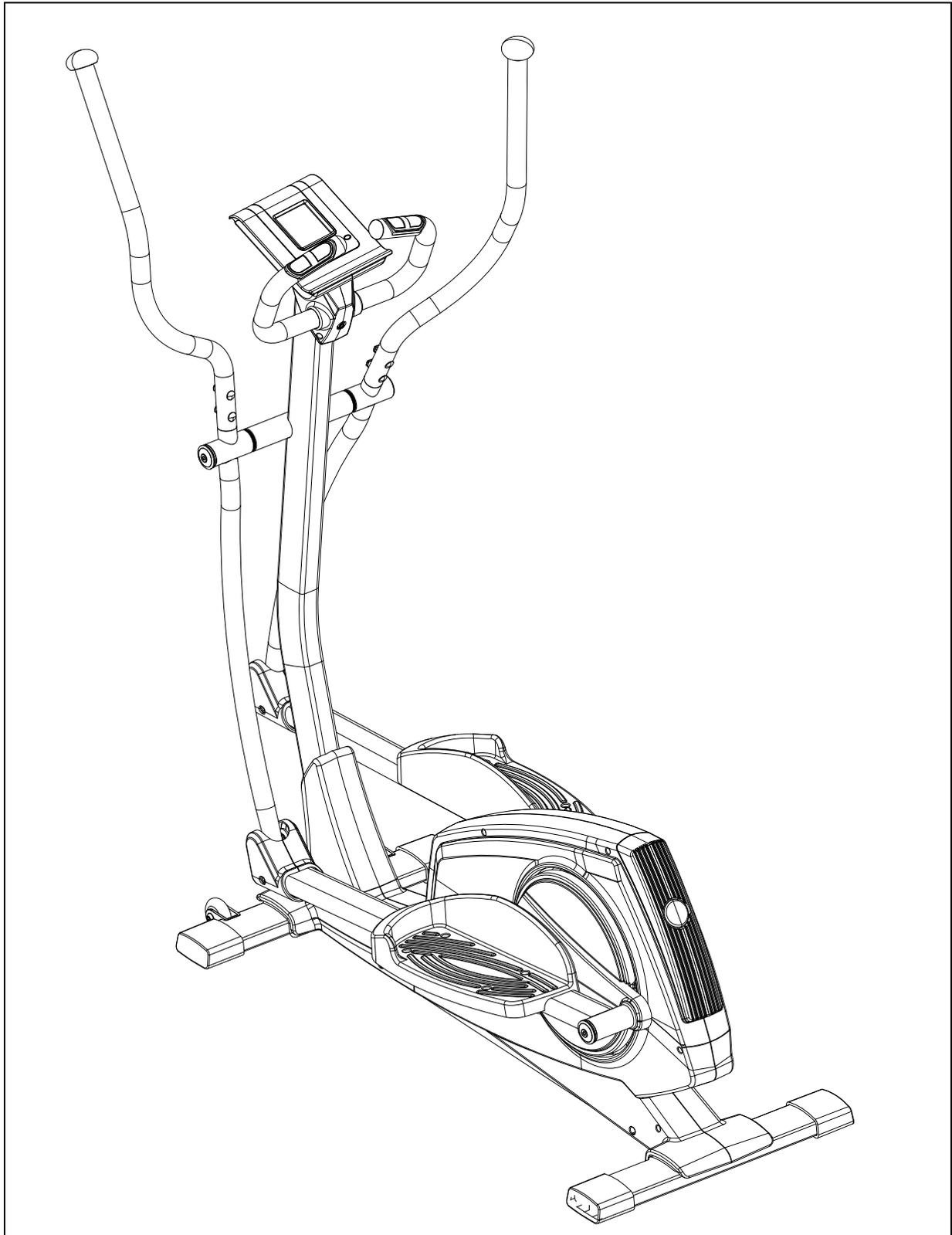
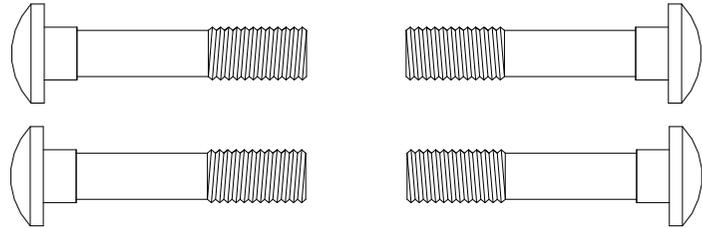


XT-12

USER MANUAL



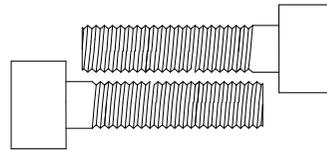
XT12



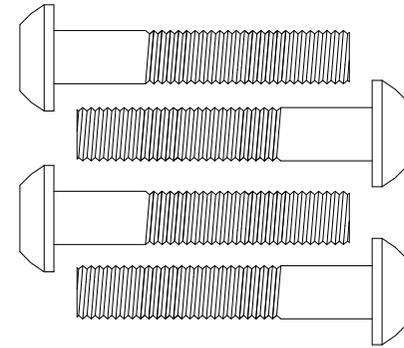
L-2: Carriage Bolt M8*P1.25*40L (4)



L-1: Screw M3*25L(1)



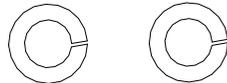
L-21: Allen Bolt M7*P1.0*30L (2)



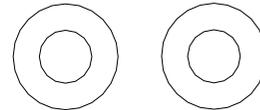
L-11: Allen bolt M8*P1.25*40L (4)



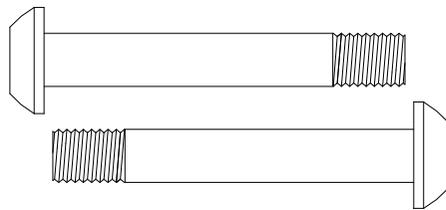
L-24:lock nut for M8 (2)



L-20: Spring Washer for handlebarbolt $\phi 7*2T$ (2)



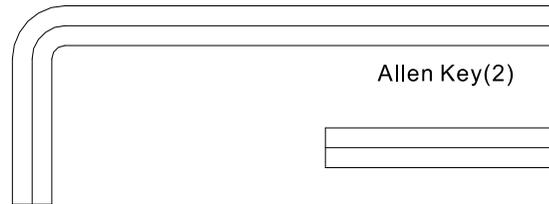
L-17: Flat Washer $\phi 8*\phi 16*1T$ (2)



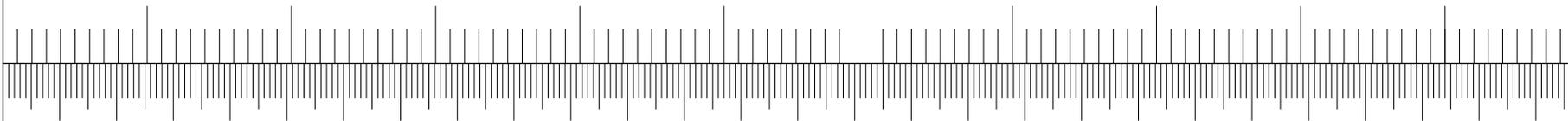
L-16: allen bolt M8*P1.25*55L 牙长11L (2)



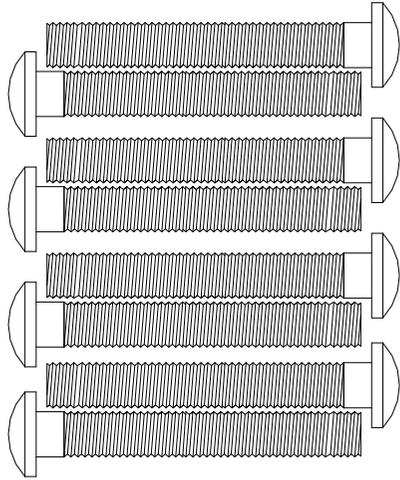
Box Spanner (1)



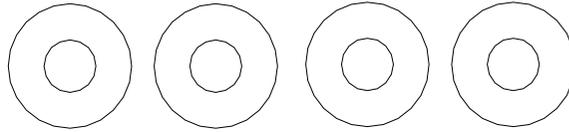
Allen Key(2)



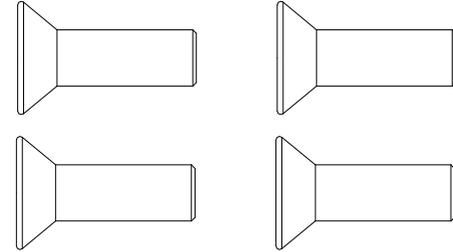
XT12



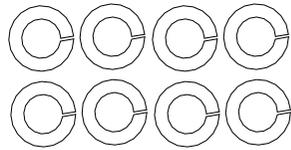
L-15: Carriage Bolt M6*P1.0*50L (8)



