

CARDIO
CABBI8

Steelflex

PHRC

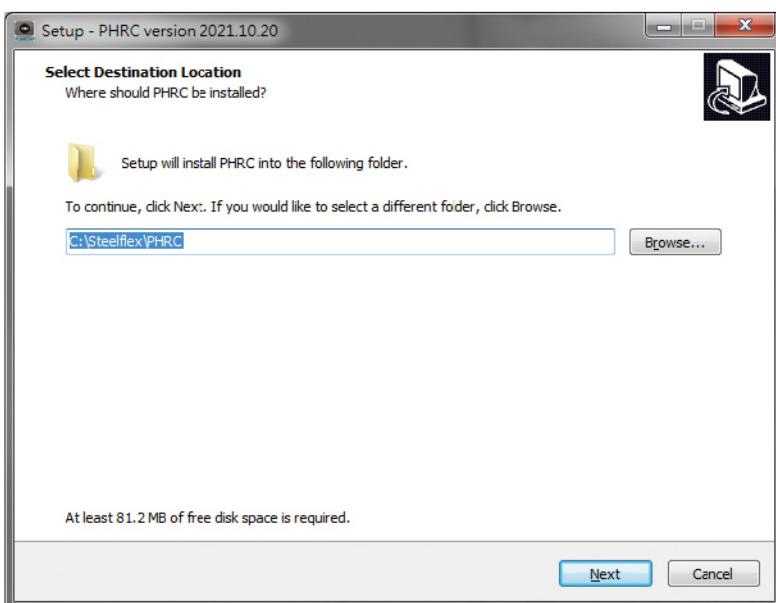
USER MANUAL

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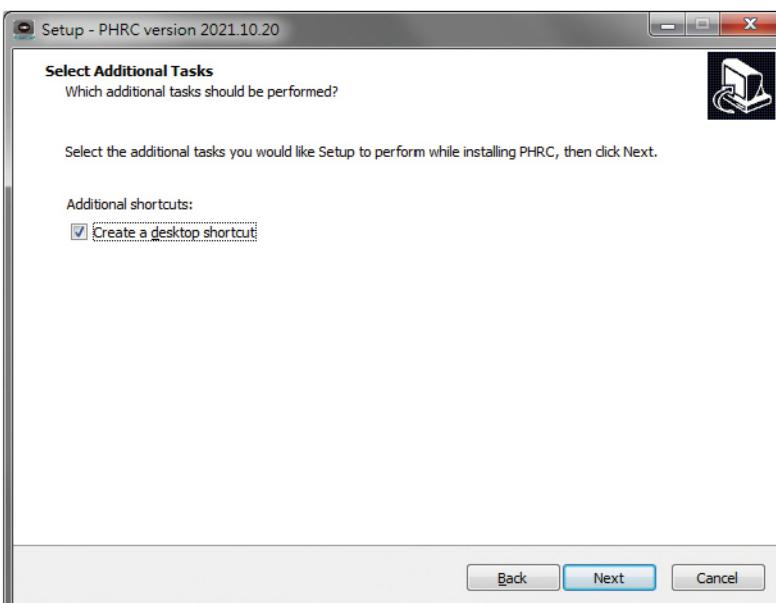
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PREPARATION

1-1. Install PHRC application program.



Choose installation route



Mark the checkbox for Create a desktop shortcut.



Install USB receiver's drive program.



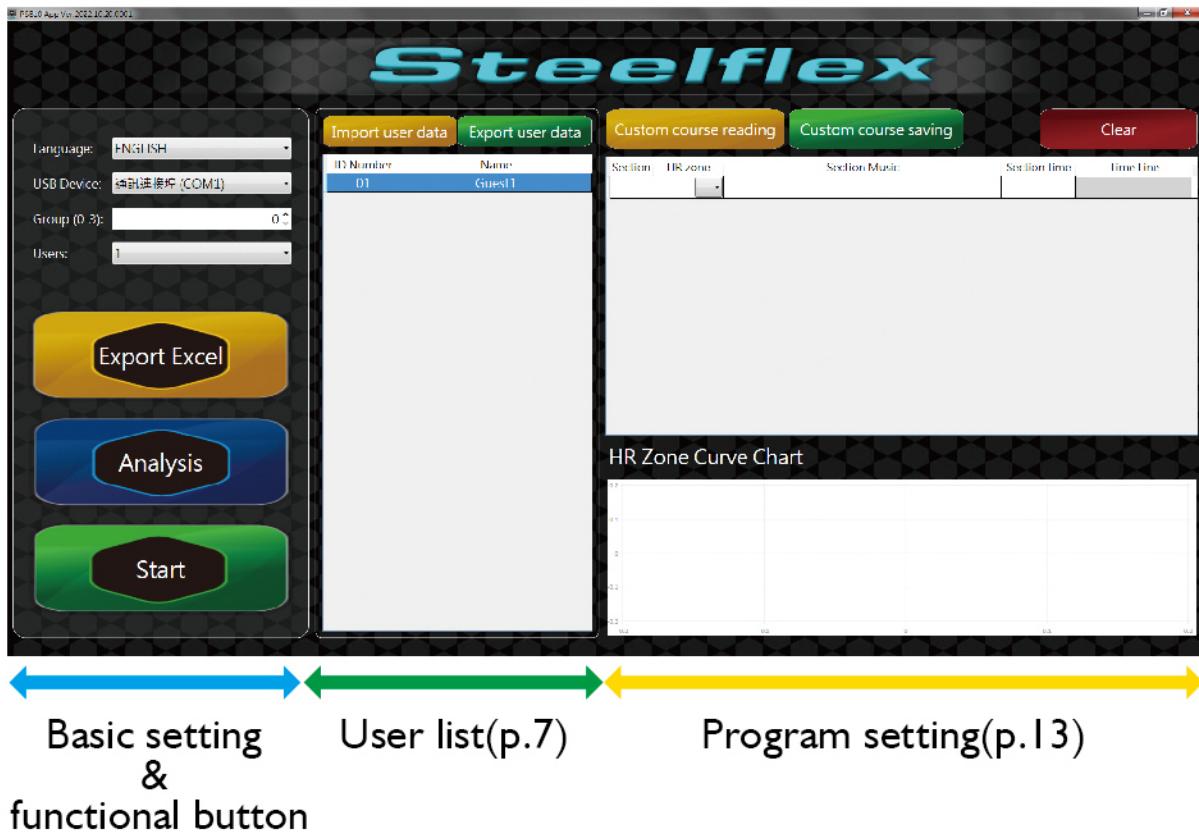
Mark the checkbox for I accept the LICENSE AGREEMENT, then press NEXT to complete the installation.

