

# Smooth CE Elliptical Trainer Owner's Manual Addendum

## Function and Operation of the Cross Training Computer

### *Readout Displays*

- Room Temperature
- Energy, Kilojoules 0 to 9999, 4.184 Kilojoules equals 1 Calorie
- RPM, Revolutions per Minute, 20 to 199 per minute
- Time, 0.00 to 99.99 Minutes/Seconds
- Speed, 0 to 99.9 Miles Per Hour
- Distance, 0 to 99.9 Miles
- WATT, 25 to 400 Watts (manually adjusts in 5Watt increments)
- Pulse, Heart Rate Pulse-50 to 99 Pulses per minute

### *Manual Operation*

- Start Pedaling
- All Display values will count upward; Total Miles, Time, Distance, Speed
- Room Temperature is displayed

### *Manual Operation with Count Down*

- Without Pedaling, depress the PROGRAM key several times until respective program symbols are flashing in the display.
- Select Count Up or Count Down Mode and depress SET. If no settings are selected, "OFF" will display in the graphic field. You have to set at least exercise distance or exercise time or energy consumption (watts); otherwise the exercise unit will commence in the Count Up mode when you start your exercise. Then simply begin exercising once enough criteria is entered and the screen will change over to chosen program viewing.
- Start Pedaling, After the setting(s) have been counted down to zero, the Display changes over to Count Up mode. Only once exercising has begun in either manual program count up or count down, the user may then depress the program button to scroll through all the small readouts (kilojoules, speed, RPM etc.) on the bottom of the LCD screen to make any particular smaller reading the larger master reading in the top portion of the LCD screen

### ***Exercise with Exercise Settings and Programs***

- Without Pedaling, depress the PROGRAM key several times until respective program symbols are flashing in the display.
- Select Count Up or Count Down Mode and depress SET.
- Select Time using the + /- keys and depress SET.
- Select Programs 1 through 6 or HRC and depress SET.
- Select Distance using + /- keys and depress SET, if no setting select OFF
- If no settings are available, "OFF" will display in the graphic field.
- After all selections are completed (except Heart Rate Pulse Settings) and set, the characters "READY" are displayed in the graphic field.
- Start Pedaling Heart Rate Control is the last program choice. To properly work, enough criteria must be entered such as time, distance, desired starting Watts of resistance and target heart rate.
- Pulse Settings, Consult your physician before determining your personal exercise use and exercise setting limits.
- The Heart Rate Pulse Setting depends on the Age of the person that will exercise. There is an industry accepted so called "Heart Rate Zone", Rule of Thumb :180 minus age for every age group which is defined by upper and lower limits (= or – 10 pulses). The Heart Rate should always be within your own aerobic zone. The Maximum heart rate (200 minus age) should not be exceeded.
- Enter the desired pulse rate within a range of 60 to 189. Caution check with your physician before engaging in any vigorous exercise program.
- Start Pedaling
- The electronic computer will compare the current exercising pulse with the one selected. If the current exercising pulse is less than 11 Pulses from the Heart Rate Pulse Setting the characters "LO" will appear in the display, if the current exercising pulse exceeds 11 Pulses from the Heart Rate Pulse Setting the characters "HI" will appear in the display. "LO" pulse rate will be monitored after the Heart Rate Pulse setting is reached for the first time while moving the pedals. "HI" pulse rate is always active.
- Recovery Pulse is the button on the left of the console. At the end of the workout, immediately press the recovery pulse button and take a pulse measurement by either the provided ear lobe clip, contact sensors on the center handlebar or the accessory wireless chest belt for 60 seconds. The computer then will calculate and provide a fitness rating of 1 to 6, 1 being the best. Purpose is to track improvement of cardiovascular conditioning.

### ***Heart Rate Control***

- NOTE: Smooth recommends the use of the Cardio Pulse Set or the Ear Clip when using the Cross Trainer in Heart Rate Control mode.
- Options for settings in the Heart Rate Control mode include: Distance, Exercising Time, Energy Consumption (Watts), Pulse Rate during Exercise, Performance.
- The difference between the set Heart Rate Pulse (see above) and the current Heart Rate Pulse during exercise determines the computer controlled performance adjustment. The Pulse Rate display in percent is always active. The Value is calculated between the active current pulse rate and the set pulse rate. At the beginning of the exercise, the performance of the set value will be increased until the set Heart Pulse Rate has been reached. If the Value has been exceeded, the computer controlled performance will be reduced.
- You should reach your set Pulse Rate after 5 minutes (approximately).
- You can only finish the Heart Rate Control Program your self. There is no automatic termination of the program. The electronic system will continue with the Heart Rate Control Program until you reset the system or shut it down.

### ***Recovery Key***

- Comparing the heart rates during exercise and recovery is a simple and effective way of judging physical fitness. Exercise for at least 10 minutes in your own aerobic exercise exertion zone. The Cross Training Computer allows you to measure your heart rate recovery physical fitness at the end of your exercise (Fitness Mark). To get a reading use only one of the heart rate measurement devices at one time, 1. Cardio Pulse /Set, 2. Ear Clip Attachment, 3. Pulse Reading Hand Grip. If you are using the Hand Grip, maintain hand grip until reading is completed.
- Press the Recovery key (8) upon completion of the exercise.
- The Electronic System will measure your recovery heart rate for 60 seconds in the countdown mode. A recovery rate calculation, (Fitness Readout), read out will show in the computer display. Fitness Mark readouts are displayed from F1.0 (Excellent) through F6.0 (Poor). If you exercise regularly you should notice an improvement in your Fitness Mark.