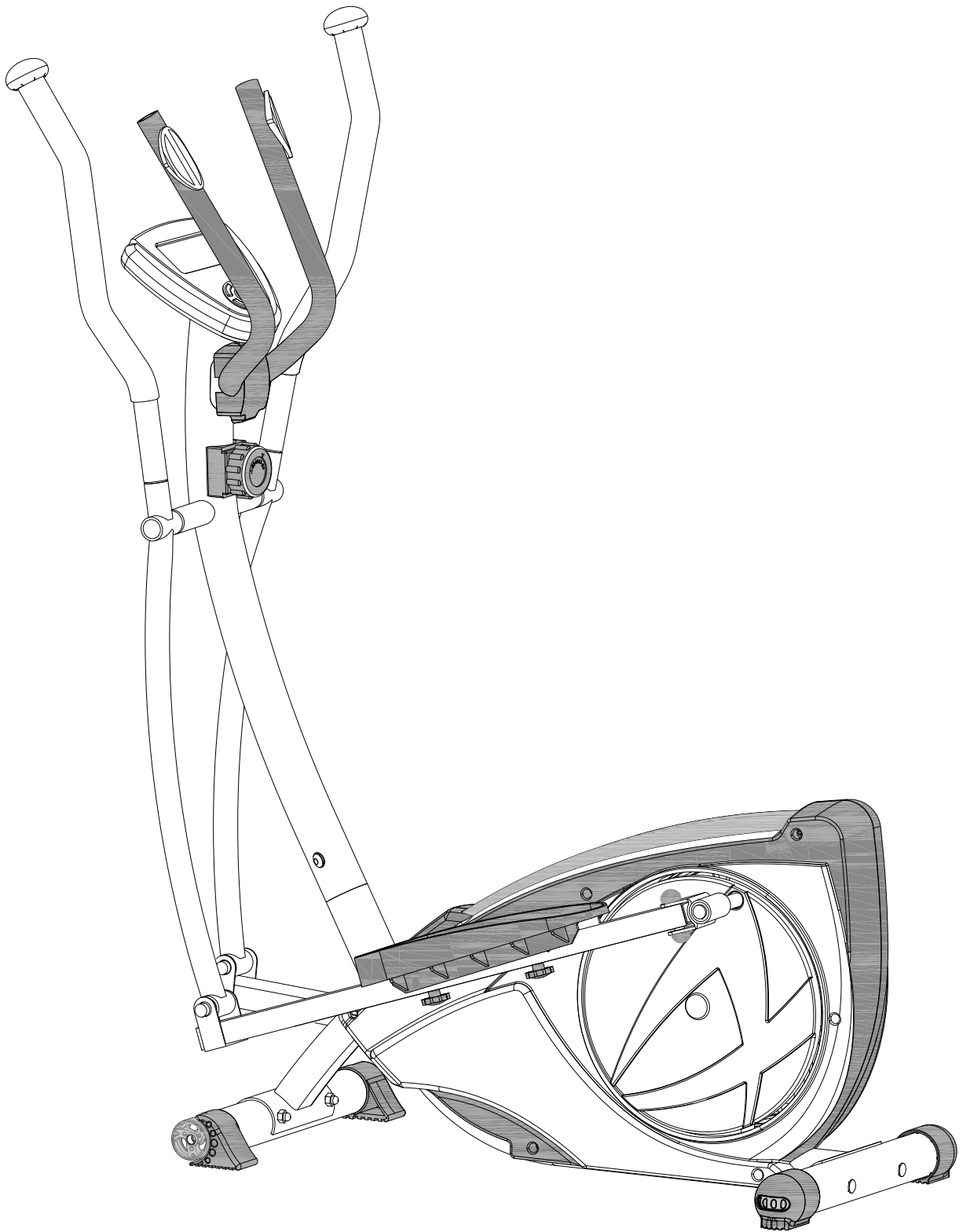


# USER MANUAL

## Exerfit 530 Elliptical



## 1. Safety Instructions

- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should use the exerciser at a time.
- Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly seated.
- Before you start your work-out, remove all sharp-edged objects around the exerciser.
- Only use the exercise for your work-out if it works flawlessly.
- Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
- Parents and other supervisory persons should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to children's natural play instinct and interest in experimenting.
- If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development, and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
- Make sure there is sufficient free space around the exerciser when you set it up.
- To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use it in a way for which it is not intended due to their natural play instinct and interest in experimenting.
- Please note that an improper and excessive work-out may be harmful to your health.
- Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
- When setting up the exerciser, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.
- Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.
- Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you as well as to your work-out and sensible eating habits.

## 2. Important Notes

Assemble the exerciser as per assembly instructions and be sure to only use the structural parts provided with the exerciser and designed for it. Prior to the assembly, make sure the contents of the delivery is complete by referring to the parts list of the assembly and operating instructions.

