



CYCLE EXERCISE MONITOR USER INSTRUCTIONS

Your *V-fit* Exercise Monitor has been specially designed to help you plan and view your exercise performance.

EXERCISE MONITOR FUNCTIONS

V-fit Exercise Monitors have **SOME** or **ALL** the following functions: -

CALORIES ~ (COMPUTED THEORETICAL CALORIE BURN)

DISTANCE ~ (EXERCISE DISTANCE [miles])

PULSE ~ (ACTUAL EXERCISE PULSE RATE) - (WHERE FITTED)

SCAN ~ (CHANGING FROM FUNCTION TO FUNCTION)

SPEED ~ (CYCLE SPEED [mph])

TIMER ~ (COUNT UP [minutes and seconds])

MONITOR FUNCTION SPECIFICATIONS

CALORIES	0.00 - 999.9 Kcal (THEORETICAL)
DISTANCE	MILES / km (COUNT UP)
PULSE - (WHERE FITTED)	40 - 220 BEATS per MINUTE
SCAN	SHOWS EACH FUNCTION EVERY 6 SECONDS
SPEED	0.00 - 99.9 MPH / kmh
TIMER	0.00 - 99.59 MINUTES (COUNT UP)

MONITOR OPERATING SPECIFICATIONS

POWER SOURCE	2 x AA (1.5v) POWER CELLS
STORAGE TEMPERATURE	-10c - +60c
NORMAL OPERATING TEMPERATURE	0c - +50c

USING YOUR *V-fit* EXERCISE MONITOR

To provide ease of use, there is only 1 button on your *V-fit* Exercise Monitor: - **MODE**

Press the **MODE** button to manually move through each of the Exercise Monitor's functions in turn. These are in order: - **TIME, SPEED, DISTANCE, CALORIES and PULSE**. If you press the **MODE** button until you reach the **SCAN** mode (after the **PULSE** mode) and then release it, the display will change **EVERY 6 SECONDS** to show each function in turn.

Pressing and holding the **MODE** button when you are in each mode will enable you to set to zero any previous figures remaining in each individual function.

Start to exercise and the Exercise Monitor will begin to register the various functions.

Before using the **PULSE SENSOR (where fitted)**, gently **RUB** your **EARLOBE**. To ensure that the **SENSOR** is able to function correctly, please **DO NOT** wear earrings during use and ensure that the additional clothing clip is fitted to the neck of your 'T' shirt or jumper before fitting the sensor to your ear. In the case of handlebar-mounted pickups, **MOISTEN** your **HANDS** before using the pulse function to ensure a good contact is made on the pulse sensor pads. Failure to do this may result in a bad connection and an erratic pulse reading. **Please refer to the guide in your Assembly and Training Manual for guidance on Pulse Limits.**

BATTERY INSTALLATION

To fit the **BATTERIES** to your *V-fit* Exercise Monitor, please remove the **BATTERY COVER** at the **REAR** of the monitor. Carefully fit the batteries supplied (and any subsequent new batteries) by fitting between the exposed contacts. Please ensure that the batteries are fitted with the '+' / '-' ends matching the outline on the sticker in the battery compartment or etched into the compartment. Failure to fit the batteries correctly may result in damage to your *V-fit* Exercise Monitor, which is not covered by our guarantee. **Dispose of old batteries carefully.**