ELLIPTICAL

User's Manual

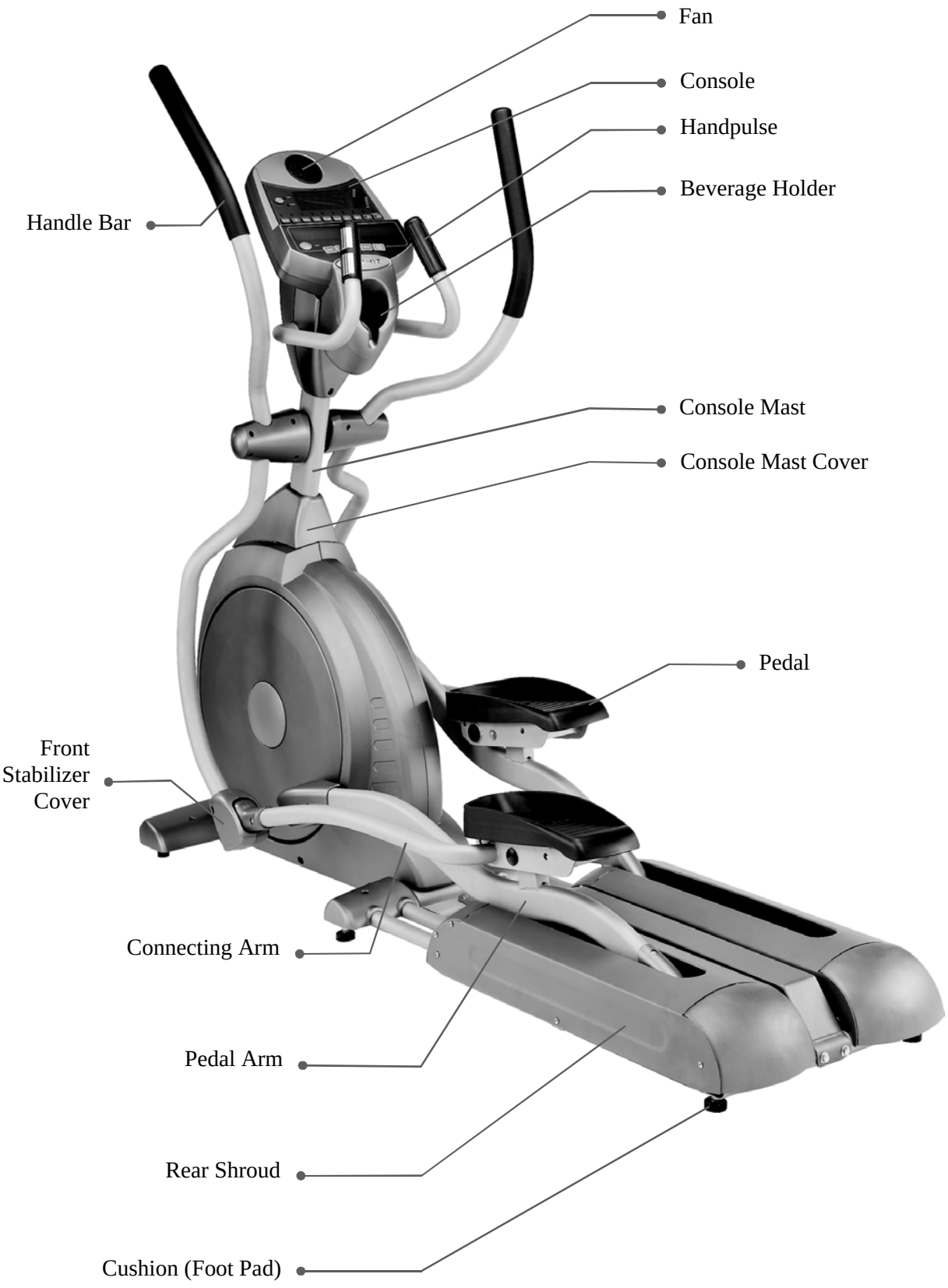
SAFETY HINTS

WARNING - Read all instructions before using this appliance.

- Do not operate elliptical on deeply padded, plush or shag carpet. Damage to both carpet and elliptical may result.
- Keep children away from the elliptical. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the elliptical if it has a damaged cord or plug. If the elliptical is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Do not attempt to use your elliptical for any purpose other than for the purpose it is intended.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your elliptical. Quality athletic shoes are recommended to avoid leg fatigue.

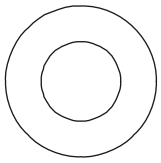
SAVE THESE INSTRUCTIONS - THINK SAFETY!

CAUTION!! Please be careful when opening this unit.

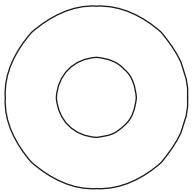

Fan
Console
Handpulse
Beverage Holder
Handle Bar
Console Mast
Console Mast Cover
Pedal
Front
Stabilizer
Cover
Connecting Arm
Pedal Arm
Rear Shroud
Cushion (Foot Pad)

ASSEMBLY PACK CHECK LIST

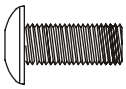
Step 1



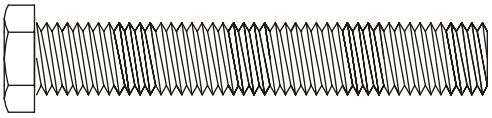
#96. 3/8" x 19 x 1.5T
Flat Washer (2pcs)



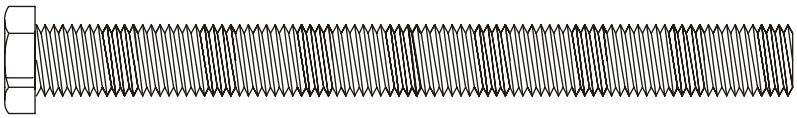
#104. 3/8" x 23 x 2.T
Curved Washer (4pcs)



#84. M5 x 12m/m
Phillips Head Screw (2pcs)

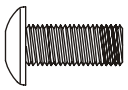


#75. 3/8" x 2-1/4"
Hex Head Bolt (2pcs)

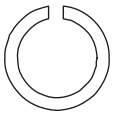


#77. 3/8" x 3-3/4"
Hex Head Bolt (4pcs)

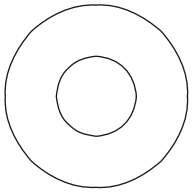
Step 2



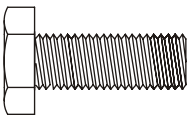
#84. M5 x 12m/m
Phillips Head Screw (4pcs)



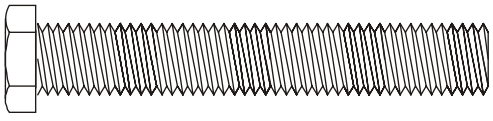
#128. 3/8" x 2T
Split Washer (1pc)



#104. 3/8" x 23 x 2 T
Curved Washer (2pcs)



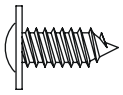
#76. 3/8" x 3/4"
Hex Head Bolt (2pcs)



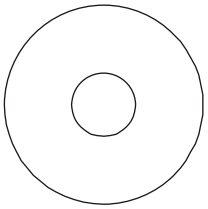
#75. 3/8" x 2-1/4"
Hex Head Bolt (1pc)

ASSEMBLY PACK CHECK LIST

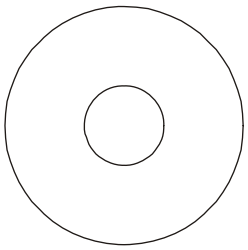
Step 3



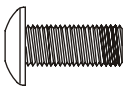
#107. 3.5 x 12m/m
Self Metal Screw (10pcs)



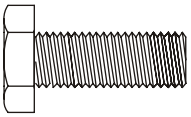
#102. Ø 25 Wave
Washer (4pcs)



#131.3/8" x 30 x 2.0T
Flat Washer (2pcs)

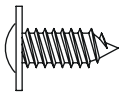


#84. M5 x 12m/m
Phillips Head Screw (17pcs)



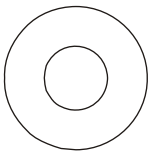
#76. 3/8" x 3/4"
Hex Head Bolt (2pcs)

Step 4

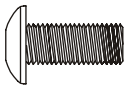


#107. 3.5 x 12m/m
Self Metal Screw (8pcs)

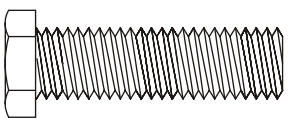
#91. 5/16" x 7T
Nyloc Nut (2pcs)



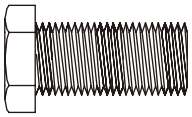
#100.5/16" x 18 x 1.5T
Flat Washer (2pcs)



#84. M5 x 12m/m
Phillips Head Screw (14pcs)



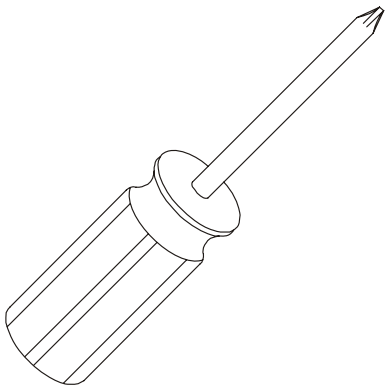
#79. 5/16" x 1-1/4"
Hex Head Bolt (2pcs)



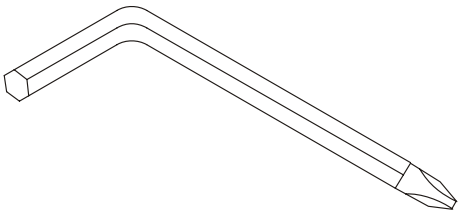
#80. 5/16" x 3/4"
Hex Head Bolt (8pcs)

