VELOCITY™
FITNESS

Monitor Instructions

for Models:
CHB-R6
CHB-UV6

Power supply: output DC 9v/ 1000mA transformer adaptor

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WARNING!
Heart rate monitor system is not a medical device and should not be used as one! Over exercise may result in serious injury of death. If you feel faint stop exercising immediately. The readings displayed are for reference only and are not meant to treat or diagnose. Results shown are estimates and should be used as such, no claims of accuracy are being made

USB Port not functional on this model.

FUNCTION BUTTONS

A. ENTER:

1. Press ENTER button to enter setting mode and confirm setting values for CALENDAR, Real Time, DISTANCE, CALORIES, TIME and LEVEL.

B. UP & DOWN:

1. Rotate button to select program from MANUAL, PROGRAM, HRC, USER and WATT control program.
2. In setting mode, rotate button to increase or decrease value setting of DISTANCE, CALORIES, TIME and LEVEL.
3. In USER setting mode, rotate button to increase or decrease the resistance level of each Interval.
4. In the working status, rotate button to increase or decrease level of resistance.

C. START/STOP:

1. Quick Start function: This button allows you to start the monitor with manual program. All values begin to count up from zero automatically.
2. Press to start or stop exercise.

D. RESET:

1. In the setting mode, press this button to clear the current setting value. (Will not delete user profiles.)
2. Press and hold this button for 2 seconds to reset settings completely. (All setting values are reset to zero.)

E. RECOVERY:

1. Press this button when the monitor enters recovery function.
2. Press the RECOVERY button, the monitor will detect the heart rate signal after 10 seconds. If no heart rate is detected, the monitor will leave this mode.
3. This function checks the pulse recovery after exercise. Results are scaled from F1 to F6. F1 means great and F6 means needs improvement. This function reflects your heart pulse recovery ability and helps to improve it through exercise. For a proper reading, the **user must perform immediately after the workout.** To begin press the recovery button and hold the heart rate detector. The test will last for 1 minute and the result will show on the screen. To leave recovery mode simply press recovery key at any time.

F. BODY FAT:

Press this button to input your GENDER, AGE, HEIGHT and WEIGHT, and then to measure your body fat ratio.

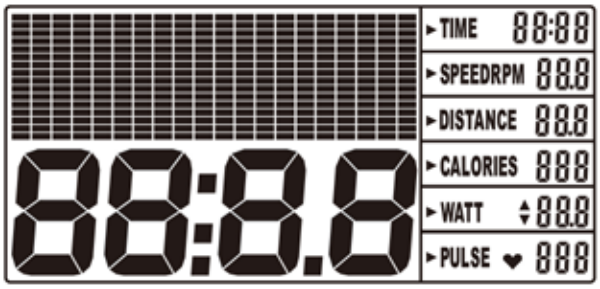
G. HRC:

Press this button to enter heart rate control program quickly.

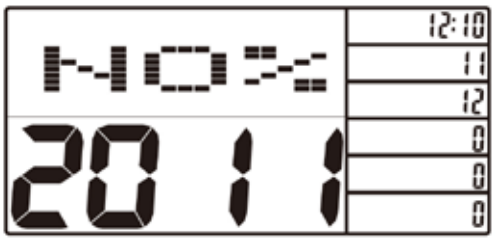
H. USER:

Press this button to enter user program quickly.

ABOUT DISPLAY :

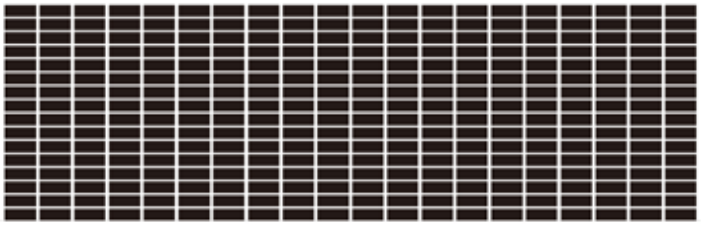


A. CLOCK & CALENDAR window:

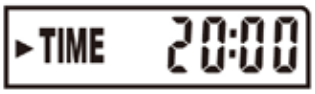


CLOCK: Displays the current time in hour and minute.
CALENDAR: Displays the current year, month and date.
a. You can adjust the time & calendar by pressing the ENTER, UP and DOWN keys.

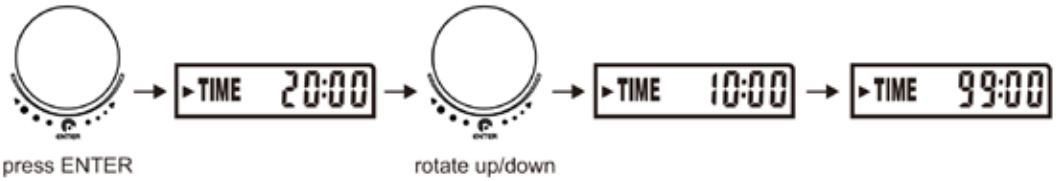
B. 16 X 20 matrix display:
The profile is divided into 20 segments (Each segment contains 16 bars); without setting the time, each segment indicates 1 minute. If you set the target time you wish to exercise, each segment would contain the time length of target time divided by 20.



