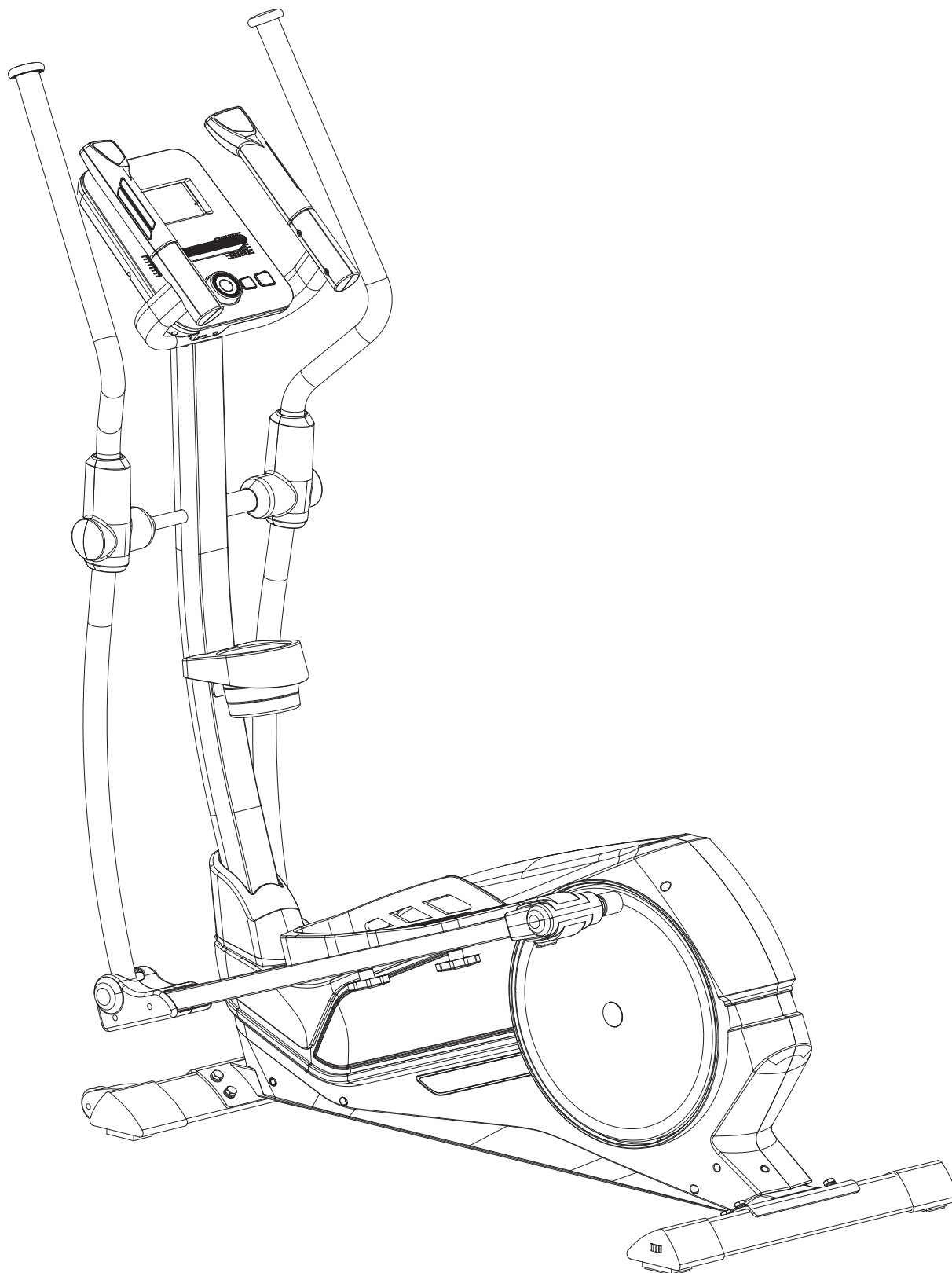


EX6P ELLIPTICAL

AMiLA®

(code: 92307)

