

NS-1104EA MOTORIZED ELLIPTICAL TRAINER USER MANUAL

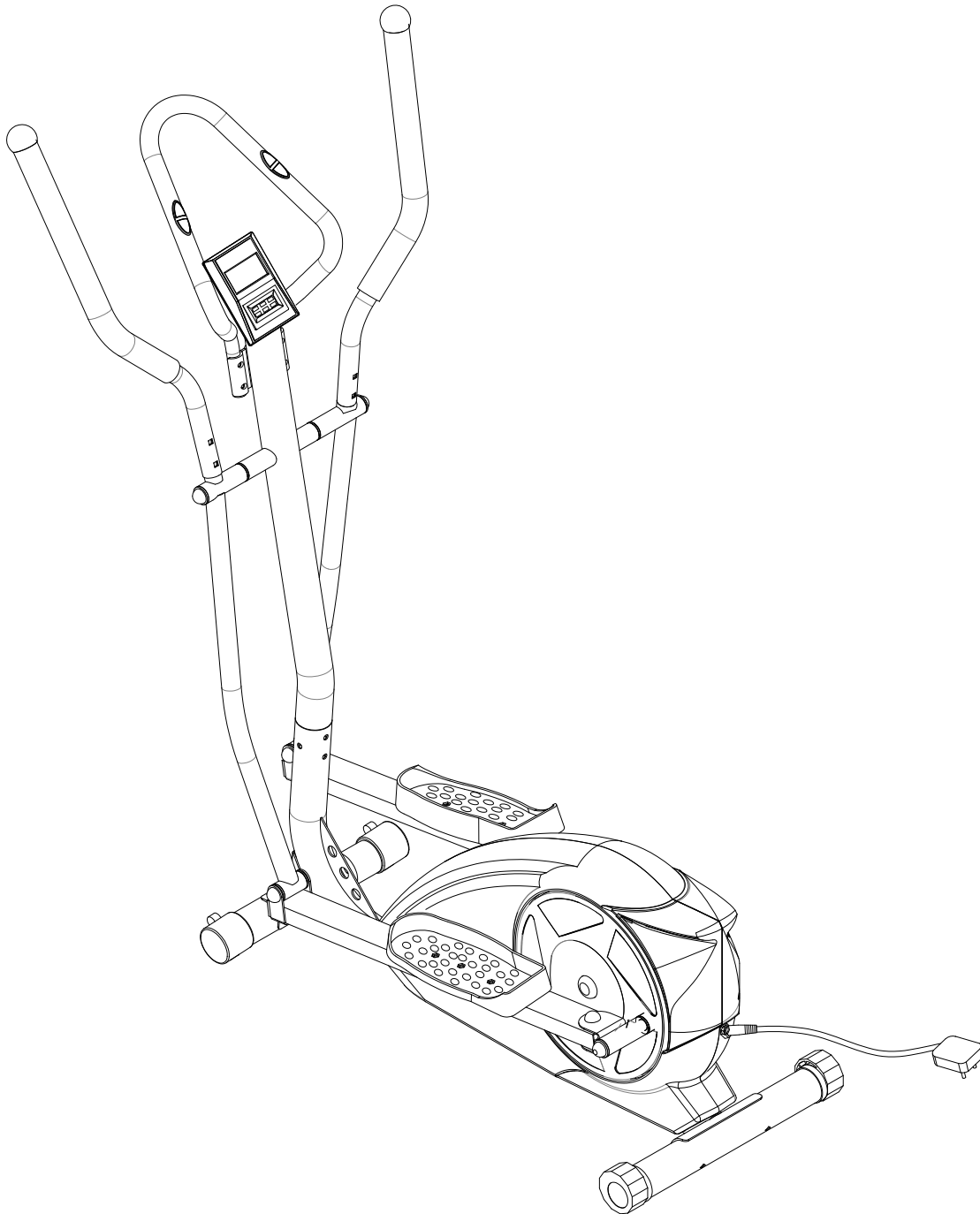


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IMPORTANT SAFETY PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. The max. user capacity is 100 KGS.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

SAVE THESE INSTRUCTIONS.

