



OPERATION MANUAL 2.0



CAUTION

Read all precautions and instructions in this manual before using this product. Save this manual for future reference.

S25U
S25R
commercial use

TABLE OF CONTENTS

1. IMPORTANT SAFETY INSTRUCTION	3
2. FEATURES OF S25 BIKES	5
3. SPECIFICATION	
S25UR Series	6
4. KEY PARTS AND COMPONENTS	
PARTS NAME	8
S25UR DISPLAY & FUNCTION	10
S25UX/RX DISPLAY & FUNCTION	11
S25UX/RX WITH TOUCH DISPLAY & FUNCTION	12
5. HOW TO USE	
BASIC OPERATION	14
S25UR	15
S25UX/RX	21
S25UX/RX WITH TOUCH	31
6. MAINTENANCE AND TROUBLESHOOTING	33
7. EXERCISE TIPS	34
8. WARRANTY	35
9. APPENDIX-FIT TEST	36

1. IMPORTANT SAFETY INSTRUCTIONS

SAVE THESE INSTRUCTIONS

To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important safety instructions before using the bike.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental in capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.



DANGER



FORBIDDANCE



NOTICE



Use the equipment only as described in this manual.



Position the equipment on a clear, level surface. Keep it indoors, away from moisture and dust.



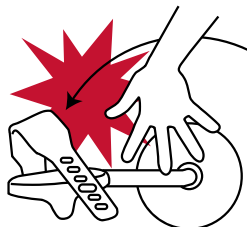
Never allow more than one person on the exercise bike at a time.



Keep children under the age of 12 and pets away from the exercise bike at all times.



Never insert hands or any object into any openings or moving parts.



Inspect and properly tighten all parts regularly. Replace any worn parts immediately.



1. IMPORTANT SAFETY INSTRUCTIONS

CAUTION



Clean the unit with a dry and soft cloth. Do not use an abrasive cleaner on the electronic console or plastic cover since it can scratch the surface or change colour.

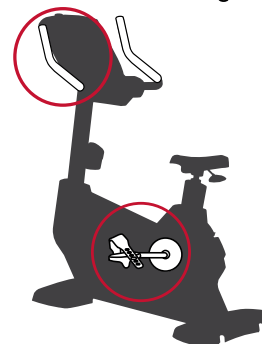


The heart rate sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings.

-The heart rate sensors are intended only as exercise aids in determining heart rate trends in general.



Always hold handgrips when mounting or dismounting.



USER'S EXERCISE GUIDES



Before starting any exercise program, consult with your physician or health professional.

-This is especially important for persons over the age of 35 or persons with pre-existing health problems.



If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.



Wear appropriate exercise clothing and athletic shoes when using the exercise bike.



Before and after exercise, relax your body with simple stretching and warming-up.



DO NOT overexert yourself or work to exhaustion.



2. FEATURES OF S2S BIKES

Beautiful performance, Dynamic luxury S25 Bikes

Smart Choice, Smart Engagement enable to elevate the exercise experience for users of all levels.

A comfortable seat with improved a sense of stability

Ergonomic design enable user to long and effective workout.

S25 bikes easily accommodates a wide range of body types.

S25 Bikes is new standard for your imagination.

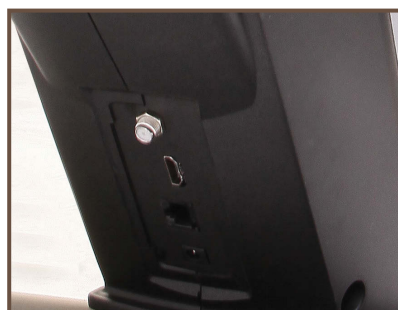
Enhanced Intelligent Touch Heart Rate system by Digital Noise Reduction Technology.

Ergonomic Seat with Easy Adjustment.

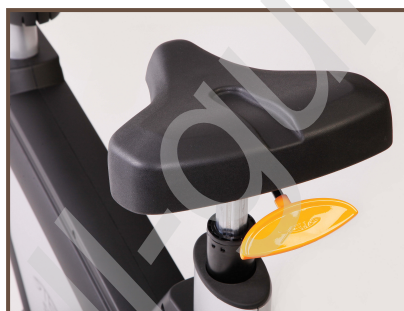
S25UR



iPod compatibility



HDMI(Optional)



Scientific saddle



Visibility



Scientific Seat Adjustment



Alloy Molding Crank

3. SPECIFICATION

SPECIFICATION

*Specifications subject to change without notice.

	S25U	S25UX
Level	25	
Driving Control	Hybrid Control	
Product Size	L1225 X H1480 X W610 (mm) / 48" X 58" X 24" (Inch)	
Product Weight	55kg12 (121lbs)	60kg (132lbs)
Display	White FND +Alpha Numeric (16ea) 8x16 Dot Matrix, 2FND, 12BLUE LED Indicator	15"HD LCD TV (1024 x 768)
Display Readout	LEVEL, RPM, TIME(REMAIN), PACE, CAL, CAL/MIN, WATT, H/R, METS, VO2 Max, DISTANCE(REMAIN), SPEED, Exercise Intecity	
Program	16Preset Programs, Fit Test Program	
On the fly Programming	Standard	
Heart Rate System	Intelligent Touch Heart Rate System(Dual) Wireless Heart Rate Receiver(Polar)	
Touch Screen Module	-	Optional
iPod Compatibility	Sound + Charge	Sound + Video + Charge
USB	Charge Only	Memory + Charge
Fast Track	Standard	Standard
Virtual Trainer	-	Standard
Seat Adjustment	Gas Assisted Adjustment	
Accessory	Cup Holder, Reading Rack, Accessory Tray	
Max. User Weight	150kg (330lbs)	
Warranty	3 years (7 years for steel frame, 2 years for LCD Monitor)	
Firmware Upgrade	Easy firmware upgrades are possible via STEX technical support	
Options	RS-232, CSAFE (Power only)	

3. SPECIFICATION

SPECIFICATION

*Specifications subject to change without notice.

	S25R	S25RX
Level	25	
Driving Control	Hybrid Control	
Product Size	L1480 X H1425 X W730 (mm) / 58" X 56" X 28" (Inch)	
Product Weight	70kg (154lbs)	75kg (165lbs)
Display	White FND +Alpha Numeric (16ea) 8x16 Dot Matrix, 2FND, 12BLUE LED Indicator	15"HD LCD TV (1024 x 768)
Display Readout	LEVEL, RPM, TIME(REMAIN), PACE, CAL, CAL/MIN, WATT, H/R, METS, VO2 Max, DISTANCE(REMAIN), SPEED, Exercise Intecity	
Program	16Preset Programs, Fit Test Program	
On the fly Programming	Standard	
Heart Rate System	Intelligent Touch Heart Rate System Wireless Heart Rate Receiver(Polar)	
Touch Screen Module	-	Optional
iPod Compatibility	Sound + Charge	Sound + Video + Charge
USB	Charge Only	Memory + Charge
Fast Track	Standard	Standard
Virtual Trainer	-	Standard
Seat Adjustment	Easy Slide Adjustment	
Accessory	Cup Holder, Reading Rack, Accessory Tray	
Max. User Weight	150kg (330lbs)	
Warranty	3 years (7 years for steel frame, 2 years for LCD Monitor)	
Firmware Upgrade	Easy firmware upgrades are possible via STEX technical support	
Options	RS-232, CSAFE (Power only)	

