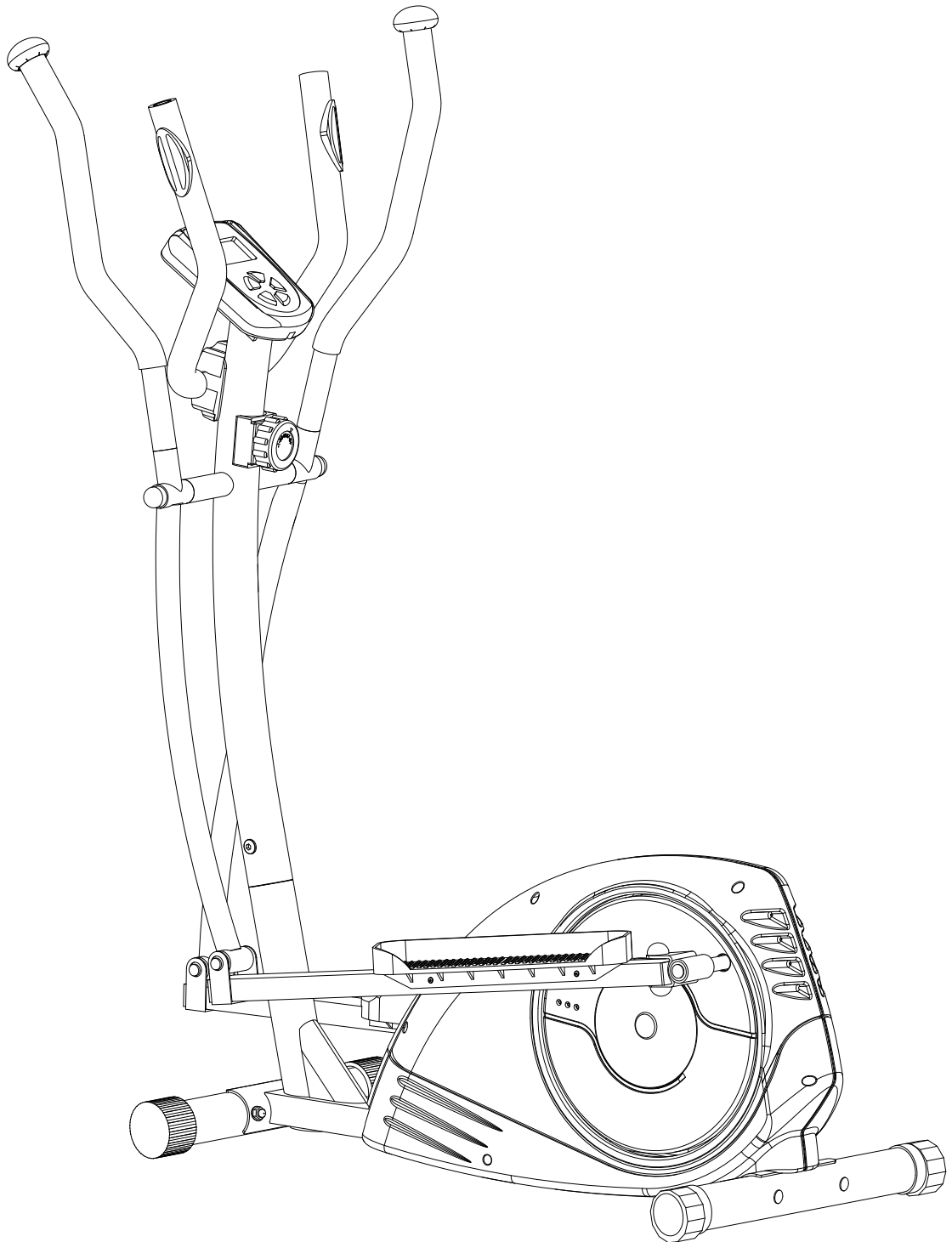


English Manual of KH-703E1

Exerfit 520



SAFTY INSTRUCTIONS

For Your Safety

- The cross trainer should be used only for its intended purpose, i.e. for physical exercise by adult persons.
- Any other use of the equipment is prohibited and may be dangerous. The manufacturer cannot be held liable for damage or injury caused by improper use of the equipment.
- The cross trainer has been designed in accordance with the latest standards of safety. Any features which may have been a possible cause of injury have been avoided or made as safe as possible.
- Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done.
- **If the equipment is in regular use, check all its components thoroughly every 1-2months. Pay particular attention to the tightness of**

