

CONSOLE USER MANUAL

SERIES 3 6.0 CV

To ensure safe use, please read this owner's manual before using your new fitness machine.

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User Notes

IMPORTANT SAFETY INFORMATION

CAUTION



Read these instructions carefully before operating Pulse equipment in conjunction with individual machine instructions.

Seek professional medical advice before using fitness equipment. Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, dizzy or exhausted stop exercising immediately.

Ensure equipment is checked regularly for signs of damage and wear. Do not use equipment if faulty or damaged until repaired using only genuine Pulse Fitness parts fitted by an authorised person.



SUPPORTING DOCUMENTATION

Carefully read and comprehend ALL of the safety documents relating to this piece of equipment before commencing exercise.

SERIOUS INJURY MAY OCCUR IF THESE PROCEDURES ARE NOT FOLLOWED.

INTRODUCTION

CONGRATULATIONS

On purchasing your new Pulse Fitness Console 6. This console will engage users with multiple entertaining and workout options. The 18.5" high contrast, east-to-use, touch screen offers a personalised entertainment choice for complete motivation.

WHAT THIS MANUAL WILL TEACH YOU

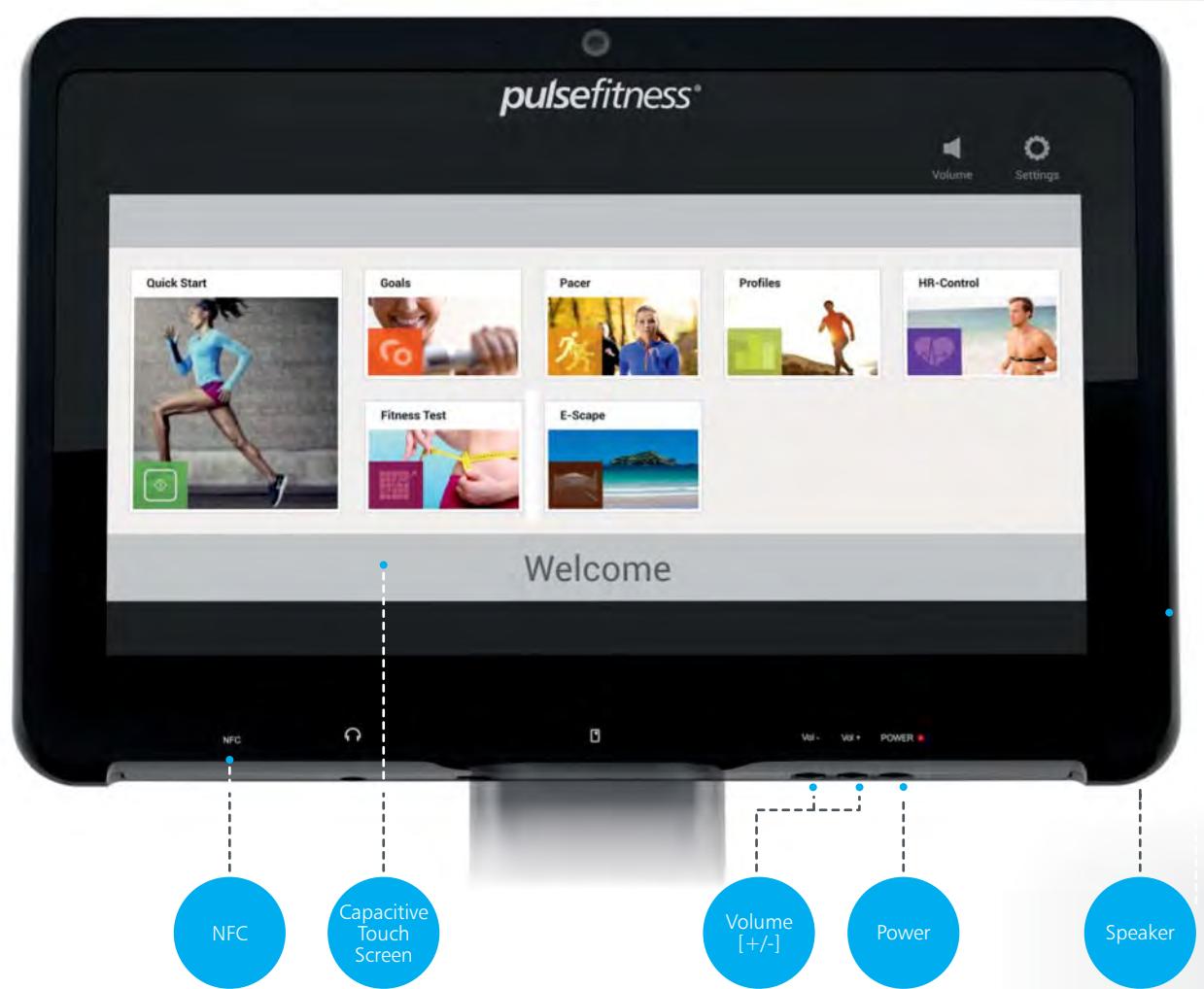
This manual will teach you how to get the most out of your console. It has clear step by step instructions on how to use the console and its programs.

Please bear in mind we are continuously developing new and exciting updates for the console so some items may differ from your product.

CONSOLE OVERVIEW

6.0 G-CV CONSOLE

18.5" LCD Capacitive Touchscreen with scratch resistance glass featuring Pulse Fitness' 'Cirrus' software running on Androids Jelly Bean Operating System. It has a display resolution of 1,366 x 768 pixels and runs on a IMX6 Quad Core processor [1.2GHz].



WEBCAM & MICROPHONE - Coming Soon

NFC - Coming Soon

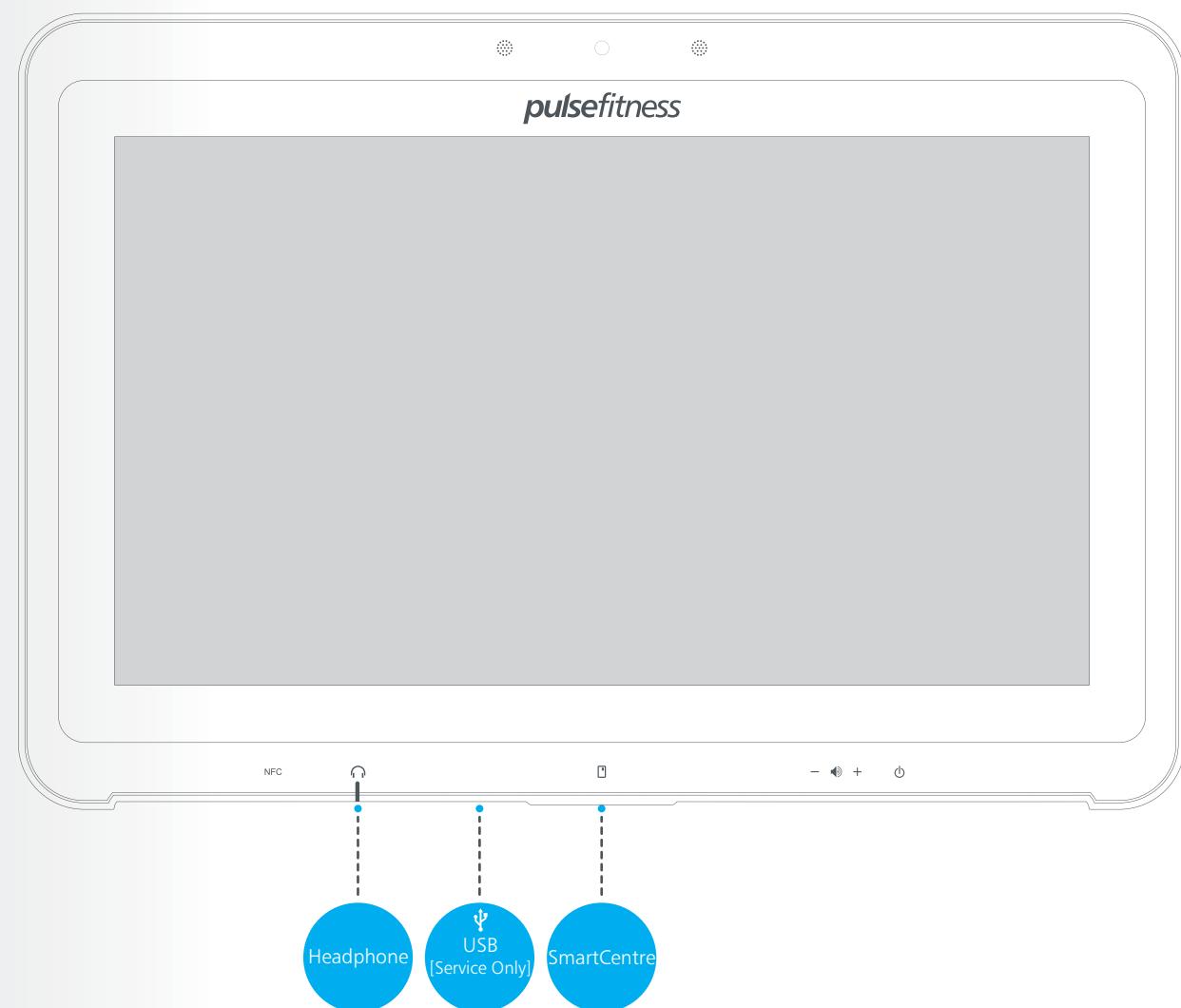
CAPACITIVE TOUCH SCREEN - Used for multi-gestures and navigating around the console.

VOLUME - Use these to adjust volume of button feedback, tv etc. These controls are also duplicated on the screen.

POWER - Turns the console on/off.

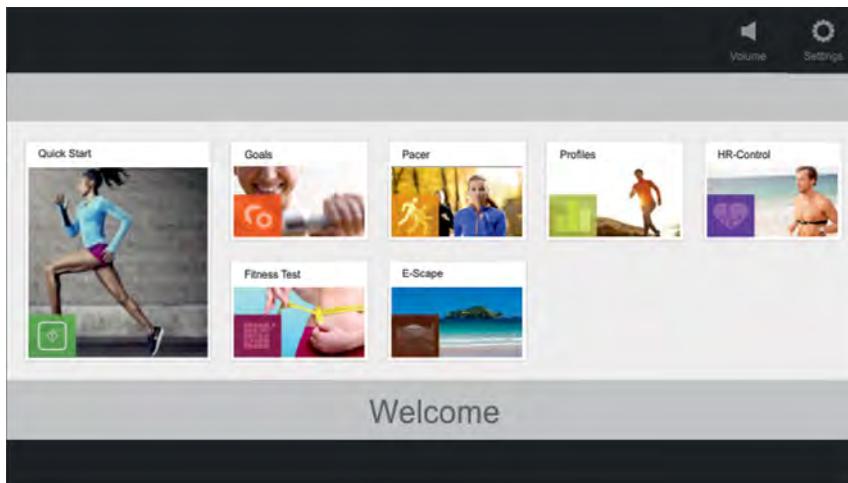
SPEAKER - Provides feedback to the user such as, workout countdown.

CONSOLE PORTS



GETTING STARTED

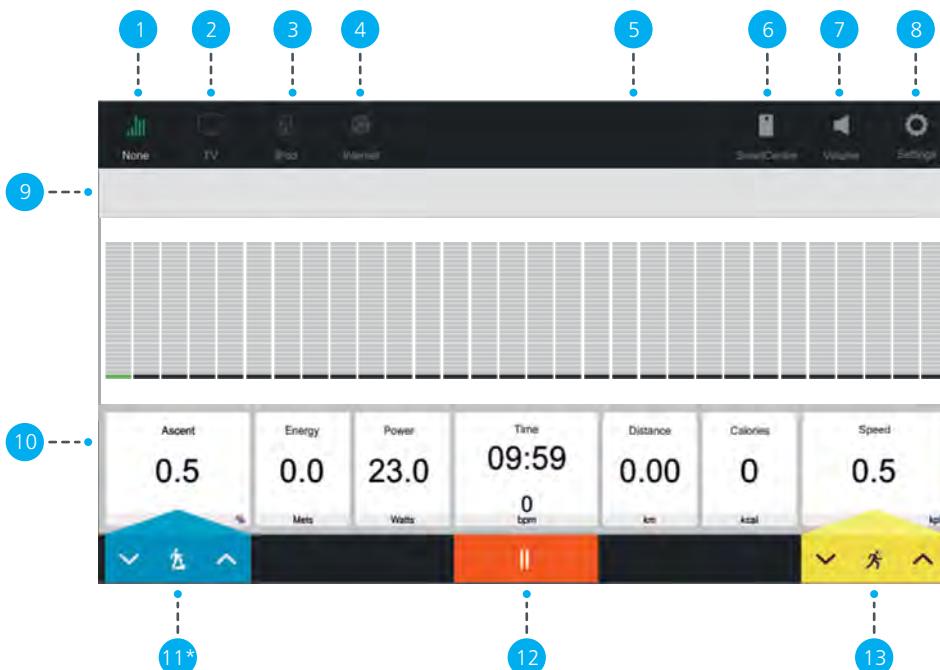
MAIN MENU



QUICK START - Basic Program
 GOALS - Countdown based on Time / Distance / Speed
 PACER - Time & Distance / Time & Speed / Distance & Speed
 PROFILES - Hills / Cross Country / Intervals / Aerobic / Custom / Random

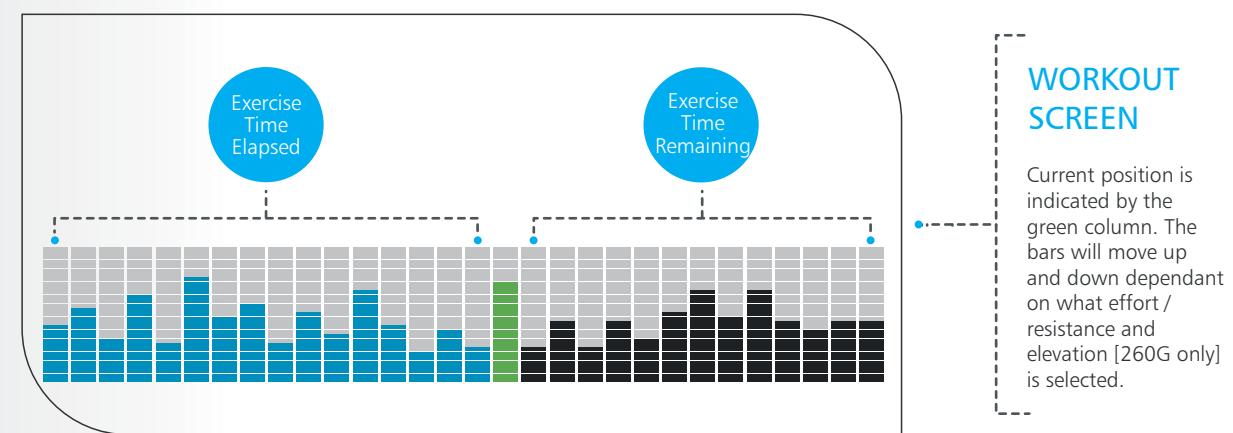
HR CONTROL - Heart Rate Controlled Workout (Not available on 260G)
 FITNESS TEST - Rockport (260G Only), Astrand (240G/250G)
 E-SCAPE - Forward motion video experience.
 L-TRAIN - Pre-set lateral workout (Only available on 270G)
 X-TRAIN - Pre-set workout with position prompts (Only)

