

***circle***

*FITNESS*

ALWAYS MOVING FORWARD

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# ***Owner's Manual***

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# ***Console Operation***

***B6/8 Upright Bike  
R6/8 Recumbent Bike  
E6/7/8 Elliptical***

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***Console Type: Touch***




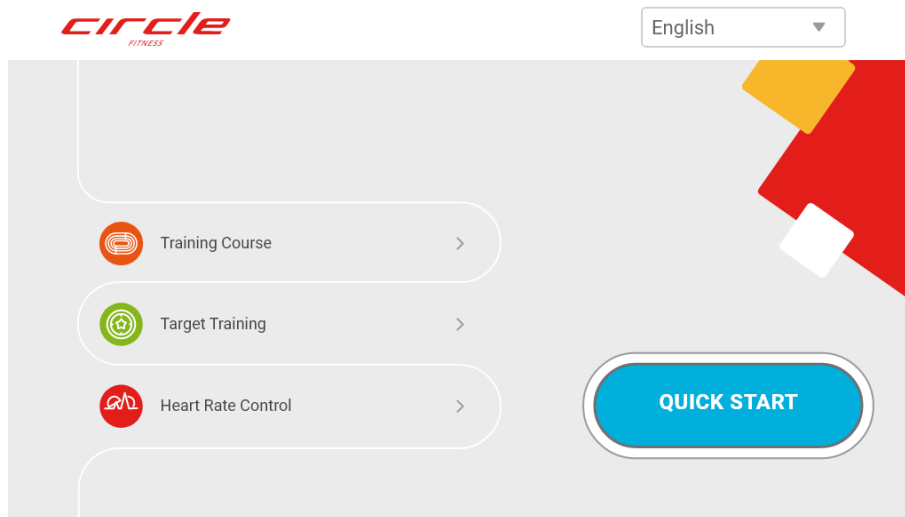
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# 1 Engineering Mode

## How to Enter Engineering Mode

As shown in the image below, press and hold the icon  at the top left corner of the standby screen for 3 seconds. A 「Password」 input field will appear. Enter the password 5598 to access Engineering Mode.



## 1.1 Preference

After entering Engineering Mode, tap 「Preference」. Use the button at the top-right corner to switch between settings screens. The available options include Unit, Language, Brightness, Auto Lock, Maximum Workout Time, Screen Off, Maximum Level, and Fan Option.

Below are explanations of commonly used settings. You may configure the others based on your preferences:

- Units: You can choose between Metric and Imperial.
- Auto Lock: If this setting is on, the screen will lock automatically when nobody uses it for more than 5 minutes. It is necessary to input password to unlock the screen and the default password is 1234.
- Language: There are 15 languages available, including English, Russian, Arabic, German, Spanish, French, Japanese, Dutch, Portuguese, Swedish, Thai, Turkish, Vietnamese, Simplified Chinese, and Traditional Chinese. Tap the drop-down menu to select your preferred language.

## 1.2 Information

After entering Engineering Mode, tap 「Information」. The available options include: Model, Software Version, Total Usage Time, and Total Distance.

