Bike Forma - Recline Forma - Synchro Forma
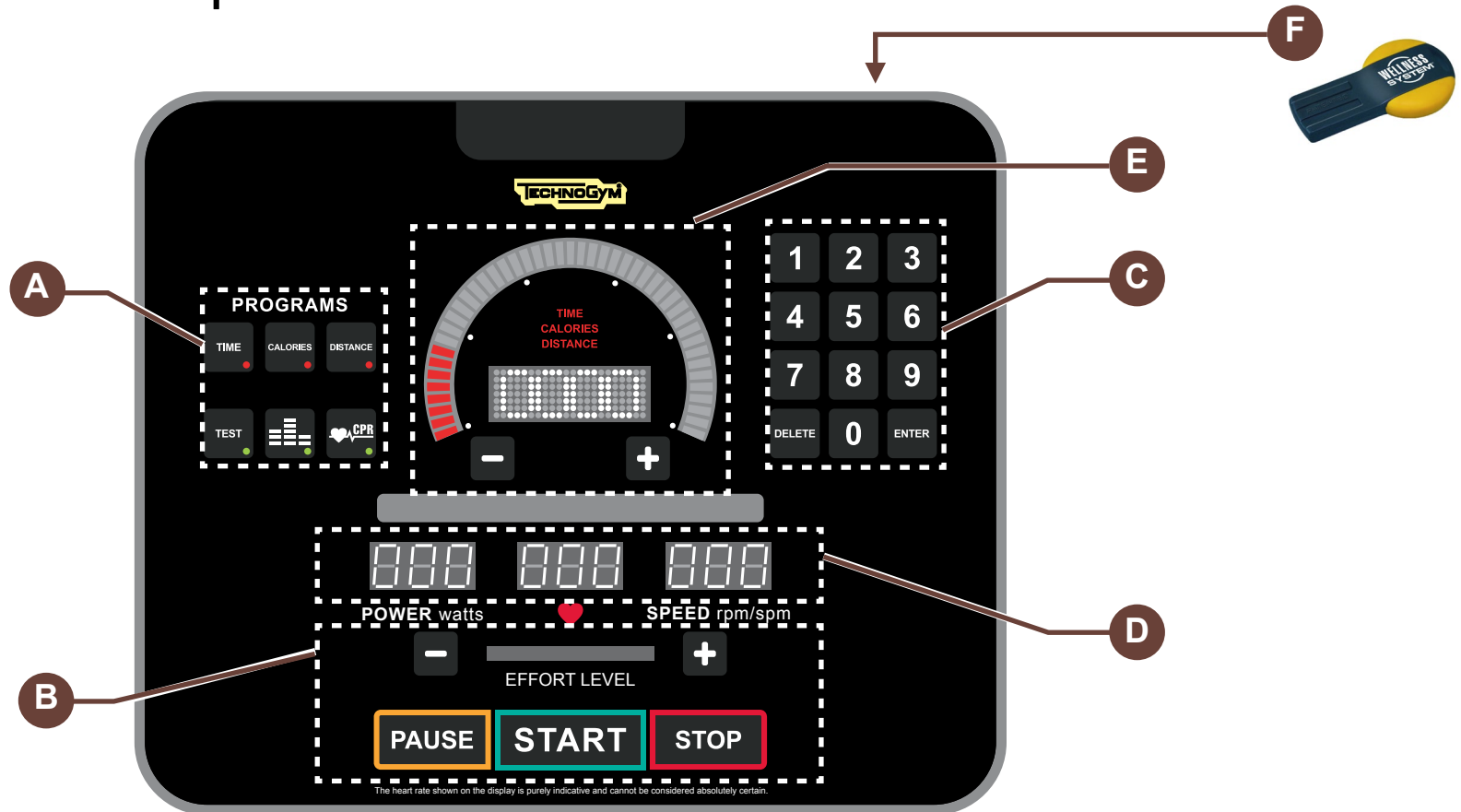# Software

User manual

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1 Description of the control panel

A - Function keys for workout or test selection. If the corrisponding LED lights up, this key is active or the corresponding exercise is in progress.

B - Manual control keys

C - Number pad

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E - Goal arc and dial

F - TGS key reader, for the TGS key (optional).

