
PRECAUTIONS



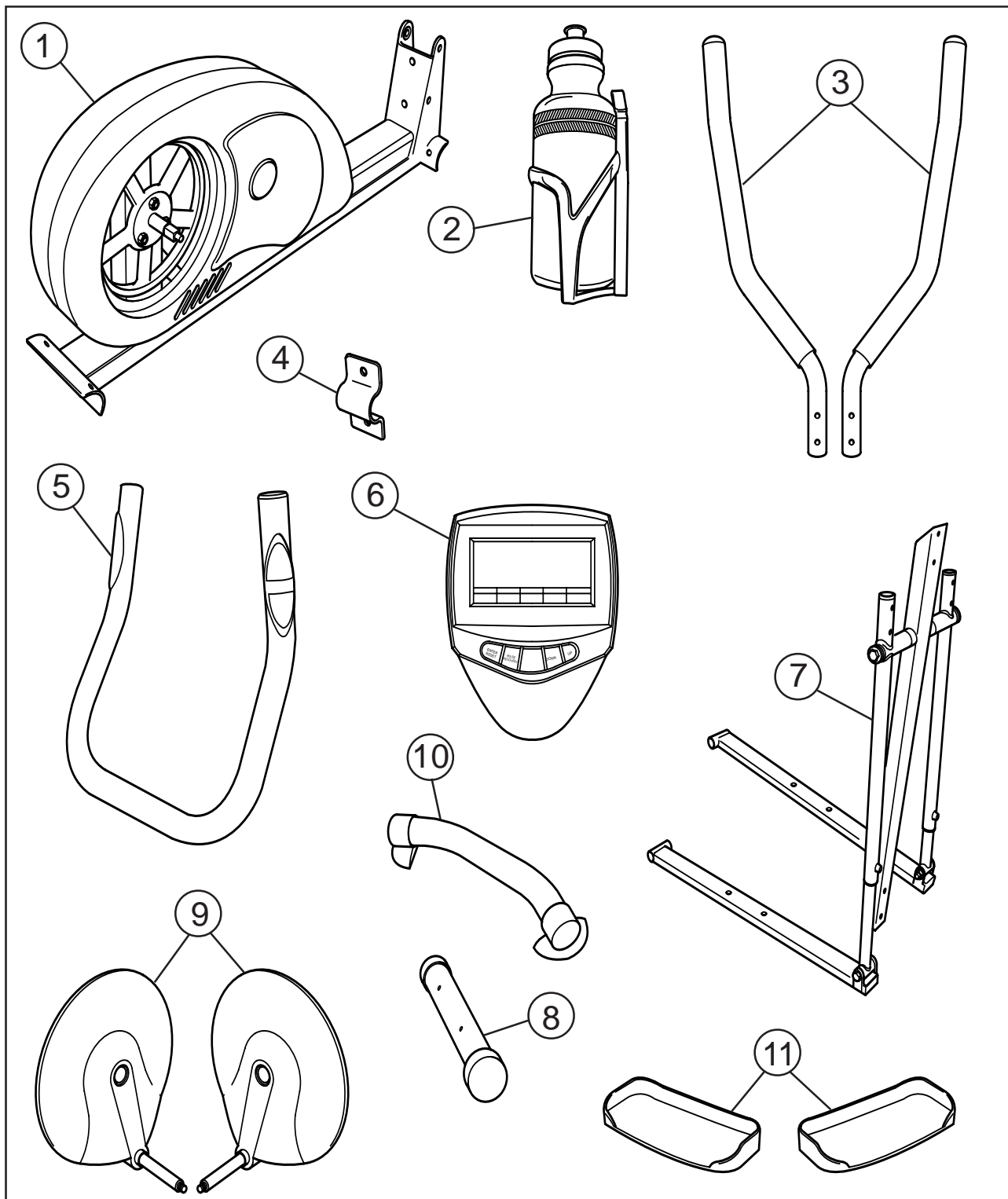
WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical trainer.

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.

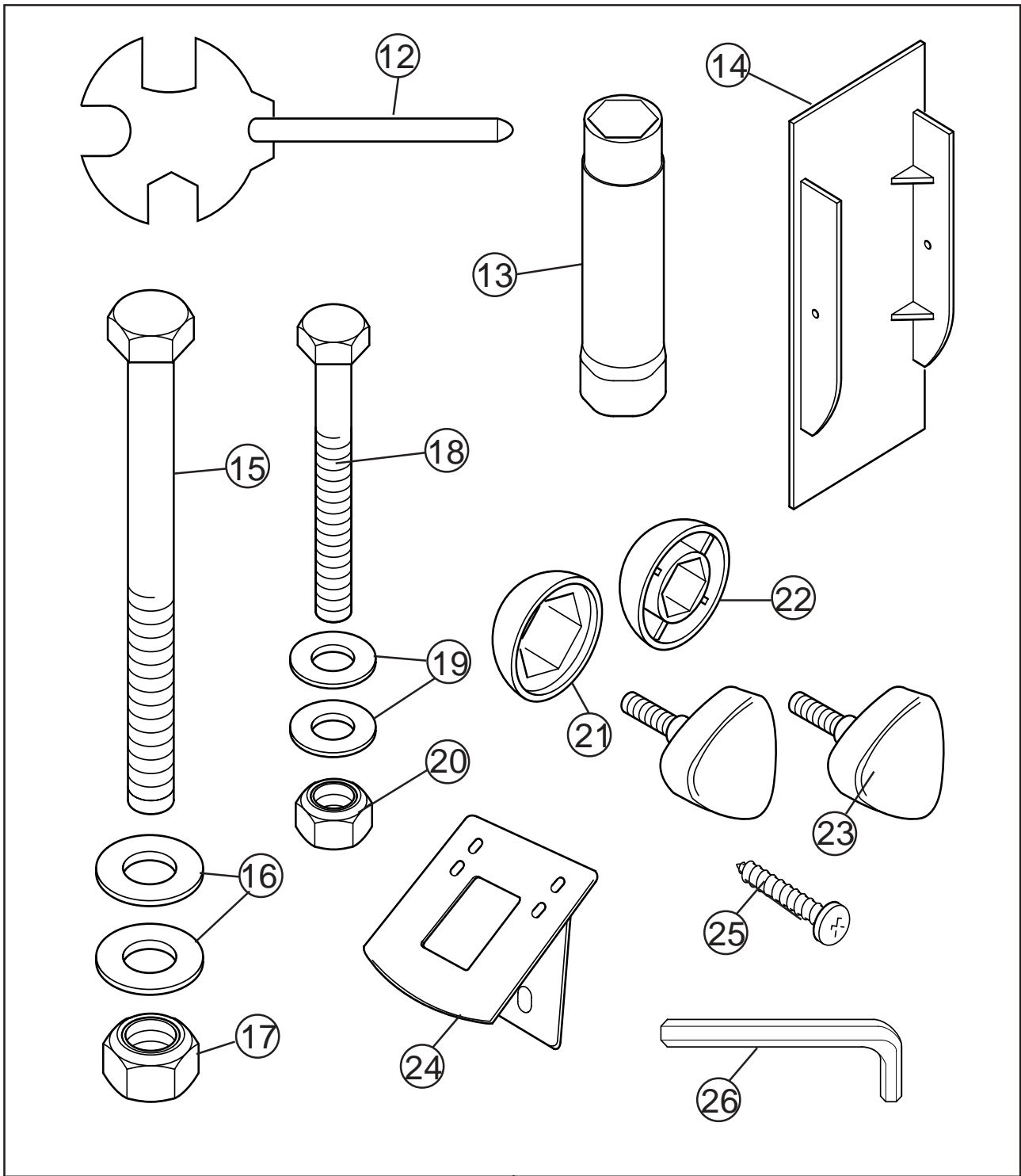
PARTS LIST



- 1 Main body
- 2 Water bottle/support bracket
- 3 Handlebar (large) x 2
- 4 Handlebar (small) support bracket
- 5 Handlebar (small)
- 6 Computer

