

Motorized Elliptical

USER MANUAL

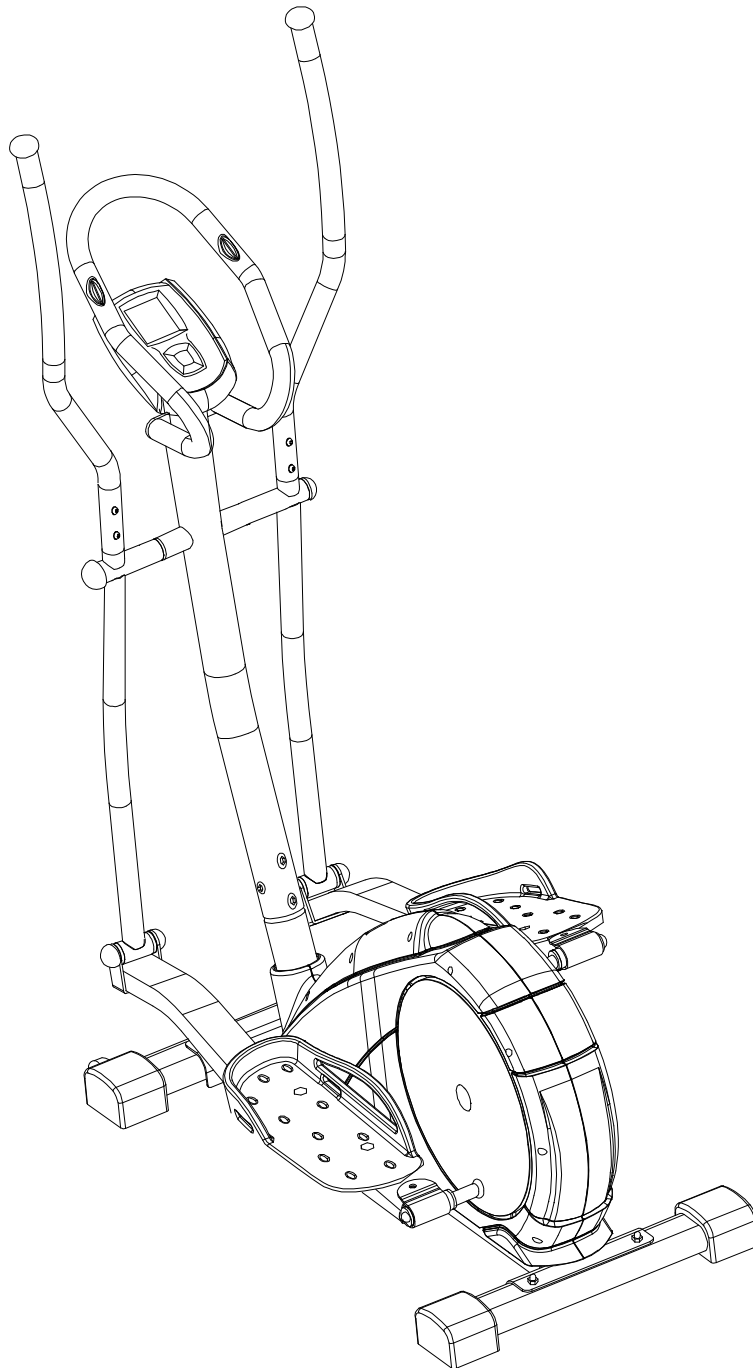


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IMPORTANT SAFETY PRECAUTIONS

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 120 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

PART NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Carriage Bolt M10*55	4
3	Rear Stabilizer	1
4	Washer 10* 25	6
5	Domed Nut M10	4
6	Front Stabilizer	1
7	End Cap For Front Stabilizer	1/1
8	End Cap For Rear Stabilizer	2
9	Front Post	1
10	Computer	1
11	Fixed Handlebar	1
12	Upper Hand Rail (Left)	1
13	Upper Hand Rail (Right)	1
14	End Cap For Upper Hand Rail	2
15	Foam Grip For Fixed Handlebar	1
16	Foam Grip For Upper Hand Rail	2
17	Selftapping Screw ST4*20	2
18	Washer 4.2* 12	2
19	Hand Pulse Sensor	2
20	Screw M5 *10	2
21	Hollow Carriage Nut 8	4
22	Allen Bolt M6*12	4
23	Upper Pulse Wire	2
24	Upper Computer Wire	1
25	Lower Pulse Wire	2
26	Washer 10* 32	2
27	Spring Washer 10	2
28	Hex Head Screw M10	4
29	D Type Washer	2
30	Spring Washer 8	2