WORKOUT SCREEN CLASSIC



1 - Switch to Workout mode
 2 - Switch to TV mode
 3 - iPod Menu
 4 - Internet Options
 5 - Workout Entertainment Menu
 6 - Smartcard
 7 - Volume Control Bar

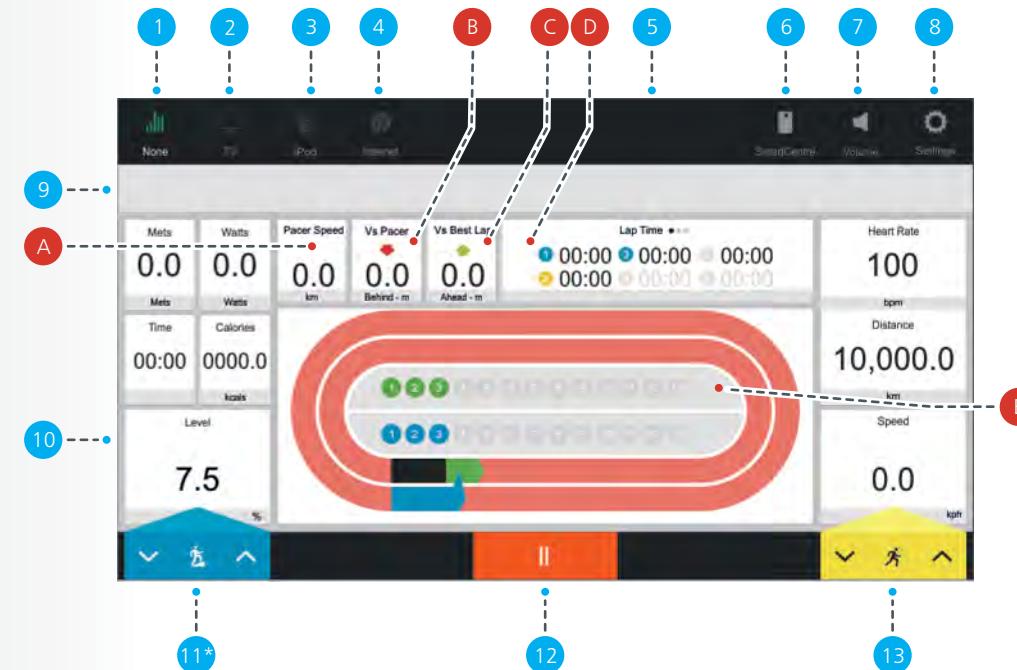
8 - Settings Control
 9 - Contextual Entertainment Control
 10 - Statistics Boxes
 11 - Ascent Control [*note: only available on 260G]
 12 - Pause Workout
 13 - Speed / Effort Control



WORKOUT SCREEN

Current position is indicated by the green column. The bars will move up and down dependant on what effort / resistance and elevation [260G only] is selected.

WORKOUT SCREEN PACER



1 - Switch to Workout mode
 2 - Switch to TV mode
 3 - iPod Menu
 4 - Internet Options
 5 - Workout Entertainment Menu
 6 - Smartcard
 7 - Volume Control Bar

8 - Settings Control
 9 - Contextual Entertainment Control
 10 - Statistics Boxes
 11 - Ascent Control [*note: only available on 260G]
 12 - Pause Workout
 13 - Speed / Effort Control

A - Pacer Speed - Displays the pacers current speed. The pacer will mirror the users speed for the first 40 seconds of the workout before changing to its preset speed. This is to allow the user to bring the treadmill up to the desired speed whilst maintaining pace with the pacer.

B - Vs Pacer - Displays the distance from the pacer the arrow depicts whether the user is in front or behind the pacer.

C - Vs Best Lap - Displays the distance compared to when the user was on their best lap the arrow depicts whether the user is in front or behind the position at that time on the previous lap.

D - Lap Times - Displays the users lap times. If workout is longer than 6 laps, display page circles, and user can swipe left/right to see more results. The best lap is depicted by a yellow circle. The active lap should count up from zero to indicate current lap time.

E - Lap Diagram - Displays the user and pacers position on the track. In the middle of the track display the number of laps completed. If more than 13 laps within the workout, display page circles, and user can scroll left and right. On user reaching lap 24 the window automatically scrolls to show the current lap.

WORKOUT STATISTICS

LEVEL

Level of effort/resistance.

POINTS

Pulse points earned.

SPEED/RPM/SPM

Imperial / Metric [260G only]. RPM [240G/250G/270G/280G]. SPM [220G Only].

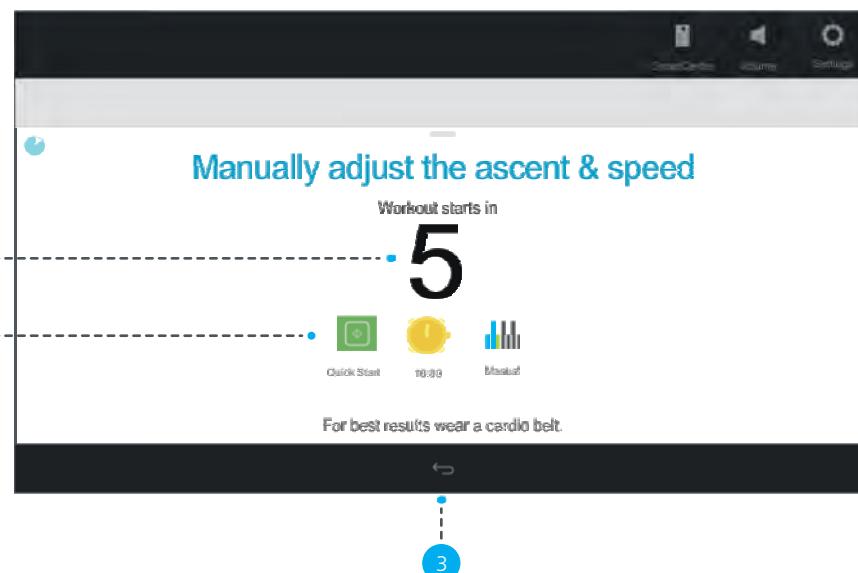
METS

Metabolic Rate.

WATTS

Power generated during exercise.

COUNTDOWN SCREEN

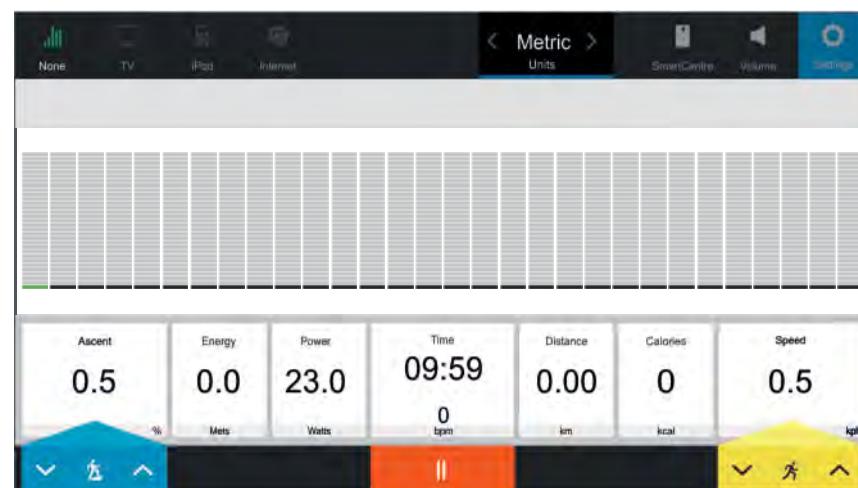


1 - Count Down (with audio feedback)

2 - Workout Summary

3 - Exit to Home Screen

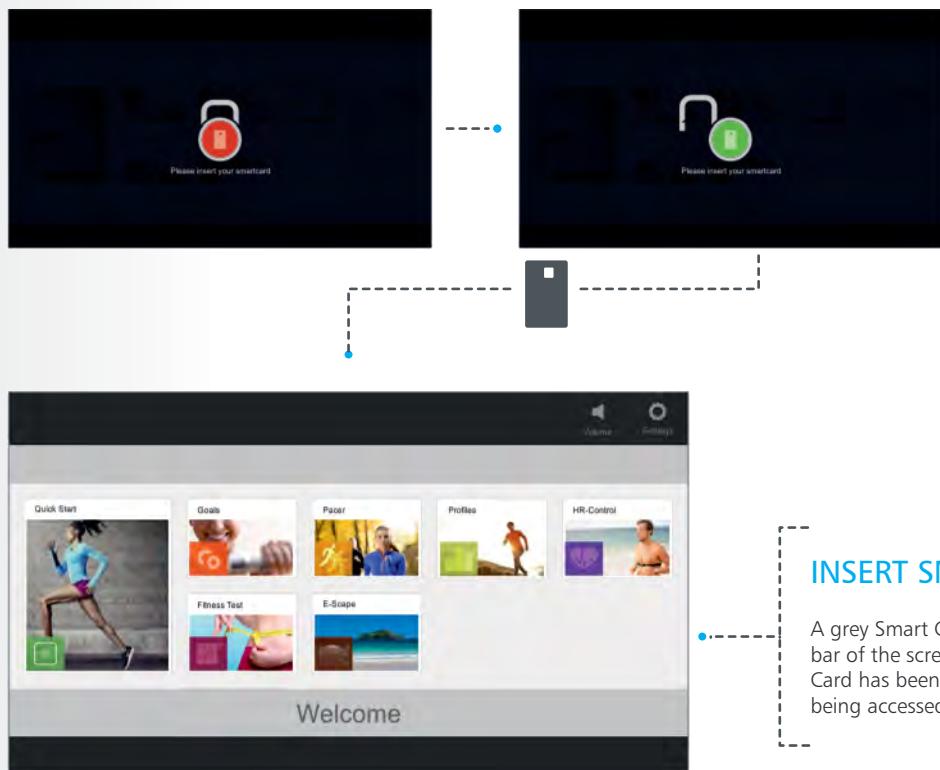
SETTINGS



Languages available are : English

SMART CENTRE

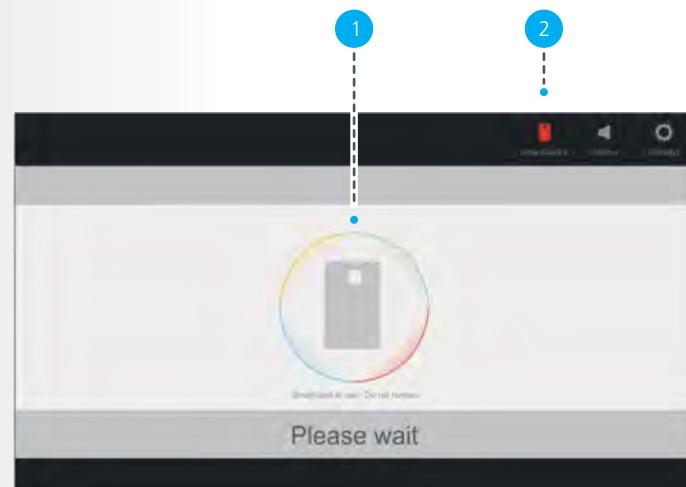
USING CONSOLE 6 WITH SMART CENTRE NETWORK



INSERT SMART CARD

A grey Smart Card icon will appear in the top bar of the screen. This indicates that a Smart Card has been inserted but is not currently being accessed.

FREE TRAIN MODE



ACCESSING SMART CARD

When the icon is flashing red, the Smart Card is being accessed and shouldn't be removed by the user.

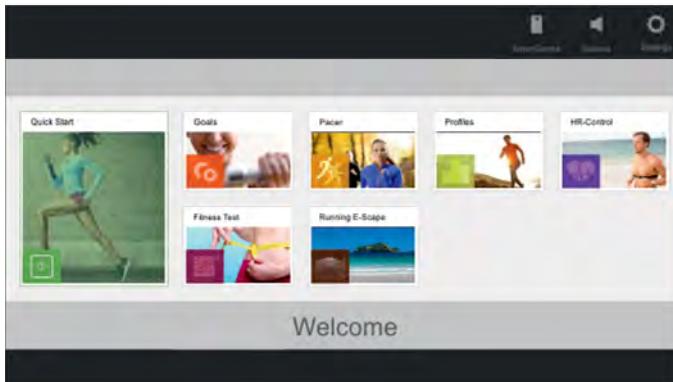
1 - Loading / Saving - This animation shows that the data on the Smart Card is being accessed.

2 - SmartCentre Activity Icon - The SmartCentre is only visible when the Smart Card is inserted into the console.

Note - When a machine is not found on a workout plan, or has already been completed, the user can choose any program and results are stored on the Smart Card.

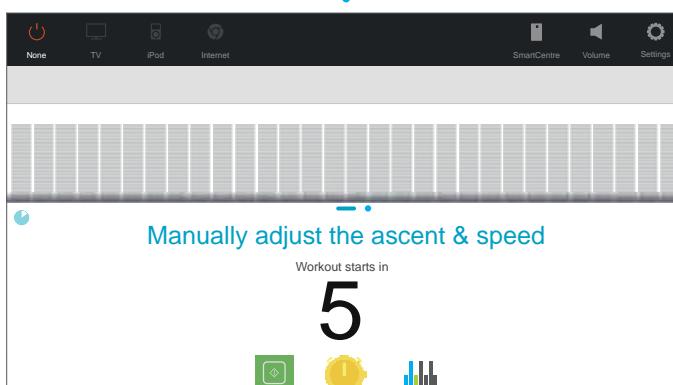
PROGRAMS- QUICK START

Quickstart allows you to enter into a workout quickly without having to change settings. The workout length will be set automatically to the maximum set by the gym. Press Quick Start and go!



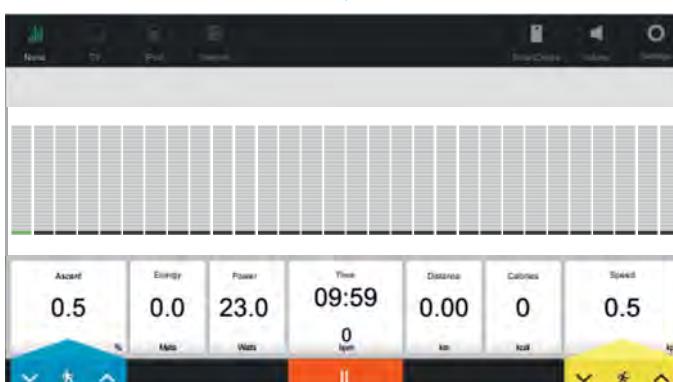
SELECT QUICK START

Select Quick Start from the Main Menu screen.



