

CARDIO  
CARDIO

**Steelflex**

**PHRC**

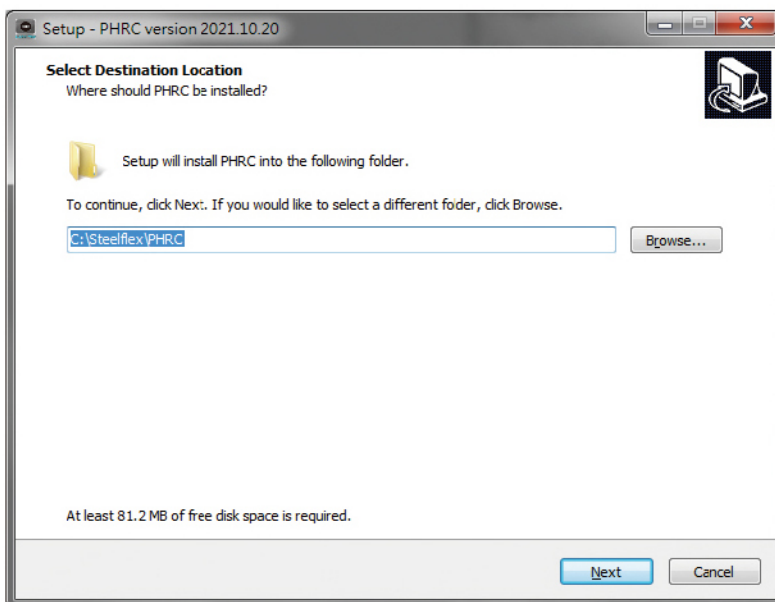
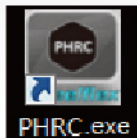
**USER MANUAL**

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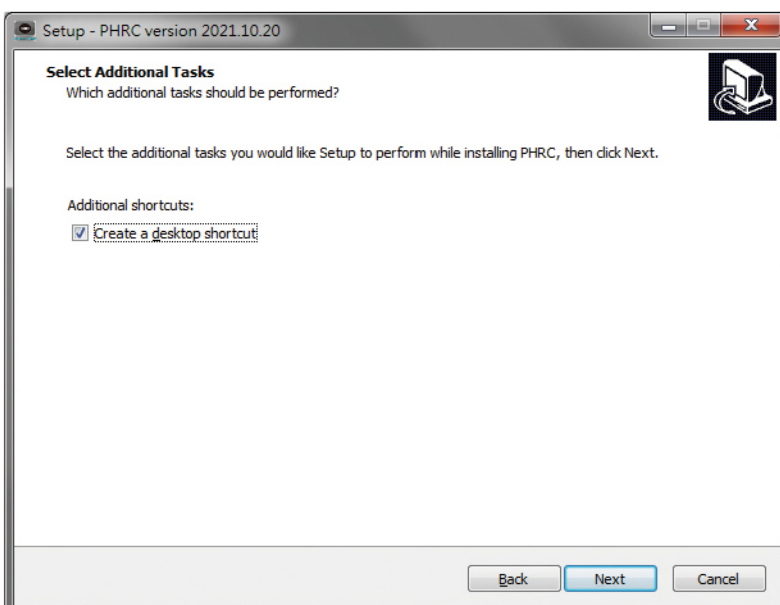
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# PREPARATION

## I-1. Install PHRC application program.

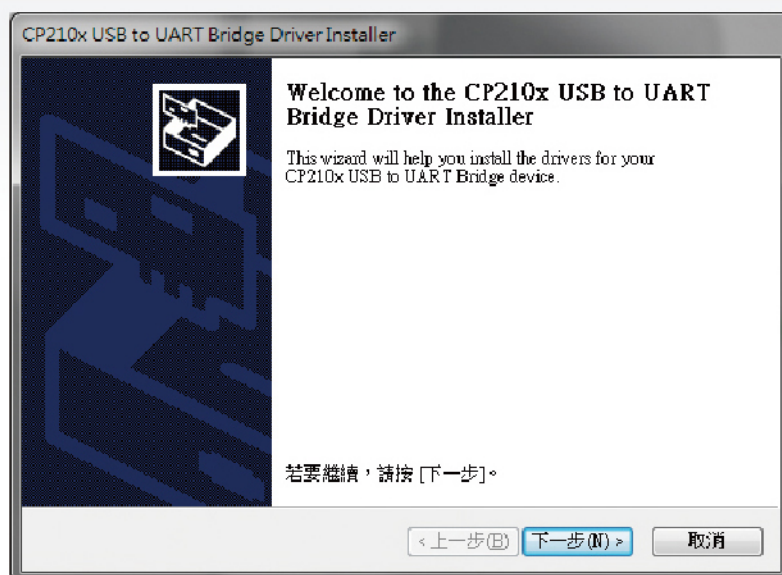


Choose installation route



Mark the checkbox for Create a desktop shortcut.





Install USB receiver's drive program.



Mark the checkbox for I accept the LICENSE AGREEMENT, then press NEXT to complete the installation.



I-2. Plug in receiver to USB port of computer.



I-3. Start PHRC program.