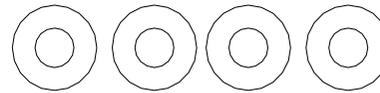
L-23: flat washer $\Phi 8 \times \Phi 19 \times 2T$ (4)



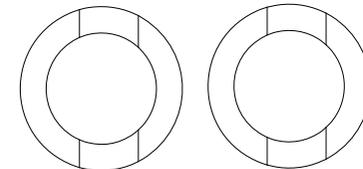
L-5: screw M8*P1.0*30L(4)



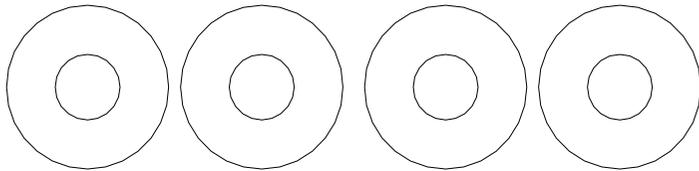
L-14: Spring Washer $\Phi 6$ (8)



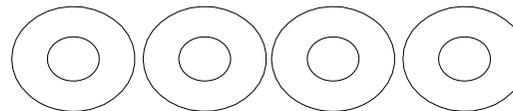
L-22: flat washer $\Phi 6 \times \Phi 13 \times 1T$ (4)



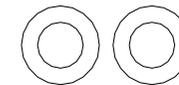
L-9: Curved Washer $\Phi 17.5 \times \Phi 25 \times 0.3T$ (4)



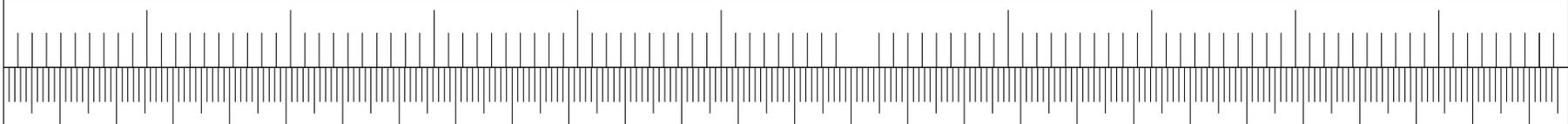
L-7: Flat washer $\Phi 8 \times \Phi 25 \times 2T$ (4)



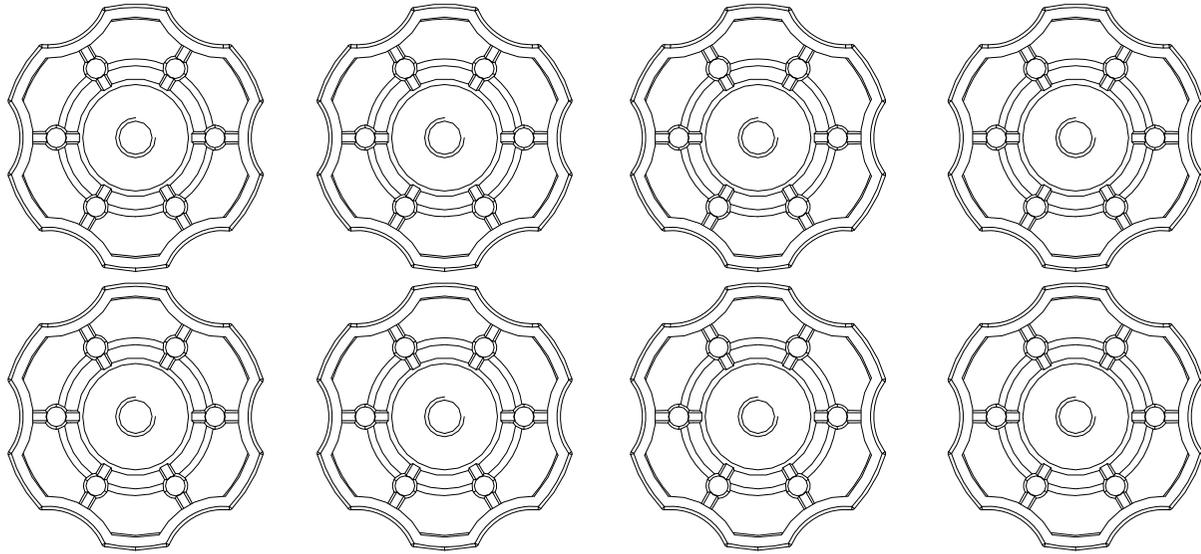
L-4: Curved Washer $\Phi 8 \times \Phi 19 \times 2T$ (4)



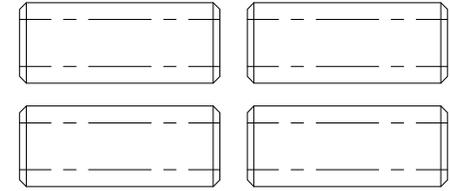
L-19: flat washer $\Phi 7 \times \Phi 12 \times 1T$ (2)



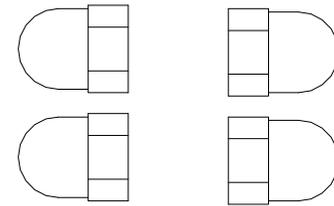
XT12



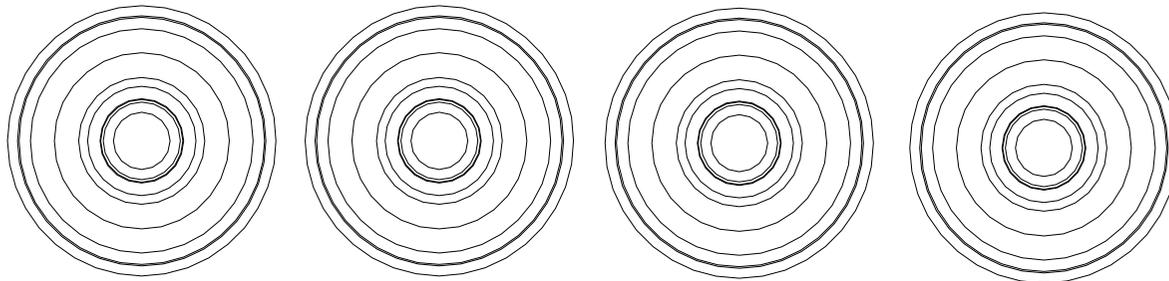
L-13:Knob for pedal M6*P1.0 (8)



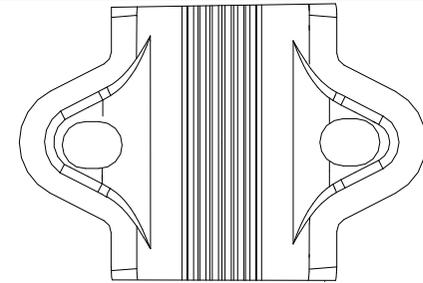
L-12:Pivot tube $\phi 7 * \phi 12 * 30\text{mm}$ (4)



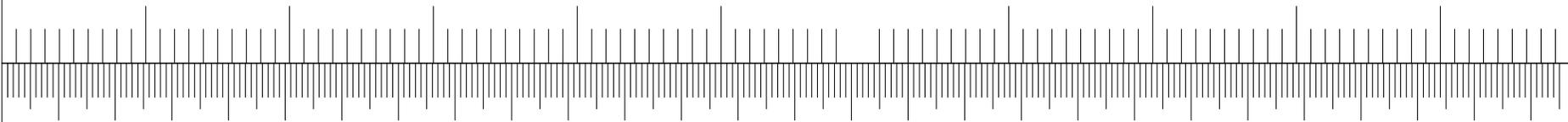
L-3: Acorn nut M8 (4)