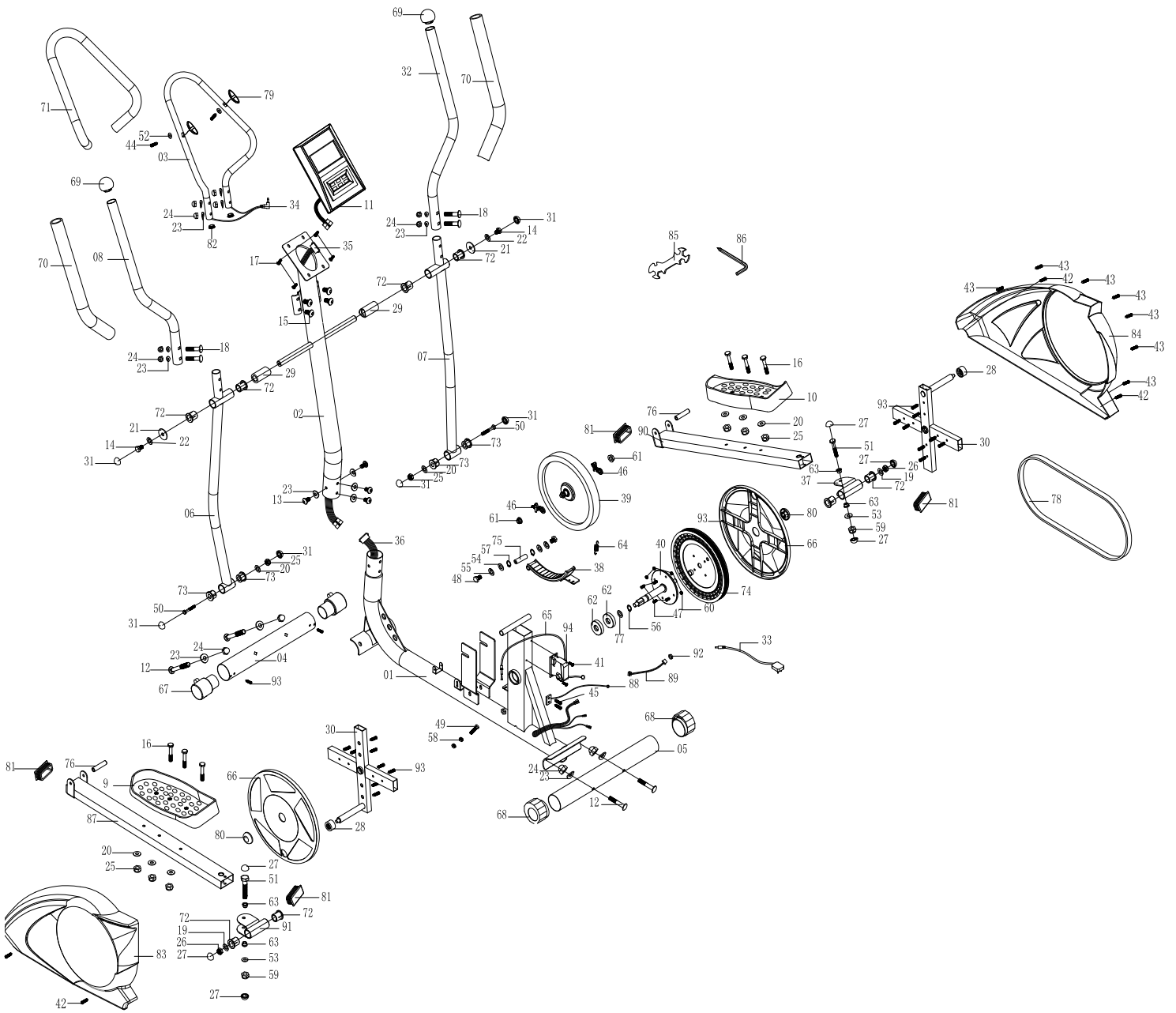
PARTS LIST

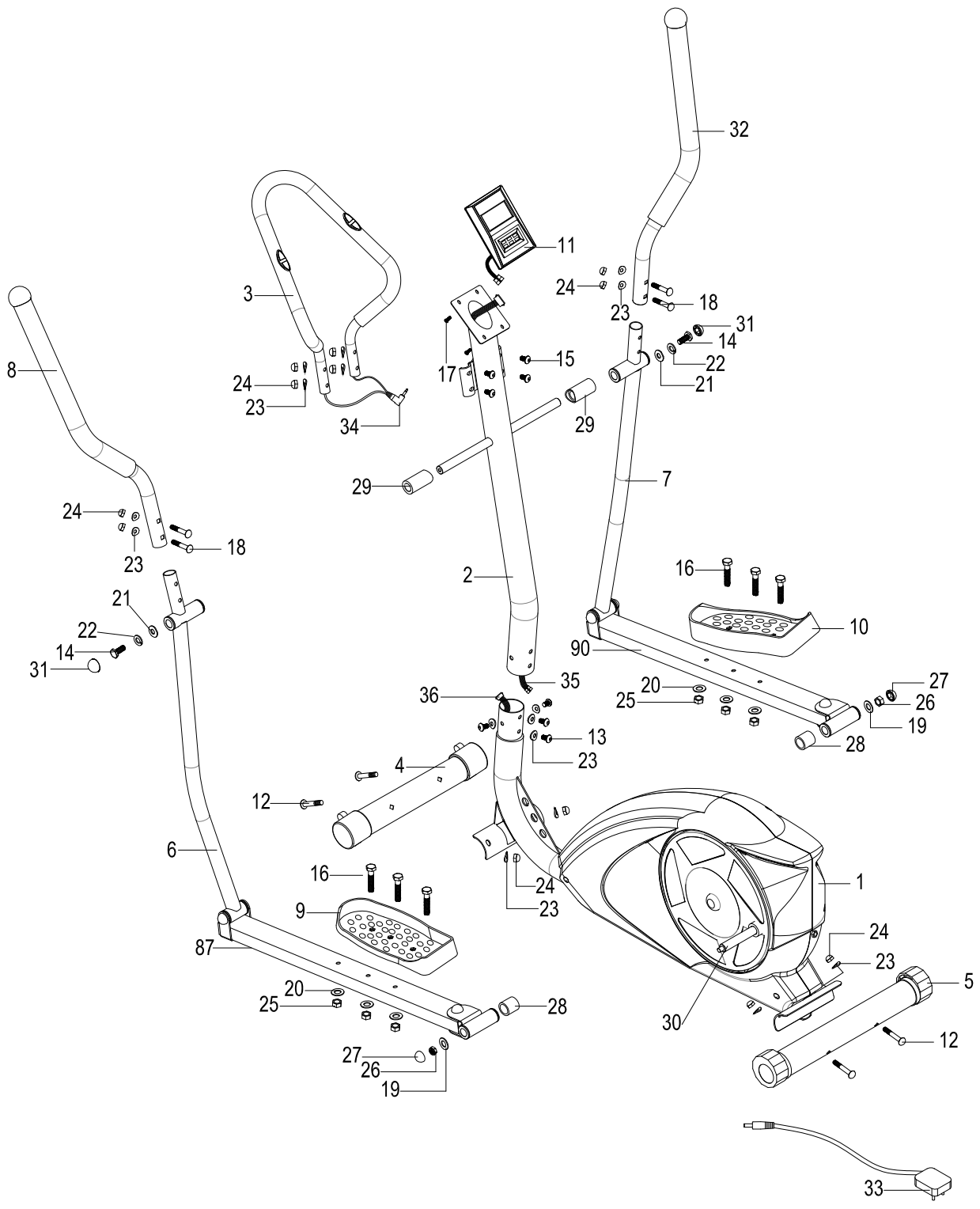
NO.	Description	Qty
01	Main Frame	1
02	Front Post	1
03	Handlebar W/Pulse	1
04	Front Stabilizer	1
05	Rear Stabilizer	1
06	Lower Hand Rail (Left)	1
07	Lower Hand Rail (Right)	1
08	Upper Hand Rail (Left)	1
09	Left Pedal	1
10	Right Pedal	1
11	Computer	1
12	Carriage Bolt M8x75L	4
13	Allen Bolt M8x20L	4
14	Hex Head Screw M8x15L	2
15	Allen Bolt M8x40L	4
16	Hex Head Screw M8x45L	4
17	Screw M5x10L	4
18	Carriage Bolt M8x45L	4
19	Flat washer ϕ 10.5x ϕ 18	2
20	Flat washer ϕ 8.5x ϕ 16	6
21	Flat washer ϕ 8.3x ϕ 31.8	2
22	Spring Washer M8	2
23	Curved Washer ϕ 8.3x ϕ 20	16
24	Domed Nut M8	12
25	Nylon locknutM8	6
26	Nylon locknutM10	2
27	PVC cap M10	6
28	Plastic Spacer for run disc	2
29	Plastic spacer	2
30	Cross crank	2
31	PVC caps	6
32	Upper hand rail (right)	1
33	Adapter	1
34	Pulse wire	1
35	Middle computer Wire	1
36	Lower computer Wire	1
37	U Plate right	1
38	Magnet assembly	1
39	Flywheel	1
40	Pulley	1
41	Phillips screw M5x15L	2
42	Self-tapping screw M5x15L	4
43	Self-tapping screw M5x25L	7
44	Self-tapping screw M5x20L	2

Parts list









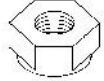


