



# OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW ELLIPTICAL

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## **ATTENTION**

THIS ELLIPTICAL IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THIS APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

# Important Safety Instructions

When using an electrical appliance, basic precautions should always be followed, including the following:  
Read all instructions before using this appliance.

**DANGER** - To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

**WARNING** - To reduce the risk of burns, fire electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being use or where oxygen is being administered.
12. Connect this appliance to a properly grounded outlet only.
13. The appliance is intended for household use.

## Fitness Equipment Safety Instructions

- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Keep hands away from all moving parts.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.

Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

**SAVE THESE INSTRUCTIONS - THINK SAFETY!**

**CAUTION!!** Please be careful when unpacking the carton.

# Important Electrical Instructions

## **WARNING!**

- **NEVER** remove any cover without first disconnecting AC power supply.
- If A.C. voltage varies by ten percent (10%) or more, the performance of your elliptical may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.
- **NEVER** expose this elliptical to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. Maximum environmental ratings are 40-120 degrees Fahrenheit, 95% humidity non-condensing (no water droplets forming on surfaces).

# Important Operation Instructions

- **NEVER** operate this elliptical without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired level on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your elliptical during an electrical storm. Surges may occur in your household power supply that could damage elliptical components.
- Use caution while participating in other activities while using your elliptical such as watching television, reading, etc. These distractions may cause you to lose balance, resulting in serious injury.
- Always hold on to a handlebar while making control changes.

# Features

## **Incline Adjustment**

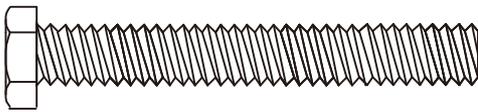
The elliptical has an electronic incline feature that will increase the variety of your workouts. When the incline is at its lowest position you get a normal elliptical workout. As the incline increases, you will feel your knees rise higher with each step, which means you are activating different muscle groups. The electronic incline is controlled by buttons on the console or left swing arm and also automatically during the built-in workout programs.

## **Transportation**

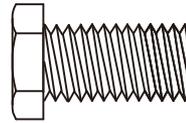
The elliptical is equipped with transport wheels, which are engaged when the rear of the elliptical is lifted.

# Assembly Pack Checklist

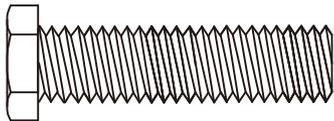
## Hardware Step 1



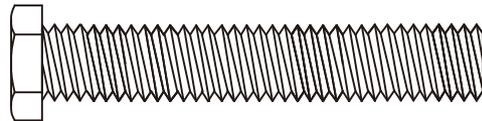
**#102.** 5/16" × 2-1/4"  
Hex Head Bolt (4 pcs)



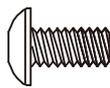
**#103.** 3/8" × 3/4"  
Hex Head Bolt (2 pcs)



**#104.** 3/8" × 1-1/2"  
Hex Head Bolt (2 pcs)



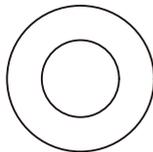
**#105.** 3/8" × 2-1/4"  
Hex Head Bolt (1 pc)



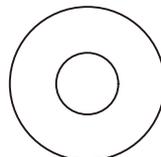
**#116.** M5 × 10mm  
Phillips Head Screw (4 pcs)



**#130.** 3/8" × 7T  
Nyloc Nut (2 pcs)



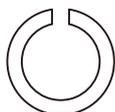
**#137.** 3/8" × 19 × 1.5T  
Flat Washer (2 pcs)



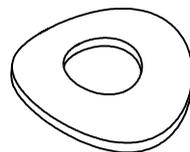
**#142.** 5/16" × 20 × 1.5T  
Flat Washer (4 pcs)



**#151.** 5/16" × 1.5T  
Split Washer (4 pcs)



**#152.** 3/8" × 2T  
Split Washer (1 pc)

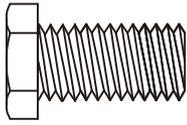


**#153.** 3/8" × 23 × 2T  
Curved Washer (2 pcs)

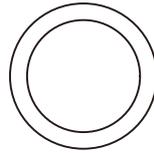


**#154.** 5/16"  
Star Washer (4 pcs)

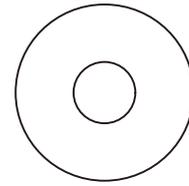
## Hardware Step 2



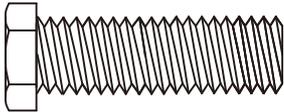
**#99.** 5/16" × 15mm  
Hex Head Bolt (2 pcs)



**#150.** 17mm  
Wave Washer (4 pcs)



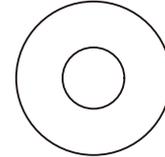
**#141.** 5/16" × 23 × 1.5T  
Flat Washer (2 pcs)



**#101.** 5/16" × 1-1/4"  
Hex Head Bolt (2 pcs)



**#192.** 5/16" × 9T  
Nyloc Nut (2 pcs)

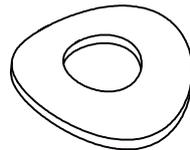


**#142.** 5/16" × 20 × 1.5T  
Flat Washer (2 pcs)

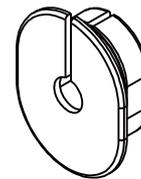
## Hardware Step 3



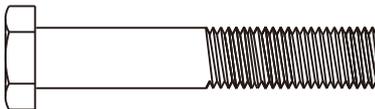
**#127.** 5/16" × 7T  
Nyloc Nut (6 pcs)



