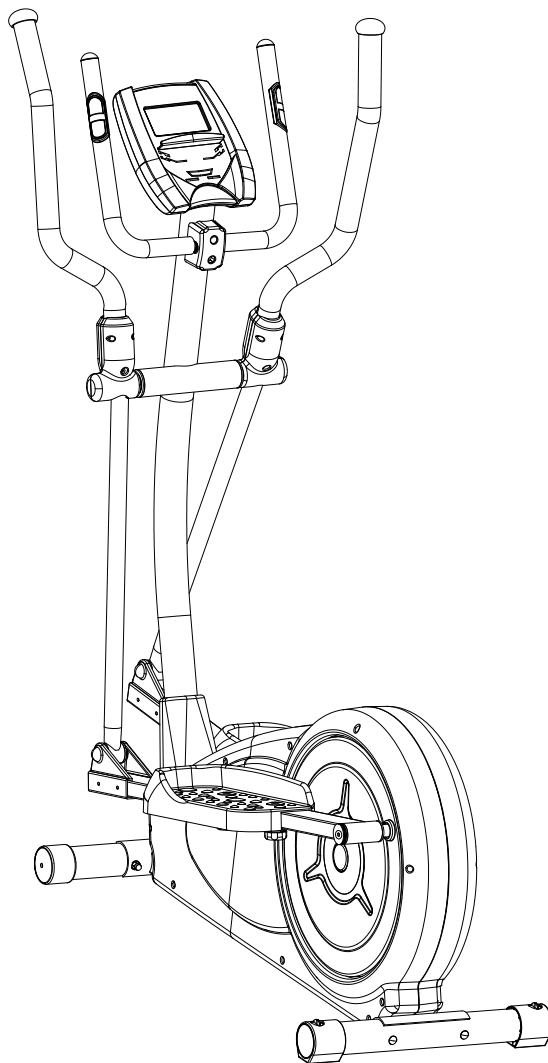


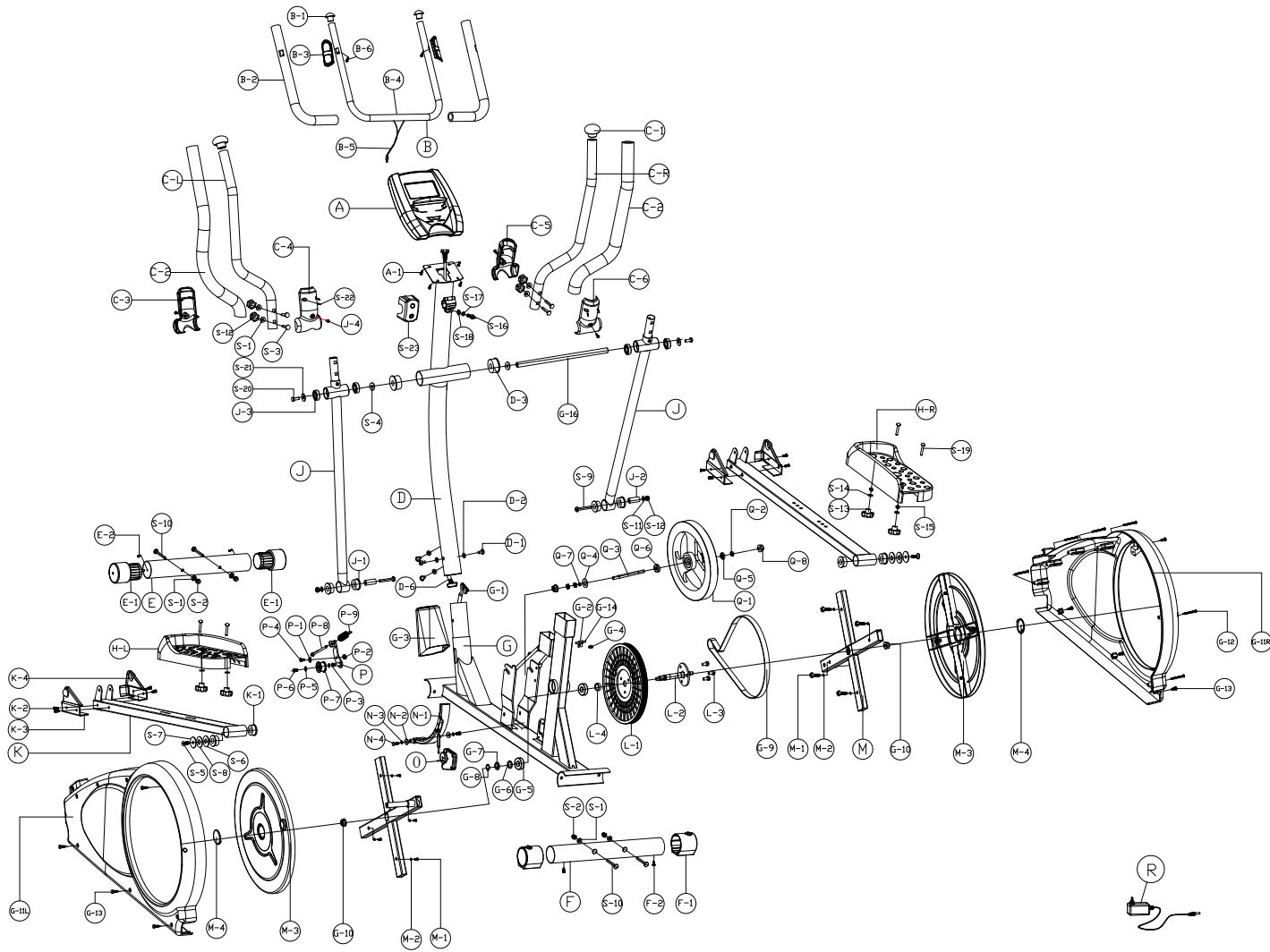
# X-FERFIT

BRUKERMANUAL  
for  
550 ELLIPTICAL



BUILT FOR HEALTH

# Exploded drawing



## Parts List

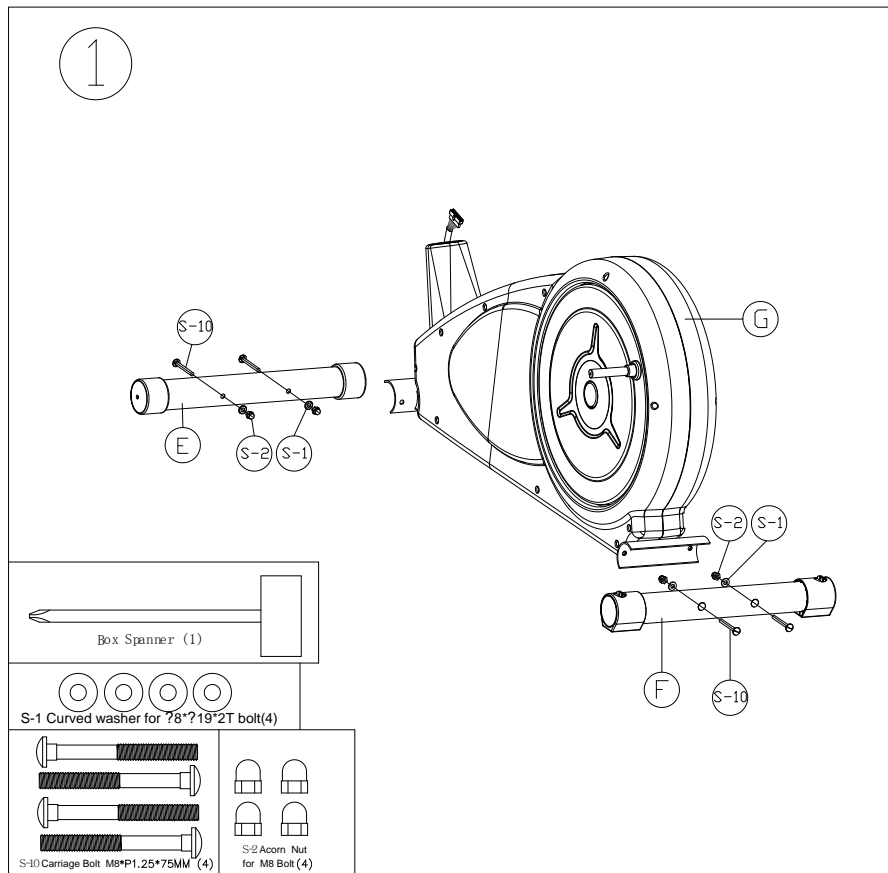
No	Description	Unit
A	computer	1PCS
A-1	screw	4PCS
B	fixed handlebar assembly set	1SET
B-1	end cap for handlebar	2PCS
B-2	foam grip for handlebar	2PCS
B-3	handpulse	2PCS
B-4	fixed handlebar	1PCS
B-5	pulse sensor	2PCS
B-6	screw	2PCS
C-L	upper handlebar (left)	1PCS
C-R	upper handlebar (right)	1PCS
C-1	end cap for upper handlebar	2PCS
C-2	foam grip	2PCS
C-3	cover for upper handlebar (left, front)	1PCS
C-4	cover for upper handlebar (left, rear)	1PCS
C-5	cover for upper handlebar (right, front)	1PCS
C-6	cover for upper handlebar (right, rear)	1PCS
D	handlebar post	1PCS
D-1	screw	4PCS
D-2	curve washer	4PCS
D-3	bushing	2PCS
D-4	screw	2PCS
D-5	screw	2PCS
D-6	cable (upper)	1PCS
E	front stabilizer	1PCS
E-1	transportation wheel for front stabilizer	2PCS
E-2	screw	2PCS
F	rear stabilizer	1PCS
F-1	end cap for rear stabilizer	2PCS
F-2	screw	2PCS
G	main frame	1SET