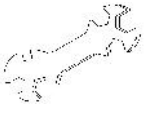

NO.	Description	Qty
45	Self-tapping screw M5x10L	2
46	flywheel adjustor	2
47	Allen bolt M6x15L	4
48	Hex head screw M6x15L	2
49	Hex head screw M5x60L	1
50	Hex head screw M8x75L	2
51	Hex head screw M10x55L	2
52	Washer ϕ 4.3x ϕ 12	2
53	Washer ϕ 10.2x ϕ 32	2
54	Washer ϕ 6.5x ϕ 12	2
55	Spring washer M8	2
56	C-clip ϕ 17	1
57	C-clip ϕ 12	2
58	Hex head nut M5	2
59	Nylon locknutM10	2
60	Nylon locknutM6	4
61	France nutM10	2
62	Bearing	2
63	Powder spacer	4
64	Spring	1
65	Motor cable	1
66	Run Disc	2
67	Transportation wheel	2
68	Leveling end cap	2
69	End cap for dual action handlebar	2
70	Foam grip for upper Hand Rail	2
71	Foam grip for fixed Handlebar	1
72	Bushing ϕ 19	8
73	Bushing ϕ 14	4
74	Pulley	1
75	Axle for Magnet Assembly	1
76	Sleeve	2
77	Plastic washer	1
78	Belt	2
79	Hand pulse sensor	2
80	Cover for run disc	2
81	Square End cap	4
82	Round end cap	2
83	Chain cover left	1
84	Chain cover right	1
85	Crossing wrench	1
86	Allen wrench	1
87	Pedal tube Left	1
88	Sensor wire and slice	1
89	Power wire	1
90	Pedal tube right	1
91	U plate left	1
92	Hex head screw M12	1
93	Self-tapping screw M5x15L	16
94	Motor	1

