

circle

FITNESS

ALWAYS MOVING FORWARD

Owner's Manual

Console Operation

E6 Elliptical

B6 Upright Bike

R6 Recumbent Bike

LED Screen

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1 Engineering mode

How to Enter Engineering Mode

While in standby mode, press and hold 「PAUSE/STOP」, then simultaneously press and hold 「RESISTANCE KEY▲」 for three seconds to enter Engineering Mode. To return to the previous menu, press the Home icon in the top-right corner or press 「PAUSE/STOP」 again.

1.1 Preference

In Engineering Mode, swipe and press 「Preference」. In the 「Preference」 menu, swipe to navigate through the following settings:

- 「Unit」
- 「Language」
- 「Brightness」
- 「Auto Lock」
- 「Max Workout Time (Min)」
- 「Screen Off (Min)」
- 「Max Level」
- 「Fan」

Users can adjust these settings based on their preferences. Below are two commonly used settings:

- 「Unit」: There are 「Metric」 and 「Imperial」 measurement units to choose. The default is 「Metric」.
- 「Auto Lock」: When this setting is enabled, the console will automatically lock if it remains idle on the home screen for 5 minutes. A password is required to unlock the screen. The default password is 1234.
- 「Language」: The system supports 15 languages including English, Russian, Arabic, German, Spanish, French, Japanese, Dutch, Portuguese, Swedish, Thai, Turkish, Vietnamese, Simplified Chinese, and Traditional Chinese. Due to memory limitations, only English and one customized language are pre-installed at the factory. The default language is 「English」.

1.2 Information

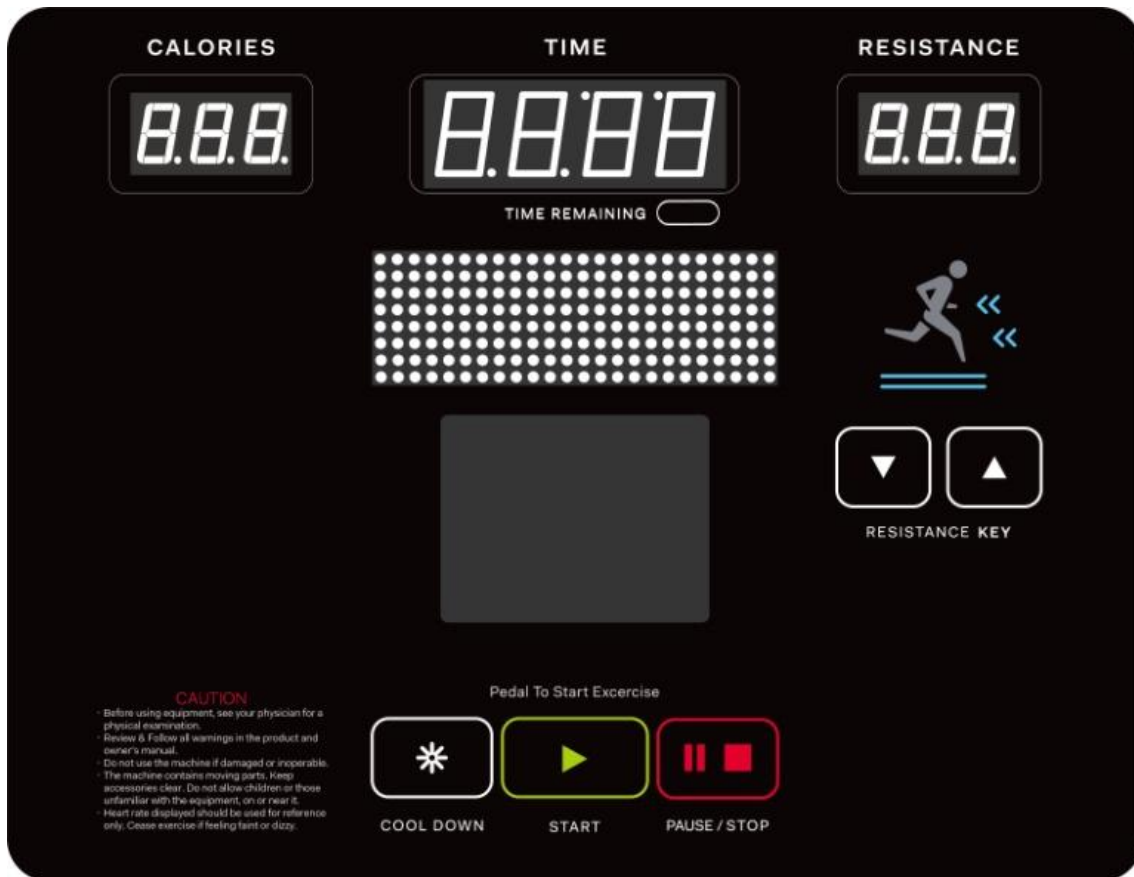
In Engineering Mode, swipe and press 「Information」. Then swipe to view the following system details: 「Software Version」, 「Total Usage Time (hrs)」, and 「Total Distance (Km)」.

1.3 Factory Test

In Engineering Mode, swipe and press 「Factory Test」. Then swipe to access the following options: 「Enable Output」 and 「Output Current (A)」.

2 Console Operation

Control Panel LED Display and Button Functions



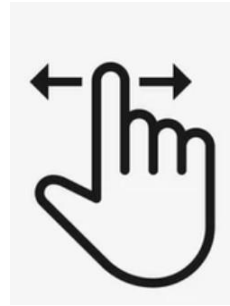
LED Display	Descriptions
RESISTANCE	Displays the current resistance level.
TIME	Displays the elapsed workout time or remaining time.
CALORIES	Displays the calories burned so far.
STATUS DESCRIPTION	Indicates the current operational status of the equipment.
Button	Functions
▲ / ▼ (RESISTANCE KEY)	Adjust the resistance level during a workout.
COOL DOWN	Gradually lowers resistance to help the user cool down safely.
PAUSE / STOP	Press once to pause the workout; press twice to enter stop mode.
START	Starts the equipment from setup, pause, or stop mode.

2.8" Touch Screen Program Overview

Touch Screen Gesture

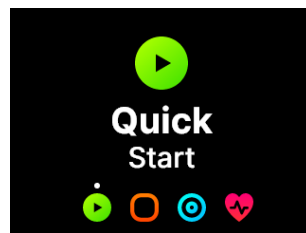


Press to confirm



Swipe to select

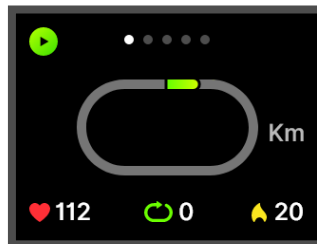
2.1 Quick Start, Workout in Progress, and Summary



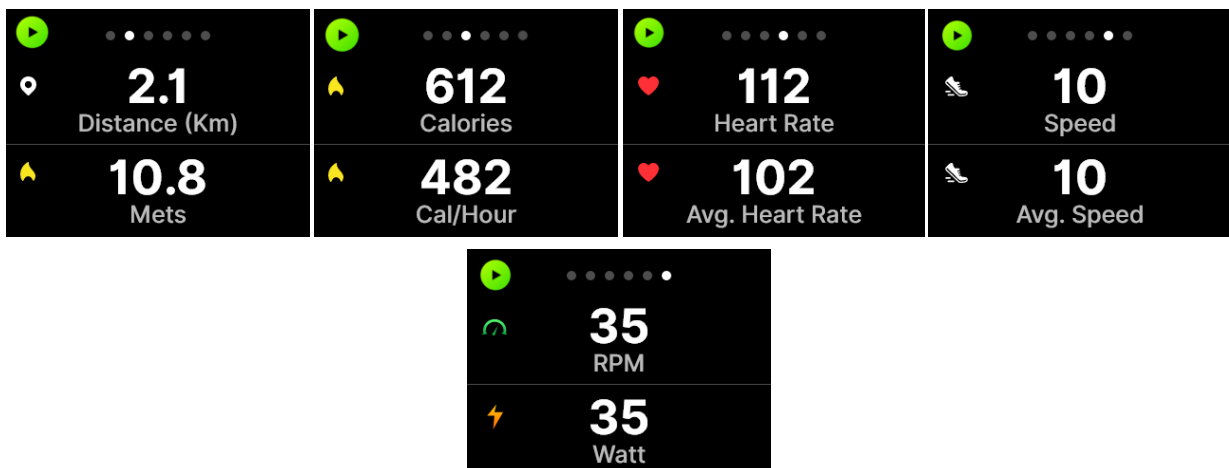
Pressing 「QUICK START」 in standby mode as right will start the workout at the lowest speed and incline level. Users can adjust these levels anytime, while time and distance are automatically recorded. At this moment, the workout-in-progress screen looks similar across all modes and is described as below.