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



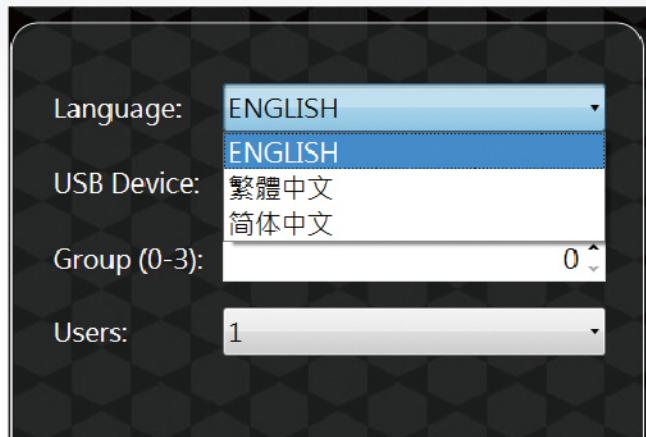
I-3. Start PHRC program.

MAIN SCREEN

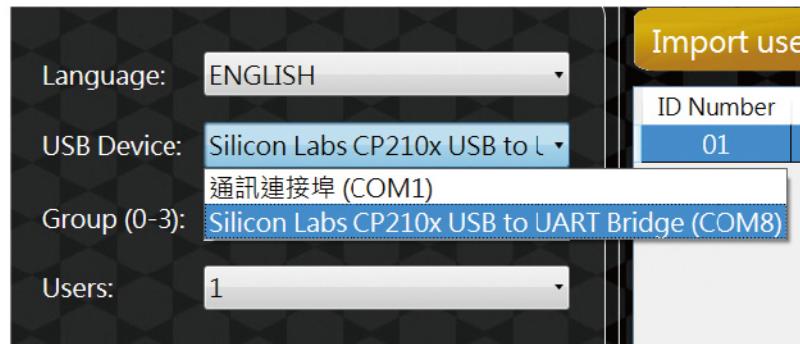


BASIC SETTING

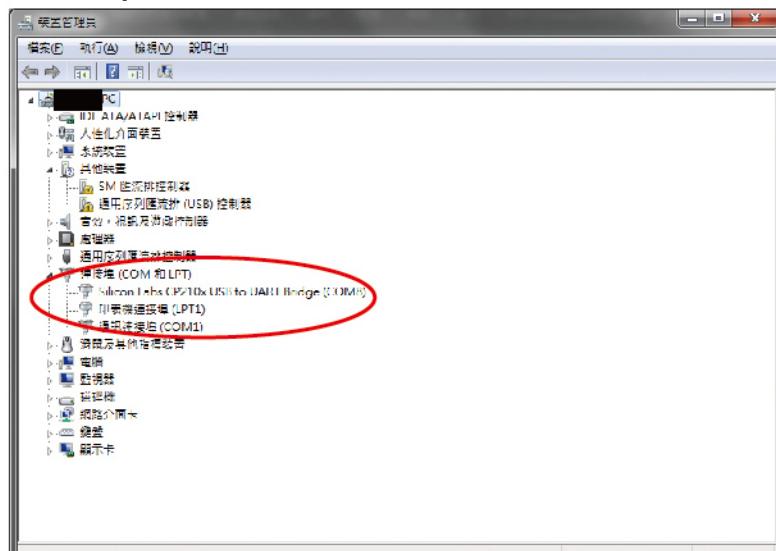
2-1. Choose language



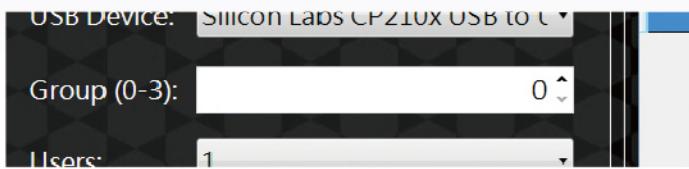
2-2. Choose receiver COM port



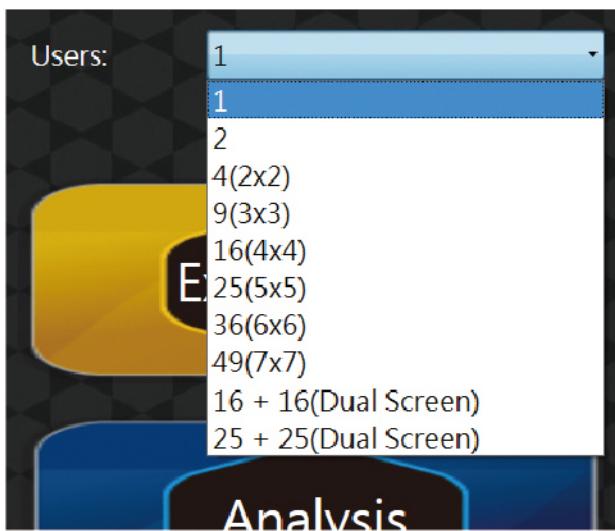
From Device manager of Control panel to confirm receiver's COM port.