Handling the equipment

- Before using the equipment for exercise, check carefully to ensure that it has been correctly assembled
- Before beginning your first training session, familiarize yourself thoroughly with all the functions and settings of the unit.
- It is not recommended to use or store the apparatus in a damp room as this may cause to rust. **Please ensure that no part of the machine comes in contact with liquids (drinks, perspiration etc.). This may cause corrosion.**
- The machine is designed for use by adults and children should not be allowed to play with it. Children at play behave unpredictably and dangerous situations may occur for which the manufacturer cannot be held liable. If, in spite of this, children are allowed to use the equipment, ensure that they are instructed in its proper use and supervised accordingly.
- The cross trainer complies with the DIN EN 957 -1/9, class HC. It is therefore not suitable for therapeutic use.
- A slight production of noise at the bearing of the

Instructions for Assembly

- Ensure that you have received all the parts required (see check list) and that they are undamaged.
- Before assembling the equipment, study the drawings carefully and carry out the operations in the order shown by the diagrams. The correct sequence is given in capital letters.
- The equipment must be assembled with due care by an adult person. If in doubt call upon the help of a second person, if possible technically talented.
- Please note that there is **always** a danger of injury when working with tools or doing manual work. Therefore please be careful when assembling this machine.
- Ensure that your working area is free of possible sources of danger, for example don't leave any tools lying around. Always dispose packaging material in such a way that it may not cause any danger. There is always a **risk of suffocation** if children play with plastic

bolts and nuts. This is particularly true for the attachment of grip strap, running plate and fastening of the handlebar and front tube.

- To ensure that the safety level is kept to the highest possible standard, determined by its construction, this product should be serviced regularly (once a year) by specialist retailers.
- Instruct persons using the equipment (in particular children) on possible sources of danger during exercising.
- Before beginning your program of exercise, consult your doctor to ensure that you are fit enough to use the equipment. **Base your program of exercise on the advice given by your doctor. Incorrect or excessive exercise may damage your health!**
- **Any interference with parts of the product that are not described within the manual may cause damage, or endanger the person using this machine.**
- **In case of enquiry, please contact your dealer.**

centrifugal mass is due to the construction and has no negative effect upon operation. Possibly occurring noise during reverse pedaling result from engineering and are absolutely safe.

- Do not use corrosive or abrasive materials to clean the equipment. Ensure that such materials are not allowed to pollute the environment.
- **Please ensure that liquids or perspiration never enter the machine or the electronics.**
- Before use, always check all screws and plug-in connections as well as respective safety devices fit correctly.
- Always wear suitable shoes when using.
- All electric appliances emit electromagnetic radiation when in operation. Please do not leave especially radiation-intensive appliances (e.g. mobile telephones) directly next to the cockpit or the electronic control system as otherwise values displayed might be distorted (e.g. pulse measurement)

bags!

- The fastening material required for each assembly step is shown in the diagram inset. Use the fastening material exactly as instructed. The required tools are supplied with the equipment.
- Bolt all the parts together loosely at first, and check that they have been assembled correctly. Tighten the locknuts by hand until resistance is felt, **then use spanner to finally tighten nuts completely against resistance (locking device).** Then check that all screw connections have been tightened firmly. **Attention:** once locknuts have been unscrewed they no longer function correctly (the locking device is destroyed), and must be replaced.
- For technical reasons, we reserve the right to carry out preliminary assembly work (e.g. addition of tubing plugs).
- Please keep original packaging of this article, so that it may be used for transport at a later date, if necessary.