### MAIN SCREEN



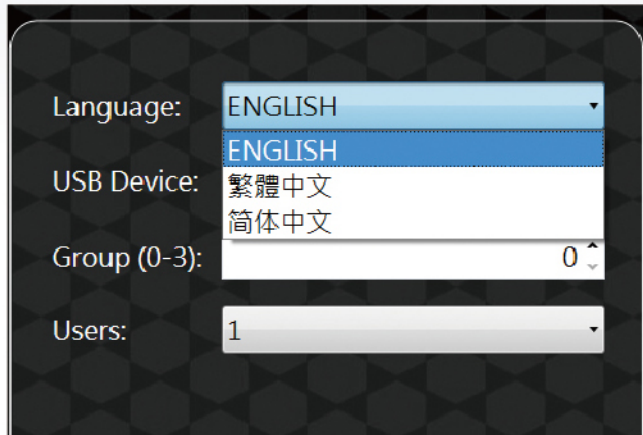
Basic setting  
&  
functional button

User list(p.7)

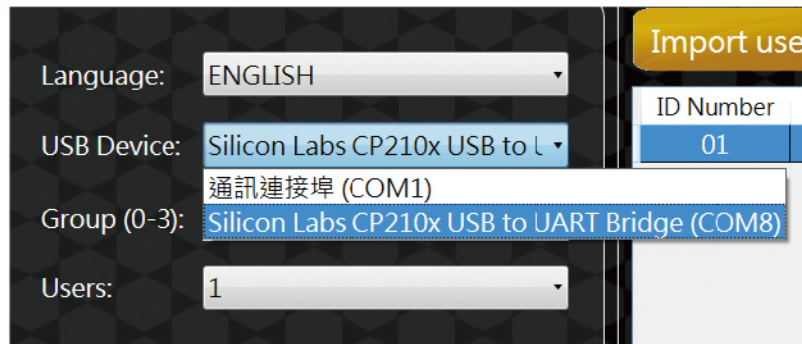
Program setting(p.13)

# BASIC SETTING

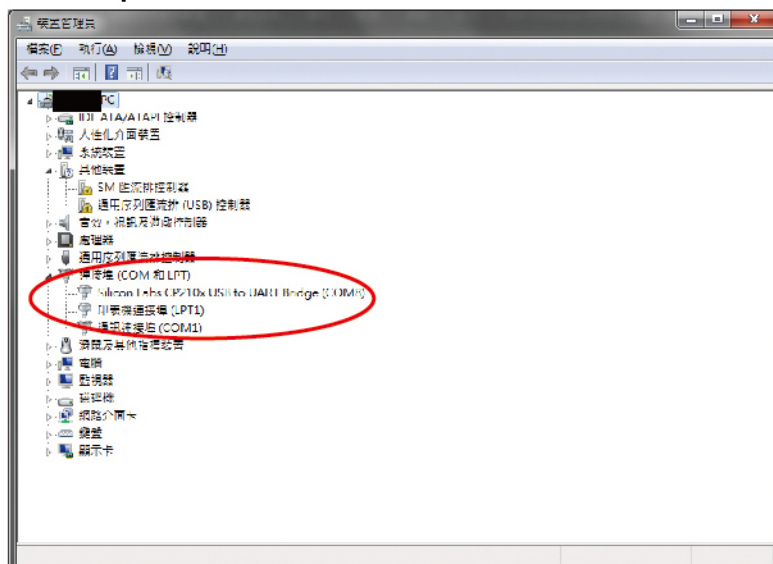
## 2-1. Choose language



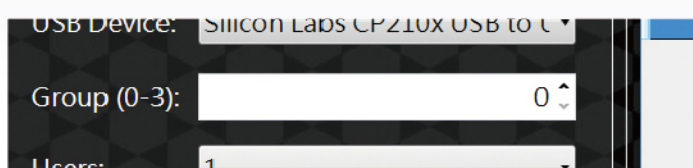
## 2-2. Choose receiver COM port



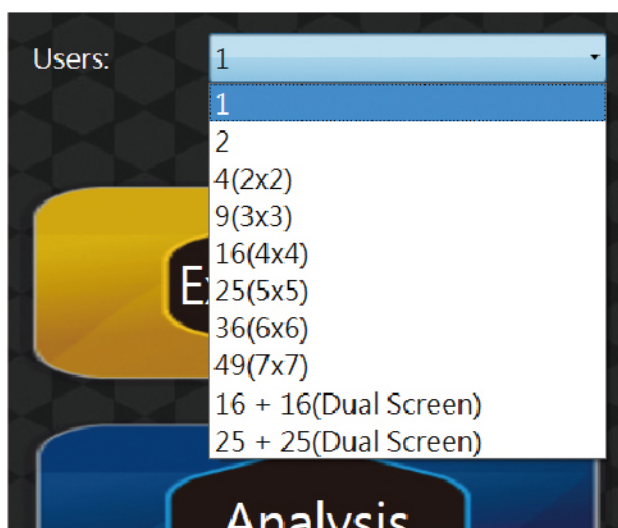
From Device manager of Control panel to confirm receiver's COM port.



- 2-3. Set Group. Setting range is 0~3. 0 receives all group signals.  
1~3 sets with console group.



- 2-4. Set Users. 16+16 and 25+25 are dual screens. When program starts, two screens show. Child screen needs to be moved to extended screen.



Dual screen



## USER LIST SETTING

- 3-1. ID Number is user's number. It needs to match console's ID.  
No change. Exercise data of USER01 on console is sent to PHRC and showed/recorded by ID Number 01.



Import user data Export user data	
ID Number	Name
01	Guest1
02	Guest2
03	Guest3
04	Guest4
05	Guest5
06	Guest6
07	Guest7
08	Guest8
09	Guest9
10	Guest10
11	Guest11
12	Guest12
13	Guest13
14	Guest14
15	Guest15
16	Guest16

- 3-2. Name is for user's name. Default setting is "Guest+No."  
Click the column twice to edit.
- 3-3. After editing the list of user name, choose **Export user data** to be EXCEL File. User can edit user list in EXCEL file.
- 3-4. Every change for language or user number, user list becomes to default value. Choose **Import user data** to import EXCEL file user list. This can save time to re-edit user list.

