



ECE7

ELLIPTICAL

OWNER'S MANUAL

155

CAUTION! Read all precautions and instructions in this manual before using this equipment.

! CAUTION

Read all precautions and instructions in this manual before using this equipment.

Table Of Contents

Important Safety Information -----	3
Warm Up Exercises -----	5
Exploded View and Parts List -----	6
Usage And Maintenance -----	30
Console Panel Functions -----	31
Troubleshooting Guide -----	42
Electrical Connection -----	43

Important Safety Instructions

WARNING! The safety of the product can be maintained only if it is examined regularly for damage and wear. See preventive maintenance section for details.

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

LOCATION

1. Keep the area around the product clear of any obstructions, including walls and furniture. Provide at least three feet of clearance behind the unit.
2. Do not use the product outdoors, near swimming pools, or in areas of high humidity.
3. Do not allow other people to interfere in any way with the user or equipment during workout.
4. Supervise closely any children or disabled persons using the product.
5. The product should only be used on a level surface and is with 0.5 meters space around the product.

OPERATION

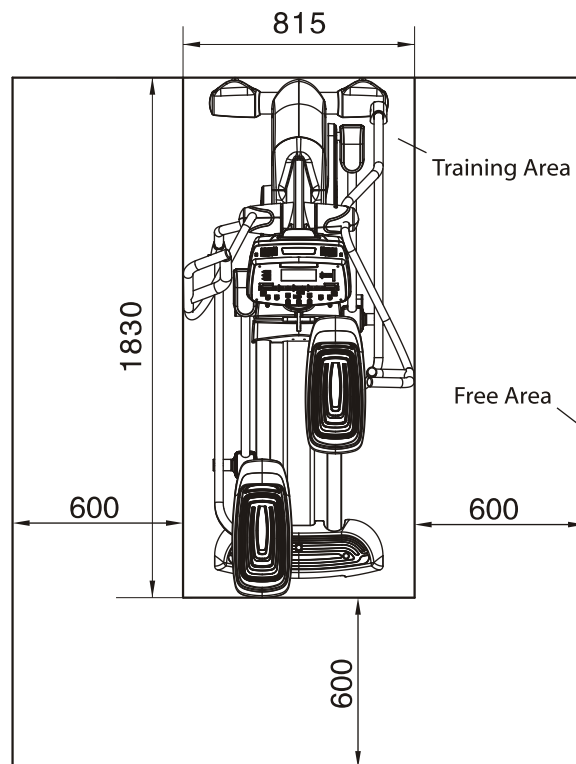
1. Always follow the console instructions for proper operation.
2. Do not reach into, or underneath, the unit, and do not tip the unit on its side during operation.
3. Never insert objects into any opening of the Bike. If any object fall into this equipment, carefully retrieve it while the unit is not in use. If the object can't be reached, please contact customer services.
4. Never place any containers filled with liquids on the unit, except in the accessory tray or water bottle holder. Containers should be covered with lids.
5. Wear shoes with rubber or high-traction soles. Do not wear shoes with high heels, leather shoes, slippers, or spikes. Make sure no sharp stuff is embedded in the soles.
6. Do not use the bike with bare feet.
7. Keep all loose clothing, shoelaces, and towels away from moving parts.

Important Safety Instructions

8. Take extra caution when stepping on or off the bike.
9. Never face backward while using the bike.

Save these instructions for future reference

Training Area and Free Area



Specifications

Class: S

Maximum User Weight: 150Kg/ 330lbs

Product Total Surface: 815*1830mm

Product Total Mass: 133.5kg/ 294lbs

Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH

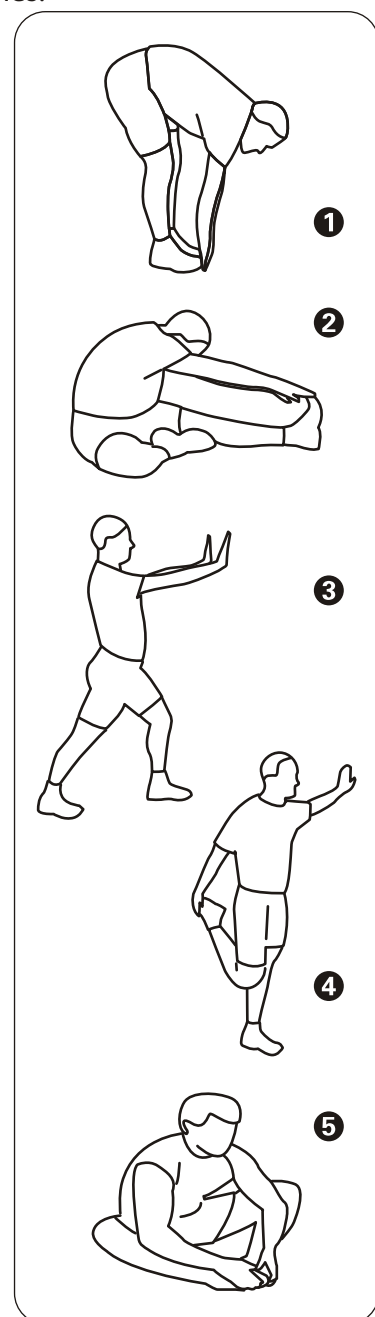
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the achilles tendon, bend your back leg as well. This will stretch your calves, achilles tendons, and ankles.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

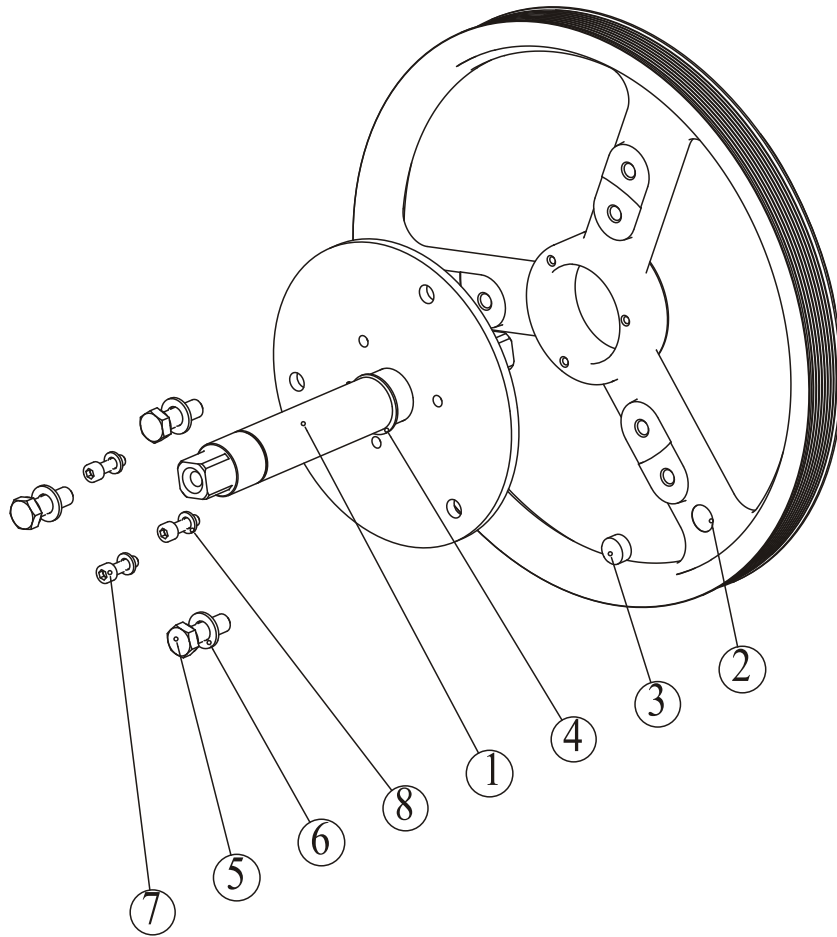
INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



Exploded View and Parts List

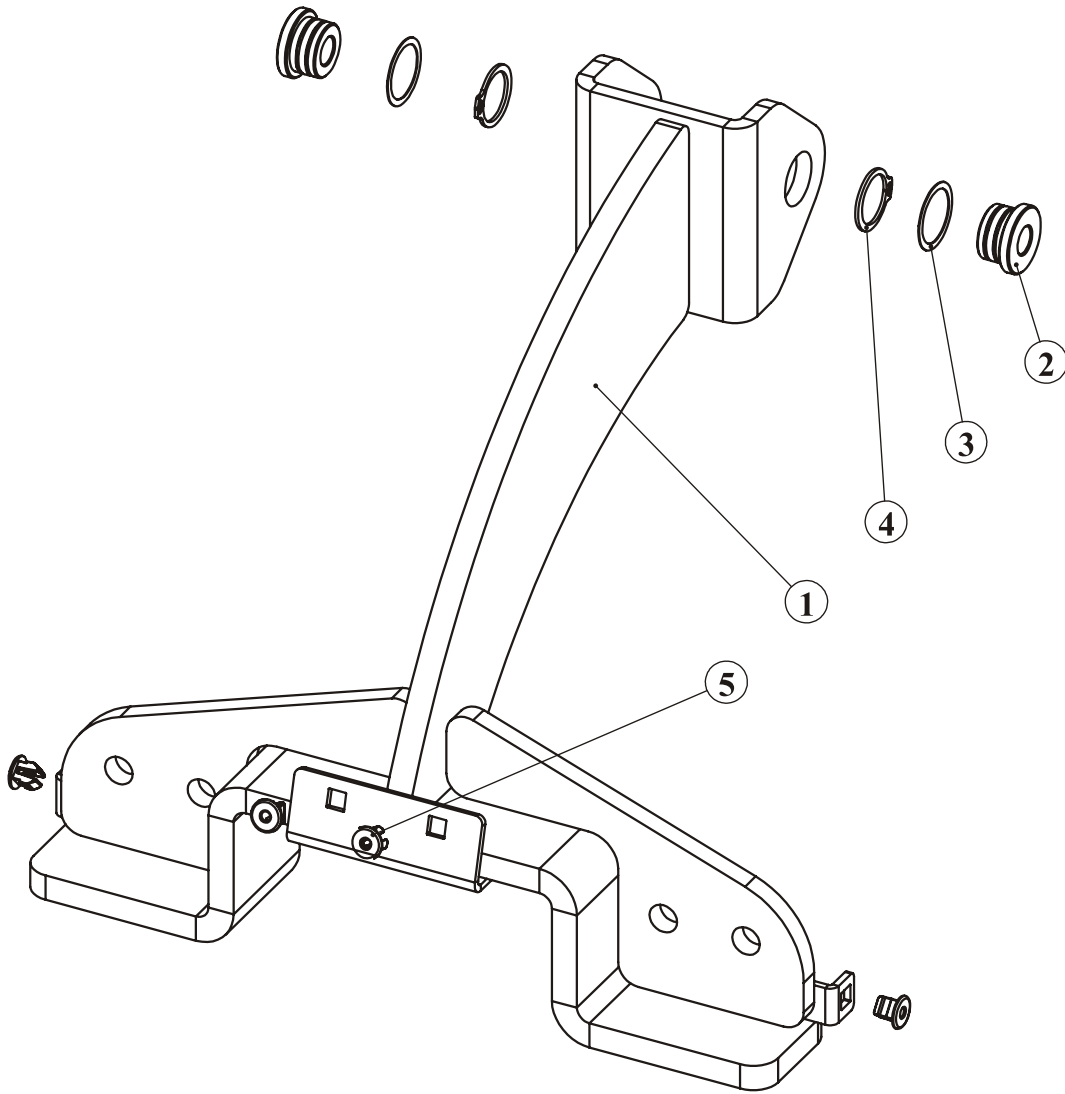
Shaft ASSY



ITEM NO.	Description	QTY
1	Shaft	1
2	Pulley	1
3	Magnet	1
4	Ring-Shield, $\Phi 30$	1
5	Hex Head Bolt M10*30	3
6	Washer $\Phi 11*\Phi 20*2$	3
7	Socket Head Cap Screw, M6*20	3
8	Washer, $\Phi 6.6*\Phi 12*1.6$	3

