KIDSFIT ™

International Youth Fitness

Cardio Kids 602 Junior
Elliptical
OWNER'S MANUAL

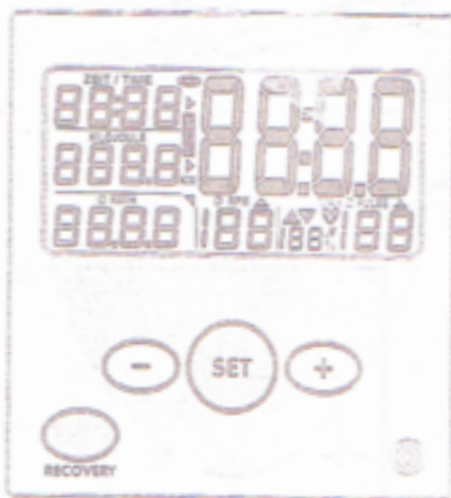www.kidsfit.com

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Huger, SC 29450
Phone: 843.336.5090
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C E

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]
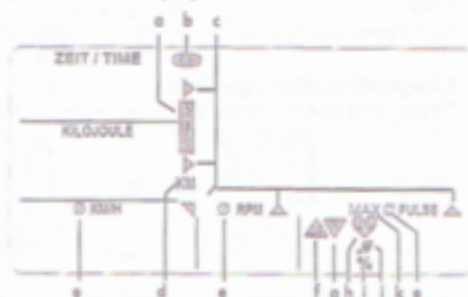   fitness-grade [F1.0-F6.0]
See Figure B.

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

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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.

1.0 Display before exerclsing

1. Room temperature   Picture 1 (before and after exercsing)
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.

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
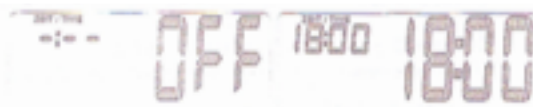(reset function) (Picture 2)
Note
If you do not enter a setting value within 4 minutes, the display will
go to room temperature (Picture 1)
Picture 5: The time setting begins with "OFF"
Picture 6: Time setting e.g. 18 minutes
Picture 7: Energy consumption setting: e.g. 270 Kilojoule
Picture 8: Distance setting: e.g. 10KM
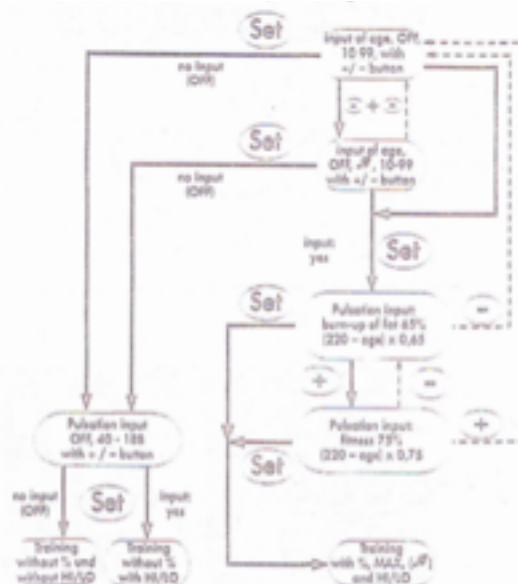
Picture 5	Picture 6
Picture 7	Picture 8

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.

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AGE

Picture 11
Age setting e.g. 31 with maximum pulse display 189

4.2 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 % display (5).

1. Burning of fat [Fa 65%] (Picture 12)
Formula: (220 - age) x 0.65

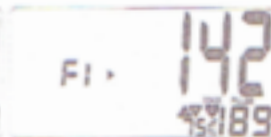2. Fitness Zone [Fi 75%] (Picture 13)
Formula: (220 - age) x 0.75

FA ▸ 123
65% 189

FI ▸ 142
75% 189

Picture 12
Pulse zone: burning of fat with 65%

Picture 13
Pulse zone: Fitness with 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 % symbol is the comparison between current pulse value and maximum pulse value.

4.3 Pulse supervision (depending on age)

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

OFF
- -

150
150

Picture 14
No setting "OFF"

Picture 15
Pulse value setting e.g. 150 with HI LO symbol

Function

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

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

4.4 Finishing the settings

After the last setting, if you press the set key, your setting values (except for pulse setting) will be displayed (Picture 16).

If you have activated a pulse zone, under (5) the comparison between the current pulse value and the maximum pulse value or "--" (Picture 17) with missing pulse signal will be shown.

