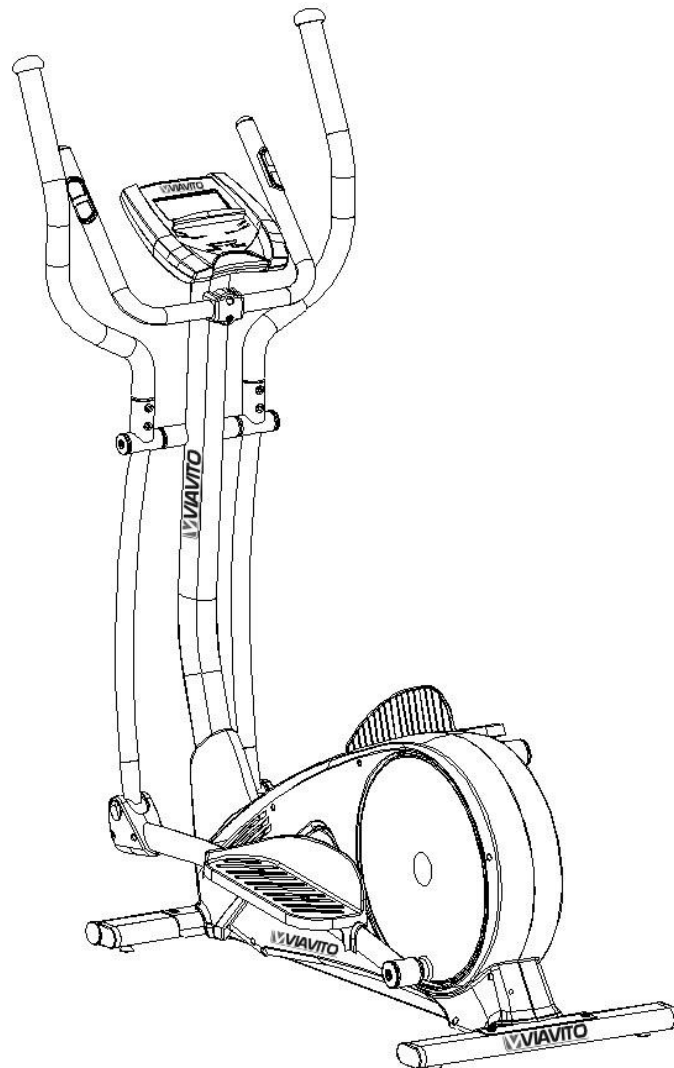


VIAVITO®

SINA

Elliptical Cross Trainer Owner's Manual



Thank you for purchasing your new fitness product from Viavito.

IMPORTANT!

Please read all instructions carefully before using this product.

Retain this manual for future reference.

The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

IMPORTANT SAFETY NOTICE: NOTE THE FOLLOWING PRECAUTIONS BEFORE ASSEMBLING OR OPERATING THE MACHINE.

1. Assemble the machine exactly as the descriptions in the instruction manual.
2. Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
3. Set up the machine in a dry level place and keep it away from moisture and water.
4. Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt etc.
5. Before beginning training, remove all objects within a radius of 2 meters from the machine.
6. DO NOT use aggressive cleaning products such as detergents to clean the machine, only use the supplied tools to assemble the machine. Remove drops of sweat from the machine immediately after finishing training.
7. This machine is not suitable for therapeutic or medical purpose.
8. Only do training on the machine as per instructions. Use only original spare parts for any necessary repairs.
9. This machine can be used by only one person at a time.
10. Wear training clothes and shoes which are suitable for fitness training with the machine
11. **WARNING!** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

12. People such as children and disabled persons should only use the machine in the presence of another person who can give aid and advice.

13. The machine is equipped with a computer console which can adjust the resistance. Reduce the resistance by turning the control wheel anti-clockwise. Increase the resistance by turning the control wheel clockwise.

14. The maximum user weight is 120kg. Product weight: 47.0 Kg.

15. This machine is for indoor, home use only. Safety standards: EN957 1 & 9 –Class HA

16. **WARNING:** the safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. bearings, connection points.

17. Please examine the equipment carefully before you use it, especially the components most susceptible to wear, e.g. handlebar, cranks, pedals and the connection points frequently.

18. Please stop using the equipment immediately if there are any defective components and keep it out of use before you replace the components or it is repaired by a qualified engineer.

19. Unsupervised children should be kept away from the equipment at all times.

20. **WARNING!** Excessive or Inappropriate use or of this machine such as while under the influence of drugs or alcohol or not in line with instructions may result serious injury or death.

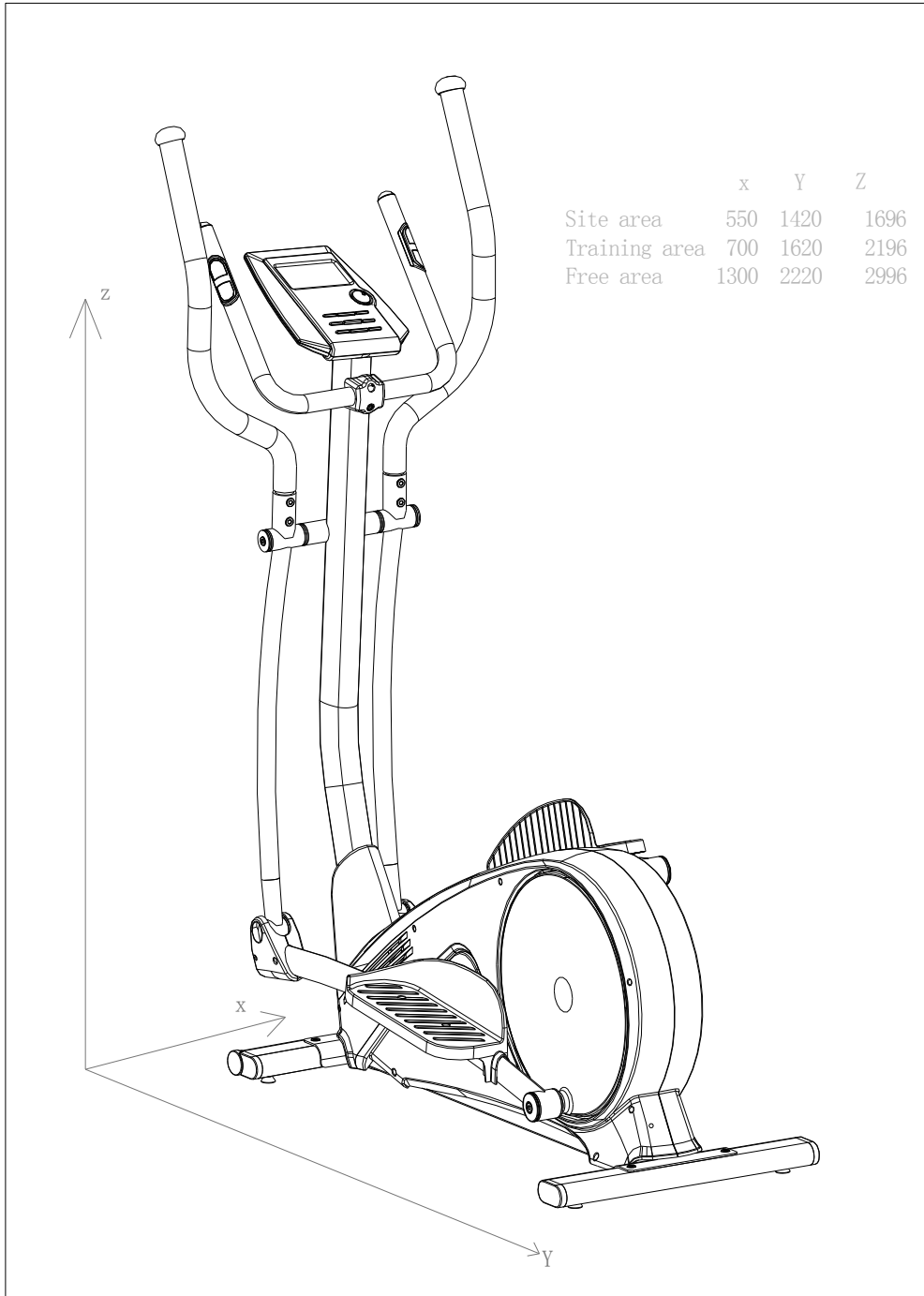
21. Make sure there is sufficient free space around the exerciser when you set it up

22. Please note that an improper and excessive work-out may be harmful to your health

23. When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.

Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you as well as to your work-out and sensible eating habits.

