

User Manual | 使用手册

MOTION PRO E4.1 ELLIPTICAL



activo
Wellness Living by Ogawa



User Manual

All information is correct at the time of print



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Thank you for choosing Activo Motion Pro E4.1. Please read the user manual carefully before use, especially the safety instructions. Keep the manual for further reference.

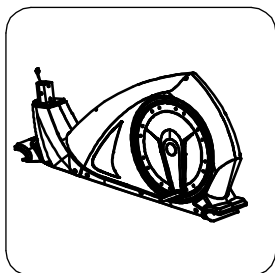
REMARKS:

Before installation, please unpack all related accessories and check if you have all of them. Related installation diagrams are supplied with corresponding texts, descriptions and legend reference.

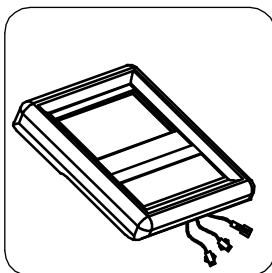
BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS:

1. Assemble the machine exactly as the descriptions in the user manual.
2. Check all the screws, nuts and other connections before using the machine. Only do exercising on the machine when it is in correct working way. Ensure that all users are adequately informed of all precautions.
3. Assemble the machine in a dry level place and leave it away from moisture and water; before beginning exercising, remove all objects within a radius of 2 meters from the machine.
4. Place a suitable base (e.g. rubber mat, blanket etc.) beneath the machine in the area of assembly or exercise to avoid scratch, dirt and etc.
5. Do not use aggressive cleaning articles to clean the machine, and remove drops of sweat from the machine immediately after finishing exercising.
6. Only use the supplied tools or suitable tools to assemble or repair the machine; use only original spare parts for any necessary repairs.
7. Your health can be affected by incorrect or excessive exercising. Before exercise, consult your doctor. This is especially important for people over the age of 35 or those with pre-existing health problems.
8. This machine is intended for indoor, home and commercial use, not suitable for therapeutic purpose.
9. Wear appropriate clothes and athletic shoes when exercising to avoid tripped or trapped by loose clothes.
10. If you have a feeling of pain, chest congestion, tachycardic, tachypnea, light-headed, dizziness, sickness or other abnormal symptoms, please stop immediately and consult your doctor before continue.
11. The power of the machine increases with increasing the speed.
12. The maximum user's weight is 120KGS.

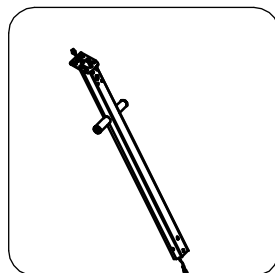
1. Warranty is not transferable.
2. This warranty is effective only if the product is purchased from ACTIVO or its authorised dealers.
3. Proof of purchase (original receipt) is required for all warranty repairs.
4. All implied warranties, including but not limited to these implied warranties of fitness and merchantability, are limited to one (1) year from the date of purchase.
5. Damage due to misuse, improper treatment and unauthorised modification and repairs are not covered by this warranty.
6. Warranty does not cover accessories and add-ons, which do not belong to this product.
7. Warranty is not effective to rental, business, commercial, institutional, or other nonresidential users.
8. All services covered by this warranty must be approved by ACTIVO and repaired by authorised technicians only.
9. If replacement parts for defective materials are not available, ACTIVO reserves the right to make substitutions in lieu of repair or replacement.



