

VG30-II ELLIPTICAL CROSS TRAINER

Enjoy the Sensation



ASSEMBLY INSTRUCTIONS

VG30-II ASSEMBLY INSTRUCTIONS

Introduction

Congratulations on your purchase of the ELLIPTICAL CROSS TRAINER. This product has been designed and manufactured to meet the needs and requirements of domestic use.

Please carefully read the instructions prior to assembly and first use. Be sure to keep the instructions for reference and/or maintenance.

If you have any further questions, please contact us. We wish you lots of success and fun while training.

Table of Contents

Introduction.....	page 1
Check List.....	page 1
Care and Maintenance.....	page 1
Assembly Steps 1~7.....	page 2
Assembly Steps 8~12.....	page 3
Detailed Parts List.....	page 4
Exploded Drawing.....	page 5

Care and Maintenance

Your ELLIPTICAL CROSS TRAINER is made of the highest quality materials, it is still important that you take care of your ELLIPTICAL CROSS TRAINER on a regular basis. Your ELLIPTICAL CROSS TRAINER is for indoor use only and should NOT be used or stored in damp areas. Wipe all perspiration from your ELLIPTICAL CROSS TRAINER after each use.

The safety level of your ELLIPTICAL CROSS TRAINER can only be maintained if it is examined regularly for damage and wear. As a sensible precaution quickly visually safety check and clean before use. We suggest a more thorough inspection every two to three weeks. If any defects are found discontinue use immediately and contact your dealer for advice on how to proceed.

Components most Susceptible to Wear

- DUAL ACTION HANDLE [part#201,306,401]
- STATIONARY HANDLE BAR [part#302,401]
- STABILIZER - FRONT and REAR [part#207,308,403]
- FOOT PEDAL [part#117,118,511]

These parts are assembled by the consumer and should be checked regularly. Make sure that all Nuts, Bolts and Knobs are tight and secure.

All FASTENERS [Nuts, Bolts, and Screws]

All fasteners that are easily accessible should be tightened on a regular basis.

The 3x Pivot Points

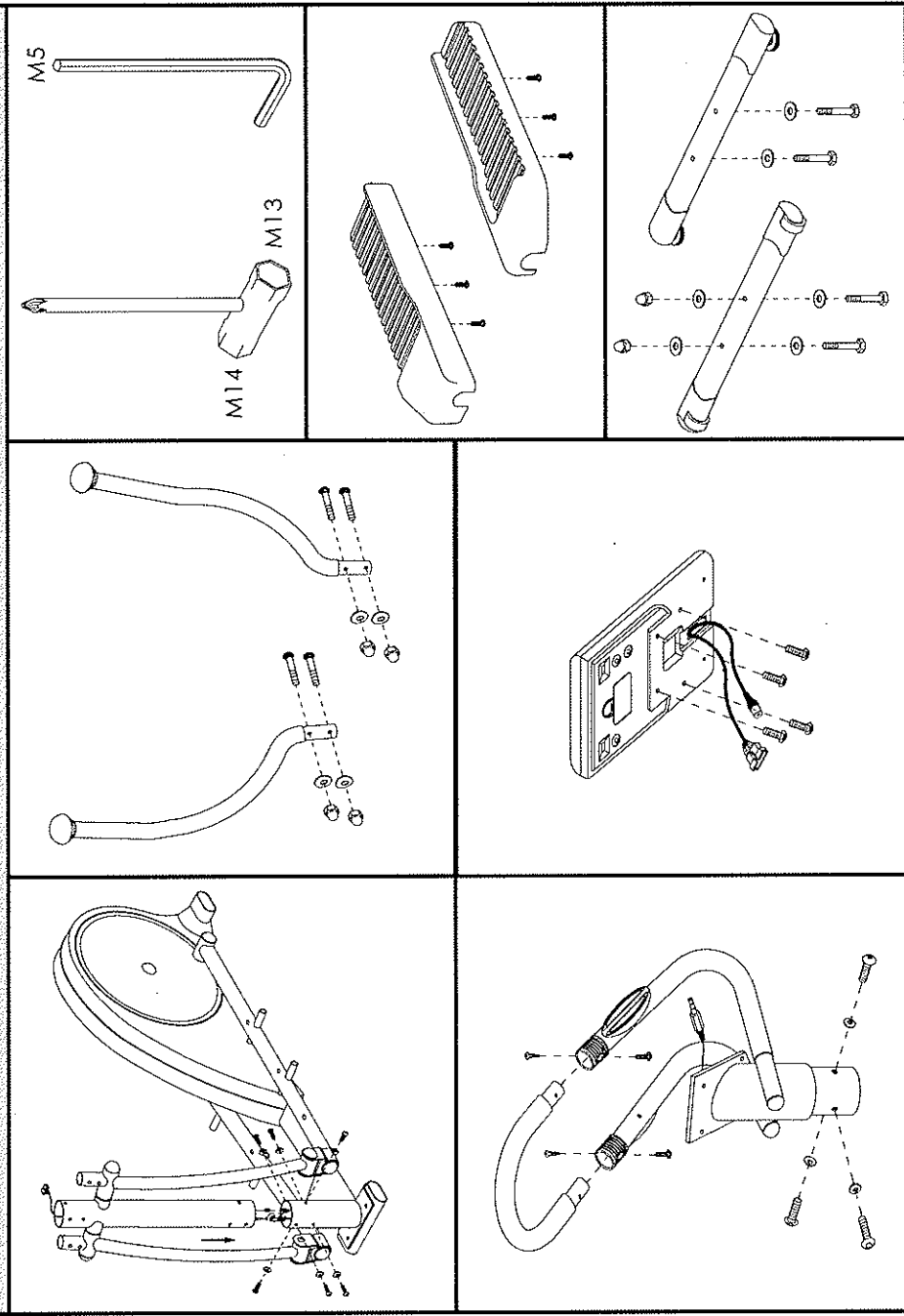
The BUSHINGS are a special design incorporating a space age plastic with lubricate built inside. As well they are greased by the manufacturer and should last a lifetime with normal use.