1.1   Function keys

TIME   starts a workout with a preset time, i.e. selecting time as a goal in CPR workouts and profiles.

CALORIES   starts a workout with a preset calorie consumption, i.e. selecting calorie consumption as a goal in CPR workouts and profiles.

DISTANCE   starts a workout with a preset running distance, i.e. selecting distance as a goal in CPR workouts and profiles.

CPR   for starting a constant heart rate workout, in which the exercise effort level is automatically adjusted to keep the heart rate constant. The workout duration depends on one of the three goals: time, distance or calories.

TEST   starts the fitness test.

starts one of the 6 different route types proposed by Technogym, or for programming up to 9 personal route types. The profile duration depends on one of the goals, i.e. time, distance or calories for predefined profiles or time or distance for personal profiles.

1.2   Manual control keys

+ Increases the effort level of a workout. The value increases by 1 unit every time the key is pressed, or faster if the key is kept pressed.
For constant power exercises, this key increases the target power by 10 watt each time it is pressed.
For constant heart rate exercises, this key increases the target heart rate by 1 unit each time it is pressed (if the keys are enabled in this way: see section *Configuration menu*).

− Decreases the effort level of a workout. The value decreases by 1 unit every time the key is pressed, or faster if the key is kept pressed.
For constant power exercises, this key decreases the target power by 10 watt each time it is pressed.
For constant heart rate exercises, this key decreases the target heart rate by 1 unit each time it is pressed (if the keys are enabled in this way: see section *Configuration menu*).

PAUSE Stops the exercise for a short pause.
During the pause, all the control panel settings are blocked and the only keys enabled are the START (restart) and STOP (end) keys.

**START** Starts an exercise or restarts it after a pause.

STOP For ending each exercise and cooling down, and for canceling workout programming.

1.3   The number pad

The number pad is for entering the numerical values requested when setting the workouts. Only figures are entered, i.e. 7 and 5 to indicate 7.5 km.

As well as the figures, the number pad also has DELETE and ENTER keys.

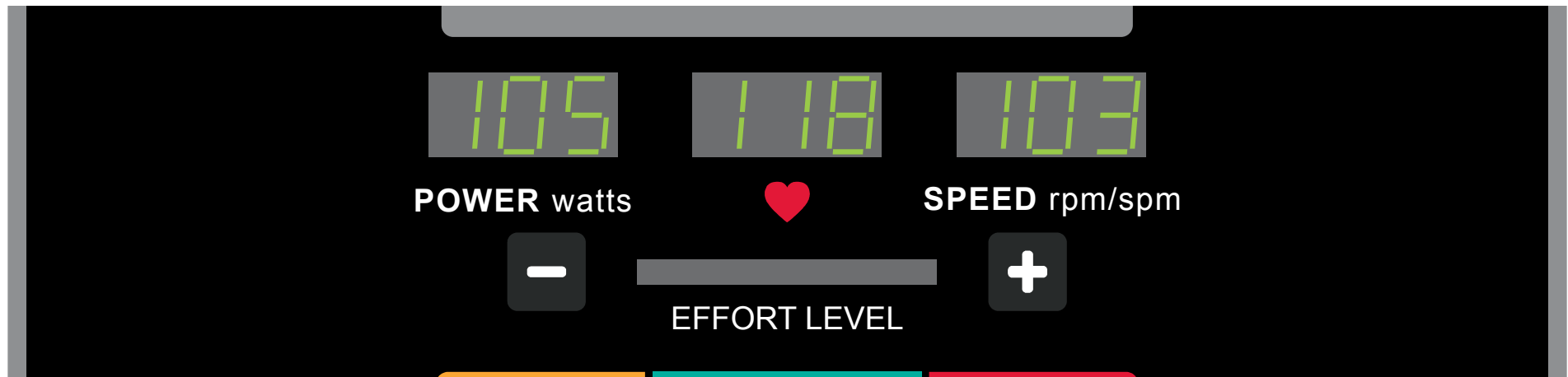| **1**	**2**	**3**
4	**5**	**6**
7	**8**	**9**
DELETE	**0**	ENTER
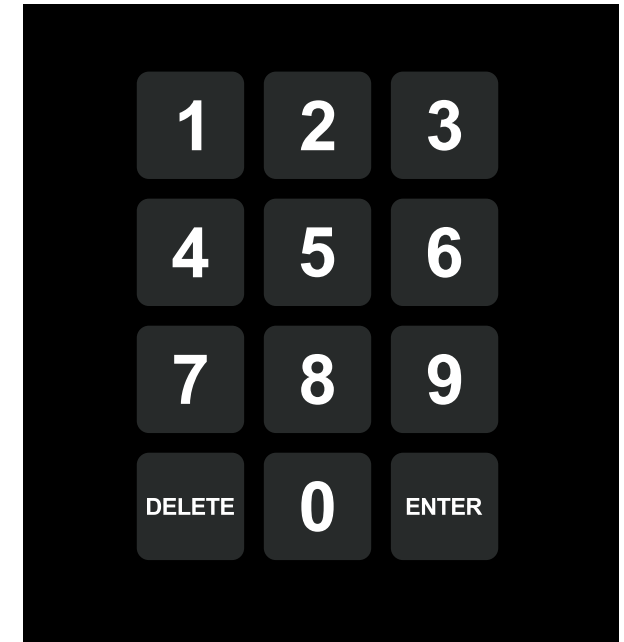
ENTER   Confirms the entered value and proceeds.