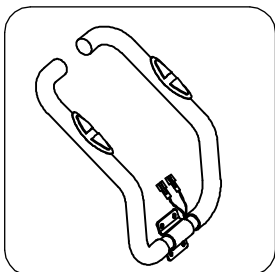
Main frame



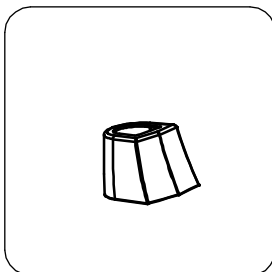
Console



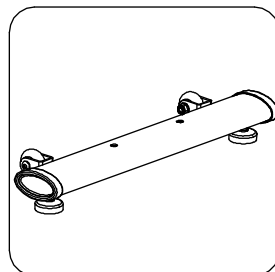
Handlebar post



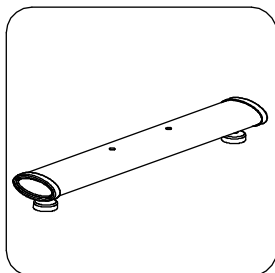
Fixed handlebar



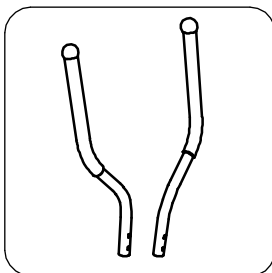
Protective guard



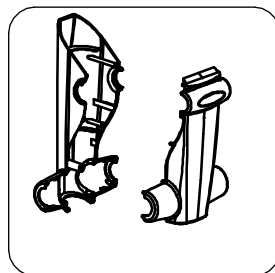
Front bottom tube



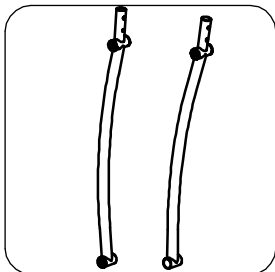
Rear bottom tube



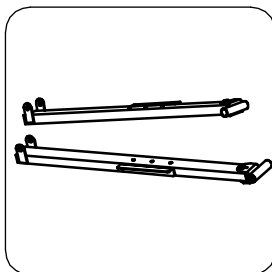
Handlebar



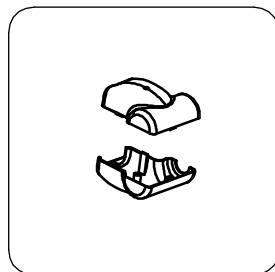
Protective guard



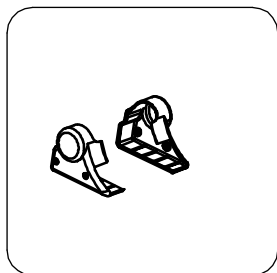
Swing tube



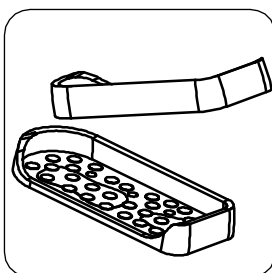
Pedal support



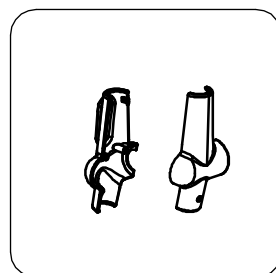
Protective guard



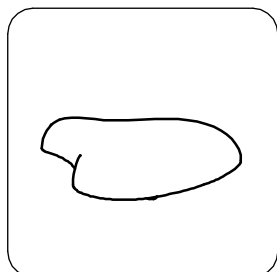
Protective guard



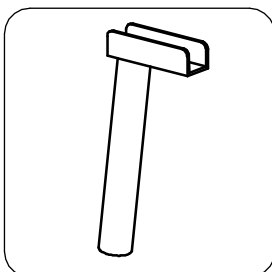
Pedal



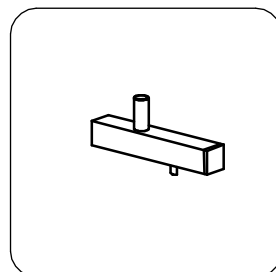
Protective guard



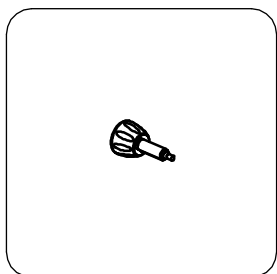
Seat



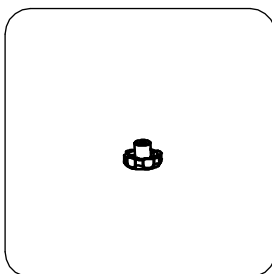
Seat tube



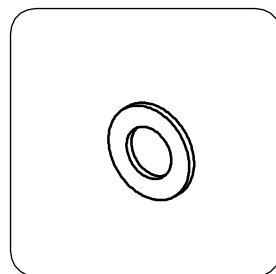
Horizontal tube



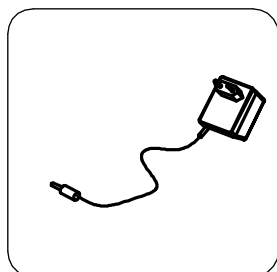
Pin-pop knob



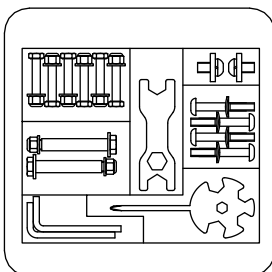
Plum screw



Flat washer D10 x ø20 x 2

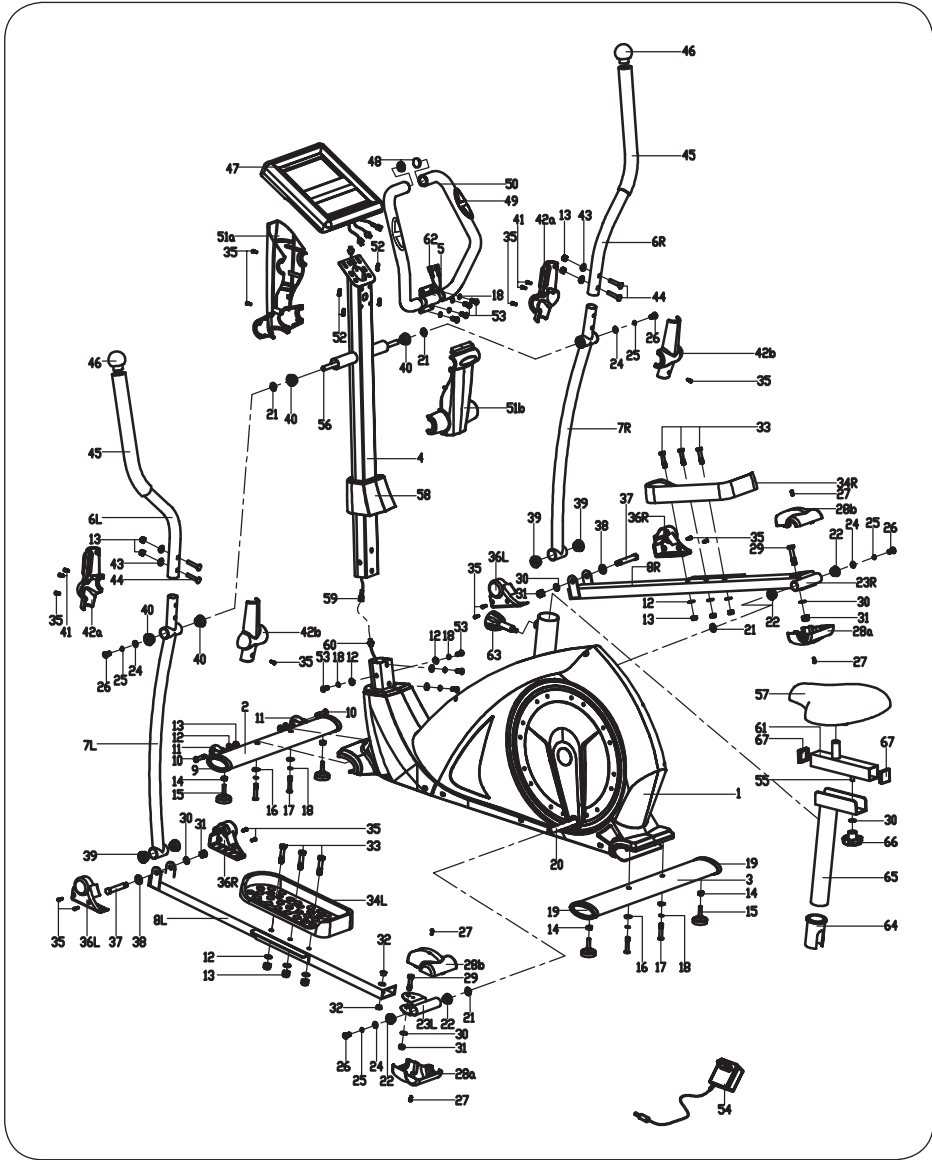


Adapter



Tool set

Exploded Diagram

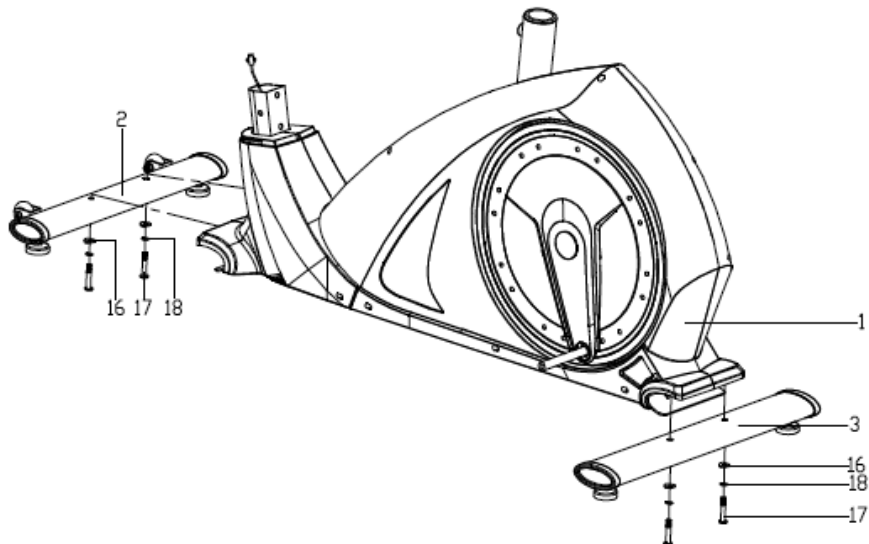


Part List

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	35	Screw ST4.2x18	18
2	Front bottom tube	1	36L/R	Protective guard	2pr.
3	Rear bottom tube	1	37	Bolt $\Phi 12 \times M10 \times 80$	2
4	Handlebar post	1	38	Flat washer D12x $\Phi 24 \times 1.5$	2
5	Fixed handlebar	1	39	Bushing $\Phi 12 \times \Phi 32 \times 15$	4
6L/R	Handlebar	1pr.	40	Bushing $\Phi 16 \times \Phi 31 \times 23$	6
7L/R	Swing tube	1pr.	41	Screw ST3.5x10	4
8L/R	Pedal support	1pr.	42a/b	Protective guard	2pr.
9	End cap	2	43	Arc washer D8x $\Phi 19 \times 1.5 \times R30$	4
10	Hex screw M8x40xL12	2	44	Square neck bolt M8xL45	4
11	Roller	2	45	Foam grip	2
12	Flat washer D8x $\Phi 16 \times 1.5$	12	46	Round cap	2
13	Nylon nut M8	12	47	Console	1
14	Hex nut M10	4	48	Round cap	2
15	Adjustable cushion	4	49	Pulse	2
16	Arc washer D8x2x $\Phi 25 \times R39$	4	50	Foam grip	2
17	Hex screw M8xL58	4	51a/b	Protective guard	1pr.
18	Spring washer D8	12	52	Screw M4x10	4
19	End cap	2	53	Hex screw M8x16	8
20	Crank	2	54	Adapter	1
21	Wave washer $\Phi 17 \times \Phi 23 \times 0.3$	4	55	U fixed bracket	1
22	Plastic bushing	4	56	Long axle	1
23L/R	Pedal tube joint	1pr.	57	Seat	1
24	D-shape washer	4	58	Protective guard	1
25	Spring washer D10	4	59	Relay wire	1
26	Hex screw M10x20	4	60	Sensor wire	1
27	Screw M5x10	4	61	Saddle slide	2
28a/b	Protective guard	2pr.	62	Handle pulse wire	2
29	Hex bolt M10x55	2	63	Pin-pop knob	1
30	Flat washer D10x $\Phi 20 \times 2$	4	64	Bushing	1
31	Nylon nut M10	4	65	Seat tube	1
32	Bushing $\Phi 18 \times \Phi 10 \times 11$	4	66	Plum screw	1
33	Hex screw M8x45	6	67	Square cap	2
34L/R	Pedal	1pr.			

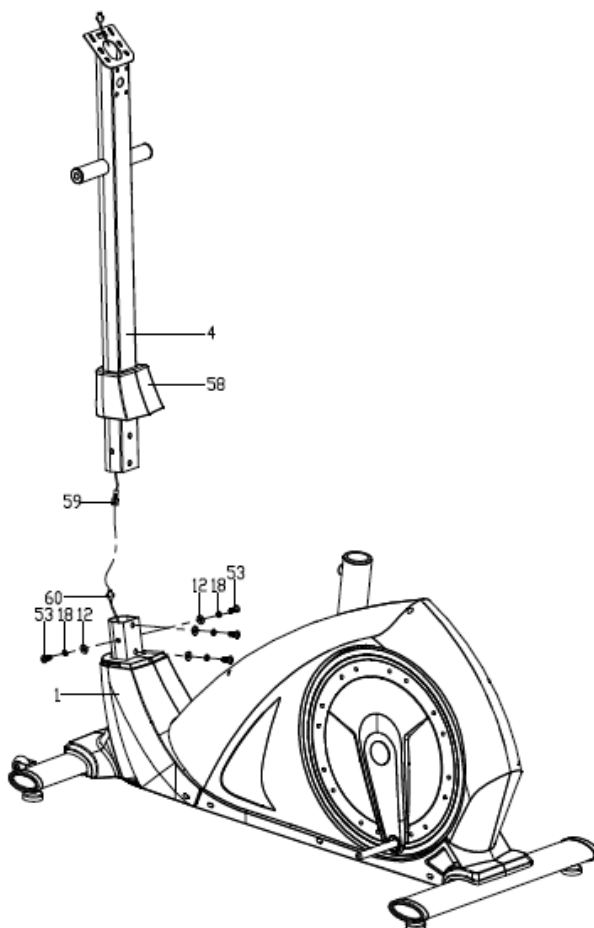
Step 1:

Install the Front bottom tube (2) and Rear bottom tube (3) to the Main frame (1) with the Hex screw (17), spring washer (18) and arc washer (16).



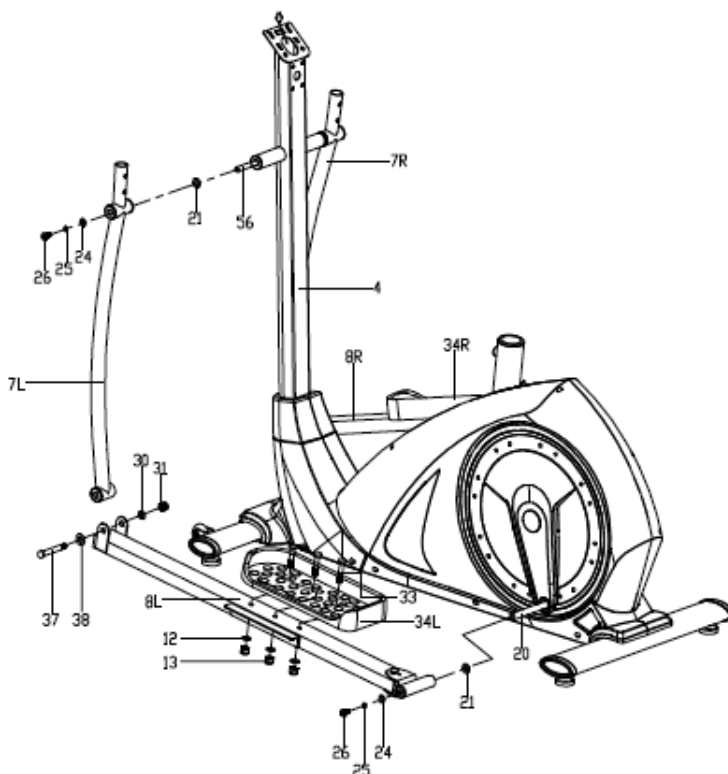
Step 2:

1. Make the Protective guard (58) covering on the Handlebar post (4).
2. Connect the Relay wire (59) with Sensor wire (60) properly at first, and then lock the Handlebar post (4) onto the Main frame (1) with Hex screw (53), spring washer (18) and Flat washer (12), then lock the Protective guard (58) tightly.



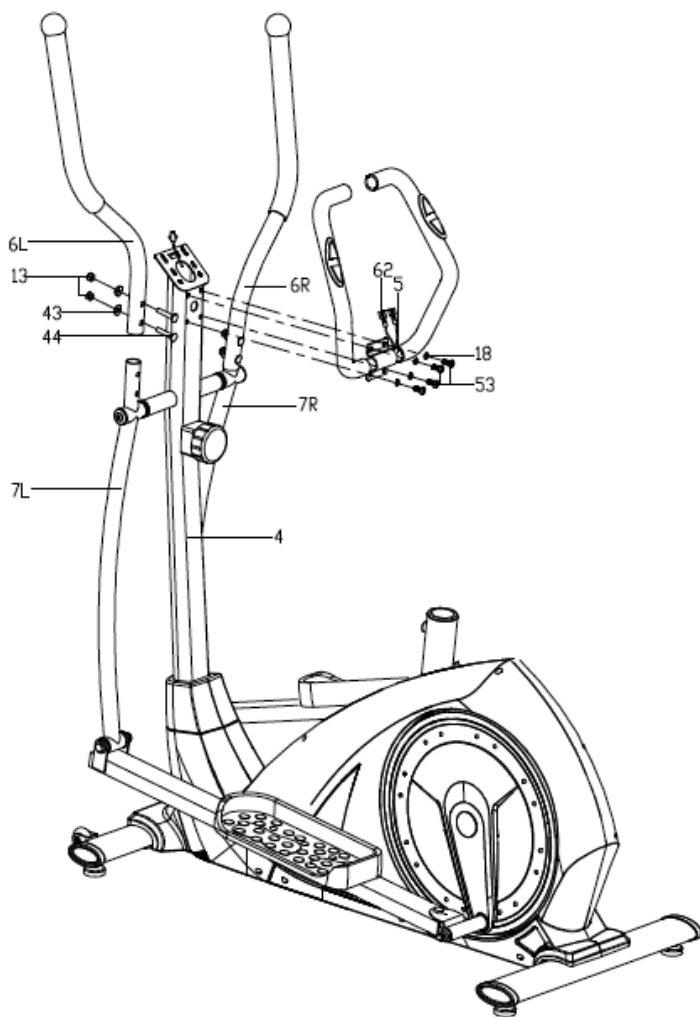
Step 3:

1. Attach the Swing tube (7L/R) on the Handlebar post (4) with Hex screw (26), spring washer (25), D-shape washer (24), Wave washer (21) and Long axle (56). Please don't lock them tightly now.
2. Fix the Pedal support (8L/R) on the Crank (20) with Hex screw (26), Spring washer (25), Wave washer (21) and D-shape washer (24). Please don't lock them tightly now.
3. Connect the Swing tube (7L/R) and Pedal support (8L/R) together with Bolt (37), Flat washer (38), Flat washer (30) and Nylon nut (31), then lock Hex screw (26), Bolt (37) and Nylon nut (31) tightly.
4. Lock the Pedal (34L/R) on the Pedal support (8L/R) tightly with Hex screw (33), Flat washer (12) and Nylon nut (13).



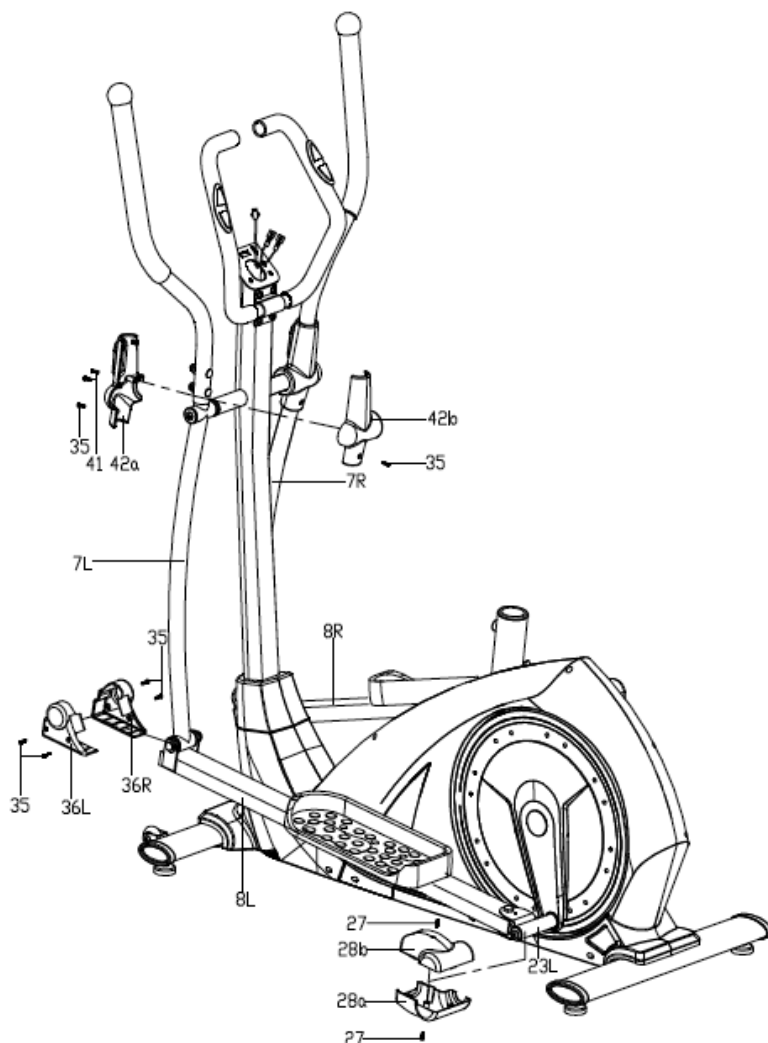
Step 4:

1. Lock the Handlebar (6L/R) onto the Swing tube (7L/R) tightly with Square neck bolt (44), Arc washer (43) and Nylon nut (13).
2. Thread the Hand Pulse wire (62) into the hole of Handlebar post (4) and then take it out from the console bracket. At last, lock the fixed handlebar (5) onto the Handlebar post (4) tightly with Hex screw (53) and spring washer (18).



