SPIRIT

CE800+ Elliptical
OWNER'S MANUAL

Please carefully read this entire manual before operating your new elliptical.

TABLE OF **CONTENTS**

XE890E-SE027_2104(SP)A

IMPORTANT **SAFETY INSTRUCTIONS**

WARNING - Read all instructions before using this exercise equipment.

WARNING - Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

- Do not operate elliptical on deeply padded, plush or shag carpet. Damage to both carpet and elliptical may result.
- Keep children away from the elliptical. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- Do not attempt to use your elliptical for any purpose other than for the purpose it is intended.
- The hand pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your elliptical. Quality athletic shoes are recommended to avoid leg fatigue.
- Children should be supervised to ensure that they do not play with the exercise equipment.
- Notes on the correct posture and the fact the pedal crank training equipment of class B and C are not suitable for therapeutic purposes
- Be aware that the generator is producing AC power while the elliptical is being used. Do not service the elliptical while the generator is spinning; serious electric shock could occur.
- **WARNING:** Injuries to health may result from incorrect or excessive training.
- The elliptical trainer is not equipped with a free wheel and therefore the moving parts cannot be stopped immediately.
- **WARNING:** The individual human power which is required to carry out an exercise can be different than the mechanical power displayed.
- This exercise equipment is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the exercise equipment by a person responsible for their safety.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Close supervision is necessary when this exercise equipment is used by, on, or near children, invalids, or disabled persons.
- To mount and dismount the equipment safely, one foot-platform should be in the lowest position.
- **WARNING** – Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
- **WARNING** – The equipment shall be installed on a stable base and properly leveled.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT **ELECTRICAL INSTRUCTIONS**

WARNING!

Be aware that the generator is producing A.C. power while the elliptical trainer is being used. Do not service the elliptical trainer while the generator is spinning; serious electric shock could occur.

NEVER expose this elliptical trainer to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 5 to 48 degrees Celsius (40 to 120 degrees Fahrenheit), and humidity is 95% non-condensing (no water drops forming on surfaces).

IMPORTANT **OPERATION INSTRUCTIONS**

- **NEVER** operate this elliptical without reading and completely understanding the results of any operational change you request from the computer.
- **All users** should have medical clearance before starting any rigorous exercise program. This is especially important for persons with a history of heart disease or other high risk factors.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while pedaling on your elliptical; such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.
- Always hold on to a handle bar while making control changes.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. If you feel the buttons are not functioning properly with normal pressure contact your dealer.

ASSEMBLY INSTRUCTIONS

UNPACKING

1. Cut the straps, then lift the box over the unit and unpack.

2. Locate the hardware package. The hardware is separated into four steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.
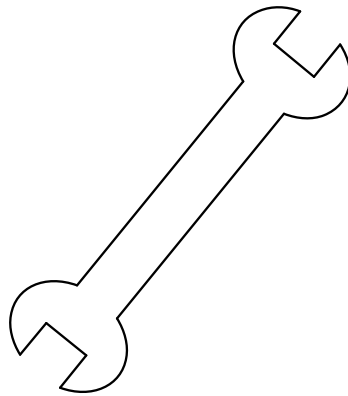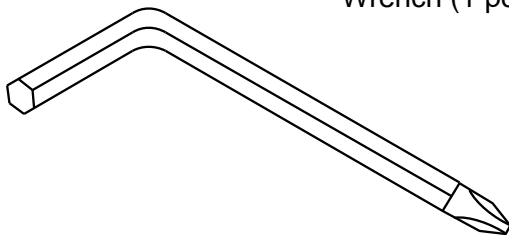
ASSEMBLY TOOLS
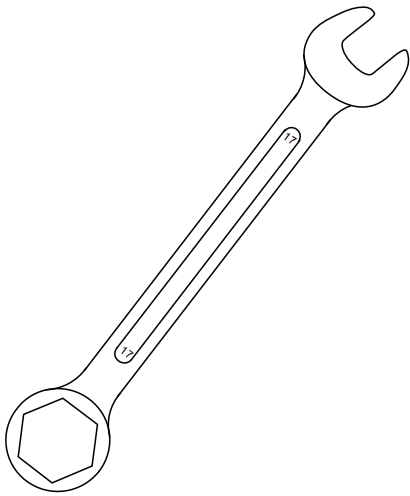
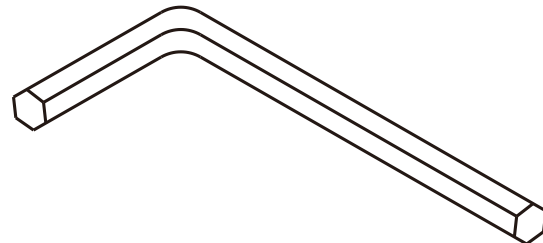**#125.** 17 mm Wrench (1 pc)
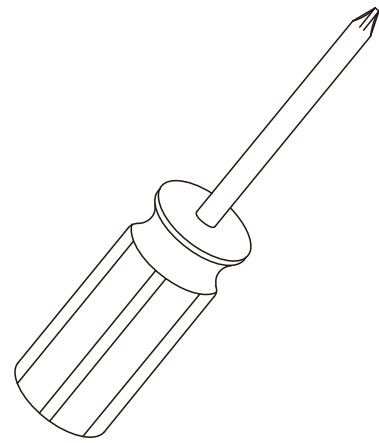
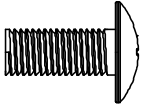**#126.** Phillips Head Screw driver (1 pc)

#122. 13/14 mm Wrench (1 pc)

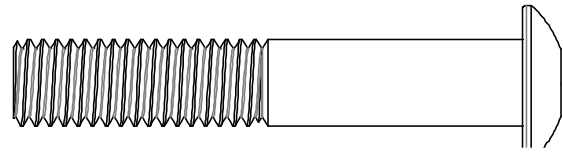**#123.** Combination M6 Allen Wrench & Phillips Head Screw (1 pc)
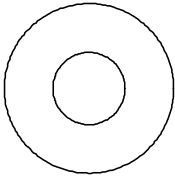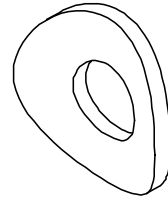
#124. M12_L Allen Wrench (1 pc)

Step 1

#78 - M5 x 12mm
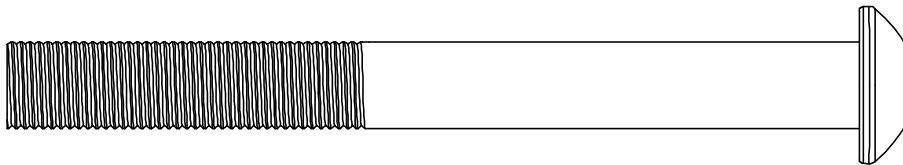Phillips Head Screw (4 pcs)

#106 - 3/8" x 2-1/4"
Stainless Steel Bolt (4 pcs)
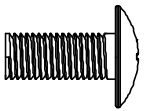
#109 - 3/8"
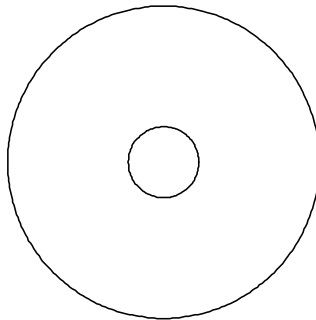Flat Washer (4 pcs)

#108 - 3/8"
Curved Washer (6 pcs)

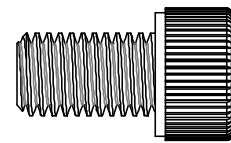#107 - 3/8" x 3-3/4" Stainless Steel Bolt (6 pcs)

Step 2

#78 - M5 x 12mm
Phillips Head Screw (4 pcs)

#87 - 5/16"
Flat Washer (2 pcs)

#97 - 5/16" x 15mm
Bolt W / Loctite (2 pcs)
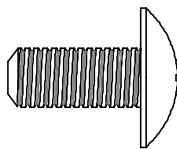
#103 - M6 x 15mm
Phillips Head Screw (2 pcs)
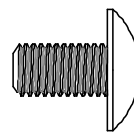
#110 - M5 x 10mm
Phillips Head Screw
W / Loctite (8 pcs)