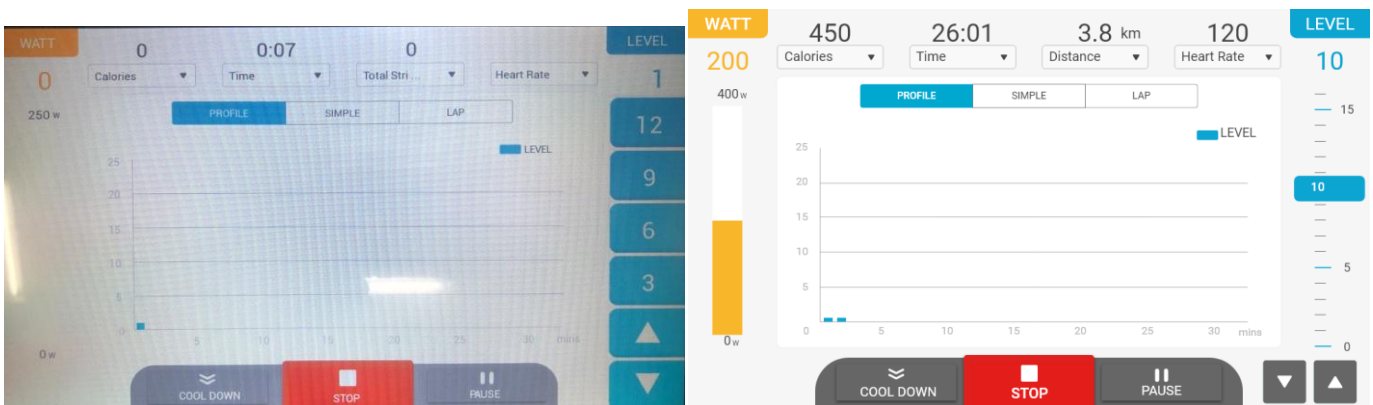
## 1.3 Factory Test

After entering Engineering Mode, tap 「 Factory Test 」 . Use the button at the top-right corner to switch between settings screens. The available options include: Enable Output, Output Current, Incline AD Control (only applicable for E8), Incline Correction (only applicable for E8), and Speed/Incline (only applicable for E8) Control Type.

Within the "Speed/Incline Control Button Type" setting, you can switch between styles of workout-in-progress screen by selecting either (example from E6 screen):

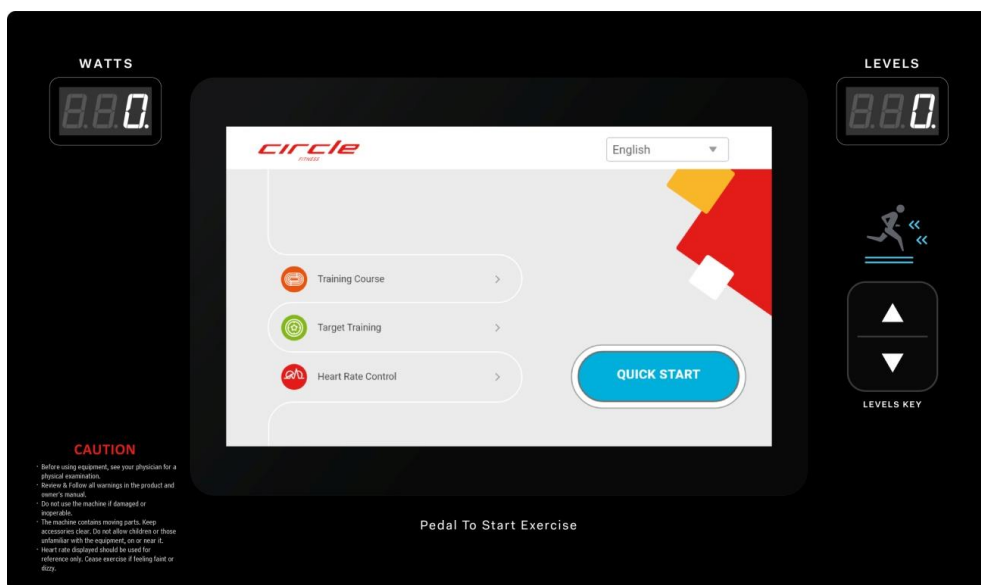
- 「 Quick Button 」 , see left image below.
- 「 Slider Bar 」 , see right image below.

These settings determine whether the workout-in-progress screen uses traditional or modern interface.

