| ITEM | **EPSILON AIRBIKE ST3921 Instruction Manual** |

DISPLAY FUNCTIONS

ITEM	DESCRIPTION
RPM	-Display the rotation per minute with range from 0~ 199.
SPEED	-Display current training speed. Maximum speed is 99.9 KM/H or ML/H.
TIME	-Count up - No preset target, Time will count up from 00:00 to maximum 1:59:59 with each increment is 1 minute. -Count down – The console will countdown from preset time to 00:00:00 and each preset increment or decrement will be 1 minute between 00:01:00 to 1:59:00.
DISTANCE	-Accumulates total distance from 0.0 up to 999.9 KM or ML or count down from preset value. User may preset target distance value with UP/DOWN key. Each increment is 1.0KM or ML.
CALORIES	-Accumulates calories consumption or count down during training from 0 to maximum 999 calories.User may preset target Calories with UP/DOWN key.
WATT	-Display the power consumption during training. -Display Range: 0~1999.
PULSE	-User may set up target pulse value from 0~30 to 230 and the console buzzer will beep when the actual heart rate is over the target value during workout.

BUTTON FUNCTION

ITEM	DESCRIPTION
START	-To start workout quickly or resume workout in Stop mode.
STOP	-To stop/pause workout. -To clear up all settings. -Hold on this key for 2 seconds to reboot the console.
DOWN	-To adjust Distance, Calories, Heart-rate, Time, Age value down.
UP	-To adjust Distance, Calories, Heart-rate, Time, Age value up.
Target Distance	-Fast access to Target Distance training mode.
Target Calories	-Fast access to Target Calories training mode.
Target Heart-rate	-Fast access to Target Heart Rate training mode.
Target Time	-Fast access to Target Time training mode.
Interval	-There are 3 programs: INTERVAL 10/20,INTERVAL 20/10, Custom.
ENTER	-To confirm settings or enter program.

OPERATION INSTRUCTION

1. When POWER ON, LCD will full display 2s (Figure 1) with long beep sound, then display wheel diameter 1s in DIST area (Figure 2). Then enter into AGE setting mode , the AGE flashing to be set (Figure 3). Press the UP/DOWN to set age and press ENTER to confirm then go to Standby mode.
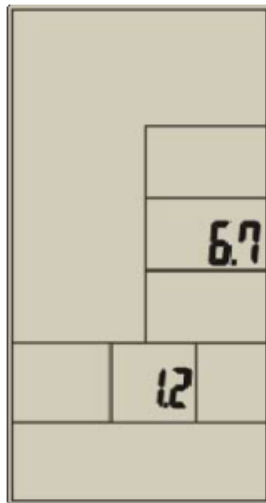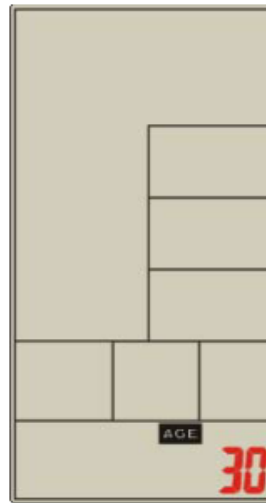
| Figure 1 | Figure 2 | Figure 3 |

2. The window of INTERVAL10/20、INTERVAL10/20、NTERVAL CUSTOM、READY、WORK、REST、TIME、DISTANCE、CALORIES、WATTS、SPEEED、RPM and HEART RATE will flash by sequence in every 1s (Figure 4~Figure 16).

If no input of key operation or RPM signal or pulse input for 60s, computer will go to Sleeping mode.
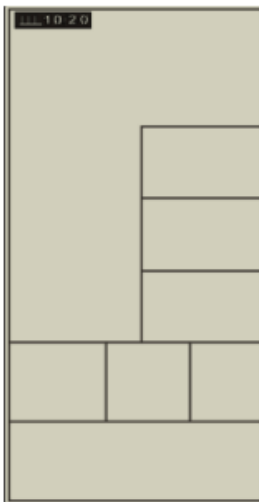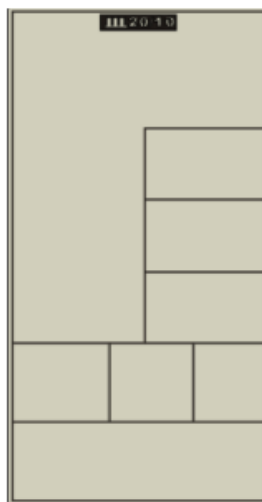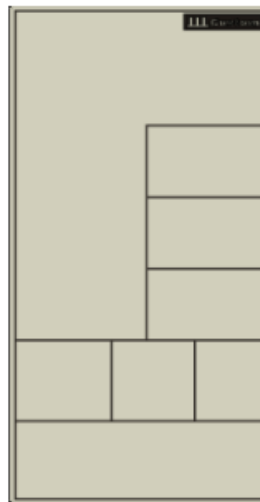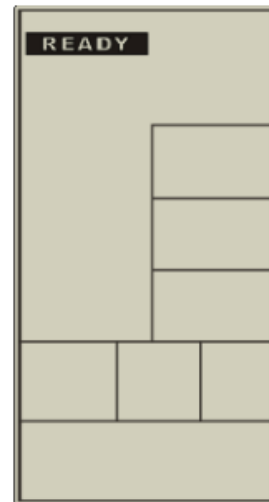

