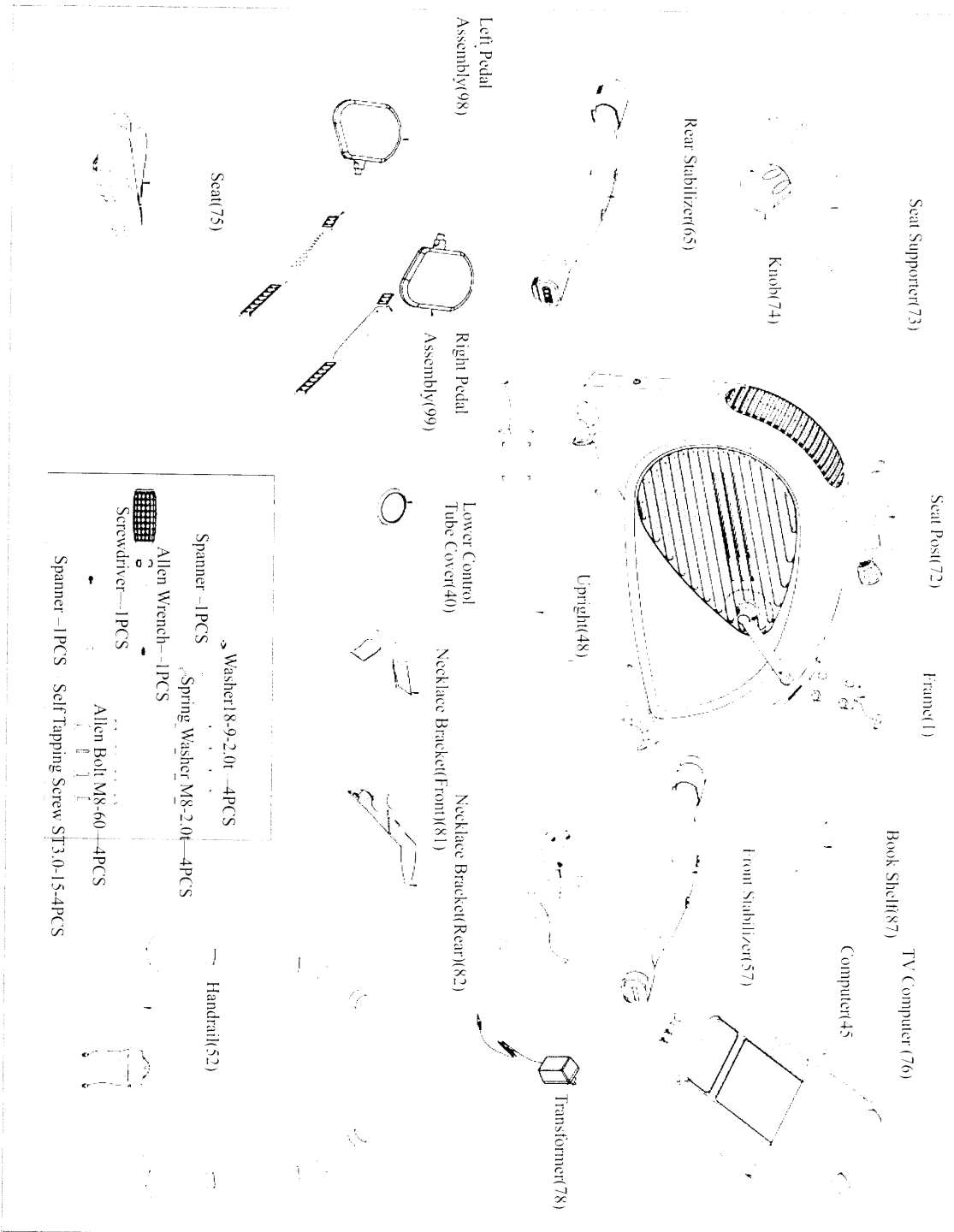
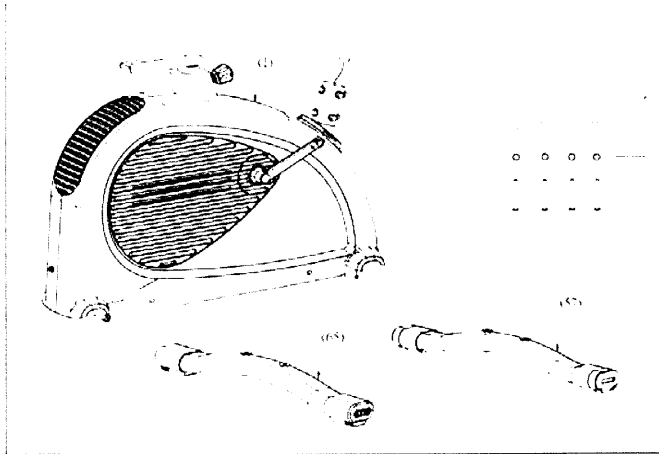


