

MULTISPORTS[®]

THE FUTURE OF FITNESS

INSTRUCTIONS

1. Press START/STOP key for 2 seconds to start bike.
2. Press STOP key to return to the test setting function.
3. Press START/STOP key to begin exercising.
4. Adjust level manually by using the UP or DOWN keys during the workout.

PROGRAM SELECTION

Press the MODE key. Then press the UP or DOWN keys to select desired exercise profile.

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10

0.0

P

● SPEED ● AVG / SPEED

DISTANCE

PULSE

04

5:58

6

CALORIES

TIME

● SCAN ● RPM

● LEVEL ● WATT

USER

EXIT

START
STOP

MODE

PROGRAM

PULSE
RECOVERY

UP

DOWN

ENTER

Multi Sports Ellipix 6500 User Guide

Kathleen Armour

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

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