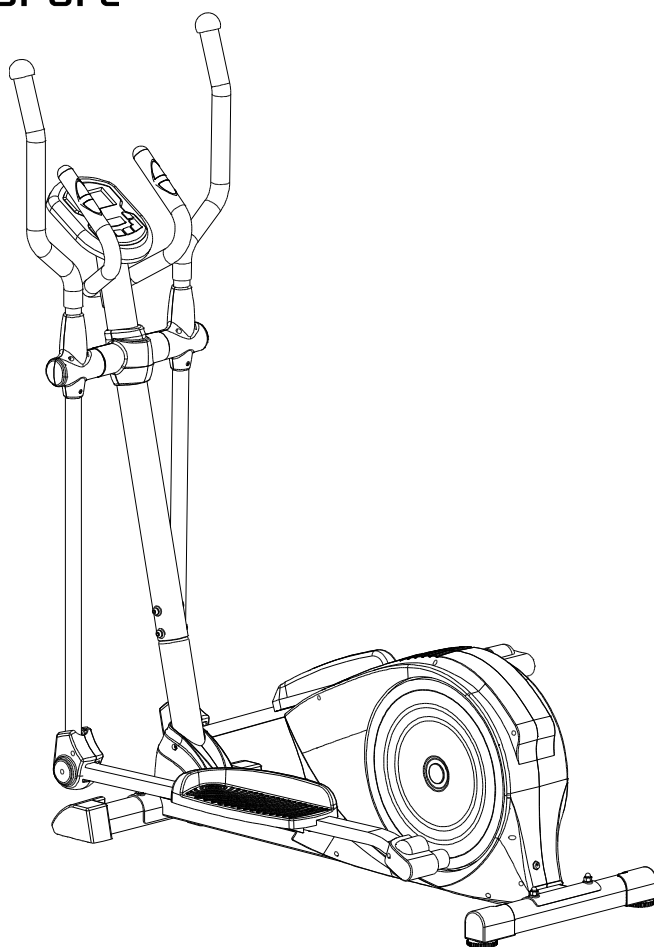


Programmable 1012 Elliptical Cross Trainer

(pc)

ITEM NO: 1012





OWNER'S MANUAL

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo, subject to change without notice.

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IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following important safety instructions when using this equipment. Read all instructions before using this equipment.

1. Read all instructions and follow it carefully before using this equipment. Make sure the equipment is properly assembled and tightened before use.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercises are recommended.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that may catch any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
6. Be careful when step on or leave the pedal always hold the handlebars first. Make the pedal at your side at the lowest position, step on the pedal, and stride over the main frame then step on the other pedal. When using, please hold the handlebar by hands, make the pedals running smoothly by push or pull handlebars, then run the equipment regularly by cooperation of hands and feet. After exercise, please also make one pedal at the lowest position and leave your foot on the higher pedal first and then another.
7. Do not use the equipment outdoors.
8. This equipment is for household use only. It is not a commercial model.
9. Only one person at a time should use this equipment.

10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. Care should be taken in mounting or dismounting the equipment.
12. Do not allow children to use or play on the equipment. Keep children and pets away from the equipment while in use. This machine is designed for adults use only. The minimum free space required for safe operation is not less than two meters.
13. The maximum weight capacity for this product is 120 kgs.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Handrail End Cap Ø32x1.5	2	019	Hexagon Socket Pan Head Cap Bolt Ø10x46	2
002L	Left Handrail Ø32x1.5	1	020	Big Washer Ø6xØ18x1.5	2
002R	Right Handrail Ø32x1.5	1	021	Cross Recessed Pan Head Bolt M6x15	6
003	Handrail Foam Grip Ø31xØ37x480	2	022	Hexagon Bolt M6x40	6
004	Cross Recessed Pan Head Tapping Screw ST4.2x12	8	023L	Left Foot Pedal	1
005	Left Handrail Arm Cover-A	1	023R	Right Foot Pedal	1
006	Nylon Nut M6	16	024	Washer Ø6xØ12x1	7
007	Curve Washer Ø6xØ12x1	4	025	Hexagon Bolt M8x50	2
008	Carriage Bolt M6x35	4	026	Powder Metal Bushing Ø18xØ8x10	4
009	Screw ST4.2x20	22	027L	Left Foot Bar 40x25x1.5	1
010	Left Handrail Arm Cover-B	1	027R	Right Foot Bar 40x20x1.5	1

011	Hexagon Socket Pan Head Cap Bolt M8x20	4	028	Washer Ø16xØ8x1.5	2
012	Spring Washer Ø8	10	029	Nylon Nut M8	2
013	Big Washer Ø8xØ25x2	4	030	Foot Bar Bracket Cover	2
014	Washer Ø38x16.5xØ3	4	031	Handlebar End Cap Ø28.6x1.5	2
015	Powder Metal Bushing Ø38xØ32xØ19x14	8	032	Hand Pulse Sensor with Wire L=750 mm	2
016L	Left Handrail Arm Ø32x1.5	1	033	Hexagon Socket Pan Head Cap Bolt M8x15	8
016R	Right Handrail Arm Ø32x1.5	1	034	Curve Washer Ø16xØ8x1.5	2
017	Powder Metal Bushing Ø14xØ10x10	4	035	Cross Recessed Pan Head Tapping Screw ST4.2x20	2
018L	Front Foot Bar Cover-A	2	036	Handlebar Foam Grip Ø33xØ27x360	2
018R	Front Foot Bar Cover-B	2	037	Handlebar Ø28.6x2	1

PARTS LIST

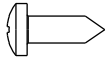
No.	Description	Qty	No.	Description	Qty
038	Computer SM-3720	1	063L	Left Cover	1
039	Extension Sensor Wire I (L=1100 mm)	1	063R	Right Cover	1
040	Cross Recessed Pan Head Bolt M5x10	4	064	Foot Bar Bracket Ø38x3	2
041	Front Decorative Cover for Front Post	1	065	Plastic Spacer Ø38xØ19x40	2
042	Rear Decorative Cover for Front Post	1	066	Crank Disk Ø391x21	2
043	Motor	1	067	Crank 40x20x3	2
044	Motor Tension Cable L=500 mm	1	068	Cross Recessed Pan Head Tapping Screw ST4.2x15	16
045	Extension Sensor Wire L=1250 mm	1	069	Spring Clip Ø17x1.0	2