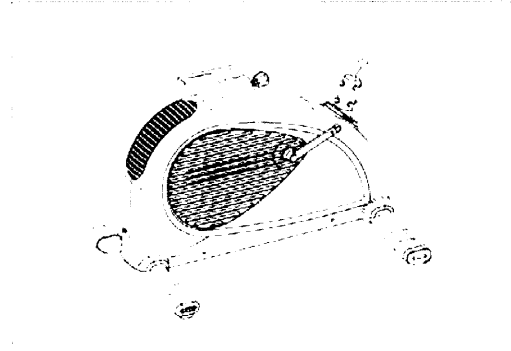
1. Assembly Parts



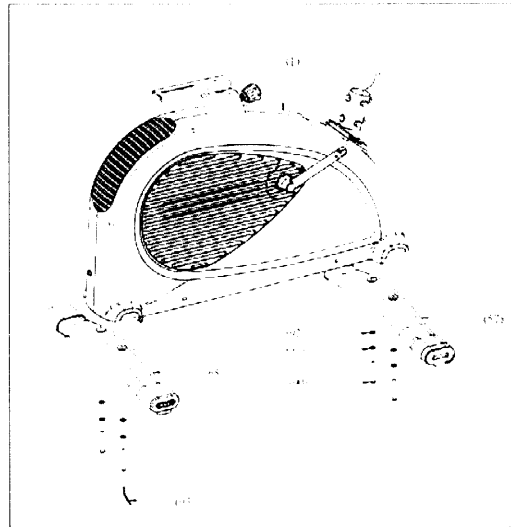
2. To assemble the Stabilizers



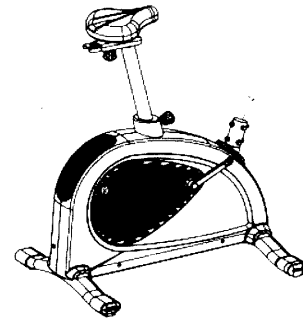
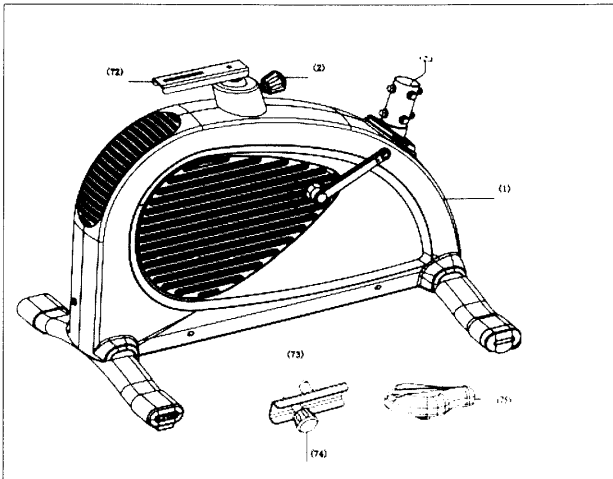
Washer	MS 2026-4X8021
Spring Washer	MS 2026-4X8021
Allen Bolt	MS 2000-4X80001



Refer to the right drawing, attach the Stabilizers(57)(65) to the Frame with Bolt(90).Spring Washer(91), Washer(92), and pay attention to the assembly sequence of the washers, then tighten with Allen Wrench(93).



3. To assemble the Seat

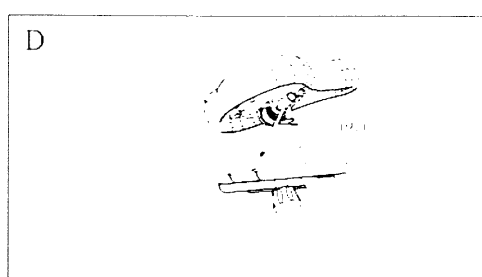
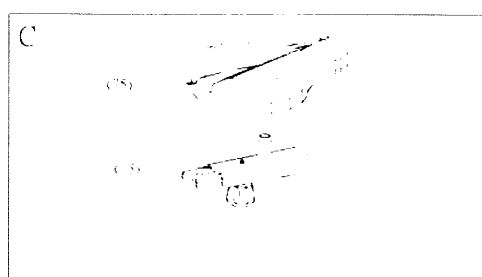
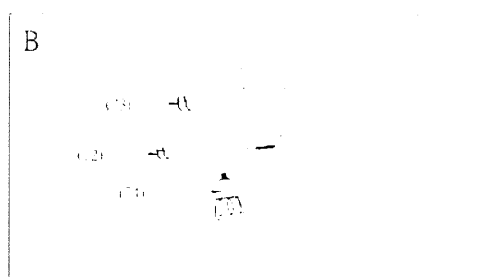
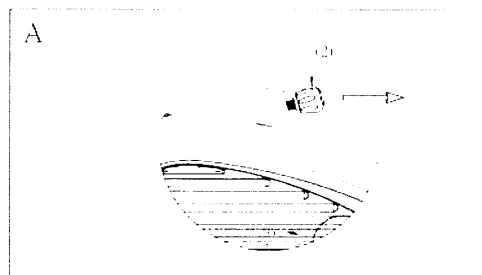


Step A: Unscrew the POP-PIN(2) and pull it out in the direction shown in the right drawing, then adjust the Seat Post(72) to the suitable height.

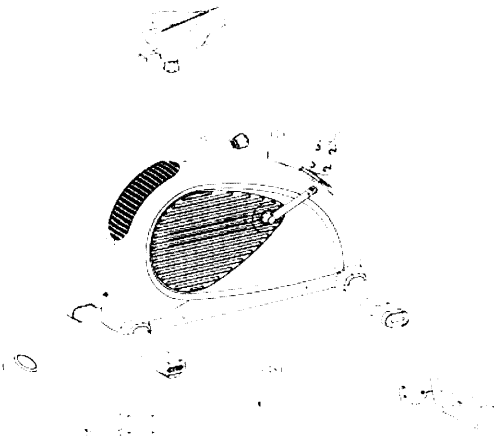
CAUTION: When pull up the seat tube, if "MAX" is seen, please do not pull up again!

Step B: Attach the Seat Supporter(73) to the Seat Post(72) and tighten with Knob(74).

Step C+D: Insert the Seat (75) into the Seat Supporter (73) (shown in Picture C), then tighten the nuts with the Wrench (97) (shown as Picture D).



4. To assemble the Uprights



Step A: Unscrew the Bolt (88) and the Arc Washer (89) from the Frame.

Step B: Slide the Lower Control Tube Cover (40) onto the Upright from the Lower Upright (48).

Step C: Connect the middle Control Wires (16) connector and the lower Control Wires (49) connector between the Upright and the Frame (shown as picture C).

Step D: Attach the Upright (48) to the Frame with Bolt (88), Arc Washer (89), then tighten the bolts with Open Spanner (95).



A



B



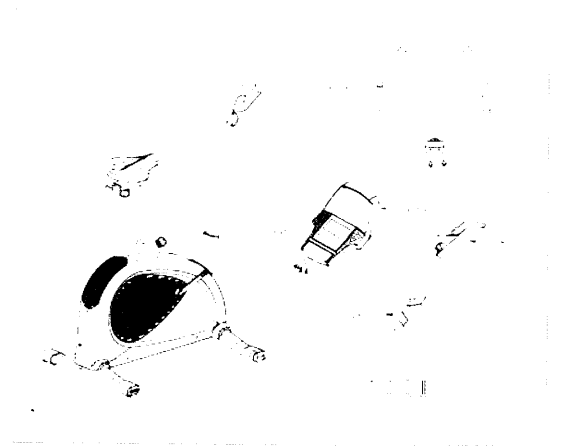
C



D



5. To assemble the Handrails, Computer and Necklace Brackets

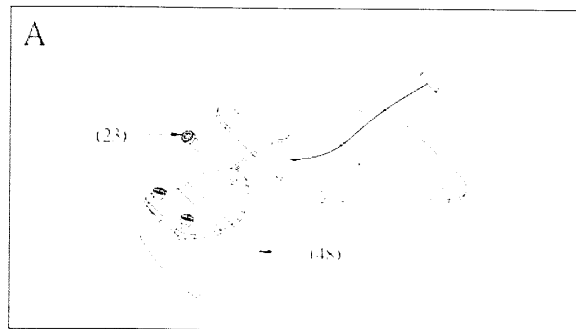


Self Tapping Screw (PARTS LIST)

