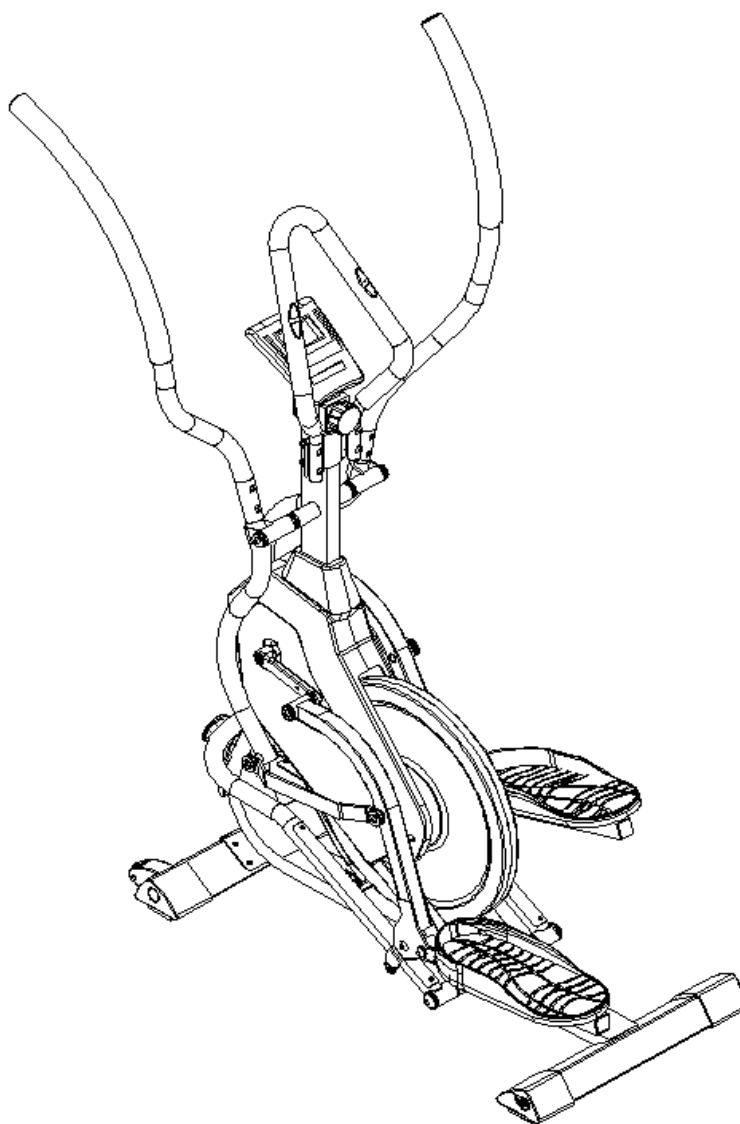


# ***Elliptical Climbing***

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## ***Operating Instructions Manual***

# **BM410C**



**Read all the instructions carefully before assembling and using this product.  
Retain this owner's manual for future's reference.**

