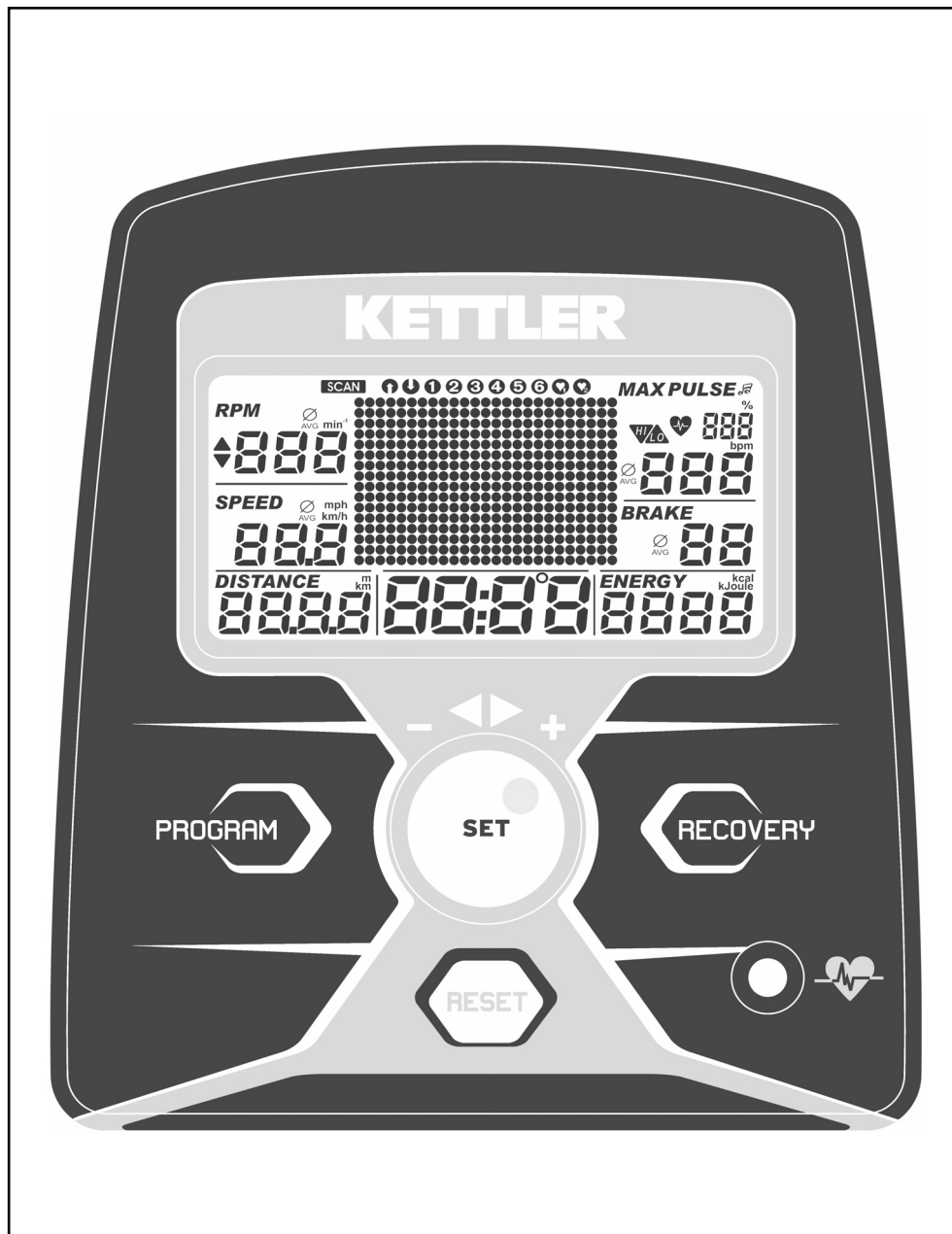


## Computer- und Trainingsanleitung SM 328x-75



- 2-17 (D)
- 18-33 (GB)
- 34-49 (F)
- 50-65 (NL)
- 66-81 (E)
- 82-97 (I)
- 98-113 (PL)
- 114-129 (CZ)
- 130-145 (P)
- 146-161 (DK)

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This sign in the instructions refers to the glossary where the particular term is explained.

