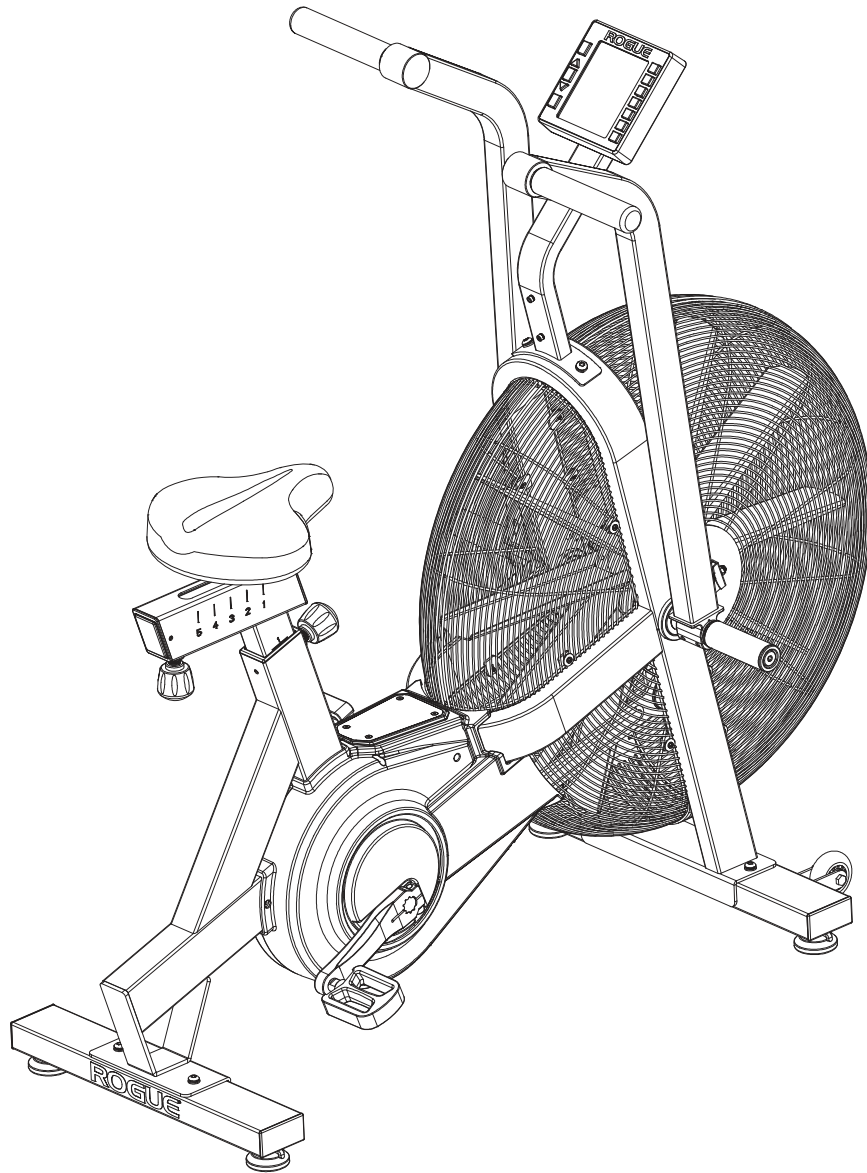# ROGUE
ECHO BIKE USER GUIDE

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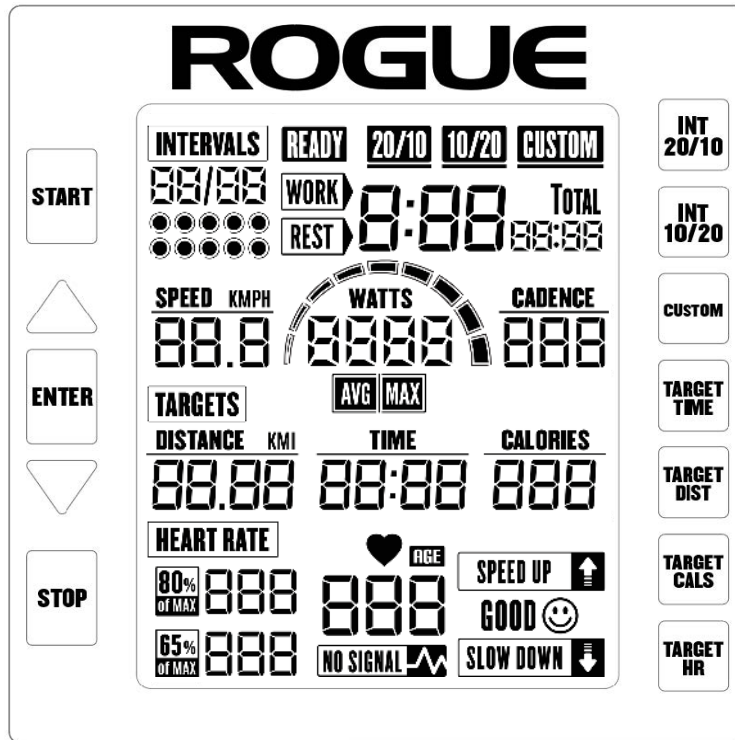**ROGUE FITNESS**
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DISPLAY

