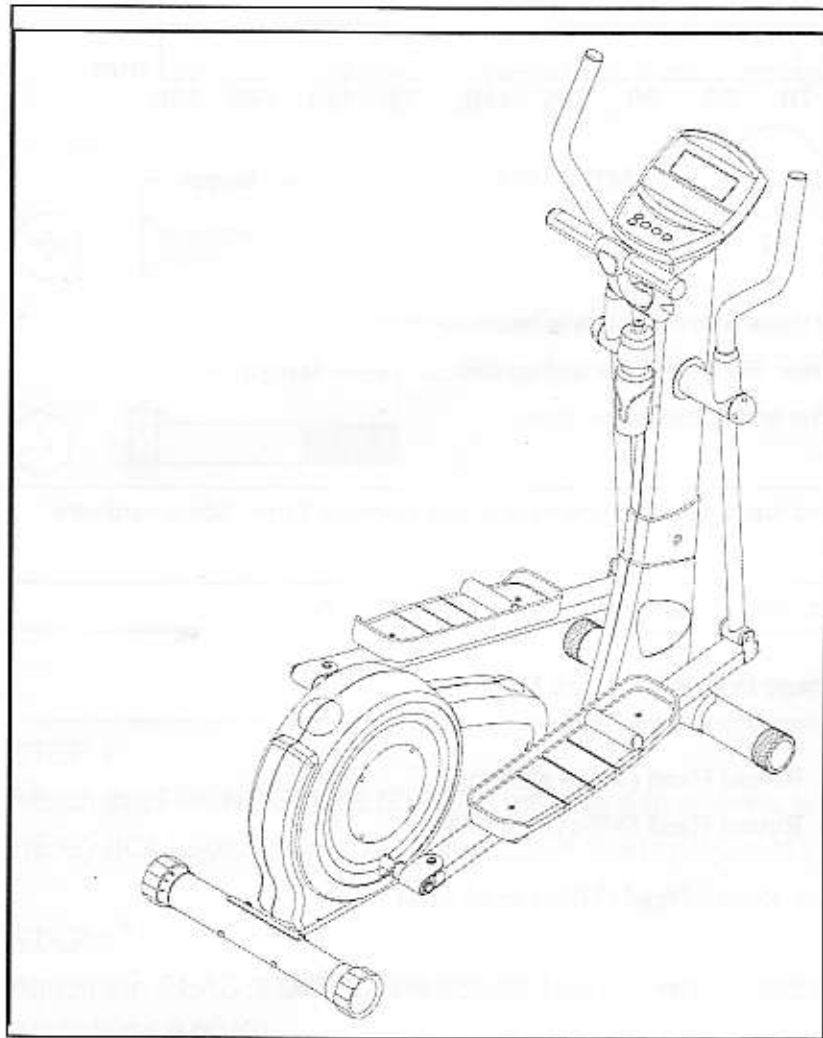


ELLIPTICAL

Owner's Manual



WARNING

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 others 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.

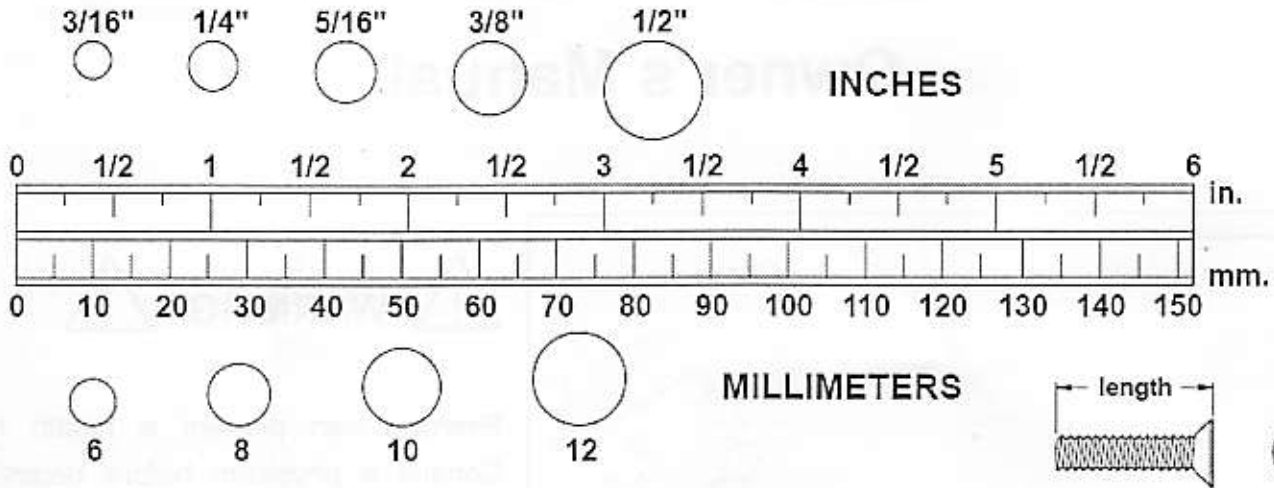
CAUTION:

Weight on this product should not exceed 136 KGS.

