

circle

FITNESS

ALWAYS MOVING FORWARD

Owner's Manual



E7 Elliptical

Display Type: LED Console

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INTRODUCTION

Dear Customer,

Thank you for selecting the Circle Fitness E7 Elliptical. The E7 Elliptical provides an impressive selection of features designed to make your workouts more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical.

If you have questions after reading this manual, please contact us at the telephone and email addresses shown below. To help us assist you, note the product model number and serial number before contacting us. The model number and serial number are on the decal on the front cover of the elliptical.



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1.0 SAFETY INFORMATION

IMPORTANT: Please read all instructions and warnings before assembly and operation.

To ensure the correct use of the product, basic safety measures should always be followed including the warnings and cautions listed in this Owner's Manual.

SAFETY SYMBOLS USED IN THIS MANUAL	
WARNING	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
CAUTION	Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.
DANGER	Indicates a high probability that death, severe bodily injury or major property damage could result.



IMPORTANT: It is essential that this equipment is only used indoors in a climate-controlled room.

WARNING: Only one person at a time should use this equipment. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment then please stop the workout at once.

WARNING: Always use this equipment on a clear and level surface. Do NOT use outdoors or near water.

WARNING: Do NOT drop or insert any object into any openings.

WARNING: Do NOT wear loose clothing or jewelry. This equipment has moving parts. Do NOT put fingers or other objects into the moving parts.

WARNING: Before using this equipment to exercise, always do stretching exercises first to properly warm up.

WARNING: It is recommended to replace defective components immediately and keep the equipment unused until repairs have been made by an approved technician.

WARNING: Always keep children under age 14 and pets away from the equipment.

WARNING: Please consult your physician before starting a workout or a training program. It is best to have your doctor review your training and diet programs first so that they can recommend the best workout routine for you.

WARNING: Make sure all screws and nuts are securely tightened before using this equipment. Periodic maintenance is required for all exercise equipments to keep them in good condition.

WARNING: Keep your back straight while using this equipment; do not arch your back.

1.1. Important Safety Notes

WARNING: Incorrect/excessive training can cause injuries. Stop using the equipment if feeling any discomfort.

WARNING: The heart rate sensor is not a medical device. Numerous factors, including the user's movement may affect the accuracy of the heart rate readings. The heart rate sensor is intended only as an exercise aid for determining heart rate trends in general.

WARNING: This equipment should not be used by any person weighing more than 400 lbs (182 kg).

WARNING: Use the handlebars only temporarily for balancing yourself.

WARNING: Do not leave equipment unattended when plugged in. Turn all controls to OFF and unplug from outlet when not in use and before removing or replacing parts.

WARNING: Close supervision is necessary when the equipment is used by, or near children or disabled persons.

WARNING: Use the equipment only for its intended use as described in this manual. Do not attach accessories not recommended by the manufacturer.

WARNING: Never use the equipment if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or has been dropped into water. Return the equipment to a service center for examination and repair.

WARNING: Do not carry the equipment by the power supply cord or use the cord as a handle.

WARNING: Keep the cord away from hot surfaces.

WARNING: Never use the equipment with the air openings blocked. Keep the air openings free of lint, hair, and the like.

WARNING: Do not use where aerosol (spray) products are being used or where oxygen is being administered.

WARNING: Only connect the equipment to a properly grounded outlet. See Grounding Instructions.

WARNING: This equipment is intended for commercial use.

WARNING: Store the safety key in a secure location while not in use and keep it away from children.

CAUTION: Ensure that the power cable is not pinched and that there is no danger of anyone tripping over it.

CAUTION: Never touch the moving belt with your hands. Also ensure that there are no objects close to the belt or the rollers which could be pulled into the unit and thus causing injury or damaging the unit itself.

CAUTION: Repairs on the electrical components of the unit should be conducted only by qualified technicians.

DANGER: To reduce the risk of electric shock, always unplug this unit from the electric outlet at once after using and before cleaning.

Waste Disposal

Most parts of this unit are recyclable. At the end of its useful life, please dispose it off correctly and safely based on local regulations.



1.2 Serial Number Location and Specifications

1.2.1 The serial number has 10 characters. The location of the serial number is shown below.



1.3 Equipment Placement and Spacing

1.3.1 Location

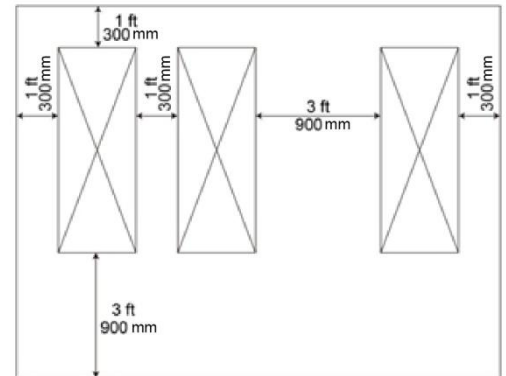
Before assembling the unit, verify the chosen site meets the following criteria:

- Area is well-lit and well-ventilated.
- Surface is structurally sound and properly leveled.
- Place in a location away from direct sunlight. The intense UV light can cause discoloration of the plastics.
- Locate your elliptical in an area with cool temperatures and low humidity.
- Do not install, use, or store the elliptical in an area of high humidity, such as in the vicinity of a steam room, sauna, indoor pool, garage, covered patio, near water, or outdoors. Exposure to large amounts of water vapor, chlorine and/or bromine could adversely affect the electronics as well as other parts of the unit.

- Place the equipment on a level surface. Do NOT place it in any area that will block any vents or air openings.

1.3.2 Spacing

- Ensure sufficient empty area for access to the unit and emergency dismount. Minimum clearance is 12 inches (0.3 meters) on the sides of the unit and 36 inches (0.914 meters) behind the unit.
- Adjacent units may share the empty area.
- The below minimum spacing recommendations are based on a combination of the ASTM (U.S.) voluntary standards and EN (European) regulations as of October 1, 2012, for access, passage around, and emergency dismount:
 - ASTM standards are voluntary and may not reflect current industry standards. The actual area for access, passage around, and emergency dismount is the responsibility of the facility. The facility should consider the total space requirements for training on each unit, voluntary and industry standards, and any local, state, and federal regulations. Standards and regulations are subject to change at any time.



1.4 Transportation

- 1.4.1 To move the equipment, carefully lift the rear end by pushing down on the 2 front transport wheels (Figure 1.4.1-1). Carefully steer the equipment to another location.

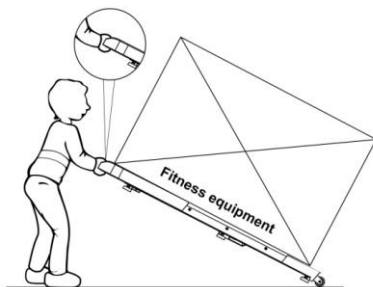


Figure 1.4.1-1

IMPORTANT: Be careful when moving this equipment, as it is heavy and unwieldy. If you do not feel comfortable moving the unit by yourself, please get help.

NOTE: The transport wheels are designed for indoor use only and should not be used to move the unit over rough surfaces such as concrete or asphalt.

1.5 Television Connection Options

There are multiple options for presenting TV signal with Circle Fitness equipment depending on the model you have chosen. Here are some options available to your facility.

1.5.1 Supporting Gym's Audio System by using CSAFE port (OPTIONAL)

Tx and Rx shown in below photo can be used to support Gym's Audio system. They get power from the CSAFE port.