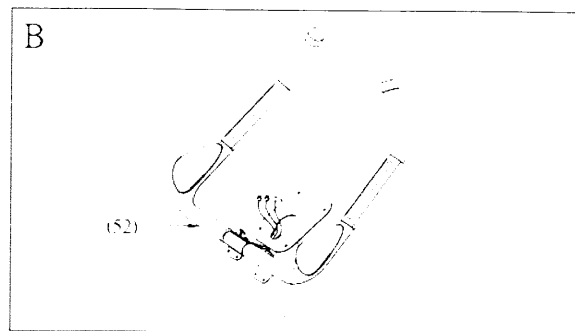


5.1. To assemble the Handrails

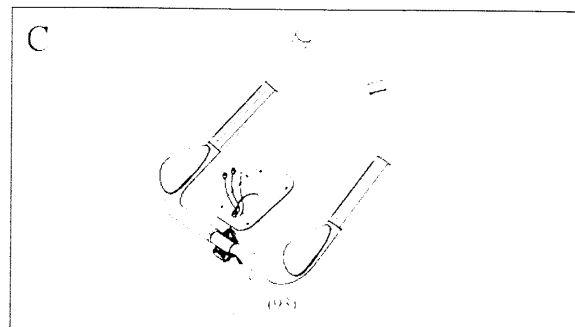
Step A: Unscrew the Bolt(23) from the Upright(48).



Step B: Attach the Handrail(52) to the Upright(shown as Picture B).

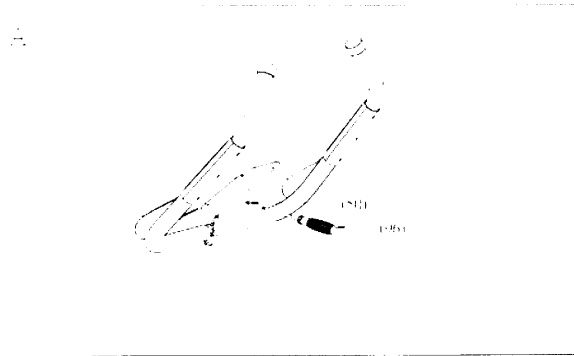


Step C: Attach the Handrail Assembly to the Upright with Bolt(23) and Allen Wrench(93).



5.2. To assemble the Necklace Brackets(Front)(Rear)

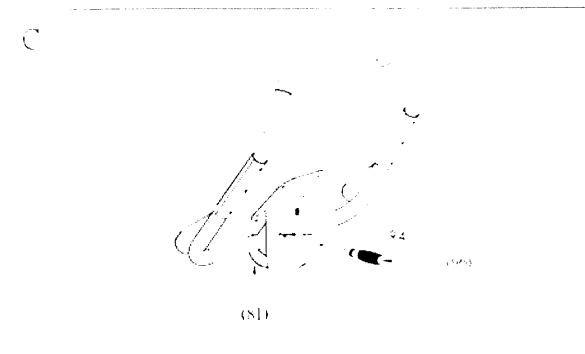
Step A: Unscrew the Screw(50) from the Upright with Screwdriver(96).



Step B: Attach the Necklace Bracket (Rear)(82) to the Upright with Screw(50) and tighten with Screwdriver(96) .

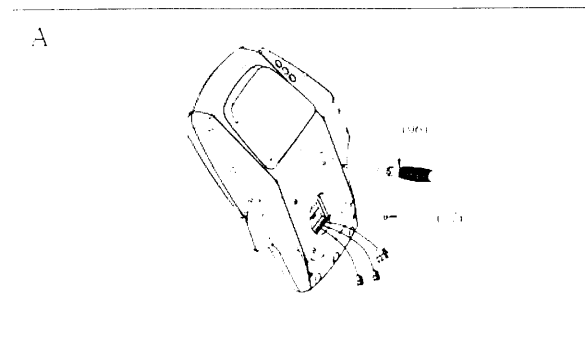


Step C: Attach the Necklace Bracket (Front)(81) to the Necklace(Rear) with Screw(94) and tighten with Screwdriver(96) .

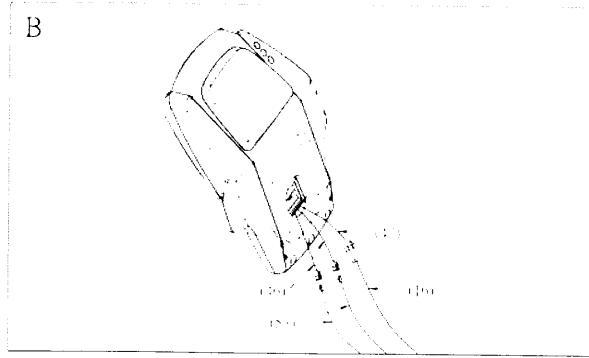


5.3. To Assemble the Computer Console

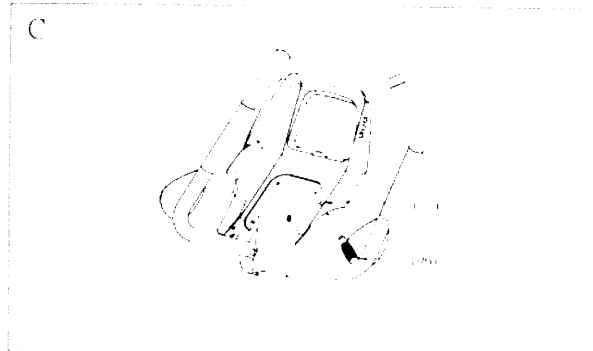
Step A: Unscrew the Screw(77) from the Computer Console with Screwdriver(96).



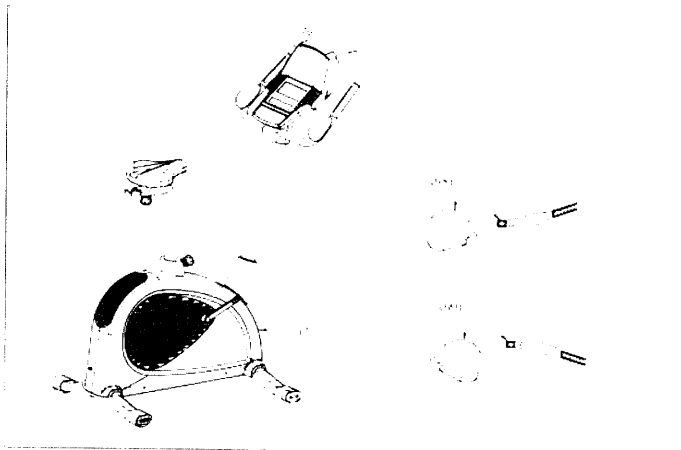
Step B: Connect the out wires from the Computer, connect (46) to (53), (47) to (16), be sure not to connect wrong.



