ELLIPTICAL TRAINER

PRODUCT CODE: E7000D

Supplied by
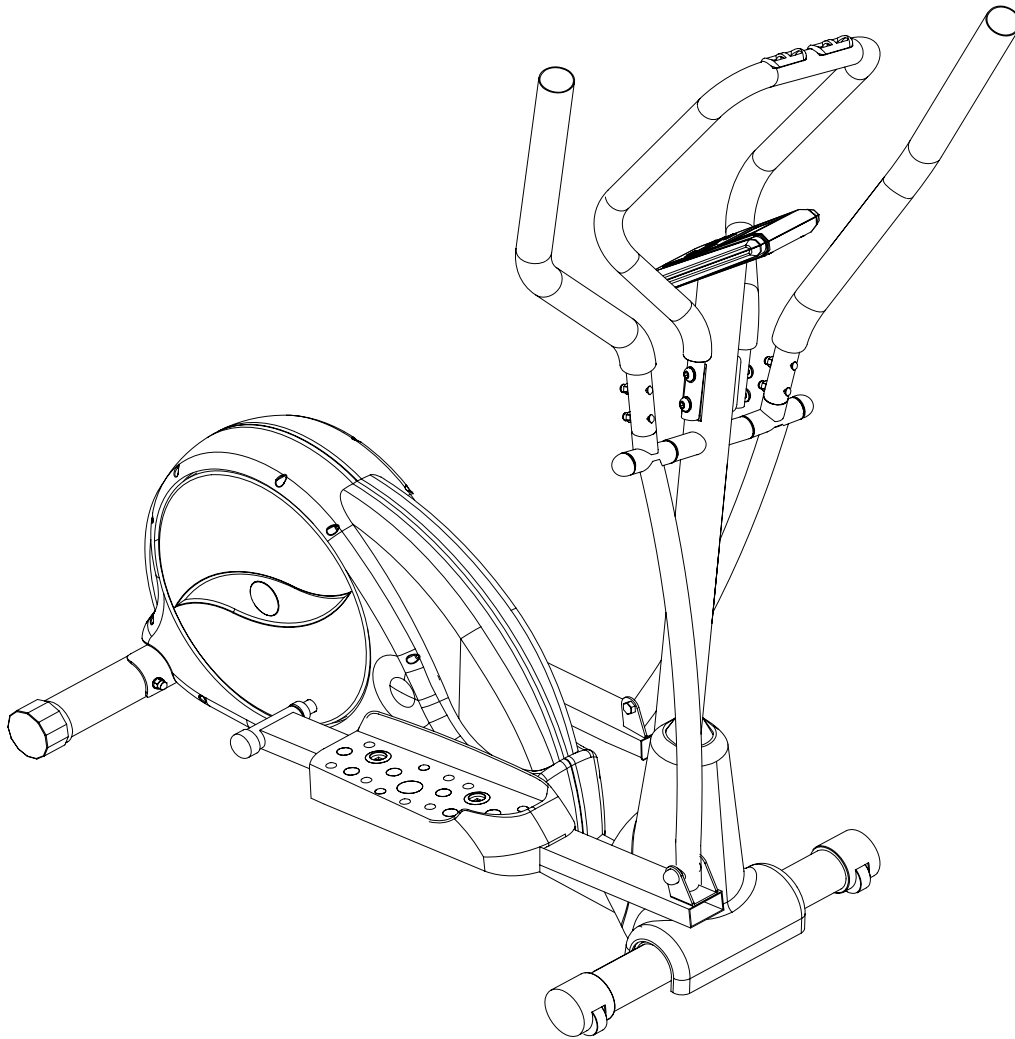
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IMPORTANT SAFETY INFORMATION

READ ALL INSTRUCTIONS BEFORE USING

> 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.

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 1:1996, 1+A1:1998 and 5:1996.
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 150KGS.

WARNING: Before commencing any exercise program, please consult your family physician. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your family physician. In the event any of the above mentioned warnings are breached by the consumer, the manufacturer may use same as a defence to any claim for injuries, damage or loss. The above warnings are in no way intended to limit or modify the consumer's remedies for breach of warranties. They are being supplied strictly to ensure the safety of the individuals using this product.

IMPORTANT: Read all instructions carefully. Assemble the Elliptical in accordance with the steps in the manual. Box spanners and an allen key are included for assembly. Lay out all parts on the floor. Make sure that you have all the parts listed below before beginning assembly. In case of discrepancy, please call our Customer Service Department at the number listed on page 18 of this manual.

OUR ELLIPTICALS ARE MANUFACTURED WITH CARE AND ATTENTION. QUALITY AND CUSTOMER SATISFACTION ARE OUR MAIN AIM. HOWEVER THINGS MAY GO WRONG. IF YOU SHOULD HAVE ANY PROBLEMS OR FIND YOU HAVE PARTS MISSING, PLEASE CONTACT ESCALADE DIRECTLY.

HOWEVER, THERE MAY BE EXCEPTIONAL CIRCUMSTANCES WHERE YOU MAY WISH TO RETURN THE ELLIPTICAL. WE THEREFORE ASK THAT YOU RETAIN ALL PACKAGING UNTIL YOU ARE COMPLETELY SATISFIED.