There are four major sections on the display, presenting different sets of exercise data to the user:

INTERVALS

This section shows the interval training workout information. It shows the current interval training session, whether it is a WORK or REST period, the total workout time and the remaining time in the current WORK/REST period.
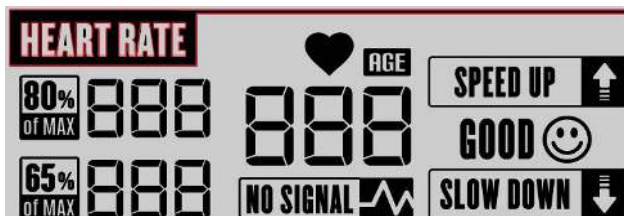

SPEED / WATTS / CADENCE

This section indicates the intensity of the workout by showing the SPEED, WATTS, and CADENCE data.

TARGETS

This section shows the data, which can be set by the user as the exercise target. DISTANCE, TIME and CALORIES data are shown here.

HEART RATE

This section shows the heart rate related information. When the user chooses to go in HEART RATE TARGET mode, it will show the suitable heart rate range for the user in the "80% of MAX" and "65% of MAX" fields and the console will also show the user whether his/her heart rate is within the desired range. If the heart rate is too low, the "SPEED UP" icon will flash. If the heart rate is too high, the "SLOW DOWN" icon will flash. If the heart rate is within the desired range, "GOOD" icon will be turned on. **NOTE**: *A HEART RATE TRANSMITTER IS REQUIRED TO SEND DATA TO THE BIKE AND IS NOT INCLUDED.*

BUTTONS
On the left side of the console, there are four buttons: **START**, **UP**, **ENTER**, **DOWN** and **STOP**.

On the right side of the console, there are 3 buttons for setting up the interval training workout (**INT 20/10**, **INT 10/20**, **CUSTOM**) and 4 buttons for setting up the exercise target (**TARGET TIME**, **TARGET DIST**, **TARGET CALS**, **TARGET HR**).

"INT 20/10" button will set up the console as 20-second WORK period and 10-second REST period and a total of 8 sessions.
"INT 10/20" button will set up the console as 10-second WORK period and 20-second REST period and a total of 8 sessions.
"CUSTOM" button allows the user to customize the number of interval sessions, the WORK period and REST period durations.

Different Modes for the Console
There are a few different modes for the console. The functions for each mode are described below.

Power On – Idle Mode
The console will light up all LCD segments for 2 seconds. Upon entering the Idle mode, the console will beep twice in 0.5 second. The console will flash different fields (20/10, 10/20, CUSTOM, etc.) one by one.

Upon user's pedaling (two revolutions within 5 seconds) or pressing the **START** button, the console will go into Manual Workout mode.

If the user presses "**INT 20/10**" and "**INT 10/20**" button, the console will highlight the READY icon and go into Interval Workout mode upon the user's pressing **START** button.

If the user presses "**CUSTOM**" button, the console will let the user customize the interval workout mode. The customizable fields are: the total number of WORK/REST period pairs, the WORK time and the REST time. The field being adjusted will start flashing. Pressing **UP** and **DOWN** buttons adjusts the field data. Pressing **ENTER** to accept the current value and advance to the next field. After entering all the fields, the console will highlight the READY icon and go into Interval Workout mode upon the user's pressing **START** button.

If the user presses **TARGET TIME/DIST/CALS** button, the respective field will start flashing. The user may adjust the exercise goal and press **ENTER** or **START** to confirm the input data and to start exercising.