# IMPORTANT SAFETY INSTRUCTIONS

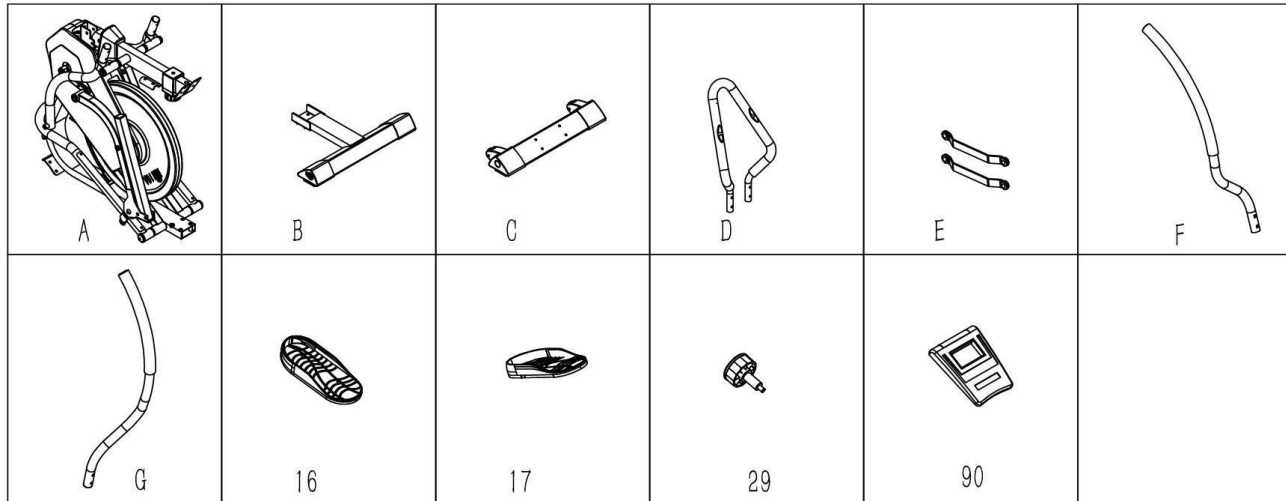
1. Assemble the machine exactly as the descriptions in the instruction manual.
2. Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
3. Set up the machine in a dry level place and leave it away from moisture and water.
4. Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc.
5. Do not put the machine together with sundries within 2 meters.
6. When cleaning, we cannot use the corrosion type of detergent, please only use the tools which are provided by machine or other suitable tools, one additional note is after doing exercise please wipe the place where there is sweat.
7. Consult a doctor before beginning a training program. He can define the maximum setting (pulse, watts, duration of training etc.) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
8. The machine should be repaired only in normal state, when it requires repair, we should only use the original accessories.
9. The machine should be used only by one person in one time.
10. Wear training clothes and shoes, which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
11. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor asap.
12. Those who are handicapped and children should use the machine in the presence of another person who can give aid and advice.
13. This machine has adjustable size of resistance. We can adjust it according to our exercise strength that is from light to heavy.
14. This machine has one suitable resistance. The maximum user's weight is 120kgs.
15. The machine is for home use only.

**Caution: Make sure all the screws, nuts are tightened well before operating.**

**Remarks: The front tube has moving wheels which makes it convenient to move the machine.**

# ASSEMBLY INSTRUCTIONS

When you open the carton, you will find the following spare parts:



## PART LIST:

No.	Description	Spec.	Q'ty
A	MAIN FRAME		1
B	REAR STABILIZER		1
C	FRONT STABILIZER		1
D	MIDDLE HANDLE BAR		1
E	CONNECTION PAD		2
F	LEFT HANDLE BAR		1
G	RIGHT HANDLE BAR		1
16	LEFT PEDAL		1
17	RIGHT PEDAL		1
29	KNOB		1
44	BOLT	M8*45	1
45	BOLT	M8*35	4
49	BOLT	M8*50	4
50	BOLT	M8*20	5
51	BOLT	M8*50	4

No.	Description	Spec.	Q'ty
56	BOLT	M8*23	4
62	NUT	M8	5
63	NUT	M10	2
64	BOLT	M10*50	2
66	FLAT WASHER	8	10
73	SPRING WASHER	8	8
80	NUT	M8	8
82	BOLT	M8*40	4
83	CURVE WASHER	8	8
90	COMPUTER	1	1
93	CROSS WRENCH	S=13,14,15	1
104	6# ALLEN WRENCH	6#	1
105	5# ALLEN WRENCH	5#	2
106	MULTIFUNCTIONAL WRENCH		1

## ASSEMBLY TOOLS:

NO.	Description	Specification	Q'ty
104	6# ALLEN WRENCH	6mm	1
105	5# ALLEN WRENCH	5mm	2
106	MULTIFUNCTIONAL WRENCH		1
93	CROSS WRENCH	S=13,14,15	1