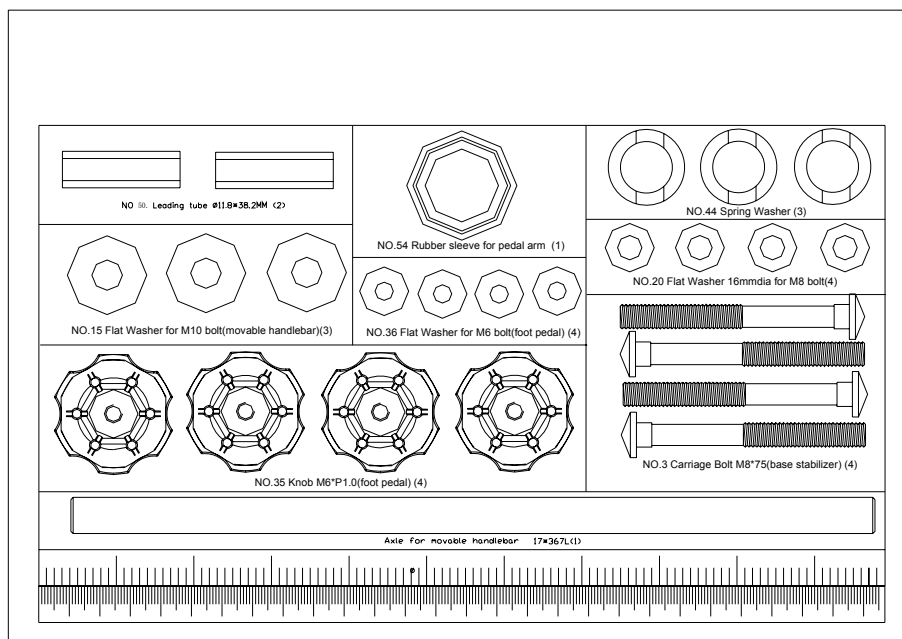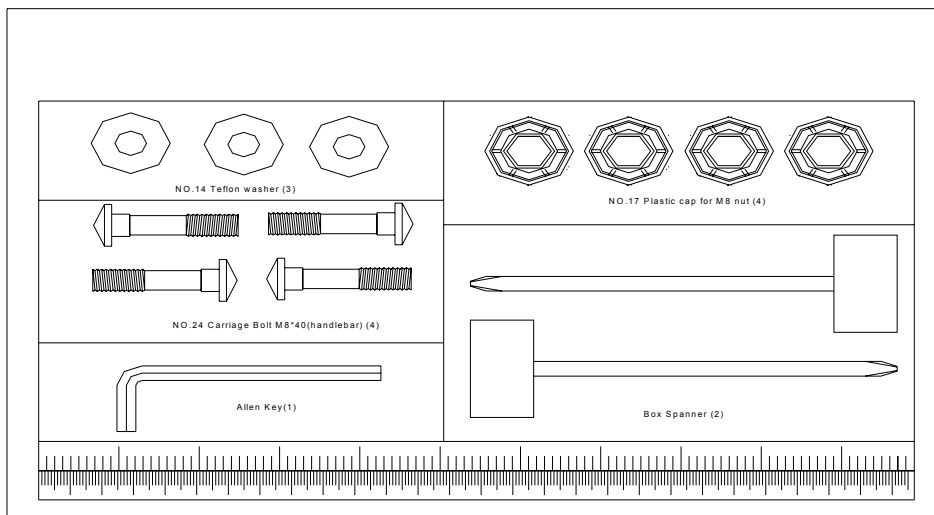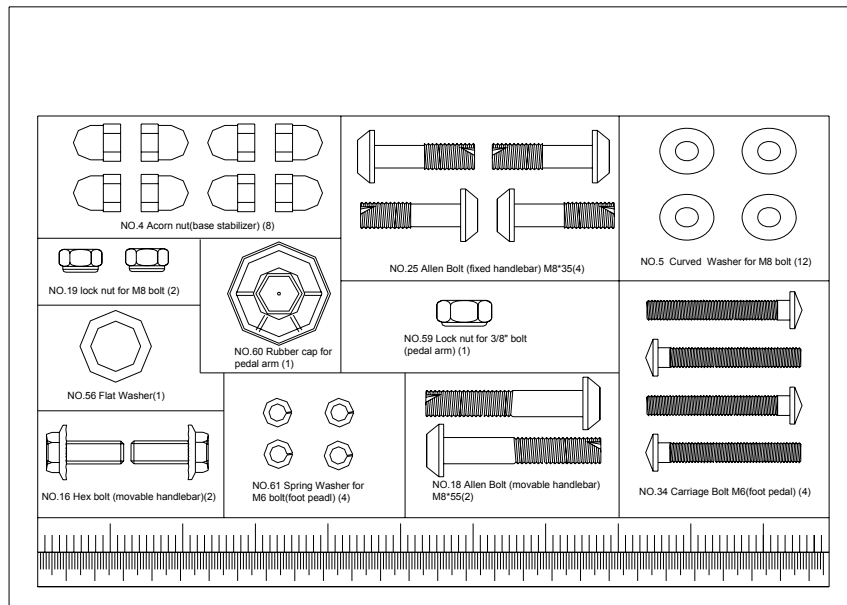**NOTE: SOME ITEMS OF HARDWARE MAY ALREADY BE PRE-ASSEMBLED ONTO YOUR ELLIPTICAL.**

