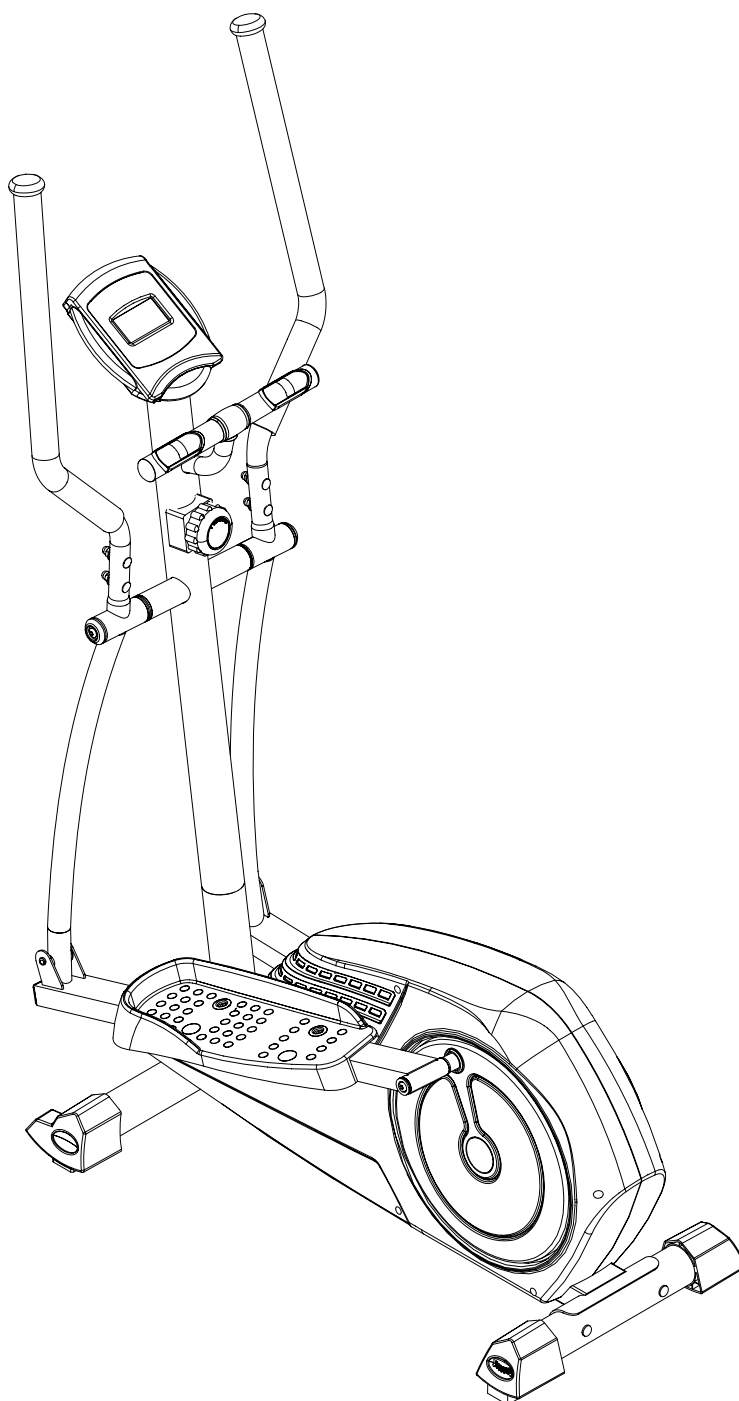




MARCY

ER5000D



Escalade International Limited

Pleasant Road, Penllergaer, Swansea. SA4 9GE
Tel: 00 44 1792 222 550 Fax 00 44 1792 895 781

www.escaladesports.co.uk

info@escaladesports.co.uk



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Supplied by
Escalade International Ltd
Pleasant Road
Penllergaer
Swansea
SA4 9GE
Tel: 00 44 1792 222550
Fax: 00 44 1792 895781
www.escaladesports.co.uk

IMPORTANT SAFETY INFORMATION

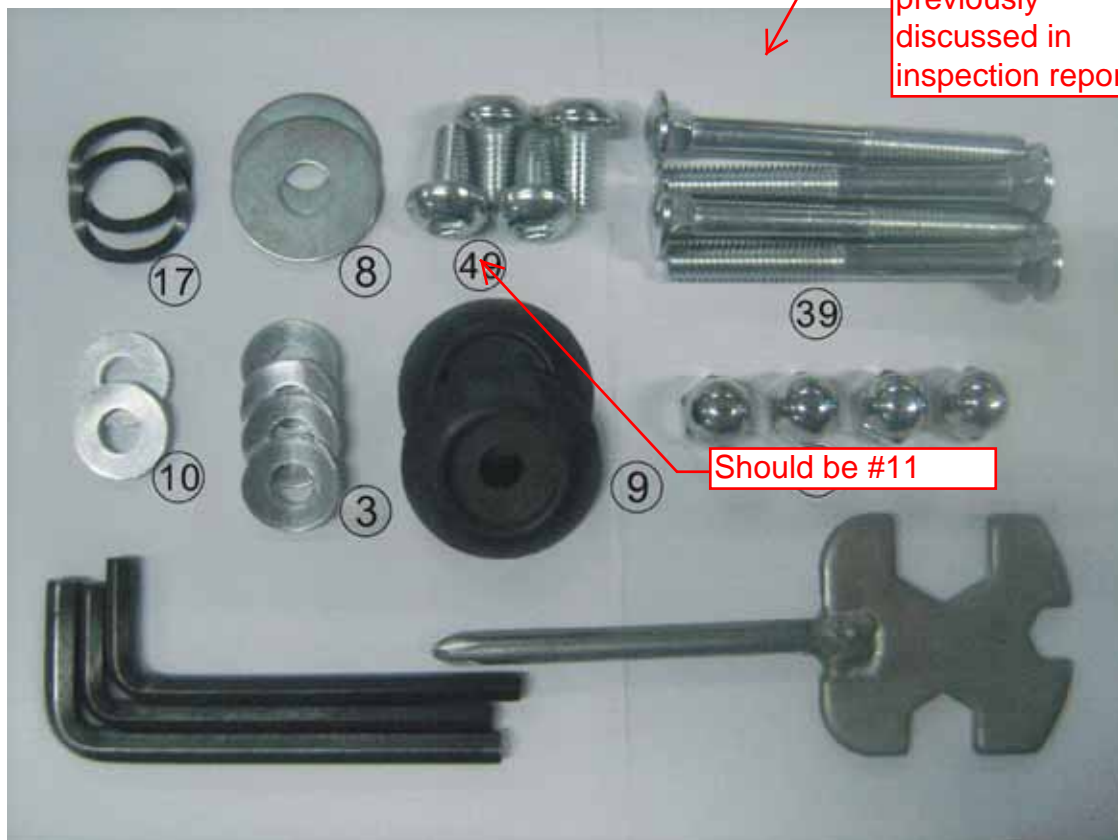
READ ALL INSTRUCTIONS BEFORE USING

<p>THIS OWNER'S MANUAL CONTAINS ASSEMBLY, OPERATION, MAINTENANCE AND SAFETY INFORMATION. IN THE INTEREST OF SAFETY, PLEASE MAKE CERTAIN THAT YOU READ AND UNDERSTAND ALL THE INFORMATION BELOW.</p>

