

**Windage exercise car** Instructions



# CATALOGUE

*Instructions for safe use* .....p2

*Routine maintenance*.....p3

*Packing List* .....p4

*Accessories List* .....p5

*Instructions for assembly* .....p6-7

*Electronic watch operation instructions*.....p8-13

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## Instructions for safe use

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The equipment is manufactured in accordance with the general safety use standards, but we still remind users to read the instruction manual completely before using the jurisdiction, especially the safety warning below

1. Children and pets must be kept away from the product at any time, do not let unattended children and product stay alone in a room;
2. Only one person can use the product at a time;
3. If the user has a headache, nausea, chest pain or other discomfort during training, please stop training immediately and consult a doctor immediately
4. Place the product on a clean, level surface. Do not use near water or outdoors;
5. Keep hands and feet away from moving parts;
6. Wear suitable sports clothing during training. It is strictly forbidden to wear gowns and other loose clothing that are easily caught by the equipment. It is recommended to wear running shoes or other sports shoes
7. The product must be used in accordance with the use functions described in the instruction manual. Do not use other accessories or product features not recommended by the manufacturer to avoid injury.
8. There should be no obstructions or sharp objects around the product;
9. Disabled persons are not allowed to use the product alone without the supervision of professionals and health consultants;
10. Reasonable warm-up and stretching exercises must be performed before each training;
11. Please select a suitable resistance for workout according to your physical fitness. It is recommended to use a gradual method;
12. Do not use the product under the circumstance of incomplete product functions;
13. It is recommended to have guardians during training;
14. Production execution standard: GB17498.7-2008 Rating: H.

