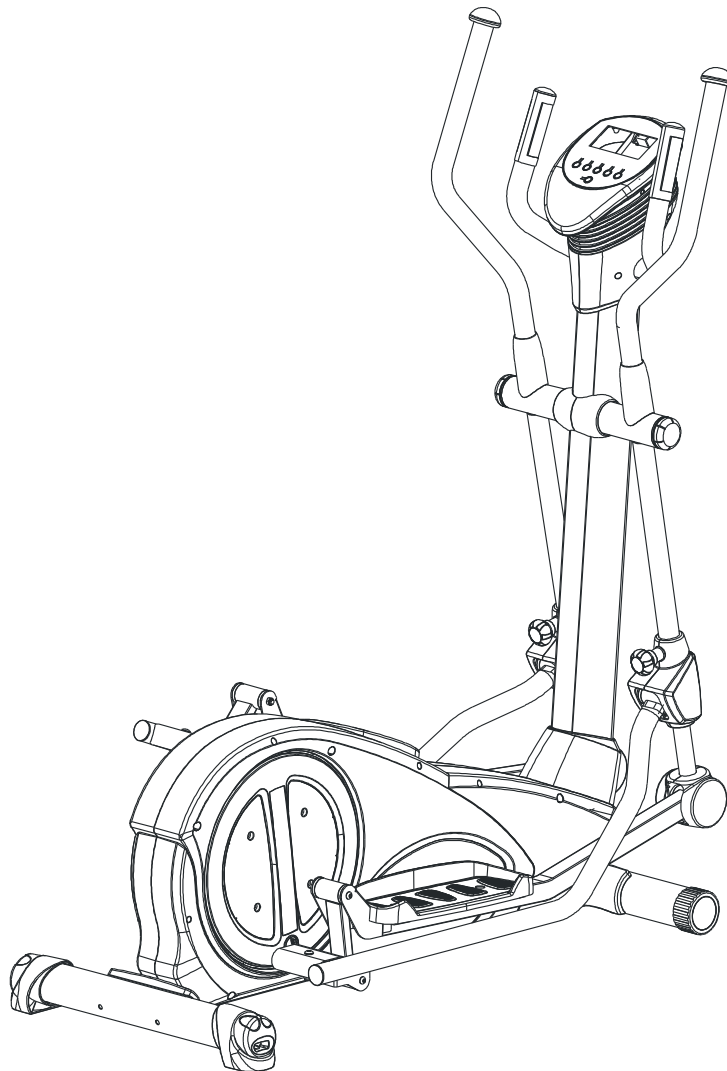




**USER MANUAL – EN**

**IN 7468 Elliptical Trainer inSPORTline EM-3231**



Product May Vary Slightly From Picture

**MADE IN TAIWAN**

# CONTENTS

SAFETY INSTRUCTION .....	3
ASSEMBLY PARTS .....	4
HARDWARE IDENTIFICATION CHART .....	5
ASSEMBLE INSTRUCTIONS .....	9
OPERATION INSTRUCTIONS .....	16
HOW TO ADJUST THE ADJUSTING END CAPS OF THE REAR STABILIZER .....	16
HOW TO ADJUST CONSOLE ANGLE .....	17
HOW TO MOVE THE ITEM SAFELY .....	17
HOW TO ADJUST THE STAND ON THE MIDDLE OF MAIN FRAME'S BASE .....	18
HOW TO ADJUST THE STRIDE LENGTH .....	18
CONSOLE INSTRUCTIONS .....	19
Program List .....	19
Console Buttons .....	20
Console Functions .....	22
MANUAL PROGRAM (P1) .....	24
PROGRAM (P2 ~ P7) .....	28
BODY FAT PROGRAM (P8) .....	32
H. R. C. PROGRAM (P9 ~ P12) .....	36
USER SETTING PROGRAM (P13 ~ P16) .....	40
CONSOLE TROUBLE SHOOTING GUIDE .....	44
CONDITIONING GUIDELINES .....	45
EXERCISE INTENSITY .....	45
WARM-UP AND COOL-DOWN .....	46
SUGGESTED STRETCHING EXERCISES .....	46
PRODUCT PARTS DRAWING (A) .....	48
PRODUCT PARTS DRAWING (B) .....	49
PARTS LIST .....	50
TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS	<b>Chyba! Záložka není</b>
<b>definována.</b>	

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment.

If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed.

Keep children and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

**CAUTION: WEIGHT ON THIS PRODUCT SHOULD NOT EXCEED 136KG / 300LBS.**

## **SAFETY INSTRUCTION**

**WARNING: To reduce the risk of serious injury, read the following safety instructions before using the ELLIPTICAL TRAINER**

1. Read all warnings posted on the equipment
2. Read this Owner's Manual and follow it carefully before using the equipment. Make sure that it is properly assembled and tightened before use
3. We recommend that two people be available for assembly of this product
4. Keep children and pets away from the equipment. Do not allow children and pets to use or play on the equipment. Always keep children and pets away from the equipment when it is in use
5. It is recommended that you place this exercise equipment on an equipment mat
6. Set up and operate the equipment on a solid level surface. Do not position the equipment on loose rugs or uneven surfaces
7. Inspect the equipment for worn or loose components prior to each use
8. Tighten / replace any loose or worn components prior to using the equipment
9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician
10. Follow your physician's recommendations in developing your own personal fitness program
11. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising
12. Before using this product, please consult your personal physician for a complete physical examination.
13. Do not wear loose or dangling clothing while using the equipment
14. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the equipment loss of balance may result in a fall and serious bodily injury
16. Keep both feet firmly and securely on the Foot Pedals while exercising
17. The equipment should not be used by persons weighing over 135 kgs.
18. The equipment should be used by only one person at a time
19. The equipment is for semi-commercial, light-commercial and home usage
20. Maintenance: Replace the defective components immediately and / or keep the equipment out of use until repair the equipment completely.
21. Category HC (EN957), suitable for home and club use.

22. Make sure that adequate space is available for access to and passage around the equipment; keep at least a distance of 1 meter from any obstruction object while using the machine

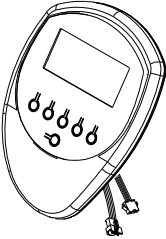
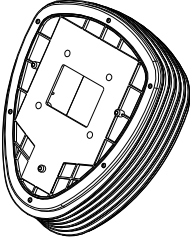
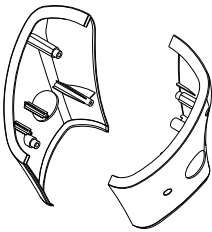
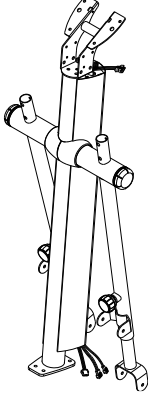
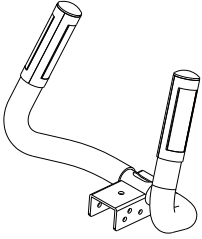
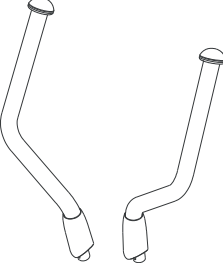

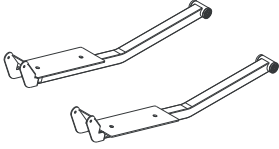
**WARNING:** Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness

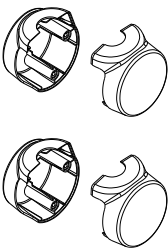
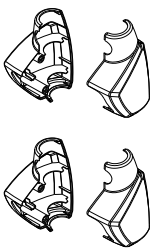
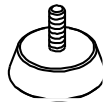
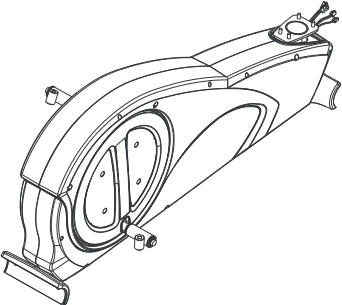
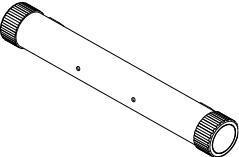
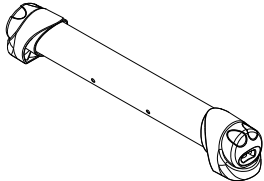
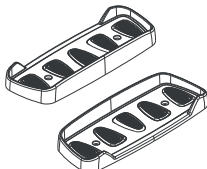
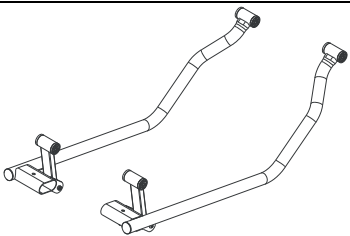
**WARNING!** A system for monitoring heart rate may not be accurate. Overloading during training may cause serious injury or death. If you feel any discomfort, immediately stop the exercise!

**READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY**

## ASSEMBLY PARTS

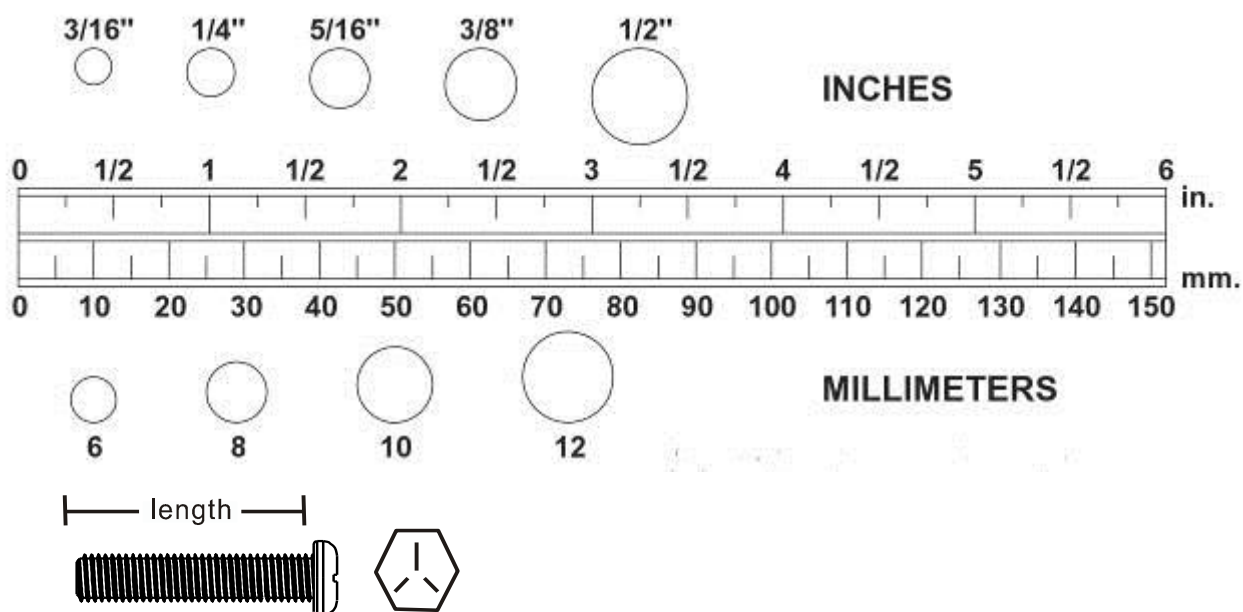
Unpack the box in a clear area. Follow the **List of Assembly Parts** below to check and make sure all assembly parts are present and in good condition. Do not dispose of the packing material until the assembly process is completed. Assembly tools and hardware kit have included for you to use when assembling the product.

Console Upper Cover	Console Bottom Cover	Console Sleeve	Upright Post Assembly
			
Front Small Handlebar	Upper Handlebar	Upright Sleeve	Pedal Support Arm
			
Handrail Base Cover	Pivoting Arm Cover	Stand	Main Frame Assembly

			
Front Stabilizer	Rear Stabilizer	Pedal Assembly	Pedal Linkage Tube
			

## HARDWARE IDENTIFICATION CHART

Unpack the box in a clear area. Follow the **List of Hardware Kit** below. This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws. Do not dispose of the packing material until the assembly process is completed.



**NOTICE:** The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, you will notice that the package includes 3 bags of hardware (**HARDWARE KIT A**, **HARDWARE KIT B** and **HARDWARE KIT C**).

Assembly's **Step 1:** Using **HARDWARE KIT A**



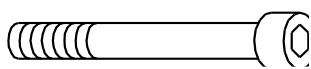









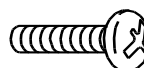
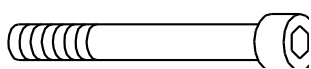
Assembly's **Step 3,4,5,6:** Using **HARDWARE KIT B**

Assembly's **Step 7,8,9,10:** Using **HARDWARE KIT C**

**Note:**

Please review below to know the content of each hardware kit (A, B and C)

Some small parts may have been pre-attached for shipping. If a part is not in the hardware bag, check to see if it has been pre-assembled

<b>HARDWARE KIT A</b>	<b>Part No. and Description</b>	<b>Q'TY</b>
	79 Lock Washer (M8)	4 pcs
	80 Washer (8x16x2.0t)	4 pcs
	105 Bolt, Socket Head (M8xp1.25x90mm)	4 pcs
<b>HARDWARE KIT B</b>	<b>Part No. and Description</b>	<b>Q'TY</b>
	79 Lock Washer (M8)	4 pcs
	83 Bolt, Button Head (M10xp1.25x50mm)	2 pcs
	88 Self-Tapping Screw, Flat Head (M4x16mm)	8 pcs
	93 Screw, Round Head (M8xp1.25x16mm)	4 pcs
	98 Bolt, Button Head (M8xp1.25x90mm)	6 pcs
	109 Nut (M8)	6 pcs
	111 Nut (M10)	2 pcs
<b>HARDWARE KIT C</b>	<b>Part No. and Description</b>	<b>Q'TY</b>
	79 Lock Washer (M8)	1 pcs
	80 Washer (8x16x2.0t)	1 pcs
	90 Screw, Pan Head (M5xp0.8x25mm)	4 pcs
	91 Screw, Round Head (M5xp0.8x15mm)	4 pcs
	101 Bolt, Socket Head (M6xp1.0x15mm)	4 pcs
	102 Bolt, Socket Head (M6xp1.0x35mm)	4 pcs
	104 Bolt, Socket Head (M8xp1.25x55mm)	1 pcs

	108 Nut (M6)	4 pcs
---	--------------	-------

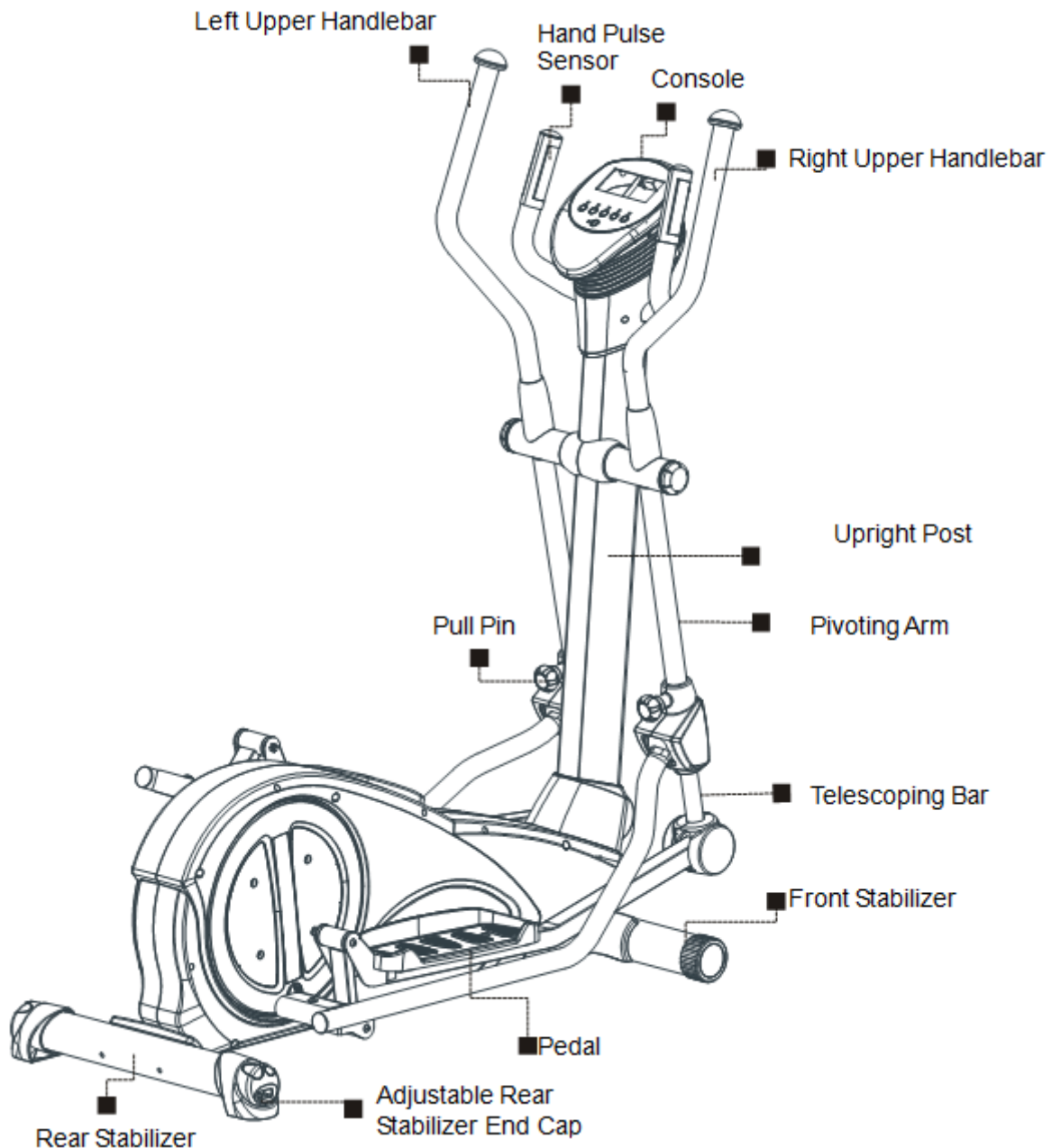
## BEFORE YOU BEGIN

Thank you for choosing the Elliptical Trainer. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

Yes, it's a proven fact that a regular exercise program can improve your physical and mental health.