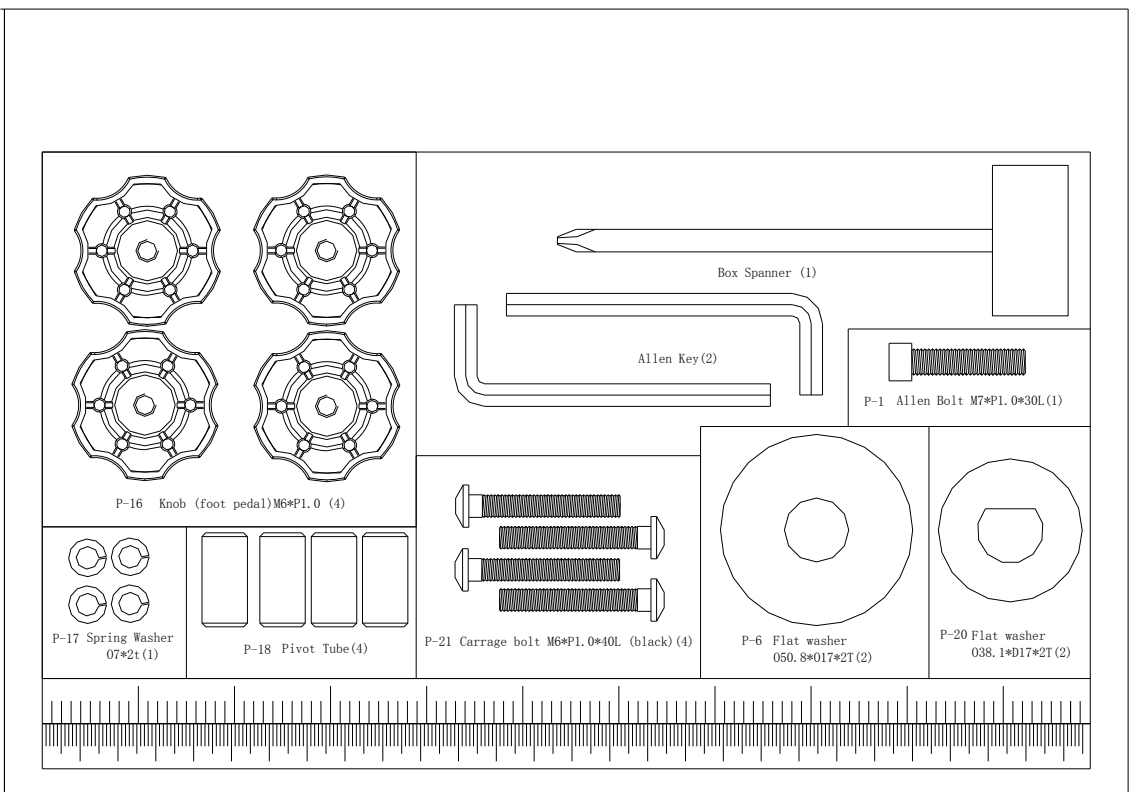
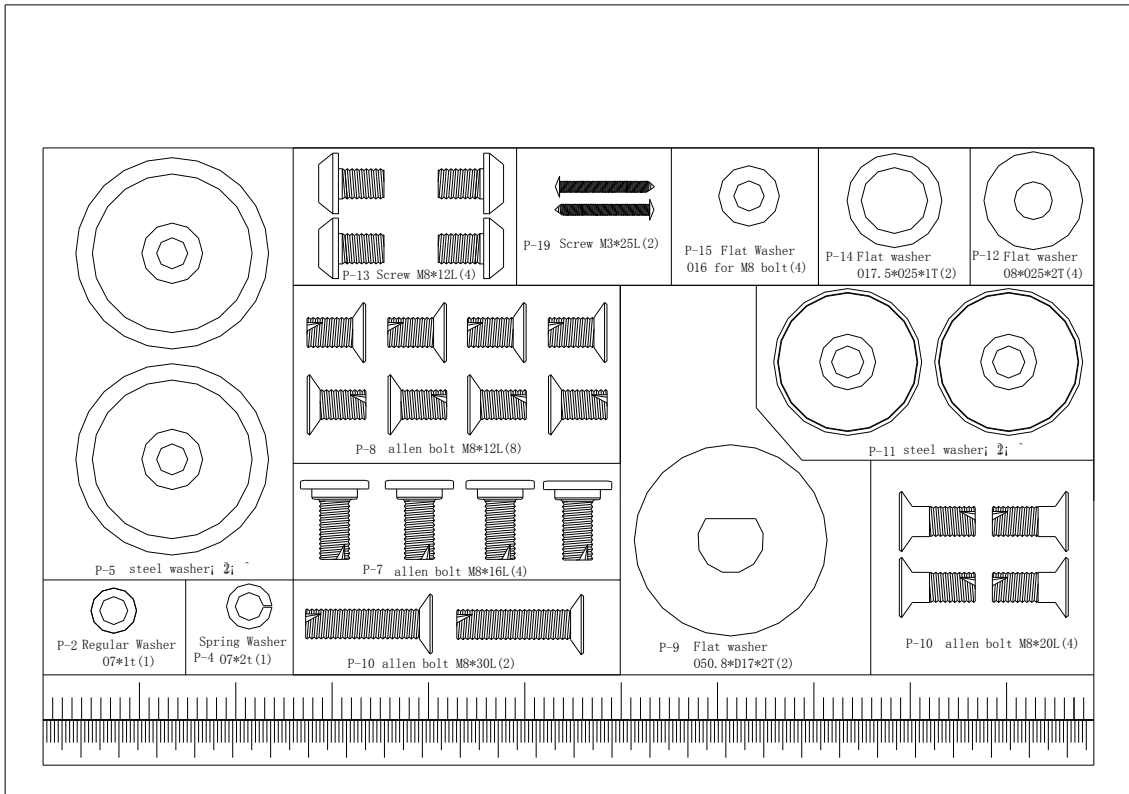
Space Required (mm)



CHECK LIST (CONTENTS OF PACKAGE)

	1/1		1/1
	1/1		1/1
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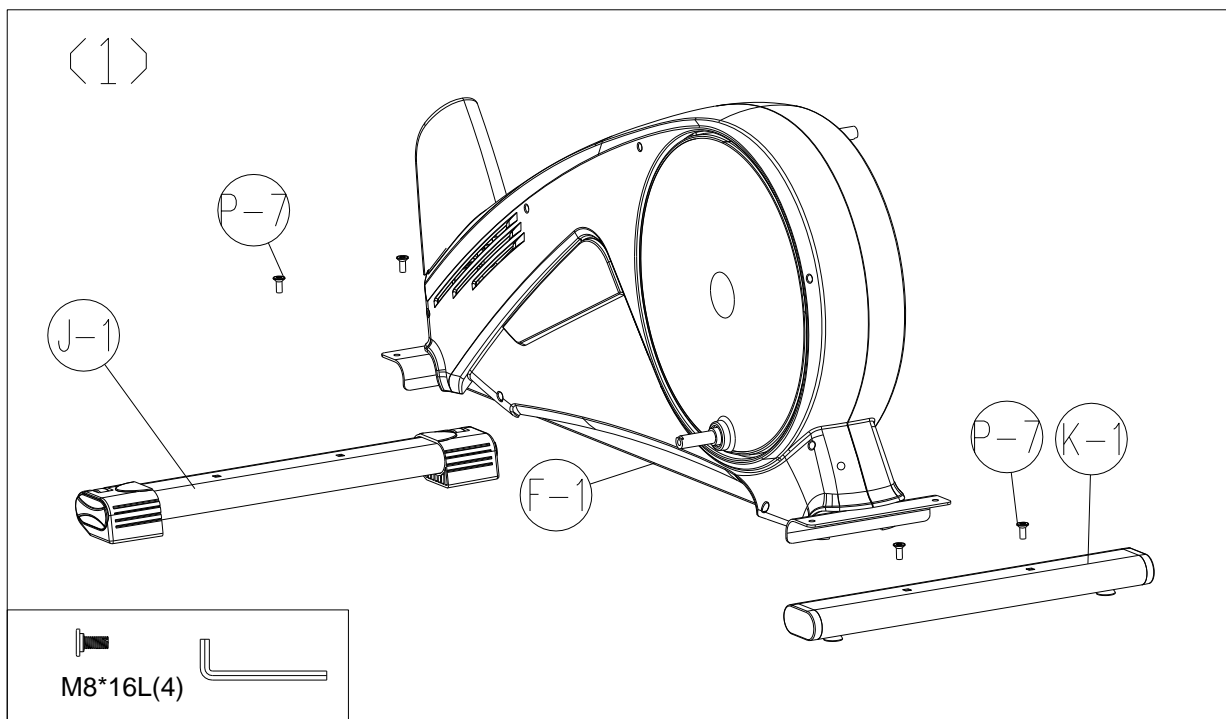
HARDWARE PACK



Assembly instructions

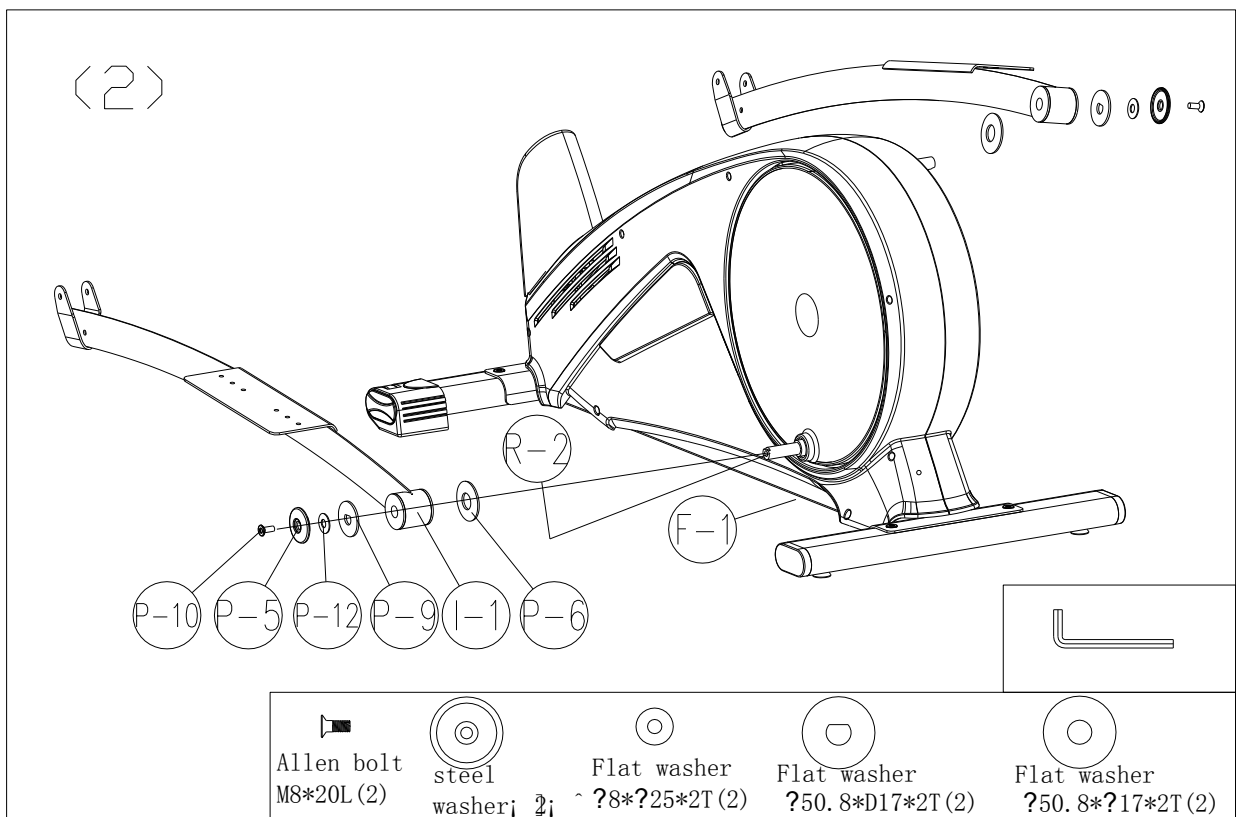
Step 1

1. Attach the front Stabilizer (J-1) to the main Frame (F-1) using two screws (P-7).
2. Attach the rear Stabilizer (K-1) to the main Frame (F-1) using two screws (P-7).



