

circle

FITNESS

ALWAYS MOVING FORWARD

Owner's Manual

Console Operation

E8/7 Elliptical

B8 Upright Bike

R8 Recumbent Bike

LED Screen

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1 Engineering Mode

1.1 Engineering Mode 1 (Test Mode)

In idle mode, press and hold 「 PAUSE/STOP 」, then press and hold 「 START 」 for 3 seconds. The system will sequentially enter the following modes (press 「 START 」 to proceed to the next mode):

- Full Brightness and Blinking Mode: The screen will alternate between full brightness and blackout.
- LED Scanning Mode: The screen will display letters and numbers for testing during production.
- Button LED Indicator Scanning Mode: Each button's LED indicator will light up sequentially for hardware and software testing during production.
- Button Test Mode: The dot-matrix screen will display "KEY". When a button is pressed, the corresponding code will appear on the dot-matrix screen.
- I/O Test Mode: Various LED windows will simultaneously display the following information:
 - A. LEVEL window: Battery capacity.
 - B. TIME window: DC BUS voltage.
 - C. INCLINE (for E8 only) / WATT (for E7/B/R8 only) window: RPM (Revolutions Per Minute).
 - D. CALORIES window: Total accumulated strides.
 - D. HEART RATE window: Current heart rate reading.
- Press 「 START 」 again to exit Engineering Mode 1.

1.2 Engineering Mode 2 (Equipment Information)

In idle mode, press and hold 「 PAUSE/STOP 」, then press and hold ▲(LEVEL / QUICK RESISTANCE) for 3 seconds. The following information will be displayed sequentially. Press 「 START 」 to proceed to the next:

- Software Version:

The HEART RATE window will show E21, and the dot-matrix screen will display a scrolling message [VER X.XX]. Pressing ▲ / ▼ (LEVEL / QUICK RESISTANCE) will reveal additional details, such as the release date.
- Model:

The HEART RATE window will show E22, and the dot-matrix screen will display the model code. You can switch between different model codes using ▲ / ▼. If the E8 software version is installed, only E8 will be available. If the E/B/R7 software version is installed, the available model codes will be E7 and B7. Model code B7 applies to B8 or R8 models.
- Total Operating Hours:

The HEART RATE window will show E23, and the dot-matrix screen will display a scrolling message [TOTAL HOURS]. The TIME window will show the total operating hours, ranging from 00:00

(minutes:seconds) to 9999 (hours). If the hours exceed four digits, the extra digits (up to three) will be displayed in the INCLINE/WATT window. To reset the total operating hours, press and hold both 「 PAUSE/STOP 」 and 「 START 」 for 5 seconds.

- Total Operating Distance:
The HEART RATE window will show E24, and the dot-matrix screen will display a scrolling message [TOTAL DISTANCE KM/MI (metric/imperial)]. The total operating distance will be shown in the TIME window, ranging from 0 to 9999. If the distance exceeds four digits, the extra digits (up to three) will be displayed in the INCLINE/WATT window. To reset the total operating distance, press and hold both 「 PAUSE/STOP 」 and 「 START 」 for 5 seconds.
- Press 「 START 」 again to exit Engineering Mode 2.