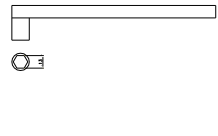
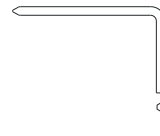
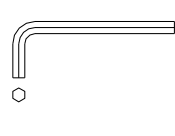
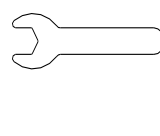
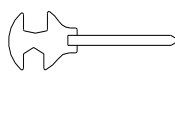
Too often, our busy lifestyles limit our time and opportunity to exercise. The equipment provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Read this manual carefully before using the equipment.





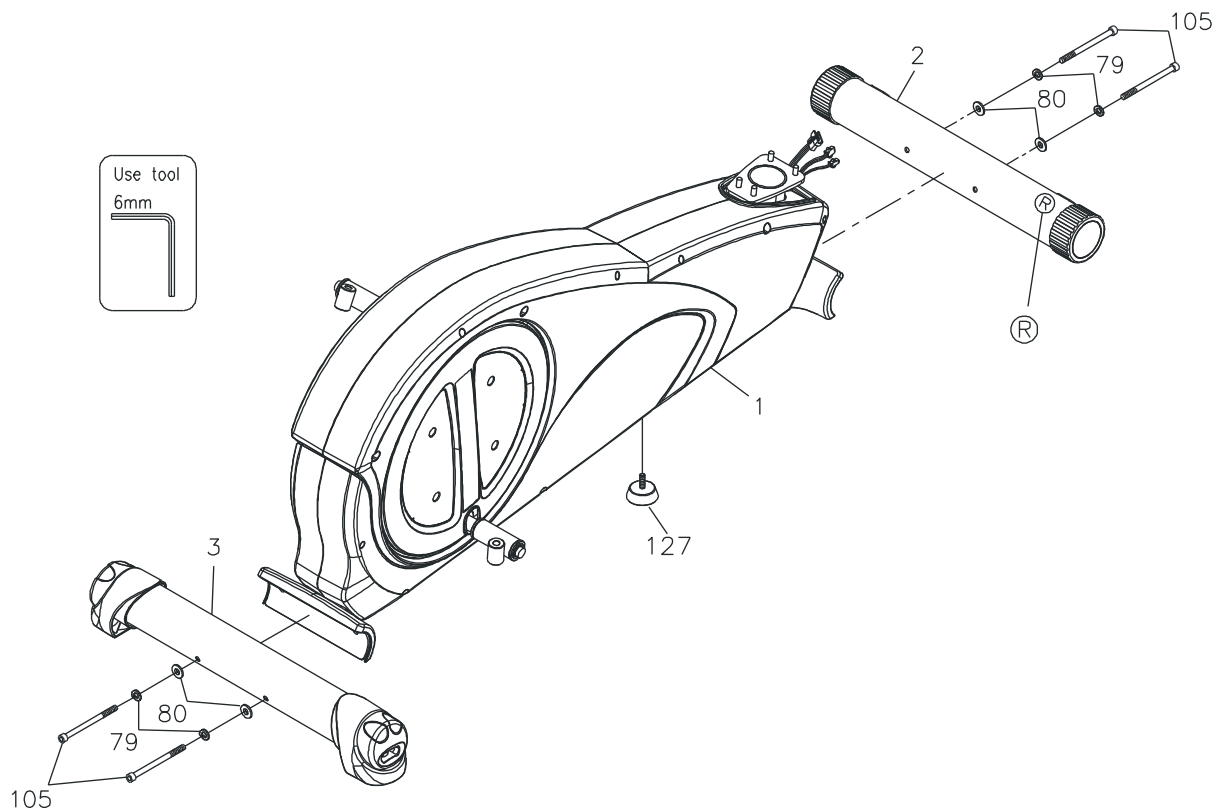
**THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:**

				
SOCKET WRENCH (13mm)	PHILLIPS SCREWDRIVER (6mm)	ALLEN WRENCH (5 mm )	WRENCH (10 & 17mm)	COMBINATION WRENCH

## ASSEMBLE INSTRUCTIONS

### STEP 1 – STAND & STABILIZER ASSEMBLY

USE HARDWARE KIT A



- Attach the **Stand (127)** to the middle of the **Main Frame's base (1)**. At this stage, adjust the **Stand (127)** until it meets the base of the Main Frame. **NOTE:** The purpose of adjust the **Stand (127)** is to level the item and get more support for the base on the Main Frame. After finishing all assembly process, place the item on a flat surface. Adjust the **Stand (127)** until the item sets on the floor without rocking.
- Identify the correct direction of the **Front Stabilizer (2)**, there is an "R" decal on the right side of the **Front Stabilizer (2)**.
- Attach the **Front Stabilizer (2)** to the **Main Frame (1)**.

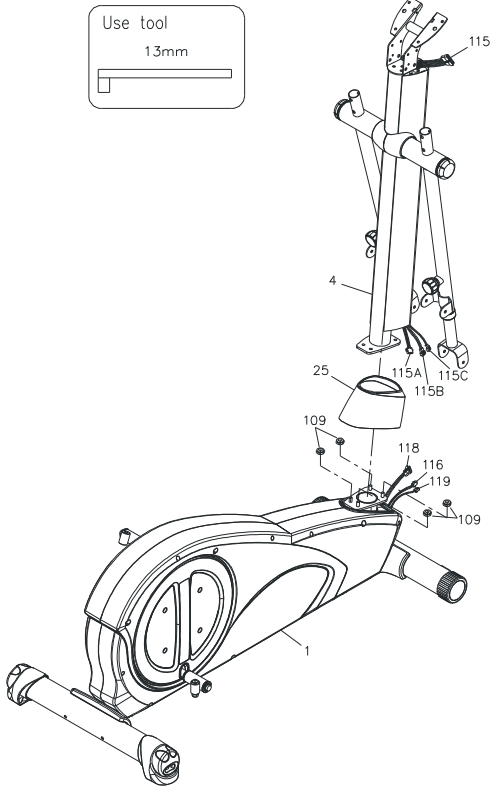
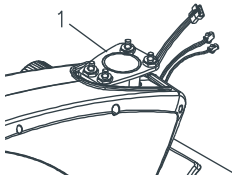
**NOTE:** "Small Tip: Attach screws and bolts to the assembly parts first before secure"

To assemble the **Front Stabilizer (2)** to the **Main Frame (1)** with more efficient and easy way, it is suggested to attach two **Lock Washers (M8)(79)**, two **Washers (8x16x2.0t)(80)** and two **Bolts, (8x16x2.0t)(105)**

**Socket Head (M8xp1.25x90mm)(105)** to the **Front Stabilizer (2)** and the **Maine Frame (1)** first before fully secure. **\*\*Please do not secure the bolts unless you make sure Bolts all go into screw holes of Front Stabilizer and Main Frame\*\***

- d. Fully secure two **Lock Washers (M8)(79)**, two **Washers (8x16x2.0t)(80)** and two **Bolts, Socket Head (M8xp1.25x90mm)(105)** that attach to the **Front Stabilizer (2)** to the **Main Frame (1)**.
- e. Follow the above STEP b. to attach the **Rear Stabilizer (3)** to the **Main Frame (1)** with two **Lock Washers (M8)(79)**, two **Washers (8x16x2.0t)(80)** and two **Bolts, Socket Head (M8xp1.25x90mm)(105)**.

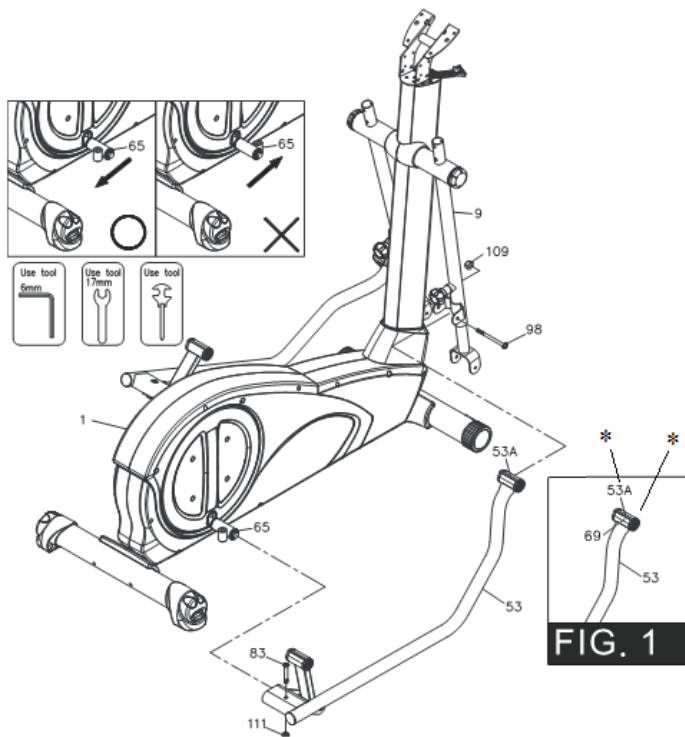
## STEP 2 – UPRIGHT POST ASSEMBLY

 <p><b>Please don't fully secure Nut (M8) (109) until point h of Step 4.</b></p>	<p><b>NOTE:</b> For shipping purpose, four pcs <b>Nuts (M8) (109)</b> are attached on the top of the <b>Main Frame (1)</b>.</p>  <ol style="list-style-type: none"> <li>a. Remove four pcs <b>Nuts (M8) (109)</b> from the top of the <b>Main Frame (1)</b> and place them on the safety place for following assembly process.</li> <li>b. Slide the <b>Upright Sleeve (25)</b> onto the <b>Upright Post Assembly (4)</b> <b>Be care not to pinch the wires.</b></li> <li>c. Slightly attach the <b>Upright Post Assembly (4)</b> to the <b>Main Frame (1)</b> and slightly secure with four pcs <b>Nuts (M8)(109)</b>. <b>NOTE: Please don't fully secure Nut (M8) (109) until point h of Step 4. is complete (Page 9).</b></li> <li>d. Connect the <b>Rear Connection Wire (115A)</b> to the <b>Motor Wire (118)</b>. <b>Be care not to pinch the wires.</b></li> <li>e. Connect the <b>Rear Connection Wire (115B)</b> to the <b>Adaptor Connection Wire (116)</b>. <b>Be care not to pinch the wires.</b></li> <li>f. Connect the <b>Rear Connection Wire (115C)</b> to the <b>Sensor Wire (119)</b>. <b>Be care not to pinch the wires.</b></li> </ol>
--	---

**NOTE:** After connect the wires, slightly and gently pull two sides of wires to test and make sure whether the wires are fully connected

### STEP 3 – PEDAL LINKAGE TUBE ASSEMBLY

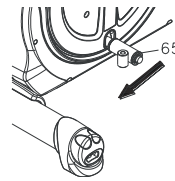
USE HARDWARE KIT B



\* Do not cut off the tie (53A) until point b. of STEP 3

\* Please be sure that Bolt (98) would screw through the Shaft Sleeve (69) inside the front end of the Right Pedal Linkage Tube (53) and Right Pivoting Arm (9) during assembly

a. Attach the rear end of the **Right Pedal Linkage Tube (53)** on the top of the **Right Pedal Suspension Stand (65)** and slightly attach with one **Bolt, Button Head (M10xp1.25x50mm)(83)** and one **Nut (M10)(111)**. **NOTE:** Please notice that do not fully tighten Bolt (83) & Nut (111) and wait until point d of Step 3. to fully tighten, and also notice that the **Right Pedal Suspension Stand (65)**'s accurate assembly direction should face **backward** as the illustration shows on the left.



b. Refer to the inset drawing **FIG .1**, cut off the **tie (53A)**. **NOTE:** Please be sure the **Shaft Sleeve (69)** won't fall out from the front of the **Right Pedal Linkage Tube (53)**.

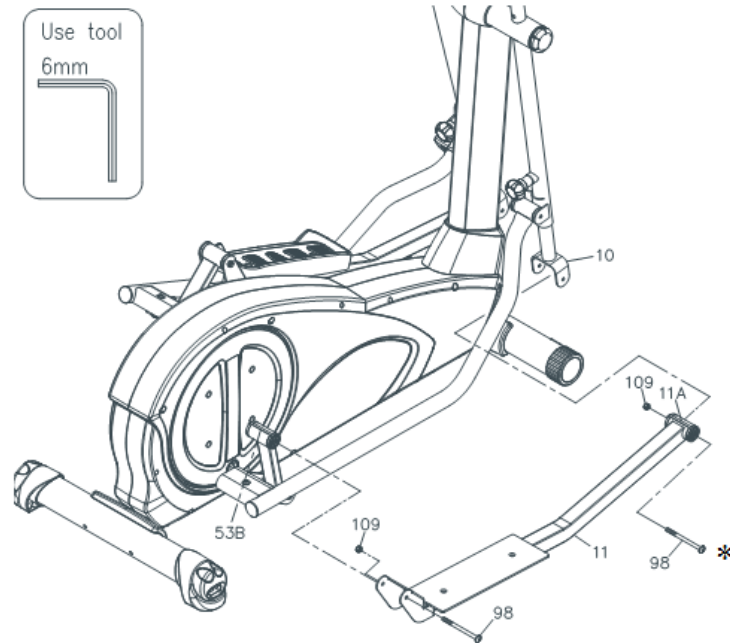
c. Attach the front end of the **Right Pedal Linkage Tube (53)** to the **Right Pivoting Arm (9)** and fully secure with one **Bolt, Button Head (M8xp1.25x90mm)(98)** and one **Nut (M8)(109)**. **NOTE:** Please be sure that **Bolt (98)** would screw through the **Shaft Sleeve (69)** inside front end of the **Right Pedal Linkage Tube (53)** during assembly.

d. Go back to step a. to fully tighten **Bolt (83)** and **Nut (111)**.

e. Repeat the above assembly process on the left side.

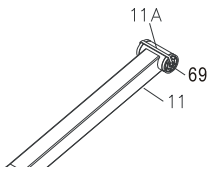
## STEP 4 – PEDAL SUPPORT ARM ASSEMBLY

USE HARDWARE KIT B

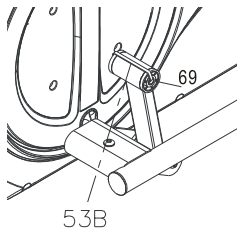


Please don't fully secure the Bolt (98) and Nut (109), wait until point e of Step 4. to fully tighten the bolt and nut.

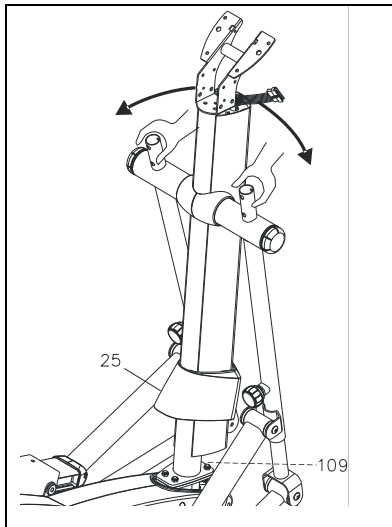
- a. Refer to the left side drawing to cut off the tie (11A). **NOTE:** Please be sure the Shaft Sleeve (69) won't fall out from the front of the Right Pedal Support Arm (11).



