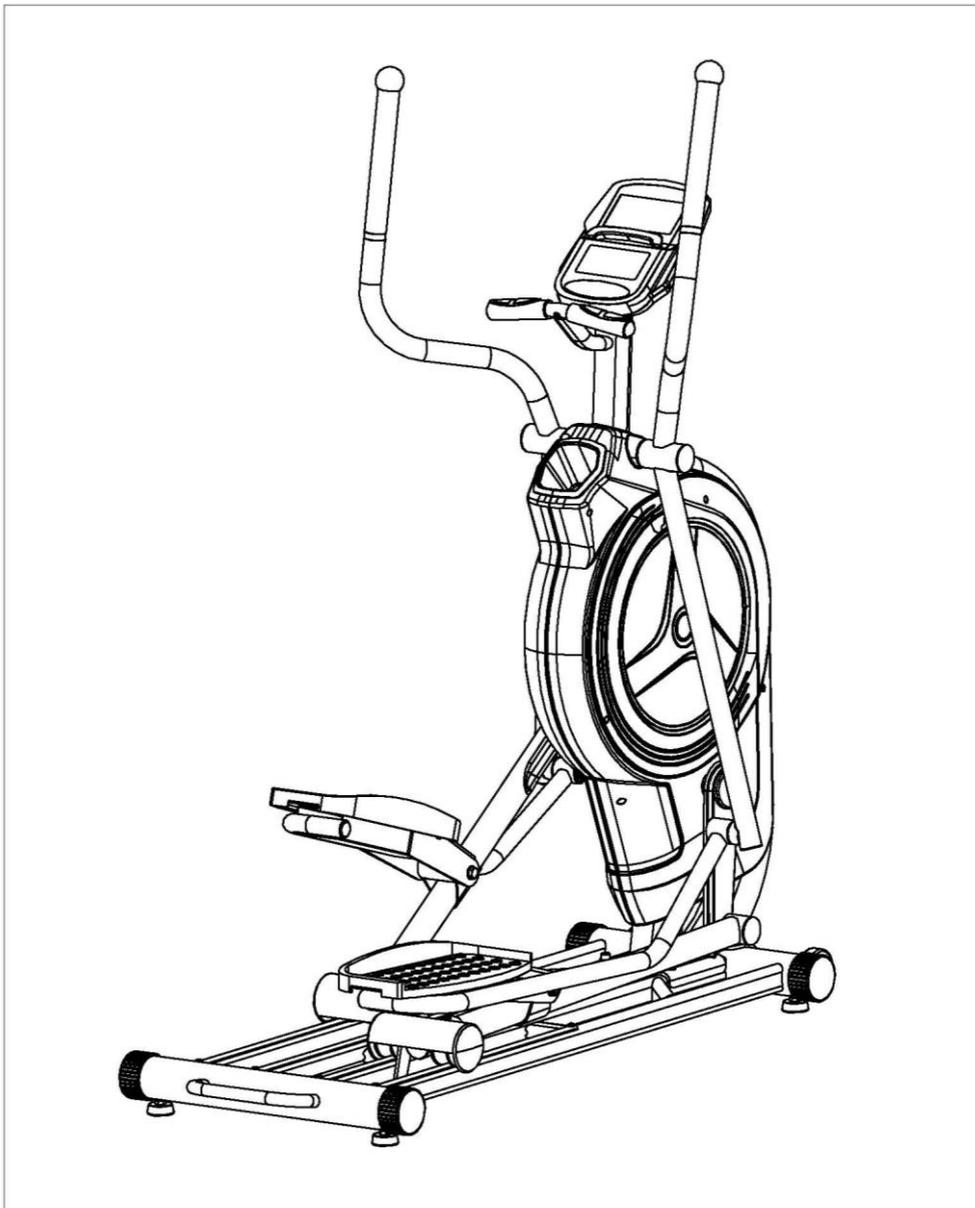




PROGRAMMABLE ELLIPTICAL TRAINER SF-E3875 USER MANUAL



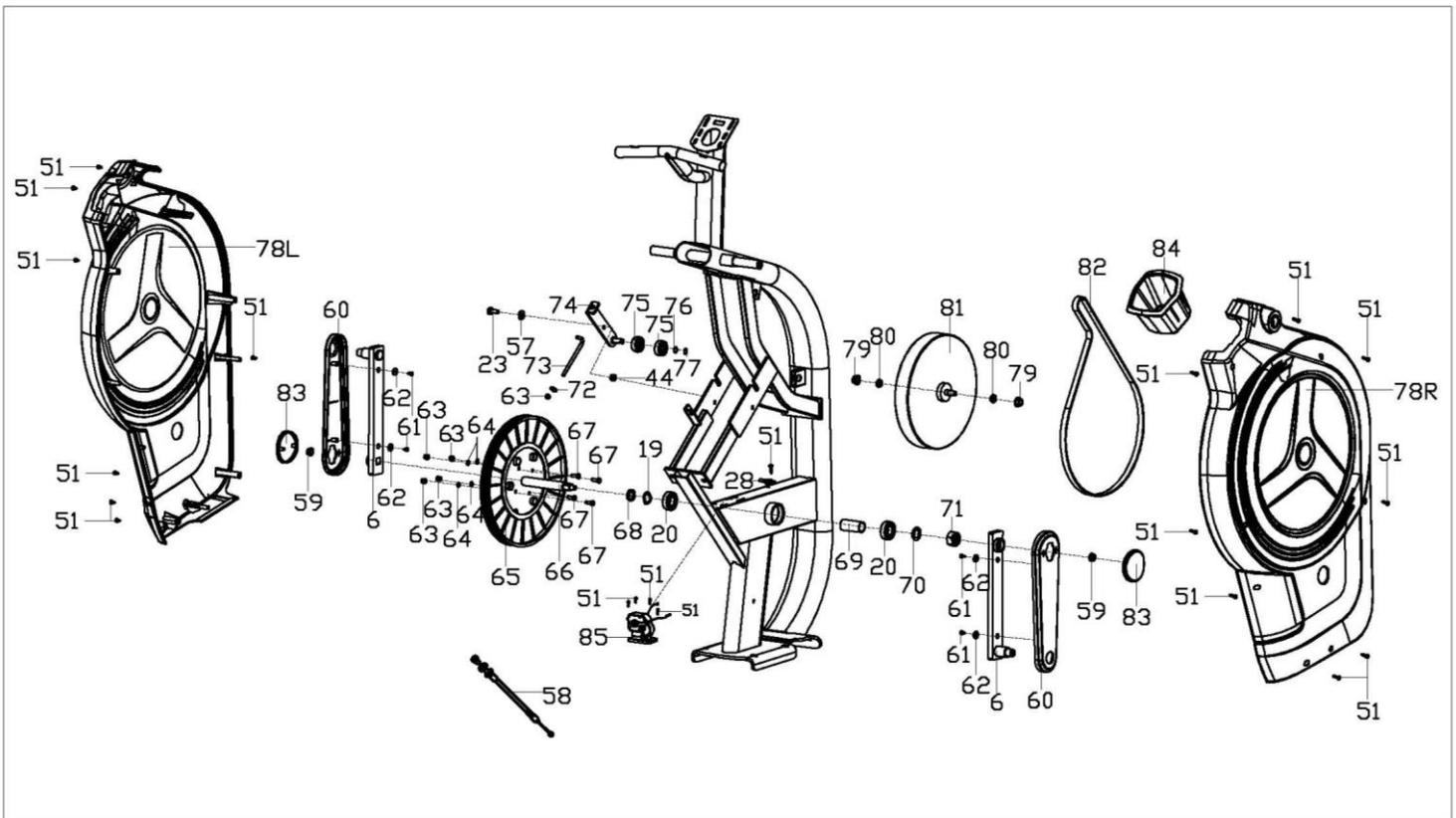
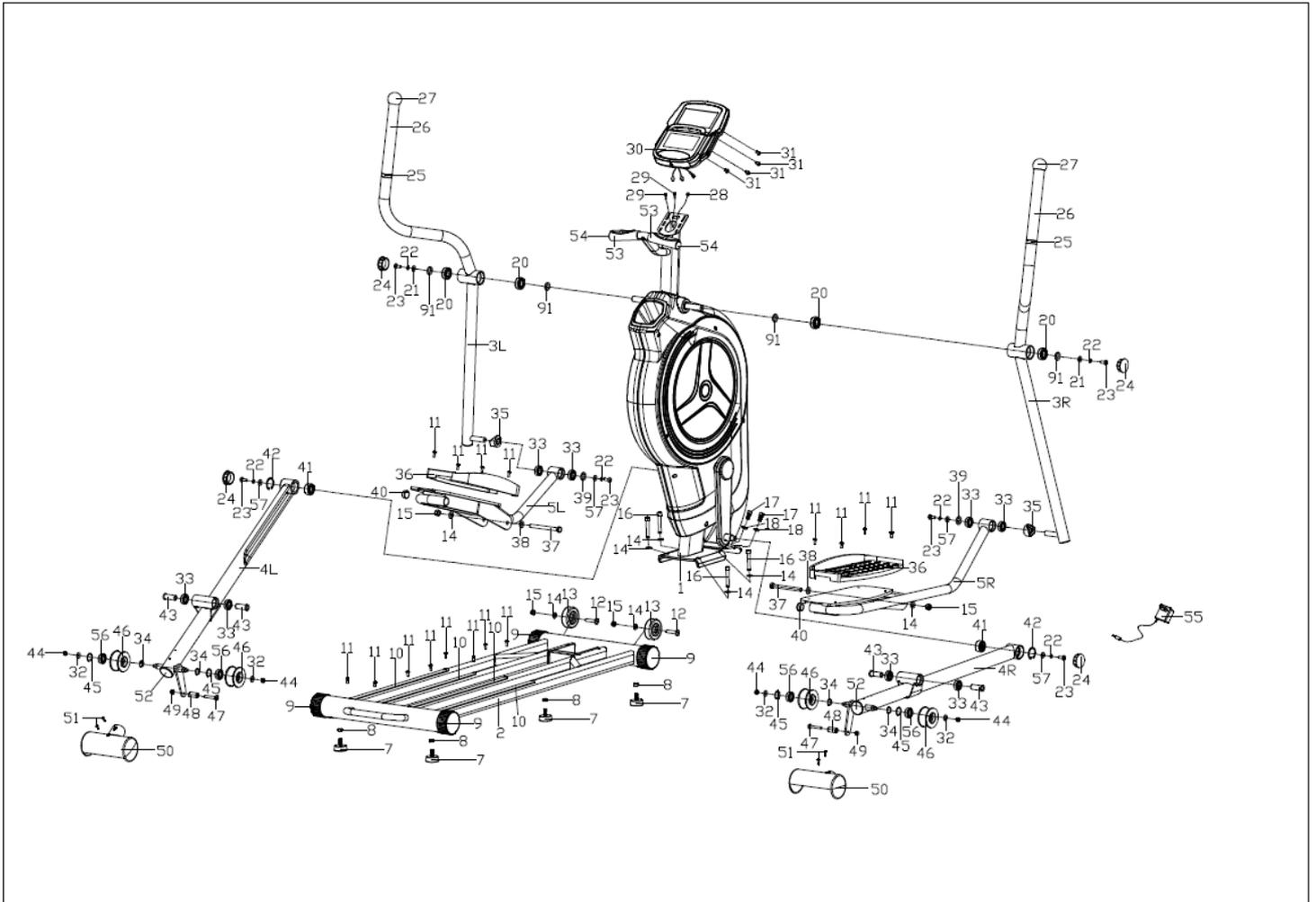
IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 4 feet (1.2 M) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 300 pounds (135 KG).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving is required.
12. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only, it is not intended for commercial use!

EXPLODED DIAGRAM



PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Base Frame		1
3L/R	Swing Tube		1 pr.
4L/R	Wheel Frame		1 pr
5 L/R	Pedal Support		1 pr.
6	Crank		2
7	Adjusting Pad		4
8	Hex Nut	M10	4
9	End Cap		4
10	Aluminum Decoration Cover		4