4. KEY PARTS AND COMPONENTS

PARTS NAME S25U



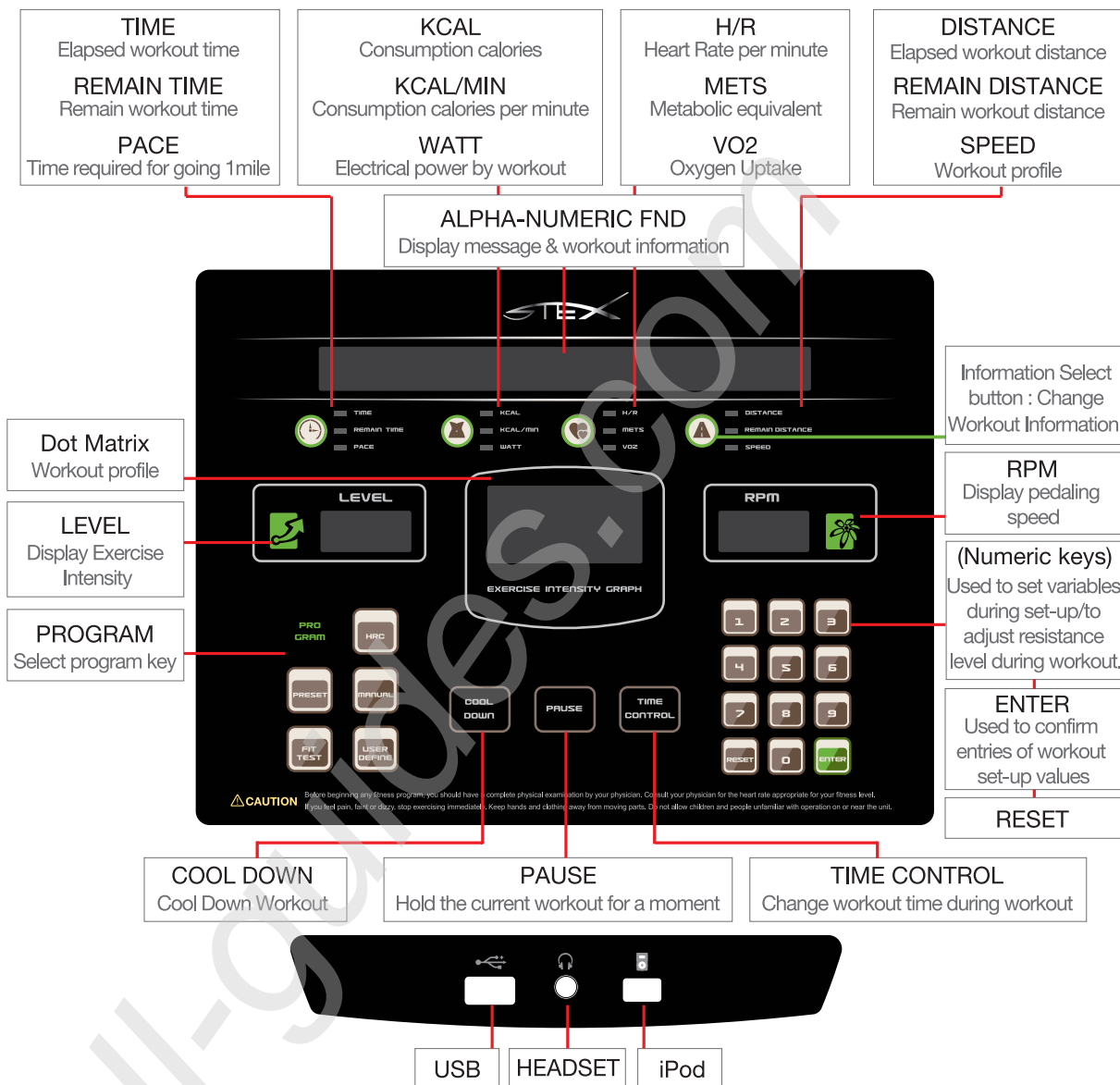
4. KEY PARTS AND COMPONENTS

PARTS NAME S25R



4. KEY PARTS AND COMPONENTS

S25UR DISPLAY & FUNCTION



(Please use Headset which has volume control function)

S25UR/S25UX-RX/ FAST TRACK



4. KEY PARTS AND COMPONENTS

S25UX/RX DISPLAY & FUNCTION



S25UX/RX Main Screen

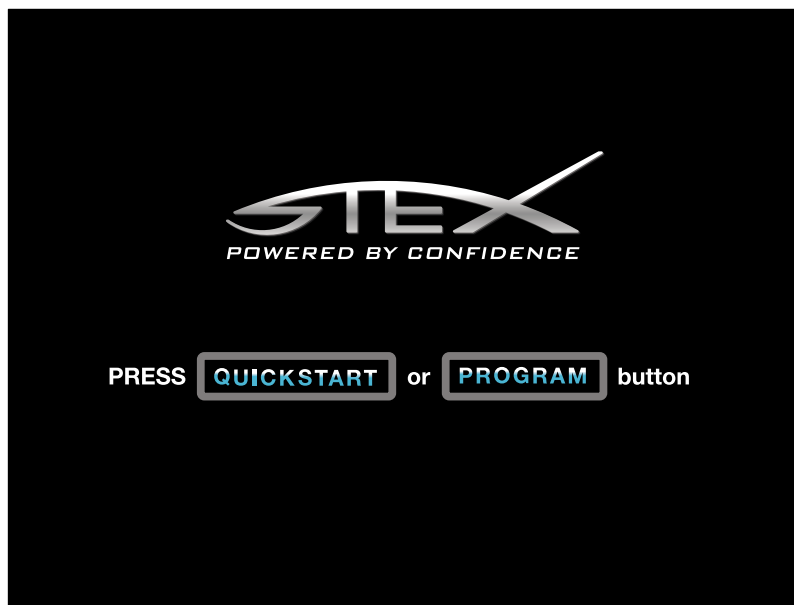
S25UX/RX TV KEY



- | | |
|--|---|
| ■ ON/OFF
LCD Display Power ON/OFF | ■ VIEWPOINT
Change the workout view |
| ■ VIRTUAL
Virtual Trainer ON/OFF | ■ PROGRAM
Select Workout programs |
| ■ SOURCE
Select Source of A/V
(‘TV/VIDEO/MP3/LINE IN’ in sequence) | ■ Numeric Key(0~9)
Select channel,Program, Input data |
| ■ COOL DOWN
Reduce exercise intensity to finish workout | ■ VOL. + -
Volume Up/Down |
| ■ DISPLAY
Change the view size | ■ CH. + -
Channel Up/Down |
| ■ PAUSE
Stop workout for a minute | ■ PRESET CH
SAVE or Select saved favorite channel |

4. KEY PARTS AND COMPONENTS

S25UX/RX WITH TOUCH DISPLAY & FUNCTION (Optional)



S25UX/RX TOUCH Main Screen

S25UX/RX WITH TOUCH KEY



Same function with S25UX/RX button.



iPod USB Cable /

If you don't hear any sounds after iPod-cable connection, reconnect the earphones after separation from the iPod.



4. KEY PARTS AND COMPONENTS

HOW TO ADJUST THE POSITION OF THE SEAT

For effective exercise, the seat (saddle) should be in the proper position or height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

S25UR



UPRIGHT

To check the proper position, if you need to adjust the seat, mount on the bike's seat. Pull up the seat adjustment lever as shown in figure. Adjust the seat post up or down into the desired position and release the lever.



RECUMBENT

To adjust the seat, pull up the seat adjustment lever and slide the seat guide to the desired position. Release the lever and slide the seat guide back and forth slightly until it locks into position.



HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the end of the straps off the tabs on the pedals. Adjust the straps to the desired positions, and then press the straps back onto the tabs.

S. HOW TO USE

BASIC OPERATION

PEDALING

“Press QUICK START” will be shown on the screen when you begin to pedal.

START WORKOUT

Press QUICK START button for beginning workout.

INPUT USER WEIGHT

“USER WEIGHT-70KG” be shown on the screen.(70kg convert to 154LBS). The range of input weight is 30kg to 150kg(66~330LBS). Use numeric keys or UP(+), DOWN(-) key for input user weight, then press ENTER or QUICK START button. The work out will begin.

