
PRECAUTIONS



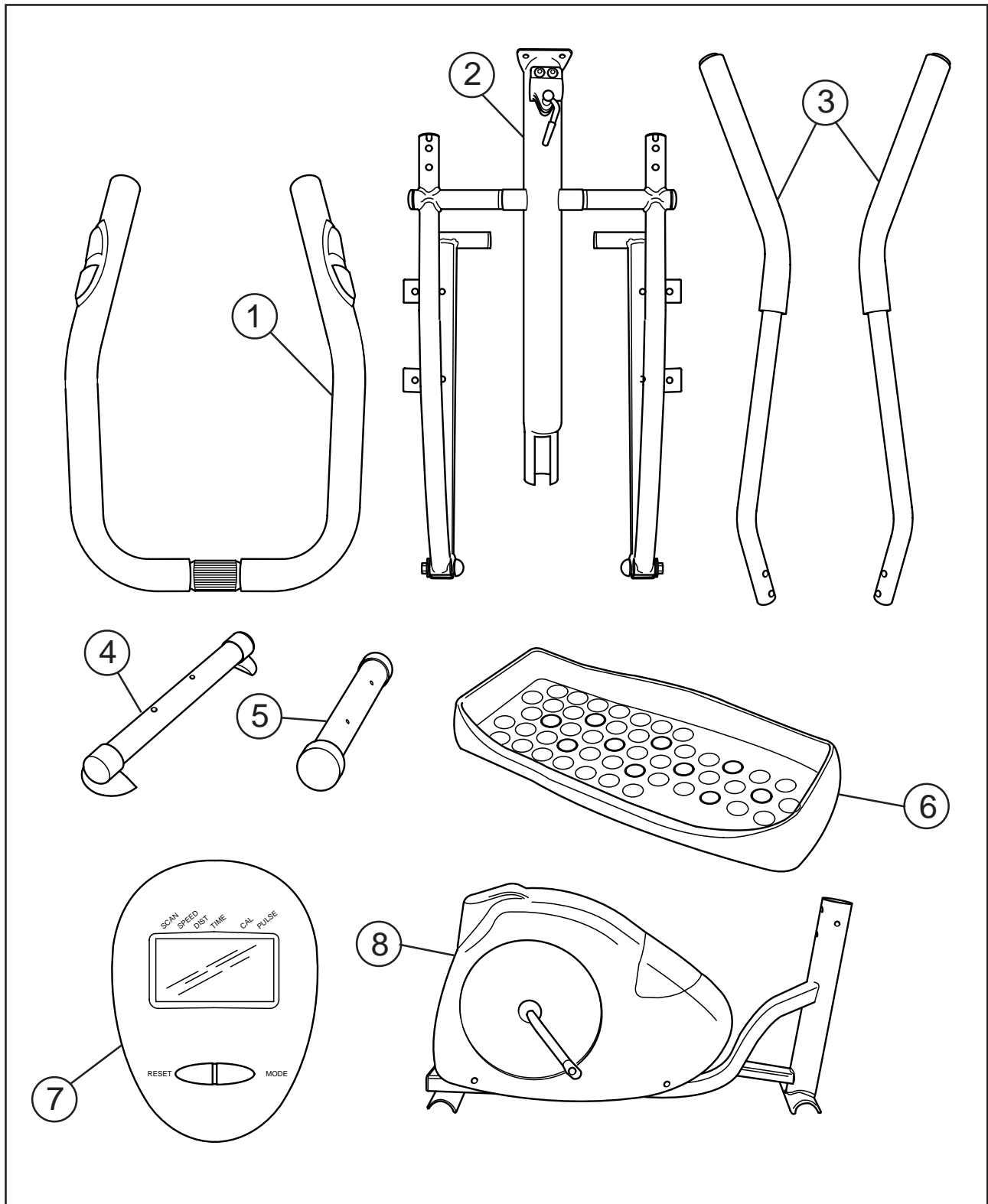
WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical trainer.

1. Read all instructions in this instruction book before using the elliptical trainer. Use the elliptical trainer only in the way described in this instruction book.
2. It is the responsibility of the owner to ensure that all users are adequately informed of all precautions.
3. Use the elliptical trainer indoors on a level surface. Keep the elliptical trainer away from excessive moisture and dust.
4. The safety level of the elliptical trainer can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately. If there are any defective components, do not use the elliptical trainer.
5. Keep unsupervised children away from the elliptical trainer at all times.
6. The elliptical trainer should not be used by persons weighing more than 120kg.
7. Wear appropriate clothing and athletic shoes when exercising; do not wear loose clothing or jewellery that may get caught in moving parts.
8. Do not arch your back when using the elliptical trainer, always try to keep your back straight.
9. If you feel pain or dizziness while exercising, stop immediately and cool down.
10. The pulse monitor is not a medical device, several things, including user movement may affect the accuracy of the sensor. The sensor is intended only as an exercise aid in determining general heart rate trends.
11. The elliptical trainer is intended for home use only.
12. The elliptical trainer is not intended for therapeutic purposes.



WARNING: Before beginning this or any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with health problems. Read all instructions before using the elliptical trainer.

