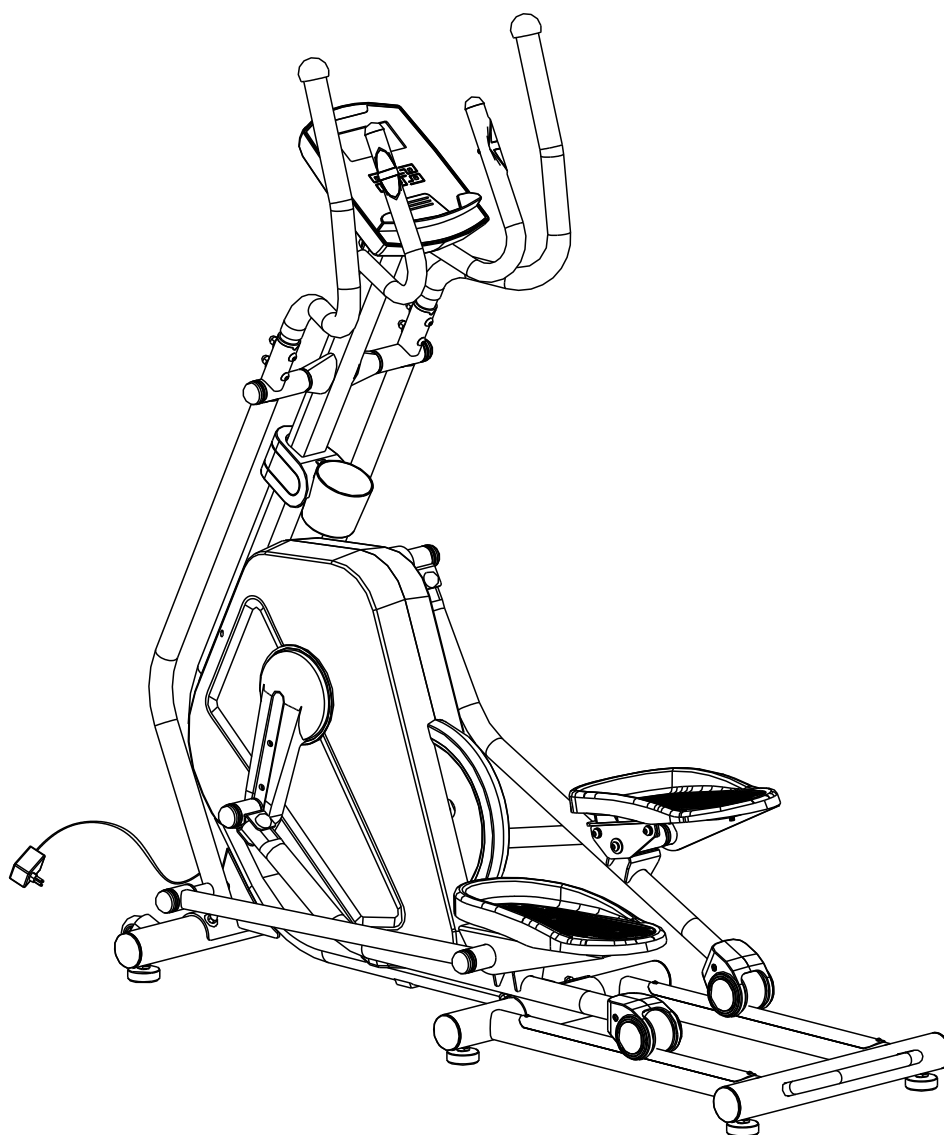


OWNER'S MANUAL

ELLIPTICAL CROSS TRAINER



IMPORTANT !

Please read all instructions carefully before using this product.

Retain this manual for future reference.

SAFETY INSTRUCTIONS

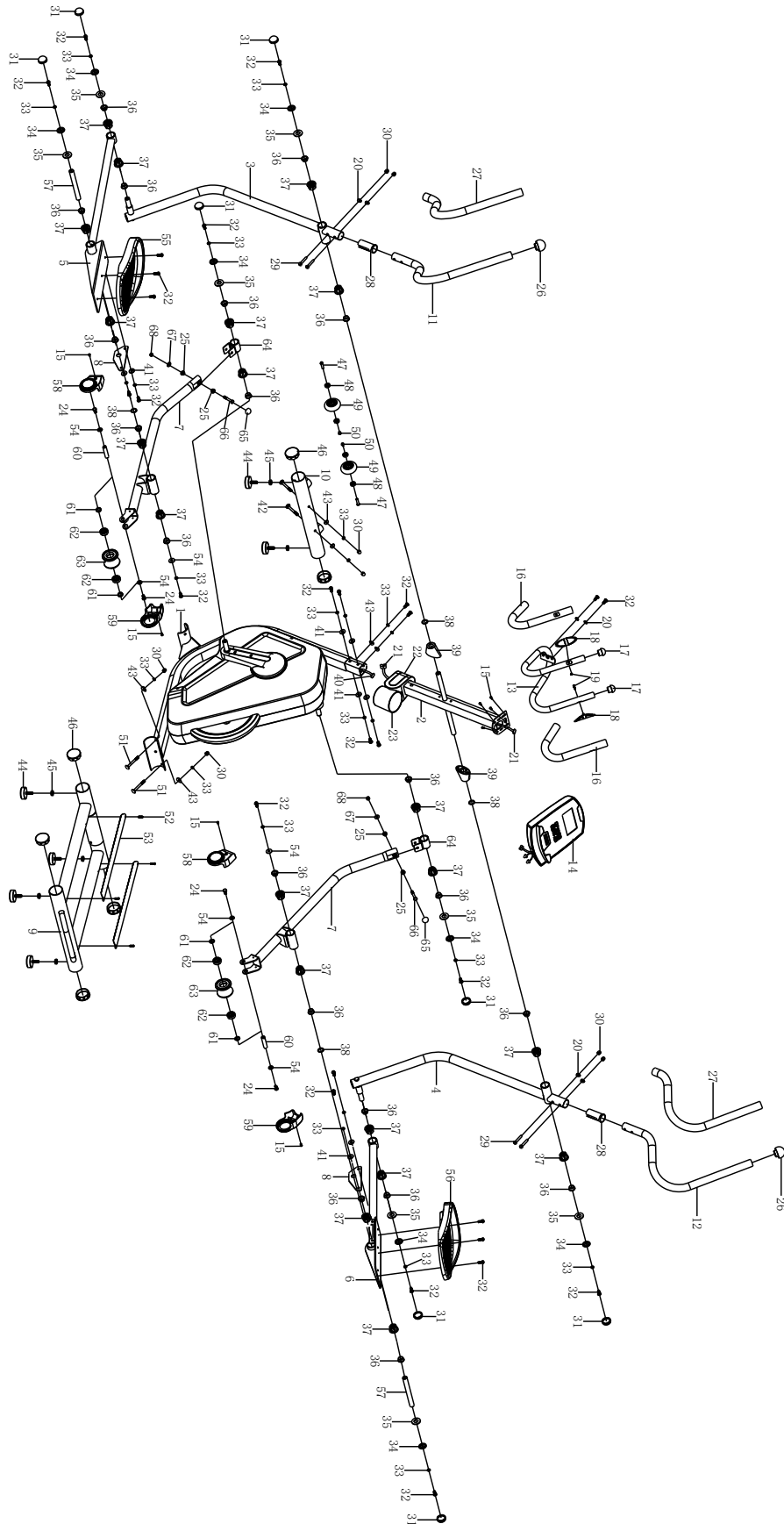
Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