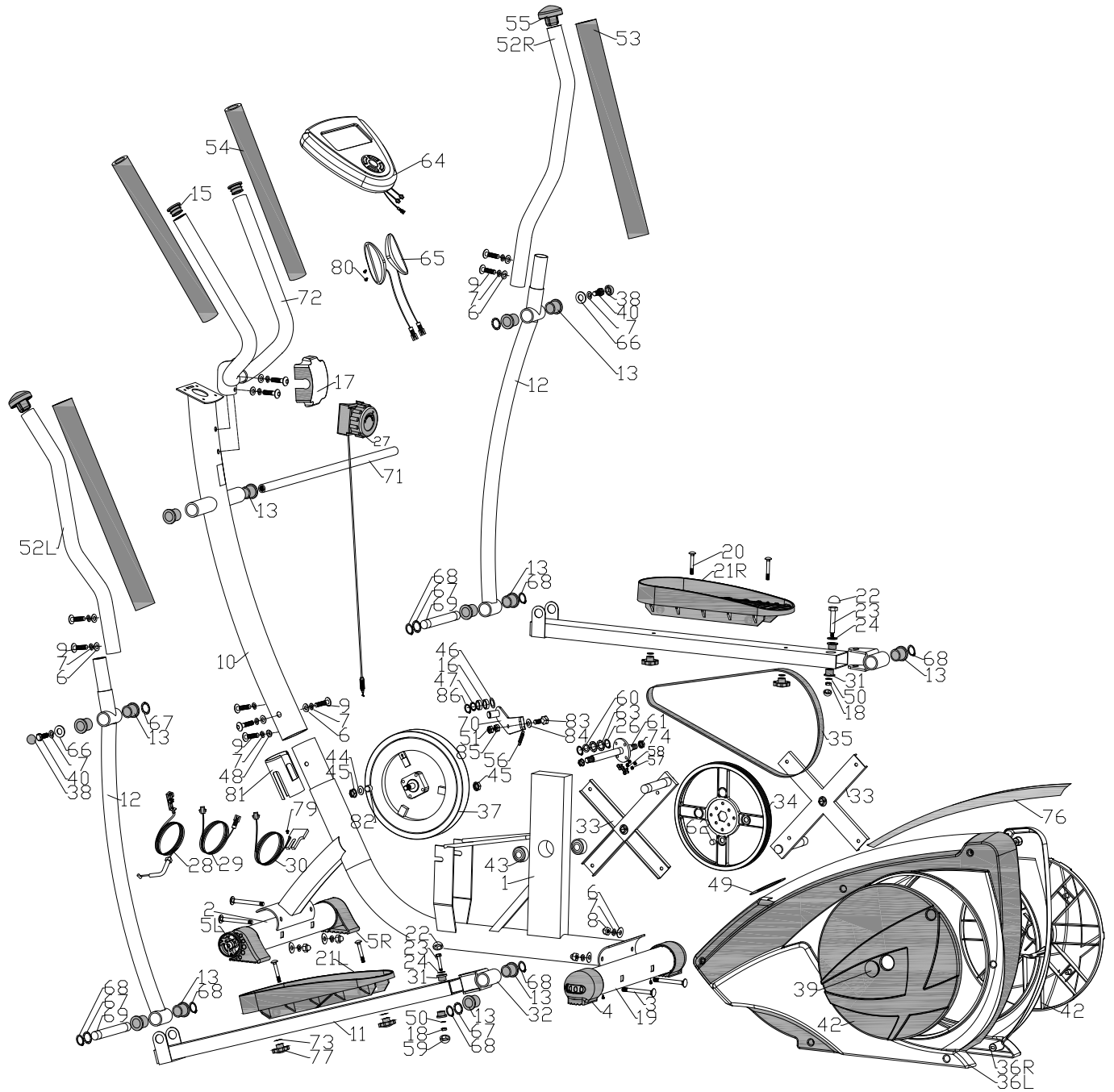
- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exerciser.
- The general rule is that exercisers and training devices are no toys. Therefore, they must only be used by properly informed or instructed persons.
- Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.
- Children, disabled and handicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.
- Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.
- When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.
- Do not work out immediately after meals!

### 3. Part List

| Part No. | Description                       | Q'ty |
|----------|-----------------------------------|------|
| 1        | Main frame                        | 1    |
| 2        | Front stabilizer                  | 1    |
| 3        | Square neck bolt M8*75L           | 4    |
| 4        | Rear foot cap                     | 2    |
| 5L       | Left front foot cap               | 1    |
| 5R       | Right front foot cap              | 1    |
| 6        | Curved washer                     | 12   |
| 7        | Spring washer D15.4*D8.2*2T       | 16   |
| 8        | Domed nut M8*15L                  | 4    |
| 9        | Allen bolt M8*20L                 | 10   |
| 10       | Handlebar post                    | 1    |
| 11       | Pedal supporting tube             | 2    |
| 12       | Movable handlebar support         | 2    |
| 13       | Bushing D19.15*(D25.6*32)*L(17+3) | 14   |
| 14(L+R)  | XXX                               | X    |
| 15       | Plastic end cap D25.4*31L         | 2    |
| 16       | Ball bearing                      | 2    |
| 17       | Cover for handlebar               | 1    |
| 18       | Nylon nut M10                     | 2    |
| 19       | Rear stabilizer                   | 1    |
| 20       | Square neck screw M6X45L          | 4    |
| 21(L&R)  | Pedal                             | 1+1  |
| 22       | Bolt cap                          | 2    |
| 23       | Bolt M10*58L                      | 2    |
| 24       | Flat washer D24*D13.5*2.5T        | 2    |
| X        | X X                               | X    |
| 26       | C-shape ring S-17(1T)             | 2    |
| 27       | Upper tension cable               | 1    |
| 28       | Lower tension cable               | 1    |
| 29       | Upper computer cable              | 1    |
| 30       | Lower computer cable              | 1    |
| 31       | Bushing D29*D11.9*9T              | 4    |
| 32       | Universal joint                   | 2    |
| 33       | Crank                             | 2    |
| 34       | Belt wheel                        | 1    |
| 35       | Belt                              | 1    |
| 36(L&R)  | Chain cover                       | 1+1  |
| 37       | Magnetic system                   | 1    |
| 38       | Bolt cap M8                       | 2    |
| 39       | Side end cap                      | 2    |
| 40       | Bolt M8*25L                       | 2    |
| X        | X X                               | X    |
| 42       | Round cover                       | 2    |
| 43       | Bearing                           | 2    |
| 44       | Flat washer D22*D11*2T            | 1    |