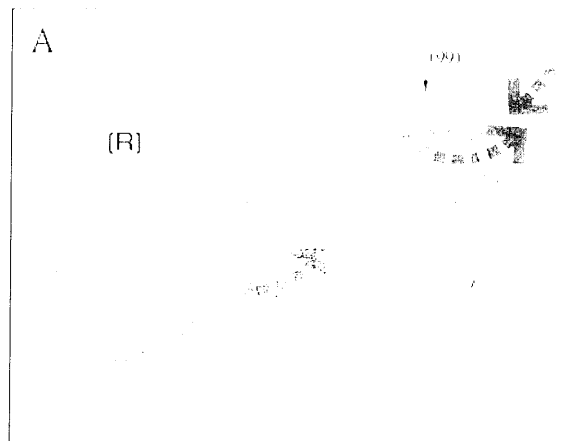
Step C: Attach the Computer to the Upright with Screw (77) and Screwdriver (96).



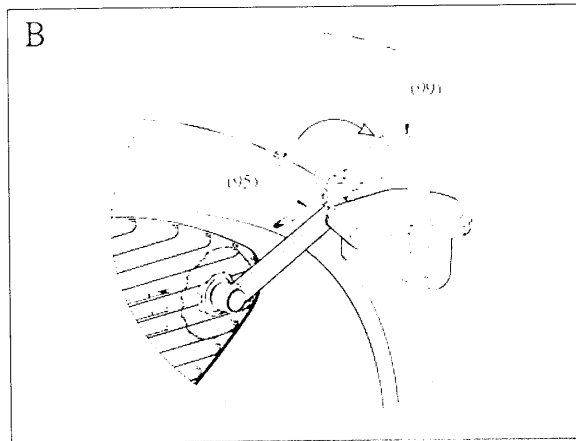
6. To assemble the Pedals



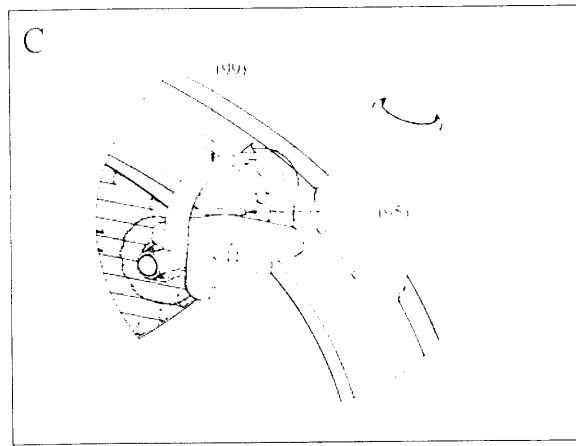
Step A: Attach the Plastic Belt to the Pedal.



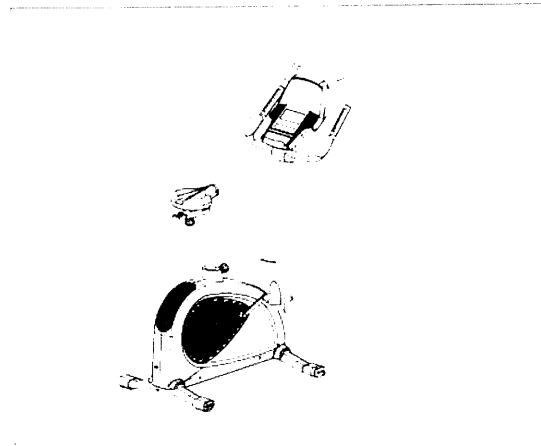
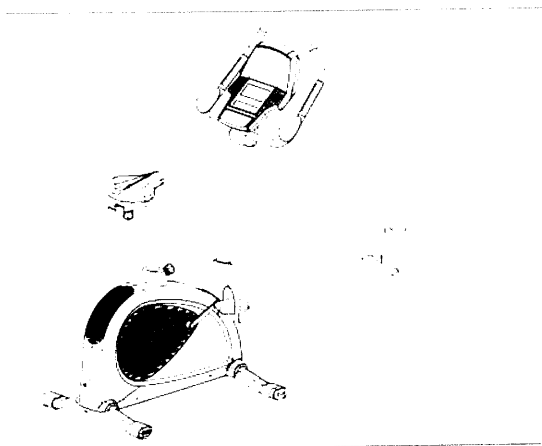
Step B: Firmly tighten the Pedal with Open Spanner(95) in the direction shown in Picture B.



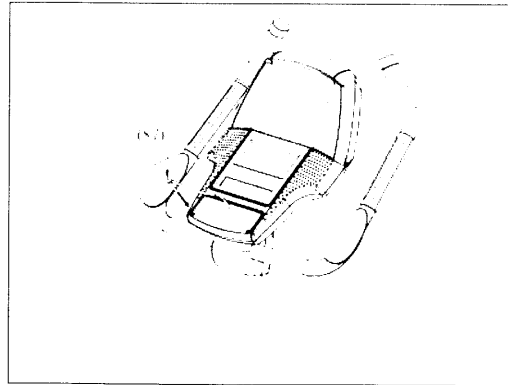
Step C: If needed, dismantle the pedal with Open Spanner(95) in the direction shown in Picture C.



7. To Assemble the Book Shelf

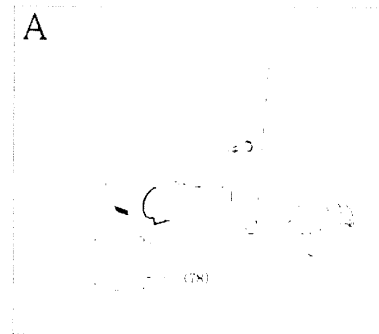


Insert the Book Shelf (87) into the Computer Console in the direction shown in the picture.



8. To Assemble the Computer Power Supply

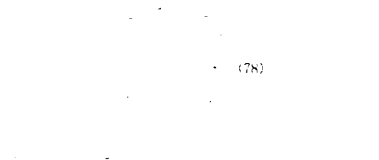
Step A: Plug one end of the Transformer (78) Connector into the Frame power jack.



Step B: Plug the other end of the Transformer (78) into your home power socket and then the computer is ready for use.