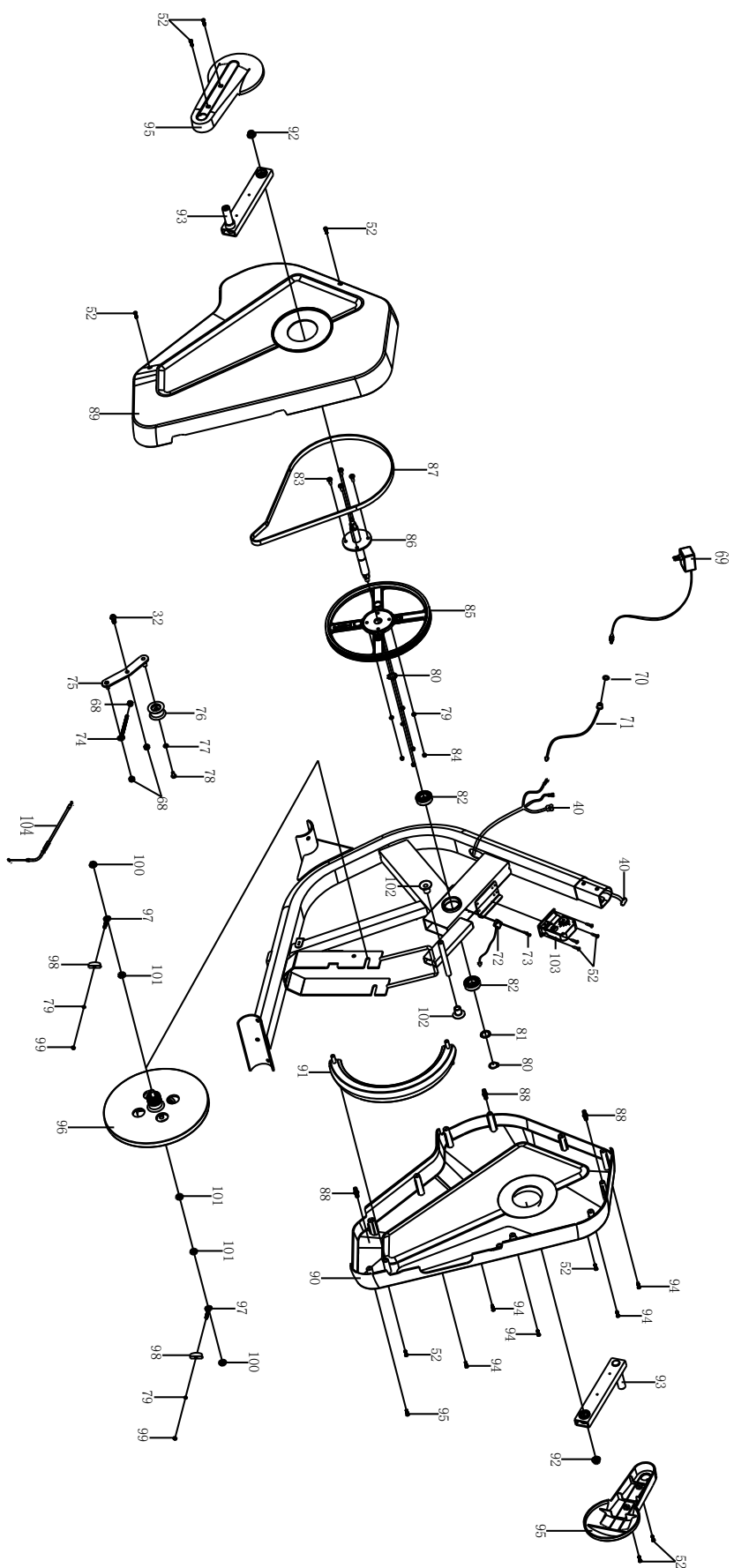
1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine page. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment; remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
6. Do not use the equipment outdoors.
7. This equipment is for household use only.
8. Only one person should be on the equipment while in use.
9. Keep children and pets away from the equipment while in use. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. The maximum weight capacity for this product is **120kgs**.

WARNING: Before beginning any exercise program consult your physician.

This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

OVERVIEW DRAWING



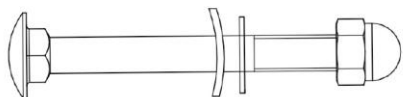


PART LIST

No.	Description	Q'ty	No.	Description	Q'ty
1	Main Frame	1	29	Bolt M8*49	4
2	Front Post	1	30	Cap Nut M8	8
3	Left Swing Tube	1	31	Cap Nut Ø38	8
4	Right Swing Tube	1	32	Bolt M8*20	29
5	Left Foot Tube	1	33	Spring Washer Ø8	24
6	Right Foot Tube	1	34	Washer Ø8* Ø33*2.0	8
7	Drive Tube	2	35	Big Washer Ø19* Ø38*3.0	8
8	Foot Tube Connect Patch	2	36	POM Bushing Φ27*11	20
9	Rear Main Frame	1	37	Plastic Bushing Ø38x24	20
10	Front Stabilized	1	38	Wave Spring Washer Ø19* Ø26*0.3	4
11	Left Handrail Arm	1	39	Shaft Sleeve	2
12	Right Handrail Arm	1	40	Sensor Wire	1
13	Handlebar	1	41	Big Washers Ø8* Ø20*2.0	8
14	Computer	1	42	Bolt M8*75	2
15	Screw M5*10	8	43	Big Wave Washer Ø8* Ø20*2.0	6
16	Handlebar Foam Grip Ø24* Ø31*450	2	44	Foot Pad M10*30	6
17	End Cap for Handlebar Ø25*1.5	2	45	Nut M10	6
18	Hand Pulse Sensor with WireL=750mm	2	46	Circular Tube Plug Ø60*1.5	6
19	Screw ST4.2*20	2	47	Bolt Ø8*32	2
20	Arc Washer Ø8* Ø20*2.0	6	48	Bearing	4
21	Extension Sensor Wire	1	49	Roller wheel Ø71*24	2
22	Bottle Holder	1	50	Bolt M6*12	2
23	Bottle	1	51	Bolt M8*80	2
24	Bolt M8*16	4	52	Self- tapping screw ST4.2*20	16
25	Connecting rod small bushing Ø18* Ø8*10	4	53	Aluminium Bar 490*41*2.1	2
26	End Cap for Handlebar Ø50	2	54	Big Washers Ø8* Ø25*2.0	6
27	Handlebar Foam Grip Ø31*Ø37*700	2	55	Left Foot Pedal	1
28	Bushing	2	56	Right foot Pedal	1

No.	Description	Q'ty	No.	Description	Q'ty
57	Plastic Bushing Ø19* 174	2	81	Wave Washer Ø20* Ø24*0.3	1
58	Left Roller cover	2	82	Bearing 6004-2Z	2
59	Right Roller cover	2	83	Bolt M6*15	4
60	Roller connecting shaft	2	84	Nut M6	4
61	Roller Spacing	4	85	Belt Pulley	1
62	Bearing 6202	4	86	Straight Spindle Assembly	1
63	Pulley	2	87	Belt	1
64	Foot Turn Tube Assembly	2	88	Plastic Bolt Φ 8x32	3
65	Nut Cap	2	89	Left Cain Cover	1
66	Bolt M6*50	2	90	Right Cain Cover	1
67	Washer Ø8* Ø16*1.5	2	91	Flywheel Cover	1
68	Lock Nut M8	5	92	Nut M10x1.25	2
69	AC Adapter L=2000mm	1	93	Crank	2
70	Hexagon Flat Nut S15	1	94	Screw ST4.2*25	6
71	Power supply wire	1	95	Crank Cover Cap	2
72	Sensor Wire	1	96	Flywheel	1
73	Screw ST2.9*12	2	97	Adjust Bolt M6*36	2
74	Adjust Bolt M8*65	1	98	U-bracket 31*30*δ1.0	2
75	Idle Wheel Bracket	1	99	Bolt M6 S10	2
76	Press Wheel	1	100	Nut M10*1.0*6	2
77	Washer Ø12* Ø6*1.0	1	101	Nut M10*1	3
78	Bolt M6*12	1	102	Limit File Piece	2
79	Spring Washer Ø6	6	103	Motor	1
80	Circlip Ø20*1.0	2	104	Motor tension wire	1