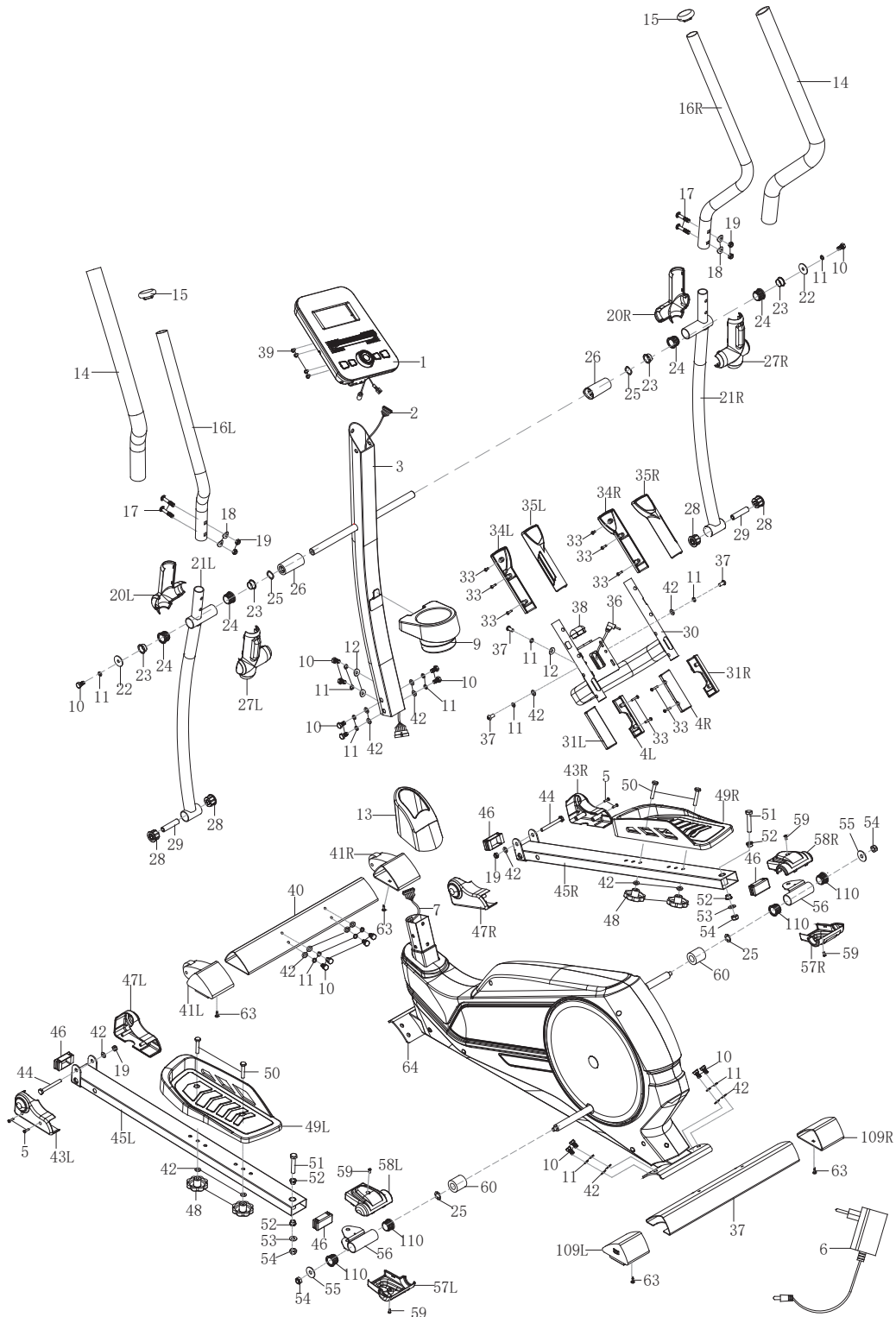
Assembly instructions & User manual

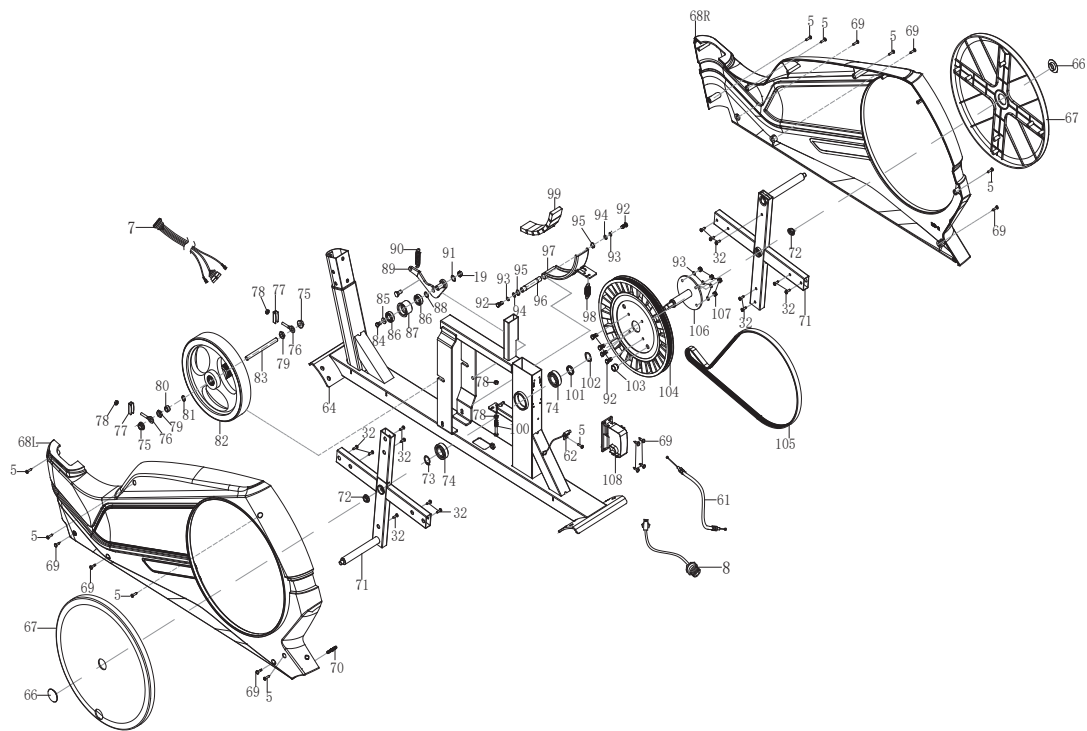


IN ORDER FOR THE WARRANTY TO BE VALID,
PLEASE, BEFORE YOU BEGIN
ASSEMBLING AND USING THE BIKE,
READ THIS INSTRUCTIONS.

EX6P Elliptical (#92307) Assembly instructions & User manual

EXPLODED DRAWING






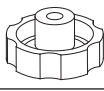

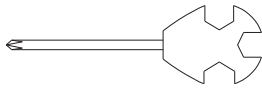


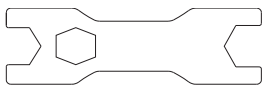

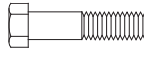


IMPORTANT SAFETY INFORMATION

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 120 KG.
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving is required.
12. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only, it is not intended for commercial use!

ASSEMBLY INSTRUCTIONS

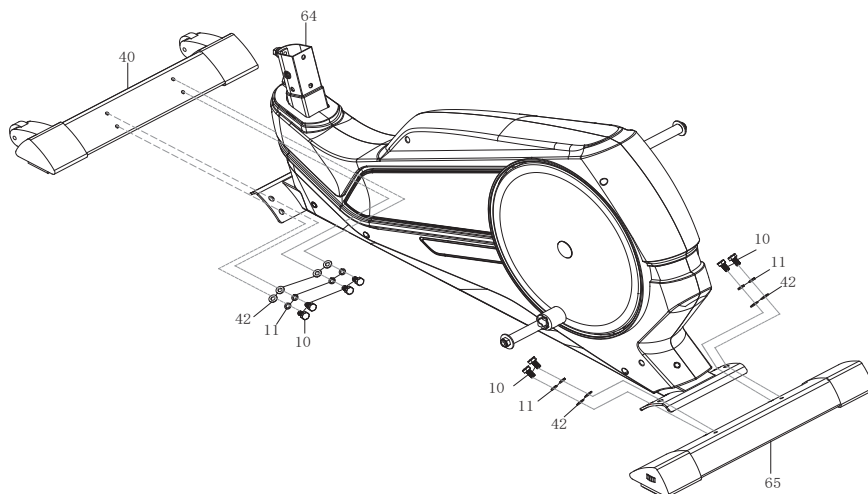
Remove all parts from the box and place them on the floor. Assembling the elliptical is not difficult. Follow the instructions and you will finish in about 15-20 minutes.

PARTS AND TOOLS

#	PCS	DESCRIPTION	DRAWING	#	PCS	DESCRIPTION	DRAWING
5	4	Bolt ST4.2x19		48	4	Nut M8xΦ60x30	
17	4	Bolt 8*43*20*H3		A	2	Wrench S13-14-15	
18	4	Arc Washer d8xΦ20xR16					
19	4	Nylon Nut 8xS13		B	1	Spanner S17-19	
42	4	Washer d8xΦ16					
50	4	Bolt M8x45xS14		C	1	Allen Wrench S5	
59	4	Bolt M5x10					