C. TIME window:

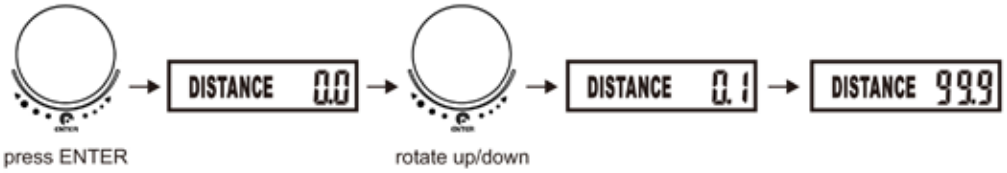


Shows exercise time.
Count up: When you set the target time is 00:00, time will count up after pressing the START button and the maximum value is 99: 59.
Count down: In the setting mode, the default value is 20:00. You can rotate up or down button to set the desired time for exercise in one minute (+/-) intervals. Press start to begin. A beep will indicate when you have reached your desired exercise time.



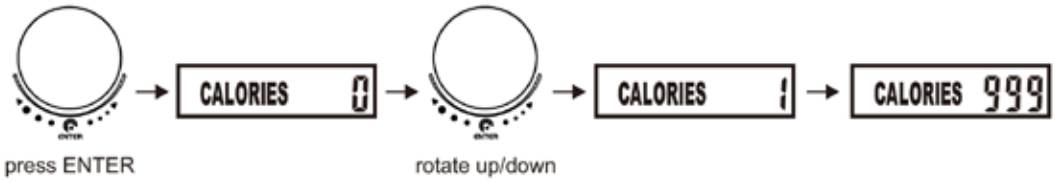
D. DISTANCE window:

Shows the distance value.
Count up: Without setting the value, the distance will count up after pressing the START button and the maximum value is 99.9 km (or mile).
Count down: In the setting mode, rotate UP or DOWN button to set the desired distance for exercise. The range set values in 0.1 km(+/-). Press start button to begin. A beep will indicate once your targeted distance is reached.



E. CALORIES window:

Calculates calories burned.
Count up: Without setting the value, the calorie consumed will count up after pressing the START button and the maximum value is 999 cal.
Count down: In the setting mode, rotate UP or DOWN button to set the desired calorie burned. Press start to begin. A beep will indicate that you have reached your target.



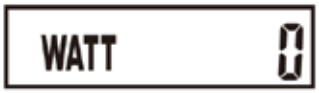
NOTE: This data is a rough guide and should not be used for medical reference.

F. SPEED/RPM window:

SPEED:
The display window shows the speed from 0.0 to 99.0 KPH (or MPH).
RPM:
Shows rotations per minute.

NOTE: in segmentation window, The RPM and SPEED will switch the display every 1 second after starting exercise.

G. WATT window:



The monitor shows workout efforts during training. The display range of WATT is from 0 to 999. In WATT CONTROL mode, you can set up WATT target value from 25 to 250. The exercise tension will be automatically adjusted according to current RPM.

H. PULSE window:
Shows current heart beat per minute.

1. You may set the target heart rate that you do not want to exceed during the setting mode of WATT control program. If your pulse exceeds the value, the monitor will beep to reminding user to decrease the difficult of level.
2. When entering age for the HRC 65%, 75% & 85% program, the monitor will calculate the target heart rate value. And monitor will adjust resistance according to this value.
3. In TAR (Target Heart Rate) of HRC program, input target heart rate directly, and monitor will adjust resistance according to this value.

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I. AGE window:

Shows age input by user. This value is for calculating target heart rate and body fat ratio in the BODY FAT program mode.

J. HEIGHT window

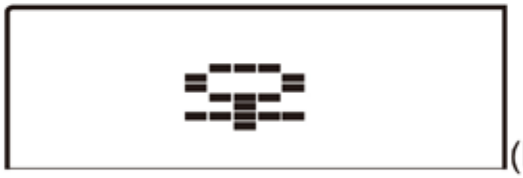
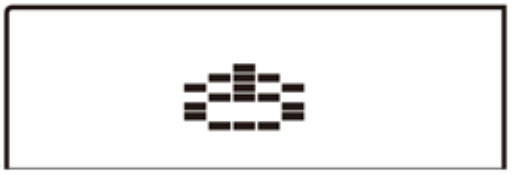
Shows height input by user. This value is one of data for calculating body fat ratio in the BODY FAT program mode.

K. WEIGHT window

Shows weight input by user. This value is one of data for calculating body fat ratio in the BODY FAT program mode.

L. GENDER window

Shows gender input by user. This value is one of data for calculating body fat ratio in the BODY FAT program mode.


