

4.1 CONSOLE DESCRIPTION



WORKOUT KEYS: Simple program view and selection buttons.

GO: One touch Start.

ENTER: To confirm each program setting.

UP / DOWN LEVEL: Easy information and level selection.

UP / DOWN TIME: Easy information and time adjustment.

STOP: Ends workout and shows workout summary data.

NUMBER KEYPAD: Workout data input for workout setup. Level adjustment during workout.

COOL DOWN: Puts the Elliptical Trainer into Cool Down Mode.

FAN: Allows for fan speed selection (fan has 3 operating speeds).

TOGGLE DISPLAY: Allows user to select what information is displayed on the console.

CHAPTER 4: CONSOLE OVERLAY AND WORKOUT DESCRIPTION

4.2 WORKOUT SETUP STEPS - MANUAL

GO - Press to immediately begin a workout. Workout, resistance level, and time will automatically go to default settings. Pressing GO will not prompt user for age, weight, or level settings.

1) Start pedaling and press the GO key to begin your workout. 2) The display will read 3, 2, 1, Begin and then the program will start.

MANUAL - Manual allows the user to input more information while defining their own workout. Calorie expenditure will be more accurate when inputting information in Manual than by pressing GO.

1) Start pedaling, press the MANUAL key.
2) Select Level by using the UP or DOWN LEVEL keys and press ENTER.
3) Select Time by using the UP or DOWN LEVEL keys and press ENTER.
4) Select Weight by using the UP or DOWN LEVEL keys and press ENTER.
5) The display will read 3, 2, 1, Begin and then the program will start.

4.3 WORKOUT SETUP STEPS - FAT BURN

FAT BURN - Fat burn is a level based program that is designed to help users burn fat through various resistance level changes.

1) Start pedaling and press the FAT BURN key.
2) Select Level by using the UP or DOWN LEVEL keys and press ENTER.
3) Select Time by using the UP or DOWN LEVEL keys and press ENTER.
4) Select Weight by using the UP or DOWN LEVEL keys and press ENTER.
5) The display will read 3, 2, 1, Begin and then the program will start.

4.4 WORKOUT SETUP STEPS - LEVEL BASED

ROLLING HILLS - The Rolling Hills program is a level based program that automatically adjusts the resistance level to simulate real terrain.

1) Start pedaling and press the ROLLING HILLS key.
2) Select Level by using the UP or DOWN LEVEL keys and press ENTER.
3) Select Time by using the UP or DOWN LEVEL keys and press ENTER.
4) Select Weight by using the UP or DOWN LEVEL keys and press ENTER.
5) The display will read 3, 2, 1, Begin and then the program will start.

INTERVAL TRAINING - The Interval Training program is a level based program that automatically adjusts the resistance of the machine from low to high intensity settings at regular intervals.

1) Start pedaling and press the INTERVAL TRAINING key.
2) Select Level by using the UP or DOWN LEVEL keys and press ENTER.
3) Select Time by using the UP or DOWN LEVEL keys and press ENTER.
4) Select Weight by using the UP or DOWN LEVEL keys and press ENTER.
5) The display will read 3, 2, 1, Begin and then the program will start.

RANDOM - Random is a level based workout that randomly adjusts the resistance of the machine.

1) Start pedaling and press the key next to RANDOM key.
2) Select Level by using the UP or DOWN LEVEL keys and press ENTER.
3) Select Time by using the UP or DOWN LEVEL keys and press ENTER.
4) Select Weight by using the UP or DOWN LEVEL keys and press ENTER.
5) The display will read 3, 2, 1, Begin and then the program will start.

4.5 WORKOUT SETUP STEPS - COOPER FITNESS TEST

FITNESS TEST -The Cooper Fitness Test measures cardiovascular fitness and provides an estimated sub-maximal VO₂ result. It is based on power output according to ACSM standards and was developed by the Cooper Institute© (www.cooperinstitute.org). User RPMs must remain between 60-80 RPM during the test. The test will end when the user can no longer maintain this speed. Use of a heart rate strap is optional but provides more data.

The test starts at a low intensity level and gradually increases in intensity (difficultly) every 2 minutes. As it increases, the user must maintain 60-80 RPM to advance to the next level. The test could take upwards of 30+ minutes for very fit individuals. Once the test ends a recovery period (cool down) will begin and the user's results are calculated and displayed. Results are based on the number of stages completed. Incline will not be adjustable during the test.

- 1) Start pedaling and press the FITNESS TEST key.
- 2) Select Age by using the UP or DOWN LEVEL keys and press ENTER.
- 3) Select Gender by using the UP or DOWN LEVEL keys and press ENTER.
- 4) Select Weight by using the UP or DOWN LEVEL keys and press ENTER.
- 5) The display will read 3, 2, 1, Begin and then the program will start.
- 6) Once the workout is complete, the display will read the results of the Fitness Test.

STAGES COMPLETED:

- | | |
|----|--------------------|
| 1 | Well Below Average |
| 2 | Well Below Average |
| 3 | Below Average |
| 4 | Below Average |
| 5 | Average |
| 6 | Average |
| 7 | Above Average |
| 8 | Above Average |
| 9+ | Well Above Average |

CHAPTER 4: CONSOLE OVERLAY AND WORKOUT DESCRIPTION

4.6 WORKOUT SETUP STEPS - TARGET HEART RATE

TARGET HEART RATE - The Matrix Elliptical Trainer comes with standard digital contact heart rate sensors and are POLAR telemetry compatible. The heart rate control workout mode allows the user to program their desired heart rate zone, and the Elliptical Trainer will automatically adjust the level based upon the user's heart rate. The heart rate zone is calculated using the following equation: $(220 - \text{Age}) \times 8\% = \text{target heart rate zone}$. The user must wear a POLAR telemetric strap or continually hold onto the contact heart rate grips for this workout.

Locate the metal sensors on the handlebars of the Elliptical Trainer. Notice that there are two separate pieces of metal on each grip. You must be making contact with both pieces of each grip to get an accurate heart rate reading. You can grab these sensors in any program to view your current heart rate.

- 1) Start pedaling and press the HEART RATE key.
- 2) Select Age by using the UP or DOWN LEVEL keys and press SELECT.
- 3) Select Target HR Percentage by using the UP or DOWN LEVEL keys and press SELECT.
- 4) Select Time by using the UP or DOWN LEVEL keys and press SELECT.
- 5) Select Weight by using the UP or DOWN LEVEL keys and press SELECT.
- 6) The display will read 3, 2, 1, Begin and the program will start.

4.7 WORKOUT SETUP STEPS - CONSTANT WATTS

CONSTANT WATTS - Constant Watts is a unique program that allows you to vary your cadence or RPM and the Elliptical Trainer's resistance level will adjust accordingly to your selected goal. The quicker you pedal, the less resistance for the goal selected.

- 1) Start pedaling and press the CONSTANT WATTS key.
- 2) Select Watts by using the UP or DOWN LEVEL keys and press SELECT.
- 3) Select Time by using the UP or DOWN LEVEL keys and press SELECT.
- 4) Select Weight by using the UP or DOWN LEVEL keys and press SELECT.
- 5) The display will read 3, 2, 1, Begin and the program will start.