- b. Attach the front of the Right Pedal Support Arm (11) to the Right Telescoping Bar (10) and slightly attach with one Bolt, Button Head (M8xp1.25x90mm)(98) and one Nut (M8)(109). **Please don't fully secure the Bolt (98) and Nut (109), wait until point e of Step 4. to fully tighten the bolt and nut.** **NOTE:** Please be sure that Bolt (98) would screw through the Shaft Sleeve (69) inside front end of the Right Pedal Support Arm (11) during assembly.



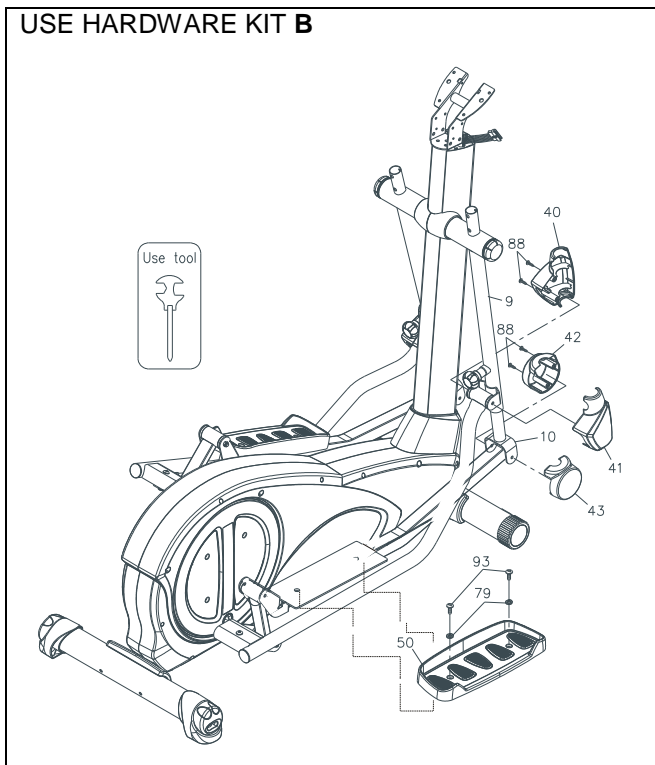
- c. Refer to the right side drawing to cut off the tie (53B). **NOTE:** Please be sure the Shaft Sleeve (69) won't fall out.
- d. Attach the end of the Right Pedal Support Arm (11) to the end of the Right Pedal Linkage Tube (53) and fully secure with one Bolt, Button Head (M8xp1.25x90mm)(98) and one Nut (M8)(109). **NOTE:** Please be sure that Bolt (98) would screw through the Shaft Sleeve (69) inside front end of the Right Pedal Support Arm (11) during assembly.



- e. Go back to **point b of Step 4.** to fully tighten **Bolt (98)** and **Nut (109)**.
- f. Repeat the above assembly process on the left side.
- g. Refer the drawing on the left side, before fully secure four pcs **Nuts (M8)(109)** that attach to the **Upright Post Assembly (4)** and **Main Frame (1)**, gently adjust the **Upright Post Assembly (4)**'s direction until the distance between the **Main Frame (1)** and both inner side of the **Pedal Support Arm (11)** are the same.
- h. Then fully secure four pcs **Nuts (M8)(109)** that attach to the **Upright Post Assembly (4)** and **Main Frame (1)**.
- i. Slide the **Upright Sleeve (25)** down until it meets the **Main Frame (1)**.

### STEP 5 – PIVOTING ARM COVER & HANDRAIL BASE COVER ASSEMBLY

USE HARDWARE KIT B



- a. To assemble the **Pivoting Arm Cover (40, 41)**, place the **Left Pivoting Arm Cover (40)** at the inner side of the **Pivoting Arm (9)**. Place the **Right Pivoting Arm Cover (41)** at the outer side of the **Pivoting Arm (9)**. Bolt the **Pivoting Arm Cover (40, 41)** with two **Self-Tapping Screws, Flat Head (M4x16mm)(88)**.
- b. To assemble the **Handrail Base Cover (42, 43)**, place the **Left Handrail Base Cover (42)** at the inner side of the **Telescoping Bar (10)**. Place the **Right Handrail Base Cover (43)** at the outer side of the **Telescoping Bar (10)**. Bolt the **Handrail Base Cover (42, 43)** with two **Self-Tapping Screws, Flat Head (M4x16mm)(88)**. Repeat the above assembly process on the left side.

### STEP 6 – PEDAL ASSEMBLY

- a. Place the **Right Pedal Assembly (50R)** onto the **pedal arm plate** that is located on the top of the **Right Pedal Support Arm (11)** and secure with two **Lock Washers (M8)(79)** and two **Screws, Round Head (M8x1.25x16mm)(93)**.
- b. Repeat the above assembly process on the left side.

## STEP 7 – FRONT SMALL HANDLEBAR ASSEMBLY

USE HARDWARE KIT C

a. **NOTE:** Four Washers (8x16x2.0t)(80), four Lock Washers (M8)(79) and four Bolts, Button Head (M8xp1.25x16mm)(97) will already be attached on the side of the Front Small Handlebar (5)

b. Remove four Washers (8x16x2.0t)(80), four Lock Washers (M8)(79) and four Bolts, Button Head (M8xp1.25x16mm)(97) from the Front Small Handlebar (5)

c. Position the Front Small Handlebar (5) in place through the Upright Post Assembly (4) and secure with five Washers (8x16x2.0t)(80), five Lock Washers (M8)(79) and four Bolts, Button Head (M8xp1.25x16mm)(97) and one Bolt, Socket Head (M8xp1.25x55mm)(104) **NOTE:** One Washer (8x16x2.0t)(80), one Lock Washer (M8)(79), one Bolt, Socket Head (M8xp1.25x55mm)(104) will be packed into **HARDWARE KIT C**

**FIG. 2**

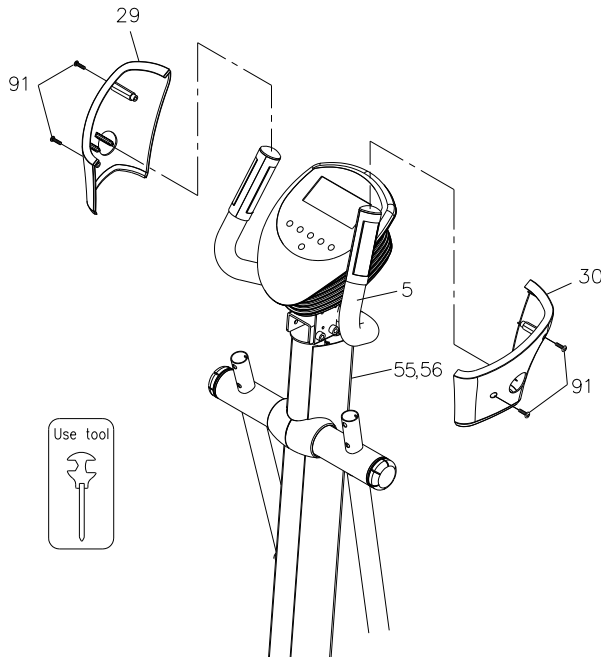
Use tool  
Use tool 6mm  
Use tool 5mm

## STEP 8 – CONSOLE ASSEMBLY

- Follow **FIG.2** to attach the Console Bottom Cover (28) to the Console Upper Cover (27) and secure with four Screws, Pan Head (M5xp0.8x25mm)(90)
- Place and secure the Console Assembly (27, 28) onto the iron plate of the Upright Post Assembly (4) using four Bolts, Socket Head (M6xp1.0x15mm)(101)
- Connect the Front Connection Wire (114) to the Rear Connection Wire (115). **Be care not to pinch the wires**
- Connect the Front Pulse Sensor Wire (120) to the Rear Pulse Sensor Wire (121). **Be care not to pinch the wires**

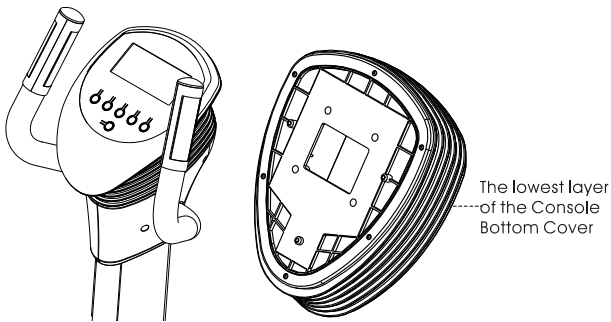
## STEP 9 – CONSOLE SLEEVE ASSEMBLY

USE HARDWARE KIT C



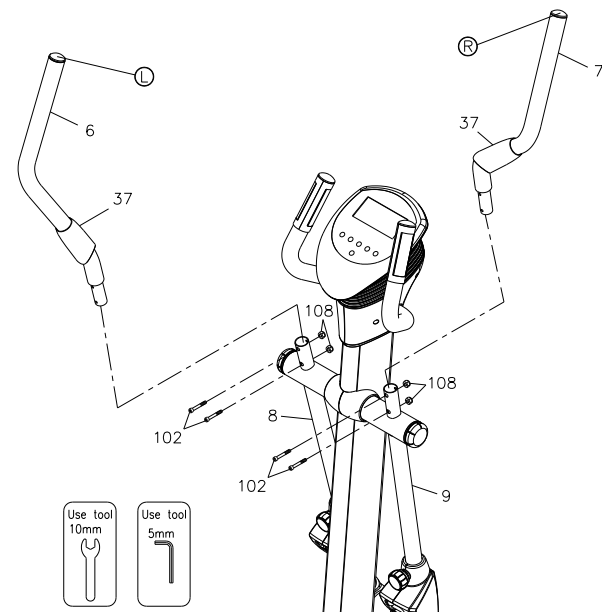
- Slide the **Right Console Sleeve (30)** into the right side of the **Front Small Handlebar (5)**
- Slide the **Left Console Sleeve (29)** into the left side of the **Front Small Handlebar (5)**
- Then attach the **Right Console Sleeve (30)** and the **Left Console Sleeve (29)** to the **Upright Post Assembly (4)**. Bolt the **Console Sleeve (29, 30)** with four **Screws, Round Head (M5xp0.8x15mm)(91)**

**NOTE:** Make sure that the **Right Console Sleeve (30)** and the **Left Console Sleeve (29)** would cover the **Upright Cover (55, 56)** and the lowest layer of the **Console Bottom Cover (28)** as the illustration shown on the left side



## STEP 10 – UPPER HANDLEBAR ASSEMBLY

USE HARDWARE KIT C



- There is an “L” decal on the **Left Upper Handlebar (6)**, and a “R” decal on the **Right Upper Handlebar (7)**
- Insert the **Right Handlebar (7)** into the **Right Pivoting Arm (9)** and secure with two **Bolts, Socket Head (M6xp1.0x35mm)(102)** and two **Nut (M6)(108)**

### NOTE:

**Handlebar Sleeve (37)** has been pre-assembled to the **Left & Right Upper Handlebar (6,7)**

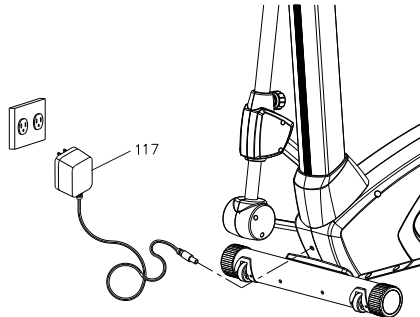
Notice that **Bolts (102)**'s assembly direction should be the same as the above illustration shown to avoid the bolts couldn't tighten the handlebar completely

- Slide the **Handlebar Sleeve (37)** down to cover the bolts on the **Right Handlebar (7)**
- Repeat the above assembly process on the left side

**Finish the assembly, make sure that all parts are tightened before you use the equipment**

## STEP 11 – AC ADAPTOR

- Connect the **Adaptor (117)** to the connector located on the front side of the **Main Frame (1)**
- Plug the **Adaptor (117)** into an electrical outlet to light up the console



## OPERATION INSTRUCTIONS

### HOW TO ADJUST THE ADJUSTING END CAPS OF THE REAR STABILIZER

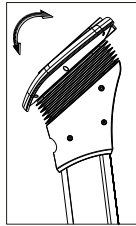
- After placing the equipment in the intended location for use, check the stability of the equipment
- If it's the one of the **Adjusting EndCaps (24)** on rear end of the **Rear Stabilizer (3)** causes a slight rocking motion. To level the equipment, turn one or both of the **Adjusting EndCaps (24)** in clockwise or counter-clockwise direction until the equipment sets on the floor without rocking





## HOW TO ADJUST CONSOLE ANGLE

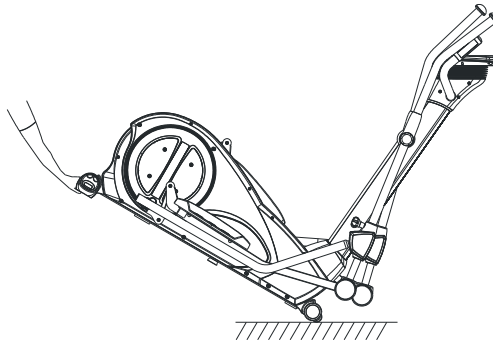
To get the best console angle, it's suggested to use both hands to hold the upper and lower end of the console and gently adjust the console angle to the proper position



## HOW TO MOVE THE ITEM SAFELY

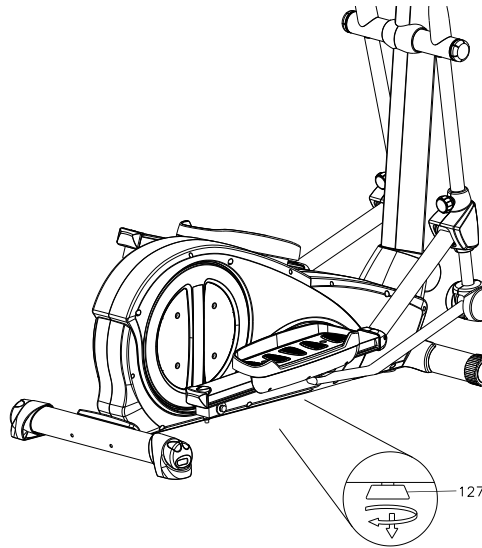
Hold the **Rear Stabilizer (3)** up with two hands and tow the item to the desired place carefully

- Make sure the floor is level while towing the item



## HOW TO ADJUST THE STAND ON THE MIDDLE OF MAIN FRAME'S BASE

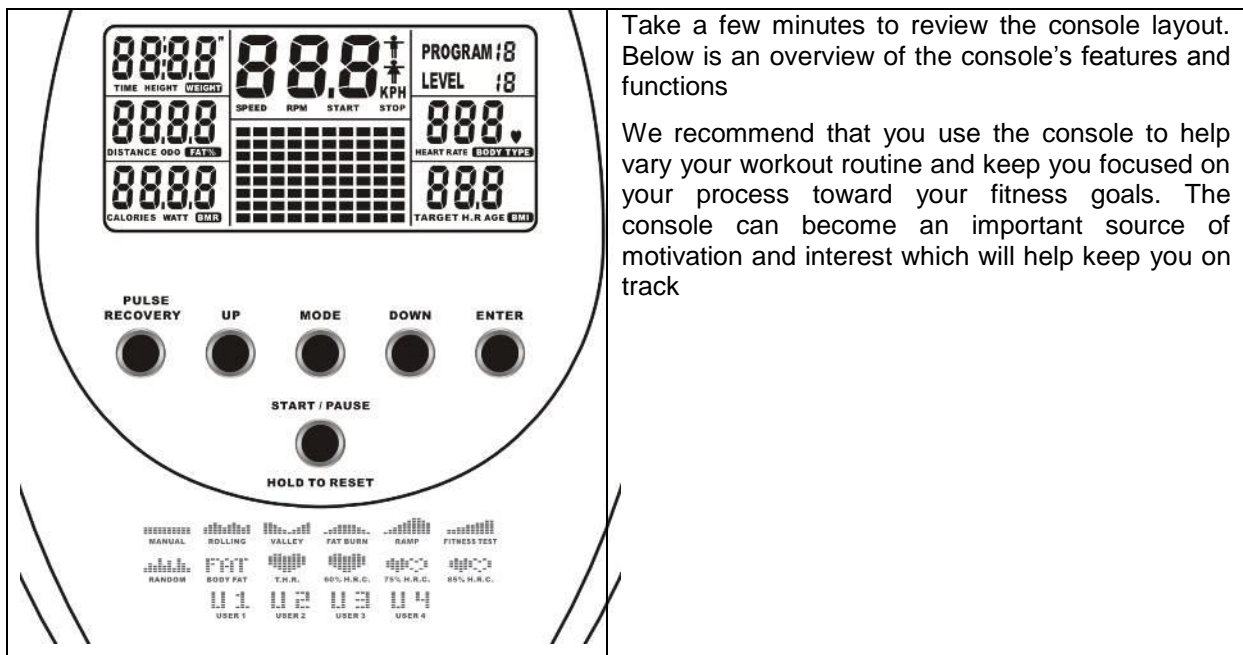
**NOTE:** The purpose of adjust the **Stand (127)** is to level the item and get more support for the base on the Main Frame. After finishing all assembly process, place the item on a flat surface. Adjust the **Stand (127)** until the item sets on the floor without rocking



