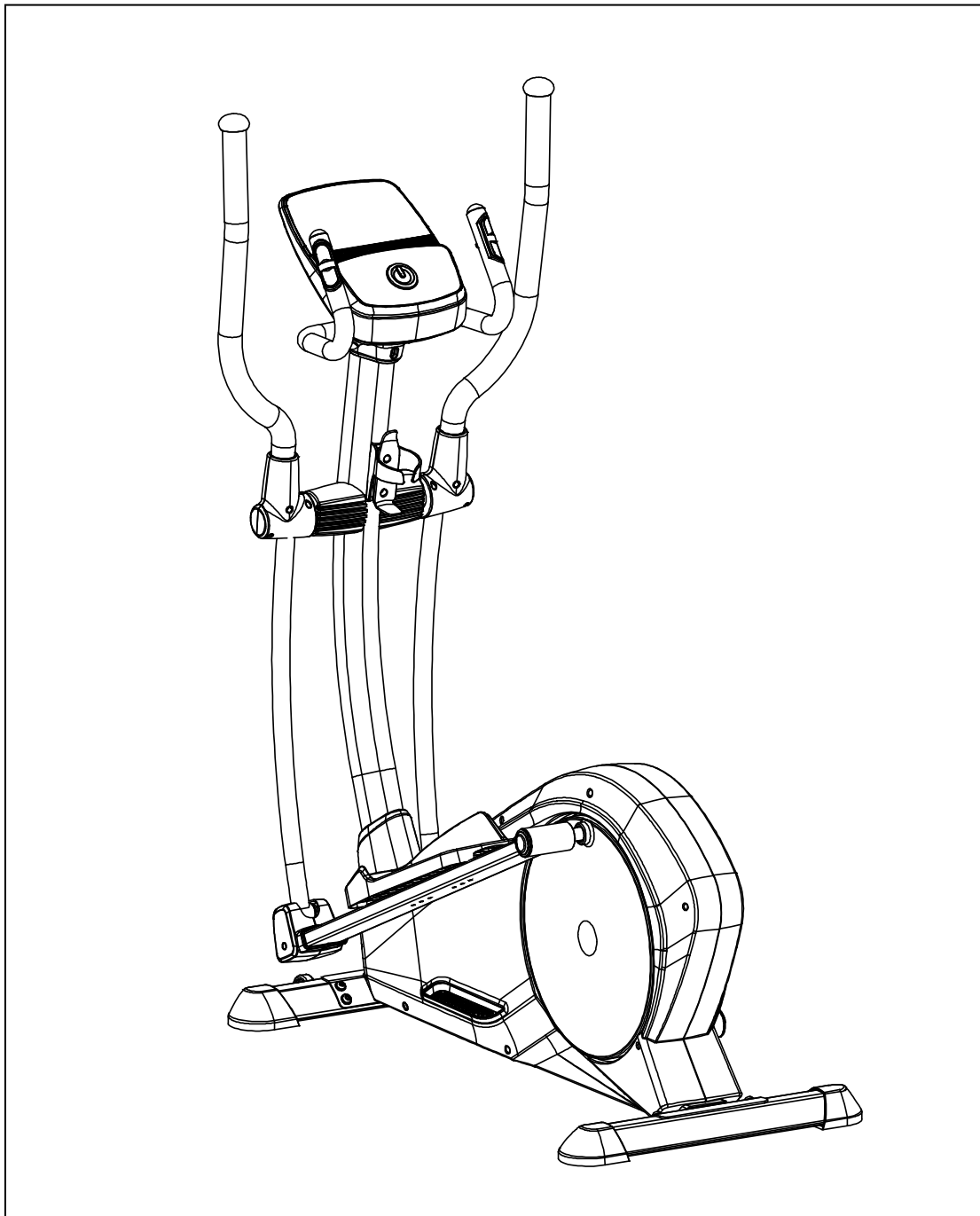


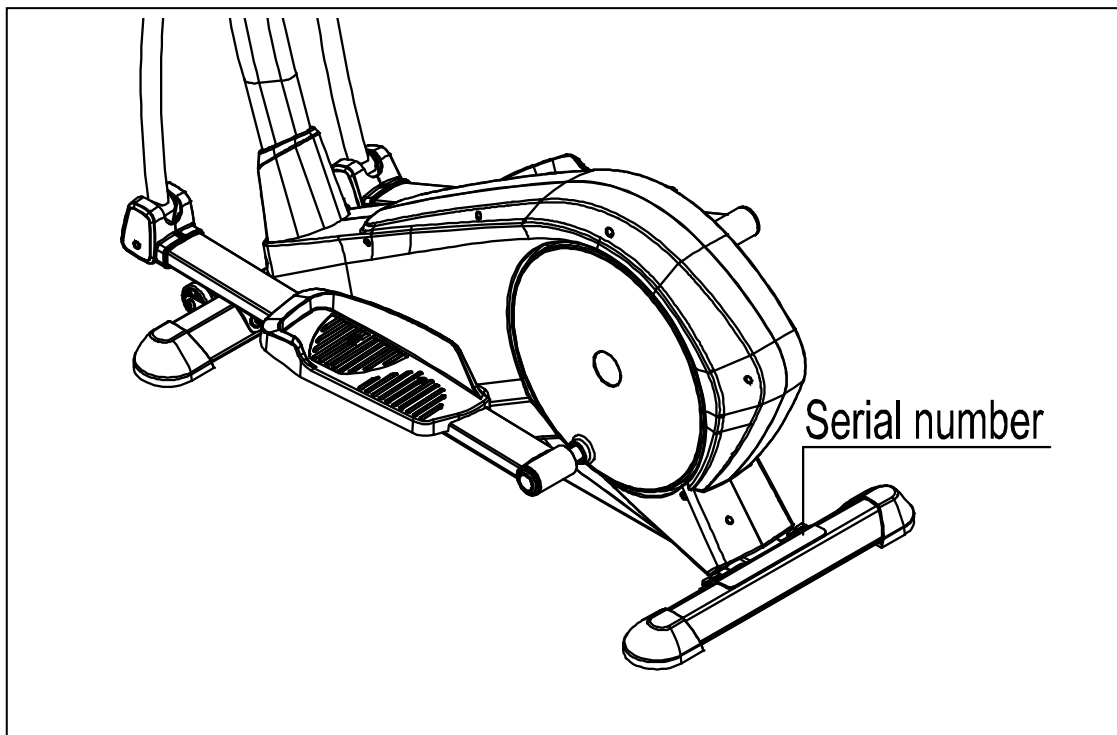
USER MANUAL

Casall XT600

93019

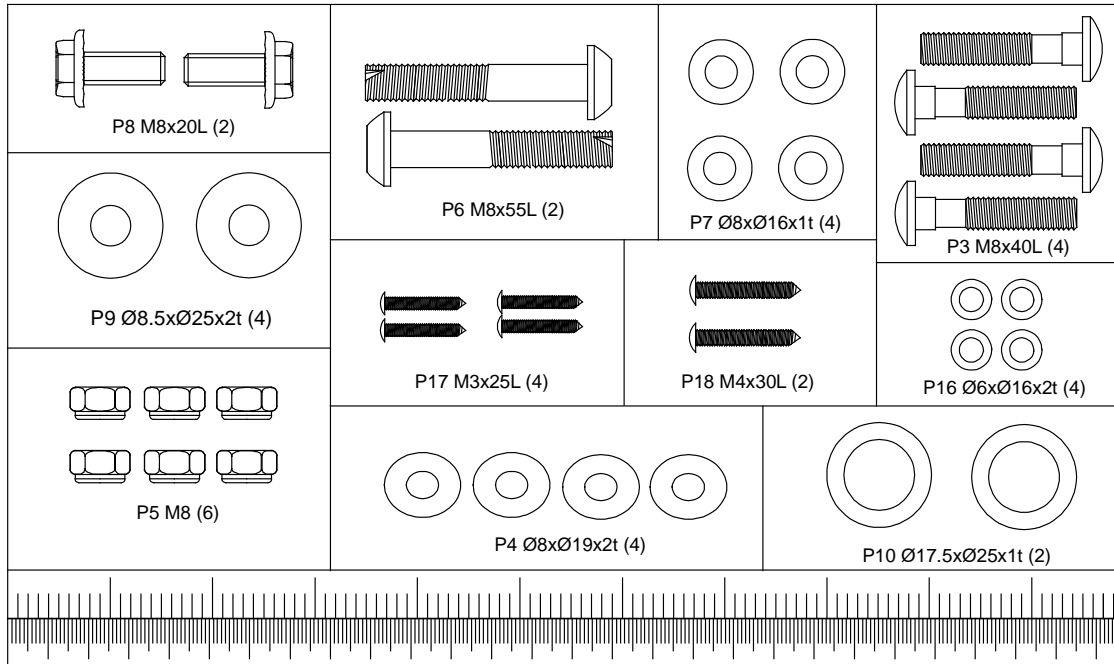


Important: Please locate your serial number and record in the box below for service support purposes.

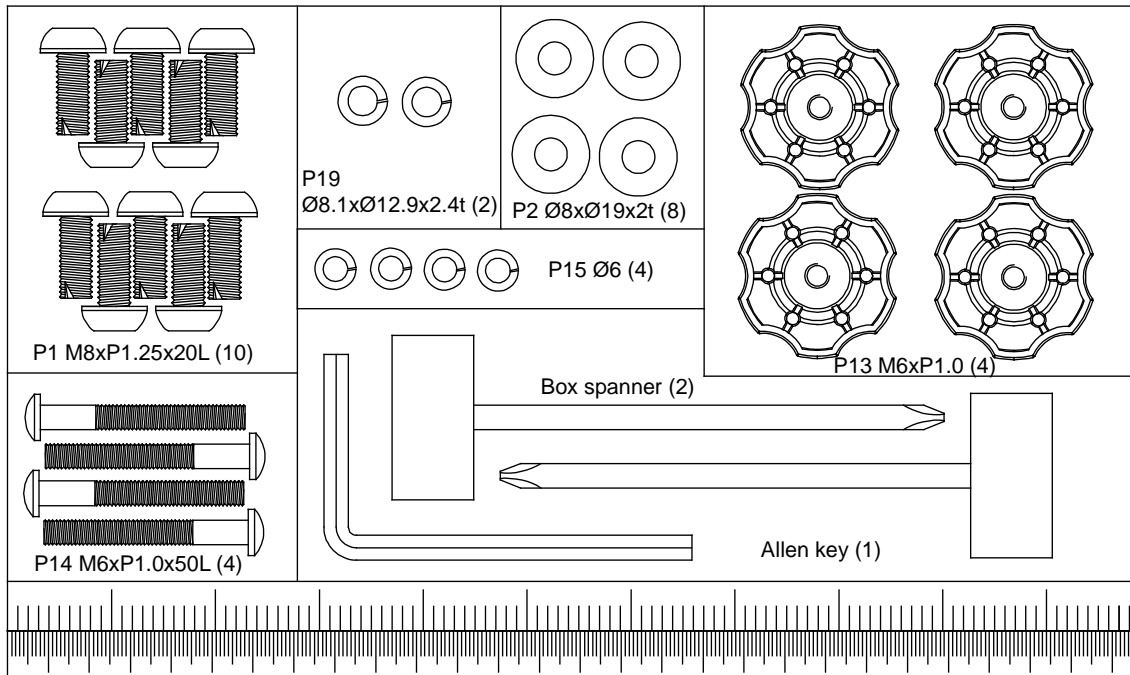


Serial number here:

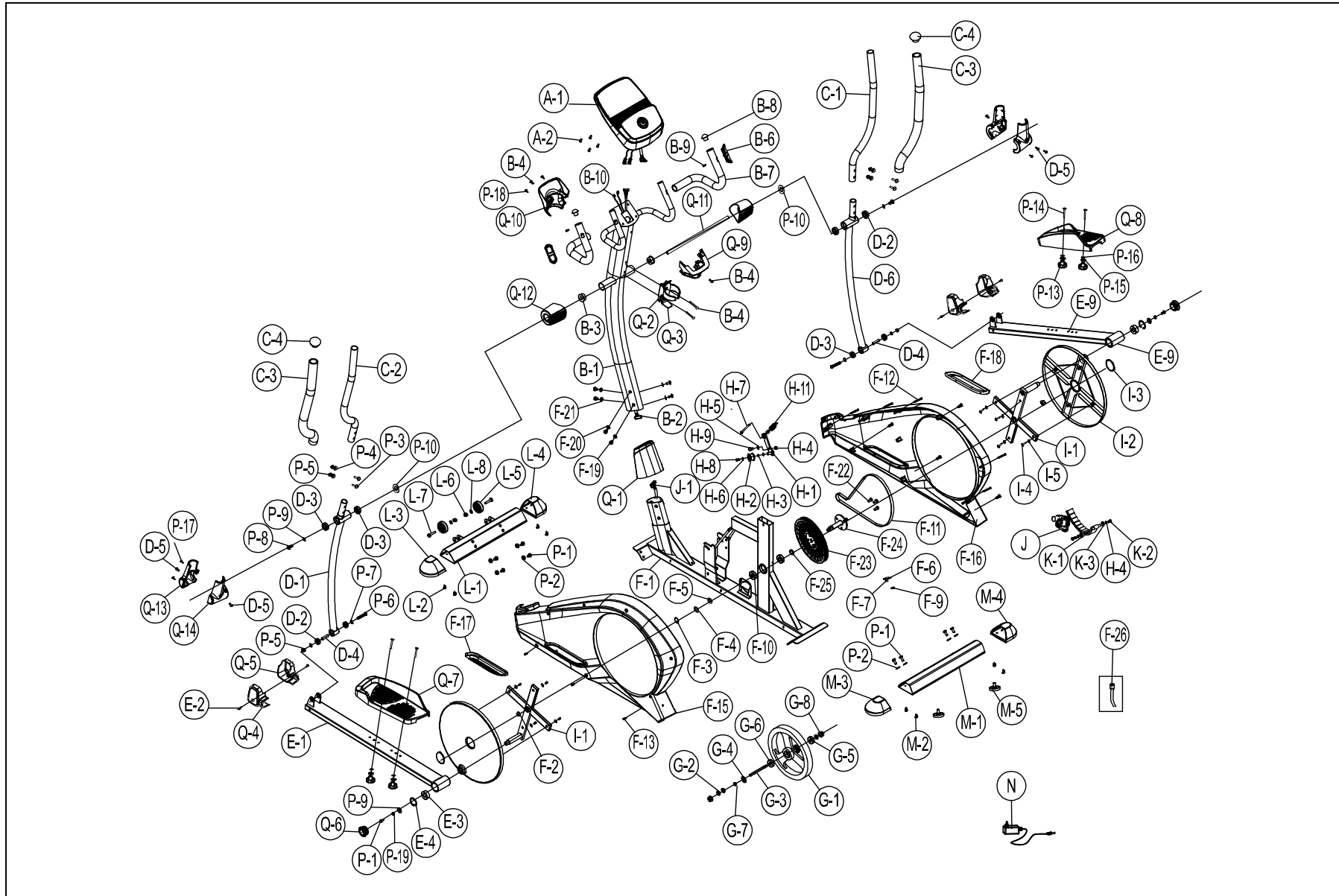
93019/XT600



93019/XT600



EXPLODED DIAGRAM



PARTS LIST

No.	Item	Q'ty	
A-1, A-2	Console & screw	1	SET
B-1	Handlebar post	1	PCS
B-2	Upper console cable	1	PCS
B-3	Bushing for handlebar post	1	PCS
B-4	Screw M5x30L	4	PCS
B-6	Hand pulse	1	PCS
B-7	Form grip for front handlebar	1	PCS
B-8	Cap for front handlebar	1	PCS
B-9	Screw M4x20L	2	PCS
B-10	Pulse wire	2	PCS
C-1	Upper handlebar (Right)	1	PCS
C-2	Upper handlebar (Left)	1	PCS
C-3	Form grip for upper handlebar	2	PCS
C-4	Cap for upper handlebar	2	PCS
D-1	Lower handlebar (Left)	1	PCS
D-2	Bearing	4	PCS
D-3	Bearing	4	PCS
D-4	Bushing for lower handlebar	2	PCS
D-5	Screw M5xP0.8x14L	4	PCS
D-6	Lower handlebar (Right)	1	PCS
E-1	Left pedal arm	1	PCS
E-2	Screw M5xP0.8x14L	4	PCS
E-3	Self-aligning ball bearings	2	PCS
E-4	Retaining ring	2	PCS
E-9	Right pedal arm	1	PCS
F-1	Main frame	1	PCS
F-2	Pattern nut M10xP1.25x10t	2	PCS
F-3	C-type ϕ 20	1	PCS
F-4	Wave washer ϕ 20x ϕ 30x0.3t	1	PCS
F-5	Flat washer ϕ 20.3x ϕ 30x1t	1	PCS
F-6	Sensor box	1	PCS
F-7	Sensor holder	1	PCS
F-9	Screw M4x12L	1	PCS
F-10	Bearing	2	PCS
F-11	Belt	1	PCS
F-12	Screw M4x50L	5	PCS
F-13	Screw M5x16L	8	PCS
F-15	Left chain cover	1	PCS
F-16	Right chain cover	1	PCS
F-17	Left cover for left chain cover	1	PCS

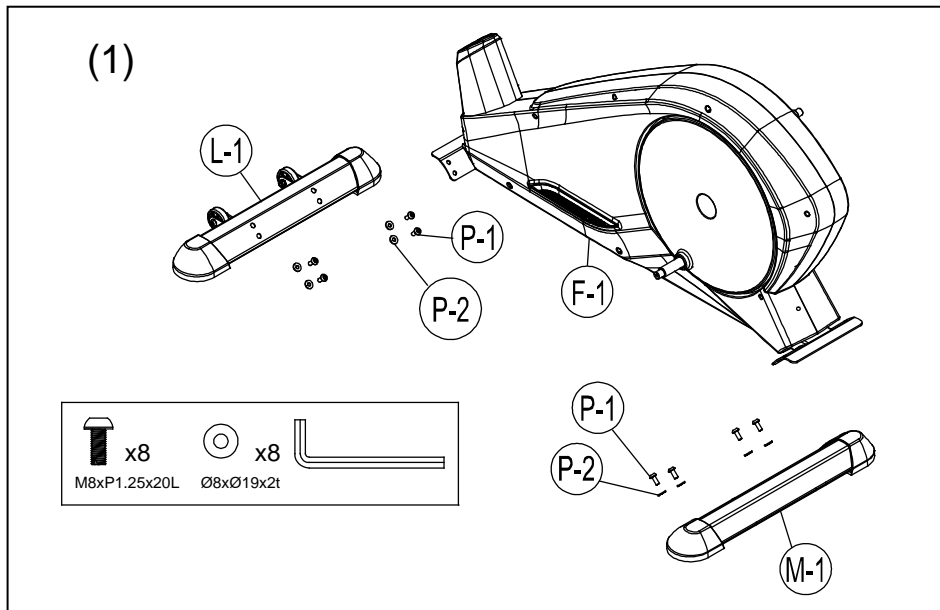
F-18	Right cover for right chain cover	1	PCS
F-19	Screw M8xP1.25x20L	6	PCS
F-20	Flat washer $\phi 8 \times \phi 19 \times 2t$	4	PCS
F-21	Semicircle washer $\phi 8 \times \phi 19 \times 2t$	2	PCS
F-22	Hex. screw M8xP1.25x12Lx5t	3	CS 采
F-23	Belt pulley	1	PCS
F-24	Shaft	1	PCS
F-25	Bushing	1	PCS
F-26	DC cable	1	PCS
G-1~G-8	Flywheel set	1	SET
H-1	Idler lever	1	PCS
H-2	Idler wheel	1	PCS
H-3	Wave washer $\phi 10.5 \times \phi 15 \times 0.3t$	2	PCS
H-4	Nylon nut M8	1	PCS
H-5	Flat washer $\phi 8.5 \times \phi 25 \times 2t$	1	PCS
H-6	Flat washer $\phi 6 \times \phi 13 \times 1t$	1	PCS
H-7	Hex. screw M6xP1.0x80L	1	PCS
H-8	Hex. screw M6xP1.0x12L	1	PCS
H-9	Hex. screw M8xP1.25x18L	1	PCS
H-11	Spring	1	PCS
I-1	Cross disc	2	PCS
I-2	Round disc	2	PCS
I-3	Cap for round disc	2	PCS
I-4	Screw M4x14L	8	PCS
I-5	Flat washer $\phi 5 \times \phi 16 \times 1t$	8	PCS
J ,J-1	Gear box w/cable	1	SET
K-1	Magnetic set	1	PCS
K-2	Hex. Screw M6xP1.0x16L	1	PCS
K-3	Flat washer $\phi 6 \times \phi 13 \times 1t$	1	PCS
K-4	Spring washer $\phi 6$	1	PCS
L-1	Front stabilizer	1	PCS
L-2	Screw 3/16"	4	PCS
L-3	Left end cap for front stabilizer	1	PCS
L-4	Right end cap for front stabilizer	1	PCS
L-5	Transport wheel	1	PCS
L-6	Nylon nut M8	1	PCS
L-7	Allen bolt M8xP1.25x40L	1	PCS
L-8	Flat washer $\phi 8 \times \phi 16 \times 1t$	1	PCS
M-1	Rear stabilizer	1	PCS
M-2	Screw 3/16"	4	PCS
M-3	Left end cap for rear stabilizer	1	PCS
M-4	Right end cap for rear stabilizer	1	PCS

M-5	Adjustment pad	2	PCS
N	Adaptor	1	PCS
P-1~P-19	Hardware pack	1	SET
Q-1	Cover for handlebar post	1	PCS
Q-2	Bottle holder	1	PCS
Q-3	Bottle holder seat	1	PCS
Q-4	Front cover (Left) for pedal arm	2	PCS
Q-5	Front cover (Right) for pedal arm	2	PCS
Q-6	Rear cap for pedal arm	2	PCS
Q-7	Left pedal	1	PCS
Q-8	Right pedal	1	PCS
Q-9	Front cover for console	1	PCS
Q-10	Rear cover for console	1	PCS
Q-11	Axle for handlebar post	1	PCS
Q-12	Left/Right cover for handlebar post	2	PCS
Q-13	Front cover for upper handlebar	2	PCS
Q-14	Rear cover for upper handlebar	2	PCS

