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Computeranleitung
„M-Display“

EAC



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Safety instructions

Please observe the following instructions for your own safety:

- The training device must be set up on an appropriate and firm surface.
- Inspect the connections for firm fitting before initial operation and additionally after approximately six operation days.
- In order to prevent injuries caused by wrong stress or over-stress, the training device may only be used in accordance with the instructions.
- It is not recommended to permanently set up the device in humid rooms due to the resulting corrosion development.
- Assure yourself regularly that the training device functions properly and that it is in duly condition.
- The operator is responsible for the safety controls, which have to be carried out on a regular and proper basis.
- Defective or damaged parts must be exchanged immediately. Only use original KETTLER spare parts.
- The device may not be used until after repairs are completed.

- The safety level of the device can only be maintained provided that it is regularly inspected for damage and wear and tear.

For Your Safety:

- Before starting the training, check with your GP that you are fit for training with this device. The doctor's findings should form the basis for the setup of your training programme. Incorrect or excessive training may damage your health.
- Systems to monitor your heart rate can be imprecise. Excessive training may result in serious damage to your health or death. Should you feel dizzy or weak, stop the training immediately.

Brief Description

The electronics have a display area (Display) with changeable symbols and graphics, and a function area with keys.

Indicator Area
Display

Function Area
Keys



Instructions (in brief)

Function Area

The four keys are briefly explained in the following.

(press quickly)

With this function key, entries are called up.
The selected data is transferred.

Reset (press longer)

The current display is deleted for a restart.

Plus + / Minus –

With these function keys, values are changed in the various entries before the training

- pressed longer > faster display of values series
- "Plus +" and "Minus –" pressed simultaneously:

Value entry jumps to OFF

RECOVERY

With this function key, the Recovery Pulse function is started.

Pulse Measurement

The pulse can be measured via 2 sources:

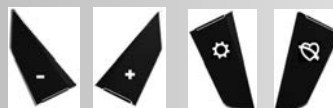
1. Hand pulse

The connection is located on the back side of the display;

2. Chest strap

The input is located on the back side of the display.

(Chest strap not always included at delivery) The POLAR Chest Strap T34 is available as an accessory (Art.-No. 67002000). Only "uncoded systems" function.



Training and Operating Instructions

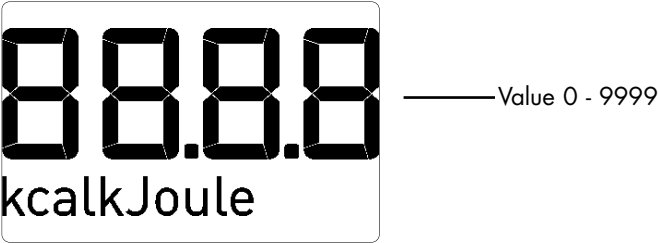
Operating Instructions (in brief)

Indicator Area / Display

The display area informs you about the various functions.

Energy Consumption

in kcal or kJoule

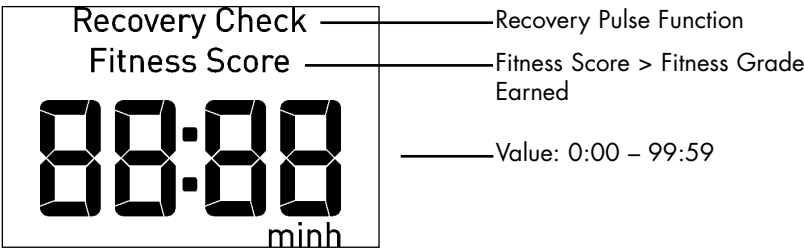


Training Time

Total Training Time (h) after turning on or resetting the display

Time Rewind

found at Recovery Check



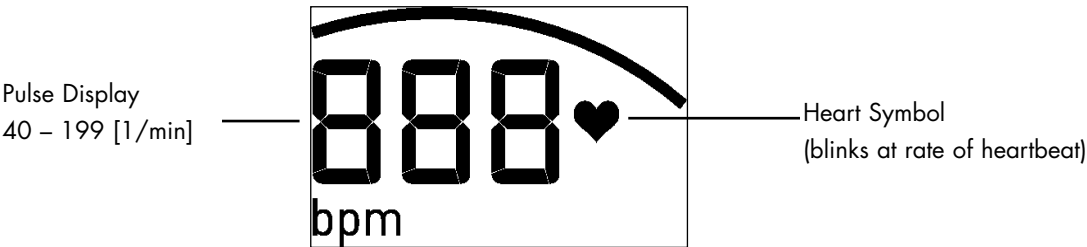
Course

Entire Course (sum)