1.6 Grounding Instructions and Power Requirements

1.6.1 Facility Power Information

2.0 Preventative Maintenance

Product	Line Voltage (V)	Line Frequency (Hz)	Current (RMS Amp)	Circuit Configuration	Outlet	Max Power Dissipation (Watts)
E7/ B8/ R8 (15.6") (Touchscreen)	120	50-60Hz	5	Dedicated	NEMA 5-15	600
E7/ B8/ R8 (10"T) (Touchscreen) Self-generator	NA	NA	NA	NA	NA	NA
E7/ B8/ R8 (8") (Touchscreen)	120	50-60Hz	5	Dedicated	NEMA 5-15	600
E7/ B8/ R8 (LED) Self-generator	NA	NA	NA	NA	NA	NA
E7/ B8/ R8 (15.6") (Touchscreen)	220	50Hz	5	Dedicated	NEMA 6-15	1100
E7/ B8/ R8 (10"T) (Touchscreen) Self-generator	NA	NA	NA	NA	NA	NA
E7/ B8/ R8 (8") (Touchscreen)	220	50Hz	5	Dedicated	NEMA 6-15	1100
E7/ B8/ R8 (LED) Self-generator	NA	NA	NA	NA	NA	NA

2.1 Preventative Maintenance Schedule

2.1.1 Daily Maintenance Items

2.1.1.1 Look and listen for loose fasteners, unusual noises, and any other indications that the equipment may need service.

2.1.1.2 Clean the elliptical trainer before and after each use, including:

2.1.1.3 Use a damp, soft cloth with water or mild liquid detergent to clean all exposed surfaces. DO NOT use ammonia, chlorine, or any acid based cleaners.

2.1.1.4 Keep the console display free of fingerprints and salt build up caused by sweat.

2.1.1.5 Frequently vacuum the floor beneath the unit to prevent the accumulation of dust and dirt which can affect the smooth operation of the unit.

2.1.2 MONTHLY MAINTENANCE ITEMS

2.1.2.1 Inspect the console, handrails, link arms, pedal arms, and pedals for damage.

2.1.2.2 Check the link/pedal arms for loose joints. Tighten the parts as needed.

2.1.2.3 Check pedal motion and stability.

2.1.2.4 Adjust leveling feet if the equipment rocks or wobbles.

2.1.2.5 Remove the Rear Cover and clean the rollers/tracks to prevent flat spots caused by dust/dirt.

2.1.3 QUARTERLY MAINTENANCE ITEMS

2.1.3.1 Remove the Front Covers and check belts for damage, alignment, and proper tension.

2.2 Checking for Damaged Parts

Item	Parts	Daily	Weekly	Monthly	Season	6 Months
1	Console Screws					Visual Inspection (Loose screws)
2	Exposed all linkage tubes	Wipe		Visual Inspection (Loose screws)		Visual Inspection
3	Pedal	Wipe		Visual Inspection (Loose screws)		Visual Inspection (cracks)
4	Power Cord			Visual Inspection		
5	Overlay	Wipe		Visual Inspection (cracks)		
6	Fixed Handlebar	Wipe	Visual Inspection (Loose screws)			
7	Fixed Handlebar (Thermoplastic Rubber, TPR)	Wipe				Visual Inspection (cracks)
8	Moving handlebar	Wipe	Visual Inspection (Loose screws)			
9	Moving handlebar (TPR)	Wipe				Visual Inspection (cracks)
10	Fixed Handlebar TPR Cap and heart rate plate	Wipe			Visual Inspection	
11	Drive Belt x 2pcs (Main pulley and small pulley)				Visual Inspection (Deviation and cracks)	
12	Water bottle holder	Wipe				
13	Ramp (Roller and dust-proof cover)	Wipe +Visual Inspection (obstacles)		Visual Inspection (Roller worn out)		
14	All cosmetic plastics	Wipe				
15	Pivot shaft underneath pedal		Lubricate location between shaft & bearing with Silicone grease			Lubricate location between shaft & bearing with Silicone grease

3.0 REGULAR EQUIPMENT MAINTENANCE

3.1 Follow the above maintenance schedule to ensure proper operation of this equipment.

3.1.1 Do Not use any equipment that is damaged or has worn or broken parts.

3.1.2 Maintain labels and name plates. Do not remove labels for any reason. They have essential information. If unreadable or missing, contact Circle Fitness Systems for and replacement at service@circlefitness.com

3.1.3 Maintain all equipment. Preventative maintenance is the key to smoothly operating equipment. Equipment needs to be inspected at regular intervals. Defective components must be kept unused until they are repaired. Ensure that any person(s) adjusting or performing maintenance or repair of any kind is qualified to do so.

3.2 Care and Maintenance Instructions

3.2.1 To maximize the lifespan of the equipment, and minimize down time, all equipment requires regular cleaning, and maintenance tasks performed on a scheduled basis. This section has detailed instructions on how to perform these tasks, the frequency at which they should be done, and a checklist to sign off each time service is completed for a specific machine. Some basic tools and supplies will be necessary to perform these tasks, including (but may not be limited to):

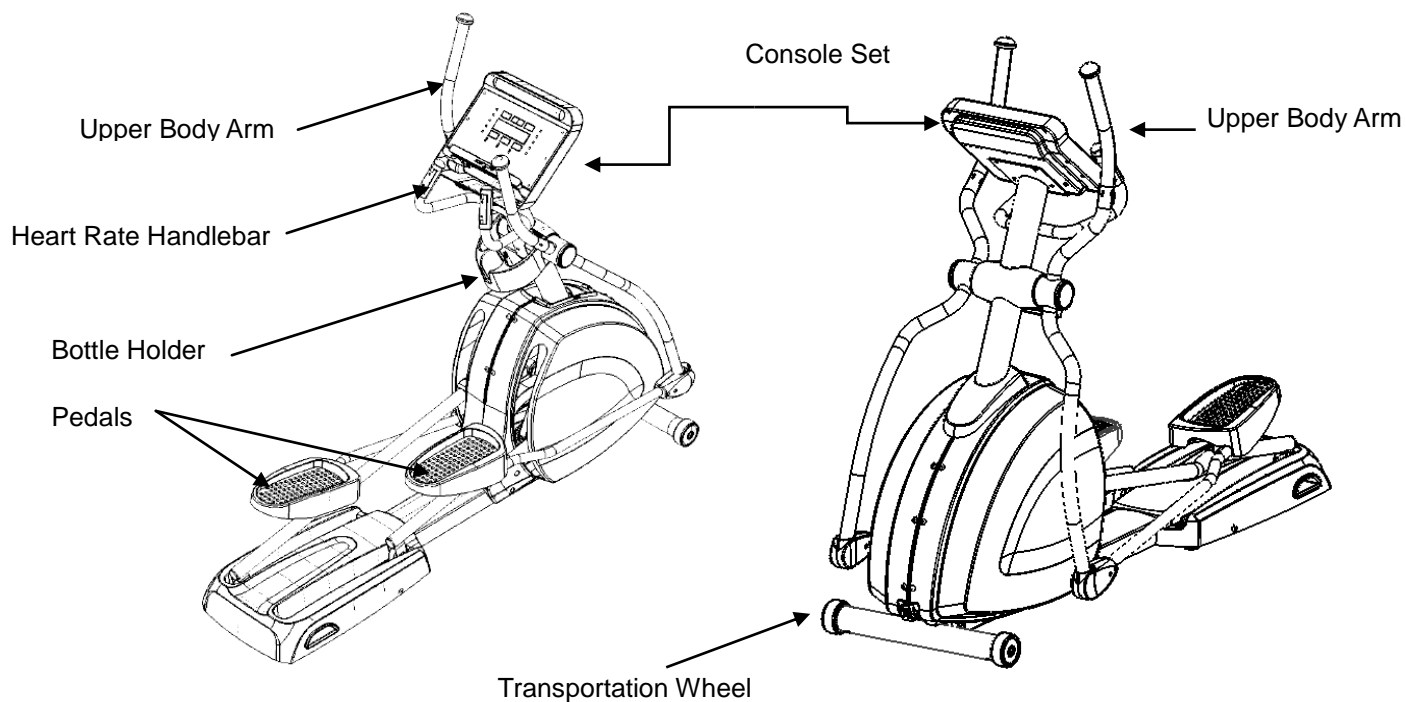
- Metric Allen wrenches
- Phillips's head screw driver
- Adjustable wrench
- Torque wrench (capability to read foot pounds and inch pounds)
- Lint free cleaning cloths (microfiber)
- Teflon based spray lubricant such as "Super Lube" or other approved products.
- Mild water soluble detergent such as "Simple Green" or other approved products
- Vacuum cleaner with an extendable hose and crevasse tool attachment.