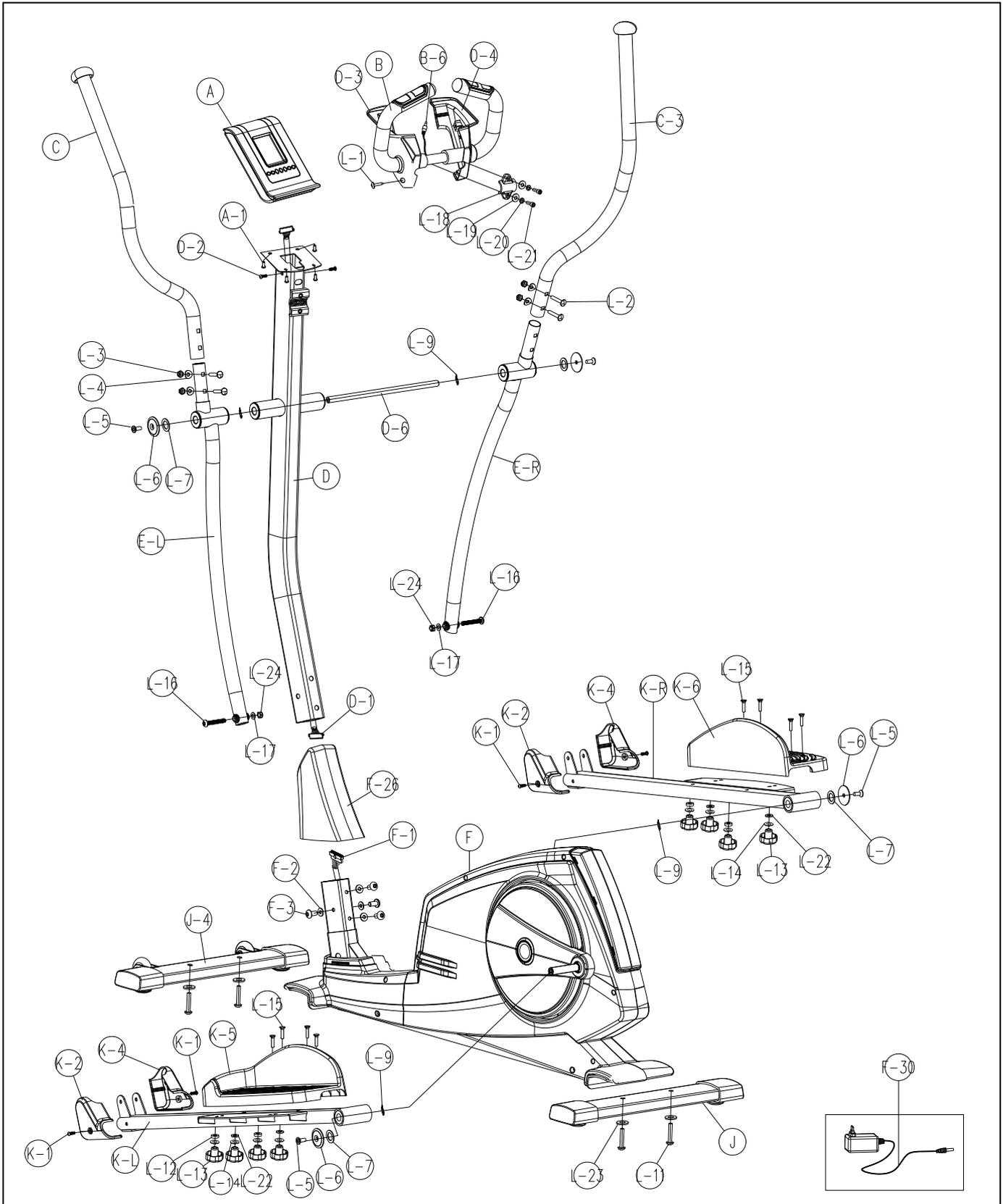
L-6:Cover (4)

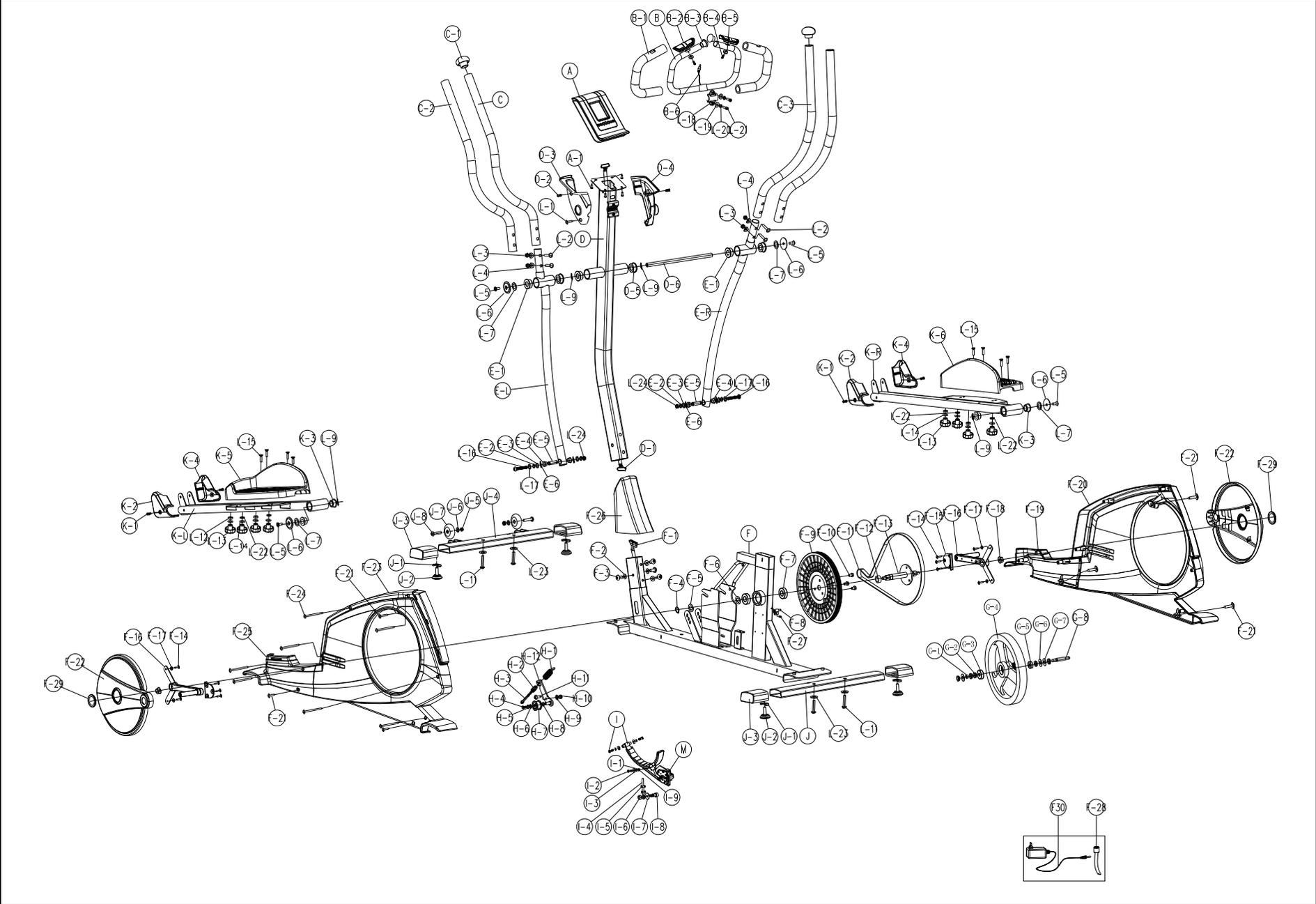


L-18:Metal cover (1)



Exploded drawing.