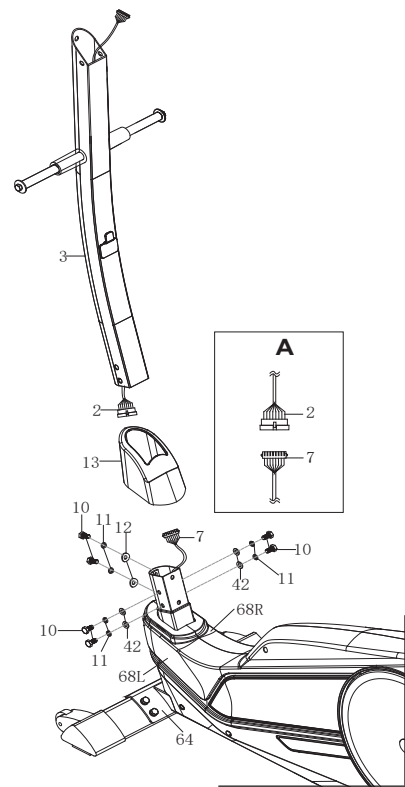
STEP 1

- Remove bolts (10) and washers (11 & 42) from the front (40) and back (65) stabilizer.
- Attach the stabilizers (40 & 65) to the main frame (64) with the bolts and washers that you removed previously.

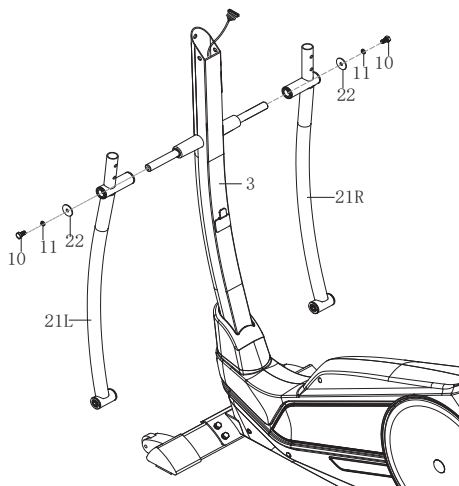


STEP 2

- Place the handlebar post cover (13) to the handlebar post (3).
- Connect the two trunk wires (2 & 7, Fig. "A").
- Remove bolts (10) and washers (11, 12 & 42) from the main frame (64).
- Place the handlebar post (3) on the top of the main frame (64) and attach it with the bolts and washers that you removed previously.
- Push the handlebar post cover (13) all the way down the handlebar post (3) to cover the join.



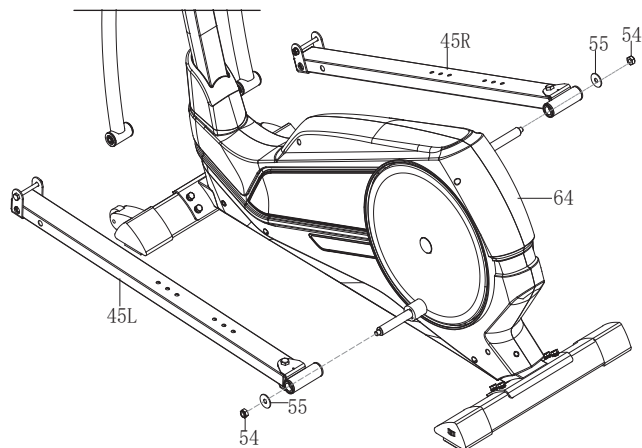
STEP 3



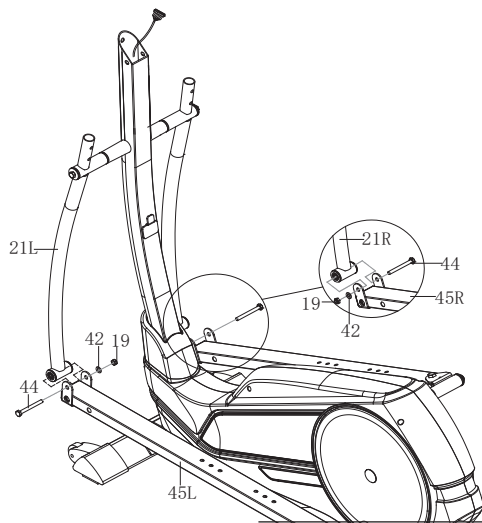
- Remove bolts (10) and washers (11 & 22) from the handlebar post (3).
- Thread the swing bars (21R & 21L) to the axles of the handlebar post (3) and fasten them with the bolts and washers that you removed previously.

STEP 4

- Remove the nuts (54) and washers (55) from the axles.
- Thread the pedal arms (45L & 45R) and secure them with the nuts and washers that you removed previously.



