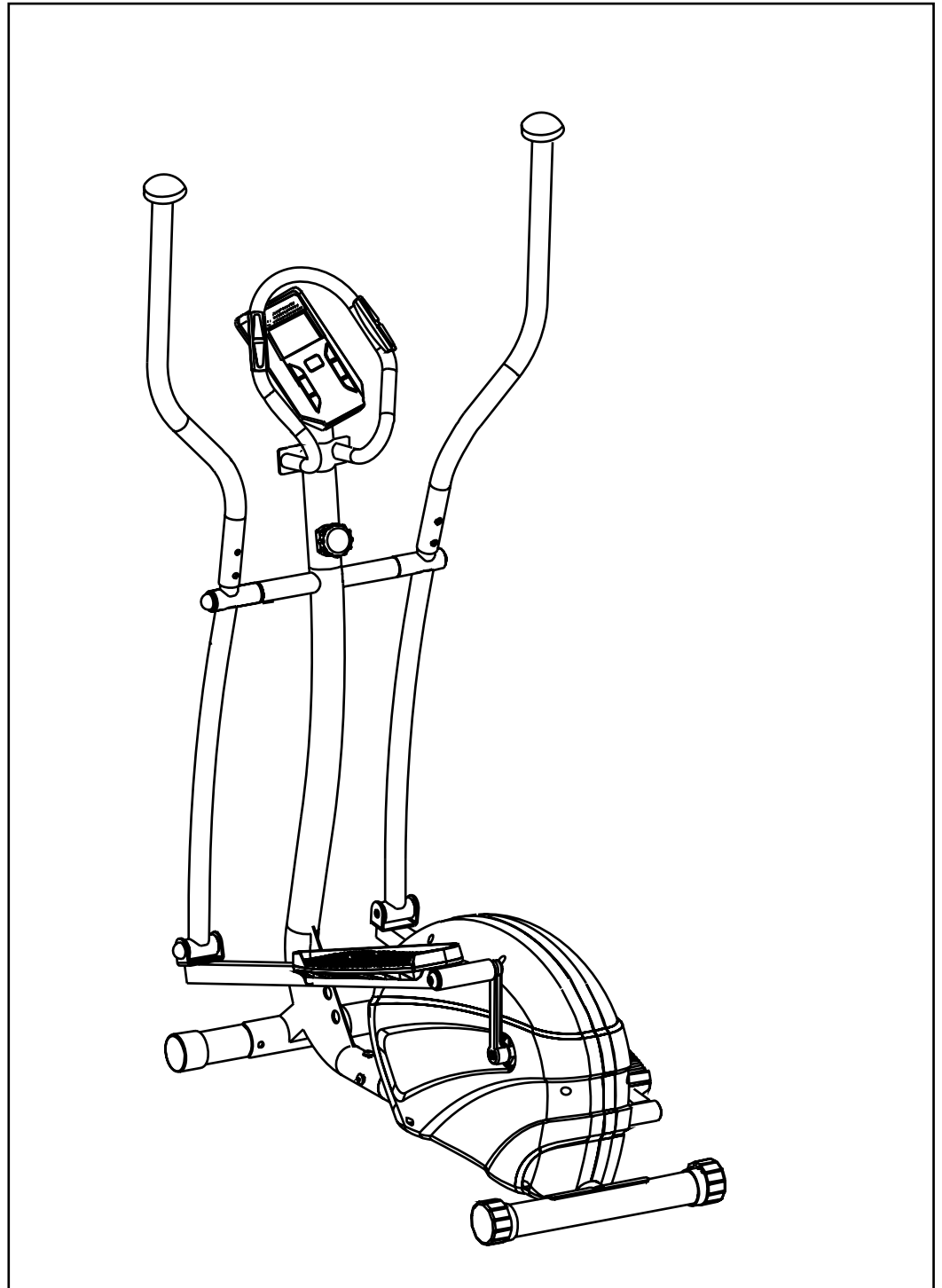


BE-6710DHKG-HC23

MAGNETIC ELLIPTICAL STRIDER

BODY
SCULPTURE®



INDEX

Important Safety Information 1

Exploded-View Assembly Drawing 2

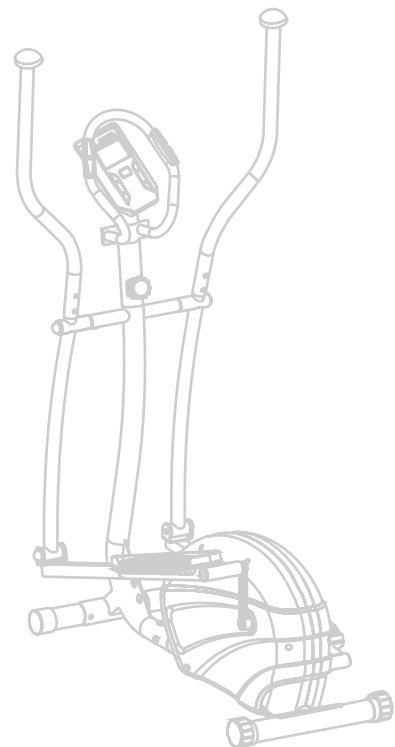
Parts List 5

Assembly Instruction 7

Exercise Instructions 11

