

COMMERCIAL ELLIPTICAL
M-8809EL



USER MANUAL



CONTENTS

1.DESRIPTION.....1

2.STRUCTURE.....1

3.SAFETY INSTRUCTION.....2

4. SPECIFICATION.....2

5. TOOLS LIST.....2

6. ASSEMBLY (Step 1-Frame).....3

6. ASSEMBLY (Step 2-Handrail).....4

6. ASSEMBLY (Step 2-Link pole).....5

7. EXPLODED VIEW.....6

8. DISPLAY.....7

9. OPERATION.....7

10. DRAWINGS OF TOOLS.....8,9

11. DEBUGGING.....9

12. MAINTENANCE.....9

13. PACKING LIST.....10

1. DESCRIPTION

Thank you for choosing this unit.

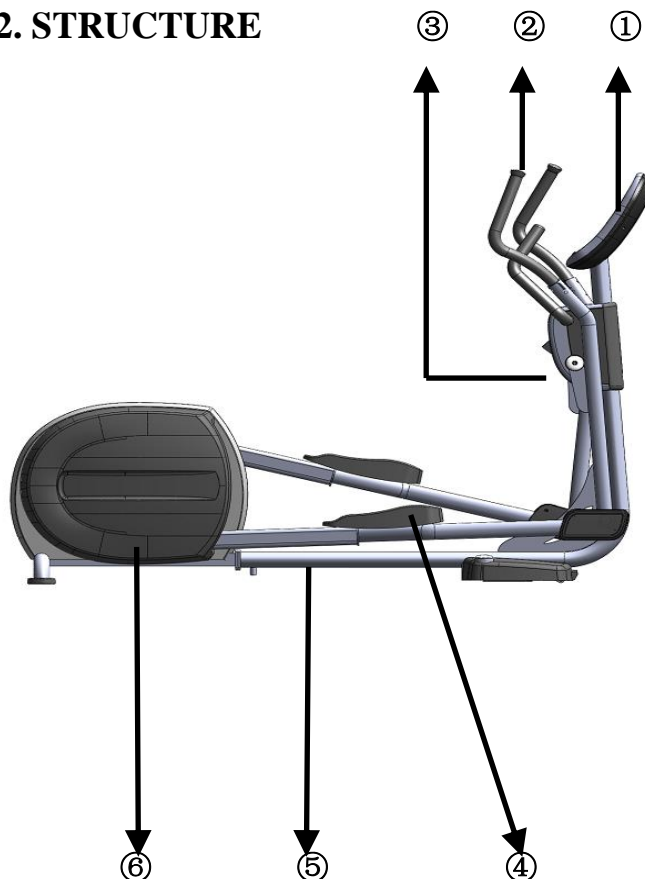
Integrating electromagnets with microelectronics, automatic control theory, exercise physiology, ergonomic, the unit is well-designed with better safety, comfort and durability.

It helps greatly to improve functions of human body, especially cardiopulmonary function.

The unit applies advanced self-electromagnetic resistance system with smooth shift, not affected by speed and works without external power supply producing ultra-low noise.

High-quality material, high-strength welding, luxury design and decoration and perfect motion path make the unit excellent for use in fitness centers.

2. STRUCTURE



- ① Display ② Handrail ③ Bottle Holder
④ Foot Pedal ⑤ Base ⑥ Cover

3. SAFETY INSTRUCTION

- (1) Only one person is allowed to use the unit at once.
- (2) Cardiacs, old and disable people, children under 12 are not allowed to use the unit.
- (3) The juveniles must use the unit under professional guidance.
- (4) The maximum load for the unit is 150kg (330pounds). No overload!
- (5) For any discomfort such as dizziness, nausea, please stop the sports and get off the unit immediately and consult the doctor.
- (6) The unit must be put on flat floor with 50cm's distance away from the periphery.
- (7) Gym suits are recommended while long hairs must be kept away from the drive components.
- (8) Please drink some water after having sports for over 20 minutes.
- (9) Harm to your health may be caused by incorrect or excessive exercise.
- (10) Each movable part must be inspected before using, if it's loosen, please tighten it or get new one to replace it. The machine must be used in a place with supervision.
- (11) This machine completely coincides with EN957-9 SC grade (S mean commercial)