EXPLODED DIAGRAM
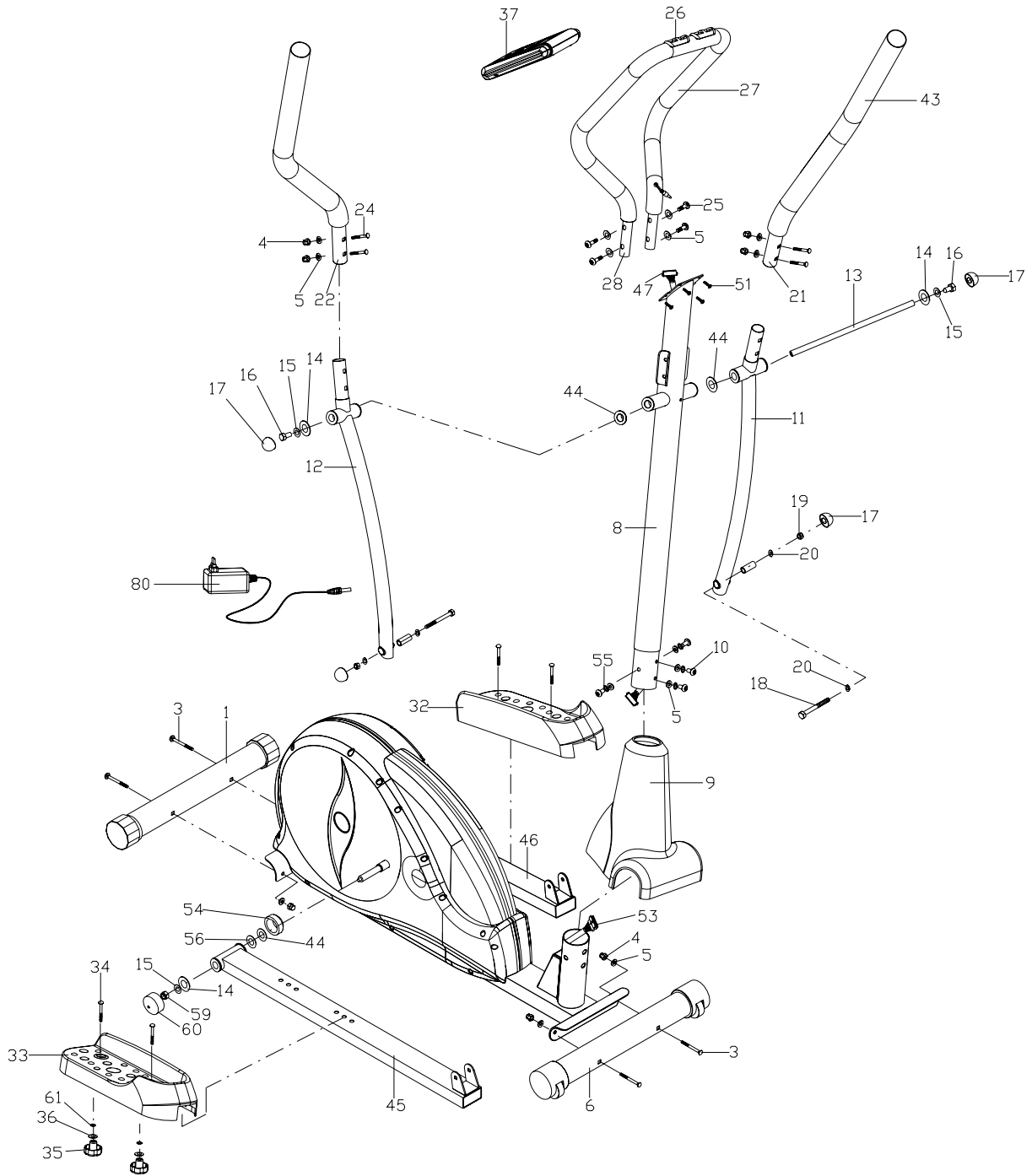
PARTS LIST

PART NO,	DESCRIPTION	QTY	PART NO,	DESCRIPTION	
1	REAR STABILIZER	1 PCS	41	REAR TRANSPARENT COVER	1 PCS
2	ADJUSTING CAP	2 PCS	42	DISC FOR COVER	2 PCS
3	CARRIAGE BOLT FOR STABILIZER M8*75L	4 PCS	43	FOAM GRIP FOR RIGHT & LEFT HANDLEBAR	2 PCS
4	ACORN NUT	8 PCS	44	WAVY WASHER φ 17.5xφ25x0.3t	4PCS
5	CURVED WASHER (⌀8*2t)	16 PCS	45	PEDAL ARM (RIGHT)	1 PCS
6	FRONT STABILIZER	1 PCS	46	PEDAL ARM (LEFT)	1 PCS
7	TRANSPORTATION WHEEL	2 PCS	47	COMPUTER CABLE UPPER	1PCS
8	HANDLEBAR POST	1 PCS	48	BEARING FOR FLYWHEEL	1 PCS
9	COVER FOR HANDLEBAR POST	1 PCS	49	BUSHING FOR FLYWHEEL	1PCS
10	SCREW FOR HANDLEBAR POST M8*16L	4 PCS	50	METAL BUSHING 38.2mm	2PCS
11	MOVEABLE HANDLEBAR (LEFT)	1 PCS	51	SCREWS FOR FIXING COMPUTER M5*10L	4PCS
12	MOVEAVLE HANDLEBAR (RIGHT)	1 PCS	52	GEAR BOX	1PCS
13	AXLE FOR MOVEABLE HANDLEBAR	1 PCS	53	COMPUTER CABLE LOWER	1PCS
14	TEFLON WASHER FOR MOVE(⌀25*1t)	4PCS	54	RUBBER SLEEVE ⌀26* ⌀32*8.5L (A)	2PCS
15	FLAT WASHER (⌀10*2t)	4 PCS	55	SPRING WASHER FOR FIXING HANDLE BAR ⌀8	4PCS
16	HEX BOLT (M8*P1.0*20L)	2 PCS	56	WASHER ⌀17. 5* ⌀25*0.3L	2PCS
17	PLASTIC CAP	4 PCS	57	WASHER FOR DISC ⌀5* ⌀16*1T	8PCS
18	ALLEN BOLT (M8*55L)	2 PCS	58	SCREWS FOR COVER 3/16"	8PCS
19	NYLON LOCK NUT HANDLEBAR (M8)	3 PCS	59	NYLON NUT 3/8"*7T	2PCS
20	WASHER FOR MOVEABLE HANDLEBAR φ 8xφ16x2t	4 PCS	60	CAP FOR PEDAL ARM ⌀3* ⌀32*13.5L (B)	2PCS
21	LEFT HANDLEBAR	1 PCS	61	SPRING WASHER FOR PEDAL ARM ⌀6	4PCS
22	RIGHT HANDLEBAR	1 PCS	62	ACROSS BAR FOR DISC	2 PCS
23	FLAT WASHER	1 PCS	63	BIG PULLEY ⌀289*9	1 PCS
24	CARRIAGE BOLT (M8*40L)	4 PCS	64	DRIVING BELT	1 PCS
25	ALLEN HEAD BOLT (M8*35L)	4 PCS	65	BERAING FOR BIG PULLEY	2 PCS
26	HANDPULSE SET	1 SET	66	C TYPE RING FOR ACROSS BAR	1 PCS
27	FOAM FOR FIXED HANDLEBAR	1 PCS	67	MAIN FRAME	1 PCS
28	FIXED HANDLEBAR	1 PCS	68	SCERW FOR DISC	14 PCS
29	NUT FOR PEDAL ARM	2 PCS	69	SENSOR BOX	1 PCS
30	SCRW FOR FLYWHEEL	1 PCS	70	NUT FOR ACROSS BAR	2 PCS
31	WASHER FOR FLYWEELφ 10xφ18x1t	2 PCS	71	ADJUSTOR FOR FLYWHEEL	2 PCS
32	LEFT FOOT PAD	1PCS	72	FLYWHEEL SET	1 SET
33	RIGHT FOOT PAD	1 PCS	73	MAGNETIC SET	1 SET
34	CARRIAGE BOLT (M6*50L)	4 PCS	74	CAP FOR PEDAL ARM	2 PCS
35	FIXING KNOB	4 PCS	75	SCRWS FOR COVER M4x50L	2 PCS
36	FLAT WASHER FOR FIXING KNOB ⌀6* ⌀16*2t	4 PCS	76	SCREWS FOR FIXING COVER (M4*20L)	2 PCS
37	COMPUTER	1 PCS	77	SCREW FOR FIXING REAR COVER (M4*12L)	6 PCS
38	RIGHT CHAINCOVER	1 PCS	78	WAVY WASHER (⌀20* ⌀30*0.3T)	1 PCS
39	LEFT CHAINCOVER	1PCS	79	SMALL DISC FOR COVER	2 PCS
40	FRONT TRANSPARENT COVER	1 PCS	80	AC ADAPTOR	1 PCS

Parts Identifier

NO.4 Acorn nut(base stabilizer) (8)

NO.19 lock nut for M8 bolt (2)

NO.60 Rubber cap for pedal arm (1)

NO.56 Flat Washer(1)