LEVEL CONTROL

Use level UP(+), DOWN(-) key for increasing/decreasing workout intensity

MEASURING HEART RATE

When you grip the touch sensor, “*”sign will blink on the screen. If you don’t grip the touch sensor, the heart rate won’t be shown.

STOP WORKOUT

To Stop workout, Press STOP button. The workout information(workout time, Workout Calories, Average Heart rate, workout distance) will be shown on the screen.
(After STOP process, the initial display will be shown)

COOL DOWN

When you press COOL DOWN button, the workout level decrease to 1 and cool down keep 3 minutes.

PAUSE

When you press PAUSE button, “PAUSE-59SEC/RETURN START” will be shown on the screen. 1minute is for PAUSE function. After 1minute, all workout automatically be stopped.
To go back to your work out, press QUICK START button.

S. HOW TO USE

PRESET PROGRAM

1 PRESS PRESET BUTTON

6 preset programs (INTERVAL 1, 2, INCREASING 1, 2, PYRAMID 1, 2) are available on the S25 Bikes.

After Press PRESET button, select programs by using PRESET or UP(+), DOWN(-) button.

2 INPUT WORKOUT TIME

"TIME-48MIN" will be shown on the screen.

Input time (10 to 90 minutes) by using numeric keys or UP(+) and DOWN(-) button.

3 INPUT MAXIMUM LEVEL

"LEVEL-xx" will be shown on the screen. (This level depends on workout programs)

You can input the level from 5 to maximum level of workout programs.

4 INPUT USER WEIGHT

"USER WEIGHT-70KG" be shown on the screen.

(70kg convert to 154LBS)

The range of input weight is 30kg to 150kg (66~330LBS). Use numeric keys or UP(+), DOWN(-) key for input user weight, then press ENTER or QUICK START button. The work out will begin.

S. HOW TO USE

HRC PROGRAM(FAT BURN/CARDIO)

1 PRESS HRC BUTTON

6 HRC programs(FAT BURN, CARDIO, FITNESS, CROSSCOUNTRY, MOUNTAIN, BODY SHAPING)are available on S25 Bikes.
After Press HRC button, select programs by using HRC or UP(+), DOWN(-) button.

2 INPUT WORKOUT TIME

“TIME-48MIN” will be shown on the screen.
Input time(10 to 90 minutes) by using numeric keys or UP(+) and DOWN(-) button.

3 INPUT USER AGE

“USER AGE – 30 YEARS” is shown on the screen.
In put your age(10~99) by using numeric keys or UP(+) and DOWN(-) button.

4 INPUT MAXIMUM LEVEL

“LEVEL-xx” will be shown on the screen.(This level depends on workout programs). You can input the level from 5 to maximum level of workout programs.

5 INPUT TARGET HEART RATE

“TARGET HEART RATE -136 BPM” is shown on the screen.
(H/R FAT BURN)
“TARGET HEART RATE -154 BPM” is shown on the screen.
(H/R CARDIO) / Default BPM will change depending on the age.
Input Target Heart rate(60~200 BPM) by using numeric keys or UP(+) and DOWN(-) button.

6 INPUT USER WEIGHT

“USER WEIGHT-70KG” be shown on the screen.(70kg convert to 154LBS) The range of input weight is 30kg to 150kg(66~330LBS).
Use numeric keys or UP(+), DOWN(-) key for input user weight, then press ENTER or QUICK START button. The work out will begin.

7 MESSAGE

In HRC workout, if the heart rate value doesn't exist, “NEED H/R INPUT” will be shown on the screen.

S. HOW TO USE

HRC PROGRAM (FITNESS, CROSSCOUNTRY, MOUNTAIN, BODY SHAPING)

1 INPUT WORKOUT TIME

"TIME-48MIN" will be shown on the screen.

Input time(10 to 90 minutes) by using numeric keys or UP(+) and DOWN(-) button.

2 INPUT MAXIMUM LEVEL

"LEVEL-xx" will be shown on the screen.(This level depends on workout programs)

You can input the level from 5 to maximum level of workout programs.

3 INPUT USER AGE

"USER AGE – 30 YEARS" is shown on the screen.

Input your age(10~99) by using numeric keys or UP(+) and DOWN(-) button.

4 INPUT USER WEIGHT

"USER WEIGHT-70KG" be shown on the screen.

(70kg convert to 154LBS)

The range of input weight is 30kg to 150kg(66~330LBS).

Use numeric keys or UP(+), DOWN(-) key for input user weight, then press ENTER or QUICK START button. The work out will begin.

S. HOW TO USE

MANUAL PROGRAM

1 PRESS MANUAL BUTTON

3 Manual programs are available on S25 Bikes.
After Press MANUAL button, select programs by using MANUAL or UP(+), DOWN(-) button.

2 INPUT WORKOUT TIME (IF SELECT TIME WORKOUT)

“TIME-48MIN” will be shown on the screen.
Input time(10 to 90 minutes) by using numeric keys or UP(+) and DOWN(-) button.

3 INPUT WORKOUT DISTANCE (IF SELECT DISTANCE WORKOUT)

“TARGET DISTANCE – 1KM” is shown on the screen.
(US version 1mile)
Input desired distance(1~65KM, 1~65MILE) by using numeric keys or UP(+) and DOWN(-) button.

4 INPUT WORKOUT CALORIES (IF SELECT CALORIE WORKOUT)

“TARGET CALORIE – 200 KCAL” is shown on the screen.
Input desired calories(100~9999KCAL) by using numeric keys or UP(+) and DOWN(-) button.

5 INPUT USER WEIGHT

“USER WEIGHT-70KG” be shown on the screen.
(70kg convert to 154LBS)
The range of input weight is 30kg to 150kg(66~330LBS).
Use numeric keys or UP(+), DOWN(-) key for input user weight, then press ENTER or QUICK START button. The work out will begin.

S. HOW TO USE

FIT TEST PROGRAM

1 PRESS FIT TEST BUTTON

2 FIT TEST programs(PHYSICAL FITNESS, MILITARY FITNESS) are available on S25 bikes.

After Press FIT TEST button, select programs by using FIT TEST or UP(+), DOWN(-) button.

2 INPUT USER GENDER

“USER GENDER – MALE” is shown on the screen.

Input user gender(male, female) by using UP(+) and DOWN(-) button.

3 INPUT USER AGE

“USER AGE – 30 YEARS” is shown on the screen.

Input your age(10~99) by using numeric keys or UP(+) and DOWN(-) button.

4 INPUT USER WEIGHT

“USER WEIGHT-70KG” be shown on the screen.

(70kg convert to 154LBS)

The range of input weight is 30kg to 150kg(66~330LBS).

Use numeric keys or UP(+), DOWN(-) key for input user weight, then press ENTER or QUICK START button. The work out will begin.

5 INPUT USER HEIGHT (IF SELECT MILITARY FITNESS TEST)

“USER HEIGHT – 170” is shown on the screen.(US version 67 INCH)

Input user height(100~230 cm, 40~90 inch) by using numeric keys or UP(+) and DOWN(-) button.

After input user weight process, the workout will begin.

6 MESSAGE

In FIT TEST workout, if the heart rate value doesn't exist, “NEED H/R INPUT” will be shown on the screen.

If user Heart rate over 85% of desired target heart rate, “EXCEEDS 85% H/R” will be shown on the screen.

If user doesn't keep the rpm within 50~70 rpm, “KEEP RPM 50~70” will be shown on the screen.

S. HOW TO USE

USER DIFINE PROGRAM

1 PRESS USER DEFINE BUTTON

6 User Define programs are available on S25 bikes
 After Press USER DEFINE button, select programs by using USER DEFINE or UP(+), DOWN(-) button.
 To start desired user define program, press QUICK START button.
 If you modify user define program, press ENTER button.