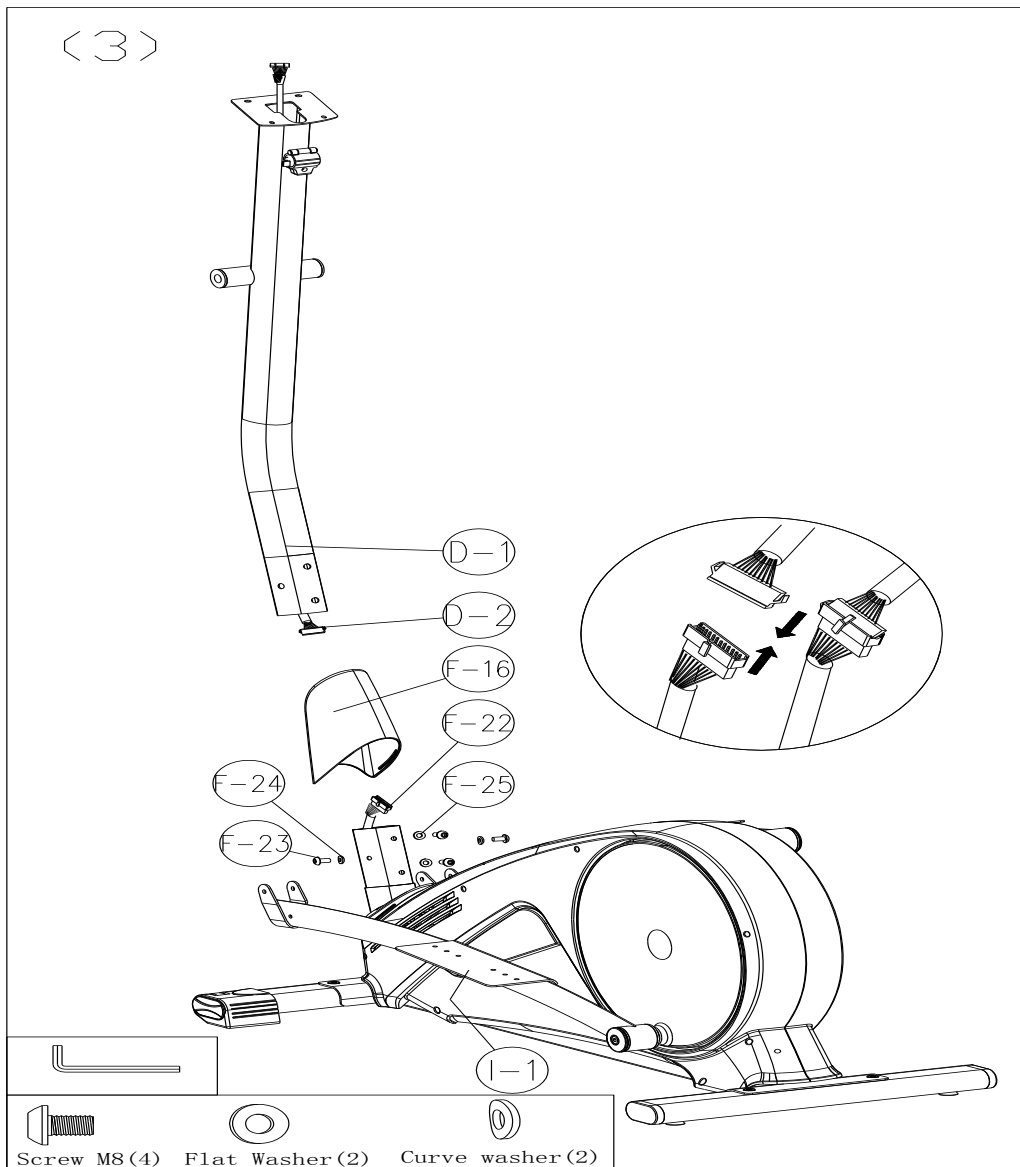
Step 2

1. Assemble the left pedal arm (I-1) onto the disc (R-2) with washers and Allen bolt screw, as the order of drawing. Use Allen key to screw the pedal arm tightly.
2. Assemble the right pedal arm (I-3) onto the disc as above instruction.



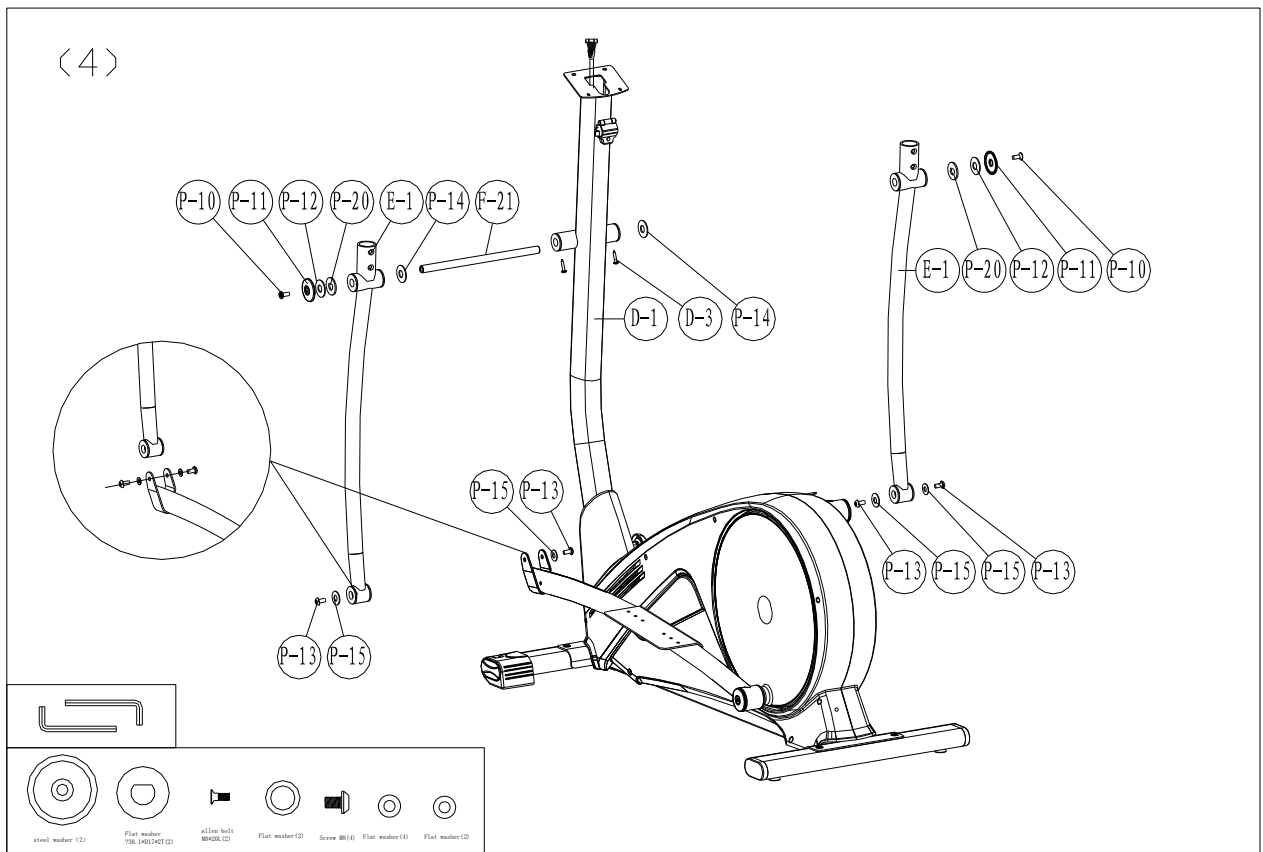
Step 3

1. Unscrew the pre-assemble screws & washers (F-23, -24, -25) on the handlebar post holder of main frame.
2. Insert the handlebar post cover (F-16) into handlebar post (D-1).
3. Connect the computer wire, upper (D-2) & lower (F-22).
4. Assemble the handlebar post (D-1) to its holder of main frame, with screws & washers (F23, 24, 25)