Exercise Computer 13

Exercise Notes 16



Important Safety Information

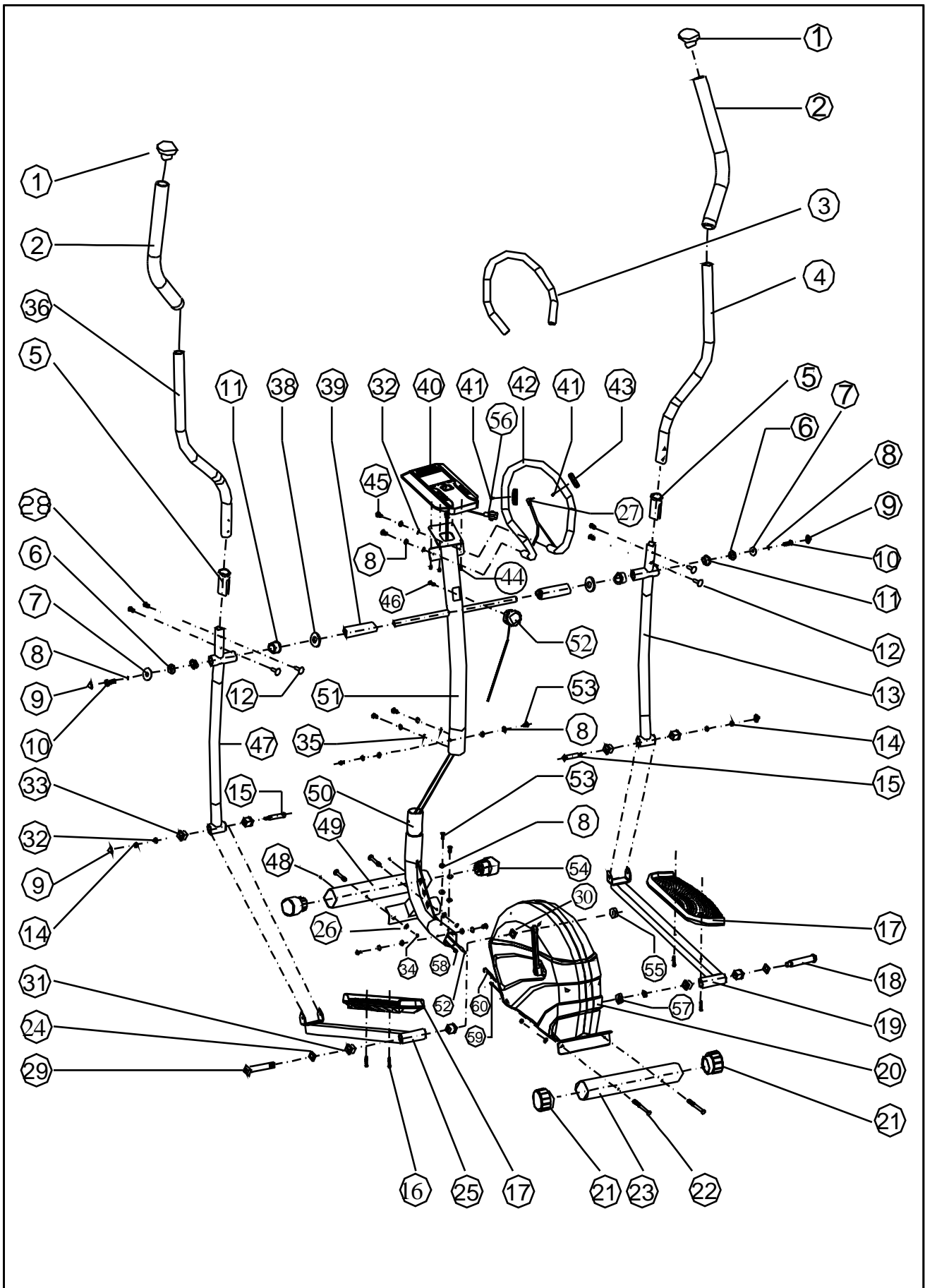
Please keep this manual in a safe place for easy reference.

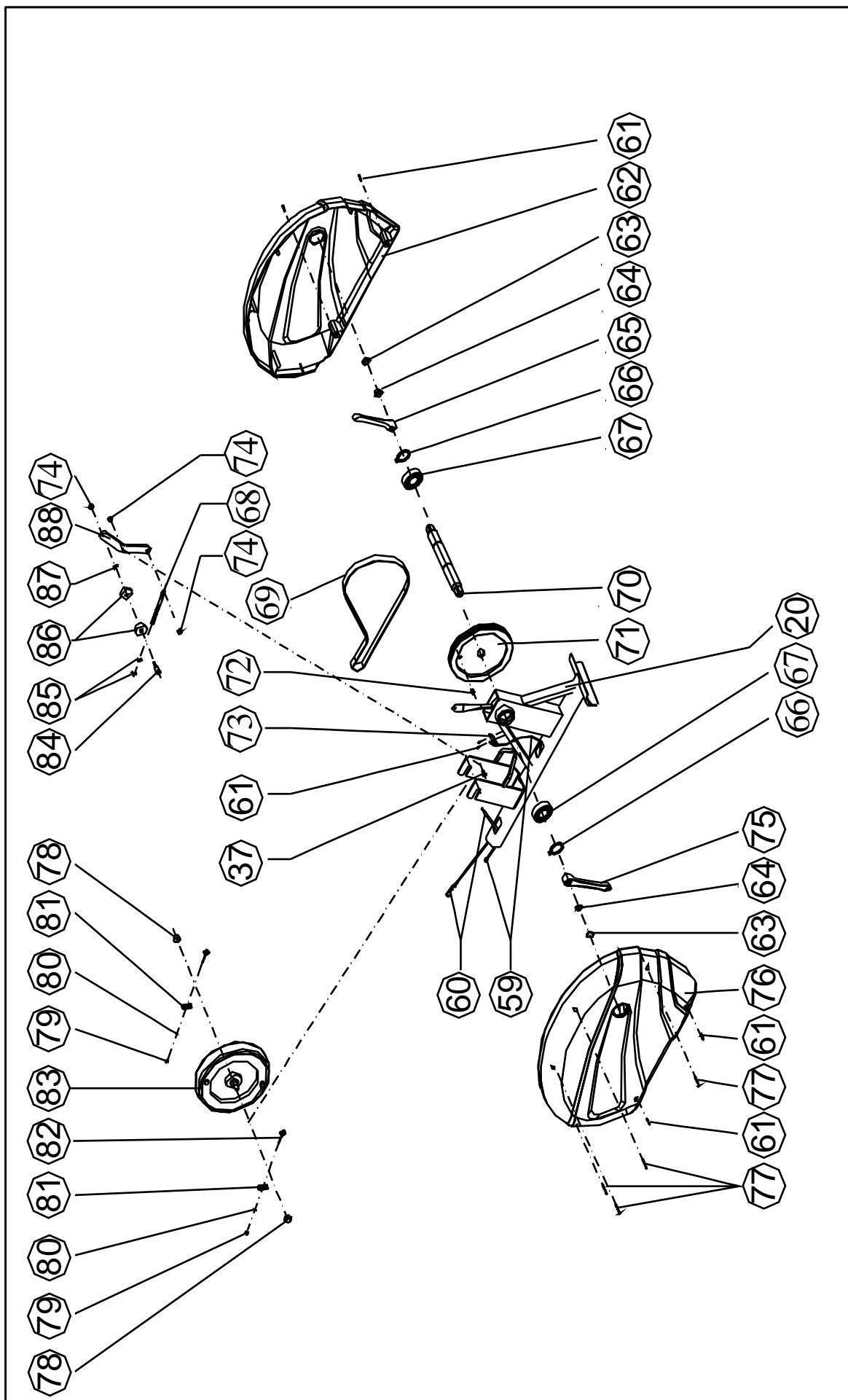
1. It is important to read this entire manual before assembling and using the equipment.




