

Elliptical Trainer

ELP777

INSTRUCTION BOOK



your personal workout

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FITNESS

INTRODUCTION

Thank you for purchasing the ELP 777 elliptical trainer. Please take time to read these instructions which have been written to ensure that you get the very best from your purchase.

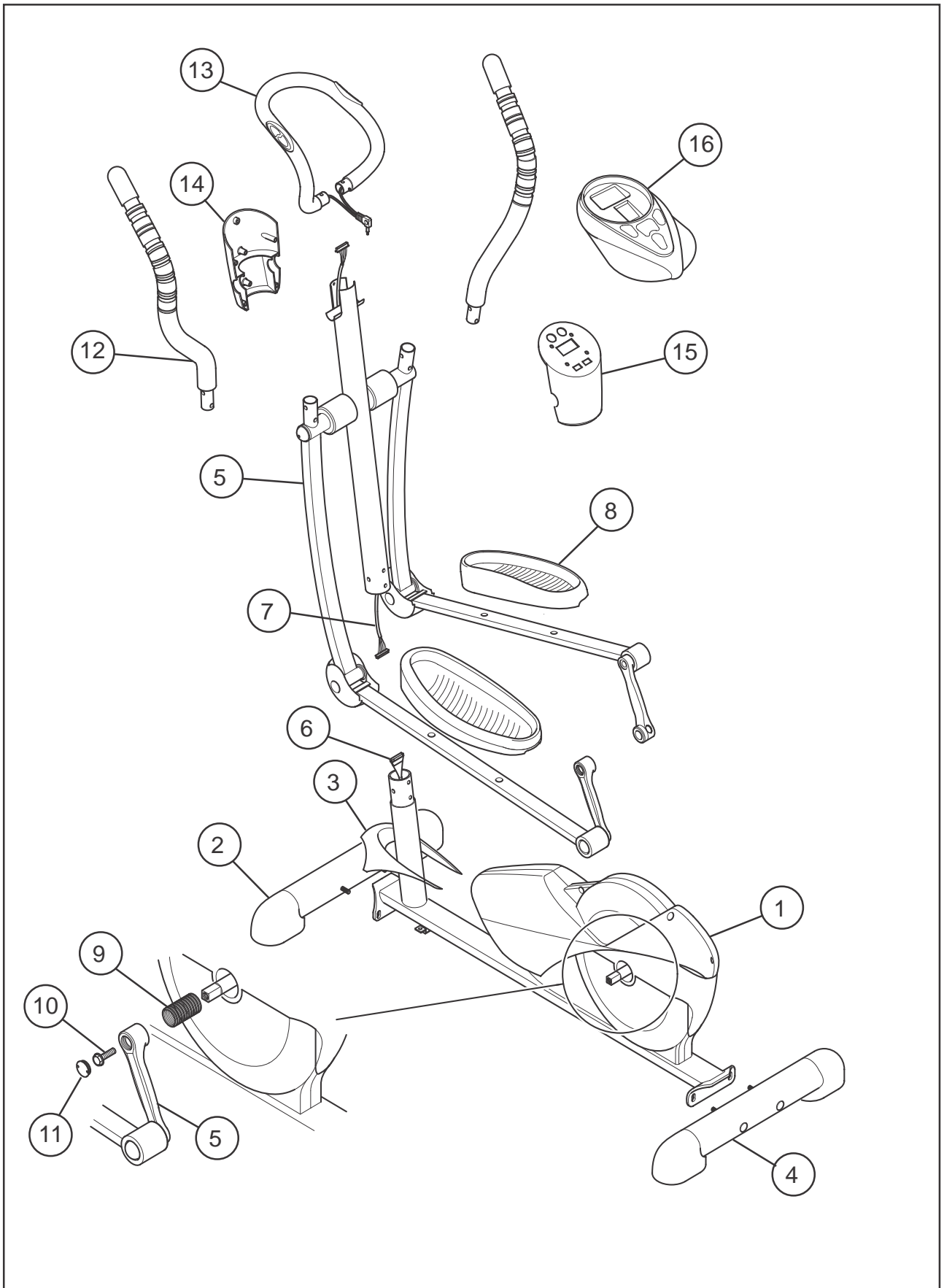
SAFETY PRECAUTIONS



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

1. Use the elliptical trainer only in the way described in this instruction book.
2. Ensure that the voltage of the electrical supply is the same as that indicated on the rating plate of the Mains Adapter.
3. It is the responsibility of the owner to ensure that all users are adequately informed of all precautions.
4. Use the elliptical trainer indoors on a level surface. Keep the elliptical trainer away from excessive moisture and dust.
5. 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.
6. Keep unsupervised children away from the elliptical trainer at all times.
7. The elliptical trainer should not be used by persons weighing more than 120kg.
8. Wear appropriate clothing and athletic shoes when exercising; do not wear loose clothing or jewellery that may get caught in moving parts.
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.

PARTS LIST



1 Main frame	9 Plastic sleeve
2 Front support tube	10 Retaining bolt
3 Trim	11 Plastic cover
4 Rear support tube	12 Hand grips
5 Handlebar post and foot bar assembly	13 Handlebar
6 Computer Up cable	14 Front computer mount
7 Computer Down cable	15 Rear computer mount
8 Foot plate	16 Computer

TOOLS LIST

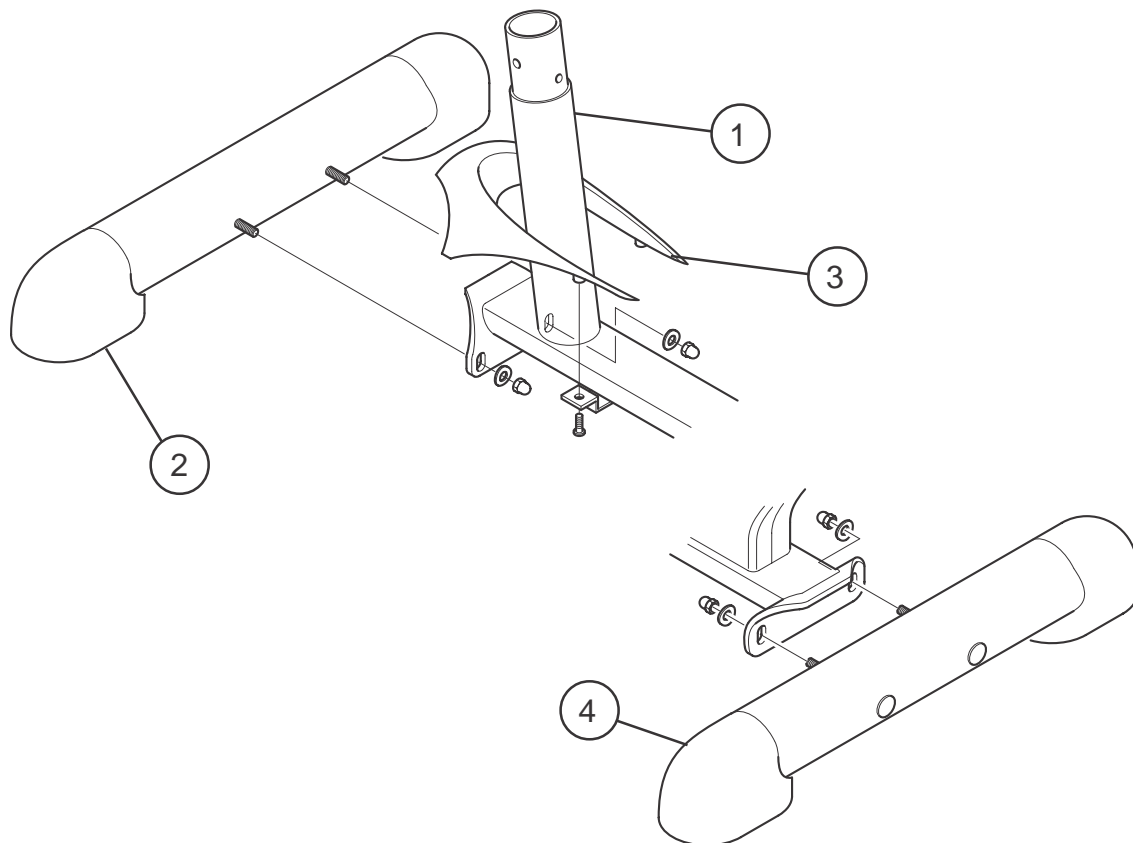
17 Multi tool	19 Hexagonal key 6 mm
18 Hexagonal key 5 mm	20 Ring spanner

ASSEMBLING

STEP 1 OF 7

FRONT AND REAR SUPPORTS

FIG 1



1. Tilt the main frame (1) backwards and fit the front support tube (2) onto the main frame (fig 1). Ensure that the rubber feet face downwards.
2. Secure with the nuts and washers provided. Tighten the nuts using the multi tool (17) provided.
3. Fit the plastic trim (3) with the two screws provided. Tighten the screws using the multi tool (17) provided.
4. Repeat steps 1 and 2 for the rear support tube (4) but, at step 1, tilt the main frame forwards.



Note: Make sure the shaped washers follow the profile of the main frame.

PROGRESS

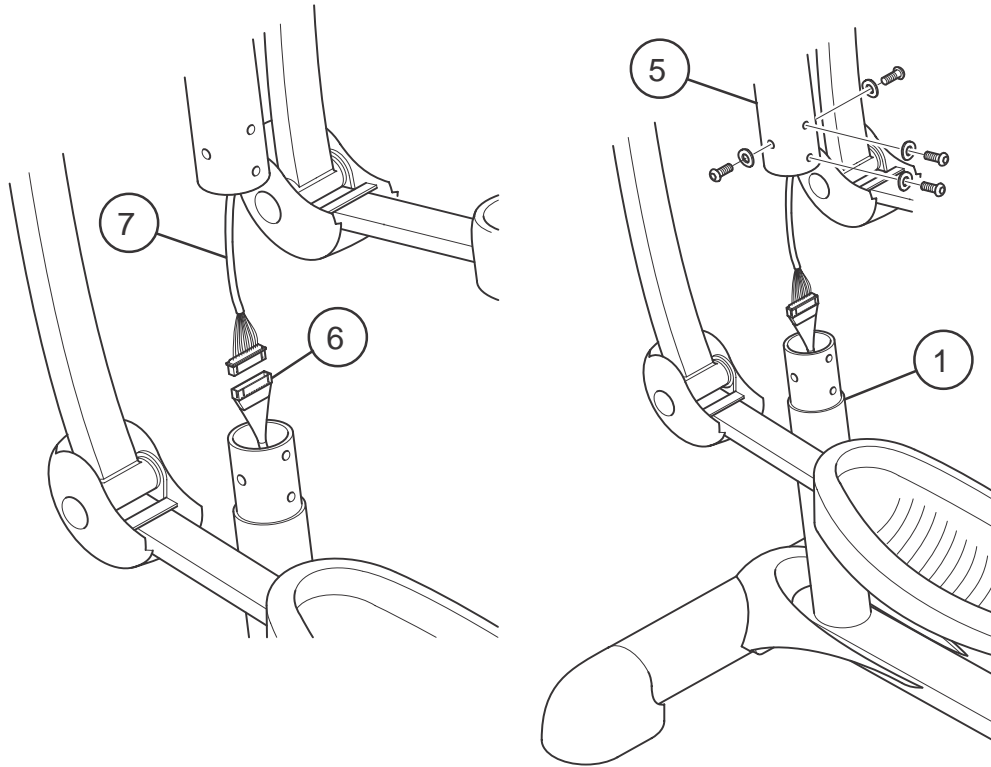


ASSEMBLING

STEP 2 OF 7

HANDLEBAR POST AND FOOT BAR ASSEMBLY

FIG 2



1. Connect the computer 'Up' cable (6) to the computer 'Down' cable (7) (fig 2).

NOTE

Note: To make assembly easier, do not remove the packing securing the foot bars.

2. Insert the handlebar post and foot bar assembly (5) into the main frame (1), and secure in place with the four set screws and washers. Tighten using the 5 mm hexagonal key (18).

NOTE

Note: Make sure the shaped washers follow the profile of the post tube.

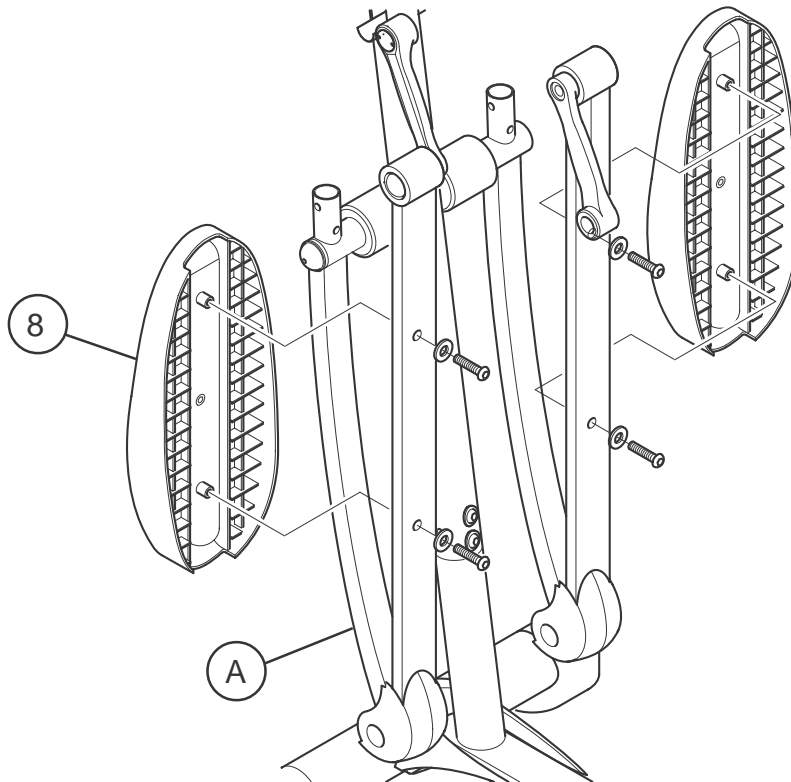
PROGRESS



ASSEMBLING

STEP 3 OF 7

FOOT PLATES



1. Remove the packing from the first foot bar (A).
2. Attach the foot plate (8) to the foot bar (A) with the two screws supplied using the 6 mm hexagonal key (19). The foot plates are handed and should be fitted with the flat edge on the inside and the chevrons sloping backwards.



Be careful when installing the screws as the plastic threads in the foot plates are easily damaged.

3. Repeat steps 1 and 2 for the other foot plate.

PROGRESS

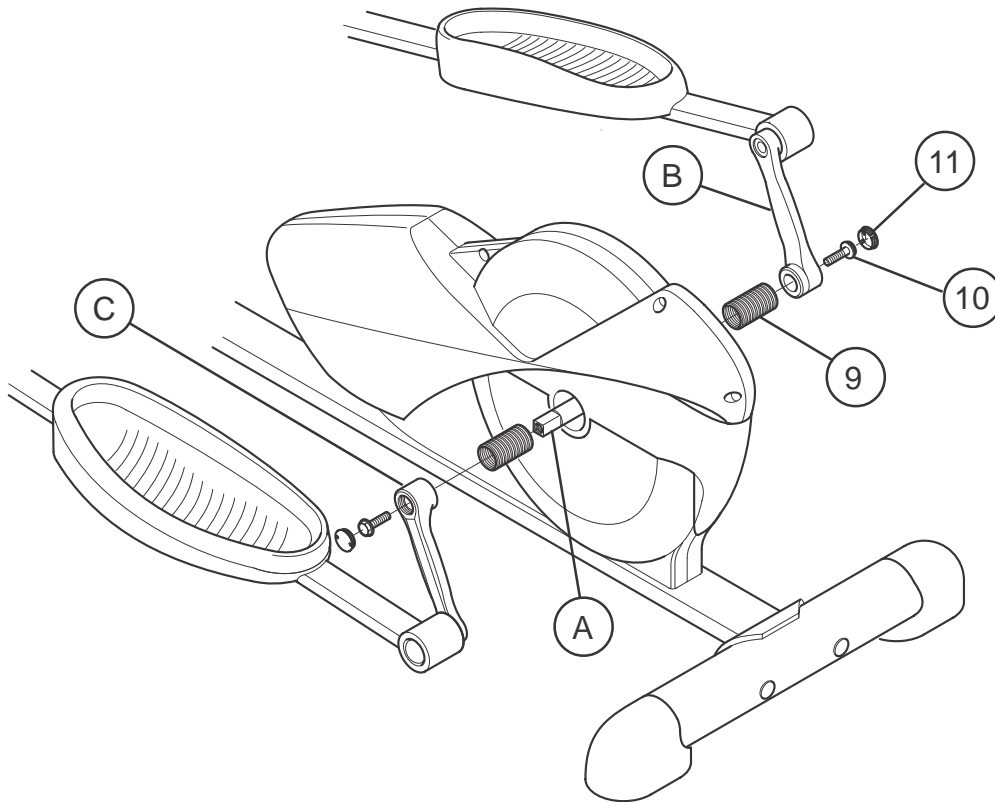


ASSEMBLING

STEP 4 OF 7

FOOT BARS

FIG 3



1. Remove the protective rubber cap from the spindle (A) and slide the protective plastic sleeve (9) onto the spindle.
2. Fit the connecting rod (B) over the spindle (A) and rotate the connecting rod until it locates on the square end of the spindle.
3. Install the retaining bolt (10) in the end of the spindle and tighten with the multi tool (17).
5. Repeat steps 1 to 4 for the other foot bar, making sure this connecting rod (C) is diametrically opposite the first one fitted.



Note: The blue substance on the bolt is thread lock. If the bolts are removed for any reason they should be cleaned and fresh thread lock applied.

4. Install the plastic cover (11) in the end of the connecting rod.

PROGRESS

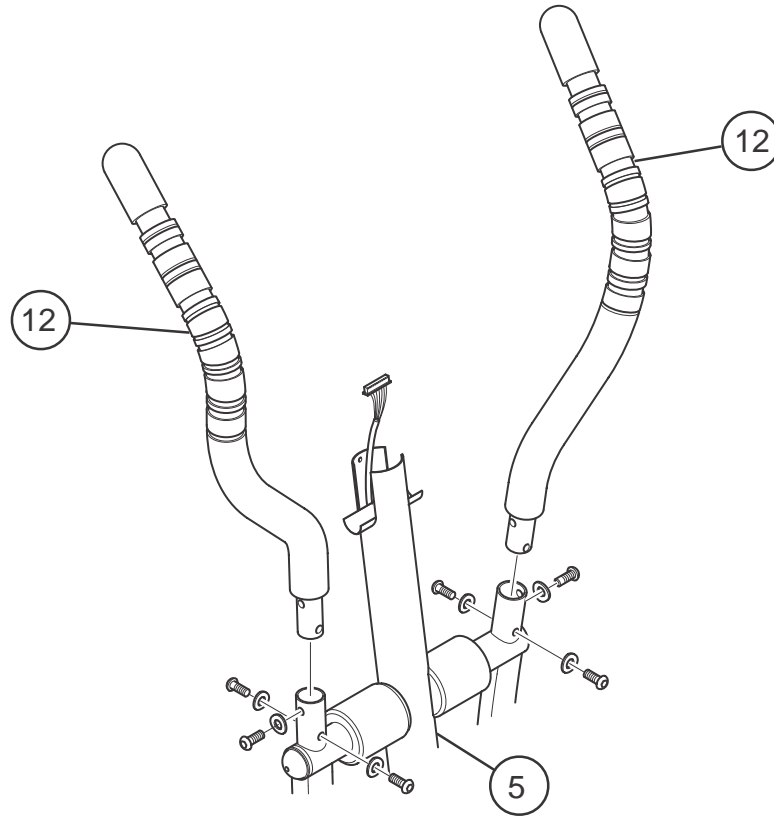


ASSEMBLING

STEP 5 OF 7

HAND GRIPS

FIG 5



1. Install the hand grips (12) into the hand bars (5). The hand grips are handed so make sure the top of the handle faces forward when installed.
2. Secure with the three screws supplied and tighten with the 5 mm hexagonal key (23).

PROGRESS

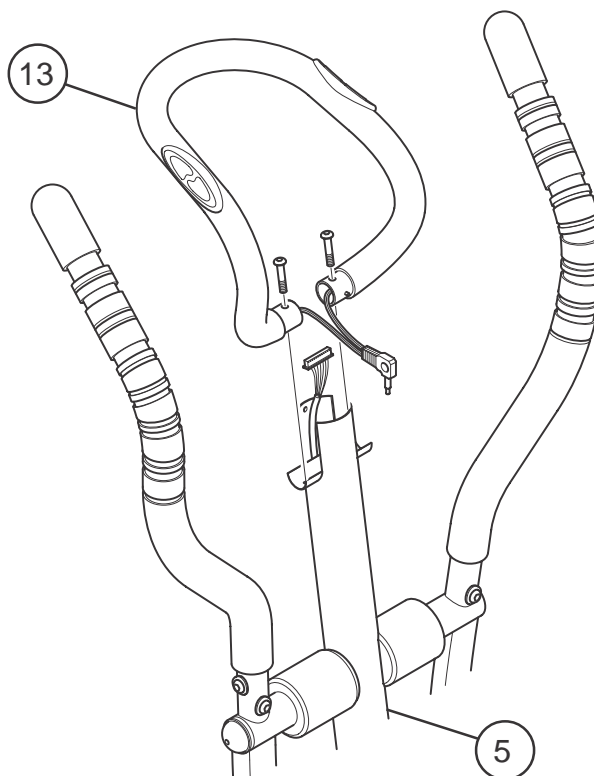


ASSEMBLING

STEP 6 OF 7

HANDLEBAR

FIG 6



1. Attach the handlebar (13) to the handlebar post and foot bar assembly (5) with the two bolts and washers.
2. Tighten the bolts with the 5 mm hexagonal key (18) provided.



Note: Be careful not to trap the two sensor cables when fitting the handlebar.

PROGRESS

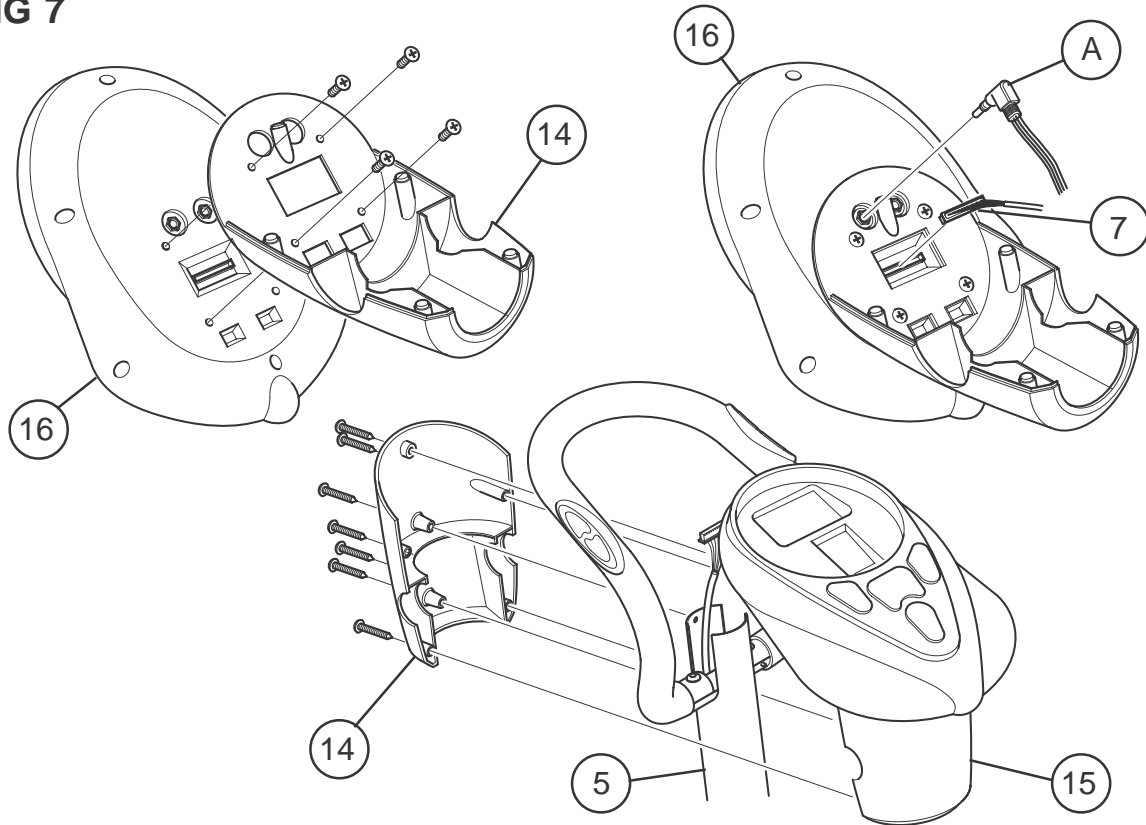


ASSEMBLING

STEP 7 OF 7

COMPUTER

FIG 7



1. Attach the front computer mount (14) to the handlebar post and foot bar assembly (5), using the two screws provided and partially tighten with the multi tool (17). Do not fully tighten.
2. Attach the rear computer mount (15) to the base of the computer (16) using the four screws supplied and tighten with the multi tool (17).
3. Plug the sensor cable (A) and the computer down cable (7) into the rear of the computer (16).
4. Attach the rear computer mount (15) to the front computer mount (14) with the five screws supplied and tighten with the multi tool (17).

PROGRESS

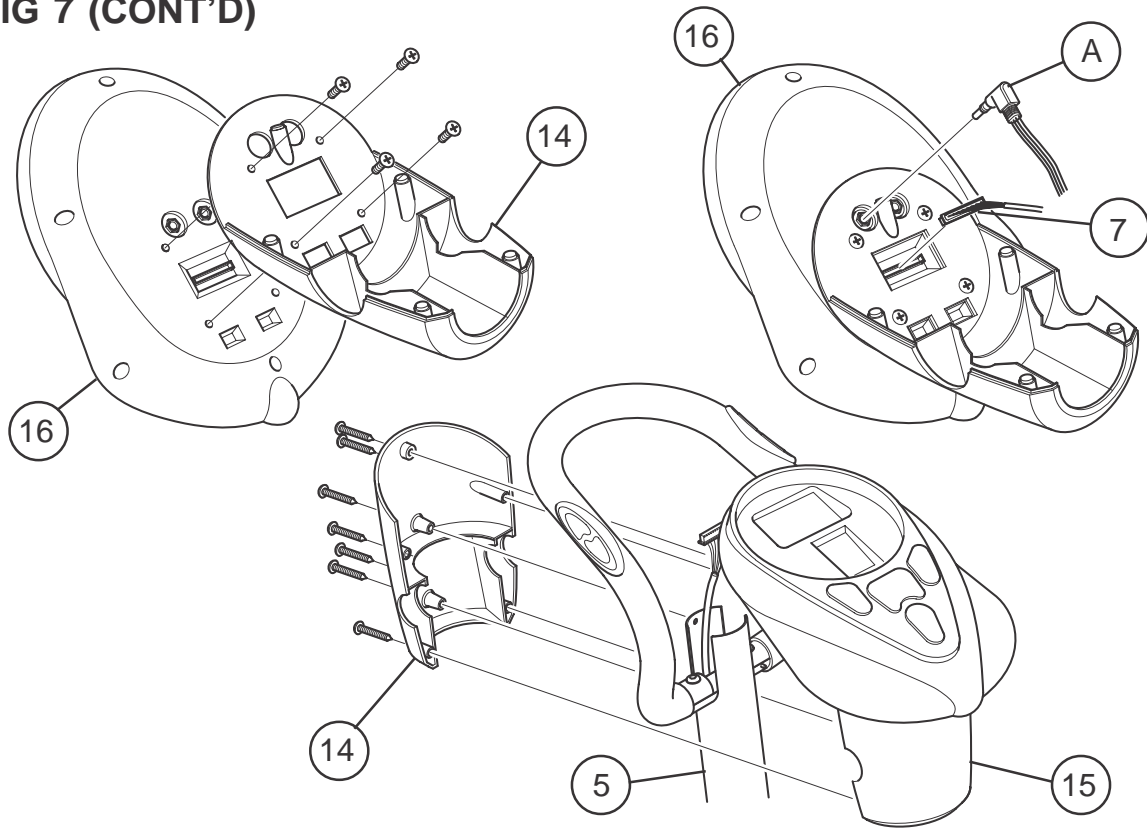


ASSEMBLING

STEP 7 OF 7 (CONT'D)

COMPUTER (CONT'D)

FIG 7 (CONT'D)



Note: Take care to ensure that neither the sensor cables or computer Up/Down cables are trapped between two halves of the computer mount.

5. Tighten the five screws and the two left loose in step 1 with the multi tool (17).

PROGRESS



USING THE ELLIPTICAL TRAINER

PREPARATION FOR USE

Place the Elliptical Trainer on a firm flat floor.

Position the Elliptical Trainer such that the trailing power cable does not present a trip hazard.

Make sure the Elliptical Trainer is stable by adjusting the four levelling feet under the front and rear support tubes (2) and (4).

NORMAL EXERCISE POSITION

Stand on the foot plates and grasp the hand grips. Exercise using both arms and legs.



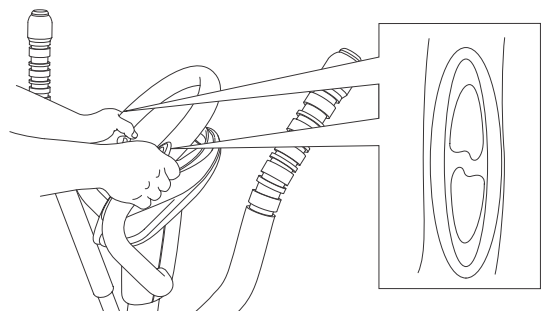
PULSE MONITOR POSITION



The pulse monitor is not a medical device.

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

Stand on the foot plates and grip the handlebar so that your hands contact the sensors.



Note: Several things, including user movement, may affect the accuracy of the sensor.

USING THE ELLIPTICAL TRAINER

USING THE COMPUTER

The elliptical trainer is equipped with a programmable computer to help you reach your fitness goals. The computer provides different programs designed to meet your exercise requirements. In addition, the computer has a wide variety of modes that enable you to monitor your performance as you exercise.

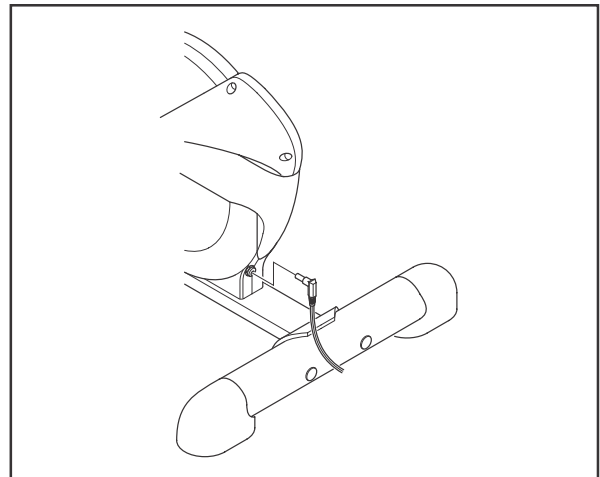
The computer is powered from the mains supply via an adapter.

MAINS ADAPTER

Plug the Mains Adapter into the DC IN jack at the rear of the elliptical trainer. Connect the 3 pin plug to the mains socket.



If held, the up and down buttons will switch between the MANUAL and PROGRAM modes automatically.



SWITCHING ON

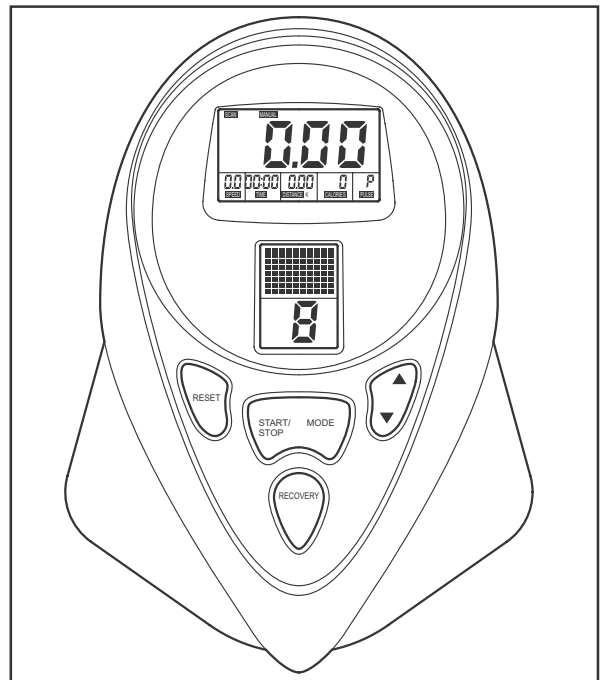
- Switch on the mains supply. The computer will emit a BEEP and reset itself.

SWITCHING OFF

- If the computer is not used for several minutes, it switches off automatically and resets all values to zero. Press any button to switch the computer back on again.
- To switch the computer off, switch off and unplug the adaptor from the mains supply.

TRAINING WITH NO PRESET FUNCTION

- Press the **RESET** button for more than 2 seconds to clear the previous program.
- **MANUAL** and **PROGRAM** will be flashing on the top screen. Press the **START/STOP** button to select **MANUAL** with no preset functions.
- The lower display will show '1' and the corresponding resistance row pattern will be displayed. Whilst you are training you can change the resistance level using the **UP/DOWN** buttons.



USING THE ELLIPTICAL TRAINER

- When you start training, the main screen will be set to SCAN mode. To select a particular function use the **MODE** button.
- You can stop training at any time by pressing the **START/STOP** button.
- When you stop training, all the functions (except PULSE) will show the accumulated data from the training session.
- To start a new training program, press the **RESET** button for more than 2 seconds to clear the previous program.

