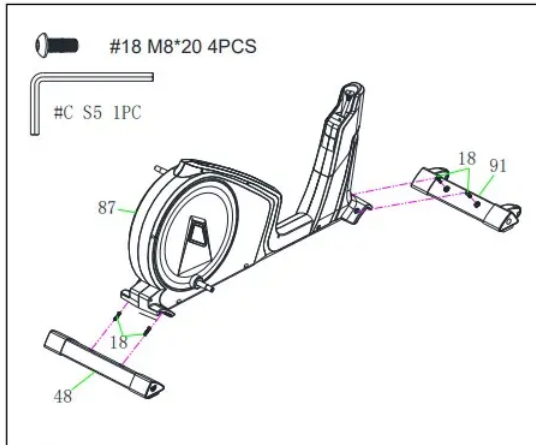


ASSEMBLY INSTRUCTIONS



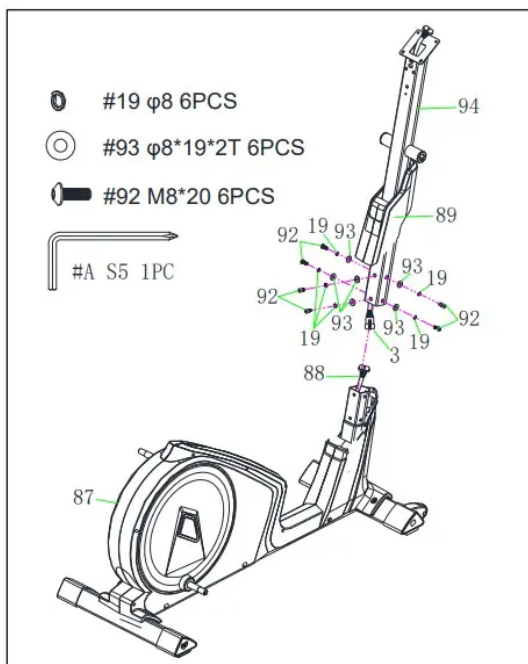
STEP 1:

Remove 2 Bolts (No. 18) from the Front Stabilizer (No. 91).

Attach the Front Stabilizer (No. 91) to the Main Frame (No. 87) with 2 Bolts (No. 18) that were removed. Tighten and secure with Allen Wrench (No. C).

Remove 2 Bolts (No. 18) from the Rear Stabilizer (No. 48).

Attach the Rear Stabilizer (No. 48) to the Main Frame (No. 87) with 2 Bolts (No. 18) that were removed. Tighten and secure with Allen Wrench (No. C).

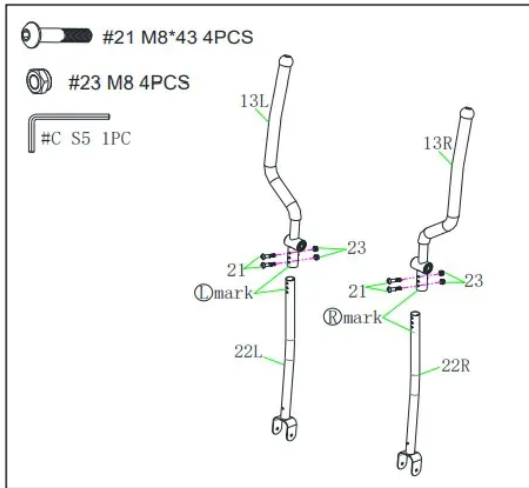


STEP 2:

Put the Front Plastic Cover (No. 89) through the Handlebar Post (No. 94).

Connect the Lower Computer Cable (No. 88) with the Upper Computer Cable (No. 3).

Attach the Handlebar Post (No. 94) to the Main Frame (No. 87) with 6 Spring Washers (No. 19), 6 Washers (No. 93), and 6 Bolts (No. 92). Tighten and secure with Allen Wrench (No. A). Then, place the Front Plastic Cover (No. 89) into position.