## 1. PREPARATION:

- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

## 2. ASSEMBLY INSTRUCTIONS:

### Step 1:

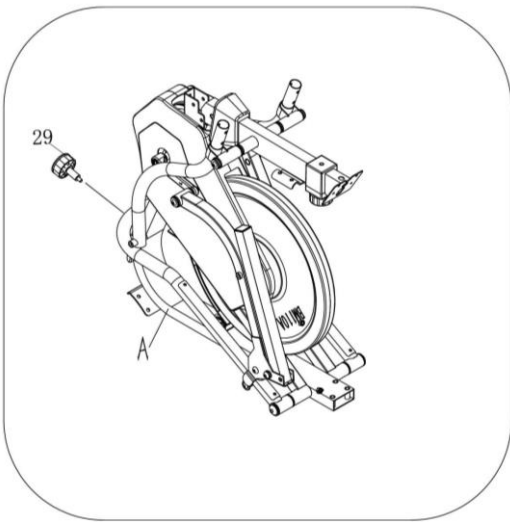


Figure 1

Lock the Knob(29) on the main frame(A),and move the Slider up and down and make it into the gear plate through the bolt(M16), as shown in Figure 1.

### Step 2:

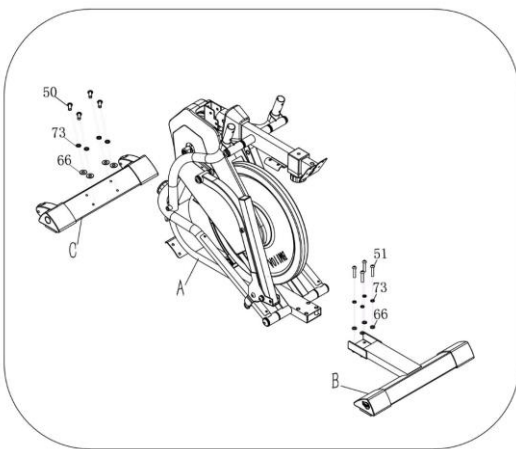


Figure 2

Use wrench(105), Lock the Front Stabilizer (C) on the Main Frame (A) with 4pcs Spring Washer (73), 4pcs Flat Washer (66) and 4pcs Bolt (50), as shown in Figure 2.

Use wrench(105) , Lock the Rear Stabilizer (B) on the Main Frame (A) with 4pcs Spring Washer (73), 4pcs Flat Washer(66) and 4pcs Bolt (51), as shown in Figure 2.

### Step 3:

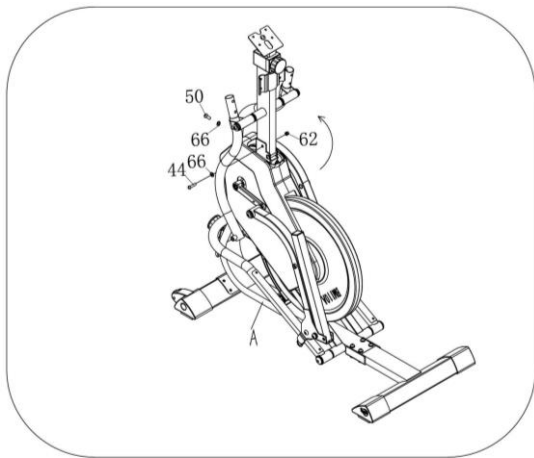


Figure 3

Put the Middle Upright Tube (7) up, Lock the Middle Upright Tube onto the main frame(A) by 1pc Bolt (44) , 1pc Flat Washer (66) and 1pc Nut (62)from the side. Lock the Middle Upright Tube onto the main frame(A) by 1pc Bolt (50) and 1pc Flat Washer (66) from behind, as shown in Figure 3.