## Safety Instructions

### Note the following points for your own safety:

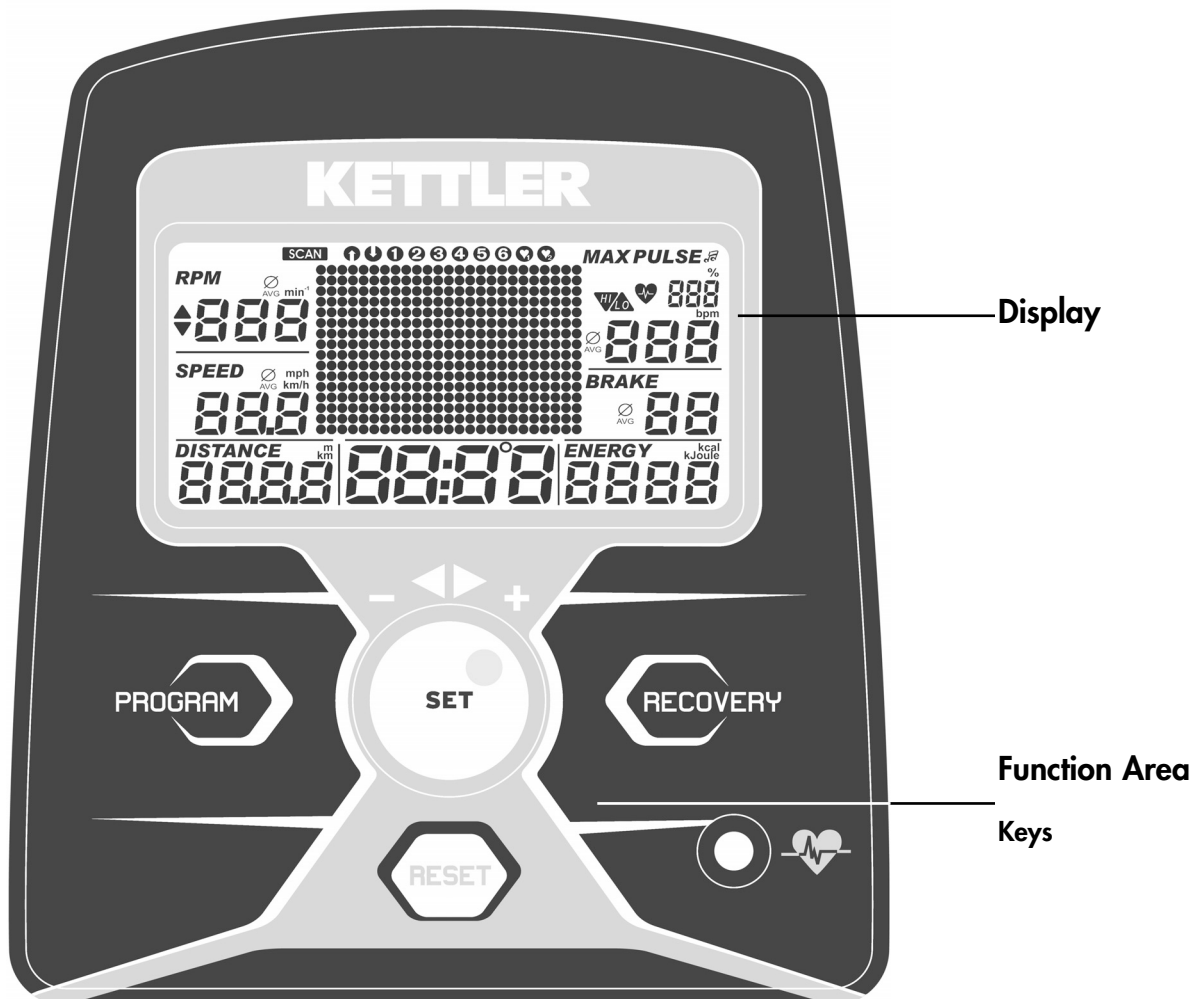
- The training apparatus must be set up on a suitable, stable surface.
- Before the first use and also after approx. 6 operating days, the joints are to be checked for firmness.
- In order to avoid injuries as a result of incorrect loading or excessive loading, the training apparatus must only be used 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.

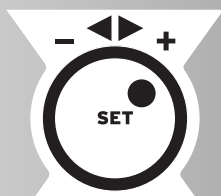
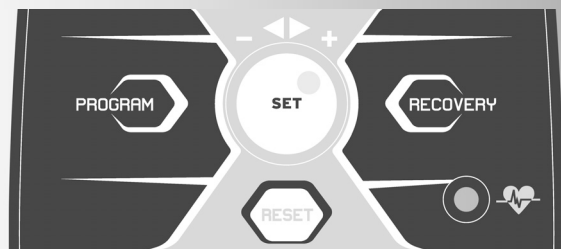
### For your safety:

- **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 computer has a function area with keys and a display with changeable symbols and graphics.





## Getting started

### Scope of function

The basic functions of the keys will be explained subsequently.

The detailed application will be specified in the individual chapters. The name of the function keys will be used in these specifications.

### SET

The SET key is combined with the +/- adjusting knob. The settings and functions selected by turning the knob can be confirmed by pressing the SET key.

By holding the SET key the training calculator can be restarted.

+/- Adjusting knob

The +/- adjusting knob is combined with the SET key. The settings can be modified step-by-step by turning the adjusting knob slowly. Turning the knob quickly will allow the settings to be modified quickly. The settings, menus, programmes and functions selected by turning the knob can be confirmed by pressing the SET key.

- Various pre-setting values can be set via the adjusting knob before the start of the training. The device must be in the STOP position for this.

- The incline or decrease of the tread can be adjusted via the knob during the training > graphic bar display.

- After selecting and confirming a training programme, the additional parameter settings for the training are modified via the +/- adjusting knob and confirmed by pressing the SET key.

#### + Increasing the pre-setting values.

The settings values can be increased by turning the adjusting knob (+) to the right.

#### - Decreasing the pre-setting values.

The settings values can be decreased by turning the adjusting knob (-) to the left.

### Reset

By selecting this function key the current display is deleted and reset.

### Program

The different programme modes are selected via this function key.

Pressing the key again > next programme

Holding the key > run through programmes

### RECOVERY

The recovery pulse function is set via this function key.

## Pulse Measurement

The pulse measurement can be carried out in 3 places:

1. Ear Clip  
The plug is inserted into the socket and the hand pulse is switched off
2. Hand Pulse  
The connector is plugged in on the rear side of the display
3. Chest strap  
Please observe respective instructions.

## Display

The display provides information about the various functions and the settings modes selected.

### Programmes: Count up / Count down

The programmes are differentiated through their numbering systems.

### Programmes:

#### Exertions over time or distance

Pre-set profiles 1-6

#### Pulse-driven programmes: HRC1/HRC2

##### Target pulse over time

Two programmes which regulate exertion through the pre-set pulse value.

### Display values

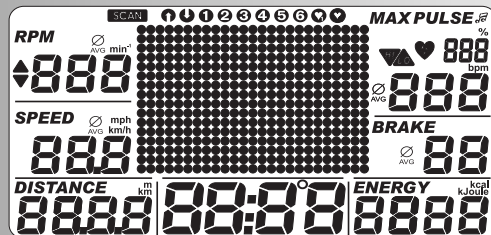
The sample displays show operation as Crosstrainer.

With corresponding speed with the sample displays, the values for speed and distance are lower for crosstrainer and higher for exercise bike.

