



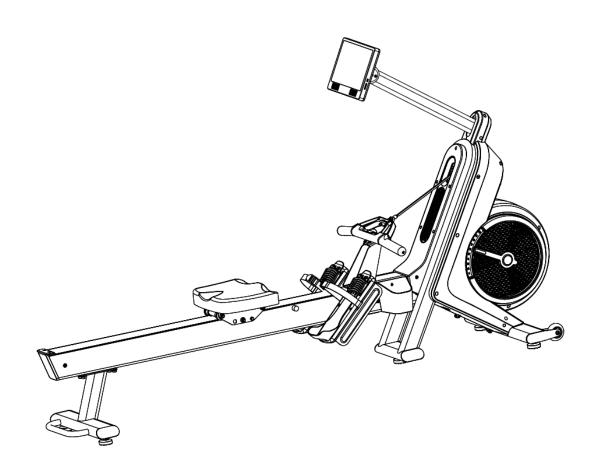
## AR PRO X

## **OWNER'S MANUAL**





# ROWING MACHINE



#### **IMPORTANT!**

Please read all instructions carefully before using this product.

Retain this manual for future reference.

The specifications of this product may vary slightly from the illustrations and are subject to change without notice.



## IMPORTANT SAFETY NOTICE

Note the following precautions before assembling and operating the machine.

- Read this Owner's Manual and follow the instruction carefully before using the Rowing Machine. Make sure that it is properly assembled and tightened before use.
- Use only original parts as delivered.
- We recommend having two people for assembling this machine.
- To lubricate all moving parts annually is recommended.
- Do not wear loose clothing to avoid entangling in any moving parts.
- Set up and operate the rowing machine on a solid level surface.
- Always wear shoes when using the machine.
- Please keep children and pets away from the machine while it is in use. Do not allow children to play or use the machine. This machine is designed for adults, not children.
- Please maintain your balance while using the machine.
- Stop exercise immediately in case of nausea, shortness of breath, faint, headache, pain, tightness in your chest or any discomfort.
- Do not place fingers or any other objects into the moving parts.
- Prior to any exercise, consult with your physician first to establish the exercise frequency, time and intensity appropriate for your particular age and condition.
- Do not grasp the seat to move the Rowing Machine. The seat will move and it may hurt your hand and fingers.
- The rowing machine should be used by only one person at a time, and it is designed for consumer use only.
- Maximum user's weight is 180Kg/ 400LB.
- Disabled persons should not use this machine without a qualified person or physician in attendance.



- Ensure that those present are aware of possible hazards, e. g. movable parts during training.
- Warning: incorrect/excessive training can cause health injuries.
- Please follow the advice for correct training as detailed in training instructions.
- Read all instructions before using the machine.

WARNING! Consult your physician before starting with any exercise program. He can advise on the kind of training and which impact is suitable.

WARNING! This machine is not suitable for therapeutic or medical purpose.

WARNING! Over exercising may result in serious injury or death. If you experience dizziness, nausea, chest pain, or any other abnormal symptoms STOP EXERCISING IMMEDIATELY AND CONSULT A PHYSICIAN WITHOUT DELAY.

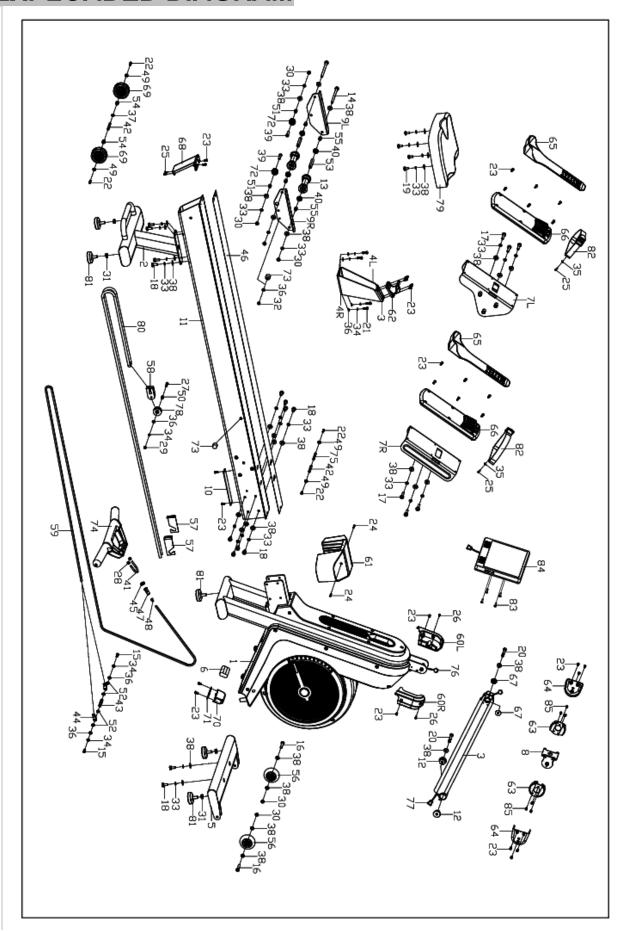
WARNING! Inappropriate use of this machine such as while under the influence of drugs or alcohol, not in line with instructions or excessive usage, may result serious injury or death.

WARNING! Incorrect/excessive training may cause health injuries.

- ▶ The owner's manual is only for customers' reference.
- ► The supplier cannot guarantee for mistakes occurring due to translation or change in technical specification of the product.
- ► DKN-Technology ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT



## EXPLOADED DIAGRAM





## PARTS LIST

NO.	Description	Spec.	QTY	NO.	Description	Spec.	QTY
1	Main Frame		1	44	Chain Hook		2
2	Rear Support Tube		1	45	Stop Ring		1
3	Console Support		1	46	Stainless Sheet		1
4L/R	Fixed plate		1PR	47	Chain Buckle		1
5	Front Stabilizer		1	48	Connecting Buckle		1
6	Baffle Board		1	49	Spacer	φ14*6.2	4
7L/R	Pedal Support		1PR.	50	Copper Spacer	φ6.2*φ10*15.2	1
8	Console Bracket		1	51	Spacer	φ8.3*φ12*11.3	2
9L/R	Seat Support Board		1PR.	52	Axle Spring Ring	D10	4
10	Rail Plate		1	53	Spacer	φ8.3*φ12*73.2	2
11	Slide Rail		1	54	Spacer	φ8.5*φ12.7*13.6	3
12	Alloy Bushing		2	55	Spacer	φ8.3*φ12*15.3	4
13	Roller		2	56	Transportation Wheel		2
14	Allen Bolt	M8*135	2	57	Pulley Plate		2
15	Socket Head Cap Screw	M6*16	2	58	Roller Fixed Plate		1
16	Socket Head Cap Screw	M8*45	2	59	Chain		1
17	Socket Head Cap Screw	M8*40	6	60L/	Console Support		1PR.
	σομούν σομούν			R	Cover		
18	Socket Head Cap Screw	M8*20	14	61	Bottle Holder		1
19	Socket Head Cap Screw	M8*16	4	62	Fixed Base		1
20	Socket Head Cap Screw	M8*60	2	63	Inner Bracket Cover		2
21	Socket Head Cap Screw	M6*20	4	64	Outer Bracket Cover		2
22	Socket Head Cap Screw	M5*16	4	65	Pedal Pad		2
23	Socket Head Cap Screw	M5*10	30	66	Pedal		2
24	Phillips Screw	M4*20	2	67	Axle Sleeve		2
25	Phillips Screw		4	68	Rail Cover		1
26	Phillips Screw		2	69	Roller		2
27	Allen Bolt	M6*30	1	70	Battery Case		1
28	Nylon Nut	M6*H8	2	71	Battery Case Cover		1
29	Nylon Nut	M6*H6	1	72	Seat Wheel		2
30	Nylon Nut	M8*H8	6	73	Buffer Limit Seat		2
31	Hex Nut	M10	4	74	Handlebar		1
32	Cap Nut	M6	1	75	Silicon Spacer		1
33	Spring Washer	D8	28	76	Sensor		2
34	Spring Washer	D6	7	77	Sensor Extension Wire		2
35	Flat Washer	D5*D10 *1	2	78	Small Wheel		1
36	Flat Washer	D6*D13 *1.5	10	79	Seat		1
37	Flat Washer	D8*D13 *1.5	1	80	Rope		1
38	Flat Washer	D8*D20 *1.5	30	81	Adjustable Pad		5
39	Allen Screw	M8*35	2	82	Pedal Strap		2
40	Bearing	608Z	4	83	Phillips Screw	M5	4
41	U-Shaped Bolt		1	84	Console		1
42	Axle		2	85	Allen Screw	M5*12	6



## ASSEMBLY INSTRUCTIONS

- ♦ Take time to review the manual and familiarize yourself with the entire assembly process before proceeding.
- ♦ Given the weight of the equipment, <u>we recommend that two or more people be involved in assembly, and having assistance accordingly</u>. This is especially convenient when assembling multiple parts or moving the equipment.

<u>Assembly Tip</u>: It is always helpful to pre-stage the items needed for each assembly step.