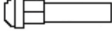
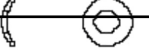
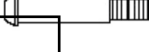

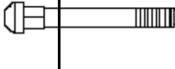








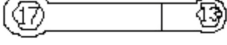
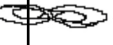







Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users are informed of all warnings and precautions.

2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened.
7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. The equipment must be installed on a stable base and properly leveled floor. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has been tested and certified to EN957 under class H.C. Suitable for home use only. Maximum weight of user: 120kg/264lb. Braking ability is independent of speed.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary. Regular checking of the integrity of guards and safety devices.
13. Parents and those in charge of children should be aware of their responsibility around this equipment. The natural play instinct and fondness for experimenting of children can lead to situations and use of the training equipment for which it is not intended.
14. If children are allowed to use the equipment their mental and physical development and above all their temperament should be taken in to account. They should be supervised and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a child's toy.

EXPLODED-VIEW ASSEMBLY DRAWING





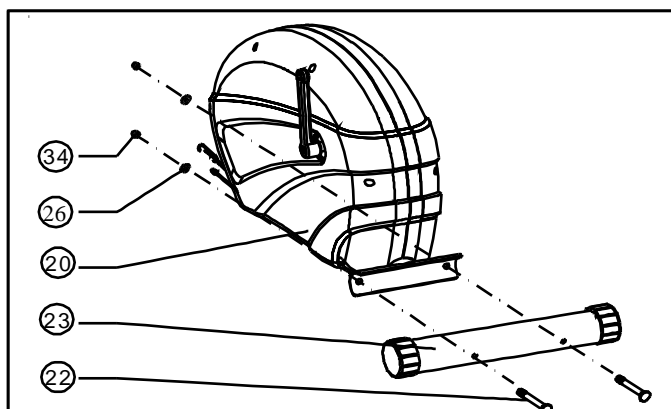
Parts Name & Actual size (Scale 1:1)	Quantity	Parts Name & Actual size (Scale 1:1)	Quantity
 Nylock nut (L&R)	NO.55.57*2	 Screw (M6*40)	NO.16*4
 Domed nut (M10)	NO.34*4	 Bolts (Ø8*31)	NO.12*4
 Curved washer (Ø8)	NO.35*8	 Pedal hinge Bolt (R+L)	NO.18.29*2
 Plastic ring (Ø19)	NO.6*2	 Allen bolt (M10*75)	NO.22*4
 Washer (Ø8.4)	NO.7*2	 Allen bolt (M8*20)	NO.45*2
 Washer (Ø8.2)	NO.32*2	 Allen bolt (M8*20)	NO.53*8
 Curved washer (Ø10)	NO.26*4	 Hexagon bolt (M8*20)	NO.10*2
 Spring washer (Ø8)	NO.8*12	 Cap nut (M8)	NO.9*4
 Domed nut tool (L13-L17)	1	 Wave washer (Ø19)	NO.38*2
 Easy nut tool (L17-L19)	1	 Screw (M6*15)	NO.28*4
 Wrench (L8)	1	 Washer	NO.30*2
 Wrench (L6)	1	 Wrench (L4)	1
 Wave washer (Ø16)	NO.24*2		

PARTS LIST

PART NO.	DESCRIPTION	QTY	PART NO.	DESCRIPTION	QTY
1.	plug for Handlebar	2	29.	Pedal hinge bolt(L)	1
2.	Foam grip	2	30.	washer	2
3.	Fixed handrail foam grip	1	31.	Nylon bushing	4
4.	Upper handrail(R)	1	32.	Washer(Ø8)	4
5.	Plastic insert	2	33.	Nylon washer	4
6.	Plastic ring (Ø19)	2	34.	Domed nut (M10)	4
7.	Washer	2	35.	Curved washer (Ø8)	8
8.	Spring washer(Ø8)	12	36.	Upper handrail(L)	1
9.	Nut cap	4	37.	Allen bolt (M8*20)	1
10.	Hexagon bolt (M8*20)	2	38.	Wave washer(Ø19)	2
11.	Nylon bushing	4	39.	Nylon bushing	2
12.	Allen bolt(M8*31)	4	40.	Computer	1
13.	Lower handrail (R)	1	41.	Screw	2
14.	Lock nut (M8)	2	42.	Fixed handlebar	1
15.	Bolt	2	43.	Pulse sensor	2
16.	Allen bolt (M6*40)	4	44.	Fixing screws	4
17.	Pedal	2	45.	Allen bolt (M8*20)	2
18.	Pedal hinge Bolt (R)	1	46.	Screw	1
19.	Pedal tube(R)	1	47.	Lower handrail(L)	1
20.	Main frame	1	48.	Cross bolt (ST2.9*11)	2
21.	Rear end Cap	2	49.	Front stabilizer	1
22.	Allen bolt (M10*75)	4	50.	Front bottom tube	1
23.	Rear stabilizer	1	51.	Front post	1
24.	Wave washer(M6*1.4*t0.25)	2	52.	Tension knob	1
25.	Pedal tube(L)	1	53.	Allen bolt (M8*20)	8
26.	Curved washer (Ø10)	4	54.	Front end Cap	2
27.	Pulse sensor wire	1	55.	Nylock nut1/2"(L)	1
28.	Allen bolt (M6*15)	4	56.	Computer wire	1