| Figure 4 | Figure 5 | Figure 6 | Figure 7 |

| Figure 8 | Figure 9 | Figure 10 | Figure 11 |
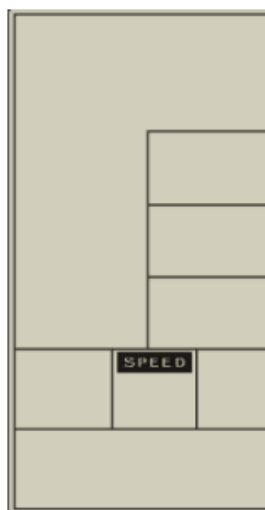
Figure 12	Figure 13	Figure 14	Figure 15
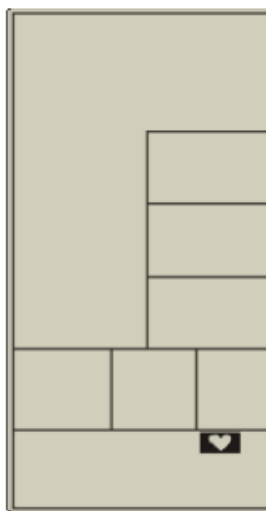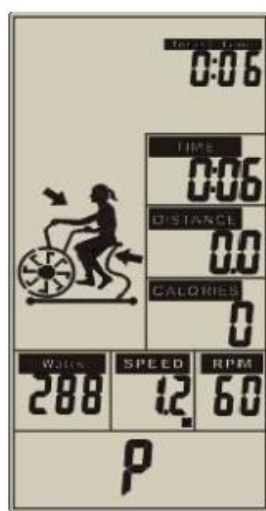
Figure 16	Figure 17	Figure 18	Figure 19

Figure 20	Figure 21	Figure 22	Figure 23

3. Select **Manual, Interval, Target Distance, Target Calories, Target HR, Target Time** program:

  3.1 Manual mode:

    ①In Standby mode, press START to start workout quickly, the buzzer sound 1 second. TOTAL TIME/TIME DISTANCE/ CALORIES/ WATTS/ SPEED/ RPM start to count up (Figure 17).

    ②Whenever there is Pulse signal input, ♥ will light up and ♥ symbol will flash and display pulse

value (Figure 18). Without pulse input, it will display "P" (Figure 17).

③No signal input for 30s, buzzer sounds 1 short beep and enter to Wake-up mode. Press any to wake up the console.

④Press START key once to pause training, Buzzer will sound for 0.5s in every 30s. All values are displaying on LCD and flashing in every 4s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.

⑤Press STOP key, TIME will display total workout time; DISTANCE will display total workout distance; CALORIES will display total consumption during workout; WATT, SPEED and RPM will switch to display AVG. & MAX. in every 5s.

⑥With pulse signal input, PULSE window will display user actual pulse and 65%, 85% MAX (Figure 21~23). Pulse window displays nothing if no pulse signal input (Figure 19~20).

⑦Press any PROGRAM key then perform the program accordingly.

3.2 Interval 20/10 mode:

①Press INIERVAL key to select INTERVAL20/10, press ENTER then INTERVAL20/10 will light up, along with a long sound for 1s.

②Cycle time counts down from 3 to 0 then console start, meanwhile buzzer beeps once per second and READY flashes once per second, counting displays '00/08'(Figure 24).

③Cycle time counts down from 20 to 0 and WORK flashes once per second along with 20 beeps. Meantime windows displays rotation animation and count down from 4 minutes. Then TOTAL TIME, DISTANDE, CALORIES, WATTS, SPEED & RPM start calculating, counting displays '01/08'(Figure 25).