1. This elliptical is intended for class H (H=Domestic) use only. It is not designed for commercial use.
2. This machine has been tested to BS EN 957 Parts 1:2005 and Part 9:2003.
3. Read the OWNER'S OPERATION MANUAL and all accompanying literature and follow it carefully before using your elliptical.
4. Keep children and pets away from the Elliptical at all times. Do not leave children unattended in the same room with the Elliptical. The Elliptical is not a toy and therefore parents and guardians should be aware of the natural tendency for children to play, leading to situations and behaviour for which the Elliptical is not intended.
5. If children are allowed to use the Elliptical their physical/mental development and above all, temperament should be taken into account. Constant supervision is therefore needed.
6. Position the Elliptical on a clear levelled surface which is clear of all obstacles as not to restrict movement whilst exercising. DO NOT use the Elliptical near water or outdoors.
7. Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
8. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
9. Rest adequately between workouts. Muscle tone develops during these rest periods. Beginners should work out twice a week and increase gradually to 4 to 5 times per week.
10. Remove all jewellery, including rings, chains and pins before commencing exercise.
11. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.

IMPORTANT!!! THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR ELLIPTICAL IS 120KGS.

HARDWARE PARTS LIST



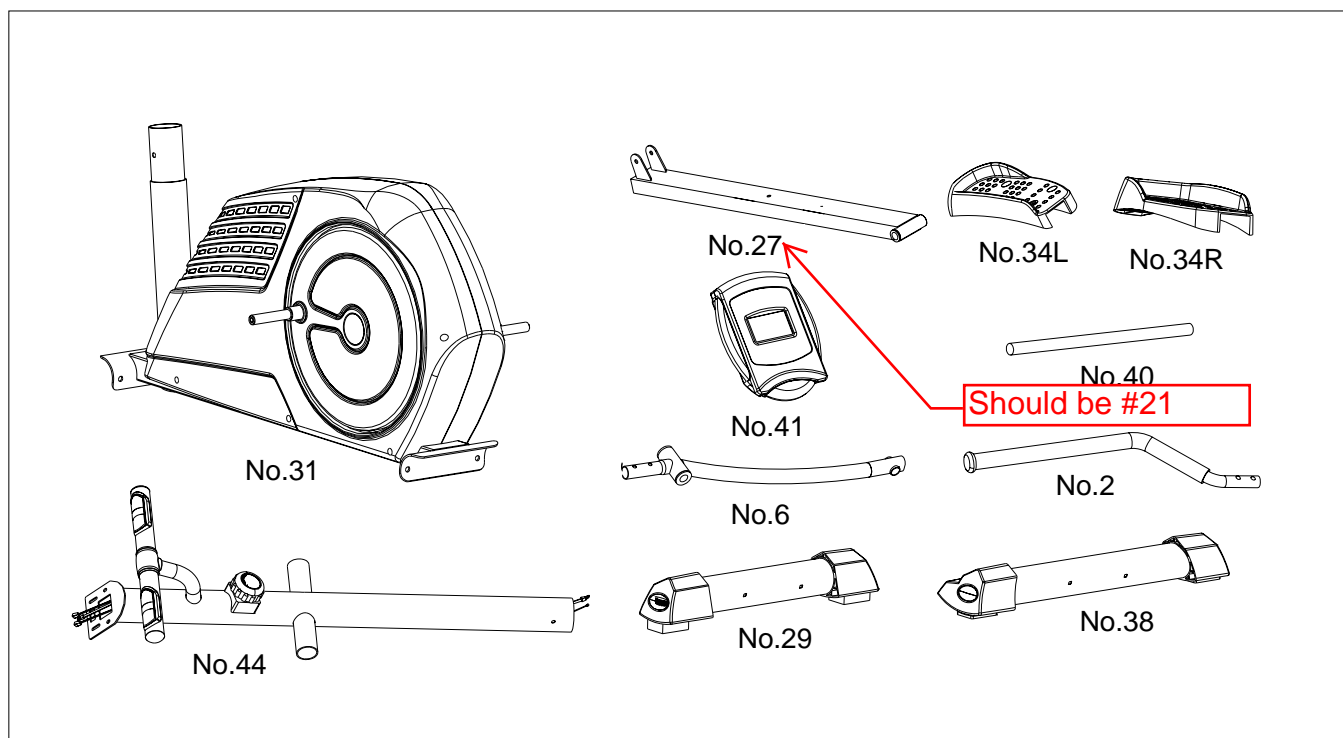
Part No.	Description	Q'ty
3	Curved washer	4
4	Carriage nut M8	4
8	Flat washer 30mm diameter	2
9	Plastic washer	2
10	Flat washer 19mm diameter	2
17	Wavy washer	2
39	Carriage bolt M8*73L	4
49	Screw M8*16	4
	Allen key S6	2
	Allen key S5	1
	Allen Wrench 10/13/19	1

Should be #11

Should be quantity
x 4

Please note that some items of hardware may already be pre assembled onto your elliptical.