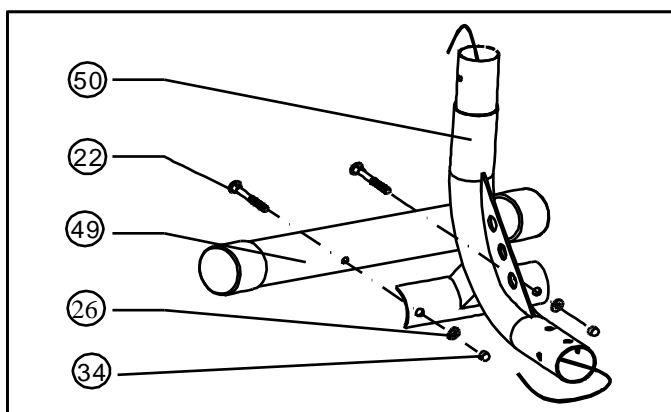
57.	Nylock nut1/2"(R)	1	74.	Nylon bolt (M8)	3
58.	Upper sensor wire	1	75.	Crank(L)	1
59.	Lower sensor wire	1	76.	Chain cover(L)	1
60.	Tension knob wire	1	77.	Cross bolt (ST4.2*40)	5
61.	Cross bolt (ST4.2*19)	6	78.	Serrated nut (M10)	2
62.	Chain cover (R)	1	79.	Serrated nut (M6)	2
63.	Cap 7/8"	2	80.	Spring washer (Ø6)	2
64.	Serrated nut (M10*1.25)	2	81.	Bracket	2
65.	Crank (R)	1	82.	Eyebolt (M6)	2
66.	Spring ring	2	83.	Magnetic wheel	1
67.	Bearing	2	84.	Axle	1
68.	Screw	1	85.	Serrated nut M8	2
69.	Belt	1	86.	Bearing	2
70.	Alxe	1	87.	Roller bushing	1
71.	Fly wheel	1	88.	Idler	1
72.	Magnet	1	A	Dragline	1
73.	Sensor bracket	1			

ASSEMBLY INSTRUCTIONS



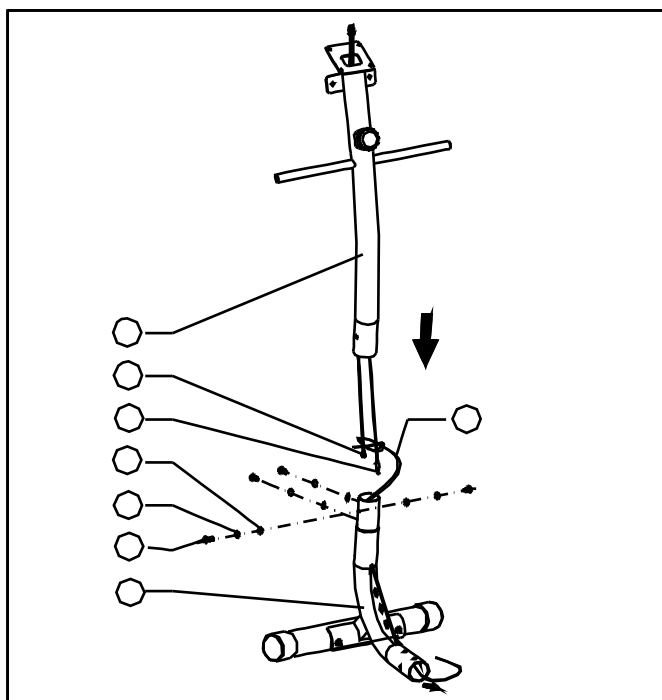
STEP 1

Attach the Rear stabilizers (pt.23) to the Main frame (pt. 20) using two sets of M10*75mm Allen bolts (pt.22), Ø10 Curved washers (pt.26) and M10 Domed nuts (pt.34).



STEP 2

Attach the Front Stabilizers (pt. 49) to the Front bottom tube (pt. 50) using two sets of M10*75 Allen bolts (pt. 22), Ø10 Curved Washers (pt.26) and M10 Domed nuts (pt. 34).

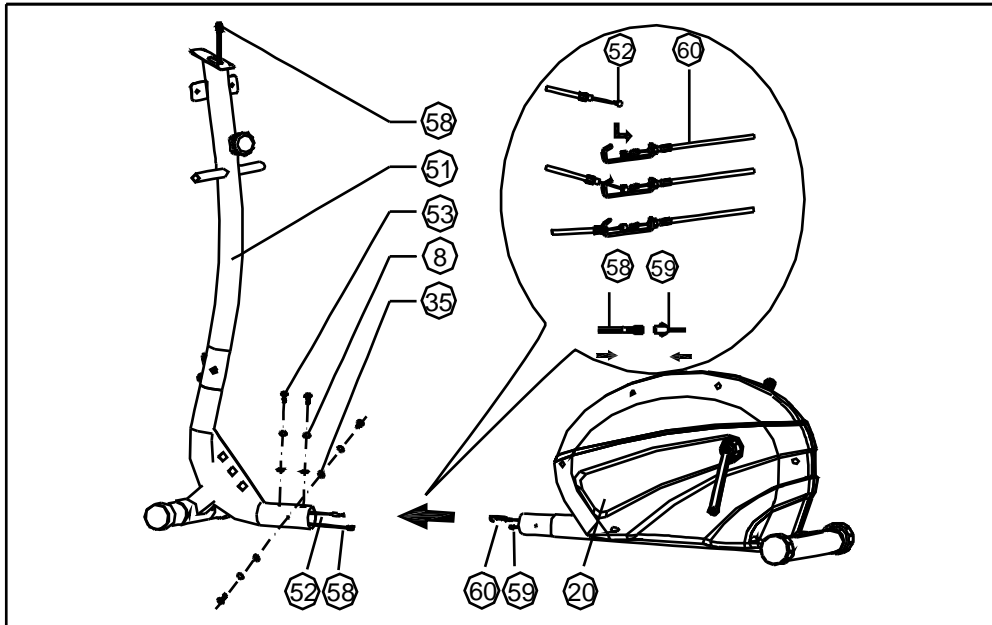


STEP 3

Bind Tension knob wire (pt. 52) and Upper sensor wire (pt. 58) by Dragline (pt. A). Pull the drag line (pt. A) from the end of front bottom tube (pt. 50) then assemble Front Post (pt. 51) to the Front bottom tube (pt. 50) using four sets of Ø8 Curved washers (pt. 35), Ø8 Spring washers (pt. 8) and Allen bolts (M8*20)(pt. 53).

STEP 4

Take the Front Post assembled (pt. 51) and join the Upper Sensor Wire (pt. 58) with Lower Sensor Wire (pt. 59). Connect the tension knob wire (pt. 52) to the Hook wire (pt. 60). Attach the front post (pt. 51) to the Main Frame (pt. 20) using four sets of Allen Bolts M8*20 (pt. 53), Ø8 Spring Washers (pt. 8) and Ø8 Curved Washers (pt. 35).

