

USER MANUAL

ACTIVE BIKE 100



bodytone

1. GENERAL

This console has a non-backlit LCD display that displays speed, rotation per minute, calories, distance, time, and pulse.

2. ON/OFF

The display will be active to display all the data as you pedal. When the motion stops, the LCD continues to flash to show the last data before shutdown. The screen will turn off if the motion stops for more than 45 seconds.

3. DISPLAY DATA

1. Speed

Start from 0 and work your way up. The top of the LCD screen shows the current speed with the pointer.

2. Time

It starts from 0 onwards and indicates the total duration of the workout.
Range: 0:00~99:59

3. RPM

It starts from 0 onwards and indicates the total duration of the workout.
Range: 0:00~99:59

4. Distance

Start from 0 and work your way up. Range: 000.0~999.9; Increment: 0.1 KM

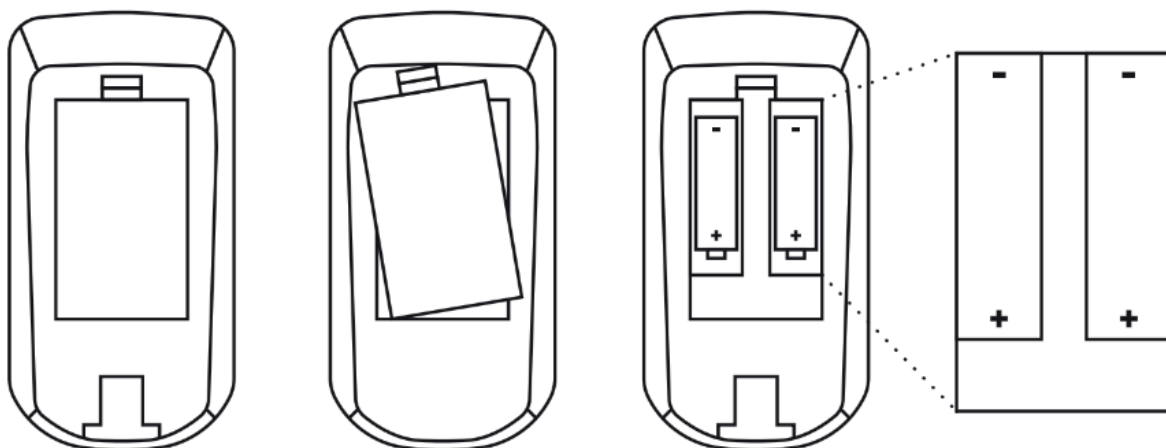
5. Calories

Start with 0 or higher and show the calories burned during this training.
Range: 000.0~999.9

6. Pulse

The user's current heart rate will be displayed in beats per minute. Place your palms on the two contact pads and wait 30 seconds to get an accurate reading.

4. CHANGE THE BATTERIES



1. Put the back up.
2. Remove the battery cover.
3. Keep in mind that both gaps have their positive side at the bottom.
Replace the batteries and replace the lid.

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