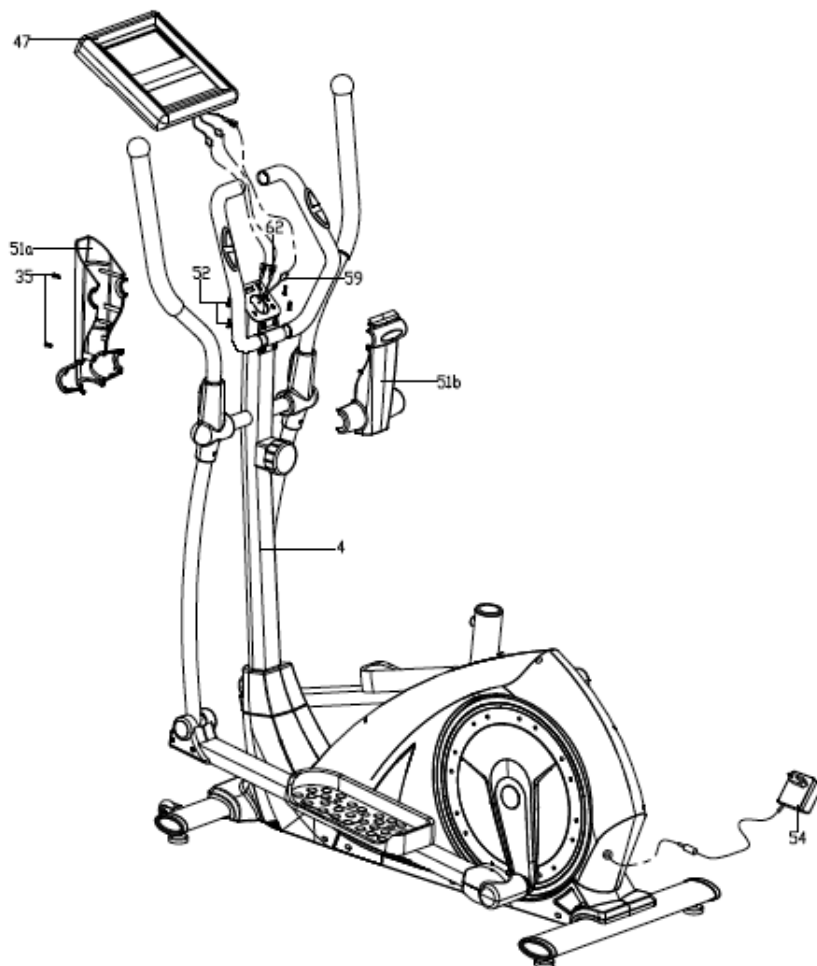
Step 5:

1. Fix the Protective guard (42a/b) onto the Swing tube (7L/R) with Screws (41 & 35).
2. Fix the Protective guard (36L/R) onto the connection of Swing tube (7L/R) and Pedal support (8L/R) with Screw (35).
3. Fix the Protective guard (28a/b) onto the Pedal tube joint (23L/R) with Screw (27).



Step 6:

1. Firstly, connect the Relay wire (59), hand pulse wire (62) with the connecting wire of the Console (47) properly, then fix the console (47) on the bracket of the Handlebar post (4) with Screw (52).
2. Lock the Protective guard (51a/b) on the Handlebar post (4) tightly with Screw (35).

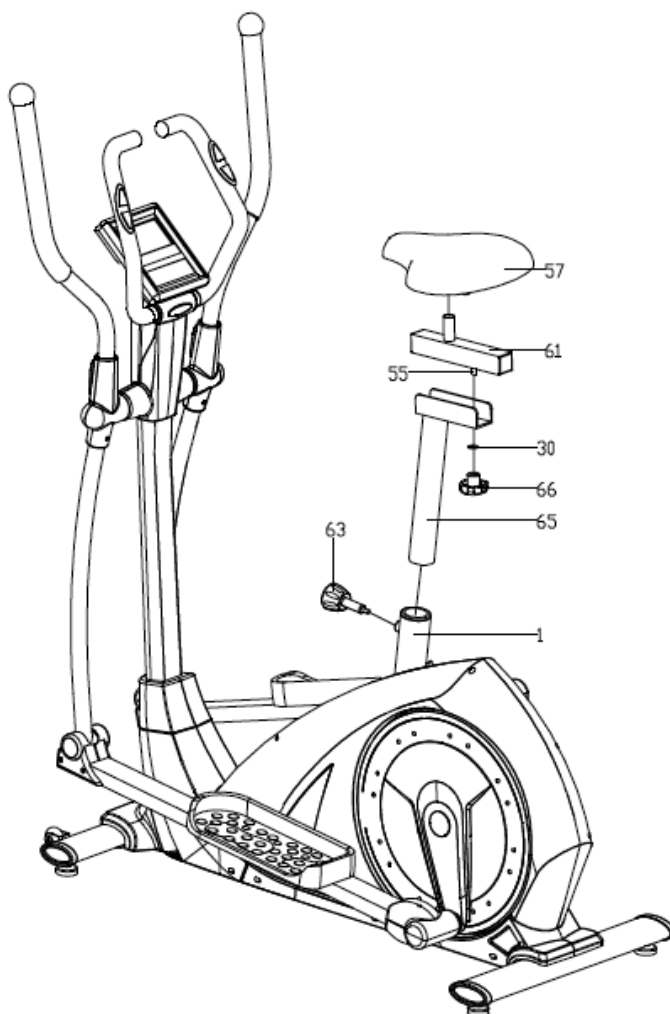


Step 7:

1. Insert the seat tube (65) into the main frame (1), align the holes, and then tighten it with the pin-pop knob (63).
2. Fix the horizontal tube (61) on the seat tube (65) with plum knob (66), flat washer (30) and ufixed bracket (55).
3. Put the seat (57) onto the horizontal tube (61) and then use a cross wrench to tighten it.

NOTE:

Please make sure that the seat (57) is locked firmly in the horizontal tube (61) before use.



Functions:

1. Programs: 21 programs as following:

A: 1 Manual Program (See Fig 1)

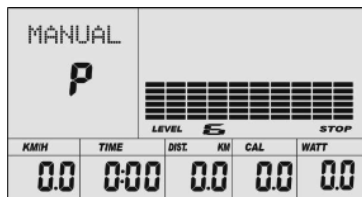


Fig 1

B: 10 Automatic Programs P1~P10 (See Fig 2~Fig 11)

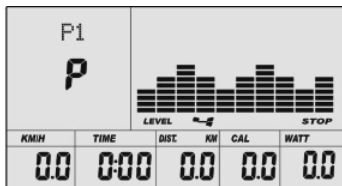


Fig 2

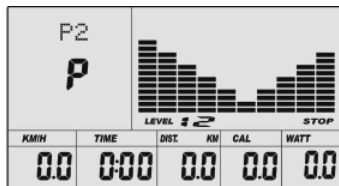


Fig 3

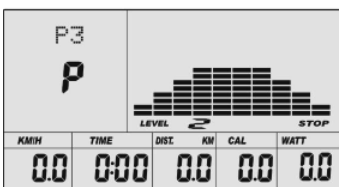


Fig 4

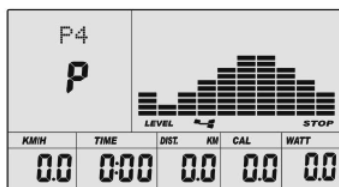


Fig 5

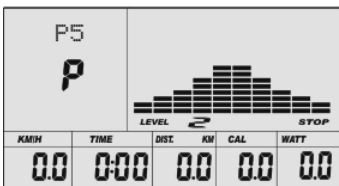


Fig 6

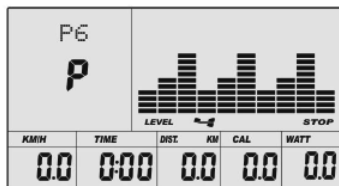


Fig 7

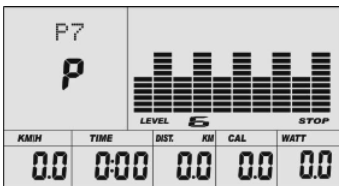


Fig 8

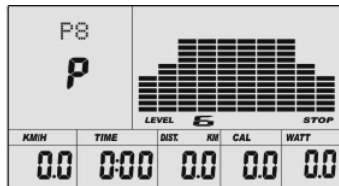


Fig 9

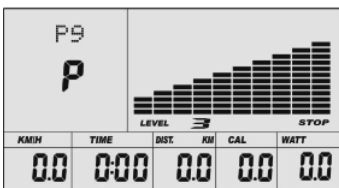


Fig 10

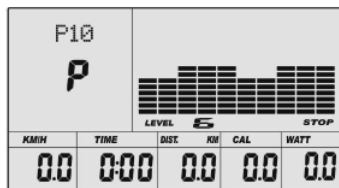


Fig 11

P1: ROLLING P2: VALLEY P3: FATBURN P4: RAMP P5: MOUNTAIN
P6: INTERVAL P7: CARDIO P8: ENDURANCE P9: SLOPE P10: RALLY

C: 1 Watt Control Program WATT (See Fig 12)

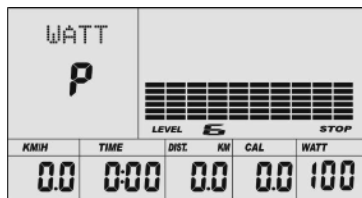


Fig 12

D: 4 Heart Rate Control Programs (See Fig 13 ~ Fig 16)

55% H.R, 75% H.R, 90% H.R and TARGET H.R

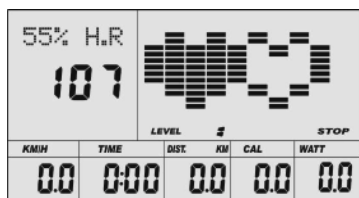


Fig 13

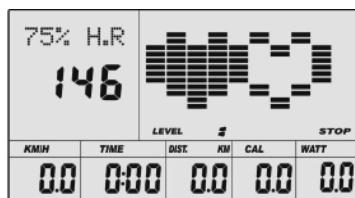


Fig 14

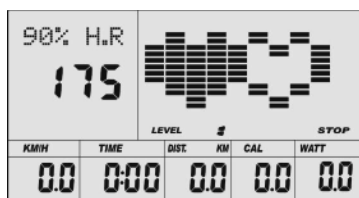


Fig 15

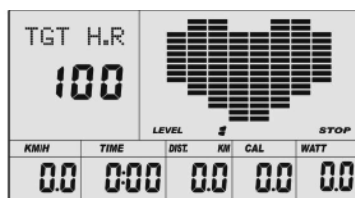


Fig 16

E: 4 User-defined Programs: CUSTOM1~CUSTOM4 (See Fig 17- Fig 20)

CUSTOM1					
P					

LEVEL \int STOP					
KMH	TIME	DIST	KM	CAL	WATT
00	0:00	00	00	00	00

Fig 17

CUSTOM2					
P					

LEVEL \int STOP					
KMH	TIME	DIST	KM	CAL	WATT
00	0:00	00	00	00	00

Fig 18

CUSTOM3					
P					

LEVEL \int STOP					
KMH	TIME	DIST	KM	CAL	WATT
00	0:00	00	00	00	00

Fig 19

CUSTOM4					
P					

LEVEL \int STOP					
KMH	TIME	DIST	KM	CAL	WATT
00	0:00	00	00	00	00

Fig 20

F:

1. Body Fat Measuring Program FAT (See Fig 21)



Fig 21

2. Record the user's data of GENDER, HEIGHT, WEIGHT and AGE even when power cut-off.
3. Dot matrix display showing main information.
4. Simulative ECG showing the heart rate.
5. Display Speed (RPM), TIME, DIST., CAL., WATT, PULSE, LEVEL at the same time in different areas.



Fig 22



Fig 23

6. The computer will turn off automatically if there is no operation, speed signal and pulse signal over 4 minutes. Meanwhile, it will store your current exercise data and turn the loading resistance to the minimum. Once you press any button or in motion, the computer will turn on automatically.

Buttons:

1. ENTER:

- In "stop" mode (displaying STOP), press ENTER button to enter into program selection and setting value and the selected window will flash.
- A. When choosing the program, press Enter to confirm the one you like.
- B. When in setting, press ENTER to confirm the value that you would like to set.
- During the operation mode (displaying START), press ENTER to choose to display the speed or RPM, or switch automatically.
- During any mode, hold down ENTER for 2 seconds to totally reset the computer.

2. START/STOP:

- Press START/STOP button to start a program and enter the operation mode (Displaying START) or stop a program and back to the stop mode (displaying STOP).
- During any mode, hold down this button for 2 seconds to totally reset the computer.

3. UP:

- In stop mode and when the dot matrix character flashes, press this button (or rotate clockwise) to select the program upwards. If a parameter window flashes, press this button (or rotate clockwise) to increase the value.
- During the operation mode (displaying START), press this button (or rotate clockwise) to increase the training resistance.

4. DOWN:

- In stop mode and when the dot matrix character flashes, press this button (or rotate anticlockwise) to select the program downwards. If a parameter window flashes, press this button (or rotate anticlockwise) to decrease the value.
- During the operation mode (displaying START), press this button (or rotate anticlockwise) to decrease the training resistance.

5. PULSE RECOVERY:

- When a heart rate value is displayed, press this button to enter pulse recovery test.
- When you are in a pulse recovery test, press this button to exit.

6. RESET (IF ANY)

- When in setting, press RESET to reset the value that you would like to preset.
- During any mode, hold down this button for 2 seconds to totally reset the computer.

NOTE:

1. Whether to press or rotate UP or DOWN buttons depends on the product models.
2. It is suggested to operate with your finger within the marked region in order to avoid any wrong action.

Operation:

1. Turn on the computer

Plug in one end of the adaptor to the AC electrical source and connect the other end to the computer.

The computer will beep for 1 second and enter the initial mode. (See Fig 24)

2. Program selection and value setting

- Manual Program and Preset Program P1~P10

A. Press (or rotate) UP, DOWN button to select the program that you like. (See Fig 25)

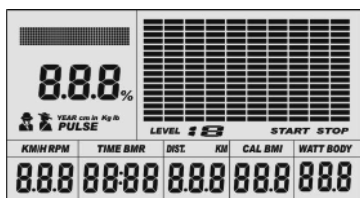


Fig 24

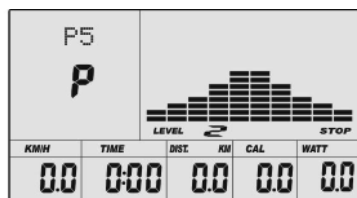


Fig 25

B. Press ENTER button to confirm the selected program and enter time setting window.

C. The time will flash, and then press (or rotate) UP, DOWN button to set up your desired time. Press ENTER to confirm the value. (See Fig 26)

D. The distance will flash, and then press (or rotate) UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value. (See Fig 27)

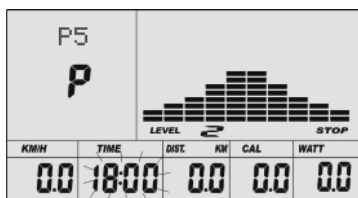


Fig 26

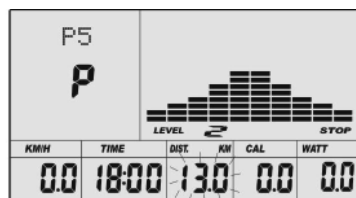


Fig 27

- E. The calories will flash, and then press (or rotate) UP, DOWN to set up the desired calories to be consumed. Press ENTER to confirm the value. (See Fig 28)
- F. Press START/STOP to begin exercise. (See Fig 29)

● **Watt Control Program WATT**

- A. Press (or rotate) UP, DOWN button to select the watt control program WATT.

