KETTLER

Abb. ähnlich

Computeranleitung

„YM 6723"

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.**
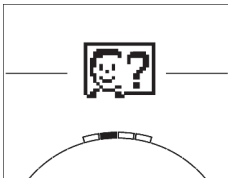
The Training Program Computer System

## Display and Keyboard

1. Display

The display provides you with all important information. These distinctions should be noted between the Menu list and the Training Program list displays:

Menu Display

When the display is turned on, you arrive at the **Menu list**.

Here you can make settings for the user- or machine data, select a Training Program, and read your training results.
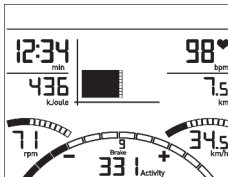
Training Display

After selecting a Training Program, you arrive at the **Training Programs display**.

It provides you with all important training scores and the Training Program profile.

2. Central Key - Press

In the Menu: By pressing the central key you confirm the selected item. This brings you to the selected Menu item or the selected Training Program.

In the Training: no function

3. Central Key - Turn

In the Menu: change the selection in the respective Menu. The semicircular image in the lower display area indicates additional selection options.

In the Training: change the pedaling resistance

4. Left Key

In the Menu: jump back to the main Menu. Any changes made will not be saved.

In the Training: end the Training Program and start the recovery pulse measurement. By pressing again, you can return to the Training Program.

5. Right Key

In the Menu: calling up of the contextual information. The significance of the Menu item is explained in more detail.

In the Training: display of average scores/values. When the key is pressed, average scores/values are displayed for a few seconds.

The Menu

First Level: The Start Menu – User Selection

Guest users   **Individually set users**

**Machine settings**   **Adding new users**
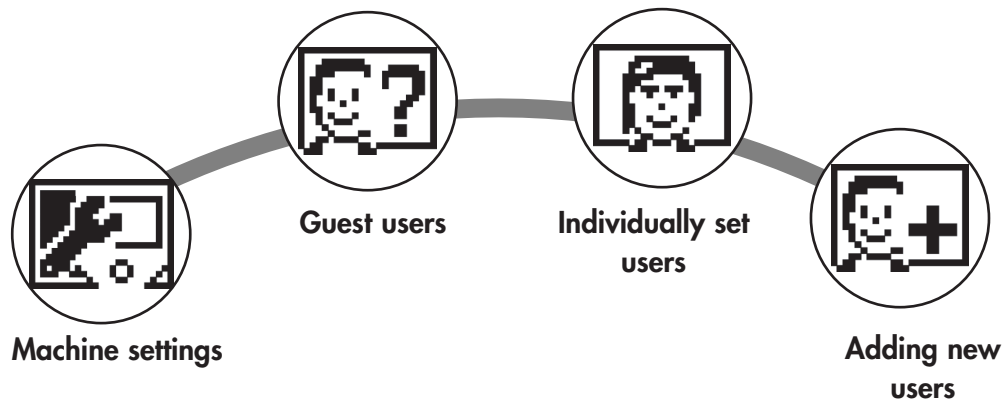
Upon starting the machine you arrive, after a brief greeting, at the Start Menu. This Menu is primarily for selection of the user on whose account the Training Session is to take place. You may also add a new user and, under the item "Machine Settings", make basic settings for all users.

### An overview of the Menu items (from left to right):

1. Machine Settings

With this Menu item you may make all multi-user machine settings (e.g., change machine language, change units of measure etc.).
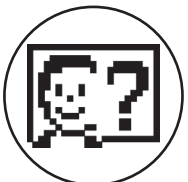
2. Guest Users

The Guest User is a preset user profile. It gives you the option of training without presets. In the Guest User Profile no Training Program results are saved. No personal settings may be made.
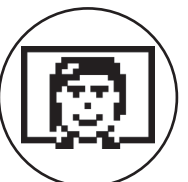
3. Individually-created User Accounts (by name)

To the right of the Guest User there appear up to 4 individually-set users. These are designed as personal user accounts for persons who use Training Programs regularly. In the accounts, individual settings can be made and personal Training Program results can be saved.
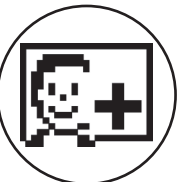
4. Settings for a New User

In this Menu a new individual user (see No. 3) can be entered. When this Menu is selected, name and age are requested. The user may also select a Profile Face. Finally the new user is integrated into the Start Menu.

