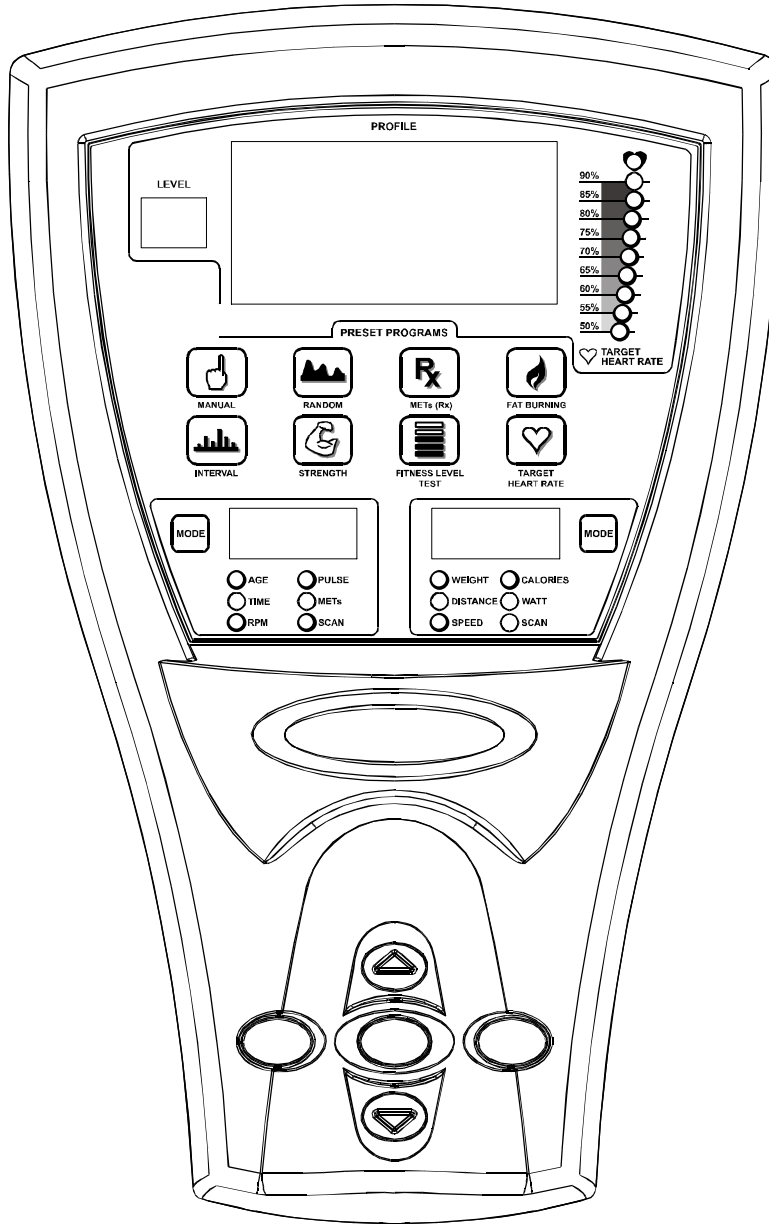


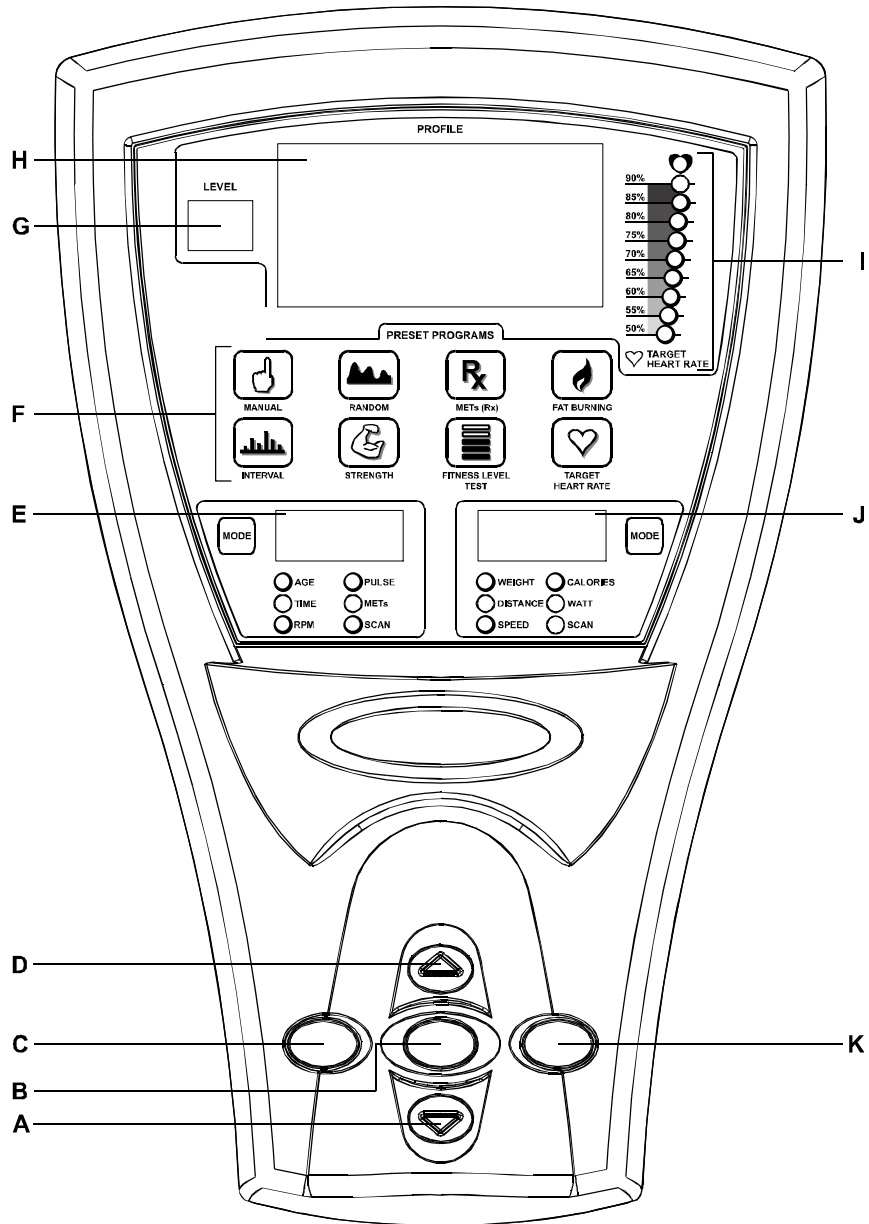
EVO XCITE COMPUTER INSTRUCTIONS

COMPUTER INSTRUCTIONS

MODEL NUMBER:



COMPUTER OPERATION



- | | | | |
|-------------------|----------------------------------|----------------------------------|-----------------|
| DOWN | <input type="button" value="A"/> | <input type="button" value="B"/> | ENTER |
| START | <input type="button" value="C"/> | <input type="button" value="D"/> | UP |
| MODE-1 | <input type="button" value="E"/> | <input type="button" value="F"/> | PRESET PROGRAMS |
| LEVEL | <input type="button" value="G"/> | <input type="button" value="H"/> | PROFILE |
| TARGET HEART RATE | <input type="button" value="I"/> | <input type="button" value="J"/> | MODE-2 |
| STOP | <input type="button" value="K"/> | <input type="button" value=""/> | |

COMPUTER OPERATION

DISPLAY:

There are 5 display areas to show all the necessary information prior to and during the workout.

LEVEL DISPLAY:

Shows from 1 to 16 resistance levels.

