

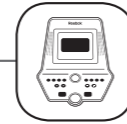
UK

# Reebok

## TITANIUM

TITANIUM CONSOLE USER GUIDE  
TC2.0/TC3.0/TX2.0/TXF3.0

TC2.0, TC3.0, TX2.0, TXF3.0 COMPUTER



BUTTON OPERATION



LCD	<b>A</b>	<b>D</b>	QUICK START
RESET	<b>B</b>	<b>E</b>	RECOVERY
START/STOP	<b>C</b>	<b>F</b>	I-DRIVE KNOB

DRIVE KNOB



- Rotate the **i-Drive** knob to adjust the setting values or resistance, turn clockwise to increase and anticlockwise for decrease.
- Press the **i-Drive** knob to confirm the value and move to the next step.

QUICK START



Press to begin exercising immediately in manual mode.

START/STOP



- Press to start a program.
- During any exercise press to pause the program, all values will remain on the display. Press again to resume.

RESET

- When in USER profile setting mode, press to revert to USER code selection.
- When in program set up mode or pause status, press to revert to program selection.
- Press and hold for 3 seconds, the computer will revert to power on status.

RECOVERY

Press to enter the heart rate recovery test mode.

**GETTING STARTED**

- When the power is switched on the computer will beep and the full screen display will be shown for 2 seconds (Figure 1). The computer will then enter the user profile setting mode (Figure 2).
- If no use is detected for a period of 4 minutes the computer will switch off. Begin to pedal to turn back on.



FIGURE 1

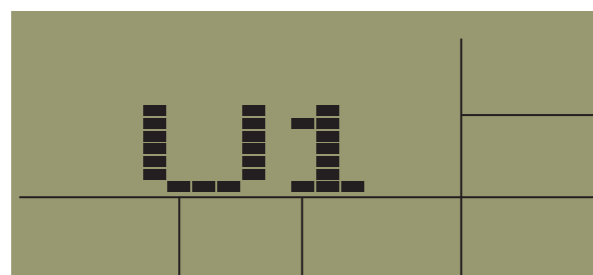


FIGURE 2

- You can simply press the **QUICK START** button to start the workout immediately without setting the user profiles of pre-set programs. The resistance can be adjusted by rotating the **i-Drive** at any time.

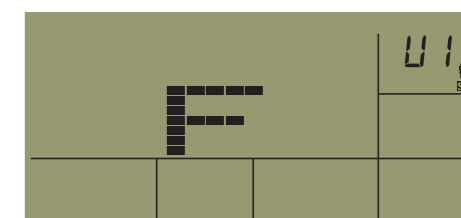
**USER PROFILE SETTING**

From Power on screen, rotate the **i-Drive** knob to select the user (**U1, U2, U3, U4, U5**) press to confirm selection.

**GENDER**

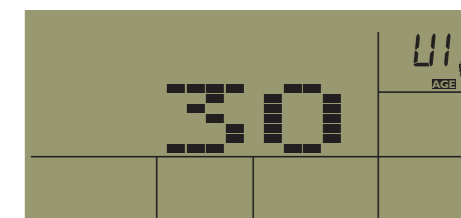


**SEX** will be displayed on the right side of the screen. Select the gender by rotating the **i-Drive** knob, F = female, M = male. Press the **i-Drive** to confirm.



**AGE**

**AGE** will be displayed on the right side of the screen. Select by rotating the **i-Drive** knob. Press the **i-Drive** to confirm.



**HEIGHT**

**H.t** will be displayed on the right side of the screen. Select by rotating the **i-Drive** knob, Press the **i-Drive** to confirm.



**WEIGHT**

**W.t** will be displayed on the right side of the screen. Select by rotating the **i-Drive** knob, Press the **i-Drive** to confirm. The computer will enter the program selection mode.



To change the user code press **STOP**, then press and hold **RESET** button for 3 seconds to return to power on screen.

**PROGRAMS**

Select the desired program by rotating the **i-Drive** knob, the pre-set programs will display on the top of the screen,



Press the **i-Drive** knob to confirm selection.