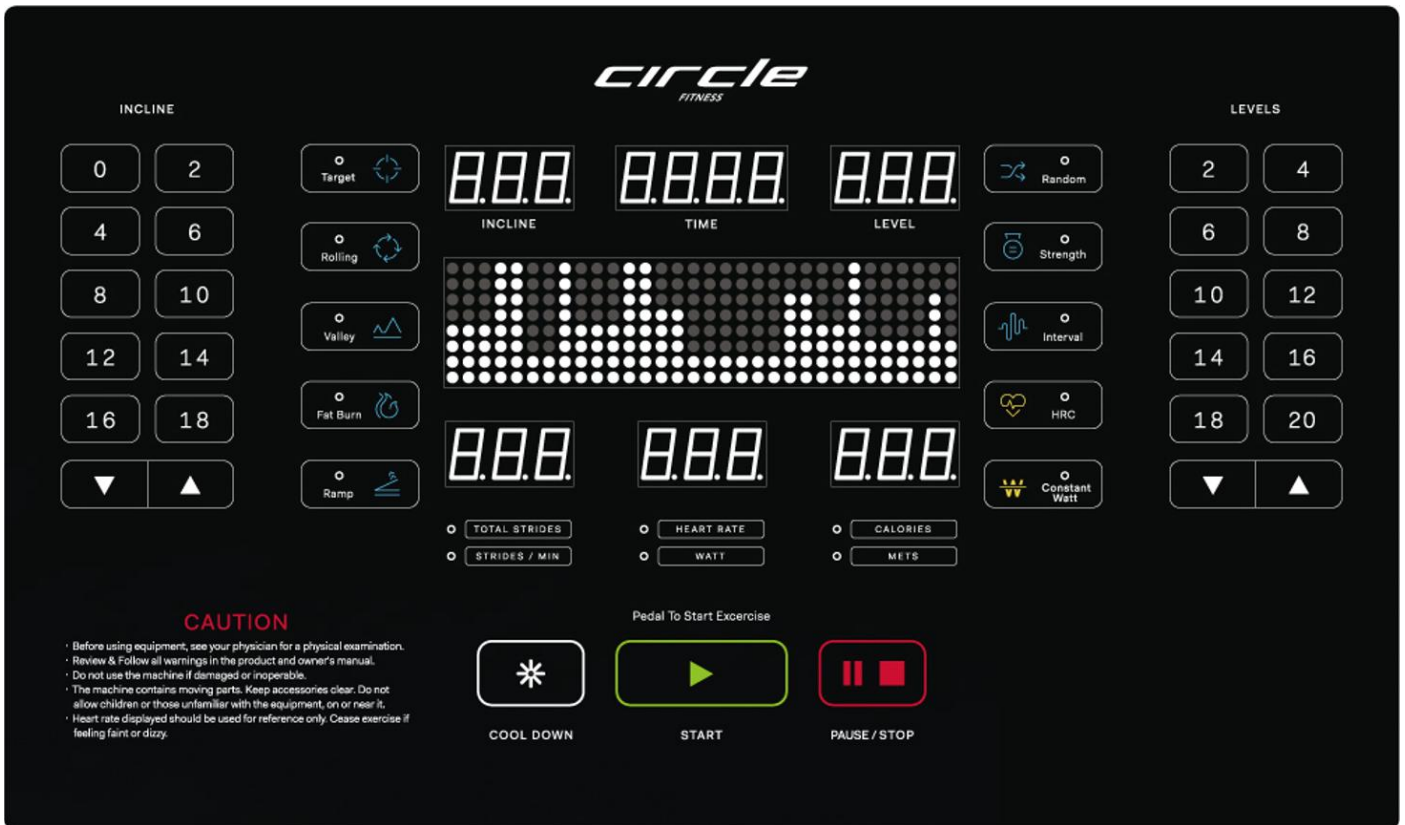
1.3 Engineering Mode 3 (Custom Settings)

In idle mode, press and hold 「 PAUSE/STOP 」, then press and hold ▼(LEVEL / QUICK RESISTANCE) for 3 seconds. The following information will be displayed sequentially. Press 「 START 」 to proceed to the next:

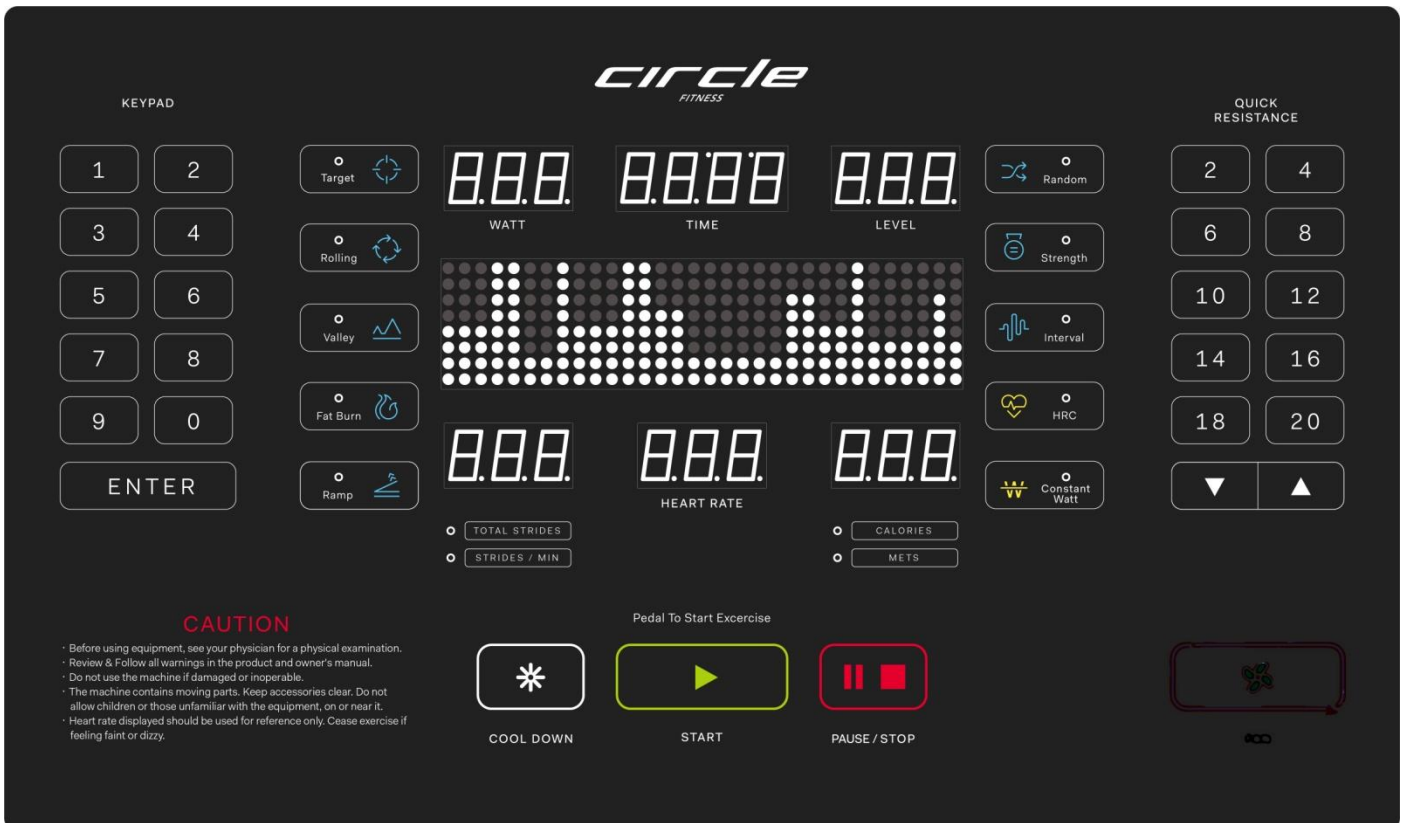
- Unit Setting:
The HEART RATE window will show E31, and the dot-matrix screen will display a scrolling message [UNIT METRIC]. Press ▲ / ▼ (LEVEL / QUICK RESISTANCE) to switch to [UNIT IMPERIAL].
- Language Setting:
The HEART RATE window will show E32, and the dot-matrix screen will display a scrolling message [ENGLISH]. Press ▲ / ▼ to switch between NEDERLANDS (Dutch), FRANÇAIS (French), DEUTSCH (German), ITALIANO (Italian), ESPAÑOL (Spanish), POLSKI (Polish), PORTUGUÊS (Portuguese), SVENSKA (Swedish), and РУССКИЙ (Russian) – totally ten languages.
- Maximum Workout Time Setting:
The HEART RATE window will show E33, and the dot-matrix screen will display a scrolling message [MAXIMUM WORKOUT TIME]. The TIME window will flash 99:00. Press ▲ / ▼ to adjust the value within the range 10:00~99:00. This setting allows users to limit the maximum workout duration.
- Fan Function Setting:
The HEART RATE window will show E34, and the dot-matrix screen will display a scrolling message [FAN OFF]. Press ▲ / ▼ to toggle the fan ON/OFF.
- Upper/Lower Limit Calibration of Incline Motor (E8 Only):
 - A. The HEART RATE window will show E35.
 - B. This step is only required after replacing the upper control circuit board or incline motor.
 - C. Press ▲ or ▼, and the incline motor will automatically move to its extreme positions to calibrate.
 - D. The INCLINE window will display A during calibration and 1 once calibration is complete.
 - E. The TIME window will show the current AD value, while the LEVEL and CALORIES windows will display the upper and lower limit values.
- Press 「 START 」 again to exit Engineering Mode 3.