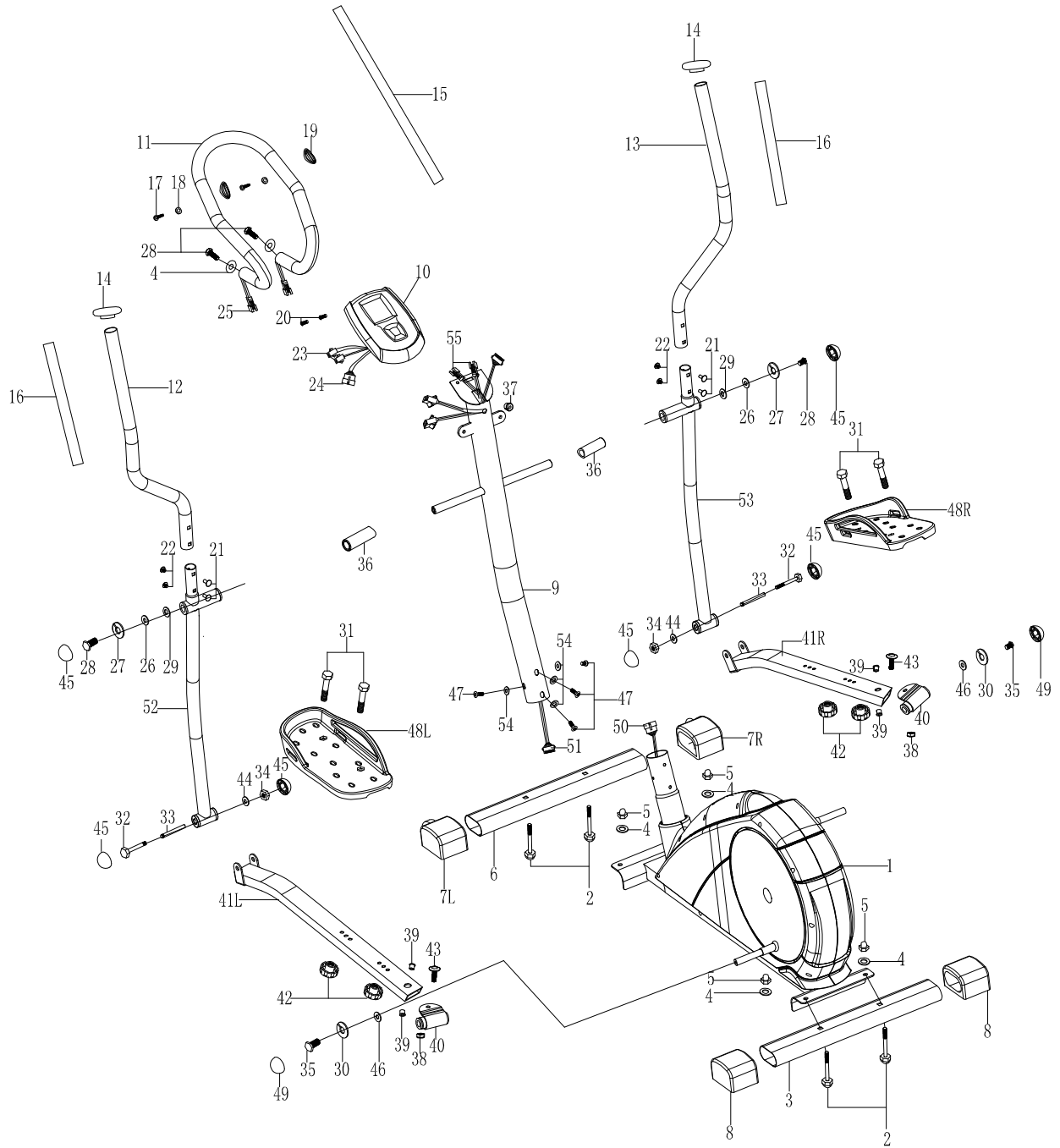
PARTS LIST

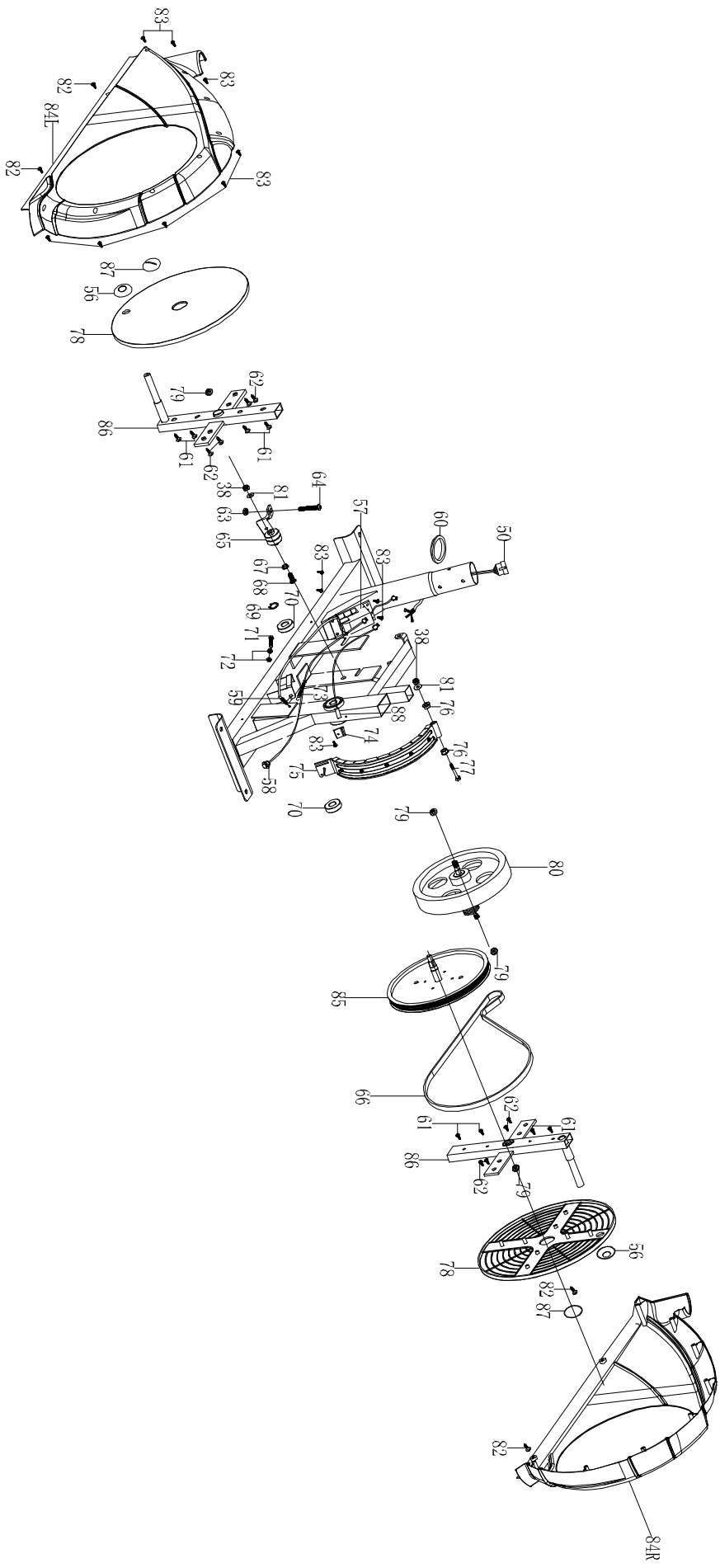
PART NO.	DESCRIPTION	Q'TY
31	Hex Head Bolt M8*45	4
32	Hex Head Bolt M10*78	2
33	Sleeve Tube	2
34	Nylon Nut M10	2
35	Hex Head Screw M8*20 L	2
36	Plastic spacer	2
37	End cap for wire	1
38	Nylon locknut M8	4
39	Plastic spacer	4
40	U plate	2
41	Pedal Tube (L&R)	2
42	Knob M8	4
43	Allen bolt M8*50	2
44	Washer 10* 22	2
45	PVC cap (big)	6
46	Washer 8* 25	2
47	Allen Bolt M8*16	4
48	Pedal	1/1
49	PVC cap (small)	2
50	Lower Computer Wire	1
51	Middle Computer Wire	1
52	Lower Hand Rail (Left)	1
53	Lower Hand Rail (Right)	1
54	Curve Washer 8* 20	4
55	Middle Pulse Wire	2
56	Bushing	2
57	Motor	1
58	Power wire	1
59	Motor wire	1
60	Inner cap for handlebar post	1