## HOW TO ADJUST THE STRIDE LENGTH

<p>520mm (20.5")</p> <p>64</p> <p>Position A</p>	<p>The <b>Elliptical Trainer</b> is equipped with three adjustable stride lengths from 17.5" (445mm) to 20.5" (520mm)</p>
<p>480mm (19")</p> <p>Position B</p>	<p>a. To adjust the stride length, loosen and pull the <b>Right Pull Pin (64)</b>. Move the <b>Right Telescoping Bar (10)</b> to the proper desired position</p>
<p>445mm (17.5")</p> <p>Position C</p>	<p>b. Release the <b>Right Pull Pin (64)</b> and make sure the pin on the knob get into the adjustment hole in the <b>Right Telescoping Bar (10)</b></p> <p>c. Repeat the above process to adjust the stride length on left side</p>
<p><b>NOTE:</b></p> <p>Always adjust the <b>Right &amp; Left Telescoping Bar (10)</b> in the same height</p> <p>Securely tighten <b>Right &amp; Left Pull Pin (64)</b> before exercising</p>	

# CONSOLE INSTRUCTIONS



Take a few minutes to review the console layout. Below is an overview of the console's features and functions

We recommend that you use the console to help vary your workout routine and keep you focused on your process toward your fitness goals. The console can become an important source of motivation and interest which will help keep you on track

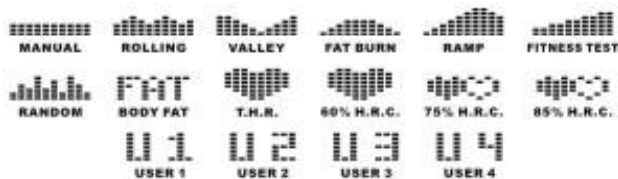
## Power ON

- Make sure the item's adaptor is correctly plugged into the socket
- Pedaling or pressing any keys to activate the console. The console display will then light up with a short beep sound, indicating the console will be ready for use

## Power Off



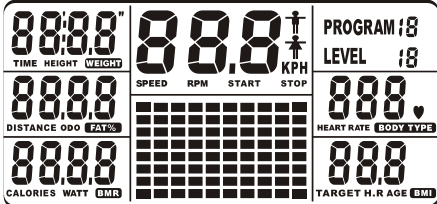

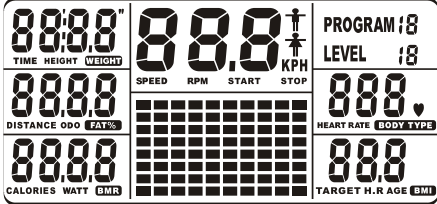

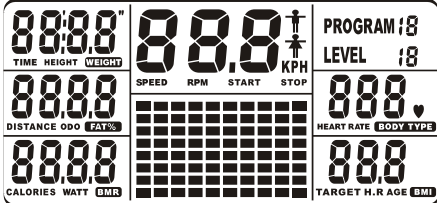
The console would automatically shut off after 4 minutes of inactivity

## Program List



P1 MANUAL PROGRAM	P2 ROLLING PROGRAM	P3 VALLEY PROGRAM	P4 FAT BURN PROGRAM
P5 RAMP PROGRAM	P6 FITNESS TEST PROGRAM	P7 RANDOM PROGRAM	P8 BODY FAT PROGRAM
P9 TARGET H.R. PROGRAM	P10 60% H.R.C. PROGRAM	P11 75% H.R.C. PROGRAM	P12 85% H.R.C. PROGRAM
P13 USER 1 MODE PROGRAM	P14 USER 2 MODE PROGRAM	P15 USER 3 MODE PROGRAM	P16 USER 4 MODE PROGRAM

## Console Buttons

<p><b>START / PAUSE</b></p>  <p><b>HOLD TO RESET</b></p>	<p>a. Press <b>START/PAUSE</b> to begin your exercise</p> <p>b. Press <b>START/PAUSE</b> again to stop and pause all functions during your exercise program. All the data on the display will then freeze.</p> <p>c. Press <b>START/PAUSE</b> again to resume the program and all the data displayed will continue until the program has finished.</p> <p>d. <b>HOLD TO RESET</b> function: Continue pressing <b>START/PAUSE</b>, all the data will return to 0 and the console will return to POWER ON status</p>
<p><b>ENTER</b></p> 	<p>Press <b>ENTER</b> to confirm the program function (<b>PROGRAM, TIME, HEIGHT, WEIGHT, DISTANCE, CALORIES, AGE, GENDER, TARGET H.R.</b> and <b>TORQUE/RESISTANCE LEVEL</b> in each time interval)</p> 
<p><b>UP</b></p> 	<p>Press <b>UP</b> to increase the values of the program function (<b>PROGRAM, TIME, HEIGHT, WEIGHT, DISTANCE, CALORIES, AGE, GENDER, TARGET H.R.</b> and <b>TORQUE/RESISTANCE LEVEL</b> in each time interval)</p> 
<p><b>DOWN</b></p> 	<p>Press <b>DOWN</b> to decrease the values of the program function (<b>PROGRAM, TIME, HEIGHT, WEIGHT, DISTANCE, CALORIES, AGE, GENDER, TARGET H.R.</b> and <b>TORQUE/RESISTANCE LEVEL</b> in each time interval)</p> 

During workout (after pressing **START/PAUSE**), the user could press **MODE** to select **SPEED, DISTANCE** and **CALORIES**, or **RPM, ODO (Odometer)** and **WATT**



RPM, ODO, WATT will show at the same time

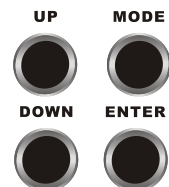
SPEED, DISTANCE, CAL. will show at the same time

**DISTANCE** and **ODO (ODOMETER)** information:

**MODE**



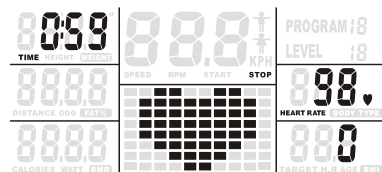
- **DISTANCE:**
  - a. This measures the total distance from 0 to 999 km/Mile.
  - b. After pressing **START/PAUSE**, **DISTANCE** will count up. Press **START/PAUSE** again to pause all functions and **DISTANCE** value during your exercise program.
  - c. Press **START/PAUSE** again to resume the program and **DISTANCE** value will continue counting up until the program finish
  - d. The console would automatically shut off after 4 minutes of inactivity. The **DISTANCE** value's counting will restart from zero after pedaling or pressing any keys to active the console again
- **ODO (ODOMETER):** The function of **ODO** and **DISTANCE** are similar will accumulate the total distance traveled by the item during workout. If there is any necessary to reset ODO's distance value, press UP, MODE, DOWN and ENTER at the same time to let the motor automatically calibrate to reset ODO value to zero



**PULSE RECOVERY**

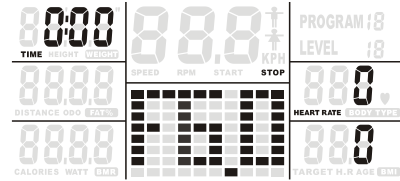


- a. **PULSE RECOVERY** button measures how quickly you return to a resting hear rate after exercising. You could use this button to measure improvement as you get into shape
- b. The console will monitor your pulse for 60 seconds and calculate a **HEART RATE RECOVERY** value from F1.0 to F6.0. F1.0 is best; F6.0 is worst (For Reference Only)
- c. The readout should only be used as a comparison between workouts. It's recommended to use right after any aerobic exercise. Stop exercising before starting the function.
- d. Your pulse will be displayed approximately few seconds after the heart symbol "♥" is displayed






**NOTE:**

If you don't hold the **HEART RATE SENSORS** on the handrails with both hands properly, the console's **HEART RATE** value would show "0" and the main screen would show "F6.0" after the console counts down to zero, which means the **HEART RATE SENSORS** won't be able to pick up the signals. Press any keys to stop the long beep sound, then press **PULSE RECOVERY** button again and make sure to hold the **HEART RATE SENSORS** on the handrails with both hands properly this time.



## Console Functions

	<p><b>PROGRAM:</b></p> <ul style="list-style-type: none"> <li>The console comes with <u>16 preset programs</u></li> <li>Displays programs for selection during setup, from P1 ~ P16</li> <li>Displays the selected program during exercise</li> </ul> <p><b>LEVEL:</b></p> <ul style="list-style-type: none"> <li>Displays torque/resistance level of the current program, from <u>1 to 16</u> torque/resistance level; 1 level increment</li> </ul>
	<p><b>TIME:</b></p> <ul style="list-style-type: none"> <li>Count Up: If a target time was not selected, <b>TIME</b> will count up from <u>0:00 to maximum 99:59 minutes</u></li> <li>Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00</li> </ul> <p><b>HEIGHT:</b></p> <ul style="list-style-type: none"> <li>Display range: <u>110 ~ 250cm; 0.5 cm increment / 3'08" ~ 8' 00"; 1 inch increment; the product is not recommended for children's use</u></li> </ul> <p><b>WEIGHT:</b></p> <ul style="list-style-type: none"> <li>Display range: <u>10 ~ 200KG; 0.2 KG increment / 23 ~ 440 LBS; 0.5 LBS increment; the product is not recommended for children's use</u></li> </ul>
	<p><b>DISTANCE:</b></p> <ul style="list-style-type: none"> <li>Count Up: If a target distance was not selected, this would measure the total distance from <u>0:00 to 999 km/mile</u></li> <li>Count Down: If you have set the target distance, the console will count down from that selected target distance down to 0</li> <li>During workout (after pressing <b>START/PAUSE</b>), the user could press <b>MODE</b> button to select <b>DISTANCE</b>, or <b>ODO (Odometer)</b></li> </ul>



**ODO:**

- The function of **ODO** and **DISTANCE** are similar will accumulate the total distance traveled by the item during workout

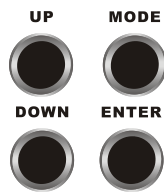
**DIFFERENT RESET INFO. of DISTANCE & ODO:**

- **RESET INFO. of DISTANCE:**

The console would automatically shut off after 4 minutes of inactivity. The **DISTANCE** value's counting will restart to zero after pedaling or pressing any keys to activate the console again

- **RESET INFO. of ODO:**

To reset **ODO's** distance value, press **UP**, **MODE**, **DOWN** and **ENTER** at the same time to let the motor automatically calibrate to reset **ODO** value to zero



**FAT%:**

- During **BODY FAT TEST**, the result would display the percentage of body fat in **BODY FAT PROGRAM (P8)**
- Your body fat percentage is simply the percentage of the fat your body contains



**CALORIES:**

- Count Up: If target calories were not selected, this measures total calories your body burned during exercise
- Count Down: If you have set the preference value of calories, the console will count down from that selected target calories down to 0

**BMR:**

- During **BODY FAT TEST**, the result would display the value of **BMR** in **BODY FAT PROGRAM (P8)**
- **BMR (BASAL METABOLIC RATE)** is a rate at which the body burns calories to maintain normal body functions while at rest

**WATT:**

- Display the current value of Watt during exercise



**TARGET H.R.:**

- Display range:  
60 ~ 220 BPM (beats per minute) ; 1 BPM increment


**AGE:**

- Display range:  
10 ~ 99 years old; 1 year-old increment

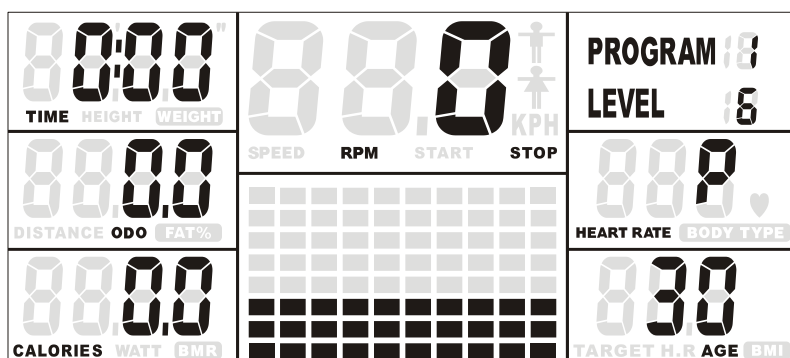
**NOTE: Although the console allows input for age beginning at 10 years old, the product is not recommended for children's use**

**BMI:**

- During **BODY FAT TEST**, the result would display the value of **BMI**

	<p>in <b>BODY FAT PROGRAM (P8)</b></p> <ul style="list-style-type: none"> <li>● <b>BMI (BODY MASS INDEX)</b> is a height/weight formula. From the value of your BMI, you can see whether you are underweight, normal weight, overweight or obese</li> </ul>
	<p><b>HEART RATE:</b></p> <ul style="list-style-type: none"> <li>● You must place both of your hands on the <b>Pulse Sensors</b> on the <b>Handlebar</b>. Your pulse will be displayed approximately few seconds after the heart symbol “♥” is displayed</li> <li>● If you do not place your hands correctly and a few seconds passes without a pulse input, the console will turn off the pulse circuit. Place your hands back on the Pulse Sensors correctly, the pulse readout will appear again</li> </ul> <p><b>BODY TYPE:</b></p> <ul style="list-style-type: none"> <li>● During <b>BODY FAT TEST</b>, the result would display the value of <b>BODY TYPE</b> in <b>BODY FAT PROGRAM (P8)</b></li> </ul>

## MANUAL PROGRAM (P1)



- Prior information: Press any button on the console or begin pedaling to turn on the console**
  - Make sure that the power cord is properly plugged into the socket.
  - The console would automatically shut off after 4 minutes of inactivity
  - Press any button on the console or begin pedaling to turn on the console. After a few seconds, the console will then light up with a short beep sound, indicating the console will be ready for use
- Prior information: "HOLD TO RESET" button, an easy way to reset and enter into POWER ON status**

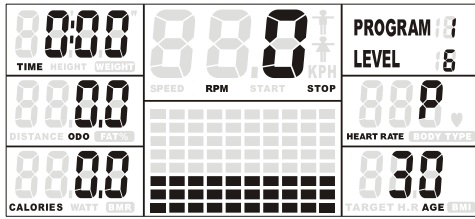
**START / PAUSE**



**HOLD TO RESET**

Continue pressing **START/PAUSE** a few seconds, all the data will reset to the initial value and the console will return to **POWER ON** status





**POWER ON status**

**3. Normal way to operate MANUAL PROGRAM (P1)**

**A. ENTER MANUAL PROGRAM (P1)**

**ENTER** button:

When the power is turned on, the manual program (P1) will be selected, pressing **ENTER** button to confirm and enter **MANUAL PROGRAM (P1)**

a. **START/PAUSE** button:

If you have selected other program (P2~P16), pressing **START/PAUSE** button to pause the current program

b. **UP** or **DOWN** button:

Press **UP** or **DOWN** button to select **MANUAL PROGRAM (P1)**

c. **ENTER** button:

Press **ENTER** button to confirm and enter **MANUAL PROGRAM (P1)**

**B. SET THE DESIRED TIME or DESIRED DISTANCE**

To avoid the user to select **TIME** and **DISTANCE** in the same program to confuse the user couldn't distinguish which one (**TIME** or **DISTANCE**) as the first priority. User could only select **TIME** or **DISTANCE** in the same program, one at the time

If you would like to select **TIME** value, not **DISTANCE** value:

**UP** or **DOWN** button:



- After pressing the **ENTER** button to enter into **MANUAL PROGRAM (P1)**, the **TIME** function mode will appear with the display flashing "0:00".
- Use **UP** or **DOWN** buttons to set the desired **TIME (1:00 TO 99:00; 1 MINUTE INCREMENT)**

**NOTE for TIME:**

If you would like to select **DISTANCE** value, not **TIME** value:

**ENTER** button and then **UP** or **DOWN** button:



- After pressing the **ENTER** button to enter into **MANUAL PROGRAM (P1)**, the **TIME** function mode will appear with the display flashing "0:00".
- Press the **ENTER** button again, the **DISTANCE** function mode will then appear with the display flashing "0.0"
- Use **UP** or **DOWN** buttons to set the desired

