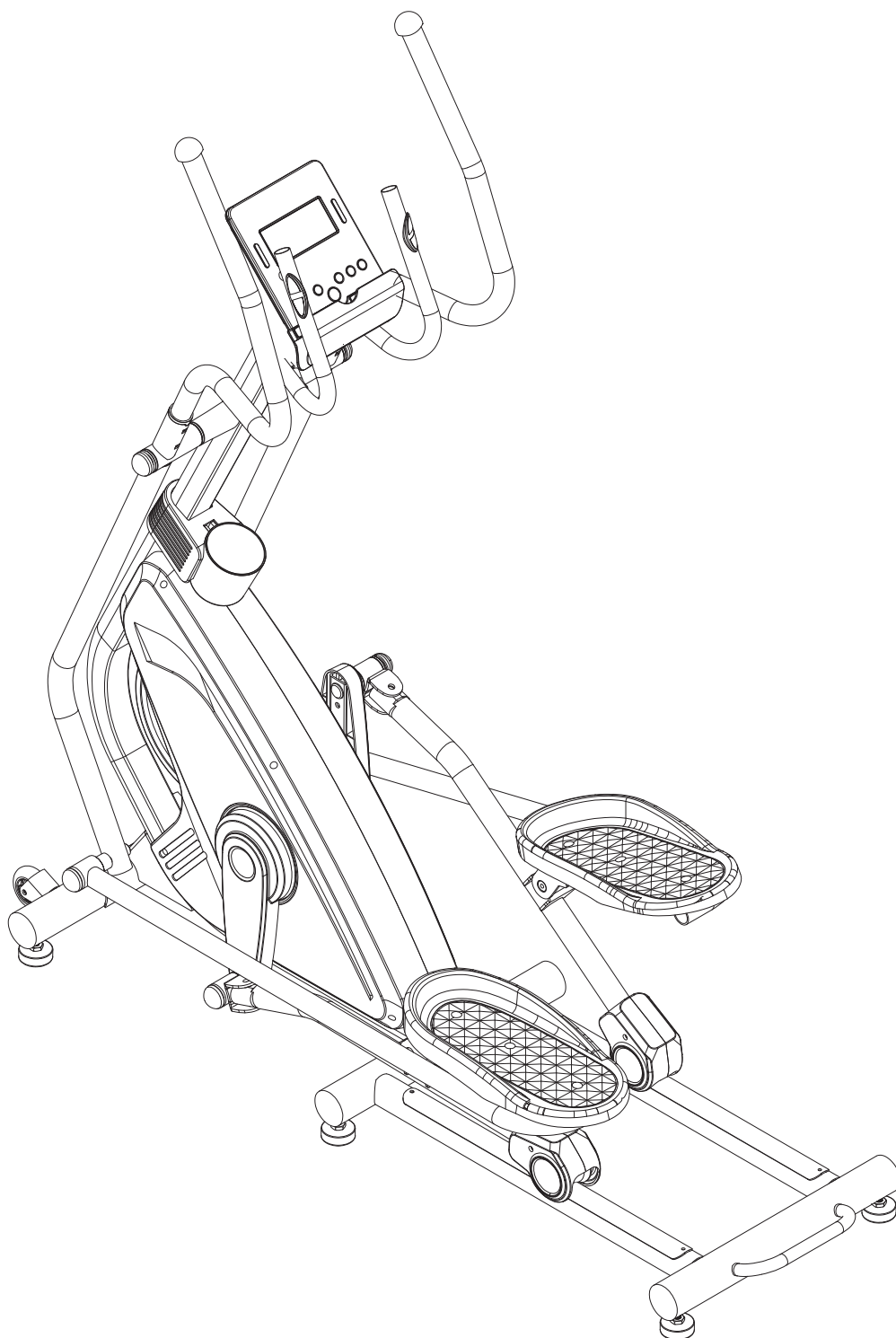


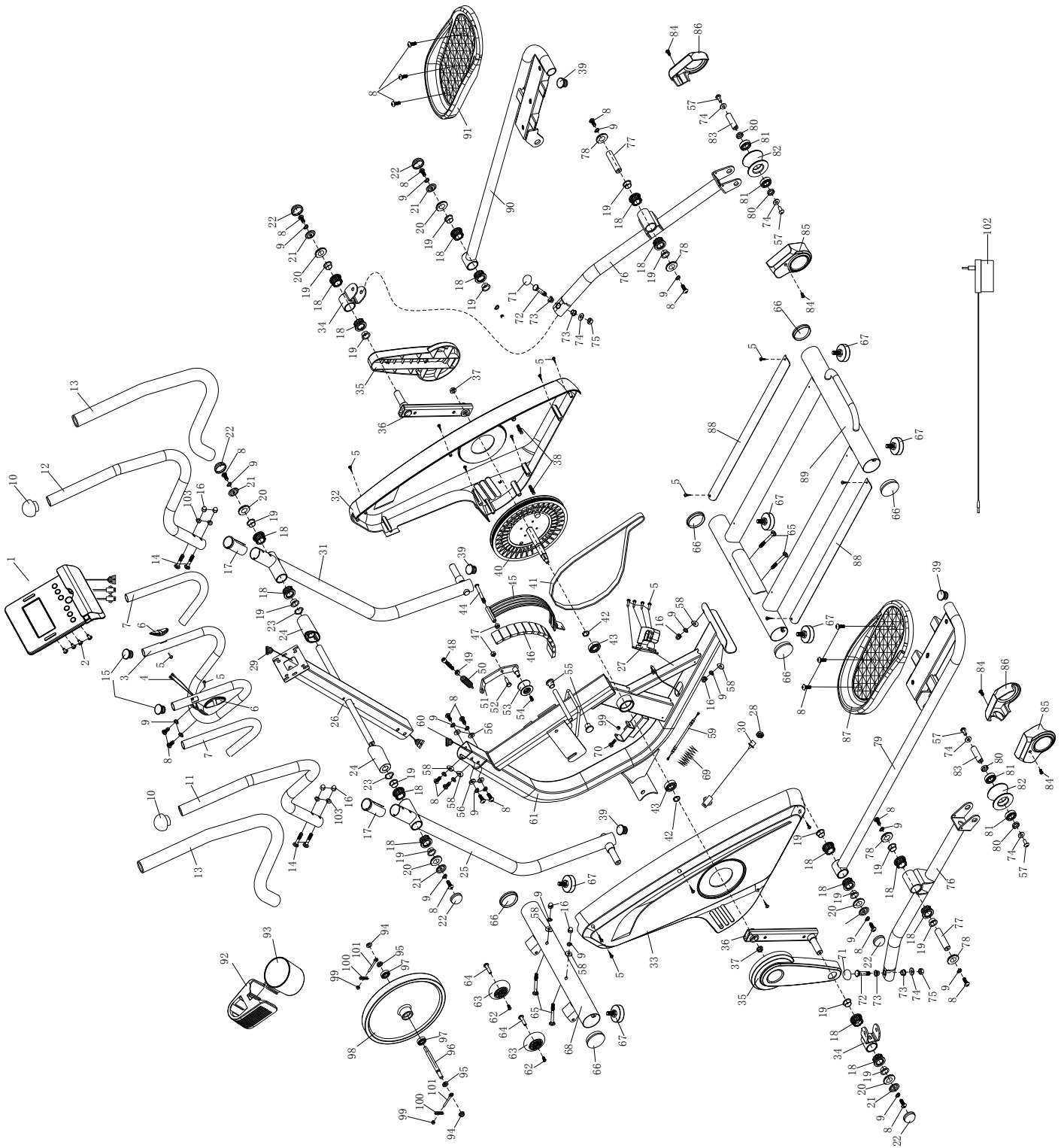
ELLIPTICAL (code: 92306)

