

# **CF 6000**

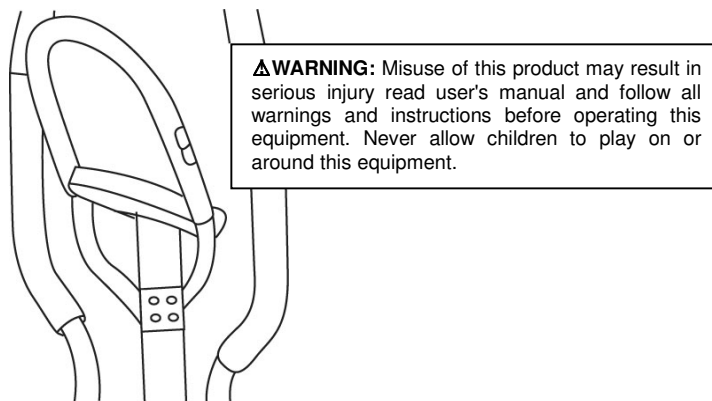
## **User's Manual**



## **Important Precautions**

### **Warning**

1. To reduce the risk of serious injury, read the following important precautions before using the NF-6000 magnetic elliptical bike.
2. It is the responsibility of the owner to ensure that all the users of the DM 6000 are adequately informed of all precautions. Use the DM 6000 magnetic elliptical bike only as described in this manual.
3. Use the DM 6000 indoors on a level surface. Keep the DM 6000 away from moisture and dust. Place a mat under the DM 6000 to protect the floor or carpet.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the DM 6000 at all times.
6. Persons weighing more than 250 pounds should not use the DM 6000.
7. Wear appropriate clothing when exercising. Do not wear loose clothing that could become caught on the DM 6000. Always wear athletic shoes when using the DM 6000.
8. Always keep your back straight when using the DM 6000. Do not arch your back.
9. If you feel pain or dizziness while exercising, stop immediately and cool down.
10. The pulse sensor is not a medical device. Vendor's <sup>L</sup> factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
11. The DM 6000 is intended for in-home use only. Do not use the DM 6000 in a commercial, rental, or institutional setting.



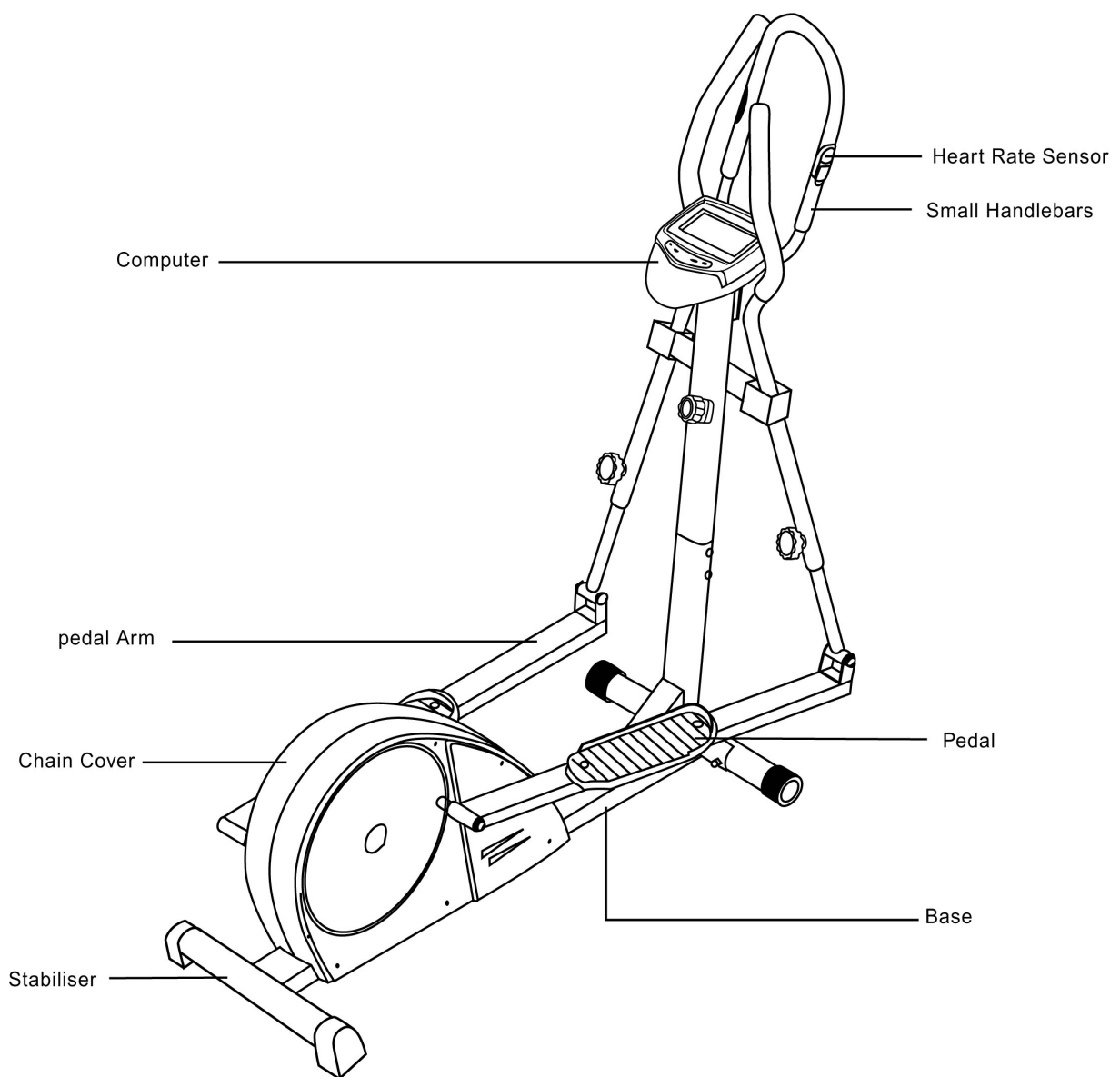
### **Warning**

Before beginning this or any exercise programme, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

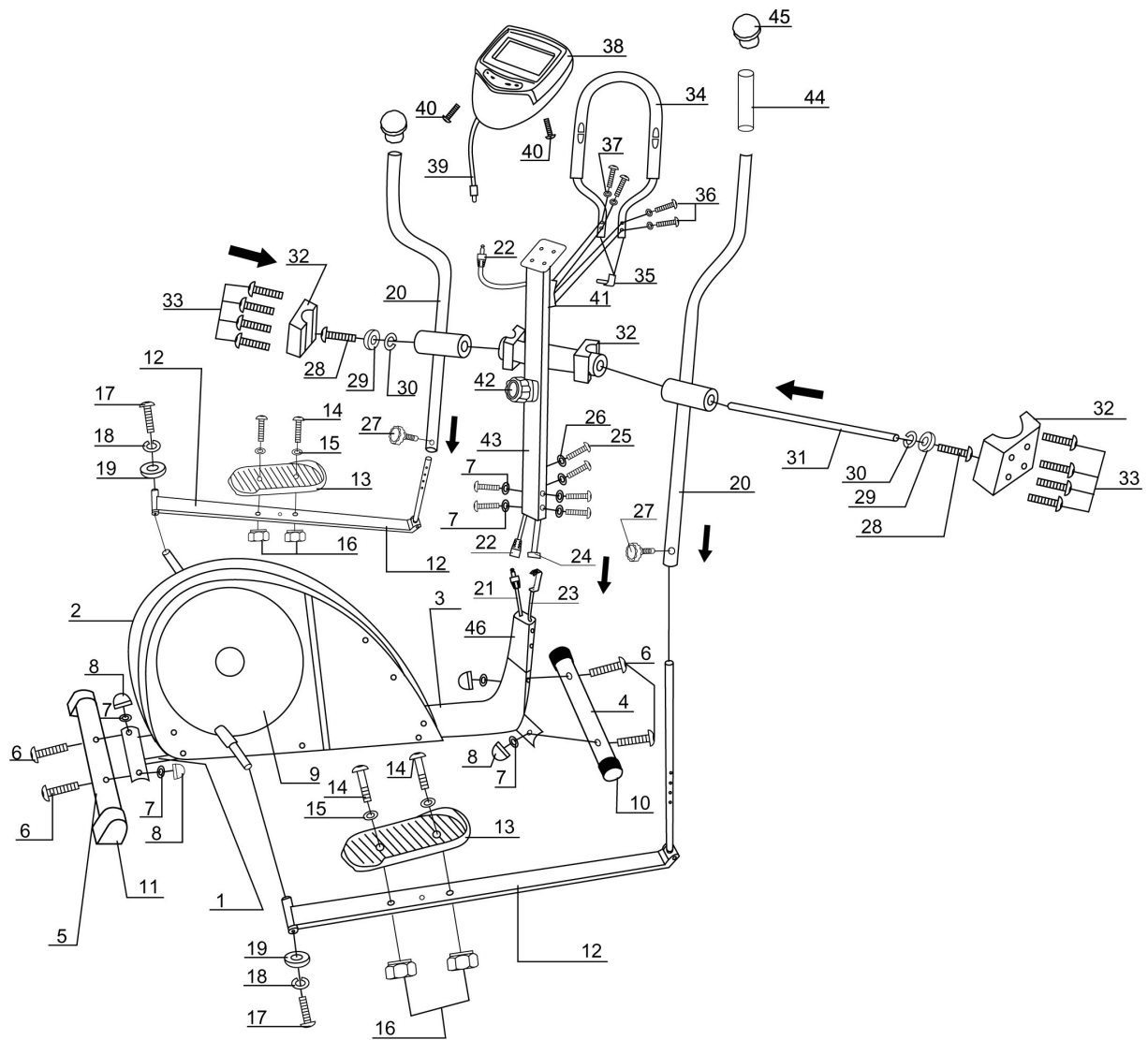
## **Before you begin**

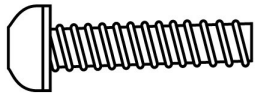
Congratulations for selecting DM 6000 magnetic elliptical bike. Cross training is one of the most effective exercises for increasing cardiovascular fitness, building endurance and toning the entire body. The DM 6000 offers an impressive array of features designed to let you enjoy this healthful exercise in the comfort and privacy of your own home.

For your benefit, read this manual carefully before you use the DM 6000.

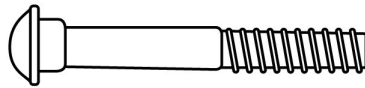


# Explore Drawing

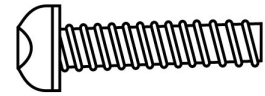




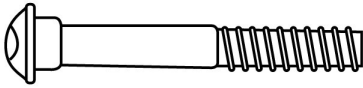
Screw for small handlebar  
M6x50mml 4pcs  
#36



Allen key bolt  
M6x45mml 4pcs  
#14



Allen key bolt  
M8x20mml 6pcs  
#25



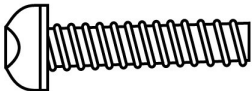
Carriage bolt  
M8x70mml 4pcs  
#6



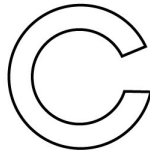
Allen key bolt  
M10x25mml 2pcs  
#28



Screw1  
M4x25mml 8pcs  
#33



Allen key bolt  
M8x30mml 2pcs  
#17



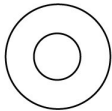
Spring Warsher  
4pcs  
#17 & #30



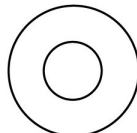
Warsher A  
Ø8x20mm 8pcs  
#7



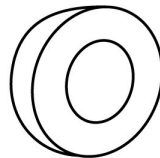
Warsher B  
Ø6x18mm 4pcs  
#37



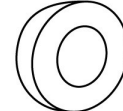
Warsher C  
Ø6x18mm 4pcs  
#15



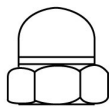
Warsher D  
Ø8x20mm 2pcs  
#26



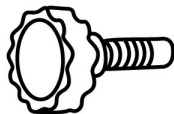
Warsher E  
Ø16xØ30xØ5mm 2pcs  
#29



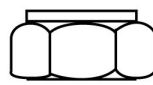
Warsher F  
Ø16xØ30xØ2mm 2pcs  
#19



Domed nut  
M8 4pcs  
#8



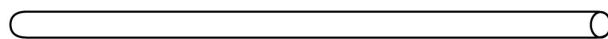
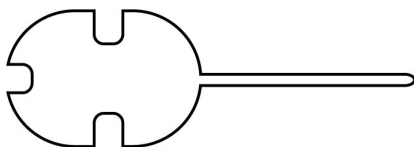
Spring knob  
2pcs  
#27



Locked knob  
4pcs  
#16



Allen Wrench  
3pcs



Axle  
Ø16x376mm 1pcs  
#31

## Parts List

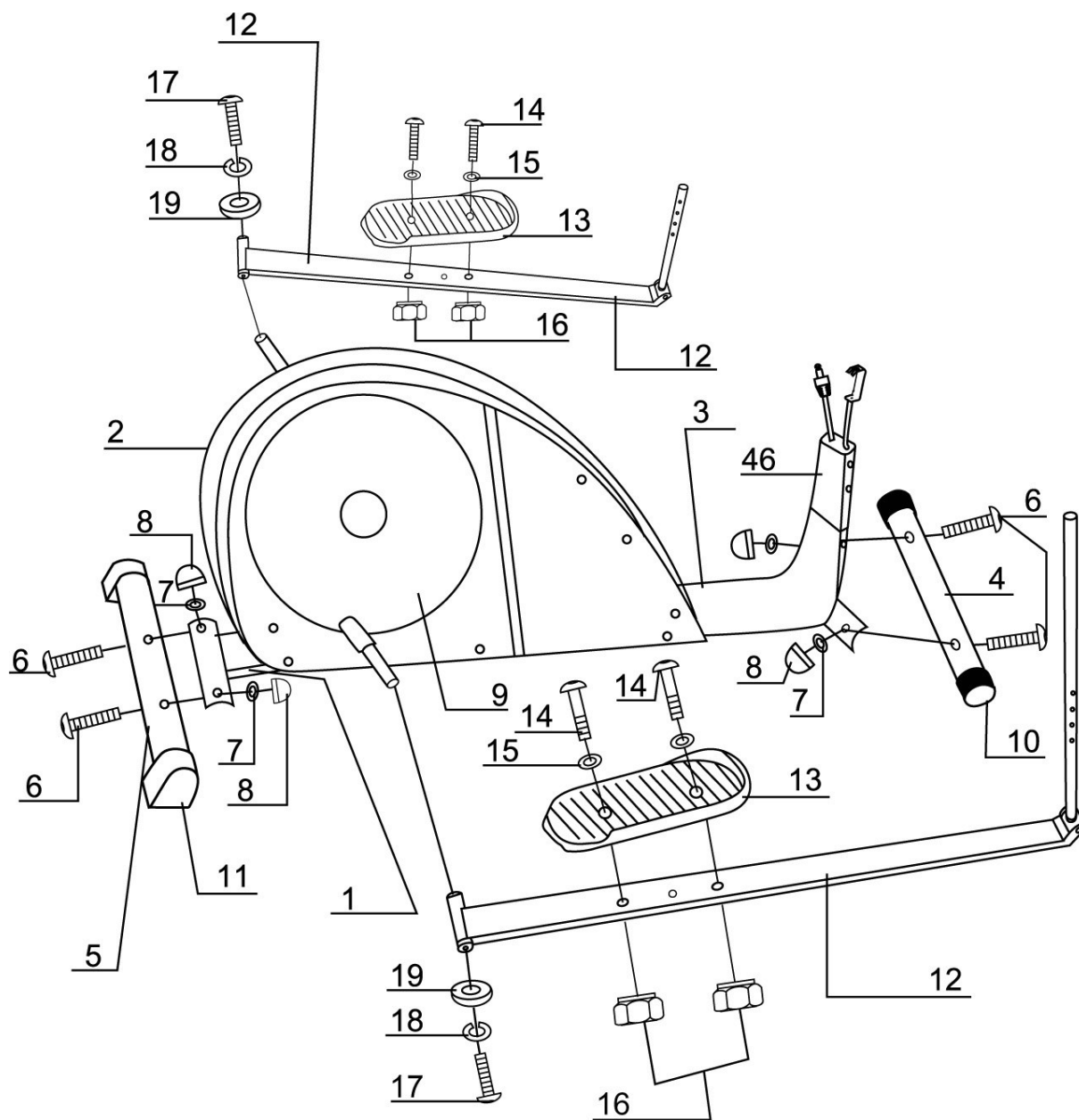
NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	BASE FRAME	1	31	AXLE DIA16 x 376mm	1
2	CHAIN COVER (L & R)	1	32	PLASTIC COVER	4
3	FRONT COVER	1	33	SCREW M4 x 25mm	8
4	FRONT STABILIZER	1	34	SMALL HANDLEBAR	1
5	REAR STABILIZER	1	35	PULSE CABLE	1
6	CARRIAGE BOLT M8 x70mm	4	36	SCREW M6 x 50mm	4
7	WASHER A M8 x 20mm	8	37	WASHER B M6 x 18mm	4
8	DOMED NUT M8	4	38	COMPUTER	1
9	TURNING PLATE COVER	2	39	COMPUTER WIRE	1
10	FRONT END CAP	2	40	SCREW	2
11	REAR END CAP	2	41	SMALL HANDLEBAR BRACKET	1
12	PEDAL ARM (L & R)	2	42	TENSION KNOB	1
13	PEDAL (L & R)	2	43	HANDLEBAR POST	1
14	ALLEN KEY BOLT M6 x 45mm	4	44	FORM	2
15	WASHER C M6 x 18mm	4	45	GRIP	2
16	KNOB	4	46	CENTRAL POST	1
17	ALLEN KEY BOLTS M8 x 30mm	2			
18	SPRING WASHER	4			
19	WASHER F M16 x 30 x 2mm	2			
20	HANDLEBAR (L & R)	2			
21	COMPUTER CABLE	1			
22	COMPUTER WIRE	1			
23	TENSION HOOK	1			
24	TENSION CABLE	1			
25	ALLEN KEY BOLT M8 x 20mm	6			
26	WASHER D M8 x 20mm	2			
27	SPRING KNOB	2			
28	ALLEN KEY BOLT M10 x 25mm	2			
29	WASHER E M16 x 30 x 5mm	2			
30	SPRING WASHER	2			

## Part Identification Chart

Use the chart to help identify the parts used in assembly. Note: Some parts may have been pre-attached for shipping purposes. If a part is not found in the parts bag, check to see if it has been pre-attached.

Place all parts of the magnetic elliptical bike in a cleared area and remove the packaging materials. Do not dispose of the packaging materials until assembly is completed.

Assembly tools and batteries (2 x 1.5V - R6) are included.



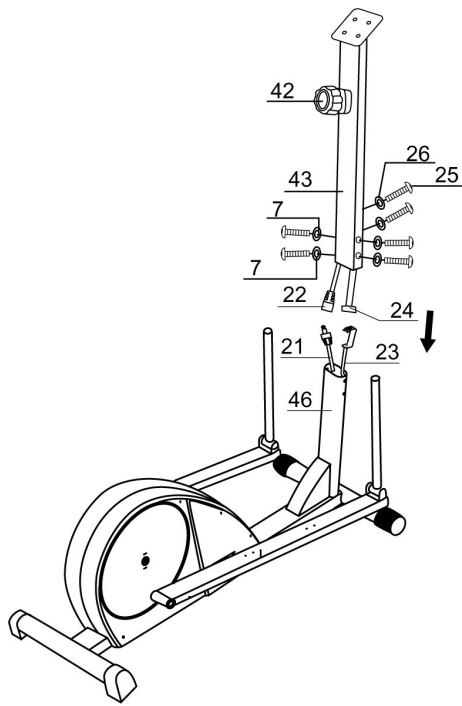
Step 1,

Attach the Front Stabilizer (4) and Rear Stabilizer (5) to the Base Frame (1), using 4 sets of Carriage bolts (6), Washer A (7), Domed nuts (8).

Fix the Pedals (13) to the Pedal arm (12), using 4 sets of Allen key bolts (14), Washer C (15), Knob (16).

**NOTICE!!! Pedals (13) and Pedal arm (12) has left and right.**

Attach Pedal arm (12) to Base Frame (1), using 2 sets of Allen key bolts (17), Spring washer (18) and Washer F (19), please fix it very tightly!

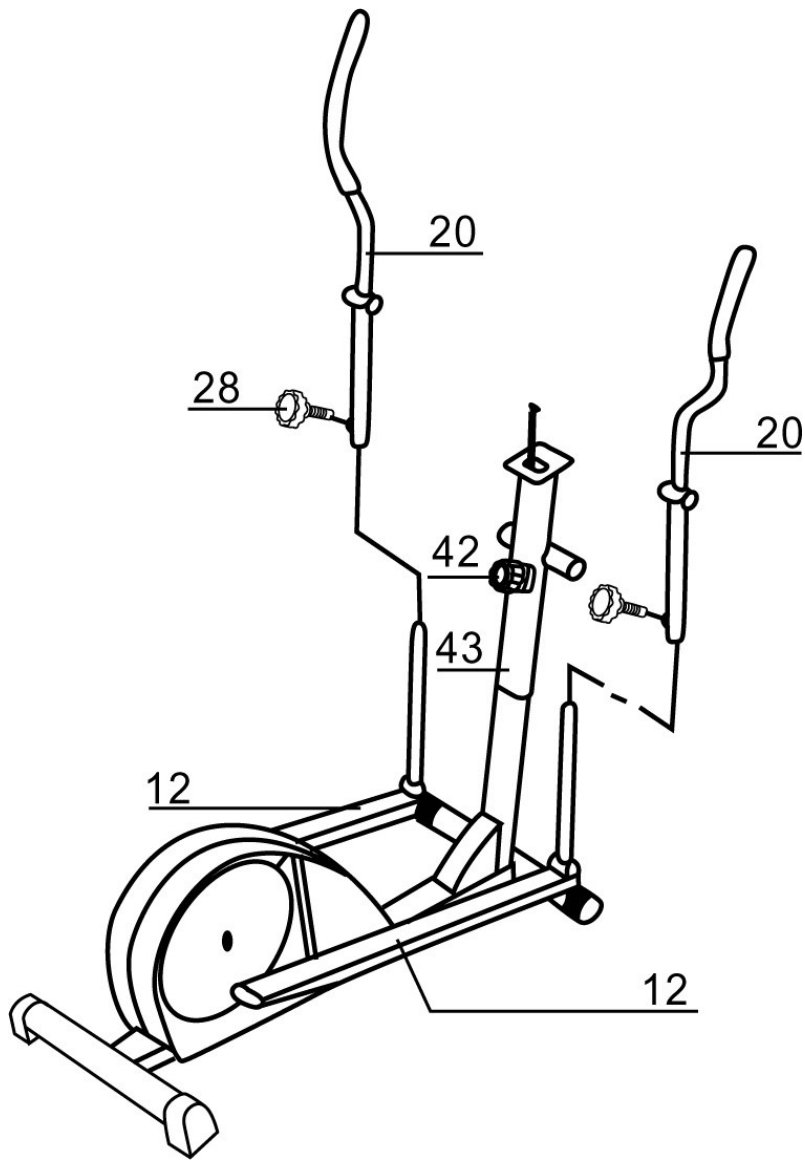


## Step 2,

Connect the Computer cable (21), Computer Wire (22) and Tension Hook (23), Tension cable (24).

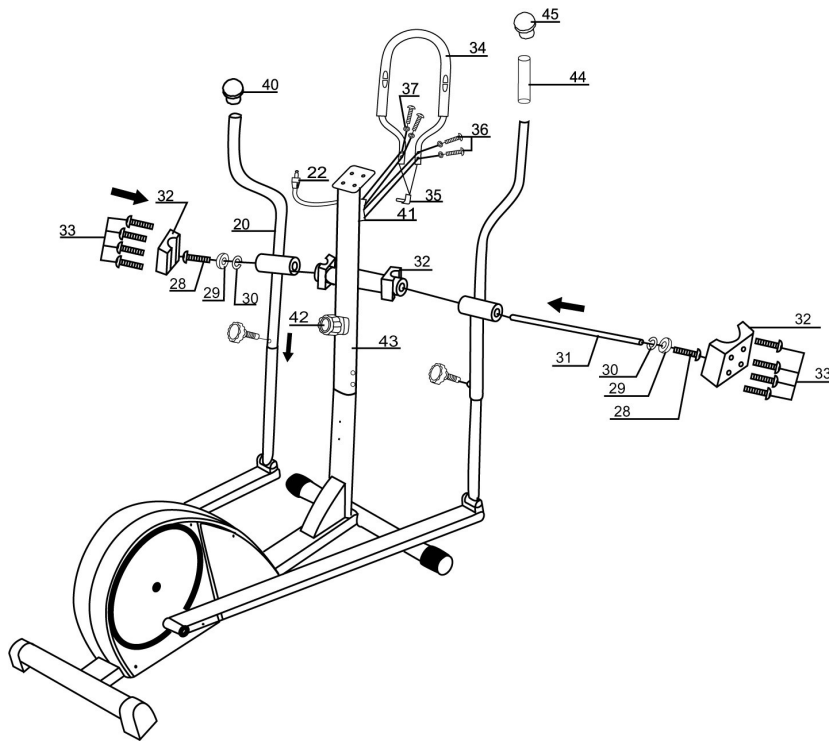
Insert the Front post (43) to the Central post (46), using 6pcs Allen key bolts (25), 4pcs Washer A (7) and 2pcs Washer Washer D (26).





Step 3,

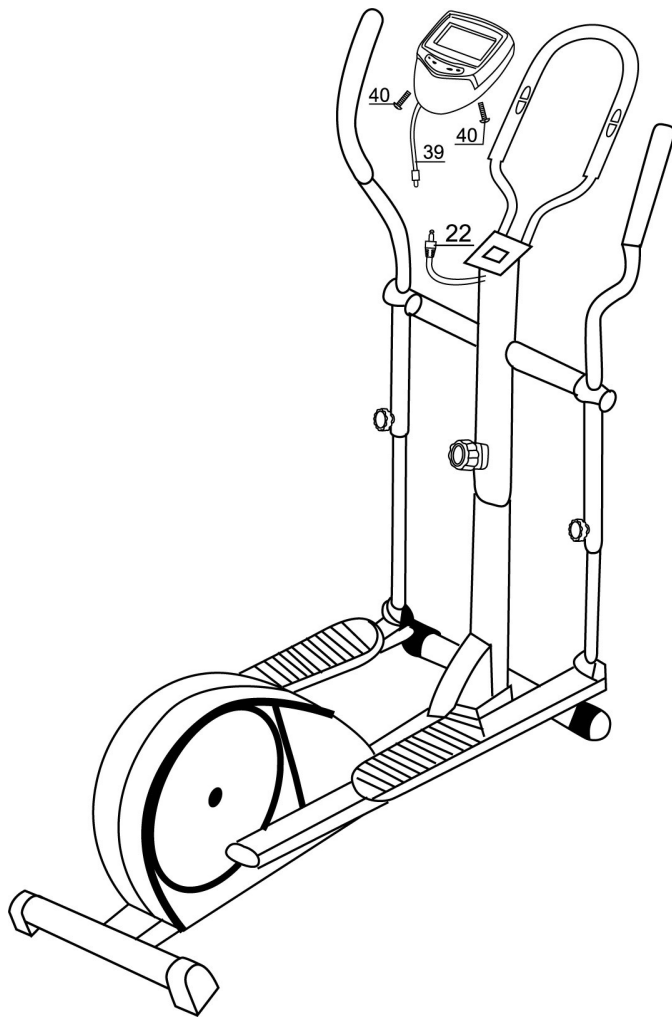
Attach the Handlebar L & R (20) to the Pedal Arm L & R (12) and tight it by pulling the Spring knob (27) out before tightening it back in.



#### Step 4,

Insert Axle (31) through the Front post (43), and attach it on either side to the handlebars L & R (20) and Plastic cover (32). Tighten it with 2 sets of Allen key bolts (28), Washer E (29) and Spring washer (30). Then fix the Plastic cover (32) with 4pcs Screw (33).

Attach the Small handlebar (34) to the Small handlebar bracket (41) and tighten it with 4 sets of Screws (36) and Washer B (37).



### Step 5,

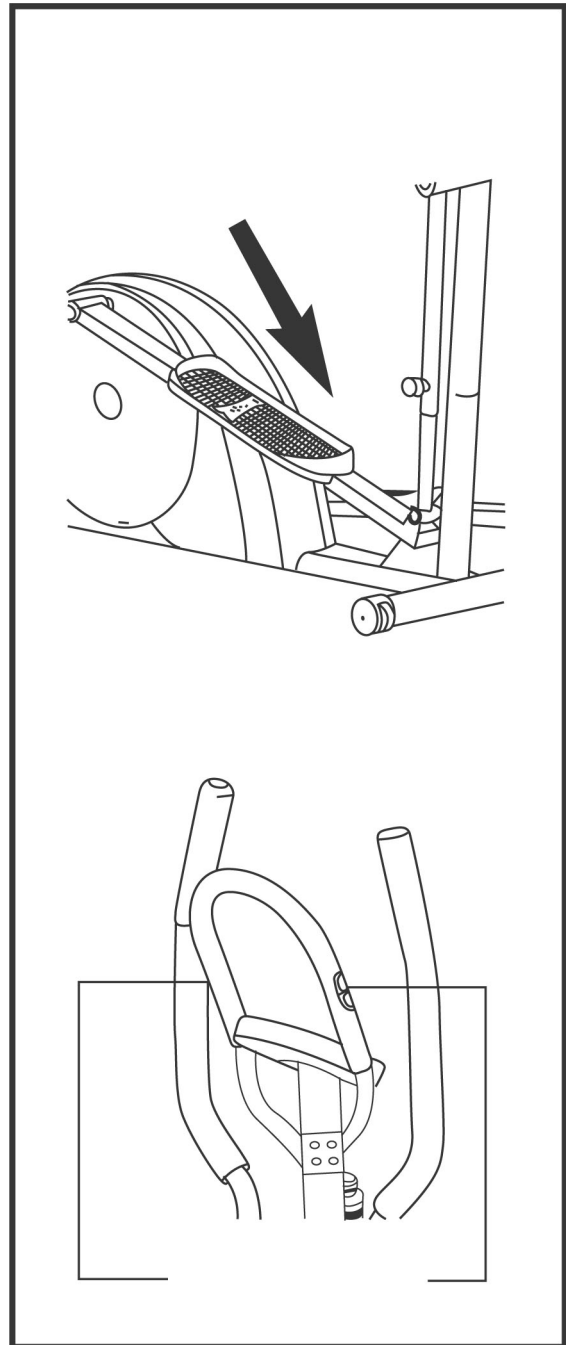
Attach the Computer (38) to the top of the Front post (43) with the enclosed screws (40). And connect the cables (39-22), insert pulse cable (35) to the pulse hole which on computer.

## How to operate the DM 6000

### How to exercise on the DM 6000

To step onto the magnetic elliptical bike, hold the handlebars and step onto the pedal that is in the lowest position. Then step onto the other pedal. Push the pedals until they begin to move with a continuous motion. (Note: The crank can turn in either direction; it is recommended that you turn the crank in the direction shown below; however, to give variety to your exercise, you may choose to turn the crank in the opposite direction.)

To dismount the magnetic elliptical bike, allow the pedals to slowly come to a stop. **CAUTION:** The magnetic elliptical bike does not have a freewheel; the pedals will continue to move until the flywheel stops. When the pedals are stationary, step off the highest pedal first. Then step off the lowest pedal.



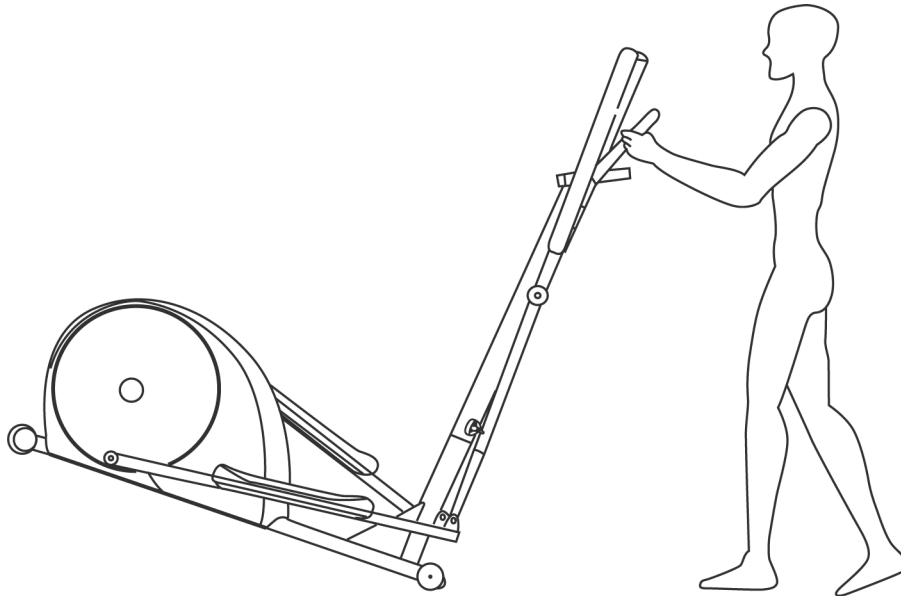
### How to operate the Heart Rate Sensors

To measure your pulse, stop pedaling and place both hands on the pulse sensors as shown. Grip for five to ten seconds, the heart rate symbol will flash and your heart rate will then be shown. Continue to grip the sensors for a further fifteen seconds to obtain the most accurate reading. If the displayed pulse appears too high or too low, or if your pulse is not displayed, lift your hands off the sensor and allow the display to reset. Grip again on the sensors as described above. Try the sensors several times until you become familiar with it.

## Maintenance

### How to transport the DM 6000

Lift the NF-6000 to 45° so that the transportation wheels point downwards and to the front, and use the fixed handlebar to move it.



## Maintenance

### How to maintain the DM 6000

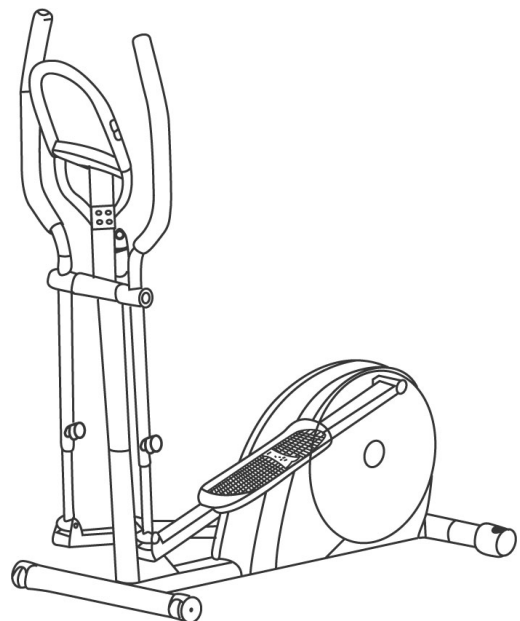
Inspect and tighten all parts of the magnetic elliptical bike trainer regularly. Replace any worn parts immediately.

For continued smooth operation of the magnetic elliptical bike, the Front and Rear Stabilizers should be kept clean. Using a soft cloth and mild detergent, clean any dust and residue that may build up where the Wheels move on the Stabilizers. Other components of the magnetic elliptical bike can also be cleaned in this manner.

**IMPORTANT:** Never use abrasives or solvents to clean the magnetic elliptical bike. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

### Computer trouble- shooting

If the computer does not function properly, the batteries should be replaced. In addition, make sure that the connectors are plugged into the computer (see assembly step 6).



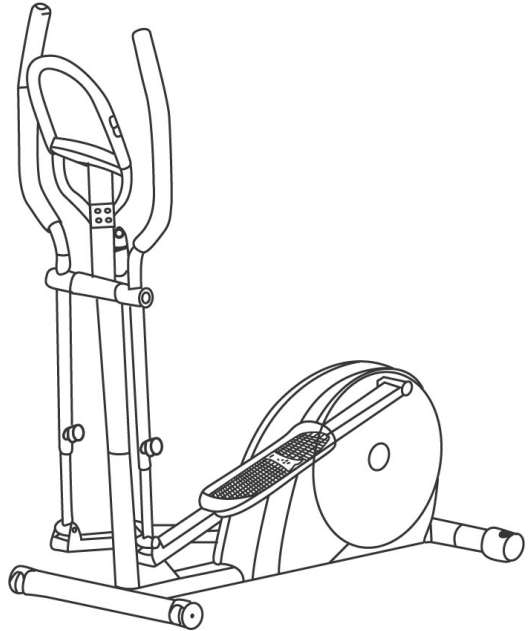
## **Maintenance**

How to maintain the DM 6000

Inspect and tighten all parts of the magnetic elliptical bike<sup>L</sup> regularly. Replace any worn parts immediately.

For continued smooth operation of the magnetic elliptical bike, the Front and Rear Stabilizers should be kept clean. Using a soft cloth and mild detergent, clean any dust and residue that may build up where the Wheels move on the Stabilizers. Other components of the magnetic elliptical bike can also be cleaned in this manner.

**IMPORTANT:** Never use abrasives or solvents to clean the elliptical cross trainer. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

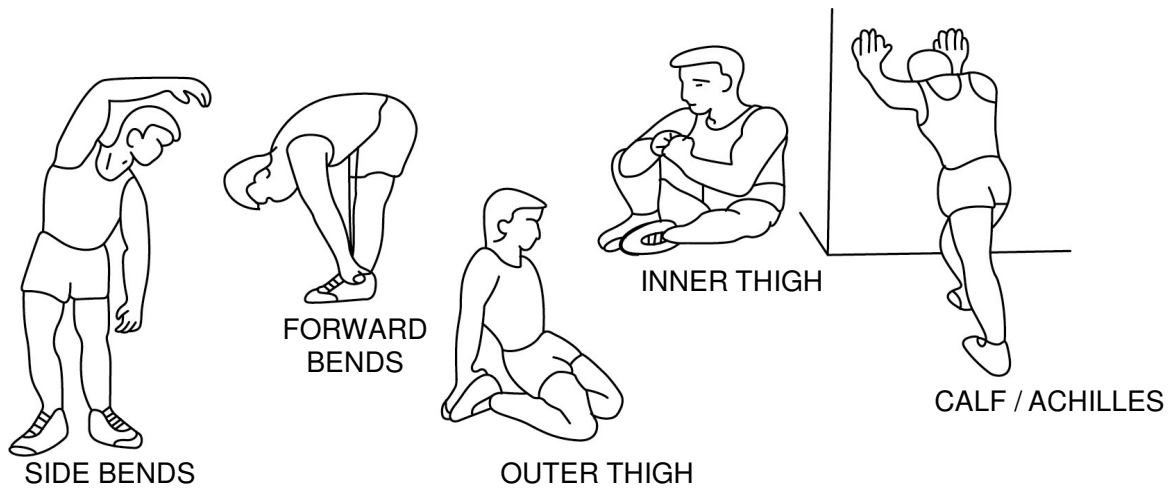


## **EXERCISE INSTRUCTIONS**

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

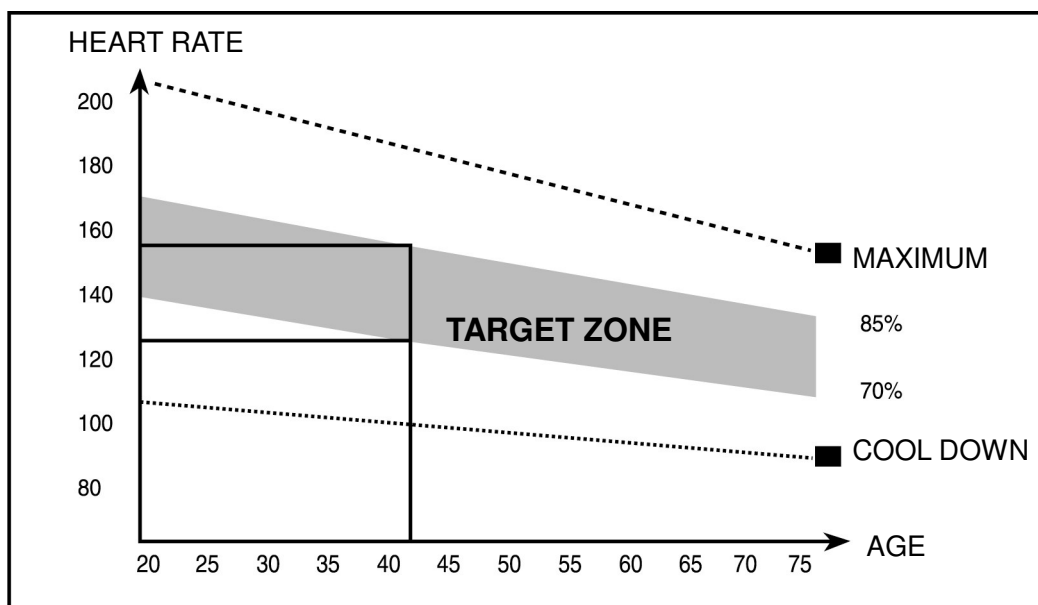
### **1. The Warm Up Phase**

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



## **2. The Exercise Phase**

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



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

## **3. The Cool Down Phase**

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

## **4. Fault Finder**

1. If you do not receive numbers appearing on your computer, please

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ensure all connections are correct.

## **MUSCLE TONING**

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

## **WEIGHT LOSS**

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

## **USE**

The seat height can be adjusted by removing the adjustment knob and raising or lowering the seat. There are 7 holes in the seat post allowing for a range of heights. Once the correct height has been chosen, refit the adjustment knob and tighten. The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.