Step3
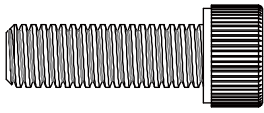
#75 - M8 x 25mm
Socket Cap Bolt (4 pcs)
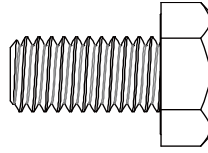
#117 - 3/8"x 3/4"
Hex Head Bolt
W / Loctite (2 pcs)
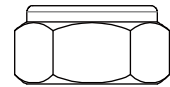
#118 - M10
Nylon Nut (2 pcs)
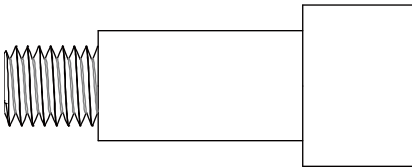
#119 - M10 x 1.5(38L)
Shoulder Bolt (2 pcs)
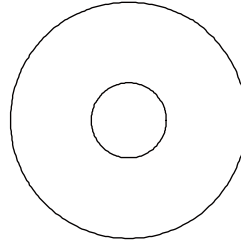
#120 - 3/8" x 30 x 2T
Flat Washer (2 pcs)
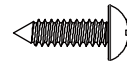
#113 - 3.5x 12mm
Sheet Metal Screw (4 pcs)

#148 - 25mm
Wave Washer (2 pcs)
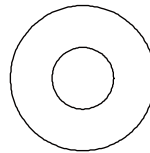
#88 - 5/16" x 23x1.5T
Flat Washer (1 pc)

Step4
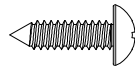
#113 - 3.5 x 12mm
Sheet Metal Screw
(14 pcs)
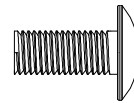
#78 - M5 x 12mm
Phillips Head Screw
(14 pcs)
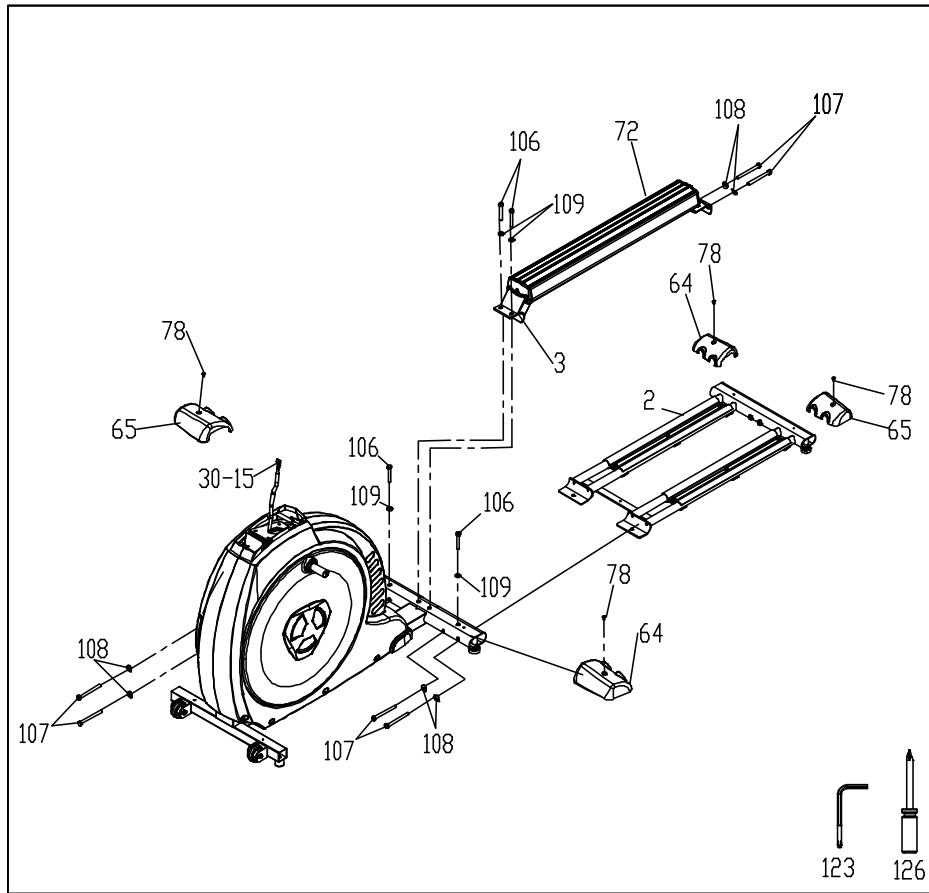
STEP 1

1. Slide the Rail Assembly (No.2) under the rear oval stabilizer tube of the main frame. Secure together with 2 Bolts (No.106) and 2 Flat Washers (No.109) from the top of the tube and 4 Bolts (No.107) and 4 Curved Washers (No.108) from the front of the tube. Make sure all 6 Bolts are tightened securely.

2. Install the Center Aluminum Rail (No.72) with 2 Bolts (No.107) and 2 Curved Washers (No.108) at the rear and 2 Bolts (No.106) and 2 Flat Washers (No.109) at the front.

3. Install the 2 Tube Stabilizer Covers (No.64 L & 65 R) with 2 Screws (No.78) to the middle Stabilizer Tube and the 2 Stabilizer Covers (No.64 L & 65 R) with 2 Screws (No.78) to the rear stabilizer tube.
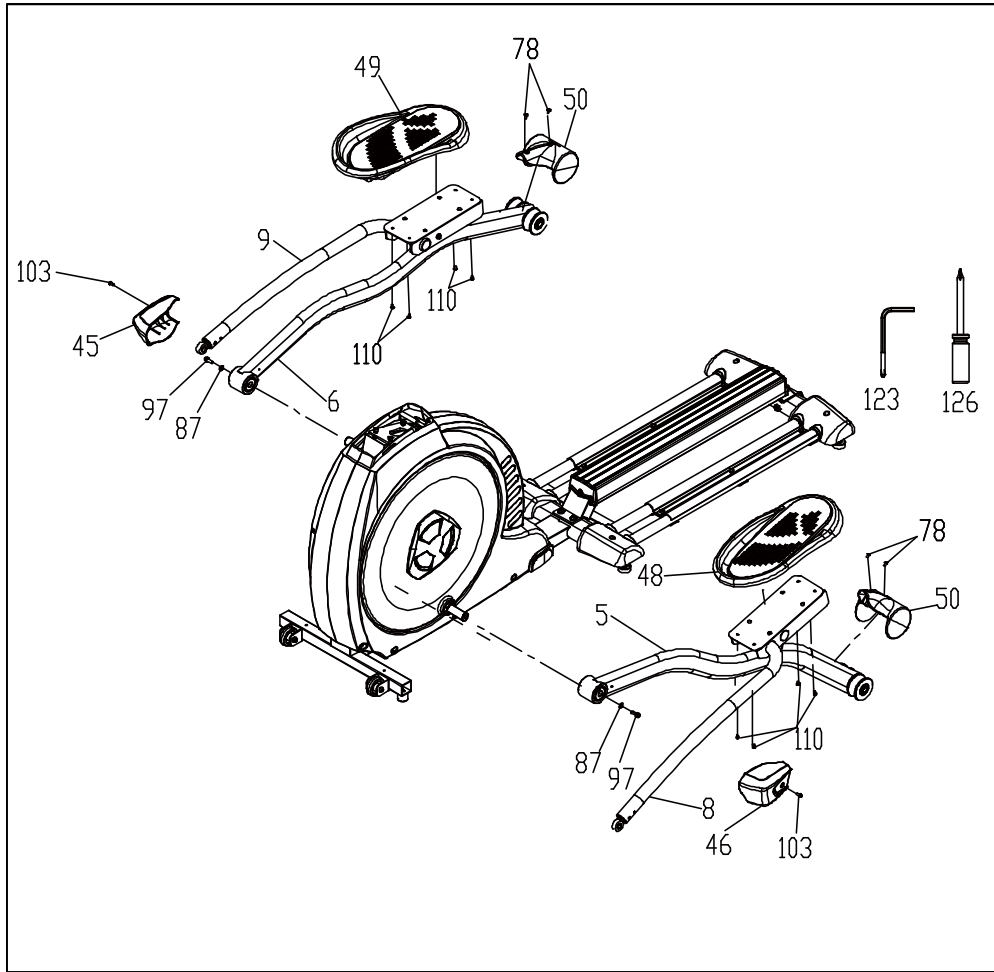
STEP 2

