

# USER MANUAL

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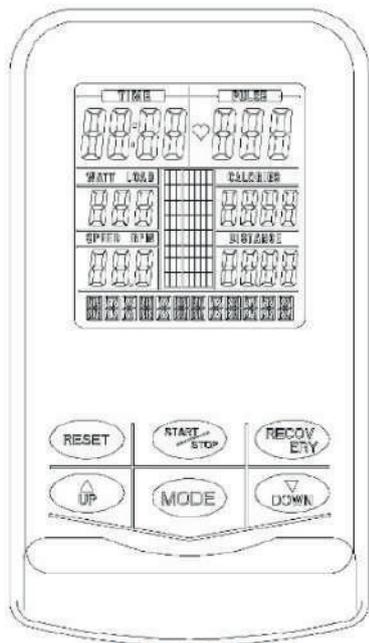
## ACTIVE BIKE 300 SMART



**bodytone**

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# 1. SPECS

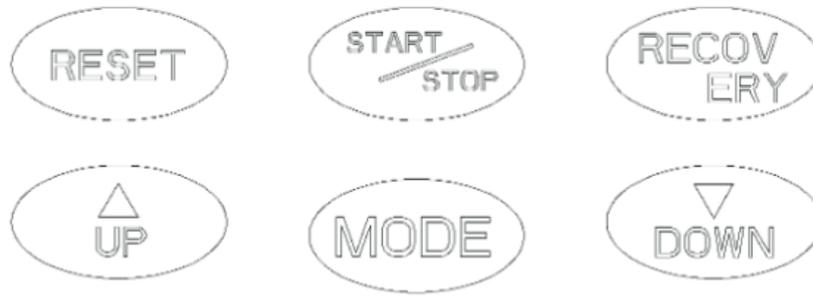


- 1. Time:** Current time to do the exercise.  
Range: 0m:0s ~ 99m:59s
- 2. Speed:** Speed of movement during exercise.  
Range: 0.0~99.9 KPH (MPH)
- 3. Distance:** Current distance to do the exercise.  
Range: 0.00~99.99 km (mile)
- 4. Calories:** Actual estimated calories burned during exercise. Range: 0~9999 kcal
- 5. Pulse:** Pulses during exercise. Range: 40-240 BPM
- 6. RPM:** Rotation speed. Range: 0~999 RPM
- 7. WATT:** Energy. Range: 0~899W
- 8. RESISTANCE:** Level 1-32

## 2. DESCRIPTION OF THE FUNCTIONS OF THE INSTRUMENT

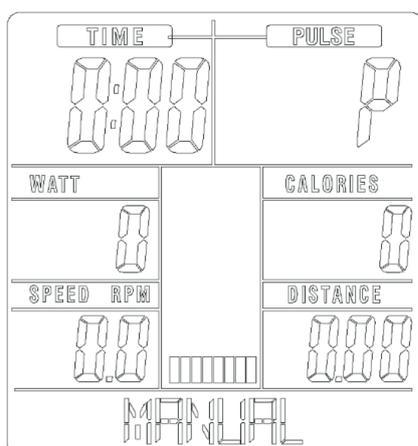
- 1. MANUAL:** Exercise mode with manual, equivalent resistance program setting.
- 2. BEGGINER:** Exercise mode with beginner, automatic adjustment of equivalent resistance programs.
- 3. ADVANCED:** Exercise mode with advanced and automatic adjustment of equivalent resistance programs.
- 4. SPORT:** Exercise mode with sports and automatic adjustment of equivalent resistance programs.
- 5. HRC:** Equivalent resistance movement exercise mode controlled by heartbeat rate, of which 55%, 75%, 90%, and self-defined heart rate values.
- 6. WATT:** Custom Watt Value Controlled Equivalent Motion Resistance Exercise Mode
- 7. RECOVERY:** Heart Rate Recovery Test
- 8. APP:** ZWIFT/KINOMAP (Optional)
- 9. PULSE WIRELESS:** Supports chest strap with standard 5.3 kHz wireless heart rate. (Optional)

### 3. KEY FEATURE DESCRIPTION



1. **UP:** Select the function mode up, adjust up during setup, and increase the LEVEL value during the exercise.
2. **DOWN:** Select the function mode down, adjust down during setup, and reduce the LEVEL value during the exercise.
3. **MODE:** Change each configuration item.
4. **START/STOP:** Start or stop the exercise.
5. **RECOVERY:** Test the recovery capacity of your heartbeat.
6. **BREAK:** Return to the MANUAL PROGRAM in any STOP mode.