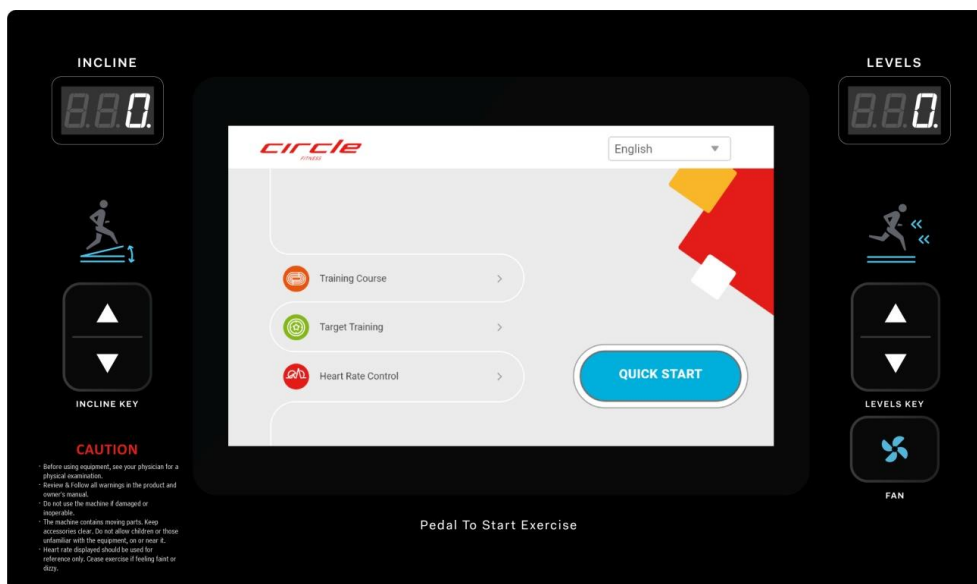


## 2 Console Operation

### Control Panel LED Display and Button Functions (Applicable to E/B/R8 and E7)



(Applicable to B/R8 and E7)

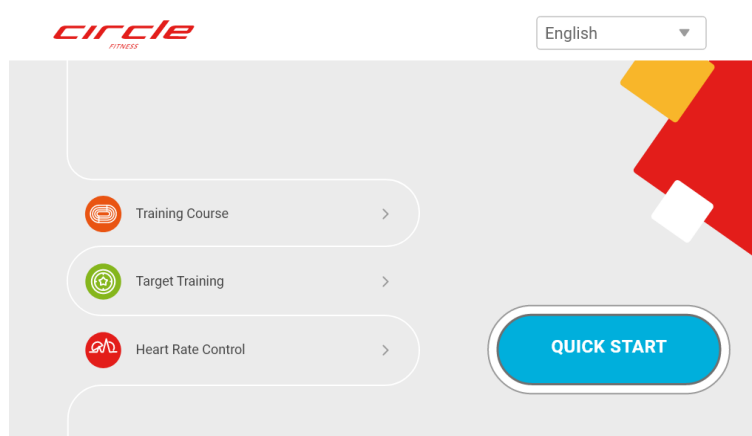


(Applicable to E8)

LED Display	Descriptions
INCLINE	Displays the current incline level.
LEVELS	Displays the current resistance level.
Button	Functions
▲ / ▼ (INCLINE KEY)	Adjust the incline level during a workout.
▲ / ▼ (LEVELS KEY)	Adjust the resistance level during a workout.
FAN (Optional, only for E8)	Press to activate the fan with two speed options: low and high.

## 10.1" Touch Screen Operation (Applicable to E/B/R6, E7, and E/B/R8)

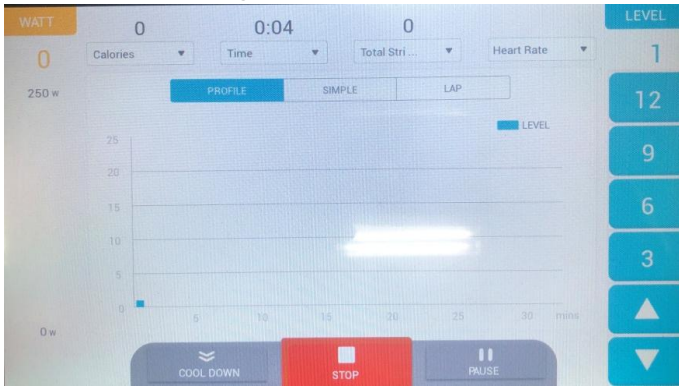
As shown in the standby screen image below, users can tap the touch screen to activate one of four available workout functions. Each function is described as follows:



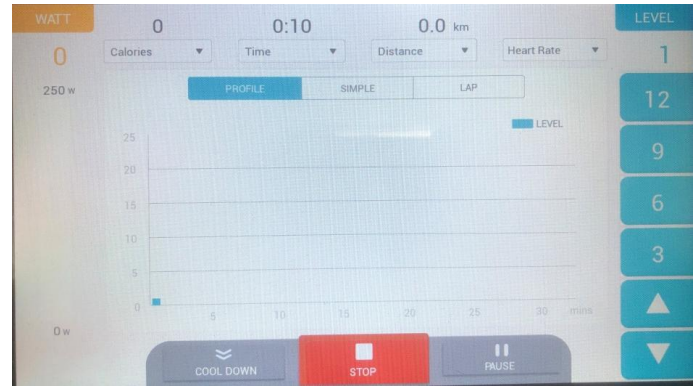
### 2.1 Quick Start

Tapping 「 QUICK START 」 in standby mode will start the workout at the lowest speed and incline (only for E8) level. Users can adjust these levels anytime, while time and distance are automatically recorded. At this moment, the workout-in-progress screen looks similar across all modes and is described as below.