PARTS LIST

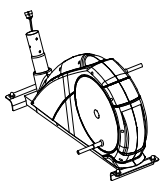
PART NO.	DESCRIPTION	Q'TY
61	Screw ST3.5*15	8
62	Screw ST3.5*10	8
63	Hex head nut M8	1
64	Allen bolt M8*55	1
65	Idler wheel assembly	1
66	Belt	1
67	Powder spacer	1
68	Allen bolt M8*20	1
69	Clip	1
70	Bearing	2
71	Hex head bolt M6*25	1
72	Hex head nut M6	2
73	Spring	1
74	Sensor bracket	1
75	Magnet assembly	1
76	Powder spacer	2
77	Hex head bolt M8*55	1
78	Run disc	2
79	France nut	4
80	Flywheel	1
81	Flat washer 8* 17	2
82	Screw ST5*15	4
83	Screw ST5*15	13
84L	Chain cover left	1
84R	Chain cover right	1
85	Pulley	1
86	Cross crank	2
87	Run disc cover	2
88	Inductive wire	1

EXPLODED DIAGRAM

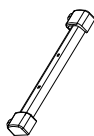




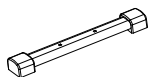
PRE-ASSEMBLY CHECK LIST



NO. 1



NO. 6



NO. 3



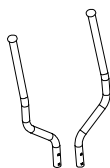
NO. 48L/R



NO. 10



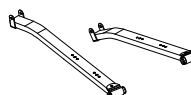
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NO. 12/13



NO. 9



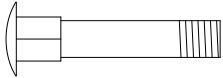
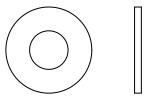
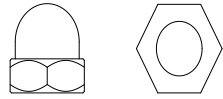
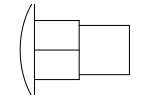
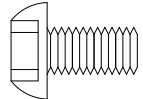
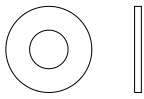
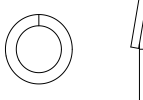
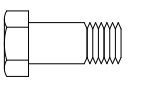

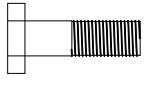
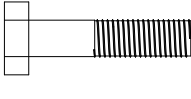
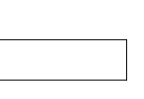
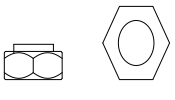
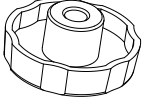
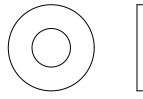
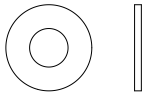
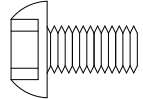

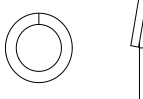
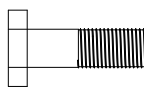


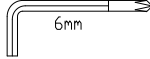
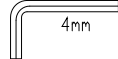
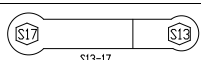
NO. 41L/R



NO. 52/53

PART NO.	DESCRIPTION	Q'TY
1	Main Frame	1
6	Rear Stabilizer w/end caps	1
3	Front stabilizer w/end caps	1
48	Pedal (L&R)	1/1
10	Computer	1
11	Fixed Handlebar	1
12/13	Upper Handlebar (L&R)	1/1
9	Front Post	1
41	Pedal Tube (L&R)	1/1
52/53	Lower Handlebar (L&R)	1/1
	Inner box	1
	Manual	1