046	Power Supply Wire L=300 mm	1	070	Wave Washer Ø28xØ17x0.3	1
047	Front Post Ø60x1.5	1	071	Bearing 6003-2Z	2
048	Big Curve Washer Ø8xØ20x2	10	072	Main Frame 80x40x2	1
049	Plastic Bushing Ø32x69	2	073L	Left Plastic Cover	1
050	Right Handrail Arm Cover-A	1	073R	Right Plastic Cover	1
051	Right Handrail Arm Cover-B	1	074	Rubber Cover	2
052	Transport Wheel Ø45x19	2	075	Sensor with Wire (L=300 mm)	1
053	Cross Recessed Pan Head Bolt M6x35	2	076	Cross Recessed Pan Head Tapping Screw ST2.9x12	2
054	Cap Nut M8	4	077	Hexagon Nut M6	2
055	Adjustable Leveler M10	2	078	Spring Washer Ø6	6
056	Carriage Bolt M8x65	4	079	Tension Bracket 31x30xØ1	2
057	Front Left Stabilizer End Cap	1	080	Eyebolt M6x36	2
058	Front Stabilizer	1	081	Nut M10x1x6	2
059	Front Right Stabilizer End Cap	1	082	Flywheel Ø260	1
060	Cross Recessed Pan Head Tapping Screw ST4.2x25	11	083	Cross Recessed Pan Head Bolt M6x10	1
061	Plastic Disc Cap	2	084	Bearing 6000-2Z	2
062	Nut M10x1.25x6	2	085	Washer Ø10xØ14x1	2

PARTS LIST

No.	Description	Qty	No.	Description	Qty
086	Hexagon Socket Pan Head Cap Bolt M8x25	1	092	Rear Left Stabilizer End Cap	1
087	Idler Arm	1	093	Rear Stabilizer 55x50x1.5	1
088	Hexagon Socket Pan Head Cap Bolt M8x10	1	094	Rear Right Stabilizer End Cap	1
089	Belt Pulley Ø260	1	095	Hexagon Nut M10	2
090	Belt PJ400	1	096	Hexagon Nut 1/2"	1
091	Plastic Screw Anchor Ø8x32	1	097	AC Adapter	1

HARDWARE LIST



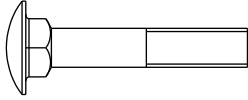
(4) Cross Recessed Pan Head
Tapping Screw ST4.2x12
8 PCS



