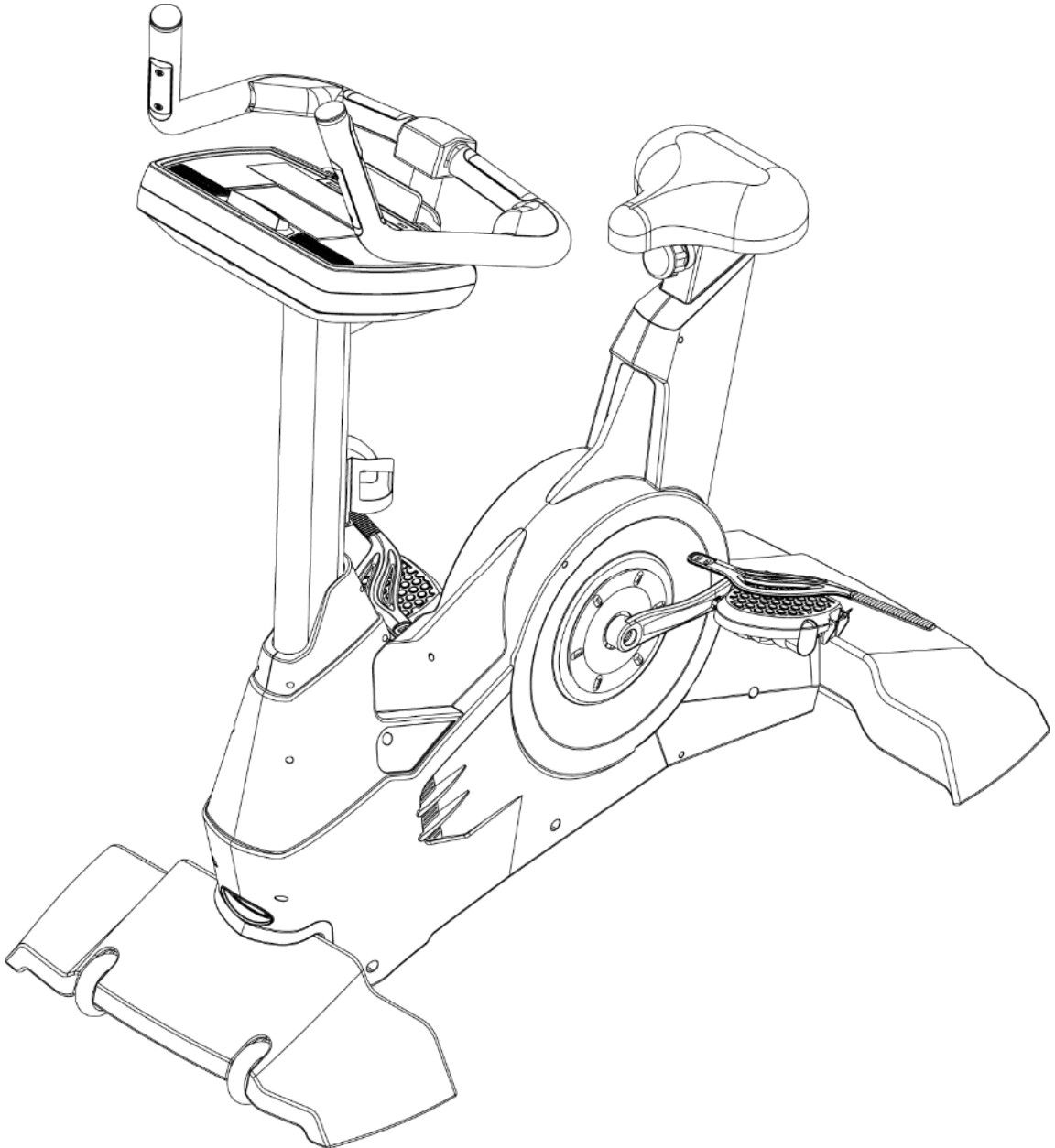


9500B



Aerofit

◆	02
◆	02
◆	03
◆	04
◆	05
◆	06
◆	07
◆	12

9500B:

- 1.
- 2.
- 3.
- 4.
- 5.

:

-
-

45 ,

-
-

:

9500B

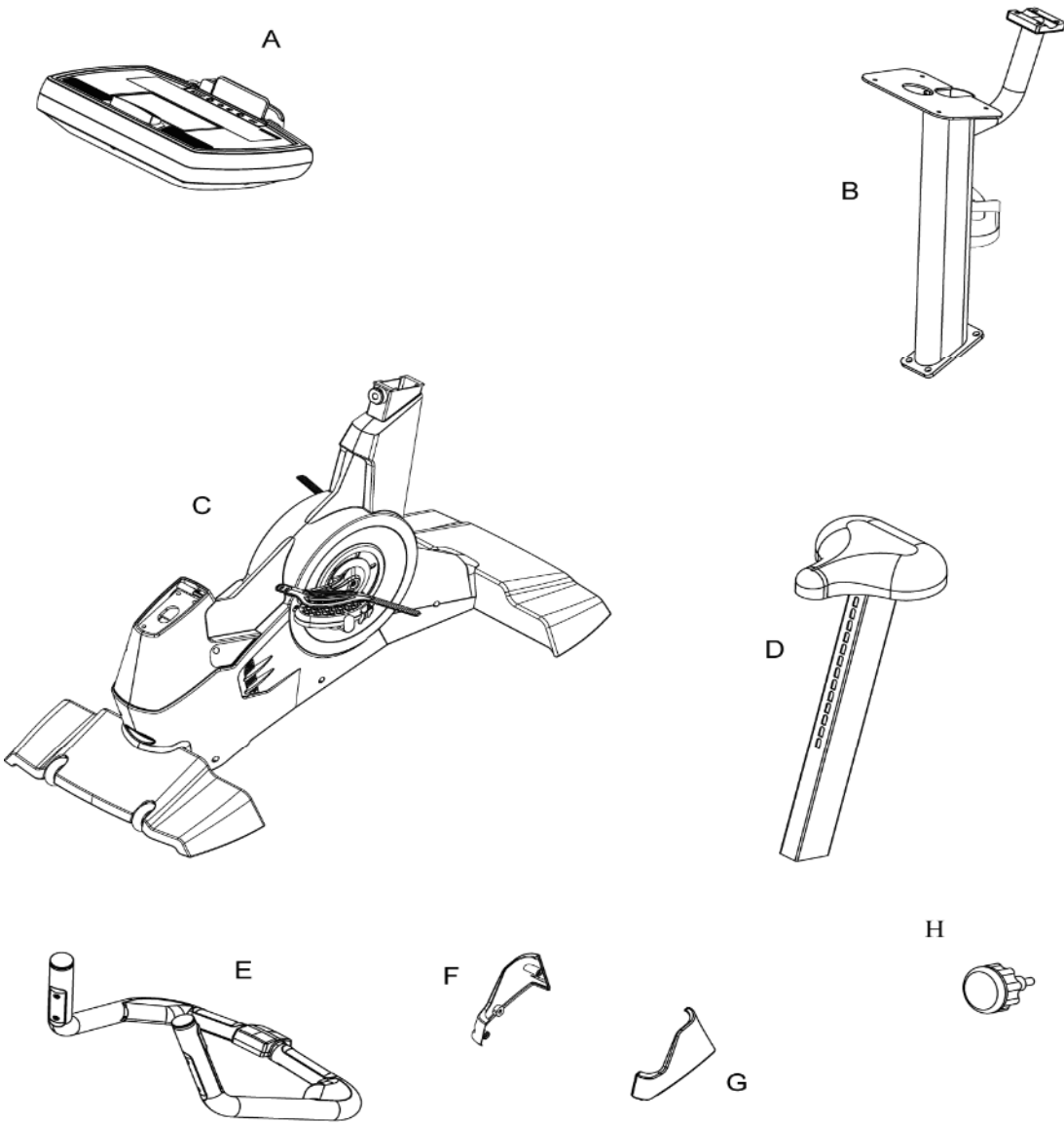
-
-

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

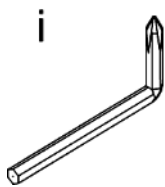
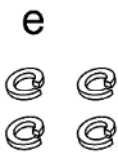
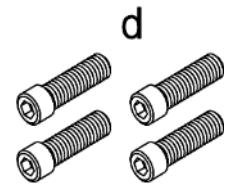
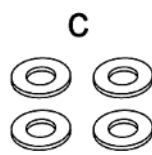
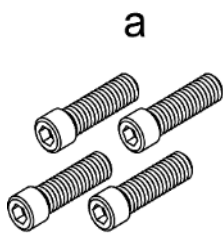
	400 / 180
	64 x 132 x 146
	62,2
	52,2
	15V/1A DC