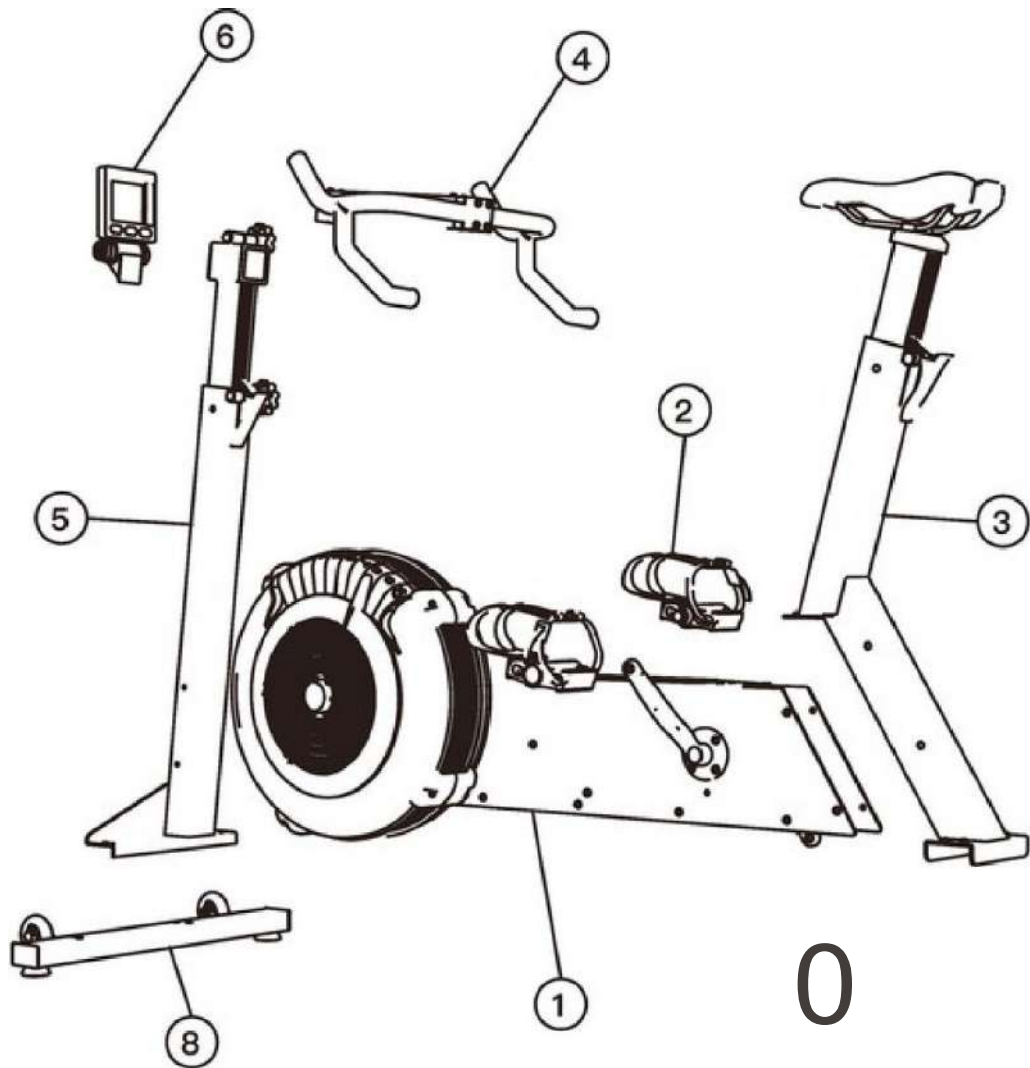
## Routine maintenance

1. Regularly lubricate moving parts
2. Inspect and tighten all parts of the product before using it
3. Clean the product with a wet towel and a mild detergent. Do not use chemical solvents to clean the product.

Warning :Please consult your health care provider before any training, especially those with health problems and users over 35 years old must read this manual carefully before using it. No responsibility for personal injury or property damage .

Please keep this manual in a safe place

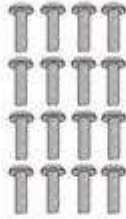
Packing List -



Serial number	name	Serial number	name
1	Box assembly	5	Column Assembly
2	Pedal	6	digital watch
3	Seatpost assembly	7	Rear bottom tube
4	armrest	8	Front bottom tube

