English Manual For YE40(MANUAL)

The things you should know before exercise
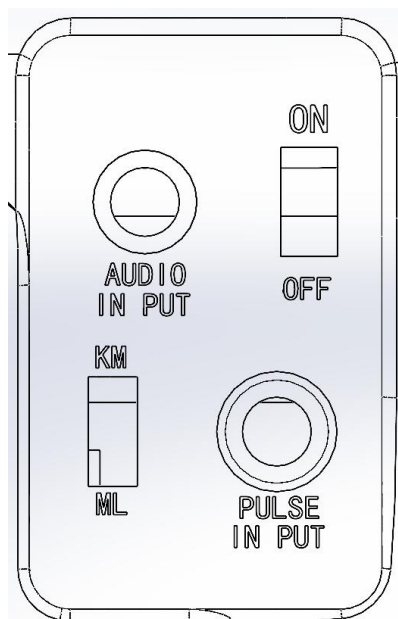
A. User Data:

You should input your personal data before workout. Press BODY FAT key to enter your personal data of sex, age, height and weight then the computer can save the data unless take out the batteries.

B. CLOCK Mode:

    a. The computer will enter the clock mode when there is no signal input or no keys be pressed after 4 minutes. You can press ENTER key to switch the clock and temperature at the clock mode or press other keys to quit the clock mode.

    b. You can set up the CLOCK by holding ENTER+UP key for over 2 seconds then you can set up CLOCK by UP or DOWN keys.

    c. You can set up the ALARM by holding ENTER+DOWN key for over 2 seconds then you can set up ALARM by UP or DOWN keys.

    d. By holding the ENTER and UP keys together for over two seconds, you can check the current clock at "NO SPEED" mode.

C. Metric and imperia units switch:

    a. Move the switch to KM(Metvic untis) or ML(imperial units) as your need.

    b. take out batteries and then put then back to the monitor. The system will chang automatically.

D.

Functions and Features:

1. CLOCK: Display the current clock in hour and minute and second.
2. ALARM: You can set up your morning call or setting time by this computer and it will beep alarm 1 minute when your setting time is reached.
3. TEMPERATURE: Display the current temperature.

4. SCAN: During the exercise stage, the computer will automatically scan the function of TIME, SPEED, DISTANCE, CALORIES, PULSE and RPM per each for 6 seconds unless press the ENTER key to exit the auto-scan function. When the computer exits the manual-scan then the message window will show "SCAN" for 2 seconds then switch to auto-scan function.

5. TIME: Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You many also program your computer to count down from a set value by using the UP and DOWN keys. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and reset itself to the original time set, letting you know your workout is done.

6. SPEED: Displays your workout speed value in KM/MILE per hour. If no speed signal input then the computer will display "0.0" on the window.

7. DISTANCE: Displays the accumulative distance traveled during each workout up to a maximum of 99.9KM/MILE.

8. CALORIES: Your computer will estimate the cumulative calories burned at any given time during your workout.

9. PULSE: Your computer displays your pulse rate in beats per minute during your workout. If no pulse signal input then the computer will display "P" on the window.

10. RPM: Your pedal cadence.

11. AGE: Your computer is age-programmable from 10 to 99 years. If you do not set an age, this function will always default to age 35.

12. PULSE RECOVERY: During the START stage, leave your hands holding on grips or leave the chest transmitter attached and then press "PULSE RECOVERY" key,time starts counting from 01:00 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1.0 to F6.0 and message window will show your workout situation. The details as follows,

$$1.0 \quad \text{means OUSTANDING}$$
$$1.0 < F < 2.0 \text{ means EXCELLENT}$$
$$2.0 \leq F \leq 2.9 \text{ means GOOD}$$
$$3.0 \leq F \leq 3.9 \text{ means FAIR}$$
$$4.0 \leq F \leq 5.9 \text{ means BELOW AVERAGE}$$
$$6.0 \quad \text{means POOR}$$

Key function:

There are 6 button keys and the function description as follows:

1. UP key: During the setting mode, press the key to increase the value of Time, Distance, Calories, Age, Weight, Height etc. and to select sex. During the CLOCK mode, you can set up clock and alarm by this key.

2. DOWN key: During the setting mode, press the key to decrease the value of Time, Distance, Calories, Age, Weight, Height etc. and to select sex. During the CLOCK mode, you can set up clock and alarm by this key.

   Note: During the setting mode, you can hold UP and DOWN keys together for over two seconds then the setting value will reset to Zero or default value.

3. ENTER/RESET key: a. Press the key to accept the current data entry.
                     b. During the "NO SPEED" mode, by holding this key for over two seconds then the computer will re-power-on.

4. BODY FAT key: Press the key to enter your personal data before measure your body fat ratio.

5. MEASURE key: Press the key to get your body fat ratio and BMI and BMR.
   a. FAT %: Indicate your body fat percentage after measurement.
   b. BMI (Body Mass Index): BMI is a measure of body fat based on height and weight that applies to both adult men and women.
   c. BMR (Basal Metabolic Rate): Your Basal Metabolic Rate (BMR) shows the number of calories your body needs to operate. This doesn't account for any activity, it's simply the energy needed to sustain a heartbeat, breathing and normal body temperature. It measures the body at rest, not sleep, at room temperature.
6. PULSE RECOVERY key: Press the key to activate heart rate recovery function.

Error Message:

E: The speed over than 99.9 MPH/KPH then the computer will display "E".

Err: When measure the body fat function or pulse recovery function, if there is no pulse signal input within 20 seconds then the computer will display "Err". You can repress any keys to quit the Err message.

Warning:

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.

NOTE:

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.

FCC Statement:

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.

The equipment complies with FCC Radiation exposure limit set forth for uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.

ISED Statement:

This device complies with Part 15 of FCC Rules [and   contains license-exempt

transmitter(s) that comply with innovation，Science and Economic Development Canada's licence-exempt RSS Standar(s)]. Operation is subject to the following two conditions:

(1) This device may not cause interference; and

(2) This device must accept any interference received, including interference that may cause undesired operation

The digital apparatus complies with Canadian CAN ICES 3 (B)/NMB 3(B).

This device meets the exemption from the routine evaluation limits in section 6.6 of RSS 102 and compliance with RSS 102 RF exposure, users can obtain Canadian information on RF exposure and compliance.

This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment.

French: L'émetteur/récepteurexempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et DéveloppementéconomiqueCanada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

(1) l'appareil ne doit pas produire de brouillage, et

(2) l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

l'appareil numérique du ciem conforme canadien peut 3 (b) / nmb 3 (b).

cet appareil est conforme à l'exemption des limites d'évaluation courante dans la section 6.6 du cnr - 102 et conformité avec rss 102 de l'exposition aux rf, les utilisateurs peuvent obtenir des données canadiennes sur l'exposition aux champs rf et la conformité.

This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.