(Female) OR

(Male)

A . PROGRAM MANUAL & P1 ~ P12 (P1~P12= pre-set profile)

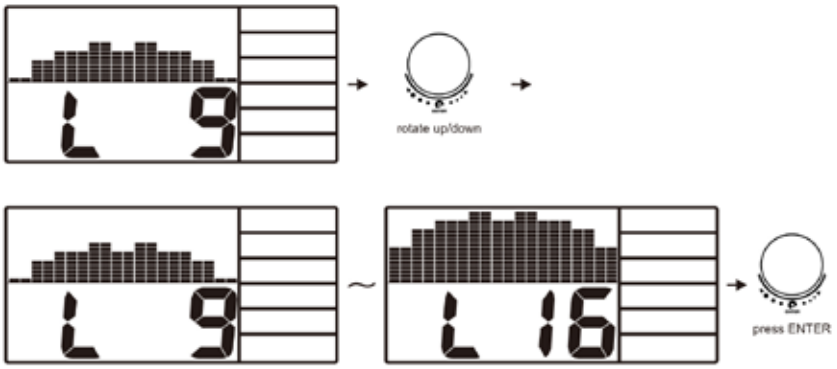
a. Rotate UP & DOWN button to select MANUAL or PROGRAM P1~P12. And then press ENTER button to start target setting.

b. DISTANCE window will flash. Rotate UP or DOWN to select your desired exercise distance, then press ENTER to confirm.

c. CALORIES window will flash. Rotate UP or DOWN to select your desired exercise calories, then press ENTER to confirm.

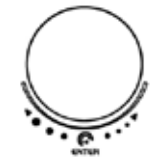
d. TIME window will flash. Rotate UP or DOWN to select your desired exercise time, and then press ENTER to confirm.

e. The program profile will display on matrix the highest resistance value. Rotate UP or DOWN key to select the resistance level desired, and then press ENTER to confirm. Monitor will switch to exercise mode of automatically.



MANUAL / PROGRAM (PRESET PROGRAM)

During the exercise, you can adjust the current resistance by rotating the UP or DOWN key.



If you would like to skip the setting function, simply press ENTER to go to the next function. You do not need to set up all functions before exercise.

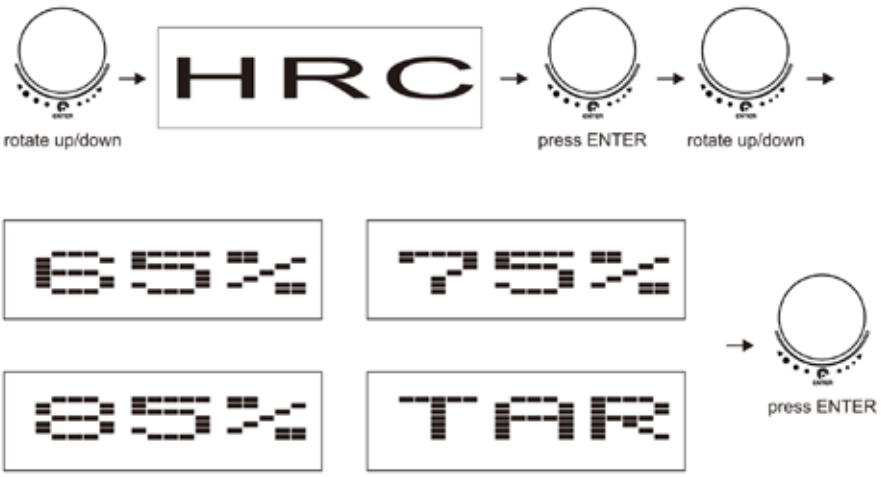
Note:

1. **If no value is set for DISTANCE and CALORIES, the monitor will count up the values to maximum automatically. If no value is set for TIME, the monitor will count down from 20:00.**
2. **Once the program is finished (or any value countdown to zero), the monitor will beep and then stop, and you may press START/STOP button to start again to achieve next goal.**