## Parts package

A1



(16) 3/4" (1.9 cm)\*Cover plate  
Semicircular head bolt

A2



(2) 3" (7.62 cm)  
Semicircular head bolt

A3



(4) 3/4" (1.9 cm)  
Semicircular head bolt

B1



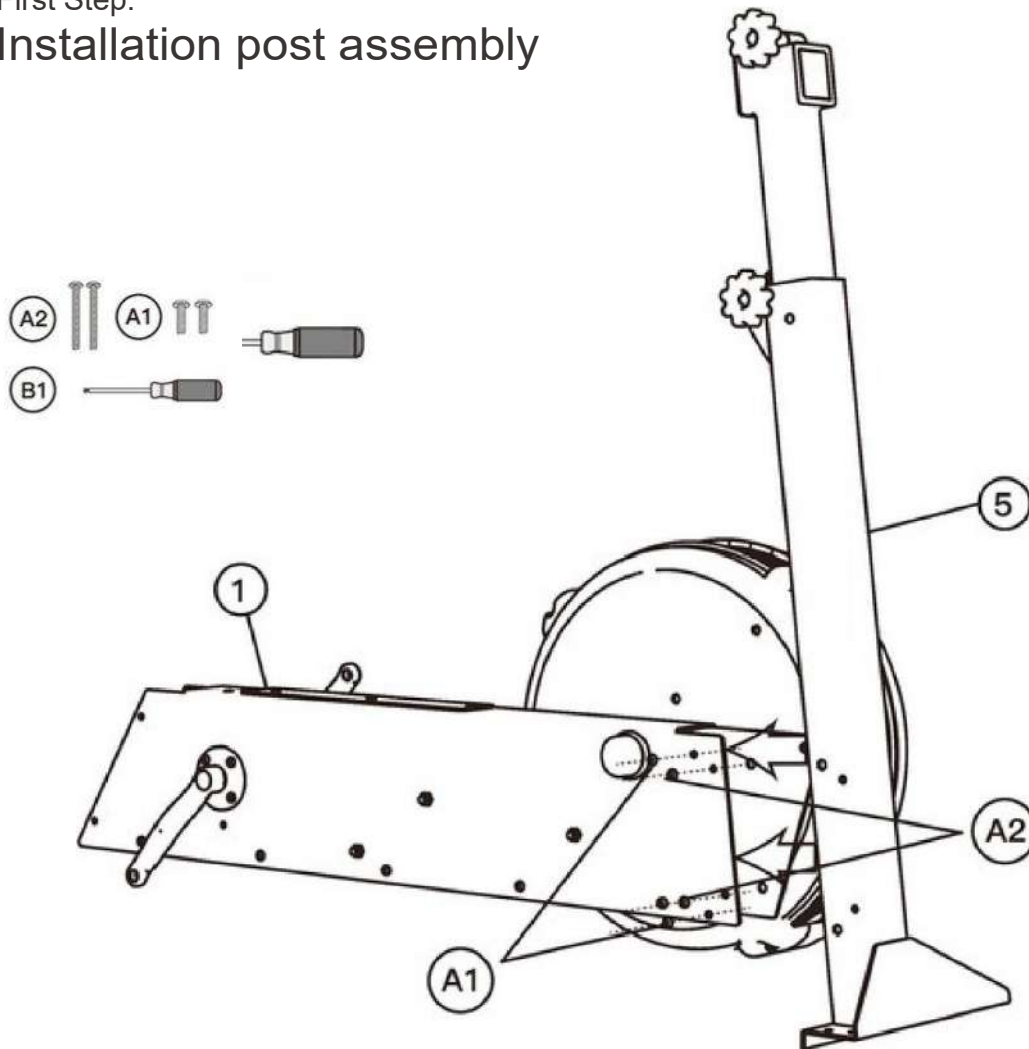
6-lobe Driver

B2



6 mm L-key

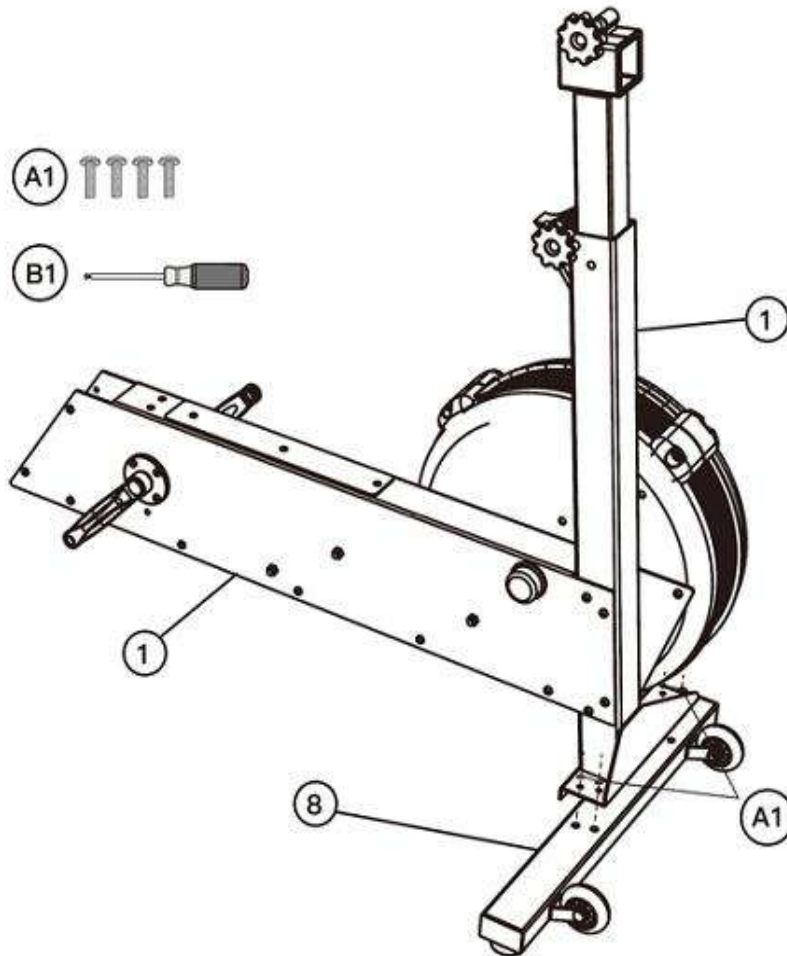
First Step:  
Installation post assembly



Instructions for assembly steps

Assemble the column assembly ⑤ to the box assembly ①, with the triangular iron block facing down, align with the hole position, use Hexagonal screwdriver B1 passes A1 round head screws through the lock.

Second Step



Assemble the column assembly ⑤ to the box assembly⑧ , with the triangular iron block facing down, align with the hole position, use Hexagonal screwdriver B1 passes A1 Round head screws through the lock.