:

A		1
B		1
C		1
D		1
E		1
F, G		1
H		1

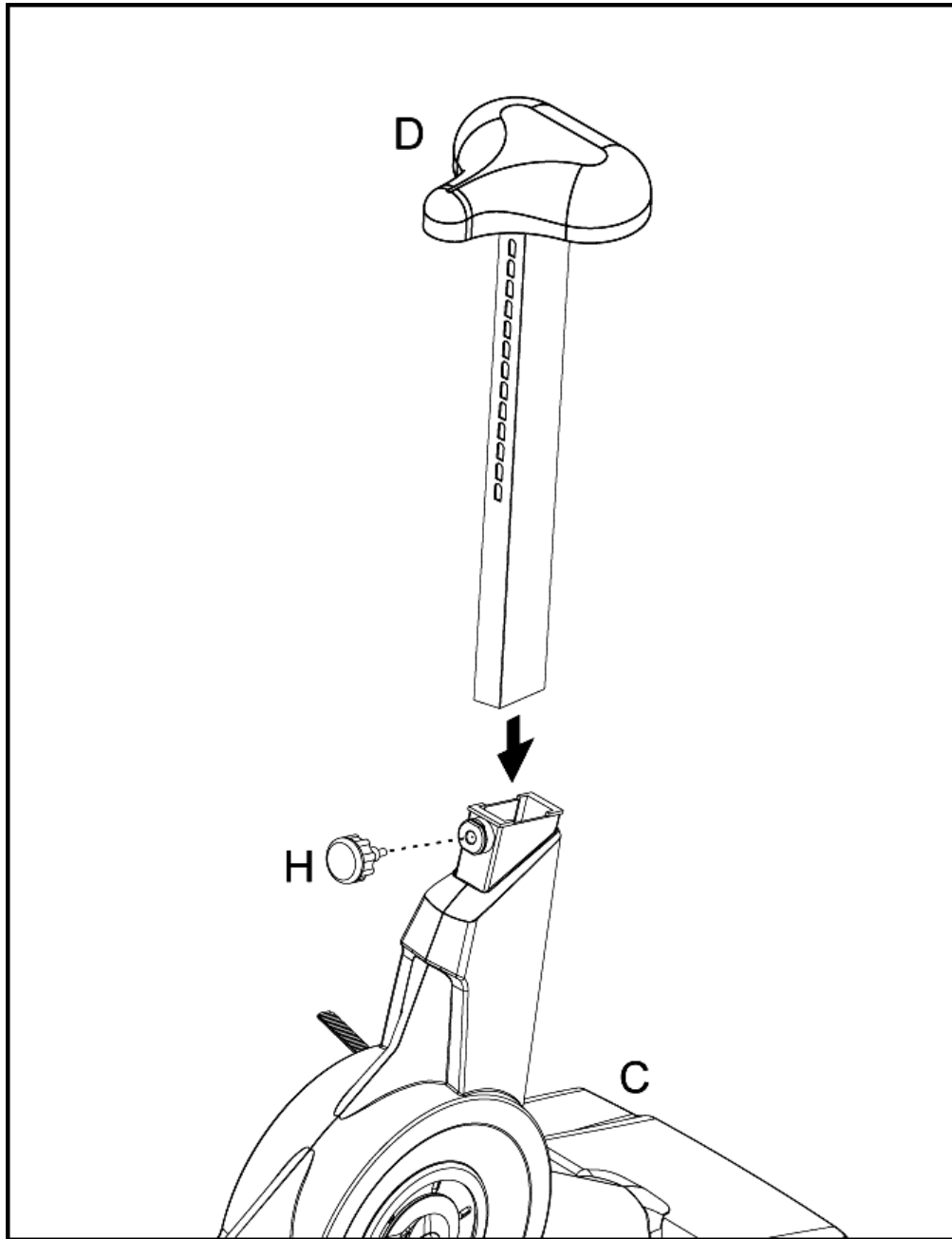


		.
a	M10 x P1.5 x 25	4
b	M8	4
c	ø8xø20x2.0	4
d	M8 P1.25 20	4
e	M8	4
f	M4 x P0.7 x 10	4
g	M4	4
h	M5 x 15	3
i	6 x 40 x 120	1



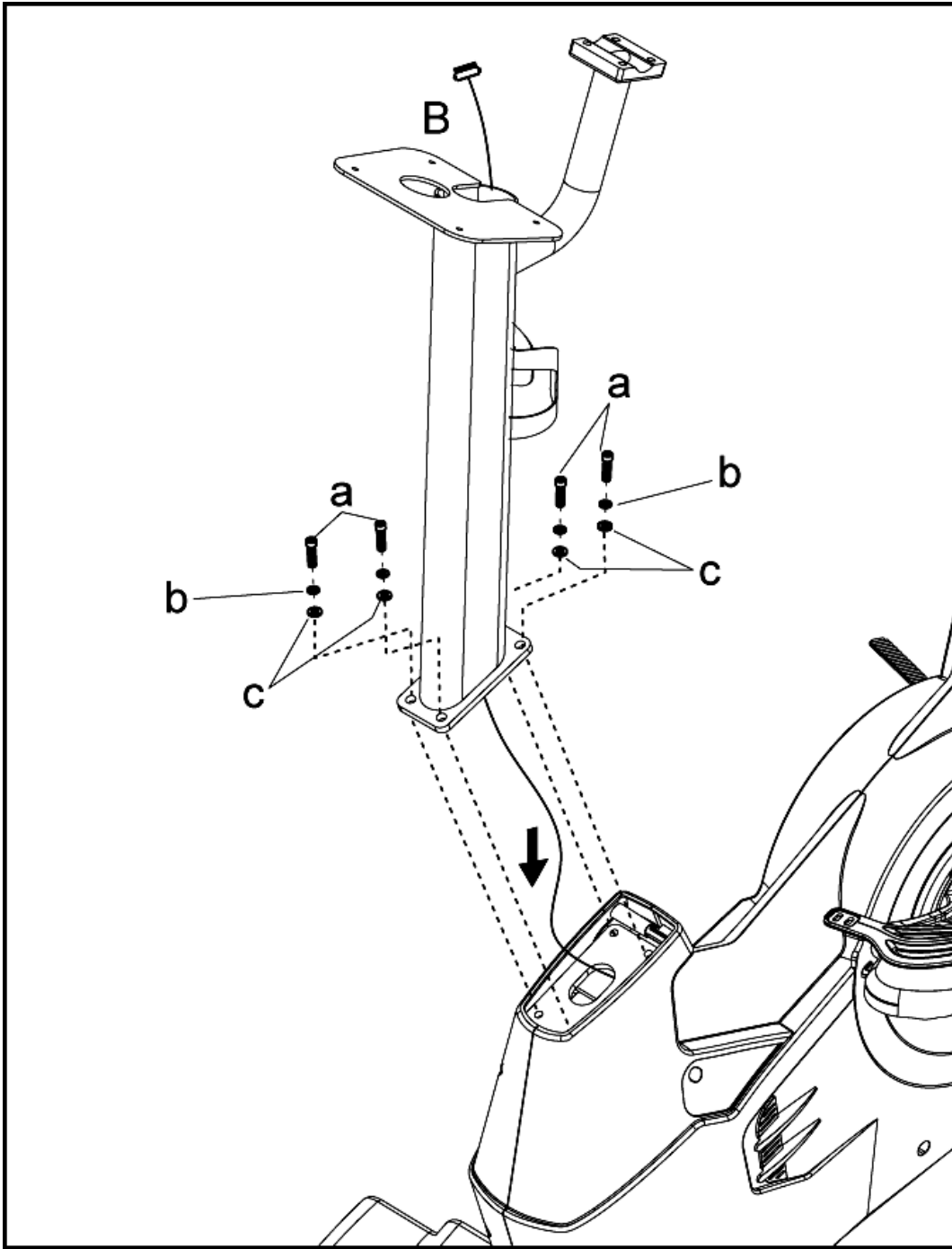
1.

