

C574R OWNER'S MANUAL CONTENTS

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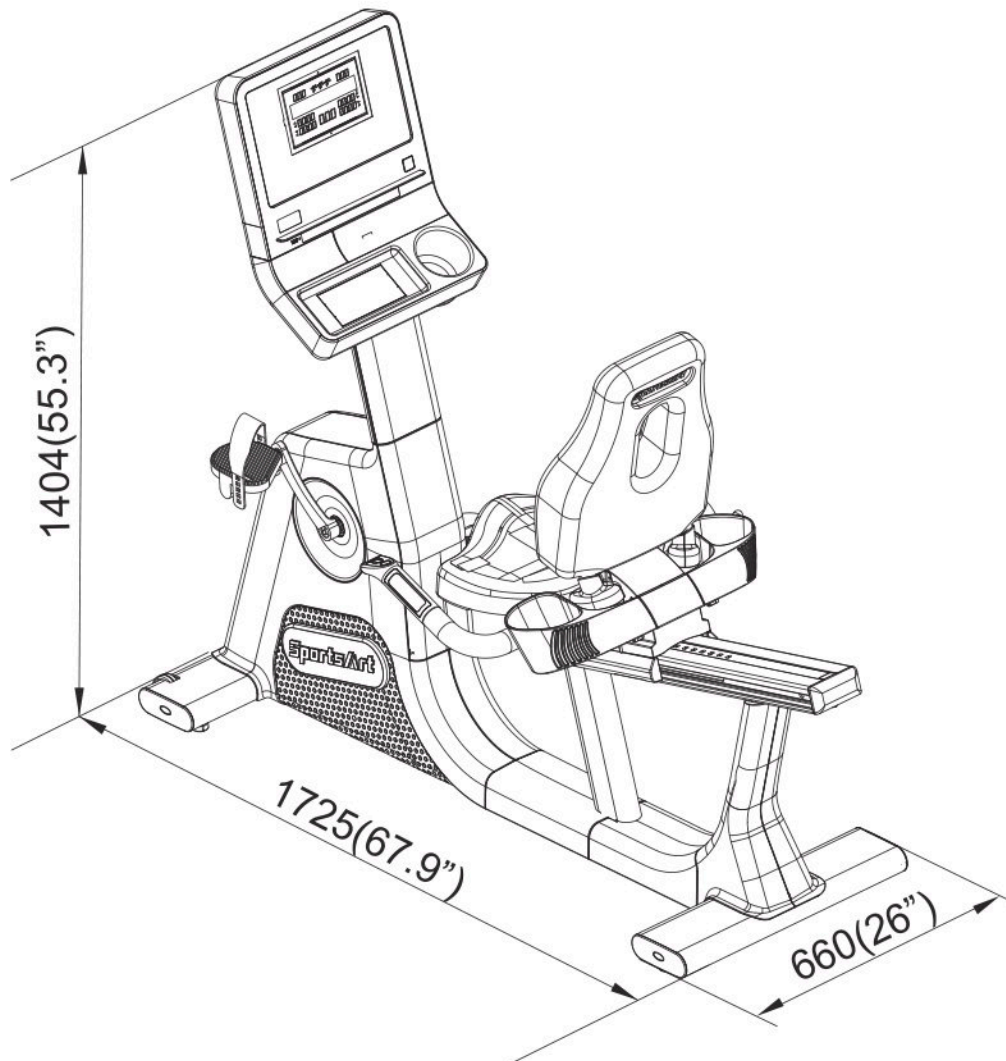
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1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the C574R recumbent exercise cycle. Constructed of high quality materials and designed for years of reliable performance, this product was made for full commercial use.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.



2. SAFETY PRECAUTIONS

This product was designed and built for optimum safety. However certain precautions apply during the use of this product. Please note the following safety precautions:

- To reduce the risk of personal injury, read and understand all the instructions before using this product.
- Make sure the product is installed and operated as instructed in this manual. Be careful when mounting and dismounting the unit.
- Use this product only for the intended use described in this manual.
- Check the product before every use. Make sure all parts are assembled, and all fasteners are tightened. Do not use the product if it is disassembled in any way.
- Do not leave your device unattended while in use.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water (including swimming pools and saunas) and should not be used where aerosol (spray) products or oxygen are used. Do not operate on a blanket or near flammable materials.
- Keep all air ventilation areas free of blockage. Never drop or insert into any opening.
- The product should be positioned away from walls to avoid injury due to falls. Be sure that the back of the product has at least six to seven feet of clearance from a ledge, wall or window.
- Wear appropriate workout clothes, don't wear loose clothing, tie all long hair back, wear shoes with rubber or high traction soles, don't wear shoes with leather soles/high heels or barefoot use this product.
- Never place liquids of any type directly on the unit, except in a bottle holder or accessory tray. Lidded containers are recommended.
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- Never operate this product if it has been damaged in any way. If it is not working properly, if it has been dropped or damaged, or dropped into water, contact a service technician for repairs.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt). Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- Unpack and verify contents of boxes according to the list of parts to check if any parts are missing. If the product is damaged or missing, contact your SportsArt representative to find out all the materials that were damaged during shipping. (Note: Transport damage is the responsibility of the carrier.)
- This product is not intended for use by persons (including children 12 or younger) with reduced physical, sensory, or mental capabilities, or by people who are otherwise deficient in product knowledge or experience. If such people use this product, they should be given training and be supervised at all times by someone responsible for their safety.

2. SAFETY PRECAUTIONS (CONT.)

- CAUTION : The heart rate system is for reference only, if you feel any pain or any abnormal feeling, please stop Exercise and consult your doctor immediately.
- Consult your physician before starting a workout or training program. It is recommended that you undergo a complete physical examination. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- WORK within your recommended exercise level. DO NOT work to exhaustion.
- Before using this equipment to exercise, always do stretching exercises to properly warm up.
- WARNING! Only qualified technicians should be allowed to contact electrical components such as circuit boards.
- Noise emission under load is higher than without load.
- This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the user desires to correct the interference, it is at the user's own expense.
- The recommended minimum operating temperature is 15 degree Celsius.
- The user weight limit for this product is 205kg (450lb).

2. SAFETY PRECAUTIONS (CONT.)

MARKINGS

CAUTION:

- Read instruction manual before using.
- Do not let children on or near the product.

WARNING:

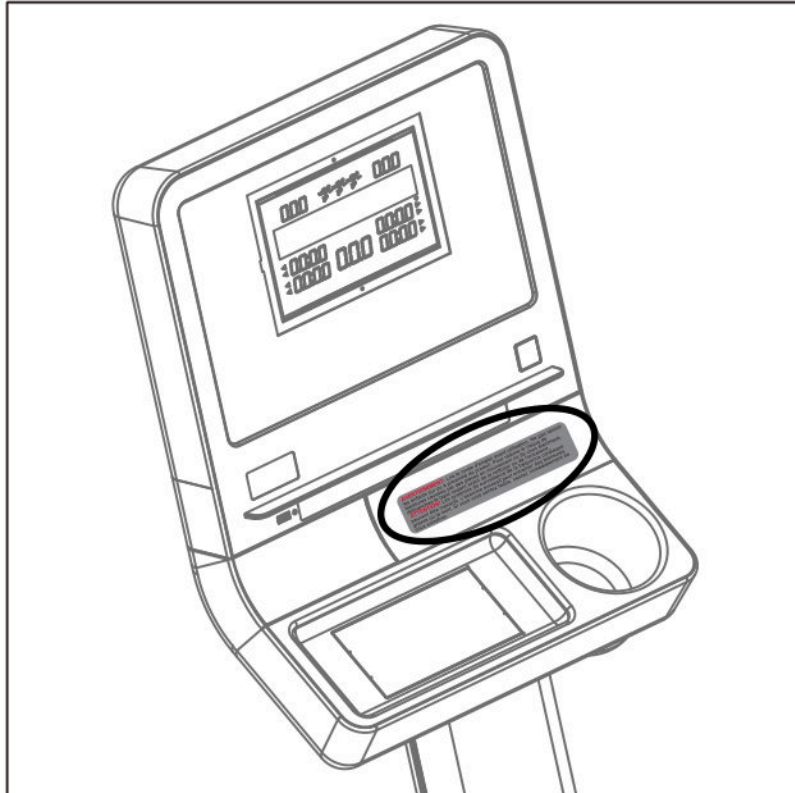
- Heart rate monitoring system may be inaccurate.
- Over exercise may result in serious injury or death.
- If you feel faint, stop exercising immediately.
- This stationary training equipment is not suitable for high accuracy purposes.

3. WARNING LABEL POSITION

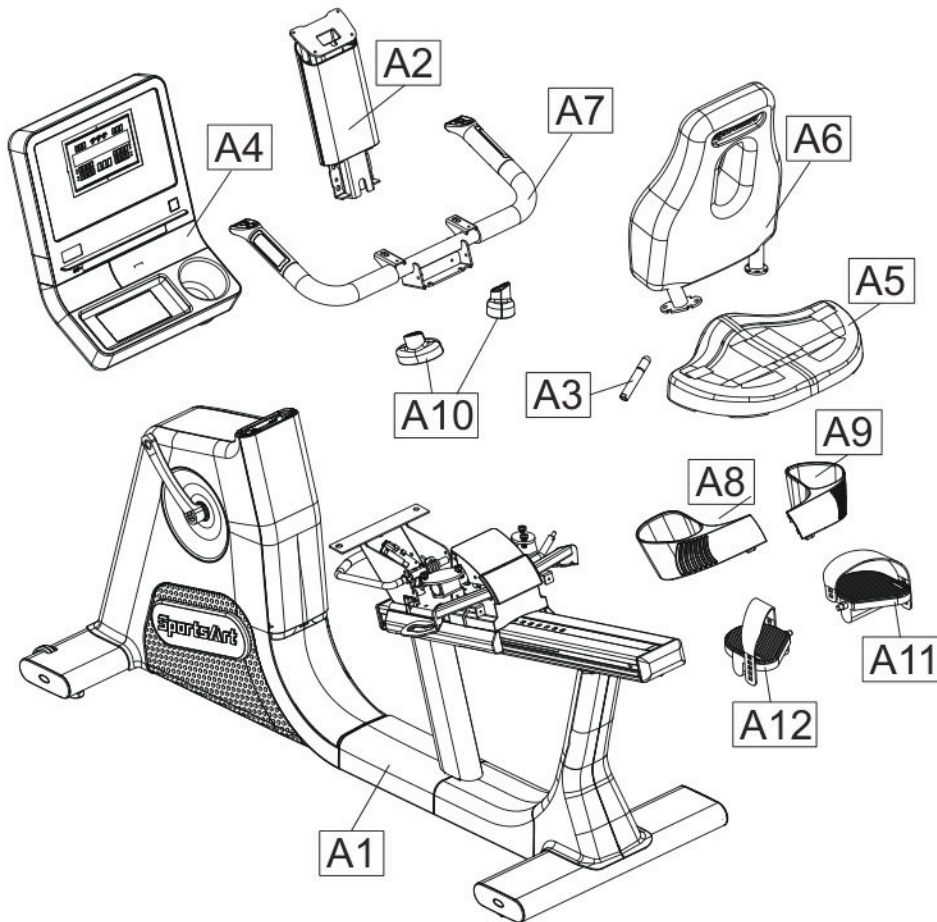
If you are in a Non-English speaking country, you can attach the warning label to the console panel as shown, otherwise, you can also stick it on a place where is clear and obvious.

(please use the French version label in French-Speaking areas in North America, and the label will not be included in the other regions.)

Note: Depending on the model, the appearance of the console is different, but the labeling position is the same.



4. LIST OF PARTS



Assembly Parts					
No.	Name	Qty.	No.	Name	Qty.
A1	Main frame	1	A8	Left side bottle rack	1
A2	Console Mast	1	A9	Right side bottle rack	1
A3	Grip	1	A10	Seat strut cover	1
A4	Console	1	A11	Right pedal	1
A5	Saddle	1	A12	Left pedal	1
A6	Seat Back	1			
A7	Handlebar				

4. LIST OF PARTS (CONT.)

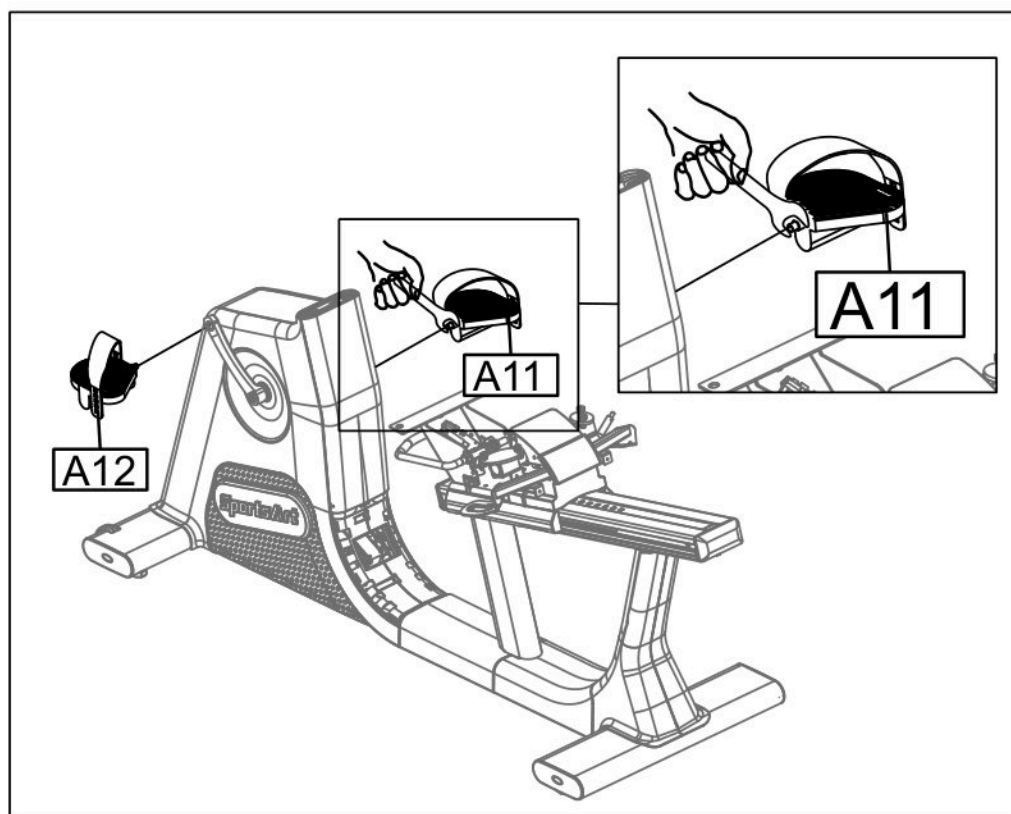
TOOLS KIT				
No.	Name	Qty.	Specification	Notes
	Double open-end wrench	1	12mm*15mm	
	Double open-end wrench	1	13mm*15mm*20	
	L-shaped Allen wrench	1	M6*L70	
	L-shaped Allen wrench	1	M5*L60mm	
	L-shaped Allen wrench	1	M5*L65mm	
	Two Way Screwdriver + black shank	1	Screwdriver bit (Philips/flat/round)	
	Ground wire	1	green-yellow L1500	
	Philips screw	1	M5 *L10	
	Spring washer	1	M5*t1.0	
	External toothed lock washer	1	BW5 3/16"	
10	Round screw cap	1		
11	Philips screw	1	M4*L8	