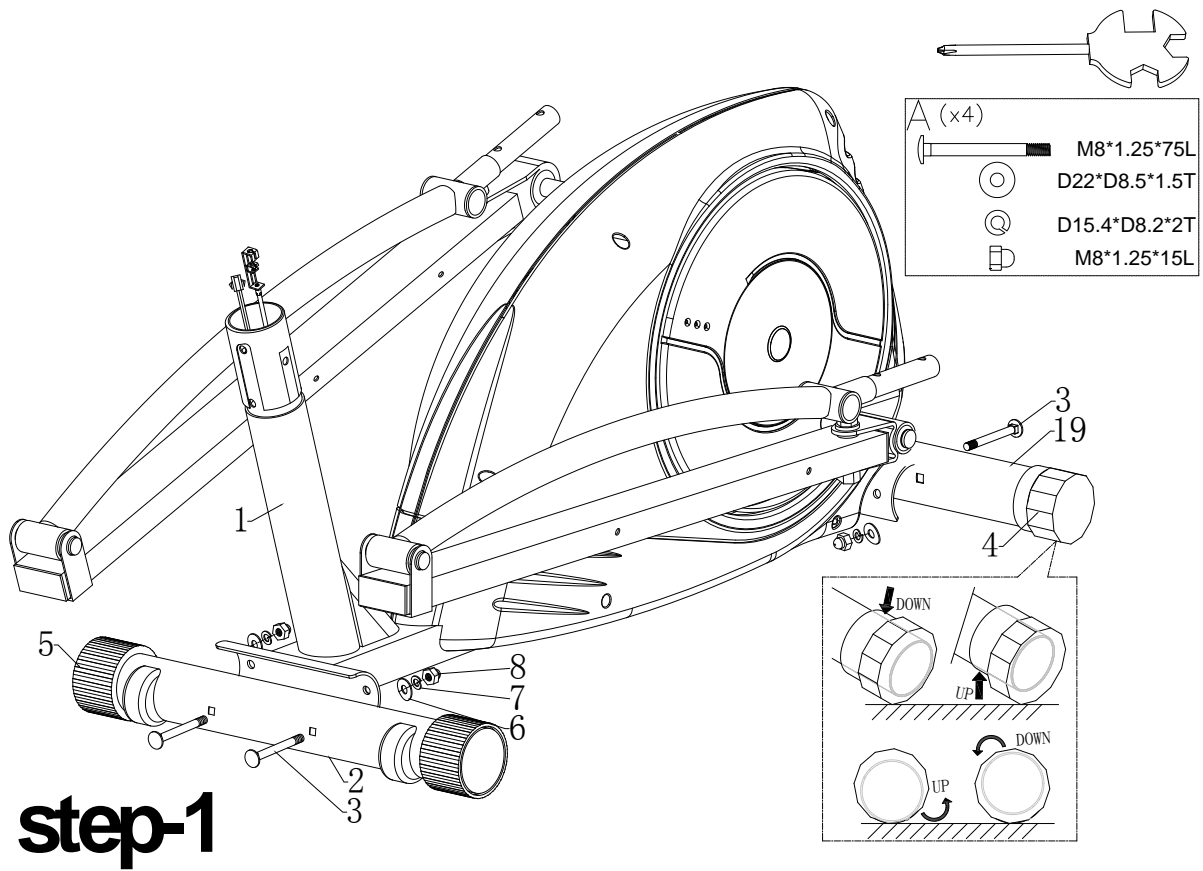
PART LIST

part no.	description	specifications	q'ty
1	Main frame		1
2	front stabilizer	D60x1.5Tx480L	1
3	carriage bolt		4
4	rear foot cap	D60xD75x50L	2
5	front foot cap	D60xD67x43	2
6	curved washer	D22xD8.5x1.5T	14
7	spring washer	D15.4xD8.2x2T	16
8	domed nut	M8x1.25x15L,	4
9	bolt	M8x1.25x20L	10
10	front post		1
11	pedal welding set		2
12	swing support tube		2
13	bushing	D19.15x(D25.6x32)xL(17+3)	12
14	square end cap	30x60x15	4
15	round end cap	D1"x17.5L	2
16	idle wheel	D23.8xD38x24	1
17	protective cover	114*76*43	1
18	nylon nut	M10*1.5*10T	2
19	rear stabilizer	D60x500Lx1.5T	1
20	flat washer	D14xD6.5x0.8T	4
21L&R	pedal set	395*120*70	1sets
22	bolt cover	D30*17(M12)	2
23	ladder bolt	M10*1.5*58L	2
24	flat washer	D24*D13.5*2.5T	2
25	cross bolt	M5*0.8*10L	1
26	c ring	S-17(1T)	2
27	upper tention control cable	560L	1
28	lower tention control cable	1200L	1
29	upper computer cable	900L	1
30	lower computer cable	1200L	1
31	bushing	D29*D11.9*9T	4
32	pedal bearing welding set		2
33	crank welding set		2
34	pulley	D240x21	1
35	belt	1016J5	1
36L	left cover	765x70x360	1
36R	right cover	765x70x360	1
37	flywheel		1
38	bolt cover	D29*21(M8)	2
39	side cover	D36x14	2
40	bolt	M8x1.25x25	2
41	c ring	S-10(1T)	1