# START

4-1. Press **START** to start the course. If match succeeds, every user has a column to show ID number, user name, RPM, PULSE, LEVEL and WATT value. Color changes as below :

HR zone	Pulse%	Watt
6 Purple	101 ↑	251 ↑
5 Red	91 ~ 100	201 ~ 250
4 Yellow	81 ~ 90	151 ~ 200
3 Green	71 ~ 80	101 ~ 150
2 Blue	61 ~ 70	51 ~ 100
1 Gray	60 ↓	50 ↓

$$\text{Pulse \%} = \frac{\text{Pulse}}{(220 - \text{age})} \times 100$$

If Pulse% is detected, color is changed by pulse%. If Pulse% is not detected, color is changed by WATT.

HR target   Screen switching   Compare					Duration: 00:00:13	
01. Guest1 RPM 36 11 Level   123 Watt Pulse 0	02. Guest2 RPM 37 9 Level   143 Watt Pulse 0	03. Guest3 RPM 0 0 Level   0 Watt Pulse 0	04. Guest4 RPM 0 0 Level   0 Watt Pulse 0	05. Guest5 RPM 0 0 Level   0 Watt Pulse 0		
06. Guest6 RPM 0 0 Level   0 Watt Pulse 0	07. Guest7 RPM 0 0 Level   0 Watt Pulse 0	08. Guest8 RPM 149 11 Level   1069 Watt Pulse 0	09. Guest9 RPM 36 11 Level   123 Watt Pulse 0	10. Guest10 RPM 40 12 Level   170 Watt Pulse 0		
11. Guest11 RPM 0 0 Level   0 Watt Pulse 0	12. Guest12 RPM 0 0 Level   0 Watt Pulse 0	13. Guest13 RPM 0 0 Level   0 Watt Pulse 0	14. Guest14 RPM 0 0 Level   0 Watt Pulse 0	15. Guest15 RPM 0 0 Level   0 Watt Pulse 0		
16. Guest16 RPM 0 0 Level   0 Watt Pulse 0	17. Guest17 RPM 0 0 Level   0 Watt Pulse 0	18. Guest18 RPM 0 0 Level   0 Watt Pulse 0	19. Guest19 RPM 0 0 Level   0 Watt Pulse 0	20. Guest20 RPM 0 0 Level   0 Watt Pulse 0		
21. Guest21 RPM 36 11 Level   123 Watt Pulse 0	22. Guest22 RPM 52 11 Level   233 Watt Pulse 0	23. Guest23 RPM 40 11 Level   150 Watt Pulse 0	24. Guest24 RPM 48 11 Level   203 Watt Pulse 0	25. Guest25 RPM 44 11 Level   177 Watt Pulse 0		



Time for section is countdown.



#### 4-2. Press **HR target** to choose target HR zone

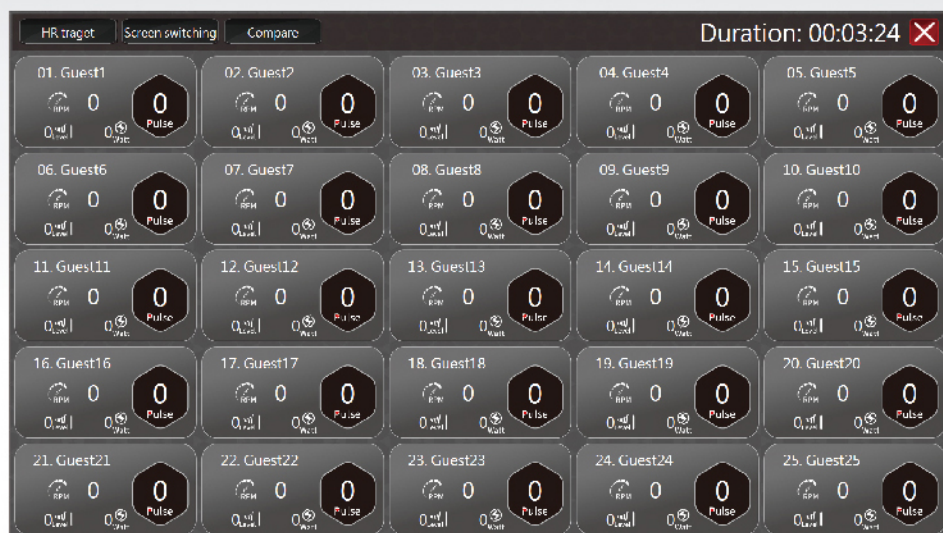


Quick key is 1 to 6 and 0. Color can be changed if lesson is customized. However, if time finishes and it enters into next duration, color changes to default setting.

