

Trainings- und Bedienungsanleitung
 Training and Operating Instructions
 Mode d'emploi et instructions d'entraînement
 Trainings- en bedieningshandleiding
 Instrucciones de entrenamiento y manejo
 Istruzioni per l'allenamento e per l'uso

deutsch
 english
 français
 nederlands
 español
 italiano





Table of contents

Safety Information

• Service	2
• Your safety	2
Function	3
• Display / Keys	3
Quick Guide	4
• Keys	4
• Programmes	5
• Displays	6
Quick Start (Introduction)	7
• Start of training	7
• Training break / ending the session	7
• Standby operation	7
Required inputs	8
• User data and settings	8
Date of birth, kJoules or kcal display, real or physical energy expenditure, alarm sound when maximum heart rate is reached yes/no,	
• System settings	9
Date, time, KM or miles, user selection, factory settings	
• Firmware update	9
Training	10
• User selection	10
• Training selection	10
By power targets	10
By heart rate targets	10
... By power targets	10
• "Up" programme	10
• "Down" programme	10

Target range	10
Training record yes/no	10
Time	10
Energy	10
Distance	11
Maximum heart rate	11
Target heart rate selection (fat/fit/man.)	11
• Target heart rate input	11
• Ready for training	11
• Power profile HILL	11
... By heart rate targets	12
• HRC Up	12
• HRC Down	12
Training functions	13
• (Not) dependent on speed	13
• Training break / ending the session	13
• Restarting training	13
• Recovery (recovery heart rate measurement)	13
Heart rate events display	13
• Table: Heart rate events	13
General Information	14
• System sounds	14
• Recovery	14
• Operation not dependent on speed	14
• Up / down arrows	14
• Operation dependent on speed	14
• Average value calculation	14
• Information on heart rate measurement	14
With ear-clip	14

With hand grip	14
With chest strap	14
• Computer errors	14
• Interface information	14
Training instructions	14
• Endurance training	14
• Exercise intensity	15
• Scope of exercise	15
Glossary	15



In the instruction, this sign refers to the glossary. There the respective term is explained.

Safety Instructions

Note the following points for your own safety:

- The training apparatus must be set up on a suitable, stable surface.
- Before the first use and also after approx. 6 operating days, the joints are to be checked for firmness.
- In order to avoid injuries as a result of incorrect loading or excessive loading, the training apparatus must only be used in accordance with the instructions.
- It is not recommended that the apparatus be set up in damp spaces, because this will in time lead to rusting.
- At regular intervals, check that the training apparatus is in correct working order and that it is in proper condition.
- The safety / technical checks are among the duties of the operator and must be carried out regularly and properly.
- Defective and damaged parts are to be replaced immediately.
Only use original KETTLER replacement parts.
- The apparatus must not be used until it has been repaired.

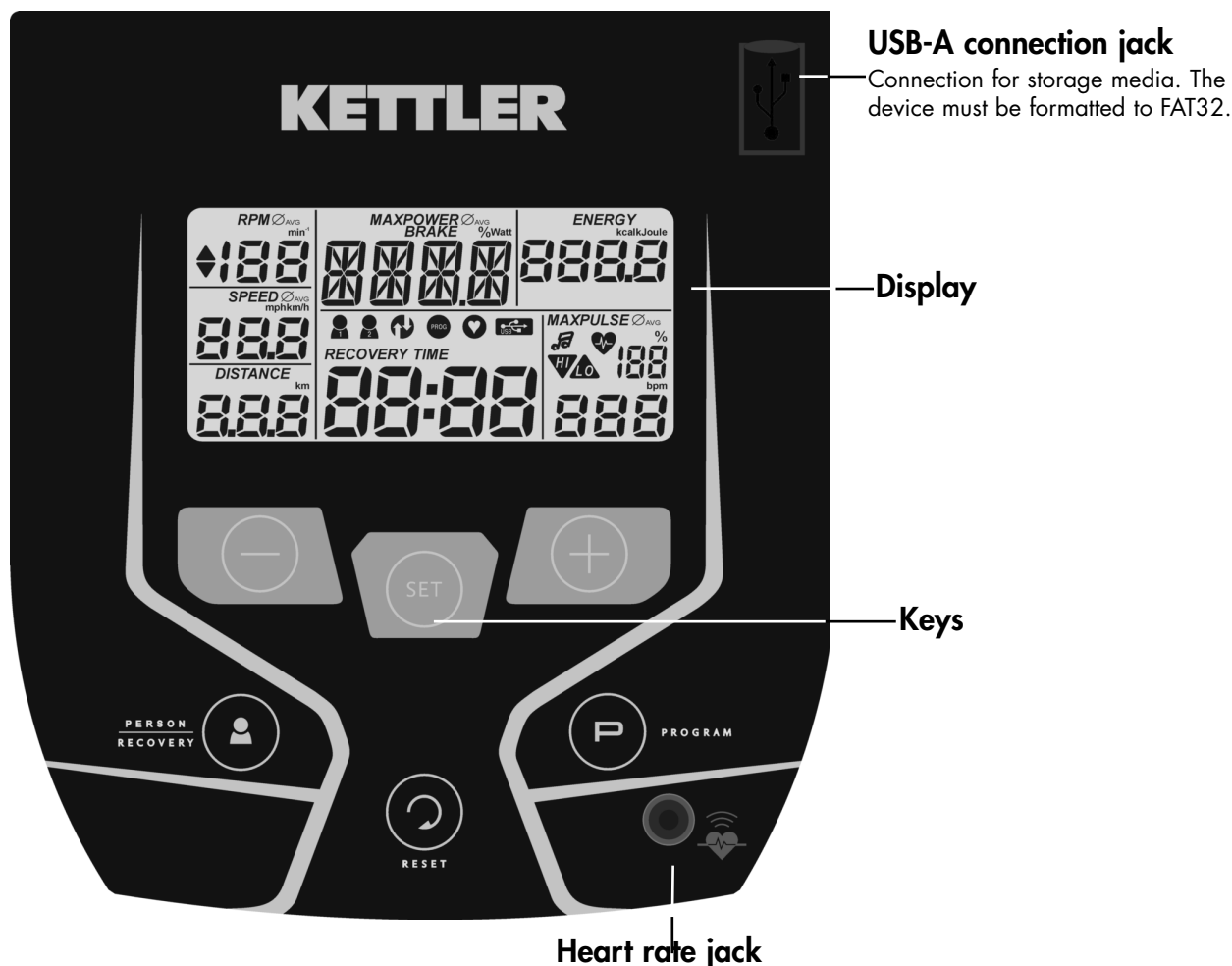
- The safety level of the apparatus can only be maintained if it is regularly checked for damage and wear.

