SOLE

FITNESS

ELLIPTICAL

OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW ELLIPTICAL!

TABLE OF **CONTENTS**

ATTENTION

THIS ELLIPTICAL IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

SE579SB-SE006_1404(SL)A

IMPORTANT **SAFETY INSTRUCTIONS**

WARNING - Read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock disconnect your SOLE elliptical from the electrical outlet prior to cleaning and/or service work.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the elliptical on a flat level surface with access to a 220-volt, 15-amp grounded outlet with only the elliptical plugged into the circuit.

DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS, OR IN ANY WAY MODIFY THE CORD SET.

A serious shock or fire hazard may result along with computer malfunctions. See Grounding Instructions, page 4.

- 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 and 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 hand 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!

IMPORTANT **ELECTRICAL** INSTRUCTIONS

WARNING!
NEVER remove any cover without first disconnecting AC power.
If voltage varies by ten percent (10%) or more, the performance of your elliptical may be affected. **Such conditions are not covered under your warranty.** If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.
**NEVER** expose this elliptical to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).

GROUNDING INSTRUCTIONS

This product must be grounded. If the elliptical should malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 220-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.
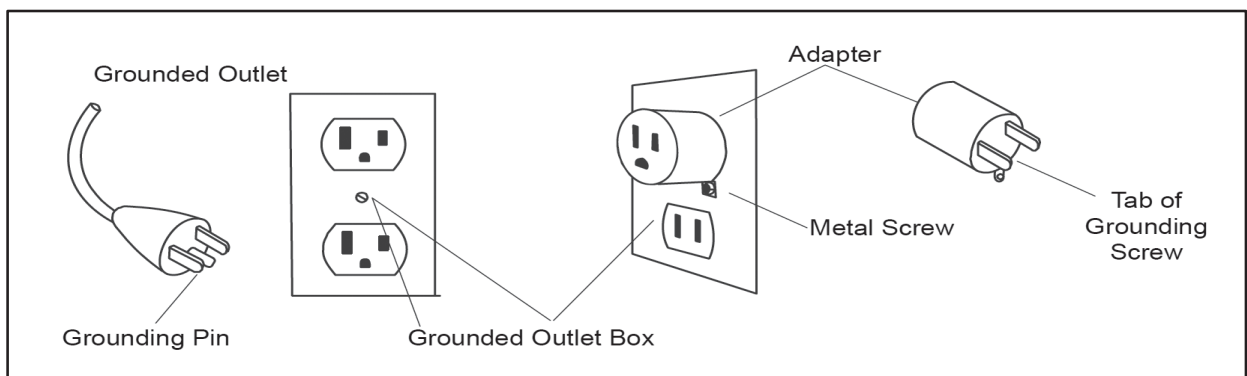
IMPORTANT **OPERATION INSTRUCTIONS**

- **NEVER** operate this elliptical without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance and incline do not occur immediately. Set your desired resistance level on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your elliptical during an electrical storm. Surges may occur in your household power supply that could damage elliptical components. Unplug the elliptical during an electrical storm as a precaution.
- Use caution while participating in other activities while using your elliptical; such as watching television, reading, etc. These distractions may cause you to lose balance; which may result in serious injury.
- Always hold on to a handle bar while making control changes (incline, level, etc.).
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. If you feel the buttons are not functioning properly with normal pressure contact your **SOLE** dealer.
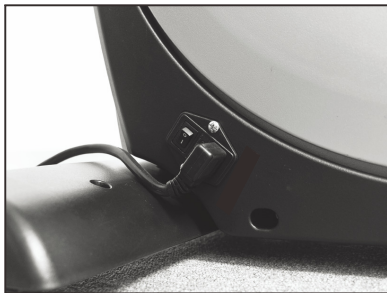
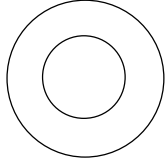**POWER CONNECTOR -** FRONT, LEFT SIDE OF UNIT

TRANSPORT **INSTRUCTIONS**

The elliptical is equippped with two transport wheels which are engaged when the rear of the elliptical is lifted.
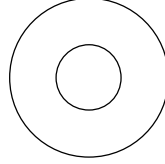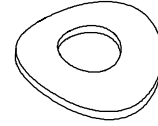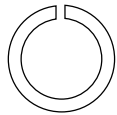
ASSEMBLY PACK CHECKLIST

1

HARDWARE **STEP 1**

#142. Ø10 × Ø19 × 1.5T_
Flat Washer Flat Washer
(2 pcs)

#157. Ø8 × 20 × 1.5T_
Flat Washer Flat Washer
(4 pcs)

#156. Ø10 × Ø23 × 2T_
Curved Washer (2 pcs)

#155. Ø10 × 2T_
Spring Washer (1 pc)
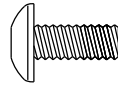
#117. M5 × P0.8 ×
10L_ Phillips Head
Screw
(4 pcs)
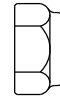
#134. 3/8" × UNC16 ×
7T_Nyloc Nut (2 pcs)

#158. Ø8 ×
1.5T_Spring Washer
(4 pcs)
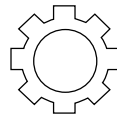
#151. Ø8 × 0.8T_Star
Washer (4 pcs)
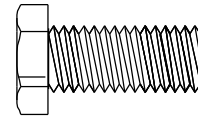
#106. 3/8" × UNC16 ×
3/4"_Hex Head Bolt
(2 pcs)
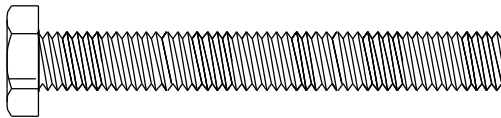
#108. 5/16" × UNC18 × 2-1/4"_
Hex Head Bolt (4 pcs)
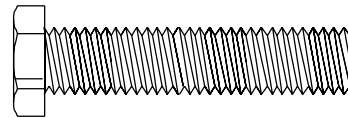
#107. 3/8" × UNC16 × 1-1/2"_
Hex Head Bolt (2 pcs)
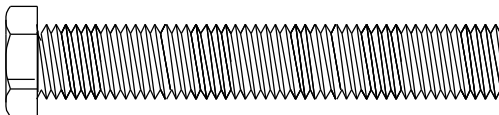
#101. 3/8" × UNC16 ×
2-1/4"_Hex Head Bolt (1 pc)

2 HARDWARE STEP 2
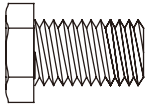
#100. 5/16" × UNC18 × 15L_
Hex Head Bolt (2 pcs)
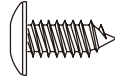
#126. Ø3.5 × 12L_
Sheet Metal Screw (6 pcs)

#145. Ø8 × Ø23 × 1.5T_
Flat Washer (2 pcs)

#153. Ø17 × 0.3T_
Wave Washer (4 pcs)
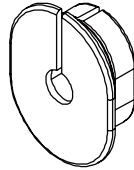
#185. Switch Wire Cap
(2 pcs)

3 HARDWARE STEP 3

#109. 5/16" × UNC18 ×
1-1/4"_Hex Head Bolt (2
pcs)

#137. 5/16" × UNC18 ×
7T_Nyloc Nut (2 pcs)
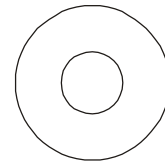
#157. Ø8 × 20 × 1.5T_
Flat Washer (2 pcs)

4 HARDWARE STEP 4
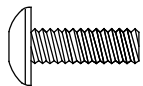
#115. M5 × P0.8 × 15L_
Phillips Head Screw
(23 pcs)

#125. M6 × P1.0 × 10L_
Phillips Head Screw
(4 pcs)
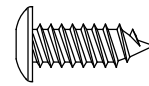
#126. Ø3.5 × 12L_Sheet
Metal Screw (4 pcs)

