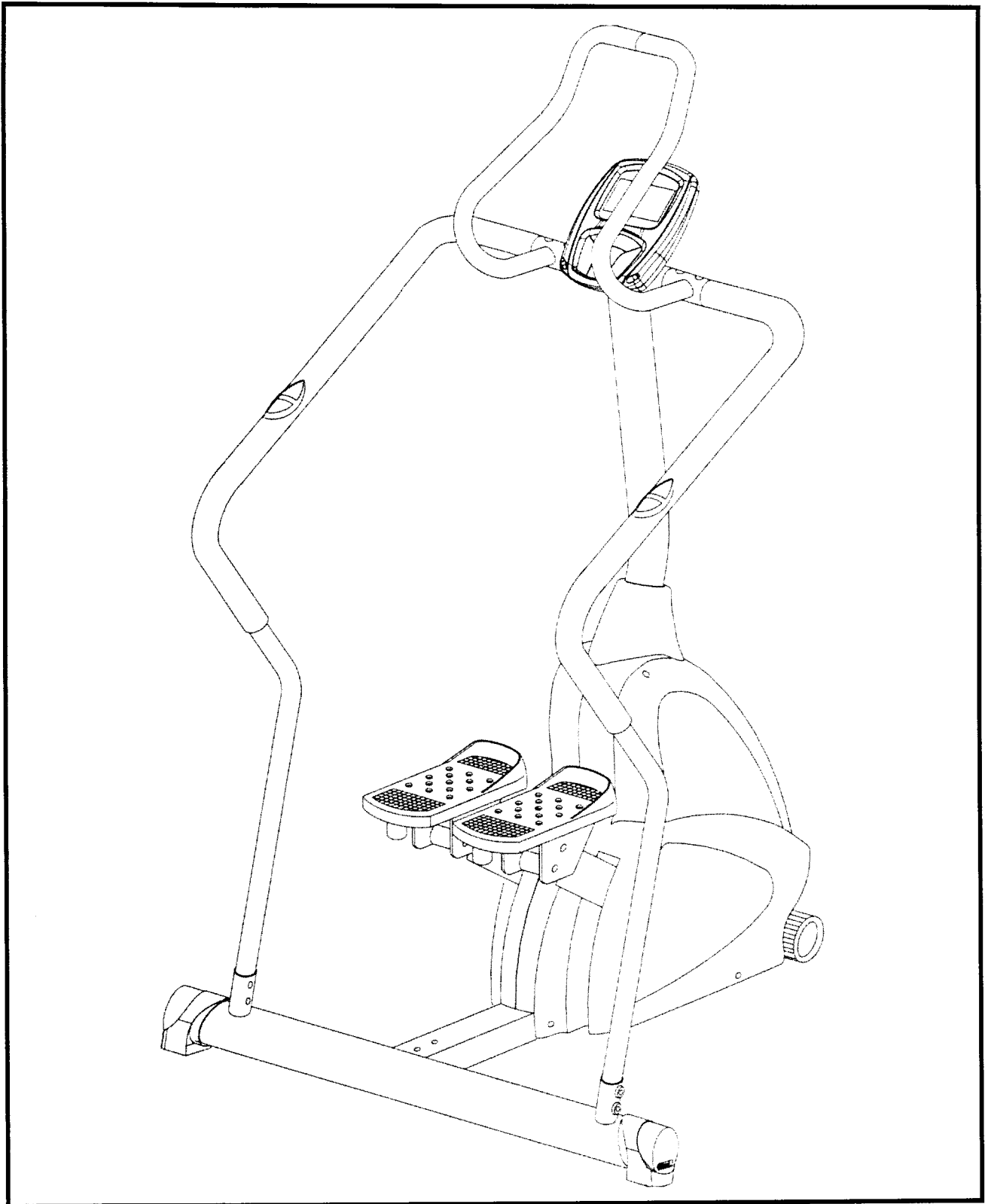


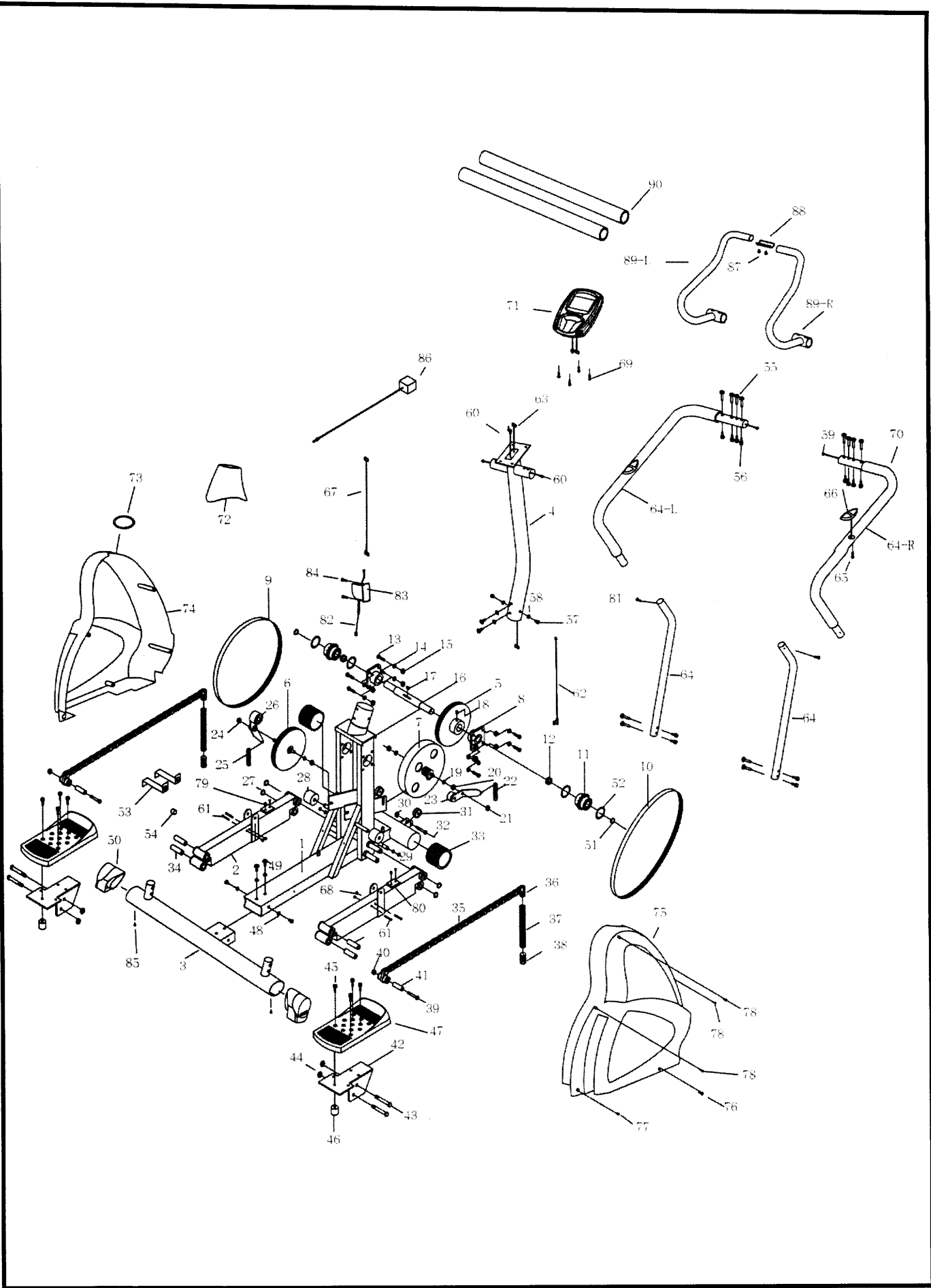
Programmable

of

HC-7000A



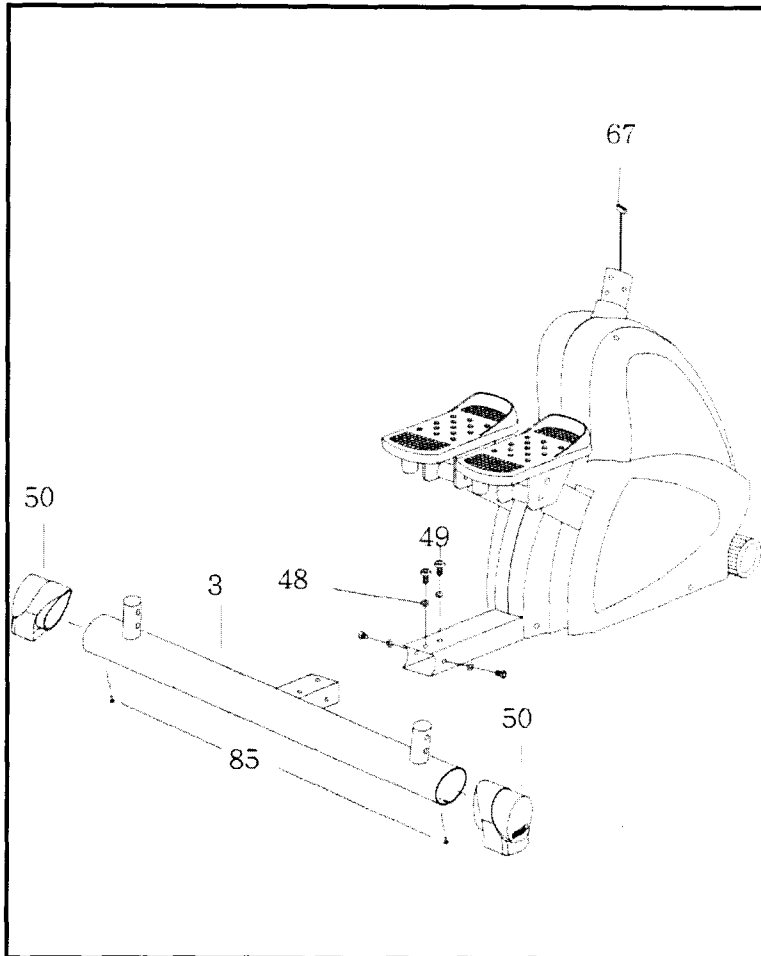
PRODUCT PARTS DRAWING



PARTS LIST

NO	DESCRIPTION	Q'TY	NO	DESCRIPTION	Q'TY
1	Main Frame	1	48	Washer 19 x 8	4
2	Foot Tube	2	49	Screw M8 x 10L	4
3	Stabilizer	1	50	Cap	2
4	Handlebar Post	1	51	25 C Clip	2
5	Pulley I	1	52	O-Ring	4
6	Pulley II	1	53	Sensor	1
7	Magnetic System	1	54	Magnet	2
8	Bearing Housing	2	55	Screw 8 x 33.5L	8
9	Belt I	1	56	Screw M6 x 12L	8
10	Belt II	1	57	Screw M8 x 12L	4
11	Bearing Hub	2	58	Washer 19 x 8	4
12	Spacer 25 x 28 x 8.5L	2	59	Hand pulse Sensor Wire	2