(D) (C) ,
().



2.

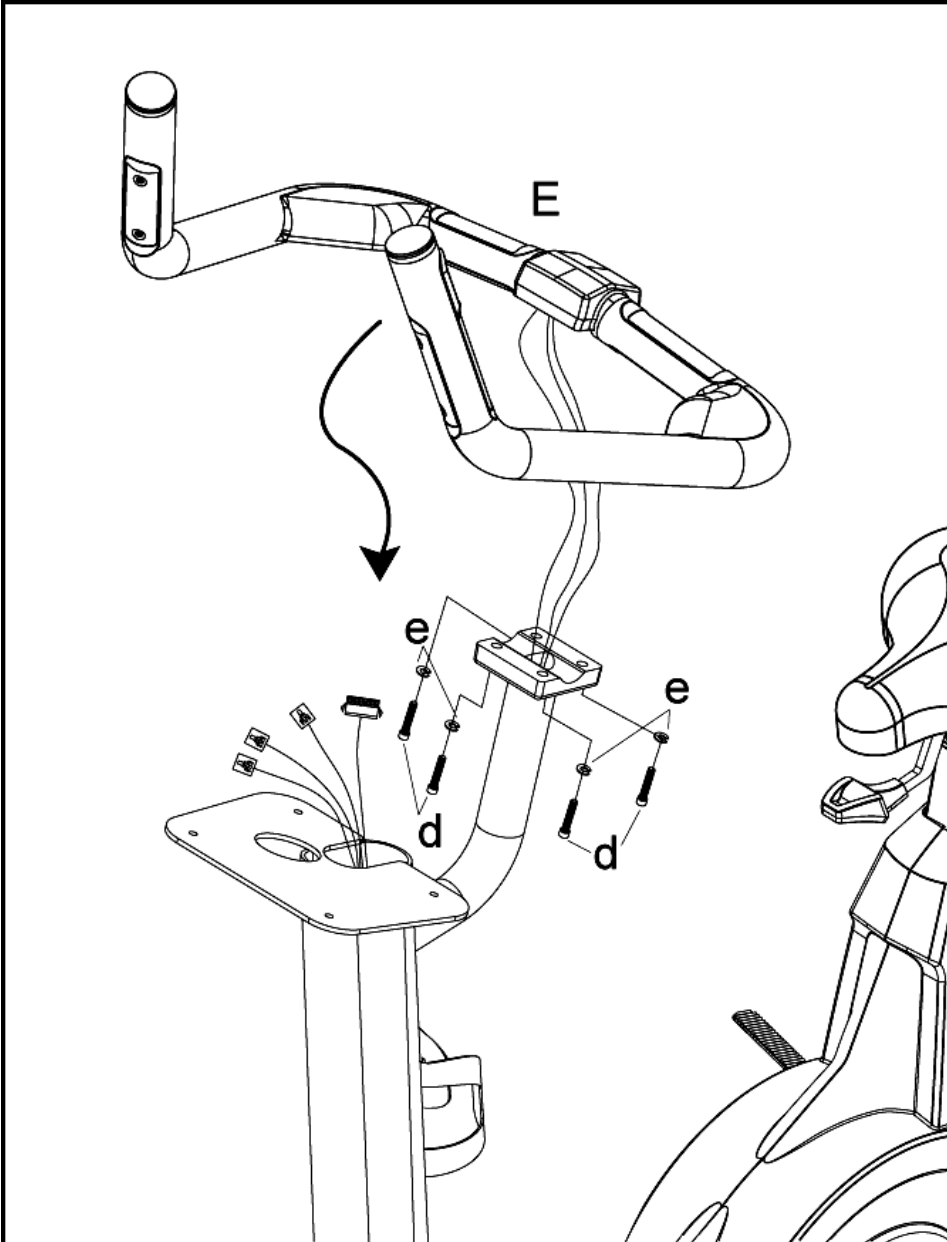
- () ()
() ()
(a), (b), (c),



3.

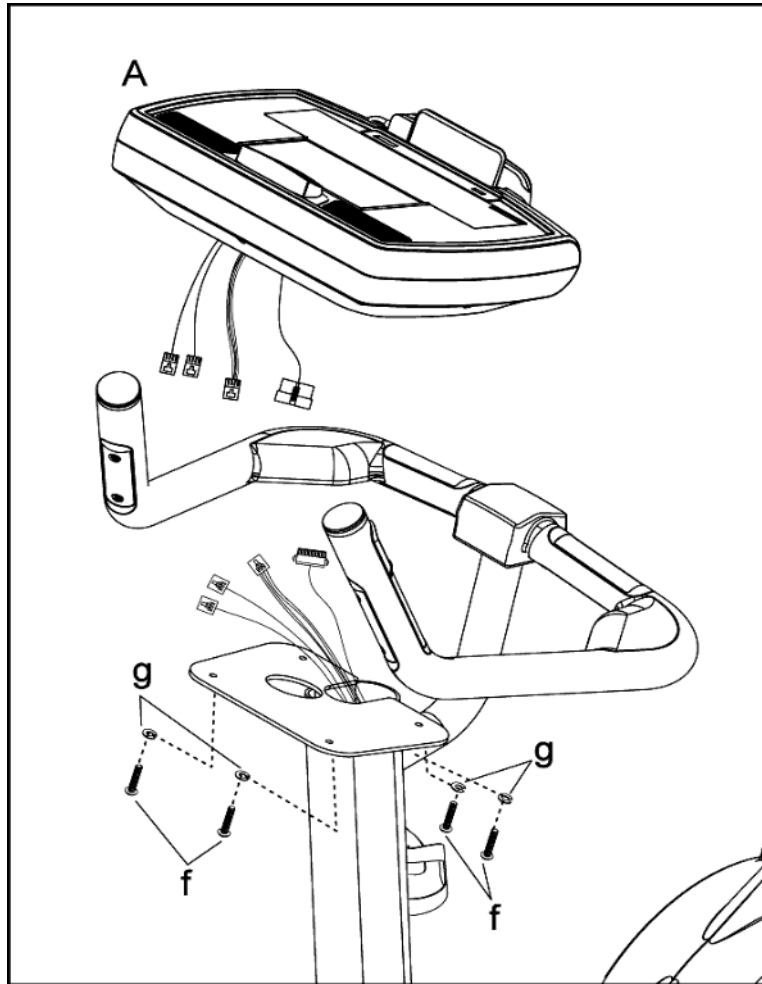
3 ()
() ,

() .
(d)



4.

