6000 Treadmill
CRI-TM6000-G

Before Starting
- Make sure safety clip is connected to the treadmill and the other end is clipped on your waist.

Quick Start
- Press the Start Button.
- To accelerate or decelerate press the Speed button up or down.
- To increase or decrease incline press the Incline Button up or down.
- Press the stop press the Stop button or pull the safety key from the treadmill.

Preset Program
- Press the Program Select button and keep pressing to cycle through and choose a program. (Manual, Target, Course, Custom, Fitness Test, and Heart Rate Train)
- Once you have the category you want, press the Enter button.
- Use either the Speed or Incline up and down Buttons and the Enter button to input other information. (Weight, Age, etc.)
- Once all information is entered press the Start button to begin.
- Press the Incline and Speed buttons to adjust them up and down during workout.
- Press the stop press the Stop button or pull the safety key from the treadmill.

Please contact management if equipment is not working properly.
6000 Elliptical  
CIR-EL6000-G

**Before Starting**
- Make sure feet are positioned correctly on elliptical.

**Quick Start**
- Start pedaling. (elliptical powers on at 30 RPM)
- When machine turns on press the **Start** button.
- Press the **Up** or **Down paddle** to control the resistance.
- Stop pedaling to pause.  
  (system will shut off after 30 seconds)

**Preset Program**
- Start pedaling. (elliptical powers on at 30 RPM)
- Select one of the preset program buttons. 
  (Target, Rolling, Valley, Fat Burn, interval, 
  Random, Fitness test, H.R.C)
- Use the shift **Up** and **Down paddle** to input. 
  (Time, Weight, Age, and Workout Level)
- Once at desired numbers and selections press **Enter** to continue.
- After choosing workout level press **Start** to begin.
- To change the workout level during session press the **Up** or **Down paddle** to increase or decrease resistance.
- Stop pedaling to pause.  
  (system will shut off after 30 seconds)

Please contact management if equipment is not working properly.
6000 Recumbent Bike
CIR-RB6000-G

Before Starting
- Adjust ratchet straps on pedals to fit feet.
- Pull lever located below seat out to adjust seat forward or backward.

Quick Start
- Start pedaling. (bike powers on at 30 RPM)
- When machine turns on press the Start button.
- Press the Up or Down paddle to control the resistance on cycle pedals.
- Stop pedaling to pause. (system will shut off after 30 seconds)

Preset Program
- Start pedaling. (bike powers on at 30 RPM)
- Select one of the preset program buttons. (Target, Rolling, Valley, Fat Burn, interval, Random, Fitness test, H.R.C)
- Use the shift Up and Down paddle to input. (Time, Weight, Age, and Workout Level)
- Once at desired numbers and selections press Enter to continue.
- After choosing workout level press Start to begin.
- To change the workout level during session press the Up or Down paddle to increase or decrease resistance.
- Stop pedaling to pause. (system will shut off after 30 seconds)

Please contact management if equipment is not working properly.
6000 Upright Bike
CIR-UB6000-G

Before Starting
- Adjust ratchet straps on pedals to fit feet.
- Pull knob located below seat out to adjust seat up or down.

Quick Start
- Start pedaling. (bike powers on at 30 RPM)
- When machine turns on press the Start button.
- Press the Up or Down paddle to control the resistance on cycle pedals.
- Stop pedaling to pause.
  (system will shut off after 30 seconds)

Preset Program
- Start pedaling. (bike powers on at 30 RPM)
- Select one of the preset program buttons.
  (Target, Rolling, Valley, Fat Burn, interval, Random, Fitness test, H.R.C)
- Use the shift Up and Down paddle to input.
  (Time, Weight, Age, and Workout Level)
- Once at desired numbers and selections press Enter to continue.
- After choosing workout level press Start to begin.
- To change the workout level during session press the Up or Down paddle to increase or decrease resistance.
- Stop pedaling to pause.
  (system will shut off after 30 seconds)

Please contact management if equipment is not working properly.
Before Starting
- Make sure safety clip is connected to the treadmill and the other end is clipped on your waist.

Quick Start
- Press either the Quick Start button on screen or below screen.
- To accelerate or decelerate press the Speed button on the screen or below the screen up or down. You can also use the speed paddle on the arm of the treadmill.
- To increase or decrease incline press the Incline Button on the screen or below screen up or down. You can also use the incline paddle on the arm of treadmill.
- Press the stop press the Stop button on the screen, below the screen, or pull the safety key from the treadmill.

Preset Program
- Select a program from the menu. (HRC, Programs, Time, Calories, and Distance)
- Use touchscreen to input information
- Once information is in press Go on the screen to begin.
- To accelerate or decelerate press the Speed button on the screen or below screen up or down. You can also use the speed paddle on the arm of the treadmill.
- To increase or decrease incline press the Incline Button on the screen or below screen up or down. You can also use the incline paddle on the arm of treadmill.
- Press the stop press the Stop button on the screen, below the screen, or pull the safety key from the treadmill.

Please contact management if equipment is not working properly.
7000E Elliptical
CIR-EL7000E-G

Before Starting
- Make sure feet are positioned correctly on elliptical.

Quick Start
- To begin press Quick Start Button on screen.
- Press the Level Up or Level Down buttons on touch screen.
- To stop, stop pedaling and press Stop button.

Preset Program
- Select one of the preset program buttons on touch screen.
  (Heart Rate Control, Consistent Watts, Random, Hills, and Manual)
- Use the touchscreen to input information.
- Press Ok to begin.
- To stop, stop pedaling and press Stop button.

Please contact management if equipment is not working properly.
7000E Recumbent Bike
CIR-RB7000E-G

Before Starting
- Adjust ratchet straps on pedals to fit feet.
- Pull lever located below seat out to adjust seat forward or backward.

Quick Start
- To begin press Quick Start Button on screen.
- Press the Level Up or Level Down buttons on touch screen.
- To stop, stop pedaling and press Stop button.

Preset Program
- Select one of the preset program buttons on touch screen. (Heart Rate Control, Consistent Watts, Random, Hills, and Manual)
- Use the touchscreen to input information.
- Press Ok to begin.
- To stop, stop pedaling and press Stop button.

Please contact management if equipment is not working properly.
7000E Upright Bike
CIR-UB7000E-G

Before Starting
- Adjust ratchet straps on pedals to fit feet.
- Pull knob located below seat out to adjust seat up or down.

Quick Start
- To begin press Quick Start Button on screen.
- Press the Level Up or Level Down buttons on touch screen.
- To stop, stop pedaling and press Stop button.

Preset Program
- Select one of the preset program buttons on touch screen. (Heart Rate Control, Consistent Watts, Random, Hills, and Manual)
- Use the touchscreen to input information.
- Press Ok to begin.
- To stop, stop pedaling and press Stop button.

Please contact management if equipment is not working properly.