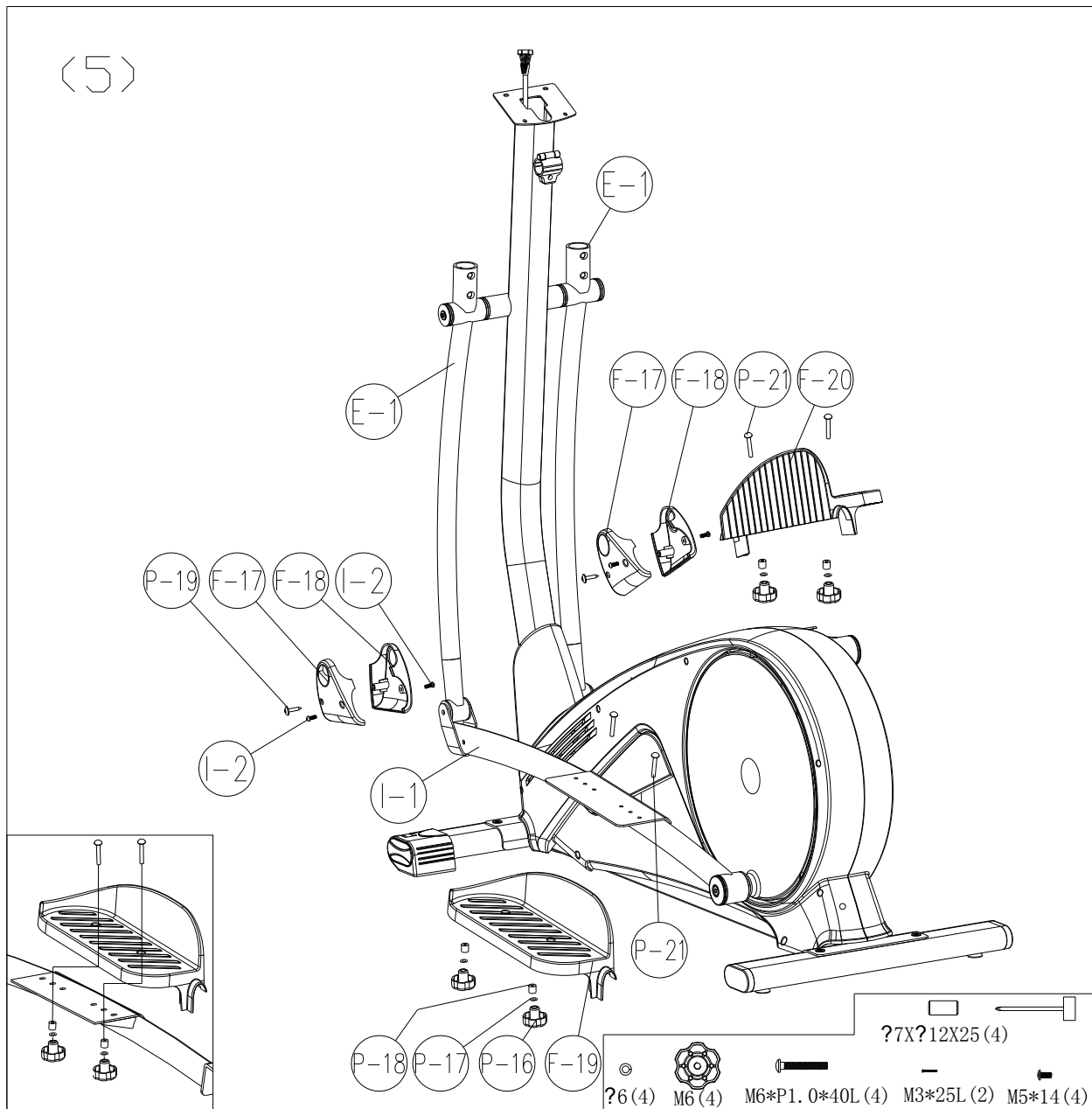
Step 4

1. Insert the axle (F-21) through handlebar post (D-1), and keep it in the central.
2. Assemble two lower handlebars (E-1) to handlebar post (D-1), with screw & washers (P-10, -11, -12, -20, -14) as the order of drawing.
3. Assemble two lower handlebars (E-1) to pedal arms (I-1, I-3), with screws and washers (P-13, P-15).



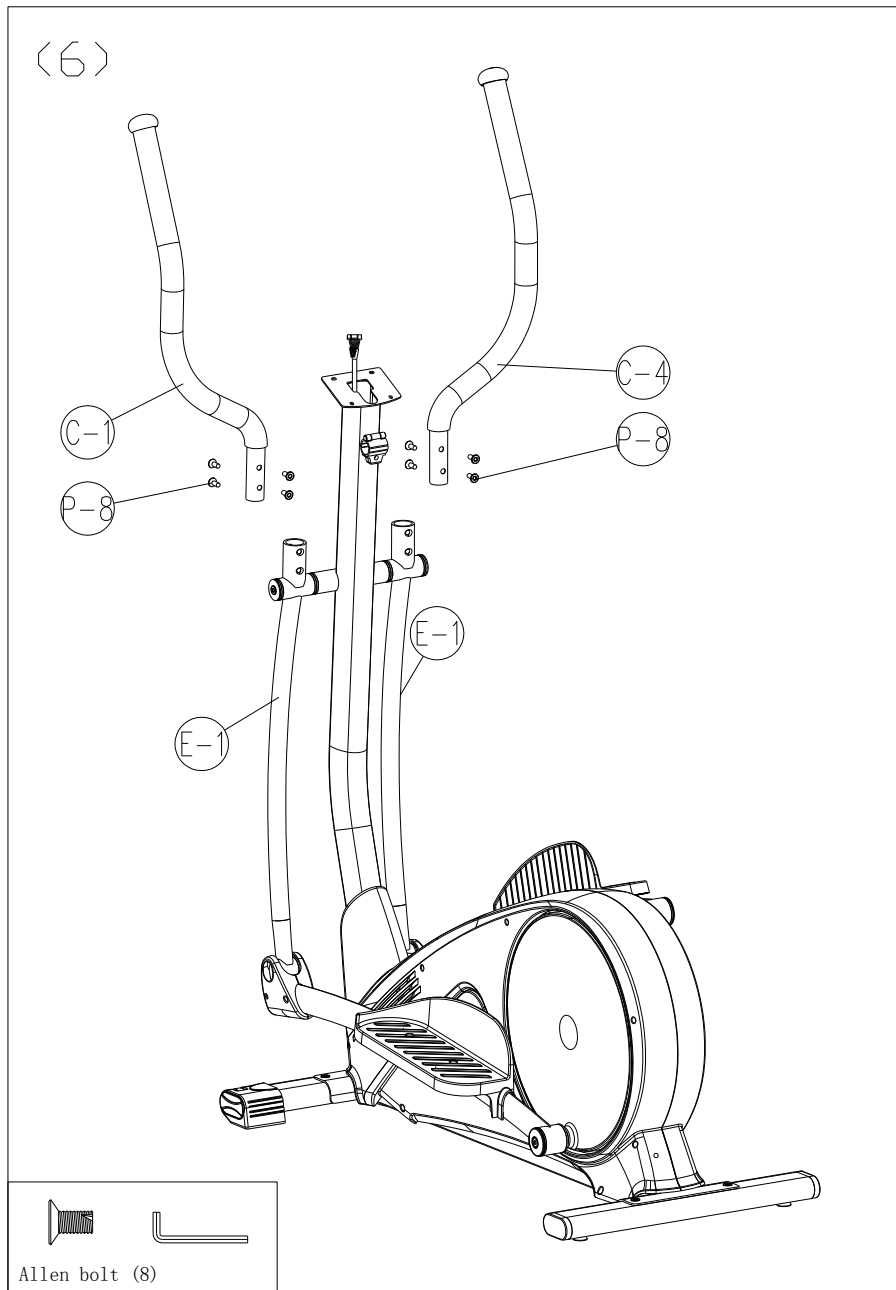
Step 5

1. Assemble the pedals (F-19) onto the pedal arms (I-1, I-3), with knob, washer & bushing (P-16, -17, -18).
2. Assemble the two sides of pedal arm front covers (F-17, F-18), with screws (I-2, P-19).



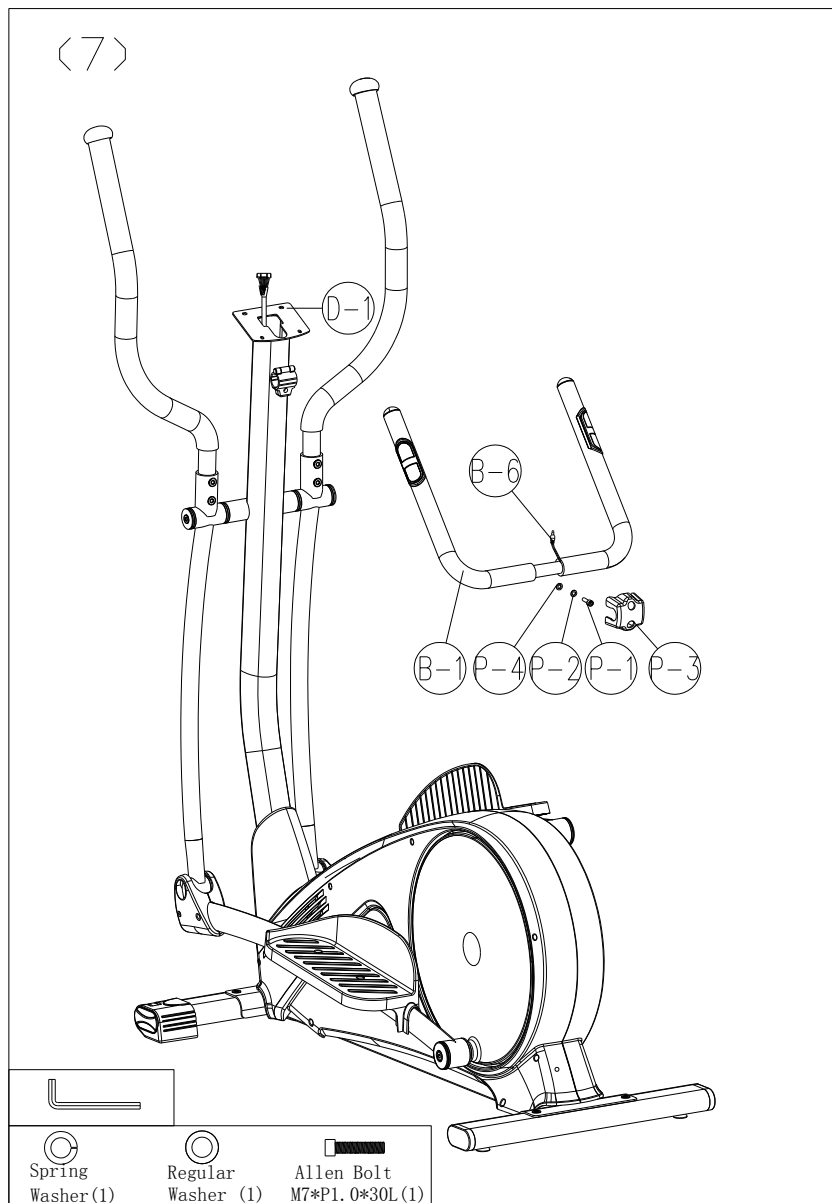
Step 6

Assemble two upper handlebars (C-1, C-4), with 4 screws (P-8) on each side.