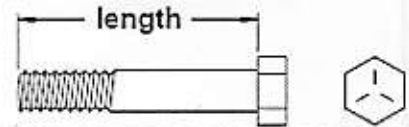
Product May Vary Slightly
From Pictures

HAREWARE INDETIFICATION CHART

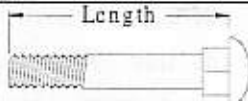
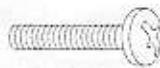
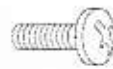












This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



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.

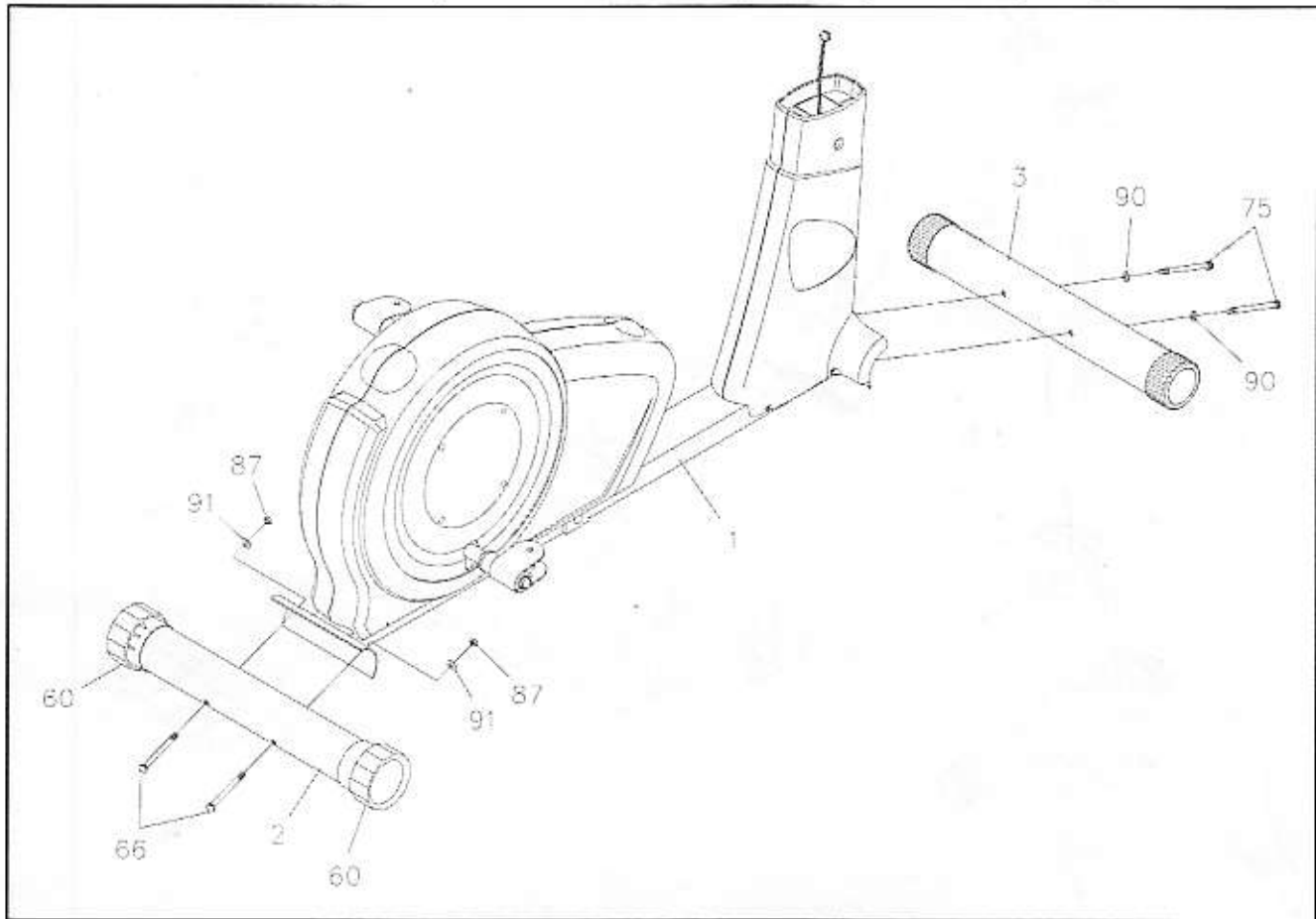


After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

| | Part No. and Description | Q'ty |
|---|--------------------------------------|------|
|  | 66 Carriage Bolt (M8x 1.25x 85 mm) | 2 |
|  | 68 Bolt, Round Head (M6x1x25mm) | 4 |
|  | 69 Bolt, Round Head (M6x1x35mm) | 4 |
|  | 97 Screw, Round Head (M5x0.8x12 mm) | 2 |
|  | 71 Bolt, Button Head (M10x1.25x25mm) | 2 |
|  | 72 Bolt, Socket Head (M8x1.25x25mm) | 4 |
|  | 73 Bolt, Socket Head (M8x1.25x35mm) | 2 |
|  | 74 Bolt, Socket Head (M8x1.25x50mm) | 2 |
|  | 75 Bolt, Socket Head (M8x1.25x90mm) | 2 |
|  | 85 Nylock Nut (M6x1) | 4 |
|  | 87 Nylock Nut (M8x1.25x8mm thick) | 2 |
|  | 88 Nylock Nut (M10x1.25) | 2 |
|  | 90 Lock Washer (M8) | 8 |
|  | 91 Washer (M8) | 2 |
|  | 92 Washer (M10) | 2 |