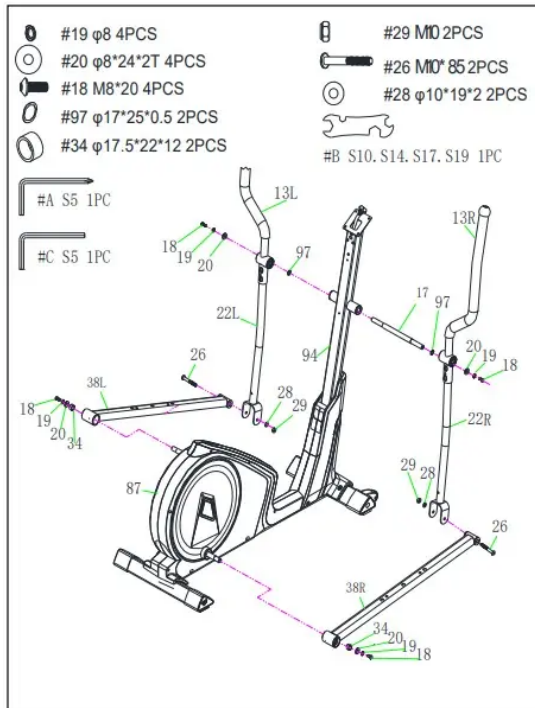


STEP 3:

Attach the Left Upper Swing Bar (No. 13L) to Left Lower Swing Bar (No. 22L) with 2 Bolts (No. 21) and 2 Nylon Nuts (No. 23). Tighten and secure with Allen Wrench (No. C).

Note: The L/R mark on Left & Right Upper Swing Bars (No. 13L & No. 13R) and Left & Right Lower Swing Bars (No. 22L & No. 22R) should always be assembled facing front direction.

Please repeat this assembly step to the Right side.



STEP 4:

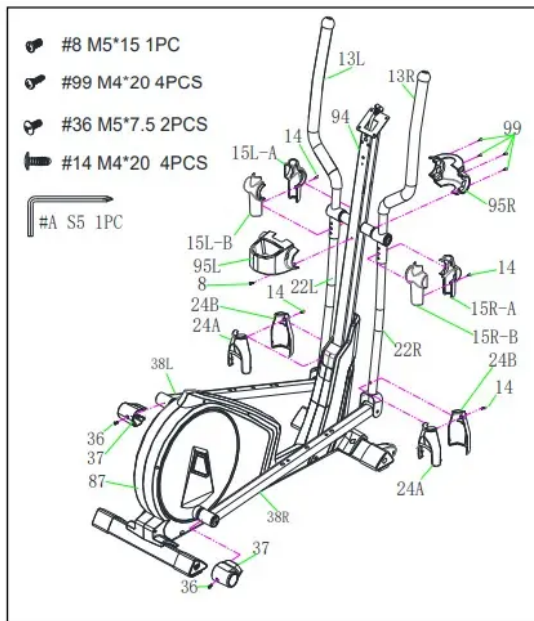
Remove 2 Wave Washers (No. 97), 2 Washers (No. 20), 2 Spring Washers (No. 19), and 2 Bolts (No. 18) from the Axis (No. 17).

Attach the Left & Right Lower Swing Bars (No. 22L & No. 22R) and the Axis (No. 17) to the Handlebar Post (No. 94) with 2 Wave Washers (No. 97), 2 Washers (No. 20), 2 Spring Washers (No. 19), and 2 Bolts (No. 18) that were removed. Tighten and secure with Allen Wrenches (No. A & No. C).

Attach the Left & Right Lower Swing Bars (No. 22L & No. 22R) to the Left & Right Pedal Support Bars (No. 38L & No. 38R) with 2 Nylon Nuts (No. 29), 2 Washers (No. 28), and 2 Bolts (No. 26). Tighten and secure with Allen Wrench (No. A) and Spanner (No. B).

Note: For the Left & Right Pedal Support Bars (No. 38L & No. 38R), the side with more holes needs to face up to attach Left & Right Lower Swing Bars (No. 22L & No. 22R).

Attach the Left & Right Pedal Support Bars (No. 38L & No. 38R) to the Main Frame (No. 87) with 2 Washers (No. 20), 2 Spring Washers (No. 19), 2 Bolts (No. 18), and 2 Tubes (No. 34). Tighten and secure with Allen Wrench (No. C).