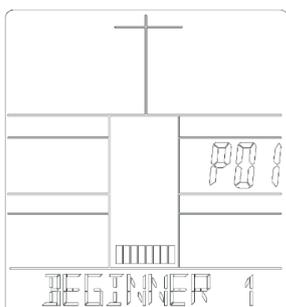
### 4. MANUAL



1. Display of MANUAL Icons
2. Press the "START/STOP" key to start the exercise, or press the "MODE" key to enter the setup mode.
3. In the configured state, press the "MODE" key to select the configured items in sequence, and the selected items (time, distance, calories) will flash.
4. Press the "UP" or "DOWN" key to adjust up or down, and press the "MODE" key to select the next item.

5. In the exercise state, the resistance value will be automatically adjusted according to the set program, or you can use the "UP" or "DOWN" key to increase or decrease the value.
6. If any time, distance, or calories are set in the exercise state, this item is displayed as a countdown. When the countdown reaches 0, the exercise will automatically stop with an audible "DI DI" message.
7. In the exercise state, press the "START/STOP" key to stop the device from working. press the "RESET" key to return if you want to change the exercise mode.

## BEGGINER (P01-P04)



1. Display of the BEGINNER icon.
2. Press the "MODE" key to set the TIME.
3. Press the "UP" or "DOWN" key to adjust up or down.
4. Press the "START/STOP" key to start the exercise.
5. In the exercise state, the resistance value will be automatically adjusted according to the set

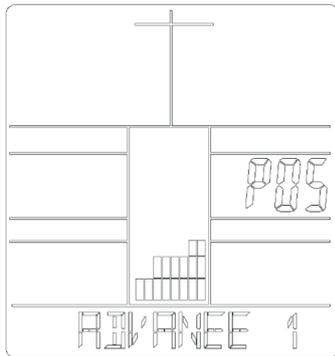
program, or you can use the "UP" or "DOWN" key to increase or decrease the value.

6. Time is displayed as a countdown. When the countdown reaches 0, the exercise will automatically stop with an audible "DI DI" message.
7. In the exercise state, press the "START/STOP" key to stop the operation of the device. Press the "RESET" key to return to MANUAL mode if you want to change the exercise mode.
8. Table of resistances:

BEGINNER 1	1	2	1	2	1	3	4	3	4	3	9	10	9	10	9	5	6	5	6	5
BEGINNER 2	1	2	1	2	3	4	3	4	5	6	5	6	7	8	7	8	9	10	9	10
BEGINNER 3	1	2	3	4	2	1	5	6	3	4	3	7	8	7	5	6	9	10	6	5
BEGINNER 4	1	2	3	4	5	6	5	6	7	8	7	8	6	5	6	5	4	3	2	1

NOTE: If you press START/STOP in the exercise state without the "MODE" key, the movement mode will return to MANUAL.

# ADVANCED (P05-P08)



1. Display of the ADVANCED icon.
2. Press the "MODE" key to set the TIME.
3. Press the "UP" or "DOWN" key to adjust up or down.
4. Press the "START/STOP" key to start the exercise.
5. In the exercise state, the resistance value will be automatically adjusted according to the set

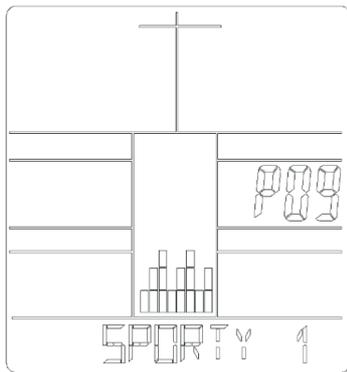
program, or you can use the "UP" or "DOWN" key to increase or decrease the value.

6. Time is displayed as a countdown. When the countdown reaches 0, the exercise will automatically stop with an audible "DI DI" message.
7. In the exercise state, press the "START/STOP" key to stop the operation of the device. Press the "RESET" key to return to MANUAL mode if you want to change the exercise mode.
8. Table of resistances:

ADVANCE 1	1	2	5	6	7	8	9	10	8	9	10	8	10	9	8	7	6	5	2	1
ADVANCE 2	1	2	1	3	4	5	6	7	8	6	5	9	10	9	5	6	4	3	2	1
ADVANCE 3	1	2	1	5	6	5	6	5	6	5	1	2	1	9	10	9	10	9	2	1
ADVANCE 4	1	2	1	3	4	3	5	6	5	7	8	7	9	10	3	4	3	4	2	1

NOTE: If you press START/STOP in the exercise state without the "MODE" key, the movement mode will return to MANUAL.