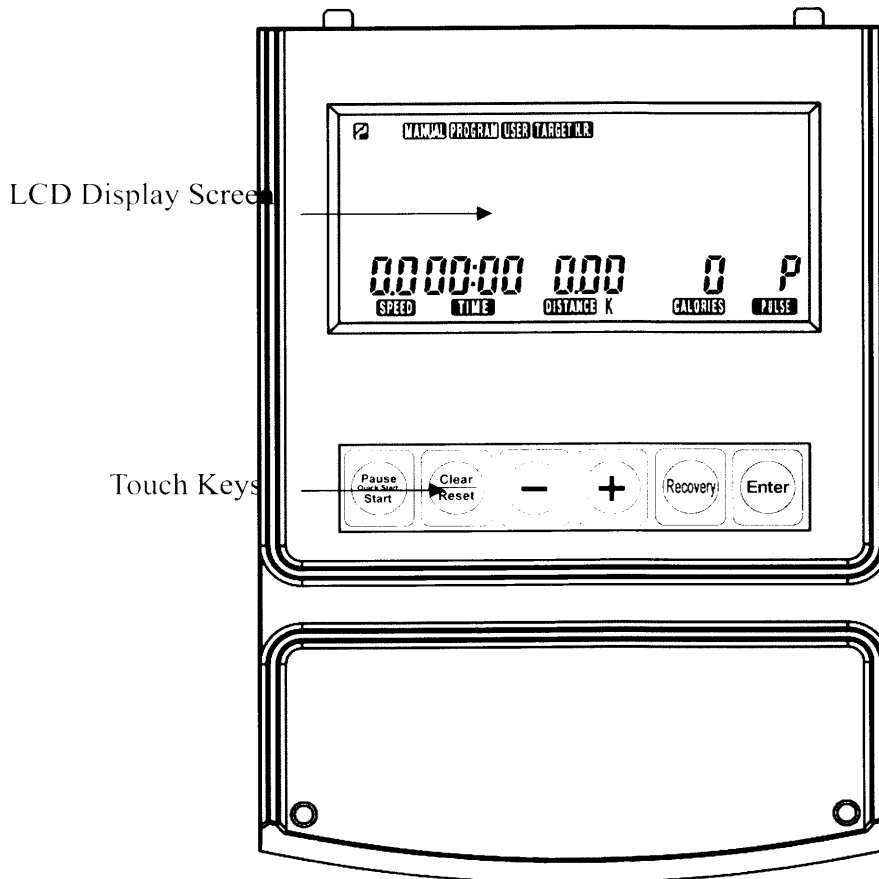
Caution: Before plug, please carefully check the parameters of the Transformer (such as the input voltage ,the output voltage etc.).

B



Computer Operation Instructions

1. Schematic drawing



2. Power Up

Note: Self generating elliptical requires pedaling to power-up. When turned on, the display will emit a long beep as all LCD displays light up.



Note: When there is no signal or data input for 4 minutes, the machine will enter sleep mode. Pedaling the machine or key selection will wake-up the elliptical.

Quick Start


Quick Start may be used at power-up and with all workout modes. Quick Start at power up will default the elliptical to manual workout mode.





Note: Quick start will set work out parameters such as time, distance, calories to default values.

Pause

Workout can be paused by pressing . A flashing "P" will be displayed in upper left corner of panel indicating workout is paused. Workout will resume when  is pressed again.



Pulse recovery

After you start it press  enter the heartbeat pulse recover. The first 10 seconds of the test, it will exam the heartbeat pulse. (the heartbeat pulse displays : it will count backwards 60 seconds , 60seconds later it will display the result A+ , A- , B+ , B- , C+ , C- , A+ is the best result , C- is the worst. If it shows no heartbeat pulse : It will back to the non-exercise mode)



After start the machine users can press  to enter the exercise mode and press  or press  for some seconds to the initial position, press  for the second time to enter the heartbeat pulse recovery exam.

Workout Selection

There are 4 basic workout modes:
Manual, Pre-program, User, Target HR

After power on users can press  or  to interchange in **Manual, Pre-program, User, Target HR.**

Press  to select desired mode.

At power up users can press  to enter the exercise mode. Press 

for pause and press  for some seconds to the initial position, press 

or  to interchange **Manual, Pre-program, User, Target HR.**

Press  to select desired mode.

Heart Rate Monitoring & Control

All ellipticals have heart rate monitoring capability through contact heart rate grips. This machine is adapted to the wireless heartbeat pulse. The operation introduction is as follows:

To use the Heart Rate Strap, wear it directly against your skin, about one inch below the pectoral muscles/ breast line. Women should be careful to place the transmitter below their bra line. Some moisture is necessary between the strap and your skin. Sweat from exercise works best, but ordinary tap water may be used prior to your workout

3. Key Functions

KEY FUNCTIONS	DESCRIPTION
<p style="text-align: center;">Pause Quick Start Start</p>	<p>Dual function key, starts & pauses workouts. Note: Quick start is initiated when start key is selected prior to selecting a program or workout parameters: TIME, DISTANCE, etc.</p>
<p style="text-align: center;">Clear <hr/>Reset</p>	<p>Operates only when in pause mode. Holding key for 3 seconds will reset elliptical to power-up condition.</p>
<p style="text-align: center;">—</p>	<p>Decrease value of selected workout parameter: TIME, DISTANCE, etc. Allows selection of workout mode: Manual, Program, User, Target HR.</p>
<p style="text-align: center;">+</p>	<p>Increases value of selected workout parameter. Allows selection of workout mode: Manual, Program, User, Target HR.</p>
<p style="text-align: center;">Recovery</p>	<p>Pulse recovery, This function is used to measure your Health Index according to your heart rate change in the first minute after exercising.</p>
<p style="text-align: center;">Enter</p>	<p>To input desired value or workout mode. May advance flashing prompt to next parameter or mode for selection.</p>

4. Setting Workout Parameters

After selecting desired workout mode: Manual, Program, User & Target HR, you may pre-set several workout parameters for desired results.

WORKOUT PARAMETERS:

RPM
SPEED
TIME
DISTANCE
WATTS
CALORIES
PULSE

Note: Some parameters are not adjustable in certain programs.

Once a program has been selected, pressing **Enter**, will make "**Time**" parameter flash.

Using **- +** you may select desired time value. Press **Enter** to input value.

Flashing prompt will move to the next parameter. Continue use of **Enter - +** until desired values are set.

Press **Pause Quick Start Start** to begin workout.

On The Fly Changes

Parameters: Time, Distance, etc. maybe reset after program begins by

pressing **Pause Quick Start Start**.

when in pause mode," **Time**" will flash and **- +** can be used to adjust time.

Clear Reset can be used to clear value. Press **Enter** to move flashing prompt to next

value. Repeat sequence for other parameters. Press **Pause Quick Start Start** to resume workout.

More About Workout Parameters

Field	Display Range	Store Information	Zeroing	Description
TIME	0 00-99	Yes	Yes	1 When display is 0 00, TIME will count up 2 When TIME is 01 00-99 00, it will count down to 0
DISTANCE	0 00 – 99 90	Yes	Yes	1 When display is 0 00, DISTANCE will count up 2 When DISTANCE is 0 10-99 90, it will count down to 0
PULSE	30-240 BPM	Yes	Yes	When Heart Rate exceeds set range, user will be alerted (Range 70-240)
CALORIES	00-990 CAL	Yes	Yes	1 When display is 0 00, CALORIES will count up 2 When CALORIES is 10 - 990, it will count down to 0
WATT	30-450 VARIES BY MODEL	Yes	Yes	1 When display is 0 00, WATTS will count up
RPM	0-250	No	No	During workout, the WATT / CALORIES / RPM SPEED fields Scroll on display every 6 seconds

5. Manual Workout “Manual”

Default program when elliptical is quick started at power-up. **- +** adjusts work resistance levels.

