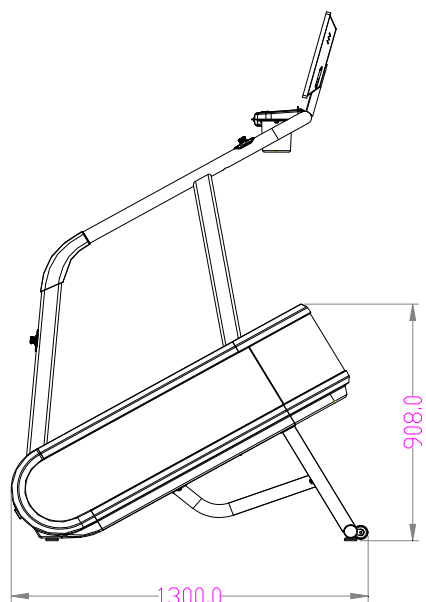
144	Warning label		1
145	Filter		1
146	Upper housing of main frame		1
147	Lower housing of main frame		1
148	Left front cover		1
149	Right front cover		1
150	Upper side rail		2
151	Lower side rail		2
152	pipe clamp		2
153	Guard securing tube		2
154	Round guide block	Φ25xφ5x4.5	16

Product introduction



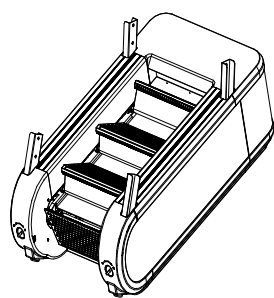
Specification

Overall dimensions	1300*759*1984
The stairs specifications	435*230*150
Speed section number	1-15 level (14-140 step/ minute)
Effective steps	3

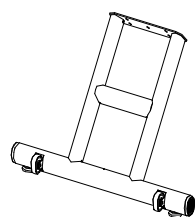


Note: our company reserves the right to modify the products without prior notice.

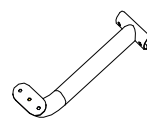
Packing list



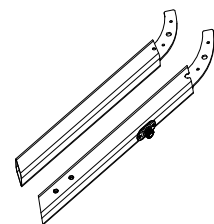
platform



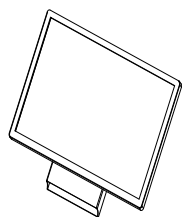
Support frame



Connector



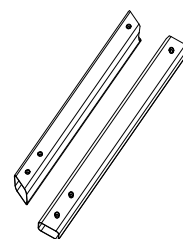
upright post(L/R)



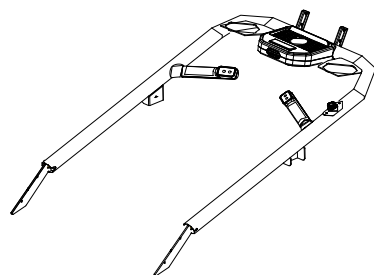
Console



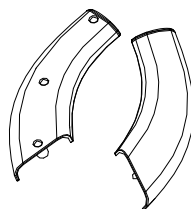
Bottle



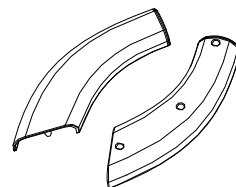
Up-right post (L)



Handlebars frame



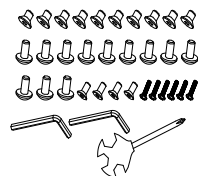
Left decoration cover



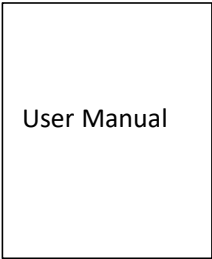
Right decoration cover



Safety key

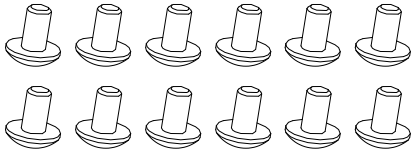


Screw kit

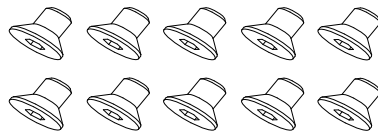


Manual

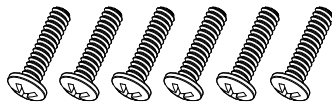
Screw bag list



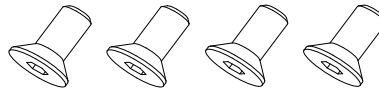
Allen Head Button Head Bolt (full thread)
(M8*15) 12 pcs)



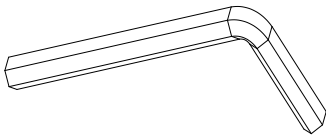
Allen Head CSK Head Bolt (full thread)
(M8*12) 10pcs



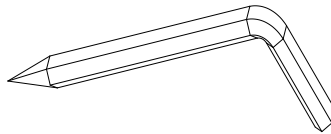
Phillips Truss Head Self-tapping Screw
(ST4*16) 6pcs



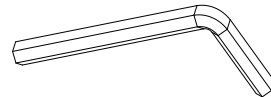
Allen Head CSK Head Bolt (full thread)
(M6*15) 4pcs