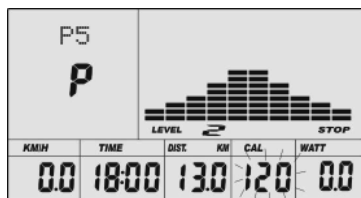


Fig 28

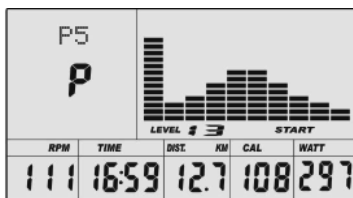


Fig 29

- B. Press ENTER to confirm the selected watt control program, and enter into time setting window.
- C. The time will flash, and then press (or rotate) UP, DOWN button to set up the desired time. Press ENTER to confirm the value.
- D. The distance will flash, and then press (or rotate) UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.
- E. The calories will flash, and then press (or rotate) UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the value.
- F. The watt display will flash, and then press (or rotate) UP, DOWN button to set up the watt to do the exercise. Press ENTER to confirm the value. (See Fig 30)
- G. Press START/ STOP to begin exercise.

NOTE:

The WATT value is decided by the TORQUE and RPM. Different load values and different RPM will result in different watt values. In this program, the WATT value will be kept at a constant value. It means that if you peddle quickly, the load resistance will decrease and if you peddle slowly, the load resistance will increase to ensure you exercise at the same watt value.

● **HEART RATE CONTROL PROGRAM: 55% H.R, 75% H.R and 90% H.R**

The maximum heart rate depends on different ages and this program will ensure you control your exercise at 55%, 75% and 90% of the maximum heart rate.

- A. Press (or rotate) UP, DOWN button to choose a heart rate control program.
- B. Press ENTER to confirm the heart rate control program, and enter time setting window.
- C. The time will flash, and then press (or rotate) UP, DOWN button to set up the desired time. Press ENTER to confirm the value.
- D. The distance will flash, and then press (or rotate) UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.
- E. The calories will flash, and then press (or rotate) UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the value.
- F. The age will flash, and then press (or rotate) UP, DOWN button to set up your age. Press ENTER to confirm the value. (See Fig 31)
- G. When the target heart rate control program indicator flashes, the corresponding target heart rate of the user age also displays in the heart rate window.
- H. Press START/ STOP to begin exercise.

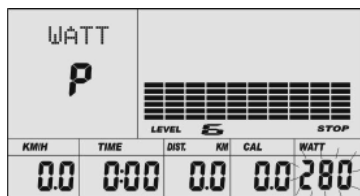


Fig 30



Fig 31

NOTE:

During exercise, the user's heart rate value depends on the resistance level and speed. The heart rate control program is to ensure your heart rate detected within the corresponding set value. When the computer detects your current heart rate is higher than set value, it will decrease the resistance level automatically or you may slow down exercise. If your current heart rate is lower than set value, it will increase resistance level and you may speed up.

- **User-defined Programs: CUSTOM1~CUSTOM4**
 - A. Press (or rotate) UP, DOWN button to select the user.
 - B. Press ENTER to confirm your choice, and enter time setting window.
 - C. The time will flash, and then press (or rotate) UP, DOWN button to set up the desired time to do the exercise. Press ENTER to confirm the value.
 - D. The distance will flash, and then press (or rotate) UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.
 - E. The calories will flash, and then press (or rotate) UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the value.
 - F. The first resistance level will flash, and then press (or rotate) UP, DOWN button to set the desired load resistance. Press ENTER to confirm. Then repeat above operation to set the resistance from 2 to 10. (See Fig 33)
 - G. Press START/STOP to begin exercise.

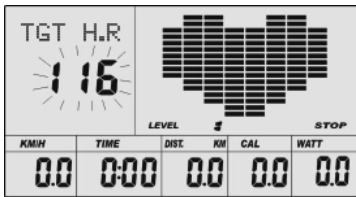


Fig 32

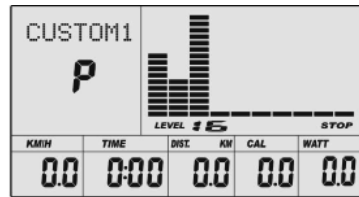


Fig 33

- **Body Fat Measurement Program FAT**
 - A. Press (or rotate) UP, DOWN button to select BODY FAT TEST program FAT (See Fig 34)
 - B. Press ENTER to confirm your choice, and enter height setting mode.
 - C. The height will flash, and then press (or rotate) UP, DOWN button to set up your height. Press ENTER to confirm the value. (See Fig 35)



Fig 34

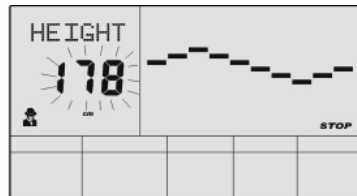


Fig 35

- D. The weight will flash, and then press (or rotate) UP, DOWN button to set up your weight. Press ENTER to confirm the value. (See Fig 36)
- E. The age will flash, and then press (or rotate) UP, DOWN button to set up your age. Press ENTER to confirm the value. (See Fig 37)



Fig 36



Fig 37

- F. The gender symbol will flash, and then press (or rotate) UP, DOWN button to set up your gender. Press ENTER to confirm. (See Fig 38)
- G. Press START/STOP to begin testing your body fat. (See Fig 39)



Fig 38



Fig 39

NOTE:

- ① During the body fat measurement, place both your palms on the pulse sensor pads. The test result is: FAT%, BMR (Basal Metabolic Rate), BMI (Body Mass Index), BODY and body shape. (See Fig 40)

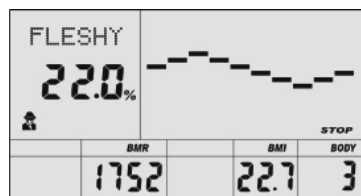


Fig 40

FAT%: The total body fat in our body measured by percentage.

BMR: The energy (measured in calories) expended by the body at rest to maintain normal bodily function.

BMI: Used for body shape building.

- ② During the body fat measurement, if your palms do not contact the pulse sensor well, the computer cannot receive any signal and will display ERROR2 when the test is ended. Press START/STOP to try again.
- ③ During the test, you cannot exit the test with pressing any button. After the test finishes, press (or rotate) UP, DOWN button to exit the body fat measurement program and switch to other program.
- ④ Comparison sheet of Body fat and Obese.

Age/ Gender	Body Shape	Slim	Healthy	Fleshy	Over WT	Obese
	FAT%	BODY 1	BODY 2	BODY 3	BODY 4	BODY 5
Male/≤30 years old	<14%	14% ~ 20%	20.1% ~ 25%	25.1% ~ 35%	>35%	
Male/>30 years old	<17%	17% ~ 23%	23.1% ~ 28%	28.1% ~ 38%	>38%	
Female/≤30 years old	<17%	17% ~ 24%	24.1% ~ 30%	30.1% ~ 40%	>40%	
Female/>30 years old	<20%	20% ~ 27%	27.1% ~ 33%	33.1% ~ 43%	>43%	

The pulse recovery test is to compare your heart rate before and after exercise to determine the personal health target. Please do the test as below:

- A. Both your hands hold the pulse sensor or via wireless transmitter belt to test the pulse (if applicable), the computer will display your current pulse value.
- B. Press RECOVERY to enter the pulse recovery test and the computer program will enter the stop status. (See Fig 41)
- C. Keep pulse detecting.
- D. Time will count down from 60 seconds to 0 second.
- E. When time reaches 0, the test result (F1-F6) appears on the display. (See Fig 42)
 - F1 = Excellent
 - F2 = Good
 - F3 = Fair
 - F4 = below average
 - F5 = No Good
 - F6 = Poor
- F. If the computer does not detect your current heart rate at first, pressing RECOVERY will not enter the pulse recovery test. During the pulse recovery test, pressing RECOVERY can exit the test and return to the stop status.



Fig 41

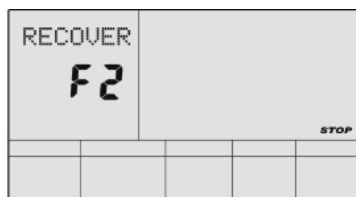


Fig 42

4. Pulse Measurement

Please place both your palms on the contact pads of the pulse sensor and the computer will show your current heart beat rate in beats per minute (BPM) on the LCD after 3~4 seconds. During the measurement, a heart icon will flash with simulative ECG showing. Signal interference can occur during the test when the hands contact the metal sheet, causing deviation. So keep your palms as still as possible during the test and do not rub the metal sheet. This heart rate test is mainly for determining your exercise load, not for the therapy basis.

NOTE:

For the computer equipped with a wireless heart rate receiver, if measure both via the transmitter belt and with hand pulse function, the received wireless heart rate shall prevail.

Test parameters:

SPEED KM/H(M/H):	Showing your current speed. Range: 0.0~99.9 KM/H(Mile/H).
RPM:	Showing the current rotate per minute. Range: 0~999.
TIME:	The accumulative exercise time, range: 0:00~99M59S. The time setting range is 5:00~99M00S. The computer will start to count down from the set time to 0:00 with average time for each resistance level. When it reaches to zero, the program will stop and the computer alarms. If you do not set a time, it will run with one minute for each resistance level.
DIST:	The exercise accumulative distance. Range : 0.0 ~ 99.9 ~ 999KM (MILE) ; Distance setting range :1.0~99.0~999. When the distance reaches 0, the program will stop and the computer will alarm.
CALORIE:	The exercise accumulative calories burnt. Range: 0.0~99.9~999 ;calories setting range: 10.0~90.0~990. When the calorie reaches 0, the program will stop and the computer will alarm.
PULSE:	Showing the exercise heart rate value. Range: 30~240 BPM
RESISTANCE LEVEL:	Showing resistance level. Range:1~16
WATT:	Show the exercise watt.

Breakdown display

1. When the computer displays ERROR1, it means that the motor is broken or the motor wires are not well-connected.
2. When the computer displays ERROR2, it means that no sensor signal received during the body fat test.

MP3 player (if any)

Connect the audio input plug to the the earphone jack, then toggle on ON/OFF switch on the side of the computer. The mp3 files in the external drive will be played right now.

Power: Adaptor

INPUT: 220VAC (according to State Grid Standard)

OUTPUT: 8VDC 500mA AC-DC ADAPTOR or 9VDC 800mA

AC-DC ADAPTOR (for MP3) or 8VDC 600mA SWITCHING POWER SUPPLY
ADAPTOR

NOTE:

Self-generating electricity products are supplied without adaptors.

How to maintain this equipment

Make the equipment tilt 45° with the side with wheels downwards the floor and then move it. Inspect and tighten all parts of this equipment regularly. Replace any worn parts immediately. Use damp cloth with mild detergent to clean the equipment. Regularly clean every part of this equipment to ensure the use smoothness.

IMPORTANT:

Never use abrasive solvents to clean this equipment. To prevent damage to the computer, keep liquids away and keep it out from direct sunlight.

Product Name	ACTIVO Motion Pro E4.1
Model number of the product	AC 0207
Packing Dimensions (Length/ Width/ Height)	L 1245 x W 380 x H 710 (mm)
Product Dimensions (Length/ Width/ Height)	L 145 x W 57.5 x H 172 (mm)
Net Weight	53.5 kg
Gross Weight	60 kg
Color	Blue
Material	Steel, Latex, Foam
Technical data of adapter	Input: 230-240V OR 50HZ Output: 8VDC 500mA
Components	Main frame, Console, Handlebar post, Fixed handlebar, Protective guard, Front bottom tube, Rear bottom tube, Handlebar, Protective guard, Swing tube, Pedal support, Protective guard, Protective guard, Pedal, Protective guard, Seat, Seat tube, Horizontal tube, Pin-pop knob, Plum screw, Flat washer, Adapter, Tool set



MALAYSIA

Healthy World Lifestyle Sdn Bhd
No. 22 Jalan Anggerik Mokara 31/47
Kota Kemuning, 40460 Shah Alam
Selangor Darul Ehsan, Malaysia.
Tel : +603- 5121 4286
Fax : +603- 5121 4386

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ACTIVO 真心感谢您选择 Motion Pro E4.1。使用前请阅读此说明书，特别是安全说明部分，并保留此说明书予以备用。

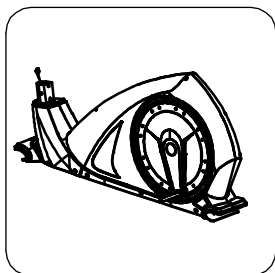
备注:

产品组装前，请先从箱内取出相关的配件并核实是否配件齐全。相关的组装步骤图有相应的文字、描述和图例参考。

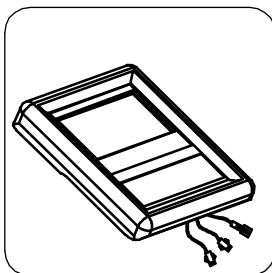
请您确保在组装产品前已详细阅读本产品使用说明书。特别注意如下安全警告。

1. 每一个组装步骤请根据产品使用说明书的描述进行。
2. 在使用产品之前，请检查所有的螺丝，螺母和其他连接处均是完好的。运动期间确保产品所放的位置正确。所有使用者均需详细了解要注意的事项。
3. 组装产品，请选择一个干燥平坦的地面，避免潮湿有积水的地方。并在使用中确保产品周围有 2 米的自由活动空间。
4. 在产品组装和使用过程中，可在产品下方铺一张底垫（如橡胶垫，毛毯等），可有效地避免产品刮伤或是粘上污垢。
5. 请勿使用刺激性大的清洁剂清洁本产品。在使用完本产品后，请马上将机身上的汗水擦拭干净。
6. 组装产品或是维修产品，请使用本产品原配的工具或者合适的工具；且任何维修都需用原配的配件进行替换。
7. 不正确及过量的运动将会伤害您的身体健康。在运动前，请先咨询医生。尤其是 35 岁以上或之前存在健康问题的使用者需要特别注意这一点。
8. 此器材适于室内，家用及轻商用，并不适用于医疗目的。
9. 运动时请穿上合身的衣服以防宽松的衣服被器械绊着或是限制了运动。
10. 若您感到有以下不适的反应：疼痛、胸闷、心跳过快、呼吸急促、头重脚轻、头晕及恶心，请马上停止锻炼。如果要继续您的锻炼计划，请先向您的医生咨询。
11. 产品运动的阻力会随着运动的速度加快而增加。
12. 本产品最大的使用者重量不得超过 120KGS。

