



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/km])

SCAN ~ (CHANGING FROM FUNCTION TO FUNCTION)

SPEED ~ (CYCLE / TRAINING SPEED [mph/kmh])

TIMER ~ (COUNT UP [minutes and seconds])

MONITOR FUNCTION SPECIFICATIONS

CALORIES	0.00 - 999.9 Kcal (THEORETICAL)
DISTANCE	MILES / km (COUNT UP)
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	1 x AA (1.5v) POWER CELL
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 once to move onto the **SCAN** mode. The display will change **EVERY 6 SECONDS** to show each function in turn.

To manually move through each of the Exercise Monitor's functions in turn, press the **MODE** button **TWICE**. The Exercise Monitor's functions are in order: - **TIME**, **SPEED**, **DISTANCE** and **CALORIES**.

Pressing and holding the **MODE** button for more than 2 seconds when you are in each mode will enable you to set to zero any previous figures remaining in each individual function.

Either press the **MODE** button or start to exercise and the Exercise Monitor will begin to register the various functions.

BATTERY INSTALLATION

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

Codes: - FC1 - FC1TA - AET1