|         |                                |     |
|---------|--------------------------------|-----|
| 45      | Anti-loose nut 3/8"*26UNF*6.5T | 2   |
| 46      | Flat washer D24*D16*1.5T*      | 1   |
| 47      | Sea washer D21*D16.2*0.3T      | 1   |
| 48      | Taper washer D14*D8*4          | 2   |
| 49      | Gasket for chain cover         | 1   |
| 50      | Flat washer D20*D11*2T         | 2   |
| 51      | Nylon nut M8                   | 1   |
| 52(L&R) | Handlebar                      | 1+1 |
| 53      | Foam for movable handlebar     | 2   |
| 54      | Foam for fixed handlebar       | 2   |
| 55      | Mushroom-head cap              | 2   |
| 56      | Spring                         | 1   |
| 57      | Nylon nut M6                   | 4   |
| 58      | Screw M6*15L                   | 4   |
| 59      | Bolt cap                       | 2   |
| 60      | Flat washer D23*D17.2*1.5T     | 1   |
| 61      | Crank axle                     | 1   |
| 62      | Round magnet                   | 1   |
| 63      | SeawasherD17*D22*0.3T          | 2   |
| 64      | Computer JS-153F               | 1   |
| 65      | Hand on pulse                  | 2   |
| 66      | Flat washer D25*D8.5*2T        | 2   |
| 67      | Sea washer D26*D19.5*0.3T      | 4   |
| 68      | C-shape ring D21.5*D17.5*1.2T  | 8   |
| 69      | Front pedal axle               | 2   |
| 70      | Fixing plate for idle wheel    | 1   |
| 71      | Axle D19*374.5                 | 1   |
| 72      | Fixed handlebar                | 1   |
| 73      | Flat washer D14*D6.5*0.8T      | 4   |
| 74      | Anti-loose nut                 | 2   |
| 75      | XXX                            | X   |
| 76      | Upper cover                    | 1   |
| 77      | Knob                           | 4   |
| X       | X X                            | X   |
| 79      | Screw for computer M5*10L      | 5   |
| 80      | Screw for hand pulse ST3.5*20L | 2   |
| 81      | Inner plastic cap              | 1   |
| 82      | Space ring D14*D10*3T          | 1   |
| 83      | Bolt M8*1.25*25L               | 1   |
| 84      | Flat washer D25*D8.5*2T        | 1   |
| 85      | Bolt M8*1.25*8T                | 1   |
| 86      | C-clip S-16(1T)                | 1   |

