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# PRECAUTIONS

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

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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 sensor 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.**

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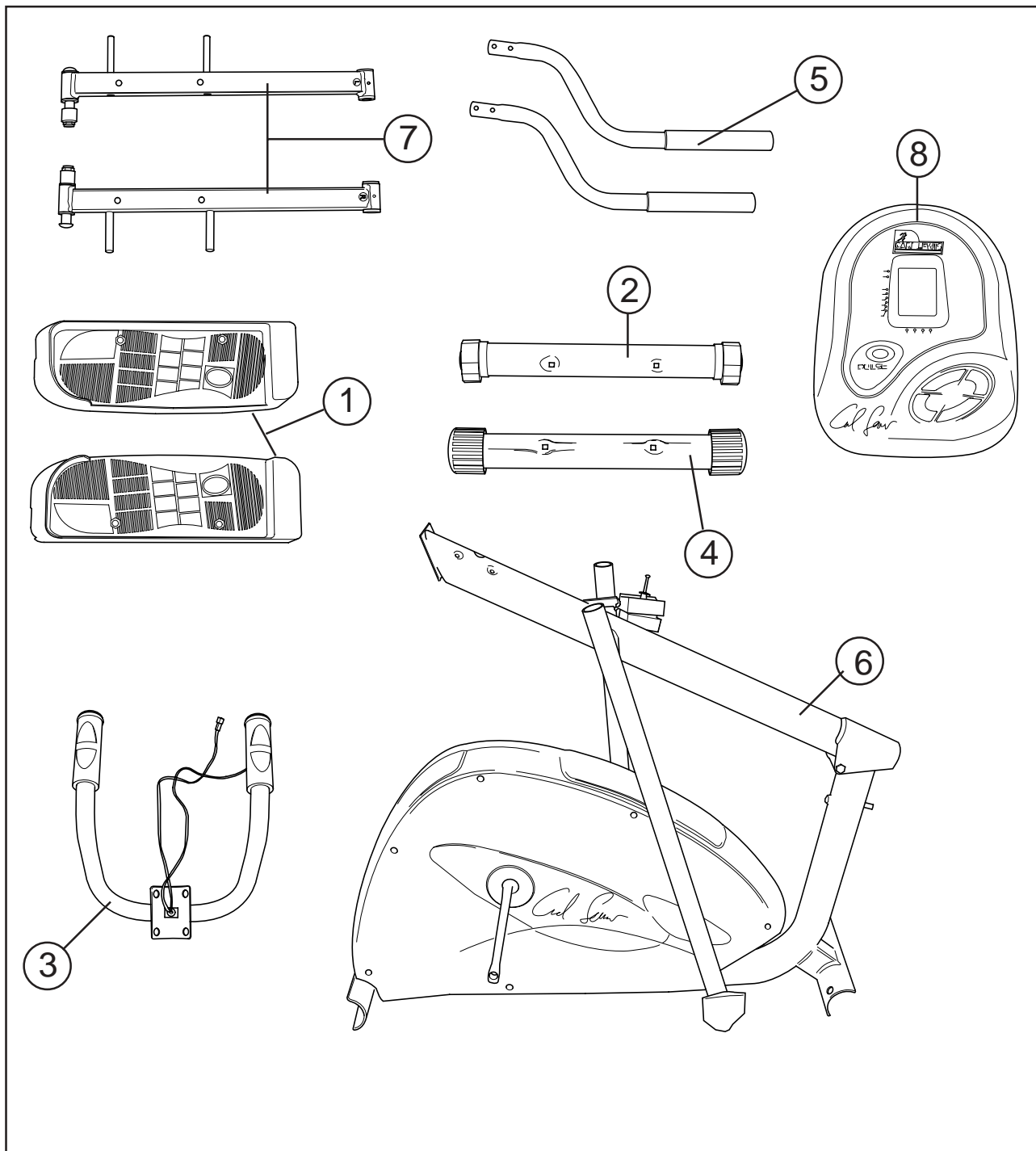
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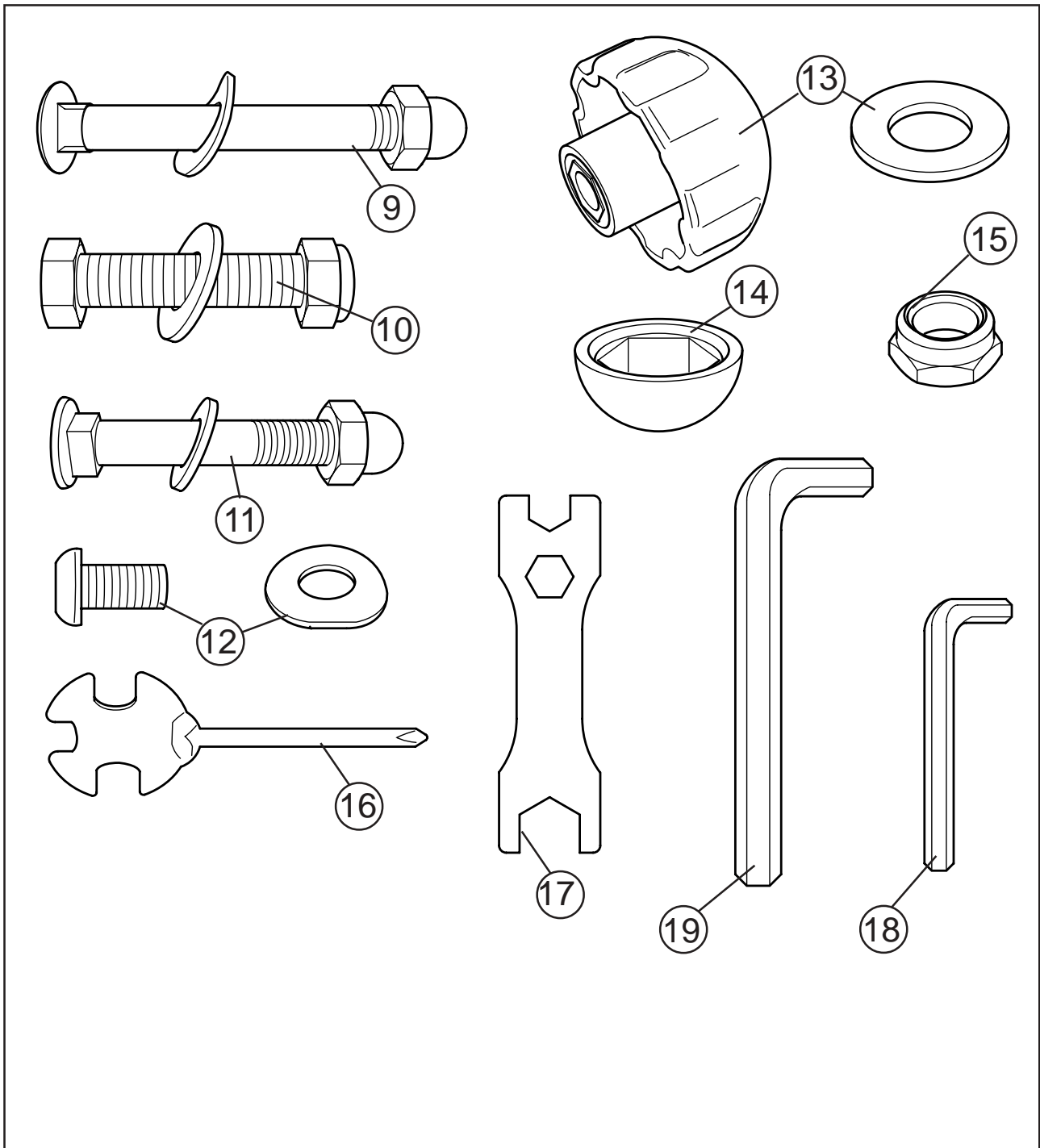
# PARTS LIST