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



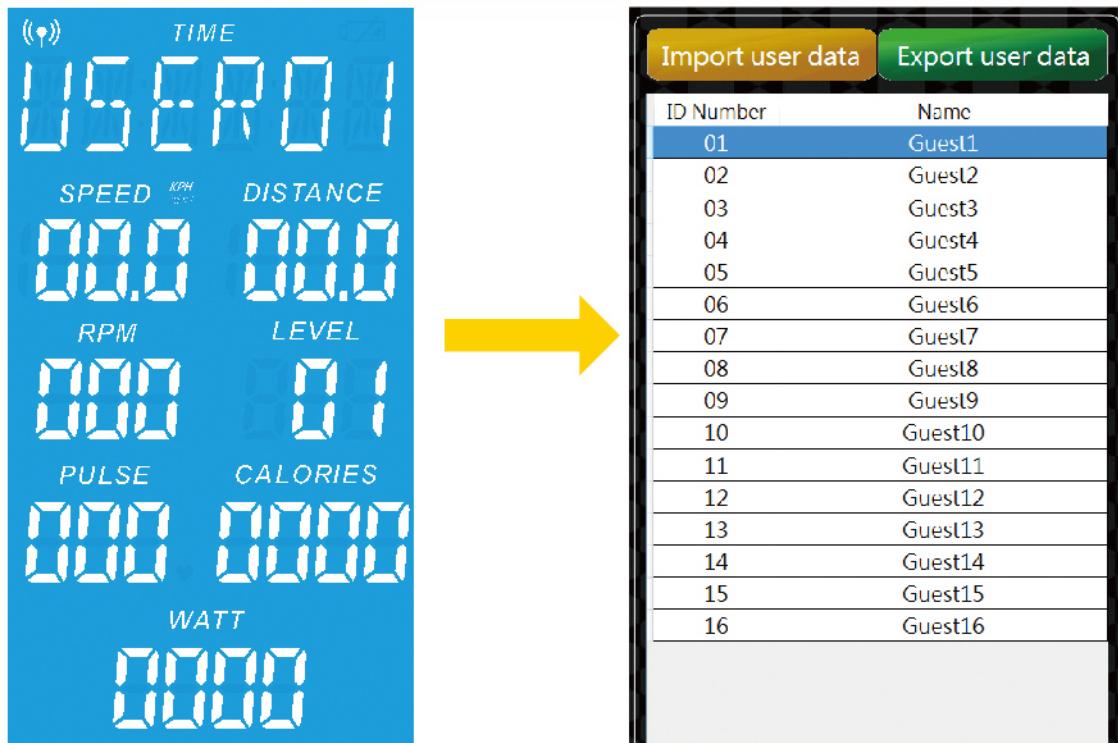
2-4. Set Users. 16+16 and 25+25 are dual screens. When program starts, two screens show. Child screen needs to be moved to extended screen.



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.



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.

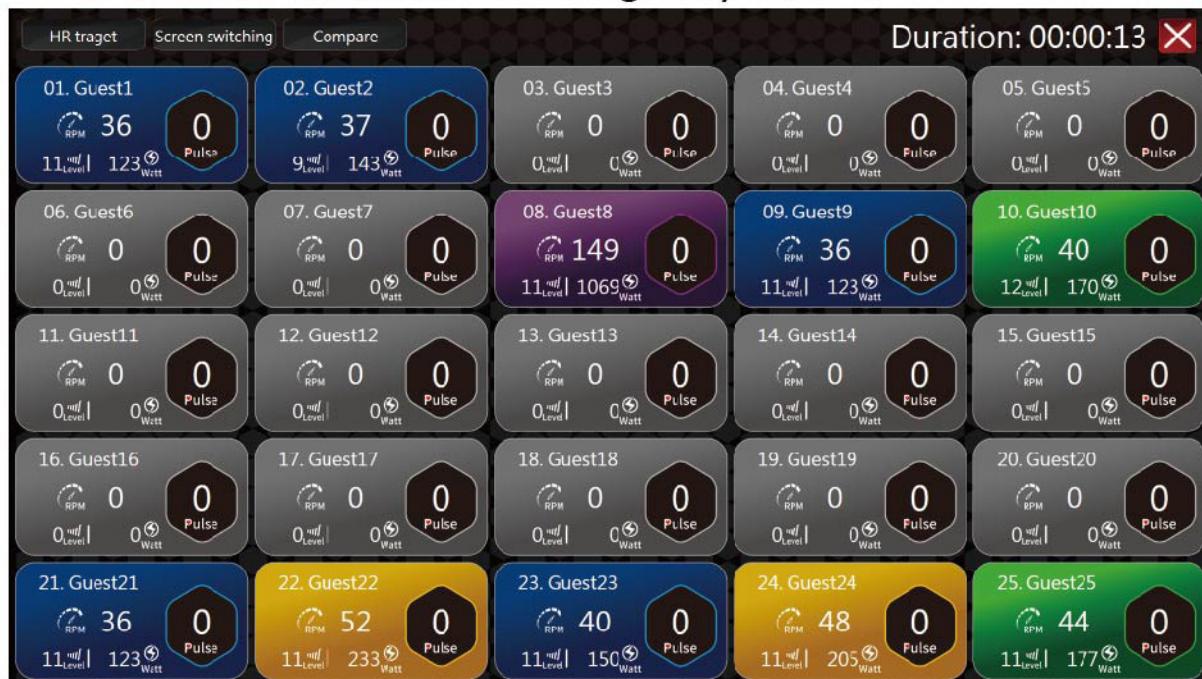
START

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 :