2 TO START DESIRED USER DEFINE PROGRAM, INPUT USER WEIGHT

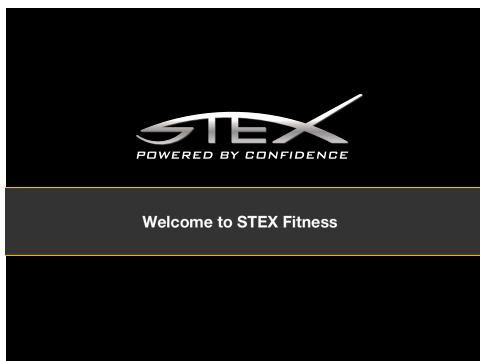
“USER WEIGHT-70KG” be shown on the screen.
 (70kg convert to 154LBS)
 The range of input weight is 30kg to 150kg(66~330LBS).
 Use numeric keys or UP(+), DOWN(-) key for input user weight, then press ENTER or QUICK START button. The work out will begin.

3 EDIT USER DEFINE PROGRAM

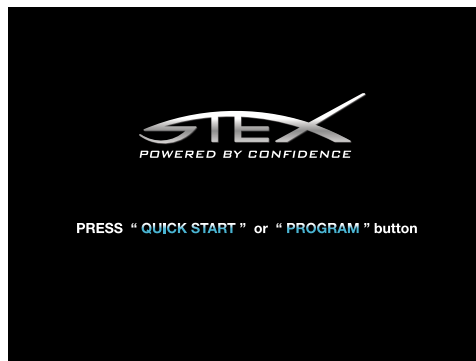
When select USER DEFINE program, press ENTER button to EDIT MODE.
 “EDITING TIME-24MIN” is shown on the screen :
 Displayed Time which you are editing.
 Input LEVEL by using numeric keys or UP(+) and DOWN(-) button.
 Your input level is shown on the LEVEL window.
 Workout Intensity is shown on the Intensity window.
 Press QUICK START button to edit next time programming.
 Press STOP button to edit previous time programming.
 Press ENTER to save your define program. Then input your weight, your workout will begin.
 Press RESET button to move to previous step without saving.

S. HOW TO USE (S25UX/S25RX)

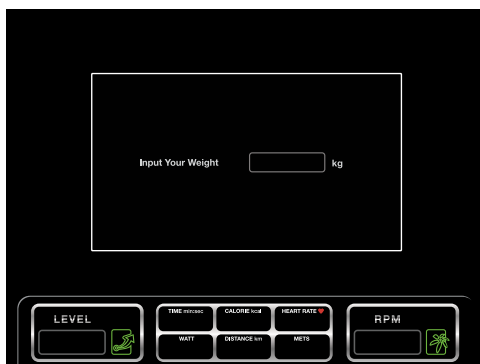
QUICK START



WELCOME TO STEX FITNESS



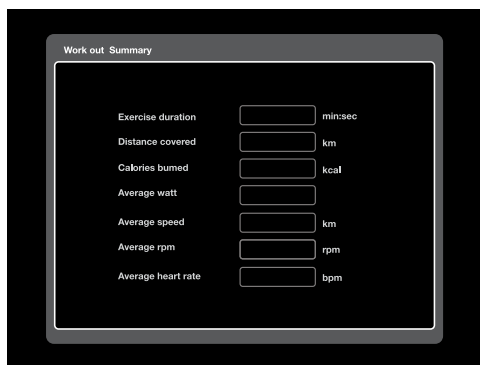
1 Press "QUICK START" button.



2 Input your weight using numeric key, then press "QUICK START" button.



3 TV Show on the window and the exercise data will be on the below of the screen. If you want to stop exercise, press "STOP" button.

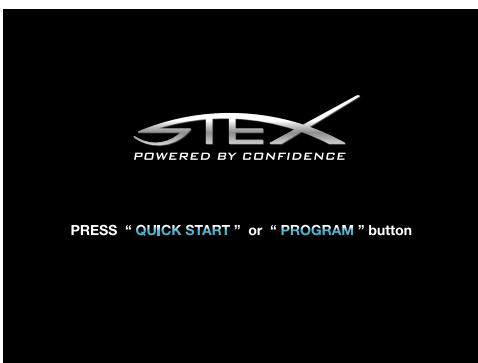


4 Workout result
Workout summary shows on the screen.

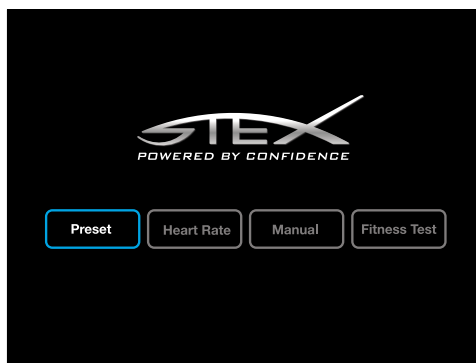
USA VERSION KG → LBS
KM/H → MILE/H
KM → MILE

S. HOW TO USE (S25UX/S25RX)

PRESET PROGRAM



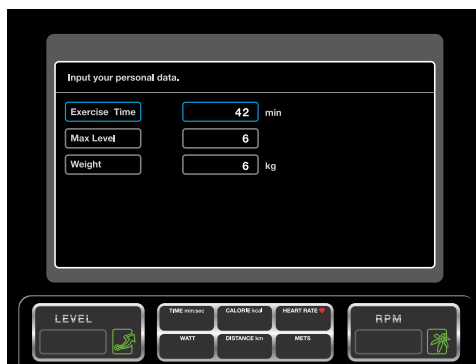
1 Press "PROGRAM" Button.



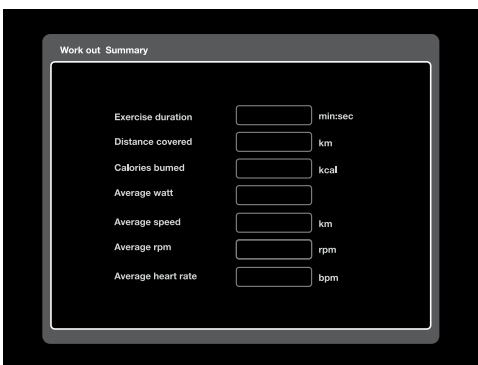
2 Select the "Preset" window by using "PROGRAM" button, then press "ENTER" button.



3 Select Program by using numeric key, then press "ENTER" button.



4 Input your personal data by using numeric key, then press "ENTER" button. To go back to the previous state, press "RESET" button.

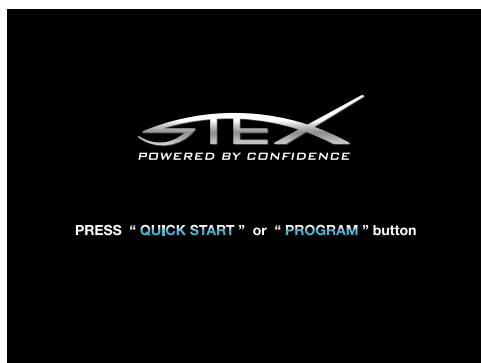


5 Workout result
Workout summary shows on the screen.

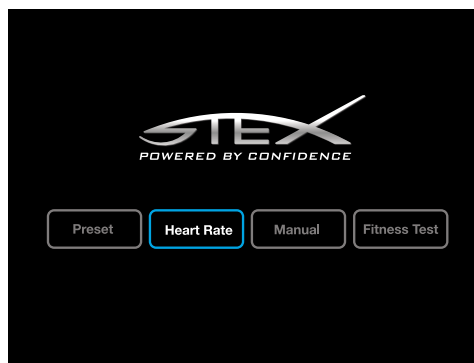


S. HOW TO USE (S25UX/S25RX)

HEART RATE PROGRAM



1 Press "PROGRAM" button.



2 Select the "Heart rate" window by using "PROGRAM" button, then press "ENTER" button.



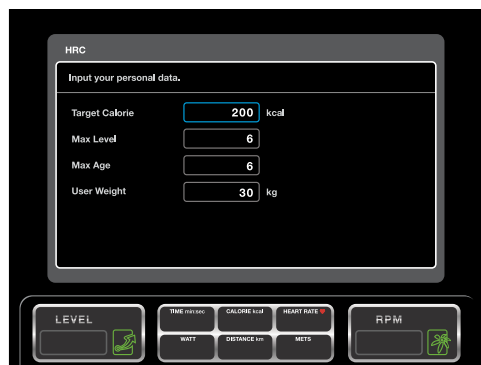
3 Select Program by using numeric key, then press "ENTER" button.