4.0 ASSEMBLY

4.1 Specifications

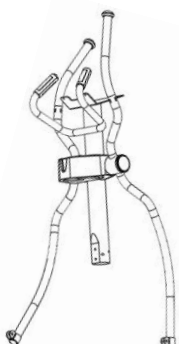
Technical Specifications	
Stride Length	20" (500mm)
Pedal Spacing	2.5" (64 mm)
Step Up Height	12" (320mm)
Resistance Level	25 Levels
Max. User Weight	400lbs. (182kg)
Features	
Display Type	LED 7 Segments with Dot-matrix-white light
Display Feedback	NO
Programs	Yes
Hand Pulse	Yes
Heart Rate Receiver	Yes
Quick adjustment	Yes (Level)
Chest Belt	No (Sold separately)
Dimensions	
Diameters (L x W x H) (approx.)	2040 (L) x 680 (W) x 1810 (H) mm
Unit Weight (approx.)	120.6 kg (265.9 lbs)

4.2 Machine Overview

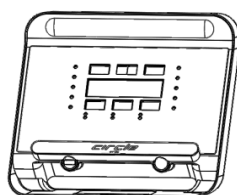


4.3 Unpacking the E7 Elliptical

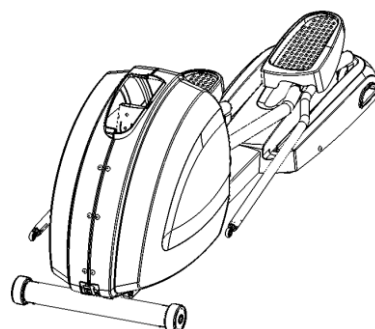
4.3.1 Inside the carton includes the following parts:



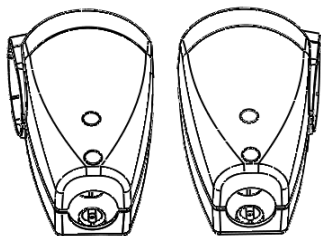
**Console Mast and Fixed/
Moving Handlebar Assembly**



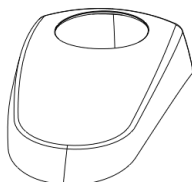
Console



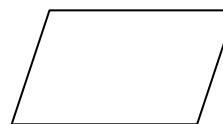
EP7 Main Frame Body



Left/ Right Arms' Cover



Console Mast Cover

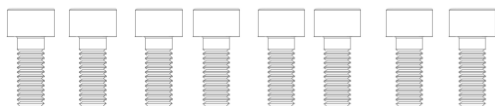


Accessory Pack

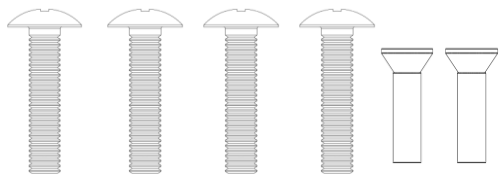
4.3.1.1 Inside the accessory pack includes the following parts.

(1) M4 pan head Screw (8 PCS)

(2) M3 pan head Screw (2 PCS)



(3) M5 pan head hex Screw (4 PCS) and
M3 Phillips flat head Screw (2 PCS)



(4) Manual



(5) Lubrication



(6) Tools

Allen Wrench (3mm)

/

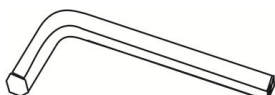
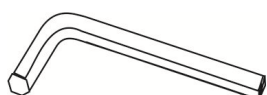
Allen Wrench (6mm)

/

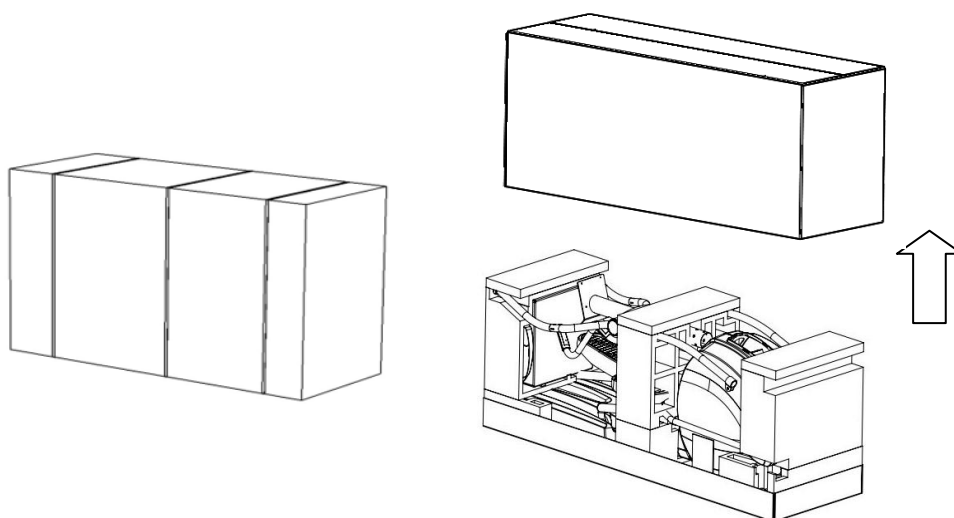
Allen Wrench (5mm)

/

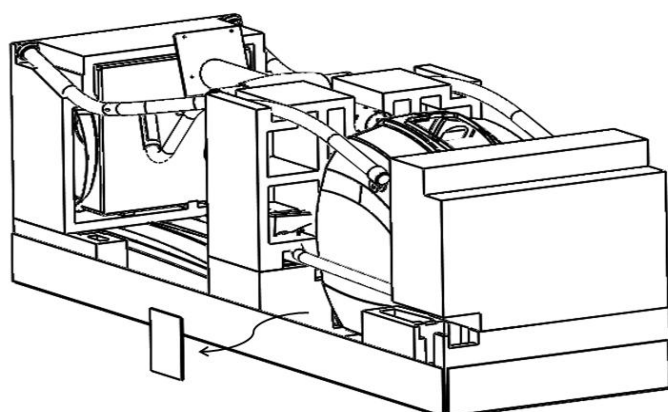
Wrench (13mm)