**#160.** 5/16" × 23 × 1.5T  
Curved Washer (4 pcs)

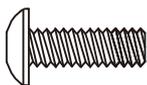


**#161.** Switch Wire  
Cap (2 pcs)



**#159.** 5/16" × 1-3/4"  
Hex Head Bolt (6 pcs)

## Hardware Step 4



**#115.** M5 × 15mm  
Phillips Head Screw  
(14 pcs)

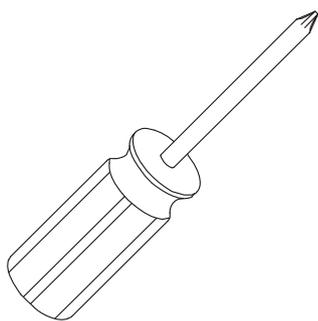


**#119.** 3.5 × 12mm  
Sheet Metal Screw  
(8 pcs)

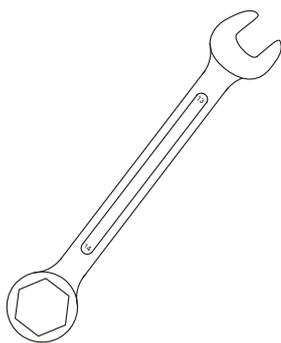


**#122.** M6 × 10mm  
Phillips Head Screw  
(4 pcs)

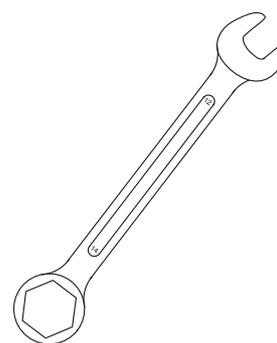
## Assembly Tools



#157. Phillips  
Head Screwdriver



#155. 13/14mm Wrench



#158. 12/14mm Wrench

# Assembly Instructions

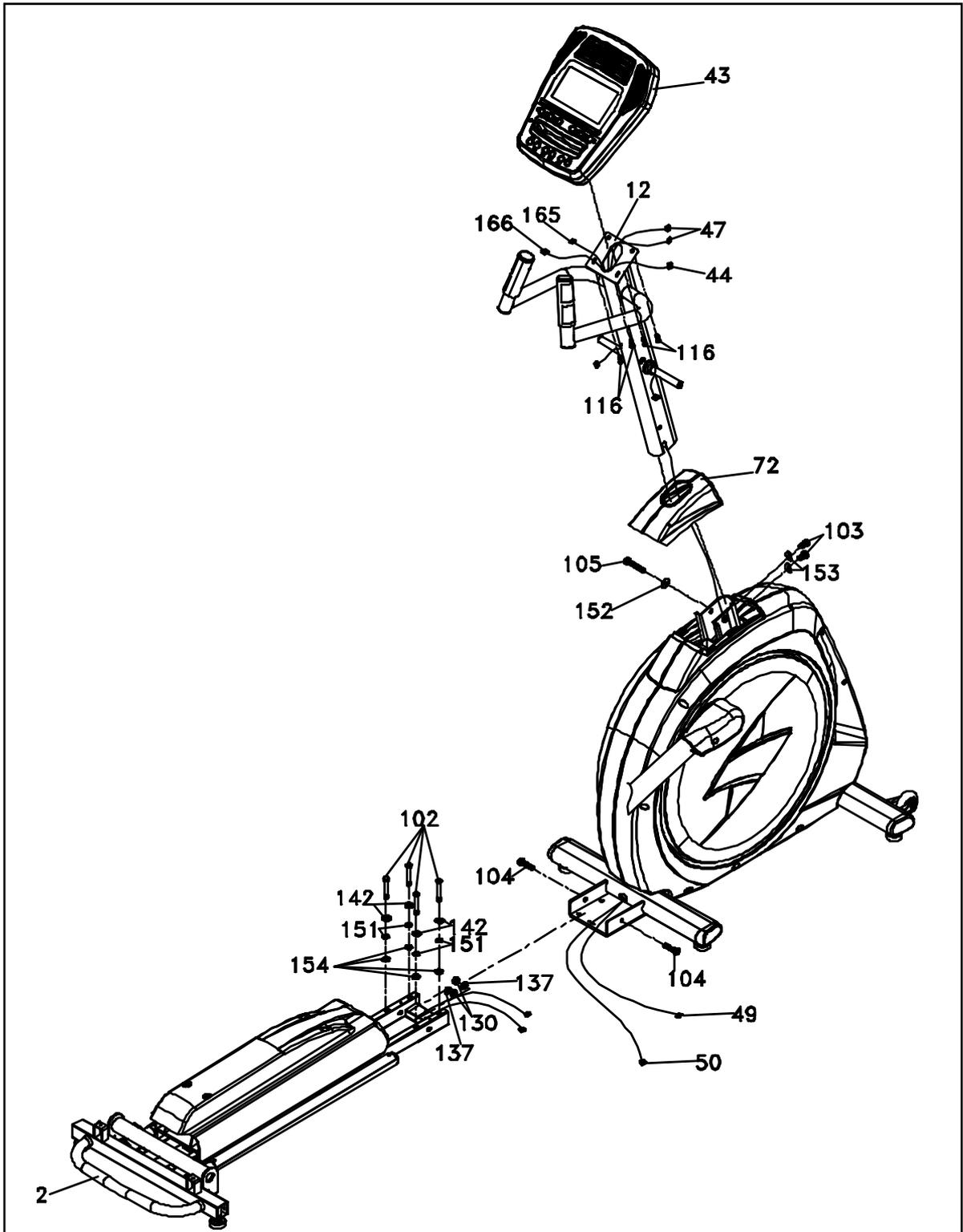
## 1 Rear Rail, Console Mast & Console

1. Slide the Incline Rail Assembly (2) into the U channel of the Main Frame (1). Be very careful not to damage the wires that exit each part.
2. Connect the Incline Rail Assembly (2) horizontally to the U channel of the Main Frame (1) with two Hex Head Bolts (104), two Flat Washers (137) and two Nyloc Nuts (130). Secure it vertically with four Hex Head Bolts (102), four Split Washers (151), four Flat Washers (142) and four Star Washers (154). Tighten using the Wrenches provided (155 & 158).
3. Connect the Incline Motor wires (49 & 50) to the wiring harness that exits the Incline Rail Assembly (2), by matching the colors red, white and black. Push the excess cable inside the U channel. Guide the twist tie that is attached to the Computer Cable (44) through Mast Cover (72) and the bottom of the Console Mast (12) until it exits the top of the steel tube. Secure the Console Mast (12) by loosely threading two Hex Head Bolts (103) from the front and two Curved Washers (153) first. Then secure the mast from the side by loosely threading a Hex Head Bolt (105) and a Split Washer (152). **Note:** *There is one bolt already installed in the receiving bracket that will engage with the slot at the bottom of the Console Mast. Tighten the two bolts from the left side last.*
4. Tighten the two front bolts first, then the side bolts with the Wrench (155).
5. Untie the twist tie from around the Computer Cable (44). Plug the Computer cable (44 - wide white end) & the two Hand Pulse Cables (47) into the bottom of the Console (43). Insert the Resistance Cable (165) into the white port labeled "Load" and the Incline Cable (166) into the Incline port on the back of the Console. Secure the Console (43) onto the mounting plate with four Phillips Head Screws (116). Tighten them with the Phillips Head Screw Driver (157).
6. Install the water bottle holder onto the handlebar in any position you like.

### Hardware Step 1

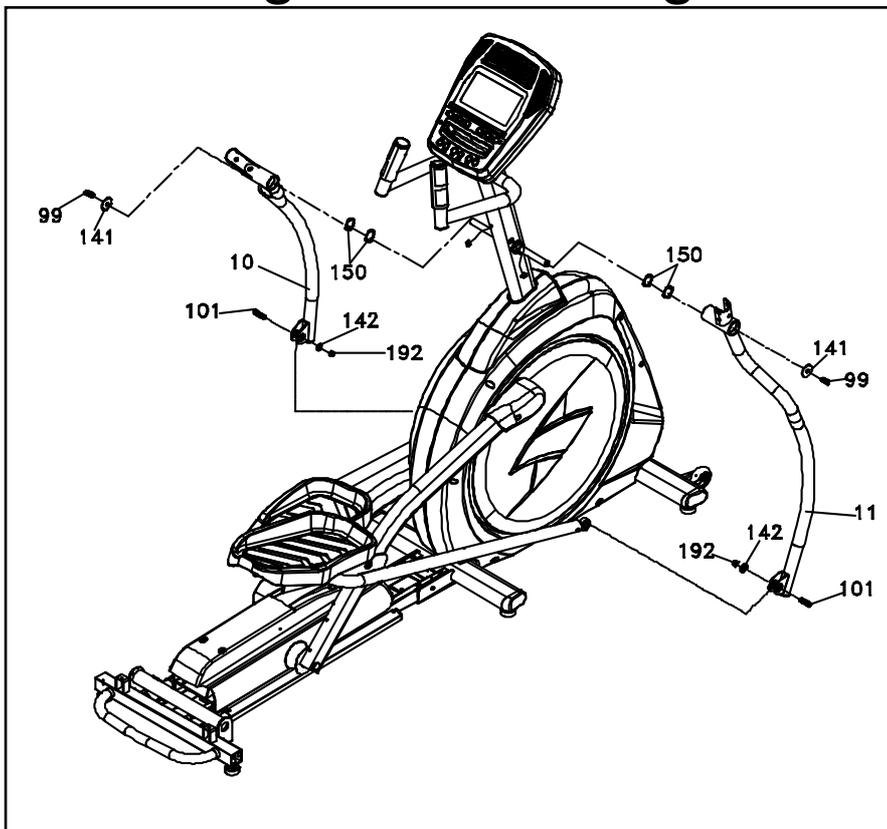
- #102. 5/16" × 2-1/4" Hex Head Bolt (4 pcs)
- #103. 3/8" × 3/4" Hex Head Bolt (2 pcs)
- #104. 3/8" × 1-1/2" Hex Head Bolt (2 pcs)
- #105. 3/8" × 2-1/4" Hex Head Bolt (1 pc)
- #116. M5 × 10mm Phillips Head Screw (4 pcs)
- #130. 3/8" × 7T Nyloc Nut (2 pcs)
- #137. 3/8" × 19 × 1.5T Flat Washer (2 pcs)
- #142. 5/16" × 20 × 1.5T Flat Washer (4 pcs)
- #151. 5/16" × 1.5T Split Washer (4 pcs)
- #152. 3/8" × 2T Split Washer (1 pc)
- #153. 3/8" × 23 × 2T Curved Washer (2 pcs)
- #154. 5/16" Star Washer (4 pcs)