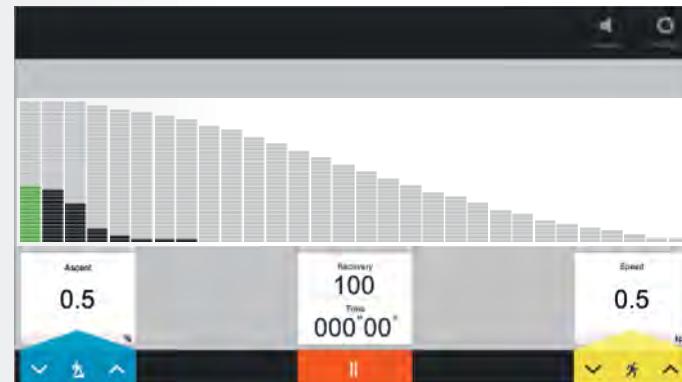
COUNTDOWN

5 Second countdown until workout begins with audio feedback.



WORKOUT SCREEN

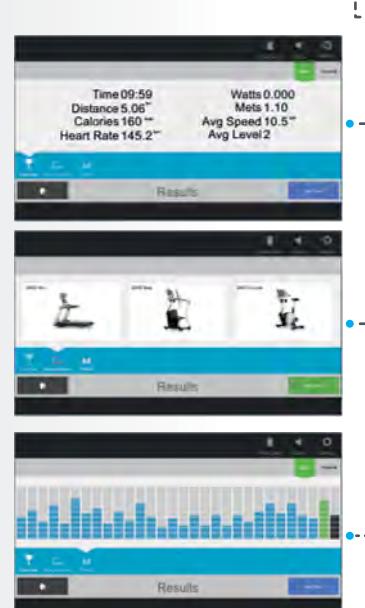
Screen displaying all statistics and information of your workout (may vary depending on machine and program selected).



COOL DOWN

For workouts over 10 mins the cool down program is active. It is used to help reduce the heart rate of the user to avoid any injury. The user can manually reduce the effort or speed level within the S curve profile.

The cool down length cannot be extended, however it can be cancelled by pressing pause and selecting workout results for the paused workout menu.



RESULTS

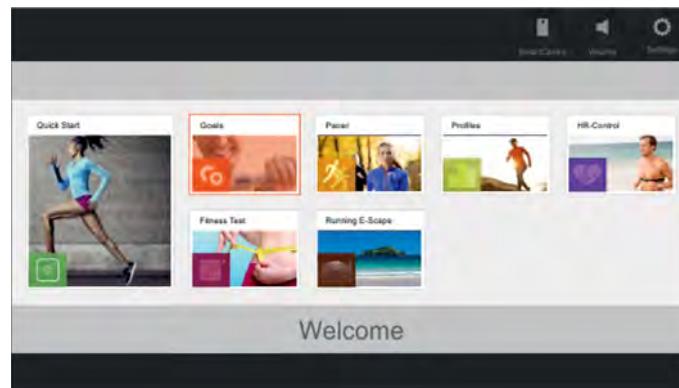
Overview - Statistics of your workout
Next Machines* - What's next on your workout program

Profile - Review of your Elevation / Effort profile throughout your workout

Note - Not available on non-Smartcard activated sites

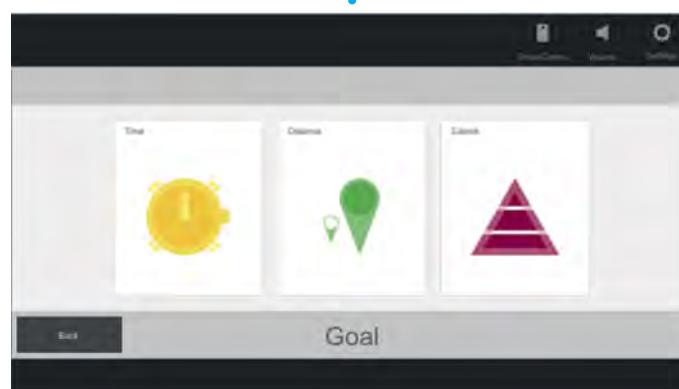
PROGRAMS- GOALS

Goals mode focuses on Effort and Endurance or Weight loss. Using Calories, Distance or Time has been introduced to maximise a user's workout. These are displayed using a count timer where the user can measure their progress against a desired target, improving motivation.



SELECT GOALS

Select Goals from the Main Menu screen.



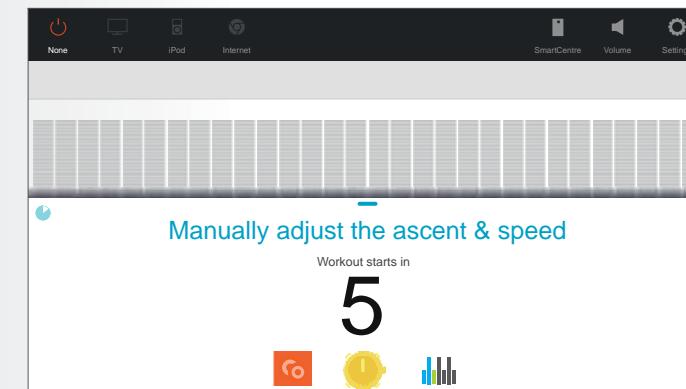
CHOOSE GOAL

Choose a goal from Time / Distance / Calories. Your workout statistics will adjust so that your goal will count down.



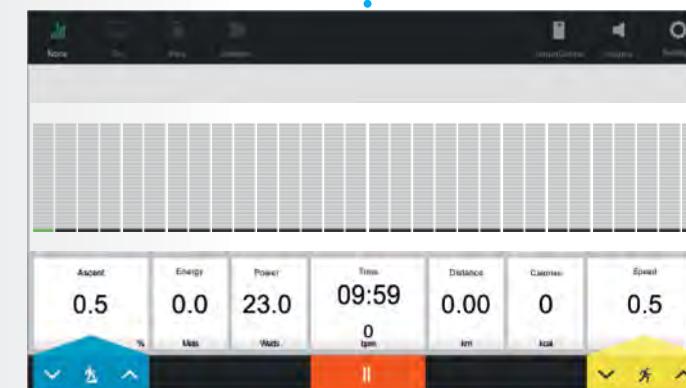
SET GOAL

Set the goal by adjusting the digits. Select the digit you would like to change and scroll up / down to the correct position.



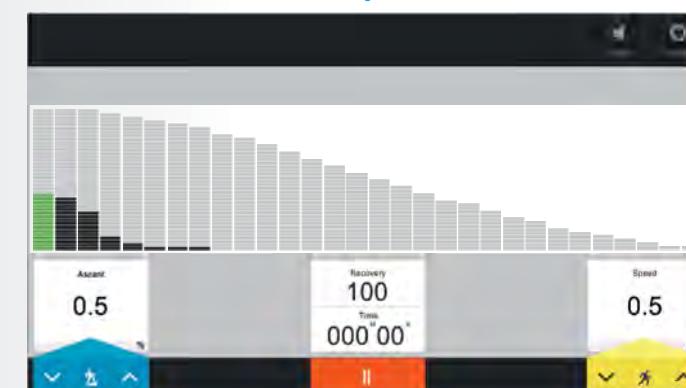
COUNTDOWN

5 Second countdown until workout begins with audio feedback.



WORKOUT SCREEN

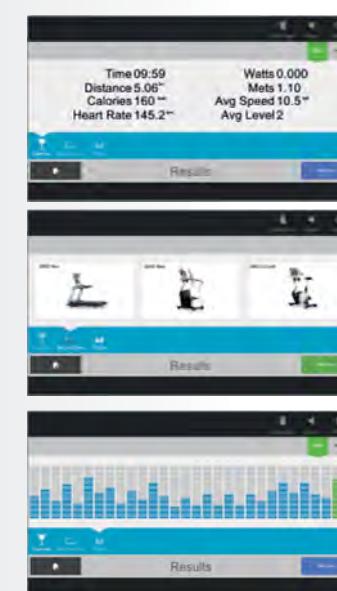
Screen displaying all statistics and information of your workout (may vary depending on machine and program selected).



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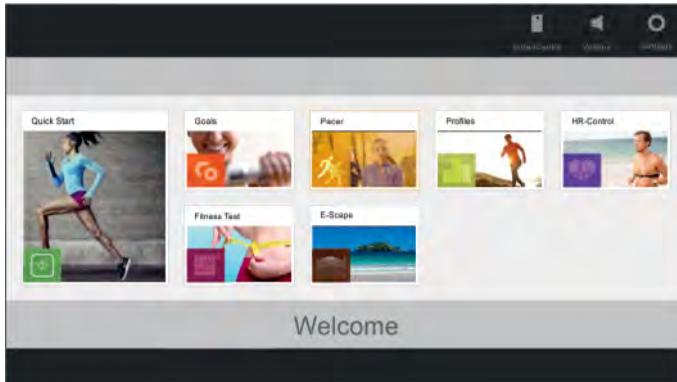
RESULTS

Overview - Statistics of your workout
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 Profile - Review of your Elevation / Effort profile throughout your workout

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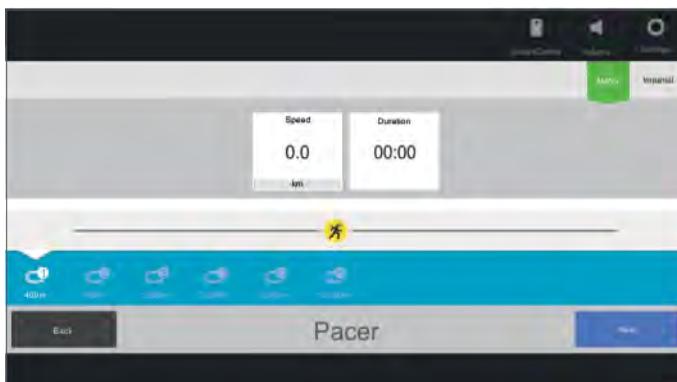
PROGRAMS- PACER

If you want to challenge yourself to improve your speed or to beat your personal record, your running pace becomes more significant. Meet your time goal by running with the pacer, who helps you to stay on track by maintaining a specific time per mile.



SELECT PACER

Select Pacer from the Main Menu screen.



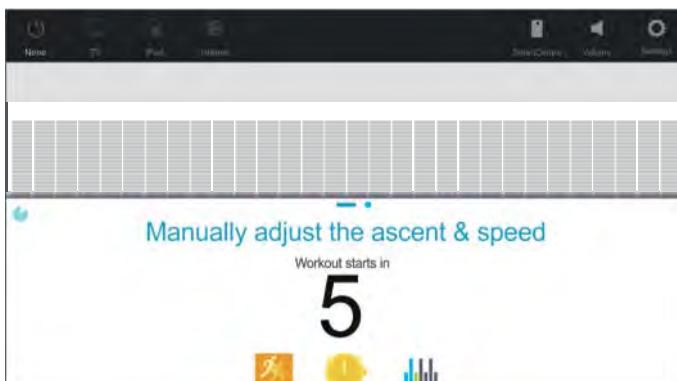
PACER SPEED & DURATION

Stats : The stats boxes display the selected pacers speed and the time it will take for the pacer to complete the course. The values of these boxes will adjust dependent on the speed and distance settings you select.

Distance : First select the distance you would like from the blue bar.
Note: 1 lap of the track = 400 meters

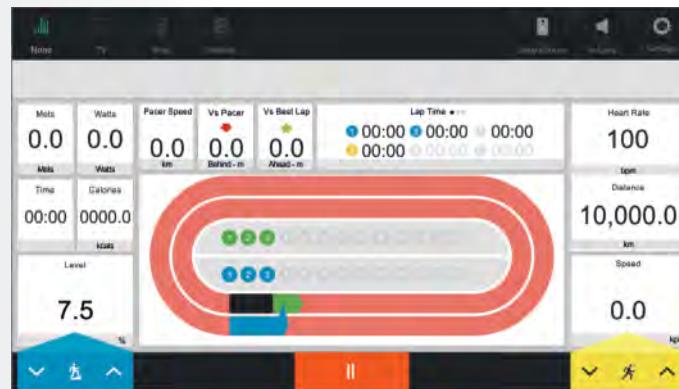
Pacer Speed Slider : Use your finger to drag the speed symbol along the bar. The pacer slider changes the pacers speed from a minimum of 0.5kph on the left to 24.1kph on the right. Maximum speed will vary depending on speed type (default treadmill speed is 19.3kph).

Note: The pacer will mirror the users speed for the first 40 seconds of the workout before changing to its preset speed.



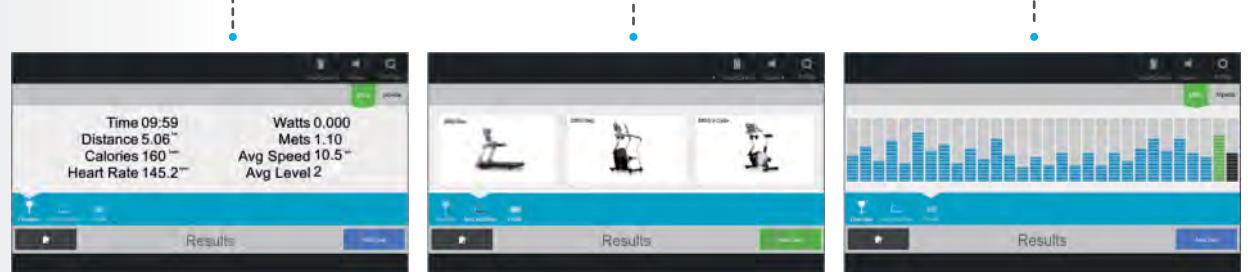
COUNTDOWN

5 Second countdown until workout begins with audio feedback.



PACER WORKOUT SCREEN

Screen displaying all statistics and information of your workout (may vary depending on machine and program selected).



