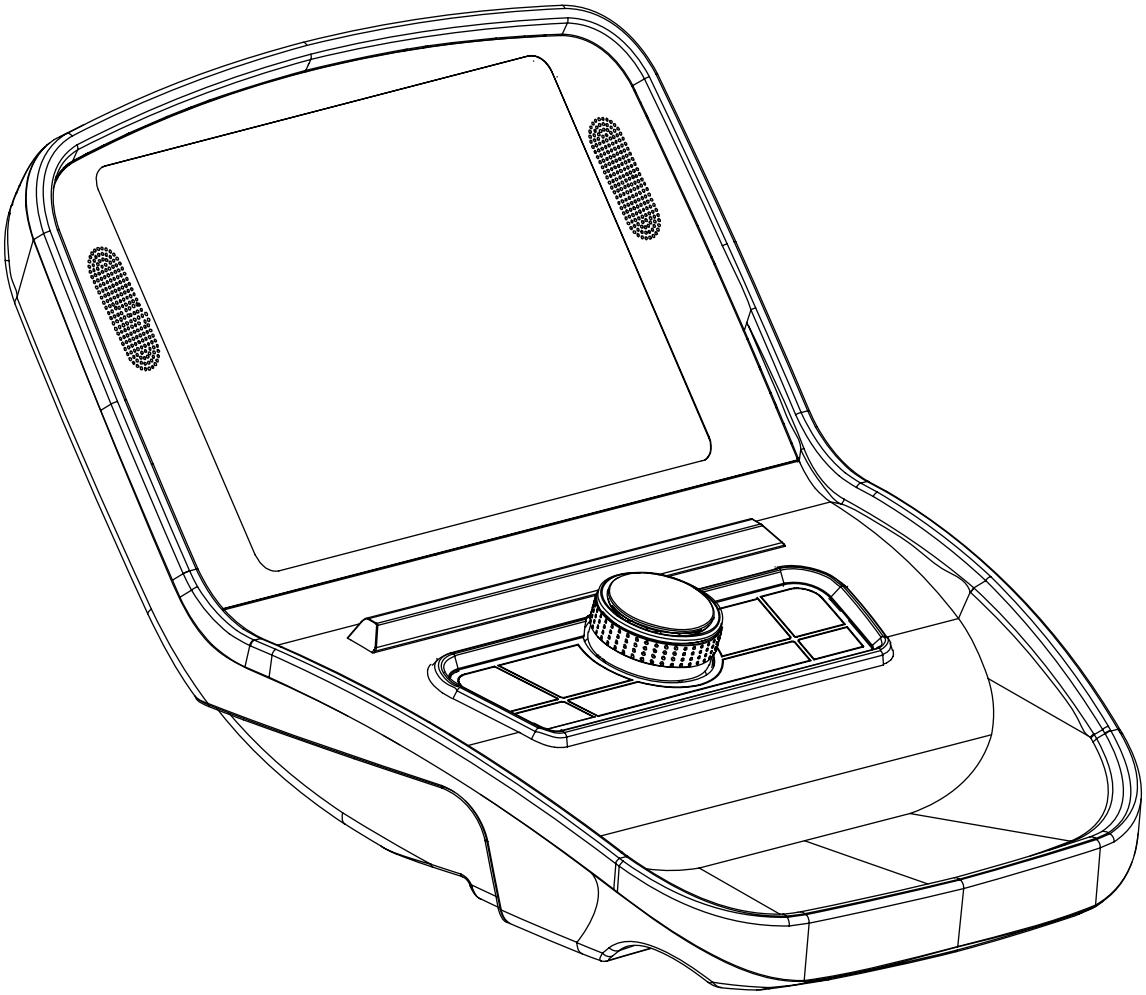
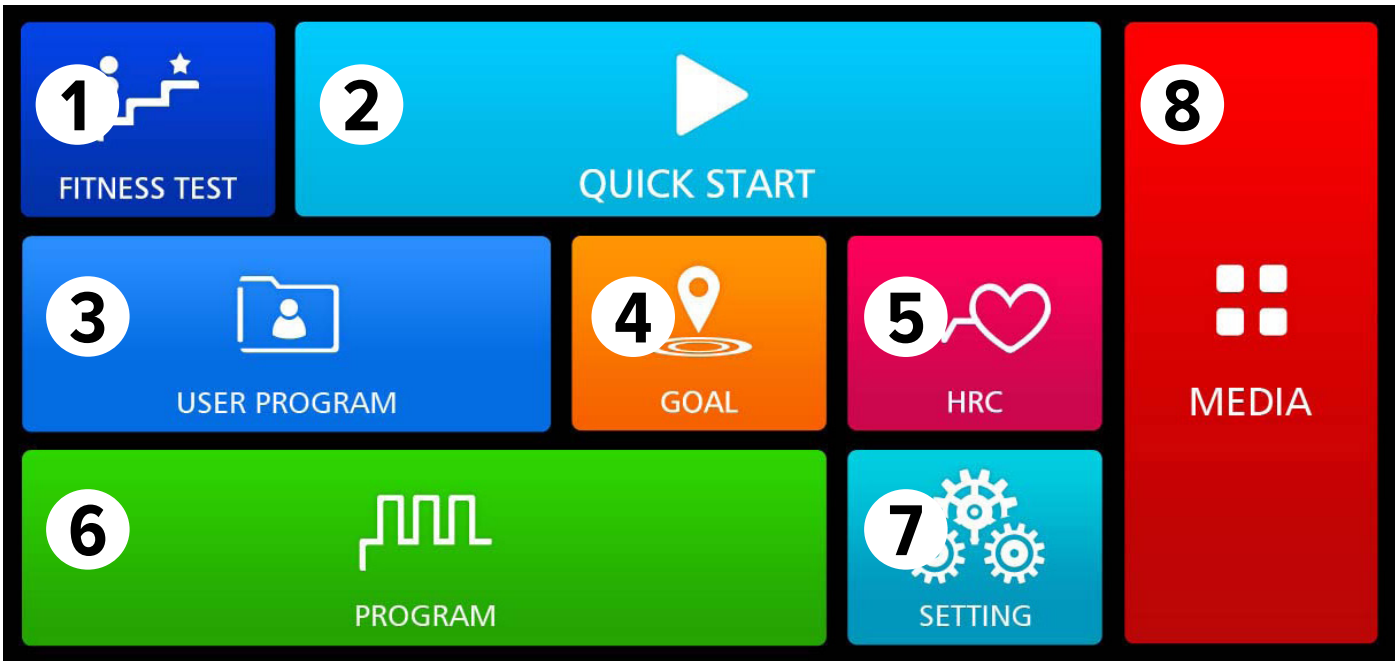
DIAMONDBACK FITNESS