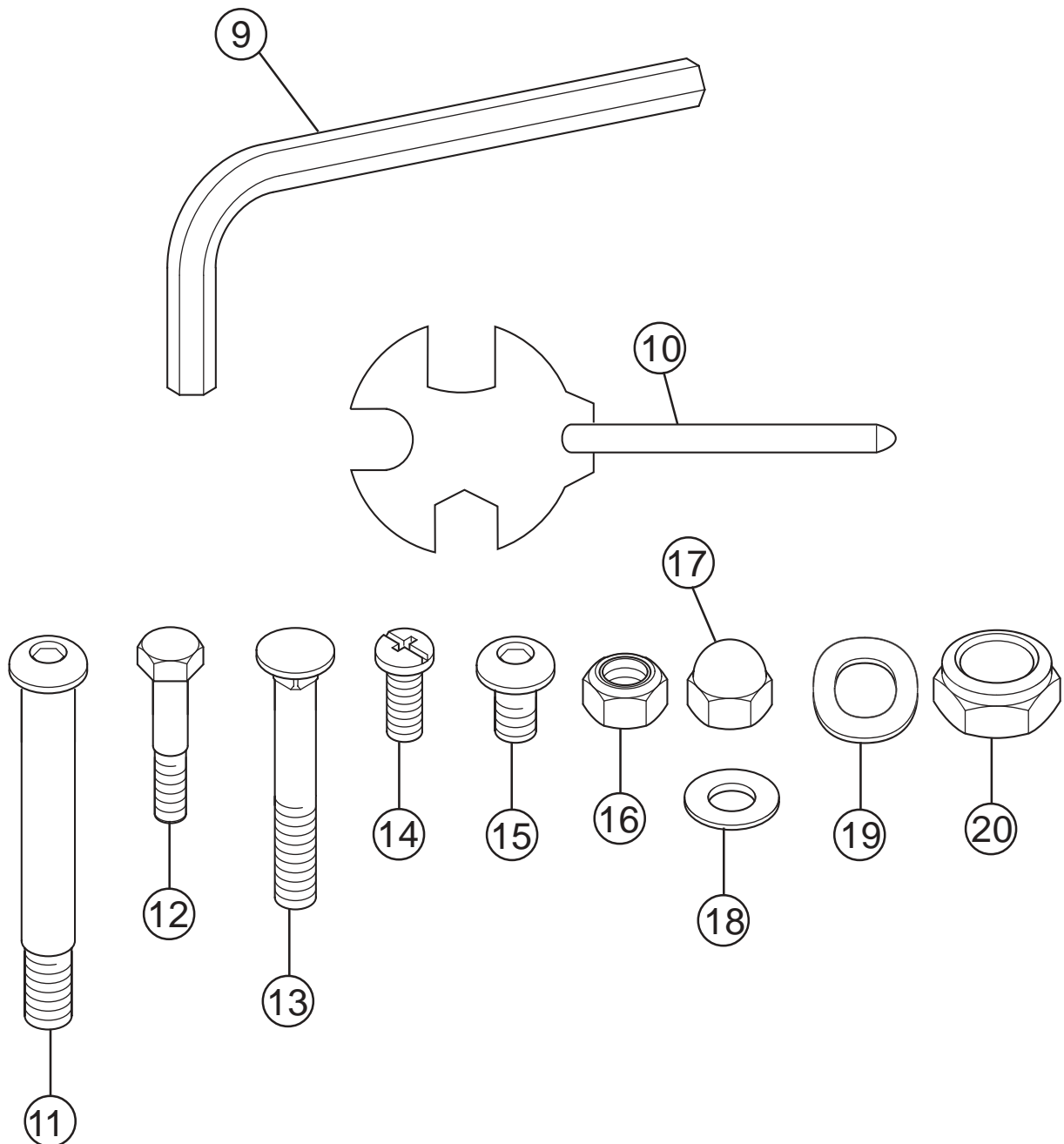
PARTS LIST



- 1 Handlebar (small)
- 2 Exercise frame
- 3 Handlebar (large)
- 4 Rear support tube

- 5 Front support tube
- 6 Foot support x 2
- 7 Computer
- 8 Main body

FITTINGS LIST



Please note that some bolts may be pre-inserted into the unit

- 9 Hexagonal key
- 10 Spanner/screwdriver
- 11 Long pan head bolt x 2
- 12 Bolt x 8
- 13 Long bolt x 4
- 14 Screw x 2
- 15 Short pan head bolt x 10

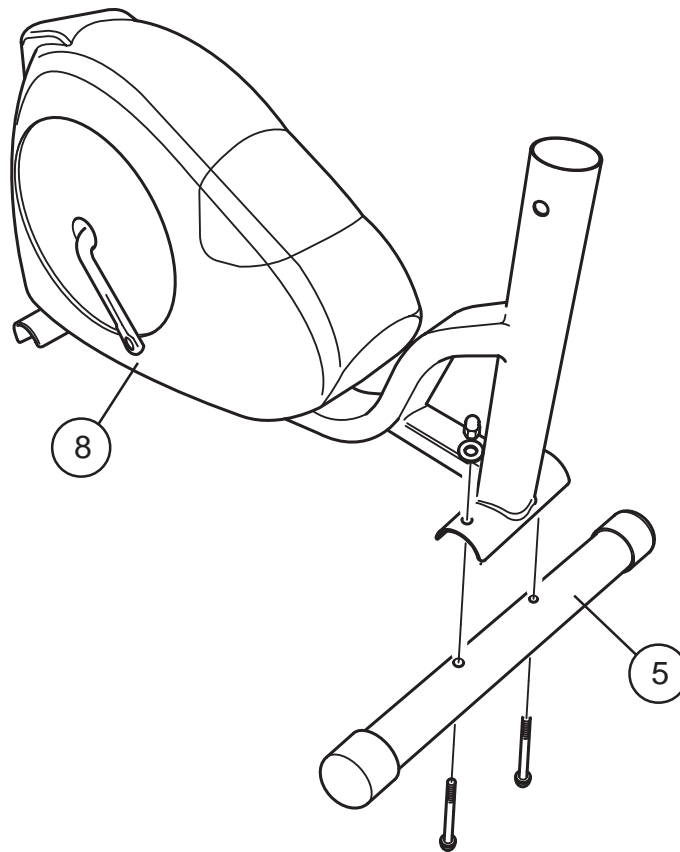
- 16 Nut x 8
- 17 Dome nut x 4
- 18 Washer x 12
- 19 Curved washer x 12
- 20 Nut (large) x 2

ASSEMBLY

STEP 1 OF 8

FRONT SUPPORT TUBE

FIG 1



1. Tilt the main body (8) backwards and fit the front support tube (5) onto the main body (fig 1).
2. Secure using the long bolts (13), curved washers (19), and dome nuts (17). Tighten using the spanner (10) supplied.