ASSEMBLY INSTRUCTIONS

Please all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning



STEP 1

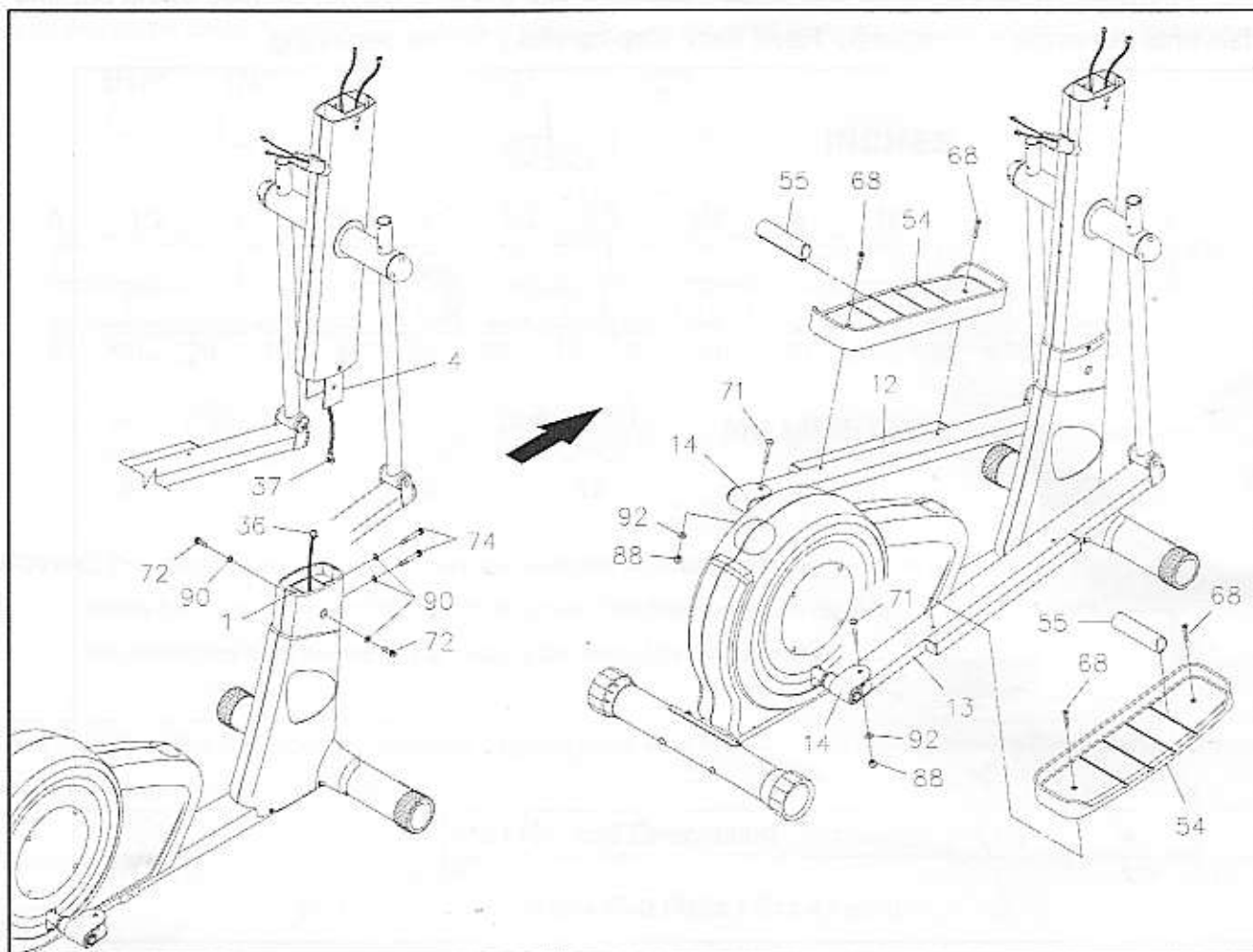
Attach the FRONT STABILIZER(3), the one with wheels, onto the MAIN FRAME(1) with SOCKET HEAD BOLTS(M8x90mm)(75) and LOCK WASHERS(M8)(90).

STEP 2

Attach the REAR STABILIZER (2) onto the MAIN FRAME(1) with CARRIAGE BOLTS(M8X85mm)(66), WASHERS(M8)(91), and NYLOCK NUTS(M8)(87).

NOTE: You can adjust the LEVELING CAPS(60) on the REAR STABILIZER(2) to keep the Elliptical stable.

