Instruction manual
Fast fat burning - that's what the SUN 400 XL has been developed for. It makes use of the power of heat to support its users in the process of fat burning. With LeMond's recumbent ergometer, it provides optimised fat burning programmes.

The more you work out, the more fat you burn. During the initial 30 minutes of your training, your body burns most of the sugar supplies of your muscles and liver in your blood. After that it starts drawing on your fat supplies to get energy; even several hours after working out.

Variety of programmes – you can either operate the Sun 400 XL by using the fat burn-programme or the heart-programme. You should begin your workout with a low level of at least 60 to 65 revolutions per minute. Please increase your level, if no perspiration appears during the initial 10 minutes.

During the training, your external body temperature should remain around 86 °F. This will speed up your metabolism and your energy consumption. Your pulse rate should range between 110 and 160 heart beats per minute. This does not apply to athletes, who are experienced in controlling their pulse themselves. There is no risk of collapsing, because your pulse is constantly being controlled during the workout.

Best possible success – to increase your training’s success you should rest 10 to 15 minutes after the workout, wrap yourself in a dry sheet and cover it with a warm blanket. This rest period is as effective in burning fat as the workout itself, because we continue to perspire after the training. Additionally, a protein-rich diet supports the fat burning process.

It is recommended to work out 3 times a week for 30 minutes as a start. Later, the length of the training can be extended to 50 up to 60 minutes.
Recumbent ergometer

Seat position adjustment

Back position adjustment

Adjustable recumbent seat

Heat tunnel

28 infrared heating lamps, 150 watt each

Guide track for heat tunnel

Display for workout programme

TV/DVD

Main switch and connection for power supply, ISONET-connection

Control panel

Display for workout programme

Main switch and connection for power supply, ISONET-connection

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Heat tunnel

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Guide track for heat tunnel
Table of contents

1 Control elements
1.1 Control elements description
1.2 Control knob description
1.2.1 Control knob infrared lamps
1.2.2 Control knob ventilator
1.3 Timer
1.4 On
1.5 Off
1.6 Emergency stop switch
1.7 Main switch

2 Handling

3 Online schema (operating hours meter)
3.1 Access to BL-NET via browser
3.2 Access to main menu
3.2.1 Login
3.2.2 Schema (technical data)

4 Changing Lamps
1.2.1 Control knob infrared lamps

Turn the infrared lamps’ control knob to adjust the intensity of the radiation. Anticlockwise rotation will decrease the intensity, while clockwise rotation will increase it.

1.2.2 Control knob ventilator

Turn the ventilator’s control knob to adjust the intensity of the airflow. Anticlockwise rotation will decrease the airflow, while clockwise rotation will increase it.

1.3 Timer

The timer regulates the duration of the workout. Set the timer by using the respective buttons for minutes and seconds. After the time has elapsed, the device, the infrared lamps and the ventilator will be turned off automatically. The timer will be reset to its original settings.

1.4 ON

Push the ON-button to turn on the device and activate the infrared lamps as well as the ventilator. The timer (see 1.3) will start to count down from the preset time.

1.5 OFF

Push the OFF-button to turn off the device and deactivate the infrared lamps as well as the ventilator. The timer will be reset to its original settings.

1.6 Emergency stop switch

The emergency stop switch allows you to immediately turn off the device in emergency situations. It turns off the infrared lamps, the ventilator and the TV. It can be reset by slightly turning it clockwise.

1.7 Main switch

The main switch is a green switch on the back of the device. Activate the main switch to connect the device with the power supply (green light on). After activating it, the device will take about 40 seconds to be ready for operation. Deactivate the main switch to turn the device off.
2 Handling

1) Activate main switch (device needs ca. 40 seconds to boot up) – see 1.7

2) Set timer – see 1.3

3) Turn on the device – see 1.4

4) Adjust infrared intensity as required – see 1.2.1

5) Adjust ventilation as required – see 1.2.2

6) After the pre-set time has elapsed, the device, the infrared lamps and the ventilator will be turned off automatically. The timer will be reset to its original settings.

7) Push OFF-button to turn off the device before the pre-set time has elapsed. – see 1.5

8) After the pre-set time has elapsed, or after pushing the OFF-button, the device can be used again immediately.

3 Online schema (operating hours meter)

The operating hours meter shows the operating time of the infrared lamps.

3.1 Access to BL-NET via browser

Generally, the BL-NET can be accessed from any browser (Internet Explorer, Mozilla Firefox, Opera etc.). Use the “back”-button to show the last displayed site. The information on this site, however, might be out-of-date. To make sure that you are up-to-date, you should always use the “refresh”-button on the menu bar.

3.2 Access to main menu

By entering the BL-NET’s IP address into any browser, the main menu of the BL-NET should be loaded, provided that you are using the same network as the BL. If this is not the case, please request the access rights from the responsible “technical support”.

Please note:

You will find the required IP address in the enclosed data sheets.

Choose one of the menu items on the left to enter the different menus.

Important menu items:
• Login
• Schema

3.2.1 Login

„Expert“: The expert has all rights to change parameters and settings.

„Operator“: The operator has access to the functional overview and can carry out adjustments to parameters and clock time.

„Viewing only“: The user can only view the online schema.
As user of the SUN 400 XL you will receive a password for the “viewing only” profile. This will allow you to view the online schema, as described in 3.2.1. In case of unauthorised access or entering a wrong password, the following message appears when launching a submenu: **You are not authorised to access this site!**

### 3.2.2 Schema (technical data)

The boot loader allows you to view an online diagram via web browser, LAN or internet, containing the following data:

**Typ:** Sun 400xl  
**Bj:** 2011  
**Seriennummer:** * * * *  
**Nennstrom:** 18.5 A  
**Nennspannung:** 230 VAC  
**KW:** 4.3  
**Operating Time:** 0 Hrs

Please note: We recommend that you close your sessions on BL-NET by using the “logout” button. After 2.5 minutes without communication, the session will be closed automatically. To re-access, you need to log in again. If the browser is closed without using the “logout” button, you need to wait 2.5 minutes to be able to log in again. Only one user can work on the boot loader at a time.

### 4 Changing the lamps

There are two screws on each side surface. Loosen the screws, then remove the surface carefully.

Now you can easily reach and change all lamps.