- 7 Exercise frame
- 8 Front support tube
- 9 Spin wheel cover x 2
- 10 Back support tube
- 11 Foot support x 2

FITTINGS LIST



- 12 Spanner/screwdriver
- 13 Box spanner
- 14 Covering panel
- 15 Long bolt x 2
- 16 Washer (large) x 4
- 17 Nut (large) x 2
- 18 Bolt x 2
- 19 Washer (small) x 4

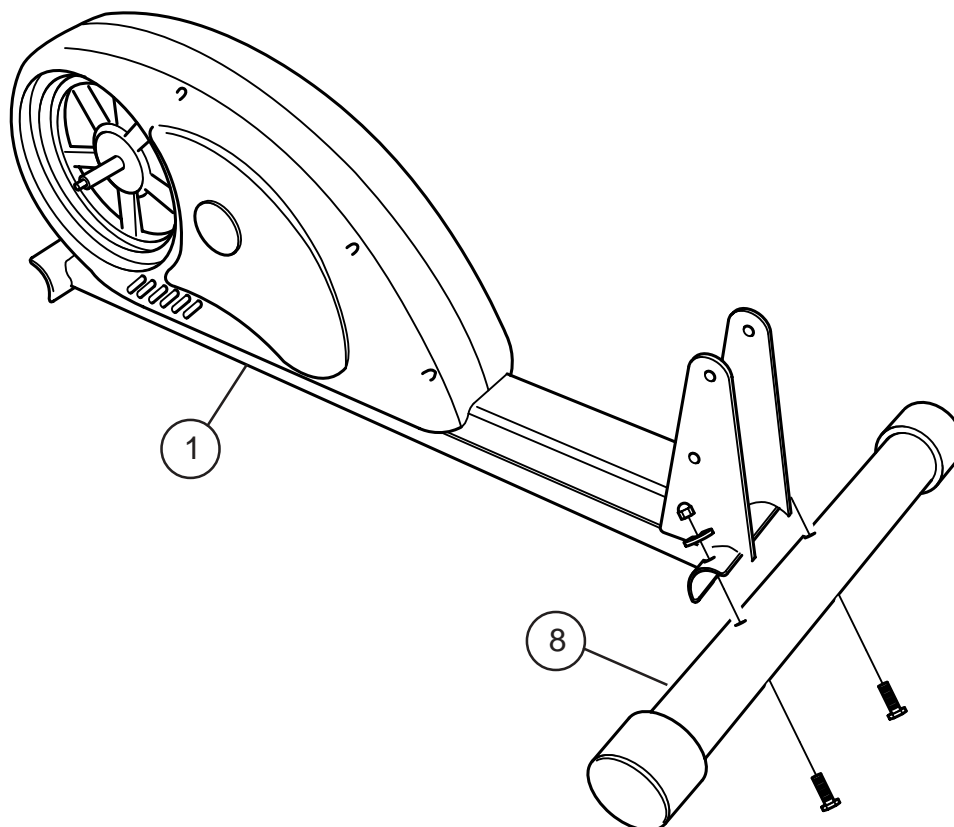
- 20 Nut (small) x 2
- 21 Rubber cover cap (large) x 8
- 22 Rubber cover cap (small) x 12
- 23 Adjustment screw x 2
- 24 Computer support bracket
- 25 Screw x 2
- 26 Hexagonal key x 1

ASSEMBLY

STEP 1 OF 13

FRONT SUPPORT TUBE

FIG 1



1. Remove the bolts, washers and nuts from the front support.
2. Tilt the main body (1) backwards and fit the front support tube (8) onto the main body (fig 1).
3. Replace the bolts, washers, and nuts. Tighten using the spanner (12) supplied.

PROGRESS

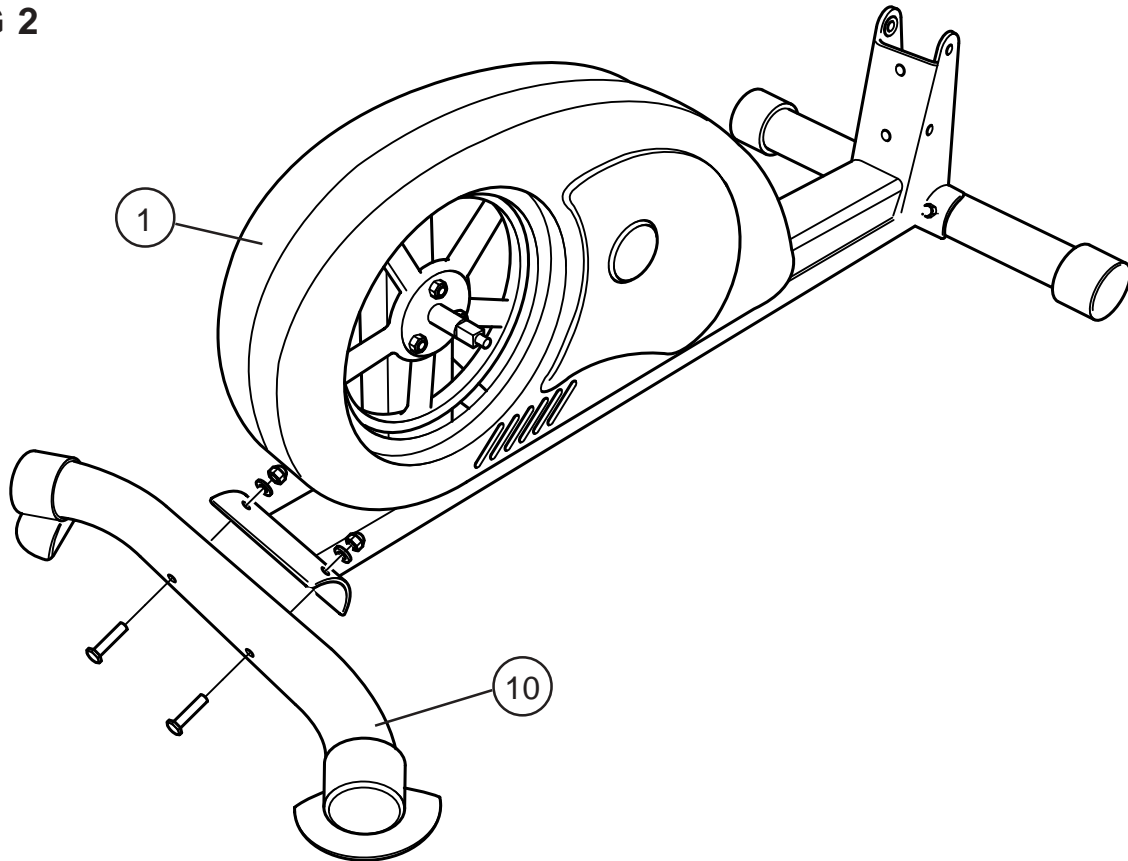


ASSEMBLY

STEP 2 OF 13

BACK SUPPORT TUBE

FIG 2



1. Remove the bolts, washers and nuts from the back support.
2. Tilt the main body (1) forwards and fit the back support tube (10) onto the main body (fig 2).
3. Replace the bolts, washers, and nuts. Tighten using the spanner (12) supplied.