Assembly instructions

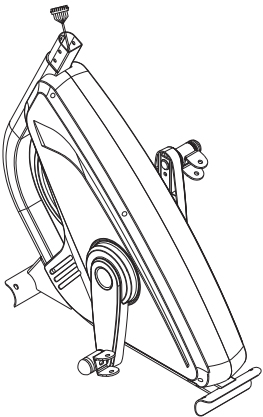
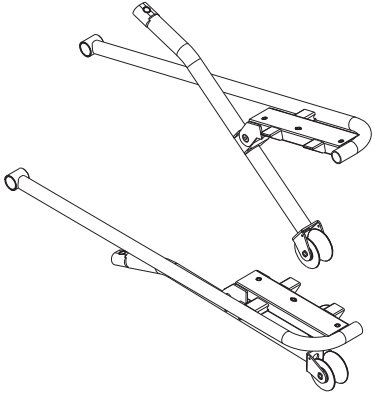
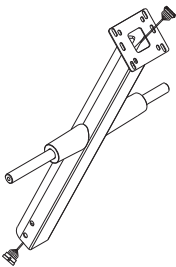
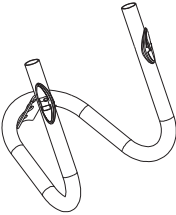
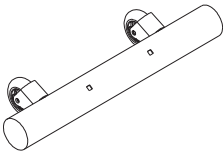


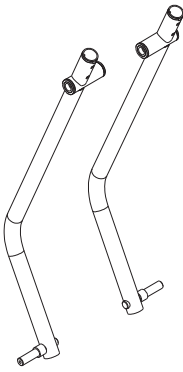
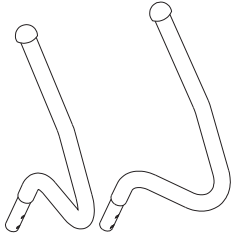
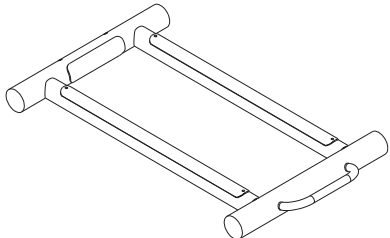
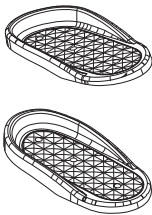
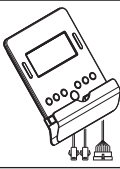


IN ORDER FOR THE WARRANTY TO BE VALID,
PLEASE, BEFORE YOU BEGIN
ASSEMBLING AND USING THE BIKE,
READ THIS INSTRUCTIONS.

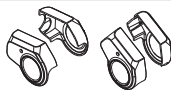

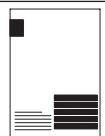

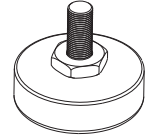
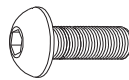


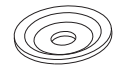

EXPLODED VIEW

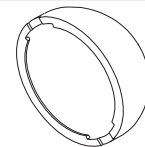

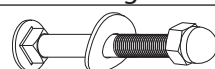
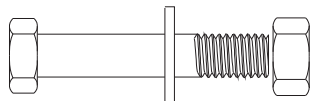
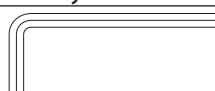
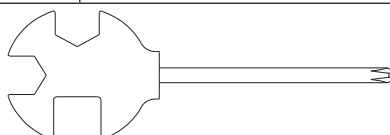
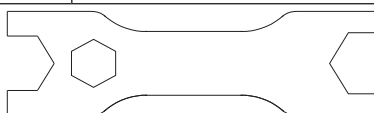


