

CONNECT HEART RATE TRANSMITTER AND ENTER INDIVIDUAL SETTINGS



GUIDELINES FOR BODY BIKE PERFORMANCE CONSOLE

Press to enter setting mode.

Running segments until pairing is complete.

Lean close to console.

Make sure the transmitter electrodes are moist and correctly worn on chest.

Use of ANT+ transmitter is recommended.

Press to accept pairing and continue to next setting.

Press to accept and continue to next setting.

Increase/decrease the value by pressing the arrows. Continually press the arrow to increase/decrease rapidly.

Press to accept and end setting mode.

Increase/decrease the value by pressing the arrows. Continually press the arrow to increase/decrease rapidly.

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