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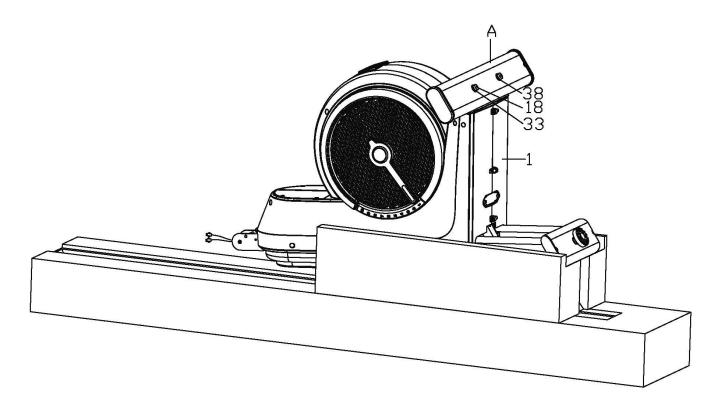


## ASSEMBLY INSTRUCTIONS

#### STEP 1:

- 1. First, remove the other parts and styrofoams, leaving the parts as shown in below diagram.
- 2. Remove the Shipping Tube (A), Socket Head Cap Screws (No. 18), Spring Washers (No. 33) and Flat Washers (No. 38) from the Main Frame (No. 1).

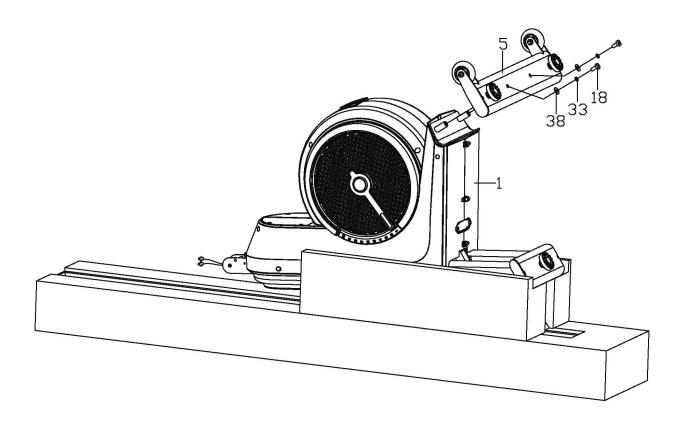
**NOTE:** You can discard the **Shipping Tube (No. A)** or save it to repackage the item in the future.





### STEP 2:

Attach the Front Stabilizer (No. 5) to the Main Frame (No. 1) with Socket Head Cap Screws (No. 18), Spring Washers (No. 33) and Flat Washers (No. 38) that were just removed.





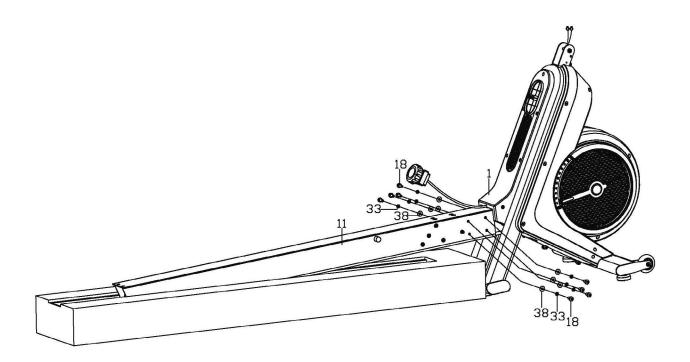
#### **STEP 3:**

1. With the asistance of a second person, rotate the **Main Frame (No. 1)** onto the floor.

NOTE: When rotating the Main Frame (No. 1) downtowards the floor, please make sure to keep the Slide Rail (No. 11) in line with the Main Frame (No. 1) and ensure that the chain is not knotted or twisted.

**WARNING**: Tension of the chain may pull up the guide rail towards the main frame, be careful not to pinch your hand;

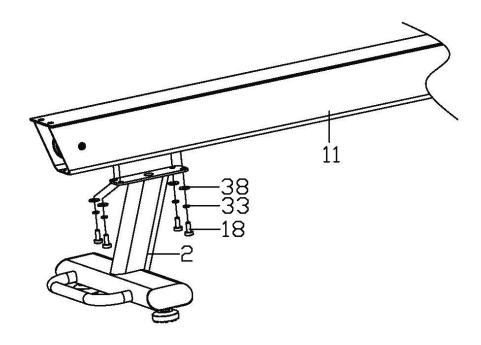
2. Tighten the Slide Rail (No. 11) to the Main Frame (No. 1) with Socket Head Cap Screws (No. 18), Spring Washers (No. 33) and Flat Washers (No. 38).





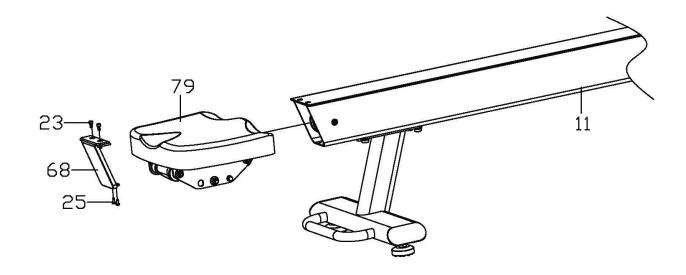
#### STEP 4:

Lock the Rear Support Tube (No. 2) to the Slide Rail (No. 11) with Socket Head Cap Screws (No. 18), Spring Washers (No. 33) and Flat Washers (No. 38).



#### STEP 5:

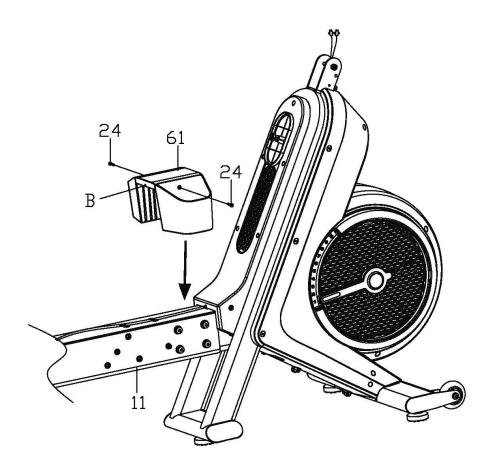
Slide the Seat (No. 79) on to the Slide Rail (No. 11). Then lock the Rail Cover (No. 68) to the Slide Rail (No. 11) with Socket Head Cap Screws (No. 23) and Phillips Screws (No. 25).





### STEP 6:

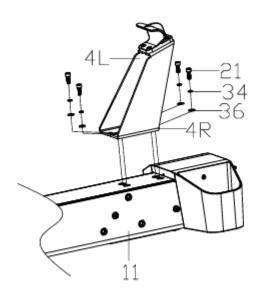
- 1. Buckle the Bottle Holder (No. 61) downwards on the Slide Rail (No. 11).
- 2. Lock the Bottle Holder (No. 61) on the Slide Rail (No. 11) with Phillips Screws (No. 24).





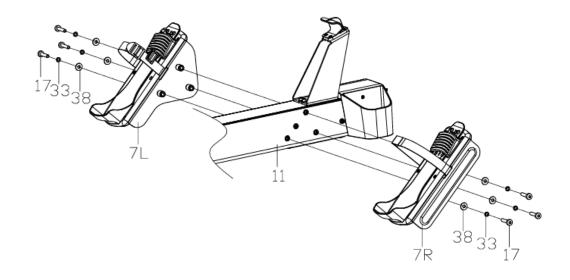
### **STEP 7:**

1. Lock the Fixed plate (No. 4 L/R) on to the Slide Rail (No. 11) with Socket Head Cap Screws (No. 21), Spring Washers (No. 34) and Flat Washers (No. 36).



#### **STEP 8:**

Lock the Pedal Support (No. 7L/R) to the Slide Rail (No. 11) with Socket Head Cap Screws (No. 17), Spring Washers (No. 33) and Flat Washers (No. 38).



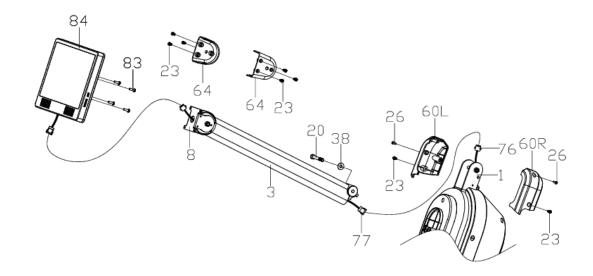


#### STEP 9:

- 1. Connect Sensor Wires (No. 76) with Sensor Extension Wires (No. 77), then secure the Console Support (No. 3) to the Main Frame (No. 1) with Socket Head Cap Screws (No. 20) and Flat Washers (No. 38).
- 2. Connect the other side of the **Sensor Extension Wires (No. 77)** with the wires coming out from the **Console (No. 84)**. Sort the wires into the groove on the back cover of the **Console (No. 84)**, then lock the **Console (No. 84)** to the **Console Bracket (No. 8)** with **Phillips Screws (No. 83)**.

NOTE: Do not cut or pinch any wires when attaching the Console (No. 84).