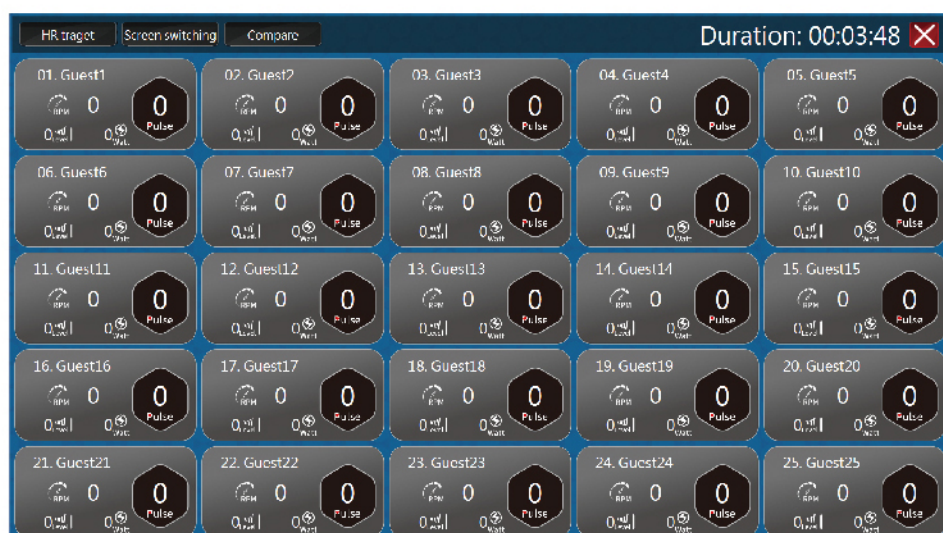


Non customized course- default color is black.





HR zone1 (Under 60%)-gray



HR zone2(61%~70%)-blue



HR zone3 (71%~80%)-green



HR zone4 (81%~90%)-yellow



HR zone5 (91%~100%)-red



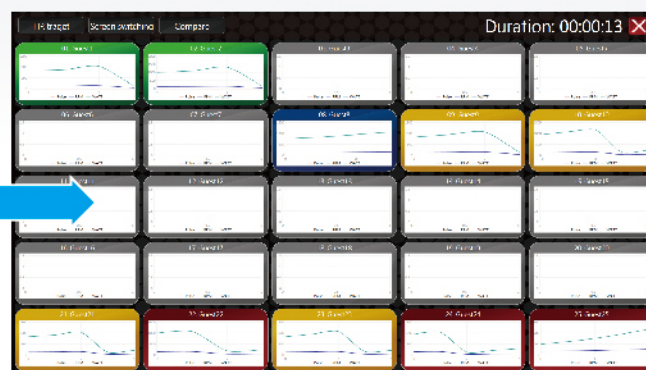
HR zone6 (100%↑)-purple



#### 4-3. Press Screen switch to switch value and graph.



value



graph

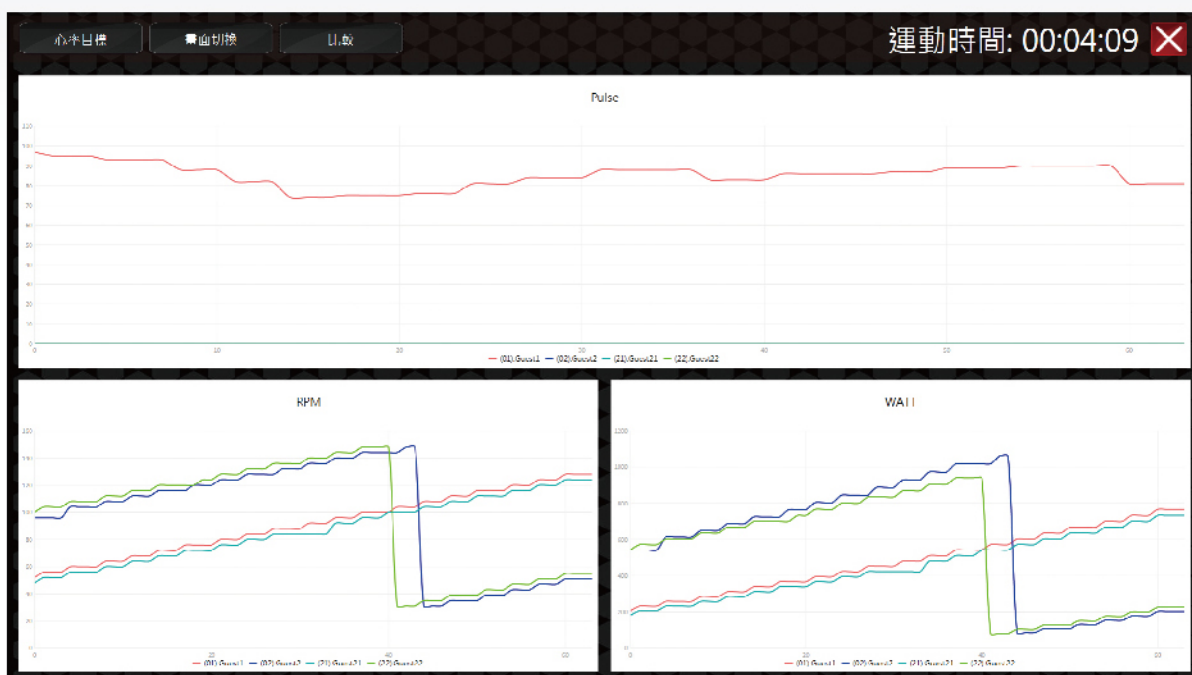
Include Pulse 、RPM and Watt curve

#### 4-4. 2 to 4 users can be chosen to compare by pressing **Compare**.





Meanwhile, Pulse, RPM and Watt curves can be compared.



After pressing OK, curves of **Compare** start recording. This is different from **Screen switch** record.

4-5. Press **Screen switch** or ESC of keyboard to finish compare and back to value/curve window.

Press X to finish the course and back to main window.

Workout data is saved in PHRC program automatically.