L shape wrench
(6*35*80) 1pcs



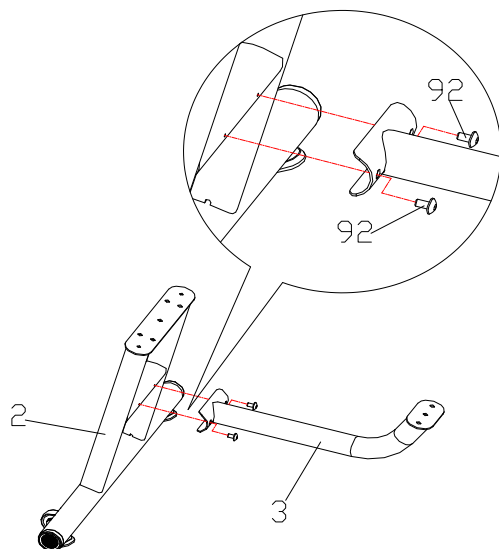
L shape wrench (5*35*85s) 1pcs



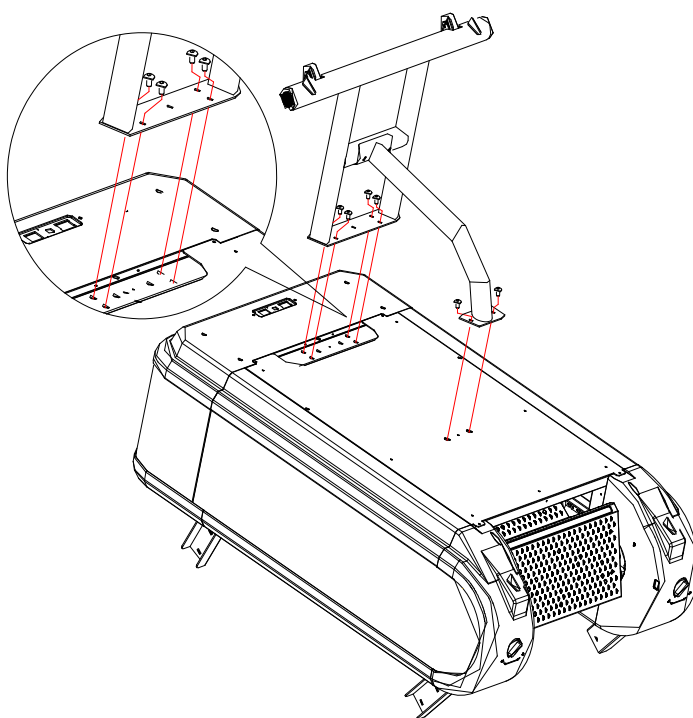
L shape wrench
(4*30*80) 1pc

Installation steps

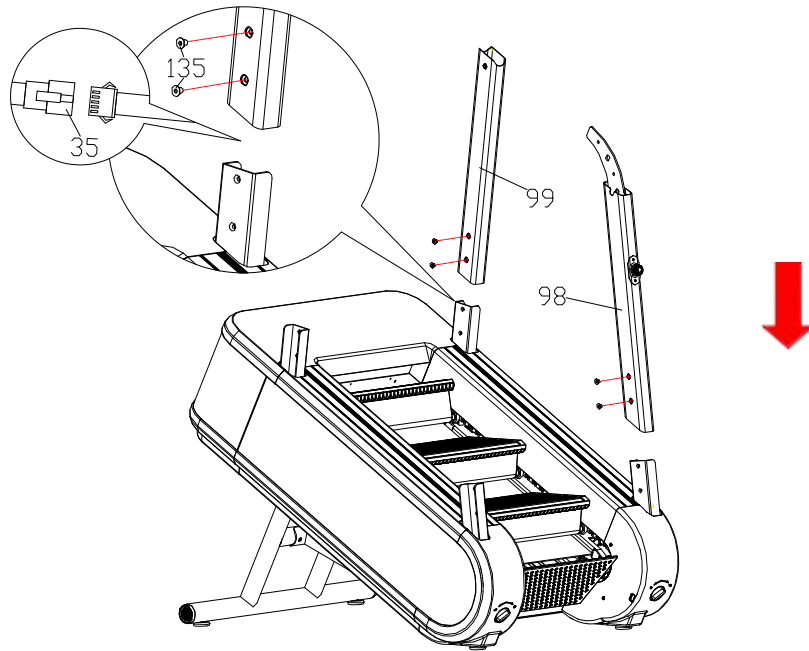
Note: Do not lock the screws during installation, the screws should be locked after all parts are installed well.



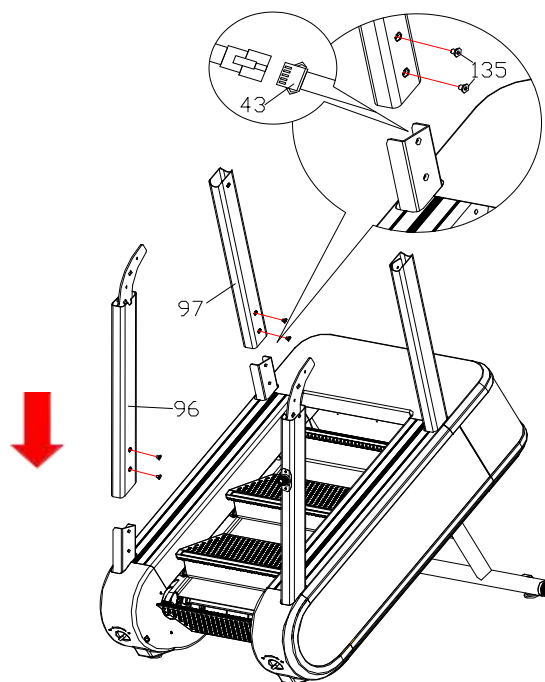
Step 1: Check all components according to the packing list before assembly, place the support frame(2) on a stable ground, take out 2 pcs of M8*15 Allen Head Button Head Bolt (92) from the screw bag, and fix with the connecting parts of main frame (3). See above picture.