<ul style="list-style-type: none"> <li>● Count Up: If a target time was not selected, <b>TIME</b> will count up from <u>0:00 to maximum 99:59 minutes</u></li> <li>● Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00</li> </ul>	<p><b>DISTANCE (1 TO 999KM/MILE; 1 KM/MILE INCREMENT)</b></p> <p><b>NOTE for DISTANCE:</b></p> <ul style="list-style-type: none"> <li>● Count Up: If a target distance was not selected, this would measure the total distance from <u>0:00 to 999 km/mile</u></li> <li>● Count Down: If you have set the target distance, the console will count down from the selected target time down to 0</li> </ul>
--	---

### C. SET THE DESIRED CALORIES and YOUR AGE

#### 1. ENTER button and then UP or DOWN button:



- Press **ENTER** button to confirm **TIME** or **DISTANCE** value and enter the mode to set the **CALORIES**
- Use **UP** or **DOWN** buttons to set the desired **CALORIES (10 TO 9990KCAL; 10 KCAL INCREMENT)**

#### NOTE for CALORIES:

- Count Up: If target calories was not selected, this would measure total calories burned during exercise
- Count Down: If you have set the preference value of calories, the console will count down from that selected value down to 0

#### 2. ENTER button and then UP or DOWN button:



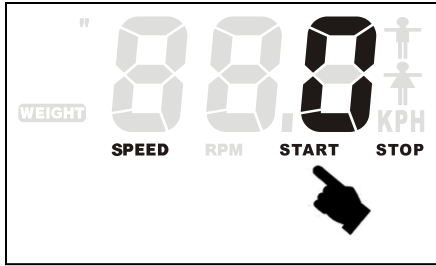
- Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **AGE**
- Use **UP** or **DOWN** buttons to set your **AGE (10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT)**

#### NOTE for AGE:

**NOTE: Although the console allows input for ages beginning at 10 years old, the product is not recommended for children's use**

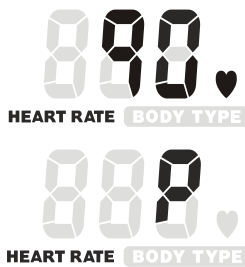
### D. START EXERCISE

**START/ PAUSE** button: Press **START/ PAUSE** to begin exercise. "START" would then appear on the screen



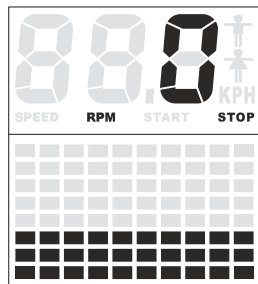
**E. DURING WORKOUT, ALWAYS MONITOR YOUR CURRENT HEART RATE STATUS”**

**NOTE for HEART RATE:**



- You must place both of your hands on the **Pulse Sensors** located on the **Seat Handlebar**. Your pulse will be displayed approximately few seconds after the heart symbol “♥” is displayed
- If you do not place your hands correctly and a few seconds pass without a pulse input, the console will turn off the pulse circuit. The console will then display an error message “P”. Place your hands back on the **Pulse Sensors** correctly, the pulse readout will appear again

**F. DURING WORKOUT, THE TORQUE/TENSION LEVEL IS EASILY CHANGED AT ANY TIME**



**UP** or **DOWN** button: You can change the torque/tension level (from 1 to 16 levels) at any time during workout by pressing **UP** or **DOWN** button

**G. DURING WORKOUT, ALWAYS NOTICE TARGET HEART RATE – AN EASY WAY TO SET A GOAL TO “STRENGTHEN YOUR CARDIOVASCULAR WORKOUT**



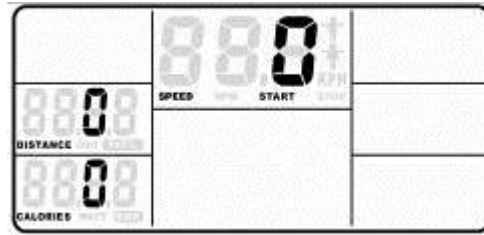
- To improve your cardiovascular condition, while input your personal age during the setting mode, the console will calculate the appropriate **TARGET HEART RATE** for you automatically
- The **TARGET HEART RATE calculation** is based on 85% of the maximum heart rate. For example: For a 30-year-old user, the max. user heart rate should be  $161 = (220-30) \times 85\%$
- The console will monitor your pulse and compare the value of your pulse with **TARGET HEART RATE**. The value of **HEART RATE** will keep flashing to warn you to slow down or lower the torque/resistance level if your pulse value is greater than **TARGET HEART RATE**

**H. DURING WORKOUT, HOW TO REVIEW SPEED, DISTANCE, CALORIES, RPM, ODO (ODOMETER) AND WATT**

During workout (after pressing **START/PAUSE**), the user could press **MODE** to select **SPEED**, **DISTANCE** and **CALORIES**, or **RPM**, **ODO (Odometer)** and **WATT**

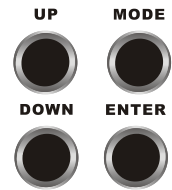


RPM, ODO, WATT will show at the same time

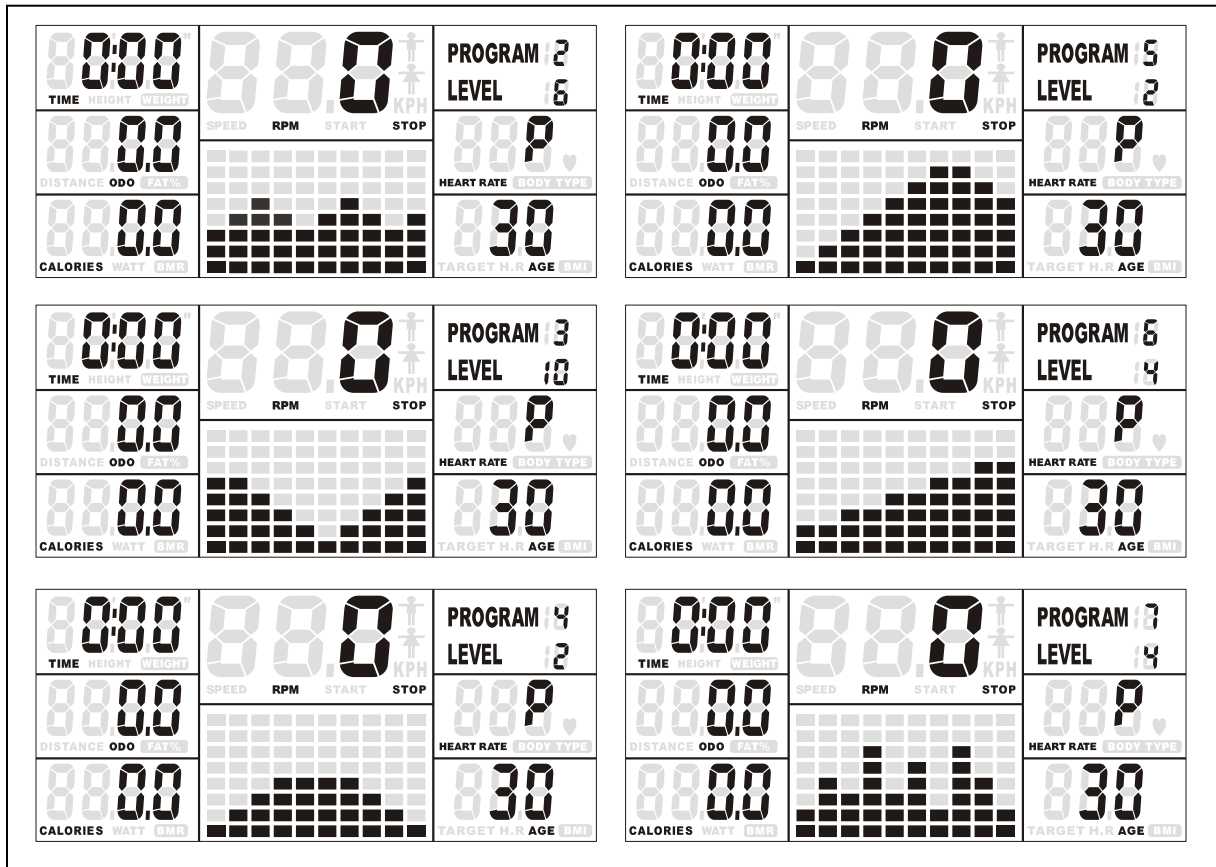


SPEED, DISTANCE, CAL. will show at the same time

About **ODO (odometer)**, the function is similar to **DISTANCE**, will accumulate the total distance traveled by the item during workout. If there is any necessary to reset **ODO's** distance value, press **UP**, **MODE**, **DOWN** and **ENTER** at the same time to let the motor automatically calibrate to reset **ODO** value to zero



### PROGRAM (P2 ~ P7)



1. **Prior information:** Press any button on the console or begin pedaling to turn on the console
  - a. Make sure that the power cord is properly plugged into the socket

- b. The console would automatically shut off after 4 minutes of inactivity
- c. Press any button on the console or begin pedaling to turn on the console. After a few seconds, the console will then light up with a short beep sound, indicating the console will be ready for use

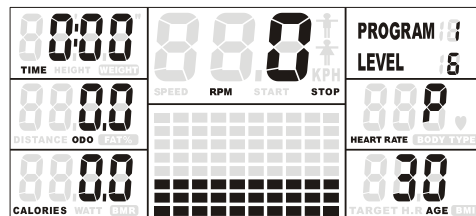
**2. Prior information: "HOLD TO RESET" button, an easy way to reset and enter into POWER ON status**

**START / PAUSE**



**HOLD TO RESET**

Continue pressing **START/PAUSE** a few seconds, all the data will reset to the initial value and the console will return to **POWER ON** status



**POWER ON status**

**3. Normal way to operate PROGRAM (P2~P7)**

**A. ENTER MANUAL PROGRAM (P2~P7)**

a. **START/PAUSE** button:

If you have selected other program (P1 or P8 ~ P16), pressing **START/PAUSE** button to pause the current program

b. **UP** or **DOWN** button:

Press **UP** or **DOWN** button to select **PROGRAM (P2 ~ P7)**

c. **ENTER** button:

Press **ENTER** button to confirm and enter **PROGRAM (P2 ~ P7)**

**B. SET THE DESIRED TIME or DESIRED DISTANCE**

To avoid the user to select **TIME** and **DISTANCE** in the same program to confuse the user couldn't distinguish which one (**TIME** or **DISTANCE**) as the first priority. User could only select **TIME** or **DISTANCE** in the same program, one at the time

If you would like to select **TIME** value, not **DISTANCE** value:

**UP** or **DOWN** button:



a. After pressing the **ENTER** button to enter into **PROGRAM (P2 ~ P7)**, the **TIME** function mode will appear with the display flashing "0:00".

If you would like to select **DISTANCE** value, not **TIME** value:

**ENTER** button and then **UP** or **DOWN** button:



a. After pressing the **ENTER** button to enter into **PROGRAM (P2 ~ P7)**, the **DISTANCE** function mode will appear with the display flashing "0:00".

<p>“0:00”</p> <p>b. Use <b>UP</b> or <b>DOWN</b> buttons to set the desired <b>TIME (1:00 TO 99:00; 1 MINUTE INCREMENT)</b></p> <p><b>NOTE for TIME:</b></p> <ul style="list-style-type: none"> <li>● Count Up: If a target time was not selected, <b>TIME</b> will count up from <u>0:00 to maximum 99:59 minutes</u></li> <li>● Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00</li> </ul>	<p>b. Press the <b>ENTER</b> button again, the <b>DISTANCE</b> function mode will then appear with the display flashing “0.0”</p> <p>c. Use <b>UP</b> or <b>DOWN</b> buttons to set the desired <b>DISTANCE (1 TO 999KM/MILE; 1 KM/MILE INCREMENT)</b></p> <p><b>NOTE for DISTANCE:</b></p> <ul style="list-style-type: none"> <li>● Count Up: If a target distance was not selected, this would measure the total distance from <u>0:00 to 999 km/mile</u></li> <li>● Count Down: If you have set the target distance, the console will count down from the selected target time down to 0</li> </ul>
---	--

### C. SET THE DESIRED CALORIES and YOUR AGE

1. **ENTER** button and then **UP** or **DOWN** button:



a. Press **ENTER** button to confirm the **TIME** or **DISTANCE** value and enter the mode to set the **CALORIES**

b. Use **UP** or **DOWN** buttons to set the desired **CALORIES (10 TO 9990KCAL; 10 KCAL INCREMENT)**

#### **NOTE for CALORIES:**

- Count Up: If target calories was not selected, this would measure total calories burned during exercise
- Count Down: If you have set the preference value of calories, the console will count down from that selected value down to 0

2. **ENTER** button and then **UP** or **DOWN** button:



a. Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **AGE**

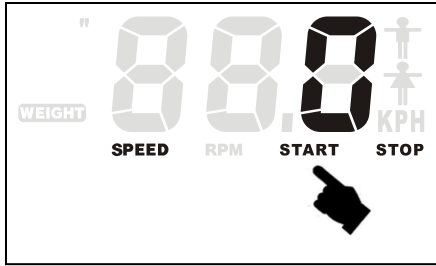
b. Use **UP** or **DOWN** buttons to set your **AGE (10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT)**

#### **NOTE for CALORIES:**

**NOTE: Although the console allows input for ages beginning at 10 years old, the product is not recommended for children’s use**

### D. START EXERCISE

**START/ PAUSE** button: Press **START/ PAUSE** to begin exercise. “**START**” would then appear on the screen



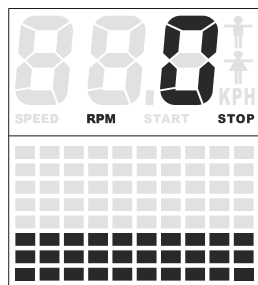
**E. DURING WORKOUT, ALWAYS MONITOR YOUR CURRENT HEART RATE STATUS”**

**NOTE for HEART RATE**



- You must place both of your hands on the **Pulse Sensors** located on the **Seat Handlebar**. Your pulse will be displayed approximately few seconds after the heart symbol “♥” is displayed
- If you do not place your hands correctly and a few seconds pass without a pulse input, the console will turn off the pulse circuit. The console will then display an error message “P”. Place your hands back on the **Pulse Sensors** correctly, the pulse readout will appear again

**F. DURING WORKOUT, THE TORQUE/TENSION LEVEL IS EASILY CHANGED AT ANY TIME**



**UP** or **DOWN** button: You can change the torque/tension level (from 1 to 16 levels) at any time during workout by pressing **UP** or **DOWN** button

**G. DURING WORKOUT, ALWAYS NOTICE TARGET HEART RATE – AN EASY WAY TO SET A GOAL TO “STRENGTHEN YOUR CARDIOVASCULAR WORKOUT**



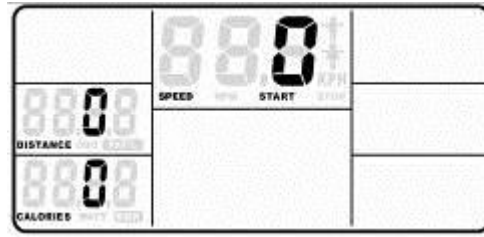
- To improve your cardiovascular condition, while input your personal age during the setting mode, the console will calculate the appropriate **TARGET HEART RATE** for you automatically
- The **TARGET HEART RATE calculation** is based on 85% of the maximum heart rate. For example: For a 30-year-old user, the max. user heart rate should be  $161 = (220-30) \times 85\%$
- The console will monitor your pulse and compare the value of your pulse with **TARGET HEART RATE**. The value of **HEART RATE** will keep flashing to warn you to slow down or lower the torque/resistance level if your pulse value is greater than **TARGET HEART RATE**

**H. DURING WORKOUT, HOW TO REVIEW SPEED, DISTANCE, CALORIES, RPM, ODO (ODOMETER) AND WATT**

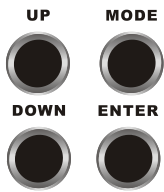
During workout (after pressing **START/PAUSE**), the user could press **MODE** to select **SPEED**, **DISTANCE** and **CALORIES**, or **RPM**, **ODO (Odometer)** and **WATT**