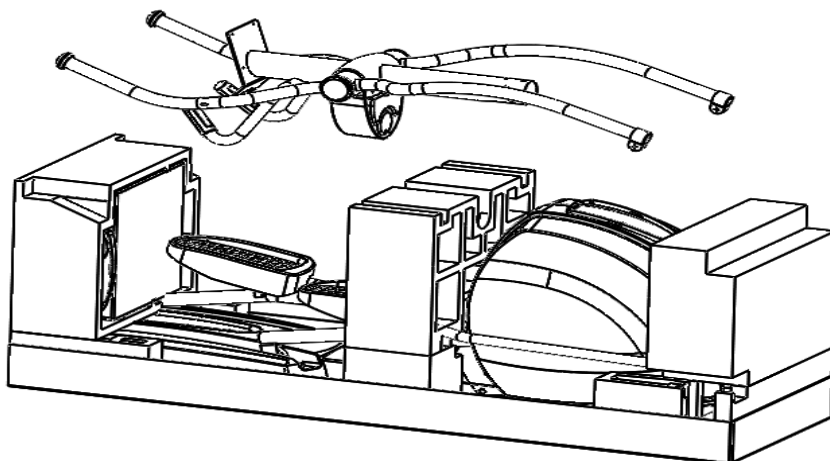
4.3.2 Prior to opening the shipping box, first you need to cut the fiberglass straps from around the carton and remove the upper carton cover.



4.3.3 Remove the accessory pack from the container.

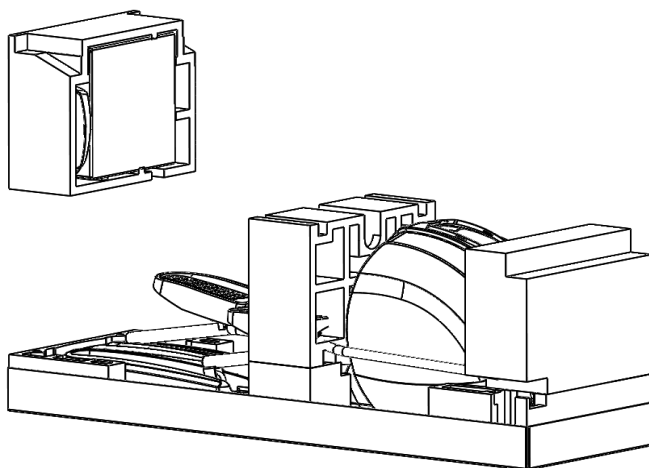


4.3.4 Remove the Console Mast and Fixed/ Moving Handlebar Assembly from the packaging.

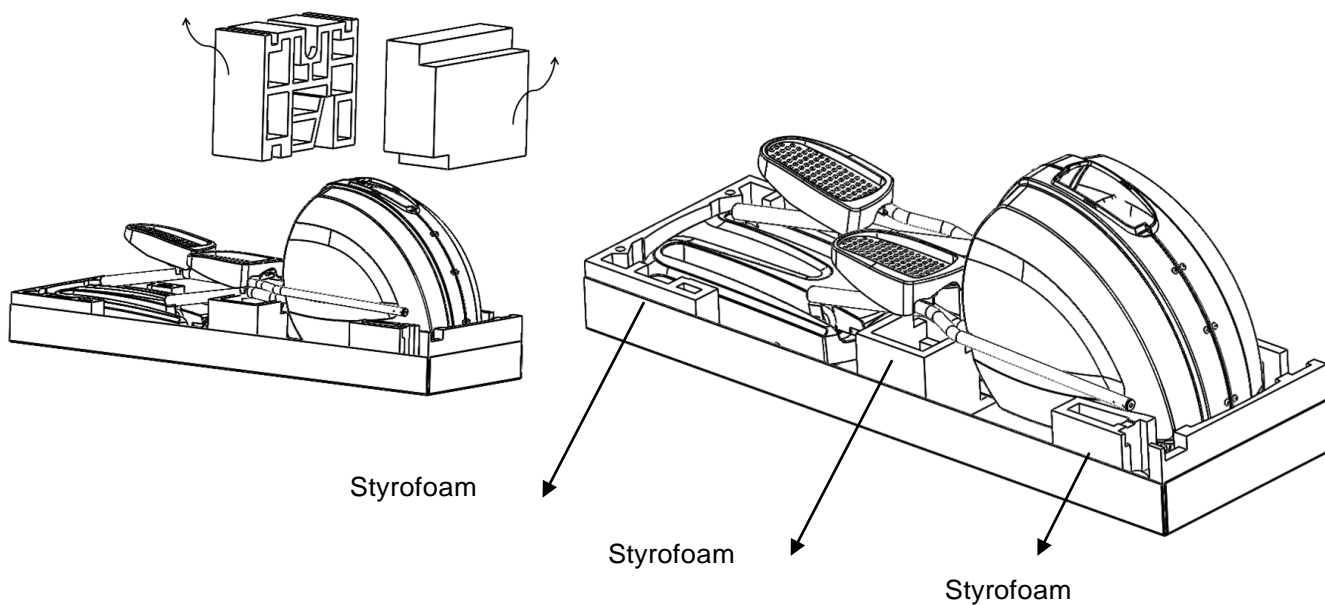


4.3.5 Remove the Rear Styrofoam from the packaging.

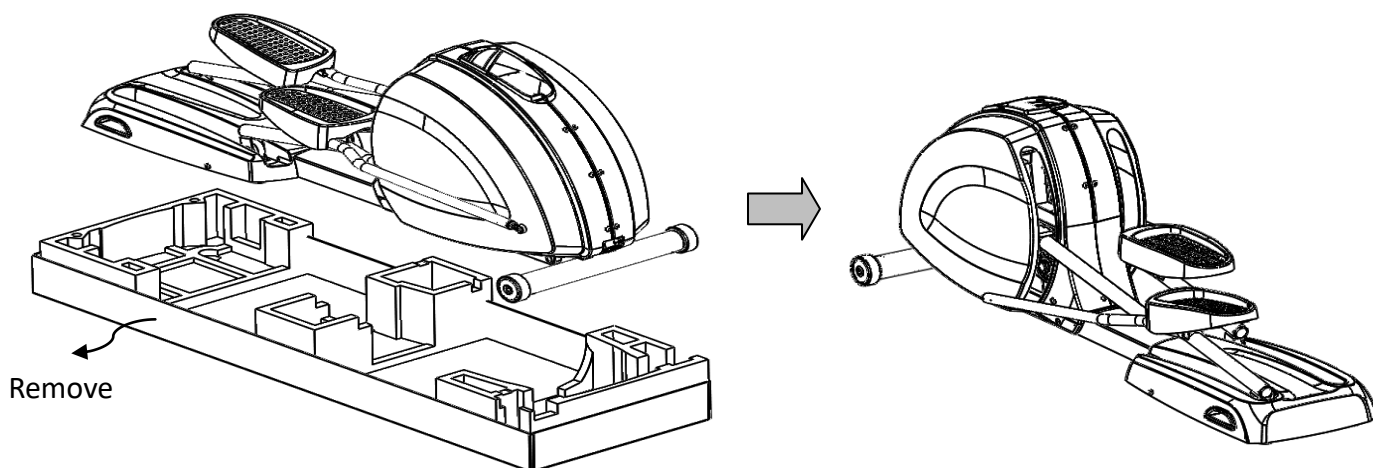
CAUTION: DO NOT drop the accessories during this removal process.



