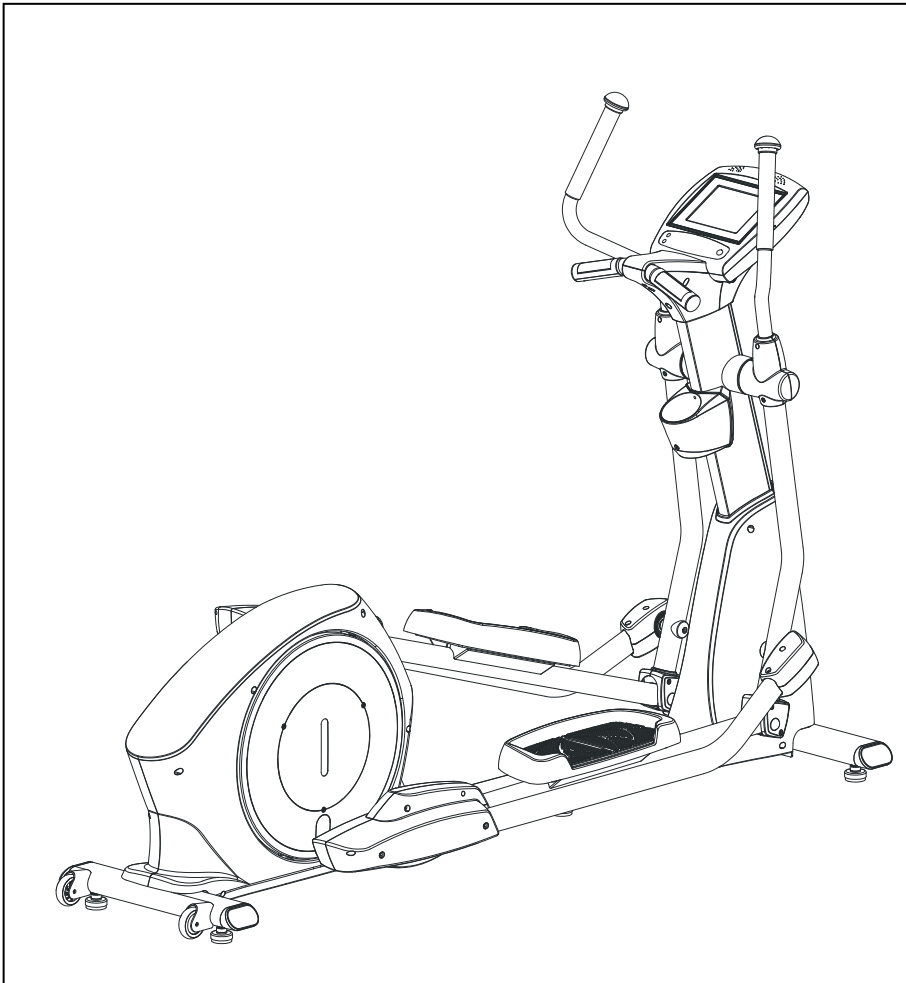




OWNER'S MANUAL

ELLIPTICAL TRAINER

PR-8523



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

Version: IV



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.
22. The **Elliptical Trainer** is well-suited to commercial usage.

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.

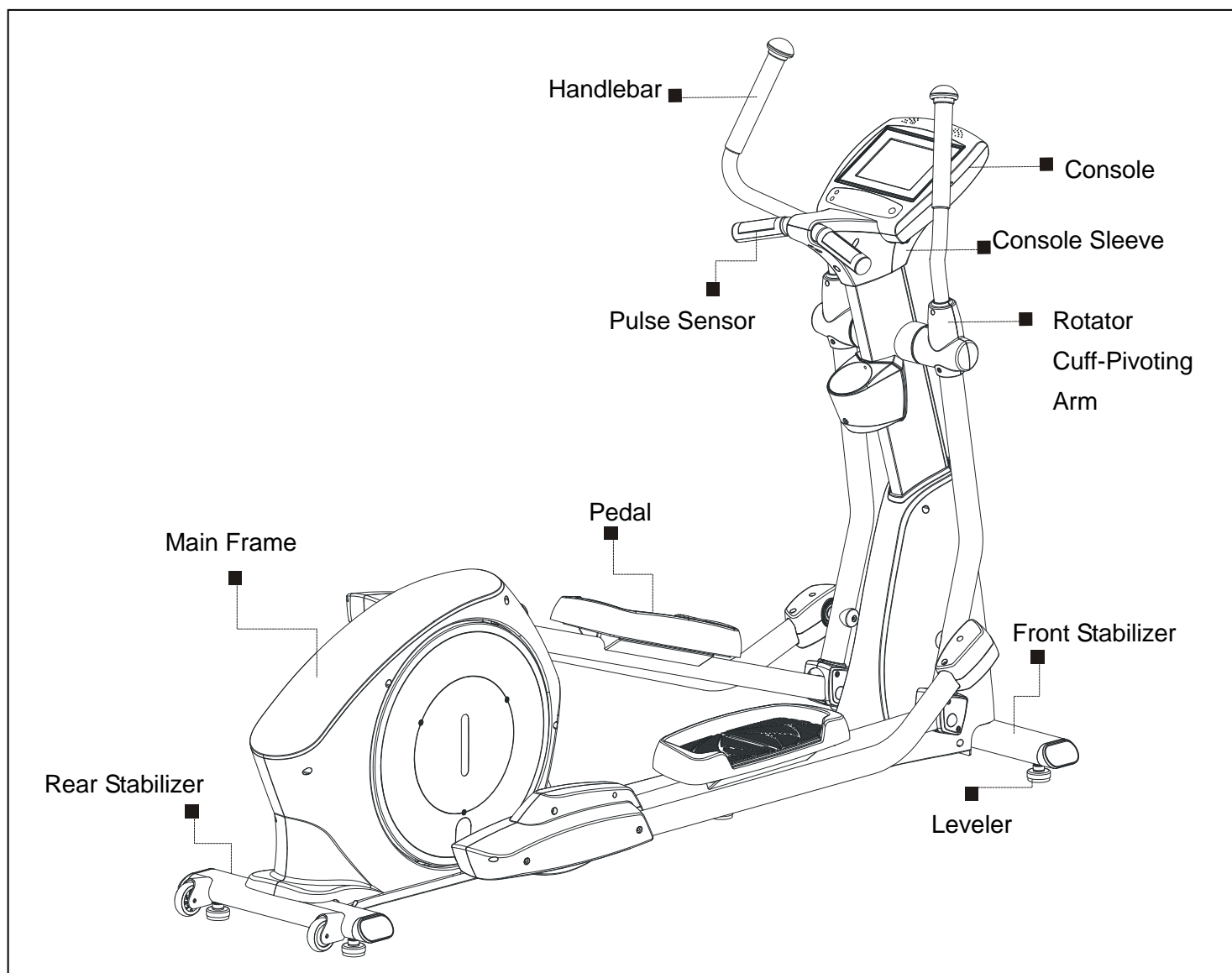
BEFORE YOU BEGIN

Thank you for choosing the **Elliptical Trainer**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

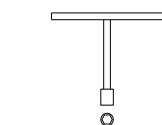
Yes, it's a proven fact that a regular exercise program can improve your physical and mental health.

Too often, our busy lifestyles limit our time and opportunity to exercise. The **Elliptical Trainer** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

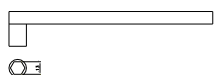
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Read this manual carefully before using the **Elliptical Trainer**.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



**T-HAND SOCKET
WRENCH (17mm)**



**SOCKET WRENCH
(13mm)**



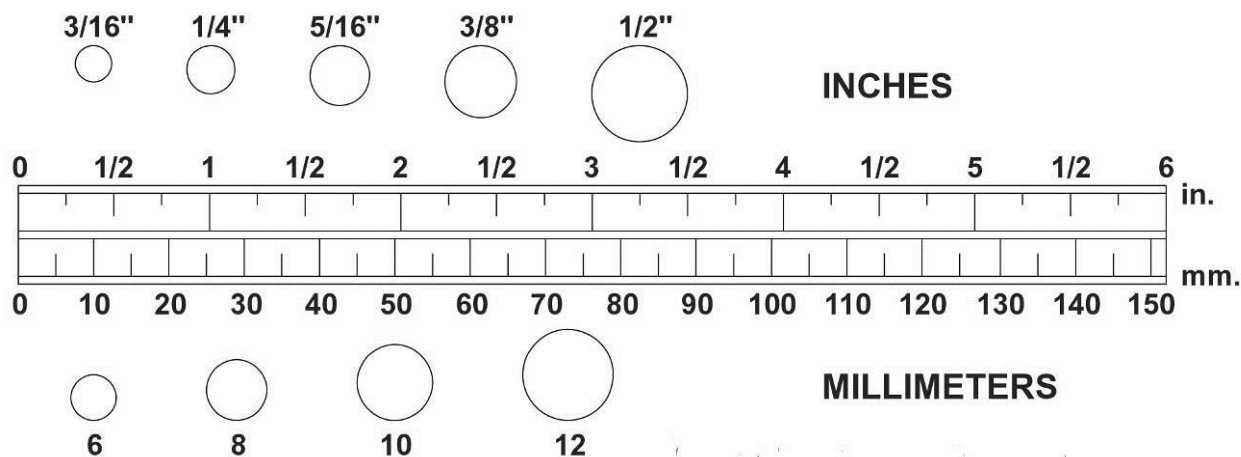
WRENCH (17mm)



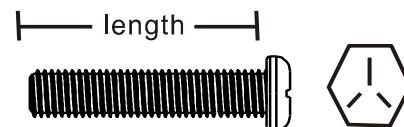
**PHILLIPS
SCREWDRIVER (6mm)**

HARDWARE IDENTIFICATION CHART

Unpack the box in a clear area. Use the **List of Hardware** below to check the contents of the hardware kit. This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of bolts, or screws on the circles to check for the correct diameter. Use the ruler to check the length of the bolts and screws.