1260sr/ub Exercise Bike

Console Manual



Home Screen



1 FITNESS TEST
Get a snapshot on how well your body uses oxygen during a workout, also known as your V02 Max.

2 QUICK START
Jump right into a workout with Quick Start. Ride for as long as you want, increase or decrease the resistance as you see fit.

3 USER PROGRAM
Design your own workout by choosing the resistance at each interval and setting your desired workout duration.

4 GOAL
Choose between a Time, Calorie, or Distance focused workout.

5 HRC (Heart Rate Controlled)
A workout program designed to keep you in your selected heart rate range.

6 PROGRAM
Choose between 32 different preset programs for your desired workout.

7 SETTINGS
Access your basic console settings such as preferences and connectivity.

8 MEDIA
Access social and entertainment apps during that can be used during your workout.

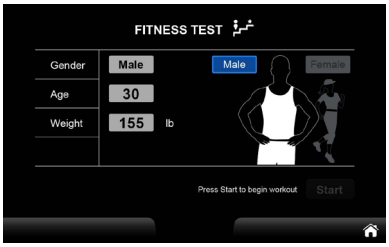
① Fitness Test

Get a snapshot on how well your body uses oxygen during a workout, also known as your V02 Max. Upon finishing the test you will be shown your estimated V02 Max, along with your workout data, to see how your fitness is improving.

1. Start by tapping FITNESS TEST button on the home screen.

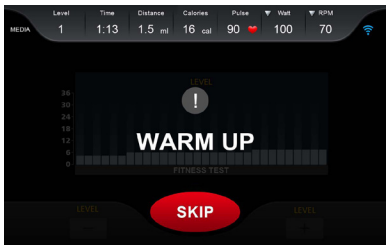
2. Enter your user information:
- Gender
- Age
- Weight

Press Start



3. An optional 3 minute warm up will start automatically.

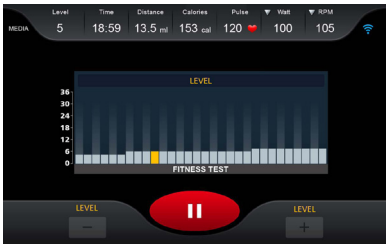
Tap SKIP to start the test immediatly.



