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Instruction manual for proform elliptical

How to Use Heart Rate App 1 program is designed to keep your heart rate between 65% and 85% of your maximum heart rate during your workout. (Your maximum heart rate is underestimated by subtracting your age from 220 years of age. The Heart Rate 2 app is designed to keep your heart rate near a target heart rate that you choose. Follow the steps below to use a heart rate app. Turn on console B, see Step 1 on page 11. B Select one of the heartbeat apps. Every time the console opens, the manual mode is selected. Choosing a hot pro heartbeat, press the app button over and over again until the number 1 or 2 appears on the small screen. / B Enter your age or target heart rate. If Program 1 is selected, word AGE will appear on the big screen and flash age setting will be current. If you have already entered your age, press enter button. If they've mentioned your age, press the small + and - buttons to enter your age. Then press enter. Once you enter your age, it will save in memory until the batteries are replaced. If Program 2 is selected, pls letters (pulses) will appear on the big screen and the current target heart rate will be flashed. If you don't want to change the target heart rate, press Enter but-ton. If you want to change the target heart rate, press the small + and - buttons. Then press the Enter. The target's heart rate can be from 70 to 170 beats per minute. Hold the Handgrap pulse sensor. It is not necessary to keep handgrips continuously during a heart rate program; However, you must hold handgrips often for the app to function properly. Each time you hold the handgrips, keep your hands on metal con-tacts for at least 30 seconds. Note: When you are not paying attention to handgrips, pls letters appear on the big screen instead of your heartbeat. L start the pedal to start the program. To start the app, simply start pedaling. Schedule 1 includes 20 one-minute periods. Have a resistance level and a target heart rate for each program period. (The same level of resis-tance and/or target heart rate may be pro-hot for two or more consecutive.) The app is 2 sixty minutes long (you may choose to use only part of the app). The same level of resis-tance and target heart rate is planned for the whole program. If Program 1 is selected, the pedal resistance will change periodically. (Note: If the resis-tance level is too high too low, you can change by pressing + and - large display tolerance buttons. however, when the current period is com-pleted, the pedal resistance may be automati-cally change.) If Program 2 is selected, the pedals will not change. Note: You can change the big screen by pressing + and - big buttons, programs 1 and 2, the arrows in the small display will help you to keep your heart rate near the current target heart rate. Indicate, \Bar / \Arrows - p - / When you hold the handgrip pulse sensor, the console will compare your heart rate to the cur-rent target heart rate. If your heart rate is too far above or below the target heart rate, the number of arrows on the small screen will change to you to increase or slow down your speed. When the number of arrows changes, there is a change your speed until there is a flash pointing the to each section of the indicator bar. Important: Target speed is intended only to provide goal. Your actual speed may be slower than the target speed, especially during the first few months of your exercise program. Make sure the pedal is at a speed that is convenient for you. 1.4 CAU TIO N Rea dalp recau lions and instruc-tion guilty this manual before using this equip-ent. Keep inani for future referral. Seri al N um ber Deca l (und er fram e) USER 'SMANU AL www.proform.c om QUEST IONS? 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