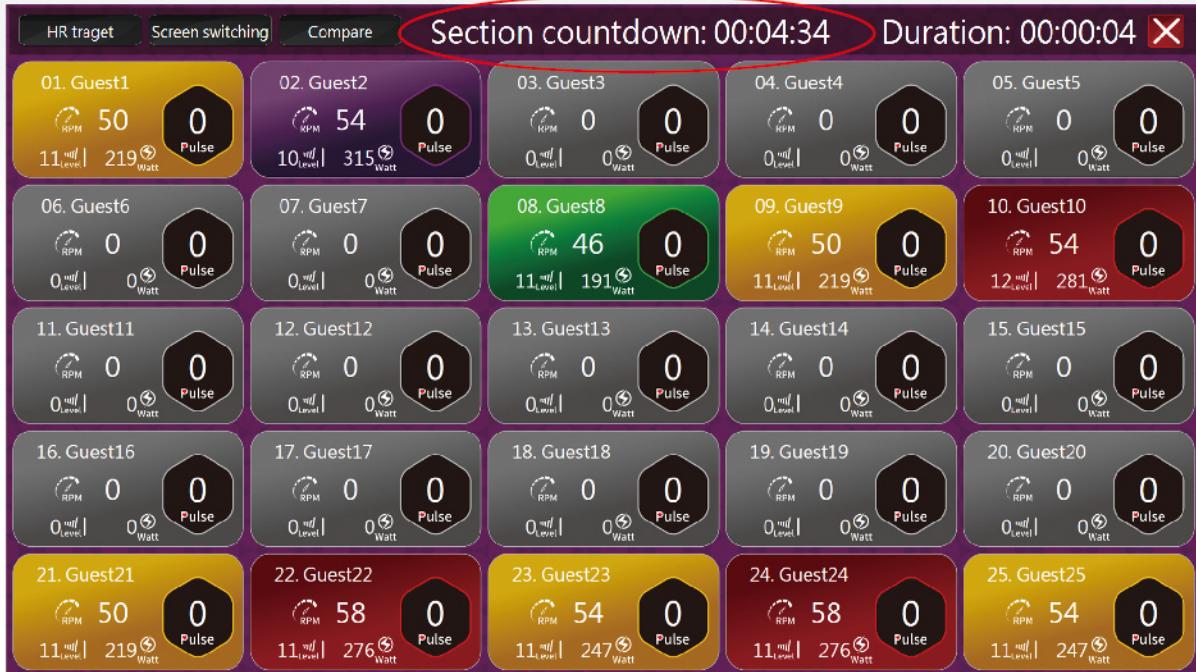
HR zone	Pulse%	Watt
6 Purple	101↑	251↑
5 Red	91~100	201~250
4 Yellow	81~90	151~200
3 Green	71~80	101~150
2 Blue	61~70	51~100
1 Gray	60↓	50↓

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

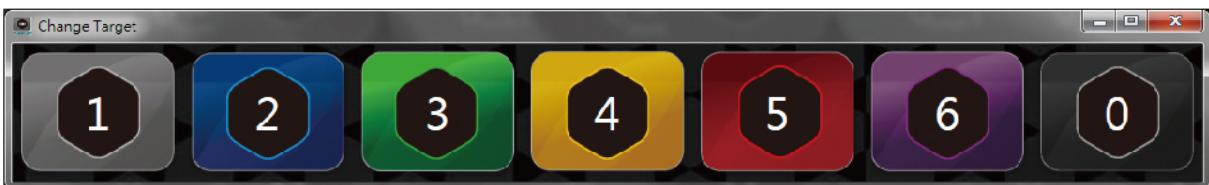
If Pulse% is detected, color is changed by pulse%. If Pulse% is not detected, color is changed by WATT.



Time for section is countdown.



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



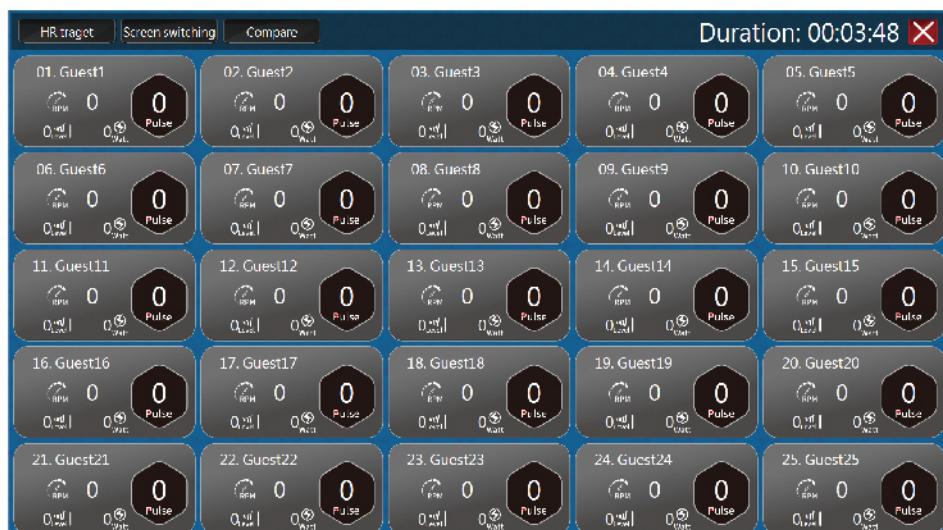
Quick key is 1 to 6 and 0. Color can be changed if lesson is customized. However, if time finishes and it enters into next duration, color changes to default setting.