COMPONENTS - PARTS

#	PCS	Description
		
61	1	Main frame
		
79-90	2	Left-Right pedal tube
		
26	1	Support tube
		
3	1	Middle handlebar
		
68	1	Front stabilizer

#	PCS	Description
		
25-31	2	Left-Right lower handlebar
		
11-12	2	Left-Right handlebar
		
89	1	Rear frame
		
87-91	2	Left-Right pedals
		
1	1	Computer
		
92	1	Bottle holder
		
93	1	Bottle

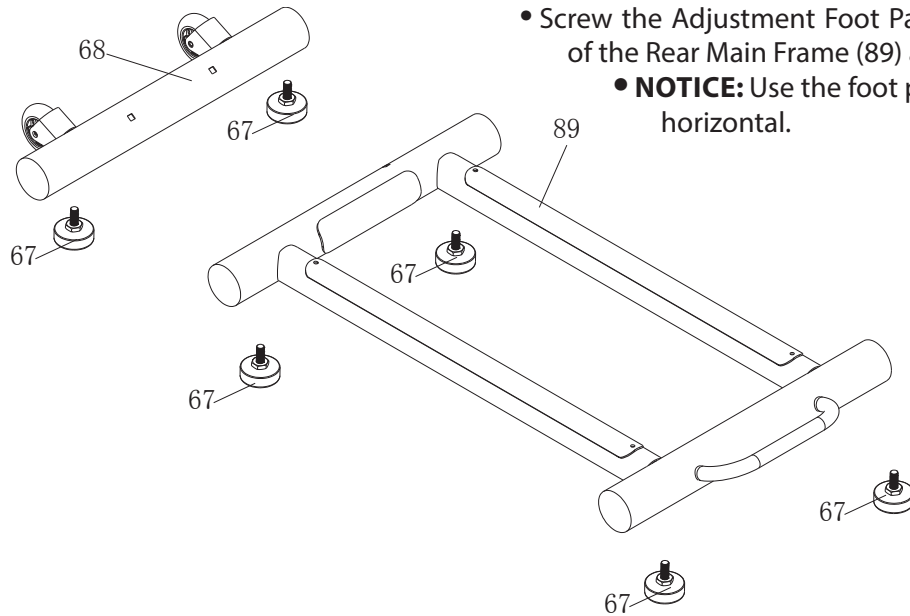
#	PCS	Description
		
85-86	2 sets	Left-Right roller covers
		
—	1	Screw set
		
—	1	Manual
		
—	1	Adaptor
		
67	6	Foot pads M10x30
		
8	2	Bolt M8*20
		
9	2	Spring washer d8
		
20	2	Washer d19xØ38x3
		
21	2	Washer d8,5xØ33x4,5
		
71	2	End caps S17

#	PCS	Description
		
22	6	End caps Ø38x20
		
SET	4	#9 Spring washer d8 #16 Domed nut M8 #58 Arc washer d8xØ20x1,5xR30 #65 Carriage bolt M8x75
		
SET	4	#14 Carriage bolt M8x458x27,5xH4xM6x20 #103 Arc washer d8xØ16x1,5xR15 #16 Domed nut M8
		
SET	2	#72 Hexagon bolt M10x55 #74 Washer d10ØF20x2 #75 Nylon nut M10
		
—	1	S6 allen wrench
		
—	1	S13-15-17 wrench
		
—	2	S17-19 wrench

Any parts in the following drawings that are not part of the previous list are pre-installed by the factory.

ASSEMBLY INSTRUCTIONS

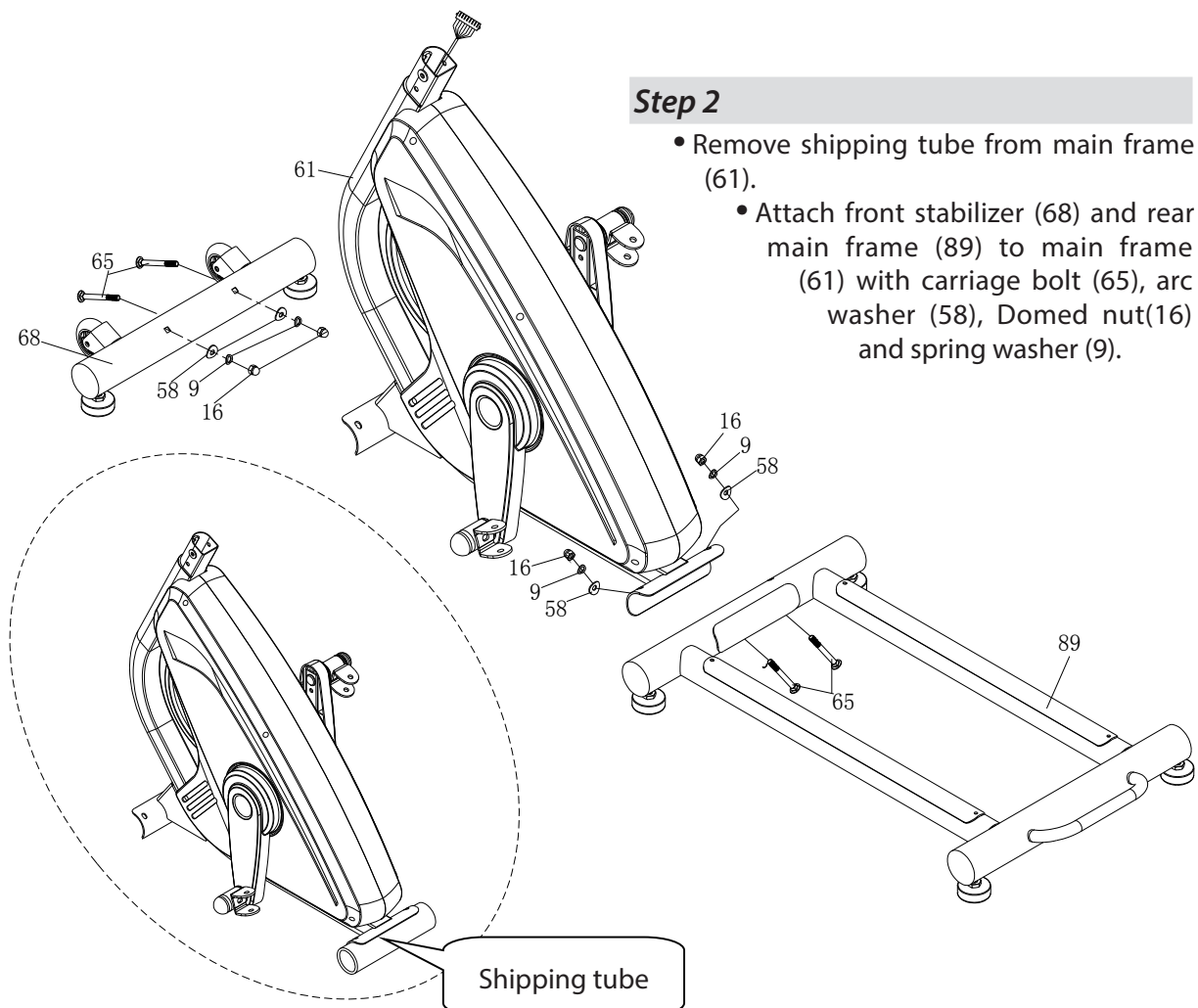
Step 1



- Screw the Adjustment Foot Pads (67) onto the bottom of the Rear Main Frame (89) and Front stabilizer (68).