Exploded View and Parts List

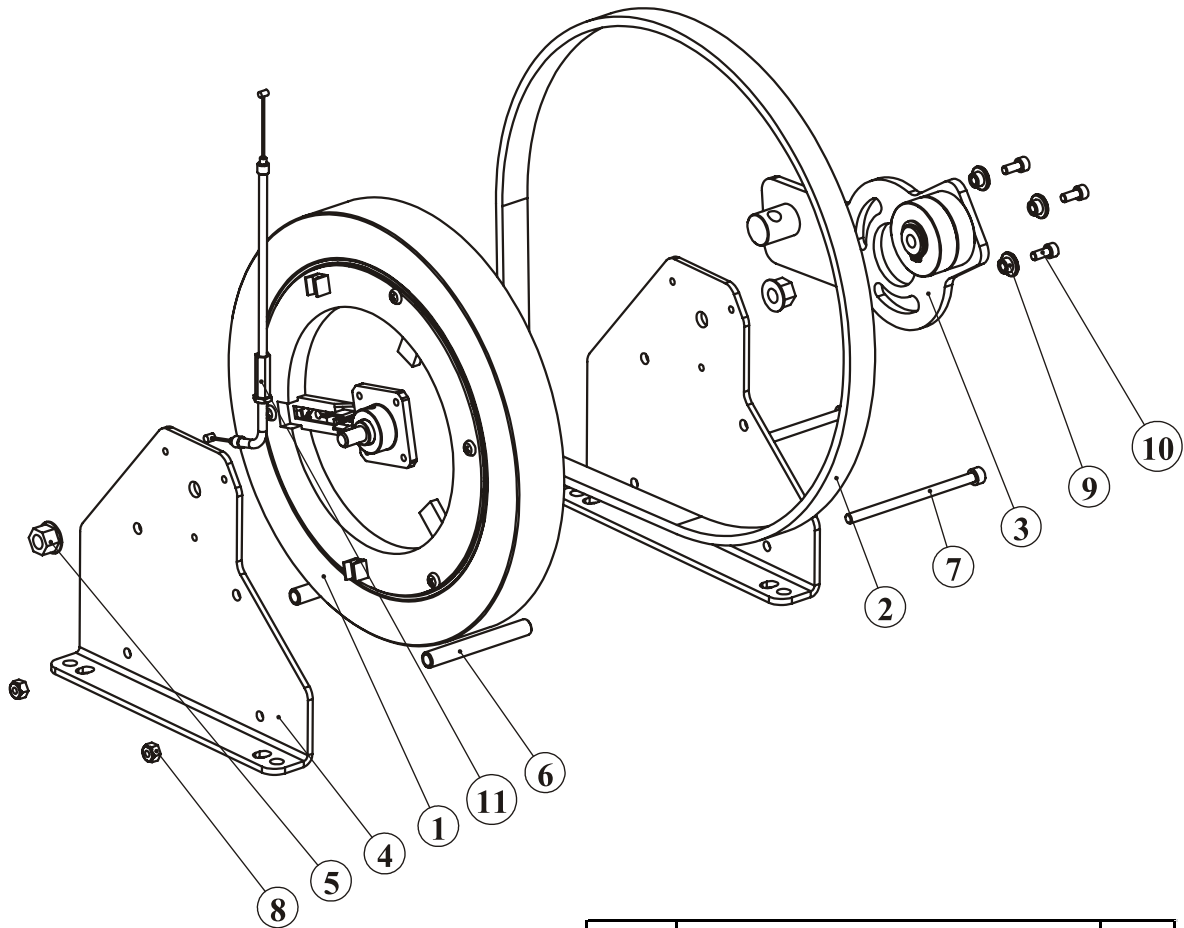
Rail Connecting Frame ASSY



ITEM NO.	Description	QTY
1	Rail Connecting Frame	1
2	Rotating Sleeve	2
3	Washer, $\Phi 20.2 * \Phi 25 * 0.35$	2
4	Ring-Shield, $\Phi 20$	2
5	Nut, PA6	4

Exploded View and Parts List

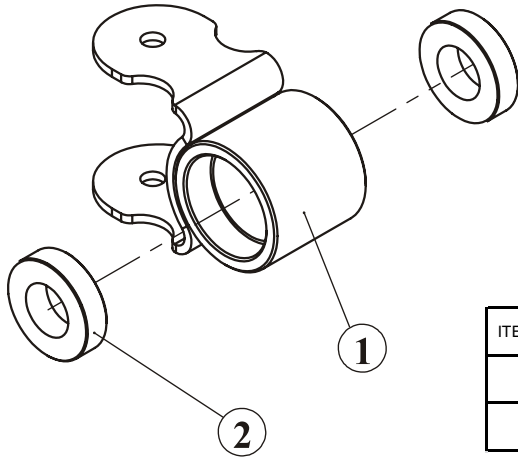
Brake ASSY



ITEM NO.	Description	QTY
1	Brake	1
2	Poly-v Belt,510J8	1
3	Tightener Assembly	1
4	Fixed Plate:Brake	2
5	Flange Nut,3/8"-26	2
6	Long Bushing	2
7	Socket Head Cap Screw,M6*100	2
8	Nylon Insert Lock Nut M6	2
9	Bushing	3
10	Socket Head Cap Screw,M5*12	3
11	Wire Rope	1

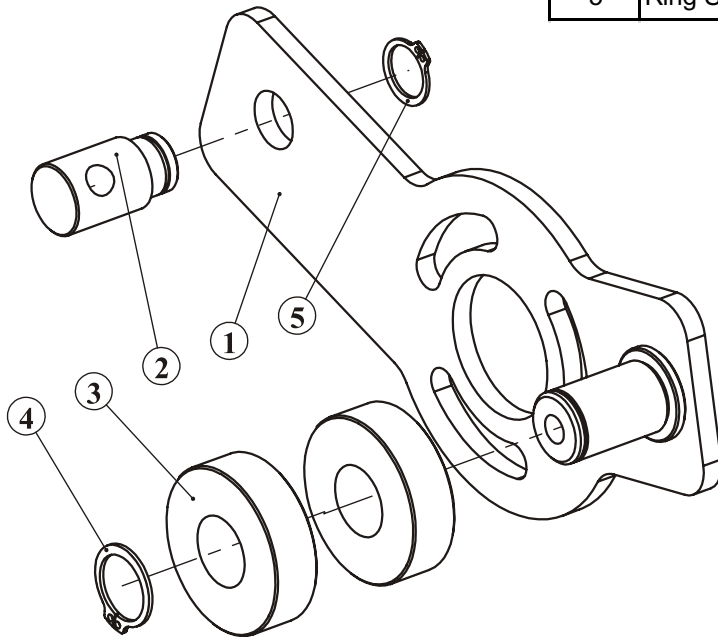
Exploded View and Parts List

Crank Connecting Frame ASSY



ITEM NO.	Description	QTY
1	Crank Connecting Frame	1
2	Bearing,6005	2

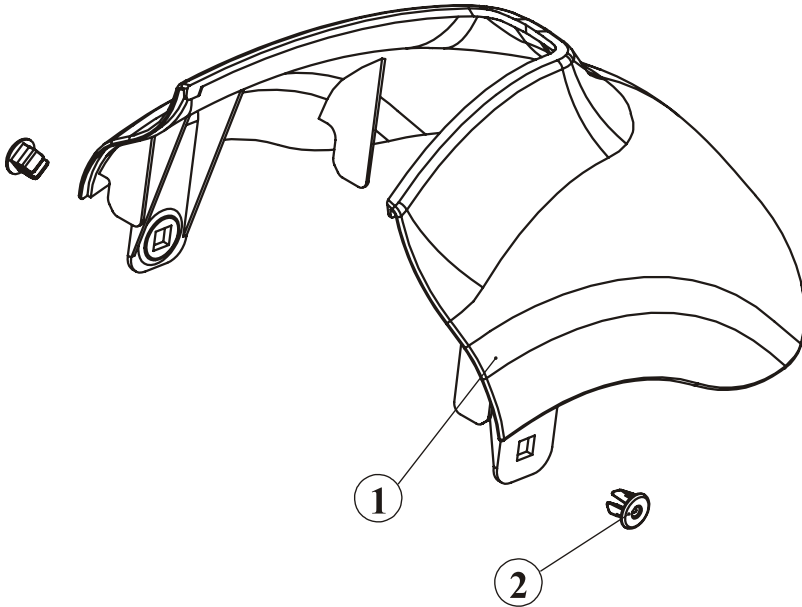
Tightener ASSY



ITEM NO.	Description	QTY
1	Tightener	1
2	Nut Sleeve:Tightener	1
3	Bearing,6204	2
4	Ring-Shield,Φ20	1
5	Ring-Shield,Φ16	1

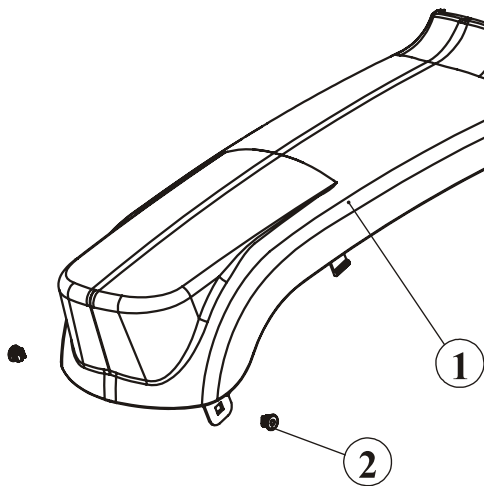
Exploded View and Parts List

Front Cover ASSY



ITEM NO.	Description	QTY
1	Front Cover:Upper Cover	1
2	Nut,PA6	2

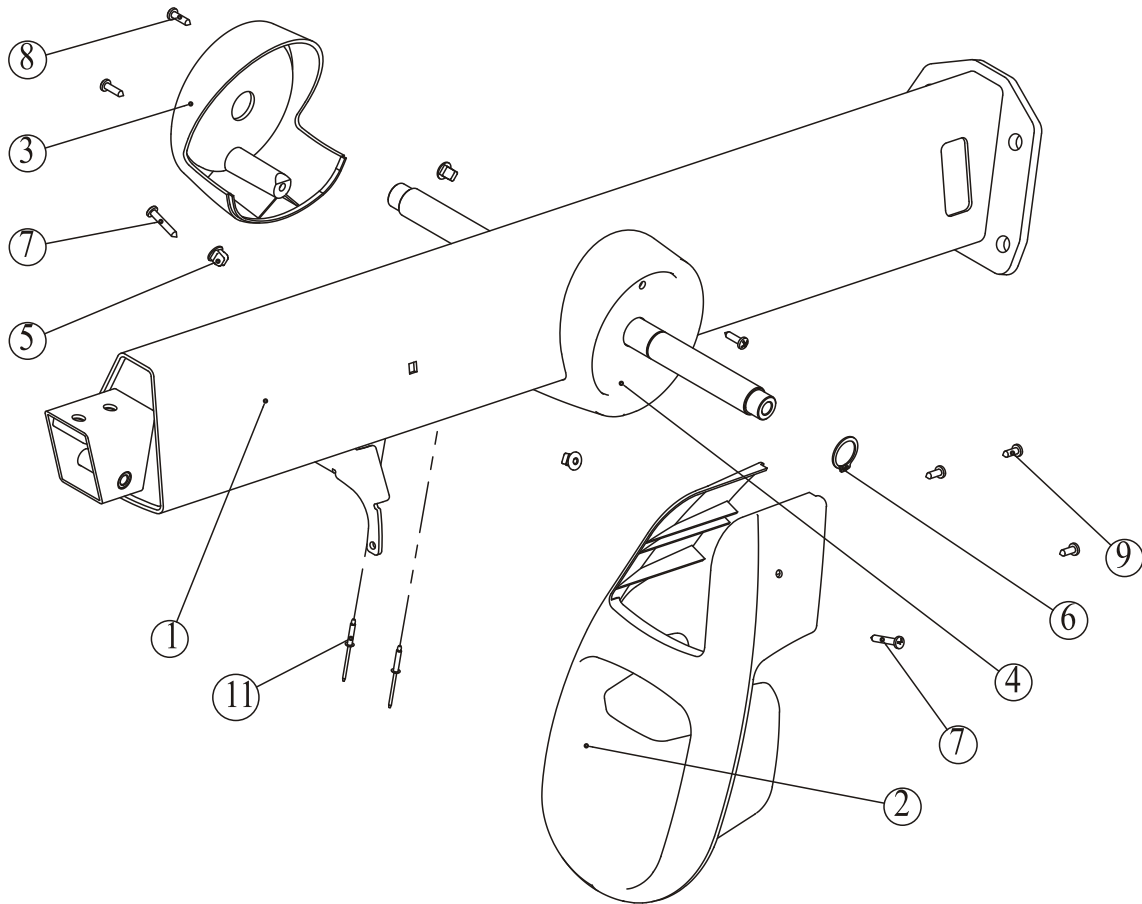
Back Cover ASSY



ITEM NO.	Description	QTY
1	Back Cover:Upper Cover	1
2	Nut,PA6	2

Exploded View and Parts List

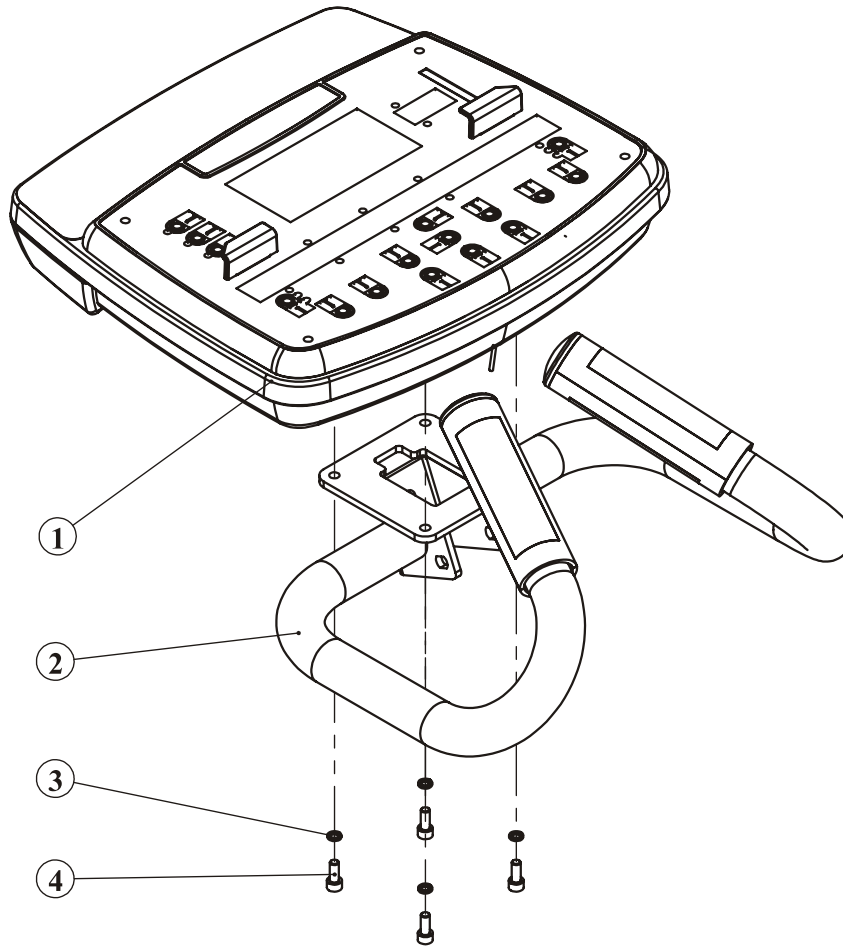
Upright Frame ASSY



ITEM NO.	Description	QTY
1	Upright Frame	1
2	Cup Holder	1
3	Spindle Cover:L	1
4	Spindle Cover:R	1
5	Nut,PA6	4
6	Ring-Shield,Φ20	2
7	Screw,ST4.2*25	2
8	Screw,ST4.2*16	3
9	Screw,ST4.2*13	3
10	Cable 1:Console	1
11	blind rivets	2