- 3. Lock the Outer Bracket Covers (No. 64) to the Console Bracket (No. 8) with Socket Head Cap Screws (No. 23).
- 4. Lock the Console Support Covers (No. 60L/R) to the Main Frame (No. 1) with Socket Head Cap Screws (No. 23) and Phillips Screws (No. 26).

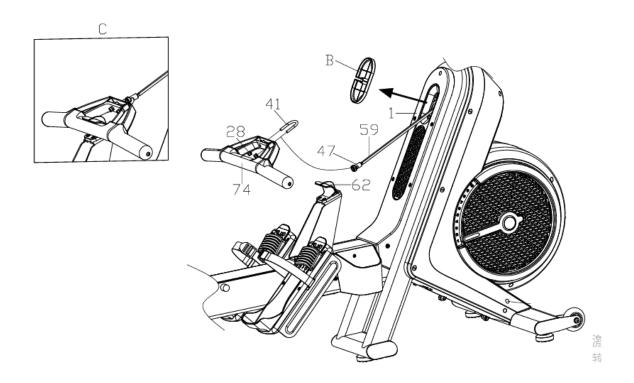




#### **STEP 10:**

- 1. Buckle the **U-Shaped Bolt (No. 41)** on the **Chain Buckle (No. 47)**. Then insert the **U-Shaped Bolt (No. 41)** into the holes on the **Handlebar (No. 74)** and secure them together with **Nylon Nuts (No. 28)**.
- 2. Take out the **Plastic Plug (B)** from the **Main Frame (No. 1)**, then pull out the chain(59), then hang the **Handlebar (No. 74)** on the **Handlebar Base (No. 62)**, as show in diagram C.
- 3. Plug one end of the adapter (86) into the machine and the other end into the power supply.

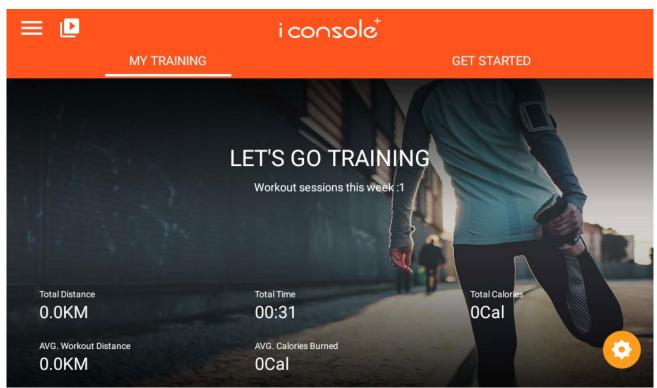
The assembly is now complete!





### **DISPLAY**

#### 1. POWER ON (Home page):

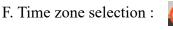


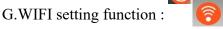
#### 2. Function Spec Description:

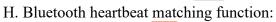
- A. MY TRAINING: Display weekly training history(It will be cleared every Monday).
- B. GET STARTED:

Quick Start / Interval / MAP Your Route /Constant Power/Program/Heart Rate Control Real scene mode /FTMS BLE (Optional)/Fitness Test; Total eight modes of exercise for choose

- C. System Setting : This page can operate login account/home page/historical data/new linked account/Settings and other functions
- D. Volume control:
- E. Brightness adjustment function:





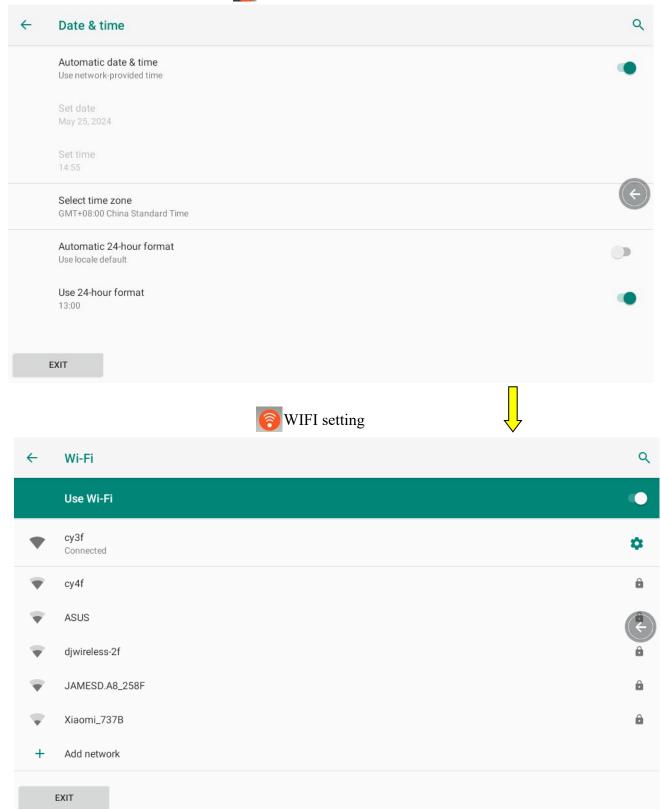




NETLIX · YOUTUBE · SPOTIFY · KINOMAP · CHROME · FACEBOOK · X(TWITTER) · INSTAGRAM · AMAZON PRIME VIDEO · CAST SCREEN PS.Multimedia APP will be optimized for replacement according to availability.



## Data&time setting







Pulse Device

Device ON/OFF

#### 3. Display Range :

ITEM	Description				
DISTANCE	<ul> <li>Display the movement distance</li> <li>Display value range: 0.0 ~ 99.9 in Cycle</li> </ul>				
SPEED	<ul> <li>Display Value range: 0.0 ~ 99.9</li> <li>Display Value range: 0.0 ~ 99.9</li> </ul>				
RPM	<ul> <li>Display RPM</li> <li>Value range: 0 ~ 999</li> </ul>				
TIME	<ul> <li>Display the movement time</li> <li>Display value range: 0:00 ~ 99:59 in Cycle</li> </ul>				
Heart Rate	<ul> <li>Display the movement heart rate.</li> <li>Value range: 0 ~ 230</li> </ul>				
HR Zone	<ul> <li>Display the movement HR Zone.</li> <li>Value range: 0% ~ 100%</li> </ul>				
BAI	<ul> <li>Display the consumption BAI value during the exercise.</li> <li>Value range: 0 ~ 999</li> </ul>				
WATT	<ul> <li>Display the movement power consumption</li> <li>Display range: 0~999</li> </ul>				
LOAD	<ul> <li>Display current Load</li> <li>Display range: 1~32</li> </ul>				
	•				



#### 4. Button Function:

**START/PAUSE:** Press this key during the workout, it stops training; press this key during the pause mode, it starts training.

**STOP:** Press this key to stop training.

**UP:** Press this key to increase the load level

**DOWN:** Press this key to decrease the load level

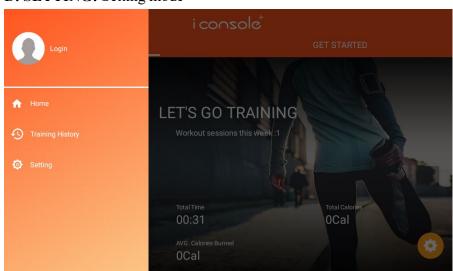
#### 5. SYSTEM SETTING OPERATION:

A. **LOGIN:** Login (application mailbox )

B. **HOME:** Back to home page

C. TRAINING HISTORY: Training history (login required)

D. SETTING: Setting mode



A. Click Login (icon) to login the account, enter the email password to login.



**CREATE ACCOUNT** 





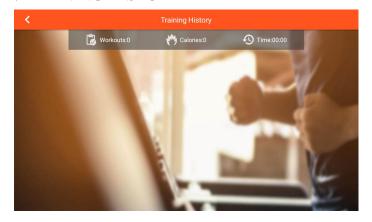


#### Forgot password

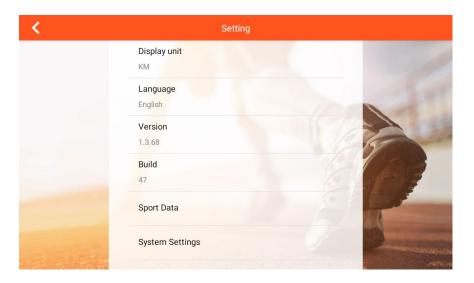
enter the email(account)—enter the new password& confirm new password—you will receive the email after confirmation, then pressing agree to change the password.