Pre-Installed Hardware			
No.	Name	Specification	Notes
22	Inner hex screw	M8*P1.25*L20	
	Spring Washer	M8	
	Flat Washer	D17*d8.3*t2	
23	Flat Washer	D20*d8*t1.0	
	Spring Washer	M8*t2.0	
	Outer/Inner Hex Screw	M8*P1.25*L20	
24	Inner hex screw	M8*P1.25*L25	
	Spring Washer	M8	
	Flat Washer	D20*d8*t2.0	
25	Outer/inner hex screw	M8*P1.25*L20	
	Spring washer	M8	
26	Inner hex screw	M6*P1.0*L15	
	Flat washer	D13*d6*t2.0	
	Toothed washer	D20*d6.2*t2.0	
27	Philips screw	M5*L10	
	Umbrella head self tapping screw	M5*L12	
28	Philips screw	M6*L10	

5. ASSEMBLE THE PRODUCT

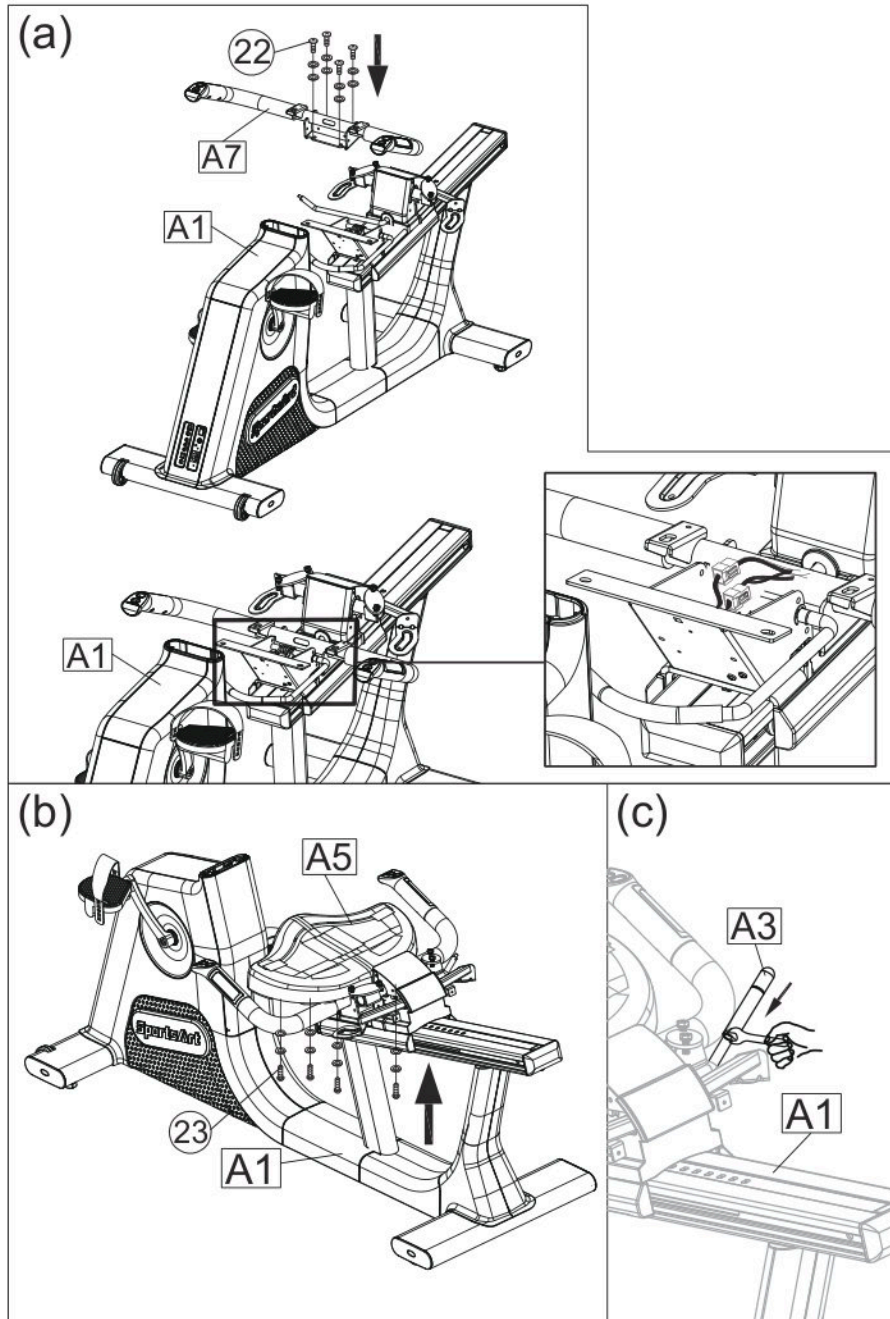
STEP 1 Install the Seat and Pedal

Use the tool enclosed with the product to secure the left/right pedals (A11/A12) to the crank on the main frame, please note that pedal spindle threads are different from left side and right side. DO NOT install in reverse. The tool should not be too short, otherwise, it can damage the pedals. (please use the attached wrench size in 13*15).



STEP 2 Install the Handlebar/Saddle/Grip

- (a) Secure the handlebar(A7) with the screws (22), pull the cables out of the opening as shown and connect to the cables on the mainframe(A1).
- (b) Secure the saddle(A5) to the mainframe(A1) with the screws (23).
- (c) Turn the grip(A3) onto the mainframe(A1) to fix.

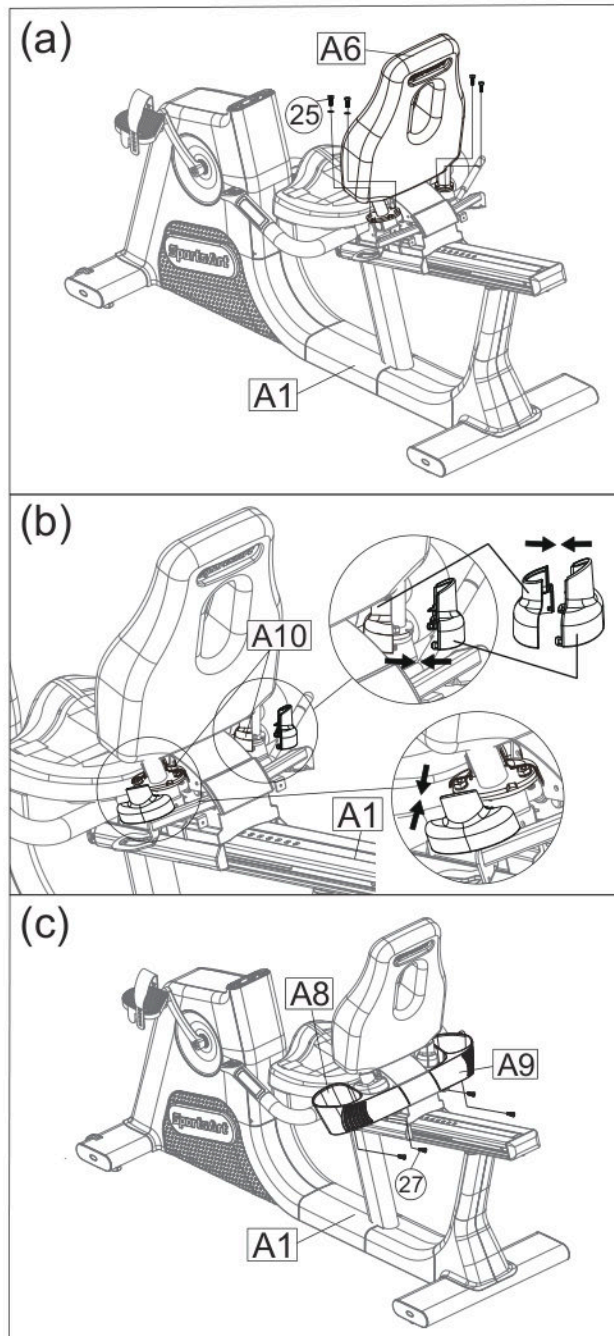


STEP 3 Install the Seat back and Bottle rack

(a) Secure the seat back(A6) with the screws (25).

(b) Install the seat strut cover (A10) for both side as shown. (Please note that when assembling the cover, the lower level is on the inside and the higher level is on the outside of the seat strut.)

(c) Secure the left/right side bottle rack(A8/A9) to the mainframe(A1) with the screws (27).

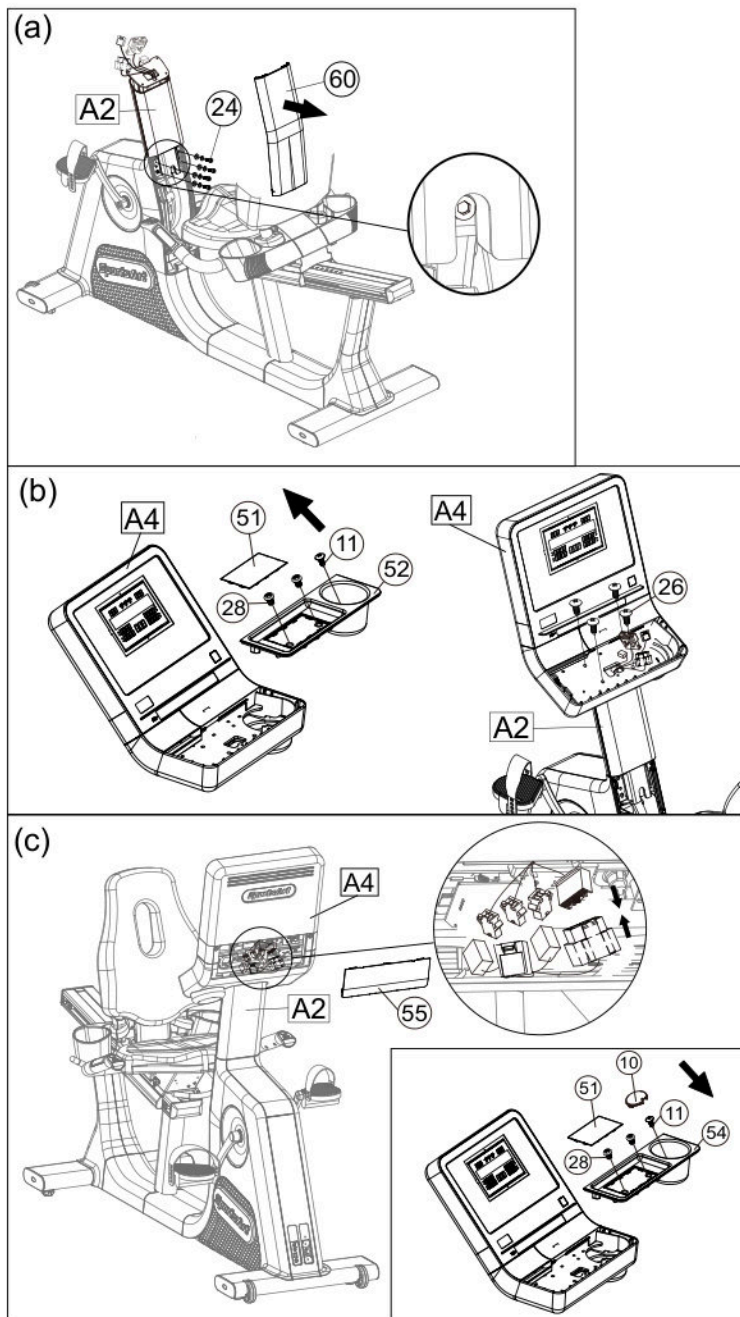


STEP 4 Install the Console and Console Mast

(a) Remove the maintenance cover (60), then place the console mast (A2) in position and secure it with the screws (24).

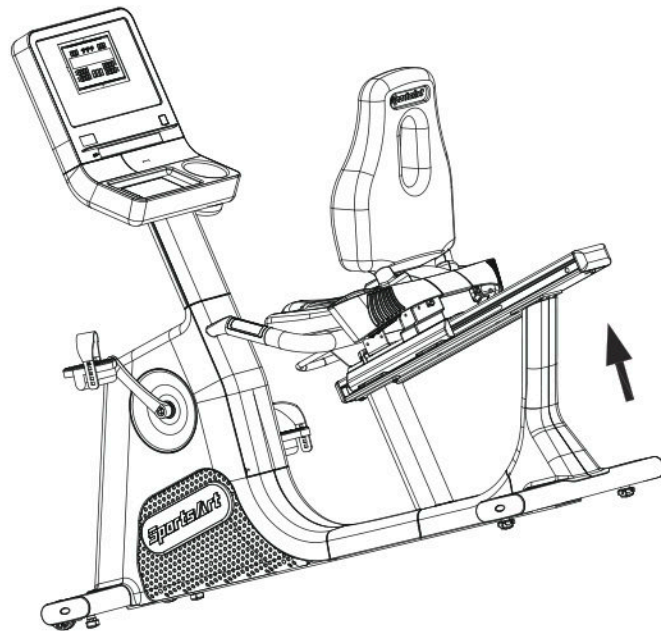
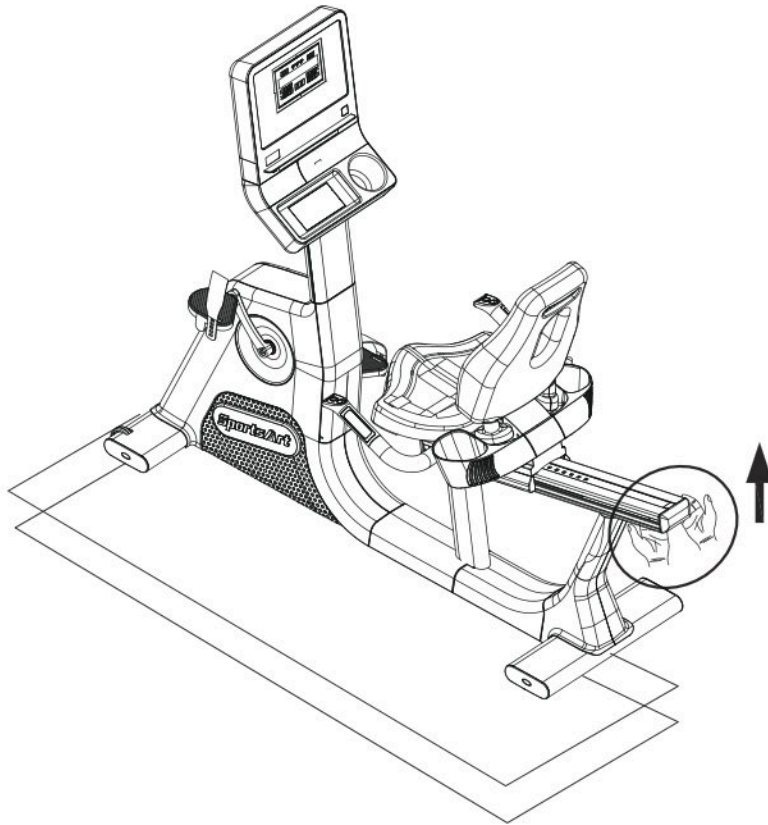
(b) Lift up the anti-slip pad (51) on the console (A4), then remove the screws (28) (11) and the rack (52), and secure the console (A4) to the console mast (A2) with the pre-installed screws (26).

(c) Remove the rear cover (55), then connect the cables of the console (A4) to the cables of the console mast (A2). After finishing, put the rear cover (55) back, then place the rack (52) and the screws (28) (11) and the anti-slip pad (10) in order.