G-1	cable (lower)	1PCS
G-2	fixing set for sensor	1PCS
G-3	cover for handlebar post	1PCS
G-4	screw	1PCS
G-5	bearing	2PCS
G-6	wave washer	1PCS
G-7	flat washer	1PCS
G-8	c-type	1PCS
G-9	belt	1PCS
G-10	star nut	2PCS
G-11R	chain cover (right)	1PCS
G-11L	chain cover (left)	1PCS
G-12	screw	6PCS
G-13	screw	8PCS
G-14	DC cable	1PCS
G-16	axle for handlebar	1PCS
H	pedal(R, L)	2SET
J	lower handbar	2SET
J-1	bushing	4PCS
J-2	bushing	2PCS
J-3	bearing	4PCS
J-4	screw	4PCS
K	pedal arm (R, L)	2SET
K-1	cap for pedal arm	2PCS
K-2	screw	8PCS
K-3	cover for pedal arm (left)	2PCS
K-4	cover for pedal arm (right)	2PCS
L	axle assembly set	1SET
L-1	big pulley	1PCS
L-2	axle	1PCS
L-3	hex. bolt	3PCS
L-4	bushing	1PCS
M	cross	2SET

M-1	screw	8PCS
M-2	flat washer	8PCS
M-3	disc	2PCS
M-4	cap for disc	2PCS
N	magnet assembly set	1SET
N-1	magnet set	1PCS
N-2	flat washer	2PCS
N-3	spring washer	2PCS
N-4	hex. bolt	2PCS
O	gear box	1PCS
P	idler set	1PCS
P-1	flat washer	1PCS
P-2	nylon nut	1PCS
P-3	wave washer	2PCS
P-4	hex. bolt	1PCS
P-5	flat washer	1PCS
P-6	hex. bolt	1PCS
P-7	idler wheel	1PCS
P-8	hex. bolt	1PCS
P-9	spring	1PCS
Q	flywheel assembly set	1SET
Q-1	flywheel	1PCS
Q-2	nut	3PCS
Q-3	axle for flywheel	1PCS
Q-4	flat washer	1PCS
Q-5	bearing	1PCS
Q-6	bearing	1PCS
Q-7	bushing	1PCS
Q-8	nut	2PCS
R	adaptor	1PCS
S	hardware set	1SET
S-1	semi-circle washer	8PCS
S-2	nut	4PCS

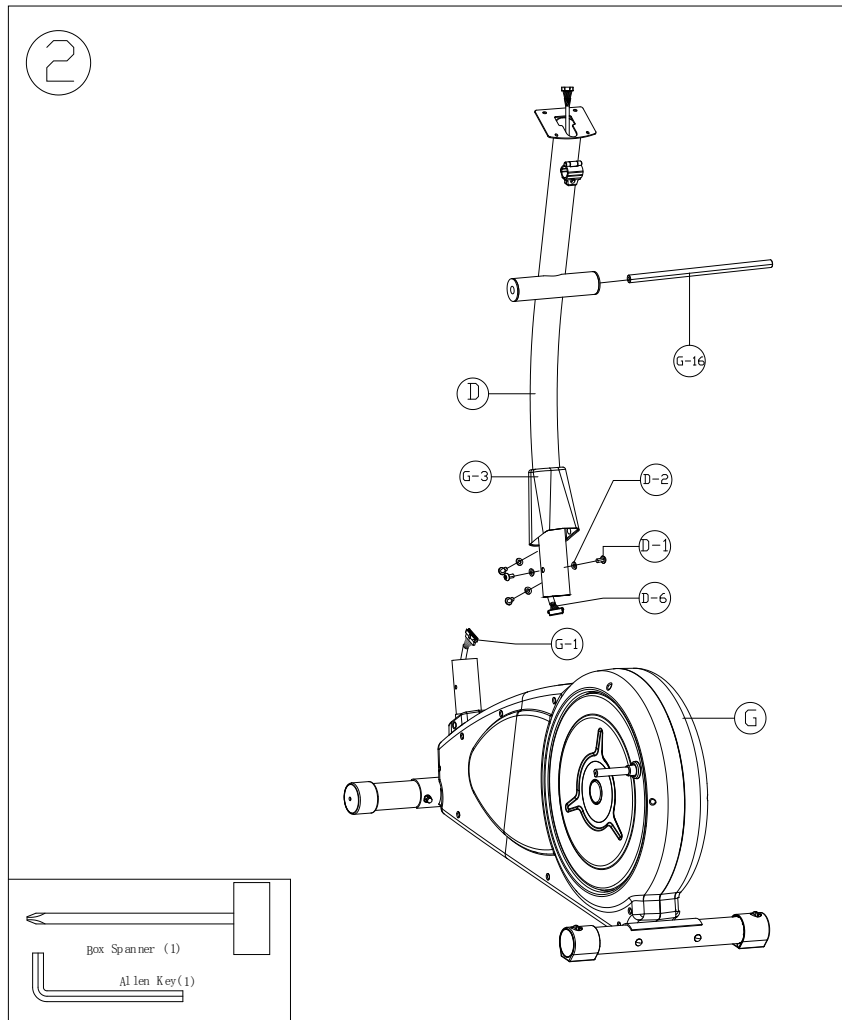
S-3	carriage bolt	4PCS
S-4	flat washer	2PCS
S-5	hex. bolt	2PCS
S-6	flat washer	2PCS
S-7	flat washer	2PCS
S-8	washer	2PCS
S-9	screw	2PCS
S-10	carriage bolt	4PCS
S-11	flat washer	2PCS
S-12	nylon nut	6PCS
S-13	knob for pedal	4PCS
S-14	flat washer	4PCS
S-15	spring washer	4PCS
S-16	hex. bolt	1PCS
S-17	spring washer	1PCS
S-18	flat washer	1PCS
S-19	carriage bolt	4PCS
S-20	nylok screw	2PCS
S-21	flat washer	2PCS
S-22	screw	4PCS
S-23	cover for handlebar	1PCS