#### **B. TRAINING HISTORY**



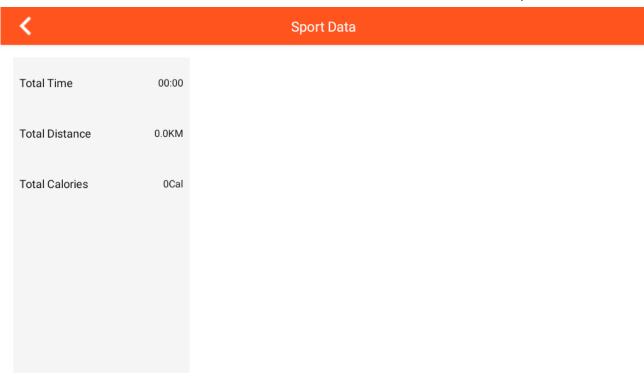
**C. Setting:** It displays Unit/ Language/ APP Version/ Equipment usage information/ System Settings/ System Upgrade



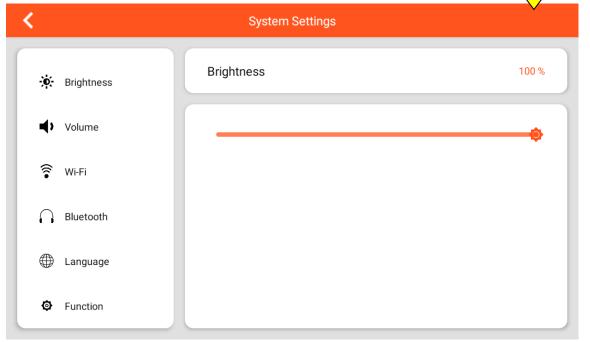


D. Sport Data: It displays the total training workout time /distance/calories.

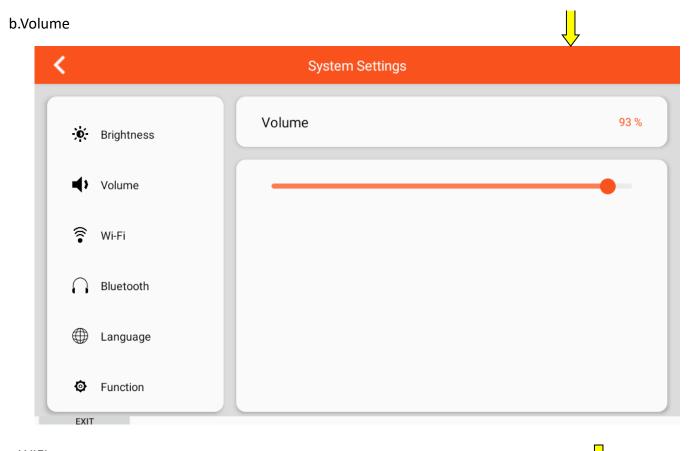


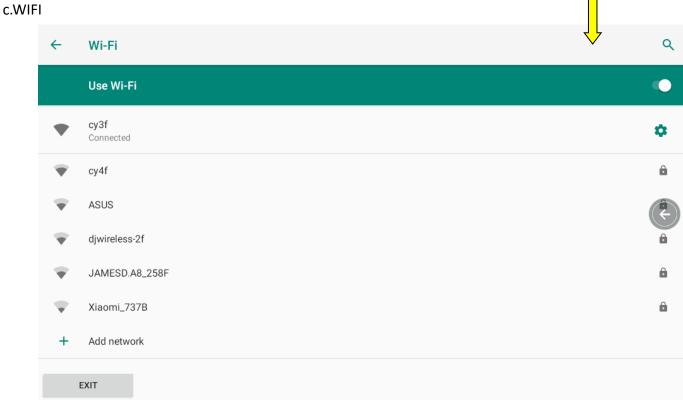


Click "SYSTEM SETTINGS" to enter it's setting (Brightness "Volume, WIFI ,Blueteyth, Language ,KM/ML) a.Brightness





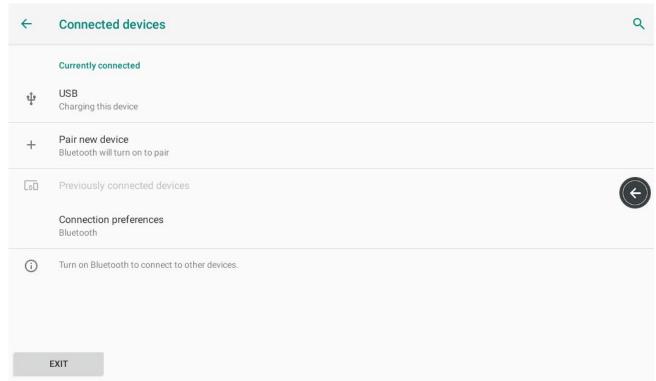




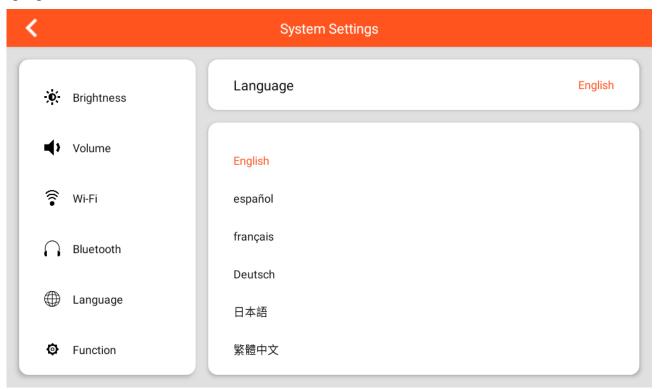


#### d. Bluetooth



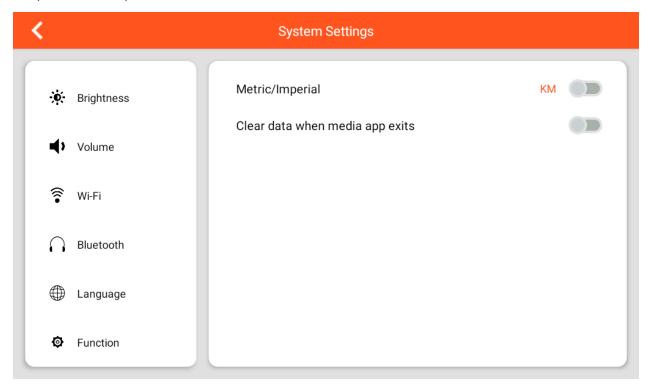


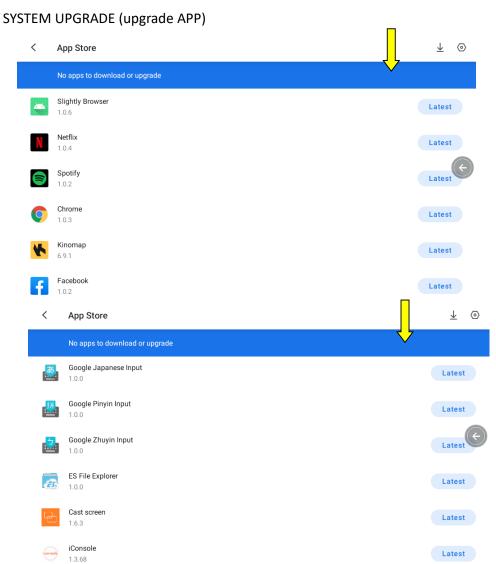
#### e. Language





#### f.Function(Distance Unit)







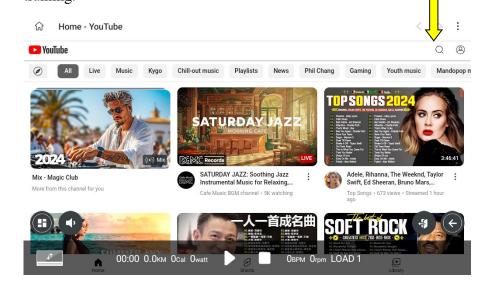
**6.** <u>Multimedia mode</u> (slide the page left and right to select the APP you want to use):

A. Select APP: NETLIX · YOUTUBE · SPOTIFY · KINOMAP · CHROME · FACEBOOK ·

TWITTER \ INSTAGRAM \ AMAZON PRIME VIDEO \ CAST SCREEN



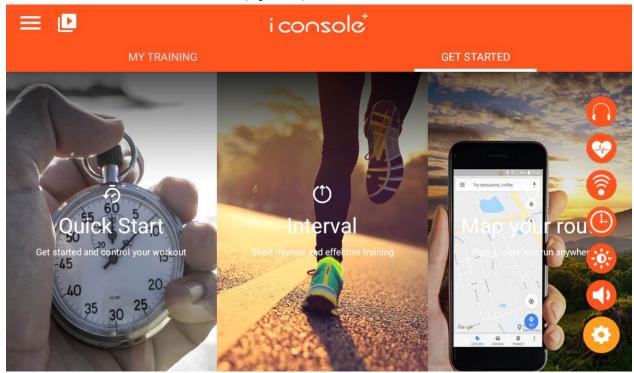
last system function page., press " or to the home page, press " roto start training, press " or to stop training.