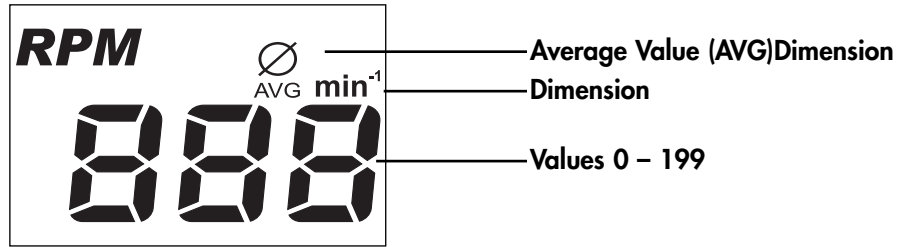
For  $60 \text{ min}^{-1}$  (RPM)

Crosstrainer: = 9,5 km/h

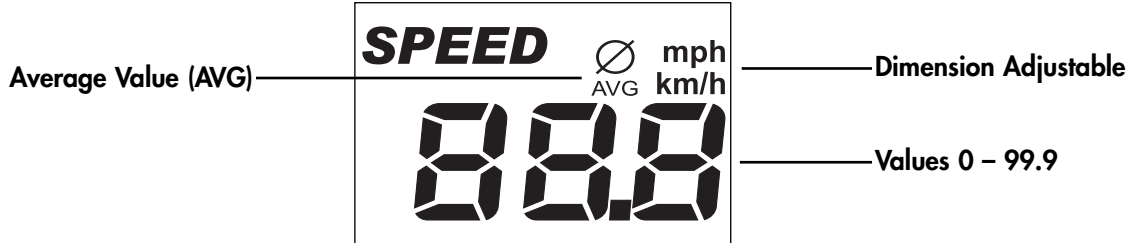
exercise bike: = 21,3 km/h



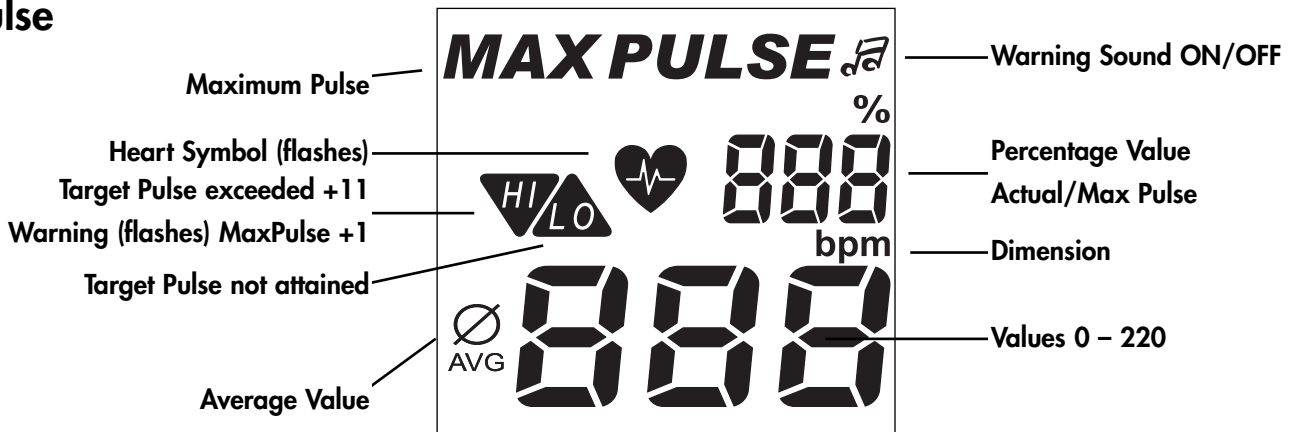
## Step Frequency



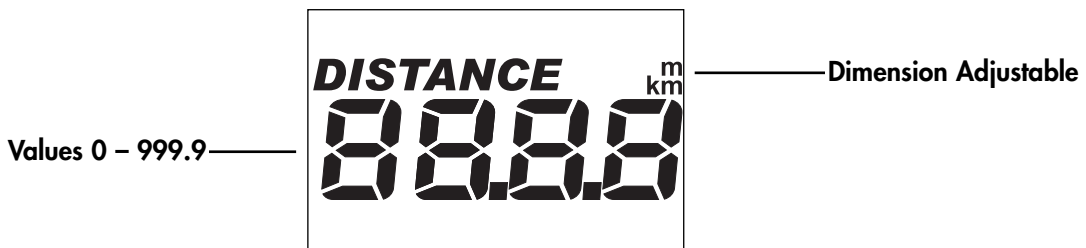
## Speed



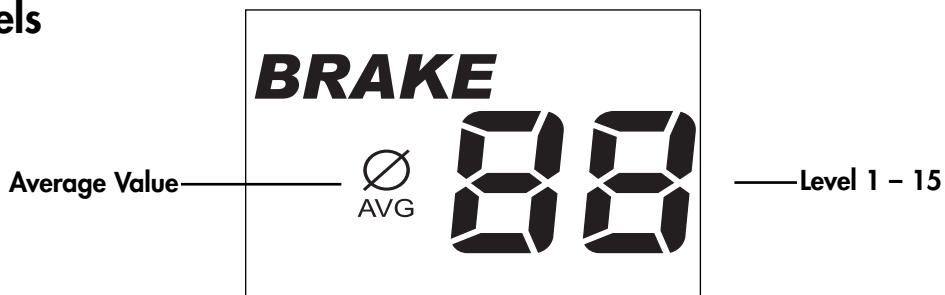
## Pulse



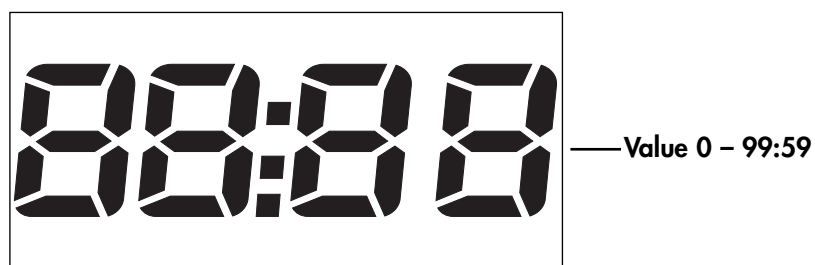
## Distance



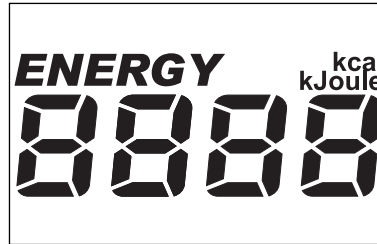
## Exertion Levels



## Time



# Energy Consumption



Dimension Adjustable

Values 0 -9999

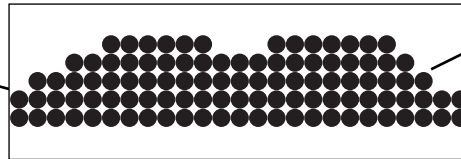
## Points



Exertion Profile

1 Point (Height)  
corresponds to 1 level  
1 row level 1

Text and Value Display



25 Columns

1 column corresponds 1 minute  
or 200 m or 0.1 miles

Exercise bike:  
400 m or 0.2 mile

## Quick Start (For Familiarisation)

### Start of Training

Without special settings

- Welcome display on switch-on  
Display of total kilometres
- After 3 seconds: "Count Up" *Display*  
All values show 0  
Brake shows level 1
- Start of Training
- *Display*  
Speed, distance, energy, time, revolutions and exertion level and pulse (if pulse registration is active)

Changing the exertion during the training:

- "+" *display* value in the "Brake" window is increased in one-stage steps.
- "-" reduces it in one-stage steps.