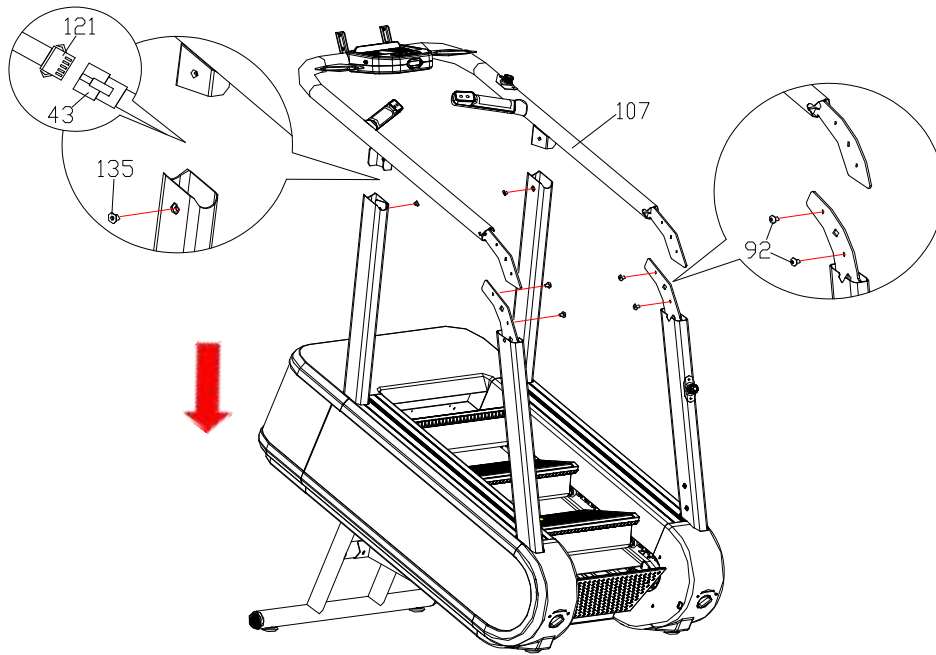
Step 2: Turn the machine upside down as above picture shown, take out 6pcs of M8*15 Allen Head Button Head Bolt (92) from the screw bag and fix the support set to the machine.



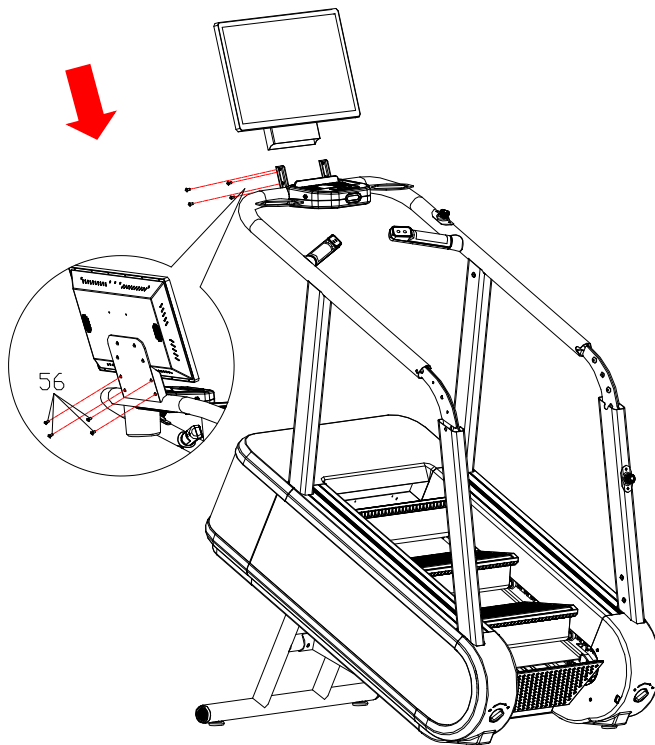
Step 3: Take out the upper and lower upright posts(R) (98 and 99), fix the emergency stop switch connecting wire (35), insert them into the installation clamp ring of the machine as shown in the above picture, take out 4 pcs M8*12 Allen Socket CSK Head Bolt (full thread) (135), and fix the upright post (do not lock the bolt, just put it on slightly).



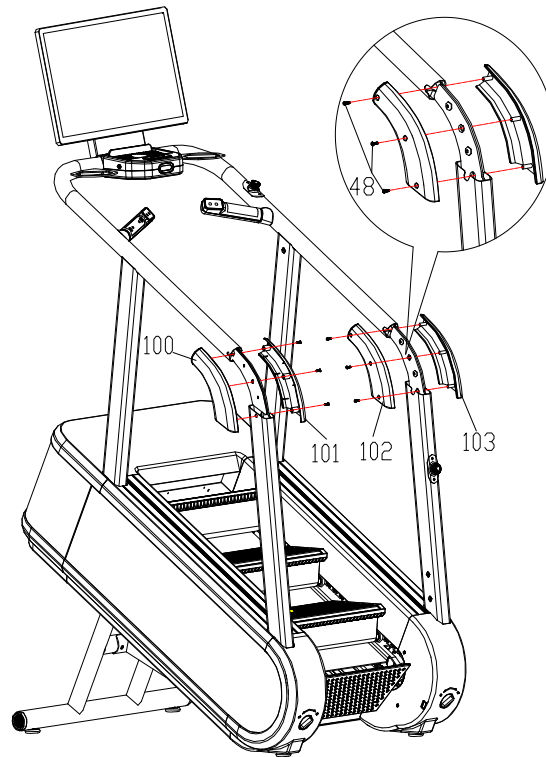
Step 4: Take out the upper and lower upright posts(L) (96 and 97), connect the communication line (43) through the upper upright post (L), insert it into the clamp ring as shown in above picture, use 4 pcs M8*12 Allen Socket CSK Head Bolt (full thread) (135) to fix it on the upright post(upper), and then take 4 pcs M8*15 Allen Head Button Head Bolt (full thread) (135) , fix them on the lower upright post (do not lock the bolt, just put it on slightly)