Exploded View and Parts List

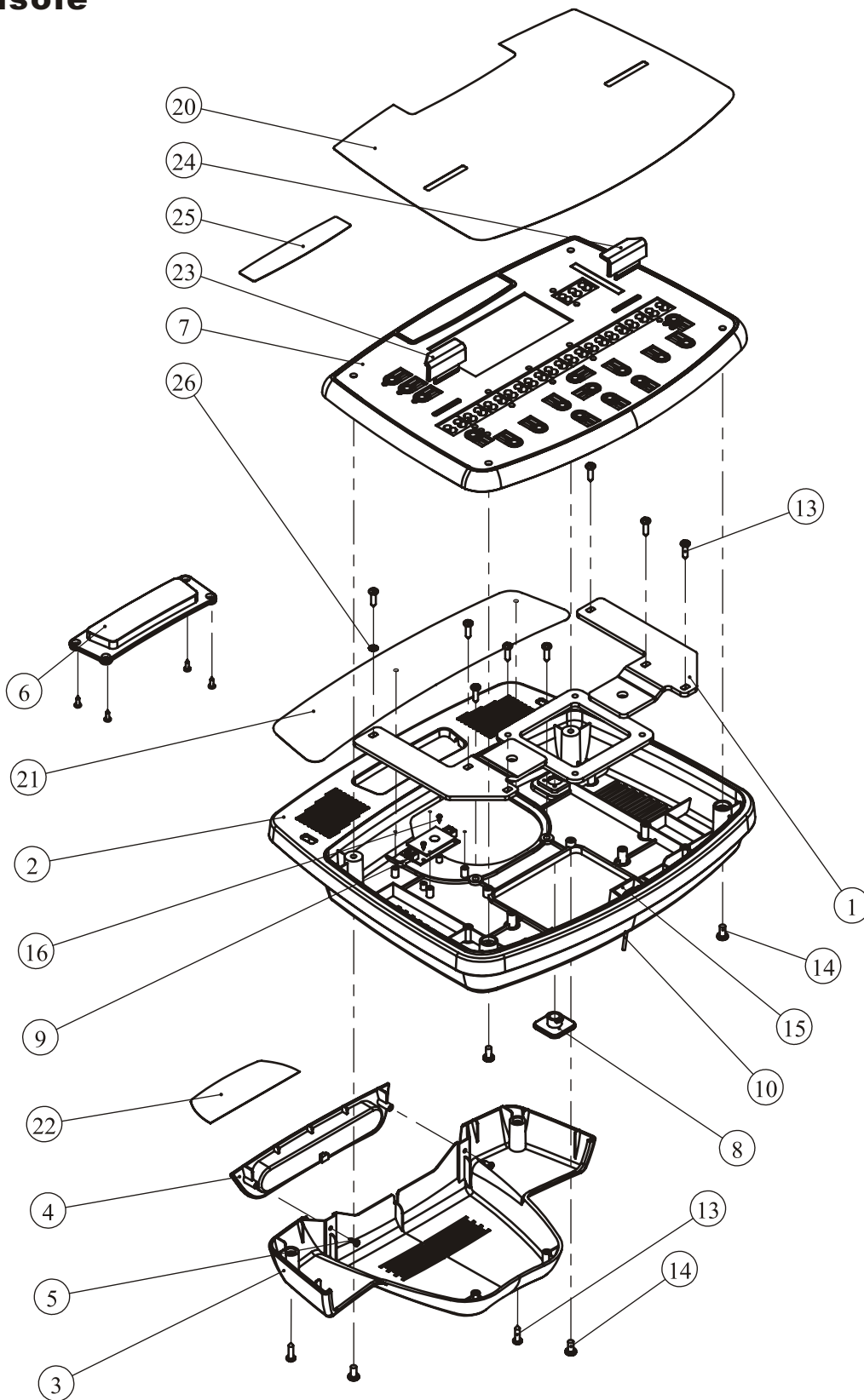
Console ASSY



ITEM NO.	Description	QTY
1	Console	1
2	Handle Assembly	1
3	Spring Washer $\Phi 6$	4
4	Socket Head Cap Screw, M6*15	4

Exploded View and Parts List

Console



Exploded View and Parts List

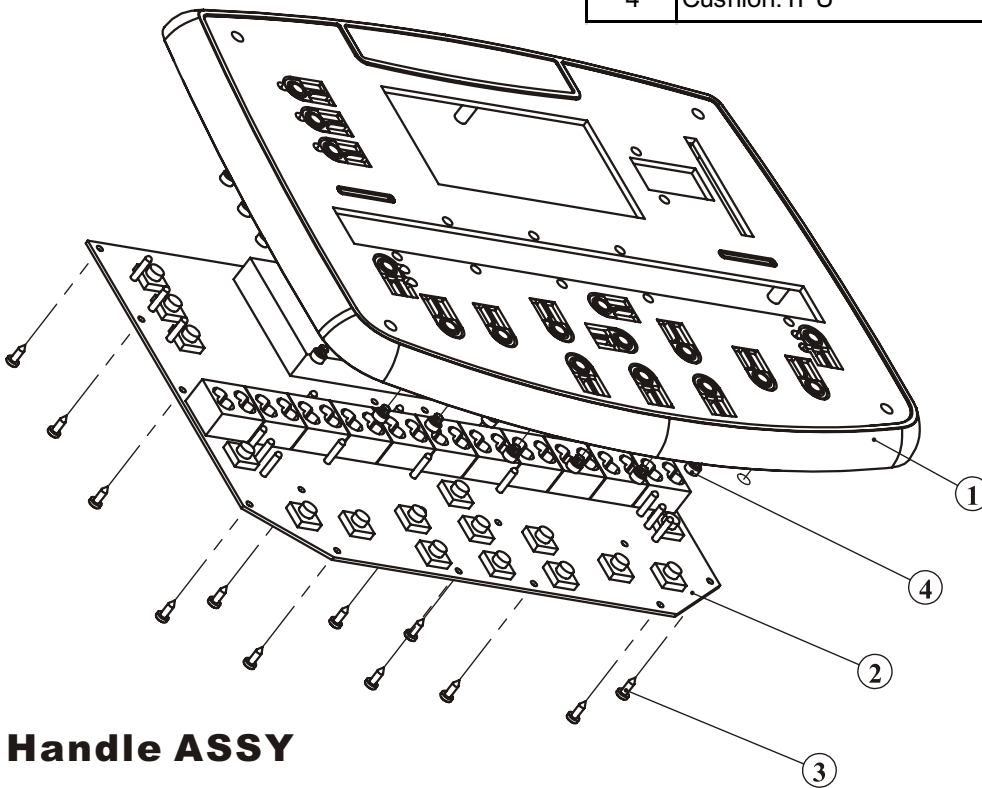
Console

ITEM NO.	Description	QTY
1	Fixed Frame:Console	1
2	Upper Shell:Console	1
3	Lower Shell:Console	1
4	Cell Holder	1
5	Screw,ST2.9*9.5	6
6	Plug	1
7	Circuit Board Frame Assembly	1
8	Plug, Console	1
9	PCB:Hand Pulse	1
10	PCB:Heart Rate	1
11	Magnetic Ring	3
12	Magnetic Ring	2
13	Screw,ST4.2*16	10
14	Screw,M5*10	4
15	Acceptor Cover	1
16	Screw,ST2.2*6.5	2
17	Upper Cable:Console	1
18	Cable:Connecting Handle Pluse&Console	1
19	Upper Cable:Hand Pulse	1
20	Mask:Console	1
21	Mask:Fan	1
22	Mask:Cell Holder	1
23	Support Frame:Newspaper&Magazine,L	1
24	Support Frame:Newspaper&Magazine,R	1
25	Mask: LOGO	1
26	External teeth serrated lock washers	1

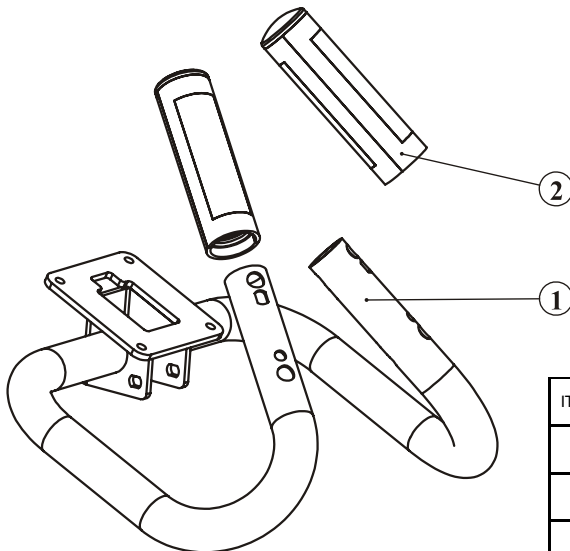
Exploded View and Parts List

Circuit Board Frame ASSY

ITEM NO.	Description	QTY
1	Circuit Board Frame	1
2	PCB:Console	1
3	Screw,ST2.9*9.5	18
4	Cushion:TPU	16



Handle ASSY

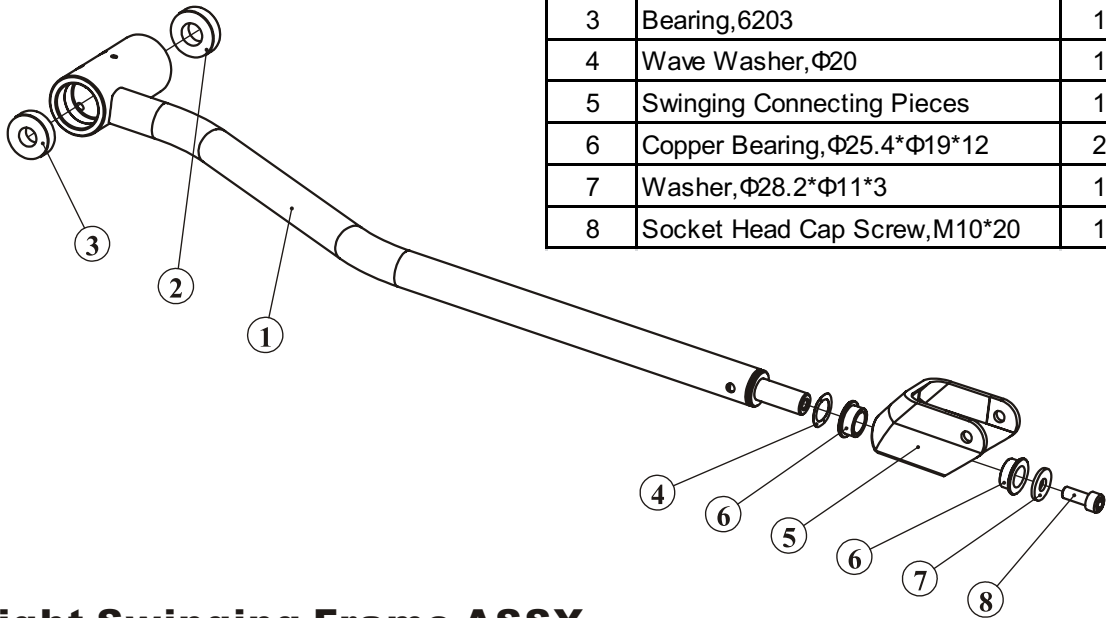


ITEM NO.	Description	QTY
1	Handle	1
2	Hand Pulse	2
3	Cable:Hand Pulse	1

Exploded View and Parts List

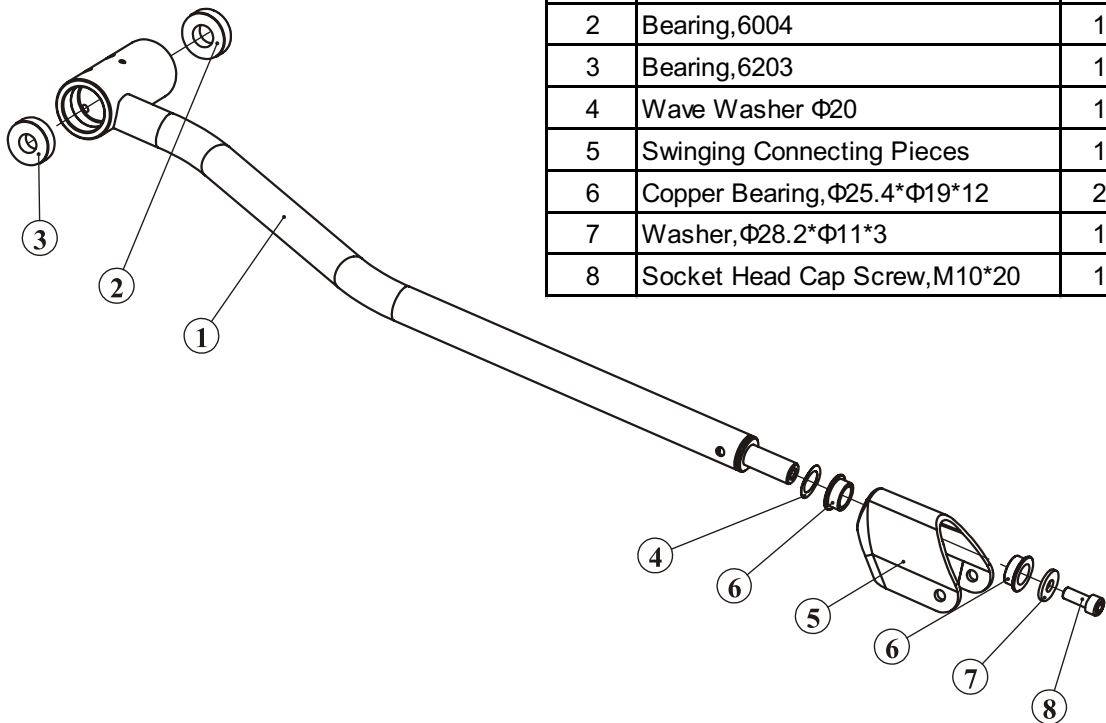
Left Swinging Frame ASSY

ITEM NO.	Description	QTY
1	Swinging Frame	1
2	Bearing,6004	1
3	Bearing,6203	1
4	Wave Washer,Φ20	1
5	Swinging Connecting Pieces	1
6	Copper Bearing,Φ25.4*Φ19*12	2
7	Washer,Φ28.2*Φ11*3	1
8	Socket Head Cap Screw,M10*20	1



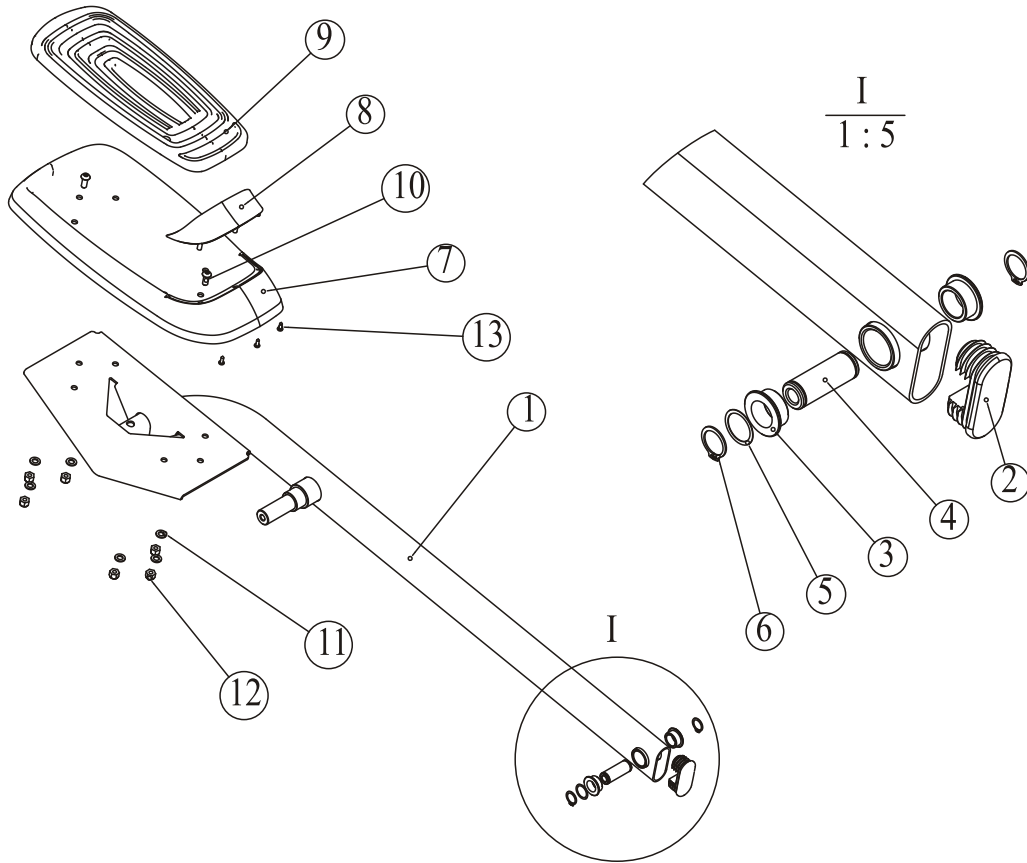
Right Swinging Frame ASSY

ITEM NO.	Description	QTY
1	Swinging Frame	1
2	Bearing,6004	1
3	Bearing,6203	1
4	Wave Washer Φ20	1
5	Swinging Connecting Pieces	1
6	Copper Bearing,Φ25.4*Φ19*12	2
7	Washer,Φ28.2*Φ11*3	1
8	Socket Head Cap Screw,M10*20	1



Exploded View and Parts List

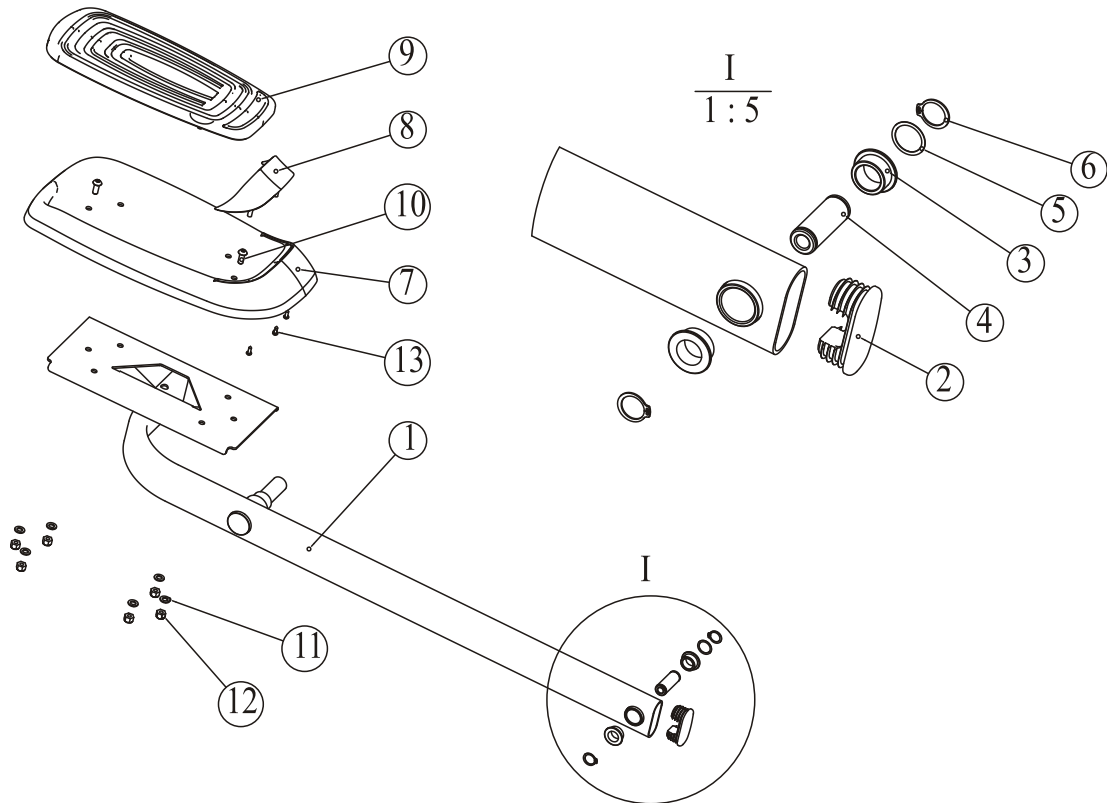
Left Lower Link Arm ASSY



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Lower Link Arm:L	1	8	Holder For Pedal	1
2	Pipe Plug,RT30*70	1	9	Pedal Foam	1
3	Copper Bearing,Φ25.4*Φ19*12	2	10	Allen Pan Head Bolt,M8*20	2
4	Spindle	1	11	Washer Φ9*Φ16*1.6	6
5	Washer Φ20.2*Φ25*0.35	1	12	Nut,M8	6
6	Ring-Shield,Φ19	2	13	Screw,ST4.2*13	3
7	Pedal	1			

Exploded View and Parts List

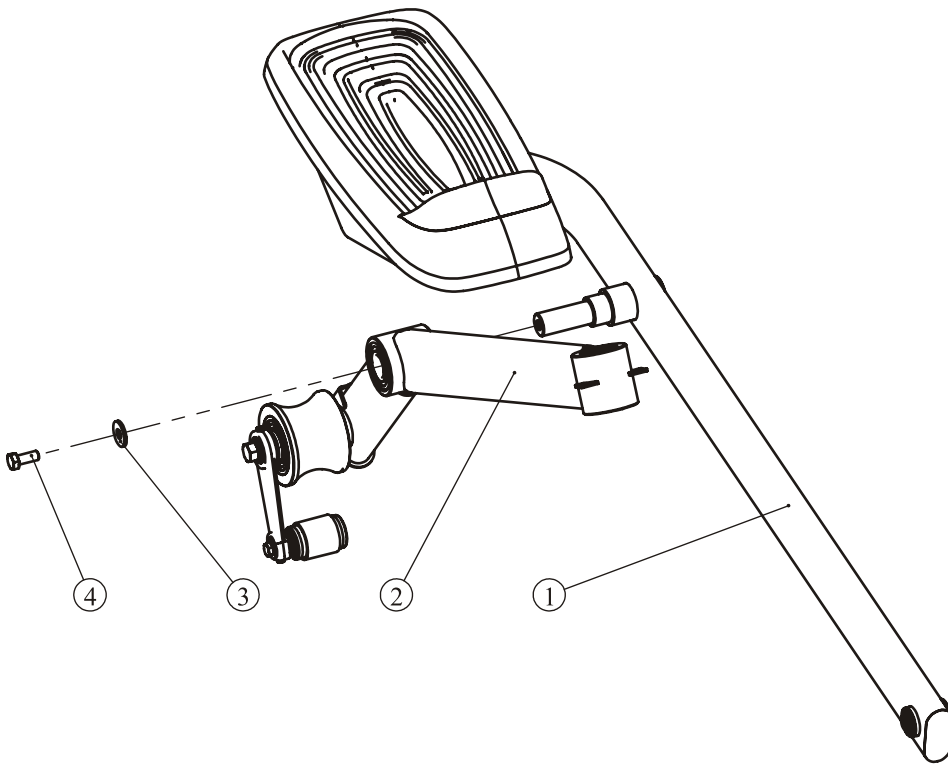
Right Lower Link Arm ASSY



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Lower Link Arm:R	1	8	Holder For Pedal	1
2	Pipe Plug,RT30*70	1	9	Pedal Foam	1
3	Copper Bearing,Φ25.4*Φ19*12	2	10	Allen Pan Head Bolt,M8*20	2
4	Spindle	1	11	Washer Φ9*Φ16*1.6	6
5	Washer Φ20.2*Φ25*0.35	1	12	Nut,M8	6
6	Ring-Shield,Φ19	2	13	Screw,ST4.2*13	3
7	Pedal	1			