DELETE   Press once to delete the entered value; press twice to go back to the previous message.

1.4   Numerical displays

You can read the numerical values of the current exercise on the numerical displays:

-      power, expressed in Watts. The power displayed is the power produced by the user, within the tolerances specified in the equipment identity label.

-      heart rate, expressed in number of beats per minute.

-      speed, expressed in spm (strides per minute) or rpm (revolutions per minute), depending on the type of the equipment.

1.5 The goal arc and dial

The arc of LEDs lights up from left to right in time with the workout, until the set goal is reached. The LED corresponding to the current time/distance/calories portion blinks.

The type of goal selected is lit up in the arc during the exercise. In the dial, the display of the numerical value for the selected goal, which proceeds incrementally, alternates with that of all the messages.

The keys, enabled after a goal is selected, are for increasing or decreasing the selected goal value during the exercise. Depending on the type of goal, the value increases or decreases in steps of 1 minute, 0.1 km or 10 calories each time the key is pressed, or faster if the key is held down.
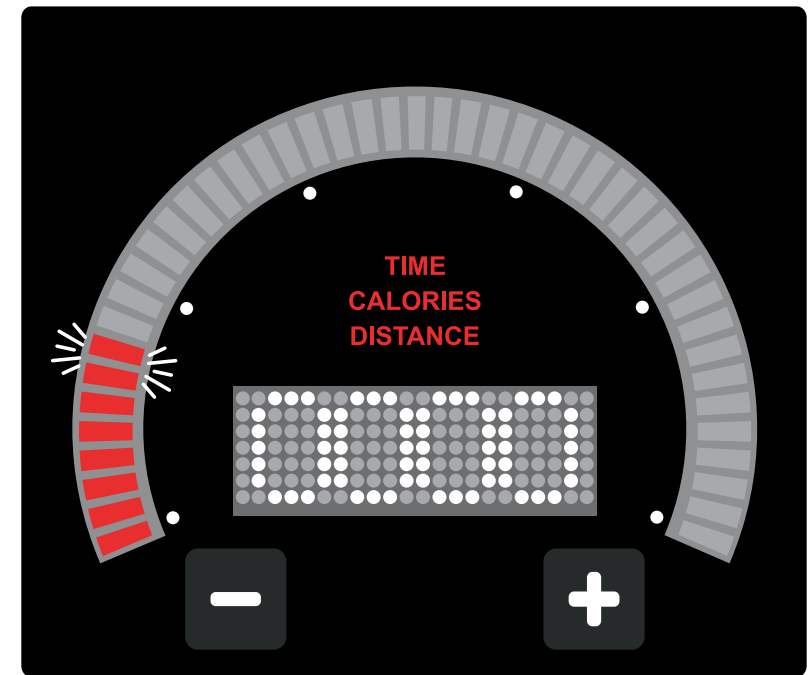
2 Quick start

In standby, either start moving or press the key START.

This kind of workout is on a time increment basis; the effort level is 1; the age and weight values are preset.