EXPLODED DIAGRAM



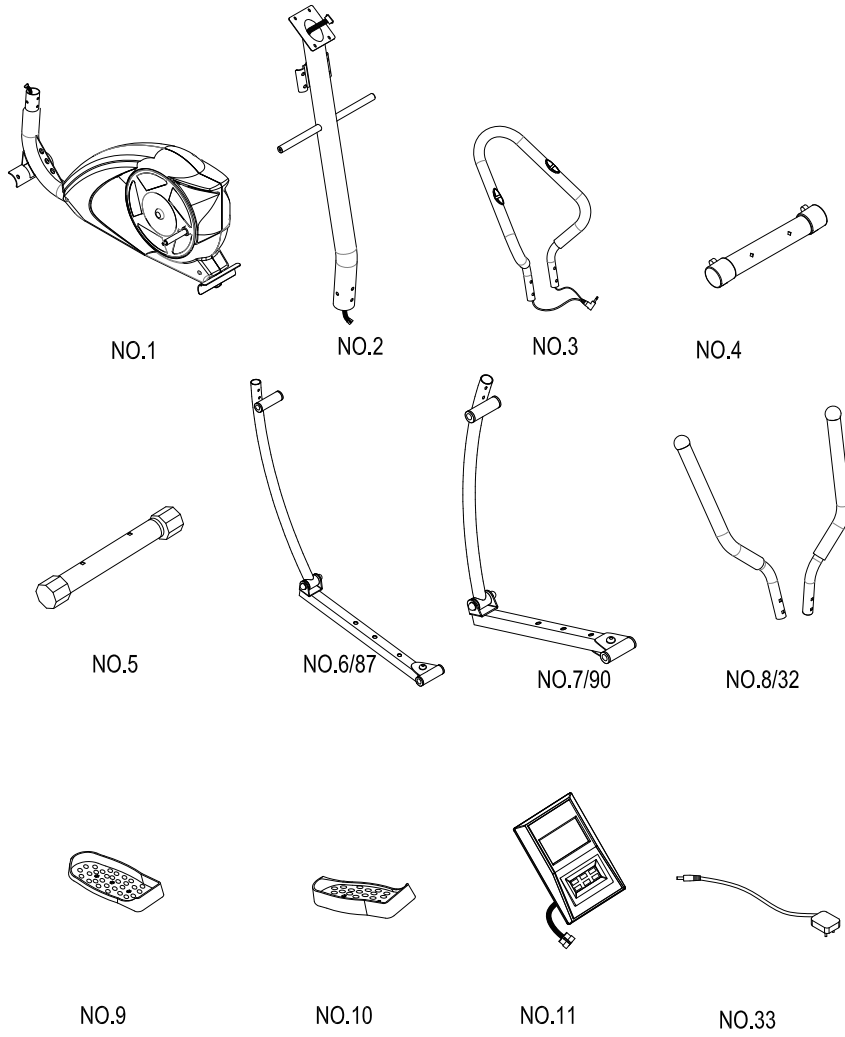


HARDWARE PARTS LIST

NO.	Description	Drawings	QTY
12	Carriage bolt M8x75L		4
15	Allen bolt M8x40L		4
16	Hex head screw M8x45L		4
17	Screw M5x10L		4
18	Carriage bolt M8x45L		4
20	Washer ϕ 8.5x ϕ 16		4
23	Curved washer ϕ 8.3x ϕ 20		12
24	Domed nut M8		12
25	Nylon locknut M8		4
27	PVC cap M10		2
31	PVC cap M8		2
85	Crossing wrench		1
86	Allen wrench		1

Above described parts are all the parts you need to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.