HARDWARE PARTS LIST

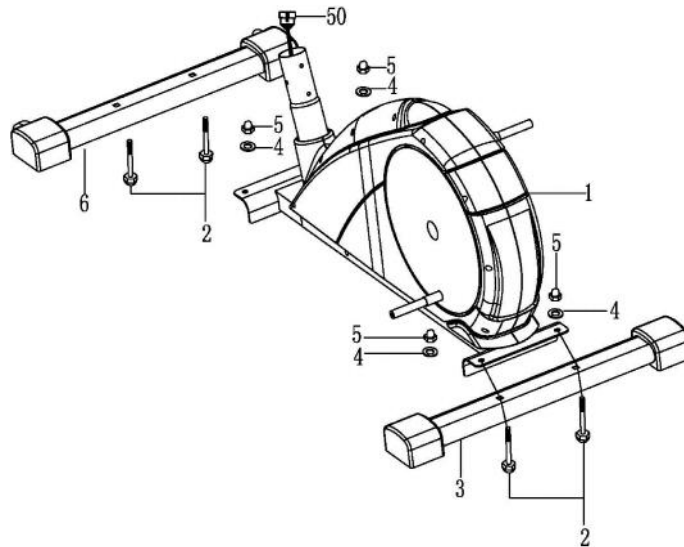
Part No.	Description	Q'ty	Drawings	
2	Carriage Bolt M10*55	4		
4	Washer 10* 25	6		
5	Domed Nut M10	4		
21	Hollow Carriage Nut 8	4		
22	Allen Bolt M6*12	4		
26	Washer 10* 32	2		
27	Spring Washer 10	2		
28	Hex Head Screw M10	4		
29	D Type Washer	2		
31	Hex Head Bolt M8*45	4		
32	Hex Head Bolt M10*78	2		
33	Sleeve Tube	2		
34	Nylon Nut M10	2		
42	Knob M8	4		
44	Washer 10* 22	2		
46	Washer 8* 25	2		
47	Allen Bolt M8*16	4		
54	Curve Washer 8* 20	4		
30	Spring Washer 8* 20	2		
35	Hex Head Screw M8*20	2		
45	PVC Cap (big)	6		
49	PVC Cap (small)	2		
	Allen Key (L6)	1		
	Allen Key (L4)	1		
	Allen Wrench	2		

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.

ASSEMBLY INSTRUCTION

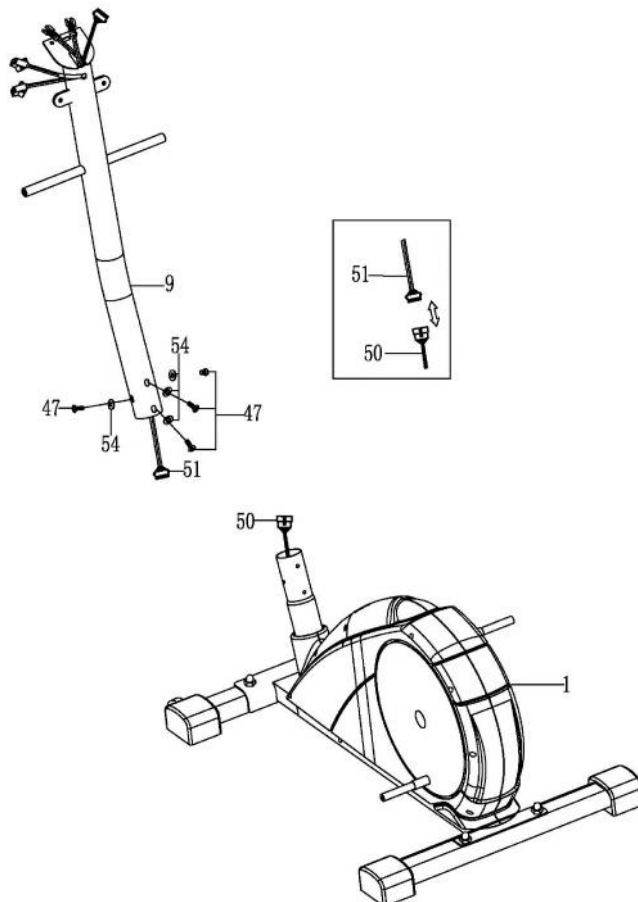
STEP 1

Attach front stabilizer (6) to main frame (1), tighten with two sets of carriage bolts (2), washer (4) and domed nut (5). Now repeat this procedure for the rear stabilizer (3), tighten with two sets of carriage bolts (2), washer (4) and domed nut (5).