- 1 Footrests
- 2 Rear support bar
- 3 Handgrip
- 4 Front support bar

- 5 Handlebars
- 6 Main body
- 7 Footrest supports
- 8 Computer

# PARTS LIST



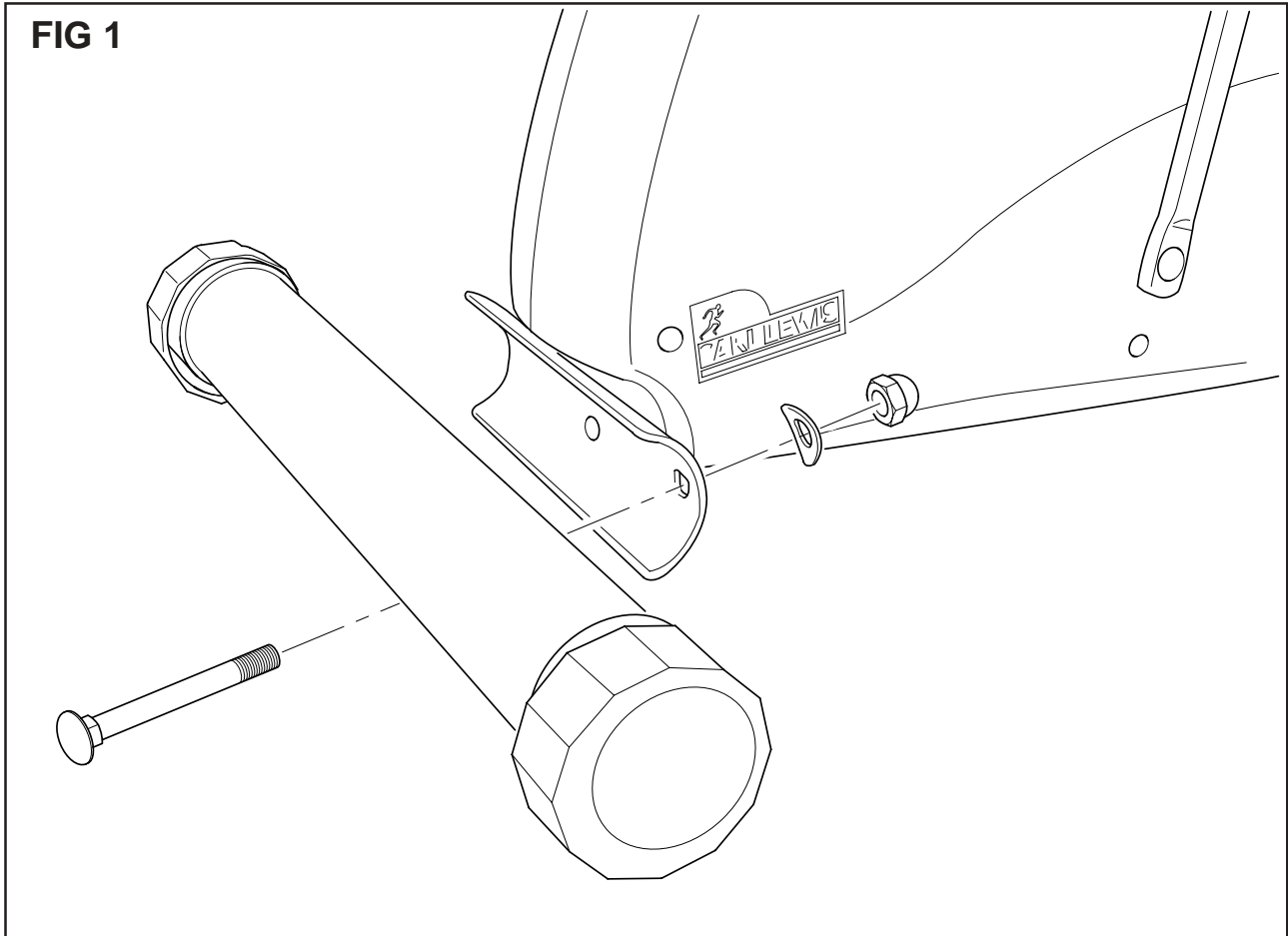
- 9 Support bar nut, bolt and washer ( x 4 )
- 10 Footrest nut, bolt and washer ( x 4 )
- 11 Handlebar nut, bolt and washer ( x 4 )
- 12 Handgrip Bolt and washer ( x 4 )
- 13 Hand wheel + Large curved washer ( x 1 )
- 14 Nut Covers ( x 4 )

- 15 Footrest bolt ( x 2 )
- 16 Screwdriver tool
- 17 Spanner tool
- 18 Small Hexagonal key
- 19 Large Hexagonal key

# ASSEMBLY

STEP 1 OF 12

## REAR SUPPORT TUBE



1. Tilt the main body forwards and fit the rear support tube onto the main body (fig 1).
2. Secure using the two support bar bolts, washers and nuts. Tighten using the spanner tool supplied.

