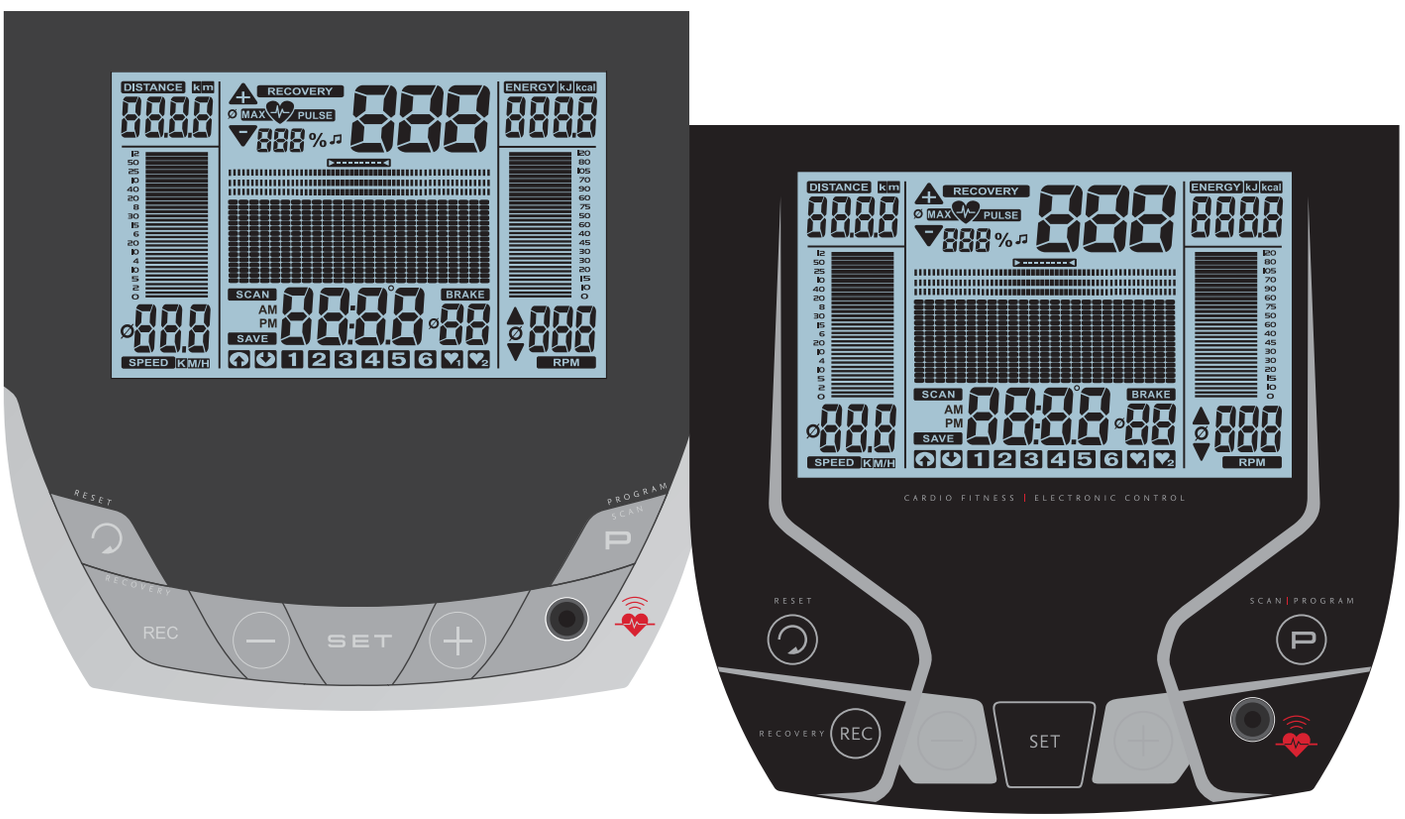
601/602 Elliptical
Computer Manual

KIDSFIT

2130 Cainhoy Rd.
Huger SC 29450
www.youthfit.com



Please note the display button styles on the computer may vary from 2015-2018 models. The computer functions are identical.

Short description

Function range

The six buttons are briefly explained in the following.