WARNING: Do NOT apply oil to any moving parts as this will wash the grease away damaging the ELLIPTICAL CROSS TRAINER.

If you wish to grease the BUSHINGS then use a good quality grease that is friendly to plastic (some greases destroy plastic).

To grease the BUSHINGS disconnect the FOOT PEDAL TUBE [011 & 012] and the DUAL ACTION ARM [005 & 006]. Replace the grease then reassemble.

Check List IF ANY OF THESE PARTS ARE MISSING CONTACT YOUR DEALER IMMEDIATELY.



VG30 ELLIPTICAL CROSS TRAINER

Enjoy the Sensation



OWNER'S MANUAL

INTRODUCTION

Congratulations!

Welcome to the world of the ELLIPTICAL CROSS TRAINER. The ELLIPTICAL CROSS TRAINER is one of the finest and most comprehensive pieces of home exercise equipment available. We know, as we have been making them for over 10 years.

By choosing ELLIPTICAL CROSS TRAINER, you have made a decision that will improve the health and fitness and well being for you and your family. Being fit and healthy will improve your energy levels and your quality of life.

Cardiovascular training is vital for all ages and the ELLIPTICAL CROSS TRAINER provides a more effective workout, producing better results and will encourage you to reach your fitness goals and maintain the body you have always wanted.

All you need to do is to spend 15 to 30 minutes three times a week to start seeing the benefits of a regular exercise program on the ELLIPTICAL CROSS TRAINER.

We want you to enjoy the full benefits of your exercise program and so we recommend that you read this manual thoroughly and by doing so you will:

- **Save valuable exercise time in the long run.**
- **Exercise safely and more effectively.**
- **Learn proper techniques.**
- **Be able to better define your fitness goals.**

See ELLIPTICAL CROSS TRAINER ASSEMBLY INSTRUCTIONS for Parts List and Exploded Drawing.

