

## USB PRESET OPERATION MANUAL 1.0

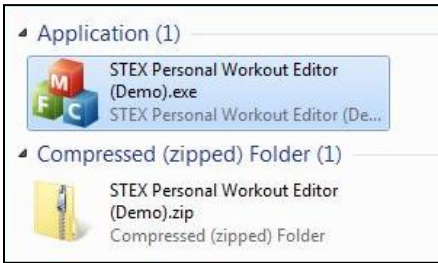


**S25** SERIES  
commercial use

1. STEX PERSONAL WORKOUT EDITOR (DEMO) PROGRAM(S25T)
2. STEX PERSONAL WORKOUT EDITOR (DEMO) PROGRAM(S25URE)
3. USING USB PRESET FUNTION FOR S25SERIES

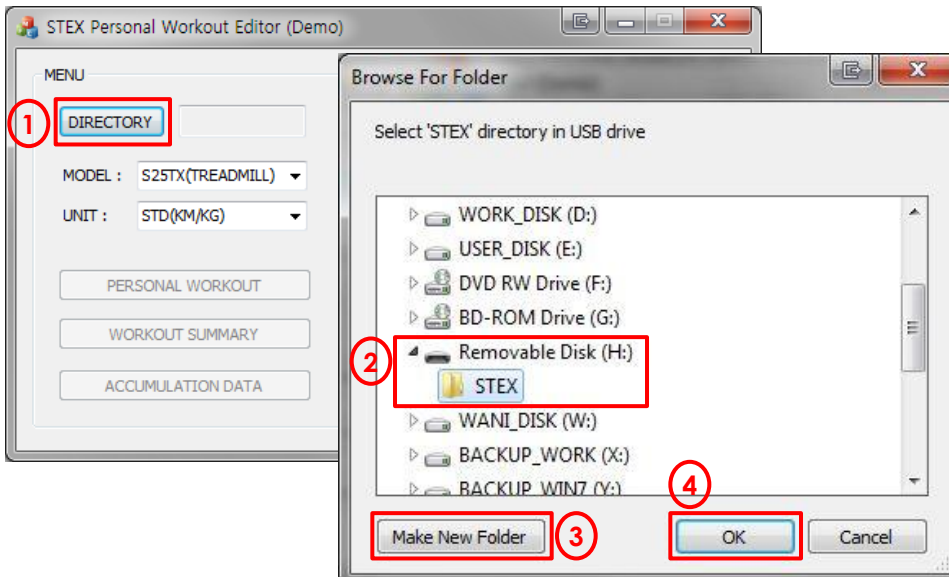
## Running the program

### Running the STEX Personal Workout Editor (Demo)



- ① Release Unzip the ZIP file.
- ② Run Execute the file, “STEX Personal Workout Editor (Demo).exe” by clicking double.

## Setting the directory

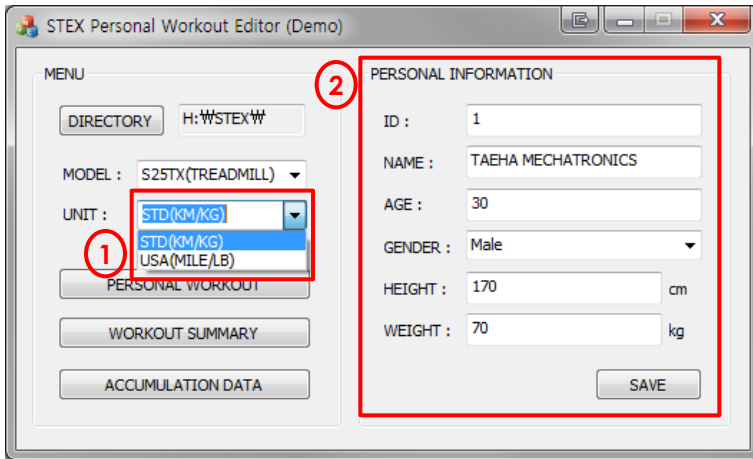


- ① Press the “DIRECTORY” for saving data
- ② Select the “STEX” folder in USB.
- ③ Otherwise press the “Make New Folder”, and then create the “STEX” folder.
- ④ Pressing the “OK” the setting is completed

\* “STEX” folder must be created on the main directory

## Inputting Writing the user information

Selecting the “UNIT” and Inputting the “PERSONAL INFORMATION”



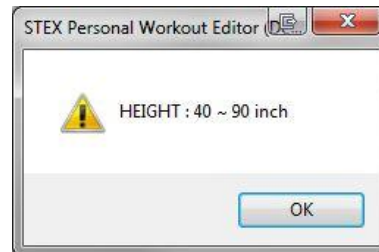
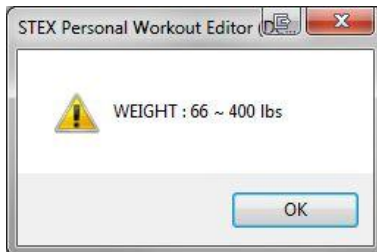
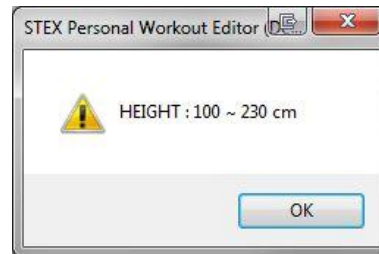
- ① Choose the “UNIT”, “STD(KM/KG)” or USA(MILE/LB).
- ② Input the user data and then press the “SAVE”.

\* ID consists of five-digit numbers

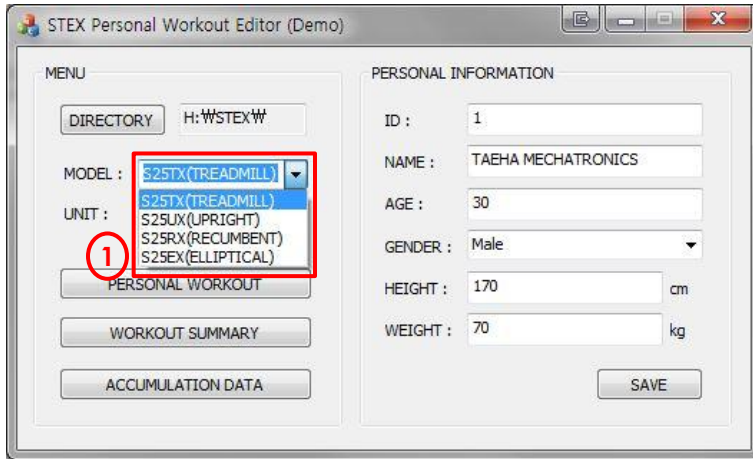
\* The name can be input up to 20 characters in English

\* Input the exact information such as age, gender, height and weight to be applied.

\* Notification will be appeared in case the user data is out of range deviated from the range.