Electronic watch operation instructions

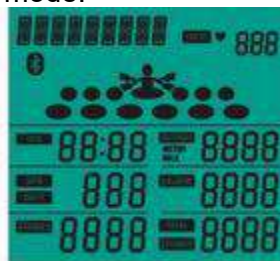
1	DIST distance	0~9999	0~9999 ±10K ±10M	Yes	Yes	1. Count up when there is no setting. 2. Count down when set, ring to 10M when 0 (Beep 4 BIBI) 3. If no signal is input for minutes, enter the standby screen.
2	CAL, calories	0~9999	0~9990 (±10)	Yes	Yes	1. When there is no setting, count up and count up. 2. Count down when set, ring at 0 (Beep 4 BIBI) 3. If no signal is input for 4 minutes, enter the standby screen.
3	SPM, Speed	0~999	NO	No	Yes	In the START state: a. There is a sensor signal input, and its value will be displayed after 3 seconds. b. After no sensor signal is input, the value returns to zero after 4.6 seconds. C.and WATT share the display window so it is displayed interactively every 5 seconds.
4	STROKES, times	0~9999	0~9990 (±10)	Yes	Yes	ROWING SOROKES and TOTAL STROKES share the display window so it is displayed interactively every 5 seconds.
5	TOTAL STROKES Total number of times	0~9999	NO	Yes	No	Is the sum of STOKES
6	WATT, Watt	0~999	NO	No	No	a. When sensor signal is input for 3 seconds, the value is displayed. Without sensor signal, the value is reset to 4.6 seconds after input. b. The display window is shared with the SPM so it is displayed interactively every 5 seconds.
7	PULSE, heartbeat	P- 30~230 BPM	0-30~230 (±1)BPM	Yes	Yes	a. When there is a pulse signal input, the time for displaying the initial value is 7.5 seconds (from the first PULSE). b. After no pulse signal is input, its value returns to zero after 6 seconds. c. Calculation method refer to Appendix I d. When higher than the set value, the value of the PULSE window

						blinks every second or PULSE OVER ALARM = 2 ALARM / s BI-BI per second
8	Manual Program					QUICK START when RPM signal is detected without entering any mode.
9	INTERVAL20-10 Indirect movement20-10					1. Intermittent exercise mode. 2. Exercise for 20 seconds and rest for 10 seconds.
10	INTERVAL10-20 Indirect movement10-20					1. Intermittent exercise mode. 2. Exercise for 10 seconds and rest for 20 seconds.
11	INTERVAL CUSTOM Custom indirect motion					1. Intermittent exercise mode. 2. The user can set exercise time and rest time.
12	TARGET TIME					Exercise time by the user.
13	TARGET DISTANCE、					The movement distance is set by the user.
14	TARGET CALORIES、					The user sets CALORIES.
15	TARGET STROKES					It is up to the user to set STROKES.
16	TARGET PULSE					User-defined heart rate
17	ON/OFF					The user can choose to open or close the Bluetooth APP connection.  The electronic watch only displays the Bluetooth icon when it is turned on, and the normal APP cannot be used when it is turned off.

Second, turn on and off:

1. Startup:

When the LCD is powered on, it will be displayed for 2 seconds . At the same time, there will be a long beep for 2 seconds to enter the standby mode.



