



**Cardio Kids 601 Elementary  
Elliptical  
OWNER'S MANUAL**



[www.kidsfit.com](http://www.kidsfit.com)

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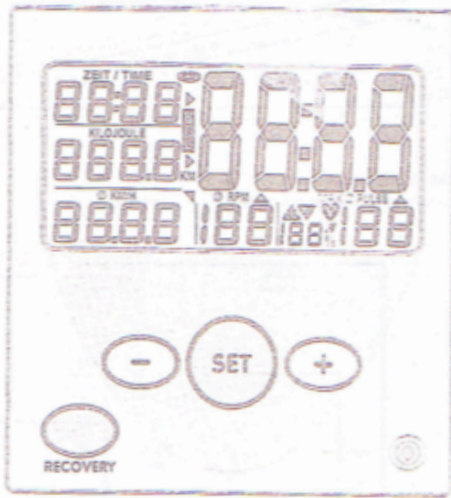
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# Identifying and Defining Components of Computer

A.



1 Time :00-99:59 [min:sec]

2 Energy consumption 0-9999 Full kilometers  
[Odometer] [0-9999 km]

3 Speed 0-99.9 [KM/H]  
Distance 0-99.9 [KM]

4 Pedal Frequency 20-199 [Revolutions/min] Pedal  
Revolutions

5 Percent

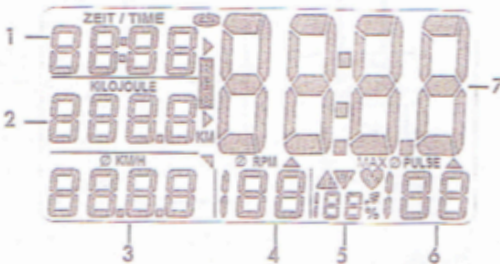
Relationship: current pulse rate- maximum pulse

6 Pulse 50-199 [beats/min]

7 Large display Room temperature [0-40 degrees]  
fitness-grade [F1.0-F6.0]

See Figure B.

B.



## Symbols

a REC Recovery pulse

b SCAN

Automatic display change

c ARROW

Current area in the large display

d KM

Full kilometers

e Average

Beat frequency + pulse

f LO

Lower than the lower pulse value

g HI

Higher than the higher pulse value

h Heart

blinks intact with the pulse

i Percent

% of maximum pulse specification

j Grade

Acoustic maximum pulse supervision

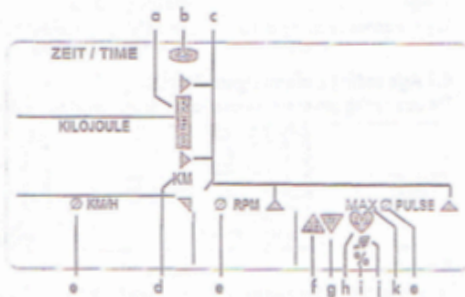
k MAX

Exceeding the maximum pulse

See Figure C.

C.

Symbols in the display



D.



Picture 1

Picture 2



Picture 3



Picture 4

## Keys:

Minus key Lower value (display range back)

Set key Function key (specification, change, reset of the display)

Plus key Increase values (display range up)

Recovery key Function key (fitness grade determination)

Attachment (front)

Connector For the ear clip

Attachment (back)

Connector (4 pole) for the hand pulse sensors (not with racer and crossbike)

Connector (2 pole) for the speed recorded

Battery compartment 2 batteries: Mignon 1.5 Volt, LR6, AA

See Figure A on page 2. (Previous Page)

## 1.0 Display before exercising

- |                     |   |
|---------------------|---|
| 1. Room temperature | Picture 1 (before and after exercising)             |
| 2. Full display     | Picture 2 (after pedaling or pushing button, 1 sec) |
| 3. Full kilometer   | Picture 3 (length of display: 10 seconds or key)    |
| 4. Start Display    | Picture 4   |

See Figure D. on page 2. (Previous Page)



Recording pulse with the hand pulse sensors  
 The hands cover the hand pulse sensors.