## CUSTOMIZED SETTING(NON NECESSARY)

5-1. Customized course can be set in order to change HR zone color and mp3 music of the computer.

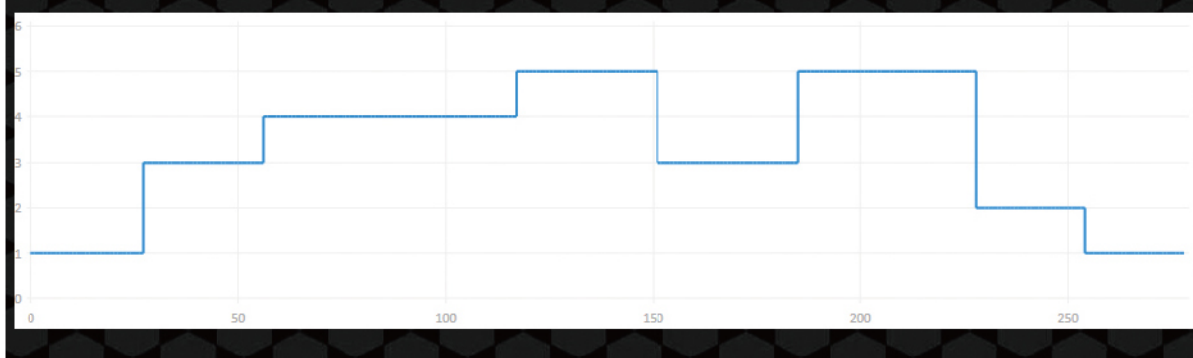
Section	HR zone	Section Music	Section time	Time Line
1	1	D:\音樂\RPM\R41\01 Tic-A-Nobe.mp3	00:04:38	00:00:00~00:04:38
2	3	D:\音樂\RPM\R41\02 Lady It's True.mp3	00:04:59	00:04:39~00:09:37
3	4	D:\音樂\RPM\R41\03 You Don't Have to Wait fo	00:06:16	00:09:38~00:15:53
4	4	D:\音樂\RPM\R41\04 As One (The Wedding Sor	00:04:09	00:15:54~00:20:02
5	5	D:\音樂\RPM\R41\05 Got Things on My Mind.m	00:05:47	00:20:03~00:25:49
6	3	D:\音樂\RPM\R41\06 Lovers Forever (You Promi	00:05:46	00:25:50~00:31:35
7	1	D:\音樂\RPM\R41\07 Here We Go Again.mp3	00:07:15	00:31:36~00:38:50
8	2	D:\音樂\RPM\R41\08 Break It Down.mp3	00:04:24	00:38:51~00:43:14
9	3	D:\音樂\RPM\R41\09 ...		
	4	D:\音樂\PP10\10 Nummer 10 - What are you w	00:04:04	00:43:15~00:47:18
	5			
	6			

5-2. Choose HR zone from drop-down menu. Click Section Music column twice to choose music. Click Section time column twice to edit.

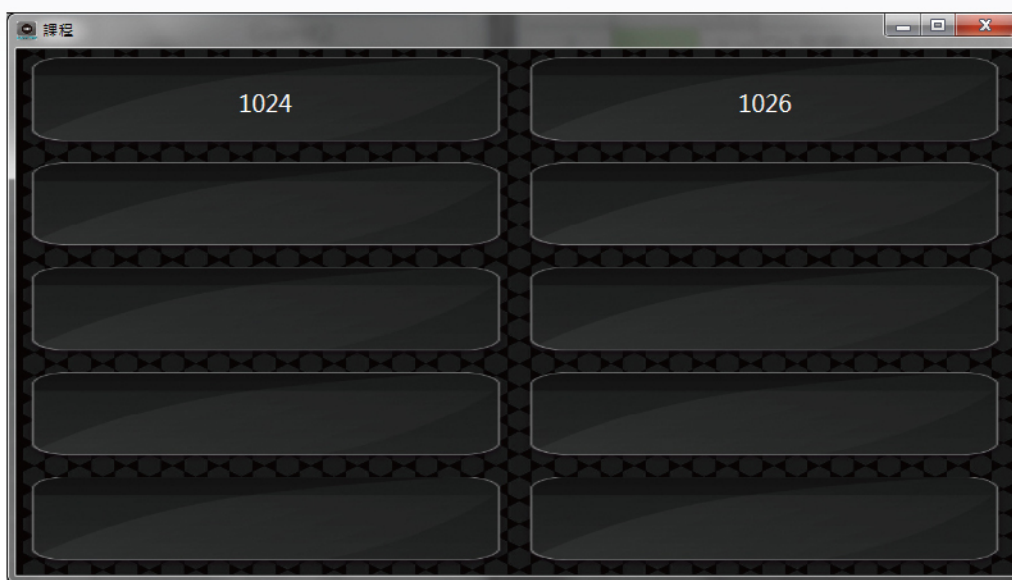
5-3. Default value of Section time is 00:00:00. This needs to be set.

5-4. HR zone curve chart can be previewed.