Continuation of the training with this setting. Interim exertion changes are possible at all times.

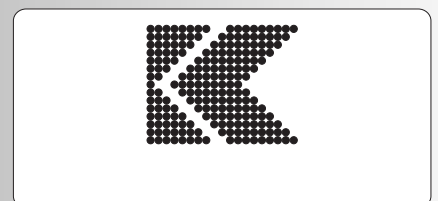
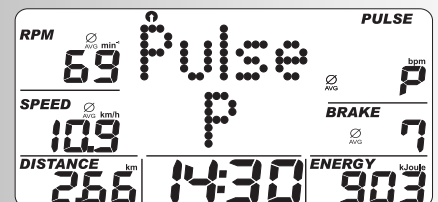
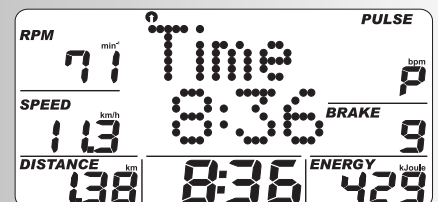
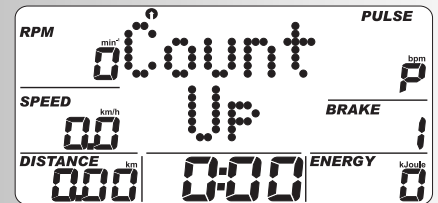
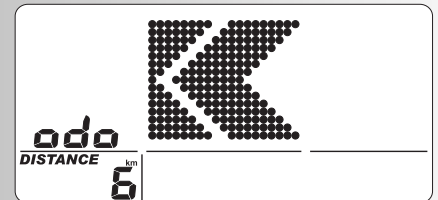
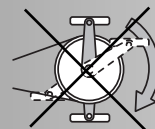
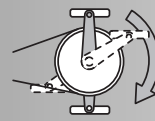
### End of Training

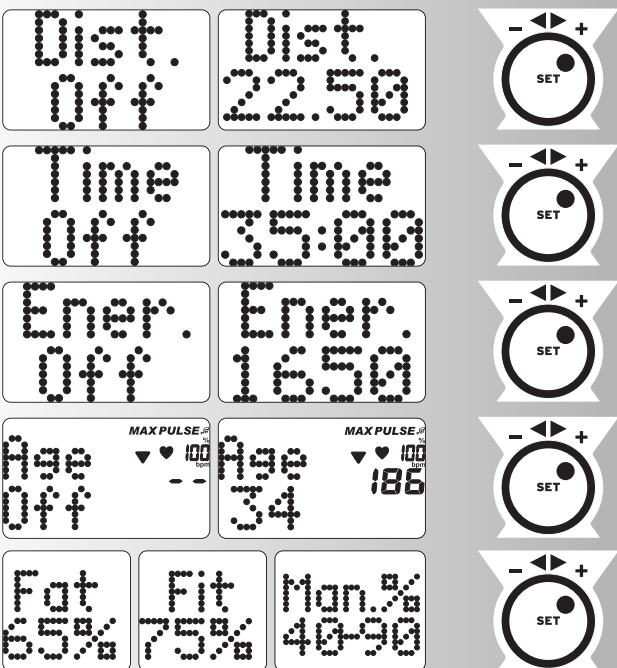
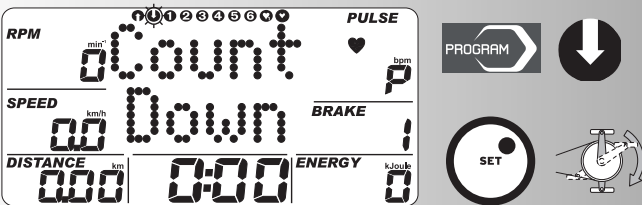
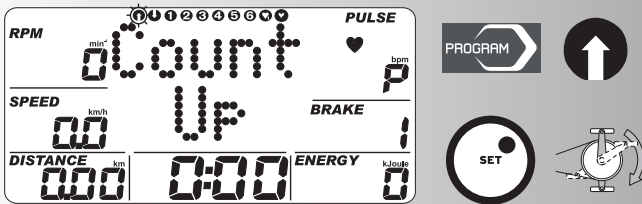
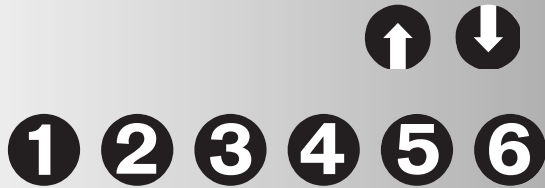
- Average Values (Ø): *Display*  
Speed, revolutions, exertion level and pulse (if pulse registration is active)
- Total Values  
Distance, energy and time

### Snooze Mode

4 minutes after the end of training the machine switches into the snooze mode.

Press any key and display restarts with "Count Up".





## Training

The computer is supplied with 10 training programmes. They are clearly differentiated in their exertion intensity and stamina.

### 1. Training using exertion settings

#### a) Manual Exertion Settings

- (PROGRAM) "Count Up"
- (PROGRAM) "Count Down"

#### b) Exertion Profiles

- (PROGRAMS) "1" – "6"

### 2. Training Using Pulse Settings

#### Manual Pulse Settings

- (PROGRAM) "HRC1 Count Up"
- (PROGRAM) "HRC2 Count Down"

### 1. Training Using Exertion Settings

#### a) Manual Exertion Settings

(PROGRAM) "Count Up"

- Press "PROGRAM": Display "Count Up"  
Start the training. All values count upwards.