13	Screw M8 x 45L	8	60	Pulse Sensor Wire	1
14	Washer 19 x 8 x 1.5T	8	61	Screw M5 x 60L	4
15	M8 Nylon lock Nut	8	62	Sensor Wire I	1
16	Axle	1	63	Sensor Wire II	1
17	Key 6 x 6 x 15L	1	64	Handlebar (R+L)	2
18	Screw M8 x 12L	1	65	Screw 4 x 20	2
19	Washer 12 x 16 x 1T	1	66	Hand pulse Sensor	2
20	Nut 3/8 x P26 x 3T	4	67	Sensor Wire	1
21	Nut 3/8 x P26	2	68	M5 Nylon lock Nut	4
22	Spring 20 x 16 x 2 x 40L	1	69	Screw M5 x 12L	4
23	Idle Wheel II	1	70	Foam Grip	2
24	Nut 3/8 x P26t	2	71	Meter	1
25	Spring 20 x 16 x 2 x 70L	1	72	Top Cover	1
26	Idle Wheel I	1	73	Bushing 76	1
27	C Clip #19	4	74	Left Cover	1
28	Rubber Stopper	2	75	Right Cover	1
29	C clip #13	4	76	Screw M5 x 12L	2
30	M8 Nylon lock Nut	2	77	Screw 4 x 12	2
31	Moving wheel	2	78	Screw 4 x 16	3
32	Screw M8 x 35L	2	79	Screw 4 x 12	4
33	Cap	2	80	Rubber Stopper	2
34	Spacer 12 x 19 x 60.5L	4	81	Screw 4 x 12	2
35	Chain	2	82	Tension Cable	1
36	Chain-Spring Connector	2	83	Motor	1
37	Spring	2	84	Screw M4 x 12L	2
38	Spring Connector	2	85	Screw M5 x 12L	2
39	Screw M10 x 55L	2	86	Adaptor	1
40	M10 Nylon lock Nut	2	87	M5 Screw x 10mm	2
41	Spacer 16 x 10 x 40L	2	88	Curve Plate	1
42	Pedal Fixing Plate	2	89	Extra Handlebar	1
43	Screw M12 x 85L	4	90	Foam Grip	2
44	M12 Nylon lock Nut	4		Tools	
45	Screw M6 x 20L	8		Allen Wrench (5mm)	2
46	Rubber Stopper	2		Wrench	1
47	Pedal	2			