HR Zone Curve Chart

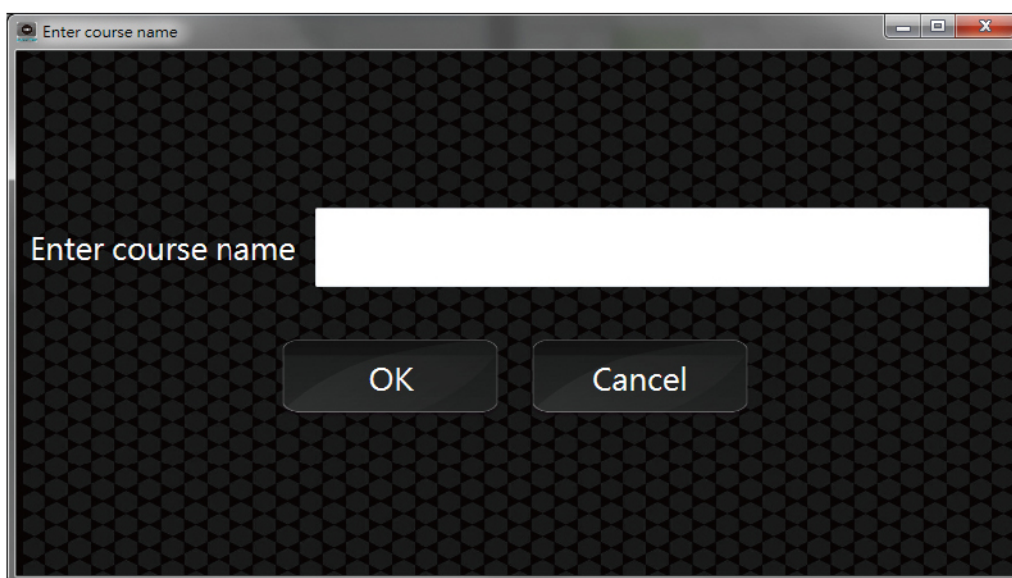


5-5. After editing, it can be saved in PHRC. Choose **Custom course saving** to find out the course. 10 courses can be saved.



1024	1026

Choose a column and enter course's name, then press OK to save. If course's name needs to be changed, enter name to save in the same column.



Enter course name

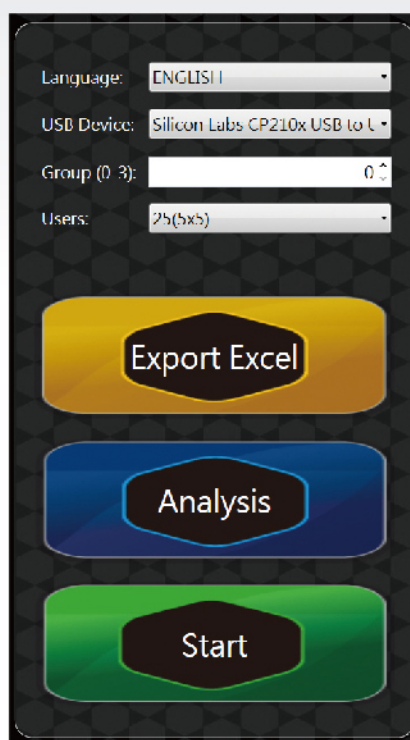
Enter course name

OK Cancel

5-6. When restart PHRC, course setting is blank. Choose **Custom course reading** to read previous course setting.