ASSEMBLY **TOOLS**
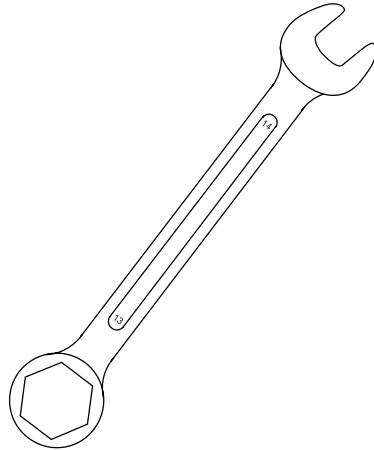
#159. 13/14mm Wrench
(160mm)
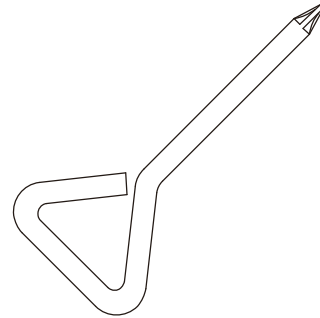
#160. Short Phillips Head Screwdriver
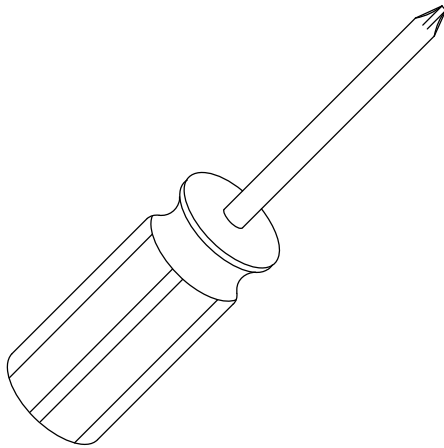
#161. Phillips Head Screwdriver
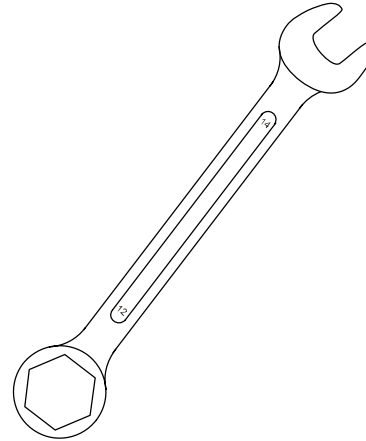
#162. 12/14mm Wrench (160mm

ASSEMBLY INSTRUCTIONS
PRE-**ASSEMBLY**

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. 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.

8

1 INCLINE **BASE** & **MAST** ASSEMBLY

See Page 9 for Illustration

1. Connect the Rail Base Assembly (**2**) with the Rear Stabilizer of the Main Frame (**1**) using two Hex Head Bolts (**107**), two Flat Washers (**142**), two Nyloc Nuts (**134**) and four Hex Head   Bolts (**108**) with four Flat Washers (**157**), four Spring Washers (**158**) and four Star Washer (**151**). Tighten with the wrenches pro- vided (**159** & **162**).
2. Connect the connecting wires for the incline motor (**48** & **49**), by matching the color codes of red, white and black.
3. Guide the Computer Cable (**50**) through the Console Mast Cover (**72**) and Console Mast (**12**), which also goes through Console Mast Cover (**72**). Pull the connector out of Console Mast (**12**) and insert into the U-Base on the main- frame and secure with the Hex Head Bolt (**101**) and Split Washer (**155**)that
are on the U-Base and two Hex Head Bolts (**106**) and two Curved Washers (**156**). Use the Wrench (**159**) to secure the Console Mast (**12**) to the U-Base. Then slide the Console Mast Cover (**72**) down.
4. Plug in the Computer Cable (**50**), two Handpulse Cables (**34** & **35**), Upper Resistance Handle Cable (**39**), and Upper Incline Handle Cable (**40**) on the bottom of Console Assembly (**45**) and secure the Console Assembly (**45**) on the console holding plate with four Phillips Head Screws (**117**) by tightening them with Phillips Head Screw Driver (**161**).

HARDWARE **STEP 1**

#101. 3/8" × UNC16 × 2-1/4"_Hex Head Bolt (1 pcs)
#106. 3/8" × UNC16 × 3/4"_Hex Head Bolt (2 pcs)
#107. 3/8" × UNC16 × 1-1/2"_Hex Head Bolt (2 pcs)
#108. 5/16" × UNC18 × 2-1/4"_Hex Head Bolt (4 pcs)
#117 M5 × P0.8 × 10L_Phillips Head Screw (4 pcs)
#134. 3/8" × UNC16 × 7T_Nyloc Nut (2 pcs)
#142. Ø10 × Ø19 × 1.5T_Flat Washer (2 pcs)
#151. Ø8 × 0.8T_Star Washer (4 pcs)
#155. Ø10 × 2T_Spring Washer (1 pc)
#156. Ø10 × Ø23 × 2T_Curved Washer (2 pcs)
#157. Ø8 × Ø20 × 1.5T_Flat Washer (4 pcs)
#158. Ø8 × 1.5T_Spring Washer (4 pcs)

2 HANDLE **BAR** ASSEMBLY

See Page10 for Illustration

1. Slide on two Wave Washers (**153**) and the corresponding Swing Arm (**10**-L) and (**11**-R) to each side of Console Mast shaft and secure with two Hex Head Bolts (**100**) and two Flat Washers (**145**) using the Wrench (**162**).
2. Connect the Upper Handle Resistance Cable (**39**) and Upper Handle Incline Cable (**40**) with the Lower Resistance/Incline Cables (**198**). Push the excessive wire into the Console Mast (**12**) and plug the Switch Wire Cap (185) into each side of the Console Mast (**12**).
3. Match the Front Handle Bar Cover (**83**-L) with Rear Handle Bar Cover (**84**-L) on the left Swing Arm (**10**) and secure with three Sheet Metal Screws (**126**) using the Phillips Head Screw Driver (**161**). Repeat on the Right Swing Arm (**11**) with the Front Handle Bar Cover (**86**-L), Rear Handle Bar Cover (**85**-R) and three Sheet Metal Screws (**126**).
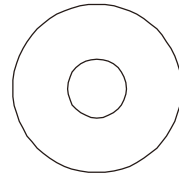
HARDWARE **STEP 2**

#100. 5/16" × UNC18 × 15L_Hex Head Bolt (2 pcs)
**#126**. Ø3.5 × 12L_Sheet Metal Screw (6 pcs)
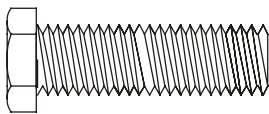**#145**. Ø8 × Ø23 × 1.5T_Flat Washer (2 pcs)
#153. Ø17 × 0.3T_Wave Washer (4 pcs)
**#185**. Switch Wire Cap (2 pcs)