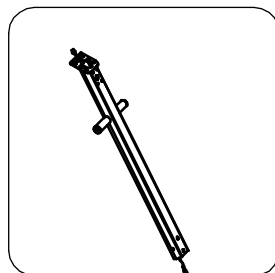
1. 本保权限不可转让。
2. 本保修服务仅对在 ACTIVO 购买的产品有效。
3. 当要求保修服务时请出示正本购买凭据。
4. 在保修范围内的维修服务自购买之日起一年内有效。
5. 由于错误使用，不合理保养以及未经授权私自改装和维修此产品而导致的损坏，不属于保修范围。
6. 此保修范围不包括不属于产品本身的附件。
7. 此保修范围不适用于租赁，交易，商业，机构或其他非个人使用者。
8. 此保修范围所涉及的维修服务必须经过 ACTIVO 授权，且必须授权的技术人员维修。
9. 若需更换的维修附件缺货，ACTIVO 有权采用替代配件进行维修。



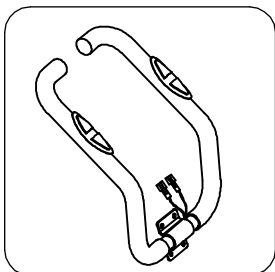
车架



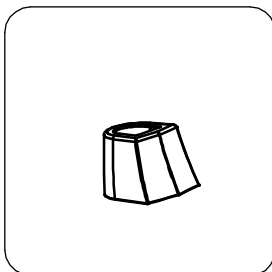
电子表



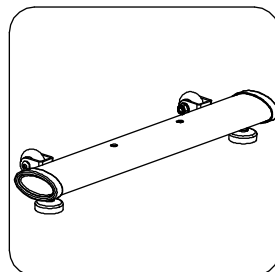
把立管



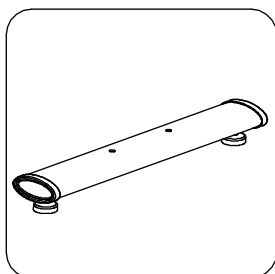
手握把



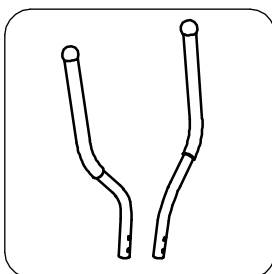
把立管下护罩



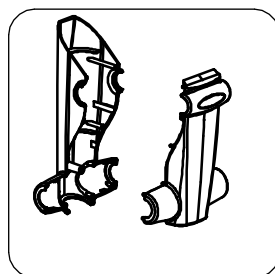
前底管



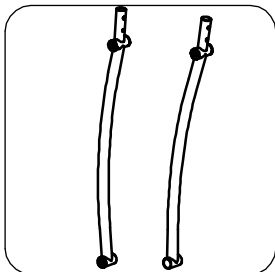
后底管



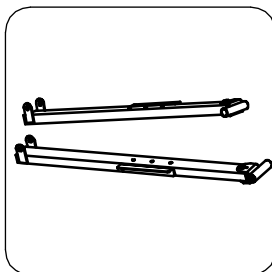
左右扶手



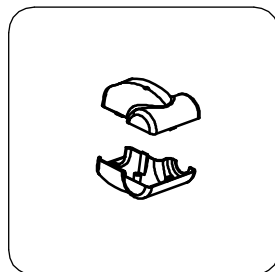
把手仪表护罩



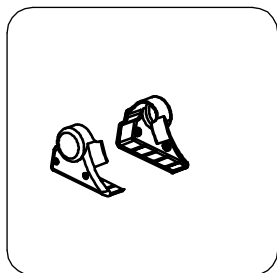
左右摆杆



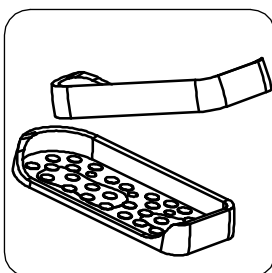
左右连杆



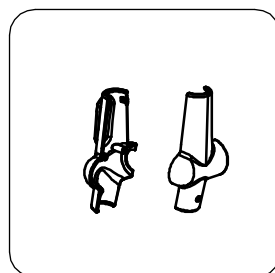
上下连杆接头护罩



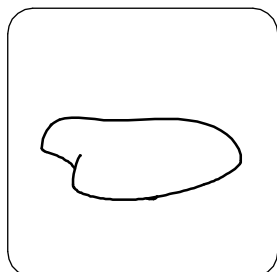
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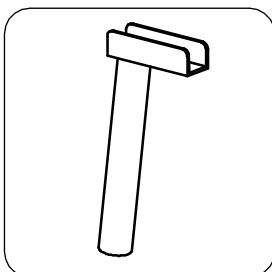
左右踏板



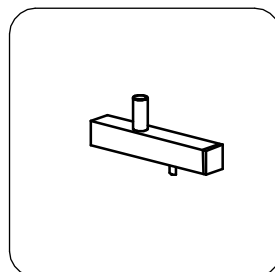
摆杆护罩



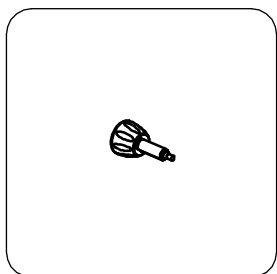
鞍座



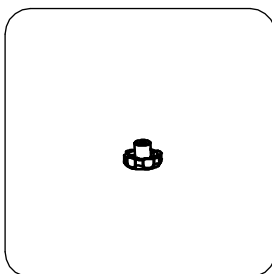
鞍管



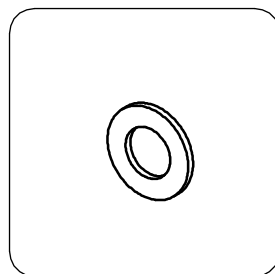
鞍座横管



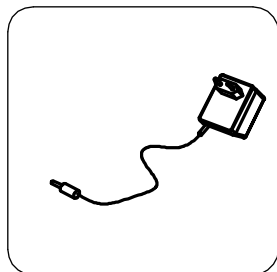
弹销旋钮



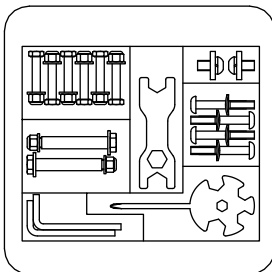
梅花旋钮



平垫 D10 × ø20 × 2

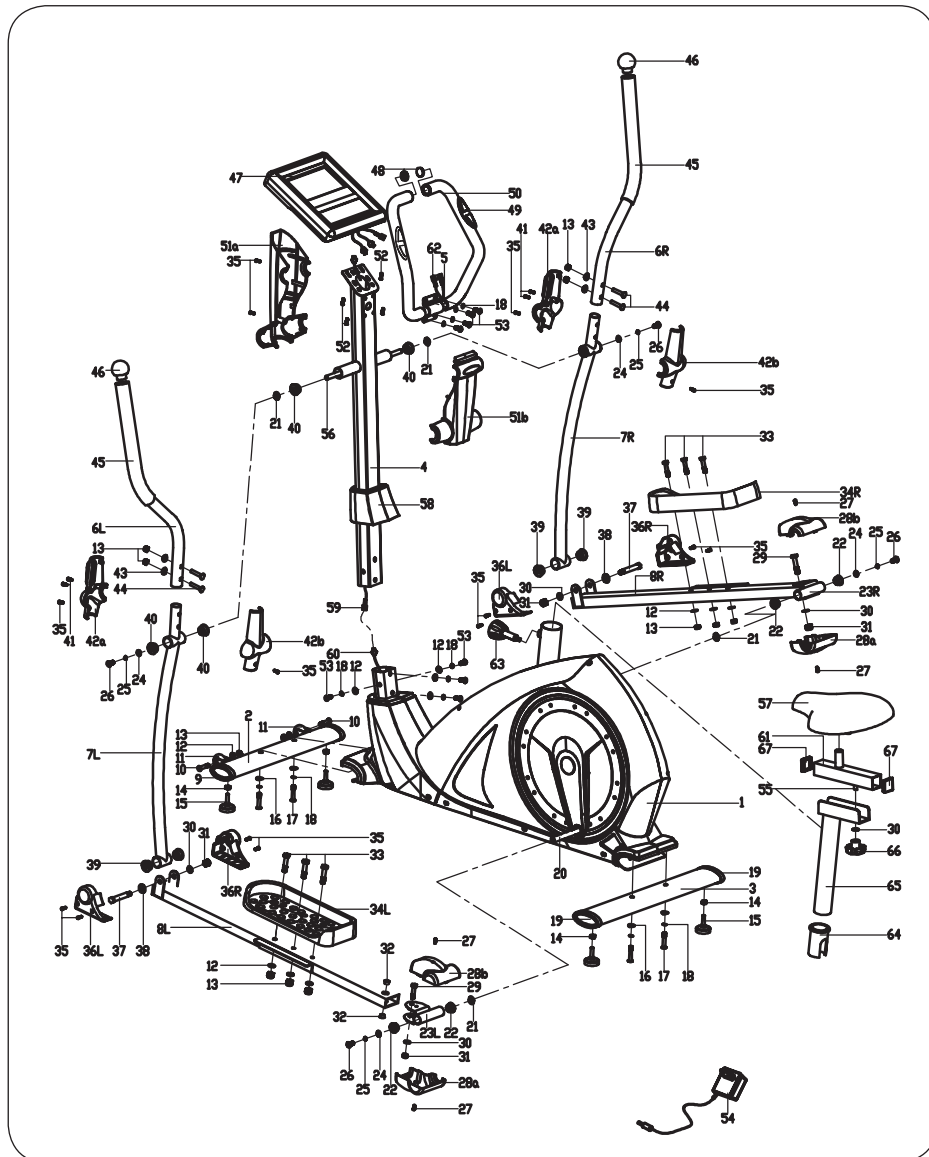


适配器



吸塑盘

零件分解图

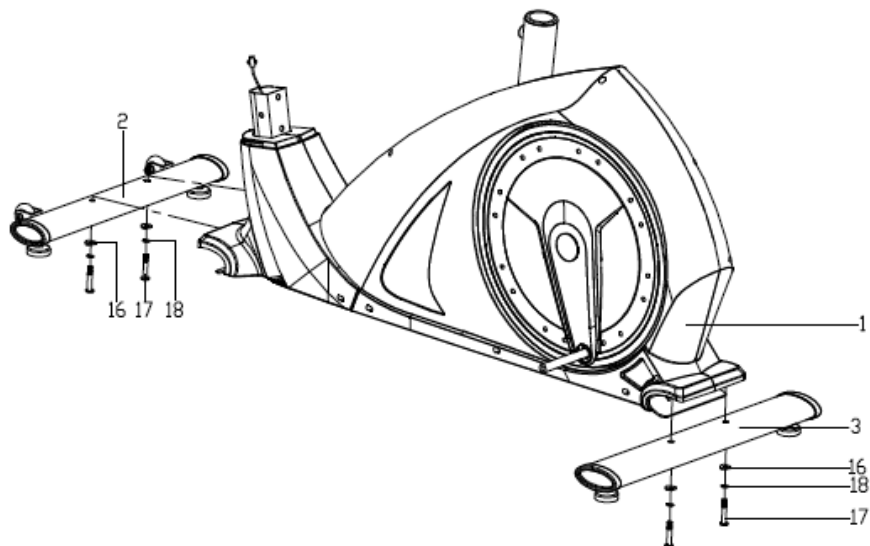


配件明细表

序号	名称	数量	序号	名称	数量
1	主架	1	35	十字盘头自攻螺钉ST4.2×18	18
2	前底管	1	36L/R	左右连杆护罩	各2
3	后底管	1	37	六角头轴位螺栓Φ12×M10×80	2
4	把立管	1	38	平垫D12×Φ24×1.5	2
5	固定扶手	1	39	轴套Φ12×Φ32×15	4
6L/R	左右把手	各1	40	轴套Φ16×Φ31×23	6
7L/R	左右摆杆	各1	41	十字盘头自攻螺钉ST3.5×12	4
8L/R	左右连杆	各1	42a/b	摆杆护罩一副	各2
9	椭圆管塞	2	43	弧形垫片D8×Φ19×1.5×R30	4
10	内六角盘头螺钉M8×40×L12	2	44	方颈螺栓M8×L45	4
11	滚轮	2	45	把手套	2
12	平垫D8×Φ16×1.5	12	46	圆管塞(半球头)	2
13	尼龙螺母M8	12	47	电子表	1
14	六角螺母M10	4	48	圆管塞	2
15	调节脚垫	4	49	握把片	2
16	弧形垫片 D8×2×Φ25×R39	4	50	握把套	2
17	内六角盘头螺栓M8×L58	4	51a/b	把手仪表护罩一副	各1
18	弹垫D8	12	52	十字盘头螺钉M4*10	4
19	椭圆管塞	2	53	内六角盘头螺钉M8×16	8
20	曲柄	2	54	适配器	1
21	波形垫圈Φ17×Φ23×0.3	4	55	U纹座	1
22	塑料大衬套Φ外24×16×Φ内16.1	4	56	长轴	1
23L/R	左右连杆接头	各1	57	鞍座	1
24	D型垫圈Φ外28×Φ内16.2×14×B5	4	58	把立管下护罩	1
25	弹垫D10	4	59	感应中继线	1
26	内六角盘头螺钉M10×20	4	60	感应线	1
27	十字盘头螺钉M5×10	4	61	鞍座横管	1
28a/b	连杆接头护罩一副	各2	62	握把线	2
29	六角螺栓M10×55	2	63	弹销旋钮	1
30	平垫D10×Φ20×2	5	64	衬套	1
31	尼龙螺母M10	4	65	鞍管	1
32	小衬套Φ18×Φ10×11	4	66	梅花旋钮	1
33	六角螺栓M8×45	6	67	方管塞	2
34L/R	左右踏板	各1			