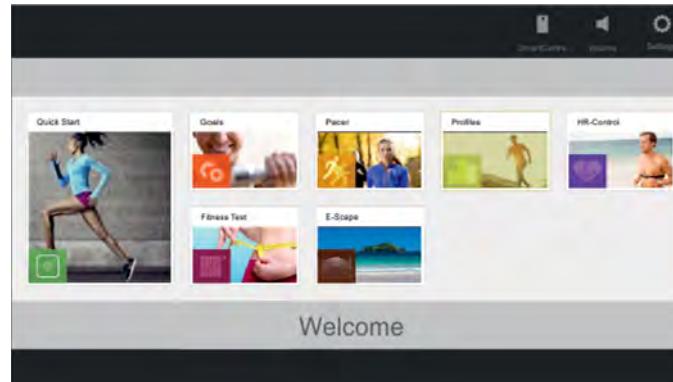
RESULTS

Overview - Statistics of your workout
Next Machines* - What's next on your workout program
Profile - Review of your Elevation / Effort profile throughout your workout

Note - Not available on non-Smartcard activated sites

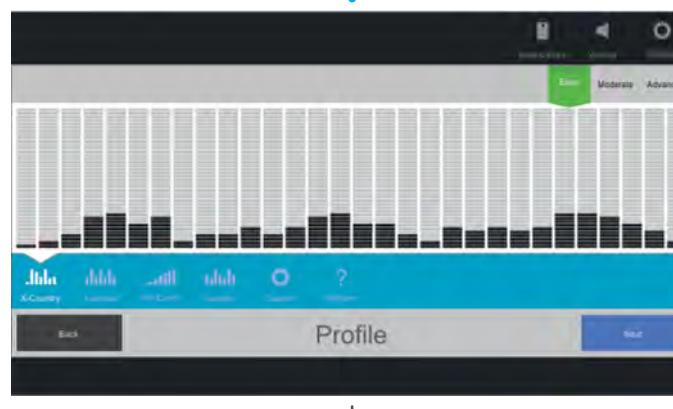
PROGRAMS- PROFILES

Profiles mode focuses on the development of the lower leg and quad strength. A good profile training session combines the benefits of weight training with the aerobic and anaerobic conditioning of running.



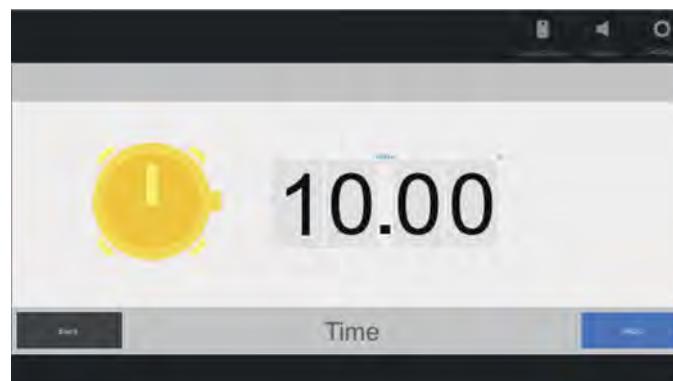
SELECT PROFILES

Select Profiles from the Main Menu screen.



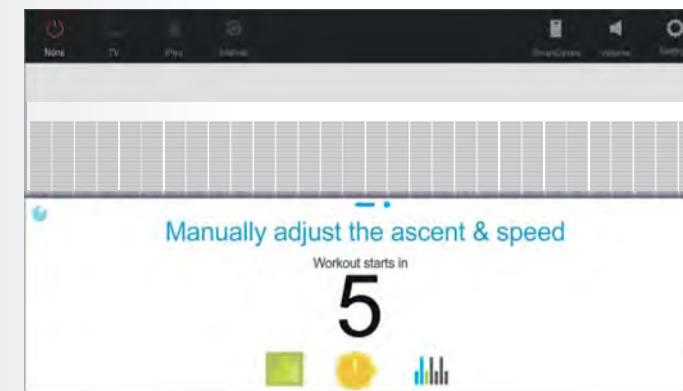
CUSTOM

Drag your finger along the bars to create a custom program.



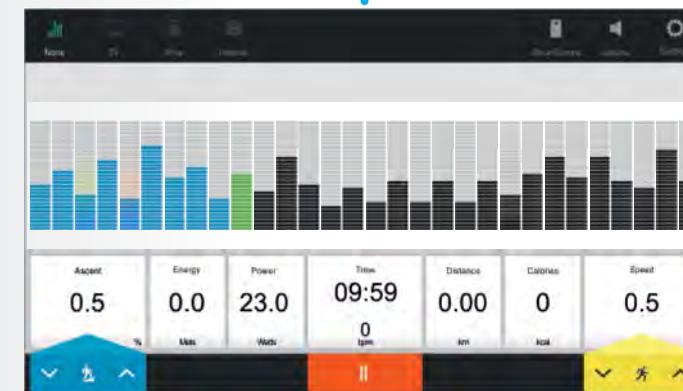
SET TIME

Set the time by adjusting the digits. Select the digit you would like to change and scroll up / down to the correct position.



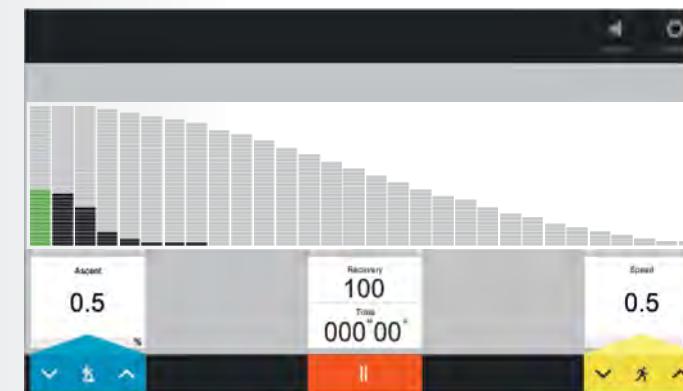
COUNTDOWN

5 Second countdown until workout begins with audio feedback.



PROFILES WORKOUT SCREEN

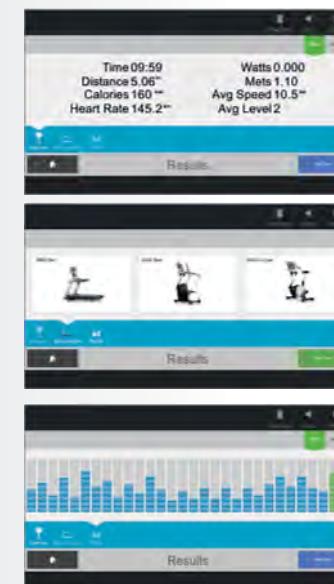
Screen displaying all statistics and information of your workout (may vary depending on machine and program selected).



COOL DOWN

For workouts over 10 mins the cool down program is active. It is used to help reduce the heart rate of the user to avoid any injury. The user can manually reduce the effort or speed level within the S curve profile.

The cool down length cannot be extended, however it can be cancelled by pressing pause and selecting workout results for the paused workout menu.



RESULTS

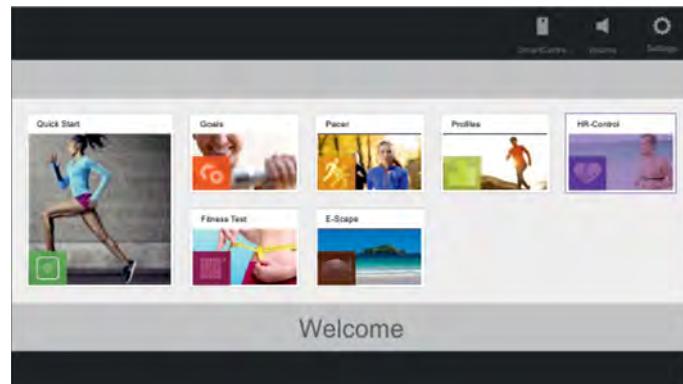
Overview - Statistics of your workout
Next Machines* - What's next on your workout program
Profile - Review of your Elevation / Effort profile throughout your workout

Note - Not available on non-Smartcard activated sites

PROGRAMS- HR CONTROL

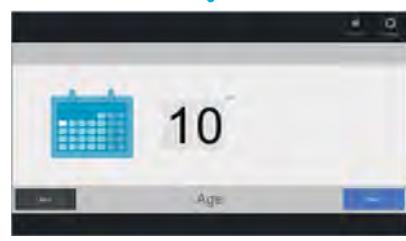
AVAILABLE ALL MACHINES EXCEPT 260G

Heart Rate Control focuses on automatically adjusting the resistance of the machine so that you can keep your heart rate in a set zone. This enables the user to get the most of their workout goal, e.g. Warm up or Cool Down, Fat Burning, Aerobic and High Intensity.



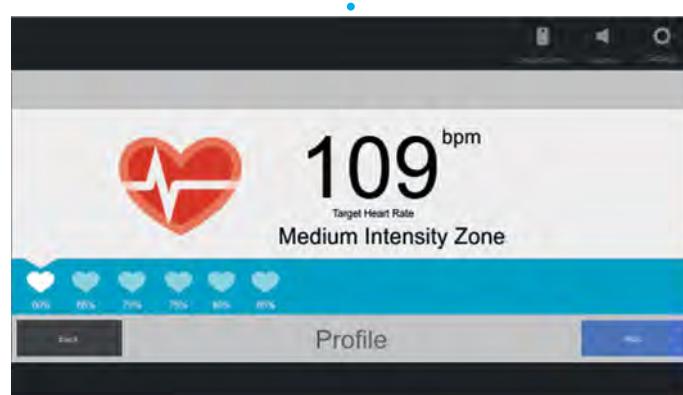
SELECT HR CONTROL

Select HR Control from the Main Menu screen.



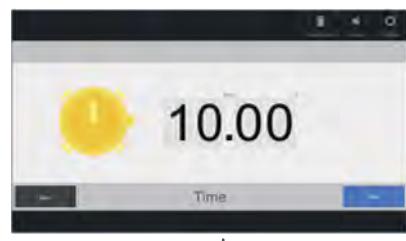
SET AGE

Set your age by adjusting the digits. Select the digit you would like to change and scroll up / down to the correct position.



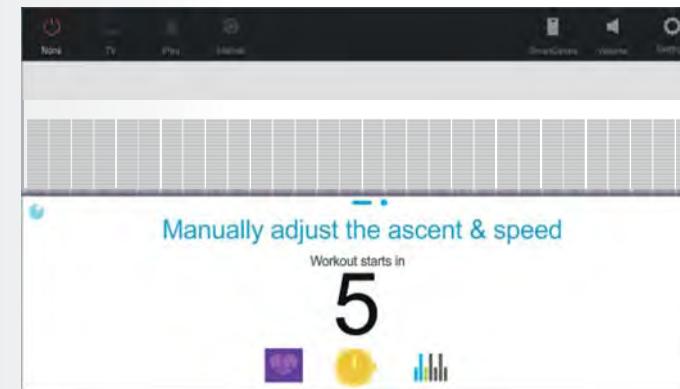
CHOOSE HR ZONE

Select which heart rate zone you want to train in.



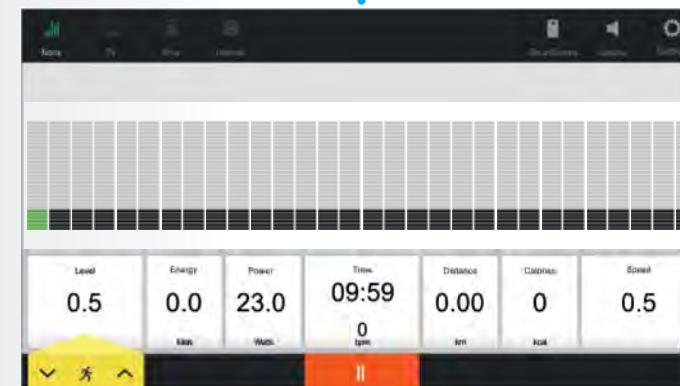
SET TIME

Set the time by adjusting the digits. Select the digit you would like to change and scroll up / down to the correct position.



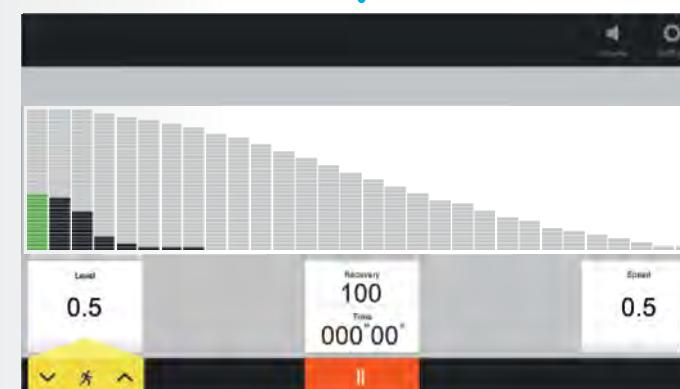
COUNTDOWN

5 Second countdown until workout begins with audio feedback.



PROFILES WORKOUT SCREEN

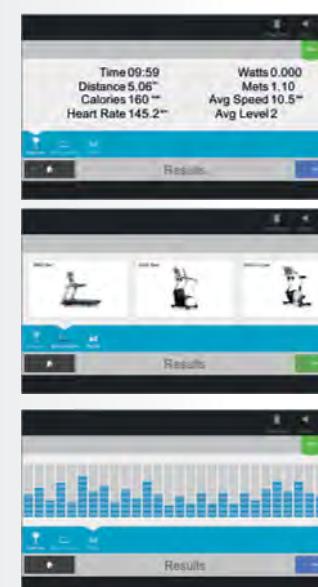
Screen displaying all statistics and information of your workout (may vary depending on machine and program selected).



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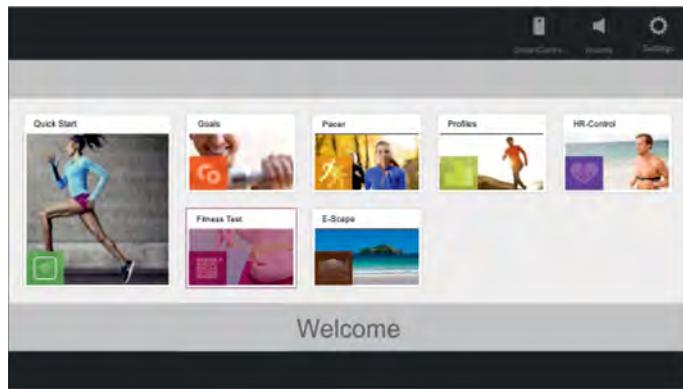
RESULTS

Overview - Statistics of your workout
Next Machines* - What's next on your workout program
Profile - Review of your Elevation / Effort profile throughout your workout

Note - Not available on non-Smartcard activated sites

PROGRAMS- FITNESS TEST

Completing a Fitness Test is a good way to determine what sort of exercise you should focus on. It will let you know if your training program is working and what goals to set next. Test before the start of a new program and at regular intervals to see your improvements. This is also a good motivator.



SELECT FITNESS TEST

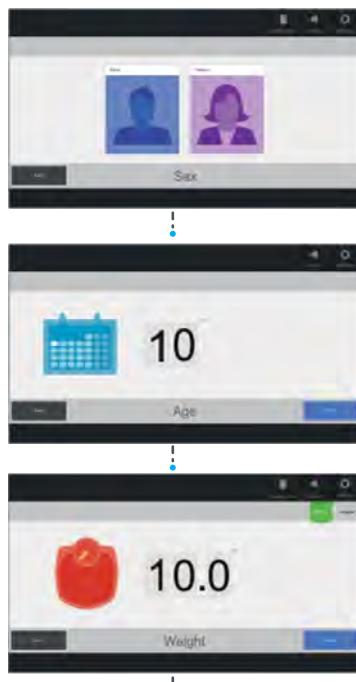
Select Fitness Test from the Main Menu screen.