# Assembly Stage #1



1. Fasten front stabilizer (E) to the main frame by using 2 screws (S-10), 2 curve washers (S-1), and 2 nts (S-2).
2. Fasten rear stabilizer (F) to the main frame by using 2 screws (S-10), 2 curve washers (S-1), and 2 nts (S-2).
3. After assembly, the Trainer can be adjusted to slightly uneven ground by adjusting the height of the foot caps at the back. The pre-assembled transportation wheels in the front allow easy moving of the Elliptical.

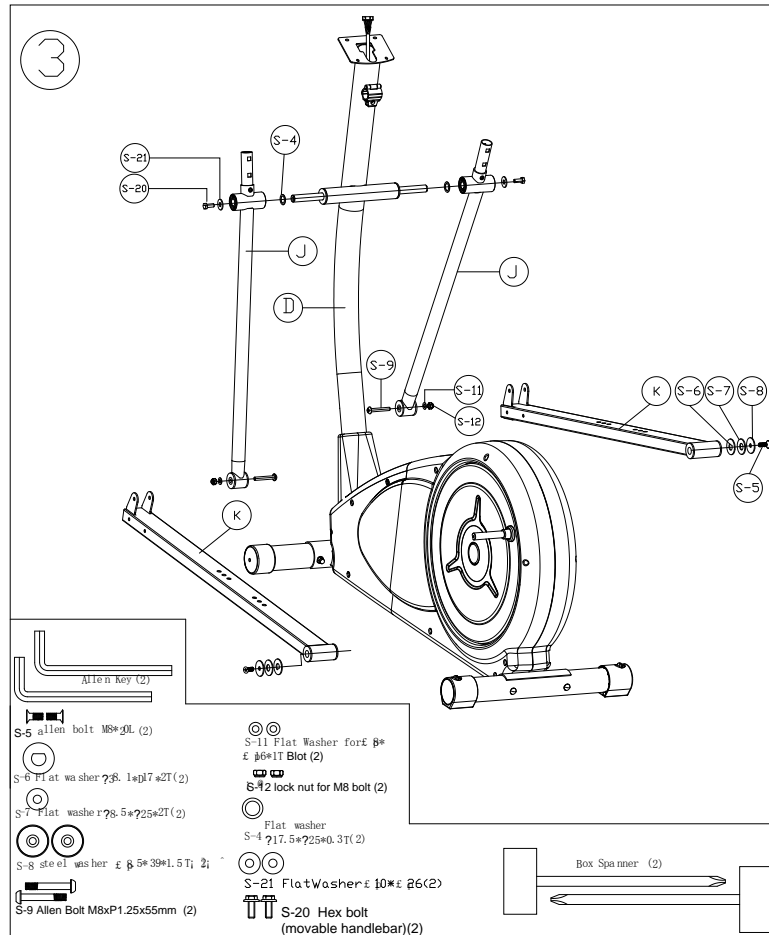
## Assembly Stage #2



1. Pull the cable (D-6) out of the handlebar post before assembling.
2. First, loosen the pre-assembled screws.
3. Connect the cable upper (D-6) by pushing the head into the notch of the cable lower (G-1) coming from the main frame (see drawing). Connect the cables completely.
4. Put the cover (G-3) and handlebar post (D) into the main frame and fix it with 4 screws (D-1) and 2 curve washers (D-2).
5. Insert the axle (G-16) through the handlebar post.