### Step 4:

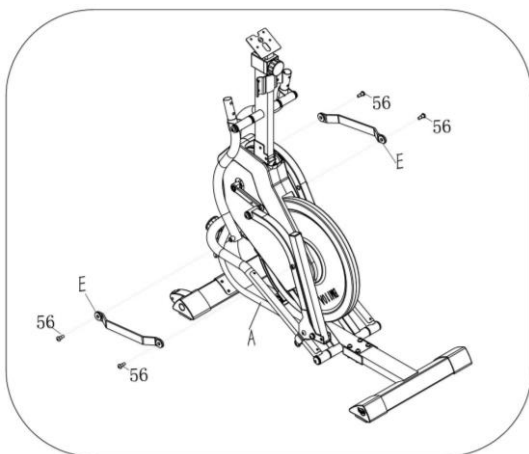


Figure 4

Use wrench(104), Lock the Connection Pad (E) onto the Swing Handle Bar and Pedal Frame by 4pcs Bolt (56), as shown in Figure 4.

### Step 5:

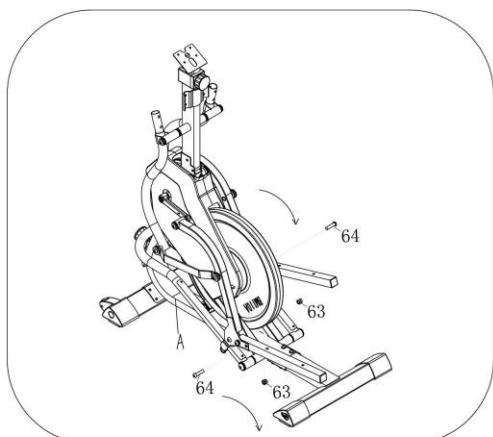


Figure 5

Rotate the Pedal Tube branch downward, use wrench (104), Lock the Pedal Tube onto the Pedal Frame by 2pcs Bolt (64),and 2pcs Nut (63).as shown in Figure 5.

### Step 6:

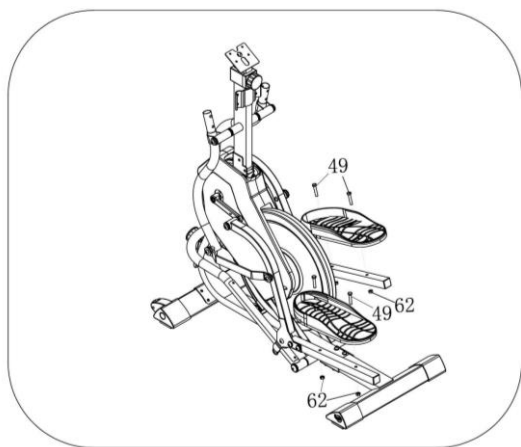


Figure 6

### Step 7:

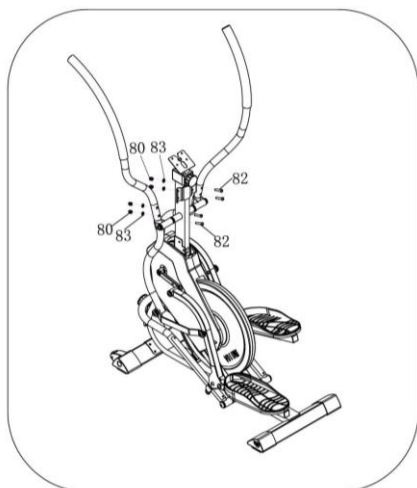


Figure 7

1. Put Left Pedal (16) and 2pcs Bolt (49) onto the Pedal Tube. Use Wrench (93) and lock the Left Pedal Frame by 2pcs Nut (62).

2. Put Right Pedal (17) and 2pcs Bolt (49) onto the Right Pedal Tube. Use Wrench (93) and lock the Right Pedal Frame by 2pcs Nut (62), as shown in Figure 6.

Put the Left & Right Handle Bar Set (F) and (G) onto the Swing Handle Bar Frame. Use wrench (93), and lock it by the 4pcs Bolt (82), 4pcs Wavy Washer (83) and 4pcs Nut (80), as shown in Figure 7.