STEP 5:

Remove 2 Screws (No. 36) from the Left & Right Pedal Support Bars (No. 38L & No. 38R).

Attach the M Plastic Cover (No. 37) to the Left & Right Pedal Support Bars (No. 38L & No. 38R) with 2 Screws (No. 36) that were removed. Tighten and secure with Allen Wrench (No. A).

Remove 2 Screws (No. 14) from the Lower Swing Plastic Covers (No. 24A & No. 24B).

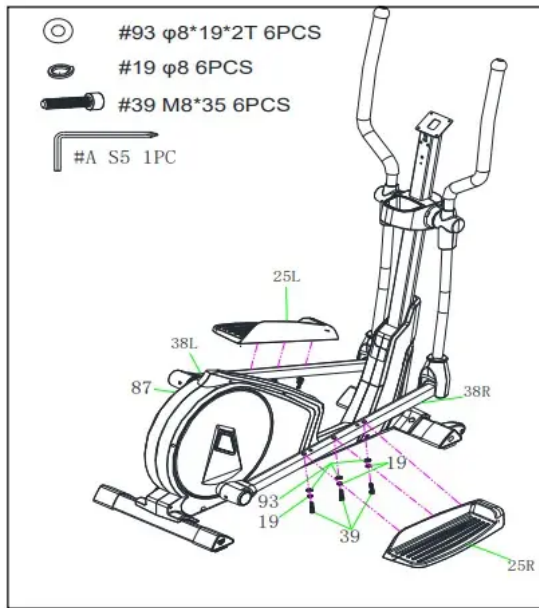
Attach the Lower Swing Plastic Covers (No. 24A & No. 24B) to the Left & Right Lower Swing Bars (No. 22L & No. 22R) with 2 Screws (No. 14) that were removed. Tighten and secure with Allen Wrench (No. A).

Remove 2 Screws (No. 14) from the Left & Right Upper Central Shaft Plastic Covers (No. 15L-A/B & No. 15R-A/B). Attach the Left & Right Upper Central Shaft Plastic Covers (No. 15L-A/B & No. 15R-A/B) to the Left & Right Upper Swing Bars (No. 13L & No. 13R) with 2 Screws (No. 14) that were removed. Tighten and secure with Allen Wrench (No. A).

Remove 4 Self-tapping Screws (No. 99) from the Left & Right Axis Plastic Covers (No. 95L & No. 95R).

Remove 1 Screw (No. 8) from the Handlebar Post (No. 94). Attach the Left & Right Axis Plastic Covers (No. 95L & No. 95R) to the Handlebar Post (No. 94) by using 4 Self-tapping Screws (No. 99) and 1 Screw (No. 8) that were removed. Tighten and secure with Allen Wrench (No. A).

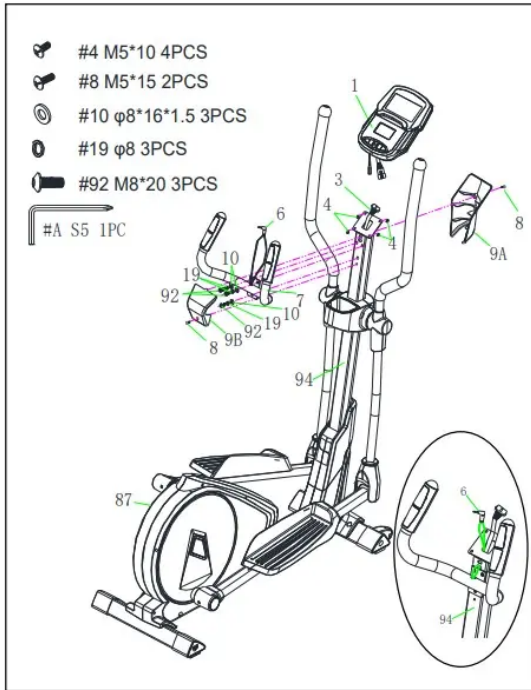




STEP 6:

Attach the Right Pedal (No. 25R) to Right Pedal Support Bar (No. 38R) using 3 Washers (No. 93), 3 Spring Washers (No. 19), and 3 Screws (No. 39). Tighten and secure with Allen Wrench (No. A).