For your safety:

- **Before taking up training, have your family doctor advise you on whether or not you are in suitable health for training with this apparatus. The medical findings should be the basis for the structuring of your training programme. Incorrect or excessive training can lead to damage to health.**

Short Description

The device has a functional area with keys and a display with various symbols and diagrams.



The device has the following functions

- Memory for 2 users (2 internally in the display and 1 externally with USB stick)
- Training targets can be saved permanently:
Target heart rate, time, distance, energy expenditure
- Heart rate monitoring with visual and acoustic information:
Maximum heart rate and target heart rate dependent on age
- Fitness test with display of fitness grade ranging from 1-6, calculated using the recovery heart rate after 1 minute
- Programme for manual and automatic power adjustment and heart rate controlled training
- Speed and distance display in KM/H or M/H
- Display of energy expenditure in KJoule oder Kcal
- Display for total kilometres covered and total training time of the machine.

Display values

The illustrations show the operation as wheel ergometer.

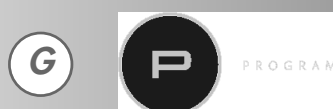
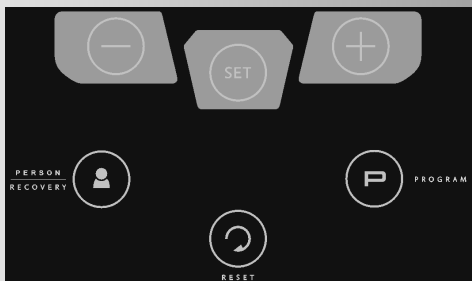
If the rotation speed corresponds to the example values on the display, the values for speed and distance at the cross ergometers are lower.

At a pedal rate of 60 min^{-1}

Wheel ergometer = 21.3 km/h

Cross ergometer = 9.5 km/h

Speed ergometer: 25,5 km/h



Quick Guide

Functional area

The six keys are briefly described below.

More detailed information is provided in the individual chapters.

SET

This key starts the display when it is in standby mode. Programme inputs are activated. The preset data is applied.

SET (press and hold) + RESET (press quickly)

With the combination of the keys, display-specific settings such as date/time, km or miles, background colour, user and factory settings are activated.

Minus – / plus + keys

With these keys values can be changed in the different menus before training and power can be adjusted during training.

- Further "plus"
- or back "minus"
- Press for a sustained period > quick change
- "Plus" and "minus" pressed **together**:
- Power jumps to
- Programmes jump to
- Value input jumps to

25 Watt
original
off

USER / RECOVERY

This key has two functions:

Pressing quickly when idle: A user is selected P1 > P24 > no user = guest > P1 > P2....

Pressing and holding when idle: The data and settings for the user P1 > P2 displayed or the USB stick that is plugged in are displayed.

Pressing quickly during training: The recovery heart rate function (Recovery) starts (only if a heart rate is being recorded).

Reset

The display is deleted ready for a new start with this key. This is only possible when the machine is idle

Programme / SCAN

Pressing quickly when idle: Programmes are selected with this key.

Heart rate measurement

Heart rate measurement can be done with 3 sources:

1. Ear-clip (included)

The plug is plugged into the jack;

2. Chest strap without receiver

On this machine the receiver is positioned behind the display. If an ear-clip is plugged in then it must be removed.

On this machine the receiver is positioned behind the display. If an ear-clip is plugged in then it must be removed.

(Chest straps are not always included)

The POLAR chest strap T34 without plug-in receiver is available as an accessory (product no. 67002000).

3. Hand grip sensor

(Hand grip sensor is not always included)

Display

The display provides information on the various functions and each of the selected settings modes.

Programmes:

UP/DOWN

manual power adjustment

In both programmes, you can adjust the power during training. When selecting "Up", the values set by you count upwards, when selecting "Down", the values set by you count downwards, e.g. time, distance etc.

HILL

programme-dependent power adjustment

The power is adjusted according to a profile. The time is 30 minutes.

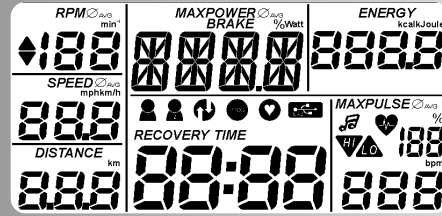
HRC UP/HRC DOWN

HRC = Heart Rate Control (heart rate programme)

In both programmes a target heart rate is reached thanks to automatic power regulation and is maintained over the duration of the training. The target heart rate is either ascertained from your targets or, if no information is available, set at 130. In "HRC UP" the values set by you count upwards, in "HRC DOWN" the values set by you count downwards.

Interfaces

If this symbol is displayed, a data connection to a PC .