You must hold the pulse sensors and keep the RPM between 45 and 65 throughout the entire test.

The resistance will adjust as the test progresses beginning at level 5.

The test will last up to, but no more than 30 minutes. It will end when it has the data needed to give results.



4. When the test is complete, there will be 3 screens summarizing the results. Swipe left and right to view them.

How to use this information?

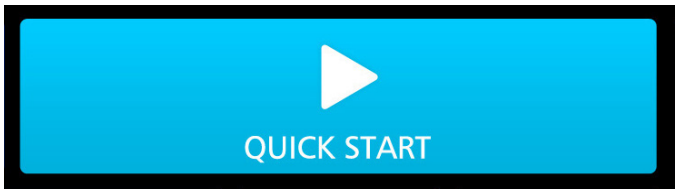
As your fitness progresses your body will be able to use oxygen more efficiently to power your workout.

VO2 Max Norms for Men						
Age	**Very Poor**	**Poor**	**Fair**	**Good**	**Excellent**	**Superior**
13-19	Under 35.0	35.0-38.3	38.4-45.1	45.2-50.9	51.0-55.9	Over 55.9
20-29	Under 33.0	33.0-36.4	36.5-42.4	42.5-46.4	46.5-52.4	Over 52.4
30-39	Under 31.5	31.5-35.4	35.5-40.9	41.0-44.9	45.0-49.4	Over 49.4
40-49	Under 30.2	30.2-33.5	33.6-38.9	39.0-43.7	43.8-48.0	Over 48.0
50-59	Under 26.1	26.1-30.9	31.0-35.7	35.8-40.9	41.0-45.3	Over 45.3
60+	Under 20.5	20.5-26.0	26.1-32.2	32.3-36.4	36.5-44.2	Over 44.2

VO2 Max Norms for Women						
Age	**Very Poor**	**Poor**	**Fair**	**Good**	**Excellent**	**Superior**
13-19	Under 25.0	25.0-30.9	31.0-34.9	35.0-38.9	39.0-41.9	Over 41.9
20-29	Under 23.6	23.6-28.9	29.0-32.9	33.0-36.9	37.0-41.0	Over 41.0
30-39	Under 22.8	22.8-26.9	27.0-31.4	31.5-35.6	35.7-40.0	Over 40.0
40-49	Under 21.0	21.0-24.4	24.5-28.9	29.0-32.8	32.9-36.9	Over 36.9
50-59	Under 20.2	20.2-22.7	22.8-26.9	27.0-31.4	31.5-35.7	Over 35.7
60+	Under 17.5	17.5-20.1	20.2-24.4	24.5-30.2	30.3-31.4	Over 31.4

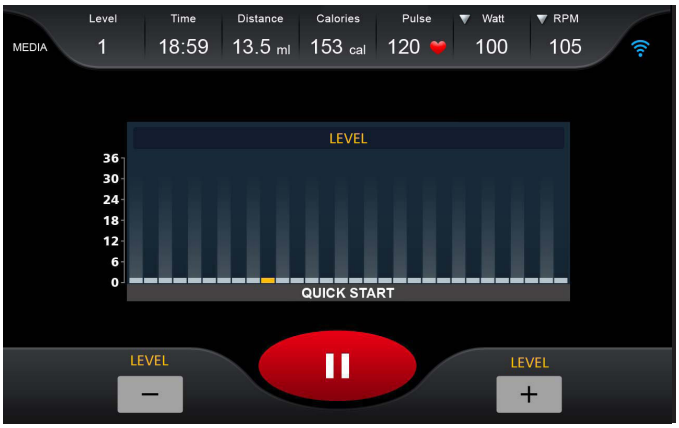
② Quick Start

Jump right into a workout by selecting Quick Start. Ride for as long as you want, increasing or decreasing the resistance when you see fit.



1. Start by tapping QUICK START button on the home screen.

Resistance will start at zero. Increase and decrease the resistance by using the +/- buttons.



