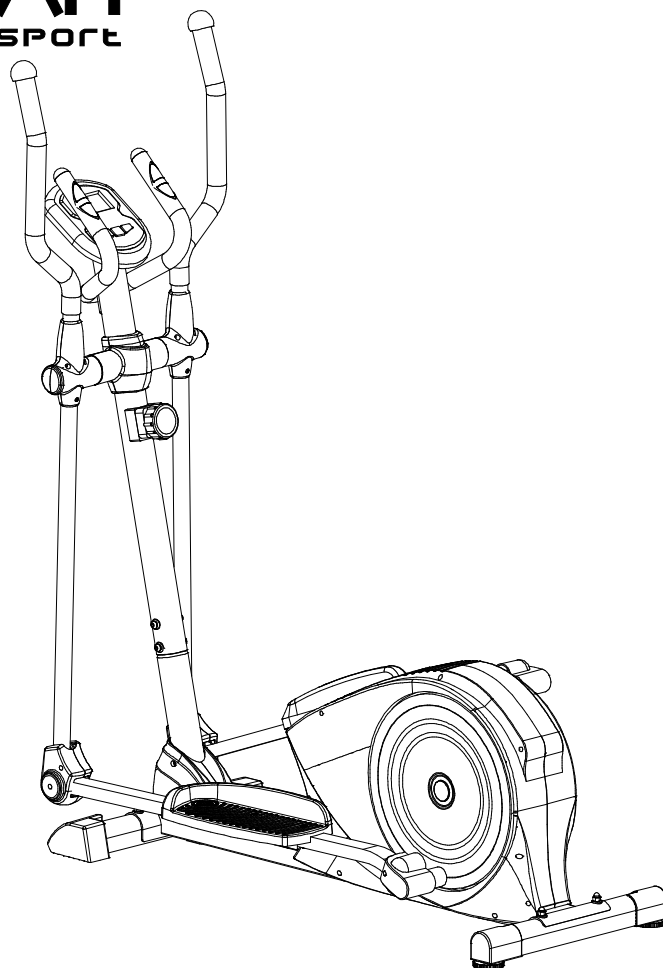


MAGNETIC 997

ELLIPTICAL CROSS TRAINER

ITEM NO: 997



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	18	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

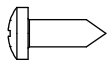
PARTS LIST

No.	Description	Qty	No.	Description	Qty
038	Computer ST-3604	1	063L	Left Cover	1
039	Extension Sensor Wire (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	Cross Recessed Pan Head Bolt M5x55	1	067	Crank 40x20x3	2
044	Curve Washer Ø5xØ19xδ1	1	068	Cross Recessed Pan Head Tapping Screw ST4.2x15	16
045	Tension Control Knob	1	069	Spring Clip Ø17x1.0	2
046	Tension Cable L=1900 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=1600 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 31x30xδ1	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	091	Plastic Screw Anchor Ø8x32	1
087	Idler Arm	1	092	Rear Left Stabilizer End Cap	1
088	Hexagon Socket Pan Head Cap Bolt M8x10	1	093	Rear Stabilizer 55x50x1.5	1
089	Belt Pulley Ø260	1	094	Rear Right Stabilizer End Cap	1
090	Belt PJ400	1	095	Hexagon Nut M10	2

HARDWARE LIST



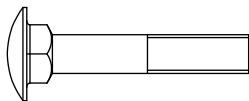
(4) Cross Recessed Pan Head Tapping Screw ST4.2x12
8 PCS