Or

- Press "SET": Settings Range
- "+" or "-": Change the exertion. Start of training. All values count upwards.

(PROGRAM) "Count Down"

- Press "PROGRAM" : **Display** "Count Down"

The programme counts downwards from > 0 to the pre-set values. When no input occurs, the training starts the "Count Up" Programme.

To start the programme at least one input for time, energy or distance must be input.

- Press "SET": Settings Range

#### Settings Range

**Display:** Distance Setting "Dist."

#### Distance Setting

- Input with "+" or "-" values (e.g. 22,50)  
Confirm with "SET".

**Display:** Next Menu Time Setting "Time"

#### Time Setting

- Input with "+" or "-" values (e.g. 35:00)  
Confirm with "SET".

**Display:** Next Menu Energy Settings "Ener."

#### Energy Setting

- Input with "+" or "-" values (e.g. 1650)  
Confirm with "SET".

**Display:** Next Menu Input Age - "Age"

#### Input Age

- Input with "+" or "-" values (e.g. 34)  
Confirm with "SET".

**Display:** Next Menu Target Pulse "Fat 65%"



### Target pulse (age-related)

- Make selection with "+" or "-"
- Fat burning 65 %, Fitness 75 %, Manual 40 - 90%  
Confirm with "SET" (e.g. Manual 40 - 90 %)
- Enter values with "+" or "-" (e.g. Manual 83)  
Confirm with "SET" (end of default mode)  
*Display:* readiness for training with all defaults

or

### target pulse (40 - 200)

- Deselect age entry with "+" or "-". Display: "AGE OFF"  
Confirm with "SET".

*Display:* next default "Pulse Off" (target pulse)

- Enter value with "+" or "-" (e.g. 146)  
Confirm with "SET" (end of default mode)  
*Display:* readiness for training with all defaults

### Comment

An overview of all settings options in the programmes is summarised in the tables.  
(See page 28)

## Training Programme is now ready

### Exertion

- Change exertion with "+" or "-"  
Start of Training

### b) Exertion Profiles (PROGRAM) "1" - "6"

All profiles are selected by pressing "PROGRAM"

e.g. *Display* "1"

Fitness Newcomer I. Exertion Level 1-4. 27 Min

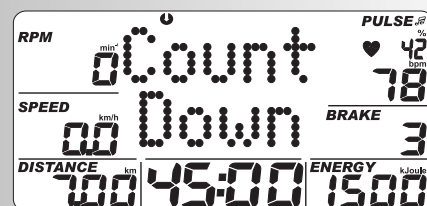
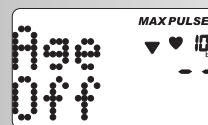
Press "SET": Settings Range. For settings see table on page 28

Start of Training

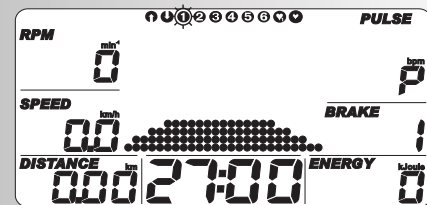
- Press "PROGRAM" until *Display* "2"  
Fitness Newcomer II. Exertion Levels 1-5. 30 Min  
Press "SET": Settings Range. For settings see table on page 28  
Start of Training

- Press "PROGRAM" until *Display* "3"  
Advanced I. Exertion Levels 1-6. 36 Minutes.  
Press "SET": Settings Range. For settings see table on page 28  
Start of Training

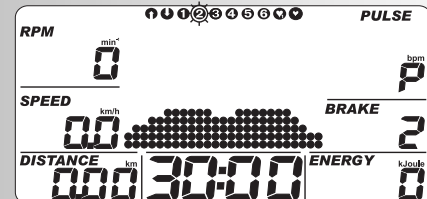
- Press "PROGRAM" until *Display* "4"  
Advanced I. Exertion Levels 1-7. 38 Minutes.  
Press "SET": Settings Range. For settings see table on page 28  
Start of Training



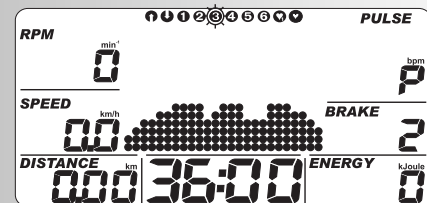
1



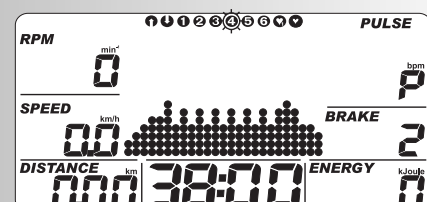
2



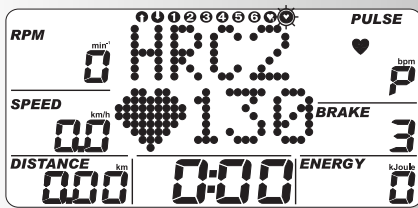
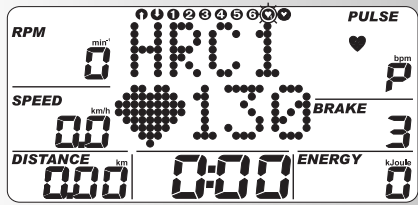
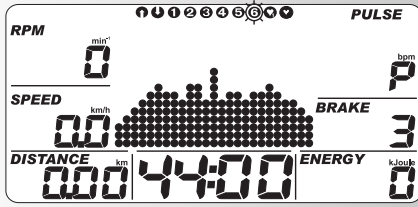
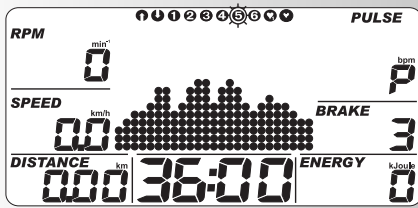
3



4



## Training and Operating Instructions



- Press "PROGRAM" until **Display "5"** Professional I. Exertion Levels 1-9. 36 Minutes. Press "SET": Settings Range. For settings see table on page 28

Start of Training

- Press "PROGRAM" until: **Display "6"** Professional I. Exertion Levels 1-10. 36 Minutes. Press "SET": Settings Range. For settings see table on page 28

### Comment

For times over 25 minutes the programme view of the profile is displayed in 25 condensed columns.

