

CHOOSING A PROGRAM

1. Power on, mount the SAFETY
2. press SELECT to enter preset programmes (P2-P6)
3. press FAST/SLOW or UP/DOWN to select programme p2-p6
4. press SELECT to enter levels setting
5. press FAST/SLOW or UP/DOWN to select levels L1-L10
6. press SELECT to enter time setting
7. press FAST/SLOW or UP/DOWN to set time

P2

Pre-set time: 30minutes
Pre-set level: L1,Segment: 20 segments
PROGRAM setting
Press FAST/SLOW to access P2~P6
LEVEL setting
Press SELECT into LEVEL selection
Press FAST/SLOW into L1~L10
TIME setting
Press SELECT again into time setting
The TIME shows 30 minutes
Press FAST/SLOW to set time
Press START to run
Press FAST to increase speed
Press SLOW to decrease speed
Press UP to increase incline
Press DOWN to decrease incline

P3

Pre-set time: 35minutes
Pre-set level: L1,Segment: 20 segments
PROGRAM setting
Press FAST/SLOW to access P2~P6
LEVEL setting
Press SELECT into LEVEL selection
Press FAST/SLOW into L1~L10
TIME setting
Press SELECT again into time setting
The TIME shows 30 minutes
Press FAST/SLOW to set time
Press START to run
Press FAST to increase speed
Press SLOW to decrease speed
Press UP to increase incline
Press DOWN to decrease incline

P4

Pre-set time: 40minutes
Pre-set level: L1,Segment: 20 segments
PROGRAM setting
Press FAST/SLOW to access P2~P6

LEVEL setting

Press SELECT into LEVEL selection
Press FAST/SLOW into L1~L10

TIME setting

Press SELECT again into time setting
The TIME shows 30 minutes
Press FAST/SLOW to set time
Press START to run
Press FAST to increase speed
Press SLOW to decrease speed
Press UP to increase incline
Press DOWN to decrease incline

P5

Pre-set time: 45minutes
Pre-set level: L1,Segment: 20 segments
PROGRAM setting
Press FAST/SLOW to access P2~P6
LEVEL setting
Press SELECT into LEVEL selection
Press FAST/SLOW into L1~L10
TIME setting
Press SELECT again into time setting
The TIME shows 30 minutes
Press FAST/SLOW to set time
Press START to run
Press FAST to increase speed
Press SLOW to decrease speed
Press UP to increase incline
Press DOWN to decrease incline

P6

Pre-set time: 50minutes
Pre-set level: L1,Segment: 20 segments
PROGRAM setting
Press FAST/SLOW to access P2~P6
LEVEL setting
Press SELECT into LEVEL selection
Press FAST/SLOW into L1~L10
TIME setting
Press SELECT again into time setting
The TIME shows 30 minutes
Press FAST/SLOW to set time
Press START to run
Press FAST to increase speed
Press SLOW to decrease speed
Press UP to increase incline
Press DOWN to decrease incline

Computer Operations