PROGRESS

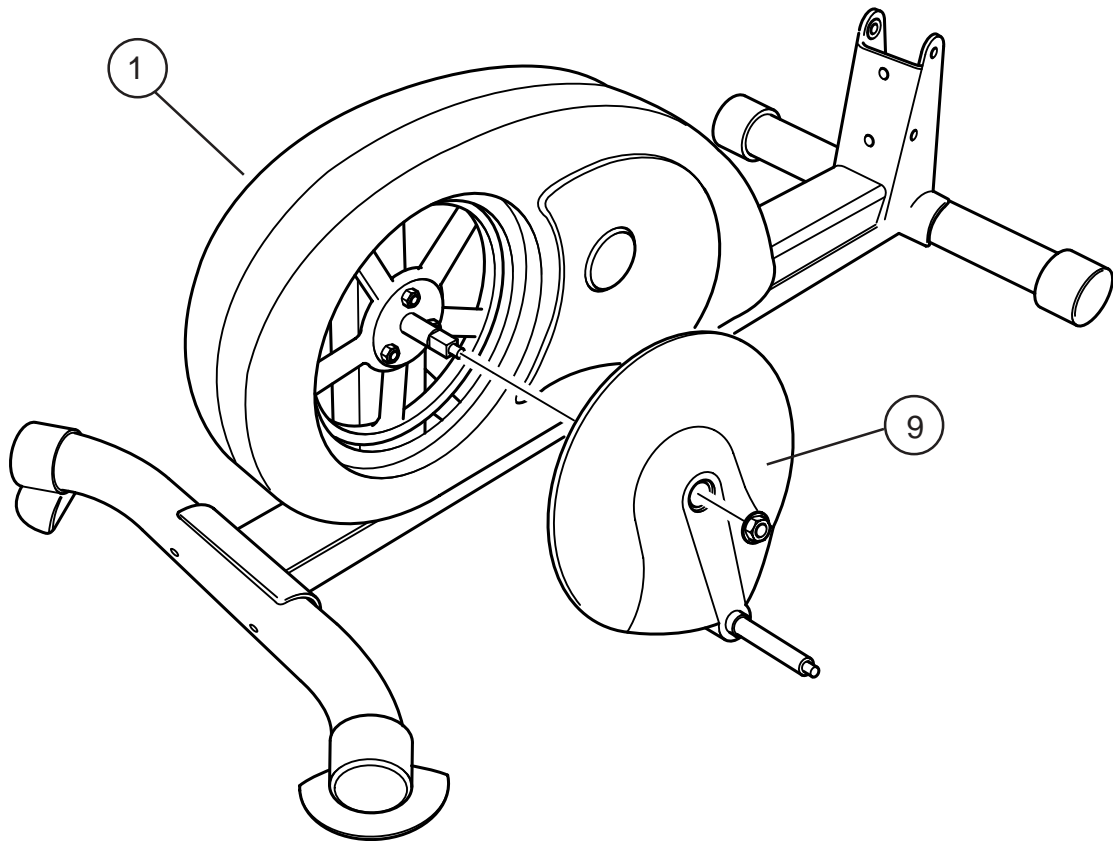


ASSEMBLY

STEP 3 OF 13

FITTING THE SPIN WHEEL COVER

FIG 3



1. Remove the nuts from the bolt stems on the fly wheel on the main body (1).
2. Fit the spin wheel covers (9) onto the bolt stems on both left and right sides of the main body (fig 3).



Note: Fit the spin wheel covers so that their coupling stems are 180° apart. i.e. one at the bottom and one at the top.

PROGRESS



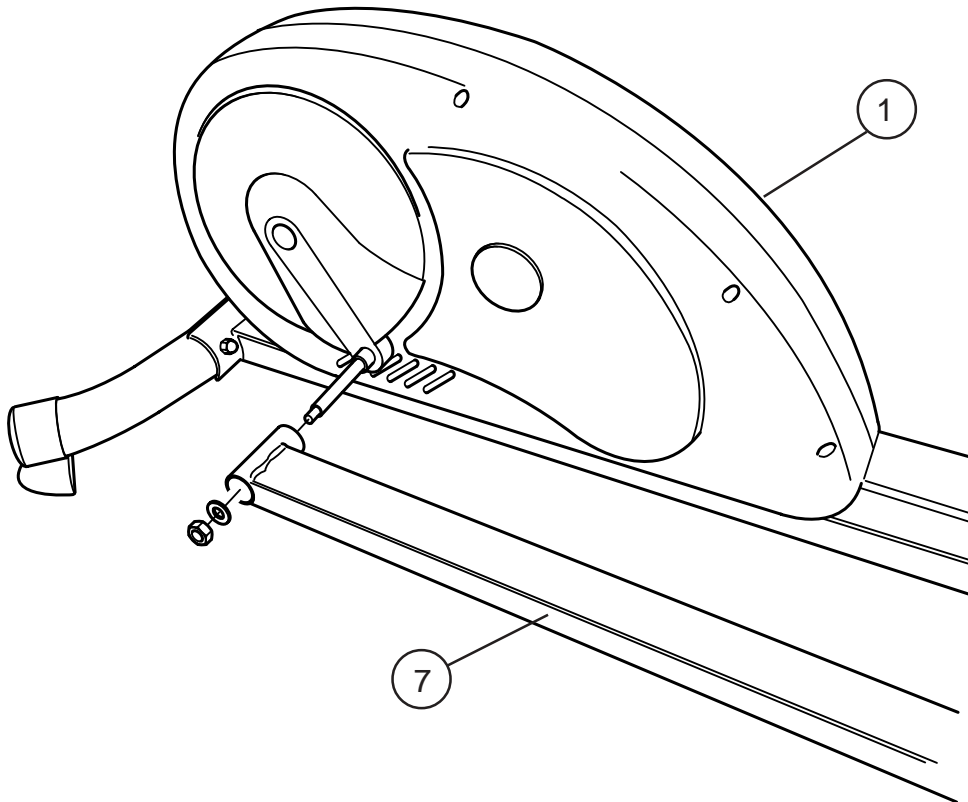
3. Replace the nuts. Tighten using the box spanner (13) supplied.

ASSEMBLY

STEP 4 OF 13

EXERCISE FRAME

FIG 4



1. Remove the nuts and washers from the spin wheel coupling stems on the spin wheel covers (9).
2. Remove the top half of the exercise frame by lifting upwards before attaching the lower half.
3. Attach the lower half of the exercise frame (7) onto the spin wheel coupling stems on both left and right sides (fig 4).
4. Replace the nuts and washers. Tighten using the box spanner (13) supplied.