## 2. Training Using Pulse Settings

### Manual Pulse Settings

(PROGRAM) "HRC1 Count Up"

- Press "PROGRAM" until **Display "HRC1"** (Count Up)
- Press "SET": Settings Range

Start the training. All values count upwards.

The exertion is automatically increased until the target pulse is achieved (e.g. 130)

(PROGRAM) "HRC2 Count Down"

- Press "PROGRAM" until Display "HRC2" (Count Down)
- Press "SET": Settings Range

The inputs and adjustment options are the same as the program point "Count Down".

Start of Training

The exertion is automatically increased until the target pulse is achieved (e.g. 130)

### Comment

KETTLER recommends the pulse measurement to be carried out with either ear clip or Chest strap in the HRC Programmes.

Move as far as possible at a constant RPM rate as otherwise the pulse adjustment is negatively influenced.

Settings Options: (See table on page 28)

In HRC programs a power adjustment takes place for deviations of +/- 6 heartbeats.

## Training Functions

### Change of Display during Training

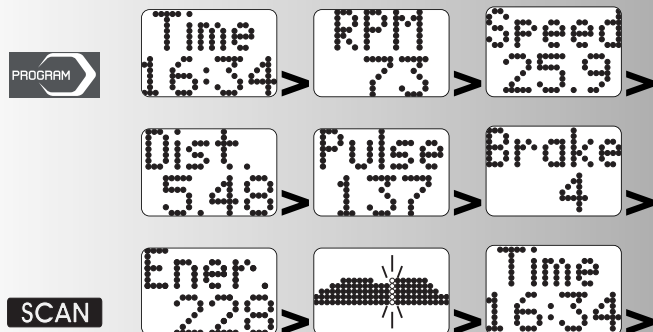
#### Manual Adjustment

"PROGRAM" changes the display in the points field in the following sequence:

Time / RPM / Speed / Dist. / Pulse / Brake / Ener. / (Profile) / Time ...

#### Automatic Adjustment: (SCAN)

**Press the "PROGRAM" key for longer until the "SCAN" Symbol appears in the display. The display changes at a rate of 5 seconds. The SCAN function is ended by pressing again on the "PROGRAM" key, Recovery Function or Training Interruption.**



### Training Interruption/End

If there are less than 10 pedal revolutions/minute or "RECOVERY" is pressed, the electronics recognise a training interruption. The training data achieved is displayed. Speed, exertion, revolutions and pulse are displayed as average values with the Ø -symbol with a "+" or "-" change in the current display, e.g. rest values. The training data is displayed for 4 minutes. If you do not press any keys during this period and do not train, the electronics switch into the snooze mode with the room temperature is displayed.

### Training Resumption

If training is continued within 4 minutes the last values are counted further or downwards.

## RECOVERY – Function

### Recovery Pulse Measurement

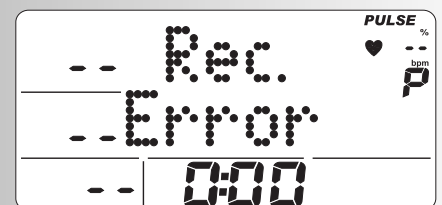
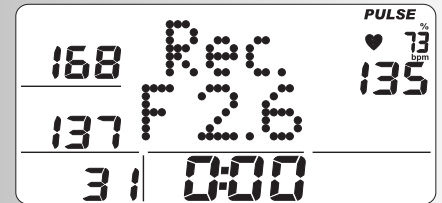
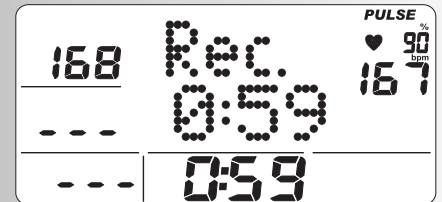
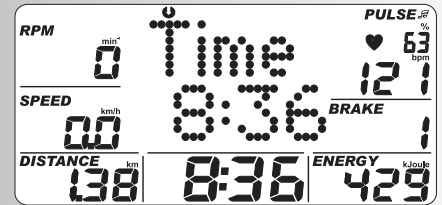
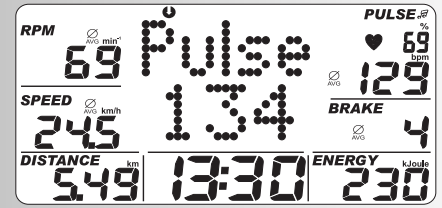
At the end of training press "RECOVERY". The electronics measure your pulse for the last 60 seconds retrospectively.

If you press "RECOVERY", the current pulse value is saved under "RPM" and the pulse value is saved after 60 seconds under "SPEED". "DISTANCE" displays the difference between the two values. This results in a fitness mark (Example F 2.6). The display stops after 20 seconds.

"RECOVERY" or "RESET" interrupts the function

#### Comment

If no pulse is recorded at the start or end of the time period, an error message is displayed.



# Inputs and Functions

Training / At Rest		⬆	⬇	①	②	③	④	⑤	⑥	♥	♣
	<b>Exertion</b>	✓	✓							*	*
	<b>Profile</b>			✓	✓	✓	✓	✓	✓		
	<b>Time</b>		✓								✓
	<b>Energy</b>		✓								✓
	<b>Distance</b>		✓								✓
	<b>Max. Pulse</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
or	<b>Fat Burn 65%</b> or <b>Fitness 75%</b> or <b>Manual 40-90%</b>	✓	✓							✓	✓
	<b>Target Pulse 40-200</b>	✓	✓							✓	✓
	<b>Time/Distance Switch</b>			✓	✓	✓	✓	✓	✓		
	<b>Recovery</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

\* Pre-Selection Exertion Level 1-10 prior to start of training

## Programme Switch Time / Distance



For load profiles 1-6 only

- Set with “-” or “+” (time or distance mode)  
Confirm with “SET”.