NO.16 Hex bolt (movable handlebar)(2)

NO.61 Spring Washer for M6 bolt(foot peadl) (4)

NO.25 Allen Bolt (fixed handlebar) M8*35(4)

NO.59 Lock nut for 3/8" bolt (pedal arm) (1)

NO.18 Allen Bolt (movable handlebar) M8*55(2)

NO.5 Curved Washer for M8 bolt (12)

NO.34 Carriage Bolt M6(foot pedal) (4)

NO.14 Teflon washer (3)

NO.24 Carriage Bolt M8*40(handlebar) (4)

Allen Key(1)

NO.17 Plastic cap for M8 nut (4)

Box Spanner (2)

NO 50. Leading tube Φ11.8*38.2MM (2)

NO.15 Flat Washer for M10 bolt(movable handlebar)(3)

NO.35 Knob M6*P1.0(foot pedal) (4)

NO.54 Rubber sleeve for pedal arm (1)

NO.36 Flat Washer for M6 bolt(foot pedal) (4)

NO.44 Spring Washer (3)

NO.20 Flat Washer 16mmdia for M8 bolt(4)

NO.3 Carriage Bolt M8*75(base stabilizer) (4)

Axle for movable handlebar (7*367L(1)
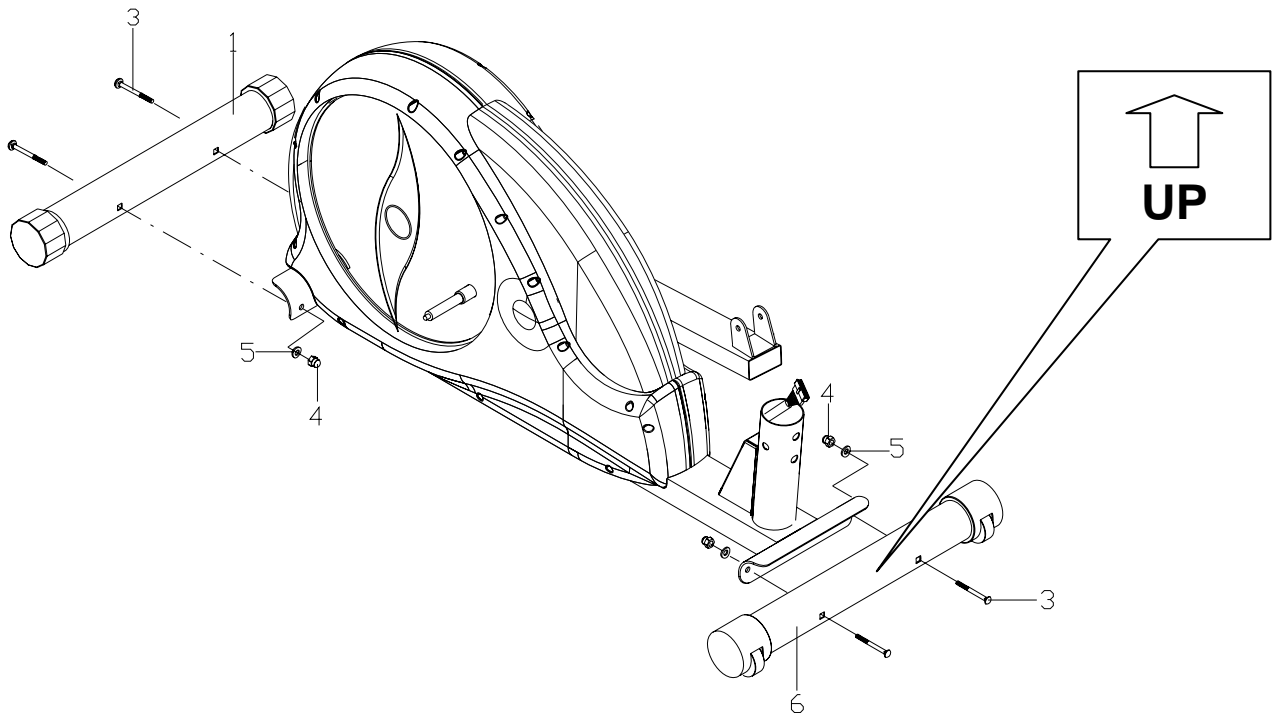
ASSEMBLY INSTRUCTIONS

Step 1
Assemble the Rear Stabilizer (1) and Front Stabiliser (6) onto the main frame and secure into position using 4 Carriage Bolts (3), 4 Curved Washers (5) and 4 Acorn Nuts (4).

⬆ **UP**

Step 2
Slide one Rubber Sleeve (54), 1 Wavy Washer (44) and 1 Washer # (46) over the Pedal shaft in-order, then install the Right Foot Pedal # (45) onto the Pedal shaft and secure into position using 1 Teflon Washer (14), 1 Flat Washer (15) and 1Nylon Nut # (49). Install Rubber cap (60) onto the nut (49).
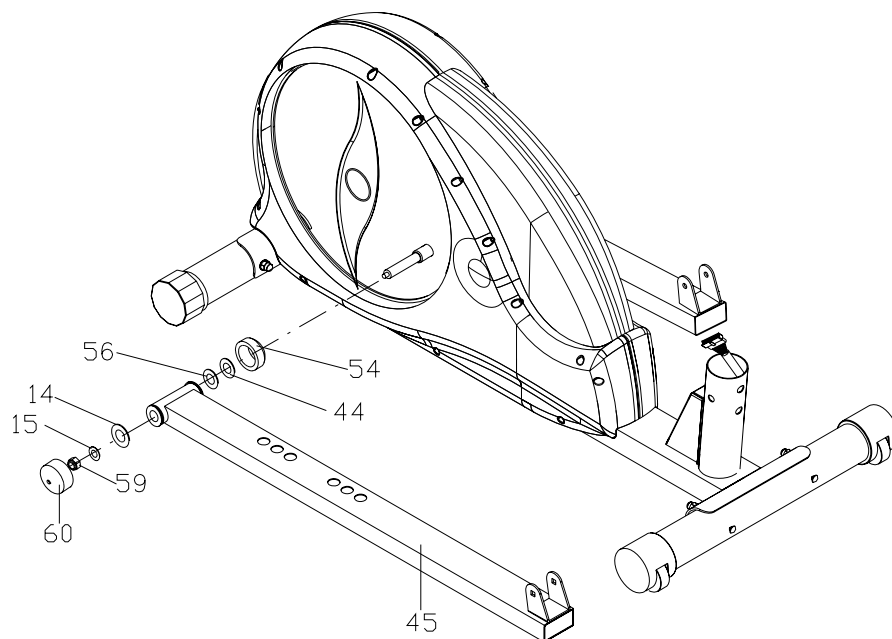
Step 3