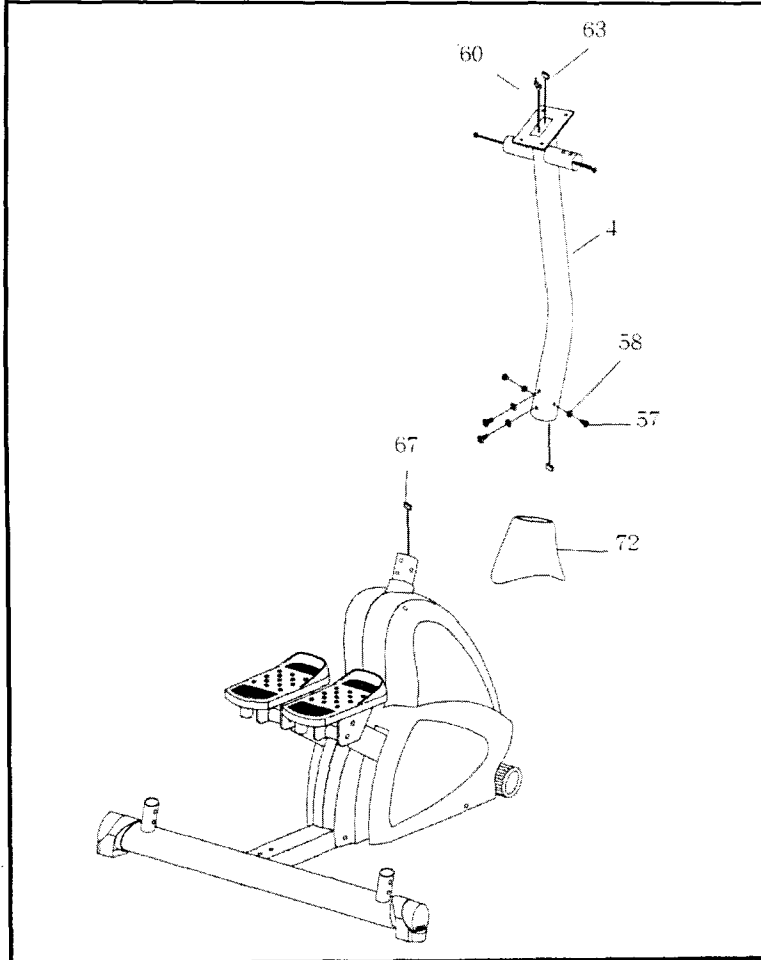
ASSEMBLY INSTRUCTIONS



STEP 1.

PRESS CAPS (50) ONTO BOTH SIDES OF THE REAR STABILIZER (3) AND SECURE WITH FLAT HEAD SCREWS (85).

ASSEMBLING THE STABILIZER (3) UNTO MAIN FRAME BY SCREN (49) & WASHER (48).