11	Cross Pan Head Bolt	M6X15	16
12	Inner Hex Pan Head Bolt	M10X45	2
13	Wheel		2
14	Small Flat Washer	D10XΦ20X2	8
15	Nylon Nut	M10	4
16	Inner Hex Cylinder Head Bolt	M10XL65	4
17	Inner Hex Cylinder Head Bolt	M10X20	2
18	Curve Washer	D10XΦ20X2	2
19	Wave Washer	D21	1
20	Bearing	6004Z	6
21	Flat Washer	D8XΦ25X2	2
22	Spring Washer	D8	6
23	Inner Hex Pan Head Bolt	M8X20	7
24	Cap		4
25	Aluminum Bushing		2
26	Foam Grip		2
27	End Cap		2
28	Sensor Wire		1
29	Pulse Wire		2
30	Meter		1
31	Cross Pan Head Screw		4
32	Flat Washer	D8XΦ20X2	4
33	Bearing	6003Z	8
34	Wave Washer	D17	4
35	Plastic Bushing		2
36L/R	Pedal		1 pr.
37	Hex Bolt	M12X125	2
38	Big Flat Washer	D12XΦ24X2	2
39	Sleeve		2
40	Round Cap		2
41	Bearing	2203	2
42	Axle Spring Washer	D40	2
43	Flange Bushing		4