260G ROCKPORT

The user should walk 1 mile as fast and as safely as possible. Your time will be recorded, and immediately on finishing the walk your heart rate. then you will be given your VO₂ reading.

240/250G ASTRAND

The user should pedal at 60 rpm for 6 minutes. The initial workout load should be 100 watts, but this may increase or decrease to maintain the user's target heart rate of 130-160bpm. Every minute adjust the workout load by 25 watts to maintain a heart rate of 130-160 bpm. At the end of six minutes record the final heart rate and workout load to determine the VO₂max.



SET GENDER

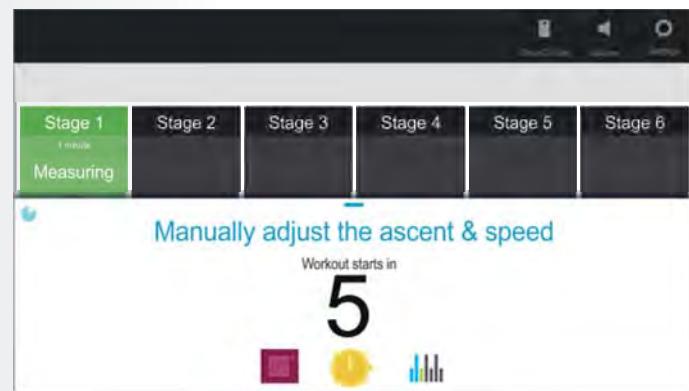
Set your gender.

SET AGE

Set your age by adjusting the digits. Select the digit you would like to change and scroll up / down to the correct position.

SET TIME

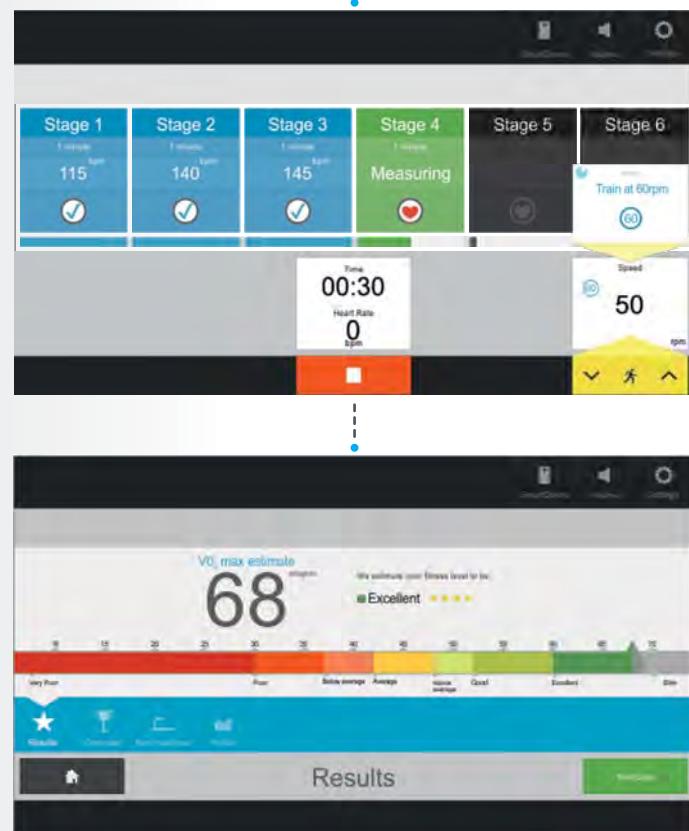
Set the time by adjusting the digits. Select the digit you would like to change and scroll up / down to the correct position.



COUNTDOWN

5 Second countdown until workout begins with audio feedback.

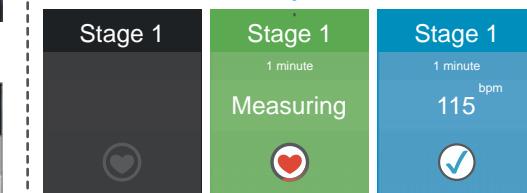
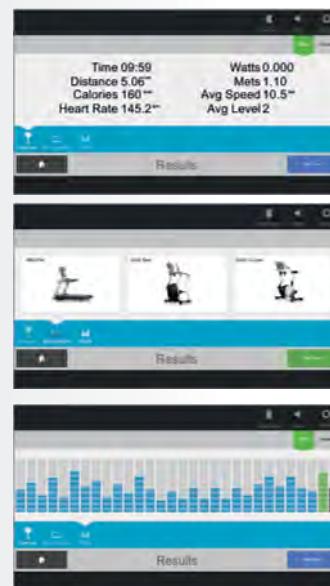
Note : This test will be more accurate if the user uses a Heart Rate Monitor.



TEST SCREEN

On the Rockport test the maximum speed is 6mph and the ascent control not shown as treadmill will remain at level 1 for the duration of the workout.

On the Astrand test the level control will not be shown as the resistance will be controlled automatically for the duration of the workout.



Progress Bar
Stage in the progress bar fills as the workout progresses. Once a segment is filled it's colour changes to green to signify that it is complete.

RESULTS

VO₂ Max - Maximal oxygen consumption reflecting your physical fitness. Gives an estimate of your endurance capacity during prolonged, sub-maximal exercise.

The star rating is determined by your VO₂ max.

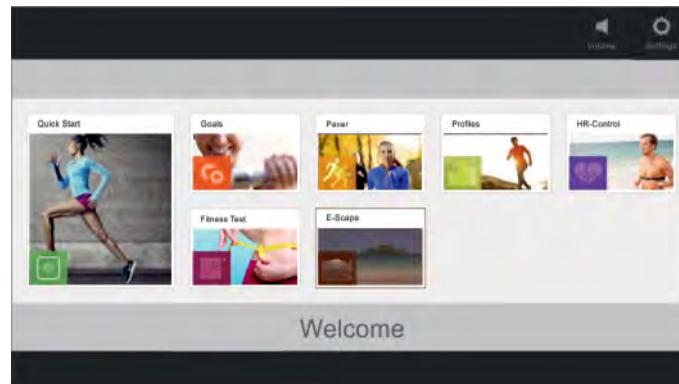
Elite	★★★★★
Excellent	★★★★
Good	★★★
Above Average	★★★★
Average	★★★★
Below Average	★★★★
Poor	★★★
Very Poor	★★★

Overview - Statistics of your workout
Next Machines* - What's next on your workout program
Profile - Review of your Elevation / Effort profile throughout your workout

Note - Not available on non-Smartcard activated sites

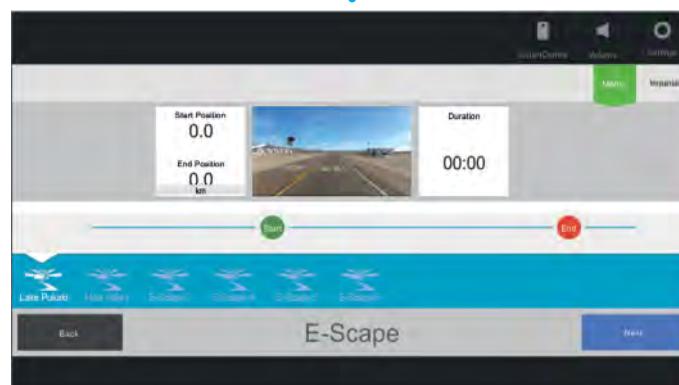
PROGRAMS- E SCAPE

E-Scape is a forward-motion video experience designed to enhance your cardio workout. Shot in beautiful locations across New Zealand, E-Scape transports you to trails, roads, beaches and landscapes, turning indoor exercise into an outdoor adventure.



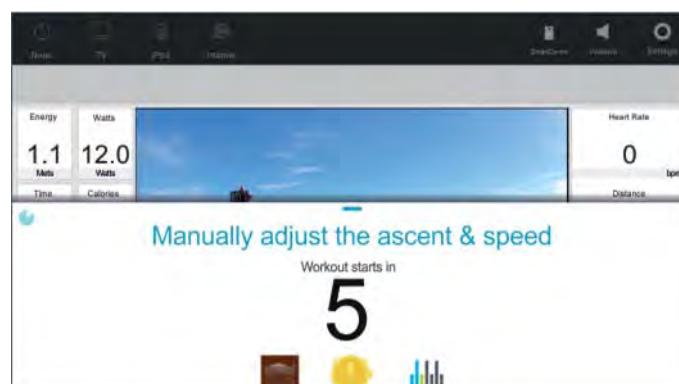
SELECT E-SCAPE

Select E-Scape from the Main Menu screen.



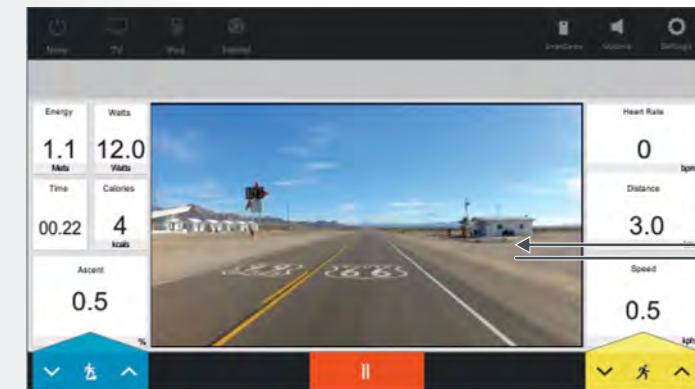
SELECT COURSE

Choose between 5 different locations to enhance your workout. Use your fingers to move the sliders to where you want the workout to start and end. By moving them further apart a larger distance will be covered and vice versa.



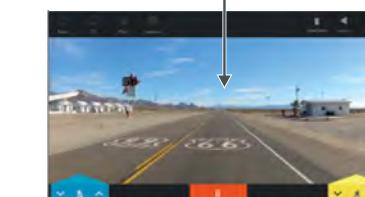
COUNTDOWN

5 Second countdown until workout begins with audio feedback.

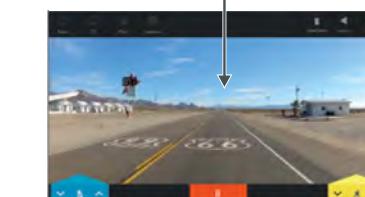


VIDEO PLAYBACK

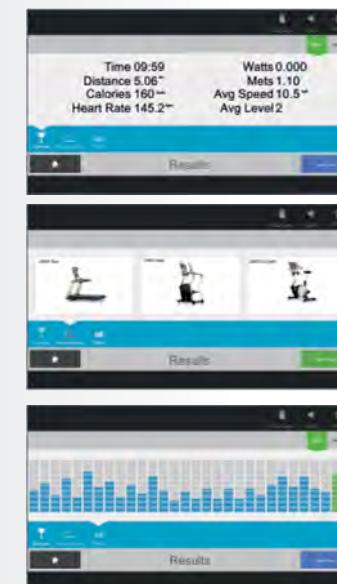
The video speed will adjust in line with the speed of the user.



Double Tap middle of the screen to enlarge to full screen and vice versa.



Single Tap middle of the screen to access Speed/Elevation, Effort controls.



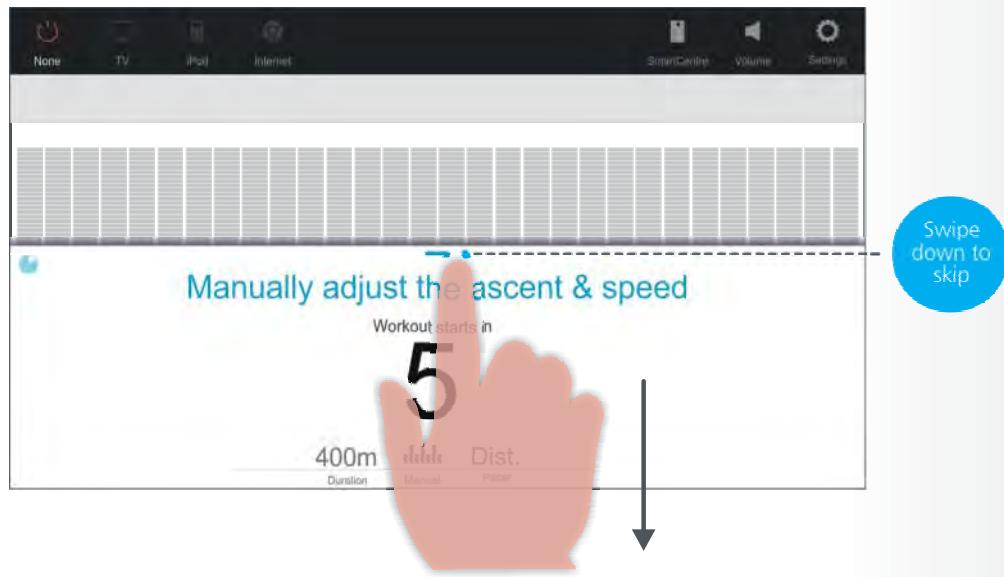
RESULTS

Overview - Statistics of your workout
Next Machines*- What's next on your workout program
Profile - Review of your Elevation / Effort profile throughout your workout