The Menu

Second Level: the user Menu – in the user's personal account

My Last Training Session

My Results

My Training Program List

Personal Settings

Training Program Configurator
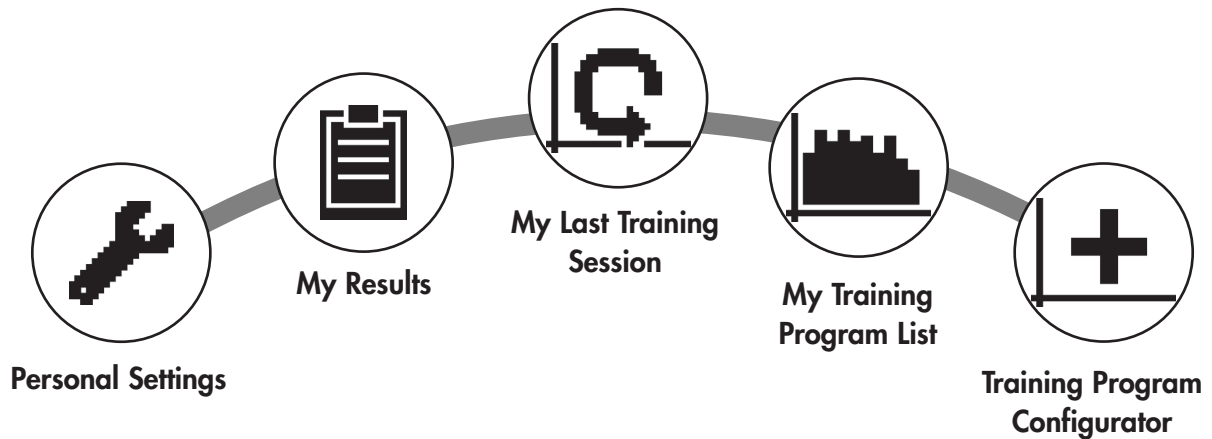
If you select an individual user, you will arrive at this person's user Menu. Here almost everything involves the personal Training Program. The User Menu for a Guest User contains only the three items on the right.

1. Personal Settings

In this Menu item you may make all user-specific settings (e.g., changing the age). Changes to this Menu do not affect the data of other users.

2. My Results

Under 'My Results' the personal overall performance achieved, and the results from the last training session, can be read.

3. My Last Training Session

When this Menu item is selected, you are taken directly to the last training session which was begun. This Menu item is always preselected when you arrive at the User Menu. Thus the last training session is only a click away.
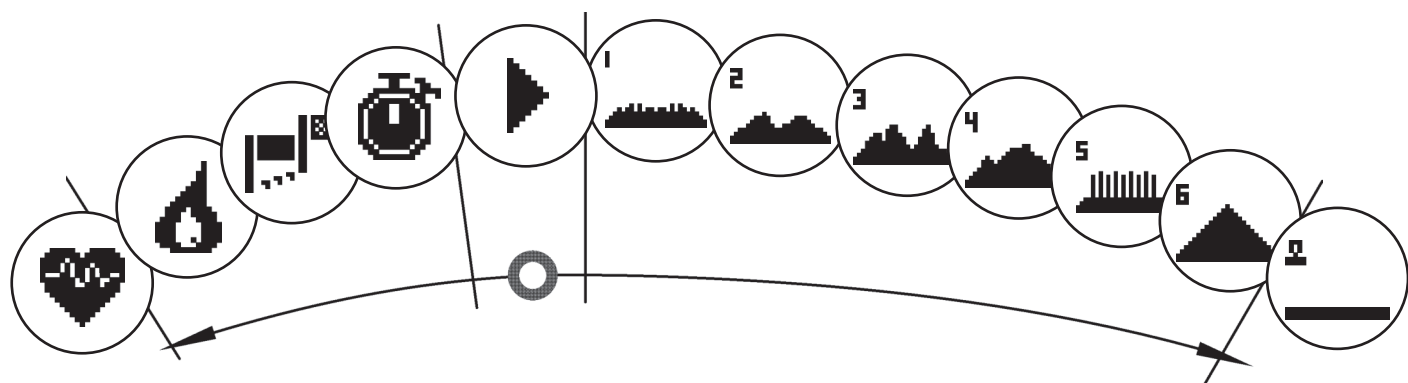
4. My Training Program List

In this list you will find all training sessions which have been saved on the machine. The various Training Program types are described below.
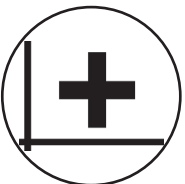
5. Training Program Configurator

With the Training Program Configurator, an individual training profile may be set. Once you have set it, the profile will be stored in the Training Program List. For each user, there is storage space for an individually-configured Training Program. Through configuration of a new Training Program, the previous Training Program is overridden.