### Step 8:

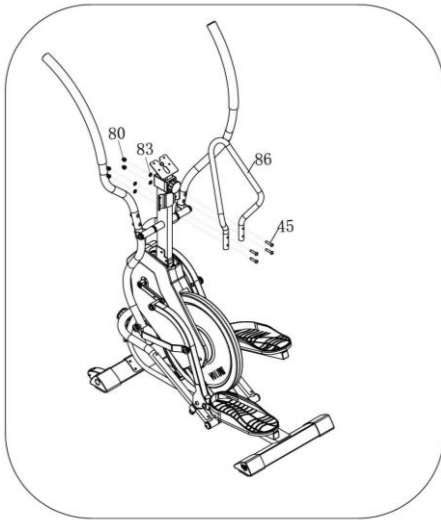


Figure 8

Use wrench(93) and wrench (105), Lock the Middle Handle Bar(86) onto the Main Frame by 4pcs Bolt (45) , 4pcs Nut (80) and 4pcs Washer(83), as shown in Figure 8.

### Step 9:

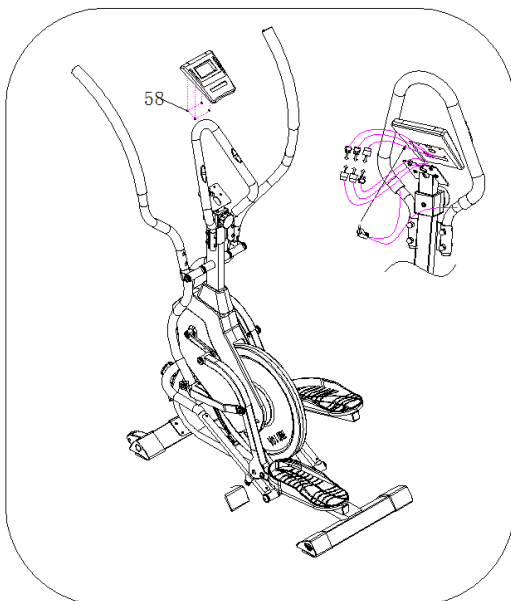


Figure 9

Remove the bolt (58) that are pre-assembled on the back of the Computer(90), set them aside nearby.

Connect wire from Middle Upright Tube and tuck into display.

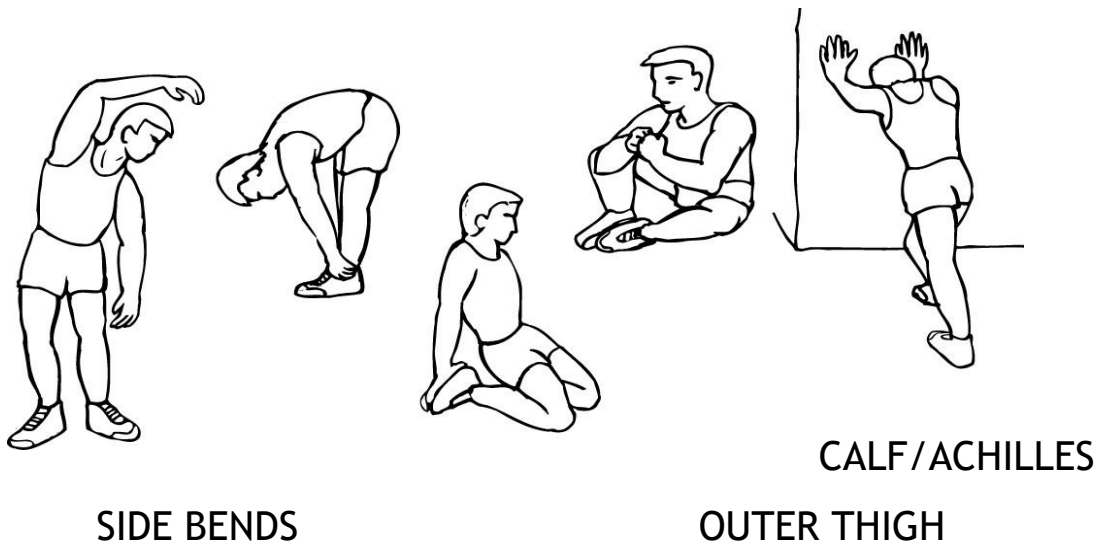
Use wrench (93), lock the Computer(90) onto the Middle Upright Tube by 4pcs Bolt (58), Insert the pulse into the Computer(90), as shown in Figure 9.