8 x 16 DOT MATRIX DISPLAY:

Shows all operating instructions prior to the workout, and shows all program profiles during the workout.

TARGET HEART RATE DISPLAY:

Shows the user TARGET HEART RATE% to monitor the body reaction and workout achievement. A minimum of 50% of the user's target heart rate must be detected before the LED bar will illuminate.

MODE 1 DISPLAY:

Displays and allows user to set age prior to using all programs.

Displays and allows user to set the METS for the METS (Rx) program.

Displays and allows user to set workout time prior to using all programs.

Displays TIME, RPM and PULSE during the workout. Press the MODE button to switch between the different information to be displayed, or switch to SCAN to view all information.

MODE 2 DISPLAY:

Displays and allows the user to set weight prior to using all programs.

Displays the DISTANCE, SPEED, CALORIES and WATTS during the workout. Press the MODE button to switch between the different information to be displayed or switch to SCAN to view all information.

POWER ON:

Plug in the POWER CORD and set the power switch to ON. All the LED windows will light up and begin scanning. The Dot Matrix will display and begin scrolling "**SELECT-QUICK-START-OR-PROGRAM**". The other LED windows will show the factory settings as follows:

LEVEL window display: "0"

MODE-1 window display (default AGE): "35", AGE LED light on.

MODE-2 window display (default WEIGHT): "150" lb, WEIGHT LED light on.

During the workout, press the STOP button twice to return to POWER ON status.

SLEEP MODE:

The computer will automatically enter SLEEP MODE if left idle for 5 minutes without any input in POWER ON status. When the computer is in SLEEP MODE, press any button or pedal and the machine will return to POWER ON status.

PAUSE/STOP:

During the workout, press the STOP button or stop pedaling for 10 seconds to enter PAUSE status. The Dot Matrix display will show "**PAUSE**". All the figures on the console will be frozen. Press the START button or start pedaling to resume the program and all the displays will continue the performance until the program finishes. If you leave the pedal stopped for over 3 minutes or press the STOP button twice, all the data will return to 0 and the computer will return to POWER ON status.

ENGLISH/METRIC CONVERSION:

The console display can show ENGLISH and METRIC information. The factory should have the proper setting on this for the different markets. In case it needs to be converted between METRIC and ENGLISH readout, please follow the procedure below:

1. Set the POWER SWITCH to ON. Press both the ENTER and STOP button at the same time and hold for 2 seconds. The computer will sound one short beep and the Dot Matrix will display a scrolling "**KM**" or "**ML**". KM is displayed for METRIC and ML for ENGLISH.
2. Press the ENTER button to switch between METRIC/ENGLISH. Then press the STOP button to confirm the change and return to the POWER ON status.

COMPUTER OPERATION

QUICK START:

When the console is in POWER ON status, press the START button to activate the QUICK START program. The Dot Matrix will display "**QUICK START**" then display the resistance level graphic. Press the UP/DOWN button to change the resistance level. The TIME, CALORIES and DISTANCE will count up from 0.

MANUAL PROGRAM:

When the console is in POWER ON status, press the MANUAL program button. The Dot Matrix will display and be scrolling "**MANUAL**". Press the ENTER button to select the program. The Dot Matrix will then show "**ENTER AGE**".

Accepting the Default User Data or Entering the Personal Data:

1. The user may press START/resume to accept the current default values and begin the workout.
2. Enter the programming procedure by following the prompts out-lined below.

Entering Age:

1. The Dot matrix screen will scroll, "**ENTER AGE**".
2. The AGE LED lights up and the MODE-1 window will show a blinking "**35**". Press the ? or ? button to set the user age.
3. Press ENTER to accept.

Entering Weight:

1. The Dot matrix screen will scroll, "**ENTER WEIGHT**".
2. The WEIGHT LED lights up and the MODE-2 window will show a blinking "**150**" (lb). Press the ? or ? button to set the user weight.
3. Press ENTER to accept.

