

TiTA & Vena

#550 Console Manual

I. Power Modes

- Power On:** Plug in the power cord with power adaptor into an appropriate outlet. Next, locate and switch “on” the reset/off button on the frame, near the power cord . A loud beep will sound and the display will then light (**Fig. 1**) and enter User Set Up & Selection mode in a few seconds (**Fig. 2**)
- Power Off:** The console will automatically switch to “sleep” mode after 4 minutes of inactivity.

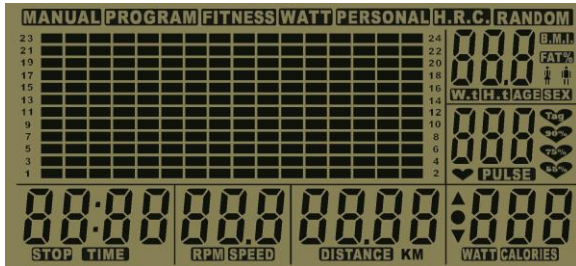


Fig. 1

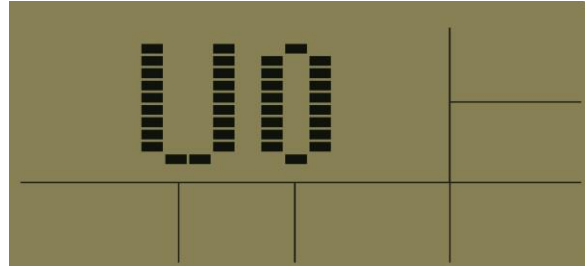


Fig. 2

II. Instructions for User Set Up & Program Selection

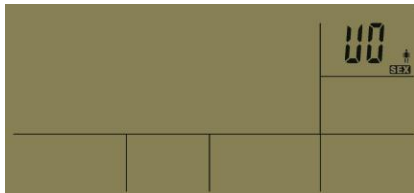
1. USER SET UP

Begin your personal set up by choosing USER 0, USER 1, USER 2, USER 3, or USER 4:

- When console displays “U0”, press or to select “U0”, “U1”, “U2”, “U3”, or “U4”.
- Press to confirm USER.

2. GENDER SET UP

- The console will now flash “SEX” on the upper right-hand corner of the display.
- Press or to select male or female.
- Press to confirm GENDER.



3. AGE SET UP

- The console will now flash “AGE” on the upper right-hand corner of the display.
- Press or to select your age.
- Press to confirm AGE.



4. HEIGHT SET UP

- The console will now flash “**H.t**” on the upper right-hand corner of the display.
- Press or to select your height.
- Press to confirm HEIGHT.



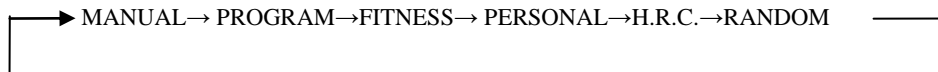
5. WEIGHT SET UP

- The console will now flash “**W.t**” on the upper right-hand corner of the display.
- Press or to select your weight.
- Press to confirm WEIGHT.

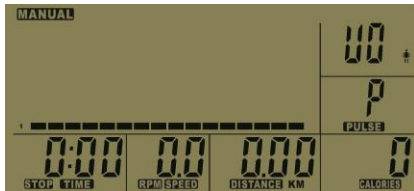


6. You have finished User Set Up! Now, you are ready to select a work out program.

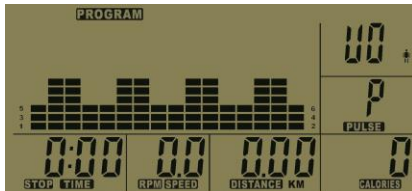
- The console is now in Program Selection mode.
- Press or to select a preset workout program:
- Press to confirm your PROGRAM SELECTION.



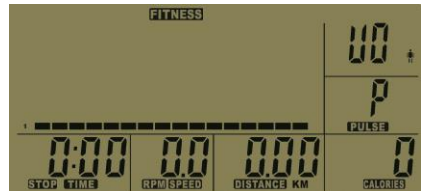
• MANUAL



• PROGRAM



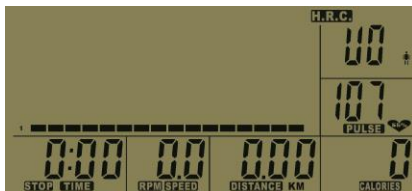
• FITNESS



• PERSONAL



• HRC



•RANDOM



6. PERSONALIZE PROGRAM SETTINGS

For each preset program, you can further personalize the level of work that you desire.