PRE-ASSEMBLY CHECK LIST



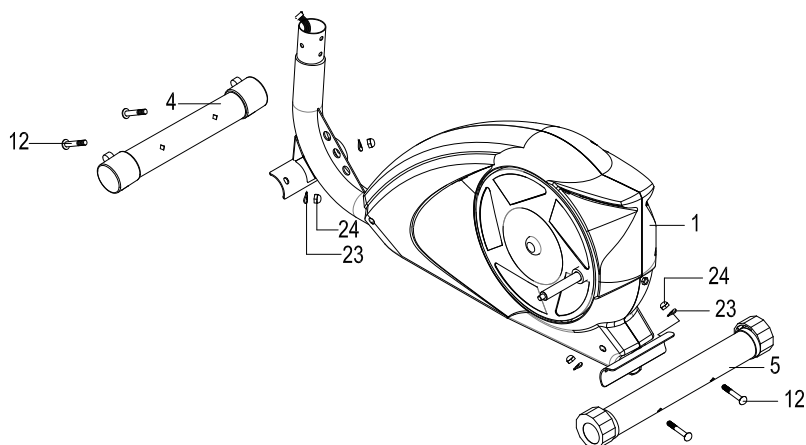
PART NO.	DESCRIPTION	Q'TY
01	Main Frame	1
02	Front Post	1
18	Handlebar W/Pulse	1
04	Front Stabilizer	1
05	Rear Stabilizer	1
06/8707/ /90	Lower Hand Rail and Pedal Tube (L/R)	2/2
08/32	Upper Hand Rail (L/R)	1/1
18	Handlebar W/Pulse	1
9	Left pedal	1
10	Right pedal	1
11	Computer	1
33	Adaptor	1
	User manual	1
	Hardware	1

ASSEMBLY INSTRUCTION

STEP 1

Attach the front stabilizer (04) to the front of the main frame (01) securing with two carriage bolts (12), two curved washers (23) and two domed nuts (24).

Attach the rear stabilizer (05) to the rear of the main frame (01) securing with two carriage bolts (12), two curved washers (23) and two domed nuts (24).

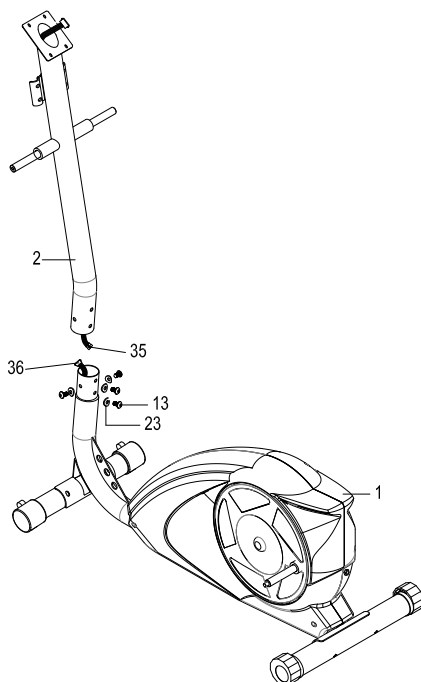


STEP 2

Loosen the four allen bolts (13) and four curved washers (23) to front post (02).

Connect the middle computer wire (35) from the front post (02) to the lower computer wire (36).

Insert the front post (02) into the main frame (01). Secure by using four allen bolts (13) and four curved washers (23).



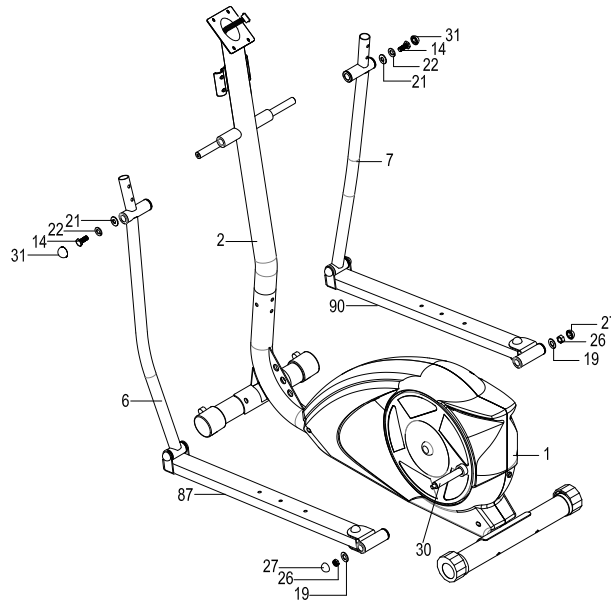
STEP 3

Loosen the two hex head screws (14), two spring washers (22), and two flat washers (21) to the lower hand rail (06/07).

Loosen the two nylon locknuts (26), two flat washers (19) to the cross crank (30) and two PVC caps. Attach the left pedal tube (87) to the left cross crank (30) Secure with two flat washers (19), two nylon locknuts (26) and put on two PVC caps.

Attach the left lower hand rail (06) to the left side to the front post (02). Secure by using one hex head screws (14), one spring washer (22), one flat washer (21) than put the PVC caps (31).

Repeat for the right lower hand rail (07).and right pedal tube (90).