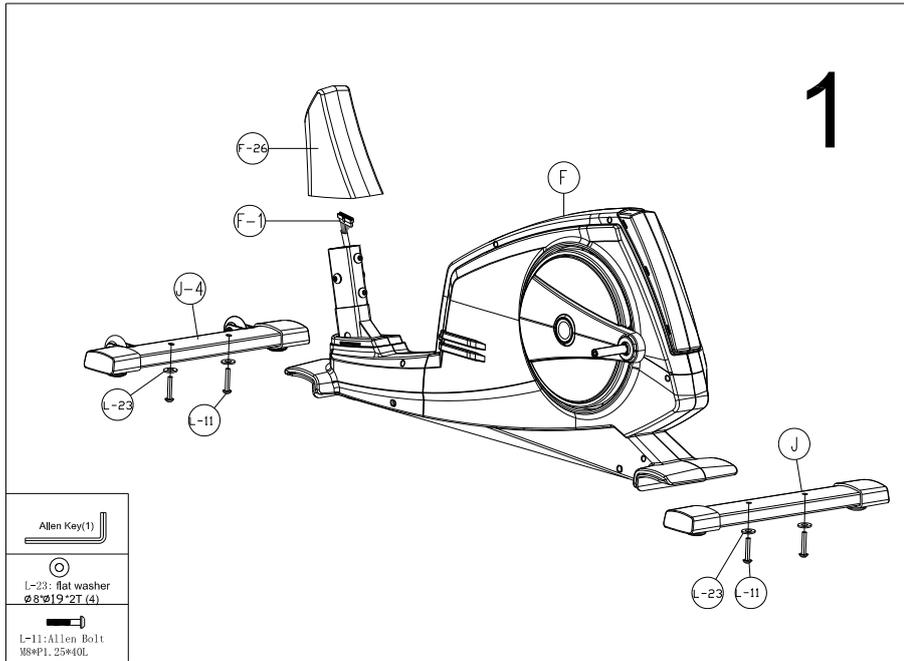


Parts List

Number	Description	Q'ty	Unit
A, A-1	Console & Screw	1	SET
B	Front handlebar	1	PC
B-1	Foam grip	2	PCS
B-2	Hand pulse	2	PCS
B-3	End cap for front handlebar	2	PCS
B-4	Screw M4x20L for hand pulse	2	PCS
B-5	Semicircle washer 1.5T for hand pulse	2	PCS
B-6	Wire for hand pulse	1	PC
C	Upper handlebar (Left)	1	PC
C-1	End cap for upper handlebar	2	PCS
C-2	Foam grip for upper handlebar	2	PCS
C-3	Upper handlebar (Right)	1	PC
D	Handlebar post	1	PC
D-1	Cable (upper) for handlebar post	1	PC
D-2	Screw M5xP0.8x12L	2	PCS
D-3	Cover for console holder(Left)	1	PCS
D-4	Cover for console holder(Right)	1	PCS
D-5	Bushing φ 38.1x φ 17.12x15L	2	PCS
D-6	Axle for the handlebar post	1	PCS
E-L	Lower handlebar(Left)	1	PC
E-R	Lower handlebar(Right)	1	PC
E-1	Bushing φ 38.1x φ 17.12x15L	4	PCS
E-2	C type ring φ 12	4	PCS
E-3	Flat washer φ 12x φ 19x1t	4	PCS
E-4	Bushing φ 12x φ 16	4	PCS
E-5	Sleeve φ 16* φ 20*26L	2	PCS
E-6	Wave washer φ 12.5x φ 18x0.3t	4	PCS
F	Main frame	1	PC
F-2	Flat washer φ 8* φ 19*2T	4	PCS
F-3	Allen bolt M8*P1.25*16L(6m/m)	4	PCS
F-4	C type ring φ 20	1	PCS
F-5	Wave washer φ 20x φ 30x0.3t	1	PCS
F-6	Flat washer φ 20.3x φ 30x1t	1	PCS
F-7	Bearing	2	PCS
F-8	Sensor box	1	PCS
F-9	Big pulley	1	PCS
F-10	Hex. Screw M8xP1.25x12Lx5t	3	PCS
F-11	Belt	1	PCS
F-12	Sleeve φ 20.5x φ 25x7.5mm	1	PCS
F-13	Shaft	1	PCS
F-14	Screw M4*12L	10	PCS
F-15	Inside cover for disc	2	PCS

F-16	Cross disc	2	PCS
F-17	Flat washer φ 5x φ 16x1t	4	PCS
F-18	Nut M10xP1.25x10T for Cross disc	2	PCS
F-19	Front cover (Right)	1	PC
F-20	Chain cover (Right)	1	PC
F-21	Screw M5x16L	6	PCS
F-22	Round disc	2	PCS
F-23	Chain cover (Left)	1	PC
F-24	Self tapping screw M4x50L	7	PCS
F-25	Front cover (Left)	1	PC
F-26	Cover for the handlebar post	1	PC
F-27	Screw M4x10L for sensor box	1	PC
F-28	DC wire	1	PC
F-29	Cap for Round disc	2	PCS
F-30	Adaptor	1	PC
G-1~G-8	Flywheel set	1	SET
H-1~H-12	Idler wheel set	1	SET
I ~I-9	Magnetic set	1	SET
J	Rear stabilizer	1	PC
J-1	Block for the adjustable foot cap	4	PCS
J-2	Foot cap	4	PCS
J-3	End cap for rear stabilizer	2	PCS
J-4	Front stabilizer	1	PC
J-5	Nylon nut M8	2	PCS
J-6	Flat washer φ 8* φ 19*2T	2	PCS
J-7	Transportation wheel	2	PCS
J-8	Screw M8xP1.25x40L	2	PCS
K-L	Left pedal arm	1	PCS
K-1	Screw M5xP0.8x12L	4	PCS
K-2	Front cover (Left) for pedal arm	2	PCS
K-3	Bushing φ 26.7x φ 17.12x15L	4	PCS
K-4	Front cover (Right) for pedal arm	2	PCS
K-5	Left pedal	1	PCS
K-6	Right pedal	1	PCS
K-R	Right pedal arm	1	PCS
L-1~L-24	Bolts & Nuts pack	1	SET
M, F-1	Gear box	1	SET

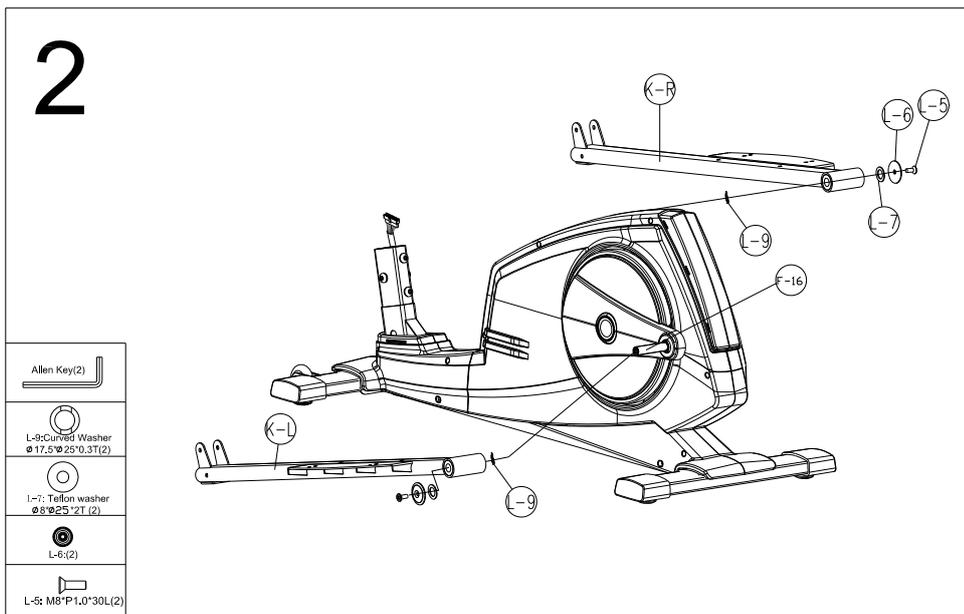
Assembly Stage #1



1. Attach the front stabilizer (J-4) to the main frame (F) using two flat washer (L-23) and allen bolt (L-11).
2. Attach the rear stabilizer (J) to the main frame (F) using two flat washer (L-23) and allen bolt (L-11) .
3. Please remove the handlebar post cover (F-26) from the main frame (F).

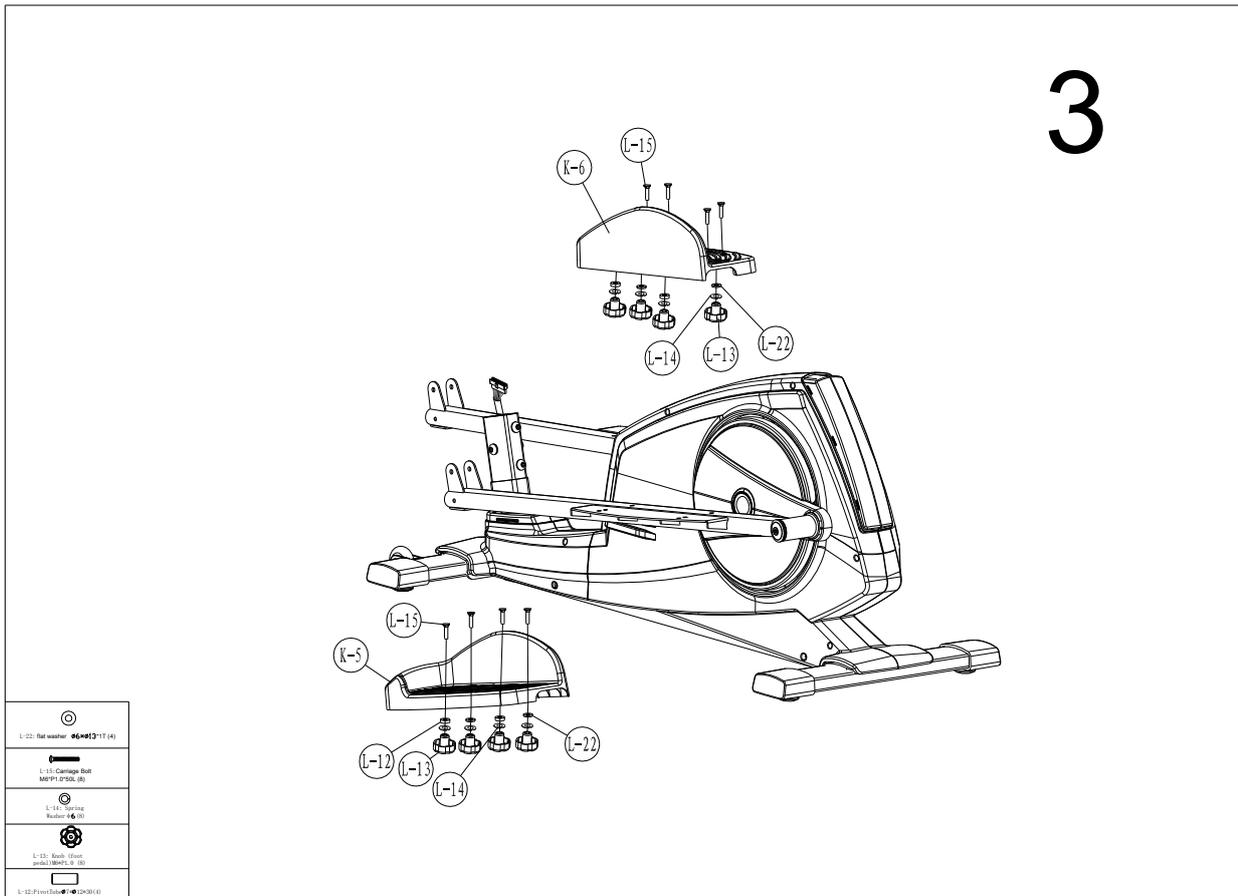
After assembly, the Trainer can be adjusted to slightly uneven ground by adjusting the height of the foot caps at the front and back. The pre-assembled transportation wheels in the front allow easy moving of the Elliptical and therefore during assembly, need to be pointing down at the front (45°).