Workout-in-Progress Screen

The workout-in-progress screen will display as shown below.

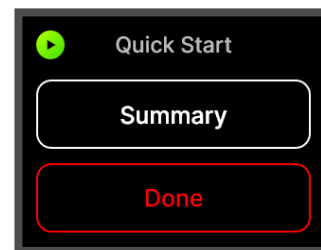


Users can swipe to switch between the following items (shown from left to right): Distance (Km) & METs, Calories & Calories/hour, Heart Rate & Avg. Heart Rate, Speed & Avg. Speed, and RPM & Watt.

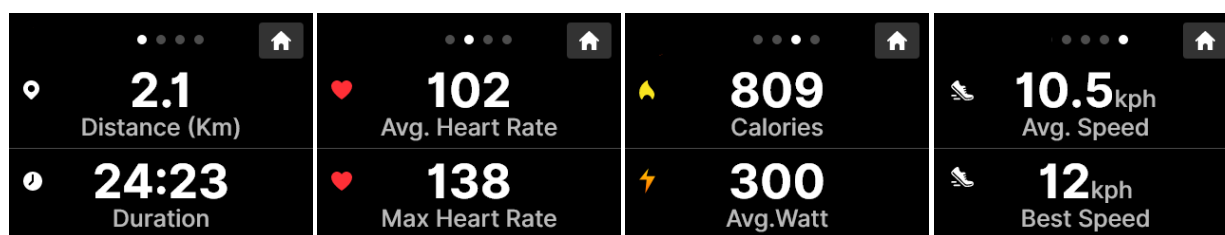


Summary Screen

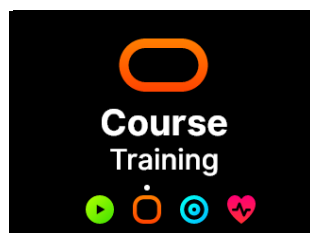
To end a workout, press 「PAUSE/STOP」. The system will display a prompt screen where you can choose either 「Summary」 or 「Done」 as right. In some other workout modes, a similar Summary/Results screen will appear if the workout ends early or upon completion.



If you choose to view the Summary/Results screen, you can swipe to switch between the following items (shown from left to right as below): Distance (Km) & Duration, Avg. Heart Rate & Max Heart Rate, Calories & Avg. Watt, and Avg. Speed & Best Speed.



2.2 Course Training

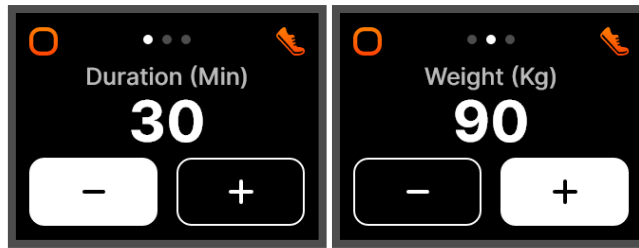


When the machine is in standby mode, swipe and press 「Course Training」 as above. Then, swipe again to choose from the eight available Course Training modes, displayed from left to right as shown below:

「Manual / Rolling-hills / Mountain Peaks / Fat Burn / Incline / Strength / Interval / Constant Wattage」. Press 「PAUSE/STOP」 to return to the previous menu.



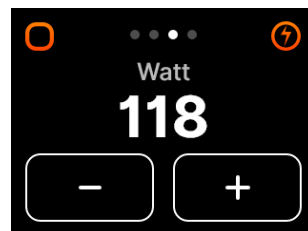
- In 「Manual」 mode it is required to swipe and set Duration and Weight as shown below.