4.3.6 Remove the middle and front Styrofoam from the packaging.

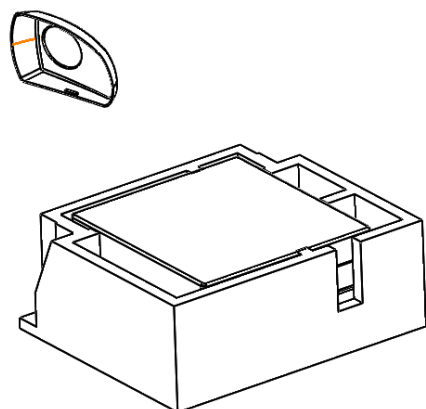


4.3.7 With the assistance of at least one other person, lift the E7 Elliptical up. Then finish the removal.

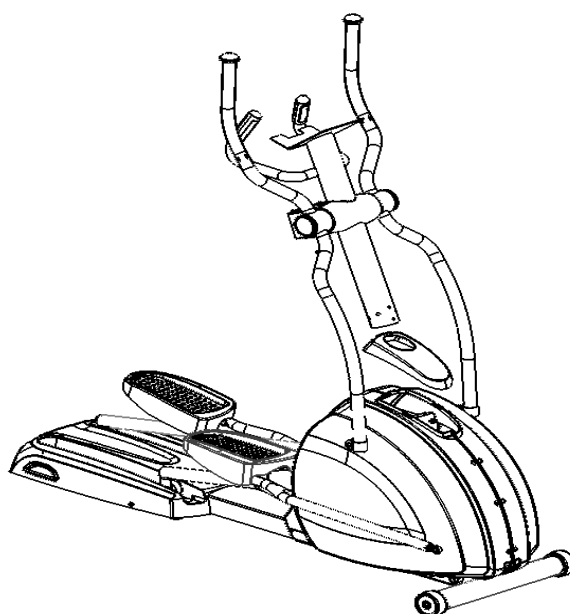


4.4 Elliptical Assembly

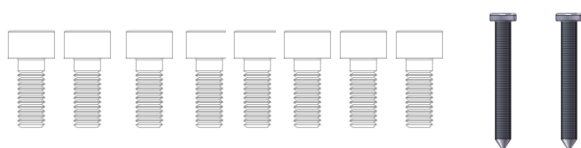
4.4.1 Take out the Console Mast Cover from the Styrofoam packaging.



4.4.2 Combine the Console Mast Cover with the Console Mast and Fixed/ Moving Handlebar Assembly, and install them on the Elliptical's main body.

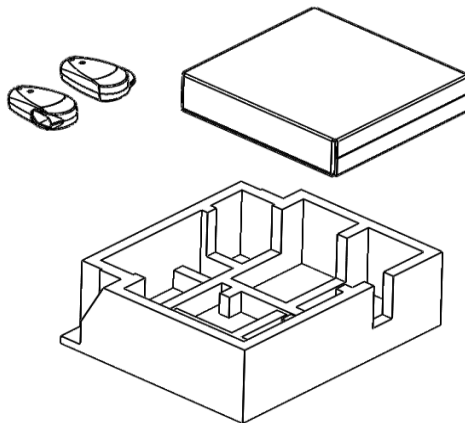


4.4.3 Take out the console and Left/ Right Arm Covers, and use the screws in accessory pack, to install on the machine.

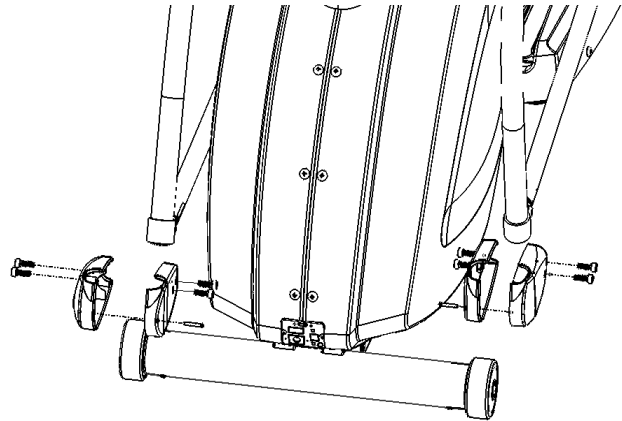


M4 pan head Screw (8 PCS) + M3 pan head Screw (2 PCS)

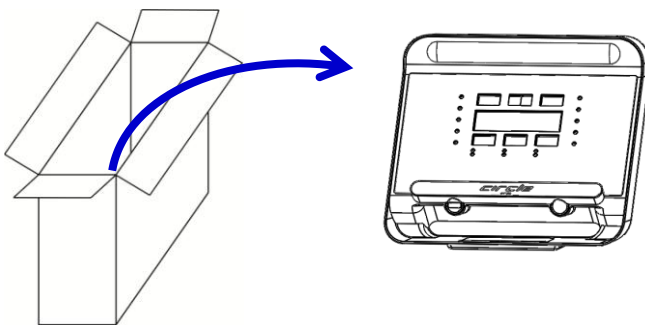
Step 1:



Step 2:

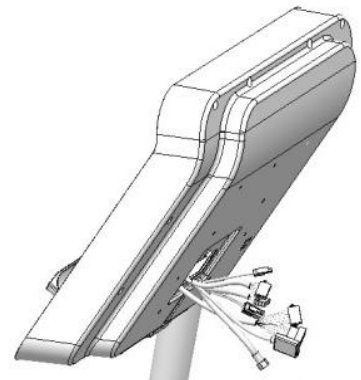


4.4.4 Remove the console box from the packaging.

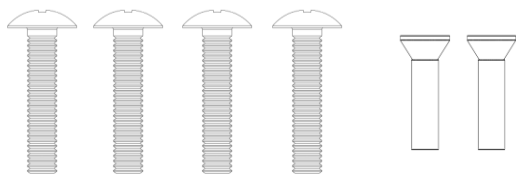


4.4.5 With the assistance from another person to hold the Console, connect the connectors from the Console Mast to the Console. There are (3) cables which need to be connected as shown below.

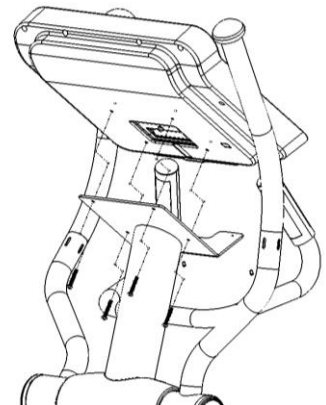
1. Console cable
2. Resistance control cable
3. Grounding cable



4.4.6 Use the screws in accessory pack, to secure the Console to the Console Mast and Fixed/ Moving Handlebar Assembly.



M5 pan head hex Screw (4PCS) and M3 Phillips flat head Screw (2PCS)



4.4.7 E7 Elliptical assembly is now complete.

5.0 Engineering Mode Setting

5.1 Engineering Mode 1

5.1.1 Test Mode.

5.1.1.1 In IDLE mode, first press “**PAUSE/STOP**” and then press “**Start**” for 3 seconds.

5.1.1.2 **ON** and **OFF** flashing mode: the windows are all flashing **ON** and **OFF**; press **START** to enter the next mode.

5.1.2 LED Scanning Mode

5.1.2.1 Production testing of software and hardware; press **START** to enter the next mode.

5.1.3 LED Indicator Scanning Mode

5.1.3.1 Production testing of software and hardware; press **START** to enter the next mode.

5.1.4 Keyboard Test

5.1.4.1 The matrix window displays “**KEY**”, press each key to display its information; press **START** to enter the next mode

5.1.5 IO Test Mode

5.1.5.1 Detection of heart rate and RPM, press **START** to exit.

5.2 Engineering Mode 2

5.2.1 Machine Information

5.2.1.1 In IDLE mode, first press “**PAUSE/STOP**” and then press “**LEVEL ▲**” for 3 seconds.

5.2.2 Software Version

5.2.2.1 HEART RATE window displays E21, DOT MATRIX displays [VER X.XX] mobile string; press **START** to enter the next setting.