Setting Parameters for Manual

Select “**Manual**” by pressing **+** or **-** press **Enter** twice. 1st parameter “Time”

will flash so value can be adjusted using **- +**

Press **Enter** to save value & move to next parameter to be adjusted. Continue through

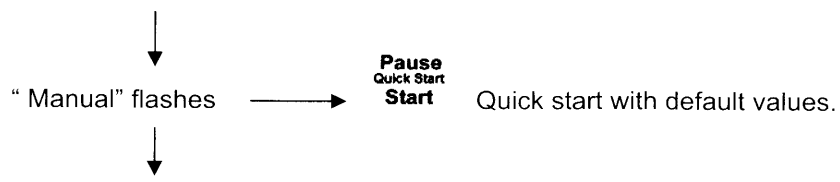
all desired parameters, press **Pause Quick Start Start** to begin workout.

Notes: 1. Parameters can be reset at any time during workout, on the fly.

2. Some parameters are not adjustable in certain workout modes.
See “Setting Workout Parameters” for further details.

“Manual” Operating Instructions

After turn on the machine press **-** or **+**



Enter



Enter

“Time” flashes **-** **+** .



Enter

“Distance” flashes **-** **+**



Enter

“Calories” flashes **-** **+**

Enter



“Pulse” flashes **-** **+**



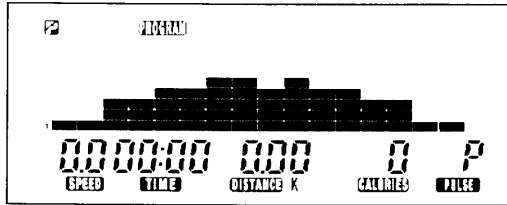
**Pause
Quick Start
Start**

Begin Workout !

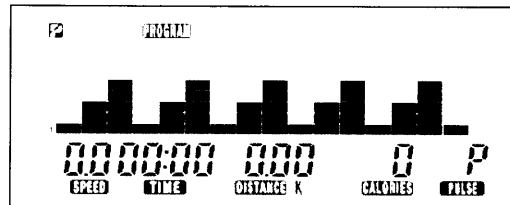
Note: **-** **+** for resistance levels.

6. Pre-program Workouts” Program”

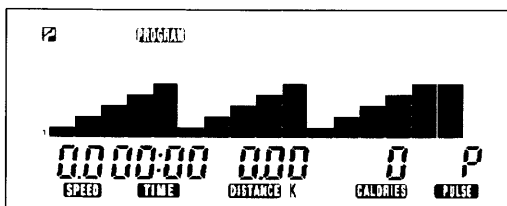
There are 12 program profiles ready for use. All program profiles have 16 levels of resistance that can be user adjusted.



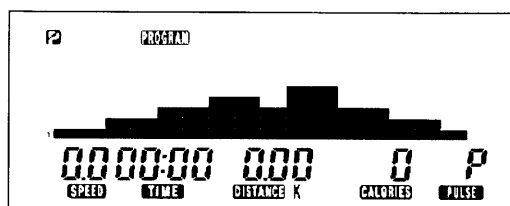
Profile #1



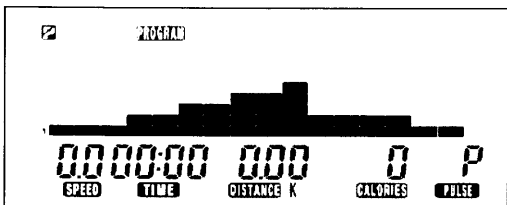
Profile #2



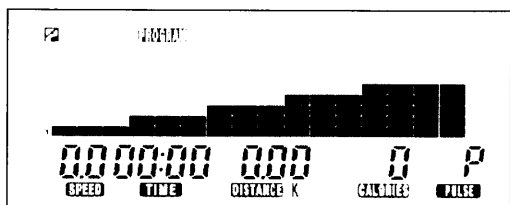
Profile #3



Profile #4

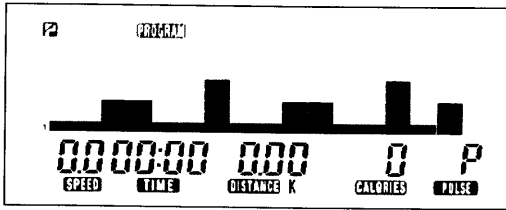


Profile #5

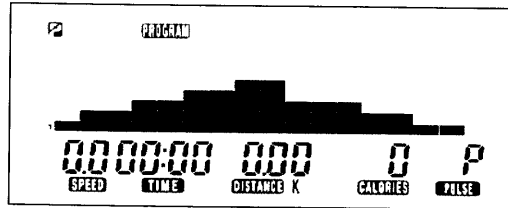


Profile #6

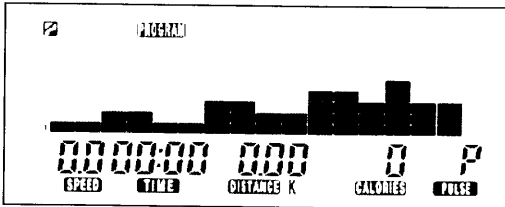
Pre- Programs continued...



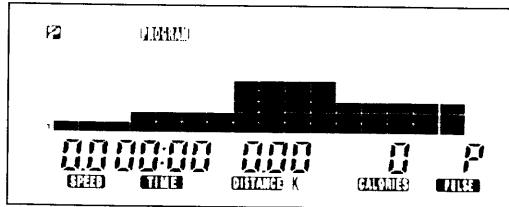
Profile #7



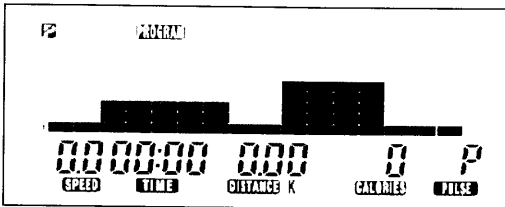
Profile #8



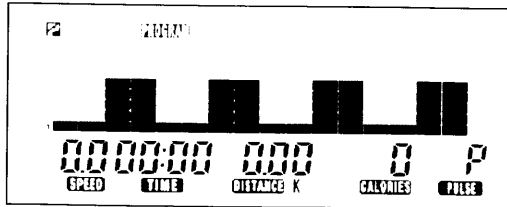
Profile #9



Profile #10



Profile #11



Profile #12

Selecting a Program

After start the machine press **+** or **-** to the "Program", press **Enter**.