Entering Time:

1. The Dot matrix screen will scroll, "**ENTER TIME**".
2. The TIME LED lights up and the MODE-1 window will show a blinking "**30:00**". Press the ? or ? button to set the workout time.
3. Press ENTER to accept.

The Dot Matrix display will scroll, "**ENTER AGE**" again to allow you to adjust the user data. Follow the same procedure. To complete the user data input and begin the workout, press the START button.

RANDOM PROGRAM:

The RANDOM program is designed to allow the user to choose from an unlimited number of computer-generated profiles.

When the console in POWER ON status, press the RANDOM program button. The Dot Matrix will display and begin scrolling "**RANDOM**". Press the ENTER button to select the program then the Dot Matrix will show "**ENTER AGE**".

Accepting Default User Data or Entering the Personal Data:

1. The user may press START/resume to accept the current default values and begin the workout.
2. Enter the programming procedure by following the prompts out-lined below.

Entering Age:

1. The Dot matrix screen will scroll, "**ENTER AGE**".
2. The AGE LED lights up and the MODE-1 window will show a blinking "**35**". Press the ? or ? button to set the user age.
3. Press ENTER to accept.

Entering Weight:

1. The Dot matrix screen will scroll, "**ENTER WEIGHT**".
2. The WEIGHT LED lights up and the MODE-2 window will show a blinking "**150**" (lb). Press the ? or ? button to set the user weight.
3. Press ENTER to accept.

Entering Time:

1. The Dot matrix screen will scroll, "**ENTER TIME**".
2. The TIME LED lights up and the MODE-1 window will show a blinking "**30:00**". Press the ? or ? button to set the workout time.
3. Press ENTER to accept.

COMPUTER OPERATION**Entering Intensity Level:**

1. The Dot matrix screen will scroll, "**ENTER LEVEL**".
2. The METS/Level LED will light up and the MODE-1 window will show "1". There are 9 different workout levels you can select by pressing the \uparrow or \downarrow button.
3. Press ENTER to accept.

Now you have completed the personal data input. Press the START button to begin the workout and start pedaling. Press STOP twice to return to POWER ON status.

MET (Metabolic Equivalents) PROGRAM:

The MET program allows you to set the workout load from 1.0 MET up to 16.0 METS. The following formula and the comparison chart shows you how different METS relates to different sport activities:

One MET: Resting metabolic rate at 3.5ml O₂/kg/min.

One Kilocalorie (kcal): 200ml of Oxygen (O₂) used.

Energy Expenditure in KCals/minute:

1. $\text{KCals/min} = 0.0175 \text{ kcals/kg/min} \times \text{METS} \times \text{WtKg}$
2. Where WtKg = weight in kilograms (1.0 Kilograms = 2.2 LB)

1.0 - 3.0 METS: Light Activity (50 to 200 KCals per hour).

Fishing, Standing or Housework.

3.0 - 4.0 METS: Moderate Activity (200 to 350 KCals per hour).

Bicycling in pace 5.5 mph or Canoeing at 2.5 mph – 3 METS

Row boat at 2.5 mph – 4 METS

Golf Walking – 4 METS

Swimming at 0.25 mph – 4 METS

4.0 and above METS: Strenuous Activity (Over 350 KCals per hour).

Badminton – 5 METS

Bicycling in pace 11 mph – 6 METS

Squash or Handball – 8 METS

Bicycling in pace 16.6 mph – 9 METS

Moderate Run at 6 mph – 10 METS

Fast Run at 10 mph – 16 METS

When the console is POWER ON status, press the METS (RX) program button. The Dot Matrix will display a scrolling "**METS**". Press the ENTER button to select the program then the Dot Matrix will show "**ENTER AGE**".

Accepting Default User Data or Entering the Personal Data:

1. The user may press START/resume to accept the current default values and begin the workout.
2. Enter the programming procedure by following the prompts out-lined below.