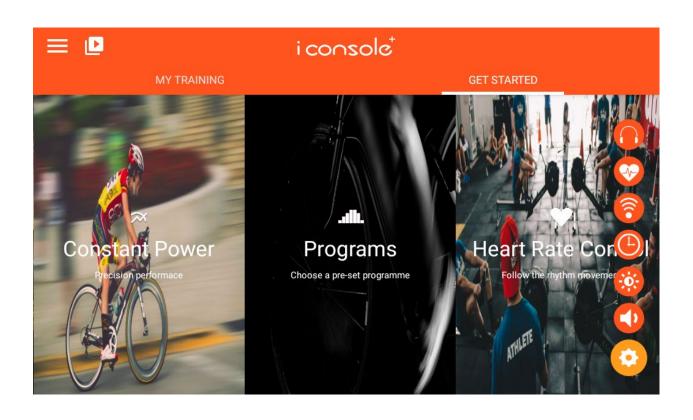




#### **7. Function Introduction**

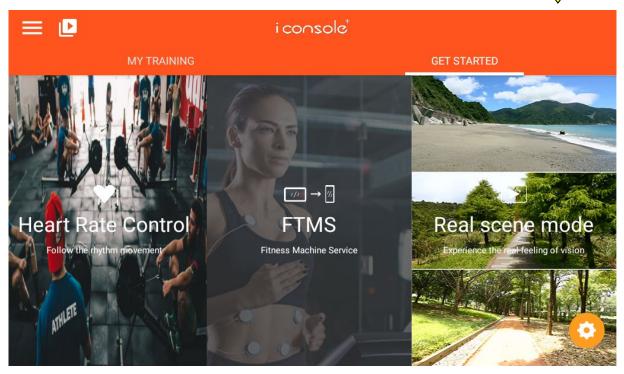
Function:Quick Start / Interval /Map Your Route/Constant Power/Program/Heart rate Control Real scene mode /FTMS BLE (Optional)/FINTESS TEST

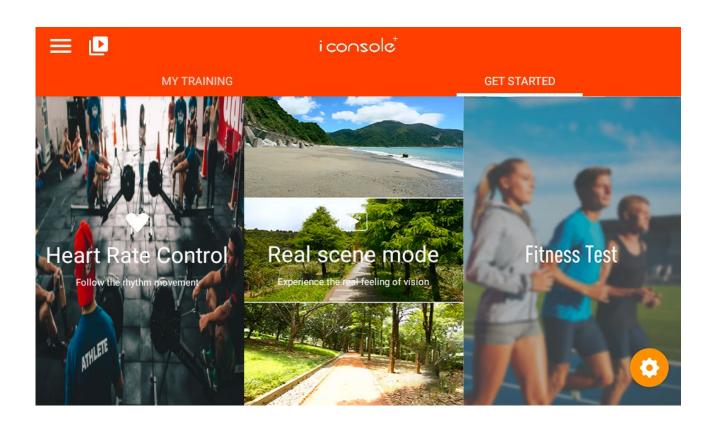








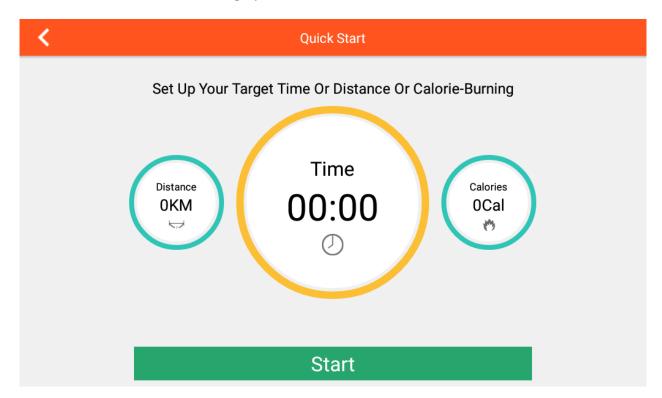


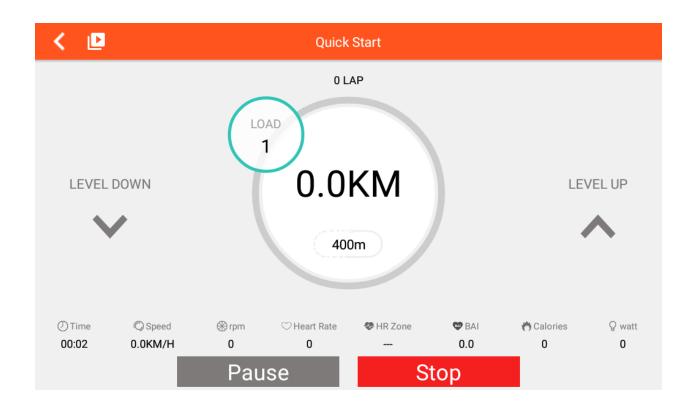




#### A. QUICK START MODE:

- 1. Setting the training value (DIST/TIME/CAL), Press "START" to go to training, data start to counting.
- 2. When start training can adjust the LEVEL UP&DOWN, press "PAUSE" enter into break mode, press "STOP" to exit this mode.
- C. When finished, the SUMMARY displays.



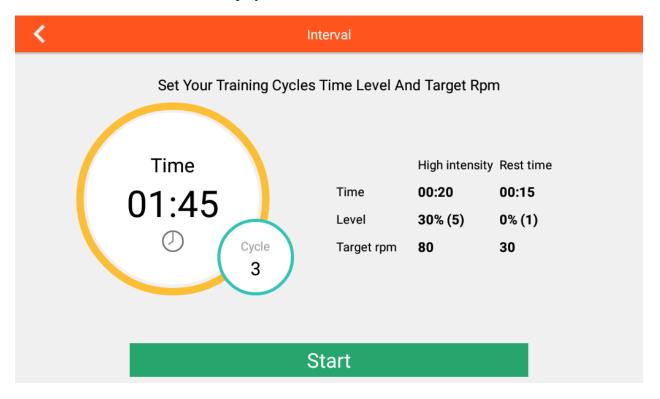




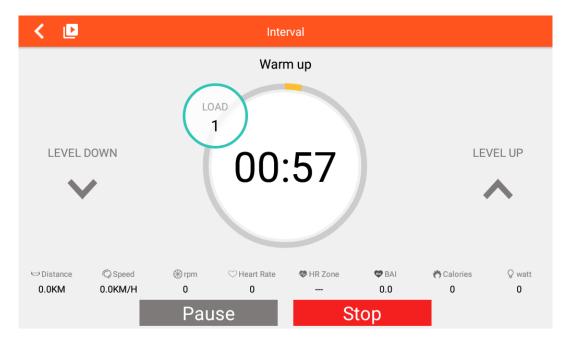


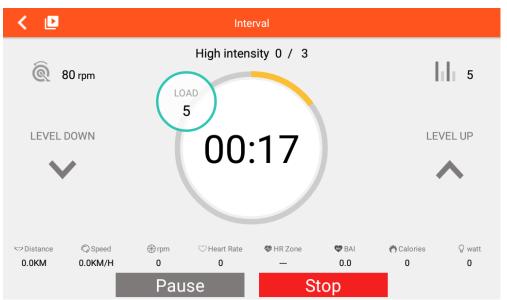
#### **B. INTERVAL MODE:**

- A. Can set the functions value of CYCLE /TIME /LEVEL /TARGET RPM separately, press "START" go to training.
  - B. Warm up first, then start INTERVAL mode
  - C. In high intensity time can adjust the load level (display the level as set ) When in rest time adjust the load level, keep display the level as set.
  - D.Press "PAUSE" enter into break mode, press "STOP" leave this mode.
  - E. When finished, the SUMMARY displays.











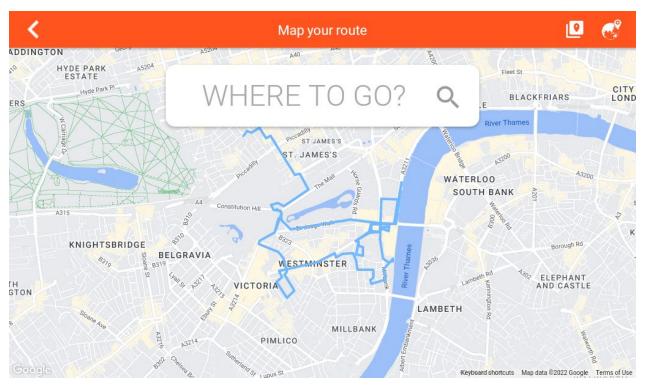


#### **C.MAP YOUR ROUTE MODE:**

1. After entering this mode, it will detect the current region, click "low" load the preset link, distinguish

Chinese and non-Chinese region.; click "low" can switch to the world map(GOOGLE MAP) or China Map.

preset "low" as the map of China, and "low" as the World map.



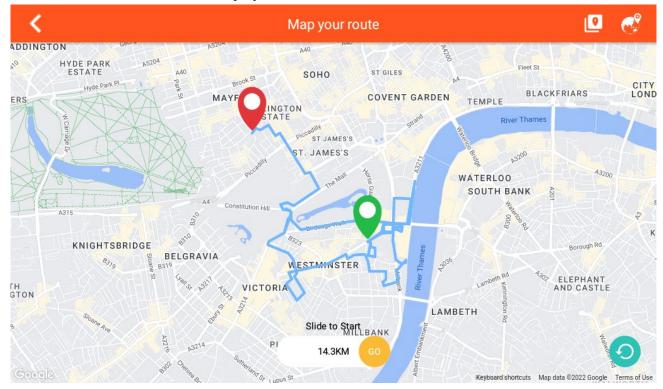
2. Planning the map road, long press one time will display the start position "?", long press two times will display the final position "?", press three times display the turning point "?" (with the max qty).