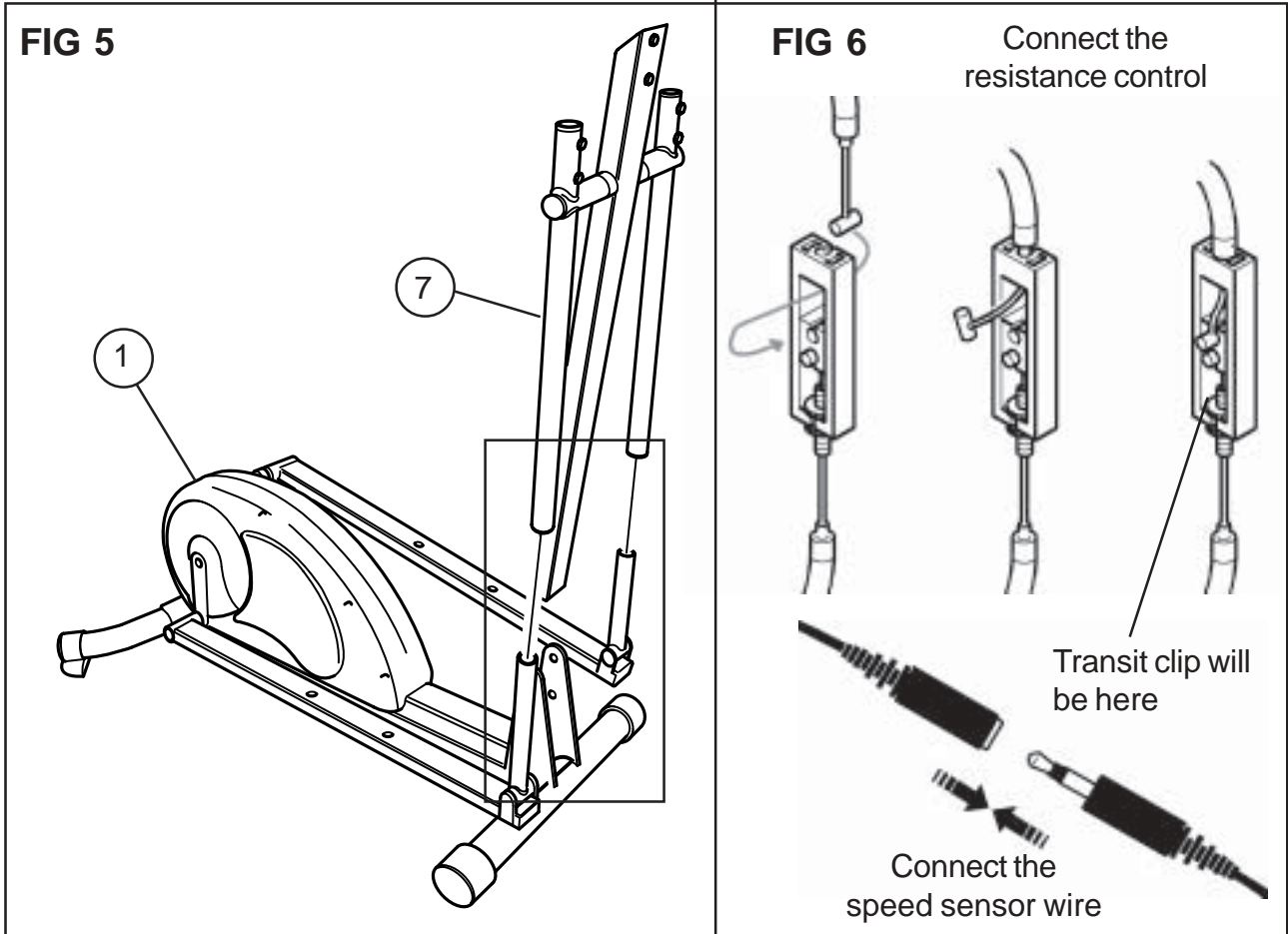
PROGRESS



ASSEMBLY

STEP 5 OF 13

EXERCISE FRAME



When refitting the top half of the exercise frame (7), you need to connect the resistance control and speed sensor wire.

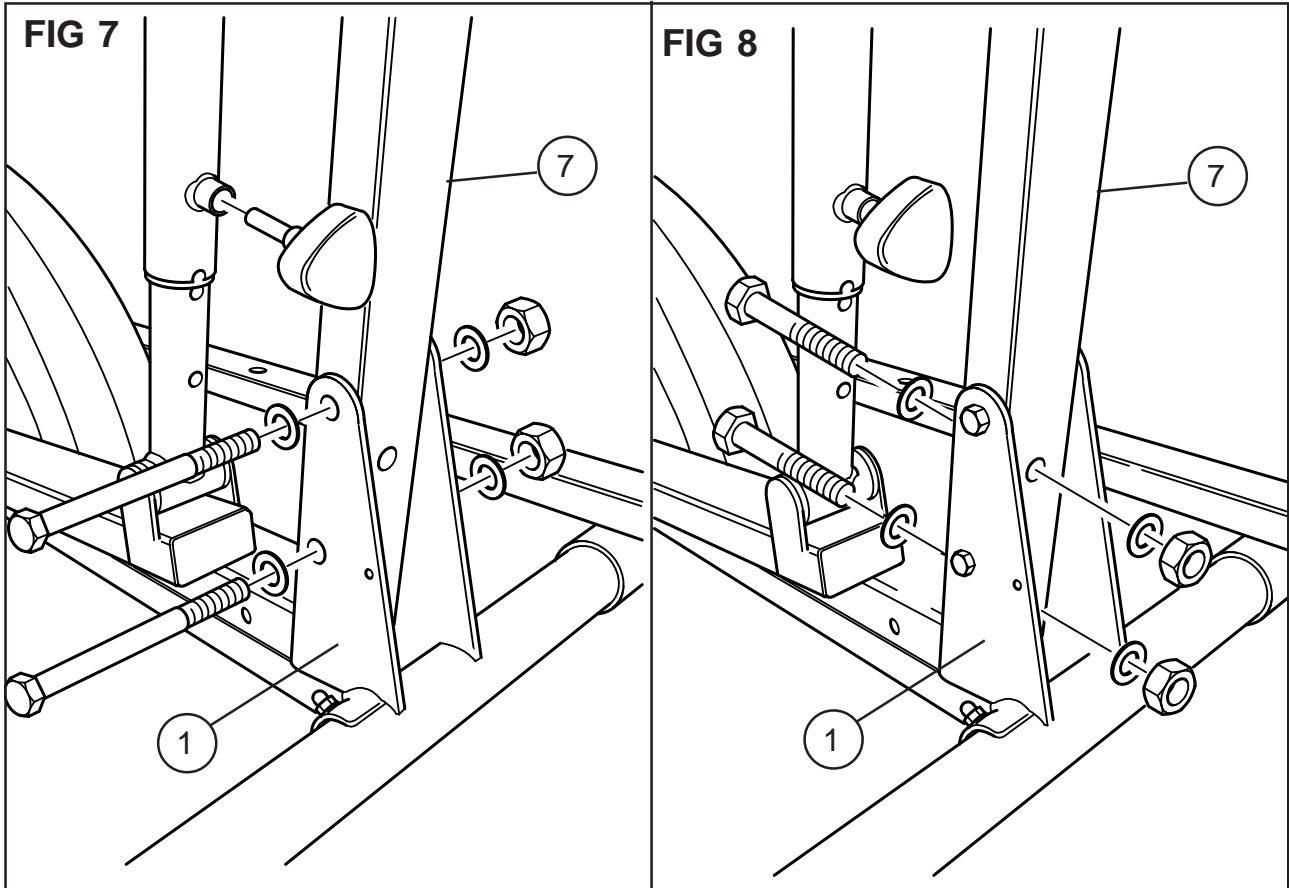
1. Connect the two parts of the resistance control wire together as shown and remove the transit clip from the lower half of the tension block (fig 6). Connect the two ends of the speed sensor wire together (fig 6).

NOTE *Note: Release the tension strap using the clip on the front of the unit to lengthen the resistance control wire. Make sure that you don't allow the strap to fall into the main body.*

ASSEMBLY

STEP 6 OF 13

EXERCISE FRAME



2. Fit the top half of the exercise frame (7) into the lower half of the exercise frame and secure to the main body (1) using long bolts (15), large washers (16) and nuts (large) (17) (fig 7). Tighten using the box spanner (13) supplied.
3. Secure and tighten the center stem with the adjustment screws (23) supplied (fig 7).



Note: The height of the center stem may be adjusted later, see page 19.

4. Secure the centre of the exercise frame (7) to the main body (1) using bolts (18), washers (19) and nuts (20) (fig 8). Tighten using the box spanner (13) supplied.