STEP 5 Move the Bike

Lift the seat carriage, then tilt the bike for moving.

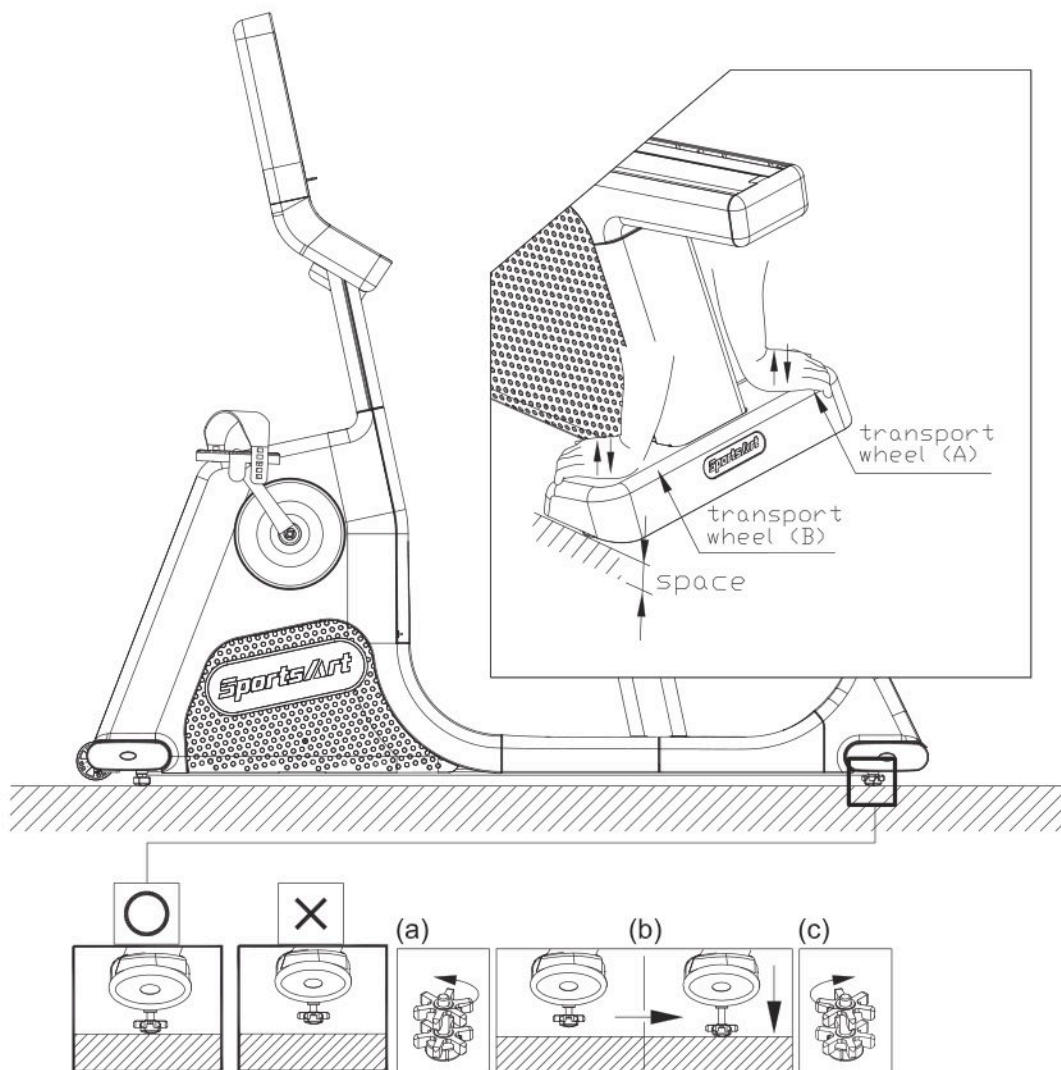


STEP 6 Level the Bike

Please apply force to the end of the bike to check if the leveling knob is stable on the ground.

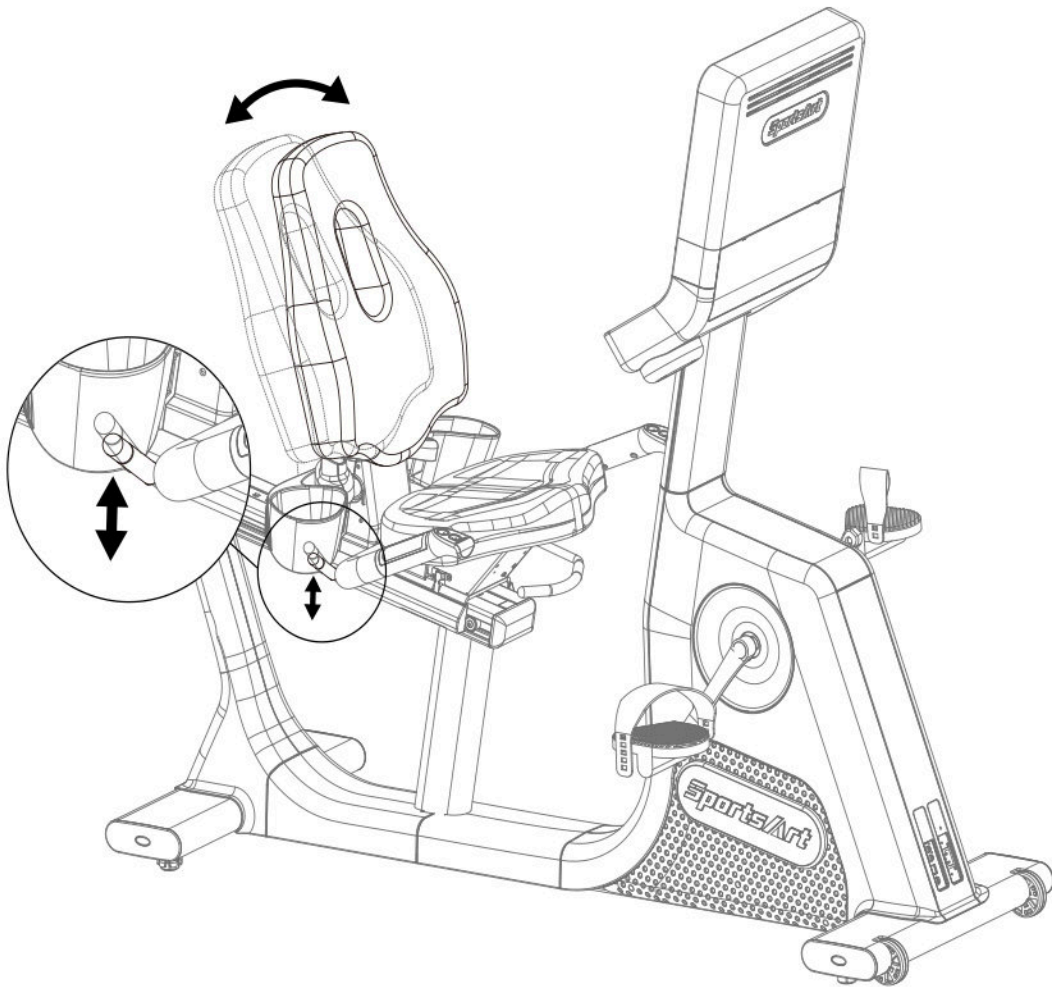
If not, adjust the levelers as follows:

- (a) Loosen the leveling knob.
- (b) Rotate the leveling knob downward to the ground to make it steady.
- (c) Tighten the leveling knob.
- (d) After the bike is installed and positioned, perform the test operation. If necessary, make adjustments to be sure the equipment works properly.



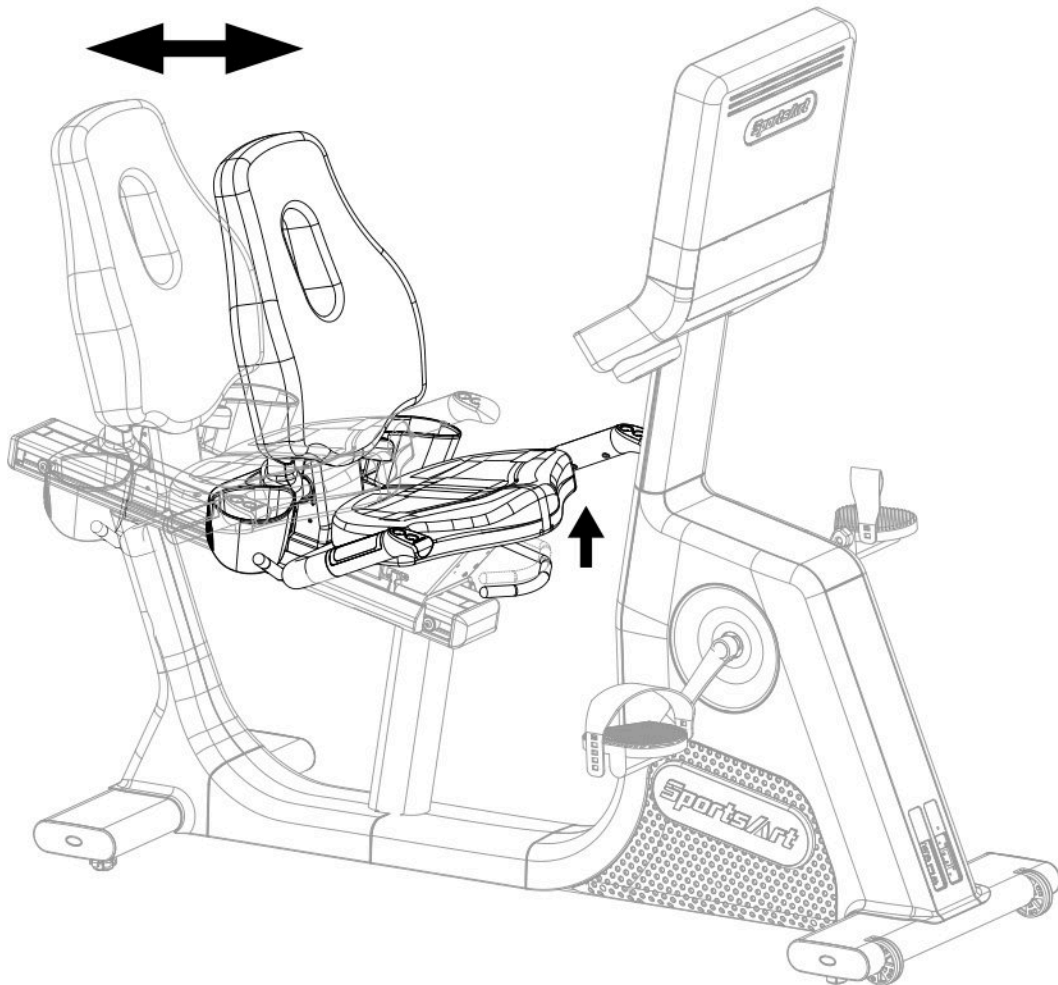
STEP 7 Seat Back Adjustment

Move the grip (A3) left and right to adjust the inclination of the seat back.



STEP 8 Seat Fore and Aft Adjustment

Pull up the handle right below the seat to move the seat forward and backward until you find the right position.



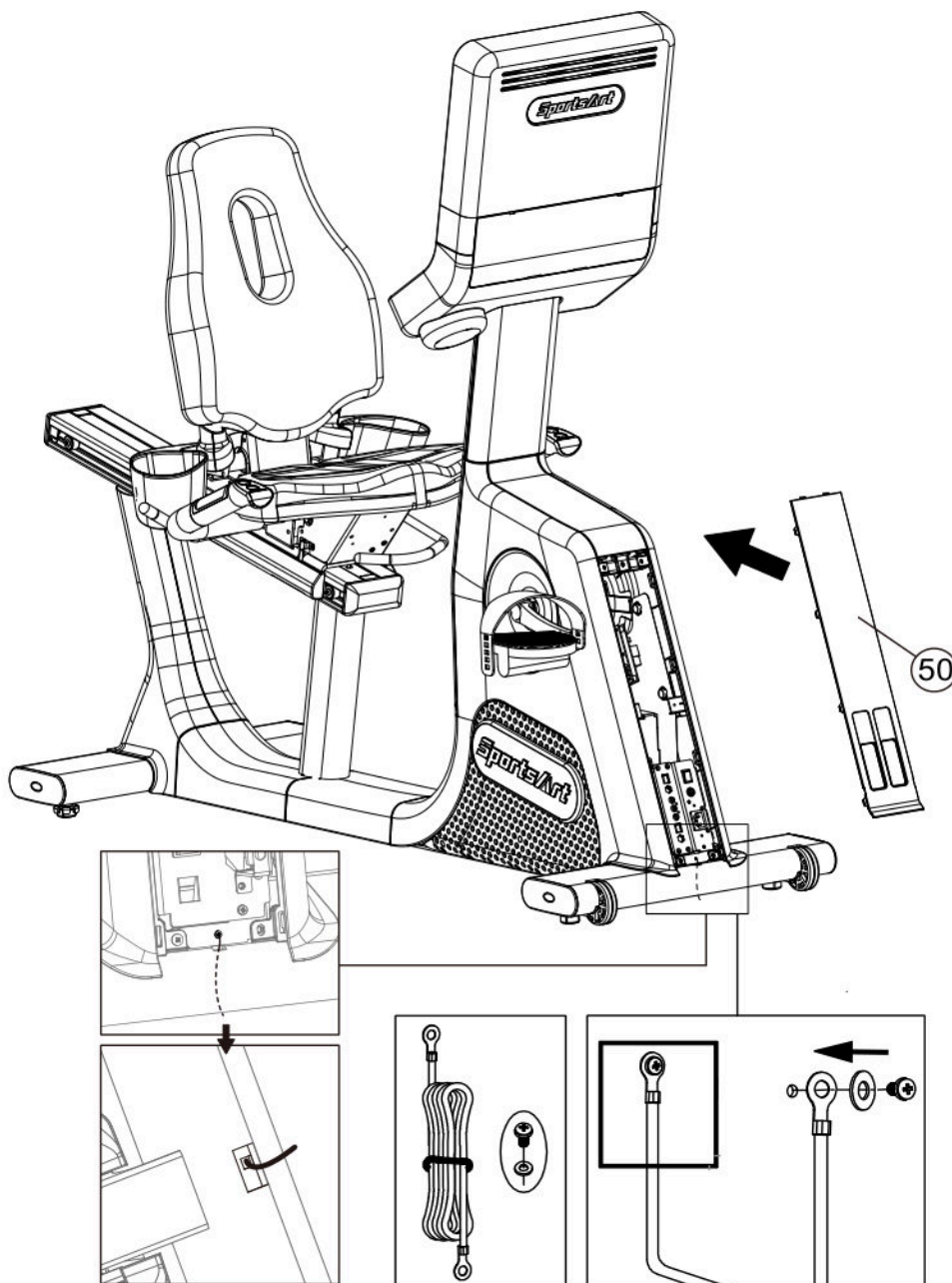
STEP 9 Ground Wire Installation Instructions

In order to avoid electric shock and current leaking, an additional ground wire is provided enclosed with the product.

For safety reasons, put the ground wire into the opening and put the maintenance cover (50) on. Be sure to connect the ground wire to the equipment.