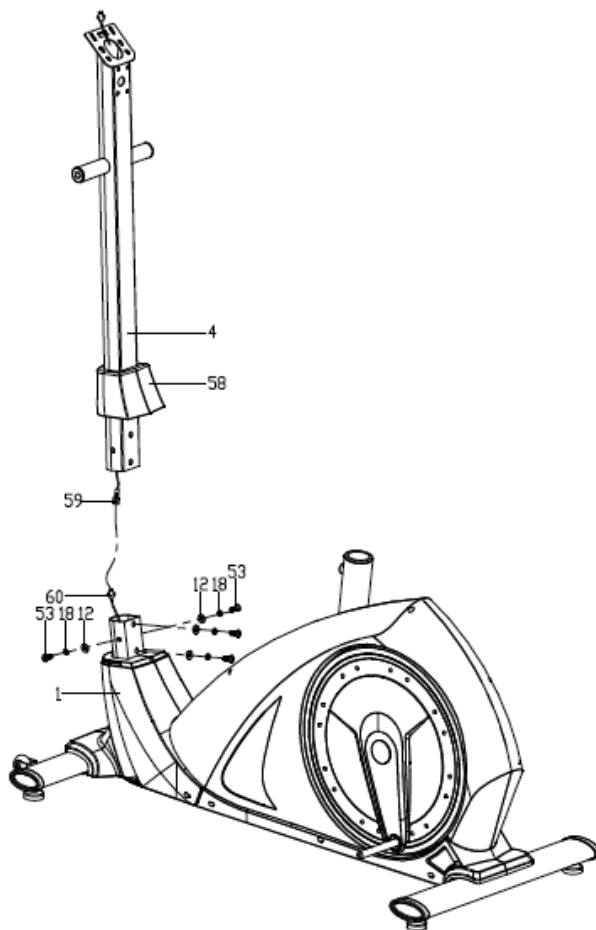
步骤一：

用内六角盘头螺栓（17）、弹垫（18）、弧形垫圈（16）将前底管（2）、后底管（3）锁紧在车架（1）上。



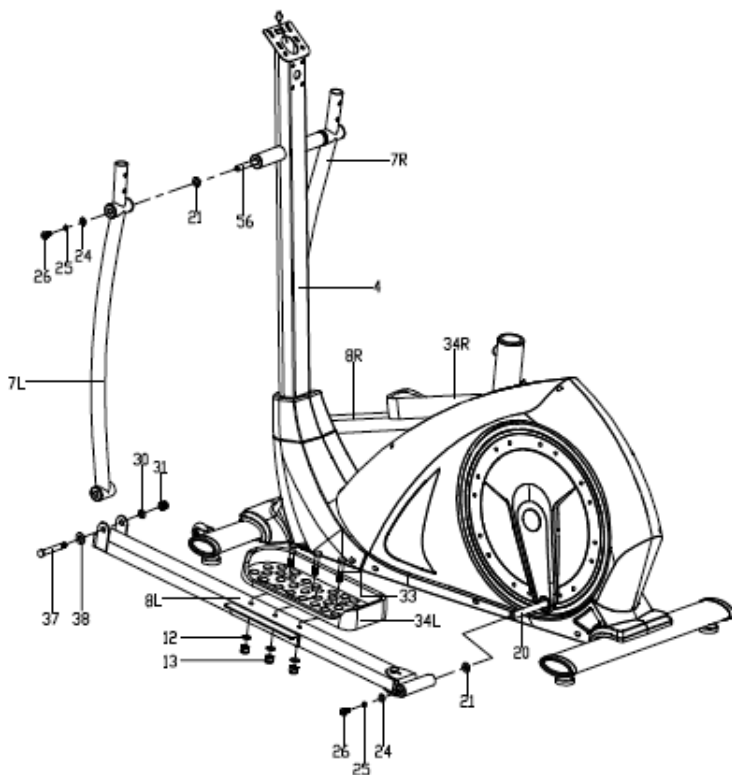
步骤二:

1. 将把立管下护罩 (58) 套在把立管 (4) 上。
2. 先将感应中继线 (59) 与感应线 (60) 连接好, 然后用内六角盘头螺钉 (53)、弹垫 (18)、平垫 (12) 将把立管 (4) 锁紧在主架 (1) 立管上并合上把立管下护罩 (58)。



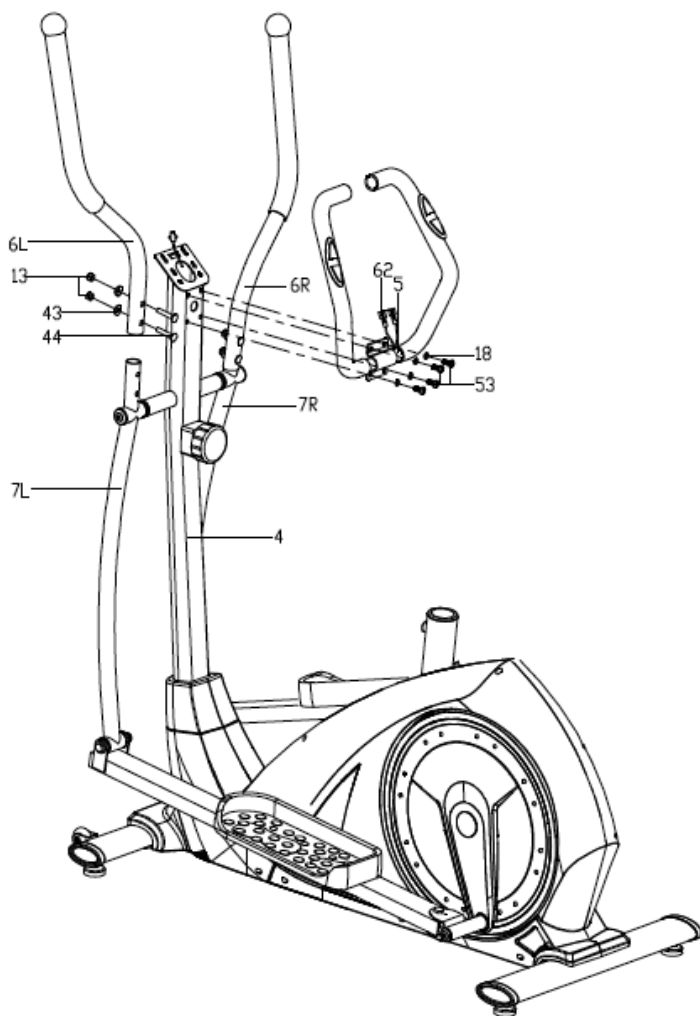
步骤三：

1. 用内六角盘头螺钉（26）、弹垫（25）、D形垫圈（24）、波形垫圈（21）、长轴（56）将左右摆杆（7L/R）装在把立管（4）上，注意：先不用将它们锁紧。
2. 用内六角盘头螺钉（26）、弹垫（25）、波形垫圈（21）、D形垫圈（24）将左右连杆（8L/R）固定在曲柄（20）上，注意：先不用将它们锁紧。
3. 先用六角头轴位螺栓（37）、平垫（38）、平垫（30）、尼龙螺母（31）将左右摆杆（7L/R）、左右连杆（8L/R）连接在一起，然后将内六角盘头螺钉（26）、六角头轴位螺栓（37）、尼龙螺母（31）锁紧。
4. 用六角螺栓（33）、平垫（12）、尼龙螺母（13）将左右踏板（34L/R）锁紧在左右连杆（8L/R）上。



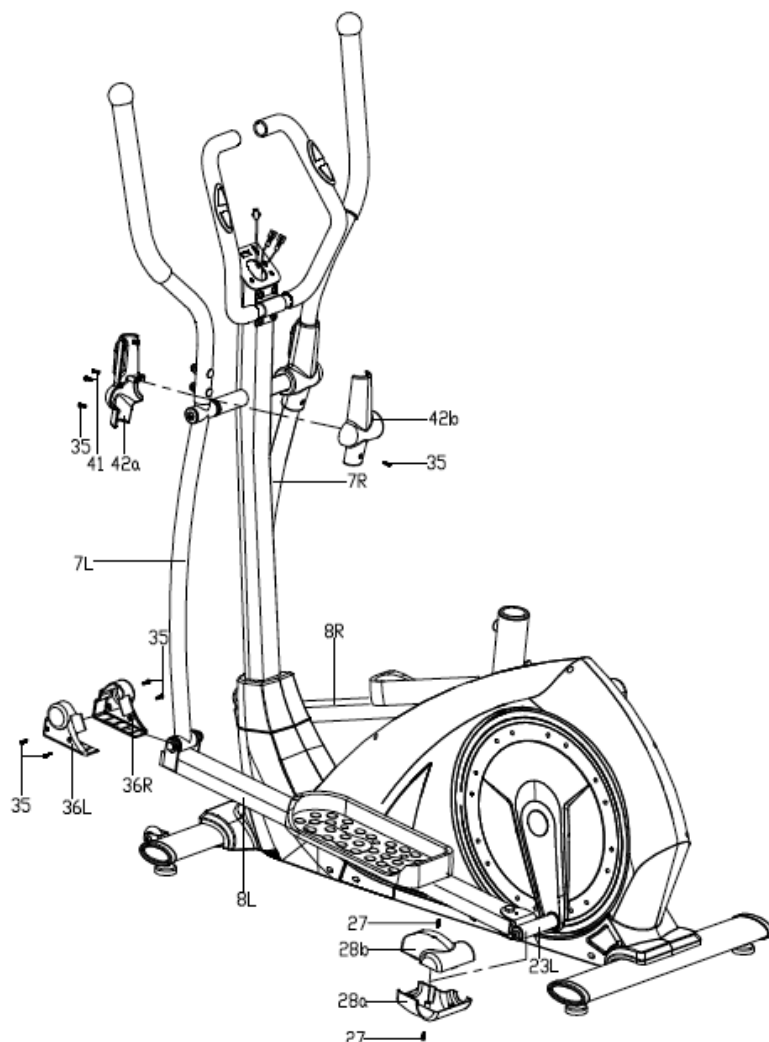
步骤四:

1. 用方颈螺栓（44）、弧形垫片（43）、尼龙螺母（13），将左右把手（6L/R）锁紧在左右摆杆（7L/R上）。
2. 将握把线（62）从把立管（4）的过线孔穿入并从表托板穿出，然后用内六角盘头螺钉（53）、弹垫（18）将固定扶手（5）锁紧在把立管（4）上。



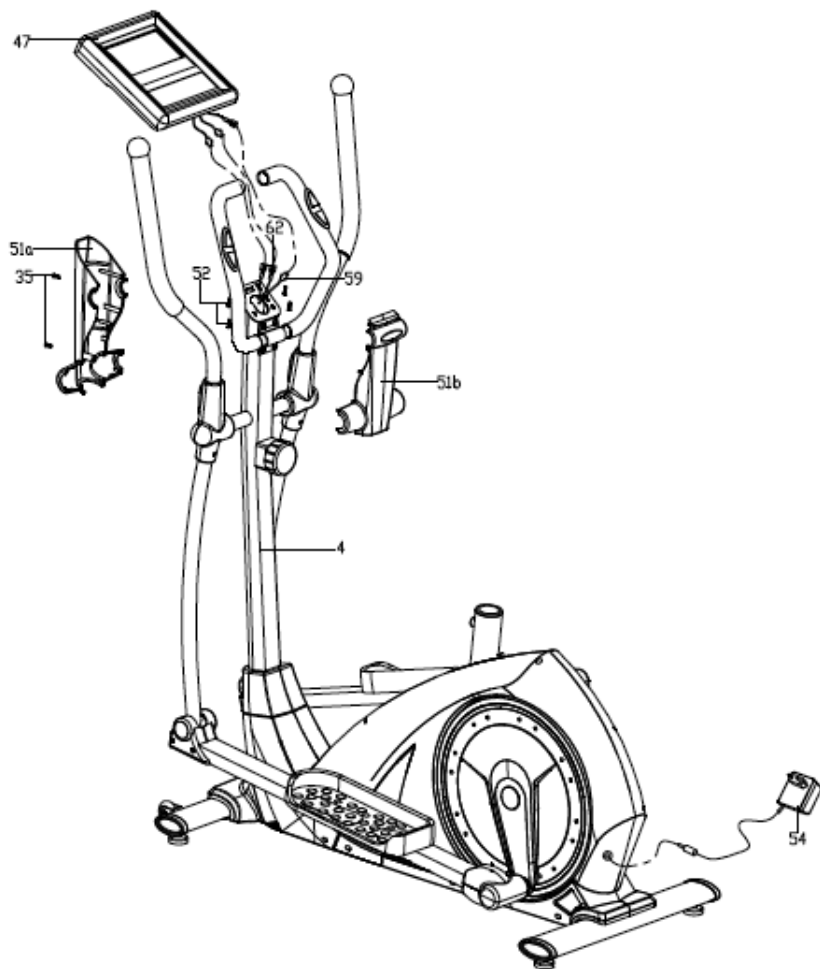
步骤五:

1. 用十字盘头自攻螺钉 (41)、(35) 将摆杆护罩 (42a/b) 锁紧在左右摆杆 (7L/R) 上。
2. 用十字盘头自攻螺钉 (35) 将左右连杆护罩 (36L/R) 锁紧在左右摆杆 (7L/R) 与左右连杆 (8L/R) 的连接处上。
3. 用十字盘头螺钉 (27) 将上下连杆接头护罩 (28a/b) 锁紧在左右连杆接头 (23L/R) 上。



步骤六:

1. 先将感应中继线 (59)、握把线 (62) 与电子表 (47) 的连接线对接好, 然后用十字盘头螺钉 (52) 将电子表 (47) 锁紧在把立管 (4) 的表托板上。
2. 用十字盘头自攻螺钉 (35) 将把手仪表护罩 (51a/b) 锁紧在把立管 (4) 上。

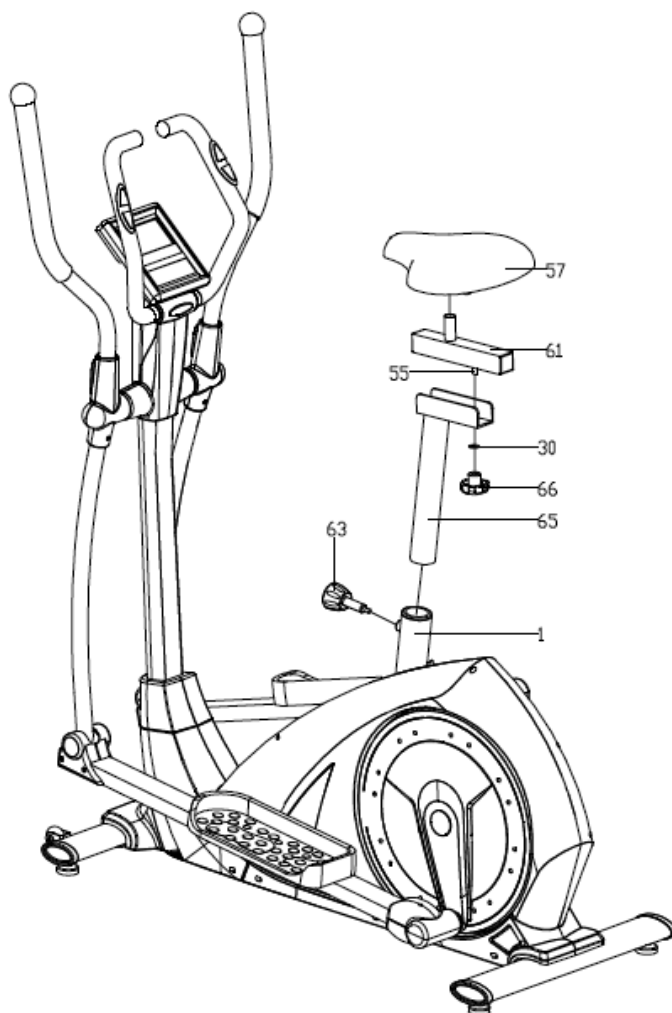


步骤七:

1. 先将鞍管 (65) 插入主架 (1) 的立管中, 对好孔位, 最后用弹销旋钮 (63) 将其锁紧。
2. 用梅花旋钮 (66)、平垫 (30)、U 绞座 (55) 将鞍座横管 (61) 锁紧在鞍管 (65) 上。
3. 将鞍座 (57) 套在鞍座横管 (61) 的立柱上; 然后用十字呆扳手将其锁紧。

注意:

在运动之前必须确保鞍座 (57) 锁紧在鞍座横管 (61) 的立柱上。



功能:

1. 程序: 共计 21 个, 分别为:

A: 1 个手动程序 MANUAL (如图 1)

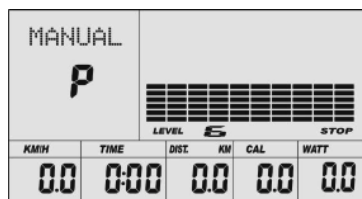


图 1

B: 10 个自动程序 P1~P10 (如图 2~图 11)

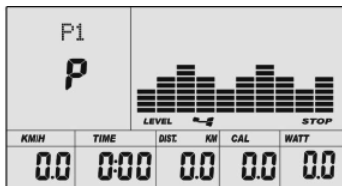


图 2

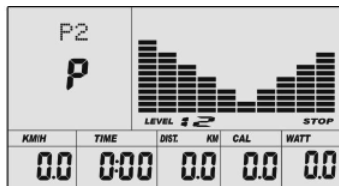


图 3

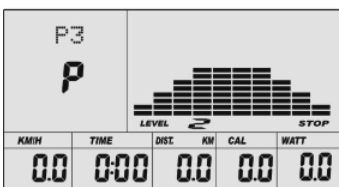


图 4

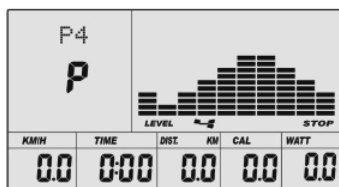


图 5

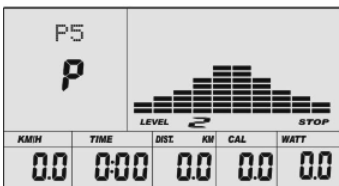


图 6

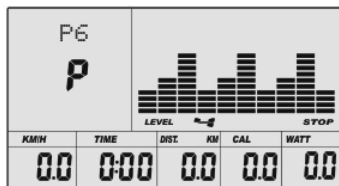


图 7

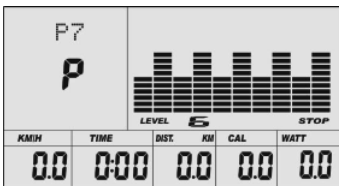


图 8

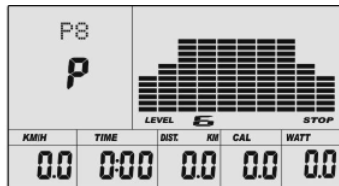


图 9

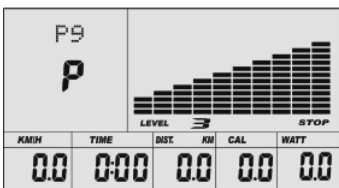


图 10

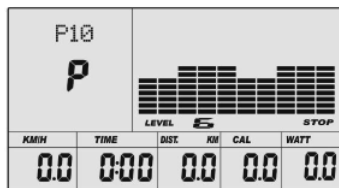


图 11

P1: ROLLING
P6: INTERVAL

P2: VALLEY
P7: CARDIO

P3: FATBURN
P8: ENDURANCE

P4: RAMP
P9: SLOPE

P5: MOUNTAIN
P10: RALLY

C : 1 个瓦特控制程序 WATT (如图 12)

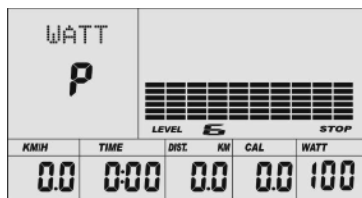


图 12

D : 4 个心率控制程序 (如图 13~图 16)

55% H.R , 75% H.R , 90% H.R 及 TARGET H.R

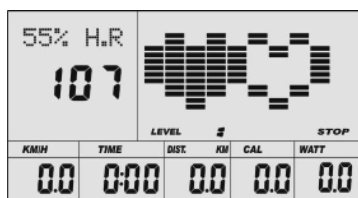


图 13

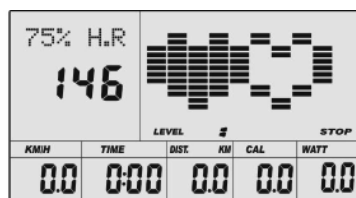


图 14

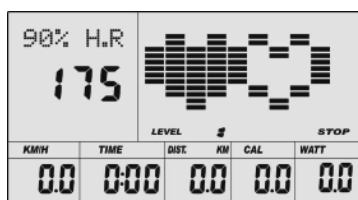


图 15

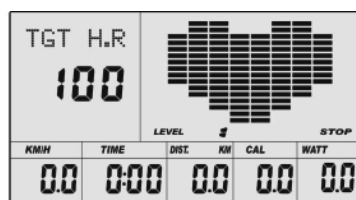


图 16

E : 4 个用户自定义程序CUSTOM1~CUSTOM4 (如图 17~图 20)

CUSTOM1					
P					

LEVEL		#		STOP	
KMH	TIME	DIST	KM	CAL	WATT
00	0:00	00	00	00	00

图 17

CUSTOM2					
P					

LEVEL		#		STOP	
KMH	TIME	DIST	KM	CAL	WATT
00	0:00	00	00	00	00

图 18

CUSTOM3					
P					

LEVEL		#		STOP	
KMH	TIME	DIST	KM	CAL	WATT
00	0:00	00	00	00	00

图 19

CUSTOM4					
P					

LEVEL		#		STOP	
KMH	TIME	DIST	KM	CAL	WATT
00	0:00	00	00	00	00

图 20

F :

1. 个体脂测量程序 FAT (如图 21)



图 21

2. 在断电后可记忆用户的性别、身高、体重、年龄等信息
3. 采用点阵字符显示主要信息
4. 模拟心电图显示心率信息
5. 速度 SPEED (RPM)、时间TIME、距离DIST、卡路里 CAL、瓦特 WATT、心率 PULSE、负荷值LEVEL 分不同区域同时显示



图 22

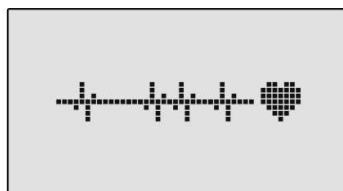


图 23

6. 4 分钟无按键操作，无速度信号和心率信号，仪表自动关机，同时保存当前显示状态的信息，负荷复位至最小。操作任一按键或输入速度信号，仪表自动开机。

按键:

1. 输入键 ENTER:

- 在停止 (STOP 显示) 状态, 按 ENTER 键进入功能程序和设置功能数值选择, 选择的窗口 将闪烁提示。
- A. 选择功能程序时, 按 ENTER 键确认您所希望进行运动的程序。
- B. 设置功能数值时, 按 ENTER 键确认所设置的数值。
- 在运行 (START 显示) 状态, 按 ENTER 键可以选择速度窗口显示速度或 RPM 或自动切换。
- 任何状态下, 持续按 ENTER 键 2 秒钟, 仪表复位至初始状态。

2. 开始/停止键 START/STOP:

- 按 START/STOP 键启动程序, 进入运行 (START 显示) 状态或停止程序回到停止 (STOP 显示) 状态。
- 任何状态下, 持续按 START/STOP 键 2 秒钟, 仪表复位至初始状态。

3. 向上调节键 UP:

- 停止 (STOP 显示) 状态下, 字符窗口闪烁时, 按 UP 键 (或顺时针旋转) 向上选择程序; 参数窗口闪烁时, 按 UP 键 (或顺时针旋转) 向上调节参数。
- 运行 (START 显示) 状态下, 按 UP 键 (或顺时针旋转) 向上调节负荷, 增加训练阻力。

4. 向下调节键 DOWN:

- 停止 (STOP 显示) 状态下, 字符窗口闪烁时, 按 DOWN 键 (或逆时针旋转) 向下选择程序; 参数窗口闪烁时, 按 DOWN 键 (或逆时针旋转) 向下调节参数。
- 在运行 (START 显示) 状态, 按 DOWN 键 (或逆时针旋转) 向下调节负荷, 减小训练阻力。

5. 心率恢复键 RECOVERY:

- 有心率显示时, 按 RECOVERY 键进行心率恢复测试。
- 进行心率恢复测试时, 按 RECOVERY 键退出心率恢复测试。

6. 重置键 RESET (若有此按键):

- 设置数值时, 按 RESET 键使当前设置的数值归零。
- 任何状态下, 按 RESET 键 2 秒钟使车表重新启动。

备注:

1. 是采用按键方式还是采用触摸按键旋转的方式, 取决于不同的机型。
2. 请将手指按在标示的区域操作, 防止误触到其他按键。

操作:

1. 连接仪表电源

将电源适配器一端插至交流电源插座，另一端插在仪表电源接口处，此时仪表发出 1 秒钟的“BEEP”声，同时全显进入仪表初始状态。（如图 24）

2. 程序选择和数值设置

- 手动程序 MANUAL 和预设程序 P1~P10 的操作。
- A. 按 UP、DOWN 键选择您希望进行运动的程序。（如图 25）

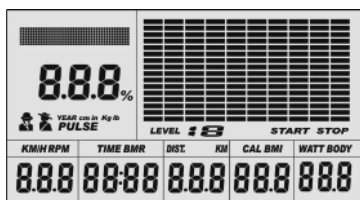


图 24

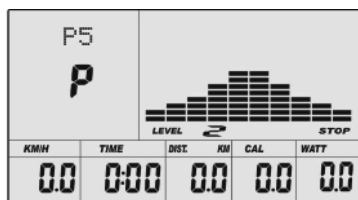


图 25

- B. 按 ENTER 键确定选择的程序同时进入时间窗口设置状态。
- C. 时间的读数闪烁，按 UP、DOWN 键（或旋转）设定希望运动的时间，然后按 ENTER 键确定所设置的数值。（如图 26）
- D. 距离的读数闪烁，按 UP、DOWN 键（或旋转）设定希望运动的距离值，然后按 ENTER 键确定所设置的数值。（如图 27）

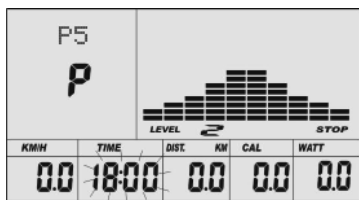


图 26

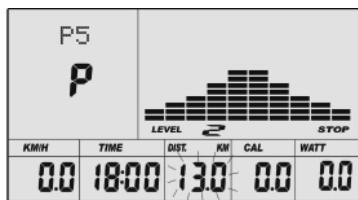


图 27

- E. 卡路里的读数闪烁，按 UP、DOWN 键（或旋转）设定希望运动消耗的能量，然后按 ENTER 键确定所设置的数值。（如图 28）
- F. 按 START/STOP 键开始运动。（如图 29）