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

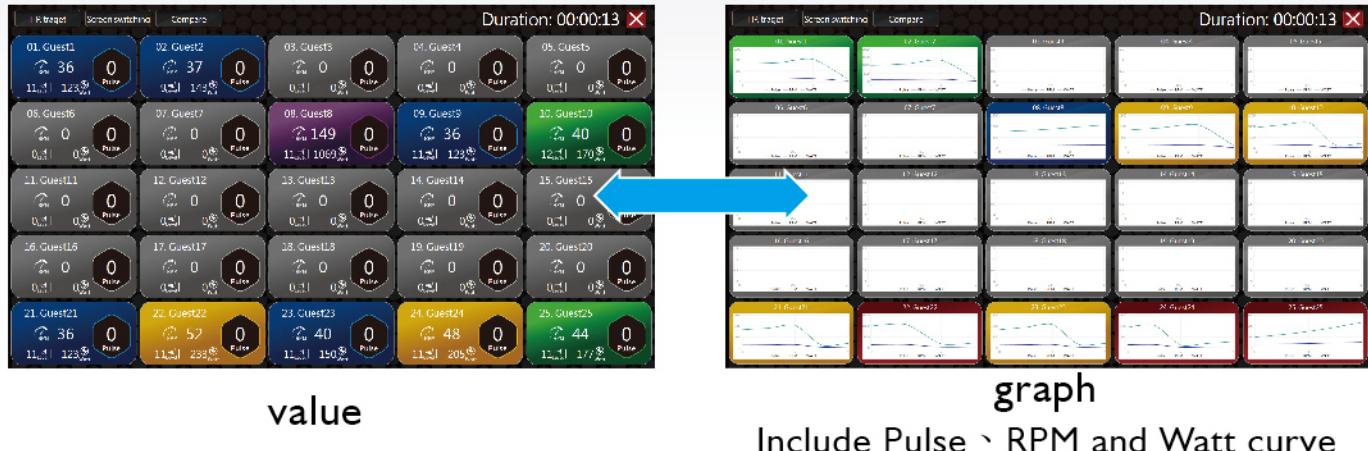


HR zone5 (91%~100%)-red



HR zone6 (100%↑)-purple

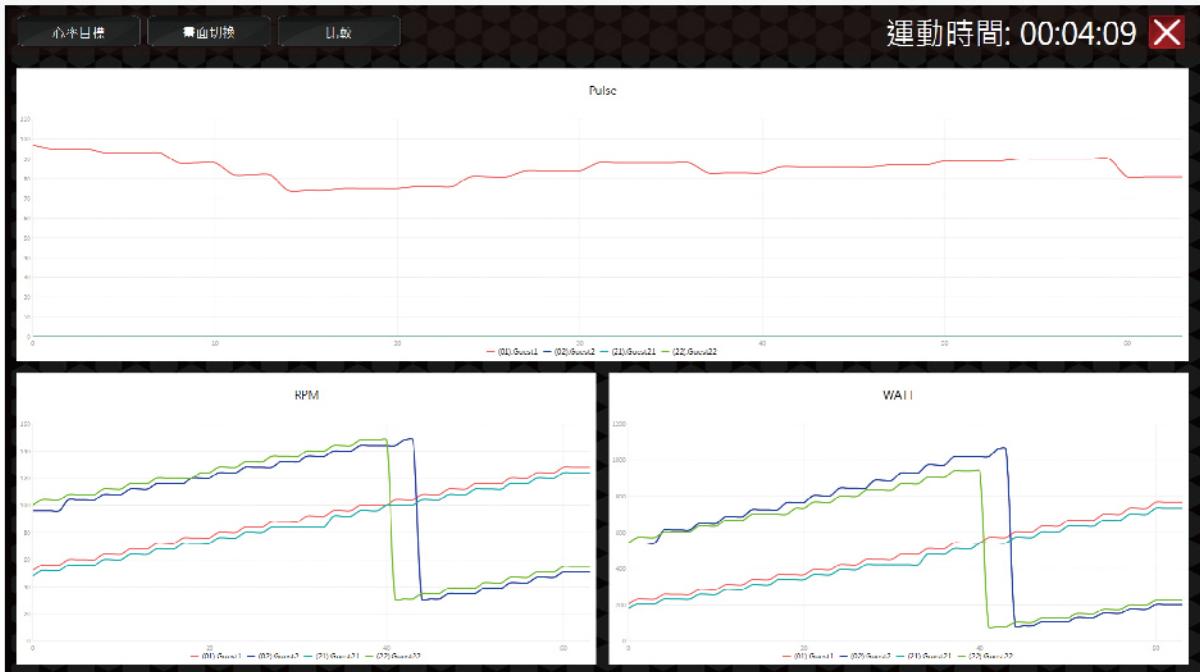
4-3. Press Screen switch to switch value and graph.