Entering Age:

1. The Dot matrix screen will scroll, "**ENTER AGE**".
2. The AGE LED lights up and the MODE-1 window will show a blinking "**35**". Press the \uparrow or \downarrow button to set the user age.
3. Press ENTER to accept.

Entering Weight:

1. The Dot matrix screen will scroll "**ENTER WEIGHT**".
2. The WEIGHT LED lights up and the MODE-2 window will show a blinking "**150**" (lb). Press the \uparrow or \downarrow button to set the user weight.
3. Press ENTER to accept.

Entering Time:

1. The Dot matrix screen will scroll, "**ENTER TIME**".
2. The TIME LED lights up and the MODE-1 window will show a blinking "**30:00**". Press the \uparrow or \downarrow button to set the workout time.
3. Press ENTER to accept.

COMPUTER OPERATION**Entering MET Level:**

1. The Dot matrix screen will scroll "**ENTER MET**".
2. The METS LED lights up and the MODE-1 window will show a blinking "**1.00**". Press the **?** or **?** button to set the MET level from 1.00 to 16.0.
3. Press ENTER to accept.

Now you have completed the personal data input. Press the START button to begin the workout and start pedaling. Press STOP twice to return to the POWER ON status.

FAT BURNING PROGRAM:

The FAT BURNING program provides a consistent level of work during your exercise session. Exercising at this consistent level is more effective in the fat burning process.

When the console is in POWER ON status, press the FAT BURNING program button. The Dot Matrix will display a scrolling "**FAT BURNING**". Press the ENTER button to select the program then the Dot Matrix will show "**ENTER AGE**".

Accepting Default User Data or Entering the Personal Data:

1. The user may press START/resume to accept the current default values and begin the workout.
2. Enter the programming procedure by following the prompts out-lined below.

Entering Age:

1. The Dot matrix screen will scroll, "**ENTER AGE**".
2. The AGE LED lights up and the MODE-1 window will show a blinking "**35**". Press the **?** or **?** button to set the user age.
3. Press ENTER to accept.

Entering Weight:

1. The Dot matrix screen will scroll, "**ENTER WEIGHT**".
2. The WEIGHT LED lights up and the MODE-2 window will show a blinking "**150**" (lb). Press the **?** or **?** button to set the user weight.
3. Press ENTER to accept.

Entering Time:

1. The Dot matrix screen will scroll, "**ENTER TIME**".
2. The TIME LED lights up and the MODE-1 window will show a blinking "**30:00**". Press the **?** or **?** button to set the workout time.
3. Press ENTER to accept.

Entering Intensity Level:

1. The Dot matrix screen will scroll, "**ENTER LEVEL**".
2. The METS/Level LED lights up and the MODE-1 window will show "**1**". There are 9 different workout levels you can select by pressing the **?** or **?** button.
3. Press ENTER to accept.

Now you have completed the personal data input. Press START to begin the workout and start pedaling. Press STOP twice to return to the POWER ON status.

INTERVAL PROGRAM:

The INTERVAL program helps to build the strength of your cardiovascular system. By alternating the workload from high to low, your heart gets an effective workout.

When the console is in POWER ON status, press the INTERVAL program button. The Dot Matrix will display a scrolling "**INTERVAL**". Press the ENTER button to select the program then the Dot Matrix will show "**ENTER AGE**".

Accepting Default User Data or Entering the Personal Data:

1. The user may press START/resume to accept the current default values and begin the workout.
2. Enter the programming procedure by following the prompts out-lined below.

COMPUTER OPERATION

Entering Age:

1. The Dot matrix screen will scroll, "**ENTER AGE**".
2. The AGE LED lights up and the MODE-1 window will show a blinking "**35**". Press the **?** or **?** button to set the user age.
3. Press ENTER to accept.