After turning on or resetting display

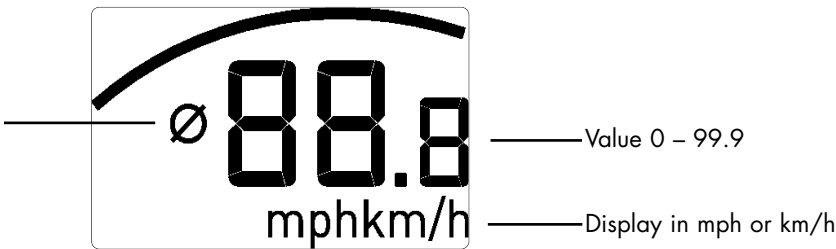


Pulse



Speed

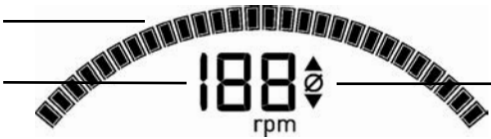
Average Value Display at Training Pause



Cadence (rpm)

14 - 118 rpm

14 - 199 rpm



Average Value Display at Training Pause

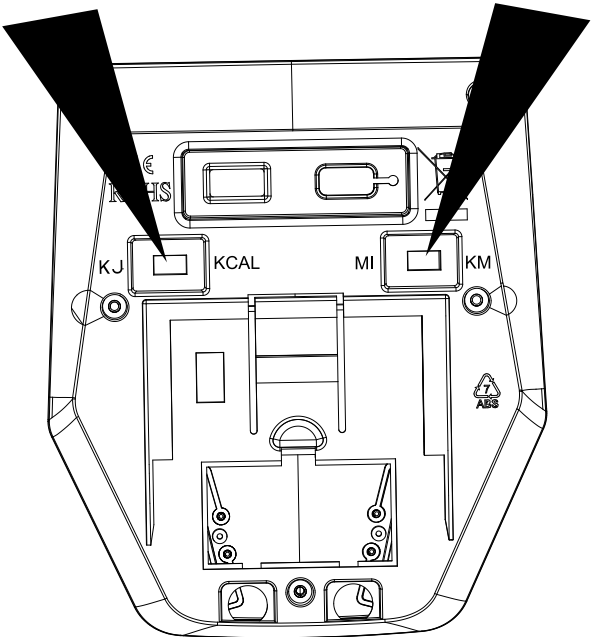
Battery Charge



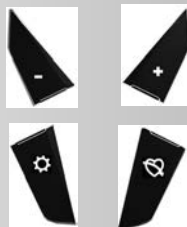
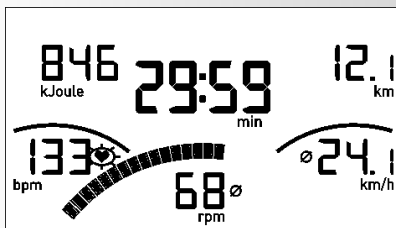
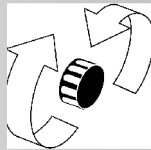
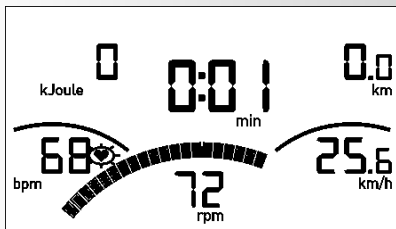
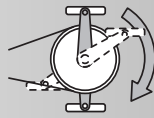
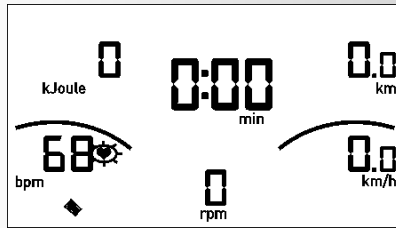
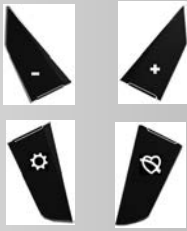
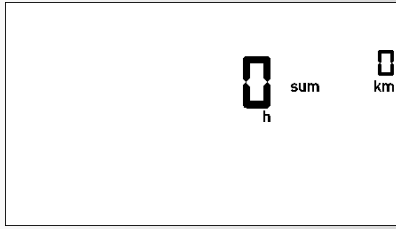
Battery charge is no longer sufficient for pulse measurement.
Change Battery.
Total Training Time, Entire Course, and specifications are lost when battery is changed.

The displays kcal or kJoule and miles or km are set with the slide switches on the reverse side. Changes are made by pressing the Reset key.