## Selecting the model

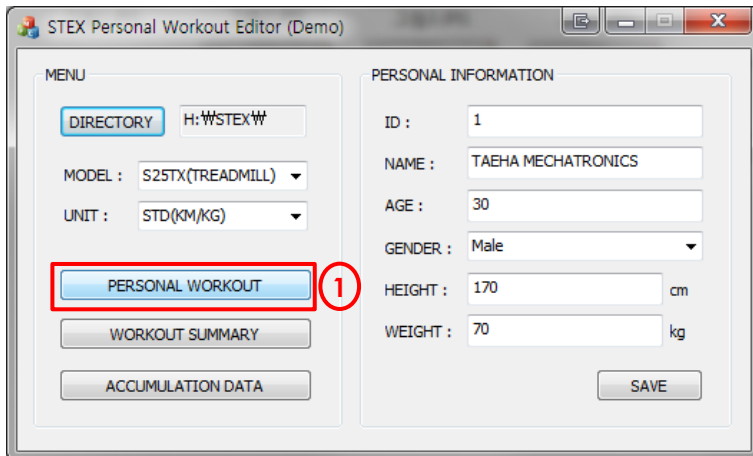


① Select the model (S25TX)

\* Exercise setting and result of each by model are managed separately.

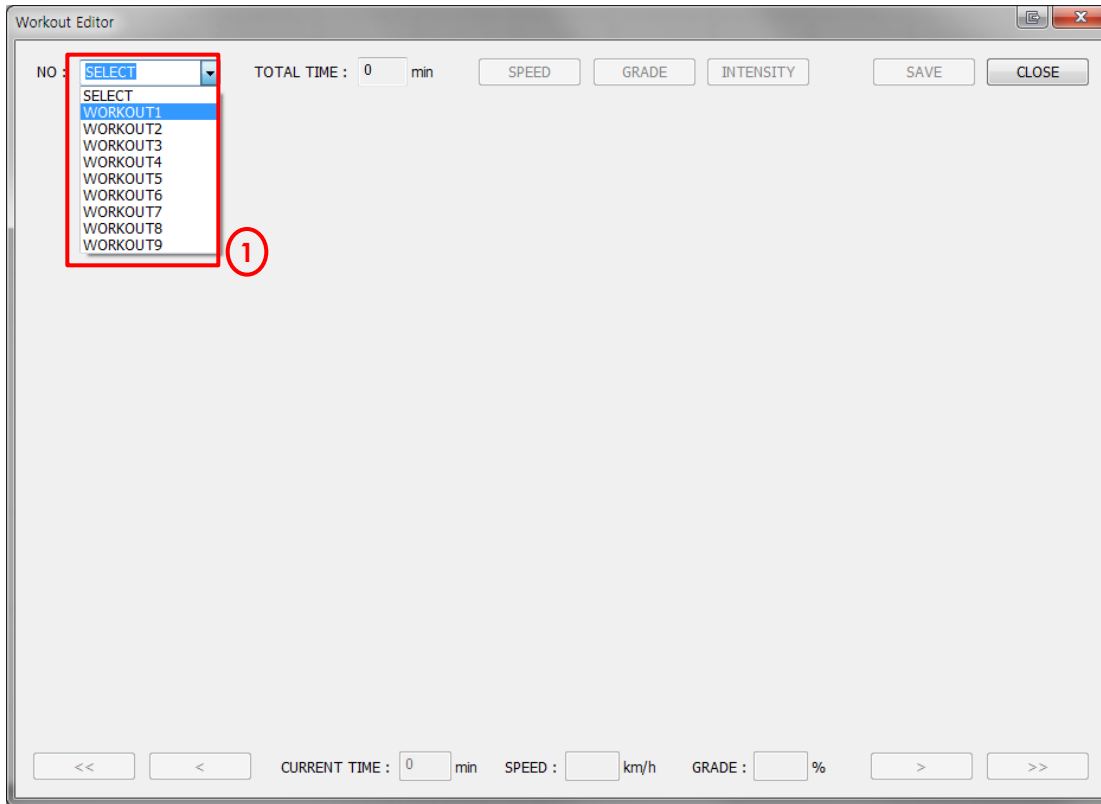
## Setting and saving exercise

### Entering personal workout window



① Press the “PERSONAL WORKOUT” to open the Workout Editor

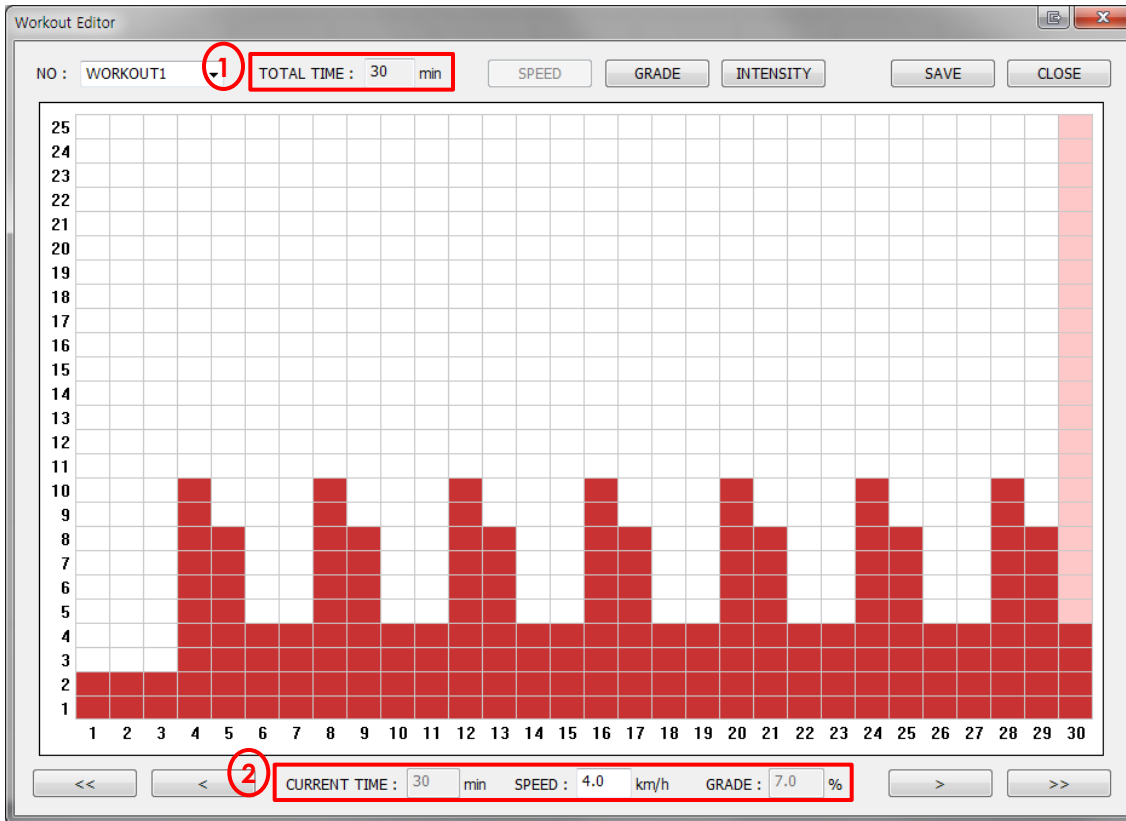
## Setting and saving exercise



- ① Select exercise workout no. to set
- \* 9 workouts can be set

## Setting and saving exercise

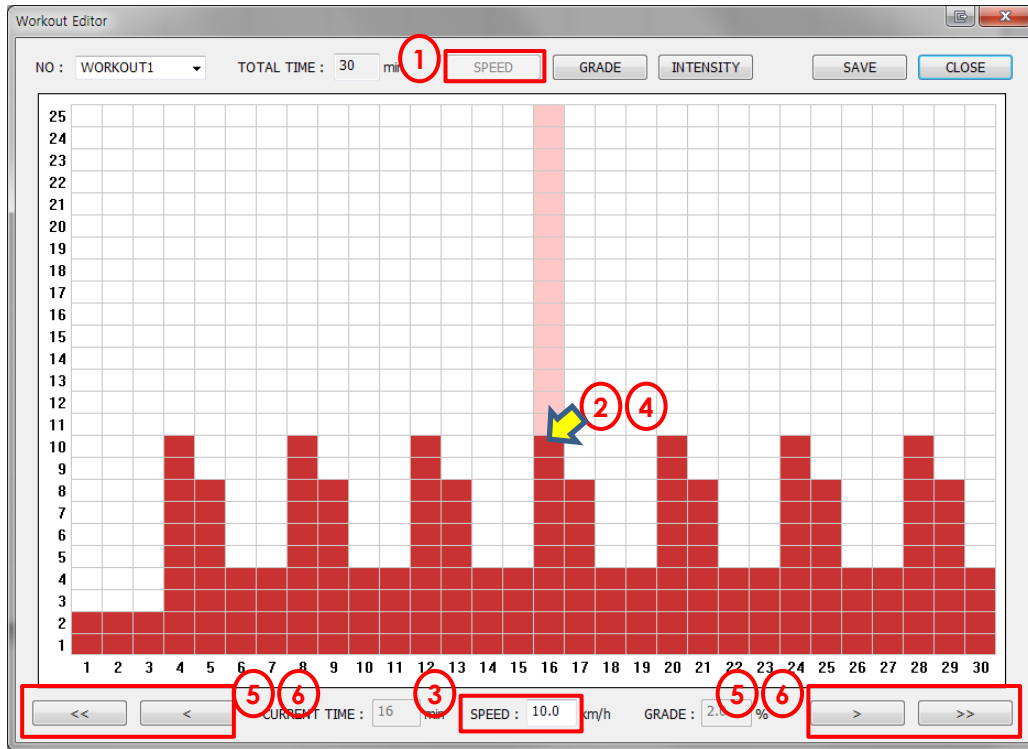
### Description



- ① “TOTAL TIME” window displays whole exercise time.
- ② “CURRENT TIME” window displays the selected time.