- (1) If you pressed **ENTER** on **MANUAL...**
 - You can now set up resistance LEVEL
Press **+** or **-** to adjust setting then press **ENTER** to confirm LEVEL set up.
 - You can now set up TIME
Press **+** or **-** to adjust target then press **ENTER** to confirm TIME set up.
 - You can now set up DISTANCE
Press **+** or **-** to adjust target then press **ENTER** to confirm DISTANCE set up.
 - You can now set up CALORIES
Press **+** or **-** to adjust target then press **ENTER** to confirm CALORIES set up.
 - You can now set up PULSE
Press **+** or **-** to adjust target heart rate then press **ENTER** to confirm PULSE set up.

- (2) If you pressed **ENTER** on **PROGRAM (P1 to P12)...**
 - You can now select a program from P1 to P12
Press **+** or **-** to select a program then press **ENTER** to confirm.
 - You can now set up resistance LEVEL
Press **+** or **-** to adjust setting then press **ENTER** to confirm LEVEL set up.
 - You can now set up TIME
Press **+** or **-** to adjust target then press **ENTER** to confirm TIME set up.
 - You can now set up DISTANCE
Press **+** or **-** to adjust target then press **ENTER** to confirm DISTANCE set up.
 - You can now set up CALORIES
Press **+** or **-** to adjust target then press **ENTER** to confirm CALORIES set up.
 - You can now set up PULSE
Press **+** or **-** to adjust target heart rate then press **ENTER** to confirm PULSE set up.

- (3) If you pressed **ENTER** on **FITNESS**, press **START/STOP** to begin your fitness evaluation.

- (4) If you pressed **ENTER** on **PERSONAL program profile you desire**
 - Press **+** or **-** to adjust Brake Resistance Level then press **ENTER** to confirm WHOLE PROFILE you desire set up
 - You can now set up TIME
press **ENTER** for 3 seconds to keep the profile you design in memory then press **ENTER** to confirm TIME set up.
 - You can now set up DISTANCE
Press **+** or **-** to adjust target then press **ENTER** to confirm DISTANCE set up.
 - You can now set up CALORIES
Press **+** or **-** to adjust target then press **ENTER** to confirm CALORIES set up.
 - You can now set up PULSE
Press **+** or **-** to adjust target heart rate then press **ENTER** to confirm PULSE set up.

(5) If you pressed **ENTER** on **H.R.C. (55%, 75%, 90%, Tag)...**

- You can now select a preset target heart rate control program

Press **+** or **-** to select a program then press **ENTER** to confirm.

- You can now set up TIME

Press **+** or **-** to adjust target then press **ENTER** to confirm TIME set up.

- You can now set up DISTANCE

Press **+** or **-** to adjust target then press **ENTER** to confirm DISTANCE set up.

- You can now set up CALORIES

Press **+** or **-** to adjust target then press **ENTER** to confirm CALORIES set up.

(6) If you pressed **ENTER** on **RANDOM...**

- You can now set up TIME

Press **+** or **-** to adjust target then press **ENTER** to confirm TIME set up.

- You can now set up DISTANCE

Press **+** or **-** to adjust target then press **ENTER** to confirm DISTANCE set up.

- You can now set up CALORIES

Press **+** or **-** to adjust target then press **ENTER** to confirm CALORIES set up.

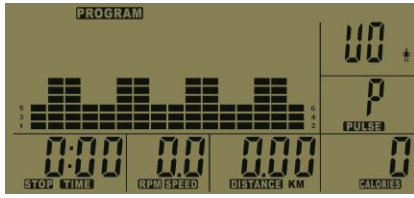
- You can now set up PULSE

Press **+** or **-** to adjust target heart rate then press **ENTER** to confirm PULSE set up.