No.	Description	Spec.	Qty.
44	Nylon Nut	M8	5
45	Axle Spring Washer	D34	4
46	Guiding Wheel		4
47	Inner Hex Pan Head Bolt	M8XL50	2
48	Limited Bushing		2
49	Cap Nut	M8	2
50	Wheel Cover		2
51	Cross Pan Head Self-drilling Screw	ST4.2X18	24
52	Round Cap		2
53	Foam Grip		2
54	Round Cap		2
55	Adaptor		1
56	Bearing	6002Z	4
57	Flat Washer	D8XΦ22X2	5
58	Tension Cable		1
59	Flange Nut	M10X1.25	2
60	Crank Cover		2
61	Cross Pan Head Self-drilling Screw	ST4.2X12	4
62	Flat Washer	D5XD16X1.2	4
63	Nylon Nut	M6	5
64	Spring Washer	D6	4
65	Belt Pulley		1
66	Centre Axle		1
67	Hex Bolt	M6X15	4
68	Sleeve		1
69	Inner Sleeve		1
70	Flat Washer	D20XΦ30X2.0	1
71	Nylon Nut	M20X1.5	1
72	Flat Washer		1
73	Pull Rod		1
74	Idler Linkage		1
75	Bearing	6300Z	2
76	Wave Washer	D10	1
77	Axle Spring Washer	D10	1
78L/R	Chain Cover		1 pr.
79	Flange Nut	M10X1	2
80	Thin Nut	M10X1	2
81	Flywheel		1
82	Belt		1
83	Crank Cover		2
84	Bottle Holder		1
85	Motor		1
86	Allen Wrench	S=8	1

87	Allen Wrench	S=6	1
88	Allen Wrench	S=6	1
89	Spanner	S=10,13,14,15,17	1

90	Spanner	S=17,19	2
91	Sleeve		4

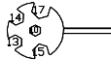
Ordering Replacement Parts (U.S. and Canadian Customers only)

Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

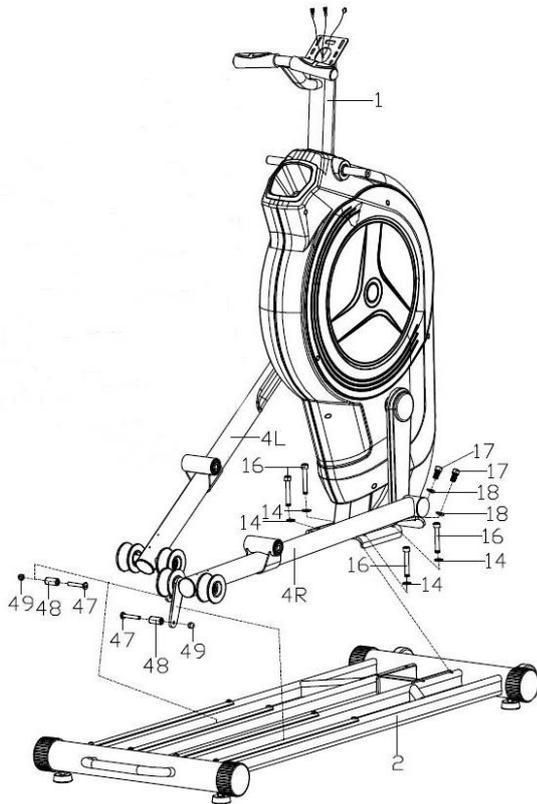
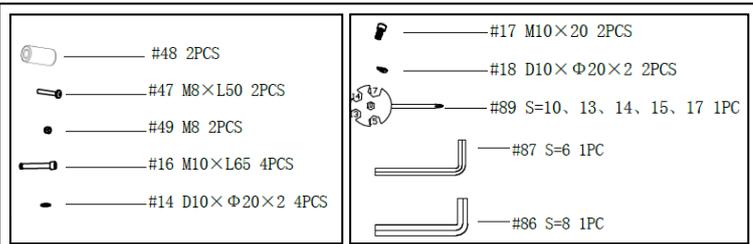
Please contact us at support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

HARDWARE PACKAGE

	————— #86 S=8 1PC		————— #87 S=6 1PC
	————— #88 S=6 1PC		————— #89 S=10,13,14,15,17 1PC
	————— #90 S=17,19 2PCS		

ASSEMBLY INSTRUCTIONS

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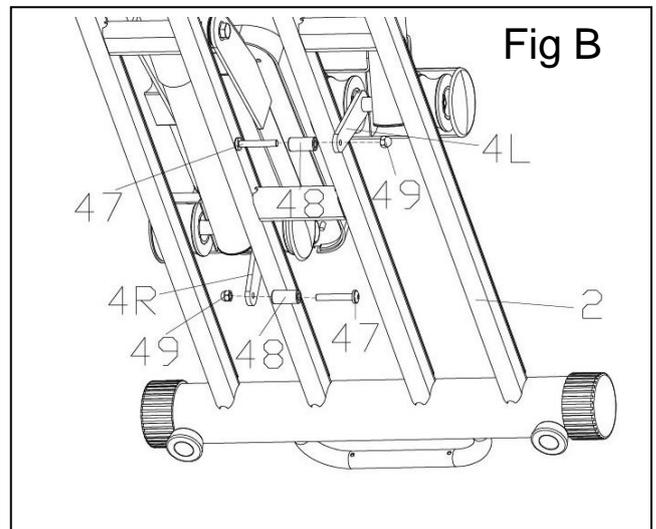
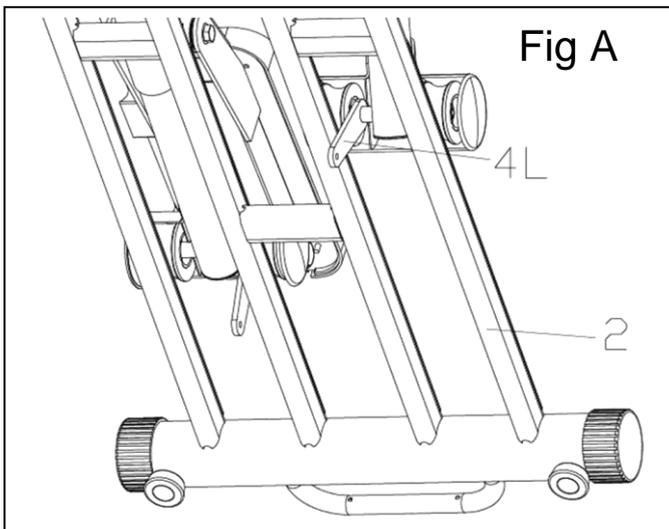


STEP 1:

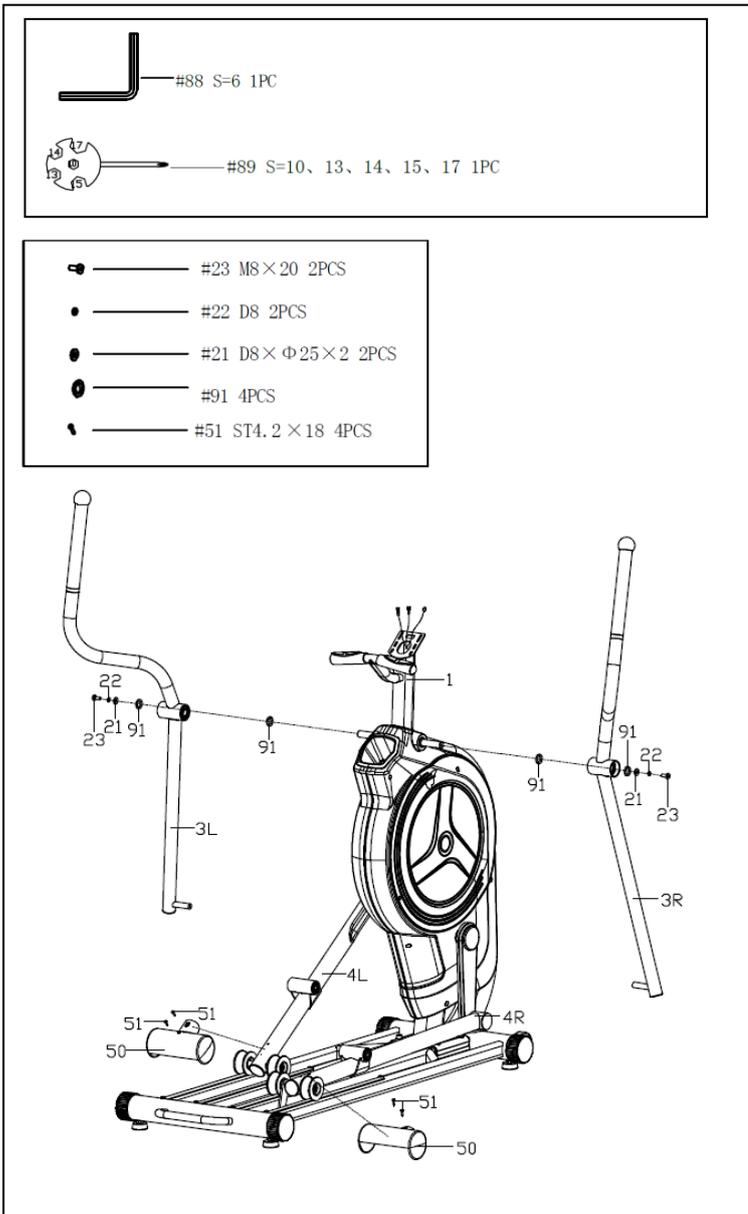
Remove the preassembled 4 **Inner Hex Cylinder Head Bolts (No. 16)**, 4 **Small Flat Washers (No. 14)**, 2 **Inner Hex Cylinder Head Bolts (No. 17)** and 2 **Curve Washers (No. 18)** from the **Base Frame (No. 2)**. Attach the **Main Frame (No. 1)** to the **Base Frame (No. 2)** with 4 **Inner Hex Cylinder Head Bolts (No. 16)**, 4 **Small Flat Washers (No. 14)**, 2 **Inner Hex Cylinder Head Bolts (No. 17)** and 2 **Curve Washers (No. 18)** that were just removed. Tighten and secure with **Allen Wrench (No. 86)**.

Remove the preassembled 2 **Inner Hex Pan Head Bolts (No. 47)**, 2 **Limited Bushings (No. 48)** and 2 **Cap Nuts (No. 49)** from the **Wheel Frames (No. 4L/R)**. Move the **Left Wheel Frame (No. 4L)** so the hole on the metal plate is lower than the **Base Frame (No. 2)**. See Fig A. Insert **Inner Hex Pan Head Bolt (No. 47)** through **Limited Bushing (No. 48)** and the hole in the metal plate of the **Wheel Frame (No. 4L)**. Screw **Cap Nut (No. 49)** onto the end of **Inner Hex Pan Head Bolt (No. 47)**. See Fig B. Tighten with **Allen Wrench (No. 87)** and **Spanner (No. 89)**.

Repeat to attach the **Right Wheel Frame (No. 4R)** to the **Base Frame (No. 2)**.



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STEP 2:

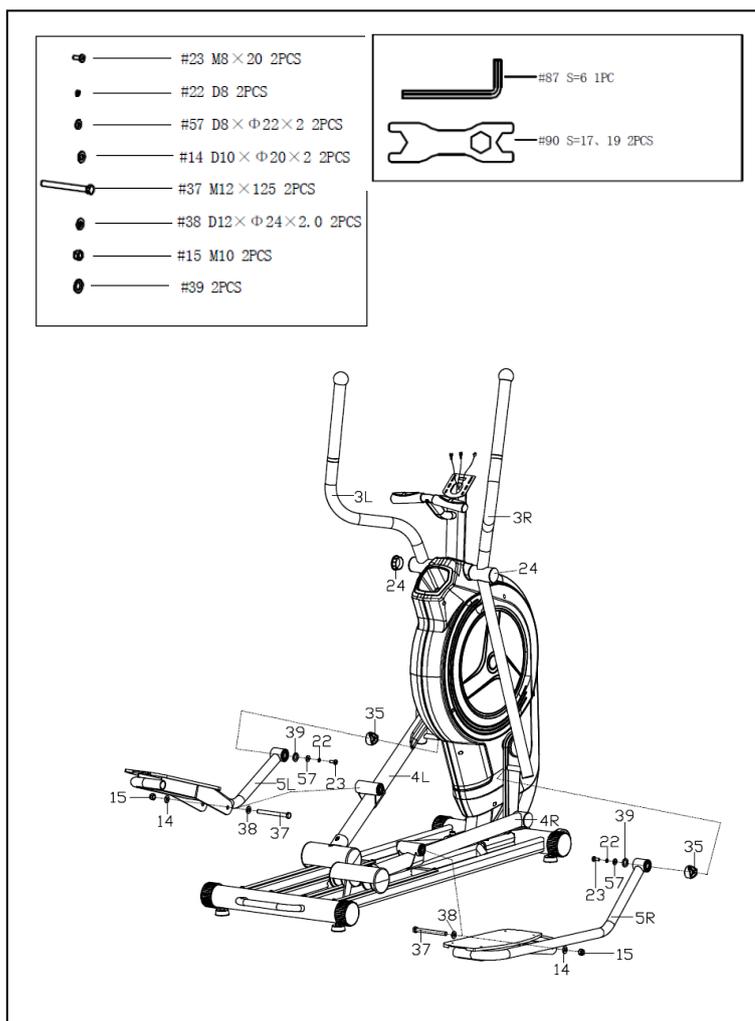
Remove the preassembled 4 **Cross Pan Head Self-drilling Screws (No. 51)** from the **Wheel Frames (No. 4L/R)**. Attach the **Wheel Covers (No. 50)** to the **Wheel Frames (No. 4L/R)** with 4 **Cross Pan Head Self-drilling Screws (No. 51)** that were just removed. Tighten and secure with **Spanner (No. 89)**.

Remove the preassembled 2 **Inner Hex Pan Head Bolts (No. 23)**, 2 **Spring Washers (No. 22)**, 2 **Flat Washers (No. 21)** and 4 **Sleeves (No. 91)** from the long axle on the **Main Frame (No. 1)**.

Attach the **Swing Tubes (No. 3L/R)** to the axle of **Main Frame (No. 1)** with 2 **Inner Hex Pan Head Bolts (No. 23)**, 2 **Spring Washers (No. 22)**, 2 **Flat Washers (No. 21)** and 4 **Sleeves (No. 91)** that were just removed. Tighten and secure with **Allen Wrench (No. 88)**.

Note: Do not fully tighten at this time.