④Cycle time counts down from 10 to 0 and REST flashes once per second along with 10 beeps(Figure 26), meanwhile READY will flash in last 3s (Figure 27).

⑤The above ③&④ continuie cycle counting and add 1 per each cycle,until displays 08/08WORK, then go to End page.

⑥In WORK mode, buzzer beeps 1s then enter into wake up mode if no any signal inputs within 30s.

⑦Press START button once enter into PAUSE mode, Buzzer will sound for 0.5s in every 30s. All values are displaying on LCD and flashing in every 4s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.

⑧Press STOP or end up training, buzzer beeps 1s then displays TOTAL TIME, DISTANCE,CALORIES for 30s, and WATT, SPEED & RPM will switch to display AVG. & MAX. each 5s.

⑨With pulse signal input, PULSE window will display user actual pulse and 65%, 85% MAX (Figure 21~23). Pulse window displays nothing if no pulse signal input (Figure 19~20).

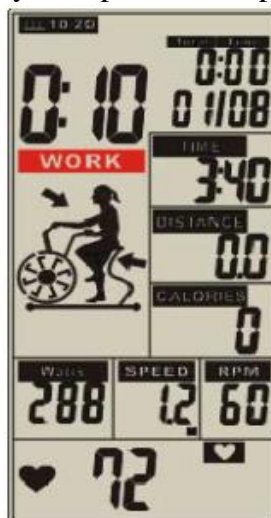⑩Press any PROGRAM key then perform the program accordingly.

| Figure 24 | Figure 25 | Figure 26 | Figure 27 |

3.3 Interval 10-20 mode:

①Press INTERVAL to select INTERVAL10/20, press ENTER then INTERVAL10/20 will light up along with buzzer beeps 1s.

②Cycle time counts down from 3 to 0 then console start, meanwhile buzzer beeps once per second and READY flashes once per second, counting displays '00/08'(Figure 28).

③Cycle time counts down from 10 to 0 and WORK flashes once per second along with 20 beeps. Meantime REMAINING will light up and count down from 4 minutes. Then TOTAL TIME, DISTANDE, CALORIES, WATTS, SPEED & RPM start calculating, counting displays '01/08'(Figure 29).

④Cycle time counts down from 20 to 0 and REST flashes once per second along with beeps (Figure 30), meanwhile READY will flash in last 3s(Figure 31).

⑤The above ③&④ continue cycle counting and add 1 per each cycle, until displays 08/08 WORK, then go to End page.

⑥In WORK mode, buzzer beeps 1s then enter into wake up mode if no any signal inputs within 30s.

⑦Press START button once enter into PAUSE mode, Buzzer will sound for 0.5s in every 30s. All values are displaying on LCD and flashing in every 4s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.

⑧Press STOP or end up training, buzzer beeps 1s then displays TOTAL TIME, DISTANCE,CALORIES for 30s, and WATT, SPEED & RPM will switch to display AVG. & MAX. each 5s.

⑨With pulse signal input, PULSE window will display user actual pulse and 65%, 85% MAX (Figure 21~23). Pulse window displays nothing if no pulse signal input (Figure 19~20).

⑩Press any PROGRAM key then perform the program accordingly.

| Figure 28 | Figure 29 | Figure 30 | Figure 31 |

3.4 Interval CUSTOM:

①Press INTERVAL to select INTERVAL CUSTOM, press ENTER to enter into this mode then INTERVAL CUSTOM 00/XX flashes to be set along with buzzer beeps 1s. Press UP/DOWN to set 00/XX within 1~99 Circularly. Press ENTER to confirm along with buzzer beeps 1s then enter into next setting.(Figure 32)

②The TIME continues lighting up, WORK and 0:01 will flash, press UP/DOWN to set training time within 0:00~9:59 circularly (Figure 34). Press ENTER to confirm along with buzzer beeps 1s and INTERVAL CUSTOM continues lighting up.

③Cycle time counts down from 3 to 0 then console start, meanwhile buzzer beeps once per second and READY flashes once per second, counting displays '00/XX'(Figure 35).

④Cycle time counts down from the preset total time and WORK flashes once per second along with buzzer beeps. Then TOTAL TIME, DISTANDE, CALORIES, WATTS, SPEED & RPM start calculating, counting displays '01/XX'(Figure 36).