**Display:** next menu “Age” (age entry)

The distance per column amounts to 0.2 km (0.1 miles)  
Exercise bike: 0.4 km (0.2 miles)

## Display for pulse events

Value / Input	%	Overrun			
		HI	LO	MAX	⚡
<b>Maximum Pulse 80-210</b>	✓	+1		+1	+1
<b>AGE Off</b>					
<b>Target Pulse</b> Fat Burn 65% ou Fitness 75% ou Manual 40-90%	✓	+11	-11*		
<b>Target Pulse 40-200</b>		+11	-11*		

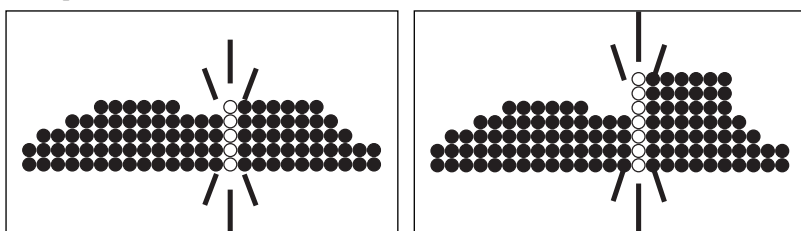
If the training pulse input is not achieved (-11 beats) the "LO" symbol is displayed.

If it is exceeded (+11 beats) the "HI" symbol is displayed.

If the maximum pulse is exceeded the "HI" arrow flashes and the text "MAX" is displayed.

Comment: Only appears when the target pulse is achieved once.

## Adjustment of the Exertion Profile



If the exertion is adjusted during the course of the programme, the change works from the flashing column on the right. The columns on the left show the output data achieved and remain unchanged.

# Individual Settings

Proceed according to the diagram opposite: Press "RESET":

**Display:** All Segments

Now press "SET" for longer: Menu: Individual Settings

**Display:** RESET + / -

## 1. Deletion of the total kilometres

Press "+" and "-" are together

**Function:** Total kilometres are deleted

Press "SET": Jump to the next setting

**Display:** Energ.

## 2. Display of the energy consumption in kJoule / kCalorie

Press "+" or "-"

**Function:** Select the energy consumption display

Press "SET": Selected unit is adopted and it jumps to the next setting.

**Display:** Scale

## 3. Display of the unit in kilometres/miles

Press "+" or "-":

**Function:** Select kilometre or mile display

Press "SET": Selected unit is adopted and it jumps to the next setting.

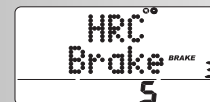
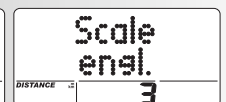
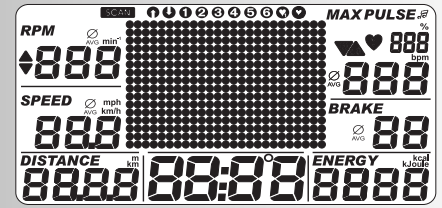
**Display:** Exertion Settings in the HRC-Programmes.

## 4 Exertion Settings in the HRC-Programmes.

Press "+" or "-":

**Function:** The initial exertion in the HRC Programmes can be specified here from levels 1 to 10.

Press "SET": The displayed level is adopted and "Neustart" – New Start – appears on the display.



**Neustart**

## General Instructions

### Exercise bike

#### Speed calculation

60 pedal rotations per minute result in a speed of 21.3 km/h.

### Crosstrainer

#### Speed calculation

60 pedal rotations result in a speed of 9.5 km/h.

### Fitness value calculation

The computer calculates and assesses the difference between load pulse and recovery pulse and your resulting "fitness value" on the basis of the following formula:

$$\text{Note (F)} = 6 - \left( \frac{10 \times (P1 - P2)}{P1} \right)^2$$

P1 = load pulse

P2 = recovery pulse

Value 1 = very good

Value 6 = unsatisfactory

The comparison of load and recovery pulse is a simple and fast method to control your physical fitness. The fitness value is a value of orientation with regard to your ability to recover after physical load. Before you press the recovery pulse button and have the computer calculate your fitness value you should train in your load range for a longer time, this means for at least 10 minutes. With regular cardiovascular training you will notice that your "fitness value" will improve.

### System Sounds

#### Switching On

On switch-on during the segment test a small sound is emitted.

#### Programme End

A programme end (profile programme, countdown) is indicated by a short sound.

#### Maximum Pulse Overrun

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

#### Error Display

In the case of errors, e.g. a recovery can not be carried out without a pulse signal, then 3 short sounds are emitted.

#### Switch On/Off Automatic Scan Function

When activating and deactivating the automatic Scan Function, a short sound is emitted.

### Recovery

In the function the oscillating weight is automatically slowed down. Further training is unsuitable.

### Time/Distance Switch

In the programs 1-6, switchover from time to distance mode is possible in the default section.

The distance per column is

**Exercise bike:** 0.4 km (0.2 miles).

**Crosstrainer:** 0.2 km (0.1 miles)

### Profile Display during Training

At the start the first column flashes. According to the flow it moves further to the right.

And in profiles over 25 minutes it reaches the middle (column

13). Then the profile moves from the right to the left. If the profile end appears in the last column (column 25), the flashing column moves further to the right until the end of the programme.

### Average Calculation

The average value is calculated per training unit.

### Instructions for Pulse Measurement

The pulse calculation starts when the heart flashes in the display in rhythm with your pulse rate.

#### With Ear Clip

The pulse sensor works with an infrared light and measures the translucency changes of your skin, which are caused by your pulse beat. Before you tuck the pulse sensor onto your earlobe, rub it 10 times forcefully to increase the blood circulation.

Avoid interference impulses.

- Fasten the ear clip carefully onto your ear lobe and find the most opportune moment for its removal (heart symbol flashes without interruption).
- Do not train directly under strong light e.g. neon lights, halogen lights, spotlights, beams or sunlight.
- Totally remove all vibrations and shaking of the ear sensor including cables. Always secure the cable with clips to your clothing or even better to a sweatband.

#### With Hand Pulse

The extra-low voltage generated through the contraction of the heart is recorded through the hand-sensors and assessed by the electronics.

- Always grip the contact areas with both hands.
- Avoid gripping jerkily.
- Hold the hands calmly and avoid contractions and rubbing on the contact areas.

#### With Chest strap

Observe the relevant instructions.

### Failures in the pulse display

Should there once be any problems with pulse detection, please check the above mentioned points once again.