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STEP 3:

Remove the preassembled 2 **Inner Hex Pan Head Bolts (No. 23)**, 2 **Spring Washers (No. 22)**, 2 **Flat Washers (No. 57)**, 2 **Sleeves (No. 39)** and 2 **Plastic Bushings (No. 35)** from the **Swing Tubes (No. 3L/R)**. Attach the **Pedal Supports (No. 5L/R)** to the **Swing Tubes (No. 3L/R)** with 2 **Inner Hex Pan Head Bolts (No. 23)**, 2 **Spring Washers (No. 22)**, 2 **Flat Washers (No. 57)**, 2 **Sleeves (No. 39)** and 2 **Plastic Bushings (No. 35)** that were just removed. Tighten and secure with **Allen Wrench (No. 87)**.

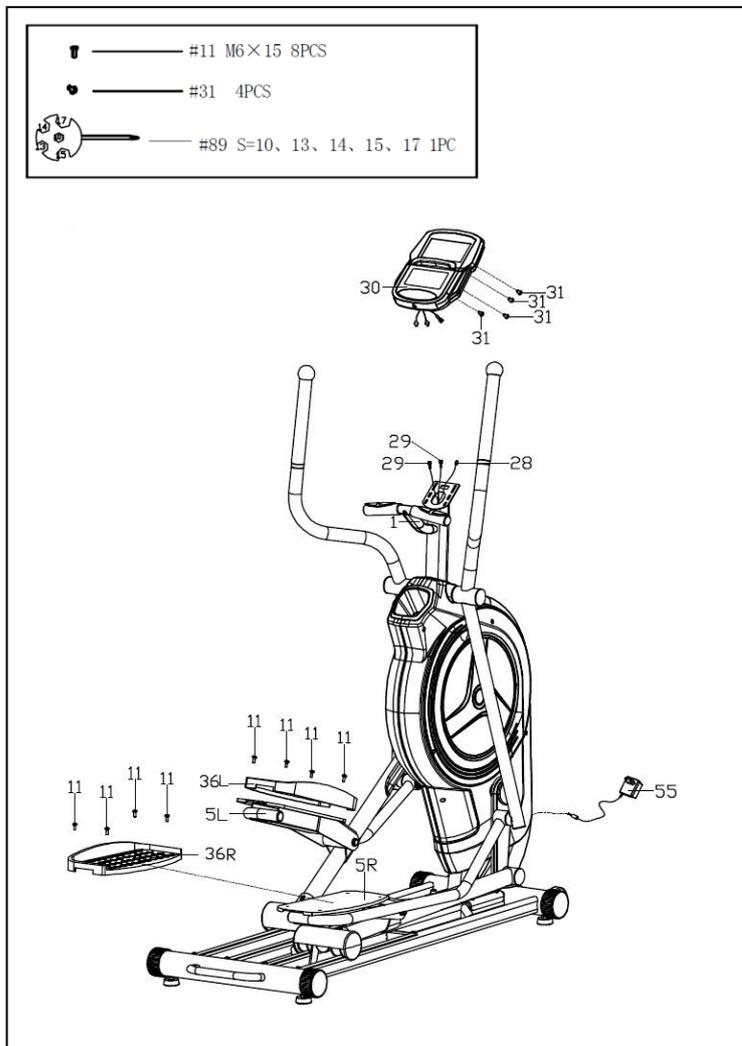
Note: Do not fully tighten at this time.

Remove the preassembled 2 **Hex Bolts (No. 37)**, 2 **Big Flat Washers (No. 38)**, 2 **Small Flat Washers (No. 14)** and 2 **Nylon Nuts (No. 15)** from the **Pedal Supports (No. 5L/R)**. Attach the **Pedal Supports (No. 5L/R)** to the **Wheel Frames (No. 4L/R)** with 2 **Hex Bolts (No. 37)**, 2 **Flat Washers (No. 38)**, 2 **Small Flat Washers (No. 14)** and 2 **Nylon Nuts (No. 15)** that were just removed. Tighten and secure with **Spanner (No. 90)**.

Now fully tighten all bolts assembled in Step 2 and 3 that connect the **Swing Tubes (No. 3 L/R)** to the **Main Frame (No. 1)** and to the **Pedal Supports (No. 5 L/R)**. Fully tighten the bolts that connect the **Pedal Supports (No. 5 L/R)** to the **Wheel Frames (No. 4 L/R)**. Cover the bolts on the **Swing Tubes (No. 3 L/R)** with 2 **Caps (No. 24)**.

Note: If the elliptical trainer makes noise during use, the bolts may be loose on the trainer. Please inspect and tighten any loose bolts.

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STEP 4:

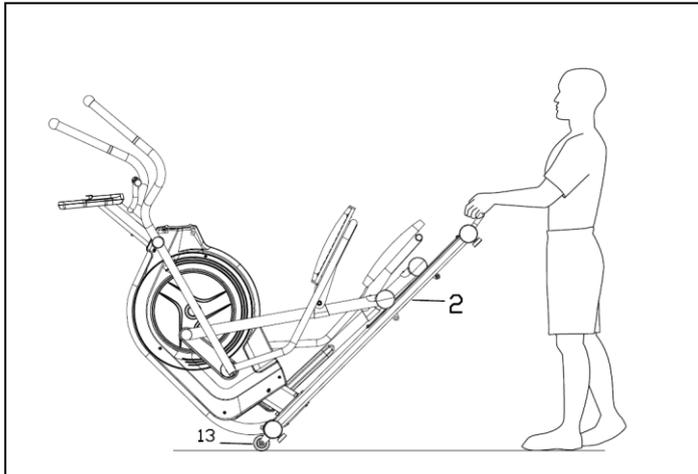
Remove the preassembled 8 **Cross Pan Head Bolts (No. 11)** from the **Pedal Supports (No. 5L/R)**. Attach the **Pedals (No. 36L/R)** to the **Pedal Supports (No. 5L/R)** with 8 **Cross Pan Head Bolts (No. 11)** that were just removed. Tighten and secure with **Spanner (No. 89)**.

Remove the preassembled 4 **Cross Pan Head Screws (No. 31)** from the back of the **Meter (No. 30)**. Connect the **Sensor Wire (No. 28)** and 2 **Pulse Wires (No. 29)** with corresponding wires of **Meter (No. 30)**. Then attach **Meter (No. 30)** to the bracket of **Main Frame (No. 1)** with 4 **Cross Pan Head Screws (No. 31)** that were just removed. Tighten and secure with **Spanner (No. 89)**.

Note: Make sure all the wires are inserted into the meter tube of the **Main Frame (No. 1)**. Do not cut or pinch any wires when attaching the **Meter (No. 30)**.