Note - Not available on non-Smartcard activated sites

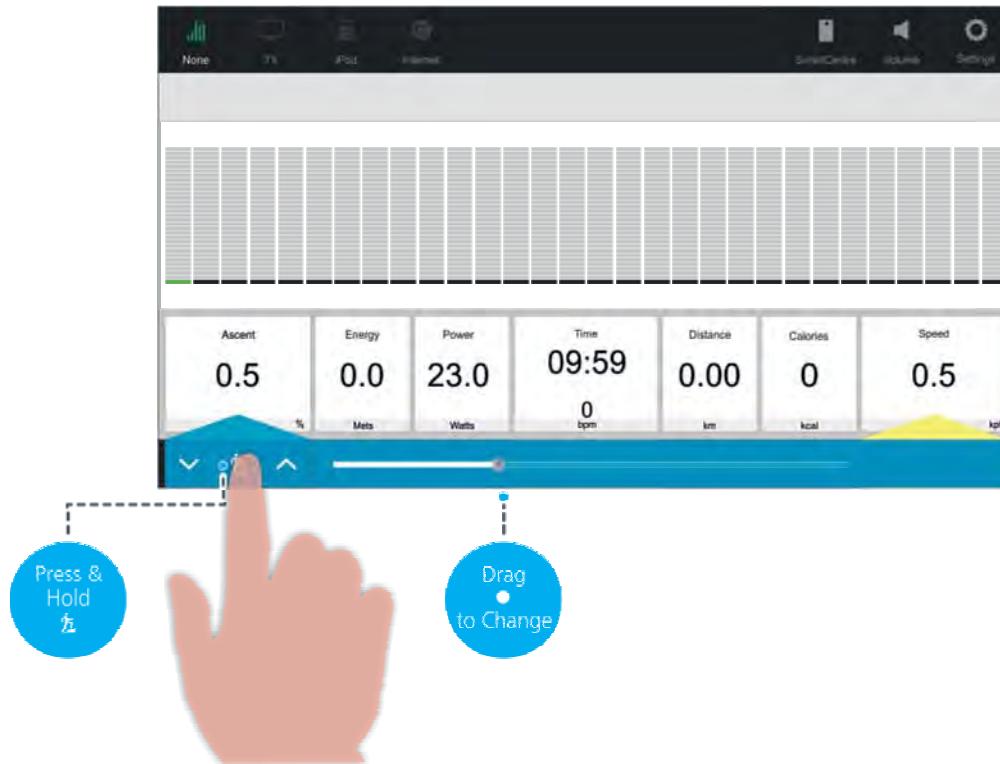
SPECIAL FEATURES

WORKOUT COUNTDOWN



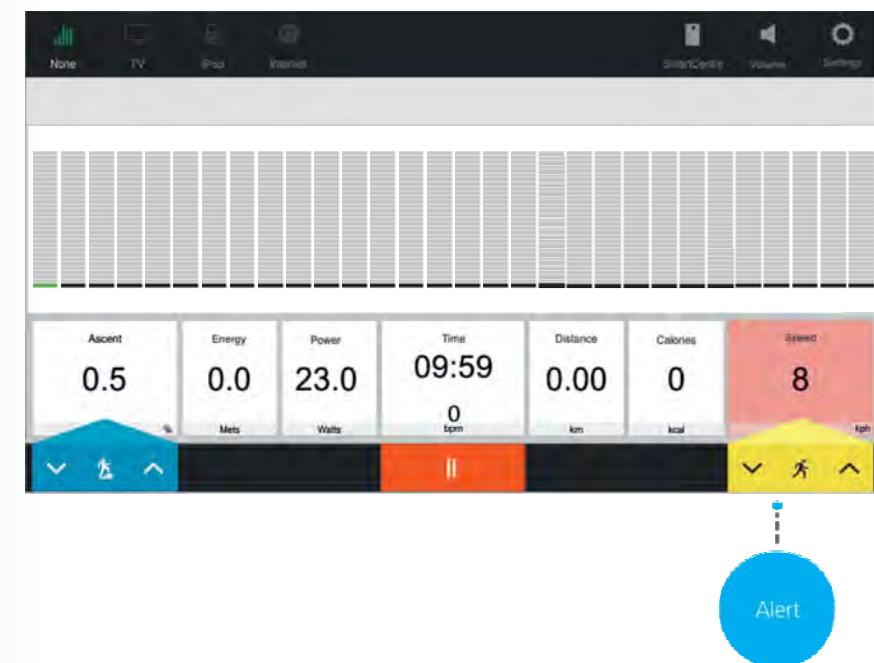
To bypass the workout countdown you can swipe the screen in a downwards motion. This will take you straight into the workout.

QUICK CONTROLS



To quickly change Speed/Elevation [260G only] or Effort, press and hold the icon button in the bottom right or left corners of the screen. A bar will appear. Drag the circle along the bar and the machine will adjust accordingly.

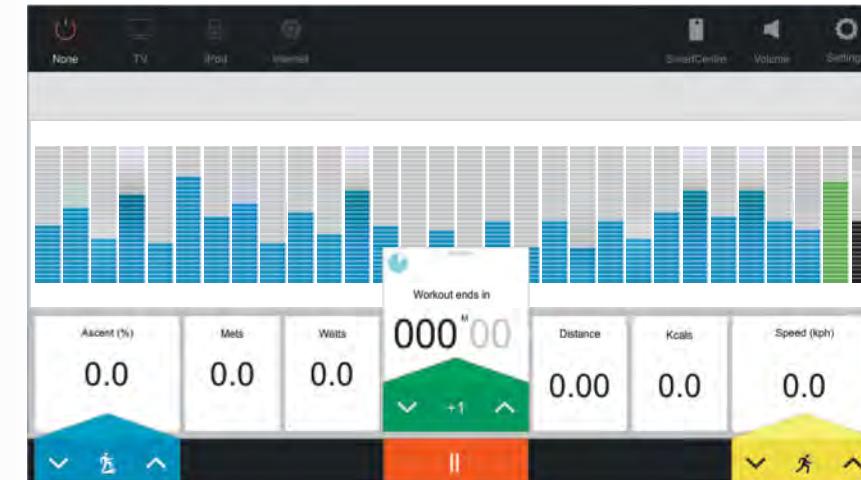
WARNINGS



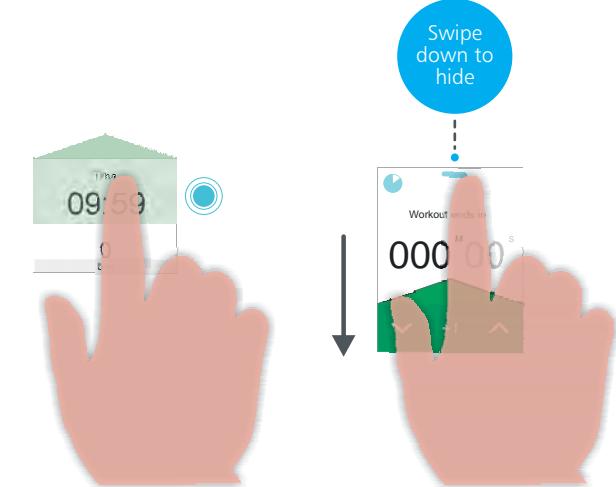
If the user exceeds the tolerance in a program, e.g. the user should walk at 5kph, the background fades to red to alert the user.

Note: This function is not available on the treadmill.

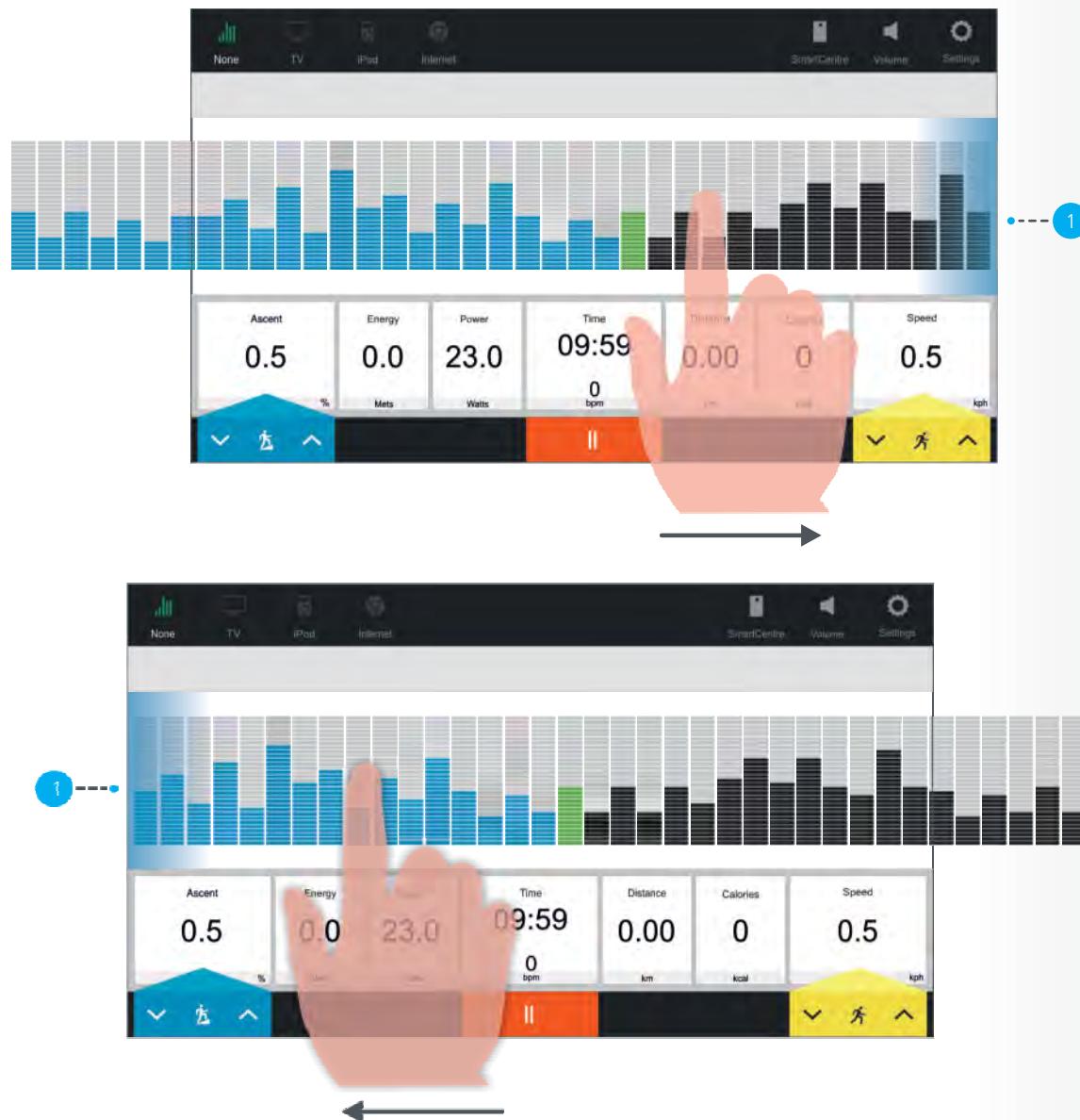
ADJUSTING A GOAL WORKOUT



Tap or swipe the goal box at any time to bring up the adjust workout duration dialogue.

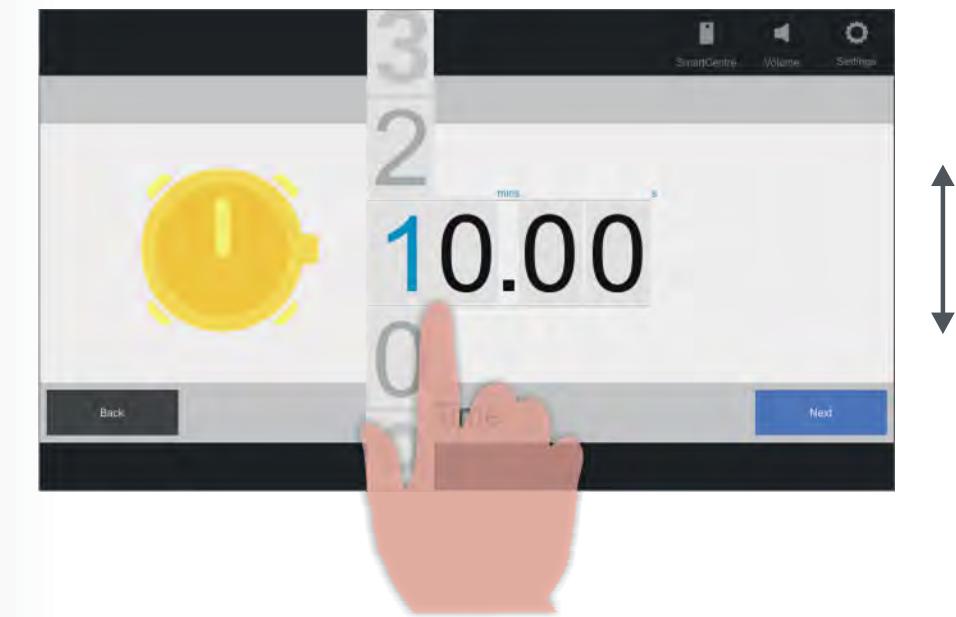


VIEWING AN EXTENDED WORKOUT



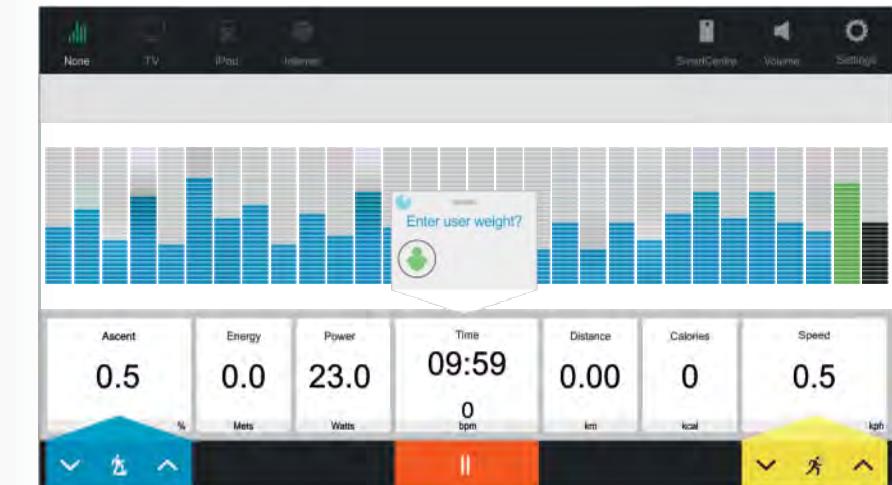
1 - Over Scroller - When the user interacts with a workout profile, over scroll is enabled to inform the user that the end of the workout profile is displayed.

SELECT UNITS



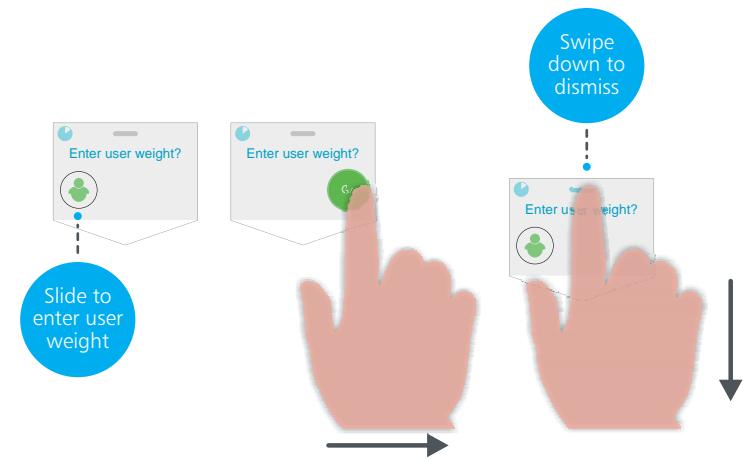
Set units by adjusting the digits. Select the digit you would like to change and scroll up / down to the correct position.

