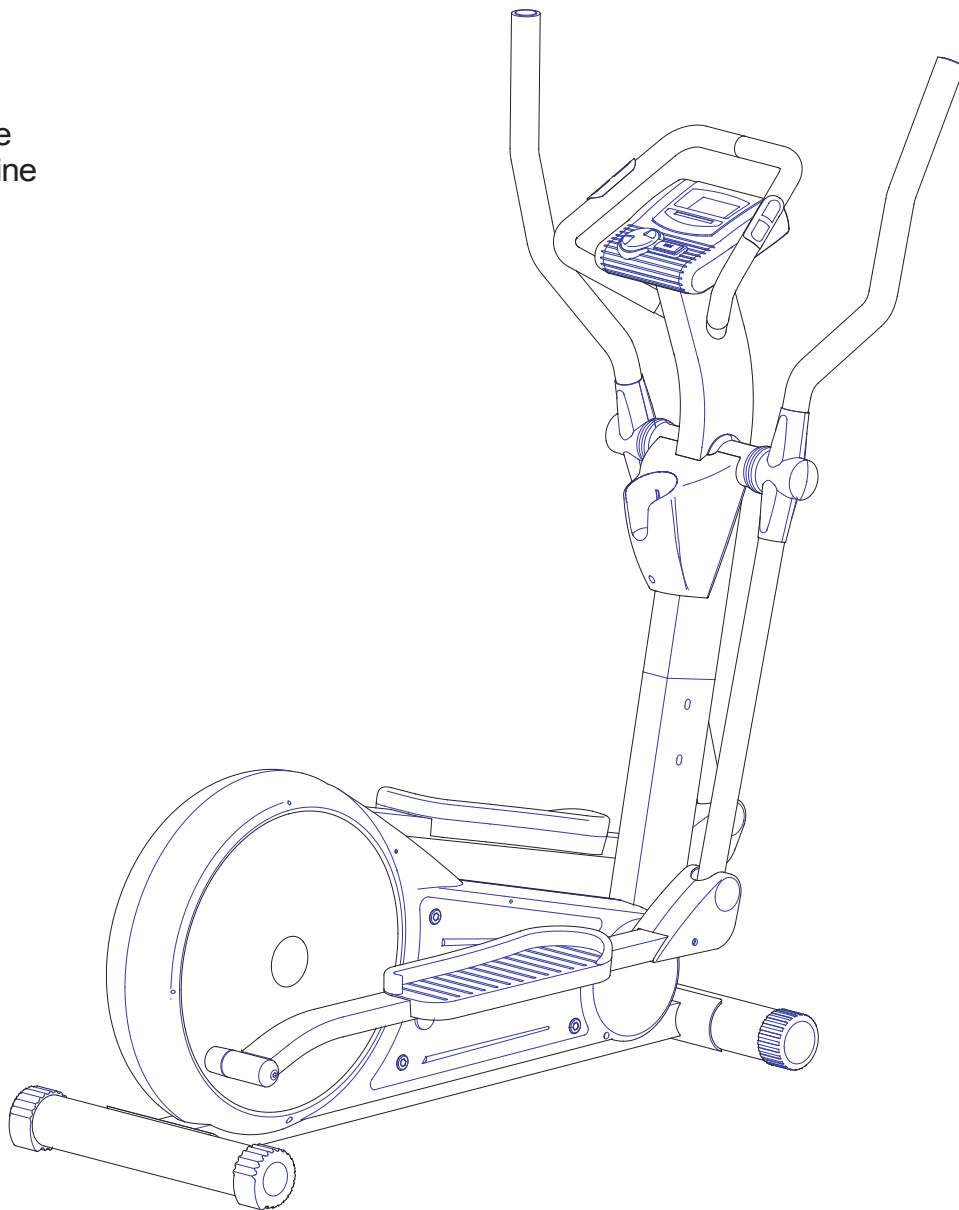


CardioMax 708eL

OWNER'S MANUAL

QUESTIONS?

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



keysfitness.com™

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!**

**CARDIOMAX 708 ELLIPTICAL
Model: CM708EL**

Questions?

Please call if:

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

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

Please have the following information available:

- Name
- Model
- Part Number
- Description

Before You Start

Thank you for purchasing a CardioMax exercise unit! 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 exercise unit 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.

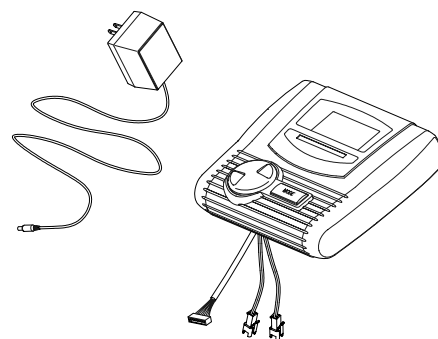
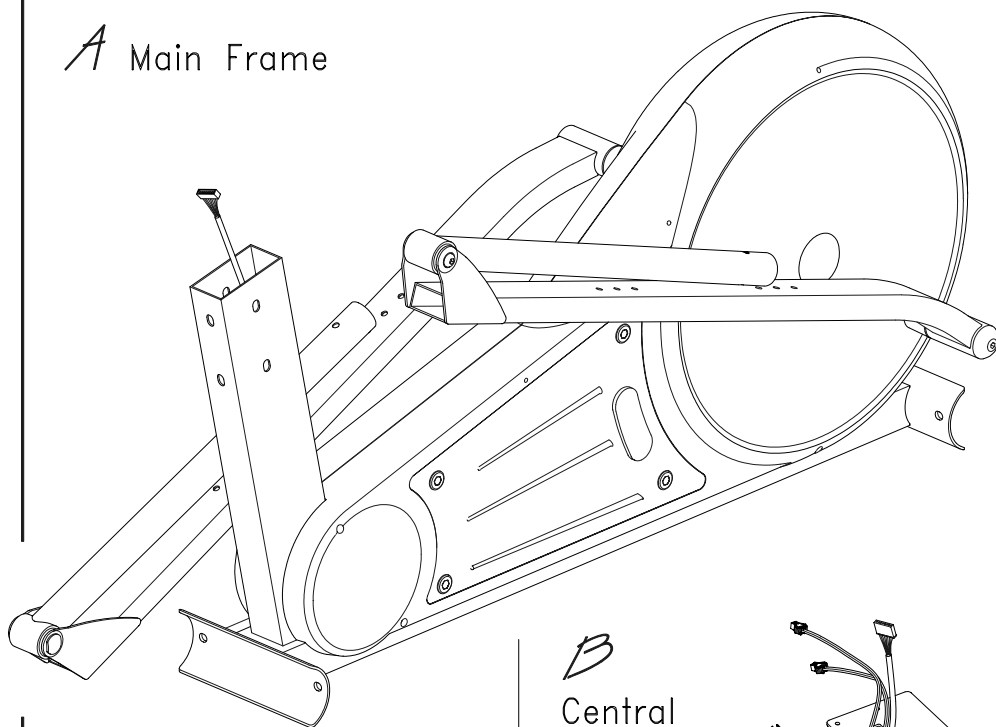
Safety Precautions and Tips

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

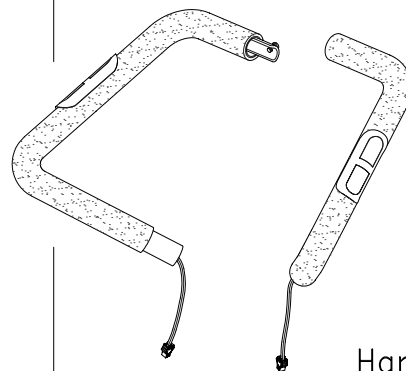
- This exercise unit has a maximum user capacity of 250 pounds.
- This exercise unit should only be used on a level surface and is intended for indoor use only. It should not be placed in a garage, patio or near water. Keys recommends an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this exercise unit with bare feet, sandals, socks or stockings!
- Always examine your exercise unit before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the exercise unit.
- Never operate the exercise unit 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 exercise unit 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.

Parts List

A Main Frame

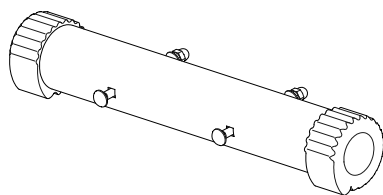


Monitor & Adaptor *E*

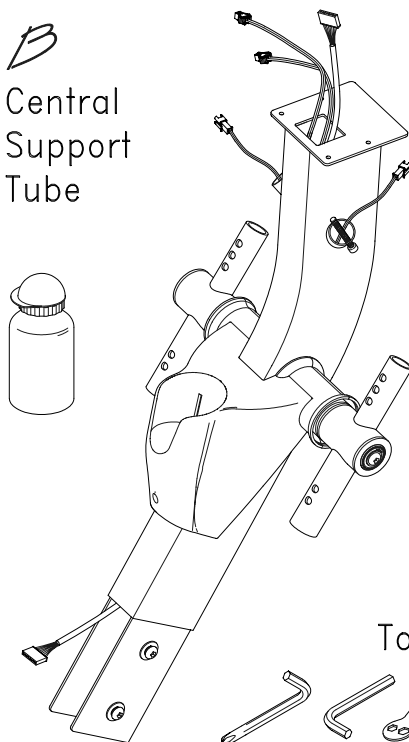


F
Front
Handlebar

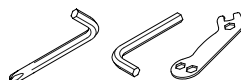
C Rear stabilizer



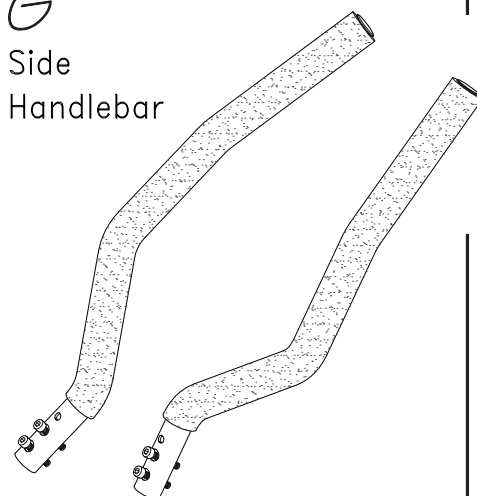
B Central Support Tube



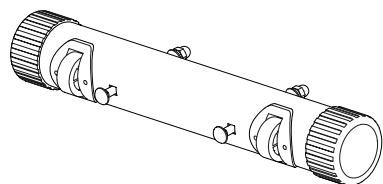
Tools



G Side Handlebar



D Rear stabilizer

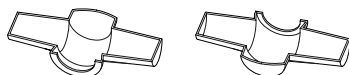


H Handlebar Joint Cover

(H1)

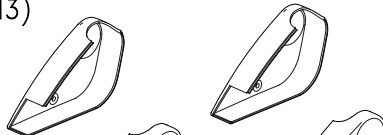


(H2)



Pedal Tube Joint Cover

(H3)

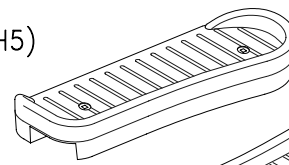


(H4)

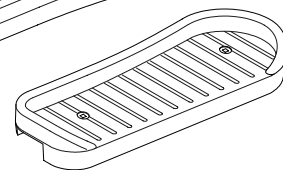


Pedal

(H5)

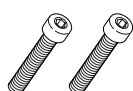


(H6)



J Bolts

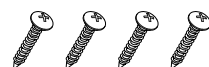
M8x40L



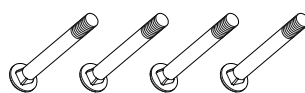
(J2) Screws M5x8L



(J3) Screws M4x12L



(J4) Bolts M6x45L



(J5) washers M6



(J6) Spring Washers M6



(J7) Knobs

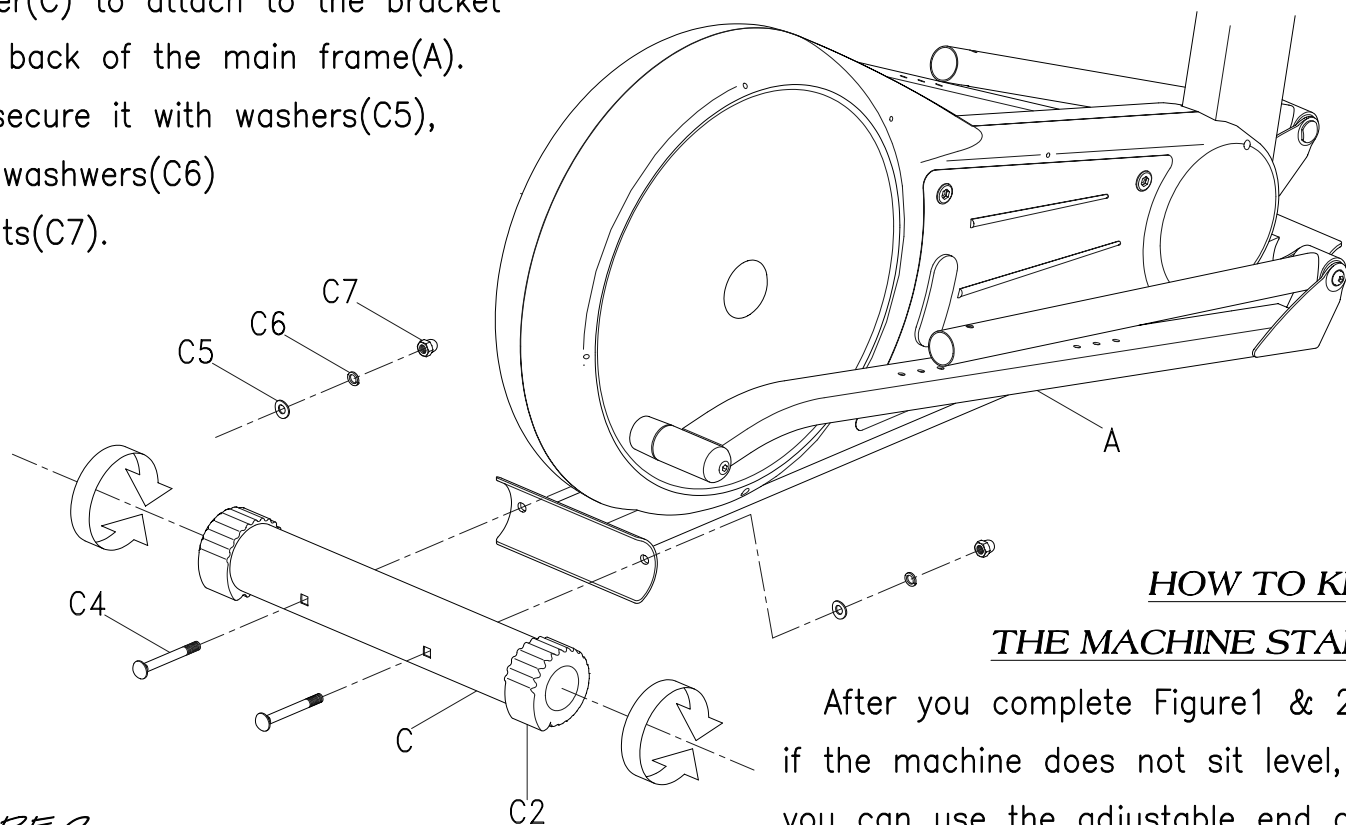


FIGURE 1

ASSEMBLY FOR REAR STABILIZER

First, remove the bolts(C4), washers(C5) and nuts(C6) from the rear stabilizer(C).

Use two bolts(C4) through the rear stabilizer(C) to attach to the bracket at the back of the main frame(A). Then, secure it with washers(C5), spring washers(C6) and nuts(C7).



HOW TO KEEP THE MACHINE STABLE

After you complete Figure1 & 2, if the machine does not sit level, you can use the adjustable end caps (C2) to compensate for uneven floors.

FIGURE 2

ASSEMBLY FOR FRONT STABILIZER

First, remove the bolts(D7), washers(D8) and nuts(D9) from the front stabilizer(D).

Use two bolts(D7) through the front stabilizer(D) to attach to the bracket at the front of the main frame(A). Then, secure it with washers(D8), spring washers(D9) and nuts(D10).

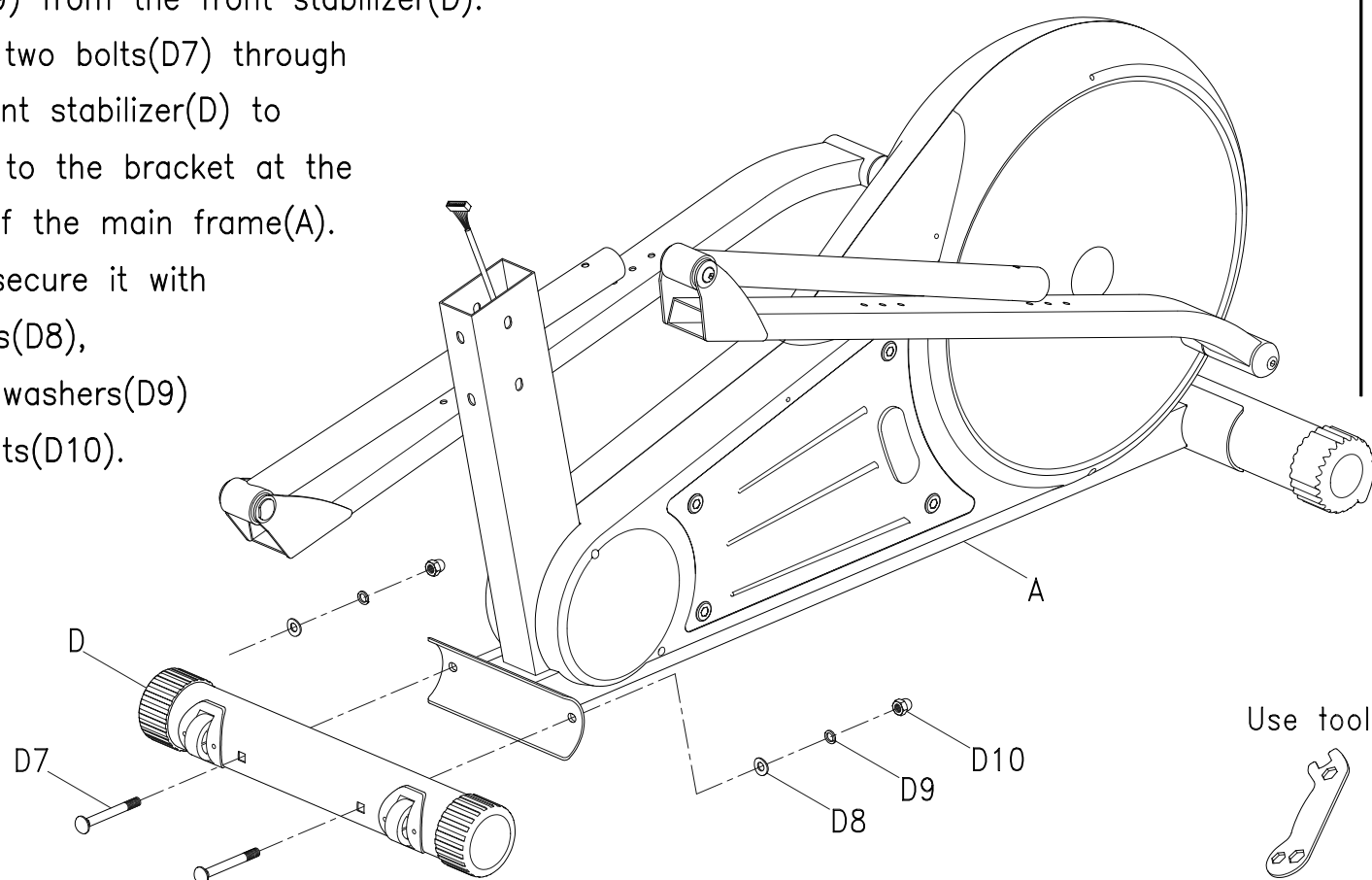


FIGURE 2

FIGURE 3

ASSEMBLY FOR CENTRAL SUPPORT TUBE

First, remove the bolts(B21), spring washers(B14) and washers(B13) from the central support tube(B)

Step1. Connect the cable(B5) & (A15).

Step2. Assemble the central support tube(B) onto the main frame(A) with bolts(B21), spring washers(B14) and washers(B13).

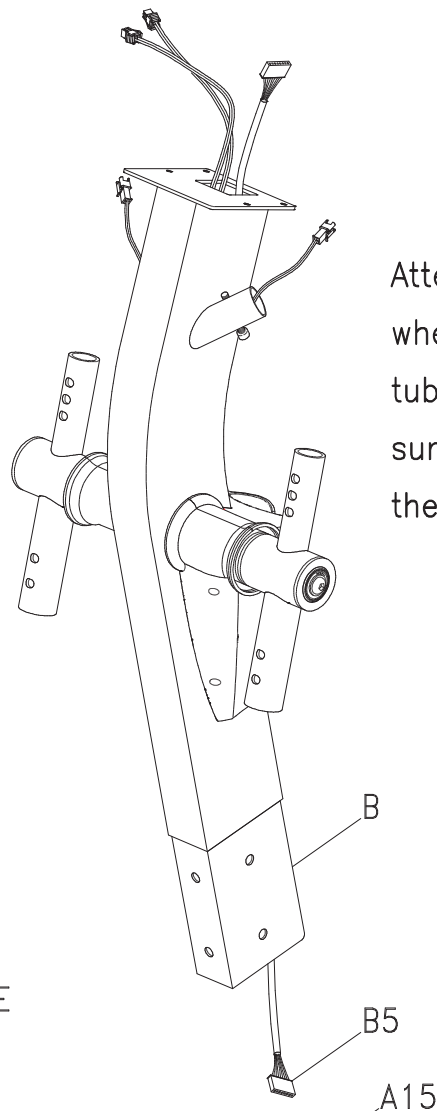
FIGURE 4

ASSEMBLY FOR MONITOR

Step1. remove the screws(E4) from the back of the monitor(E).

Step2. Connect the sensor wire(B5 & B6) with monitor wires and put the monitor on the fixing plate. Then, secure it with screws(E4).

Step3. You can place the water bottle in the plastic water bottle holder.



Attention:
when pushing the tubes together make sure not to pinch the cables.

FIGURE 4

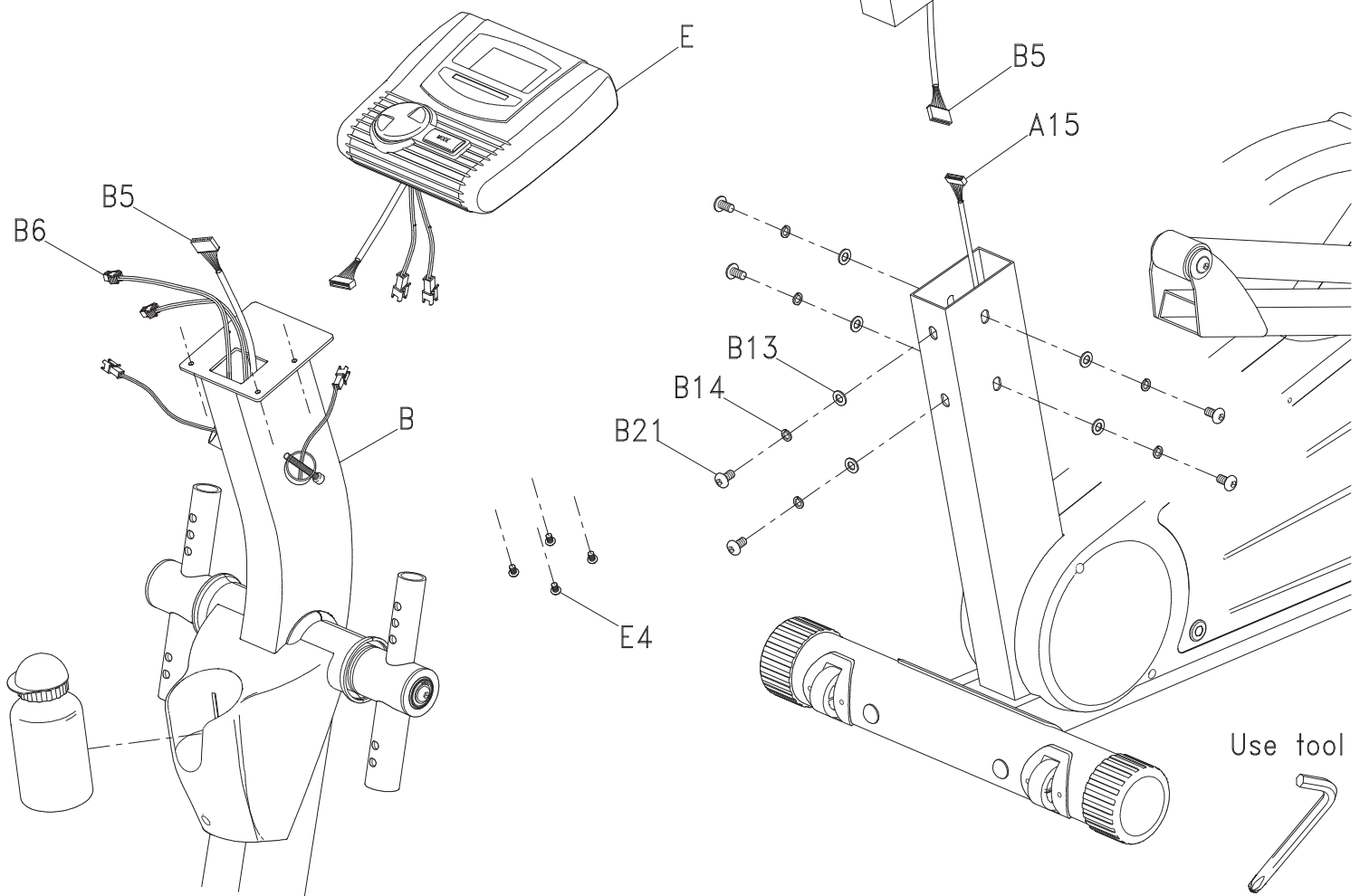


FIGURE 5

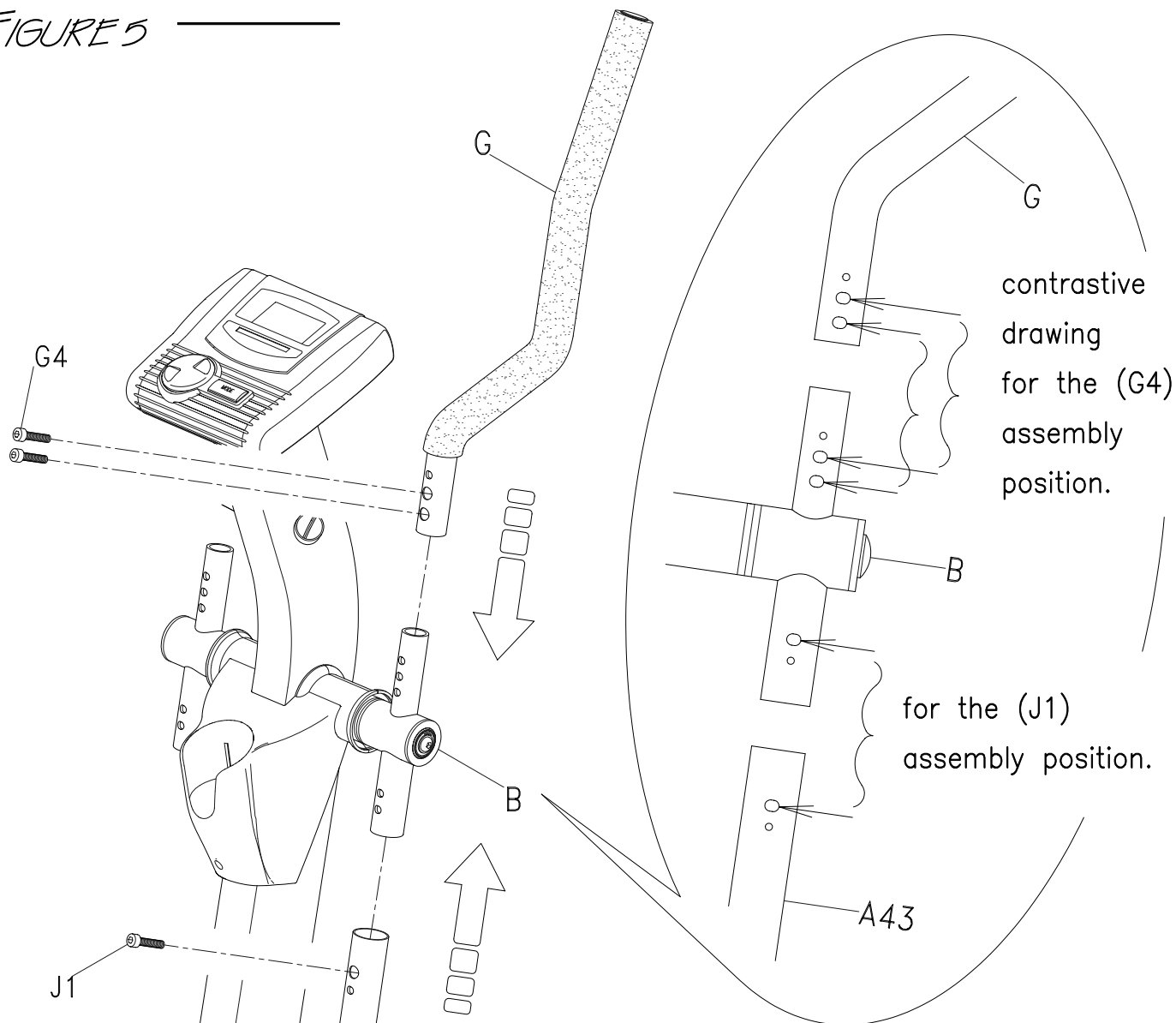


FIGURE 5

ASSEMBLY FOR SIDE HANDLEBAR

- Step1. Pull up right connect tube(A43) and slide over the central support tube(B). Secure with bolt(J1).
- Step2. First, remove the bolts(G4), from the side handlebar(G). Then, slide the side handlebar(G) over central support tube(B). Secure with bolts(G4).

** During handlebar assembly you have to use the holes as pictured in close-up view.

Repeat Step 1 and 2 on left connect tube(A43).

Use tool

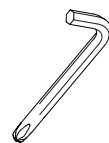


FIGURE 8

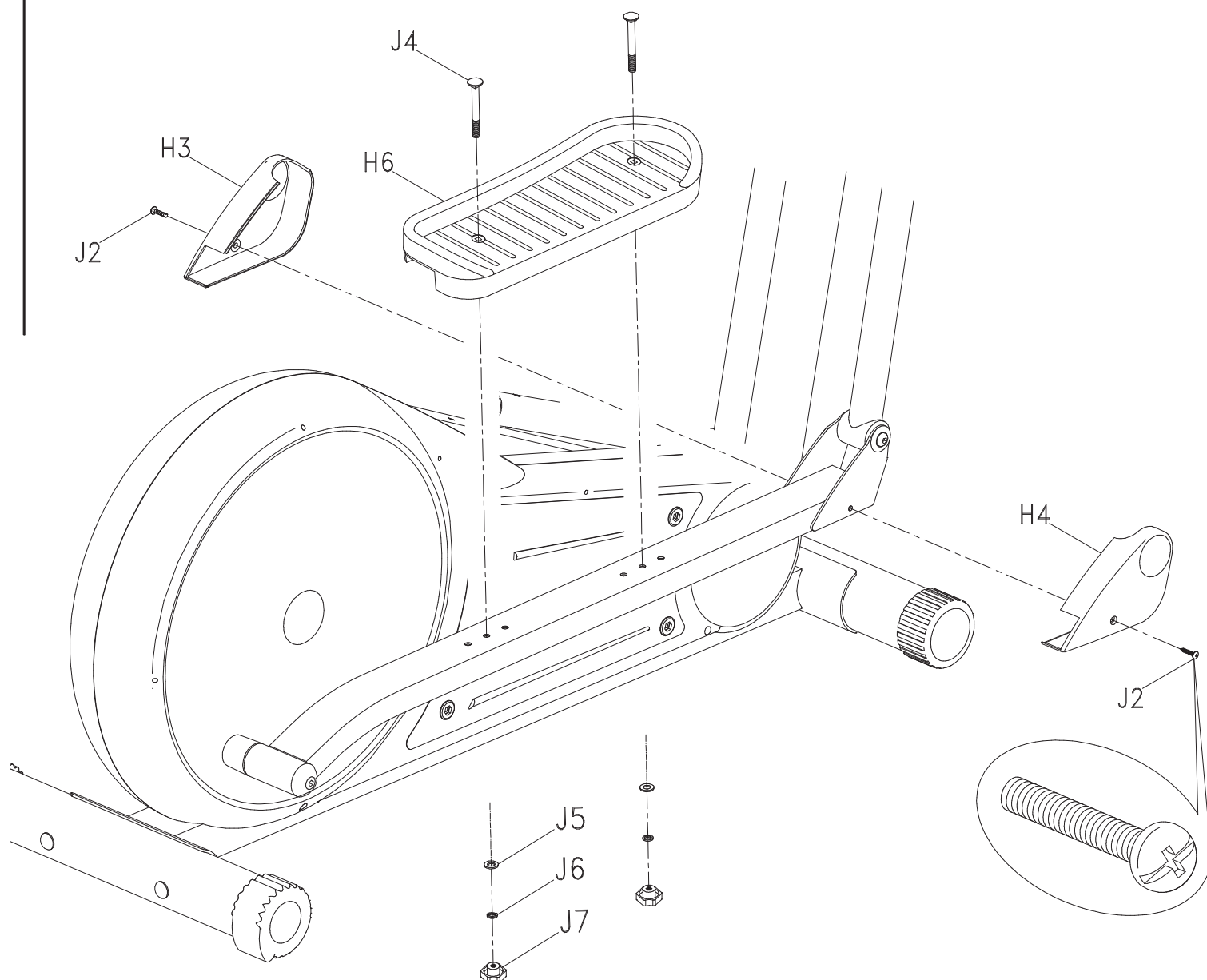


FIGURE 8

SIDE PEDAL JOINT COVERS

Connect right side pedal covers(H3 & H4) onto pedal joints and secure with screws(J2). Repeat again on left side pedal covers.

ASSEMBLY FOR PEDAL

Assemble the left & right pedals(H5, H6) with bolts(J4), washers(J5), spring washers(J6) and star knobs(J7).

There are 3 positions for moving track.

Use tool

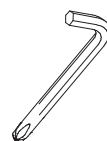


FIGURE 9

ASSEMBLY FOR ADAPTOR

The machine can be operated using the electricity adaptor.

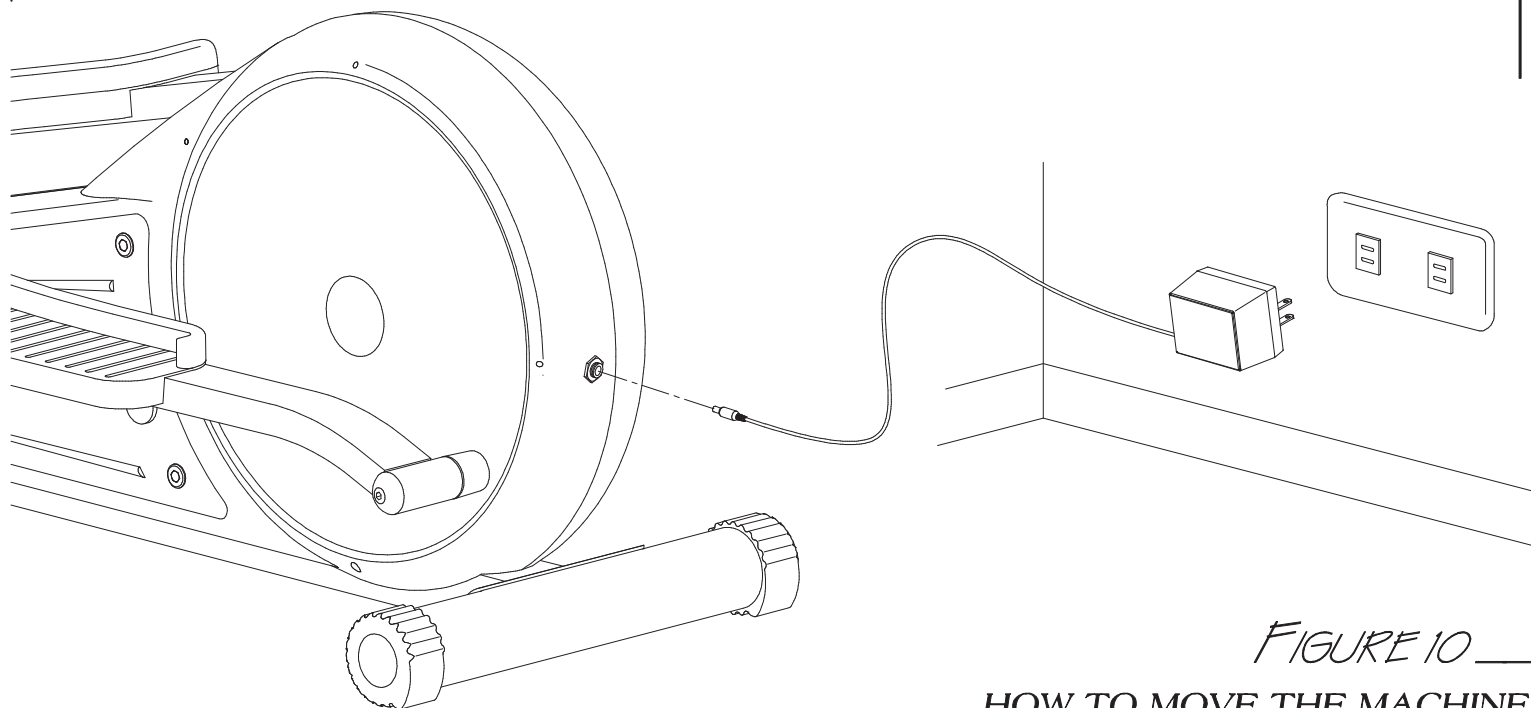


FIGURE 10

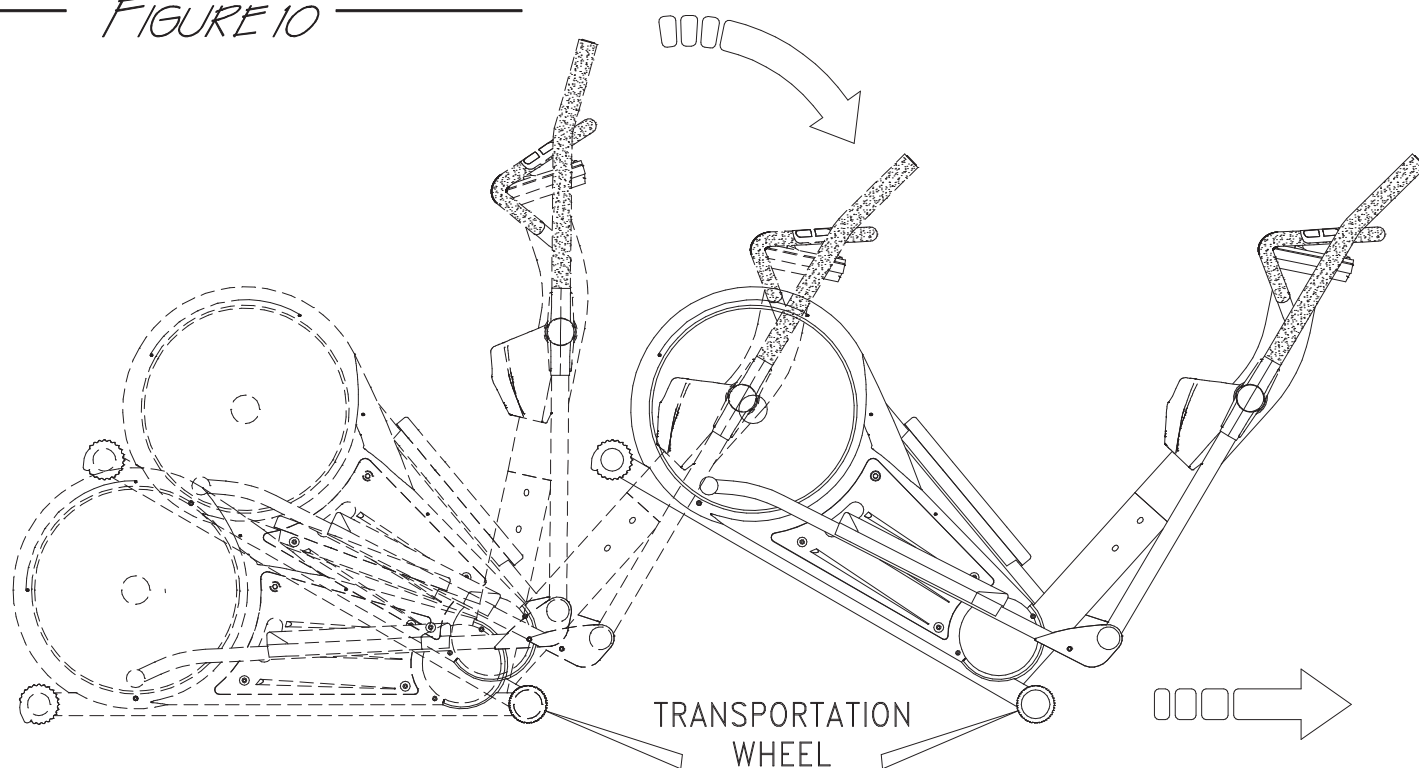
HOW TO MOVE THE MACHINE

The front stabilizer has built-in transport wheels.

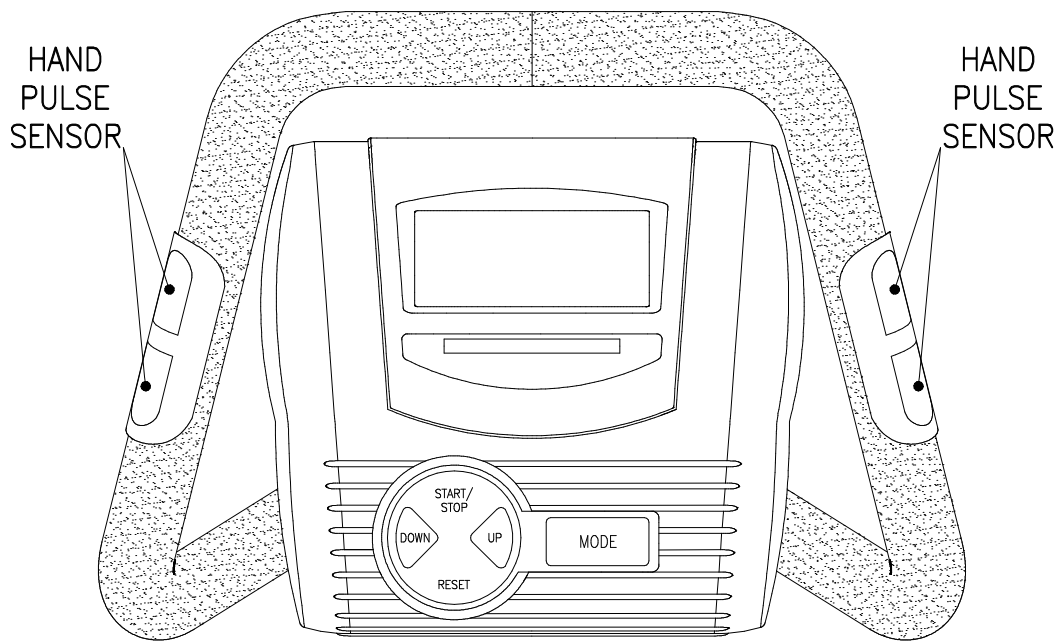
To move the machine, stand at the front and lift it up until the weight of the machine is transferred to the transport wheels.

You can now easily move the machine to a new location.

FIGURE 10



Programmable Training Computer



FUNCTION BUTTON

START/STOP To start or stop monitor counting.

MODE To enter all functions, age, and training programs

UP/DOWN To adjust and set all functions, personal data, and training programs

RESET To have the monitor jump to initial display for training mode selection. If you hold on pressing the button for 2 seconds, the monitor will reset previous training and jump to user code selection.

FUNCTIONS

RPM To display current training rotations per minute.

SPEED To display current training speed.

TIME Count up - To accumulate training time from 0:00 to 99:59 with one second increment when the training starts.(No preset target)

Count down - The monitor will start to count from preset time down to 0:00 with one second decrement when the training starts. As soon as the preset time is achieved, the monitor starts to alarm, and TIME will start to count up immediately from 0:00.

DISTANCE Count up - To accumulate training distance from 0.00 to 999.9 with 0.01 km (ml) increment when the training starts. (No preset target)

Count down - The monitor will start to count from preset distance down to 0.00 with 0.01 km (or ml) decrement when the training starts. As soon as the preset distance is achieved, the monitor starts to alarm, and DISTANCE will start to count up immediately from 0.00.

CALORIE Count up - To accumulate calorie consumption from 0 to 9999 cal with one cal increment when the training starts. (No preset target)

Count down - The monitor starts to count from preset calories down to 0 with 1 cal decrement when the training starts. As soon as the preset calories are achieved, the monitor starts to alarm, and CALORIES will start to count up immediately from 0.

WATT To display the workout effort in figures.

PULSE The monitor will display your current heart rate figures in a few seconds after you hold two hands on handle bar grip sensors. To have more precise heart rate readout and detection, please always hold two hands instead of one hand only.

NOTE

1. When you stop training and do not press any button for 4 minutes, the monitor will shut off automatically. All previous training data (Time, Distance and Calories) will be stored. You may press any button or start training again to wake up the monitor display.
2. You may have the monitor reset all function data by pressing the RESET button for 4 seconds.
3. The monitor requires power supply with AC adaptor input. (Out put 500mA, 6V)

MONITOR INSTRUCTION MANUAL

1. Plug in the power supply (AC adaptor).
2. The monitor displays all segments for 2 seconds. [If you press RESET button for over 2 seconds, the monitor will display all segment for 2 seconds for a new start.]
3. Press UP or DOWN to select training mode in MANUAL, PROGRAM (P1~P12), USER, TARGET.H.R., and press MODE to confirm setting.
4. Different training modes:

MANUAL

1. Once you select MANUAL training mode, the LED bar below the monitor display will light up to show your current level position. You may increase or decrease training level by pressing UP or DOWN.
2. Press START/STOP to start training in Manual mode. (STOP symbol will disappear from the monitor)
3. Press UP/DOWN/MODE to set target function data of Time, Distance, Calories, Watt, and Pulse. Each preset function (except Watt and Pulse) will count down from preset target as soon as training starts.
4. You may adjust training resistance level (1~16) by pressing UP/DOWN during training. (Except the Watt data has been preset)
[Press watt data for training] - If you have preset Watt data, the training resistance level will be adjusted automatically according to the training speed and RPM. If you see the symbol ▼ on the monitor, it means your training speed is slow that the resistance level will be increased automatically to maintain the preset watt. If you see the symbol ▲ on the monitor, it means the speed is fast that the resistance will be decreased automatically to maintain the preset watt. If you see the symbol ▼ on the monitor, it means your current speed is too slow and the resistance has been achieved to the maximum level. At that moment, the monitor alarms "bi-b-bi" per second to remind you to increase training speed. If you maintain the same training speed for 1 minute, the monitor will alarm "bi-bi-bi-bi-bi-bi" (per second) for 30 seconds and stop the system automatically [The resistance level will be dropped to level 1 at that moment] as a protection implement. If you see the symbol - - - and ▲ on the monitor, it means your current speed is too fast and the resistance has been dropped to the minimum level. At the moment, the monitor alarms "bi-b-bi" per second to remind you to decrease training speed. If you maintain same training speed for 1 minute, the monitor will alarm "bi-bi-bi-bi-bi-bi" (per second) for 30 seconds and stop the system automatically [The resistance level will be dropped to level 1 at that moment] as a protection implement.
5. The monitor will alarm "bi-bi-bi" to remind you and stop as soon as one of each preset function target has counted down to zero.

PROGRAM

1. Once you select Program training mode, the LED bar below the monitor display will light up to show your current level position. You may increase or decrease training level by pressing UP/DOWN.
2. Press START/STOP to start training in Program mode. (STOP symbol will disappear from the monitor)
3. Press UP/DOWN/MODE to select preferred training program profiles from P1 to P12.
4. Press UP/DOWN to adjust resistance level of the profile from level 1 to level 16. (You may adjust training resistance level by pressing UP/DOWN buttons during training)
5. Press UP/DOWN/MODE to set target function data of Time, Distance, Calories, and Pulse. Each preset function will count down when the training starts.(Except Pulse)
6. Press START/STOP to start your training with PROGRAM mode.
7. The monitor will alarm "bi-bi-bi" to remind you and stop as soon as one of each preset function target has counted down to zero.(Except Pulse)

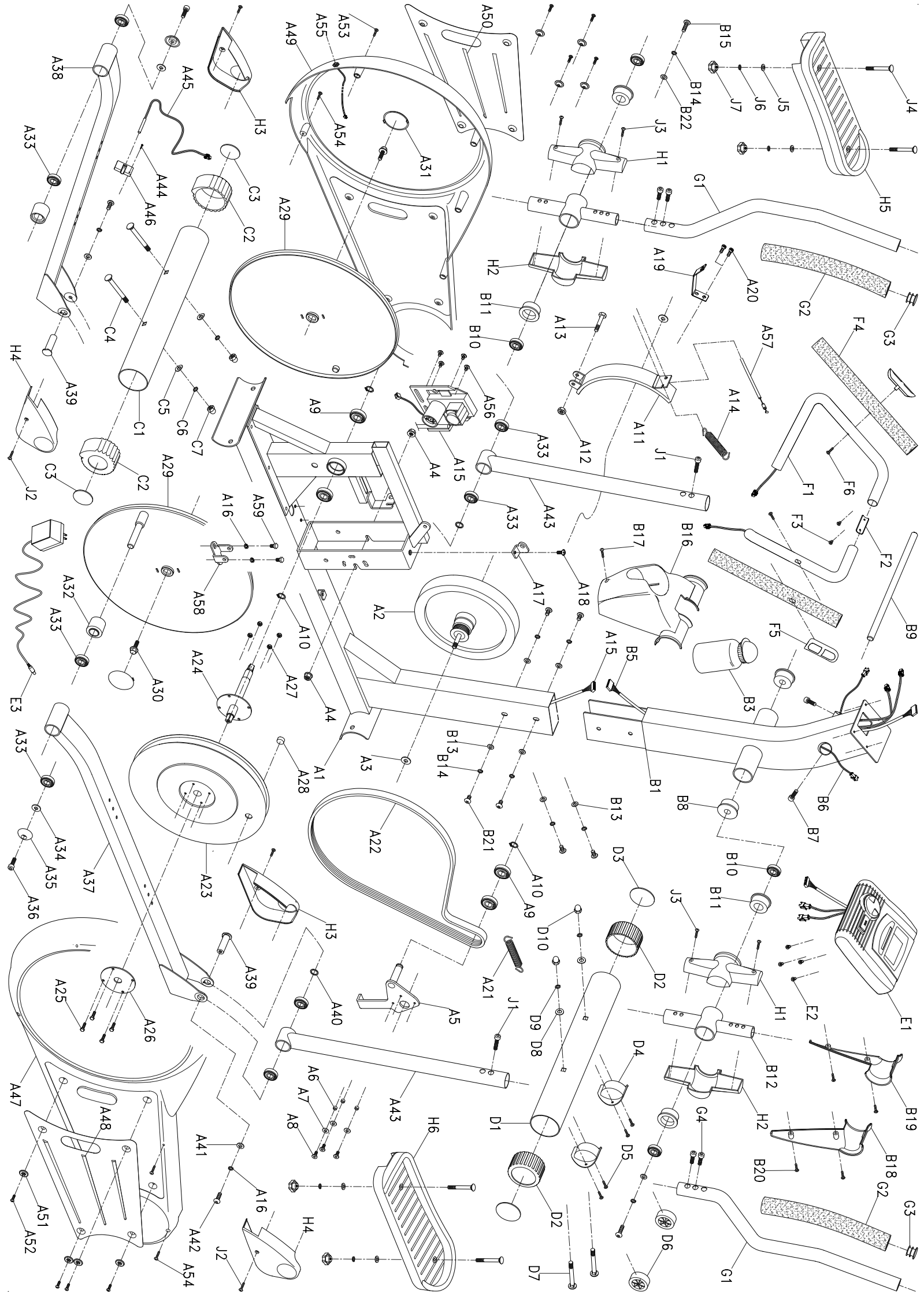
USER

1. Once you select User training mode, the LED bar below monitor display will light up to show your current level position. You may increase or decrease training level by pressing UP/DOWN.
2. Press UP/DOWN/MODE to preset your own Profiles for training. You may quit profile setting mode by pressing MODE button for over 2 seconds.
3. Press UP/DOWN/MODE to set target function data of Time, Distance, Calories, and Pulse. Each preset function will count down when the training starts. (Except Pulse)
4. Press START/STOP to start your training with USER mode.
5. During training, you may press UP/DOWN to adjust resistance level.
6. The monitor will alarm "bi-bi-bi" to remind you and stop as soon as one of each preset function target has counted down to zero.(Except Pulse)

TARGET H.R.

1. When you select User training mode, the LED bar below monitor display will light up to show your current level position. You may increase or decrease training level by pressing UP/DOWN.
2. Once you select TARGET H.R. for training, the monitor requests that you to input your AGE. Press UP/DOWN/MODE to set age. This data is the key point for the proper target heart rate data calculation by the monitor.
3. Press UP/DOWN/MODE to select different percentages of target heart rate figures you would like to achieve for training. There are 55%, 75%, 90% for selection, or you may input manually a target heart rate figure for training.
 - 3 - 1 The training resistance level is not available to be adjusted by button operation if you are training in TARGET H.R. mode.
 - 3 - 2 The resistance level will be auto adjusted by the monitor according to your actual heart rate figure.

If your current heart rate figure is under preset, the resistance level will be increased 1 level per 30 seconds until level 16 or the target heart rate figure is achieved. If your current heart rate figure is exceeding the preset target figure, the resistance level will be decreased on level immediately. The resistance level will keeping decreased by one level per 15 seconds until level one. If your current heart rate figure is still exceeding the target when the resistance level is dropped to level one for 30 seconds, the monitor will stop and alarm to remind you.
4. Press UP/DOWN/MODE to set target function data of Time, Distance, Calories. Each preset function will count down when the training starts.
5. Press START/STOP to start your training with TARGET H.R. mode.



P/N	DESCRIPTION	Q'TY		P/N	DESCRIPTION	Q'TY
A1	MAIN FRAME	1		B1	CENTRAL SUPPORT TUBE	1
A2	MAGNETIC FLYWHEEL	1		B3	WATER BOTTLE	1
A3	FLAT WASHER	2		B5	SENSOR WIRE	1
A4	NUT	2		B6	HAND PULSE SENSOR WIRE	1
A5	TENSION PULLEY	1		B7	BOLT	2
A6	PIPE	3		B8	BUSHING	2
A7	FLAT WASHER	3		B9	SHAFT	1
A8	SCREW	3		B10	BEARING	4
A9	BEARING	4		B11	BUSHING	4
A10	E CLIP	3		B12	CONNECT TUBE	2
A11	MAGNETIC HOUSING	1		B13	FLAT WASHER	6
A12	NUT	1		B14	SPRING WASHER	8
A13	SCREW	1		B15	SCREW	2
A14	SPRING	1		B16	BOTTLE HOUSING	1
A15	GEAR BOX	1		B17	SCREW	1
A16	SPRING WASHER	2		B18 - B19	DECORATION BOTTLE HOUSING	2
A17	SPRING FIXING HOUSING	1		B20	SCREW	4
A18	SCREW	1		B21	SCREW	6
A19	FIXING HOUSING	1		B22	FLAT WASHER	2
A20	SCREW	2				
A21	SPRING	1		C1	REAR STABILIZER	1
A22	BELT	1		C2	END CAP	2
A23	BELT PULLEY	1		C3	END CAP COVER	2
A24	PULLEY AXLE	1		C4 - D7	BOLT	4
A25	SCREW	4		C5 - D8	FLAT WASHER	4
A26	PLANE	1		C6 - D9	SPRING WASHER	4
A27	NUT	5		C7 - D10	NUT	4
A28	MAGNET	1				
A29	TURNING PLATE	2		D1	FRONT STABILIZER	1
A30	SCREW	2		D2	END CAP	2
A31	DECORATION COVER	2		D3	END CAP COVER	2
A32	PIPE	2		D4	TRANSPORT WHEEL HOUSING	2
A33	BEARING	4		D5	SCREW	4
A34	FLAT WASHER	2		D6	TRANSPORTATION WHEEL	2
A35	SCREW COVER	2				
A36	SCREW	2		E1	MONITOR	1
A37	PEDAL TUBE(RIGHT)	1		E2	SCREW	2
A38	PEDLA TUBE(LEFT)	2		E3	ADAPTOR	1

A39	SCREW	2		F1	FRONT HANDLEBAR(L&R)	2
A40	FLAT WASHER	2		F2	HANDLEBAR CLIP	1
A41	FLAT WASHER	2		F3	SCREW	2
A42	SCREW	2		F4	FOAM GRIP	2
A43	CONNECT PIPE	2		F5	SENSOR	2
A44	SCREW	1		F6	SCREW	2
A45	SENSOR WIRE	1				
A46	FIXING HOUSING	1		G1	SIDE HANDLE BAR	2
A47	RIGHT COVER	1		G2	FOAM GRIP	2
A48	DECORATION COVER	1		G3	END CAP	2
A49	LEFT COVER	1		G4	SCREW	4
A50	DECORATION COVER	1				
A51	SCREW COVER	8		H1 - H2	DECORATION COVER	1
A52	SCREW	8		H3 - H4	PEDAL JOINT COVER	1
A53	SCREW	3		H5 - H6	PEDAL	1
A54	TAPPING SCREW	6				
A55	POWER CORD SENSOR	1		J1	BOLT	2
A56	SCREW	4		J2	SCREW	4
A57	TENSION CABLE	1		J3	SCREW	4
A58	FIXING HOUSING	1		J4	BOLT	4
A59	SCREW	2		J5	SPRING WASHER	4
				J6	FLAT WASHER	4
				J7	KNOB	4

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** below.

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:

$220 - 30 = 190$

$190 \times .60 = 114 \text{ (low end or 60\% of MHR)}$

$190 \times .75 = 142 \text{ (high end or 75\% of MHR)}$

30 year-old (THR) Target Heart Rate would be 114-142

See Heart Rate Table for additional calculations.

TARGET HEART RATE ZONE

100%

Serious
athletic
training range

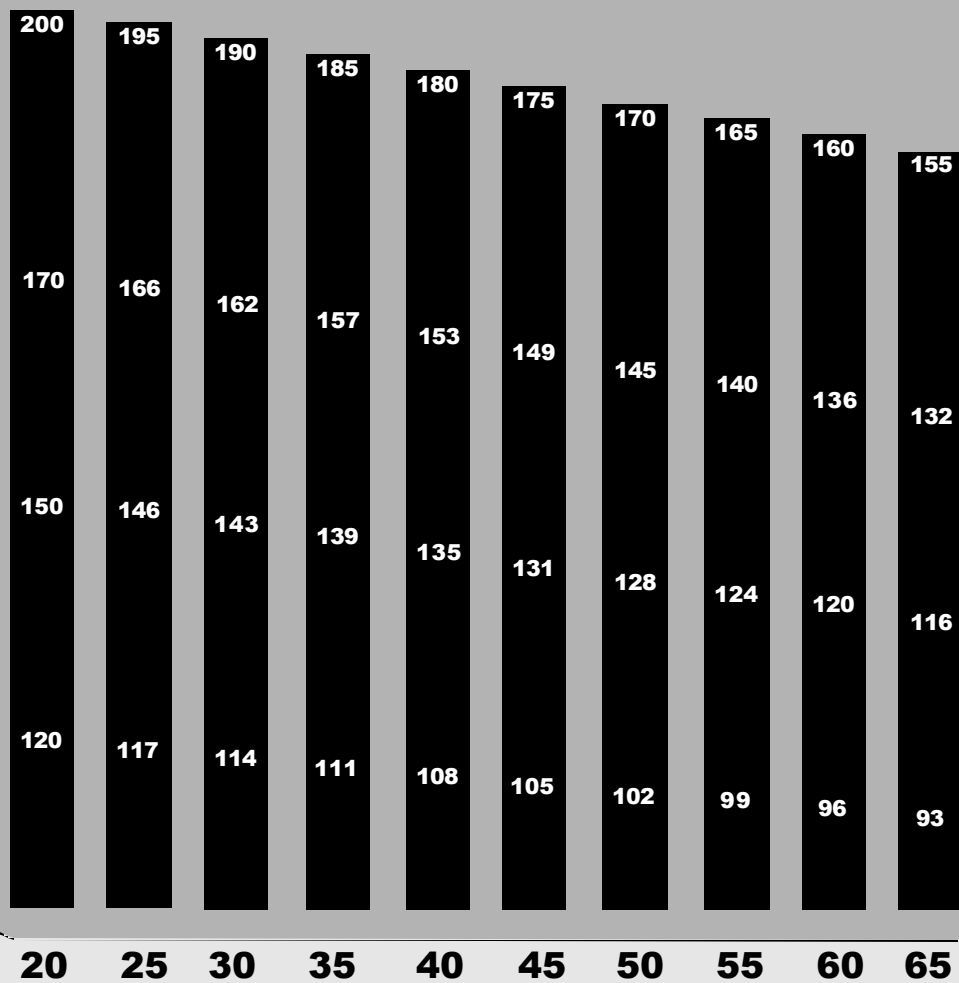
85%

Cardiovascular
conditioning
range

75%

Fat burning
range

60%



AGE

KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY

PRODUCT: CARDIOMAX 708 ELLIPTICAL
HOME USE WARRANTY: Frame: Lifetime, Parts: 2 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