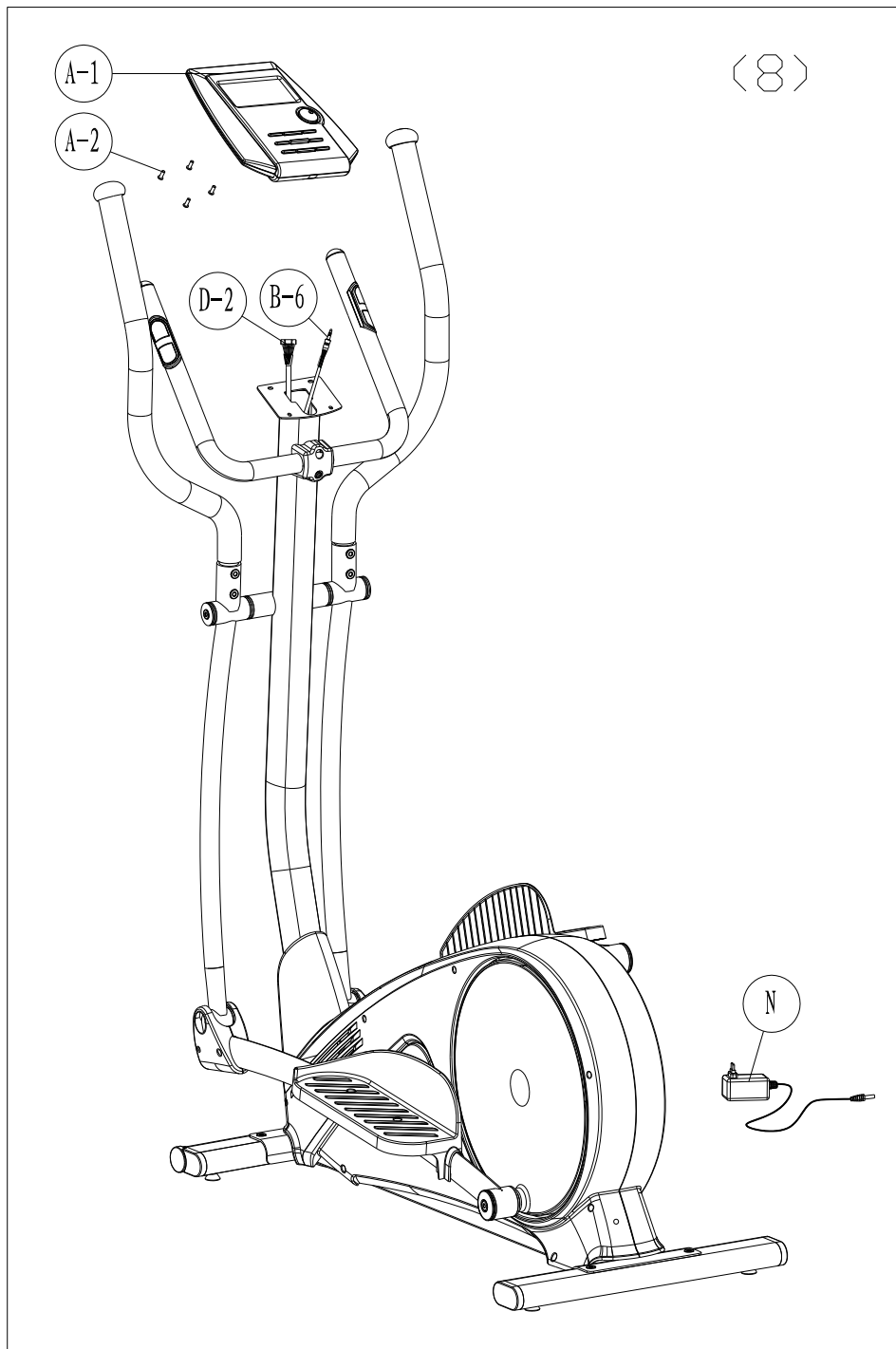
Step 7

1. Assembly the handlebar (B-1) onto the handlebar post (D-1),
with screws & washers (P-1, P-2, P-4).
2. Put the cover (P-3) on.



Step 8

1. Unscrew the 4 screws (A-1) at the back of computer (A-1).
2. Plug in the wires (B-6, D-2) to the computer.
3. Assemble the computer with 4 screws (A-1) onto its bracket.



CONSOLE INSTRUCTION MANUAL

[BUTTON FUNCTIONS]

UP	To select training mode and adjust function value up
DOWN	To select training mode and adjust function value down.
ENTER	In stop mode, to select confirm setting or selection
RESET	Reset: In stop mode, press the button to back to main menu and clear all set value. Total Reset: At any time, hold the RESET key for 2 seconds, LCD full display 2s and then back to home page.
START/STOP	To start or stop workout.
RECOVERY	To test hear rate recovery status.
BODY FAT	In stop mode, press it for body fat measurement
KM/ML SWITCH	The switch is for select KM (°C)or ML(°F) mode.

[DISPLAY FUNCTION]

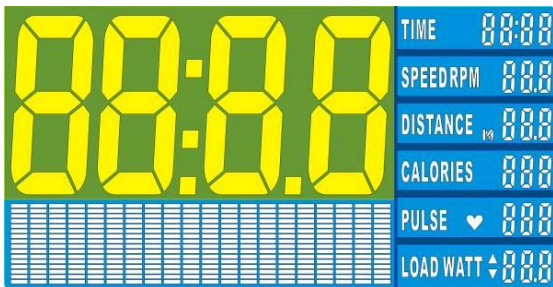
TIME	Display range 0:00~99:59 ; Setting range 0:00~99:00 minutes
SPEED	0.0~99.9km/H &ml/H
RPM	0~999
DISTANCE	Display range 0.00~99.9 ; Setting range 0.00~99.9km/ml
CALORIES	Display range 0~999 ; Setting range 0~990 Cl
PULSE	Display range 30~230 ; Setting range 0-30~230
WATT	Setting range 10~350

OPERATION

1. POWER ON

Connect power supply, console will power on with a long beep sound, LCD full display 2s (drawing 1) then display wheel diameter/ VDE in SPEED/DIST for 1s. Then come to calendar setting mode.

If no signal input, console will enter into POWER SAVING mode in 30s.



Drawing 1



Drawing 2

2. SETTINGS

2.1. Date setting

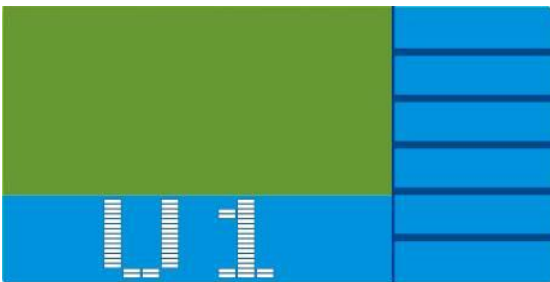
Room temperature and date will display as drawing 3. Set Year, Month, Date and Clock by ENTER、UP、DOWN button.



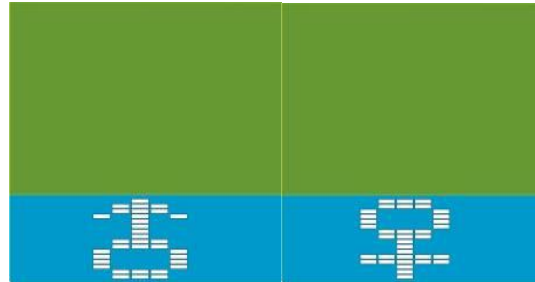
Drawing 3

2.2. User Profile setting

Press ENTER button each time when value's determined for USER# (select U1~ U4, drawing 4), Gender (drawing 5), AGE (drawing 6), HEIGHT (drawing 7), and WEIGHT (drawing 8). All entered data will be saved in user profile. After user profile is set up, console will go into main menu (drawing 9).