Slide the Handlebar Post Cover (9) over the Handlebar Post (8). Connect the Computer Cable Upper (47) to the Computer Cable Lower (53). Assemble the handlebar Post (8) onto the Main Frame using 4 Allen Bolts (10), 4 Spring Washers (55) and 4 Curved Washers (5). Install the Handlebar post cover # (9) by sinking the protrusion at the bottom into the hole punched on the Main base frame.
**Note: Do not tighten the Allen Head Bolts at this stage.**
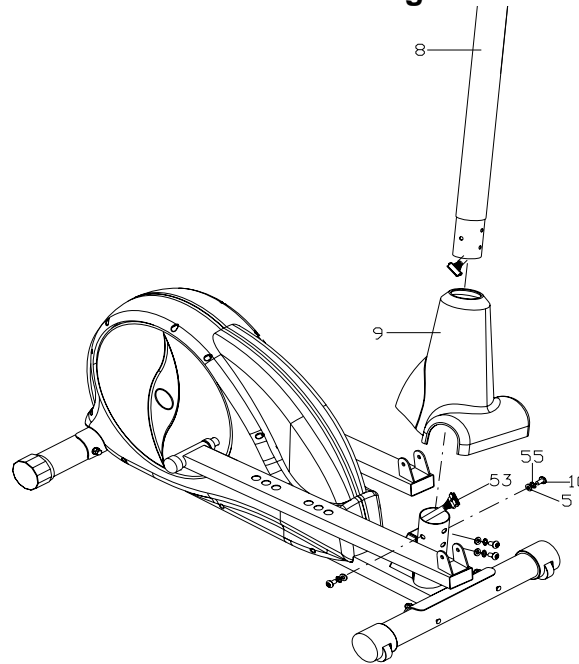
Step 4

Insert Axle (13) through the bushing welded to the Handlebar Post. Slide 1 Wavy Washer (44) onto each end of the axle. Assemble the Left and Right Movable Handlebars (11 & 12) onto the Axle and secure using 2 Teflon Washers (14), 2 Flat Washers (15) and 2 Hex Bolts with blue dots (16). Install Nut Caps (17) onto the Hex Bolts.
Note:

      1. The Pedal arms are marked with L (left) and R (right).
      2. To keep your knees away from the Pedal arms during use, when installing the Pedal arms, ensure the contour of the arm (bent) towards the front of the machine. (See illustrated below).
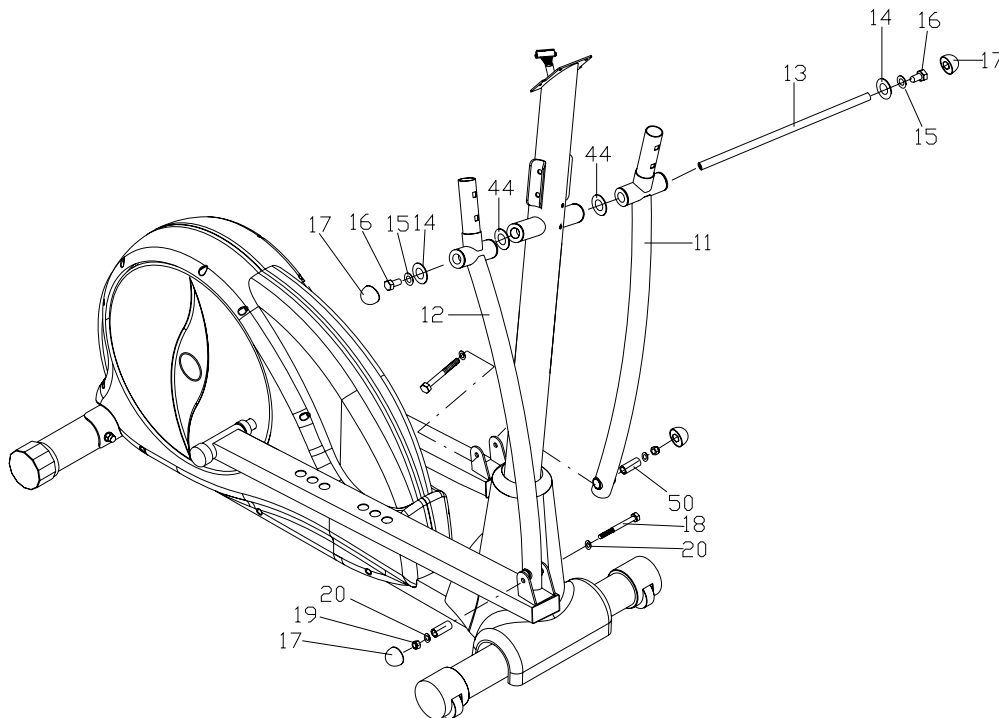
Step 5

Slide 1 Metal Bushing (50) into the tube welded to the bottom of each Moveable Handlebar (11 & 12). Attach the Right Moveable Handlebar to the Right Pedal Arm using 1 Bolt (18), 2 Washers (20), and 1 Nylon Lock Nut (19). Repeat for the Left Moveable Handlebar and Left Pedal Arm. Fully tighten the 2 nuts and bolts.
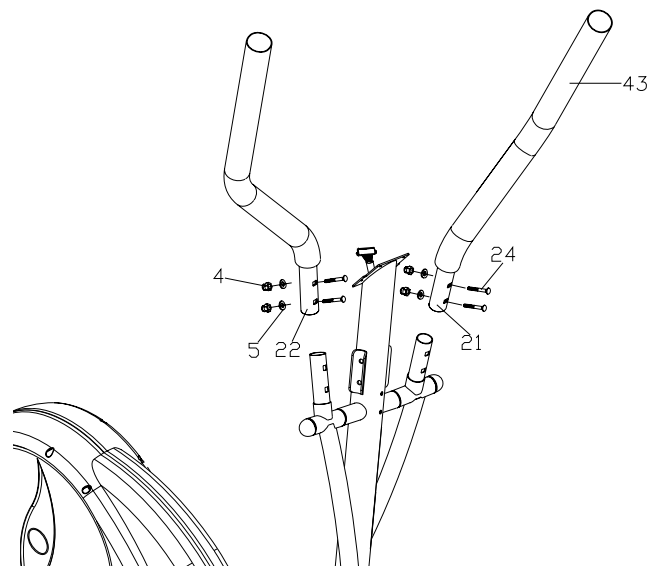
Install Nut Caps (17) onto Nuts (19).
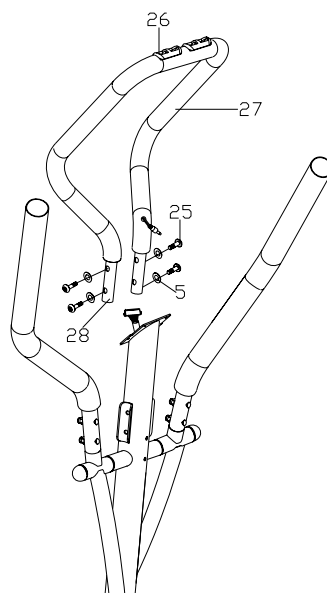Tighten the 4 bolts previously installed in Step 3.