HARDWARE PACKING LIST

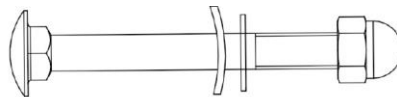


(51) Bolt M8x80 2PCS

(43) Curve Washer $\Phi 8 \times \Phi 20 \times 2.0$ 2PCS

(33) Spring Washer $\Phi 8$ 2PCS

(30) Nut M8 2PCS



(42) Bolt M8x75 2PCS

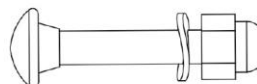
(43) Curve Washer $\Phi 8 \times \Phi 20 \times 2.0$ 2PCS

(33) Spring Washer $\Phi 8$ 2PCS

(30) Nut M8 2PCS



(31) Cap Nut $\Phi 38$
8PCS



(29) Bolt M8x49 4PCS

(20) Curve Washer $\Phi 8 \times \Phi 16 \times 1.5$ 4PCS

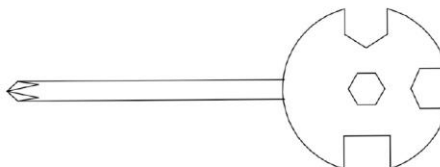
(30) Cap Nut M8 4PCS



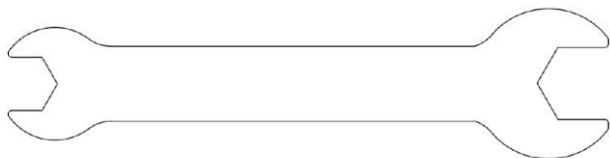
Allen Wrench 6mm
1PC



(65) Cap Nut S13
2PCS



Multi Hex Tool/Phillips Screwdriver
S10 , S13, S14, S15
1PC



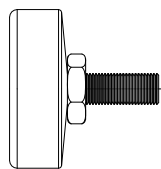
Solid Wrench
S14- S19
2PCS

ASSEMBLY INSTRUCTIONS:

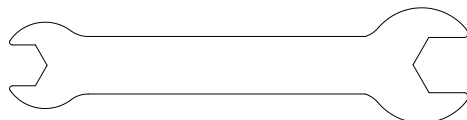
1. Foot Pad Installation

Position Four Adjustment Foot Pad(44) onto the Rear Main Frame(9)

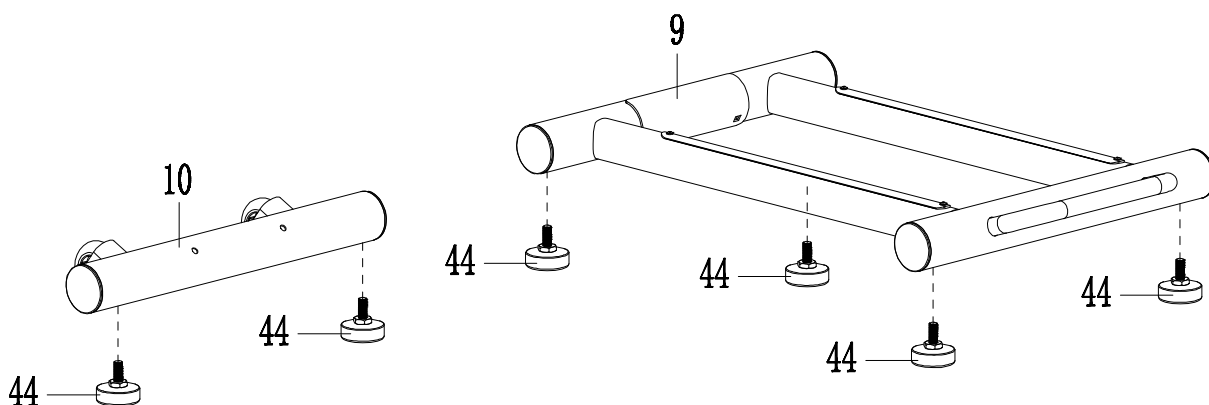
Position Two Adjustment Foot Pad(44) onto the Front Stabilized(10)



#44 M10*30 6PCS

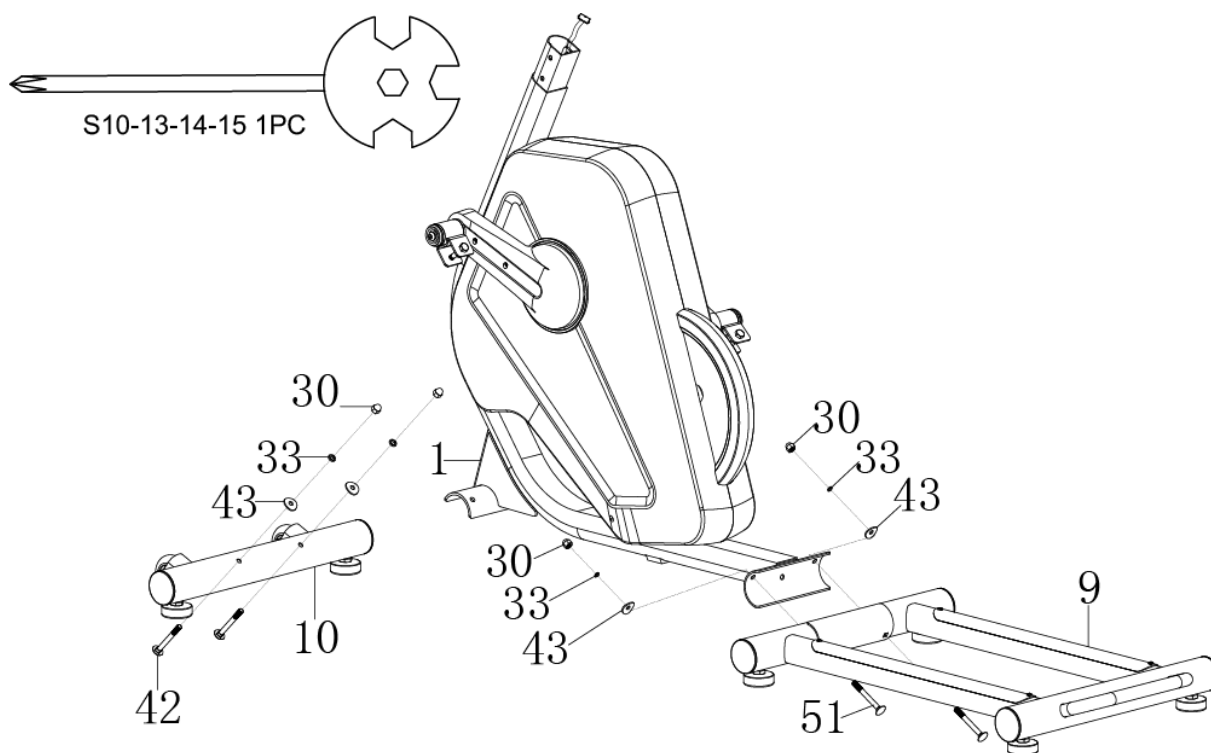
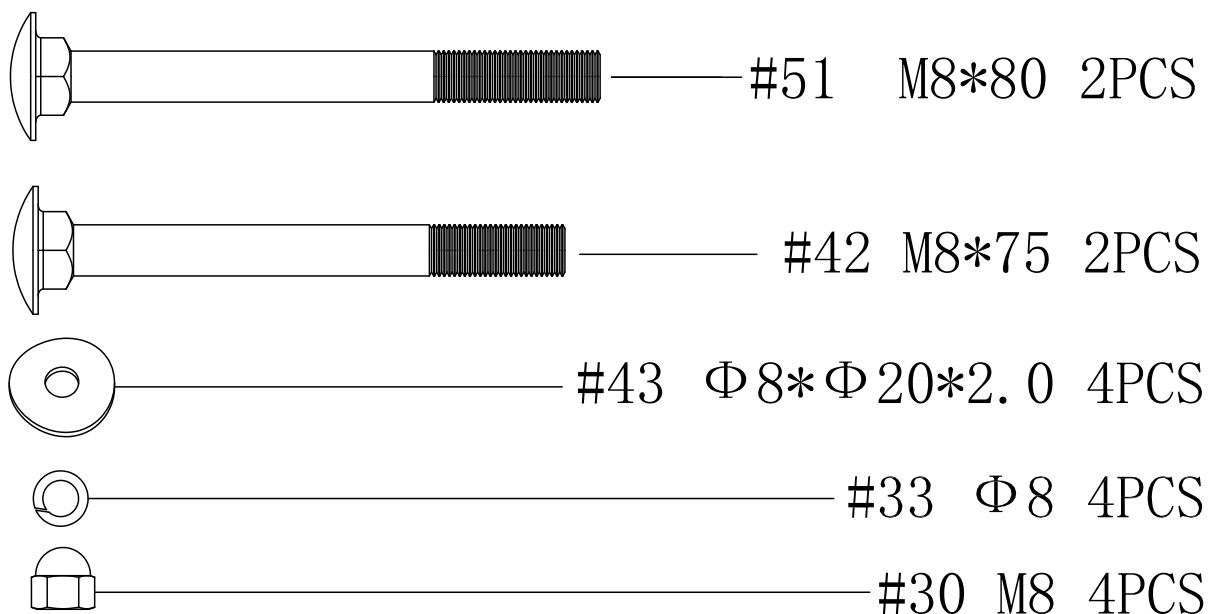