Please repeat this assembly step to the Left side.



STEP 7:

Attach Handlebar (No. 7) to the Handlebar Post (No. 94) with 3 Spring Washers (No. 19), 3 Washers (No. 10), and 3 Bolts (No. 92). Tighten and secure with Allen Wrench (No. A). Insert the Hand Pulse Cable (No. 6) into the front hole of Handlebar Post (No. 94) and pull up the Hand Pulse Cable (No. 6) from the top hole the Handlebar Post (No. 94).

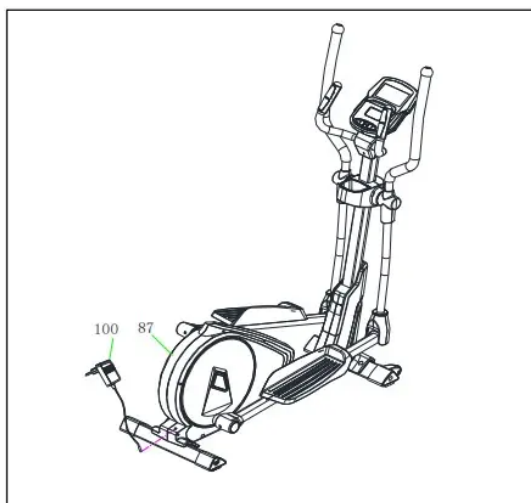
Remove 4 Screws (No. 4) from the back of the Computer (No. 1).

Connect the Upper Computer Cable (No. 3) and Hand Pulse Cable (No. 6) to the wires of Computer (No. 1).

Attach the Computer (No. 1) onto the top end of Handlebar Post (No. 94) using 4 Screws (No. 4) that were removed. Tighten and secure with Allen Wrench (No. A).

Remove 2 Screws (No. 8) from the Handlebar Post (No. 94).

Attach the Front /Rear Handlebar Post Cover (No. 9A & No. 9B) to the Handlebar Post (No. 94) using 2 Screws (No. 8) that were removed. Tighten and secure with Allen Wrench (No. A).



STEP 8:

Before plugging in the elliptical, make sure to check the specifications carefully on the Adapter (No. 100).

Plug one end of the Adapter (No. 100) into the power plug at the end of Main Frame (No. 87).

The assembly is complete!

ADJUSTMENTS & USAGE GUIDE

HOW TO MOVE THE ELLIPTICAL

The wheels on the Left & Right Front Stabilizer Caps (No. 90L & No. 90R) are movable. Hold the Rear Stabilizer (No. 48) and pull forward to lift the rear end of the elliptical off the floor. Now you can move the elliptical.

ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the elliptical is stable. If you notice that the elliptical is unbalanced during use, you should adjust the Left & Right Rear Stabilizer End Caps (No. 47L & No. 47R) located beneath the Rear Stabilizer (No. 48)

CLEANING AND MAINTENANCE:

The elliptical 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 after each use. Be careful not get excessive moisture on the computer display panel, as this may cause electrical hazards or cause electronics to fail. Please keep the elliptical and the 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 in a clean and dry environment away from children.

IMPORTANT ELECTRICAL INFORMATION

WARNING: This elliptical trainer requires a power source of 1 amp (100-240V) in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging in the equipment. Any power source above or below this level could cause significant damage to the equipment and or user.

OPERATING INSTRUCTIONS

Plug the adaptor into the elliptical trainer and into the outlet.

The computer will turn on.

The computer will turn off if there is no activity for 4 minutes. Press any key on the computer to turn it on again.

NOTE: You can still use the elliptical trainer when it is not plugged in. However, the computer will not be working and you cannot adjust the resistance level or use any of the functions.



EXERCISE COMPUTER

KEY FUNCTIONS:

KEY	FUNCTION
START/ STOP	Start and pause workouts Start body fat measurement
DOWN	Lower the resistance level during workout. Decrease value of selected parameter
UP	Increase the resistance level during workout. Increase value of selected parameter
ENTER	To input the value or mode
RECOVERY	Enter Recovery function when computer displays the heart rate value. Recovery displays F1-F6 F1 is poor recovery heart rate F6 is excellent recovery heart rate
MODE	During workout, switch display from RPM to SPEED, ODO to DIST and WATT to CALORIES Hold for 3 seconds to reset all function values to zero

WORKOUT SELECTION:

After turning the computer on by plugging in the adaptor or if already plugged in, pressing any button on the computer, use the UP or DOWN button to make a selection. Then press ENTER button to choose the desired mode.