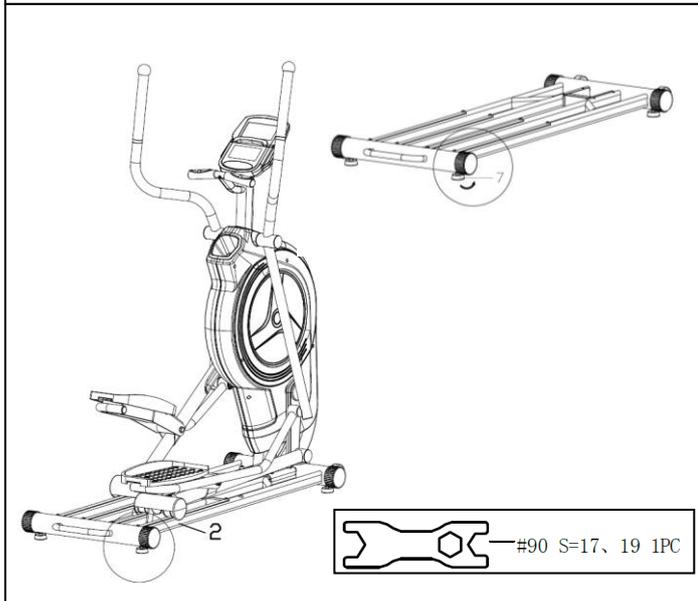
The assembly is now complete! You can connect the **Adaptor (No. 55)** to the **Main Frame (No. 1)**.

ADJUSTMENT GUIDE



HOW TO MOVE THE ELLIPTICAL

There are **Wheels (No. 13)** located on the **Front Base Frame (No. 2)**. Hold the handlebar on the **Rear Base Frame (No. 2)** and pull forward to lift the rear of the elliptical off the floor. Now you can move the elliptical trainer.



ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the elliptical trainer is stable. If you notice that the elliptical is unbalanced during use, you can adjust the **Adjusting Pads (No. 7)** located beneath the **Rear Main Frame (No. 2)**. To do so, use **Allen Wrench (No. 90)** to adjust the **Adjusting Pads (No. 7)** by turning them *clockwise*.

IMPORTANT ELECTRICAL INFORMATION

WARNING: This elliptical trainer requires a power source of **0.5 amps (100-240V)** in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging the equipment. Any power source above or below this level could cause significant damage to the equipment and or user.

OPERATING INSTRUCTIONS

Plug the adaptor into the elliptical trainer and into the outlet.

The meter will turn on.

The meter will turn off if there is no signal input for 4 minutes. Press any key on the meter to turn it on again.



NOTE: You can use the elliptical trainer when it is not plugged in. The meter will be off and you cannot adjust the resistance level or use any of the functions.

EXERCISE COMPUTER

KEY FUNCTIONS:

KEY	FUNCTION
START/STOP	Start and pause workouts Start body fat measurement Hold for 3 seconds to reset all function values to zero
DOWN	During workout, decreases the resistance level Decrease value of selected parameter
UP	During workout, increases the resistance level Increase value of selected parameter
ENTER	To input the value or mode
RECOVERY	Enters into Recovery function when computer displays the heart rate value. Recovery displays F1-F6 F1 is poor recovery heart rate F6 is excellent recovery heart rate
MODE	During workout, switch display from RPM to SPEED, ODO to DIST and WATT to CALORIES

WORKOUT SELECTION:

After turning on the meter by plugging in the adaptor or if already plugged in, pressing any button on the meter, use the UP or DOWN button to make a selection. Then press the ENTER button to enter the desired mode.

There are 7 basic workout modes:

Manual, Pre-set Programs, Watt Program, Body Fat Program, Target Heart Rate Program, Heart Rate Control Program, and User Program.

FUNCTIONS:

SPEED: Displays current training speed. Maximum speed is 99.9 mile/h.

RPM: Displays current rotation per minute.

TIME: Accumulates the workout time from 00:00 to 99:59. Users can preset the target time they want.

DIST: Accumulates the workout distance from 0.00 up to 999.9 miles. Users can preset the target distance they want to reach.

ODO: Displays the total accumulated distance from 0 to 9999 miles.

CAL: Accumulates the calorie consumption from 0 to 9999. Users can preset the target Calories they want to consume.

WATT: Displays current watt.

HEART RATE: Displays the current heart rate in beats per minute.

TARGET HR.: Users can preset their Target Heart Rate.

PROGRAM: There are 24 different programs to choose for training.

LEVEL: The program has 10 columns of bars and 8 bars in each column. Each column represents a 1 minute workout and each bar represents 2 resistance levels.

WORKOUT PARAMETERS:

TIME / DISTANCE / CALORIES / AGE / WATT / TARGET HEART RATE

Setting Workout Parameters

After selecting the desired workout mode: Manual Program, Pre-set Programs, Watt Control Program, Body Fat Program, Target Heart Rate Program, Heart Rate Control Program, and User Program. You may pre-set several workout parameters for desired results.

Note: Some parameters are not adjustable in certain programs. Time and Distance cannot be set up at the same time.

Once a program has been selected, press ENTER and TIME will flash.

Using the UP or DOWN button, you may select the desired time value. Press ENTER to input the values. The flashing prompt will move to the next parameter, continue using the UP or DOWN button. Press the START/STOP button to begin the workout.

More About Workout Parameters

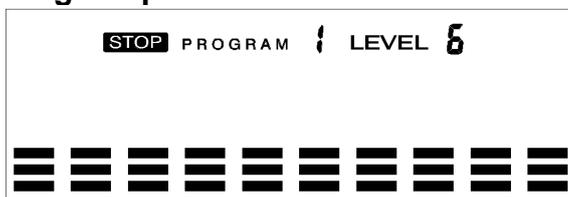
Field	Setting Range	Default Value	Increment/Decrement	Description
Time	0:00~ 99:00	00:00	± 1:00	1.When display is 0:00, Time will count up. 2.When time is 1:00-99:00, it will count down to 0.
Distance	0.00~999.0	0.00	±1.0	1.When display is 0.0, Distance will count up. 2.When Distance is 1.0~999.0, it will count down to 0.
Calories	0~9995	0	±5	1.When display is 0, Calories will count up.

				2. When Calories is 5~9995, it will count down to 0.
Watt	45~250	100	±5	User can set watt value only in the Watt Control Program. Target HR will be based on Age. When Heart Rate exceeds Target HR, the Heart Rate number will flash.
Age	10~99	30	±1	
Pulse	60~220	90	±1	Setting Parameters for Target heart rate.

