



Cardio Kids 656 Junior Semi- Recumbent Bike OWNER'S MANUAL



INSTRUCTIONS

A.

1. Make sure the machine is in a neutral position as seen in picture A.
2. Slip feet into foot pedals while keeping hands firmly gripped on handlebars.



INSTRUCTIONS

B.



3. As you begin to pedal, firmly grab the arm handles with both hands for stability as seen in Picture B.

INSTRUCTIONS

4. As you become more familiar with the movements, begin to gradually increase speed.
5. You may switch the location of your hands from high to low depending on where it is most comfortable for the user as seen in Picture C.

* Note the upper handgrips are what give the pulse reading on the computer display.

C.



INSTRUCTIONS



6. Instructor should have each user:

a.) Before exiting the machine come to a full stop as seen in Picture D.

b.) While still holding onto the arm grips step off the machine.

Training computer with digital display

Starting the device

Insert 2 batteries. (1.5 V UM 3/AA). The computer carries out a segment test and shows all presentable signs. A beep sounds for confirmation.

1. Start without previous knowledge

You can begin with the training without previous knowledge. In the display, the different information is shown. For an efficient training and for setting your personal training specifications, please read and follow these operating instructions. Read also the general tips in the training instructions. After switching on the unit starting via RESET, the complete display information will appear= segment test with an audible signal. Afterwards, the time is shown briefly. Time can be adjusted via the UP and DOWN keys: First, set hours UP/DOWN, then confirm via MODE, then set minutes, and confirm time setting again via MODE.

2. Function Keys

MODE. Through shortly, pressing the MODE key, you select between the functions [TIME, DISTANCE, CALORIES or PULSE] both for the display as well as for your personal settings. If you press the MODE key for a longer time, all values are set to >0<.

DOWN / UP. The default values are set via the DOWN or UP keys. To this end, the unit must be in a STOP position; > top left symbol.

DOWN. Downward setting of default values. By briefly pressing the DOWN key, you reduce the setting values of the various functions > [TIME, DISTANCE, CALORIES and PULSE]. If you press the DOWN key for a longer period of time, the setting value can be reached in a faster counting sequence.

UP. Upward setting of default values. By briefly pressing the UP key, you increase the setting values of the various functions > [TIME, DISTANCE, CALORIES, and PULSE]. If you press the UP key for a longer period of time, the setting value can be reached in a faster counting sequence.

RESET. With the RESET key, the functions are set to >0<. With the input settings of the respective function, only the value of these functions is set to >0< through shortly pressing the RESET key. If the RESET key is pressed for longer than 2 seconds, all values are set to >0<, this corresponds to a new start of the computer. When exchanging the batteries, all values are set back to >0< as well.

RECOVERY. Use the RECOVERY key to activate the recovery pulse function after exercising.

3. FUNCTIONS-DISPLAY

General: In the Display respectively a large display and at the same time several segment displays appear in the lower area next to each other. After finishing exercising, the exercise data remains and can be called up when you begin exercising again. The new data is then added to these.

Exception: The computer was set to >0< with RESET, in the personal exercise presettings the value was set at >0< or the batteries were changed.

-With an interruption of the exercising for 4 minutes, the main screen is shut off.

-If the computer shows undefinable displays, take out the batteries, replace them again and try it again.

4. SCAN

Alternating display of all functions in large display. Please note the following abbreviations:

SPD= SPEED

TM= TIME

DST= DISTANCE

CAL= CALORIES= Energy, calorie consumption

PLS= PULSE= Pulse Frequency

If the large display with the respective unit appears, the function description blinks in the small window.
RPM/SPEED

In this display, at turning intervals (every 6 seconds), the pedaling frequency as RPM (= rotations per minute) and the SPEED in km/h are shown. The highest speed is 99.9 km/h.

TIME

In this display the exercise time is measured. The maximum time measurement is 99:99 minutes.

DISTANCE

The distance covered is measured in km. The counting of the distance begins with >0< and a maximum of up to 99.9 km can be shown. The counting grading follows in 0.01 km sections= 10 meters

CALORIES

In this display the calculated calorie consumption is displayed. The maximum display is 9999. The data however only serves as a rough guideline in comparison to the different exercises and cannot be used for medical purposes.

PULSE

If you hold the hand grip sensors with both hands, the display shows the current pulse frequency value. You can enter a target value before beginning exercising. If the pulse frequency has exceeded this target, an alarm sounds in order to inform you of this.