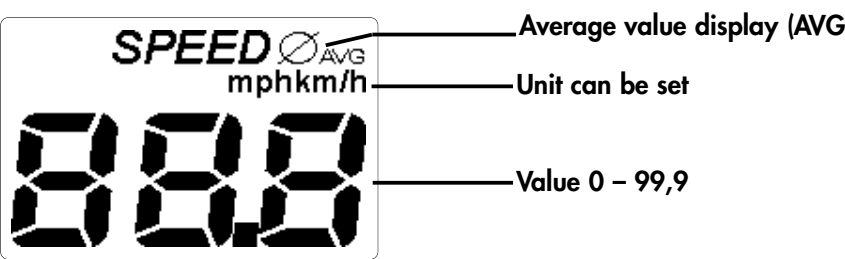


Training and Operating Instructions

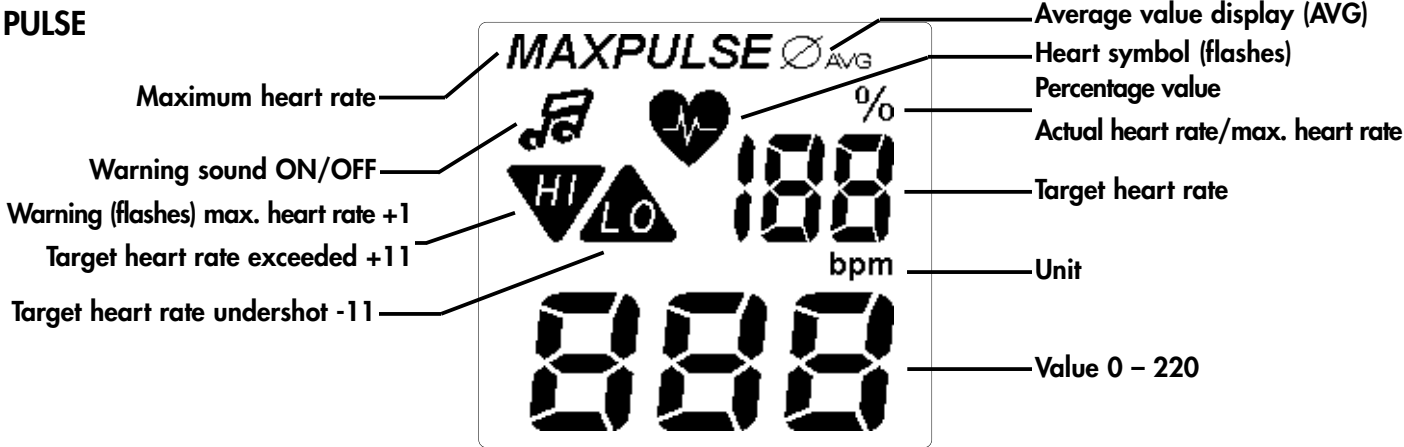
Peddalling frequency (RPM)



SPEED



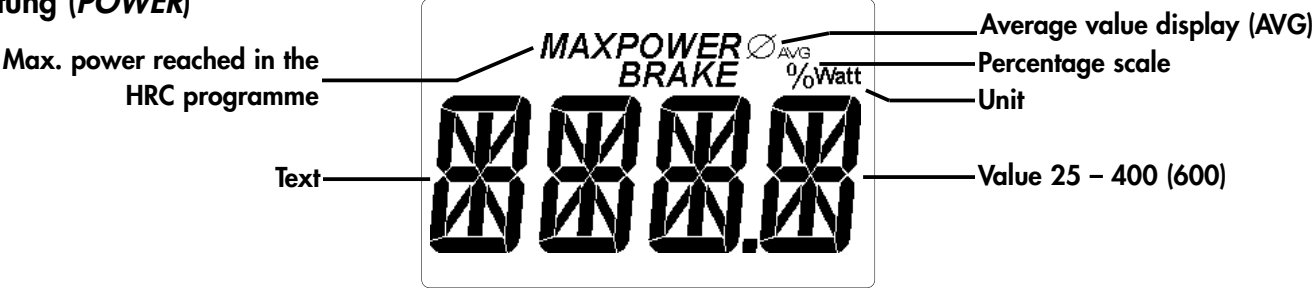
PULSE



DISTANCE



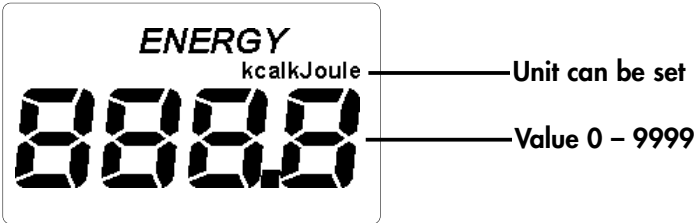
Leistung (POWER)



TIME



ENERGY



Quick Start (Introduction)

Trainingsbeginn (ohne Einstellungen)

Press SET key.
The key starts the display again when it is in standby mode and all segments are displayed for a short period of time. Then total kilometres and total training time are quickly displayed.

Then the programme "up" is displayed in ready for training mode.

Pressing the "minus" or "plus" key changes the power.

The power value shows 25 Watts, the heart rate display shows "P" because no heart rate value has been recorded. All other values are 0.

Beginning to pedal starts the training.

The displays for pedal rotations, speed, distance, energy and time count upwards.

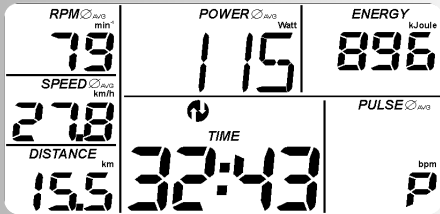
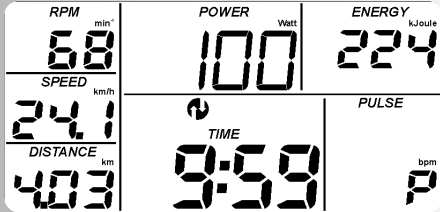
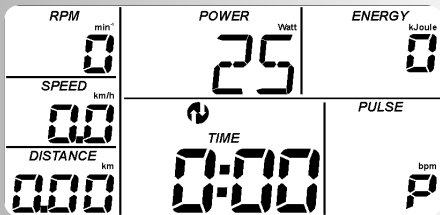
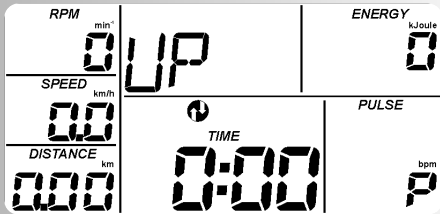
Pressing the "minus" or "plus" key changes the power. The value under "power" is changed in 5 Watt intervals.