2. Shut down:

2.1. No signal is input within 4 minutes, IC enters SLEEP mode.

2.2. When there is signal input or key input, the electronic watch WAKE UP.

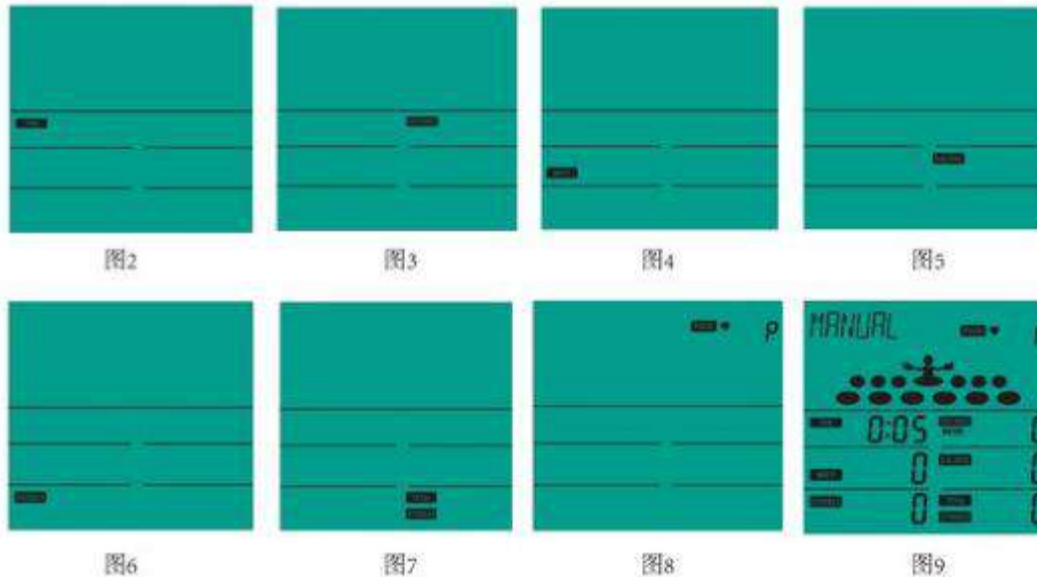
Operation instructions

1. Power on:

After the electronic meter is powered on (or press MODE / RESET for 3 seconds), BUZZER beeps for 2 seconds, and the LCD will enter standby mode after 2 seconds of full display.

2. Standby mode:

A. The electronic watch enters the standby mode after turning on, MANUAL, INTERVAL, TARGET, TIME, DISTANCE, CALORIE, PULSE, SPM, WATT TOTAL STROKES, STOKES, and cycle display in SCAN mode for 1 second. As shown in Figure 2-8.



B. In standby mode, the electronic watch enters SLEBP after 4 minutes without pressing any button, without RPM signal, and heartbeat signal input.

3. MANUAL:

A. If there is an RPM signal input during standby, immediately QUICK START, the buzzer will sound at the same time for 1 second.

B. Or in standby mode, press MODE KEY, MANUAL, and then press FMODE KEY, the buzzer sounds for 1 second, start the MANUAL function (see Figure 9), the LCD screen MANUAL stays on, TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES start counting and displaying according to the calculated value, SPM and WATT switch the display every 5 seconds. Press the MODE key during exercise to switch between SPM and WATT.

C. During exercise, no button is pressed, no RPM signal, heartbeat signal is input 4 minutes later, the buzzer sounds for 0.5 seconds to enter standby mode.

D. During the exercise, press START / STOP KEY, the movement pauses and STOP flashes, TIME, DISTANCE, TOTAL, STROKES, STROKES, and CALORIES constantly display the current exercise value, and PULSE displays the instant heartbeat value.

E. When the motion stop STOP flashes, press START / STOP KEY, the electronic watch will continue to execute the motion picture. If you press RESET KEY in the STOP state, the electronic watch will enter the standby screen. If in the STOP state, no key is pressed to execute or end After 4 minutes of exercise, the electronic watch enters the standby screen.

4. INTERVAL:

In standby mode, press MODE KEY, press UP key to select INTERVAL function, INTERVAL flashes (see Figure 10-13).



图10



图11



图12



图13

(1) INTERVAL 10/20

A. In the INTERVAL flashing screen, press FMODE KEY, 10/20 flashes, press FSTART / STOP KEY to start the 10/20 function.

B. The LCD screen "READY" flashes, the TIME window displays a countdown of 3 seconds, and the buzzer sounds for 0.5 seconds per second.

C.READY After 3 seconds, the buzzer sounds for 0.5 seconds, "WORK 01/08", TIME starts counting down for 10 seconds, TIME, DISTANCE, CALORIES, PULSE, SPM, WATT. TOTAL STROKES and STROKES start counting display according to the calculated value, CALORIES, PULSE, SPM, WATT. TOTAL STROKES, STOKES are displayed.

D. "REST0L 01/ 08", the buzzer sounds every second for 0.5 seconds, and TIME starts counting down for 20 seconds. TIME, DISTANCE, CALORIES, PULSE, SPM. WATT, TOTAL STROKES, and STROMES start counting and displaying according to the calculated value. 5 seconds switch display,"READY" flashes for the last 3 seconds.

E. C and D continue to repeat the cycle. Each cycle count increases by 1 until the "WORK 08/08" movement, enter the end screen, the buzzer sounds for 0.5 seconds. Press the MODE key during exercise to switch between SPM and WATT.

F. When the exercise is over, STOP flashes, TCALORIES, PULSE, SPM, WATT, TOTAL STROKES, and STOKES display the completed value of the movement. PULSE displays the instant heartbeat value. At this time, press START / STOP KEY again, and you can execute INTERVAL again 10/20 function; if you press RESET KEY at the end of the re-exercise screen, the electronic watch enters the standby screen, and the buzzer sounds for 0.5 seconds; if the re-exercise ends, you have not pressed any button to execute or end the exercise for 4 minutes, The electronic watch enters the standby screen, and the buzzer sounds for 0.5 seconds.