Exploded View and Parts List

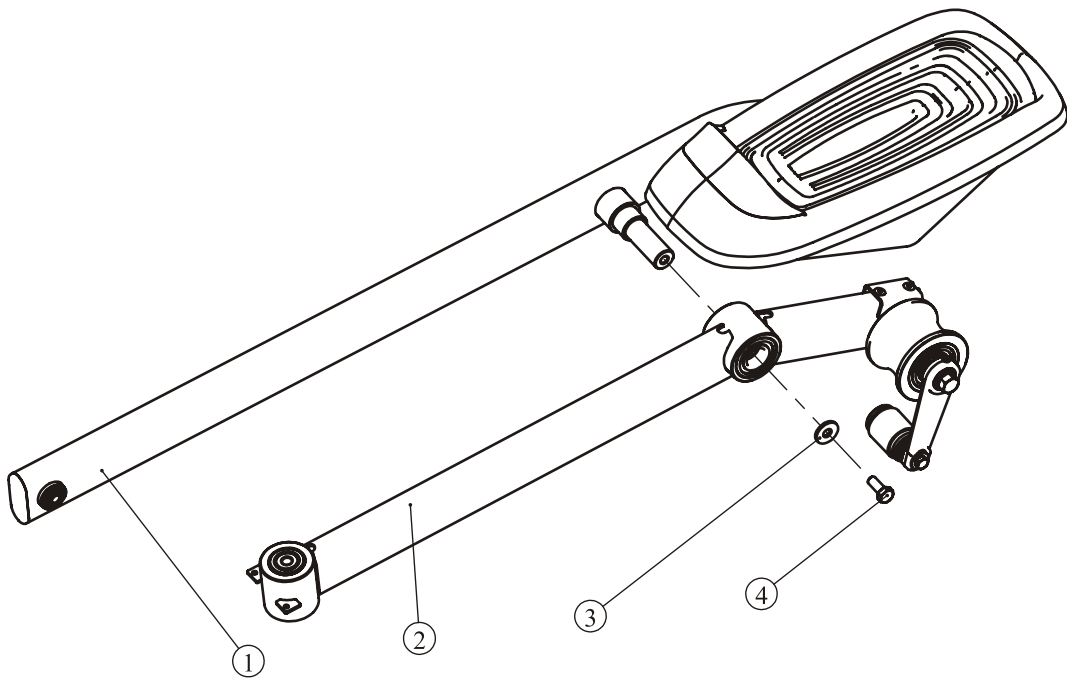
Left Lower Link And Pedal Arm ASSY



ITEM NO.	Description	QTY
1	Left Lower Link Arm ASSY	1
2	Left Pedal Arm Bracket ASSY	1
3	Washer, $\Phi 28.2 \times \Phi 11 \times 3$	1
4	Hex Head Bolt, M10*25	1

Exploded View and Parts List

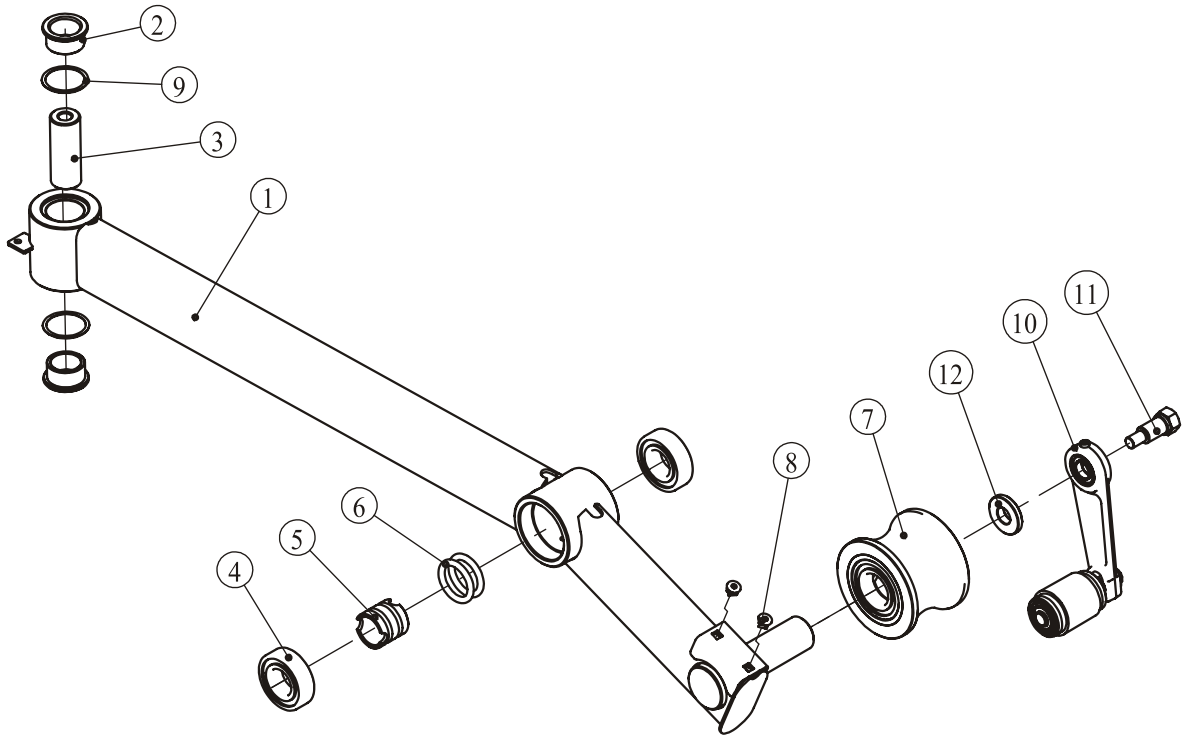
Right Lower Link And Pedal Arm ASSY



ITEM NO.	Description	QTY
1	Right Lower Link Arm ASSY	1
2	Right Pedal Arm Bracket ASSY	1
3	Washer, $\Phi 28.2 * \Phi 11 * 3$	1
4	Hex Head Bolt, M10*25	1

Exploded View and Parts List

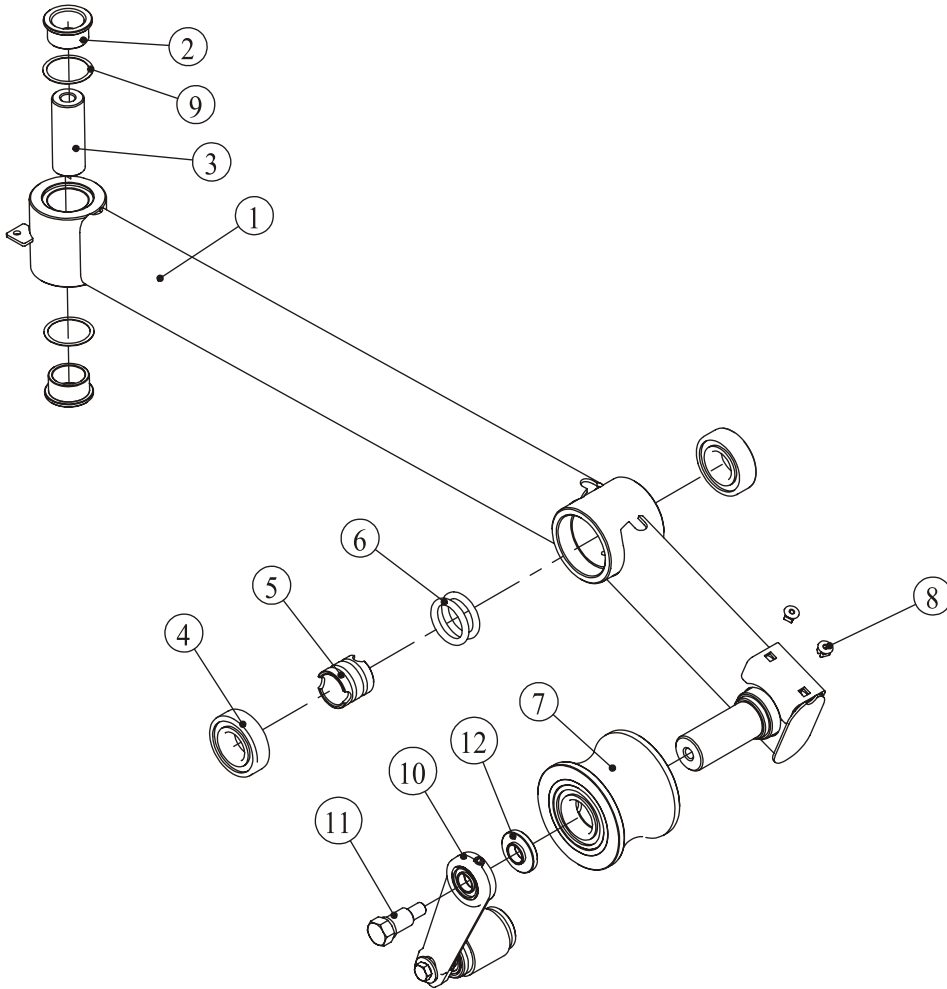
Left Pedal Arm Bracket ASSY



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Pedal Arm Bracket:L	1	7	Wheel Assembly	1
2	Copper Bearing,Φ38*Φ25.4*18	2	8	Nut,PA6	2
3	Spindle	1	9	PTFE Washer,Φ39*Φ33*0.5	2
4	Bearing,6205	2	10	Lower Roller ASSY	1
5	Bearing Sleeve	1	11	shoulder bolt,Φ19*50	1
6	Rubber Sealing Ring,Φ25*5.3	2	12	Sleeve,Φ35*Φ15*8	1

Exploded View and Parts List

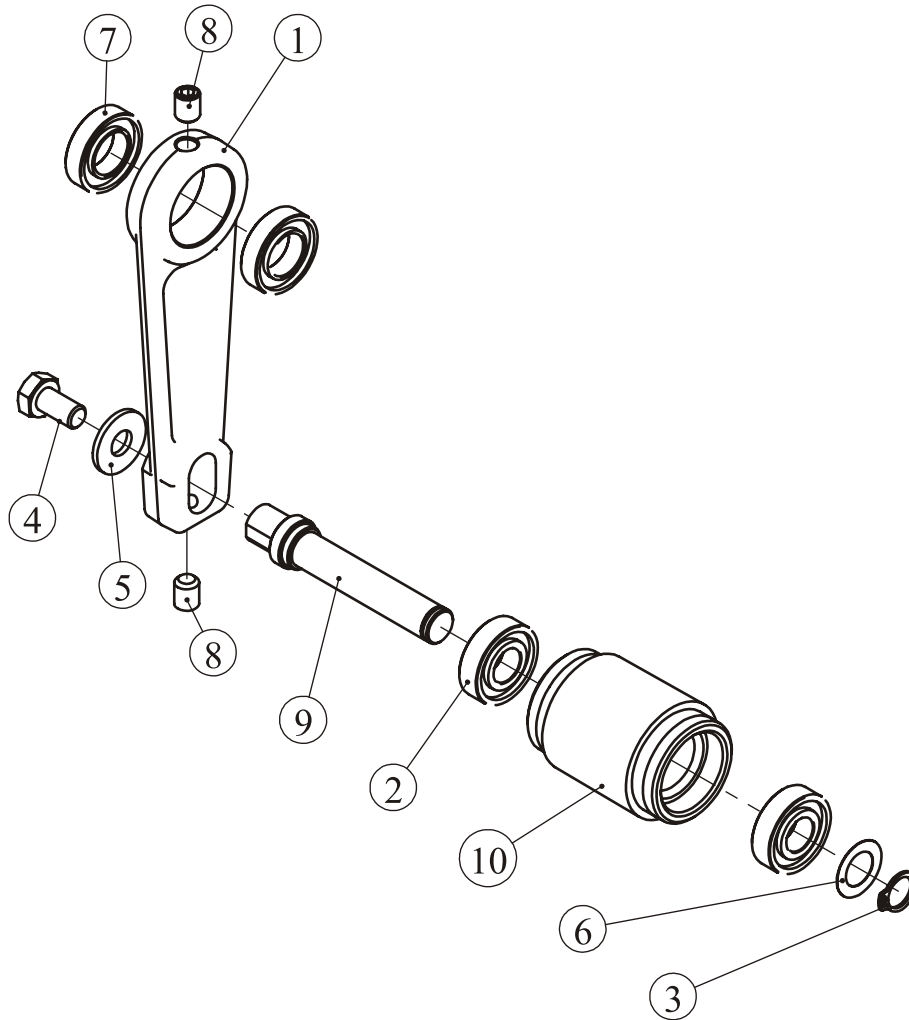
Right Pedal Arm Bracket ASSY



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Pedal Arm Bracket:R	1	7	Wheel Assembly	1
2	Copper Bearing, $\Phi 38 \times \Phi 25.4 \times 18$	2	8	Nut, PA6	2
3	Spindle	1	9	PTFE Washer, $\Phi 39 \times \Phi 33 \times 0.5$	2
4	Bearing, 6205	2	10	Lower Roller ASSY	1
5	Bearing Sleeve	1	11	shoulder bolt, $\Phi 19 \times 50$	1
6	Rubber Sealing Ring, $\Phi 25 \times 5.3$	2	12	Sleeve, $\Phi 35 \times \Phi 15 \times 8$	1