- “SPEED” window displays the selected speed.
- “GRADE” window displays the selected grade.
- \* Exercise time can be set up to 90minutes

## Setting and saving exercise

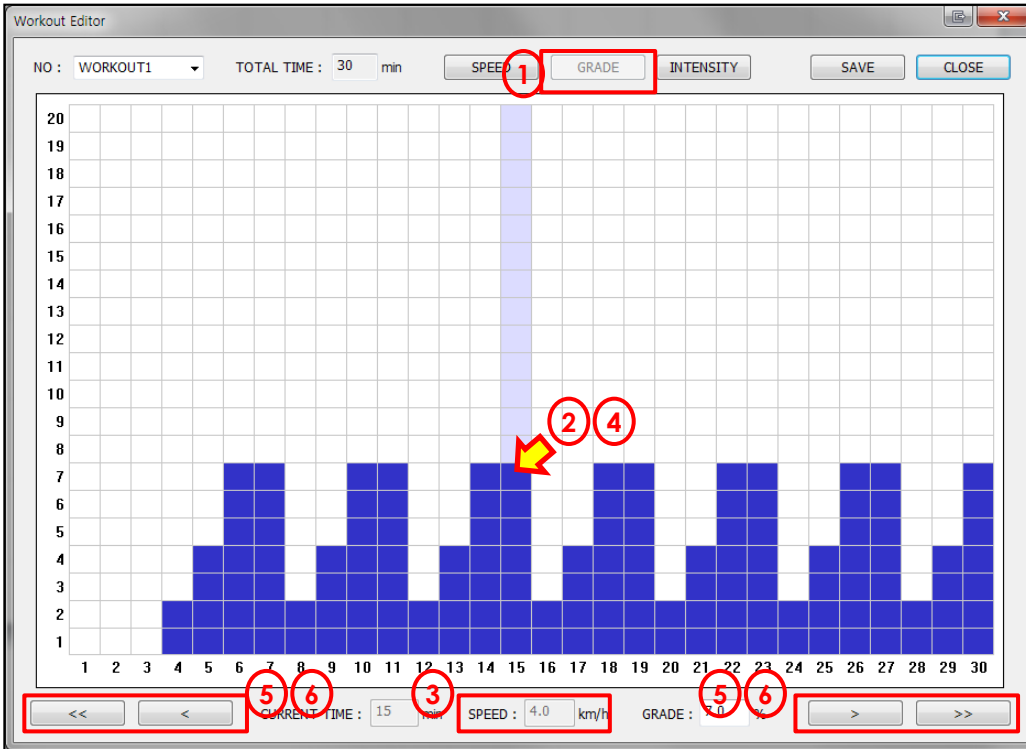
### Setting the speed



- ① The speed can be set in “SPEED” window.
- ② Set the speed with left button of mouse on the graph.
- ③ Input the speed per 0.1km/h in “SPEED” and then press the “Enter”. Pressing the “Tap” button of keyboard, next time can be selected.
- ④ The speed can be removed with right button of mouse on the graph.
- ⑤ Pressing “<”, “>”, the cursor will be moved to previous or next 1 minute.
- ⑥ Pressing “<<”, “>>”, the cursor will be moved to previous or next 30 minute.