ASSEMBLY PACK CHECK LIST

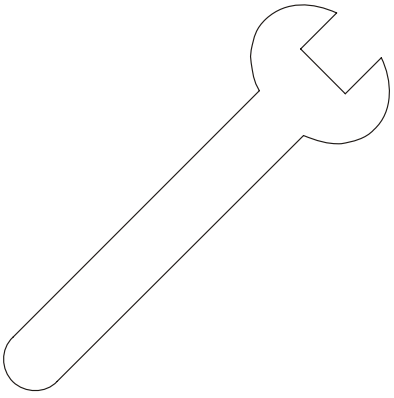
Tools



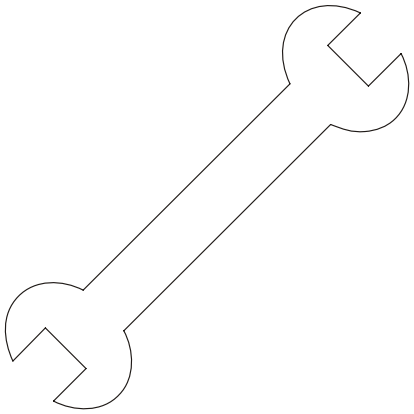
#126. Phillips Head Screw Driver (1 pc)



#125. Combination M6 Allen Wrench & Phillips Head Screw Driver (1 pc)

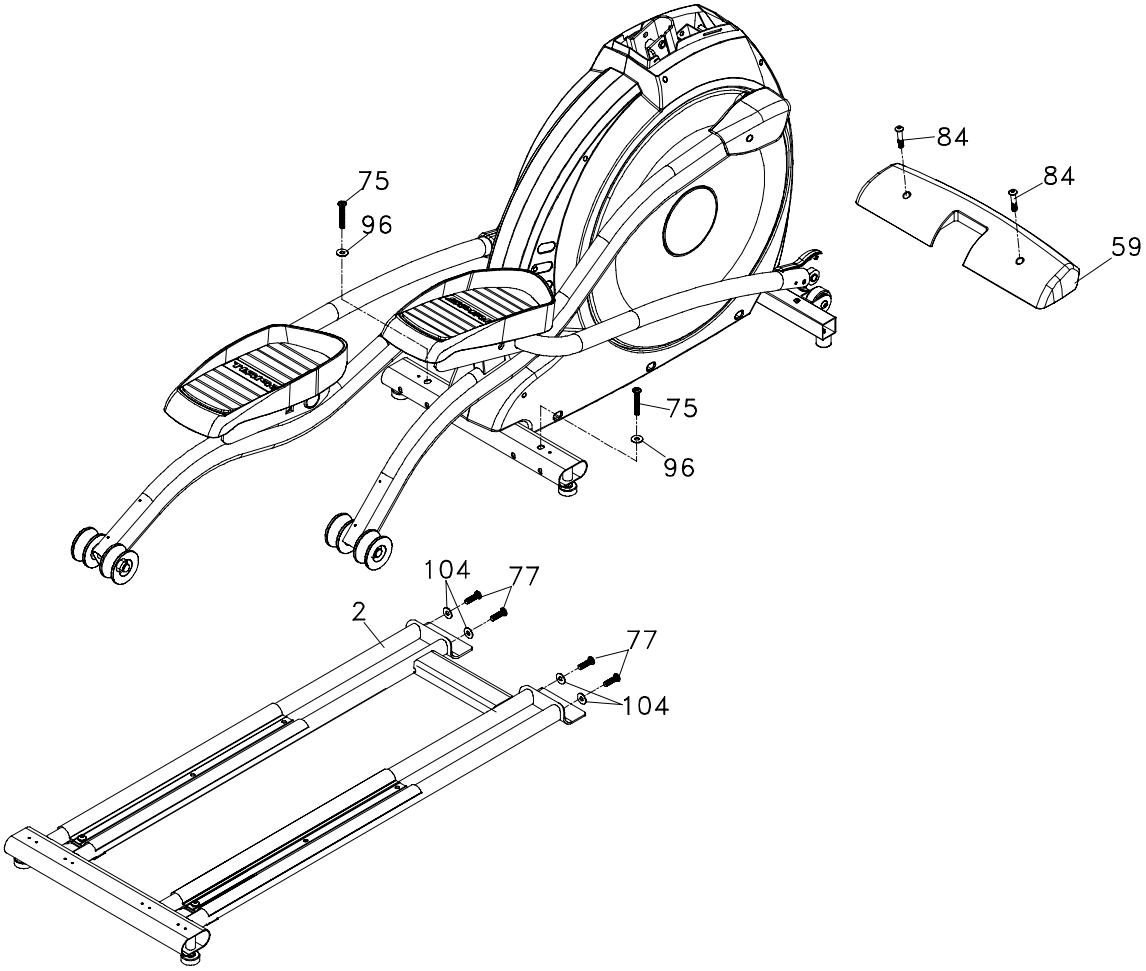


#129. 12m/m Wrench (1 pc)

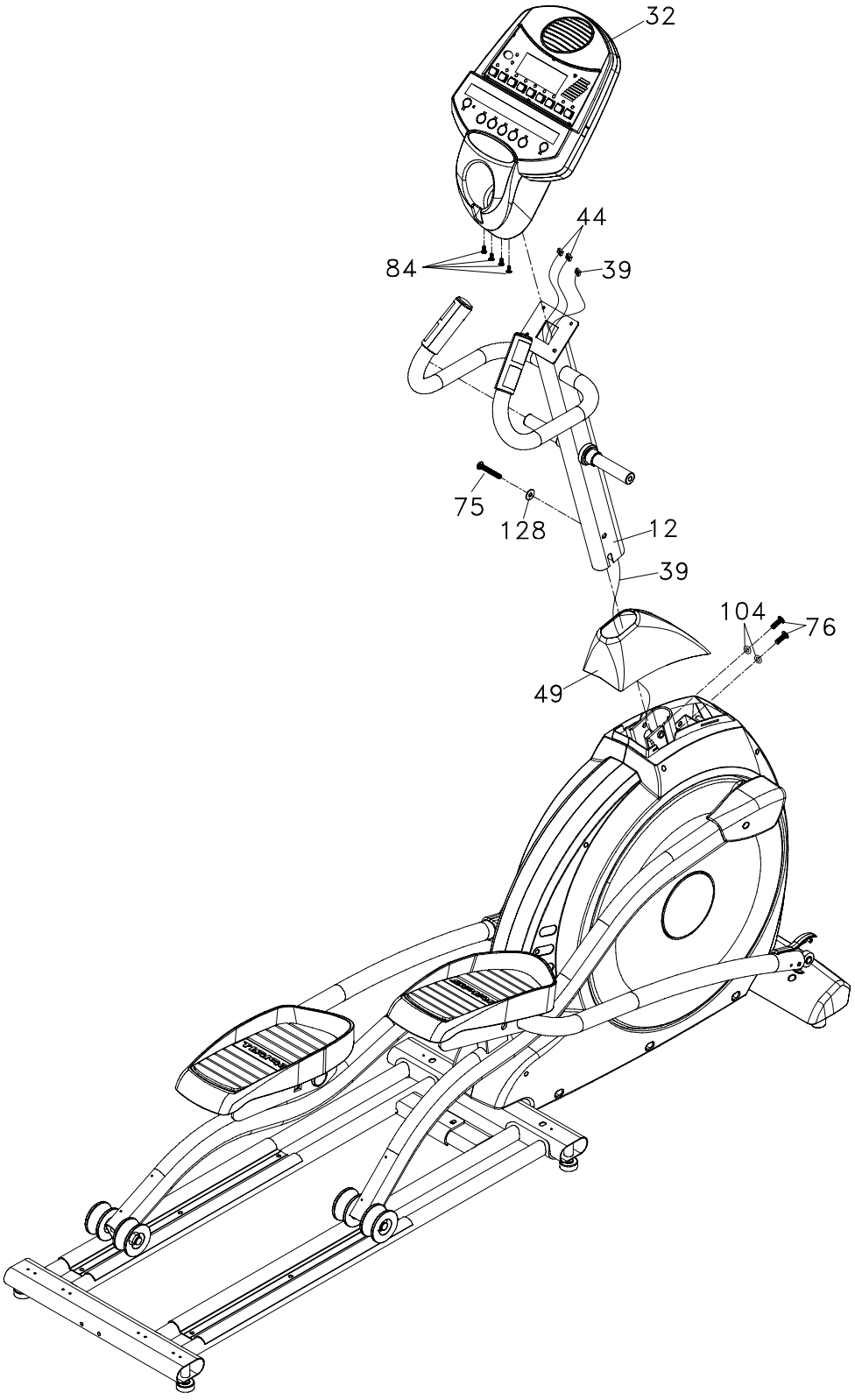


#124. 13/14m/m Wrench (1 pc)