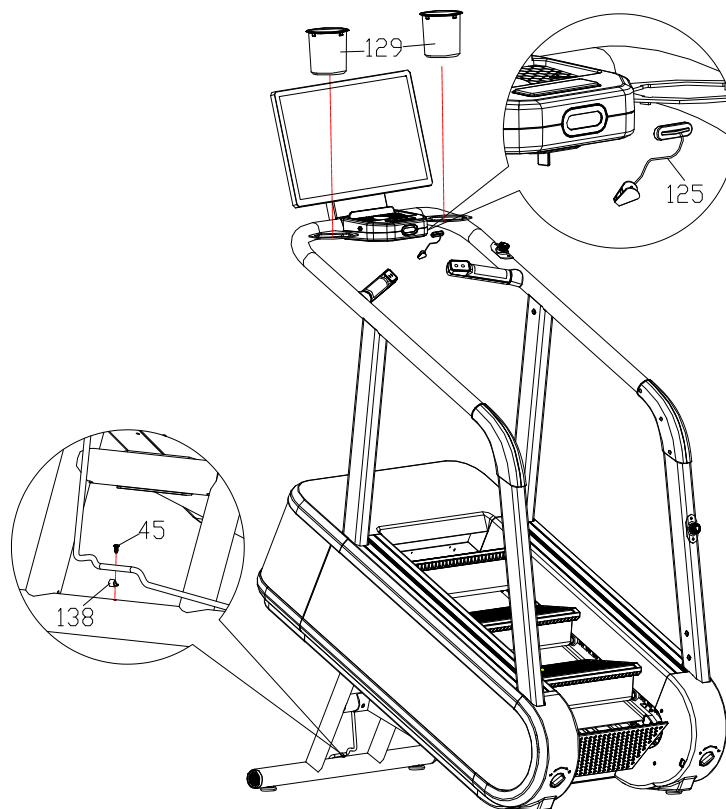
Step 5: Take out the handle bar (107), connect the communication line and the armrest emergency stop switch cable, insert it into the upright post as shown in the above picture, and use 2pcs M8*12 Allen Head CSK Head Bolt (full thread)(135) to fix the upper upright post, then take 4pcs M8*15 Allen Head Button Head Bolt (full thread) (92) and fix them on the lower upright post(do not lock the bolt, just put it on slightly).



Step 6: Take out the console and insert it into the armrest tube as above picture, connect the communication cable, then use 4pcs M6*15 Allen Socket CSK Head Bolt (full thread) (56) to fix it, (do not lock the bolt, just put it on slightly).



Step 7: Take out the left and right decoration cover of upright pot, insert them onto the lower upright post (L & R) and fix them with 6pcs ST4*16 Phillips Truss Head Self-tapping Screw (48).



Step 8: Open the wire clamp (138) on the support frame, clamp the power cord into it and lock it again, then take out the water bottle holder (129) and install it, finally lock all the screws and check it again to ensure that all screws are firm, then install the safety lock (125), the installation is finished

Sports advice and guidelines

Warm up

Warm up for 5-10 minutes before each operation.

breathing

Do not hold your breath during the operation. Normally breathe in through your nose and out through your mouth when you are ready to restore the movement

frequency

The exercise of the same muscle should have 48 hours of rest, that is, every other day to train the same part of the body

load

Determine the amount of training according to the individual physical condition, and then practice according to the principle of asymptotic load, muscle soreness is a normal phenomenon at the beginning of training, as long as continue to practice, the soreness can be eliminated

relax

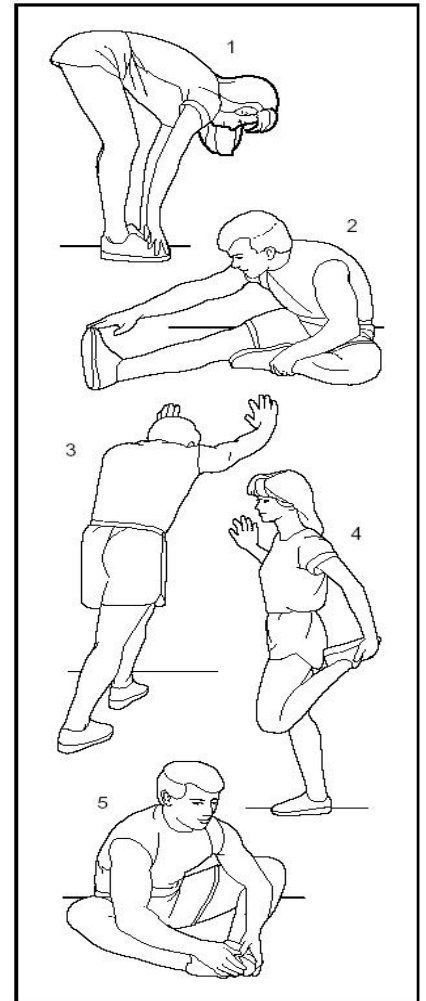
Every time the reductive action that should do 5 minutes after practicing, especially of crural ministry muscle extend flabby, lest muscle is long-term condensation, maintain muscle flexibility

diet

To protect digestive system, hind of the hour after the meal can exercise, after training should lie between at least half hour ability to eat, drink water less in exercise, avoid especially large quantities of water, lest increase heart, kidney burden

stretching

No matter how fast you walk, it's best to stretch first. Warm muscles stretch more easily, so warm up by walking for 5-10 minutes. Then stop and stretch as follows -- five times for 10 seconds or more on each leg; Do it again after your workout.