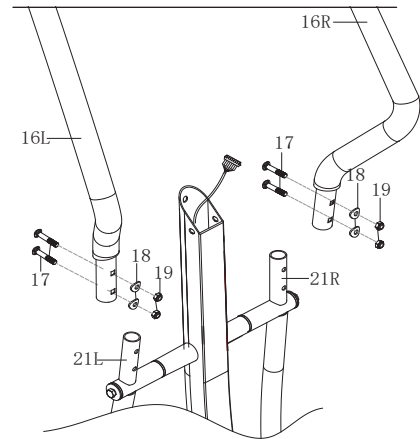
STEP 5



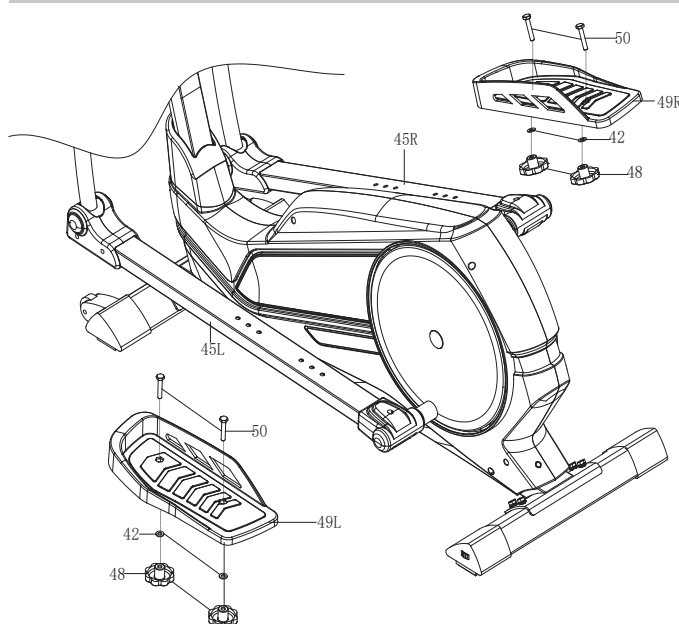
- Remove bolts (44), washers (42) and nuts (19) from the front end of the pedal arms (45).
- Connect the ends of the swing bars (21L & 21R) to the pedal arms (45) with the bolts, washers and nuts that you removed previously.

STEP 6

- Attach the handlebars (16L & 16R) to the swing bars (21L & 21R) with bolts (17), washers (18) and nuts (19).



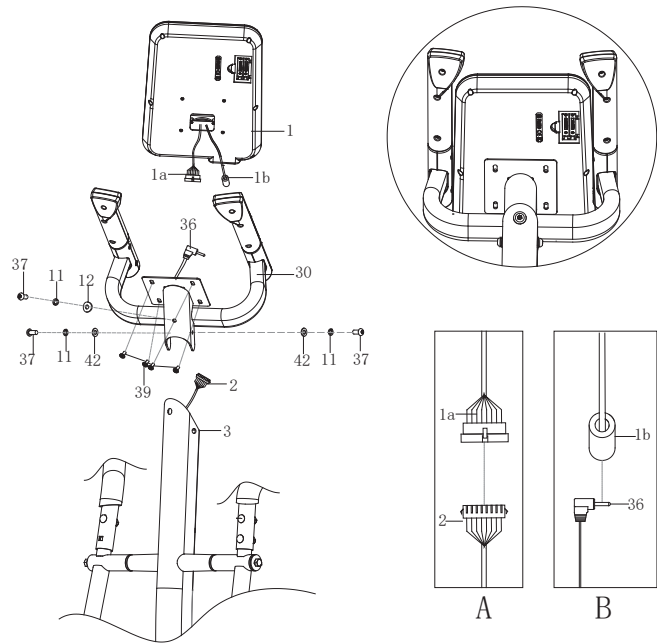
STEP 7



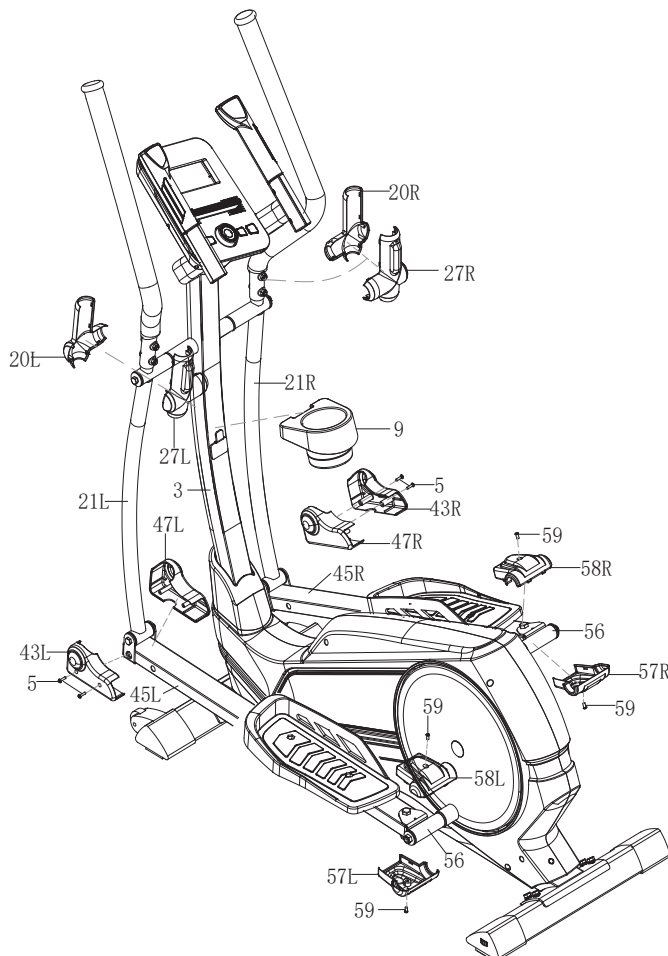
- Attach the pedals (49L & 49R) to the pedal arms (45) with bolts (50), washers (42) and nuts (48).

STEP 8

- Connect the two parts of the handle pulse wire, where one (1b) is on the back of the console (1) and the other (36) from the hole on the fixed handlebars (30).
- Draw the other cable (1a) from the back of the console (1) through the hole of the fixed handlebars (30).
- Remove the bolts (39) from the back of the console (1).
- Place the console (1) on the fixed handlebars (30) and secure it with the bolts (39) you just removed.
- Connect the other two cables (1a and 2), the second coming out from the top of the handlebar post (3).
- Remove bolts (37) and washers (11, 12 & 42) from the fixed handlebars (30).
- Place the fixed handlebars (30) on the handlebar post (3) and secure them with the bolts and washers you just removed.

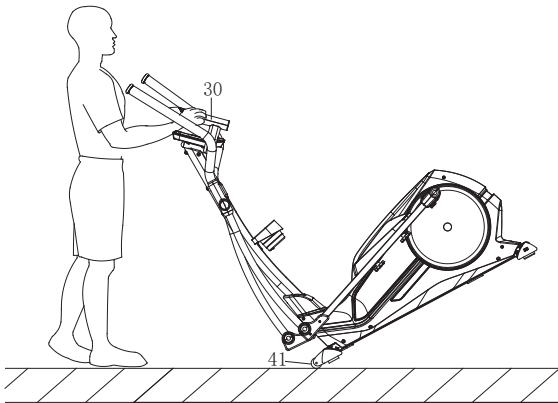


STEP 9



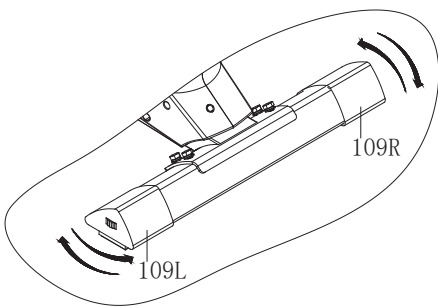
- Place the covers (57L/R & 58L/R) on the pedal arm joints (56) and secure them with bolts (59).
- Place the covers (43L/R & 47 L/R) for the pedal arms (45) and secure them with bolts (5).
- Place the covers (20L/R & 27L/R) on the swing bar (21L & 21R).
- Put the bottle holder (9) to the handlebar post (3).

MOVING THE ELLIPTICAL



To move the machine, press on the middle handlebar (30) until the transportation wheels on the front stabilizer (41) touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

ADJUSTING THE BALANCE



When this machine is placed on an uneven surface, please adjust both foot pads on end cap (109L/R) according to the drawing on the left until it is perfectly stabilized.

INSTRUCTION OF USE

Console readings

SPEED	Speed you are moving	PROGRAM	Selected program
TIME	Time you exercise	LEVEL	Resistance of the elliptical
DISTANCE	Distance you have covered	RPM	Rotations/steps per minute
CALORIES	Calories consumed	ODO	Total distance covered
PULSE	Your hear rate	WATT	Energy produced while exercising

Key functions



- UP/DOWN:** You can use the rotating button to adjust your workout parameters, or while exercising, change the resistance of the elliptical.
- MODE/ENTER:** Press it to choose functions or accept values you have selected by rotating it. Press it while exercising in order to change the parameters/values displayed on the screen.
- ST./SP.:** Begin exercising, pause your exercise and resume it, or press twice to stop.
- RESET:** When choosing exercise parameters, press it to reset the value you are changing, or keep it pressed for 3 seconds to reset all values.

RECOVERY: Enter recovery function, that is perform a test to see how haft your hear rate returns to normal after finishing your exercise.

BODYFAT: Enter body fat function, that is to see the percentage of fat in your body. Just keep in mind that, since the elliptical is not a dedicated medical machine, these readings are not as accurate and should be used only for comparison between exercise sessions.

Using the elliptical

Choosing a program

After connecting the power supply, use UP/DOWN to select a program, confirming your selection by pressing inwards (ENTER).

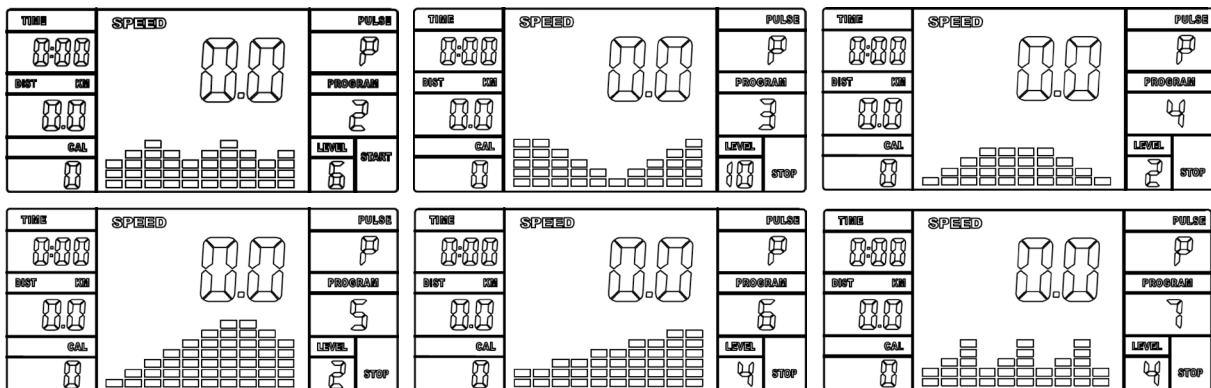
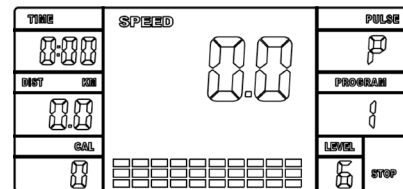
After choosing a program, you may choose the parameters you want to set as a target for your workout. Take note that not all parameters are adjustable in all programs. You change a parameter's value using UP/DOWN and choosing with ENTER, the value of said parameter will be flashing on the screen. You may leave any or all parameters to their default values by pressing ST./SP. to begin exercising without setting any more parameters.

Manual (P1)

Use UP/DOWN to select Manual και πατήστε ENTER. Time will flash. Adjust time with UP/DOWN and pressing enter, then move to the next parameter, or you may leave them at their default values by pressing ST./SP. to start exercising, changing the resistance with UP/DOWN.

You can use ST./SP. to temporary pause your workout, pressing it again to continue. To stop exercising, simply step off the elliptical, the console will turn-off automatically in four minutes.

When one of the set parameters counts-down to zero, you will hear an alarm sound and the workout will end. You may press ST./SP. to continue working-out until other/all set parameters reach zero.



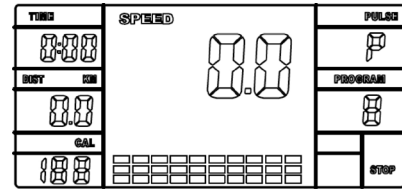
Pre-set programs (P2-P7)

Use UP/DOWN to select the program you want (P2-P7) and press ENTER. Time will flash. Adjust time with UP/DOWN and pressing enter, then move to the next parameter, or you may leave them at their default values by pressing ST./SP. to start exercising. The elliptical's resistance will change according to the set values of the program. You may see a graphic representation of the resistance of each program on the above pictures.

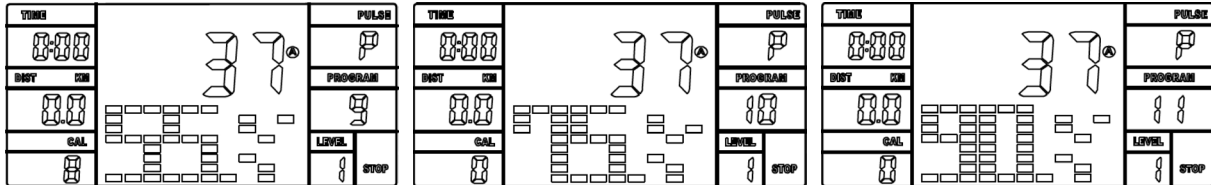
You can use ST./SP. to temporary pause your workout, pressing it again to continue. When one of the set parameters counts-down to zero, you will hear an alarm sound and the workout will end. You may press ST./SP. to continue working-out until other/all set parameters reach zero.