• **NOTICE:** Use the foot pads to keep the elliptical horizontal.

Step 2

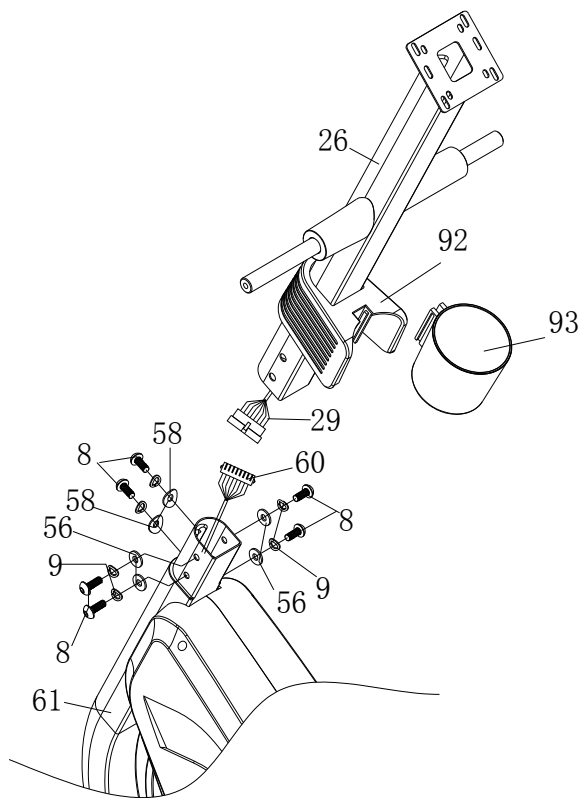


- Remove shipping tube from main frame (61).

- Attach front stabilizer (68) and rear main frame (89) to main frame (61) with carriage bolt (65), arc washer (58), Domed nut(16) and spring washer (9).

Shipping tube

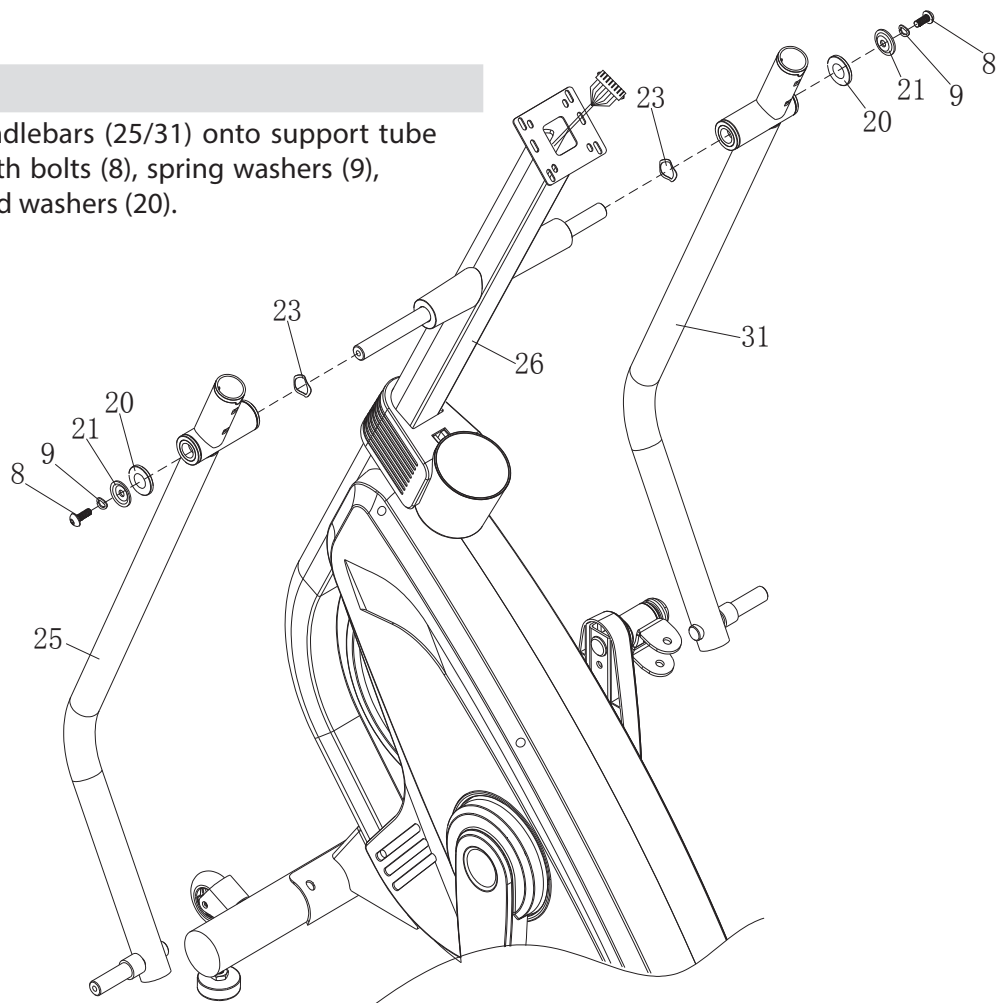
Step 3



- Push the Bottle Holder (92) over the lower part of the support tube (26).
- Connect sensor wire (60) and middle wire (29).
- Attach support tube (26) onto main frame (61), tighten and secure with bolts (8), washers (56), arc washers (58) and spring washers (9). Then, attach bottle (93) onto bottle holder (92).

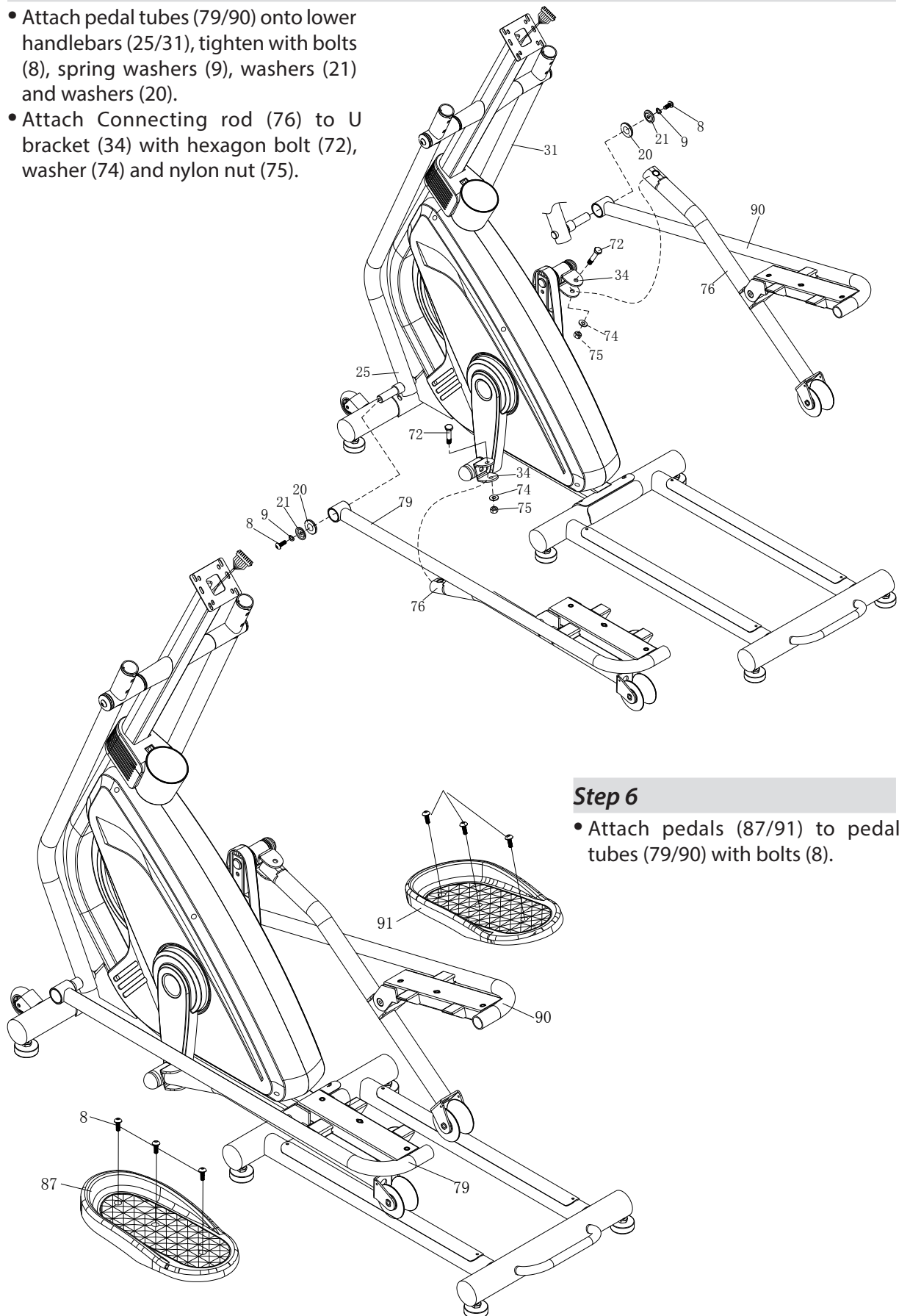
Step 4

- Slide lower handlebars (25/31) onto support tube (26), tighten with bolts (8), spring washers (9), washers (21) and washers (20).



Step 5

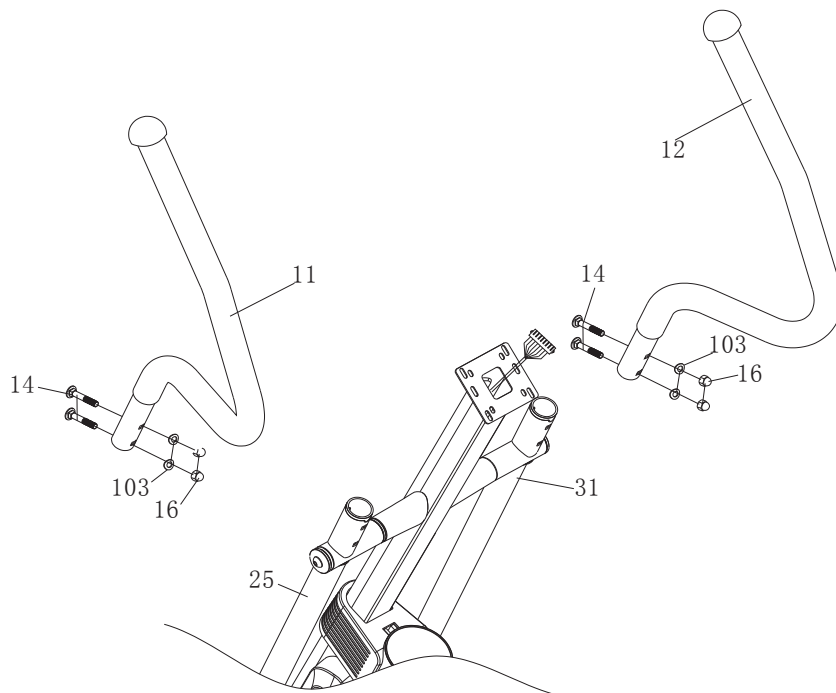
- Attach pedal tubes (79/90) onto lower handlebars (25/31), tighten with bolts (8), spring washers (9), washers (21) and washers (20).
- Attach Connecting rod (76) to U bracket (34) with hexagon bolt (72), washer (74) and nylon nut (75).



Step 6

- Attach pedals (87/91) to pedal tubes (79/90) with bolts (8).

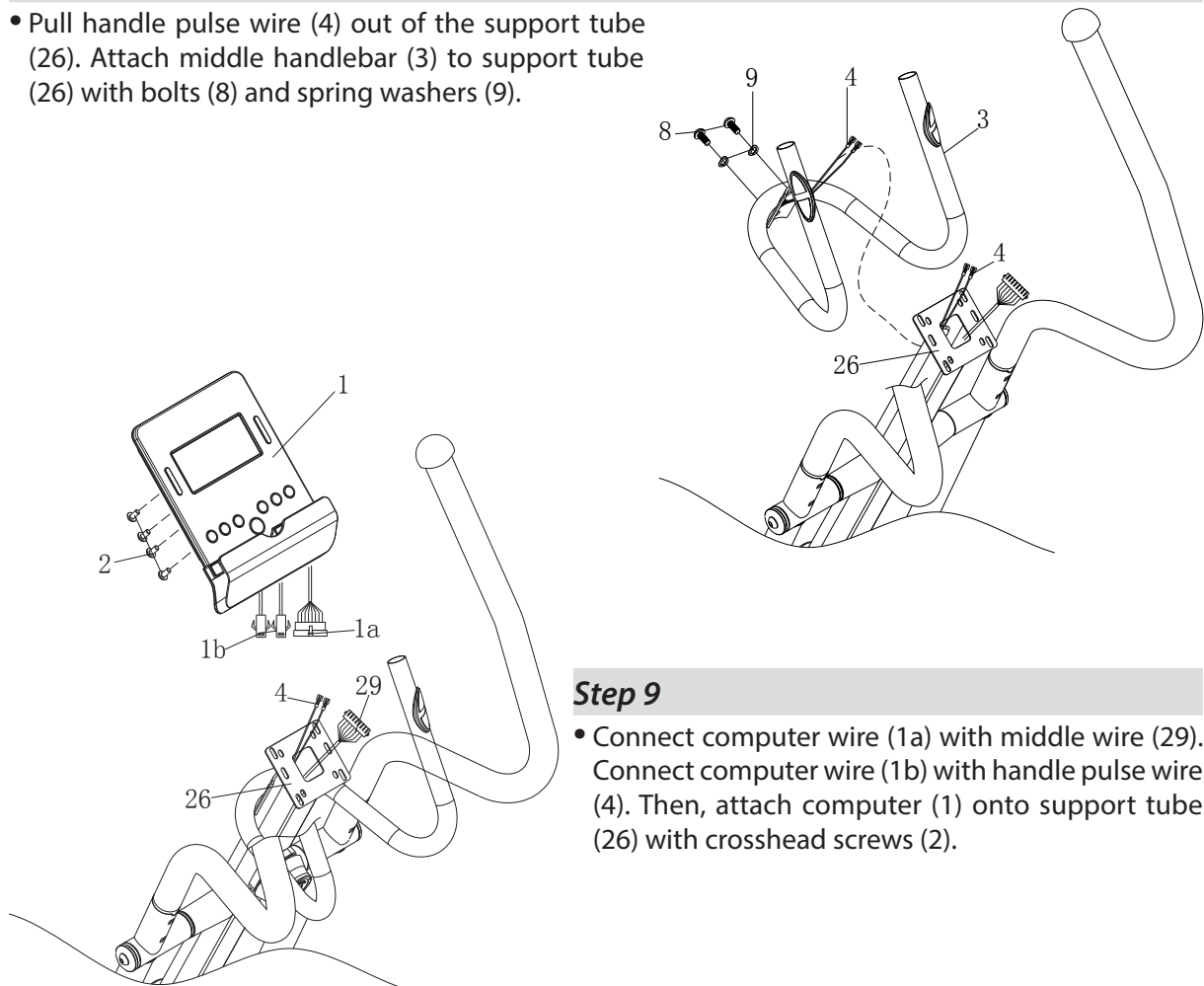
Step 7



- Attach handlebars (11/12) to lower handlebars (25/31) with carriage bolts (14), arc washers (103) and domed nuts (16).

Step 8

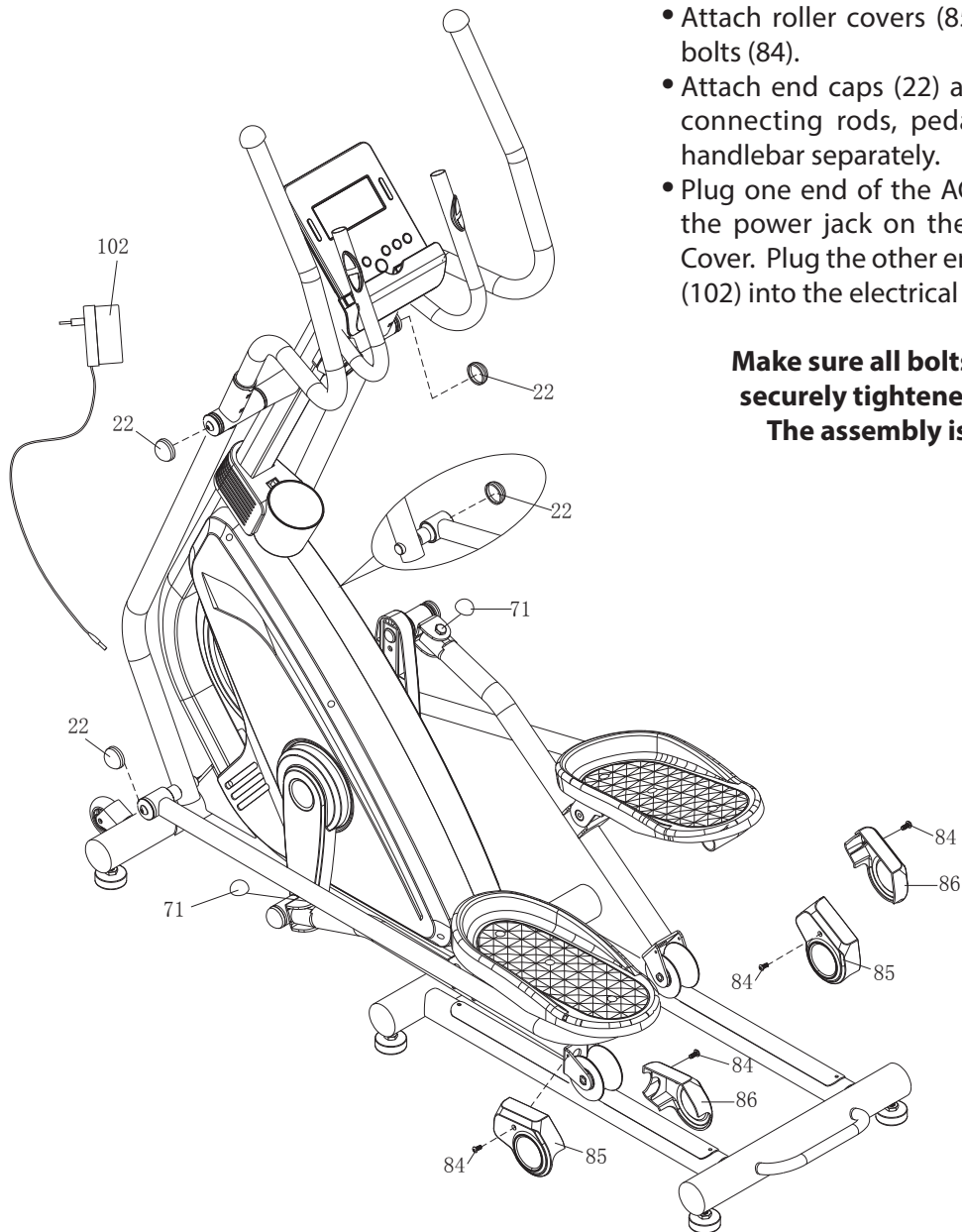
- Pull handle pulse wire (4) out of the support tube (26). Attach middle handlebar (3) to support tube (26) with bolts (8) and spring washers (9).