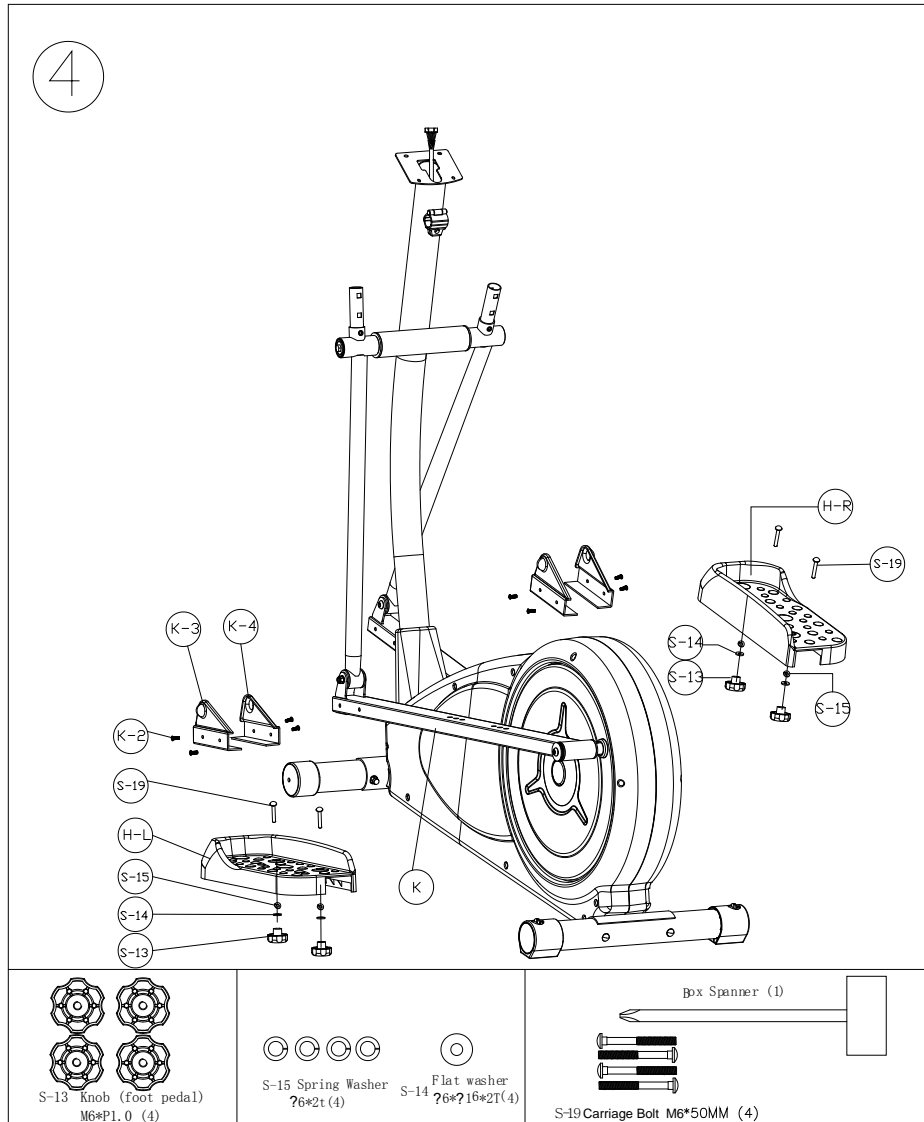


## Assembly Stage #3



1. Assemble the pedal arms (K-L, K-R) to the disc by flat washers (S-6, S-7, S-8)), and screws (S-5).
2. Tighten the axle by using 1 flat washer (S-4), 1 flat washer (S-21) and 1 bolt (S-20) in each side.
3. Tight the screw (S-9) with flat washer (S-11) and nut (S-12) to connect the pedal arm and lower swing arm in each side.

# Assembly Stage #4

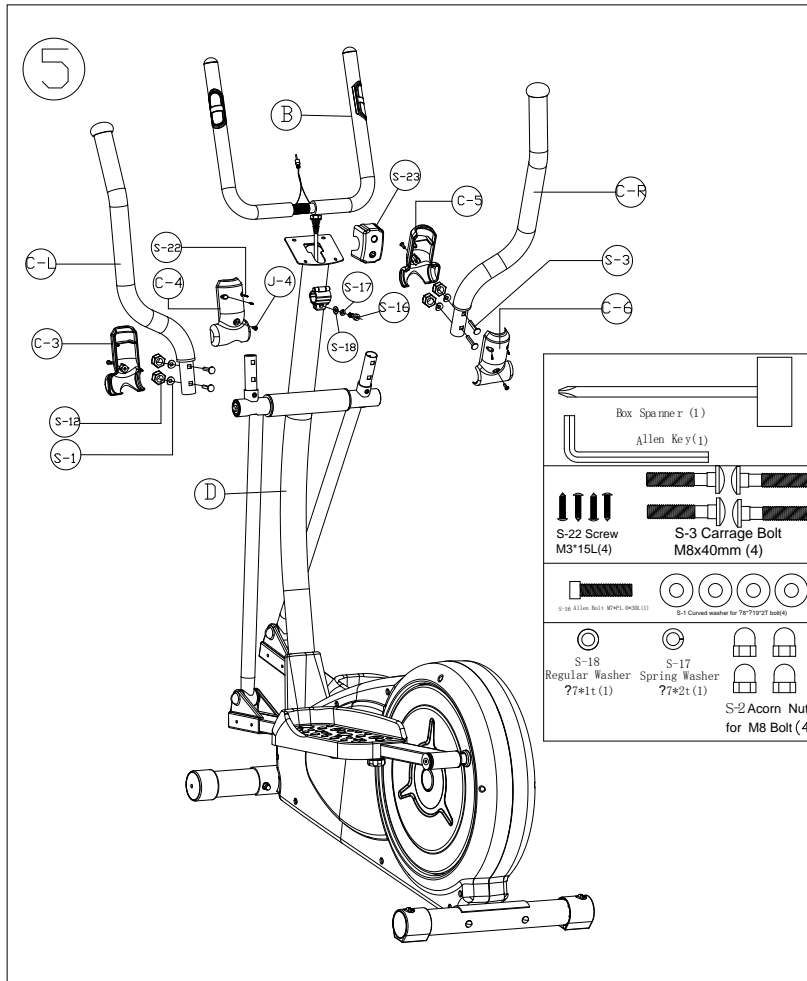


1. Put pedal (H-L, H-R) onto the pedal arm and tighten it by using 4 knob (S-19), 2 spring washers (S-15), 4 flat washer (S-14), 4 knobs (S-13) in each side

Please note that the left and right pedals need to be placed in identical positions.