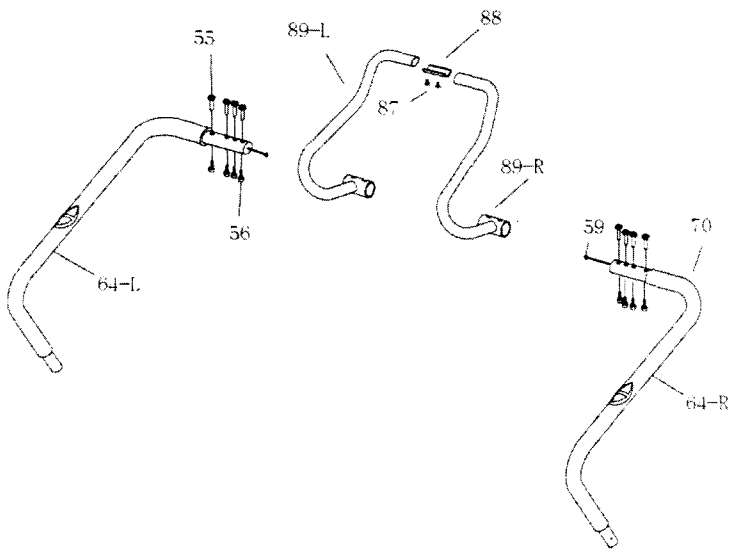


STEP 2.

SLIDE THE TOP COVER (72) INTO HANDLEBAR POST (4). CONNECT THE SENSOR WIRE (67) & (63) TOGETHER. SLIDE HANDLEBAR POST ONTO MAIN FRAME. FIXING THEN TOGETHER BY SCREWS (57) & WASHERS (58) SLIDE TOP COVER TO BOTTOM POSITION.

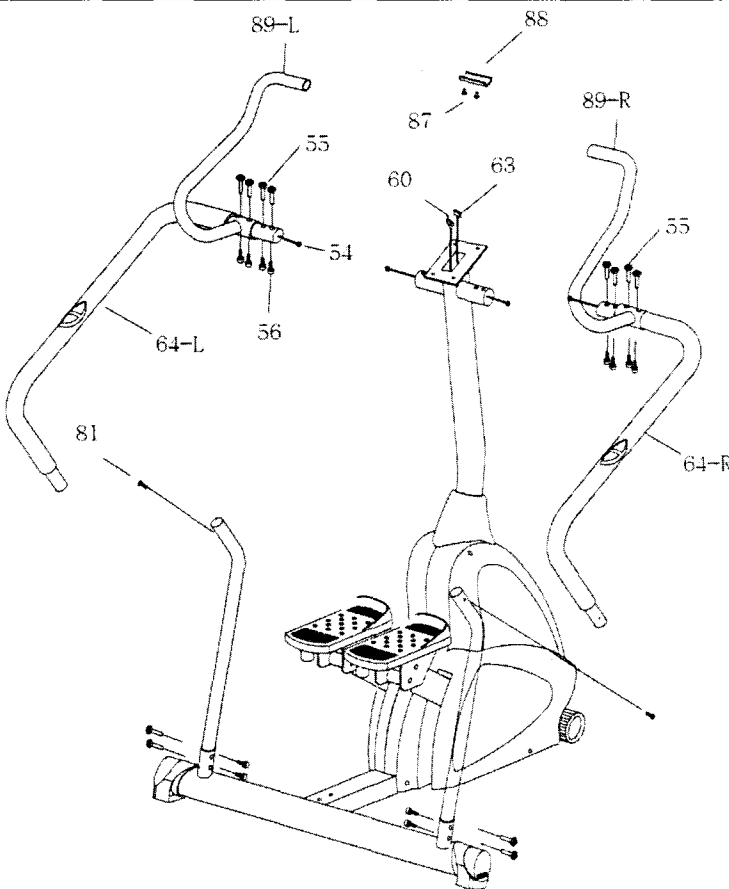
STEP 3:

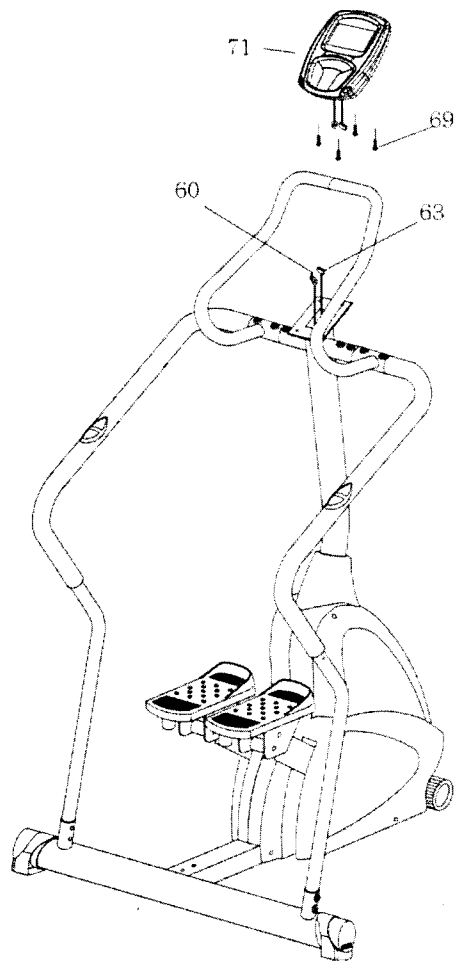
Insert the Upper Handlebar(64-L) into the Extra Handlebar(91-L),fasten with Screws(55). Slide the Curve Plate(89) into the Extra Handlebar(91-L),connect with Screw(88),don't tighten fully. Insert the Upper Handlebar(64-R) into the Extra Handlebar(91-R),fasten with Screws(55).



STEP 4.

ASSEMBLING HANDLEBAR ONTO HANDLEBAR POST. PLEASE CONNECT THE HANDPUSLE CABLE TOGETHER BEFORE JOIN THE HANDLEBAR. FIXING HANDLEBAR BY SCREW (55) & (56).



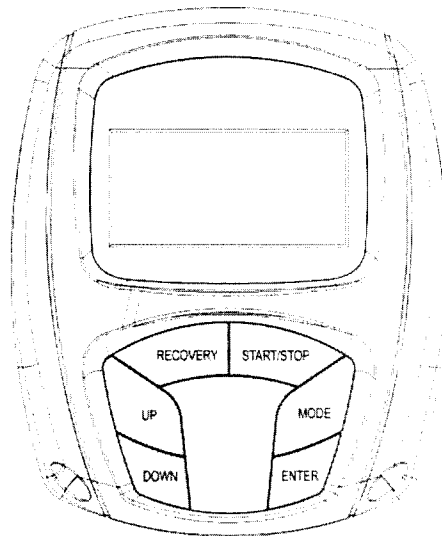


STEP 5.

CONNECTING THE SENSOR WIRES (60) & (63) ONTO METER. FIXING METER ONTO HANDLEBAR POST BY SCREWS (69).

Instruction Manual for Exercise Monitor TZ-6193

Appearance



Key Functions:

ENTER: 1. Press this button to confirm the setting value of Year- Month- Date- Hour-Minute and alarm.

2. Press this button to select functions of Count, Time, Calories, T.H.R, Gender, Age, Height, Weight and hart Rate% to be preset, the chosen function will be blinking. Please note that not all functions can be selected in each program.

3. Hold this button down two seconds to reset all of the value (Count- Time- Calorie- T.H.R) to zero.

4. Select the function and display on the main screen during exercise. (Count- RPM- Time- Calorie-Watt- Pulse)

START/STOP: Start or Stop exercising for the chosen program.

UP: 1. Increase the setting value of functions during setting mode. (The monitor has to be in stop condition.)

Hold this button down for 2 seconds or longer to quickly to reach the desire setting value.

2. Increase the level of loading from 1 to 16.

3. Select the program form Manual , Preset programs of P1~ P12, Body Fat program, Target Heart Rate program, Heart Rate control program and user programs of U1~U4 during stop condition.

DOWN: 1. Decrease the setting value during setting mode. (The monitor has to be in stop condition.)

Hold this button down for 2 seconds or longer to quickly to reach the desire setting value.

2. Decrease the level of loading from 1 to 16.

3. Select the program form Manual , Preset programs of P1~ P12, Body Fat program, Target Heart Rate program, Heart Rate Control program and 4 users programs of U1~U4 during stop condition.