ASSEMBLY INSTRUCTIONS

1 ASSEMBLY **STEP 1**
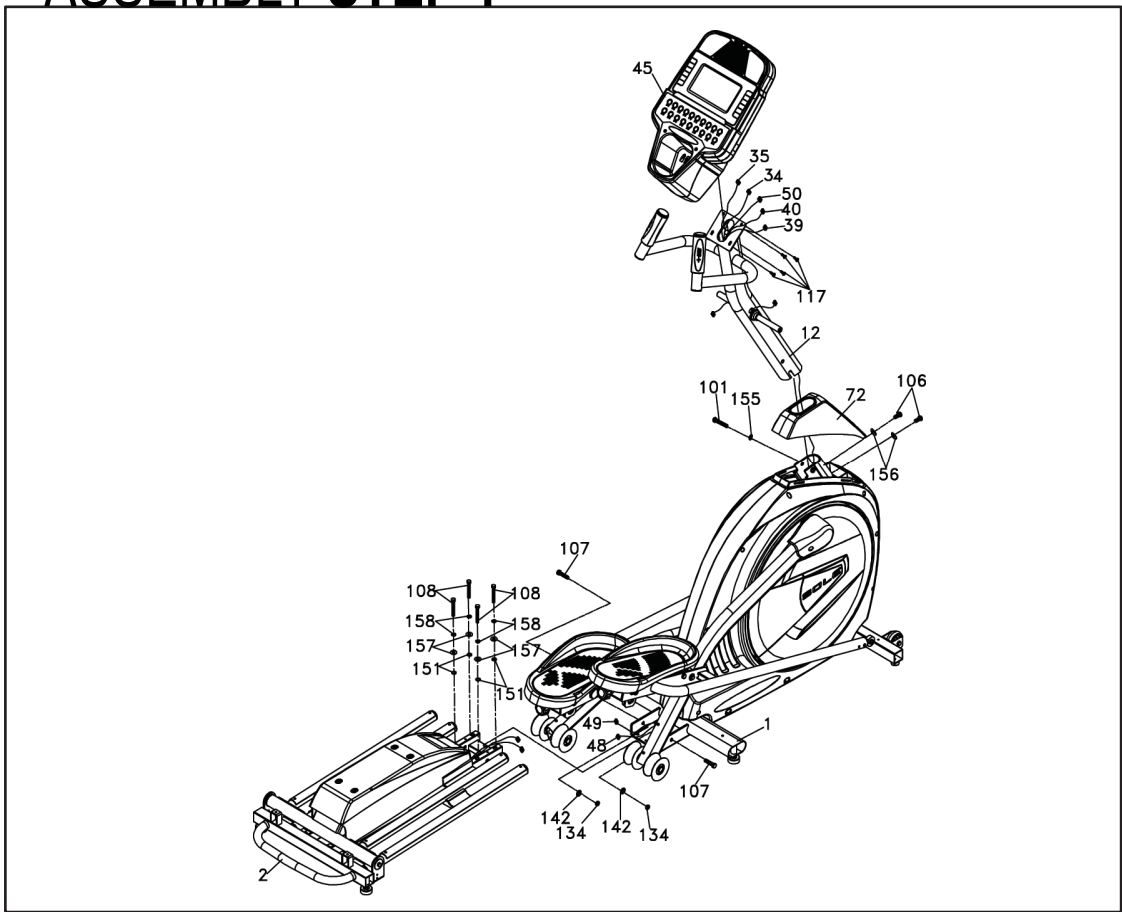
2 ASSEMBLY **STEP 2**
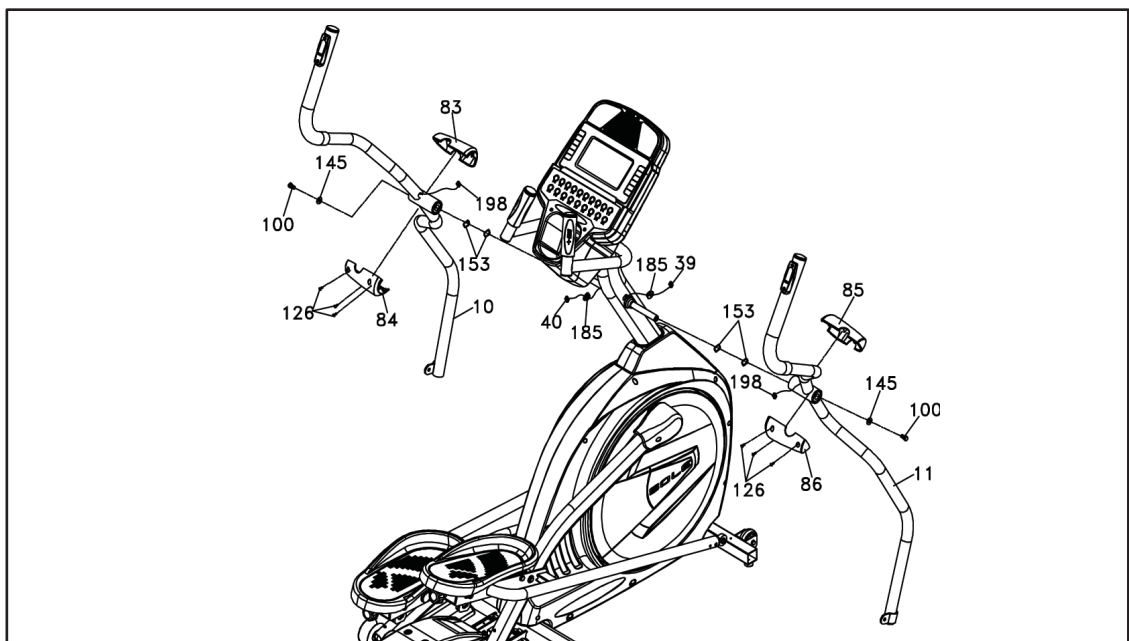
3 CONNECTING ARM ASSEMBLY

See Page 11 for Illustration

1. Untie the wire on the Rod End Bearing and connect the Left Swing Arm (**10**) with Left Connecting Arm (**8**) and secure with an Hex Head Bolt (**109**), Rod End Sleeve (**19**), Flat Washer (**157**) and Nyloc Nut (**137**) by using the Wrench- es provided (**159** & **162**). Repeat for Right Connecting Arm (**9**) and Right Swing Arm (**11**).

4 PLASTIC PARTS

See Page 11 for Illustration

Use either screw driver (160 or 161) to secure the following plastic parts.

1. Match the Connecting Arm Covers (**88**-R) with (**87**-L)on the Left xConnecting Arm (**8**) and secure with two Phillips Head Screws (**115**) and one Sheet Metal Screw (**126**). Repeat for the Right Connecting Arm (**9**).
2. Install Slide Wheel Covers (**82**) above each slide wheel, and secure with four Phillips Head Screws (**115**).
3. Use two Phillips Head Screws (**115**) to secure the Middle Stabilizer Covers (**93**-L & **94**-R) to the middle stabilizer.
4. Use two Phillips Head Screws (**115**) to secure the Front Stabilizer Cover (**79**) on the front stabilizer.
5. Install the Cover Holders (**21**), with the hole facing backward, and secure them on the Rear Rail Assembly with four Phillips Head Screws (**125**). Then use two Phillips Head Screws (**115**) to secure Inclinable Rail Cover (**91**) on the rail base with Phillips Head Screw Driver (**161**).
6. Secure Rear Bar Cover (**92**) on the rear stabilizer and the Cover Holders (**21**) with four Phillips Head Screws (**115**).
7. Set the incline level between 3 and 8. Then install the Incline Bottom Cover (**89**) on the Rail Base Assembly (**2**) with two Phillips Head Screws (**115**).
8. Secure Front Console Cover (**95**) on the mast and then match with Rear Console Cover (**96**). Secure covers with three Phillips Head Screws (**115**) and two Sheet Metal Screws (**126**).