There are 7 basic workout modes:

Manual, Pre-set Programs, Watt Program, Body Fat Program, Target Heart Rate Program, Heart Rate Control Program, and User Program.

FUNCTIONS

SPEED: Displays current training speed. Maximum speed is 99.9 MPH.

RPM: Displays current rotation per minute.

TIME: Accumulates the workout time from 00:00 to 99:59. Users can preset the target time they want.

DIST: Accumulates the workout distance from 0.00 to 999.9 miles. Users can preset the target distance they want to reach.

ODO: Displays the total accumulated distance from 0 to 9999 miles.

CAL: Accumulates the calories burned from 0 to 9999. Users can preset the target Calories they want to burn.

WATT: Displays current watt.

HEART RATE: Displays the current heart rate in beats per minute.

TARGET HR.: Users can preset their Target Heart Rate.

PROGRAM: There are 24 different programs to choose for training.

LEVEL: The program has 10 columns of bars and 8 bars in each column. Each column represents a 1-minute workout and each bar represents 2 resistance levels.

WORKOUT PARAMETERS:

TIME / DISTANCE / CALORIES / AGE / WATT / TARGET HEART RATE

Setting Workout Parameters

After selecting the desired workout mode: Manual Programs, Pre-set Programs, Watt Control Program, Body Fat Programs, Target Heart Rate Programs, Heart Rate Control Programs, and User Program. You may pre-set several workout parameters for desired results.

Note: Some parameters are not adjustable in certain programs. Time and Distance cannot be set up at the same time.

Once a program has been selected, press ENTER and TIME will flash.

Using the UP or DOWN button, you may select the desired time value. Press ENTER to input the values. The flashing prompt will move to the next parameter. Continue using the UP or DOWN button. Press the START/STOP button to begin the workout.

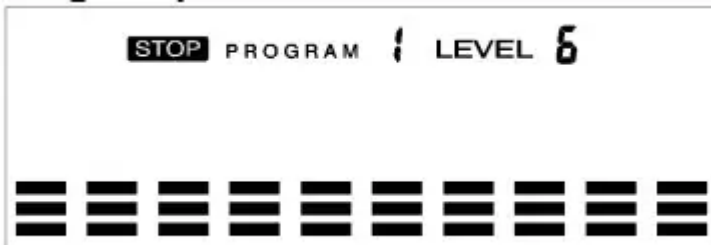
More About Workout Parameters

Field	Setting Range	Default Value	Increment/Decrement	Description
Time	0:00~99:00	00:00	±1:00	1. When display is set as 0:00, Time will count up. 2. When time is set as 1:00-99:00, it will count down to 0.
Distance	0.00~999.0	0.00	±1.0	1. When display is set as 0.0, Distance will count up. 2. When Distance is set as 1.0~999.0, it will count down to 0.
Calories	0~9995	0	±5	1. When display is set as 0, Calories will count up. 2. When Calories is set as 5~9995, it will count down to 0.
Watt	50~250	100	±5	User can set watt value only in the Watt Control Program.
Age	10~99	30	±1	Target HR will be based on Age. When Heart Rate exceeds Target HR, the Heart Rate number will flash.
Pulse	60~220	90	±1	Setting Parameters for Target heart rate.

PROGRAM OPERATION:

Manual (P1)

Program profile



SETTING PARAMETERS FOR MANUAL PROGRAM

1. Select Manual Program (P1) using the UP or DOWN button, then press ENTER.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted.