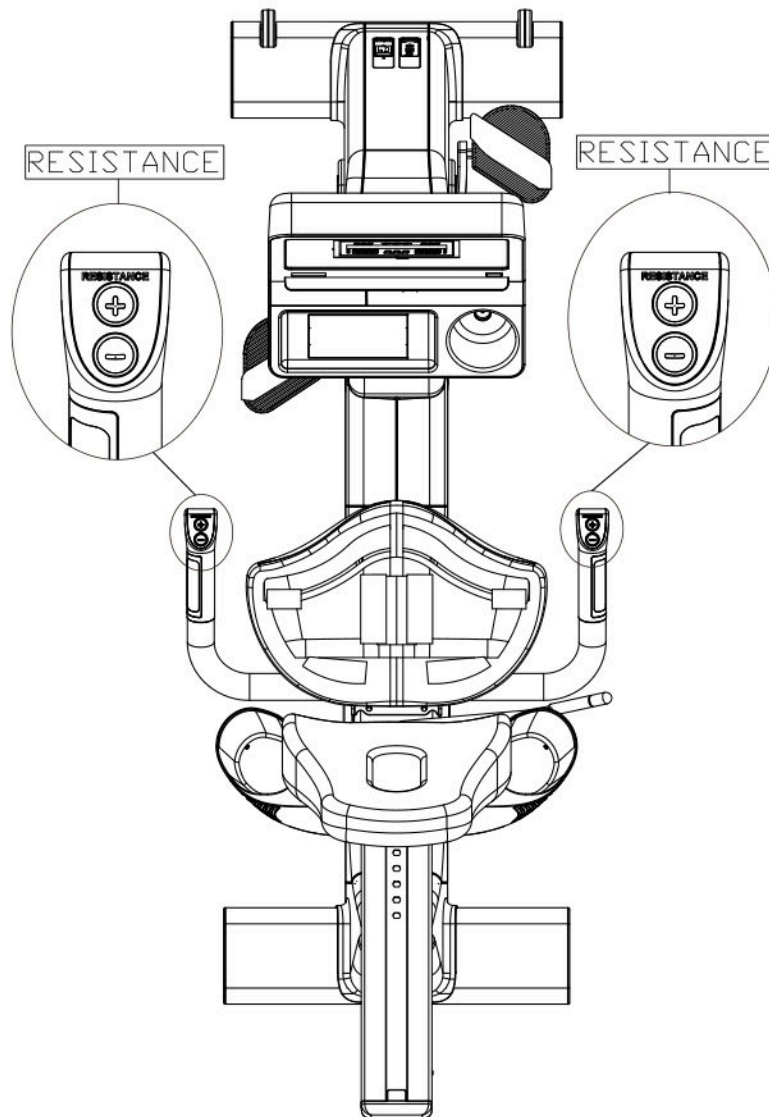
Assembly Instructions: Secure one end of the ground wire to the base frame with screws (as shown in the following figure) while the other end connected to the earth ground.

The figure below is for reference purposes only.



STEP 10 OPERATION Essential Functions Guide

RESISTANCE: Adjust the weight or force you need to place on the pedals to push them.



STEP 11 An Introduction to Battery Switch

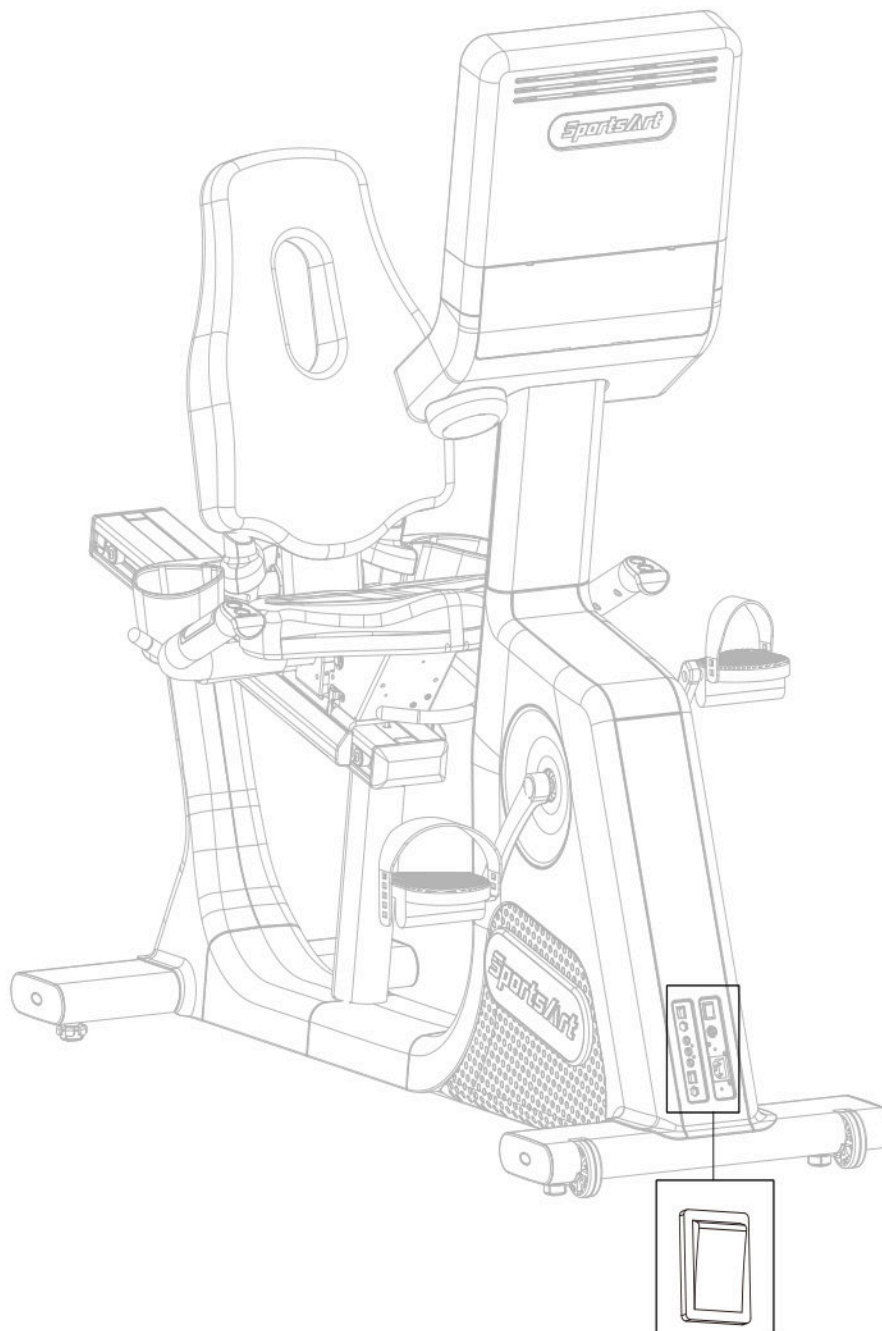
Before remove using the equipment, make sure that the battery switch on the unit is turned on.

0-1.The unit can generate its own power. The battery is a backup power source in case of insufficient power which may cause the unit fail to work.

0-2.Turn on the battery switch after finishing installation.

0-3.The battery lasts 1.5 years after fully charged the first time. Battery life varies by use.

0-4.To prevent your battery from draining, turn the unit all the way off when not in use for an extended period of time.



6. UNDERSTAND C574R LCD DISPLAY

DISPLAY Overview

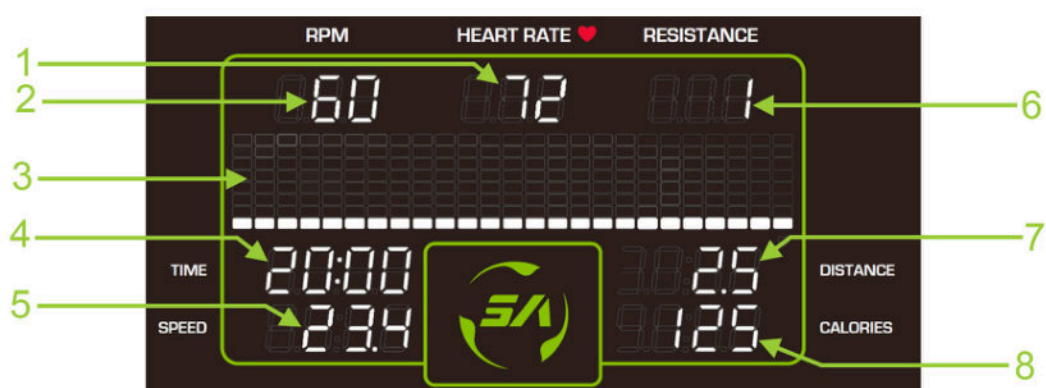
In this chapter, you will learn how to use and set up the console of your bike. Please read the entire manual prior to using the bike to get the most efficient and enjoyable workout.

DISPLAY Console Panel



No.	Description	No.	Description
1	LCD window	7	GOAL
2	PROGRAMS	8	RESISTANCE +/-
3	GO/ENTER key	9	STOP/RESET key
4	QR Code, NFC tag		
5	USB port		
6	SA WELL+ (optional)		

DISPLAY Window Display



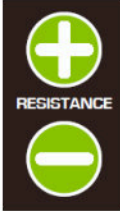





No.	Description
1	Display the data of your heart rate value. (Displayed when BOTH HANDS hold on the sensor.)
2	Display the pedal revolutions per minute. (RPM).
3	Display the messages or the illustration.
4	Display the total time covered or the remaining time.
5	Display your current speed.
6	Display your resistance level.
7	Display the total distance covered or the remaining distance.
8	Display the calories you have burned during the exercise.






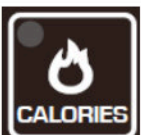
DISPLAY Specifications

Parameter	Spec.
HEART RATE	35 - 220 bpm
RPM	5 - 150
TIME	0:00 - 99:59 ; 100 - 9999 min
SPEED	Above 0.1 KPH(MPH)
RESISTANCE	1-40
DISTANCE	0.00 - 9999 Mile/Km (display maximum of 2 decimal places)
CALORIES	0 - 9999 K-CAL
PROGRAM	MANUAL, INTERVAL, FIT TEST, PLATEAU , RANDOM, WT LOSS/CARDIO

DISPLAY Button Function

Illustration	Description
	<p>The button has two functions :</p> <p>(1) Skip the user input, program selection, and start training instantly.</p> <p>(2) After the parameter settings are complete, press the key to confirm your selection.</p>
	<p>Press to stop the workout program, Hold down to go back to start screen and reset it to factory settings</p>
	<p>Press this key to change resistance level. Resistance changes by one level each time the key is pressed. Hold down the key to change resistance quickly.</p>
	<p>Press this key to enter Manual mode. The notification LED will stay lit when selected.</p>
	<p>This program is to simulate a workout on a plateau. The first and the last segment accounts for 20% of the workout respectively, and the middle segment accounts for 60% of the workout. The led stay lit when selected.</p>
	<p>Press this key to select one of three interval programs: 1:1, 1:2, 2:2. Numbers represent minutes. The notification LED will stay lit when selected.</p>

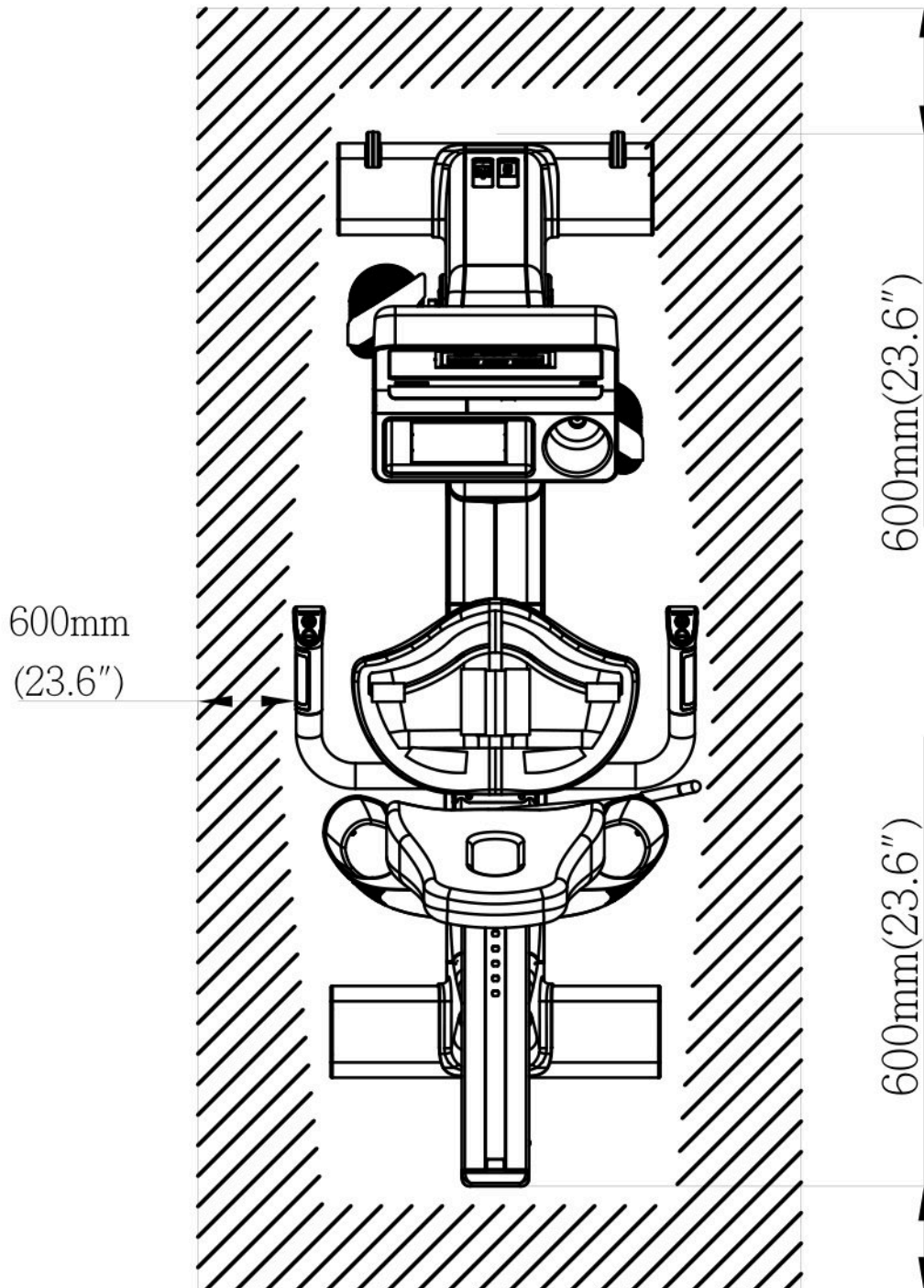
DISPLAY Button Function (Cont.)