**MANUAL**



Set the WATT value:  
 Rotate the **i-Drive** knob to adjust and set the WATTS (resistance). During the exercise the computer will adjust the actual resistance automatically depending on the pedaling RPM to match the target watts. Press the **i-Drive** knob to confirm the watts value. You can press **START** button to start the exercise or set up the target information as below.



Set the target exercise time by rotating the **i-Drive** knob **or** press when on 0 to skip target time setting. After setting the target time press the **i-Drive** knob to confirm. You can press the **START** button to start the exercise or set up the target distance as below.



Set the target distance by rotating the **i-Drive** knob **or** press the i-Drive knob to skip target distance. After setting the target distance, press the **i-Drive** knob to confirm. You can press the **START** button to start the exercise or set the target calories as below.

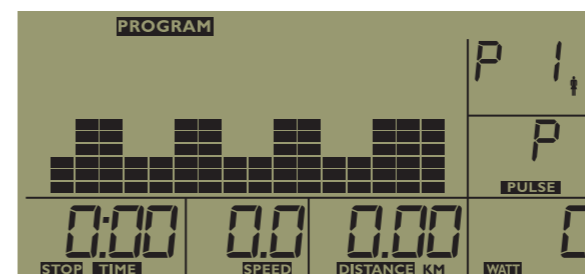
**CALORIES**

Set the target calories by rotating the **i-Drive** knob or press the **i-Drive** knob to skip target calories. After setting the target calories value, press the **i-Drive** knob to confirm. You can press the **START** button to start the exercise.



In **MANUAL** program, the pre-set target time, target distance and target calories will countdown on display until the first one reaches 0. Any values not inputted will count up from 0.

**PROGRAM**

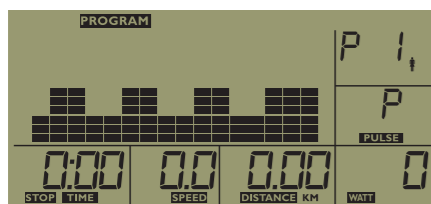


- Press the **i-Drive** knob to confirm the PROGRAM selection.
  - Rotate the **i-Drive** knob to select P1 - P12. **Press to confirm the selection.**
  - Once the program is confirmed you will enter the WATT selection mode, you can adjust the WATT intensity by rotating the **i-Drive** knob and pressing to confirm.
  - Target **TIME:**
  - Target **DISTANCE:**
  - Target **CALORIES:**
- If required, these are set as per the previous instructions in the manual mode.

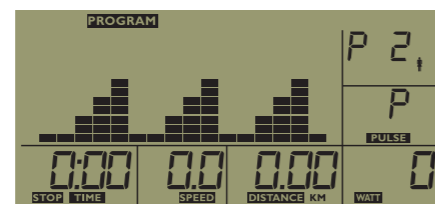


1. In the PROGRAM mode the pre-set target time, target distance and target calories will countdown display until the first one reaches 0. Any values not inputted will count up from 0.
2. When user adjusts the resistance level during the exercise the adjustment will apply to the entire program, the remaining segments of the program will all be increased by one resistance level. Based on this the user may not be able to adjust the current resistance to top level due to the later segments (program profile) could already reach the top level of resistance.

