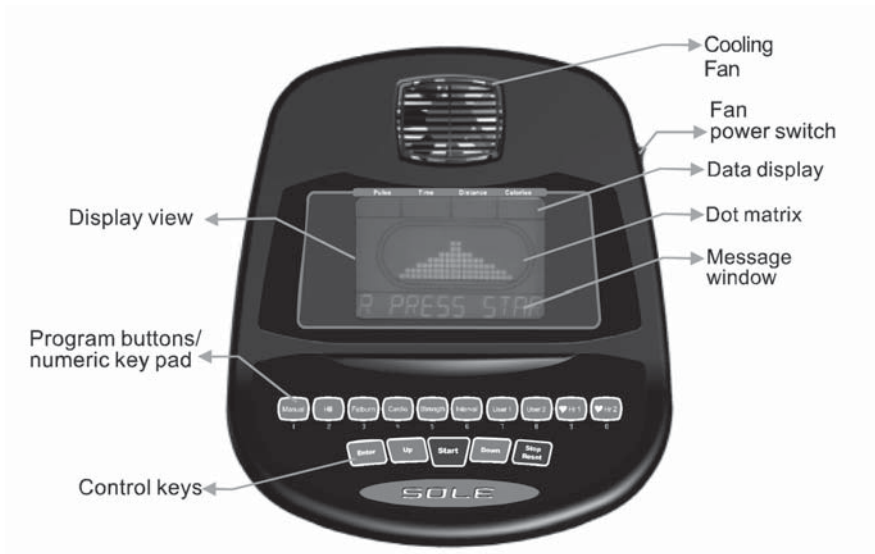# Operation of Your Elliptical

Starting a Program

Quick Start

After the console powers up you may press the Start key to begin, this will initiate the Quick Start mode. In Quick Start the Time will count up from zero and the workload may be adjusted manually by pressing the Up/Down buttons. Distance and Calories will accrue, starting from zero.

The Calorie window will switch between Calories and Watts every 5 seconds. The Calorie reading shows total Calories burned and is an approximate number. The Watt reading indicates how much work you are doing. If the Watt reading is 100, this means you are doing enough work to light a 100 watt light bulb.

The bottom left data window will switch between RPM and Speed every 5 seconds. RPM is your actual pedal rotation speed, and the Speed readout is in MPH, indicating approximate road speed as if pedaling a bicycle in 7th gear.

The Distance window shows distance traveled, based on pedal speed, in miles. The Pulse window will display your heart rate in beats per minute if you are holding the heart rate hand sensors, or wearing a chest strap transmitter.

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