# EXERCISE INSTRUCTIONS

Using your machine provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet helps you lose weight.

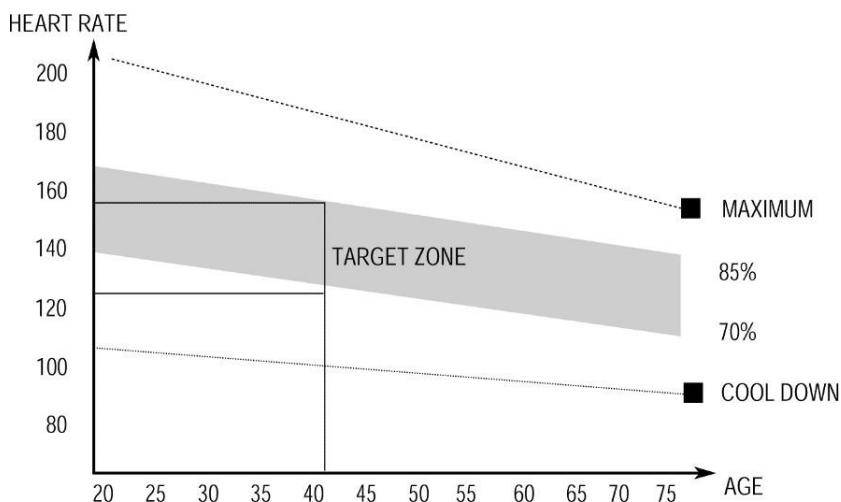
## 1. The Warm Up Phase

This stage helps get the blood flowing around the body and 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 efforts in . After regular use, the muscles in your legs will become stronger. Workout 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



### **3. The Cool Down Phase**

This stage is to let your Blood 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, please again remember 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.

### **4. Muscle Toning**

To tone muscle while on your machine 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 phase but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

### **5. 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.

### **6. Use**

The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.

# OPERATION GUIDE



## BUTTONS:

**[RESET]** clears data from selected mode.

To reset all stored information from previous workout, press and hold for four seconds.

**[MODE]** selects mode.

Choose between CAL,SPEED,TIME and PULSE to be shown on display during exercise.

HEIGHT, GEAR ,DISTANCE are always shown on each display.

**[SET]** programs new setting for selected mode.

To set up exercise goals for the TIME, CALORIES, DISTANCE, and HEIGHT functions.

Select function by pressing [MODE].

Press [SET] to set your desired goal.

## **DISPLAY:**

Display turns off after 4 minutes when not in use.

**DISTANCE:** Press [MODE] to display distance in kilometers for current workout or [SET] to program a countdown from distance goal. When countdown reaches 0, alarm will sound. Press any button to silence.

**CALORIES:** Press [MODE] to display estimated calories expended or [SET] to program a countdown from calorie goal. When countdown reaches 0, alarm will sound, Press any button to silence.

**TIME:** Press [MODE] to time workout or [SET] to program a countdown timer. When countdown reaches 0, alarm will sound. Press any button to silence.