It is at constant torque and braking is independent of speed.

The time is shown in the goal dial and arc as it increases; the LED for the current minute blinks in the arc.

The effort level edit keys and the keys PAUSE and STOP are enabled.

At the end of the exercise the effort level decreases for the cool down.

3   Cool down

At the end of each workout there is cooling down stage, at half the effort level of the exercise just completed.
For workouts lasting less than a minute, on the other hand, at the end of the exercise the equipment goes straight into standby.

During the cool down only the key STOP is enabled, for going into stand by, and the keys to modify the effort level.

The goal is all off; the exercise results are displayed in the goal dial:

    TIME = 3'50"

    CALORIES = 35

    DISTANCE = 3.05 KM

    average H.R. = 120 bpm

-       if the heart rate monitor has been used for at least 3 minutes during the exercise.

    P.I. = 10

-       if the heart rate monitor has been used for at least 3 minutes during the exercise.

    average power = 80 watt

During the cool down, the TGS key can be inserted in the reader to save the results of the exercise just ended.

4   Workouts with goals: Time, Calories, Distance

Press the goal keys in standby to select an exercise, in which the only parameter to set before starting is the total duration, in terms of time, calories to be burned or distance to cover.
This workout with goal is at constant torque and braking is independent of speed.

Press the key for the selected goal:

| TIME | CALORIES | DISTANCE |

```
time = min. 15
```

```
calories = 300
```

```
distance = km 20.5
```

Type in the goal value with the number keys and then press ENTER to confirm and proceed.

A beep sounds to signal the start of the exercise and you can begin the workout immediately.

The age and weight values are set initially and then the body weight will be requested for the exact calculation of the calories burned.

```
weight = kg 70
```

Type in the body weight with the number keys and then press ENTER to confirm and proceed.
If no data are entered, the calorie consumption will be calculated on the basis of a default body weight.

During the exercise the goal arc lights up proportionally from left to right until the entire set goal value has expired; the goal's numerical value is shown in the goal dial as it increases and alternates with the display of the information on the unselected goal: i.e. how long ago the exercise started, how many calories have been burned and what distance has been covered.

```
TIME = 3'50"
```

```
CALORIES = 35
```

```
DISTANCE = 3.05 KM
```

The following keys are enabled:
-       the effort level edit keys
-       the STOP and PAUSE keys
-       the goal value edit keys
-       the goal keys, for changing the type of goal

At the end of the exercise the effort level decreases for the cool down.

5 Constant heart rate workout (CPR)

A constant heart rate workout is very important in situations where certain heart rate levels have to be kept to. In constant heart rate workouts, the exercise effort level is automatically adjusted to take the heart rate to the preselected level and keep it constant throughout the entire exercise.
This type of workout is at constant power and braking depends on the speed.

The chest band must be worn for this workout.

Press the key in standby.

```
select goal
```

Press the key for the selected goal.

```
time = min. 30
```

```
calories = 320
```

```
distance = km 20.5
```

Type in the goal value with the number keys and then press ENTER to confirm and proceed.

```
age = 30
```

Type in the age with the number keys and then press ENTER to confirm and proceed.

```
  weight = kg 70
```

Type in the body weight with the number keys and then press ENTER to confirm and proceed.

```
  constant H.R. = 130
```

Type in the heart rate you want to maintain constantly throughout the exercise with the number keys, then press ENTER to confirm and proceed.

The programming of the exercise is now complete; a beep sounds to signal that you can start the workout.

During the exercise the goal arc lights up proportionally from left to right until the entire set goal value has expired; the goal's numerical value is shown in the goal dial as it increases and alternates with the display of the information on the unselected goal: i.e. how long ago the exercise started, how many calories have been burned and what distance has been covered.

```
  TIME = 3'50"
```

```
  CALORIES = 35
```

```
  DISTANCE = 3.05 KM
```

The following keys are enabled:
- the effort level keys, for editing the set heart rate
- the STOP and PAUSE keys
- the goal value edit keys

If, during the exercise, there is no heart rate signal for 100 consecutive seconds, the CPR exercise becomes a goal exercise, keeping the same goal (i.e. time, calories or distance).

At the end of the exercise the effort level decreases for the cool down.

6   The fitness test

The fitness test is a sub-maximal test, suitable for quite unfit or moderately fit users.