RPM, ODO, WATT will show at the same time

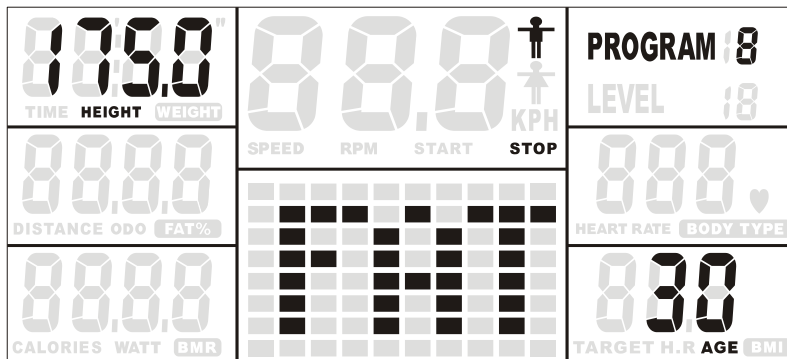


SPEED, DISTANCE, CAL. will show at the same time



About **ODO (odometer)**, the function is similar to **DISTANCE**, will accumulate the total distance traveled by the item during workout. If there is any necessary to reset ODO's distance value, press **UP, MODE, DOWN** and **ENTER** at the same time to let the motor automatically calibrate to reset **ODO** value to zero

### BODY FAT PROGRAM (P8)



1. **Prior information: Press any button on the console or begin pedaling to turn on the console**
  - a. Make sure that the power cord is properly plugged into the socket.
  - b. The console would automatically shut off after 4 minutes of inactivity
  - c. Press any button on the console or begin pedaling to turn on the console. After a few seconds, the console will then light up with a short beep sound, indicating the console will be ready for use
2. **Prior information: "HOLD TO RESET" button, an easy way to reset and enter into POWER ON status**

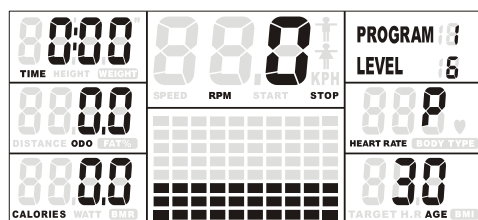
**START / PAUSE**



**HOLD TO RESET**

Continue pressing **START/PAUSE** a few seconds, all the data will reset to the initial value and the console will return to **POWER ON** status





**POWER ON status**

**3. Normal way to select and operate BODY FAT PROGRAM (P8)**

**A. ENTER BODY FAT PROGRAM (P8)**

a. **START/PAUSE** button:

If you have selected other program (P1 ~ P7, P9 ~ P16), pressing **START/PAUSE** button to pause the current program

b. **UP** or **DOWN** button:

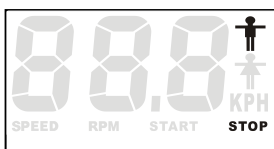
Press **UP** or **DOWN** button to select **BODY FAT PROGRAM (P8)**


c. **ENTER** button:

Press **ENTER** button to confirm and enter **BODY FAT PROGRAM (P8)**

**B. SET THE PERSONAL INFO. ( GENDER, HEIGHT and AGE )**

1. **UP** or **DOWN** button:



After pressing the **ENTER** button, the **GENDER** function mode will appear with the display flashing “”. Use **UP** or **DOWN** buttons to set your **GENDER**

2. **ENTER** button and then **UP** or **DOWN** button:



a. Press **ENTER** button to confirm your **GENDER** and enter the mode to set your **HEIGHT**

b. Use **UP** or **DOWN** buttons to set your **HEIGHT (110 ~ 250CM; 0.5 CM INCREMENT / 3'08" ~ 8' 00"; 1 INCH INCREMENT)**

**NOTE for HEIGHT:**

**NOTE: The product is not recommended for children's use**

3. **ENTER** button and then **UP** or **DOWN** button:



a. Press **ENTER** button to confirm your **HEIGHT** value and enter the mode to set your **WEIGHT**

b. Use **UP** or **DOWN** buttons to set your **WEIGHT (10 ~ 200KG; 0.2 KG INCREMENT / 23 ~ 440 LBS; 0.5 LBS INCREMENT)**

**NOTE for WEIGHT:**

**NOTE: The product is not recommended for children's use**

4. **ENTER** button and then **UP** or **DOWN** button:



- a. Press **ENTER** button to confirm your **WEIGHT** value and enter the mode to set the **AGE**
- b. Use **UP** or **DOWN** buttons to set your **AGE (10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT)**

**NOTE for AGE:**

**NOTE: Although the console allows input for ages beginning at 10 years old, the product is not recommended for children's use**

**C. START TESTING YOUR BODY FAT**

**START/ PAUSE** button: Press **START/ PAUSE** to start testing your body fat. The testing time takes about 10 seconds, please review the next page to understand the meaning of the result

**D. THE BODY FAT RESULT INFORMATION**

			<p>The illustration on the left is just an example to show you what the result should look like, each person has different body fat condition depends on the user's current health condition from time to time</p>

**1. BMI (BODY MASS INDEX):**

Body Mass Index is a height / weight formula used by health and weight professionals around the world to assess a person's body weight, measuring the level of body fatness in an individual. From your body mass index number you can see if you are underweight, normal weight, overweight or obese

THE RESULT	THE VALUE OF BMI	
Underweight	Under 20 (19 for women)	BMI conclusion very slightly according to gender. Here is a general summary of weight-status based on BMI
Normal Weight	Between 20 and 24.99	
Overweight	Between 25 and 29.99	
Obese 1	Between 30 and 34.99	
Obese 2	Between 35 and 39.99	
Extreme Obesity	40 and above	

**2. BMR (BASAL METABOLIC RATE):**

Basal Metabolic Rate is the rate at which the body burns calories to maintain normal body functions while at rest. BMR is the largest factor in determining overall metabolic rate and how many calories you need to maintain, lose or gain weight.

To lose weight, you should try to eat fewer calories than your basic calories need. In order to lose weight, calories should not be your only concern. Exercise is vital, too.

### 3. BODY FAT%:

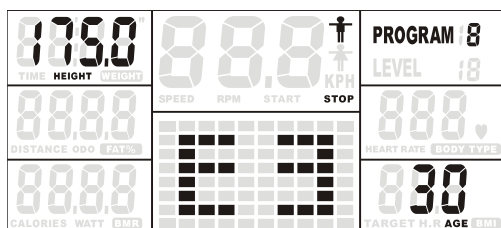
Your body fat percentage is simply the percentage of fat your body contains. If you are 150 pounds and 10% fat, it means that your body consists of 15 pounds fat and 135 pounds lean body mass, such as bone, muscle, organ tissue, blood and everything else.

### 4. BODY TYPE:

Refer to the following list to determine what your body type is:

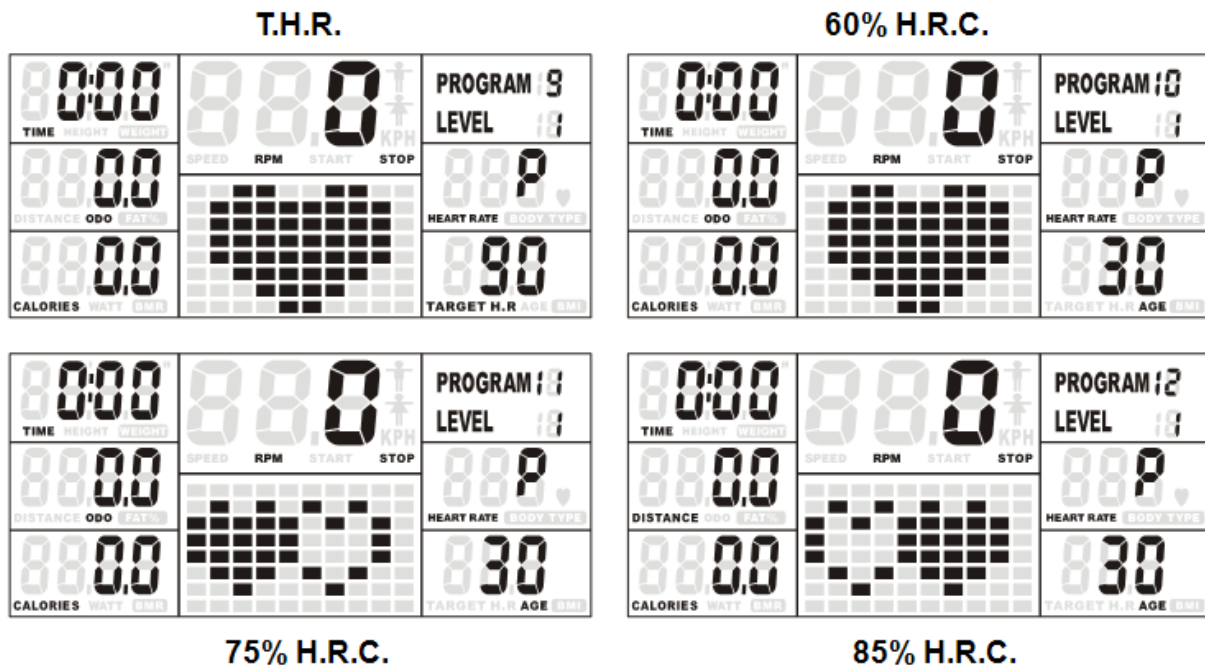
<b>Type 1</b>	5% ~ 9% (fat %)	Underweight	<b>Type 2</b>	10% ~ 14% (fat %)	Slim Class 1
<b>Type 3</b>	15% ~ 19% (fat %)	Slim Class 2	<b>Type 4</b>	20% ~ 24% (fat %)	Slim Class 3
<b>Type 5</b>	25% ~ 29% (fat %)	Standard	<b>Type 6</b>	30% ~ 34% (fat %)	Overweight
<b>Type 7</b>	35% ~ 39% (fat %)	Obese Class 1	<b>Type 8</b>	40% ~ 44% (fat %)	Obese Class 2
<b>Type 9</b>	45% ~ 50% (fat %)	Extreme Obesity			

### 5. ERROR INFORMATION:



If you do not place your hands on the **Pulse Sensors** correctly, the **Pulse Sensors** won't be able to pick up the signals. The console would then display an error message "E3". To test it again, be sure to place your hands back on the **Pulse Sensors** correctly.

## H. R. C. PROGRAM (P9 ~ P12)



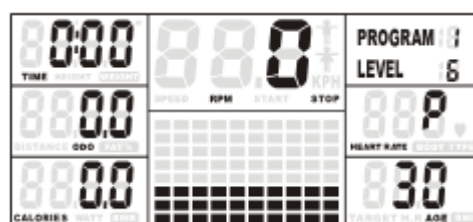
1. **Prior information: Press any button on the console or begin pedaling to turn on the console**
  - a. Make sure that the power cord is properly plugged into the socket
  - b. The console would automatically shut off after 4 minutes of inactivity
  - c. Press any button on the console or begin pedaling to turn on the console. After a few seconds, the console will then light up with a short beep sound, indicating the console will be ready for use
2. **Prior information: "HOLD TO RESET" button, an easy way to reset and enter into POWER ON status**

**START / PAUSE**



**HOLD TO RESET**

Continue pressing **START/PAUSE** a few seconds, all the data will reset to the initial value and the console will return to **POWER ON** status



**POWER ON status**

3. **Normal way to operate H.R.C. PROGRAM (P9~P12)**

### A. **ENTER H.R.C. PROGRAM (P9~P12)**

- a. **START/PAUSE** button:

If you have selected other program (P1 ~ P8 or P13 ~ P16), pressing **START/PAUSE** button to pause the current program

- b. **UP** or **DOWN** button:

Press **UP** or **DOWN** button to select **H.R.C. PROGRAM (P9 ~ P12)**

- c. **ENTER** button:

Press **ENTER** button to confirm and enter **H.R.C. PROGRAM (P9 ~ P12)**

## B. SET THE DESIRED TIME or DESIRED DISTANCE

To avoid the user to select **TIME** and **DISTANCE** in the same program to confuse the user couldn't distinguish which one (**TIME** or **DISTANCE**) as the first priority. User could only select **TIME** or **DISTANCE** in the same program, one at the time

If you would like to select **TIME** value, not **DISTANCE** value:

**UP** or **DOWN** button:



- After pressing the **ENTER** button to enter into **H.R.C. PROGRAM (P9 ~ P12)**, the **TIME** function mode will appear with the display flashing "0:00"
- Use **UP** or **DOWN** buttons to set the desired **TIME (1:00 TO 99:00; 1 MINUTE INCREMENT)**

### NOTE for TIME:

- Count Up: If a target time was not selected, **TIME** will count up from 0:00 to maximum 99:59 minutes
- Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00

If you would like to select **DISTANCE** value, not **TIME** value:

**ENTER** button and then **UP** or **DOWN** button:



- After pressing the **ENTER** button to enter into **H.R.C. PROGRAM (P9 ~ 12)**, the **TIME** function mode will appear with the display flashing "0:00".
- Press the **ENTER** button again, the **DISTANCE** function mode will then appear with the display flashing "0.0"
- Use **UP** or **DOWN** buttons to set the desired **DISTANCE (1 TO 999KM/MILE; 1 KM/MILE INCREMENT)**

### NOTE for DISTANCE:

- Count Up: If a target distance was not selected, this would measure the total distance from 0:00 to 999 km/mile
- Count Down: If you have set the target distance, the console will count down from the selected target time down to 0

## C. SET THE DESIRED CALORIES

**ENTER** button and then **UP** or **DOWN** button:



- Press **ENTER** button to confirm the **TIME** or **DISTANCE** value and enter the mode to set the **CALORIES**
- Use **UP** or **DOWN** buttons to set the desired **CALORIES (10 TO 9990KCAL; 10 KCAL INCREMENT)**

### NOTE for CALORIES:

- Count Up: If target calories was not selected, this would measure total calories burned during exercise
- Count Down: If you have set the preference value of calories, the console will count down from that selected value down to 0

## D. SET THE TARGET HEART RATE or YOUR AGE

If you have selected **PROGRAM 9**, select | If you have selected **PROGRAM 10-12**, select

**TARGET HEART RATE:**

**ENTER** button and then **UP** or **DOWN** button:



TARGET H.R AGE BMI

- a. Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **TARGET H.R.**
- b. Use **UP** or **DOWN** buttons to set the desired **TARGET H.R. (60 ~ 220 BPM (BEATS PER MINUTE) ; 1 BPM INCREMENT)**

**your AGE:**

**ENTER** button and then **UP** or **DOWN** button:



TARGET H.R AGE BMI

- a. Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **AGE**
- b. Use **UP** or **DOWN** buttons to set your **AGE (10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT)**

**NOTE for AGE:**

**NOTE: Although the console allows input for ages beginning at 10 years old, the product is not recommended for children's use**

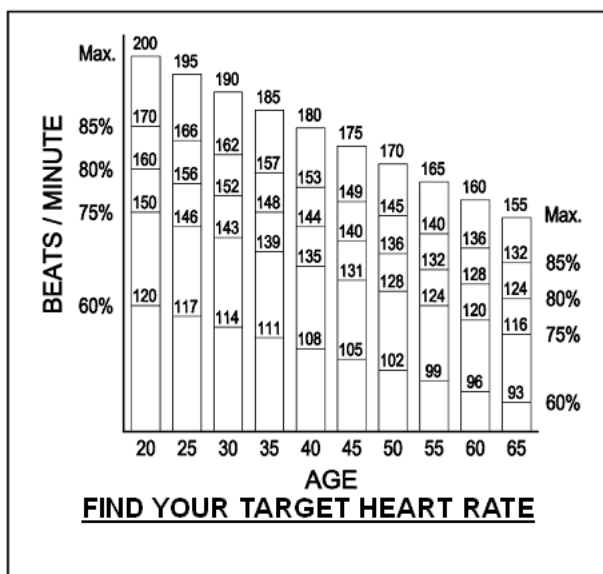
**E. MUST-KNOWN HEART RATE PROGRAM INFO.**

**a. SIMPLE FORMULA OVERVIEW:**

**BEGINNER:** 60% of maximum heart rate; 60% of (220 – you age)

**TRAINER:** 75% of maximum heart rate; 75% of (220 – you age)

**ACTIVE TRAINER:** 85% of maximum heart rate; 85% of (220 – you age)



**b. CONSOLE MONITOR YOUR CURRENT PULSE**

- The console will monitor your actual pulse and adjust the resistance/torque level automatically to keep your pulse within your **TARGET HEART RATE ZONE**.
- If you current pulse > (the value of the TARGET HEART RATE ± 5), the console would decrease one resistance/torque level automatically
- If you current pulse < (the value of the TARGET HEART RATE± 5), the console would increase one resistance/torque level automatically

For example: if your age is 30, 60% of your max. heart rate is 114. To determine your **HEART RATE ZONE**, the minimum number in your zone is 109 (114 – 5) and your maximum number in your zone is

119 (114 + 5), so you **TARGET HEART RATE ZONE** in this example is 109 to 119. The program will monitor your pulse and adjust the torque/resistance level automatically to keep your pulse within the **HEART RATE ZONE** (109 – 119) during workout