ASSEMBLY INSTRUCTIONS



STEP 3

Connect the LOWER CONNECTION WIRE(36) to UPPER CONNECTION WIRE(37). Insert the UPRIGHT(4) into the MAIN FRAME(1) and secure with SOCKET HEAD BOLTS(M8X25mm)(72), SOCKET HEAD BOLTS(M8X50mm)(74), and LOCK WASHERS(M8)(90).

STEP 4

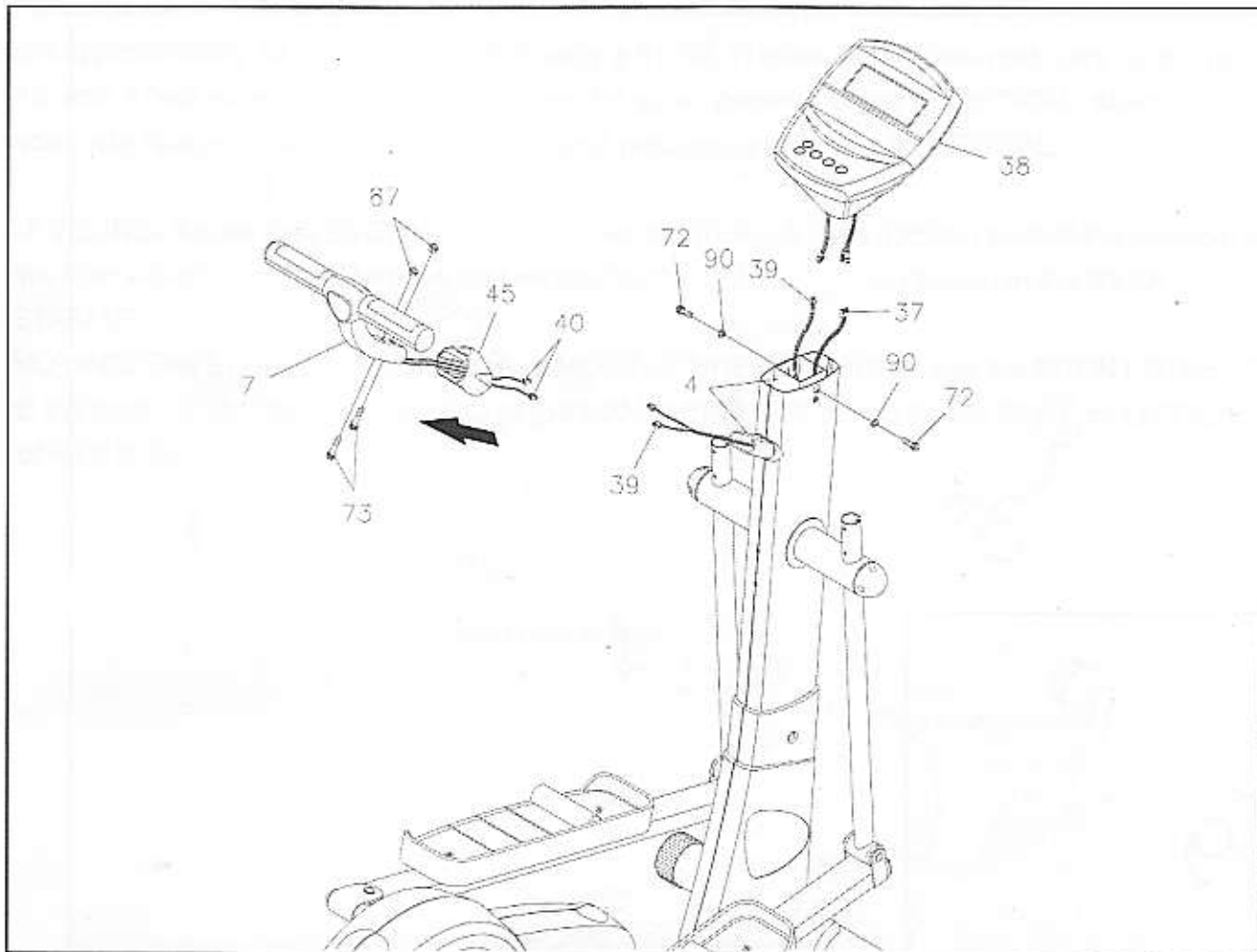
Connect the LEFT and RIGHT PEDAL ARMS(12, 13) to the PEDAL ARM CONNECTORS(14) with BUTTON HEAD BOLTS(M10X55mm)(71), WASHERS(M10)(92), and NYLOCK NUTS(M10)(88).

STEP 5

Attach the PEDAL CAPS(54) onto the LEFT and RIGHT PEDAL ARMS(12,13) with ROUND HEAD BOLTS(M6X25mm)(68). Slide the PEDAL DIVIDERS(55) into one of the four slots on the PEDAL CAPS(54) to fit your shoes. You may select the front or the back of the PEDAL CAPS(54) for foot placement. You will have more vertical movement in the Elliptical stride if you place your feet at the back of the PEDAL CAPS(54).