HRC
1~2

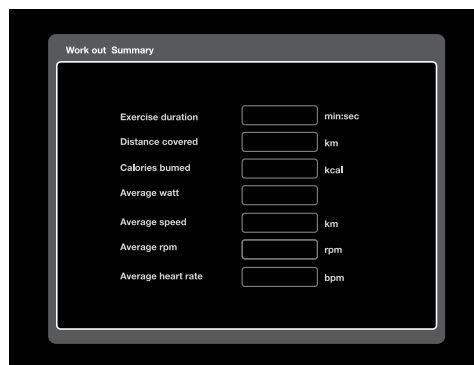


4 Input your personal data by using numeric key, then press "ENTER" button. Repeat above step until fill out the exercise data. To go back to the previous state, press "RESET" button.

HRC
3~6



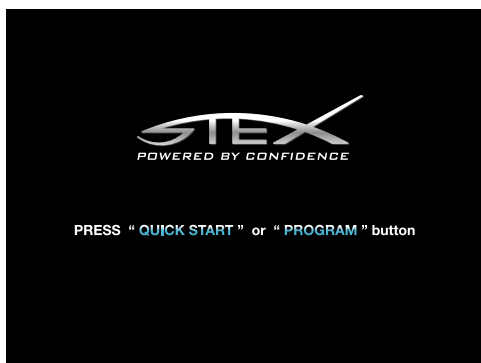
5 Input your personal data by using numeric key, then press "ENTER" button. Repeat above step until fill out the exercise data. To go back to the previous state, press "RESET" button.



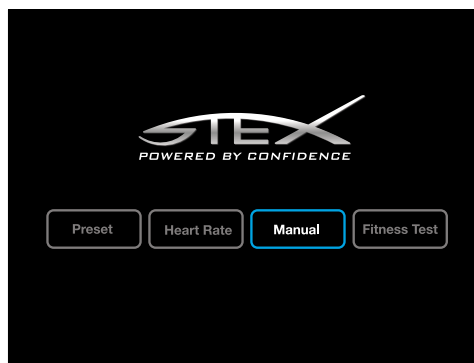
6 Workout result
Workout summary shows on the screen.

S. HOW TO USE (S25UX/S25RX)

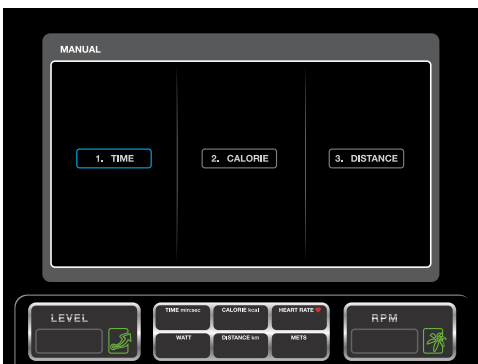
MANUAL PROGRAM



1 Press "PROGRAM" Button.



2 Select the "Manual" window by using "PROGRAM" button, then press "ENTER" button.



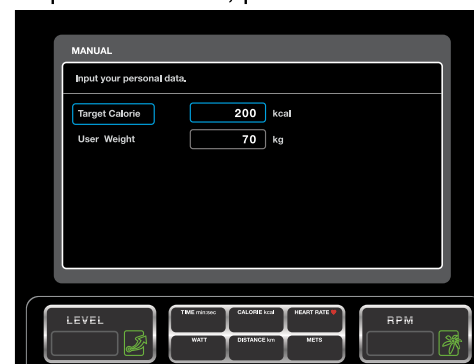
3 Select "TIME" or "CALORIE" or "DISTANCE" Mode by using numeric key.



4 If you select TIME mode, input your target time and weight by using numeric key, then press "ENTER" button. Repeat above step until fill out the exercise data. To go back to the previous state, press "RESET" button.



3 Select "TIME" or "CALORIE" or "DISTANCE" Mode by using numeric key.



4 If you select CALORIE mode, input your target consumption calories and your weight by using numeric key, then press "ENTER" button. Repeat above step until fill out the exercise data. To go back to the previous state, press "RESET" button.

S. HOW TO USE (S25UX/S25RX)

MANUAL PROGRAM



- 3** Select “TIME” or “CALORIE” or “DISTANCE” Mode by using numeric key.



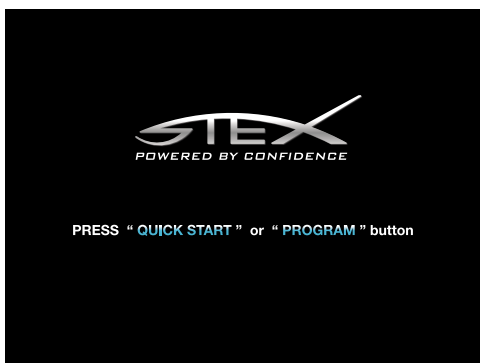
- 4** If you select DISTANCE mode, input your target distance and your weight by using numeric key, then press “ENTER” button. To go back to the previous state, press “RESET” button.



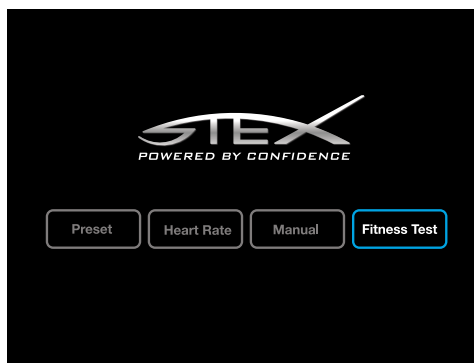
- 5** Workout result
Workout summary shows on the display.

S. HOW TO USE (S25UX/S25RX)

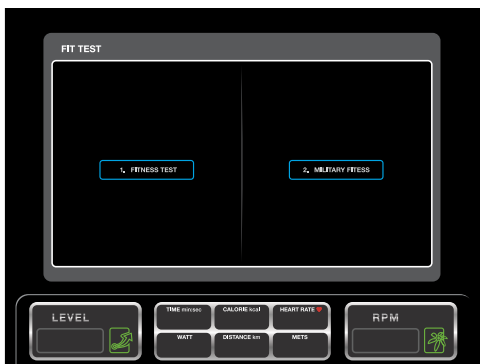
FITNESS TEST PROGRAM



1 Press "PROGRAM" Button.



2 Select the "Fitness Test" window by using "PROGRAM" button, then press "ENTER" button.



3 Select program using numeric key, then press "ENTER" button.

FIT TEST
NO 1,
NO 3~6

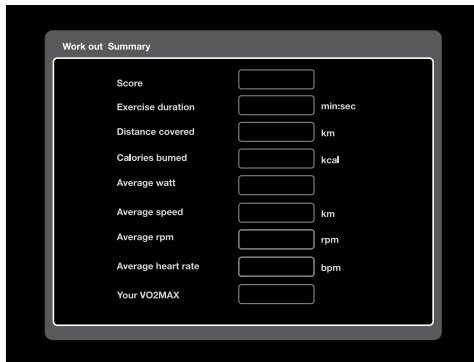


4 Input your personal data by using numeric key, then press "ENTER" button. To go back to the previous state, press "RESET" button.

FIT TEST
NO 2



5 Input your personal data by using numeric key, then press "ENTER" button. To go back to the previous state, press "RESET" button.