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)

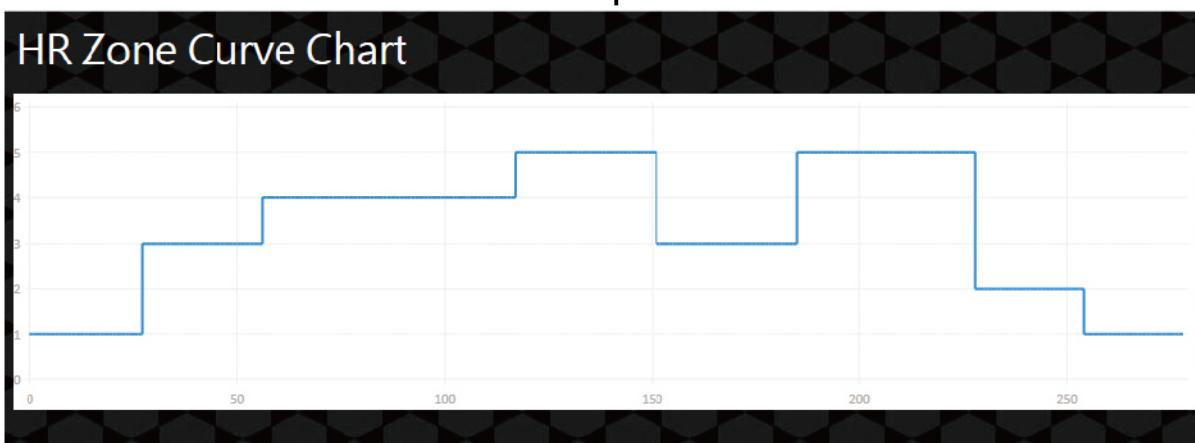
5-1. Customized course can be set in order to change HR zone color and mp3 music of the computer.

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	4	D:\音樂\PLP10\10 Nummer 10 - What are you w	00:04:04	00:43:15~00:47:18
	5			
	6			

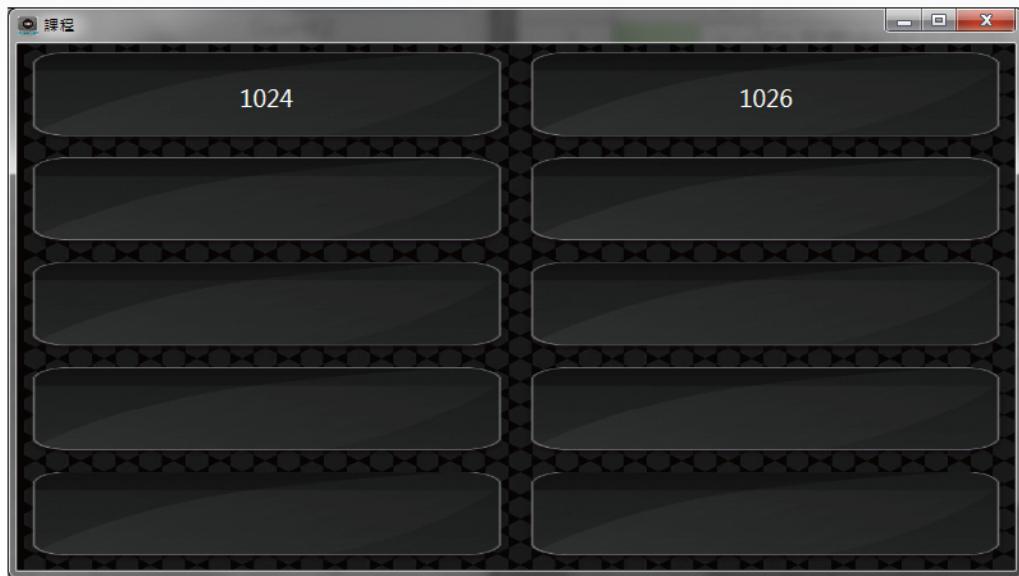
5-2. Choose HR zone from drop-down menu. Click Section Music column twice to choose music. Click Section time column twice to edit.

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

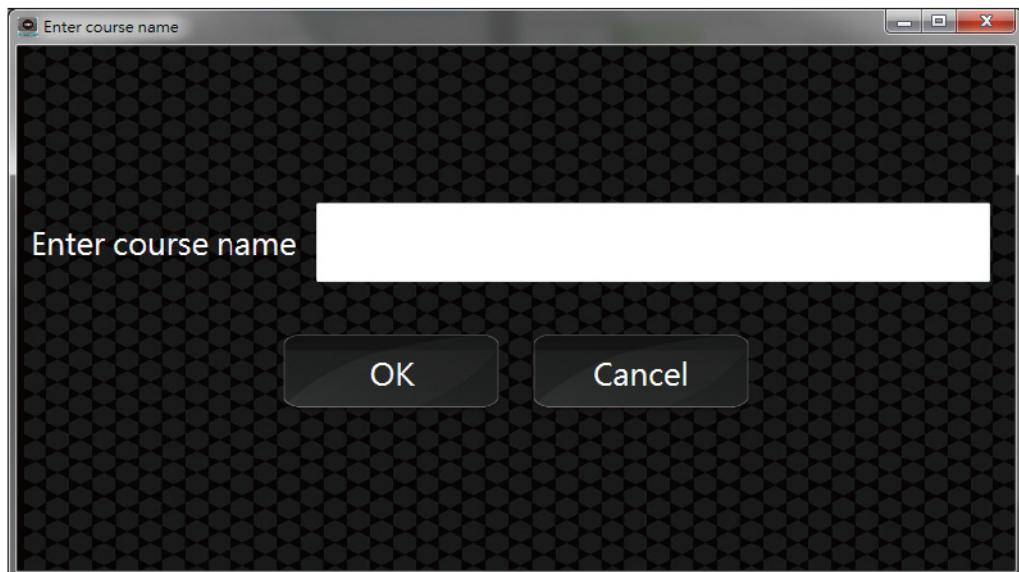
5-4. HR zone curve chart can be previewed.