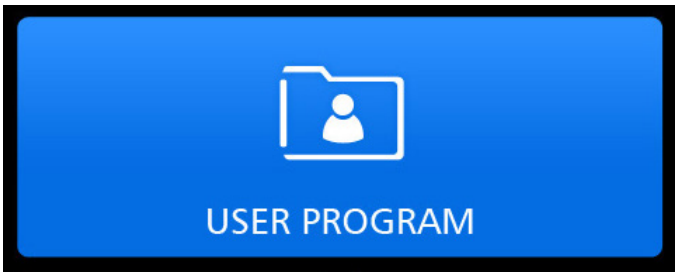
2. When you are finished with the workout, press pause button to end the workout.

A summary of your workout will be displayed. There will be 3 screens summarizing the workout. Swipe left and right to view them.

③ User Program

Design your own workout by choosing the resistance at each interval and setting your desired workout duration.

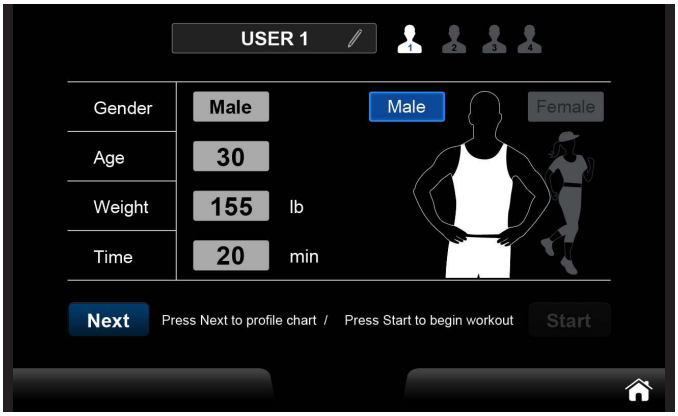
1. Start by tapping USER PROGRAM button on the home screen.



2. First, select a user program. Up to 4 programs can be created and saved.

Touch the values for Gender, Age, Weight and enter desired values. Touch the profile name to enter a new one. (Default: USER1-4)

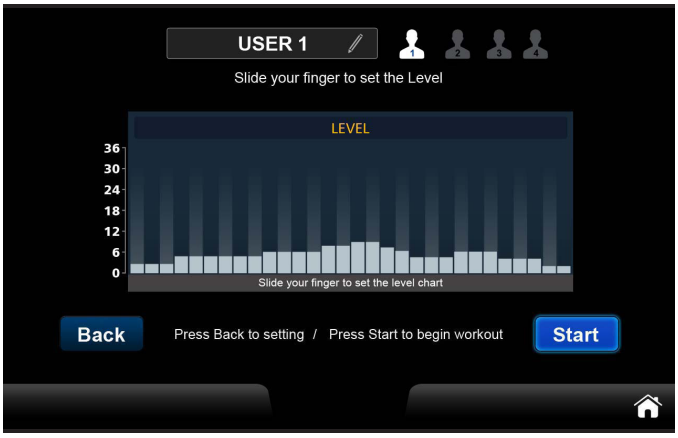
Select Next.



3. Touch and drag up/down and left/right to set desired resistance levels for each workout interval, 30 intervals in total.

Select Start to SAVE the data and begin the workout. Start must be pressed to save the profile for future use.

Repeat the above steps for all 4 user programs, if desired.

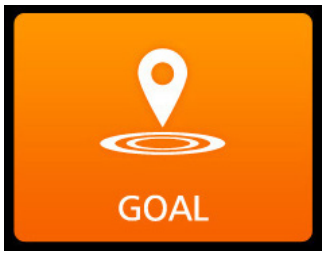


4. When the workout time ends, a summary will be displayed. There will be 3 screens summarizing the workout. Swipe left and right to view them.

④ Goal

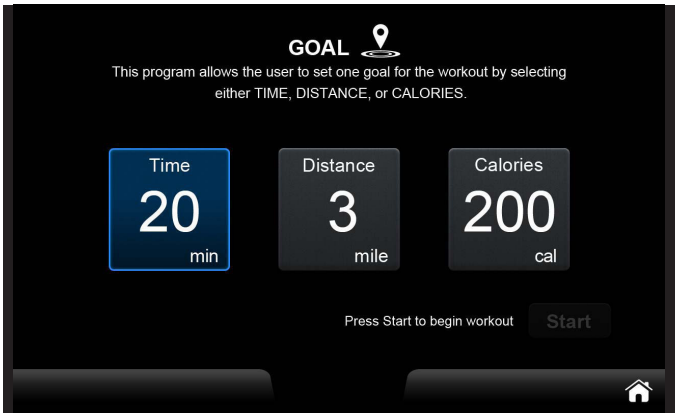
Choose between a Time, Calorie, or Distance focused workout.