TABLE OF CONTENTS

Introduction	-----	page 1
Table Of Contents	-----	page 1
Important Information	-----	page 2
Medical / Safety	-----	page 2
Care and Maintenance	-----	page 2
General Information	-----	page 2
How Your Elliptical Cross Trainer Works	-----	page 3
Elliptical Cross Trainer Parts Identification	-----	page 3
Setting Up Your Elliptical Cross Trainer	-----	page 4
Height Adjuster Cap	-----	page 4
Foot Positions	-----	page 5
Handle Bars	-----	page 5
Transportation & Storage	-----	page 5
Getting on Safely	-----	page 6
Elliptical Trainer Exercises	-----	page 7~8
Correct Positioning	-----	page 7~8
Computer Instructions	-----	page 9~11

Medical / Safety

Read this Owner's Manual and all safety instructions thoroughly and familiarize yourself with the ELLIPTICAL CROSS TRAINER before using it.

1. Before beginning any exercise program, consult your physician. He or she can help evaluate your present fitness level and determine the exercise program that is the most appropriate for your age and physical condition.
2. If you experience any pain or tightness in your chest, irregular heartbeat, shortness of breath, faintness, or unusual discomfort upon exercising, stop and consult a physician before continuing.
3. Adult supervision is required at all times when children are on or near the ELLIPTICAL CROSS TRAINER. Unsupervised children should keep away from the equipment at all times.
4. Keep fingers and limbs, loose clothing and hair away from moving parts.
5. Before each workout on your ELLIPTICAL CROSS TRAINER we advise that a Precautionary Safety Check is wise. All equipment should be Safety Checked for wear & damage. If you find any damage or defective components STOP using the ELLIPTICAL CROSS TRAINER IMMEDIATELY. Replace defective components immediately and/or keep the equipment out of use until repaired. For repair help - see General Information on this page.
6. Care should be taken when getting ON or OFF your ELLIPTICAL CROSS TRAINER. Please follow the instructions of page 6.
7. Use only the accessory attachments recommended by the manufacturer.

Care and Maintenance

Your ELLIPTICAL CROSS TRAINER is made of the highest quality materials, it is still important that you take care of your ELLIPTICAL CROSS TRAINER on a regular basis.

Your ELLIPTICAL CROSS TRAINER is for indoor use only and should NOT be used or stored in damp areas. Wipe all perspiration from your ELLIPTICAL CROSS TRAINER after each use.

For SAFETY inspect your ELLIPTICAL CROSS TRAINER on a regular basis, we suggest every 2-3 weeks.

SPECIAL ATTENTION TO COMPONENTS MOST SUSCEPTIBLE TO WEAR

Dual Action Handle Bar

These parts are assembled by the consumer and should be checked regularly. Make sure that all Nut & Bolts are tight and firm.

Stationary Handle Bar

These parts are assembled by the consumer and should be checked regularly. Make sure that all Bolts are tight and firm.

Foot Pedals

These parts are assembled by the consumer and should be checked regularly. Make sure that all Bolts are tight and firm and Plastic Plugs are secure.

Stabilizers

These parts are assembled by the consumer and should be checked regularly. Make sure that all Bolts are tight and firm.

The 3x Pivot Points

All Pivot Points are a special design, incorporating a space age plastic with lubricate built inside. The Pivot Points are also pre-greased by the Manufacturer & will last a lifetime under normal use.

If you wish to grease the 3x Pivot Points, use a good quality grease that is friendly to plastic (some greases destroys plastic). Disconnect the Foot Pedal Tube and the Dual Action Arms Grease the moving parts & reassemble.

All Fasteners [Nuts, Bolts, Screws and Clips]

Regularly check tightness of Nuts, Bolts, Screws and Clips etc.

General Information

The ELLIPTICAL CROSS TRAINER is designed for Home Use ONLY & should not be used in a commercial environment.

The official maximum load is 150kg, but the ELLIPTICAL CROSS TRAINER has been tested far beyond that limit.

The ELLIPTICAL CROSS TRAINER has been tested and certified according to the European Standard EN 957 Part 1 & 9, Class HA.

The braking system is Speed Independent.

In the unlikely event that your ELLIPTICAL CROSS TRAINER needs servicing, repairs or something is missing or broken then contact your local dealer as soon as possible. They should be able to help you immediately with any and all problems you have. If for any reason that you are unsatisfied with the level of service or are unhappy with their cooperation, then you can contact the manufacture directly at the following contact details.

Pro Gym Co Taiwan Ltd
Sales@infinitifit.com
www.infinitifit.com

It is important to keep your Purchase Receipt as you may be asked to produce it to authenticate your Warranty.