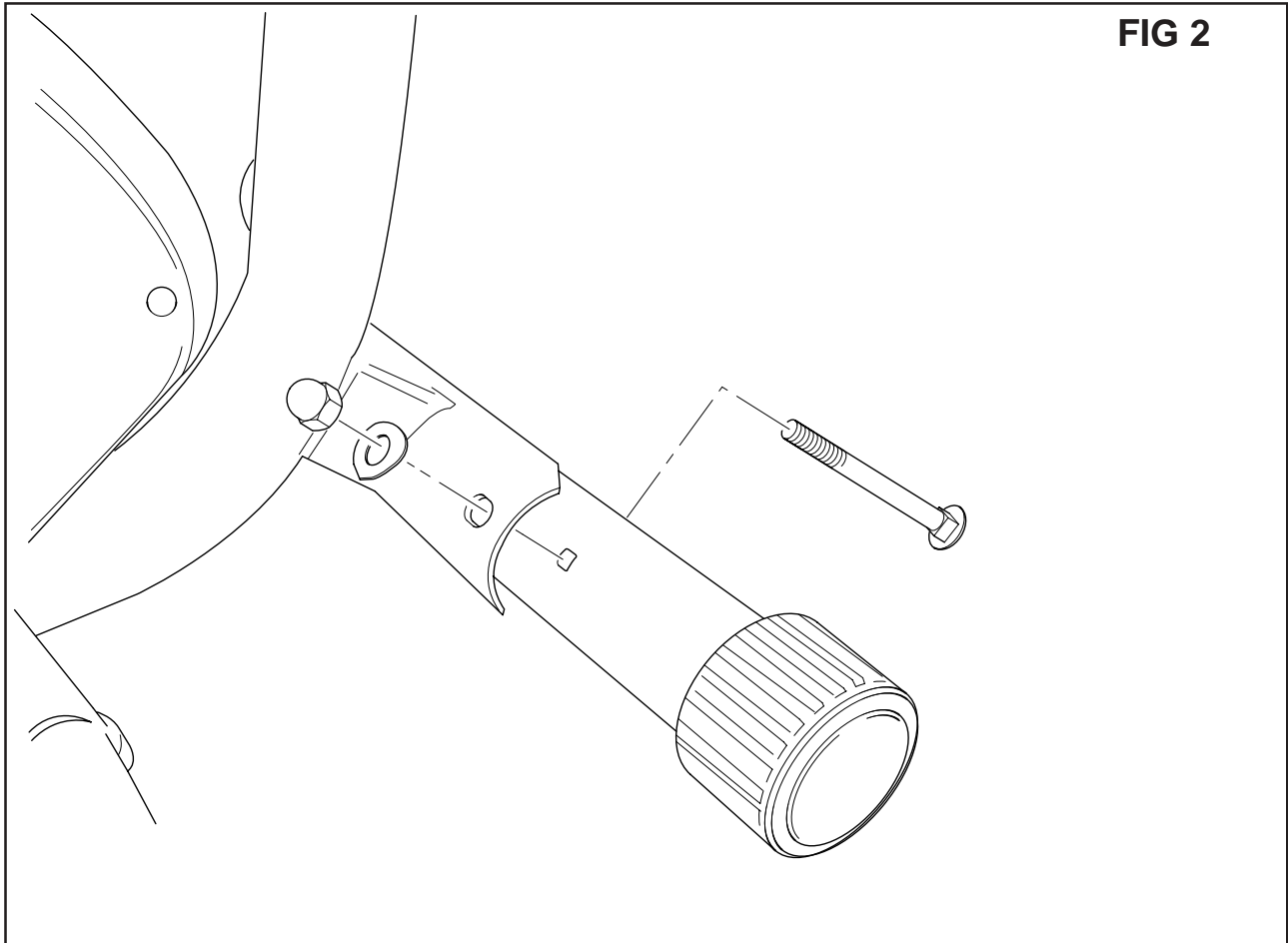
### PROGRESS



# ASSEMBLY

STEP 2 OF 12

## FRONT SUPPORT TUBE



1. Tilt the main body backwards and fit the front support tube onto the main body (fig 2).
2. Secure using the two support bar bolts, washers and nuts. Tighten using the spanner tool supplied.

### PROGRESS



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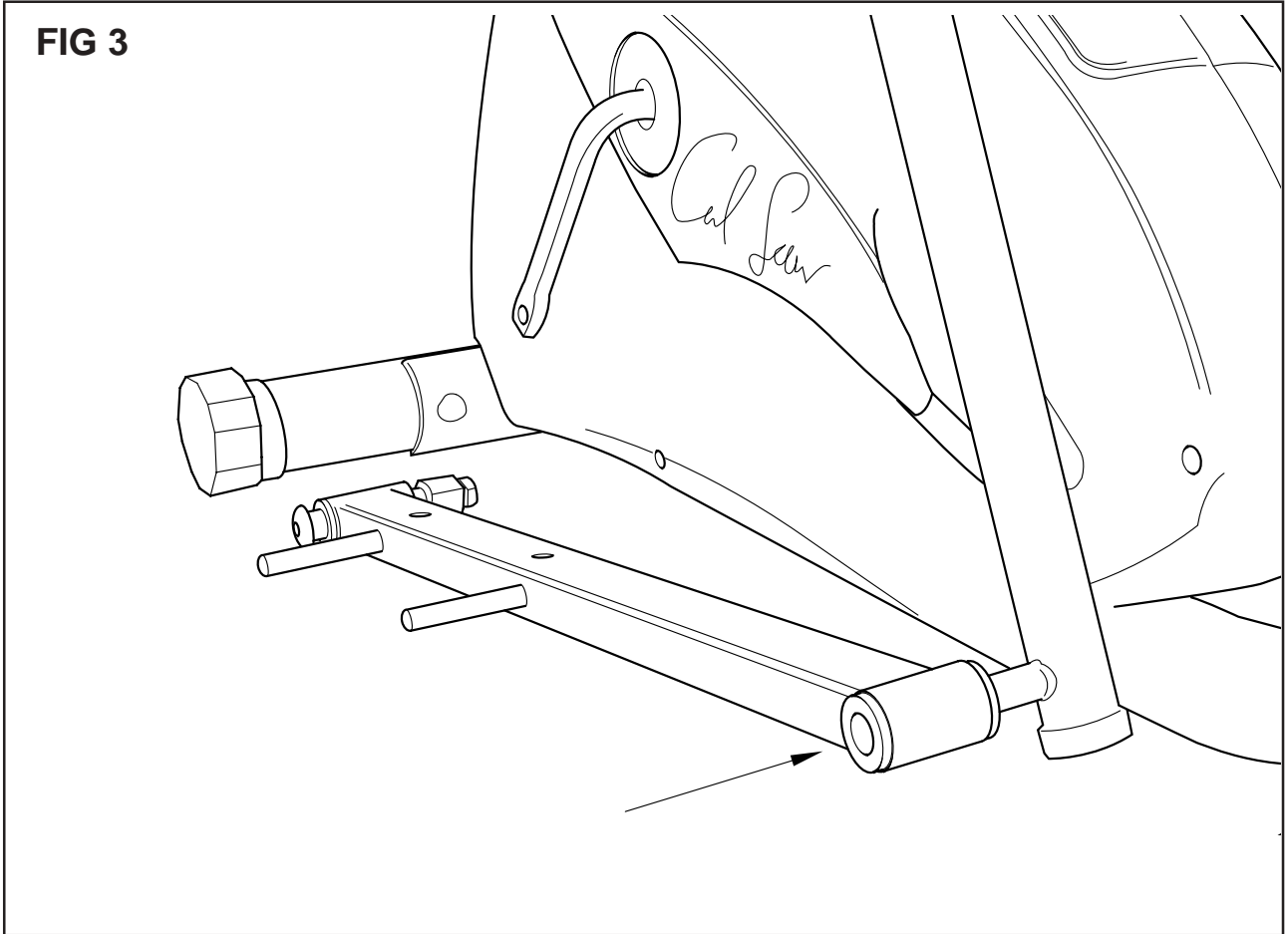
# ASSEMBLY