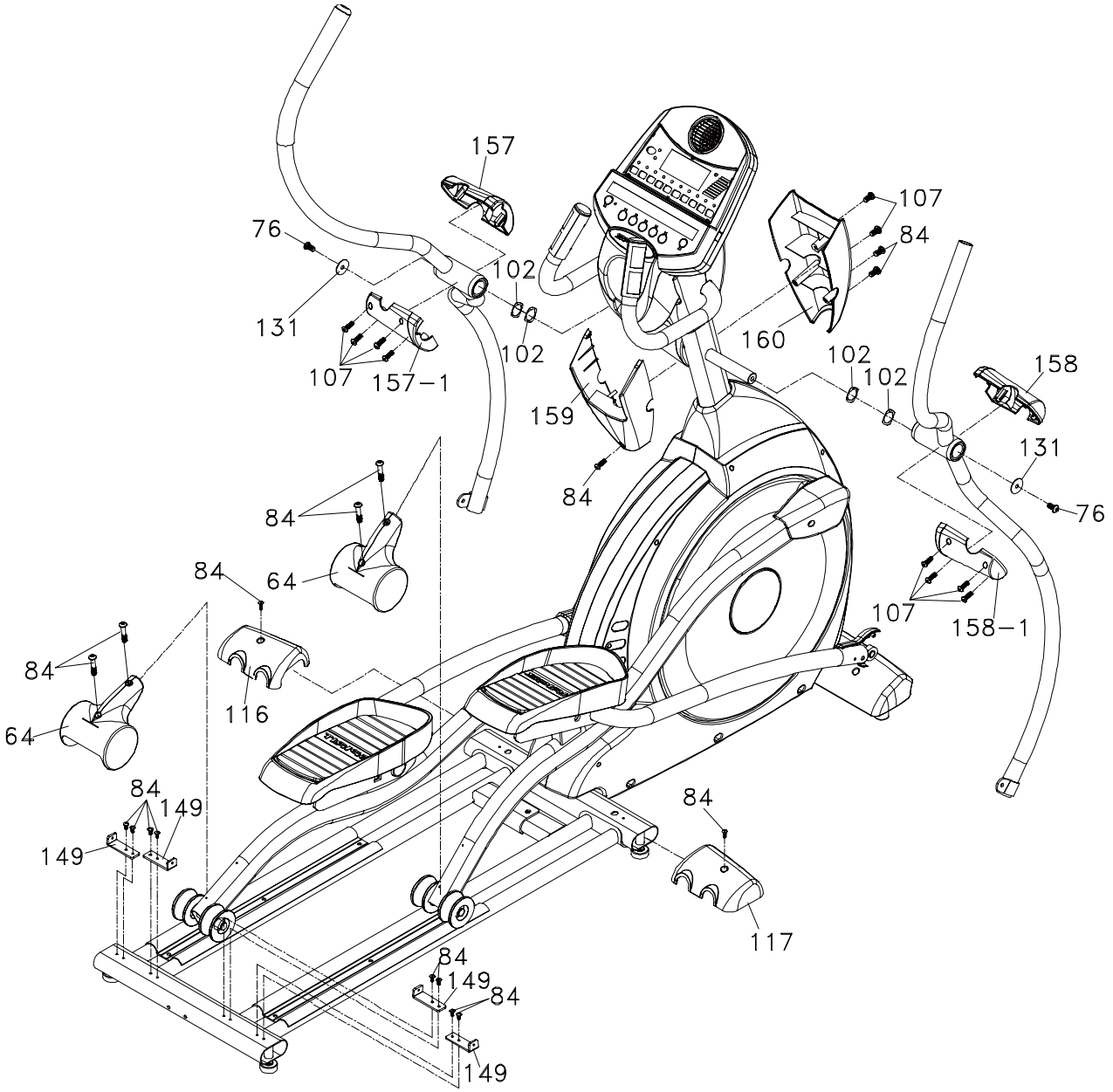
Step 1



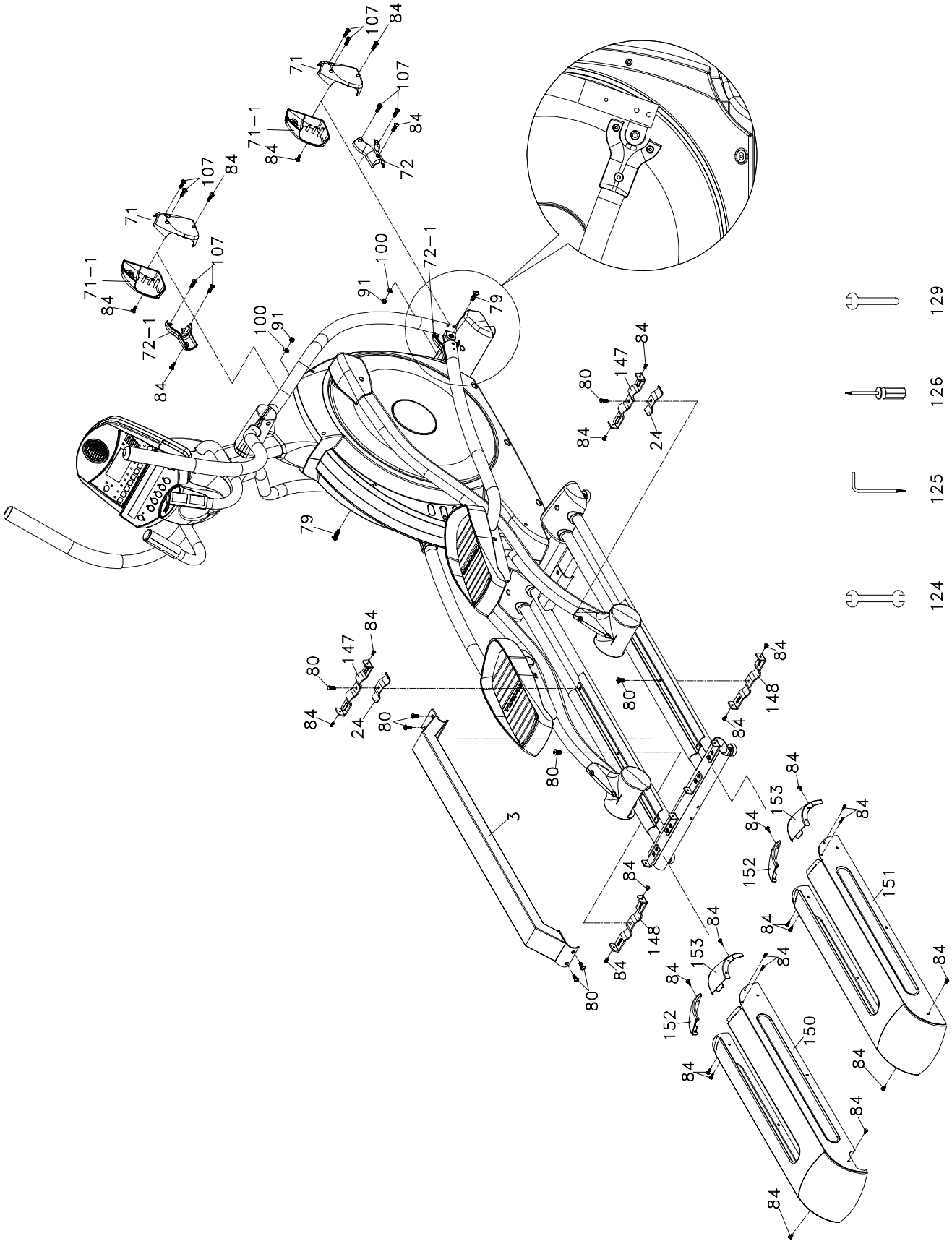
Step 2



Step 3


157
76
131
102
102
107
157-1
107
84
160
102
102
158
159
84
131
76
84
84
64
107
158-1
84
64
116
84
149
149
84
117
84
149
84
149

Step 4


71
107
84
71-1
84
72
72-1
91
100
79
80
147
24
148
3
153
152
151
150
129
126
125
124

Assembly

■ UNPACKING THE UNIT

1. Using a razor knife (Box Cutter) cut the outside, bottom, edge of box along the dotted Line. Lift Box over the unit and unpack.
2. Carefully remove all parts from carton and inspect for any damage or missing parts. If damaged parts are found, or parts are missing, contact your dealer immediately.
3. Locate the hardware package. The hardware is separated into four steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing, for reference.

STEP 1: REAR RAIL ASSEMBLY

1. Put the 2pcs of 3/8"x19x1.5T Flat Washers (96) on the 2pcs of 3/8"x2-1/4" Hex Head Bolts (75) and hand-tighten them, through the Top of the Rear Stabilizer Tube (Marin Frame), into the Rear Rail Assembly (2) by using the 13/14 m/m Wrench (124).
2. Put the 4pcs of 3/8"x23x2T Curved Washer (104) on the 4pcs of 3/8"x3-3/4" Hex Head Bolts (77) and hand-tighten them through the Front of the Rear Stabilizer Tube (Main Frame), into the Rear Rail Assembly (2) by using 13/14 m/m Wrench (124).
3. Then install Front Stabilizer Cover (59) with 2pcs of M5x12 m/m Phillips Head Screws (84) by using the Phillips Head Screw Driver (126).

STEP 2: CONSOLE MAST ASSEMBLY

1. Locate the Console Mast (12) and Console Mast Cover (49) and slide the Cover (49) onto the Mast (12) as far as it will go. Make sure the Console Mast Cover (49) is facing the correct way.
2. At the top opening of the Main Frame (1) of the elliptical is a Computer Cable (39). Unravel and straighten out the Computer Cable (39) and feed it into the bottom of the Console Mast Tube (12) and out of the top opening.
3. Install the Console Mast (12) into the receiving bracket in the top of Main Frame (1).
   NOTE: there is one bolt already installed in the receiving bracket that will engage with the slot at the bottom of the Console Mast (12). This needs to be tightened at the end along with the three other console mast bolts.
4. Put the 1 pc of 3/8"x2T Split Washer (128) onto the 1 pc of 3/8"x2-1/4" Hex Head Bolt (75) and the 2pcs of 3/8"x23x2T Curved Washers (104) onto the 2pcs of 3/8"x3/4" Hex Head Bolts (76). Install, and hand tighten, the 3/8"x2-1/4" Hex Head Bolt (75) through the left side of the receiving bracket into the Console Mast (12).
   NOTE: There is an Computer Cable (39) running through the Console Mast Tube (12). Be careful not to damage or pinch this Computer Cable (39) during this procedure. Damage to the Console Assembly (32) could result. Install, and hand tighten, the 2pcs of 3/8"x2/4" Hex Head Bolts (76) through the front of the receiving bracket into the Console Mast (12).
5. Use the 13/14 m/m Wrench (124) and Consolidating M6 Allen Wrench & Phillips Head Screw Driver (125) to tighten the three bolts, together with the preinstalled bolt, firmly. These bolts should be tightened as much as you possibly can. Match the Console Mast Cover (49) with Side Cases(L & R) (50) and (51).
6. There are two electrical wire connectors at the top opening of the Console Mast (12), one Handpulse W/Cable Assembly (44), one Computer Cable (39). Connect these to the corresponding connectors on the back of the Console Assembly (32). The connectors are keyed so you cannot plug them in the wrong way so do not force them.
7. Store the excess wire back into the Console Mast (12) and carefully install the Console Assembly (32) onto the mounting plate of Console Mast (12) and secure with using the 4pcs of M5x12 m/m Philips Head Screws (84) by using Phillips Head Screw Driver(126).