The Warranty terms are provided by your dealer.

It is also important to state which Model you have, the ELLIPTICAL CROSS TRAINER Model Number is VG30.

Please continue to read the Owner's Manual and all safety instructions thoroughly to familiarize yourself with the ELLIPTICAL CROSS TRAINER before using it.

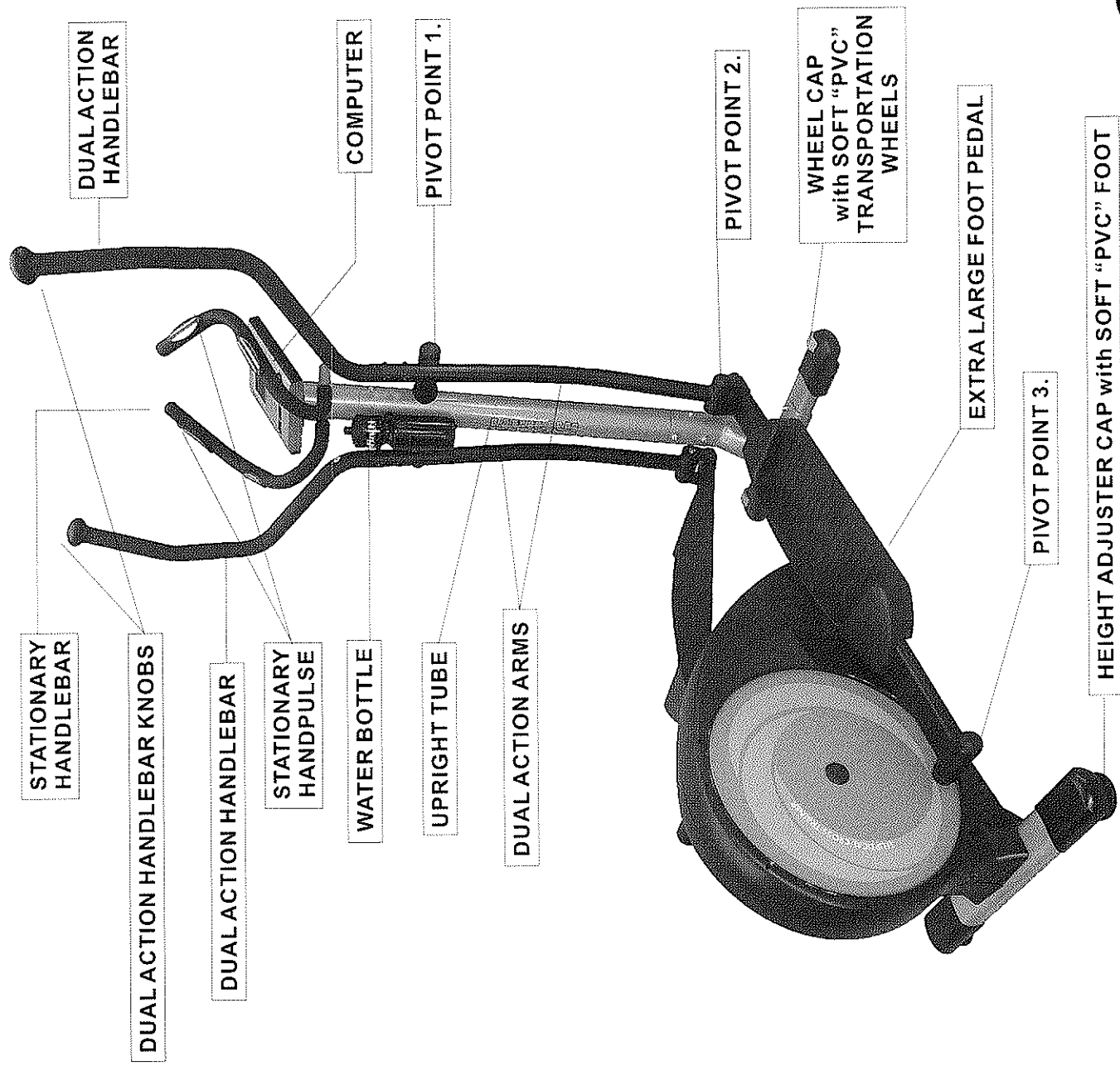
HOW YOUR ELLIPTICAL CROSS TRAINER WORKS

The ELLIPTICAL CROSS TRAINER allows your feet to move in a natural elliptical path, minimizing the impact on your hips, knees and ankles.

