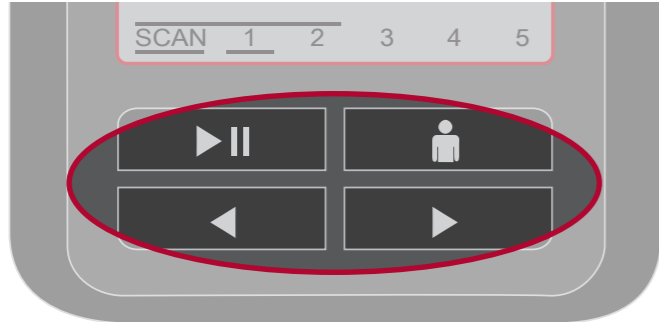


KEY OVERVIEW FOR BODY BIKE CONNECT CONSOLE

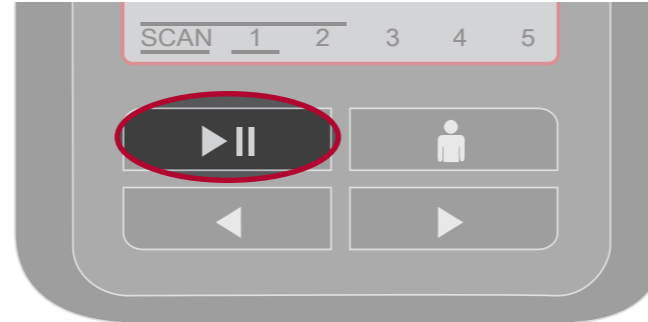


TURN ON



Press any key to turn on the console.

PAUSE



Press to pause time/measurements.
Continued press will turn off the console.

ENTER SETTINGS



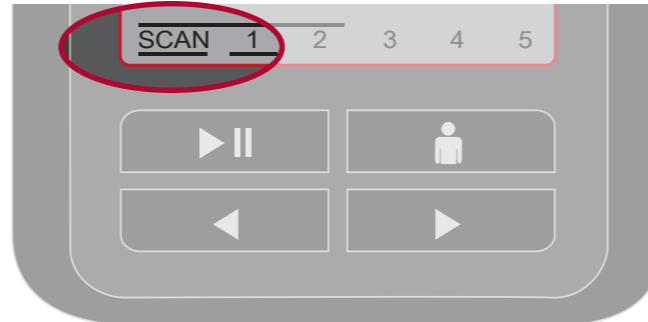
Single press will enter setting mode.
Continued press will reset the console.

ARROWS



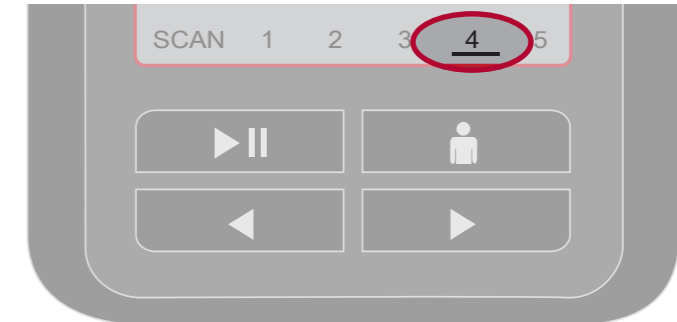
Use arrows to navigate between screens.

SCAN



When the line under SCAN is on, the console will shuffle between screen 1 and 2.

SCREEN



The line under the number indicates what screen the console is displaying.