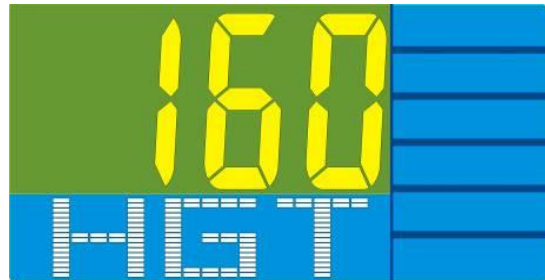
Drawing 4



Drawing 5



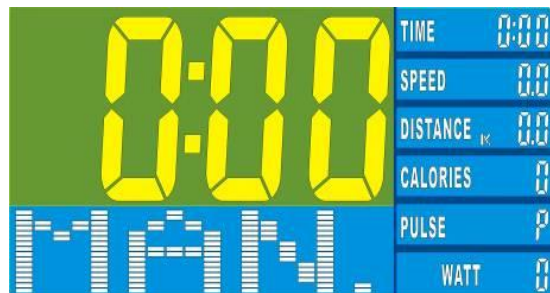
Drawing 6



Drawing 7



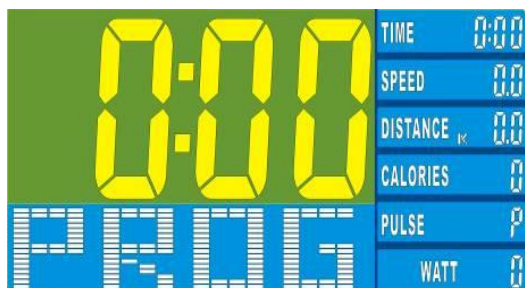
Drawing 8



Drawing 9

3. SELECTING A WORKOUT

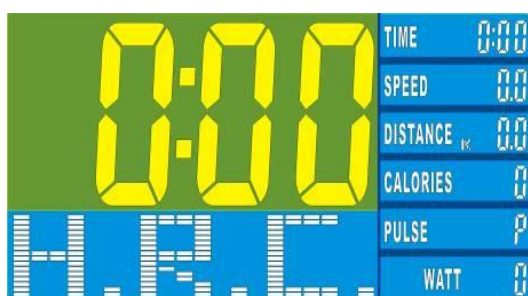
In main menu (drawing 9), Turn the wheel to select: MANUAL →PROGRAM (drawing 10)→ USER PROGRAM (drawing 11)→H.R.C. (drawing 12) → WATT(drawing 13). Press ENTER button to confirm your selected workout type.



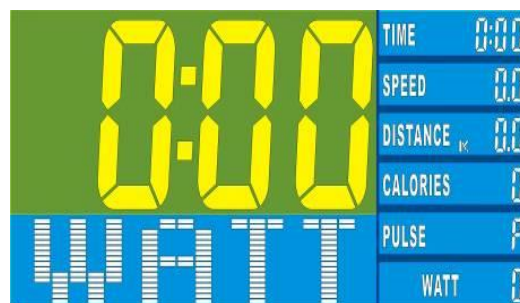
Drawing 10



Drawing 11



Drawing 12



Drawing 13

3.1. Manual Mode

After powering on, press START/STOP button to start exercise in MANUAL mode.

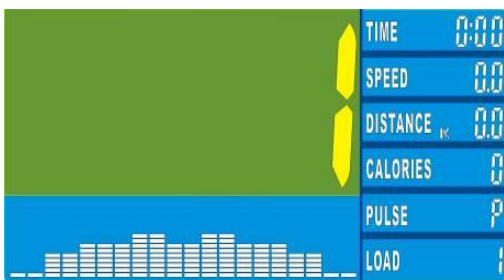
When entering Manual mode, you may set up Time, Distance, Calories, Pulse target, and LOAD level and press ENTER button to confirm. After setting the targets, press the START/STOP button to start workout.

Load level also can be adjusted from level 1 to level 32 during exercise by turning the wheel

3.2. Program Mode

Entering Program mode, rotate joggle wheel to select Program1~Program12. After the program is selected, LOAD window will flash to be set, pre-set value=1 (drawing 14). Choose the LOAD level by rotating joggle wheel.

Press ENTER button to set up exercise target (TIME/DISTANCE/CALORIES/PULSE). Then press START/STOP to start work out.



Drawing 14

3.3. User Program mode

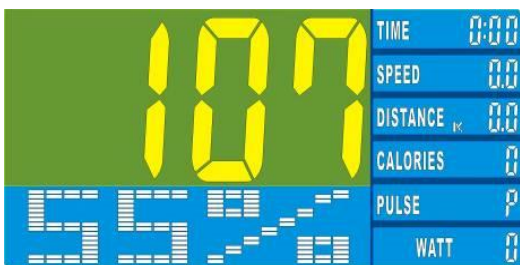
Rotate joggle wheel to create personal program profile with 20 segments and confirm by pressing ENTER. Then press START/STOP to start exercise.

During program setting or after finishing setting, user could hold on the ENTER button 2s into TIME/DISTANCE/CALORIES/PULSE setting mode.

3.4.H.R.C Mode

First set user AGE by joggle wheel (pre-set age =25), then go to programs selection. There will be 4 programs: 55%, 75%, 90% and TAG (drawing 15); use the joggle wheel to select one program and press the ENTER button to set up exercise target. Press the START/STOP button to start workout.

If user selects H.R.C. TAG (press the ENTER button to enter), target PULSE value will be shown and then rotate the joggle wheel to adjust target range from 30~230.



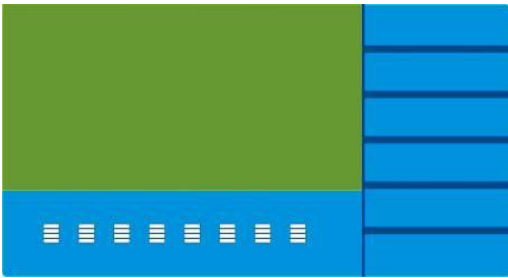
Drawing 15

3.5.WATT mode

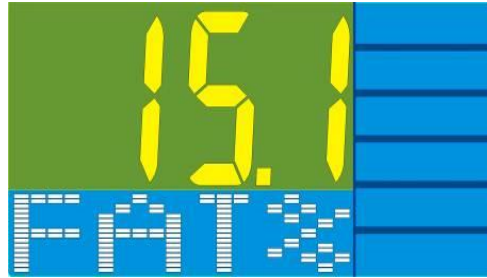
Rotate joggle wheel to adjust WATT value range from 10~350. After setting TIME/DISTANCE/ CALORIES/PULSE, press START/STOP to start exercise. During workout, system will adjust LOAD level automatically based on WATT value input and workout status.

3.6.Body Fat Mode

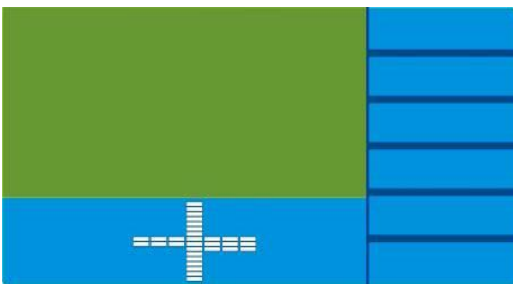
In STOP mode, press the BODY FAT button to start this function. System will start to measure after you have entered Gender, Age, Height, and Weight information. During measuring, hold both hands on the handgrip. The LCD will display " - - - - " (drawing 16) for 8 seconds until the console finishes measuring. Then LCD will display BODY FAT percentage (drawing 17), BODY FAT advice symbol (drawing 18), and BMI (drawing 19) by turn in every 3 seconds.



Drawing 16



Drawing 17



Drawing 18



Drawing 19

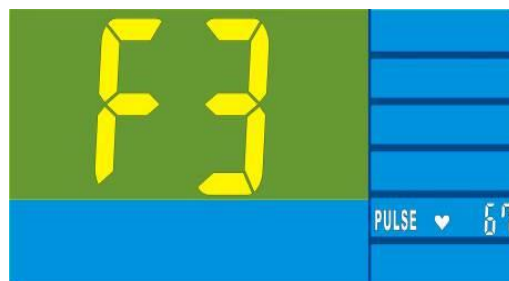
4. Recovery Mode

After exercising, keep holding the handgrips and press “RECOVERY” button. All function display will stop except “TIME” that will start counting down from 00:60 to 00:00 (drawing 20). Screen will display your heart rate recovery status with the F1, F2....to F6 (drawing 21). F1 is the best, F6 is the worst. Press the RECOVERY button again to return the main display.

During the recovery time, re-press “RECOVERY” and console will go back to previous page.



Drawing 20



Drawing 21

Note:

1. When there is no input signal for 4 minutes, console will enter into power saving mode (drawing 22). All setting and exercise data will be stored until user starts exercise again.
2. If console behaves abnormally, please unplug the mains adaptor and plug it in again.