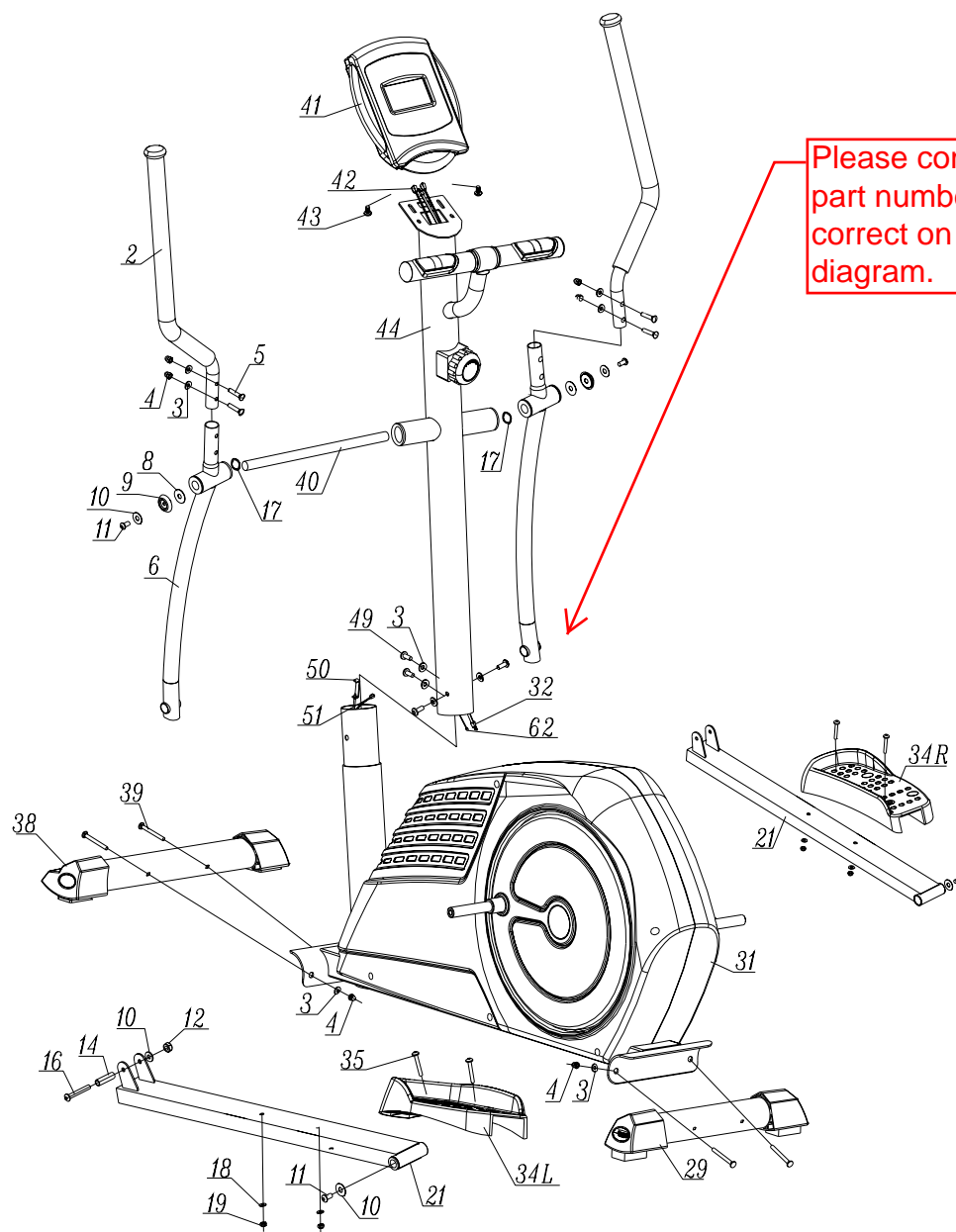
PRE-ASSEMBLY CHECK LIST



PART No.	DESCRIPTION	Q'TY
No.31	MAIN FRAME	1
No.44	FRONT POST	1
No.27	PEDAL ARM	2
No.41	COMPUTER	1
No.6	LOW HANDLEBAR	2
No.29	REAR STABILIZER	1
No.34	FEDAL R/L	2
No.40	AXLE FOR HANKLEBAR	1
No.2	LEFT & RIGHT UPPER HANDLEBAR	2
No.38	FRONT STABILIZER	1

Above described parts are all the parts you need to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.

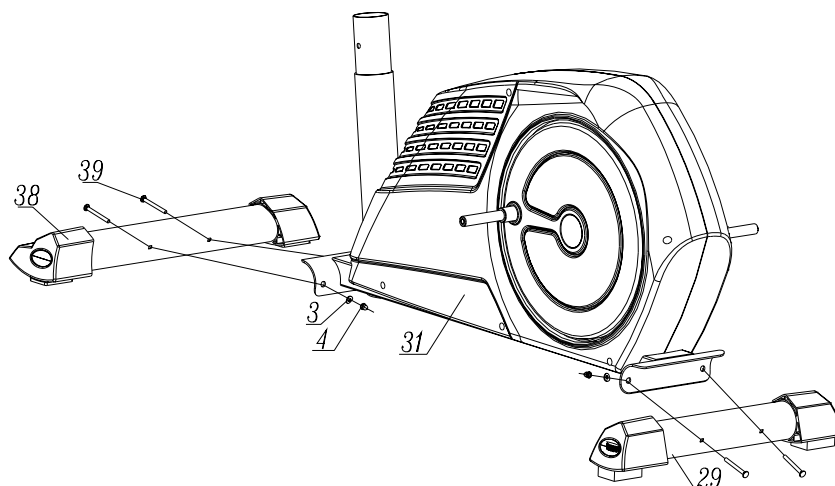
EXPLODED ASSEMBLY DIAGRAM



ASSEMBLY INSTRUCTION

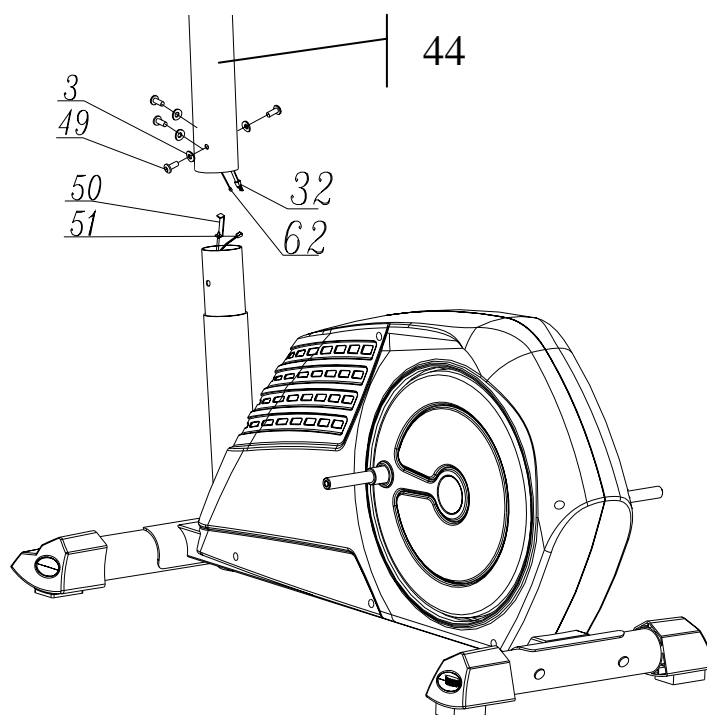
STEP 1

Attach the front and rear stabilizer (38 & 29) to the main frame (31), tighten with four carriage bolts (39), curve washer (3) and acorn nut (4).