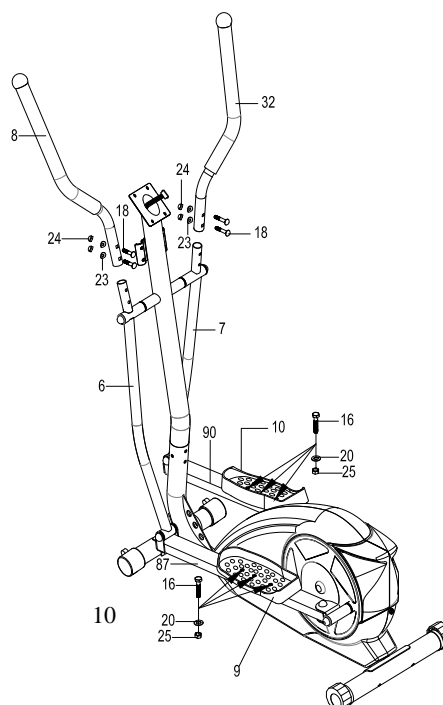
STEP 4

Attach the left upper hand rail (08) to left lower hand rail (06). Secure by using two carriage bolts (18), two curved washers (23), two domed nuts (24)

Repeat for right upper hand rail (32).

Attach the Left pedal (9) to the Left pedal tube (87). Secure in your desired position using two hex head screws (16), two flat washers (20) and two nylon locknuts (25).

Repeat for the Right pedal (10).

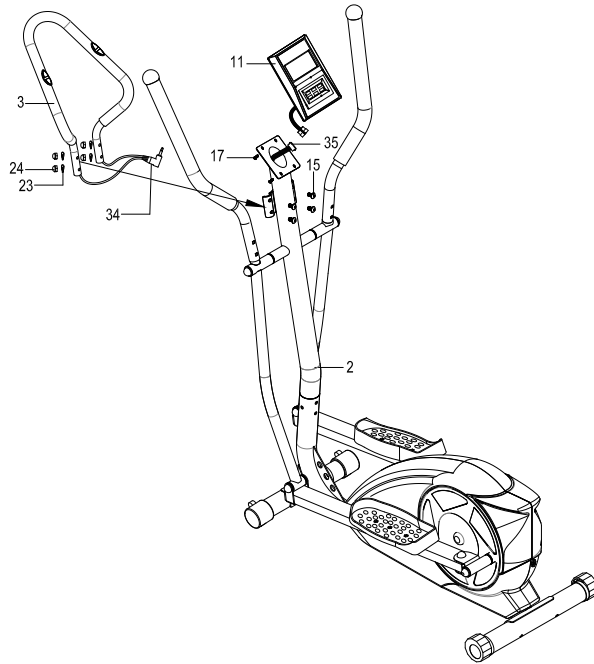


STEP 5

Connect middle computer wire (35) with upper computer wire from the computer (11), slide computer (11) onto the front post (02), secure by using four screws (17).

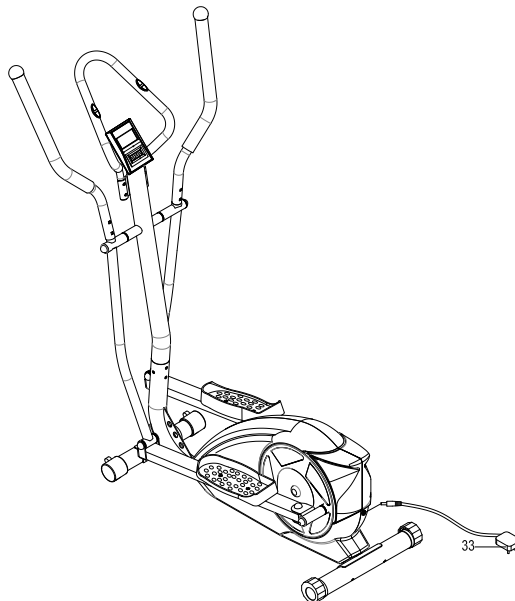
Put the handlebar w/pulse (03) on the front post (02), secure with four allen bolts (15), four curved washers (23), four domed bolts (24).

Plug the pulse wire (34) to the back of computer (11).



Step5

Plug adapter (33) into adapter jack.



**CHECK ALL BOLTS AND NUTS ARE TIGHTENED
BEFORE USING THE MACHINE**

COMPUTER INSTRUCTIONS

COMPUTER FRONT



Key Functions

START/STOP: 1. Start & Pauses workouts.

2. Start body fat measurement and quit the body fat program.

3. Operates only when in stop mode. Holding key for 3 seconds will reset all function value to be zero.

DOWN: Decrease value of selected workout parameter: TIME, DISTANCE, etc. During the workout, it will decrease the resistance load.

UP : Increases value of selected workout parameter. During the workout, it will increase the resistance load.

ENTER: To input desired value or work out mode.

RECOVERY: Press to enter into Recovery function when computer has the heart rate value. Recovery is Fitness Level 1-6 after 1 minute. F1 is the best, and F6 is the worst.

MODE: Press to switch display form RPM to SPEED, ODO to DIST during workout.

Workout Selection

After power-up, using UP or DOWN keys to select then pressing ENTER to enter the desired mode.

There are 5 basic workout modes:

Manual, Pre-programs, Body Fat Program, Target Heart Rate program, Heart Rate Control program and User Program.