10:00 ▸ 10:00
270 10:00
10.0   0   P

10:00 ▸ 10:00
270 10:00
10.0   0   --‹   P

Picture 16

Picture 17
Pulse zone setting (compare Picture 12/13)

---

short signal tones are emitted.

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 Display while exercising

When you start exercising, in 5 second tact an automatic display change **SCAN** will begin (symbol **b** in the display). 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 changestops. The **SCAN** symbol disappears. Below KM/H (3), RPM (4) and pulse (5) the average symbol (e) and the average value is displayed.

If you do not continue exercising within 4 minutes, the display changes to **room temperature** (Picture 1). In doing so, the **distance** is added in full kilometers. All **other** values **are not stored.**

Note

Speed (3) and distance (3) change in 5 second tact.

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** (1) (Picture 18). The computer measures your pulse during a 59 seconds countdown(Picture 18). Afterwards, the current pulse value is taken over under **Kilojoule** (2) and under **KM/H** (3) the difference of the pulse values within the return are given and a fitness grade is displayed with (F) (Picture 19). 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 (6).

130
--

0:59
130

130 F 23
105
25   105
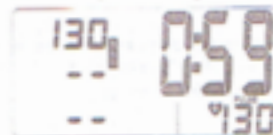
Picture 18

Picture 19

130 E
--
--   P

E

Picture 20

Picture 21

Picture 18: Measurement of the recovery pulse with time return (0:59 - 0:00)

Picture 19: Fitness grade display

Picture 20: No recognition of pulse (E) with recovery pulse measurement

Picture 21: No recovery pulse function (E)

Note:

If no pulse value is displayed, the recovery pulse function is not activated.

General

Average Value Calculation
For the calculation of the average value of speed, pedal rotations and pulse, all exercising intervals are taken into consideration until the "reset" function is activated or the "temperature" display appears.

Notes for measuring the pulse
The pulse calculation begins if the heart in the display blinks with the tact of your pulse.

With ear clip
The pulse sensor works with infrared light and measures the changes of the transparency of your skin which are caused by your pulse. Before you put the pulse sensors on your earlobe, rub it strongly 10 times to increase the circulation.

Avoid disturbing impulses.
Carefully attach the ear clip to your earlobe and look for a good point for the measurement (the heart symbol blinks without interruption).
Do not exercise directly with strong lights (e.g. neon light, halogen light, etc.)

Avoid in any case shaking or instability of the ear sensor including the cable.
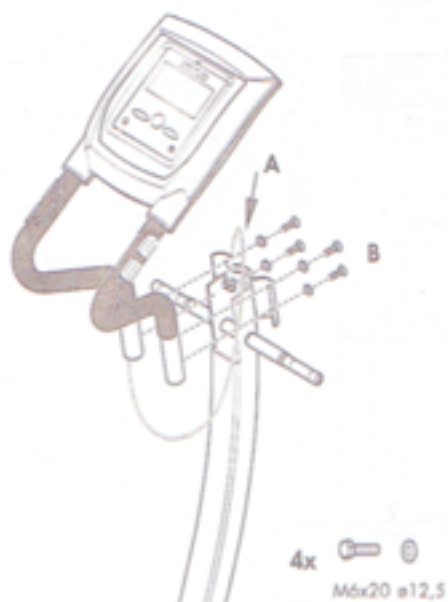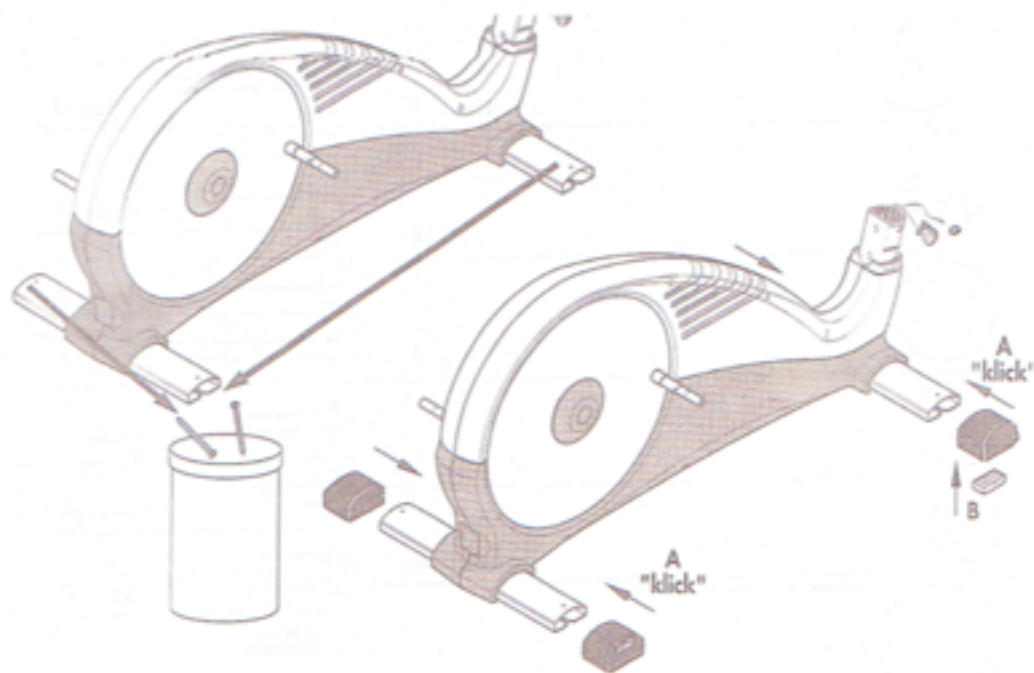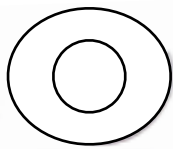
Disturbances in the pulse display
Check the battery voltage of the electronics.

