

CONNECT HEART RATE TRANSMITTER AND ENTER INDIVIDUAL SETTINGS



GUIDELINES FOR BODY BIKE CONNECT CONSOLE

<p>Press to enter setting mode.</p>	<p>Running segments until pairing is complete.</p>	<p>Lean close to console. Make sure the transmitter electrodes are moist and correctly worn on chest. Use of ANT+ transmitter is recommended.</p>	<p>Press to accept pairing and continue to next setting.</p>
<p>Press to accept and continue to next setting. Increase/decrease the value by pressing the arrows. Continually press the arrow to increase/decrease rapidly.</p>	<p>Press to accept and continue to next setting. Increase/decrease the value by pressing the arrows. Continually press the arrow to increase/decrease rapidly.</p>	<p>Press to start test. Press arrows to enter watt level or VO2 max manually. (Go to last picture.)</p>	
<p>Time left on this level. Your current cadence. Try to hit 70 RPM. The watt you must attain. If your output is too low the watt test will end automatically. Your current watt.</p>	<p>After 2 minutes the watt level will go 35 watt up. Adjust your work load. Keep going until exhaustion. Press any button to end the test and see your result.</p>	<p>Press to accept and end setting mode. Use arrows to adjust.</p>	