Training break or ending the session

Stop pedalling. If the pedal rotations fall below 10 rpm, this is recognised as being a training break. The average values for speed, rpm, power and heart rate (if heart rate recording is active) are displayed with the Ø AVG symbol and the total values for distance, energy and time are also displayed.

Standby operation

If training is not continued and no key is pressed then the display will go into standby mode after 10 minutes. Pressing the "SET" key or starting to pedal will make the display reappear ready for training.



Required Inputs

- The following inputs and settings before training further:
- Personal data about the people who will use the device. This data is required in order to calculate the heart rate limits.
 - System settings such as date and time. Please check whether these are correct. The workouts are saved on a USB stick with the date and time and should be up-to-date.

User Data and Settings

Press the "user" key until the desired user is displayed. In this case user 1.

Hold the "user" key longer until the total kilometres and the total training time appears with the display "STAT odo".

Press the "SET" key and the average training values will appear with the display "STAT Ø AVG".

Press the "SET" key and the date of birth input screen appears with the display "DAY".

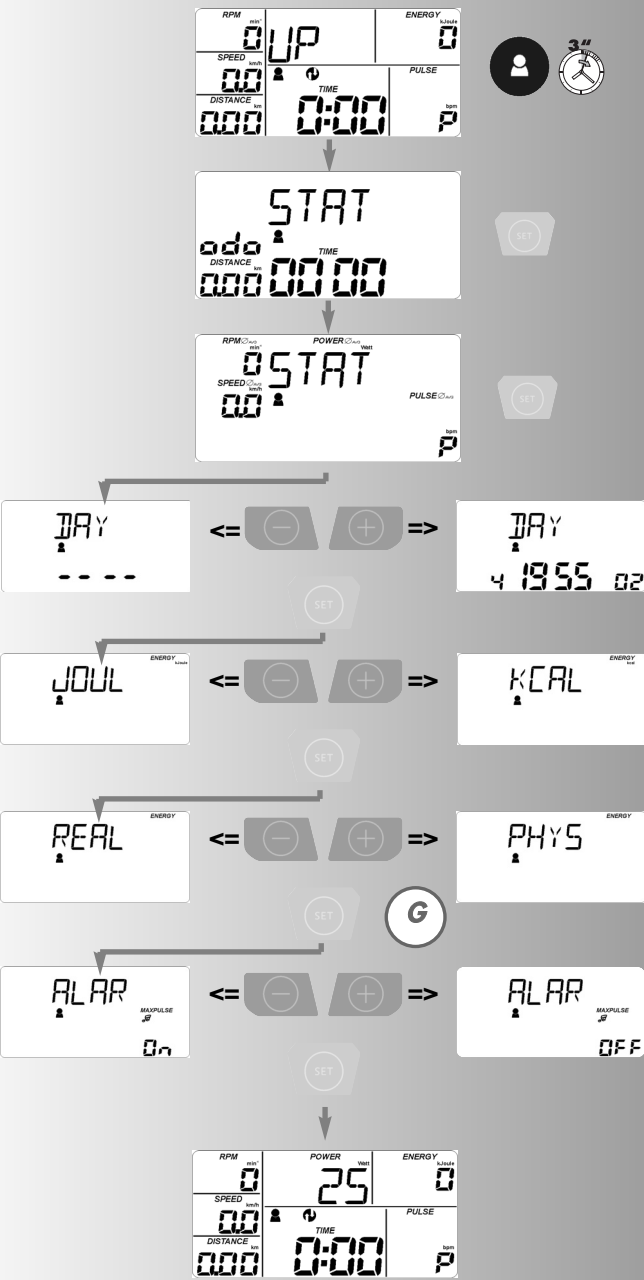
Pressing "plus" or "minus" changes the value. Pressing "set" closes the input screen and jumps to the next input screen, energy expenditure with the display "JOUL". You decide here whether the energy expenditure should be displayed in kJoules or kcal.

Pressing "plus" or "minus" changes the setting. Pressing "set" closes the input

screen and jumps to the next input screen, energy expenditure with the display "REAL". Here, you can decide whether the energy calculation is to be displayed with the efficiency factor of the training person (REAL) or without the efficiency factor (PHYS). Pressing "plus" or "minus" changes the setting. Pressing "set" closes the input screen and jumps to the next input screen, alarm sound with the display "ALAR". You decide here whether exceeding the maximum heart rate should be signalled by an alarm tone by selecting "On" or "Off".

Pressing "plus" or "minus" changes the setting. Pressing "set" closes the input screen and jumps to being ready to train in the "Up" programme.

"



System Settings

Press and hold the "SET" key and then press the "RESET" key at the same time.

By simultaneously pressing the keys, the settings for date / time / km or miles display / configured person after switch-on / factory settings are activated.

First the date setting will appear with the display "DATE". You can set the day, month and year here.

Pressing "plus" or "minus" changes the flashing displays. Pressing "set" closes the input screen and jumps to the next setting, time with the display "TIME".

Pressing "plus" or "minus" changes the flashing displays. Pressing "set" closes the input screen and jumps to the next setting. Here, you can decide whether the values are to be displayed in kilometres (METR) or miles (ENGL).

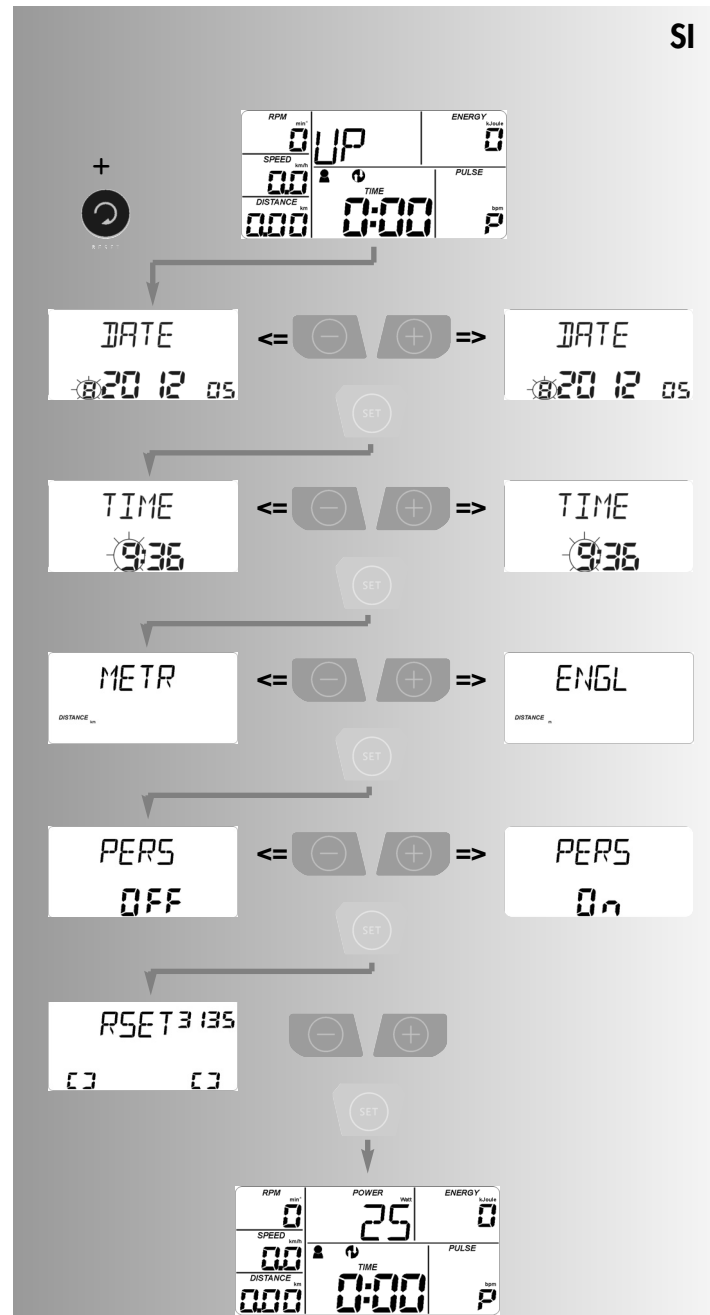
Pressing "plus" or "minus" changes the setting. Pressing "set" closes the input screen and jumps to the next setting, last person with display "PERS". You decide here whether the current person be configured after the machine has been switched on or reset.

Pressing "plus" or "minus" changes the setting. Pressing "set" closes the input screen and jumps to the next setting, factory settings with the display "RSET".

Pressing "minus" and "plus" together restores factory settings and deletes all data and settings. Pressing "set" skips this function. The input is completed.

Firmware Update

At the top left of the display "Reset All - / +" the firmware number is indicated, in this case 3135. On our homepage www.kettler.net > sport > service center you will find any software updates (firmware) for this machine, including installation instructions for these.





Training

User selection

You can select 2 users.

The extra person "USBStick" is created by plugging in a USB stick. 2 persons will be displayed. The stick must be FAT32 formatted. No additional users can be selected.

The user "Guest" (no user symbol) has no memory. Targets and settings only remain until the next time the machine is switched on.

Information:

If you are training with a USB stick plugged in then the workouts are saved on the USB.

Training selection

The computer is equipped with different training programmes.

1. Training by Power Targets

a) Manual Power Inputs

- (PROGRAMME) "UP"
- (PROGRAMME) "DOWN"

b) Power Profiles

- (PROGRAMME) "HILL"

2. Training by Heart Rate Targets

Manual Heart Rate Targets

- (PROGRAMME) "HRC UP"
- (PROGRAMME) "HRC DOWN"

Training by Power Targets

Manual power input

Programme "UP"

Start training and all values count upwards.

To change power during training:

Pressing "plus" increases the power in intervals of 5

Pressing "minus" reduces the power in intervals of 5

Programme "DOWN"

Press "PROGRAMME" until the display shows "Count-down"

The programme counts from the values entered to > 0.

If there has been no input then training starts in the programme "UP".

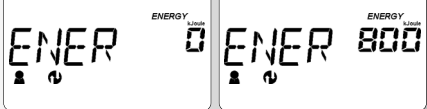
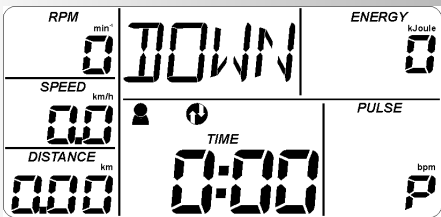
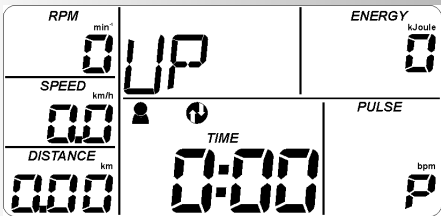
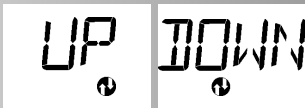
To start the programme there must be inputs for time, energy or distance as a minimum.

Press "SET": target area

Menu "TIME"

Enter values with "plus" or "minus" (e.g. 30:00)

Confirm with "SET".



Next menu is energy target "ENER"

Enter values with "plus" or "minus" (e.g. 800)

Confirm with "SET".

Next menu is distance target "DIST"

Enter values with "plus" or "minus" (e.g. 7.50)

Confirm with "SET".

Next menu is maximum heart rate input with age display "MAX"

This input enables a monitoring of your maximum heart rate which will become acoustically effective if the maximum heart rate is exceeded (if activated under user data). The maximum heart rate is calculated according to the formula $(220 - \text{age})$, which is applicable to healthy persons. The two lines -- indicate that the maximum heart rate monitoring is deactivated.