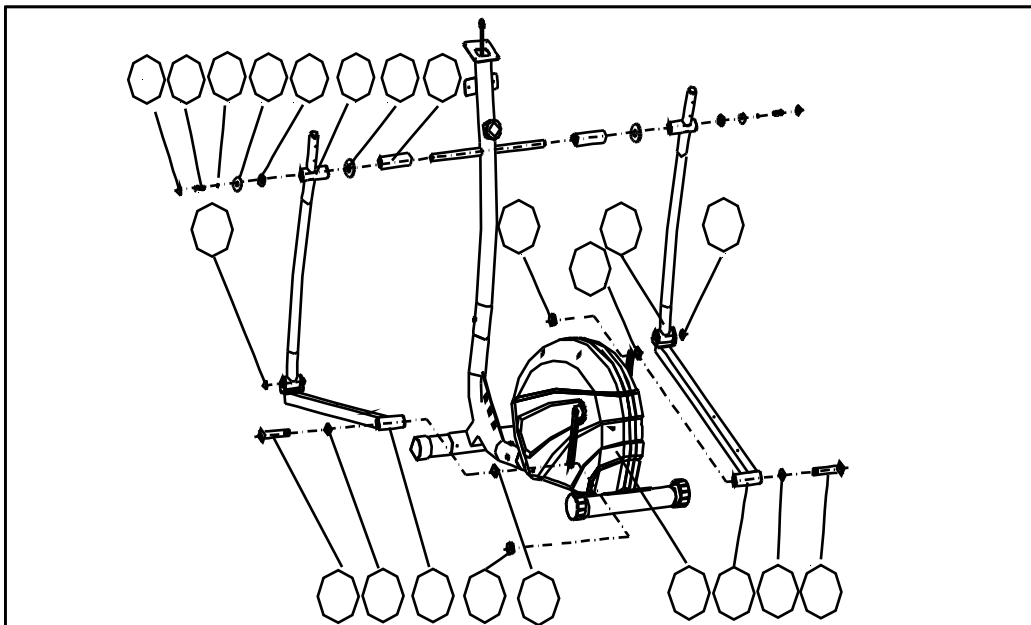


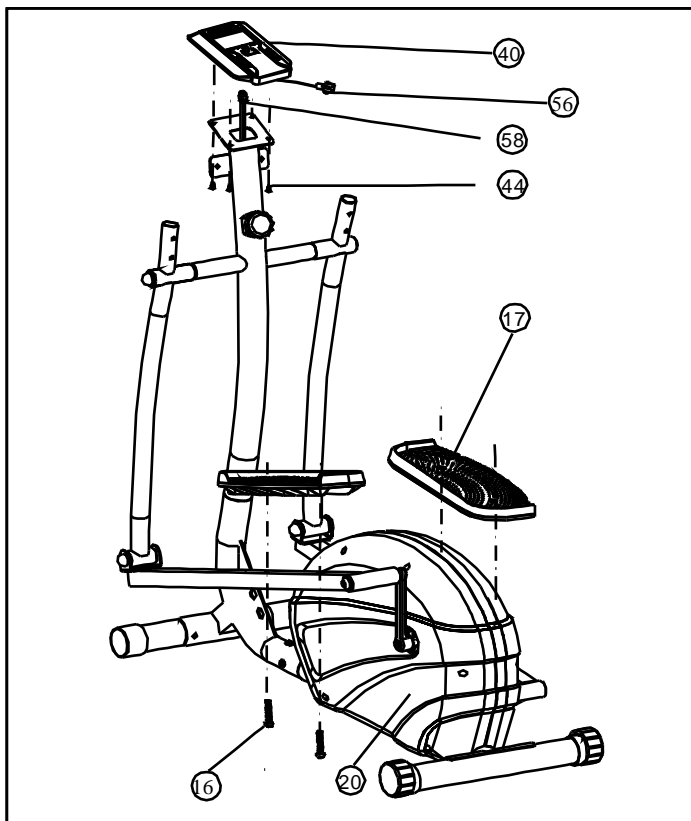
STEP 5

Attach the Pedal Tube (L) (pt.25) to the left crank arm using the pedal hinge bolt (L) (pt. 29), Washers (pt. 30), Wave washers (pt. 24) and 1/2" Nylock Nuts (L) (pt.55).

Attach the pedal tube (R) (pt. 19) to the Right Crank arm using the Pedal Hinge Bolt (R) (pt. 18), Wave washer (h24)h Washers (pt. 30), and 1/2" NyLock Nuts (R) (pt. 57).

Attach the Lower Handrail (L & R) (pt.47 & pt.13) to the main frame (pt. 51) using two sets of Nylon bushings (pt. 39), Ø19 Wave Washers (pt. 38), Ø19 Plastic Ring (pt. 6), washer (pt. 7), Nut Cap (pt. 8), M8*20 Hexagon bolt (pt.10) and nut cap (pt.9). Repeat the above steps for another lower handrail.



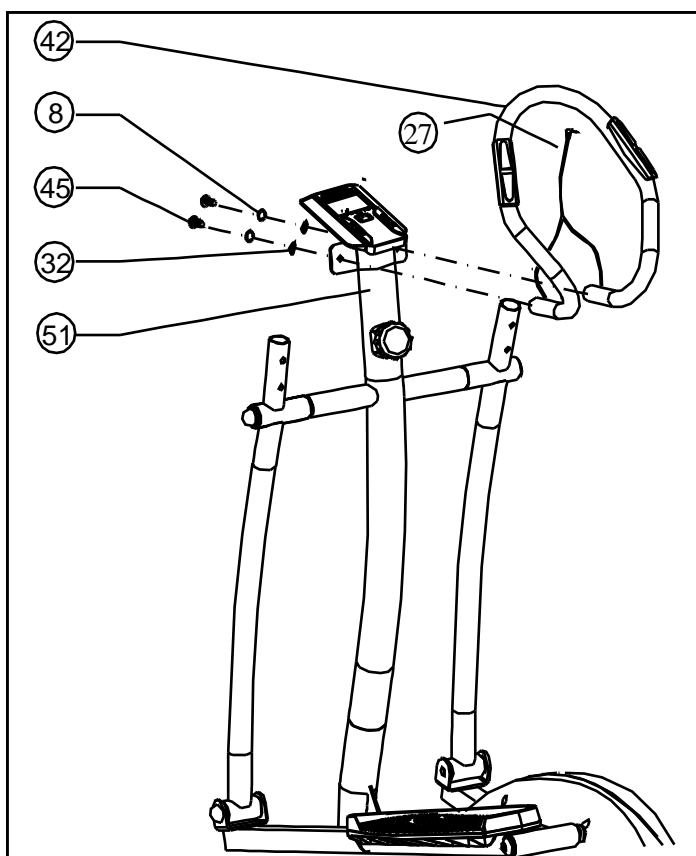


STEP 6

Attach the right and left Pedals (pt. 17) to the Pedal Tube (pt.19) & (pt. 25) with Allen bolt (M6*40)(pt.16).

