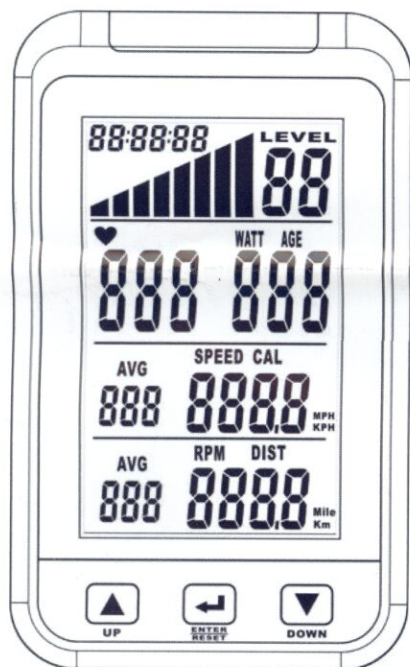
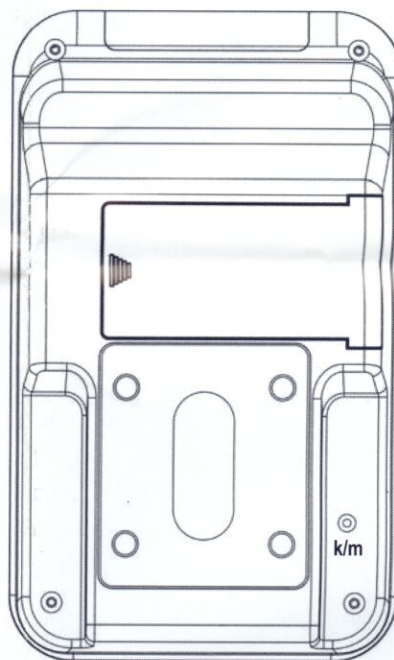


VC-3 OWNER'S MANUAL



Front View



Rear View

Operating Guide:

Exercise Target Setting :

Exercise Target Setting is the function as COUNTING DOWN by Time or Distance. If user doesn't set any Exercise Target as the free-ride mode then the monitor will be counted up all exercising values.

1. Under free-ride mode, to press ENTER key to enter the setting mode of exercise target value for TIME or DISTANCE.

2. To press UP or DOWN key to adjust the setting values.

To press UP + DOWN keys simultaneously to clear the setting values.

3. The setting mode will be close without pressing any key for 1 minute.

4. After setting the monitor will start to measure and display every exercise values.

Once the exercise target value is reached, the monitor will beep for 3 seconds, press any key can stop the beep. The monitor will be entered automatically into the free-ride mode without any new setting.

Display Values Selection :

To press UP key to select display values as below changed:

SPEED ↔ CAL (CALORIE), RPM ↔ DIST (DISTANCE.)

Reset Exercise Values :

To press ENTER/RESET key and hold for 5 seconds to clear all exercise values and exercise target values.

Metric / Imperial system :

Use a pen's tip or pin and push down the "k/m" button on the back of the meter to switch between imperial and metric display

Function Specification

Auto ON/OFF

The monitor will automatically be started working once the user starts to do exercise on the machine. It will be automatically turned off after the machine is not used for 1 minute.

LEVEL

The monitor will automatically detect level numbers and display it on monitor.
Level display range is 1~32

TIME

- 1. Under Free-ride mode, TIME will be automatically counted up as range 00:00:00~99:59:59
- 2. Setting value range of Count Down is 00:01:00~99:59:00. The monitor will beep when count down to 0.

SPEED

SPEED display range is 0.0 ~ 999.9 kph or mph

RPM

RPM display range is 10 ~ 999.

DISTANCE

- 1. Under Free-ride mode, distance will be automatically counted up as range 0.0~999.9 km or mile
- 2. Setting value range of Count Down is 1.0~999.0 km or mile. The monitor will beep when count down to 0.

CALORIE

- 1. Calorie displays K/Cal on the LCD.
- 2. Calorie will be automatically counted up as range 0.0~9999

PULSE

Pulse display range is 40~240 beats per second. The Pulse value will display “P” after user stops measuring heart rate for 8 seconds.

Colorful Lights Indication

5 different lights colour to present different exercise intensity(watts).
The following is the relationship between different light color and exercise intensity(watts).

Exercise intensity.	(Stop)	Light						Heavy
Colour of light	None	Green	Cyan	Blue	Purple		Red	
Watts	0	1-100W	101-200W	201-275W	276-350W		351W and UP	

Heart Rate / Light Blinking alert

The blinking lights illustrate the appropriateness for different age of riders with different maximum heart beat .
Low light blinking (twice per second) means users exercise is close to high intensity, high light blinking (four times per second) means user is in high exercise intensity process. No blinking lights mean user is in low or normal intensity exercise process.

Age setting :
Press ENTER/RESET key three times during stop mode, the AGE number will be blinking then press UP or DOWN key to set age. Press ENTER key to confirm the age setting.
After age setting, monitor will calculate and set suitable Light-blinking threshold automatically.

Attention :

Working Temperature : 0°C ~ 50°C
Storage Temperature. : -10°C ~ 60°C