# 1 Rear Rail, Console Mast & Console



# 2 Connecting & Lower Swing Arms

## Hardware Step 2

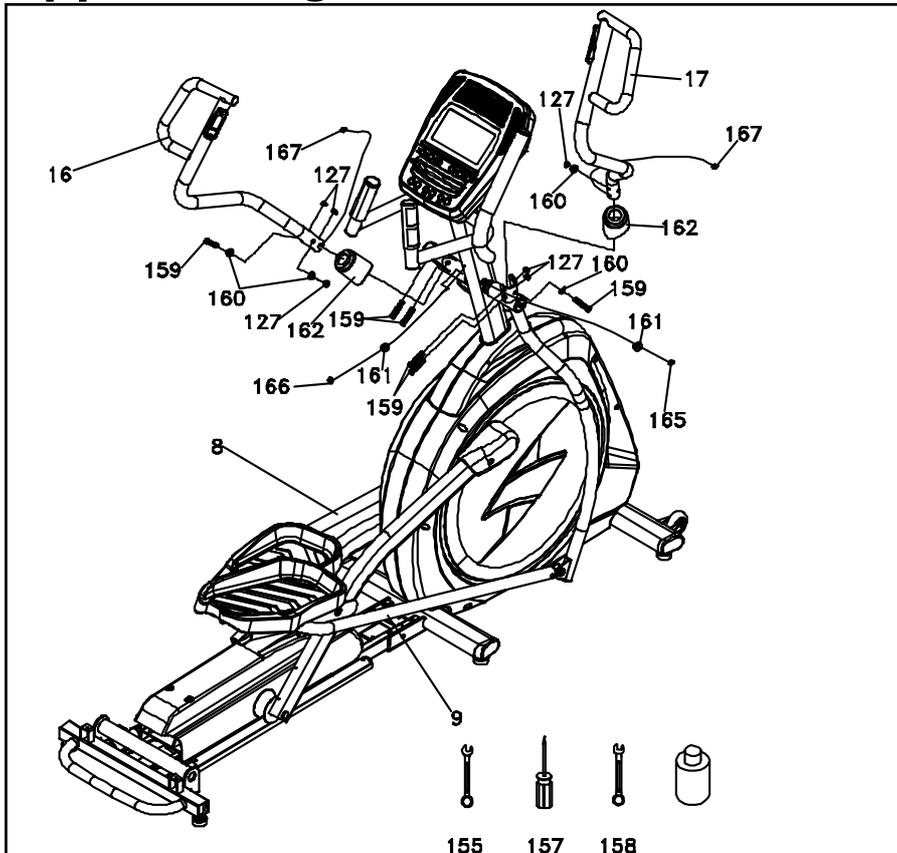


- #99. 5/16" × 15mm Hex Head Bolt (2 pcs)
- #101. 5/16" × 1-1/4" Hex Head Bolt (2 pcs)
- #192. 5/16" × 9T Nyloc Nut (2 pcs)
- #141. 5/16" × 23 × 1.5T Flat Washer (2 pcs)
- #142. 5/16" × 20 × 1.5T Flat Washer (2 pcs)
- #150. 17mm Wave Washer (4 pcs)

1. Slide two wave washers (150) onto each side of the swing arm axle. Slide the lower swing arms (10 Left, 11 Right) onto the axles and secure with the two Hex Head Bolts (99) and Flat Washers (141). *Do not force the swing arms onto the axle. They should slide on, but you may need to jiggle them to get them lined up properly. The swing arms have been previously installed at the factory so they do fit properly.*
2. Remove the tie that holds the spacer (25) in the rod end located at the end of the right connecting arm (9) and line up the rod end with the bracket at the bottom of the lower right swing arm (11). Slide the Hex Head Bolt (101) through the bracket of the lower swing arm and then through the rod end. Install the Flat Washer (142) and Nyloc Nut (192) on the bolt and tighten as much as possible. Repeat this step for the left side.

# 3 Upper Swing Arms

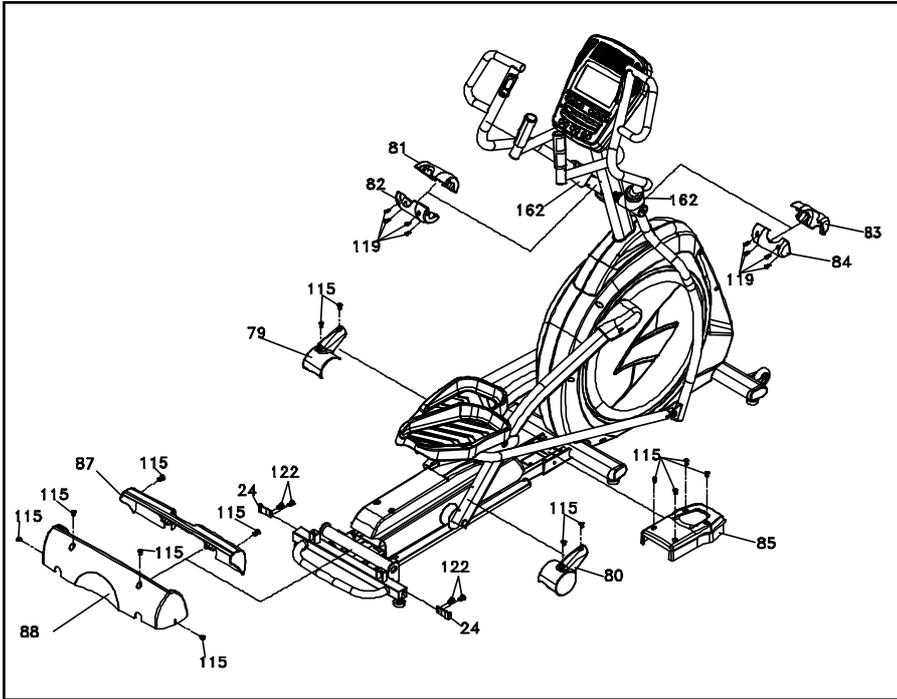
## Hardware Step 3



- #127. 5/16" × 7T Nyloc Nut (6 pcs)
- #159. 5/16" × 1-3/4" Hex Head Bolt (6 pcs)
- #160. 5/16" × 23 × 7T Curved Washer (4 pcs)
- #161. Switch Wire Cap (2 pcs)

1. Slide the Rubber Sleeve (162) onto the left (16) and right (17) Upper Swing Arms. Make sure the wide part is at the bottom.
2. Attach the wire (166) from the left Upper Swing Arm (16; Incline buttons on front) to the wire (167) that exits the Console Mast Tube (12). Slide the switch wire cap (161) onto the wire with the wide side facing the Swing Arm.
3. Insert the Upper Swing Arm (16) into the Lower Swing Arm. Fasten together with three Hex Head Bolts (159) and two Curved Washers (160).
4. Repeat steps 3.2 & 3.3 from above on the right side. You will connect wires (165) to (167).