The precise use is explained in the individual chapters. In these descriptions, the names of the functional buttons are used in the same way.

SET (press briefly)

This functional button is for displaying input data. The set data is accepted.

SET (press for a longer period of time)

When displaying all segments: call "individual settings"

Reset

By means of this functional button the current display is deleted for a restart.

Programme

By means of this functional button the various programmes are selected.

Pressing again > next programme

Pressing for a longer period of time> sweep of programme

Minus - / Plus + buttons

By means of these functional buttons values are changed in the various menus before the training and the strain is adjusted during training.

- further "Plus"
- back to "Minus"
- pressing for a longer period of time > quick change
- pressing "Plus" and "Minus" together:
- strain goes to Level 1
- programmes go to Original
- input of values goes to Off

System Sounds

Switching On
On switch-on during the segment test a small sound is emitted.

Programme End
A programme end (profile programme, countdown) is indicated by a short sound.

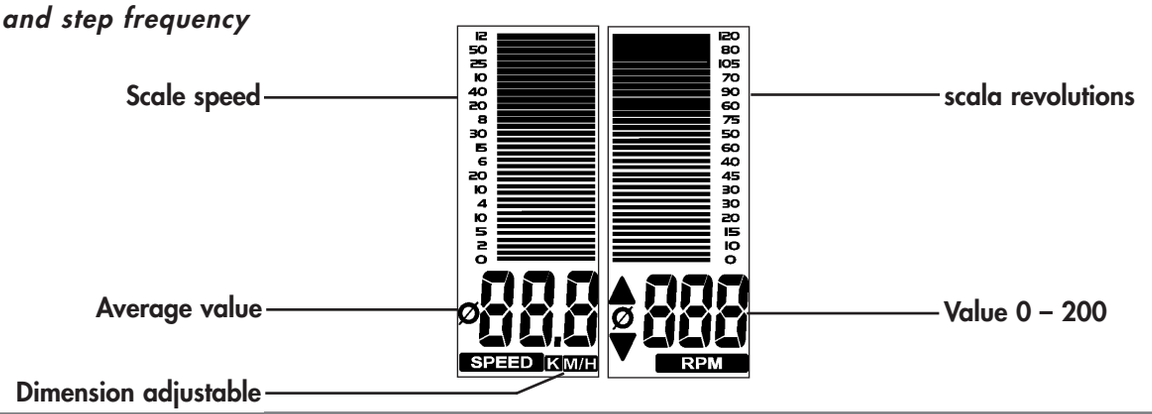
Maximum Pulse Overrun
If the preset maximum pulse is exceeded by one pulse beat then 2 short sounds are emitted every 5 seconds.

Error Display
In the case of errors, e.g. a recovery can not be carried out without a pulse signal, then 3 short sounds are emitted.

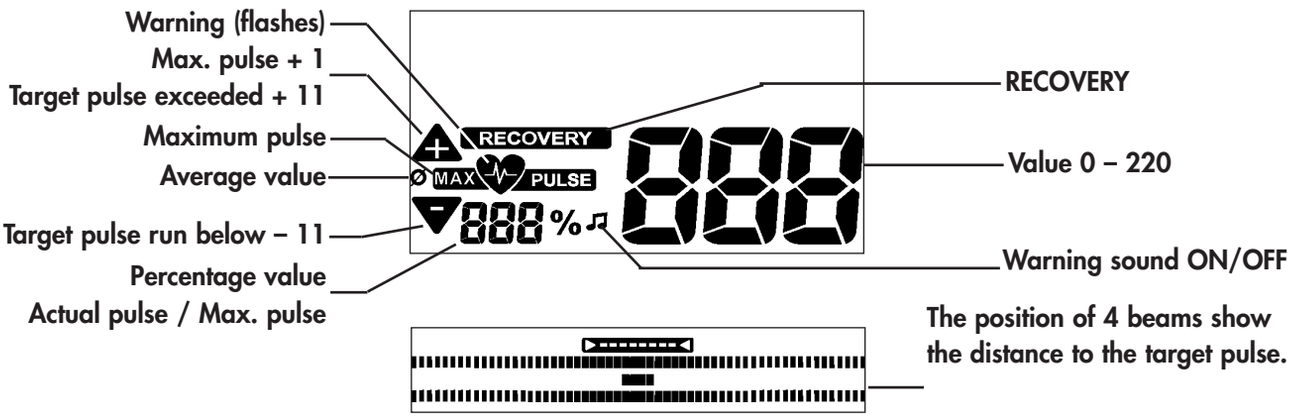
Switch On/Off Automatic Scan Function
When activating and deactivating the automatic Scan Function, a short sound is emitted.