STEP 3: HANDLE BAR ASSEMBLY

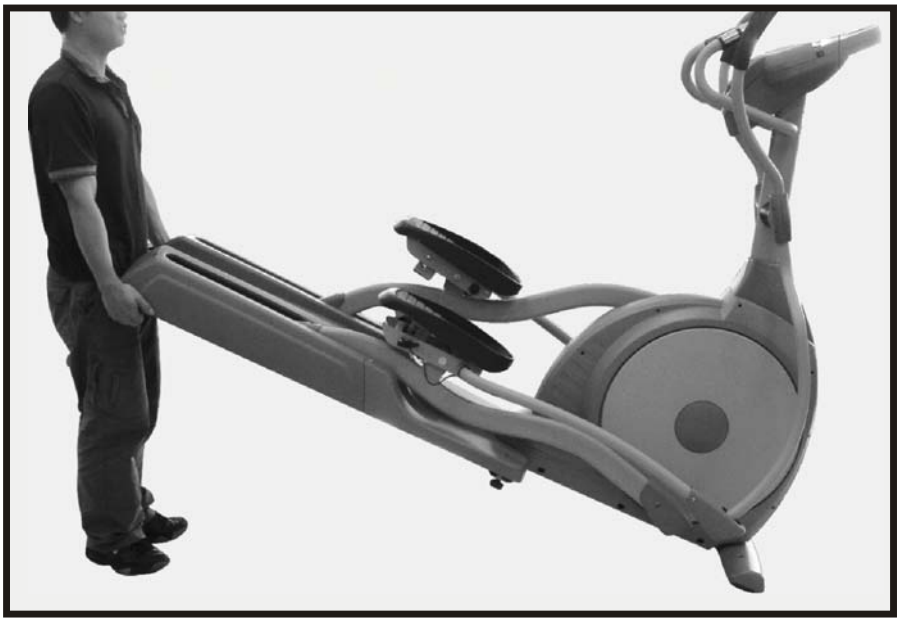
1. Install the 4pcs of Ø 25 Wave Washers (102) onto both sides of Handlebar axle of the Console Mast (12).
2. Slide the Left and Right Swing Arms (10,11) onto the appropriate side of the axle.
3. Put the 2pcs of 3/8"x30x2.0T Flat Washers (131) onto the 2pcs of 3/8"x3/4" Hex Head Bolts (76) and install, tighten them by using the 13/14m/m Wrench (124) in the threaded holes in the ends of the axle.
4. Install the Front Console Cover (159) on the Console Mast (12) with the 1pc of M5x12m/m Phillips Head Screw (84) by using the Phillips Head Screw Driver (126).
5. Then match the Front Console Cover (159) with Rear Console Cover (160) and install them onto the Console Mast (12) with the 2pcs of M5x12m/m Phillips Head Screws (84) and 2pcs of Ø3.5x 12m/m Sheet Metal Screws (107) by using the Phillips Head Screw Driver (126).
6. Install the Front Handle Bar Cover (L)(157) and Rear Handle Bar Cover (L)(157~1) onto the Swing Arm (L)(10) with the 4pcs of Ø3.5x12m/m Sheet Metal Screws (107) by using the Phillips Head Screw Driver (126).
7. Repeat the step 6 to install the Front Handle Bar Cover (R)(158) and Rear Handle Bar Cover (R)(158~1) onto the Swing Arm (R)(11).
8. Install the 2pcs of Slide Wheel Covers (64) above the Slide Wheel , Urethane (47) and Pedal Arms (L, R)(6,7) with 4 pcs of the M5x12m/m Phillips Head Screws (84).
9. Secure the 2pcs of Sliding Wheel Covers (64) by using the 4pcs of M5x12 m/m Philips Head Screws (84). Tighten 2pcs of Rear L-Plate (149) on rear stabilizer of the Rail Assembly (2) with 4pcs of M5x12 Phillips Head Screws(84) by using Phillips Head Screw Driver (126).
10. Install the Rear Stabilizer Cover (A, B)(116,117) on the Rear Stabilizer of the Main Frame (1) with the 2pcs of M5x12m/m Phillips Head Screws (84) by using the Phillips Head Screw Driver (126).

STEP 4: PEDAL / CONNECTING ARM ASSEMBLY

1. Align the hole in the end of the Connecting Arms (L&R)(8&9)(pivoting rod end) with the hole in the bracket of the Swing Arms (L&R)(10&11). The rod end should be inside of the Swing Arms (L&R)(10&11) bracket. Take 2pcs of 5/16"x1-1/4" Hex Head Bolts (79) and install it through the Swing Arms (L&R)(10&11) bracket and the rod end. Install 2pcs of 5/16"x8x1.5T Flat Washers (100), 5/16"x7T Nyloc Nuts (91) and Rod End Sleeve (22) on the 5/16"x1-1/4" Hex Head Bolt (79) and tighten firmly by using 12m/m Wrench (129) and 13/14 m/m Wrench (124) on the 5/16"x7T Nyloc Nut (91) and on the 5/16"x1-1/4" Hex Head Bolt (79).
2. Match Connecting Arm Cover B (R)(72), with Connecting Arm Cover B (L)(72-1), which is on the right connecting arm, and Connecting Arm Cover B (L) (72-1) with Connecting Arm Cover B (R)(72), which is on left connecting arm, then use 2pcs of M5x12m/m Phillips Head Screws (84) and 4pcs of Ø 3.5x12m/m Sheet Metal Screws (107) to secure them. Again, match Connecting Arm Cover A (R)(71), with Connecting Arm Cover A (L)(71-1), on Swing Arm (L)(10), then use 2pcs of M5x12m/m Phillips Head Screws (84) and 2pcs of Ø 3.5x12mm Sheet Metal Screws (107) to secure them by using Combination M6 Allen Wrench & Phillips Head Screw Driver (125) and Phillips Head Screw Drive(126). Follow the same procedure for the right side.
3. Repeat step 2 for the Connecting Arm (R), (9).
4. Match the Connecting Arm Cover A (R) (71), with Connecting Arm Cover A (L) (71-1), onto the Swing Arm (L), (10) and secure the covers with 2pcs of M5x12m/m Phillips Head Screws(84) and 2pcs of Ø3.5x12m/m Sheet Metal Screws (107) by using the Phillips Head Screw Driver(126).
5. Repeat step 4 for the Swing Arm (R), (11).
6. Secure the Rear End Covers B (148) under the Aluminum Track (112) from the hole in the middle with the 2pcs of 5/16"x3/4" Hex Head Bolts (80) by using 12 m/m Wrench (129).

7. Take apart the 8pcs of M5×12 m/m Philips Head Screws (84) of the Front Cover, Top (L) and (R), (152) and (153), and Left Shroud (150) by using Phillips Head Screw Driver (126).
8. Locate the Left Shroud, (150), with the opening facing forward, onto the left side of the Rail Assembly (2) and slide the Sliding Wheels into it. Secure the Left Shroud, (150), onto 2pcs of the Rear L-Plate (149) and Rear End Cover B (148) by tightening with the screws back on. Locate the Retaining Bracket, Aluminum Track (24) under the left rails of the Rail Assembly (2), put the Rear End Cover A (147) on top and secure together with 5/16"×3/4 Hex Head Bolt (80) by using 12m/m wrench (129). Secure the Rear End (L) by tightening M5×12m/m Philips Head Screws (84).
9. Repeat step 8 for Right Shroud, (151).
10. Then match and secure the Front Cover, Top (L) and (R), (152) and (153), back with the Shroud (L) and (R), (150) and (151), respectively.
11. Install the Rail Support Assembly (3) between the Shroud (L) and (R), (150) and (151), and secure 2pcs of 5/16"×3/4" Hex Head Bolts (80) onto the rear stabilizer of the Rail Assembly (2) by using 12m/m Wrench (129).

PLEASE LOCK ALL COMPONENTS UP AFTER THE ACCESSSORIES HAVE BEEN ASSEMBLED.



■Transport

The elliptical is equipped with two transport wheels which are engaged when rear of it is lifted.

COMPUTER OPERATION INSTRUCTIONS

Power on

The Elliptical has a built-in generator for power and does not need to be plugged into an AC outlet. To power up the Elliptical simply start to pedal, the console will turn on automatically.

When initially powered on the console will perform an internal self-test. During this time all the lights will turn on for a short time. When the lights go off the dot matrix display will show a software version (i.e. VER 1.0) and the message window will display an odometer reading. The odometer reading displays how many hours the elliptical has been used and how many virtual miles the elliptical has gone. The display shows: ODO 123 MI 123 HRS.

The odometer will remain displayed for only a few seconds then the console will go to the start up display. The dot matrix display will be scrolling through the different profiles, showing the programs, and the message window will be scrolling the start up message. You may now begin to use the console.

Console Operation

Quick Start

This is the quickest way to start a workout. After the console powers up you just press the Start key to begin. This will initiate the Quick Start mode. In Quick Start the Time will count up from zero, all workout data will start to accrue and the workload may be adjusted manually by pressing the Up or Down buttons. The dot matrix display will show only the bottom row lit at first. As you increase the workload, more rows will light indicating a harder workout. The elliptical will get harder to pedal as the rows increase. The dot matrix has 24 columns of lights and each column represents 1 minute. At the end of the 24th column (or 24 minutes of work) the display will wrap around and start at the first column again.

There are 40 levels of resistance available for plenty of variety. The first 10 levels are very easy workloads, and the changes between levels are set to a good progression for de-conditioned users. Levels 10-20 are more challenging but the increases from one level to the next remain small. Levels 20-30 start getting tough as the levels jump more dramatically. Levels 30-40 are extremely hard and are good for short interval peaks and elite athletic training.