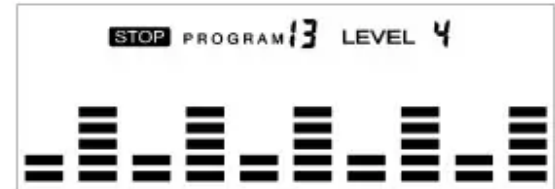
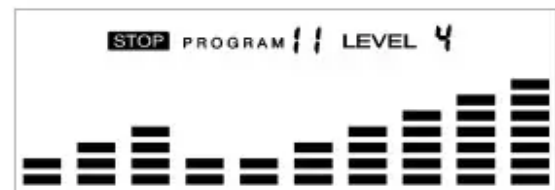
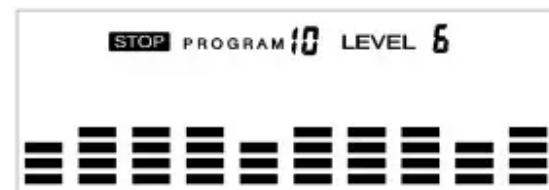
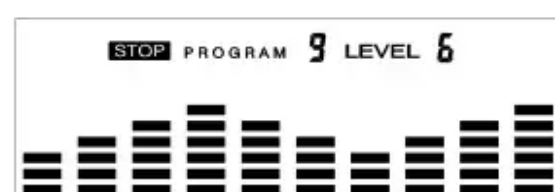
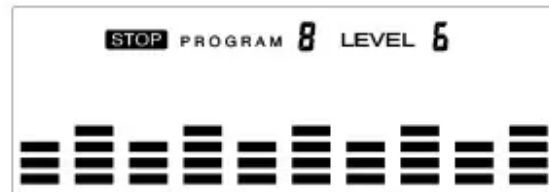
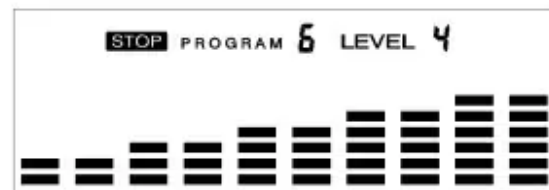
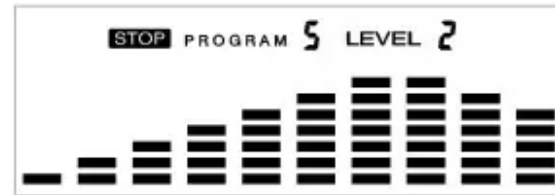
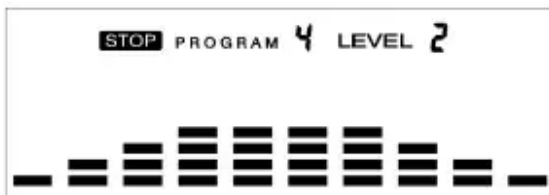
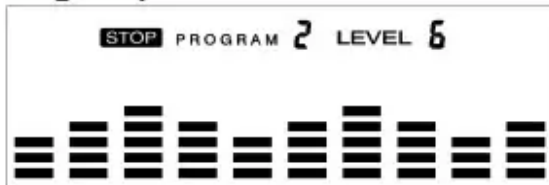
Note: If you set up the target time for workout, then the next parameter of Distance cannot be adjusted.

4. Continue through all desired parameters and press the START/STOP button to begin the workout.

Note: Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START button to continue the workout to reach the unfinished workout parameter.

Pre-set programs (P2~P13)

Program profile



There are 12 pre-set programs ready for use. All program profiles have 16 levels of resistance.

SETTING PARAMETERS FOR PRE- SET PROGRAMS

1. Select one of the Pre-set Programs using the UP or DOWN button, then press ENTER. TIME will flash so the value can be adjusted using the UP or DOWN key.
2. Press the ENTER button to save value and move to the next parameter to be adjusted. Continue through all desired parameters, pressing the START/STOP button to begin the workout.

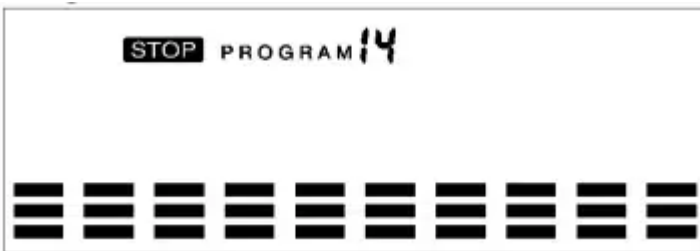
Workout in any pre-set program

You can adjust the level of resistance by pressing the UP or DOWN button during the workout.