Assembly Stage #2



1. Assemble the R/L pedal arm (K-L, K-R) to the cross disc (F-16) by wave washer (L-9) ,flat washer (L-7) , gasket (L-6), and allen bolt (L-5).

Assembly Stage #3

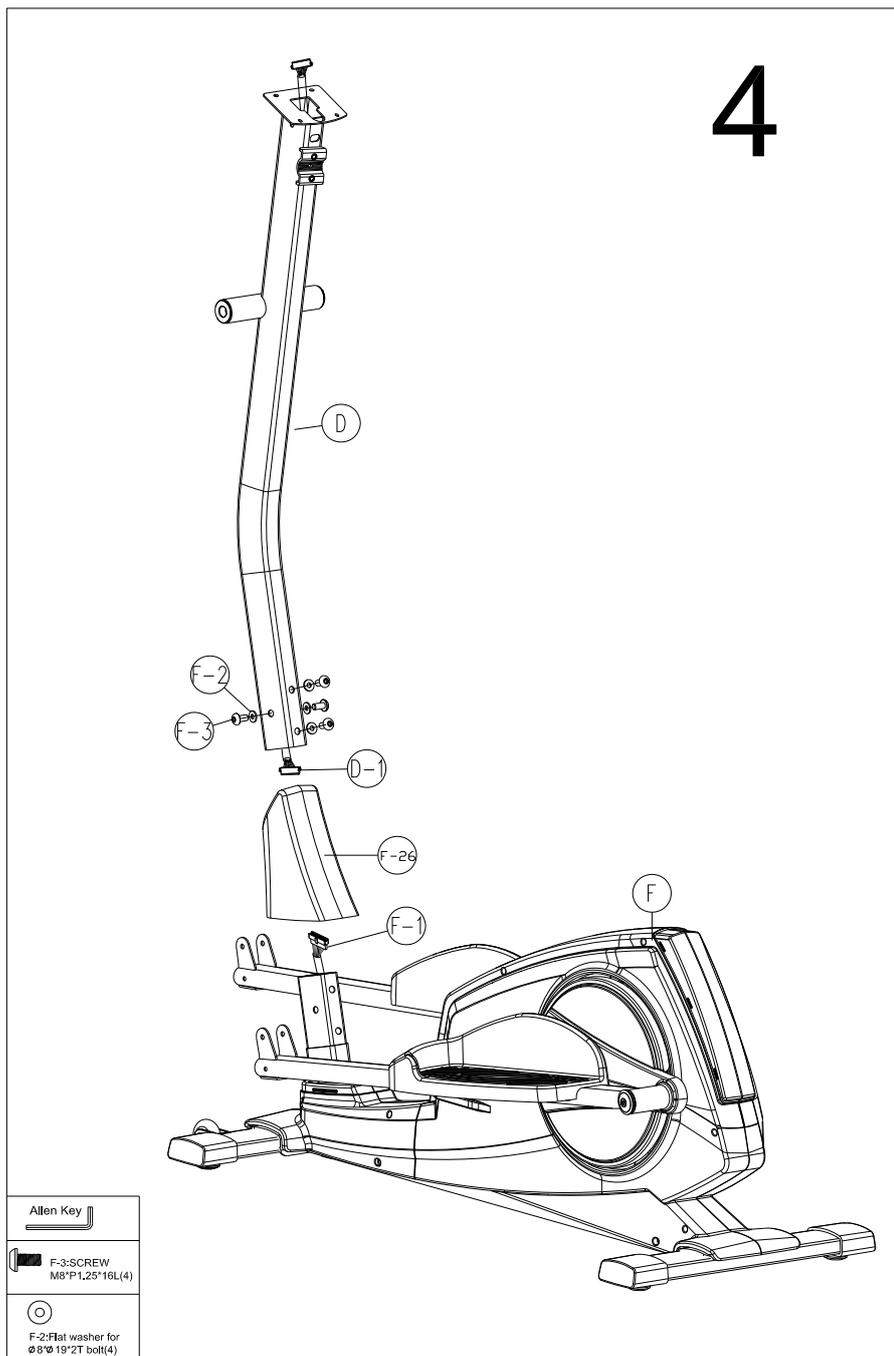


1. Put R/L pedal(K-5, K-6) onto the pedal arm (K-L/R) and tighten it, using 4 knob (L-13), flat washers (L-22), spring washer (L-14), sleeve (L-12) and bolts(L-15) in each side

Please note that the left and right pedals need to be placed in identical positions.

Assembly Stage #4

1. Please remove four sets of the allen bolt (F-3) and flat washer (F-2) from the main frame (pt.F)
2. Take the handlebar post (D) and pass it through the handlebar post cover (F-26).
3. Hold the handlebar post (D) and connect the lower computer cable (F-1) and the upper computer cable (pt. D-1)
4. Slide the handlebar post (D) into the main frame then fix with four sets of allen bolt (pt.F-3) and flat washers (pt.F-2).

