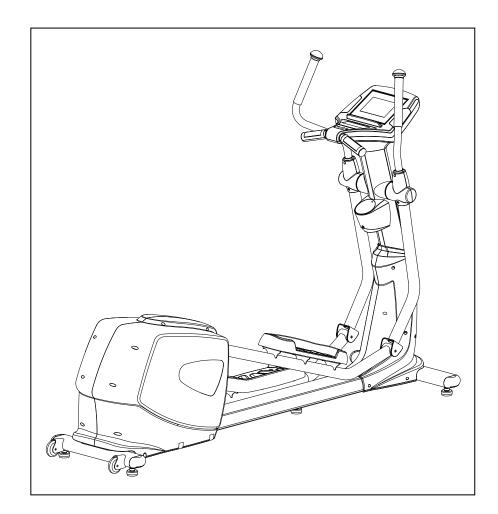




GENERATOR DEVICE: SELF-POWERED GENERATOR BRAKING SYSTEM





WARNING



Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment.

If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed.

Keep children and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

CAUTION:

Weight on this product should not exceed 181 kgs/ 400 lbs

Product May Vary Slightly From Picture.

MADE IN TAIWAN



SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the Elliptical Trainer.

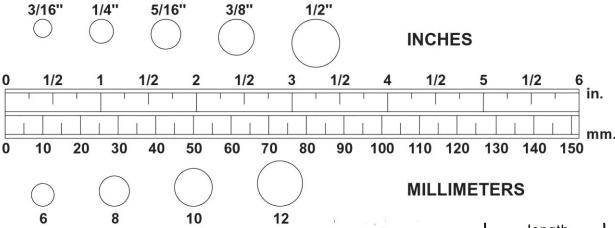
- 1. Read all warnings posted on the Elliptical Trainer.
- 2. Read this Owner's Manual and follow it carefully before using the Elliptical Trainer. Make sure that it is properly assembled and tightened before use.
- 3. We recommend that two people be available for assembly of this product.
- 4. Keep children away from the Elliptical Trainer. Do not allow children to use or play on the Elliptical Trainer. Keep children and pets away from the **Elliptical Trainer** when it is in use.
- 5. It is recommended that you place this exercise equipment on an equipment mat.
- 6. Set up and operate the Elliptical Trainer on a solid level surface. Do not position the Elliptical Trainer on loose rugs or uneven surfaces.
- 7. Inspect the **Elliptical Trainer** for worn or loose components prior to use.
- 8. Tighten/replace any loose or worn components prior to using the Elliptical Trainer.
- 9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
- 10. Follow your physician's recommendations in developing your own personal fitness program.
- 11. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
- 12. Before using this product, please consult your personal physician for a complete physical examination.
- 13. Do not wear loose or dangling clothing while using the Elliptical Trainer.
- 14. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes.
- 15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **Elliptical Trainer**, loss of balance may result in a fall and serious bodily injury.
- 16. Keep both feet firmly and securely on the Foot Pedals while exercising.
- 17. The Elliptical Trainer should not be used by persons weighing over 400 pounds /181 kgs.
- 18. The **Elliptical Trainer** should be used by only one person at a time.
- 19. Use two people to assemble and move the Elliptical Trainer.
- 20. Maintenance: Replace the defective components immediately and/or keep the equipment out of use until repair the equipment completely.
- 21. Make sure that adequate space is available for access to and passage around the Elliptical Trainer; keep at least a distance of 1 meter from any obstruction object while using the machine.

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

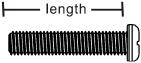
READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.

HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



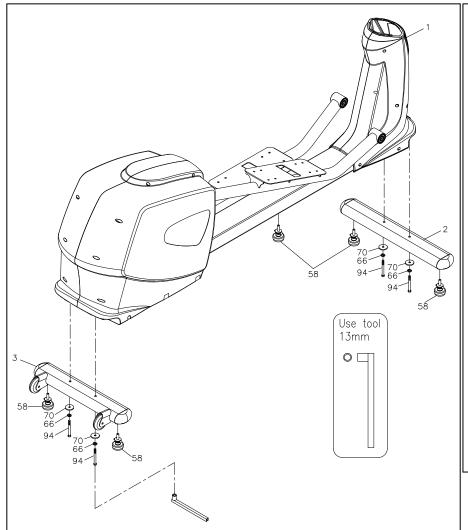
NOTE: The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.





After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware			
may be already attached to the part.			
	Part No. and Description	Q'TY	
(5)	66 Lock Washer (M8)	4	
0	70 Washer (8x38x2.0t)	4	
	80 Screw, Round Head (M5xp0.8x15mm)	18	
	81 Screw, Round Head (M5xp0.8x50mm)	2	
	83 Bolt, Socket Head (M8xp1.25x10mm)	8	
	90 Bolt, Button Head (M10xp1.5x85mm)	2	
	94 Bolt, Hex Head (M8xp1.25x65mm)	4	
	95 Bolt, Hex Head (M10xp1.5x50mm)	2	
	104 Nylock Nut (M10xp1.5)	2	
	105 Nut Cap	2	

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.



Detailed Lever- drawing 1 Stabilizer Adjustment Plate Leveler (58) Detailed Lever- drawing 2 Adjustment Plate Screw line Leveler (58)

STEP 1

- ◆ Attach the Leveler (58) to the Front Stabilizer (2) and the Rear Stabilizer (3).
- ◆ Be sure to tighten the Leveler (58) securely against the Stabilizers (2, 3) until screw lines are eliminated as the drawing 1 shows on the top right corner.

STEP 2

Attach the Front Stabilizer (2) and the Rear Stabilizer (3) onto the Main Frame (1) and secure with the Washer (8x38x2.0t) (70), the Lock Washer (M8) (66) and the Bolt, Hex Head (M8xp1.25x65mm) (94) by using socket wrench as the main assembling drawing shows.

◆ If the equipment is not level, review the **LEVELING NOTE** on the right side to level the **Leveler (58).**

STEP 3

Tighten the Leveler (58) securely against the Main Frame (1).

NOTE: It will be easier to attach the Leveler (58) to the Main Frame (1) by placing one Styrofoam (or any stationary object) under one side of the Main Frame (1).



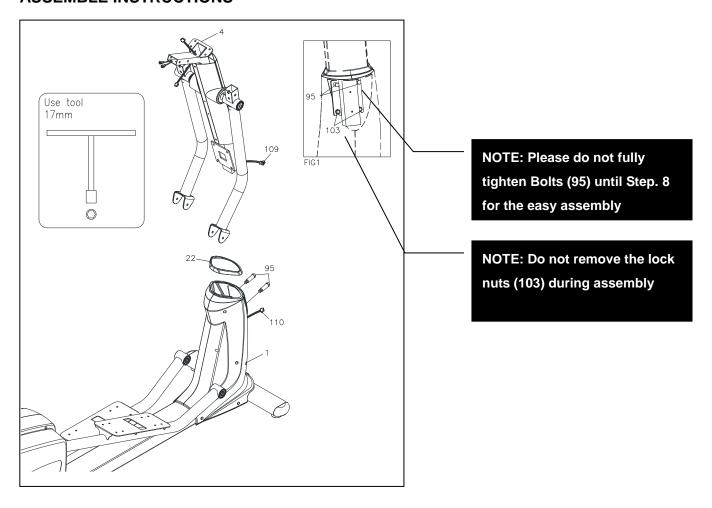
Styrofoam

LEVELING: After placing the equipment in the intended location for use, Check the stability of the equipment. If the equipment is not level, reviewing the following direction:

Loosen the Leveler (58) to make the Adjustment Plate become less tight.

Adjust the Leveler (58) for leveling.

Tighten the Adjustment Plate securely against the Stabilizer to lock the Leveler (58) in the stable position as the drawing 2 shown.



STEP 4

CAUTION: Be careful not to damage the Middle Connection Wire (109) while assembling Step 4 to 6.

Slide the Upright Sleeve (22) onto the Upright Post (4).

♦ Refer to the drawing above. Make sure the direction of the **Upright Sleeve (22)** is in the correct position.

STEP 5

a. Check that 2 x Nylon lock Nuts (M10x8t) (103) have preassembled into the front of the Main Frame (1) as FIG1 illustration shows on the top right corner, making sure that the slotted bracket of the upright post slides between the nuts and the frame.

95

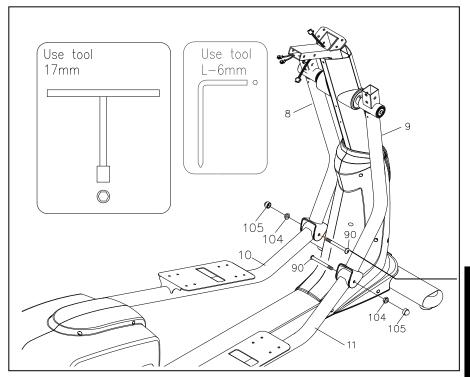
b. Insert the Upright Post (4) onto the Main Frame (1) and slightly secure with the 2 x Hex Head Bolts (M10xp1.5x50mm) (95) by using the T-Handle SOCKET WRENCH(17mm) as shown.

NOTE: Please do not fully tighten Bolts (95) or lock nuts (103) until Step. 7 has been

c. **COMPLETED**

STEP 6

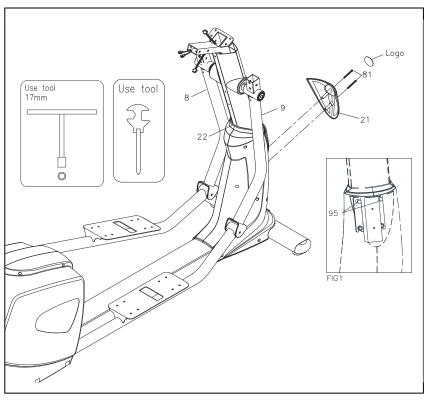
Plug the Middle Connection Wire (109) into the Lower Connection Wire (110).



STEP 7

- a. Attach the Left Pedal Support Arm
 (10) onto the Left Pivoting Arm (8)
 and secure with the 1x Button Head
 Bolt (M10xp1.5x85mm) (90) and 1 x
 Nylon lock Nut (M10xp1.5) (104).
- b. Press the Nut Cap (105) onto theNylon lock Nut (M10xp1.5) (104).
- c. Repeat the above procedure to attach the Right Pedal Support Arm (11) onto the Right Pivoting Arm (9).

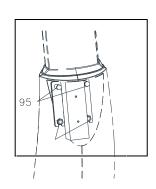
NOTE: Please make sure Bolts (90) are inserted from the inside of the Pivoting Arm and the Nuts (104) and Nut Caps (105) are installed from the outside



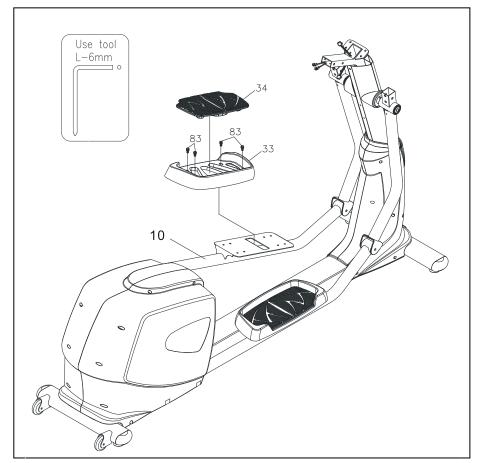
STEP 8

a. Please go back to fully tighten with the $\mathbf{2} \mathbf{x}$

Hex Head Bolts
(M10xp1.5x50mm) (95)
and the 2 x Lock nuts
(103) with the T-Handle
SOCKET WRENCH
(17mm) as shown.

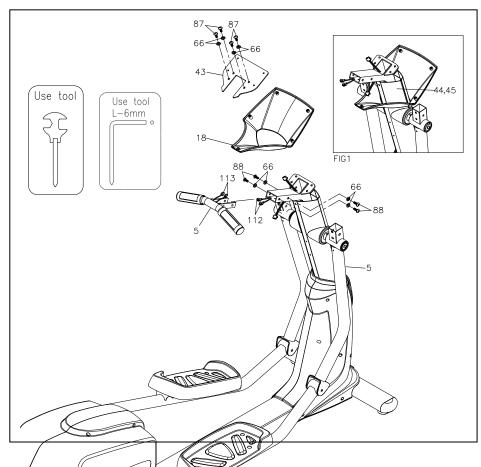


- Attach the Front Decorative Upright Cover
 (21) onto the front of the Main Frame (1)
 with the 2 x Round Head Screws
 (M5xp0.8x50mm) (81).
- c. Place the Logo Sticker on the surface of the Front Decorative Upright Cover (21).
 - ◆ A logo sticker is located in one of the hardware boxes.
- d. Slide the Upright Sleeve (22) down to cover the open area of the Main Frame (1).



STEP 9

- Attach the Left Pedal (33) onto the iron plate that is located in the middle of the Left Pedal Support Arm (10) and secure with 4pcs Bolts (M8xp1.25x10mm)(83).
- b. Place the **Non-Slip Pad (34)** onto the **Left Pedal (33)**.
- c. Repeat the above procedure (from b. toc.) to attach Right Pedal and Non-SlipPad on the Right Pedal Arm.



STEP 10

CAUTION: Be careful not to damage the Middle Pulse Sensor Wire (112) while assembling STEP 10.

Slide the Console Bracket (18) onto the Front & Back Upright Cover (44, 45) as the FIG1 illustration shows on the top left corner.

STEP 11

NOTE: For shipping purpose, the Bolt, Button Head (M8xp1.25x12mm) (87) and Lock Washer (M8) (66) are attached on the Upright Post (4).

a./ Remove the Bolt, Button Head (M8xp1.25x12mm) (87) and Lock Washer (M8) (66) from the Upright Post (4).

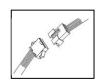
b. Attach the Console Fixed Bracket (43) onto the Upright Post (4) and secure with the Bolt, Button Head (M8xp1.25x12mm) (87) and Lock Washer (M8) (66).

STEP 12

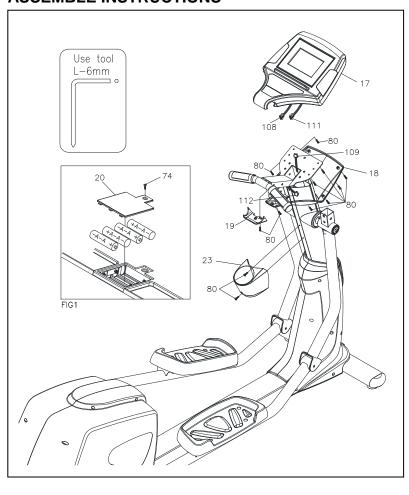
NOTE: For shipping purpose, the Bolt, Button Head (M8xp1.25x16mm) (88) and Lock Washer (M8) (66) are attached on the Stationary Handlebar (5).

- a. Remove the **Bolt, Button Head (M8xp1.25x16mm) (88)** and **Lock Washer (M8) (66)** from the **Stationary Handlebar (5)**.
- b. Connect the Middle Pulse Sensor Wire (112) and the Lower Pulse Sensor Wire (113) to the Stationary Handlebar (5).

NOTE: After connecting the wires' pins, slightly and gently pull two sides of wires to test and make sure whether the wires are fully connected.



c. Insert the Stationary Handlebar (5) into the Upright Post (4) and secure with the Bolt, Button Head (M8xp1.25x16mm) (88) and Lock Washer (M8) (66).



STEP 13

- Loosen the Screw (M3x10mm) (74) at the bottom on the console by using the combination wrench to open the Battery Door (20).
- The Console (17) operates with FOUR AA rechargeable batteries, four batteries are included in the hardware box.



CAUTION: The machine is suitable for Nickel-Metal Hybird / NI-MH rechargeable batteries only.

- ◆ To prevent from any damages, general or other type of batteries are not allowed to use.
- c. Install rechargeable batteries into the Console (17).
 - Make sure the location of positive or negative battery terminal is correct.
- d. Attach the Battery Door (20) onto the back of the Console (17) and secure with the Screw (M3x10mm) (74).

STEP 14

- a. Connect the Upper Pulse Sensor Wire (111) to the Middle Pulse Sensor Wire (112).
- b. Connect the Upper Connection Wire (108) to the Middle Connection Wire (109).

NOTE: The number of wire pin should be the same for both wires to connect with as the following illustration shown.

STEP 15

- a. Place the Console (17) onto the Upright Post (4) and secure with the Screw, Round Head (M5xp0.8x15mm) (80).
- b. Attach the Console Lower Case (19) to the Console (17) under the Stationary Handlebar (5) and secure with the Screw, Round Head (M5xp0.8x15mm) (80).

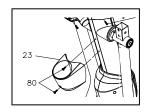
STEP 16

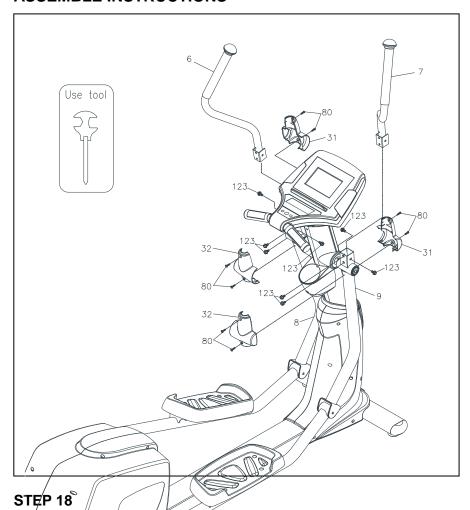
Slide the Console Bracket (18) onto the Console (17) and secure with the Screw, Round Head (M5xp0.8x15mm) (80).

STEP 17

NOTE: For shipping purpose, the **Screw**, **Round Head (M5xp0.8x15mm) (80)** are attached on the **Upright Post (4)**.

- a. Remove the Bolt, Button Head (M8xp1.25x15mm) (80) from the Upright Post (4).
- b. Attach the Accessory Tray (23) onto the Upright Post (4) and secure with the Screw, Round Head (M5xp0.8x15mm) (80).





NOTE: For shipping purpose, the Bolt, Hex Head (M8×p1.25×16mm) (123) are attached on the Left and Right Upper Handlebar (6, 7).

- a. Remove the Bolt, Hex Head (M8×p1.25×16mm) (123) from the Left and Right Upper Handlebar (6, 7).
- b. Following the inset drawing, insert the **Right Upper Handlebar (7)** onto the **Right Pivoting Arm (9)** and secure with the **Bolt, Hex Head (M8×p1.25×16mm) (123).**
- Repeat the above procedure to insert and secure the Left Upper Handlebar (6) onto the Left Pivoting
 Arm (8).

STEP 19

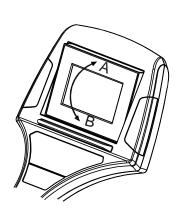
- a. Place the Front Rotator Cuff-Pivoting Arm (31) and the Back Rotator Cuff-Pivoting Arm (32) at both sides of the Right Pivoting Arm (9).
- b. Bolt the Rotator Cuffs together with the Screw, Round Head (M5xp0.8x15mm) (80).
- c. Repeat the above procedure to place the Front Rotator Cuff-Pivoting Arm (31) and the Back Rotator Cuff-Pivoting Arm (32) at both sides of the Left Pivoting Arm (8).

For the final step, make sure all the bolts and nuts are tighten securely before using.

OPERATIONAL INSTRUCTIONS

A. CONSOLE ANGLE ADJUSTMENT

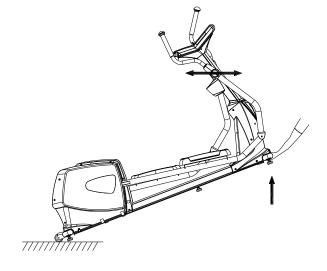
To get the best angle, user could press the area A or B with the personal need.



B. HOW TO TOW THE SELF-POWERED ELLIPTICAL TRAINER SAFELY

Move the Elliptical Trainer with the moving wheels on the Rear Stabilizer (3). Lift up the Front Stabilizer (2) with two hands to move the Elliptical Trainer.

- Two people are strictly required to move the Elliptical Trainer together.
- Make sure the floor is level while towing the Elliptical Trainer.



CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must slowly and increase your time on the 2 in 1 Elliptical / Stepper gradually: a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

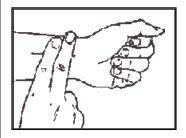
- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
- Set up your 2 in 1 Elliptical / Stepper a flat, even surface at least 3 feet from walls and furniture.

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below. Target zones are listed for both unconditioned and conditioned persons according to age.

Age	Target Heart Rate Zone	Average Max. Heart
	(55% ~ 90% of Max.	Rate 100%
	Heart Rate)	
20	110-180 beats per minute	200 beats per minute
25	107-175 beats per minute	195 beats per minute
30	105-171 beats per minute	190 beats per minute
35	102-166 beats per minute	185 beats per minute
40	99-162 beats per minute	180 beats per minute
45	97-157 beats per minute	175 beats per minute
50	94-153 beats per minute	170 beats per minute
55	91-148 beats per minute	165 beats per minute
60	88-144 beats per minute	160 beats per minute
65	85-139 beats per minute	155 beats per minute
70	83-135 beats per minute	150 beats per minute

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.



To measure your heart rate manually, stop exercising but continue moving your legs or walking around and place

two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart

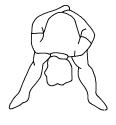
rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.

WARM-UP and COOL-DOWN

Warm-up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

Suggested Stretching Exercise



Lower Body Stretch

Place feet shoulder-width apart and lean forward.
Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. DO NOT BOUNCE! When the pull on the back of the legs lessen, try a lower position gradually.



Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. DO NOT BOUNCE! Do this stretch 10 times. Repeat the stretch with the left leg.



Bent Torso Pulls

While sitting on the floor, have legs apart one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



Bent Over Leg Stretch

Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. DO NOT BOUNCE! Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.



Remember always to check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, 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. Your cool-down should include the stretches listed above and should be completed after strength-training session.

PARTS LIST

NO.	Item Name	Q'TY
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Upright Post	1
5	Stationary Handlebar	1
6	Left Upper Handlebar	1
7	Right Upper Handlebar	1
8	Left Pivoting Arm	1
9	Right Pivoting Arm	1
10	Left Pedal Support Arm	1
11	Right Pedal Support Arm	1
12	Front Left-Side Cover	1
13	Front Right-Side Cover	1
14	Rear Left-Side Cover	1
15	Rear Right-Side Cover	1
16	Main Frame Base Cover	1
17	Console	1
18	Console Bracket	1
19	Console Lower Case	1
20	Battery Door	1
21	Front Decorating Upright Cover	1
22	Upright Sleeve	1
23	Accessory Tray	1
24	Pulse Sensor Top Housing	2
25	Pulse Sensor Bottom Housing	2
26	Pulse Sensor Plate Assembly	4
27	Foam Grip Assembly (40mm)	2
28	Stationary Handlebar Plug (ψ31.8mm)	2
29	Foam Grip Assembly (225mm)	2
30	Inner Rotator Cuff-Pivoting Arm	2
31	Front Rotator Cuff-Pivoting Arm	2
32	Back Rotator Cuff-Pivoting Arm	2
33	Pedal Upper Case	2
34	Non-Slip Pad	2
04	THOIT OILP I AU	

NO.	Item Name	Q'TY
35	Roller	2
36	EndCap (50x100mm)	4
37	Pulley (120mm)	1
38	Pulley (235mm)	1
39	Magnet	1
40	Belt (1126mm J8)	1
41	Belt (1059mm J8)	1
42	Square Plug	1
43	Console Fixed Bracket	1
44	Front Aluminum Upright Cover	1
45	Back Aluminum Upright Cover	1
46	Upper Pivot Shaft Spacer	2
47	Pedal Arm Spacer	2
48	Linkage Spacer	4
49	Left Crank	1
50	Right Crank	1
51	Crank Axle	1
52	Mounting Plate	2
53	Generator	1
54	Controller	1
55	Resistor	1
56	Drive Shaft	1
57	Bearing Stand	1
58	Leveler	5
59	Pedal Support Arm Connector	2
60	Bearing (6004)	12
61	Bearing (6905)	4
62	Eye Bolt	2
63	Tension Bracket	2
64	C Ring	2
65	Square Key	1
66	Lock Washer (M8)	17
67	Washer (8x26x2.0t)	3
68	Washer (8x23x2.0t)	1
69	Washer (8x30x2.0t)	2

PARTS LIST

NO.	Item Name	Q'TY
70	Washer (8x38x2.0t)	4
71	Washer (10×23×2.0t)	2
72	Washer (21×30×1.0t)	5
73	Hex Socket Cap Screw (M8×1.25×10mm)	4
74	Screw (M3×10mm)	1
75	Screw (M4×20mm)	4
76	Screw (M5×18mm)	23
77	Bolt, Button Head (M6×p1.0×12mm)	2
78	Bolt, Button Head (35mm)	2
79	Screw, Round Head (M3×35mm)	4
80	Screw, Round Head (M5×p0.8×15mm)	20
81	Screw, Round Head (M5×p0.8×50mm)	2
82	Screw, Round Head (M5×p0.8×75mm)	2
83	Bolt, Socket Head (M8×p1.25×10mm)	8
84	Bolt, Socket Head (M8×p1.25×65mm)	2
85	Bolt, Socket Head (M8×p1.25×75mm)	2
86	Bolt, Socket Head (M8×p1.25×100mm)	2
87	Bolt, Button Head (M8×p1.25×12mm)	4
88	Bolt, Button Head (M8×p1.25×16mm)	8
89	Bolt, Button Head (M8×p1.5×50mm)	2
90	Bolt, Button Head (M8×p1.5×85mm)	2
91	Carriage Bolt (M8×p1.25×75mm)	4
92	Bolt, Hex Head (M8×p1.25×15mm)	1

NO.	Item Name	Q'TY
93	Bolt, Hex Head	4
	(M8×p1.25×15mm)	4
94	Bolt, Hex Head	4
94	(M8×p1.25×65mm)	4
95	Bolt, Hex Head	2
33	(M10×p1.5×50mm)	
96	Flange Nut (M10)	1
97	Nut (M10×p1.25)	1
98	Nut (M3)	4
99	Nut (M8×p1.25)	1
100	Nylock Nut (M6×p1.0)	2
101	Nylock Nut (M8×p1.25×6.2t)	4
102	Nylock Nut (M8×p1.25)	8
103	Nylock Nut (M10×p1.5×8t)	2
104	Nylock Nut (M10×p1.5)	4
105	Nut Cap	2
106	Generator Wire (3pin×700mm)	2
407	Sensor Wire & Stand	
107	(2pin×600mm)	1
108	Upper Connection Wire	1
106	(4pin×300mm)	ı
109	Middle Connection Wire	1
109	(4pin×900mm)	'
110	Lower Connection Wire	1
110	(4pin×2100mm)	
111	Upper Pulse Sensor Wire	1
	(4pin×300mm)	
112	Middle Pulse Sensor Wire	1
	(4pin×300mm)	
113	Lower Pulse Sensor Wire	2
	(2pin×300mm/400mm)	-
115	Handheld Dome Plug	2
121	Axle Spacer	1
122	Nylock Nut (M20×p1.0)	1
123	Bolt, Hex Head	8
	(M8×p1.25×16mm)	

PRODUCT PARTS DRAWING