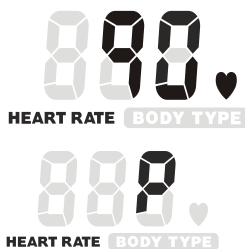
**F. START EXERCISE**

**START/ PAUSE** button: Press **START/ PAUSE** to begin exercise. “**START**” would then appear on the screen



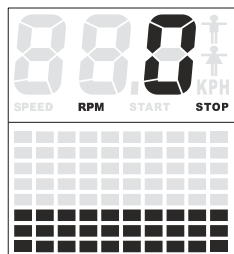
**G. DURING WORKOUT, ALWAYS MONITOR YOUR CURRENT HEART RATE STATUS**

**NOTE for HEART RATE:**



- You must place both of your hands on the **Pulse Sensors** located on the **Seat Handlebar**. Your pulse will be displayed approximately few seconds after the heart symbol “♥” is displayed
- If you do not place your hands correctly and a few seconds pass without a pulse input, the console will turn off the pulse circuit. The console will then display an error message “P”. Place your hands back on the **Pulse Sensors** correctly, the pulse readout will appear again

**H. DURING WORKOUT, THE TORQUE/TENSION LEVEL IS EASILY CHANGED AT ANY TIME**



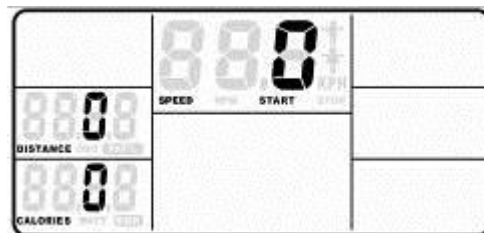
**UP** or **DOWN** button: You can change the torque/tension level (from 1 to 16 levels) at any time during workout by pressing **UP** or **DOWN** button

**I. DURING WORKOUT, HOW TO REVIEW SPEED, DISTANCE, CALORIES, RPM, ODO (ODOMETER) AND WATT**

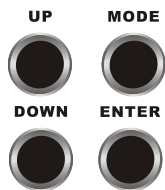
During workout (after pressing **START/PAUSE**), the user could press **MODE** to select **SPEED, DISTANCE** and **CALORIES**, or **RPM, ODO (Odometer)** and **WATT**



RPM, ODO, WATT will show at the same time

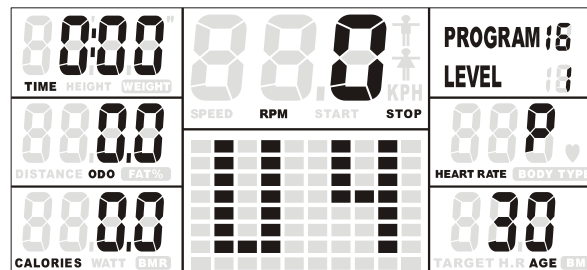
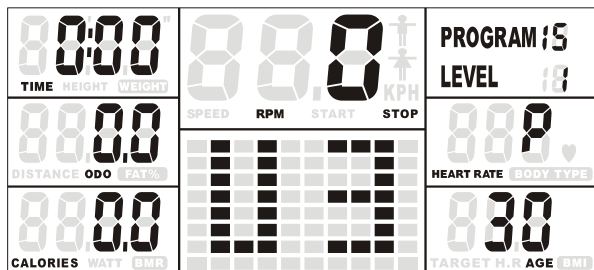
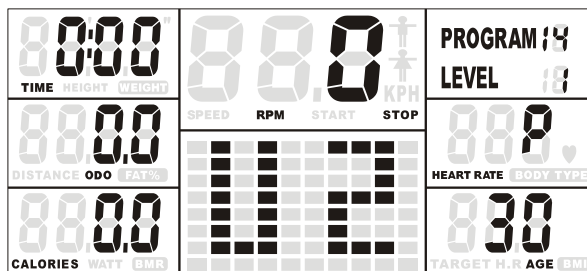
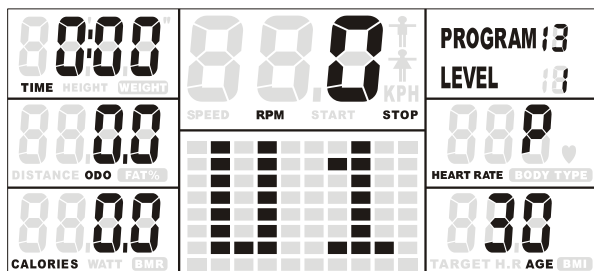


SPEED, DISTANCE, CAL. will show at the same time



About **ODO (odometer)**, the function is similar to **DISTANCE**, will accumulate the total distance traveled by the item during workout. If there is any necessary to reset ODO's distance value, press **UP, MODE, DOWN** and **ENTER** at the same time to let the motor automatically calibrate to reset ODO value to zero

## USER SETTING PROGRAM (P13 ~ P16)



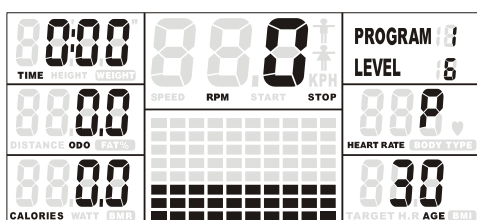
1. **Prior information: Press any button on the console or begin pedaling to turn on the console**
  - a. Make sure that the power cord is properly plugged into the socket
  - b. The console would automatically shut off after 4 minutes of inactivity
  - c. Press any button on the console or begin pedaling to turn on the console. After a few seconds, the console will then light up with a short beep sound, indicating the console will be ready for use
2. **Prior information: "HOLD TO RESET" button, an easy way to reset and enter into POWER ON status**

**START / PAUSE**



**HOLD TO RESET**

Continue pressing **START/PAUSE** a few seconds, all the data will reset to the initial value and the console will return to **POWER ON** status



## POWER ON status



### 3. Normal way to operate USER MODE PROGRAM (P13~P16)

#### A. ENTER USER MODE PROGRAM (P13~P16)

- a. **START/PAUSE** button:

If you have selected other program (P1 ~ P12), pressing **START/PAUSE** button to pause the current program

- b. **UP** or **DOWN** button:

Press **UP** or **DOWN** button to select **USER MODE PROGRAM (P13 ~ P16)**

- c. **ENTER** button:

Press **ENTER** button to confirm and enter **USER MODE PROGRAM (P13 ~ P16)**

#### B. SET THE DESIRED TIME or DESIRED DISTANCE

To avoid the user to select **TIME** and **DISTANCE** in the same program to confuse the user couldn't distinguish which one (**TIME** or **DISTANCE**) as the first priority. User could only select **TIME** or **DISTANCE** in the same program, one at the time

If you would like to select **TIME** value, not **DISTANCE** value:

**UP** or **DOWN** button:



- a. After pressing the **ENTER** button to enter into **USER MODE PROGRAM (P13 ~ P16)**, the **TIME** function mode will appear with the display flashing "0:00"
- b. Use **UP** or **DOWN** buttons to set the desired **TIME (1:00 TO 99:00; 1 MINUTE INCREMENT)**

##### NOTE for TIME:

- Count Up: If a target time was not selected, **TIME** will count up from 0:00 to maximum 99:59 minutes
- Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00

If you would like to select **DISTANCE** value, not **TIME** value:

**ENTER** button and then **UP** or **DOWN** button:



- a. After pressing the **ENTER** button to enter into **USER MODE PROGRAM (P13 ~ P16)**, the **TIME** function mode will appear with the display flashing "0:00"
- b. Press the **ENTER** button again, the **DISTANCE** function mode will then appear with the display flashing "0.0"
- c. Use **UP** or **DOWN** buttons to set the desired **DISTANCE (1 TO 999KM/MILE; 1 KM/MILE INCREMENT)**

##### NOTE for DISTANCE:

- Count Up: If a target distance was not selected, this would measure the total distance from 0:00 to 999 km/mile
- Count Down: If you have set the target distance, the console will count down from the selected target time down to 0

#### C. SET THE DESIRED CALORIES and YOUR AGE

**ENTER** button and then **UP** or **DOWN** button:



- a. Press **ENTER** button to confirm **TIME** or **DISTANCE** value and enter the mode to set the **CALORIES**
- b. Use **UP** or **DOWN** buttons to set the desired **CALORIES (10 TO 9990KCAL; 10 KCAL INCREMENT)**

##### NOTE for CALORIES:

- Count Up: If target calories was not selected, this would measure total calories burned during exercise
- Count Down: If you have set the preference value of calories, the console will count down from that selected value down to 0

#### D. SET THE DESIRED CALORIES and YOUR AGE

ENTER button and then UP or DOWN button:



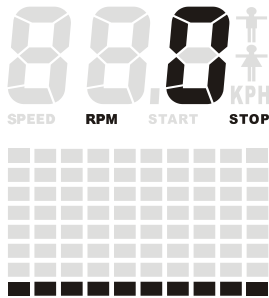
- Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **AGE**
- Use **UP** or **DOWN** buttons to set your **AGE (10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT)**

#### NOTE for CALORIES:

**NOTE: Although the console allows input for ages beginning at 10 years old, the product is not recommended for children's use**

#### E. SET THE TORQUE/RESISTANCE LEVEL

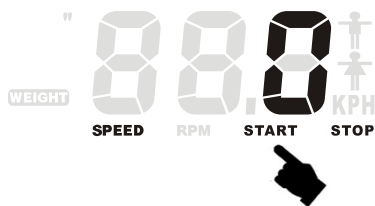
ENTER button and then UP or DOWN button:



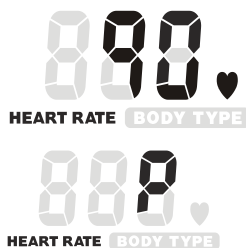
- The **USER SETTING PROGRAM** allows the user to manually set the torque/resistance level, the console will divide the time into 10 intervals. The user could through their preference to set the desired torque/resistance level in each time interval
- Press **ENTER** button to confirm the **AGE** value and enter the mode to set the **EACH TIME INTERVAL OF TORQUE/RESISTANCE LEVEL (1 TO 16 TORQUE/RESISTANCE LEVELS; 1 TORQUE/RESISTANCE LEVEL INCREMENT)**, then press **ENTER** button to confirm
- Continue following the above process to finish setting the preference **TORQUE/RESISTANCE LEVEL** in 10 time intervals. The program profile will be storied in the memory after setup. You can modify the profile anytime under the STOP mode

#### F. START EXERCISE

**START/ PAUSE** button: Press **START/ PAUSE** to begin exercise. "**START**" would then appear to the screen

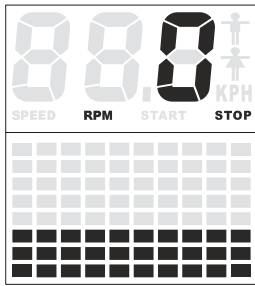


#### G. DURING WORKOUT, ALWAYS MONITOR YOUR CURRENT HEART RATE STATUS



- You must place both of your hands on the **Pulse Sensors** located on the **Seat Handlebar**. Your pulse will be displayed approximately few seconds after the heart symbol "♥" is displayed
- If you do not place your hands correctly and a few seconds pass without a pulse input, the console will turn off the pulse circuit. The console will then display an error message "P". Place your hands back on the **Pulse Sensors** correctly, the pulse readout will appear again

**H. DURING WORKOUT, THE TORQUE/TENSION LEVEL IS EASILY CHANGED AT ANY TIME**



**UP** or **DOWN** button: You can change the torque/tension level (from 1 to 16 levels) at any time during workout by pressing **UP** or **DOWN** button

**I. DURING WORKOUT, ALWAYS NOTICE TARGET HEART RATE – AN EASY WAY TO SET A GOAL TO “STRENGTHEN YOUR CARDIOVASCULAR WORKOUT”**



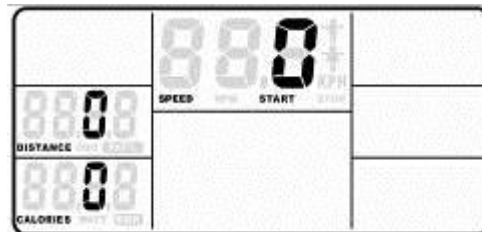
- To improve your cardiovascular condition, while input your personal age during the setting mode, the console will calculate the appropriate **TARGET HEART RATE** for you automatically
- The **TARGET HEART RATE calculation** is based on 85% of the maximum heart rate. For example: For a 30-year-old user, the max. user heart rate should be  $161 = (220-30) \times 85\%$
- The console will monitor your pulse and compare the value of your pulse with **TARGET HEART RATE**. The value of **HEART RATE** will keep flashing to warn you to slow down or lower the torque/resistance level if your pulse value is greater than **TARGET HEART RATE**

**J. DURING WORKOUT, HOW TO REVIEW SPEED, DISTANCE, CALORIES, RPM, ODO (ODOMETER) AND WATT**

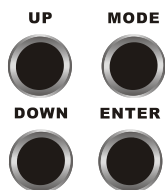
During workout (after pressing **START/PAUSE**), the user could press **MODE** to select **SPEED**, **DISTANCE** and **CALORIES**, or **RPM**, **ODO (Odometer)** and **WATT**



RPM, ODO, WATT will show at the same time



SPEED, DISTANCE, CAL. will show at the same time



About **ODO (odometer)**, the function is similar to **DISTANCE**, will accumulate the total distance traveled by the item during workout. If there is any necessary to reset **ODO's** distance value, press **UP**, **MODE**, **DOWN** and **ENTER** at the same time to let the motor automatically calibrate to reset **ODO** value to zero

## CONSOLE TROUBLE SHOOTING GUIDE

PROBLEM	POSSIBLE CAUSE	SOLUTION	
E1	No Motor signal	1. Motor Malfunction	Replace Motor
		2. Magnetic System Malfunction or got stuck	Replace Magnetic System/Flywheel
		3. Connection Wires are not well-connected or broken	Check whether the wires are well-connected or replace the broke wires with the new wires
		4. Console Malfunction	Replace Console
E2	The Computer cannot make contact with the IC Chip	1. Disconnect the Adaptor or Batteries. Reconnect the Adaptor or Batteries to REBOOT the system. Wait two minutes then verify that the system works correctly	
		2. If IC Chips is not well-assembled. Remove and reinsert the IC Chip	
		3. If the above solutions couldn't solve the problem, replace the IC chip with a New IC Chip	
E3	No heart rate signal after Body Fat testing result when in <b>Body Fat Program (P8)</b>	If you do not place your hands on the <b>Pulse Sensors</b> correctly, the <b>Pulse Sensors</b> won't be able pick up the signals. The console would then display an error message "E3". To test it again, be sure to place your hands back on the <b>Pulse Sensors</b> correctly	
E5	Motor couldn't return to the initial setup value/zero point	1. Check whether the wires are broken or well-connected	Replace the broken wires with new wires or re-connected the wires
		2. Check whether the motor is broken (has struggle to adjust the resistance and will make an abnormal noise)	Replace Motor
			Replace Magnetic System
No Hand Pulse Signal or incorrect Hand Pulse Signal	The Computer is NOT receiving a Pulse Signal	Verify that the Hand Pulse Sensor Wire Plugs are connected FIRMLY and correctly	
	The Computer is receiving a faint or intermittent Pulse Signal	The Hand Pulse Sensors will NOT operate correctly if your skin is extremely dry. Moisten your hands with a little water and try again.	
		Grasp the Hand Pulse Sensors firmly and avoid moving your hands while exercising. The computer will need a few seconds to detect and display your correct pulse rate. If this does not work, try relaxing your grip on the Hand Pulse Sensors	
		Clean the Hand Pulse Sensors to ensure a good contact between your body and the Pulse Sensors	
		The problem still exists, replace the Hand Pulse Sensors.	
The LCD Screen does not display anything	The Adaptor is not plugged in (item power supply from Adaptor)	Check that the Adaptor is correctly connected to an electrical outlet and plugged into the socket on the machine correctly	
	The Computer is faulty	Replace the Computer	
The Speed Display	The Computer isn't receiving a signal from	Verify the gap between Speed Sensor and the Magnet is 5mm or less	

<b>Show "O"</b>	the Speed Sensor?	Verify that all the Wire Plugs are connected <b>FIRMLY</b> , correctly and are not damaged
		Verify that the sensor Magnet is installed correctly
	The Sensor is faulty	Replace the Speed Sensor
	The Computer is faulty	Replace the Computer
<b>The LCD Screen Partially Displays</b>	<p>4. The connection between the Circuit Board and the LCD Membrane is loose.</p> <p>5. Gently press down on the LCD Screen, if the partial display disappears, then it is a connection problem</p>	Verify that the Circuit Board is securely fastened to the Computer Case. Retighten the Screws. Take care <b>NOT</b> to over tighten the Screws as this may destroy the Circuit Board. You just need to keep the Circuit Board firm, <b>STOP</b> tightening screw when you meet resistance
	The Rubber Membranes between the Circuit Board and the LCD Screen is misaligned/not in a same line. You might be able to see that the LCD Screen is on a slight angle and <b>NOT</b> inline or parallel with the Console Cover	<ol style="list-style-type: none"> <li>1. Open the Console.</li> <li>2. Remove the Circuit Board's Screws, gently remove the Circuit Board, Re-align the LCD screen and the Rubber Membrane.</li> <li>3. Reassemble the Circuit Board and taking care not to bump or knock the Rubber Membrane out of alignment before the Circuit Board Screws are tight. You just need to keep the Circuit Board firm, <b>STOP</b> tightening screws when you meet resistance</li> </ol>
	The Computer is faulty	Replace the Computer

## CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must slowly and increase your time on the item gradually: a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
- Set up your Elliptical on a flat, even surface at least 3 feet from walls and furniture.

