

File:Ergometer Kettler 4.jpg

Operating buttons

⊖ SET

This key starts the display when it is in standby mode. Program inputs are activated. The preset data is applied.

⊖ Minus – / plus + keys

With these keys values can be changed in the different menus before training and power can be adjusted during training.

- Further "plus"
- gg back "minus"
- Press for a sustained period > quick change
- "Plus" and "minus" pressed together:
- Power jumps to
- Programmes jump to
- Value input jumps to

⊙ USER / RECOVERY

This key has two functions:

Pressing quickly when idle:

A user is selected P1 > P4 > no user = guest > P1 > P4....

Pressing and holding when idle:

The data and settings for the user P1 > P4 displayed or the USB stick that is plugged in are displayed.

Pressing quickly during training:

The recovery heart rate function (Recovery) starts (only if a heart rate is being recorded).

⊙ Reset

The display is deleted ready for a new start with this key. This is only possible when the machine is idle

⊕+⊖ SET (press and hold) + RESET (press quickly)

With the combination of the keys, display-specific settings such as date/time, km or miles, background color, user and factory settings are activated.

⊙ Programme / SCAN

Pressing quickly when idle:

Programmes are selected with this key.

Pressing quickly during training:

Display in the DOT matrix is changed.

Pressing and holding during training:

The automatic display change SCAN is started or stopped.

⊙ For Heart rate measurement

Heart rate measurement can be done with 3 sources:

1. Ear-clip (included)
The plug is plugged into the jack;
2. Chest strap without receiver
On this machine the receiver is positioned behind the display. If an ear-clip is plugged in then it must be removed.
3. Hand grip sensor

No higher resolution available.

Ergometer_Kettler_4.jpg (482 × 503 pixels, file size: 76 KB, MIME type: image/jpeg)

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| | Date/Time | Thumbnail | Dimensions | User | Comment |
|---------|------------------------------|-------------------------------------------------------------------------------------|-------------------|---------------------------|---------|
| current | 10:22, 2 January 2018 |  | 482 × 503 (76 KB) | Josmart (talk contribs) | |

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File usage

The following page uses this file:

- Ergometry Practical

Metadata

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| Author | CJC |
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