

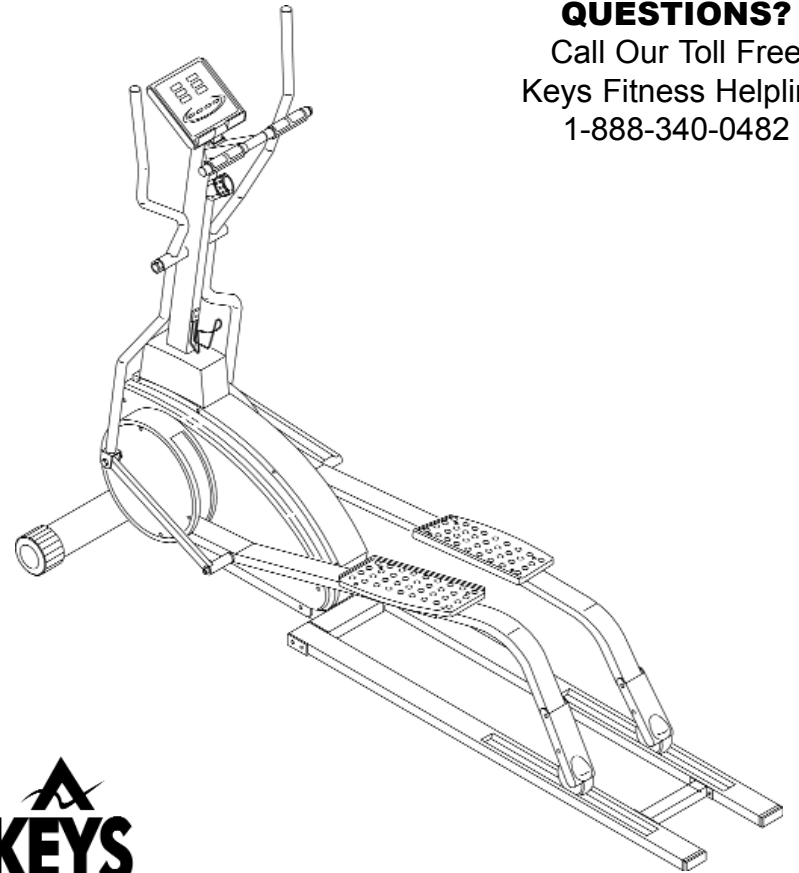
1-888-340-0482
Monday-Friday
8:30-5:30 Central Time



Keys Fitness Products, L.P.
4009 Distribution Dr.
Suite 250
Garland, Texas 75041



OWNER'S MANUAL



QUESTIONS?

Call Our Toll Free
Keys Fitness Helpline
1-888-340-0482



Keys Fitness Products, L.P.
P.O. Box 551239
Dallas, Texas 75355-1239

CAUTION!

Please read the precautions and instructions in this manual before using this equipment. Please save this manual for future reference.



Keys Fitness is committed to quality products that demonstrate our commitment to excellence!

**ALLIANCE ELLIPTICAL TRAINER
Model: ET900D**

Questions?

Please call if:

- you need assistance about operating your exercise bike
- parts are missing
- parts become worn or need to be replaced

**1-888-340-0482
Monday-Friday
8:30-5:30 Central Time**

When requesting information please have the following available:

- The Name
- The Model
- The Part Number
- The Description

KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY

PRODUCT: ALLIANCE 900D ELLIPTICAL TRAINER
HOME USE WARRANTY: Frame: Lifetime, Parts: 2 Years, Labor: 1 Year

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty period to the original purchaser is listed above in the table.

Keys warrants that the Product you have purchased for use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include computer overlays, pedal straps, rope cords, seats, grips, chains, bottom bracket assemblies, pads, upholstery, pulleys, bearings, etc. Please contact a Keys Fitness customer service representative for specifics on wear items. This Limited Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing.

During the warranty period Keys will repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product.

To obtain warranty service, you must contact a Keys authorized retailer, service technician or Keys Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective: (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Keys-branded products. Keys neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR UNIT WITH KEYS FITNESS PRODUCTS, LP.

MAIL WARRANTY CARD TO:
KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355

Before You Start

Thank you for purchasing a Keys Elliptical Trainer! This quality product you have chosen was designed to meet your needs for cardiovascular exercise.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

Important Safety Information WARNING!

- 1) Before using this elliptical trainer or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
- 2) To reduce the risk of electrical shock, burns, fire or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

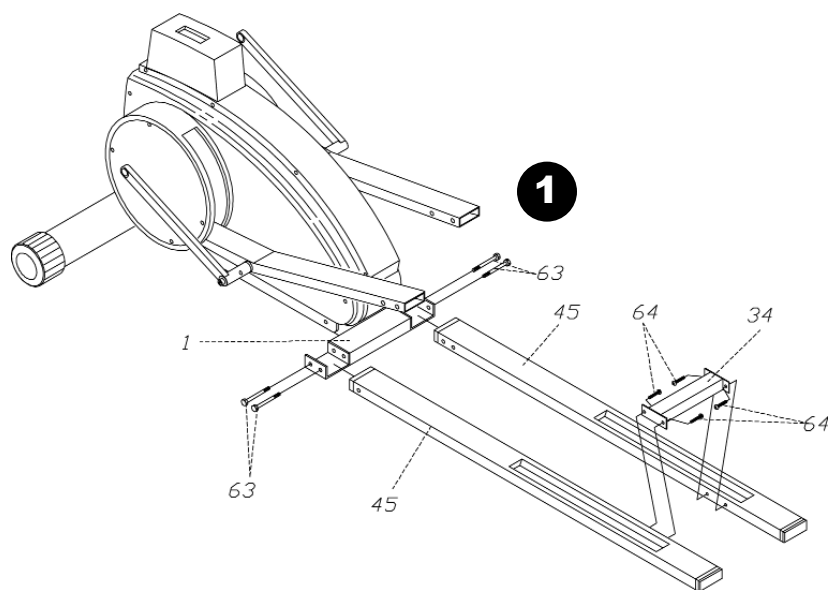
Safety Precautions and Tips

It is the owner's responsibility to ensure that all users of this elliptical trainer have read the Owner's Manual and are familiar with warnings and safety precautions.

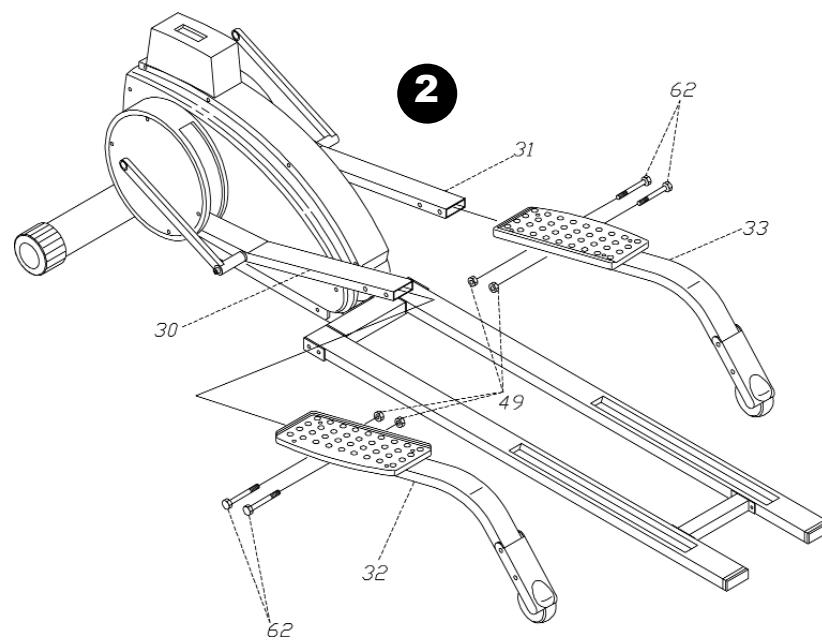
- This elliptical trainer has a maximum user capacity of 300 pounds.
- The Alliance Elliptical Trainer should only be used on a level surface and is intended for indoor use only. It should not be placed in a garage, patio or near water. Keys recommends an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this elliptical trainer with bare feet, sandals, socks or stockings!
- Always examine your elliptical trainer before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the elliptical trainer.
- Never operate the elliptical trainer where oxygen is being administered or where aerosol products are being used.
- Never insert any object or body parts into any opening.
- Service to your Alliance Elliptical Trainer should only be performed by an authorized service representative, unless authorized and/or instructed by a Keys technician. Failure to follow these instructions will void the warranty.

Assembly of Alliance ET900D Elliptical Trainer

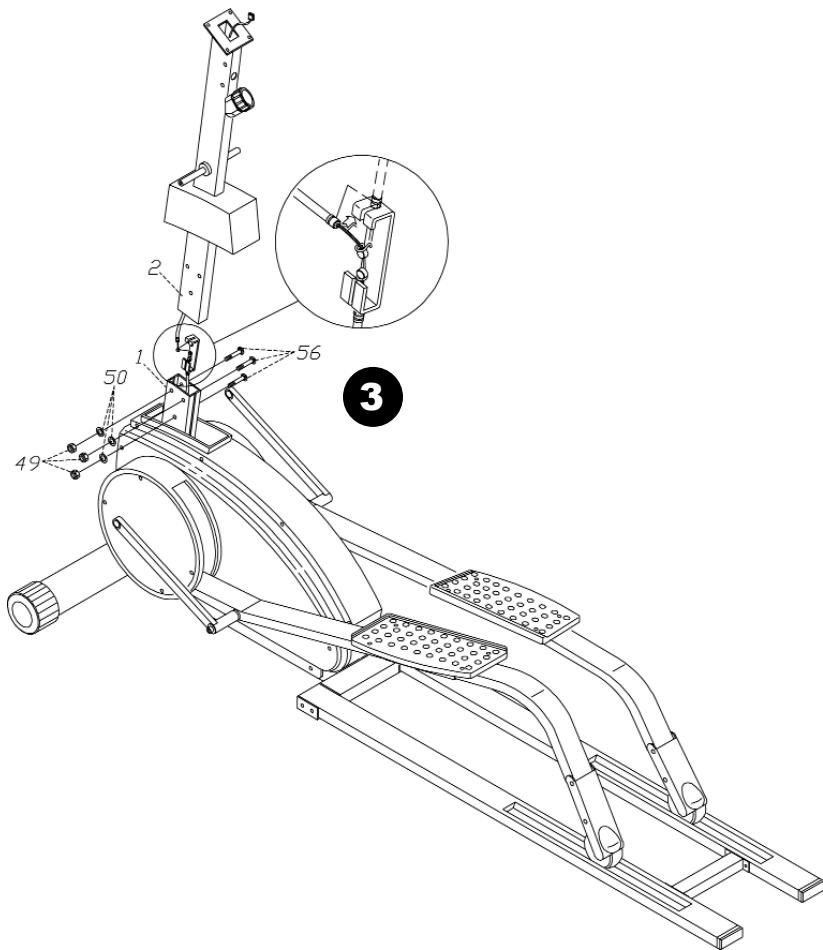
REMOVE ALL SECURITY TAPE AND WRAPPING
BEFORE BEGINNING.



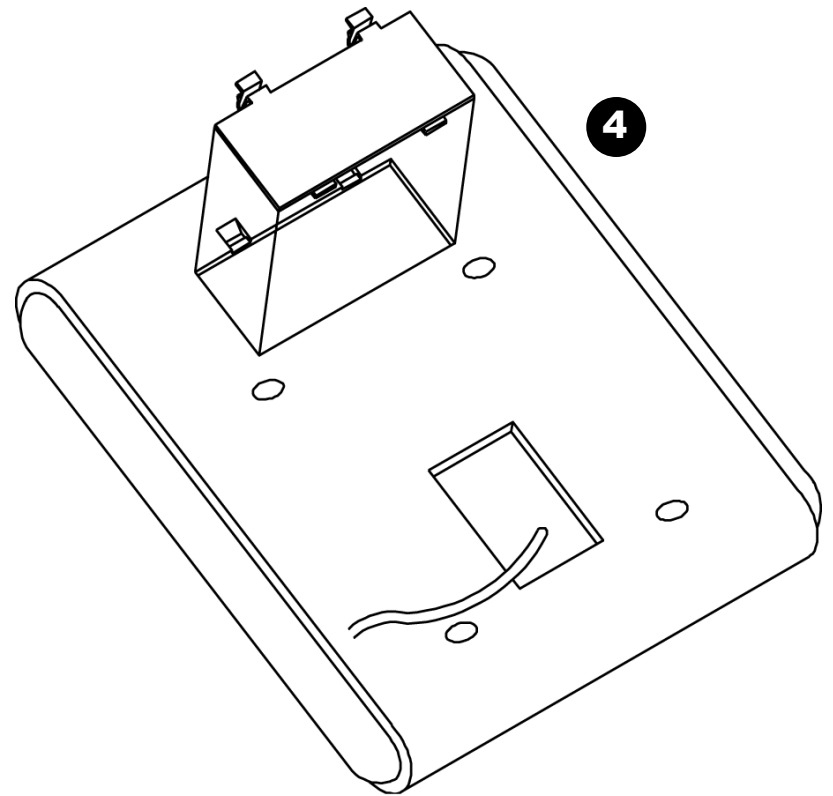
1. Attach the Aluminum Extrusions (45) to the Main Frame Assembly (1) with Screws (63). Connect the Aluminum Extension Plate (34) between the Extrusions (45) with Screws (64).



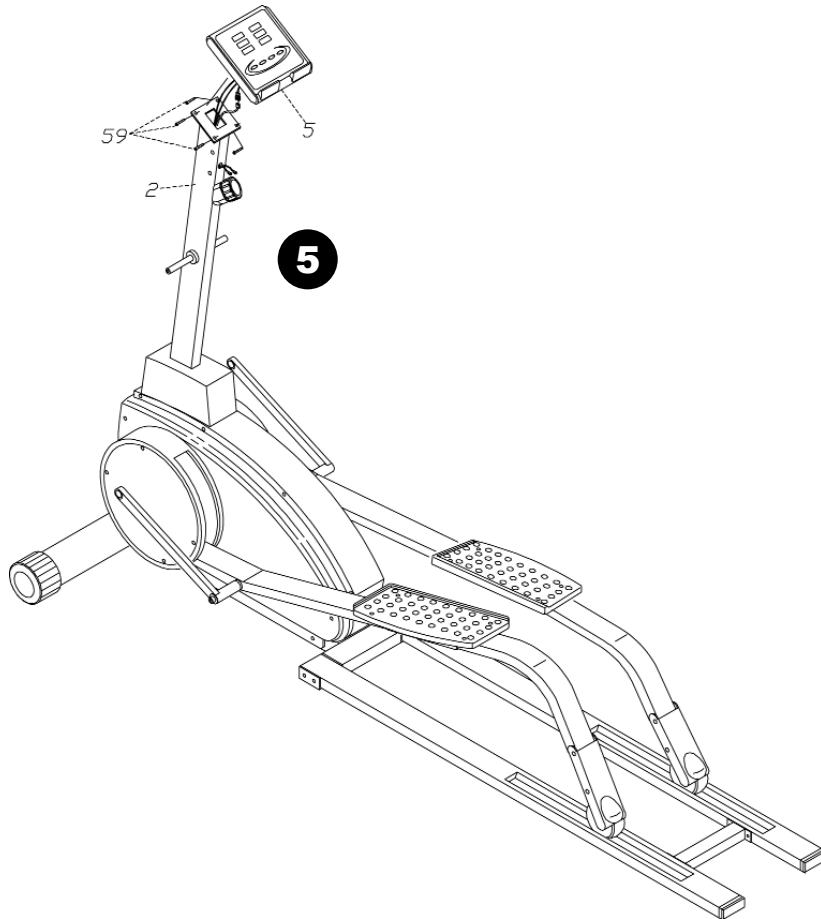
2. Attach both the Left and Right Rear Foot Frames (32, 33) to the Left and Right Front Foot Frames (30,31) with Carriage Bolts (62) and Locknuts (49).



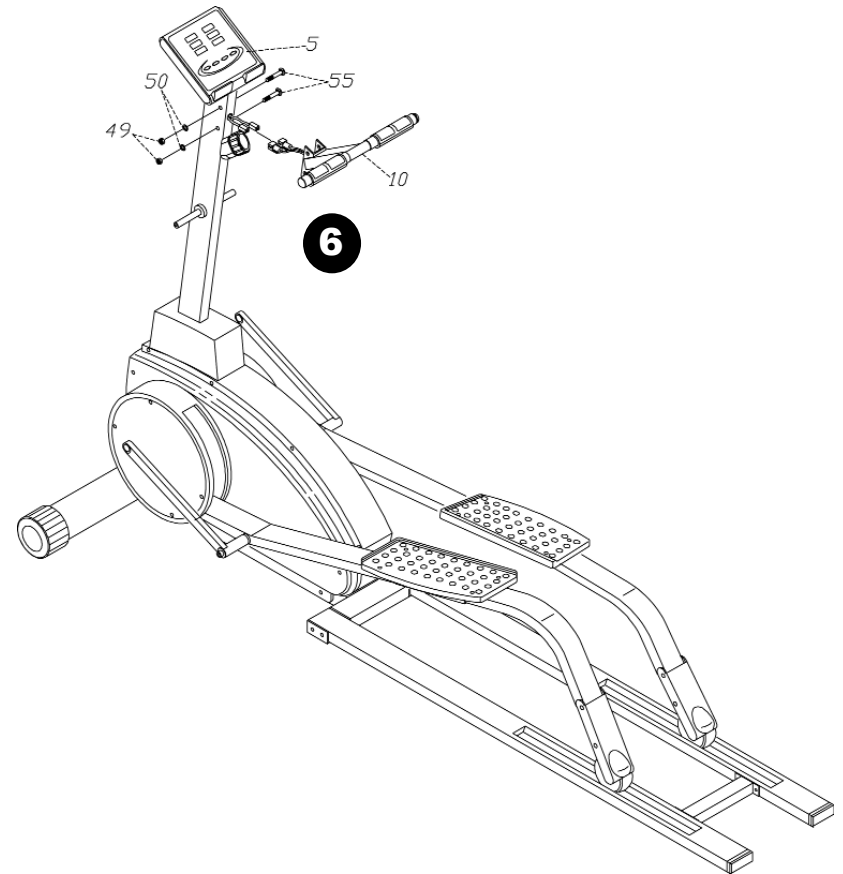
- 3.** First connect the Controller Extension Wire (27). Then slide the Main Upright (2) onto the Main Frame Assembly (1) and secure with Screws (56), Flat Washers (50) and Locknuts (49).



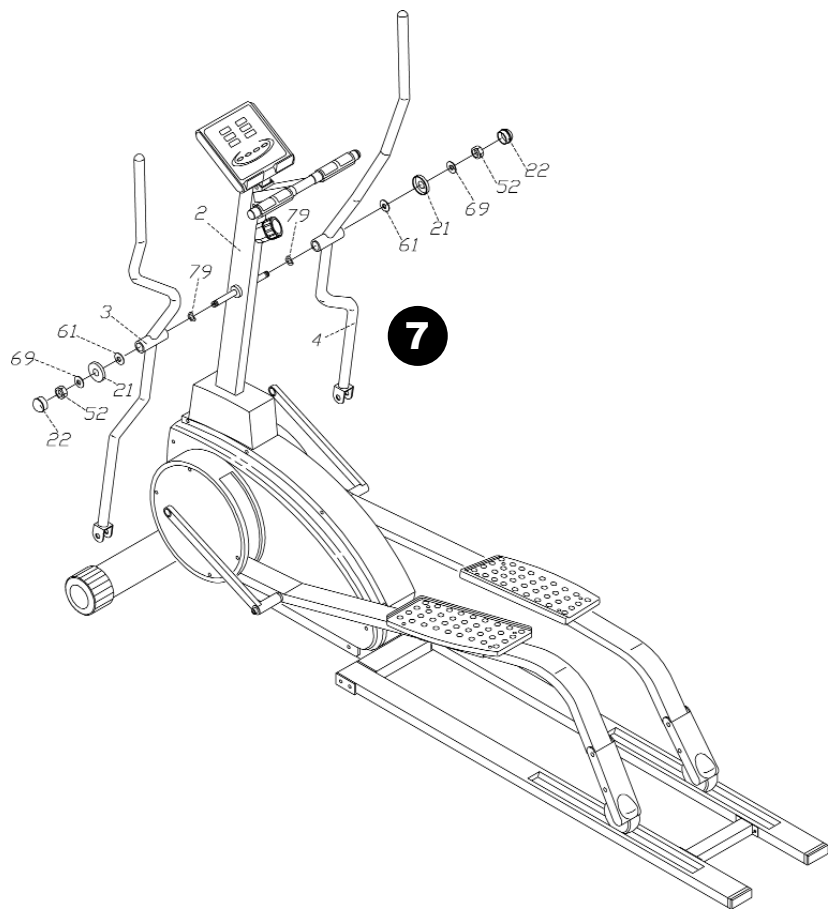
- 4.** Insert the batteries provided into the back of the Monitor (5)



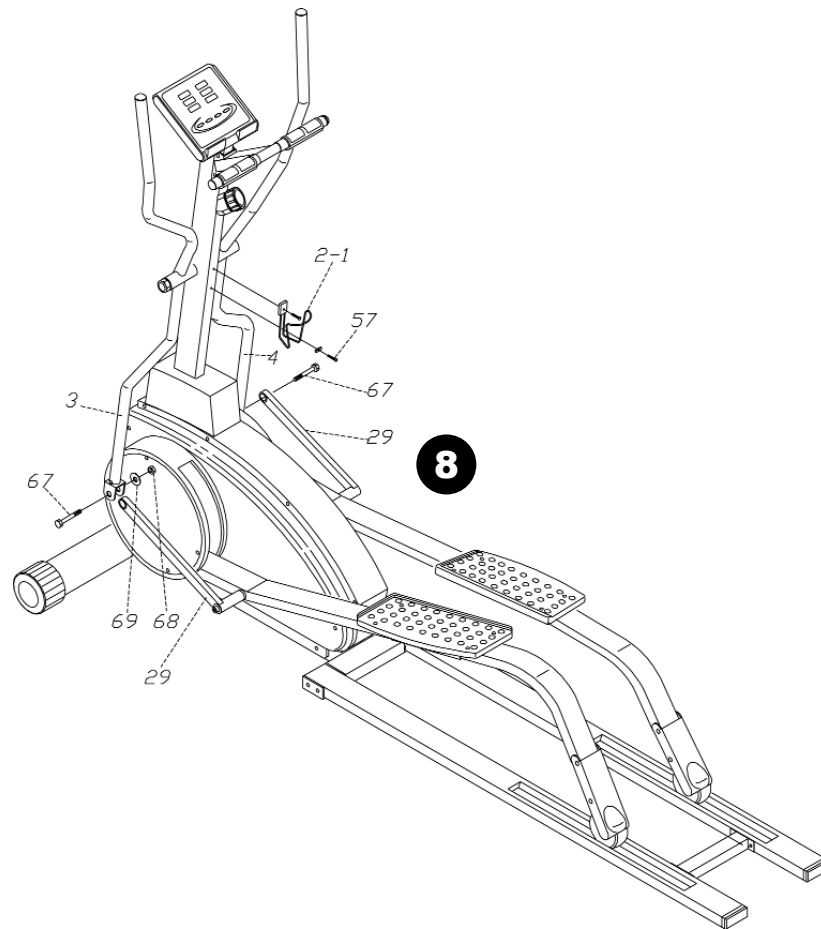
- 5.** Feed the two Pulse Wires (26) from the Console (5) down into the Main Upright (2) and out the handlebar hole. Connect the Controller Wire (28) to the Console (5). Then connect the Monitor (5) to the Main Upright (2) with Screws (59).



- 6.** First connect the Pulse Wires (26) to the T-Shaped Handlebar (10). Then connect the T-Shaped Handlebar (10) to the Main Upright (2) with Screws (55), Flat Washers (50) and Locknuts (49).

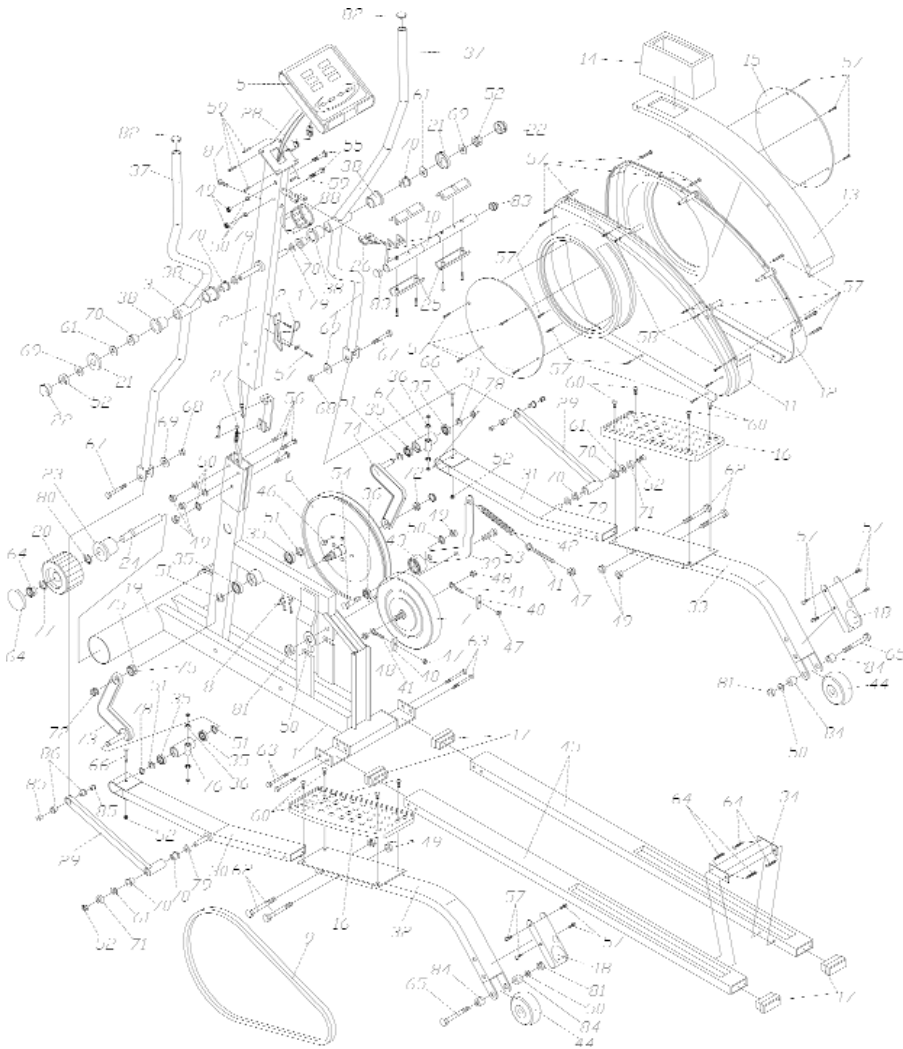


- 7.** Slide on Curved Washers (79) then the left and right handlebars (3, 4) onto the Main Upright (2). Secure handlebars with Washers (61), Snap Caps (21), Washers (69), Nuts (52), and Nut Caps (22).



- 8.** Secure the Connecting Arms (29) to the left and right handlebars (3, 4) with Screws (67), Washers (69) and Nuts (68). Attach bottle rack (2-1) to Main Upright (2).

ET900D EXPLODED VIEW



ET900D PARTS LIST

#	QTY	DESCRIPTION	#	QTY	DESCRIPTION
1	1	Main Frame Assembly	45	2	Aluminum Extrusion
2	1	Main Upright	46	4	M6 Locknut
2-1	1	Bottle Rack	47	3	M6 Hex Nut
3	1	Left Foam Handle	48	2	M10 Cap Nut
4	1	Right Foam Handle	49	10	M8 Locknut
5	1	Monitor	50	12	M8 IDX18.8mm OD Flat Washer
6	1	Pulley	51	4	M20x32x2mm Washer
7	1	Magnetic Flywheel	52	8	M10 Nut
8	1	Sensor	53	1	M8x17mm Screw
9	1	460 mm Belt	54	1	M8x38mm Screw
10	1	T-Shaped Handlebar	55	2	M8x57mm Screw
11	1	Bottom Left Housing	56	3	M8x 60mm Screw
12	1	Bottom Right Housing	57	48	TP 4*12mm Screw
13	1	Top Housing	58	4	TP 5*50mm Screw
14	1	Console Tube Collar	59	4	M5 X10mm Screw
15	2	Round Cover	60	8	M6 X15mm Screw
16	2	Foot Pedal	61	4	M10x 38 mm Washer
17	4	40 x 80 End Cap	62	4	M8x 80mm Screw
18	2	Roller Cap	63	4	M8 x100mm Screw
19	1	Foot Cap	64	6	M8X15mm Screw
20	2	Wheel	65	2	M10 x 55-8 mm Screw
21	2	Snap Cap	66	2	M10 x 48mm Screw
22	2	Bushing Cap	67	2	5/8"x 57mm Screw
23	2	76mm Bushing	68	4	1/2" Nut
24	2	16mm Inner Tube	69	4	M10x 23mm Washer
25	2	Hand Pulse	70	8	25mm Bushing
26	2	Pulse Wire	71	4	Nut Cap
27	1	Reed Switch Wire	72	2	Crank Nut
28	1	Extension Wire	73	1	Left Crank
29	2	Connecting arm	74	1	Right Crank
30	1	Left Front Foot Frame	75	2	Shaft Bushing
31	1	Right Front Foot Frame	76	2	Joiniter
32	1	Left Rear Foot Frame	77	2	M8 X30mm Washer
33	1	Right Rear Foot Frame	78	2	Retaining Ring
34	1	Aluminum Extension Plate	79	4	M26 Curved Washer
35	6	#6004 Precise Bearig	80	2	M16X28mm Washer
36	4	#6000 Precise Bearing	81	3	M8 Nut
37	2	38mm Handlebar Sleeve	82	2	38mm End Cap
38	4	76mm Bushing	83	2	31.80 mm End Cap
39	1	Belt Tension Bracket	84	4	13.7 x10x 8 Cap
40	2	Adjustment Channel	85	4	16mm Bushing
41	3	Eyebolt	86	4	32mm Bushing
42	1	Spring	87	1	M6 x 72mm Screw
43	1	Aluminum Idler Pulley	88	1	Tension Knob
44	2	Roller			

900R Display Instructions

BUTTON FUNCTIONS

- MODE** Press to select between functions: TIME, DISTANCE, CALORIES, and PULSE for target presetting.
- SET** Press to preset the target values of TIME, DISTANCE, CALORIES, and PULSE.
- RESET** Press to reset a function window to zero. To clear out the readings in all of the console windows, you must press and hold the Reset button for 3 seconds.

FUNCTIONS

Your Alliance 900 console allows you to use a countdown function on the Time, Calories and Distance readouts. If any one of these is not set before beginning your workout, then they will count up instead of counting down. The console also allows you to set a high and low pulse rate that you would like to stay within (an audible beep will alert you when you are out of the pulse rate range you set). If you do not set a pulse rate range before beginning your workout, then it will simply give you your pulse rate reading without any audible beeps.

- TIME** Count Up – Calculates total workout time up to 99:59
Count Down – Counts down from the preset time to 00:00
- SPEED** Calculates current speed
- CALORIES** Count Up – Calculates total calories burned up to 999
Count Down – Counts down from the preset calories entered to 0.0
- DISTANCE** Count Up – Calculates total miles up to 99.9
Count Down – Counts down from the preset miles entered to 0.0
- PULSE** The monitor will display your current heart rate within 5 seconds after holding the heart rate sensors. For an accurate heart rate reading, you must use both hands on the heart rate sensors.

To set the countdown function for Time, Calories, or Distance:

Press the Mode key until the correct screen has been chosen. Press the Set key until the desired reading appears in the window you are setting.

If the countdown mode is set for the Time, Calories, or Distance before your workout begins, then the console will alert you when you have reached your goal with an audible beeping. To turn off the alert, simply depress the Mode key. After the countdown mode has reached your selected goal, it will then begin counting upward. This will allow you to continue to track your workout if you decide to keep exercising.

To set the high and low heart rate range:

Press the Mode key until the up or down arrow in the Pulse window has been chosen. Press the Set key until the desired reading appears in the Pulse window.

NOTE

Without signal for a period of 4 minutes, the LCD display will automatically shut off. All information will be stored and appear again once activity is returned.

Turn on the monitor by pressing any button or by beginning exercise.



Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See *Fitness Safety* on page 20.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone- 60%, then gradually progressing up to 75%.

According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

Fitness Safety The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

(MHR) = Maximum Heart Rate (THR) = Target Heart Rate
 $220 - \text{age} = \text{maximum heart rate (MHR)}$
 $\text{MHR} \times .60 = 60\% \text{ of your maximum heart rate.}$
 $\text{MHR} \times .75 = 75\% \text{ of your maximum heart rate.}$

For example, if you are 30 years old, your calculations will be as follows:
 $220 - 30 = 190$
 $190 \times .60 = 114$ (low end or 60% of MHR)
 $190 \times .75 = 142$ (high end or 75% of MHR)
 30 year-old (THR) Target Heart Rate would be 114-142.

See Table below for additional calculations.