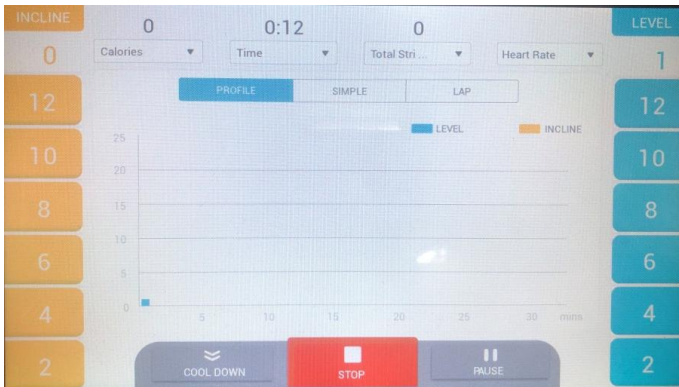
## Workout-in-Progress Screen



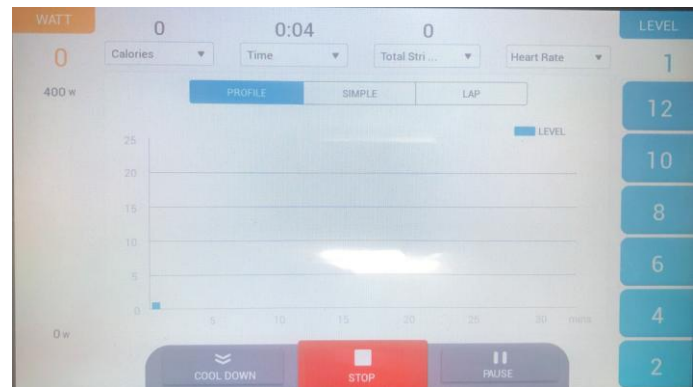
(Applicable to E6)



(Applicable to B/R6)



(Applicable to E8)



(Applicable to E7)

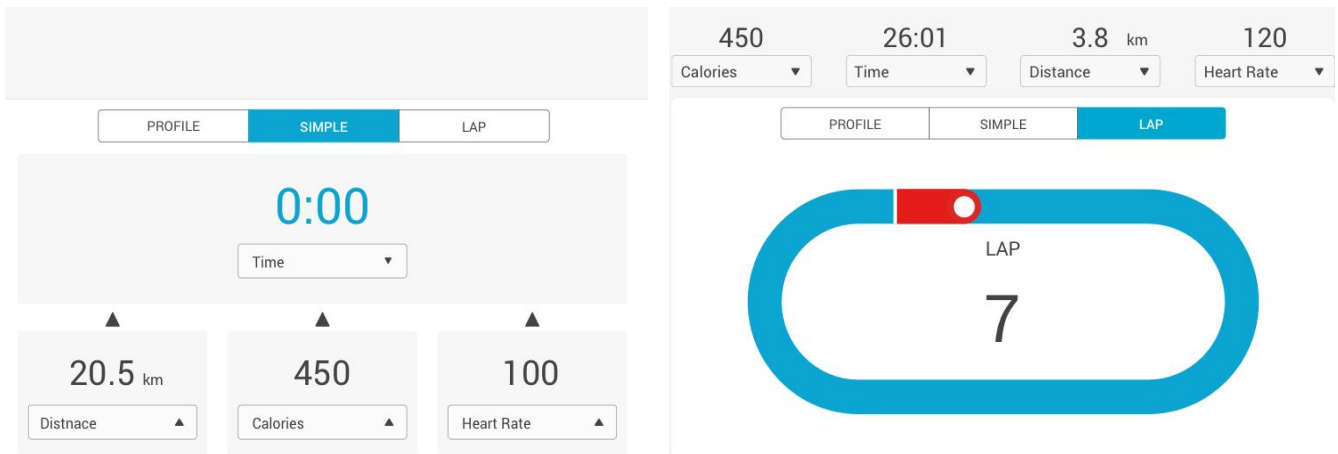
Metrics (Applicable across all modes) as below can be tapped to switch between available displays:

- 「Calories」, 「Cal/H」, 「Mets」
- 「Time」, 「Time Remaining」
- 「Distance」, 「Speed」, 「Avg. Speed」, 「RPM」, 「Watt」
- 「Total Strides」, 「Strides/Min」, 「Watt」; This metric is only applicable to E6/7/8.
- 「Heart Rate」, 「Average Heart Rate」

### Button Functions Overview

- 「COOL DOWN」: Gradually lowers the workout resistance to help the user back to a resting state.
- 「PAUSE」: Temporarily stops the workout. Users can then either click STOP to end the session or click RESUME to continue the workout.
- 「STOP」: Ends the workout and navigates to the summary page.
- 「2/4/6/8/10/12(INCLINE)」: Quick selection of 6 incline level (only applicable to E8).
- 「2/4/6/8/10/12(LEVELS)」: Quick selection of 6 resistance level (only applicable to E7).
- 「3/6/9/12▲ / ▼(LEVELS)」: Quick selection of 4 levels or press increase/decrease to adjust resistance (only applicable to E/B/R6).

Users are allowed to switch between three display modes during workout-in-progress: PROFILE (Default), SIMPLE, and LAP. The latter two modes are as in the left and right images below (example from B/R6 screen).



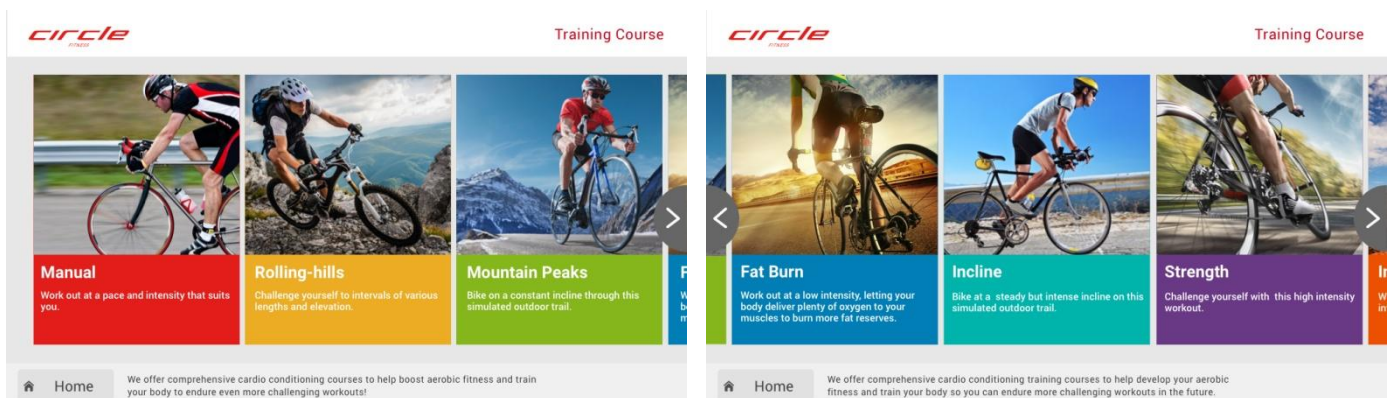
## Summary Screen

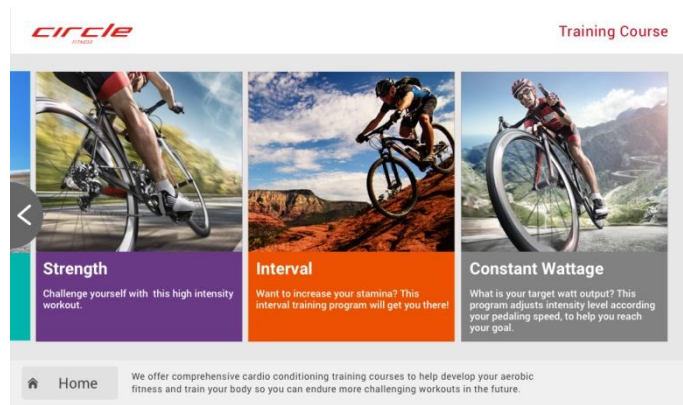
After completing a workout, the Workout Summary Screen will be displayed as below (example from B/R6 screen).