Illustration	Description
	<p>Press this key to select one of an almost endless number of randomly generated workout programs. Each key press, the console will randomly generate a different program. The notification LED will stay lit when selected.</p>
	<p>Press this key to enter FIT TEST mode. The notification LED will stay lit when selected.</p>
	<p>Press this key to select <WT LOSS> or <CARDIO>. *<WT LOSS> uses the following formula to evaluate target heart rate: $(220 - \text{AGE}) \times 0.65$. *<CARDIO> uses the following formula to evaluate target heart rate: $(220 - \text{AGE}) \times 0.8$. The notification LED will stay lit when selected.</p>
	<p>Press this key to select <TIME> as your workout goal. The notification LED will stay lit when selected.</p>
	<p>Press this key to select <DISTANCE> as your workout goal. The notification LED will stay lit when selected.</p>
	<p>Press this key to select <CALORIES> as your workout goal. The notification LED will stay lit when selected.</p>

7. OPERATE THE PRODUCT

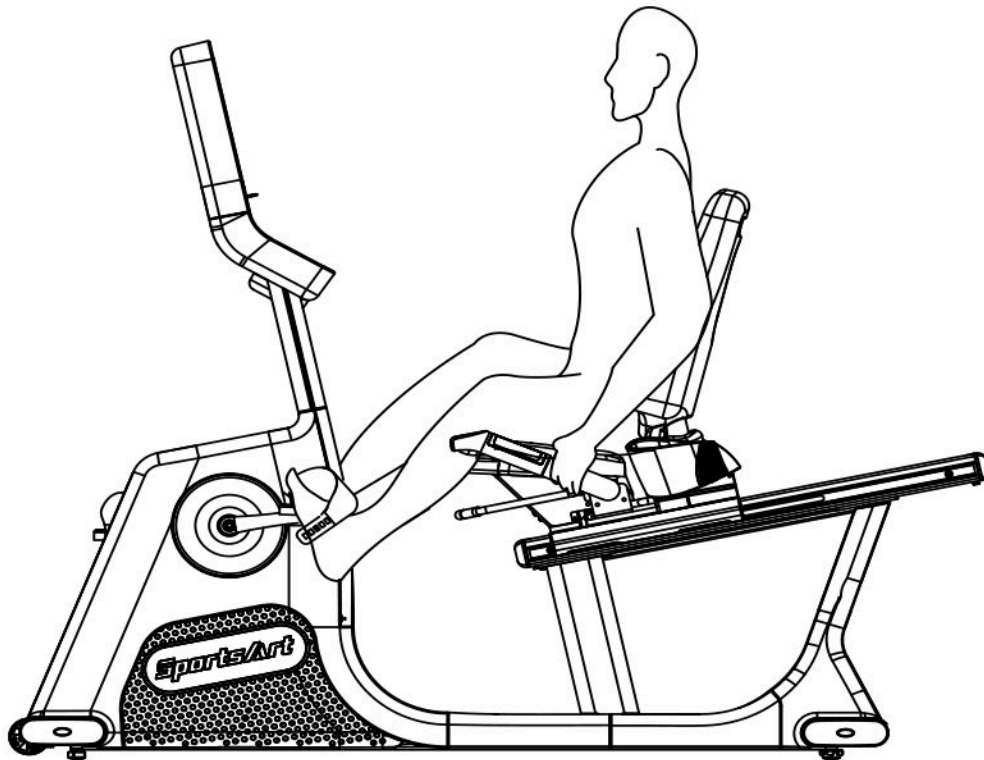
OPERATION Safe Operating Area

- (a) As shown below, the area marked in diagonal lines provides the use such as normal operation, machine adjustment and any emergency. For safety, DO NOT allow people of non-users enter this area while operating.
- (b) Noise emission under load is higher than without load.



OPERATION Proper Workout Position

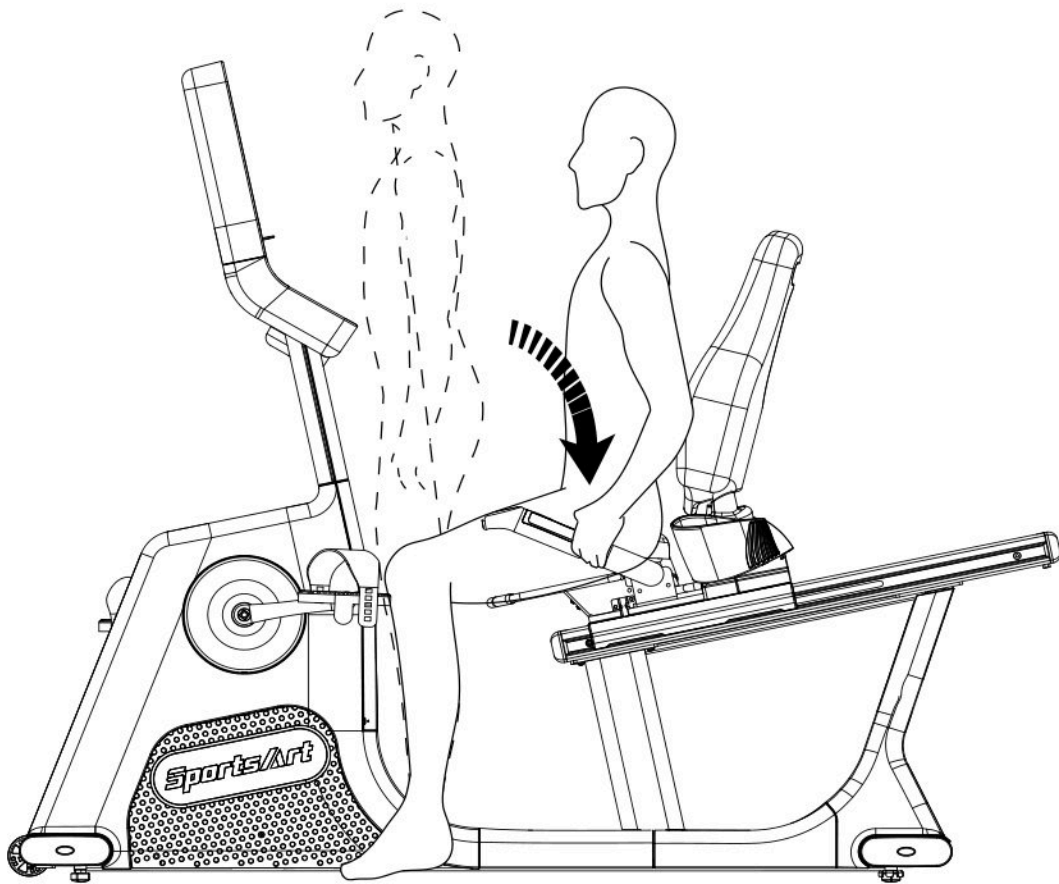
- (a) A good riding posture is illustrated below.
- (b) Always follow the directions for use and safety instructions given by the manufacturer. Over exercise or improper workout position may result in serious injury
- (c) Hold onto the handlebar while getting off the bike from left/right side.
- (d) This product is intended to build your leg and cardiovascular strength.



OPERATION Safely Get On/Off

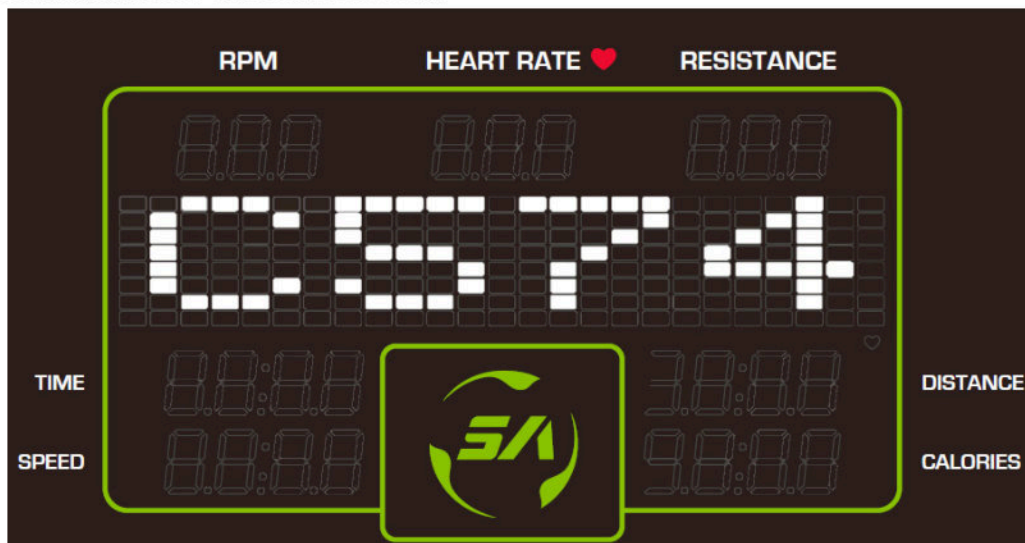
Getting on the bike: Always be cautious when getting on the bike. Wait to get on until the pedals have come to a complete stop.

Getting off the bike: Always be cautious when getting off the bike. Always wait until the pedals have come to a complete stop before taking your feet off of the pedals and dismounting.



OPERATION Start Screen

Step on the pedal to start the machine. After starting, you will hear the BEEP sound and see the start screen.



OPERATION <GO> Mode

GO mode is preset based upon a user that is 35 years old and weighs 75 kilograms (165 pounds). The program is preset at manual and the resistance is preset at 1. You can press the GO/ENTER key to start exercise directly or reset the parameters to your preference.

OPERATION User Setting Procedure

The bike measures your calories burned (based on weight), target heart rate (based on age), total time, and total distance based on your personal information that you have entered.

1. PROGRAM/GOAL Setting

- (1) Press <PROGRAM> key and then press <GO/ENTER> key to take you to the "SELECT GOAL" screen. For details about setting workout goals, please refer to "WORKOUT GOAL Setting".

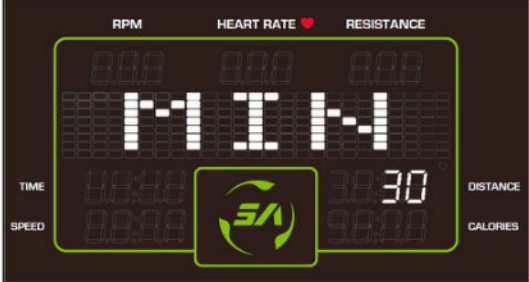
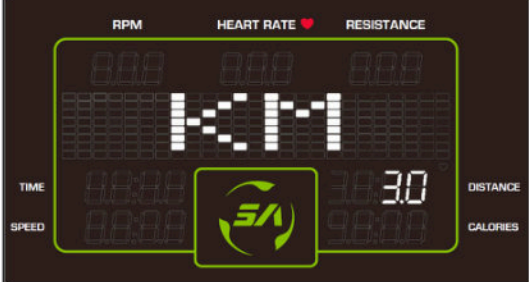
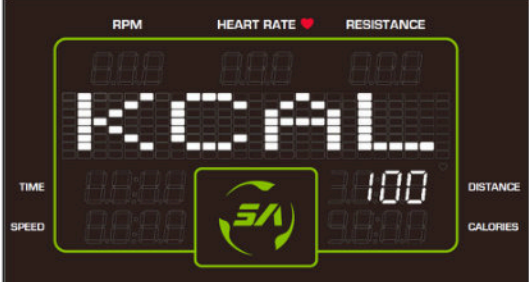
NOTE: In PLATEAU mode and FIT TEST mode, the workout goal is fixed at "TIME" and cannot be altered in any way

- (2) Press <GOAL> key to take you to the workout goal setting screen. The program is preset at manual. For details about setting workout goals, please refer to "WORKOUT GOAL Setting".

2. WORKOUT GOAL Setting

After entering goal-setting, the words "SELECT GOAL" will pop up on the display. Select one of the following options to set as your target goal.

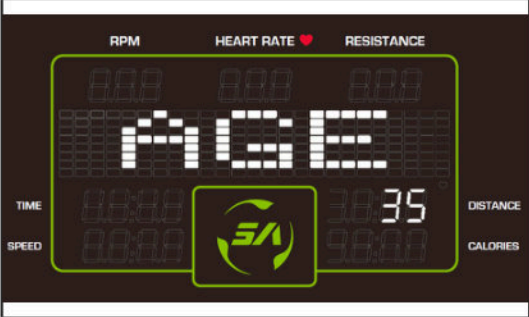
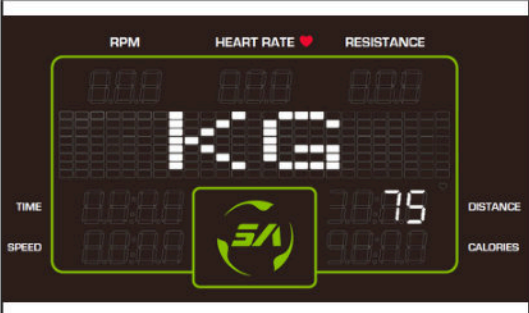
OPERATION User Setting Procedure (Cont.)

Parameter Window	Description
	<p>Setting a TIME workout goal: Select <TIME> as your workout goal, the <TIME> notification LED light will stay on and then proceed to time settings. The range is 5 - 300 minutes with the default of 30 minutes. If TIME set is below the adjustment range due to certain program requirement, the time limit will be assigned a lower value accordingly.</p> <p>(a) Press <RESISTANCE +/-> key to adjust the time. (b) Press <GO/ENTER> key to confirm the time setting.</p>
	<p>Setting a DISTANCE workout goal: Select <DISTANCE> as your workout goal, the <DISTANCE> notification LED light will stay on and then proceed to distance settings. The range is 0.1 - 99.9 miles/kilometers with the default of 2.0 miles(3.0 kilometers). If there's a time limit in the workout program selected, the DISTANCE workout goal will be disabled.</p> <p>(a) Press <RESISTANCE +/-> key to adjust the distance. (b) Press <GO/ENTER> key to confirm the distance setting.</p>
	<p>Setting a CALORIES workout goal: Select <CALORIES> as your workout goal, the <CALORIES> notification LED light will stay on and then proceed to calories settings. The range is 100 - 9999 kCal with the default of 100 kCal. If there's a time limit in the workout program selected, the CALORIES workout goal will be disabled.</p> <p>(a) Press <RESISTANCE +/-> key to adjust the distance. (b) Press <GO/ENTER> key to confirm the calories settings.</p>

OPERATION User Setting Procedure (Continued)

3. AGE and WEIGHT

Having finished the GOAL settings, proceed to AGE and WEIGHT setting. Refer to the following instructions for details.

Parameter Window	Description
	<p>AGE Setting: The range is 10 - 99 years old with the default of 35 years old.</p> <p>(a) Press <RESISTANCE +/-> key to adjust the age. (b) Press <GO/ENTER> key to confirm the age setting and proceed to weight settings.</p>
	<p>WEIGHT Setting: The range is 50-450lb. (20-205kg) with the default of 165 lb /75 kg.</p> <p>(a) Press <RESISTANCE +/-> key to adjust the weight. (b) Press <GO/ENTER> key to confirm the age setting and proceed to workout program settings.</p>

OPERATION Workout Programs

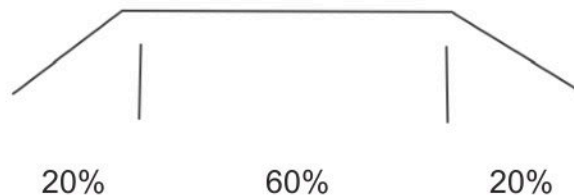
You can choose the desired program from the PROGRAM menu located at the bottom left corner of the display.

MANUAL:

The general mode. Users can set their desired workout program. The resistance can be adjusted according to your own preference.

PLATEAU:

This program is designed to simulate a workout on a plateau, the change in resistance is shown in the picture below. The first and the last segment each accounts for 20% of the workout. The middle segment accounts for 60% of the workout.



INTERVAL:

Regularly alternate between high-intensity and low-intensity exercise.

(1) The program is a two-stage exercise (REST/WORK) and each has different parameters of the time and the resistance. According to the time ratio, there are three options: 1:1, 1:2 and 2:2.

(For example: " 1 : 2" means one minute for resting and 2 minutes for workout.)

(2) The program changes between INTERVAL 1:1/ INTERVAL 1:2/ INTERVAL 2:2 each time the <INTERVAL>key is pressed. Press <GO/ ENTER> key to confirm your selection.