Training and Operating Instructions

Speed and step frequency

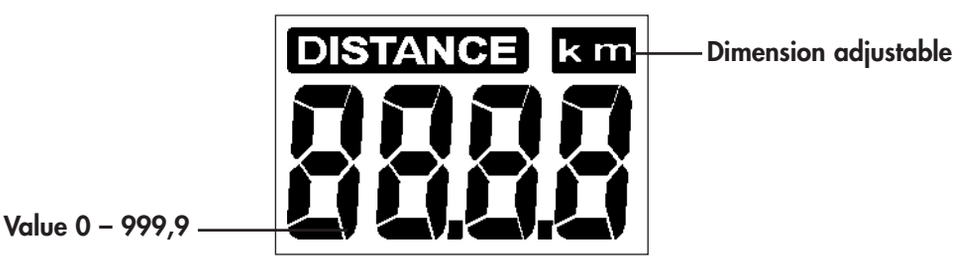


Puls

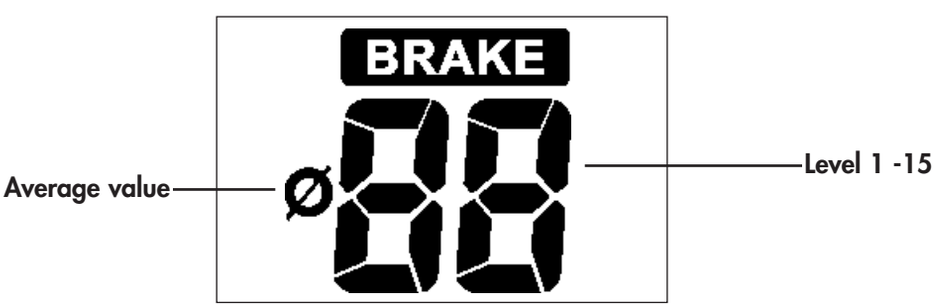


Target pulse scale

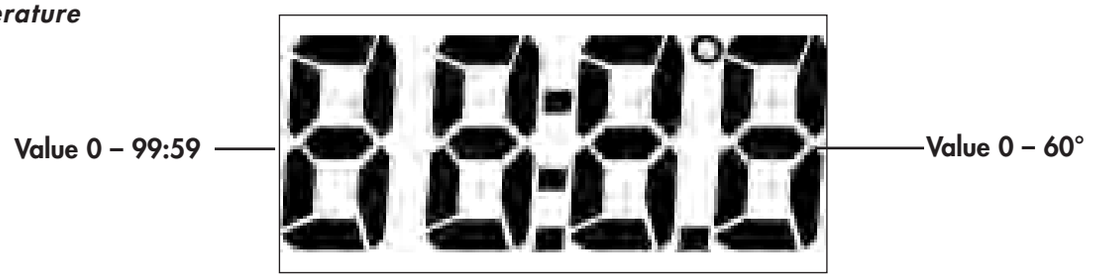
Distance

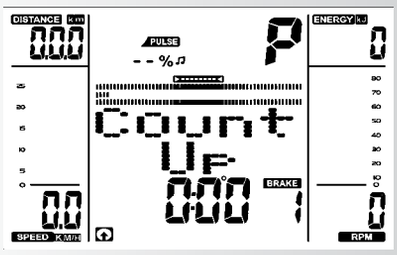


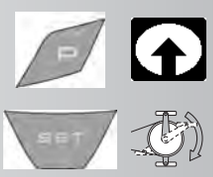
Level of strain

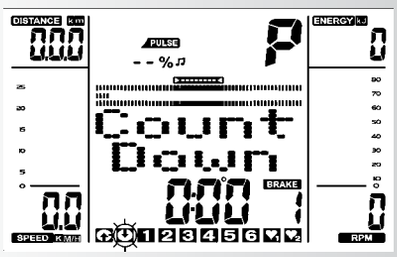


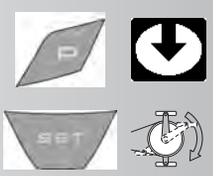
Time – Temperature











Training

The computer is equipped with 11 training programmes. They clearly differ in strain intensity and duration.