Connect the Upper Sensor wire (pt. 58) with Computer wire (pt.56).

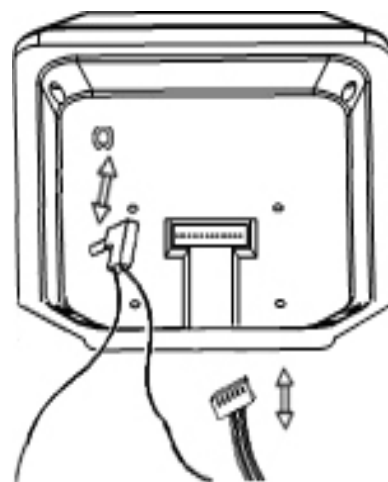
Then slide the Computer (pt. 40) down on to the bracket situated at the top of Front Post and fix in place using the four fixing screws (pt. 44).

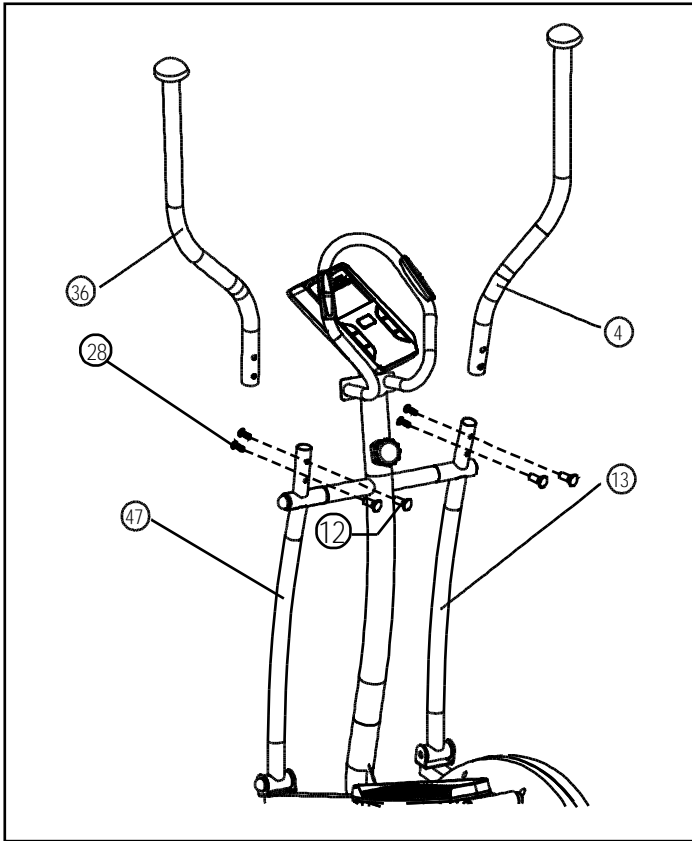


STEP 7

Attach the Fixed Handlebars (pt. 42) to the Front Post (pt. 51). Use two sets of Ø 8 Washers (pt. 32), Ø8 spring washers (pt.8) and Allen Bolts (M8*20)(pt.45).

Your computer has the function of HANDPULSE measure; please plug the Pulse Sensor Wire (pt. 27) into the back of Computer (pt.40).





STEP 8

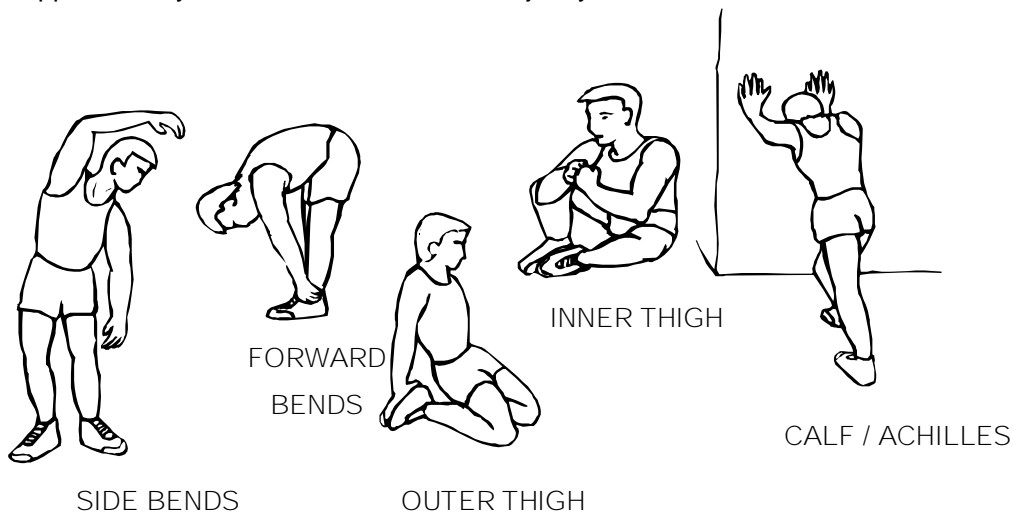
Slide the Upper Handrail (R) (pt. 4) and Upper Handrail (L) (pt. 36) into the corresponding Lower Handrails (L & R) (pt.13 & pt. 47), and then fix with four sets of Allen bolt (Ø8*31) (pt. 12), Allen bolt (M6*15)(PT. 28)

EXERCISE INSTRUCTIONS

Using your MAGNETIC ELLIPTICAL STRIDER will provide you with several benefits. It will improve your physical fitness, tone your muscles and in conjunction with a calorie-controlled diet help you lose weight.