# The Available Training Programs in the 'My Training Programs List' Menu

In the Menu item 'My Training Programs List' for an individual user or Guest User, various types of Training Programs are located. These are explained as follows:
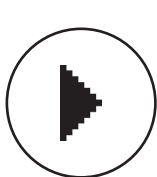
1. Quick Start

Start a Training Session simply, without any further entry options. All scores/values are set at zero. You decide about Training Program duration and intensity. This Training Program is preset upon entry into the Menu 'My Training Programs List'.
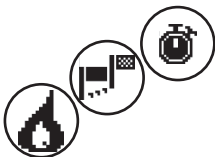
### 2. Training Programs with target scores/values (time / distance / calories)

If you turn to the left from the starting point, you will arrive at the 3 Training Programs with target scores/values. Set yourself a personal target score/value for the Training Session, for time, distance, or an energy (calorie) value that you wish to burn off. Then during the Training Session the selected value will count down to zero.
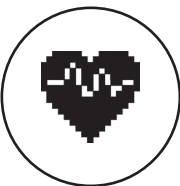
3. Heart-Rate-Oriented Training Program (HRC Training Program)

To the far left of the selection list is the HRC Training Program. This is the ideal Training Program for training in a targeted manner to reach a certain defined heart rate range. Before the Training Session, enter a heart rate target. The exercise machine will then set the brake resistance in the Training Session such that you reach and maintain the heart rate entered. During the Training Session the central graphic in the display shows you whether you are training in the target range, or whether you are above or below the target range.

TIP: In the Menu under 'Personal Settings' > 'HRC Start Level' you can define a brake level at which you want to begin the HRC Training Session. Well-trained exercisers tend to select a higher Start Level; beginning exercisers usually select a lower setting.
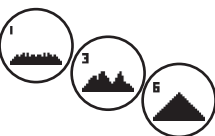
4. Profile Training Sessions

If you turn right from the starting point, you will arrive at the Profile Training Programs numbers 1 – 6. In Profile Training Programs the exercise machine automatically changes the brake level based on the profile. The brake level changes in Profiles 1-3 are moderate, in Profiles 4-6 more demanding. After selection of a Profile Training Program, set the Training Program duration and begin the Training Session.

TIP: by turning the central key (3) during the Training Session, you can push the entire Profile up or down.
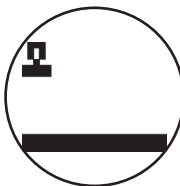
5. Exercising with the self-configured Profile

To the far right of the selection list, the storage space for your individually-set Profile can be found.

Training Program Functions

Pulse Zones

5 Pulse Zones, Z1-Z5, are displayed. They are calculated based on the age entered.

Maximal Training Program pulse (HR Max) = 220 - age
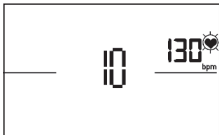
Z1 = 50- 60% of the HR Max = WARM-UP

Z2 = 61- 70% of the HR Max = FAT BURNING

Z3 = 71- 80% of the HR Max = ENDURANCE

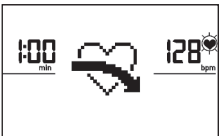Z4 = 81- 90% of the HR Max = INTENSIVE ENDURANCE

Z5 = 91-100% of the HR Max = MAXIMUM RANGE

The Pulse Zones are displayed in the text space, when this function is activated under "Personal Settings>Pulse Zones".
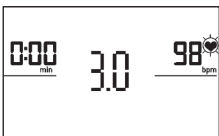
Recovery Pulse Measurement

During the **Training Session and active pulse measurement,** press the Recovery Pulse key. After 10 seconds the measurement will begin.

The device will measure your pulse in a 60-second countdown.

Subsequently, the recovery pulse grade will be displayed.

The display will be ended after 20 seconds or by pressing the Recovery Pulse key.

If at the beginning or end of the countdown no pulse is registered, an error message will appear.

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.

For heart-rate-oriented Training Programs, the chest strap is recommended.

– D – Datum	Ruhepuls	P 1 Belastungspuls	P 2 Erholungspuls	Belastungs- stufe	Zeit (min.)	Entfernung (km)	Energie- verbrauch	Fitness- note
– GB – Date	Restpulse	Stress pulse	Recovery pulse	Slope	Time (min)	Distance (km)	Energy consumption (Kcal)	Fitness Mark
– F – Date	Pouls au repos	Pouls en change	Pouls de récupération	Ange d'inclination	Temps (mn.)	Distance (km)	Dépense d'énergie (Kcal)	Note
– NL – Datum	Rustpols	Belastingspols	Ontspanningspols	Hellingshoek	Tijd (min.)	Afstand (km)	Calorieenverbruik (Kcal)	Waard. cijfer
– E – Fecha	Pulso en reposo	Pulso bajo esfuerzo	Pulso de recuperación	Escalón de carga	Tiempo (min.)	Distancia (km)	Consumo de energia (Kcal)	Nota