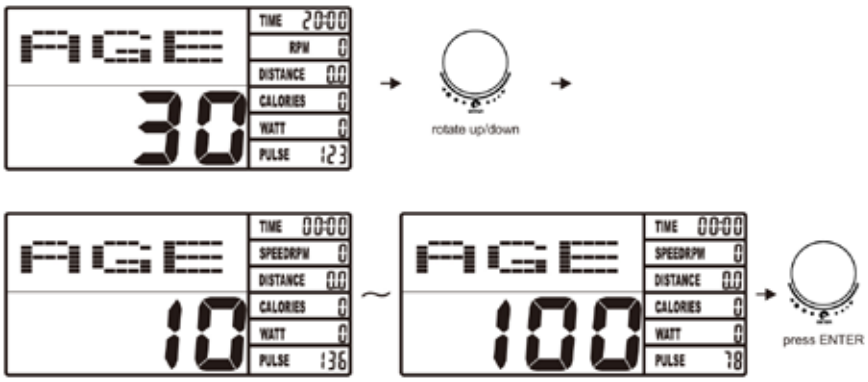
HRC: HEART RATE CONTROL

B. HRC: Heart rate control function (65%, 75%, 85% & TARGET H.R)

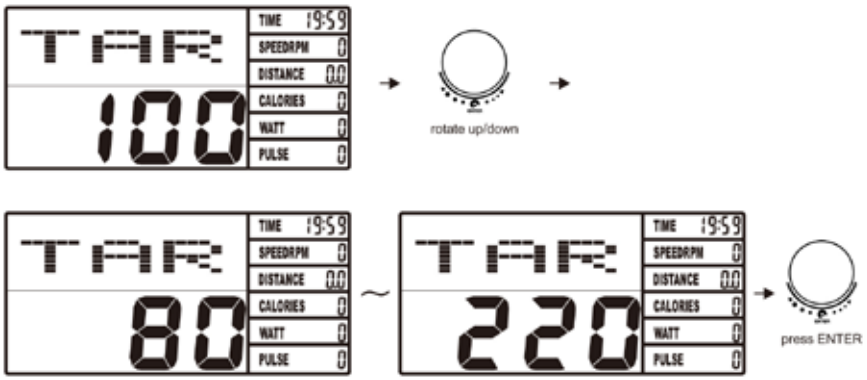
a. Rotate the UP & DOWN button to select HRC program, then press ENTER button to confirm. And then rotate the UP & DOWN button to select 65%, 75%, 85% or TAR (target heart rate), then press ENTER to confirm.



b. HRC - 65%, 75%, 85%:
The AGE window appeared, and the default age is 30. The value range is between 10 and 100. Rotate the UP or DOWN button to input your age, then press ENTER to confirm.



HRC – TAR (target heart rate):
The default heart rates are 100. The value range is between 80~220. Rotate the UP or DOWN button to input your target heart rate, then press ENTER to confirm.



c. DISTANCE window will flash. Rotate the UP or DOWN to select your desired exercise distance, then press ENTER to confirm.

d. CALORIES window will flash. Rotate the UP or DOWN to select your desired exercise calories, then press ENTER to confirm.

e. TIME window will flash. Rotate the UP or DOWN to select your desired exercise time, then press ENTER to confirm. Monitor will switch to exercise mode of counting automatically.

During the exercise you cannot adjust the resistance. The bike automatically changes the resistance level (+/-) to keep your heart rate close to the target heart rate.

The monitor will compare your heart rate and target heart rate.
If your actual heart rate is 5 B.P.M below the target, the tension will increase 1 level every 15 seconds.
If your actual heart rate is 15 B.P.M below the target, the tension will increase 2 levels every 15 seconds.
If your actual heart rate is 5 B.P.M above the target, the tension will decrease 1 level every 15 seconds.
If your actual heart rate is 15 B.P.M above the target, the tension will decrease 2 levels every 15 seconds.
If your actual heart rate is 30 B.P.M above the target, the tension will decrease 2 levels until level 1, and warning drawing will show up. If the monitor does not receive your heart rate signal, Monitor will determine for heart rate less than 15 BPM, it's will increase 2 level resistances every 15 seconds.

If you would like to skip the setting function, simply press ENTER to go to the next setting function. You do not need to set up these functions before your exercise.

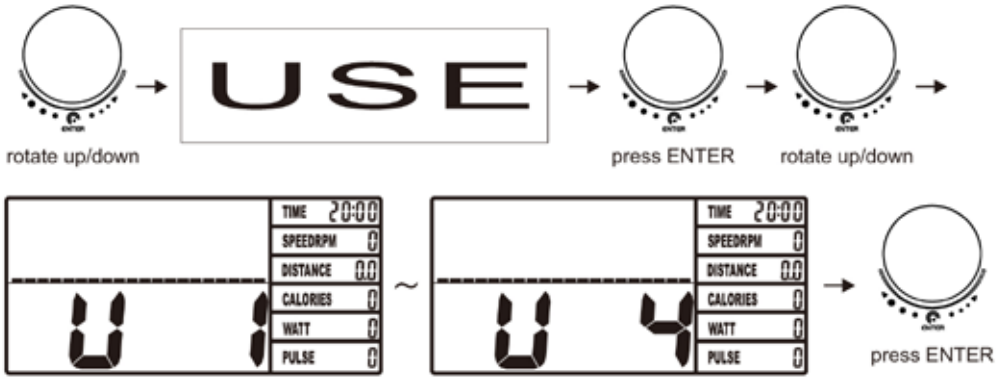
Note:

1. **If no value is set for DISTANCE and CALORIES, the monitor will count up the values to maximum automatically. If no value is set for TIME, the monitor will count down from 20:00.**
2. **Once the program is finished (or any value countdown to zero), the monitor will beep and then stop, and you may press START/STOP button to start again to achieve next goal.**
3. **The formula of HRC 65%, 75%, 85% is as below (Default age is 30):**

HRC of 65% : TARGET H.R = (220-AGE)*65%
= (220-30)*65%
= 123 (beat per minute)
HRC of 75% : TARGET H.R = (220-AGE)*75%
= (220-30)*75%
= 142 (beat per minute)
HRC of 85% : TARGET H.R = (220-AGE)*85%
= (220-30)*85%
= 161 (beat per minute)

C. USER (U1~U4)

a. Rotate the UP & DOWN button to select USER program, then press ENTER button to confirm. And then rotate the UP & DOWN button to select U1~U4. Then press ENTER button to confirm.