## Setting and saving exercise

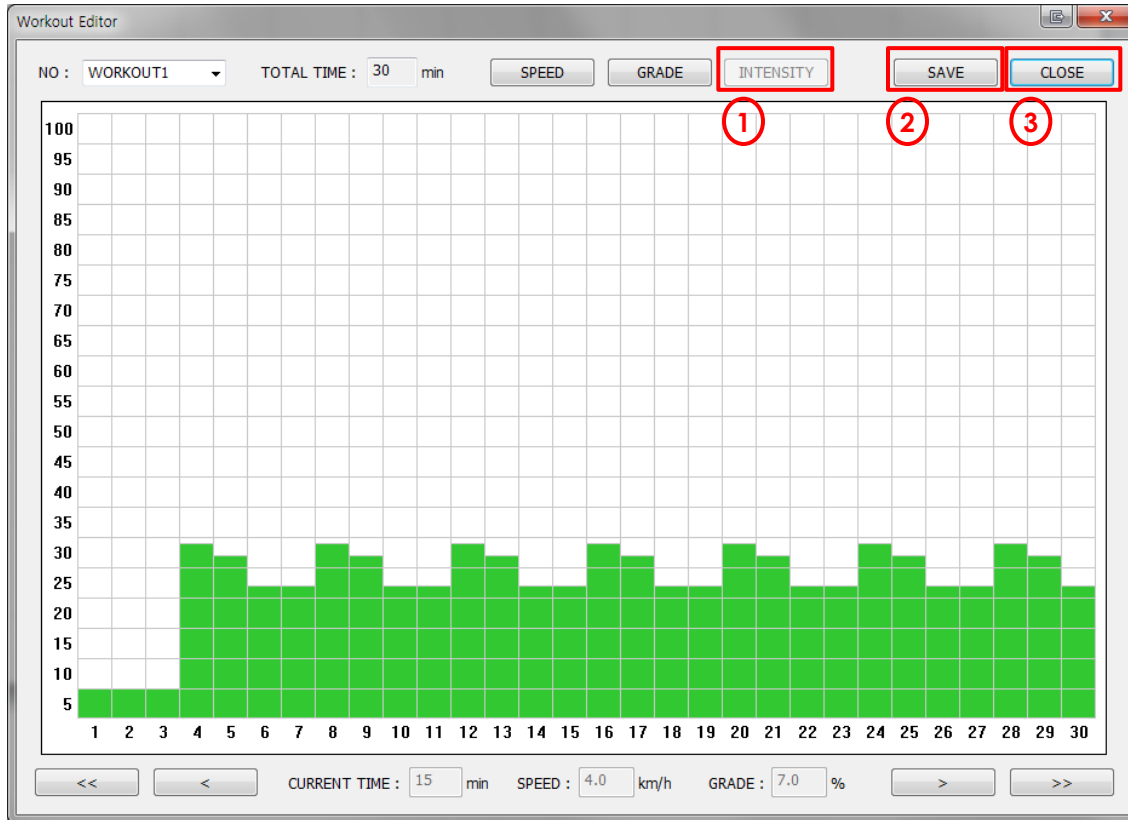
### Setting the grade



- ① The grade can be set in “GRADE” window.
- ② Set the grade with left button of mouse on the graph.
- ③ Input the grade per 0.5km/h in “GRADE” and then press the “Enter”. Pressing the “Tap” button of keyboard, next time can be selected.
- ④ The speed can be removed with right button of mouse on the graph.
- ⑤ Pressing “<”, “>”, the cursor will be moved to previous or next 1 minute.
- ⑥ Pressing “<<”, “>>”, the cursor will be moved to previous or next 30 minute.

## Setting and saving exercise

### Checking the exercise intensity



- ① The exercise intensity based on the speed and grade you input earlier can be checked in “INTENSITY” window.
- ② Pressing the “SAVE”, the setting of the speed and grade will be completed.
- ③ Press the “CLOSE” after finishing the setting.

\* This graph is the same as the screen shown when you exercise.

## Checking the exercise result

STEX Personal Workout Editor (Demo)

MENU

DIRECTORY: H:\WSTEX\W

MODEL: S2STX(TREADMILL)

UNIT: STD(KM/KG)

PERSONAL WORKOUT

**WORKOUT SUMMARY** ①

ACCUMULATION DATA

PERSONAL INFORMATION

ID: 1

NAME: TAEHA MECHATRONICS

AGE: 30

GENDER: Male

HEIGHT: 170 cm

WEIGHT: 70 kg

SAVE

① Press the “WORKOUT SUMMARY” to open Summary Viewer.

Summary Viewer

LAST WORKOUT SUMMARY

EXERCISE DURATION: 50 : 43 min:sec

DISTANCE COVERED: 5.350 km

CALORIE BURNED: 1300 kcal

AVERAGE SPEED: 1.5 km/h

AVERAGE GRADE: 0.0 %

AVERAGE HEARTRATE: 89 bpm

OTHER WORKOUT SUMMARY

29 / 30

EXERCISE DURATION: 32 : 00 min:sec

DISTANCE COVERED: 6.213 km

CALORIE BURNED: 1035 kcal

AVERAGE SPEED: 1.2 km/h

AVERAGE GRADE: 0.0 %

AVERAGE HEARTRATE: 75 bpm

CLOSE

BAR

CURVE

GRAPH

TIME

DISTANCE

CALORIE

AVG. SPEED

AVG. GRADE

AVG. H/R

① “LAST WORKOUT SUMMARY” displays the latest exercise result.

② The latest 30 data can be checked.

## Checking the exercise result

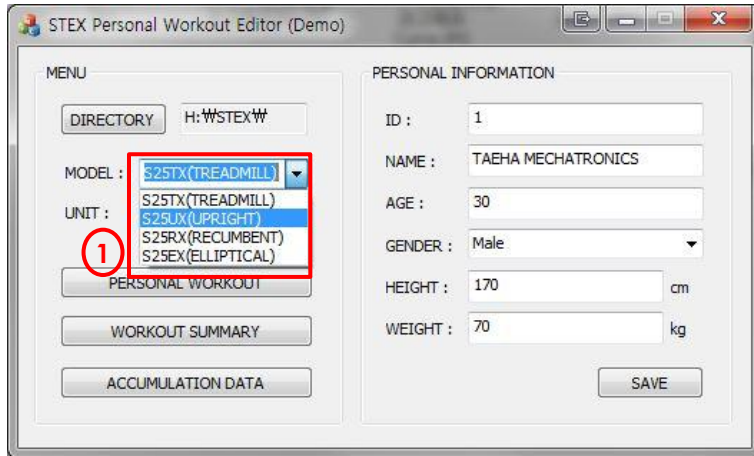
The screenshot displays the 'Summary Viewer' window with two workout summaries and two graph windows. Red circles and boxes highlight specific UI elements and actions:

- 1:** A red circle highlights the '29 / 30' page indicator in the 'OTHER WORKOUT SUMMARY' section, with a red box around the left and right navigation arrows.
- 2:** A red box highlights the 'GRAPH' menu on the left side of the first graph window, which includes buttons for TIME, DISTANCE, CALORIE, AVG. SPEED, AVG. GRADE, and AVG. H/R.
- 3:** A red circle highlights the 'BAR' and 'CURVE' buttons in the bottom right corner of the first graph window.

The first graph window shows a bar chart of '55:43 [min:sec]' over 30 intervals. The second graph window shows a line graph of '200 [bpm]' over 30 intervals.

- ① Pressing “<”, “>”, result of other exercise are displayed.
- ② Pressing the icons such as DISTANCE, CALORIE, AVG.SPEED, AVG. GRADE, AVG H/R in “GRAPH” window, results of other exercise are displayed as graph.
- ③ Pressing the “BAR” or “CURVE”, exercise result displays as bar or line graph.

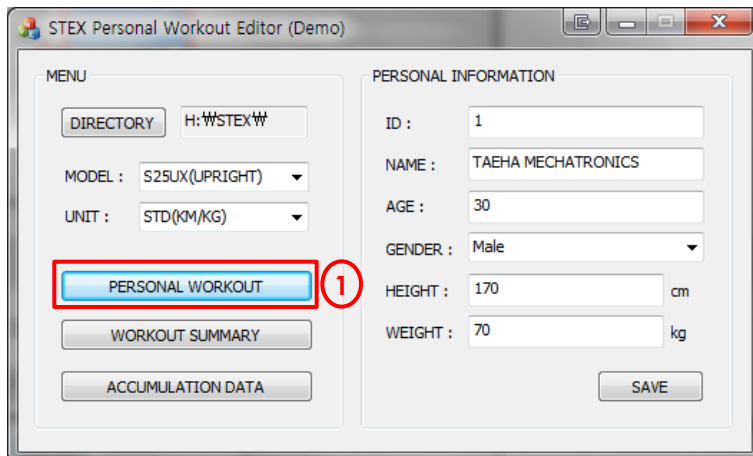
## Selecting the model



- ① Select the “MODEL” (S25UX/S25RX/S25EX)

\* Exercise setting and result of each by model are managed separately.