CAUTION: The lip on the PEDAL CAPS(54) must face inside. The sides without a lip face outside as shown.

ASSEMBLY INSTRUCTIONS



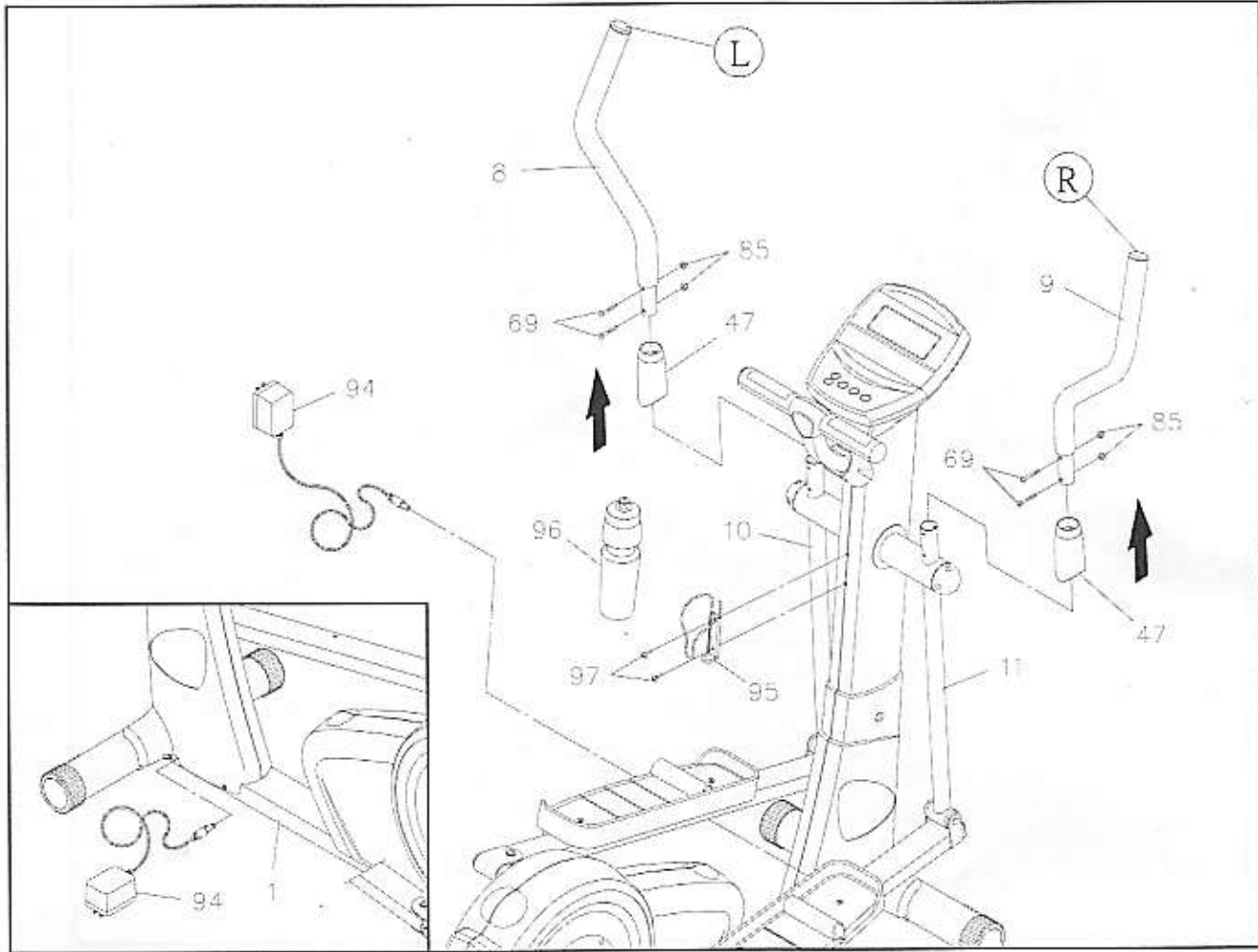
STEP 6

Slide the STATIONARY HANDLEBAR SLEEVE (45) onto the STATIONARY HANDLEBAR(7). Connect the PULSE SENSOR WIRES(40) to the PULSE WIRE(39). Insert the STATIONARY HANDLEBAR(7) onto the UPRIGHT(4) and secure with SOCKET HEAD BOLTS(M8X35mm)(73) and NYLOCK NUTS(M8)(87). Slice the STATIONARY HANDLEBAR SLEEVE(45) down to cover the bolts on the STATIONARY HANDLEBAR SLEEVE(45) down to cover the bolts on the STATIONARY HANDLEBAR(7).

STEP 7

Connect the UPPER CONNECTION WIRE(37) and the PULSE WIRE(39) to the COMPUTER(38). Attach the COMPUTER(38) onto the UPRIGHT(4) by inserting the BRACKET in the COMPUTER(38) into the UPRIGHT(4) and secure with SOCKET HEAD BOLTS(M8X25mm) and LOCK WASHERS(M8)(90).