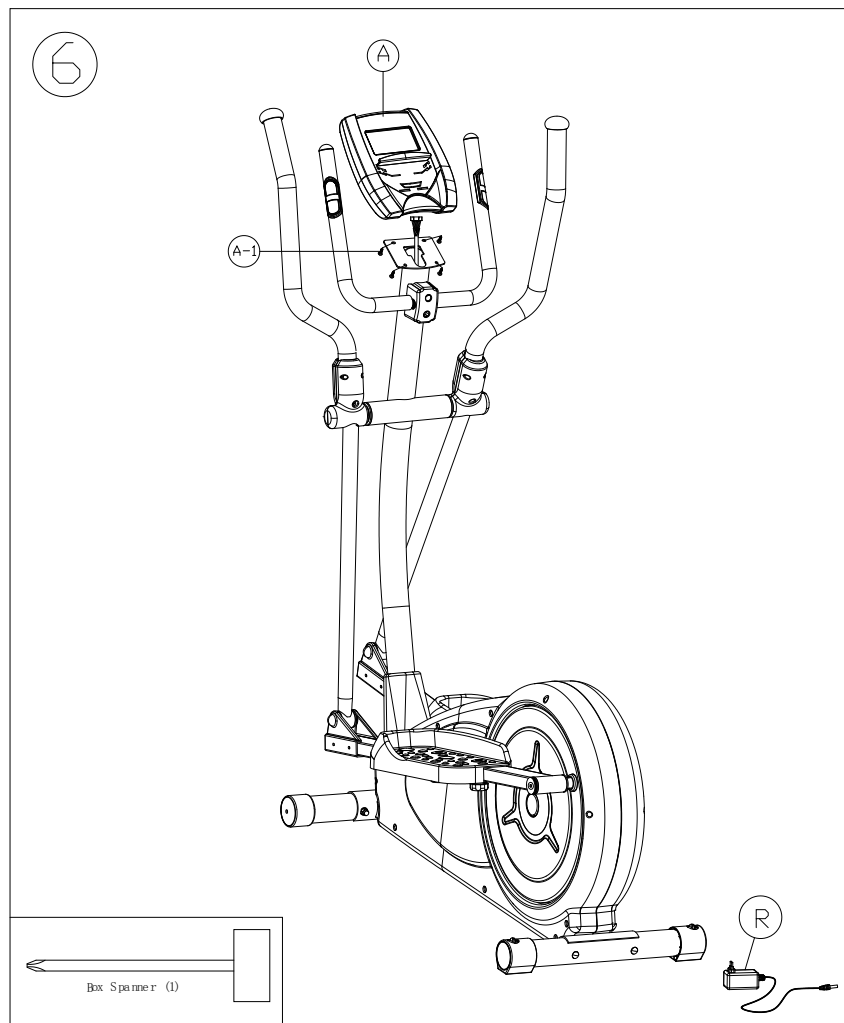
2. Assemble the covers (K3, K4) on to the pedal arms with 4 screws (K-2) in each side.