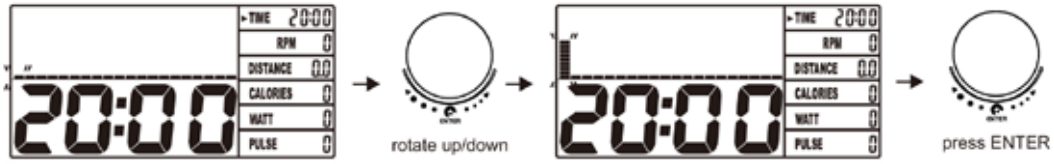


b. DISTANCE window will flash. Rotate the UP or DOWN to select your desired exercise distance, then press ENTER to confirm.

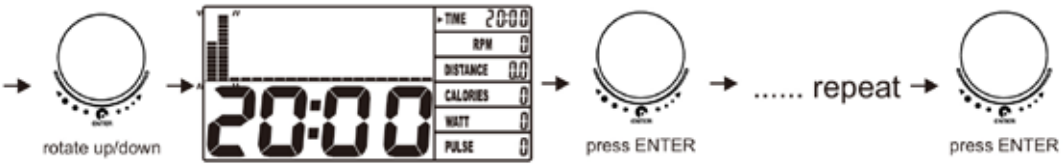
c. CALORIES window will flash. Rotate the UP or DOWN to select your desired exercise calories, then press ENTER to confirm.

d. TIME window will flash. Rotate the UP or DOWN to select your desired exercise time, then press ENTER to confirm. Monitor will switch to exercise mode of counting automatically

e. Then the first column of the matrix will flash. Rotate the UP or DOWN button to set up the desire level of the first column, Press ENTER to confirm the value of first column.



f. Then the second column of the matrix will flash. Rotate the UP or DOWN button to set up the desire level of the second column. Repeat step “e” to create your exercise profile. Press the ENTER to confirm your desired level profile. Monitor will switch to exercise mode of counting automatically.



During the exercise, you can adjust the current resistance by rotating the UP or DOWN button.

If you would like to skip the setting function, simply press ENTER to go to the next setting function. You do not need to set up all functions before your exercise.

Note:

1. **If no value is set for DISTANCE and CALORIES, the monitor will count up the values to maximum automatically. If no value is set for TIME, the monitor will count down from 20:00.**
2. **Once the program is finished (or any value countdown to zero), the monitor will beep and then stop, and you may press START/STOP button to start again to achieve next goal.**
3. **Any changes during a Pro-Care program will not be saved. Follow the above steps to adjust all the fields one by one, and then monitor will store the user’s changers to the user’s Pro-Care program (If USB is present).**

D. WATT CONTROL

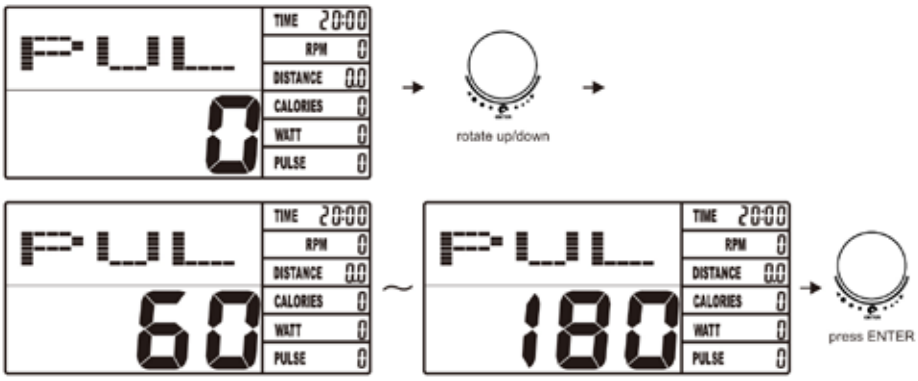
This is a watt control program (independent system). During the exercise, the level of loading can't be adjusted. In this program, monitor adjusts the level of loading according to the watt value set by user. For example, the level of loading increases while the speed is too slow. Also, the level of loading decreases while the speed is too fast. As a result, the calculated watt value will close to the value set by user.

a. Rotate the UP & DOWN button to choose WATT. Then press ENTER button to confirm.

b. DISTANCE window will flash. Rotate the UP or DOWN to select your desired exercise distance, then press ENTER to confirm.