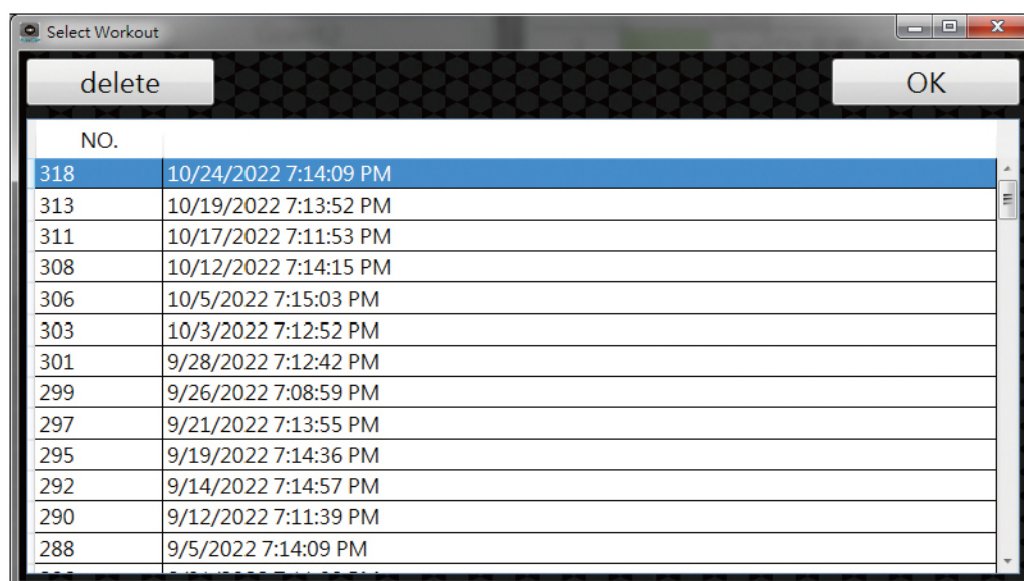


## EXPORT / ANALYZE

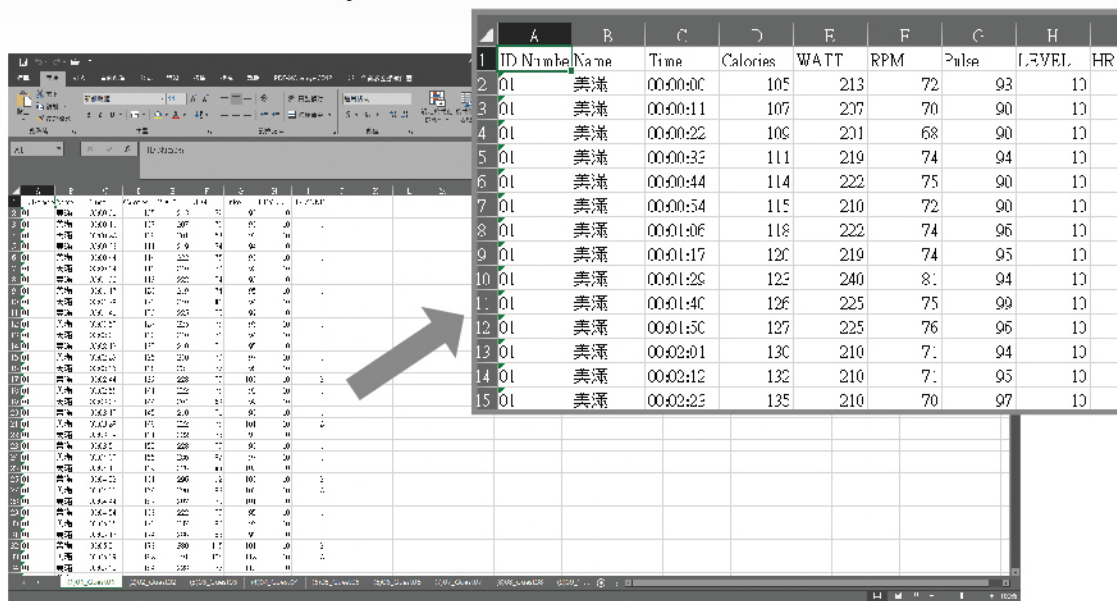


### 6-1. Export workout data

Press **Export Excel**. Workout data is listed. Choose the one you want to export, then press **OK**. Press **Delete** to delete the workout data you choose.



Choose export route and exported file name  
 “YEARMONTHDATE\_HOURMINUTESECOND.xlsx” is  
 saved in the route you choose.

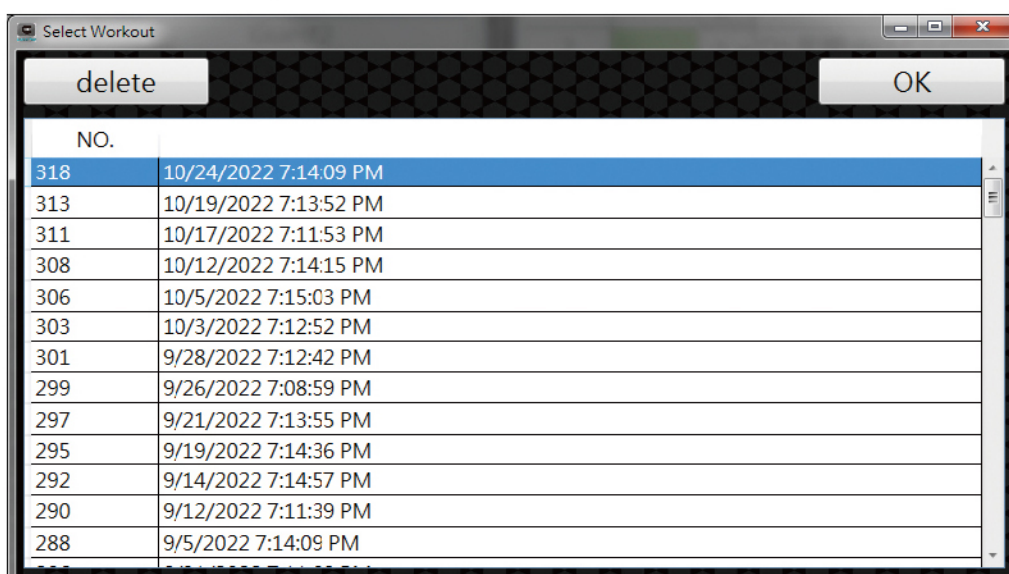


ID	Name	Time	Calories	WATT	RPM	Pulse	LEVEL	HR
01	美濃	00:00:00	105	213	72	93	10	
01	美濃	00:00:11	107	207	70	90	10	
01	美濃	00:00:22	109	201	68	90	10	
01	美濃	00:00:33	111	219	74	94	10	
01	美濃	00:00:44	114	222	75	90	10	
01	美濃	00:00:54	115	210	72	90	10	
01	美濃	00:01:06	118	222	74	96	10	
01	美濃	00:01:17	120	219	74	95	10	
01	美濃	00:01:28	123	240	81	94	10	
01	美濃	00:01:40	126	225	75	99	10	
01	美濃	00:01:50	127	225	76	96	10	
01	美濃	00:02:01	130	210	71	94	10	
01	美濃	00:02:12	132	210	71	95	10	
01	美濃	00:02:23	135	210	70	97	10	

Each user has a sheet to show their workout data.