PROGRESS

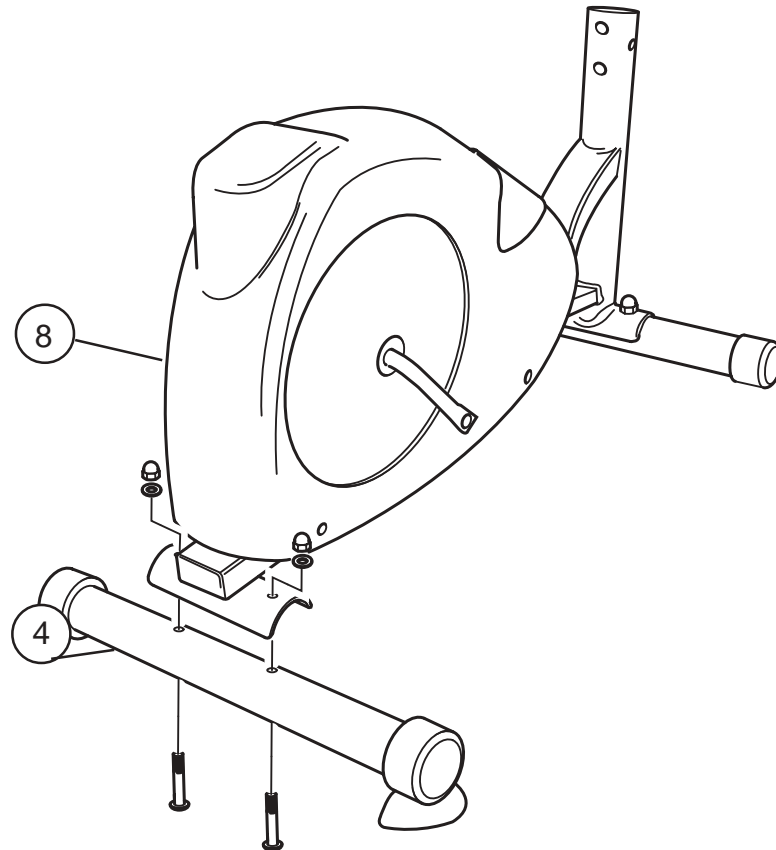


ASSEMBLY

STEP 2 OF 8

BACK SUPPORT TUBE

FIG 2



1. Tilt the main body (8) forwards and fit the back support tube (4) onto the main body (fig 2).
2. Secure using the long bolts (13), curved washers (19), and dome nuts (17). Tighten using the spanner (10) supplied.

PROGRESS

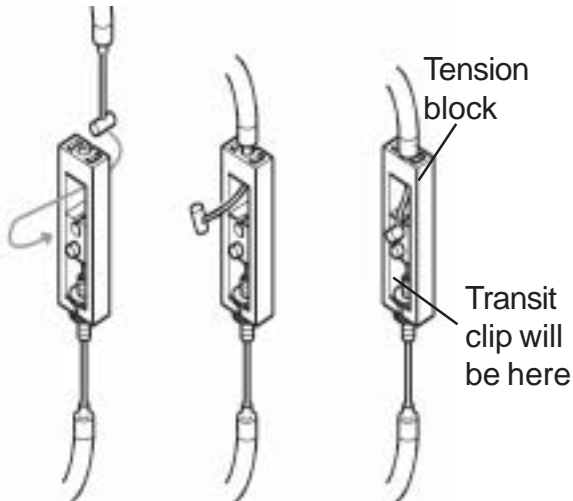


ASSEMBLY

STEP 3 OF 8

FITTING THE EXERCISE FRAME

FIG 3



Computer monitor wires

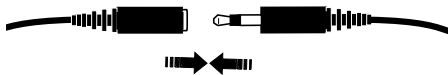
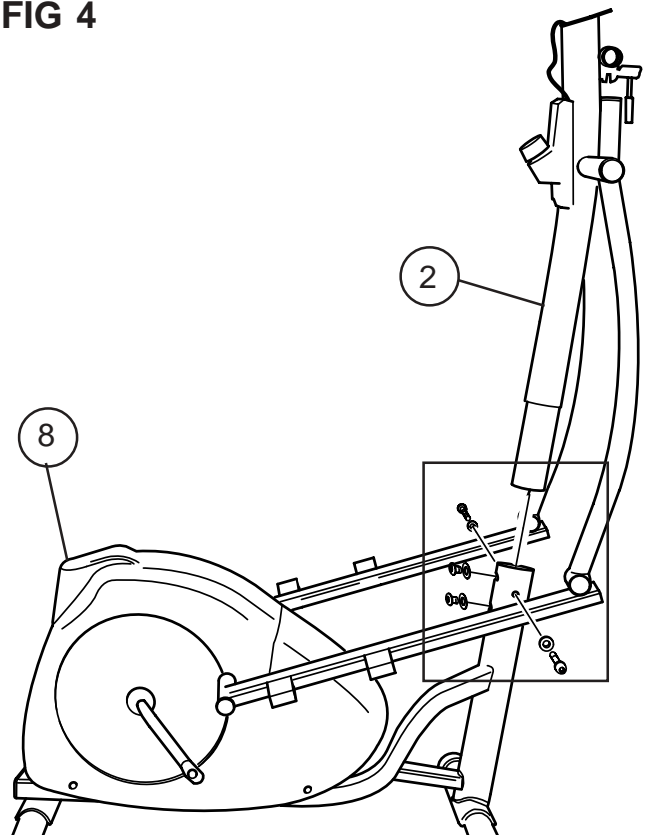


FIG 4



Connect the resistance control and computer monitor wire before fitting the exercise frame (2).

1. Connect the two parts of the resistance control wire together as shown. Then remove the transit clip from the lower half of the tension block

NOTE

Note: Set the tension control to minimum by turning it anticlockwise to make this easier.

2. Connect the computer monitor wires together.
3. Slide the exercise frame (2) into the main body and secure in place using short pan head bolts (15) and curved washers (19) (fig 4). Tighten using the hexagonal key (9) supplied.