Setting Workout Parameters

After selecting desired workout mode: Manual, Pre-set Programs, Body Fat, Target Heart Rate, Heart Rate Control and User Program. You may pre-set several workout parameters for desired results.

WORKOUT PARAMETERS:

TIME / DISTANCE / CALORIES / AGE

Note: Some parameters are not adjustable in certain programs.

Time and Distance can not be set up at the same time.

Once a program has been selected, pressing ENTER will make "Time" parameter flash. Using UP OR DOWN KEY you may select desired time value. Press ENTER KEY to input value. Flashing prompt will move to the next parameter. Continue use of UP OR DOWN KEY. Press START/STOP to start workout.

More About Workout Parameters

Field	Display Range	Default Value	Increment/Decrement	Description
Time	0:00~ 99:00	00:00	± 1:0 0	1.When display is 0:00, Time will count up. 2.When time is 1:00-99:00, It will count down to 0.

Time	0:00~ 99:00	00:00	± 1:0 0	1.When display is 0:00, Time will count up. 2.When time is 1:00-99:00, It will count down to 0.
Distance	0.00~999.0	0.00	±1.0	1.When display is 0.0, Distance will count up. 2.When Distance is 1.0~999.0, it will count down to 0.
Calories	0~9995	0	±5	1.When display is 0, Calories will count up. 2.When Calories is 5~9995, it will count down to 0.
Age	10~99	30	±1	Target HR will be based on Age. When Heart Rate exceeds Target H.R, the number of Heart Rate will flash in programs (P1-P9)

Program Operation

Manual

Select "**Manual**" using UP OR DOWN KEY, then pressing ENTER KEY. 1st parameters "Time" will flash so value can be adjusted using UP OR DOWN KEY .Press ENTER KEY to save value & move to next parameter to be adjusted.

**** (If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**

Continue through all desired parameters, pressing START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START KEY to continue the workout to reach the unfinished workout parameter.

Pre-programs

There are 12 program profiles ready for use. All program profiles have 16 level of resistance.

Setting Parameters for Pre-programs

Select one of pre-programs using UP OR DOWN KEY then pressing ENTER KEY. 1st parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY .Press ENTER KEY to save value & move to next parameter to be adjusted.

**** (If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**

Continue through all desired parameters, pressing START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START KEY to continue the workout to reach the unfinished workout parameter.

BODY FAT PROGRAM

Setting Data for Body Fat

Selecting "**BODY FAT Program**" using UP OR DOWN KEY then pressing ENTER.

"Male " will flash so Gender can be adjusted using UP OR DWON KEY, press ENTER to save gender & move to next data.

" 175" of Height will flash so Height can be adjusted to use UP OR DOWN KEY , press ENTER KEY save value & move to next data.

" 75 "of Weight will flash so Weight can be adjusted to use UP OR DOWN KEY , press ENTER KEY to save vale & move to next data.

"30" of Age will flash so Age can be adjusted using UP OR DOWN KEY , press ENTER to save value.

Press START/STOP to start measurement, please also grasp hand pulse grips.

After 15 seconds the display will show out Body Fat %, BMR, BMI & BODY TYPE.

NOTE: Body Types:

There are 9 body types divided according to the FAT% calculated. Type 1 is from 5% to 9%. Type 2 is from 10% to 14%. Type 3 is from 15% to 19%. Type 4 is from 20% to 24%. Type 5 is from 25% to 29%. Type 6 is from 30% to 34%. Type 7 is from 35% to 39%. Type 8 is from 40% to 44%. Type 9 is from 45%

50%.BMR: Basal Metabolism Ratio .BMI: Body Mass Index

Press START/STOP KEY to return the main Display.

TARGET HEART RATE Program

Setting Parameters for TARGET H.R

Selecting "**TARGET H.R.**" using UP OR DOWN KEY then pressing ENTER KEY . 1St parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY .Press ENTER KEY to save value & move to next parameter to be adjusted.

**** (If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**

Continue through all desired parameters, pressing START/STOP to start workout.

Note: If Pulse is above or below (± 5) the set TARGET H.R, computer will adjust the resistance load automatically. It will check Every 20 seconds approx. I resistance load will increase or decrease (Note: each resistance load represents 2 level of loading)

One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP to continue the workout to reach unfinished workout parameter.

HEART RATE CONTROL Program

There are 2 selection for target pulse:

P16- 60% TARGET H.R= 60% of (220-AGE)

P17- 85% TARGET H.R= 85% of (220-AGE)

Setting Parameters for HEART RATE CONTROL

Selecting "**One of Heart Rate Control Program .**" using UP OR DOWN KEY then pressing ENTER KEY. 1St parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY .Press ENTER KEY to save value & move to next parameter to be adjusted.

**** (If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**

Continue through all desired parameters, pressing START/STOP to start workout.

Note: If Pulse is above or below (± 5) the TARGET H.R, computer will adjust the resistance load automatically. It will check Every 20 seconds approx. I resistance load will increase or decrease (Note: each resistance load represents 2 level of loading)

One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP KEY to continue the workout to reach unfinished workout parameter.