ASSEMBLY STEPS

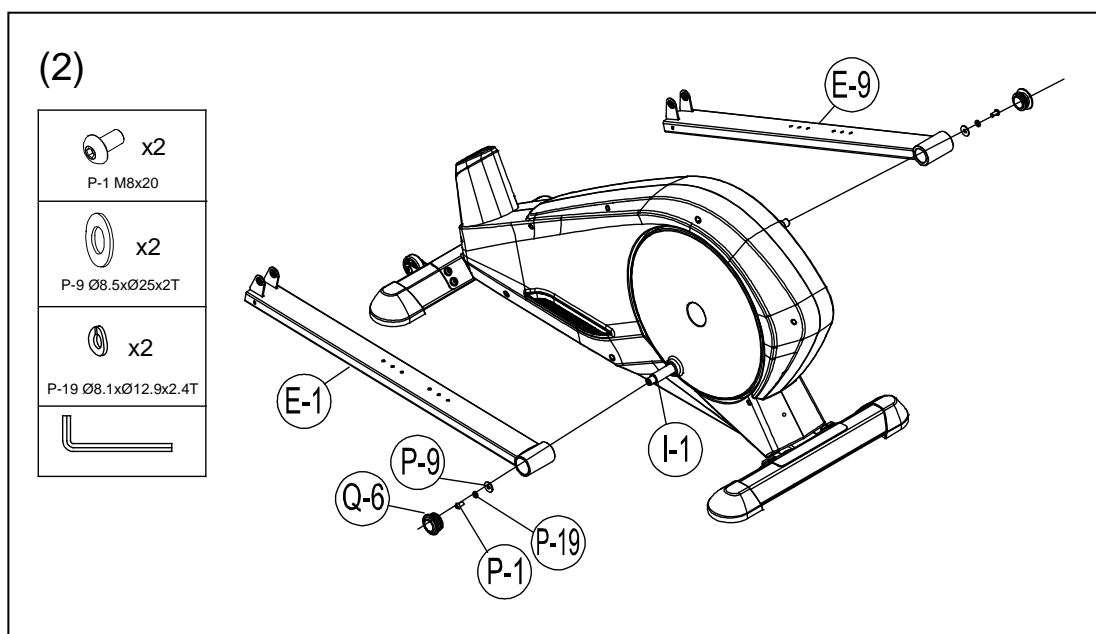
STEP 1

1. Attach the front stabilizer (L-1) to the main frame (F-1) using four Allen bolts (P-1) and flat washers (P-2)
2. Attach the rear stabilizer (M-1) to the main frame (F-1) using four Allen bolts (P-7) and flat washers (P-2).



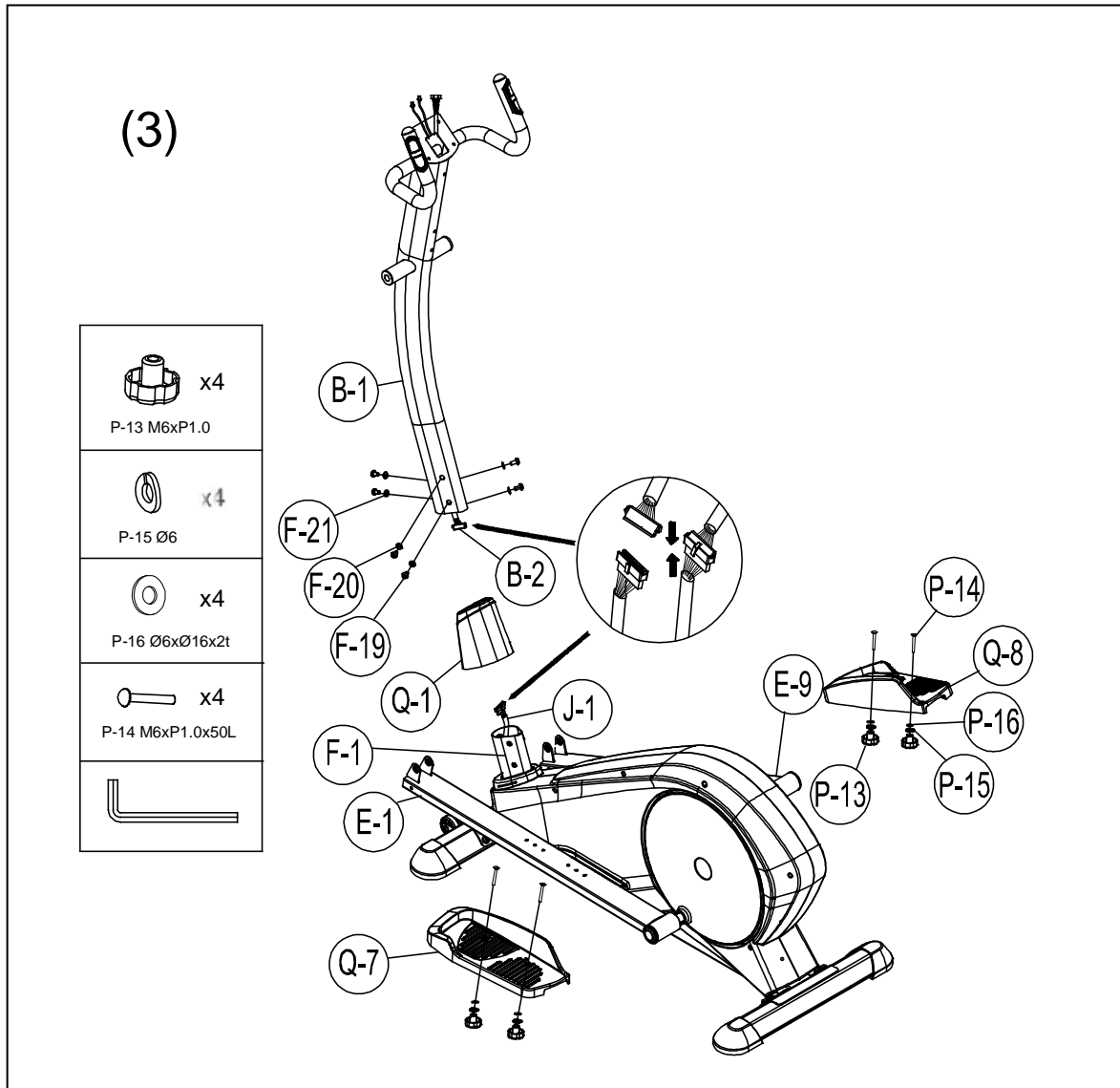
STEP 2

1. Attach the left pedal arm (E-1) onto the cross disc (I-1) using one of the Allen bolts (P-1), flat washers (P-9) and spring washers (P-19).
2. Attach the right pedal arm (E-9) onto the cross disc (I-1) using one of the Allen bolts (P-1), flat washers (P-9) and spring washers (P-19).
3. Install the cover (Q-6) to both the right and left pedal arms (E-9, E-1).



STEP 3

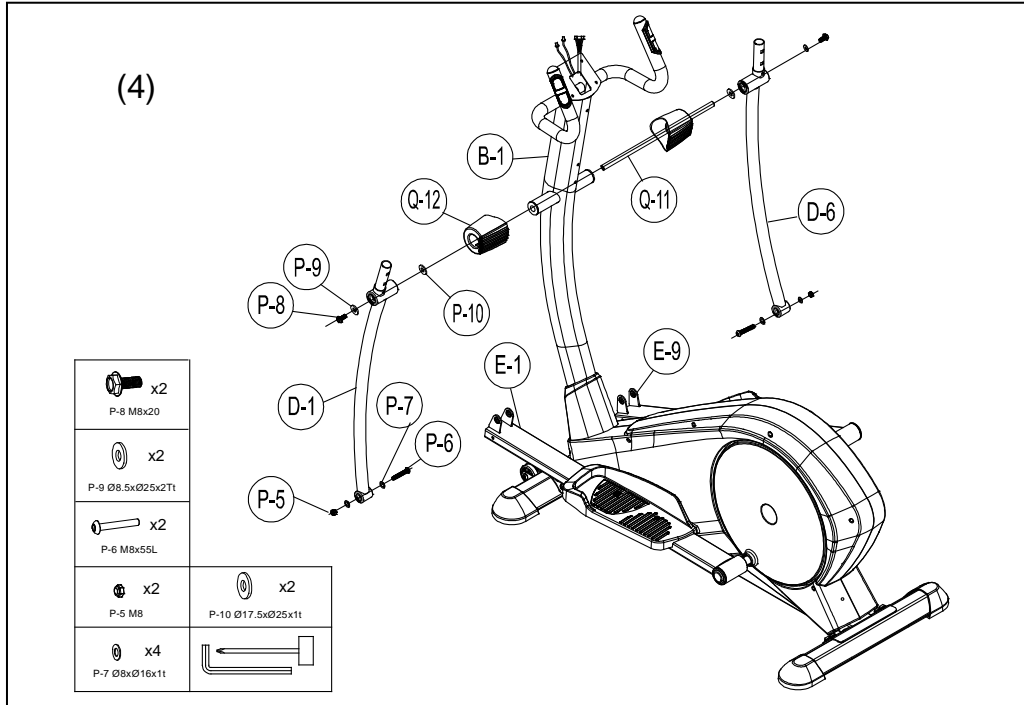
1. Please remove the Allen bolt (F-19), flat washer (F-20) and semicircle washer (F-21) from the main frame (F-1)
2. Take the handlebar post (B-1) and pass it through the cover (Q-1).
3. Hold the handlebar post (B-1) and connect the lower console cable (J-1) and the upper console cable (B-2).
4. Slide the handlebar post (B-1) into the main frame (F-1), then tighten it with the Allen bolt (F-19), flat washer (F-20) and semicircle washer (F-21).



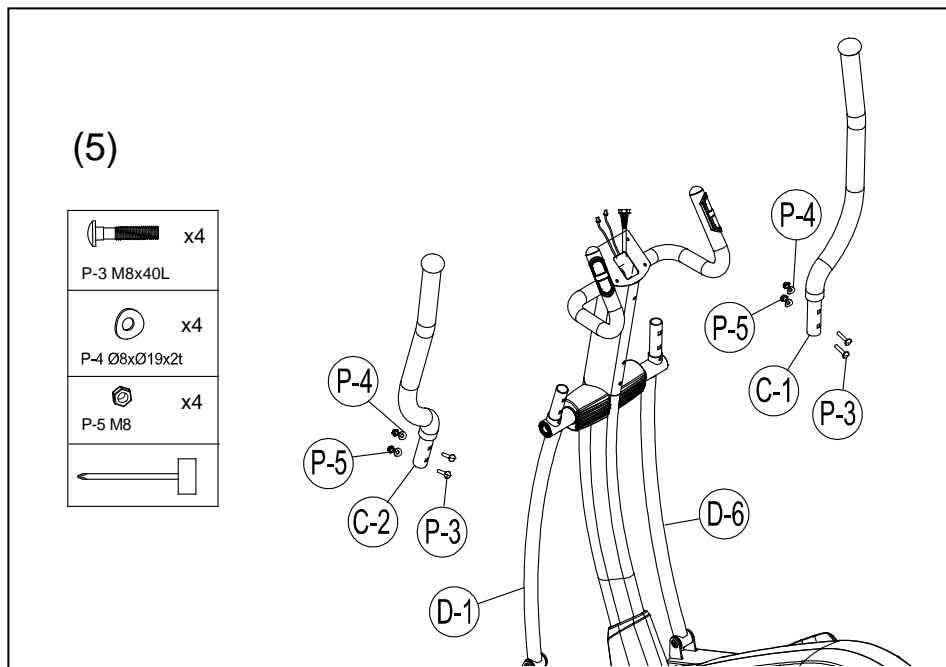
STEP 4

1. Pass the axle (Q-11) through the handlebar post.
2. Pass the cover (Q-12) and flat washer (P-10) through the axle (Q-11).
3. Attach the lower handlebar (D-1,D-6) to the handlebar post (B-1) with the axle (Q-11) and tighten by using the flat washer (P-9) and nylon screw (P-8).
4. Attach the left and right lower handlebar (D-1,D-6) to the left and right pedal arm (E-9,E-1) using two Allen bolts (P-6), four flat washers (P-7) and two nylon nuts (P-5).