Exploded View and Parts List

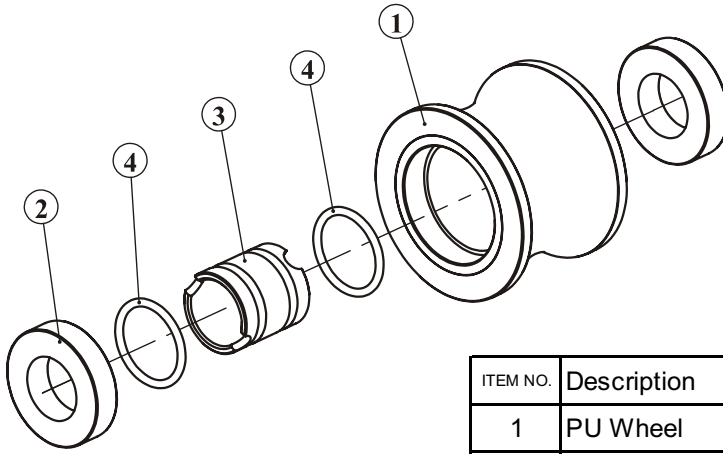
Lower Roller ASSY



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Side fixing plate:Low er roller assembly	1	6	Washer,Φ12.2*Φ20*0.2	2
2	Bearing,6001	2	7	Bearing,61902	2
3	Ring-Shield,Φ12	1	8	Locking screw,M8*10	2
4	Hex Head Bolt,M8*15	1	9	Lower roller shaft	1
5	Washer,Φ9*Φ22*2	1	10	Lower roller	1

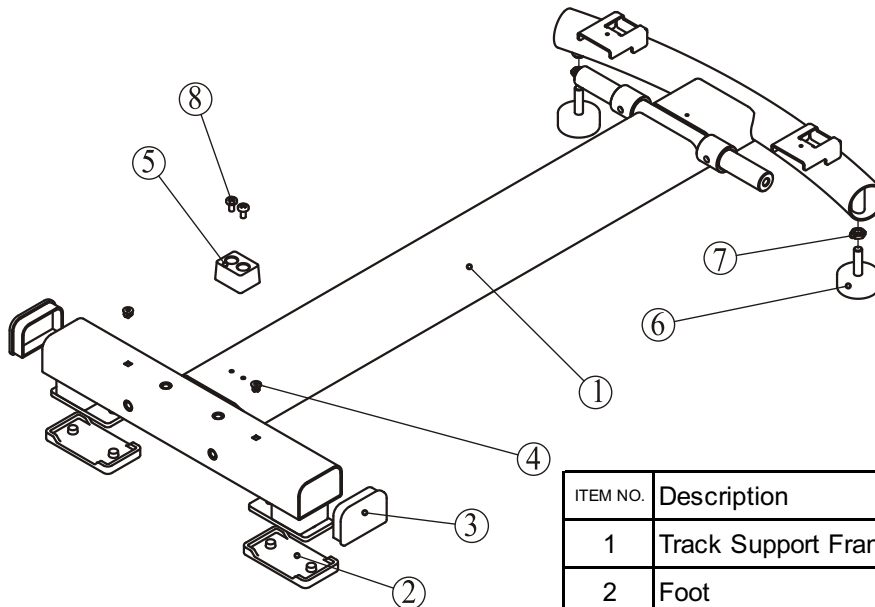
Exploded View and Parts List

PU Wheel ASSY



ITEM NO.	Description	QTY
1	PU Wheel	1
2	Bearing, 6006	2
3	Wheel Bearing Sleeve	1
4	Rubber Sealing Ring, $\Phi 30 \times 5.3$	2

Track Support Frame ASSY

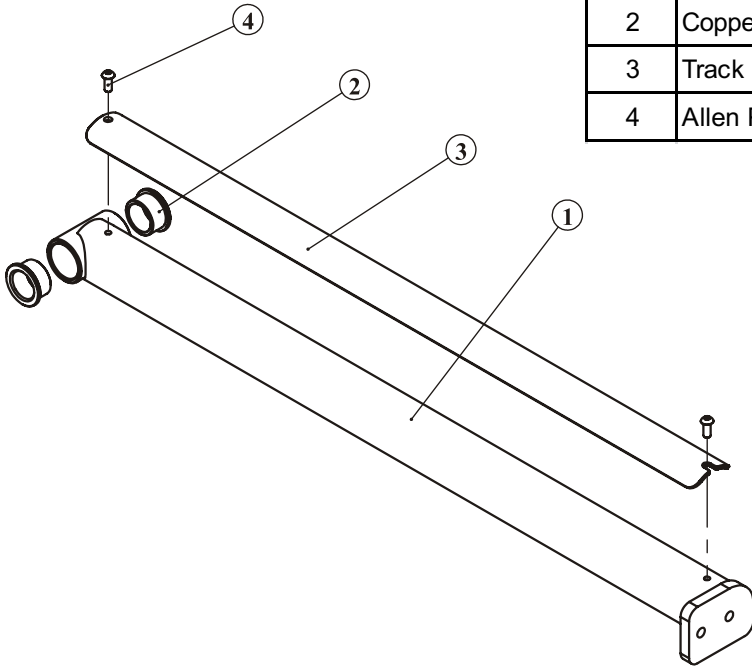


ITEM NO.	Description	QTY
1	Track Support Frame	1
2	Foot	2
3	Pipe Plug, YJ75*50	2
4	Nut, PA6	2
5	Cushion	1
6	Leveler Foot	2
7	Nut, M10	2
8	Screw, M6*12	2

Exploded View and Parts List

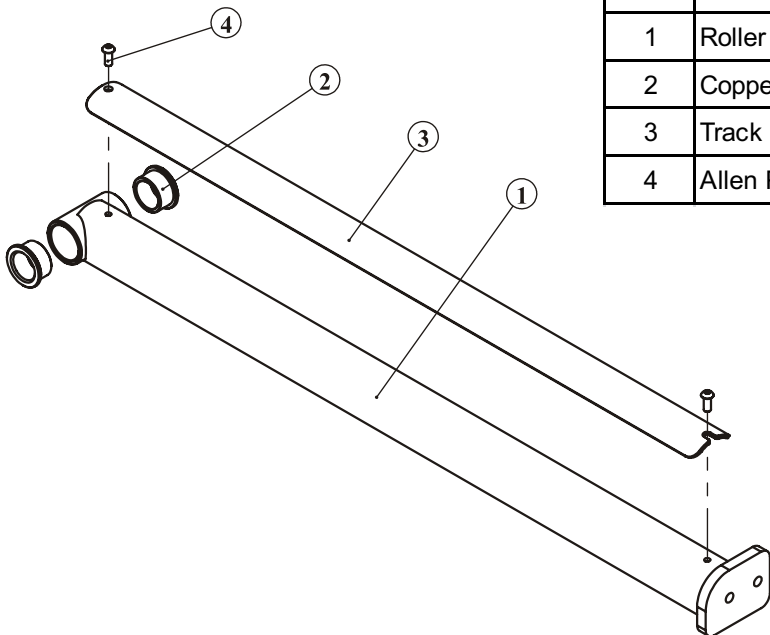
Left Roller Guide Frame ASSY

ITEM NO.	Description	QTY
1	Roller Guide Frame:L	1
2	Copper Bearing, $\Phi 38 \times \Phi 25.4 \times 18$	2
3	Track Plate	1
4	Allen Pan Head Bolt, M6*15	2



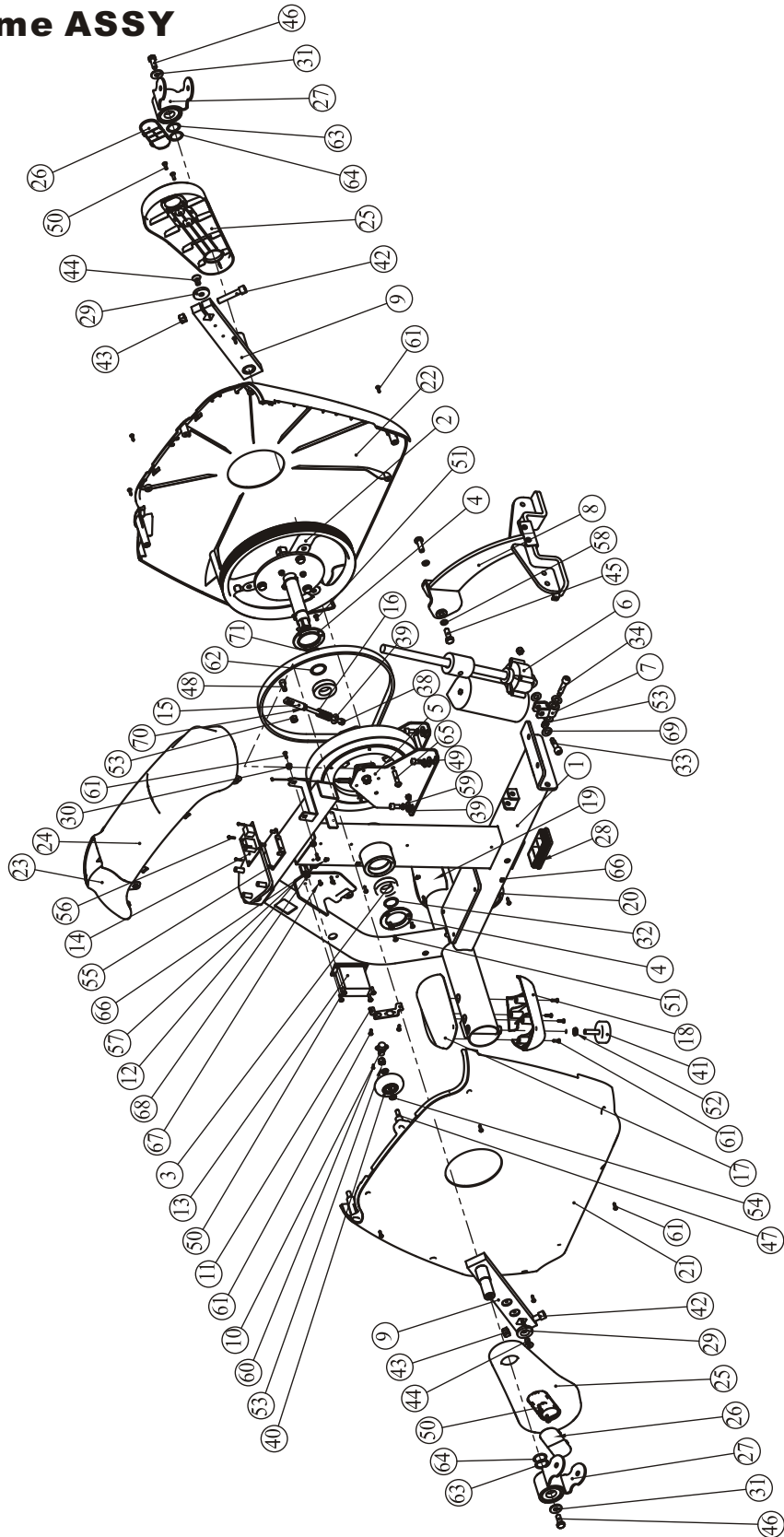
Right Roller Guide Frame ASSY

ITEM NO.	Description	QTY
1	Roller Guide Frame:R	1
2	Copper Bearing, $\Phi 38 \times \Phi 25.4 \times 18$	2
3	Track Plate	1
4	Allen Pan Head Bolt, M6*15	2