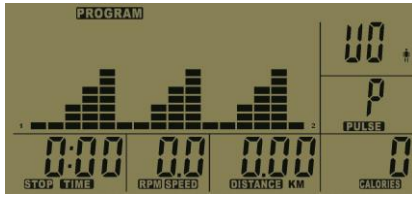
III. Preset Program Diagrams

PROGRAM(P1-P12)

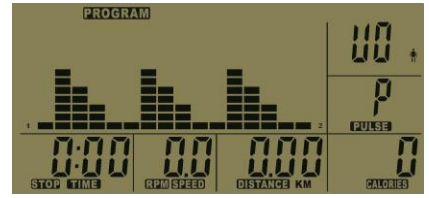
● P1



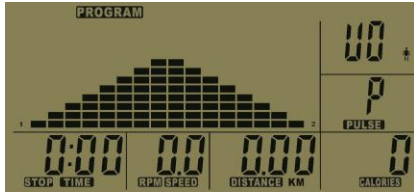
● P2



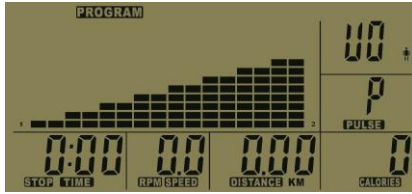
● P3



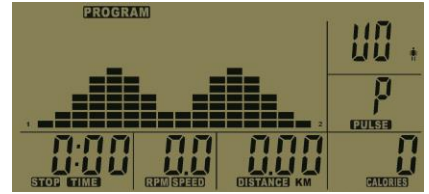
● P4



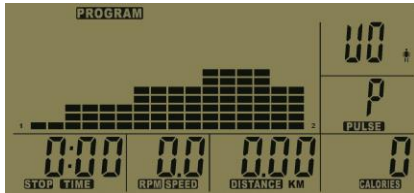
● P5



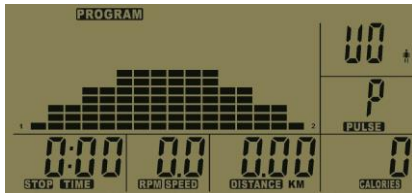
● P6



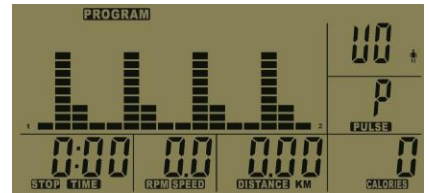
● P7



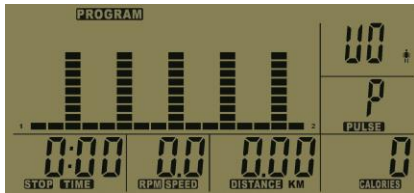
● P8



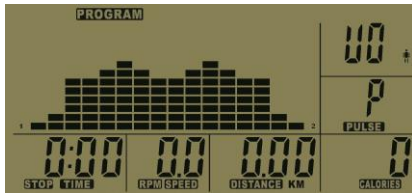
● P9



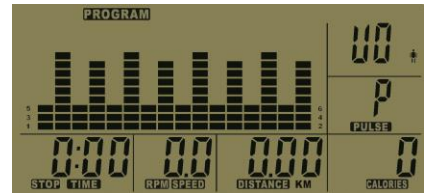
● P10



● P11

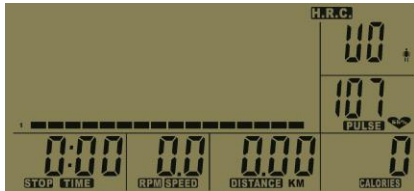


● P12

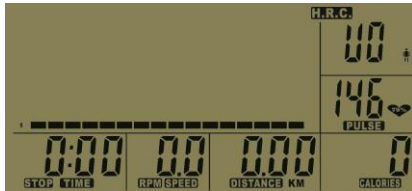


HRC(55%, 75%, 90%, Tag)

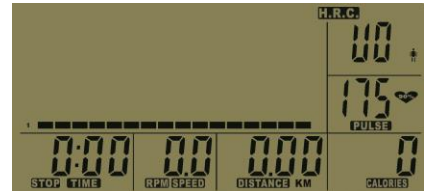
●HRC(55%)