42	round cover	D343x25x3T	2
43	bearing	#6003ZZ	2
44	bolt	M8*52L	1
45	nylon nut	M8*1.25*8T	2
46	plastic flat washer	D10*D24*0.4T	1
47	semi-circle foot cap	D60x54.5L	2
48	fixed ring	D13*D10*1.9T	1
49	round cross screw	M4x0.7x10L	4
50	flat washer	D20*D11*2.0T	2
51	xx	xx	x
52L	left handlebar	D31.8*560*143.2*1.5T	1
52R	right handlebar	D31.8*560*143.2*1.5T	1
53	foam	D30*4T*440L	2
54	foam	D23x4Tx480L	2
55	mushroom-end cap	D1 1/4**45L	2
56	spring	D2.2*D14*65	1
57	nylon nut	M6x1.0x6T	4
58	bolt	M6*1.0*15L	4
59	bolt cover	D28*17(M10)	2
60	flat washer	D23*D17.2*1.5T	1
61	crank axle		1
62	round magnet	S10042	1
63	waved washer	D17*D22*0.3T	2
64	computer	B11092	1
65	handpulse	S1001	2
	pulse cable	600L	1
66	flat washer	D25xD8.5x2T	3
67	waved washer	D26*D19.5*0.3T	6
68	c ring	D21.5xD17.5x1.2T	8
69	front pedal axle	D19x72L	2
70	fixing plate for idle wheel		1
71	swing axle	D19x374.5(M8x1.25)	1
72	handlebar		1
73	carriage bolt	M6*1*45L	4
74	anti-loose nut	M10*1.25*10T	2
75	cross screw	ST4.2x1.4x20L	2
76	knob	D40*M6*12	4
77	insert plug	D56*97	1
78	bolt	M8x1.25x25L	1
79	nut	M8*1.25*8T	1
80	buffer	D9*D5.8*13	2
81	magnet fixing bracket		1
82	spring	D1.0*42L	1
83	nylon nut	M6*1*6T	1
84		D6*D19*1.5T	1

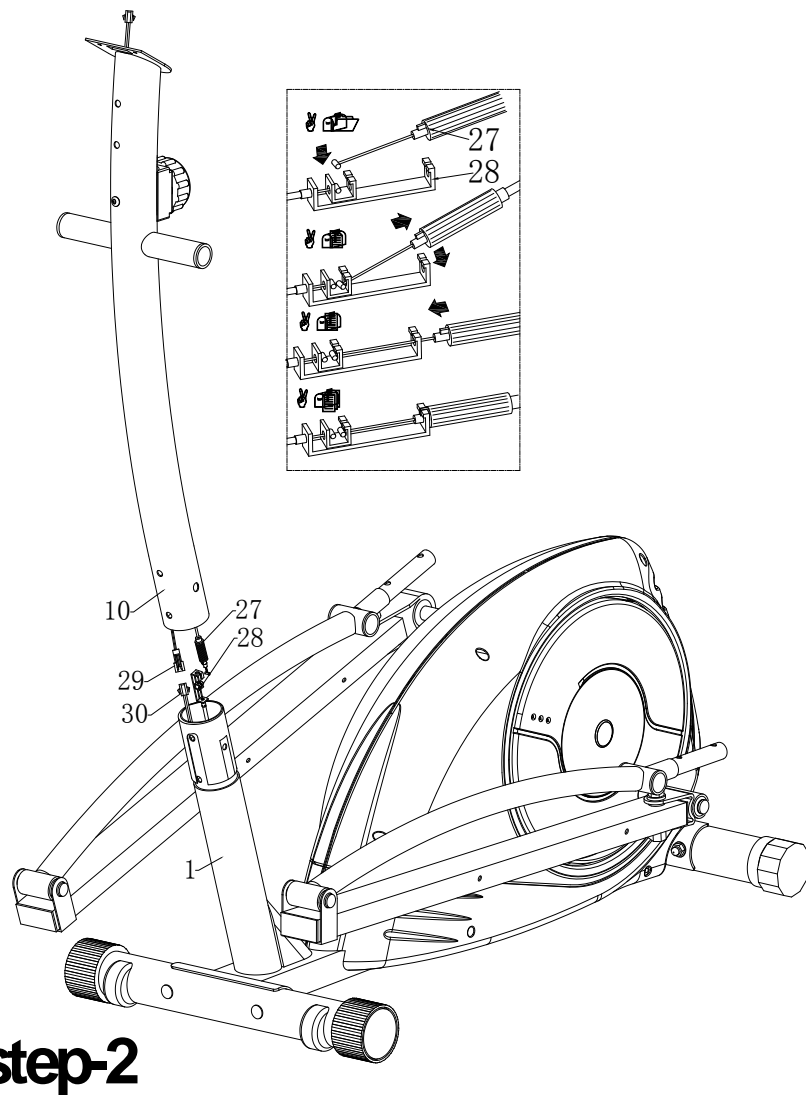
	nylon washer		
85	nut	M6*1*6T	1
86	flat washer	D13*D6.5*1.0T	1
87	bolt	M6*65L	1

STEP 1



- (1) Assemble the front stabilizer (2) and rear stabilizer (19) to the main frame (1) by using the square neck bolt (3), the curved washer (6), the spring washer (7) and domed nut (8).
- (2) Adjust the proper height by turning the wheel of rear foot cap (4).