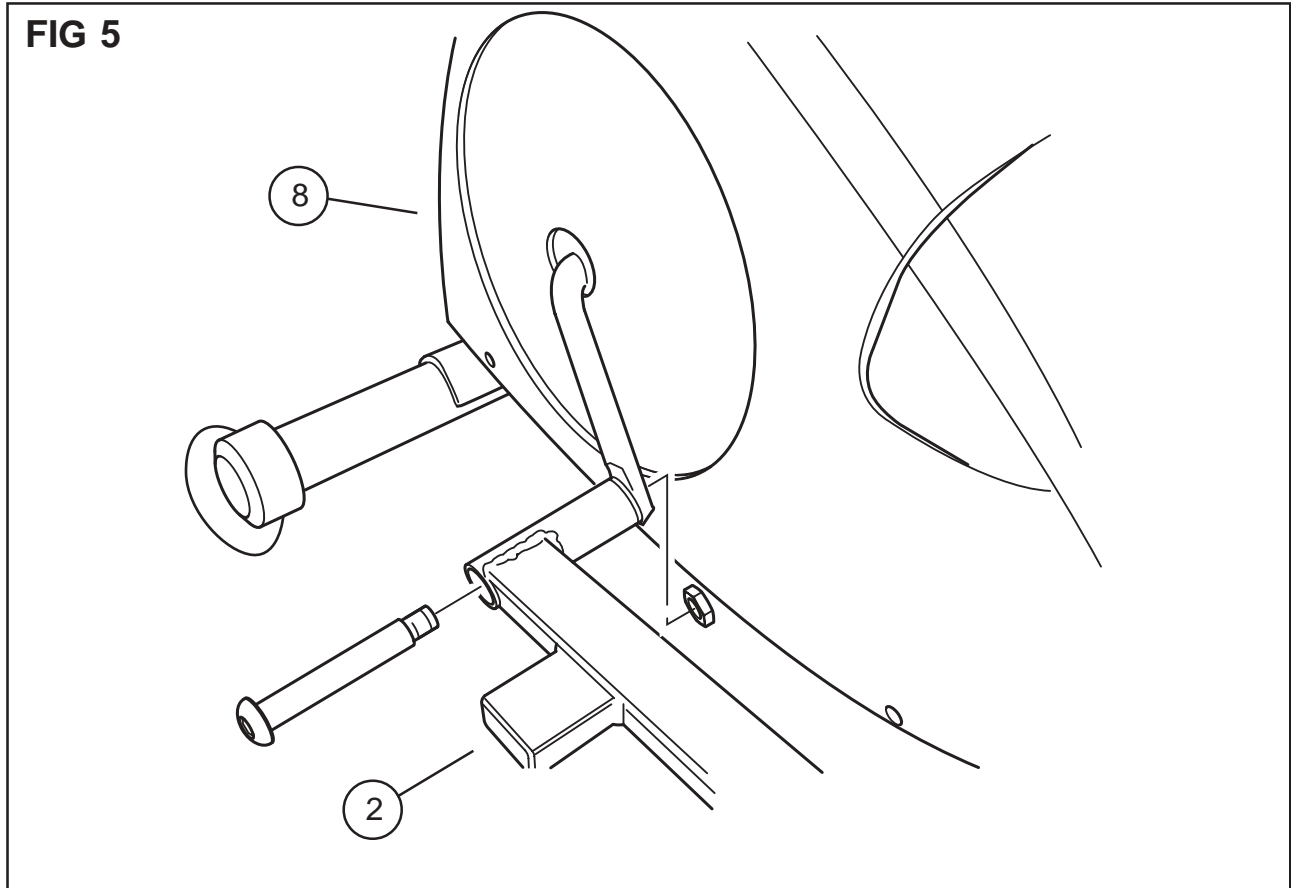
PROGRESS



ASSEMBLY

STEP 4 OF 8

EXERCISE FRAME



1. Fit the exercise frame (2) onto the main body on both left and right sides (fig5).
2. Secure using the long pan head bolts (11) and large nuts (20). Tighten using the hexagonal key (9) and spanner (10) supplied.

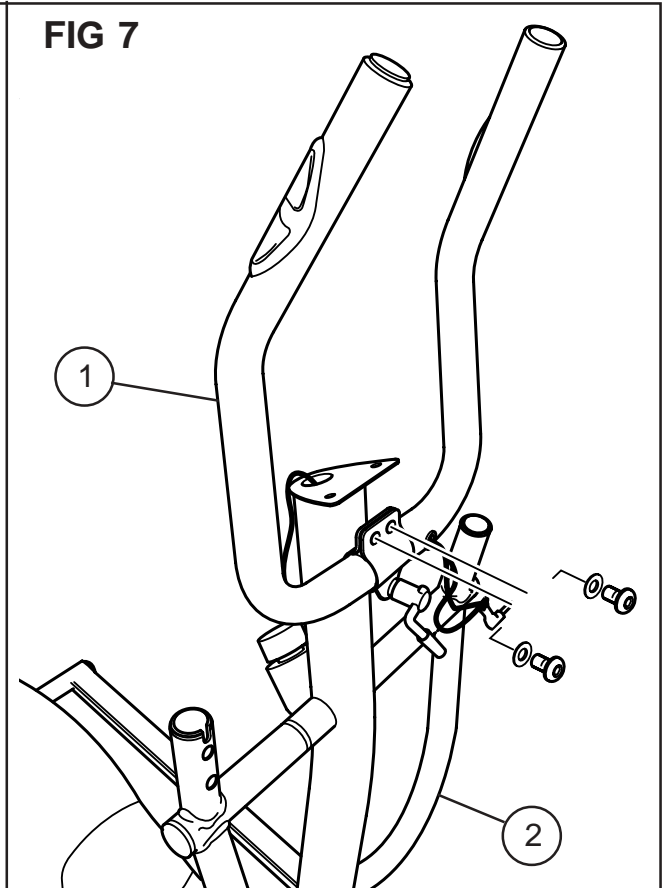
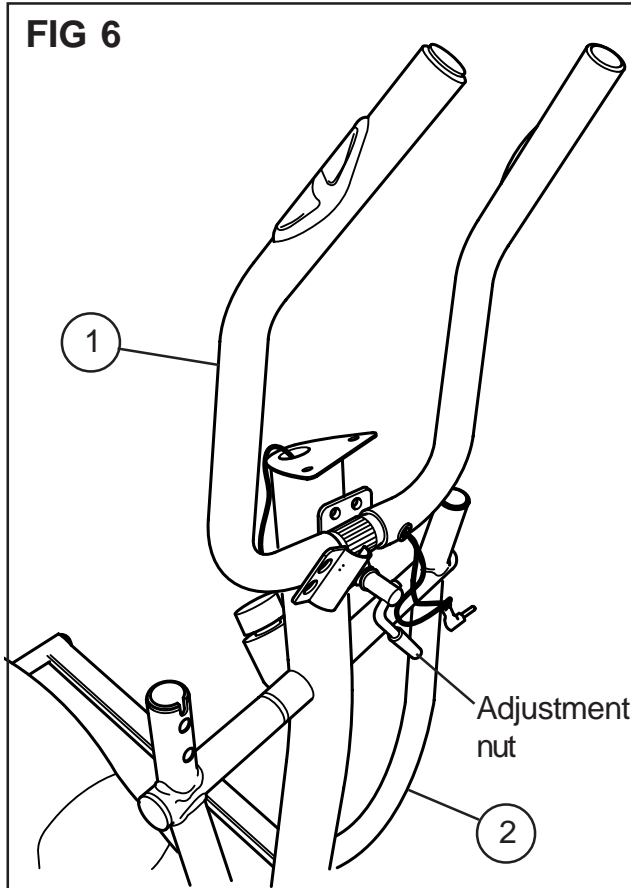
PROGRESS



ASSEMBLY

STEP 5 OF 8

HANDLEBAR



1. Loosen the handlebar adjustment nut, and the small bolts (15). Place the handlebars (1) into the securing bracket (fig 6).
2. Tighten the handlebar adjustment nut to lock the handlebars into place.
3. Secure using the small bolts(15) and tighten using the small hexagonal key (10) supplied.



Note: The angle of the handlebars may be adjusted later see page 14.

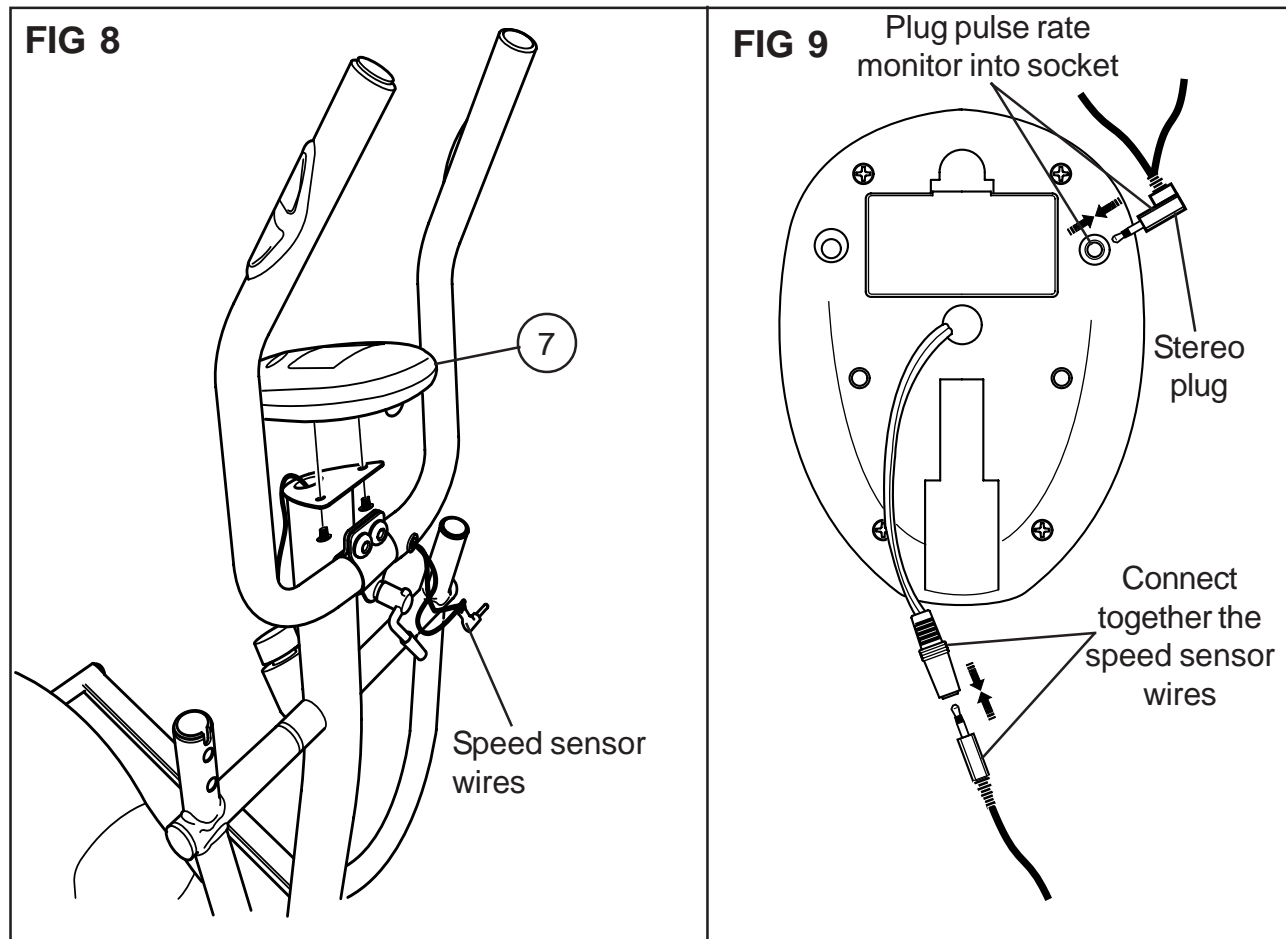
PROGRESS



ASSEMBLY

STEP 6 OF 8

COMPUTER



1. Connect the speed sensor wire to the computer (fig 9).
2. Fit the computer (7) onto the top of the frame using screws (14) (fig 8).
3. Tighten the screws (14) using the screwdriver (10) supplied.
4. Plug the end of the pulse rate monitor wire into the back of the computer (fig 9).

PROGRESS

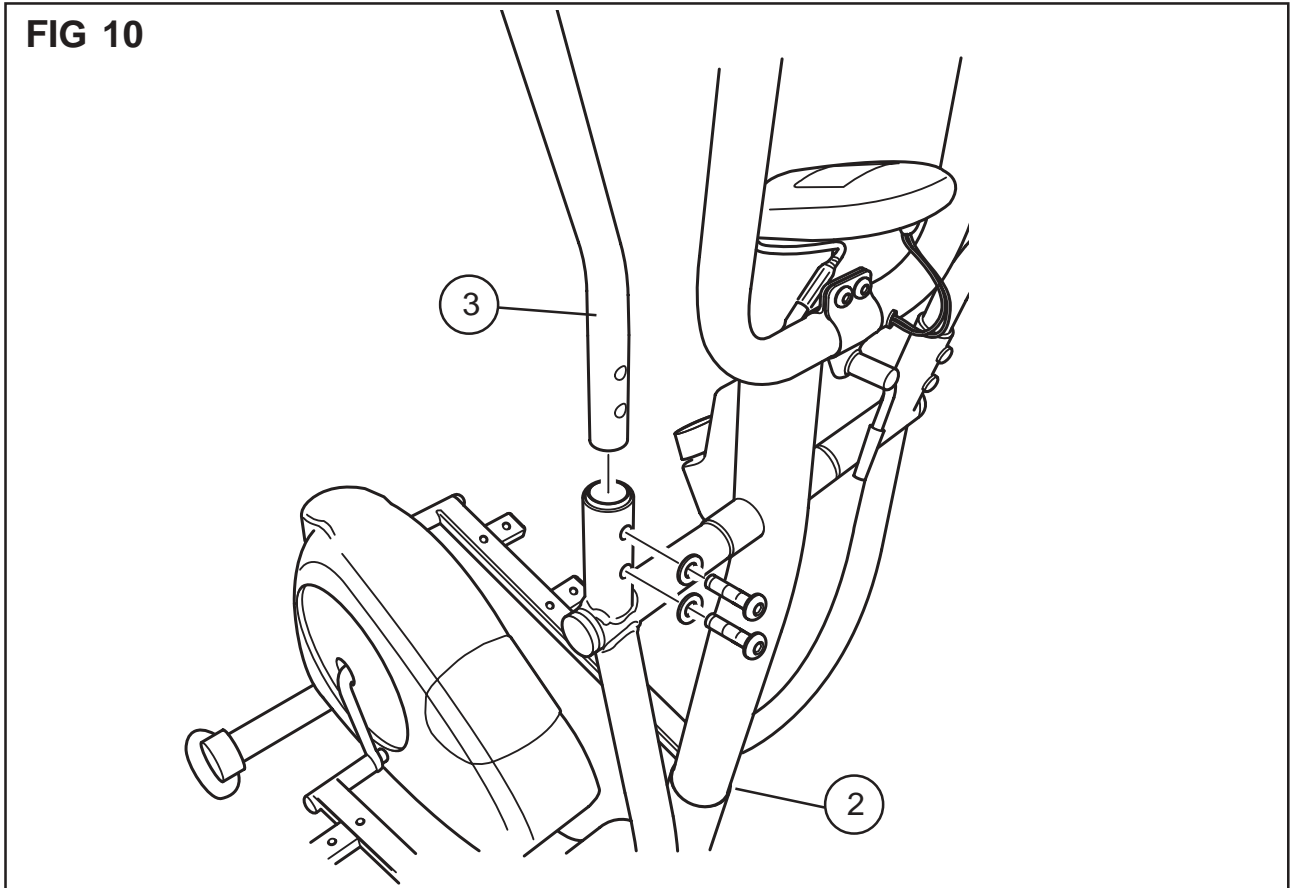


ASSEMBLY

STEP 7 OF 8

HANDLEBAR

FIG 10



1. Fit the large handlebars (3) into the top of the frame (2) (fig 10).
2. Secure using the short pan head bolts (15) and curved washers (19). Tighten using the large hexagonal key (9) supplied.