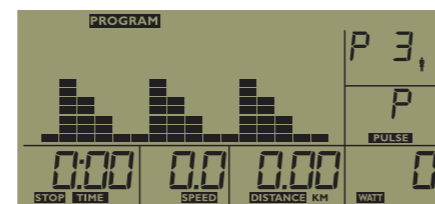
P1 – P12 program guide



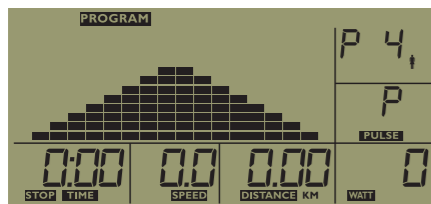
P1



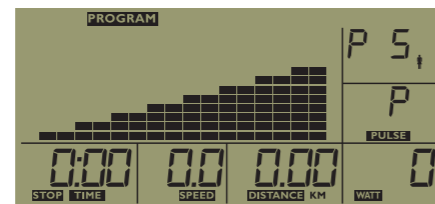
P2



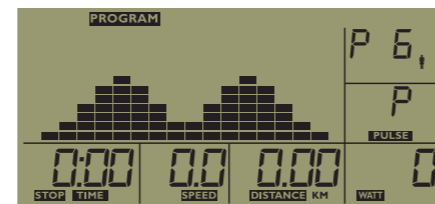
P3



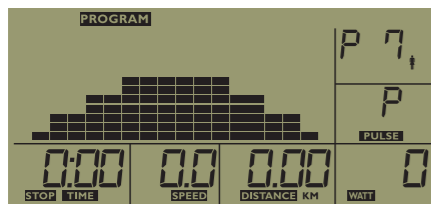
P4



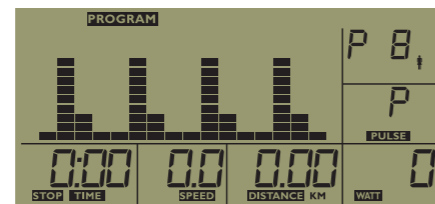
P5



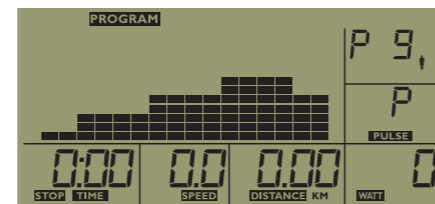
P6



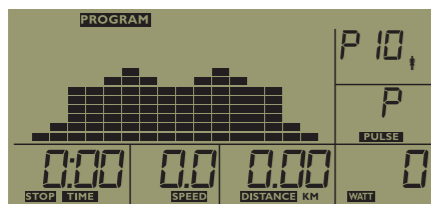
P7



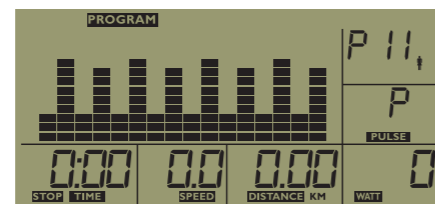
P8



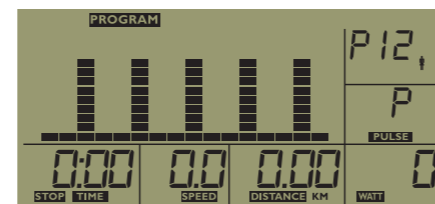
P9



P10



P11



P12

**FITNESS**

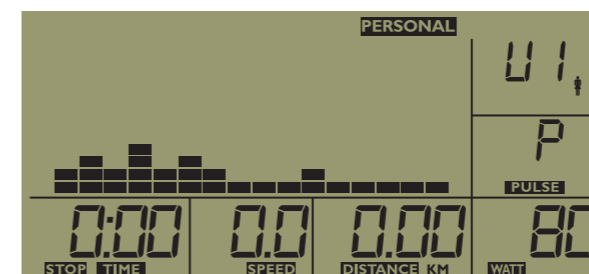


- Press the **i-Drive** knob to confirm the FITNESS selection
- Press **START** button to start the fitness test process.

The fitness test program will take 8 minutes. The time display will countdown from 8 minutes to 0. Once started, place both hands on the pulse sensors, the computer will detect the heart rate (either hand pulse or optional wireless chest belt are both available, the wireless chest belt will take higher priority if both heart rate sensors are detected). The results of assessment are as below.

DISPLAY RESULT	STATUS
F1	VERY GOOD
F2	GOOD
F3	NORMAL
F4	BELOW AVERAGE
F5	POOR

**PERSONAL**



- Press the **i-Drive** knob to confirm the selection. In the PERSONAL mode users can pre-set the resistance for each segment of the exercise.
- Rotate the **i-Drive** knob to select the desired resistance (watts) in the first segment, then press the **i-Drive** to confirm and move to the next segment.

Follow these instructions for all segments, once complete press and hold the **i-Drive** for 3 seconds to save. You will then enter the target time setting mode.