Using the "plus" or "minus" keys you can set values in the --. If age has been entered then the values can only be reduced!

Confirm with "SET".

Next menu is target heart rate selection "FAT"

This means that your training heart rate can be monitored.

It can be set by selecting one of the quick selections which are defined as FAT=65%, FIT=75% or MAN=40-90% of the maximum heart rate.

Make your selection using the "Plus" or "Minus" keys.

Fat burning FAT65%, Fitness FIT75%, MAN --

Confirm using the "SET" key (e.g. MAN --)

Enter values with "plus" or "minus" (e.g. manual 83%)

Confirm with "SET" (end target mode)

Display: ready for training with all targets

Or

Target heart rate input

Input of between 40 and 200 serves to determine and monitor a training heart rate not contingent on age (Symbol HI, alarm sound if activated, no maximum heart rate monitoring). The maximum heart rate input must be at "MAX-".

Pressing "plus" and "minus" together deactivates the maximum heart rate "--".

Confirm with "SET".

Display: "PULS"

Enter the value with "plus" or "minus" (e.g. 130)

Confirm with "SET" (target mode ended)

Display: Ready for training with all targets set.

Note:

Next time a programme with target options is started, the possible inputs will be applied..

Ready For Training

Change the power with "plus" or "minus". Start training by beginning to pedal. The power set before training is saved.

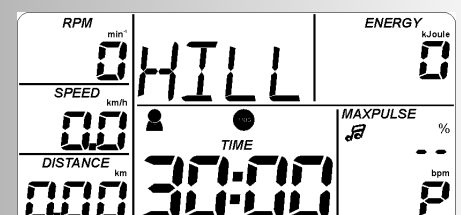
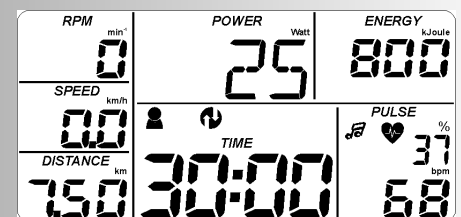
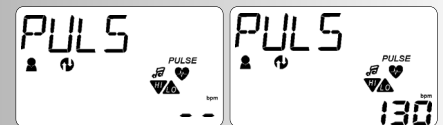
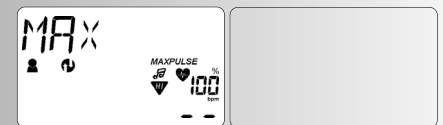
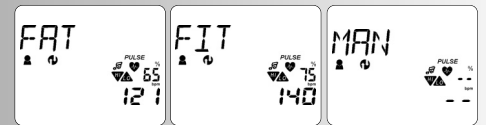
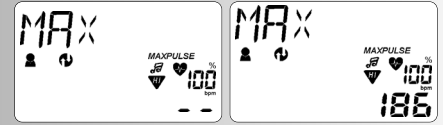
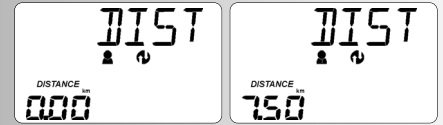
Power profile (PROGRAMME) "HILL"

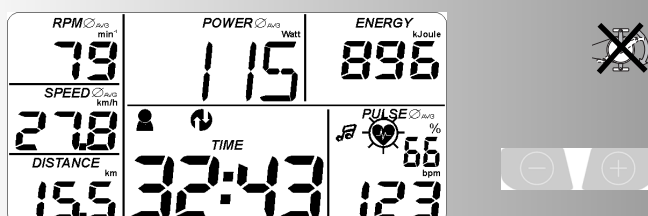
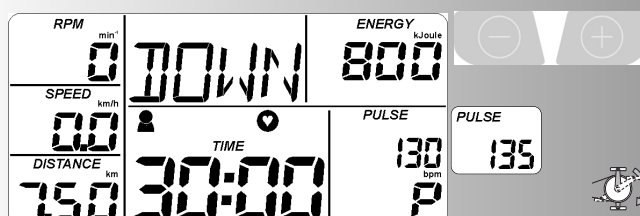
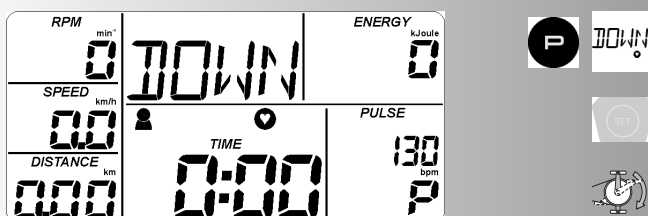
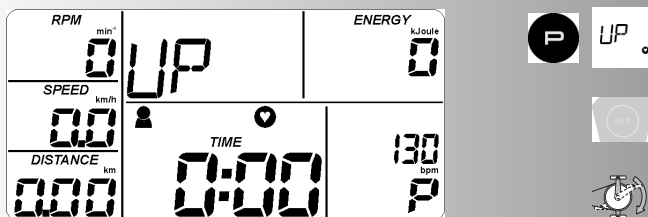
Press "PROGRAMME" until the display "HILL" appears.

Use "Plus" or "Minus" to adjust the power.

Press "SET": target area

Start training by beginning to pedal





2. Training by Heart Rate Targets

Manual Heart Rate Targets

(PROGRAMME) "HRC UP"

Press "PROGRAMME" until the display "HRC UP" appears.

Press "SET": target area

Or

Start training, all values count upwards.

Power is automatically increased until the target heart rate is achieved (e.g. 130)

(PROGRAMME) "HRC Down"

Press "PROGRAMME" until the display "HRC Down" appears.

Press "SET": target area

The inputs and possible adjustments are analogous to the programme "DOWN".

Start training

Power is automatically increased until the target heart rate (e.g. 130) is reached

Information:

Starting Power

In the HRC programmes, the starting power can be set at between 25 and 100 Watts in the target area.