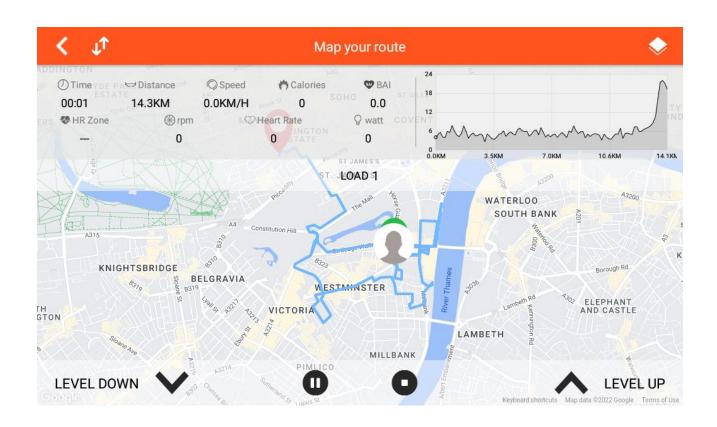
Slide and start training ,press " an reset the map.

**3.** Press " display or hide the exercise value, press " witch the map/ Google street / satellite mode, and display the map/ Google street / satellite per 3s in cycle. Also user can adjust the LEVEL/INCLINE/FAN, LEVEL will be adjusted according to the slope map.



- 4. Can adjust the LEVEL UP OR DOWN, press " go to break mode, press " eave this mode.
- 5. When finished, the SUMMARY displays.

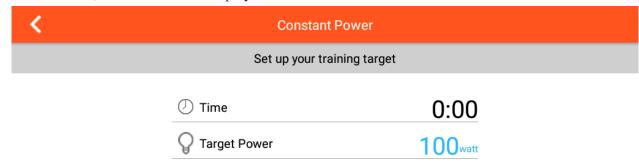




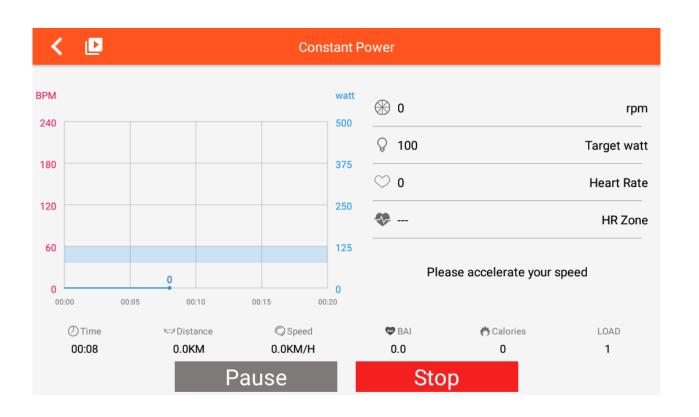


#### **D.** Constant Power MODE:

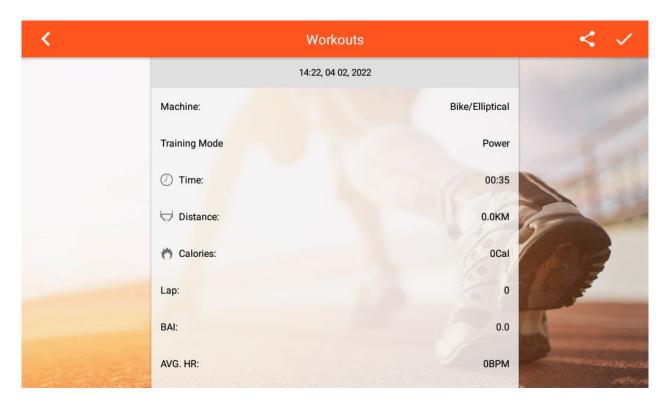
- 1. User can set TIME/TARGET POWER/TARGET CADENCE, then press "START" go to training.
- 2. LEVEL will be adjusted according to the value of WATT.
- 3. Press "Pause "go to break mode, press "Stop" exit this mode.
- 4. When finished, the SUMMARY displays



#### Start

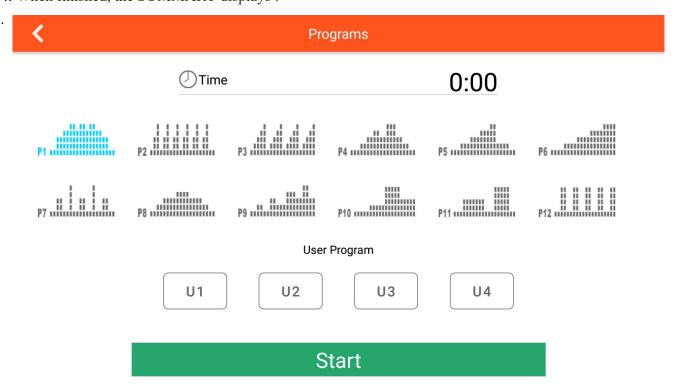




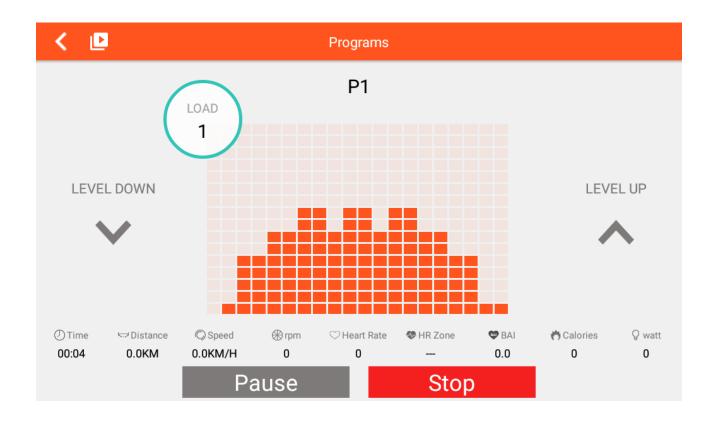


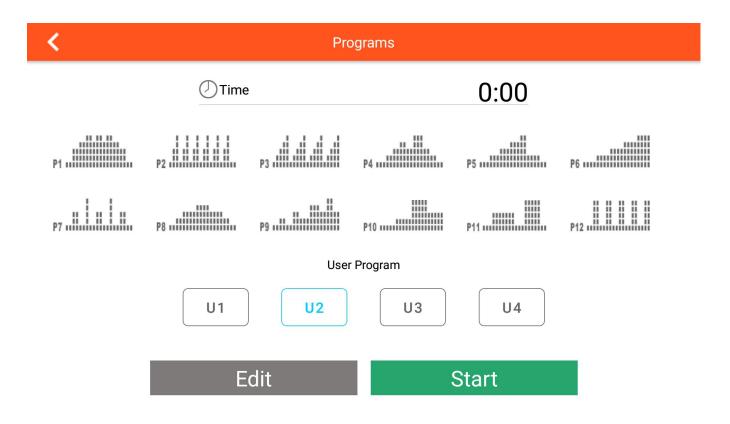
#### **E.PROGRAM MODE:**

- 1. Set the TIME and select P1~P12 PROGRAM&U1~U4 User program setting, press "START" go to training. And press EDIT into user program setting mode
- 2. When start user can adjust the LEVEL UP&DOWN , level will be adjusted according to the PROGRAM.
- 3. Press "PAUSE" enter into break mode, press "STOP" leave this mode.
- 4. When finished, the SUMMARY displays.

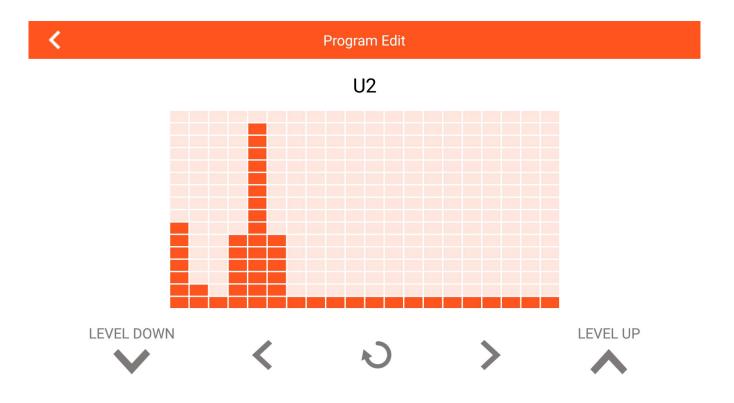


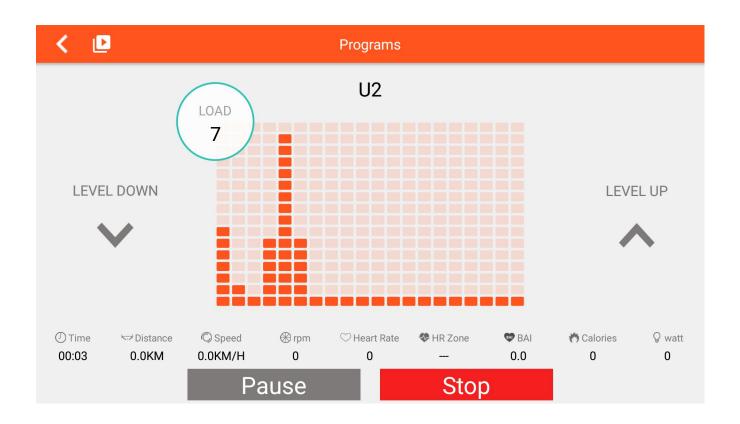














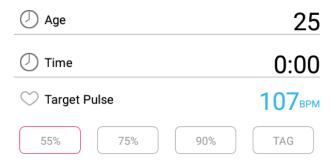


#### F. HEART RATE CONTROLMODE:

- 1. User can set the AGE/TIME/TARGET 55% 75% 90% TAG PULSE, press "START" to go to training.
- 2. LEVEL will be adjusted according the goal value of heart rate, if not reached the goal value, the load level will increase, if over the goal value level will decrease automatically.
- 3. If without heart rate input about 40s, it will exit this mode automatically.
- 4. Press "PAUSE" enter into break mode, press "STOP" leave this mode.
- 5. When finished, the SUMMARY displays.