# SPORT (P09-P12)



1. Display of SPORTS icons.
2. Press the "MODE" key to set the TIME.
3. Press the "UP" or "DOWN" key to adjust up or down.
4. Press the "START/STOP" key to start the exercise.
5. In the exercise state, the resistance value will be automatically adjusted according to the set

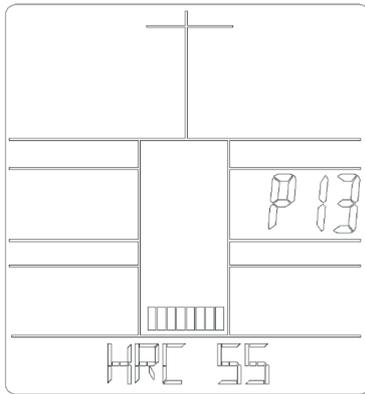
program, or you can use the "UP" or "DOWN" key to increase or decrease the value.

6. Time is displayed as a countdown. When the countdown reaches 0, the exercise will automatically stop with an audible "DI DI" message.
7. In the exercise state, press the "START/STOP" key to stop the operation of the device. Press the "RESET" key to return to MANUAL mode if you want to change the exercise mode.
8. Table of resistances:

SPORTY 1	1	2	6	10	2	6	10	2	6	10	2	6	10	2	6	10	2	6	10	2
SPORTY 2	1	3	5	7	9	2	4	6	8	10	2	4	6	8	10	1	3	5	7	9
SPORTY 3	1	2	5	6	1	2	10	1	2	5	6	1	2	9	2	1	6	5	2	1
SPORTY 4	1	2	9	10	1	2	9	10	1	2	9	10	1	2	9	10	1	2	9	10

NOTE: If you press START/STOP in the exercise state without the "MODE" key, the movement mode will return to MANUAL.

# HRC (P13-P16)



1. Press the "UP" or "DOWN" key to select P13 (HRC 55%), P14 (HRC 75%), P15 (HRC 90%), P16 (HRC TAG) mode.
2. Display of the HRC icon.
3. Press the "MODE" key to enter the setup mode.
4. In the setting state 55% 75% 90%, press the "MODE" key to select the configured items in

sequence, and the selected items (time, age) will flash.

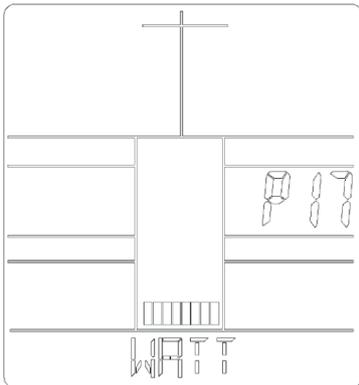
5. In the HRC TAG setup state, press the "MODE" key to select the items set in sequence, and the selected items (time, age, target heart rate) will flash.
6. Press the "UP" or "DOWN" key to adjust up or down, and press the "MODE" key to select the next item.
7. After all the selections are completed, you can directly press the "START/STOP" key to start in the set state.
8. In the exercise state, the resistance value will be automatically adjusted according to the heart rate.
9. If the time is set, in the exercise state, this item is displayed as a countdown. When the countdown reaches 0, the exercise will automatically stop with an audible "DI DI" message.
10. When the heart rate is out of bounds, the audible message "DI DI" will be heard.
11. In the exercise state, press the "START/STOP" key to stop the operation of the device. Press the "RESET" key to return to MANUAL mode if you want to change the exercise mode.

A) NOTE: In this program, if you step on a fast heart rate reading that exceeds the target, the load resistance decreases; If you're walking slowly and your heart rate readings drop below the target, the load resistance increases to make sure you maintain a relatively fixed heart rate.

B) Heartbeat monitoring should be maintained.

C) If you press START/STOP in the exercise state without the "MODE" key, the movement mode will return to MANUAL.