Using **-** **+** .to find desired program press **Enter** to select program.

Pause
Quick Start
Start may be pressed to start workout if parameters will not be user set.

Setting Parameters For Program Profile.

After selecting desired program (P1-P12). Press **Enter**, 1st parameter "Time" flashes. Set

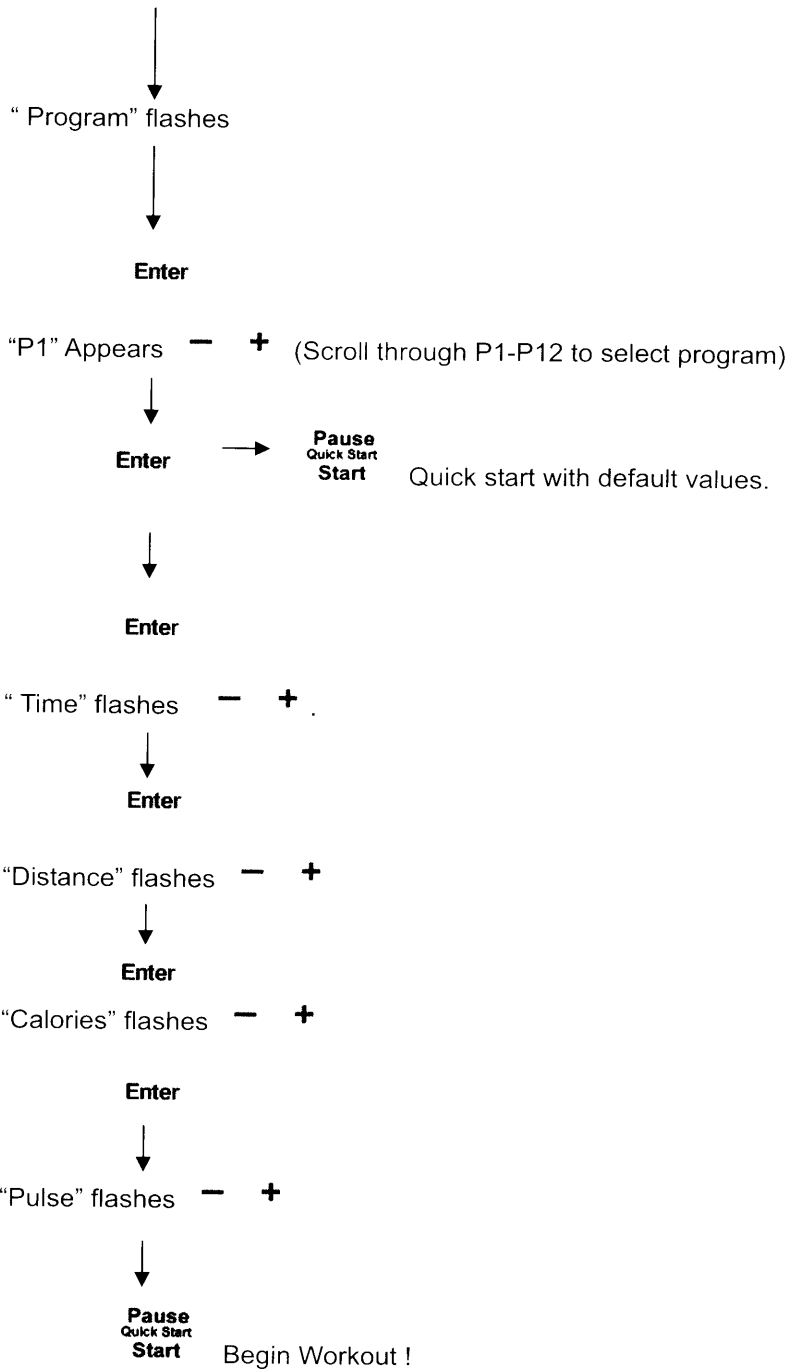
value using **-** **+**. Press **Enter** to save parameter value and to scroll through to

next parameter. Continue through all parameters. Press **Pause**
Quick Start
Start to begin workout.

- **+** will adjust resistance levels, at any time during workout.

“Program ”Operating Instructions

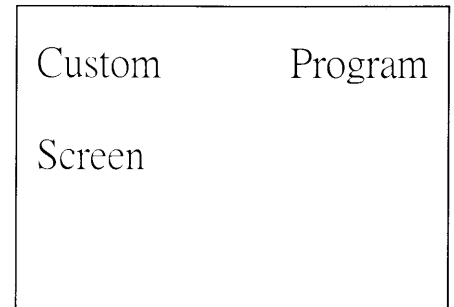
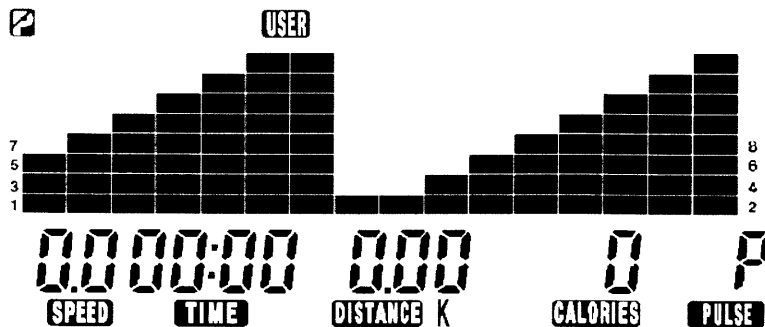
When the machine is on press **-** or **+**



Note: **- +** For resistance levels.

7. User Workout “User”

User program allows user to create their own program that can be used immediately and on subsequent workouts.



Create User Profile

When the machine is on press **+** or **-** to the “User”, press **Enter**. Segment 1

will flash. Adjust **-** **+** to set desired resistance level. Press **Enter** to

move to next segment continue for all 16 segments. Press **Pause Quick Start Start**

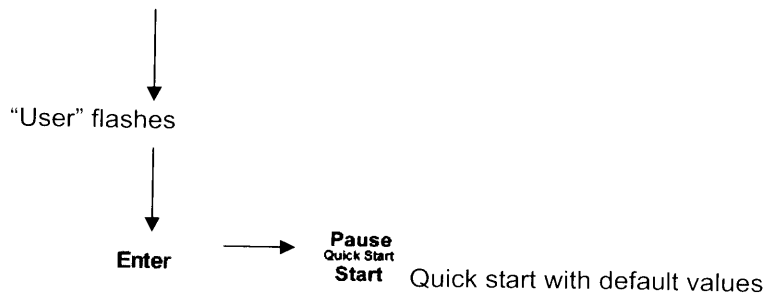
to begin 16 minute workout; 16 minutes is the default time.

Workout time may be adjusted by pressing **Pause Quick Start Start**. “Time” flashes set total

workout time using **-** **+**.