# Assembly Stage #5



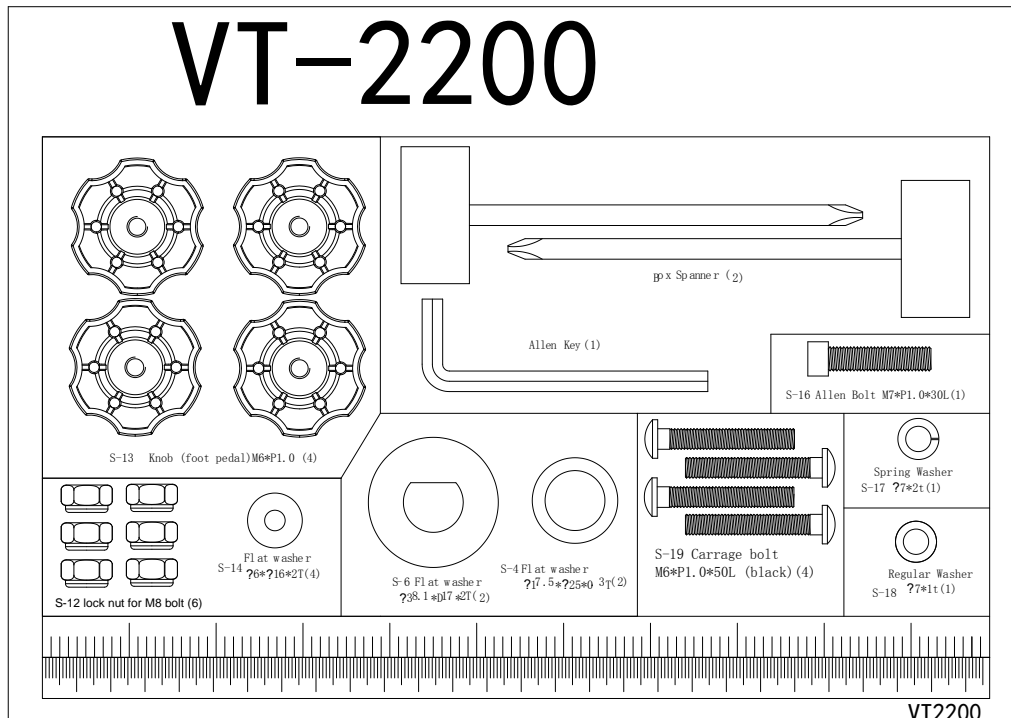
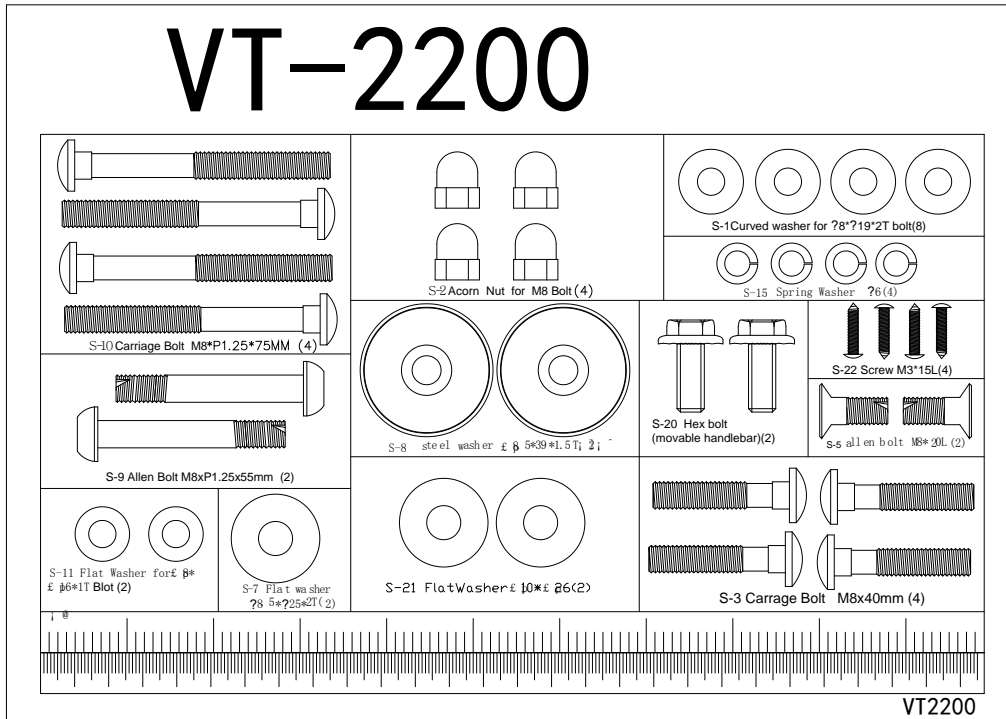
1. Mount the fixing handlebar (B) onto the handlebar post (D) and tighten with the handlebar clamp, washer (S-18), spring washer (S-17) and bolt (S-16). And put the cover (S-23) on.
2. Assemble the upper handlebar (C-L, C-R) by bolt (S-3), curve washer (S-1), and nut (S-12).
3. Put the cover (C3, C-4) on the left handlebar with screws (S-22). And then, put the cover (C5, C-6) on the right handlebar with screws (S-22).


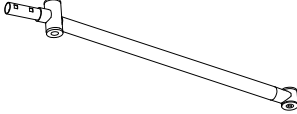




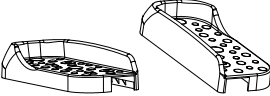
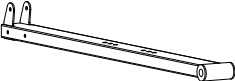
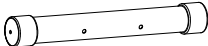
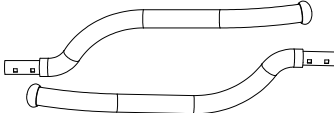
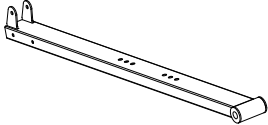
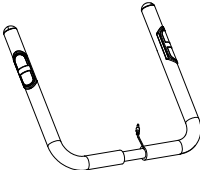
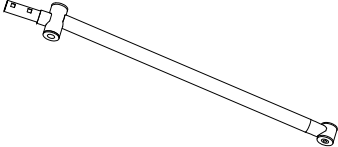
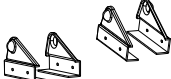
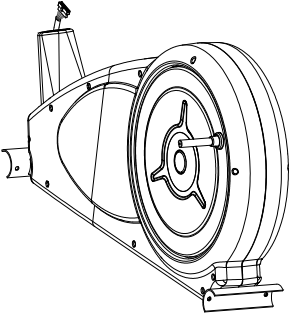
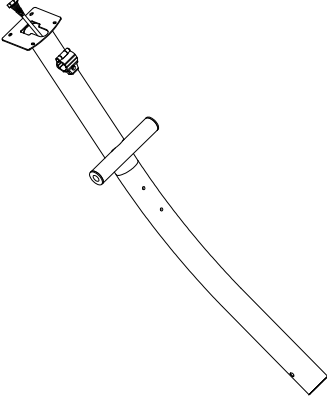
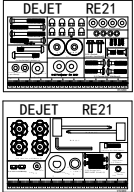

## Assembly Stage #6



1. Connect cable wire (upper) and Heart rate cable (upper) to the back of the computer.
2. Mount the computer (A) on the plate with 4 screws(A-1).
3. Connect the adaptor ( R ) between the crosstrainer and the plug.

