Utrainer Personal Exercise Cruiser
User Manual

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Life Visa

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and more...

Step 3:

Thank you for purchasing LifeVisa products. This manual contains information required to manipulate icoach program. Please follow below steps and enjoy the workout!

Step 1:
Double-click the icoach program to open it. (Fig. 01)

Step 2:
After opening the program, please insert the USB dongle into a USB port or the status column will show "Error: Could not open COM port! Checking COM port ..." to remind you. (Fig. 02)
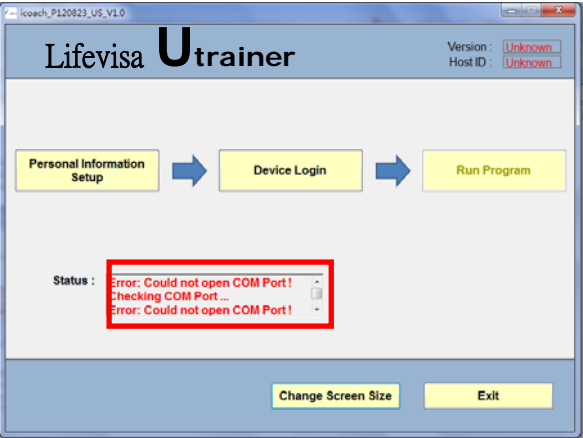

Fig. 02

After inserting USB dongle, the status column will show "USB dongle is ready". (Fig. 03) There are 3 simple steps in the main menu. Please start from "Personal Information Setup".

※Functions

1. Please start with this step for the first time use. You can always update your personal information.

2. Press "Device Login" button to choose device types and set up your exercise targets.

3. After all settings have been done, press "Run Program" button to start your workout.
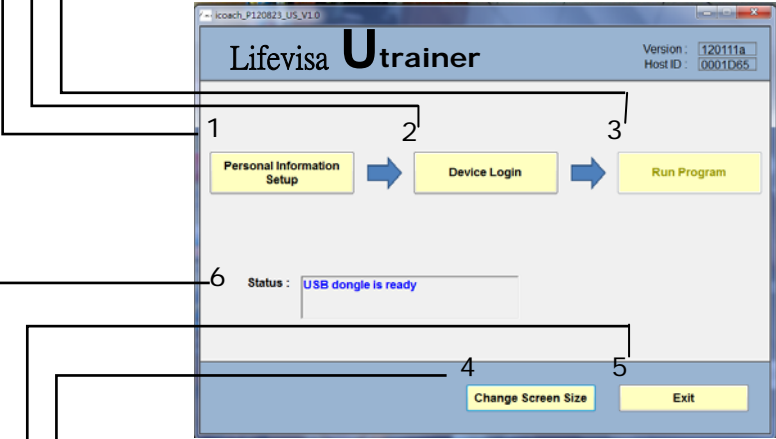

Fig. 03

4. Press "Change Screen Size" button to fit your computer's monitor. There are 6 sizes to choose. (Fig. 04)
After the screen size has been chosen, press "Confirm" and then press "Back" to return to the main menu for next step.

5. Press "Exit" button to leave and close the program.

6. Status column shows if USB dongle is ready.

Step 5:
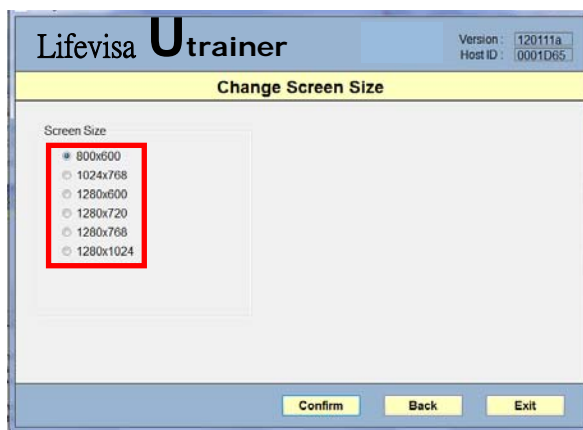a. Press "Device Login" button in the main menu and it will go to below

Fig. 04

Step 4:

Press the button of "Personal Information Setup" and it will go to below window. (Fig. 05) Please enter your personal information, including name, height, weight, gender, age, waist and hips. Other indexes, such as MPL, BMI and WHR will be calculated accordingly and automatically. After filling in all data, press "Save" button to save the data; then press "Back" button to return to the main menu (Fig. 03) for next step.