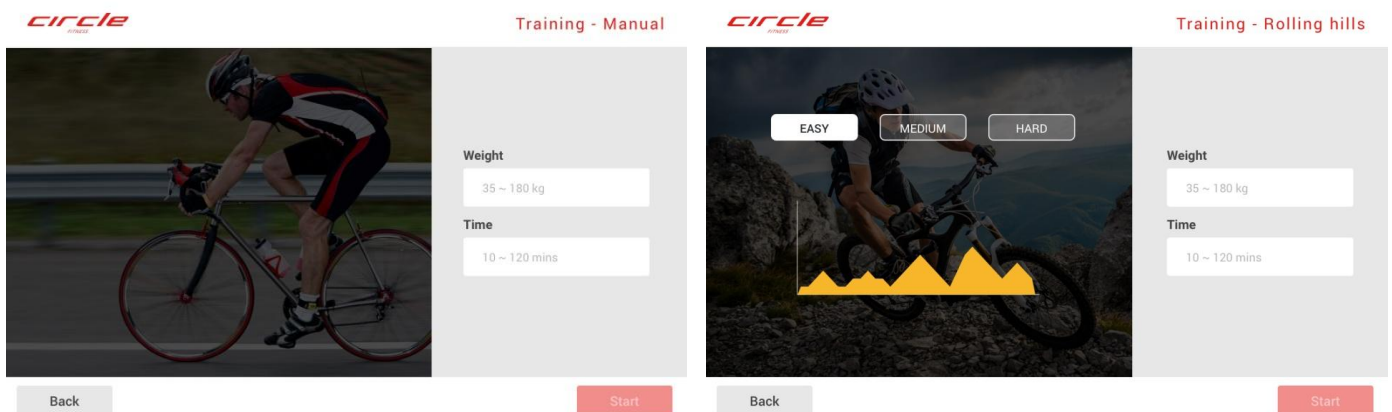
## 2.2 Training Course

In standby mode, tap 「Training Course」 to access eight available training courses that can be selected based on your needs: 「Manual / Rolling-hills / Mountain Peaks / Fat Burn / Incline / Strength / Interval / Constant Wattage」. To return to the previous menu, tap 「Home」 at the bottom left corner of the screen.

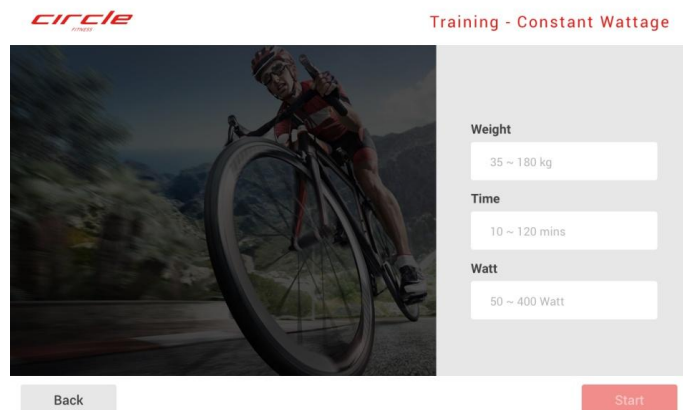




- In 「Manual」 mode it is required to set Weight and Time as shown below in the left image.
- In 「Rolling-hills / Mountain Peaks / Fat Burn / Incline / Strength / Interval」 modes, it requires not only to set Weight and Time, but also to set a difficulty level: 「Easy/Medium/Hard」 as shown below in the right image. (In the 「Rolling-hills」 mode, for example)