You need to wear the chest band to perform the test.

Press the **TEST** key in standby.

After the heart rate has been detected, the age, body weight and gender are requested for setting the test and calculating the results.

```
age = 30
```

Type in the age with the number keys and then press ENTER to confirm and proceed.

```
weight = kg 70
```

Type in the body weight with the number keys and then press ENTER to confirm and proceed.

```
gender (M=1 / F=2) = 1
```

Press number key 1 to select male gender, or number key 2 to select female gender. Then press ENTER to confirm and proceed.

The programming of the exercise is now complete; a beep sounds to signal that you can start the workout test

The fitness test is in three stages:

1) a 90 second warm-up stage at 50 watt;
2) a test stage of about 3 minutes at constant heart rate (step 1);
3) a subsequent test stage of about 4 minutes, in constant heart rate mode at 75% of the maximum theoretical H.R. (step 2).

During the test the time is shown in the goal dial as it increases, and alternates with the display of the subsequent messages.

```
  next H.R. = 160
```

While you are reaching the heart rate required for each step the goal arc stays switched off.

```
  STEP 1: H.R. = 160
```

On reaching the set heart rate, the goal arc lights up from left to right until all the step time expires.

Only the STOP key is enabled, for cancelling the test. The test cannot be interrupted for a pause.
When the STOP key is pressed, or if there is no heart rate signal for 100 consecutive seconds, the test is cancelled, then it ends without giving any result.

At the end of the test the effort level decreases for the cool down, during which the results are scrolled:

```
  max. H.R. = 180
```

```
  absolute max VO2 = 40.03
```

```
  relative max VO2 = 5.0
```

```
  mets = 15.0
```

```
  level = 10
```

```
  max power = 90 watt
```

7   Profile workout

With this key ![key icon] you can choose between 6 preset, non-modifiable profiles and between nine personal profiles, saved by the trainer.

7.1   Predefined profiles

The predefined profiles are variable workouts defined on the basis of one of three goals: time, distance or calorie consumption. The goal value is set in the programming stage and can be changed during the exercise with the corresponding keys.

Profile workouts are set at the effort level specified by the user, calculated with the fitness test; you are advised, therefore, to do the fitness test first.

The heart rate monitor is not needed for profile workouts.

When the dedicated key is pressed you are prompted to select a profile.

    select profile (1-6)

Press one of the number keys for profiles, from 1 to 6, then press ENTER to confirm and proceed.

After having selected one of the profiles, select the goal and give the goal value:

    select goal

Press the key for the selected goal.

```
time = min. 30
```

```
calories = 320
```

```
distance = km 20.5
```

Type in the goal value with the number keys and then press ENTER to confirm and proceed.

```
age = 30
```

Type in the age with the number keys and then press ENTER to confirm and proceed.

```
weight = kg 70
```

Type in the body weight with the number keys and then press ENTER to confirm and proceed.

```
level (1-12) = 10
```

Type in the effort level (based on the test result) with the number keys, then press ENTER to confirm and proceed.

⚠ **Danger**

You are advised not to do the exercise at a higher effort level than that indicated by the level test.
Always check that the heart rate is not greater than 90% of the maximum rate (for the calculation see section *Monitoring the heart rate* in the equipment part).

The programming of the exercise is now complete; a beep sounds to signal that you can start the workout.

During the exercise the goal arc lights up proportionally from left to right until the entire set goal value has expired; the goal's numerical value is shown in the goal dial as it increases and alternates with the display of the information on the unselected goal: i.e. how long ago the exercise started, how many calories have been burned and what distance has been covered.

```
  TIME = 3'50"
```

```
  CALORIES = 35
```

```
  DISTANCE = 3.05 KM
```

When the step is changed, the whole profile is displayed in the goal dial and the new step flashes for a few seconds.

The following keys are enabled:
-	the STOP and PAUSE keys
-	the effort level edit keys
-	the goal value edit keys

At the end of the exercise the effort level decreases for the cool down.

7.2   Personal profiles

Personal profiles are multiple step workouts in two different modes: constant power or constant heart rate (CPR). For CPR personal profiles, the chest band must be worn.