1. Start by tapping GOAL button on the home screen.



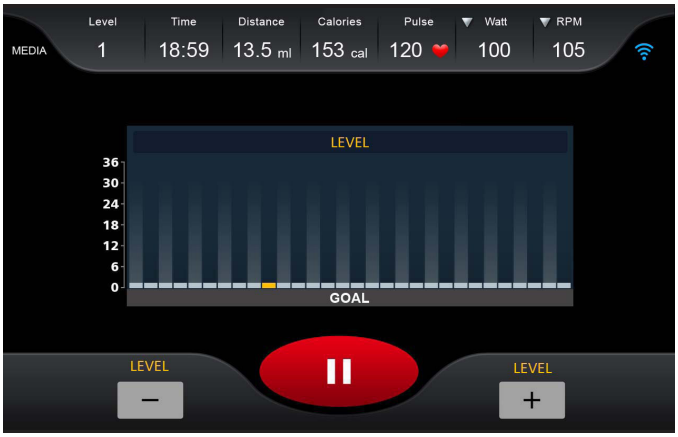
2. Choose between Time, Distance or Calories for the workout goal.

Enter the value that when reached the workout will end. Whether it's minutes spent, distance pedaled, or estimated calories burned.



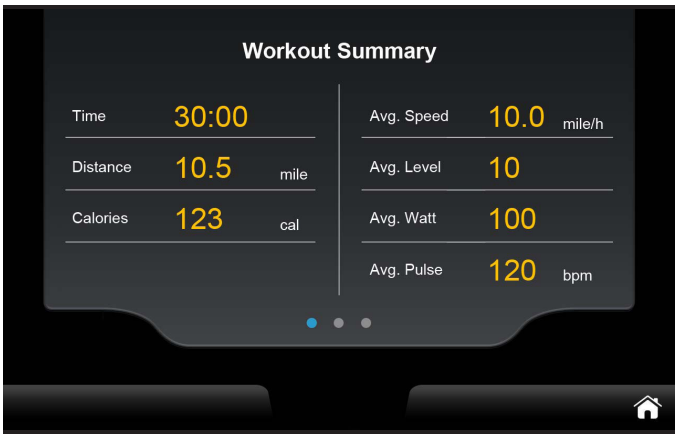
3. Touch Start to begin workout.

Resistance will start at zero. Increase and decrease the resistance by using the +/- buttons.



4. When the goal value is reached the program will end and display a summary of your workout.

There will be 3 screens summarizing the workout. Swipe left and right to view them.



⑤ HRC (Heart Rate Controlled)

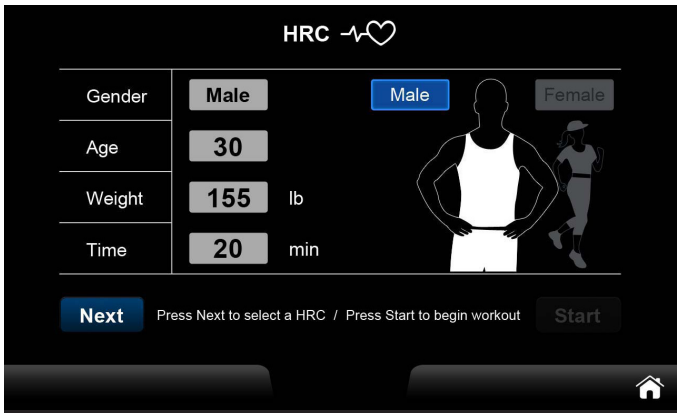
A workout program designed to keep you in your selected Heart Rate. Choose between a 60%, 80% or your own targeted heart rate to keep you in your desired range.