- Target **TIME**:
  - Target **DISTANCE**:
  - Target **CALORIES**:
- If required, these are set as per the previous instructions in the manual mode.



In the PROGRAM mode the pre-set target time, target distance and target calories will countdown display until the first one reaches 0. Any values not inputted will count up from 0.

## H.R.C. (HEART RATE CONTROL)



Press the **i-Drive** knob to confirm the selection of H.R.C. mode. This program requires user heart rate signal to be monitored during the exercise. Please hold the hand pulse sensor or use wireless chest belt (optional) during the exercise.

Select the target heart rate levels that are based on percentage of personal maximum heart rate,  $220 - \text{age} = \text{Maximum heart rate}$ .

Rotate the **i-Drive** knob to select the target heart rate levels **55%**, **75%** or **90%**, **Tag (Target Heart Rate BPM)**. Press the **i-Drive** to confirm.



During the H.R.C. program the computer will detect the users heart rate every 30 seconds. The computer will maintain the existing resistance level if the users heart rate is within of  $\pm 4$  of target heart rate. The resistance will increase automatically by 1 level if user heart rate value (BPM) is lower than the target heart rate and within range of  $-10$ . The resistance will decrease automatically by 1 level if user heart rate value (BPM) is higher than the target heart rate and within range of  $+10$ . The resistance will increase automatically by 2 levels if user heart rate value (BPM) is lower than the target heart rate as  $-11$  or lower. The resistance will decrease automatically by 2 levels if user heart rate value (BPM) is higher than the target heart rate as  $+11$  or higher.

## TARGET HEART RATE 55%

55% of personal maximum heart rate. The target heart rate  $\text{BPM} = (220 - \text{users age}) \times 55\%$ . Once you press the **i-Drive** knob to confirm the selection, console will enter the target exercise time set up mode.

Follow previous information to set Time, Distance or Calories during these workouts.



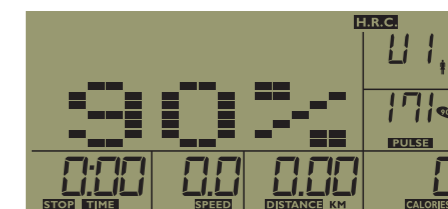
## TARGET HEART RATE 75%

75% of personal maximum heart rate. The target heart rate  $\text{BPM} = (220 - \text{user age}) \times 75\%$ .



## TARGET HEART RATE 90%

90% of personal maximum heart rate. The target heart rate  $\text{BPM} = (220 - \text{user age}) \times 90\%$ .

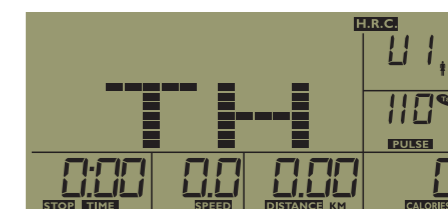


## TH (TAG) TARGET HEART RATE BPM

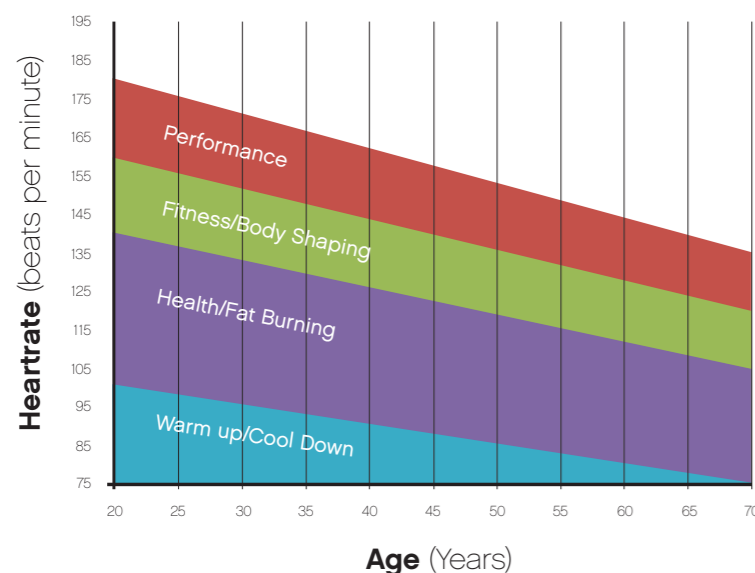
In this mode, you can set the target heart rate BPM value.