2 Console Operation

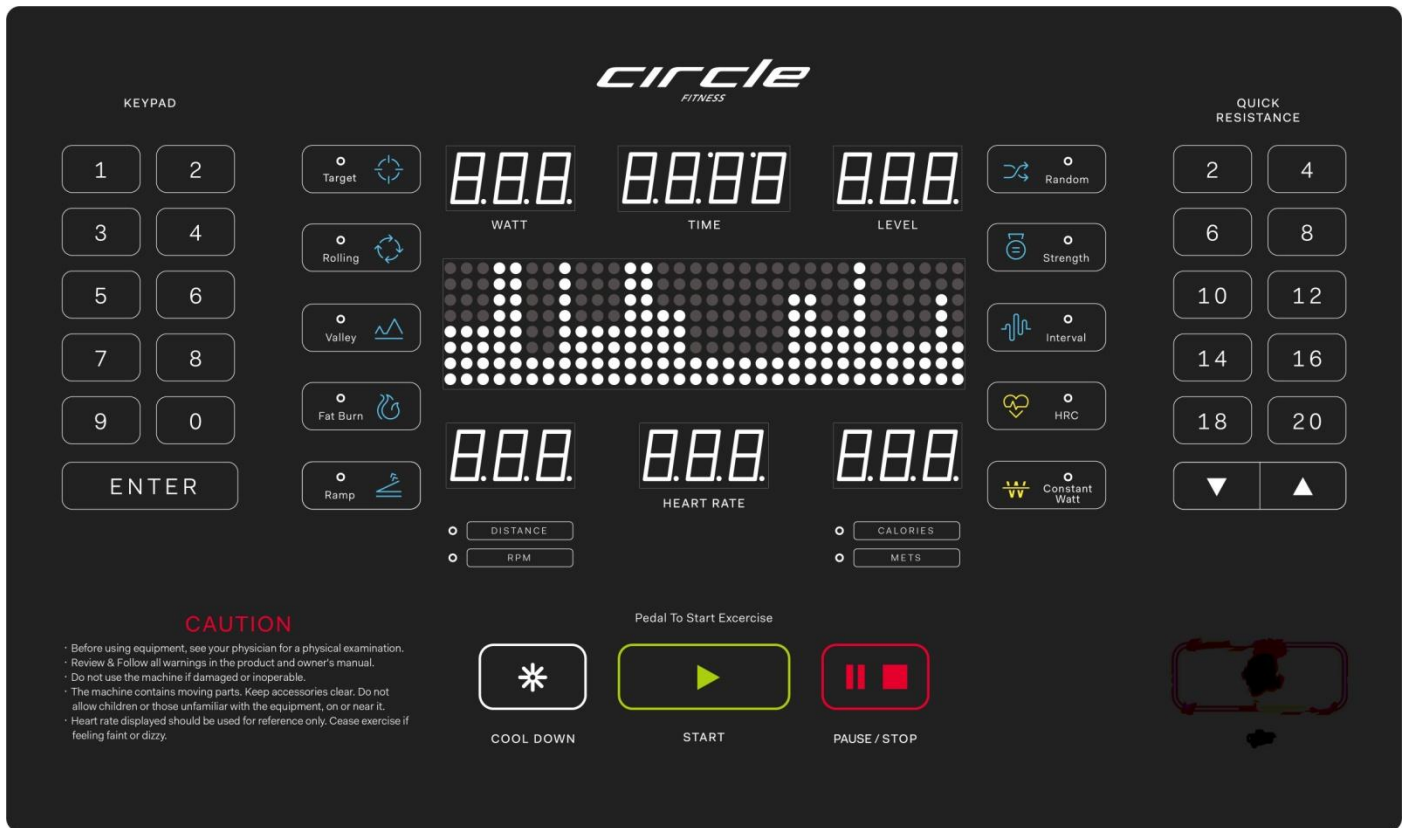
LED Windows and Button Functions on Control Panel