1. Start by tapping HRC button on the home screen.

2. First, enter Gender, Age, Weight, and desired workout time.

Touch the values for Gender, Age, Weight and enter desired values. Touch the profile name to enter a new one. (Default: USER1-4)

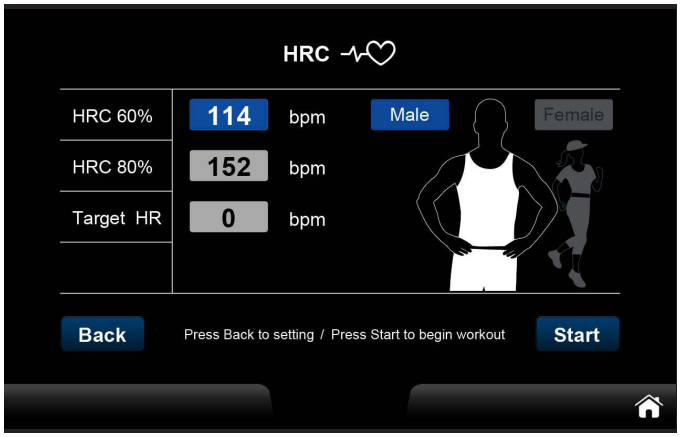
Tap Next.

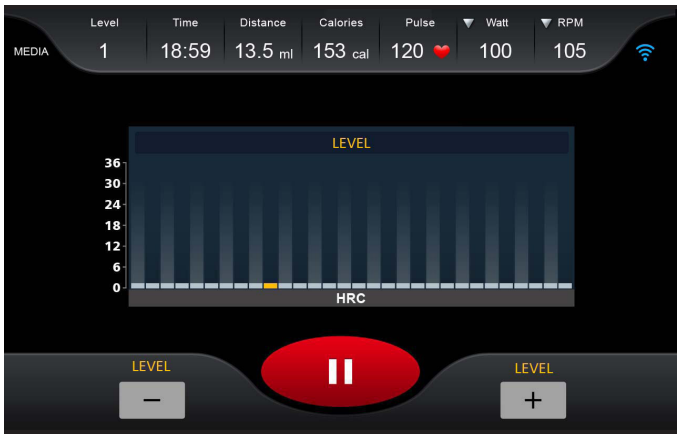


3. Choose either HRC 60%, 80%, or Target HR to enter your own value.

Touch Start to begin.

Pulse sensors must be held during the entire workout. Resistance will change automatically to keep you in your desired heart rate range. and cannot be manually changed during workout.





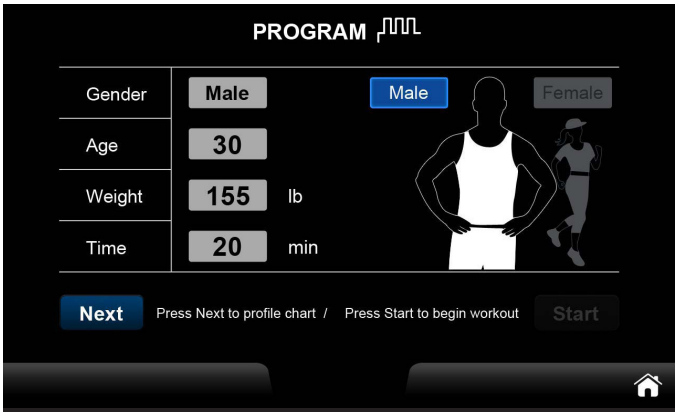
⑥ Program

Choose between 32 different preset programs for your desired workout.

1. Start by tapping PROGRAM button on the home screen.

2. Enter your user information:
- Gender
- Age
- Weight
- Time

Select Next

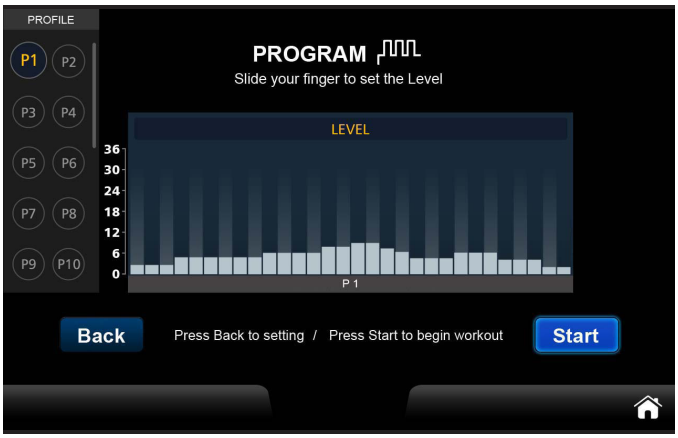


3. Scroll through the preset programs P1- P32, touch-drag up/down in profile area. Select a program to preview its intervals.