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STEP 3 OF 12

## FITTING THE FOOTREST SUPPORT

FIG 3

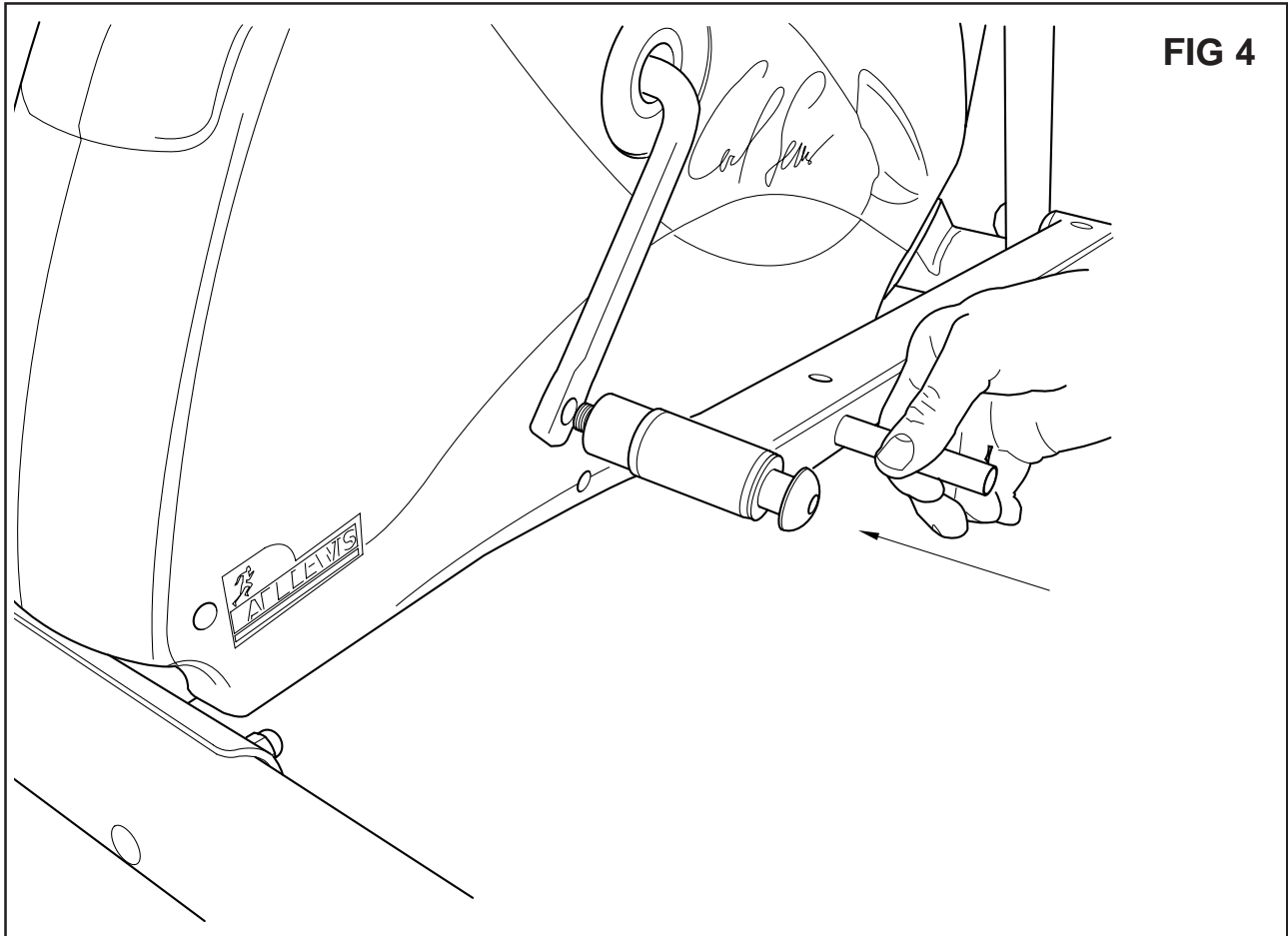


1. Attach the left footrest support (7, marked with a L) to the left arm of the elliptical trainer as shown and secure using the footrest bolt (15).
- 2 Repeat with the right footrest (marked with a R) .

# ASSEMBLY

STEP 4 OF 12

## FITTING THE FOOTREST SUPPORT



1. Remove the nut from the other end of the footrest.
2. Connect the footrest support as shown above.
3. Refit the nut to secure into place.
4. Repeat with the right footrest (marked with a R) .

### PROGRESS



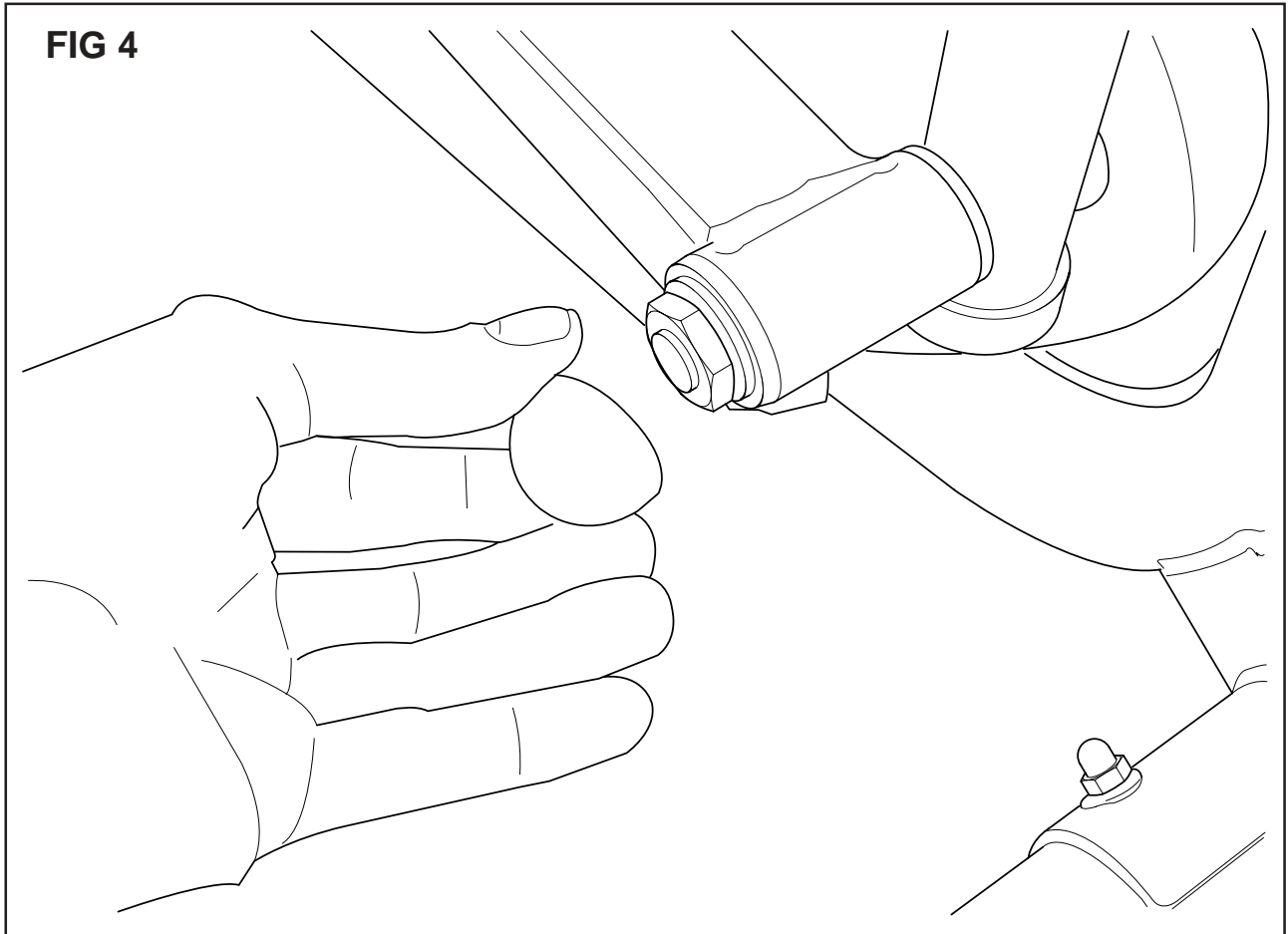
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# ASSEMBLY

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STEP 5 OF 12

## FITTING THE END CAPS

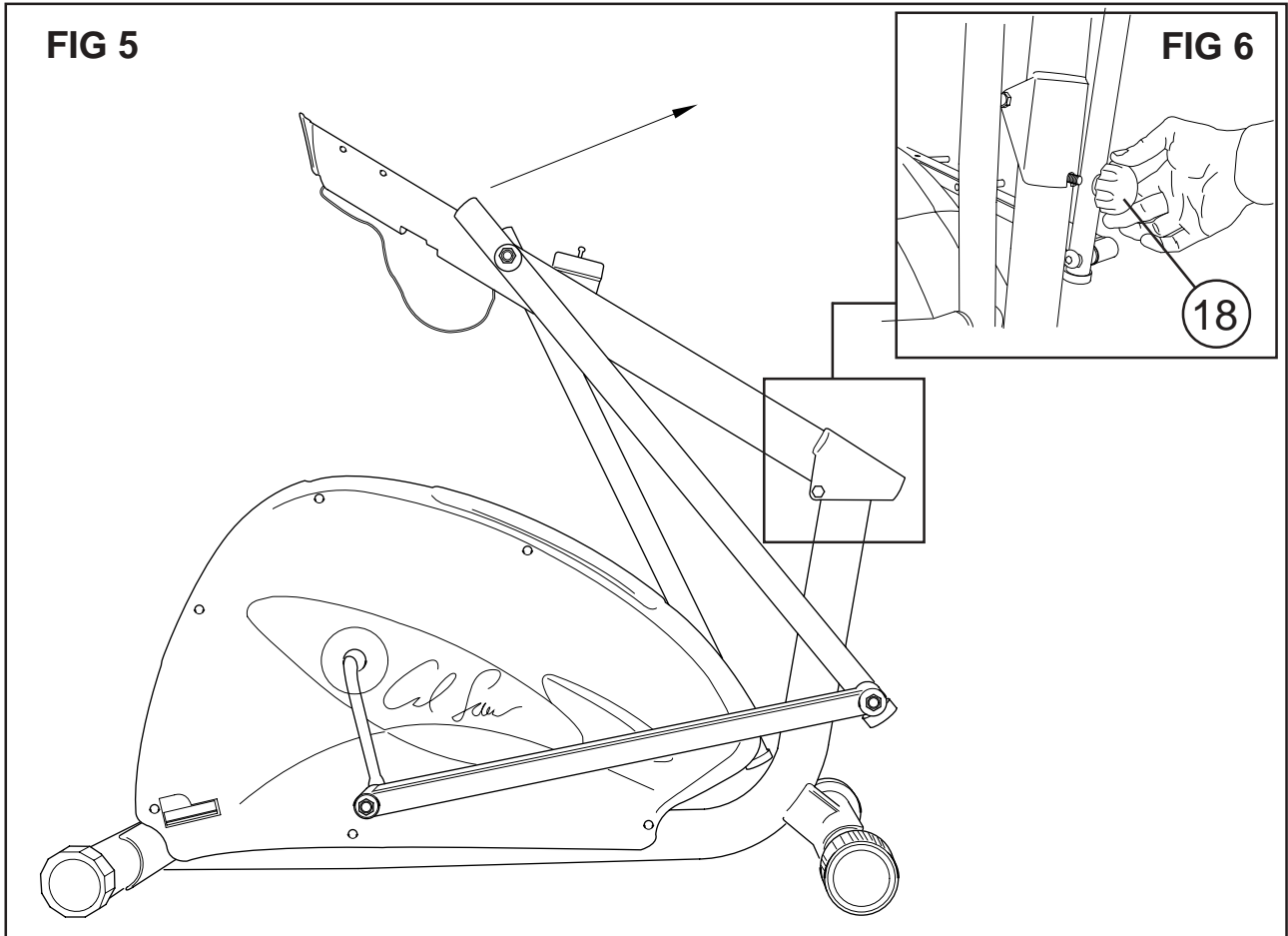


1. Cover the bolts with the bolt covers

# ASSEMBLY

STEP 6 OF 12

## RAISING THE HANDLEBAR POST



1. Raise the handlebar post to the upright position and lock into place using the large curved washer and handwheel.

### PROGRESS

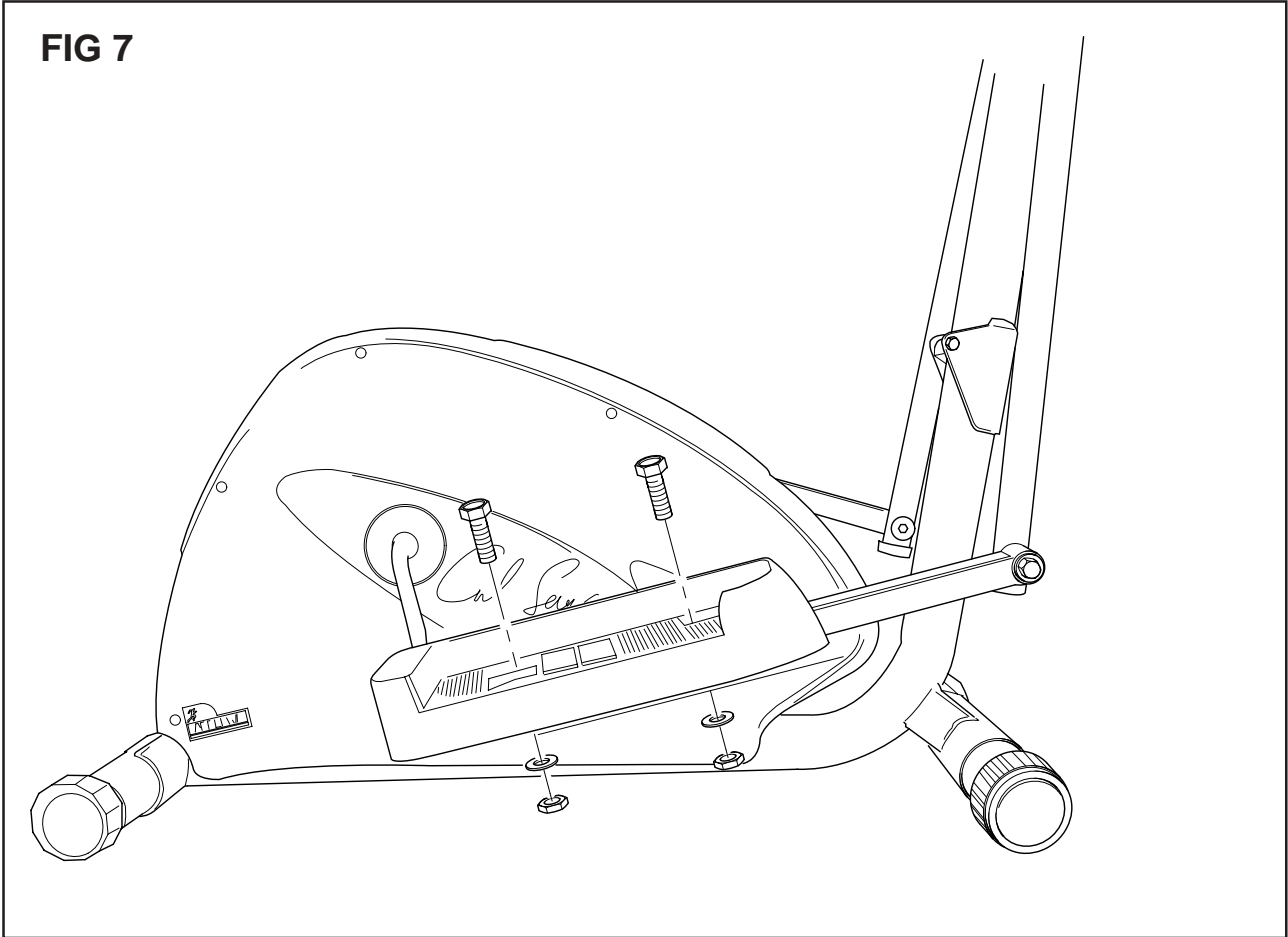


# ASSEMBLY

STEP 7 OF 12

## FOOTRESTS

FIG 7



1. Attach the left footrest (marked with a L) to the footrest support and secure using the footrest nuts, bolts and washers.
- 2 Repeat with the right footrest.

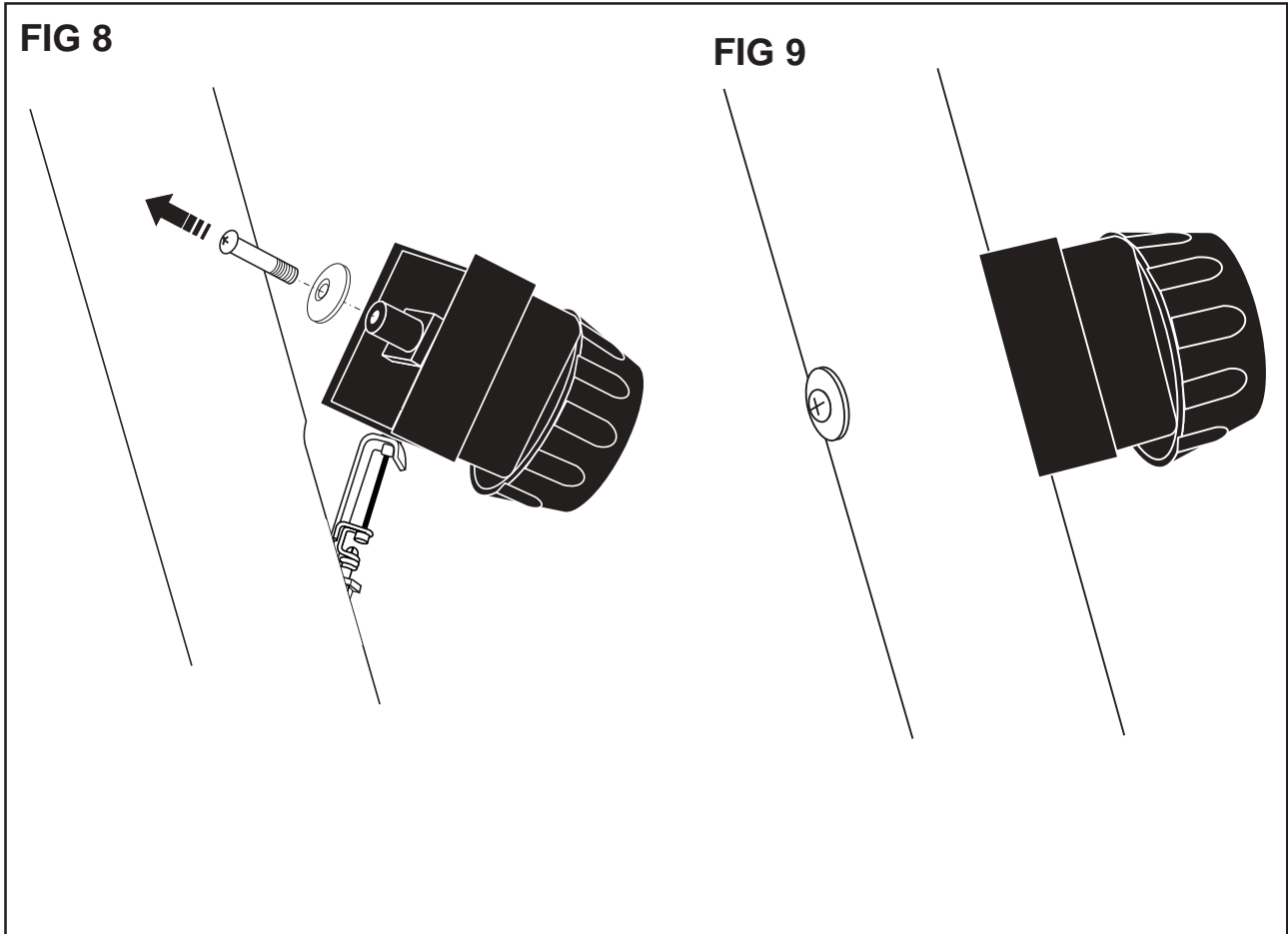
## PROGRESS



# ASSEMBLY

STEP 8 OF 12

## TENSION CONTROL



1. On the rear of the tension control there is a screw and washer, remove these and put to one side (fig 8).
2. Fit the tension control to the handlebar stem and secure in to place using the screw and washer you just removed (fig 9).

## PROGRESS

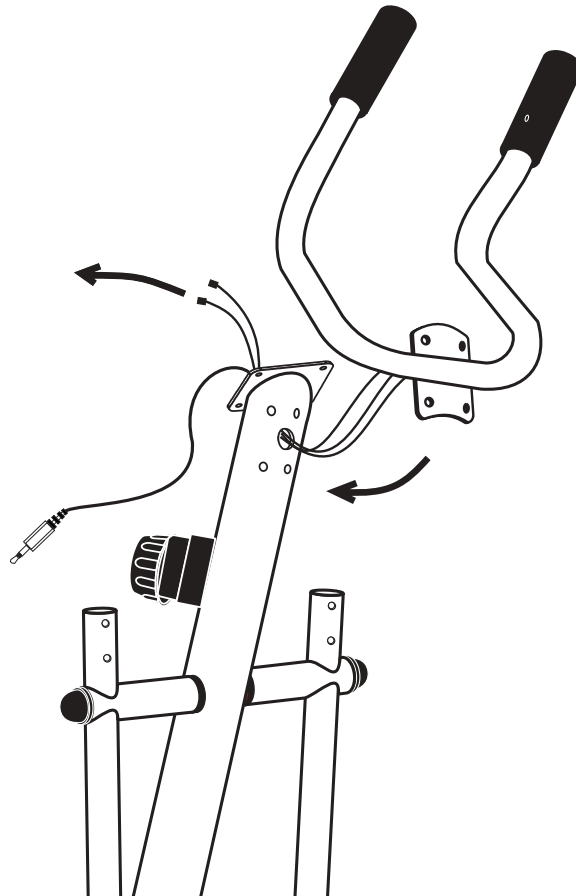


# ASSEMBLY

STEP 9 OF 12

## HANDGRIPS

FIG 10



1. Thread the two sensor wires from the handgrip through the hole on the back of the handlebar stem as shown (fig 10).
2. Secure the handgrip into place using four bolts and four small curved washers.

## PROGRESS



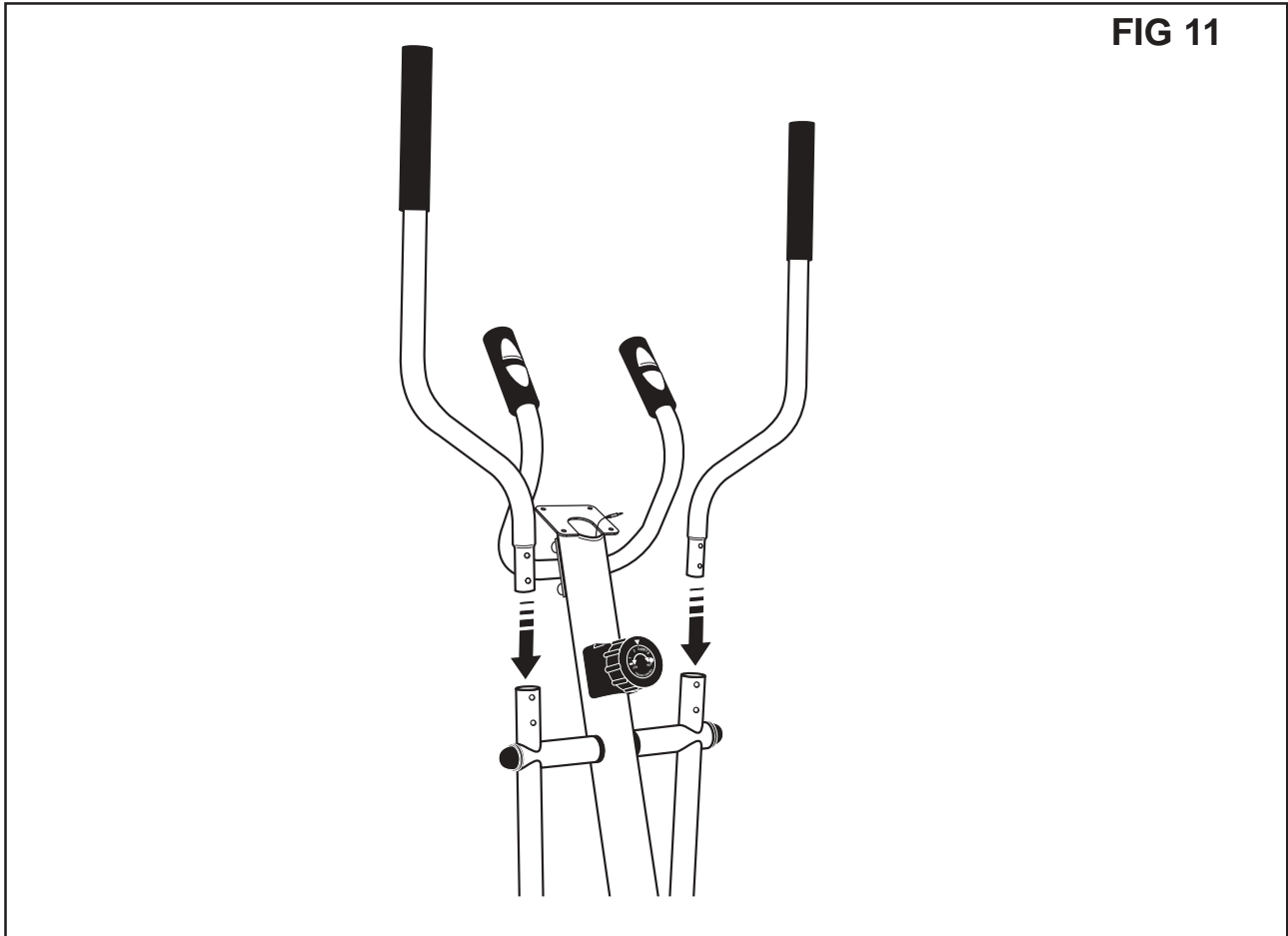
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# ASSEMBLY

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STEP 10 OF 12

## HANDLEBARS



1. Place the handlebars into the positions shown and secure using the handlebar bolts, washers and nuts.

## PROGRESS



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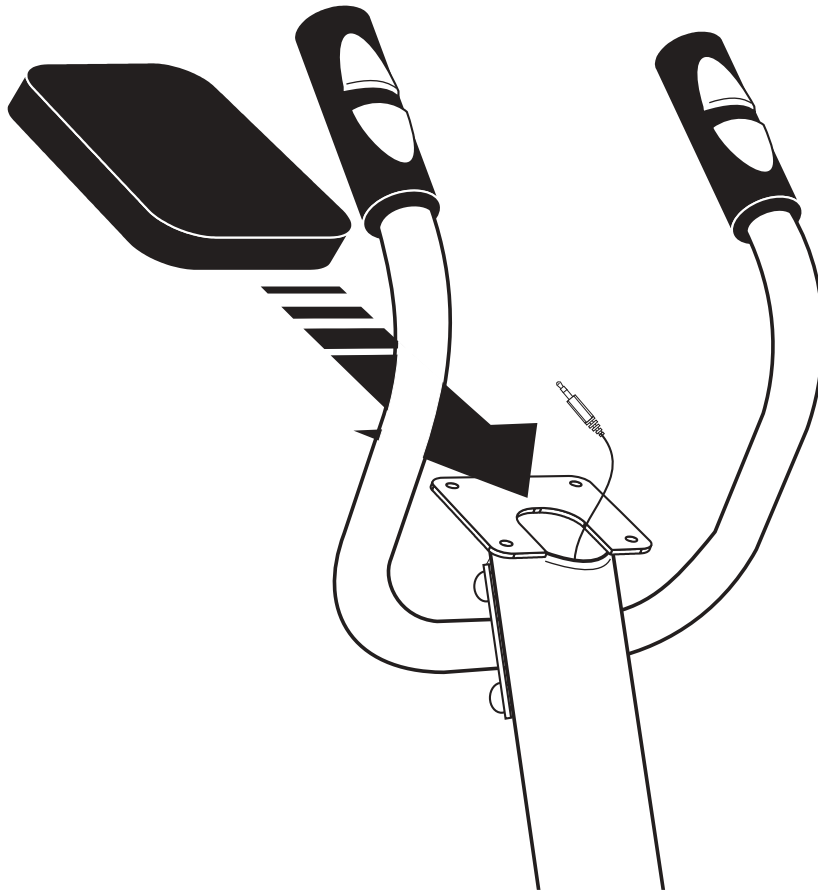
# ASSEMBLY

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STEP 11 OF 12

## FITTING THE COMPUTER

FIG 12



1. Remove the screws from the rear of the computer. Connect the pulse sensor wires and control wire. Slide into place on top of the handlebar stem and fix into position using the screws you removed.



*Note: make sure that you do not trap any wires when fitting it into place.*

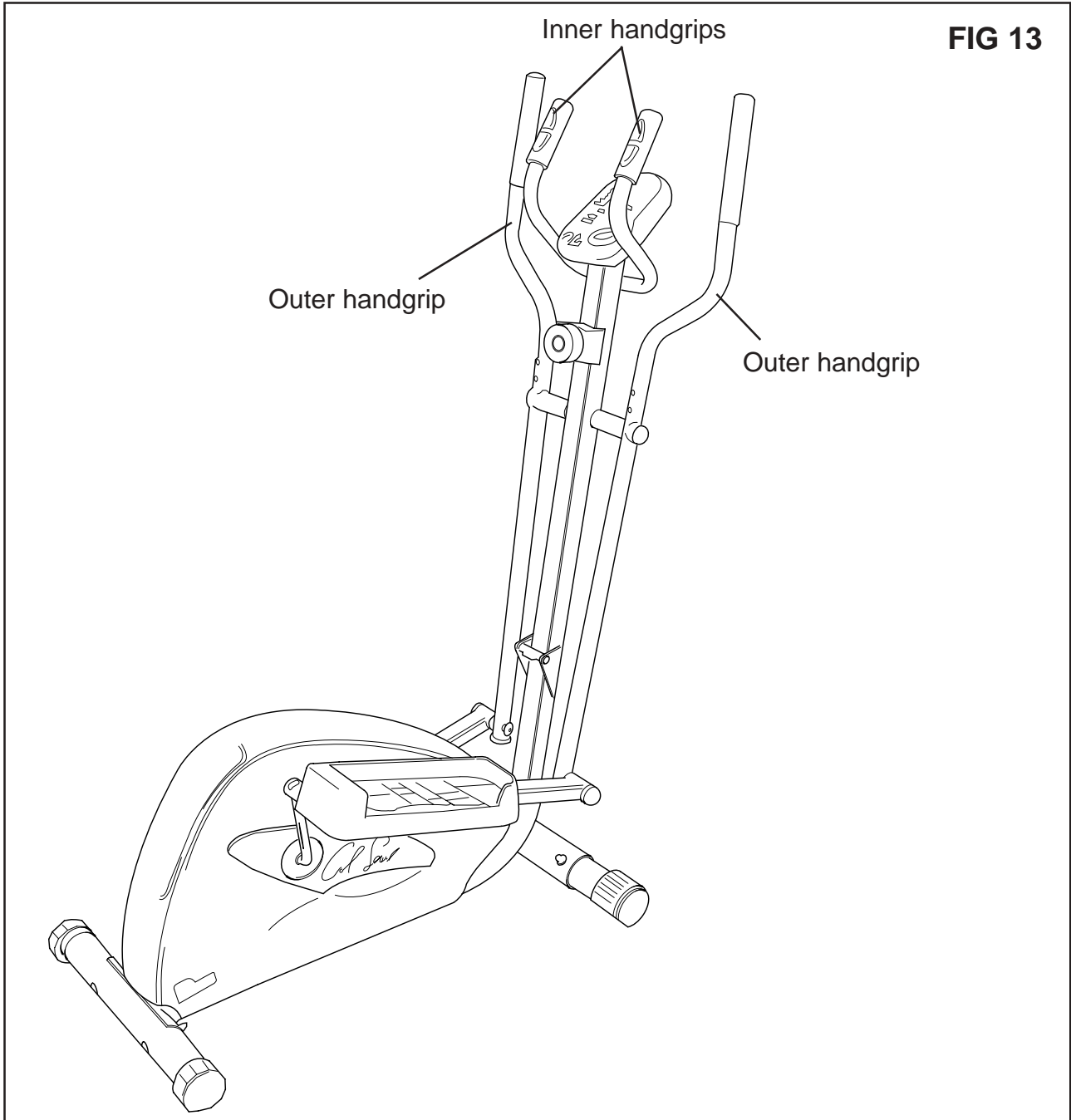
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## PROGRESS



# ASSEMBLY

STEP 12 OF 12



1. Make sure that all the connections are secure and all nuts and bolts are firmly tightened.

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# USING THE ELLIPTICAL TRAINER

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## MOUNTING/DISMOUNTING

When mounting or dismounting the elliptical trainer, hold the inner handgrips and step onto the elliptical trainer as shown (fig 14).