4. SPECIFICATION

ITEM	SPECIFICATION
Dimension	L2000 * W865 * H1775
N.W.	135KG
User Weight	<150KG
Stride length	500mm
Power Supply	Self generator
Motion Mode	Elliptical
Resistance System	Program Control

5. TOOLS LIST

No.	Name	Description	Qty
1	Screwdriver	Cross	1
2	Open end Wrench	17-19	1
3	Hex wrench	M10	1
4	Hex wrench	M8	1
5	Hex wrench	M6	1
6	Hex wrench	M4	1

6. ASSEMBLY

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Step1--Frame

Tools: Take one piece of M6, M8 inner hexagon spanner
 Take one inner hexagon spanner, as shown in the figure, connect AC1 with AC2; connect AC2 with AC3; Connect AF1 with AC3. Please connect the cable before connect the frame. 2 .Notice: the cover and pedal have no scratch.

Step 1

No.	Name	Qty.	Spec.
AC1	Rear main frame	1	
AC2	Fore post	1	
AC3	Upper post	1	
AF1	Small handrail group	1	
C60	Cheese head hexagon screw	M10*20	8
C62	Cheese head hexagon screw	M12*20	4
C76	Washer	M10	8
C77	Washer	M12	4

Step2-- Handrail

Tools: M8、 M6、 M4 inner hexagon spanner

(1) Take one M8 internal Hexagonal Screw, connect AF2 with AD4 and AD1

PR-M8809 Crosstrainer



- (2) Take one M6 internal Hexagonal Screw, connect AD3 with AD1.
- (3) Take one M4 internal Hexagonal Screw, fixed M258、 M259 and M103.

Step 2

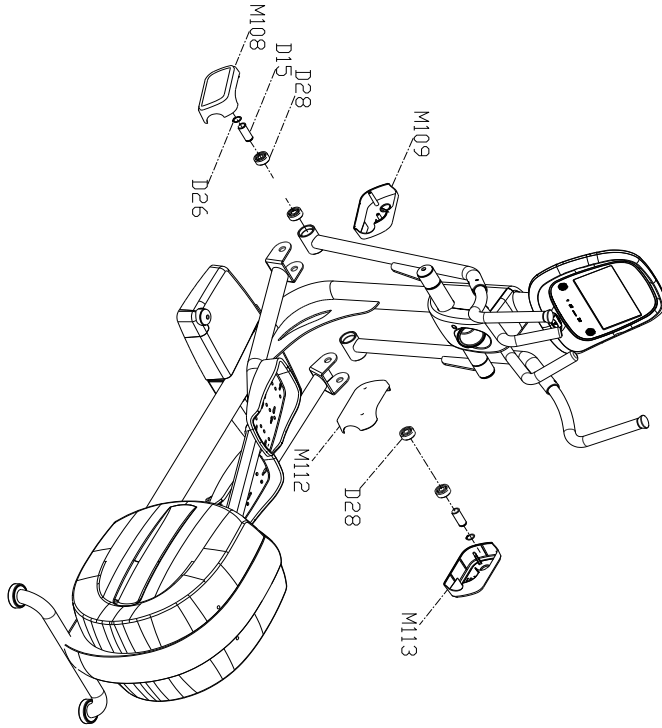
No.	Name	Qty.	Spec.
AD1	Right moving arm		1
AD4	Left moving arm		1
AF2	Upper handrail group		2
C43	Rotating axle 2	1	Ø5*80
C59	Cheese head hexagon screw		M8*25
C64	Semitound hexagon screw		M10*20
C83	Semitound hexagon screw		M6*15
D23	6005 bearing	1	Ø5*1 Ø7*12
D26	25 bearing clip	1	Ø8.2*1 Ø3.2*1.2T
P005	60 aluminum cover	1	Ø0*19
M103	Bottle holder		2
M258	Rear cover for handle		1
M259	Fore cover for handle		1

Step3--Link Pole

- (1) Connect bend side of AD3 with moving arm.
- (2) Fix the front end of AD3 with the bottom of handrail.
- (3) Check all the screws for the joint whether it is tighten or not, and then clean the

machine.

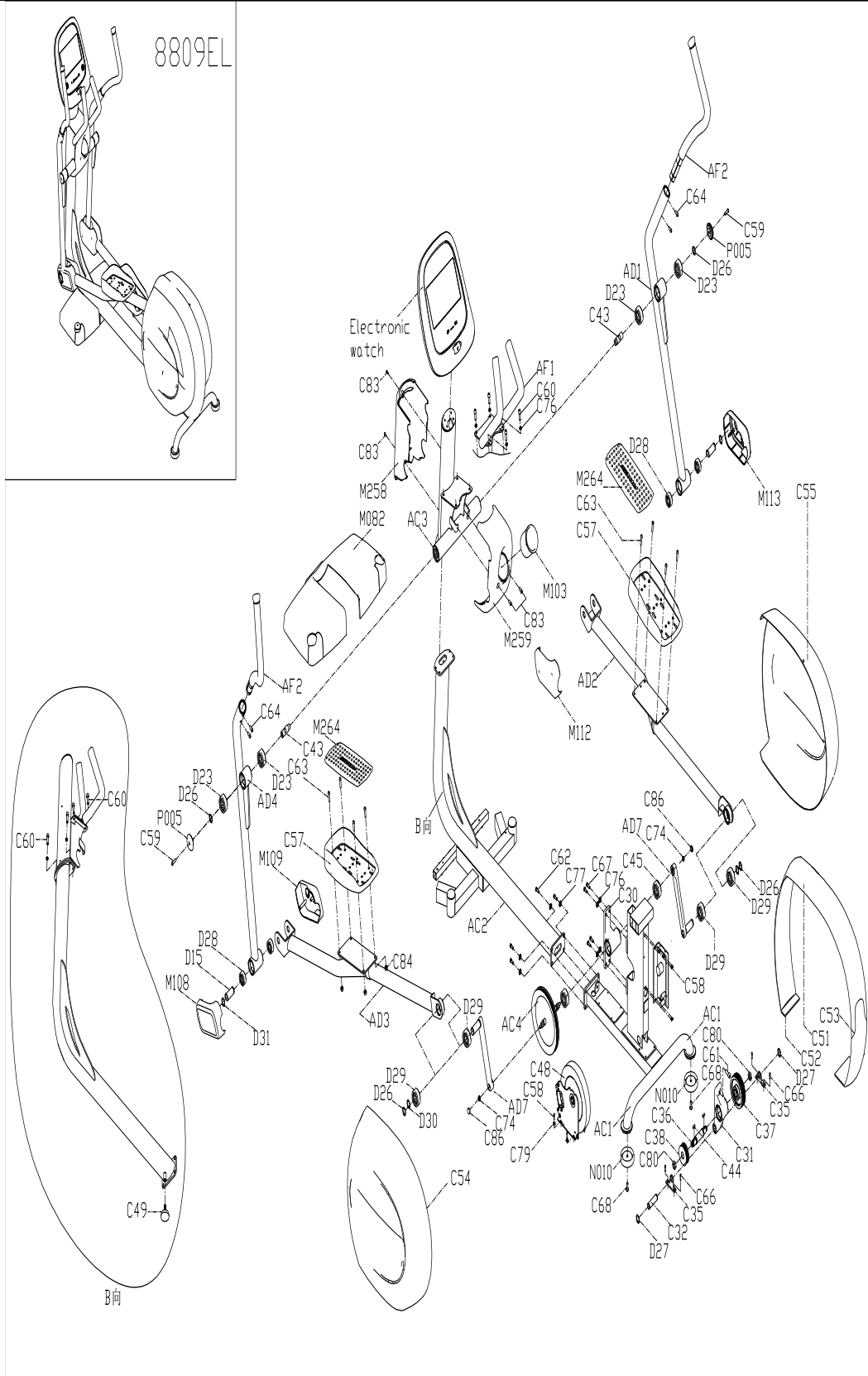
Step 3



No.	Name	Qty.	Spec.
D28	6205 bearing	1 25*1 22*15	4
D26	26 bearing clip	1 28.2*1 23.2*1.2T	2
D15	Rotating axle 2	1 25*108	2
M108	Left cover-outer		1
M109	Left cover-inner		1
M112	Right cover-outer		1
M113	Right cover-inner		1