Touch Start to begin.

Resistance can be changed during the workout but will only change the current interval.

Workout will run for the time entered on initial data page.



4. When the workout time ends, a summary will be displayed. There will be 3 screens summarizing the workout. Swipe left and right to view them.

⑦ Setting

Access your basic console settings such as preferences and connectivity.

1. Start by tapping SETTING button on the home screen.

System
The settings for the following can be adjusted in this section:

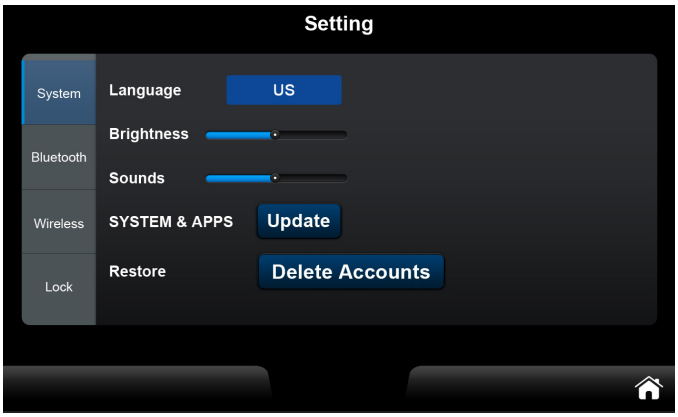
Language: Choose between US for English and Deutch for German

Brightness: Adjust the light level for the screen. 0-100.

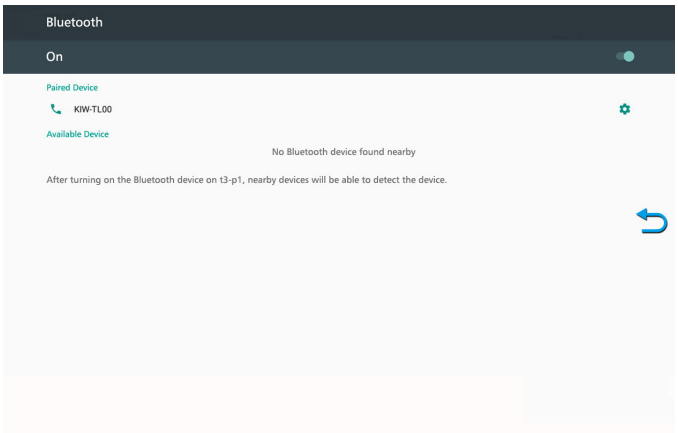
Sounds: Volume level for the external speakers.

SYSTEM & APPS: Touch the Update button to update the installed apps.

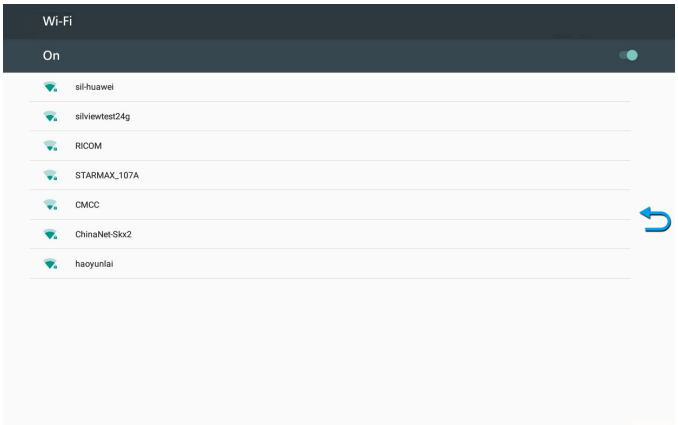
Restore: The Delete Accounts button will clear any account information stored with any of the installed apps.



Bluetooth
Use this section to pair the console with nearby bluetooth capable devices. Touch the blue arrow to return to the previous screen.



Wireless
Connect the console to available Wi-Fi networks for internet connectivity. Touch the blue arrow to return to the previous screen.