If the user presses the **TARGET HR** button, the AGE field will start flashing. The user adjusts the AGE field and presses **ENTER** or **START** to confirm the input data and to start exercising.

Pressing **STOP** button will cancel the current operation and reset the screen.

Interval Workout Mode
In the Interval Workout mode, the respective interval workout mode icon (20/10, 10/20, CUSTOM) is highlighted. WORK icon will be flashing when the user is expected to be pedaling hard. REST icon will be flashing when the user should be resting. The time remaining in the current WORK or REST period is shown in the middle of the INTERVALS section.

Exercise data, such as watts, speed, cadence, time, distance, calories and heart rate, will be calculated and displayed as the user pedals.

Manual Workout Mode – No Target
Exercise data, such as watts, speed, cadence, time, distance, calories and heart rate, will be calculated and displayed as the user pedals. Pressing **STOP** button will stop the workout mode and the console will enter IDLE mode while keeping the exercise data on the display.

Manual Workout Mode – Target TIME/DISTANCE/CALORIES
If a target (TIME, DISTANCE or CALORIES) has been entered, the target field will be flashing, indicating it is in a target count-down mode. Other exercise data will be displayed as usual. Pressing **STOP** button will stop the workout mode and the console will enter IDLE mode while keeping the exercise data on the display.

Manual Workout Mode – Target HR
If a heart rate target has been entered, the console will inform the user whether his/her heart rate is within the 65%~80% range of his/her maximum heart rate. The maximum heart rate is based on the (220 – User Age) equation. If the current heart rate falls below 65% of the max heart rate, the SPEED UP icon will be flashing. If the current heart rate goes beyond 80% of the max heart rate, the SLOW DOWN icon will be flashing. If the current heart rate is within the range, the GOOD icon will be on. Pressing **STOP** button will stop the workout mode and the console will enter IDLE mode while keeping the exercise data on the display.

COMP Mode (Competition Mode)
This is intended for use in head-to-head competition or group settings. In COMP mode there is a visual green LED display on the top of the console and all other functions are locked out. Timeout is also extended to 30 minutes so that the programmed target (Distance, Time or Calories) can be completed in stages.

To enter **COMP SETUP** mode, press and hold one of the **TARGET TIME/TARGET DIST/TARGET CALS** buttons for 2 seconds. The relevant field on the display will start flashing and also the green LED in the console housing will flash briefly every 1.5 seconds. Adjust the target using the **UP** and **DOWN** buttons in the usual way.

When the desired target has been set, pressing and holding the **ENTER** button for 5 seconds will lock the value and put the console into **COMP READY** mode (console will beep).

To exit to **IDLE** Mode while in **COMP SETUP** mode press **STOP.**

COMP Mode - Continued
Once the console is in **COMP READY** mode, the goal field is shown on the screen and the LED indicator will flash twice every 1.5 seconds.

To exit **COMP READY** mode, press **STOP** and hold it for a full 5 seconds.

To start the competition, simply press **START**. This is **COMP RUNNING** mode and the LED will flash continuously.

Paused Mode
The console will enter PAUSED mode when the user presses the **START** button during workout. The console will enter PAUSED mode automatically when the user stops pedaling for 8 seconds during non-interval workout. In PAUSED mode, the LCD will be flashing. Pressing **START** button in PAUSED mode will bring the console back to Workout mode, resuming the exercise.

Sleep Mode
When there is no cadence signal or button events for over 5 minutes, the console will go into the Sleep Mode. The LCD will be off. Upon pressing any button or pedaling, the console will wake up and undergo the Power-On sequence and enter the Idle mode.

Changing the Unit System
The default unit system is the imperial unit system. Press and hold both the **UP** and **DOWN** buttons for 3 seconds in IDLE mode to toggle the unit system between the metric and imperial unit system. The console will be flashing the new unit system.

GENERAL MAINTENANCE

BEFORE FIRST USE
-CHECK THAT ALL BOLTS ARE TIGHT
-CHECK THAT PEDALS HAVE BEEN FULLY THREADED ONTO CRANKS
-CHECK THAT ARMS ARE TIGHTLY SECURED AND THAT THERE IS NO "PLAY"

THESE CHECKS SHOULD BE REPEATED DURING THE FIRST WEEK OF USING THE BIKE AND WEEKLY THEREAFTER

ROGUE

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