Drawing 22

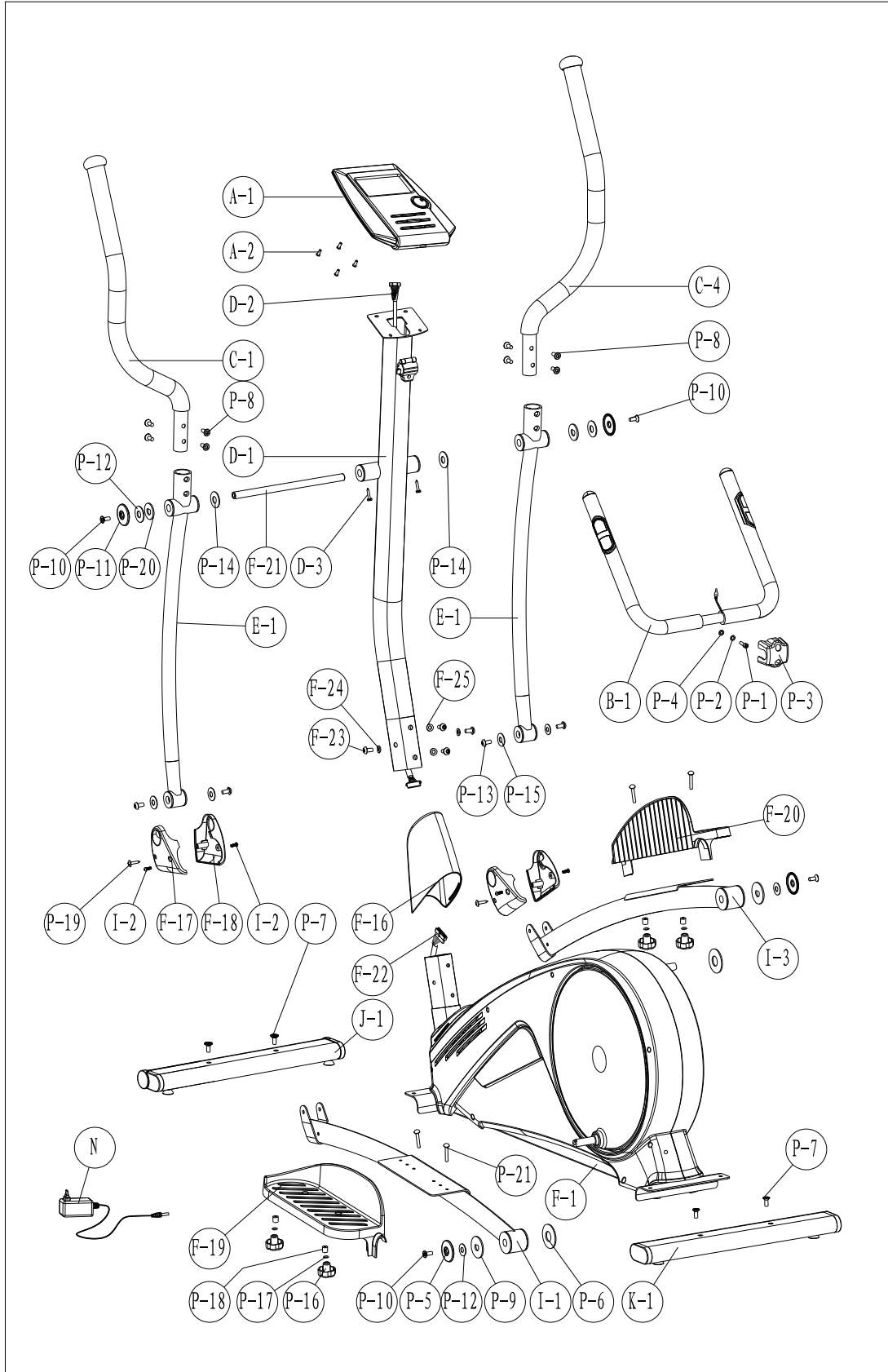
4.1 Error messages:

*The LCD displays "----" " " "----" - Not holding the hand pulse sensor correctly.

*E-1 – There is no heart rate signal input detected.

*E-4 – Occurs when FAT% is below 5 or exceeds 50 and BMI result is below 5 or exceeds 50.

Assembly Diagram



FITNESS PROGRAM GUIDELINES

The following guidelines will help you to plan your exercise program and exercise safely. Remember that proper nutrition and adequate rest are essential for successful results.

WARNING: Before beginning this or any other exercise program consult your doctor. This is especially important for pregnant women and new mothers, all people over the age of 35, and those with medical problems such as heart disease, high or low blood pressure, injuries, joint problems, obesity and asthma.

WHY EXERCISE?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

TARGET HEART RATE

To train effectively you should aim to work in the heart rate zone appropriate to your age as stipulated below. Please note this is a guide and your heart rate at rest and during training is determined by your fitness level and other lifestyle factors as well as your age. If you reach the recommended beats per minute below and feel you're over-exerting yourself stop, rest and when you feel recovered return to exercise at a lower intensity.

	TRAINING ZONE
AGE	MIN-MAX (BPM)
20	133-167
25	132-166
30	130-164
35	129-162
40	127-161
45	125-159
50	124-156
55	122-155
60	121-153
65	119-151
70	118-150
75	117-147
80	115-146
85	114-144

BEGINNERS GUIDE TO EXERCISE

If you're beginning an exercise program for the first time or starting a new exercise program, you must check with your doctor that you are fit to do so particularly if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions.
- You have not exercised for over a year.
- If you are over 35 and do not currently exercise,
- You are pregnant or are a new mother
- You have diabetes
- You have chest pain, or experience dizziness or fainting spells.
- You are recovering from an injury or illness.

WORK-OUT TIPS

- Always perform a warm-up and stretching exercises before your work-out and a cool down and stretching exercises at the end
- Start slowly and build up your time, speed and resistance gradually; doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

HOW TO BEGIN

- Start with two or three 15-minute sessions per week with a rest day between work-outs.
- Warm-up for 5 to 10 minutes with gentle movements incorporating the whole body such as walking while swinging your arms in a circle and then stretch the muscles you'll use during your work-out. Seated cycling works mainly the quadriceps (thighs) and hamstrings.
- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly when you exercise regularly.
- End each work –out with a 5-minute cool down with the resistance set to a low level. You should then stretch the muscles you've just worked to develop flexibility, reduce muscle soreness and prevent injury.
- Increase your work-out time by a few minutes each week until you can work continuously for 30 minutes per session.
- Don't worry about distance or pace for the first few weeks, focus on endurance and conditioning.

HOW HARD SHOULD YOU WORK?

When exercising, you should try to stay within your target heart rate (THR) zone.

The table on the previous page will tell you the THR for your age.

Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest.

STRETCHING GUIDE

TIPS FOR STRETCHING

- Begin with small mobility exercises of all the joints e.g. simply rotate the ankles, bend the knees and roll your hips. Gradually make the movements larger and faster. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.
- Always warm up the body before stretching, as this increases blood flow around the body, creating warmth which makes the muscles more supple
- Start with your legs, and steadily work up the body.
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.
- Do not stretch until it hurts. If there's any pain, ease off.
- Don't bounce. Stretching should be gradual and relaxed.
- Don't hold your breath during a stretch.
- Stretch after exercising to prevent muscles from tightening up.
- Stretch at least three times a week to maintain flexibility.

WARM-UP and COOL-DOWN

A successful cardio-vascular exercise program consists of a full body warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week

WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for five minutes before strength-training or exercising aerobically. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running on the spot. Try to incorporate moves that take the joints through their full range of motion.

STRETCHING

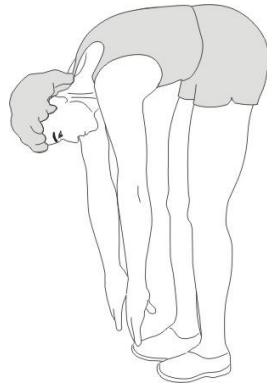
Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretching develops flexibility and reduces muscles soreness.

Stretches should be held for 15 to 30 seconds.

DO NOT BOUNCE OR OVER-STRETCH. Take your time in each stretch. Gradually take each stretch a little deeper on every out breath to your personal maximum.



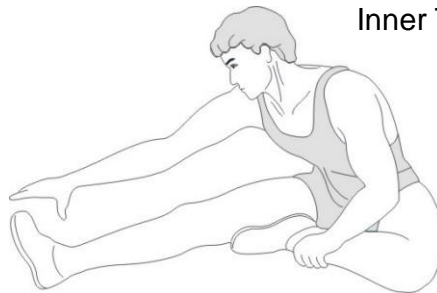
Side Stretch



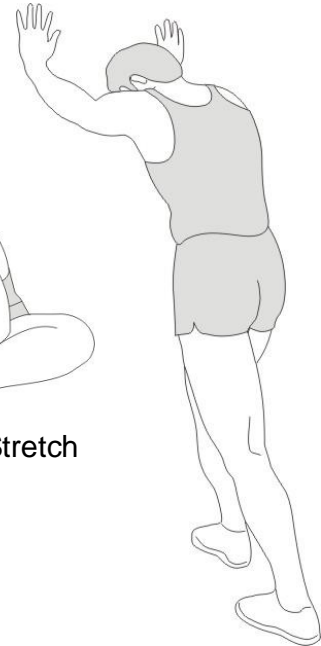
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