PROGRAM OPERATION:

Manual (P1)

Program profile

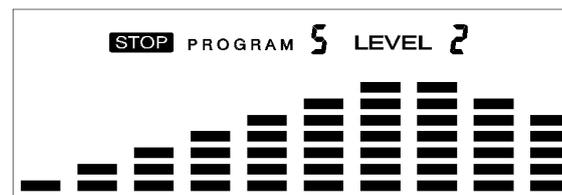
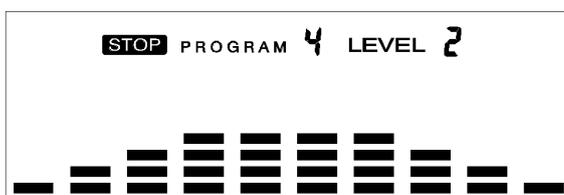
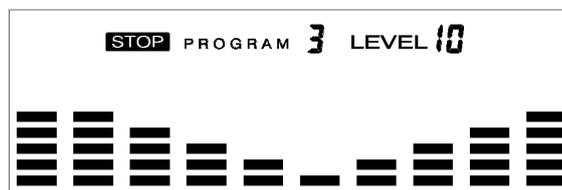
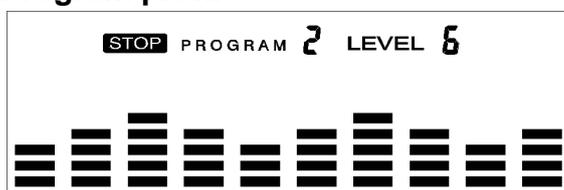


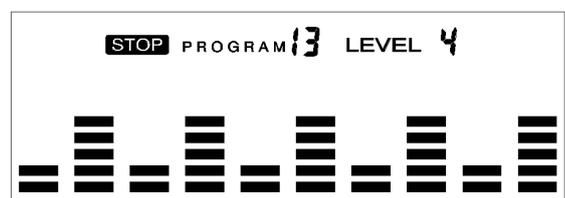
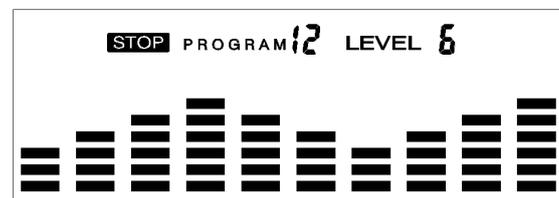
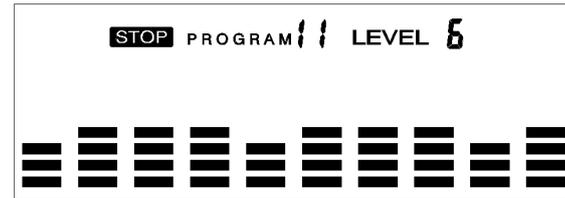
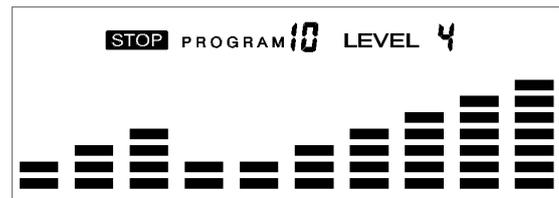
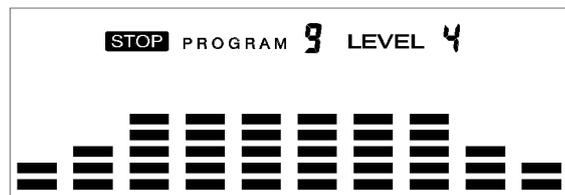
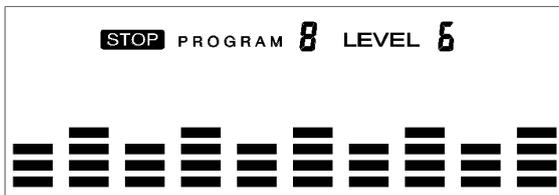
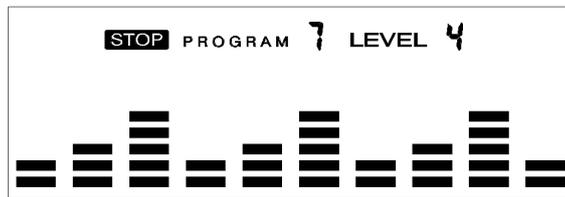
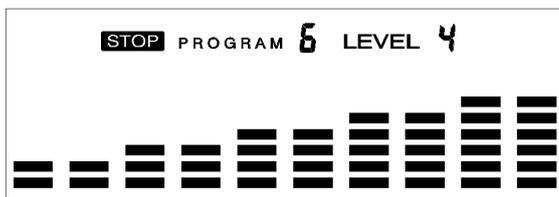
SETTING PARAMETERS FOR MANUAL PROGRAM

1. Select **Manual Program (P1)** using the UP or DOWN button, then press ENTER.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted.
Note: If you set up the target time to workout, then the next parameter of Distance cannot be adjusted.
4. Continue through all desired parameters, and press the START/STOP button to begin the workout.
Note: Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START button to continue the workout to reach the unfinished workout parameter.

Pre-set programs (P2~P13)

Program profile





There are 12 pre-set programs ready for use. All program profiles have 16 levels of resistance.

SETTING PARAMETERS FOR PRE- SET PROGRAMS

1. Select one of the **Pre-set Programs** using the UP or DOWN button, then press ENTER. TIME will flash so the value can be adjusted using the UP or DOWN key.
2. Press the ENTER button to save value and move to the next parameter to be adjusted. Continue through all desired parameters, pressing the START/STOP button to begin the workout.

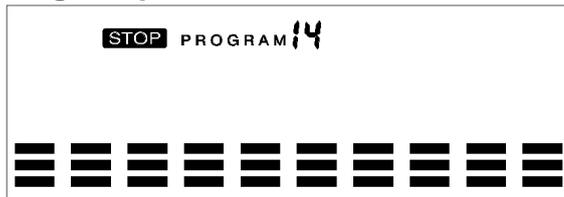
Workout in any pre-set program

You can adjust the level of resistance by pressing the UP or DOWN button during the workout.

Note: If you set up the target time to workout, then the next parameter of Distance cannot be adjusted. Once the workout parameters counts down to zero, it will beep and stop the workout automatically. Press the START button to continue the unfinished parameter.

Watt Control Program (P14)

Program profile

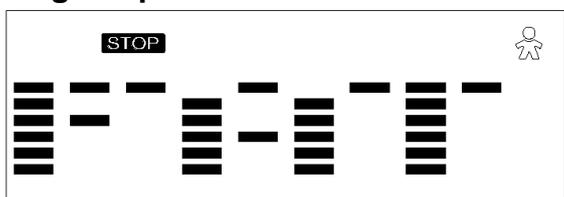


SETTING PARAMETERS FOR THE WATT CONTROL PROGRAM

1. Select **Watt Control Program (P14)** using the UP or DOWN button, then press ENTER.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press ENTER button to save the value and move to the next parameter to be adjusted.
Note: If you set up the target time to workout, then the next parameter of Distance cannot be adjusted.
4. Continue through all desired parameters, pressing the START/STOP button to start the workout.
Note: Once the workout parameters count down to zero, it will beep and stop the workout automatically.
5. Press the START button to continue the workout to reach the unfinished workout parameter.
The computer will adjust the resistance load automatically depending on the speed to maintain the constant watt value. You can use the UP or DOWN button to adjust the watt value during the workout.

BODY FAT Program (P15)

Program profile



SETTING DATA FOR BODY FAT

Select **BODY FAT Program (P15)** using the UP or DOWN button, then press ENTER. "MALE" will flash so Gender can be adjusted using the UP or DOWN button. Press the ENTER button to save gender and move to the next data.

"5'8 (inches)" of Height will flash so Height can be adjusted using the UP or DOWN button. Press ENTER to save the value and move to the next data.