Basic information

The **Dot Matrix, or Profile window,** has two display modes. When you begin a program the dot matrix will display the workout Profile. To the left of the dot matrix there is a button labeled Display. Pressing this button once will switch the display to show a quarter mile track. If the Display button is pressed again the dot matrix will switch back and forth between Track and Profile mode every few seconds. To turn off the scan mode press the Display key again. This will return you to the profile display mode.

The **Message Window** will initially be displaying Time and Distance information. On the bottom left of the message window is a button labeled Display. Each time this Display button is pressed the next set of information will appear, four windows in all. In order: Time and Distance, Pulse and Calories, Speed in RPM and MPH, Work Level and Watts. If the Display button is pressed during the Level and Watts display the Scan light will come on and the message window will show each set of data for four seconds then switch to the next set of data in a continuous loop. Pressing the Display button again will bring you back to the beginning.

To the right of the Dot matrix display is a **Heart Icon** and a **Bar Graph.** The Elliptical has a built in heart rate monitoring system. Simply grasping the hand pulse sensors on the stationary handle bars, or wearing a chest strap heart rate transmitter, will start the **Heart Icon** blinking (this may take a few seconds). The Message Window will display your heart rate, or Pulse, in beats per minute. The **Bar Graph** represents the percentage of your maximum heart rate you are currently achieving. NOTE: You must enter your age for the Bar Graph to be accurate. Refer to Heart Rate section for details about these features and how they can help you work out more efficiently.

The **Stop/Reset** button actually has several functions. Pressing the Stop/Reset key once during a program will **Pause** the program for 5 minutes. If you need to get a drink, answer the phone or any of the many things that could interrupt your workout, this is a great feature. To resume your workout during Pause just press the Start key. If the Stop/Reset button is pressed twice during a workout the program will end and the console will return to the start up screen. If the Stop/Reset key is held down for 3 seconds the console will perform a complete **Reset.** During data entry for a program the Stop/Reset key performs a **Previous Screen** function. This allows you to go back one step in the programming each time you press the Stop/Reset key.

The **Program Keys** are used to preview each program. When you first turn the console on you may press each program key to preview what the program profile looks like. If you decide that you want to try a program, press the corresponding program key and then press the Enter key to select the program and enter into the data-setting mode.

The program keys also act as a **Number Key Pad** when you are in the data-setting mode. Under each program key is a number. If you are setting new data, such as Age, weight etc., you can use these keys to enter the numbers quickly.

The consoles include a built-in fan to help keep you cool. To turn the fan on, flip the switch on the right side of the console case.

Programming the console

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for is necessary to ensure the readouts are correct. You will be asked for your **Age** and **Weight**. Entering your **Age** ensures that the Heart Rate bar graph shows the correct number. Your Age is also necessary during the Heart Rate control programs to ensure the correct settings are in the program for your Age. Otherwise the work settings could be too high or low for you. Entering your **Weight** aides in calculating a more correct **Calorie** reading. Although we cannot provide an exact calorie count we do want to be as close as possible.

A message about Calories:

Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are not accurate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting connected to a host of machines. This is because every person is different and burns calories at a different rate. Some good news is that you will continue to burn calories at about the same rate as during exercise for 20-30 minutes after you have finished exercising!

Entering/Changing Settings

When you enter a program (by pressing a program key, then enter key) you have the option of entering your own personal settings. If you want to workout without entering new settings then just press the Start key. This will bypass the programming of data and take you directly to the start of your workout. If you want to change the personal settings then just follow the instructions in the message window. If you start a program without changing the settings the default - or pre-saved – settings will be used.

The default computer settings are: Age = 35, Weight = 70 kg., Time = 30:00, Max Level: each program has a different maximum work level: Hill = 5, Fatburn = 5, Cardio = 7, Strength = 5, Interval = 6.

NOTE: Changing Age and Weight settings will also change these settings in all other programs except the User 1&2 programs. The last Age and Weight entered will be saved as the new default settings. If you enter your Age and Weight the first time you use the Elliptical you will not have to enter it every time you work out unless either your Age or Weight changes or someone else enters a different Age and Weight.

Manual

The Manual program works as the name implies, manually. This means that you control the workload yourself and not the computer. To start the Manual program follow the instructions below or just press the Manual button then the Enter button and follow the directions in the message window.

1. Press the **Manual** key then press the **Enter** key.
2. The message window will ask you to enter your **Age**. You may enter your Age, using the Up and Down keys or the numeric key pad, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the Weight number using the Up and Down keys, or the numeric key pad, then press enter to continue.
4. The next setting is **Time**. You may adjust the Time and press enter to continue.
5. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Enter key. NOTE: At any time during the editing of Data you can press the Stop key to go back one level, or screen.
6. The program automatically starts you at level one. This is the easiest level and it is a good idea to stay at level one for a while to warm up. If you want to increase the work load at any time press the Up key; the Down key will decrease the workload.
7. During the Manual program you will be able to scroll through the data in the message window by pressing the adjacent **Display key**. You may also switch between the profile display and a quarter mile track by pressing the Display key adjacent to the dot matrix display.
8. When the program ends you may press Start to begin the same program again or Stop to exit the program, or you can save the program you just completed as a **custom user program** by pressing a User key and following the instructions in the message window.

Preset Programs

The Elliptical has five different programs that have been designed for a variety of workout goals. These five programs have factory preset profiles for achieving these different goals. The initial built-in level of difficulty for each program is set to a relatively easy level. You may adjust the level of difficulty (Max level) for each program before beginning by following the instructions in the message window after selecting your program.

The Programs

HILL

The **Hill** program simulates going up and down a hill. The resistance in the pedals will steadily increase and then decrease during the program. To start the Hill program follow the instructions below or just press the Hill button then the Enter button and follow the directions in the message window.

1. Press the **Hill** key then press the **Enter** key.
2. The message window will ask you to enter your **Age**. You may enter your Age, using the Up and Down keys or the numeric key pad, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the Weight number using the Up and Down keys or the numeric key pad, then press enter to continue.
4. Next is **Time**. You may adjust the Time and press enter to continue.
5. Now you are asked to adjust the **Max Level.** This is the peak exertion level you will experience during the program, at the top of the hill. The factory setting is level seven. Adjust the level and then press enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Enter key. NOTE: At any time during the editing of Data you can press the Stop key to go back one level, or screen.
7. If you want to increase or decrease the work load at any time during the program press the Up or Down key. This will only affect the workload for the present position in the profile. When the profile changes to the next column it will return to the preset work level.
8. During the Hill program you will be able to scroll through the data in the message window by pressing the adjacent **Display key**, switch between the profile display and a quarter mile track by pressing the Display key adjacent to the matrix, use the heart rate monitoring features and can switch to heart rate **Auto-Pilot** mode. See Heart Rate section for details of this feature).
9. When the program ends you may press Start to begin the same program again or Stop to exit the program or you can save the program you just completed as a **custom user program** by pressing a User key and following the instructions in the message window.

Fat Burn

The **Fat Burn** program is designed, as the name implies, to maximize the burning of fat. There are many schools of thought on the best way to burn fat but most experts agree that a lower exertion level which stays steady is the best. The absolute best way to burn fat is to keep your heart rate at around 60% to 70% of it's maximum potential. This program does not use heart rate but simulates a lower, steady, exertion workout.

To start the Fat Burn program follow the instructions below or just press the Fat Burn button then the Enter button and follow the directions in the message window.

1. Press the **Fat Burn** key then press the **Enter** key.
2. The message window will ask you to enter your **Age**. You may enter your Age, using the Up and Down keys or the numeric key pad, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the Weight number using the Up and Down keys or the numeric key pad, then press enter to continue.
4. Next is **Time**. You may adjust the Time and press enter to continue.
5. Now you are asked to adjust the **Max Level.** This is the peak exertion level you will experience during the program. The factory setting is level five. Adjust the level and then press enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Enter key. NOTE: At any time during the editing of Data you can press the Stop key to go back one level, or screen.
7. If you want to increase or decrease the work load at any time during the program press the Up or Down key. This will only affect the workload for the present position in the profile. When the profile changes to the next column it will return to the preset work level.
8. During the Fat Burn program you will be able to scroll through the data in the message window by pressing the adjacent **Display key**, switch between the profile display and a quarter mile track by pressing the Display key adjacent to the matrix, use the heart rate monitoring features and can switch to heart rate **Auto-Pilot** mode. See Heart Rate section for details of this feature).
9. When the program ends you may press Start to begin the same program again or Stop to exit the program or you can save the program you just completed as a **custom user program** by pressing a User key and following the instructions in the message window.

Cardio

The **Cardio** program is designed to increase your Cardio vascular function. This is, simply said, exercise for your heart and lungs. It will build up your heart muscle and increase blood flow and lung capacity. This is achieved by incorporating a higher level of exertion with slight fluctuations in work. To start the Cardio program follow the instructions below or just press the Cardio button then the Enter button and follow the directions in the message window.

1. Press the **Cardio** key then press the **Enter** key.
2. The message window will ask you to enter your **Age**. You may enter your Age, using the Up and Down keys or the numeric key pad, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the Weight number using the Up and Down keys or the numeric key pad, then press enter to continue.
4. Next is **Time**. You may adjust the Time and press enter to continue.
5. Now you are asked to adjust the **Max Level.** This is the peak exertion level you will experience during the program. The factory setting is level seven. Adjust the level and then press enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Enter key. NOTE: At any time during the editing of Data you can press the Stop key to go back one level, or screen.
7. If you want to increase or decrease the work load at any time during the program press the Up or Down key. This will only affect the workload for the present position in the profile. When the profile changes to the next column it will return to the preset work level.
8. During the Cardio program you will be able to scroll through the data in the message window by pressing the adjacent **Display key**, switch between the profile display and a quarter mile track by pressing the Display key adjacent to the matrix, use the heart rate monitoring features and can switch to heart rate **Auto-Pilot** mode. See Heart Rate section for details of this feature).
9. When the program ends you may press Start to begin the same program again or Stop to exit the program or you can save the program you just completed as a **custom user program** by pressing a User key and following the instructions in the message window.