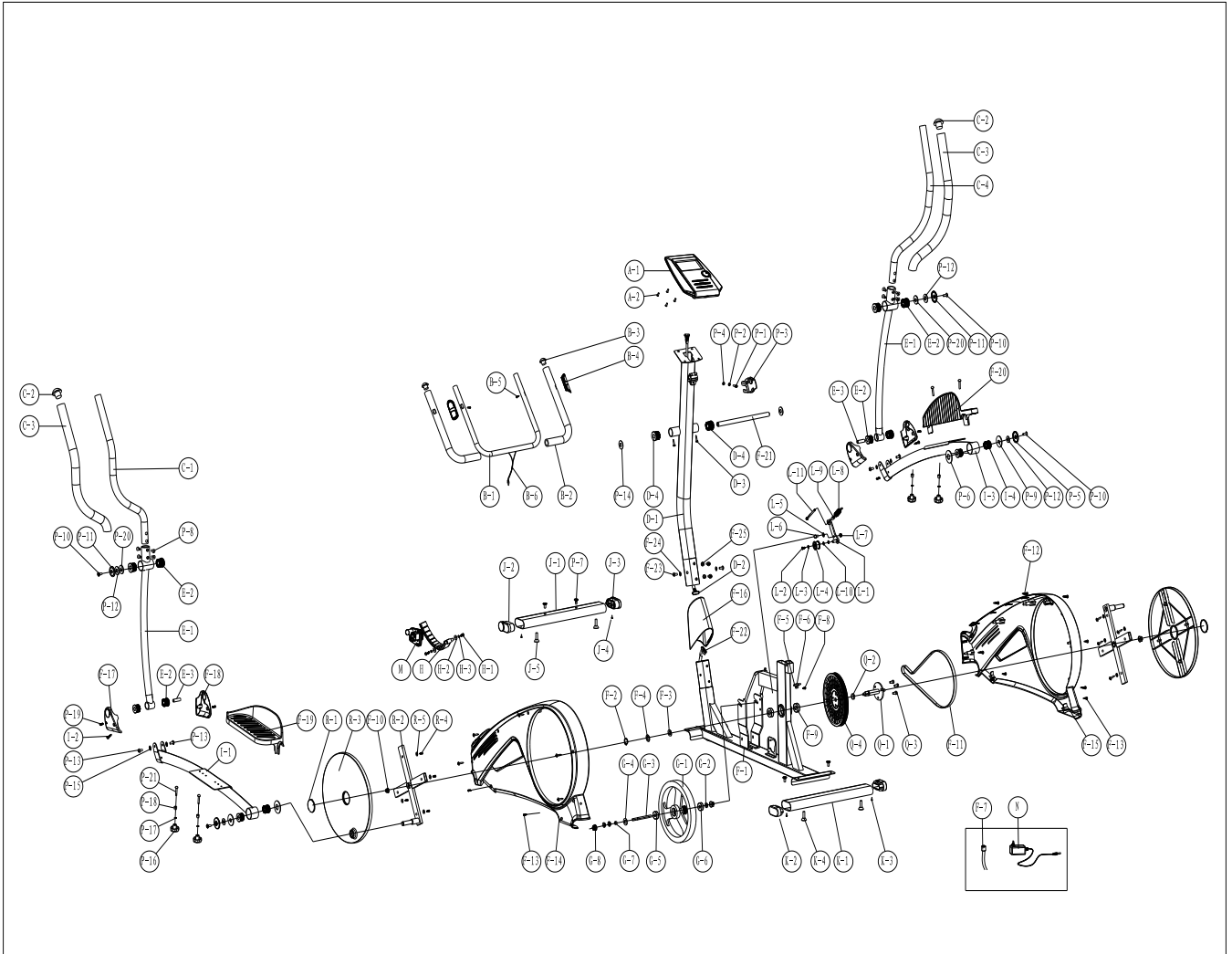
Calf-Achilles Stretch

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 slowly lowers your heart rate, allows blood to return to the heart and helps prevent muscle soreness caused by the build-up of lactic acid in the muscles.

Exploded Diagram



PARTS LIST

Part no.	Description	QTY	
A-1	Computer	1	PCS
A-2	Screw	4	PCS
B	Front handlebar set	1	SET
B-1	Front handlebar	1	PCS
B-2	Foam grip	2	PCS
B-3	End cap	2	PCS
B-4	Hand pulse sensor	2	PCS
B-5	Self-tapping screw M4x20L	2	PCS
B-6	Hand pulse sensor wire	1	PCS
C	Moveable handlebar set(upper)	1	SET
C-1	Upper handlebar, left	1	PCS
C-2	End cap	2	PCS
C-3	Foam grip	2	PCS
C-4	Upper handlebar, right	1	PCS
D	Handlebar post set	1	SET
D-1	Handlebar post	1	PCS
D-2	Computer upper cable	1	PCS
D-3	Screw M6xP0.8x15L	2	PCS
D-4	Handlebar axle bushing	2	PCS
E	Moveable handlebar set (lower)	2	SET
E-1	Lower handlebar	2	PCS
E-2	Handlebar axle bushing	4	PCS
E-3	Lower handlebar axle	2	PCS
F-1	Frame	1	PCS
F-2	C-clip	1	PCS
F-3	Curved washer	1	PCS
F-4	Flat washer	1	PCS
F-5	Sensor wire	1	PCS
F-6	Sensor bracket	1	PCS
F-7	DC wire	1	PCS
F-8	Screw M4x10L	1	PCS
F-9	Bearing 6004RS	2	PCS
F-10	Pattern nut	2	PCS
F-11	Drive belt	1	PCS
F-12	Self-tapping screw M4x50L	5	PCS
F-13	Self-tapping screw M5x16L	6	PCS
F-14	Side cover, left	1	PCS
F-15	Side cover, right	1	PCS
F-16	Handlebar post cover	1	PCS
F-17	Pedal arm front cover, left	2	PCS

F-18	Pedal arm front cover, right	2	PCS
F-19	Pedal, left	1	PCS
F-20	Pedal, right	1	PCS
F-21	Handlebar fixed axle	1	PCS
F-22	Computer lower cable	1	PCS
F-23	Allen bolt M8xP1.25x20L	4	PCS
F-24	Flat washer	2	PCS
F-25	Semi-circular washer	2	PCS
G	Flywheel set	1	SET
G-1	Flywheel	1	PCS
G-2	Nut	3	PCS
G-3	Flywheel axle	1	PCS
G-4	Flat washer	1	PCS
G-5	Bearing 6000RS	1	PCS
G-6	Bearing 6300RS	1	PCS
G-7	Bushing	1	PCS
G-8	Pattern nut	2	PCS
H	Magnetic brake set	1	SET
H-1	Hex screw M6xP1.0*16L	1	PCS
H-2	Flat washer	1	PCS
H-3	Spring washer	1	PCS
I	Pedal arm set	1	SET
I-1	Pedal arm, left	1	PCS
I-2	Screw M5x14L	4	PCS
I-3	Pedal arm, right	1	PCS
I-4	Handlebar axle bushing	4	PCS
J	Front stabilizer set	1	SET
J-1	Front foot	1	PCS
J-2	Left end cap with transport wheel	1	PCS
J-3	Right end cap with transport wheel	1	PCS
J-4	Drilling screw 3/16"x3/4"	2	PCS
J-5	Adjusting pad	2	PCS
K	Rear stabilizer	1	SET
K-1	Rear foot	1	PCS
K-2	End cap	2	PCS
K-3	Drilling screw 3/16"x11/8"	4	PCS
K-4	Adjusting pad	2	PCS
L	Belt tightener set	1	SET
L-1	Belt tightener frame	1	PCS
L-2	Hex screw M6xP1.0x12L	1	PCS
L-3	Flat washer	1	PCS
L-4	Pulley wheel (incl. 2 bearings)	1	PCS
L-5	Flat washer	1	PCS
L-6	Hex screw M8xP1.25x20L	1	PCS

L-7	Nylon nut M8	1	PCS
L-8	Spring	1	PCS
L-9	Spring bracket	1	PCS
L-10	Curved washer	2	PCS
L-11	Hex screw M6xP1.0x100L	1	PCS
M	Servo motor set	1	SET
N	Switching power	1	PCS
P	Hardware kit	1	PCS
P-1	Allen bolt M7xP1.0x30L	1	PCS
P-2	Flat washer	1	PCS
P-3	Handle fixing clamp	1	PCS
P-4	Spring washer	1	PCS
P-5	Steel washer	2	PCS
P-6	Flat washer	2	PCS
P-7	Allen bolt M8x16	4	PCS
P-8	Allen bolt M8x12	8	PCS
P-9	Flat washer	2	PCS
P-10	Allen bolt M8x20	4	PCS
P-11	Steel washer	2	PCS
P-12	Flat washer	2	PCS
P-13	Allen bolt M8xP1.25x12L	4	PCS
P-14	Flat washer	2	PCS
P-15	Flat washer	4	PCS
P-16	Pedal knob	4	PCS
P-17	Spring washer	4	PCS
P-18	Bushing	4	PCS
P-19	Self-tapping screw M3x25L	2	PCS
P-20	Flat washer	2	PCS
P-21	Carriage bolt M6xP1.0x40L	4	PCS
P-22	Box spanner	1	PCS
P-23	Allen key	2	PCS
Q	Axle set	1	SET
Q-1	Axle	1	PCS
Q-2	Bushing	1	PCS
Q-3	Hex screw M8xP1.25x12L	3	PCS
Q-4	Drive pulley ϕ 260	1	PCS
R	Round disc set	1	SET
R-1	Round disc cover	2	PCS
R-2	Disc brace	2	PCS
R-3	Round disc	2	PCS
R-4	Self-tapping screw M4x14L	8	PCS
R-5	Flat washer	8	PCS

Customer Support

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on a label on the product itself
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue or defect

IMPORTANT!! - Please retain your sales receipt, Viavito Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

The best way to contact us is via the website: www.viavito.com

Viavito Ltd

42 Clipstone Street

London W1W 5DE

United Kingdom

Email: support@viavito.com

Viavito Manufacturer's Warranty

Viavito Ltd warrants this product to be free of defects of material and workmanship, under normal use and conditions, for a period of 12 months from the date of the original purchase.

Warranty extensions may apply to this product subject to registering this product with Viavito. To qualify please complete the warranty registration form on the Viavito web site at www.viavito.com Full details of warranty extensions and the Viavito Manufacturer's Warranty are available online at www.viavito.com

Terms

This warranty extends only to the original purchaser and is not transferable. The warranty does not cover:

- 1) Normal wear and tear
- 2) Any changes to upgrade this product from its normal state or use as described in the user manual
- 3) Damage resulting from:
 - a) Transport
 - b) Abuse, misuse, failure to follow instructions or improper or abnormal use
 - c) Non-home use - including commercial, professional, or rental purposes
 - d) Repairs not provided by Viavito Ltd
 - e) Accidents, lightning, water, fire, or any other causes beyond the control of Viavito
 - f) Improper location including, but not limited to, humid, dusty, or outdoor environments

Viavito is not responsible or liable for direct, indirect, or consequential losses arising out of or in connection with the use of this product or damages with respect to any loss of property, revenue, profits, enjoyment or use. Nor for any costs of removal or installation of this product.

This warranty covers products purchased from new inside the United Kingdom.

It may be necessary to perform repairs at a Viavito authorised repair center.

This warranty is in addition to, and does not in any way, affect your statutory rights