The ELLIPTICAL CROSS TRAINER provides smooth, quiet and variable exercise capabilities with:

- Dual Action Handles for total body workout.**
- Specially designed Dual Action Handlebar Knobs maximizing comfort and range.**
- Stationary Handlebar for stability and glute workout.**
- Extra large fully Footpedals for different foot positions and workout intensities.**
- Height Adjuster Caps allow you to level your ELLIPTICAL CROSS TRAINER with ease.**
- Strong Frame using 40 x 80 x 3mm Base Tube.**
- Hutchinson Flexonic Belt PJ7 POLY-V Belt that never needs adjusting.**
- Water Bottle with Holder.**

ELLIPTICAL CROSS TRAINER PARTS IDENTIFICATION



SETTING UP YOUR ELLIPTICAL CROSS TRAINER

Height Adjuster Cap

IMPORTANT:

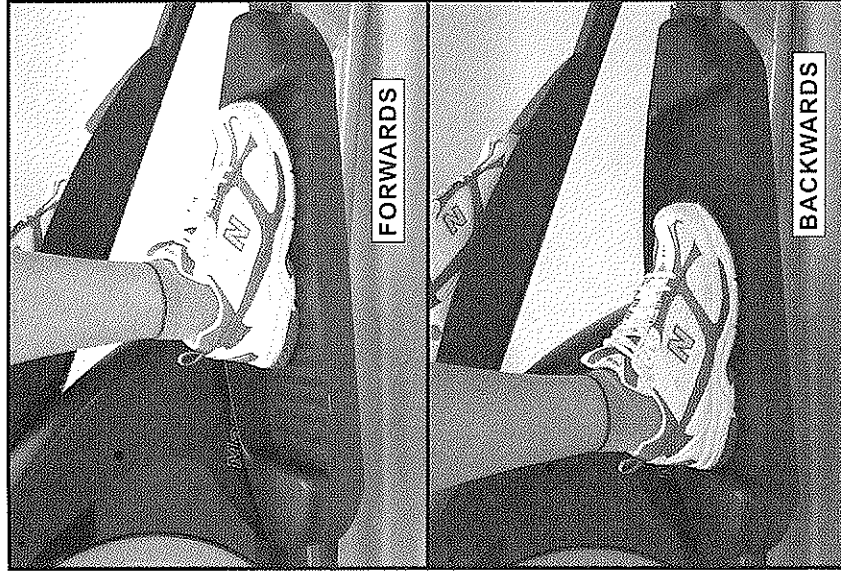
Clear a workout area 2 x 2.5 Meters before setting-up your ELLIPTICAL CROSS TRAINER. Ensure the floor is solid and level.



1. To stabilize your ELLIPTICAL CROSS TRAINER make sure the Left & Right FRONT STABILIZER WHEEL CAPS [112 & 113] are touching the ground.
2. Determine which side of the REAR STABILIZER [3] is off the ground to adjust the appropriate HEIGHT ADJUSTER CAP with FOOT [152 & 153].
3. With the side of your foot, rotate the HEIGHT ADJUSTER CAP with FOOT [152 & 153] in a **Clockwise direction = Down**.

SETTING UP YOUR ELLIPTICAL CROSS TRAINER

Foot Positions

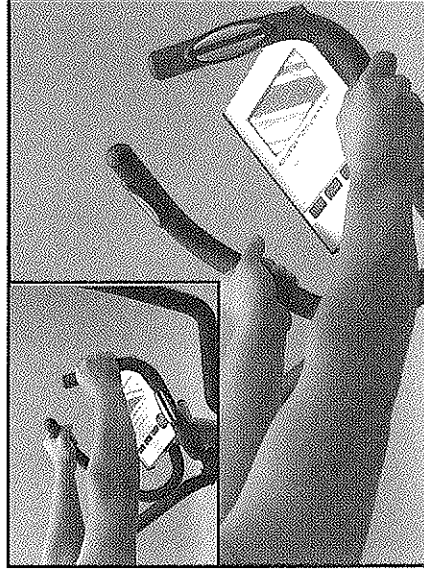


The ELLIPTICAL CROSS TRAINER FOOTPEDALS are extra long allowing variable foot positions depending on your preference.