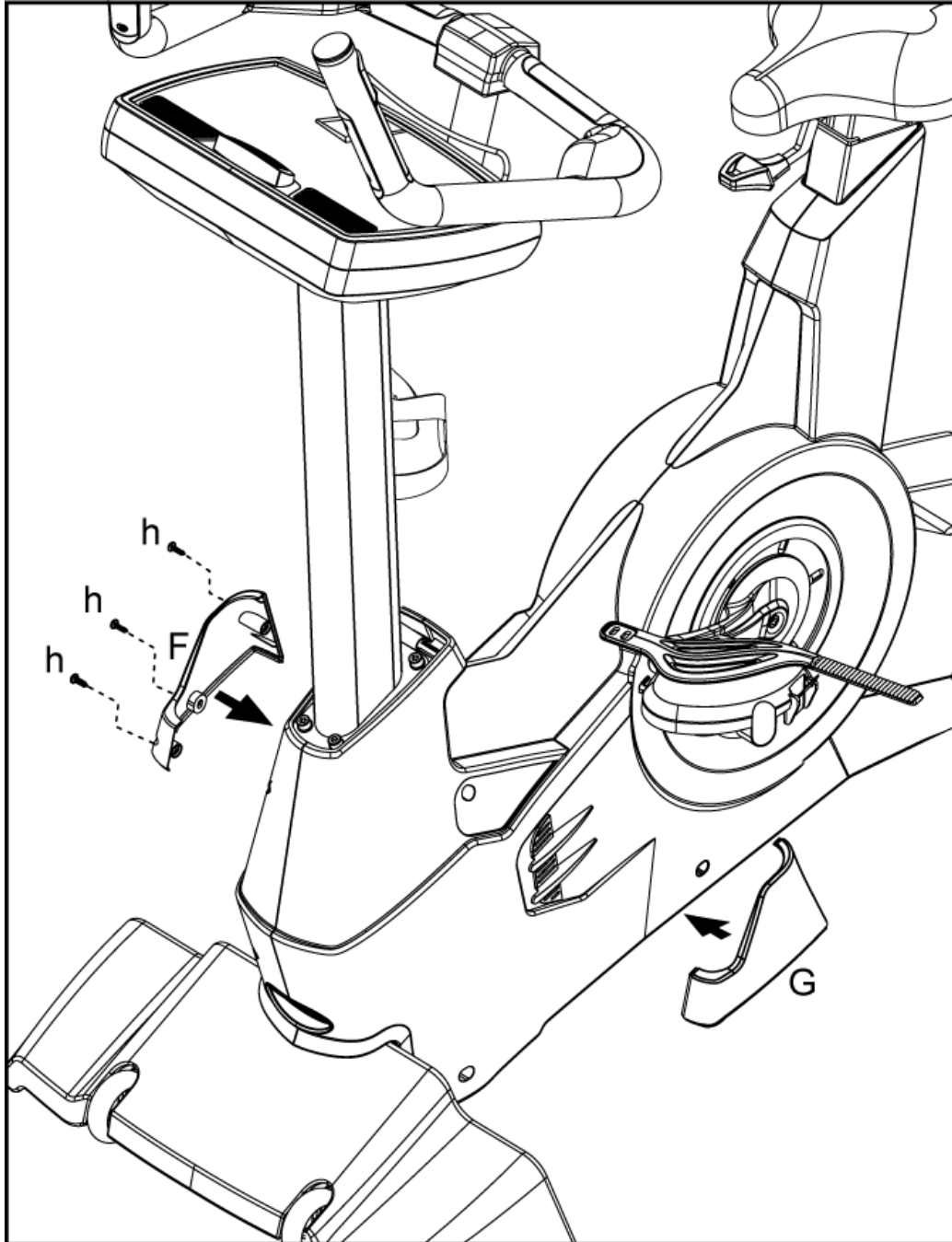
- () () ()
(f) (g) ,



5.

(F G),

(h),





I.

7" TFT-LCD

: SPEED (), DISTANCE (), TIME (), KCAL (), WATTS (), BPM (), LEVEL (), RPM ().

II.



(Goals mode):



(Programs mode): 6



(Fitness test): 6



(HRC):

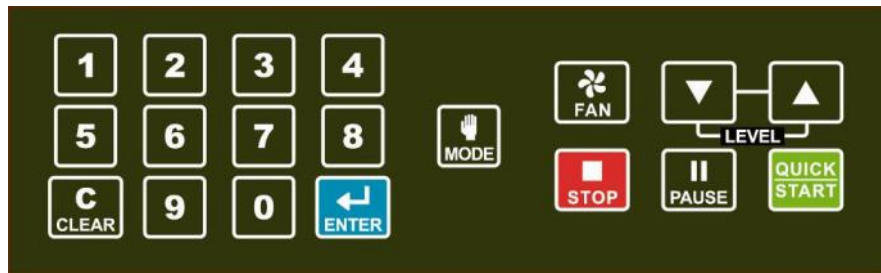


(User mode):



(Race mode):

III.



1. **QUICK START** - :

2. **STOP** - :

STOP

3. **PAUSE** - :

4. **MODE:**

5. **ENTER** - :

6. **CLEAR** - :

7. **LEV L** - :

8. **LEVEL** - :

9. **FAN** - :

10. **0-9:** 10

IV.

1. 25

15VDC/1000m ,

2. 40 30

().

3. 40 ,

4. 40 / ,

"RPM " 15 (PAUSE MODE),

45 (Start/Ready).

5. (PAUSE MODE),

60 / ,

(Start/Ready).

6. (Start/Ready)



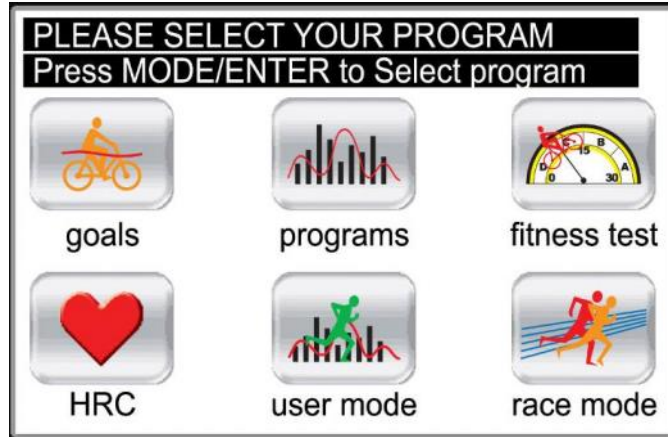
7.

(Start/Ready),
mode),
(User mode),
(Goals mode),
(Fitness test),
(Race mode).



(Programs

(HRC),



8.



9.

0,

0.

0,

10.

32

1/32

11.



12.

13.

30

(PAUSE MODE)

20



(Start/Ready).

Workout statistics			
Ave.speed	0.0kmh	Ave.BPM	0 BPM
Max.speed	0.0kmh	Total energy	0 kcal
Total dist	0.0km	Total time	0:03

Press Stop to exit

V. :
(Manual)

1. (Start/Ready),
(Manual) 3



2.

3. (Manual) 20



(Goals mode)

(Time Goal):

(Distance Goal):

(Calories Goal):

1. (Goals mode),



0 - 9 : (WEIGHT) (70 ;
23 180), (TIME) (20 ; 10 99),
(DISTANCE) (5 ; 0 99) (CALORIES)
(500 ; 0 999).

2.

(Start/Ready)



3.



4.

(



(LEVEL)

.)



(Fitness test)

1.



(Fitness test),



0 – 9



(WEIGHT) (

70 ;

23 180),

(AGE) (

30 ;

10 90)

(SEX) ((male)

(female)).

2.



(Start/Ready)



3.



4.

6

32

5.

150 ,

100 .



(LEVEL)

(

.)

6.

(YOUR

FITNESS TEST RESULT) 1 5.