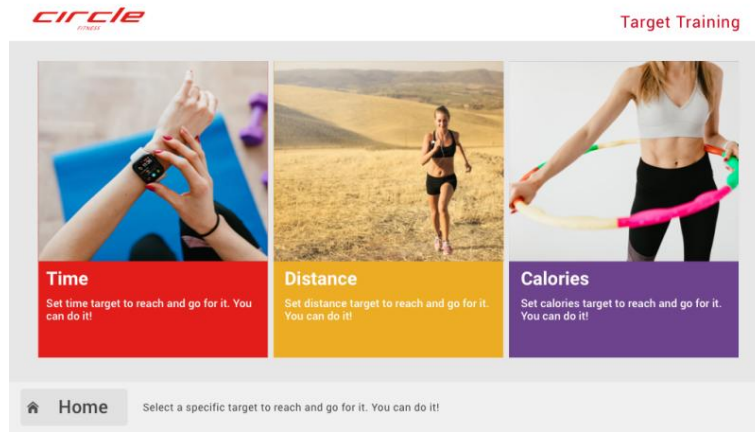
- In 「Constant Wattage」 mode, users must set Weight, Time, and Wattage as shown below (Watt input range is applicable to E/B/R8 and E7 in this example).



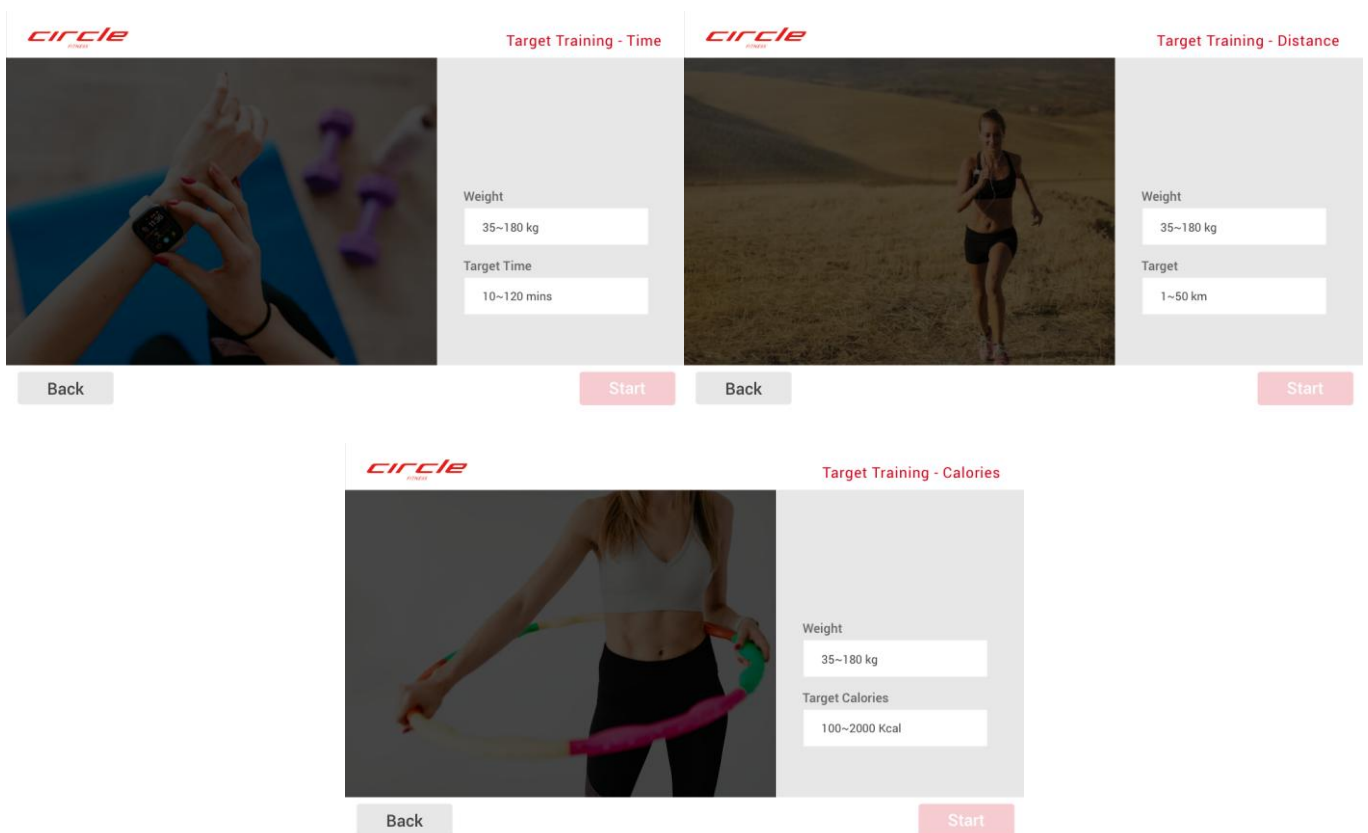
To return to the previous menu, tap 「Back」 at the bottom left corner of the screen. Tap 「Start」 to enter workout-in-progress screen. Once the workout ends, it will automatically proceed to the summary screen.