PROGRESS

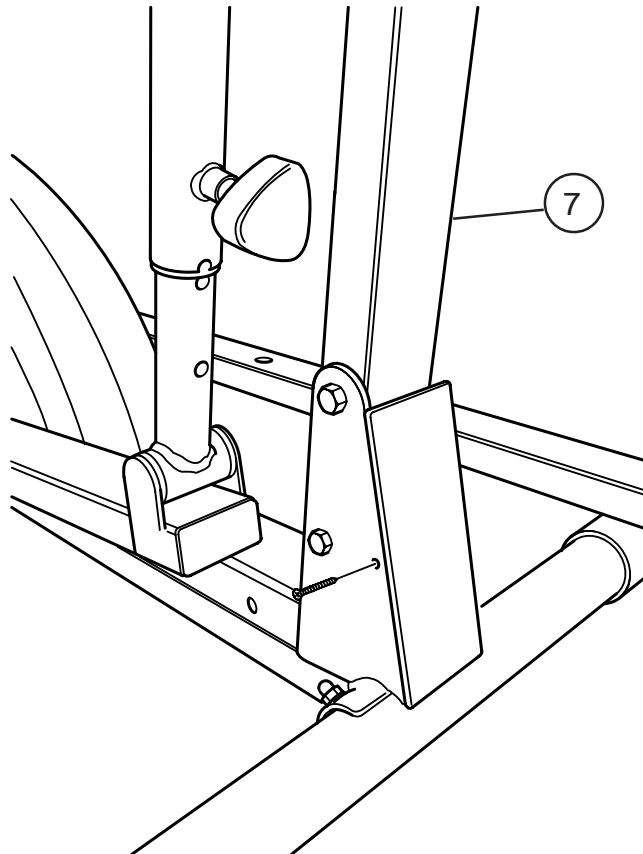


ASSEMBLY

STEP 7 OF 13

EXERCISE FRAME

FIG 9



1. Place covering panel (14) and secure using the screws (25).
2. Tighten using the screwdriver (12) supplied.

PROGRESS

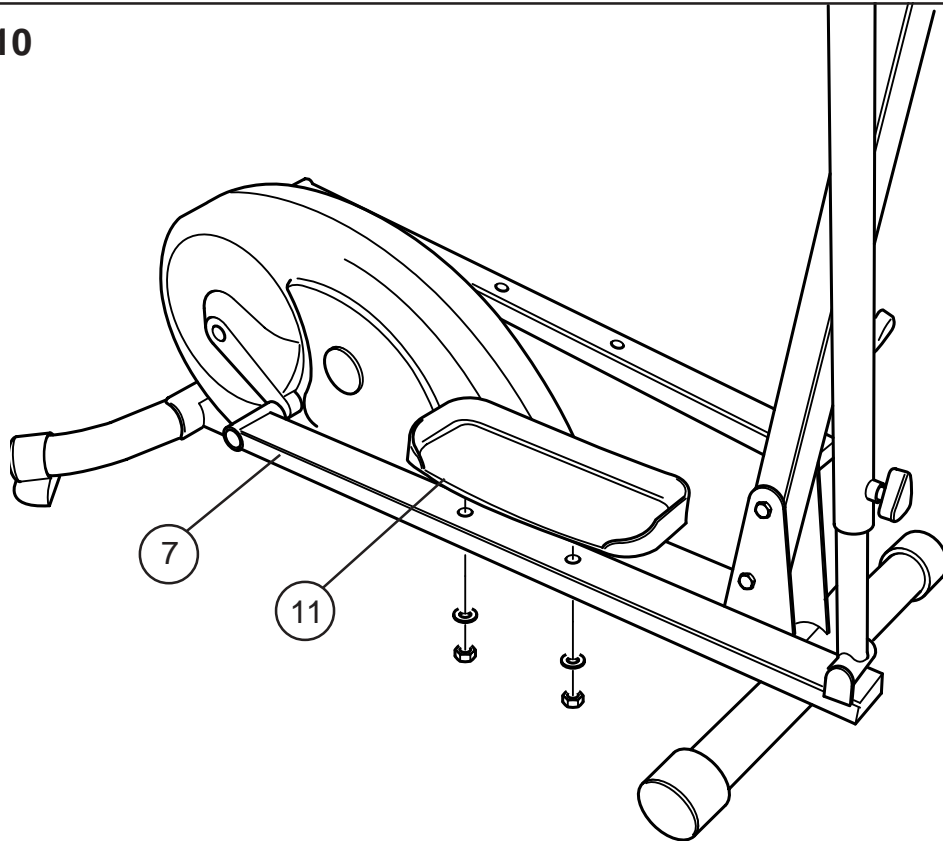


ASSEMBLY

STEP 8 OF 13

FOOT SUPPORTS

FIG 10



1. Remove the nuts and washers from the underside of the foot supports (11).
2. Fit the foot supports (11) to the top of the frame (7). Secure using the nuts and washer (fig 10).
3. Tighten the foot supports (11) using the spanner (12) provided.

NOTE

Note: The foot supports are fitted with the open side to the outer side of the trainer (fig 10).

PROGRESS

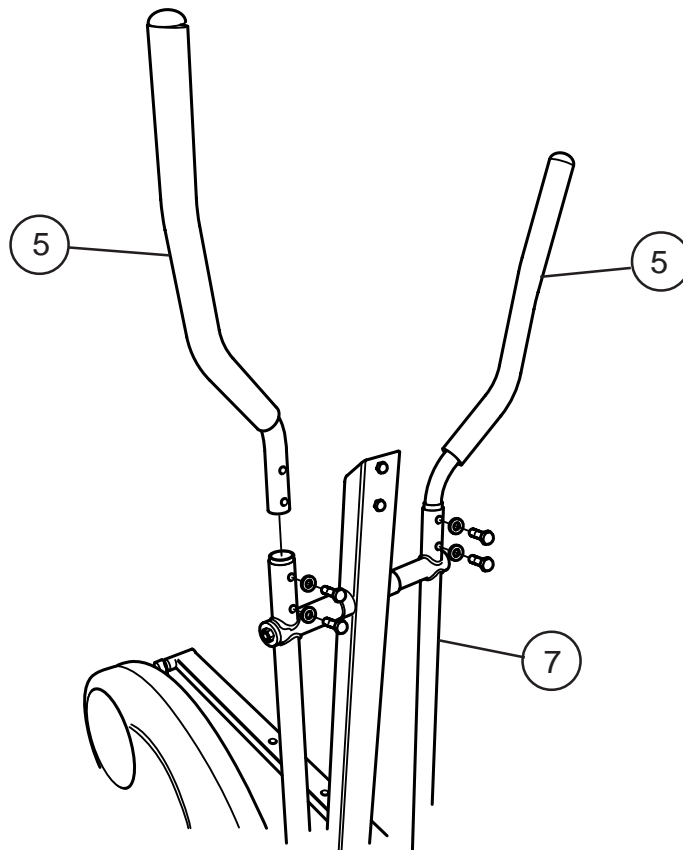


ASSEMBLY

STEP 9 OF 13

HANDLEBAR (LARGE)

FIG 11



1. Remove the curved washers and bolts from the large handlebars (5).
2. Fit the large handlebars (5) into the top of the frame (7) (fig 11).
3. Secure using the curved washers and bolts. Tighten using the box spanner (13) supplied.

PROGRESS

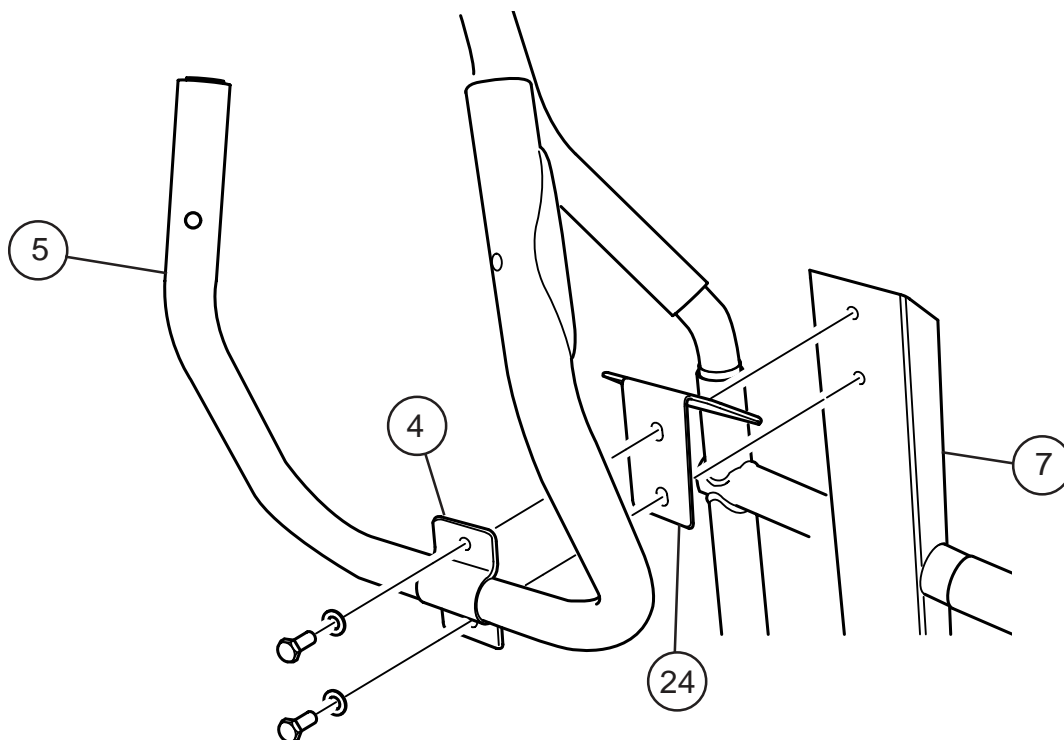


ASSEMBLY

STEP 10 OF 13

HANDLEBARS

FIG 11



1. Remove the washers and bolts from the top of the exercise frame (7).
2. Fit the computer support bracket (24) and the handlebars (5) into the top of the frame (7) (fig 11).
3. Secure using the handlebar support bracket (4), washers and bolts. Tighten using the box spanner (13) supplied.



Note: The angle of the handlebars may be adjusted later see page 19.

PROGRESS

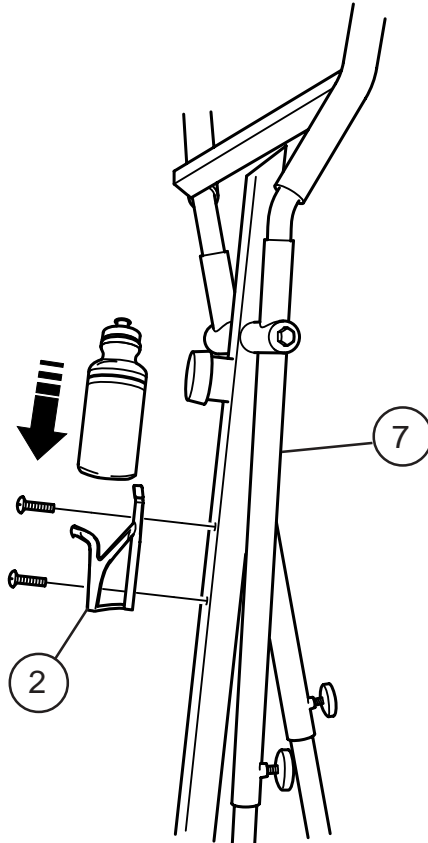


ASSEMBLY

STEP 11 OF 13

WATER BOTTLE

FIG 12



1. Unscrew the 2 screws from the exercise frame (7).
2. Fit the water bottle bracket (2) onto the exercise frame (7) (fig 12).
3. Secure using the 2 screws. Tighten using the screwdriver (12) supplied.
4. Slide the water bottle into place.

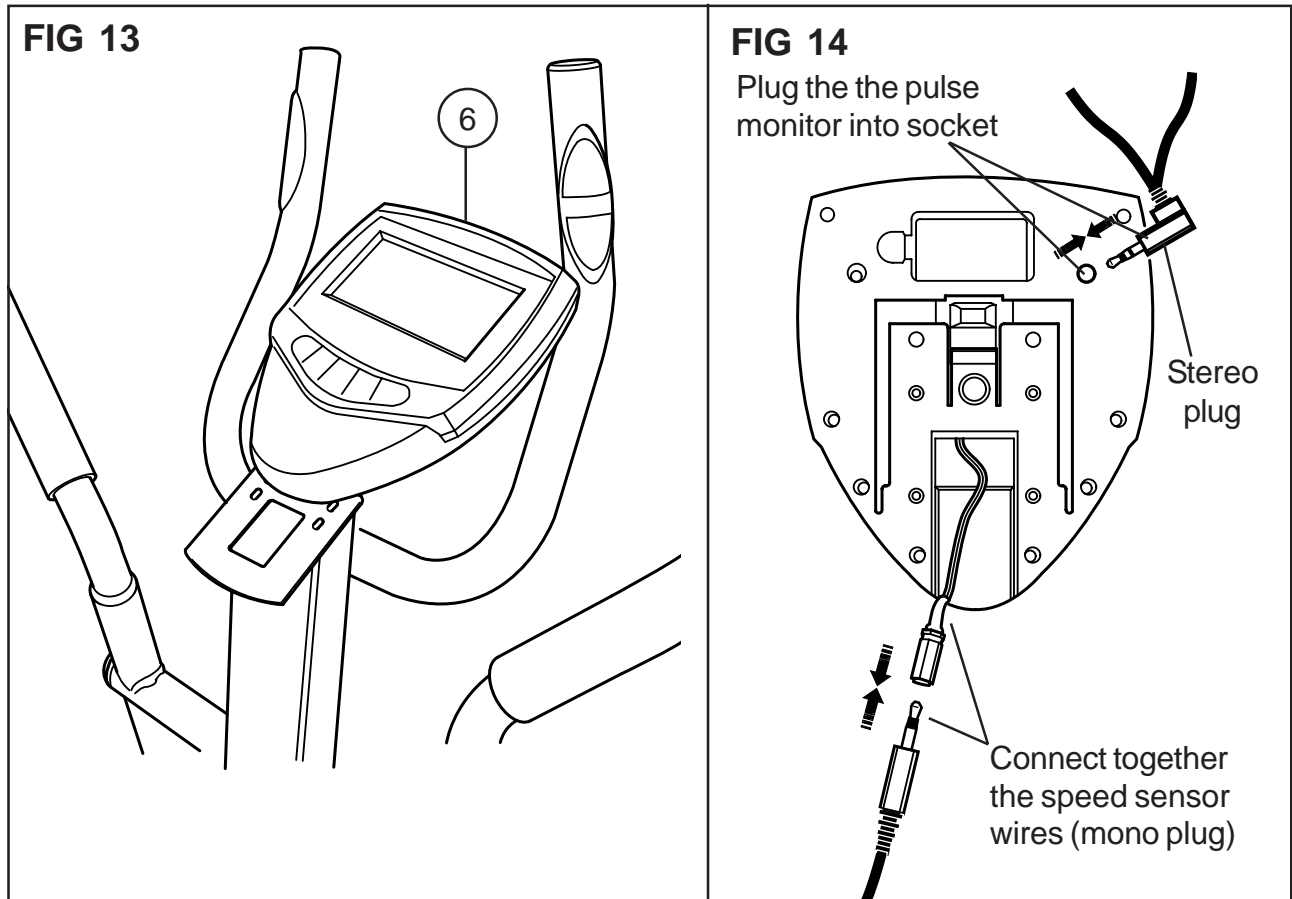
PROGRESS



ASSEMBLY

STEP 12 OF 13

COMPUTER



When fitting the computer (6), you need to connect the speed sensor and pulse monitor wires.

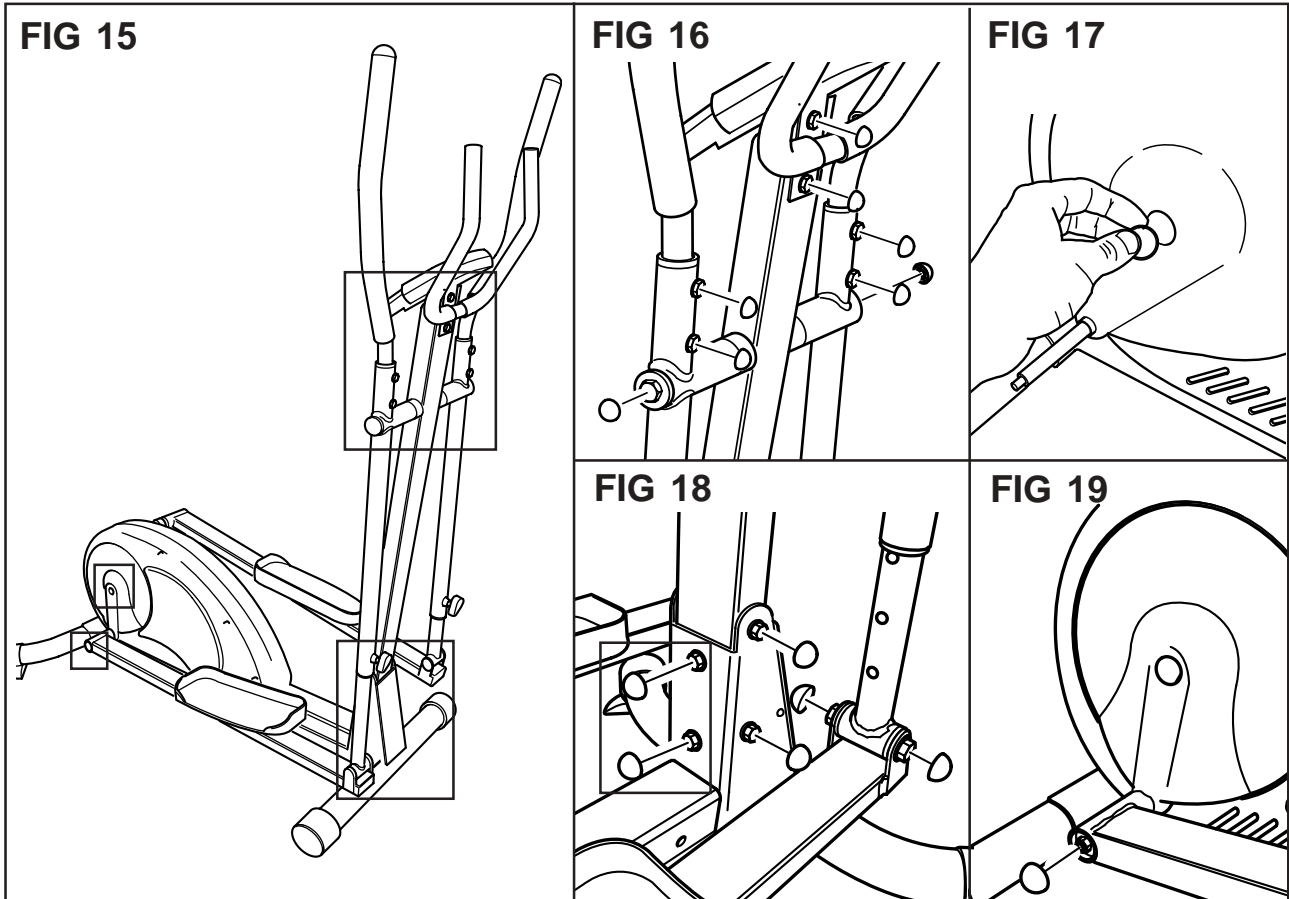
1. Connect the two parts of the speed sensor wires together (fig 14), and slide the computer (6) onto the top of the support bracket (24) (fig 13).
2. Plug the end of the pulse monitor wire into the socket in the back of the computer (fig 14).
3. Set the tension control to minimum by turning it anticlockwise (fig 20 and 21).



ASSEMBLY

STEP 13 OF 13

RUBBER COVER CAPS



1. Fit the rubber cover caps (22) to the parts shown (fig 16, 17, 18 and 19) and the rubber cover caps (21) to the bottom center part (fig 18) at the each side and the bottom sides of the frame of the elliptical trainer (fig 15).
2. The Elliptical Trainer is now ready to use.

PROGRESS



USING THE EXERCISE CYCLE

ADJUSTMENTS

SMALL HANDLEBARS ANGLE

1. Undo the handlebars adjustment bolt (A), using box spanner (13) turn anticlockwise to loosen the handlebars. Rotate the handlebars to a comfortable position (fig 20).
2. Tighten the handlebars adjustment bolt (A) clockwise to lock the handlebars into position.

LARGE HANDLEBARS ADJUSTMENT

1. To adjust, undo and pull out the large handlebars adjustment screws (23) and adjust both of the handlebars to the same position (there are 4 positions available) (fig 20).
2. Release and tighten the handlebars adjustment screws.

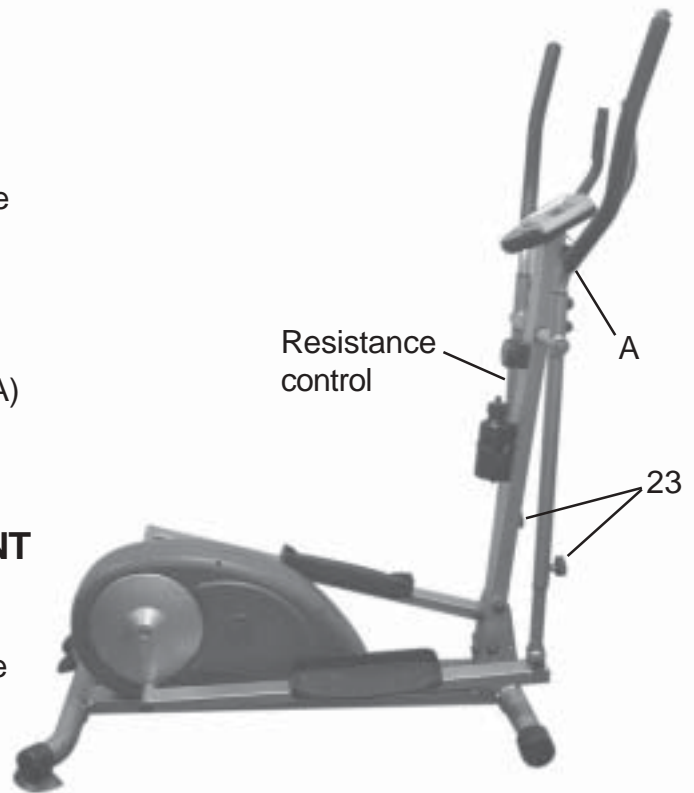


FIG 20

CHANGING THE RESISTANCE

Rotate the resistance control clockwise to increase the resistance and anticlockwise to decrease the resistance (fig 21).