S14-S19 1PC



2. Front Stabilized and Rear Main Frame Installation

Attach the Rear Main Frame (9) onto the Main Frame(1) with two Ø8* Ø20*2.0 Big Wave Washers(43),two Ø8 Spring Washers(33),two M8*80 Bolts(51) and two M8 Cap Nuts (30). Attach the Front Stabilized (10) onto the Main Frame (1) with two Ø8* Ø20*2.0 Big Wave Washers(43),two Ø8 Spring Washers(33), two M8*75 Bolts(42) and two M8 Cap Nuts (30).



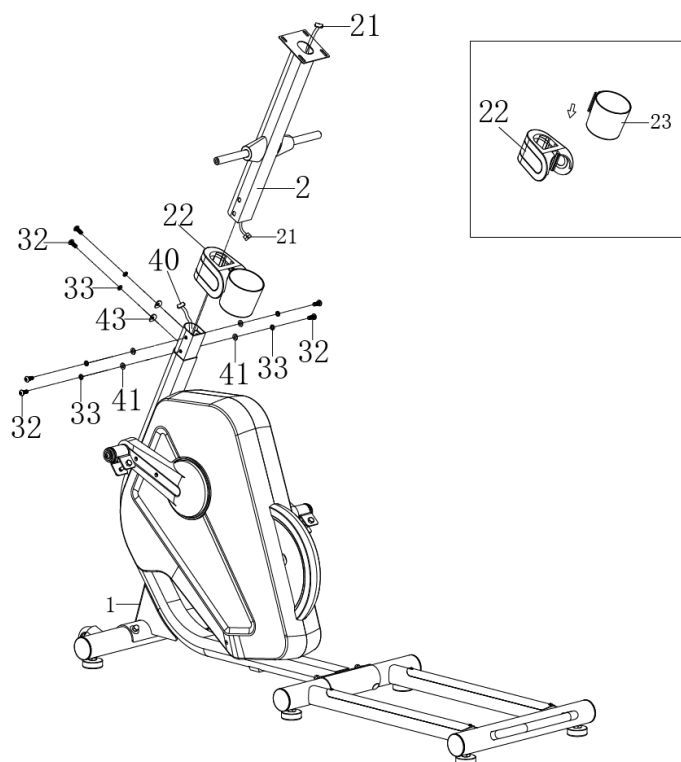
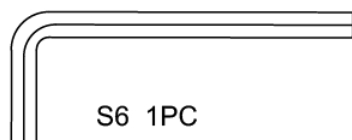
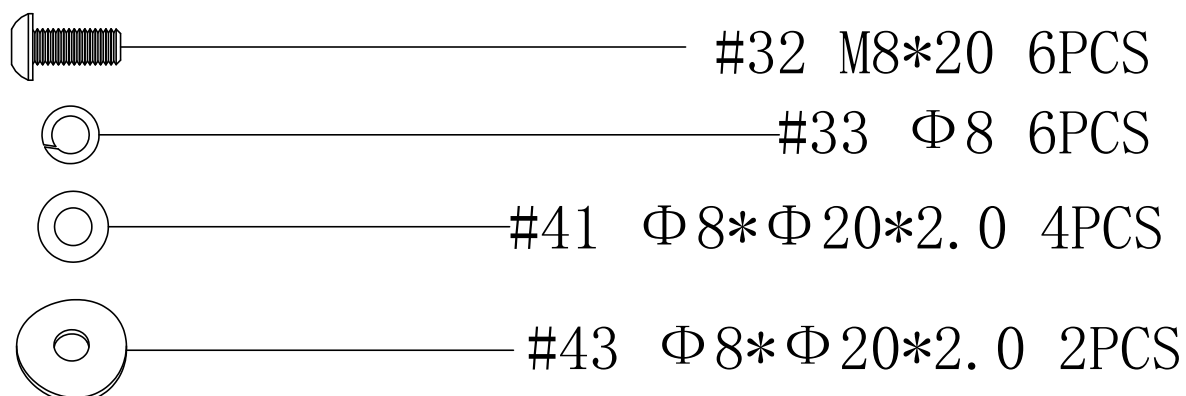
3. Front Post Installation

Remove six Bolts M8*20 (32), six Spring Washers Ø8(33), four Big Washers Ø8* Ø20*2.0 (41) ,two Big Wave Washers Ø8* Ø20*2.0 (43) from the Main Frame (1).

Connect the Sensor Wire (40) from the Main Frame (1) with the Sensor Wire (21) from the Front Post (2).

Attach the Bottle (23) put into the Bottle Holder (22).

Slide the Bottle (23) and the Bottle Holder (22) onto the tube of the Main Frame (1). Attach the Front Post (2) onto the Main Frame (1) with six Bolts M8*20 (32), six Spring Washers Ø8(33), four Big Washers Ø8* Ø20*2.0 (41) ,two Big Wave Washers Ø8* Ø20*2.0 (43) that were removed .