Please note: Use two box spanner tools to fix the Allen bolt (P-6) on both sides at the same time.

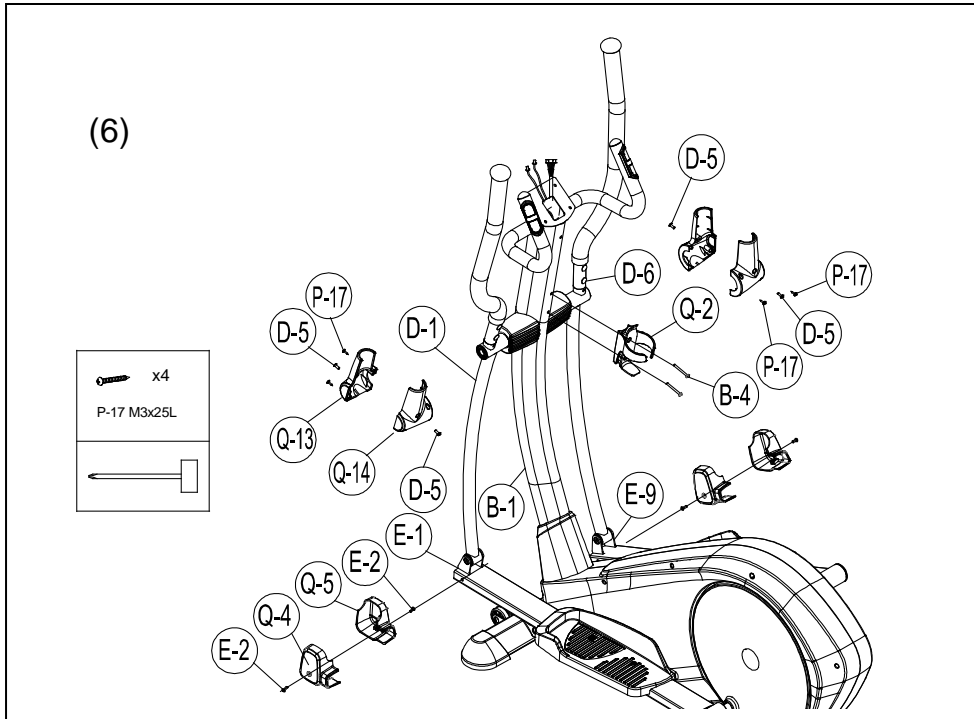


- STEP 5** Slide the upper handlebar (C-1,C-2) (R/L) into the lower handlebar (D-1,D-6) and then tighten it with the four carriage screws (P-3), semicircle washers (P-4) and nylon nuts (P-5).



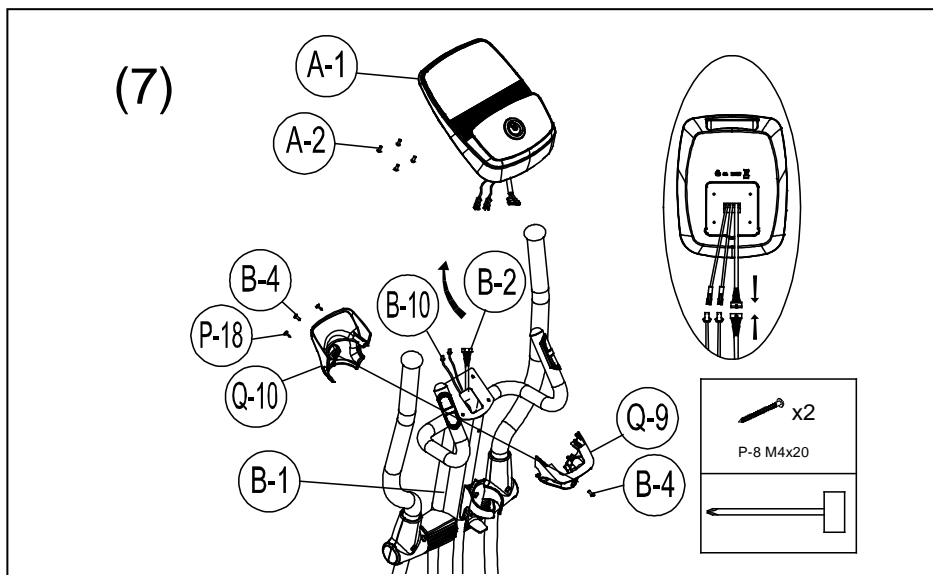
STEP 6

1. Please remove the four sets of screws (E-2) from the pedal arm (E-1,E-9).
2. Assemble the front cover L/R (Q-4, Q-5) to the pedal arm (E-1,E-9) by adding screws (E-2) on each side.
3. Please remove the four sets of screws (D-5) from the lower handlebar (D-1,D-6).
4. Assemble the front/rear cover L/R (Q-13,Q-14) to the lower handlebar (D-1,D-6) by adding four sets of screws (D-5) and screws (P-17).
5. Remove the pre-installed Screws (B-4) on the handlebar post first, and then assemble the Bottle holder (Q-2) using Screw (B-4).



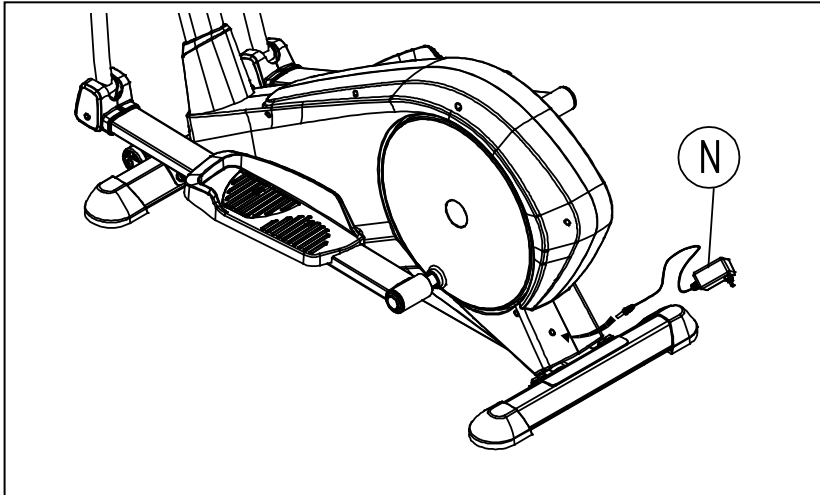
STEP 7

1. Remove the pre-installed screws (A-1) on the console (A) first.
2. Connect the upper console cables (B-2) and the two pulse wires (B-10) to the console (A), then attach the console (A) to the computer bracket with the enclosed screws (A-1).
3. Please remove the four sets of screws (B-4) from the handlebar post (B-1).
4. Attach the rear cover (Q-10) by adding two screws (B-4) and screws (P-18) to the handlebar post (B-1).
5. Attach the front cover (Q-9) by adding screws (B-4) to the handlebar post (B-1).



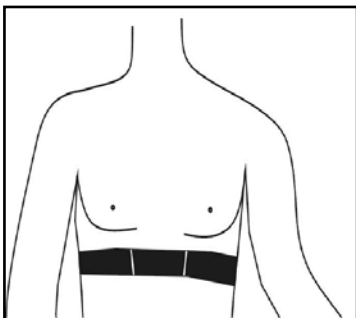
STEP 8

Connect the adaptor (N) to the DC hole (located at the back of the chain cover).



Instruction manual of the transmitter belt fitting

1. Tightly wrap the transmitter belt around the chest area. (The belt will only work with direct skin contact).
2. Adjust the belt to the position shown on the sketch.
3. The distance between the belt and the monitor should be 80cm \pm 10. Make sure the user is directly in front of the monitor at all times.



iCONSOLE+ TRAINING APP INSTRUCTION MANUAL

For a simple exercise it is not always necessary to select a training program or manually set the TIME, DISTANCE or other values. You can simply start pedaling.



DISPLAY FUNCTIONS

ITEM	DESCRIPTION
TIME	Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 minute. Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 minute between 00:00 to 99:00.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
RPM	Displays the Rotation Per Minute. Display range 0~15~999
DISTANCE	Accumulates total distance from 0.00 up to 99.99 KM or ML. The user may preset target distance data by using UP/DOWN button. Each preset increment or decrement is 0.1KM or ML between 0.00 to 99.90.
CALORIES	Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatment.)
PULSE	User may set up target pulse from 0 - 30 to 230; and computer buzzer will beep when actual heart rate is over the target value during workout.
WATTS	Display current workout watts. Display range 0~999.
MANUAL	Manual mode workout.
BEGINNER	4 PROGRAM selection.
ADVANCE	4 PROGRAM selection.
SPORTY	4 PROGRAM selection.
CARDIO	Target HR training mode.
WATT PROGRAM	WATT constant training mode.

KEY FUNCTION

ITEM	DESCRIPTION
Up (Encoder)	Increase resistance level Setting selection.
Down (Encoder)	Decrease resistance level Setting selection.
Mode / Enter	Confirm setting or selection.
Reset	Press and hold for 2 seconds, the computer will reboot and start from user setting. Go back to to the main menu during the preset workout value or stop mode.
Start/ Stop	Start or Stop workout.
Recovery	Test heart rate recovery status.
Total Reset	Power on again and resume all preset values.

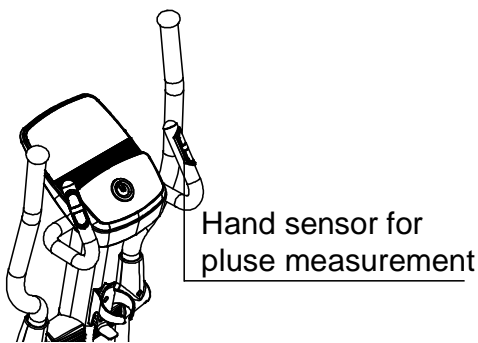
PS. According to different console design, not all consoles have total reset function key.

Training Data

The computer calculates and displays all values automatically according to the user training status (see table).

Take note:

* If only a "P" is shown instead of pulse value, it is impossible to measure the pulse. Grip the handle where all four hand pulse sensors are located or wear chest strap. Moisten your palms first with a little water if necessary.



* The display in the center field depends on the type of exercise that has been set.

The computer provides a number of ways to vary the exercise session and make it more motivating.