1 –

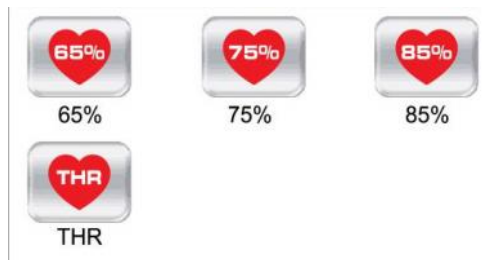
5 –

<35	>=186	>=170	>=139	>=129	<129
<45	>=183	>=165	>=124	>=112	<112
<55	>=186	>=167	>=127	>=100	<100
>=55	>=188	>=165	>=129	>=107	<107
	1	2	3	4	5

<35	>=197	>=181	>=150	>=140	<140
<45	>=212	>=197	>=161	>=150	<150
<55	>=228	>=212	>=181	>=169	<169
>=55	>=238	>=223	>=197	>=181	<181
	1	2	3	4	5



(HRC) ()




1. 4 : 65%, 75%, 85%
 (THR).

$$= (220 -)^*$$

2.  (HRC),



0 - 9  : (WEIGHT) (70 ;

23 180) (TIME) (20 ; 10 99).

3.



(Start/Ready)



4.



5.

(THR)

6.

(NO PULSE).

45

« »

(Start/Ready).

7.

(RPM).

70 80

RPM ,

RPM .

8.

(HRC):

50 (12).

10 .

10	200	126	126	31	180	113	113	52	160	101	101	73	140	90	88
11	199	125	125	32	179	113	113	53	159	100	100	74	139	90	88
12	198	125	125	33	178	112	112	54	158	100	100	75	138	90	87
13	197	124	124	34	177	112	112	55	157	99	99	76	137	90	86
14	196	124	124	35	176	111	111	56	156	98	98	77	136	90	86
15	195	123	123	36	175	110	110	57	155	98	98	78	135	90	85
16	194	122	122	37	174	110	110	58	154	97	97	79	134	90	85
17	193	122	122	38	173	109	109	59	153	97	97	80	133	90	84
18	192	121	121	39	172	109	109	60	152	96	96	81	132	90	83
19	191	121	121	40	171	108	108	61	151	95	95	82	131	90	83
20	190	120	120	41	170	107	107	62	150	95	95	83	130	90	82
21	189	119	119	42	169	107	107	63	149	94	94	84	129	90	82
22	188	119	119	43	168	106	106	64	148	94	94	85	128	90	81
23	187	118	118	44	167	106	106	65	147	93	93	86	127	90	80
24	186	118	118	45	166	105	105	66	146	92	92	87	126	90	80
25	185	117	117	46	165	104	104	67	145	92	92	88	125	90	79
26	184	116	116	47	164	104	104	68	144	91	91	89	124	90	79
27	183	116	116	48	163	103	103	69	143	91	91	90	124	90	78
28	182	115	115	49	162	103	103	70	143	90	90				
29	181	115	115	50	162	102	102	71	142	90	89				
30	181	114	114	51	161	101	101	72	141	90	89				



(User mode)

1.



(User mode),



32



(



1 20)



2.

(TIME)

10 ; 10 60).

1/32

3.



(Start/Ready)



4.



5.



(Race mode)

1.



(Race mode),




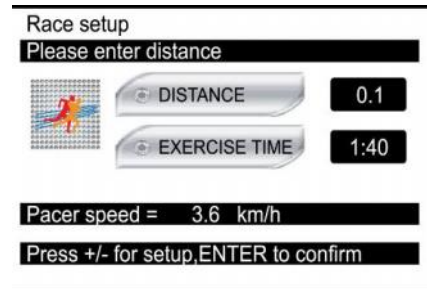
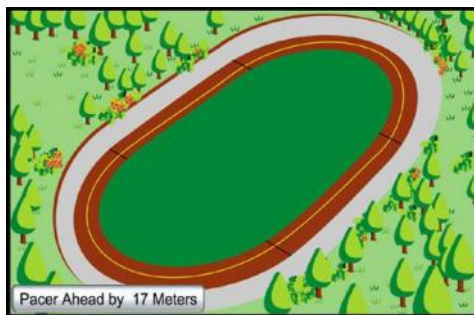
(0,1; 0,4; 1,0; 2,0;

5,0 10,0),



At the time, program will compute Pacer speed according to the editing value.

Computer Speed(Pacer Speed)=Target Distance/Target Time. Unit is KM/HR(ML/HR)

2.  , 3
3. 400 (0.25MIL) :
4. , -



(Programs mode)

1.  (Programs mode),
 6 : (Rolling), (Fat burn),
(Aerobic), (Hill run), (Hill climb)
(Hill intervals).



Rolling



Fat burn



Aerobic













Hill run



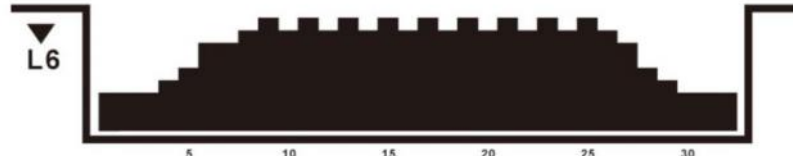
Hill climb



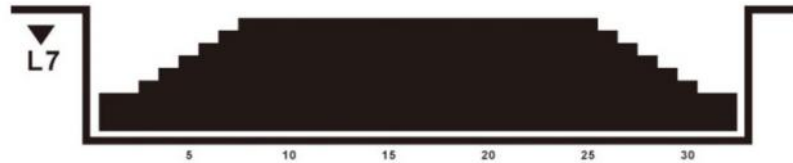
Hill intervals

2. ,  , 
- 10 .  (LEVEL) (
3.)  : (WEIGHT) (70 ;
23 180)  (TIME) (20 ; 10 99).
4.  (Start/Ready) 
5.  
6. 
8 .

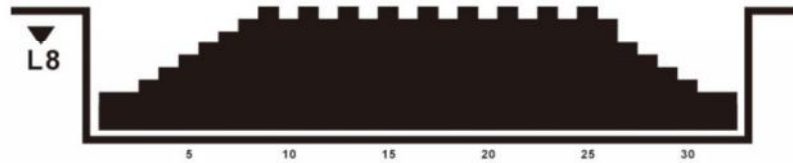
ROLLING(2)



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
LEVEL	3	3	3	4	5	7	7	8	9	8	9	8	9	8	9	8	9	6	9	8	9	8	9	8	9	8	7	5	4	3	3	3



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
LEVEL	3	3	4	5	6	7	8	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	8	7	6	5	4	3	3



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32		
LEVEL	3	3	4	5	6	7	8	9	10	9	10	9	10	9	10	9	10	9	10	9	10	9	10	9	10	9	10	9	7	6	5	4	3	3

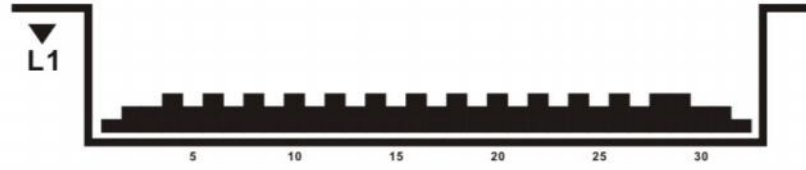


	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	
LEVEL	3	3	4	5	6	7	9	10	11	10	11	10	11	10	11	10	11	10	11	10	11	10	11	10	11	10	11	10	11	10	11	10	11

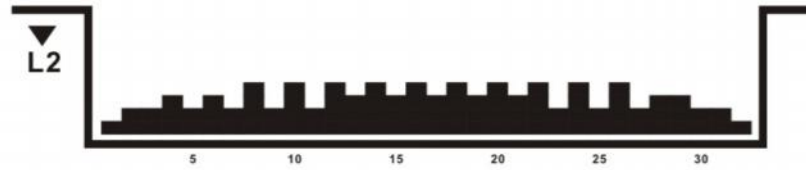


	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	
LEVEL	3	3	4	5	6	7	9	10	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	9	8	7	5	4	3	3