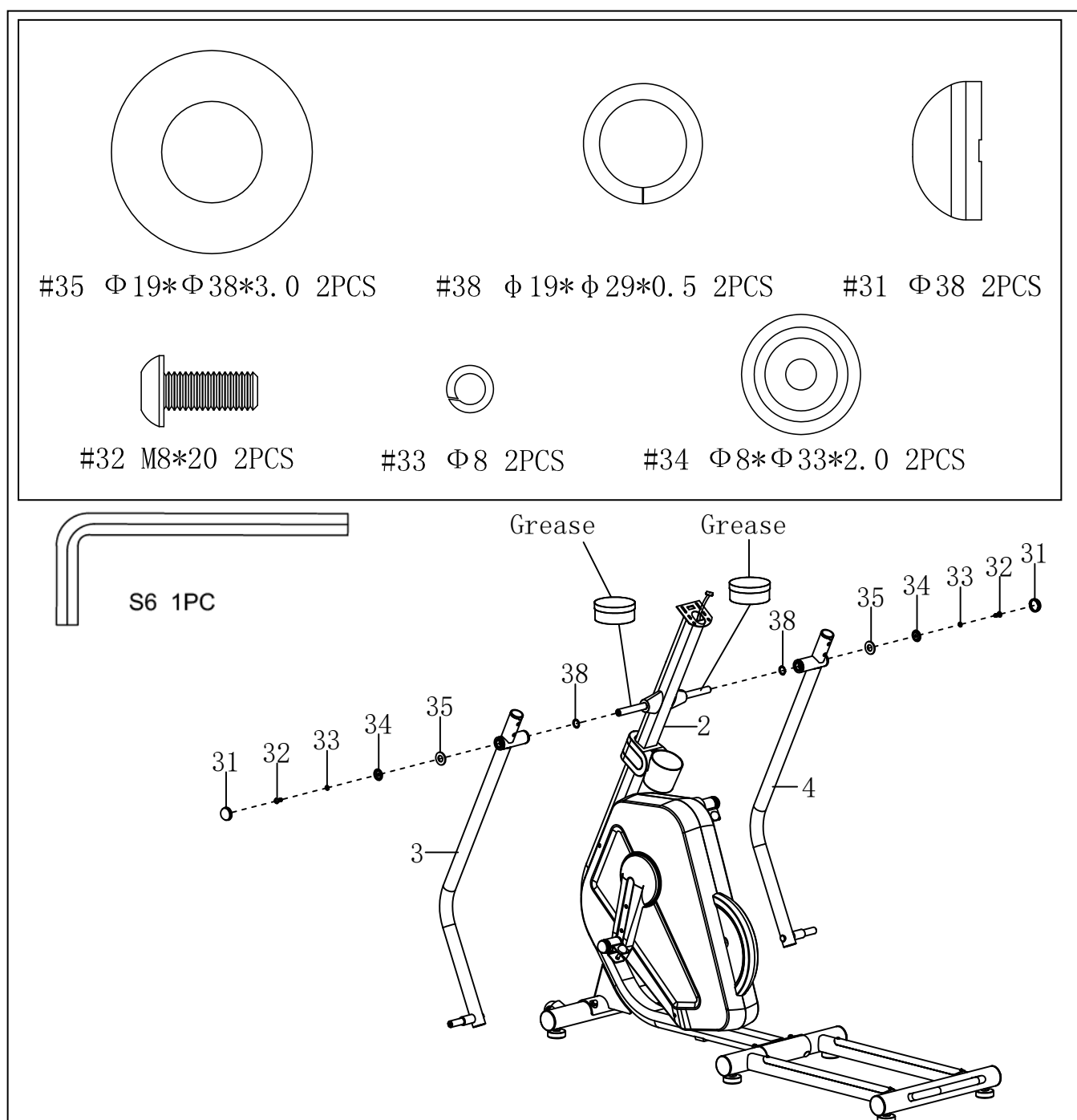
4. Left/Right Swing Tube Installation

Remove two Bolt M8*20 (32), two Spring Washer Ø8 (33), two Ø8* Ø33*2.0 washers (34) two Big Washers Ø19(35) from Front Post (2).

Pls note: coat the Front Post with Grease.

Attach the Left Swing Tube (3) onto the Front Post (2) with one Bolt M8*20 (32), one Spring Washer Ø8 (33), one Ø8* Ø33*2.0 washers (34) one Big Washers Ø19 (35) that were removed, and attach a Cap Nut Ø38(31).

Attach the Right Swing Tube (4) onto the Front Post (2) with one Bolt M8*20 (32), one Spring Washer Ø8 (33), one Ø8* Ø33*2.0 washers (34) one Big Washers Ø19 (35) that were removed, and attach a Cap Nut Ø38(31).



5. Drive Tube Installation

Remove one Bolt M8*50(66), one Washer Ø8* Ø16*1.5 (67), one Nut Cap (65) from the Drive Tube(7).

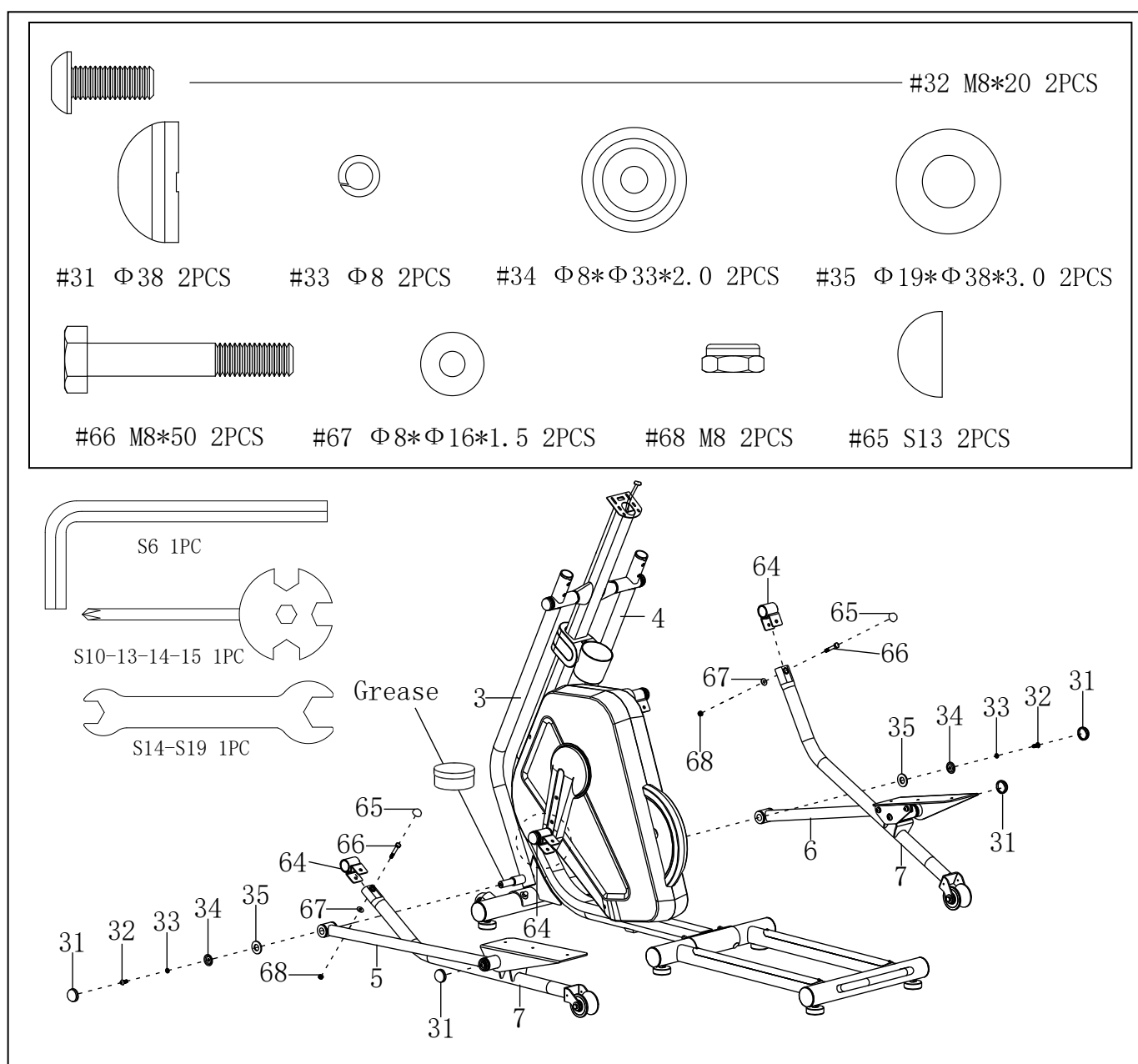
Attach the Left Drive Tube (7) on the **Foot Turn Tube Assembly (64)** with one Bolt M8*50(66),one Washer Ø8* Ø16*1.5 (67) ,one Nut Cap (65) that were removed.

Remove one Bolt M8*20(32), one Spring Washer Ø8 (33), one Washer Ø8* Ø33*2.0(34), Big Washer Ø19* Ø38*3.0(35) from the Left Swing Tube (3).

Pls note coat the Left/Right Swing Tube (3&4) with Grease.

Attach the Left Foot Tube (5) on the Left Swing Tube (3) with one Bolt M8*20(32), one Spring Washer Ø8 (33) ,one Washer Ø8* Ø33*2.0(34), Big Washer Ø19* Ø38*3.0(35) that were removed.

Cover a Cap Nut Ø8 (31) onto the Left Foot Tube (5). Repeat above step to the Right Foot Tube (6) on the Right Swing Tube (4) and Cover a Cap Nut Ø8 (31).



6. Left/Right Foot Pedal and Left/Right Roller cover Installation

Remove four Screw M5*10 (15) from the Drive Tube (7).