STEP 2

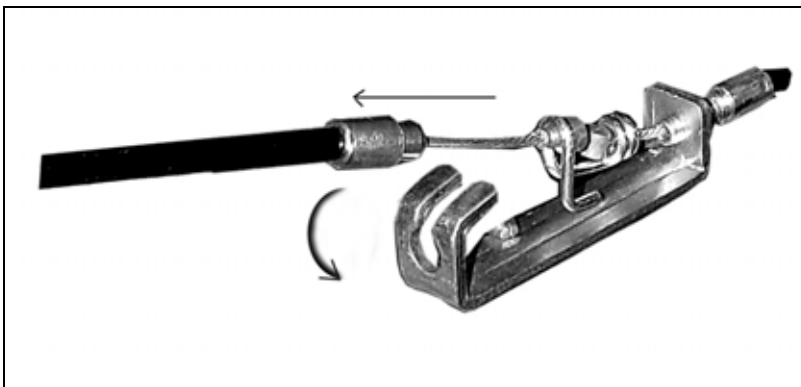
Take the handlebar post (44) and connect the upper sensor wire (32) to the lower sensor wire (51). **Ensure the Tension Control Knob is set to number 8.** Connect the upper tension cable (62) to the lower tension cable (50). **Please see the next page for a detailed description of this part of the assembly.** Insert the handlebar post (44) into the main frame (31) and secure into position using 4 allen head bolts (49) and curved washers (3). **Do not fully tighten the allen bolts at this stage.**



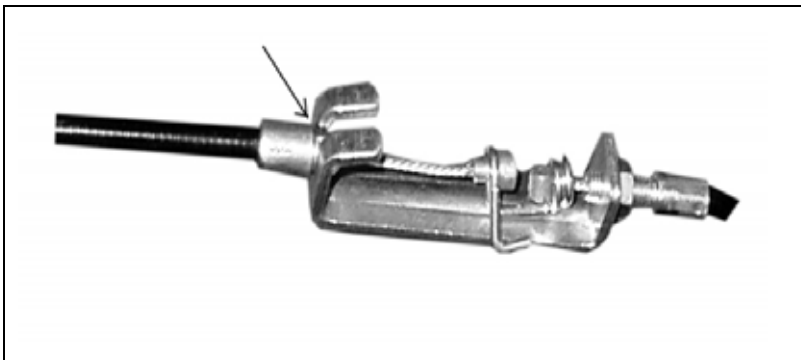
HOW TO CONNECT TENSION CONNECTOR



Slide the Cable wire from the Upper Tension Connector in between the opening on the wire holder on the Lower Tension Connector.



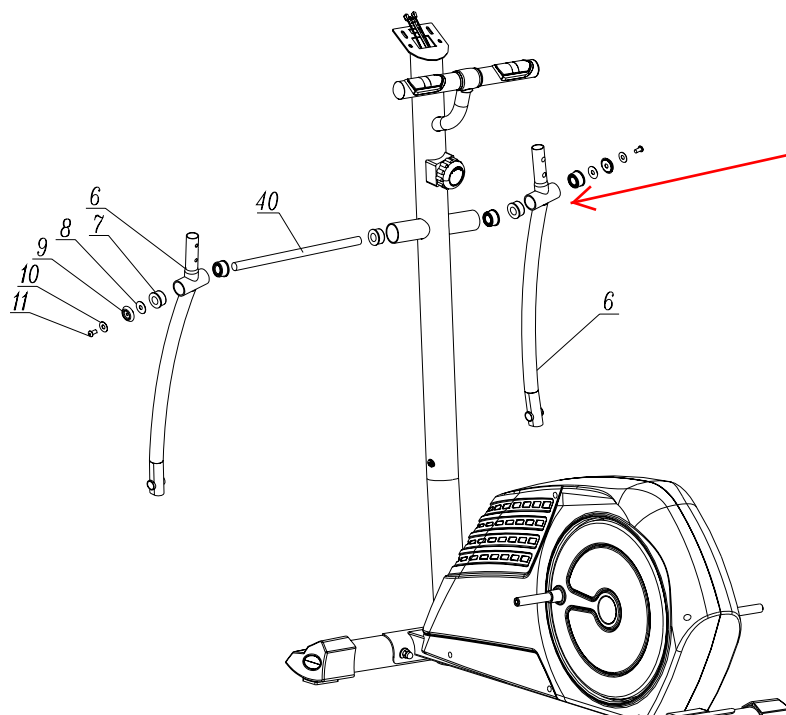
Pull the Upper Tension Connector backward and slide the wire through the slot on the bracket.



Drop the Connector down so the fitting sits firmly on top of the bracket.