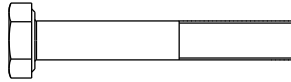
(6) Nylon Nut M6
10 PCS



(7) Curve Washer Ø6xØ12x1
4 PCS



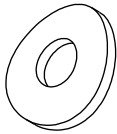
(8) Carriage Bolt M6x35
4 PCS



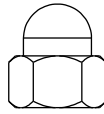
(22) Hexagon Bolt M6x40
6 PCS



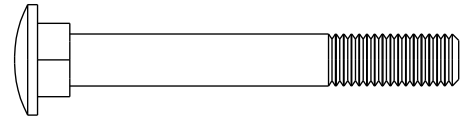
(24) Washer Ø6xØ12x1
6 PCS



(48) Big Curve Washer
Ø8xØ20x2
4 PCS



(54) Cap Nut
M8
4 PCS

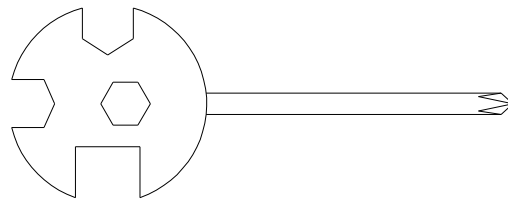


(56) Carriage Bolt
M8x65
4 PCS

TOOLS

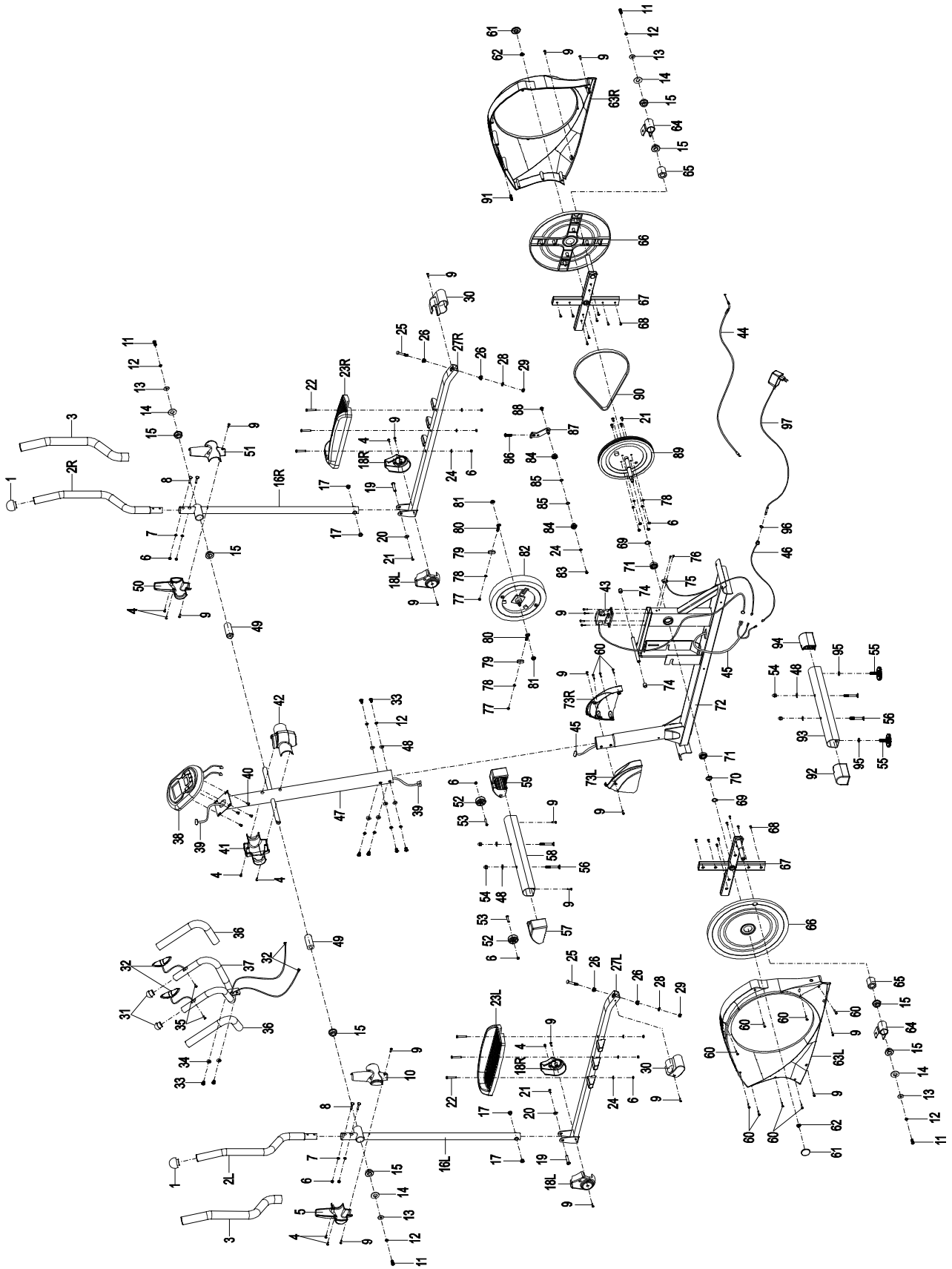


Allen Wrench S6
1 PC

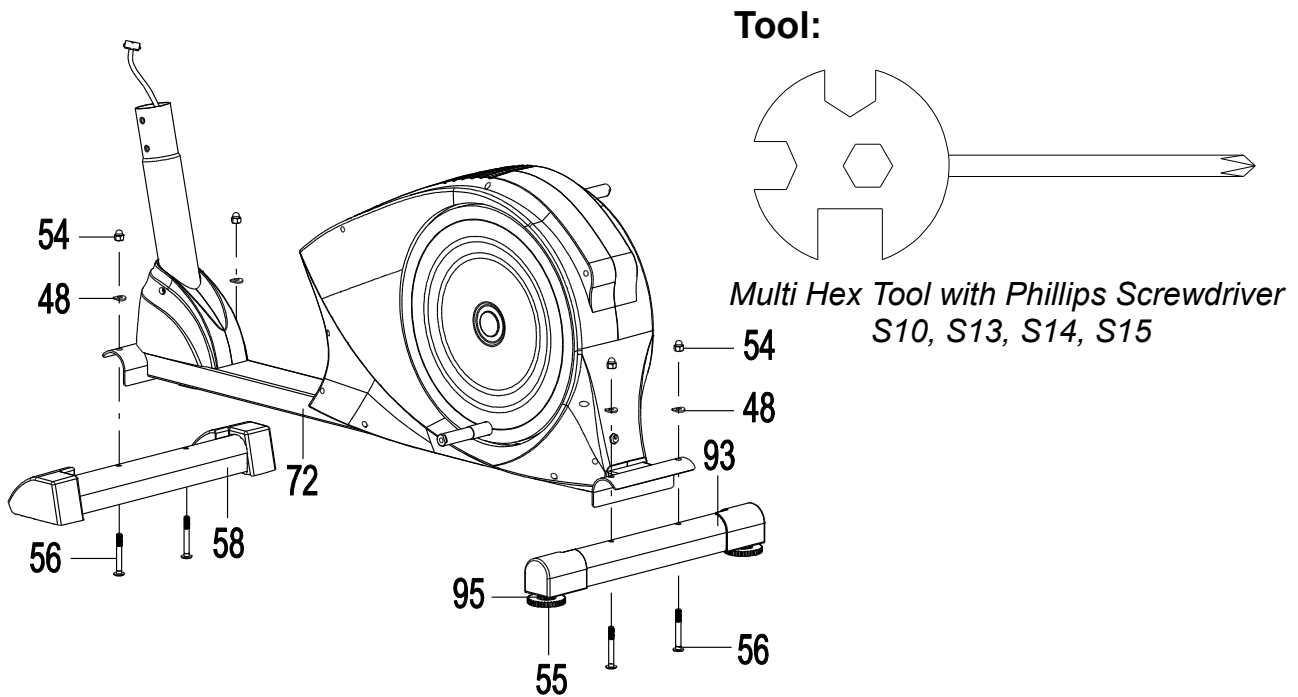


Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15
1 PC

OVERVIEW DRAWING



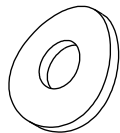
ASSEMBLY INSTRUCTIONS



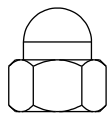
1. Front and Rear Stabilizers Installation

Position the Front Stabilizer (58) in front of Main Frame (72) and align bolt holes. Attach the Front Stabilizer (58) onto the front curve of the Main Frame (72) with two Ø8xØ20x2 Big Curve Washers (48), two M8 Cap Nuts (54), and two M8x65 Carriage Bolts (56). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided. Position the Rear Stabilizer (93) behind the Main Frame (72) and align bolt holes. Attach the Rear Stabilizer (93) onto the rear curve of the Main Frame (72) with two Ø8xØ20x2 Big Curve Washers (48), two M8 Cap Nuts (54), and two M8x65 Carriage Bolts (56). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

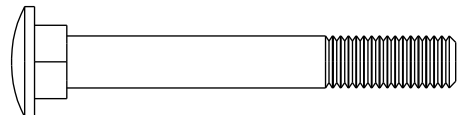
Hardware:



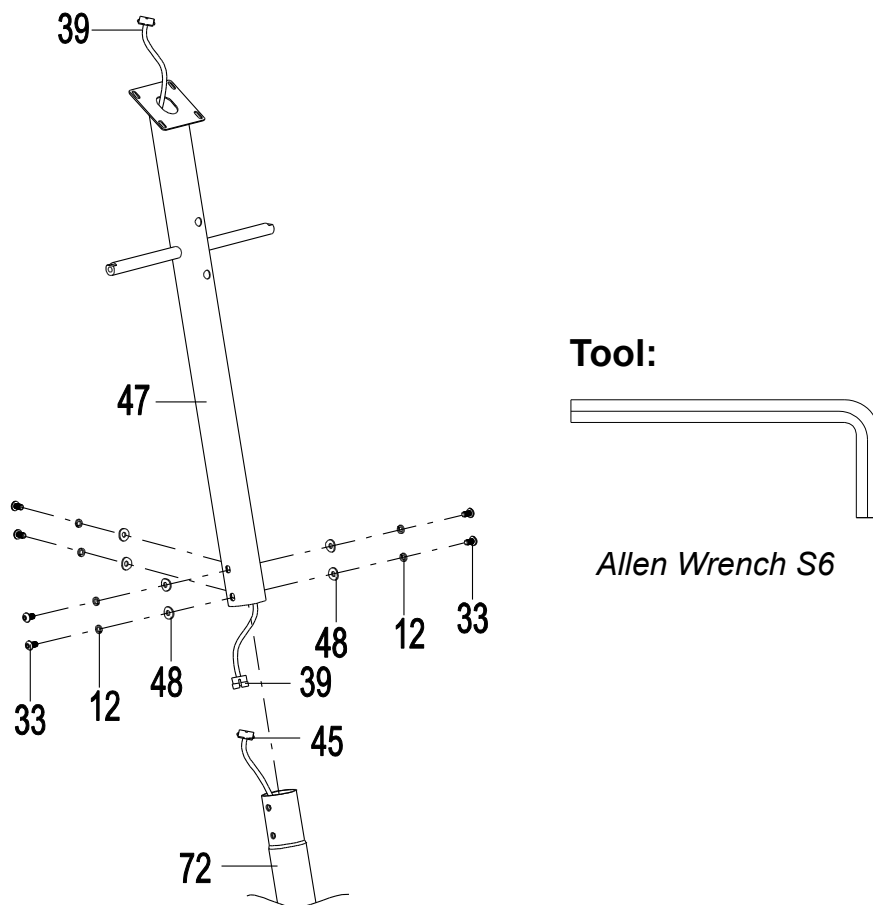
(48) Big Curve Washer
Ø8xØ20x2
4 PCS



(54) Cap Nut
M8
4 PCS



(56) Carriage Bolt
M8x65
4 PCS



2. Front Post Installation

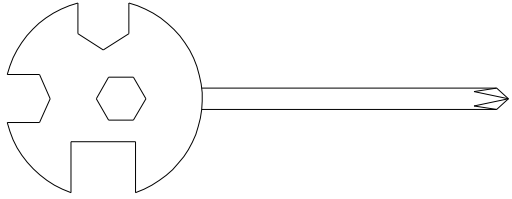
Remove six M8x15 Hexagon Socket Pan Head Cap Bolts (33), six Ø8 Spring Washers (12), and six Ø8xØ20x2 Big Curve Washers (48) from the Main Frame (72). Remove bolts with the S6 Allen Wrench provided.

Connect the Extension Sensor Wire (45) from the Main Frame (72) to the Extension Sensor Wire I (39) from the Front Post (47).

Insert the Front Post (47) onto the tube of the Main Frame (72) and secure with six M8x15 Hexagon Socket Pan Head Cap Bolts (33), six Ø8 Spring Washers (12), and six Ø8xØ20x2 Big Curve Washers (48) that were removed. Tighten bolts with the S6 Allen Wrench

provided.

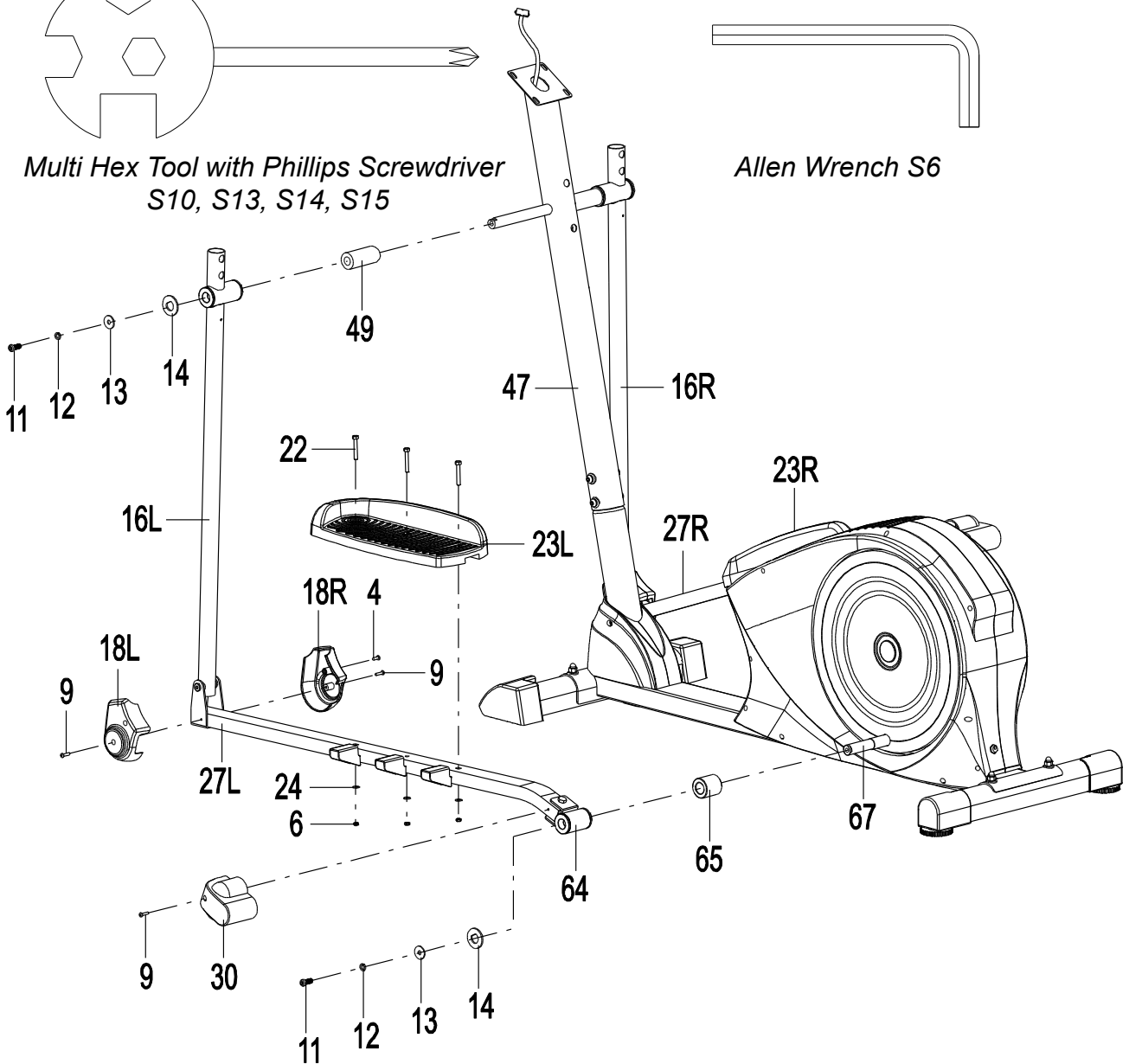
Tools:



Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15



Allen Wrench S6



3. Left/Right Handrail Arms, Left/Right Foot Bars, Left/Right Foot Pedals, Foot Bar Covers-A/B, and Foot Bar Bracket Covers Installation

Remove one M8x20 Hexagon Socket Pan Head Cap Bolt (11), one Ø8 Spring Washer (12), one Ø8xØ25x2 Big Washer (13), and one Ø38x16.5xØ3 Washer (14) from the left horizontal

axis of the Front Post (47). Remove bolts with the S6 Allen Wrench Tool provided.