Entering Weight:

1. The Dot matrix screen will scroll, "**ENTER WEIGHT**".
2. The WEIGHT LED lights up and the MODE-2 window will show a blinking "**150**" (lb). Press the **?** or **?** button to set the user weight.
3. Press ENTER to accept.

Entering Time:

1. The Dot matrix screen will scroll, "**ENTER TIME**".
2. The TIME LED lights up and the MODE-1 window will show a blinking "**30:00**". Press the **?** or **?** button to set the workout time.
3. Press ENTER to accept.

Entering Intensity Level:

1. The Dot matrix screen will scroll, "**ENTER LEVEL**".
2. The METS/Level LED lights up and the MODE-1 window will show "**1**". There are 9 different workout levels you can select by pressing the **?** or **?** button.
3. Press ENTER to accept.

Now you have completed the personal data input. Press START to begin the workout and start pedaling. Press STOP twice return to the POWER ON status.

STRENGTH PROGRAM:

The STRENGTH program gradually increases the workload over time. This will strengthen not only your heart, but also the major muscle groups, which are doing the work.

When the console is in POWER ON status, press the STRENGTH program button. The Dot Matrix will display a scrolling "**STRENGTH**". Press the ENTER button to select the program then the Dot Matrix will show "**ENTER AGE**".

Accepting Default User Data or Entering the Personal Data:

1. The user may press START/resume to accept the current default values and begin the workout.
2. Enter the programming procedure by following the prompts out-lined below.

Entering Age:

1. The Dot matrix screen will scroll, "**ENTER AGE**".
2. The AGE LED lights up and the MODE-1 window will show a blinking "**35**". Press the **?** or **?** button to set the user age.
3. Press ENTER to accept.

Entering Weight:

1. The Dot matrix screen will scroll, "**ENTER WEIGHT**".
2. The WEIGHT LED lights up and the MODE-2 window will show a blinking "**150**" (lb). Press the **?** or **?** button to set the user weight.
3. Press ENTER to accept.

Entering Time:

1. The Dot matrix screen will scroll, "**ENTER TIME**".
2. The TIME LED lights up and the MODE-1 window will show a blinking "**30:00**". Press the **?** or **?** button to set the workout time.
3. Press ENTER to accept.

COMPUTER OPERATION

Entering Intensity Level:

1. The Dot matrix screen will scroll, "**ENTER LEVEL**".
2. The METS/Level LED lights up and the MODE-1 window will show "**1**". There are 9 different workout levels you can select by pressing the **?** or **?** button.
3. Press ENTER to accept.

Now you have completed the personal data input. Press START to begin the workout and start pedaling. Press STOP twice to return to the POWER ON status.

FITNESS LEVEL TEST:

The FITNESS LEVEL TEST is based on YMCA Protocol Standards which are provided as a tool to evaluate your fitness level. During exercise, the muscles convert oxygen into the fuel needed for the muscles to do the required work. The harder you workout, the more oxygen the muscles need. The oxygen is delivered to the muscles by the cardiovascular or blood system. The harder you workout, the faster your heart beats to maintain the oxygen supply to the muscles. As your fitness level improves, your muscles become more efficient and therefore do not require as much oxygen as before. This means your heart does not have to beat as fast as before to do the same amount of work.

A heart rate monitoring device must be used for this test. The equipment provides a standard handgrip pulse on the moving handle bar to sensor the user's heart beat during the workout. Pulse detection can be confirmed by observing the top LED light on the TARGET HEART RATE display as well as the PULSE display on the MODE-1 window. If your heart rate exceeds 95% of your maximum target rate, the test will terminate. The Target Heart Rate calculation is as follows:

$(220 - \text{user age}) \times \%$

A 35 year old user needs to reach a minimum of 50% of their TARGET HEART RATE.

Which means: $(220 - 35) \times 50\% = 93$ bpm (Beats per minute)

When the console in POWER ON status, press the STRENGTH program button. The Dot Matrix will display a scrolling "**TEST**". Press the ENTER button to select the program then the Dot Matrix will show "**ENTER AGE**".