Strength

The **Strength** program is designed to increase muscular strength in your lower body. This program will steadily increase in resistance to a high level and then keeps you there. This is designed to strengthen and tone your legs and gluteus. To start the Strength program follow the instructions below or just press the Strength button then the Enter button and follow the directions in the message window.

1. Press the **Strength** key then press the **Enter** key.
2. The message window will ask you to enter your **Age**. You may enter your Age, using the Up and Down keys or the numeric key pad, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the Weight number using the Up and Down keys or the numeric key pad, then press enter to continue.
4. Next is **Time**. You may adjust the Time and press enter to continue.
5. Now you are asked to adjust the **Max Level.** This is the peak exertion level you will experience during the program. The factory setting is level eight. Adjust the level and then press enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Enter key. NOTE: At any time during the editing of Data you can press the Stop key to go back one level, or screen.
7. If you want to increase or decrease the work load at any time during the program press the Up or Down key. This will only affect the workload for the present position in the profile. When the profile changes to the next column it will return to the preset work level.
8. During the Strength program you will be able to scroll through the data in the message window by pressing the adjacent **Display key**, switch between the profile display and a quarter mile track by pressing the Display key adjacent to the matrix, use the heart rate monitoring features and can switch to heart rate **Auto-Pilot** mode. See Heart Rate section for details of this feature).
9. When the program ends you may press Start to begin the same program again or Stop to exit the program or you can save the program you just completed as a **custom user program** by pressing a User key and following the instructions in the message window.

Interval

The **Interval** program takes you through high levels of intensity followed by periods of low intensity. This program increases your endurance by depleting your oxygen level followed by periods of recovery to replenish oxygen. Your cardio vascular system gets programmed to use oxygen more efficiently this way. To start the Interval program follow the instructions below or just press the Interval button then the Enter button and follow the directions in the message window.

1. Press the **Interval** key then press the **Enter** key.
2. The message window will ask you to enter your **Age**. You may enter your Age, using the Up and Down keys or the numeric key pad, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the Weight number using the Up and Down keys or the numeric key pad, then press enter to continue.
4. Next is **Time**. You may adjust the Time and press enter to continue.
5. Now you are asked to adjust the **Max Level.** This is the peak exertion level you will experience during the program. The factory setting is level seven. Adjust the level and then press enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Enter key. NOTE: At any time during the editing of Data you can press the Stop key to go back one level, or screen.
7. If you want to increase or decrease the work load at any time during the program press the Up or Down key. This will only affect the workload for the present position in the profile. When the profile changes to the next column it will return to the preset work level.
8. During the Interval program you will be able to scroll through the data in the message window by pressing the adjacent **Display key**, switch between the profile display and a quarter mile track by pressing the Display key adjacent to the matrix, use the heart rate monitoring features and can switch to heart rate **Auto-Pilot** mode. See Heart Rate section for details of this feature).
9. When the program ends you may press Start to begin the same program again or Stop to exit the program or you can save the program you just completed as a **custom user program** by pressing a User key and following the instructions in the message window.

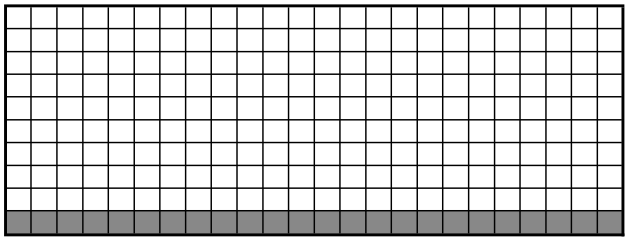
Custom User Defined Programs

There are two customizable **User** programs that allow you to build and save your own workout. The two programs, **User 1** and **User 2**, operate exactly the same way so there is no reason to describe them separately. You can build your own custom program by following the instructions below or you can save any other preset program you complete as a custom program. Both programs allow you to further personalize it by adding your name.

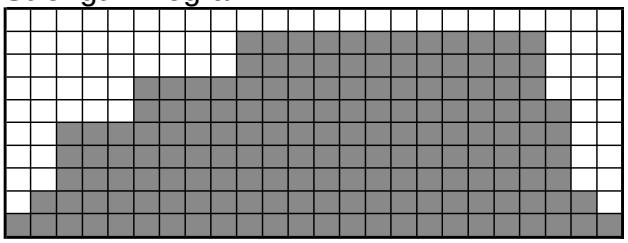
1. Press the **User 1 or User 2** key. The message window will show a welcome message. If you had previously saved a program the message will contain your name. Then press the **Enter** key to begin programming.
2. When you press enter, the message window will show “Name – A”, if there is no name saved. If the name “David” had been previously saved the message window will show “Name – David” and the D will be blinking. If there is a name saved you can change it or you may press the Stop key to keep the name and continue to the next step. If you want to enter a name use the Up and/or the Down key to change the first letter then press Enter to save the first letter and continue to the next letter. When you have finished entering the name press the Stop key to save the name and continue to the next step.
3. The message window will ask you to enter your **Age**. You may enter your Age, using the Up and Down keys or the numeric key pad, then press the Enter key to accept the new number and proceed on to the next screen.
4. You are now asked to enter your **Weight**. You may adjust the Weight number using the Up and Down keys or the numeric key pad, then press enter to continue.
5. Next is **Time**. You may adjust the Time and press enter to continue.
6. Now you are asked to adjust the **Max Level.** This is the peak exertion level you will experience during the program. The factory setting is level seven. Adjust the level and then press enter.
7. Now the first column will be blinking and you are asked to adjust the level for the first segment of the workout. When you finish adjusting the first segment, or if you don’t want to change, then press enter to continue to the next segment.
8. The next segment will show the same level as the previously adjusted segment. Repeat the same process as the last segment then press enter. Continue this process until all twenty segments have been set.
9. The message window will then tell you to press enter to save the program. After saving the program the message window says “New program saved” then will give you the option to Start or modify the program. Pressing Stop will exit to the start up screen.
10. If you want to increase or decrease the work load at any time during the program press the Up or Down key. This will only affect the workload for the present position in the profile. When the profile changes to the next column it will return to the preset work level.
11. During the User 1 or User 2 program you will be able to scroll through the data in the message window by pressing the adjacent **Display key**, switch between the profile display and a quarter mile track by pressing the Display key adjacent to the matrix, use the heart rate monitoring features and can switch to heart rate **Auto-Pilot** mode. See Heart Rate section for details of this feature).

PROFILE：

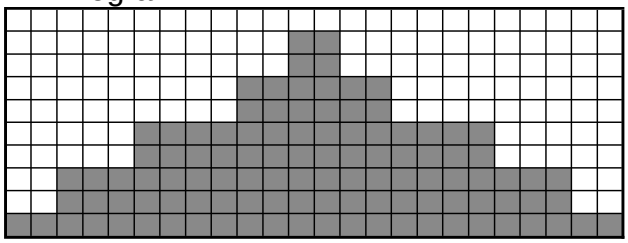
Manual Mode



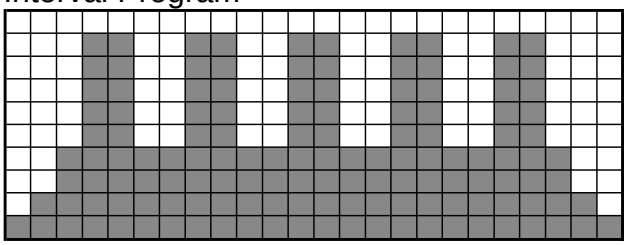
Strength Program



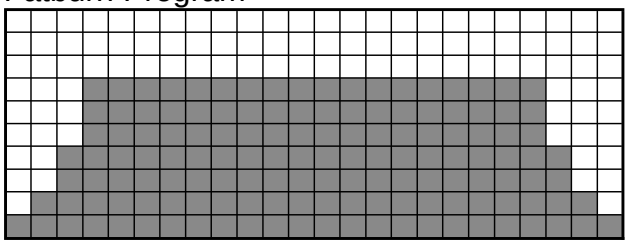
Hill Program



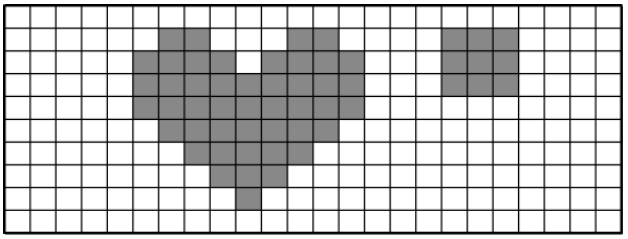
Interval Program



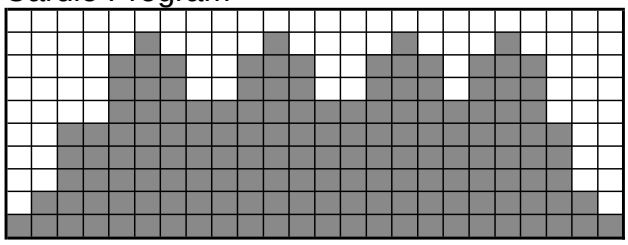
Fatburn Program



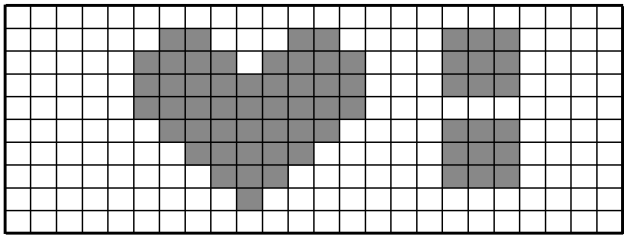
HRC1



Cardio Program

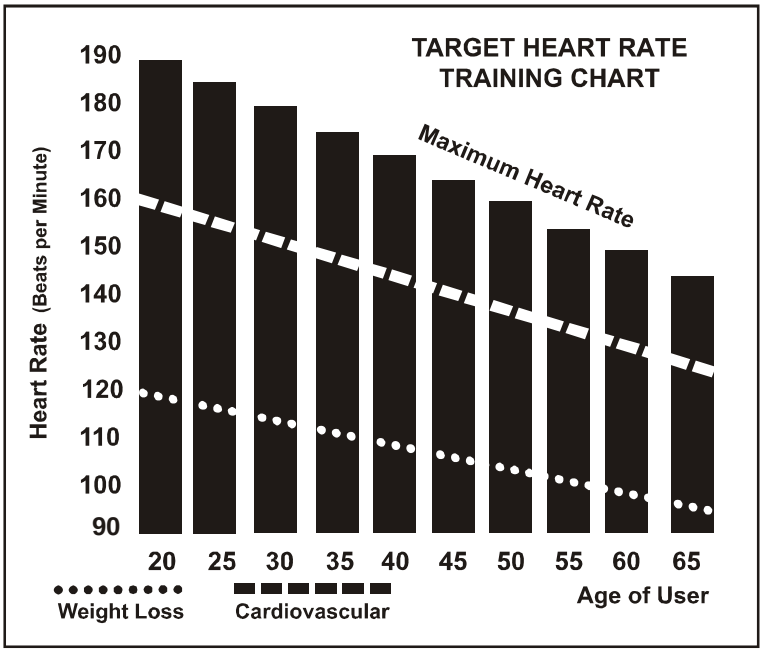


HRC1



Programmable Operation of Your Treadmill

The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their choice of exercise intensity is either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.