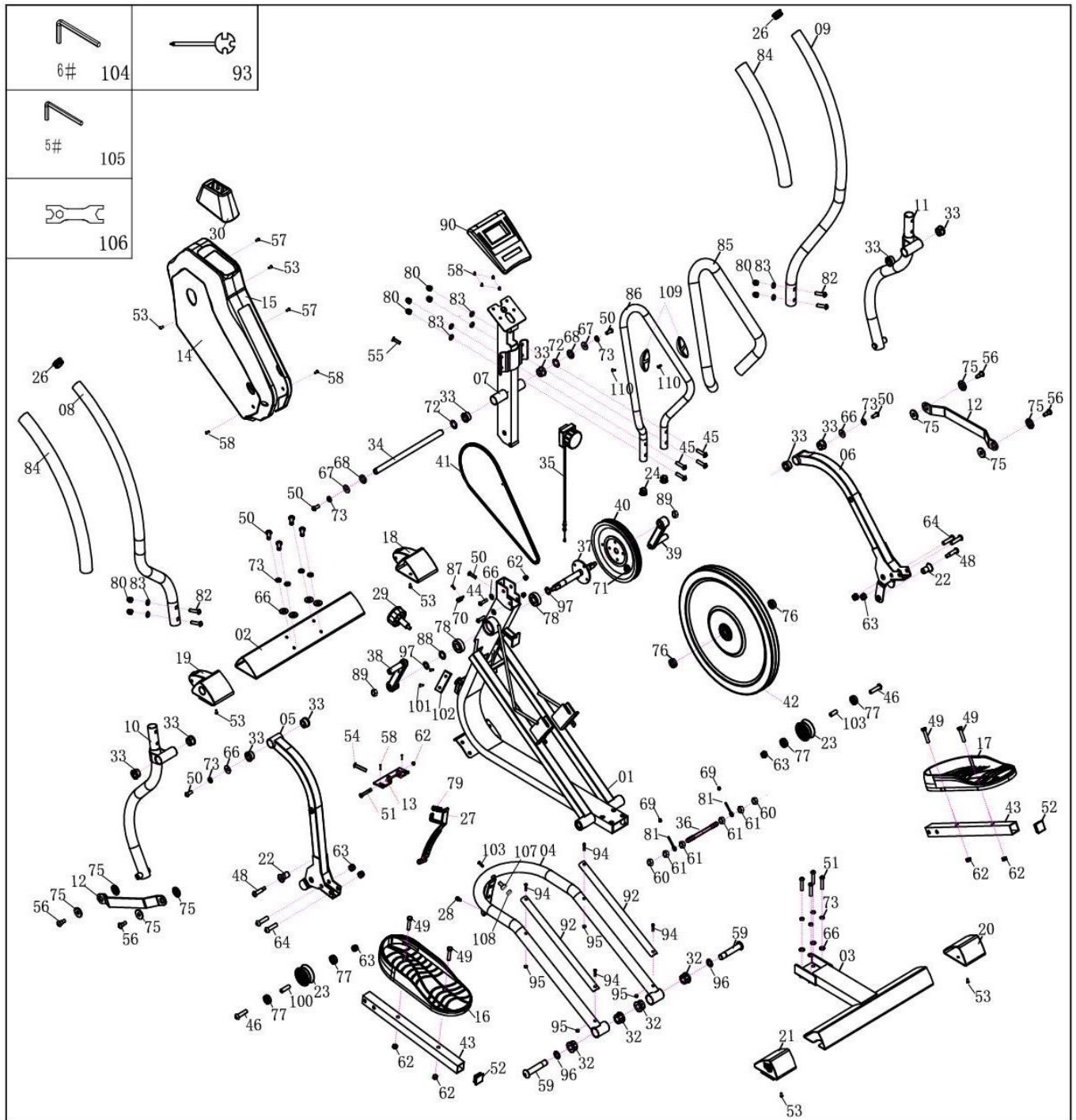
**SPEED:** Displays estimated KMH.

**GEAR:** Displays estimated incline value from level 1 to level 3.

**HEIGHT:** Displays estimated height.

**PULSE:** Put your hands on the pulse patch, displays estimated pulse value (this data is just for reference, cannot be regarded as medical data).