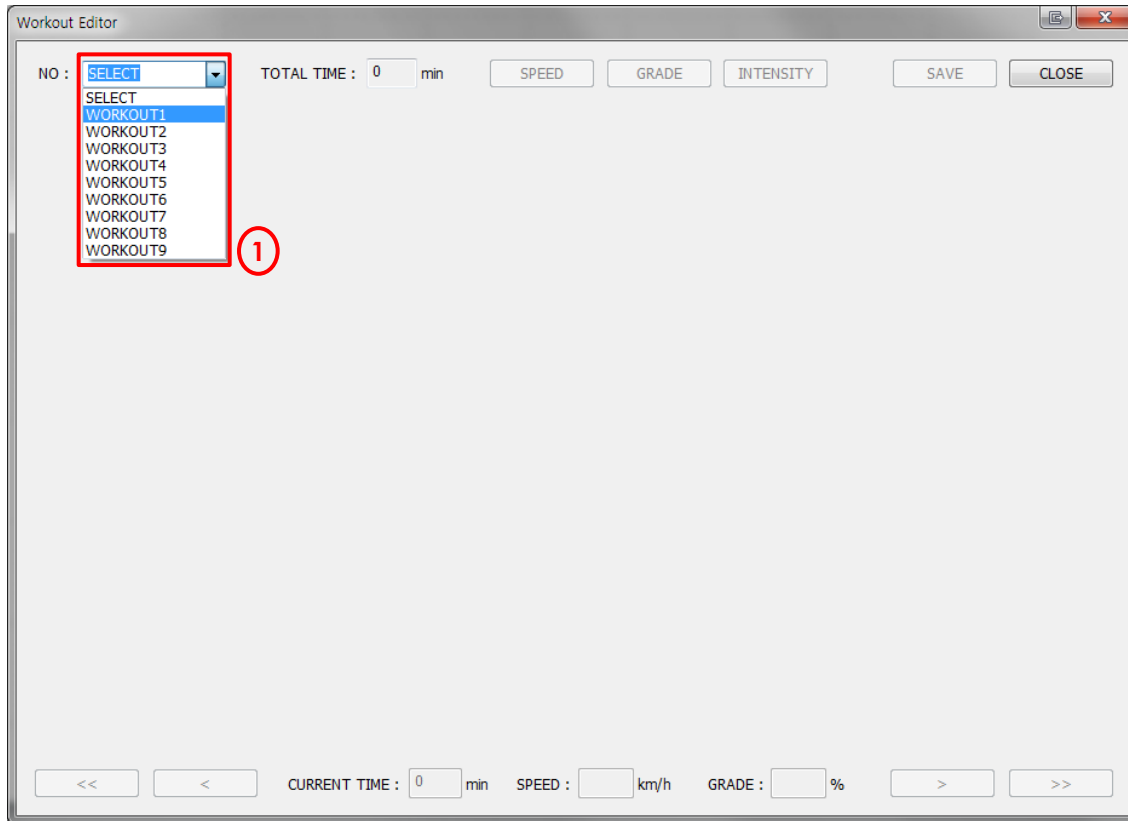
## Setting and saving exercise



- ① Press the “PERSONAL WORKOUT” to open the Workout Editor.

## Setting and saving exercise

Selecting exercise workout no.

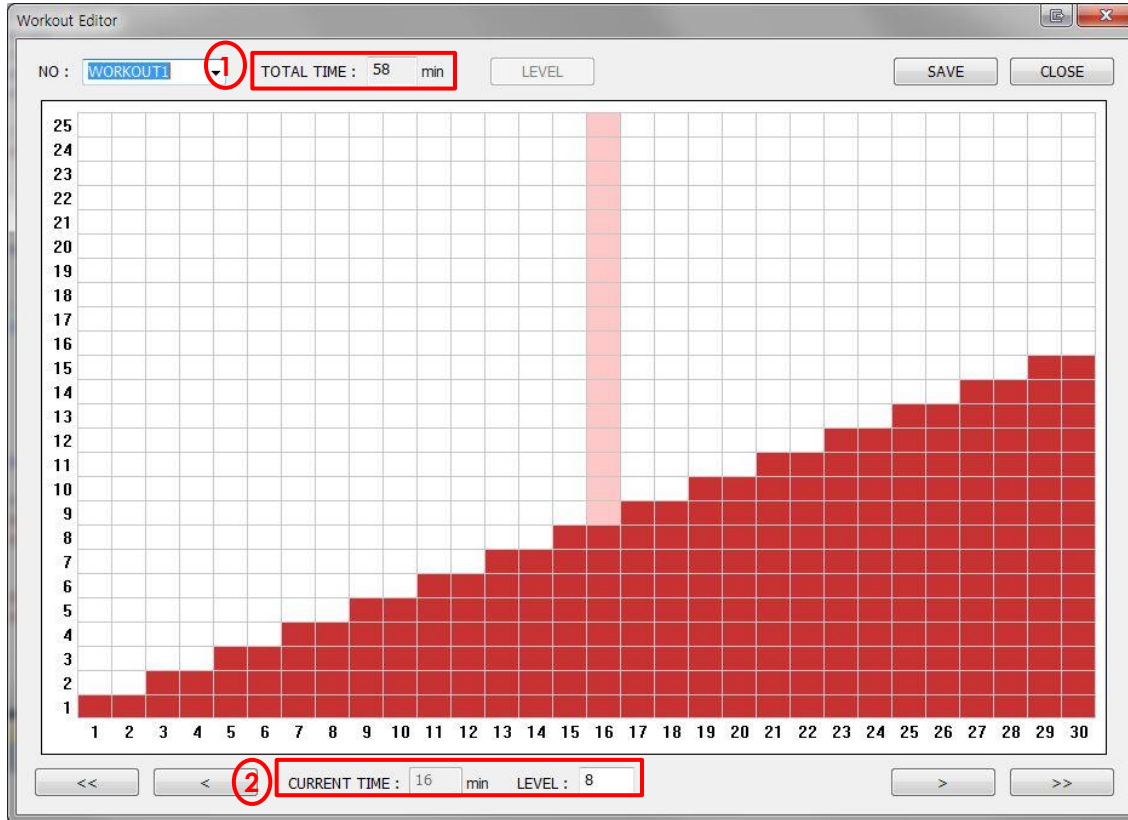


① Select exercise workout no. to set.

\* The exercise can be set total 9 workouts.