"165 (lbs)" of Weight will flash so Weight can be adjusted using the UP or DOWN button. Press ENTER to save the value and move to the next data.

"30" of Age will flash so Age can be adjusted using the UP or DOWN button. Press ENTER to save the value.

Press the START/STOP button to start the measurement. Please also remember to grasp the hand pulse grips. After 15 seconds the display will show Body Fat %, BMR, BMI, & BODY TYPE.

Body Types:

There are 9 body types divided according to the FAT % calculated. Type 1 is from 5% to 9%. Type 2 is from 10% to 14%. Type 3 is from 15% to 19%. Type 4 is from 20% to 24%. Type 5 is from 25% to 29%. Type 6 is from 30% to 34%. Type 7 is from 35% to 39%. Type 8 is from 40% to 44%. Type 9 is from 45% to 50%.

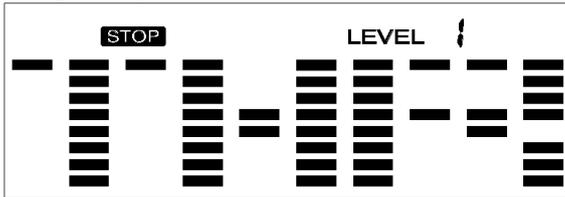
BMR: Basal Metabolism Ratio

BMI: Body Mass Index

Press START/STOP button to return the main display.

TARGET HEART RATE Program (P16)

Program profile

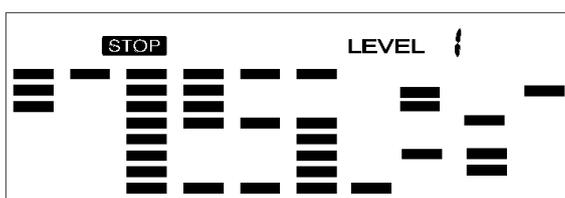
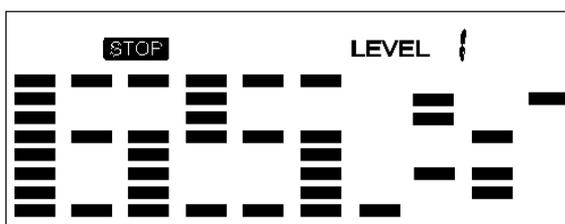
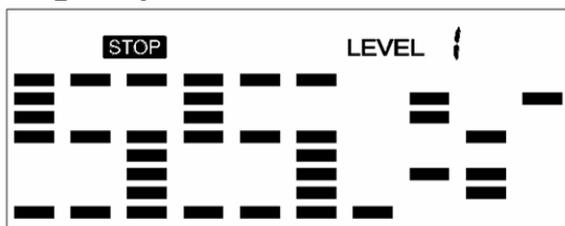


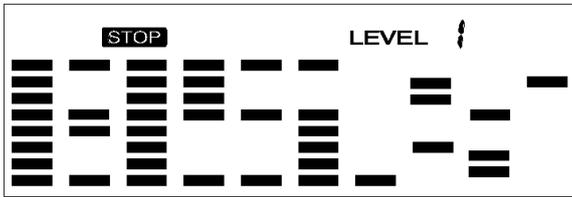
SETTING PARAMETERS FOR TARGET HEART RATE PROGRAM

1. Select **TARGET HR (P16)** using the UP or DOWN button, then press ENTER.
2. TIME will flash. The value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted.
Note: If you set up the target time to work out, then the next parameter of Distance cannot be adjusted.
4. Continue through all desired parameters, pressing START/STOP button to start workout.
Note: If Pulse is above the set TARGET HR, the Pulse value will flash to remind the user.

HEART RATE CONTROL Program (P17-P20)

Program profile





There are 4 selections for target pulse (HR):

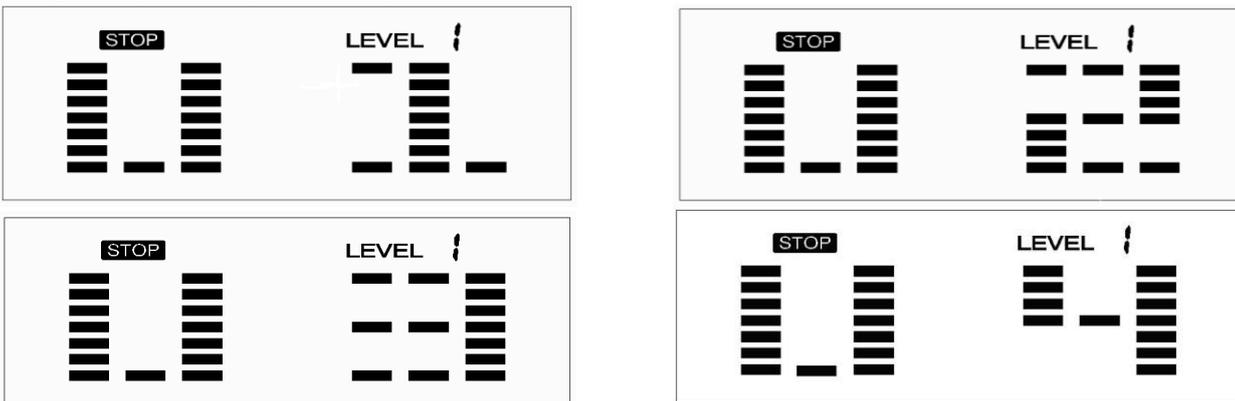
- HRC - 55% TARGET HR= 55% of (220-AGE)
- HRC - 65% TARGET HR= 65% of (220-AGE)
- HRC - 75% TARGET HR= 75% of (220-AGE)
- HRC - 85% TARGET HR= 85% of (220-AGE)

SETTING PARAMETERS FOR HEART RATE CONTROL

1. Select one of the **Heart Rate Control Programs** using the UP or DOWN button, then press ENTER.
2. TIME will flash. The value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted.
Note: If t you set up the target time to work out, then the next parameter of Distance cannot be adjusted.
4. Continue through all desired parameters, pressing the START/STOP button to start the workout.
**Note: If Pulse is above or below (± 5) the TARGET HR, the computer will adjust the resistance load automatically. It will check every 20 seconds approx. 1 resistance load will increase or decrease (Note: each resistance load represents 2 levels of load).
 If one of the workout parameters counts down to be zero, it will beep and stop the workout automatically. Press the START/STOP button to continue the workout to reach unfinished workout parameter.**

User Program

Program profile (P21-P24)



The 4 user programs allow the user to set their own program that can be used immediately.

SETTING PARAMETERS FOR USER PROGRAM

1. Select the **User Program** using the UP or DOWN button then press ENTER.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the values and move to the next parameter to be adjusted.

Note: If you set up the target time to work out, then the next parameter of Distance cannot be adjusted.

4. Continue through all desired parameters.
5. After finishing the setup of the desired parameters, level 1 will flash. Use the UP or DOWN button to adjust, then press the ENTER button until finished. (There are 10 times total). Press the START/STOP button to begin the workout.

Note: Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START/STOP button to continue the workout to reach the unfinished workout parameter.