Disturbances with the exercise computer
Note the kilometer status. With unusual behavior with the exercise computer, take out the batteries, check the battery voltage and reinsert the batteries. The stored full kilometers are lost when the batteries are changed.
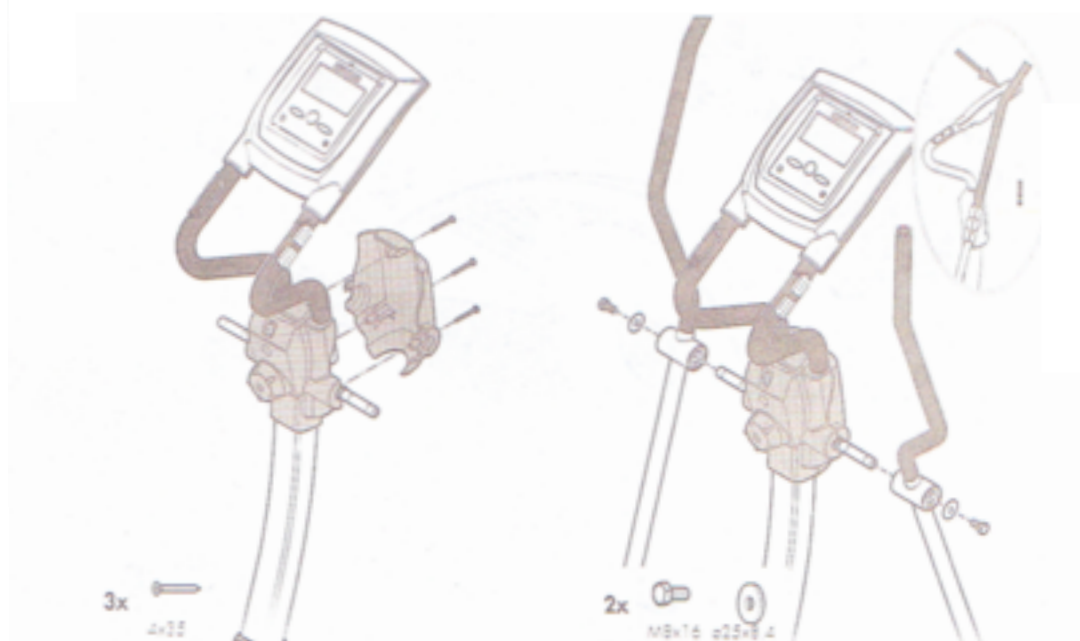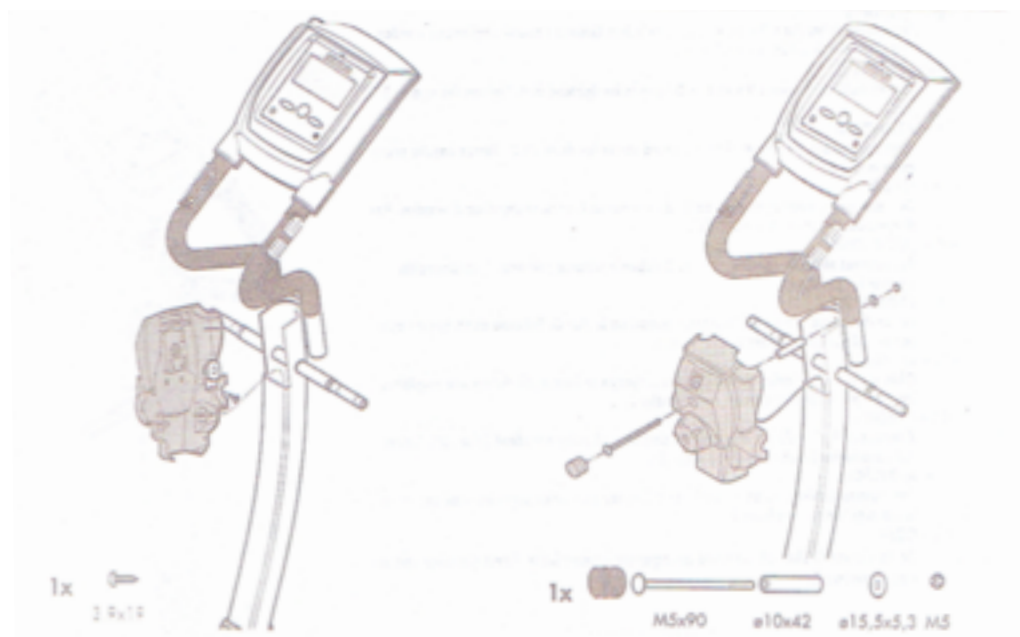
KIDSFIT™
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A
"klick"