PROGRESS

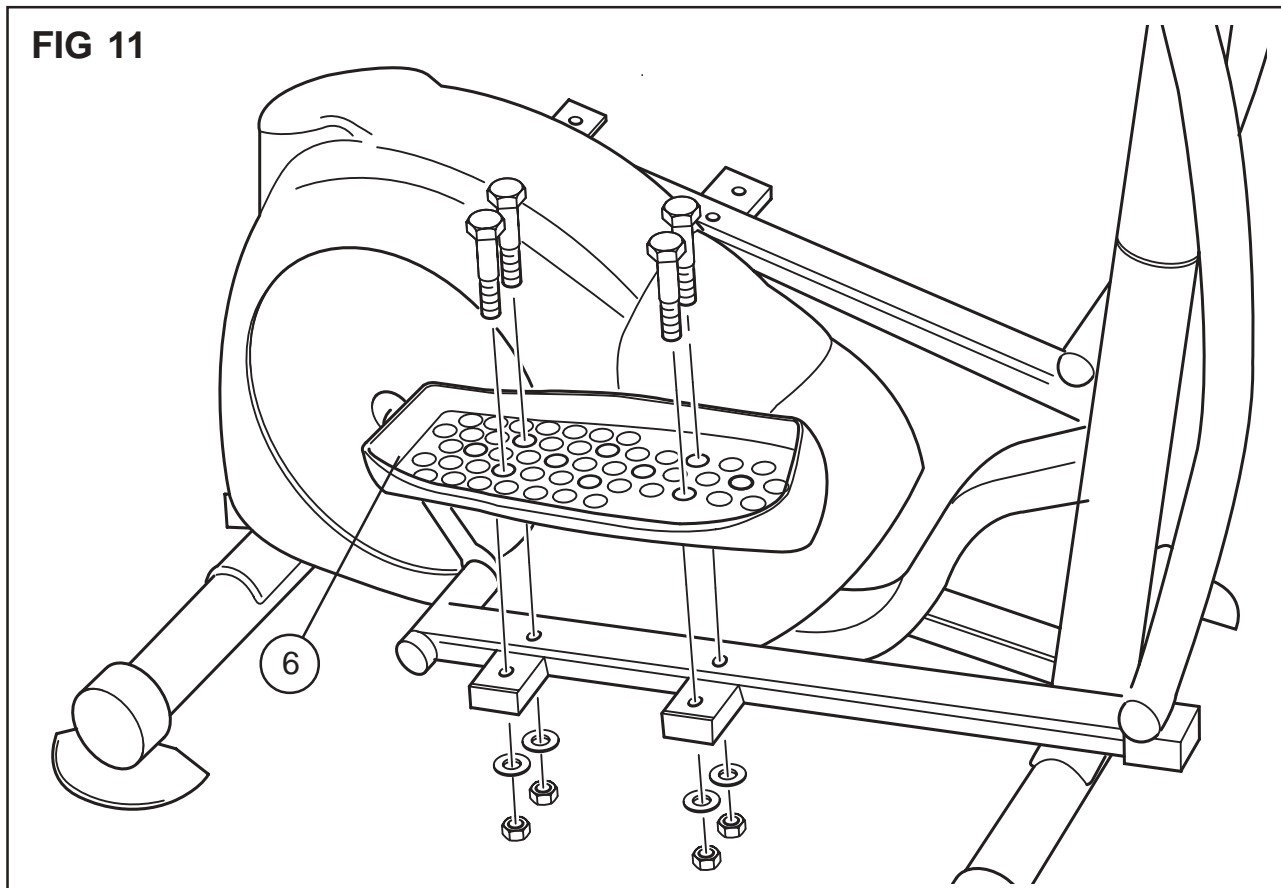


ASSEMBLY

STEP 8 OF 8

FOOT SUPPORTS

FIG 11



1. Fit the foot supports (6) to the bottom of the frame using bolts (12), washers (18) and nuts (16). The foot support marked **1** is fitted to the left side of the trainer, and the foot support marked **2** to the right side of the trainer, viewed from the rear of the trainer (fig 11).
2. Tighten the foot supports (6) using the spanner (10) provided.
3. The Elliptical Trainer is now ready to use.

PROGRESS



USING THE EXERCISE CYCLE

ADJUSTMENTS

SMALL HANDLEBARS ANGLE

1. Turn the handlebars adjustment nut anticlockwise to loosen the handlebars, rotate the handlebars to a comfortable position (fig 12).
2. Turn the handlebars adjustment nut clockwise to lock the handlebars into position.

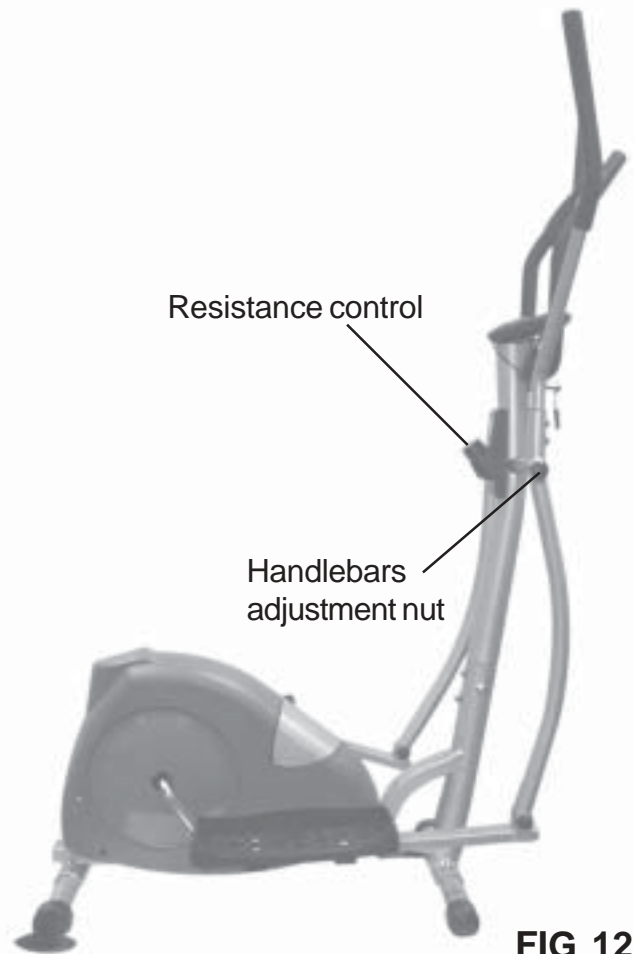


FIG 12

CHANGING THE RESISTANCE

Rotate the resistance control clockwise to increase the resistance and anticlockwise to decrease the resistance (fig 13).

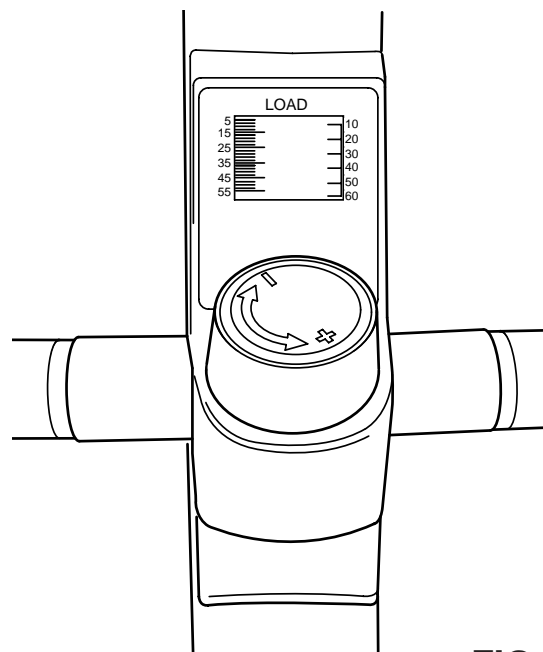


FIG 13

COMPUTER

INSERTING THE BATTERIES

Remove the battery cover and insert two AA size batteries into the battery compartment (fig 14).

NOTE *Note: Refer to the diagram inside the battery compartment for correct installation of batteries.*



We recommend the use of Ever Ready Energizer Batteries.

Battery compartment

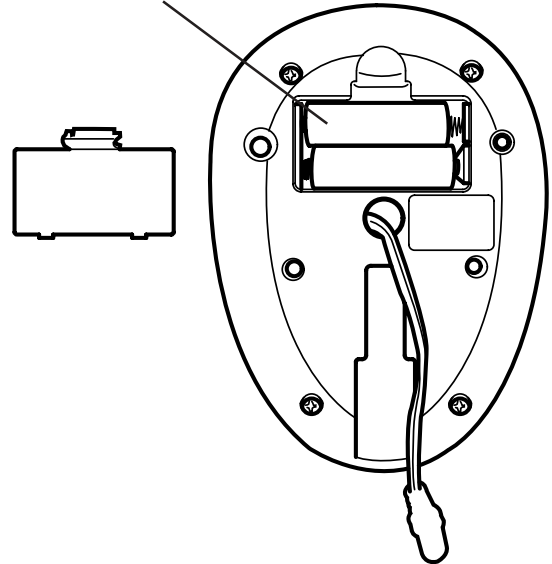


FIG 14

OPERATION

Repeatedly pressing the Mode button will display the available modes.

Press the Reset button to return the counter to zero.

MODE	UNITS
TIME	Seconds
SPEED	KM/H
DISTANCE	1000th's of a KM
CAL	Calories
PULSE	BPM (Beats per minute)

As you select some of the modes, a triangle points to SCAN. This means that the computer will automatically cycle through the functions. A second triangle points to function currently being displayed while in scan mode.

To display one mode continuously, press the mode button again. The triangle under scan will disappear from the display, and a single triangle will remain under the selected function. Repeated pressing of the mode button will alternate between SCAN and the next function.

If the trainer is not used for a while, the computer will automatically switch off.

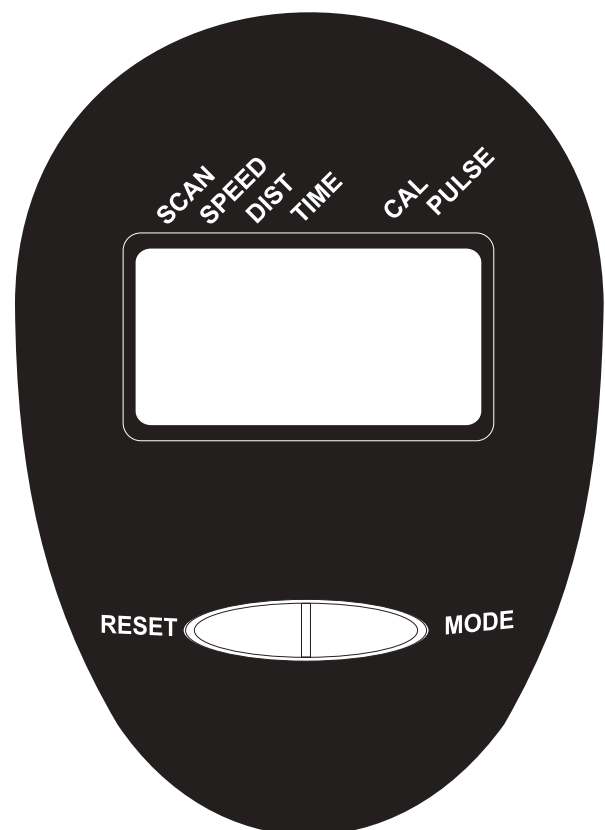


FIG 15

PULSE MONITOR

The pulse monitor is not a medical device. Several things, including user movement, may affect the accuracy of the monitor .

The pulse monitor is intended only as an exercise aid in determining general heart rate trends.



FIG 16

To start the pulse monitor sensor on the computer (fig 16) hold the sensor contacts on the handle bars (fig17).

Set the computer to the pulse mode.

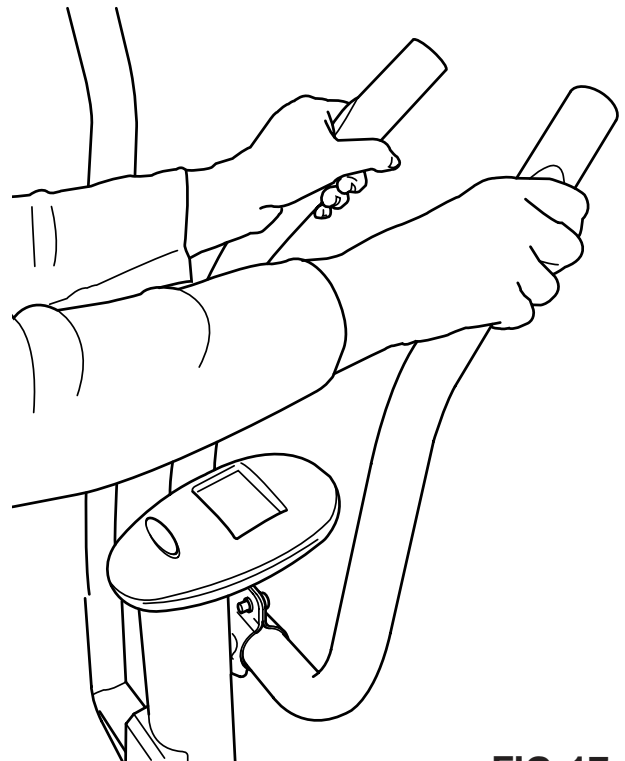


FIG 17