NOTICE: 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.




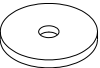
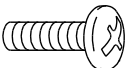
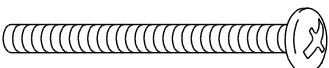
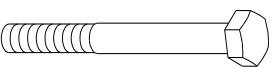

After unpacking the unit, **you will notice that the package includes 3 bags of hardware (HARDWARE KIT A and HARDWARE KIT B).**


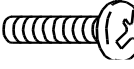


Assembly's **Step 1, 4, 5, 6:** Using **HARDWARE KIT A**

Assembly's **Step 3, 7, 8, 9, 11, 12:** Using **HARDWARE KIT B**

Note:

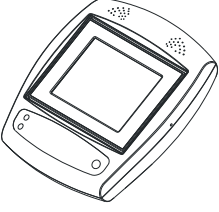
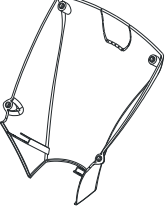

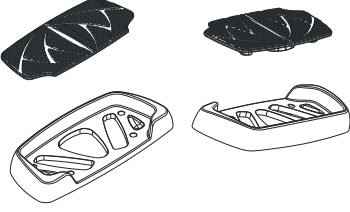
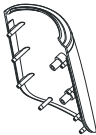


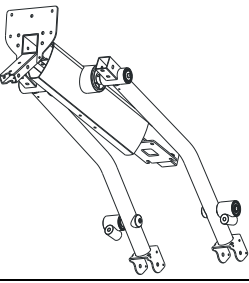
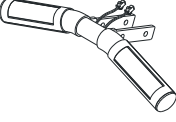
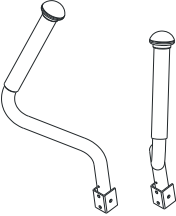
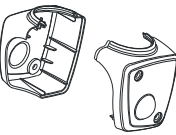
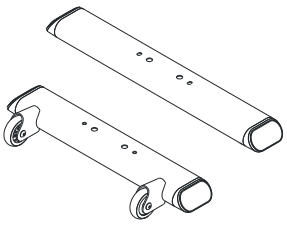
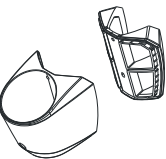
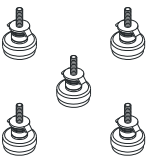
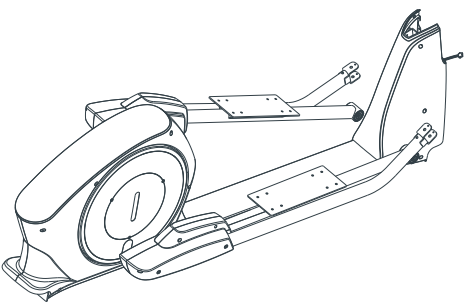
- Please review below to know the content of each hardware kit (A and B)
- Some small parts may have been pre-attached for shipping. If a part is not in the hardware bag, check to see if it has been pre-assembled

HARDWARE KIT A	Part No. and Description	Q'TY
	88 Lock Washer (M8)	4
	92 Washer (8x38x2.0t)	4
	100 Bolt (M5xp0.8x15mm)	16
	101 Bolt (M5xp0.8x30mm)	2
	113 Bolt (M8xp1.25x65mm)	4
	115 Bolt (M10xp1.5x70mm)	2
	116 Bolt (M10x1.25x85mm)	2
	126 Nylon Nut (M10xp1.5)	4

HARDWARE KIT B	Part No. and Description	Q'TY
	96 Screw (M4x20mm)	3
	100 Bolt (M5xp0.8x15mm)	18
	105 Bolt (M8xp1.25x10mm)	8
	117 Bolt (M10xp1.5x50mm)	2

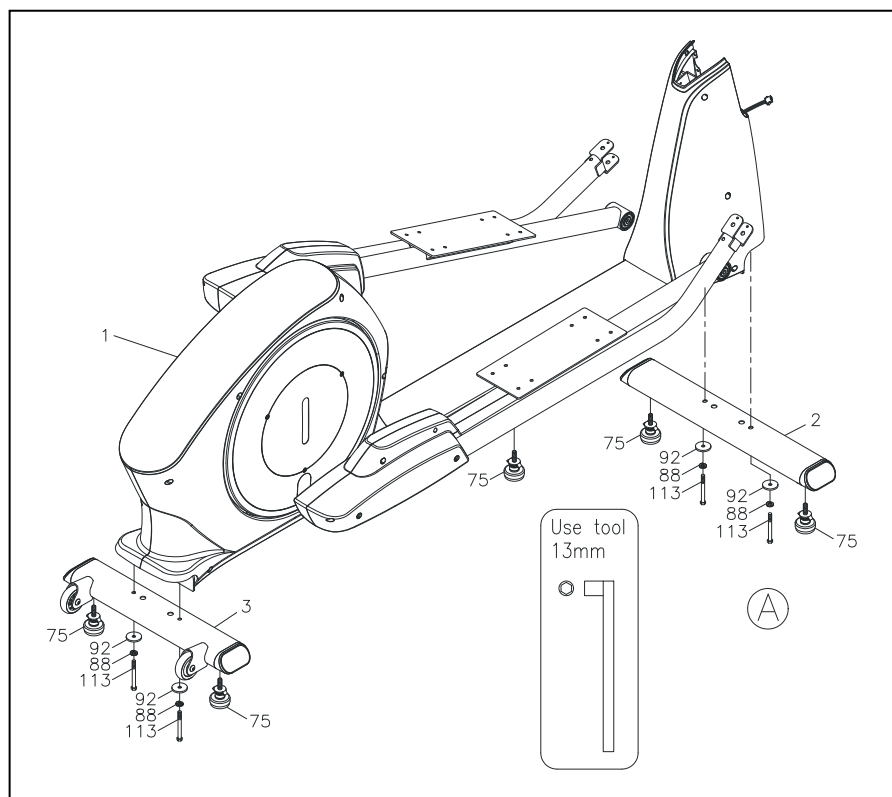
ASSEMBLY PARTS

Unpack the box in a clear area. Follow the **List of Assembly Parts** below to check and make sure all assembly parts are present and in good condition. Do not dispose of the packing material until the assembly process is completed. Assembly tools and hardware kit have included for you to use when assembling the product

Console	Console Bracket	Handlebar Decoration Cover	Pedal & Non-Slip Pad
			
Front Decoration Cover	Rotator Cuff-Pivoting Arm	Middle Pivoting Arm Cover	Upright Post Assembly
			
Stationary Handlebar	Upper Handlebar	Rear Pivoting Arm Cover	Front and Rear Stabilizer
			
Accessory Tray & Support Pad	Leveler	Main Frame	
			

ASSEMBLY INSTRUCTIONS

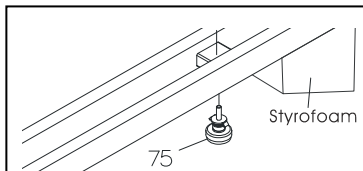
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.



STEP 1 – Leveler & Stabilizer Assembly

- a. Tighten one **Leveler (75)** under the middle of the **Main Frame (1)**.

NOTE: It will be easier to attach the **Leveler (75)** under the **Main Frame (1)** by placing one Styrofoam (or any stationary object) under one side of the **Main Frame (1)**.

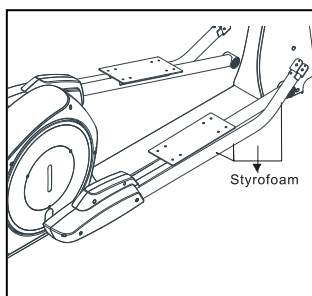


- b. Attach 4pcs **Levelers (75)** to the **Front Stabilizer (2)** and the **Rear Stabilizer (3)**.

- c. Be sure to tighten the **Levelers (75)** securely against the **Stabilizers (2, 3)** until screw lines are eliminated as the **drawing 1** shown on the top right corner.

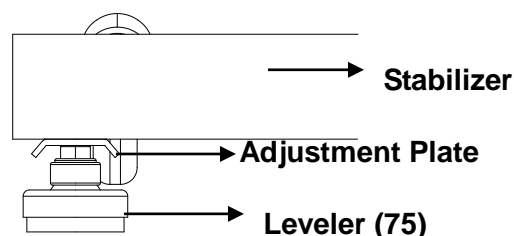
- d. In order to assemble the **Stabilizer (2, 3)** smoothly, it is suggested to place one Styrofoam (or any stationary object) under one side of the **Main Frame (1)**.

- e. Attach the **Front Stabilizer (2)** onto the **Main Frame (1)** and secure with 2pcs **Washers (8x38x2.0t)(92)**, 2pcs **Lock Washers (M8)(88)** and 2pcs **Bolts (M8Xp1.25x65mm)(113)**.

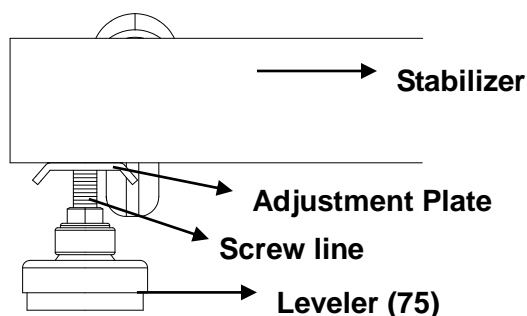


- f. Attach the **Rear Stabilizer (3)** onto the **Main Frame (1)** and secure with 2pcs **Washers (8x38x2.0t)(92)**, 2pcs **Lock Washers (M8)(88)** and 2pcs **Bolts (M8Xp1.25x65mm)(113)**. **NOTE:** If the item is not level, review the **LEVELING NOTE** on the right side to level the **Levelers (75)**.

Detailed Lever- drawing 1



Detailed Lever- drawing 2



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 (75)** to make the **Adjustment Plate** become less tight.