Attach the Left Handrail Arm (16L) onto the left horizontal axis of the Front Post (47) with one M8x20 Hexagon Socket Pan Head Cap Bolt (11), one Ø8 Spring Washer (12), one Ø8xØ25x2 Big Washer (13), and one Ø38x16.5xØ3 Washer (14) that were removed.

Tighten bolt with the S6 Allen Wrench provided.

Remove one M8x20 Hexagon Socket Pan Head Cap Bolt (11), one Ø8 Spring Washer (12), one Ø8xØ25x2 Big Washer (13), and one Ø38x16.5xØ3 Washer (14) from the left Crank (67). Remove bolt with the S6 Allen Wrench provided.

Attach the left Foot Bar Bracket (64) to the left Crank (67) with one M8x20 Hexagon Socket Pan Head Cap Bolt (11), one Ø8 Spring Washer (12), one Ø8xØ25x2 Big Washer (13), and one Ø38x16.5xØ3 Washer (14) that were removed. Tighten bolt with the S6 Allen Wrench provided.

Attach the Left Foot Pedal (23L) onto the Left Foot Bar (27L) with three M6 Nylon Nuts (6), three Ø6xØ12x1 Washers (24), and three M6x40 Hexagon Bolts (22). Tighten nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Remove two ST4.2x20 Screws (9) from the front end of the Left Foot Bar (27L). Remove screws with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Front Foot Bar Covers-A/B (18L, 18R) onto the front end of the Left Foot Bar (27L) with two ST4.2x20 Screws (9) and one ST4.2x12 Cross Recessed Pan Head Tapping Screw

(4). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

Remove one ST4.2x20 Screw (9) from the rear end of the Left Foot Bar (27L). Remove screw with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Foot Bar Bracket Cover (30) onto the rear end of the Left Foot Bar (27L) with one

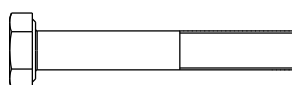
ST4.2x20 Screw (9). Tighten screw with the Multi Hex Tool with Phillips Screwdriver provided.

Repeat the same procedure for attaching the Right Handrail Arm (16R) onto the right horizontal axis of the Front Post (47) and right Foot Bar Bracket (64) to the right Crank (67).

Hardware:



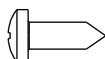
(6) Nylon Nut M6
6 PCS



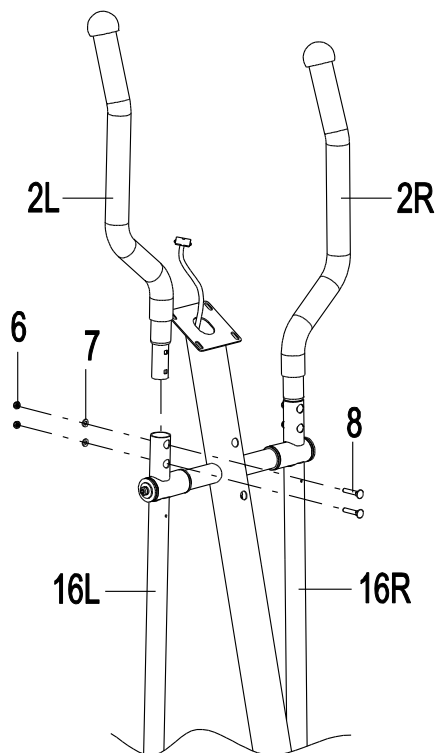
(22) Hexagon Bolt M6x40
6 PCS



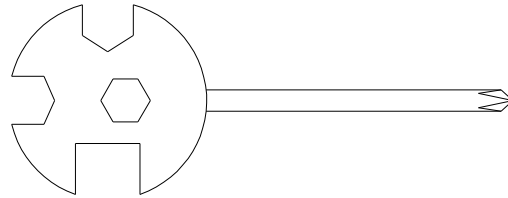
(24) Washer Ø6xØ12x1
6 PCS



(4) Cross Recessed Pan Head
Tapping Screw ST4.2x12
2 PCS



Tool:



*Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15*

4. Left and Right Handrails Installation

Attach the Left/Right Handrails (2L, 2R) onto the Left/Right Handrail Arms (16L, 16R) with four M6 Nylon Nuts (6), four Ø6xØ12x1 Curve Washers (7), and four M6x35 Carriage Bolts (8). Tighten nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.

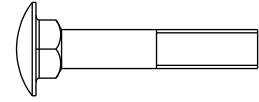
Hardware:



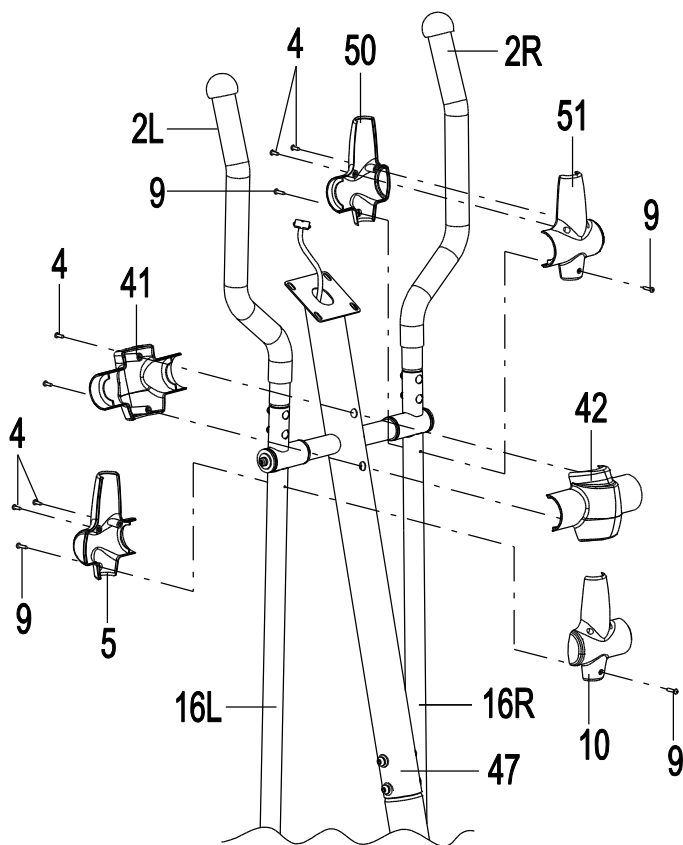
(6) Nylon Nut M6
4 PCS



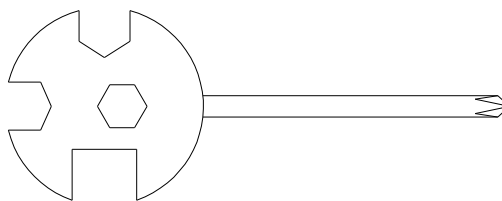
(7) Curve Washer Ø6xØ12x1
4 PCS



(8) Carriage Bolt M6x35
4 PCS



Tool:



*Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15*

5. Left and Right Handrail Arm Covers-A/B and Front/Rear Decorative Covers for Front Post Installation

Remove two ST4.2x20 Screws (9) from the Left Handrail Arm (16L). Remove screws with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Left Handrail Arm Cover-A (5) and Left Handrail Arm Cover-B (10) onto the Left Handrail Arm (16L) with two ST4.2x20 Screws (9) and two ST4.2x12 Cross Recessed Pan Head Tapping Screws (4). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

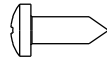
Remove two ST4.2x20 Screws (9) from the Right Handrail Arm (16R). Remove screws with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Right Handrail Arm Cover-A (50) and Right Handrail Arm Cover-B (51) onto the Right Handrail Arm (16R) with two ST4.2x20 Screws (9) and two ST4.2x12 Cross Recessed Pan Head Tapping Screws (4). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

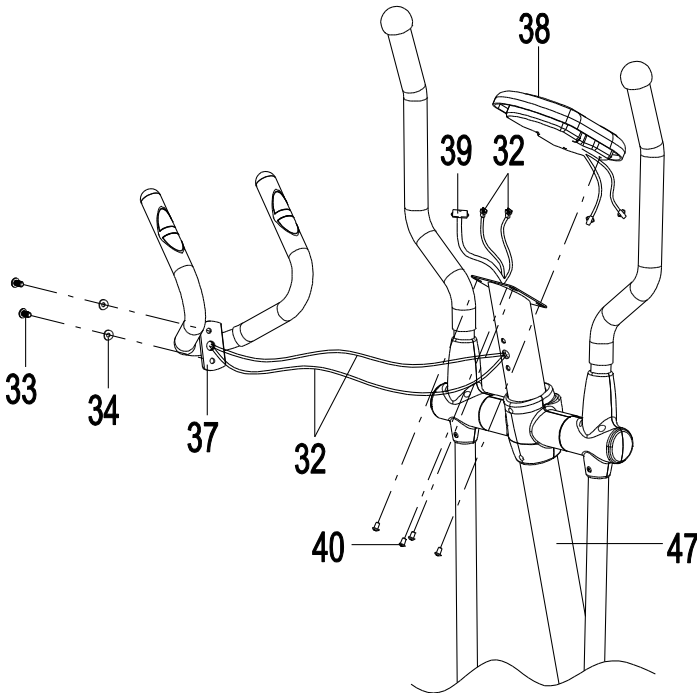
Attach the Front Decorative Cover for Front Post (41) and Rear Decorative Cover for Front Post (42) onto the Front Post (47) two ST4.2x12 Cross Recessed Pan Head Tapping Screws

(4). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

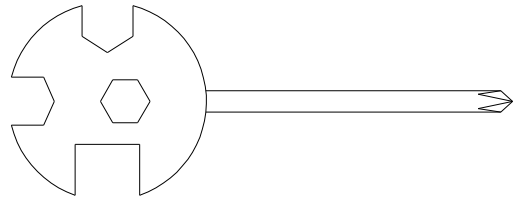
Hardware:



(4) Cross Recessed Pan Head
Tapping Screw ST4.2x12
6 PCS



Tools:



*Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15*



Allen Wrench S6

6. Handlebar and Computer Installation

Remove two M8x15 Hexagon Socket Pan Head Cap Bolts (33) and two Ø16xØ8x1.5 Curve Washers (34) from the Front Post (47). Remove bolts with the S6 Allen Wrench provided. Insert the Hand Pulse Sensor with Wires (32) through into the hole on the Front Post (47) and pull them out from the top end of the Front Post (47).

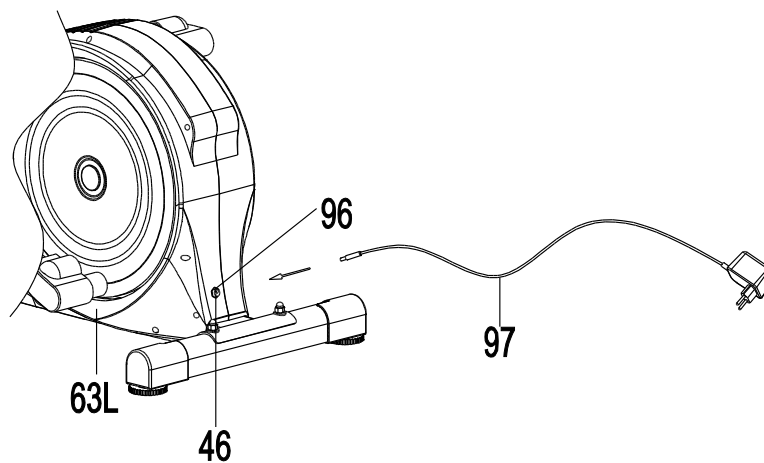
Attach the Handlebar (37) onto the Front Post (47) with two M8x15 Hexagon Socket Pan Head Cap Bolts (33) and two Ø16xØ8x1.5 Curve Washers (34) that were removed. Tighten bolts with the S6 Allen Wrench provided.

Remove four M5x10 Cross Recessed Pan Head Bolts (40) from the back of the Computer (38). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Connect the Hand Pulse Sensor Wires (32) and Extension Sensor Wire (39) to the wires that

come from the Computer (38). **Tuck wires into the Front Post (47).** Attach the Computer (38) onto the top end of the Front Post (47) with four M5x10 Cross Recessed Pan Head Bolts (40) that were removed. Tighten bolts with the Multi Hex Tool with Phillips

Screwdriver provided.



7. AC Adapter Installation

Plug one end of the AC Adapter (97) into the power jack of the Power Supply Wire (46) on the rear of the Left Cover (63L). **Before plugging in, make sure to check carefully the specifications on the Adapter.** Plug the other end of the AC Adapter (97) into the electrical wall outlet.

OPERATING THE COMPUTER



COMPUTER BUTTON FUNCTIONS:

START/STOP: To start and stop the workout session.

UP: Press the UP button to select the exercise mode of MANUAL, PROGRAM, USER PROGRAM, and H.R.C., and WATT PROGRAM.

Press the UP button to make upward for function values adjustment on different training mode.

Press the UP button to increase the load level.

DOWN: Press the DOWN button to select the exercise mode of MANUAL, PROGRAM, USER PROGRAM, and H.R.C., and WATT PROGRAM.

Press the DOWN button to make downward for function values adjustment on different training mode.

Press the DOWN button to decrease the load level.

