2. Operation

Console Overview - Bike and Elliptical

1	LED display	Bike and Elliptical: Speed, Time, Distance, Heart rate, Calories, Incline, Resistance.
2	**GO**	Press to automatically begin a Quick Start workout.
3	Call out button	Calories, Watts, RPM.
4	Workouts key	Manual, Hills, Random.
5	USB Port	Charge USB devices.
6	**STOP**	Press to Stop a workout.
7	**UP** and **DOWN** arrow keys	Use to increase / decrease speed.
8	Call out button	Time, Weight, Imperial/Metric.
9	Reading Rack / Tablet Holder	Place traditional reading material as well as mobile devices and tablets in this built-in holder.

Setting the <mark>INC Life-Fitness Upright Bike</mark> up for the 12-minute Physical Readiness Test (PRT).

Step 1. Using Item (4), select the first button on the left with this (➖) symbol. This is your **MANUAL** workout key.

Step 2. Select Item (7) for **TIME**, use the up/down arrow to select time enter 14 minutes, machine will automatically go into cool-down mode 2 minutes prior to reaching 14 minutes. At 12 minutes the CFL must record the calories burned in 12 minutes. Indicator (8) will illuminate for time.

Step 3. Select Item (7) to Increase or Decrease resistance **LEVEL**, use the up/down arrow to select resistance level.

Step 4. Select Item (7) to adjust member's **WEIGHT**, use the up/down arrow to select weight for member. Indicator (8) will illuminate for weight.

Step 5. Select Item (2) **GO** to start the PRT test.

Upon completion of the 12-minute PRT test the CFL/ACFL must record the number of calories burned during the 12-minute test and record on the official PRT score sheet.