ASSEMBLY INSTRUCTIONS



STEP 8

There is a "L" decal on the LEFT HANDLEBAR(8), and a "R" decal on the RIGHT HANDLEBAR(9). Slide the HANDLEBAR SLEEVE(47) onto the RIGHT HANDLEBAR(9). Insert the RIGHT HANDLEBAR(9) onto the RIGHT PIVOTING ARM(11) and secure with ROUND HEAD BOLTS(M6X35mm)(69) and NYLOCK NUTS(M6)(85). Slid the HANDLEBAR SLEEVE(47) down to cover the bolts on the RIGHT HANDLEBAR(9). Repeat on the left side.

STEP 9

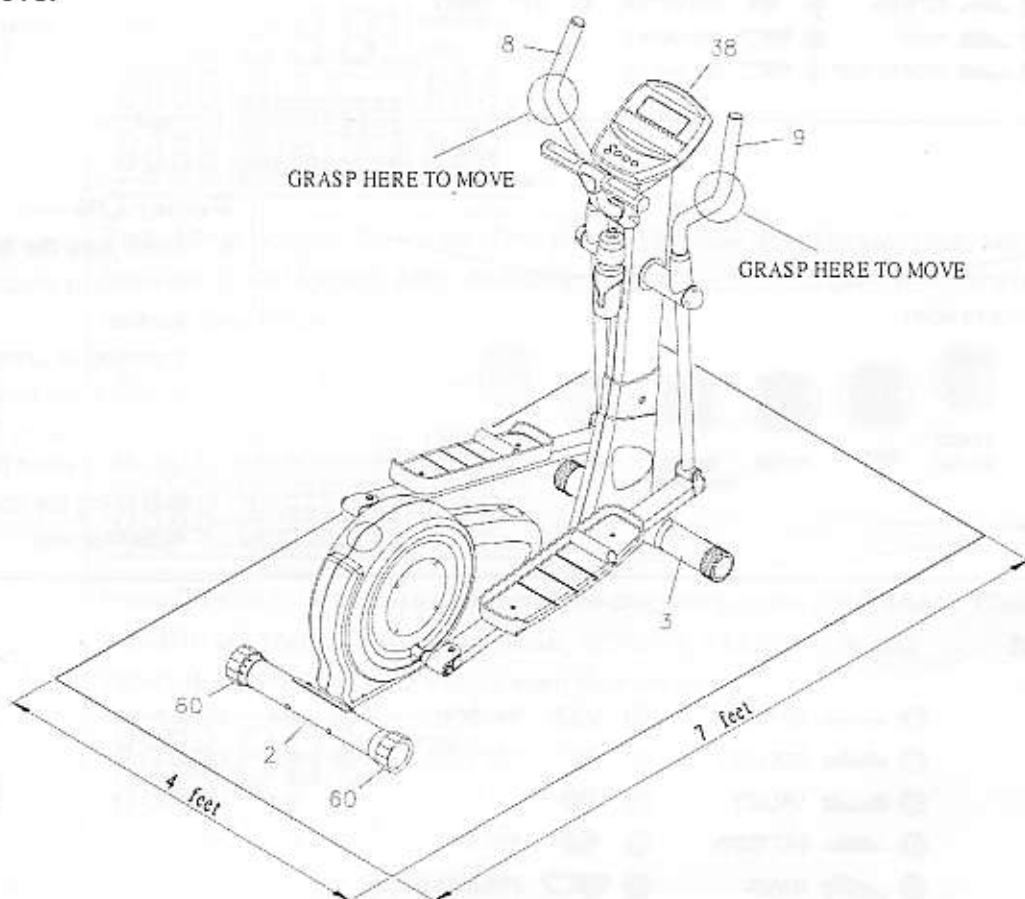
Attach the ADAPTER(94) to the connector located on the base of the MAIN FRAME(1), refer to the inset drawing. Plug the ADAPTER(94) into an electrical outlet.

SET UP INSTRUCTIONS

Place the ELLIPTICAL in the area where it will be used. The max. operation dimensions of ELLIPTICAL are approximately 58 1/4" long x 24 3/4" wide x 61 tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 7 feet long is required for safe operation of the ELLIPTICAL. Make sure that adequate space is available for access to and passage around the ELLIPTICAL.

LEVELING: Adjust the LEVELING CAPS(60) on the REAR STABILIZER(2) so that the elliptical sets on the floor without rocking. Remove and reposition the LEVELING CAPS(60) on the REAR STABILIZER(2) to level the ELLIPTICAL.

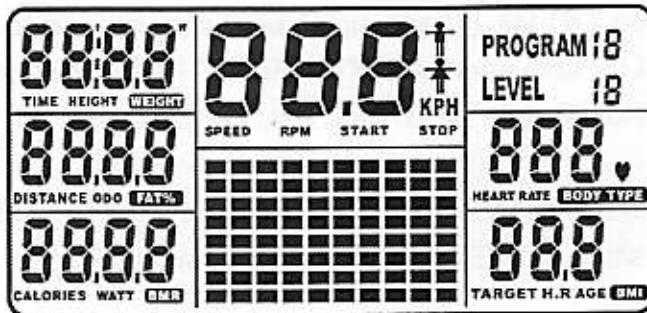
MOVING: The ELLIPTICAL has a pair of MOVING WHEELS(58) built into the FRONT STABILIZER(3) at the front. Grasp the center section of the HANDLEBARS(8,9) and tip the ELITE ELLIPTICAL forward to move.