ENTER WEIGHT NOTIFICATION

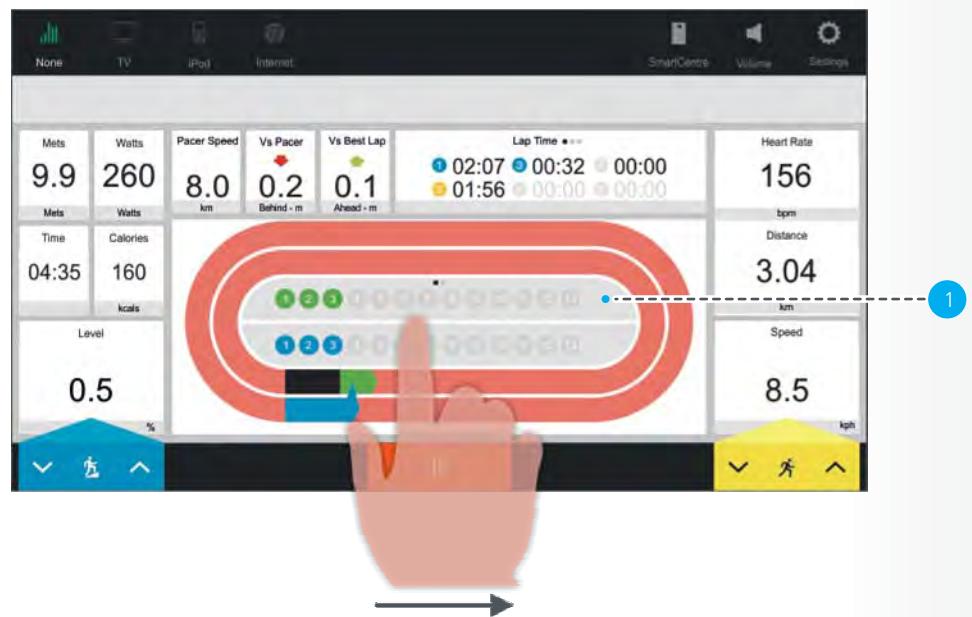


The enter weight notification shows 10 seconds into workout, unless the user has already entered their weight during the program setup. If the notification is dismissed it will not show again during the workout session. If the user enters weight, calories are recalculated from beginning of the workout to reflect a more accurate result.

NOTE: This notification is not shown if the user is using a Smart Card.



EXTRA CONTROLS IN PACER MODE



1 - Scroller - You can see how many 'pages' are available by the circle indicator at the top of the box. Use your finger to scroll the box left or right to see which lap you and the pacer are on.



2 - Over Scroller - You can see how many 'pages' are available by the blobs at the top of the box. Use your finger to scroll the box left or right to see the times from previous laps.

3 - Best Lap - The fastest lap time will be highlighted in another colour e.g., in the above images lap 2 was the fastest lap.

ENTERTAINMENT CONTROLS

TV



SELECT TV

Select TV from the top control bar.



Double Tap middle of the screen to enlarge to full screen and vice versa.



Single Tap middle of the screen to access Speed/Elevation, Effort controls.

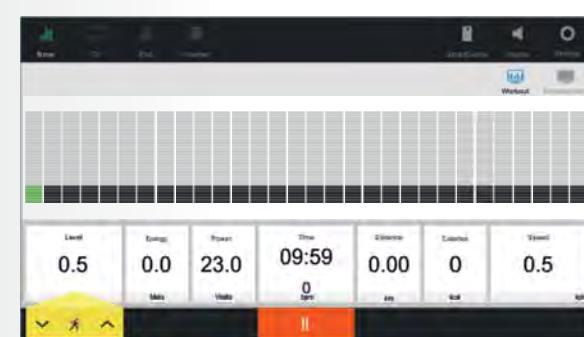


1 - Channel List

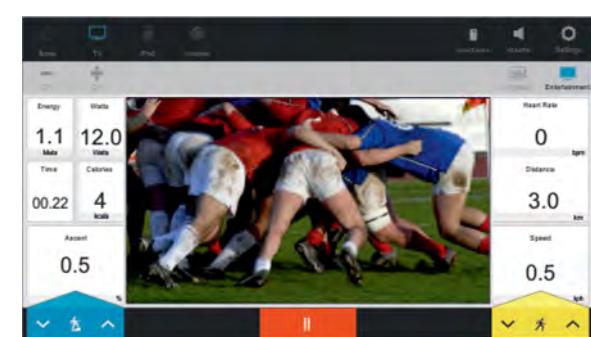
2 - TV Window - Double tap window to switch between full / windowed TV

3 - Display Workout
4 - Display Entertainment

4



5

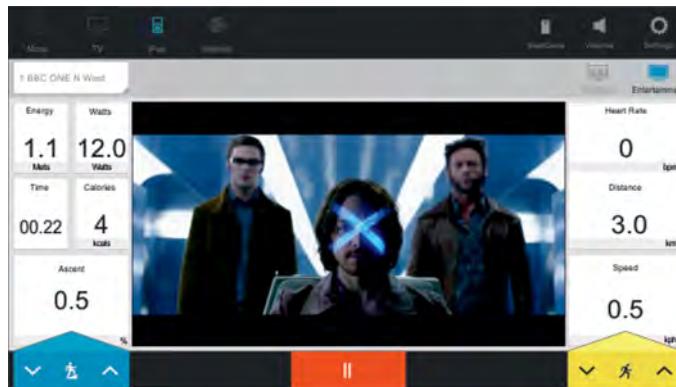


iPOD



SELECT IPOD

Once you have plugged in your iPod. Select iPod from the top control bar.



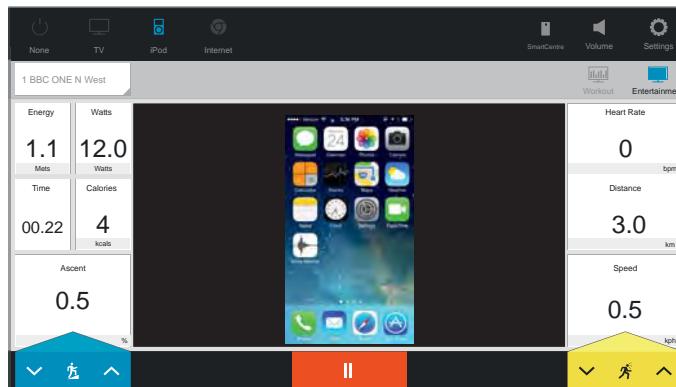
Use iPod to Control

Single Tap middle of the screen to access Speed/Elevation, Effort



PHONE 4 COMPATIBLE*

You can now select videos on your iPhone 4/iPod and they will be played on the screen. Your iPod will now also be charged.



Use iPod to Control

Top Bar Turns Blue Connected



ANDROID*

Once you have plugged in your Android device it will begin to charge.

INTERNET

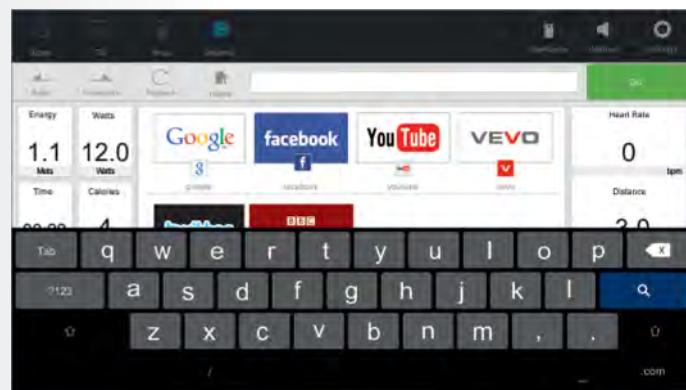


SELECT INTERNET

Select Internet from the top control bar.



- 1 - Back
- 2 - Forward
- 3 - Refresh
- 4 - Home
- 5 - Address Bar - Key board will appear
- 6 - Website Quick Links



Pinch to Zoom

USB

COMING SOON...

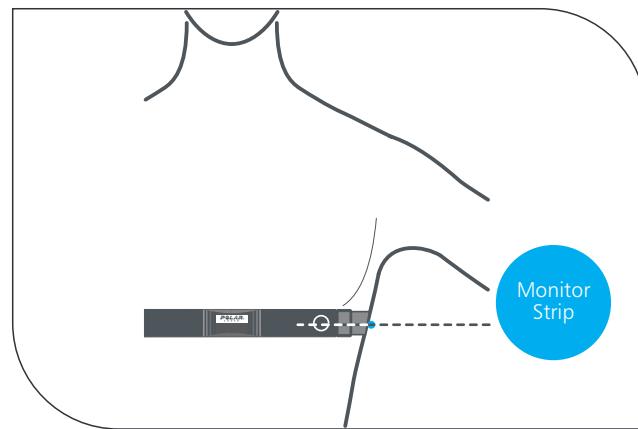
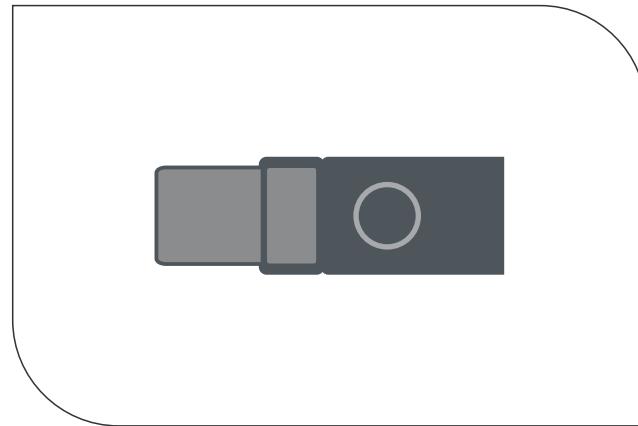
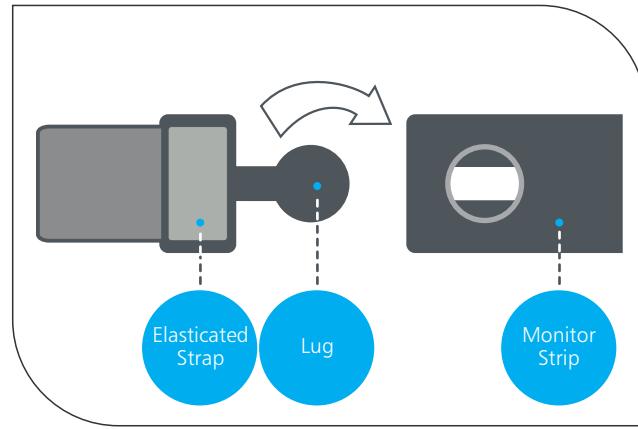
NFC

COMING SOON...

* Only available if the relevant cables have been installed.

HEART RATE MONITOR

FITTING A HEART RATE MONITOR



If the Monitor fails to detect a heartbeat, moisten the electrodes on the back of the 'strip (two ridged rectangular blocks) with a wet finger and try again.

NOTE: The sensor strips must be placed against your skin (Manufacturer's insignia facing outwards), otherwise it may not detect a heartbeat. The Chest Strap must not be rotated (i.e. The writing should appear the right way up), except in certain individuals who have a 'reversed' EGG (this condition is extremely rare).

TARGET HEART RATE CHART

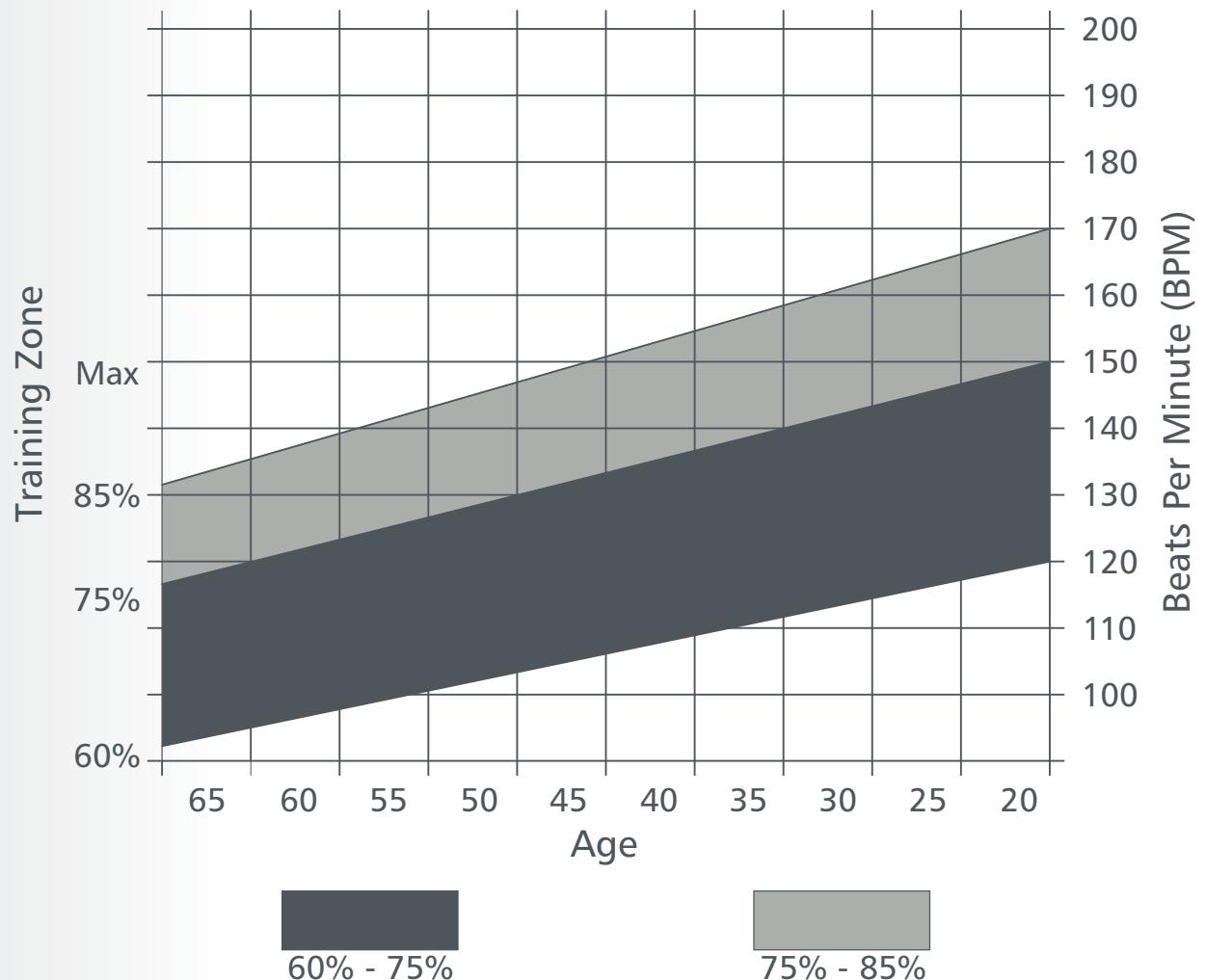
Select your Age Band and appropriate Training Zone according to your fitness level (if in doubt, consult your health professional).

The chart has been designed to enable the user to easily select their desired training zone, whether it be Fat Burning or Cardiovascular training. Shaded bands within their training zone assist the user as 'stepping stones' to improve their fitness level.

Fat Burning zone is between 60% -75% of your theoretical maximum Heart-Rate.

Cardiovascular training zone is between 75% -85% of your theoretical maximum Heart-Rate (to improve your cardiovascular conditioning)

WARNING:
Heart Rate monitoring systems can be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.



NOTE: When the chest strap monitor is used it automatically overrides any signal from the hand pulse monitors. If the battery fails (it has an estimated life in excess of three years) then the plastic strip must be replaced. If you wish to monitor your heart rate, you should always fit the heart rate monitor before you select one of the exercise programs.