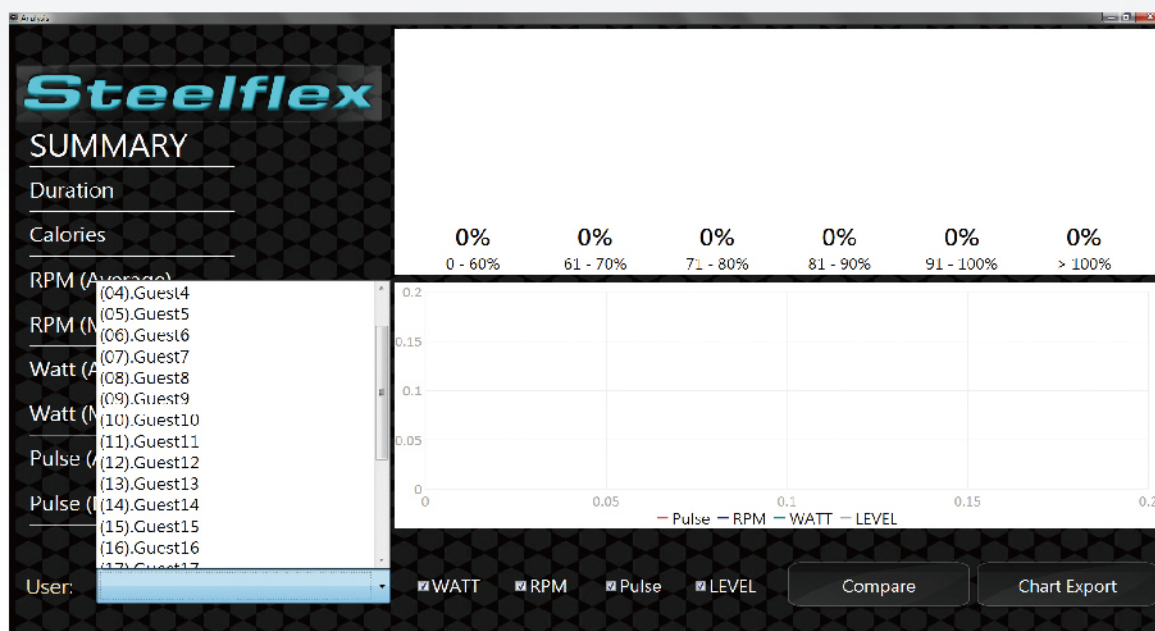
## 6-2. Analyze

Choose **Analysis**. Workout data is listed. Choose the one you want to analyze, then press **OK**. Press **Delete** to delete the workout data you choose.

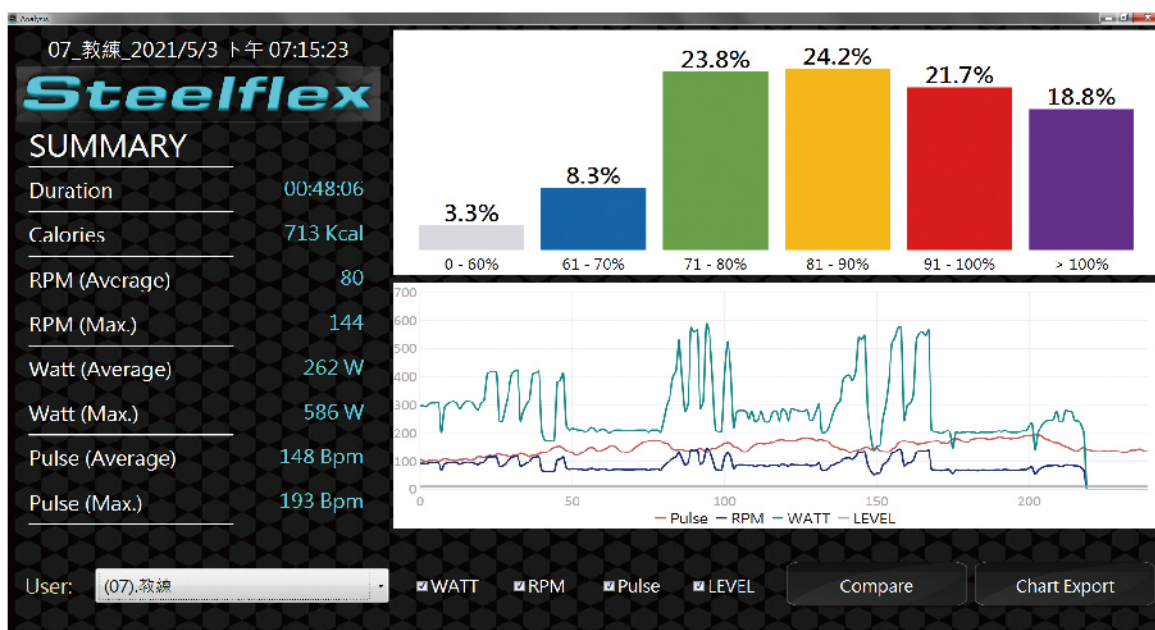


NO.	Timestamp
318	10/24/2022 7:14:09 PM
313	10/19/2022 7:13:52 PM
311	10/17/2022 7:11:53 PM
308	10/12/2022 7:14:15 PM
306	10/5/2022 7:15:03 PM
303	10/3/2022 7:12:52 PM
301	9/28/2022 7:12:42 PM
299	9/26/2022 7:08:59 PM
297	9/21/2022 7:13:55 PM
295	9/19/2022 7:14:36 PM
292	9/14/2022 7:14:57 PM
290	9/12/2022 7:11:39 PM
288	9/5/2022 7:14:09 PM

Start analyzing.



Choose user and the user's workout data is displayed. HR Zone curve is showed on top right side. WATT/RPM/PULSE/LEVEL can be showed on bottom right side.



Press **Chart Export** to export the graph to appointed route.



Press **Compare**, 2 to 3 users workout data can be compared.



Comparison window :

HR zone comparison is on top. WATT/RPM/PULSE/LEVEL curves' comparisons are on bottom.

Press **Chart Export** to export the graph to appointed route.

# CARDIO CARDIO

## ***Steelflex***

*Designed for enjoying your life*

PHRC USER MANUAL