(3) Since it is a two-stage training program. You can change the "REST" parameters to your preferred setting and the machine will remember those settings. The same options apply to the "WORK" parameters. The unit will operate according to the last setting for the future REST and WORKOUT segments.

RANDOM:

The graphic pattern in RANDOM PROGRAM is generated randomly, and the illustration shows differently each time.

(1) Press the <RANDOM> key to select the desired graphic pattern.

(2) During exercise, you can press the <RANDOM> key to change the graphic pattern.

OPERATION Workout Programs (Cont.)

FIT TEST

This program measures your fitness level using a default time goal and a few simple tests.

1. Select this mode, then simply enter your gender, age, and weight before you start your workout.
2. Start fitness testing after the words "STARTING TEST" pop up.
3. This program has four parts, and each part will take 3 minutes to complete. The resistance in each part is variable and depends on your current speed.
4. The recommended RPM is displayed as a dot at the top of the console, and your current speed is displayed as a wavy line at the bottom of the console. Try to match your current speed with the target speed.
5. The best RPM range during test is 50 ± 5 RPM. If the pedal speed is slower than 45 RPM / faster than 55 RPM for more than 5 sec., the words "MAINTAIN RPM-50" will pop up on the console.

(1) The table below shows how the test process works.

Heart rate Stage	<80BPM	80-89BPM	90-100BPM	100BPM
1	25W	25W	25W	25W
2	125W (750kgm/min)	100W (600kgm/min)	75W (450kgm/min)	50W (300kgm/min)
3	150W (900kgm/min)	125W (750kgm/min)	100W (600kgm/min)	75W (450kgm/min)
4	175W (1050kgm/min)	150W (900kgm/min)	125W (750kgm/min)	100W (600kgm/min)
NOTE	If the heart rate is not in the range of $((220-\text{age}) \times 0.85 - 10)$, proceed to stage 5, 6...and so on. Every stage will make the next take more load (+25W).			

OPERATION Workout Programs (Cont.)

a. Each exercise stage lasts for 3 minutes.

b. Tips for each exercise stage:

Stage 1: the default watt load is 25W, and the watt load for next stage depends on the heart rate measured at last 15 sec. of stage 1.

For example, if the heart rate measured at last 15 sec. of stage 1 is 92bpm, then the watt load for stage 2 is 75W, 100W for stage 3, 125W for stage 4...and so on.

Stage 2,3,4: the watt load depends on the heart rate measured at last 15 sec. of the former stage. Subtract the heart rate measured at the 3rd. min. from the one measured at the 2nd. min. The value determines whether the exercise program continues or not, see details below:

(a) If $((220-\text{age}) \times 0.85) - 10 < \text{heart rate} \leq 5 \text{ bpm}$, the exercise ends.

(b) If $\text{heart rate} < ((220-\text{age}) \times 0.85) - 10$, and is less than 5bpm, the exercise continues to the next stage.

(c) If $\text{heart rate} > 5\text{bpm}$, the exercise stage extends 1 min. and the heart rate will be measured again. Use the above formula and the calculated value to determine whether this exercise stage continues or ends.

c. Everytime you enter a new exercise stage, the unit automatically adjusts your resistance level based on your RPM to match the corresponding watt load. Take stage 2 for example, if the watt load is 100w and the RPM is 51, the crosstrainer will automatically adjust to level 7.

(2) Scoring:

A score is calculated based on user's VO₂max, see the following table for details.

$$SM1 = (\text{Watt/kg in stage 2} \times 10.8) + 3.5 + 3.5$$

$$SM2 = (\text{Watt/kg in final stage} \times 10.8) + 3.5 + 3.5$$

$$HR1 = (\text{HR in the second to last min. of stage 2} + \text{HR in the last min. of stage 2}) / 2$$

$$HR2 = (\text{HR in the second to last min. of final stage} + \text{HR in the last min. of final stage}) / 2$$

$$b = (SM2 - SM1) / (HR2 - HR1) \text{ *note: "b" is for slope}$$

$$HR_{\text{max}} = (220 - \text{age})$$

$$VO2MAX = SM2 + (b \times (HR_{\text{max}} - HR2))$$

OPERATION Workout Programs (Cont.)

Percentile Values For Maximal Aerobic Power(ml.kg ⁻¹ .min ⁻¹)--Men					
Percentile	Age				
	20-29	30-39	40-49	50-59	60+
90	51.4	50.4	48.2	45.3	42.5
80	48.2	46.8	44.1	41.0	38.1
70	46.8	44.6	41.8	38.5	35.3
60	44.2	42.4	39.9	36.7	33.6
50	42.5	41.0	38.1	35.2	31.8
40	41.0	38.9	36.7	33.8	30.2
30	39.5	37.4	35.1	32.3	28.7
20	37.1	35.4	33.0	30.2	26.5
10	34.5	32.5	30.9	28.0	23.1

Percentile Values For Maximal Aerobic Power(ml.kg ⁻¹ .min ⁻¹)--Women					
Percentile	Age				
	20-29	30-39	40-49	50-59	60+
90	44.2	41.0	39.5	35.2	35.2
80	41.0	38.6	36.3	32.3	31.2
70	38.1	36.7	33.8	30.9	29.4
60	36.7	34.6	32.3	29.4	27.2
50	35.2	33.8	30.9	28.2	25.8
40	33.8	32.3	29.5	26.9	24.5
30	32.3	30.5	28.3	25.5	23.8
20	30.6	28.7	26.5	24.3	22.8
10	28.4	26.5	25.1	22.3	20.8

You will have a zero score if you haven't completed more than 3 stages in the process.

OPERATION Workout Programs (Cont.)

(3) The following is an example of calculating VO₂MAX for a 40-year-old, 62kg male:

- a. The heart rate $\geq ((220-\text{age}) \times 0.85) - 10$ in the last min. of stage 3. The exercise ends. The watt load and heart rate for each stage are presented in the following table.

Stage	WATT load	time(min)	HR(bpm)
1	25W	0-1	86
		1-2	90
		2-3	92
2	75W	3-4	120
		4-5	135
		5-6	139
3	100W	6-7	151
		7-8	159
		8-9	163

- b. Calculating VO₂MAX and scoring:

$$SM1 = (75/62 \times 10.8) + 3.5 + 3.5 = 20.06 \text{ ml} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$$

$$SM2 = (100/62 \times 10.8) + 3.5 + 3.5 = 24.42 \text{ ml} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$$

$$HR1 = (135 + 139) / 2 = 137 \text{ bpm}$$

$$HR2 = (159 + 163) / 2 = 161 \text{ bpm}$$

$$b = (24.42 - 20.06) / (161 - 137) = 0.182$$

$$HR_{\text{max}} = (220 - 20) = 200$$

$$VO_{2\text{MAX}} = 24.42 + (0.18 \times (200 - 161)) = 31.5 \text{ ml} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$$

We use the VO₂MAX table and find the corresponding score is 10.

5. End of exercise:

- Press the <STOP> key.
- Complete the entire cycle of the exercise process.
- Current heart rate $> (220-\text{AGE}) \times 0.8$, and lasting for 15 sec.
- No detectable heart rate for 30 sec.
- Heart rate $< 45\text{RPM}$, or heart rate $> 55\text{RPM}$, lasting for 15 sec.

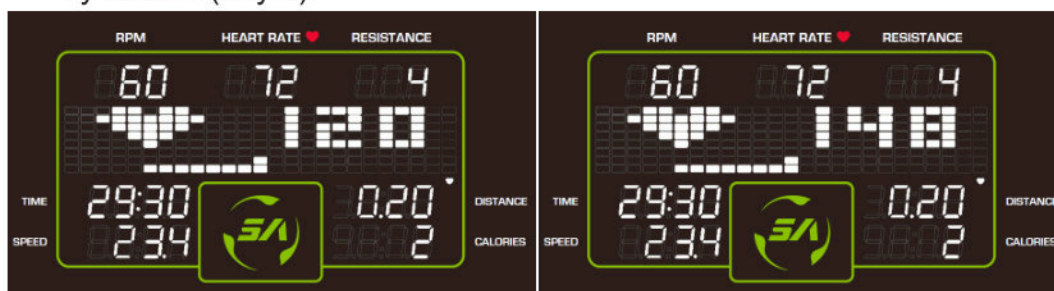
6. The words "YOUR SCORE" will pop up, and your score is displayed at <DISTANCE>. 0 is the lowest possible score, and 100 is the highest.

OPERATION Workout Programs (Cont.)

WT LOSS , CARDIO:

The programs take control of resistance, keeping your heart rate within the target zone.

- (1) Before entering this mode, press <WT LOSS/CARDIO> key to toggle between WT LOSS and CARDIO. The words “♥ 120” shown on the display represent WT LOSS mode, and the words “♥ 148” represent CARDIO mode.
- (2) During exercise, if the machine cannot read your heartbeat signal, it will display “NO HEART RATE READING, PLEASE CHECK TRANSMITTER” on your screen. The resistance can be only adjusted manually.
- (3) When heart rate is detected, the heart pattern in the parameter window will blink.
- (4) The value on the right side of the heart pattern represents the target heart rate in WT LOSS or CARDIO mode. The target heart rate is calculated according to the following formulas:
WT LOSS: $(220 - \text{AGE}) \times 65\%$
CARDIO: $(220 - \text{AGE}) \times 80\%$
Note that if no AGE data is entered, the target heart rate will be calculated by default (35y/o).



WT LOSS

CARDIO

- (5) The default resistance level / RPM is level1 / 50RPM. User's heart rate is simultaneously monitored.
- (6) If you keep pedaling, a dot will appear on the parameter window (just below the heart pattern), which represents the target RPM. The line below represents the actual RPM. Overlap between the dot and line indicates that you've reached the target speed.
- (7) If the actual RPM is 5RPM less than target speed, lasting for more than 25 seconds, the words “SPEED UP” will pop up on the display.

OPERATION During Exercise

During exercise, you can switch to a different program using the same WORKOUT GOAL(TIME/DISTANCE/CALORIES) by pressing a different program key.

Please note it is not allowed to switch directly in the situation as below, and the window will display the message " SWITCHING NOT ALLOWED".

- (1) During MANUAL, PLATEAU, INTERVAL, RANDOM, WT LOSS/ CARDIO program, it cannot be switched to FIT TEST program.
- (2) It is not allowed to switch to other programs during FIT TEST program.

OPERATION Cool Down

Once the goal(TIME, DISTANCE, or CALORIES) has been achieved, it will show the message" COOL DOWN " on your screen. The machine will enter a two-minute cool down period and count down from 2:00 to 0:00.

OPERATION Stop Exercise

Press <STOP> during exercise, all the exercise data will stop accumulating and keep the current value.

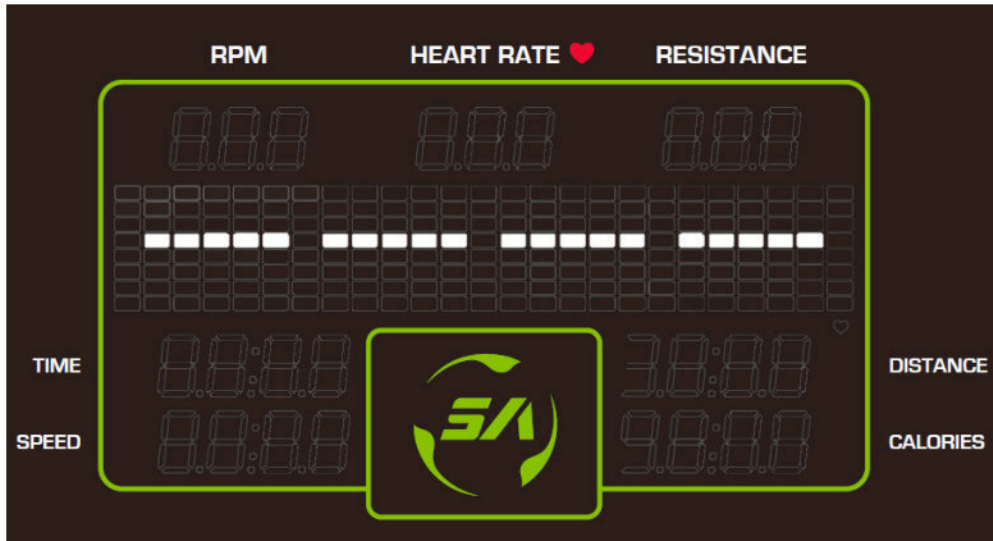
OPERATION Workout Summary

Press <STOP> or after cool down , it will show the message "REVIEW SUMMARY" and your current workout status on the screen will last for 15 seconds, then press <STOP> once again to return to start screen.



OPERATION Idle Mode

The machine will turn into power saving mode when there is no stepping on the pedal or no button presses for 50 seconds. The window will display “----” and continue to flash. To restart the machine, please step on the pedal or press any button to return to start screen.



OPERATION Auto Power Off Function

The machine will shut off automatically when there is no stepping on the pedal or no button has been pressed for 2 minutes.

OPERATION User Parameter Setting

Hold the < RESISTANCE - > for 3 seconds to enter the user parameter setting procedures; press the <STOP> key at any time to return to the start screen.

Please refer to the following setting procedures:

(1) Metric System / Imperial Units Setting

The window will display KM or MILE, press < RESISTANCE +/- > to select the metric system or the imperial units, then press < GO/ENTER > key to confirm your setting and go to the next step.

(2) Display the Program Version

The window will show the version of each program, press < RESISTANCE +/- > to view each program version, then press < GO/ENTER > and go to the next step.

Program Version Items:

- (a) CTL SA_6 - xx → The program version of the control board.
- (b) DRV C575_SG - xx → The program version of the drive board.
- (c) SA WELL+ x.x.x → The program version of the SA WELL+ adapter.
(This function is only available if you purchase SA WELL+.)

(3) Display the Mileage

The window will show the message of DIST- xxxxxx KM or DIST- xxxxxx MILE, press < GO/ENTER > and go to the next step.

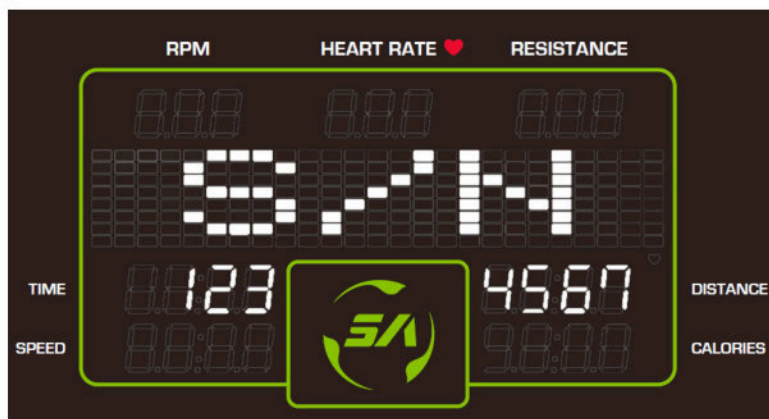
(4) Display the Total Time

The window will show the message “TIME- xxxxxx HOUR”, press < GO/ ENTER > and go to the next step.

(5) Product Serial Number

The Window will show the message of “S/N xxxxxxxx” (as shown below), press < GO/ENTER > and go to the next step.

※ The number “1234567” in the picture represents the machine serial number.



OPERATION User Parameter Setting (Cont.)

(6) Language Setting

The window will show the options of the countries, press < RESISTANCE +/- > key to select your language, then press < GO/ENTER > to confirm and go to the next step.