Step 6

Install the Left Handlebar (21) onto the Left Moveable Handlebar (11) and secure using 2 Carriage Bolts (24), 2 Curved Washers (5) and 2 Acorn Nuts (4).
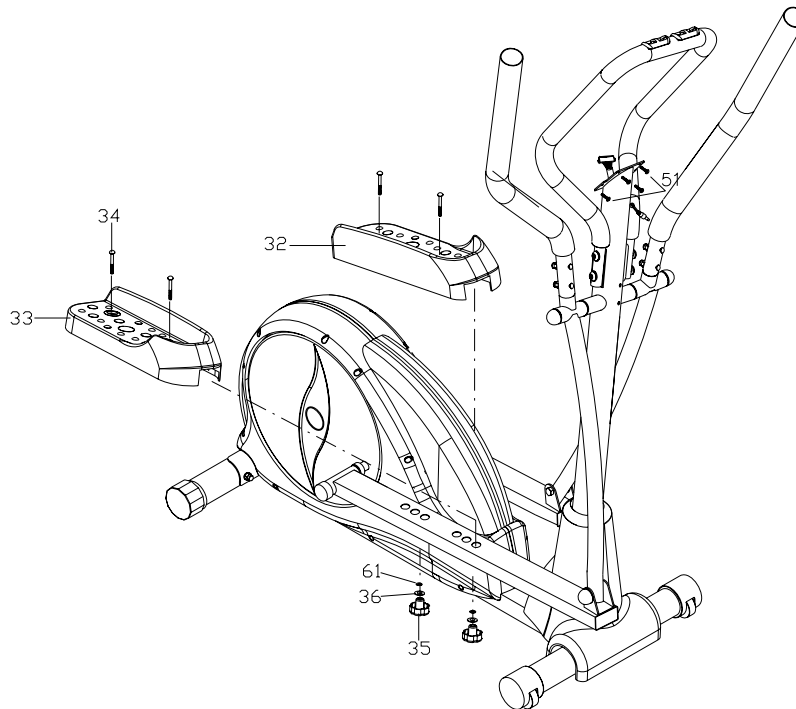Repeat the above procedure for the Right Handlebar (22)

Step 7

Assemble the Fixed Handlebar (28) onto the Handlebar Post (8) using 4 Allen Bolts (25) & 4 Curved Washers (5).

Step 8

Install the Left Foot Pad (32) onto the Left Pedal Arm Using 2 Carriage Bolts (34), 2 Spring Washers (61), 2 Flat Washers (36) and 2 Fixing Knobs (35).

Repeat the above procedure for the Right Foot Pad (33).
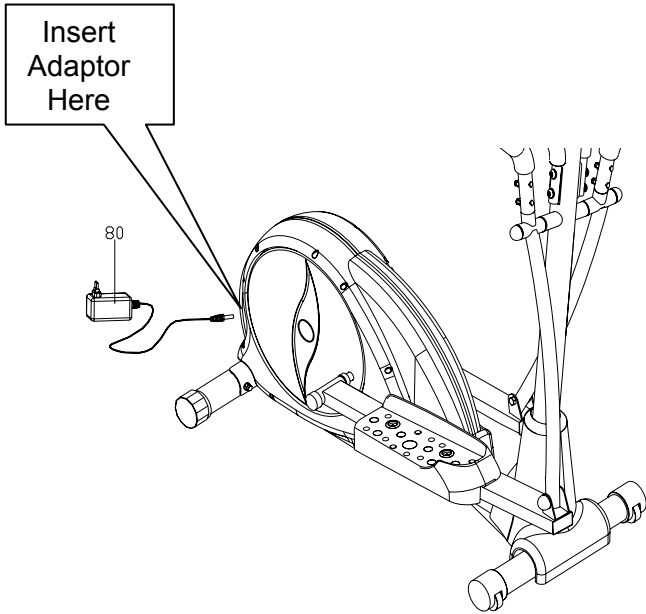

Step 9

Connect the Computer Cable Upper (47) into the rear of the computer. Position the Computer on top of the Handlebar Post and secure into position using 4 Screws (51). Connect the Sensor Wire from the Fixed Handlebar into the rear of the Computer marked 'PULSE INPUT'.

User Guide

Insert
Adaptor
Here

80
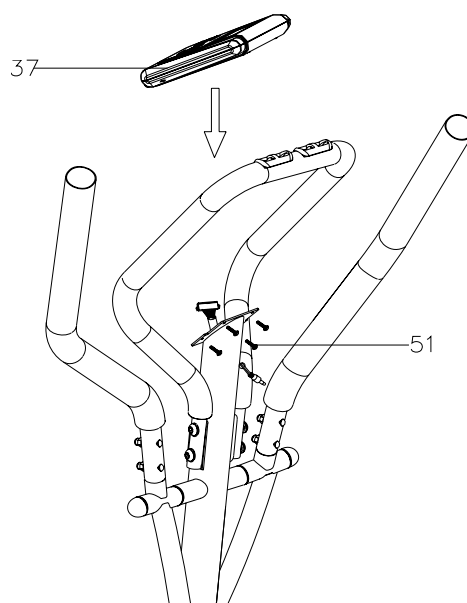
Insert the AC Adaptor into the rear of the Elliptical Trainer and power on.

LEVEL ADJUSTMENT ON FLOOR
Your **ELLIPTICAL TRAINER** has specialized ENDCAPS on the REAR STABILIZER BAR. By rotating these end caps you should be able to level the Elliptical on any floor surface.
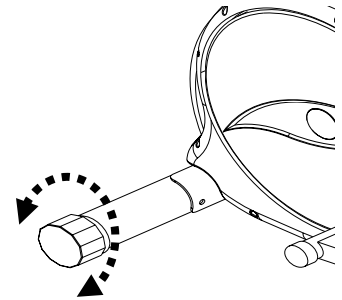
STORING THE ELLIPTICAL TRAINER
The caps at each end of the FRONT STANLIZER BAR on your ELLIPTICAL TRAINER are also transport wheels. You can use these wheels to easily move the **ELLIPTICAL TRAINER** from place to place.