# 4 Plastic Covers



## Hardware Step 4

#115. M5 × 15mm  
Phillips Head Screw  
(14 pcs)

#119. 3.5 × 12mm  
Sheet Metal Screw  
(8 pcs)

#122. M6 × 10mm  
Phillips Head Screw  
(4 pcs)

**Note:** Use the Phillips Head Screw Driver (157) to tighten the hardware in this step.

1. Install the two Wheel Covers (79-Left & 80-Right) with four Phillips Head Screws (115).
2. Install the Center Cover (85) with four Phillips Head Screw (115). You need to raise the incline to install the Center Cover.
3. Install the Swing Arm End Cap Covers (81 & 82-Left, 83 & 84-Right) with the eight Sheet Metal Screws (119).
4. Install the two 'Z' shaped metal brackets (24) as shown with four Phillips Head Screws (122). The Z Brackets should be installed so the tab with the tapped hole is pointing toward the rear.
5. Install the Rear Incline Cover (87) with two Phillips Head Screws (115). Install the Rear Stabilizer Cover (88) with four Phillips Head Screws (115).

# Operation of Your Console



## Power Up

The elliptical is supplied with an external power supply. When power is connected to the elliptical, the console will automatically power up. If there is no input to the console for 30 minutes, the console will go to stand-by mode to save energy. To turn the console on press any key.

When initially powered on the console will perform an internal self-test. During this time all the lights will turn on. When the lights go off the dot matrix display will show a software version (i.e.: VER 1.0) and the time and distance windows will display an odometer reading. The odometer reading displays how many hours the elliptical has been used and how many virtual miles the elliptical has gone.

The odometer will remain displayed for only a few seconds then the console will go to the start up display. The dot matrix display will be scrolling through the different workout profiles of the programs and operating instructions. You may now begin to use the console.

# Console Operation

## Quick Start Mode

This is the quickest way to start a workout. After the console powers up you just press the Start key to begin. In Quick Start the time will count up from zero and the Resistance and Incline may be adjusted manually by pressing the Level Up/Down keys. The dot matrix display will show  $\frac{1}{2}$  of the Resistance profile on each side of the Heart Rate Profile. If you press the Start button during a program, the dot matrix will switch to the Incline profile (segments are shown the same way as the Resistance profile). If you press the Start button once more, the Lap track is shown, which is  $\frac{1}{4}$  mile in length. Pressing the Enter key will switch the data displayed in the Message Window. Initially, the Message Window shows the program name. Each time the Enter button is pressed the data will change to the following: Speed, Watts, Laps, Altitude (elevation gain), Current Level/Max Level, Scan, and repeat sequence. To the right of the dot matrix is a number that indicates your Resistance level. To the left is a number that indicates your elevation.

## Basic Information and Functions:

### Data Displayed:

- Calories show an accumulation of calories burned (Kcal). The number shown is just an estimate; your actual calorie burn most likely will be different. The only way to get an accurate calorie reading is in a laboratory setting connected to a host of machines.
- Time shows elapsed time unless you set the timer to count down.
- Seg Time counts down the time left in the current segment (column) of the profile.
- Pulse indicates your heart rate if you are grasping the hand pulse sensors.
- RPM displays your pedaling speed in revolutions per minute.
- Speed shows your speed in miles per hour or kilometers per hour if 'Km' is displayed.
- Incline/Ramp Shows incline level from 1 to 20.
- Distance displays accumulated mileage.

The elliptical has a built in Heart Rate Monitoring System. Simply grasping the hand pulse sensors on the stationary handlebars or by wearing the chest strap will start the heart icon blinking (this may take a few seconds). The Pulse Display Window will display your heart rate, or pulse, in beats per minute.

The Stop/Reset button actually has several functions. Pressing the Stop/Reset key once during a program will pause the program for 5 minutes. If you need to get a drink, answer the phone or any of the many things that could interrupt your workout, this is a great feature. To resume your workout after pausing just press the Start key. If the Stop/Reset button is pressed twice during a workout, the program will end and a summary of your workout will be displayed. If the Stop/Reset key is held down for 3 seconds, the console will perform a complete reset.

There is an Audio Input Jack on the front of the console, and built-in speakers. You may plug any low-level audio source signal into this port. Audio sources include: MP3 player, iPod, portable radio, CD player or even a TV or computer.

## **Programming The Console**

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for during programming is necessary to ensure the readouts are correct. You will be asked for your age and weight. Entering your age is necessary during the Heart Rate Program to ensure the correct settings are entered in the program. Entering your Weight aides in calculating a more correct calorie reading; although we cannot provide an exact calorie count we do want to be as close as possible.

**A message about calories:** Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are not accurate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting connected to a host of machines. This is because every person is different and burns calories at a different rate.

## **Entering a Program/Changing Settings**

Press the program keys to scroll through the program selections. The profile for each program will be displayed in the dot matrix window. Press the Enter key to select a program and begin customizing the settings. If you want to workout without entering new settings then just press the Start key. This will bypass the programming of data and take you directly to the start of your workout. If you want to change the personal settings then just follow the instructions in the message window. If you start a program without changing the settings, the default settings will be used.

**Note:** Age and Weight default settings will change when you enter a new number. So the last age and weight entered will be saved as the new default settings. If you enter an age and weight the first time you use the elliptical you will not have to enter it every time you work out unless either your age or weight changes or someone else enters a different age and weight.

## Manual Program

The Manual program works as the name implies, manually. This means that you control the workload yourself and not the computer.

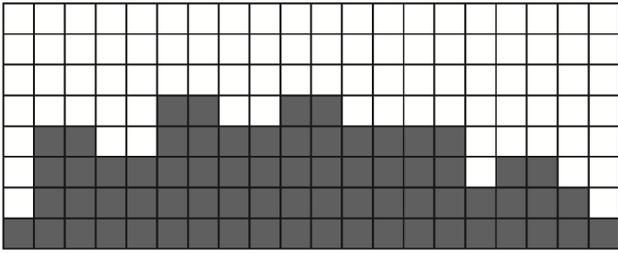
1. Press the Manual program button then press the Enter key.
2. The message window will ask you to enter your Age. You may adjust the Age setting using the Level Up/Down keys, then press Enter to continue.
3. The message window will ask you to enter your Weight. You may adjust the Weight setting using the Level Up/Down keys, then press the Enter key to accept the new number and proceed on to the next screen.
4. Next is the Time. You may adjust the Time and press Enter to continue.
5. Now you are finished editing the settings and can begin your workout by pressing the Start key.
6. Once the program starts the elliptical will be set to level one for both Incline and Resistance. This is the easiest level and it is a good idea to stay at level one for a while to warm up. If you want to increase the work load at any time press the Up key on the console or right swing arm; the Down key will decrease the workload. You can also increase the Incline at any time by pressing the Up/Down keys on the console or the left swing arm.
7. During the Manual program you will be able to switch data displayed in the message window by pressing the Enter key.
8. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

## Programming Preset Programs

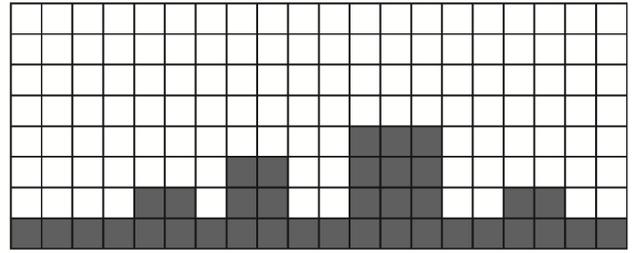
1. Using the Program Up/Down keys, select the desired program then press the Enter key.
2. The message window will ask you to enter your Age. You may adjust the Age setting, using the Level Up/Down keys, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your Weight You may adjust the Weight setting using the Level Up/Down keys, then press Enter to continue.
4. Next is time. You may adjust the Time setting and then press Enter to continue.
5. Now you are asked to adjust the Max Level. This is the peak exertion level you will experience during the program (work level at the top of the hill). Adjust the level and then press Enter.
6. Use the Incline Up/Down keys to adjust the Max Incline for the program, then press Enter.
7. Now you are finished editing the settings and can begin your workout by pressing the Start key.
8. If you want to increase or decrease the workload at any time during the program press the Level Up/Down key. This will change only the work level during the current segment.
9. During the program you will be able to switch the data displayed by pressing the Enter button.
10. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.