⑤Cycle time counts down from and REST flashes once per second along with buzzer beeps(Figure 37), meanwhile READY will flash in last 3s(Figure 38).

⑥The above ③&④ continue cycle counting and add 1 per each cycle,until the WORK setting value finished then go to End page.

⑦In WORK mode, buzzer beeps 1s then enter into wake up mode if no any signal inputs within 30s.

⑧Press START button once enter into PAUSE mode, Buzzer will sound for 0.5s in every 30s. All values are displaying on LCD and flashing in every 4s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.

⑨Press STOP or end up training, buzzer beeps 1s then displays TOTAL TIME, DISTANCE,CALORIES for 30s, and WATT, SPEED & RPM will switch to display AVG. & MAX. each 5s.

⑩With pulse signal input, PULSE window will display user actual pulse and 65%, 85% MAX (Figure 21~23). Pulse window displays nothing if no pulse signal input (Figure 19~20).

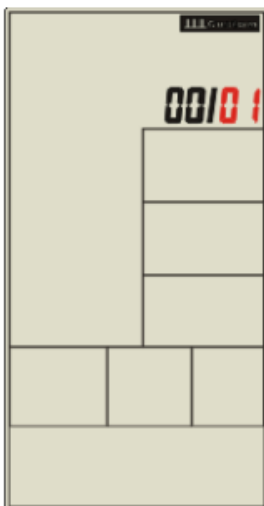⑪Press any PROGRAM key then perform the program accordingly.
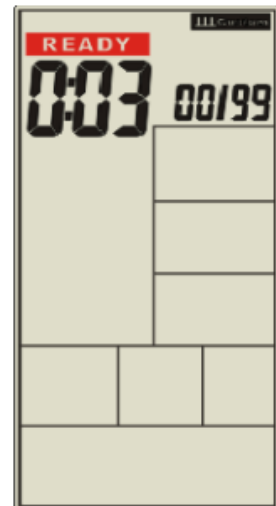
| Figure 32 | Figure 33 | Figure 34 | Figure 35 |

| Figure 36 | Figure 37 | Figure 38 |

3.5 Target TIME mode:

①In Standby mode, press Target Time key then go to [icon] mode. TIME will light up, along with a long sound for 1s.

②TIME value is flashing, press UP and DOWN to adjust value (Figure 39) and press ENTER to confirm meanwhile buzzer beeps 1s and TARGET TIME lasting lighting up.

③Preset value & workout time switch to display in every 5s until counts down to 0, then DISTANCE, CALORIES, WATTS, SPEEED, RPM start to count up. (Figure 40)

④Press START button once enter into PAUSE mode,Buzzer will sound for 0.5s per second within 30s. All

values are displaying on LCD and flashing in every 2s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.

⑤No signal inputs for 30s, buzzer sounds 1 short beep and enter to Wake-up mode.

⑥Press STOP or end up training, TIME will display total workout time; DISTANCE will display total workout distance; CALORIES will display total consumption during workout; WATT, SPEED and RPM will switch to display AVG. & MAX. in every 5s.

⑦With pulse signal input, PULSE window will display user actual pulse and 65%, 85% MAX (Figure 21~23). Pulse window displays nothing if no pulse signal input (Figure 19~20).

⑧Press any PROGRAM key then perform the program accordingly.

| Figure 39 | Figure 40 | Figure 41 | Figure 42 |

3.6 Target Distance mode:

①In Standby mode, press Target Distance key and TARGET DISTANCE will light up, along with a long sound for 1s.

②DISTANCE value is flashing, press UP and DOWN to adjust (Figure 41). Press ENTER to confirm meanwhile buzzer beeps 1s and TARGET DISTANCE lasting lighting up.

③Preset value & workout distance switch to display in every 5s until counts down to 0, then TIME, CALORIES, WATTS, SPEEED, RPM start to count up. (Figure 42)

④Press START button once enter into PAUSE mode,Buzzer will sound for 0.5s per second within 30s. All values are displaying on LCD and flashing in every 2s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.

⑤No signal input for 30s, buzzer sounds 1s and enter to Wake-up mode.

⑥Press STOP key or end up training, TIME will display total workout time; DISTANCE will display total workout distance; CALORIES will display total consumption during workout; WATT, SPEED and RPM will switch to display AVG. & MAX. in every 5s.

⑦With pulse signal input, PULSE window will display user actual pulse and 65%, 85% MAX (Figure 21~23). Pulse window displays nothing if no pulse signal input (Figure 19~20).