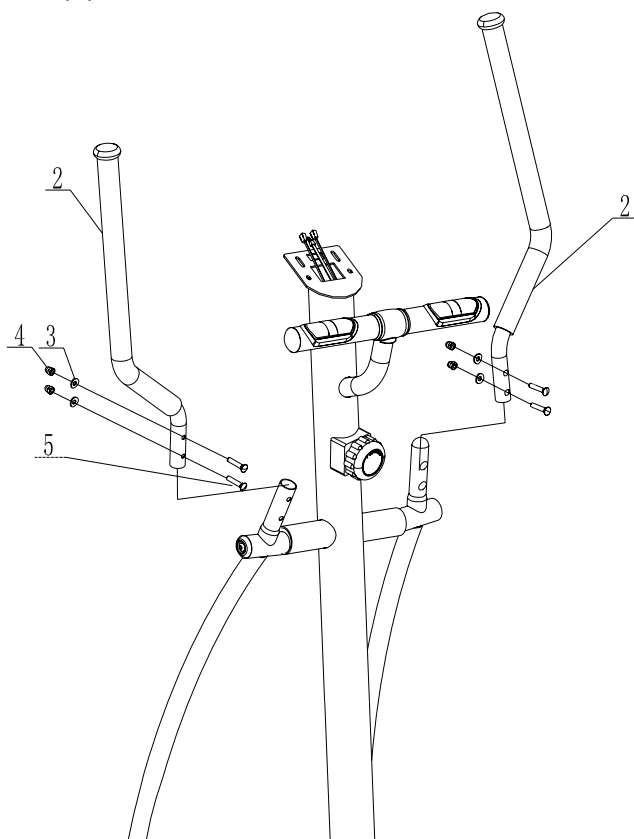
STEP 3

Insert the rotation axle (40) through the handlebar post (44). Assemble the left movable handlebar (6) onto the rotation axle and secure into position using one flat washer (8), plastic washer (9), flat washer (10) and allen head bolt with blue dot (11). Repeat this procedure for the right handlebar. **Do not fully tighten the allen head bolts at this stage.**



STEP 4

Assemble the left and right movable handlebars upper (2) onto the movable handlebars previously assembled and secure into position using four carriage bolts (5), curved washers (4) and acorn nuts (3).

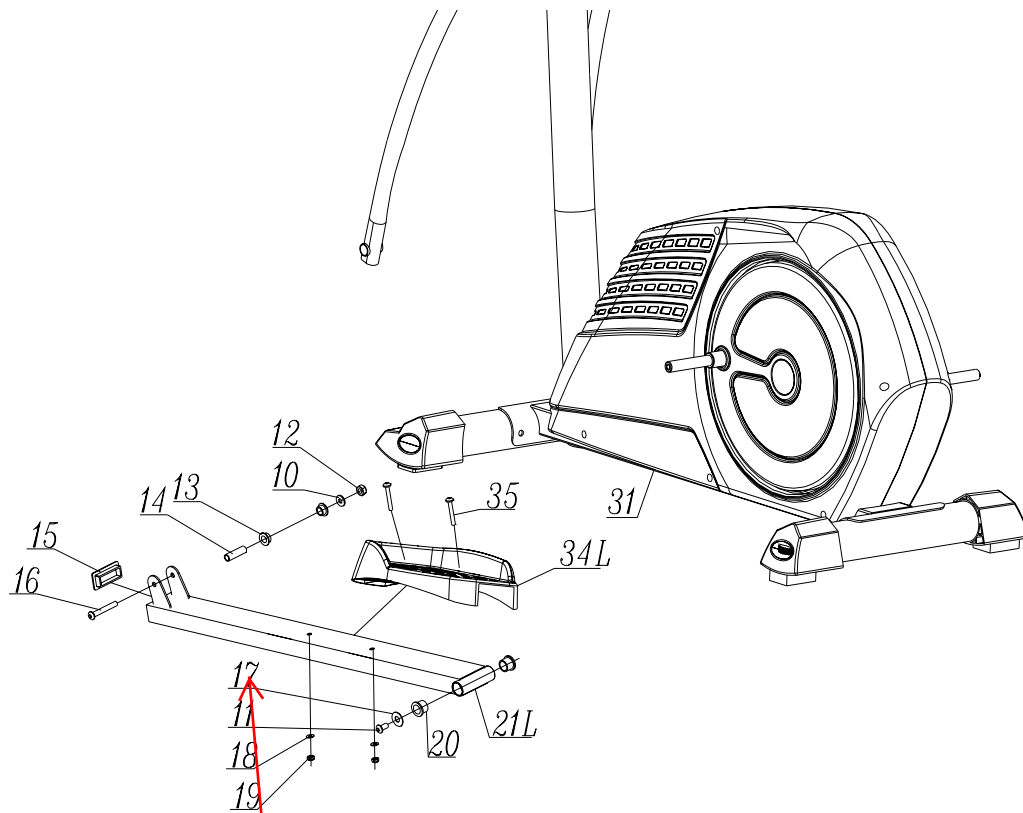


STEP 6

Assemble the left pedal (34L) onto the pedal arm (21L) and secure into position using 2 screws (35), flat washers (18) and nylon lock nuts (19). Assemble the left pedal arm assembly onto the left rotation disk and secure into position using one wavy washer (17), and allen head bolt with blue dot (11).

Insert the steel spacer (14) into the end on the left lower movable arm. Connect the left pedal arm to the left lower movable arm using one bolt (16), flat washer (10) and nylon lock nut (12).

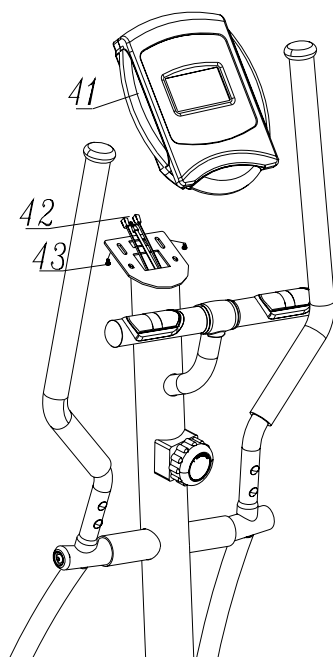
Repeat the above procedure for the right hand side and tighten any hardware previously assembled.



If diagram is correct on page 6 this will need to be changed to #10

STEP 7

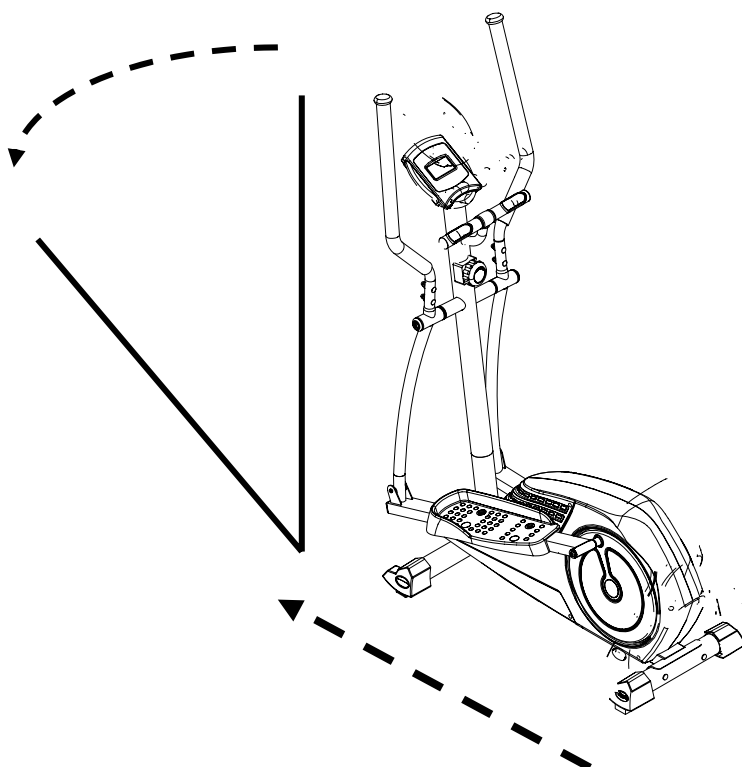
Connect the upper sensor wire (32) and pulse sensor wires (42) into the rear of the computer (41). Slide the computer onto the top of the handlebar stem ensuring the loose wires are inserted into the top of the stem and secure into position using two screws (43).