Press the **i-Drive** knob to confirm the selection of **Tag**, then rotate the **i-Drive** knob to adjust the target heart rate BPM and press to confirm. Console will enter the target exercise time set up mode.

Follow previous information to set Time, Distance or Calories during workout.



**HEART RATE DIAGRAM**



You can calculate the target-heartrate for your training as follows:  
 Maximum heartrate = 220 minus age  
 For the different training targets you should train with the following percentage of your maximum heart rate:

<b>HEALTH/FAT BURNING:</b>	50 - 70% OF YOUR MAX. HEARTRATE
<b>FITNESS/BODYSHAPING:</b>	70 - 80% OF YOUR MAX. HEARTRATE
<b>PERFORMANCE:</b>	80 - 90% OF YOUR MAX. HEARTRATE

Example:

You are 25 years old and want to train for the target Fitness:

$220 - 25 = 195$

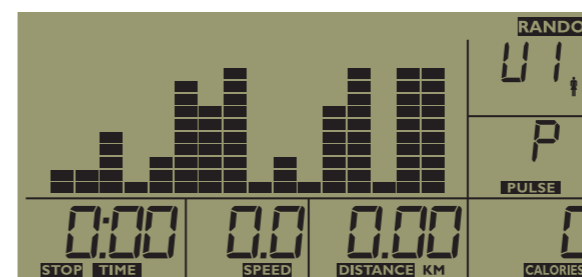
$70\% \text{ of } 195 = 136,5$

$80\% \text{ of } 195 = 156$

The target-heart rate should be between 136,5 and 156 beats per minute.

**!** This information is for your reference only. To determine your individual training intensity or in case you should have health restrictions please consult your physician before starting exercising.

**RANDOM**



Press the **i-Drive** knob to confirm the selection. In this program the computer will randomly select the resistance of each exercise segment. After entering the RANDOM mode, you can follow the previous information to set the Time, Distance or Calories.

**RECOVERY TEST**

- In any exercise mode, you can press the **RECOVERY** button to enter the recovery test mode. This is program to test the performance of user heart rate recovery. Please hold the hand pulse sensors or use wireless chest belt (if available) as soon as you press **RECOVERY** button.
- (1) In first 10 seconds the console will detect the user heart rate signal. If console doesn't get the input of user heart rate signal during the first 10 seconds, this program will fail and quit to power on status.
- (2) If console detects the users heart rate during the first 10 seconds, it will enter the recovery test program for 60 seconds. The time display will countdown from 60 seconds. Figure 2-1 shows the screen status during the recovery test. Please ensure that you hold the hand pulse sensors or use wireless chest belt (if available) during entire recovery test program for 60 seconds. After the time display countdown to zero, the test result will be displayed as per figure 2-2.



FIGURE 2.1





FIGURE 2.2

DISPLAY RESULT	STATUS
F1	VERY GOOD
F2	GOOD
F3	NORMAL
F4	BELOW AVERAGE
F5	POOR

CONSOLE SET UP OVERVIEW

PART	DISPLAY WINDOW	DISPLAY RANGE	SAVE
1	SEX	F / M	YES
2	AGE	10 - 100	YES
3	WEIGHT	20 - 330(LB) 10 - 150(KG)	YES
4	HEIGHT	36 - 84(INCH) 90 - 210(CM)	YES
5	TIME	0:00 - 99:59	NO
6	DISTANCE	0.0 - 99.99	NO
7	CALORIES	0 - 999	NO
8	SPEED	0.0 - 99.9	NO
9	PULSE	60 - 200 BPM	NO
10	RPM	0 - 250 RPM	NO
11	USER	U1-U5	YES
12	WATT	25 - 400	NO

 **WARNING** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

 Please note: the machine is preset in the factory in KPH (Kilometers per hour).

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