## Setting and saving exercise

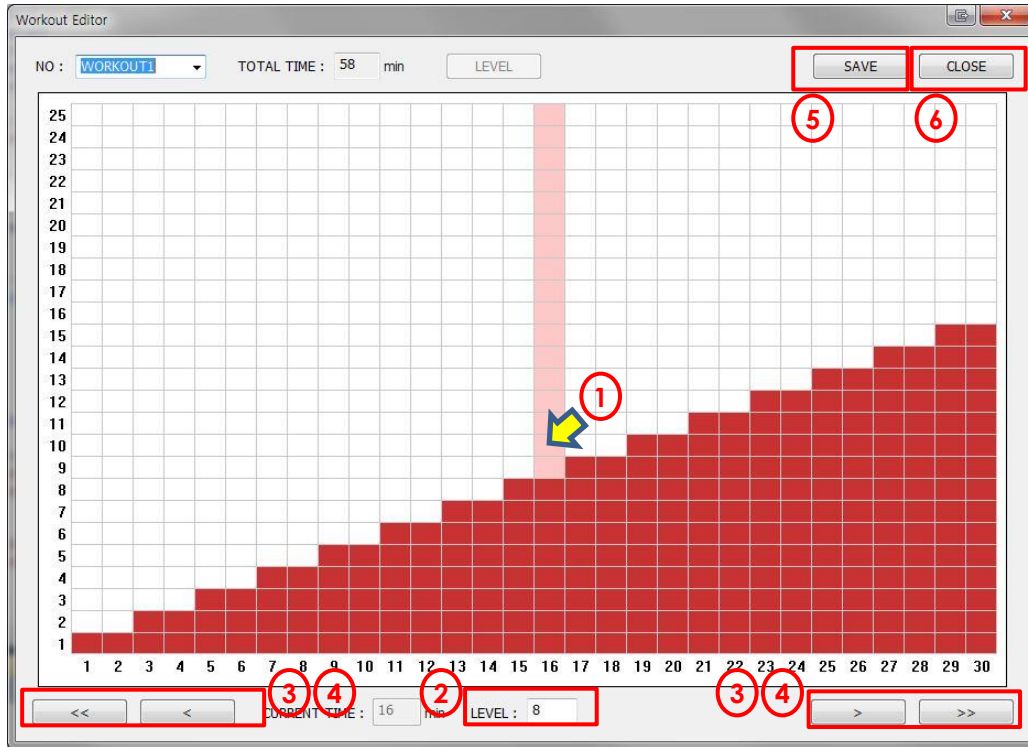
### Description



- ① “TOTAL TIME” window displays whole exercise time.
- ② “CURRENT TIME” window displays the selected time.
- “LEVEL” window displays the selected level.
- \* Exercise time can be set up to 90minutes.

## Setting and saving exercise

### Setting the speed

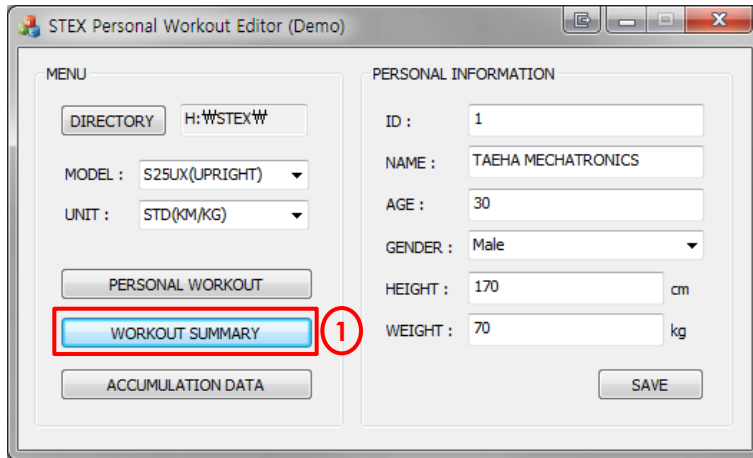


- ① Set the level with left button of mouse on the graph.
- ② The level can be removed with right button of mouse on the graph.
- ③ Pressing “<”, “>”, the cursor will be moved to previous or next 1 minute.
- ④ Pressing “<<”, “>>”, the cursor will be moved to previous or next 30 minute.
- ⑤ Pressing the “SAVE”, the setting of the level will be completed.
- ⑥ Press the “CLOSE” after finishing the setting.

\* Levels of S25UX, S25RX, and S25EX are input per 2 minutes.

## Checking the exercise result

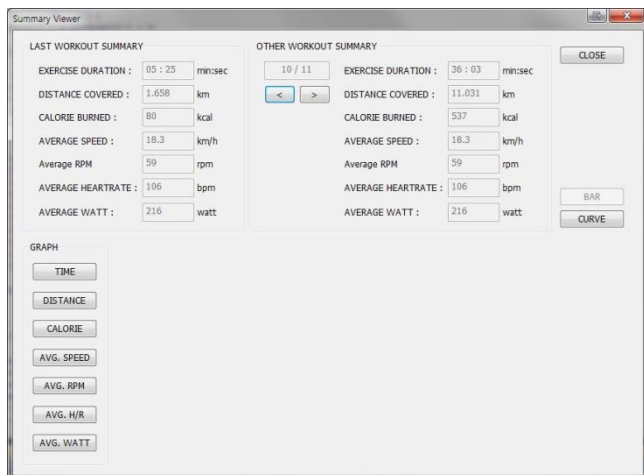
### Entering the exercise result window



- ① Press the “WORKOUT SUMMARY” to open Summary Viewer.

## Setting and saving exercise

### Entering personal workout window



- ① “LAST WORKOUT SUMMARY” displays the latest exercise result.
- ② The latest 30 data can be checked.

## Checking the exercise result

Entering the exercise result window

LAST WORKOUT SUMMARY		OTHER WORKOUT SUMMARY	
EXERCISE DURATION :	05 : 25 min:sec	EXERCISE DURATION :	36 : 03 min:sec
DISTANCE COVERED :	1.658 km	DISTANCE COVERED :	11.031 km
CALORIE BURNED :	80 kcal	CALORIE BURNED :	537 kcal
AVERAGE SPEED :	18.3 km/h	AVERAGE SPEED :	18.3 km/h
Average RPM	59 rpm	Average RPM	59 rpm
AVERAGE HEARTRATE :	106 bpm	AVERAGE HEARTRATE :	106 bpm
AVERAGE WATT :	216 watt	AVERAGE WATT :	216 watt

10 / 11

2

3

BAR

CURVE

- 1 Pressing "<", ">" button, result of other exercise are displayed.
- 2 Pressing the "GRAPH", results of other exercise are displayed as graph.
- 3 Pressing the "BAR" or "CURVE", exercise result displays as bar or line graph.