Enter values using "plus" or "minus" (e.g. 100)

Power is then automatically increased from 100 Watts until the target heart rate (e.g. 130) is reached

Heart rate

At this point the heart rate value can be set using "plus" or "minus" and can be changed during training, e.g. from 130 to 135.

Start training by beginning to pedal.

Note:

KETTLER recommends that heart rate be measured with the chest strap during HRC programmes.

During HRC programmes, power is adjusted when the heart rate deviates by +/- 6 beats.

Training Functions

Change to Speed-dependent Operation from Operation not Dependent on Speed

This function is dependent on the model.

Press "SET" during training. The change to speed-dependent operation from operation not dependent on speed will be made.

Display: two arrows under "RPM"

If you press "SET" again the operation will go back to speed-dependent operation.

Note:

Changing from operation that is speed-dependent to operation not dependent on speed is only possible in the "UP" and "DOWN" programmes. If training is stopped then the machine will return to operation not dependent on speed.

Training Break or Ending a Session

At less than 10 pedal rotations/min or by pressing "RECOVERY" the machine recognises a training break. The training data achieved is displayed. Speed, power, rotations and heart rate are shown as average values with the Ø symbol.

Change to current display with "plus" or "minus".

The training data is displayed for 10 minutes. If you do not press any keys and do not train during this time then the machine will go into standby mode.

Restarting Training

If you recommence training within 10 minutes then the last values will continue to be counted up or down.

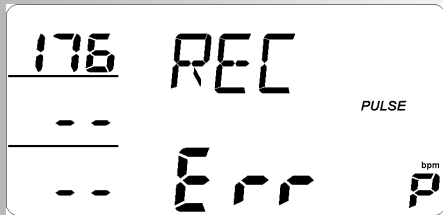
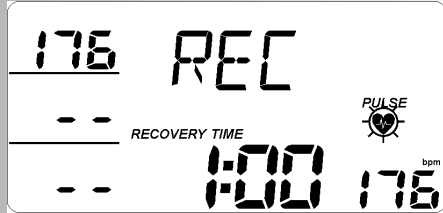
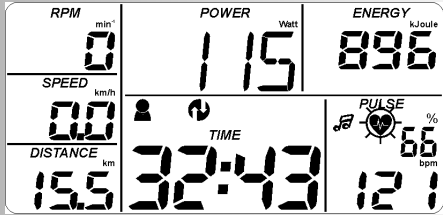
RECOVERY – Function

Recovery Heart Rate Measurement

At the end of training press "RECOVERY".
The machine measures your heart rate for 60 seconds.

If you press "RECOVERY" then your current heart rate value will be saved under "RPM"; your heart rate value after 60 seconds will be saved under "SPEED". The difference between the two values is shown under "Power". A fitness grade (e.g. F 1.1) is determined from this. The display will be closed after 20 seconds.

"RECOVERY" or "RESET" stops the function. If no heart rate is recorded at the start or the end of the time then an error notification is shown.



Display for pulse events

Value / Input			Exceeding			
			%	HI	LO	MAX
Maximum pulse	80-210		✓	+1		+1
Off						
Target pulse	Fat burning 65%	}	✓	+11	-11*	
or	Fitness 75%					
or	Manual 40-90%					
→ Target pulse	40-200			+11	-11*	

*Comment: appears only if the target pulse was achieved once

For undercutting the entered target pulse (-11 beats), the *symbol* "LO" is displayed.
For exceeding (+11 beats), the *symbol* "HI" is displayed.
For exceeding the maximum pulse, the "HI" arrow is blinking and the lettering "MAX" is displayed.

General notes

System sounds

Switching on

On switching on, a short sound is emitted during the segment test.

End of program

An end of program (profile programs, countdown) is signaled by a short sound.

Maximum pulse exceeding

If the set maximum pulse is exceeded by one pulse beat, 2 short sounds are emitted every 5 seconds.

Error output

For errors, e.g. recovery not executable without pulse signal, 3 short sounds are emitted.

Automatic scan function switching on and off

On activation and deactivation of the automatic scan function, a short sound is emitted.

Recovery

In the function the centrifugal mass is slowed down automatically. Further training is unsuitable.

Calculation of the fitness grade (F):

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

P1 = load pulse, P2 = recovery pulse
F1.0 = very good, F6.0 = insufficient

Switchover time/distance

For the programs 1-6, the profile per column can be switched over from the time mode (1 minute) to the distance mode (400 meters or 0.2 miles) in the defaults section. Cross trainer ergometer: (200 meters or 0.1 miles)

Profile display during training

At the beginning, the first column is blinking. After completion, it moves on to the right.

For profiles over 30 minutes up to the middle (column 15), then the profile is shifted from the right to the left. If the profile end appears in the last column (column 30), the blinking column moves further to the right until program end.

Speed-independent operation

(constant power)

The electromagnetic eddy-current brake regulates the braking torque for changing pedal speed to the set power.

Arrows up/down (Speed-independent operation)

If a power rate cannot be achieved with speed (e.g. 400 Watts with 50 pedal revolutions), the up or down arrow prompts faster or slower pedaling.

Average value calculation

The average value calculation takes place per training unit.

Notes on pulse measurement

Pulse calculation starts, when the heart in the display is blinking simultaneously to your pulse beat.

With ear clip

The pulse sensor works with infrared light and measures the alterations of the translucency of your skin, which are caused by

your pulse beat. Before you clamp the pulse sensor to your earlobe, rub it well 10 times to increase circulation.

Avoid disturbing pulses.

- Attach the ear clip carefully to your earlobe and search for the most suitable point for measuring (heart symbol blinking without interruption).
- Do not execute your training directly under strong incidence of light e.g. neon light, halogen light, spot, sun light.
- Completely exclude vibrations and wobbling of the ear sensor including the cable. Always fix the cable to your clothing by means of the clip or even better to a headband.