Note:
(i) Maximum length for name column should be within 10 characters, including spaces.
(ii) Information of height, waist and hips should be given in centimeter (cm) while it's kilogram (kg) for weight. (1 inch = 2.54cm; 1 lbs = 0.4536 kg)
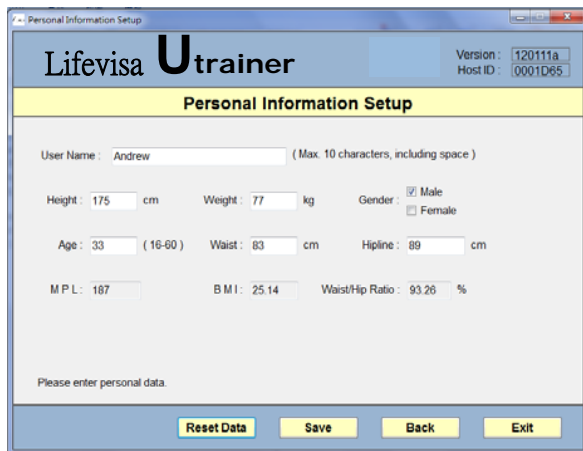

Fig. 05

Step 6:
After login has been completed, please choose the device type in the drop-

window (Fig. 06). In the drop-down list, there are 3 types of device to choose, including HRM (Heart Rate Transmitter), Speed and Cadence. (Fig. 07)

b. Please choose the device type and press "Login" button to login the device. The program will wait for 60 seconds to search available device. Now the status column will show "Waiting for new device login….(Timeout= 60 Sec.)". If the login failed, it will show "Wait for Device login timeout", and now you should login again. (Fig. 08)

c. After the login has been completed, the status column will show "New device login ok; Device ID = XXxxxx". If you have purchased all devices, please login each by each. The device(s) that has been logged in will be shown after "Login Device List".
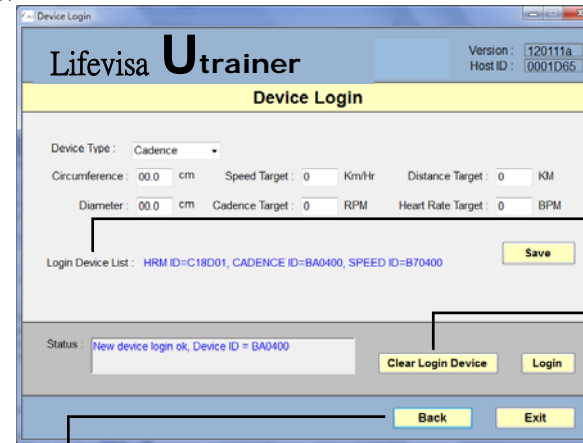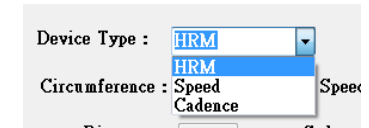
※*Functions*

Fig. 06

Fig. 07

This line will display which device(s) has been logged in.

Press "Clear Login Device" button, the logged device(s) will be clear. Login again to continue to the next step.
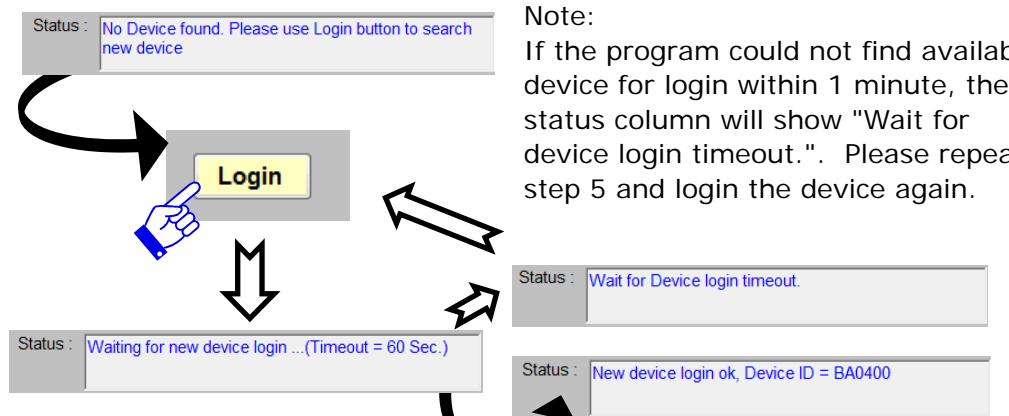
Press "Back" button to go back to the main menu.