1. Training by defaults of strain

a) Manual strain input

- (PROGRAM) "Count Up" Target vales are not predetermined.
- (PROGRAM) "Count Down" Target values are determined.

b) Strain profiles

- "1" -"6" and "SAVE Count Down"(Training records)

2. Training by defaults of pulse

Manual defaults of pulse

- (PROGRAM) "HRC1 Count Up"
- (PROGRAM) "HRC2 Count Down"

Training by defaults of strain

a) Manual strain input

(PROGRAM) "Count Up"

- Press "PROGRAM" until: ***display*** "Count Up"
  Start training, all values count up.

Or

- Press "SET": default range
- "Plus" or "Minus": change strain.
  Start of training, all values count up.

(PROGRAM) "Count Down"

- Press "PROGRAM" until: ***Display:*** "Count Down"
- The programme counts down > 0 from the entered values. If nothing is entered, the training starts in the programme "Count Up". For the start of the programme at least one input for distance, time or energy must be entered.
- Press "SET": default range

Default range

Display **:** Training record "Recor."

• Activate or deactivate training records with "plus" or "minus" Confirm with "SET"

Display: distance default "Dist"

Distance default

- Enter values by means of "Plus" or "Minus" (e.g. 14.00)
  Confirm by means of "SET".

Display: Next menu time default "Time"

Time default

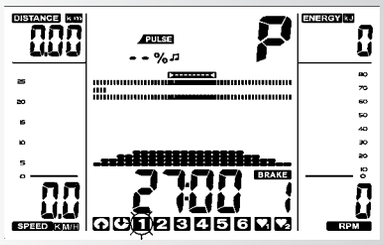
- Enter values by means of "Plus" or "Minus" (e.g. 45:00)
  Confirm by means of "SET".

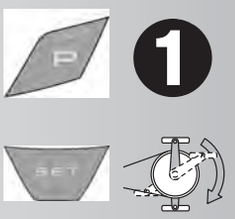
Display: Next menu energy default "Energ."

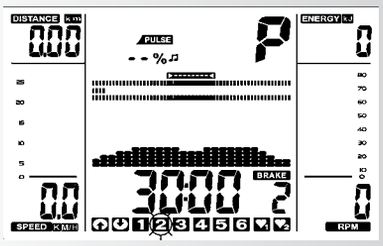
Energy default

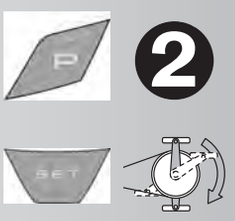
- Enter values by means of "Plus" or "Minus" (e.g. 1500)
  Confirm by means of "SET".

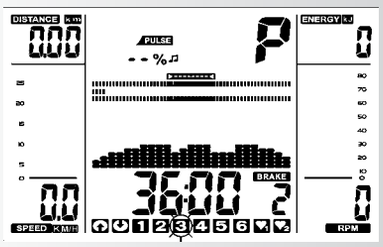
Display: Next menu Age default "Age"