The pedal rotations in the instructions refer to an exercise machine
60 rpm = 21.3 km/h = 13.3 mph.
For a crosstrainer the allocation is
60 rpm = 9.5 km/h = 5.9 mph.



Training and Operating Instructions



Quickstart (for basic orientation)

Without Specific Settings

- Press a key

Display:

- All segments are briefly displayed. (Segment Test)
- The total hours and kilometers are briefly displayed. Thereafter, change to the display "Training Readiness"

Training Readiness

Display:

- All areas display "zero" except pulse (if active)
- Start training by pedaling

Training Start

Display:

- Pedal Rotation segments, Distance, Speed, Energy and Time: count goes upwards.

- Pulse (if active)

Brake Adjustment:

- By turning to the right the brake level is raised, and by turning to the left it is reduced.

Training Pause or End

At Training Pause or End, Average Values from the last training unit are displayed with the Ø symbol.

Display

- Average Values (Ø):

Pedal Rotations and Speed

- Total Values

Energy, Distance and Time

- Current Pulse (if active)

Standby Mode

Device switches to Standby mode 4 minutes after Training End.

Press any key; Display begins again with Segment Test, display of total hours, total kilometers and training readiness.

Training

1. Training Without Settings

- Press any key
and/or
- tread on pedals (as under Quickstart)

2. Training With Settings

display: "Training Readiness"

- Press "⚙️": settings area

Time Setting (min)

- With "Plus +" or "Minus −", enter value (e.g., 30:00)
confirm with "⚙️".

Display: next menu "COURSE"

Setting Course (miles or km)

- With "Plus +" or "Minus −", enter value (e.g., 7.5)
Confirm with "⚙️".

Display: next menu "ENERGY"

Setting Energy (kcal or KJoule)

- With "Plus +" or "Minus −", enter value (e.g., 780)
Confirm with "⚙️".

Note:

The settings are saved.

- Pedaling

In settings, count goes downwards.

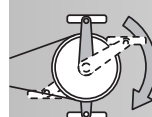
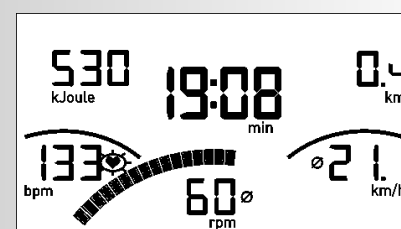
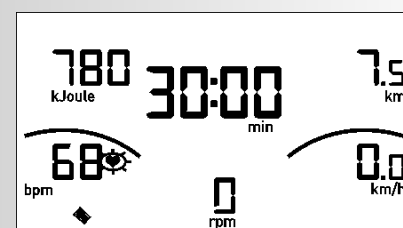
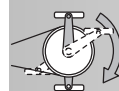
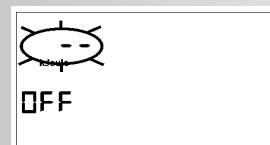
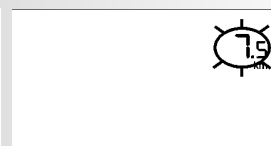
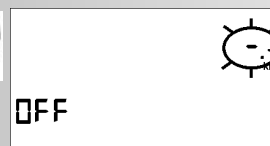
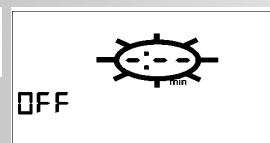
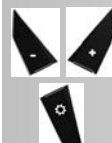
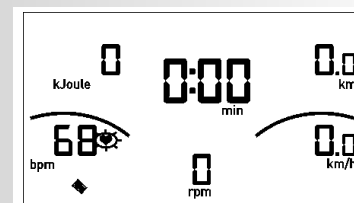
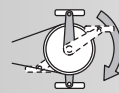
Training Pause or Training End

With less than 14 pedal rpm, the device's electronics recognize a Training Pause. Rotations and Speed are represented as Average Values with the Ø symbol.

The Training Data is displayed for 4 minutes. If, during this time, you press no keys and do not train, the electronics will switch to Standby mode.

Training Resumption

If Training is continued within 4 minutes, the last values will be further counted or counted down.





RECOVERY – Function

Recovery Pulse Measurement

At Training End press  > RECOVERY.

Display

• Recovery Check

Your pulse is measured electronically in a 60 second countdown. Under "Energy", the active pulse (P1) is displayed.

Display

• Fitness Score

After the time returns to its original position (rewinds), the Fitness Score (for example, 3.3) is displayed under Fitness Score.

The display will end after 20 seconds.

 > RECOVERY interrupts the Recovery Pulse function or Fitness Score display.