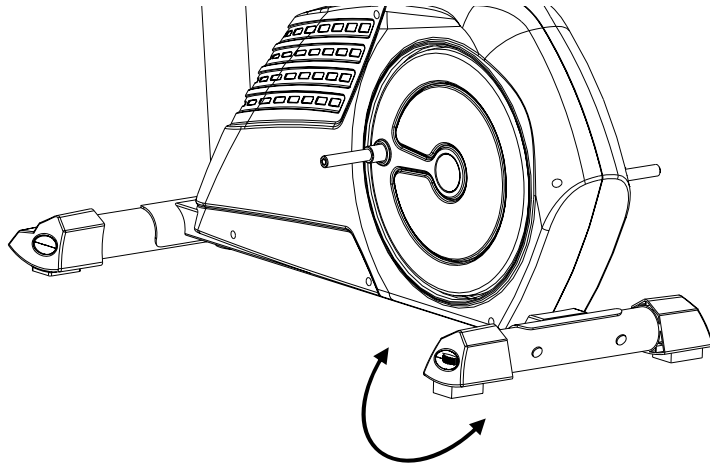
PLEASE ENSURE THAT ALL NUTS AND BOLTS ARE SECURE BEFORE USE

TRANSPORT/LEVELLING AND TENSION CONTROL

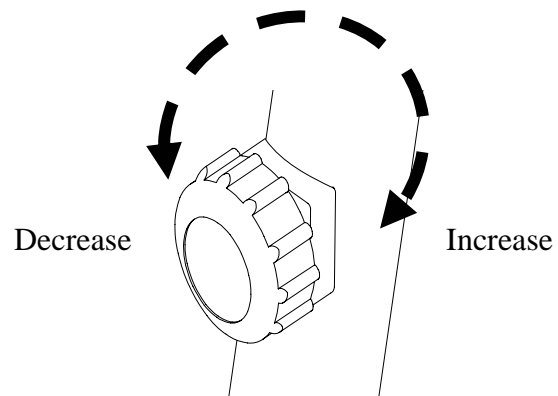
TRANSPORT



LEVELLING



TENSION CONTROL



COMPUTER INSTRUCTIONS

UT8365-7



BUTTON :

- MODE:** To select functions of time, speed, distance, calories and pulse.
- SET:** To adjust each function value of time, distance, calorie, pulse.
- RESET:** The user may use reset key to reset each function individually: time, distance, calorie, and pulse.
- RECOVERY:** The user may use the recovery button to determine their fitness level after exercising.

FUNCTION

1. **Scan:** Automatically scans through each function in sequence so that you can see your progress without pressing the “mode” button each time. Display switches every 6 seconds.
2. **Time:** Automatically accumulate workout time when starting exercise. 0:00~99:59 minutes.
3. **Speed:** Display current speed during workout time. 0.0~99.9 KM/HR.
4. **Distance:** Automatically accumulate workout distance when starting exercise. 0.00~99.99 K/M
5. **Calories:** Automatically accumulate calories amount consumed when starting exercise. 0~9999
6. **Pulse:** Displays your current heart rate when exercising. P~30~240

NOTE:

1. The value of pulse function is for reference only; please do not consider for medical purposes.
2. The monitor will be automatically shut off after 4 to 5 minutes when not in use.
3. The monitor will be auto-powered on when you start exercising, or push a button.

Getting Started

The computer will automatically sense when you begin to exercise. The functions of Speed, RPM, Time, Distance and Calories will begin to count up as soon as you begin exercising and stop when you have finished.

Entering Preset Data

1. Press MODE until the function you wish to enter is flashing.
2. Press SET to input your preset data. You can press RESET at any time to reset the function data to zero.
3. Once your preset data has been entered, you may begin exercising. Preset data will begin to count down automatically. An alarm will sound once the preset data reaches ZERO.

Recovery Feature

This computer is equipped with a Recovery Feature. This special feature can help you to understand your heart rate recovery status after each workout.

Press the Recovery button after your entire workout program. Place both hands on the pulse sensor; the time will display one minute (00:60) and count down. The computer will monitor your heart rate during this one-minute and display your heart rate recovery status after the minute.

Score	Condition	Heart Rate Per Minute
F1	Excellent	75 - 80
F2	Good	85 - 90
F3	Average	95 - 115
F4	Fair	120 - 125
F5	Poor	130 - 135
F6	Very Poor	135+