(7) Time Limit Setting

The window will show the message of "TIME LIMIT", press < RESISTANCE +/- > key to set the time, then press < GO/ENTER > to confirm and go to the next step.

If the time limit is set less than 5 minutes, this function is deactivated. The setting range is 5-60 minutes or OFF.

(8) Turn on/off the Buzzer

The window will show the message of "BZ", press < RESISTANCE +/- > key to turn on/off the buzzer, press < GO/ENTER > to confirm and go to the next step.

(9) Enable/ disable USB Charge Function

The window will show the message of "USB", press < RESISTANCE +/- > key to enable /disable USB charge function, then press < GO/ENTER > to confirm and go back to the start screen.

※ If USB charge function is disabled, USB charging is only available when you workout.

If USB charge function is enabled, USB charging is available both when you workout or not.

8. ABOUT HEART RATE DETECTION

Heart rate detection functions are selected at the time of purchase. Not every product has every type of heart rate detection. The following explains factors that influence the performance of two of the most common types of heart rate detection devices.

HEART RATE Telemetry

The words “telemetry heart rate” refer to the detection of heart rate via a device worn on the exerciser and transmitted over the air to a circuit board built into the product. Telemetry heart rate devices are commonly worn on the exerciser’s chest, where the pulse is strongest and relatively easy to detect.

The following explains conditions that affect the performance of the telemetry heart rate function in all products.

- The telemetry heart rate transmitter emits a wireless 5 kHz signal that is harmless to the human body. Keep a distance within 60cm between the heart rate receptor and the transmitter to achieve stable connection.
- If the battery is too low, the receiving distance may be shortened or there will be no reception.
- Secure the telemetry heart rate transmitter on your chest so that it stays in place without making you feel uncomfortable. Moisten the skin for better contact.
- Because the telemetry heart rate signal varies in strength from 20 Hz to 20 KHz, environmental interference can block signal reception. Physical vibration and electronic devices, including stereos, TVs, and even fluorescent lights, can interfere with signal reception. For best results, install the product in an area free from such interference.
- Space the product apart by at least 39 inches (100 cm) to avoid having the heart rate value from one exerciser appear on a neighboring product.

HEART RATE Contact

The words “contact heart rate” refer to the detection of the heart rate via sensors on the product. By holding the sensors, the exerciser can view his or her heart rate on the product display. Like telemetry heart rate, contact heart rate can be influenced by several factors. The following list includes some of these factors.

- A weak pulse makes it difficult to detect heart rate.
- Low systolic blood pressure makes it difficult to detect heart rate.
- Dry, course palms impede heart rate detection. For best results, moisten your palms. But do not apply hand lotion immediately prior to your workout, because hand lotion can gum up the contact pads.

Heart rate devices built into this product are not medical devices. Heart rate values are for reference only. Do not use them for medical diagnostic or treatment work.

CAUTION: Heart rate detection and transmission devices have been known to interfere with the operation of pacemakers, possibly endangering human life. If you have a pacemaker, exercise under your doctor’s supervision; take a test to ensure your safety during the simultaneous use of the pacemaker and heart rate detection devices. The use of such devices must be undertaken at your own risk.

Note that in dry areas in particular, static electricity can interfere with unit operation and shock people. To discharge static electricity from your body, touch something else before touching metal on the product.

9. GUIDELINES FOR EXERCISE

HOW HARD SHOULD I EXERCISE?

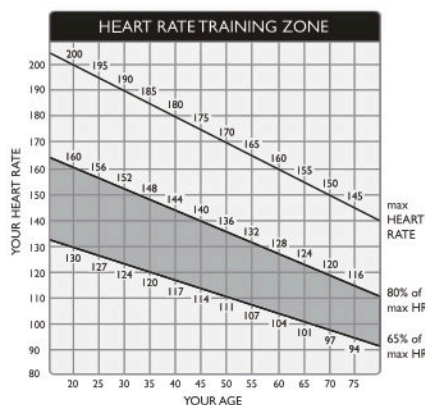
Studies show that to benefit from aerobic exercise, people need to maintain a certain heart rate during their workouts. Your heart rate training zone depends on your age and fitness level.

The darkened area in the chart to the right represents the recommended heart rate training zone for people of various ages. It was calculated by taking 220 minus age in years, multiplied by 65% and 80%. The area between those values is the heart rate training zone.

CAUTION: Heart rate training zones are generalizations and may not suit every person. Always check with your physician to understand what heart rate goal would be appropriate for you.

HOW LONG SHOULD I EXERCISE?

The duration of your workout must depend on your fitness level. In general, it is recommended that you maintain a heart rate within your training zone for at least 15 to 20 minutes to experience the benefits of aerobic exercise. Beginners should always start out slowly and gradually increase the duration and intensity of their workouts. As your fitness level improves, you will be able to maintain a heart rate within the training zone for longer periods of time.



When you begin your workout, use the first several minutes to warm up. Then slowly increase the intensity of your workout to bring your heart rate into your training zone. At the end of your workout, gradually decrease your workload. Then exercise lightly to cool down.

HOW OFTEN SHOULD I EXERCISE?

Research indicates that to achieve the greatest benefit, people should exercise three to five times per week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

10. MAINTENANCE

This section covers maintenance topics, including error messages, along with the presentation of a maintenance schedule, maintenance task list, one-year maintenance log, and electronics block diagram.

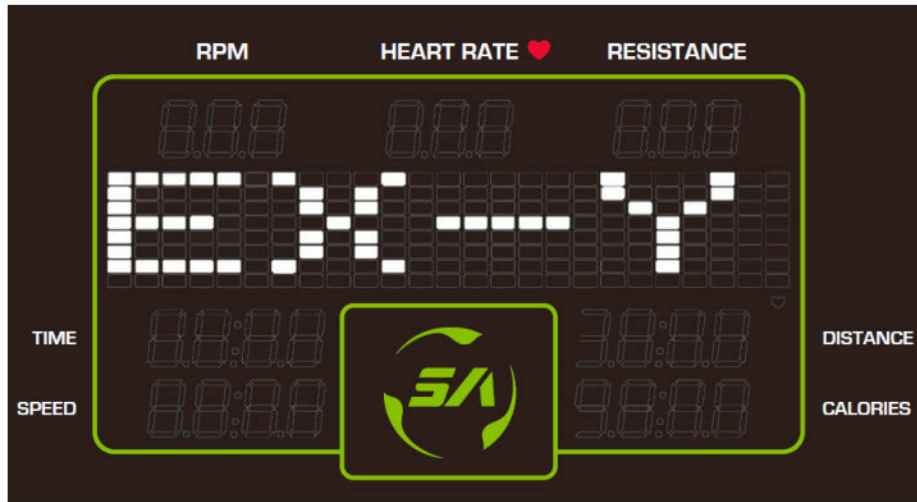
MAINTENANCE Safety Precautions

- Please follow standard safety precautions when servicing on this product.
- Electronic components can carry an electrical charge even after the product has been turned off. For safety, turn off unit power. Wait five minutes to allow capacitors to discharge. Then disconnect the power cord from the wall socket (if applicable.) Only after such steps have been completed should covers be removed and electronic components accessed.
- Unplug product and wait ten minutes before performing maintenance.
- Do NOT use a damp towel to clean the product and do perform the following maintenances.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner, to thoroughly clean the handlebar and the console.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt) . Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- The bike shall be disconnected from its power source during service and when replacing parts.
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but also may present a danger to the exerciser.
- Keep this product out of use until maintenance is completed.
- If you need to remove the cover for repair or maintenance, be sure to contact the service station or dealer to deal with, do not operate on their own.

MAINTENANCE Error Messages

The window will show the error message when an unusual situation occurs on the machine.

(Shown as illustration below, X is for the main code, Y is for the secondary code.)



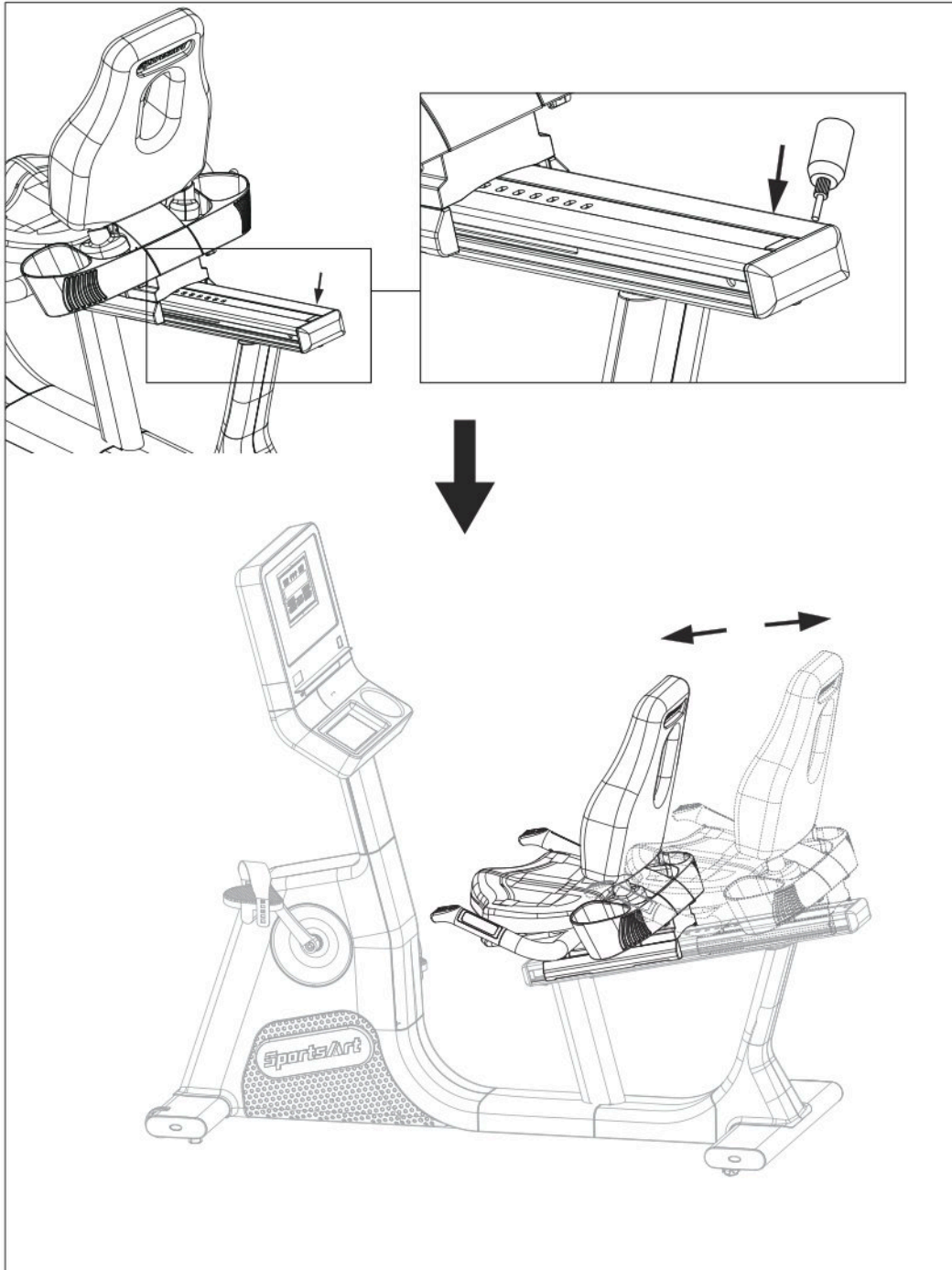
Error Code Description:

Main Code X	Secondary Code Y	Error message	Note
8	1	When start up, communication with the drive board is abnormal.	Will restore when the communication is back to normal.
8	2	When start up, communication with the driver board is normal, but an abnormality occurs during use.	Will restore when the communication is back to normal.

MAINTENANCE Lubrication

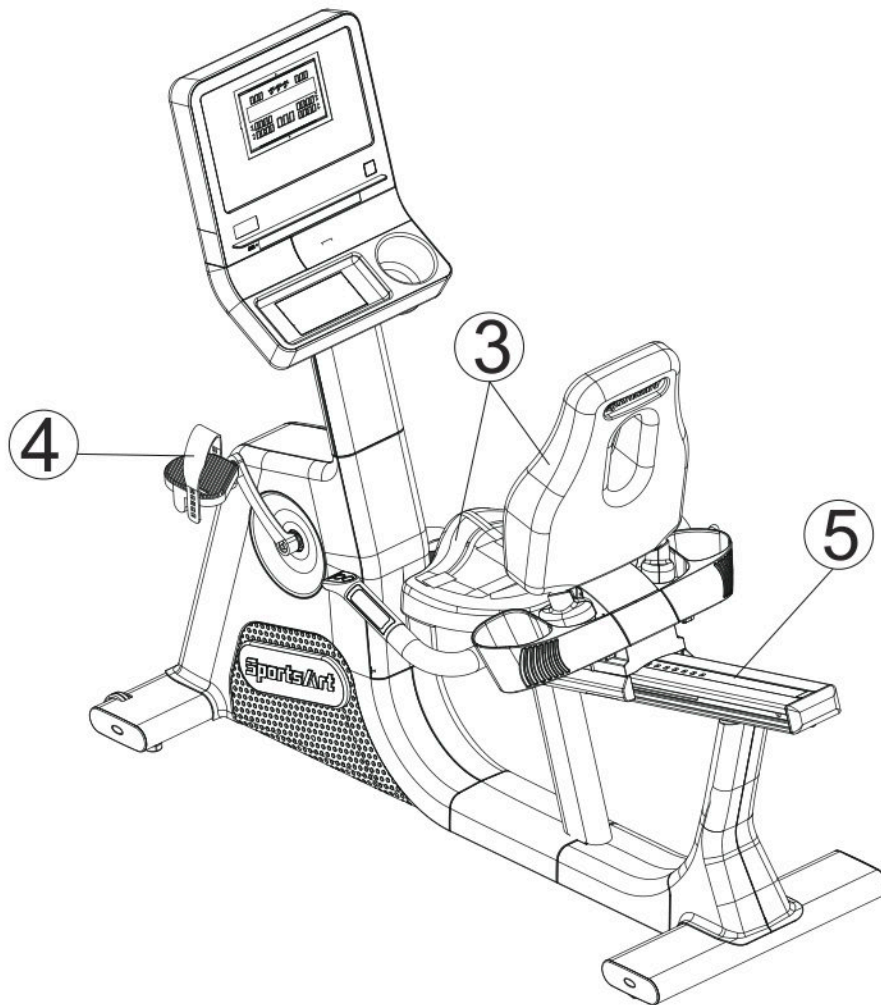
If the seat does not move fore and aft easily, please follow the indication as below to lubricate the seat carriage.

Push the seat forward until it stops. Add a few drops of silicone lubricant to the rear end of the sliding track on both sides, then move the seat forward and backward to allow the lubricant completely fill the entire sliding track.