To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 - User’s Age = Maximum Heart Rate. If you enter your age during programming of the console the console will perform this calculation automatically. This is used for the HR control programs and also for the Heart rate bar graph After calculating your Maximum Heart Rate, you can decide upon which goal you would like to pursue. The two most popular reasons for, or goals of exercise, are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the Maximum Heart Rate for a person whose age is listed at the bottom of each column. The heart rate training zone for either cardiovascular fitness or weight loss is represented by two different lines, which cut diagonally through the chart. A definition of the lines’ goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Heart Rate Control treadmills you may use the heart rate monitor feature without using the Heart Rate Control program. This function can be used during manual mode or during any of the nine different programs. The Heart Rate Control program automatically controls incline.

CAUTION!

The target value used in H-1 and H-2 programs is a suggestion only for normal, healthy individuals. Do not exceed your limits! You may not be able to obtain your chosen target. If in question, enter a higher age value that will set a lower target goal.

Rate of Perceived Exertion

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also know as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of Effort

6 Minimal
7 Very,very light
8 Very,very light +
9 Very light
10 Very light +
11 Fairly light
12 Comfortable
13 Somewhat hard
14 Somewhat hard +
15 Hard
16 Hard +
17 Very hard
18 Very hard +
19 Very,very hard
20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending up the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

Using a Heart Rate Transmitter

How to wear your wireless chest strap transmitter:
1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter immediately below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 black square areas on the reverse side of the belt and either side of transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.

Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.

Erratic Operation:

***Caution!* Do not use this elliptical for Heart Rate Control unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.**

Areas to look for interference which may cause erratic heart rate:

(1) Microwave ovens, T.V.'s, small appliances, etc.
(2) Fluorescent lights.
(3) Some household security systems.
(4) Perimeter fence for a pet.
(5) Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the is right side up.
(6) If you continue to experience problems contact your dealer.

Heart Rate Control Program 1 & 2 (HR 1, HR 2) operation

Both programs operate the same, the only difference is that HR 1 is set to 60% and HR 2 is set to 80% of maximum heart rate. They both are programmed the same way.

To start the **HR 1 or HR 2** programs follow the instructions below or just press the HR 1 or HR 2 button then the Enter button and follow the directions in the message window.

1. Press the **HR 1 or HR 2** key then press the **Enter** key.
2. The message window will ask you to enter your **Age**. You may enter your Age, using the Up and Down keys or the numeric key pad, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the Weight number using the Up and Down keys or the numeric key pad, then press enter to continue.
4. Next is **Time**. You may adjust the Time and press enter to continue.
5. Now you are asked to adjust the **Heart rate Level.** This is the heart rate level you will experience during the program. Adjust the level and then press enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Enter key. NOTE: At any time during the editing of Data you can press the Stop key to go back one level, or screen.
7. If you want to increase or decrease the work load at any time during the program press the Up or Down key. This will allow you to change your target heart rate at any time during the program.
8. During the HR 1 or HR 2 programs you will be able to scroll through the data in the message window by pressing the adjacent **Display key.**
9. When the program ends you may press Start to begin the same program again or Stop to exit the program or you can save the program you just completed as a **custom user program** by pressing a User key and following the instructions in the message window.

Auto-pilot

The **Auto-pilot** feature is a unique heart rate program. This program allows you to enter the Heart Rate Control program on the fly. At any time, during any program, you can press the Auto-pilot button and the console will switch to heart rate control mode. The console will maintain your heart rate at the current level when you press the Auto-pilot button. For instance: If you are in the Manual mode and your heart rate is at 150 beats per minute, pressing the Auto-pilot button will switch the console to heart rate control and keep your heart rate at 150 beats per minute automatically.

AEROBIC EXERCISE

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscle -arms, legs, or buttock, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

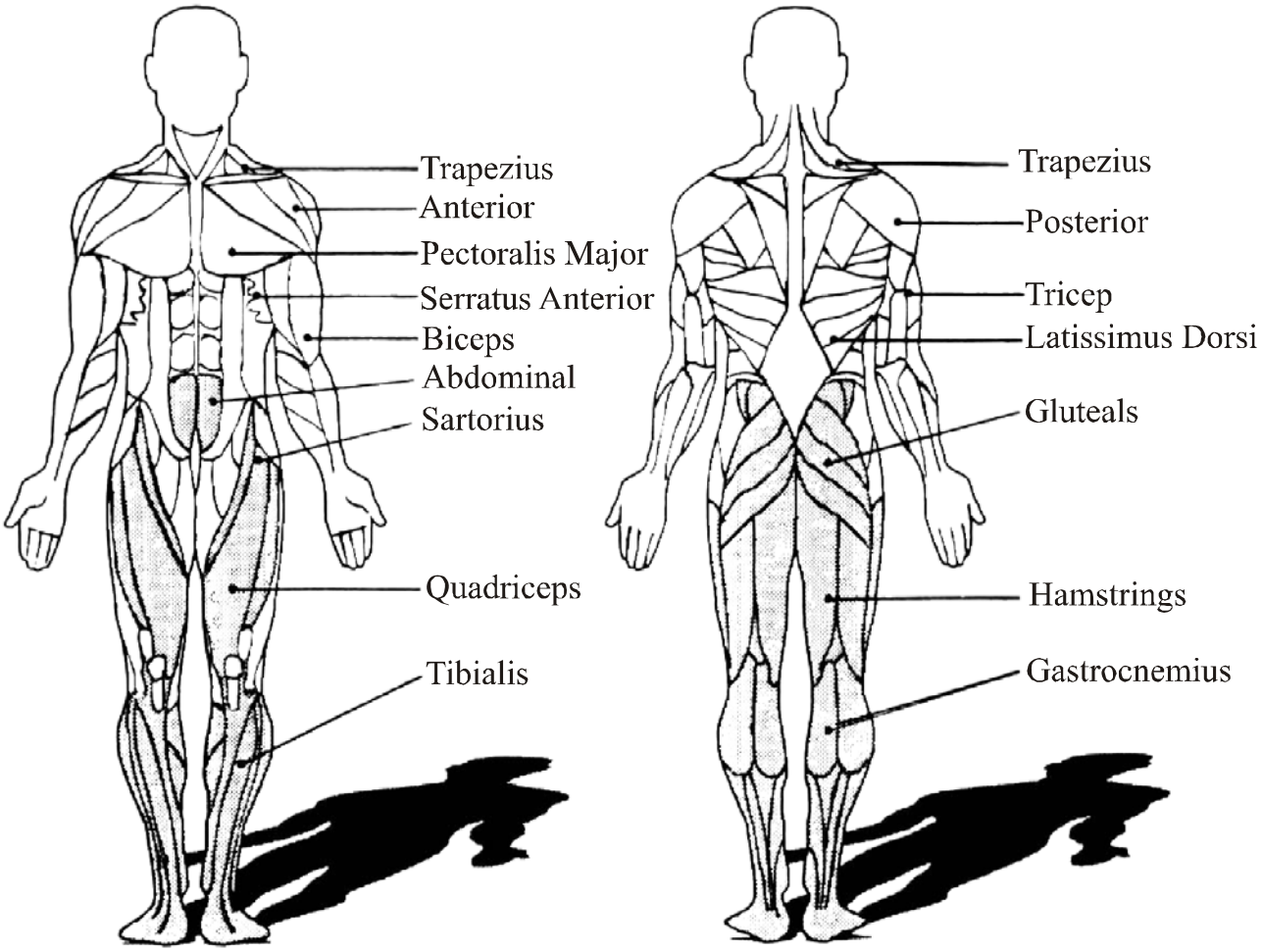
WEIGHT TRAINING

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a less amount of reps. And as always ,consult your physician before beginning any exercise program.

MUSCLE CHART

CYCLE

The exercise routine that is performed on the cycle will develop the lower body muscle group as well as condition the circulatory system and provide a good aerobic workout . These muscle groups are highlighted on the muscle chart below.



Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.

Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 10 counts

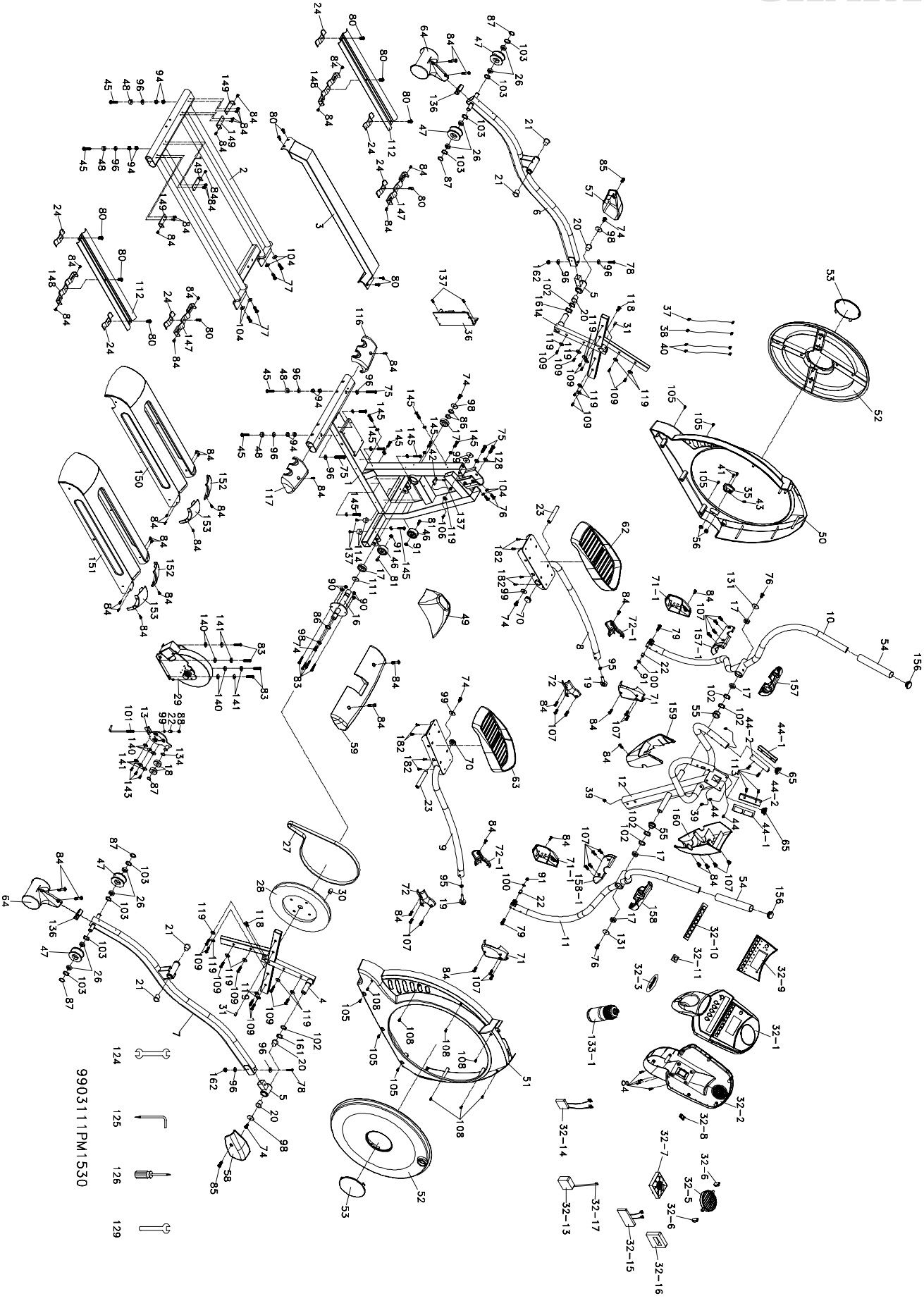
Toe Touches

Slowly bend forward from your waist, letting you back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

Hamstring Stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts Relax and then repeat with left leg extended.

OVERVIEW CHART



NO.	DESCRIPTION	O'TY
1	Main Frame	1
2	Rail Assembly	1
3	Rail Support Assembly	1
4	Cross Bar	2
5	Bushing Housing, Pedal Arm	2
6	Pedal Arm(L)	1
7	Pedal Arm(R)	1
8	Connecting Arm (L)	1
9	Connecting Arm (R)	1
10	Swing Arm (L)	1
11	Swing Arm (R)	1
12	Console Mast	1
13	Idler Wheel Assembly	1
16	Crank Axle	1
17	Bearing For Crank Axle	6
18	Bearing For Idler Wheel	2
19	Rod End Bearing	2
20	WFM-2528-21_Bushing	4
21	Ø31 × Ø25.5 × Ø 19 × 16+3T_Bushing	4
22	Rod End Sleeve	3
23	Ø19 × Ø15 × 10 L × 5/16"_ Carriage Bolt	2
24	Retaining Bracket, Aluminum Track	6
26	Bearing, Slide Wheel	8
27	Belt	1
28	Drive Pulley	1
29	Flywheel	1
30	Magnet	1
31	Woodruff Key	2
32	Console Assembly	1
32~1	Console Top Cover	1
32~2	Console Bottom Cover	1
32~3	Badge, Console	1
32~5	Deflector Fan Grill	1
32~6	Fan Grill Anchor	2
32~7	Fan	1
32~8	Fan Power Switch	1
32~9	Face Plate Lens Cover	1
32~10	Rubber Key Pad (A)	1
32~11	Rubber Key Pad (G)	1
32~13	Receiver, HR	1
32~14	Interface Board	1
32~15	Console Display Board	1
32~16	Console Key Board	1
32~17	300m/m _W/Receiver, HR	1
35	On/Off Switch	1
36	Controller	1
37	1000m/m_Wire Brake Coil Harness	1
38	AC/ Generator	1
39	1400m/m_Computer Cable	1

NO.	DESCRIPTION	O'TY
40	187 × 187 × 10cm_Connecting Wire	2
41	M4 × 12m/m_Phillips Head Screw	2
42	Sensor W/Cable	1
43	187 × 20cm_Ground Wire	1
44	850mm_Handpulse W/Cable Assembly	2
44~1	Handpulse Top Cover	2
44~2	Handpulse Bottom Cover	2
45	3/8" × 2"_Flat Head Socket Bolt	4
46	Transportation Wheel	2
47	Slide Wheel , Urethane	4
48	Rubber Foot	4
49	Console Mast Cover	1
50	Side Case (L)	1
51	Side Case (R)	1
52	Round Disk	2
53	Round Disk Cover	2
54	Handgrip Foam	2
55	Isolator	2
56	M4 × 5T_Nyloc Nut	2
57	Pedal Arm Cover (L)	1
58	Pedal Arm Cover (R)	1
59	Front Stabilizer Cover	1
62	Pedal (L)	1
63	Pedal (R)	1
64	Slide Wheel Cover	2
65	Ø32 (1.8T)_Button Head Plug	2
70	Pedal End Cover	2
71	Connecting Arm Cover A (R)	2
71~1	Connecting Arm Cover A (L)	2
72	Connecting Arm Cover B (R)	2
72~1	Connecting Arm Cover B (L)	2
74	5/16" × 15m/m_Hex Head Bolt	6
75	3/8" × 2-1/4"_Hex Head Bolt	4
76	3/8" × 3/4"_Hex Head Bolt	4
77	3/8" × 3-3/4"_Hex Head Bolt	4
78	3/8" × 2-1/4"_Socket Head Cap Bolt	2
79	5/16" × 1-1/4"_Hex Head Bolt	2
80	5/16" × 3/4"_Hex Head Bolt	12
81	5/16" × 2"_Button Head Socket Bolt	2
83	1/4" × 3/4"_Hex Head Bolt	8
84	M5 × 12m/m_Phillips Head Screw	55
85	M5 × 10m/m_Phillips Head Screw	2
86	Ø25_C Ring	3
87	Ø17_C Ring	5
88	M8 × 9T_Nyloc Nut	1
90	1/4"_Nyloc Nut	4
91	5/16" × 7T_Nyloc Nut	4
94	3/8" × 7T_Nut	8
95	M12_Nut	2

NO.	DESCRIPTION	O'TY
96	3/8" × 19 × 1.5T_Flat Washer	10
98	5/16" × 35 × 1.5T_Flat Washer	4
99	5/16" × 23 × 1.5T_Flat Washer	5
100	5/16" × 18 × 1.5T_Flat Washer	2
101	M8 × 170m/m_J Bolt	1
102	Ø25_Wave Washer	6
103	Ø17_Wave Washer	8
104	3/8" × 23 × 2T_Curved Washer	6
105	5 × 16m/m_Tapping Screw	6
106	4 × 15m/m_Sheet Metal Screw	1
107	Ø3.5 × 12m/m_Sheet Metal Screw	18
108	4 × 19m/m_Sheet Metal Screw	7
109	5 × 16m/m_Tapping Screw	16
111	Bushing	1
112	Aluminum Track	2
113	Ø3 × 20m/m_Tapping Screw	4
114	Rubber Foot Pad	2
116	Rear Stabilizer Cover (A)	1
117	Rear Stabilizer Cover (B)	1
118	M8 × 30m/m_Socket Head Cap Bolt	2
119	1/4" × 19m/m_Flat Washer	17
124	13/14m/m_ Wrench	1
125	Combination M6 Allen Wrench & Phillips Head Screw	1
126	Phillips Head Screw Driver	1
128	3/8" × 2T_Split Washer	2
129	12m/m_ Wrench	1
131	3/8" × 30 × 2.0T_Flat Washer	2
133-1	Drink Bottle	1
134	Ø17 × 23.5 × 1T_Flat Washer	1
136	Oval End Cap	2
137	5 × 19m/m_Tapping Screw	5
140	1/4" × 13 × 1T_Flat Washer	7
141	1/4"_Split Washer	7
143	M6 × 15m/m_Phillips Head Screw	3
145	3.5 × 16m/m_Tapping Screw	9
146	Wire Tie Mount	9
147	Rear End Cover A	2
148	Rear End Cover B	2
149	Rear L-Plate	4
150	Left Shroud	1
151	Right Shroud	1
152	Front Cover, Top (L)	2
153	Front Cover, Top (R)	2
156	Ø38_Button Head Plug	2
157	Front Handle Bar Cover (L)	1
157~1	Rear Handle Bar Cover (L)	1
158	Front Handle Bar Cover (R)	1
158~1	Rear Handle Bar Cover (R)	1
159	Front Console Cover	1

NO.	DESCRIPTION	O'TY
160	Rear Console Cover	1
161	Ø25_Nylon Wave Washer	2
162	3/8" × 11T_Nyloc Nut	2
182	M5 × 10m/m_Phillips Head Screw	8