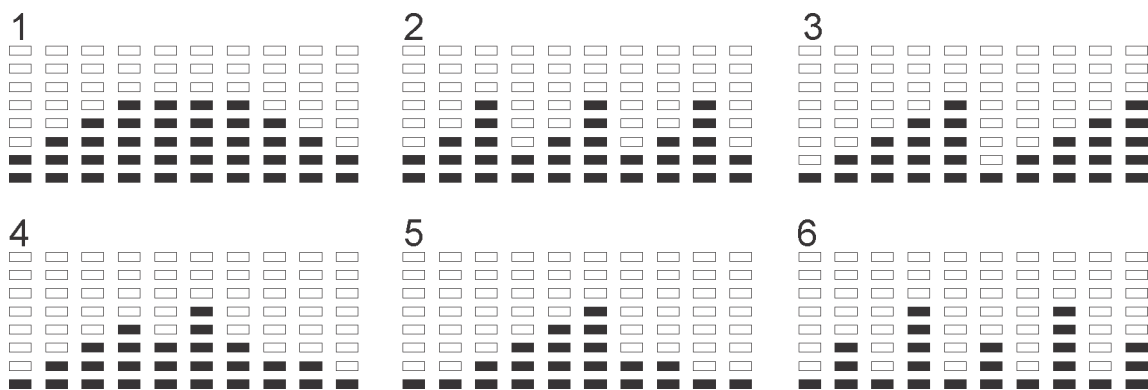
TRAINING WITH MANUAL PRESET FUNCTION

- Press the **RESET** button for more than 2 seconds to clear the previous program.
- **MANUAL** and **PROGRAM** will be flashing on the top screen. Press the **UP/DOWN** buttons to select **MANUAL** and then press the **MODE** button to enter the selection.
- The lower display will show '1' and the corresponding resistance row pattern will be displayed. Press the **UP** button to increase the resistance level and press the **MODE** button to enter. The resistance levels go from 1 (lowest) to 8 (highest).
- The **TIME** on the upper display will be flashing. Press the **UP/DOWN** buttons to set the target time and press the **MODE** button to enter. You can set the Distance, Calories and Pulse, as required, in the same way. Press the **MODE** button to move to the next function.
- To start training, press the **START/STOP** button. The preset functions, except pulse, will either count down from the preset (time) or up from zero (distance and calories).
- During training, pressing the **UP/DOWN** buttons will change the resistance level.
- During training, you can stop at any time by pressing the **START/STOP** button. When a preset target is reached, the computer will beep and a flashing **P** will appear in the top lefthand corner of the upper display. The display will stop. The manual preset functions will show the accumulated data for the session. The preset function will return to its preset value.
- You can use the same preset function again by pressing the **START/STOP** button or you can press the **MODE** button to select a function to set a new preset value.

USING THE ELLIPTICAL TRAINER

TRAINING WITH PROGRAM FUNCTION

- Press the **RESET** button for more than 2 seconds to clear the previous program.
- **MANUAL** and **PROGRAM** will be flashing on the top screen. Press the **UP/DOWN** button to select **PROGRAM** and press the **MODE** button to enter.
- The lower display will show '1' and the corresponding resistance row pattern will be displayed. Press the **UP/DOWN** buttons to select a program profile between 1 and 6.



- Press the **MODE** button again and **TIME** will start flashing on the top display. Press the **UP/DOWN** buttons to set the target time and press the **MODE** button to enter. You can set the Distance, Calories and Pulse, as required, in the same way. Press the **MODE** button to move to the next function.
- To start training, press the **START/STOP** button. The preset functions, except pulse, will either count down from the preset (time) or up from zero (distance and calories).
- During training, pressing the **UP/DOWN** buttons will change the resistance level.
- During training you can stop at any time by pressing the **START/STOP** button. When a preset target is reached the computer will beep and a flashing **P** will appear in the top lefthand corner of the upper display. The display will stop. The non preset functions will show the accumulated data for the session. The preset function will return to its preset value.
- You can use the same preset function again by pressing the **START/STOP** button or you can press the **MODE** button to select a function to set a new preset value.
- To clear the program, press the **RESET** button for more than 2 seconds and you will return to the initial screen with **MANUAL** and **PROGRAM** flashing.

USING THE ELLIPTICAL TRAINER

SELECTING MODES

The computer's mode function enables you to monitor your performance as you exercise and input values for specific exercise parameters.

- Press the **MODE** button to display the following modes. The mode name will flash on the display to indicate that it is the selected mode.
- If not already selected, press the **MODE** button until SCAN appears on the display, to scan the modes automatically as you exercise.

RPM

- RPM mode displays the flywheel speed.

SPEED

- Speed mode displays your workout speed.

TIME

- Time mode displays the elapsed workout time in minutes and seconds. The computer automatically counts up from 0:00 to 99:00 in one second intervals. You can set the time to count down from a preset value to zero. Refer to 'Training with program function' for how to enter preset time.

DISTANCE

- Distance mode displays the cumulative distance travelled during each workout. You can set the distance to count up from zero to a preset distance. Refer to 'Training with program function' for how to enter preset distance.

CALORIES

- Calories mode displays the estimated number of calories burned at any given time during your workout. The computer counts up in increments of 1.0. After the computer reaches 999, it resets to zero and starts counting up again.
- You can set the calories to count up from zero to a preset value. Refer to 'Training with program function' for how to enter preset calories.

USING THE ELLIPTICAL TRAINER

PULSE

- Pulse mode displays your pulse rate in beats per minute during your workout. When you grip the handlebar, cover the pulse sensors (see 'Pulse monitor position' in the 'Using the elliptical trainer' section). The pulse rate will be displayed after four stable pulse signals have been detected.
- You can set the pulse to count up from zero to a preset value. Refer to 'Training with program function' for how to enter preset pulse rate.

RECOVERY

- After finishing a training session, grip the handlebar and cover the pulse sensors (see 'Pulse monitor position' in the 'Using the elliptical trainer' section). Press the RECOVERY button to start the recovery function. The time will count down for one minute and measure how near your pulse rate is to normal after the one minute. Your recovery index is graded between F1 to F6, F1 is the best, F6 the worst.
- By using the recovery program regularly, you can monitor your fitness. As your fitness improves, your recovery index will come down.

EXPLAINING PROGRAM PROFILES

- The program profiles illustrate how the work resistance changes during the program. The more black blocks the higher the work resistance.
- If you have a preset time target, each column of the program profile lasts for 1/10 of the total time.
- If you have a preset distance target or no target set, each column of the program profile lasts for 0.1 km.

SPECIFICATIONS

Dimensions (L x W x H)	1370 mm x 710 mm x 1530 mm
Net Weight	38.2 kg
Class Rating	HC
Maximum User Weight	120kg

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

CUSTOMER SUPPORT

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