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EXERCISE COMPUTER

PROGRAMABLE TRAINING COMPUTER – SM2820-7
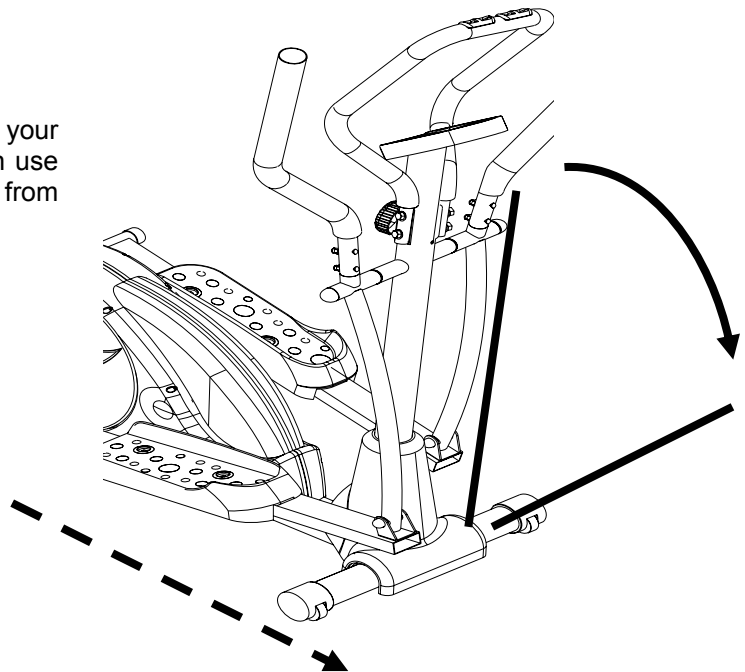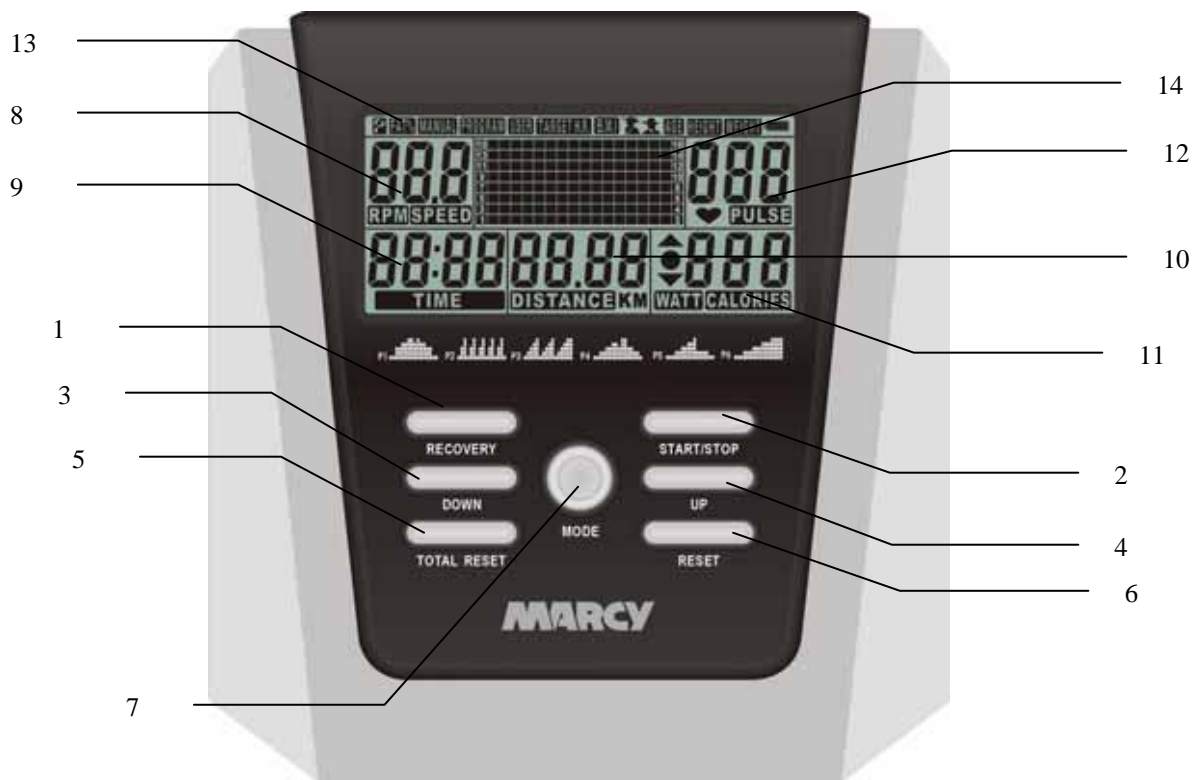

Introduction

The computer offers Manual, Programmable, User and Target Heart Rate (THR) modes to control the magnetic resistance. There are 6 program profiles, user memories and 8 levels of resistance. The pre set functions are Time, Distance, Calories, and Pulse. There is also a special recovery feature which monitors the hearts status in 6 grades. The computer also uses hand pulse sensors to monitor the users pulse.

Functions and buttons

1. RECOVERY: Monitors the recovery of the heart after exercising.

2. START/STOP: To start and stop time and exercise functions of the computer.

3. DOWN: To decrease pre set data values and decrease resistance level in Manual mode.

4. UP: To increase pre set data values and increase resistance level in Manual mode.

5. TOTAL RESET: Resets the computer back to the user selection screen.

6. RESET: Resets the computer in order to reselect Manual, Programme, User and THR functions.

7. MODE: To enter functions and data into the computer.

8. SPEED: Displays current speed in Km/Hr.
   RPM: Displays current RPM (Revolutions per Minute)
                  The Display will scan between Speed and RPM.

| 9. TIME: | Counts up from zero – 99:59 Minutes. |
| | Counts down from pre set value to zero. The computer will sound an alarm on reaching zero. |

| 10. DISTANCE: | Counts up from zero to 99.90Km. |
| | Counts down from pre set value to zero. The computer will sound an alarm on reaching zero. |

11. CALORIES:	Counts up from zero to 990 Calories.
	Counts down from pre set value to zero. The computer will sound an alarm on reaching zero.
WATTS:	Displays how much power the user is producing ranging from zero – 999 watts.

| 12. PULSE: | Displays your current pulse measured in Beat per Minute. |
| | A pre set heart rate may also be entered. An alarm will sound on reaching the pre set heart rate. |

13. USER FUNCTIONS

| MANUAL: | Allows the user to adjust the resistance independently. |

| PROGRAME: | Allow the user to select one of twelve pre set programs. The resistance adjusts automatically according to the training profile. |

| USER: | Allows the user to enter a personal training profile which can be stored as U1, U2, U3, or U4. |

| TARGET HR: | In this function, the computer will automatically adjust the resistance of the elliptical to maintain your ideal heart rate during exercising. |

14. RESISTANCE PROFILE SCREEN

Getting Started

1. When the computer is switched on, the user selection screen will appear. Press UP or DOWN to highlight, U1, U2, U3, or U4.
2. Press MODE to enter selection. 'MANUAL', 'PROGRAME', 'USER', and 'THR' will now be flashing.
3. Press UP or DOWN to highlight desired function.
4. Press MODE to enter selection.