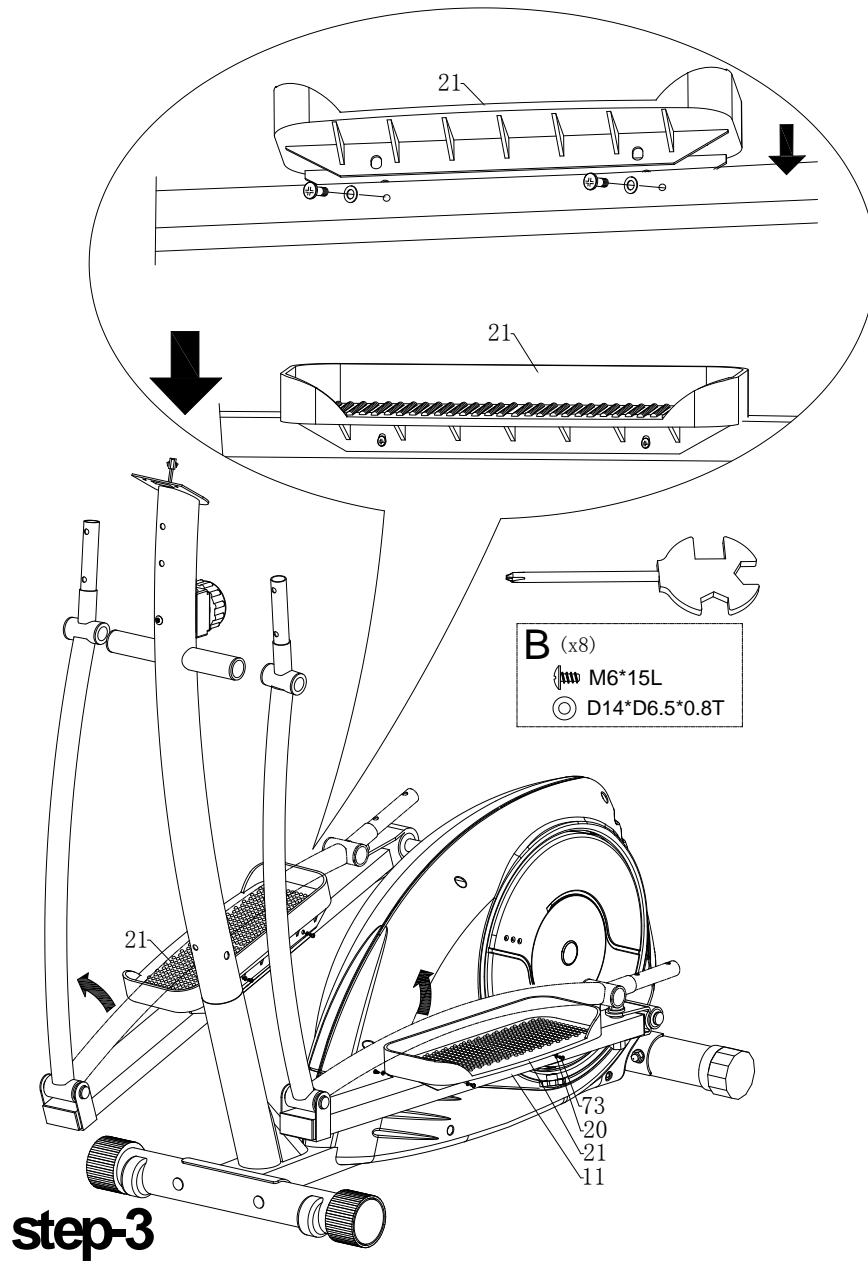
STEP 2



step-2

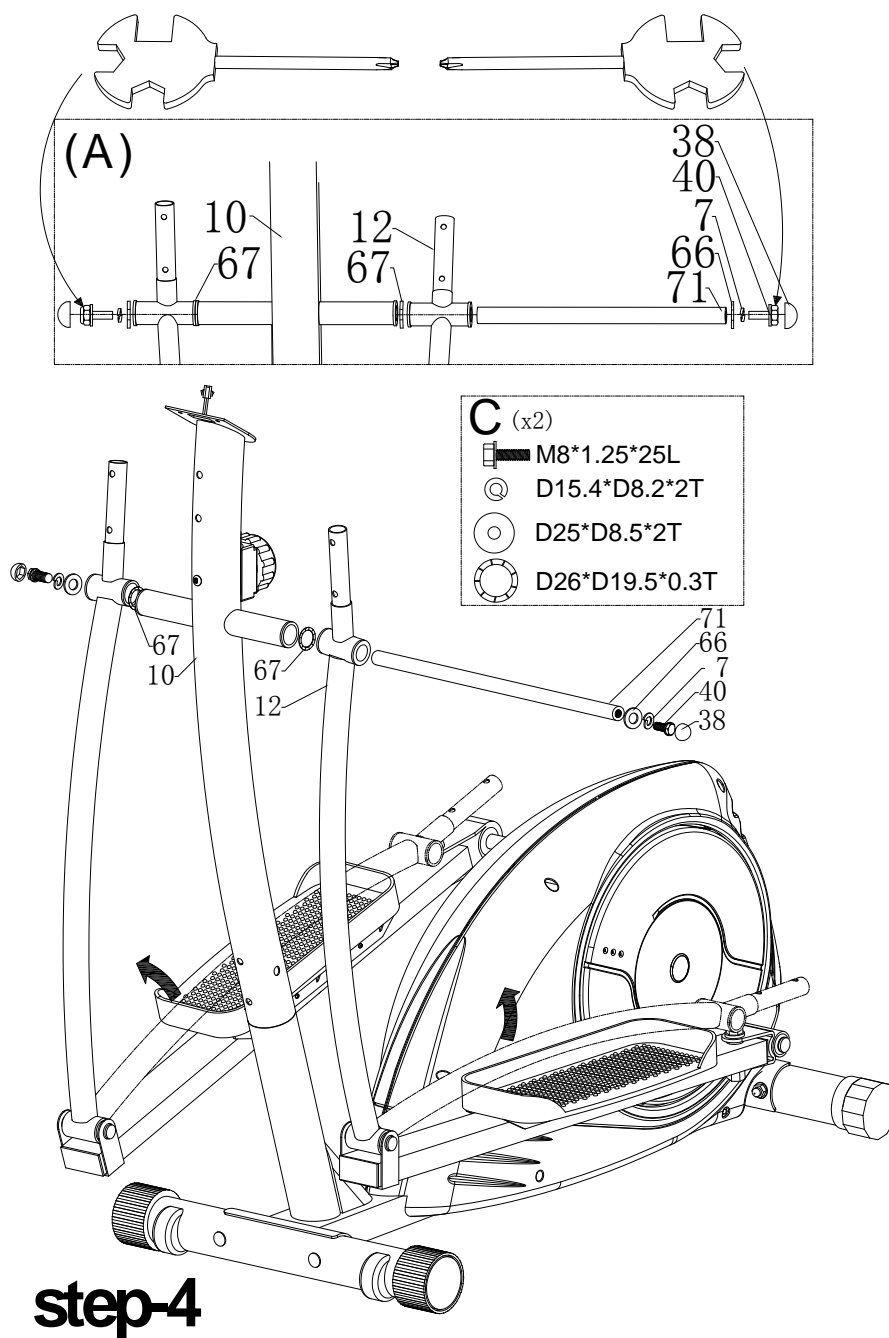
(1) Connect the upper tension cable (27) and the lower tension cable (28) as well as the upper computer cable (29) and the lower computer cable (30).

