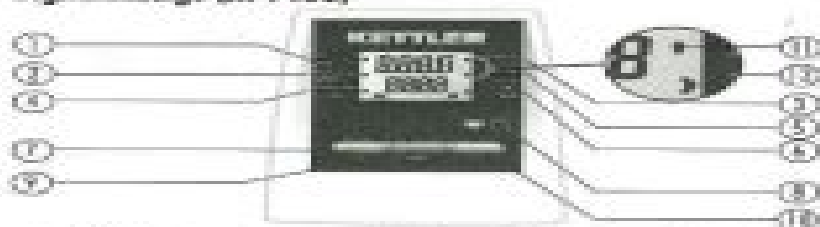


Bedienungseinheit für den Trainingscomputer mit Digitalanzeige (M 9436)



- 1 Zeit - Time
- 2 km/h - Speed
- 3 Strecke - Distance
- 4 Ovale - Oval
- 5 Kalorien - Calories
- 6 Puls - Pulse
- 7 Wechsel
- 8 Anschluss für das Ohmlyp
- 9 Trainingspuls - Taste
- 10 Ein / Aus - Taste
- 11 Taste
- 12 Markierungspfeil

- 1 Zeitmessung in Minuten und Sekunden
- 2 Geschwindigkeit in km/h
- 3 Entfernungsweg in 100 m - Schritten
- 4 Gesamtstrecke
- 5 Energieverbrauch in kcal
- 6 Pulsmessung
- 7 automatischer Anzeigenwechsel

Bedienungstasten und Funktionen

Ein / Aus (On/Off) - Taste (10)

Mit der Ein / Aus - Taste oder einem Fußtritt wird die Anzeige des Trainingscomputers eingeschaltet. In der oberen Zeile des Schirmes erscheint die aktuelle Geschwindigkeit. In der unteren Zeile werden die anderen Anzeigewerte in der Reihenfolge Zeit, Gesamtstrecke, Entfernung, Kalorien und Puls für jeweils 2 Sekunden angezeigt. Auf den jeweiligen Anzeigewert wird durch einen Markierungspfeil (12) hingewiesen.

Wechsel / Scan - Taste (7)

Mit der Wechsel - Taste kann der Anzeigewert in der oberen Zeile des Schirmes geändert werden. Es besteht die Möglichkeit zwischen Geschwindigkeit, Gesamtstrecke, Entfernung, Kalorien, Puls und Zeit zu wählen. Auf den entsprechenden Anzeigewert wird durch eine Taste (11) hingewiesen. Die Anzeige kann durch Drücken der Ein/Aus - Taste abgestellt werden oder selbstständig nach vier Minuten. Die gekählten Anzeigewerte addieren sich in der Anzeigenzeile "Gesamt - km" auf.

Kalorienanzeige

Die Berechnung des Energieverbrauchs basiert auf der Belastungsstufe 4 für 25, 50, 75 und 100 Fußschrittlängen pro Minute. Der Energieverbrauch wird in Kalorien angegeben. Man darf hierbei von einem Anzeigewert ausgehen.

Pulsmessung

Dieser Anzeigecomputer bietet zusätzlich die Möglichkeit einer Pulsmessung. Bestimmen Sie vor dem Training den Trainingspuls, den Sie erreichen wollen.

Der Trainingspuls ist abhängig vom Alter (siehe Diagramm). Es gilt für jedes Alter den "richtigen" passenden Trainingsbereich, der durch eine obere und eine untere Pulzfrequenz gekennzeichnet ist. Die maximale Pulzfrequenz 200 minus Lebensalter - sollte dabei nicht überschritten werden. Gesunde Personen können sich bei der Wahl des Trainingspulses an der nachstehenden Abbildung orientieren.

Aerobe Zone

Der Trainingspuls sollte immer innerhalb der aeroben Zone liegen.



Erholungsphase

Der Trainingscomputer ist mit einer Erholungsphase-Funktion ausgestattet. Diese ermöglicht es Ihnen, bei Trainingsende Ihren Erholungspuls zu messen.

Drücken Sie bei Trainingsende die Erholungstaste (9). Der Computer warte 1 Minute lang Ihren Ruhepuls. Am Ende dieser Minute wird in der oberen Zeile angezeigt. Der aktuelle Puls wird in der unteren Zeile angezeigt. Signale für die Erholungsphase werden durch die Buchstabenkombination "RBC" für Recovery (Erholung) angezeigt. Die Ihren Ruhepuls bei Trainingsende mit dem Erholungspuls eine Minute nach Trainingsende.