Recording pulse with the ear clip  
 Plug the ear clip in the connection  
 Rub on earlobe to improve the circulation  
 Put the ear clip on the earlobe

Pulse display  
 You have adjusted the start display (Picture 4)  
 The heart symbol (h) blinks in tact with your pulse  
 After a few seconds, the pulse is shown as a value

3.0 Exercising without specification of exercise data  
 setting time (1) kilojoule (2) distance (3) and pulse (6). You have  
 set the start display (Picture 4). Press the set key, enter the setting  
 mode and set the desired values with the + or - keys.  
 If you press the +/- key longer, the value will go back to OFF. With  
 the set key, you will reach the next settings.  
 After the pulse setting, leave the setting mode with the set key and  
 see the display with the possible settings (Picture 16/17)  
 Press the set key longer and the display will go to the full display  
 (reset function) (Picture 2)

Note  
 If you do not enter a setting value within 4 minutes, the display will  
 go to room temperature (Picture 1)

Picture 5: The time setting begins with "OFF"  
 Picture 6: Time setting e.g. 18 minutes  
 Picture 7: Energy consumption setting: e.g. 270 Kilojoule  
 Picture 8: Distance setting: e.g. 10KM



Picture 5

Picture 6



Picture 7

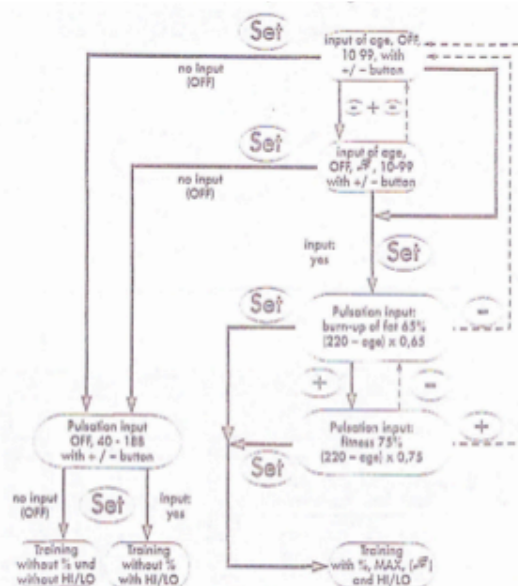
Picture 8

### The right exercising pulse

The exercising pulse depends on age and exercise goal. For  
 each age and exercise goal there is a suggested range which is  
 designated by an upper and lower pulse limit (+/- 10 beats). The  
 exercise pulse should always be within the aerobe zone. The  
 maximum pulse frequency (220-age) may not be exceeded.

### Pulse setting possibilities

The scheme shows the course of the  
 pulse settings



#### In detail:

Setting- exercise pulse  
 With the set key, you have access to 2 setting areas:  
 -Age (Picture 9/10)  
 -Pulse zones: Burning of fat

#### 4.1 Age setting /alarm signal ON/OFF

The agesetting serves for the calculation of your maximum  
 pulse.



Picture 9

Picture 10

When you enter your age, in the PULSE display  
 (6) there will be a maximum pulse which depends  
 on the age [Formula: 220-age]. (Picture 11). With  
 settings up to 21 years, only 199 can be displayed  
 as a maximum pulse but the right value will be  
 calculated.

#### 4.0 Pulse Zones

With the +/- keys, you select 2 zones. The age setting serves for the calculation of these pulse zones.

This is visible with the #'s display.

1. Burning of fat  
Formula:  $(220 - \text{age}) \times 0.65$
2. Fitness Zone  
Formula:  $(220 - \text{age}) \times 0.75$

#### Function

Through the setting of the pulse zones and the assumed maximum pulse, a pulse zone supervision is activated. If the set exercise pulse falls short of 11 beats, the display shows "LO", if 11 beats are exceeded, "HI." The "LO" supervision is active if first the given exercise pulse is reached while pedaling. If the rotation number falls below 20, the "LO" function becomes active again when the given exercise pulse has been reached. The "HI" supervision is always active.