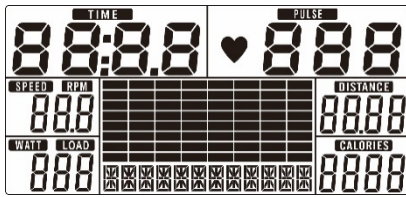
The following exercising modes are available:

- Manual Training (training without programs)
- Training with Programs (there are 12 programs built-in, P01~P12)
- Training with your own program (User program)
- Training with the Heart Rate program (H.R.C)
- Training with set output value (WATT)

OPERATION:

POWER ON

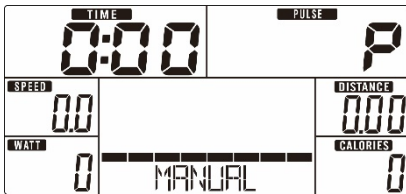
Plug in the power supply, the computer will power on and display all segments on LCD for 2 seconds (Drawing 1).



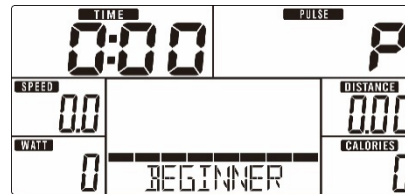
Drawing 1

WORKOUT SELECTION

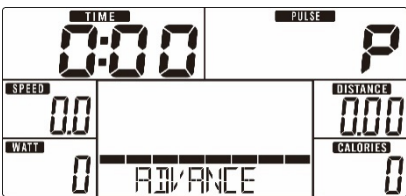
Use UP or DOWN (Encoder) to select workout Manual (Drawing 2) → Beginner (Drawing 3) → Advance (Drawing 4) → Sporty (Drawing 5) → Cardio (Drawing 6) → Watt (Drawing 7).



Drawing 2



Drawing 3



Drawing 4



Drawing 5



Drawing 6



Drawing 7

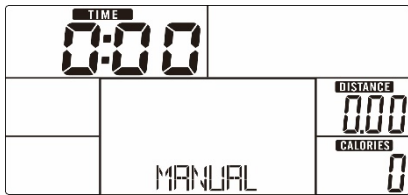
Manual Mode

Press START in the main menu to start the workout in manual mode.

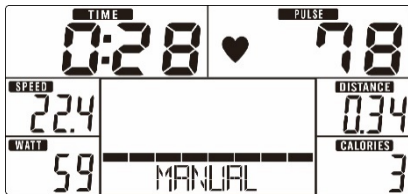
1. Use UP or DOWN (Encoder) to select the workout program, choose Manual and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to set TIME (Drawing 8), DISTANCE (Drawing 9), CALORIES (Drawing 10), PULSE (Drawing 11) and press MODE / ENTER to confirm.
3. Press START/STOP to start the workout. Use UP or DOWN (Encoder) to adjust the load level. If you don't adjust the load level display in WATT window for 3s, it will switch to display WATT (Drawing 12).
4. Press START/STOP to pause the workout. Press RESET to go back to the main menu.



Drawing 8

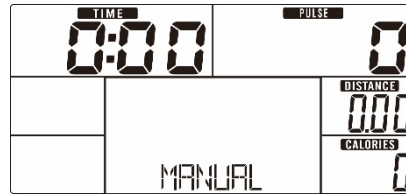


Drawing 10



Drawing 12

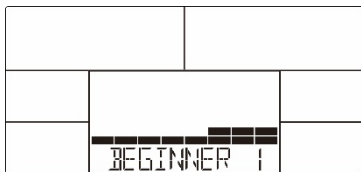
Drawing 9



Drawing 11

Beginner Mode

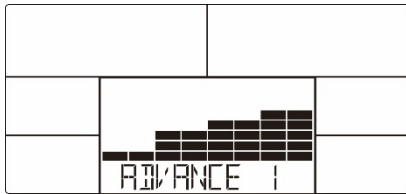
1. Use UP or DOWN (Encoder) to select the workout program, choose Beginner mode and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to select Beginner program 1~4 (Drawing 13) and press MODE / ENTER to get in.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start the workout. Use UP or DOWN (Encoder) to adjust the load level.
5. Press START/STOP key to pause the workout. Use RESET to go back to the main menu.



Drawing 13

Advance Mode

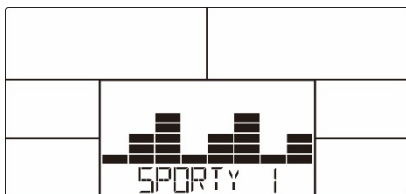
1. Use UP or DOWN (Encoder) to select the workout program, choose Advance mode and press MODE / ENTER to get in.
2. Use UP or DOWN (Encoder) to select Advance program 1~4 (Drawing 14) and press MODE / ENTER to get in.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start the workout. Use UP or DOWN (Encoder) to adjust the load level.
5. Press START/STOP key to pause the workout. Use RESET to go back to the main menu.



Drawing 14

Sporty Mode

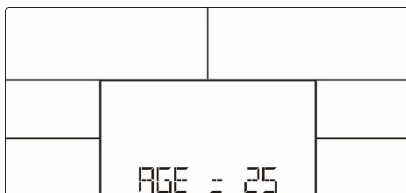
1. Use UP or DOWN (Encoder) to select the workout program, choose Sporty mode and press MODE / ENTER to get in.
2. Use UP or DOWN (Encoder) to select Sporty program 1~4 (Drawing 15) and press MODE / ENTER to get in.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start the workout. Use UP or DOWN (Encoder) to adjust the load level.
5. Press START/STOP key to pause the workout. Use RESET to go back to the main menu.



Drawing 15

Cardio Mode

1. Use UP or DOWN (Encoder) to select workout program, choose H.R.C. and press MODE / ENTER to get in.
2. Use UP or DOWN (Encoder) to set Age (Drawing 16).
3. Use UP or DOWN (Encoder) to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).
4. Use UP or DOWN (Encoder) to set the workout TIME.
5. Press START/STOP key to start or stop the workout. Use RESET to go back to the main menu.



Drawing 16



Drawing 17

Watt Mode

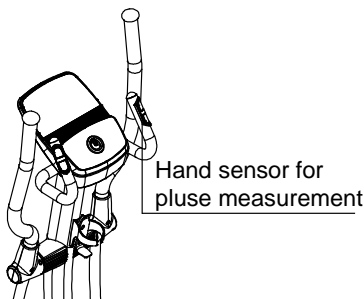
1. Use UP or DOWN (Encoder) to select the workout program, choose WATT and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to set the WATT target. (default: 120, Drawing 18)
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start the workout. Use UP or DOWN (Encoder) to adjust the Watt level.
5. Press START/STOP key to pause the workout. Use RESET to go back to the main menu.



Drawing 18

Measuring your pulse with the hand sensors

The hand sensor are not medical products but rather exercising tools designed for the approximate measurement and displaying of the pulse rate when exercising with the exercise bike.



You can measure your pulse with the two-hand sensor on the handle.

>> Place both hands on the hand sensor on the handle as you exercise and wait briefly for the pulse value to be displayed.

RECOVERY

After exercising for a period, keep holding the hand grips or wearing the chest strap and press the RECOVERY key. The display will stop all functions and only start counting the "TIME" down from 00:60 to 00:00 (Drawing 19). The screen will display your heart rate recovery status with the F1, F2.... to F6. F1 is the best, F6 is the worst (Drawing 20). The user may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return to the main display.)



Drawing 19



Drawing 20

Noted:

1. After 4 minutes without pedaling or pulse input, the console will enter into power saving mode. Press any key to wake the console up.
2. When the computer acts abnormally, please unplug the adaptor and plug in again.

APP

iConsole+ Training

(Please note this APP is not a Casall developed product but it is integrated as an extra feature to use for you as user of this Casall Cardio product)



Consumers can download the iConsole + APP by scanning the QR code, as shown below.



1. This console can connect to this APP on the smart device by Bluetooth.
2. Once the console is connected to the smart device via Bluetooth, the console will not display anything.

NOTE:

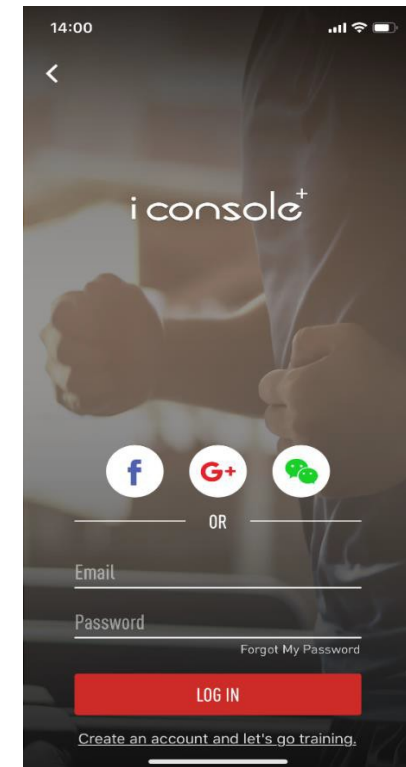
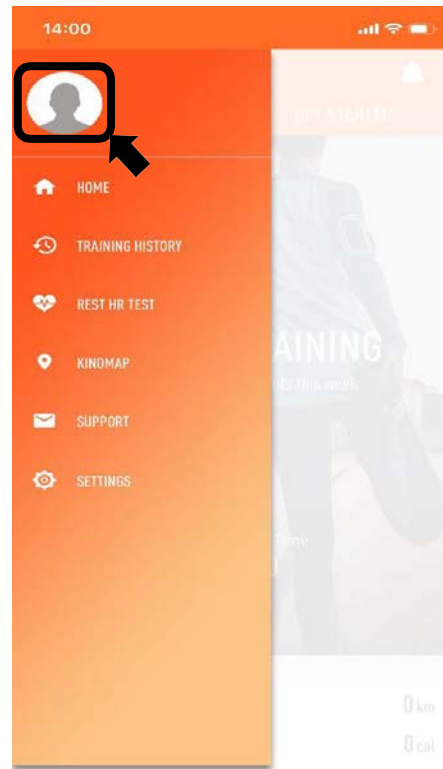
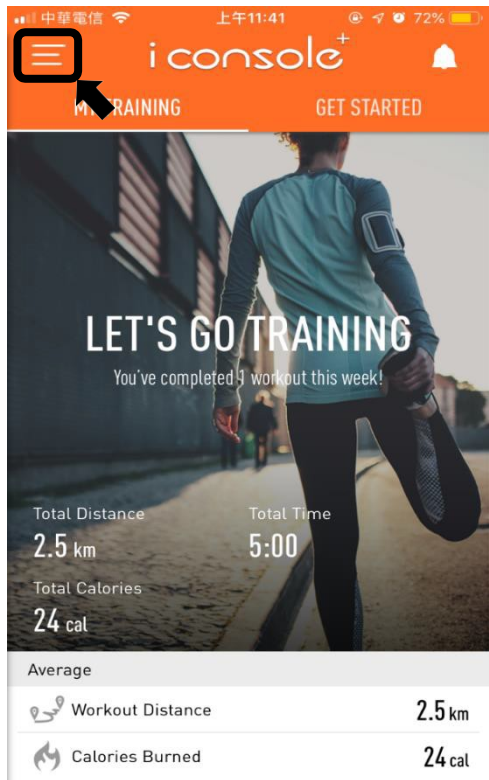
To conduct the iConsole+ APP latest version on your installed device. Go through the Apple store or Goolge play for checking the software update. Contents and features subject to change without prior notice. And please note this Instruction manual of iC+Training APP cannot be updated to the lastest version in printing. To make sure check latest instructions visit here:

<https://iconsole.plus/iconsoleplus/en/>

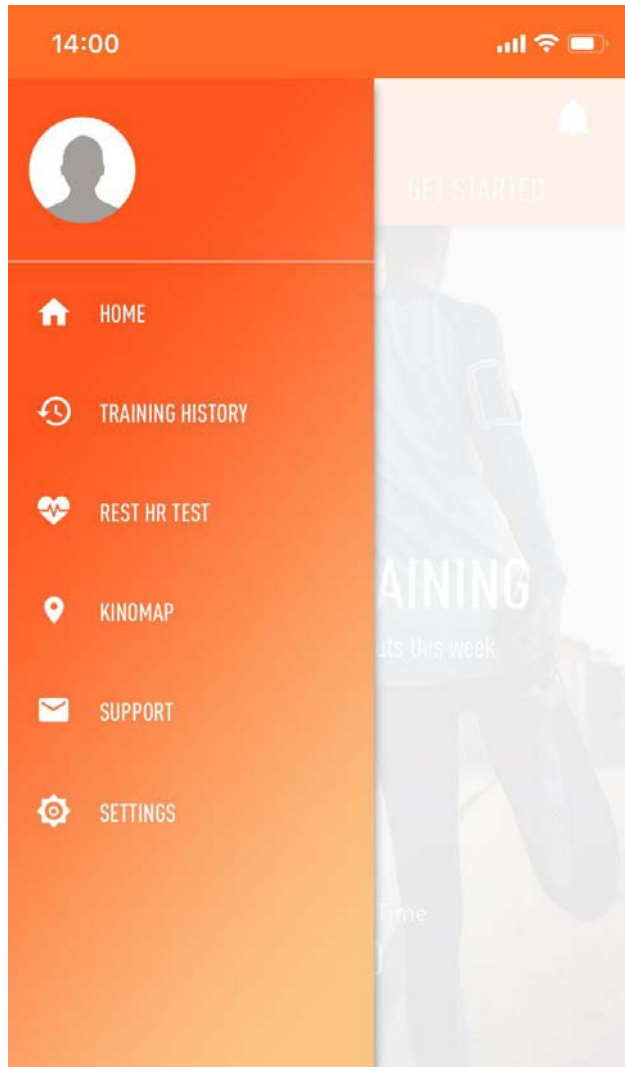
Attention! All preset data will be lost when you unplug the power (adaptor) from the "machine".

- Login Accounts:

Click the three lines icon in the upper left side of iConsole app homepage, then click the profile photo to login, you can choose Facebook, Gmail, Wechat accounts or registered the new accounts to log in this app.



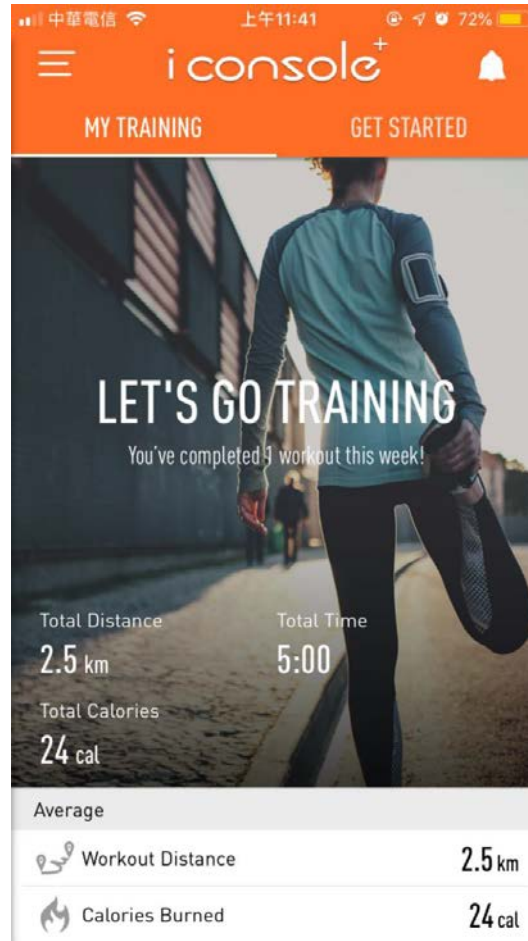
- User interface functions:



1. HOME: Enter in training page.
2. TRAINING HISTORY: Check your training history.
3. REST HR TEST: Please connect wearable heart rate device to monitor HRrest. (need to connect Strava app)
4. KINOMAP: Use KINOMAP to proceed with exercise of virtual reality.
5. SUPPORT: Please feel free to contact us if you have any further question.
6. SETTING: Unit setting, HR pairing, update to latest version or device.

- MY TRAINING homepage information:

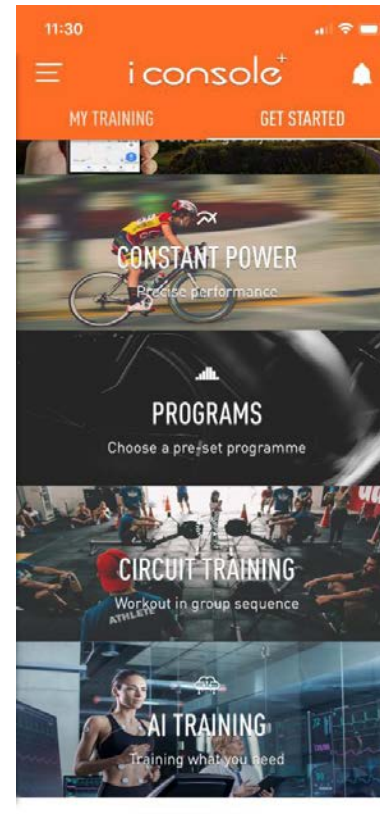
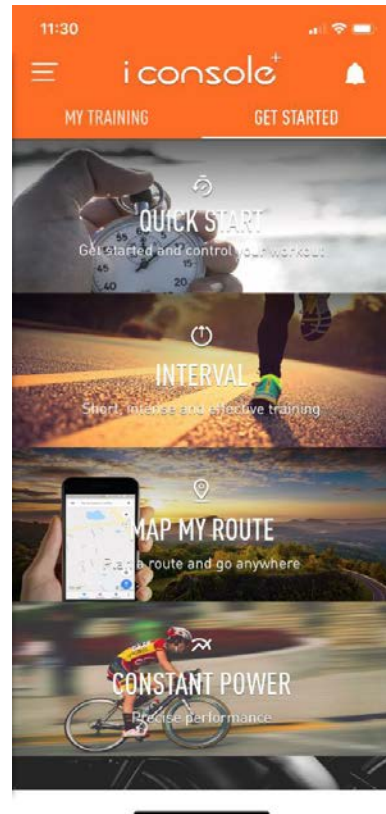
Including total distance, time, calories expenditure, and the data average for distance and calories of your last time training information on homepage.



- **GET STARTED:**

Key simple functions:

1. Quick Start, Interval, Map, Constant power, Preset Programs.
2. Circuit Training:
 - Select a lesson and choose one of our cardio coaches to work out in group sequence.
3. AI Training: Use wearable device, you can work out with systematic and personalize training.



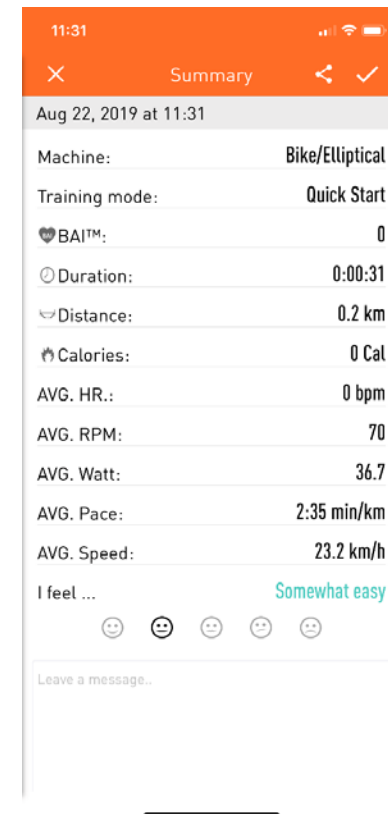
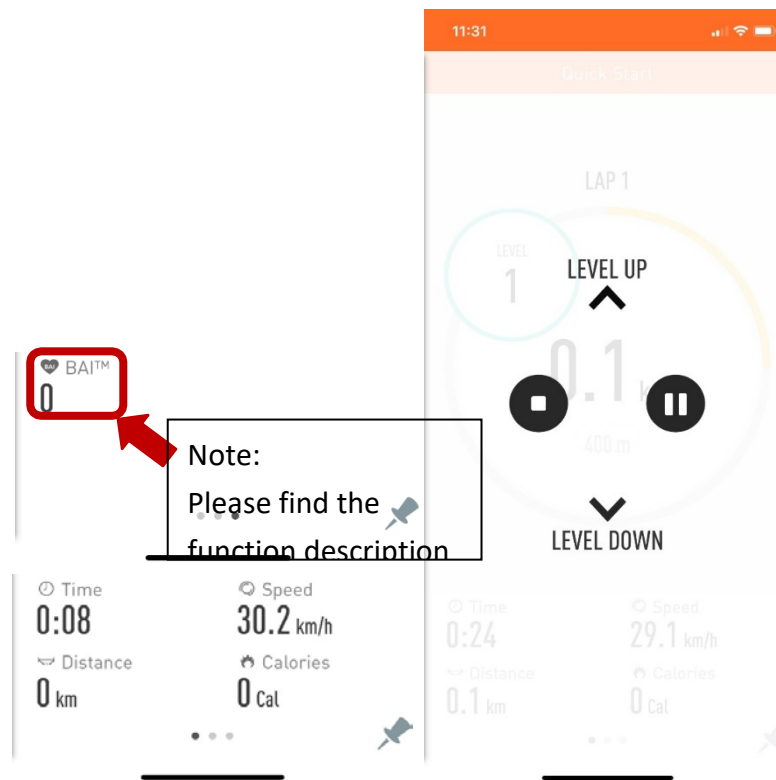
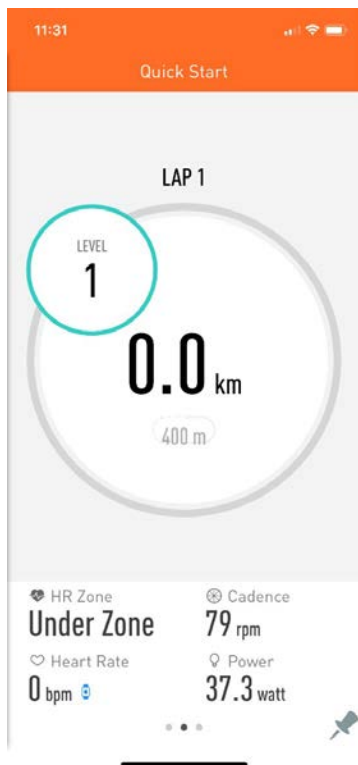
- PAIR DEVICE:

1. Choosing the correct machine model on the list, then connecting your training machine with your Bluetooth before training.
2. Choosing machine heart rate monitor device, Apple watch or BLE HRM device for your HR monitor source.
3. Finishing above action please click the start icon in the upper right side.