Note:
If the program could not find available device for login within 1 minute, the status column will show "Wait for device login timeout.". Please repeat step 5 and login the device again.

Fig. 08

Cadence (Cadence Sensor)
Choose Cadence in the drop-down list and enter the wheel's circumference of

down list one at a time and enter your exercise targets.

HRM (Heart Rate Transmitter)
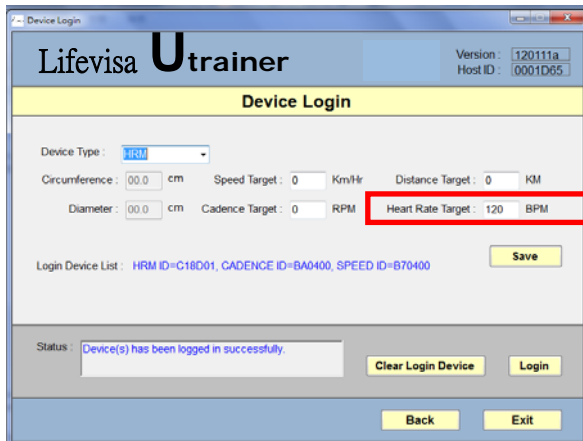Choose HRM in the drop-down list and enter your expected heart rate target per minute (Fig. 09). Then, press "Save".

Fig. 09

Speed (Speed Sensor)
Choose Speed in the drop-down list and enter the wheel's circumference of your bike. The program will convert to diameter automatically and vice versa (Fig. 10). Please note the unit is centimeter (cm). Then, enter your expected speed target per hour and distance target in kilometer (km) of every workout. Finally, press "Save".
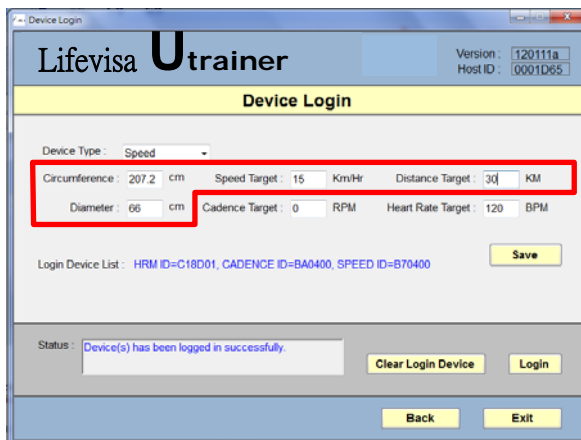

Fig. 10

your bike. The program will convert to diameter automatically and vice versa (Fig. 11). Please note the unit is centimeter (cm). Then, enter your expected revolutions per minute (RPM) and distance target in kilometer of every workout. Finally, press "Save".
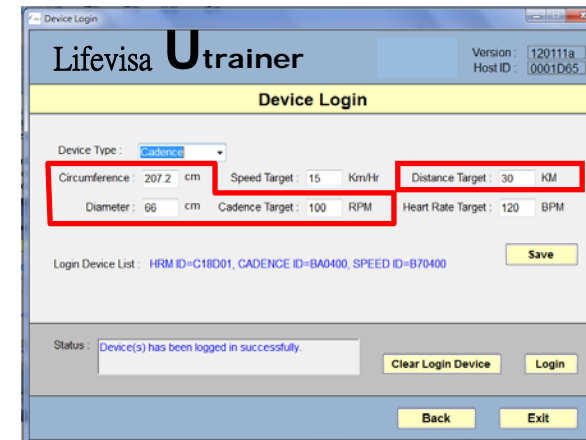

Fig. 11

After all settings have been done, press "Back" button to return to the main menu for the next step.