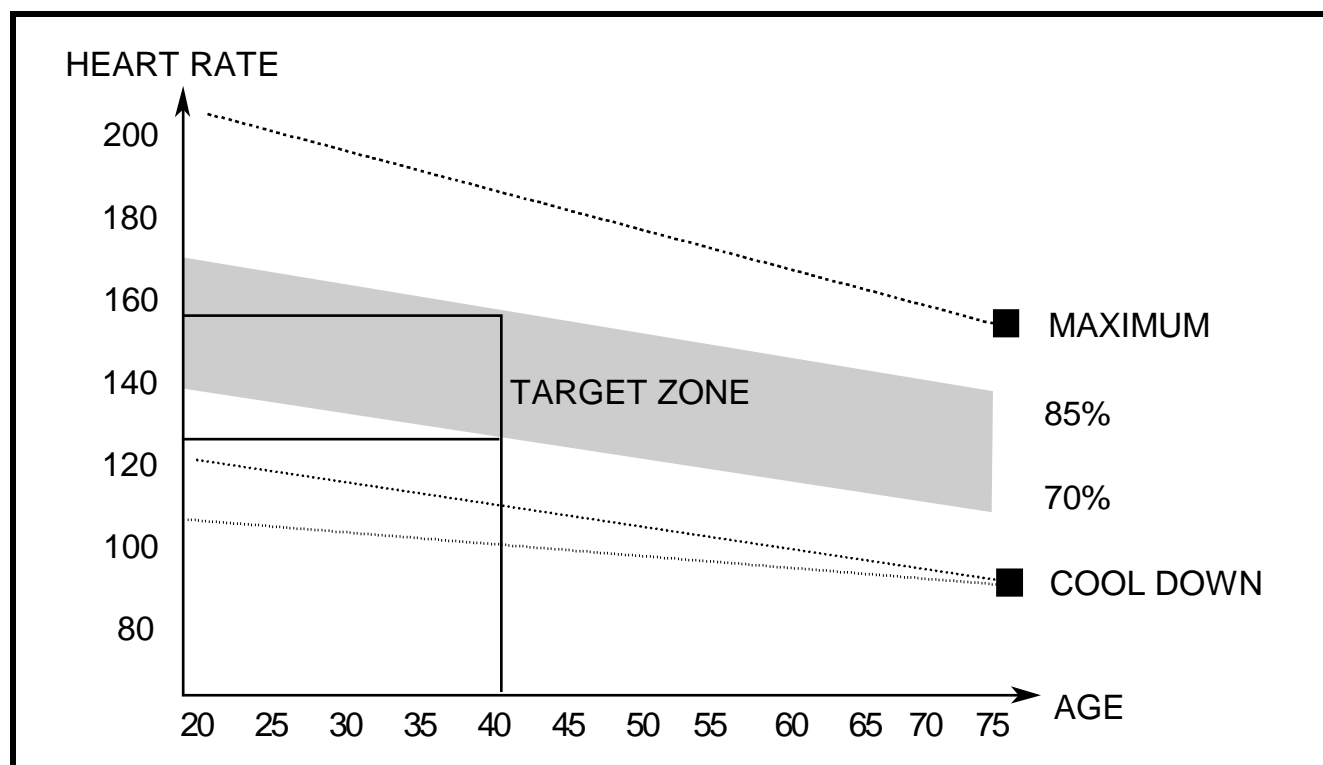
1. The warm up phase

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 at your own pace and be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes. Most people aim to start at about 15-20 minutes and then gradually increase as their fitness levels improve.

3. The cool down phase

This stage is to let your cardio-vascular system and muscles wind down gradually. 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 tone

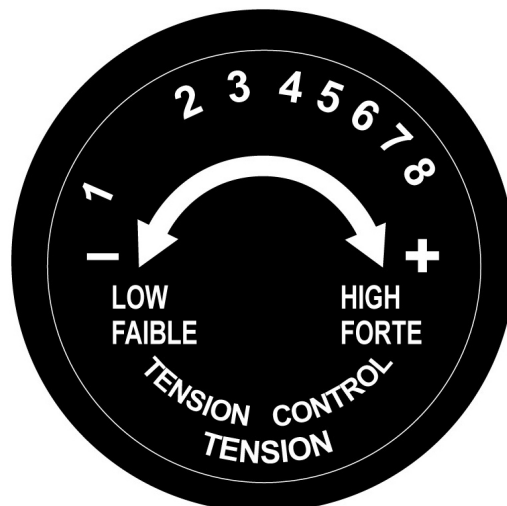
To tone muscle while on your MAGNETIC ELLIPTICAL STRIDER you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. 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.

Tension/resistance control

Turn the tension knob clockwise to increase the resistance. To decrease the resistance, turn the knob anti-clockwise.



EXERCISE COMPUTER

ST-7873-7

FUNCTION BUTTON

MODE	<ol style="list-style-type: none">1. PRESS "MODE" TO SELECT EACH FUNCTION DISPLAY ON THE MAIN SCREEN AND THE SAME ONE BLINKING ON THE BOTTOM FIELD.2. PRESS "MODE" AND HOLD ON FOR 2 SECONDS TO RESET ALL FUNCTION FIGURES.
UP	TO SET UP THE VALUE OF TIME, DISTANCE, AND CALORIES. YOU CAN HOLD THE BUTTON TO INCREASE THE VALUE FASTER. (THE MONITOR HAS TO BE IN STOP CONDITION.)
DOWN	TO SET DOWN THE VALUE OF TIME, DISTANCE, AND CALORIES. YOU CAN HOLD THE BUTTON TO INCREASE THE VALUE FASTER. (THE MONITOR HAS TO BE IN STOP CONDITION.)
RESET	THE USER MAY USE RESET KEY FOR SINGLE RESET EACH FUNCTION: TIME, DISTANCE, CALORIE AND PULSE. OR HOLD ON FOR 2 SECONDS TO RESET ALL FUNCTION VALUES WHILE PRESETTING.
RECOVERY	PRESS THE BUTTON TO HAVE RECOVERY FUNCTION WORK AFTER EXERCISING FOR A WHILE.
TOTAL RESET	TO CLEAR ALL VALUES AND RESTART THE COMPUTER.

FUNCTIONS

CALENDAR	THE MONITOR HAS A CALENDAR DISPLAY ON THE BOTTOM OF THE SCREEN. YOU MAY SET YEAR, MONTH, AND DATE.
CLOCK	THE MONITOR HAS CLOCK TIME DISPLAY AFTER THE TRAINING IS STOP FOR AROUND 4 MINUTES.
TEMPERATURE	THE MONITOR WILL SHOW CURRENT ROOM TEMPERATURE ON THE BOTTOM OF SCREEN.
SCAN	AUTOMATICALLY SCAN THROUGH EACH MODE IN SEQUENCE EVERY 6 SECONDS. THE DISPLAY LOOP IS SCAN-SPEED-RPM(IF HAVE) -TIME IME-DISTANCE-CALORIE-PULSE-SCAN ON THE MAIN SCREEN.
SPEED RPM(OPTION)	DISPLAYS CURRENT TRAINING SPEED, THE MAXIMUM IS 99.9KM/ML. DISPLAYS CURRENT ROTATION PER MINUTE. RPM AND SPEED WILL SWITCH TO ANOTHER DISPLAY IN EVERY 6 SECONDS AFTER EXERCISE STARTS.
TIME	ACCUMULATES WORKOUT TIME FROM 00:00 UP TO 99:59. THE USER MAY PRESET TARGET TIME BY PRESSING SET BUTTON. EACH INCREASEMENT IS 1 MINUTE.
DISTANCE	ACCUMULATES TOTAL DISTANCE FROM 0.00 UP TO 99.99 KM OR MILE. THE USER MAY PRESET TARGET DISTANCE DATA BY PRESSING SET BUTTON. EACH INCREASEMENT IS 0.1 KM OR MILE.