Note: If you set up the target time for workout, then the next parameter of Distance cannot be adjusted. Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START button to continue the unfinished parameter.

Watt Control Program (P14)

Program profile



SETTING PARAMETERS FOR THE WATT CONTROL PROGRAM

1. Select Watt Control Program (P14) using the UP or DOWN button, then press ENTER.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press ENTER button to save the value and move to the next parameter to be adjusted.

Note: If you set up the target time for workout, then the next parameter of Distance cannot be adjusted.

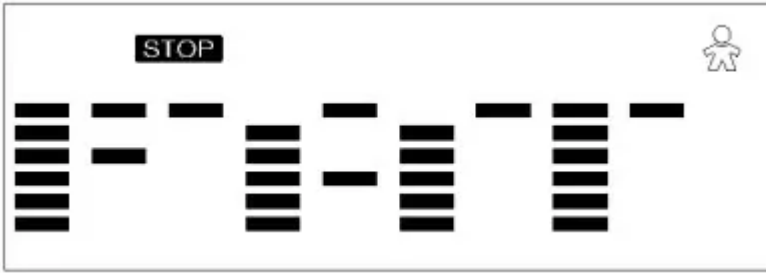
4. Continue through all desired parameters, pressing the START/STOP button to start the workout.

Note: Once the workout parameters count down to zero, it will beep and stop the workout automatically.

5. Press the START button to continue the workout to reach the unfinished workout parameter. The computer will adjust the resistance load automatically depending on the speed to maintain the constant watt value. You can use the UP or DOWN button to adjust the watt value during the workout.

BODY FAT Program (P15)

Program profile



SETTING DATA FOR BODY FAT

Select **BODY FAT Program (P15)** using the UP or DOWN button, then press ENTER.

“MALE” will flash so Gender can be adjusted using the UP or DOWN button. Press the ENTER button to save gender and move to the next data.

“5’8 (inches)” of Height will flash so Height can be adjusted using the UP or DOWN button. Press ENTER to save the value and move to the next data.

“154 (lbs)” of Weight will flash so Weight can be adjusted using the UP or DOWN button. Press ENTER to save the value and move to the next data.

“30” of Age will flash so Age can be adjusted using the UP or DOWN button. Press ENTER to save the value.

Press the START/STOP button to start the measurement. Please also remember to grasp the hand pulse grips. After 15 seconds the display will show Body Fat %, BMR, BMI, & BODY TYPE.

Body Types:

There are 9 body types divided according to the FAT % calculated.

Body Type	FAT %	Body Type	FAT %	Body Type	FAT %
Type 1	5% - 9%	Type 4	20% - 24%	Type 7	35% - 39%
Type 2	10% - 14%	Type 5	25% - 29%	Type 8	40% - 44%
Type 3	15% - 19%	Type 6	30% - 34%	Type 9	45% - 50%

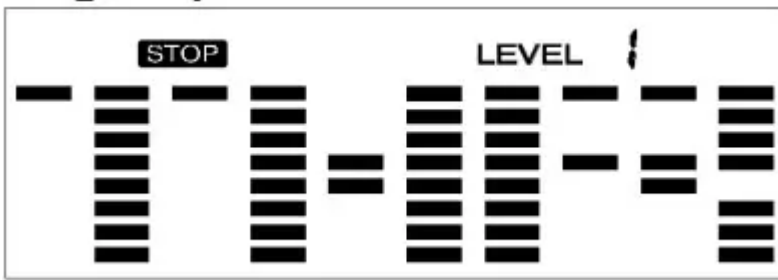
BMR: Basal Metabolism Ratio

BMI: Body Mass Index

Press START/STOP button to return the main display.

TARGET HEART RATE Program (P16)

Program profile



SETTING PARAMETERS FOR TARGET HEART RATE PROGRAM

1. Select TARGET HR (P16) using the UP or DOWN button, then press ENTER.
2. TIME will flash. The value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted.