41:03 [min:sec]

00:00

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

AVERAGE WATT : 216 watt

AVERAGE WATT : 216 watt

200 [bpm]

000

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

3

BAR

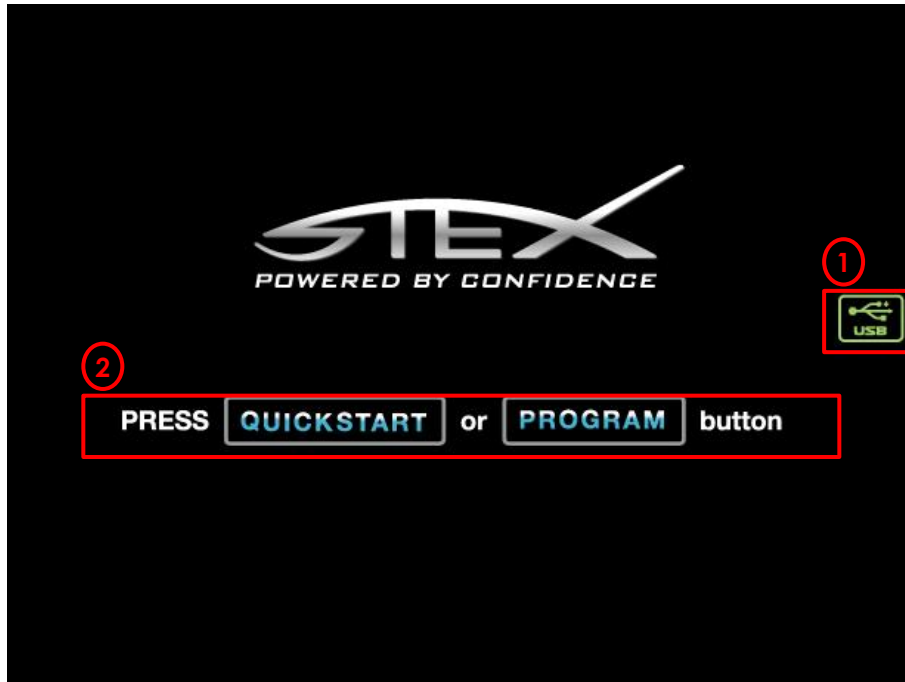
CURVE

## Checking the exercise result

The screenshot displays the 'Summary Viewer' window with two workout summaries and two graphs. The 'LAST WORKOUT SUMMARY' shows a duration of 50:43, distance of 5.350 km, and 1300 kcal burned. The 'OTHER WORKOUT SUMMARY' shows a duration of 32:00, distance of 6.213 km, and 1035 kcal burned. The first graph shows a bar chart of heart rate over 30 minutes, with a y-axis from 25:14 to 55:43. The second graph shows a line chart of heart rate over 30 minutes, with a y-axis from 000 to 200 bpm. Red annotations highlight the navigation arrows, the graph menu, and the graph type selection buttons.

- ① Pressing “<”, “>”, result of other exercise are displayed.
- ② Pressing the icons such as DISTANCE, CALORIE, AVG.SPEED, AVG. GRADE, AVG H/R in “GRAPH” window, results of other exercise are displayed as graph.
- ③ Pressing the “BAR” or “CURVE”, exercise result displays as bar or line graph.

## USB recognition



① When you insert the USB memory, USB icon appears on the right side of the screen.

\* Whenever insert the USB memory into the S25TX, USB icon will be appeared.

You should save the user information into by using “STEX Personal Workout Editor”

\* Selecting exercise

② Press “QUICK START” or “PROGRAM” button to select exercise

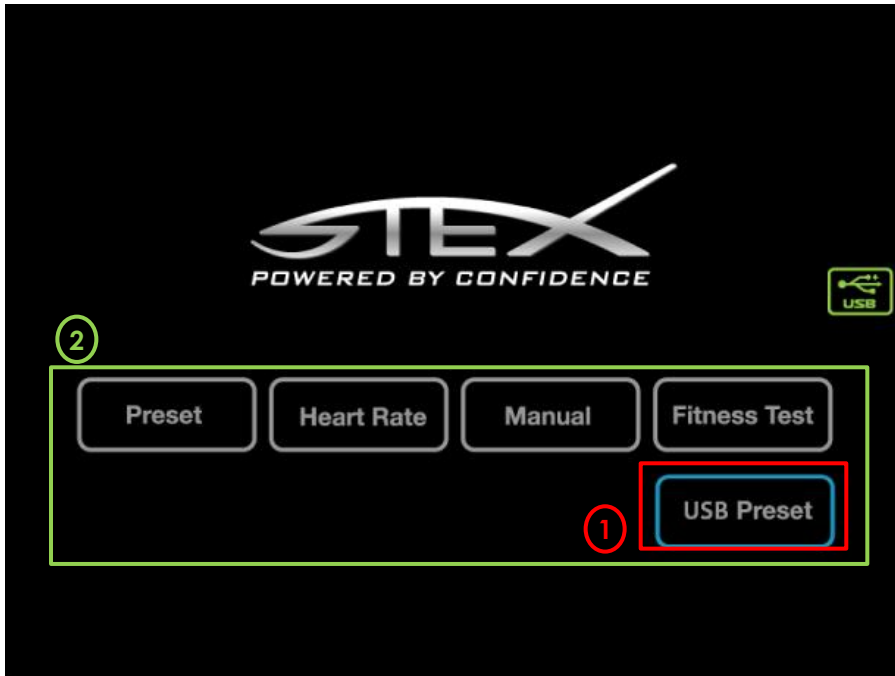
## Pressing the “QUICK START”



① Body weight is loaded automatically and applied.

\* The other functions and actions are same as usual.

Pressing the “PROGRAM”

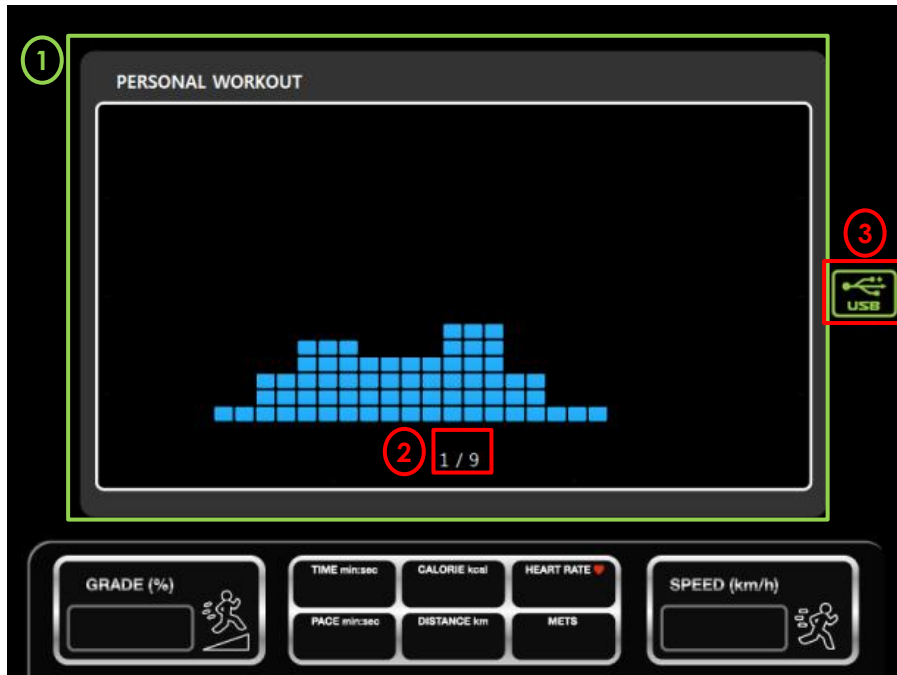


- ① “USB PRESET” button is added on the programs menu screen.
- ② Select the exercise from the menu screen.