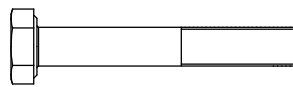
(6) Nylon Nut M6
10 PCS



(7) Curve Washer Ø6xØ12x1
4 PCS



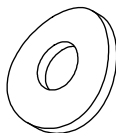
(8) Carriage Bolt M6x35
4 PCS



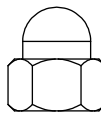
(22) Hexagon Bolt M6x40
6 PCS



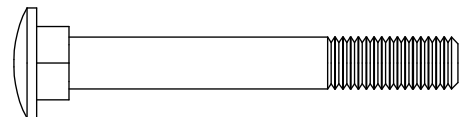
(24) Washer Ø6xØ12x1
6 PCS



(48) Big Curve Washer
Ø8xØ20x2
4 PCS



(54) Cap Nut M8
4 PCS

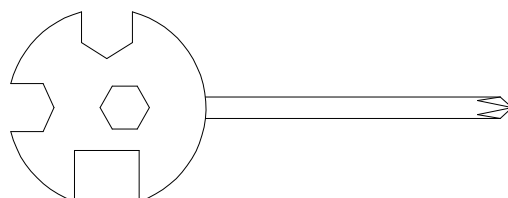


(56) Carriage Bolt
M8x65
4 PCS

TOOLS

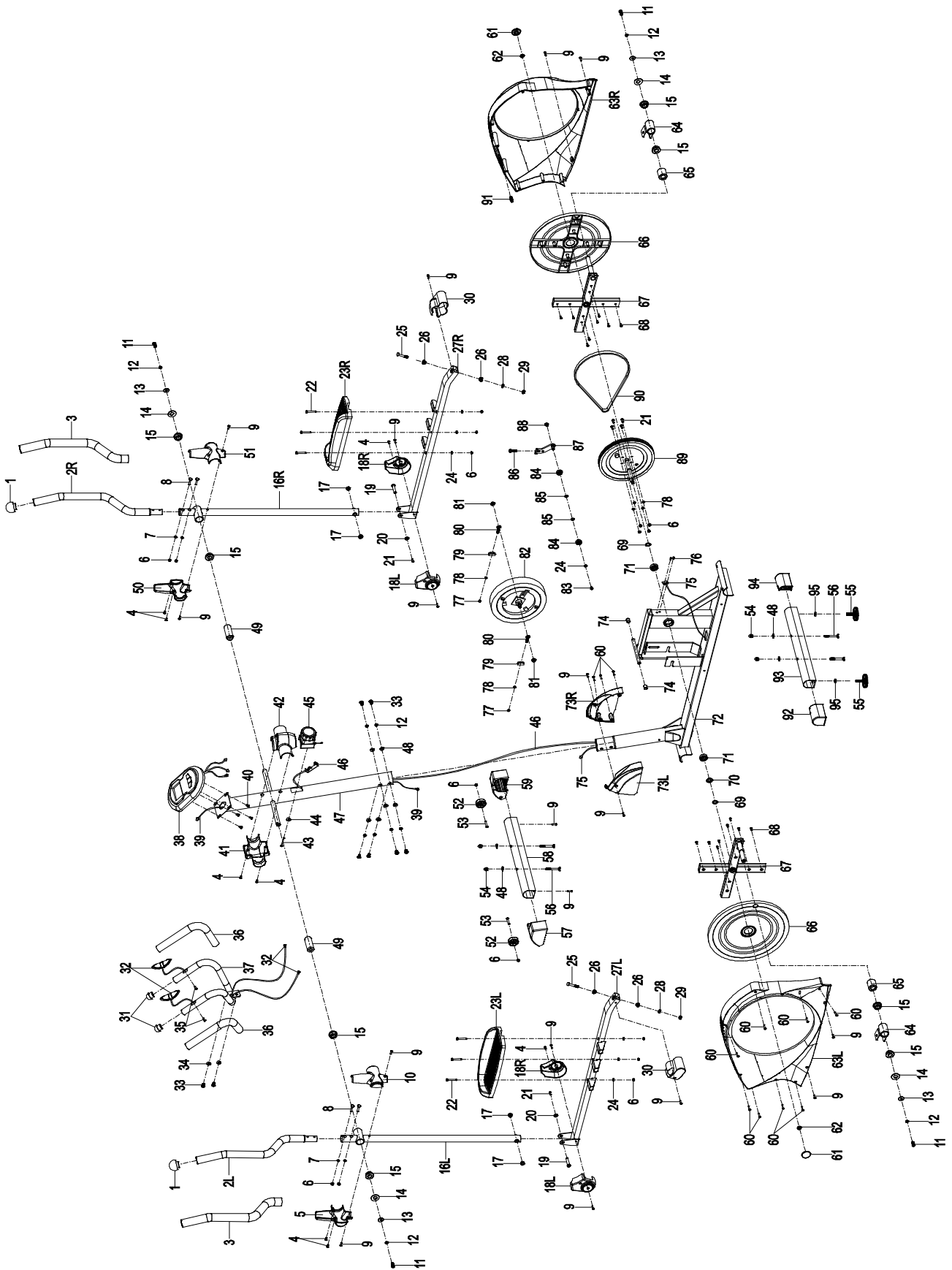


Allen Wrench S6
1 PC

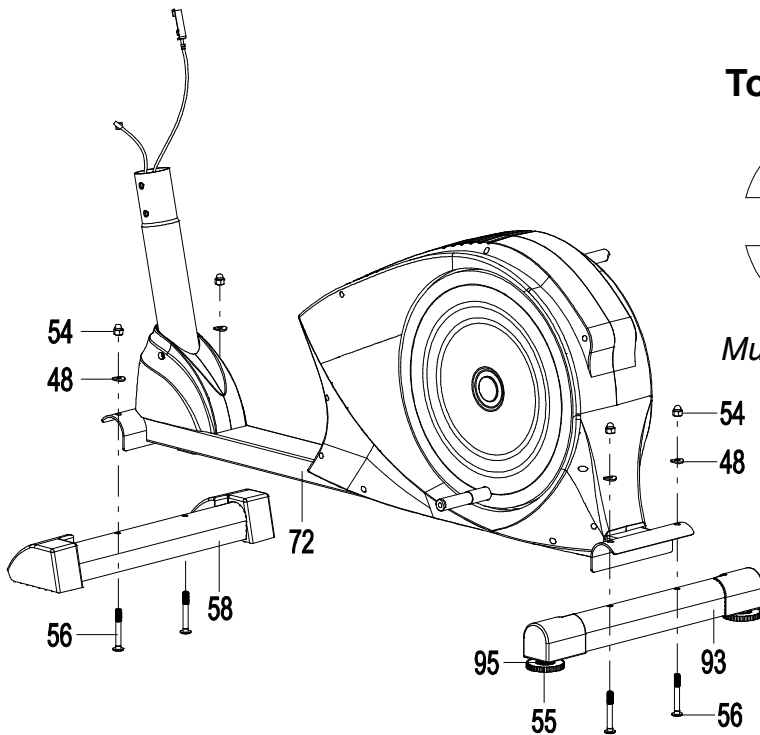


Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15
1 PC

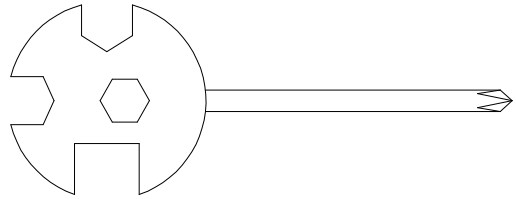
OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS



Tool:

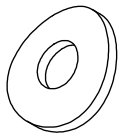


*Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15*

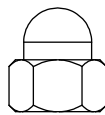
1. Front and Rear Stabilizers Installation

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 $\text{Ø}8 \times \text{Ø}20 \times 2$ 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 $\text{Ø}8 \times \text{Ø}20 \times 2$ 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.

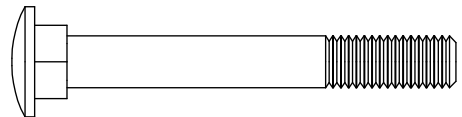
Hardware:



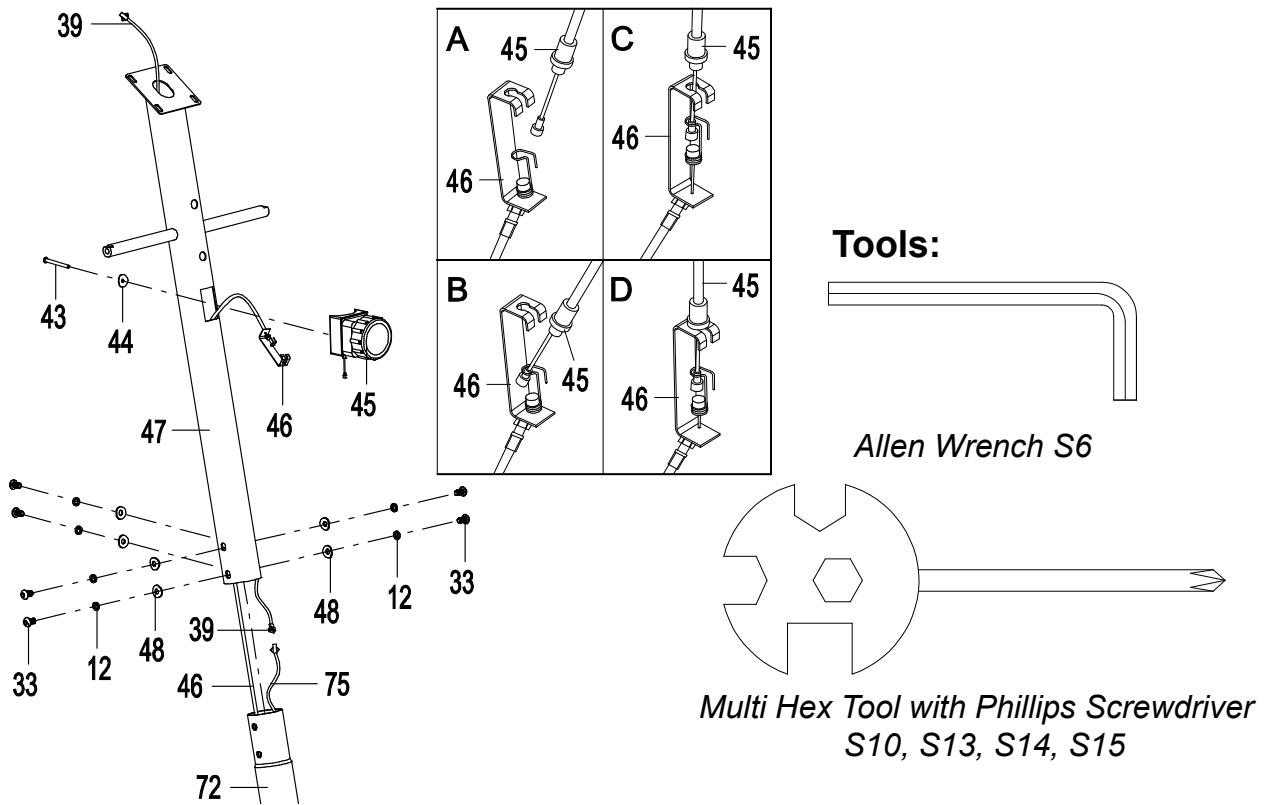
(48) Big Curve Washer
 $\text{Ø}8 \times \text{Ø}20 \times 2$
4 PCS



(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.

Insert the Tension Cable (46) through into the bottom hole of Front Post (47) and pull it out from the square hole of Front Post (47).

Connect the Sensor Wire (75) from the Main Frame (72) to the Extension Sensor Wire (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.

Remove the M5x55 Cross Recessed Pan Head Bolt (43) and Ø5xØ19xØ1 Curve Washer (44) from the Tension Control Knob (45). Remove bolt with the Multi Hex Tool with Phillips Screwdriver provided.

Put the cable end of resistance cable of Tension Control Knob (45) into the cable lock of Tension Cable (46), see Figure A.

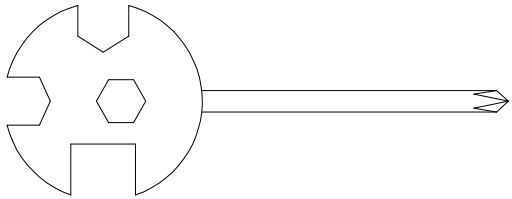
Pull the resistance cable of Tension Control Knob (45) up and force it into the slot of metal bracket of Tension Cable (46), see Figure B.

Insert the metal fitting on the resistance cable of Tension Control Knob (45) into the hole at the end of the slot in the metal bracket of Tension Cable (46), see Figure C.

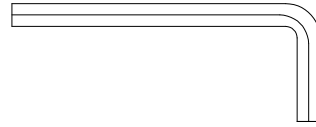
Connect the resistance cable of Tension Control Knob (45) to Tension Cable (46) complete, see Figure D.

Attach the Tension Control Knob (45) onto the Front Post (47) with the M5x55 Cross Recessed Pan Head Bolt (43) and Ø5xØ19xØ1 Curve Washer (44) that were removed. Tighten bolt with the Multi Hex Tool with Phillips Screwdriver provided.

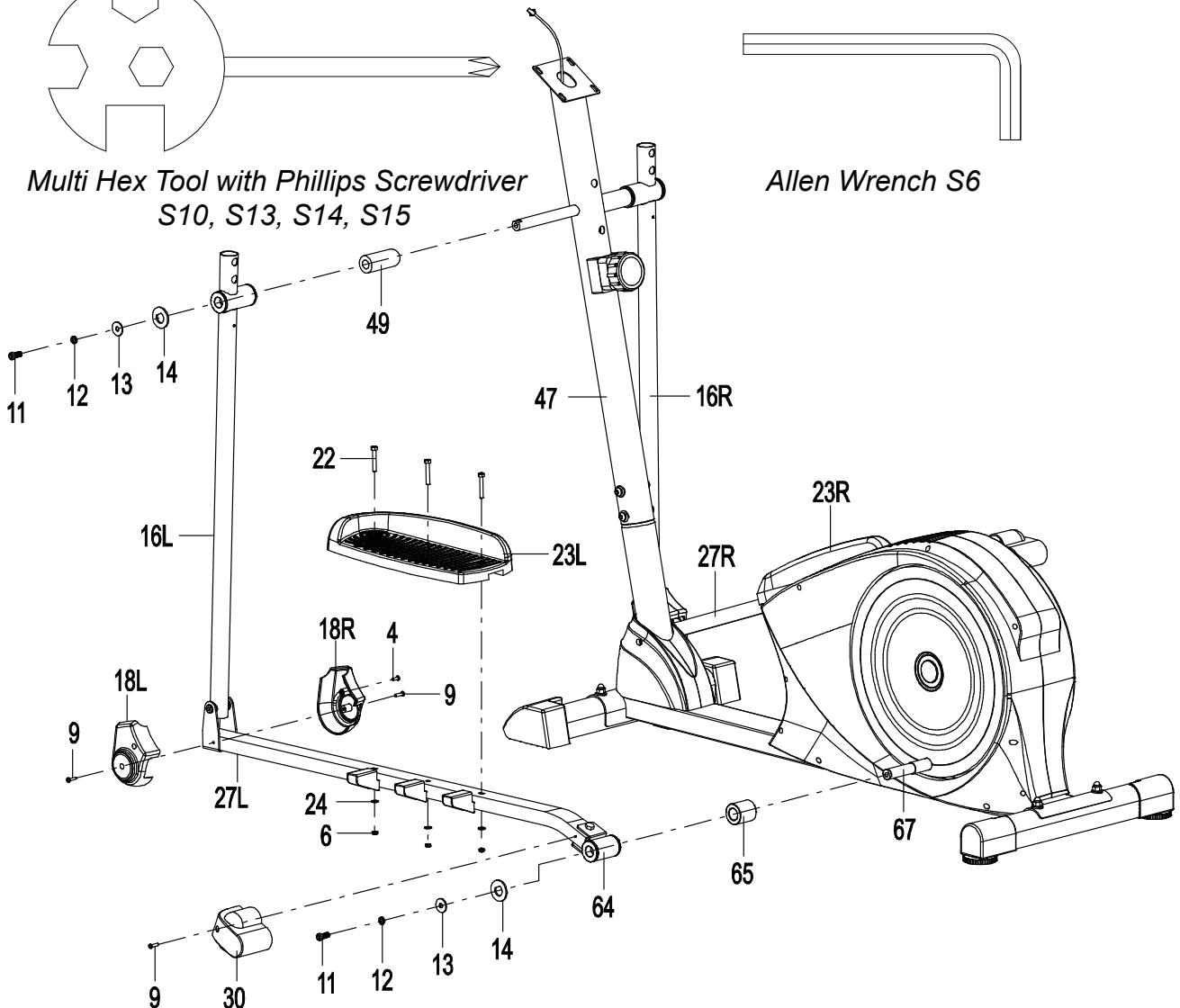
Tools:



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.

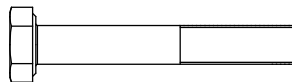
Attach the Foot Bar Bracket Cover (30) onto the rear end of the Left Foot Bar (27L) with one ST4.2x20 Screw (9). Tighten screw with the Multi Hex Tool with Phillips Screwdriver provided.

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:



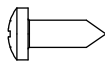
(6) Nylon Nut M6
6 PCS



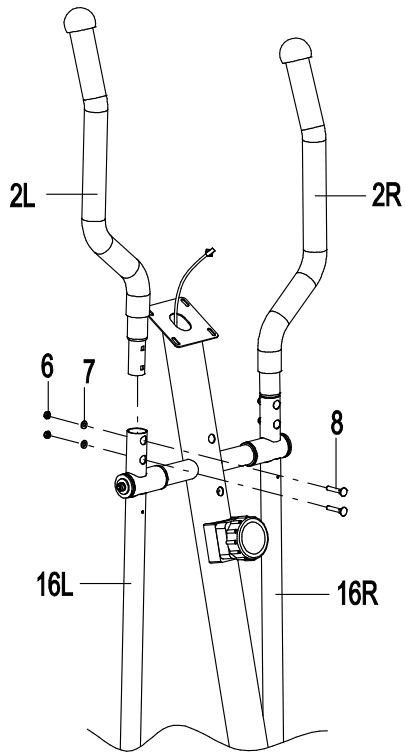
(22) Hexagon Bolt M6x40
6 PCS



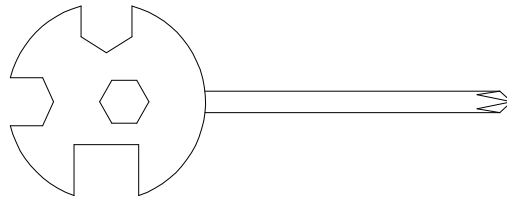
(24) Washer Ø6xØ12x1
6 PCS



(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.

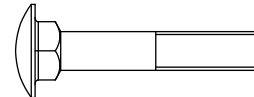
Hardware:



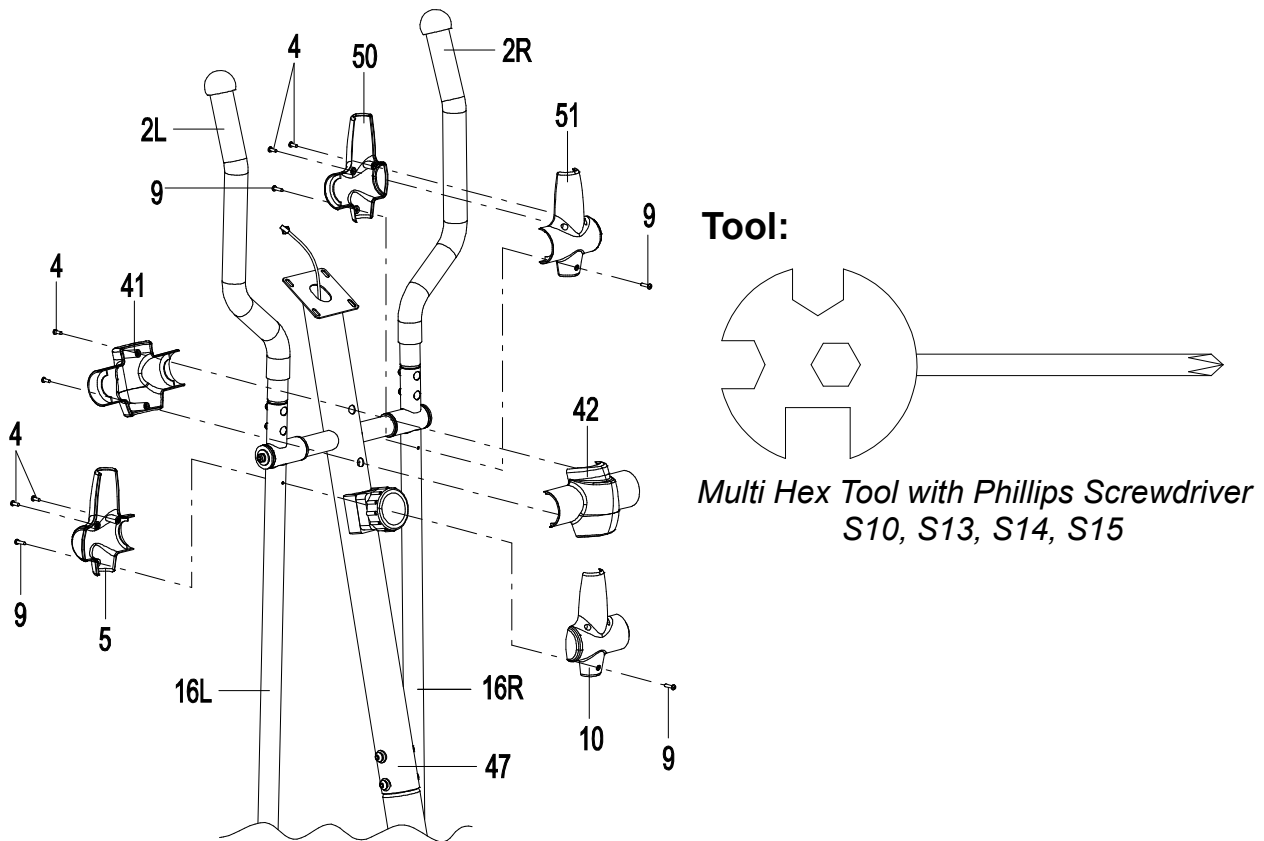
(6) Nylon Nut M6
4 PCS



(7) Curve Washer Ø6xØ12x1
4 PCS



(8) Carriage Bolt M6x35
4 PCS



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.

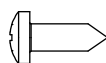
Attach the Left Handrail Arm Cover-A (5) and Left Handrail Arm Cover-B (10) onto the Left Handrail Arm (16L) with two ST4.2x20 Screws (9) and two ST4.2x12 Cross Recessed Pan Head Tapping Screws (4). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

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

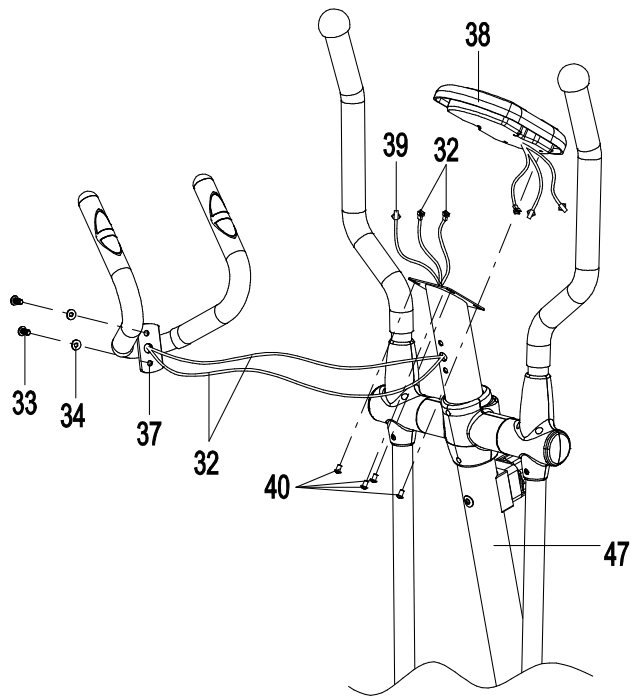
Attach the Right Handrail Arm Cover-A (50) and Right Handrail Arm Cover-B (51) onto the Right Handrail Arm (16R) with two ST4.2x20 Screws (9) and two ST4.2x12 Cross Recessed Pan Head Tapping Screws (4). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

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.

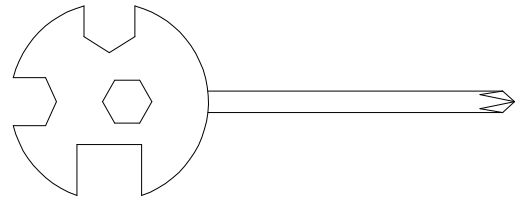
Hardware:



(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

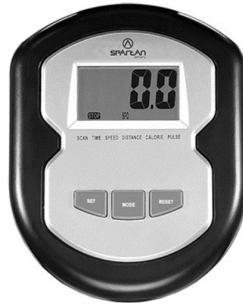
Remove two M8x15 Hexagon Socket Pan Head Cap Bolts (33) and two $\text{\O}16 \times \text{\O}8 \times 1.5$ Curve Washers (34) from the Front Post (47). Remove bolts with the S6 Allen Wrench provided. Insert the Hand Pulse Sensor with Wires (32) through into the hole on the Front Post (47) and pull them 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 $\text{\O}16 \times \text{\O}8 \times 1.5$ 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.

OPERATING THE COMPUTER



USING YOUR COMPUTER

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

BUTTON FUNCTIONS:

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

Press and hold the MODE button for 2 seconds, all data values will clear to zero.

SET: Press the SET button to set data values of TMR (TIME), DST (DISTANCE), CAL (CALORIE), or PULSE for target pre-setting.

RESET: Press the RESET button to clear data values of TMR (TIME), DST (DISTANCE), or CAL (CALORIE) to zero.

Press the RESET button to clear data values of TMR (TIME), DST (DISTANCE), CAL (CALORIE), or PULSE to zero for target pre-setting.

Press and hold the RESET button for 2 seconds, all data values will reset to zero.

COMPUTER FUNCTIONS:

SCAN: Press the MODE button until the screen displays SCAN, the computer will automatically scan each function of TMR (TIME), SPD (SPEED), DST (DISTANCE), CAL (CALORIE), and PULSE in sequence with change every 6 seconds.

TMR (TIME): Displays your elapsed workout time in minutes and seconds. You may also pre-set target time in STOP mode before training. To set TMR (TIME) press the MODE button to select TMR (TIME) which displays on the screen. Press the SET button until you see the TMR (TIME) begin blinking. Press the SET button to set the target time, each time you press the SET button TMR (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 and the computer will beep to alert you.

SPD (SPEED): Display the current training speed.

DST (DISTANCE): Displays the accumulative distance traveled during workout. You may also pre-set target distance in STOP mode before training. To set DST (DISTANCE) press

the MODE button to select DST (DISTANCE) which displays on the screen. Press the SET button until you see the DST (DISTANCE) begin blinking. Press the SET button to set the target distance, each time you press the SET button DST (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 kms. 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 and the computer will beep to alert you.

CAL (CALORIE): Displays the total accumulated calories burned during workout. You may also pre-set target calories in STOP mode before training. To set CAL (CALORIE) press the MODE button to select CAL (CALORIE) which displays on the screen. Press the SET button until you see the CAL (CALORIE) begin blinking. Press the SET button to set the target calories, each time you press the SET button CAL (CALORIE) should 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 and the computer will beep to alert you. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

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 to select PULSE which displays on the screen. Press the SET button until you see the PULSE begin blinking. Press the SET 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 239 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 beep to alert you.

HOW TO INSTALL THE BATTERIES:

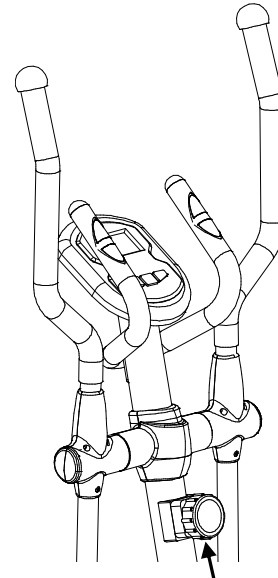
1. Remove the battery cover on the back of the computer.
2. Place two size AA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment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

ADJUSTMENTS

Adjusting the Tension Control Knob

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

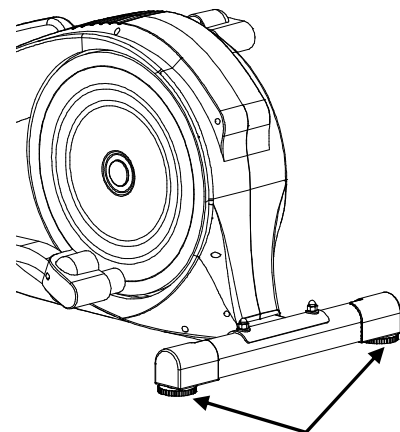
To decrease the tension, turn the tension control knob in a counterclockwise direction.



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 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.	<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. Replace with new batteries.
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.

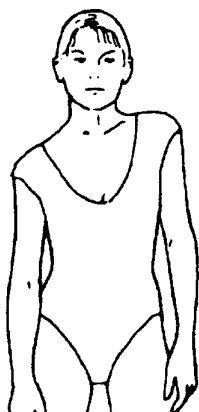
WARM UP AND COOL DOWN ROUTINE

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.

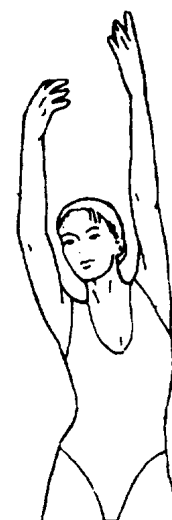
HEAD ROLLS

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.

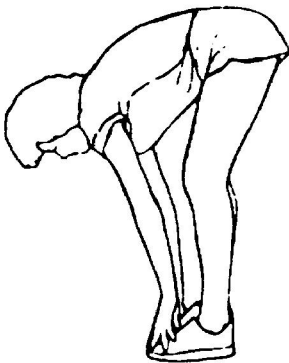


QUADRICEPS STRETCH

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.

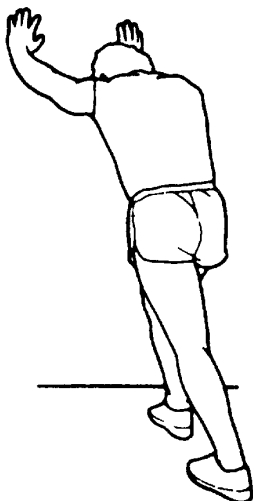
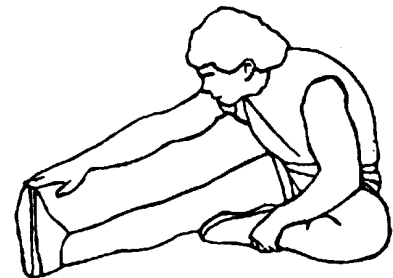


TOE TOUCHES

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.