6 Workout result
Workout summary shows on the screen.

S. HOW TO USE (S25UX/S25RX)

ENTERTAINMENT



TV ZOOM Mode

→
DISPLAY KEY



TV Full Mode

Change the display view using "DISPLAY"

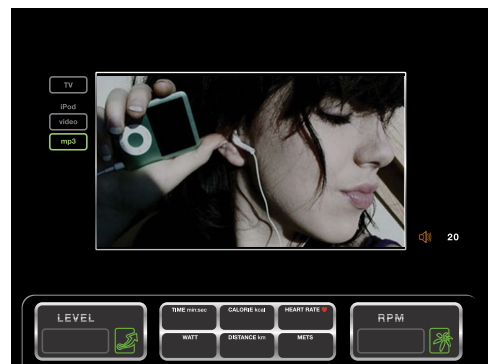


TV Normal Mode



iPod Video Mode

→
SOURCE KEY

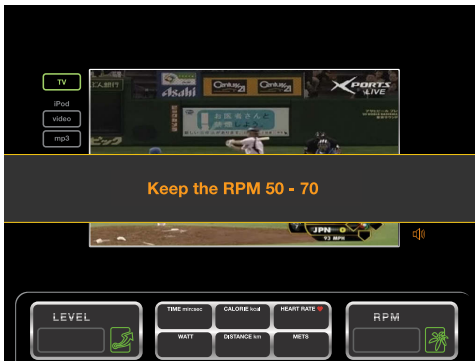


iPod MP3 Mode

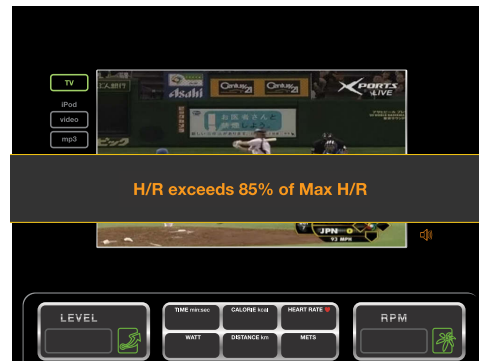
Change the input A/V source by using "SOURCE"

S. HOW TO USE (S25UX/S25RX)

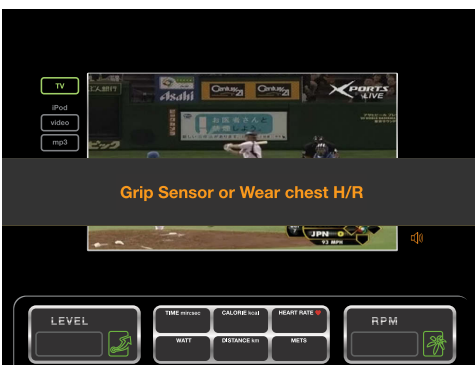
S25UX/RX POP-UP MESSAGE



1 Please maintain rpm within 50 to 70.




2 Heart rate exceeds 85% of maximum user H/R.



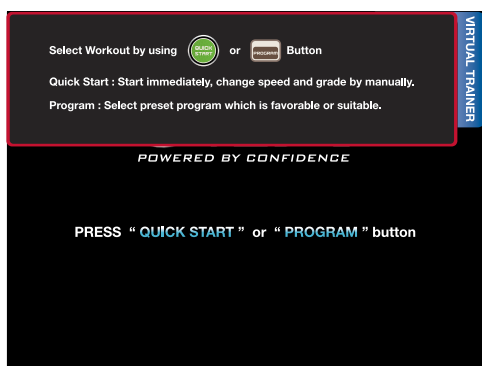
3 If you are in Heart Rate control Program, Heart rate signal is needed.


S. HOW TO USE (S25UX/S25RX)

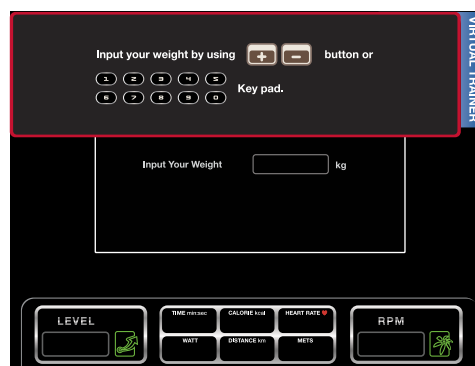
VIRTUAL TRAINER


Virtual Trainer is easy and convenient function for using STEX Fitness product. Each step, if you press VIRTUAL TRAINER  BUTTON, the explanation of each process will be shown on the screen. Just you follow the explanation.

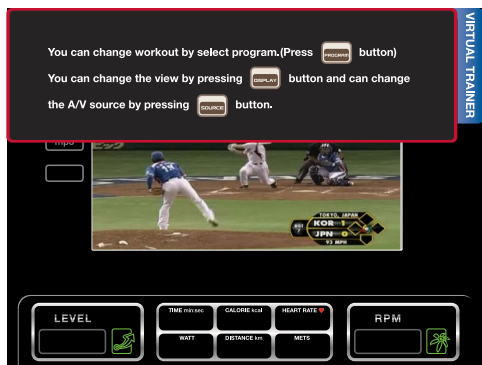
EXAMPLE OF VIRTUAL TRAINER




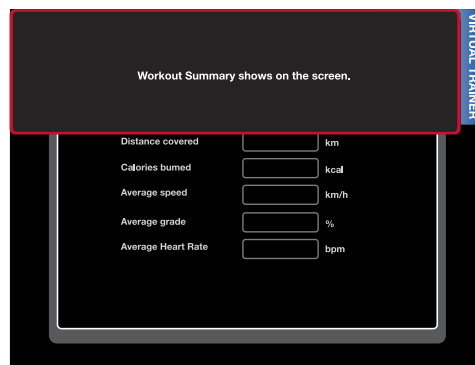
- 1 When you press VIRTUAL TRAINER  BUTTON at initial state, the below screen will be shown.




- 2 If you select QUICK START menu and then press VIRTUAL TRAINER  BUTTON.



- 3 When you are in workout mode, if you press VIRTUAL TRAINER  BUTTON, the explanation of present state will be shown. (Below is QUICK START mode)

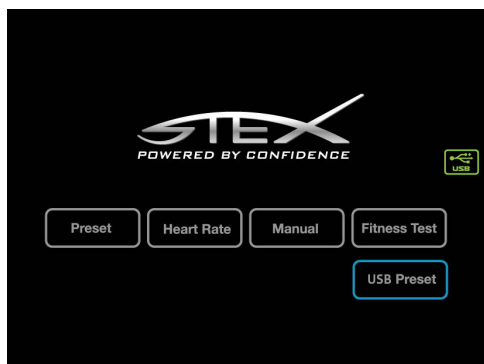


- 4 Workout summary Screen. If you press VIRTUAL TRAINER  BUTTON, the below sentence will be shown.

S. HOW TO USE (S25UX/S25RX)

USB PRESET

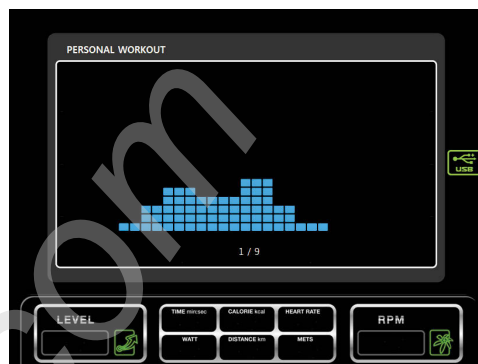
Install the personal user program and save the user workout manually.



1 Menu Screen

Insert USB Memory stick to the USB slot of equipment, then "USB Preset" window is activated.