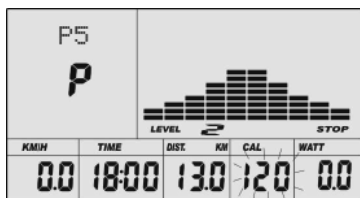


图 28

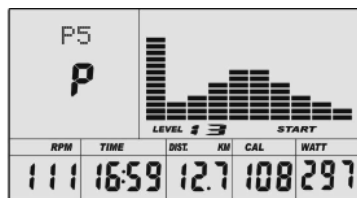


图 29

- 瓦特控制程序 WATT

- A. UP、DOWN 键（或旋转）选择瓦特控制程序 WATT
- B. 按 ENTER 键确定选择瓦特控制程序，同时进入时间窗口设置状态。
- C. 时间的读数闪烁，按 UP、DOWN 键（或旋转）设定希望运动的时间，然后按 ENTER 键确定所设置的数值。
- D. 距离的读数闪烁，按 UP、DOWN 键（或旋转）设定希望运动的距离值，然后按 ENTER 键确定所设置的数值。
- E. 卡路里的读数闪烁，按 UP、DOWN 键（或旋转）设定希望运动消耗的能量，然后按 ENTER 键确定所设置的数值。
- F. 瓦特的读数闪烁，按 UP、DOWN 键（或旋转）设定瓦特值，然后按 ENTER 键确定所设置的数值。（如图 30）
- G. 按 START/STOP 键开始运动。

备注:

瓦特由力矩和 RPM 决定，不同的负荷与不同的 RPM 计算出的瓦特值不同。在瓦特控制程序中，瓦特是恒量。即若您踩得快，负荷值会减小；反之，负荷值会增加。总之，会让您在相同的瓦特值下运动。

- 心率控制程序: 55% HR, 75% HR 和90% HR
- 不同年龄的人其心率最大值不一样, 此类程序分别是按最大心率的 55%、75% 及 90% 来进行控制锻炼。
- A. 按 UP、DOWN 键 (或旋转) 选择一个心率控制程序。
 - B. 按 ENTER 键选择一个心率控制程序, 同时进入时间窗口设置状态。
 - C. 时间的读数闪烁, 按 UP、DOWN 键 (或旋转) 设定希望的运动时间, 然后按 ENTER 键确定所设置的数值。
 - D. 距离的读数闪烁, 按 UP、DOWN 键 (或旋转) 设定希望运动的距离值, 然后按 ENTER 键确定所设置的数值。
 - E. 卡路里的读数闪烁, 按 UP、DOWN 键 (或旋转) 设定希望运动消耗的能量, 然后按 ENTER 键确定所设置的数值。
 - F. 年龄的读数闪烁, 按 UP、DOWN 键 (或旋转) 设定用户的年龄, 然后按 ENTER 键确定所设置的数值。(如图 31)
 - G. 目标心率控制程序提示闪烁, 同时对应用户年龄的目标心率在心率窗口显示。
 - H. 按 START/STOP 键开始运动。

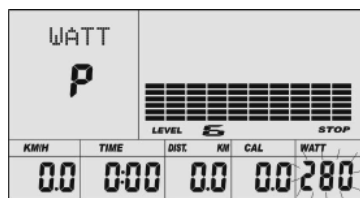


图 30

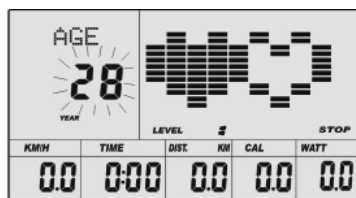


图 31

备注:

运动过程中, 用户心率值由运动负荷大小和运动的快慢决定。心率控制程序是一个让监测到的心率维持在对应设定值。当用户在运动过程监测到的心率大于设定值, 负荷阻力自动减小或用户减慢运动来达到降低心率; 反之, 负荷阻力自动增加或用户加快运动来达到增加心率。

- 用户自定义程序 CUSTOM1~CUSTOM4
 - A. 按 UP、DOWN 键（或旋转）选择用户。
 - B. 按 ENTER 键确定选择的用户，同时进入时间窗口设置状态。
 - C. 时间的读数闪烁，按 UP、DOWN 键（或旋转）设定希望的运动时间，然后按 ENTER 键确定所设置的数值。
 - D. 距离的读数闪烁，按 UP、DOWN 键（或旋转）设定希望运动的距离值，然后按 ENTER 键确定所设置的数值。
 - E. 卡路里的读数闪烁，按 UP、DOWN 键（或旋转）设定希望运动消耗的能量，然后按 ENTER 键确定所设置的数值。
 - F. 第一段负荷闪烁，按 UP、DOWN 键（或旋转）设定希望运动在该段时的负荷大小，然后按 ENTER 键确定所设定的负荷值。采用同以上方法设定第 2 段至第 10 段的负荷值。（如图 33）
 - G. 按 START/STOP 键开始运动。

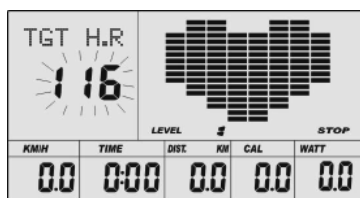


图 32

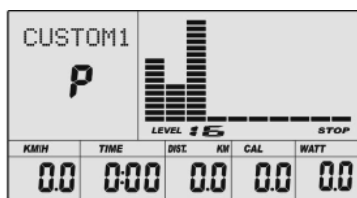


图 33

- 体脂测量程序 FAT
 - A. 按 UP、DOWN 键（或旋转）选择体脂测量程序 FAT。（如图 34）
 - B. 按 ENTER 键确定选择的体脂测量程序，同时进入身高设置状态。
 - C. 身高的读数闪烁，按 UP、DOWN 键（或旋转）设定用户的身高，然后按 ENTER 键确定设定的身高值。（如图 35）



图 34

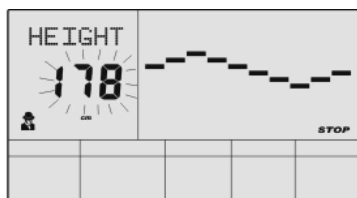


图 35

- D. 体重的读数闪烁，按 UP、DOWN 键（或旋转）设定用户的体重，然后按 ENTER 键确定设定的体重值。（如图 36）
- E. 年龄的读数闪烁，按 UP、DOWN 键（或旋转）设定用户的年龄，然后按 ENTER 键确定设定的年龄值。（如图 37）



图 36

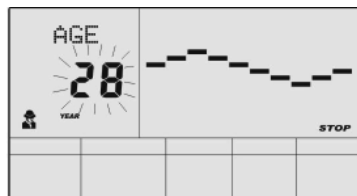


图 37

- F. 性别符号闪烁，按 UP、DOWN 键（或旋转）选择用户的性别，然后按 ENTER 键确定用户的性别。（如图 38）
- G. 按 START/STOP 开始测脂。（如图 39）



图 38



图 39

备注:

- ① 在进行体脂测试时，应手握心率测试片，测试结果为：体脂百分比，基础代谢率 BMR，身体质量指数 BMI，体型 BODY 及体型描述。（如图 40）

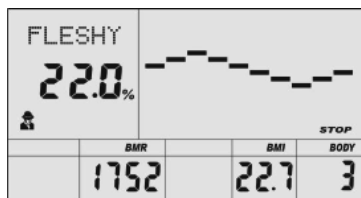


图 40

体脂百分比 FAT%: 身体所有脂肪百分比

基础代谢率 BMR: 维持身体基本功能所需要的热量

身体质量指数 BMI: 用于调整体型

- ② 在体脂测试时，如果手离开测试片，仪表将接收不到信号，测试结束时显示 ERROR2，提示出错信息，用户可以再按 START/STOP 键重新测试。
- ③ 体脂测试过程，按任何键不能退出测试，在测试结束后按 UP、DOWN 键可以退出测脂程序，转至其他程序。
- ④ 脂肪含量与肥胖度对照表：

性别/ 年龄	体型 脂肪百分比	偏瘦	正常	微胖	偏胖	肥胖
		Slim	Healthy	Fleshy	Over WT	Obese
		BODY1	BODY2	BODY3	BODY4	BODY5
男性≤30岁		< 14%	14%~20%	20.1%~25%	25.1%~35%	> 35%
男性>30岁		< 17%	17%~23%	23.1%~28%	28.1%~38%	> 38%
女性≤30岁		< 17%	17%~24%	24.1%~30%	30.1%~40%	> 40%
女性>30岁		< 20%	20%~27%	27.1%~33%	33.1%~43%	> 43%

3. 心率恢复测试

心率恢复测试是在运动前、后通过比较心率来对个人的健康定位。测试步骤及方法为：

- A. 双手握住心率传感器或通过胸带无线测试心率（对带有无线接收装置的产品），仪表显示目前心率值。
- B. 按 RECOVERY 键进入心率恢复测试，同时仪表程序进入停止状态。（如图 41）
- C. 继续测试心率。
- D. 仪表的时间进入倒计时，从 60 秒钟倒计时到 0 秒钟。
- E. 倒计时到 0 后，显示测试结果，等级分为 F1~F6。（如图 42）
 - F1 = 非常好，
 - F2 = 良好，
 - F3 = 一般，
 - F4 = 中下水平，
 - F5 = 不好，
 - F6 = 差。
- F. 按 RECOVERY 键前如果仪表无心率显示，不能进入心率恢复测试；在心率恢复测试过程中，按 RECOVERY 键可以退出心率恢复测试，回到仪表当前的停止状态。



图 41

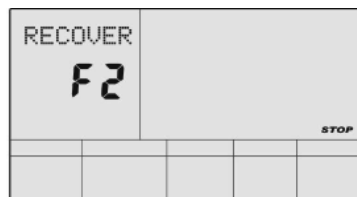


图 42

4. 心率测试

用左右手掌分别抓到对应位置心率传感器的金属板上，在测试时，应确保每个手掌同时接触两片金属板，3~4 秒钟后心率显示窗口显示您当前的心率，单位为次/分钟。在测量过程中接收到心跳信号时，心跳符号“♥”闪烁，模拟心电图出现。在测试过程中，由于手掌抓到金属片时有时会出现信号干扰，使得测试出现偏差，因此测试时尽量保持手掌相对静止，不要磨擦金属片。此种方式监测心率主要有助于决定您的运动量，不能作为疾病治疗依据。

监测心率主要有助于决定您的运动量，不能作为疾病治疗依据。

备注：

对装有无线接收心率装置的仪表，同时进行手握测心率和无线胸带测心率时，无线接收心率将优先。

各项测试参数

速度 KM/H(M/H)	显示当前的运动速度，范围为 0.0~99.9 KM/H (Mile/H)。
RPM	显示当前每分钟的转数，范围为 0~999。
时间 TIME	运动时累计所用时间，计时范围 0:00~99M59S。 计时设定范围: 5:00~99M00S. 当设定了倒计时时间，负荷每一段平均分配运行时间，倒计时到 0，程序停止运行且响闹一声。未设定倒计时时间，负荷每段运行时间为 1 分钟。
距离 DIST	运动时累计所经距离，范围：0.0~99.9~999KM (mile)。 距离设定范围：1.0~99.0~999，倒计时到 0，程序停止运行且响闹一声。
卡路里 CALORIE	运动时累计所消耗的卡路里，范围为 0.0~99.9~999。 卡路里设定范围: 10.0~90.0~990，倒计时到 0，程序停止运行且响闹一声。
心率 PULSE	显示运动中监测的心跳值，范围 30~240 BPM。
阻力档位 LEVEL	显示马达所处阻力位置，范围 1~16 级。
瓦特 WATT	显示运动时的功率。

报警提示

1. 仪表显示 ERROR1 表示马达的连接线接触不良或马达损坏。
2. 仪表显示 ERROR2 表示测脂时没有接收到感应信号。

MP3 播放(若有此功能)

将音频输入插头插入耳机孔，拨动车表边缘的 ON/OFF 开关，此时立即播放外接 MP3 中的音频文件。

电源：电源适配器

输入：220VAC（依据使用国家电网标准）

输出：8VDC 500mA AC-DC 适配器或 9VDC 800mA AC-DC 适配器 (MP3 使用) 8VDC 600mA 开关电源适配器

备注：

自发电系统的产品不需提供电源适配器。

如何保养此器材

将此器材朝有搬运轮方向朝地面提45°以搬运。

检查及拧紧此器材的所有配件。即时替换所有损坏配件。用干净的毛巾及中性洗涤剂清洗此器材。定期清理此器材的每一部件以维持使用的顺畅度。

注意:

请勿用含腐蚀性洗涤剂清洁此器材。为了预防仪表损坏，勿让仪表接触液体或将仪表直接暴晒在阳光下。

产品名称	ACTIVO Motion Pro E4.1
产品型号	AC 0207
包装尺寸（长 × 宽 × 高）	长 1245 × 宽 380 × 高 710（毫米）
产品尺寸（长 × 宽 × 高）	长 145 × 宽 57.5 × 高 172（毫米）
净重	53.5 公斤
毛重	60 公斤
颜色	蓝色
材料	钢管，乳胶管，泡棉
变压器的技术数据	输入：230-240V 或 50HZ; 输出：8VDC 500mA
组件	车架，电子表，把立管，手握把，把立管下护罩，前底管，后底管，左右扶手，把手仪表护罩，左右摆杆，左右连杆，上下连杆接头护罩，左右连杆护罩，左右踏板，摆杆护罩，鞍座，鞍管，鞍座横管，弹销旋钮，梅花旋钮，平垫，适配器，吸塑盘



MALAYSIA

Healthy World Lifestyle Sdn Bhd
No. 22 Jalan Anggerik Mokara 31/47
Kota Kemuning , 40460 Shah Alam
Selangor Darul Ehsan , Malaysia.
Tel : +603- 5121 4286
Fax : +603- 5121 4386