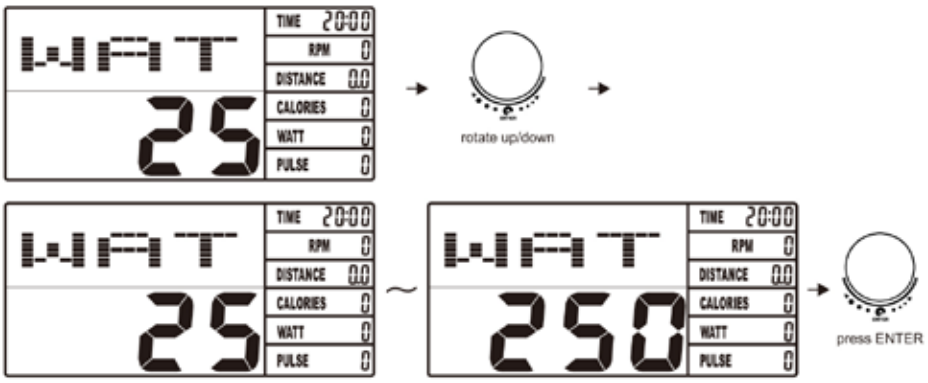
c. CALORIES window will flash. Rotate the UP or DOWN to select your desired exercise calories, then press ENTER to confirm.

d. PULSE window will flash. Rotate the UP or DOWN to set target pulse to exercise, and then press ENTER to confirm.



e. TIME window will flash. Rotate the UP or DOWN to select your desired exercise time, then press ENTER to confirm.

f. WATT window will flash. Rotate the UP or DOWN to select your desired exercise watt form 25~250, then press ENTER to confirm. Monitor will count automatically.



During the exercise, you can not adjust the resistance by rotating the UP or DOWN button.

If you would like to skip the setting function, simply press ENTER to go to the next setting function. You do not need to set up all the functions before you exercise.

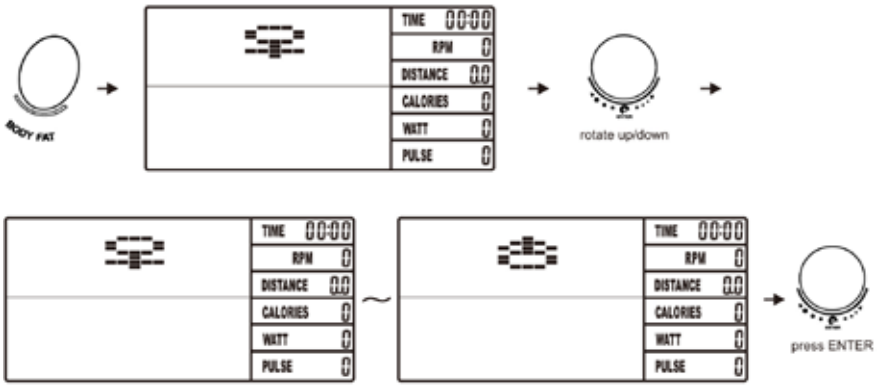
Note:

1. **If no value is set for DISTANCE and CALORIES, the monitor will count up the values to maximum automatically. If no value is set for TIME, the monitor will count down from 20:00.**
2. **If no value is set for target heart rate (PULSE), the monitor only displays your current heart rate.**
3. **Once the program is finished (or any value countdown to zero), the monitor will beep and then stop, and you may press START/STOP button to start again to achieve next goal.**

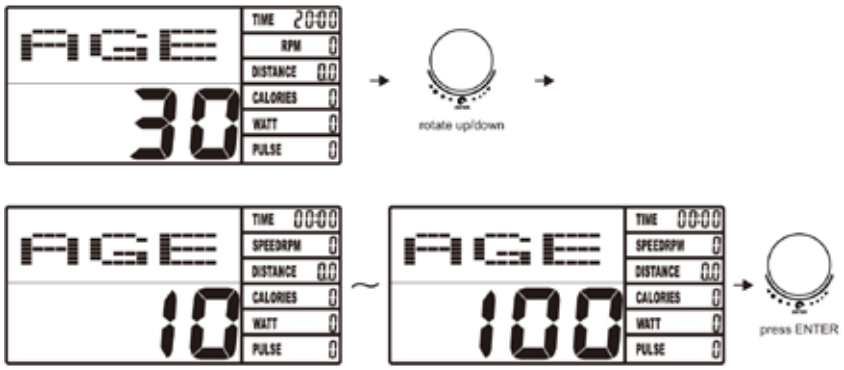
E. BODY FAT FUNCTION

This is a program designed to calculate users' body fat ratio.

