USER MANUAL

ACTIVE BIKE 200 CONNECT

bodytone

1. BUTTON FUNCTIONS

MODE

1. Turn on the TIME/DISTANCE/CALORIES/PULSE window.

2. Confirm the setting of the selected parameter.

RESET

1. Tap to clear the set setting

2. Press for 3 seconds to restart the console

UP

1. Click to increase the setting of the selected parameter; Press and hold to increase the parameter adjustment quickly.

2. Tap to set the TIME/DISTANCE/CALORIES/PULSE parameters setting

DOWN

1. Tap to decrease the setting of the selected parameter; Press and hold to decrease the parameter adjustment quickly.

2. Tap to set the TIME/DISTANCE/CALORIES/PULSE parameters setting

2. COMISSIONING

ON

Install the batteries; The console monitor will light up for two seconds and beep twice.

SPORTS MODE

Once turned on, the console is programmed into sports mode.

1. Press the MODE button to adjust the TIME/DISTANCE/CALORIES/PULSE parameters. Then press SET to confirm the setting. Then, press the MODE button again to start the exercise.

2. At the beginning of the exercise, the values of TIME/ DST/ CAL/ WATT will start counting backwards.

3. If you need to check your heart rate, put the strap on your chest correctly (5.3 K frequency). The console will detect your heart rate signal and display it in the PULSE window.

3. WARNING

1. The monitor will turn off when the battery is low. In that case, change the battery.

2. If there is no input signal, check that the wires are securely connected and that the sensor rod is not removed or damaged.

bodytone