# TOOLS



	1/1		1/1
	1/1		1/1
	1/1		1/1
	1/1		1/1
	1/1		1/1
	1/1		1/1
	1/1		1/1
	1/1		1/1
	1/1		1/1

# INSTRUCTION MANUAL OF SM2705-67

## **BUTTON FUNCTION:**

MODE/ENTER	In stop mode, confirm all exercise data setting(Time, DST,CAL, Pulse, etc), and enter into program.
RESET	Press it in the STOP mode, return to the main menu. Press the mode 2s at any time, buzzer sound 1s and LCD display 2s then return to the main menu as "TOTAL RESET".
START/STOP	To start or stop the system.
RECOVERY	If no pulse input, no use to press the mode. When pulse is displayed, press it to recovery. It will display F1~F6 after 1minute, press it again to check out
UP	To select training mode and increase the function or value up.
DOWN	To select training mode and decrease function or value down.

## **POWER ON**

When power on, buzzer sound for 1 second. At the same time, LCD full display 2 seconds and then wheel diameter. After that, enter into normal training mode to select.

## **ENTER TRAINING MODE**

When enter into training mode, MANUAL(MAN) flash 1Hz in the dot matrix. Press UP& DOWN to choose from MANUAL PROGRAM User program H.R.C WATT. Press ENTER/MODE to enter the mode. If press START without selection, directly enter into MANUAL MODE and start.

## **PROGRAM SETTING**

In STOP mode, press P1, P2, P3, ~, P12 to enter relevant program accordingly quickly. Or in the START mode, Select the program under training mode, press UP&DOWN to choose one from P0, P02, P03, ~, P12.

## **PROGRAM SETTING LEVEL**

Adjust the level in start mode. When using / to adjust, cannot recycle the level( can only increase to Level32, can only decrease to 1).

## **ADJUSTING MANUAL LEVEL**

Adjust the manual level in start mode. Press / to increase or decrease one level. If hold on for 1.5s, will +/- 2levels per second and stop when releasing.

## **ADJUST THE VALUE (Eg. TIME, DISTANCE, CALORIES, PULSE etc.)**

1. Select TIME, DISTANCE, CALORIES, PULSE in Manual mode. Use / to adjust the value Recyclely.
2. When in PROGRAM, User program, H.R.C, WATT mode, only can set the time.
3. Use / to increase or decrease one level; Press / for 1.5s, +/- 8 levels per second and stop when releasing.

## **H.R.C**

If select H.R.C mode, need set age first and confirm by MODE. It will display preset value in PULSE area according to age. If select TARGET, it will display 100 and flash in PULSE area. Use / to adjust the target value(30~230) and can be recycle.

## **User Program**

In User PROGRAM mode, user may press / to select program drawing (each timer shift corresponding Level value), display and flash in the inserted drawing. It will light after setting. When setting, the figures and Letters in LOAD Window displaying to be set. LOAD value flash at 1Hz. Press mode to confirm the value after setting. A complete PROGRAM drawing timer shift has 20 steps need to be set. Then it will run as the set program. When come to 9<sup>th</sup> step, it scroll and shift to left and so on. If you want to pause the program halfway, press mode 2s. The unset timer shift will save last time value.

### **WATT**

When entering, the WATT value is flashing to be set(preset value=120). User press / to set WATT value. After Starting, it will adjust automatically according to the WATT value user inserted and exercise status.

### **SLEEP MODE**

No signal(SENSOR, KEYBOARD, PULSE value display) input over 4 minutes, system will enter SLEEP MODE. All set and calculated value will be saved. When power on and start next time, it will go on with the calculated value.

### **FUNCTION**

TIME	Display range 0:00~99:99 ; Setting range 0:00~99:00
DISTANCE	Display range 0.00~99.99 ; Setting range 0~99.90km
CALORIES	Display range 0~9999 ; Setting range 0.00~9990
PULSE	Display range P-30~230 ; Setting range 0-30~230
WATT	Display range 0~999 ; Setting range 10~350
SPEED	0-99.9KM
RPM	0~999

### **INSPECTION FOR ABNORMAL CONDITION**

LCD display E-2: Inspect the electronic watch and console 5PIN connecting cable for peeling off and poor contact.

LCD no drawing:

1. Check whether the adapter is well inserted into the AC plug seat.
2. Check the adapter DC pin is plugged into the machine or not, whether contact poorly.
3. Check the electronic watch and console 12 PIN connecting cable for peeling off and poor contact.
4. Check DC JACK connecting cable is loose or not.
5. Check the internal 12PIN connecting cable of the electronic watch is loose or not.