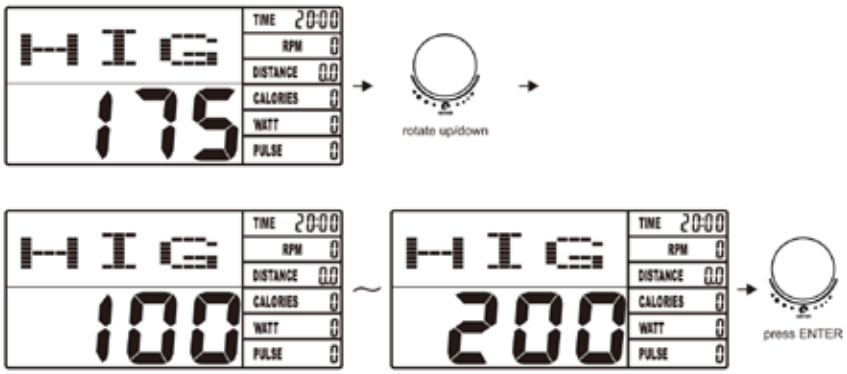
a. Press the BODY FAT button to select body fat program, the matrix shows ♂ or ♀ icon, then rotate the UP or DOWN to select your gender, then press ENTER to confirm.



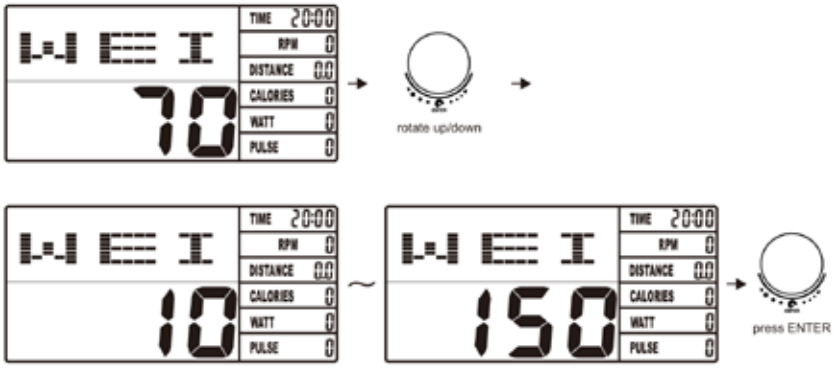
b. The matrix shows "AGE", rotate the UP or DOWN button to select your age, then press ENTER to confirm.



c. The matrix shows "HIG", rotate the UP or DOWN button to select your height, then press ENTER to confirm.



d. The matrix shows “WEI”, rotate the UP or DOWN button to select your weight, then press ENTER to confirm.



e. Hold both of your hands on the sensor after you pressed the ENTER button.

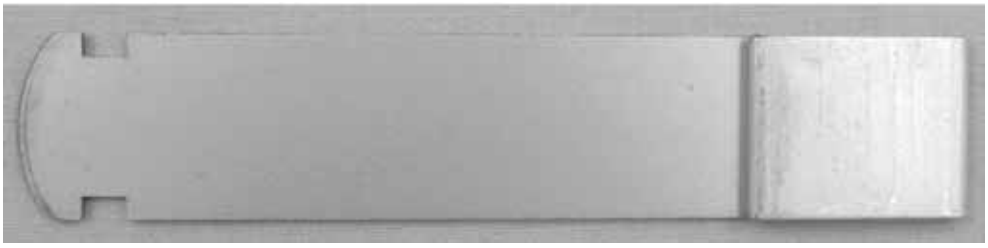
NOTE: If you didn’t hold your hands on the sensor properly, (the sensor cannot detect heart rate), if this occurs please reset the monitor and try again.

f. The test lasts for 10 seconds, and will display the users estimated body fat ratio (FAT%).

FAT%: Body Fat Ratio Reading
Which means percentage of fat in your weight. Normal FAT% for men is 12~25%, and 20~30% for women. Ratings are maxed at 5% and 50%

Note: All readings are estimates and are to be treated as such.
No claims of accuracy or diagnosis are being claimed.

1. Each monitor comes with a removal tool.



2. The battery compartment can be accessed from the top of the monitor. (see the circle)

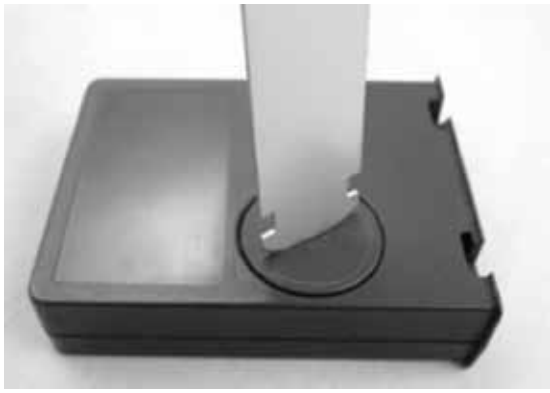
3. Insert the removal tool into the hole at the bottom. (see the circle)

USB Port not fuctional on this model.