# 4. Exploded Drawing

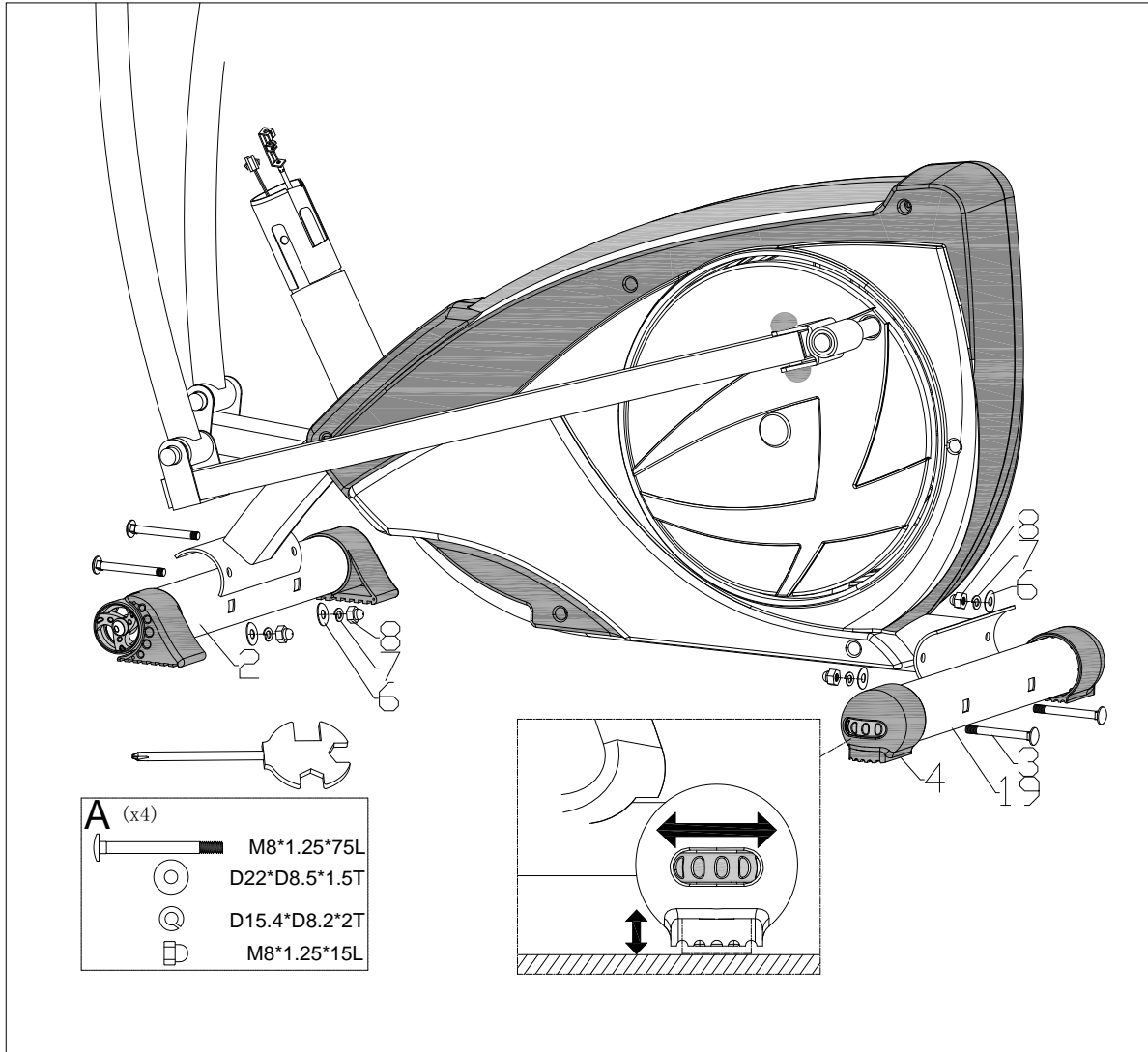


## 5. Packing list

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## 6. Assembly Instruction

### Step 1:

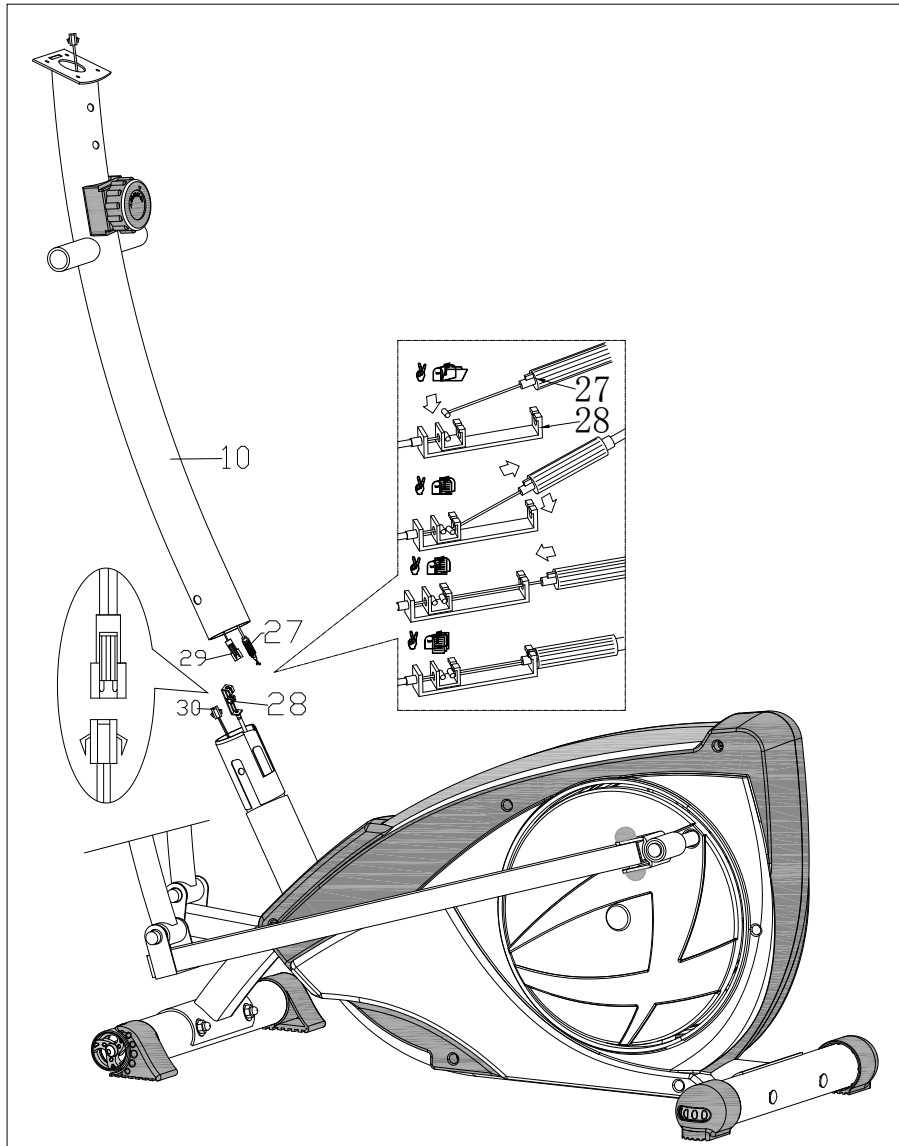


## STEP-1

- 1) Assemble the front stabilizer (2) and rear stabilizer (19) onto the main frame (1) by using two square neck bolts (3), two curved washers (6), two spring washers (7) and two domed nuts (8) separately.
- 3) You can change the height by adjusting the wheel of rear end cap(4).



## Step 2:

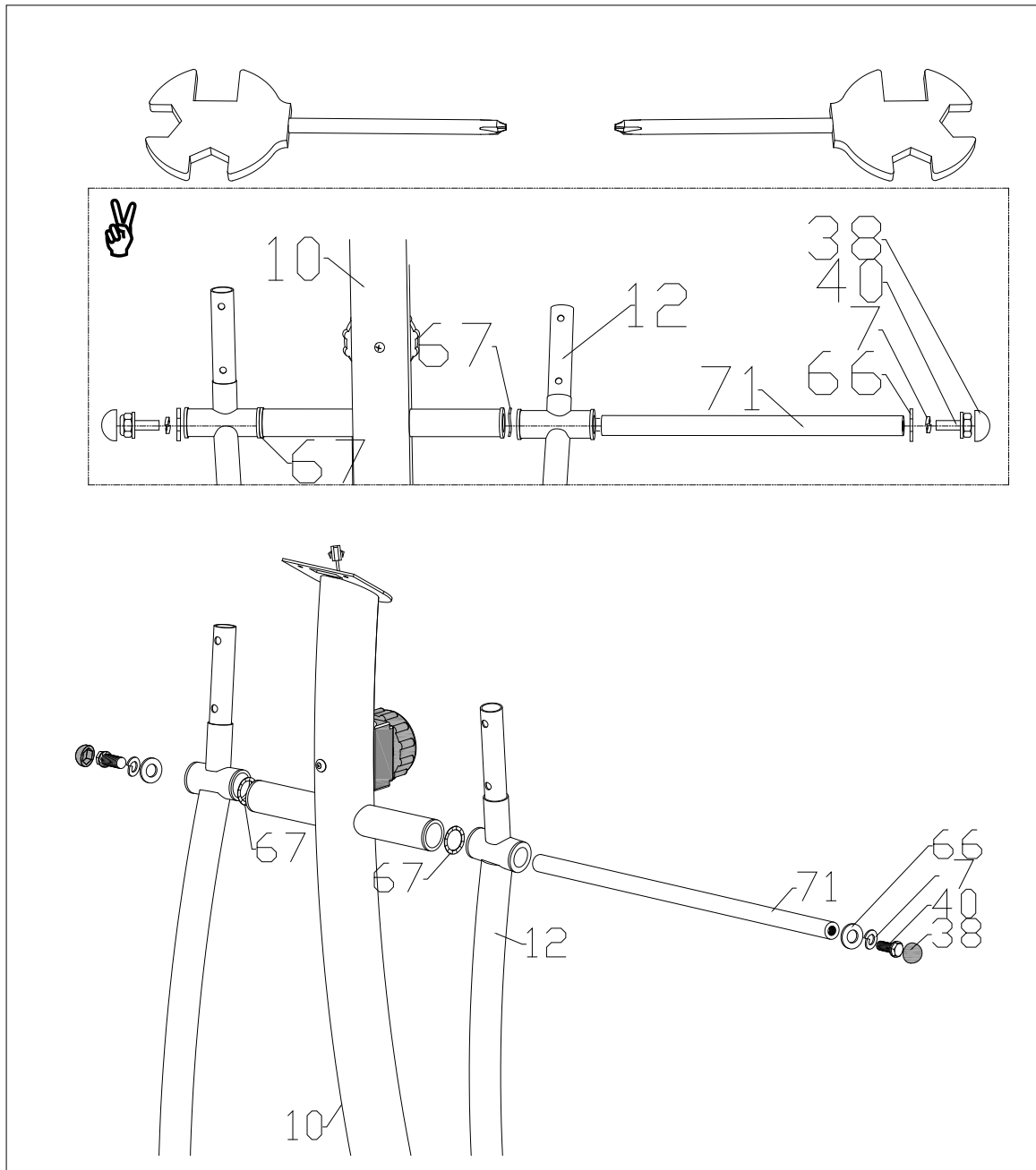


## STEP-2

1) Connect the upper computer cable (29) with the lower computer cable (30), and then connect the upper tension cable (27) with the lower tension cable (28) like fig shows.

2) Insert the handlebar post (10) onto the main frame (1) but please make sure not to tighten it.

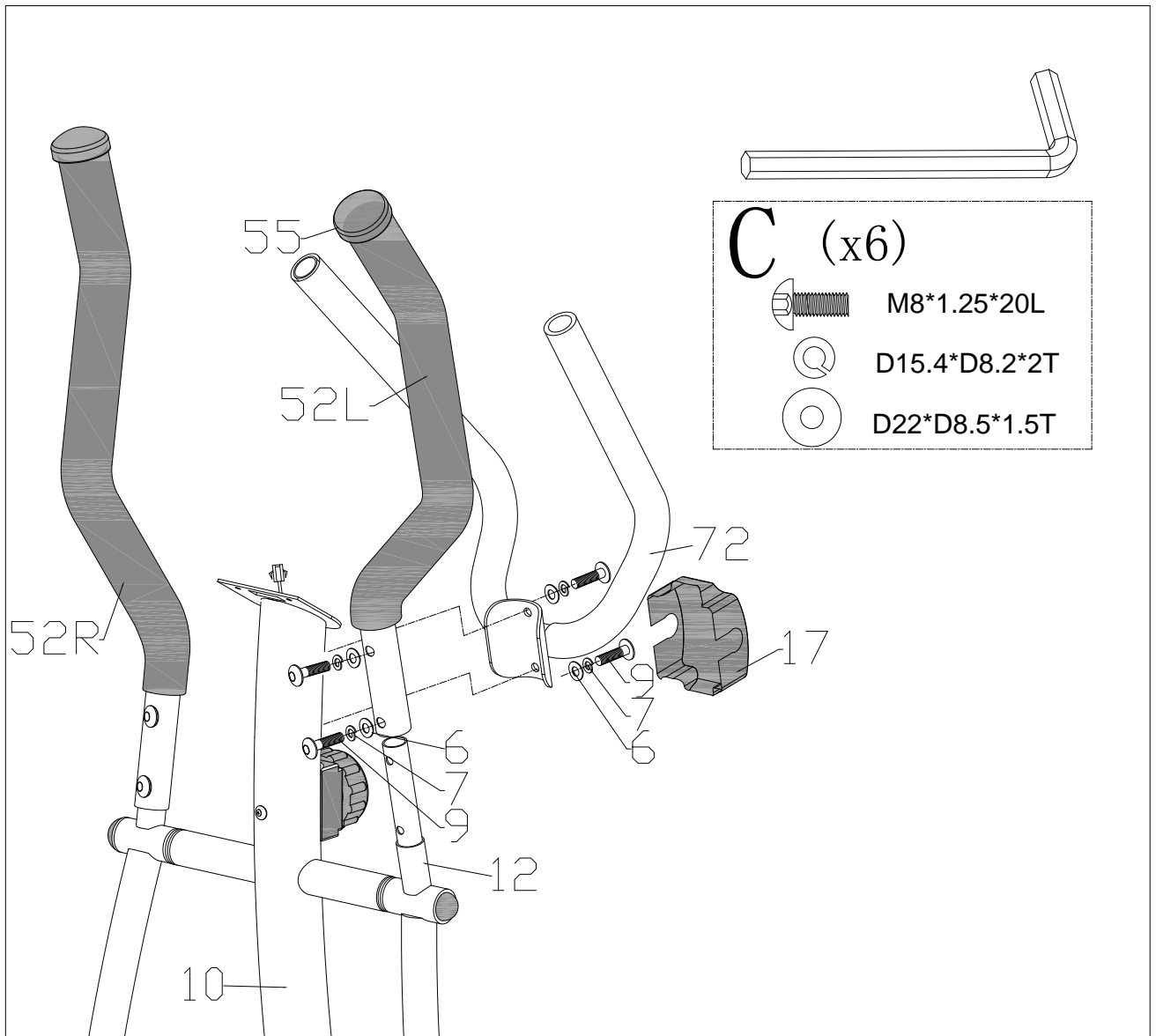
### Step 3:



## STEP-3

- 1) Insert the shaft axle (71) through the movable handlebar support (12), two sea washers (67) each side and the handlebar post (10) like fig shows.
- 2) Assemble one flat washer (66), one spring washer (40) on each side, then tighten them with bolt (40)
- 3) Cover the screw cap (38) on each side.