When the dedicated key is pressed you are prompted to select a profile.

```
select profile (1-6)
```

Press one of the number keys for one of the personal profiles, from **01** to **09**, then press ENTER to confirm and proceed.

```
age = 30
```

Type in the age with the number keys and then press ENTER to confirm and proceed.

```
weight = kg 70
```

Type in the body weight with the number keys and then press ENTER to confirm and proceed.

The programming of the exercise is now complete; a beep sounds to signal that you can start the workout.

During the exercise the goal arc lights up proportionally from left to right until the entire set goal value has expired; the goal's numerical value is shown in the goal dial as it increases and alternates with the display of the information on the unselected goal: i.e. how long ago the exercise started, how many calories have been burned and what distance has been covered.

```
TIME = 3'50"
```

```
CALORIES = 35
```

```
DISTANCE = 3.05 KM
```

When the step is changed, the whole profile is displayed in the goal dial and the new step flashes for a few seconds.

The following keys are enabled:
- the STOP and PAUSE keys
- the effort level edit keys
- the goal value edit keys

At the end of the exercise the effort level decreases for the cool down.

7.3   Programming personal profiles

When the key is pressed you are prompted to select a profile for the workout.

```
select profile (1-6)
```

Press number keys **3 6 9** simultaneously to access personal profiles management.

```
profile (01-09) = 03
```

Type in the number of the profile to be saved with the number keys, then press ENTER to confirm. If the number entered corresponds to a previously stored profile, this profile will shown in the goal dial display; if you proceed at this point, the previously stored profile will be overwritten.

```
press 1 for power, 2 for CPR = 2
```

Press number key 1 to program a constant power profile or number key 2 to program a constant heart rate profile.

```
select goal: TIME or DISTANCE
```

Press the key for the selected goal.

Now there is the programming of the individual steps: the different parameters for each step must be set according to the selected profile.

• For the **constant power profile**, you must set the selected goal value and the power:

```
step 1: time = min. 5
```

```
step 1: distance = km 2.5
```

Type in the goal value with the number keys and then press ENTER to confirm and proceed.

`  power = watts 90`

Type in the power for the first step and then press ENTER to confirm and proceed.

- For **CPR profiles**, you must set selected goal value and the percentage of the theoretical maximum H.R. to be kept constant.

`  step 1: time = min. 5`

`  step 1: distance = km 2.0`

Type in the goal value with the number keys and then press ENTER to confirm and proceed.

`  % max H.R. = 70`

Type in the percentage of the theoretical maximum heart rate you want to reach and maintain constantly during the step with the number keys, then press ENTER to confirm and proceed.

`  insert a value or press ENTER to end`

At the end of every step you can:
- either enter the goal value for the next step, followed by the power or by the maximum heart rate percentage, and then proceed with programming other steps;
- or press ENTER to end the programming and save the profile.

`  profile 01 saved`

The personal profile is now available together with the other six profiles, when the dedicated key is pressed.

8   Workouts with the TGS key

The TGS key does away with the need to enter your personal data and workout parameters each time you exercise, as all this information is saved in its memory. To start the exercise just slip the TGS key into its reader slot; the display shows the user name, followed by the type of exercise specified in the workout program.

```
EXERCISE GOAL: 30.00 KM
```

```
level 10
```

For example if a single-step GOAL exercise is specified, the goal value (a distance of 30 km) is given and the effort level.

```
CPR EXERCISE IN CALORIES
```

```
STEP 1: 60 calories, H.R. = 135
```

If a multiple-step CPR exercise is specified, the type of goal (calories) is given and then, at the start of each step, the goal (60 calories) and target heart rate (135 beats per minute) values.

After the first message, a beep sounds to signal that you can start the workout and the equipment behaves exactly as if the exercise had been set on the control panel.

At the end of the exercise, either a message appears saying that that was the last of the set of exercises stored on the TGS key, or another exercise follows.

```
end of workout
```

```
next equipment: RUN FORMA
```

At any time, however, it will be possible to perform an exercise and save its results on the TGS key, even if this exercise was not included in the workout program (unless the use of the TGS is disabled: see the *Configuration menu* section).

- after inserting the TGS key into the reader, select the exercise with the control panel keys;

- either this, or select the exercise with the control panel keys and then insert the TGS key into the reader during the workout or cool down.