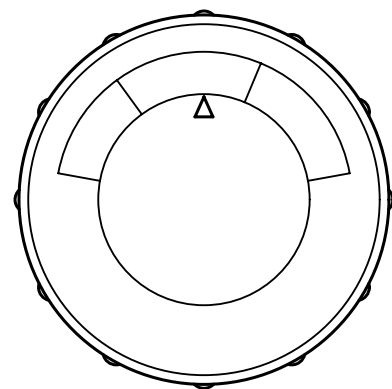


FIG 21

COMPUTER

INSERTING THE BATTERIES

Remove the battery cover and insert two AA size batteries into the battery compartment (fig 22).

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

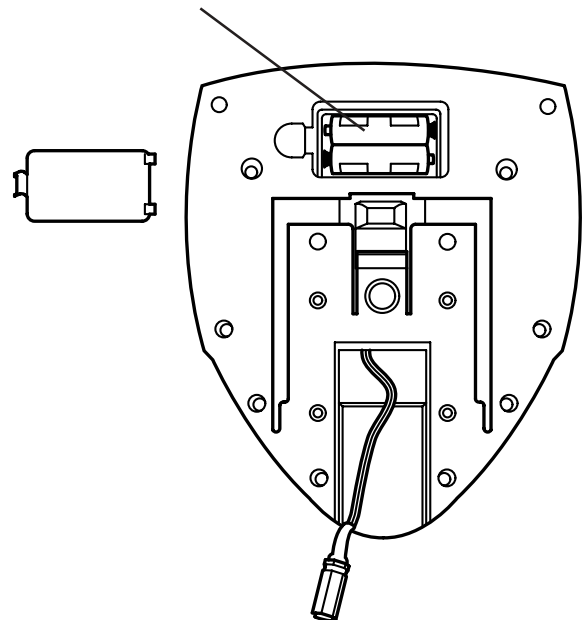


FIG 22

OPERATION

1. Press the UP or DOWN button to select the mode you want to preset.
2. Press the ENTER button when the desired mode is selected. The display will pulse, use the UP and DOWN buttons to enter the required value.
3. To start the display, start striding on the elliptical trainer.
4. To pause during exercise, stop striding on the elliptical trainer.
5. Press and hold the ENTER/ RESET button to return all counters to zero.
6. If the elliptical trainer is not used for a while, the monitor will automatically switch off.

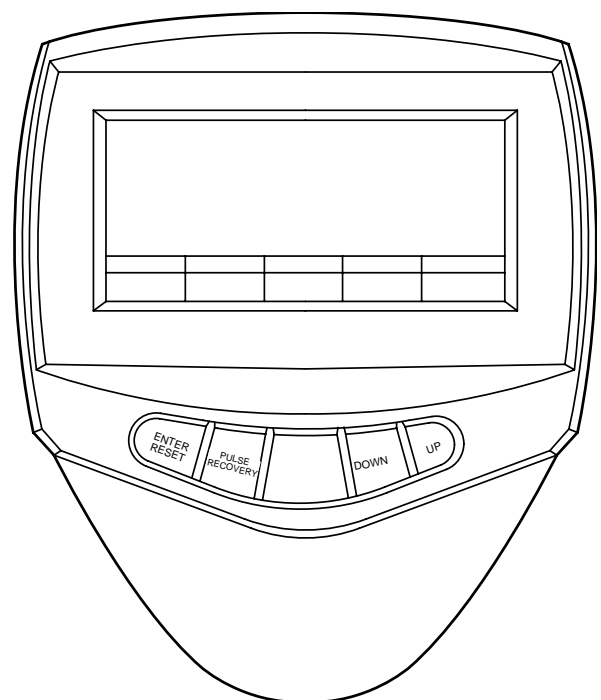


FIG 23

| MODE | |
|----------|---|
| SPEED | Measures the speed in KPH. |
| PULSE | Measures you heart rate in BPM. |
| DIST | Measures the distance travelled in KM. |
| TIME | Counts the time elapsed or counts down from a pre set time. |
| CALORIES | Counts the calories used during exercise. |

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.

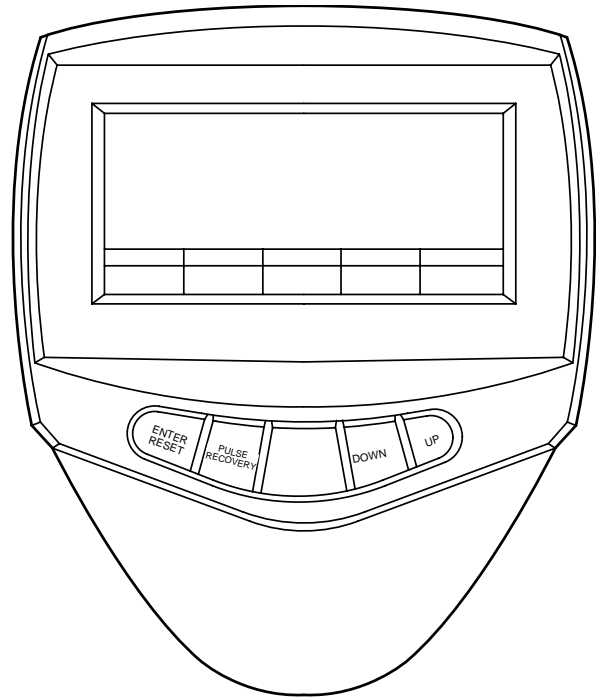


FIG 24

To get an indication of pulse rate on the computer (fig 24) hold the sensor contacts on the handle bars (fig 25) (set the computer to the pulse mode).

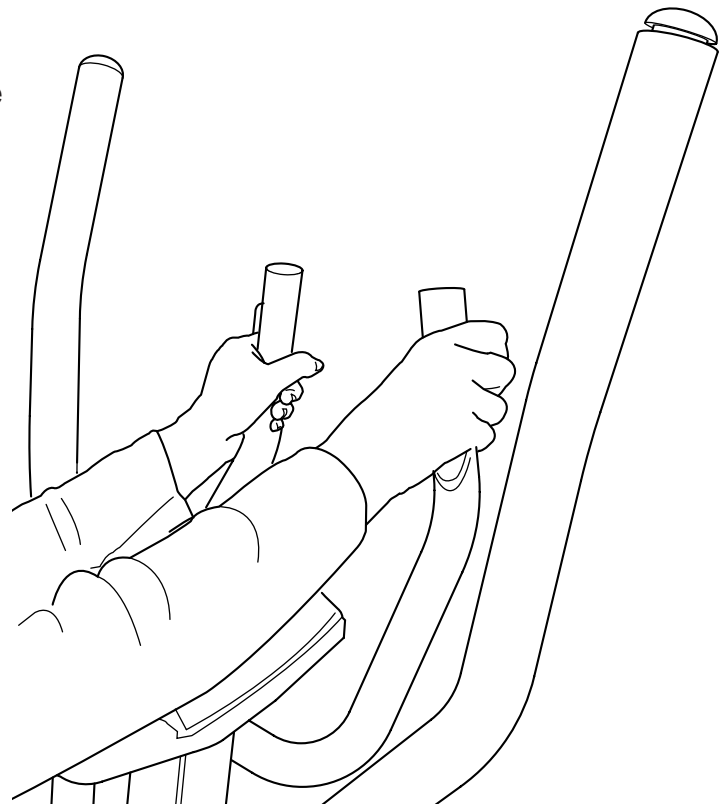


FIG 25