E8



E7



B/R8

LED Display Windows & Toggle Buttons	Description
INCLINE	Current incline level (E8 only).
WATT	Current power output.
TIME	Workout time or functions as a countdown timer.
LEVELS	Current resistance level.
HEART RATE	Current heart rate reading.
TOTAL STRIDES	Total accumulated strides (E8/7 only).
STRIDES/MIN	Strides per minute (E8/7 only).
CALORIES	Calories burned during the workout.
METS	MET stands for "metabolic equivalent of task". It measures energy expenditure based on resting metabolic rate, which is equivalent to 1 MET.
DISTANCE	Total accumulated distance traveled (B/R8 only).
RPM	Revolutions per minute (B/R8 only).
Buttons	Function
▲ / ▼ (INCLINE)	Adjust incline level during the workout (E8 only).
0/2/4/6/8/10/12/14/16/18 (INCLINE)	Quick selection of 10 incline levels (E8 only).
▲ / ▼ (LEVEL / QUICK RESISTANCE)	Adjust resistance level during the workout.
0/2/4/6/8/10/12/14/16/18/20 (LEVEL / QUICK RESISTANCE)	Quick selection of 10 resistance levels.
0/1/2/3/4/5/6/7/8/9/ENTER (KEYPAD)	Quick numeric input 0~9 and confirm values (E7/B/R8 only).

Target / Rolling / Valley / Fat Burn / Ramp / Random / Strength / Interval / HRC / Constant Watt	Select workout programs.
COOL DOWN	Gradually reduces speed to help cool down.
PAUSE / STOP	Press once to pause the workout; press twice to stop completely.
START	Starts the treadmill in idle, pause, or stop mode.

2.1 Idle, Pause, Stop, and Start Workout Modes

- **Idle Mode:**

When the user begins pedaling and the screen lights up, the indicator lights for the various workout program buttons on the console will flash in sequence. This indicates the machine is in idle mode and ready to accept user input.

- **Start Workout Mode:**

In Idle mode, press 「START」 to begin this workout mode. The dot matrix display will show the workout profile, and the machine will start at the lowest resistance level (and incline, only for E8 model). The LED windows will display the corresponding values. Resistance and incline can be adjusted at any time during the workout. When the workout is finished, the machine will enter stop mode.

- **Stop Mode:**

At the end of a workout, the dot matrix screen will show the scrolling message [END OF WORKOUT]. Press 「PAUSE / STOP」 again to return to idle mode.

- **Pause Mode:**

If the user stops pedaling for more than 10 seconds or presses 「PAUSE / STOP」 once, the dot matrix display will show the scrolling message [PAUSE], indicating the machine is in pause mode. To resume the workout, start pedaling again or press 「START」. To enter stop mode from pause mode, press 「PAUSE / STOP」 one more time.

2.2 Target

In idle mode, press 「Target」 to enter the setting of items as below. The dot-matrix screen will display scrolling messages prompting the user to set various items. Adjust the values using ▲ / ▼ (LEVEL / QUICK RESISTANCE), then confirm each setting by pressing 「ENTER」 (Applicable to E7/B/R8) or 「START」 (Applicable to E8). At any time during setup, pressing 「STOP」 will return to the previous setting.

- [SET BODYWEIGHT THEN PRESS ENTER/START]
- [SET TIME THEN PRESS ENTER/START]
- [SET DISTANCE THEN PRESS ENTER/START] (E7/B/R8 only)
- [SET CALORIES THEN PRESS ENTER/START]
- [PRESS START TO BEGIN WORKOUT]

Once 「START」 is pressed, the TIME, CALORIES, and DISTANCE (E7/B/R8 only) displays will begin counting down, while other values will function as they do in start workout mode.

2.3 Programmed Workout Profiles

In idle mode, users can directly select one of the seven programmed workout profiles by pressing the corresponding panel button: 「Rolling / Valley / Fat Burn / Ramp / Random / Strength / Interval」. Upon selection, the dot-matrix screen will display scrolling messages prompting the user to configure the following settings. Adjust values using ▲ / ▼ (LEVEL / QUICK RESISTANCE) and confirm each setting by pressing 「ENTER」 (E7/B/R8 models) or 「START」 (E8 model). At any time during setup, pressing 「STOP」 will return to the previous setting.