1. Attach Footplates (No. L 48) to the pedal mounting plate with 4 Screws (No.110).
2. Slide the Pedal Arm Assembly (No.5) onto the crank axle of the main body.
   Be careful not to force it because damage to the bearings can occur.
   Secure with a Bolt (No.97) and Flat Washer (No.87).
3. Install the Cover (No.46) over the pedal arm connection at the rotation axle with a Screw (No.103).
4. Install the Roller Wheel Cover (No.50) with 2 Screws (No.78).
5. Repeat all steps with the opposite Pedal Arm Assembly (No.6).
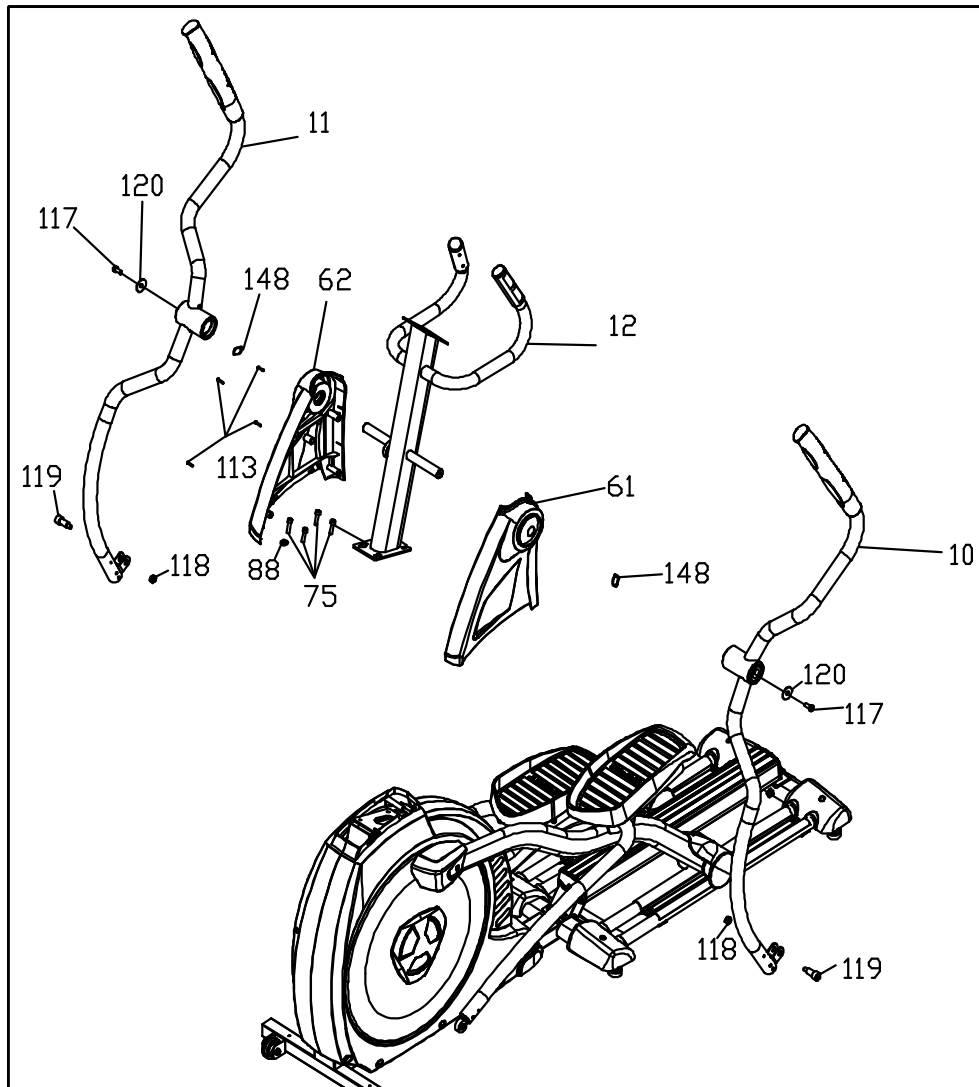
STEP 3

1. Mount the Console Mast Covers (No. 61L & 62R) with 4 Screws (No.113).

2. Install 2 Wave Washers (No.148) onto the Console Mast Axle then install the Swing Arms (No.10L &11R) onto the axles. Do not force them or use a hammer as damage to the bearings can occur. Secure with a Bolt (No.117) and Washer (No.120) on each arm.

3. Attach the bottom of the swing arms to the rod ends of the pedal arms using 2 Shoulder Bolts (No.119) and 2 Nylon Nuts (No.118).
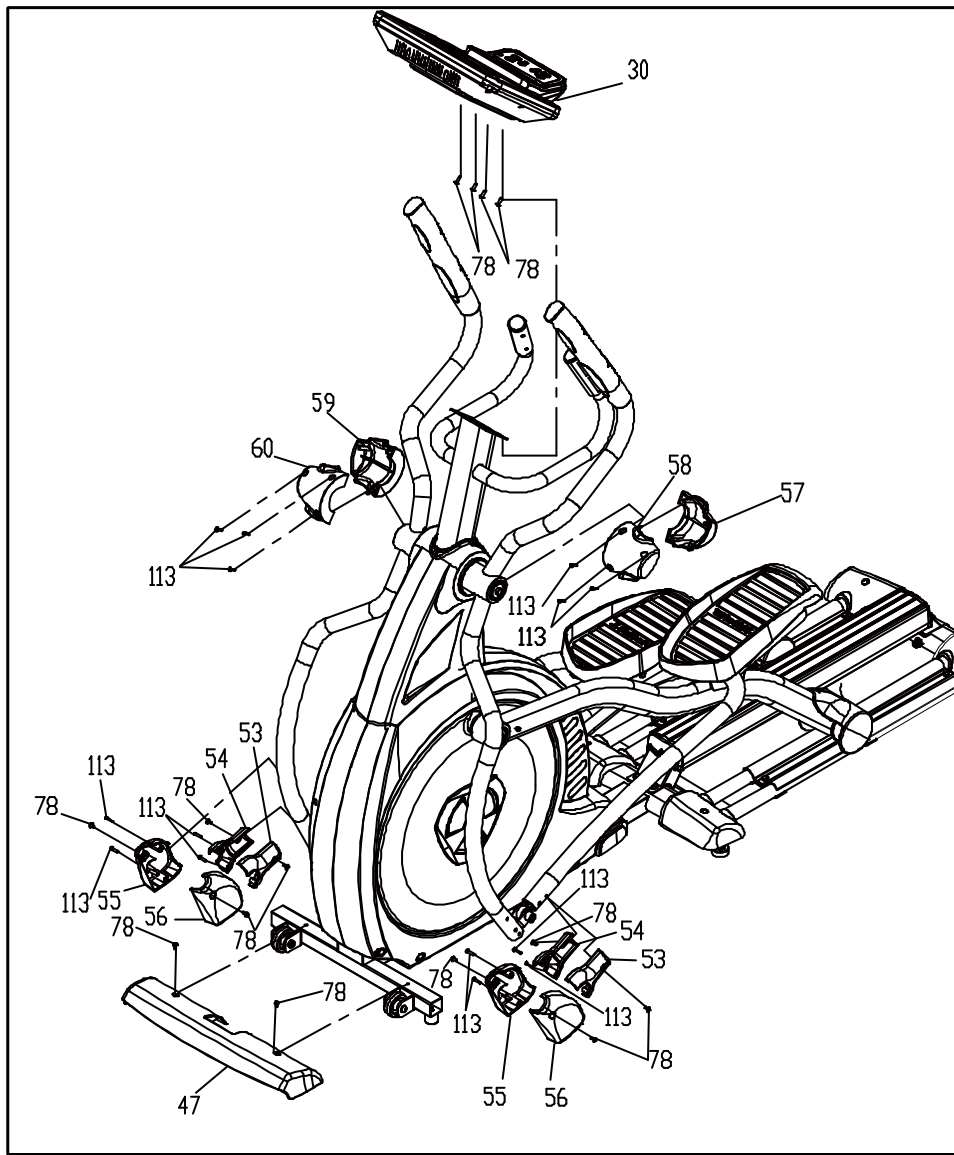
STEP 4

1. Plug the Computer Cable (No.30-15) and Heart Rate Cables (No.35x2) into the corresponding connectors on the back of the Console (No.30). Mount the Console (No.30) to the Mast with 4 Screws (78).