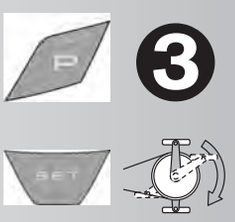


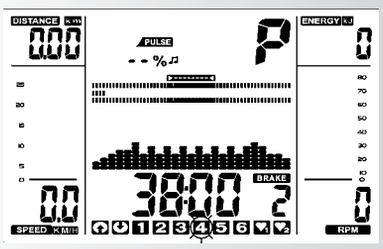


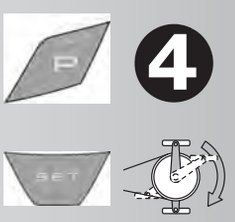


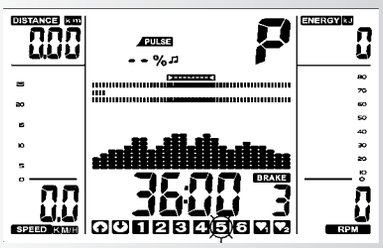


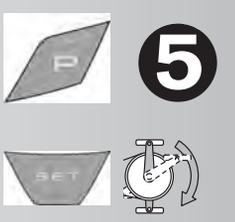


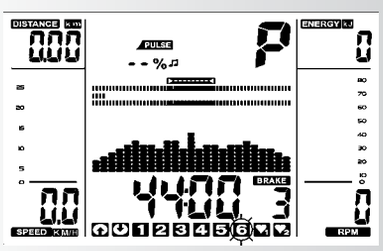


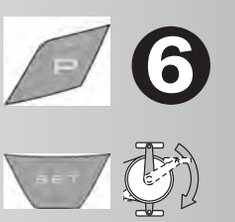












b) strain profiles (PROGRAM) "1" – "6"

All profiles are selected by pressing "PROGRAM".

e.g. ***Display:*** "1"

Fitness beginners I; strain level 1-4, 27 min.

Press "SET": default range,

Start of training

- Press "PROGRAM" until: ***display*** "2"
  Fitness beginners II; strain level 1-5, 30 min.
  Press "SET": default range,

Start of training

- Press "PROGRAM" until: ***display*** "3"
  Advanced I; strain level 1-6; 36 min.
  Press "SET": default range

Start of training

- Press "PROGRAM" until: ***display*** "4"
  Advanced II; strain level 1-7, 38 min.
  Press "SET": default range

Start of training

- Press "PROGRAM" until: ***display*** "5"
  Professional I; strain level 1-9, 36 min.
  Press "SET": default range

Start of training

- Press "PROGRAM" until: ***display*** "6"
  Professional II; strain level 1-10, 44 min.
  Press "SET": default range

Start of training

Note:

The profile is compressed to 25 columns in the programme displays in case of times exceeding 25 min.

Switching over time/distance

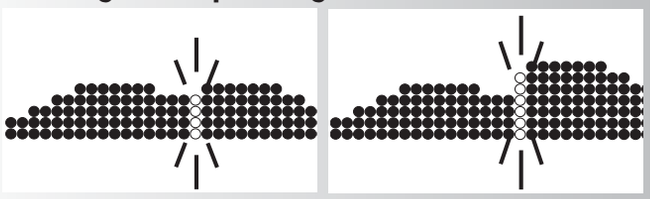
In the programmes 1-6 the switch-over is possible from the time mode to the distance mode in the default range.

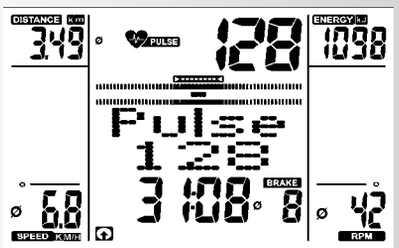
- Set mode by means of "Minus" or "Plus".
  Confirm by means of "SET".

Display: readiness for training

The distance per column is

Cross trainer: 200 m (0.1 miles)





Interruption/end of training

The electronics detects an interruption of the training in case of less than 10 pedal revolutions/min or pressing "RECOVERY". The achieved training data is shown. Pulse, strain, revolutions and speed are shown as average values with Ø symbol.

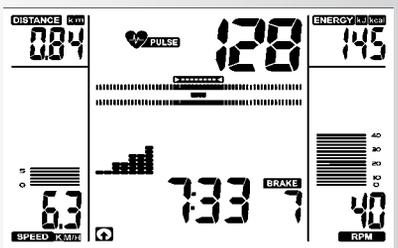
Change to the current display by means of "Plus" or "Minus".

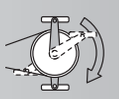
The training data is shown for 4 minutes.

If you do not press any buttons during this period and do not exercise, the electronics switches over to standby mode.