4. Pull out the module.

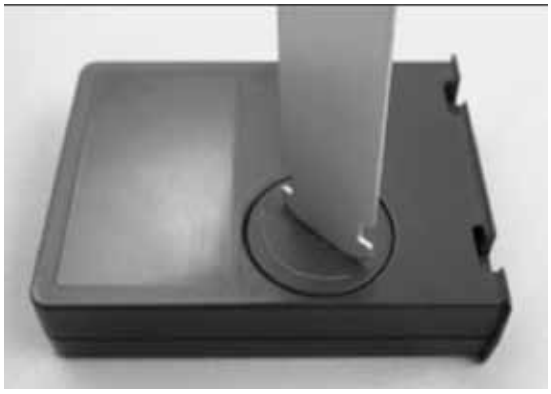
5. Battery compartment. (see the circle)

6. Remove the battery cover by turning it counterclockwise.



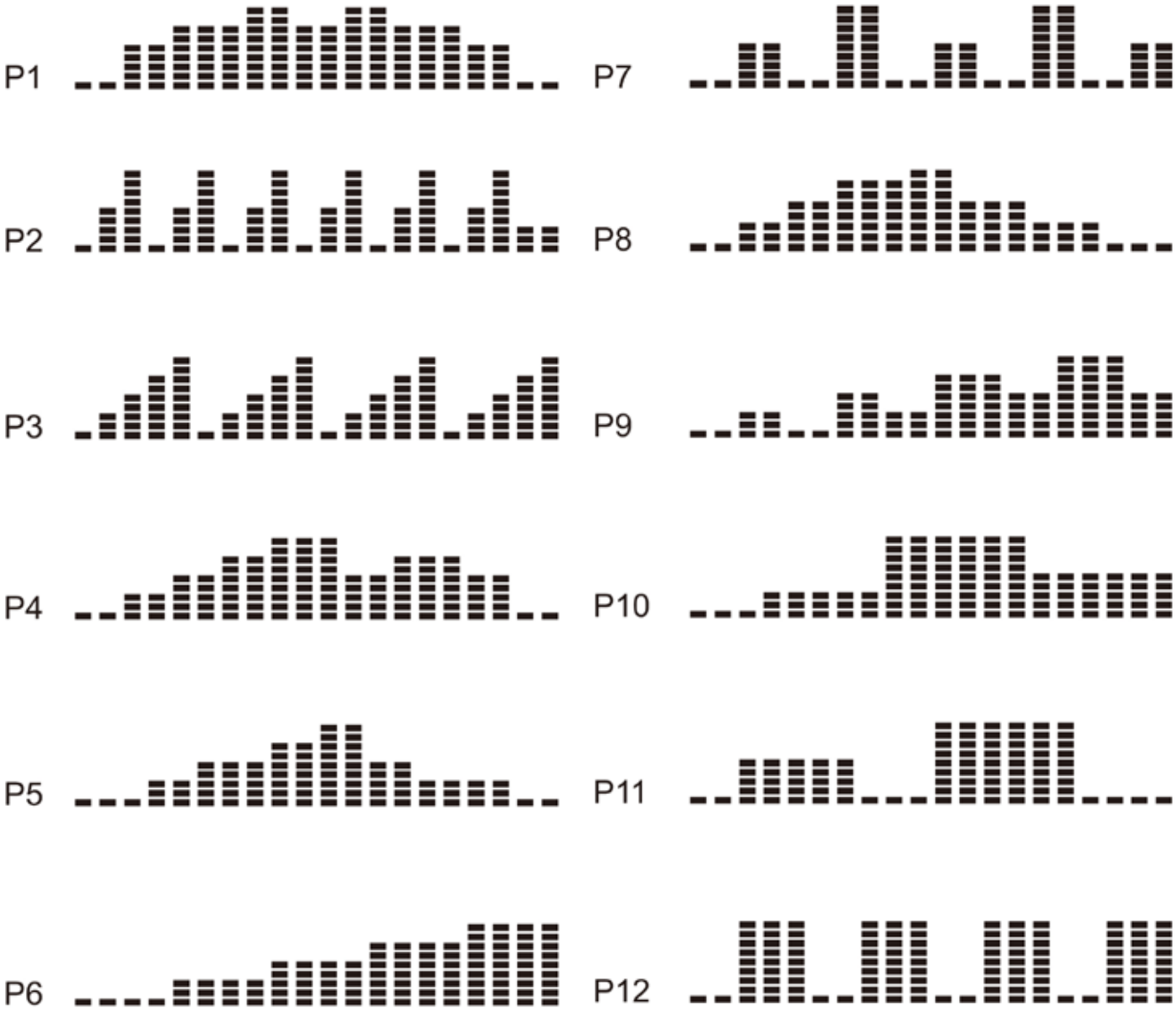
7. Replace the battery with the anode side up.

8. Lock the battery cover.



9. Please note!! It is important to align the circled area back into correct position prior to use.

10. Pressure the module back into the monitor.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