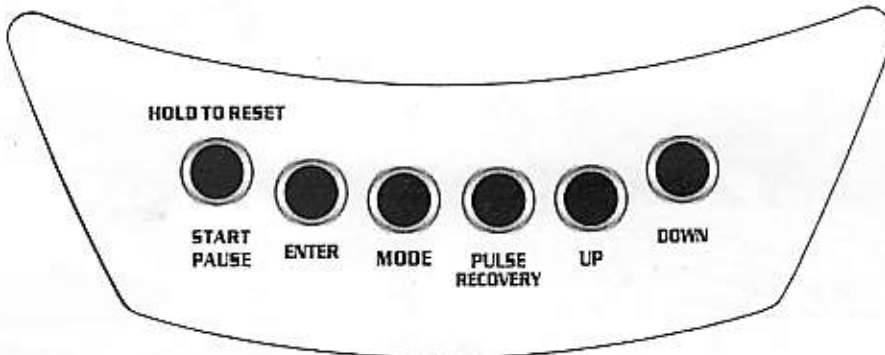
FUNCTION INSPECTION:

Visually inspect the ELLIPTICAL to verify that assembly is as shown in the above illustration. Check the function of the ELLIPTICAL. Stand on the foot pedals and place your hands at a comfortable position on the handlebars. Slowly move your highest foot forward and follow the natural path of the machine. Turn the crank slowly through one complete revolution to verify that the drive train functions properly. Use the "+/-" buttons on the COMPUTER(38) to select a program and verify that the Magnetic System provides different tensions.

CONSOLE INSTRUCTIONS



- | | | | | | |
|---|--------------|----|--------------|----|------------|
| 1 | MANUAL | 7 | RANDOM | 13 | U 1 USER 1 |
| 2 | ROLLING | 8 | BODY FAT | 14 | U 2 USER 2 |
| 3 | VALLEY | 9 | T.H.R. | 15 | U 3 USER 3 |
| 4 | FAT BURN | 10 | 80% MAX H.R. | 16 | U 4 USER 4 |
| 5 | RAMP | 11 | 75% MAX H.R. | | |
| 6 | FITNESS TEST | 12 | 85% MAX H.R. | | |



- 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 active the console. The console display will then light up with a short beep sound, indicating the console will be ready for use

Program List



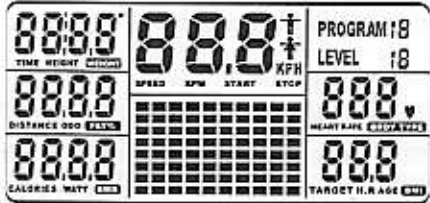

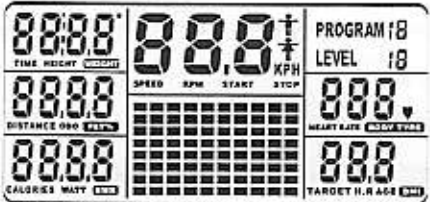

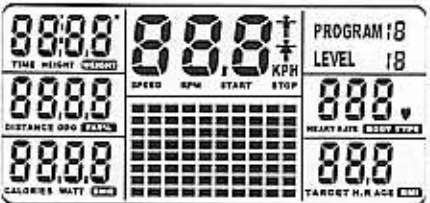
- | | | | | | |
|---|--------------|----|--------------|----|------------|
| 1 | MANUAL | 7 | RANDOM | 13 | U 1 USER 1 |
| 2 | ROLLING | 8 | BODY FAT | 14 | U 2 USER 2 |
| 3 | VALLEY | 9 | T.H.R. | 15 | U 3 USER 3 |
| 4 | FAT BURN | 10 | 80% MAX H.R. | 16 | U 4 USER 4 |
| 5 | RAMP | 11 | 75% MAX H.R. | | |
| 6 | FITNESS TEST | 12 | 85% MAX H.R. | | |

| | | | | | | | |
|-----|---------------------|-----|----------------------|-----|---------------------|-----|---------------------|
| 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 INSTRUCTIONS – CONSOLE BUTTONS

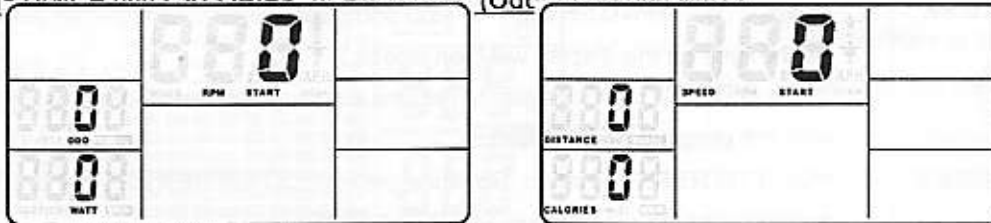
SPORTS CENTER

Console Buttons

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

CONSOLE INSTRUCTIONS – CONSOLE BUTTONS

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



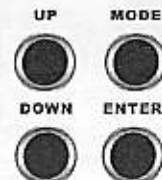
RPM, ODO, WATT will show at the same time SPEED, DISTANCE, CAL., will show at the same time