WATT Program (P8)

Use UP/DOWN to select the WATT program (P8) and press ENTER. Then set the values for Time, Distance and Calories. Press ST./SP. to start exercising. The elliptical's resistance will change according to your speed in order to reach the set watt value, which value you can adjust while exercising using UP/DOWN.



Heart Rate Control Programs (P9-P11)



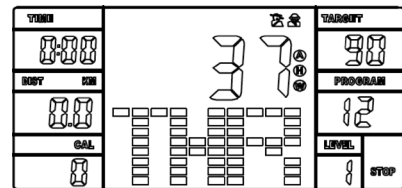
Use UP/DOWN to select between 3 heart rate programs (P9-P11), where P9: 55% of the maximum allowed heart rate for your age, P10: 75% and P11: 90%. The maximum allowed value is calculated by subtracting your age from the number 220.

Afterwards, Time will flash. Adjust time with UP/DOWN and pressing enter, then move to the next parameter, or you may leave them at their default values by pressing ST./SP. to start exercising.

While exercising, you must keep holding the hear rate sensors on the fixed handlebars. The resistance will be automatically changed every 10 seconds, the program constantly striving to keep your hear rate as close as possible to the chosen value.

Target Heart Rate Program (P12)

This program works in the same way as the other Heart Rate Programs, with the sole difference that you input the exact value of preferred heart rate you want to exercise with.

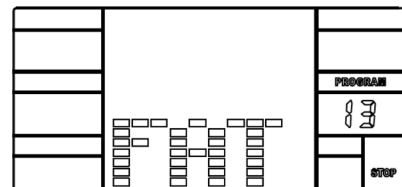


Body Fat Program (P13)

While in standby, press the Body Fat button. You will see MALE flashing. Select your gender using UP/DOWN and pressing ENTER.

Next, you will be required to enter your Age, Height and Weight. Finally, press ST./SP. to begin the measurement.

Grasp both heart rate sensors. In about 15 seconds you will see the result of the measurement, analyzed with many values, such as BMI, Body Fat %, BMR and Body Type, where



Type	Fat percentage
1	5%-9%
2	10%-14%
3	15%-19%
4	20%-24%
5	25%-29%
6	30%-34%
7	35%-39%
8	40%-44%
9	45%-50%


Keep in mind that, since the elliptical is not a medical machine, these measurements can only be used as a way to compare your different workouts.

RECOVERY function: After exercising for some time, press this button and hold the heart rate sensors. The console will perform a countdown of approximately 60 seconds, after which you will see a value (F1-F6), where

1.0	Excellent
1.0 < F < 2.0	Very nice
2.0 < F < .9	Nice
3.0 < F < 3.9	Adequate
4.0 < F < 5.9	Lower than most
6.0	Poor

The values relate to the speed with which your hear beat returns to normal values after finishing your workout, reflecting your overall physical condition.

Use with phone/tablet

 **Bluetooth** Download and install from the Apple Store or Google Play Store a compatible application as Kinomap, Zwift or Fitshow. Enable the Bluetooth function on your phone/tablet and follow the on-screen instructions to connect the application to the elliptical.



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:

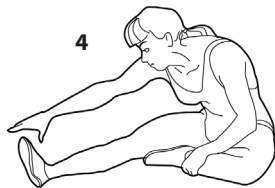
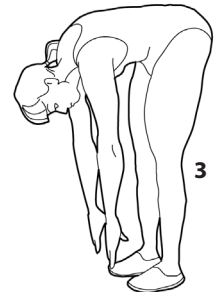


1. Quadriceps stretch: Lean against the wall using your right hand while bending your left leg backwards and holding it with the other hand. Try to bend the leg as much as you can. Hold this position for 15 seconds. Repeat for the right leg.



2. Adductor exercise: 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 the 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. Biceps 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.

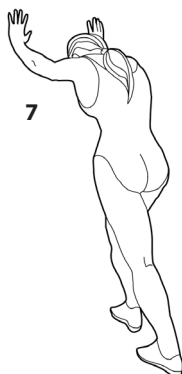
5. Neck stretching (Head rolling): Tilt your head to the right, feeling the stretching of the left side of the neck. Then tilt your head towards the other side. Finally, tilt the head once forward and once backwards.



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. Tension of the Achilles tendon: 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.



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