Stretch down

With your knees slightly bent, slowly bend your body forward to relax your back and shoulders, and try to touch your toes with your hands. Hold for 10 to 15 seconds, then relax. Repeat three times (see figure 1).

2. Hamstring stretch

Sit on a clean seat cushion and straighten one leg. Bring the other leg in close to the inside of the outstretched leg. Try to touch your toes with your hands. Hold for 10 to 15 seconds, then relax. Repeat with each leg 3 times (see figure 2).

Stretch the calf and Achilles tendon

Stand with two hands on a wall or tree, one foot behind. Keep your hind legs straight and on your heels, leaning against a wall or tree. Hold for 10 to 15 seconds, then relax. Repeat with each leg 3 times (see figure 3).

Quadriceps stretch

Hold the wall or table with your left hand for balance, then extend your right hand backward, holding your right ankle and slowly pulling toward your hips until you feel tension in the muscles in front of your thighs. Hold for 10 to 15 seconds, then relax. Repeat with each leg 3 times (see figure 4).

Stretch the sartorial muscle (muscle in the inner thigh)

Sit with your feet facing each other and knees facing out. Grab both feet with both hands and pull toward the groin. Hold for 10 to 15 seconds, then relax. Repeat three times (see figure 5).

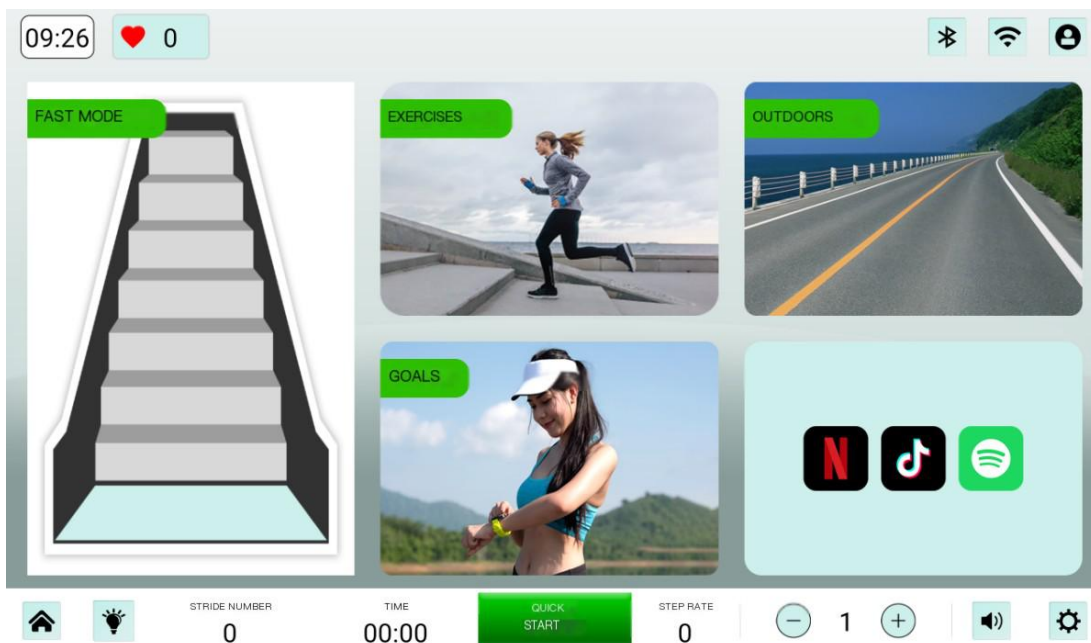
Monitor instruction

1. Description of the console function:

- 1) P1-P36 is the built-in automatic training program, BMI;
- 2) 23.8" tablet;
- 3) Operating speed range: gear position 1.0~15.0 (14-160 steps/minute);
- 4) System self-test, abnormal information prompt function;
- 5) HRC function; (optional)
- 6) Speaker
- 7) Wireless internet

2. Display Window Description

2.1 This product has four modes, together with Apps and basic functions. The four modes are FAST MODE, EXERCISES, GOALS target mode, and OUTDOORS real-world mode.



TIME: displays the time;

GEAR: displays the level position;



: Home;



: Brightness adjustment;



: Volume adjustment;



: Settings key;



: Bluetooth device connection;



: WIFI network connection;