MODE

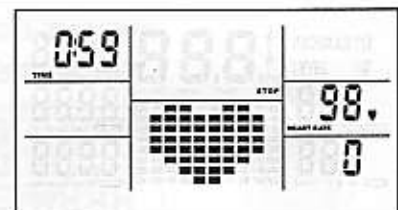


DISTANCE and **ODO (ODOMETER)** information:

- **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

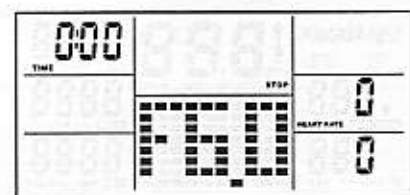


- a. **PULSE RECOVERY** button measures how quickly you return to a resting hear rate after exercising. You could use this button to measure improvement as you get into shape
- b. The console will monitor your pulse for 60 seconds and calculate a **HEART RATE RECOVERY** value from F1.0 to F6.0. F1.0 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.



PULSE RECOVERY



CONSOLE INSTRUCTIONS – CONSOLE FUNCTIONS

Console Functions

PROGRAM 18
LEVEL 18

PROGRAM:

- The console comes with 16 preset programs
- Displays programs for selection during setup, from P1 ~ P16
- Displays the selected program during exercise

LEVEL:

- Displays torque/resistance level of the current program, from 1 to 16 torque/resistance level: 1 level increment

00:00
00:00
000.0
TIME HEIGHT WEIGHT

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

HEIGHT:

- Display range:
110 ~ 250cm; 0.5 cm increment / 3'08" ~ 8' 00"; 1 inch increment; the product is not recommended for children's use

WEIGHT:

- Display range:
10 ~ 200KG; 0.2 KG increment / 23 ~ 440 LBS; 0.5 LBS increment; the product is not recommended for children's use

000.0
000.0
FAT%
DISTANCE ODO

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 that selected target distance down to 0
- During workout (after pressing **START/PAUSE**), the user could press **MODE** button to select **DISTANCE**, or **ODO (Odometer)**

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 active 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

CONSOLE INSTRUCTIONS – CONSOLE FUNCTIONS

| | |
|--|--|
|  | <p>CALORIES:</p> <ul style="list-style-type: none"> ● 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 <p>BMR:</p> <ul style="list-style-type: none"> ● 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 <p>WATT:</p> <ul style="list-style-type: none"> ● Display the current value of Watt during exercise |
|  | <p>TARGET H.R.:</p> <ul style="list-style-type: none"> ● Display range: 60 ~ 220 BPM (beats per minute) ; 1 BPM increment <p>AGE:</p> <ul style="list-style-type: none"> ● Display range: 10 ~ 99 years old; 1 year-old increment <p>NOTE: Although the console allows input for age beginning at 10 years old, the product is not recommended for children's use</p> <p>BMI:</p> <ul style="list-style-type: none"> ● During BODY FAT TEST, the result would display the value of BMI in BODY FAT PROGRAM (P8) ● BMI (BODY MASS INDEX) is a height/weight formula. From the value of your BMI, you can see whether you are underweight, normal weight, overweight or obese |
|  | <p>HEART RATE:</p> <ul style="list-style-type: none"> ● You must place both of your hands on the Pulse Sensors on the 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 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 <p>BODY TYPE:</p> <ul style="list-style-type: none"> ● During BODY FAT TEST, the result would display the value of BODY TYPE in BODY FAT PROGRAM (P8) |

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 Body Fat Program (P8) | If you do not place your hands on the Pulse Sensors correctly, the Pulse Sensors 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 Pulse Sensors 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 | |

CONSOLE TROUBLE SHOOTING GUIDE

| PROBLEM | POSSIBLE CAUSE | SOLUTION |
|-----------------------------------|--|--|
| The Speed Display Show "O" | The Computer isn't receiving a signal from the Speed Sensor? | Verify the gap between Speed Sensor and the Magnet is 5mm or less |
| | | Verify that all the Wire Plugs are connected FIRMLY , 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 |
| The LCD Screen Partially Displays | <ol style="list-style-type: none"> 1. The connection between the Circuit Board and the LCD Membrane is loose. 2. 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 NOT to over tighten the Screws as this may destroy the Circuit Board. You just need to keep the Circuit Board firm, STOP tightening screw when you meet resistance</p> |
| | 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 NOT inline or parallel with the Console Cover | <ol style="list-style-type: none"> 1. Open the Console. 2. Remove the Circuit Board's Screws, gently remove the Circuit Board, Re-align the LCD screen and the Rubber Membrane. 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, STOP tightening screws when you meet resistance |
| | The Computer is faulty | Replace the Computer |