9   Performance index

The performance index (PI) was invented by Technogym to give a concise and easily comparable assessment of performance in a workout.

To have your performance index shown on the display with the other results at the end of the exercise, in any kind of workout, simply use the heart rate monitor for at least 3 minutes.

```
P.I. = 10
```

The index is based on a rating scale ranging from 0 to 99. The higher the rating, the greater your aerobic capacity.

If your performance index increases, this means that you are exercising more intensely without increasing your heart rate.

The criteria used to calculate the performance index makes it possible to compare tests taken by people of different ages. In any event, you are advised to compare the results of different tests taken by the same person, or different people, working out at the same intensity for the same time.

PI value	Rating
under 10	Improvable
from 11 to 20	Fair
from 21 to 30	Very good
from 31 to 40	Excellent
over 40	Superb

10 Configuration menu

To customise the software configuration, when in standby press number keys **3 6 9** simultaneously; then enter the password **2406** with the number keys and confirm with ENTER.
If the password entered is not correct, the software will go back to standby directly.

The configuration menu messages are in two parts:

- the first part gives the name of the parameter;
- the second part gives the options of the individual parameter.

Press the [+] effort level key to go to the next message; to go back to the previous message press the [−] effort level key.

To scroll the options of the individual parameter press the [+] or the [−] goal keys.

To select one of the options and proceed, press ENTER when the chosen option is displayed in the goal dial.

Press the DELETE key to go back to standby. Whenever DELETE is pressed, in whatever message, all the changes made up to that time will be saved. You cannot exit without saving. If you make a mistake, you can reset the initial Technogym values with *default config.* (see below).

The following parameters can be edited, in the order given below:

> LANGUAGE: UK

Selects the language for the messages.

> DISTANCE: KM

Selects the unit of measurement, either kilometres and kilograms (KM); or miles and pounds (MLS).

MAX TIME: 0000

Sets a maximum time for all the exercises.

Press ENTER to select the setting value; another edit menu appears with the set value shown on the goal dial. Enter the new setting with the number keys and then press ENTER to confirm and go back to the main configuration menu. Press and hold DELETE to go back to the main configuration menu without changing the max duration.

PAUSE TIME: 120

Set the pause time, after which the equipment goes back to standby.

Press ENTER to select the setting value; another edit menu appears with the set value shown on the goal dial. Enter the new setting with the number keys and then press ENTER to confirm and go back to the main configuration menu. Press and hold DELETE to go back to the main configuration menu without changing the pause duration.

HR: MODIFIABLE

To enable the effort level keys to change the heart rate that has to be kept constant in CPR mode exercises. If you select the non-modifiable option, it will not be possible to change the set heart rate in any way.

TGS: ENABLED

To enable the equipment to be used with the TGS key. If the TGS is *disabled*, the equipment can be used only with the control panel.

KEYS: ENABLED

To enable the equipment to be used with the function key If the function keys are *disabled*, the equipment can be used only with the TGS key.

DEFAULT CONFIG.

Resets all the initial settings that were on the equipment when it was first purchased.

11 Other control panel messages

`equipment blocked.`

In case of trouble it is necessary to contact the Technogym Technical Support Service.

`60 minutes max`

If, when programming an exercise, a maximum time is set that is greater than the maximum time in the configuration menu (see previous section), a message prompts the user to decrease the setting. May appear when setting the time in goal and CPR exercises.

`MAXIMUM TIME EXPIRED`

In exercises with calorie consumption or distance goals, or in any exercises with no preset time, if the maximum time setting in the configuration menu is reached (see previous section), the exercise stops and the cool down starts. May appear in goal and CPR calorie and distance exercises and START exercise.

`wear the chest band`

In exercises in constant heart rate mode and in tests, this message prompts the user to wear the chest band. Scrolls both while setting the exercise and during the workout, if there is no heart rate signal from the chest band.

`H.R. NOT DETECTED`

Scrolls during exercises in constant heart rate mode if there is no heart rate signal from the chest band for 100 consecutive seconds. The exercise becomes a goal type exercise, keeping the same goal.

`HIGH HEART RATE`

Scrolls during exercises performed with the heart rate monitor, if the heart rate reading exceeds 90% of the theoretical maximum value.