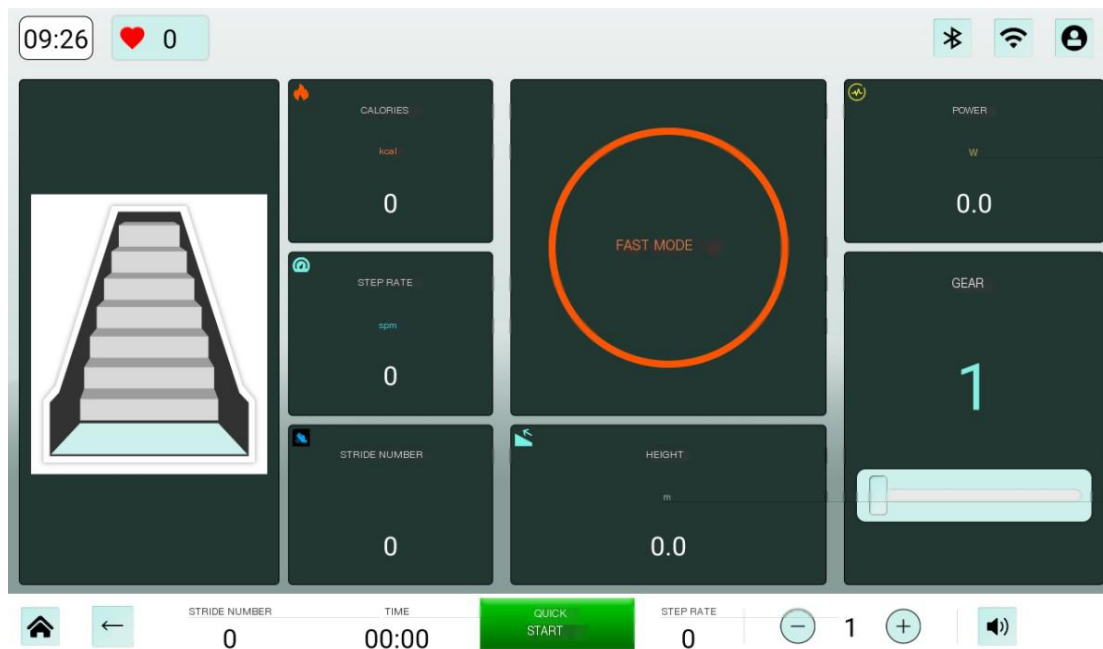


: User account login;

2.2 Mode Function Description

2.2.1 FAST MODE

Click the "START" button on the main interface or click the "FAST MODE" to enter the fast mode. In the FAST MODE interface, as shown in the following figure, Heart Rate, Calorie, Step rate, Stride number, Height, and 1-15 gear adjustment are displayed.

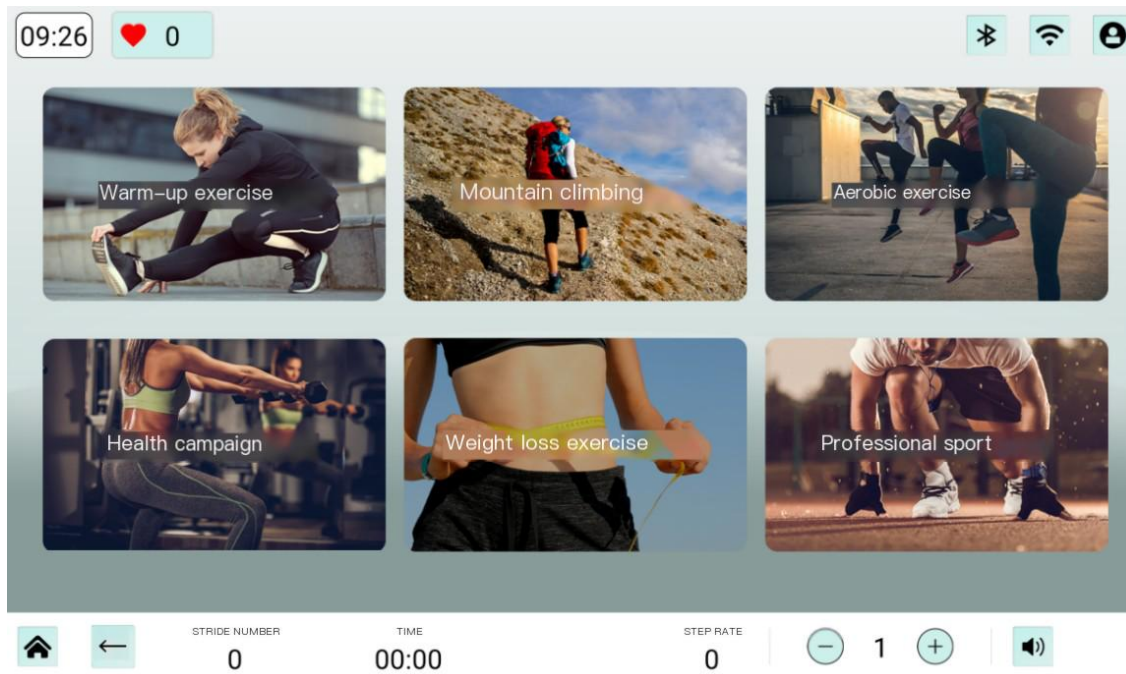


Press the START button, and after 5 seconds, the workout starts. This product can real-time view the Calories burned, step frequency, Step rate, climbing height, and heart rate during exercise, and adjust the appropriate exercise speed through 1-15 levels. After pressing the STOP button, The workout ends. After the exercise, you can view the calories burned (cal), step rate (min: sec), heart rate, gear, and stride number during the exercise.



2.2.2 EXERCISES mode

The "EXERCISES" mode contains the system setting program P1-P36, which is only trained in the countdown time mode. Each training mode has a fixed time and can be adjusted by clicking \oplus or \ominus adjusting the gear value during exercise.



As shown in the figure below, each training mode of the built-in program has a fixed time.