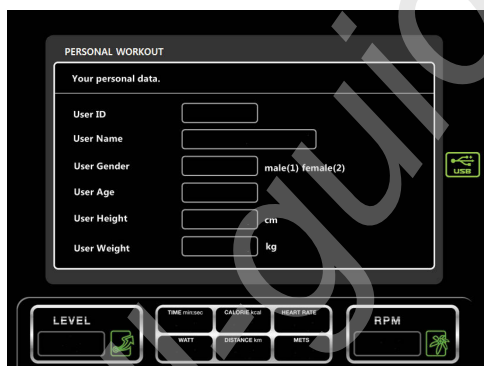
Select "USB Preset" window by using PROGRAM button, then press ENTER.



2 Select Workout

Program list of USB Memory will be shown on the screen. Select program by using (+), (-) button, then press QUICK START button.

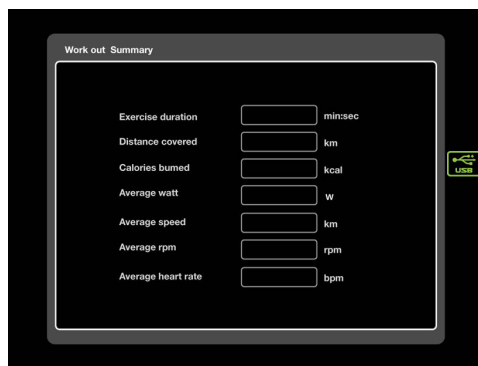
In this stage, you can check user information by pressing display button.



2 Check user information

Program list of USB Memory will be shown on the screen. Select program by using (+), (-) button, then press QUICK START button.

In this stage, you can check user information by pressing display button.



3 Workout summary

Save your workout to your USB Memory Stick by Pressing ENTER button.

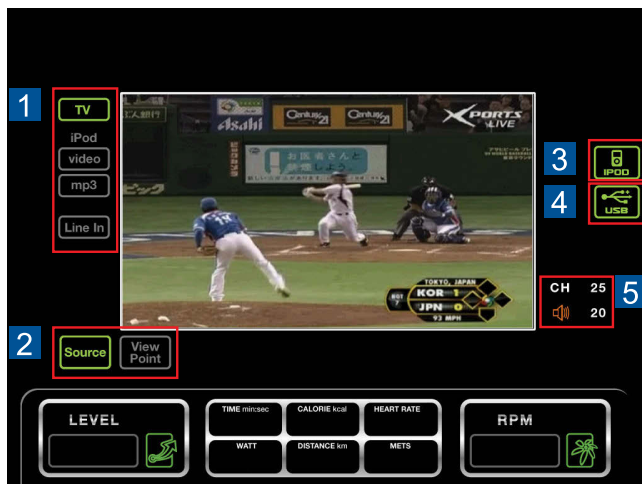
* At any exercise program, workout summary can be saved to USB Memory.

■ You can check the usage of USB Preset and Information at our website (www.stexfitness.com)

S. HOW TO USE (S25UX/S25RX WITH TOUCH)

S25UX/RX WITH TOUCH (Optional)

TV Screen



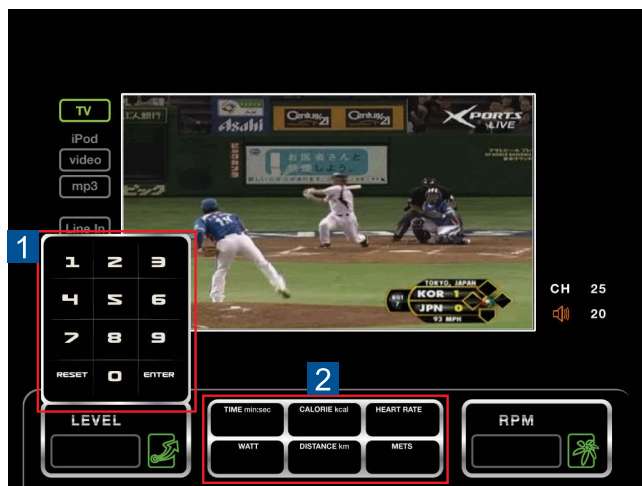
1) Select source directly : You can change the source directly by pressing each icons.

2) Change to Source and View Point : Change to Source signal or View Point graphics by turns.

3) iPod icon : This icon is activated by iPod connection. Press iPod icon then playlist will be shown on the screen.

4) USB icon : This icon is activated by USB connection.

5) Display TV Channel/ Volume



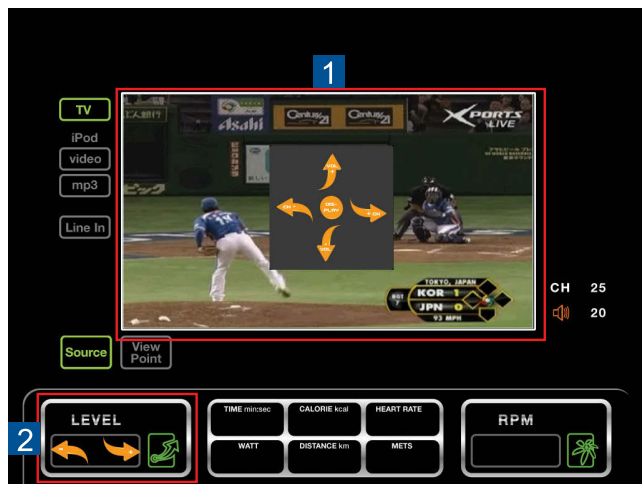
1) LEVEL Input window : Input level value what you want.

2) Exercise Readouts : Display exercise information. TIME/REMAIN TIME, CALORIE/CAL/MIN, DISTANCE/REMAIN DISTANC. will be displayed by turns.

S. HOW TO USE (S25UX/S25RX WITH TOUCH)

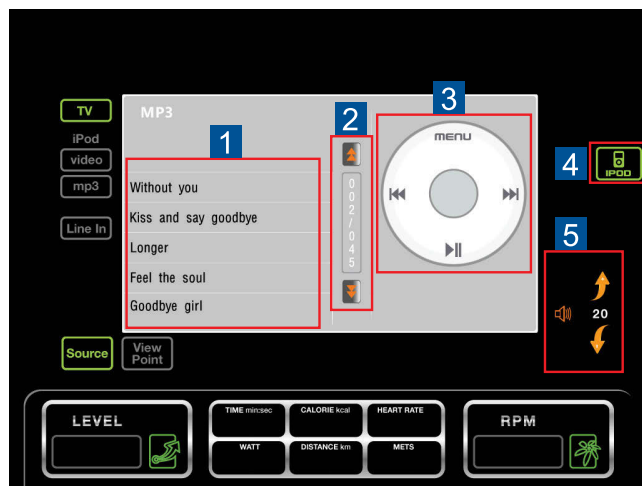
S25UX/RX WITH TOUCH (Optional)

Main TV Screen Drag



- 1) Up/Down Drag : Volume Control
- Left/Right Drag : Channel Control
- Touch the center of Screen :
Change the Screen Size

- 2) Level Window :
Left/Right Drag : Level Control



- 1) Playlist :
Show the list of iPod music file.
When you select file by finger touch, the file will be played.

- 2) Page scroll :
Show the playlist and vertical scrolling.

- 3) iPod control :
Press menu for previous stag.
Previous/Next file play by pressing FF/REW.
PLAY and PAUSE by pressing.

- 4) iPod icon :
This icon is activated by iPod connection.
Press iPod icon then playlist will be shown on the screen.

- 5) MP3 volume control :
Up/Down Drag around volume icon.

6. MAINTENANCE AND TROUBLE-SHOOTING

CHECK POINT

All moving parts are equipped with bearings for low friction. To keep the friction low, the unit must be as clean as possible. Sometimes for efficient operation, additional lubrication will be necessary.

To periodically clean the frame, electronic console and foot pedals, use a dry and soft cloth or a damp sponge.

Make sure that any joint is loosen or damaged, if necessary, fasten tightly or replace immediately.