Hand Pulse Sensors

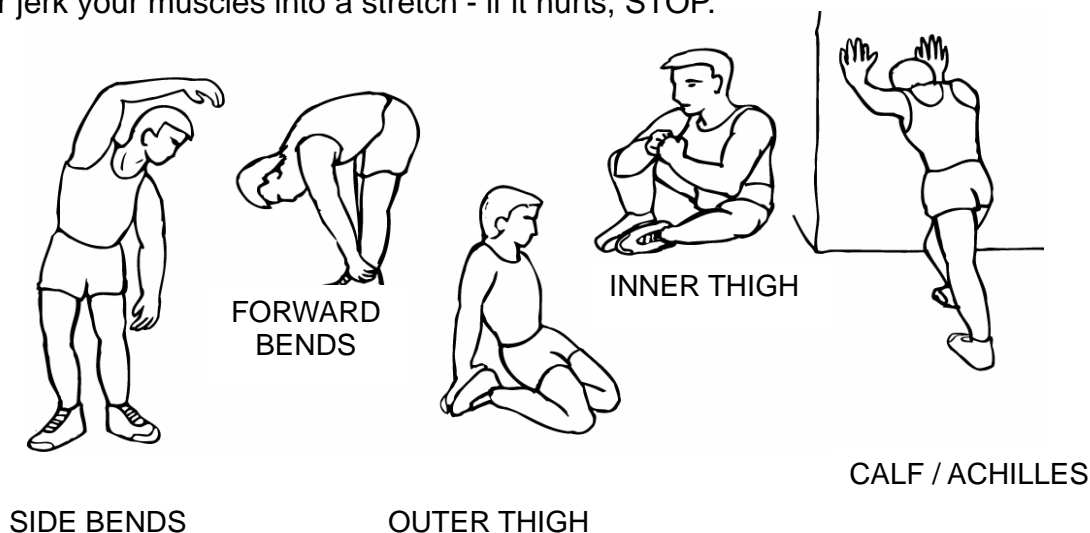
Your elliptical comes with hand pulse sensors that can be found on the handlebars. To operate, place your palms on the sensors. It will take a few seconds for your heart rate to be displayed, which is initially indicated by a flashing heart on the computer.

EXERCISE INSTRUCTION S

Using your **MAGNETIC ELLIPTICAL** will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

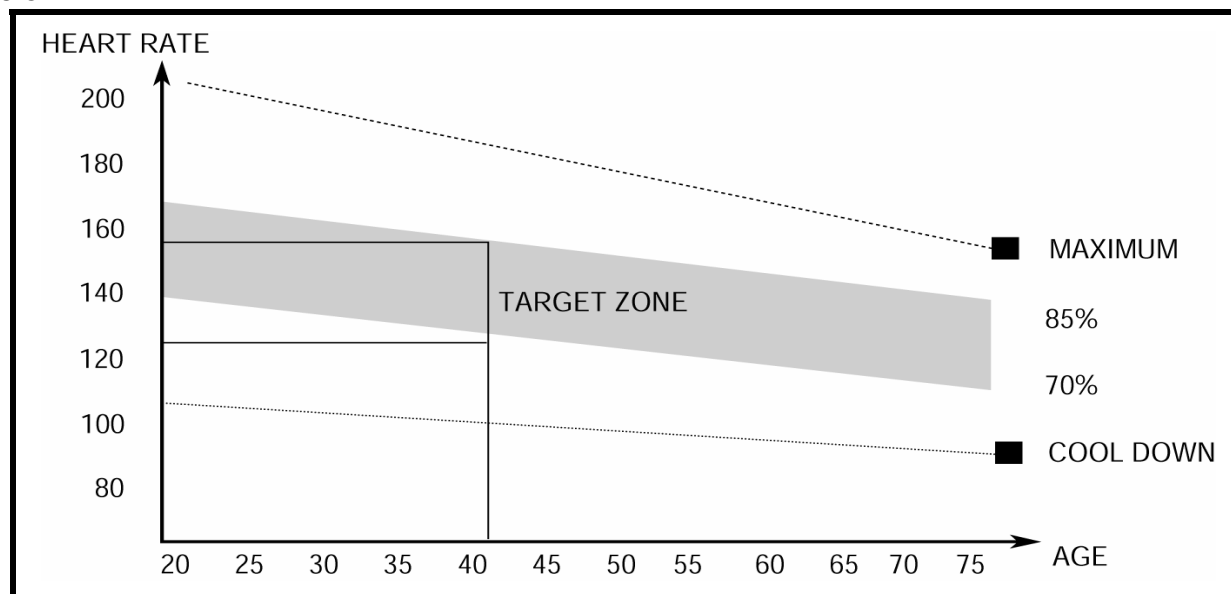
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. It is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your **MAGNETIC ELLIPTICAL** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

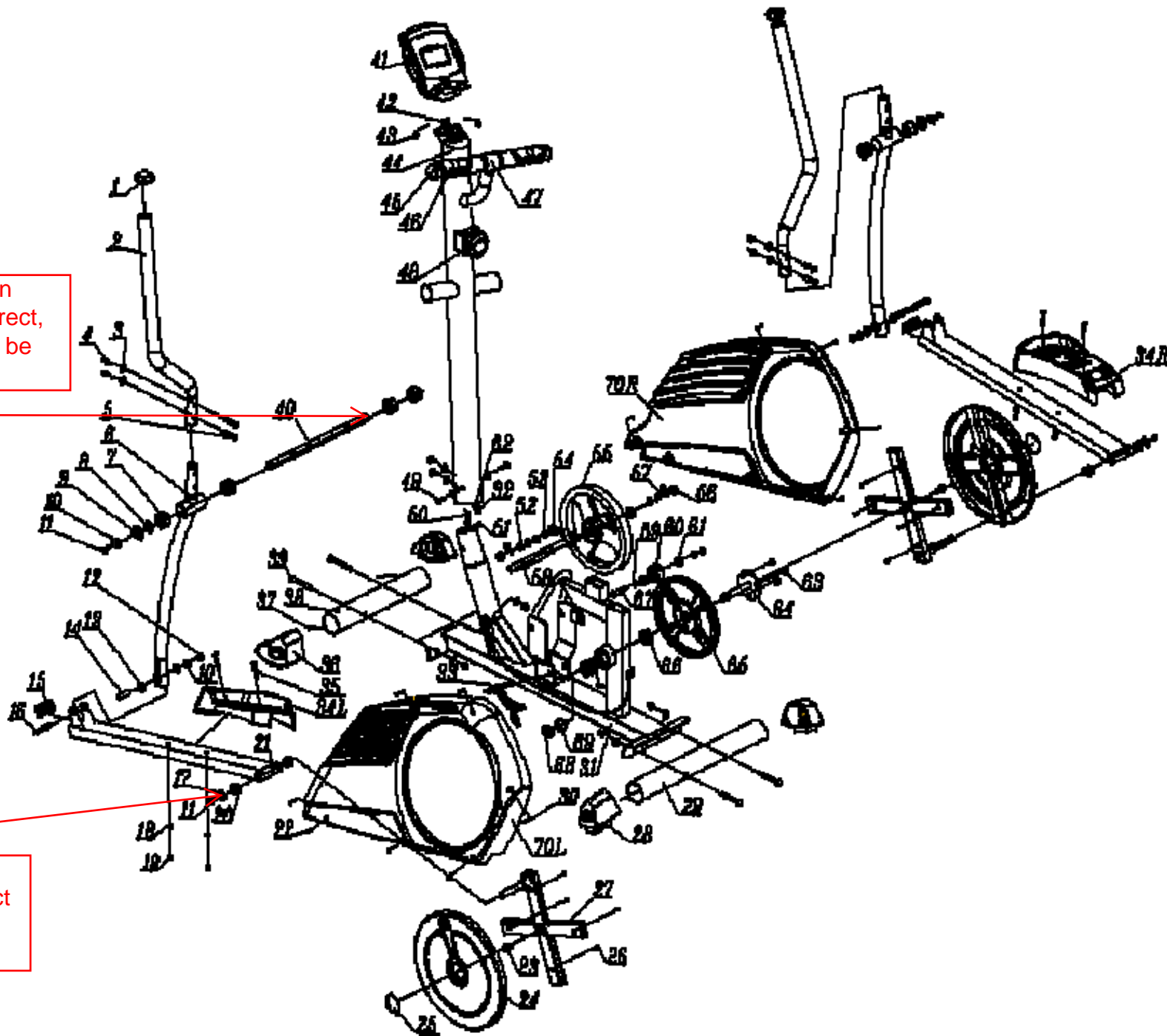
WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