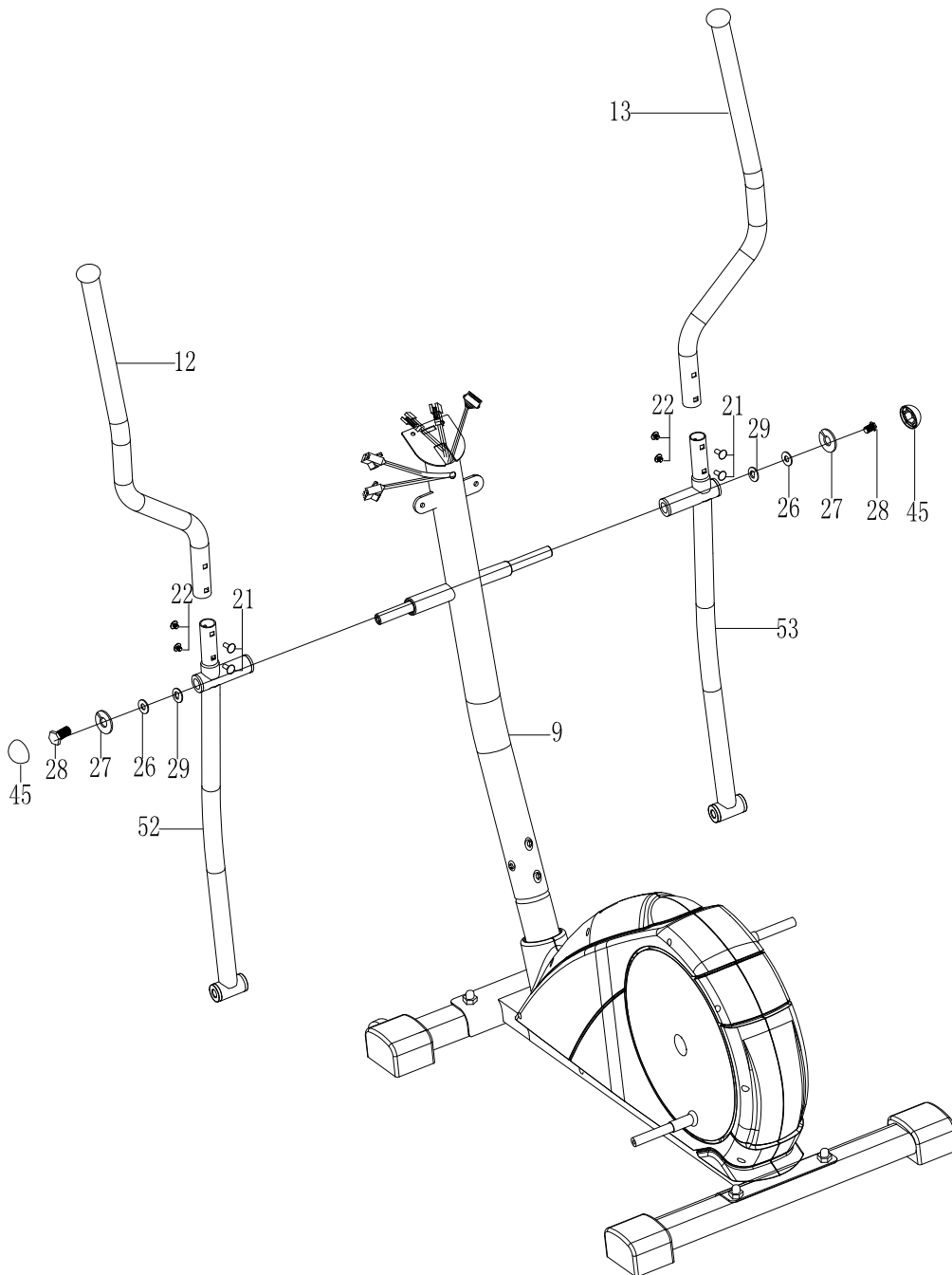
STEP 2

- (a) Connect middle computer wire (51) with lower computer wire (50).
- (b) Attach front post (9) to main frame (1), tighten with allen bolt (47) and curve washer (54).