STEP 3



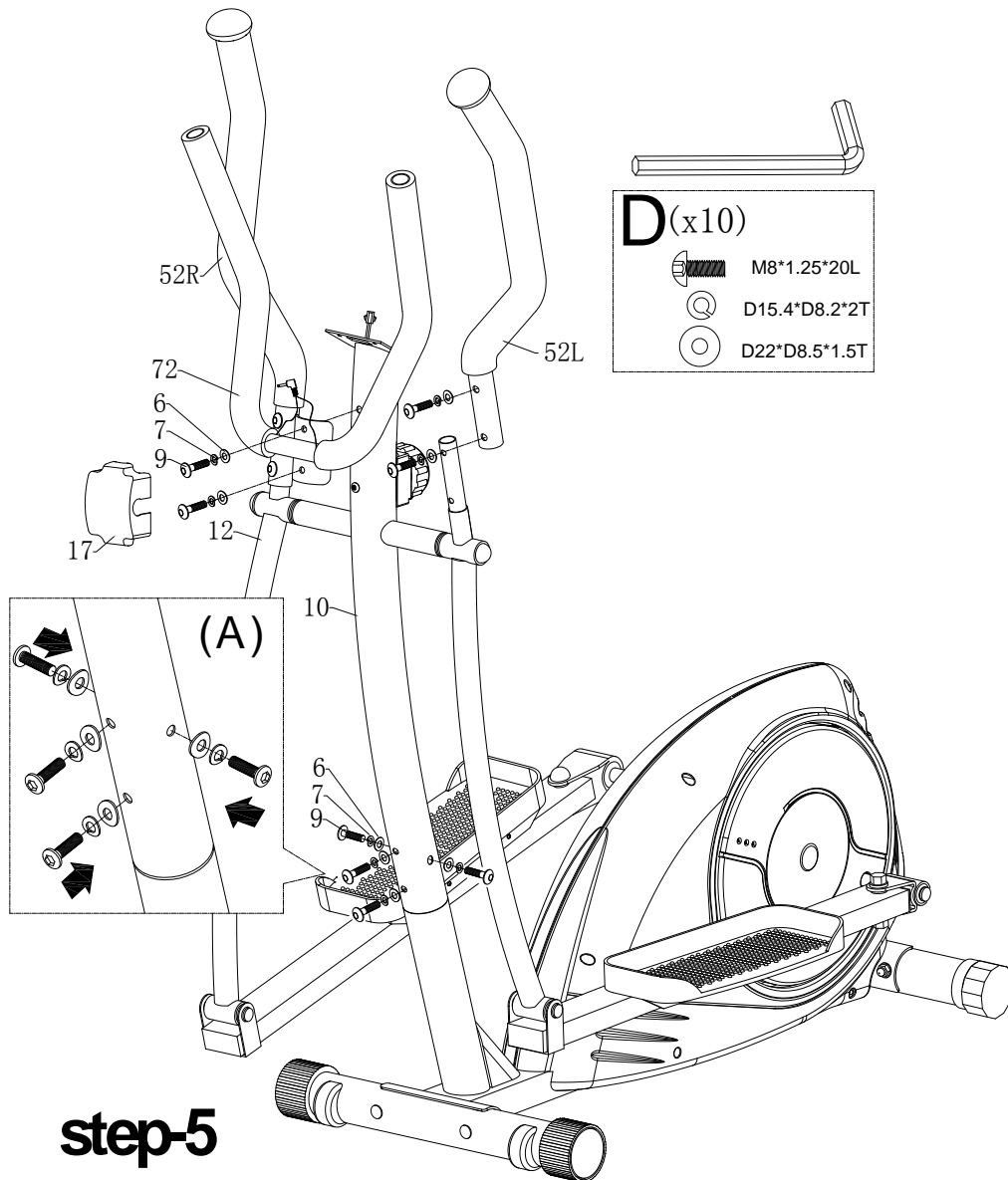
- 1) Assemble the pedal (21) onto the pedal support (11) by using flat washer (20) and bolt (73)

2) STEP 4



- 1) Insert the moveable axle (71) through two moveable handlebar support (12) and handlebar post (10), by using sea washer (67), flat washer (66), spring washer (7) and bolt (40).
- 2) Put the bolt cap (38) on the bolt (40).

