



V-fit ABDOMINUS 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

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

CALORIES ~ (COMPUTED THEORETICAL CALORIE BURN)

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

SCAN ~ (CHANGING FROM FUNCTION TO FUNCTION)

TIMER ~ (COUNT UP [Minutes and Seconds])

REPS ~ (ACTUAL EXERCISE REPS)

MONITOR FUNCTION SPECIFICATIONS

CALORIES	0.00 - 999.9 Kcal (THEORETICAL)
REPS	FULL STRIDES (COUNT UP)
PULSE (Where Fitted)	40 - 220 BEATS PER MINUTE - THUMB ACTIVATED
SCAN	SHOWS EACH FUNCTION EVERY 6 SECONDS
TIMER	0.00 - 99.59 MINUTES (COUNT UP)

MONITOR OPERATING SPECIFICATIONS

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

USING THE V-fit EXERCISE MONITOR ON YOUR ABDOMINUS

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

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

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: - **SCAN, TIMER, REPS, PULSE*** and **CALORIES**. (*Where Fitted)

Pressing and holding the **MODE** button for more than 3 seconds when you are in each mode will enable you to set to zero any previous figures remaining in each individual function.

Where fitted, to use the **PULSE** function on your Exercise Monitor, simply place your **THUMB** flat on the Exercise Monitor **PULSE SENSOR** for approximately 12 seconds and, (dependant upon your circulation and pulse point flexibility) your current Pulse reading will be displayed. The Exercise Monitor will shut off after approximately 6 Minutes of inactivity.

BATTERY INSTALLATION

To fit the **BATTERIES** to your **V-fit** Exercise Monitor, please open the 2 parts of the assembled 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.**

CODE: - GE1