Exploded View and Parts List

Main Frame ASSY



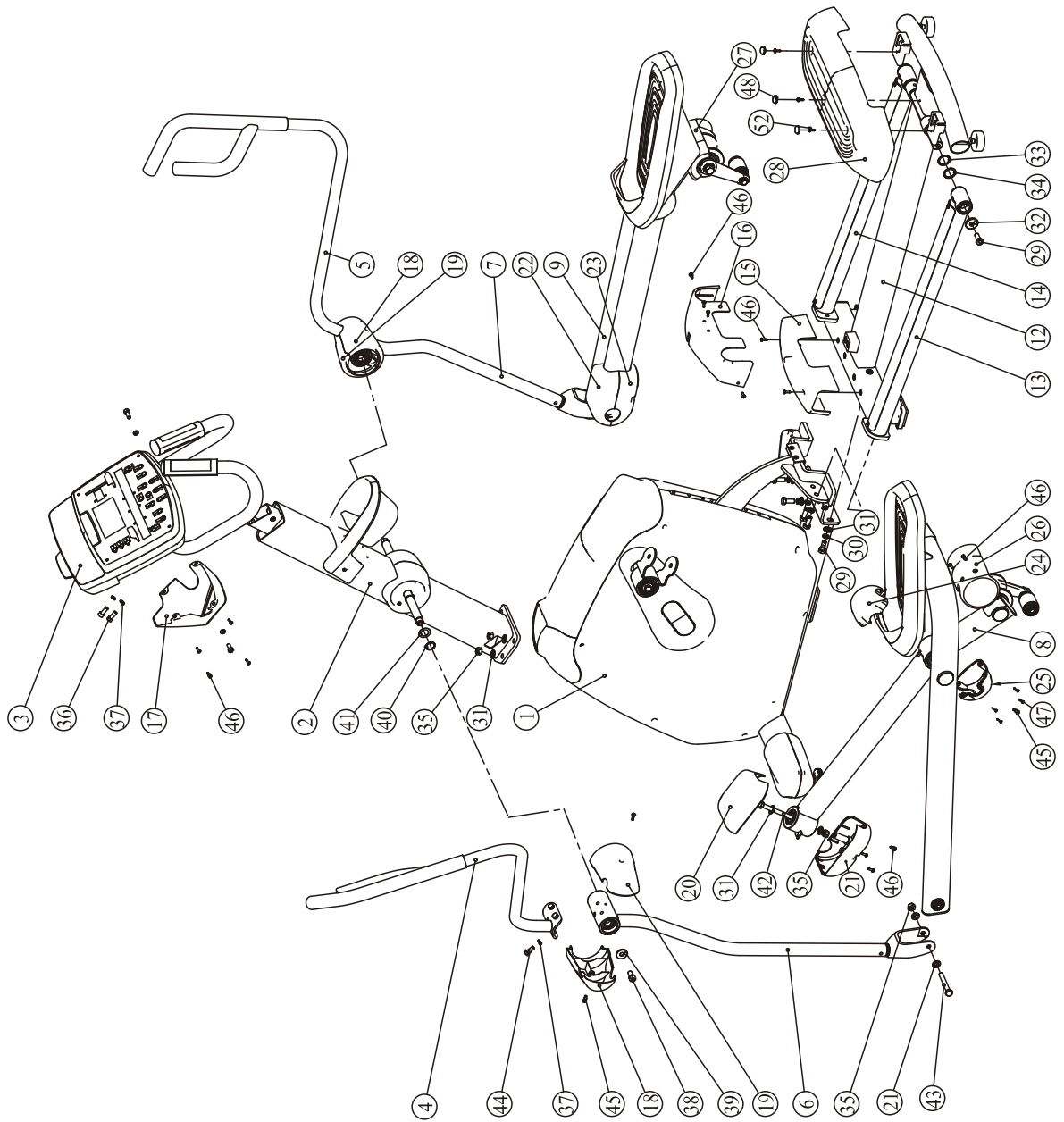
Exploded View and Parts List

Main Frame ASSY

ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Main Frame	1	37	Magnetic ring	2
2	Shaft Assembly	1	38	Hex Head Bolt M8*150	1
3	Bearing,6006	2	39	Washer,Φ9*Φ22*2	5
4	End Cover: Bearing,6006	2	40	PU Wheel	2
5	Brake Assembly	1	41	Leveler Foot	2
6	Lifting Motor	1	42	Hex Head Bolt M12*65	
7	Fixed Frame:Lifting Motor	1	43	Nylon Insert Lock Nut M12	2
8	Rail Connecting Frame Assembly	1	44	Screw,M10*20	2
9	Crank	2	45	Hex Head Bolt M10*30	2
10	Aviation Socket	1	46	Hex Head Bolt M10*25	2
11	Fixed Plate:Aviation Socket	1	47	Allen Pan Head Bolt,M8*45	2
12	Sensor	1	48	Socket Head Cap Screw,M8*20	1
13	Motor	1	49	Socket Head Cap Screw,M8*15	4
14	PCB:Lifting Motor	1	50	Screw,M5*15	10
15	Adjusting Axle	1	51	Screw,M5*12	6
16	Tensioning Spring	1	52	Nut,M10	2
17	Cover:Front Base,L,Top	1	53	Nylon Insert Lock Nut M8	5
18	Cover:Front Base,L,Bottom	1	54	Washer Φ9*Φ16*1.6	4
19	Cover:Front Base,R,Top	1	55	Spacer	4
20	Cover:Front Base,R,Bottom	1	56	Pan Head Phillips Screw M3*16	4
21	Left Cover	1	57	Pan Head Phillips Screw M3*10	2
22	Right Cover	1	58	Spring Washer Φ10	2
23	Assembly:Front Cover	1	59	Spring Washer Φ8	4
24	Assembly:Back Cover	1	60	Screw,ST2.9*13	2
25	Cover:Crank	2	61	Screw,ST4.2*16	28
26	Cap:Crank	2	62	Wave Washer Φ30	1
27	Crank Connecting Frame Assembly	2	63	Washer,Φ32*Φ25.5*0.4	2
28	Pipe Plug,□ 50*100	1	64	Wave Washer Φ25	2
29	Washer,Φ38*6*Φ11	2	65	Allen Pan Head Bolt,M8*40	1
30	Nut,PA6	6	66	Wire Clip	5
31	Washer,Φ28.2*Φ11*3	2	67	Screw,M4*8	1
32	Ring-Shield,Φ30	1	68	external teeth lock washers	1
33	Shoulder Bolt,M10*30	1	69	Washer,Φ11*Φ23*2	6
34	Shoulder Bolt,M10*40	1	70	Hexagon nut	1
35	Cable 2:Console	1	71	Washer,Φ32*Φ30*0.35	3
36	Ccble:Motor	1			

Exploded View and Parts List

Overall

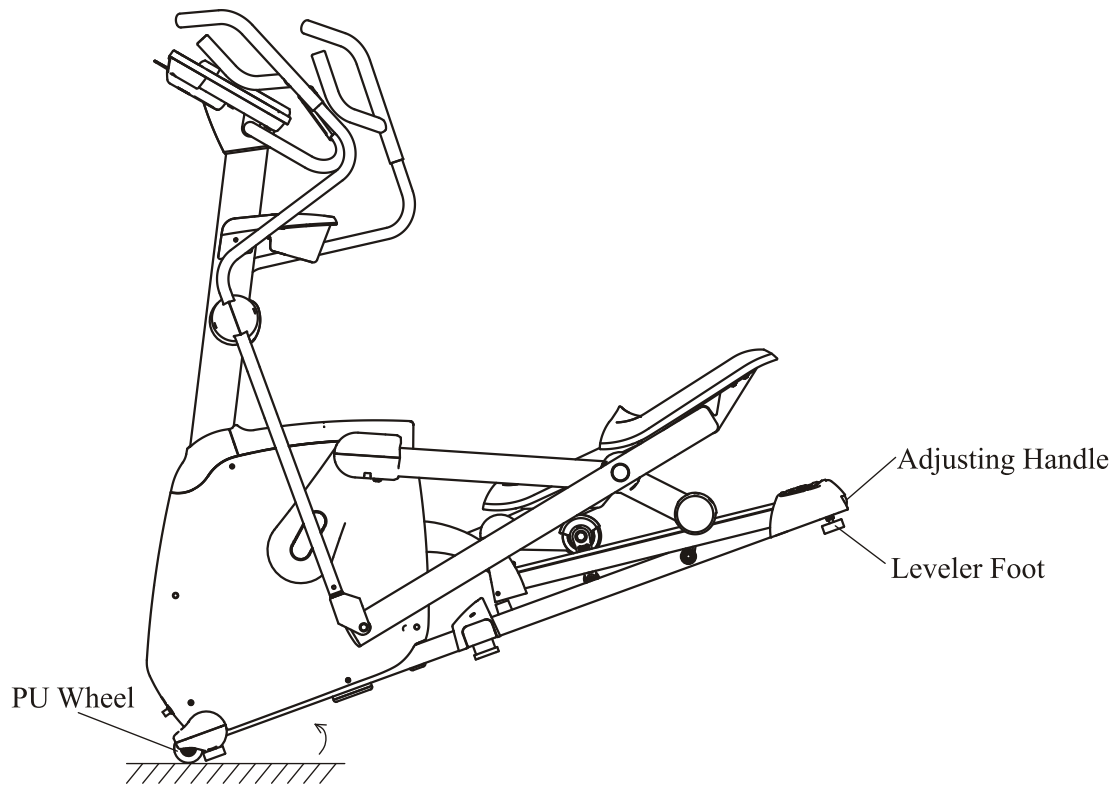


Exploded View and Parts List

Overall

ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Assembly:Main Frame	1	28	Mini Pedal	1
2	Assembly:Upright Frame	1	29	Hex Head Bolt,M10*25	10
3	Assembly:Console	1	30	Spring Washer,Φ10	8
4	Handle Bracket:L	1	31	Washer,Φ11*Φ20*2	16
5	Handle Bracket:R	1	32	Washer,Φ33*Φ10.5*5	2
6	Assembly:Swinging Frame,L	1	33	Washer,Φ32*Φ25.5*0.4	2
7	Assembly:Swinging Frame,R	1	34	Wave Washer,Φ25	2
8	Assembly:Lower Link Arm,L	1	35	Nut,M10	8
9	Assembly:Lower Link Arm,R	1	36	Socket Head Cap Screw,M8*20	4
12	Assembly:Rail Connecting Frame	1	37	Spring Washer,Φ8	12
13	Assembly:Roller Guide Frame,L	1	38	Socket Head Cap Screw,M10*20	2
14	Assembly:Roller Guide Frame,R	1	39	Washer,Φ28.2*Φ11*3	2
15	Mid Cover	1	40	Washer,Φ20.2*Φ25*0.35	2
16	Cover:Rail Connecting Frame	1	41	Wave Washer,Φ20	2
17	Cover:Neck	1	42	Hex Head Bolt,M10*90	2
18	Swing Cover 1	2	43	Hex Head Bolt,M10*75	2
19	Swing Cover 2	2	44	Hex Head Bolt,M8*15	8
20	Cover:Crank Connecting Frame,L,Top	1	45	Screw,M5*15	6
21	Cover:Crank Connecting Frame,L,Bottom	1	46	Screw,ST4.2*16	20
22	Cover:Crank Connecting Frame,R,Top	1	47	Screw,ST2.9*16	8
23	Cover:Crank Connecting Frame,R,Bottom	1	48	Back Pad Cover	3
24	Joint Cover:top	2	49	Power Cable	1
25	Joint Cover:bottom	2	50	Aviation Plugs	1
26	Roller Cover:L	1	51	Adaptor	1
27	Roller Cover:R	1	52	Screw,ST4.2*16	3

Usage And Maintenance



Instruction

1. When moving the machine, you can grasp the support handle and pull it up. Then you can move it by the PU wheel.
2. Before using the machine, you must ensure it stand steadily on the ground, if it isn't stand steady, you can adjust the leveler foot.
3. The machine need DC24V power.

Maintenance

1. Tighten the pedals every 3 months.
2. If the Bolts and Screws have the trend of losing, please lock them timely.

Console Panel Functions

CONSOLE OVERVIEW

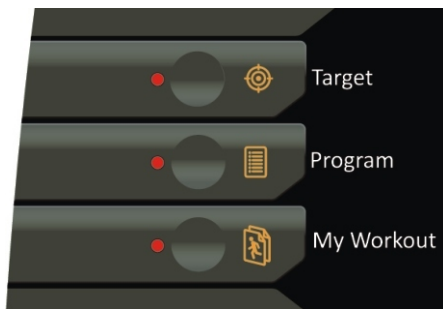


PROGRAM BUTTONS

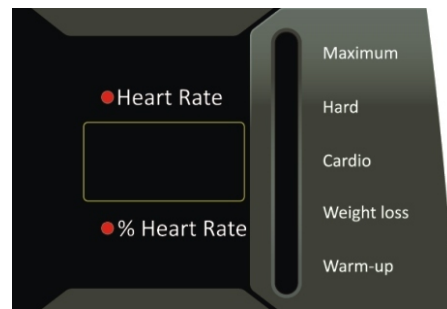
Target: Time, Calories, Distance, Steps

Program: P1=Manual P2=Cardio P3=Interval P4=Burn Calories P5=Heart Rate
P6=Random P7=Hill P8=Advanced

My Workout: 4 customized programs, can be modified by users.



Heart Rate zone

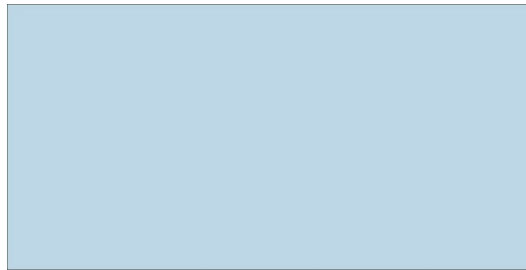


Console Panel Functions

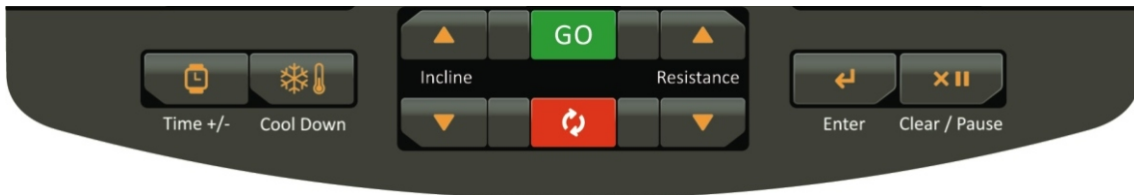
Lower LED + display controls



Upper LED



User control buttons



PROGRAMMING

Font & Text Rolling Speed

Font: Arial

Text Rolling Speed: 5 letters per second

Welcome message

When console turns on or after reset:

the lower LED windows scrolls "PRESS GO OR SELECT PROGRAM TO BEGIN".

Target, Workout programs, My workout:

If TARGET is selected

Lower LED scrolls "CALORIES TARGET"

Lower LED scrolls "PRESS ADJUST KEYS TO LOOP OR PRESS ENTER TO SELECT."

Console Panel Functions

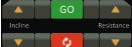
User can use adjustment keys  to loop through all 4 Target programs: "CALORIES TARGET, DISTANCE TARGET, TIME TARGET, STEPS TARGET". Press Enter to select.

If CALORIES TARGET is selected

Lower LED scrolls "CALORIES TARGET: ENTER CALORIES".

Lower LED displays "100".

"100" flash once and holds.

User can use adjustment keys  to adjust the default value by 20 cal. Press Enter to confirm.

Lower LED scrolls "ENTER WEIGHT".

Lower LED displays "70".

"70" flash once and holds.

User can use adjustment keys  to adjust the default value. Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

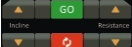
Program starts.

If DISTANCE TARGET is selected

Lower LED scrolls "DISTANCE TARGET: ENTER DISTANCE".

Lower LED displays "5KM".

"5KM" flash once and holds.

User can use adjustment keys  to adjust the default value. Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

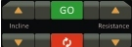
Program starts.

If TIME TARGET is selected

Lower LED scrolls "TIME TARGET: ENTER TIME".

Lower LED displays "30".

"30" flash once and holds.

User can use adjustment keys  to adjust the default value. Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

Program starts.

Console Panel Functions

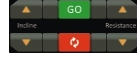
If STEPS TARGET is selected

Lower LED scrolls "STEPS TARGET: ENTER STEPS".

Lower LED displays "8000".

"8000" flash once and holds.

User can use adjustment keys



to adjust the default value by 500 steps.

Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

Program starts.

Workout Programs

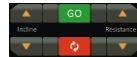
Program: P1=Manual P2=Cardio P3=Interval P4=Burn Calories P5=Heart Rate

P6=Random P7=Hill P8=Advanced

Press self to loop through 8 programs.

For all 8 programs:

User can use adjustment keys



to adjust the default value.

Upper LED Displays: "P1" or "P2"..... according to user selection.

Lower LED scrolls: "PRESS ADJUSTMENT KEY TO LOOP OR PRESS ENTER TO SELECT"

Press Enter to select or GO to Begin.

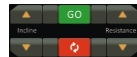
If Manual (P1) is selected

Lower LED scrolls "MANUAL MODE: ENTER WEIGHT".

Lower LED displays "70".

"70" flash once and holds.

User can use adjustment keys



to adjust the default value.

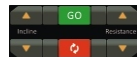
Press Enter to confirm.

Lower LED scrolls "ENTER TIME".

Lower LED displays "20".

"20" flash once and holds.

User can use adjustment keys



to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

Program starts.

Console Panel Functions

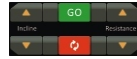
If Cardio (P2) is selected

Lower LED scrolls "CARDIO MODE: ENTER WEIGHT".

Lower LED displays "70".

"70" flash once and holds.

User can use adjustment keys



to adjust the default value.

Press Enter to confirm.

Lower LED scrolls "ENTER TIME".

Lower LED displays "20".

"20" flash once and holds.

User can use adjustment keys



to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

Program starts.

If Interval (P3) is selected

Lower LED scrolls "INTERVAL MODE: ENTER WEIGHT".

Lower LED displays "70".

"70" flash once and holds.

User can use adjustment keys



to adjust the default value.

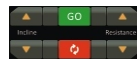
Press Enter to confirm.

Lower LED scrolls "ENTER TIME".

Lower LED displays "20".

"20" flash once and holds.

User can use adjustment keys



to adjust the default value.

Press Enter to confirm.

Lower LED scrolls "ENTER LOWER RESISTANCE LIMIT".

Lower LED displays "8".

"8" flash once and holds.

User can use adjustment keys



to adjust the default value.

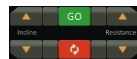
Press Enter to confirm.

Lower LED scrolls "ENTER UPPER RESISTANCE LIMIT".

Lower LED displays "10".

"10" flash once and holds.

User can use adjustment keys



to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

Program starts.

Console Panel Functions

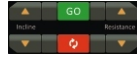
If Burn Calories (P4) is selected

Lower LED scrolls "BURN CALORIES MODE: ENTER MAX RESISTANCE".

Lower LED displays "10".

"10" flash once and holds.

User can use adjustment keys



to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

Program starts.

If Heart Rate (P5) is selected

Lower LED scrolls "HEART RATE TRAINING: 65%HR".

Lower LED scrolls: "PRESS ENTER TO SELECT. USE RESISTANCE ADJUSTMENT KEY TO SEE OTHER PROGRAMS".

User can use adjustment keys



to loop through all 3 HR programs: 65%

75% 85%

Press Enter to select:

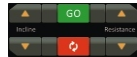
If 65% is selected.

Lower LED scrolls "65%HR: ENTER WEIGHT".

Lower LED displays "70".

"70" flash once and holds.

User can use adjustment keys



to adjust the default value.

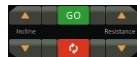
Press Enter to confirm.

Lower LED scrolls "ENTER TIME".

Lower LED displays "20".

"20" flash once and holds.

User can use adjustment keys



to adjust the default value.

Press Enter to confirm.

Lower LED scrolls "ENTER AGE".

Lower LED displays "40".

"40" flash once and holds.

User can use adjustment keys



to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

Program starts.

Console Panel Functions

Lower LED scrolls "HEART RATE TRAINING 75%HR".

If 75% is selected.

Lower LED scrolls "75%HR: ENTER WEIGHT".

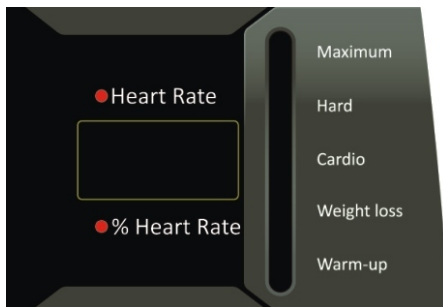
Same as above.

Lower LED scrolls "HEART RATE TRAINING 85%HR".

If 85% is selected.

Lower LED scrolls "85%HR: ENTER WEIGHT".

Same as above.



There are totally 10 lamps from warm-up to Maximum.

When user's current heart rate less than 55% of user's HRmax, the 1st lamp is lighting.

When user's current heart rate up to 55% of user's HRmax, the 2nd lamp starts to light up.

When user's current heart rate up to 60% of user's HRmax, the 3rd lamp starts to light up.

When user's current heart rate up to 65% of user's HRmax, the 4th lamp starts to light up.

When user's current heart rate up to 70% of user's HRmax, the 5th lamp starts to light up.

When user's current heart rate up to 75% of user's HRmax, the 6th lamp starts to light up.

When user's current heart rate up to 80% of user's HRmax, the 7th lamp starts to light up.

When user's current heart rate up to 85% of user's HRmax, the 8th lamp starts to light up.

When user's current heart rate up to 90% of user's HRmax, the 9th lamp starts to light up.

When user's current heart rate up to 95% of user's HRmax, the 10th lamp starts to light up.

If Random (P6) is selected

Lower LED scrolls "RANDOM MODE: PRESS ENTER OR GO TO BEGIN".

Upper LED displays "3", "2", "1".

Program starts.

Console Panel Functions

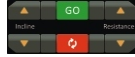
If Hill (P7) is selected

Lower LED scrolls "HILL MODE: ENTER WEIGHT".

Lower LED displays "70".

"70" flash once and holds.

User can use adjustment keys



to adjust the default value.

Press Enter to confirm.

Lower LED scrolls "ENTER TIME".

Lower LED displays "20".

"20" flash once and holds.

Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

Program starts.

If Advanced (P8) is selected

Advanced Program: 6K steps, 8K steps, Fat burn.

Lower LED scrolls "ADVANCED MODE: 6K STEPS".

Lower LED scrolls: "PRESS ADJUSTMENT KEY TO LOOP, OR PRESS ENTER TO SELECT."

If pressed adjust key Lower LED scrolls "ADVANCED MODE: 8K STEPS".

If pressed adjust key Lower LED scrolls "ADVANCED MODE: FAT BURN".

Press adjust key to loop through 3 programs, press Enter to select.

For all 3 programs:

If 6K Steps is selected.

Upper LED displays "3", "2", "1".

Program Starts.

If 8K Steps is selected.

Upper LED displays "3", "2", "1".

Program Starts.

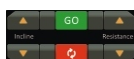
If Fat burn is selected:

Lower LED scrolls "FAT BURN MODE: ENTER WEIGHT".

Lower LED displays "70".

"70" flash once and holds.

User can use adjustment keys



to adjust the default value.

Press Enter to confirm.

Lower LED scrolls "ENTER AGE".

Lower LED displays "40".

Console Panel Functions

"40" flash once and holds.

User can use adjustment keys



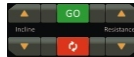
to adjust the default value.

Lower LED scrolls "ENTER TIME".

Lower LED displays "20".

"20" flash once and holds.

User can use adjustment keys



to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

Program starts.

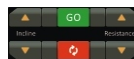
My workouts

Allows 4 custom designed programs.

If My workouts is selected:

Lower LED scrolls "U1 U2 U3 U4".

User can use adjustment keys

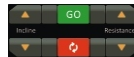


to select, Press Enter to confirm.

Lower LED displays "70".

"70" flash once and holds.

User can use adjustment keys



to adjust the default value.

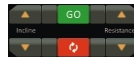
Press Enter to confirm.

Lower LED scrolls "ENTER AGE".

Lower LED displays "40".

"40" flash once and holds.

User can use adjustment keys



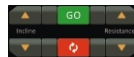
to adjust the default value.

Lower LED scrolls "ENTER TIME".

Lower LED displays "20".

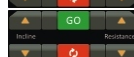
"20" flash once and holds.

User can use adjustment keys



to adjust the default value.

User can use adjustment keys



to adjust the first segment default

value of Resistance, Press Enter to confirm.

Until sixteenth segment.

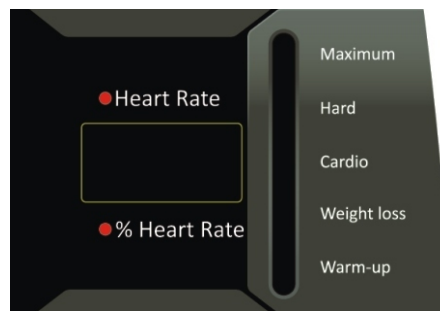
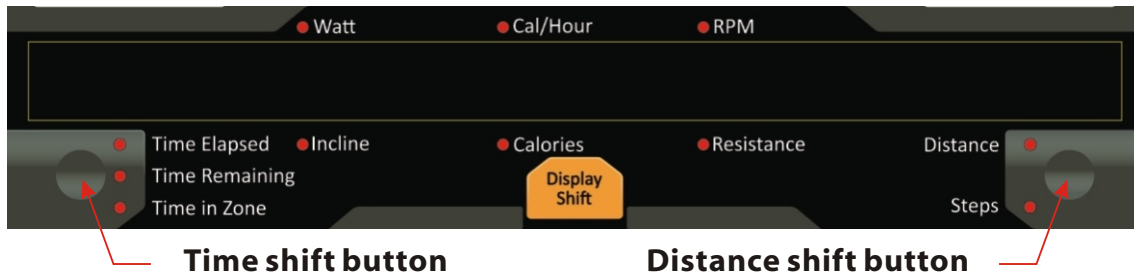
Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

Program starts.

Console Panel Functions

Lower LED + display controls



The default display for above windows is always: Time Elapsed, Incline, Calories, Resistance, Distance.

If user pressed the "Display shift".

Then 3 windows in the middle + Heart rate window, will change to other displays.

Incline -> Watt

Calories -> Cal/Hour

Resistance -> RPM

Heart Rate -> % HeartRate

If user pressed the "Time shift button"

Time elapsed -> Time Remaining -> Time in zone loop through per press.

Time Elapsed: time passed since workout started.

Time Remaining: remaining time of a workout program.

Time in Zone: Time passed in a specific target heart rate zone, only active when heartrate program is activated.

If user pressed the "Distance shift button"

Distance -> Steps loop through per press.

Console Panel Functions

User control buttons



TIME +/-

During workout: Press once, Time window flashes, user can use Incline or Resistance adjustment keys to change the value and press Enter to save.

COOL DOWN

Press once, enter "COOL DOWN" mode.

INCLINE ADJUSTMENT

Press the up arrow and down arrow buttons to adjust the incline by 1.

GO

Press once when outside of a program.

Upper LED displays "3", "2", "1".

Program starts.

Reset

Press once, Console resets.

RESISTANCE ADJUSTMENT

Press up arrow and down arrow buttons to adjust the resistance by 1.

ENTER

Data entering, start programs.

CLEAR/ PAUSE

Clear the value entered. Console value is not changed, Lower LED scrolls "PAUSE, PRESS GOTO RESUME". Upper LED displays "II".

Troubleshooting Guide

Malfunction	Probable Cause	Corrective Action
Heart rate reading is erratic or absent entirely	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes.
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin.
	Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Belt transmitter is not within 3 feet (one meter) of the heart rate receiver.	Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver.
	Chest strap battery is depleted.	Contact Customer Support Services for instructions on how to have the chest strap replaced.
Abnormally elevated heart rate readings	Electromagnetic interference from cell phones.	Move the bike a few inches away from the probable cause, or move the probable cause a few inches away from the bike, until the heart rate readings are accurate.
	Electromagnetic interference from computers.	
	Electromagnetic interference from cars.	
	Electromagnetic interference from high voltage power lines.	
	Electromagnetic interference from motor driven exercise equipment.	
	Electromagnetic interference from another heart rate transmitter within three feet (one meter).	

Electrical Connection