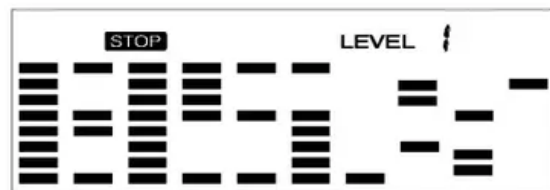
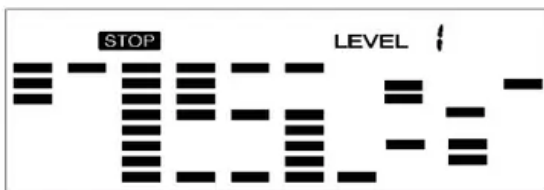
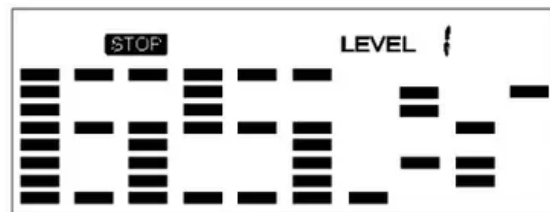
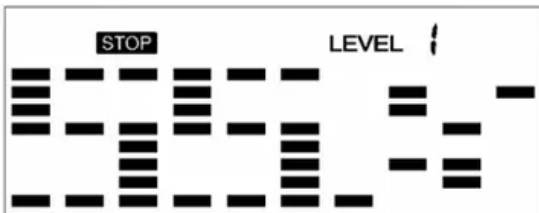
Note: If you set up the target time to workout, then the next parameter of Distance cannot be adjusted.

4. Continue through all desired parameters, pressing START/STOP button to start workout.

Note: If Pulse is above the set TARGET HR, the Pulse value will flash to remind the user.

HEART RATE CONTROL Program (P17-P20)

Program profile



There are 4 selections for target pulse (HR):

- HRC - 55% TARGET HR= 55% of (220-AGE)
- HRC - 65% TARGET HR= 65% of (220-AGE)
- HRC - 75% TARGET HR= 75% of (220-AGE)
- HRC - 85% TARGET HR= 85% of (220-AGE)

SETTING PARAMETERS FOR HEART RATE CONTROL

1. Select one of the Heart Rate Control Programs using the UP or DOWN button, then press ENTER.
2. TIME will flash. The value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted.

Note: If you set up the target time to work out, then the next parameter of Distance cannot be adjusted.

4. Continue through all desired parameters, pressing the START/STOP button to start the workout.

Note: If Pulse is above or below (± 5) the TARGET HR, the 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 levels of loading). If one of the workout parameters counts down to be zero, it will beep and stop the workout automatically. Press the START/STOP button to continue the workout to reach unfinished workout parameter.

User Program

Program profile (P21-P24)



The 4 user programs allow the user to set their own program that can be used immediately.

SETTING PARAMETERS FOR USER PROGRAM

1. Select the User Program using the UP or DOWN button then press ENTER.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the values and move to the next parameter to be adjusted.

Note: If you set up the target time to work out, then the next parameter of Distance cannot be adjusted.

4. Continue through all desired parameters.

5. After finishing the setup of the desired parameters, level 1 will flash. Use the UP or DOWN button to adjust, then press the ENTER button until finished. (There are 10 times total). Press the START/STOP button to begin the workout.

Note: Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START/STOP button to continue the workout to reach the unfinished workout parameter.

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	CHECK	SOLUTION
E1	The motor doesn't work.	Check if the motor wires are plugged in or check if the motor is stuck.	Plug in the cable again or change the motor.
	There is something wrong with the cables.	Check if the cables are damaged. This can cause a short circuit.	Change the cables or plug in again.
	The computer cannot supply normal voltage to the motor.	Test whether the voltage of the motor is normal when pressing "up" and "down".	Change the computer.
E2	The IC (Integrated Circuits) inside the computer is damaged.		Change the computer.
E4	Hands aren't put on the two handle pulses immediately after pressing START		Put the hands on the two handle pulses immediately after pressing START.
	Body Fat Function cannot receive the signal for pulse.	Check if the handle pulse wires are well connected.	Plug in the handle pulse wires again or change the handle pulse wires.
		Check if the pulse is working when not in Body Fat program.	Change the computer.

Warning



This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.

Document generated by [ManualsFile](#)