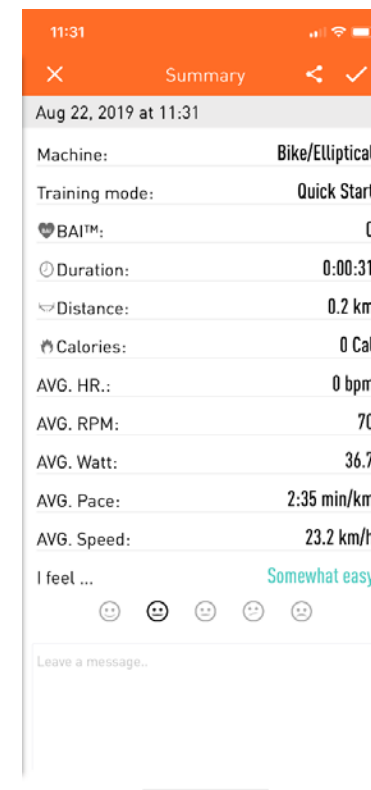
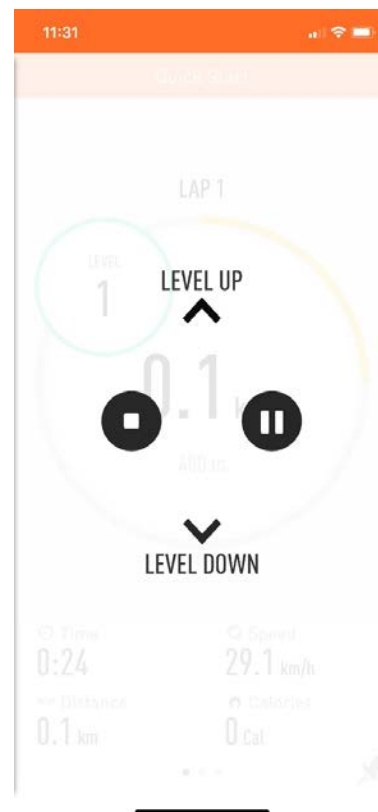
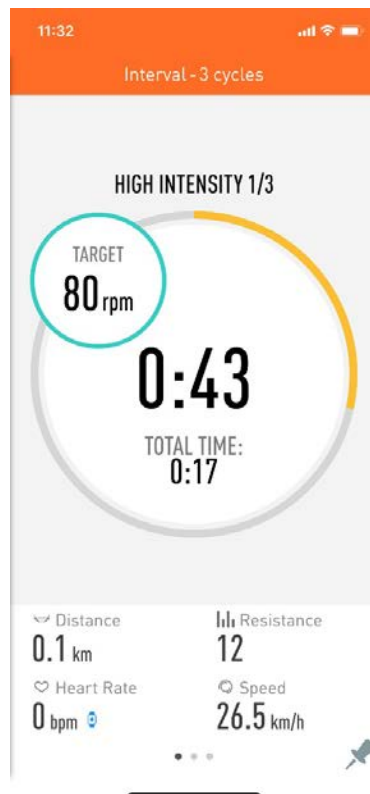
- Training function 1- QUICK START

1. Enter quick start, you will see the index of lap, distance, resistance level, duration, speed, calories, HR zone, Heart Rate, Cadence, training power, BAI*¹ etc.
2. Click the pin icon in the bottom right side then you can lock this page.
3. Touch any place on the page you can easily adjust the resistance level up and down, pause and stop your workout.
4. After finishing your workout, it will reveal your current summary of workout data.



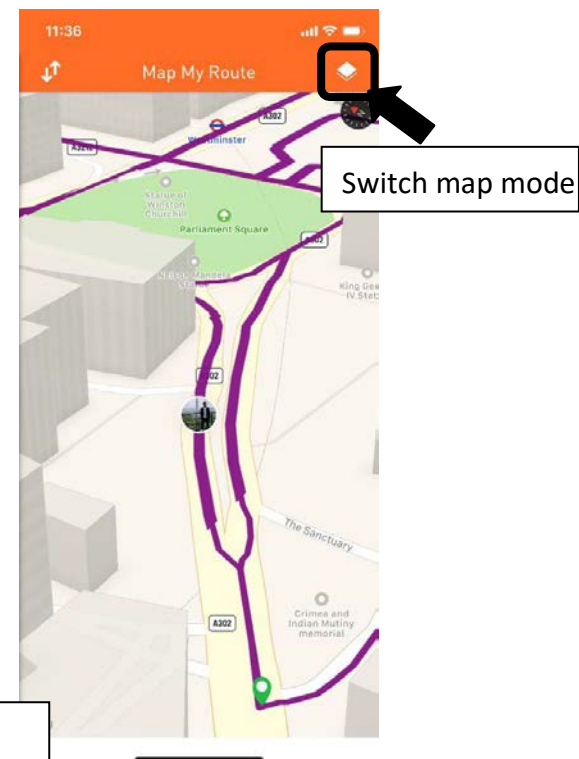
- Training function 2 – INTERVAL

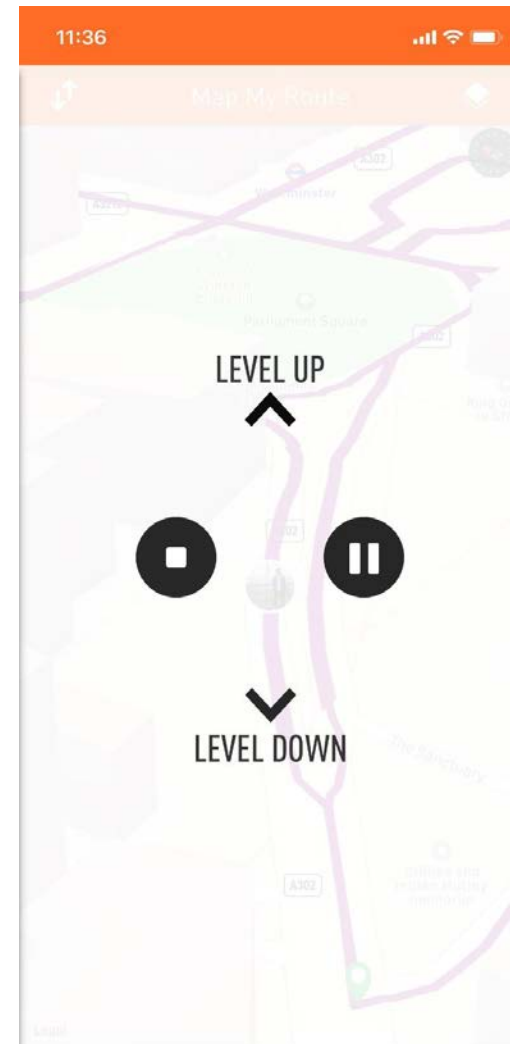
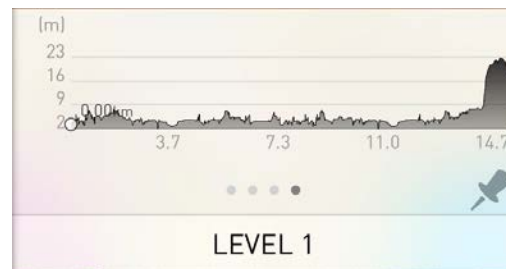
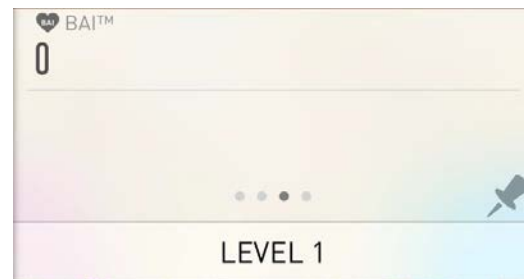
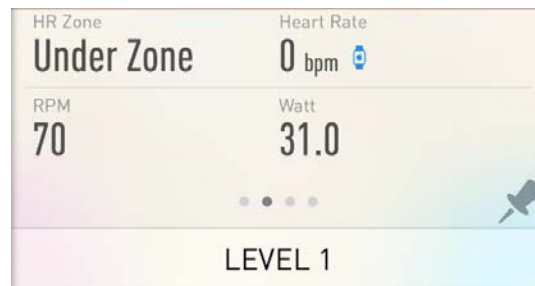
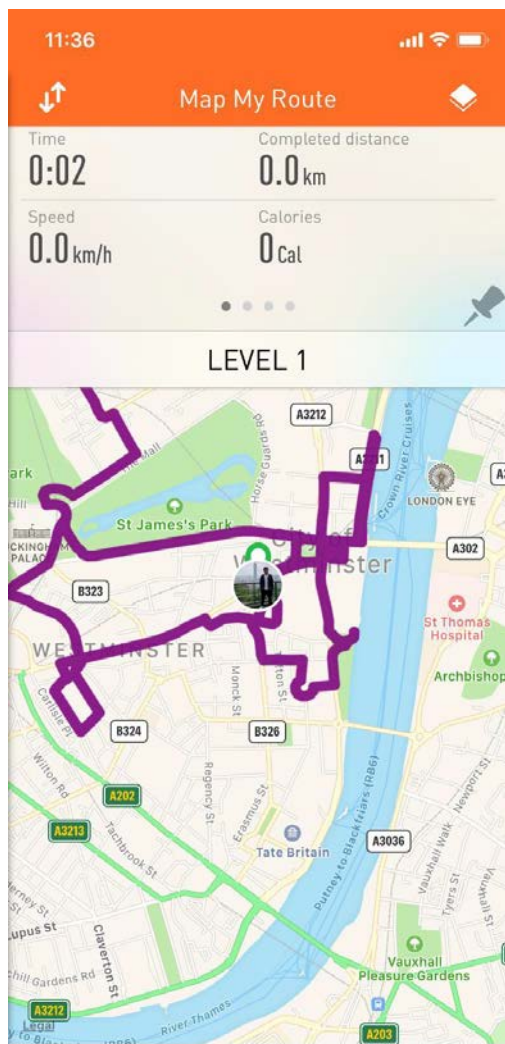
1. Enter interval, the page will reveal lap, distance, resistance level, duration, speed, calories, HR zone, Heart Rate, Cadence, training power, BAI etc.
2. Click the pin icon in the bottom right side then you can lock this page.
3. Touch any place on the page you can easily adjust the resistance level up and down, pause and stop your workout.
4. After finishing your workout, it will reveal your current summary of workout data.



- Training function 3 – Map Route

1. Enter map mode, you can search the route by yourself, or click in the upper right side for preset route.
2. Make sure your route then slide to the left GO icon to start the workout.
3. Click the icon in the upper right side you can easily switch the 2D,3D or street view.
4. After starting your workout, it will reveal the index of route map, time, speed, completed distance, calories, HR zone, RPM, Heart Rate, Watt, BAI, route slope etc.
5. Touch any place on the page you can easily adjust the resistance level up and down, pause and stop your workout.
6. After finishing your workout, it will reveal your current summary of workout data.