- [SET BODYWEIGHT THEN PRESS ENTER/START]
- [SET TIME THEN PRESS ENTER/START]

After completing the bodyweight and time settings, the system will prompt for a third parameter depending on the machine model and selected programmed workout profile:

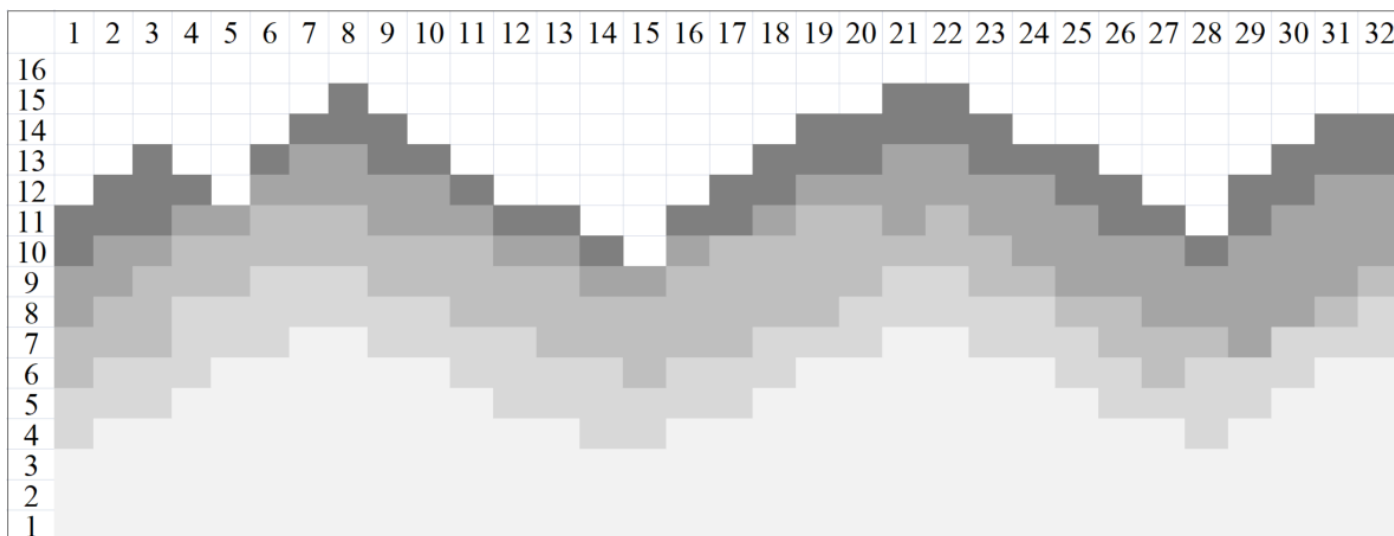
- E7/B/R8 models (Rolling / Valley / Fat Burn / Ramp / Strength / Interval): [SET LEVEL] (Set resistance level, five levels L1~L5 available.)
- E7/B/R8 models (Random): [CHANGE PROFILE BY PRESS ARROW KEY] (Press ▲ / ▼ to generate a random workout profile.)
- E8 model (Fat Burn / Strength / Interval): [SET LEVEL] (Set resistance level, five levels L1~L5 available.)
- E8 model (Rolling / Valley / Ramp): [SET LEVEL] (Set incline level, five levels L1~L5 available.)
- E8 model (Random): [CHANGE PROFILE BY PRESS ARROW KEY] (Press ▲ / ▼ to generate a random workout profile.)

After completing this setting, the screen will display the scrolling message: [PRESS START TO BEGIN WORKOUT]. Press 「START」 to begin the workout. The TIME display will start counting down, while other values function as they do in start workout mode.

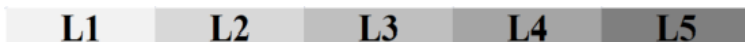
The Execution of Programmed Workout Profiles:

Once the workout begins, the machine will run according to the programmed workout profile. The current column of the workout profile will flash on the dot matrix screen at 1-second intervals, and a new column will be displayed every minute. If a workout time was set during configuration, the system will instead update the profile after each time segment. Each time segment is calculated as total workout time ÷ 32. The resistance level for each column of the workout profile will be automatically adjusted based on the selected program. Users can also manually adjust the resistance level at any time by pressing ▲ / ▼ (LEVEL / QUICK RESISTANCE). For E8 models, the machine will automatically adjust resistance and incline based on the selected program. Users can also manually adjust these settings using ▲ / ▼ (LEVEL) for resistance and ▲ / ▼ (INCLINE) for incline. If the workout duration exceeds 27 minutes, the profile and the horizontal time scale will automatically scroll left every 5 minutes to display upcoming segments.

The following is an example as a programmed workout profile「Rolling」on an E8 model. The horizontal axis represents time, while the vertical axis represents incline. For E7/B/R8 models, all workout profiles display time on the horizontal axis and resistance on the vertical axis.



As below, the five different shades of color in the profile represent the five incline or resistance levels (L1~L5).



2.4 Heart Rate Control (HRC)

In idle mode, press 「HRC」 on the control panel. The dot matrix display will show the default THR mode (Target Heart Rate). You may also use ▲ / ▼ (LEVEL / QUICK RESISTANCE) to select one of the following three other modes: HRC65, HRC75, and HRC85 modes, which represent 65%, 75%, and 85% of maximum heart rate, respectively. After selecting your desired mode, press 「ENTER」 (for E7/B/R8 models) or 「START」 (for E8 models) to confirm. You will then be guided through a series of setup prompts displayed as following scrolling messages on the screen. Use ▲ / ▼ to adjust the value for each setting. After completing each setting, press 「ENTER」 / 「START」 to confirm. You can press 「STOP」 at any time during the setup process to return to the previous setting.

THR mode

- [SET TARGET HR THEN PRESS ENTER/START]
- [SET BODYWEIGHT THEN PRESS ENTER/START]
- [SET TIME THEN PRESS ENTER/START]
- [SET BEGIN LEVEL THEN PRESS START]
- [PRESS START TO BEGIN WORKOUT] (only for E8)

HRC65, HRC75, and HRC85 mode

- [SET AGE THEN PRESS ENTER/START]
- [SET BODYWEIGHT THEN PRESS ENTER/START]
- [SET TIME THEN PRESS ENTER/START]
- [SET BEGIN LEVEL THEN PRESS START]
- [PRESS START TO BEGIN WORKOUT] (only for E8)

After pressing 「START」, the TIME display will begin counting down. All other workout metrics will display the same as in start workout mode. 30 seconds after the program begins, the system will automatically start adjusting the resistance based on the following target heart rate and adjustment rules.

Target Heart Rates:

- THR Mode: Default is 130 bpm. The user may accept this or adjust it (adjustable range: 70–190 bpm).
- HRC 65 Mode: $(220 - \text{age}) \times 0.65$
- HRC 75 Mode: $(220 - \text{age}) \times 0.75$
- HRC 85 Mode: $(220 - \text{age}) \times 0.85$

Adjustment Rules:

- If the actual heart rate is more than 10 bpm below the target, the resistance level will increase by 1 every 30 seconds, up to the maximum resistance.
- If the actual heart rate is more than 10 bpm above the target, the resistance level will decrease by 1 every 30 seconds, down to the minimum resistance.
- If the heart rate reading is 0, no adjustments will be made.

If no heart rate is detected for 20 seconds during the workout, a warning icon will appear on the screen as the image in the right.



2.5 Constant Watt

In idle mode, press 「Constant Watt」 on the control panel to begin program setup. Follow the prompts in the scrolling messages on the dot matrix display as shown below. Use ▲ / ▼ (LEVEL / QUICK RESISTANCE) to adjust the values for each item. After setting each parameter, press 「ENTER」 (for E7/B/R8) or 「START」 (for E8) to confirm. You may press 「STOP」 at any time during setup to return to the previous step.

- [SET BODYWEIGHT THEN PRESS ENTER/START]
- [SET TIME THEN PRESS ENTER/START]
- [SET WATT THEN PRESS ENTER/START]
- [PRESS START TO BEGIN WORKOUT]

After pressing 「START」, the TIME display will begin counting down. Other workout metrics will display as in start workout mode. 30 seconds into the workout, the system will begin adjusting resistance according to the following rules:

- If the actual watt output is more than 10 watts below the target value, resistance will increase by 1 level every 30 seconds until the maximum resistance is reached.
- If the actual watt output is more than 10 watts above the target value, resistance will decrease by 1 level every 30 seconds until the minimum resistance is reached.