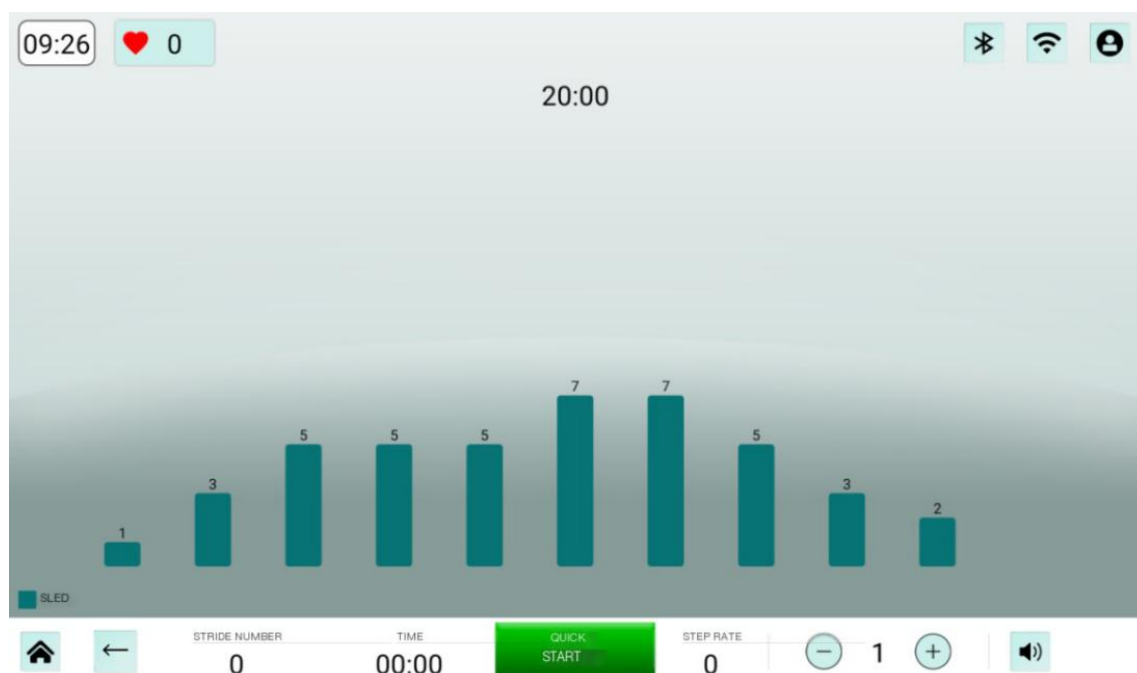
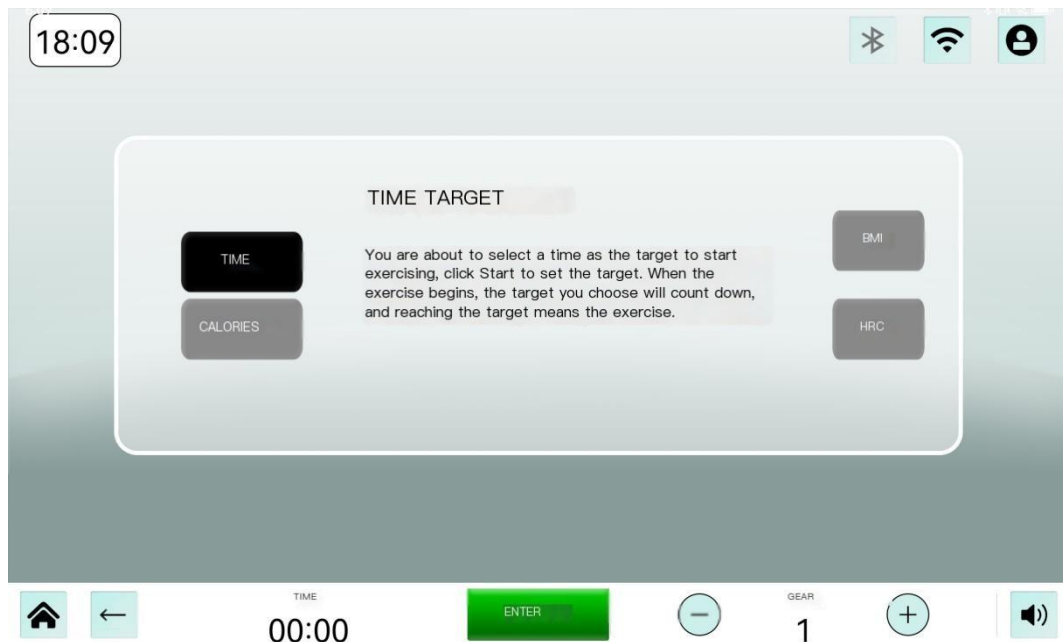