User Programs

2 User program allows user to set their own program that can be used immediately.

Setting Parameters for User Program

Selecting user using UP OR DOWN KEY then pressing ENTER KEY. 1St parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY .Press ENTER KEY to save value & move to next parameter to be adjusted.

**** (If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**

Continue through all desired parameters .

After finished set up desired parameter, the level 1 will flash, use UP OR DOWN KEY to adjust then pressing ENTER until finished. (There are 10 times total). Press START/STOP to start workout.

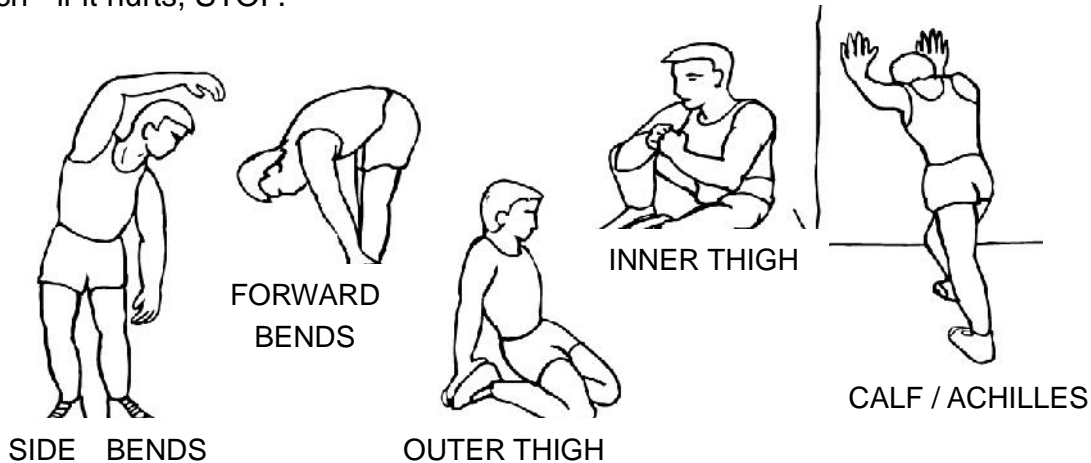
Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP KEY to continue the workout to reach unfinished workout parameter.

EXERCISE INSTRUCTIONS

Using your **MOTORIZED ELLIPTICAL** will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

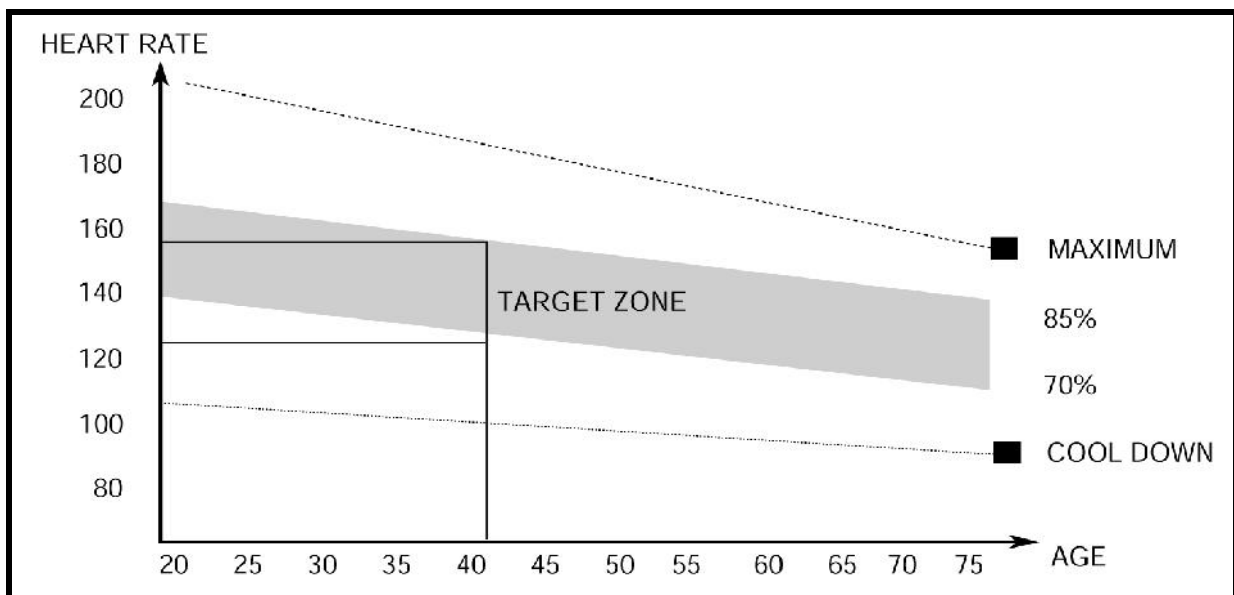
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your **MOTORIZED ELLIPTICAL** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.