Manual Mode

1. After selecting MANUAL mode enter preset values (see Entering Preset Values) or press START/STOP to begin exercising. Display values will begin to count up.
2. Press UP or Down during exercising to increase or decrease resistance level.
3. Press START/STOP when you have finished exercising.

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Program Mode

1. After selecting PROGRAM mode enter preset values (see Entering Preset Values) or press START/STOP to begin exercising. Display values will begin to count up.
2. Resistance level will increase or decrease automatically according to the program profile.
3. Press START/STOP when you have finished exercising.

User Mode

1. After selecting USER mode, the profile section of the screen will begin to flash.
2. Press UP/DOWN to select desired resistance level.
3. Press MODE to enter profile and move onto the next segment.
4. Repeat steps 2 and 3 until the desired training profile has been completed.
5. Enter preset values (see Entering Preset Values) or press START/STOP to begin exercising. Display values will begin to count up.

Target Heat Rate Mode

1. After selecting THR use the UP and DOWN keys to enter your age. Press MODE.
2. Use the UP or DOWN buttons to enter the percentage limit you wish to train at (55%, 75%, 90%, or THR)
3. Enter preset values (see Entering Preset Values) or press START/STOP to begin exercising. Display values will begin to count up.
4. Press START/STOP when you have finished exercising.

Entering Preset Data

1. Press MODE. TIME will begin Flashing.
2. Press UP or DOWN buttons to increase or decrease time.
3. Press MODE to highlight functions of DIST, CALORIES or PULSE and enter preset values. Preset values may be entered for all functions or only one function.
4. Press START/STOP to begin exercising. Preset values will begin to count down to zero. You may press START/STOP at any time to stop exercising and again to resume.

Hand Pulse Sensors

The elliptical comes with hand pulse sensors which 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.

The pulse reading is not an accurate reading and is intended only as a guide and should not be used for medical purposes

PRINCIPLES OF EXERCISE
Ideal Workout

Extensive scientific research supports that both cardiovascular training (aerobic) and strength training are important components in any health and fitness program. An ideal workout consists of three groups of exercises, which should be completed in the following sequence: Warm-up, Workout, and Cool-Down. Do not skip any of these stages.

Warm-up: Any workout needs to begin with a good warm-up for at least 5-10 minutes. The warm-up consists of whole body, low intensity rhythmic movement, stretching and limbering exercises. A common way to warm your body is by jogging on the spot. Start by moving your legs and then your arms until you get your whole body moving.

The purpose of the warm-up is to increase your muscle and core body temperatures. Warm muscles are more elastic and, therefore, less susceptible to injury. Also, warm muscles burn fat more readily than cold muscles. In addition to increasing your body temperature, you are also raising your resting heart rate in preparation for more vigorous exercise. This should then be followed by a series of stretches.

Workout: strength straining or circuit training.

Cool-down: Never suddenly quit while exercising, instead, gradually decrease your intensity and then move into whole body stretching with movements of decreased intensity, until your heart rate comes down a little. The rhythmic movements of a cool-down will help to remove waste products that build up in your muscles while you exercise. A good cool-down can greatly reduce muscle cramping and post exercise muscle pain.

Aerobic Training

Aerobic training is exercise during which the oxygen supply is sufficient to meet the oxygen demand of working muscles, with the objective being the ability to continue the exercise for prolonged periods of time (20 minutes or more). Aerobic exercises are those which utilize large muscle groups in a rhythmical and continuous nature. Running, swimming, stair climbing, cycling, brisk walking, etc. are all examples of aerobic exercise.

It is recommended that the average healthy adult perform aerobic exercise for a minimum of 20 to 30 minutes, three times per week, at an intensity that elevates the heart rate to within the Target Heart Rate Zone. The Target Heart Rate Zone is between 70% and 85% of the Age-Predicted Maximum Heart Rate. As a general rule, the Age-Predicted Maximum Heart is approximately 220 beats per minute minus your age.

Strength Training

Strength training involves the ability of a muscle or muscle group to generate force against resistance. It is recommended that the average healthy adult perform a minimum of one set of 8-20 repetitions to near fatigue for 12 major muscle groups (Quadriceps, Hamstrings, Calves, Chest, Back/Lats, Upper Back/Traps, Mid Back/Lats, Lower Back, Shoulders, Triceps, Biceps and Abdominals).Strength training should be performed a minimum of two times per week. Rest a minimum of 48 hours, but no more than 96 hours between training sessions that use the same muscles.

Circuit Training

Circuit training is a time effective method of exercise, during which the individual performs a series of specified muscle group exercises with as little rest as possible between each muscle group. Like strength training, circuit training should only be done every other day to give your muscles a rest.

Target Heart Rate

Your Target Heart Rate is a useful way of pacing yourself when you exercise. It ensures your activity is not too high or too low. You can also use your THR to evaluate your fitness level.

A simple method of calculating you THR is:

THR = (220 – your age) x 50%   Lower Limit
THR = (220 – your age) x 75%   Upper Limit

(220 – Your age is an estimate of your HR)

Your THR lies within these two limits. When you THR reaches this zone, it means you have reached a level of activity which contributes to your cardiovascular fitness.

Fault Finding Chart

FAULT	REASON	REMEDY
Computer does not work.	Upper and lower sensor wires are not connected. Faulty sensor wire AC Adaptor not connected. Faulty AC Adaptor	Connect upper and lower sensor wires. See Step 3 & 9. Replace sensor wire Check connection. Replace Adaptor
Pulse does not register.	Pulse sensor wire not connected. Hands not in full contact with pulse sensors. Faulty hand grip pulse sensor.	Check connection. See step 9. Remove hands from sensors and reposition. Replace hand grip sensors.

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: 159 (H) x 102 (L) x 52 (W) cms
Maximum user weight: 150kg
Adaptor: Output 9V DC 500mA 4.5VA

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-authorised 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.
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