Resumption of training

If the training is continued within 4 minutes, the last values will also be counted or counted down.





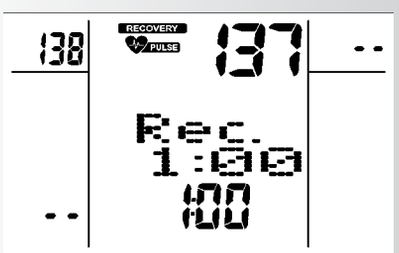
Faults in the Training Computer

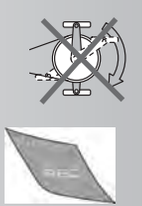
Press the Reset Key

RECOVERY function

Measuring the recovery pulse

The electronics reversingly measures your pulse for 60 seconds and determines a fitness mark.





Press "RECOVERY" at the end of the training. The current pulse value (in the figure "138") is stored.

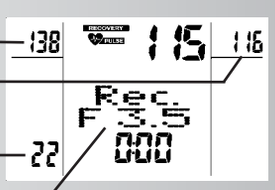
After 60 seconds the pulse value (in the figure "116") is stored again. The difference between both values (in the figure "22") is shown, based on which a fitness mark (in the figure "F 3.5") is determined. The display ends after 10 seconds.

Pulse value at REC start

Pulse value after REC end

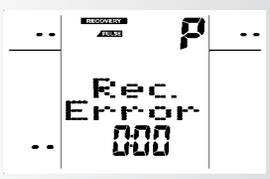
Difference (REC start-REC end)