# WATT (P17)



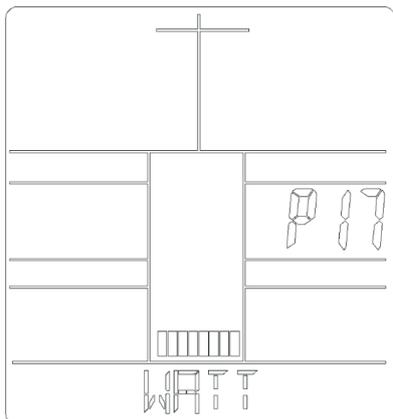
1. Display of the WATTS icon.
2. Press the "MODE" key to enter the setup mode.
3. In the setup state, press the "MODE" key to select the configured items in sequence, and the selected items (time, watts) will flash.
4. Press the "UP" or "DOWN" key to adjust up or down, and press the "MODE" key to select the next item.
5. After all the selections are completed, you can directly press the "START/STOP" key to start in the set state.
6. In the exercise state, the resistance value will be automatically adjusted according to the watt.
7. If the time is set, in the exercise status, this item is displayed as a countdown. When the countdown reaches 0, the exercise will automatically stop with an audible "DI DI" message.
8. In the exercise state, press the "START/STOP" key to stop the operation of the device. press the "RESET" key to return to MANUAL mode if you want to change the exercise mode.

## NOTE:

A) The watt value is determined by the torque and rotational speed. In this program, the watt value will remain constant. This means that if you pedal fast, the resistance of the load will decrease. If you pedal slowly, the load resistance will increase to ensure that the watt value is constant.

B) If you press START/STOP in the exercise state without the "MODE" key, the movement mode will return to MANUAL.

# 5. RECOVERY



1. When the meter shows the value of the heartbeat in the exercise state, press the "RECOVERY" key and keep monitoring the heartbeat.
2. Display of the RECOVERY icon.
3. TIME displays "0:60" (seconds), the countdown starts at 60 seconds, and the system starts testing.

4. When the TIME display counts down to "0:00", the main window of the meter shows F1~F6, indicating the level of heartbeat resilience.
5. It is recommended to test the heart rate value within the range of the aerobic heart rate value during exercise, so as not to affect the test result if the value is too high or too low.
6. Press the "RECOVERY" key to exit.

## Aerobic heart rate:

The target rate of aerobic exercise is generally 120 to 160 times per minute.

- Formula 1: according to the general population.

Target Heart Rate =  $(220 - \text{age}) * (60\% \sim 80\%)$

- Formula 2: according to the worst health of the population.

Target Heart Rate =  $(200 - \text{age}) * (60\% \sim 80\%)$

F1=1.0	Optimum
1.0 < F2 < 2.0	Good
2.0 < F3 < 2.9	Relatively good
3.0 < F4 < 3.9	Normal
4.0 < F5 < 5.9	Relatively poor
F6=6.0	Poor

## 6. APP (OPTIONAL)

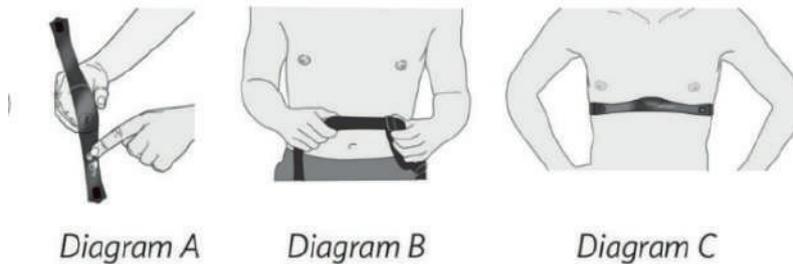
COMPATIBLE APP: ZWIFT KINOMAP

Follow the instructions in the application operation requirements.

Note: If the connection is abnormal, remove the plug, reinsert it, and restart the APP.

### PORTABLE HEART RATE (OPTIONAL)

This product is compatible with the standard 5.3 KHz handheld heart rate detector. During a workout, heart rate functions appear on the screen when you wear a chest strap. To receive an accurate reading, the chest strap must be in direct contact with the skin. After putting on the chest strap, face the display console for a minimum of 15 seconds. This allows the console receiver to recognize the chest strap signal.



## 7. UNDERSTANDING THE ERROR CODE

Error Code	Possible Causes	Check	Solution
E01	The engine is not working properly.	The motor wiring plug is either properly inserted into the terminal or not.	Plug in the plug or replace the motor
	Cable failure inside the machine.	Examine the cable for defects.	Replace the cable
	The meter does not have a control signal output corresponding to the motor		Changing the Electronic Meter

### Notes:

1. This meter must be equipped with a 9V/1A power adapter. When the meter shows something abnormal, disconnect the plug and plug it back in.
2. Without any operation, the product will go into standby mode after five minutes.

**bodytone**