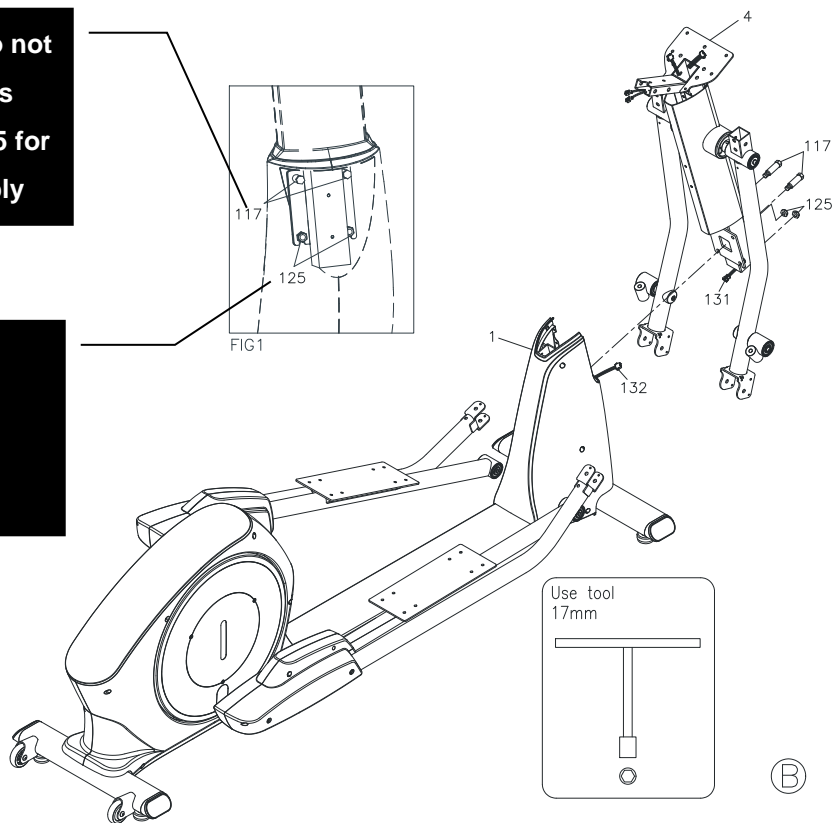
Adjust the **Leveler (75)** for leveling.

Tighten the **Adjustment Plate** securely against the **Stabilizer** to lock the **Leveler (75)** in stable position as the drawing 2 shown.

ASSEMBLY INSTRUCTIONS

NOTE: Please do not fully tighten Bolts (117) until Step. 5 for the easy assembly

NOTE: Do not remove the Nuts (125) during assembly



STEP 2 – Wire Assembly



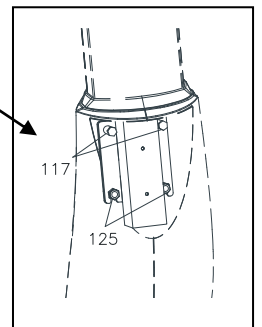
CAUTION: Be careful not to damage the Wires (131, 132) while assembling Step 2 to 3.

- Plug the **Middle Connection Wire (131)** into the **Lower Connection Wire (132)**.

STEP 3 – Upright Post Assembly

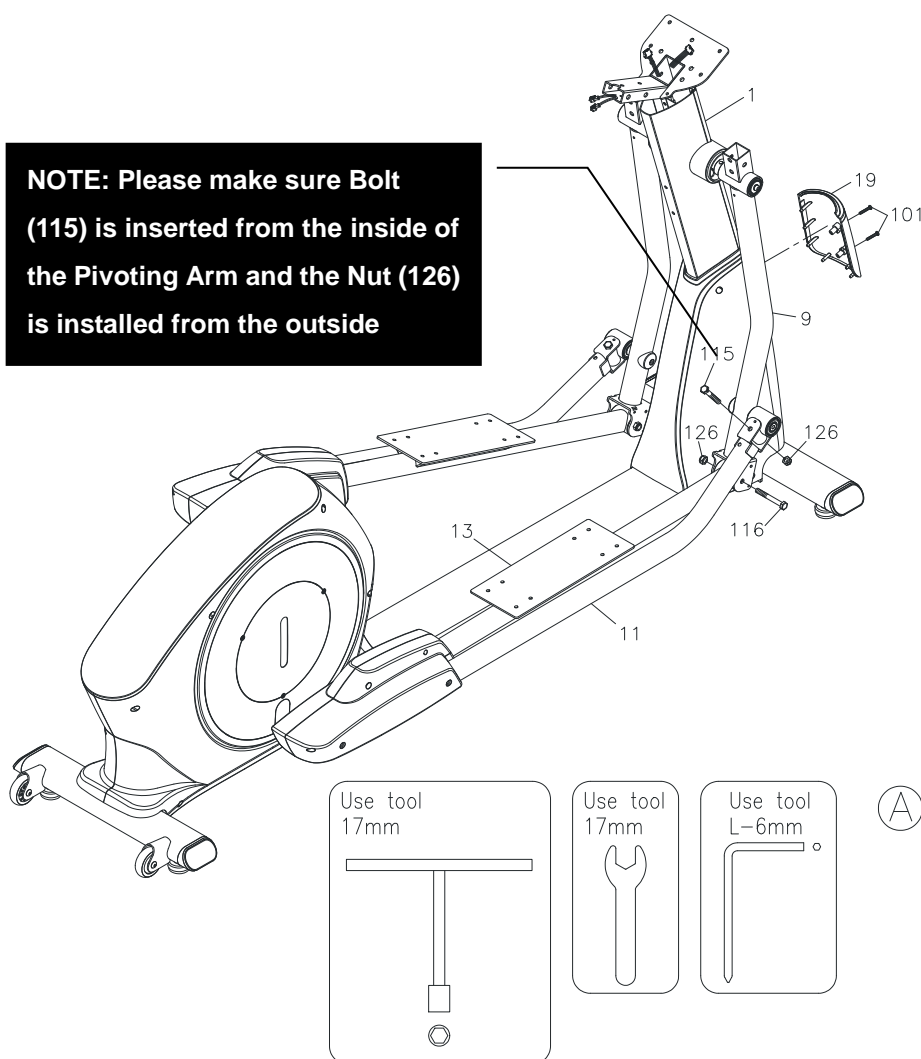
- Check that 2pcs **Nylock Nuts (M10xp1.5)(125)** have preassembled into the front of the **Main Frame (1)** as FIG1 illustration shows on the top right corner (they will not be tight so that slotted bracket of the upright post will slide between the nut and the frame).
- Insert the **Upright Post (4)** into the **Main Frame (1)** and secure with 2pcs **Bolts (M10xp1.5x50mm)(117)** by using the **T-HEAD SOCKET WRENCH** as shown.

NOTE: Please do not fully tighten Bolts (117) or Nuts (125) until Step. 5 has been **COMPLETED.**



ASSEMBLY INSTRUCTIONS

NOTE: Please make sure Bolt (115) is inserted from the inside of the Pivoting Arm and the Nut (126) is installed from the outside



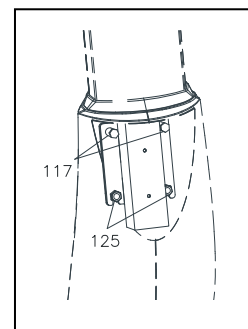
STEP 4 – Pedal Support Arm & Pedal Arm Assembly

- Attach the **Right Pedal Arm (13)** onto the **Right Pivoting Arm (9)** and secure with one **Bolt (M10xp1.5x85mm)(116)** and one **Nylon Nut (M10xp1.5)(126)**.
- Attach the **Right Pedal Support Arm (11)** onto the **Right Pivoting Arm (9)** and secure with one **Bolt (M10xp1.5x70mm)(115)** and one **Nylon Nut (M10xp1.5)(126)**.
- Repeat the above same procedure on the left side.

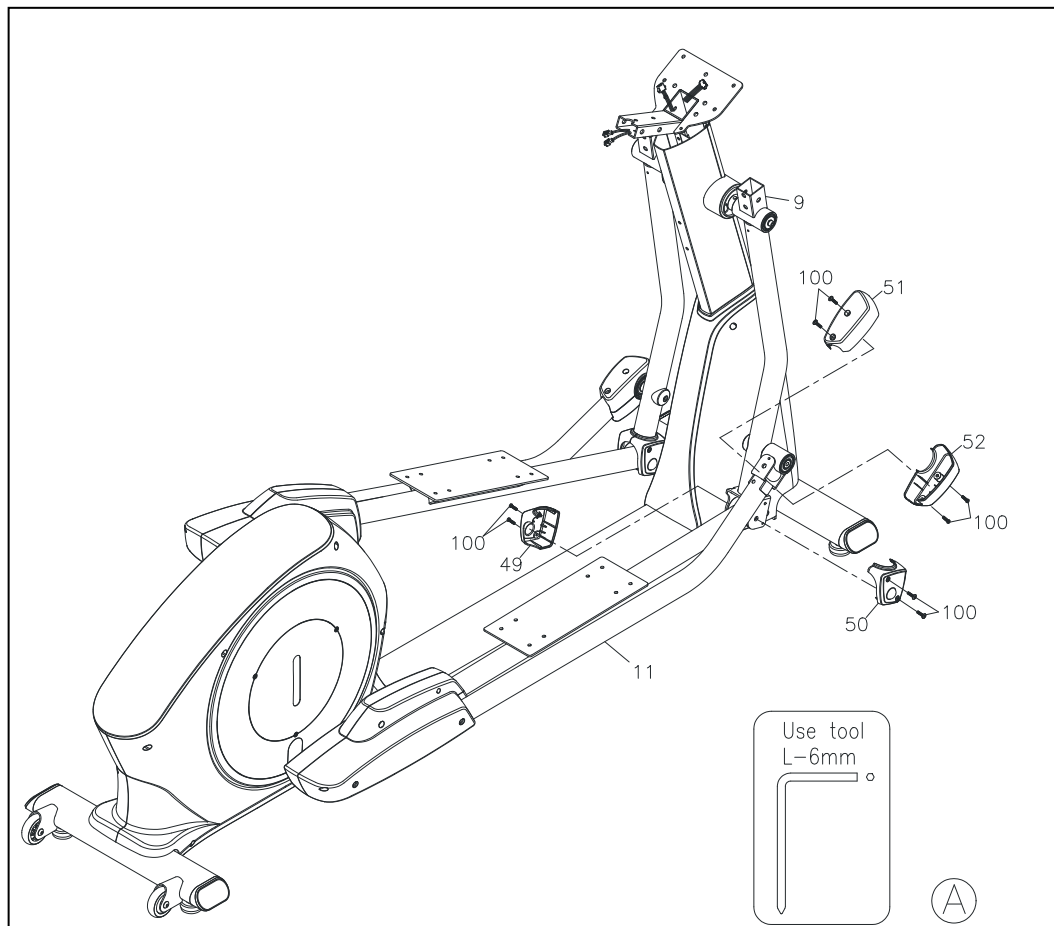
NOTE: Make sure the bolts and nuts are fully tightened before moving to the next step.