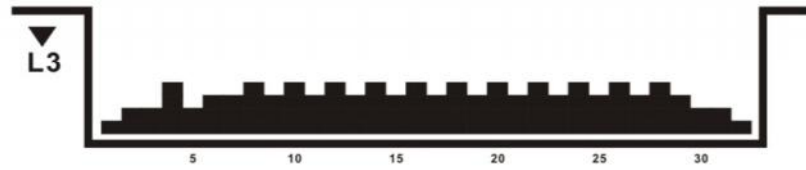
FAT BURN(1)



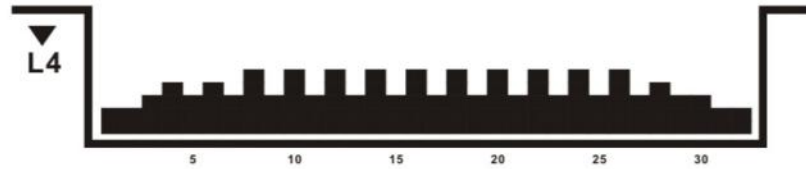
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
LEVEL	1	2	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	3	2	2	1



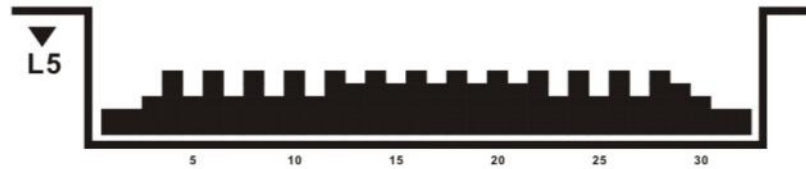
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
LEVEL	1	2	2	3	2	3	2	4	4	4	2	4	3	4	3	4	3	4	3	4	3	4	2	4	2	4	2	3	3	2	2	1



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
LEVEL	1	2	2	4	2	3	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	2	2	1

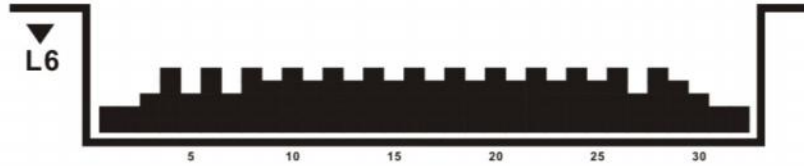


	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
LEVEL	2	2	3	4	3	4	3	5	3	5	3	5	3	5	3	5	3	5	3	5	3	5	3	5	3	5	3	4	3	3	2	2



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
LEVEL	2	2	3	5	3	5	3	5	3	5	3	5	3	5	4	5	4	5	4	5	4	5	4	5	3	5	3	5	4	3	2	2

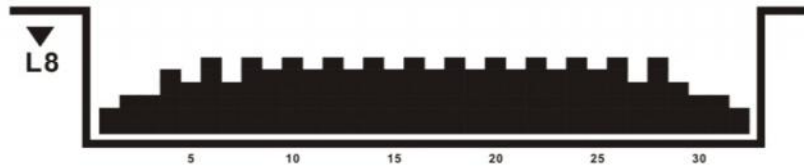
FAT BURN(2)



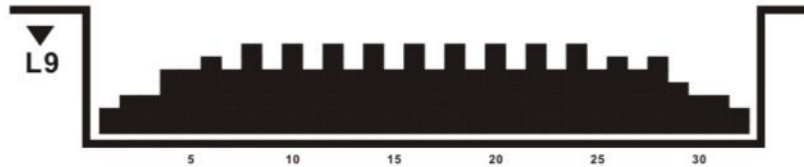
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
LEVEL	2	2	3	3	3	3	3	3	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	3	3	2	2



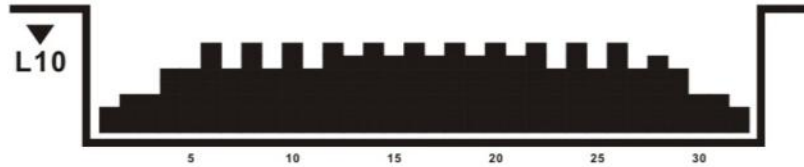
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
LEVEL	2	2	3	3	3	3	3	3	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	3	3	3	3	3	3	2



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	
LEVEL	2	2	3	3	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	3	3	2

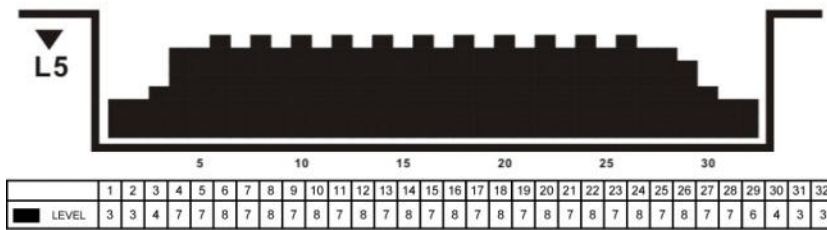
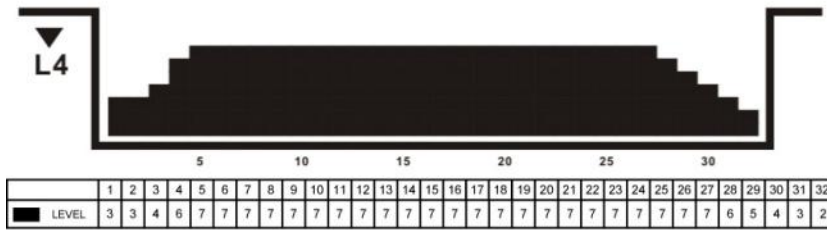
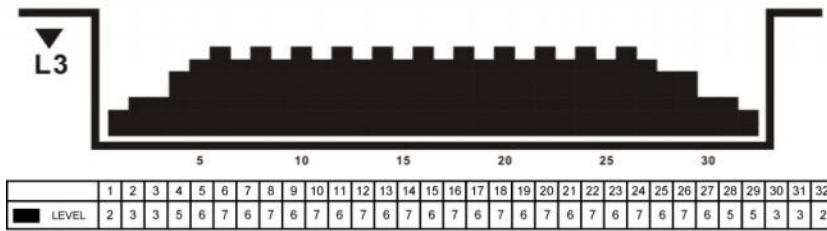
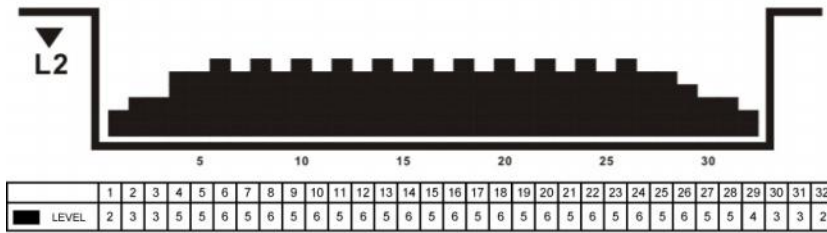
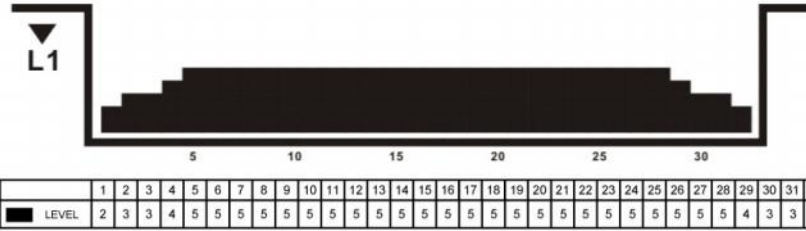


	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	
LEVEL	2	3	3	5	5	6	5	7	5	7	5	7	5	7	5	7	5	7	5	7	5	7	5	7	5	7	5	6	6	4	3	3	2