If no pulse is registered, the error message "E

General instructions

System signals

Activation of the device

If you activate the device, a signal is emitted during the segment test.

Presetting

A short signal is emitted, if you reach a presetting like time, distance and KJoule/kcal.

Exceeding of maximum pulse

If the set maximum pulse is exceeded by one pulse beat, two short signals are emitted for the time of exceedance.

Recovery

Calculation of the fitness mark (F):

$$\text{mark (F)} = 6.0 - \left(\frac{10 \times (P1 - P2)}{P1} \right)^2$$

P1 stress pulse

P2 = recovery pulse

F1.0 = very good

F6.0 = insufficient

Calculation of average value

The calculations of the average values refer to training units in the past until a reset or the sleep mode.

Instructions for pulse measurement

The pulse measurement starts as soon as the heart in the display blinks in time with your pulse beat.

With hand pulse

An extra-low voltage caused by the contractions of your heart is registered by the hand sensors and evaluated by the electronics assembly of the device.

- Always grab the contact faces with both hands.
- Avoid jerky grasping.
- Hold your hands calmly and avoid contractions and rubbing on the contact faces.

With Chest strap

Observe the relevant instructions.

Malfunctions or erroneous readings

After inserting the batteries, and in disorders or false readings press the "⚙️" button for longer (Reset).

Training Instructions

Sports medicine and training science use cycle ergometry, among other things, for the examination of the functional capability of heart, circulation and respiratory system.

You can find out whether or not you have achieved the desired effect from your training after several weeks using the following method:

1. You manage a particular endurance performance with less heart / circulation performance than previously
2. You sustain a particular endurance performance with the same heart / circulation performance over a longer period.
3. You recover more quickly than previously after a particular heart / circulation performance.

Guide values for the endurance training

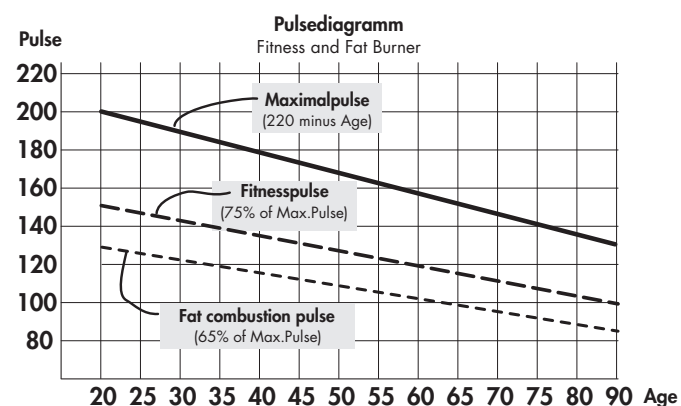
Maximum pulse: maximum strain means the reaching of the individual maximum pulse. The maximum achievable heart rate is dependant on age.

Here, the following empirical formula applies: the maximum heart rate per minute corresponds to 220 heart beats minus age in years.

Example: age 50 years $\rightarrow 220 - 50 = 170$ pulse / min.

Load Intensity

Load pulse: the optimum intensity of load is reached at 65–75% of the maximum pulse. This value changes depending on age.



Extent Of Load

Duration of a training unit and its frequency per week:

The optimum extent of load is attained, if 65–75% of the individual heart / circulation performance is achieved over a longer period.

Empirical Formula:

Training frequency	Duration of training
daily	10 minutes
2–3 times a week	20–30 minutes
1–2 times a week	30–60 minutes

Beginners should not begin with training units of 30-60 minutes.

The beginner's training can be planned as follows in the first 4 weeks:

Training frequency	Extent of training session
1st week	
3 times a week	2 minutes of training Break of 1 minute for physical exercises 2 minutes of training Break of 1 minute for physical exercises 2 minutes of training
2nd week	
3 times a week	3 minutes of training Break of 1 minute for physical exercises 3 minutes of training Break of 1 minute for physical exercises 2 minutes of training
3rd week	
3 times a week	4 minutes of training Break of 1 minute for physical exercises 4 minutes of training Break of 1 minute for physical exercises 3 minutes of training
4th week	
3 times a week	5 minutes of training Break of 1 minute for physical exercises 4 minutes of training Break of 1 minute for physical exercises 4 minutes of training

It is recommended that you perform approx. 5 minutes of exercises before and after every training unit, in order to warm up and cool down. There should be a training-free day between each two consecutive training units, if you prefer training sessions of 20-30 minutes 3 times a week later on in your training. Otherwise, there is no reason why you should not train daily.

Leistungstabelle

- GB - Performance table
- E - Table de rendimiento

– F – Tableau de performances

– NL – Prestatientabel

[illegible]



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