2. Install 4 Swing Arm Covers (No.57/58L & 59/60R) with 6 Screws (No.113).

3. Install 4 Covers (No.53x2 & 54x2) to the end of the Right Pedal Arm with 4 Screws (No.78) and 4 Screws (No.113). Be careful not to install these covers upside down!   There is an arrow on the inside of each cover to indicate the correct installation direction.

4. Install the 4 Covers (No.55x2 & 56x2) to the connection point at the bottom of the Left Pedal Arm using 4 Screws (No.113) and 4 Screws (No.78).

5. Install the Front Stabilizer Cover (No.47) with 2 Screws (No.78).

GETTING ON / OFF YOUR ELLIPTICAL
<u>IMPORTANT</u>

The elliptical comes with two Dual Action Handles and a Stationary Handlebar.

Always hold the Stationary Handlebar when getting on and off the elliptical.

First time users should familiarize themselves with using the elliptical by using the Stationary Handlebar first and then progressing to the Dual Action Handles.

Once you have familiarized yourself with using the elliptical, you can progress to using the Dual Action Handles to provide a total body workout. Hands can be positioned on the Dual Action Handles at the most appropriate position for your height and arm length.

Caution should always be taken when getting on and off any exercise machine.
Please follow the safety steps below.
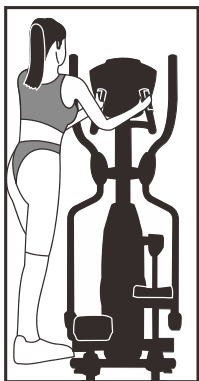
Ensure the left Foot Pedal is in the lowest position and grasp the Stationary Handlebar with both hands.

Place your left foot on the left Foot Pedal and get secure.

Lift your right foot over machine and place on right Foot Pedal. Get balanced and begin your workout.
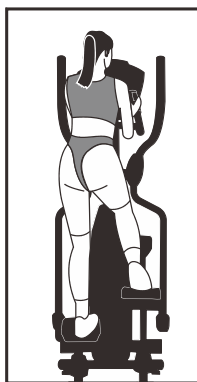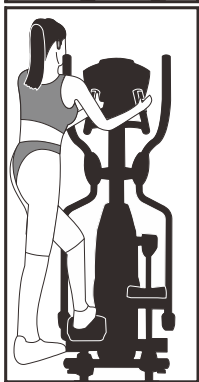
Important

To get off, come to a complete stop and reverse the procedure.

Always wear rubber-soled shoes, such as tennis shoes.

It is recommended that you keep at least one hand on   the Stationary Handlebar at all times, especially when getting on or off. If you are performing a walking action with your arms, or doing upper body strength training exercises, ensure you are well balanced.

All equipment should be set-up and operated on solid, level surfaces.

Correct Position

Your body should be in an upright position so that your back is straight.
Keep your head up to minimize neck and upper back strain.
Always try and use the elliptical in a rhythmical and smooth motion. If you
find yourself feeling uncomfortable, or experience a surging type feeling,
there is probably too much tension.
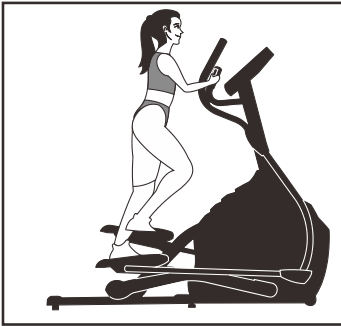
The elliptical can be used in forward or reverse notion.

When going in reverse, bend your knees slightly more. More emphasis is on
the buttocks and hamstrings in the reverse motion.

MOVING YOUR ELLIPTICAL

The elliptical can be easily moved.
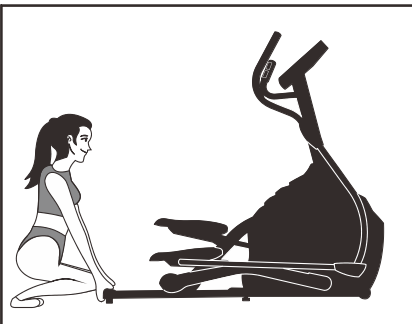
1. At the rear of the machine squat down and grasp the rear stabilizer
bar.
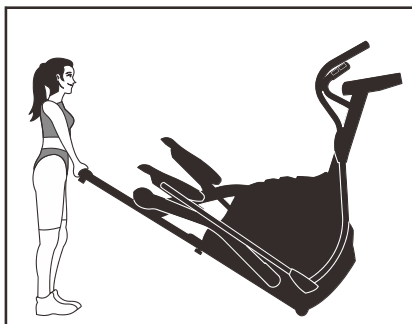
2. Lift the rear of the machine using your legs until the wheels in the
front engage with the ground.

OPERATION OF **YOUR CONSOLE**

Scan Button for LED Windows

LED Data Display Windows

Scan Button for Dot Matrix

Fan

DISTANCE   CALORIES   PULSE   TIME ELAPSED

688   65   88   0:33

SPEED   WATTS   METs   TIME REMAINING

TRACK

PROFILE

1.4 Mi

ENTER

PROGRAM

WARNING!
Heart rate monitoring system may be inaccurate.
If you feel faint stop exercising immediately.
AVERTISSEMENT!
Le système de lecture de la fréquence
cardiaque peut être inexact.
Si vous vous sentez faible, arrêtez
immédiatement de faire de l'exercice.

RPM   3   9   LEVEL

SPIRIT

LEVEL   START   STOP   LEVEL

Dot Matrix Message Center

Up, Down, Program Controls

USB Charger

Start, Stop, Level Controls

POWER

The commercial elliptical trainers have a built-in generator for power and do not need to be plugged into an AC outlet. To power up the elliptical trainer simply start to pedal, the console will turn on automatically.

When initially powered on, the console will perform an internal self-test. During this time the display may not light up for a few seconds. Continue pedaling and the display will light up. Once powered on, the Dot Matrix Message Center will be scrolling the start-up message. You may now begin your workout program.

CONSOLE OPERATION
Quick Start
This is the quickest way to start a workout. After the console powers up you just press the Start button to begin. This will initiate the Quick Start mode. In Quick Start the Time will count up from zero, all workout data will start to accrue and the workload may be adjusted manually by pressing the Level Up and Down buttons. The Dot Matrix Message Center display will show just the bottom row lit. As you increase the workload more rows will light indicating a harder workout. The elliptical trainer will get harder to pedal as the rows increase. The Dot Matrix Message Center has 24 columns of lights and each column represents 1 minute. At the end of the 24th column (or 24 minutes of work) the display will wrap around and start at the first column again.

There are 40 levels of resistance – displayed as 10 rows of lights - available for plenty of variety. The first 10 levels are very easy workloads, and the changes between levels are set to a good progression for de-conditioned users. Levels 10-20 are more challenging but the increases from one level to the next remain small. Levels 20-30 start getting tough as the levels jump more dramatically. Levels 30-40 are extremely hard and are good for short interval peaks and elite athletic training.

BASIC INFORMATION
The Dot Matrix Message Center, or Profile Window , will display the workout Profile. The LED Data Display Windows display pertinent exercise data. There is a RPM window for pedal speed and a Level window indicating machine resistance.

The LED Data Display Window will initially be displaying Distance, Calories, Pulse, and Time Elapsed information. When the Up/Down Scan button is pressed the next set of information will appear: Speed, Watts, METs, Time Remaining. Pressing the Up/Down Scan button, the Scan mode is activated and the LED Data Display Window will show each set of data for four seconds then switch to the next set of data in a continuous loop. Pressing the Up/Down Scan button again will bring you back to the beginning.

The Stop/Reset button actually has several functions. Pressing the Stop button once during a program will pause the program for 5 minutes. If you need to get a drink, answer the phone, or any of the many things that could interrupt your workout, this is a great feature. To resume your workout during Pause just press the Start button. If the Stop button is pressed twice during a workout, the program will end and the console will return to the start-up screen. If the Stop button is held down for 3 seconds, the console will perform a complete Reset. During data entry for a program the Stop performs a Previous Screen function. This allows you to go back one step in the programming each time you press the Stop button.

The Program button is used to preview each program. When you first turn the console on, you may press program key to preview what the program profile looks like. If you decide that you want to try a program, press the Enter key to select the program and enter into the data set-up mode.

1/4 MILE / 0.4 KM TRACK
The 1/4-mile track (0.4 km) will be displayed around the dot matrix window. The flashing dot indicates your progress. In the center of the track there is a lap counter for reference.

HEART RATE WINDOW
The Pulse (Heart Rate) window will display your current heart rate in beats per minute during the workout. You must use both left and right stainless steel sensors to pick up your pulse. Pulse values are displayed anytime the computer is receiving a Grip Pulse signal. You may use the Grip Pulse feature while in Heart Rate Control. The elliptical will also pick up wireless heart rate transmitters that are Polar compatible, including coded transmissions.

PROGRAMMABLE FEATURES

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for is necessary to ensure the readouts are correct. You will be asked for your Age and Weight. Your Age is necessary during the Heart Rate control program to ensure the correct settings are in the program for your Age. Otherwise the work settings could be too high or low for you; entering your Weight aides in calculating a more correct Calorie reading. Although we cannot provide an exact calorie count we do want to be as close as possible.

CALORIE NOTE: Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are not accurate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting connected to a host of machines. This is because every person is different and burns calories at a different rate. Some good news is that you will continue to burn calories at an accelerated rate for at least an hour after you have finished exercising!

ENTERING A PROGRAM & CHANGING SETTINGS

When you enter a program you have the option of entering your own personal settings. If you want to workout without entering new settings then just press the Start button. This will bypass the programming of data and take you directly to the start of your workout. If you want to change the personal settings then just follow the instructions in the Dot Matrix Message Center. If you start a program without changing the settings the default – or pre-saved – settings will be used.

MANUAL

The Manual program works as the name implies, manually. This means that you control the workload yourself and not the computer. To start the Manual program follow the instructions below.

1. Using the Program button choose Manual then press the Enter button.
2. The Dot Matrix Message Center will ask you to enter your Age. You may enter your Age, using the Up and Down buttons, then press the Enter button to accept the new number and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the Weight number using the Up and Down buttons, then press enter to continue.
4. The next setting is Time. You may adjust the Time and press Enter to continue.
5. Now you are finished editing the settings and can begin your workout by pressing the Start button. You can also go back and modify your settings by pressing the Enter button.
    NOTE: At any time during the editing of data you can press the Stop button to go back one level, or screen.
6. The program automatically starts you at level one. This is the easiest level and it is a good idea to stay at level one for a while to warm up. If you want to increase the work load at any time press the Level Up button; the Level Down button will decrease the workload.
7. When the program ends you may press Start to begin the same program again or Stop to exit the program.

PRESET PROGRAMS

The elliptical trainer has five different programs that have been designed for a variety of workouts. These five programs have factory preset work level profiles for achieving different goals.

HILL

This program follows a triangle or pyramid type of gradual progression from approximately 10% of maximum effort (the level that you chose before starting this program) up to a maximum effort which lasts for 10% of the total workout time, then a gradual regression of resistance back to approximately 10% of maximum effort.
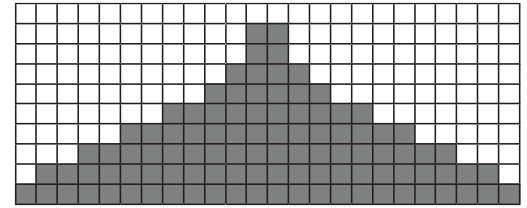
FATBURN

This program follows a quick progression up to the maximum resistance level (default or user input level) that is sustained for 2/3 of the workout. This program will challenge your ability to sustain your energy output for an extended period of time.
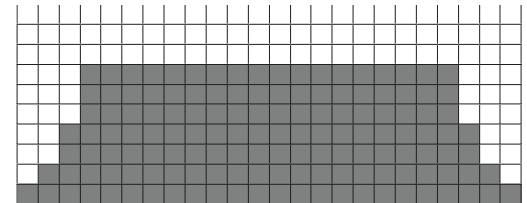
Cardio

This program presents a quick progression up to near maximum resistance level (default or user input level). It has slight fluctuations up and down to allow your heart rate to elevate, and then recover repeatedly, before beginning a quick cool down. This will build up your heart muscle and increase blood flow and lung capacity.
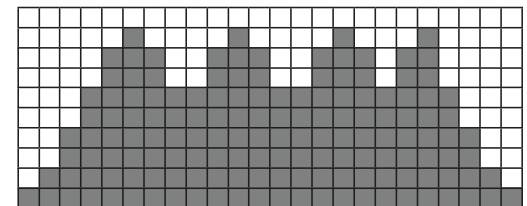
Interval

This program takes you through high levels of intensity followed by recovery periods of low intensity. This program utilizes and develops your "Fast Twitch" muscle fibers which are used when performing tasks that are intense and short in duration. These deplete your oxygen level and spike your heart rate, followed by periods of recovery and heart rate drop to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently.
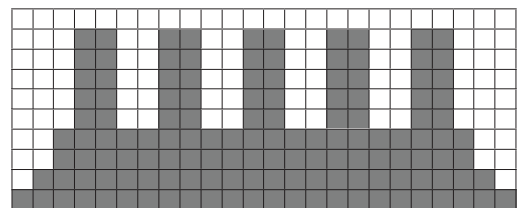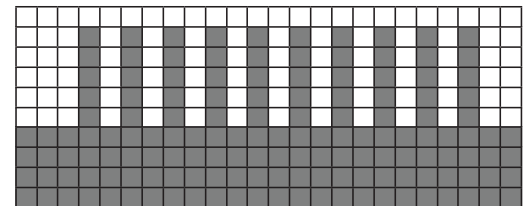
PROGRAMMING PRESET PROGRAMS

1. Using the Program button select your desired program then press the Enter button.
2. The Dot Matrix Message Center will ask you to enter your Age. You may adjust the age setting, using the Up and Down buttons, then press the Enter button to accept the new number and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the weight number using the Up and Down buttons, then press Enter to continue.
4. Next is Time. You may adjust the Time and press Enter to continue.
5. Now you are asked to adjust the Max Level. This is the peak exertion level you will experience during the program (at the top of hill). Adjust the level and then press Enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start button. You can also go back and modify your settings by pressing the Stop button to go back one level, or screen.
7. If you want to increase or decrease the workload at any time during the program press the Level Up or Level Down button. This will change the workload settings of the entire profile, although the profile picture on the screen will not change. The reason for this is so that you can see the entire profile at all times. If the profile picture is changed it will look distorted and not a true representation of the actual profile. When you make a change to the workload, the Dot Matrix Message Center will show the current column, and program maximum, levels of work.
8. During the program you will be able to scroll through the data in the LED Data Display Windows by pressing the Up/Down Scan button next to the LED Data Display Windows.
9. When the program ends the LED Data Display Windows will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

HIIT PROGRAM

The HIIT, or High Intensity Interval Training, program takes advantage of the latest trend in fitness. During the program you will perform short bursts of high intensity sprinting followed by short rest periods. HIIT is a fully customizable interval training program. You can enter the number of intervals, time of each interval Sprint and Rest periods and the work intensity of the levels.

1. Using the Program button select the HIIT program then press Enter. The Dot Matrix Message Center will ask you to enter your Age. You may enter your Age, using the Up and Down keys, then press the Enter key to accept the new number and proceed on to the next screen.
2. You are now asked to enter your Weight. You may adjust the Weight number using the Up and Down keys then press Enter to continue.
3. Next you are asked for the number of intervals you want to do. The default is 10 and the range available is 3 to 15. One interval equals 1 Sprint and 1 Rest segment.
4. Now you are asked to adjust the Sprint Level. This is the resistance level you will experience during the Sprint segments of the program. Adjust the level and then press Enter.
5. Now you are asked to adjust the Rest Level. This is the resistance level you will experience during the Rest segments of the program. Adjust the level and then press Enter.
6. Next is entering the Interval time. The Dot Matrix Message Center shows: Sprint Time:30 and Rest Time:30. The Sprint time will be blinking. You may use the up and down keys to adjust the Sprint time from 20 to 60 seconds then press Enter. The time for the Rest period will blink and you can adjust the time using the up and down keys and press Enter.
7. The LED Data Display Window will now display the total time for the HIIT workout; now press Start to begin. There is a 3-minute warm-up period before the first Sprint begins. The resistance level during warm-up is set to 5 but can be adjusted manually.
8. The Dot Matrix Message Center display in the HIIT program is a speed indication display, not a power or resistance display. During the Sprint the Dot Matrix Message Center display will show a blinking LED at the first Sprint segment. That is the target speed LED and indicates 90 pedal rpm. As you pedal faster the lights below the target speed LED light up the faster you go. When you exceed 90 rpm the target LED will move up showing you are past the target speed. You should maintain at least 90 rpm throughout the Sprint segments. The rest segments of the HIIT program are set to resistance level 5 and you can pedal at any speed you choose as your heart rate recovers. You can manually adjust the resistance levels during the Sprint and Rest segments.
9. At the end of the last Sprint there is a 2-minute cool-down period. You can bypass this by pressing the Stop key and the workout summary will be displayed.

CONSTANT POWER PROGRAM

A Watts program is a controllable constant power whose Level adjusts when the speed is changed. To start the Constant Power program follow the instructions below.

1. Using the Program button choose the Constant Power program, then press the Enter button.
2. The Dot Matrix Message Center will ask you to enter your Age. Input your Age, using the Up/Down buttons, then press the Enter button to accept the new age and proceed on to the next screen.
3. You are now asked to enter your Weight. Adjust Weight using the Up/Down buttons then press Enter to continue.
4. Next is Time. Adjust the Time, then press Enter to continue.
5. Now you are asked to adjust the Target Watt Level. This is the constant power you will experience during the program. Adjust using the Up/Down buttons, then press Enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start button. You can also go back and modify your settings by pressing the Enter button. NOTE: At any time during the editing of data, you can press the Stop button to go back one level, or screen.
7. If you want to increase or decrease the workload at any time during the program, press the Up/Down button. This will allow you to change your target Watt level at any time during the program.
8. During the Constant Power program you will be able to scroll through the data in the LED Data Display Window by pressing the adjacent Up/Down Scan buttons.
9. When the program ends, you may press Start to begin the same program again or Stop to exit the program.

FITNESS TEST PROGRAM

The VO2 program is based on the YMCA protocol and is a sub-maximal test that uses pre-determined, fixed work levels that are based on your heart rate readings as the test progresses. The test will take anywhere between 6 to 15 minutes to complete, depending on your level of fitness. The test ends when your heart rate reaches 85% of maximum at any time during the test or your heart rate is between 110 bpm and 85% at the end of two consecutive stages. At the end of the test a VO2max score will be given. VO2max stands for Volume of Oxygen uptake which is a measurement of how much oxygen you need to perform a known amount of work. The YMCA protocol uses two to four, 3 minute stages of continuous exercise (se charts below). You will be asked to choose either, "Male" or "Female" at the beginning of the test. This choice determines which test parameters will be used during the test as shown in the charts below. If you are a de-conditioned male, you may want to choose the option for "Female" to assist in the correct calculations. Similarly, if you are a very conditioned female, you may want to choose the option for "Male."

Workload chart for male or very fit female:

1st Stage				300 kgm/min					
HR		**< 90**			**90 - 105**			**> 105**	
2nd Stage		900 kgm/min			750 kgm/min			- 600 kgm/min	
HR	HR <120	HR 120-135	HR >135	HR <120	HR 120-135	HR >135	HR <120	HR 120-135	HR >135
3rd stage	1350 kgm/min	1200 kgm/min	1050 kgm/min	1200 kgm/min	1050 kgm/min	900 kgm/min	1050 kgm/min	900 kgm/min	750 kgm/min

Workload chart for female or de-conditioned male

1st Stage			150 kgm/min	
Heart Rate	**HR<80**	**HR: 80-90**	**HR: 90-100**	**HR>100**
2nd Stage	750 kgm/min	600 kgm/min	450 kgm/min	300 kgm/min
3rd Stage	900 kgm/min	750 kgm/min	600 kgm/min	450 kgm/min
4th Stage	1050 kgm/min	900 kgm/min	700 kgm/min	600 kgm/min

FITNESS TEST PROGRAMMING

1. Using the Program button choose Fitness Test and press Enter.
2. The Dot Matrix Message Center will display Gender. Use the Up and Down arrows if you need to change, then press Enter. The choice of gender determines which workload chart will be used for the test.
3. The Dot Matrix Message Center will ask you to enter your Age. You may adjust the age setting, using the Up and Down buttons then press the Enter button to accept the new number and proceed on to the next screen.
4. You are now asked to enter your Weight. You may adjust the weight number using the Up and Down buttons then press Enter to continue.
5. Now press Start to begin the test.

Before the test:
- Make sure you are in good health; check with your physician before performing any exercise if you are over the age of 35 or persons with pre-existing health conditions.
- Make sure you have warmed up and stretched before taking the test.
- Do not take in caffeine before the test.
- Hold the hand grips gently, do not tense up.

During the test:
- The console must be receiving a steady heart rate for the test to begin. You may use the hand pulse sensors or wear a heart rate chest strap transmitter.
- You must maintain a steady 50 RPM pedal speed. If your pedal speed drops below 48 RPM or goes above 52 RPM the console will emit a steady beeping sound until you are within this range.
- You may scroll through the various data readings in the LED Data Display Windows by pressing the Up/Down Scan button nex to the LED Data Display Windows.
- The LED Data Display Windows will always display your pedal speed on the right side to help you maintain 50RPM.

- The data shown during the test is:
    a. **Work** in **KGM** is actually an abbreviated form of kg-m/min. which is a work measurement of kilogram-force meter/minute
    b. **Work** in **Watts** (1 watt is equal to 6.11829727787 kg-m/min.)
    c. **HR** is your actual heart rate; **TGT** is the target heart rate to reach to end the test.
    d. **Time** is the total elapsed time of the test.

After the test:
- Cool down for about one to three minutes.
- Take note of your score because the console will automatically return to the start-up mode after a few minutes.

What your score means:

VO2max Chart for males and very fit females

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	>60	>56	>51	>45	>41	>37
good	52-60	49-56	43-51	39-45	36-41	33-37
above average	47-51	43-48	39-42	35-38	32-35	29-32
average	42-46	40-42	35-38	32-35	30-31	26-28
below average	37-41	35-39	31-34	29-31	26-29	22-25
poor	30-36	30-34	26-30	25-28	22-25	20-21
very poor	<30	<30	<26	<25	<22	<20

VO2max Chart for females and de-conditioned males

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	56	52	45	40	37	32
good	47-56	45-52	38-45	34-40	32-37	28-32
above average	42-46	39-44	34-37	31-33	28-31	25-27
average	38-41	35-38	31-33	28-30	25-27	22-24
below average	33-37	31-34	27-30	25-27	22-24	19-22
poor	28-32	26-30	22-26	20-24	18-21	17-18
very poor	<28	<26	<22	<20	<18	<17

CUSTOM PROGRAM

You can build your own custom program by following the instructions below.

1. Using the Program button, select Custom and then then press the Enter button to begin programming
2. Enter your name in the Dot Matrix Message Center, the letter "A" will be blinking. Use the Up/Down buttons to select the appropriate first letter of your name (pressing the Up button will switch to the letter "B"; pressing the Down button will switch to letter "Z"). Press Enter when the desired letter is displayed. Repeat this process until all of the characters of your name have been programmed (maximum 7 characters). When finished press Stop.
3. If there is a program already stored in Custom, you will have an option to run the program as it is or delete the program and build a new one. The Dot Matrix Message Center will ask: Run Program? Use the Up/Down arrows to select "Yes" or "No". If you select No, you will then be asked if you want to delete the currently saved program. It is necessary to delete the current program if you want to build a new one.
4. The Dot Matrix Message Center will ask you to enter your Age. You may enter your age, using the Up/Down buttons, then press the Enter button to accept the new value and proceed on to the next screen.
5. You are now asked to enter your Weight. You may adjust the weight value using the Up/Down buttons, then press Enter to continue.
6. Next is Time. You may adjust the time and press Enter to continue.
7. Now you are asked to adjust the Max Resistance Level of the program, press Enter when resistance has been selected.
8. Now the first column will be blinking and you are asked to adjust the resistance level for the first segment (SEGMENT > 1) of the workout by using the Up button. When you finish adjusting the first segment, or if you don't want to change, then press Enter to continue to the next segment.
9. The next segment will show the same workload resistance level as the previously adjusted segment. Repeat the same process as the last segment then press Enter. Continue this process until all twenty-four segments have been set.
10. After saving the program the Dot Matrix Message Center says "New Program Saved" then will give you the option to start or modify the program. Pressing Stop will exit to the start up screen.

HEART RATE PROGRAMS

Before we get started, a word about Heart Rate:
The old motto, "no pain, no gain", is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 85% is for strengthening the cardio vascular system. This 60% to 85% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:

220 – 40 = 180 (maximum heart rate)
180 x .6 = 108 beats per minute (60% of maximum)
180 X .85 = 153 beats per minute (85% of maximum)

So for a 40 year old the training zone would be 108 to 153 beats per minute.

If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate control programs. After calculating your Maximum Heart Rate you can decide upon which goal you would like to pursue.

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the Maximum Heart Rate for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 85% or 60%, respectively, of your Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Heart Rate programs you may use the heart rate monitor feature without using the Heart Rate program. This function can be used during manual mode or during any of the nine different programs. The Heart Rate program automatically controls resistance at the pedals..
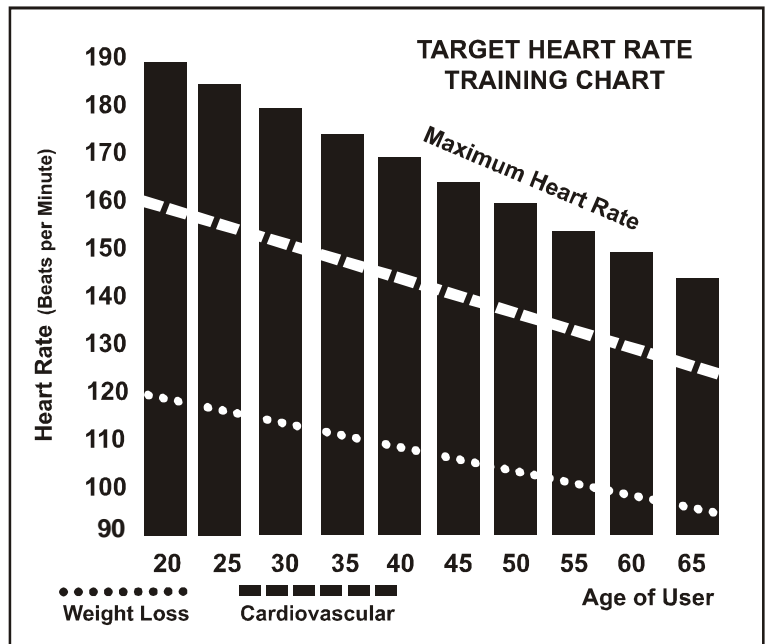
HEART RATE PROGRAM OPERATION

To start the HRC program follow the instructions below.

1. Using the Program button, choose the HR program (65% or 80%), then press the Enter key.
2. The Dot Matrix Message Center will ask you to enter your Age. You may enter your Age, using the Up/Down keys, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the Weight number using the Up/Down keys, then press Enter to continue.
4. Next is Time. You may adjust the Time and press Enter to continue.
5. Now you are asked to adjust your target Heart Rate. This is the heart rate level you will try to maintain during the program. Adjust the value and then press Enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Enter key. Note: At any time during the editing of data you can press the Stop key to go back one level, or screen.
7. If you want to increase or decrease the resistance at any time during the program, press the Level Up/Down key. This will allow you to change your target heart rate at any time during the program.
8. The program will automatically increase or decrease the amount of resistance, depending on whether your heart rate is above or below your target.

RATE OF PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also know as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.
The scale is as follows:

Rating Perception of Effort
6 Minimal
7 Very, very light
8 Very, very light +
9 Very light
10 Very light +
11 Fairly light
12 Comfortable
13 Somewhat hard
14 Somewhat hard +
15 Hard
16 Hard +
17 Very hard
18 Very hard +
19 Very, very hard
20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending up the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

USING A HEART RATE TRANSMITTER (OPTIONAL)

How to wear your wireless chest strap transmitter:
1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter immediately below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.

Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.

ERRATIC OPERATION

Caution! Do not use this elliptical for Heart Rate Control unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference which may cause erratic heart rate:
1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Electric fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

GENERAL MAINTENANCE

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of two reasons:
   a. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. I cannot stress this point enough; 90% of calls to the service department for noise issues can be traced to loose hardware.
   b. The crank arm nut needs to be retightened
   c. If squeaks or other noises persist, check that the unit is properly leveled. There are 2 leveling pads on the bottom of the rear stabilizer, 2 on the bottom of the middle stabilizer and 2 underneath the rail assembly. Use a 14mm wrench (or adjustable wrench) to adjust the levelers.

WARNING

The effect that the safety level of the equipment can be maintained only if it is examined regularly for damage and wear.

   i. Replace defective components immediately and/or keep the equipment out of use until repair.
   ii. The components which are most susceptible to wear: Belt、PU wheel、Bearing、Idler.

ENGINEERING MODE

To enter the Maintenance Mode, pedal the elliptical and press and hold down the Start, Stop and Enter keys. Keep holding the keys down for about 5 seconds and the Dot Matrix Message Center will display Maintenance Mode. Press the Enter key to access the menu below:

1. Key Test (Will allow you to test all the keys to make sure they are functioning)
2. Display Test (Tests all the display functions)
3. Function
   - Units - Sets the display to read out in Imperial (miles, pounds, feet, etc.) or Metric (kilometers, kilograms, meters, etc.) display measurements
s - Pause mode (have five minutes)
   - Odometer Reset (Resets the odometer)
   - Beep sound (Control Beep)
   - CAB Protocol or CSAFE Protocol
4. Service
   - PWM test (Test the Brake resistance)
   - Sensor test (Test the speed sensor function)
   - Csafe test
5. Exit
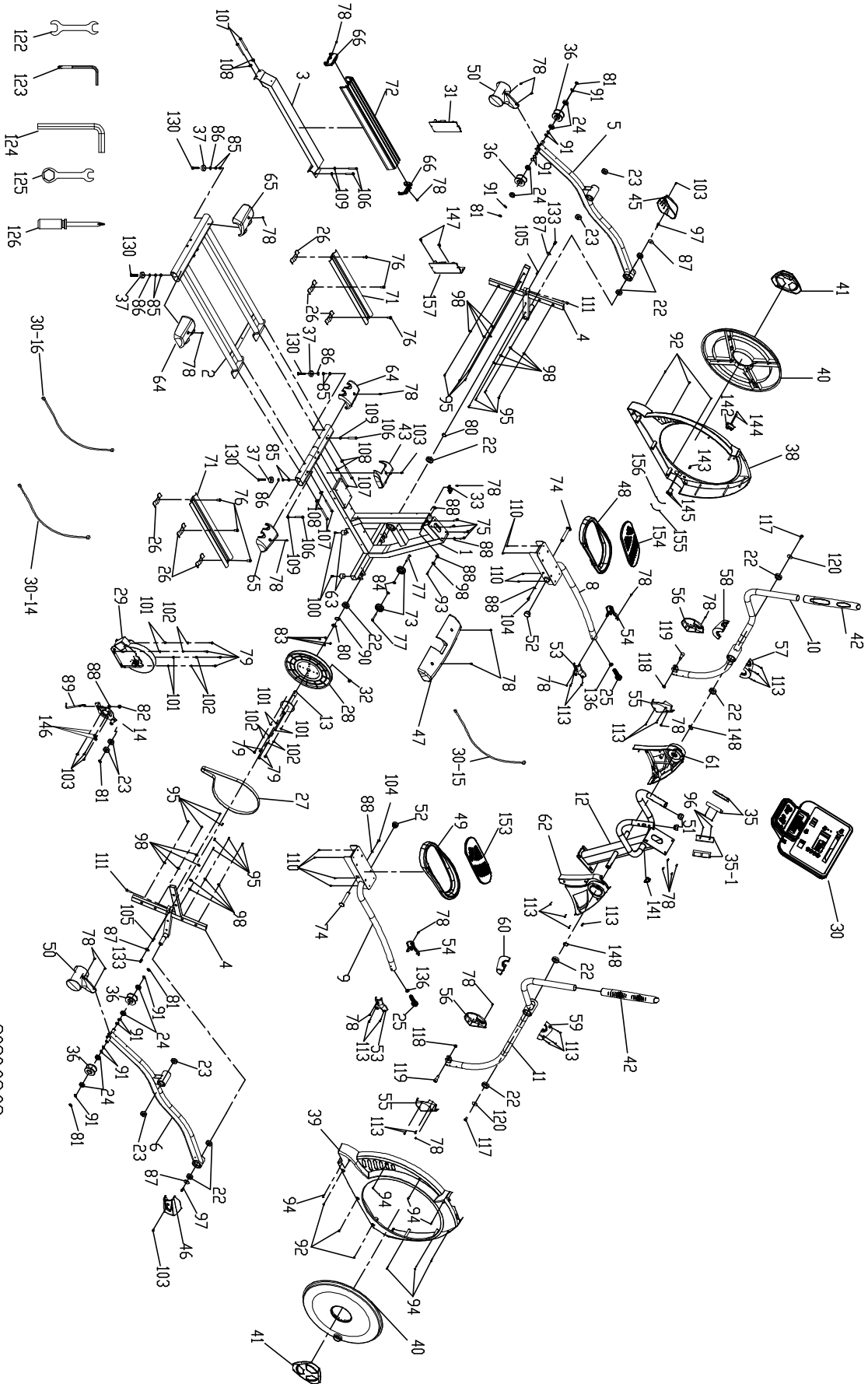
PARTS **LIST**

KEY NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Rail Assembly	1
3	Rail Support Assembly	1
4	Cross Bar	2
5	Pedal Arm(L)	1
6	Pedal Arm(R)	1
8	Connecting Arm (L)	1
9	Connecting Arm (R)	1
10	Swing Arm (L)	1
11	Swing Arm (R)	1
12	Console Mast	1
13	Crank Axle	1
14	Idler Wheel Assembly	1
22	6005_Bearing(NTN)	10
23	6203_Bearing	6
24	6003_Bearing	8
25	Rod End Bearing(S.B-NOS14R)	2
26	Retaining Bracket, Aluminum Track	6
27	Drive Belt(8J500)	1
28	Drive Pulley, (Ø330)	1
29	Flywheel	1
30	Console Assembly	1
30~14	Generator Wire Harness	1
30~15	1600m/m_Computer Cable	1
30~16	1000m/m_Wire Brake Coil Harness(Red)	1
31	Generator/Brake Controller	1
32	Magnet(Ø15×7T)	1
33	450m/m_Sensor W/Cable	1
35	850m/m_Handpulse W/Cable Assembly(XHP-3)	1
35~1	850m/m_Handpulse W/Cable Assembly(XHP-4)	1
36	Sliding Wheel , Urethane (Ø72)	4
37	Ø35 × 10_Rubber Foot	4
38	Side case (L)	1
39	Side case (R)	1
40	Round Disk	2
41	Round Disk Cover	2
42	Handle Bar Axle Inner Cover(Ø38×380mm)	2
43	Incline Bottom Cover	1
45	Pedal Arm Cover (L)	1
46	Pedal Arm Cover (R)	1
47	Front Stabilizer Cover	1
48	Pedal (L)	1

KEY NO.	DESCRIPTION	Q'TY
49	Pedal (R)	1
50	Slide Wheel Cover	2
51	Ø32(1.8T)_Button Head Plug	2
52	Ø38 × 2.5T_Pedal End Cover	2
53	Connecting Arm Cover A (R)	2
54	Connecting Arm Cover A (L)	2
55	Connecting Arm Cover B (R)	2
56	Connecting Arm Cover B (L)	2
57	Front Handle Bar Cover (L)	1
58	Rear Handle Bar Cover (L)	1
59	Front Handle Bar Cover (R)	1
60	Rear Handle Bar Cover (R)	1
61	Console Mast Cover(L)	1
62	Console Mast Cover(R)	1
63	Rubber Foot Pad(25×25×15T)	2
64	Rear Stabilizer Cover (A)	2
65	Rear Stabilizer Cover (B)	2
66	End Cap, Aluminum Step Rail	2
71	Aluminum Track	2
72	Aluminum Step Rail	1
73	Transportation Wheel(Ø62)	2
74	Ø17 × 117L_Carriage Bolt	2
75	M8 × 1.25 × 25L_Hex Socket Cap Screw	4
76	5/16" × UNC18 × 3/4"_Hex Head Bolt	6
77	5/16" × UNC18 × 2"_Button Head Socket Bolt	2
78	M5 × P0.8 ×12L_Phillips Head Screw	25
79	1/4" × UNC20 × 3/4"_Hex Head Bolt	8
80	Ø25_C Ring	2
81	Ø17_C Ring	5
82	M8 × P1.25 × 9T_Nyloc Nut	1
83	1/4" × UNC20 × 8T_Nyloc Nut	4
84	5/16" × UNC18 × 7T_Nyloc Nut	2
85	3/8" × UNC16 × 7T_Nut	8
86	3/8" × 19 × 1.5T_Flat Washer	4
87	5/16" × 35 × 1.5T_Flat Washer	4
88	5/16" × 23 × 1.5T_Flat Washer	6
89	M8 × P1.25 × 170L_J Bolt	1
90	Ø25_Wave Washer	1
91	Ø17_Wave Washer	12
92	Ø5 × 16L_Tapping Screw	6
93	Ø4 × 15L_Sheet Metal Screw	1
94	Ø4 × 19L_Sheet Metal Screw	7
95	Ø5 × 16L_Tapping Screw	16
96	Ø3 × 20L_Tapping Screw	4

KEY NO.	DESCRIPTION	Q'TY
97	5/16" × UNC18 × 15m/m_Socket Head Cap Bolt	2
98	Ø1/4" × 19L_Flat Washer	17
100	Ø5 × 19L_Tapping Screw	2
101	Ø6.5 × Ø13 × 1T_Flat Washer	8
102	1/4"_Split Washer	8
103	M6 × P1.0 × 15L_Phillips Head Screw	6
104	5/16" × UNC18 × 15L_Hex Head Bolt	2
105	Woodruff Key	2
106	3/8" × UNC16 × 2-1/4"_Button Head Socket Bolt	4
107	3/8" × UNC16 × 3-3/4"_Button Head Socket Bolt	6
108	Ø10 × Ø23 × 2T_Curved Washer	6
109	3/8" × 19 × 1.5T_Flat Washer	4
110	M5 × P0.8 × 10L_Phillips Head Screw	8
111	M8 × P1.25 × 30L_Socket Head Cap Bolt	2
113	Ø3.5 × 12L_Sheet Metal Screw	18
117	3/8" × UNC16 × 3/4"_Hex Head Bolt	2
118	M10 × P1.5 × 8T_Nut	2
119	M10 × 1.5(38L)_Bolt	2
120	Ø10 × 30 × 2.0T_Flat Washer	2
122	13.14m/m_ Wrench	1
123	Combination M6 Allen Wrench & Phillips Head Screw	1
124	M12_L Allen Wrench	1
125	17m/m_ Combination Wrench	1
126	Phillips Head Screw Driver	1
130	3/8" × UNC16 × 2"_Flat Head Socket Bolt	4
133	5/16" × UNC18 × 12L_Nylock Screw	2
136	M14 × P2.0 × 7L_Nut	2
141	Bolt Access Cap(37×36)	1
142	AC Electronic Module	1
143	TV Adapter(5C2V)	1
144	M4 × P0.7 × 12L_Phillips Head Screw	2
145	M4 × P0.7 × 5T_Nut	2
147	5 × 19m/m_Tapping Screw	2
148	Ø25 × 0.5T_Wave Washer	2
153	Pedal Foam (L)	1
154	Pedal Foam (R)	1
155	80m/m_Connecting Wire (White)	1
156	80m/m_Connecting Wire (Black)	1
157	Plate	1