FIG 14

## DIFFERENT WORK-OUTS

The elliptical trainer can be used in two ways depending on the type of work-out you require.

1. Hold the inner handgrips for a lower body work-out.
2. For a total body work-out hold the outer handgrips.

## ADJUSTMENTS

Rotate the resistance control to adjust the resistance to 1 of 8 settings (fig 15).



FIG 15

# COMPUTER

## FUNCTION BUTTONS

**Mode:** Used to cycle through the modes.

**Set:** Used to adjust some modes to a specific count down value.

**Reset:** Press briefly to reset to zero after stop has been pressed or when presetting a value.

**Pulse:** Press to show either pulse or speed on the top of the display.

**Start/Stop:** Press to start or stop the display counters.

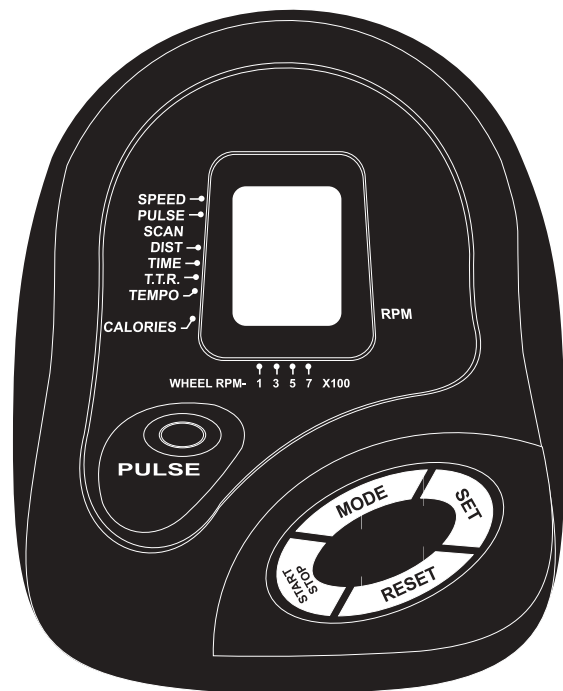


FIG 16

## INSERTING THE BATTERIES

Remove the battery cover on the rear of the computer and insert two AA size batteries into the compartment.



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

We recommend the use of Ever Ready Energizer Batteries.



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# COMPUTER

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## HOW TO PRESET VALUES

1. Press the Mode button to select the mode you want to preset.



*Note: Distance and calories cannot be preset.*

2. Press the Set button to set the display to the required value. if you make a mistake press the Reset button to return the counter to zero.
3. To start the display, press the Start/Stop button.
4. To pause during exercise, press the Start/Stop button.

## OPERATION

As you select DIST, SCAN will be displayed on the screen. This means that the computer will automatically cycle through the modes.

To exit scan mode, press the mode button again, scan will disappear from the display.

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

MODE	
SPEED	Measures the speed in KPH.
PULSE	Measures you heart rate in BPM.
SCAN	Cycles through the various displays.
DIST	Measures the distance travelled in KM.
TIME	Counts the time elapsed or counts down from a preset time.
T.T.R	Counts the pedal revolutions or counts down from a preset value, 2 counts = 1 revolution.
TEMPO	Beeps periodically depending on the preset value, from every 0.125 - 9.875 seconds.
CALORIES	Counts the calories used during exercise.

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# PULSE SENSOR

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

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

Hold the pulse sensors as shown below.



**FIG 17**

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# CONDITIONING GUIDELINES

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The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.



**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.**

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## WHY EXERCISE?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

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## TARGET HEART RATE

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	TRAINING ZONE
AGE	MIN-MAX (BPM)
20	133 -167
25	132 -166
30	130 -164
35	129 -162
40	127 -161
45	125 -159
50	124 -156
55	122 -155
60	121 -153
65	119-151
70	118-150
75	117-147
80	115-146
85	114-144



*Note: This is a guide only and performance will depend on the fitness and condition (health) of the person using the elliptical trainer.*

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# BEGINNERS GUIDE

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If you're beginning an exercise program, you should check with your doctor if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions.
- You have not exercised for over a year.
- If you are over 35 and do not currently exercise.
- You are pregnant.
- You have diabetes.
- You have chest pain, or experience dizziness or fainting spells.
- You are recovering from an injury or illness.

## WORK-OUT TIPS

- Always perform stretching exercises both before and after your work-out.
- Start slowly, doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

## HOW TO BEGIN

- Start with two or three 15 minute sessions per week with a rest day between work-outs.
- Warm-up for 5 to 10 minutes with gentle movements like walking or swinging your arms in a circle and then stretch the muscles you'll use during your work-out.
- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly if you exercise regularly.
- End each work-out with a 5 minute cool down with the resistance set to a low level. You should then stretch the muscles you've just worked to prevent injury and cramp.
- Increase your work-out time by a few minutes each week until you can work continuously for 30 minutes per session.
- Don't worry about distance or pace. For the first few weeks, focus on endurance and conditioning.

### How hard should you work?

When exercising, you should try to stay within your target heart rate (THR) zone.

The table on the previous page will tell you the THR for your age. This is only a guide and will depend on the fitness and condition (health) of the person using the elliptical trainer.

Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest. If you're not breaking a sweat, speed it up!

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# SPECIFICATIONS

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Dimensions (L x W x H)	1200mm x 560mm x 1600mm
Space Required (L x W x H)	1800mm x 1100mm x 2200mm (may vary according to the size of the user)
Net Weight	43.1 kg
Batteries	2 "AA" size
Braking system	Speed independent
Class Rating	HC
Maximum User Weight	120 kg

Please note that the specifications are subject to change without notice.

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# SUPPORT

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CUSTOMER SERVICE HELPLINE NUMBER	0870 873 0076
SPARE PARTS NUMBER	0870 873 0095
OPENING HOURS	MON-THU 8 AM - 6 PM FRI 8 AM - 4 PM SAT-SUN CLOSED
ADDRESS	12 Thames Road Barking Essex IG11 0HX

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# GUARANTEE

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This product is guaranteed for twelve months from the date of original purchase. If any defect arises due to faulty materials or workmanship the unit will be either replaced, a refund will be given, or the unit will be repaired free of charge (where possible) during this period by the dealer from whom you purchased the unit.

- The guarantee is subject to the following provisions:-
- The guarantee is only valid within the boundaries of the country of purchase.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual
- It must be used solely for domestic purposes
- The guarantee does not cover accidental damage, misuse, cabinet parts, or knobs
- The guarantee will be rendered invalid if the product is resold or has been damaged by inexpert repair.
- The manufacturer disclaims any liability for incidental or consequential damages.
- The guarantee is in addition to, and does not diminish, your statutory or legal rights.