Step 7:
Press "Run Program" button in the main menu and it will go to below window. (Fig. 12) Heart rate data will be shown on the left panel, Speed data in the middle (Fig. 13) and Cadence data is on the right panel (Fig. 14).
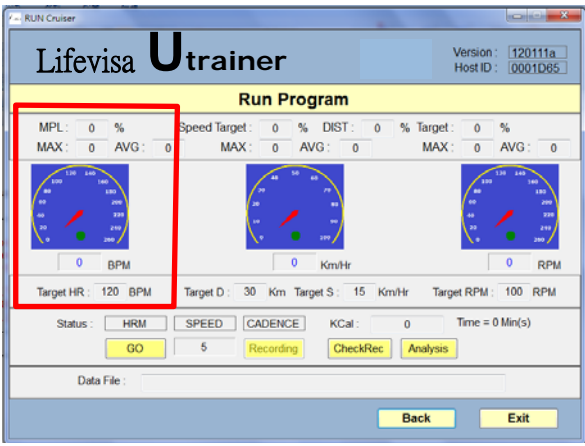
※ *Functions*

Speed Panel

Heart Rate Panel

Fig. 12

Fig. 13

Showing the percentage of your maximum heart rate.

Showing the average of heart beat.

Showing the maximum heart beat.

Lights
- Red light shows you are reaching 85% of your target or above.
- Yellow light shows you are reaching 50%-85% of your target.
- Green light shows the current BPM value is below 50% of your target.

Showing the target heart beat.

Showing the current heart beat.
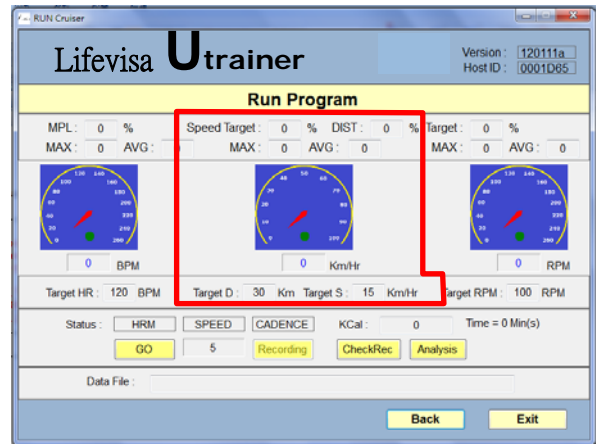
Showing the maximum speed.

Showing the percentage of reaching the

Showing the completion percentage of target distance.

Showing the average of speed.

Showing the current speed per hour.

Showing the target speed.

Showing the distance target.

Cadence Panel
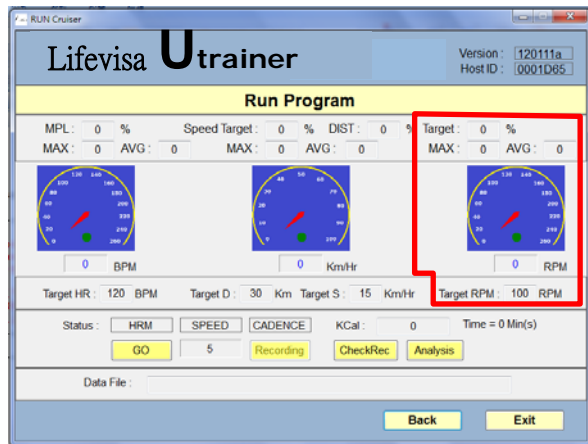
Fig. 14

Fig. 15

※*Other Functions*

Fig. 16

Showing the maximum RPM.