“User” Operating Instruction

When it is on press **-** or **+**

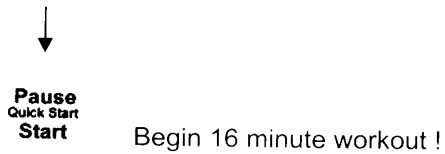


Segment 1 flashes **-** **+**

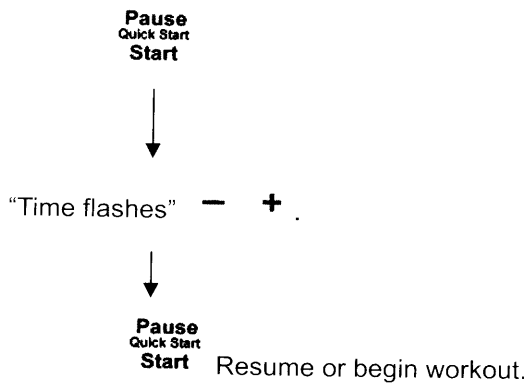


Segment 2 flashes **-** **+**

Continue through 16 segment.



Workout Time Adjustment (0-99 minutes.)



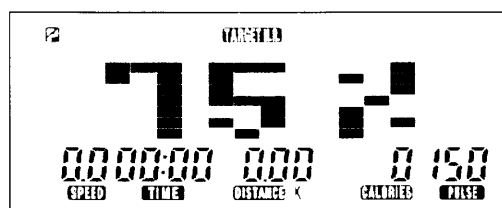
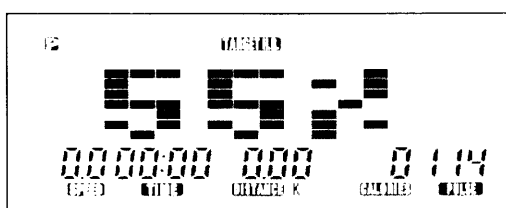
Note: **-** **+** for resistance levels.

8. Target Heart Rate Workout “Target HR”

The Target Heart Rate workout allows user to maintain a specified desired heart pulse rate throughout workout. The elliptical software will adjust resistance levels to maintain target HR. User cannot adjust resistance levels manually .

There are 4 selections for target **PULSE**:

55% = 55% of (220-AGE)	} (See Examples below)
75% = 75 % (220-AGE)	
90% = 90% of (220-AGE)	
THR = Set by user	



When heart rate target is achieved WORK LEVEL resistance will vary to maintain selected heart rate.

Setting parameter for “ Target HR”

When the machine is on press **+** or **-** to the “Target HR”, press **Enter** . “Age 30” will flash.

Press **-** **+** to change age.(Range from 5 to 99)..Press **Enter** , 55% flashes. **-** **+** . allows selection of 55%, 75%,

90% and THR”. Press **Enter** .

Note: 55%- 90%, sets target HR pulse based on age and % of max HR selected. “ THR” allows user to set target personal HR pulse rate.

If choosing “ 55%-90%” mode. Press **Enter** to adjust “Time” using **-** **+** .

continue setting desired parameters. Press **Pause Quick Start** to begin workout.

When choosing “THR” mode “Pulse” will flashes “100 **-** **+** .to adjust pulse.

Press **Enter** . "Time" will flash use **- +** . to enter value press **Enter**

continue with other parameters. Press **Pause Quick Start Start** to begin workout.

"Target HR" Operating Instructions

When it is on press **-** or **+**

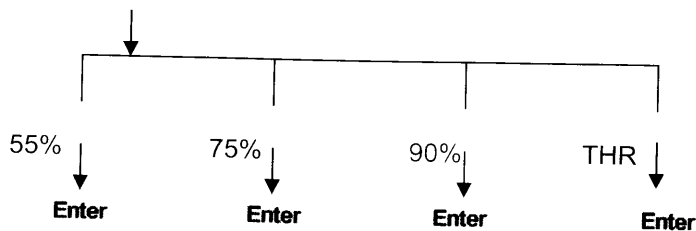
"HR Target" flashes

Enter

"Age 30" flashes **- +** . (To adjust user age.)

Enter

"55%" flashes **- +** . (To select: 55%, 75%, 90% ,THR)



Enter

"100" flashes **- +** Adjust target heart rate pulse.

"Time" flash.

parameters.

Note: Continue key sequence setting remaining

Enter

Pause Quick Start Start

user in target HR

Note: Resistance levels cannot be adjusted by

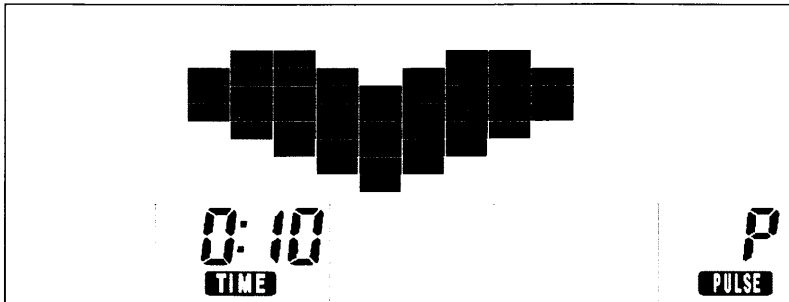
9. Pulse recovery

This function is used to measure your Health Index according to your heart rate change in the first minute after exercising.

Start the machine and press **Recovery** to enter the heartbeat pulse recovery. Or after the

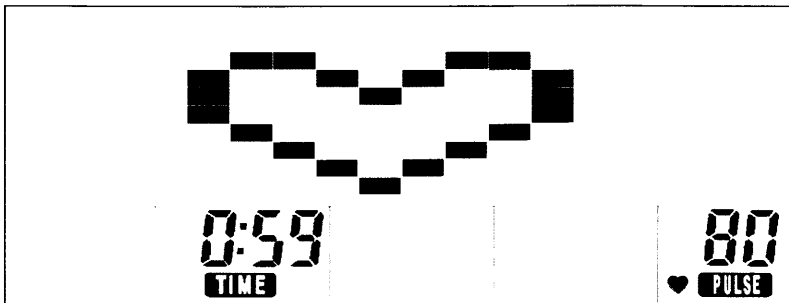
exerciseor when pause it displays flashing "P", press **Clear**
Reset for some seconds

to the initial position. Press **Recovery** for the second time to enter the heartbeat pulse recovery. The first 10 seconds of the test exam the heartbeat pulse (Picture 1). If there is no result shows : It will back to the non-exercise mode.)



1

Display the heartbeat pulse : Enter the 60 seconds count backwards(Picture 2).



2

60 seconds later it will display the result, A+、A-、B+、B-、C+、C-、A+ is the best、C- is the worst. (Picture 3)