If the maximum pulse is exceeded by 1 beat "HI" will blink and "MAX" appears. If the acoustic alarm is active, you will be able to hear the alarm signal. The value which is displayed with the #'s symbol is the comparison between current pulse value and maximum pulse value.

#### 4.1 Pulse Supervision

This setting is possible in the area from 40-188 with the +/- keys.

#### Function

The "HI" and "LO" display functions are described in 4.2.

The proportional pulse display as well as the acoustic alarm function are not available.

#### 4.2 Finishing the Settings

After the last setting, if you press the set key, your setting values (except for pulse setting) will be displayed.

If you have activated a pulse zone, the comparison between the current pulse value and the maximum pulse value or "—" with missing pulse signal will be shown.

If your pulse beat exceeds the entered pulse limit or your maximum pulse exceeds it, first the HI and then the MAX symbol will be displayed.

#### 5.0 Displaying While Exercising

When you start exercising, in 5 second tact an automatic display change SCAN will begin. With the set key, you can shut it off. With the +/-keys you can then jump forward or back a display area.

#### 6.0 Display before exercising, with breaks in the exercising, end

If you make less than 20 pedal rotations/min, the electronics recognize a break in the exercising. An automatic display change stops. The SCAN symbol disappears. Below KM/H, RPM, pulse, the average symbol and the average value is displayed.

If you do not continue exercising within 4 minutes, the display changes to room temperature. In doing so the distance is added in full kilometers. All other values are not stored.

#### Note

Speed and distance change in 5-second intervals.

With the +/- keys, you can jump forward or back one display area.

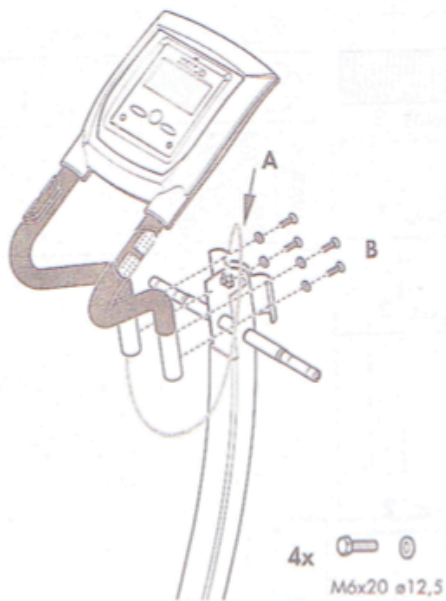
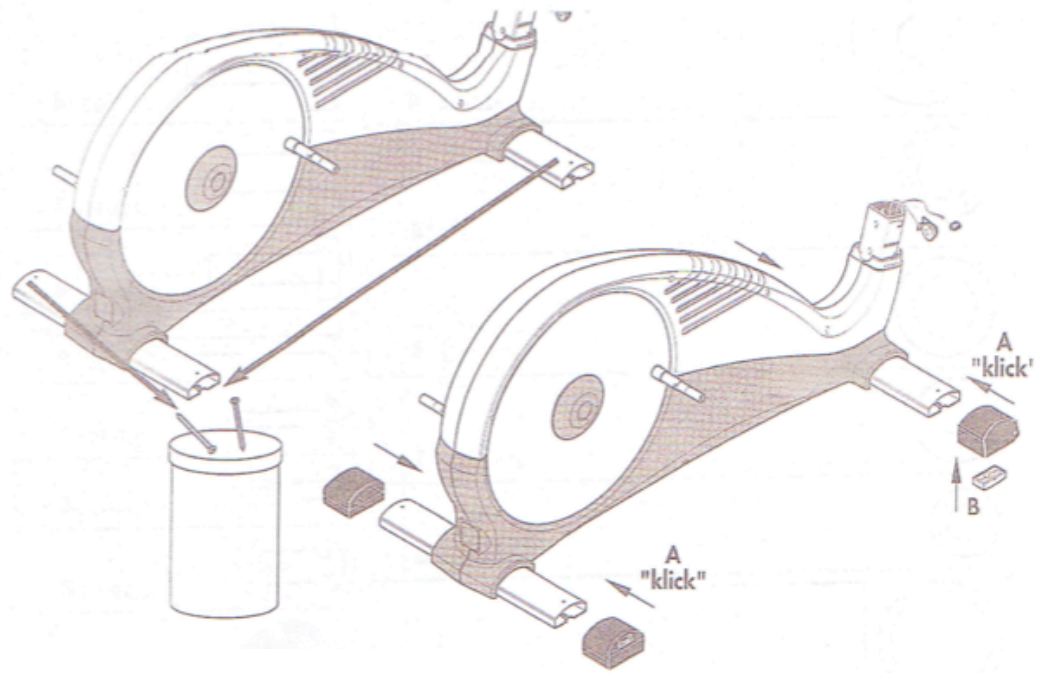
With the set key you return to the setting mode. In doing so, all previous exercise data will be deleted. Settings remain.