## 2.3 Target Training

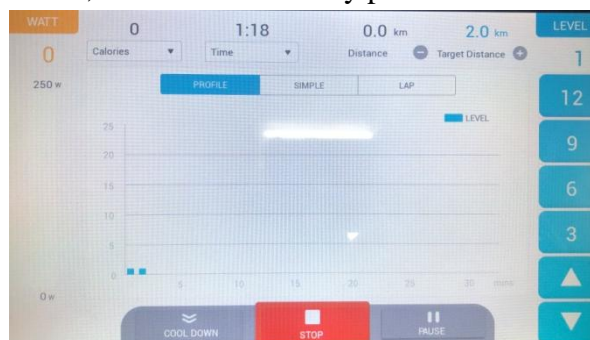
In standby mode, tap 「Target Training」 to access three available training modes that can be selected based on your needs: 「Time / Distance / Calories」. To return to the previous menu, tap 「Home」 at the bottom left corner of the screen.



- As shown below, in these three modes it is required to set Weight and Target Time / Target Distance / Target Calories, respectively.

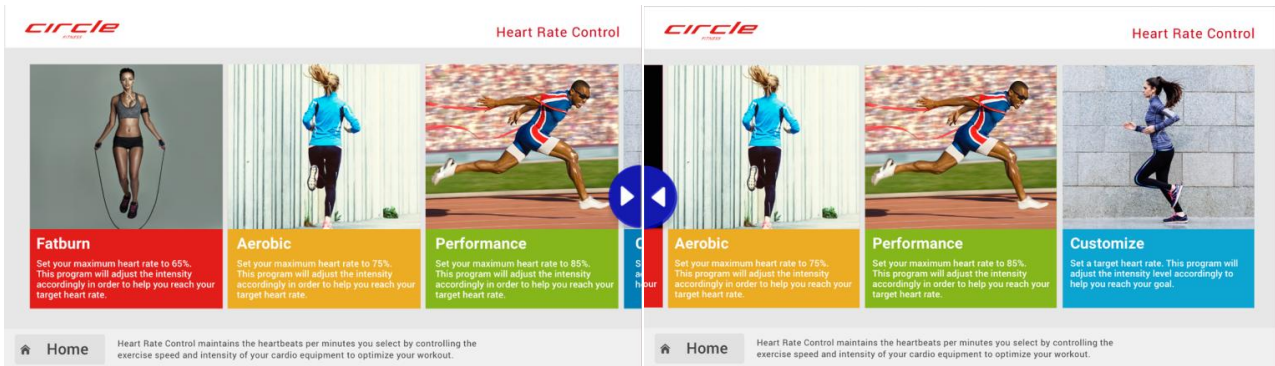


Tap 「 Start 」 to enter workout-in-progress screen(see image below, example from distance target training of B/R6 screen). Once the workout ends, it will automatically proceed to the summary screen.



## 2.4 Heart Rate Control

In standby mode, tap 「Heart Rate Control」 to access four available training modes that can be selected based on your needs: 「Fatburn / Aerobic / Performance / Customize」. To return to the previous menu, tap 「Home」 at the bottom left corner of the screen.



- In these four modes, after setting Time, Weight, and Age, a corresponding target Heart Rate will be automatically calculated for user reference. (as shown in the left image below for the 「Fat Burn」 mode) After the user inputs the value, tap 「Start」 (as shown in the right image below) to enter workout-in-progress screen (see next image, example from B/R6 screen). Once the workout ends, it will automatically proceed to the summary screen.