ASSEMBLY INSTRUCTIONS

3 ASSEMBLY **STEP 3**
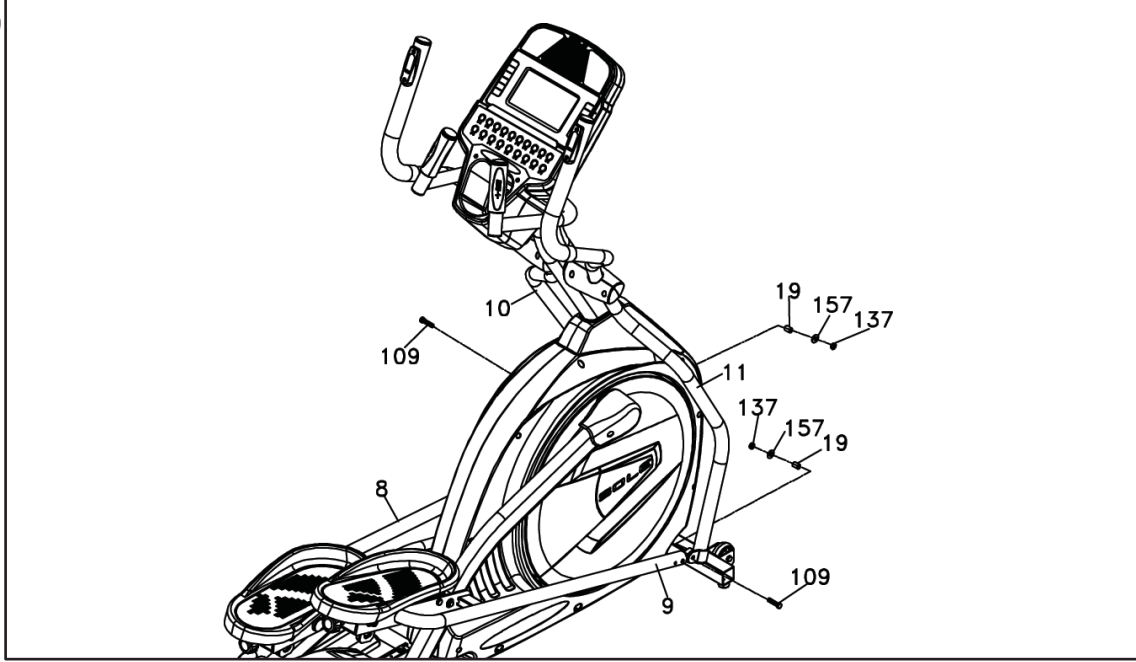
4 ASSEMBLY **STEP 4**
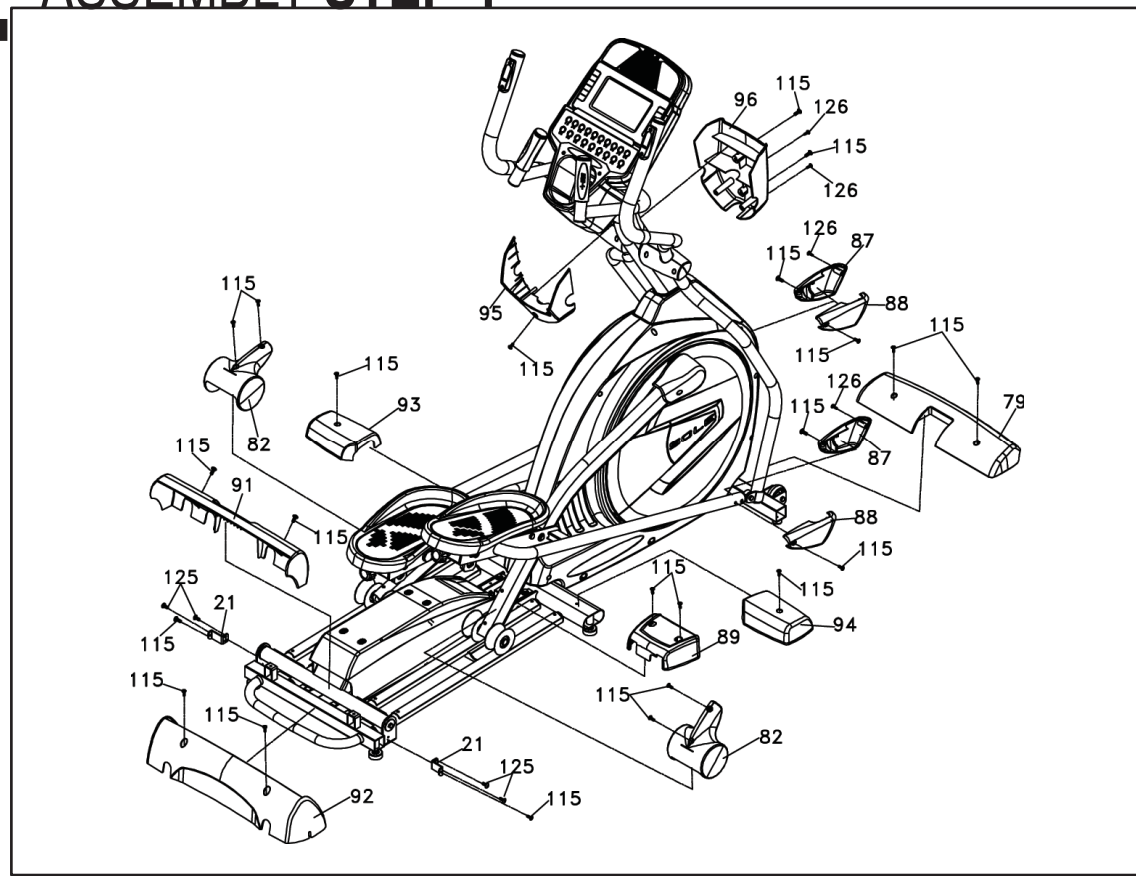
ELLIPTICAL **FEATURES**

INCLINE ADJUSTMENT
The has an incline feature that will further increase the variety of your workouts. When the incline is at its lowest position you get a normal elliptical workout. As the incline increases you will feel your knees rise higher with each step; which means you are involving more muscle fibers, due to the increased range of motion.

The has a computer controlled power incline. The power incline is controlled by buttons on the console and swing arms and will automatically adjust via the incline motor during the built-in workout program.

OPERATION OF **YOUR ELLIPTICAL**

GETTING FAMILIAR WITH THE CONTROL PANEL

CONSOLE

COOLING FAN

SPEAKER

DATA WINDOWS
(Pulse, Time, Distance, Calories)

DOT MATRIX DISPLAY
(Program Profiles)

MESSAGE WINDOW
(Program Name, RPM, Watts, Laps, & Incline)

PROGRAM BUTTONS
(Manual, Hill, Fat Burn, Strength, Interval, 2 User, 2HR)

DISPLAY VIEW

CONTROL KEYS

AUDIO IN JACK
(MP3, CD, OR SMARTPHONE)

FAN POWER SWITCH

HEADPHONE JACK
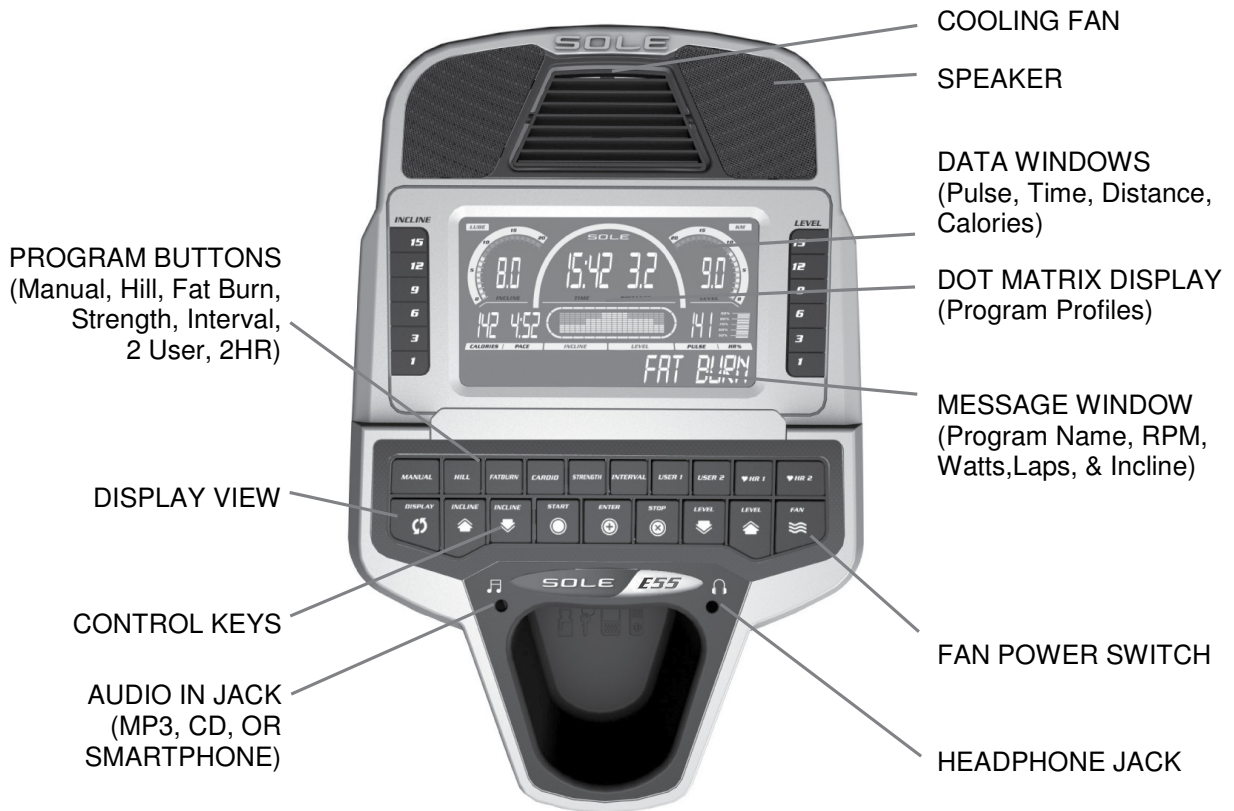
POWER UP
When power is connected to the elliptical the console will automatically power up. These models are connected directly to 230 VAC and there is a power switch located where the line cord plugs into the unit on the left side near the front (See page 4 for location).

When it is first powered on, the console will perform an internal self-test. During this time all the lights will turn on, the **Message Window** display will show a software version (i.e.: VER 1.0), and the **Distance Window** will display an odometer reading. The odometer shows how many virtual kilometer the elliptical has gone. The **Time Window** shows how many total hours the elliptical has been used.

The odometer and time will remain displayed for only a few seconds then the console will go to the startup display. The dot matrix display will be scrolling through the different workout profiles 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. The resistance level and incline can be adjusted manually by pressing the **Incline** or **Level** ▲/▼ buttons. The dot matrix display will be showing a track with a blinking dot indicating your progress as it travels around the track.

BASIC INFORMATION
The **Message Window** will initially display **Laps** completed. Each time the **Display** button is pressed the next set of information will appear. The order of information displayed will be: **Speed** (in KPH), **RPM** (Revolutions per minute), **Level**, **Watts**, **Segment Time** and **Data Scan** mode. In **Data Scan** mode, the displayed information will change every 4 seconds in the **Message Window**.

The Elliptical has a built in heart rate monitoring system. Simply grasping the **Contact Heart Rate Sensors** on the stationary handle bars or wearing the chest strap transmitter will start the heart (see Heart Rate Programs) Icon blinking (this may take a few seconds). The **Pulse Window** will display your heart rate in beats per minute and the HR bar graph will show your current % in relation to projected heart rate maximum. The chest strap is a more accurate and reliable method of heart rate reading. The hand pulse sensors are subject to false readings depending on user physiology and workout habits including how one grips the sensors or how sweaty their hands are.

The **Stop** button actually has several functions.
Pressing the **Stop** 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 orkout during **Pause** just press the **Start** key. If the **Stop** button is pressed twice during a workout the program will end and a **Workout Summary** is displayed.
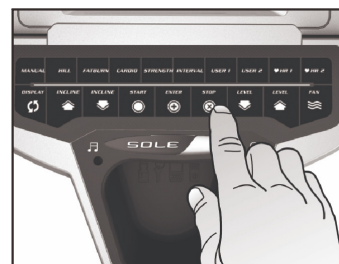
If the **Stop** key is held down for 3 seconds the console will perform a complete **Reset**. During data entry for a program the **Stop** key performs a **Previous Screen** function. This allows you to go back one step in the programming each time you press the **Stop** key.

There is an **Audio In Jack** (⊓) on the front of the console and built-in speakers. You may plug any low-level audio source signal into this port. Audio sources include MP3, iPod, portable radio, CD player or even a TV or computer audio signal. There is also a **Headphone Ja** ( ) for private listening.

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** is necessary during the Heart Rate control program to ensure the correct settings are entered in the program; 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 as in a clinical setting connected to a host of machines. This is because every person is different and burns calories at a different rate.

ENTERING A PROGRAM AND CHANGING SETTINGS

Press each program button to scroll through the program selections. The profile for each program will be displayed in the dot matrix window. Both models will show the incline profile also when the **Display** key is pressed. Press the **Enter** key to select a program and begin customizing the 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 settings will be used.

*Note: **Age** and **Weight** default settings will change when you enter a new number. So the last **Age** and **Weight** entered will be saved as the new default settings. If you enter **Age** and **Weight** the first time you use the elliptical you will not have to enter it every time you work out unless either **Age** or **Weight** has changed or someone else entersa different **Age** and **Weight**.*

PROGRAMMABLE FEATURES

MANUAL PROGRAM

The **Manual** program works as the name implies, manually. This means that you control the workload yourself and not the computer.

1. Press the **Manual** program button then press the **Enter** key.
2. The **Message Window** will ask you to enter your **Age**. You may adjust the age setting using the **Incline** or **Level** ▲/▼ keys, 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 your weight setting using the **Incline** or **Level** ▲/▼ keys, then press **Enter** to continue.
4. Next is the **Time**. You may adjust the length of **Time** by pressing the **Incline** or **Level** ▲/▼ keys, then 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 **Stop** key to go back one level of the programming screen.
6. Once the program starts the elliptical will be set to 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 **Level** ▲ key; the **Level** ▼ 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 **Display** key.
8. When the program ends the **Message Window** will show a summary of your workout. The summary will be displayed for a short time then the console will return to the startup display.
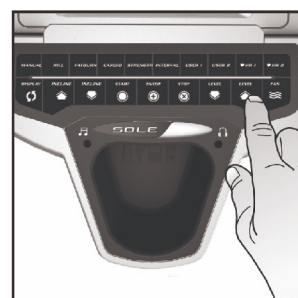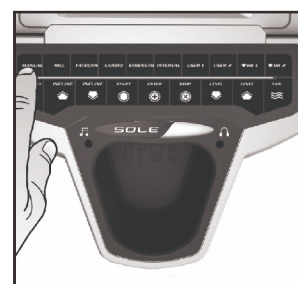
PRESET PROGRAMS

The Elliptical has five different programs that have been designed for a variety of workouts. These five programs have factory preset work level profiles for achieving different goals.

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.

WORK   INCLINE
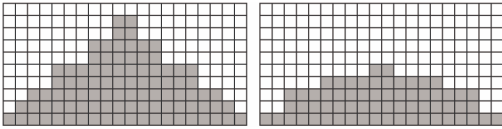
Fat Burn

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 that stays at a steady workload is the best. The absolute best way to burn fat is to keep your heart rate at around 60% to 70% of its maximum potential. This program does not use heart rate but simulates a lower, steady exertion workout.

WORK   INCLINE
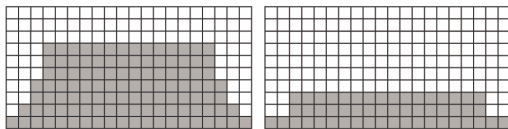
Cardio

The **Cardio** program is designed to increase your cardiovascular function and endurance. This is 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.

WORK   INCLINE
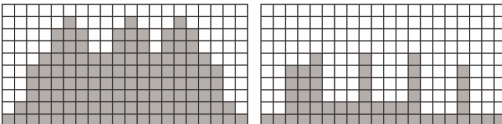
Strength

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 forces you to sustain it. This is designed to strengthen and tone your legs and glutes (muscles of the butt).

WORK   INCLINE
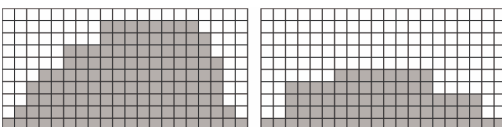
Interval

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 cardiovascular system gets programmed to use oxygen more efficiently this way. This program also forces your body to become more efficient due to spikes in heart rate, between recovery periods. This aids in heart rate recovery from intense activities.

WORK   INCLINE
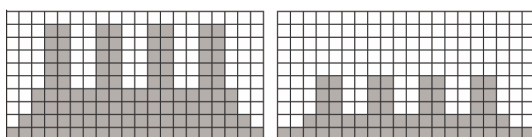
PROGRAMMING PRESET BUTTONS

1. Press the desired program button then press the **Enter** key.
2. The **Message Window** will ask you to enter your **Age**. You may adjust the age setting, using the **Incline** or **Level** ▲/▼ keys, 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 **Incline** or **Level** ▲/▼ keys 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 highest colored segment/box of the program profile). Adjust the level and then press **Enter**.
6. You can now choose to turn on the incline profile for this program. If you choose to turn off incline, you can still control the incline manually during your workout, but the automated incline changes will be off. Press the **Enter** key when you are finished selecting.
7. 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 **Stop** key to go back one level, or screen.
8. If you want to increase or decrease the resistance or incline at any time during the program press the **Incline** or **Level**▲/▼ keys.
9. During the program you will be able to scroll through the data in the **Message Window** by pressing the **Display** key.
10. When the program ends the **Message Window** will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.
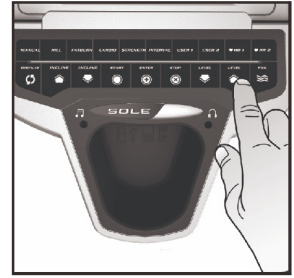
CUSTOM USER DEFINED PROGRAMS

The customizable User programs allow you to build and save your own workout. You can build your own custom program by following the instructions below.

1. Select the **User** program (**U1** or **U2**) then press **Enter**. If you have already saved a program to either **U1** or **U2**, it will be displayed and you are ready to begin. If not, you will have the option of inputing a username. In the **Message Window**, the letter "A" will be blinking. Use the ▲/▼ **Incline** or **Level** buttons to select the appropriate first letter of your name (pressing the **Level** ▲/▼ button will switch to the letter "B"; pressing the Down button will switch to letter "Z"). Press **Enter** when the desired letter is displayed. Repeat this process until all of the characters of your name have been programmed (maximum 7 characters). When finished press **Stop**.
2. If there is a program already stored in **User** when you press the key, you will have an option to run the program as it is or delete the program and build a new one. At the welcome message screen, when pressing **Start** or **Enter** you will be prompted: Run Program? Use the **Level** ▲/▼ to select Yes or No. If you select No, you will then be asked if you want to delete the currently saved program. It is necessary to delete the current program if you want to build a new one.
3. The **Message Window** will ask you to enter your **Age**. You may enter your age using the **Incline** or **Level** ▲/▼ keys, 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 **Incline** or **Level** ▲/▼ keys, then press **Enter** to continue.
5. Next is **Time**. You may adjust the **Time** using the **Incline** or **Level** ▲/▼ keys and press **Enter** to continue.
6. 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. 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.

7. Now the first column will be blinking again and you are asked to adjust the Incline level for the first segment of the workout. Follow the same procedure for building the Incline profile as you did for the resistance profile.

8. The **Message Window** will then tell you to start to begin (and save the program) or **Enter** to modify the program. Pressing **Stop** will exit to the start up screen.

9. If you want to increase or decrease the workload at any time during the program press the **Incline** or **Level** ▲/▼ key. This will only affect the **Incline** or **Level** for the present column in the profile. When the profile changes to the next column it will return to the preset work level.

10. During the **User 1** or **User 2** program you will be able to scroll through the data in the **Message Window** by pressing the **Display** key.

11. When the program ends the Message Window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

HEART RATE PROGRAMS

Before we get started, a word about Heart Rate:
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 usual choice of exercise intensity was 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 minus your age. This will give you the Maximum Heart Rate (MHR)for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardio vascular system. This 60% to
80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:

220 – 40 = 180 (maximum heart rate)
180 x .6 = 108 beats per minute
(60% of maximum)
180 X .8 = 144 beats per minute
(80% of maximum)

So for a 40 year old the training zone would be 108 to 144 beats per minute.
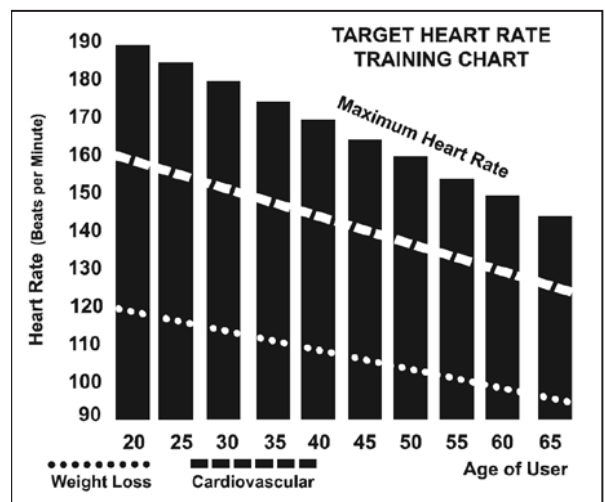
If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate programs. After calculating your MHR you can decide upon which goal you would like to pursue.

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 MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that 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 MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

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 **HEART RATE TRANSMITTER**
(Optional)

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 ribbed oval areas on the reverse side of the belt and both sides of the 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.
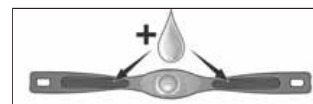
ERRATIC OPERATION
Caution! Do not use this treadmill for Heart Rate unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

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

1. Microwave ovens, TV'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. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Loose treadmill console or bolts in the upright tube.
8. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

WARNING! - DO NOT USE THE HEART RATE PROGRAM IF YOUR HEART RATE IS NOT REGISTERING PROPERLY ON THE TREADMILL'S DISPLAY!

HEART RATE PROGRAM OPERATION

Both programs operate the same, the only difference is that the default for **HR1** is set to 60% and **HR2** is set to 80% of the maximum heart rate. They both are programmed the same way. To start an **HR** program follow the instructions below or just select the **HR1** or **HR2** program, then press the **Enter** button and follow the directions in the **Message**

Window.
1. Press the **HR1** or **HR2** key, then press the **Enter** key.
2. The **Message Window** will ask you to enter your **Age**. You may enter your **Age**, using the **Level** ▲/▼ 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 **Level** ▲/▼ 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 your **Target Heart Rate**. This is the heart rate level you will strive to reach and maintain 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 workload at any time during the program press the **Level** ▲/▼ keys. This will allow you to change your **Target Heart Rate** at any time during the program.
8. During the **HR1** or **HR2** 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.

GENERAL **MAINTENANCE**

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of two reasons:
    I. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. I cannot stress this point enough; 90% of calls to the service department for noise issues can be traced to loose hardware or the rear rails being dirty.
    II. Dirt build-up on the rear rails and polyurethane wheels are also a source of noise. Noise from build-up on the rails can cause a thumping sound that you would swear is coming from inside the main body of the machine because noise travels, and is amplified in the tubing of the frame. Clean the rails and wheels with a lint free cloth and rubbing alcohol. Stubborn build-up can be removed with your thumbnail or a non-metallic scraper, like the back edge of a plastic knife. After cleaning, apply a small amount of lubricant on the rails with your fingers or a lint free cloth. You only need a thin coat of lubrication, wipe off any excess.
3. If squeaks or other noises persist, check that the unit is properly leveled before calling the service department.

MAINTENANCE MENU IN CONSOLE SOFTWARE
The console has built in maintenance/diagnostic software. The software will allow you to change the console settings from English to Metric and turn off the beeping of the speaker when a key is pressed for example. To enter the Maintenance Menu (may be called Engineering Mode, depending on version) press and hold down the **Start**, **Stop** and **Enter** keys keep holding the keys down for about 5 seconds and the **Message Window** will display "Engineering Mode". Press the **Enter** button to access the menu below. Press the **Level** ▲/▼ keys to navigate the menu.

A. **Key Test** - Will allow you to test all the keys to make sure they are functioning
B. **Display Test** - Automatically tests all LCD's
C. **Functions** - Press **Enter** to access settings, use **Level** ▲/▼ keys to scroll
    I. **ODO Reset** - Resets the odometer
    II. **Units** - Choose from English or Metric display readings
    III. **Display Mode** - Turn off to have the console power down automatically after 30 minutes of inactivity
    IV. **Motor Test** - Continually runs the tensioning gear motor
    V. **Manual** - Allows stepping of the gear motor
    VI. **Pause Mode** - Turn on to allow 5 minutes of pause, turn off to have console pause indefinitely
    VII. **Key Tone** - Turn on or off the beep sound when a key is pressed
D. **Security -** Allows you to lock the keypad so no unauthorized use of the machine is allowed. When the child lock is enabled, the console will not allow the keypad to operate unless you press and hold the **Start** and **Enter** buttons for 3 seconds to unlock the console.
E. **Factory Set**
F. **Exit** - Select to exit Maintenance Menu

Incline Calibration: If there is a problem with the incline, try running the calibration. Press the **Incline up** key and the **Start** key at the same time. Hold them down for 5 seconds and the Incline calibration will start and run automatically. If the problem persists contact service department.

EXPLODED **VIEW DIAGRAM**
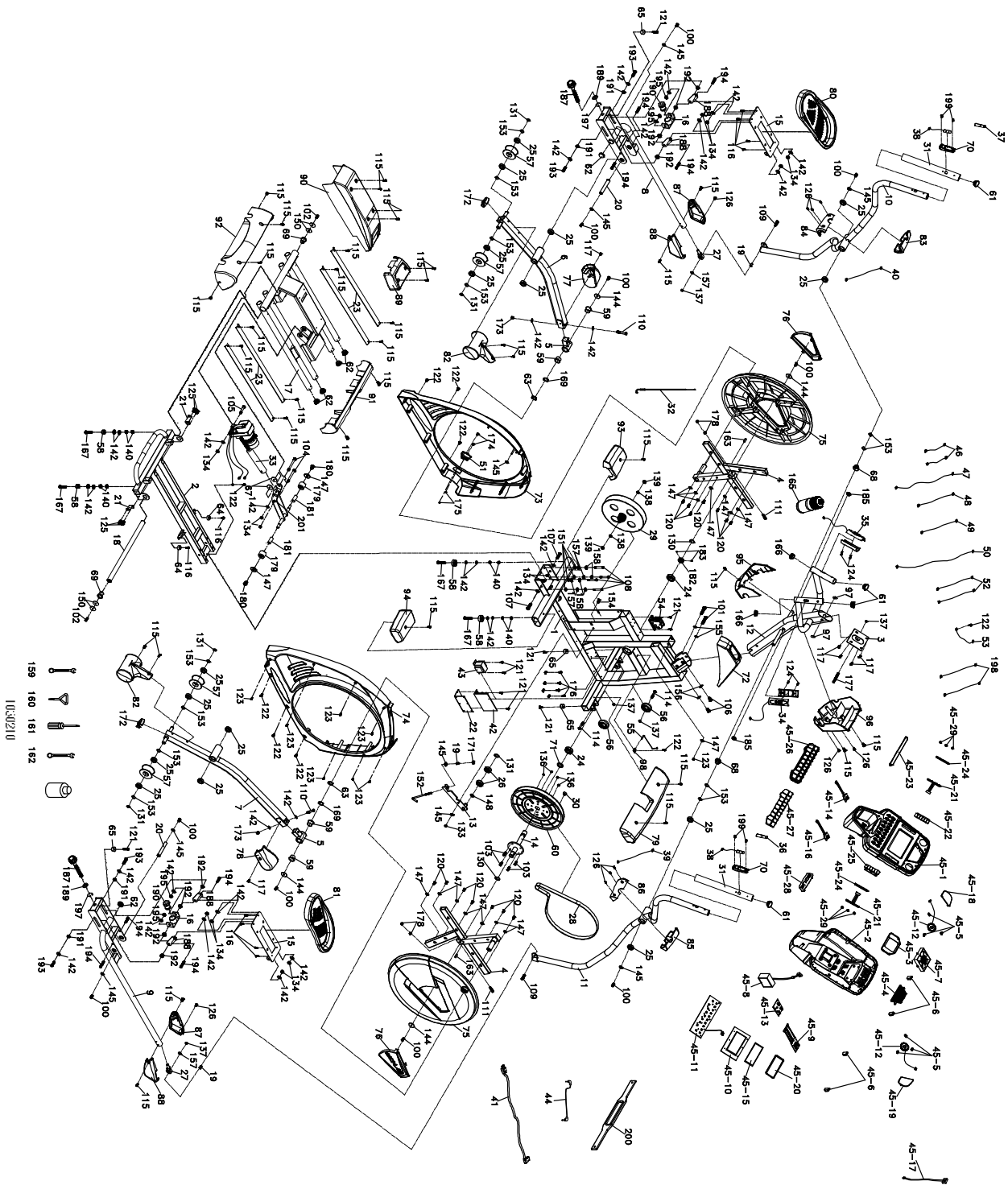
PARTS **LIST**

Part Number	Part Description	Qty per unit
1	Main Frame	1
2	Rail Base Assembly	1
3	Console Holder 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
14	Crank Axle	1
15	Adjustable Pedal	2
16	Pedal Adjustment Assembly	2
17	Rear Rail Assembly	1
18	Locking Tube Assembly	1
19	Ø11.9 × Ø8.5 × 15m/m_Rod End Sleeve	3
20	Axle for Pedal	2
21	Cover Holder(B)	2
22	Control Fixing Plate	1
23	2.0T × 625m/m_Aluminum Rail	4
24	6005_Bearing	2
25	6003_Bearing	16
26	6203_Bearing	2
27	M12 × P1.75_Rod End Bearing	2
28	Drive Belt	1
29	Flywheel	1
30	Magnet	1
31	Ø1-1/4" × 3T × 420m/m_Handgrip Foam	2
32	Steel Cable	1
33	790m/m_Incline Motor	1
34	850m/m_Handpulse W/Cable Assembly (White)	1
35	850m/m_Handpulse W/Cable Assembly (Red)	1
36	Handgrip Resistance Label (INCLINE)	1
37	Handgrip Resistance Label (LEVEL)	1
38	Resistance Button W/Cable	2
39	450m/m_Handle Wire (Upper), Resistance	1
40	450m/m_Handle Wire (Upper), Incline	1
41	Power Cord	1
42	Incline Controller	1
43	Incline Adaptor	1
44	400m/m_Audio Cable	1

Part Number	Part Description	Qty per unit
45	Console Assembly	1
45~1	Console Top Cover	1
45~2	Console Bottom Cover	1
45~3	Fan Fixing Plate	1
45~4	Deflector Fan Grill	1
45~5	Speaker Grill Anchor	6
45~6	Fan Grill Anchor	4
45~7	400m/m_Fan Assembly(White)	1
45~8	300m/m_W/Receiver, HR	1
45~9	Interface Board	1
45~10	Console Display Board	1
45~11	Main Key Board	1
45~12	250m/m_Speaker W/Cable	2
45~13	Amplifier Controller	1
45~14	300m/m_Sound Board W/Cable (White)	1
45~15	LCD Transparent Piece	1
45~16	300m/m_Earphone Socket	1
45~17	250m/m_Amplifier Cable	1
45~18	Speaker Iron Net (L)	1
45~19	Speaker Iron Net (R)	1
45~20	9" Water-resist Rubber	1
45~21	6key Resistance Button W/Cable	2
45~22	Key Fast Board (L)	1
45~23	Book Rack	1
45~24	Key Fast Board Foam	2
45~25	Key Fast Board (R)	1
45~26	Key Foam	1
45~27	Key Board Cover	1
45~28	LOGO Chain Cover	1
45~29	Speaker Grill Anchor(Ø12×5.5T)	6
46	300m/m_Connecting Wire, Controller(Red)	2
47	850m/m_Computer Cable	1
48	900m/m_Connecing Wire, Incline Motor Power Cord	1
49	850m/m_Connecting Wire, Incline Motor	1
50	1550m/m_Computer Cable	1
51	AC Electronic Module	1
52	80m/m_Connecting Wire (White)	2
53	200m/m_Ground Wire	1
54	Gear Motor(317-020001)	1
55	400m/m_Sensor W/Cable	1
56	Ø62_Transportation Wheel	2
57	Ø78_Slide Wheel , Urethane	4
58	Ø35 × 10m/m_Rubber Foot	4
59	WFM-2528-21_Bushing	4
60	Ø330_Drive Pulley	1
61	Ø32(1.8T)_Button Head Plug	4
62	32 × 2.5T_Round Cap	6

Part Number	Part Description	Qty per unit
63	Ø25.5 × 33.5 × 1.5T_Nylon Wave Washer	2
64	Ø26.5 × 6 × 10T_Rubber Foot Pad	2
65	Ø25 × Ø25 × 15T_Rubber Foot Pad	4
67	3/8" × 35 × 5T_Nylon Washer	2
68	Ø30 × 19m/m_Upright Bushing	2
69	Ø38 × Ø34 × Ø26 × 4 + 16T_Bushing	2
70	Handle Switch Bracket	2
71	Spacer Bushing	1
72	Console Mast Cover	1
73	Side Case (L)	1
74	Side Case (R)	1
75	Round Disk	2
76	Round Disk Cover	2
77	Pedal Arm Cover (L)	1
78	Pedal Arm Cover (R)	1
79	Front Stabilizer Cover	1
80	Pedal (L)	1
81	Pedal (R)	1
82	Slide Wheel Cover	2
83	Front Handle Bar Cover (L)	1
84	Rear Handle Bar Cover (L)	1
85	Front Handle Bar Cover (R)	1
86	Rear Handle Bar Cover (R)	1
87	Connecting Arm Cover (L)	2
88	Connecting Arm Cover (R)	2
89	Incline Bottom Cover	1
90	Incline Cover	1
91	Inclinable Rail Cover	1
92	Rear Bar Cover	1
93	Middle Stabilizer Cover (L)	1
94	Middle Stabilizer Cover (R)	1
95	Console Chin Cover (Front)	1
96	Console Chin Cover (Rear)	1
97	5/16" × 25 × 3T_Nylon Washer	2
98	Sensor Rack	1
100	5/16" × UNC18 × 15L_Hex Head Bolt	10
101	3/8" × UNC16 × 2-1/4"_Hex Head Bolt	2
102	5/16" × UNC18 × 25L_Hex Head Bolt	2
103	1/4" × UNC20 × 3/4"_Hex Head Bolt	4
104	3/8" × UNC16 × 2-1/2"_Hex Head Bolt	2
105	3/8" × UNC16 × 1-1/2"_Hex Head Bolt	1
106	3/8" × UNC16 × 3/4"_Hex Head Bolt	2
107	3/8" × UNC16 × 1-1/2"_Hex Head Bolt	2
108	5/16" × UNC18 × 2-1/4"_Hex Head Bolt	4
109	5/16" × UNC18 × 1-1/4"_Hex Head Bolt	2
110	3/8" × UNC16 × 2-1/4"_Socket Head Cap Bolt	2
111	M8 × P1.25 × 40L_Socket Head Cap Bolt	2

Part Number	Part Description	Qty per unit
114	5/16" × UNC18 × 2"_Button Head Socket Bolt	2
115	M5 × P0.8 × 15L_Phillips Head Screw	35
116	M5 × P0.8 × 10L_Phillips Head Screw	10
117	M5 × P0.8 × 10L_⌖ Phillips Head Screw	6
120	Ø5 × 16L_Tapping Screw	14
121	Ø5 × 19L_Tapping Screw	10
122	Ø5 × 16L_Tapping Screw	9
123	Ø3.5 × 16L_Sheet Metal Screw	8
124	Ø3 × 20L_Tapping Screw	4
125	M6 × P1.0 × 10L_Phillips Head Screw	4
126	Ø3.5 × 12L_Sheet Metal Screw	10
130	Ø25_C Ring	2
131	Ø17_C Ring	5
133	M8 × P1.25 × 7T_Nyloc Nut	1
134	3/8" × UNC16 × 7T_Nyloc Nut	13
136	1/4" × UNC20 × 8T_Nyloc Nut	4
137	5/16" × UNC18 × 7T_Nyloc Nut	5
138	3/8" × UNF26 × 4T_Nut	2
139	3/8" × UNF26 × 11T_Nut	2
140	3/8" × UNC16 × 7T_Nut	8
142	Ø10 × Ø19 × 1.5T_Flat Washer	32
144	Ø8 × Ø35 × 1.5T_Flat Washer	4
145	Ø8 × Ø23 × 1.5T_Flat Washer	9
147	Ø6.5 × Ø19 × 1T_Flat Washer	17
148	Ø17 × Ø23.5 × 1T_Flat Washer	1
150	Ø8 × Ø35 × 2.0T_Flat Washer	4
151	Ø8 × 0.8T_Star Washer	4
152	M8 × P1.25 × 170L_J Bolt	1
153	Ø17 × 0.3T_Wave Washer	12
154	M8 × P1.25 × 20L_Carriage Bolt	1
155	Ø10 × 2T_Spring Washer	2
156	Ø10 × Ø23 × 2T_Curved Washer	2
157	Ø8 × 20 × 1.5T_Flat Washer	6
158	Ø8 × 1.5T_Spring Washer	4
159	13/14m/m_Wrench	1
160	Short Phillips Head Screw Driver	1
161	Phillips Head Screw Driver	1
162	12/14m/m_Wrench	1
163	Woodruff Key	2
165	Drink Bottle (Optional)	1
166	Ø32 × 1.8T_Round Cap	2
167	3/8" × UNC16 × 2"_Flat Head Socket Bolt	4
169	Ø25 × 0.3T_Wave Washer	2
171	M8 × P1.25 × 9T_Nyloc Nut	1
172	Oval End Cap	2
173	3/8" × UNC16 × 11T_Nyloc Nut	2
174	M4 × P0.7 × 12L_Phillips Head Screw	2

Part Number	Part Description	Qty per unit
175	M4 × P0.7 × 5T_Nyloc Nut	2
176	Ø3.5 × 16L_Tapping Screw	4
177	5/16" × UNC18 × 2-1/2"_Hex Head Bolt	1
178	M8 × P1.25 × 6.3T_Nyloc Nut	4
179	Incline Transportation Wheel	2
180	M6 × P1.0 × 10L_Thumb Head Socket Screw	2
181	PVC Bushing	2
182	Axle Stopper	1
183	M5 × P0.8 × 5L_Slotted Set Screw	2
185	Switch Wire Cap	2
187	Pedal Adjustment Knob	2
188	Adjusting Plate	4
189	16.1 × 31 × 3T_Nylon Washer	2
190	Threaded Bushing	2
191	Ø14 × Ø10 × 9T_Bushing	4
192	Ø19 × Ø14 × Ø10 × (5+4)_Bushing	8
193	M10 × P1.5 × 40L_Hex Head Bolt	4
194	3/8" × UNC16 × 19L_Hex Head Bolt	8
195	M10 × P1.5 × 8T_Nyloc Nut	4
197	E12_E-Clip	2
198	900m/m_Handle Wire (Lower), Resistance/Incline	2
199	M5 × P0.8 × 20L_Flat Head Socket Screw	4
200	Chest Strap	1
201	Incline Device	1