



What do the “ Mets” & “ Watts” imply on the console?

For Mets: The total calories burned per hour provided by the user's Weight (kgs) is called met. For example, if the total calories burned per hour is 560, and your weight is 70 kgs, then the mets is $560/70 = 8$. Mets is a direction used to control rehabilitation prescriptions. Users of different pounds can use met to compare the power requirement.

For Watts: The approximate power requirement to ride the machine is called watts. It is a key measurement to define everybody's fitness level.

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