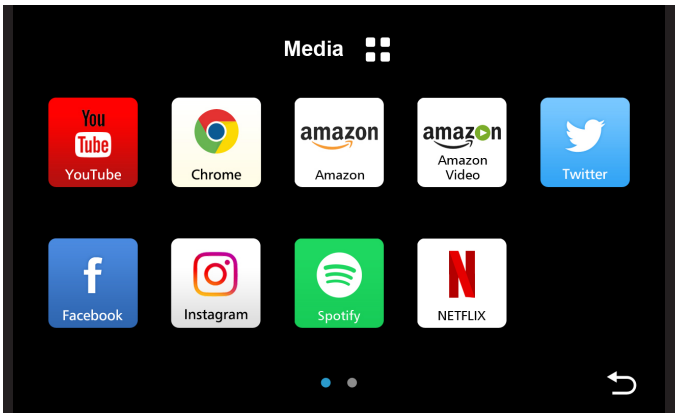
Lock
Please call customer service before using this feature.

⑧ Media

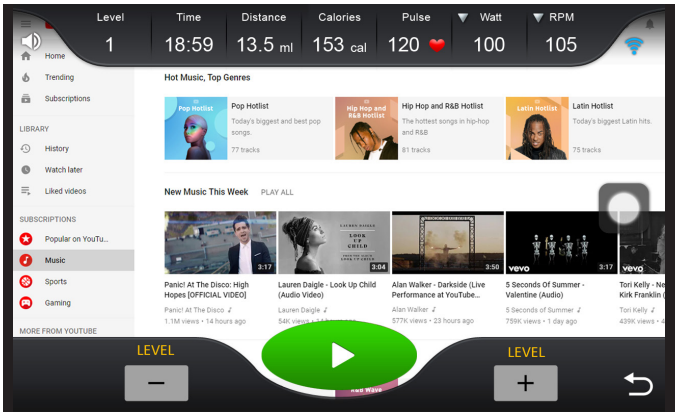
Access social and entertainment apps during that can be used during your workout.

1. Start by tapping MEDIA button on the home screen.

2. Tap the app you want to use



3. Tap the green start button to begin your workout.



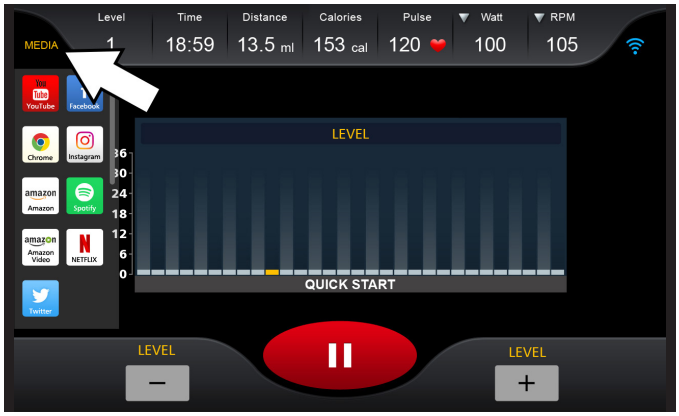
Tap this button to toggle show/hide of the workout information from the display. Tap and drag to move this toggle button to any position on the display.

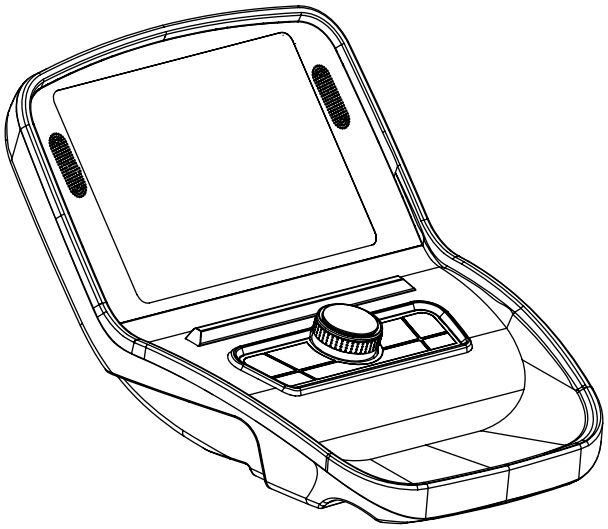
Alternative method to access the media apps during a workout.

1. Start your workout as normal.

2. Touch the "MEDIA" text in the upper left corner of the screen.

3. Tap the app you want to use and follow the onscreen prompts.





If you have any questions please contact our support team at support@diamondbackfitness.com.

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