STEP 5 – Front Decoration Cover Assembly

- Please go back to fully tighten with 2pcs **Bolts (M10xp1.5x50mm)(117)** and 2pcs **Nylock Nuts (M10xp1.5)(125)** with the T-Handle **SOCKET WRENCH (17mm)** as shown on the right.
- Attach the **Front Decorative Cover (19)** onto the front of the **Main Frame (1)** with 2pcs **Bolts (M5xp0.8x30mm)(101)**.



ASSEMBLY INSTRUCTIONS

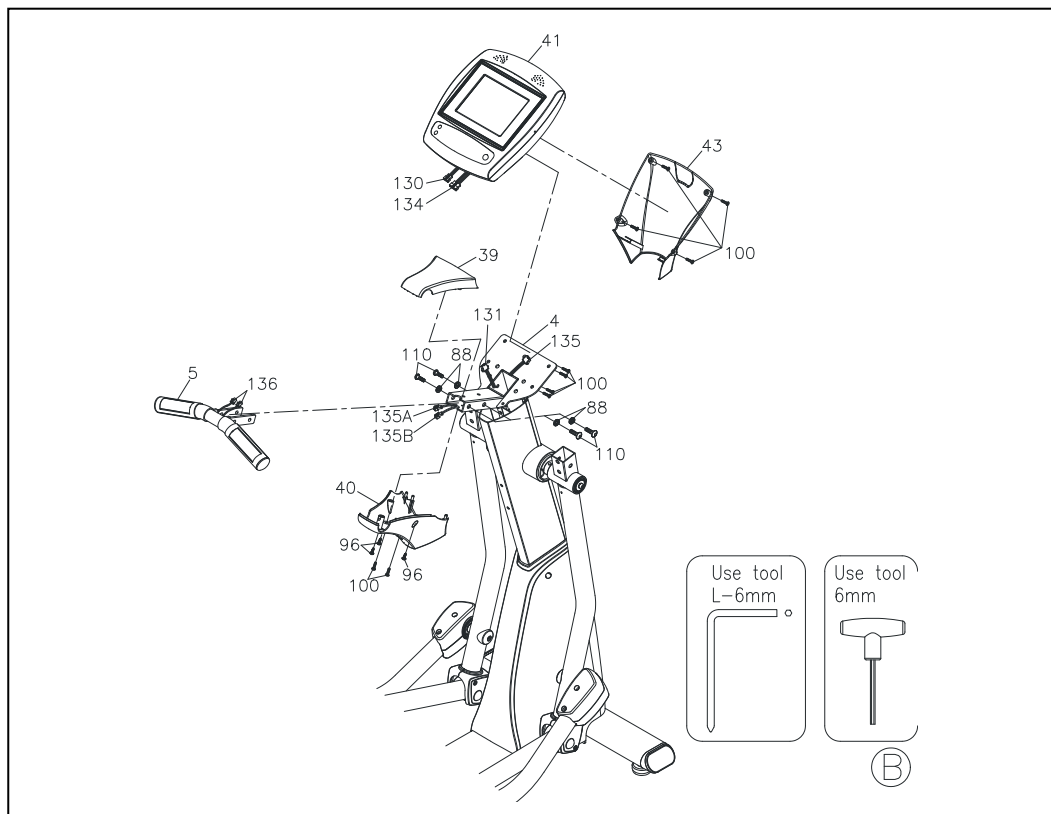


STEP 6 – Pivoting Arm Cover Assembly

- Attach the **Left-Rear Pivoting Arm Cover (49)** and **Right-Rear Pivoting Arm Cover (50)** and secure with 4pcs **Bolts (M5xp0.8x15mm)(100)**.
- Attach the **Left-Middle Pivoting Arm Cover (51)** onto the **Right-Middle Pivoting Arm (52)** and secure with 4pcs **Bolts (M5xp0.8x15mm)(100)**.
- Repeat the above same procedure on the left side.

NOTE: Make sure the bolts are fully tightened before moving to the next step.

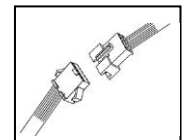
ASSEMBLY INSTRUCTIONS



STEP 7 – Wire and Console Assembly

- Connect the **Upper Connection Wire (130)** and the **Middle Connection Wire (131)**.
- Connect the **Upper Pulse Sensor Wire (134)** and the **Middle Pulse Sensor Wire (135)**.

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. And be careful not to pinch the wires.



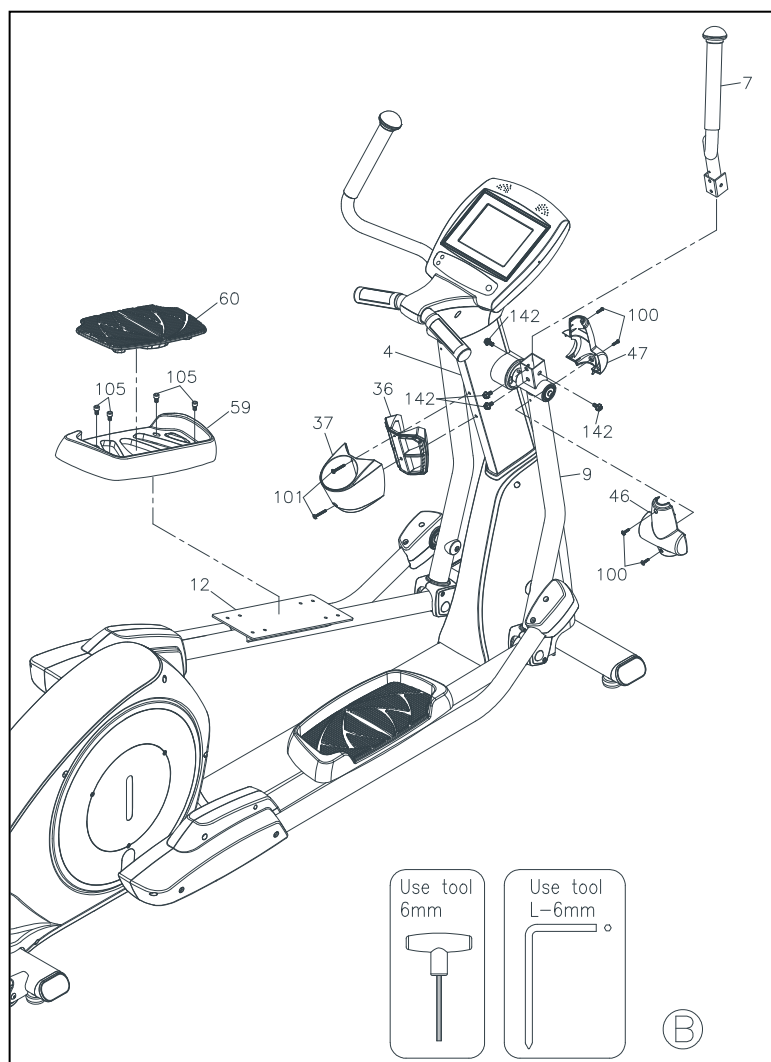
- Place the **Console (41)** onto the **Upright Post (4)** and secure with 4pcs **Bolts (M5xp0.8x15mm)(100)**.

STEP 8 – Stationary Handlebar, Console Sleeve and Decoration Cover Assembly

NOTE: For shipping purpose, 4pcs Bolts (M8xp1.25x16mm)(110) and 4pcs Lock Washers (88) are attached on the Stationary Handlebar (5).

- Remove 4pcs **Bolts (M8xp1.25x16mm)(110)** and 4pcs **Lock Washers (88)** from the **Stationary Handlebar (5)**.
- Connect the **Lower Pulse Sensor Wire (136)**, the **Middle Pulse Sensor Wire (135A)** and the **Middle Pulse Sensor Wire (135B)**.
- Insert the **Stationary Handlebar (5)** into the **Upright Post (4)** and secure with 4pcs **Bolts (M8xp1.25x16mm)(110)** and 4pcs **Lock Washers (88)**.
- Attach the **Console Sleeve (43)** to the **Console (41)** and secure with 4pcs **Bolts (M5xp0.8x15mm)(100)**.
- Attach the **Upper Handlebar Decoration Cover (39)** and the **Lower Handlebar Decoration Cover (40)** to the **Upright Post (4)** and secure with 3pcs **Screws (M4x20mm)(96)** and 2pcs **Bolts (M5xp0.8x15mm)(100)**.

ASSEMBLY INSTRUCTIONS



STEP 9 – Upper Handlebar Assembly

NOTE: For shipping purpose, 8pcs Bolt, Hex Head Flange (M8xp1.25x16mm) (142) are attached on the Left and Right Pivoting Arm (8 & 9).