With chest strap (accessory)

Not always included in delivery, available from authorised dealers.

The Cardio-Pulse-Set with Polar chest strap is available as an accessory (item no. 67002000).

With hand pulse

An extra-low voltage generated by contraction of the heart is recorded by the hand sensors and analyzed by the electronic equipment

- Always grip the contact surfaces with both hands
- Avoid jerky gripping
- Keep your hands still and avoid contractions and rubbing on the contact surfaces.

Interferences at the training computer

Press the reset key

Information on the interface

The training programs "KETTLER World Tours", Art.-Nr. 7926-800, which is available at your specialist dealer, makes possible to control this KETTLER device by means of a PC /notebook via the interface. For further information and for information on software updates (firmware) of this device, go to

<http://www.kettler.net> > Sport > Service-Center

Training instructions

Sports medicine and training science use bicycle ergometry, among others, for examination of the functionality of the cardiovascular and respiratory system.

Whether your training achieved the desired effects after some weeks you can determine as follows:

1. You achieve a certain stamina with lower cardiovascular performance than before
2. You keep a certain stamina with the same cardiovascular performance over a longer period.
3. After a certain cardiovascular performance you recover faster than before.

Guide values for the stamina training

Maximum pulse: maximum load means the achievement of the individual maximum pulse. The maximally achievable heart rate depends on the age.

To that applies the empirical formula: the maximum heart rate per minute corresponds 220 pulse beats minus years of age.

Example: age 50 years > 220 - 50 = 170 pulse/min.

Weight: a further criterion for determination of the optimal training data is the weight. The nominal default for maximum load is 3 Watts/kg body weight for men and 2.5 for women. Furthermore, it must be observed, that from age 30 on capability

decreases: for men approx. 1 % and for women 0.8 % per year of age.

Example: man; 50 years; weight 75 kg

> $220 - 50 = 170$ pulse/min. maximum pulse

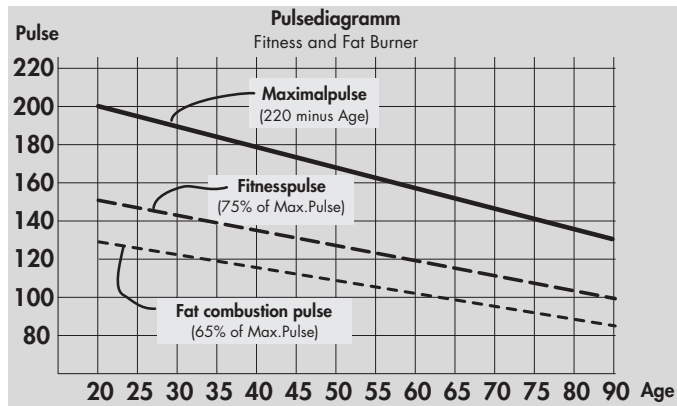
> $3 \text{ Watts} \times 75 \text{ kg} = 225 \text{ Watts}$

> Minus "age discount" (20 % of 225 = 45 Watts)

> $225 - 45 = 180 \text{ Watt}$ (nominal default for maximum load)

Load intensity

Load pulse: the optimal load intensity is achieved at 65–75 % (comp. diagram) of the individual cardiovascular performance. This value changes depending on the age.



Scope of load

Duration of a training unit and its frequency per week:

The optimum scope of load is given, when over a longer period 65–75 % of the individual cardiovascular performance is achieved.

Empirical rule:

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

You should choose the Watts power such that you are able to stand the muscle load over a longer period.

Higher powers (Watt) should be yielded in connection with an increased pedaling frequency. A too low pedaling frequency of less than 60 rpm results in a pointedly static load of the musculature and thus to early exhaustion.

Warm-up

At the beginning of each ergometer training unit, you should for 3-5 minutes pedal with a slowly increasing load to warm and to get your heart/circulation and your musculature moving.

Cool-down

The same importance has the so-called "cooling down". After each training unit you should continue pedaling against a slight resistance for approx. 2-3 minutes.

The load for your further stamina training should basically be increased over the scope of load, e.g. instead of 10 minutes your training is 20 minutes or instead of 2 times a week 3 times a week. Beside individual planning of your cardio training you can fall back on the training programs integrated in the training computer (comp. page 9 cont.).

Glossary

Age

Entry for calculation of the maximum pulse.

Dimension

Units for display of km/h or mph, kJoule or kcal, hours (h) and power (Watt)

Energy (real.)

Calculates the energy turnover of the body with an efficiency of 16,7% to provide the mechanical power. The remaining 83,3% does the body convert to heat.

Energy (phys.)

Calculates the energy turnover of the device, physically

Fat burning pulse

Calculated value of: 65% MaxPuls

Fitness pulse

Calculated value of: 75% MaxPuls

Glossary

A collection of attempts for explanation.

HI symbol

With "HI" displayed, a target pulse is too high by 11 beats. With HI blinking, the maximum pulse is exceeded.

LO symbol

With "LO" displayed, a target pulse is too low by 11 beats.

Manual –

Calculated value of: 40 – 90% MaxPuls

MaxPulse(s)

Calculated value of 220 minus years of age

Menu

Display in which values are to be entered or selected.

Power

Current value of the mechanical (braking) power in Watts, which the ergometer converts into heat.

Profile

Change of performance over time or distance represented in the points field.

Programs

Training possibilities requiring manual or program-determined performances or target pulses.

Percent scale

Comparison display between current power and maximum power (400/600W).

Points field

Display area with 30 x 16 points for representing performance profiles as well as text and value displays.

Pulse

Recording of the heartbeat per minute

Recovery

Recovery pulse measurement at the end of training. From start and end pulse of one minute the deviation and a fitness grade are determined. For the same training, the improvement of this grade is a measure for increase in fitness.

Reset

Deletion of display contents and restart of display.

Interface

For data exchange with a PC with KETTLER software.

Control

The electronic equipment controls the power or the pulse for manually entered or default values.

Target pulse

[illegible]