FITNESS TEST

FITNESS CHARTS

Two Fitness Tests are used on the G-CV range; Åstrand on all machines except the 260G and Rockwell on the 260G.

The Åstrand Fitness Test works by increasing resistance until the user's heart rate reaches 115bpm, when this occurs resistance will stop increasing, but the user's heart rate will continue to rise. The final heart rate after six minutes is used to calculate a Vo_2max figure.

The Rockwell fitness test requires the user to walk at a brisk pace for one mile.

The Console uses Gender, Weight, final heart rate and wattage to generate a Vo_2max estimate.

Once the test has finished you will be given a Fitness Level mark out of five. The chart below shows how you rate between Excellent and Poor.

Note: This is a low intensity fitness test designed for unconditioned users.

MAXIMAL OXYGEN UPTAKE FOR MEN (ml/kg/min)

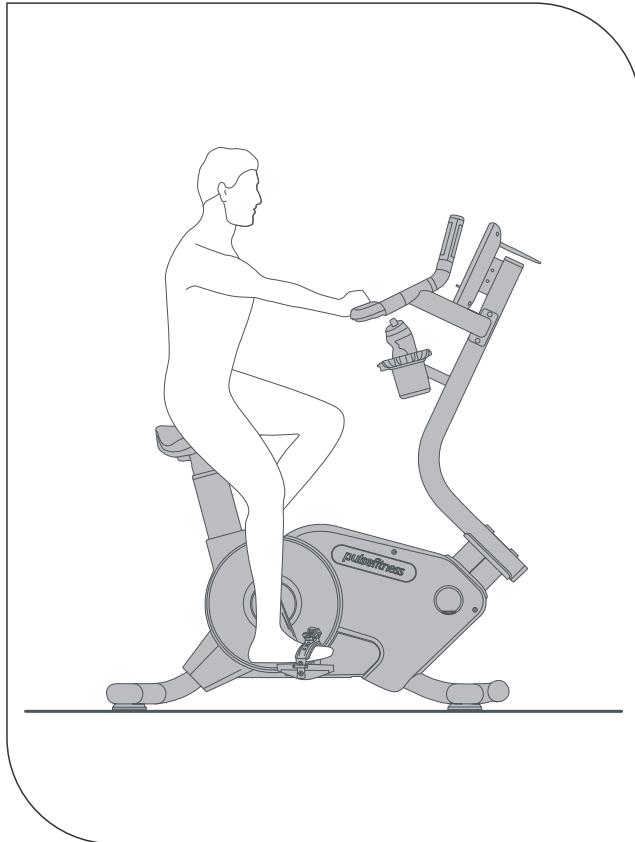
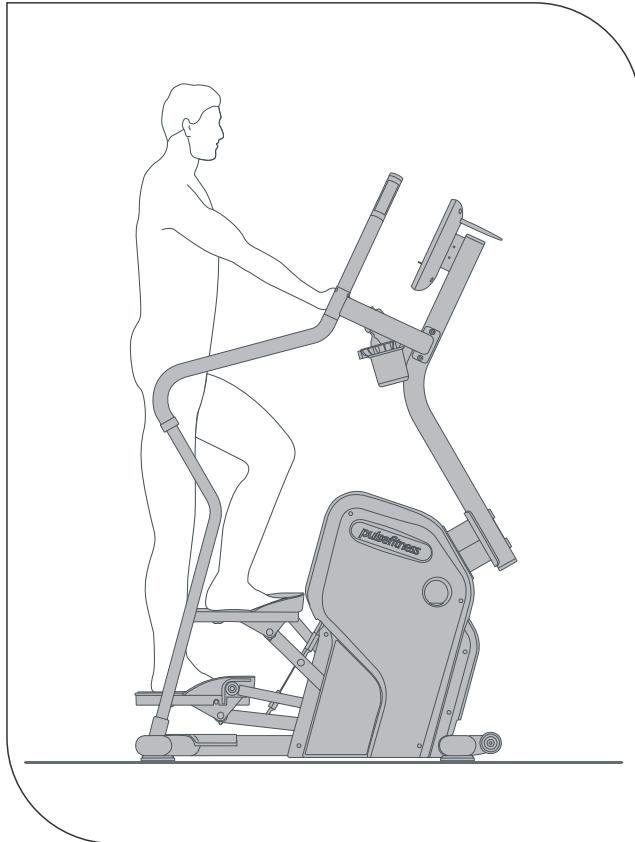
	AGE					
	18-25	26-35	36-45	46-55	56-65	66+
Elite	>68	>64	>57	>55	>51	>46
Excellent	60-68	56-64	51-57	45-55	41-51	37-46
Good	52-59	49-55	43-50	39-44	36-40	33-36
Above Avg.	47-51	43-48	39-42	35-38	32-35	29-32
Average	42-46	40-42	35-38	32-34	30-31	26-28
Below Avg.	37-41	35-39	31-34	29-31	26-29	22-25
Poor	30-36	30-34	26-30	25-28	22-25	20-21
Very Poor	<36	<30	<26	<25	<22	<20

MAXIMAL OXYGEN UPTAKE FOR WOMEN (ml/kg/min)

	AGE					
	18-25	26-35	36-45	46-55	56-65	66+
Elite	>64	>60	>51	>50	>47	>41
Excellent	56-64	52-60	45-51	40-50	37-47	32-41
Good	47-55	45-51	38-44	34-39	32-36	28-31
Above Avg.	42-46	39-44	34-37	31-33	28-31	25-27
Average	38-41	35-38	31-33	28-30	25-27	22-24
Below Avg.	33-37	31-34	27-30	25-27	22-24	19-21
Poor	28-32	26-30	22-26	20-24	18-21	17-18
Very Poor	<28	<26	<22	<20	<18	<17

NOTE: When the chest strap monitor is used it automatically overrides any signal from the hand pulse monitors. If the battery fails (it has an estimated life in excess of three years) then the plastic strip must be replaced. If you wish to monitor your heart rate, you should always fit the heart rate monitor before you select one of the exercise programs.

CORRECT EXERCISING POSTURE



220G

When using Pulse Fitness equipment, to ensure that you obtain the most from your workout, it is essential that you have the correct posture on the machine as follows;

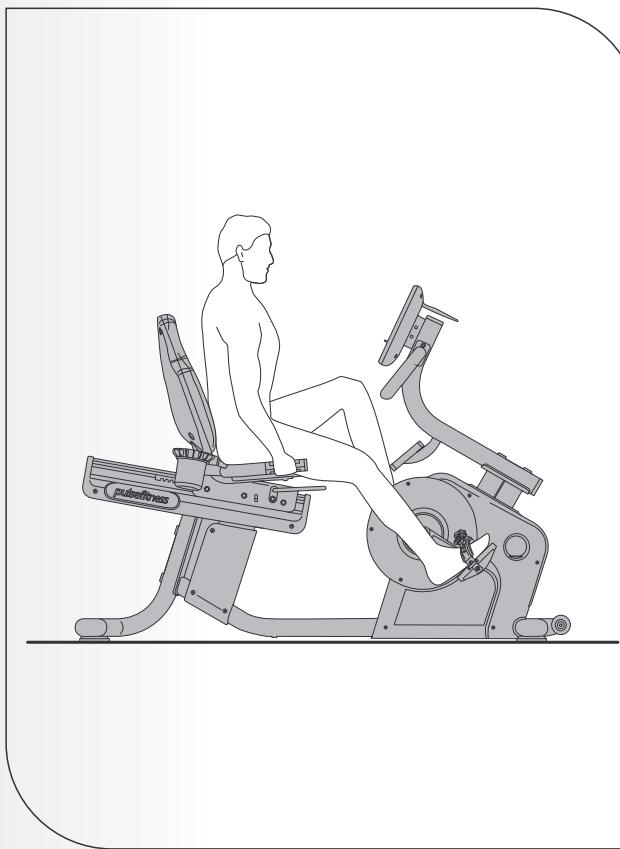
Your Back should be straight.

Your should only hold the Handlebars for balance and not for leaning or resting on.

The balls of your Feet should stay in contact with the pedals at all times and should not allow the Pedals to touch the upper or lower stops.

You should not try to force the Pedals down, if you want to step quicker increase the level.

Always warm up before and warm down after completion of exercise program by doing gentle stretches.



250G

Always warm up before and warm down after completion of exercise program by doing gentle stretches.

Place balls of you Feet on Pedals and secure with the Foot Straps.

Adjust the Seat so that the knee is slightly bent when the pedal is at the furthest position away from the body.

Grip Handlebars lightly.

Your Back should remain in contact with the Backrest at all times.



260G

Always warm up before and warm down after completion of exercise program by doing gentle stretches.

DO NOT get on or off the Treadmill when the Running Belt is moving.

Enter a slow speed to start with and hold onto the Handlebars until you are comfortable with the speed.

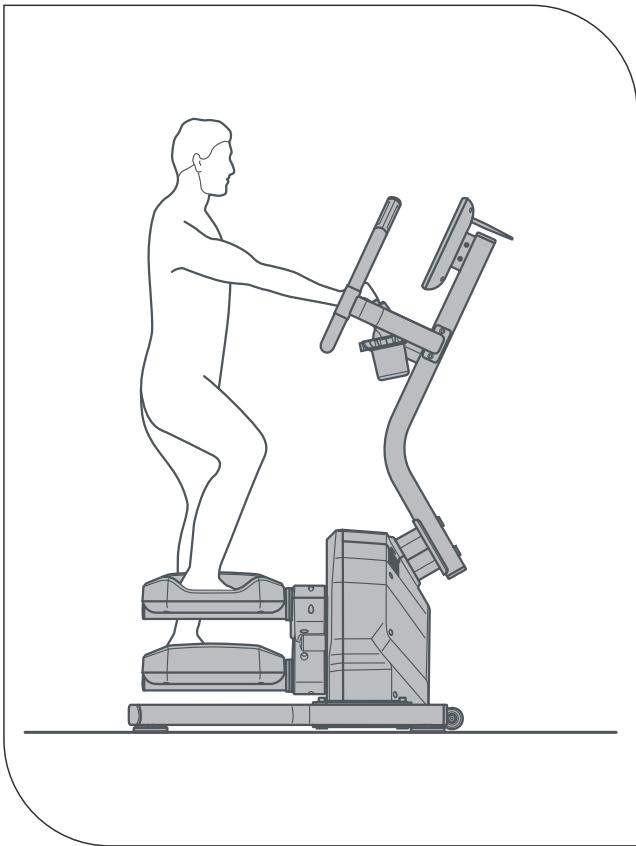
You should only hold the Handlebars for balance and not for leaning or resting on.

Your Back should be straight.

Keep your Body and Head facing forward. Never attempt to turn around on the Treadmill when the Belt is moving.

Try to keep in the middle of the Running Belt.

USER NOTES



270G

Always warm up before and warm down after completion of exercise program by doing gentle stretches.

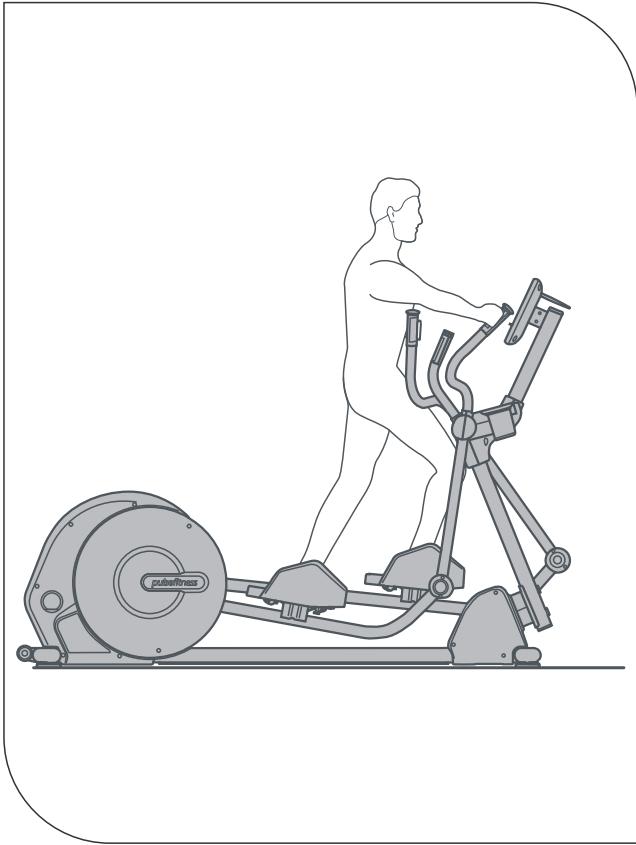
Your Back should be straight.

You should only hold the Handlebars for balance and not for leaning or resting on.

The balls of your Feet should stay in contact with the pedals at all times.

Move your legs clockwise or anti-clockwise depending on if you are working on the front or the backs of your legs.

Always warm up before and warm down after completion of exercise program by doing gentle stretches.



280G

Always warm up before and warm down after completion of exercise program by doing gentle stretches.

Place your feet carefully on the Foot Mouldings.

Your Back should be straight whilst exercising.

Grip Handlebars lightly.

USER NOTES

COMPLIANCE

FCC

Warning: Changes or modification to this unit not expressly approved by the party responsible for compliance could void the user authority to operate the equipment.

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 or more 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.

MPE

To comply with FCC RF exposure compliance requirements, a separation distance of at least 20cm must be maintained between the antenna of this device and all persons.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

IC

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions:
(1) this device may not cause interference, and
(2) this device must accept any interference, including interference that may cause undesired operation of the device.

France version / for IC

Le terme *CSituéavant* le numéro de certification/enregistrement signifie que l'appareil répond aux spécifications techniques de l'industrie du Canada.

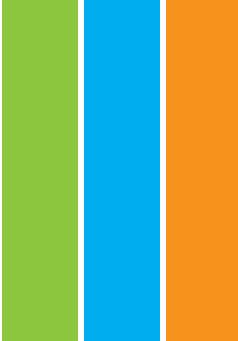
Cet appareil est conforme aux normes RSS des Règles d'Industrie Canada. Son utilisation est soumise aux deux conditions suivantes :

1. Cet appareil ne doit pas causer d'interférences nuisibles.
2. Cet appareil ne doit pas accepter les interférences reçues, y compris les interférences susceptibles de causer un fonctionnement indésirable.

MPE

To comply with FCC RF exposure compliance requirements, a separation distance of at least 20cm must be maintained between the antenna of this device and all persons.

1. To comply with FCC RF exposure compliance requirements, a separation distance of at least 20cm must be maintained between the antenna of this device and all persons.
2. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.



Pulse Fitness

Radnor Park
Greenfield Road
Congleton
Cheshire CW12 4TW

T: 01260 294610
F: 01260 299282
E: info@pulsefitness.com

International Enquiries:
+44 (0)1260 294610
www.pulsefitness.com

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