Showing the completion percentage of RPM target.
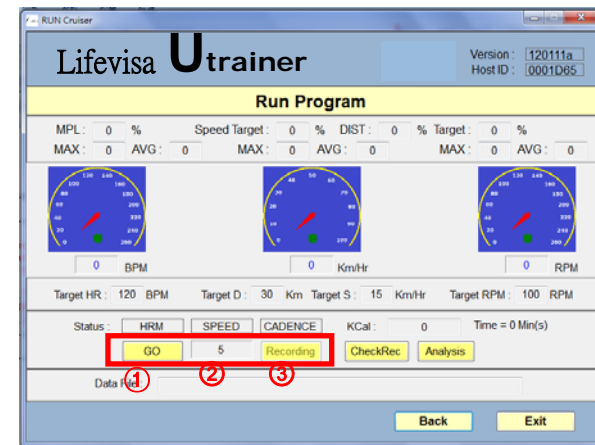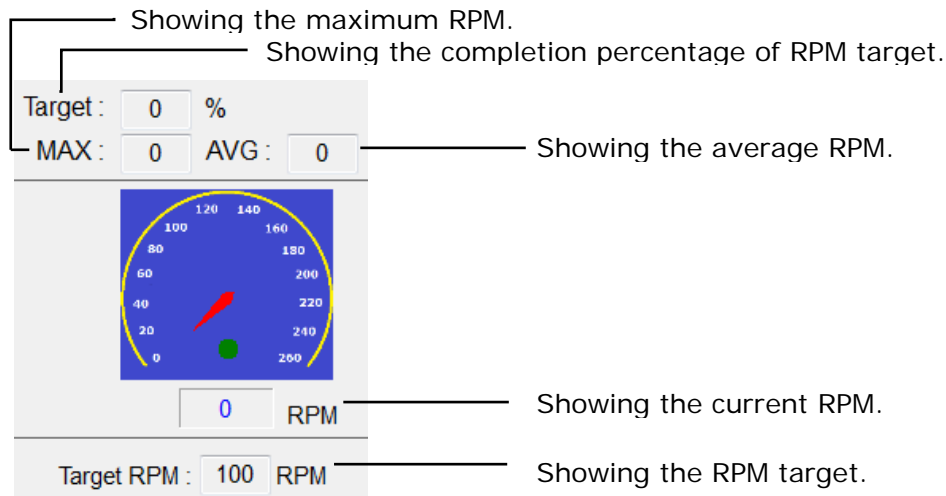
Showing the average RPM.

Showing the current RPM.

Showing the RPM target.
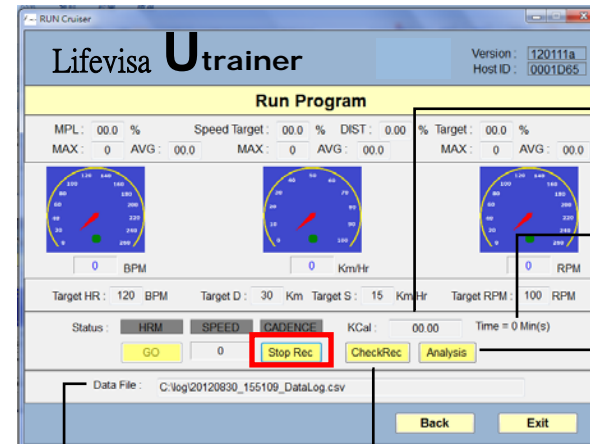
Showing how many calories you have burnt.
(only for reference)

Showing how long you have been exercising.

Press "Analysis" button to check out analysis chart.

Press "CheckRec" button to view your exercise record.

Showing where the data has been saved.

Step 8:
Now you can start recording your workout data! Please press "GO" button to let Heart Rate Transmitter deliver data to the program (① in Fig. 15). Then, the program will count down in 5 seconds (② in Fig. 15). If you have purchased Cadence, press "Recording" button to detect and record RPM data (③ in Fig. 15). You can also press "Stop Rec" button to end recording the workout data. (Fig. 16)

Record Review

To intercept the data in a certain period of time, select and click the start time

After a workout, icoach will precisely present the exercise data. You can use the data as reference to have appropriate adjustment in your workout. Also, you can find out if the workout has reached your expected target. We digitize the data and hope it help with setting up your exercise training goal. Press "CheckRec" button, all data will be shown in Excel format. (Fig. 17)
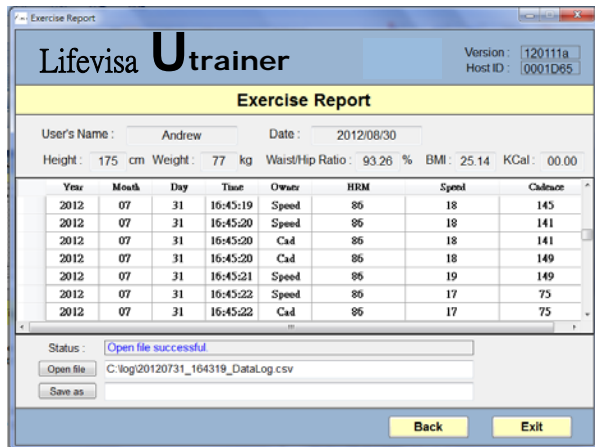

Fig. 17

Note:
The data of the workout will be saved into C:\log\Date_Time_DataLog.csv. You may press "Save as" button to save the file to a different location.