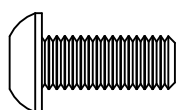
Attach two sets of Left/Right Roller covers (58/59) onto two Drive Tube(7) with four Screw M5*10(15) that were removed.

Remove three M8*20 Bolts (32) from the Left Foot Tube (5).

Attach the Left Foot Pedal (55) onto the Left Foot Tube (5) with three M8*20 Bolts (32) that were removed.

Remove three M8*20 Bolts (32) from the Right Foot Tube (6).

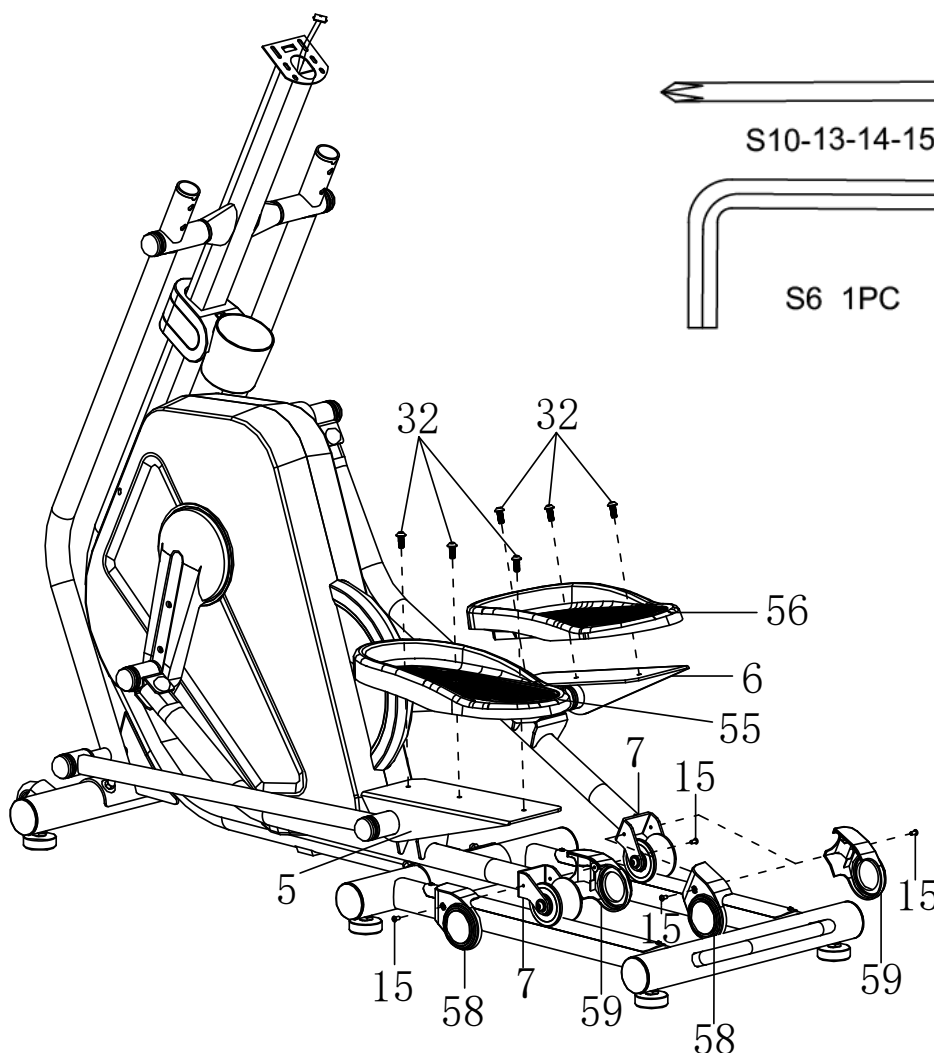
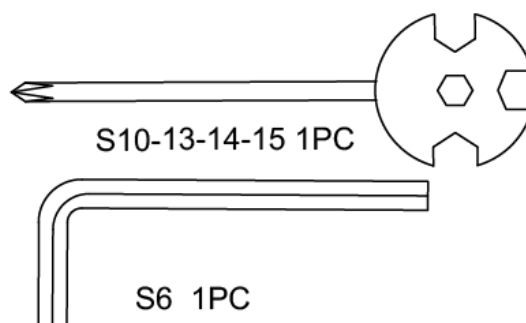
Attach the Right Foot Pedal (56) onto the Right Foot Tube (6) with three M8*20 Bolts (32) that were removed.



#32 M8*20 6PCS



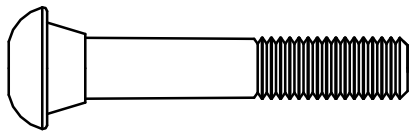
#15 M5*10 4PCS



7. Handrail Arm Installation

Attach the Left Handrail Arm (11) onto the Left Swing Tube (3) with two Bolts M8*49(29), two Arc Washers Ø8* Ø16*1.5(20), and Cap Nuts M8 (30).

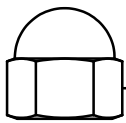
Attach the Right Handrail Arm (12) onto the Right Swing Tube (4) with two Bolts M8*49(29), two Arc Washers Ø8* Ø16*1.5(20), and Cap Nuts M8 (30).



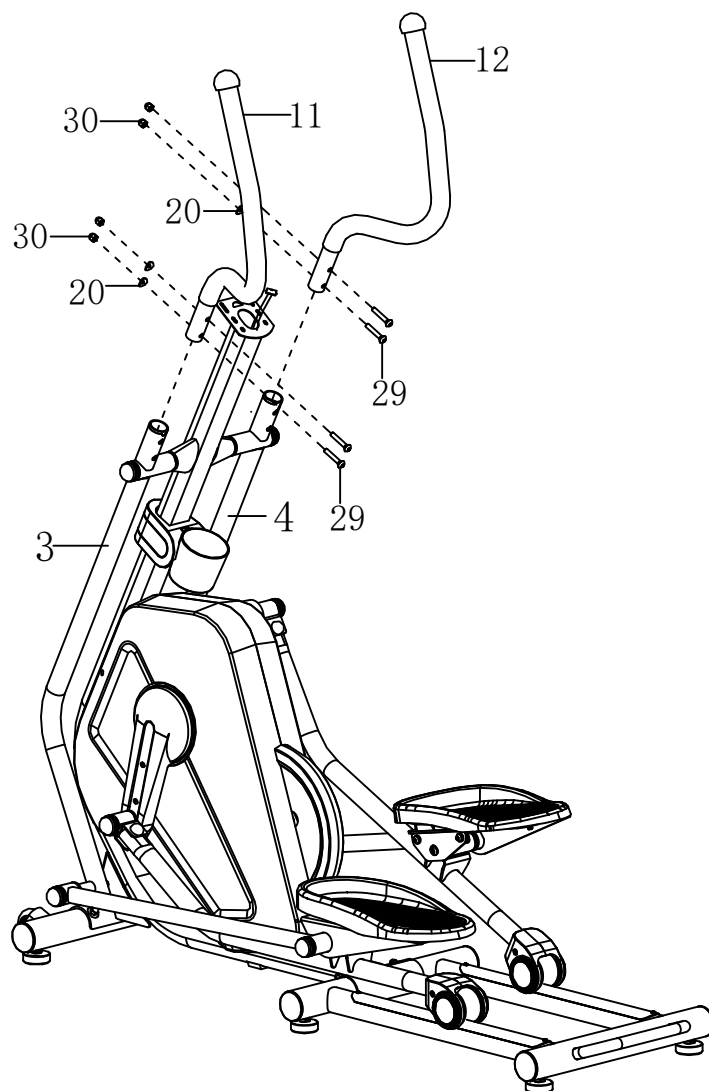
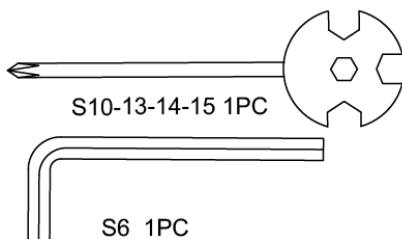
#29 M8*49 S6 4PCS



#20 $\Phi 8 * \Phi 16 * 1.5$ 4PCS



#30 M8 4PCS

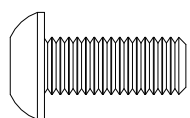


8. Handlebar Installation

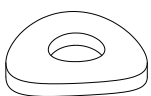
Remove two M8*20 Bolts (32) and two Arc Washers Ø8* Ø16*1.5(20) from the Front Post (2).