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

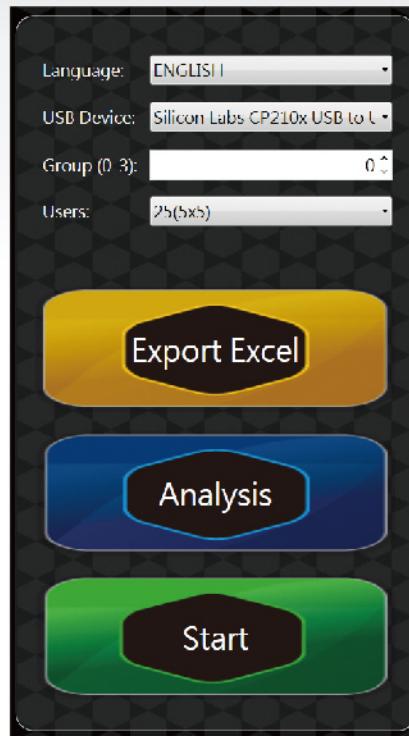


Choose a column and enter course's name, then press OK to save. If course's name needs to be changed, enter name to save in the same column.



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

EXPORT / ANALYZE

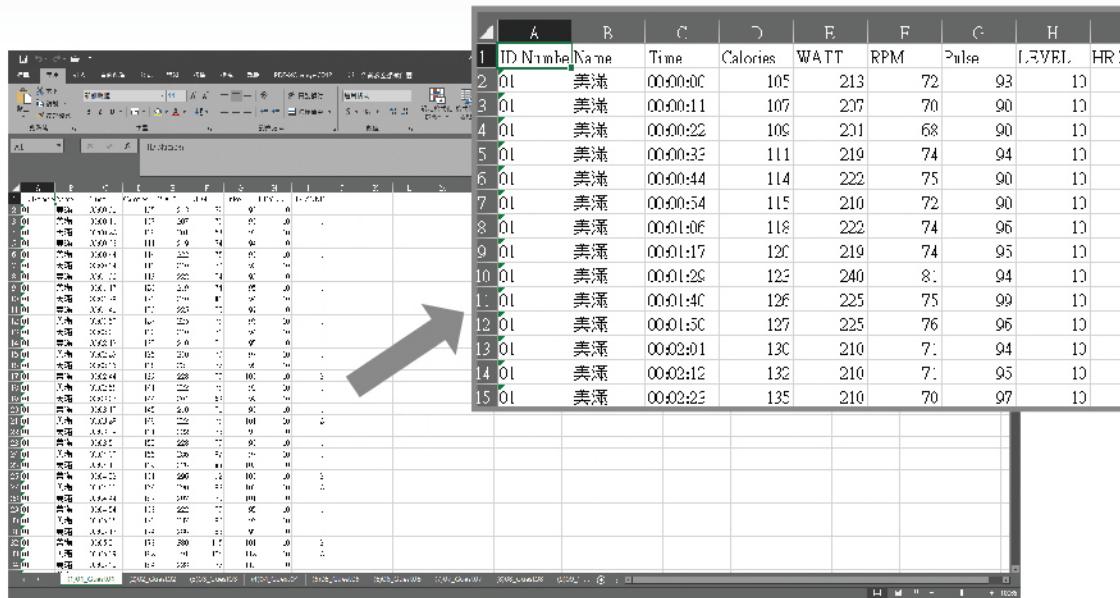


6-1. Export workout data

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.

Select Workout	
NO.	
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

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

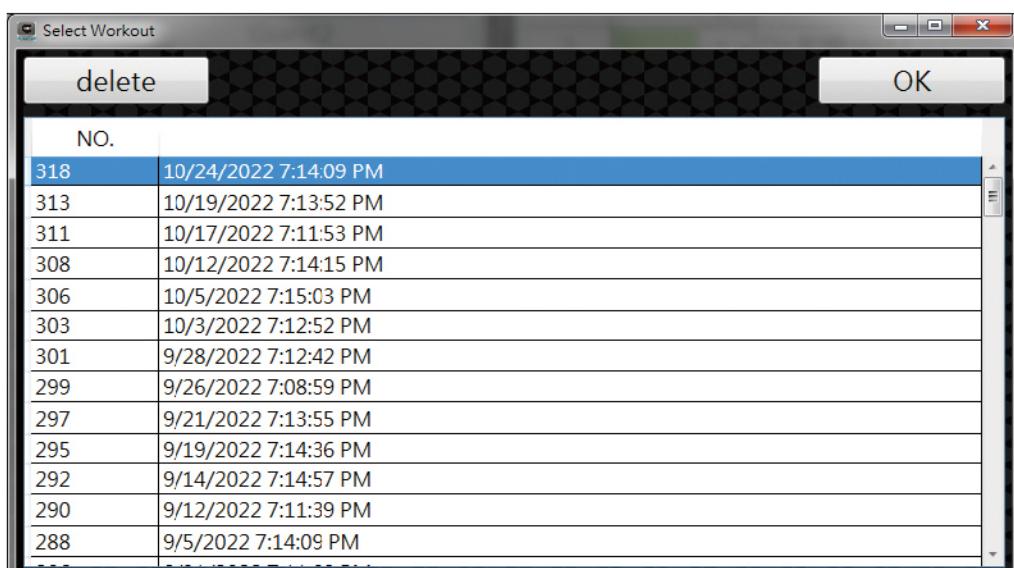


A	B	C	D	E	F	G	H
1	ID Number	Name	Time	Calories	WATT	RPM	Pulse
2	01	美滿	00:00:00	105	213	72	93
3	01	美滿	00:00:11	107	207	70	90
4	01	美滿	00:00:22	109	201	68	90
5	01	美滿	00:00:33	111	219	74	94
6	01	美滿	00:00:44	114	222	75	90
7	01	美滿	00:00:54	115	210	72	90
8	01	美滿	00:01:06	118	222	74	96
9	01	美滿	00:01:17	120	219	74	95
10	01	美滿	00:01:28	123	240	81	94
11	01	美滿	00:01:40	126	225	75	99
12	01	美滿	00:01:50	127	225	76	96
13	01	美滿	00:02:01	130	210	71	94
14	01	美滿	00:02:12	132	210	71	95
15	01	美滿	00:02:23	135	210	70	97

Each user has a sheet to show their workout data.