Step 9

- Connect computer wire (1a) with middle wire (29). Connect computer wire (1b) with handle pulse wire (4). Then, attach computer (1) onto support tube (26) with crosshead screws (2).

Step 10



- Attach roller covers (85/86) to rollers with bolts (84).
- Attach end caps (22) and end caps (71) to connecting rods, pedal tubes and lower handlebar separately.
- Plug one end of the AC Adapter (102) into the power jack on the back of the Chain Cover. Plug the other end of the AC Adapter (102) into the electrical wall outlet.

**Make sure all bolts and nuts are
securely tightened before use.
The assembly is complete!**

COMPUTER OPERATION

DISPLAY FUNCTIONS

TIME	Count up, no preset target. Time will count up from 00:00 to maximum 99:59 with each increment being 1 minute. Count down. If training with preset Time, Time will count down from preset to 00:00.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H.
RPM	Displays the Rotation Per Minute. Display range 0~999
DISTANCE	Accumulates total distance from 0.00 up to 99.99 KM. The user may preset target distance data by using UP/DOWN button. Each preset increment or decrement is 0.1KM between 0.00 to 99.90.
CALORIES	Accumulates calories consumption during training from 0 to maximum 9999 calories (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment).
PULSE	User may set up target pulse from 0-30 to 230 and computer buzzer will beep when actual heart rate is over the target value during workout.
WATTS	Display current workout power consumption in watts. Display range 0~999. In Watt Program mode, the computer will try to keep the preset watt value (0~350).
MANUAL	Manual mode workout.
BEGINNER	4 PROGRAM selection.
ADVANCE	4 PROGRAM selection.
SPORTY	4 PROGRAM selection.
CARDIO	Target HR training mode.
WATT PROGRAM	WATT constant training mode.

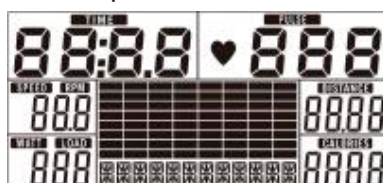
KEY FUNCTION

Up	Increase resistance level. Setting selection.
Down	Decrease resistance level. Setting selection.
Mode	Confirm setting or selection.
Reset	Press and hold for 2 seconds, computer will reboot and start from user setting. Reverse to main menu during preset workout value or stop mode.
Start/Stop	Start or Stop workout.
Recovery	Test heart rate recovery status.
Body fat	In stop mode, press it for body fat measurement (%) and BMI.

OPERATION

POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds (Drawing 1). After 4 minutes without pedaling or pulse input, the console will enter into power saving mode. Press any key to wake the console up.



Drawing 1

WORKOUT SELECTION

Use UP or DOWN to select workout Manual (Drawing 2) → Beginner (Drawing 3) → Advance (Drawing 4) → Sporty (Drawing 5) → Cardio (Drawing 6) → Watt (Drawing 7).



Drawing 2



Drawing 3



Drawing 4



Drawing 5



Drawing 6



Drawing 7

Manual Mode

Press START in main menu to start workout in manual mode.

1. Use UP or DOWN to select workout program, choose Manual and press MODE to get into.
2. Use UP or DOWN to set TIME (Drawing 8), DISTANCE (Drawing 9), CALORIES (Drawing 10), PULSE (Drawing 11) and press MODE/ENTER to confirm.
3. Press START/STOP keys to start workout. Use UP or DOWN to adjust load level. Load level is displayed in the WATT window. If you make no adjustment for 3s, the console will switch to display WATT (Drawing 12).
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.



Drawing 8



Drawing 9



Drawing 10



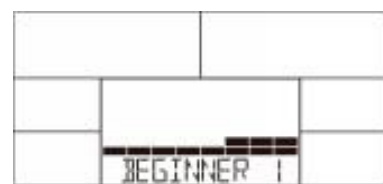
Drawing 11



Drawing 12

Beginner Mode

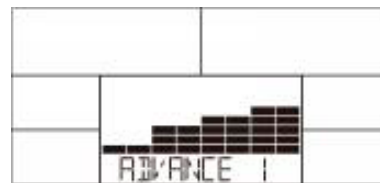
1. Use UP or DOWN to select workout program, choose Beginner mode and press MODE/ENTER to get into.
2. Use UP or DOWN to select Beginner program 1~4 (Drawing 13) and press MODE/ENTER to get into.
3. Use UP or DOWN to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN to adjust load level.
5. Press START/STOP key to pause workout. Use RESET to reverse to main menu.



Drawing 13

Advance Mode

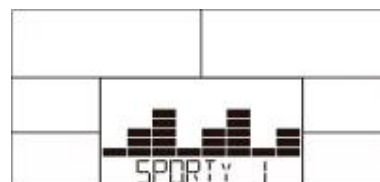
1. Use UP or DOWN to select workout program, choose Advance mode and press MODE/ENTER to get into.
2. Use UP or DOWN to select Advance program 1~4 (Drawing 14) and press MODE/ENTER to get into.
3. Use UP or DOWN to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN to adjust load level.
5. Press START/STOP key to pause workout. Use RESET to reverse to main menu.



Drawing 14

Sporty Mode

1. Use UP or DOWN to select workout program, choose Sporty mode and press MODE/ENTER to get into.
2. Use UP or DOWN to select Sporty program 1~4 (Drawing 15) and press MODE/ENTER to get into.
3. Use UP or DOWN to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN to adjust load level.
5. Press START/STOP key to pause workout. Use RESET to reverse to main menu.



Drawing 15

Cardio Mode

1. Use UP or DOWN to select workout program, choose H.R.C. and press MODE/ENTER to get into.
2. Use UP or DOWN to set Age (Drawing 16).
3. Use UP or DOWN to select 55% (Drawing 17), 75%, 90% or TAG (TARGET H.R.) (default: 100).
4. Use UP or DOWN to set workout TIME.
5. Press START/STOP key to start or stop workout. Use RESET to reverse to main menu.



Drawing 16



Drawing 17

Watt Mode

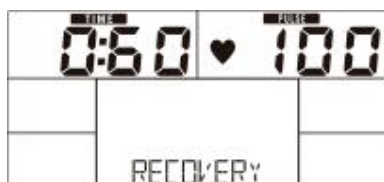
1. Use UP or DOWN to select workout program, choose WATT and press MODE/ENTER to get into.
2. Use UP or DOWN to set WATT target (default: 120, Drawing 18).
3. Use UP or DOWN to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN to adjust Watt level.
5. Press START/STOP key to pause workout. Use RESET to reverse to main menu.



Drawing 18

Recovery

After exercising for some time, press the RECOVERY key and keep holding on hand grips or wearing chest strap. All functions display will stop except "TIME", which starts counting down from 00:60 to 00:00 (Drawing 19). The screen will display your heart rate recovery status as F1, F2... to F6. F1 is the best, F6 is the worst (Drawing 20). The user may keep exercising to improve the heart rate recovery status (Press the RECOVERY button again to return the main display).



Drawing 19



Drawing 20

Body Fat

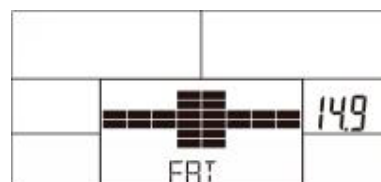
1. In STOP mode, press the BODY FAT key to start body fat measurement.
2. Console will ask user to input GENDER (Drawing 21), AGE, HEIGHT, WEIGHT, then begin to measure.
3. During measuring, users have to hold both hands on the hand grips. The LCD will display "=====" (Drawing 22) for 8 seconds until computer finishes measuring.
4. LCD will display BODY FAT advice symbol, BODY FAT percentage (Drawing 23), BMI (Drawing 24) for 30 seconds.
5. Error message:
 - The LCD displays "=====" (Drawing 25) means the user did not grip the handgrips or wear the chest strap correctly.
 - E-1= There is no heart rate signal input detected.
 - E-4 = Occurs when FAT% is below 5 or exceeds 50 and BMI result is below 5 or exceeds 50 (Drawing 26).



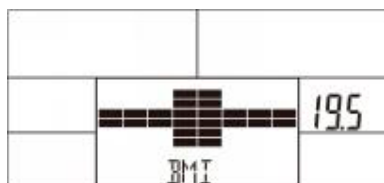
Drawing 21



Drawing 22



Drawing 23



Drawing 24



Drawing 25



Drawing 26

Noted:

1. After 4 minutes without pedaling or pulse input, console will enter into power saving mode. Press any key may wake the console up.
2. When computer acts abnormal, please pull out the adaptor and plug in again.

WARM-UP EXERCISES

A proper workout consists of warm-up, aerobic exercise and relaxation. Repeat the program 2 or, preferably, 3 times a week, relaxing one day in between. After a few months you will be able to increase the frequency of your workouts to 4 or 5 times per week. Warming up should be a key part of your exercise, something not to be missed. It prepares your body for more strenuous exercises by warming and stretching your muscles, increasing blood circulation and heart rate and sending more oxygen to your muscles. Repeat these exercises after your workout to minimize muscle soreness. We suggest the following exercises:

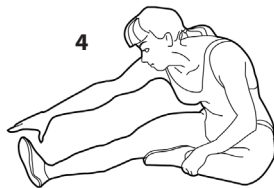
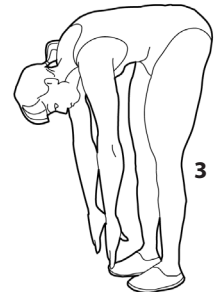


1. Quadriceps stretch: Lean against the wall using your right hand while bending your left leg backwards and holding it with the other hand. Try to bend the leg as much as you can. Hold this position for 15 seconds. Repeat for the right leg.



2. Adductor stretch: Sit down pulling your feet towards you, knees bent and the soles pressed together. Then use your elbows to press your knees towards the floor. Perform 15 repetitions.

3. Touch your toes: Bend your waist slowly forward with your knees slightly bent and your hands trying to grip the toes. Hold this position for 15 seconds.



4. Hamstring stretch exercise: Sit with your right leg outstretched towards the front and the left one tucked in with the sole touching the right leg. Lean forward trying to grab the toes of the outstretched foot. Perform 15 repetitions. Rest for a while and repeat with the other leg outstretched.

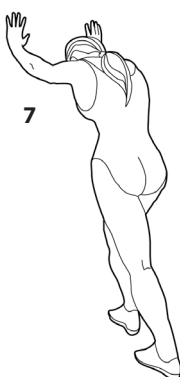
5. Neck stretching (Head rolling): Tilt your head to the right, feeling the stretching of the left side of the neck. Then tilt your head towards the other side. Finally, tilt the head once forward and once backwards.



6. Shoulder lift: Raise your right shoulder as close as you can to your ear. Repeat with the left shoulder. This exercise should be performed at a slow pace.



7. Achilles tendon stretch: This exercise is performed by leaning on a wall, which you press with your hands. The right foot should be bent at the knee and the left one stretched backwards, the soles of both feet touching the ground. Repeat the exercise by reversing the feet.



8. Side stretching: Stretch your hands upwards and try to lift your left outstretched hand as high as possible, so that you feel your left side being pulled. Repeat for the right hand.



ELDICO
sport



Distributed by **ELDICO SPORT SA**

eMail: support@eldico.gr • Web Site: eldico.gr