7. EXPLODED VIEW

PR-M8809 Crosstrainer



8. DISPLAY

resistance directly
chosen keys



9. OPERATION

1. Routine operation

When the user rotating the pedal, the motor was started to work. Display window shows the user's movement power, calories, distance and other numerical simulation. Press the key START, the TIME in display window start timing, According to the size of resistance adjusting key and regulate the resistance size according to the individual movement ability or regulating resistance through direct key of resistance.

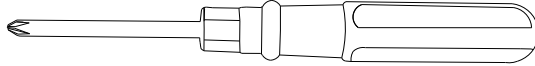
During exercise, the program will automatically record the motion of the user's time, calories burned, the distance of the movement data parameters. When the exercise stop. Display window will put the movement data recorded during 20 seconds automatically return to zero.

2. Program operation

Every time when press the SWITCH key, the display window will show the order TIME, DISTANCE, CALORIES, P1, P2, P3, P4, P5, P6, P7, P8, P9, P10. The parameter will be twinkle, According to the regulation of resistance key, adjust the parameters,

after confirm the parameter then press the START key, The program will automatically countdown until the movement to stop.

10. DRAWINGS OF TOOLS



Screwdriver, Used for remove and install cover



M10 inner hexagon spanner,Used for fasten the screws of the bottom of main frame(C62)



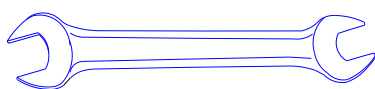
M8 inner hexagon spanner,Used for fasten the screws of the upper of main frame (C60)



M6 inner hexagon spanner,Used for fasten the screws of the handrail (C59)



M4 inner hexagon spanner,Used for fasten the screws of plastic part (C83)



Open end spanner 17-19,Used for fasten the screw connected link pole and pedal moving arm(C75)

11. DEBUGGING

Fault 1: Machine showing nothing

- (1)Take off the Cover of elliptical,change the electronic board
- (2)Change the display
- (3)Change the cable

Fault 2: The resistance level does not work

Change the electronic board

Fault 3: Normal display+No resistance

- (1)Change the electronic board
- (2)Change the cable
- (3)Change motor

Fault 4: No display

Change display PCB

Fault 5: Noise

- (1)Moving Noise:it must have friction some where
- (2)Disturb Noise: Machine maybe sensitive by the some environment.

12. MAINTENANCE

1. Keep machine clean everyday,Especially the place that easy drop sweat
- 2..Check the whole machine when using every half month.:
 - A. Start the machine,Make sure the machine don't have noise
 - B.Check the Paddle is fastened or not.,
 - C. Check the screw is fastened or not.
3. Please use the original factory parts when need to replace parts..
4. When using the machine ,it must follow the instruction of professional Coach.
5. If any problem,Please contact factory on time.

13. PACKING LIST

No.	Name	Qty.	Spec.
1	Rear main frame	1	

PR-M8809 Crosstrainer



2	Fore post	1	
3	Upper post	1	
4	Right moving arm	1	
5	Left moving arm	1	
6	Small handrail group	1	
7	Upper handrail group	2	
8	Rotating axle 2	2	Φ25*80
9	Cheese head hexagon	2	M8*25
10	Cheese head hexagon	8	M10*20
11	Cheese head hexagon	4	M12*20
12	Semiround hexagon screw	4	M10*20
13	Blind nut	2	M12
14	Washer	8	M10
15	Washer	4	M12
16	Semiround hexagon screw	4	M6*15
17	Fixed axle for universal joint	2	Φ12*50
18	Bearing sleeve tube	4	Φ25*Φ12*16
19	6005 bearing	4	Φ25*Φ47*12
20	25 bearing clip	6	Φ28.2*Φ23.2*1. QT
21	60 aluminum cover	2	Φ60*19
22	Semiround hexagon screw	4	M8*15
23	Bottle holder	1	
24	Rear cover for handle	1	
25	Fore cover for handle	1	