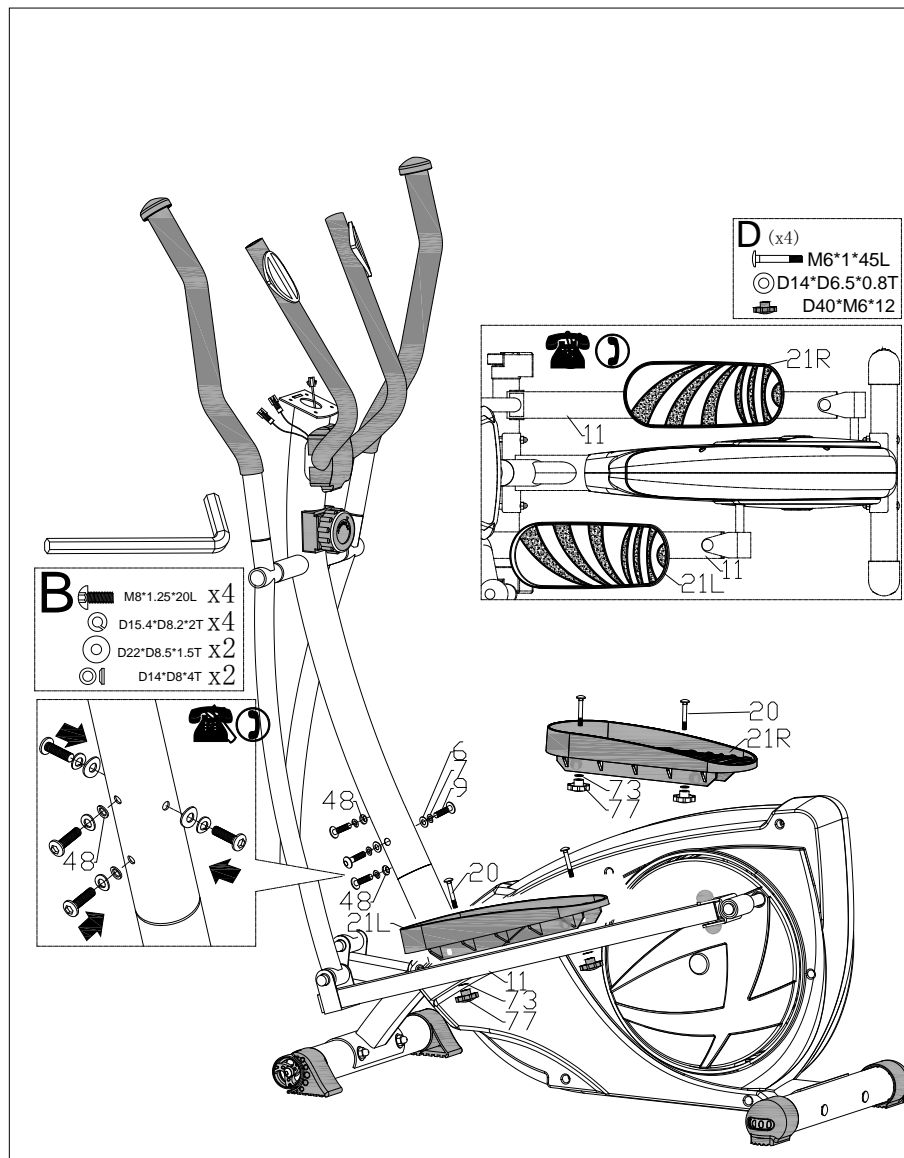
## Step 4:



## STEP-4

- 1) Assemble the fixed handlebar (72) onto the handlebar post (10) by using two bolts (9), two spring washers (7) and two curved washers (6).
- 2) Assemble the left & right handlebar (52L&52R) onto the movable handlebar support (10) by using two bolts (9), two spring washers (7) and two curved washers (6).
- 3) Insert the mushroom cap (55) to the left & right handlebar (52L&52R), and then cover the plastic cover (17) to the handlebar post (10)

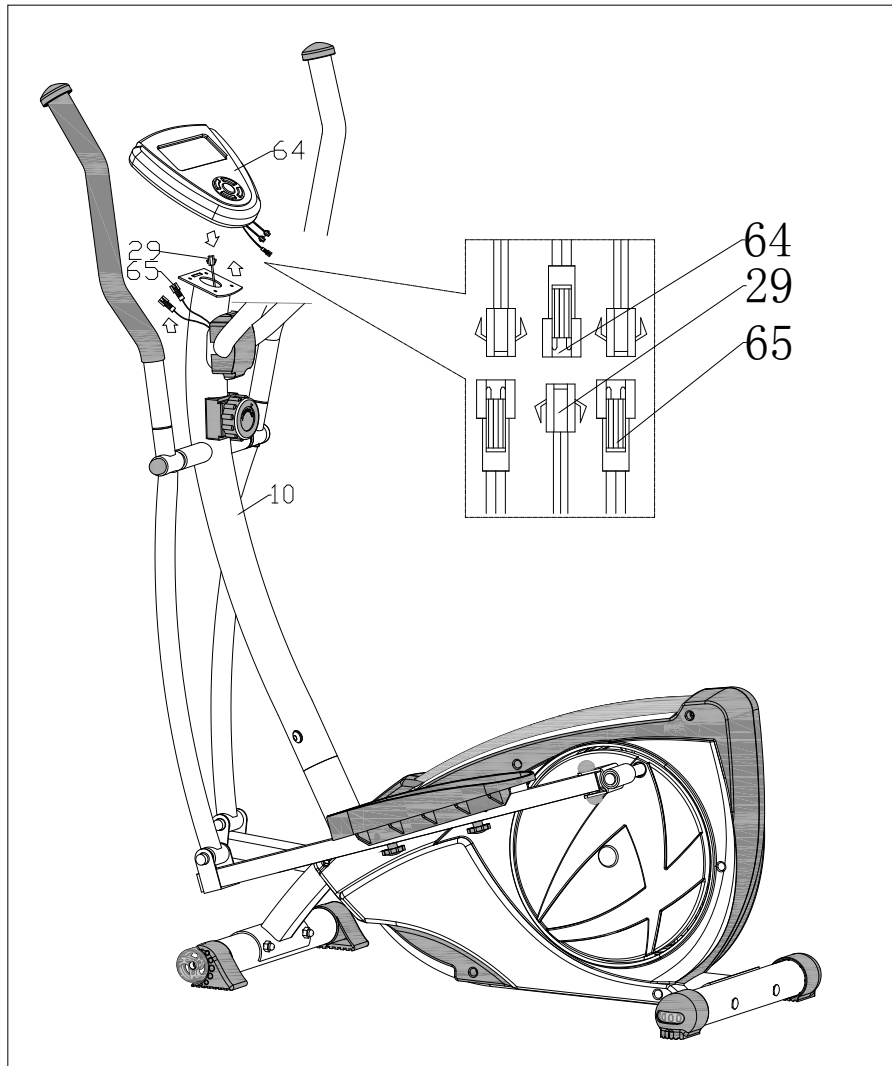
## Step 5:



## STEP-5

- 1) Assemble the left and right pedal (21L&21R) onto the pedal supporting tube (11) by using two square neck screws (20) and two flat washers (73), and then tighten it with knob (77).
- 2) Tighten the handlebar post (10) by using four bolts (9), four spring washer (7), one curved washer (6) and three taper washers (48) like fig shows.

**Step 6:**



**STEP-6**

- 1) Connect the Upper computer cable (29) and the Hand pulse (65) with the computer (64) like fig shows.

## **7. Maintenance**

1. Regularly check all component parts of the bike and tighten them, if need be.
2. To clean the bike, use only mild soapsuds or a generally mild and not abrasive detergent.
3. Always protect the computer from damages.
4. Be sure to always keep liquids away from the computer, the adapter, the plug as well as the bike at any time.
5. Do not expose the computer to direct sunlight.
6. This bike is driven with a motor that is built inside the chain cover. Never allow any liquid to penetrate into this chain cover.
7. Always store the home exerciser in a dry and warm room.

## EXERCISE COMPUTER JS-154 WITH PULSE INSTRUCTION MANUAL

### FRONT REVIEW:



### FUNCTIONAL BUTTONS:

**MODE**- Press to select functions.

**SET** - To set the values of time, distance and calories when not in scan mode.

**RESET**- Press to reset time, distance and calories.

### FUNCTION AND OPERATIONS:

1. **SCAN:** Press "MODE" button until "SCAN" appears, monitor will rotate through all the 5 functions: Time, speed, distance, calorie and total distance. Each display will be hold 4 seconds.
2. **TIME:** (1) Count the total time from exercise start to end.  
(2) Press "MODE" button until "TIME" appears, press "SET" button to set exercise time. When the "set" is zero, the computer will alarm 15 seconds.
3. **SPEED:** Display current speed.
4. **DIST:** (1) Count the distance form exercise start to end.  
(2) Press "MODE" button until "DIST" (DIS.) appears. Press "SET" button to set exercise distance. When the "set" is zero, the computer will alarm 15 seconds.
5. **CALORIES (CAL):** (1) Count the total calories form exercise start to end.  
(2) Press "MODE" button until "CAL" appears. Press "SET" button to set exercise calories. When the "set" is zero, the computer will alarm 15 seconds.
6. **TOTAL DIST (ODO):** Count the total distance after installing the batteries.
7. **PULSE RATE ( ♥ ):**  
Press MODE button until ♥ "appears. Before measuring your pulse rate, please place you're your palms on the contact pads and the monitory will show your current heart beat rate in beats per minute (BPM) and the LCD after 3~4 seconds.  
Remarks: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. To ensure testing veracity, it is suggested to test pulse during stop/pause exercise to avoid the influence caused by palms actions. The measurement value can not be regarded as the basis of medical treatment.
8. **ALAM:** The computer will "Beep" when press "MODE", "SET" and "RESET" buttons.
9. **AUTO ON/OFF & AUTO START/ STOP**  
Without any signal for 8 minutes, the power will turn off automatically. As long as the wheel is in motion or presses any button, the monitor is in action.

**SPECIFICATINS:**

|                       |                |   |
|-----------------------|----------------|---|
| <b>FUNCTION</b>       | Auto Scan      | Every 4 seconds   |
|                       | Running Time   | 00:00~99M59S  |
|                       | Current Speed  | The maximum pickup signal is 99.9KM/H/99.9Mile/H(OR. 1500RPM) |
|                       | Trip Distance  | 0.00~99.99Kms or Miles  |
|                       | Calories       | 0.0~999.9~9999Kcal  |
|                       | Total Distance | 0~9999Kms or Miles  |
|                       | Pulse Rate     | 40~240BPM   |
| Battery Type          |                | 2 pcs of size – AA or UM3                                     |
| Operating Temperature |                | 0 ~+40  |
| Storage Temperature   |                | -10 ~+60  |