SLEEP MODE

If no RPM or PULSE are recorded or no manual settings have been made within 4 minutes, the device switches to the sleep mode.

4. Personal exercising specifications: General:

Without particular preliminary settings, the values in the individual functions [TIME, DISTANCE, CALORIES and PULSE] count from >0< upwards.

For reasonable exercising, it is sufficient to merely set a target value in one function [TIME, DISTANCE, CALORIES or PULSE].

If a personal target value is set as an exercise specification, the computer counts from this value downwards. When reaching the target value >0<, an acoustic signal sounds off. If afterwards, without setting of a new target value, you continue exercising, the computer counts in the mode from >0< upwards again. Once target values have been set, during exercising these cannot be changed, only during a standstill.

Target Value Specifications

The setting of the target values is the same with all functions e.g. DISTANCE

1. Press the MODE key until the number blinks in the field DISTANCE and the large number is in the display (identification left> DST).

2. Through shortly pressing the key UP, you increase the value. e.g. DISTANCE in 0.5 km steps. If you press and hold the UP key, the set value is counted quicker.

3. If you would like to reduce the target value again, shortly press the DOWN key.

4. If you have set the target value, press the MODE key. The value is then stored in this function and you go to the next function, e.g. CALORIES

5. Enter the specification values if possible only in one function because otherwise the exercise goals will be overlapped. e.g. If you would reach the preset time earlier than the preset distance

goal.

6. The specified values in the other functions [TIME, CALORIES, or PULSE] are as described with 1-4, and entered with the keys UP and DOWN.

After finishing the presettings, you can begin with exercising. During the exercise session, the display changes every 6 seconds. If you press the MODE key during this display, the selected function remains in the display in large numbers. In the small display the function name blinks, e.g. PULSE.

Pressing the MODE key again operates the SCAN operation > display change every 6 seconds.

RECOVERY

With the RECOVERY key, you reach a recovery pulse measurement at the end of the exercise session. From the beginning and ending pulse of one minute, the deviation and the fitness grade is determined. With the same exercise session, the improvement of this grade is a measurement of the increased fitness. If you have reached the target value, end the exercise session, press the RECOVERY KEY and then lay your hands on the hand pulse sensors. With a previous pulse measurement in the display 00:60 appears for the time and in the PULSE display the current pulse value blinks. The time begins to count from 00:60 backwards. Keep your hands on the hand pulse sensors until >0< is reached. In the right of the display a value between F1 and F6 is shown. By pressing RECOVERY again, the function is ended.

Pulse recording possibilities

Pulse calculation begins when the heart in the display flashes in time with your pulse beat.

With hand pulse

An extra-low voltage caused by the contractions of your heart is registered by the hand sensors and evaluated by the electronics assembly of the device.

- *Always grab the contact faces with both hands.