G. During the exercise, press FSTART / STOP KEY, the movement pauses and STOP flashes, TIME,

DISTANCE, CALORIES.PULSE, TOTAL STROKES, TROKES displays the current exercise value, PULSE displays the instant heartbeat value, and then press START / STOP KEY The electronic watch continues to execute the motion picture. If you press RESET KEY, the electronic watch enters the standby screen. If the STOP state is executed without pressing any button or after 4 minutes of exercise, the electronic watch enters the standby screen.

When the H.WORK function is executed, no button is pressed, no RPM signal, and the heartbeat signal is input 4 minutes later, the buzzer sounds for 0.5 seconds to enter the standby mode. Go to SLEEP.

## (2) INTERVAL 20/10

A. In the INTERVAL flashing screen, press FMODE KEY, press UP / DOWN to switch to select the 20/10 function, blink within 20/10, and press START / STOP to start the 20/10 function.

B. The LCD screen "READY" blinks, the TIME window displays a countdown of 3 seconds, and the buzzer sounds for 5 seconds per second.

C. After 3 seconds of READY, the buzzer sounds for 0.5 seconds, "WORK 01/08", TIME starts counting down for 20 seconds, and TIME, DISTANCE.CALORIES, PUILSE, SPM, WATT. TOTAL STROKES and STOKES start counting display according to the calculated value. SPM, WATT 5 seconds switch display.

D. Miba displays "REST 01/08", the buzzer sounds for 0.5 seconds per second, and TIME starts counting down for 10 seconds. TIME, DISTANCE, CALORIES, PULSE, SPM. WATT. TOTAL STROKES and STROKES start counting display according to the calculated value. , WATT 5 seconds cut Change display, "READY" flashes for the last 3 seconds.

E.C and D continue to repeat the cycle, each time the cycle count increases by 1, until "WORK 08/08" movement, enter the end screen, the buzzer sounds for 0.5 seconds.

F. When the exercise is over, STOP flashes, TIME and DISTANCE show the completed value of the movement. CALORIES, PULSE, TOTALSTROKES, and STOKES are displayed for 5 seconds. - Secondary INTERVAL 20/10 function; if re-exercise end screen, press RESETKY, the electronic watch enters standby screen, buzzer sounds for 0.5 seconds; if re-exercise end screen, no button is pressed to execute or end exercise for 4 minutes The electronic watch enters the standby screen, and the buzzer sounds for 0.5 seconds.

G. During exercise, press START / STOP KEY, STOP flashes during exercise pause, TIME, DISTANCE ,, CALORIES.PULSE, TOTAL STROKES, and STOKES display the current exercise value, PULSE displays the instant heartbeat value, and then press START / STOP KEY, the electronic watch continues to execute the motion picture. If you press FRESET KEY, the electronic watch enters the standby screen. If you do not press any button or stop the exercise for 4 minutes in the STOP state, the electronic watch enters the standby screen.

H. WORK function is executed, no button is pressed, no RPM signal, heartbeat signal is input 4 minutes later, buzzer sounds for 0.5 seconds to enter standby mode, REST function does not cause To enter SLEEP.

## (3) INTERVAL CUSTOM

A. In the INTERVAL flashing screen, press FMODE KEY, and press UP to select the CUSTOM function. CUSTOM flashes. Press MODE KEY to enter the CUSTOM setting function.

B. "SET ROUND", TIME window display 01 flashes, press UP to set ROUND, the range of ROUND setting is 01- ~ 99, it can be set cyclically, the buzzer will sound for 0.5 seconds after pressing MODE KEY and enter the next option setting set.

C. "SET WORK", the TIME window display flashes at 0:05, press SET to set WORK TIME, WORK TIME, the setting range is 0:05-10:00, the setting can be cycled, and the buzzer will sound after pressing MODE KEY 0.5 seconds and go to the next option setting.

D. "SET REST", TIME window display flashes at 0:05, press SET to set REST TIME, REST TIME, the setting range is 0.05-10: 00, it can be set cyclically, the buzzer will sound after pressing START / STOP KEY 0.5 seconds to enter the motion picture.