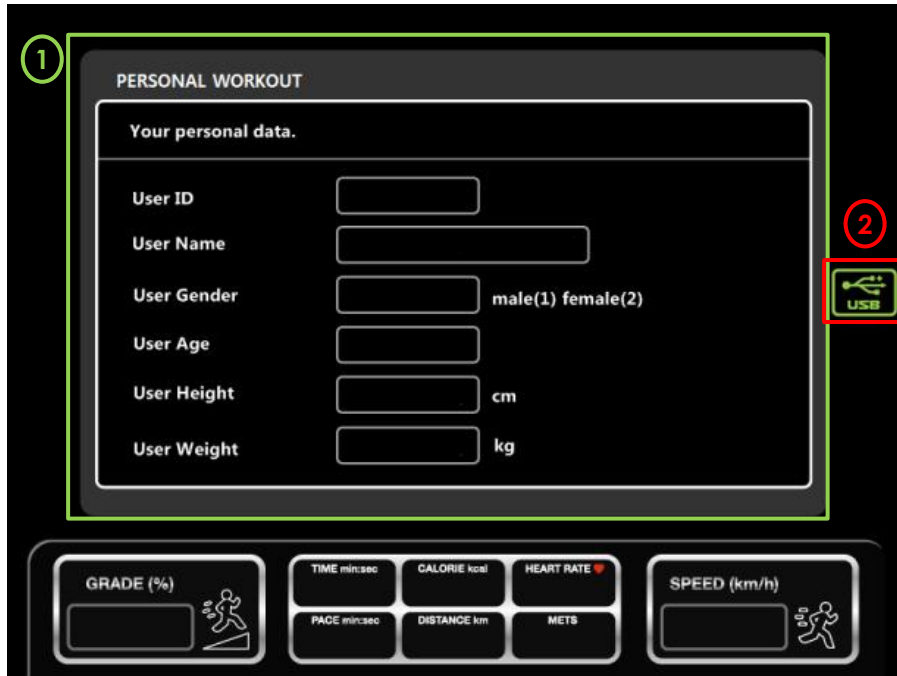
- \* User information is loaded automatically and applied.
- \* The other functions and actions are same as usual.

- ① Select the “USB PRESET”

Selecting USB Preset and Checking the user information.



- ① Display shows the exercise intensity by loading saved exercise in USB memory.
- ② Select the exercise with “SPEED +/-” or “GRADE +/-” key.
- ③ Press “DISPLAY” key or USB icon to switch the screen between user and exercise information.



- ① You can check the user information saved in USB memory.
- ② Press "DISPLAY" key or USB icon to switch the screen between user and exercise information.

## Saving exercise result



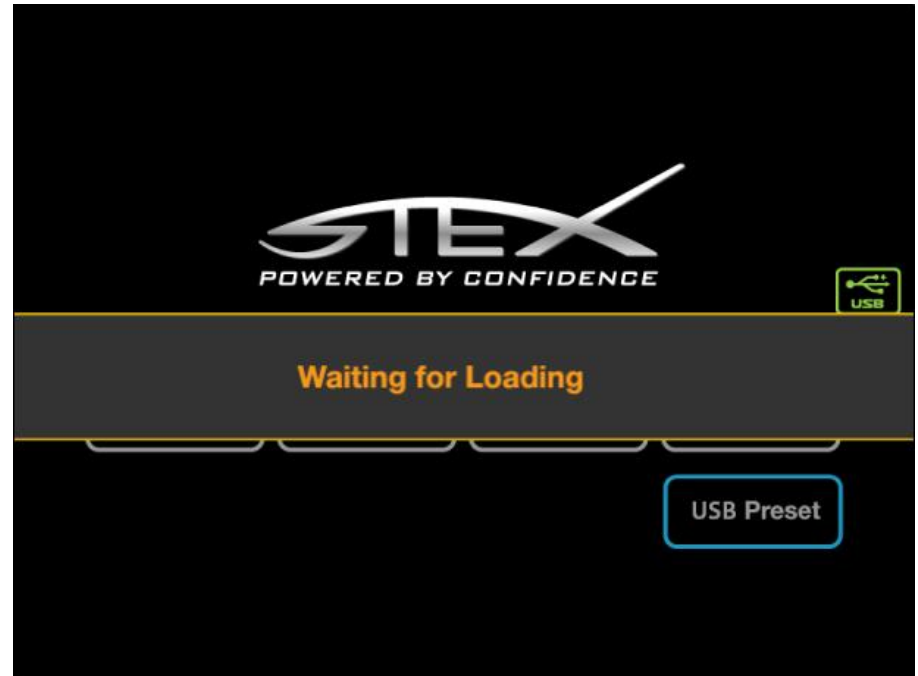
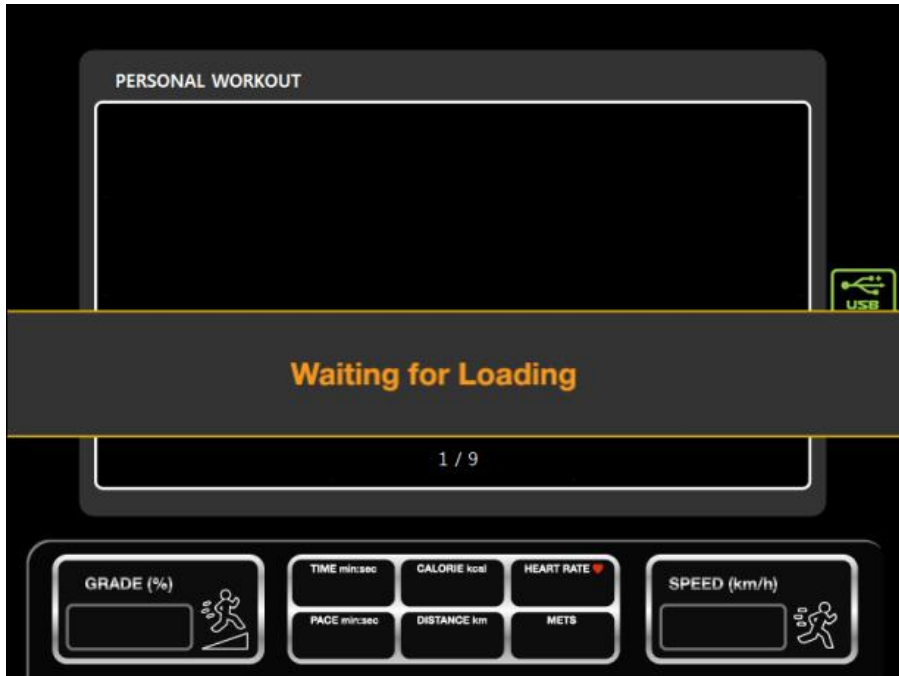
① Press “ENTER” key or USB icon to save the exercise result after exercising.

\* Exercise result and accumulation data are saved in the USB memory.

\* Pressing the “STOP” button or Passing after the 60 seconds, the screen is going back to the standby mode.



## Description



① POPUP window will show (on the screen) when S25TX read or write data from USB memory

\* Any key doesn't work while POPUP window is shown

\* Run(Select) the any program after POPUP window disappears .