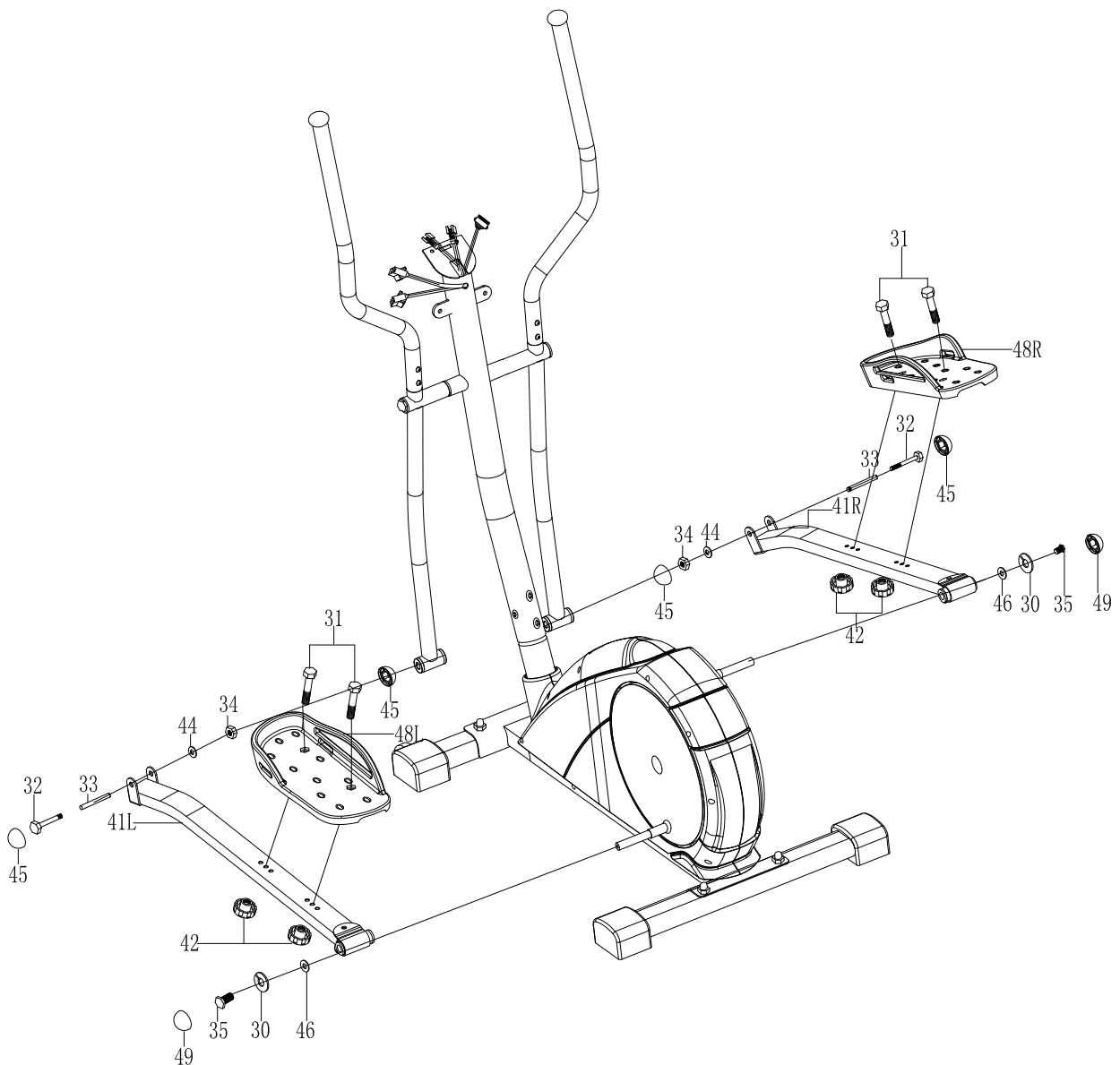
STEP 3

- Attach lower handlebar left (52) to left side axle of front post (9). Secure using one D type washer (29), one washer (26), one spring washer (27), one hex head screw (28) which are pre-assembled on the lower handlebar. Cover it with PVC cap (45). Repeat for lower handlebar right (53).
- Attach upper handlebar left (12) to lower handlebar (52). Secure using two hollow carriage nuts (21) and two Allen bolts (22). Repeat for upper handlebar right (13).



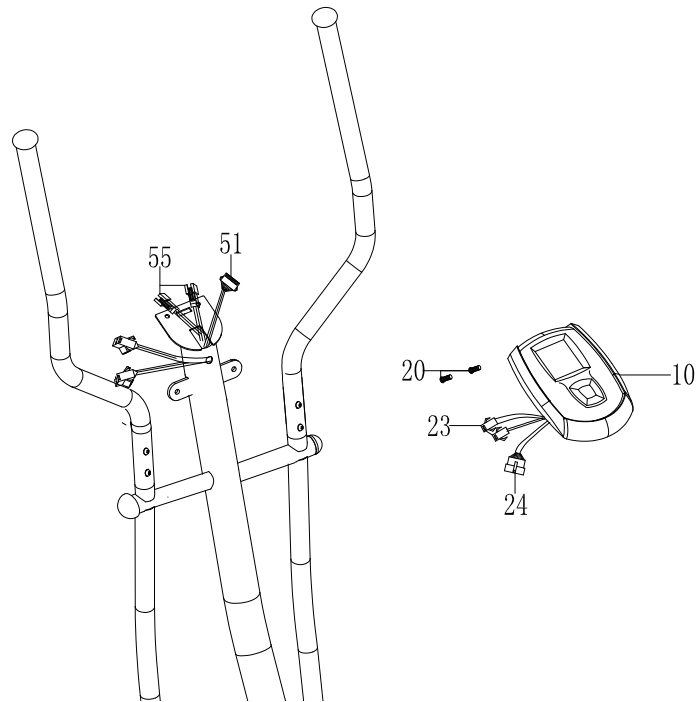
Step4

- Attach left pedal tube (41L) to crank, secure using one hex head bolt (35), spring washer (30), and washer (46). Cover it with PVC cap (45). Repeat for right pedal tube (41R)
- Slide lower handlebar left (52) into pedal tube left (41L) then insert sleeve tube (33). Has hex head bolt (32) through sleeve tube (33) then fasten and secure with one washer (44) and nylon nut (34). Cover it with PVC cap (49). Repeat for lower handlebar right (53).
- Attach pedal (48) to pedal tube (41), tighten with hex head bolt (31) and knob (42).



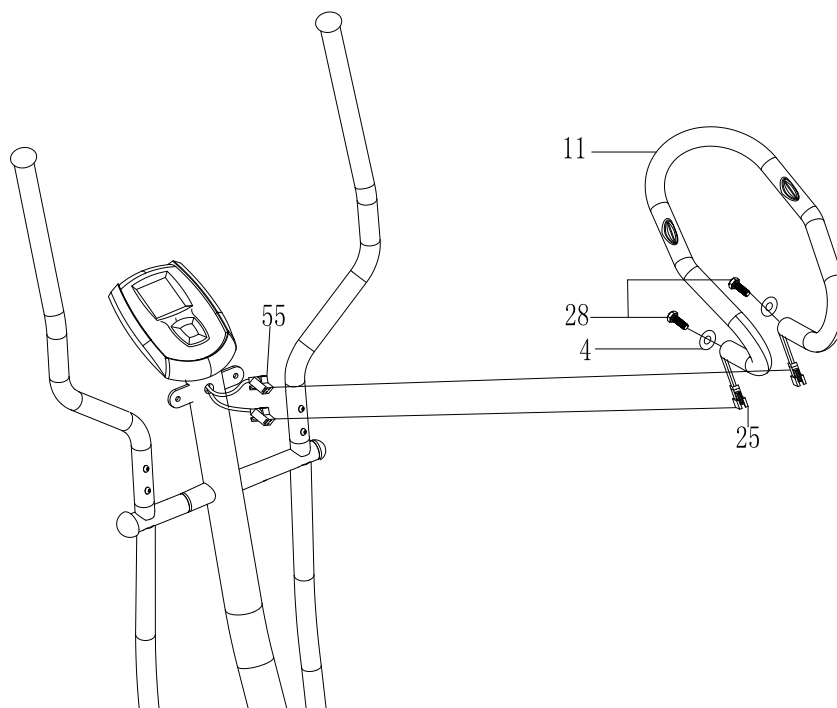
Step5

● Connect upper computer wire (24) to middle computer wire (51), and connect upper pulse wire (23) with middle pulse wire (55), then attach computer (10) to bracket on front post (9), tighten with two screws (20).