Insert the Hand Pulse Sensor Wires (18) through into the bottom hole of the **Front Post (2)** and pull it out from the square hole of the **Front Post (2)**.

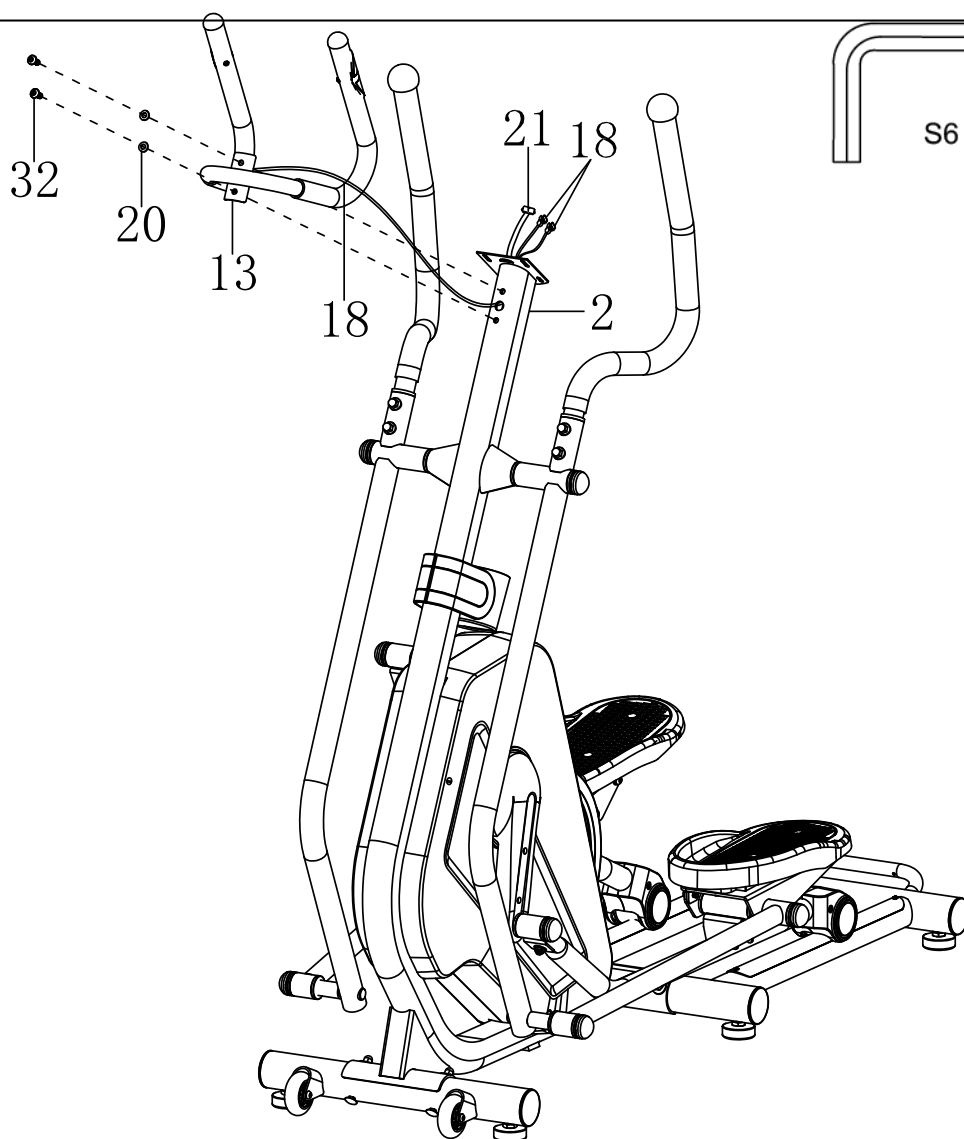
Attach the Handlebar (13) onto the Front Post (2) with two M8*20 Bolts (32) and two Arc Washers Ø8* Ø16*1.5(20) that were removed



#32 M8*20 2PCS



#20 Φ 8*Φ 16*1.5 2PCS

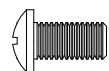


9. Computer Installation

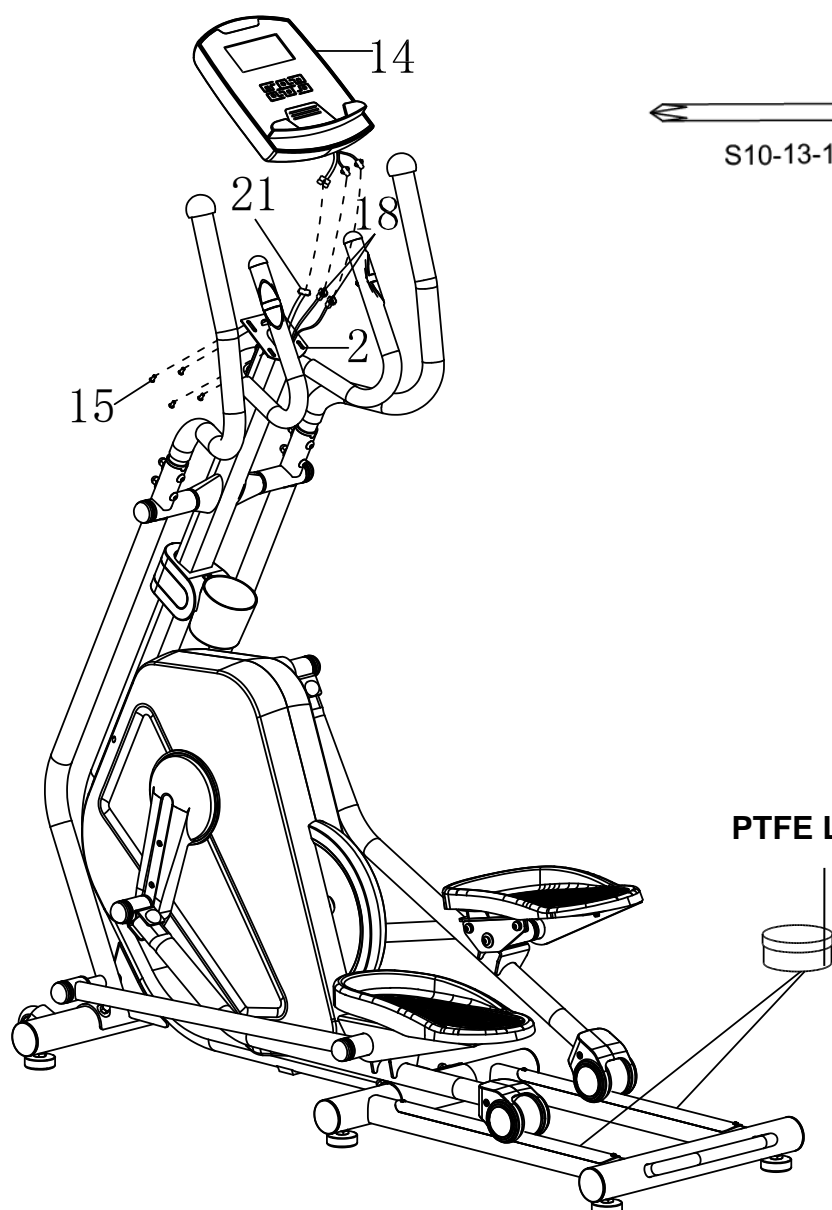
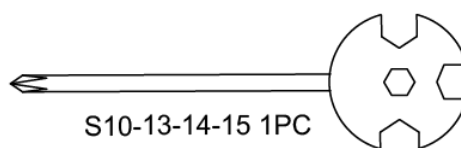
Remove four M5x10 Bolts (15) from the back of the Computer (14).