MODE: Press this button to select the function value to display on the main screen

PULSE RECOVERY: Press this button to check your pulse recovery condition during stop condition.

**** CALENDAR SETTING:** During the stop situation, press **MODE** and **Recovery** keys and hold 2 seconds then can enter setting mode of Calendar.

Functions

1. **Calendar:** Display the month, date and week.
2. **Count:** Display the number of workout ring from 0 to 9999.
3. **Temperature:** Display current room temperature from 10°C to 60°C.
4. **Clock:** Display the current time.
5. **Alarm:** The monitor has the alarm function.
6. **Scan:** Display all functions value from RPM- COUNT- TIME-CAL- WATT- PULSE.
7. **RPM:** Display current rotation per minute.
8. **Time:** Accumulate the workout time from 00:00 to 99:59. Or users can preset the target time they want.
9. **CAL:** Accumulate the calories consumption from 0 to 999.9. Or users can preset the target Calories they want to consume.
10. **WATT:** Accumulate the Watt consumption from 4.6W to 572.6W.
11. **Pulse:** Display the current heart rate in beats per minute.
12. **T.H.R.:** Users can preset their Target Heart Rate.
13. **Body Fat Measurement:** Display body fat ratio, body type and BMI.
14. **Pulse Recovery:** Check the condition of pulse recovery when stop exercising.
15. **Programs:** There are 20 different programs of Manual, Preset Programs of P1-12, Body Fat program, Target Heart Rate program, Heart Rate Control and 4 users programs to choose for training.
Each program has 16 columns of loading bars and 8 bars in each column. Each column represents 1 minute work out (without the change of time value) and each bar represents 2 levels loading.

Operation Instructions:

1. Power supply requirement: Ac adapter of output – 9V/1A.
2. The full LCD display will be shown with Bi sound at the same time after the monitor is power on. After that wheel size will be shown 2 seconds on the lower display.

3. Set up Calendar & Clock

Use UP or DOWN key to set the value while the number of year, month, date and time is blinking then press Enter key to confirm each setting value.

(If users did not enter any value over 20 seconds, the display will proceed with next step. At this time you can press MODE and RECOVERY keys for 2 seconds to enter setting of Calendar & Clock again.)

Calendar, room temperature and time will show out while stop exercising and without pressing key over 256 seconds, and reset all the function value to be zero.

Alarm Use UP or DOWN key to set the value while the number of hour and minute for alarm is blinking, press ENTER key to confirm each setting value. After that press UP or DOWN key to have the alarm signal showing on the display then press ENTER key to confirm it. Once the alarm is ringing, press any key to stop it.

4. Program selection and Operation

Users can use UP or DOWN key to select the program after confirming of Calendar and Time.

There are total 20 programs of Manual, Preset programs of P1~ P12, Body Fat program, Heart Rate Control program and 4 user programs of U1~U4 to choose for training.

Preset COUNT/ TIME/ CAL/T.H.R.

After choosing desire program, users can preset their specific request of Count, Time, Calories and THR in

Manual, Preset programs of P1~P12, Target Heart Rate program and User programs of U1~U4.)

Press Enter key to enter setting mode in stop condition.

Use Up or Down key to set the target value while the number is blinking then press Enter key to confirm it.

a. COUNT

The monitor will count from 0 to 9999 without setting the value.

User can set the target value from 10 to 9990 .Then the monitor will count down from the setting value.

Once reach the setting value, the monitor will alarm then stop. If user would like to continue exercise, press

Start key then the value will count up from 0.

b. TIME:

The monitor will count up the time from 00:00 to 99:59 without setting the value.

User can set the target value from 1:00 to 99:00 then the monitor will count down form the setting value.

Once reach the setting value, the monitor will alarm then stop. If user would like to continue exercise, press

Start key then the value will count up from 00:00.

c. CAL:

The monitor will count up the calories form 0.0 to 999.9 without setting the value.

User can set the target value from 10 to 9990 then the monitor will count down form the setting value.