## EXERCISE INTENSITY

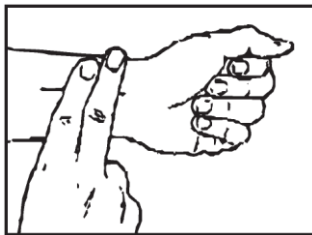
To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you

exercise. This is known as your target zone. You can find your target zone in the table below. Target zones are listed for both unconditioned and conditioned persons according to age.

Age	Target Heart Rate Zone (55% ~ 90% of Max. Heart Rate)	Average Max. Heart Rate 100%
20	110-180 beats per minute	200 beats per minute
25	107-175 beats per minute	195 beats per minute
30	105-171 beats per minute	190 beats per minute
35	102-166 beats per minute	185 beats per minute
40	99-162 beats per minute	180 beats per minute
45	97-157 beats per minute	175 beats per minute
50	94-153 beats per minute	170 beats per minute
55	91-148 beats per minute	165 beats per minute
60	88-144 beats per minute	160 beats per minute
65	85-139 beats per minute	155 beats per minute
70	83-135 beats per minute	150 beats per minute

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate manually, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



## WARM-UP AND COOL-DOWN

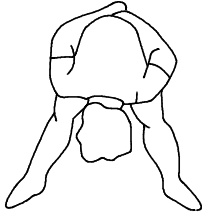
**Warm-up** The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

## SUGGESTED STRETCHING EXERCISES

### Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessen, try a lower position gradually.



### **Bent Torso Pulls**

While sitting on the floor, have legs apart one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



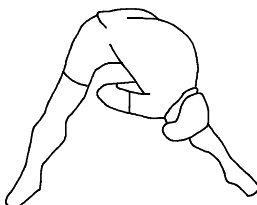
### **Floor Stretch**

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. DO NOT BOUNCE! Do this stretch 10 times. Repeat the stretch with the left leg



### **Bent Over Leg Stretch**

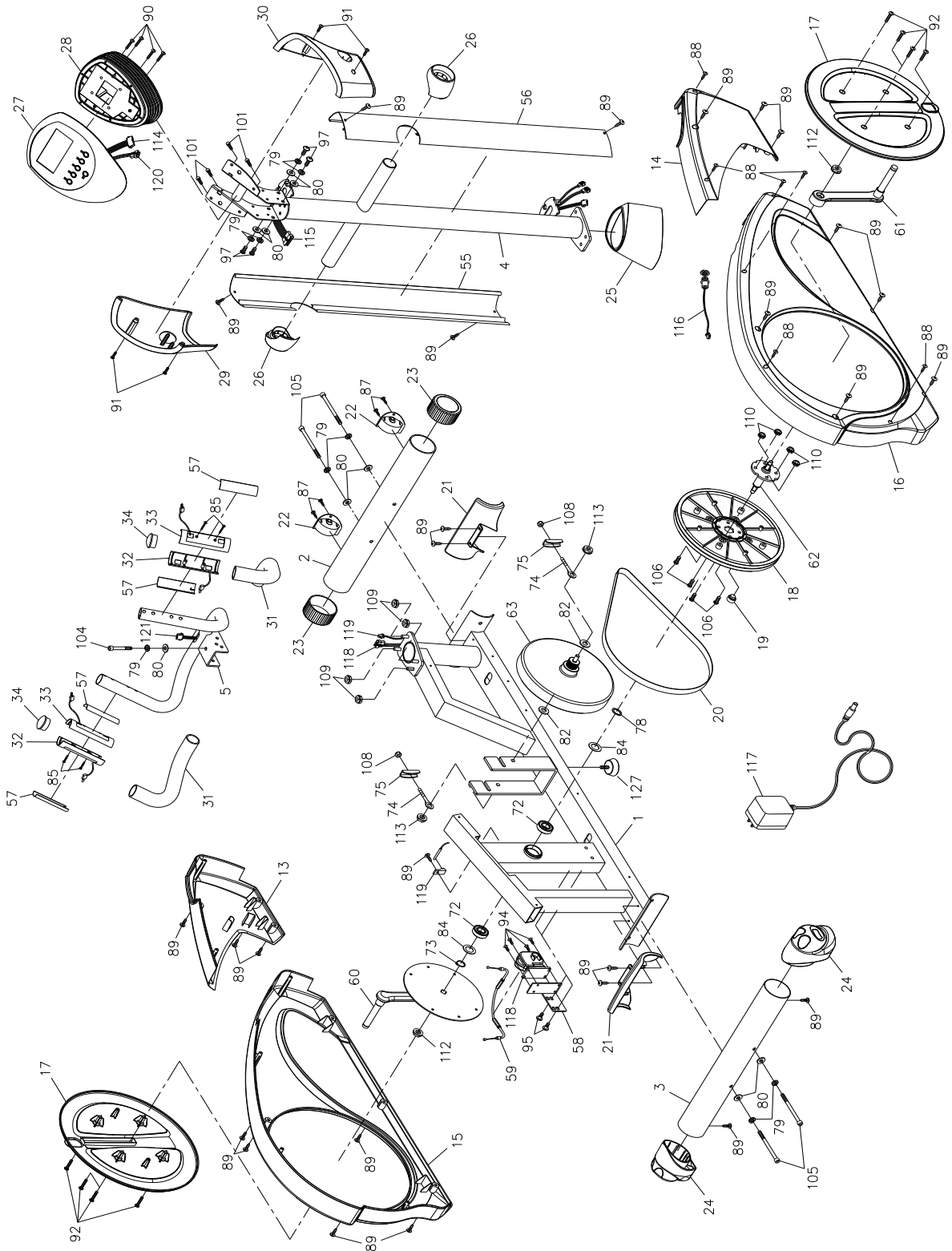
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down. DO NOT BOUNCE! Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.



**Remember always to check with your physician before starting any exercise program.**

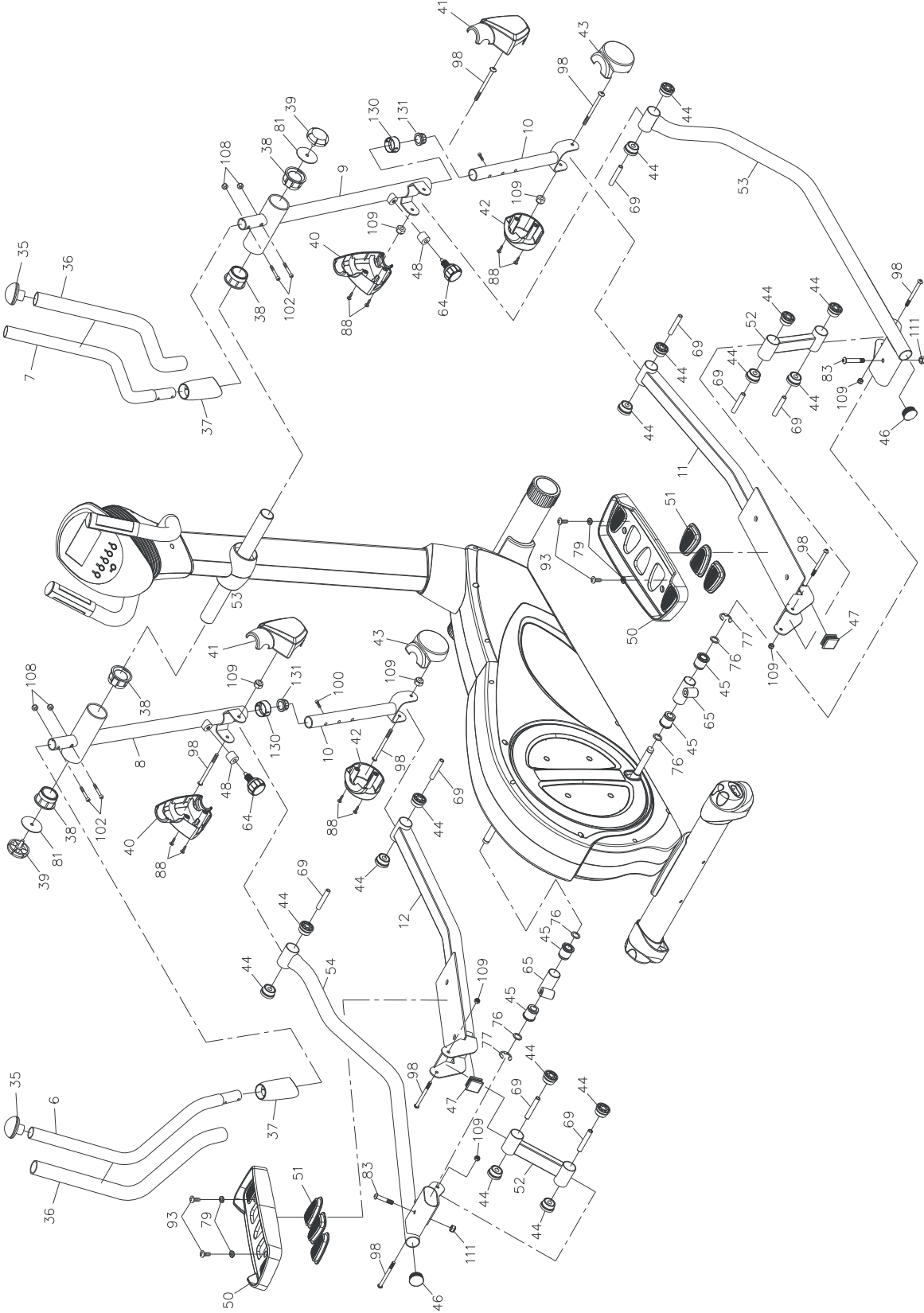
**Cool-Down** The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength-training session.

# PRODUCT PARTS DRAWING (A)





# PRODUCT PARTS DRAWING (B)



## PARTS LIST

NO.	Item Name	QTY
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Upright Post	1
5	Front Small Handlebar	1
6	Left Upper Handlebar	1
7	Right Upper Handlebar	1
8	Left Pivoting Arm	1
9	Right Pivoting Arm	1
10	Telescoping Bar	2
11	Right Pedal Support Arm	1
12	Left Pedal Support Arm	1
13	Front Left-Side Cover	1
14	Front Right-Side Cover	1
15	Rear Left-Side Cover	1
16	Rear Right-Side Cover	1
17	Crank Cover	2
18	Pulley	1
19	Magnet	1
20	Belt (1244mm J6)	1
21	Tube Decoration Cover for Stabilizer	2
22	Transportation Wheel (L&R)	2
23	Front Stabilizer EndCap	2
24	Adjusting Rear Stabilizer EndCap	2
25	Upright Sleeve	1
26	Rotator Cuff – Pivoting Arm	2
27	Console Upper Cover	1
28	Console Bottom Cover	1
29	Left Console Sleeve	1
30	Right Console Sleeve	1
31	Foam Grip for Front Small Handlebar	2
32	Hand Pulse Upper Cover	2

33	Hand Pulse Bottom Cover	2
34	Round Plug (31.8mm)	2
35	Hand-held Plug	2
36	Foam Grip for Upper Handlebar	2
37	Handlebar Sleeve	2
38	Pivot Arm Bushing (Ø60mm)	4
39	Securing Cap (Ø60mm)	2
40	Left Pivoting Arm Cover	2
41	Right Pivoting Arm Cover	2
42	Left Handrail Base Cover	2
43	Right Handrail Base Cover	2
44	Support Bushing (Ø12.1x Ø38mm)	16
45	Support Bushing (Ø33.4x Ø17mm)	4
46	Square Plug	2
47	Round Plug	2
48	Knob Foam	2
50	Pedal Upper Case	2
51	Non-Slip Pad	6
52	Pedal Suspension Tube	2
53	Right Pedal Linkage Tube	1
54	Left Pedal Linkage Tube	1
55	Left Upright Post Cover	1
56	Right Upright Post Cover	1
57	Pulse Sensor Housing w/ Sensor Plate	4
58	Fixed Bracket for Motor	1
59	Motor Cable	1
60	Left Crank	1
61	Right Crank	1
62	Axle for Crank	1
63	Flywheel	1
64	Pull Pin	2
65	Pedal Suspension Stand	2
69	Shaft Sleeve	8
72	Bearing (6004Z)	2
73	C-Ring (20mm)	1

74	Eye Bolt	2
75	Tension Bracketx0.5t)	4
76	Washer (17x33.4	8
77	E-Ring	2
78	Wave Washer	1
79	Lock Washer (M8)	13
80	Washer (8x16x2.0t)	9
81	Washer (8x60x2.0t)	2
82	Washer (10x23x2.0t)	2
83	Bolt, Button Head (M10xp1.25x50mm)	2
84	Washer (21x30x1.0t)	2
85	Self-Tapping Screw, Round Head (M3x25mm)	4
87	Self-Tapping Screw, Button Head (M4x16mm)	4
88	Self-Tapping Screw, Flat Head (M4x16mm)	18
89	Self-Tapping Screw, Flat Head (M5x18mm)	27
90	Screw, Pan Head (M5xp0.8x25mm)	4
91	Screw, Round Head (M5xp0.8x15mm)	4
92	Screw, Round Head (M6xp1.0x15mm)	8
93	Screw, Round Head (M8xp1.25x16mm)	4
94	Screw, Flat Head (M5xp0.8x12mm)	4
95	Bolt, Pan Head (M8xp1.25x15mm)	2
97	Bolt, Button Head (M8xp1.25x16mm)	4
98	Bolt, Button Head (M8xp1.25x90mm)	8
100	Bolt, Socket Head (M5xp0.8x15mm)	2
101	Bolt, Socket Head (M6xp1.0x15mm)	4
102	Bolt, Socket Head (M6xp1.0x35mm)	4
104	Bolt, Socket Head (M8xp1.25x55mm)	1
105	Bolt, Socket Head (M8xp1.25x90mm)	4
106	Bolt, Hex Head (Thin) (M8xp1.25x16mm)	4
108	Nut (M6)	6
109	Nut (M8)	12
110	Thin Nylock Nut (M8)	4
111	Nut (M10)	2
112	Flange Nut (M10)	2
113	Flange Nut – Black Color (M10)	2

114	Front Connection Wire	1
115	Rear Connection Wire	1
116	Adaptor Connection Wire	1
117	Adaptor	1
118	Motor w/ Wire	1
119	Sensor Wire w/Stand	1
120	Front Pulse Sensor Wire	1
121	Rear Pulse Sensor Wire	1
127	Stand	1
130	Middle Handlebar Connection Plug	2
131	Pivoting Arm Connection Plug	2

## TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

### General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated hereunder determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Borivojova Street 35/878, Prague 13000, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions to the extent specified in the Commercial Code.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

### Warranty Conditions

#### Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

#### The Warranty does not cover defects resulting from:

User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks

Improper maintenance

Mechanical damages

Regular use (e.g. wearing out of rubber and plastic parts, joints etc.)

Unavoidable event, natural disaster

Adjustments made by unqualified person

Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

### **Warranty Claim Procedure**

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.



#### **SEVEN SPORT s.r.o.**

Registered Office:	Borivojova 35/878, 130 00 Praha 3, Czech Republic
Headquarters:	Delnicka 957, 749 01 Vitkov, Czech Republic
Warranty & Service Centre:	Cermenska 486, 749 01 Vitkov, Czech Republic
CRN:	26847264
VAT ID:	CZ26847264
Phone:	+420 556 300 970
E-mail:	eshop@insportline.cz reklamace@insportline.cz servis@insportline.cz
Web:	www.insportline.cz

**INSPORTLINE s.r.o.**

Headquarters, Warranty & Service centre: Elektrická 6471, 911 01 Trenčín, Slovakia

CRN: 36311723

VAT ID: SK2020177082

Phone: +421(0)326 526 701

E-mail: [objednavky@insportline.sk](mailto:objednavky@insportline.sk)

[reklamacie@insportline.sk](mailto:reklamacie@insportline.sk)

[servis@insportline.sk](mailto:servis@insportline.sk)

Web: [www.insportline.sk](http://www.insportline.sk)

Date of Sale:

Stamp and Signature of Seller: