APEX6 (code.: 92305)

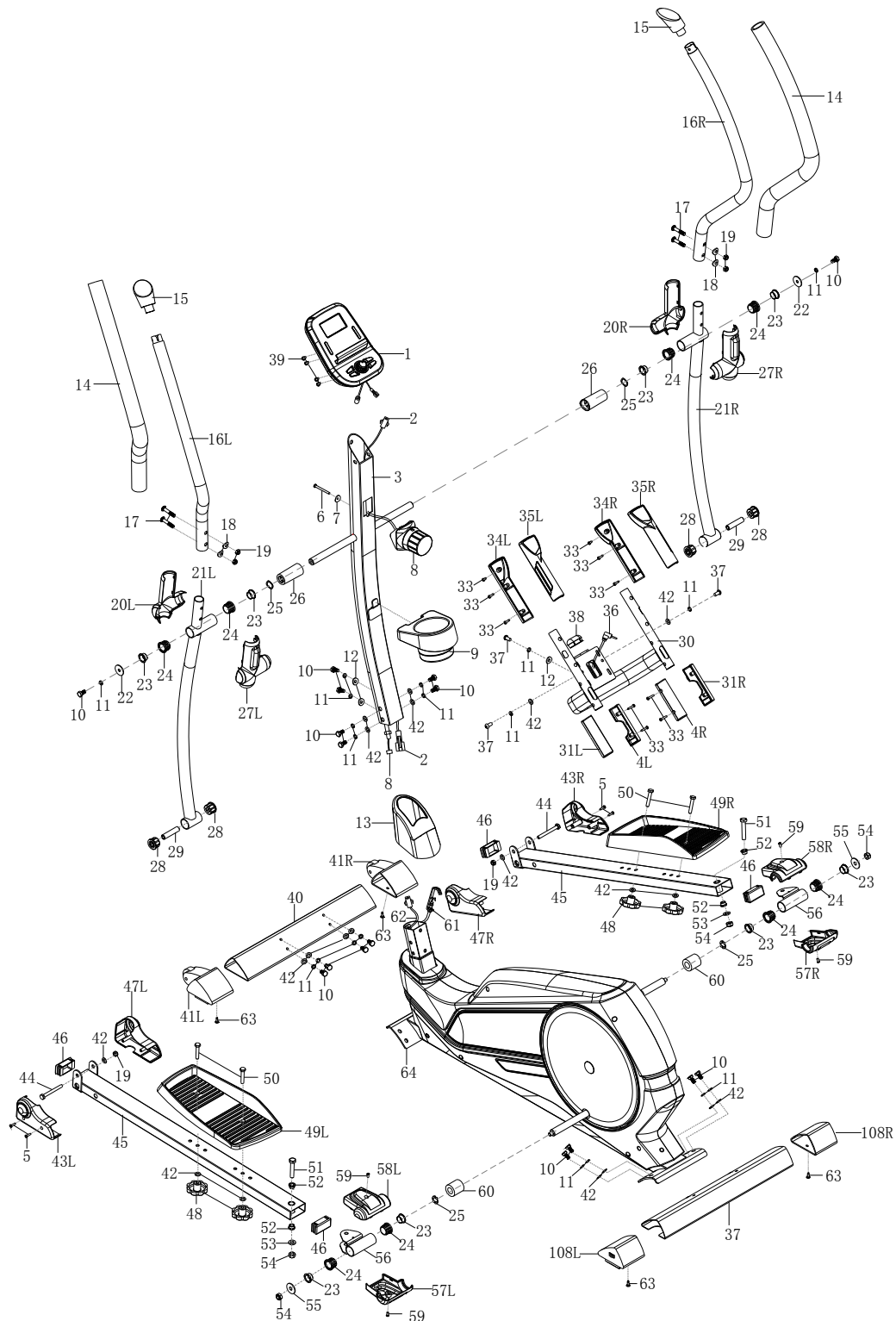**AMILA®**

Assembly instructions & User manual
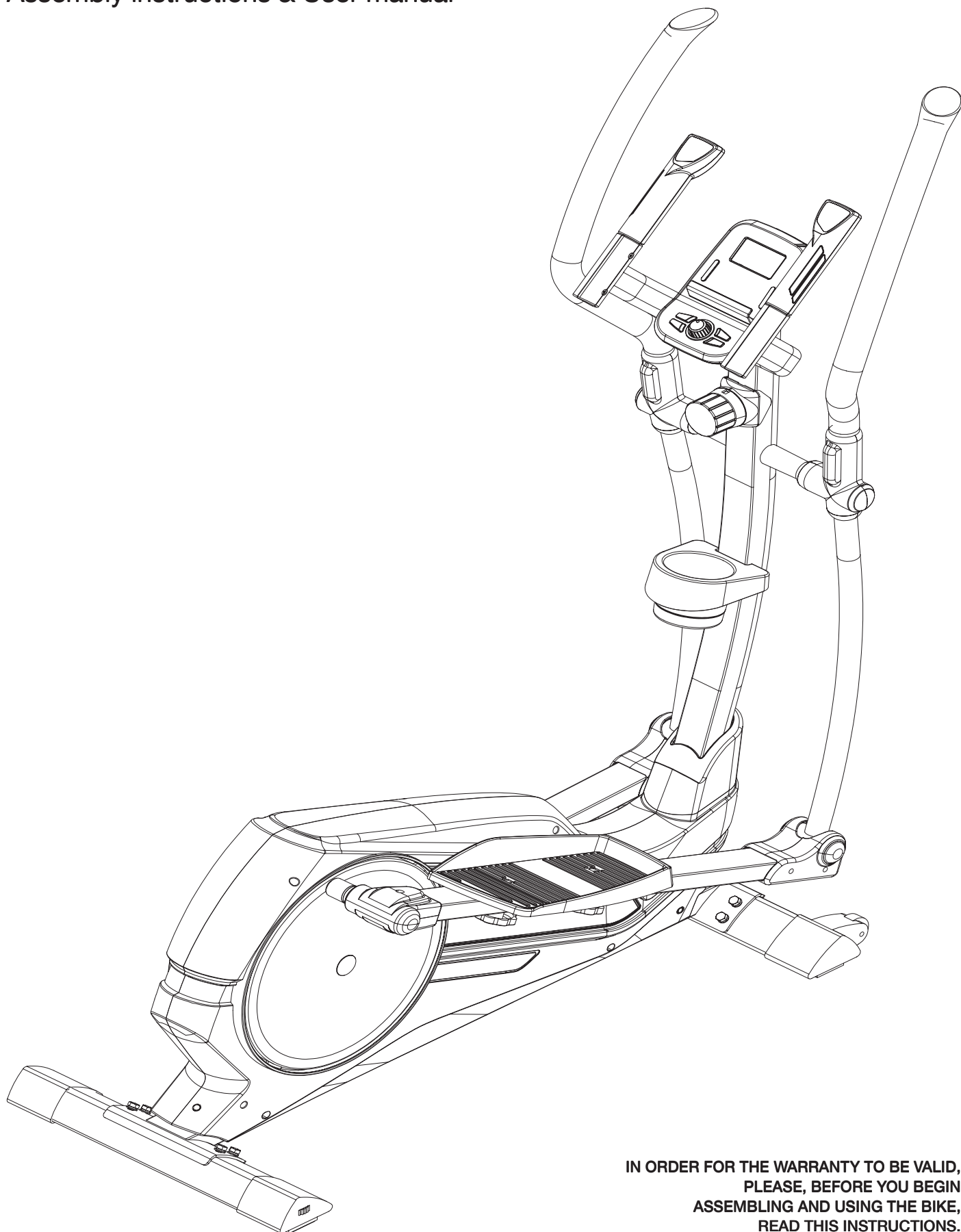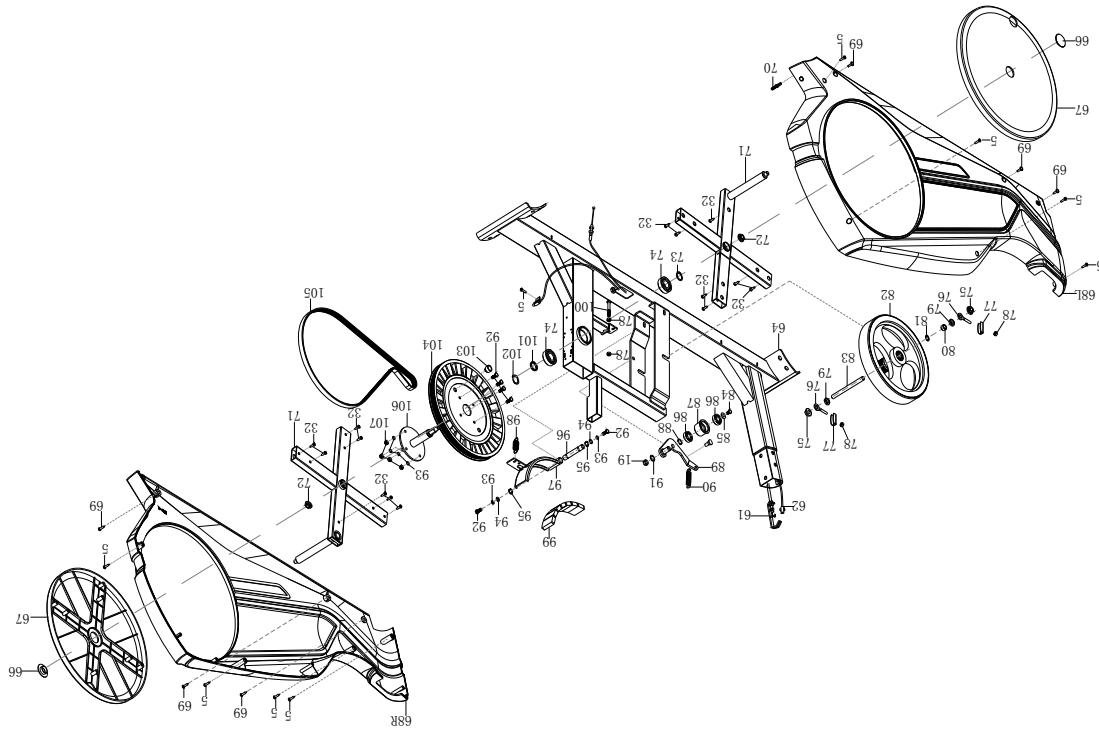
EX6 Elliptical (#92305) Assembly instructions & User manual
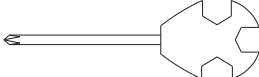
IMPORTANT SAFETY INFORMATION

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: pa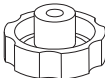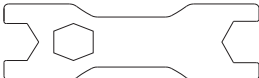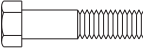in, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.

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 INSTRICTIONS

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
42	4	Washer d8xΦ16		A	2	Wrench S13-14-15	
48	4	Nut M8xΦ60x30		B	1	Spanner S17-19	
50	4	Bolt M8x45xS14		C	1	Allen wrench S5	

STEP 1
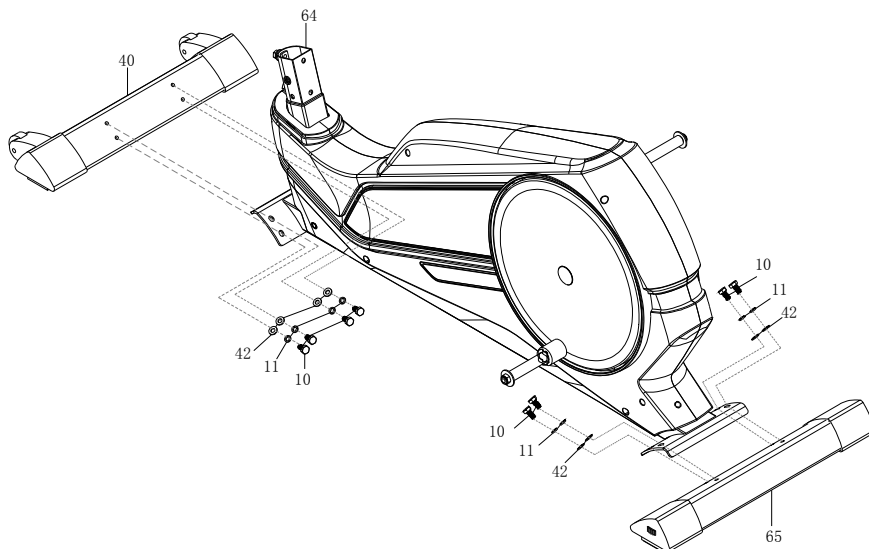
- Remove bolts (10) and washers (11 & 42) from the front (40) and rear (65) stabilizer.
- Attach the stabilizers (40 & 65) to the main frame (64) with the bolts and washers you just removed.

STEP 2

A

B
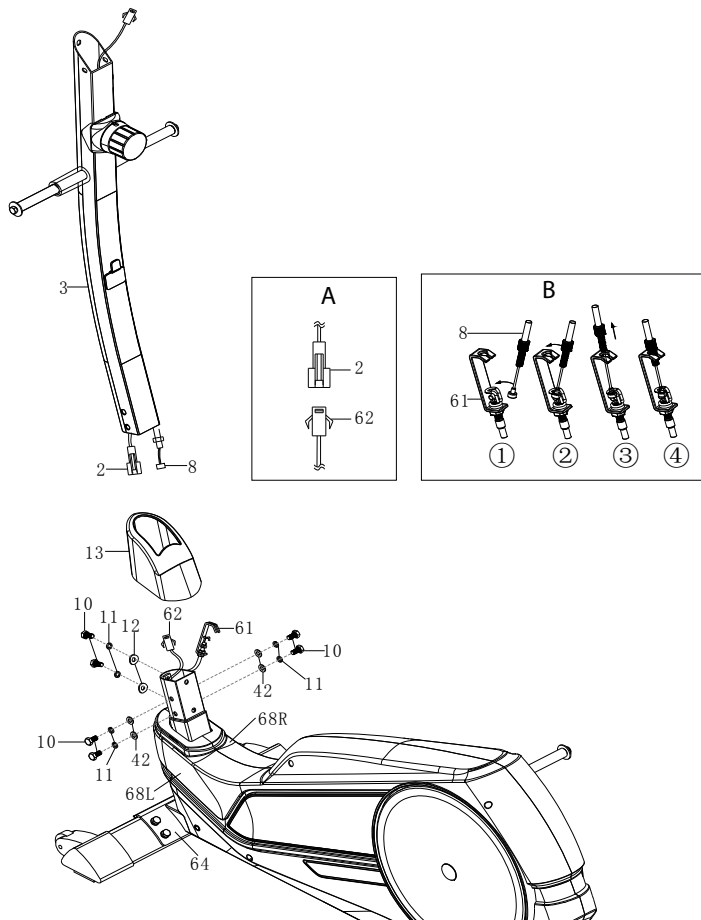
- Place handlebar post cover (13) over the handlebar post (3).
- Connect the two sensor wires (2 & 62, fig. «A»).
- Than look at fig. "B" to see how to connect the tension control wires(8 & 61): Insert the end of one wire (8) to the loop on top of the other (61). Pull the first one upwards, and let it sink in the hole on top of the other (61).
- Remove bolts (10) and washers (11, 12 & 42) from the main frame (64).
- Place the handlebar post (3) on top of the main frame (64) and secure it with the bolts and washers you previously removed.
- Push the handelbar post cover (13) lower, so that it covers the join.

STEP 3
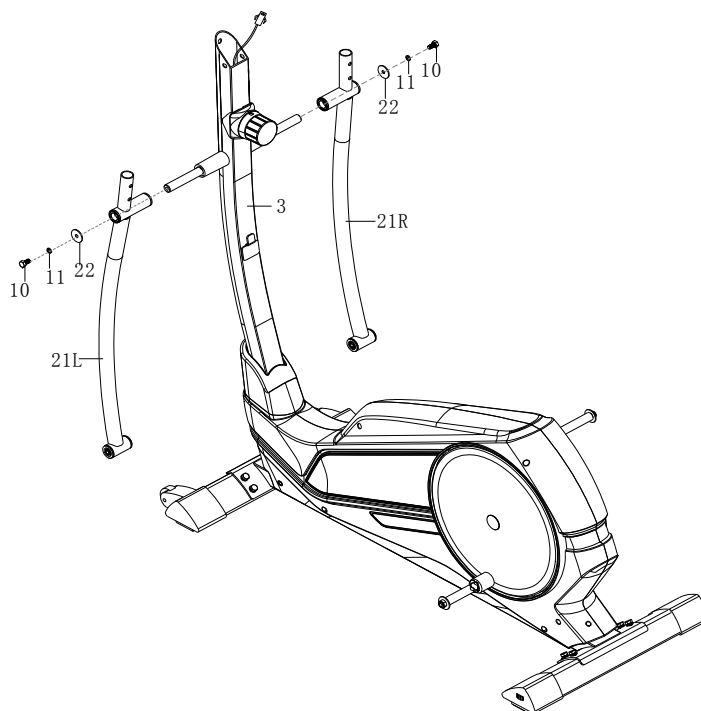
- Remove bolts (10) and washers (11 & 12) from the handlebar post (3).
- Attach the swing bars (21R & 21L) to the axles of the handlebar post (3) and secure them with the bolts and washers you have previously removed.

STEP 4
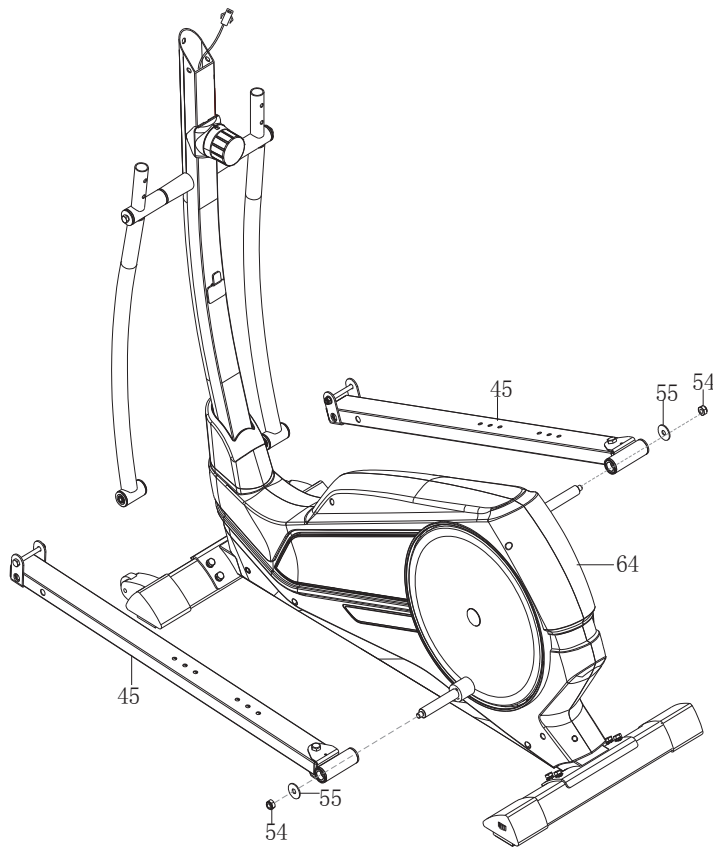
- Remove nuts (54) and washers (55) from the main frame (64).
- Attach pedal arms (45) to the main frame (64) using the nuts and washers you just removed.

STEP 5
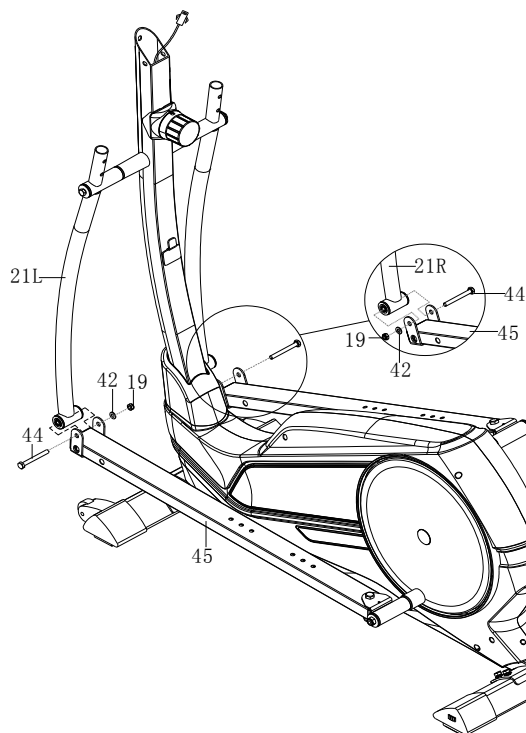
- Remove bolts (44), washers (42) and nuts (19) from the pedal arms (45).
- Attach swing bars (21L & 21R) to the pedal arms (45) with the bolts, washers and nuts you previously removed.

STEP 6
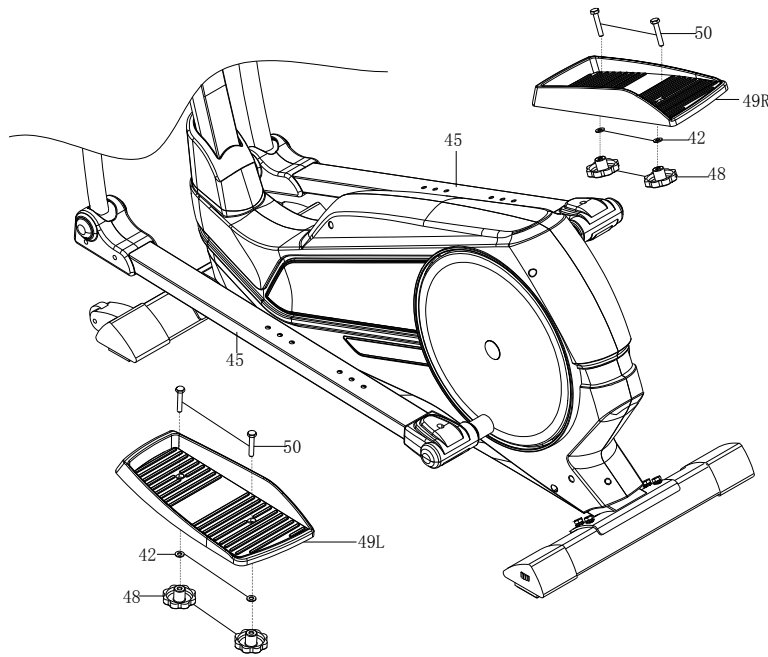
• Attach the pedals (49L & 49R) tao the pedal arms (45) with bolts (50), washers (42) and nuts (48).

STEP 7
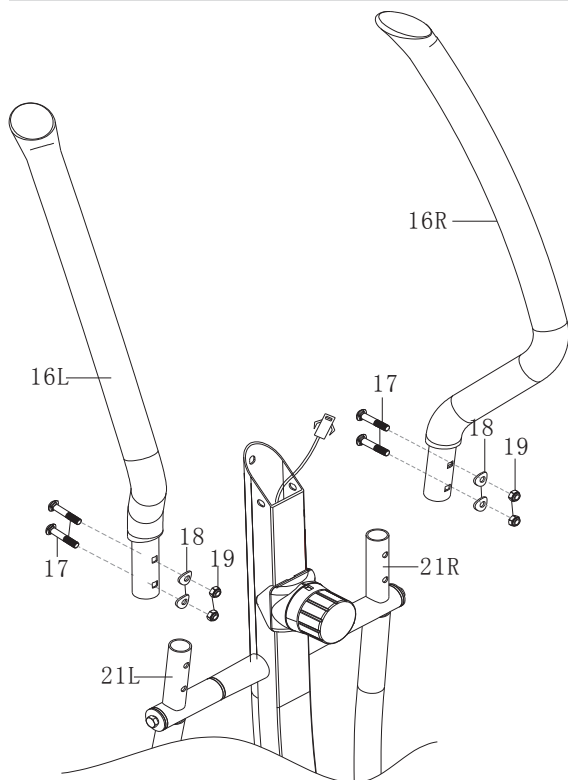
• Remove the bolts (17), washers (18) and nuts (19) from the handlebars (16L & 16R).
• Attach the handlebars (16L & 16R) to the swing arms (21L & 21R) with the bolts, washers and nuts you previously removed.

STEP 8
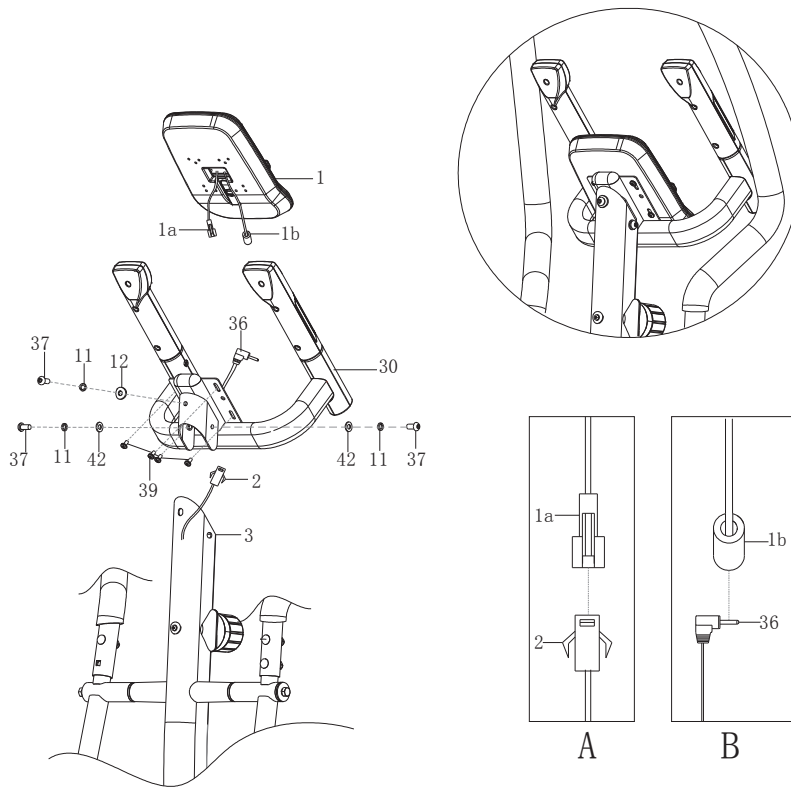
- Remove the bolts (39) from the back of the console (1).
- Connect the two wires, where the first (1b) is coming out of the back of the console (1) and the other (36) from the fixed handgrips (30).
- Thread the other wire (1a) from the back of the console (1) through the hole on top of the fixed handgrips (30).
- Place the console (1) on top of the fixed handgrips (30) and secure them with the bolts (39) you removed previously.
- Remove bolts (37) and washers (11, 12 & 42) from the fixed handgrips (30).
- Connect the two wired (1a and 2), where the 2nd comes out from the top of the handlebar post (3).
- Place the handlebars (30) on the handlebar post (3) and secure them with the bolts and washers you previously removed.

STEP 9

- Remove the bolts (59) from the pedal arm joint (45). Place the covers (57L/R & 58L/R) and secure them with the bolts you just removed.
- Remove the bolts (5) from the pedal arm front covers (43L/R & 47 L/R), place the covers on the pedal arms and secure them with the bolts you just removed.
- Place the swing bar covers (20L/R & 27L/R) on the swing bars (21L & 21R).
- Place the bottle holder (9) on the handlebar post (3).
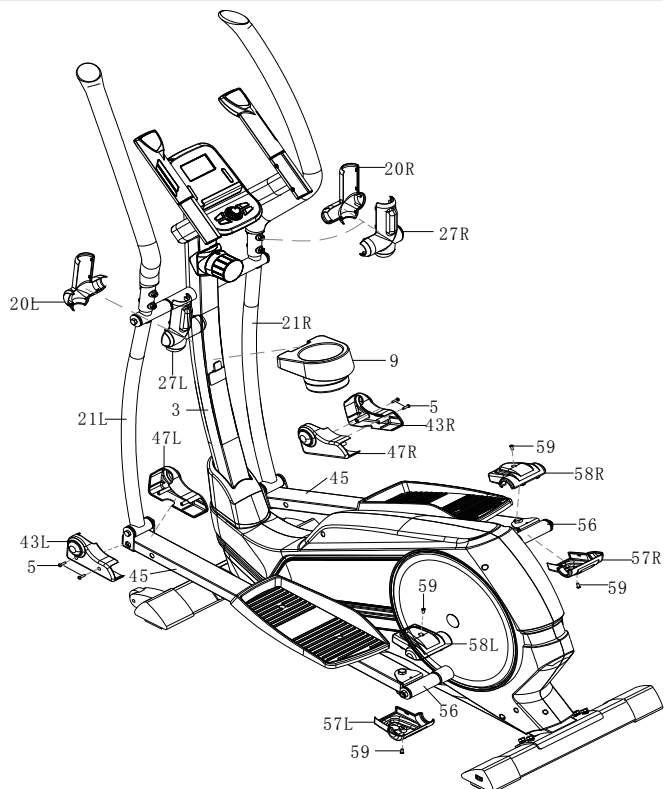
MOVING THE ELLIPTICAL
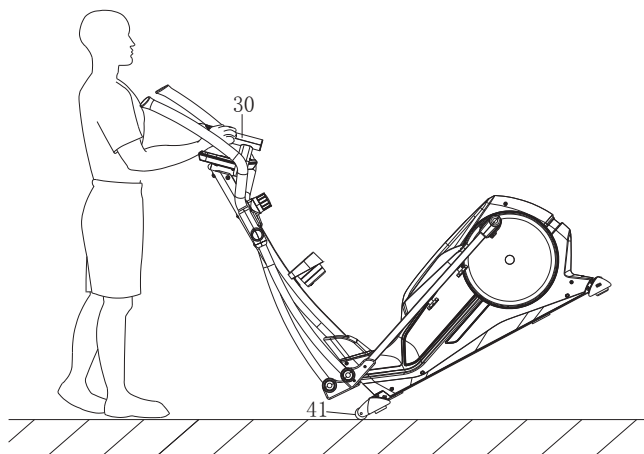
To move the elliptical, stand in front of it and pull the fixed handlebars (30) with both hands, thus lifting the back, until the transport wheels on the front stabilizer (40) touch the ground. You may now easily transport it with ease.

ADJUSTING THE RESISTANCE
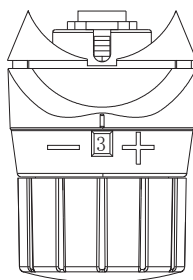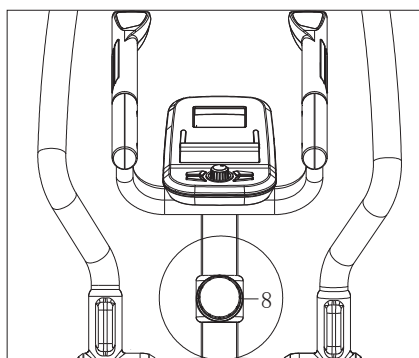
Rotate the knob (8) clockwise to increase the resistance or counter-clockwise to decrease it. Level 1 is the lowest and level 10 is the highest.

CORRECT LEVELING
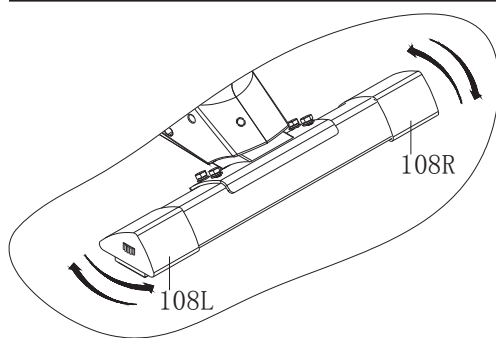
In case the area you have placed the elliptical is uneven, it might not feel as sturdy as it should. So, please level it by rotating the foot pads (108L/R) under the rear stabilizer.

USING THE ELLIPTICAL

Console readings

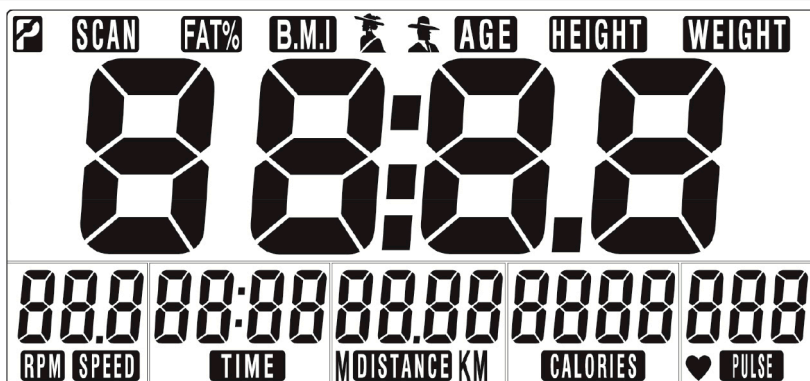| SCAN	Automatic change of the readings every 6 seconds. You can choose the parameter to view by pressing MODE, the display changing according to the following sequence: TIME › DISTANCE › CALORIES › PULSE › RPM/SPEED.
SPEED	Range 0.0~99.9 km/hr.
RPM	Range 0~999.
TIME	Range 0:00 ~ 99:59.
DISTANCE	Range 0 ~ 99.99 km.
CALORIES	Range 0 ~ 9999.
PULSE	Range 30 ~ 230 beats/min.

Button functions

UP/DOWN:	By rotating the main button you may change the workout parameters.
MODE/ENTER:	You press it to select functions and values for workout parameters. Keep it pressed for 2 seconds to erase all values.
RESET:	Press it once while programming/selecting values to erase the current value. Keep it pressed for 2 seconds to erase all values.
RECOVERY:	To perform a test of how quickly your hear rate reverts to normal speed after exercising.
BODYFAT:	You enter your personal data and then measures your body fat percentage and body mass index.
TOTAL RESET:	Resets all values, including the saved parameters/values.

Using the elliptical

Power on/off
— Put batteris in the console or start using the elliptical. The screen will turn on automatically.
— Being idle for 4 minutes causes the screen to turn off by itself.

User profiles
Press MODE to input your personal data (gender, height, weight and age) by consecutively rotating the button to choose the value and then pressing inwards to accept the value.

Workout setting
— Press MODE, rotate the button to choose the parameter according to which you want to exercise and press MODE once more.
— Rotate the button to choose the value of the parameter and press MODE again.
— You may now start exercising. When the parameter you specified reaches the target value, you will be informed by an alarm sound.

Recovery

Press this button and hold the heart rate receivers with both hands. The console will perform a countdown of 60 seconds. During that time, you will only be seing your heart rate and remaining time. After the countdown, you will hear an audio reminder and see a value on screen (F1-F6), where:

1	Outstanding
2	Excellent
3	Good
4	Fair
5	Below average
6	Poor

The values (and related descriptions) correspond to the time needed for your heart rate to return to normal values after exercising, indicating your fitness level. You may press RECOVERY any time to cancel the countdown and return to the main menu.

Body fat

Press this button and hold the heart rate receivers with both hands. After the coundown finishes, you will see the label "FAT" followed by the percentage of fat in your body, and "BMI" which is the Body Mass Index, where values between 18,5-24,9 are considered "regular" and 25-29,9 "sligtly over-weight". Higher or lower values are not reccomended. Keep in mind that the elliptical is not a dedicated medical machine, thus the results of this test should only be used as a way to compare your progress while using this machine.

Troubleshooting

— When measuring Body Fat, a value of "E1" means that the console did not receive any heart rate signal, whereas a value of "E4" that the computed values are outside the normal limits (<5 ή >50). Try again and, if the problem persists, please contact authorised service.

— If the screen is not clear, please replace the batteries.

— If you are using the elliptical but the screen does not turn on, please check whether the console wire is well connected.

Using with tablet/phone

 Connect to Apple Store or Google Play Store and download and install a compatible application as Kinomap, Zwift or iConsole. 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.
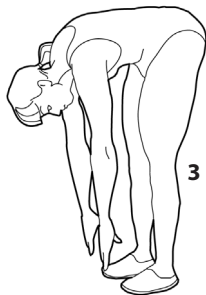
3. Touch the toes: Bend your waist slowly forward with your knees slightly bent and your hands trying to grip the toes. Hold this position for 15 seconds.
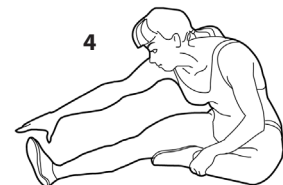
4. Biceps exercise: Sit with your right leg outstretched towards the front and the left one tucked in with the sole touching the right leg. Lean forward trying to grab the toes of the outstretched foot. Perform 15 repetitions. Rest for a while and repeat with the other leg outstretched.

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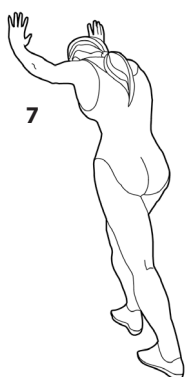
7. Tension of the Achilles tendon: This exercise is performed by leaning on a wall, which you press with your hands. The right foot should be bent at the knee and the left one stretched backwards, the soles of both feet touching the ground. Repeat the exercise by reversing the feet.

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.