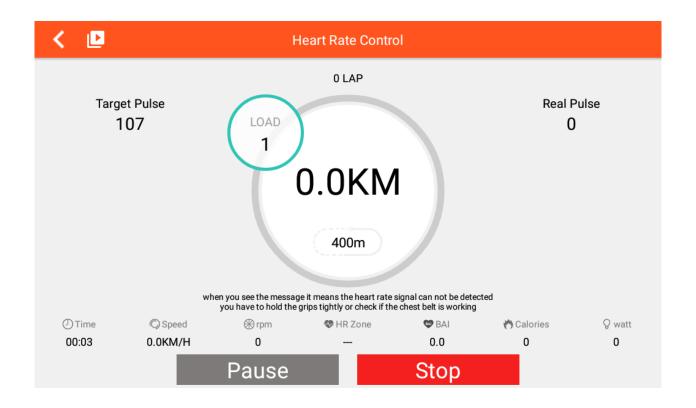


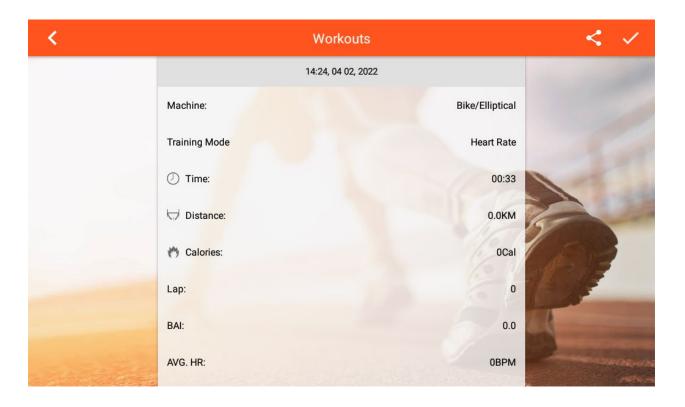
Keep your heartrate in between the heartrate zone you set during the training



Start



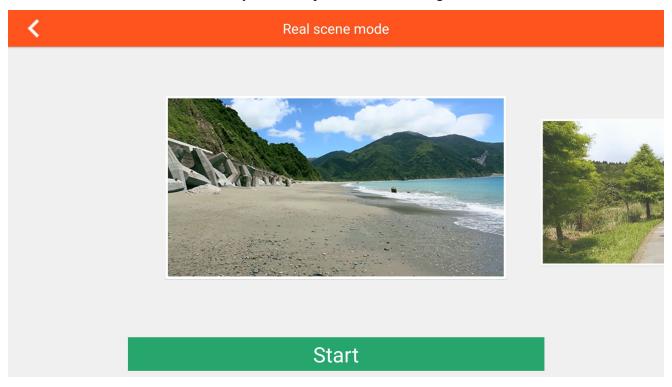


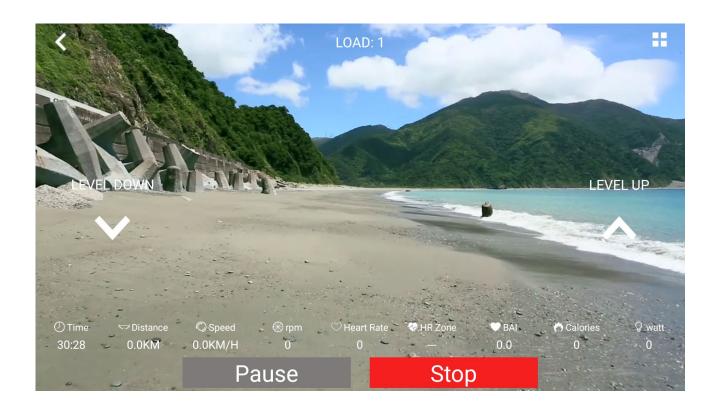




# Real scene mode

There are three video can be selected by user, and press start to training.



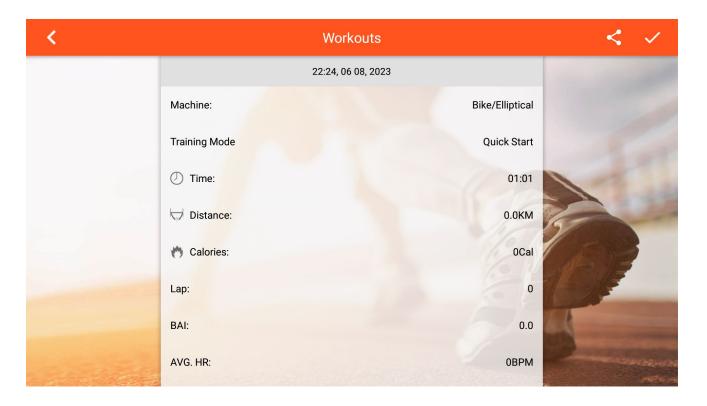






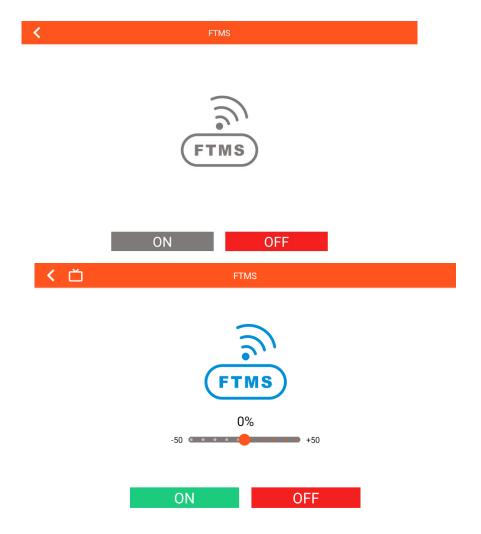






# FTMS - BLE connected with device APP (optional)

- 1.The BLE function will be opened by pressing ON button.
- 2. The console can be connected with device APP when the FTMS icon color change to blue(ZWIFT APP).





# **FITNESS TEST(Function Description)**

A.To setup: Gender / Age / Weight (The user need to setup personal information before using this mode)
Pressing START to start training



# **B.Mode usage description**





# **Function description**

◆ This function consists of 4 stages, every stage can be 3 or 4minutes. The first stage Load setting is same, other stages load is set according to the user's heartbeat at the end of the last stage, the screen will display V02 MAX at the end of test (User reached target HR85%).

Formula: HR85%  $\rightarrow$  (220-AGE)  $\times$  85%

- ♦ The screen will display the initial LEVEL PRORILE when starting training. When the LEVEL changes, the current and subsequent levels change, but the previous LEVEL PROFILE remains unchanged.
- ◆ The current level is indicated by the blue histogram.
- ◆ The corresponding time calculation method of each stage is divided into two kinds:

The first stage is fixed at 3 minutes

After the second stage (inclusive), 3 or 4 minutes is a stage(according to HR).

### **C.FITNESS TEST(Dedicated Function)**

The dedicated function of FITNESS TEST consists of two parts, one is the WarmUp(warm up mode) process and the other is the test process. Due to the characteristics of FITNESS TEST mode, it is recommended that the tested person perform WarmUp(WARM UP mode) for 3 minutes before the formal test starts. If you press SKIP WARM UP, you will be forced to skip the WarmUP process and enter the test state directly. WarmUp page below. For speed and load control in WarmUp state, refer to the table below.





# FITNESS TEST WARM UP LEVEL (Control and other function)

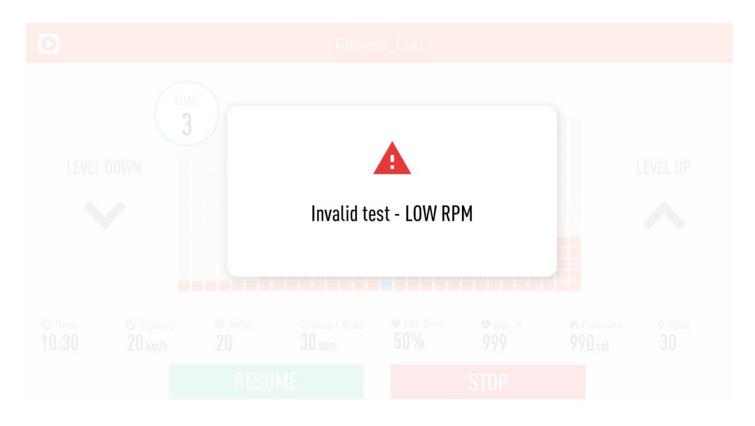
Function	Description		
Load(LEVEL)	◆ The default is 1		
TIME	◆ The total time is 3 minutes, the console will enter into test process after completed		
SKIP WARM UP	Force the user to skip the WarmUp process and go to test mode		

# FITNESS TEST-The test process (test state) determines whether there is a heartbeat or RPM input at each stage:

NO HEARTBEAT DETECTED	The screen will display [NO HR DETECTED], without HR signal input for 15s, the console will leave workout mode, then enter into the SUMMARY data display.		
EXCESS Heartbeat	In the first stage, as long as the heartbeat reaches 85% of THR and holds for 2s, [OVER PULSE] will be displayed. The display window will leave the workout and enter the SUMMARY data display after 5s. (Note:The popup appears when the HR exceeds, the HR value drops or becomes 0, which will not make the popup disappear)		
NO RPM	Without RPM input for 30s, [NO RPM Please check and re-start the machine] will be displayed for 5s, if there is still no RPM input ,the console enters into the SUMMARY data display.		