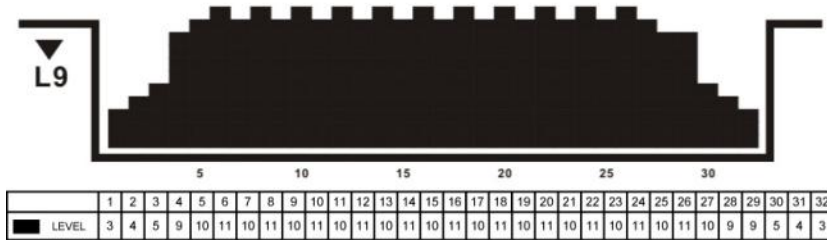
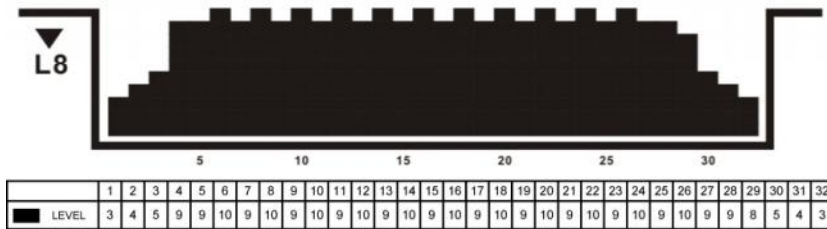
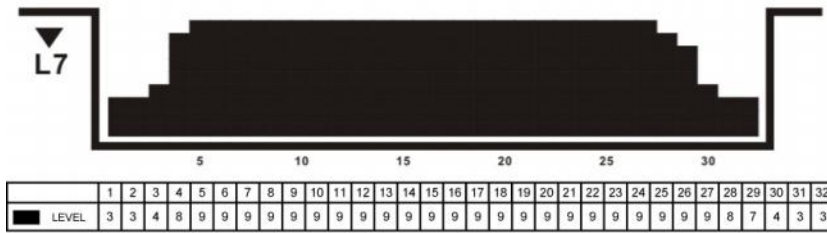
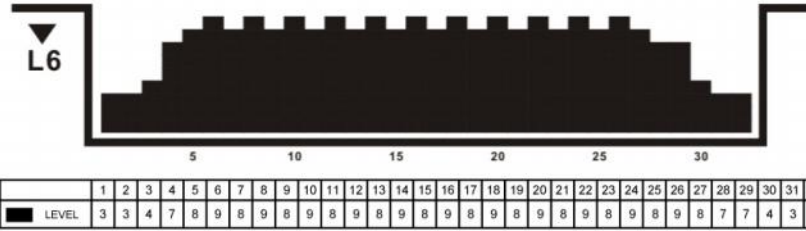


	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32		
LEVEL	2	3	3	5	5	7	5	7	5	7	5	7	6	7	6	7	6	7	6	7	6	7	6	7	5	7	5	7	5	6	5	3	3	2

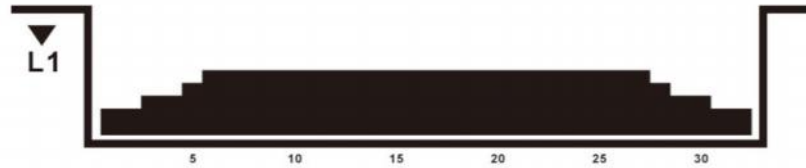
AEROBIC(1)



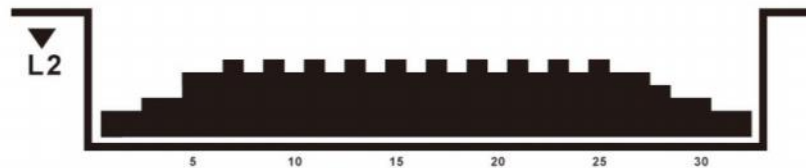
AEROBIC(2)



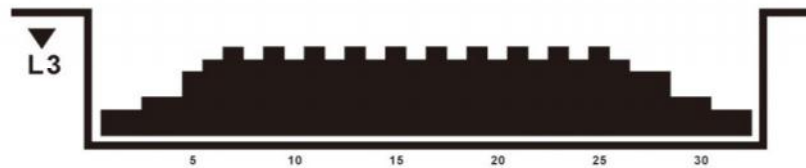
HILL RUN(1)



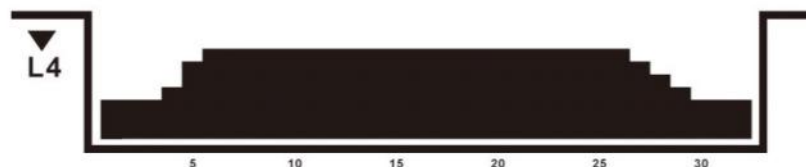
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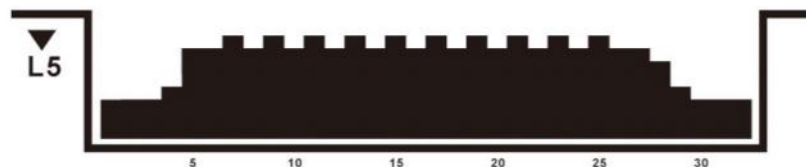
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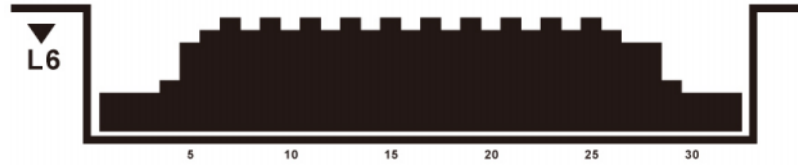


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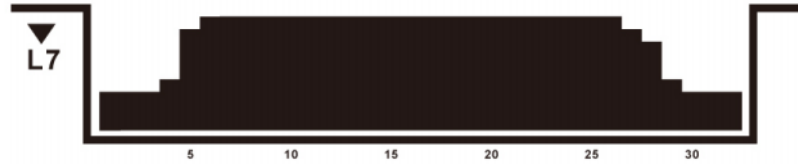


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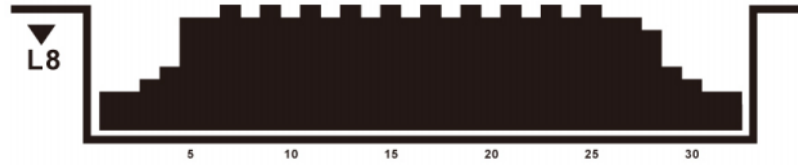
HILL RUN(2)