CALORIES

ACCUMULATES CALORIES CONSUMPTION DURING TRAINING FROM 0 TO THE MAXIMUM 9999 CAL.

(THIS DATA IS A ROUGH GUIDE FOR COMPARISON OF DIFFERENT EXERCISE SESSIONS WHICH CAN NOT BE USED IN MEDICAL TREATMENT.)

HAND PULSE

TO DISPLAY YOUR CURRENT HEART BEAT FIGURES AS SOON AS THE PULSE SENSOR HAS BEEN TOUCHED THE MONITOR WILL DETECT YOUR HEART BEAT THROUGH HANDGRIP SENSORS ONCE YOU HOLD ON BOTH HANDS?TM

RECOVERY

AFTER EXERCISING FOR A PERIOD OF TIME, KEEP HOLDING ON GRIPS AND PRESS "RECOVERY" BUTTON, THE MONITOR WILL STOP ALL THE FUNCTION DISPLAY EXCEPT "TIME" WHICH WILL KEEP COUNTING FROM 1:00 - 00:59 - 00:58 - .DOWN TO 00:00. AS SOON AS 00:00 IS ACHIEVED,THE BOTTOM AREA WILL SHOW YOUR HEART RATE STATUS WITH GRADE F1, F2, TO F6. F1 IS THE BEST, AND F6 IS THE WORST. THE USER MAY KEEP EXERCISING TO IMPROVE THE HEART RATE STATUS (RECOVERY RESULT) DAY BY DAY FROM UP TO F1.

** PRESS THE "RECOVERY" BUTTON AGAIN TO RETURN TO THE MAIN DISPLAY**

NOTE

1. WITHOUT ANY SIGNAL BEEN TRANSMITTED INTO THE MONITOR FOR 4 MINUTES, THE MONITOR MAIN DISPLAY WILL SWITCH TO CLOCK TIME WITH MAY START PEDALLING TO HAVE THE MONITOR DISPLAY TRAINING DATAS AGAIN.
2. IF IMPROPER DISPLAY ON MONITER, PLEASE RE-INSTALL BATTERIES TO HAVE A GOOD RESULT.
3. BATTERY SPEC: 1.5V UM-3 OR AA (2PCS).

TROUBLE SHOOTING.

1. Changing the batteries. To change the computer batteries, please slide off the computer from the computer holder, remove the battery cover on the back of the computer console, and remove the batteries. Replace with two AA batteries. Finally, put the cover back on the console, and slide the computer back on the computer holder.
2. Computer not working correctly. If your computer is not working correctly, please check whether the lower sensor wire is connected to the upper sensor wire, and make sure that the upper sensor wire is connected to the computer. If you have checked for the above, and the computer still not working, then please make sure the batteries are still working and are installed correctly in the computer.
3. No resistance. If there is no tension resistance on the bike, please make sure the upper tension cable is connected to the lower tension cable. Turn the tension knob anticlockwise to its lowest level. Next, find the tension strap buckle situated on top of the flywheel cover at the base of the front post. Loosen the tension strap, pull it through the buckle until you can feel some resistance on the strap, and then lock it back around the buckle. Now mount the cycle and turn the pedals. The tension control knob can now be used for a finer adjustment. If you find it is now too tight, go back to the tension strap buckle and loosen the strap slightly.

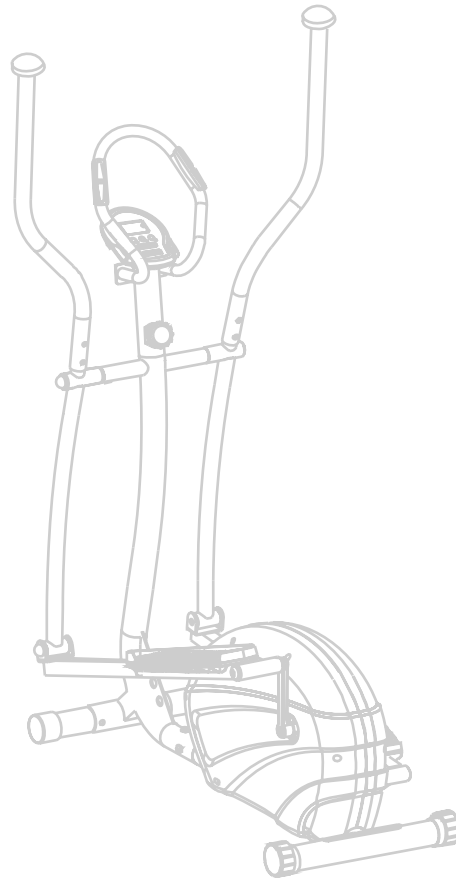
MAINTENANCE

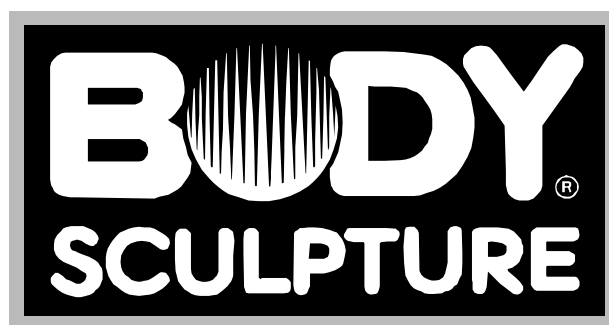
1. Before using the bike, always make sure all bolts/nuts are fully tightened.
2. A spent battery is hazardous waste – please dispose of it correctly and do not throw it in the trash.
3. When eventually you want to scrap the machine, you should remove the batteries from the computer and dispose of them separately as hazardous waste.



EXERCISE NOTES

Use this space to record your own exercise routine results.





S I N C E 1 9 6 5