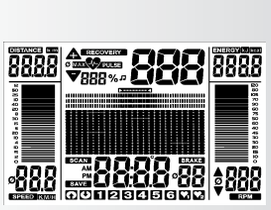
Fitness mark

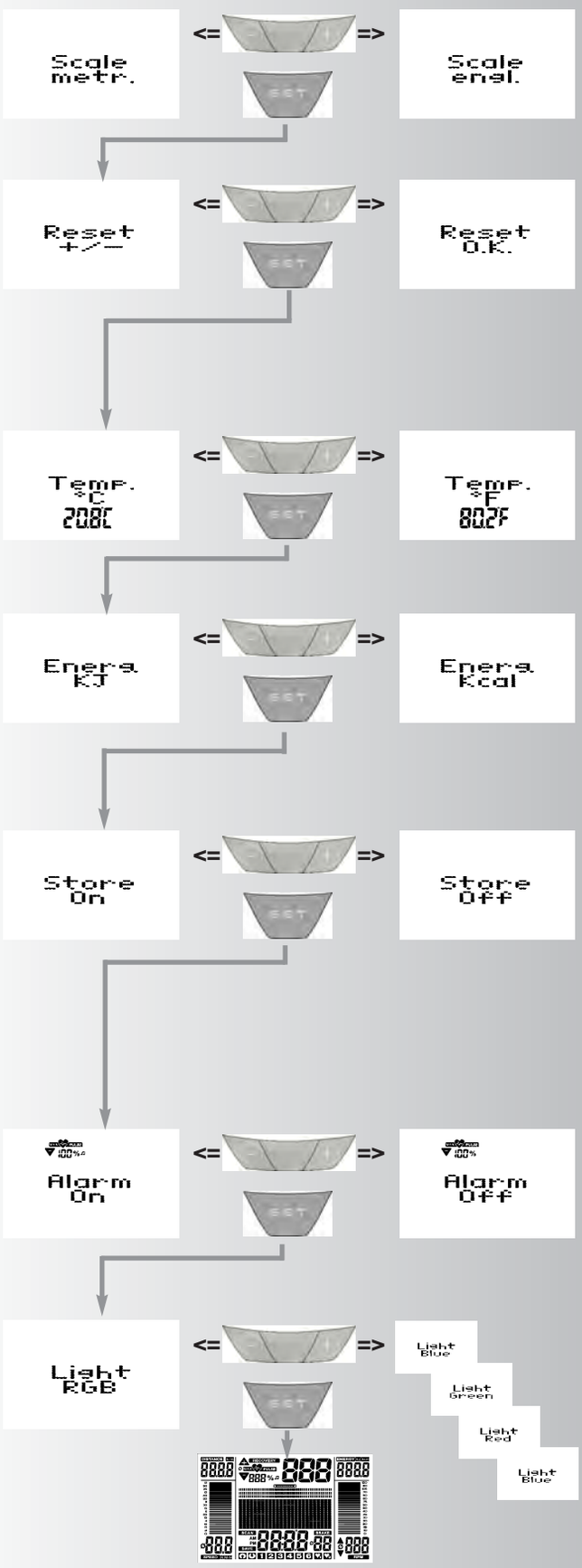


"RECOVERY" or "RESET" interrupts the function.

If no pulse is measured at the beginning or end of the time return, an error message will appear.







Individual settings

Proceed according to the figure on the left:

Press "RESET"

Display: all segments

Now press "SET" for a longer period of time: menu: individual settings

Display: Scale

1. Display of the unit in kilometres / miles

Press "Plus" or "Minus"

Function: Selection kilometres or miles display

Press "Set": the selected unit is accepted and change to the next setting

Display: Reset +/– Total kilometers

2.Delete the total kilometres and the programme SAVE Count Down

Press "Plus" + "Minus" together

Function: Deleting Display: "Reset O.K."

Press "Set": change to the next setting

Or: Skipping Deletion of the total values, only press "SET"

Display: Temp

3. Display of the temperature in °C or °F

Press "Plus" or "Minus"

Function: Selection of temperature display

Press "Set": selected unit is accepted and switchover to next setting

Display: Temp

4. Display of the energy consumption in kJoule / kcalorie

Press "Plus" or "Minus"

Function: Selection of the energy consumption display

Press "Set": the selected unit is accepted and change to the next setting

Display: Store

5. Storage of defaults

Press "Plus" or "Minus"

Defaults for distance, time, energy, age, target pulse are permanently stored

Function:

ON = Storage also after "Reset"

Off = Storage until next "Reset"

Press "Set":

Change to the next setting

Display: Alarm

6. Alarm sound in case of exceeding the maximum

Press "Plus" or "Minus"

Function: Switching on or off the alarm sound.

Press "Set": the selected setting is accepted and "restart" of the display.

7. Selection of background lighting

Press "Plus" or "Minus"

Function:RGB.= Colour change during pulse events-Blue/Green/Red = Background lighting without colour change

Press "Set"

Training Instructions

Sports medicine and training science use ergometry, among other things, for the examination of the functional capability of heart, circulation and respiratory system.

You can find out whether or not you have achieved the desired effect from your training after several weeks using the following method:

1. You manage a particular endurance performance with less heart / circulation performance than previously
2. You sustain a particular endurance performance with the same heart / circulation performance over a longer period.
3. You recover more quickly than previously after a particular heart / circulation performance.

Guide values for the endurance training

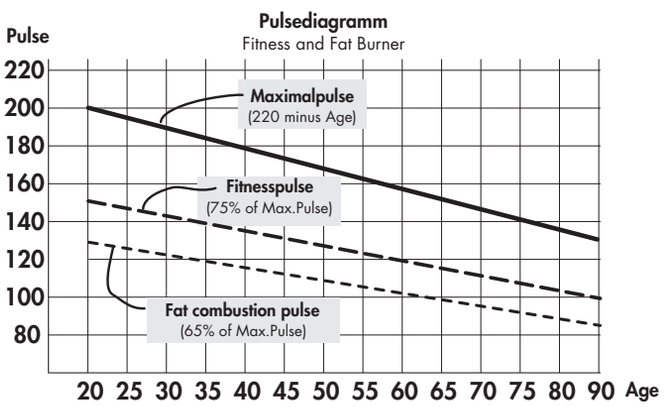
Maximum pulse: maximum strain means the reaching of the individual maximum pulse. The maximum achievable heart rate is dependant on age.

Here, the following empirical formula applies: the maximum heart rate per minute corresponds to 220 heart beats minus age in years.

Example: age 50 years -> 220 – 50 = 170 pulse / min.