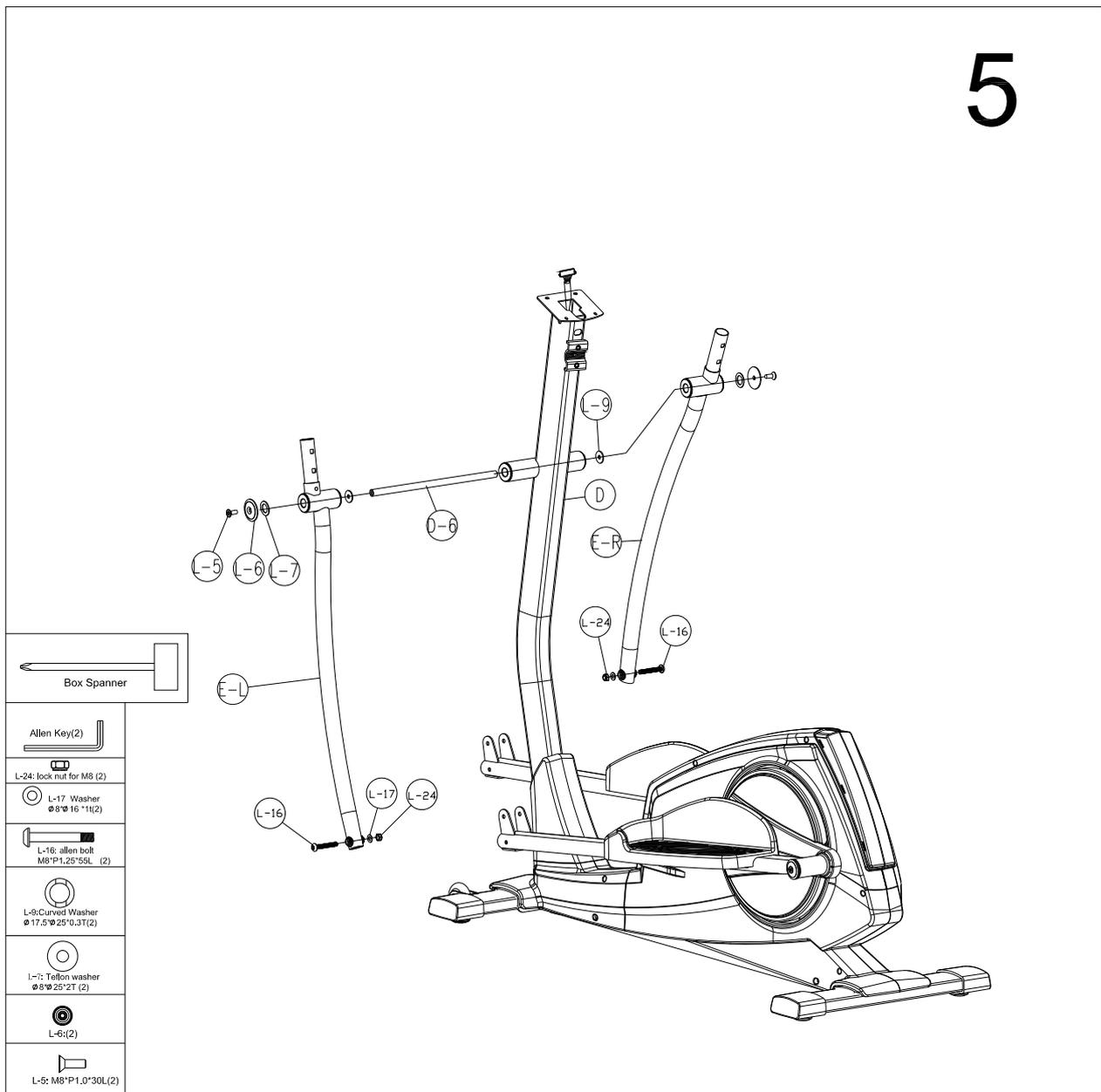


Assembly Stage #5

1. Take the axle (D-6) and pass it through the handlebar post (D).
2. Pass the axle through the wave washer (L-9) and the lower handlebar (E-R/L), and then fix with the flat washers (L-7) and gasket (L-6) and allen bolt (L-5) in each side.
3. Tight the carriage bolts (L-16) with flat washer (L-17) and nylon nut (L-24) to connect the pedal arm (K-L/R) and lower handlebar (E-R/L) in each side.

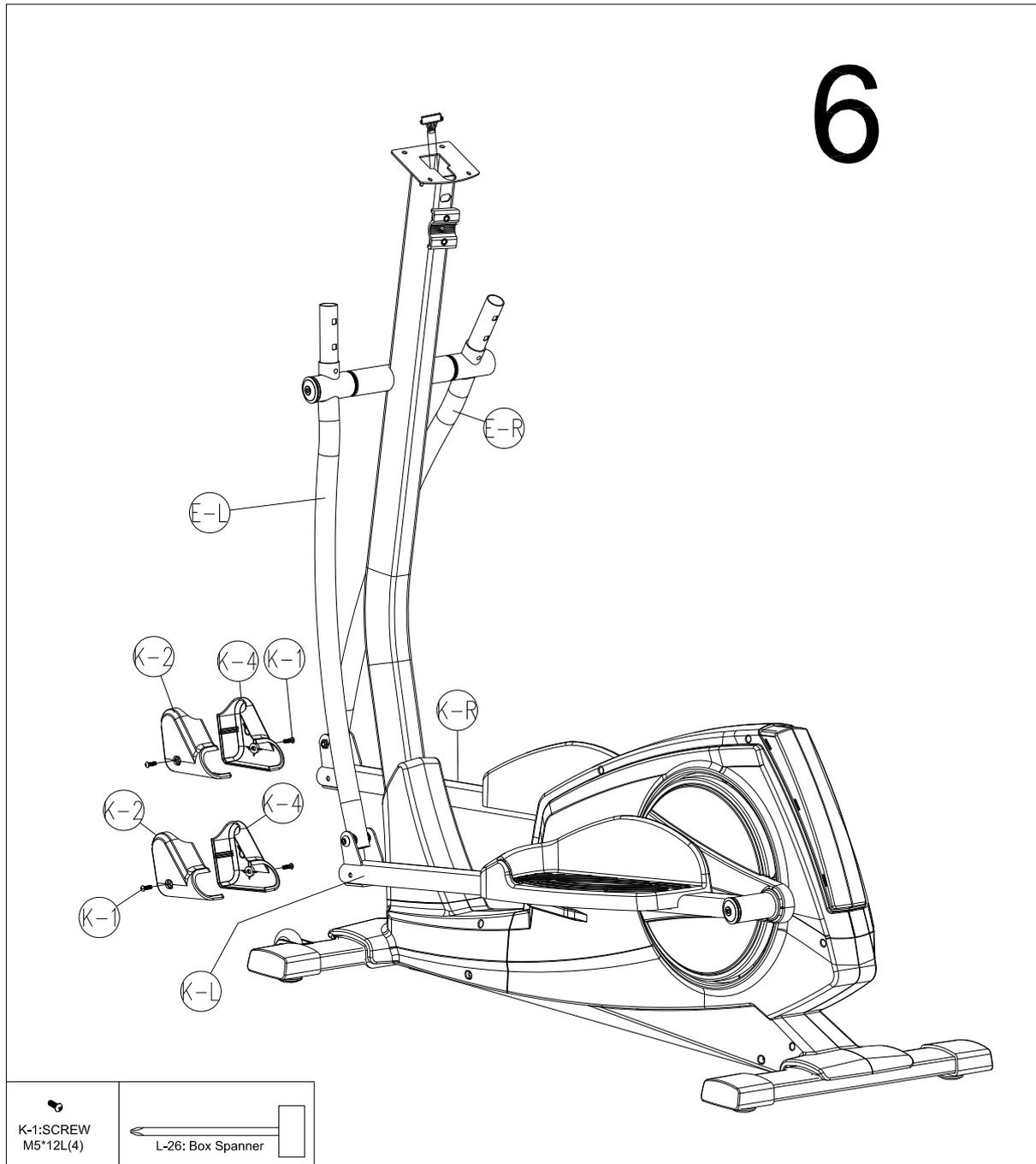
Pay attention : Please use two allen key tools to fix bolt (L-5) on both side at the same time.

5



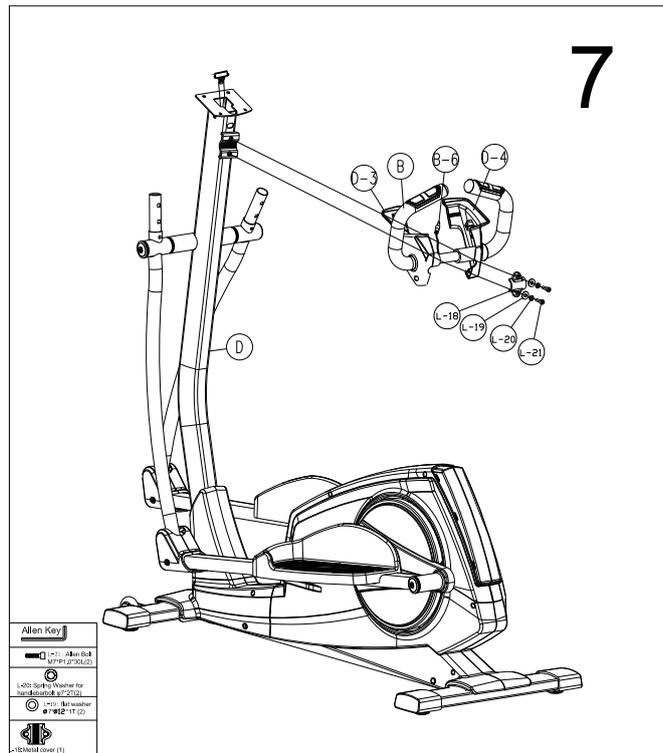
Assembly Stage #6

1. Please remove four sets of the screw (K-1) from the pedal arm (K-L/R).
2. Assemble the front cover L/R (K-2,K-4) for the pedal arm (K-L/R) by screw (K-1) in each side.