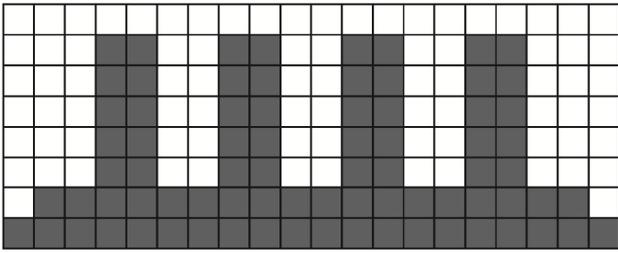
**X Country - Work Profile**



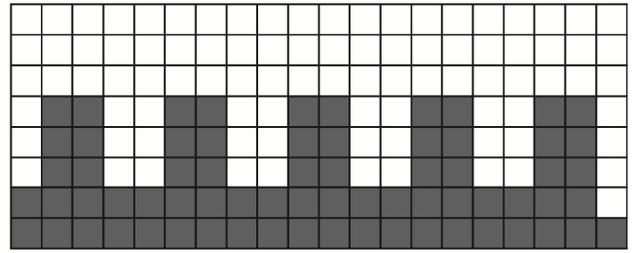
**X Country - Incline Profile**



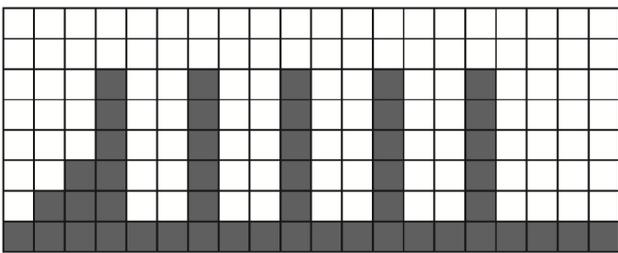
**Interval - Work Profile**



**Interval - Incline Profile**



**Fitness - Work Profile**



Warm Up  
Cardio  
Strength  
Recovery  
Cool Down

## Fitness Program

1. Press the Fitness key. Press Enter to select the program. The display will prompt you through the programming.
2. If Enter was pressed, the Message Center will now be blinking a value, indicating your Age (default is 35). Entering your correct age affects the heart rate Bar Graph Display and the Heart Rate programs. Use the Level ▲/▼ keys to adjust, then press Enter. Your age determines your recommended maximum heart rate. Since the Bar Graph Display and the Heart Rate features are based on a percentage of your maximum heart rate, it is important to enter the correct age for these features to work properly.
3. The Message Center will now be blinking a value, indicating your Body Weight (default is 150 lbs. (70kg)). Entering the correct body weight will affect the calorie count. Use the Level ▲/▼ keys to adjust, then press Enter. **A note about the Calorie display:** No exercise machine can give you an exact calorie count because there are too many factors which determine exact calorie burn for a particular person. Even if someone is the exact same body weight, age and height, their calorie burn may be very different than yours. The Calorie display is to be used as a reference only to monitor improvement from workout to workout. The calorie count displayed in this program won't be accurate because the machine can't calculate calories expended while strength training.
4. The Message Center will now be blinking the preset top resistance of the selected program (Level 5). Use the Level ▲/▼ keys to adjust, then press Enter.
5. The Message Center will be blinking the number of intervals desired (default is 10; you may select 10, 20, or 30). Use the Level ▲/▼ keys to adjust, then press Enter.
6. The Message Center will be blinking the desired Interval time (default is 1:00). The time you select will be the duration of both the cardio & strength intervals. Note: on average you will complete 10-12 repetitions of the strength exercise in a 0:30 interval. As a general rule, the longer the interval, the less weight (dumbbells) and resistance (elliptical) required; use the Level ▲/▼ keys to adjust, then press Enter.
7. The Message Center will be blinking the desired recovery time you desire after completing both the cardio & strength intervals. Use the Level ▲/▼ keys to adjust, then press Enter.

## Program Example

- The user selects 10 intervals (5 cardio and 5 strength) with the following interval durations – length of each cardio & strength interval is 0:30, recovery interval is 1:00
- Program begins with a 3:00 warm up.
- 1st cardio interval begins, lasting 0:30; console counts down to 0:00 and the Message Center displays: "STRENGTH INTERVAL 1 BEGIN DUMBBELL ROW".
- User steps off of the elliptical to perform the strength exercise. The console counts down to 0:00 and beeps 3x signaling the user to get back on the elliptical.
- Console displays "PRESS START TO BEGIN RECOVERY".
- Console then displays 2nd cardio interval and the process proceeds until the user has performed 5 cardio, strength, and recovery intervals; the 5 strength exercises will be performed sequentially as listed in this manual.
- The last 2:00 are a Cool Down phase with the user pedaling at a low resistance.

If 20 intervals was selected, you would perform each strength exercise twice, before moving on to the next exercise. If 30 intervals is selected, you will perform each exercise once, then repeat the sequence of all 5 exercises a 2nd & 3rd time.

## CAUTION

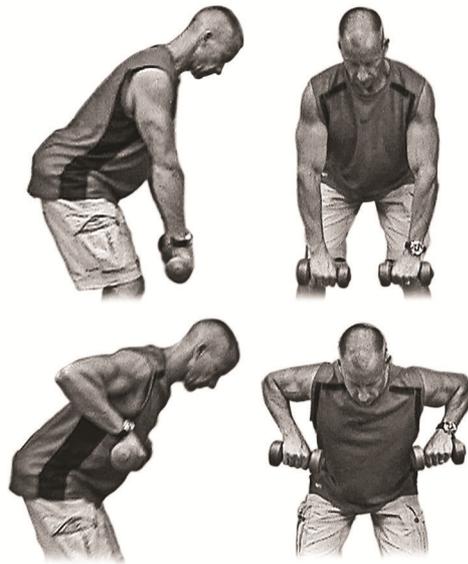
Exercises that require dumbbell use - Select a pair of dumbbells that you will be able to safely and effectively maneuver over the strength interval time you have chosen.

# Fitness Program - Strength Exercises

## Dumbbell Bent Over Row

EMPHASIS: MID/UPPER BACK & FRONT OF ARMS

1. Grasp the dumbbells with an overhand grip and arms fully extended in front of thighs; feet are spaced shoulder width apart
2. Maintain a slightly arched lower back throughout the exercise (see side view)
3. Begin the exercise by drawing your elbows up and out until there is a 90° bend in your elbows
4. Slowly lower the dumbbells back to the start position
5. Repeat this sequence for the duration of the strength interval

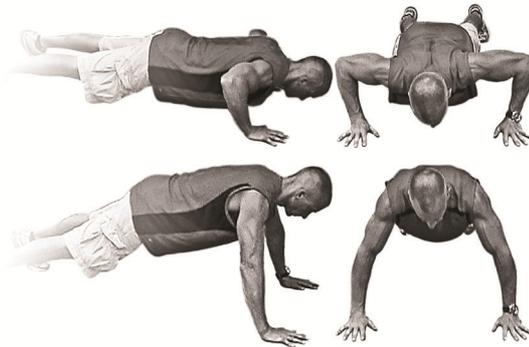


## Push Up

EMPHASIS: CHEST, SHOULDERS, & BACK OF ARMS

There are two variations of this exercise. If you aren't able to perform the exercise as shown in this illustration, place your knees on the floor, a padded mat, or a pillow. Also, a wider hand position places more emphasis on the chest and shoulder muscles, while a narrower hand position places more emphasis on the Tricep muscles (back of the arm)

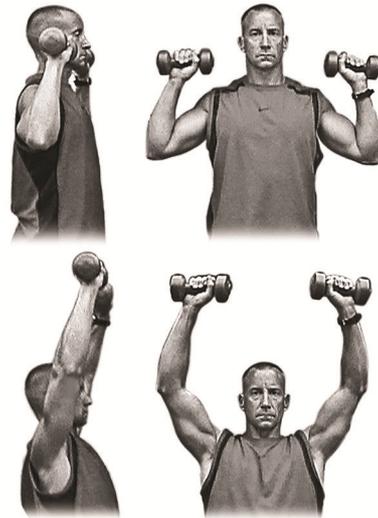
1. Place your hands on the floor or a set of dumbbells (Caution: be aware that the dumbbells may roll and result in injury, especially if the ends are round); draw your stomach muscles towards your spine to maintain a straight line between your ankles and shoulders
2. Begin with your elbows bent at 90°
3. Fully straighten your arms
4. Repeat this sequence for the duration of the strength interval



## Dumbbell Shoulder Press

EMPHASIS: SHOULDERS

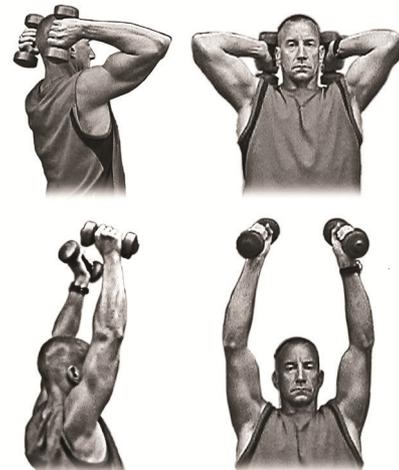
1. Hold the dumbbells at shoulder height with an overhand (palms facing forward) or neutral (palms facing one another) grip
2. Press the dumbbells straight overhead until your arms are fully extended
3. Slowly lower to the start position
4. Repeat this sequence for the duration of the strength interval



## Dumbbell Tricep Overhead Extension

EMPHASIS: BACK OF ARMS

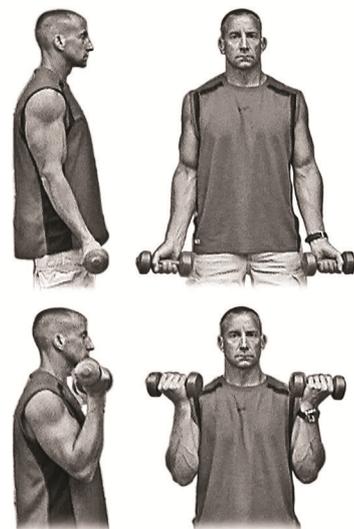
1. Hold the dumbbells at shoulder height behind your head with a neutral grip (palms facing one another); your elbows should be pointed straight ahead
2. Raise the dumbbells overhead until your arms are fully extended; your upper arms should remain stationary, pivoting at the elbows
3. Slowly lower to the start position
4. Repeat this sequence for the duration of the strength interval



## Dumbbell Bicep Curl

EMPHASIS: FRONT OF ARMS

1. Hold the dumbbells with an underhand grip (palms facing forward) beside your thighs
2. Tuck your upper arms into your ribcage
3. Curl the dumbbells to shoulder height by pivoting at your elbows
4. Slowly lower to the start position
5. Repeat this sequence for the duration of the strength interval



## User Programs

The User Programs allow you to build and save your own workout. You can build your own custom program by following the instructions below.

1. Select the User Program (User 1 or User 2) also then press Enter. The message will ask "Run Program?" if there is already a program stored. Press Enter or Start to begin stored program or Level Up/Down key to select "No". If No is selected, you have the option to cancel the stored program. Press Enter to cancel or the Level Up/Down keys to select "No" and begin stored program.
2. If you cancel the stored program or there isn't a program stored, the letter "A" will be flashing. Use the Level Up/Down keys to select the 1st letter of your name. Press Enter. Repeat this process until the last letter of your name is flashing. Press Stop to accept your User name.
3. The message window will ask you to enter your Age. You may enter your Age using the Level Up/Down keys, then press the Enter key to accept the new number and proceed on to the next screen.
4. You are now asked to enter your Weight. You may adjust the Weight setting using the Level Up/Down keys, then press Enter to continue.
5. Next is the Time setting. You may adjust the total program time and press Enter to continue. (Next is the Top Level setting. You may adjust the Top Level and press Enter to continue.)
6. Now the message window will ask you to adjust the first segment level for Resistance; use the Level Up/Down keys to adjust. When you finish adjusting the first segment, or if you don't want to change it, then press Enter to continue to the next segment.
7. The next segment will show the same level as the previously adjusted segment. Repeat the same process as the last segment then press Enter. Continue this process until all twenty segments have been set.
8. Repeat the same process for Incline segments
9. During the Manual program you will be able to switch data displayed in the message window by pressing the Enter key.
10. If you want to increase or decrease the Resistance or Incline at any time during the program, press the Level or Incline Up/Down keys.
11. During the program you will be able to switch the data displayed by pressing the Enter button.
12. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

## Heart Rate Programs

**Note:** You must be worn chest strap for these programs. Both programs operate the same, the only difference is that HR1 is set to 60% and HR2 is set to 80% of your maximum heart rate. They both are programmed the same way.

To start a Heart Rate Program follow the instructions below or just press the HR1 or HR2 button, then the Enter button and follow the directions in the message window.

1. Select the desired HR program then press the Enter key.
2. The message window will ask you to enter your Age. You may enter your Age using the Level Up/Down keys then press the Enter key to accept the new number and proceed.
3. You are now asked to enter your weight. You may adjust the weight setting using the Level Up/Down keys.
4. Next is time. You may adjust the Time setting and then press Enter to continue.
5. You are now asked to select the Target Heart Rate Level. This is the heart rate level you will experience during the program. Adjust the level and then press Enter. Note the heart rate level that appears.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key.
7. If you want to increase or decrease the target heart rate at any time during the program press the Level Up/Down key.

## Heart Rate programs

Before we get started, a word about Heart Rate:

The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

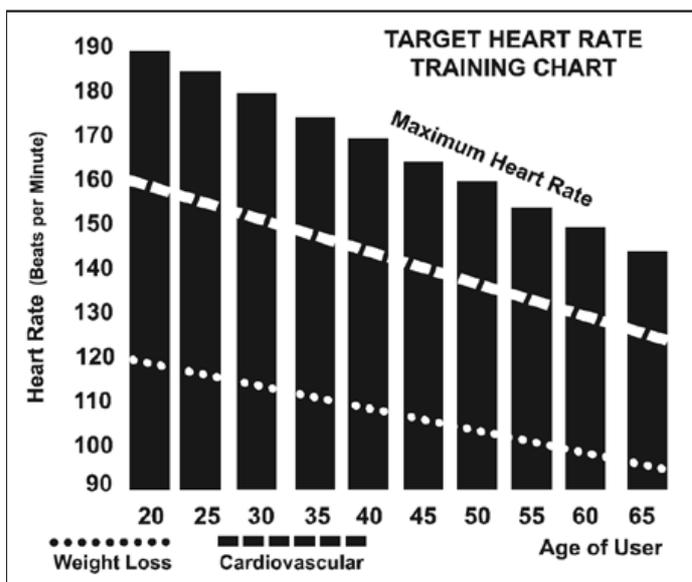
To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:

$220 - 40 = 180$  (maximum heart rate)  
 $180 \times .6 = 108$  beats per minute (60% of maximum)  
 $180 \times .8 = 144$  beats per minute (80% of maximum)

So for a 40 year old the training zone would be 108 to 144 beats per minute.

If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate control programs. After calculating your Maximum Heart Rate you can decide upon which goal you would like to pursue.



The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

## **RATE OF PERCEIVED EXERTION**

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things. The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

### Rating Perception of Effort

- 6 Minimal
- 7 Very, very light
- 8 Very, very light +
- 9 Very light
- 10 Very light +
- 11 Fairly light
- 12 Comfortable
- 13 Somewhat hard
- 14 Somewhat hard +
- 15 Hard
- 16 Hard +
- 17 Very hard
- 18 Very hard +
- 19 Very, very hard
- 20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending upon the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

## USING HEART RATE TRANSMITTER(Optional)

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter immediately below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.



*Note: The transmitter is automatically activated when it detects activity from the user's heart.*

*Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.*

## Erratic Operation

**Caution!** Do not use this elliptical for heart rate programs unless a steady, solid actual heart rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference which may cause erratic heart rate:

1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the Fitness logo is right side up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

# General Maintenance

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops, the main cause is most likely one of two reasons:
  - i. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. The majority of calls to the service department for noise issues can be traced to loose hardware or the rear rails being dirty.
  - ii. Dirt build-up on the rear rails and polyurethane wheels are also a source of noise. Noise from build-up on the rails can cause a thumping sound that you would swear is coming from inside the main body of the machine because noise travels and is amplified in the tubing of the frame. Clean the rails and wheels with a lint free cloth and rubbing alcohol. Stubborn build-up can be removed with your thumbnail or a non-metallic scraper, like the back edge of a plastic knife. After cleaning, apply a small amount of lubricant on the rails with your fingers or a lint free cloth. You only need a thin coat of lubrication, wipe off any excess.
3. If squeaks or other noises persist, check that the unit is properly leveled before calling the service department.

## Elliptical Noises

Your new elliptical is engineered and manufactured to the strictest industry standards and tolerances. All elliptical trainers, no matter who the manufacturer, have a multitude of moving linkages and parts. Be aware that even with the tightest mechanical tolerances there still could be a slight amount of play between some parts. This inherent play can result in slight noises during use such as clicks and small thumps. Please expect that the elliptical will not be completely silent.

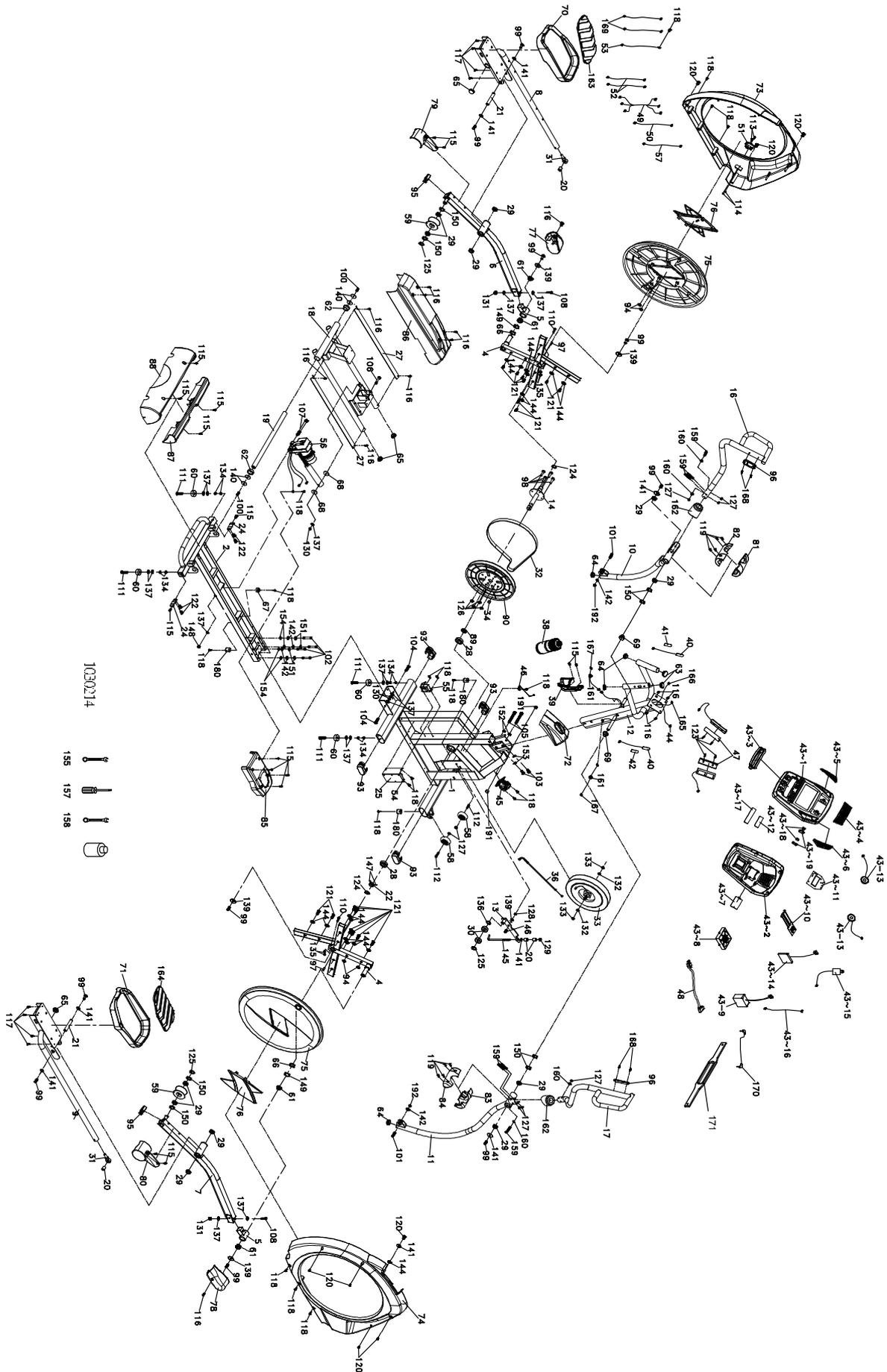
## Engineering Mode

The console has built in maintenance/diagnostic software. The software will allow you to changes to the console settings such as changing units from English to Metric and turn off the beeping of the speaker when a key is pressed. To enter the Maintenance Menu (may be called Engineering Mode, depending on version) press and hold down the Start, Stop and Enter keys. Keep holding the keys down for about 5 seconds and the message window will display "Engineering Mode". Press the Enter button to access the menu below. Press the Level Up/ Down keys to navigate the menu.

- a. Key Test - Allows you to test all the keys to make sure they are functioning)
- b. Exit – press Enter to return to the start up screen
- c. Factory Set
- d. Security - Allows you to lock the keypad so no unauthorized use is allowed. When the child lock is enabled, the console will not allow the keypad to operate unless you press and hold the Start and Enter buttons for 3 seconds to unlock the console.
- e. Functions - Press Enter to access settings, use Level Up/Down keys to scroll Key Test - Allows you to test all the keys to make sure they are functioning)
  - i. Sleep Mode - On; when On, the console will darken after 30 minutes of no use; when off, the console will remain lit as long as the power is on
  - ii. Motor Test - Continually runs the tensioning gear motor
  - iii. Units - Set to English or Metric display readings
  - iv. Odometer Reset - Reset the odometer
  - v. Pause mode – On; when turned off, pressing Stop once ends the program; when turned on, the console retains data for 5 minutes before switching to the start up screen
  - vi. Safety – Off; when turned on, the machine automatically goes to Level 20 of Resistance to prevent unauthorized use by a child

**Incline Calibration:** If there is a problem with the incline, try running the calibration. Press the Incline Up key and the Start key at the same time. Hold them down for 5 seconds and the Incline calibration will start and run automatically. If the problem persists, contact Fitness service department.

# EXPLODED VIEW DIAGRAM



## PARTS LIST

NO.	DESCRIPTION	O'TY
1	Main Frame	1
2	Rail Base Assembly	1
4	Cross Bar	2
5	Bushing Housing, Pedal Arm	2
6	Pedal Arm (L)	1
7	Pedal Arm (R)	1
8	Connecting Arm (L)	1
9	Connecting Arm (R)	1
10	Lower Handle Bar (L)	1
11	Lower Handle Bar (R)	1
12	Console Mast	1
13	Idler Wheel Assembly	1
14	Crank Axle	1
16	Swing Arm (L)	1
17	Swing Arm (R)	1
18	Rear Rail Assembly	1
19	Locking Tube Assembly	1
20	Rod End Sleeve	4
21	Axle for Pedal	2
22	Axle Stopper	1
24	Cover Holder B	2
25	Controller Back Plate	1
27	Aluminum Rail	2
28	6005 Bearing	2
29	6003 Bearing	12
30	6203 Bearing	2
31	M12 × P1.75_Rod End Bearing	2
32	Drive Belt	1
33	Flywheel	1
34	Magnet	1
36	Steel Cable	1
38	Drink Bottle(Optional)	1
39	Drink Bottle Holder	1
40	Resistance Button W/Cable	2
41	Handgrip Resistance Label (INCLINE)	1
42	Handgrip Resistance Label (LEVEL)	1
43	Console Assembly	1
43~1	Console Top Cover	1
43~2	Console Bottom Cover	1
43~3	Receptacle	1
43~4	Deflector Fan Grill	1
43~5	Speaker Cover ( L )	1
43~6	Speaker Cover ( R )	1
43~7	Battery Cover	1
43~8	400m/m_Fan Assembly(White)	1
43~9	300m/m_W/Receiver, HR	1
43~10	Interface Board	1
43~11	Console Display Board	1

<b>NO.</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>
43~12	Key Board	1
43~13	250m/m_Speaker W/Cable	2
43~14	Amplifier Controller	1
43~15	300m/m_Sound Board W/Cable (Red)	1
43~16	250m/m_Amplifier Cable	1
43~17	Key Board	1
43~18	Fan Grill Anchor	2
43~19	Fan Fixing Plate	2
44	1550m/m Computer Cable	1
45	Gear Motor	1
46	500m/m_Sensor W/Cable	1
47	850m/m_Handpulse W/Cable Assembly	2
48	Power Cord	1
49	400m/m_Connecting Wire, Incline Motor Power Cord	1
50	550m/m Connecting Wire, Incline Motor	1
51	AC Electronic Module	1
52	950m/m Connecting Wire, Controller	2
53	200m/m_Ground Wire	1
54	Incline Controller	1
55	Incline Adaptor	1
56	Incline Motor	1
57	850m/m_Computer Cable	1
58	Ø65_Transportation Wheel	2
59	Ø78 Slide Wheel , Urethane	2
60	Ø35 × 10m/m Rubber Foot	4
61	WFM-2528-21 Bushing	4
62	Ø38 × Ø34 × Ø26 × 4 + 16T_Bushing	2
63	Ø32(1.8T) Button Head Plug	2
64	Ø32 × 2.0T_Round Cap	4
65	32 × 2.5T_Round Cap	4
66	Ø25.5 × 33.5 × 1.5T_Nylon Wave Washer	2
67	Ø25 × Ø25 × 15T_Rubber Foot Pad	1
68	3/8" × 35 × 5T Nylon Washer	2
69	Ø30 × 19m/m Upright Bushing	2
70	Pedal (L)(Flat)	1
71	Pedal (R)(Flat)	1
72	Console Mast Cover	1
73	Side Case(L)	1
74	Side Case(R)	1
75	Round Disk	2
76	Round Disk Cover	2
77	Pedal Arm Cover (L)	1
78	Pedal Arm Cover (R)	1
79	Slide Wheel Cover(L)	1
80	Slide Wheel Cover(R)	1
81	Front Handle Bar Cover (L)	1
82	Rear Handle Bar Cover (L)	1
83	Front Handle Bar Cover (R)	1
84	Rear Handle Bar Cover (R)	1

<b>NO.</b>	<b>DESCRIPTION</b>	<b>O'TY</b>
85	Bottom Cover	1
86	Incline Cover	1
87	Inclinable Rail Cover	1
88	Rear Bar Cover	1
89	Spacer Bushing	1
90	Ø330_Drive Pulley	1
93	Ø40 × Ø80_Oval End Cap	4
94	Ø15.5 × Ø10 × 6.1T Nylon Washer	4
95	Oval End Cap	2
96	Handle Switch Bracket	2
97	Woodruff Key	2
98	1/4" × 3/4" _Hex Head Bolt	4
99	5/16" × 15m/m _Hex Head Bolt	10
100	5/16" × 1" _Hex Head Bolt	2
101	5/16" × 1-1/4" Hex Head Bolt	2
102	5/16" × 2-1/4" _Hex Head Bolt	4
103	3/8" × 3/4" Hex Head Bolt	2
104	3/8" × 1-1/2" _Hex Head Bolt	2
105	3/8" × 2-1/4" Hex Head Bolt	2
106	3/8" × 2-1/2" _Hex Head Bolt	1
107	M10 × 130m/m _Hex Head Bolt	1
108	3/8" × 2-1/4" _Socket Head Cap Bolt	2
110	M8 × 40m/m _Socket Head Cap Bolt	2
111	3/8" × 1-3/4" Flat Head Socket Bolt	4
112	5/16" × 1-3/4" Button Head Socket Bolt	2
113	M4 × 12m/m Phillips Head Screw	2
114	M4 × 5T_Nyloc Nut	2
115	M5 × 15m/m Phillips Head Screw	16
116	M5 × 10m/m Phillips Head Screw	14
117	M5 × 10m/m Phillips Head Screw	8
118	5 × 19m/m Tapping Screw	19
119	Ø3.5 × 12m/m Sheet Metal Screw	8
120	3.5 × 16m/m Sheet Metal Screw	8
121	5 × 16m/m Tapping Screw	16
122	M6 × 10m/m Phillips Head Screw	4
123	Ø3 × 20m/m Tapping Screw	4
124	Ø25_C Ring	2
125	Ø17_C Ring	3
126	1/4" _Nyloc Nut	4
127	5/16" × 7T_Nyloc Nut	8
128	M8 × 7T Nyloc Nut	1
129	M8 × 9T_Nyloc Nut	1
130	3/8" × 7T Nyloc Nut	3
131	3/8" × 11T_Nyloc Nut	2
132	3/8" -UNF26 × 4T_Nut	2
133	3/8" -UNF26 × 11T_Nut	2
134	3/8" × 7T_Nut	8
135	M8 × 6.3T Nut	4
136	Ø17 × 23.5 × 1T_Flat Washer	1

<b>NO.</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>
137	3/8" x 19 x 1.5T Flat Washer	16
139	5/16" x 35 x 1.5T Flat Washer	5
140	5/16" x 35 x 2.0T Flat Washer	4
141	5/16" x 23 x 1.5T Flat Washer	8
142	5/16" x 20 x 1.5T Flat Washer	6
144	1/4" x 19m/m Flat Washer	17
145	M8 x 170m/m J Bolt	1
146	M8 x 20m/m Carriage Bolt	1
147	M5 x 5m/m Slotted Set Screw	2
148	M10 x 8T Nyloc Nut	1
149	Ø25 Wave Washer	2
150	Ø17 Wave Washer	8
151	5/16" x 1.5T Split Washer	4
152	3/8" x 2T Split Washer	2
153	3/8" x 23 x 2T Curved Washer	2
154	Ø5/16" Star Washer	4
155	13/14m/m Wrench	1
157	Phillips Head Screw Driver	1
158	12/14m/m Wrench	1
159	5/16" x 1-3/4" Hex Head Bolt	6
160	5/16" x 23 x 1.5T Curved Washer	4
161	Switch Wire Cap	2
162	Swing Arm Bushing	2
163	Pedal Foam (L)	1
164	Pedal Foam (R)	1
165	450m/m Handle Wire (Upper), Resistance(White)	1
166	450m/m Handle Wire (Upper), Incline(Red)	1
167	900m/m Handle Wire (Lower), Resistance/Incline	2
168	M5 x 20m/m Flat Head Socket Screw	4
169	80m/m Connecting Wire (White)	2
170	400m/m Audio Cable	1
171	Chest Strap(Optional)	1
180	Ø25 x 25mm Rubber Foot Pad	3
191	Ø13m/m Bolt Cap	2
192	5/16" x 9T Nyloc Nut	2