Once reach the setting value, the monitor will alarm then stop. If user would like to continue exercise, press

Start key then the value will count up from 0.0.

d. T.H.R. (Target Heart Rate)

User can preset the target heart rate from 60 to 220.

Place your palms on the both of the contact pads appropriately and the monitor will show up your heart rate in beat per minute on the lower LCD display.

Once your heart rate reach your setting value (T. H.R.), the value of pulse rate will be blinking until your heart rate under your T.H.R.

Press START key to start the chosen program after finished your target values.

***Manual program:**

Users can follow up above steps to set up their requests for target Count, Time, Cal and T.H.R, then press START/STOP key to exercise.

Or users may just press START key to exercise directly without presetting any specific requirements of Count, Time, Calories and T.H.R.

The default level of lading is level 6, user can change the level by pressing UP or DOWN key during workout.

***Preset programs of P1~P12**

Users can follow up above steps to set up their requests for target Count, Time, Cal and T.H.R, then press START/STOP key to exercise.

Or users may just press START key to exercise directly without presetting any specific requirements of Count, Time, Calories and T.H.R.

Users can exercise with different level of loading in different intervals as the profile on the display, and can change the level of loading by pressing UP or DOWN key during workout.

***Body Fat Measurement program**

Press ENTER key to enter setting your personal data of Gender, age, height and weight.

Use UP or DOWN key to select and set up your data and press ENTER key to confirm each data.

(The default values for each data are Gender- Male, Age- 30, Height- 175 cm and weight-70 kgs.)

After that press START/STOP key to calculate the body fat and also place your palms on the both of contact pads appropriately.

The display will show out Body type, Body Fat ratio and BMI.

Press any key to return the main display.

Body Types:

There are 5 body types divided according to the Fat% calculated.

Type 1 is Ultra Slim type (body fat 5% ~ 9%).

Type 2 is Slim type (body fat 10% ~ 19%).

Type 3 is Ideal-healthy type (body fat 20% ~ 29%).

Type 4 is Fat type (body fat 30% ~ 39%).

Type 5 is Ultra body fate type (40% ~50%)

BMI: Body Mass Index

Calculate from your personal data to show the value from 1.0 ~ 99.99.

Body Fat%

Calculate from your personal data to show the value from 5 ~ 50%.

***TARGET HEART RATE PROGRAM**

Press ENTER key to enter setting mode to set up Count, Time, Calories and T.H.R.

Use UP or DOWN key to adjust the value and then press ENTER key to confirm each value

After pressing START key to exercise and place your palms on the both contact pads appropriately. The monitor will adjust the level of lading according to your heart rate detected for user to exercise to make the heart rate to close the T.H.R.

***Hear Rate Control Program**

Press ENTER key to enter setting mode to set up Count, Time, Calories and Age.

Use UP or DOWN key to adjust the value and then press ENTER key to confirm each value.

After that there are 10 kind of Heart Rate % - 50%, 55%, 60%, 65%, 70%, 75%, 80%, 85%, 90% & 95% can be selected by pressing UP or DOWN key and press ENTER key to confirm your choice. Then the Target Heart Rate will show out on the lower display.

Press START key to start exercise and place your palms on the both of contact pads appropriately. The monitor will adjust the level of loading according to the heart rate detected for user to exercise to make the heart rate to close the T.H.R.

***User programs of U1~U4**

Press ENTER key to enter setting mode to set up Count, Time, Calories and T.H.R.

Use UP or DOWN key to adjust the value and then press ENTER key to confirm each value.

After that the first column will be flashing, user can adjust the level of loading by pressing UP or DOWN key then press ENTER key to confirm. User can adjust the column from 1 to 16 depends on their requirement. The monitor will store the profile for users.

Users can change the level of lading by press UP or DOWN key during workout, but these changes will not memory in the monitor.

***Pulse Recovery:**

Check the condition of pulse recovery after exercising for a period of time.

Press Recovery key and also apply the heart rate detector appropriately while stop exercising. The test will last 1 minute and Time will count down from 1:00 to 0:00 also shown on the LCD display. After that the result will show out on the LCD from F1.0 to F6.0, the increment is 0.1. F1.0 means the best, and F6.0 means the worst.

Press any key to return to the main display.