MAINTENANCE Clean Schedule

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	●					Clean.
2	Screws	●					Inspect the looseness and fix
3	Saddle	●					Clean with slightly damp wiper
4	Pedals	●					Inspect the looseness and fix.
5	Seat carriage rail		●				Apply silicone lubricant



11. ACCESSORIES

ACCESSORIES Standard

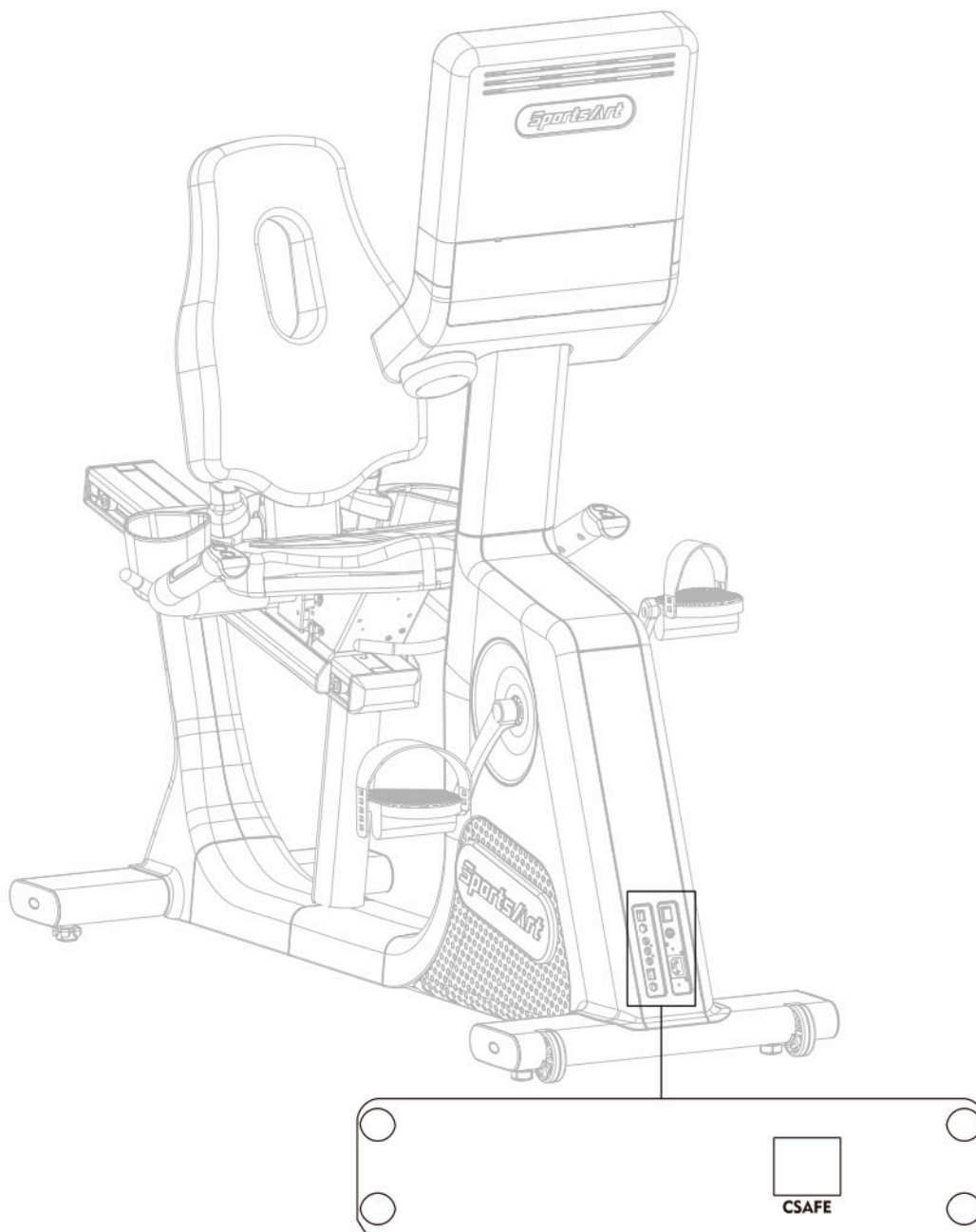
USB CHARGER

1. Provides up to 5V, 0.5A of power for charging
2. Let you update all required software drivers for the product.

CSAFE PORT

Compatible with CSAFE (Communications Specification for Fitness Equipment) Protocol.

*The figure below is for reference purposes only.



ACCESSORIES Option

SA WELL+ Member System

This is designed specially by SportsArt to assist the user in managing their workout history. There are three ways to get connected with the member site:

1. Using a smartphone, connect to the unit via Bluetooth/WIFI and use the SA WELL+ App. The App is available for download in the App Store and Google Play.
2. Use USB Flash Drive to store the workout data.
3. Manage user information and workout data.

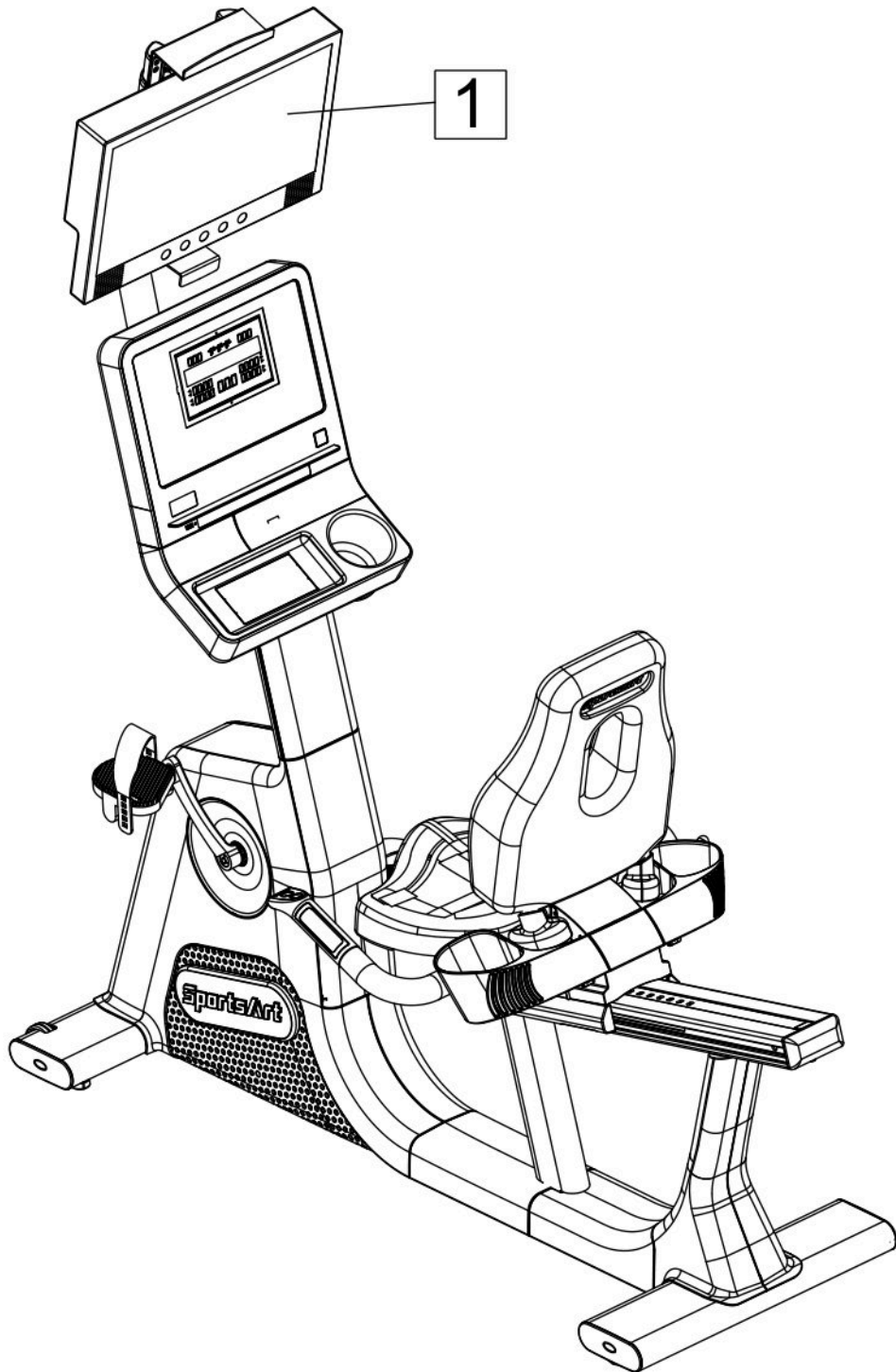
Visit “www.gosportsart.com” for more information about this feature.



No.	Name of button	Function
a	USB port	This port is used for optional data transferring.
b	Bluetooth/WIFI button	When a smart phone is connected wirelessly to the unit, press this button to disconnect. Scan the QR code or tap the NFC tag on the console to connect to the equipment again.

ACCESSORIES Option (Cont.)

1: TV Mount Bracket

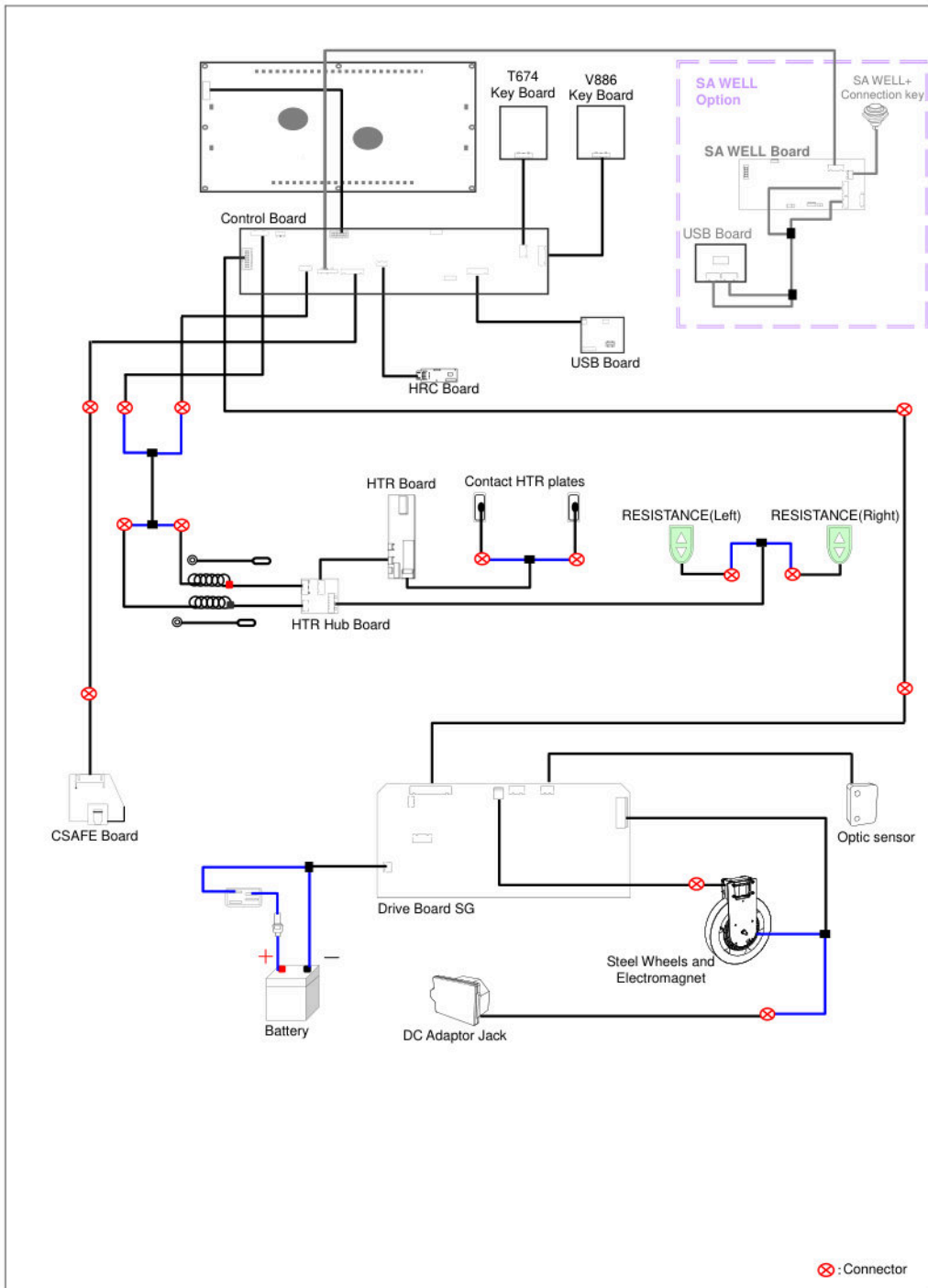


12. APPENDIXES

APPENDIXES Specifications

Model	C574R
Dimensions	L : 1725 mm (68") W : 660 mm (26") H : 1404 mm (55")
Overall Weight	96.3 kg (212 lbs)
Maximum User Weight	205 kg (450 lbs)
Power Requirement	Self-generating

APPENDIXES Electronics Block Diagram

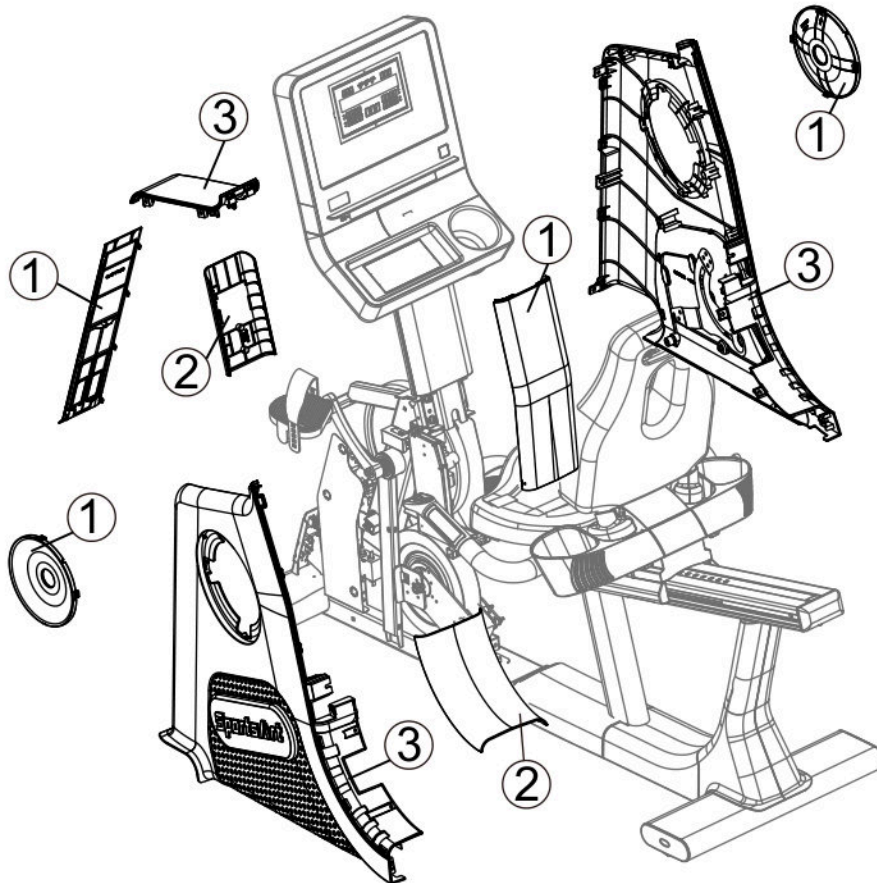


APPENDIXES Exploded Diagrams

Note: We reserve the right to revise the following diagrams at any time without notice to notify any person of such revisions. Please visit our official website www.gosportsart.com for the latest version.

APPENDIXES Disassembly

Follow sequence of index numbers 1 through 4 assigned to the figure below to disassemble the product, and be sure to remove all the retaining screws before performing disassembly.



Your Authorized Distributor