Analysis Report
Press "Analysis" button in Fig. 16, icoach will present your exercise data in a chart. (Fig. 18) Move your mouse to get the data at any point of time-bar.
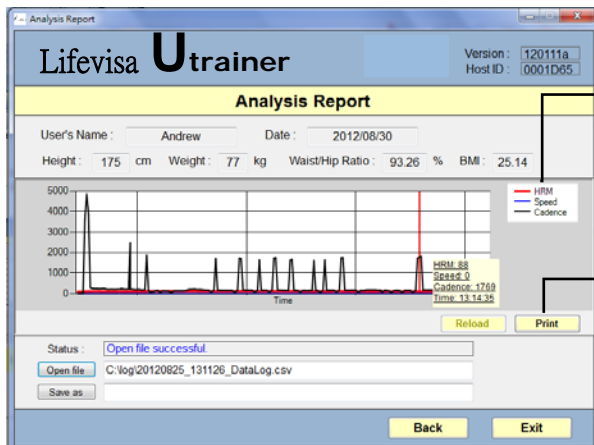

Fig. 18

Red line shows heart rate data; blue line shows speed; black line is for Cadence.

Press "Print" button to print out the chart.

point and end time point and press "Reload" button. Then, the data of the period will be zoomed in a new chart. Go back to the previous chart, you should press "Open file" button and choose the record you need.
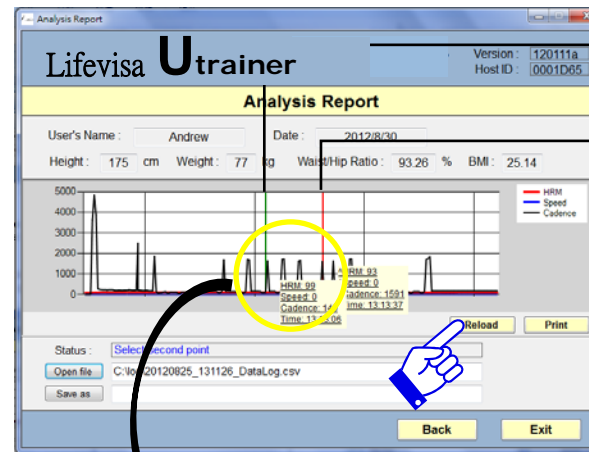

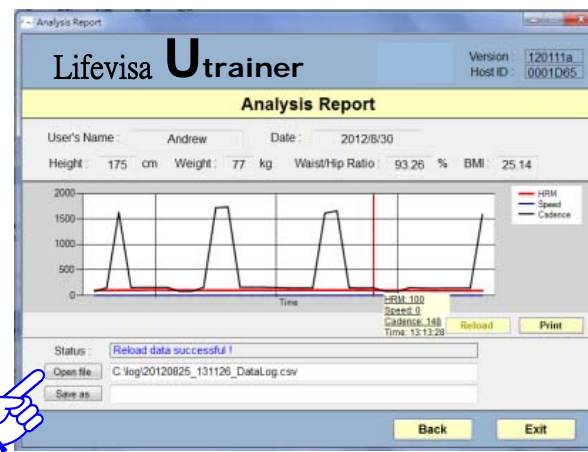First check point.

Second check point.

Fig. 19

Fig. 20

Now enjoy your workout!

For latest information, please visit LifeVisa website at www.biotronic.com.tw.

Federal Communication Commission Interference Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:
. Reorient or relocate the receiving antenna.
. Increase the separation between the equipment and receiver.
. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
. Consult the dealer or an experienced radio/TV technician for help.

FCC Caution: To assure continued compliance, any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment. (Example - use only shielded interface cables when connecting to computer or peripheral devices).

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.