- Remove 8 pcs Bolt, Hex Head Flange (M8xp1.25x16mm) (142) from the Left and Right Pivoting Arm (8,9).
- Following the assembly drawing, insert the Right Upper Handlebar (7) onto the Right Pivoting Arm (9) and secure with 4pcs Bolt, Hex Head Flange (M8xp1.25x16mm) (142).
- Repeat the above procedure on the left side.

STEP 10 – Rotator Cuff-Pivoting Arm Assembly

- Place the Front Rotator Cuff-Pivoting Arm (46) and the Back Rotator Cuff-Pivoting Arm (47) over the Right Pivoting Arm (9).
- Fasten the Covers together with the 4pcs Bolts (M5Xp0.8X15mm)(100).
- Repeat the above same procedure on the left side.

STEP 11 – Accessory Tray & Pedal Assembly

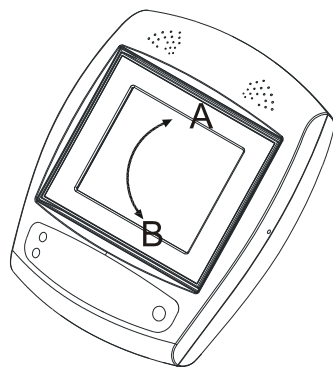
NOTE: For shipping purpose, 2pcs Bolts (M5xp0.8x30mm)(101) are attached on the Upright Post (4).

- Place the Accessory Tray Support Pad (36) and Accessory Tray (37) on the Upright Post (4) and secure with 2pcs Bolts (M5xp0.8x30mm)(101).
- Attach the Left Pedal (59) onto the iron plate that is located in the middle of the Left Pedal Arm (12) and secure with 4pcs Bolts (M8xp1.25x10mm)(105).
- Place the Non-Slip Pad (60) onto the Left Pedal (59).
- Repeat the above procedure (from b. to c.) to attach Right Pedal and Non-Slip Pad on the Right Pedal Arm.

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

OPERATIONAL INSTRUCTIONS

HOW TO ADJUST CONSOLE ANGLE

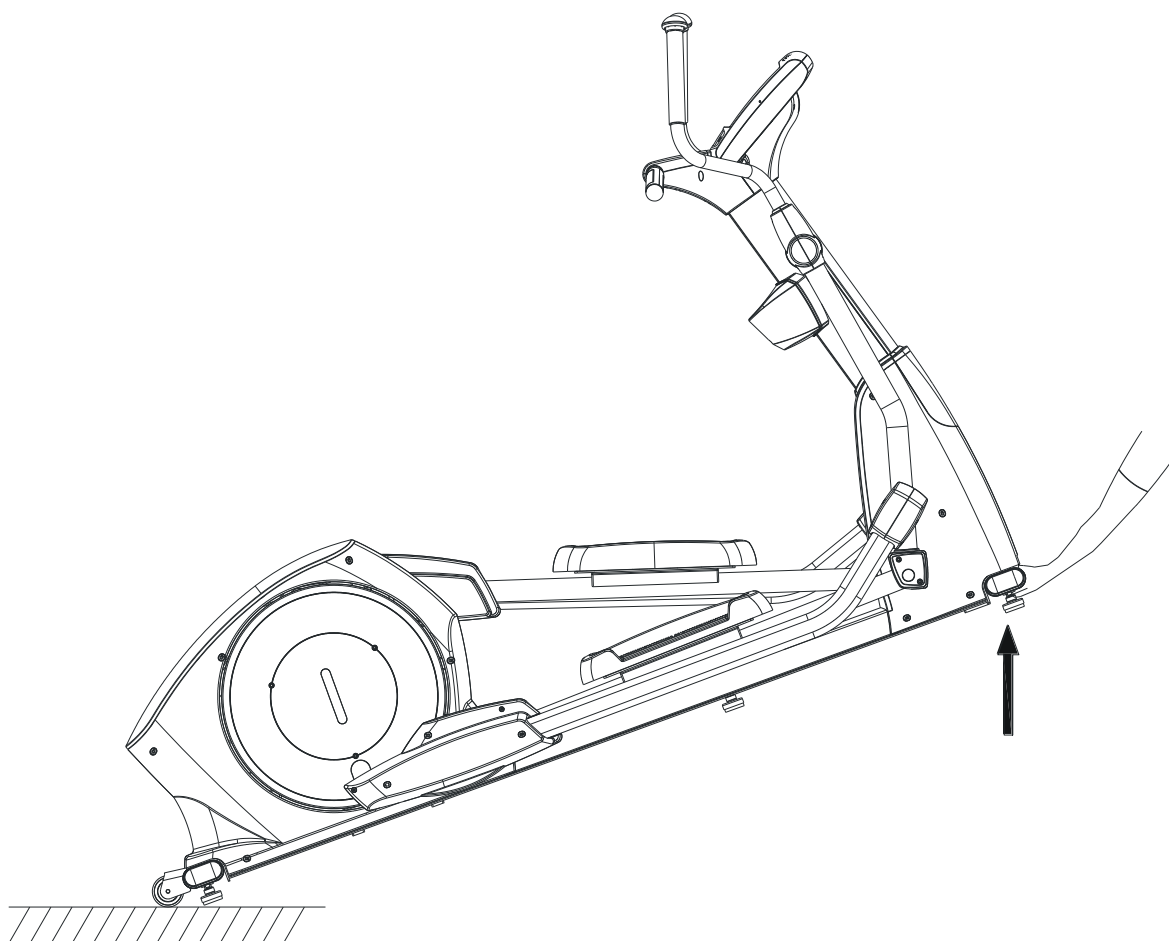


To get the best console angle, it's suggested to use both hands to hold the upper and lower end of the console (area A or B) and gently adjust the console angle to the proper position

HOW TO TOW THE ITEM SAFELY

Hold the **Front Stabilizer (2)** up with two hands and tow the item to the desired place carefully

- ◆ Make sure the floor is level while towing the item



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:

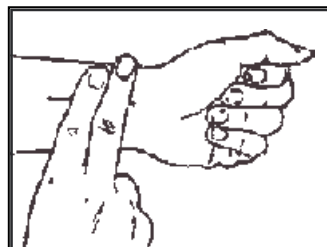
- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
- 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 (55% ~ 90% of Max. Heart Rate)	Average Max. Heart Rate 100%
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

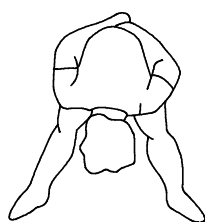
rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.

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 Exercises



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.



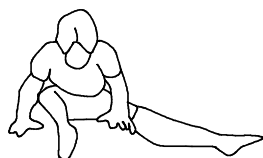
Floor Stretch

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.

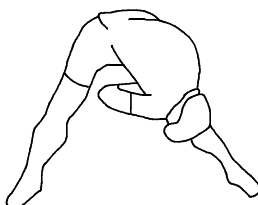


Bent Torso Pulls

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

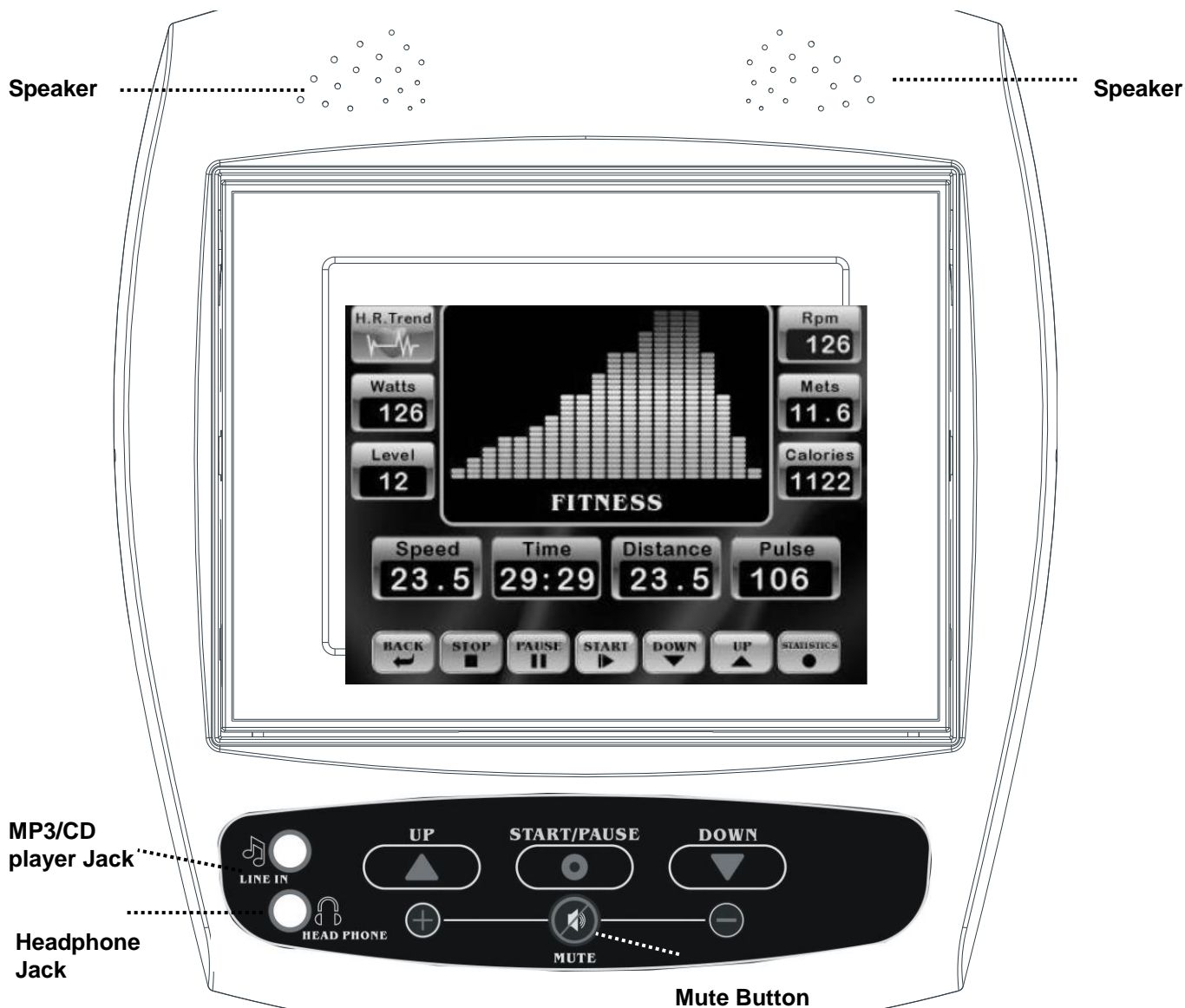
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds.