Load Intensity

Load pulse: the optimum intensity of load is reached at 65–75% (see also diagram) of the maximum pulse. This value changes depending on age.



Extent Of Load

Duration of a training unit and its frequency per week:

The optimum extent of load is attained, if 65–75% of the individual heart / circulation performance is achieved over a longer period.

Empirical Formula:

Training frequency	Duration of training
daily	10 minutes
2–3 times a week	20–30 minutes
1–2 times a week	30–60 minutes

Speed calculation
60 pedal rotations result in a speed of 9.5 km/h.

Fitness value calculation

The computer calculates and assesses the difference between load pulse and recovery pulse and your resulting "fitness value" on the basis of the following formula:

$$\text{Note (F)} = 6 - \left(\frac{10 \times (P1 - P2)}{P1} \right)^2$$

P1 = load pulse P2 = recovery pulse

Value 1 = very good Value 6 = unsatisfactory

The comparison of load and recovery pulse is a simple and fast method to control your physical fitness. The fitness value is a value of orientation with regard to your ability to recover after physical load. Before you press the recovery pulse button and have the computer calculate your fitness value you should train in your load range for a longer time, this means for at least 10 minutes. With regular cardiovascular training you will notice that your "fitness value" will improve.

It is recommended that you perform approx. 5 minutes of exercises before and after every training unit, in order to warm up and cool down.

Glossary

Recovery
Recovery pulse measurement at the end of the training. From start and end pulse of one minute the deviation and a fitness grade are determined. With the same training, the improvement of this grade is a measure for fitness increase.

Reset
Deletion of the display contents and restart of the display.

Programs
Possibilities for training, which require manual or program-determined loads or target pulses.

Profiles
Change of loads over time or distance represented in the points field.

Dimension
Units for display of km/h or mph, kjoule or kcal

Energy
Calculates the energy turnover of the body

Control
The electronic equipment controls the load or the pulse for manually entered or default values.

Points field
Display section with 25 x 16 points for representation of load and pulse profiles as well as text and value display.

Pulse
Recording of the heartbeat per minute

MaxPulse(s)
Calculated value from 220 minus years of age

Target pulse
Manual or program-determined pulse value, which is to be calculated.

Fat burning pulse
Calculated value of: 65 % MaxPuls

Fitness pulse
Calculated value of: 75 % MaxPuls

Manual
Calculated value of: 40 – 90 % MaxPuls

Age
Here an entry for calculation of the maximum pulse.

– symbol
With "–" displayed, a target pulse is too high by 11 beats.
With – blinking, the maximum pulse is exceeded.

+ symbol
With "+" displayed, a target pulse is too low by 11 beats.

Menu
Display, in which values are to be entered or selected.

Glossary
Collection of attempts for explanation.

Performance table

Daily tasks
1. Check the product for proper operation and user safety. Make sure that footpads, pedal carriages, and other parts are secure and safe for operation. Secure any loose screws.
2. Use a clean, lint-free towel, dampened with a mixture of Simple Green and water, to wipe the product clean. Include the display, grips, handrails, and covers. (Do NOT use cleaners with alcohol, ammonia or other damaging chemicals. Never spray or pour any liquid directly on the product.)

Monthly tasks
1. Make sure the pedestal and other parts are secure, and that screws are tight.
2. Use a lint-free towel, dampened with a mixture of Simple Green and water, to wipe the product clean. Take special care to clean stride rails and rollers.

Half-yearly tasks
1. Remove the cover. Vacuum carefully. Avoid bumping wires or components.
2. Check drive belt for wear. Replace it if there are cracks or damage.
(Chances are you will not have to replace a drive belt within the warranty period.)
Align pulleys if needed.
3. Inspect stride operation. Lubricate with ball bearing grease if necessary.
Note that product maintenance requirements depend on usage and environment.
This schedule is based on average use.

Daily Tasks	Week 1							Week 2							Week 3							Week 4						
1. Safe																												
2. Clean																												

Daily Tasks	Week 5							Week 6							Week 7							Week 8						
1. Safe																												
2. Clean																												

Daily Tasks	Week 9							Week 10							Week 11							Week 12						
1. Safe																												
2. Clean																												