Connect the Sensor Wire (21) and Hand Pulse Sensor Wires (18) to the wires that come from the Computer (14) and then attach the Computer (14) onto the top end of the Front Post (2) with four M5x10 Bolts (15) that were removed.

Pls note: coat the Aluminum Rod with PTFE Lubric.

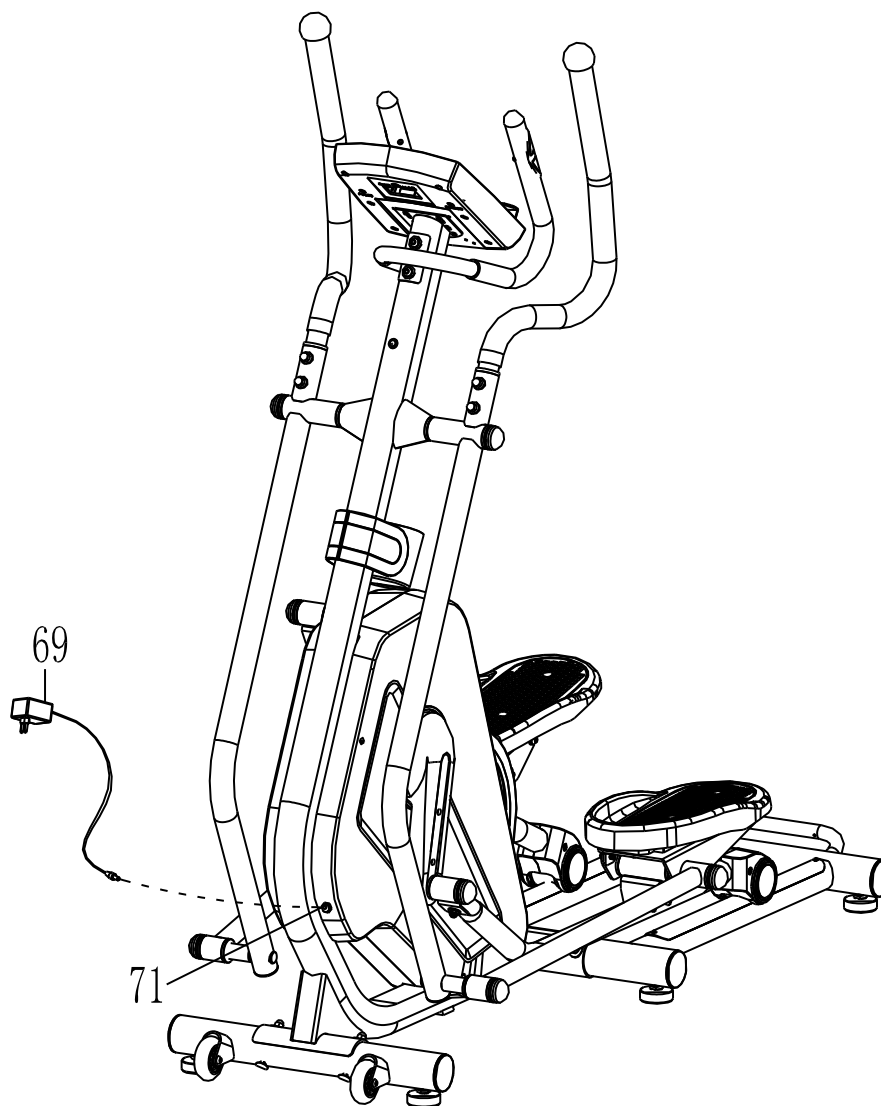


#15 M5*10 4PCS



10. AC Adapter Installation

Plug one end of the AC Adapter (69) into the power jack of the Power Supply Wire (71) on the back of the Left Cain Cover. Before plugging in, make sure to check carefully the specifications on the Adapter. Plug the other end of the AC Adapter (69) into the electrical wall outlet.



**Adapter
Input**

INPUT:
6VDC, 1000mA



INSTRUCTION MANUAL



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 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.

ENTER: To input desired value or work out mode.

TEST(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 best, and F6 is the worst.

MODE: Press to switch display form RPM to SPEED, ODO to DIST, WATT to Calories during workout.

Workout Selection

After power-up using UP or DOWN keys to select then pressing ENTER to enter the desired mode.

Setting Workout Parameters

After selecting your desired 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.

Once a program has been selected, pressing ENTER, will make "Time" parameter flash. Using UP OR DOWN KEY you may select desired time value. Press ENTER 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	Setting 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.

Program Operation

Manual(P1)

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 ENTER KEY to save value & move to next parameter to 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(P2-P7)

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 ENTER KEY .1st parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY. Press ENTER KEY to save value & move to next parameter to 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(P8)

Setting Data for Body Fat

Selecting "**Body Fat Program**" using UP OR DOWN KEY then pressing ENTER.

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

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

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

"30" of age will flash so Age can be adjusted using UP OR DOWN KEY, press ENTER 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 5 body types divided according to the FAT% calculated.

BMR: Basal Metabolism Ratio.

BMI: Body Mass Index.

Press START/STOP KEY to return the main Display.

TARGET HEART RATE Program(P9)

Setting Parameter for TARGET H.R.

Selecting "**TARGET H.R.**" 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 ENTER KEY to save value & move to next parameter to 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. I 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(P10-P12)

There are 3 selection 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 ENTER KEY .1st parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY. Press ENTER KEY to save value & move to next parameter to 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. I 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(P13)

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 ENTER KEY .1st parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY.Press ENTER KEY to save value & move to next parameter to 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 ENTER until finished.(There are totally 10 times),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.

TROUBLESHOOTING

PROBLEM	SOLUTION
The elliptical trainer wobbles when in use.	Turn the rear stabilizer end cap on the rear stabilizer as needed to level the elliptical trainer.
There is no display on the computer console.	<ol style="list-style-type: none"> 1. Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the front post. 2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries. 3. The batteries in the computer console may be dead. Change to new batteries.
There is no heart rate reading or heart rate reading or is erratic / inconsistent.	<ol style="list-style-type: none"> 12. Make sure that the wire connections for the hand pulse sensors are secure. 13. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures. 14. Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.
The elliptical trainer makes a squeaking noise when in use.	The bolts may be loose on the elliptical trainer, please inspect the bolts and tighten the loose bolts.

MAINTENANCE

Cleaning

The elliptical trainer can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the elliptical trainer after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the elliptical trainer, specially, the computer console, out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

Store the elliptical trainer in a clean and dry environment away from children.

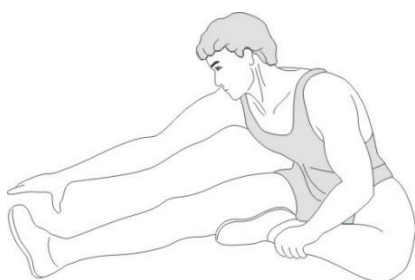
Warm Up Exercises

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

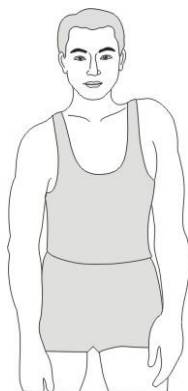
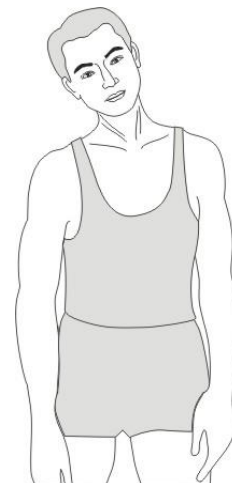


Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

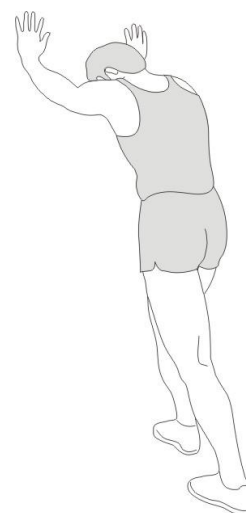
Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



Shoulder Lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

Side Stretch

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