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 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 each strength-training session.

CONSOLE OVERVIEW & CONSOLE BUTTON



- ◆ The console display may vary slightly from the actual console display, the above console overview is for reference only

Console Buttons:

Button Name	Function Description
START	Press START to begin/continue your exercise.
PAUSE	Press PAUSE to pause all functions during your exercise program. All the data on the display will pause except for PULSE readout
STOP	Press STOP to stop current profile, all the data will reset to its original setting value except for PULSE readout
UP	Press UP to increase the level of tension during exercise
DOWN	Press DOWN to decrease the level of tension during exercise
BACK	Press BACK to return to previous page

CONSOLE INSTRUCTIONS – CONSOLE BUTTON

Console Buttons:

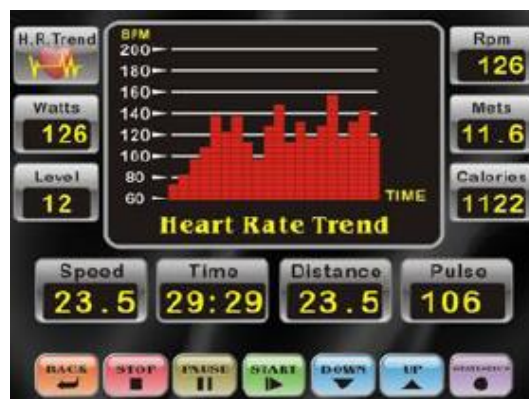


H.R. Trend:

- Press **H.R. Trend** to review your heart rate chart.
- The Heart Rate Trend is recorded automatically in every 60 seconds if the user's actual heart rate is able to detect by the console.

NOTE: Please be sure to wear a chest belt or place both of hands on the Pulse Sensors located on the Handlebar in order to make sure that the pulse readout could be able to detect.

- Press **H.R. Trend** again to return to the workout program.



STATISTICS:

- Press **STATISTICS** to review your workout statistics. **NOTE:** The button is able to press at anytime to review the workout statistics during exercise.



CONSOLE INSTRUCTIONS – CONSOLE FUNCTION

Console Functions:



PULSE:








- Wear chest belt or place both of hands on the **Pulse Sensors** located on the **Handlebar**. The pulse will be displayed within several seconds after the heart symbol "♥" is displayed.
- If the hands are not correctly positioned on the sensors, and a few seconds passes without a pulse input, the console will turn off the pulse circuit. Replace hands back on the Pulse Sensors correctly, and the pulse readout will appear again.



WATT:

Display range: 0 ~ 999 Watt.

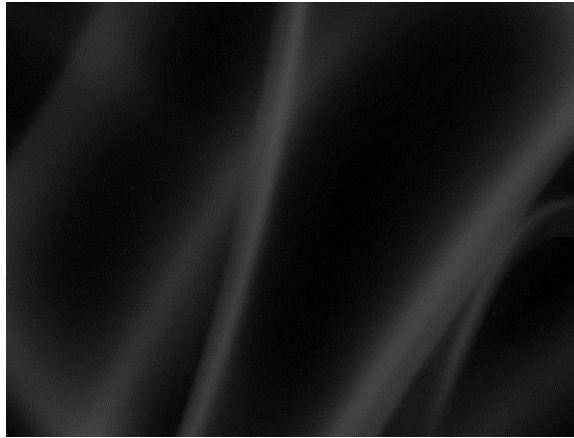
CONSOLE INSTRUCTIONS – CONSOLE FUNCTION

	<p>LEVEL: For this TFT console, the LEVEL HAS TWO MEANINGS, SINCERELY PLEASE TAKE A LOOK BELOW,</p> <ul style="list-style-type: none"> ◆ For Manual, Constant Power Program, Level means “resistance/tension level”; Display range: 1 ~ 20 resistance levels. ◆ For FITNESS, RANDOM, ROLLING, FAT BURN, ASCENT, IRON MAN, MOUNTAIN, WEIGHT LOSS, INTERVAL, VALLEY, Level means “Workout Difficulty Level”; Display range: 1 ~ 20 workout difficulty levels. For example, The level of 20's Watt range would be heavier than the level of 8's Watt range. The lower level of workout difficulty you select, the workout difficulty Watt range would decrease, making more easier for user to exercise.
	<p>SPEED:</p> <ul style="list-style-type: none"> ● Display range: 0.0~99.9 km/h.
	<p>TIME:</p> <ul style="list-style-type: none"> ● Count Up: If a target time is not selected, TIME will count up from 0:00 to maximum 99:59 minutes. ● Count Down: If a target time is set, (5:00 TO 99:00; 1 MINUTE INCREMENTS), the console will count down from that selected target time to 0:00.
	<p>DISTANCE:</p> <ul style="list-style-type: none"> ● Display range: 0.0~99.9 km/h.
	<p>RPM:</p> <ul style="list-style-type: none"> ● Display range: 0~255.
	<p>CALORIES:</p> <ul style="list-style-type: none"> ● Display range: 0~9999.
	<p>METS:</p> <p>Definition: MET or metabolic equivalent is a term commonly used to measure or express an average person's metabolic rate, is the amount of oxygen used by an average seated person. One MET is the amount of energy or oxygen used to sit quietly for a minute.</p> <p>1 MET= 3.5ml/kg/min (the body consumes 3.5 milliliters of oxygen a minute for each kilogram of body weight), is the energy (oxygen) used by the body at rest, while sitting quietly or reading a book, for example.</p> <p>The harder your body works during the activity, the more oxygen is consumed and the higher the MET level. If you are exercising at a level of 7 METS, this means that you are working about 7 times as hard as you would be at rest. You are consuming about 7 times the amount of oxygen as you would at rest as well.</p> <ul style="list-style-type: none"> ◆ Activity that burns 3 to 6 METs is considered moderate-intensity physical activity. ◆ Activity that burns > 6 METs is considered vigorous-intensity physical activity.

CONSOLE OPERATION

Power ON:

Pedaling over 25rpm to power on the console. The console will display the stand-by screen as below.



Power Off:

The console would automatically shut off after 60 seconds of inactivity.



NOTE:

- ▶ The console would shut down any time if rechargeable batteries are run out of power.
- ▶ If pedaling over 35rpm, the item will start charging batteries.

Boot Screen:

Stand-by screen displays 3 seconds later will then enter into the Boot Screen as below:



Boot Screen

On Boot Screen, there are 3 main workout options.

1. **Quick Start:** Starting exercise directly in Manual Program without any setting.
2. **Profile:** including Basic profile and Advanced profile.
3. **Heart Rate Control (60%, 65%, 70%, 75%, 80% and 85%)**

CONSOLE OPERATION – QUICK START

Quick Start:

1. Press “**Quick Start**” on Boot Screen.

After selecting Quick Start, following countdown pages will display sequentially.



► The countdown pages will appear before every entry of **final main page**.

2. Enter into **final main page** as below.



Press **H.R. Trend** to review your heart rate chart during exercise.

Press **BACK** to return to previous page

Press **STOP** to stop current profile, all the data will reset to its original setting value **except for PULSE readout**

Press **PAUSE** to pause all functions during your exercise program. All the data on the display will pause **except for PULSE readout**

Press **STATISTICS** to review your average value of workout statistics

Press **UP** to **increase** the level of tension during exercise

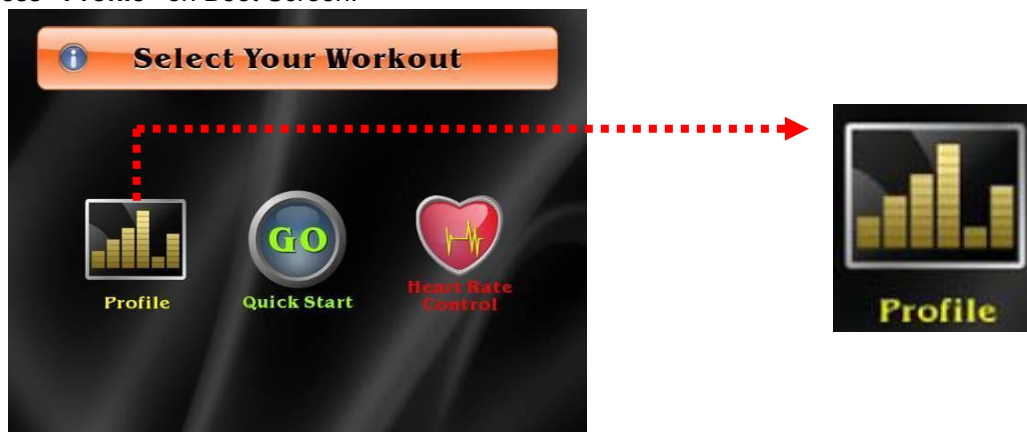
Press **DOWN** to **decrease** the level of tension during exercise

Press **START** to start workout

CONSOLE OPERATION – PROFILE

Profile:

1. Press “Profile” on Boot Screen.



2. Enter into Main Profile Selecting page.



Main Profile Selecting

There are 2 workout profiles for options.

- **Basic Profile:** 6 different workout programs are available under Basic Profile.
- **Advanced Profile:** 6 different workout programs are available under Advanced Profile.