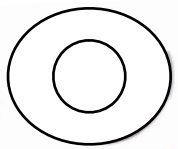


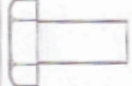

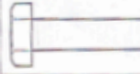

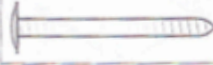





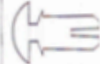
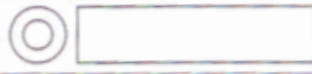

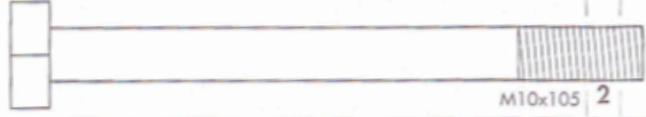

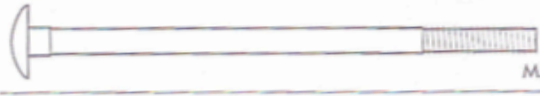

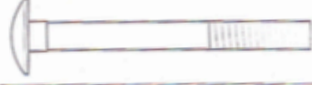


#### 7.0 Display when continuing exercising

Start exercising again. The values continue to count.

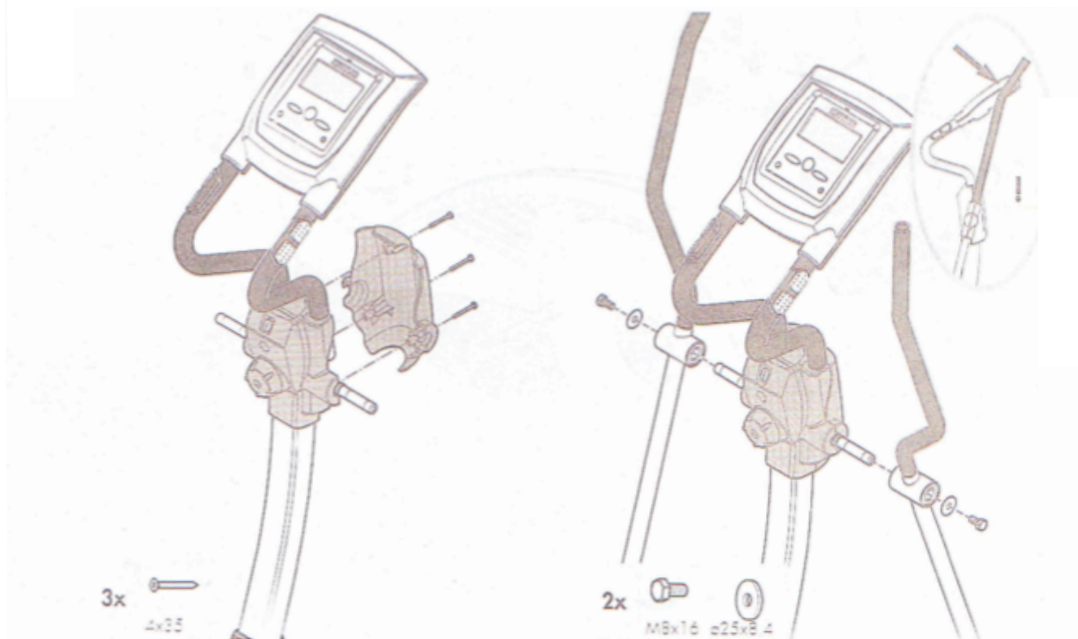
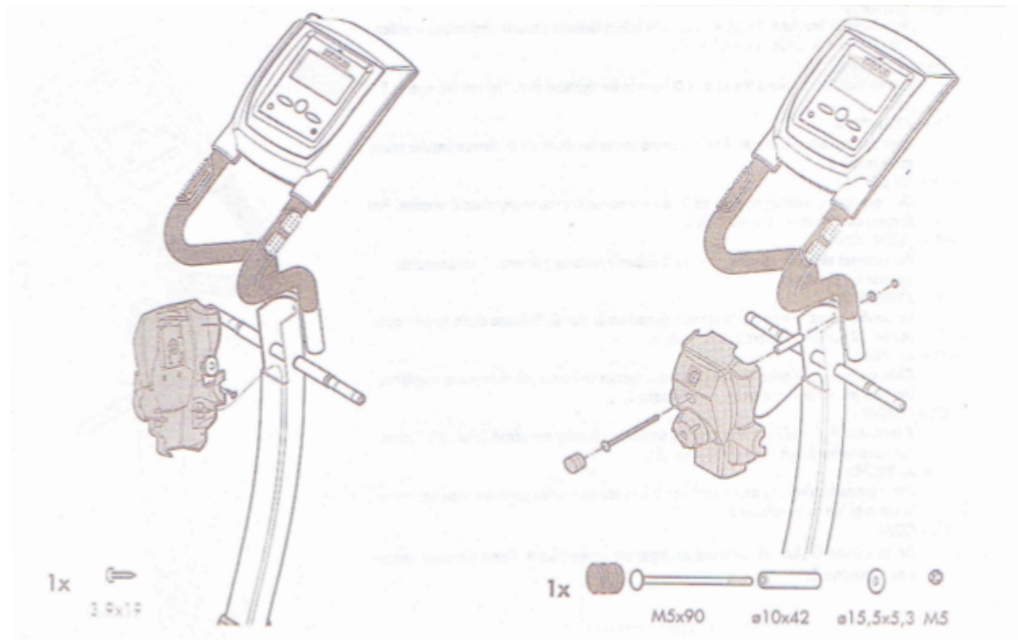
#### 8.0 Measuring recovery pulse

The exercise computer is equipped with a recovery pulse function. This makes it possible to measure your recovery pulse when you finish exercising. When you finish exercising, press the recovery key. The current pulse value is taken over under Time. The computer measures your pulse during a 59 seconds countdown. Afterwards, the current pulse value is taken over under kilojoules and under KM/H. The difference of the pulse values within the return are given and a fitness grade is displayed with (F). The calculation is explained under 9.0 general. If the measurement of the pulse is interrupted, instead of a value (P) is displayed. If you press the recovery key, the current exercise display will appear again. The current pulse is always shown under Pulse.



	$\varnothing 25 \times 5$	4		M10x20	4
	$\varnothing 10$	4		M8x16	4
	$\varnothing 18 \times 11,3$	4		M6x20	4
	$\varnothing 15,5 \times 5,3$	1		4x35	3
	$\varnothing 12,5 \times 6,4$	6		3,9x19	1
	$\varnothing 22,2 \times 27,5$	2		3,9x9,5	8
	$\varnothing 22,2 \times 27,5$	2		$\varnothing 6 \times 9,5$	8
	$\varnothing 10 \times 42$	1		M6	2
	M10x105	2		M10	2
	M5x90	1		M5	1
	M6x50	2			1
	$\varnothing 42$	2			

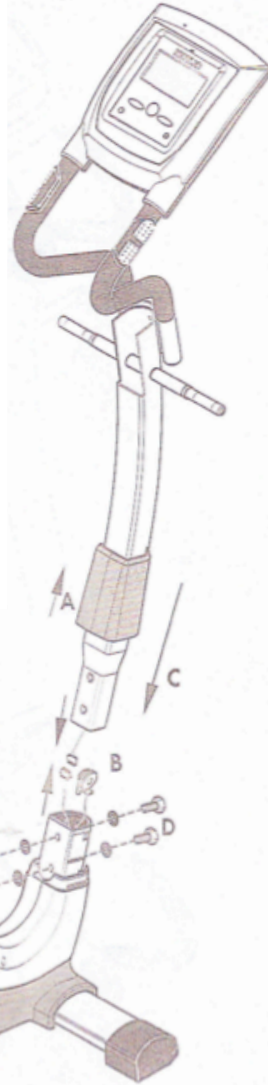




    
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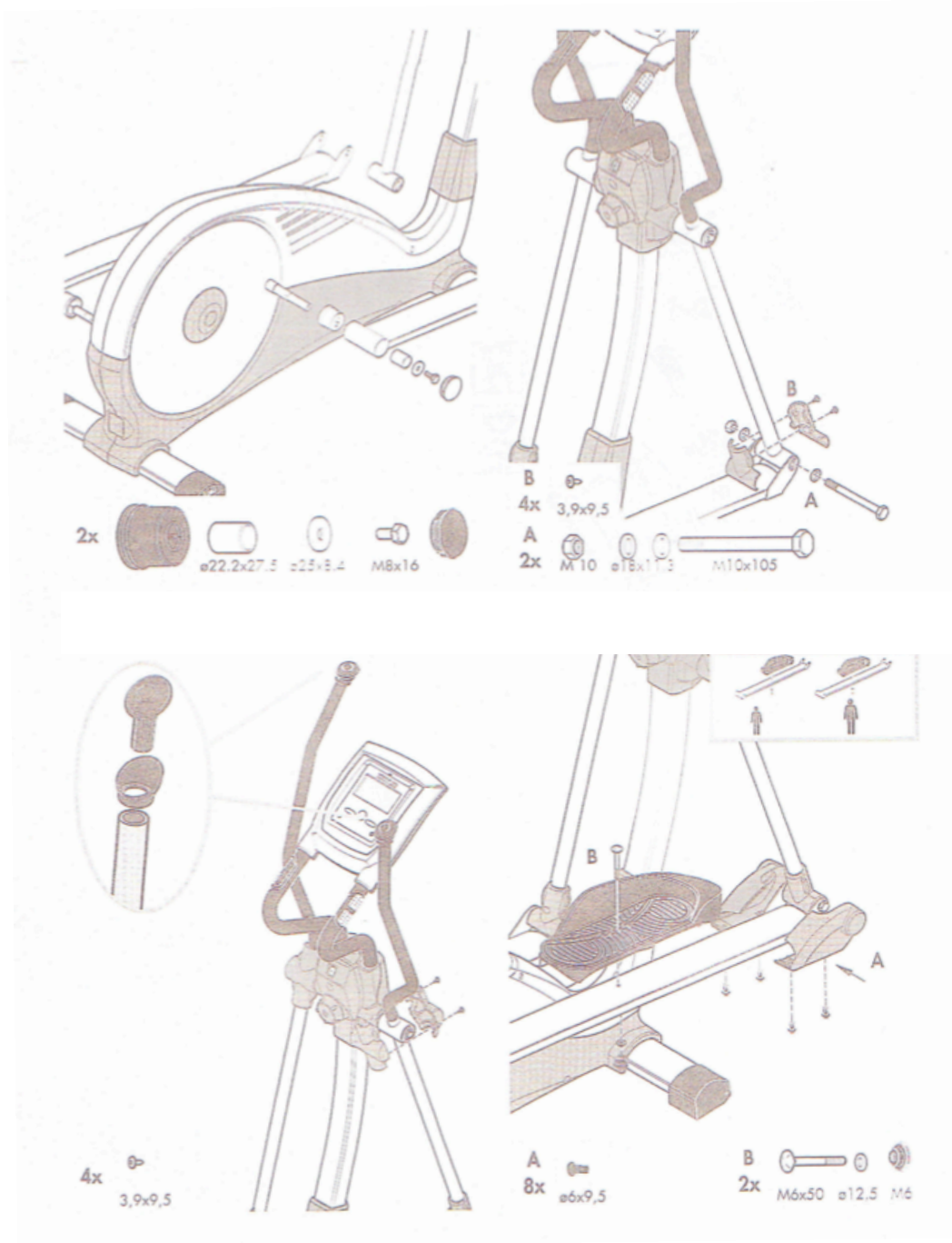


- D - ACHTUNG!  
Die beiden Schrauben D müssen aus technischen Gründen zuerst angezogen werden. Erst dann die Schrauben E anziehen.
- GB - IMPORTANT!  
Due to technical reasons the screws D have to be tightened first. Tighten the screws E last.
- F - ATTENTION!  
Pour des raisons techniques il faut d'abord serrer les deux vis D. Serrez ensuite seulement les vis E.
- NL - LET OP!  
Om technische redenen moeten de beide schroeven D eerst vastgedraaid worden. Pas daarna de schroeven E vastdraaien.
- E - ¡ATENCIÓN!  
Por razones técnicas, las dos tornillos D deben apretarse primero. A continuación apretar los tornillos E.
- I - ATTENZIONE!  
Per motivi tecnici è necessario serrare dapprima le due D. Saltanto dopo questa operazione si possono serrare anche le viti E.
- PL - UWAGA!  
Obie śruby z podkładką D muszą być z przyczyn technicznych dokręcone najpierw. Dopiero potem dokręcić śruby z podkładką E.
- CZ - POZOR!  
Z technických důvodů je třeba nejprve dotáhnout šrouby označené jako „D“. Teprve poté dotáhněte šrouby označené jako „E“.
- P - ATENÇÃO!  
Por motivos técnicos, os dois parafusos D têm ser apertados primeiro. Apertar somente em seguida os parafusos E.
- DK - OBS!  
De to skruer D skal af tekniske årsager strammes først. Først derefter spændes skruerne E.