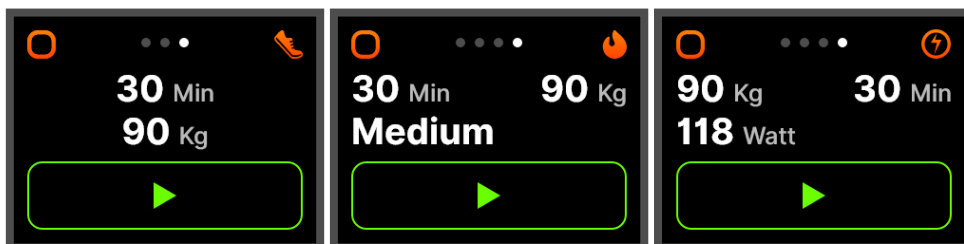
- In 「Rolling-hills / Mountain Peaks / Fat Burn / Incline / Strength / Interval」 modes, it requires not only to swipe and set Duration and Weight, but also to set a difficulty level from Easy/Medium/Hard as shown below (In the 「Cardio」 mode, for example). The default level is set to Easy.



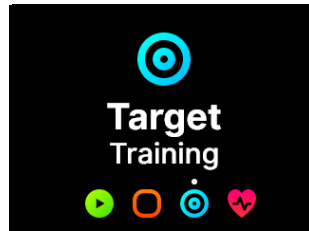
- In 「Constant Wattage」 mode, it requires not only to swipe and set Duration and Weight, but also to swipe and set Watt as shown below.



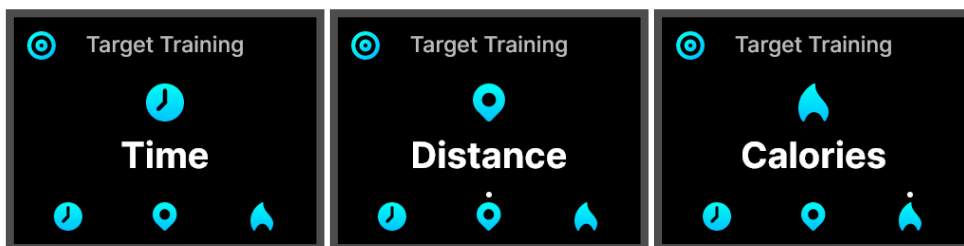
After completing the setup, swipe again to view the confirmation screen (as shown in the left image for 「Manual」 mode, the center image for 「Fat Burn」 mode, and the right image for 「Constant Wattage」 mode). Press 「▶」 to enter workout-in-progress screen. Once the workout ends, the system will automatically proceed to the summary screen.



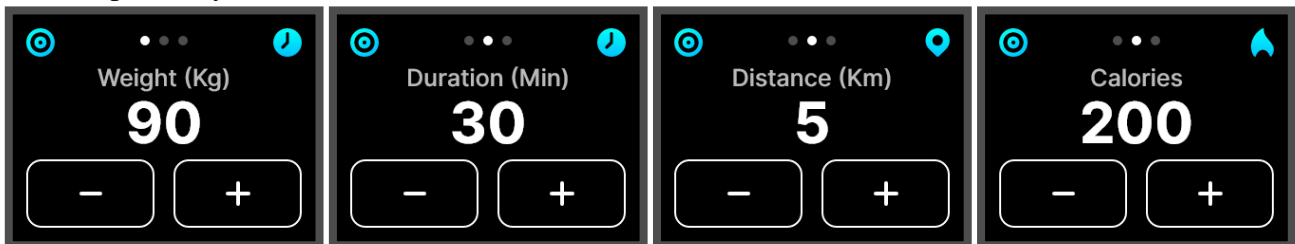
2.3 Target Training



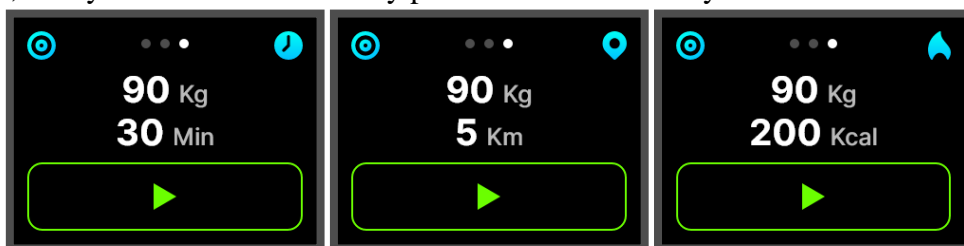
When the machine is in standby mode, swipe and press 「Target Training」 as above. Then, swipe again to choose from the three available Target Training modes, as shown below from left to right: 「Time / Distance / Calories」. Press 「PAUSE/STOP」 to return to the previous menu.



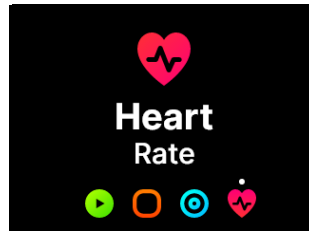
- As shown below, in these three modes it is required to swipe to set Weight and Duration / Distance / Calories, respectively.



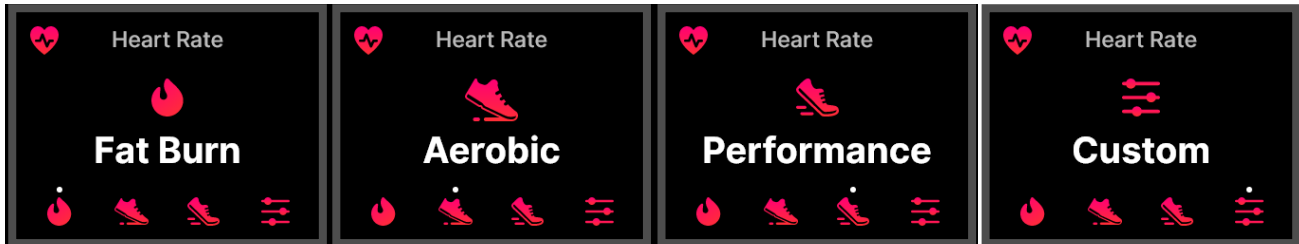
After completing the setup, swipe again to view the confirmation screen of Duration / Distance / Calories mode. (as shown below from the left image to the right) Press 「▶」 to enter workout-in-progress screen. Once the workout ends, the system will automatically proceed to the summary screen.



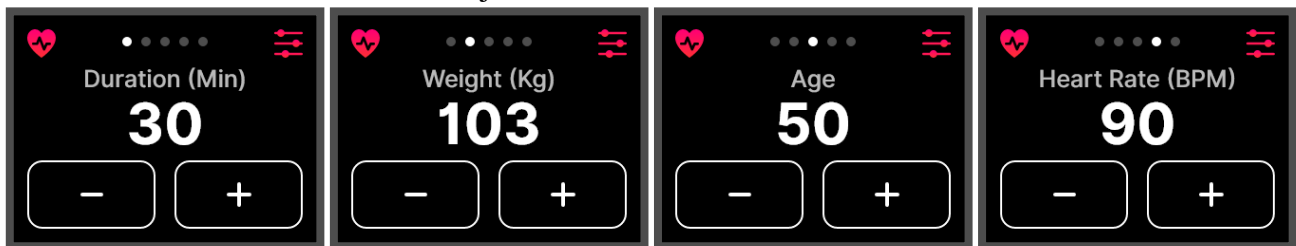
2.4 Heart Rate



When the machine is in standby mode, swipe and press 「Heart Rate」 as above. Then, swipe again to choose from the available Heart Rate modes, as shown below from left to right: 「Fat Burn / Aerobic / Performance / Custom」. Press 「PAUSE/STOP」 to return to the previous menu.



- In these four modes, after swiping to set Duration, Weight, and Age, a corresponding target heart rate will be automatically calculated and displayed. (as shown below for the 「Custom」 mode) This value is provided for user reference and can be adjusted if needed.



After completing the settings, swipe to reach the confirmation screen (left image below, using 「Custom」 mode as an example). Press 「▶」 to enter workout-in-progress screen. If the user's heart rate is below or above the target value, the program will automatically increase or decrease the incline to adjust workout intensity accordingly (right image below shows an example of increasing resistance), helping the user's heart rate move closer to the target. After the workout ends, the system will display the results screen.