A
"klick"

B

A

B

4x M6x20 ø12,5

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⌀25x6,4	4	M10x20	4
⌀10	4	M8x16	4
⌀18x11,3	4	M6x20	4
⌀15,5x5,3	1	4x35	3
⌀12,5x6,4	6	3,9x19	1
⌀22,2x27,5	2	3,9x9,5	8
⌀10x42	1	⌀6x9,5	8
M10x105	2	M6	2
M5x90	1	M10	2
M6x50	2	M5	1
⌀42	2		1

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1x   3.9x16

1x   M5x90   ø10x42   ø15,5x5,3   M5

3x   4x35

2x   M8x16   ø25x8,4

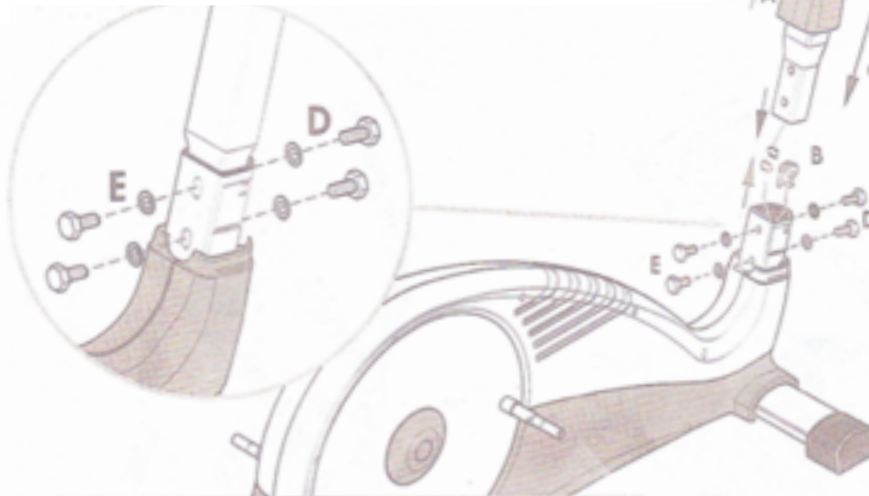# KIDSFIT ™

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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 tightend 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, los dos tornillos D deben apretarse primera. A continuación apretar los tornillos).
- I = ATTENZIONE!
  Per motivi tecnici è necessario serrare dapprima le due D. Soltanto dopo questa operazione si possono serrare anche le viti E.