Accepting Default User Data or Entering the Personal Data:

1. The user may press the START/resume to accept the current default values and begin the workout.
2. Enter the programming procedure by following the prompts out-lined below.

Entering Age

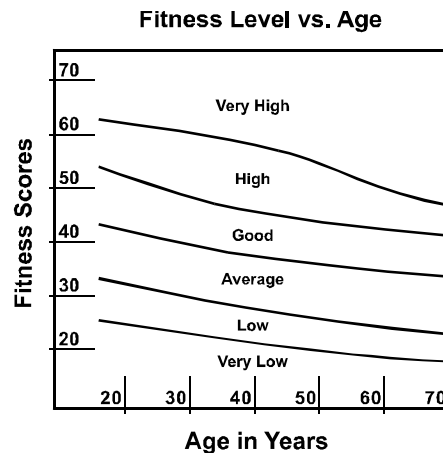
1. The Dot matrix screen will scroll, "**ENTER AGE**".
2. The AGE LED lights up and the MODE-1 window will show a blinking "**35**". Press the **?** or **?** button to set the user age.
3. Press ENTER to accept.

Entering Weight

1. The Dot matrix screen will scroll, "**ENTER WEIGHT**".
2. The WEIGHT LED lights up and the MODE-2 window will show a blinking "**150**" (lb). Press the **?** or **?** button to set the user weight.
3. Press ENTER to accept.

The MODE-1 window will show the test timer "**12:00**" which is the standard test time. This can not be changed by the user. Press the START button to begin the test. If the test has been completed successfully, the Dot Matrix display will show the score.

COMPUTER OPERATION

**TARGET HEART RATE PROGRAM:**

The TARGET HEART RATE PROGRAM is designed to keep the user training at their chosen heart rate level.

A heart rate monitoring device must be used for this program. The equipment provides a standard handgrip pulse on the moving handle bar to sensor the user heart beat during the workout. The user must hold the hand pulse contact on the moving handle bar constantly in order to monitor the user heart rate during the workout. Pulse detection can be confirmed by observing the top LED light on the TARGET HEART RATE display as well as the PULSE display on MODE-1 window. If your heart rate exceeds 85% of your maximum target rate, the program will terminate and return to the POWER ON status.

When the console in POWER ON status, press the TARGET HEART RATE program button. The Dot Matrix will display a scrolling "**CUSTOM**". Press the ENTER button to select the program then the Dot Matrix will show "**ENTER AGE**".

Accepting Default User Data or Entering the Personal Data:

1. The user may press START/resume to accept the current default values and begin the workout.
2. Enter the programming procedure by following the prompts out-lined below.

Entering Age

1. The Dot matrix screen will scroll, "**ENTER AGE**".
2. The AGE LED lights up and the MODE-1 window will show a blinking "**35**". Press the ? or ? button to set the user age.
3. Press ENTER to accept.

Entering Weight

1. The Dot matrix screen will scroll, "**ENTER WEIGHT**".
2. The WEIGHT LED lights up and the MODE-2 window will show a blinking "**150**" (lb). Press the ? or ? button to set the user weight.
3. Press ENTER to accept.

Entering Time

1. The Dot matrix screen will scroll, "**ENTER TIME**".
2. The TIME LED lights up and the MODE-1 window will show a blinking "**30:00**". Press the ? or ? button to set the workout time.
3. Press ENTER to accept.

Entering Target Heart Rate

1. The Dot Matrix screen will scroll, "**ENTER PULSE**".
2. The PULSE LED lights up and the MODE-1 window will show a blinking "**100**". Press the ? or ? button to set the user target heart rate.
3. Press ENTER to accept.

COMPUTER OPERATION

Now you have completed the personal data input. Press START to begin the workout and start pedaling. Press STOP twice to return to POWER ON status.