5.2.3 Model

5.2.3.1 HEART RATE window displays E22, DOT MATRIX displays [E7]; press **START** to enter the next setting.

5.2.4 Total Usage Time

5.2.5 HEART RATE window displays E23, DOT MATRIX displays [TOTAL HOURS] mobile string, TIME window displays total hours, display range: 00:00 (minutes: seconds, if usage time is less than 1 hours) and 0001 ~ 9999 (hours, if usage time more than 1 hour),

5.2.6 Total Usage Distance

5.2.6.1 HEART RATE window displays E24, DOT MATRIX display: [TOTAL DISTANCE KM] in metric system / [TOTAL DISTANCE MI] mobile string in imperial system, total distance displayed in TIME window, 0~9999, add the number in WATT window to get total distance if TIME window already reached 9999; press “**START**” button to exit to IDLE.

5.2.7 Clear TOTAL HOURS and TOTAL DISTANCE

5.2.7.1 **PAUSE/STOP** + **START** for 5 seconds.

5.3 Engineering Mode 3

5.3.1 Custom Setting

5.3.1.1 In IDLE mode, first press “**PAUSE/STOP**” and then press “**LEVEL ▼**” for 3 seconds.

5.3.2 Unit Setting

5.3.2.1 HEART RATE window displays E31, DOT MATRIX displays [UNIT METRIC] mobile string, you can press **▲** or **▼** to modify it to [UNIT IMPERIAL], press **START** to enter the next setting.

5.3.3 Language Setting

5.3.3.1 HEART RATE window displays E32, DOT MATRIX displays [ENGLISH] mobile string, you can press ▲ or ▼ to modify it to “NEDERLANDS” / “FRANCAIS” / “DEUTSCH” / “ITALIANO” / “ESPANOL” / “POLISH” / “PORTUGUESE” / “SWEDISH” / “RUSSIAN”. Press **START** to enter the next setting.

5.3.4. Maximum Time Setting (Limits the maximum usage and settable time per workout)

5.3.4.1 HEART RATE window displays E33, DOT MATRIX displays [MAXIMUM WORKOUT TIME] mobile string, TIME window displays 99:00 flashing; you can press ▲ or ▼ to adjust, the adjustment range is 10:00~99:00 minutes, press **Start** to Go to the next setting.

5.3.5. FAN Button Setting

5.3.5.1 HEART RATE window displays E34, DOT MATRIX displays [FAN OFF] mobile character string, you can press ▲ or ▼ to adjust **OFF/ON**. Press the **START** button to exit and return to IDLE.

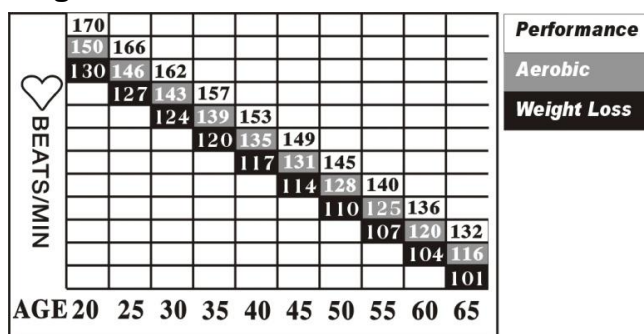
6.0 Operation

6.1 Heart Rate System

This equipment offers two heart rate feedback options. You may choose to use the **Heart Rate Handlebar**, or the **Chest Belt** (sold separately) for a hands-free workout.

WARNING: The heart rate reading is intended only as an exercise aid and not for medical purposes. Heart rate monitoring systems may be inaccurate. Various factors may affect the accuracy of heart rate readings. Over-exercising may result in serious injury or death. If you feel dizzy, please stop all exercises immediately.

Target Heart Rate Chart



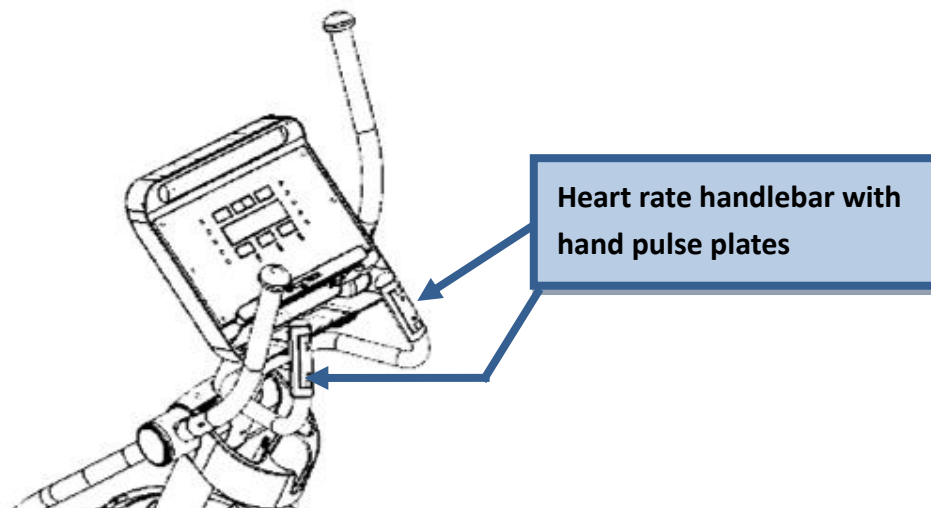
Maximum Heart Zone = 220-Your Age

Please consult your physician to find your optimal heart rate and Watt setting.

6.2 Heart Rate Handlebar (Standard)

6.2.1 Place the palms of your hands directly on the heart rate handlebars. Both hands must grip the bars for your heart rate to register.

6.2.2 When gripping the handlebars, do not grip too tightly. It is recommended that you hold the handlebars only long enough to see your heart rate readout on the console.



NOTE: For more accurate heart rate readings, use the heart rate handlebar before or after your workout.