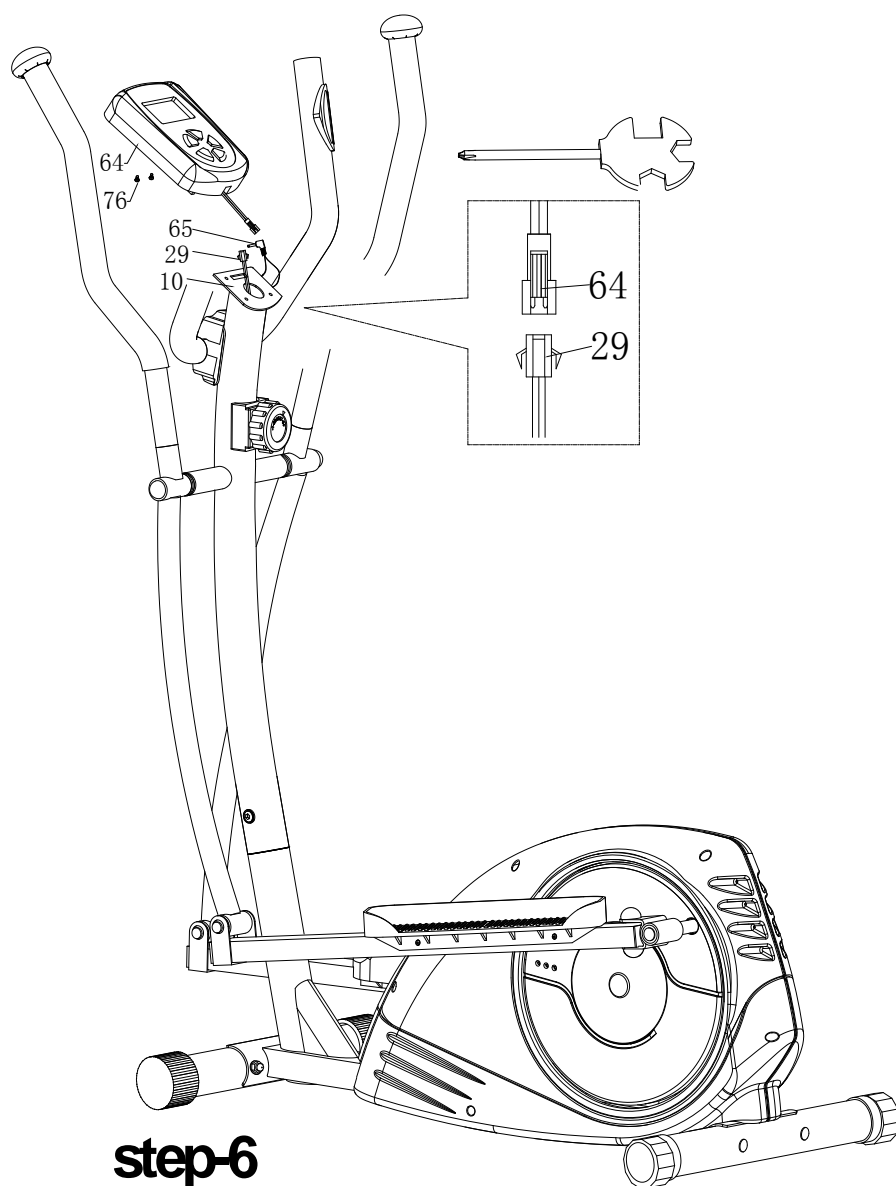
STEP 5



step-5

- 1) Fasten the handlebar post (10) with curved washer (6), spring washer (7) and bolt (9).
- 2) Assemble the handlebar (52L+52R) to the movable handlebar support (12) by using the bolt (9), the spring washer (7) and the curved washer (6).
- 3) Assemble the fixed handlebar (72) to the handlebar post (10) by using the bolt (9), the spring washer (7) and the curved washer (6). Then put the cover for handlebar (17) to the fixed handlebar (72).

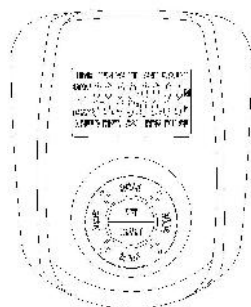
STEP 6



1. connect the upper computer cable (29) with computer
2. fix the computer (64) onto the fixing plate by using screw (76)

English Manual for B11092

Display Console Overview:



The things you should know before exercise

SLEEP MODE:

The monitor will entry SLEEP mode (LCD off) when there is no signal input and no key be pressed after 4 minutes.

Functions and Features:

1. **SCAN:** At the exercise mode, press the MODE key until appears the SCAN on the LCD. Monitor will display the following function and each function will keep 6 seconds on the main screen.
TIME-SPEED-DISTANCE-CALORIE-RPM-PULSE
2. **TIME:** Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You many also program your computer to count down from a set value by using the UP and DOWN keys from 0:00 to 99:00. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and count up from 0:00.
3. **SPEED:** Displays your workout speed value in KM/MILE per hour from 0.0 to 99.9.
4. **DISTANCE:** Displays the accumulative distance traveled during each workout up to a maximum of 99.99KM/MILE.
5. **CALORIES:** Your computer will estimate the cumulative calories burned at any given time during your workout.
6. **PULSE:** Your computer displays your pulse rate in beats per minute during your workout. If no pulse signal input then the computer will display 0 on the window.
7. **RPM:** Your pedal cadence.

Key function:

There are 3 button keys and the function description as follows:

1. **SET key:** During the STOP mode, press the key to increase the value of Time, Distance and Calories.
2. **RESET key:** During the STOP mode, press the key to clear the exercising value or setting value to zero.
3. **MODE key:**
 - a. Press the key can accept these setting values of TIME, DISTANCE and CALORIE.
 - b. During the STOP mode, by holding this key for over two seconds then the computer will re-power-on.
 - c. During the exercise mode, press the key can check the function from SCAN-TIME-SPEED-DIST-CAL-RPM-PULSE for a circle.

How to replace the batteries:

Please move out the battery cover from the bottom housing then replace the batteries. The instruction as below,

