TITANIUM STRENGTH
EXERCISE MONITOR INSTRUCTIONS

TITANIUM STRENGTH

HIIT

FOR:
AIR

ENGLISH

I. DISPLAY FUNCTIONS

RPM
Start or stop workout

SPEED
Display current training speed. Maximum speed is 99.9 KM/H or ML/H.

TIME
Count up - Time will count up from 00:00 to maximum1:59:59 in 1 minute increments.
Count down - The console will countdown from preset time to 00:00:00 in 1 minute increments.

DISTANCE
Accumulates total distance from 0.0 up to 999.9 ML or count down from preset value. User may preset target distance value with UP/DOWN key. Each increment is 1.0KM or ML.

CALORIES
Accumulates calories consumption or count down during training from 0 tomaximum999 calories. User may preset target Calories with UP/DOWN key.

WATT
Display the power consumption during training. Display Range: 0~1999.

PULSE
User may set up target pulse value from 0~30 to 230 and the console buzzer will beep when the actual heart rate is over the target value during workout.

II. BUTTON FUNCTION

START
To start workout quickly or resume workout in Stop mode.

STOP
To stop/pause workout. To clear up all settings.
Hold on this key for 2 seconds to reboot the console.

DOWN
To adjust Distance, Calories, Heart-rate, Time, Age value down.

UP
To adjust Distance, Calories, Heart-rate, Time, Age value up.

TARGET DISTANCE
Fast access to Target Distance training mode.

TARGET CALORIES
Fast access to Target Calories training mode.

TARGET HEART-RATE
Fast access to Target Distance training mode.

TARGET TIME
Fast access to Target Heart Rate training mode.

INTERVAL
There are 3 programs: INTERVAL 10/20, INTERVAL 20/10, and Custom.

ENTER
To confirm settings or enter program.

III. SETTINGS

Age
The first time you turn on the meter, AGE will flash. Use arrow keys to set age. Press ENTER to confirm. Meter will be in standby mode.

Kilometer or Mile
Press and hold START and ENTER key at the same time for 2 seconds. Press arrow key to select KM or M. Press ENTER to confirm.

IV. OPERATING INSTRUCTIONS

1. Press START to start meter. Meter will be in standby mode.

2. Press START again to use Manual mode or press one of the preset function buttons:

3. TARGET DISTANCE, TARGET CALORIES, TARGET HEART RATE, and TARGET TIME, INTERVAL 10/20, INTERVAL 20/10, and CUSTOM INTERVAL

4. Press STOP to pause workout. While the meter is paused, it will beep every 30 seconds. After 5 minutes of inactivity, meter will go into standby mode.

5. Press START to resume workout or STOP to clear data.

Reset

Press and hold STOP for 2 seconds to reset meter.

Auto reset

After 30 seconds of inactivity, meter will auto reset, clear all values and go into standby mode.

Pulse

To measure heart rate, a 5.3 KHz chest strap heart rate monitor (not included) is needed.

Meter will alternately display actual pulse, 65%, 85% MAX. This value cannot be used as the basis for medical treatment.

V. FUNCTION MODES

MANUAL

Start pedaling. All functions will count up. Time continues to count up even if you are not pedaling.

COUNTDOWN

Press TARGET TIME, TARGET DISTANCE, TARGET CALORIES.

Use the arrow keys to set a value. Press ENTER.

Meter will start countdown. The display will alternate between the preset value and the actual workout value for 5 seconds each. When countdown reaches 0, meter will start counting from 0 again.

TARGET HEART RATE

You must be wearing a chest strap heart rate monitor to use this function. Press Target Heart Rate.

Use arrow keys to set your age. Press ENTER to confirm.

During workout, display will switch between 65% and 85% heart rate. If heart rate goes below 65% or above 85%, meter will continue to beep until heart rate

is between 65% and 85%.

PRESET INTERVAL

Press 10/20 INTERVAL or 20/10 INTERVAL.

Meter will countdown for 3 seconds. WORK will flash and cycle time will countdown. Then REST will flash and beep. Meter displays number of cycles (starts with 01/08). WORK and REST will alternate. After 8 cycles, workout ends.

CUSTOM INTERVAL

Press CUSTOM INTERVAL. Use arrow keys to set number of cycles. Press ENTER.

Use arrow keys to set number of seconds in WORK. Press ENTER.

Use arrow keys to set number of seconds in REST. Press ENTER.

At the end of interval workout or if you press STOP, meter will display Total Time, Distance, Calories. Watt, Speed and RMP will switch to display Avg and Max values, each for 5 seconds.

VI. BATTERIES

This meter uses 2 AA batteries. If there is a problem with the display, try changing the batteries. When changing the batteries, change both of them. Do not mix battery types or old and new batteries. Dispose of batteries according to your regional guidelines.

TITANIUM WARRANTY

Structure . . . . 5 years

Mechanical problem. . . . . 2 years