# EXPLODED DRAWING



## PART LIST:

NO.	DESCRIPTION	SPEC.	Q'TY	NO.	DESCRIPTION	SPEC.	Q'TY
01	MAIN FRAME		1	58	BOLT	M5*8	8
02	REAR STABILIZER		1	59	BOLT	M16*85	2
03	FRONT STABILIZER		1	60	NUT	M10*1	2
04	SLIDE TRACK SET		1	61	NUT	M10*1	4
05	LEFT PEDAL FRAME		1	62	NUT	M8	7
06	RIGHT PEDAL FRAME		1	63	NUT	M10	6
07	MIDDLE UPRIGHT TUBE		1	64	BOLT	M10*45	4
08	RIGHT HANDLE BAR		1	66	FLAT WASHER	8	11
09	LEFT HANDLE BAR		1	67	FLAT WASHER	8	2
10	LEFT SWING HANDLE BAR FRAME		1	68	D SHAPER WASHER	φ16xφ28*5t	2
11	RIGHT SWING HANDLE BAR FRAME		1	69	NUT	M6	2
12	CONNECTION PLATE		2	70	SPEED SENSOR		1
13	BREAK SPRING PLATE		1	71	MAGNET		1
14	LEFT CHAIN COVER		1	72	WAVY WASHER	φ16xφ26*0.3t	2
15	RIGHT CHAIN COVER		1	73	SPRING WASHER	8	12
16	LEFT PEDAL		1	75	SPACER SLEEVE	φ30*φ10*5.4	8
17	RIGHT PEDAL		1	76	BEARING	6000zz	2
18	RIGHT TRIANGLE TUBE FRONT END CAP		1	77	BEARING	6200	2
19	LEFT TRIANGLE TUBE FRONT END CAP		1	78	BEARING	6203zz	2
20	RIGHT TRIANGLE TUBE REAR END CAP		1	79	COMPRESSION SPRING		1
21	LEFT TRIANGLE TUBE REAR END CAP		1	80	NUT(group)	M8	8
22	AUXILIARY WHEEL		2	81	BOLT	M6*55	2
23	ROLLER		2	82	BOLT	M8*40	4
24	ROUND INNER END CAP		2	83	CURVE WASHER	8	8
25	TRIMMING BACK COVER		1	84	FOAM GRIP	φ30*φ40*480	2
26	ROUND INNER END CAP		2	85	FOAM GRIP	φ20*φ30*700	1
27	BREAK PAD		1	86	MIDDLE HANDLE BAR	φ22.2*1.5	1
28	BOLT	M6*12	1	87	SCREW	ST4.2*13	3
29	KNOB		1	88	WAVY WASHER	φ21*φ17.5*0.3	1
30	LEFT DECORATION COVER		1	89	NUT	M10*1.25	2
31	RIGHT DECORATION COVER		1	90	COMPUTER		1
32	TURNABLE SLEEVING	φ32*φ16*22	4	91	SCREW	ST2.9*12	4
33	SLEEVING	φ28*φ16*16	10	92	STAINLESS STEEL PLATE		2
34	AXIS	φ15.95x409L	1	93	CROSS WRENCH	S=13,14,15	1
35	EIGHT SECTION TENSION		1	94	BOLT	M6*40	4

36	FLYWHEEL AXIS	φ10x137L	1
37	CRANK AXIS	Φ17*192	1
38	RIGHT CRANK	127*27.5	1
39	LEFT CRANK	127*27.5	1
40	BELT WHEEL	PJ6*200	1
41	BELT	PJ6*420J	1
42	FLYWHEEL	φ460	1
43	PEDALTUBE		2
44	BOLT	M8*45	2
45	BOLT	M8*35	4
46	BOLT	M10*50	2
48	BOLT	Φ10*30* M8*44	2
49	BOLT	M8*50	4
50	BOLT	M8*20	9
51	BOLT	M8*50	5
52	TUBE PLUG		2
53	SCREW	ST4.2*13	6
54	BOLT	M8*80	1
55	BOLT	M5*15	1
56	BOLT	M8*23	4
57	SCREW	ST4.8*19	2

95	NUT	M6	4
96	FLAT WASHER	31*16*2T	2
97	WASHER	17	2
98			
99			
100	BUSHING		2
101	SCREW	ST4.2*13	2
102	SENSOR FIXING BASE		1
103	SCREW	ST4.2*19	1
104	6# ALLEN WRENCH	6#	1
105	5# ALLEN WRENCH	5#	2
106	MULTIFUNCTIONAL WRENCH		1
107	MAGNET HOLDER		1
108	MAGNET	Φ15*6	1
109	PULSE PLATE		2
110	SCREW	ST4.2*16	2