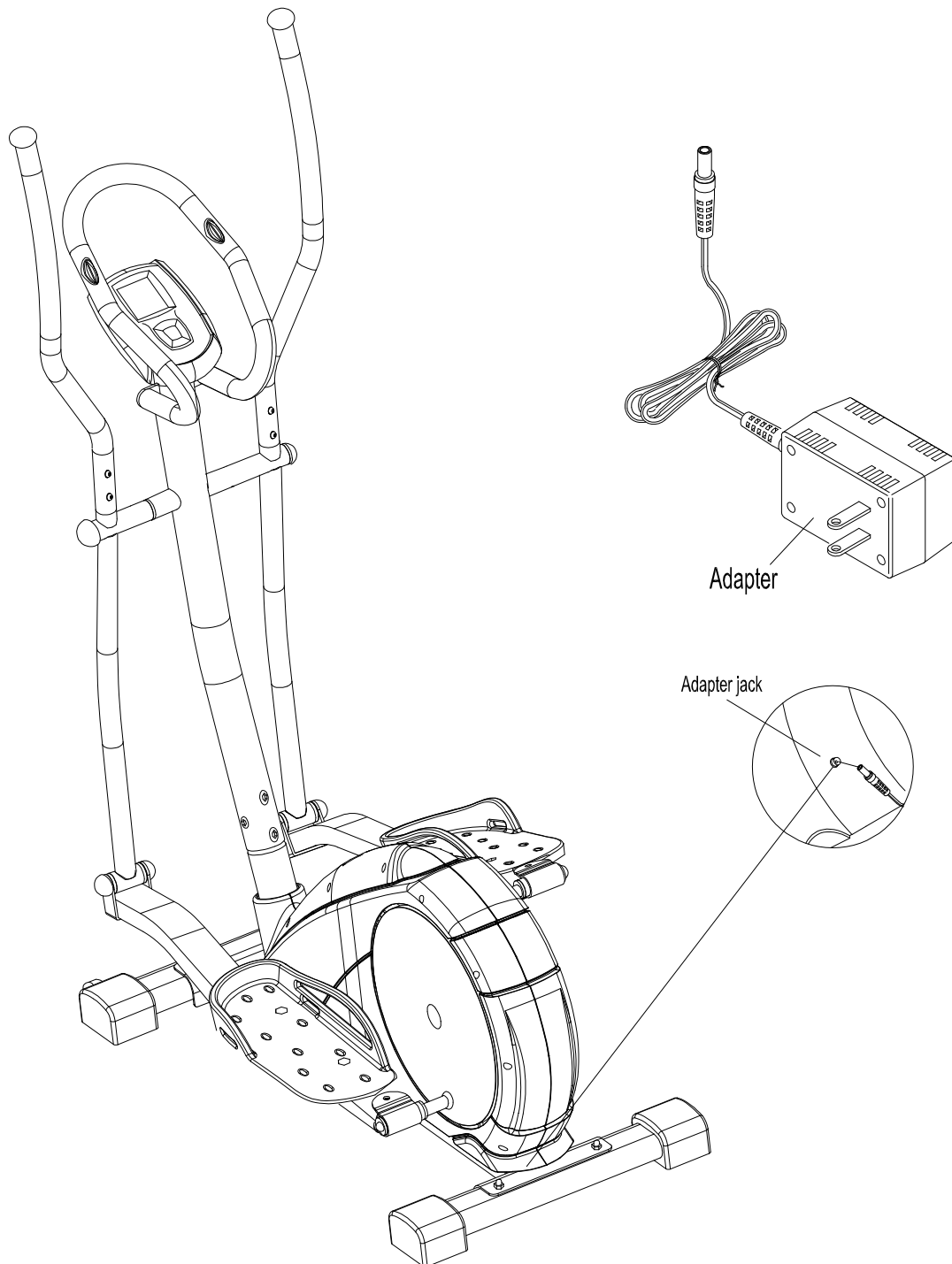
Step6

- (a) Attach fixed handlebar (11) to front post (9), tighten with washer (4) and hex head screw (28).
- (b) Connect upper pulse wire (25) with middle pulse wire (55).



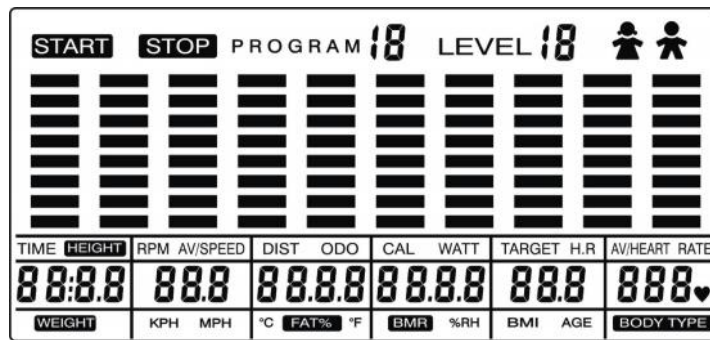
Step7

Plug adapter into adapter jack.



