

Appendix D

Console Buttons

PROGRAM SELECT- This button selects the operating mode of the console. Each press of this button will reset all console values to zero and advance to the next available program. When a resistance program is selected, *P#* will appear in the Speed display. When a heart rate program is selected, *H#* will appear in the Speed display.

AGE SET- These three buttons, *-*, *+* and *Enter*, are used to enter the user's age. The console calculates the maximum heart rate by subtracting the user's age from 220. The heart rate programs then maintain the user's pulse at a given percentage of that calculated value.

FAN- This button is used to turn the fan on and off. Press the button once turns the fan on low. A second press turns the fan on high. A third press turns the fan off.

PROGRAM START- Pressing this button starts the currently selected program. The program can also be started by beginning to pedal the exercise bike.

IFIT.COM- This button is used to select the iFIT[®] mode. When this button is pressed, the console will be able to receive commands from iFIT[®] CDs, videos, and Internet programs that will control the resistance of the bike as the user exercises.

1 STEP RESISTANCE- These buttons are used to select the resistance level of the exercise bike. There are 10 resistance settings available. Settings range from 1 – 10, with the first setting at the lowest resistance and the 10 setting at the highest setting.