The further back your feet are on the FOOTPEDAL, the greater the vertical height of the elliptical motion and the harder the workout.

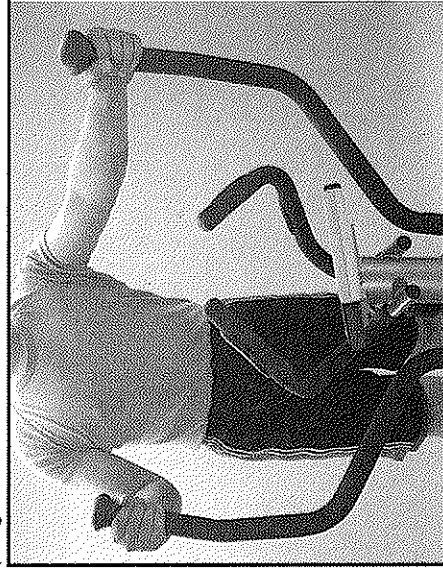
Begin with your feet in the most forward position and move your feet to the position that feels most comfortable and best suits your capabilities.

Handlebars



The ELLIPTICAL CROSS TRAINER comes with two HAND PULSE SENSORS on STATIONARY HANDLEBAR.

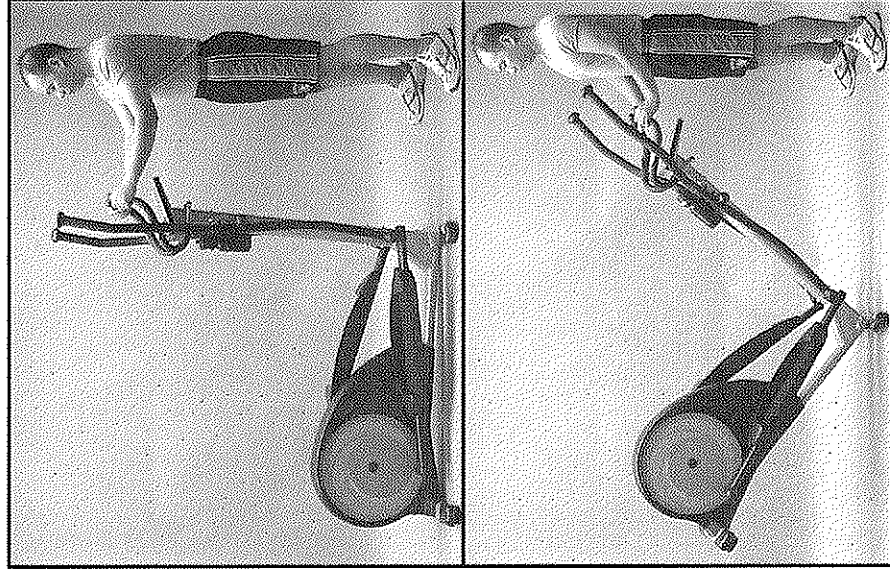
IMPORTANT: Always hold the STATIONARY HANDLEBAR when getting ON and OFF. First time users should familiarize themselves with the STATIONARY HANDLEBAR first, and then progress to the DUAL ACTION HANDLEBARS.



Once you have familiarized yourself with using the ELLIPTICAL CROSS TRAINER, you can progress to using the DUAL ACTION HANDLEBARS to provide a total body workout.

Hands can be positioned on the DUAL ACTION HANDLEBARS at the most appropriate position for your height and arm length.

Transportation & Storage



1. Move to the front of the machine and ensure DUAL ACTION ARMS [005 & 006] are parallel with one Foot Pedal at the top of Elliptical Disk and other at the bottom.
2. Grasp the Stationary Handlebar with both hands and pull back, tipping the machine towards you.
3. Once balanced wheeling the machine is made easy with the special Soft PVC Tires on the Wheels to protect your floors & carpet.