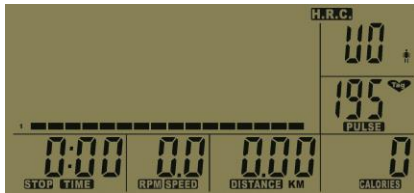
●HRC(75%)



●HRC(90%)



●HRC(Tag)



IV. Fitness Evaluation Features

1. Body Fat Evaluation

Press **BODY FAT** to begin evaluation (Put your **hand on the EKG grips** for the machine to detect your heart rate.) If no heart rate is detected after 10 minutes have lapsed, "ERROR" will appear on the display. If a heart rate is detected, body fat evaluation will begin and take about 25 seconds. The result will then be shown as demonstrated below:



Note : (Body fat is different for men and women, also for people with different activity levels)

Body Fat	Body Type
FAT \leq 10%	Underweight
10% < FAT \leq 20%	Average
20% < FAT \leq 30%	Slightly Overweight
30% < FAT \leq 40%	Overweight
40% < FAT \leq 50%	Obese

Body Fat Index from American Council on Exercise

Classification	Women (% Fat)	Men (% Fat)
Essential Fat	10-12	2-4
Athletes	14-20	6-13
Fitness	21-24	14-17
Acceptable	25-31	8-25
Obese	> 31	> 25

2. Recovery Heart Rate Evaluation

A recovery heart rate is a measurement taken to help determine how well your heart is functioning. It refers to the heart's ability to return itself to a normal rhythm after being elevated during exercise.

NOTE! That the heart rate displayed may be inaccurate and used for reference

Press **RECOVERY** to begin the test. (Place your **hand on the EKG grips** for the machine to detect your heart rate). If no heart rate is detected within 10 seconds, the test will be terminated. If a heart rate is detected, the recovery heart rate test will begin and take about 60 seconds.

Value	Recovery Heart Rate
F1	Excellent
F2	Very Good
F3	Good
F4	Satisfactory
F5	Poor
F6	Very Poor



V. Key Console Buttons

1. **RESET**

- (1). Return to **USER SET UP**.
- (2). Return to **PROGRAM SELECTION** when pressed during a short pause in between work outs.
- (3). Return to **POWER ON** mode when pressed and held for 3 seconds.

2. **START/STOP**

During exercise, you can use this button to pause then restart your work out.

3. **QUICK START**

After turning the power on, pressing this button will allow you to directly go into the **MANUAL** program and start your work out on default settings.

4. **+** & **-**

These buttons are used to adjust gender (**SEX**), AGE, HEIGHT (**H.t**), Weight (**W.t**), TIME, DISTANCE, CALORIES, Target Heart Rate (**H.R.C.**), and resistance level (**LEVEL**) selections.

5. **ENTER**

Use this button to confirm your selection and go on to the next step.

6. BODY FAT

Use button to start body fat evaluation test.

7. RECOVERY

Use this button to start recovery heart rate evaluation test.

Console Feature Specifications

Item	Display	Display Range	Setting Range	Default	Memory
1	SEX(性别)		MALE/ FEM		Yes
2	AGE(年龄)		10 - 100		Yes
3	WEIGHT(METRIC 公制)体重		20 - 330(Lb) 10 - 150(KG)		Yes
4	HEIGHT(身高)		36 - 84(INCH) 90 - 210(CM)		Yes
5	TIME(时间)	0:00 - 99:59	0:00 - 99:00	0: 00	No
6	DISTANCE(距离)	0.0 - 99.99	0.00 - 99.50	0: 00	No
7	CALORIES(卡路里)	0 - 999	0 - 990	0: 00	No
8	SPEED(速度)	0.0 - 99.9		0: 00	No
9	PULSE(脉搏)	30 - 200 BPM		0: 00	No
10	RPM(每分钟转速)	0 - 250 rpm		0: 00	No
11	BRAKE RESISTANCE LEVEL		L1 - L24	L1	No

HOW TO USE THE SOUND SYSTEM (Not Available with V100)

To play music or audio books through the console sound system while you exercise, plug the included audio cable into the jack on the back of the console and into a jack on your MP3 or IPOD; make sure that the audio cable is fully plugged in.

Next, press the play button on your MP3 player or IPOD. Adjust the volume level using the volume control on your MP3 or IPOD.