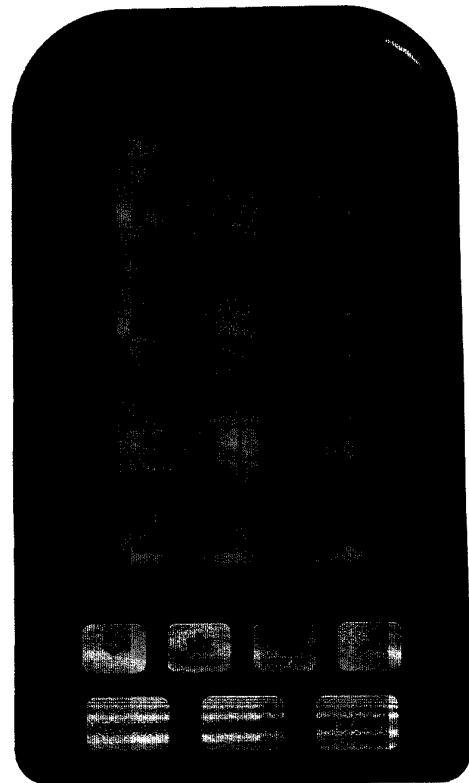


## The overall appearance of display

Air Force ( B775)

## AIR BIKE Computer Operation Manual

V 1.0



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### Operation

1. Power on: To press any button or detect RPM signal the display will be on. It will enter to Idle Mode after Beep for 2 seconds.
2. As detecting speed sensor's RPM signal will enter to Normal mode.
3. Idle mode: To press PROGRAMS to enter different exercise mode(Normal, Interval Custom, Target Distance, Target Calories, Target HR). To press Target to set up how long will you exercise.
4. No signal detected for 90 seconds will go to Idle mode
5. Exercise finished: To finish target which you set before, it will show values in every exercise mode. It will go to Normal mode if you consistently stamp on treadmill even you've finished exercise.
6. Power OFF : It will shuts down if it detects nothing for 90 seconds in Idle mode.

### Function key

1. Function key :
  - a. To press any button will hear Beep sound.
  - b. To press any button in Power OFF will restart display.



2. PROGRAMS Key :
  - a. To press every button in Idle mode to set exercise state. It will be like Normal→Interval Custom→Target Distance→Target Calories→Target HR. The Normal mode is default value for Power on.
  - b. To set exercise value in exercise mode. The window of setting will gleam every second to show and set values.



3. Target Time:
  - a. To set target time.
  - b. To press Enter to confirm value and start to exercise.



4. Up Key :
  - a. To adjust values in exercise mode.
  - b. To press button one time it will raise one value.
  - c. It will be continuous key after holding on a button.



5. Down Key :
  - a. To adjust values in exercise mode.

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- b. To press button one time it will reduce in one value.
- c. It will be continuous key after holding on a button.



6. Start Key :
  - a. To press START to go Normal in Idle mode.



7. Stop Key (Press&Hold To Reset):
  - a. To press Stop Key to stop exercise.
  - b. The display will restart after holding on button for 3 seconds in any state.

### Structure explained

1. RPM/SPEED
  - a. The bar on the top shows RPM. The bar will show a grid if RPM are smaller than 30. The bar will show two grids if RPM are 31-60. The bar will show three grids if RPM are 61-90. The bar will show four grids if RPM are 91-120. The bar will show five grids if RPM are 121-150. The bar will show six grids if RPM are 151-180 or over 180. It will update ever second.
  - b. SPEED shows current speed. The range is 00.0-99.9. Unit:KPH/MPH
  - c. RPM shows current RPM value.
  - d. To press ENTER to shows RPM/SPEED. The default value is SPEED.
2. EXERCISE :
  - a. It will count down the training time to show remnant time. The range : 0:01-9:59.
3. REST :
  - a. It will count down the rest time to show remnant time. The range : 0:01-9:59.
4. INTERVAL :
  - a. 4.1 The current rest state/set state. The range : 99/99.



5. TIME :
  - a. To add up exercise time. The range : 00:00-99:99
  - b. Remaining: To show remnant time of target.

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**6. WATTS :**

- a. To show current value of watts. The range : 000~1999

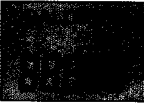
**7. DISTANCE:**

- a. To show current value of distance .The unit of distant : meter/mile. The range : 0~99.999



**8. CALORIES:**

- a. To show current value of calories. The range : 0~999.99



**9. HEART RATE:**

- a. The range of HEART RATE signal : 0~220
- b. It will show heart symbol every second if it detect heart rate, if not it won't show heart symbol.