#### Comment

Only **one** way of pulse measurement is possible either with ear clip **or** hand pulse **or** Chest strap. If there is no ear clip or plug receiver in the pulse socket then the hand pulse measurement is activated. If there is contact between the ear clip/plug receiver in the pulse socket, then the hand pulse measurement is automatically deactivated. It is **not** necessary to remove the plug of the hand pulse sensors.

### Faults in the Training Computer

Press the RESET Key

# Training instruction

## Training intensity (exercise bike)

The intensity of training with the exercise bike on the one hand is regulated through the pedalling frequency and on the other hand through the pedalling resistance.

## Training intensity (Crosstrainer)

The intensity of training with the Crosstrainer on the one hand is regulated through the step frequency and on the other hand through the step resistance.

Cross training is a very effective whole-body workout, which stresses all large muscle groups, and simultaneously trains the cardiovascular system in an ideal manner and promotes the fat metabolism. The innovative elliptical sequence of movements of the treads strengthens the leg and gluteal muscles especially joint-sparing, the training of the upper part of the body coupled with the legwork mainly stresses the arm, shoulder, pectoral and dorsal muscles.

Before starting the training you should read the following notes carefully!

**The above and following notes on training are recommended for persons without cardiovascular problems only.**

## Notes on training

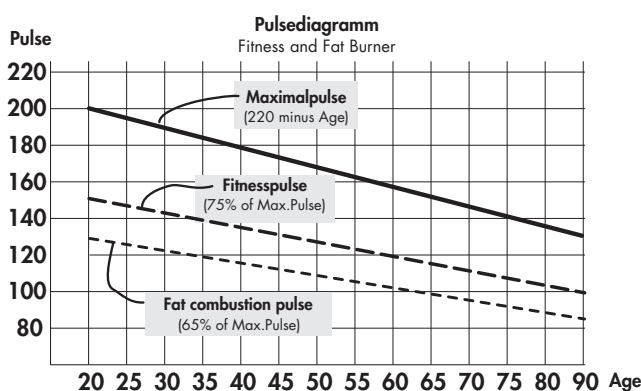
Workout with the cross-trainer is to be designed methodically according to the principles of stamina training. Stamina training mainly causes changes and adaptations in the cardiovascular system. This includes the decrease of the rest pulse frequency and the pulse under load. Thus the heart disposes of more time for filling the ventricles and blood flow in the cardiac musculature (through the coronary vessels). Furthermore, depth of breathing and amount of air inspired are increased (vital capacity). Further positive changes take place in the metabolic system. To achieve these positive changes the training must be planned according to certain guidelines.

## Planning and control of your training

The basis for the planning of the training is your current physical condition. With an exercise tolerance test your general practitioner can diagnose your personal capability, which represents the basis for your planning of the training. If you did not have an exercise tolerance test executed, high training loads or overloading, respectively, have to be avoided in any case. You should remember the following principle for your planning: stamina training is controlled via the scope of load as well as via the height / intensity of load.

## About load intensity

**Pulse under load:** the optimal load intensity is achieved at 65–75 % (comp. diagram) of the individual cardiovascular performance. This value changes age-related.



For the Crosstrainer, intensity is on the one hand controlled via the speed of movement and on the other hand via the resistance of the magnet braking system. With increasing speed of movement, the physical load is increased as well. It also increases, when the braking resistance is increased. As a beginner avoid a too high speed or training with a too high braking resistance, since in that the recommended pulse frequency range can be quickly exceeded. During the training check on the basis of your pulse frequency, whether you work out in your intensity range according to the diagrams shown.

## About the scope of load

Beginners increase the scope of load of their training only gradually. The first training units should be relatively short and in intervals. Sports medicine considers the following load factors as fitness-positive:

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 start with training units of 30-60 minutes.

The beginner training can be planned as follows within the first 4 weeks:

Training frequency	Extent of training session
<b>1st week</b>	
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
<b>2nd week</b>	
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
<b>3rd week</b>	
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
<b>4th week</b>	
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

Before and after each training unit, approx. 5 minutes of gymnastics serve warming up or cooling down, respectively. Between two training units there should be a day off (no training), when in the later course you prefer the 3 times a week training of 20-30 minutes. Otherwise there are no arguments against a daily 10 minute training.

Beside the individual planning of your stamina training you can fall back on the training programs integrated in the training computer of the Crosstrainer (comp. page 9 cont).



## Training and Operating Instructions

### Sequence of movements (Crosstrainer)

The sequence of movements of the cross training is already provided by the elliptic rotation of the treads and the position of the handlebars. Despite of that, the following should be observed:

- Before the training, always check correct installation and standing of the equipment.
- When getting onto the equipment, one tread must be in the lowest and one in the highest position. Grab the handlebars with both hands and mount the lower tread first. When getting off the equipment, step off the upper tread first.
- Set the treads to the optimal distance to the handlebars for you; in that observe sufficient legroom to the handlebars.

- Execute your training with respective sports shoes and observe secure standing on the treads.
- Do not work out with your hands off the handles. Grab the frame between the moving handlebars, if you only want to work out the lower part of your body.
- Mind a uniform, round sequence of movements.
- During the training, vary between forward and backward movements of the treads to work out the leg and gluteal muscles in different manners.

With regular training you can increase your stamina, your power and thus also your well-being. The training success is optimized by a health-conscious way of living, which is dominated by a well-balanced, wholesome nutrition.

## Glossary

### Recovery

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

### Reset

Deletion of the display contents and restart of the display.

### Programs

Possibilities for training, which require manual or program-determined loads or target pulses.

### Profiles

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

### Dimension

Units for display of km/h or mph, kJoule or kcal

### Energy

Calculates the energy turnover of the body

### Control

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

### Points field

Display section with 25 x 16 points for representation of load and pulse profiles as well as text and value display.

### Pulse

Recording of the heartbeat per minute

### MaxPulse(s)

Calculated value from 220 minus years of age

### Target pulse

Manual or program-determined pulse value, which is to be calculated.

### Fat burning pulse

Calculated value of: 65 % MaxPuls

### Fitness pulse

Calculated value of: 75 % MaxPuls

### Manual

Calculated value of: 40 – 90 % MaxPuls

### Age

Here an entry for calculation of the maximum pulse.

### 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.

### Menu

Display, in which values are to be entered or selected.

### Glossary

Collection of attempts for explanation.





# KETTLER