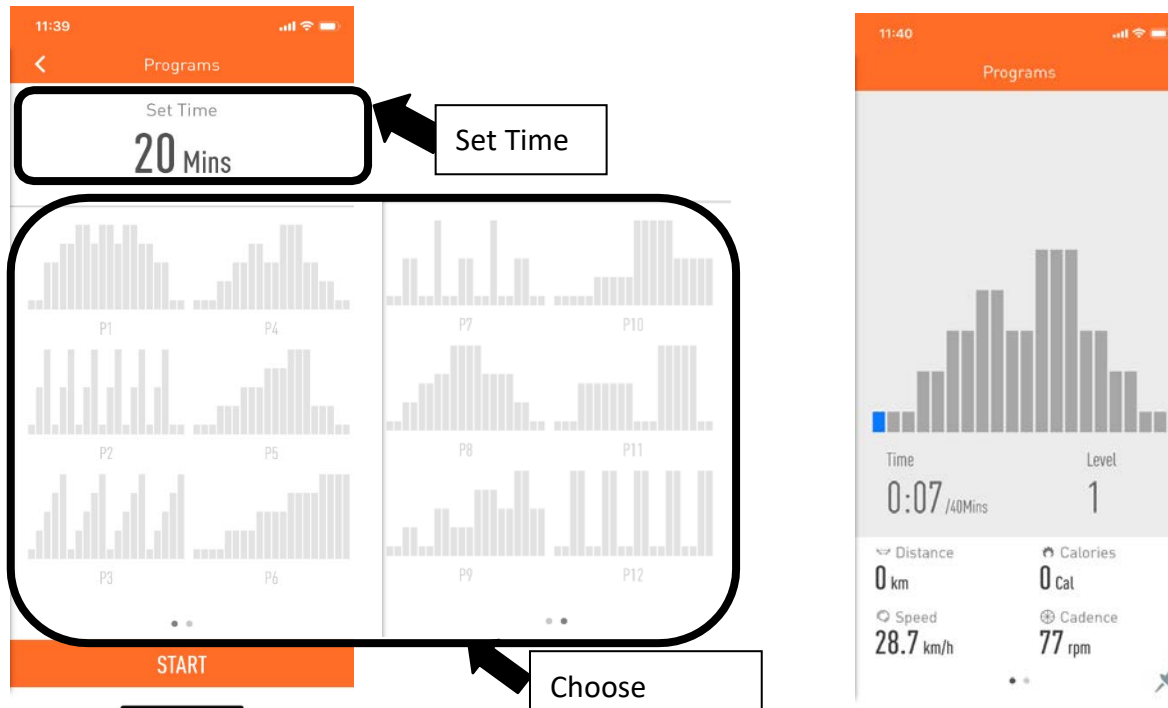
- Training Function 4 – Constant power

1. Click Constant Power mode, User can set time(5-90mins), target power, and target cadence. When user finishes the setting, clicking START to exercise.
2. When user starts workout, the page will reveal workout curve, cadence, power, heart rate, heart rate zone, time, calories, distance, resistance level, speed and BAI.
3. User can click Cadence or Power which are on the top of page to switch the monitor chart and try to keep cadence/power in green/blue zone.
4. User can click target which is below the index of cadence and power chart to adjust the target if necessary.
5. Touch any place on the page you can easily adjust the resistance level up and down, pause and stop your workout.
6. After finishing your workout, it will reveal your current summary of workout data.



- Training Function 5 – Programs

1. Programs Mode, there are 12 preset programs in total. User can choose one of the preset programs and set workout time(20-60mins), then clicks START to workout.
2. When user starts workout, the page will reveal workout curve, cadence, power, heart rate, heart ratezone, time, calories, distance, resistance level, speed and BAI.
3. Click the pin icon in the bottom right side then you can lock this page.
4. Touch any place on the page you can easily adjust the resistance level up and down, pause and stop your workout.
5. After finishing your workout, it will reveal your current summary of workout data.



AI TRAINING

What is AI TRAINING?

“Due to different workout requirement, it will show different workout target.”

With increasing the experience on sport activities through all those years, the supplier of this APP developed an impressive track workout record to user by our efficiency Algorithm. Thereby we produce one of the suitable schedules for our user, only take some simple settings, then AI will plan your current schedule to achieve the most effective training.

What else?

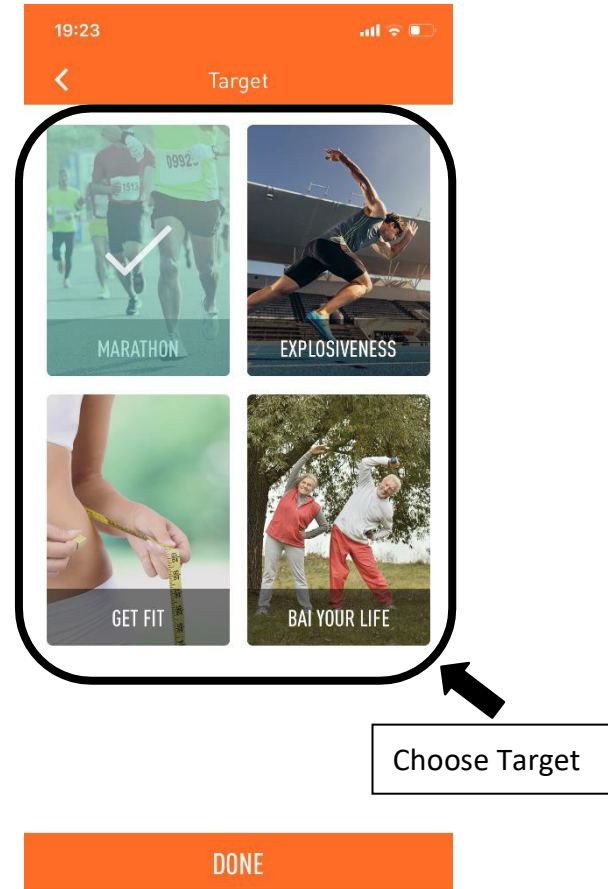
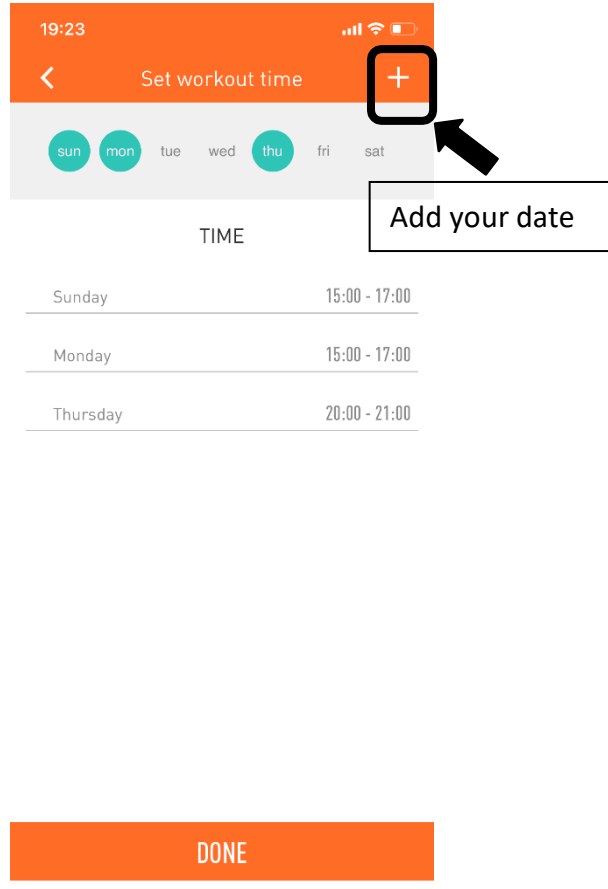
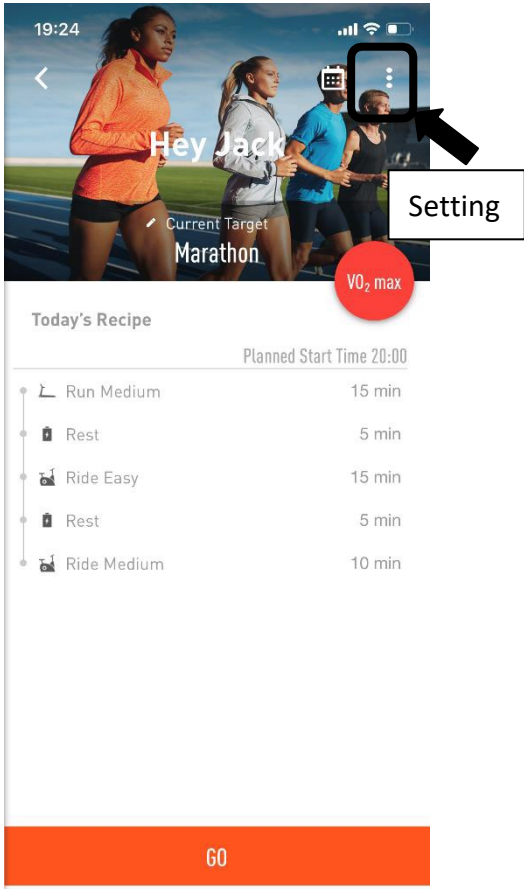
Except for automatically training schedule, AI TRAINING give users various selection on Cardio equipment without limited, to achieve user training target.

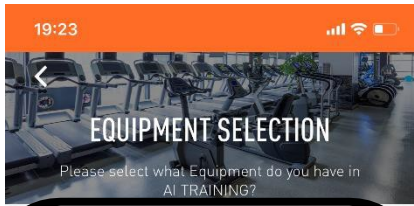
The most important is:

AI not only give user training instruction, but also doing personal analysis. Through our Back end administration, it will operate our index after finishing your training, providing a complement workout health analysis. (please find the details of back end administration system as below following.)

How to get start?

1. Enter AI TRAINING function, click the setting button in the upper right side to set up training time, target and device.
2. Set up training time, click the button in the upper right side, and click finish when you are done.
3. Set up target, choose forth option of marathon, explosiveness, GET FIT and BAI YOUR LIFE.
4. Set up equipment, choose what equipment you want to train (Multiple selections accepted), click finish after setting.
5. After finishing your setting, AI system will base on your personal characteristic and your training equipment to calculate which training lessons is tailor-made to our user.

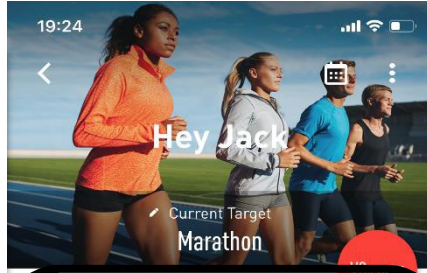




- Multiple selections accepted
- Treadmill ✓
 - ECB Bike ✓
 - ECB Elliptical
 - ECB Recumbent
 - Manual Bike ✓
 - Flywheel
 - Rower

Equipment selection

DONE



Today's Recipe

Planned Start Time 20:00

Run Medium	15 min
Rest	5 min
Ride Easy	15 min
Rest	5 min
Ride Medium	10 min

Exercise planning

GO

Start workout

BAI

What is BAI?

Body activity intelligent is a kind of index that objectively and standardly evaluate your status. It may be adapted by every ages, gender, and regions. It will give you a reference score index to let you know every workout status. The more important thing is that BAI is based on many studies and has been approved by ACSM (the American College of Sports Medicine).

How to calculate?

“Training volume = Training Intensity x Training time.” BAI uses heart rate, precisely speaking heart rate zone, to measure your training intensity. In other words, the higher heart rate, the higher training intensity. Every user needs different training target, so BAI calculates effective training intensity based on not only your heart rate, but also your age, and gender.

What is the standard for point?

According to supplier APP system, accumulating 100 BAI points every week can enhance your cardio capability to reduce the death rate due to cardiac disease. If you train harder (higher heart rate zone), you get BAI points faster. If you train less hard (lower heart rate zone), you get BAI points slow. If your heart rate zone is under 55%, which means you are too relaxed to get any BAI point.