⑧Press any PROGRAM key then perform the program accordingly.

3.7 Target Calories mode:

①In Standby mode, press Target Calories key and TARGET CALORIE will light up, along with a long sound for 1s.

②CALORIES value is flashing, press UP and DOWN to adjust (Figure 43). Press ENTER to confrim meanwhile buzzer beeps 1s and TARGET CALORIE lasting lighting up

③Preset value & workout calorie switch to display in every 5s until counts down to 0, then TIME, DISTANCE, WATTS, SPEEED & RPM start to count up.(Figure 44)

④Press START button once enter into PAUSE mode,Buzzer will sound for 0.5s per second within 30s. All values are displaying on LCD and flashing in every 2s. If continue to stop training for 5 minutes, buzzer

sounds 2s and enter to Wake-up mode. Press START to resume workout.

⑤No signal input for 30s, buzzer sounds 1s and enter to Wake-up mode.

⑥Press STOP key or end up training, TIME will display total workout time; DISTANCE will display total workout distance; CALORIES will display total consumption during workout; WATT, SPEED and RPM will switch to display AVG. & MAX. in every 5s.

⑦With pulse signal input, PULSE window will display user actual pulse and 65%, 85% MAX (Figure 21~23). Pulse window displays nothing if no pulse signal input (Figure 19~20).

⑧Press any PROGRAM key then perform the program accordingly.
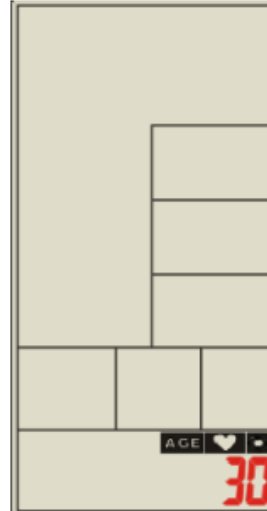

| Figure 43 | Figure 44 | Figure 45 | Figure 46 |

3.8 Target HR mode:

①In Standby mode, press Target Heart-Rate key and TARGET HEART RATE will light up, along with a long sound for 1s.

②AGE value is flashing, press UP and DOWN to preset your Age (Figure 45). Press ENTER to confirm along with buzzer beeps 1s and TARGET HEART RATE and HEART RATE last lighting up.

③When start workout, MAX HR lights up, 65% & 85% Heart rate will switch to display. TIME/ DISTANCE/ CALORIES/ WATTS/ SPEED/ RPM will calculate workout value (Figure 46).

④When Heart Rate goes below to 65%, ⬆ & 65% & value will flash. And buzzer sounds in every 10s until user HR achieve above 65% (Figure 47).

⑤When Heart Rate exceeds to 85%, ⬇ & 85% & value will flash. And buzzer sounds in every 10s until user HR goes below 85% (Figure 48).

⑥When Heart Rate goes between 65% ~ 85%, only ❤ will flash (Figure 49).

⑦No signal input for 30s, buzzer sounds 1 short beep and enter to Wake-up mode.

⑧Press START button once enter into PAUSE mode,Buzzer will sound for 0.5s per second within 30s. All values are displaying on LCD and flashing in every 2s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.

⑨Press STOP again or end up training in 15s, TIME will display total workout time; DISTANCE will display total workout distance; CALORIES will display total consumption during workout; WATT, SPEED and RPM will switch to display AVG. & MAX. in every 5s.

⑩With pulse signal input, PULSE window will display user actual pulse and 65%, 85% MAX (Figure 21~23). Pulse window displays nothing if no pulse signal input (Figure 19~20).

⑪Press any PROGRAM key then perform the program accordingly.

Figure 47   Figure 48   Figure 49

OPTION SETTING:

SETTING mode-

1. Hold on STOP&ENTER key for 2s, buzzer will sound 1 long beep. DISTANCE keep lighting up, M/KM flash once per second (Figure 50~51).
2. Press UP or DOWN to select KM or ML, press ENTER to confirm tnen skip to Standby mode.
3. No action to console for 30s, it will go to Standby mode.

Figure 50   Figure 51

RESET mode-

1. In any mode, press STOP for 2s, system will do TOTAL RESET.
2. LCD falsh in every 2 seconds, buzzer sound for 2 seconds.
3. Reverse to Standby page, all setting resume to preset value.

SLEEPING mode-

In Standby mode, if no key press/RPM/pulse input for 30s, console will go to SLEEPING mode.