- d. The Time will be 0:00 and Distance will be 0. Both of them will be added up during training time.
- e. To press STOP to go pause mode and it will stop counting time .
  - e-1. To press ENTER to restore it.
  - e-2. To press STOP to end of exercise and go back to Idle Mode.
- f. As finish the target of exercise it will be Beep third time and end of exercise.
  - f-1. The value of average training speed /watt will show on SPEED and WATTS.
  - f-2. The training value will be added up on TIME, DISTANCE, CALORIES.

**4. Target Calories**

- a. To press PROGRAMS to set Target Calories in Idle Mode.
- b. To set target calories in CALORIES. It will show 0 in the underside. To press up/down to adjust every value (1.000) and press ENTER to confirm.
- c. To press START to calculate training time.
- d. The Time will be 0:00 and Distance will be 0. Both of them will be added up during training time.
- e. To press STOP to go pause mode and it will stop counting
  - e-1. To press START to restore it.
  - e-2. To press STOP to end of exercise and go back to Idle Mode.
- f. As finish the target of exercise it will be Beep third time and end of exercise.
  - f-1. The value of average training speed /watt will show on SPEED and WATTS.
  - f-2. To show added up value in TIME and DISTANCE. The CALORIES value will show 0.

**5. Target HR**

- a. To press PROGRAMS to set Target HR in Idle Mode.
- b. To set the target heart rate in HEART RATE(AGE). It will show 35 on the right side of window. To press up/down to adjust value and press ENTER to confirm.
- c. To press START to calculate training time.
- d. The Time will be 0:00 and Distance will be 0. Both of them will be added up during training time.
- e. The process of training program:
  - e-1. It won't show target HR if the heart rate doesn't reach 65% and 80% which you set.
  - e-2. The window will gleam Target HR if the heart rate greater than

# Training functions

**1. Normal**

- a. To press Start in Idle mode, it will go to Normal.
- b. If detect the speed signal in Idle mode it will go to Normal.
- c. To press STOP to go pause mode and it will stop counting.
  - c-1. To press START to restore it.
  - c-2. To press STOP to end of exercise and go back to Idle Mode.

**2. Interval Custom**

- a. To press PROGRAMS to set Interval Custom in Idle Mode.
- b. To set circle in INTERVAL. The right side will show 00/00 and press up/down to adjust circle. To press ENTER to set value of EXERCISE.(default value : 00/01)
- c. To set training time in EXERCISE the right side will show 0:00 and press up/down to adjust training time. To press EXERCISE to set value of REST.(default value : 0:10)
- d. To set rest time in REST. The right side of rest window will gleam 0:00. To press up/down to adjust training time and press ENTER to confirm setting.
- e. To press ENTER to go back INTERVAL.
- f. To press START to confirm current value. The window will count down the time (321) and Beep at the same time. If it doesn't set any value, it will follow previous value.
  - f-1. EXERCISE and REST will be counted down during exercise. To remain user the remnant rest time, it will be Beep every second.
- g. The process of training program:
  - h. To press STOP to go pause mode and it will stop counting.
    - h-1. To press START to restore it.
    - h-2. To press STOP to end of exercise and go back to Idle Mode.
  - i. As finish the target of exercise it will be Beep third time and end of exercise.
    - i-1. The value of average training speed /watt will show on SPEED and WATTS.
    - i-2. The training value will be added up on TIME, DISTANCE, CALORIES.

**3. Target Distance**

- a. To press PROGRAMS to set Target Distance in Idle Mode.
- b. To set target distance in DISTANCE. It will show 0 in the underside. To press up/down to adjust value (1.000) and press ENTER to confirm.
- c. To press START to calculate training time.

- d. 65% which you set.
- e-3. The window will gleam target HR if the heart rate greater than 80% which you set.
- f. To press STOP to go pause mode and it will stop counting time .
  - f-1. To press START to restore it.
  - f-2. To press STOP to end of exercise and go back to Idle Mode.

**6. Target Time**

- a. To press TRGET to set Target Time in Idle Mode.
- b. To set target time in Time. It will show 00:00 in the underside. To press up/down to adjust every value (1.000) and press ENTER to confirm.
- c. To press START to calculate training time.
- d. The Time will be 0:00 and Distance will be 0. Both of them will be added up during training time.
- e. To press STOP to go pause mode and it will stop counting time .
  - e-1. To press START to restore it.
  - e-2. To press STOP to end of exercise and go back to Idle Mode.
- f. As finish the target of exercise it will be Beep third time and end of exercise.
  - f-1. The value of average training speed /watt will show on SPEED and WATTS.
  - f-2. The training value will be added up on TIME, DISTANCE, CALORIES.

## The adjust unit in display

- 1. To press enter+start in Idle mode to go to Engineer mode.
- 2. Speed unit(0:KPH unit, 1:MPH unit)
- 3. To confirm value with pressing STOP to log out engineer mode.

## Remark:

The screen will fade out as battery runs low. The heart rate might be inactive, you need to get a new battery.