Verify being able to adjust the seat height easily.



WARNING

Servicing other than the procedure in this manual should be performed by an authorized service representative only.



CAUTION

Clean the elliptical with a dry and soft cloth. DO NOT use an abrasive cleaner.

HEART RATE SENSOR TROUBLE-SHOOTING



Excessive movement may interfere with heart rate readings. Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings. For an accurate reading use a comfortable grip. The console displays the heart rate after 10 to 30 seconds.



- Proper environment for human life : temperature 18°C ~ 22°C, Humidity 40~60%
Possible environmental range for installation of STEX equipment :
temperature 10°C ~ 25°C, Humidity 40~70%
- Regarding the emergency dismounting : when the user could not catch up the moving speed you should use the side handrail and the foot platform to dismount.
Safety area of 2000mm(W) x 1000mm(D) behind the equipment.

7. EXERCISE TIPS

The following tips will help you to plan your workouts. For more detailed exercise informations, obtain a reputable book or consult your physician.

HOW HARD YOU EXERCISE

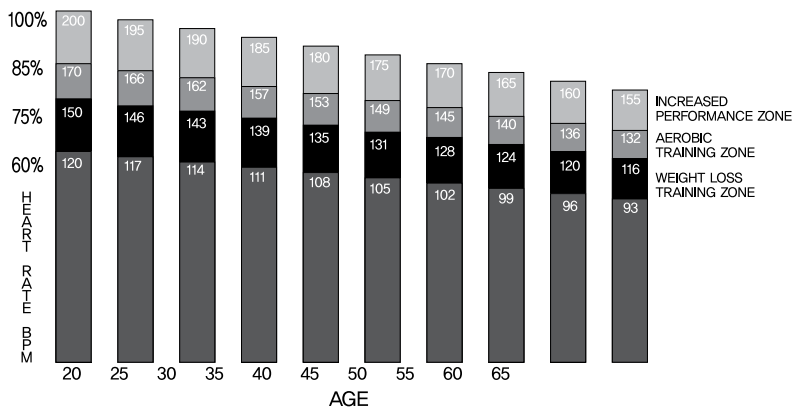
When you maintain your heart rate between 70~80% of your maximum aerobic heart rate, you are improving your overall cardiovascular/cardiorespiratory fitness level. Maintaining your heart rate either zone (weight loss or cardiovascular) for 30 minutes or more on a regular basis (minimum 30 times a week) provides the great benefits.

Weight Loss = 60~70% of Max H/R

Strengthen Cardiovascular = 70~80% of Max H/R

Heart Rate Training Zone

This chart illustrates the ideal target zones for your age. Use the chart as a guideline. Always check with your physician and verify what your appropriate heart rate target zone should be for your age, height, weight, and physical fitness.



8. WARRANTY

WHAT DOES THIS WARRANTY COVER?

This warranty covers your fitness product against all defects in material and workmanship when used for the purpose intended, under normal conditions provided it receives proper care. The warranty is extended only to the original owner and is not transferable.

HOW LONG DOES THE COVERAGE LAST?

3 years on all mechanical parts and electronics from the date of purchase.

WHAT DOES THIS WARRANTY NOT COVER?

Any failures or damage caused by unauthorised service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorisation or by failure on your part to use, operate, and maintain as set out in your owner's manual. This warranty does not extend to products used for home use or rental purposes or to products used as store display modules.

OPERATION MANUAL

It is very important that you read the manual before operating the product. Remember to conduct the periodic maintenance requirements specified in the manual to assure proper operation and your continued satisfaction.

TAEHA is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

9. APPENDIX-FIT TEST

WARNING

- The Military Fitness Test begins after the user presses ENTER.
- During the test, the user must maintain 50-70 RPM. If the user pedals outside this range, a warning message is displayed.
- Totally, the test is taken for 8 minutes including a warm-up 2 minutes.
- Furthermore, if user's Max heart rate(220-user's age) exceeds during warm-up, the test will terminate.
- The test starts with a 2 minutes warm-up. After this warm-up, an initial wattage setting is determined from the user's input data. The test then monitors a user's heart rate and determines if more resistance is needed.
- If the user's heart rate exceeds 85% of their theoretical maximum heart rate between 2-8 minutes, the test is terminated.
- The Military Fitness Test requires a user's heart rate throughout the test. Heart rate is recorded every minute, and if it is not detected, a warning message will display.
- After the eight-minute, the exercise bike will try to calculate a score.

FITNESS TEST PROGRAM SUGGESTED EXERTION LEVELS

Female	7 Level	50~70 rpm
Male	10 Level	50~70 rpm

Suggested exertion levels should be used as a guideline for setting up the Fitness Test program. The goal is to elevate the user's heart rate to a level that is between 60%~85% of their theoretical maximum heart rate (220-age).

9. APPENDIX-FIT TEST

The computer will not accept:

- 1 Heart rates less than 52 or greater than 200 beats per minute
- 2 Body weights less than 75 LBS (34kg) or greater than 330 LBS (150kg)
- 3 Height below 36 or over 90 inches
- 4 Ages below 17 or over 70 years
- 5 Data input that exceeds human potential

If you make an error when entering any Fitness Test data, you can correct it by pressing CLEAR, inputting the correct information, and pressing ENTER.

It is important for you to take the Fitness Test under similar circumstances each time. Your heart rate is dependent on many factors, including:

- 1 Amount of sleep the previous night (at least seven hours is recommended)
- 2 Time of day
- 3 Time you last ate (two to four hours after the last meal is recommended)
- 4 Time since you last drank a liquid containing caffeine or alcohol, or smoked a cigarette (at least four hours is recommended)
- 5 Time since you last exercised (at least six hours is recommended)

For the most accurate Fitness Test results, you should perform the Fitness Test on three consecutive days and average the three scores.

NOTE : To receive a proper Fitness Test score, the work done must be within a training heart rate zone that is 60%~85% of the theoretical maximum heart rate. This is defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.

9. APPENDIX-FIT TEST

1. PHYSICAL FITNESS

Relative Fitness Classification for Men

Men	Estimated VO2 Max (ml/kg/min) Per Age Category				
Rating	20 - 29	30 - 39	40 - 49	50 - 59	60+
Elite	52+	51+	48+	45+	42+
Excellent	50 - 51	48 - 50	46 - 47	42 - 44	39 - 41
Very Good	47 - 49	45 - 47	43 - 45	40 - 41	36 - 38
Above Average	44 - 46	42 - 44	40 - 42	37 - 39	33 - 35
Average	41 - 43	39 - 41	37 - 39	34 - 36	30 - 32
Below Average	38 - 40	36 - 38	34 - 36	31 - 33	27 - 29
Low	35 - 37	33 - 35	31 - 33	28 - 30	24 - 26
Very Low	<35	<33	<31	<28	<24

Relative Fitness Classification for Women

Women	Estimated VO2 Max (ml/kg/min) Per Age Category				
Rating	20 - 29	30 - 39	40 - 49	50 - 59	60+
Elite	44+	42+	39+	35+	34+
Excellent	42 - 43	40 - 41	37 - 38	33 - 34	32 - 33
Very Good	39 - 41	37 - 39	35 - 36	31 - 32	30 - 31
Above Average	37 - 38	35 - 36	32 - 34	29 - 30	28 - 29
Average	34 - 36	32 - 34	30 - 31	27 - 28	25 - 27
Below Average	31 - 33	29 - 31	27 - 29	25 - 26	23 - 24
Low	28 - 30	27 - 28	25 - 26	22 - 24	20 - 22
Very Low	<28	<27	<25	<22	<20

STEX Fitness developed this rating scale based on VO2 max percentile distributions referenced in American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" (6th Ed. 2000). It is designed to provide a qualitative description of a user's VO2 max estimation, and a means of assessing initial fitness level and tracking improvement.



If you have any problem for STEX S25UR series,
please contact sales dealer or our service center.

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