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

COMPUTER INSTRUCTIONS



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.

SET: 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.

Workout Selection

After power-up using UP or DOWN keys to select, then pressing SET 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 SET will make "Time" parameter flash.

Using UP OR DOWN KEY you may select desired time value. Press SET 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	± 1:00	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	0~9950	0	±50	1. When display is 0, Calories will count up. 2. When Calories is 50~9950, 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

Selecting "**Manual**" 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 SET 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 6 program profiles ready for use. All program profiles have 16 level of resistance.

Setting Parameters for Pre-programs

Selecting one of pre-programs using UP OR DOWN KEY then pressing SET KEY. 1st parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY . Press SET 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 SET.

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

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

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

"30" of Age will flash so Age can be adjusted using UP OR DOWN KEY, press SET 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% to 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 SET KEY. 1st parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY .Press SET 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. 1 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 3 selections for target pulse:

P10- 60% TARGET H.R= 60% of (220-AGE)

P11- 75% TARGET H.R= 75% of (220-AGE)

P12- 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 SET KEY. 1st parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY .Press SET 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. 1 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 Program

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 SET KEY. 1st parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY .Press SET 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 SET until finished. (There are 10 times total). Press START/STOP to start workout.

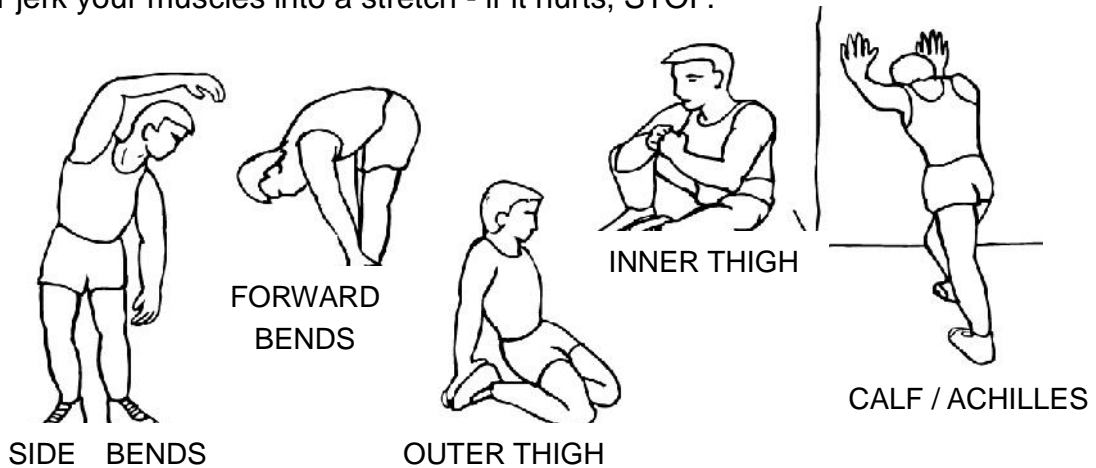
Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP KEY to continue the workout to reach unfinished workout parameter.

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.

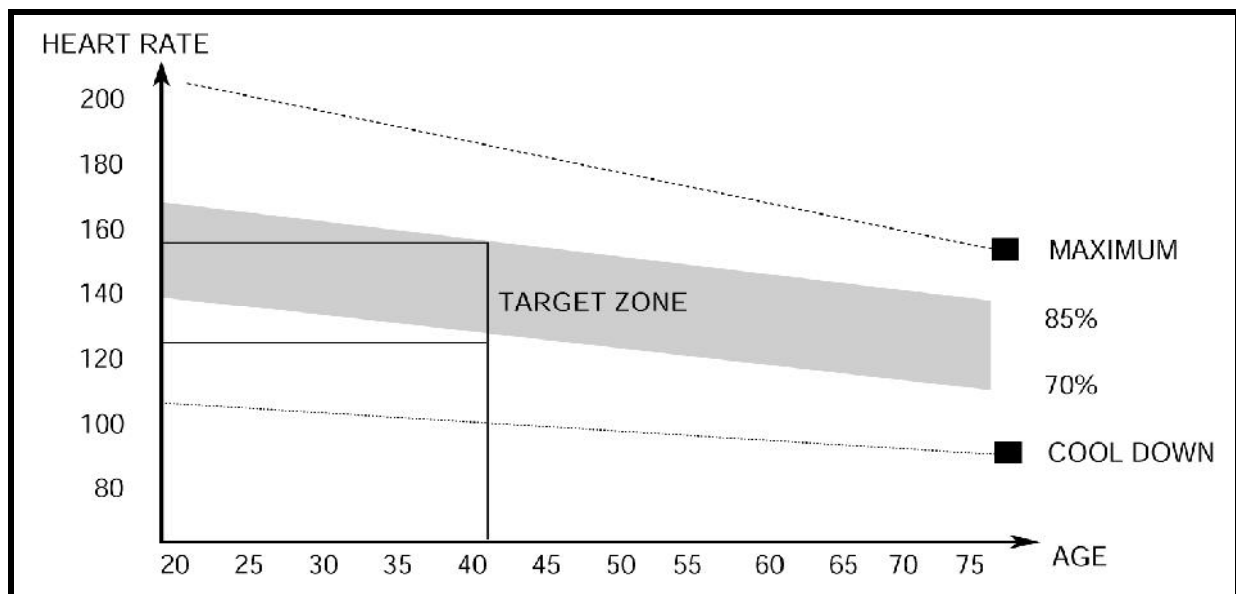
1. The Warm Up Phase

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.