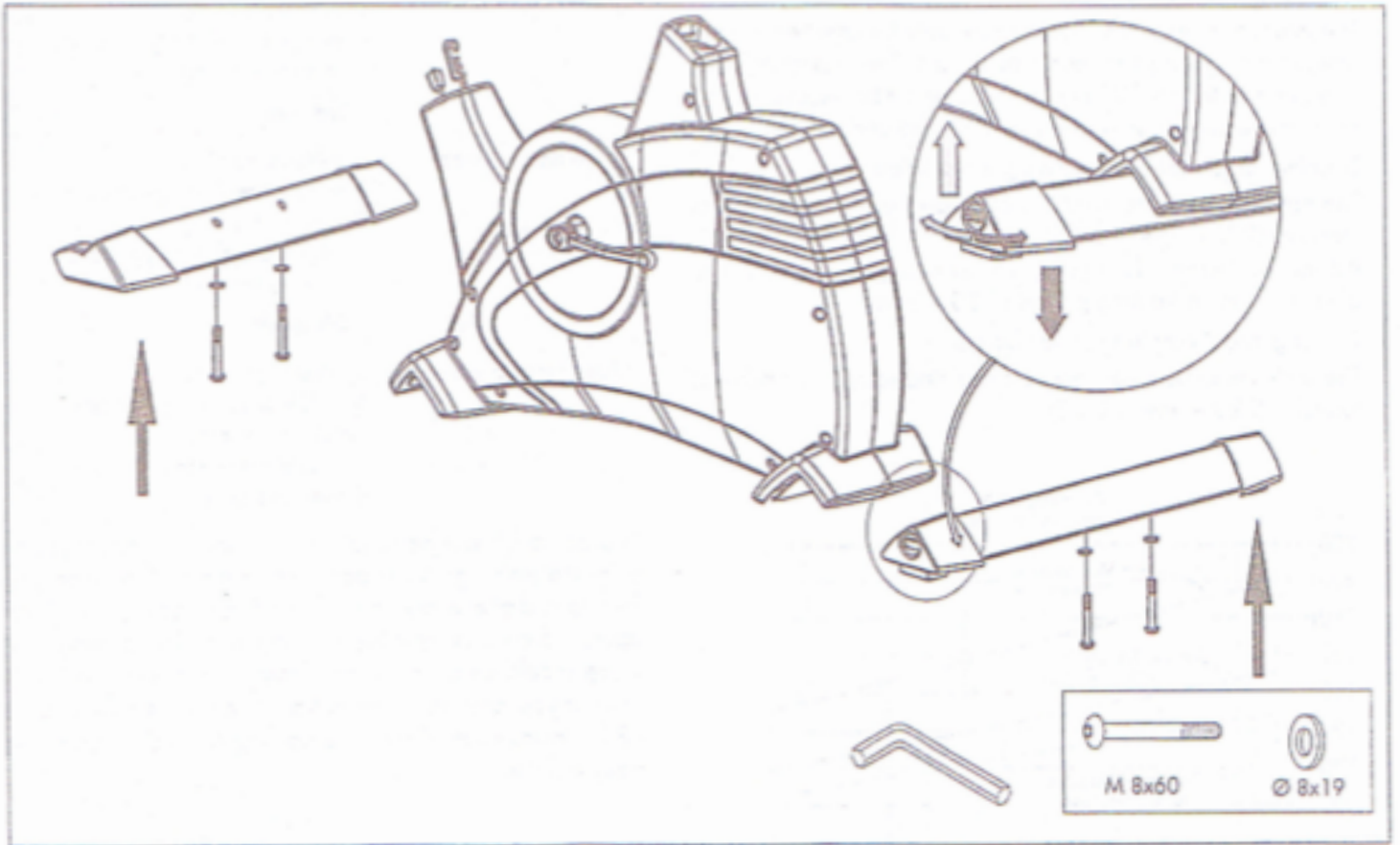
- *Avoid jerky grasping

- *Hold your hands calmly and avoid contractions and rubbing on the contact faces.

5. Training Instructions

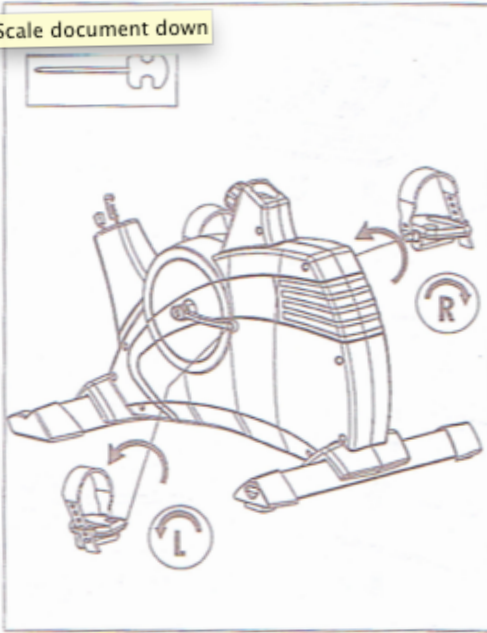
The training is organized on the principles of stamina training. This will predominantly cause changes and adaptations of the cardiovascular system. This includes the reduction of the resting pulse frequency and of the load pulse. This gives the heart more time for filling the ventricles and for the blood circulation of the cardiac musculature (through the coronary vessels. Depth of breathing and the volume of air that can be breathed in (vital capacity) are increased. Further positive changes take place in the metabolic system. In order to achieve these positive changes, the training has to be planned according to certain guidelines.

1.