6.3 Chest Belt (Optional)

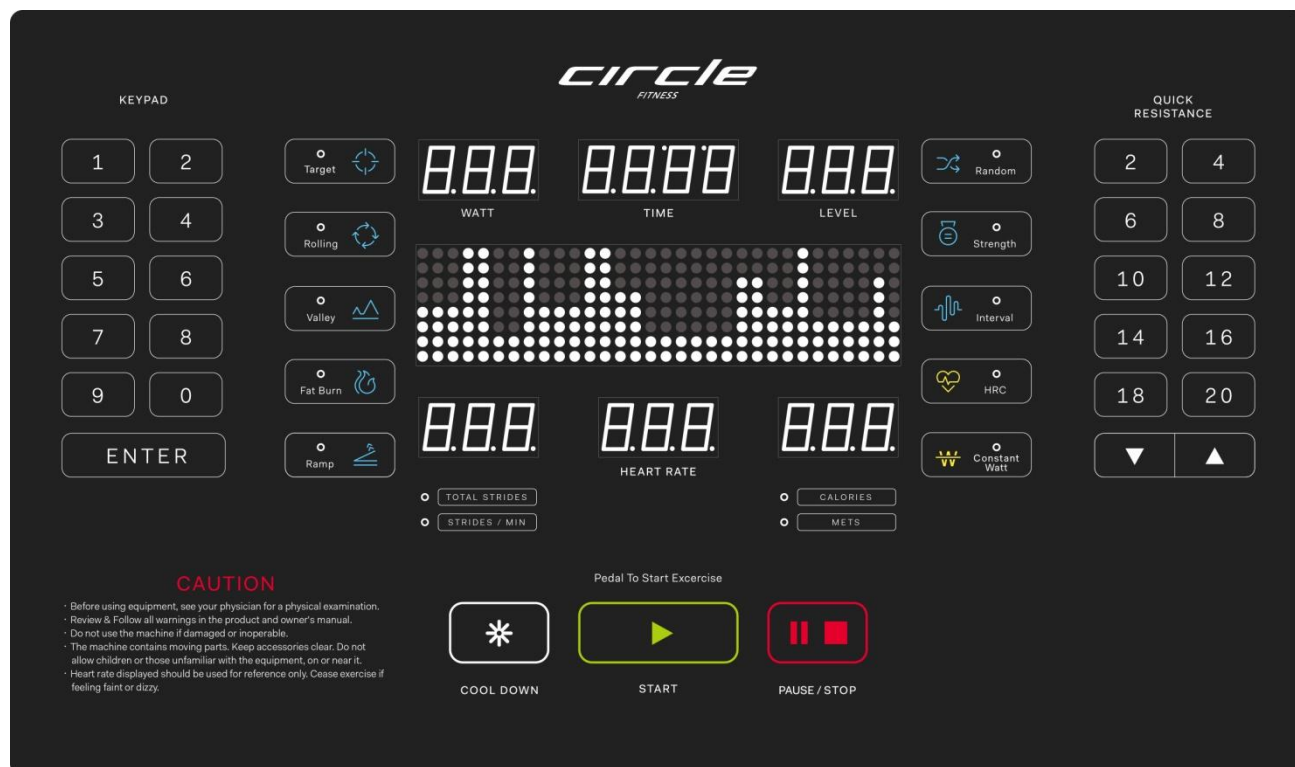
6.3.1 Prior to wearing the chest belt on your chest, center the belt just below your chest or pectoral muscles, directly over the lower part of your sternum.

NOTE: The Chest Belt must be tight enough and properly placed to receive an accurate and consistent reading.

7.0 Console Operation

7.1 Console of the EP7 Elliptical

7.2



Display Description

Central Display	Displays workout info and messages
Time	Elapsed Time or Time Countdown
Heart Rate	Heart rate reading
Watts	The wattage output by the machine during workout
TOTAL STRIDES	Total strides made by the user
STRIDES PER MINUTE	Strides made by the user every min
Level	Level settings L1~L25, the greater the level set, the greater the resistance
Calories	Calories burned by the user during workout
Mets	User's METS readings

NOTE: The calories burned and the heart rate are approximate values and are for reference only.

7.3 Button Description

Keypad Name	Main Function
LEVEL ▲ / ▼	Adjust the resistance, adjust the set value
Calories / Mets	Display switches between Calories and Mets
TOTAL STRIDES / STRIDES MIN	Display switches between TOTAL STRIDES and STRIDES / MIN
START	For starting the workout
STOP / PAUSE	To stop and pause the machine, and machine will return to idle mode after pause
Program controls	To select different workout programs
QUICK RESISTANCE	To quickly choose from among 10 levels of resistance
Keypad	For changing a number or value, you can use the 0-9 keypad to adjust directly
ENTER	Press this key to confirm the setting, or to move to the next setting.

7.4 Program Control

7.4.1 Target Mode

7.4.1.1 Press the **"Target"** button to start the **Setting Mode**.

7.4.1.2 For user weight setting, DOT MATRIX displays **"SET BODYWEIGHT THEN PRESS ENTER"** and the value is displayed in the Calories window and flashes. After the modification has been completed, press **"ENTER"** to continue to modify the next item.

7.4.1.3 For Time setting, DOT MATRIX displays **"SET TIME THEN PRESS ENTER"**. After the time is modified, press **"ENTER"** to continue to modify the next item or press **"STOP"** to return to the previous setting.

7.4.1.4 For Calorie setting, DOT MATRIX displays **"SET CALORIES THEN PRESS ENTER"**. After the modification has been completed, press **"ENTER"** to confirm and then displays **"PRESS START TO BEGIN WORKOUT"**. You can press **"STOP"** to go back to the previous setting or press **"Start"** to begin the workout.

- 7.4.1.5 Press the **“Start”** key and all the values will be accumulated. This is the start of the **“Execution Mode.”**
- 7.4.1.6 DOT MATRIX displays the same messages as **“Quick Start”** during program execution.
- 7.4.1.7 MESSAGE WINDOWS display workout info and messages during the execution of the Program, except that Time and Calories are in Countdown, while the others are the same as Quick Start.
- 7.4.1.8 When **“Time”** or **“Calories”** is in **“Countdown”** and the countdown has ended, the program will enter the **“Stop Mode.”**
- 7.4.2 Program Profile Mode
- 7.4.2.1 There are seven PROGRAM PROFILES, namely Rolling, Valley, Fat Burn, Ramp, Strength, Interval, Random.
- 7.4.2.2 Press the **“Profile”** button to start the **“Setting Mode.”**
- 7.4.2.3 The user weight setting: DOT MATRIX displays **“SET BODYWEIGHT THEN PRESS ENTER”**. The value is displayed in the Calories window and flashes. After the modification is completed, press **“ENTER”** to continue to modify the next item or press **“STOP”** to return to the previous setting.
- 7.4.2.4 The Time setting: DOT MATRIX displays the **“SET TIME THEN PRESS ENTER”**. After the time has been modified, press **“ENTER”** to continue to modify the next item or press **“STOP”** to return to the previous setting.
- 7.4.3 Graphic Settings
- 7.4.3.1 If **RANDOM** is selected, the DOT MATRIX will display **“CHANGE PROFILE BY PRESS ARROW KEY”** once and then DOT MATRIX will display the profile graph. Press **LEVEL ▲** or **▼** to select other random profiles. After the modification is completed, press **“ENTER”** to confirm and continue to modify the next item or press **“STOP”** to return to the previous setting.
- 7.4.3.2 In the **LEVEL** setting, DOT MATRIX displays the **“SET LEVEL”** once then DOT MATRIX displays the profile graphic. When the **LEVEL** window displays **“L1”**, press **LEVEL ▲** or **▼** to select **L1~ L5**. After the modification is completed, press **“START”** to confirm or press **“STOP”** to return to the previous setting.
- 7.4.3.3 After the setting is completed, **“PRESS START TO BEGIN WORKOUT”** will be displayed. You can press **“STOP”** to return to the previous setting or press **“Start”** to begin the program.
- 7.4.3.4 Press the **“Start”** key and all the values will be accumulated. This is the start of the Execution Mode.
- 7.4.4 DOT MATRIX displays messages during the program execution.
- 7.4.4.1 The execution method is performed in accordance with the built-in PROFILE with line breaks every minute.
- 7.4.4.2 If executed for more than 27 minutes, the graph and X-axis scale will automatically shift to the left every 5 minutes (same as in Quick Start).
- 7.4.4.3 The executed bar is displayed in 1 Second flashing mode, and you can press **▲** or **▼** to make LEVEL modification. The number of executed bars will not be modified.
- 7.4.4.4 MESSAGE WINDOWS display workout info and messages during the execution of the Program, except that Time and Calories are in Countdown, while the others are the same as Quick Start.
- 7.4.4.5 When **“Time”** or **“Calories”** is in **“Countdown”** and the countdown has ended, the program will enter the **“Stop Mode.”**