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## Battery Change

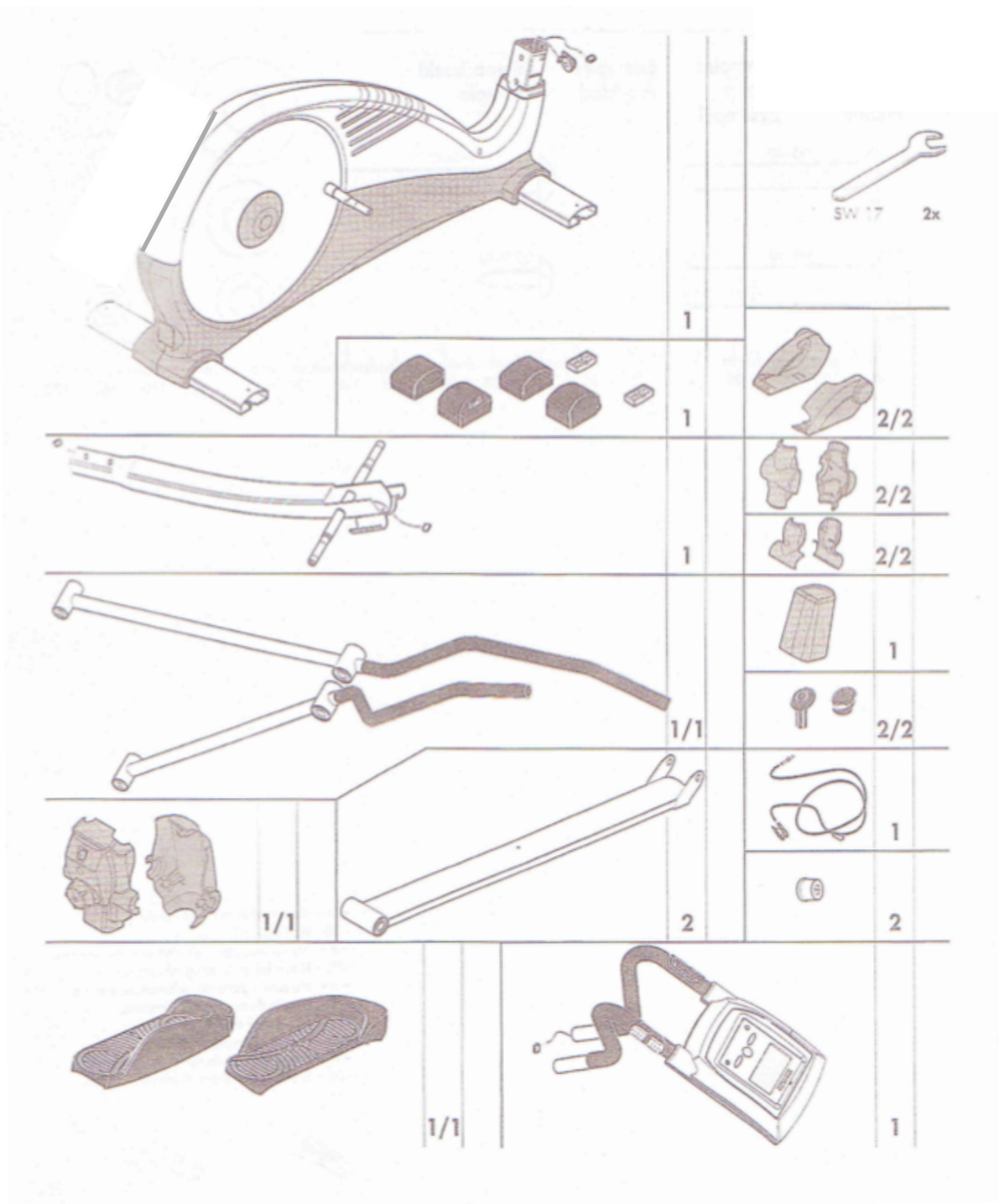
A weak or an extinguished computer display makes a battery change necessary. The computer is equipped with two batteries.

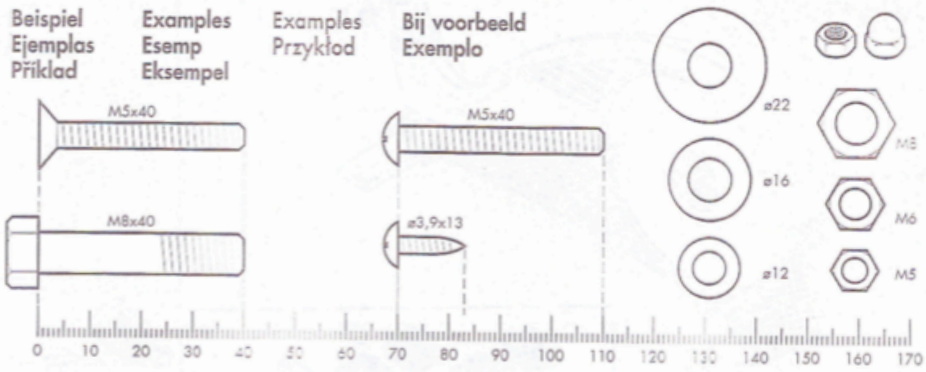
Perform the battery change as described below:

\*Remove the lid of the battery compartment and replace the batteries by two new batteries of type AA 1,5V

\*When inserting the batteries pay attention to the designation on the bottom of the battery compartment.

\*Should there be any misoperation after switching on the computer again, shortly disconnect the batteries once again and reinsert them.





- D - Gehört nicht zum Lieferumfang.
- GB - Not included.
- F - Ne fait pas partie du domaine de livraison.
- NL - Is niet bij de levering inbegrepen.
- E - No forma parte del volumen de entrega.
- I - Non in dotazione alla fornitura.
- PL - Nie należy do zakresu dostawy.
- CZ - Nepatří do rozsahu dodávky
- P - Não está incluída nas peças fornecidas
- DK - Er ikke inkluderet i leveringsomfanget.