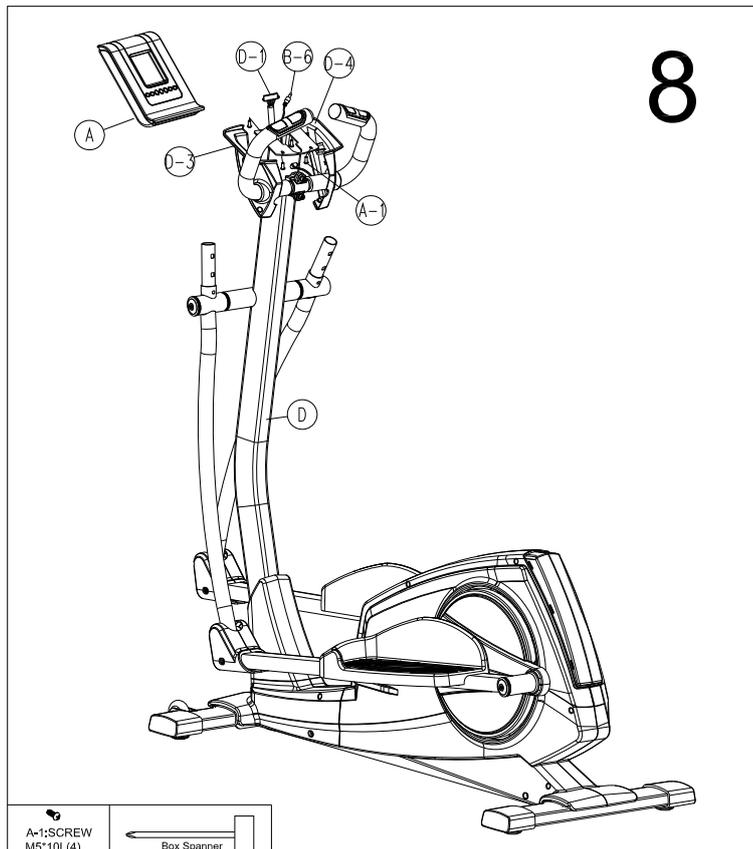
Assembly Stage #7

1. Pass the hand-pulse wire (pt.B-6) through the handlebar post (D-7) hole.
2. Attach the front handlebar (B) to the handlebar post (D) using the clamp cover (L-18), and then fix with two flat washers (L-19), two spring washers (L-20), two fixing bolt (L-21).



Assembly Stage #8

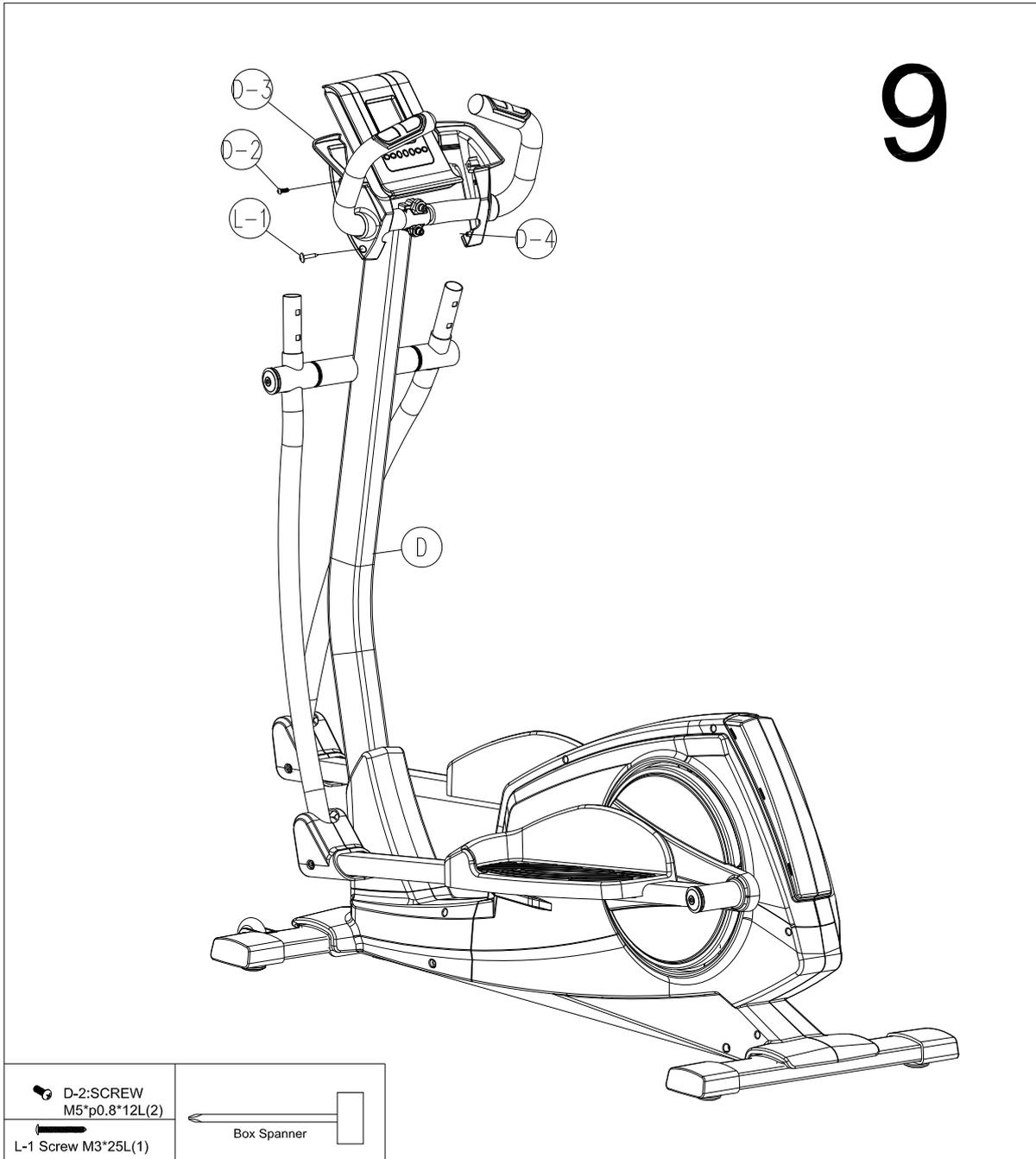
1. Connect the Computer cables (D-1) and Hand pulse wire (pt.B-6) to the computer, then attach the Computer (pt .A) to the Computer bracket with the enclosed Screws (pt .A-1).



Assembly Stage #9

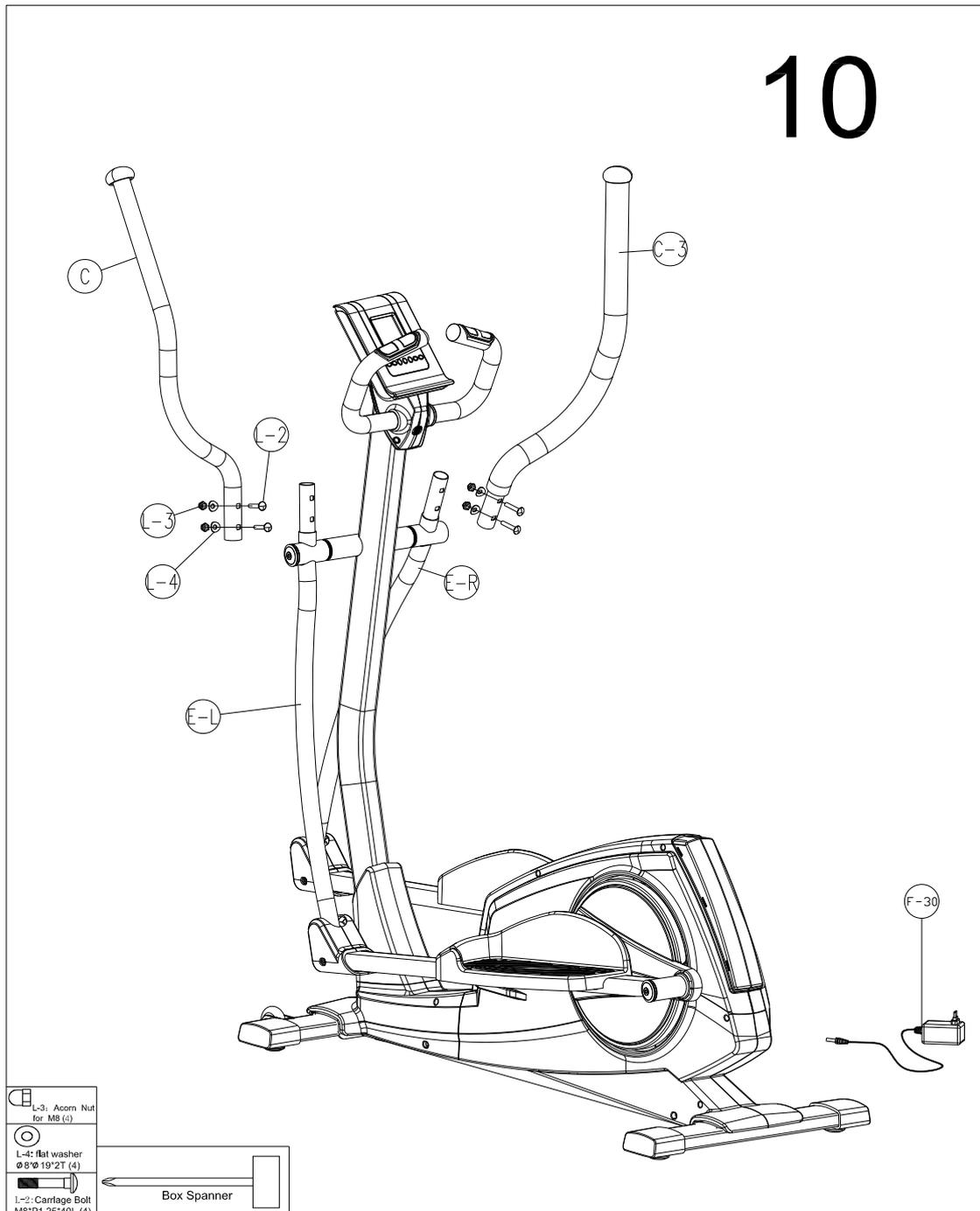
1. Please remove screw (D-2) from the handlebar post (D).