7.5 P1~ P7 Program Profile

P1=ROLLING, P2=VALLEY, P3=FAT BURN, P4=RAMP, P5=STRENGTH, P6=INTERVAL, P7=RANDOM

P	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							
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- 7.5.2.5 Modify the time, DOT MATRIX shows **"SET TIME"**. After the time has been modified, press **"ENTER"** to continue to modify the next item or press **"STOP"** to return to the previous setting.
- 7.5.2.6 Initial Level setting will display **"SET BEGIN LEVEL THEN PRESS ENTER"**. When the Level window displays **L1** press the **▲** or **▼** Key to set the parameter. After the modification is completed, press **"ENTER"** to confirm and the display will show **"PRESS START TO BEGIN WORKOUT"** or press **"STOP"** to go back to the last setting.
- 7.5.2.7 Press the **"Start"** key and all the values will be accumulated. This is the start of **Execution Mode**.
- 7.5.2.8 DOT MATRIX displays messages during program execution, the same as **Quick Start**.
- 7.5.2.9 In HRC mode, if the heart rate cannot be detected for 20 seconds during the exercise, the DOT MATRIX will display **"No Heart rate Warning Icon"**.



- 7.5.3 MESSAGE WINDOWS display workout info and messages during the execution of the Program, except that Time and Calories are in Countdown, while the others are the same as Quick Start.
- 7.5.3.1 During workout, the time for the program to make adjustments is fixed at initial 30 seconds of the program execution.
- 7.5.3.2 Target heart rate value: (rounded to integer)
- 7.5.3.2.1 For **HRC 65**: target heart rate value= $(220-\text{Age}) \times 0.65$
- 7.5.3.2.2 For **HRC 75**: target heart rate value= $(220-\text{Age}) \times 0.75$
- 7.5.3.2.3 For **HRC 85**: target heart rate value= $(220-\text{Age}) \times 0.85$
- 7.5.3.2.4 During workout, the actual heart rate is compared with the target heart rate value. If "Actual heart rate value < Target heart rate value by 10 points", the LEVEL will automatically increase by 1 every 30 seconds, until the maximum value of LEVEL. No change when the heart rate is 0.
- 7.5.3.2.5 During workout, the execution of the program is compared with the target heart rate value. If "Actual heart rate value > Target heart rate value by 10 points", the LEVEL will automatically decrease by 1 every 30 seconds, until the minimum LEVEL value. No change when the heart rate is 0.
- 7.5.3.3 When **"Time"** is in **"Countdown"** and the countdown has ended, the program will enter the **"Stop Mode."**
- 7.5.4 Constant Watt
- 7.5.4.1 Press the **"Constant Watt"** button to start the **"Setting Mode."**
- 7.5.4.2 In the user weight setting, DOT MATRIX displays **"SET BODYWEIGHT THEN PRESS ENTER"**. The value is displayed in the Calories window and flashes. After the modification is completed, press **"ENTER"** to continue setting the next item or press **"STOP"** to return to the previous setting.

- 7.5.4.3 In the Time setting, DOT MATRIX displays “**SET TIME THEN PRESS ENTER**”. After the time has been modified, press “**ENTER**” to continue setting the next item or press “**STOP**” to return to the previous setting.
- 7.5.4.4 In the Watt setting, DOT MATRIX displays “**SET WATT THEN PRESS ENTER**”. After Watt is modified, press “**ENTER**” and then the display will show “**PRESS START TO BEGIN WORKOUT**”. Press “**START**” to start exercise or press “**STOP**” to return to the last setting.
- 7.5.4.5 Press the “**Start**” key and all the values will be accumulated. This is the beginning of the “**Execution Mode.**”
- 7.5.4.6 During workout, the time for the program to make adjustments is fixed at initial 30 seconds of the program execution
- 7.5.4.6.1 Watt>Target: $\text{Watt-target} > 10$, Level -1, $\text{Watt-target} \leq 10$, Level does not change
- 7.5.4.6.2 Watt <Target: $\text{Target-Watt} > 10$, Level +1, $\text{Target-Watt} \leq 10$, Level does not change
- 7.5.4.7 MESSAGE WINDOWS display workout info and messages during the execution of the Program, except that Time and Calories are in Countdown, while the others are the same as Quick Start.
- 7.5.4.8 When “**Time**” is in “**Countdown**” and the countdown has ended, the program will enter the “**Stop Mode.**”

7.6 WATT TABLE

RPM	30	40	50	60	70	80	90	100	110	120
LEVEL	Watt									
1	20	27	33	40	47	53	60	67	73	80
2	25	33	41	49	58	66	74	82	90	99
3	29	39	48	58	68	77	87	97	106	116
4	34	45	56	67	78	90	101	112	123	134
5	38	51	63	76	88	101	114	126	139	152
6	43	57	71	85	99	113	128	142	156	170
7	47	63	79	94	110	126	141	157	173	189
8	51	69	86	103	120	137	154	172	189	206
9	56	75	93	112	131	150	168	187	206	224
10	60	80	100	120	140	160	180	200	220	240
11	67	90	112	135	157	180	202	225	247	270
12	75	100	125	150	175	200	225	250	275	299
13	83	110	138	165	193	220	248	275	303	330
14	90	120	150	180	210	240	270	300	330	360
15	97	130	162	195	227	260	292	325	357	389
16	105	140	175	210	245	280	315	350	385	420
17	112	150	187	225	262	300	337	375	412	450
18	120	160	200	240	280	320	360	400	439	479
19	128	170	213	255	298	340	383	425	468	510
20	135	180	225	270	315	360	405	450	495	540
21	148	197	246	296	345	394	444	493	542	592
22	161	215	269	322	376	430	483	537	591	645
23	174	232	290	348	406	464	522	580	638	696
24	187	249	312	374	436	499	561	623	686	748
25	200	267	333	400	467	533	600	667	733	800

8.0 Error Code and Troubleshooting

Item	Error Message	Description
1.	COMMUNICATION FAIL	CAUSE: Communication timeout. This error message is displayed if the console and generator lose connection for over 90 seconds. SOLUTION: 1. Check if the console and generator are connected properly. 2. If the connection is normal, please replace the console or generator.
2.	DC BUS ERROR	CAUSE: The generator cannot transform AC power to DC power. SOLUTION: 1. Stop pedaling and wait for the unit to shut down. 2. Pedal to power up the console. If the error message is displayed again, replace the generator.
3.	DCV VOLT OVERLOAD	CAUSE: The voltage of DC generator is too high (over 300V for 3 seconds). User may be pedaling too fast (normal pedaling speed should be under 180 RPM). SOLUTION: 1. Stop pedaling and wait for the unit to shut down. 2. Pedal to power up the console. If the error message is displayed again, replace the generator.
4.	CMP CURR OVERCURRE	CAUSE: The output current of generator is over 3.5 amps for 1 second. SOLUTION: 1. Stop pedaling and wait for the unit to shut down. 2. Pedal to power up the console. If the error message is displayed again, replace the generator.
5.	SHORT CIRCUIT	CAUSE: The IGBT of generator is short circuited. SOLUTION: 1. Stop pedaling and wait for the unit to shut down. 2. Pedal to power up the console. If the error message is displayed again, replace the generator.
6.	CURRENT STATE NG	CAUSE: The output circuit of the generator is abnormal or the coil did not connect to the controller. SOLUTION: 1. Check the coil connection. 2. If coil connection is normal, replace the generator.
7.	LOW BATTERY	CAUSE: The battery's voltage is too low. SOLUTION: If the error message is displayed again, replace the battery.



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