Der Computer berechnet und bewertet die Differenz und Ihre aktuelle resultierende "Fitnessrate" nach folgender Formel und gibt sie mit F1-F2 an:

$$\text{Note} = \frac{F1 - F2}{10}$$

F1 = Belastungspuls

F2 = Erholungspuls nach einer Minute

Note 1 = sehr gut

Note 6 = ungenügend

Der Vergleich von Belastungs- und Erholungspuls ist eine einfache und schnelle Möglichkeit, die körperliche Fitness zu kontrollieren. Die Fitnessrate ist ein Orientierungswert für Ihre Erholungsfähigkeit nach körperlichem Belastungen. Bei regelmäßigen Herz-Kreislauf-Training werden Sie feststellen, daß sich Ihre "Fitnessrate" verbessert. Zur Dokumentation Ihrer Trainingsleistung mehr Ihren die Tabelle für die persönlichen Belastungswerte zur Verfügung.

Blutwerte

Der Pulsensor arbeitet mit Infrarotlicht und mißt die Veränderungen der Lichtdurchlässigkeit Ihrer Haut, die von Ihrem Pulsating hervorgerufen werden. Bevor Sie den Pulsensor an Ihr Ohrläppchen anbringen, sollten Sie es zur Durchblutungssteigerung 10 mal kräftig. Die Pulsierung kommt vom Herz in Ihre Arterien in Ihrer Haut. Pulschlägen bildet. Durch die momentanen hohe Veränderung der Eingangsimpulse müssen Störpulse vermieden werden.

• Berühren Sie den Ohrläppchen sorgfältig an Ihrem Ohrläppchen und suchen Sie den günstigsten Punkt für die maximale Pulsierung. Einmal ohne Unterbrechung auf.

• Trainieren Sie nicht direkt unter starkem Lichterfall, z.B. Handlicht, Halogenlicht, Spot-Beleuchtung, Sonnenlicht.

• Schließen Sie Ihre Ohrläppchen und Waden des Ohrens inklusive Kiefer vollständig aus. Strecken Sie das Kiefer immer mittels Klammern an Ihrer Kleidung oder nach Bedarf an einem Streckband fest.

Puls vor dem Einsatz als Fehlfunktion kommen sollte, überprüfen Sie nochmals obige Punkte.

Bei Nichterfolg des Pulsensors wird im Anzeigenfeld ein "F" dargestellt.

Trainingsanleitung

Dieser Heimtrainer ist speziell für den Freizeitsportler entwickelt worden. Er eignet sich hervorragend für das Herz-Kreislauf-Training.

Das Training ist methodisch nach den Grundregeln des Ausdauertrainings zu gestalten. Dadurch werden vornehmlich Veränderungen und Anpassungen am Herz-Kreislauf-System hervorgerufen. Hierzu zählen das Absinken der Ruhepulsfrequenz und des Belastungspulses.

Damit steht für das Herz mehr Zeit für die Füllung der Herzkammern und die Durchblutung des Herzmuskels durch die Herzkreislaufgefäße zur Verfügung. Ferner nehmen Arterien und Mäße der Luft an, die eingeatmet werden kann (Vitalkapazität). Weitere positive Veränderungen führen im Stoffwechselsystem dem, um diese positiven Veränderungen zu erreichen, muß man das Training nach bestimmten Richtlinien planen.

Zur Trainingsintensität

Die Intensität wird beim Training mit dem Heimtrainer aus einer Skala die Trainingsintensität und zum anderen, allen das Trainingsniveau geregelt. Der Trainingszustand bestimmt der Trainingszustand über die 10 Belastungsstufen mit dem Heimtrainer an der Leistungs. Es ist sehr darauf zu achten, daß während der gesamten nicht zu überfordern und Überforderung zu vermeiden. Belastung oder übermäßiges Training kann zu gesundheitlichen Schäden führen.

Kontrollieren Sie deshalb während des Trainings anhand Ihrer Pulsfrequenz, ob Sie Ihre Trainingsintensität richtig bestimmt haben. Als Faustregel für eine angemessene Pulsfrequenz gilt:

180 minus Lebensalter

Daraus folgt, daß z.B. einer 50-jährigen Person für Ausdauertraining mit einer Pulsfrequenz von 130 Schlägen / min gegeben sollte.

Trainingsempfehlungen auf der Grundlage dieser Berechnungen werden von erfahrenen sportmedizinischen Spezialisten als günstig erachtet. Dennoch sollten Sie die Trainingsfrequenz und das Trainingsniveau beim Training mit dem Heimtrainer zu wählen, daß Sie Ihre optimale Pulsfrequenz gemäß der o.g. Faustregel erreichen.

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