2. Assemble the console holder cover (D-3,D-4) for the handlebar post (D) by the screw (D-2) and self tapping screw (L-1)



Assembly Stage #10

1. Assemble the R/L upper handlebar (C,C-4) for the lower handlebar (E-R/L) by carriage bolts (L-2) with nut (L-3) and semi-circle washer (L-4).



INSTRUCTIONAL MANUAL FOR CASALL XT12 CONSOLE



DISPLAY FUNCTIONS :

ITEM	DESCRIPTION
TIME	.Range 0:00 ~ 99:59 .Workout time elapsed.
SPEED	.Range 0.0 ~ 99.9 km/hr .Current speed during workout.
DISTANCE	.Range 0.0 ~ 99.9 KM .Workout distance travelled.
CALORIES	.Burned calories during workout. .Range 0 ~ 999 Cals <i>* Calorie count on the display only serves as a general guideline. For detail calorie consumption for each individual please consult a physician or a nutritionist.</i>
PULSE	. Current pulse (BPM) during workout. .Alarm will sound when pulse is over preset target pulse.
RPM	.Rotation per minute (of the swing wheel). .Range 0 ~ 999
WATT	.Workout power consumption . Setting range 0~350 watts.
MANUAL	.Manual mode workout.
PROGRAM	.12 PROGRAM selection.
USER	.User creates resistance level profile.
H.R.C.	.Target HR training mode.

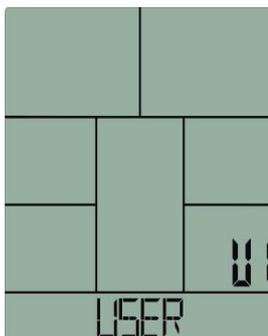
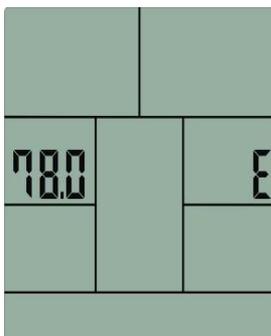
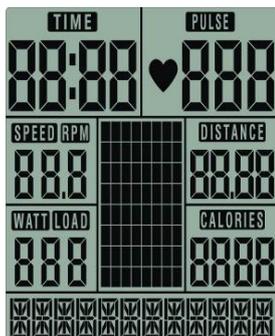
KEY FUNCTION:

ITEM	DESCRIPTION
Up	<ul style="list-style-type: none"> • Increase resistance level • Setting selection.
Down	<ul style="list-style-type: none"> • Decrease resistance level • Setting selection.
Mode	<ul style="list-style-type: none"> • Confirm setting or selection.
Reset	<ul style="list-style-type: none"> • Hold on pressing for 2 seconds, computer will reboot and start from user setting. • Return to main menu or stop mode.
Start/ Stop	<ul style="list-style-type: none"> • Start or Stop workout.
Recovery	<ul style="list-style-type: none"> • Test heart rate recovery status.
Body fat	<ul style="list-style-type: none"> • Test body fat% and BMI.

PERATION:

POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds. Enter into user selection (U1 ~ U4), and user data setting mode (Sex, Age, Height, Weight) After 4 minutes without pedaling or pulse input, console will enter into power saving mode. Press any key may wake the console up.



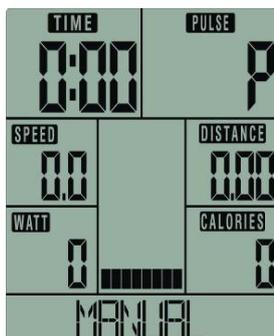
Manual Mode

Adjust resistance during workout manually.

Press START in main menu may start workout in manual mode.

Or follow the steps below:

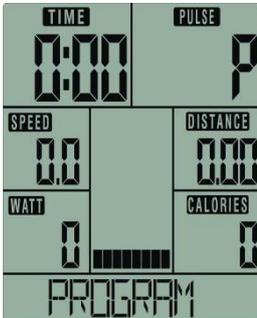
1. Press UP or DOWN to select workout program, choose Manual and press Mode to enter.
2. Press UP or DOWN to set target TIME, DISTANCE, CALORIES, PULSE and press MODE to confirm.
3. Press START/STOP keys to start workout. Press UP or DOWN to adjust resistance level.
4. Press START/STOP keys to pause workout. Press RESET to return to main menu.



Program Mode

Choose a preset workout program.

1. Press UP or DOWN to select workout program, choose the Program and press Mode to enter.
(Total Program = 12)
2. Press UP or DOWN to set target TIME.
3. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
4. Press START/STOP key to pause workout. Press RESET to return to main menu.



User Program Mode

Preset your own workout profile.

1. Press UP or DOWN to select workout program, choose User and press Mode to enter.
2. Press UP or DOWN to set resistance level of each column, and press MODE to move from one column to the next. (Total column = 20)
3. Press and hold MODE to finish or quit setting.
4. Press UP or DOWN to set target workout TIME.
5. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
6. Press START/STOP key to pause workout. Press RESET to return to main menu.



H.R.C. mode

Target a heart rate for the workout.

1. Press UP or DOWN to select workout program, choose H.R.C. and press Mode to enter.
2. Press UP or Down to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).

*Formula: $(220 - \text{Age}) \times __\%$

*Example: Age 25 choosing 75%, you will target your heart rate to $(220 - 25) \times 75\% = 146/\text{min}$

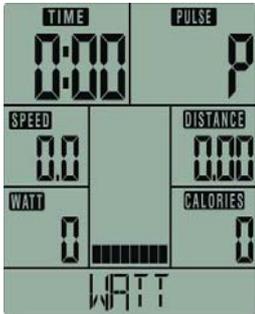
3. Press UP or DOWN to set target workout TIME.
4. Press START/STOP key to start or stop workout. Press RESET to return to main menu.



WATT Mode

Monitor the energy output of workout

1. Press UP or DOWN to select workout program, choose WATT and press Mode to enter.
2. Press UP or DOWN to set target WATT value (default: 120).
3. Press UP or DOWN to preset TIME.
4. Press START/STOP key to start workout. Press UP or DOWN to adjust Watt level.
5. Press START/STOP key to pause workout. Press RESET to return to main menu.



Recovery

Monitor heart rate recovery status.

1. User must be holding the handgrip. When the pulse value is displayed on the computer, press on the RECOVERY key.
2. TIME shows "0:60" (seconds) and count down.

After countdown, computer will display a numerical value between F1-F6. Using this number you can see your heart rate recovery ability with the corresponding Chart below.

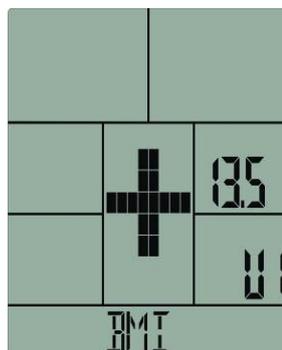
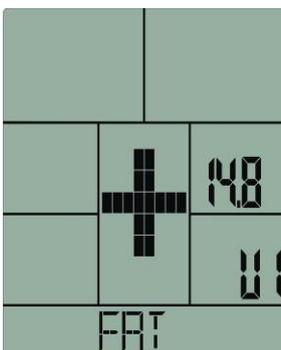


1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

Body Fat Mode

Determine body fat and BMI

1. When workout stops, press BODY FAT key.
2. Hold on to the handgrips for 8 seconds and computer will show FAT% and BMI value.
3. Press BODY FAT key again return to main menu.



*Please see reference Body Fat chart below to determine body fat range.

*Please see reference BMI chart below to determine the BMI range.

<REFERENCE>

B.M.I. (Body mass index) integrated

B.M.I SCALE	LOW	LOW/MED	MEDIUM	MED/HIGH
RANGE	<20	20-24	24.1-26.5	>26.5

BODY FAT:

RANGE SEX	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE	<13%	13%-25.9%	26%-30%	>30%
FEMALE	<23%	23%-35.9%	36%-40%	>40%

Trouble shooting:

“E-1”-- Occurs when there is no signal input detected. Try to grip harder on to the handle.

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

Attention! All preset data will be lost when unplug the power (adaptor) from the "machine".

The console is designed for single workout usage only. Apart from User Profile U1-U4, no workout profile can be saved in all modes.