LEVEL: For this TFT console, the LEVEL HAS TWO MEANINGS, SINCERELY PLEASE TAKE A LOOK BELOW,

- ◆ For **Manual, Constant Power Program**, Level means “**resistance/tension level**”; Display range: 1 ~ 20 resistance levels.
- ◆ For **FITNESS, RANDOM, ROLLING, FAT BURN, ASCENT, IRON MAN, MOUNTAIN, WEIGHT LOSS, INTERVAL, VALLEY**, Level means “**Workout Difficulty Level**”; Display range: 1 ~ 20 workout difficulty levels. For example, The level of 20's Watt range would be heavier than the level of 8's Watt range. The lower level of workout difficulty you select, the workout difficulty Watt range would decrease, making more easier for user to exercise.

CONSOLE OPERATION –BASIC PROFILE

A Basic Profile Instruction:

1. Press “Basic Profile”.



2. Enter into diagrams' selection page.

Options include **Manual, Fitness, Random, Rolling, Fat Burn, Ascent**, total in 6 diagrams. Press the desired diagram to workout.



NOTE: When enter into Random profile, the workout profile will randomly create each time



Press **BACK** to return to previous page.

Press **NEXT** to enter into **Weight** Page for setting your weight.

Press **QUICK START** to start exercise immediately.

3. Enter into **Weight** page and input the value of weight; display range: 30 ~ 181 kgs.

NOTE: Display range from 30~181kgs



Press **BACK** to return to previous page.

Press **QUICK START** to start exercise immediately.

Press **NEXT** to enter into **TIME** Page for setting the desired time.

CONSOLE OPERATION –BASIC PROFILE

4. Enter into **Time** page and select the desired value of time; display range: 5:00 ~ 99:00.


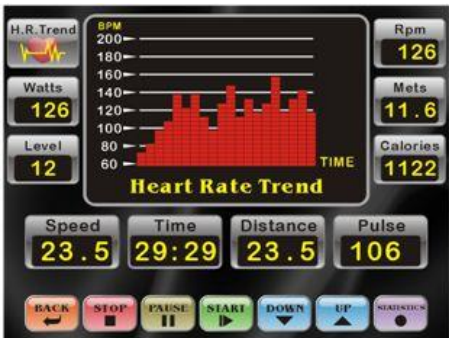


NOTE: Display range from 5:00 ~ 99:00

Press **BACK** to return to previous page.

Press **NEXT** to start exercise.

Press **QUICK START** to start exercise immediately.

B Instruction Note for During Exercise:

	<p>H.R. Trend:</p> <ul style="list-style-type: none"> Press H.R. Trend to review your heart rate chart. The Heart Rate Trend is recorded automatically in every 60 seconds if the user's actual heart rate is able to be detected by the console. <p>NOTE: Please be sure to wear a chest belt or place both of hands on the Pulse Sensors located on the Handlebar in order to make sure that the pulse readout could be able to detect.</p> <ul style="list-style-type: none"> Press H.R. Trend again to return to the workout program. 	
	<p>STATISTICS:</p> <ul style="list-style-type: none"> Press STATISTICS to review your average value of workout statistics. NOTE: The button is able to press at anytime to review during exercise. Press Back to return to the workout program. 	

CONSOLE OPERATION – ADVANCED PROFILE

A Advanced Profile Instruction:

1. Press “Advanced Profile”.



2. Enter into diagrams' selection page.

Options include **Constant Power, Iron Man, Mountain, Weight Lose, Interval, Valley**, total in 6 diagrams. Press the desired diagram to workout



Constant Power:

program of Watt Control;

Watts display range: 30

~350 watt



Before operating **CONSTANT POWER PROGRAM**, review the difference between the **CONSTANT POWER** and the **CONSTANT RESISTANCE** function:

Level Control (Constant Resistance) in most of workout programs	Watt Control (Constant Power) in Constant Power program
<p>RPM↓↑ RESISTANCE --</p> <p>Resistance does not change even though the quantity of RPMs (Rotate Per Minute) increases or decreases under the Level Control Mode during workout.</p> <p>No matter how fast you pedal, the resistance is fixed.</p>	<p>The resistance depends on the value of RPM (Rotate Per Minute.)</p> <p>RPM↑ RESISTANCE↓ ; RPM↓ RESISTANCE ↑</p> <p>In order to remain at a consistent effort level (watts) (once you set up the desired Watt value), the computer will start monitoring the user's pedaling speed/RPM.</p> <p>If the RPMs (Rotate Per Minute) increase (when you pedal faster), the Resistance will decrease (becomes lighter.)</p> <p>On the contrary, the Resistance increases (becomes heavier resistance) when the value of the RPMs decreases (when you pedal slower.)</p>

CONSOLE OPERATION – ADVANCED PROFILE

3. Enter into **Weight** page and input the value of weight; display range: 30 ~ 181 kgs.

NOTE: Display range from 30~181kgs

Press **BACK** to return to previous page



Press **QUICK START** to start exercise immediately

Press **NEXT** to enter into **TIME** Page for setting the desired time

4. Enter into **Time** page and select the desired value of time; display range: 5:00 ~ 99:00

NOTE: Display range from 5:00 ~ 99:00

Press **BACK** to return to previous page.



Press **NEXT** to start exercise.

Press **QUICK START** to start exercise immediately.

B Instruction Note for During Exercise:




H.R. Trend:

- Press **H.R. Trend** to review your heart rate chart.
- The Heart Rate Trend is recorded automatically in every 60 seconds if the user's actual heart rate is able to be detected by the console.

NOTE: Please be sure to wear a chest belt or place both of hands on the Pulse Sensors located on the Handlebar in order to make sure that the pulse readout could be able to detect.


- Press **H.R. Trend** again to return to the workout program.





STATISTICS:

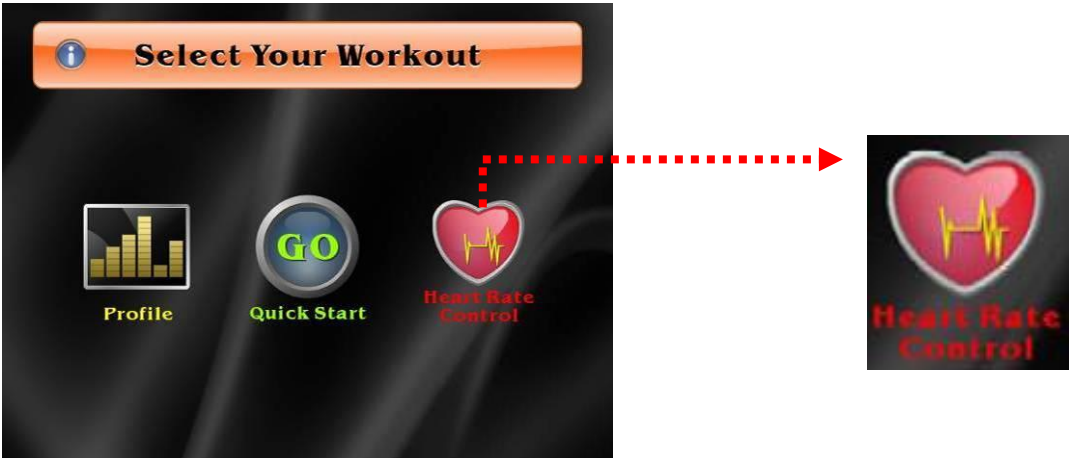
- Press **STATISTICS** to review your average value of workout statistics. **NOTE:** The button is able to press at anytime to review during exercise. Press **Back** to return to the workout program.



CONSOLE OPERATION – HEART RATE CONTROL PROFILE


A Heart Rate Control Instruction:

1. Press **Heart Rate Control** on Boot Screen.



2. Enter into **Weight** page and input the value of weight; display range: 30 ~ 181 kgs.

NOTE: Display range from 30~181kgs



Press **QUICK START** to start exercise immediately.

Press **BACK** to return to previous page.

Press **NEXT** to enter into **TIME** Page for setting the desired time.

CONSOLE OPERATION – HEART RATE CONTROL PROFILE

3. Enter into **Time** page and select the desired value of time; display range: 5:00 ~ 99:00

NOTE: Display range
from 5:00 ~ 99:00



Press **BACK** to return to previous page.

Press **NEXT** to select your age.

Press **QUICK START** to start exercise immediately.

4. Enter into **Age** page and input the value of your age; display range: 5 ~ 99 years old.

NOTE: Display range from 5 ~ 99 years old ; Although the console allows input for age beginning at 5 years old, this product is not recommended for children usage



Press **BACK** to return to previous page.

Press **NEXT** to select your gender.

Press **QUICK START** to start exercise immediately.

5. Enter into **Gender** page and select your gender.



Press **BACK** to return to previous page.

Press **NEXT** to select target heart rate.

Press **QUICK START** to start exercise immediately.

CONSOLE OPERATION – HEART RATE CONTROL PROFILE

6. Select your ideal target heart rate (60%, 65%, 70%, 75%, 80% and 85%).

NOTE for H.R.C. Program:

60%, 65%, 70%, 75%, 80% and 85% of max. heart rate:

- ◆ Male formula: heart rate percentage % of (220 – your age)
- ◆ Female formula: heart rate percentage % of (225 – your age)



Press **BACK** to return to previous page.

Press **NEXT** to start exercise.

Press **QUICK START** to start exercise immediately

B Instruction Note for During Exercise:



H.R. Trend:

- Press **H.R. Trend** to review your heart rate chart.
- The Heart Rate Trend is recorded automatically in every 60 seconds if the user's actual heart rate is able to be detected by the console.

NOTE: Please be sure to wear a chest belt or place both of hands on the Pulse Sensors located on the Handlebar in order to make sure that the pulse readout could be able to detect.

- Press **H.R. Trend** again to return to the workout program.



STATISTICS:

- Press **STATISTICS** to review your average value of workout statistics. **NOTE:** The button is able to press at anytime to review during exercise. Press **Back** to return to the workout program.