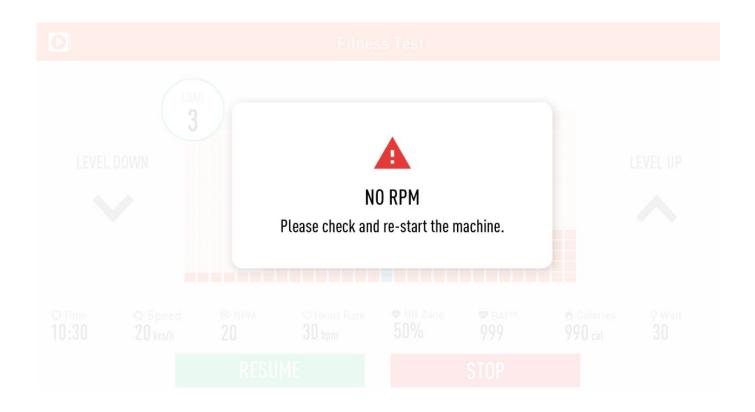


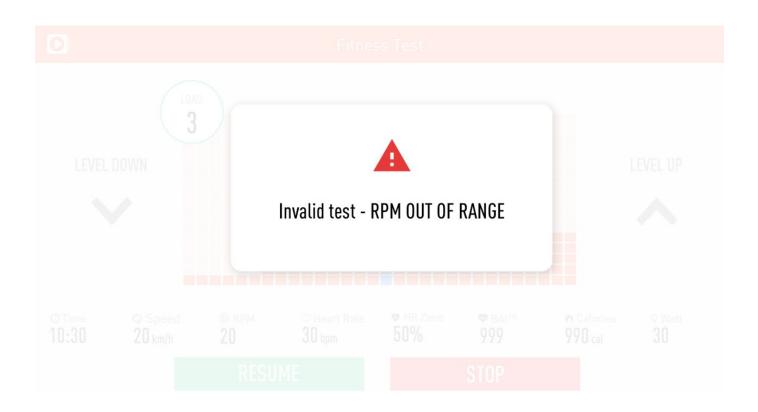
EXCESS 52 RPM	Check whether the RPM is out of range for 30s after entering the workout. If the RPM is out of range, the warning window [Invalid test - RPM OUT OF RANGE] will be displayed. After the pop-up window displays for 5s, the SUMMARY data will be displayed
LESS-THAN 48 RPM	Check whether the RPM is less than the range for 30s before entering the workout. If it is less than the range, the [Invalid test - LOW RPM] warning window is displayed. The SUMMARYT data display is displayed after the window displays for 5 seconds



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# MODE DESCRIPTION

The test time of the first stage is fixed for 3minutes, as long as the HR reaches HR 85%, the screen will



show that the HR is too high, and then console will end the workout and enter the SUMMARY data display. During workout, the user must maintain a speed of 48 to 52RPM. If the RPM exceeds the speed range for 30s, the SUMMARY data is displayed.

Male workout to the fourth stage heartbeat does not reach 110~HR85%, increase 1 LEVEL every 1s, assuming that the LEVEL has reached 32, the workout automatically ends, and then skip to SUMMARY.

After the end of the first stage, the LEVEL of the next stage will be adjusted according to the average heartbeat of the user in the last 5s of the first stage. If the heartbeat is interrupted at this time, wait for the heartbeat to occur, and then add up the 5s again.

The comparison between heartbeat and WATTS is shown in the chart below:

KGM= WATT TABLE  $\times$  6 , UNIT (KGM/MIN) EQUIPMENT :RPM=50

#### Level 5-1st 36 watts 216 kgm/min Stage: HR. < 90₽ 90 - 105> 105 Level 20 -Level 16-Level 12 -153 watts -2nd 125 watts -88 watts -Stage. 918 kgm/min+ 750 kgm/min 528 kgm/min+ HR. HR <120 HR 120-135 HR >135 HR <120 HR 120-135 HR >135 HR <120 HR 120-135 HR >135₽ Level 32 -Level 28 -Level 24 -Level 20 -Level 16 -Level 20-3rd 250 watts -225 watts -193 watts -225 watts -193 watts -153 watts -193 watts -153 watts -125 watts -1350kgm/min 1158kgm/min-918 kgm/min 750 kgm/min« 1500kgm/min 1158kgm/min 1350kgm/min 1158kgm/min 918 kgm/minstage

# **Chart for Male or very fit female:**

#### Chart for female or lower fit male:

			Level 1 (15W) .	+
42	43	1st Stage⊮	90 <u>kgm</u> /min₌	43
Heart Rate⊭	HR<80 <i>₽</i>	HR: 80-90₽	HR: 91-100#	HR>100 <i>∘</i> ←
	Level 16 (125W)	Level 12 (88W) <sub>√</sub>	Level 8 (68W)√	Level 4 (36W).
2nd Stage∍	750 <u>kgm</u> /min⊸	528 kgm/min∍	408 kgm/minℯ	216 kgm/min∍
	Level 20 (153W)	Level 16 (125W)	Level 12 (88W)	Level 8 (68W).
3rd Stageℯ	918 <u>kgm</u> /min∍	750 <u>kgm</u> /min⊸	528 kgm/minℯ	408 <u>kgm</u> /min√
	Level 24 (193W)	Level 20 (153W)	Level 16 (125W)√	Level 12 (88W)-
4th Stage⊮	1158 <u>kgm</u> /min∂	918 <u>kgm</u> /min∂	750 <u>kgm</u> /min <i>₀</i>	528 <u>kgm</u> /min∂



At any time during stage 2 to 4, if HR meets more than 6BPM, the current stage can be increased by 1 minute, which can be 4 minutes. As long as the heartbeat reaches HR85%, or the final number of heartbeats in successive stages between 110 and HR85% in stages 2-4, the test will end. For example, 85% of a user's heartbeat is 150BPM. The final HR in stage 2 is 120BPM, and the final HR in stage 3 is 140BPM, so the test is over.

The duration of the test will vary depending on the user's physical state and may be stopped at any time when the conditions are met. After the test is over, VO2 MAX will be displayed and the screen will automatically switch to the SUMMARY page



The calculation logic of FITNESS TEST, the test condition is based on the "target heart rate", and the target heart rate is defined as "maximum heart rate x 85%". For example, the age of the tested person is 20 years old, then the target heart rate =(220-20)x0.85, or 170BPM. The test method is to calculate whether the result (target heart rate - instant heart rate value) is greater than or equal to 0. If it is, it will enter the next stage; otherwise, the test will be immediately ended. When WARM UP, the heart rate is not judged.

#### ■ MAX VO2 calculation for each stage:

Oxygen consumption (SM = STAGE VO2 MEASUREMENT)

WORK RATE = KGM/MIN

Weight (BM=BODY MASS) unit is KG

HR2is the final HR

HR1 is the end of the last stage HR

HR MAX = 220 - AGE

BIKE computational formula:

VO2 SM = 1.8 (WORK RATE) / BM + 7

(VO2 HR RATE) computational formula:

B = (VO2SM2-VO2SM1) / (HR2-HR1)

FINAL SCORE computational formula:

VO2 MAX = VO2 SM2 + [B\* (HRMAX-HR2)]



# WARM-UP and COOL-DOWN

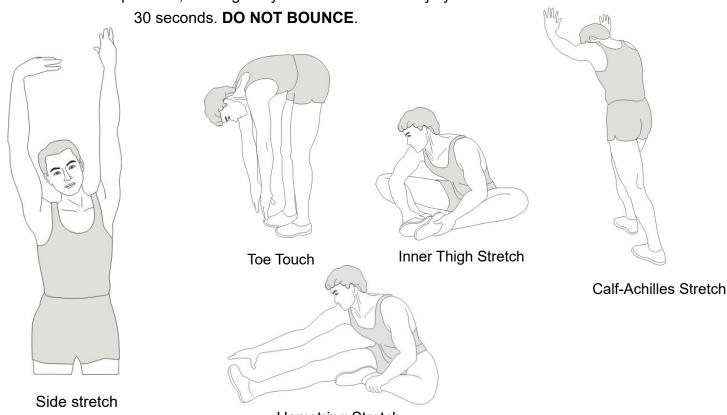
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

#### WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

#### **STRETCHING**

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to



Hamstring Stretch
Remember always to check with your physician before starting any exercise program.

### **COOL-DOWN**

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.







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