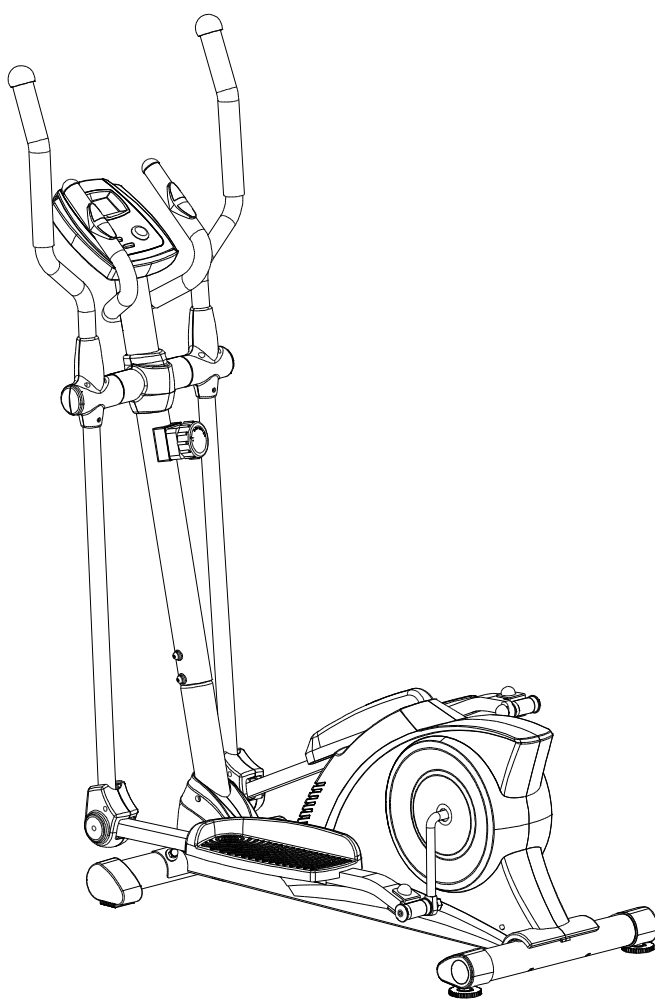
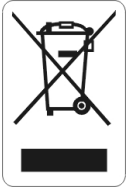


ELLIPTICAL TRAINER

ITEM NO: 1332





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.

TABLE OF CONTENTS

IMPORTANT SAFETY INSTRUCTIONS -----	2
PARTS LIST -----	3
HARDWARE PACKING LIST -----	5
TOOLS -----	6
OVERVIEW DRAWING -----	7
ASSEMBLY INSTRUCTIONS -----	8
OPERATING THE COMPUTER -----	15
ADJUSTMENTS -----	17
MAINTENANCE -----	18
TROUBLESHOOTING -----	18
WARM UP AND COOL DOWN ROUTINE -----	19

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 exercise is necessary. Refer to the Warm Up and Cool Down Routine pages. After exercise, relaxation of the body is suggested for cool-down.
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 might 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.
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 250 lbs/110 kgs.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the persons 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	Main Frame Hlavný rám Hlavní rám	1	022	Washer Ø16xØ8x1.5 podložka podložka	2
002L	Left Foot Bar Levá tyč lavá tyč	1	023	Bolt M8x45 Šroub Skrutka	2
002R	Right Foot Bar pravá tyč pravá tyč	1	024	Nylon Nut M6 nylonová matice nylonová matica	10
003L	Left Handrail Arm levá paža madla lavá paža madla	1	025	Washer Ø6 podložka apodložka	7
003R	Right Handrail Arm pravá paža madla pravá paža madla	1	026	Bolt M6x40 Šroub skrutka	6
004L	Left Handrail Ø32x1.5 levá paže madla lavá paža madla	1	027	Tension Cable L=1800 napínací kabel napínací kábel	1
004R	Right Handrail Ø32x1.5 pravá paže madla pravá paža madla	1	028	Cap S13 uzávěr uzáver	2
005	Front Post přední pozice predná pozícia	1	029	Screw ST4.2x25 šrioub skrutka	11
006	Handlebar Ø25x1.5 řídítká riadidlá	1	030L	Foot Bar Cover-A nožní kryt-A nožný krat-A	2
007	Front Stabilizer Ø60x1.5x480 Rovný stabilizátor rovný stabilizátor	1	030R	Foot Bar Cover-B Nožný kryt -B nožný kryt-B	2
008	Rear Stabilizer zadní stabilizátor stabilizátorazadný stabilizátor	1	031	Big Washer Ø6 velká podložka velká podložka	2
009	Carriage Bolt M8x70 vratový šroub vratová skrutka	2	032	Bolt Ø15.8x62.5 šroub skrutka	2
010L	Front Left Stabilizer End Cap Ø60 prední levý stabilizátor se	1	033	Left Foot Pedal 395x150x65 levý základ pedálu	1

	zakončením predný lavý stabilizátor s uzáverom			lavý základný pedál	
010R	Front Right Stabilizer End Cap Ø60 predný pravý stabilizátor se zakončením predný pravý stabilizátor so zakončením	1	034	Right Foot Pedal 395x150x65 pravý základ pedálu opravý základ pedálu	1
011	Big Curve Washer Ø20xØ8 veliká okrouhlá podložka velká oktrúhla podložka	10	035	Rear Left Stabilizer End Cap Ø60 levý zadní stabilizátor koncovka lavý zadný stabilizátor koncovka	1
012	Cap Nut M8 převlečná matice prevlečná matica	2	036	Rear Right Stabilizer End Cap Ø60 zadní pravý stabilizátor koncovka zadný pravý stabilizátor koncovka	1
013L	Bolt for left U Shape Bracket 1/2" Šroub pro levou hranatou závorku tvaru U 1/2 " skrutka pre lavú hranatú zavorku	1	037	Cover Cap Ø40xØ25x10 krytka krytka	2
013R	Bolt for right U Shape Bracket 1/2" šroub pře pravou hranatou závorku skrutka pre pravú hranatú závorku	1	038	Bolt M8x15 šroub skrutka	8
014L	Left Nylon Nut 1/2" nylonová matice nylonová matica	1	039	Powder Metal Bushing Ø14.2xØ10.2x10 kovové pouzdro kovové púzdro	4
014R	Right Nylon Nut 1/2" nylonová matice nylonová matica	1	040	Bolt M8x20 šroub matice	2
015	Wave Washer Ø28xØ17x0.3 vlnená podložka vlnená podložka	2	041	Spring Washer Ø8 napínací podložka napínacia podložka	8
016	Powder Metal Bushing Ø24.5xØ16x14	4	042	Washer Ø38x3 podložka podložka	2
017	Spring Washer Ø20 napínací podložka	2	043	Powder Metal Bushing	4

	napínacia podložka			Ø38xØ32xØ19x14	
018	Idler Pulley napínací kladka napínacia kladka	1	044	Bolt M6x35 šroub skrutka	4
019	Washer 7/8" podložka podložka	1	045	Curve Washer Ø6 kulatá podložka gulatá podložka	4
020	U Shape Bracket držák tvar-U držiak v tvare-U	2	046	Big Washer Ø8 velká podložka velká podložka	2
021	Nylon Nut M8 nylonová matice nylonová matica	2	047	Bolt M6x10 šroub skrutka	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
048	Plastic Bushing Ø32xØ16x5xØ50 plastové pouzdro plastové púzdro	2	073	Washer Ø34.5xØ23x2.5 podložka podložka	1
049L	Left Handrail Arm Cover-A evá paža madla lavá paža madla	1	074	Hexagon Nut 7/8" šestihranný šroub šesthranná skrutka	1
049R	Right Handrail Arm Cover-A pravá paže madla pravá paža madla	1	075	Belt Pulley with Crank 6.5"/Ø260 řemenice remenice	1
050L	Left Handrail Arm Cover-B evá paža madla lavá paža madla	1	076	Bolt M8x25 šroub skrutka	1
050R	Right Handrail Arm Cover-B pravá paže madla pravá paža madla	1	077	M10x1 Nut for Flywheel matice pro setrvačnick matica pre zotrvačnick	2
051	Tension Control Knob Kontrolní knoflík kontrolné tlačidlo	1	078	Flywheel Ø230x40x32 setrvačnick zotrvačnick	1
052	Screw ST4.2x20 šroub skrutka	4	079	Belt PJ380 J6 pás pás	1
053	Computer (HR1581) počítač počítač	1	080	Idler Arm napínací rameno napínacie rameno	1

054	Rear Decorative Cover for Front Post zadní dekorativní kryt zadný dekoratívny kryt	1	081	Bolt M6x15 šroub skrutka	2
055	Hand Pulse Sensor with Wire L=750 ruční pulz ručný pzulz	2	082	Eyebolt M6x36 šroub s okem skrutka z okom	2
056	Handrail Foam Grip Ø31xØ37x480 pěnový držák penový držák	2	083	Tension Bracket napětí napätie	2
057	Handlebar Foam Grip Ø27xØ33x360 pěnový držák penový držák	2	084	Nut M6 šroub skrutka	2
058	Handrail End Cap Ø32x1.5 zakončení držáku zakončenie držiaka	2	085	Spring Washer Ø6 napínací podložka napínacia podložka	2
059	Handlebar End Cap Ø28x1.5 řídítká záslepka riadidlá zakončenie	2	086	Power Metal Bushing Ø18xØ8x5 metální pouzdro metálové púzdro	4
060	Phillips Self Tapping Screw ST4.2x25 šroubovák Philips skrutkovač Philips	6	087	Nut M10 šroub skrutka	2
061	Curve Washer Ø20xØ5.2 kulatá podložka gulatá podložka	1	088	Bolt M5x10 šroub skrutka	4
062	Bolt M5x55 šroub skrutka	1	089	Bolt M8x10 šroub skrutka	1
063	Adjustable Leveler M10 nastavení vyrovnání nastavenie vyrovnania	2	090	Front Decorative Cover for Front Post pozice pozícia	1
064	Extension Sensor Wire L=1100 prodloužený swenzorový drát predĺžený senzorový drot	1	091	Left Decorative Cover levý dekorativní kryt ľavý dekoratívny	1
065	Sensor with Wire L=1600 senzorový drát	1	092	Right Decorative Cover pravý dekorativní kryt	1

	senzorový drot			pravý dekorativny kryt	
066	Screw ST2.9x12 šroub skrutka	2	093	Curve Washer Ø16xØ8 okrouhlí matice okružhla matica	2
067	Left Cover levý kryt lavý kryt	1	094	Screw ST4.2x12 šroub skrutka	8
068	Right Cover pravý kryt pravý kryt	1	095	Rubber Cover gumový kryt gumový kryt	2
069	Bearing Cup ložiskový pohár	2	096	Bolt M8x70	2
070	Bearing (13R) Bolt for right U Shape Bracket 1/2" ložisko šroub tvaru U 1 PC	2	097	Phillips Self Tapping Screw Bolt for left U Shape Bracket 1/2" ST4.2x20 1	8
071	Bearing Nut 1 15/16" ložiskový šroub ložisková skrutka (14L) Right Nylon Nut 1/2" 1 PC	1	098	Screw ST2.9x16 Left Nylon Nut 1/2" šroub skrutka (15) Wave Washer Ø28xØ17x0.3 Viněná podložka 1 PC	1
072	Bearing Washer 1 7/8" ložiskový šroub ložisková skrutka 1 PC	1			

(17) Spring Washer Ø20 1

(17) Spring Washer Ø20 1

HARDWARE PACKING LIST

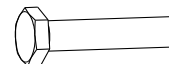
(9) Carriage Bolt
M8x70
2 PCS
Vratový šroub



(11) Big Curve Washer Ø20xØ8
4 PCS
Velká kulatá podložka



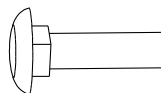
(12) Cap Nut M8
2 PCS
Zakončení šroubu



(24) Nylon Nut M6
10 PCS
Nylonové matice
MATICE



(25) Washer Ø6
6 PCS
podložka



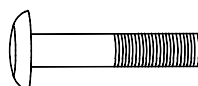
(26) Bolt
M6x40
6 PCS
šroub



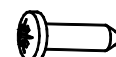
(28) Cap S13
2 PCS
zakončení



(44) Bolt M6x35
4 PCS
šroub



(45) Curve Washer Ø6
4 PCS
Okrouhlá podložka



(94) Screw
ST4.2x12
8 PCS
šroub

(96) Bolt
M8x70
2 PCS
šroub

(97) Phillips Self Tapping Screw
ST4.2x20
4 PCS
Philips samořezný šroub

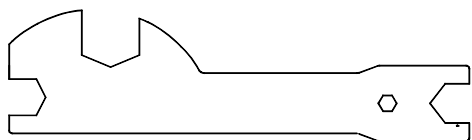
TOOLS



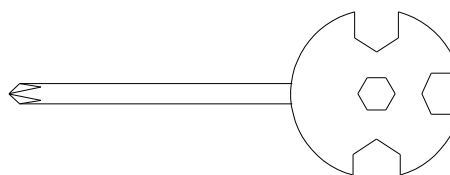
Allen Wrench S6
1 PC
Multifunkčný klúč



Allen Wrench S8
1 PC
Multifunkčný klúč

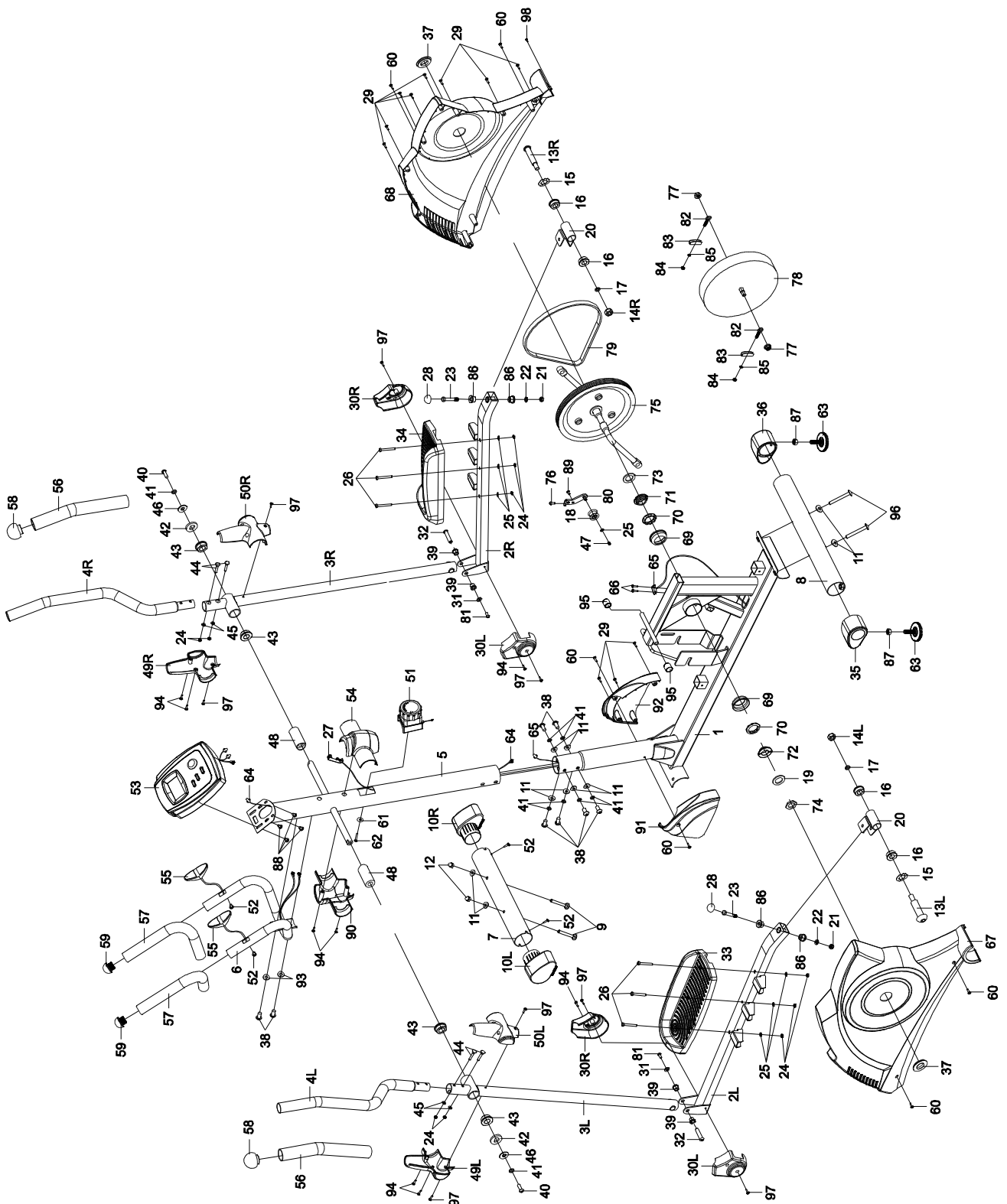


Multi Hex Tool
S10, S13, S17, S19
1 PC
Vícefunkčný
šestihranný klíč

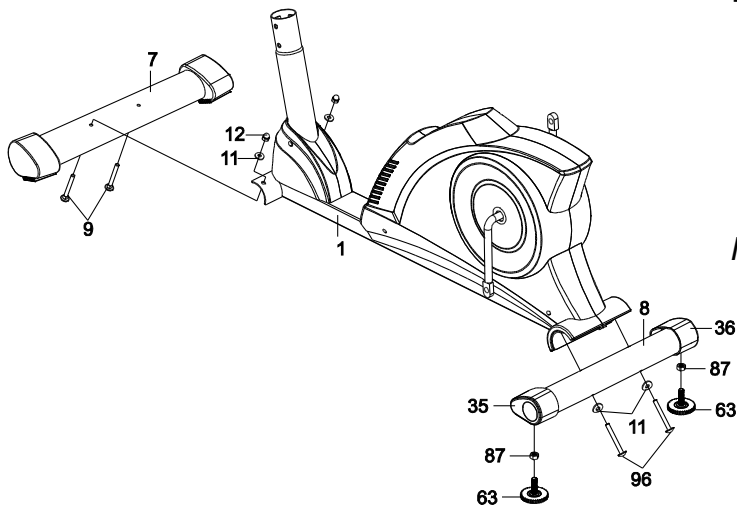


Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15
1 PC
Multifunkčný skrutkovač

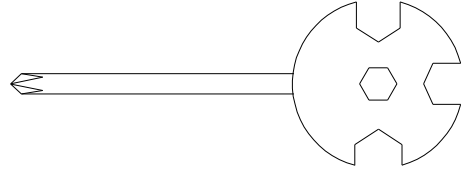
OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS



Tool:



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



Allen Wrench S6

1. Front and Rear Stabilizers Installation

Position the Front Stabilizer (7) in front of Main Frame (1) and align bolt holes.

Attach the Front Stabilizer (7) onto the front curve of the Main Frame (1) with two M8x70 Carriage Bolts (9), two Ø20xØ8 Big Curve Washers (11), and two M8 Cap Nuts (12).

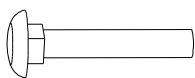
Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Position the Rear Stabilizer (8) behind the Main Frame (1) and align bolt holes.

Attach the Rear Stabilizer (8) onto the rear curve of the Main Frame (1) with two M8x70 Bolts (96), and two Ø20xØ8 Big Curve Washers (11). Tighten bolts with the S6 Allen Wrench provided.

Install two M10 Adjustable Levelers (63) and two M10 Nuts (87) onto the Rear Stabilizer (8).

Hardware:



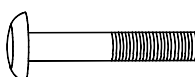
(9) Carriage Bolt
M8x70
2 PCS



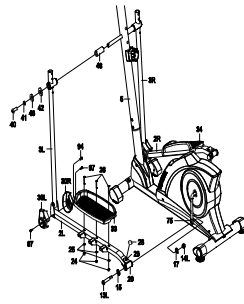
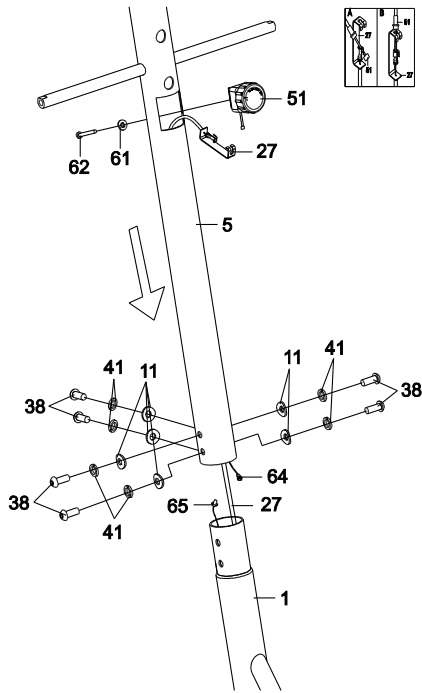
(11) Big Curve Washer Ø20xØ8
4 PCS



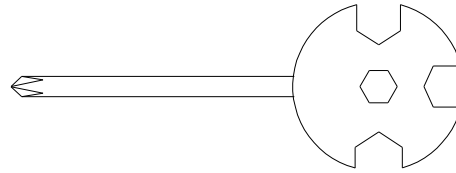
(12) Cap Nut M8
2 PCS



(96) Bolt
M8x70
2 PCS



Tool:



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



Allen Wrench S6

2.

Front Post and Tension Control Knob Installation

Remove six M8x20 Bolts (38), six Ø8 Spring Washers (41), and six Ø20xØ8 Big Curve Washers (11) from the Main Frame (1). Remove bolts and washers with the S6 Allen Wrench provided.

Insert the Tension Cable (27) through into the bottom hole of Front Post (5) and pull it out from the square hole of Front Post (5).

Connect the Sensor Wire (65) from the Main Frame (1) to the Extension Sensor Wire (64) from the Front Post (5).

Insert the Front Post (5) onto the tube of the Main Frame (1) and secure with six M8x20 Bolts (38), six Ø8 Spring Washers (41), and six Ø20xØ8 Big Curve Washers (11) that were removed. Tighten bolts and washers with the S6 Allen Wrench provided.

Remove the Ø20xØ5.2 Curve Washer (61) and M5x55 Bolt (62) from the Tension Control Knob (51). Remove bolt with the Multi Hex Tool with Phillips Screwdriver provided.

Put the cable end of resistance cable of Tension Control Knob (51) into the spring hook of Tension Cable (27), see Figure A. Pull the resistance cable of Tension Control Knob (51) up and force it into the gap of metal bracket of Tension Cable (27), see Figure B. Attach the Tension Control Knob (51) onto the Front Post (5) with the Ø20xØ5.2 Curve Washer (61)

and M5x55 Bolt (62) that were removed. Tighten bolt and curve washer with the Multi Hex Tool with Phillips Screwdriver provided.

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

Remove two M8x20 Bolts (40), two Ø8 Spring Washers (41), two Ø8 Big Washers (46), and two Ø38x3 Washers (42) from the left and right horizontal axes of the Front Post (5).

Remove bolts and washers with the S6 Allen Wrench provided.

Attach the Left Handrail Arm (3L) onto the left horizontal axis of the Front Post (5) with one M8x20 Bolt (40), one Ø8 Spring Washer (41), one Ø8 Big Washer (46), and one Ø38x3 Washer (42) that were removed. Tighten bolt and washers with the S6 Allen Wrench provided.

Attach the left U Shape Bracket (20) to the left Crank (75) with one 1/2" Bolt for left U Shape

Bracket (13L), one Ø28xØ17x0.3 Wave Washer (15), one Ø20 Spring Washer (17), and one

1/2" Left Nylon Nut (14L). Tighten bolt and nylon nut with the S8 Allen Wrench and Multi Hex Tool provided. Install a S13 Bolt Cap (28) onto the M8x45 Bolt (23).

NOTE: 1/2" Bolt for left U Shape Bracket (13L) and 1/2" Bolt for right U Shape Bracket (13R) are marked "R" for Right and "L" for Left.












Attach the Left Foot Pedal (33) onto the Left Foot Bar (2L) with three M6 Nylon Nuts (24), three Ø6 Washers (25), and three M6x40 Bolts (26). Tighten nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.

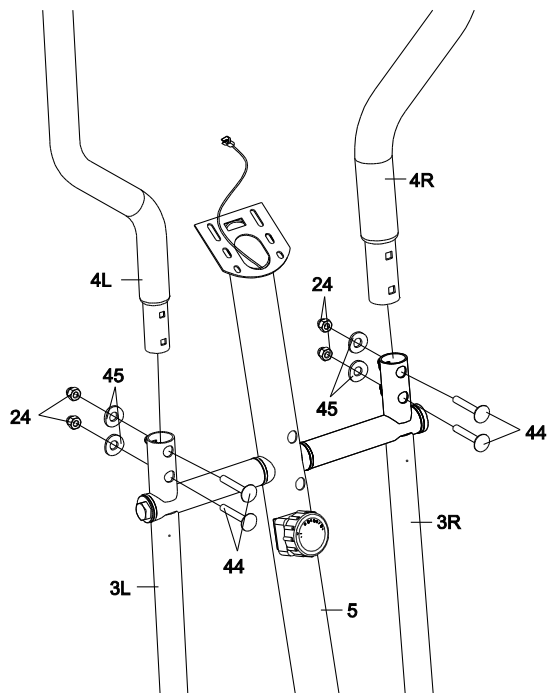
Attach the Foot Bar Covers-A/B (30L, 30R) onto the Left Foot Bar (2L) with one ST4.2x12 Screws (94) and two ST4.2x20 Phillips Self Tapping Screws (97). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

Repeat above step to attach the Right Handrail Arm (3R) onto the right horizontal axis of the

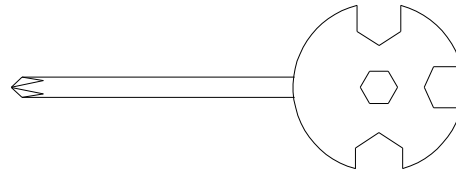
Front Post (5) and right U Shape Bracket (20) to the right Crank (75).

Hardware:

		
(13R) Bolt for right U Shape Bracket 1/2"	(13L) Bolt for left U Shape Bracket 1/2"	
	1 PC	
		
(14R) Right Nylon Nut 1/2"	(14L) Left Nylon Nut 1/2"	
1 PC	1 PC	
		
(24) Nylon Nut 1/2"	(25) Wave Washer Ø28xØ17x0.3	(26) Bolt M6x40
1 PC	6 PCS	3 PCS
		
(15) Wave Washer Ø28xØ17x0.3	(94) Screw ST4.2x12	(97) Phillips Self Tapping Screw ST4.2x20
1 PC	2 PCS	1 PC
		
(17) Spring Washer Ø20	(17) Spring Washer Ø20	
1 PC	1 PC	
		4 PCS



Tool:

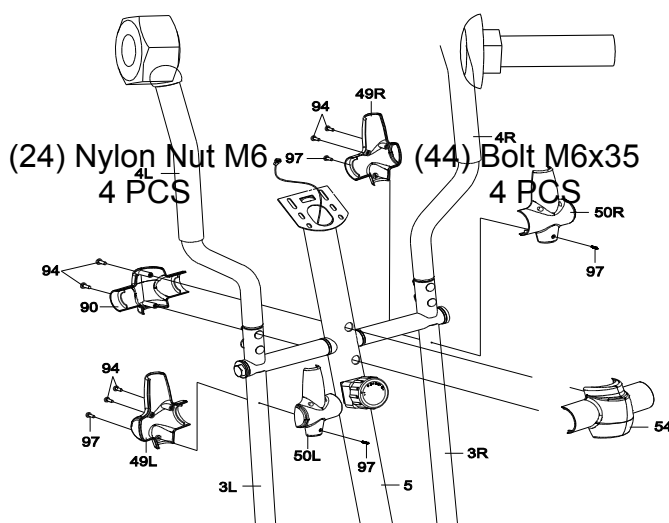


*Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15*

4. Left and Right Handrails Installation

Attach the Left/Right Handrails (4L, 4R) onto the Left/Right Handrail Arms (3L, 3R) with four M6x35 Bolts (44), four Ø6 Curve Washers (45), and four M6 Nylon Nuts (24). Tighten nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:



Tool

(45) Curve Washer Ø6
4 PCS



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

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

Remove four ST4.2x20 Phillips Self Tapping Screws (97) from the Left/Right Handrail Arms (3L, 3R). Remove screws with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Left Handrail Arm Cover-A (49L) and Left Handrail Arm Cover-B (50L) onto the Left Handrail Arm (3L) with two ST4.2x12 Screws (94) and two ST4.2x20 Phillips Self Tapping Screws (97) that were removed. Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Right Handrail Arm Cover-A (49R) and Right Handrail Arm Cover-B (50R) onto The Right Handrail Arm (3R) with two ST4.2x12 Screws (94) and two ST4.2x20 Phillips Self

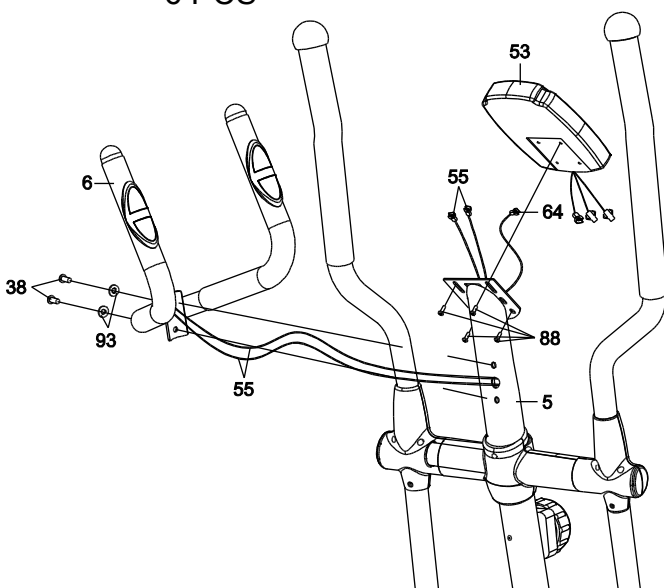
Tapping Screws (97) that were removed. Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Rear Decorative Cover for Front Post (54) and Front Decorative Cover for Front Post (90) onto the Front Post (5) with two ST4.2x12 Screws (94). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

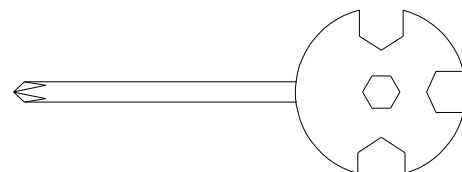
Hardware:



(94) Screw
ST4.2x12
6 PCS



Tool:



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



Allen Wrench S6

6. Handlebar and Computer Installation

Remove four M5x10 Bolts (88) from the back of the Computer (53). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Remove two M8x15 Bolts (38) and two Ø16xØ8 Curve Washers (93) from the Front Post (5).

Remove bolts and curve washers with the S6 Allen Wrench provided.

Insert the Hand Pulse Sensor Wires (55) from the Handlebar (6) into the hole on the Front Post (5) and then pull them out from the top end of the Front Post (5).

Attach the Handlebar (6) onto the Front Post (5) with two M8x15 Bolts (38) and two Ø16xØ8

Curve Washers (93) that were removed. Tighten bolts and curve washers with the S6 Allen Wrench provided.

Connect the Extension Sensor Wire (64) and Hand Pulse Sensor Wires (55) to the wires that

come from the Computer (53) and then attach the Computer (53) onto the top end of the Front Post (5) with four M5x10 Bolts (88) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

OPERATING THE COMPUTER

SPECIFICATIONS:

TIME -----	0:00-99:59 MIN: SEC
SPD (SPEED) -----	0.0-99.9 KM/H
DIST (DISTANCE) -----	0.0-999.9 KM
CAL (CALORIES) -----	0.0-999.9 KCAL
ODO (ODOMETER) -----	0-9999 KM
PULSE -----	40-240 BEATS/MIN



USING YOUR COMPUTER

The computer can be activated by pressing the buttons or by pedaling. If you leave the equipment for 4 minutes, the power will turn off automatically.

BUTTON FUNCTIONS:

MODE: Press the MODE button to select each function of the computer.

Press and hold the MODE button for 3 seconds to reset all data values to zero except the ODO (ODOMETER) data values.

UP: Press the UP button to increase the data values of TIME, DISTANCE, CALORIES, or PULSE for target pre-setting.

DOWN: Press the DOWN button to decrease the data values of TIME, DISTANCE, CALORIES, or PULSE for target pre-setting.

RESET: Press the RESET button to clear data values of TIME, DISTANCE, or CALORIES to zero.

Press the RESET button to clear data values of TIME, DISTANCE, CALORIES, or PULSE to zero for target pre-setting.

Press and hold the RESET button for 3 seconds to reset all data values to zero except the ODO (ODOMETER) data values.

COMPUTER FUNCTIONS:

SCAN: Press the MODE button until the screen displays SCAN, the computer will automatically scan each function in sequence with change every 6 seconds.

TIME: Displays your elapsed workout time in minutes and seconds. You may also pre-set target time in STOP mode before training. To set TIME press the MODE button until you see the TIME on the screen. Press the UP or DOWN button, TIME begins blinking. Press the UP or DOWN button to change the time, each time you press the UP or DOWN button TIME should change by 1 minute. Press the RESET button to clear the target time to zero. The pre-set target time range is from 0:00 to 99:00 minutes. Once you pre-set target time and then start to exercise, time starts counting down from pre-set target time to 0:00 per 1 second backward. When the pre-set target time counts down to 0:00, time will start to count up immediately and the computer will begin beeping to remind you.

SPD (SPEED): Display the current training speed.

DIST (DISTANCE): Displays the accumulative distance traveled during workout. You may also pre-set target distance in STOP mode before training. To set DISTANCE press the MODE button until you see the DIST on the screen. Press the UP or DOWN button, DIST begins blinking. Press the UP or DOWN button to change the distance, each time you press the UP or DOWN button DISTANCE should change by 1.0 km. Press the RESET button to clear the target distance to zero. The pre-set target distance range is from 0.0 to 999.0 km. Once you pre-set target distance and then start to exercise, distance starts counting down from pre-set target distance to 0.0. When the pre-set target distance counts down to 0.0, distance will start to count up immediately and the computer will begin beeping to remind you.

CAL (CALORIES): Displays the total accumulated calories burned during workout. You may also pre-set target calories in STOP mode before training. To set CALORIES press

the MODE button until you see the CAL on the screen. Press the UP or DOWN button, CAL begins blinking. Press the UP or DOWN button to change the calories, each time you press the UP or DOWN button CALORIES change by 1.0 calorie. Press the RESET button to clear the target calories to zero. The pre-set target calories range is from 0.0 to 999.0 calories. Once you pre-set target calories and then start to exercise, calories start counting down from pre-set target calories to 0.0. When the pre-set target calories count down to 0.0, calories will start to count up immediately and the computer will begin beeping to remind

you. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

ODO (ODOMETER): Displays the total accumulative distance traveled. The data values of ODO can not be clear to zero by pressing and holding the MODE or RESET button for 3 seconds. If you take out the batteries from the computer, the ODO data values will clear to zero.

PULSE: Displays your current heart rate figures after you grip the handlebar sensors with both your hands during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures. You may also pre-set target heart rate in STOP mode before training. To set PULSE press the MODE button until you see the PULSE on the screen. Press the UP or DOWN button, target heart rate begins blinking. Press the UP or DOWN button to pre-set target heart rate. Press the RESET button to clear the target heart rate to zero. The pre-set heart rate range is from 40 to 240 beats per minute. Once you pre-set target heart rate and then start to exercise, please grip the handlebar sensors with both your hands during exercise. If the heart rate detected greater than the target heart rate, the computer will begin beeping to remind you.

HOW TO INSTALL THE BATTERIES:

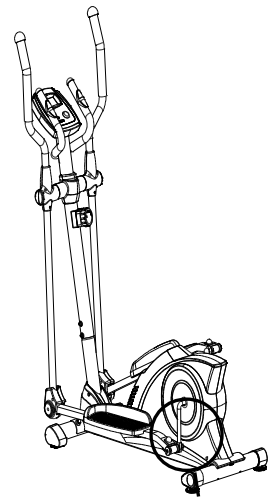
1. Remove the battery cover on the back of the computer.
2. Place two "SIZE-AA" batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appear, remove batteries and wait 15 seconds before reinstalling.

ADJUSTMENTS

Adjusting the Tension Control Knob

To increase the load, turn the tension control knob in a clockwise direction.

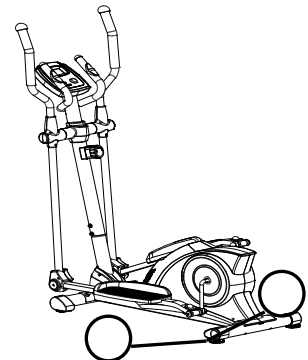
To decrease the load, turn the tension control knob in a counterclockwise direction.



Tension Control Knob

Adjusting the Adjustable Leveler

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



Adjustable Leveler

MAINTENANCE

Cleaning

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

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

Please inspect all assembly bolts 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 WARM UP AND COOL DOWN

PROBLEM	SOLUTION
The elliptical trainer wobbles when in use. Vzpřímené kolo se netočí při používání Vzpriamené kolo sa netočí při používání	Turn the adjustable leveler on the rear stabilizer as needed to level the elliptical trainer. Otočte nastaviteľný mostík so zadným stabilizátorom podľa potreby, aby sa vyrovnala vzpriamenosť bicykla
There is no display on the computer console. Neexistuje žiadnej display na počítačovej konzole Neexistuje žiadna obrazovka na počítačovej konzole	<ol style="list-style-type: none">1. 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.2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.3. The batteries in the computer console may be dead. Change to new batteries. <ol style="list-style-type: none">1. Odstráňte počítač z konzoly a ověřte dráty, které pocházejí z počítačové konzoly. Zjistěte jestli jsou správně připojené k drátům, které přicházejí ze sloupu řidítek.2. Zkontrolujte, zda jsou baterie správně umístěny.3. Mezi baterií a počítačem může být takový zlý kontakt.
There is no heart rate reading or heart rate reading or 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 two hands instead of just with one hand only when you try to test your heart rate figures.

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.