FAULT FINDING CHART

FAULT	REASON	REMEDY
Computer does not work.	Upper and lower computer wires are not connected.	Connect upper and lower sensor wires. See Steps 2.
	Faulty computer wire.	Replace computer wire.
	Faulty computer.	Replace computer.
Computer display becomes faint or does not count.	Weak or faulty batteries	Replace batteries
Pulse does not register.	Pulse sensor wire not connected.	Check connection. See step 7.
	Hands not in full contact with pulse sensors.	Remove hands from sensors and reposition.
	Faulty hand grip pulse sensor.	Replace hand grip sensors.
No resistance while exercising.	Upper and lower tension control cables not connected	Connect upper and lower tension cables See Step 2

EXPLODED DIAGRAM



If comment on page 9 is correct, #17 needs to be included

If comment on page 10 is correct this needs to change to #10

PARTS LIST

NO	Description	Q'ty	NO	Description	Q'ty
1	END CAP	2	41	COMPUTER	1
2	LEFT & RIGHT UPPER HANDLEBAR	2	42	PULSE SENSOR WIRE	2
3	CURVED WASHER	12	43	SCREW FOR COMPUTER	2
4	ACORN NUT	8	44	HANDLEBAR POST	1
5	CARRIAGE BOLT	4	45	END CAP	2
6	LOW HANDLEBAR	2	46	HAND SENSOR	2
7	BIG PLASTIC BUSH	6	47	SMALL DECORATION COVER	1
8	FLAT WASHER 30mm diameter	2	48	TENSION CONTROLER	1
9	PLASTIC WASHER	2	49	M8 ALLAN HEAD BOLT	4
10	FLAT WASHER 19mm diameter	2	50	LOWER TENSION CABLE	1
11	M8 ALLAN HEAD BOLT WITH BLUE DOT	2	51	BELOW SENSOR WIRE	1
12	NYLON LOCK NUT	3	52	SCREW FOR FLYWHEEL	3
13	POWER METALLURGY BUSH	4	53	BUSH	2
14	STEEL SPACER	2	54	6000ZZ BEARING	2
15	TUBE END CAP	2	55	FLYWHEEL	1
16	M8*55mm BOLT	2	56	SCREW	2
17	WAVY WASHER	2	57	ZIP SET FOR FLYWHEEL	2
18	FLAT WASHER	4	58	AXIS FOR FLYWHEEL	1
19	M6 NYLON LOCK NUT	4	59	BUSH FOR IDLE WHEEL	1
20	NYLON BUSH	4	60	IDLE WHEEL	1
21	PEDAL ARM (LEFT & RIGHT)	2	61	6900ZZ BEARING	2
22	SCREW FOR COVER	6	62	UPPER TENSION CABLE	1
23	HEXAGON M8 SCREW	2	63	M8 HEXAGON SCREW	3
24	TURNDISK	2	64	AXIS FOR BIG PULLEY	1
25	DISC END CAP	2	65	BIG PULLEY	1
26	SCREW FOR CROSS BRACE	8	66	6203ZZ BEARING	2
27	CROSS BRACKET	2	67	M8 BOLT	1
28	REAR LEVELLER(L/R)	2	68	C-SHAPE WASHER	1
29	REAR STABILIZER	1	69	SPRING WASHER	1
30	SCREW FOR COVER	4	70	CHAIN COVER(L/R)	2
31	MAIN FRAME	1	71		
32	UPPER SENSOR WIRE	1	72		
33	MAGNET SET	1	73		
34	PEDAL (LEFT & RIGHT)	1	74		
35	M6 SCREW	4	75		
36	FRONT LEVELLER(L/R)	2	76		
37	SCREW	2	77		
38	FRONT STABILIZER	1	78		
39	M8*75mmL CARRIAGE BOLT	4	79		
40	ROTATION AXLE	1	80		

ADDITIONAL INFORMATION



Packaging Disposal

Government guidelines ask that we reduce the amount of waste material disposed of in land fill sites. We therefore ask that you dispose of all packaging waste responsibly at public recycling centres.

End of Life Disposal



We at Escalade hope you enjoy many years of enjoyable use from your Elliptical. However, a time will come when your Elliptical will come to the end of its useful life. Under '**European WEEE Legislation**' you are responsible for the appropriate disposal of your Elliptical to a recognised public collection facility.

CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the elliptical.
2. The elliptical can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
3. Examine the elliptical regularly for signs of damage or wear.
4. **Failure to examine the elliptical regularly may affect the safety level of the equipment.**
5. Replace any defective components immediately and/or keep the elliptical out of use until repair.

SPECIFICATIONS

Dimensions:	114 x 59 x 153 cms
Maximum user weight:	120kg
Batteries	2 x Size AA 1.5v

LIMITED WARRANTY

Escalade warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one year from the date of purchase. This warranty extends only to the original purchaser. Escalade's obligation under this Warranty is limited to replacing damaged or faulty parts at Escalade's option.

All returns must be pre-authorized by Escalade. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, purchasers own repairs or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by Escalade.

Escalade is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein.

Your statutory rights are not affected.

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department 9.00 am to 5.00 pm

Tel: 0044 (0) 1792 222 562

E mail: customerservices@escaladesports.co.uk

When ordering replacement parts please give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase