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### Hint of how to dispose

- Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities.
- Contact your local government for information regarding the collection systems available.
- If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being.
- When replacing old appliances with new once, the retailer is legally obligated to take back your old appliance for disposal at least for free of charge.

### Descriptions & Specifications:

This Elliptical trainer is built in compliance with EN 957-1: 2005&EN 957-9: 2003 with maximum permissible user’s weight of 150kg and classified as SA and equipped with speed independent braking system.

This training equipment is a stationary exercise machine used to simulate walking or running without causing excessive pressure to the joints, hence decreasing the risk of impact injuries.

Elliptical trainers offer a non-impact cardiovascular workout that can vary from light to high intensity based on the resistance preference set by the user. It will work the your upper and lower body and increase cardio capacity and maintain fitness of your body also.

Before beginning any exercise program, consult your doctor.

This is especially important for people aged over 35 or who have previously had health problems, and those who have not done any sport for a number of years.

**Remark:**

1. The classification of SA means this elliptical trainer is designed for studio use and with good accuracy class, the variations of power consuming are within ±5W up to 50W and ±10% over 50W.
2. The braking resistance level is adjustable by the controller, the power consumption is independent on the pedaling speed.
SAFETY PRECAUTIONS

⚠️ WARNING: Read all instructions in this manual before use and keep this user’s manual for entire life of this product for further reference.

⚠️ WARNING: It is owner’s responsibility to ensure that all users of this elliptical trainer are adequately informed about all safety precautions before use. Use the elliptical trainer only as described in this manual.

⚠️ WARNING: Consult your physician before beginning any exercise program.

⚠️ WARNING: Do not use if you feel dizzy or have an acute cold or fever.

⚠️ WARNING: To reduce the risk of serious injury, read the following safety precautions before using the exercise elliptical.

⚠️ WARNING: Keep children under the age of 14 and pets away this trainer at all times. Before the training starts, remove all objects within a radius of 2 meters from the machine.

⚠️ WARNING: Never insert objects into any opening in the exercise elliptical. If an object should drop inside, carefully retrieve it.

⚠️ WARNING: Close supervision is necessary when this exercise elliptical is being used by or near children, or disabled persons.

⚠️ WARNING: Warning up exercise is necessary before you start your training.

⚠️ WARNING: Your health could be impaired by incorrect or excessive trainings. If you feel pain or dizziness while exercising, stop immediately and cool down then consult a doctor before beginning a planned training program.

⚠️ WARNING: The pulse sensor is not a medical device. Various factors including the user’s movement, may affect the accuracy of the heart rate readings. The Pulse sensor is intended only as an exercise aid in determining heart rate rends in general.

⚠️ WARNING: Wear appropriate exercise clothing and when using the trainer. Do not wear loose clothing that could be caught by this trainer.

⚠️ WARNING: Assemble the machine exactly as described in the installation instructions and use the enclosed parts contained in the parts& tool kits.

⚠️ WARNING: Keep the exercise elliptical indoors, away from moisture and dust. Place the exercise elliptical on a stable & level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exercise elliptical to mount, dismount, and use it.

⚠️ WARNING: Inspect and properly tighten all parts regularly and. If any damages were found, keep the equipment out of use until repair and call our service center or the retailer for further helps.

⚠️ WARNING: Always follow the console instructions for proper operation

⚠️ WARNING: When mounting and dismounting the exercise elliptical, always hold the handlebars tightly when the elliptical trainer comes to rest then get off the pedal platform that is in the lowest position and land on the floor.

⚠️ WARNING: When you stop exercising, allow the pedals to slowly come to a stop.

⚠️ WARNING: Allow only one person at a time on your machine.
SPECIFICATIONS:
Dimensions: L: 2107 mm x W: 632 mm x H: 1780 mm
Weight of product: 90.5 kg (199.5 lbs)
Program: 6 preset programs, Fitness Test, HRC*4
Standard features: 8*16 dot matrix HR receive
Resistance System: PMS (Perment Magnet System)
Power source: Built-in generator & rechargeable battery 12V-1.2AH
UNPACKING & ASSEMBLY

PARTS

Handle bar set
Housing
Console set
Console frame cover

Left cover, right arm
Right cover, right arm
Left cover, left arm
Right cover, left arm

Bottle Holder

HARDWARE KIT

#5-2
M5*12mm / 4pcs
(Console set)

#5-5
M4*12mm / 8pcs
(Left / right cover)

#5-6
M3*30mm / 2pcs
(Left / right cover)

#5-3
M4*10mm / 2pcs
(Handle bar set)

#5-4
M4*12mm / 2pcs
(Console frame cover)

#5-7
M8*20mm / 4pcs
(Handle bar set)

#5-9
M8*18mm / 4pcs
(Handle bar set)

#5-8
M8mm / 4pcs
(Handle bar set)

Allen wrench / 1pc
(3mm)

Allen wrench / 1pc
(4mm)

Allen wrench / 1pc
(5mm)

Allen wrench / 1pc
(6mm)
UNPACKING & ASSEMBLY

TO avoid components damage, please unpacking carton carefully, we suggest you to put a pad on the floor before you put the elliptical down.

**Step 1. Assemble Handle bar set on the housing.**

1). put handle bar post into main frame · connected upper console wire and lower console wire.
2). Using 4pcs of M8*20mm screw · washer and S washer · fixing handle bar post and main frame.
3). Using 2pcs of M4*12mm screw · fixing the console frame cover and main frame.
Step 2. Assemble Bottle Holder on the handle bar set.
1). Using 2pcs of M5*10mm screw, fixing the bottle holder on the handle bar post.
Step 3. Assembly Handle arm on the Pedal linkage.
1). Use 2x M12*24mm screws, M8*23 washer and M8*16mm screws to fasten Handle arm and Pedal linkage.

Step 4. Assembly Left / right cover on the Pedal Linkage.
1). Assemble right/left arm cover with pedal arm.
2). Fasten 4pcs M4x12mm screws on left/right arm cover by 5mm wrench.
3). Fasten 1pcs M3x30mm screw on left/right arm cover by 3mm wrench.
Step 5: Assembly console with handle bar post
1). Put the console into handle bar post, connected upper console wire with lower console wire.
2). Using 4pcs of M5*12mm screw, tighten all screws.
A successful exercise program consists of a warm up, aerobic exercise and a cool down. Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

**HEAD ROLLS**
Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count. Repeat this action for several times.

**SHOULDER LIFTS**
Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder. Repeat this action for several times.

**SIDE STRETCHES**
Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

**INNER THIGH STRETCH**
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 seconds. Repeat this action 3-5 times.

**HAMSTRING STRETCHES**
Keep your right leg straight and the left foot on the floor; try to stretch your right hand toward the toe, hold this posture for 15 seconds. Relax, then repeat the action for left leg.

**QUADRICEPS STRETCH**
With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 seconds and repeat with left foot up.

**CALF/ACHILLES STRETCH**
Step your right foot in front of your body. Lean against a wall with your arms and stretch your left foot backward your body. Bend forwards your right foot, and slightly push your buttock toward the wall for 15 seconds. Repeat the action with front left foot and rear right foot for another 15 seconds.

**TOE TOUCHES**
Slowly bend forward from your waist, letting your back and shoulder relax as you stretch toward your toes. Reach down as far as you can and hold for 15 seconds.
Display & Keys

Dot-matrix, display program profiles & message

Message window
## Display function

<table>
<thead>
<tr>
<th>Display</th>
<th>Definition</th>
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<tbody>
<tr>
<td>Time</td>
<td>Displays time remaining or total time.</td>
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<tr>
<td>Calories</td>
<td>Displays calories burned.</td>
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<tr>
<td>Heart Rate</td>
<td>Displays hand grip and wireless Heart Rate reading.</td>
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<tr>
<td>Distance</td>
<td>Displays total distance KM/Mi.</td>
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<tr>
<td>RPM</td>
<td>Displays pedaling RPM.</td>
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<tr>
<td>Watts</td>
<td>Displays consuming watt.</td>
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<tr>
<td>Mets</td>
<td>Displays the multiple of rest.</td>
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<tr>
<td>Level</td>
<td>Displays current resistance level L1~L16</td>
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</table>

※ Calories & Heart Rate for reference only.

## Key function

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<tr>
<th>Key</th>
<th>Function</th>
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<tbody>
<tr>
<td>Start</td>
<td>Quick start or program start.</td>
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<td>▲</td>
<td>Adjust workload up. Adjust value when program setting. Select program</td>
</tr>
<tr>
<td>▼</td>
<td>Adjust workload down. Adjust value when program setting. Select program</td>
</tr>
<tr>
<td>Display</td>
<td>RPM←→Watt Calories←→Distance Time←→Mets Level←→Heart Rate</td>
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<tr>
<td>Enter</td>
<td>Confirm value entered.</td>
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<tr>
<td>Rest</td>
<td>Reset back to idle mode while pause</td>
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<tr>
<td>Progarm</td>
<td>Select program directly</td>
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<tr>
<td>Keypad</td>
<td>Set value</td>
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PROGRAMS DESCRIPTION

1. QUICK START
   1.1 To pedal over 30 rpm to wake up and initial the system to idle mode, press ‘START’ to quick start.
   1.2 Press shift UP or DOWN to exercise level by 1 level or press quick Level Key to change level.
   1.3 Stop pedaling will pause the system, stop pedaling over 30 seconds system will auto shut down.

2. Target
   2.1 Press ‘Target’ key to enter the program.
      2.1.1 Set time: use shift up or down device to set time then press ‘ENTER’ to next settings.
      2.1.2 Set weight: use shift up or down device to set weight then press ‘ENTER’ to next settings.
      2.1.3 Set age: use shift up or down device to set age then press ‘ENTER’ to next settings.
      2.1.4 Set distance: use shift up or down device to set distance then press ‘ENTER’ to next settings.
      2.1.5 Set calories: use shift up or down device to set calories then press ‘START’ to begin workout.
   2.2 Beginning the workout:
      2.2.1 If either, Time, Distance and Calories are set the program will count down. Once the preset value reaches 0 the program will end. If no goal is set the program will not end unless manually stopped.

3. Preset program:
   3.1 There are 5 preset programs, ROLLING, VALLEY, FAT BURN, INTERVAL, RANDOM. Press their own program key to enter the program.
      3.1.1 Set time: use shift up or down device to set time then press ‘ENTER’ to next settings.
      3.1.2 Set weight: use shift up or down device to set weight then press ‘ENTER’ to next settings.
      3.1.3 Set age: use shift up or down device to set age then press ‘ENTER’ to next settings.
      3.1.4 Set workout level: use shift up or down device to set level 1~5(For RANDOM program will change the profile randomly. Press ‘START’ to begin workout.
   3.2 Beginning the workout:
      3.2.1 The resistance level will change automatically according to the program settings, the resistance level will change every 2 minutes per segment if the time is in count up
mode, if time is entered during setup then the segment time=set time / 16. You can use any speed or incline key to change speed or incline during your workout.

3.2.2. The program will end when the counter reaches 0.

3.2.3. Preset program profiles:

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<td>LEVEL 5</td>
<td>8</td>
<td>10</td>
<td>15</td>
<td>10</td>
<td>8</td>
<td>8</td>
<td>10</td>
<td>15</td>
<td>10</td>
<td>8</td>
<td>8</td>
<td>10</td>
<td>15</td>
<td>10</td>
<td>8</td>
<td>8</td>
</tr>
</tbody>
</table>
4. **HRC (Heart Rate Control)**
   4.1. Press **H.R.C** key to enter the program.
   4.2. Set time: use shift up or down device to set time then press **ENTER** to next settings.
   4.3. Set weight: use shift up or down device to set weight then press **ENTER** to next settings.
   4.4. Set age: use shift up or down device to set age then press **ENTER** to next settings.
   4.5. Set workout mode: There are 3 types of HRC mode. **WEIGHT LOSS MODE**, **AEROBIC MODE**, **TARGET MODE**, use shift up or down device to select the desired HRC type then press **ENTER** to next settings.
   4.6. Set target heart rate: use shift up or down device to set Target Heart Rate (WEIGHT LOSS MODE default value = MHR 70%, setting range = MHR 66%~75%. AEROBIC MODE default value = MHR 80%, setting range = MHR 76%~85%, TARGET HEART RATE default value = 130, setting range = 100~180) then press **ENTER** to next settings.
   4.7. Set begin resistance level: use shift up or down device to set LEVEL then press **START** to begin workout.
   4.8. Beginning the workout:
      4.8.1 The program will compare the real time and preset target heart rate every 30 seconds to adjust resistance level until the actual heart rate is reaches within + or − 5 beats of the preset target heart rate.
      4.8.2 During the program, if the actual pulse rate ≤ target workout heart rate minus 5, the resistance level will be increased one level every 30 seconds until the max. level.
      4.8.3 During the program, if the actual pulse rate ≥ target workout heart rate plus 5, the
resistance level will be decreased one level every 30 seconds until the min. level.
4.8.4 You can use any resistance level key or device to change the resistance level during your workout.
4.8.5 The program will end when the counter reaches 0.

5. **Fitness Test** :

5.1. Press 『Fitness Test』 key to enter the program.

5.2. Set weight: use shift up or down device to set weight then press 『ENTER』 to next settings.

5.3. Set age: use shift up or down device to set age then press 『START』 to begin workout.

5.4. Beginning the workout:

5.4.1. There are 10 stages at most, 3 minutes per stage, first stage(0~3 min) the wattage preset value=55W, the preset wattage value from stage 2~10 depend on average heart rate value of first stage, shown as below:

---

**PROGRAM**
### 2:01-3:00 AVG. HR

<table>
<thead>
<tr>
<th>Stage</th>
<th>&lt; 80bpm</th>
<th>80-89bpm</th>
<th>90-100bpm</th>
<th>&gt;100bpm</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 – (3:01~6:00)</td>
<td>125W</td>
<td>100W</td>
<td>75W</td>
<td>55W</td>
</tr>
<tr>
<td>3 – (6:01~9:00)</td>
<td>150W</td>
<td>125W</td>
<td>100W</td>
<td>75W</td>
</tr>
<tr>
<td>4 – (9:01~12:00)</td>
<td>175W</td>
<td>150W</td>
<td>125W</td>
<td>100W</td>
</tr>
<tr>
<td>5 – (12:01~15:00)</td>
<td>200W</td>
<td>175W</td>
<td>150W</td>
<td>125W</td>
</tr>
<tr>
<td>6 – (15:01~18:00)</td>
<td>225W</td>
<td>200W</td>
<td>175W</td>
<td>150W</td>
</tr>
<tr>
<td>7 – (18:01~21:00)</td>
<td>250W</td>
<td>225W</td>
<td>200W</td>
<td>175W</td>
</tr>
<tr>
<td>8 – (21:01~24:00)</td>
<td>-----</td>
<td>250W</td>
<td>225W</td>
<td>200W</td>
</tr>
<tr>
<td>9 – (24:01~27:00)</td>
<td>-----</td>
<td>-----</td>
<td>250W</td>
<td>225W</td>
</tr>
<tr>
<td>10 - (27:01~30:00)</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>250W</td>
</tr>
</tbody>
</table>

5.4.2. Can not adjust the resistance level manual, program will auto change the level according to the preset rules.

5.4.3. The program will end while heart rate value reach or over MHR 85% - 10 for 10 seconds. The program will show you the VO2 MAX value.

### HOW TO USE THE TRAINER

**How to Mount and Dismount the Trainer**
The Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. If maintenance is required, keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear as outlined in the Preventative Maintenance Schedule.

The following preventive maintenance will keep the exercise elliptical operating at peak performance:

- Locate the exercise elliptical in a cool, dry place.
• Clean the top surface of the pedals regularly.
• Keep the display console free of fingerprints and salt build-up caused by sweat.
• Use a 100% cotton cloth, lightly moistened with water and mild liquid cleaning product, to clean the exercise elliptical other fabrics, including paper towels, may scratch the surface. Do not finger to press the selection buttons on the console.
• Clean the housing thoroughly on a regular basis.

**NOTE:**
Before use the elliptical, please make sure the Aluminum tracks are cleaned and lubricated, this is to prevent the damage and noise on tracks when you are exercising. The exercise elliptical can be wiped clean with a soft cloth and mild detergent. **Do not use abrasives or solvents.** To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

**Preventative Maintenance Schedule**
Follow the schedule below to ensure proper operation of the product.

<table>
<thead>
<tr>
<th>ITEM</th>
<th>WEEKLY</th>
<th>MONTHLY</th>
<th>BI-ANNUALLY</th>
<th>ANNUALLY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Display Console</td>
<td>C</td>
<td>I</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Console Mounting Bolts</td>
<td></td>
<td></td>
<td>I</td>
<td></td>
</tr>
<tr>
<td>Accessory Tray</td>
<td>C</td>
<td>I</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Frame</td>
<td>C</td>
<td>I</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plastic Covers</td>
<td>C</td>
<td>I</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pedals and Straps</td>
<td>C</td>
<td>I</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**KEY:** C=Clean; I=Inspect

**Hand pulse**
Before/after running, to put your feet separately on each side rein, then hold the hand grip, so as to avoid any shaking. If the heart beat is too high or irregular, please have your hands out of the hand grip until the pulse display returns to "0", then redoing the test. Don't do this test while running.