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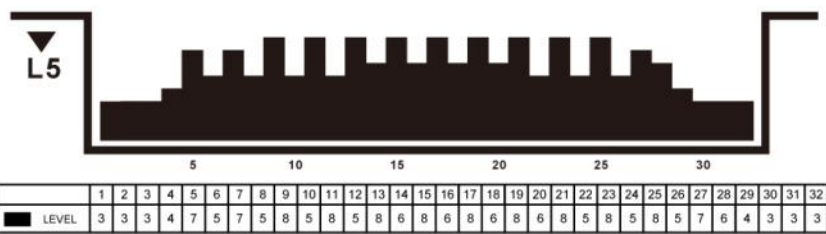
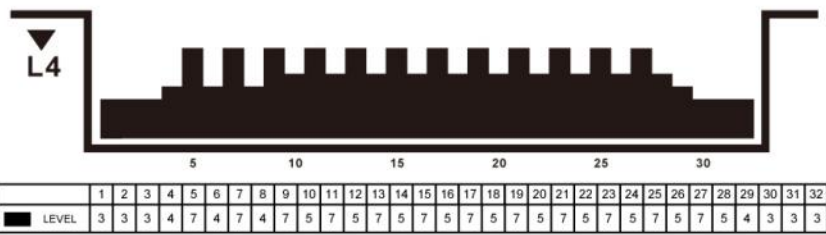
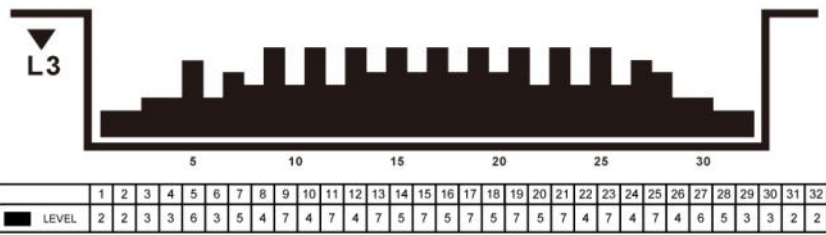
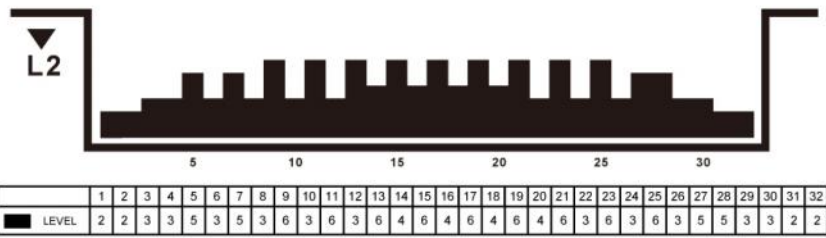
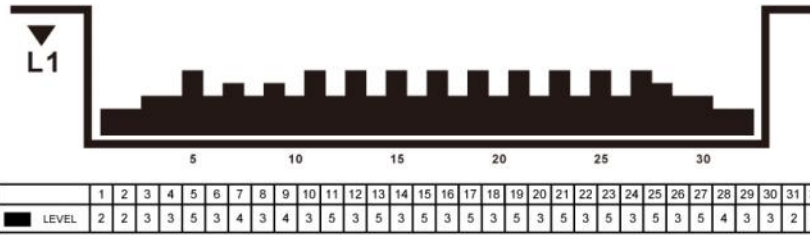


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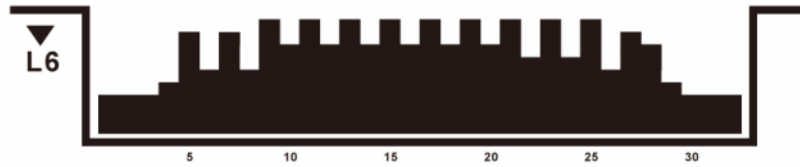


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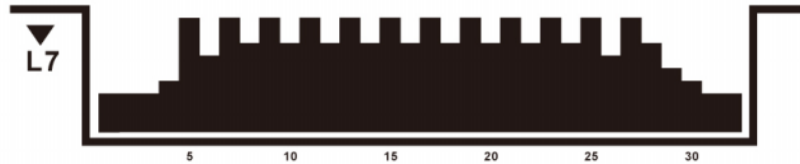
HILL CLIMB(1)



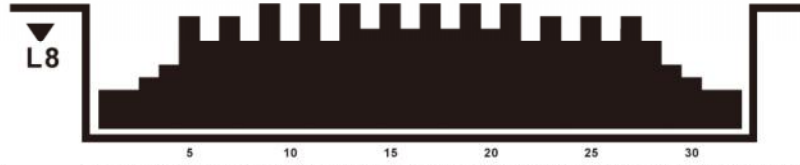
HILL CLIMB(2)



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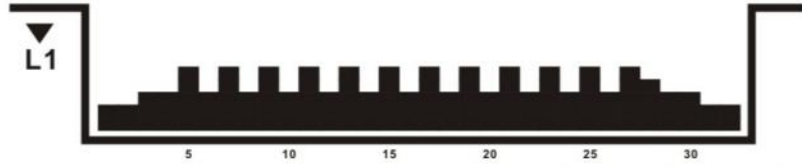


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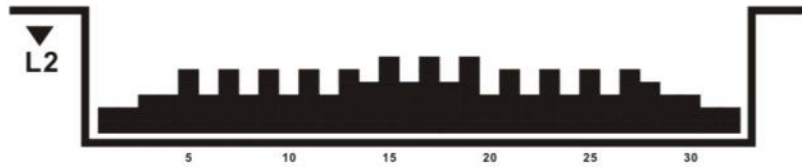


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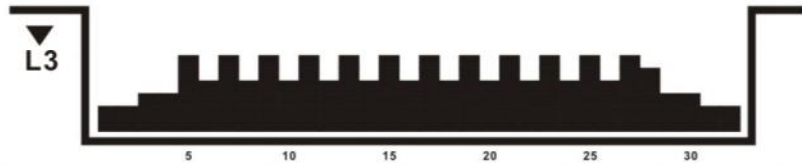
HILL INTERVAL(1)



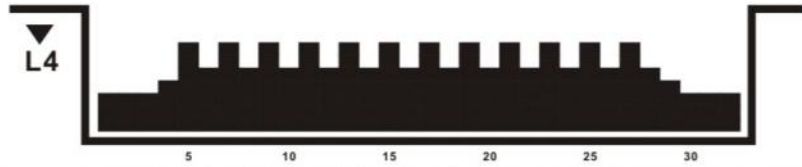
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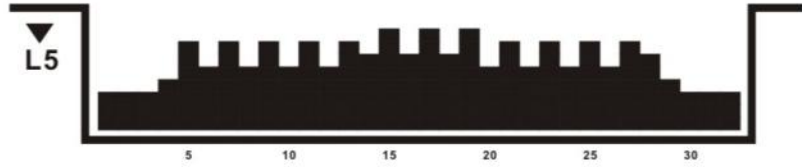
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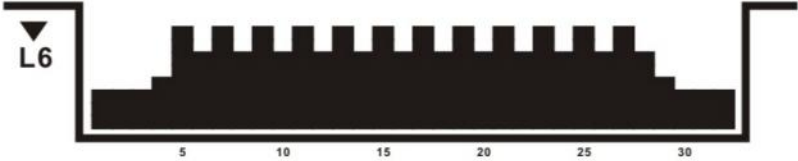


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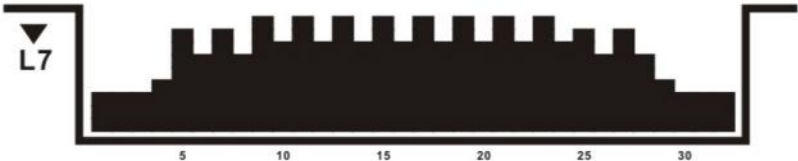


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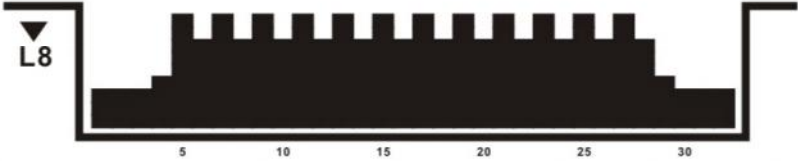
HILL INTERVAL(2)



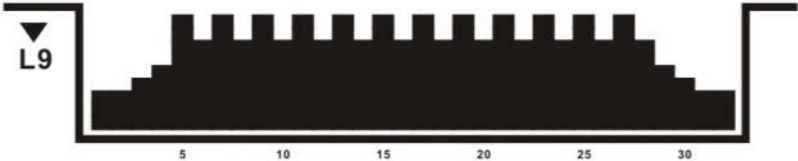
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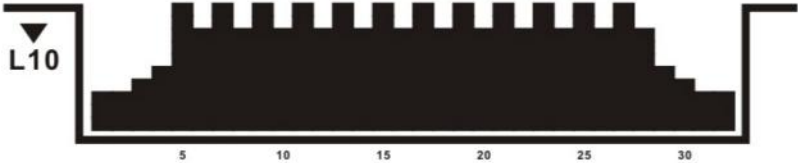
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