- PL = UWAGA!
  Obie śruby z podkładką D muszą być z przyczyn technicznych dokręcane 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!
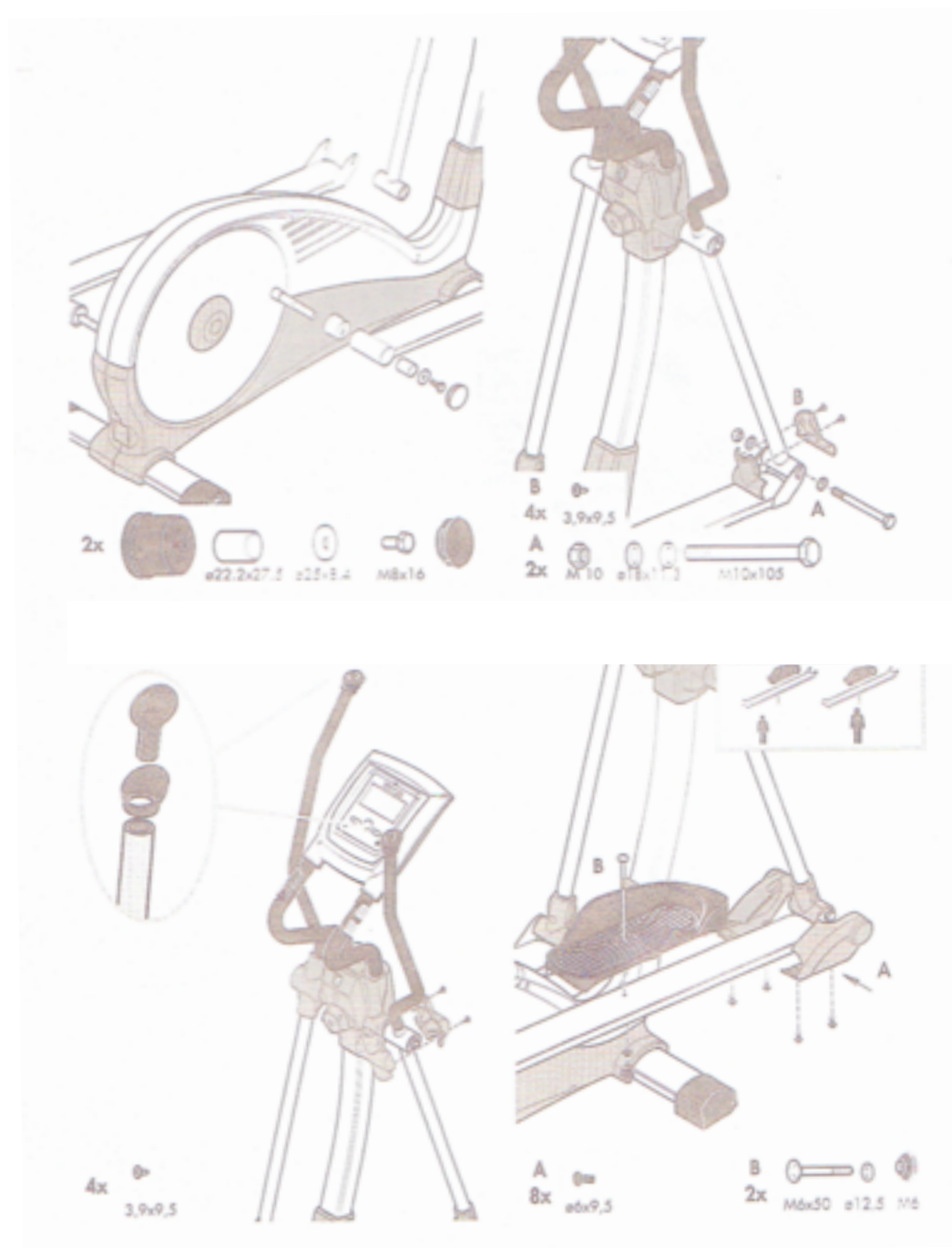 De to skruer D skal af tekniske årsager strammes først. Først derefter spændes skruerne E.

Kidsfit
2130 Cainhoy Road
Huger, SC 29450

4x M10x20 M10

Battery Change

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

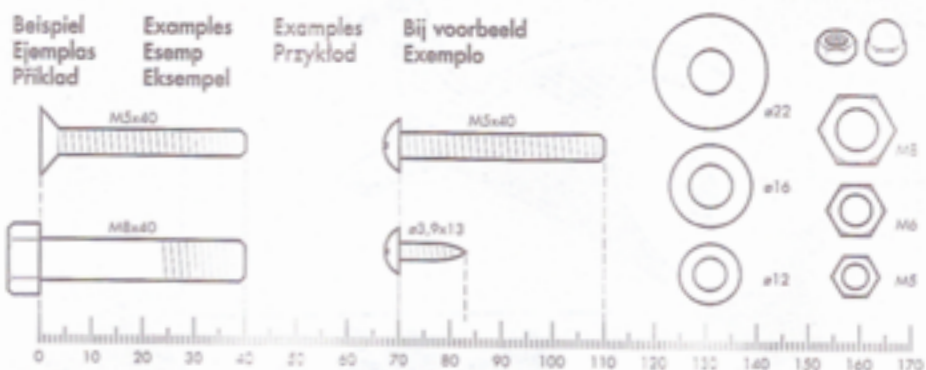Perform the battery change as described below:

*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.

M5x40

M5x40

M8x40

ø3.9x13

ø22

ø16

ø12

M8

M6

M5

0   10   20   30   40   50   60   70   80   90   100   110   120   130   140   150   160   170

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