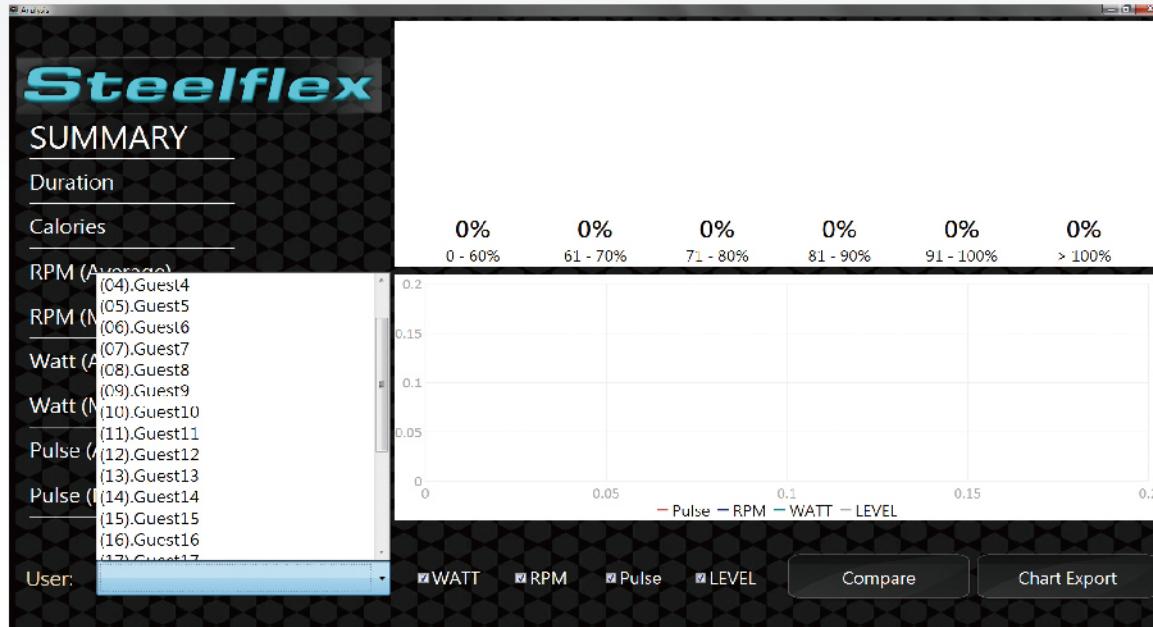
6-2. Analyze

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.

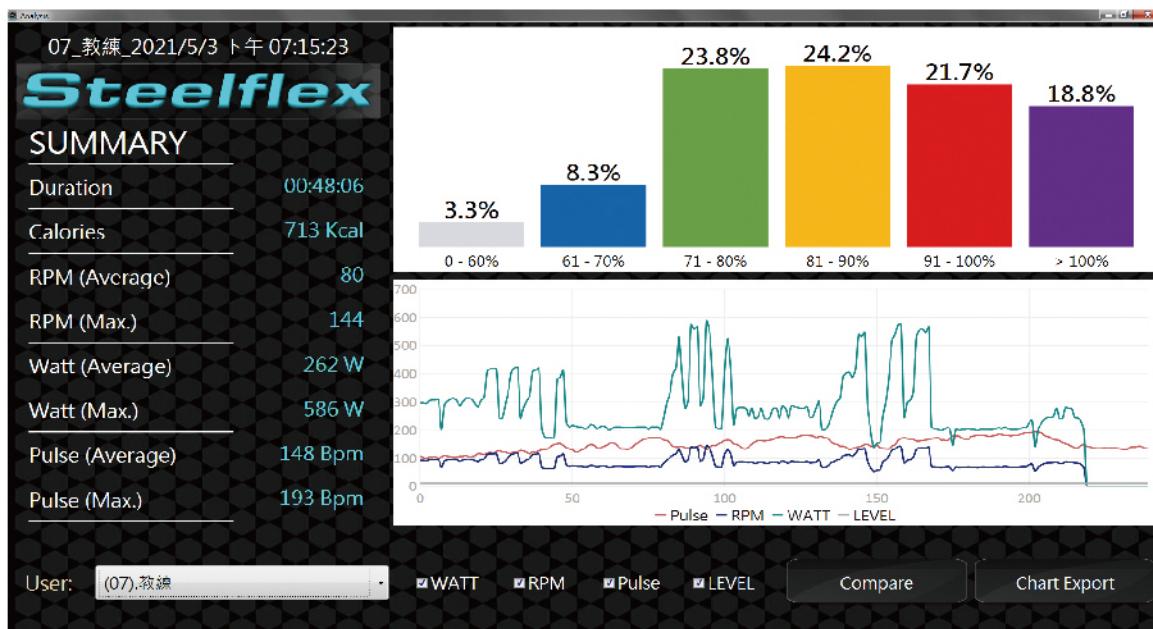


Select Workout	
delete	OK
NO.	
318	10/24/2022 7:14:09 PM
313	10/19/2022 7:13:52 PM
311	10/17/2022 7:11:53 PM
308	10/12/2022 7:14:15 PM
306	10/5/2022 7:15:03 PM
303	10/3/2022 7:12:52 PM
301	9/28/2022 7:12:42 PM
299	9/26/2022 7:08:59 PM
297	9/21/2022 7:13:55 PM
295	9/19/2022 7:14:36 PM
292	9/14/2022 7:14:57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

Steelflex

Designed for enjoying your life

PHRC USER MANUAL
