

How to use.....The Lode bike



Turning on the machine

- Press the button on the back of the machine to switch on
- Adjust the contrast if necessary
- Press enter



Entering participant data

- Press green down arrow to program protocol
- Press enter
- Enter name, to scroll through letters press **Λ**
Press **v** for numbers, press enter to select letter then repeat
- When you have inputted name keep pressing enter



Designing a protocol

- Press enter to move across the screen
- Use the **Λ** and **v** to set the work load and time
- Enter a warm-up stage if necessary
- Keep pressing enter, until step **↑**
- Add next workload and duration
- Running time will be displayed on the top
When you have entered the full protocol set work load and time to zero and keep pressing enter

Running a test

- Press enter on select protocol
- Scroll down to your name
- Press enter twice
- Enter height, age and sex
- Press enter

You are now ready to conduct the test