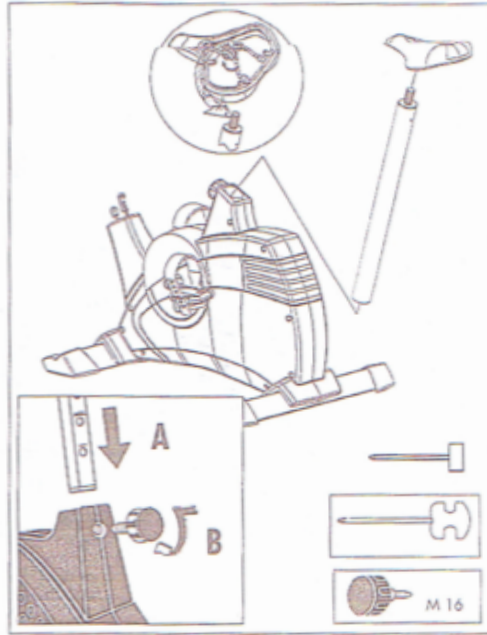


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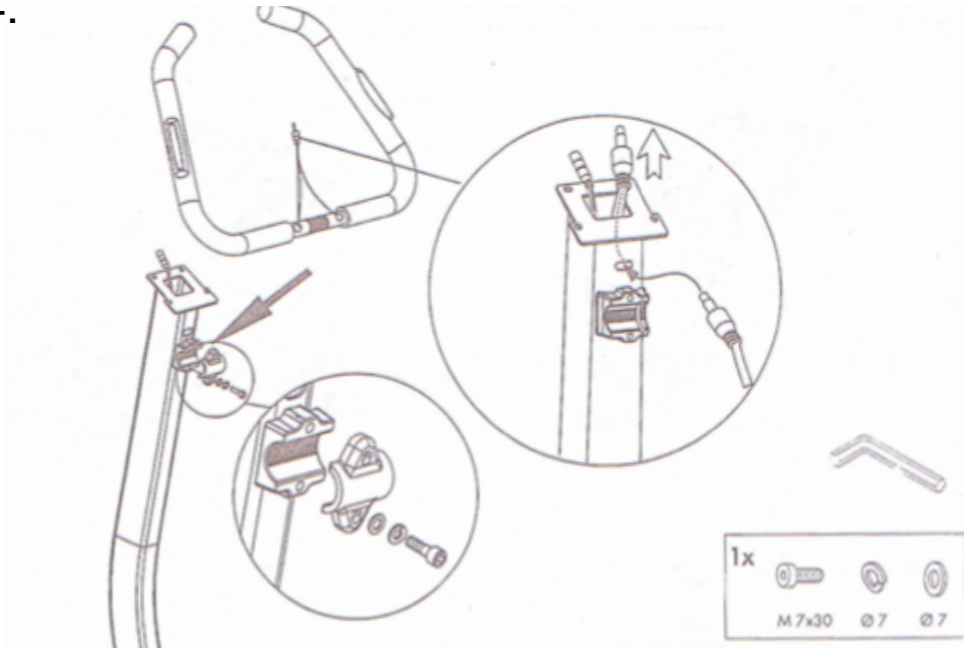
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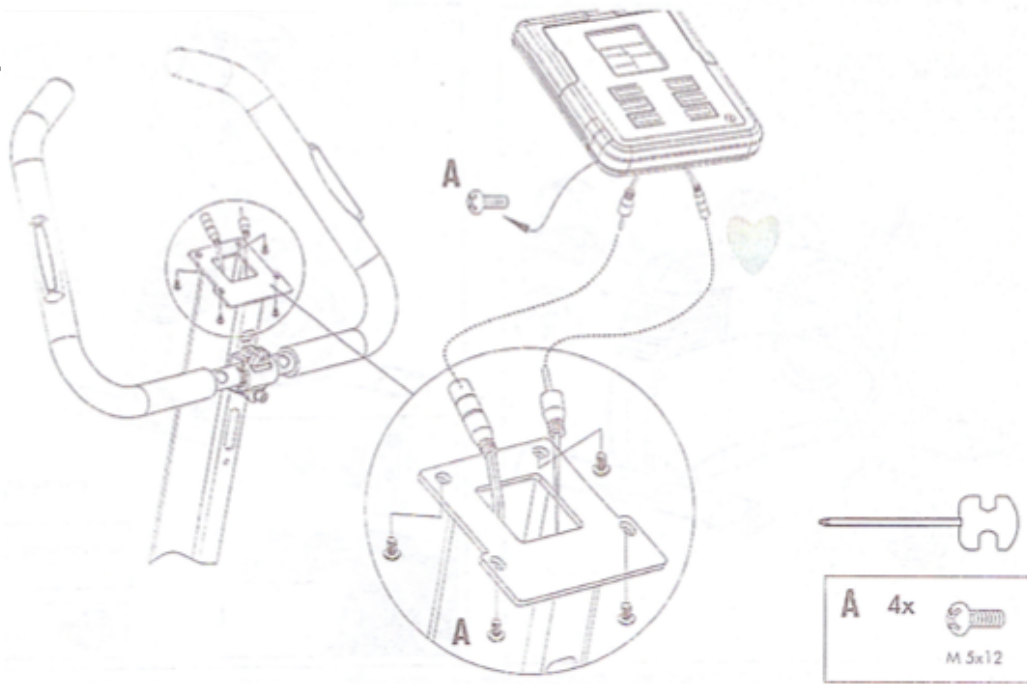