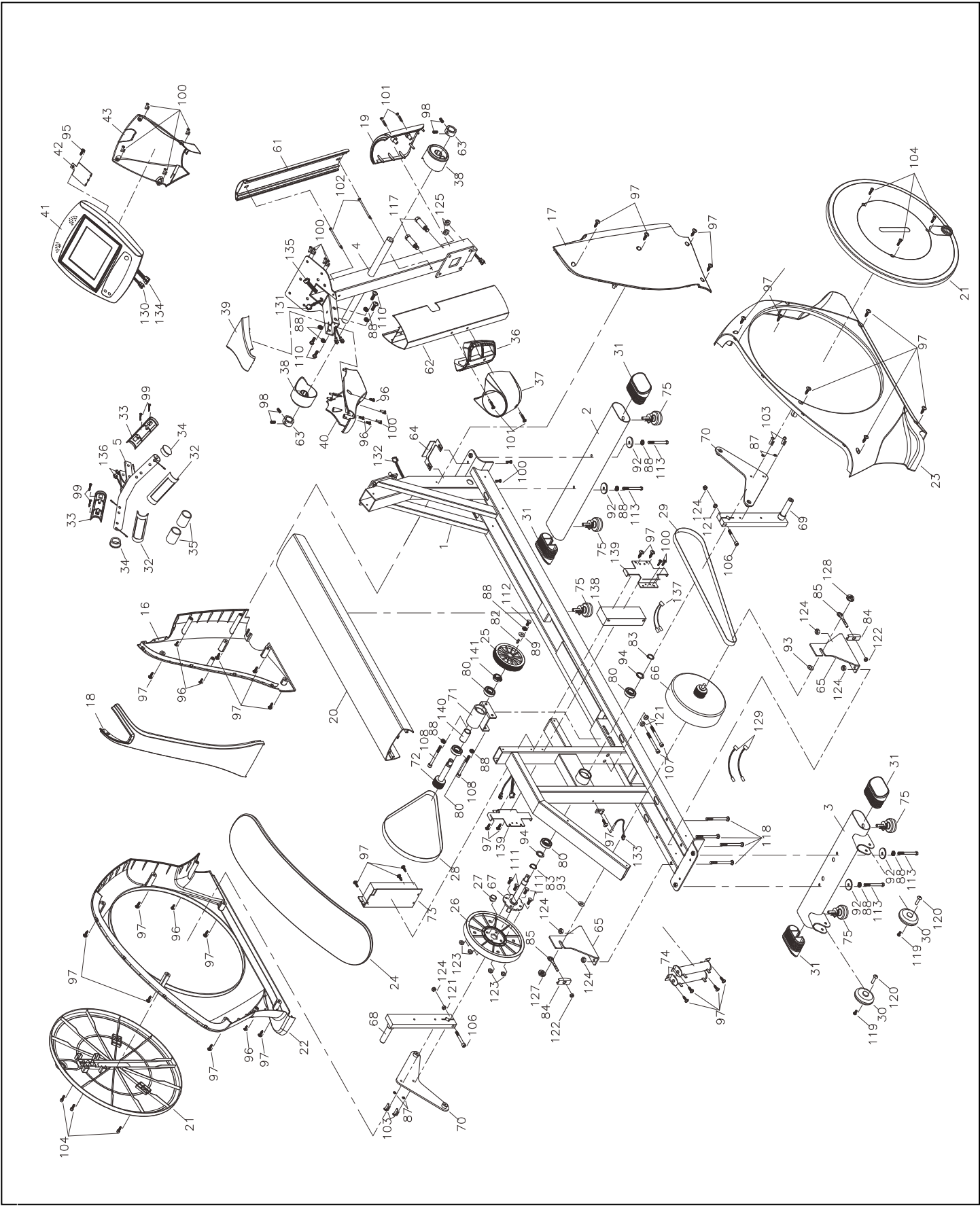
PARTS LIST

NO.	Item Name	Q'ty	NO.	Item Name	Q'ty
1	Main Frame	1	36	Accessory Tray Support Pad	1
2	Front Stabilizer	1	37	Accessory Tray	1
3	Rear Stabilizer	1	38	Inner Rotator Cuff-Pivoting Arm	2
4	Upright Post	1	39	Upper Handlebar Decoration Cover	1
5	Stationary Handlebar	1	40	Lower Handlebar Decoration Cover	1
6	Left Upper Handlebar	1	41	Console	1
7	Right Upper Handlebar	1	42	Battery Door	1
8	Left Pivoting Arm	1	43	Console Bracket	1
9	Right Pivoting Arm	1	44	Foam Grip Assembly	2
10	Left Pedal Support Arm	1	45	Handheld Plug	2
11	Right Pedal Support Arm	1	46	Front Rotator Cuff-Pivoting Arm	2
12	Left Pedal Arm	1	47	Back Rotator Cuff-Pivoting Arm	2
13	Right Pedal Arm	1	48	Middle Rotator Cuff	2
14	Pedal Suspension Tube	2	49	Left-Rear Pivoting Arm Cover	2
15	Pedal Arm Connector	2	50	Right-Rear Pivoting Arm Cover	2
16	Front Left-Side Cover	1	51	Left-Middle Pivoting Arm Cover	2
17	Front Right-Side Cover	1	52	Right-Middle Pivoting Arm Cover	2
18	Front Rear-Side Cover	1	53	Left-Rear Pedal Cover (outer)	1
19	Front Decoration Cover	1	54	Left-Rear Pedal Cover (inner)	1
20	Main Frame Base Cover	1	55	Left-Rear Pedal Cover (middle)	1
21	Crank Cover	2	56	Right-Rear Pedal Cover (outer)	1
22	Rear Left-Side Cover	1	57	Right-Rear Pedal Cover (inner)	1
23	Rear Right-Side Cover	1	58	Right-Rear Pedal Cover (middle)	1
24	Rear Upper-Side Cover	1	59	Pedal	2
25	Pulley (120)	1	60	Non-Slip Pad	2
26	Pulley (235)	1	61	Front Aluminum Upright Cover	1
27	Magnet	1	62	Back Aluminum Upright Cover	1
28	Belt (1016J8)	1	63	Upper Pivot Shaft Spacer	2
29	Belt (1270J8)	1	64	Adaptor Bracket	1
30	Transportation Wheels	2	65	Mounting Plate	2
31	EndCap	4	66	Generator	1
32	Pulse Sensor Top Housing	2	67	Crank Axle	1
33	Pulse Sensor Bottom Housing	2	68	Left Crank	1
34	Stationary Handlebar Plug	2	69	Right Crank	1
35	Foam Grip Assembly	2	70	Support Bracket	2

PARTS LIST

NO.	Item Name	Q'ty	NO.	Item Name	Q'ty
71	Bearing Stand	1	108	Bolt (M8xp1.25x75mm)	2
72	Drive Shaft	1	109	Bolt (M6xp1.0x15mm)	2
73	Controller	1	110	Bolt (M8xp1.25x16mm)	15
74	Resistor	1	111	Bolt (M8xp1.25x15mm)	4
75	Leveler	5	112	Bolt (M8xp1.25x15mm)	1
76	Pedal Suspension Stand	2	113	Bolt (M8xp1.25x65mm)	4
77	Shaft Spacer	2	114	Bolt (M10xp1.5x60mm)	4
78	Shaft Cap	12	115	Bolt (M10xp1.5x70mm)	4
79	Suspension Tube Spacer	4	116	Bolt (M10xp1.5x85mm)	2
80	Bearing (6004)	24	117	Bolt (M10xp1.5x50mm)	2
81	Bearing (6905)	4	118	Bolt (M8xp1.25x75mm)	4
82	Square Key (6x6x16mm)	1	119	Bolt (M6xp1.0x12mm)	2
83	C Ring	2	120	Bolt (L=35mm)	2
84	Tension Bracket	2	121	Nut (M8xp1.25)	4
85	Eye Bolt	2	122	Nylon Nut (M6xp1.0)	2
87	Lock Washer (M6)	4	123	Nylon Nut (M8xp1.25)	4
88	Lock Washer (M8)	25	124	Nylon Nut (M8xp1.25)	6
89	Washer (8x23x2.0t)	1	125	Nylon Nut (M10xp1.5)	2
90	Washer (8x26x2.0t)	4	126	Nylon Nut (M10xp1.5)	10
91	Washer (8x30x2.0t)	2	127	Flange Nut (M10xp1.25)	1
92	Washer (8x38x2.0t)	4	128	Nut (M10xp1.25)	1
93	Washer (10x23x2.0t)	2	129	Generator Connection Wire	2
94	Washer (21x30x1.0t)	6	130	Upper Connection Wire	1
95	Screw (M3x10mm)	1	131	Middle Connection Wire	1
96	Screw (M4x20mm)	11	132	Lower Connection Wire	1
97	Screw (M5x18mm)	36	133	Sensor Wire & Stand	1
98	Bolt (M8x1.25x10mm)	4	134	Upper Pulse Sensor Wire	1
99	Bolt (M3x25mm)	4	135	Middle Pulse Sensor Wire	1
100	Bolt (M5xp0.8x15mm)	46	136	Lower Pulse Sensor Wire	2
101	Bolt (M5xp0.8x30mm)	4	137	TFT Battery Connection Wire	1
102	Bolt (M5xp0.8x75mm)	2	138	TFT Battery	1
103	Bolt (M6xp1.0x20mm)	4	139	TFT Battery Bracket	2
104	Bolt (M6xp1.0x20mm)	6	140	Spacer	1
105	Bolt (M8xp1.25x10mm)	8	141	Nylon Nut (M20xp1.0)	1
106	Bolt (M8xp1.25x65mm)	2	142	Bolt, Hex Head Flange (M8xp1.25x16mm)	8
107	Bolt (M8xp1.25x70mm)	2			

PRODUCT PARTS DRAWING (A)



PRODUCT PARTS DRAWING (B)