RECOVERY: The Pulse Recovery is for personal orientation and compares the approximate pulse rate before and after training. You will notice that your fitness will improve with regular exercise. This feature can help you on your way to a healthier you. The Pulse Recovery feature is to be used directly after your workout. To use this function:

- 1) Grip the hand pulse sensors with both hands during exercise.
- 2) Press the **RECOVERY** button.
- 3) Grip the hand pulse sensors with both hands.
- 4) The time will countdown from 60 to 0 seconds.
- 5) Your personal fitness Pulse Recovery level will appear on the display. When countdown is complete, the Pulse Recovery grade will be displayed.

Your ratings for Pulse Recovery are as follows:

F1 = Excellent **F4 = Below Average**

F2 = Good **F5 = Not Good**

F3 = Fair **F6 = Poor**

- 6) Press the **RECOVERY** button to quit the recovery mode.

RESET: Press the RESET button to reset the functional values to zero

Press and hold the RESET button for over 2 seconds, the computer screen will display initial image (U1..., or U4).

MODE: To confirm your selection.

BODY FAT: To test your body fat percentage and BMI. Press the BODY FAT button and then grip the hand pulse sensors with both hands for a few seconds, and the screen will display your BMI, body fat percentage, and fat symbol.

NOTE: Body Fat Percentage is an estimate based on the sex, age, height, and weight input, and is to be used as a guide only.

B.M.I. (Body mass index) integrated

B.M.I SCALE	LOW	LOW/MED	MEDIUM	MED/HIGH
RANGE	<20	20-24	24.1-26.5	>26.5

BODY FAT:

SYMBOL	—	+	▲	◆
FAT% SEX	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE	<13%	13%-25.9%	26%-30%	>30%
FEMALE	<23%	23%-35.9%	36%-40%	>40%

COMPUTER DISPLAY FUNCTIONS:

TIME: Displays the workout time. TIME will count down if it is set as a “goal”.

SPEED: Displays the workout speed.

RPM: Display current training rotation per minute.

WATT: Displays the workout power consumption.

LOAD: Indicates the load level selected from LEVEL 1 to LEVEL 16.

LOAD PROFILES: There are 20 columns of load bars, and 8 bars in each column. Each bar represents 2 levels of load.

PULSE: Displays the user’s current heart rate (beats per minute).

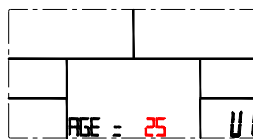
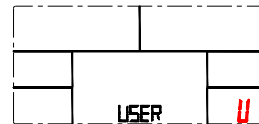
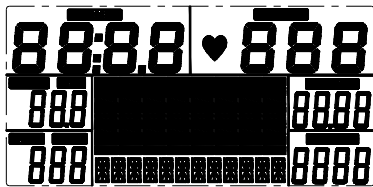
DISTANCE: Displays the estimated distance traveled. DISTANCE counts down if it is set as a “goal”.

CALORIES: Displays the estimated Calories the user has burned during the exercise. CALORIES count down if it is set as a “goal”.

GETTING STARTED:

Plug the wire of the adapter into the power jack, which is located in the rear of the machine and then connect the adapter to the electrical wall outlet. The computer screen will display U1 with a long BI tone, press the Up or DOWN button to select USER number (U1-U4) and press the MODE button to confirm the user number. Then input USER data (sex, age, height, and weight) by pressing the Up or DOWN button. Press the MODE button to confirm the USER data. The computer screen will display MANUAL mode, press the Up or DOWN button to select function mode and then press the MODE button after one of the modes is selected.

NOTE: U1~U4 user data values will be stored in the memory after setup for future use.



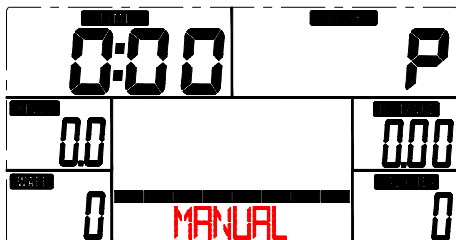
TRAINING IN MANUAL MODE:

You have two options in the MANUAL mode. When the computer screen displays MANUAL mode, press the UP or DOWN button to select the MANUAL mode and then press the MODE button for confirmation. For “quick start,” simply press the START/STOP button and your workout will begin. You can control the load with the UP or DOWN button.

The second option for MANUAL mode is to set a “goal”. When you press the MODE button to select MANUAL mode, the TIME display will flash. If you wish to set a TIME goal, you can do so using UP or DOWN button, or if you wish to set a DISTANCE, CALORIES, or PULSE goal, just continue to press the MODE button. By setting a PULSE goal, a tone will sound that Heart Rate is reached or exceeded. Please grip the hand pulse sensors during exercise. Setting “goals”, you can set “goals” for either TIME, DISTANCE, CALORIES, or

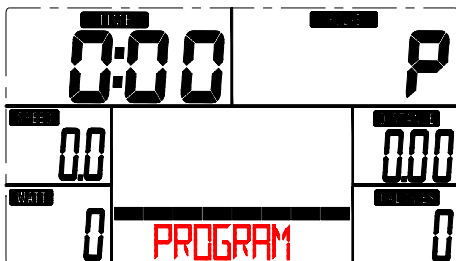
PULSE. For instance, if you set a TIME goal of 20:00, once you start the program, you will notice that the TIME display will count down from 20:00 to 0:00. We recommend that you set only one goal (TIME, DISTANCE, CALORIES, or PULSE) for each exercise.

Note, if no goals are set (TIME, DISTANCE, CALORIES, or PULSE) and are all set to 0, all of these values will count up, once the START/STOP key is pressed. During your exercise, when a goal is reached, that display will flash, signaling that your workout is complete.



TRAINING IN PROGRAM MODE:

Press the UP or DOWN button to select the PROGRAM mode and then press the MODE button for confirmation. There are 12 pre-set programs that offer you a variety of workout options. To select a program, use the UP or DOWN button to select one of the pre-set programs. Press the MODE button for confirmation and the TIME display will flash. At this point you can press the START/STOP button to start your workout or you can set a "TIME goal" as described above.



TRAINING IN USER PROGRAM MODE:

Press the UP or DOWN button to select the USER PROGRAM mode and then press the MODE button for confirmation. The first interval of user program graphic will flash for setting the load level. Press the UP or DOWN button to set the load level for the first interval of user program profile. Press the MODE button to confirm the load level for the first interval of user program profile. There are 20 intervals for setting the load level. Repeat above steps to set the load level from the second interval to the twentieth interval. After setting all the load level and then press and hold the MODE button for over 2 seconds, the TIME display will flash. At this point you can press the START/STOP button to start your workout or you can set a "TIME goal" as described in training in manual mode.

TRAINING IN H.R.C. MODE:

Press the UP or DOWN button to select the H.R.C. mode and then press the MODE button for confirmation. There are 4 H.R.C. (Heart Rate Control) programs that offer you a variety of workout options. To select a program, use the UP or DOWN button. If user selects H.R.C. 55 and the target heart rate will display on the split window of PULSE according to user's age because user has inputted USER data (sex, age, height, and weight) after the adapter connected to the electrical wall outlet. Press the MODE button for confirmation. For instance, if user inputs age (25 years old), the calculations will be as follows:

$$220 - 25 = 195$$

$$195 \times 55\% (0.55) = 107 \text{ (55\% of your maximum heart rate)}$$

25 year-old male (THR) Target Heart Rate would be 107

At this point you can press the START/STOP button to start your workout or you can set a "TIME goal" as described in training in manual mode.

After pressing the START/STOP button to exercise, please grip the hand pulse sensors during exercise, the computer will adjust the load level according to the heart rate detected. For example, the load level will increase while the heart rate detected is lower than Target Heart Rate. Also, the load level will decrease while the heart rate detected is higher than Target Heart Rate. As a result, the user's heart rate will be adjusted equal to the Target Heart Rate.

Use the same procedure to operate H.R.C. 75 or H.R.C. 90 as described above.

If user selects H.R.C. TAG and the split window of PULSE will display 100 for the target heart rate. Press the MODE button for confirmation. User may press the UP or DOWN button to set desired Target Heart Rate.

At this point you can press the START/STOP button to start your workout or you can set a "TIME goal" as described in training in manual mode.

After pressing the START/STOP button to exercise, the computer will adjust the load level according to the heart rate detected. For example, the load level will increase while the heart rate detected is lower than Target Heart Rate. Also, the load level will decrease while the heart rate detected is higher than Target Heart Rate. As a result, the user's heart rate will be adjusted to equal the Target Heart Rate.



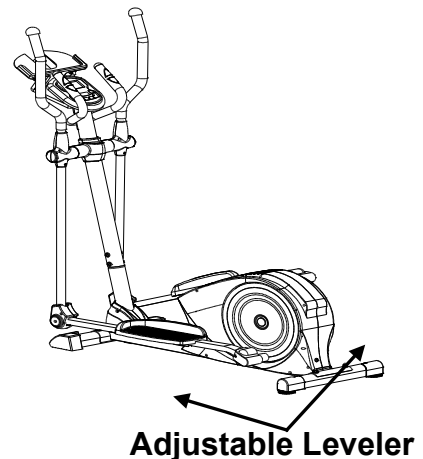
TRAINING IN WATT PROGRAM MODE:

Press the UP or DOWN button to select the WATT PROGRAM mode and then press the MODE button for confirmation. The split window of WATT will flash for setting. Press the UP or DOWN button to pre-set the watt target. Press the MODE button for confirmation. The Watt constant training program is designed to keep your watt output at a constant level you have pre-set. At this point you can press the START/STOP button to start your workout or you can set a "TIME goal" as described in training in manual mode. After pressing the START/STOP button to exercise, the load level will be automatically adjusted by the computer to close to the pre-set value of watt. If the split window of WATT displays --- symbol, this is to remind you the current WATT is higher or lower than pre-set watt, and you need to slow down or speed up training speed accordingly. Beep tones will sound.

ADJUSTMENT

Adjusting the Adjustable Leveler

Turn the adjustable leveler on the rear stabilizer as needed to level the elliptical trainer.



MAINTENANCE

Cleaning

The elliptical trainer can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the elliptical trainer after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the elliptical trainer, especially the computer console out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

Storage

Store the elliptical trainer in a clean and dry environment away from children.

TROUBLESHOOTING

PROBLEM	SOLUTION
The elliptical trainer wobbles when in use.	Turn the adjustable leveler on the rear stabilizer as needed to level the elliptical trainer.
There is no display on the computer console.	Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the front post.
There is no heart rate reading or heart rate reading is erratic / inconsistent.	<ol style="list-style-type: none">1. Make sure that the wire connections for the hand pulse sensors are secure.2. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with both hands instead of just with one hand when you try to test your heart rate figures.3. Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.
The elliptical trainer makes a squeaking noise when in use.	The bolts may be loose on the elliptical trainer. Please inspect all of the bolts and tighten any loose bolts.

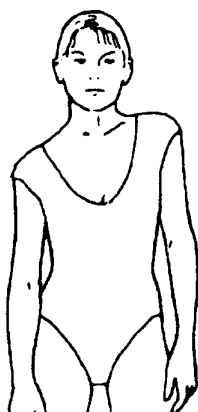
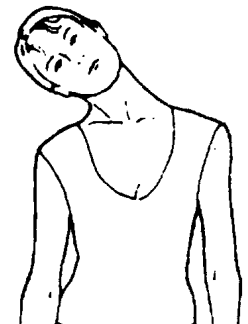
WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

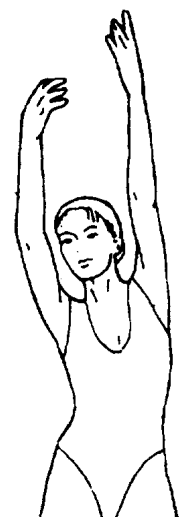
HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then 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, then drop your head to your chest for one count.



SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

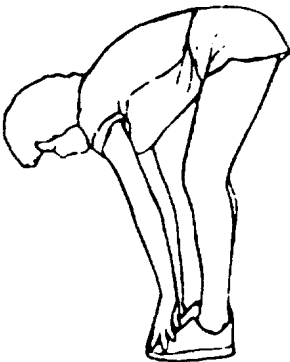


QUADRICEPS STRETCH

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 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

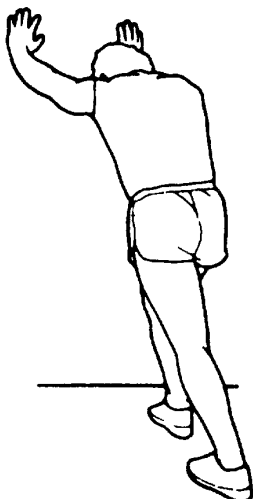
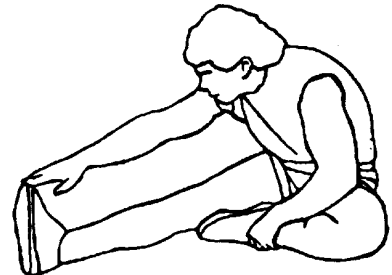


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