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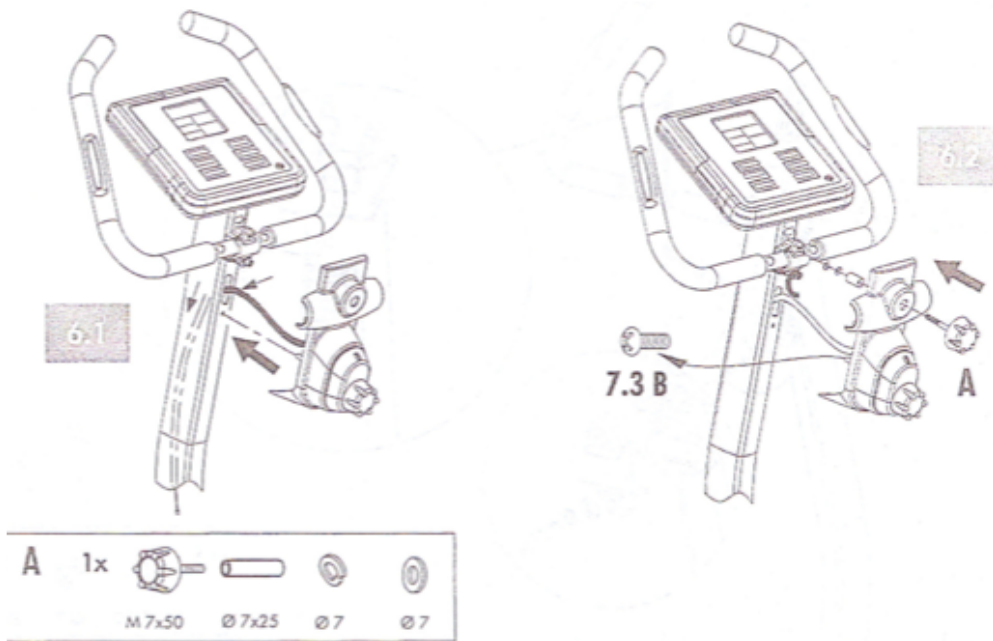
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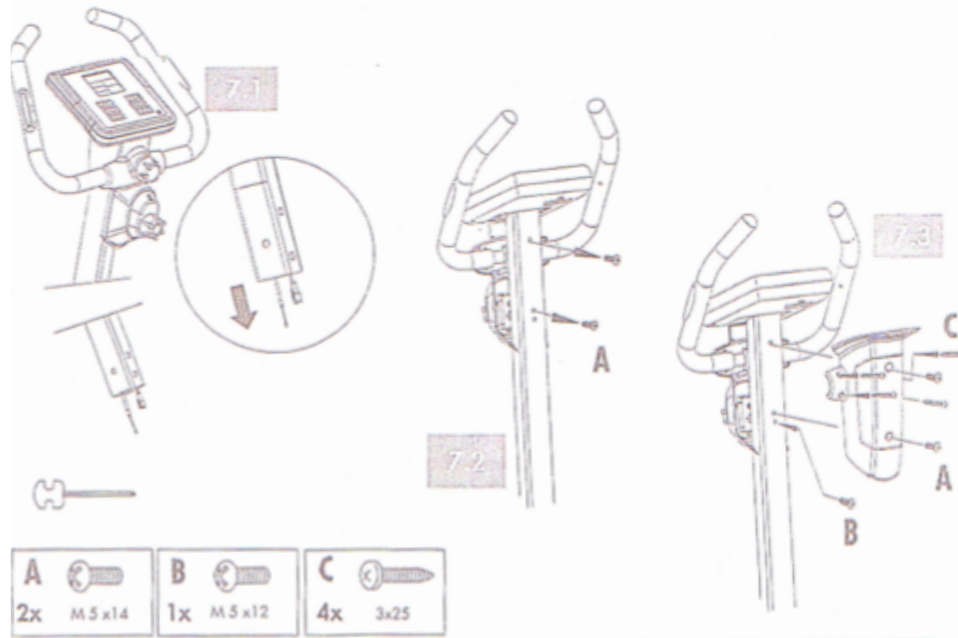
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6.



7.



8.