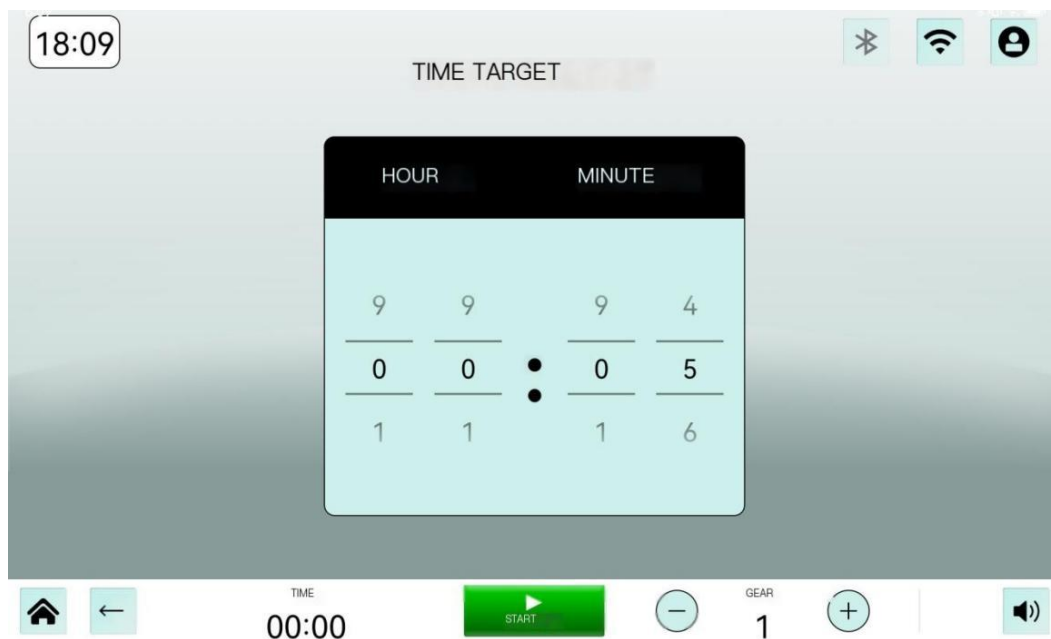
Figure 2.7 Warm up Exercise Interface

2.2.3 GOALS mode

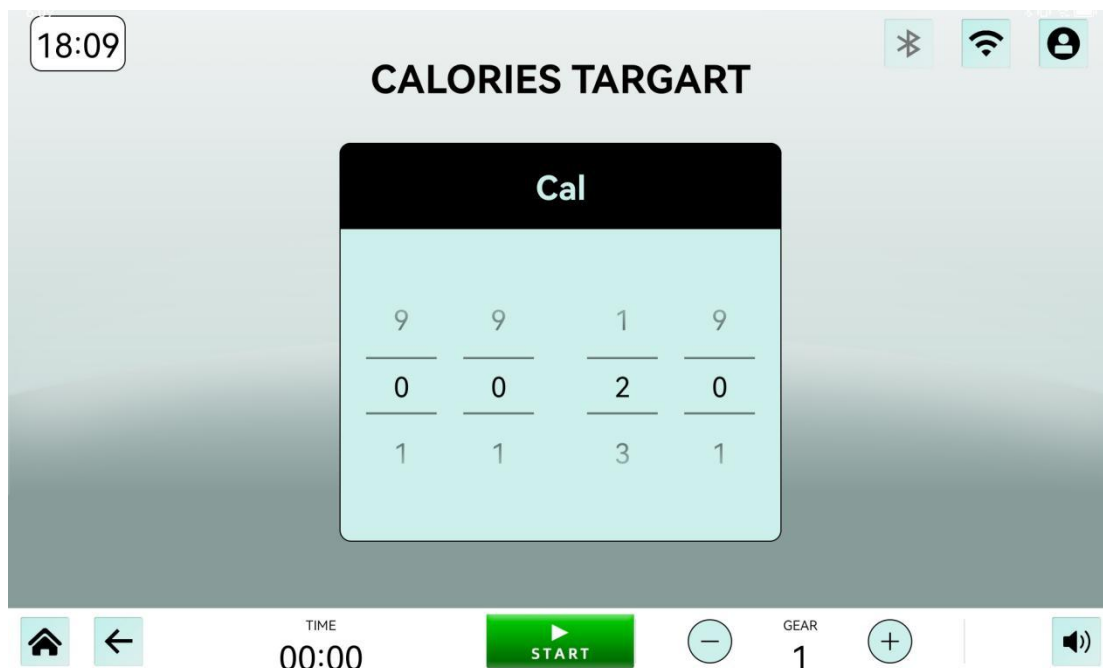
GOALS has three training and one BMI(Body mass index), namely, target time, target calories, target heart rate, and BMI mode. The training level can be adjusted by the user.



TARGET TIME setting range: 5-99 minutes, default value: 00:05;



TARGART CALORIES setting range: 20-9990 CAL, default value 20CAL;



TARGET HEART RATE

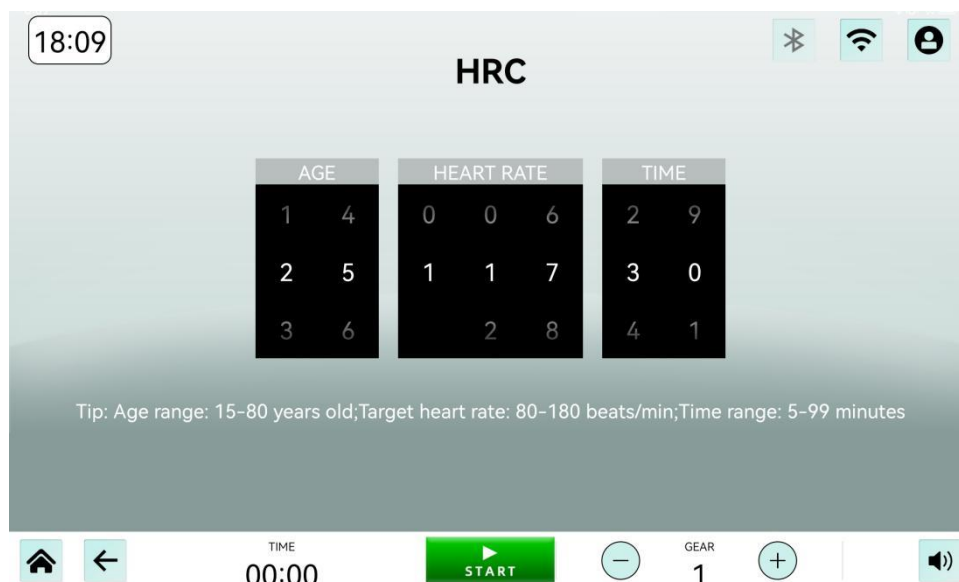
Setting as below:

AGE range: 15-80 years old, default is 25 years old;

HEART RATE: Default target heart rate (THR): $(220 - \text{age}) \times 0.6$, target heart rate can be modified within the range of 80-180;

TIME: The default setting time is 30 minutes, modification range is 5-99 minutes.

When using the HRC function, users need to set target heart rate and exercise time, and the system can provide customized targets for exercise.



The BMI mode test body fat is as follows

AGE: Set parameter range: 1-99 years old, default value: 25 years old

HEIGHT In: Set parameter range: 100-220in, default value: 170in;

WEIGHT-lb: Set parameter range: 20-150lb, default value: 70lb;