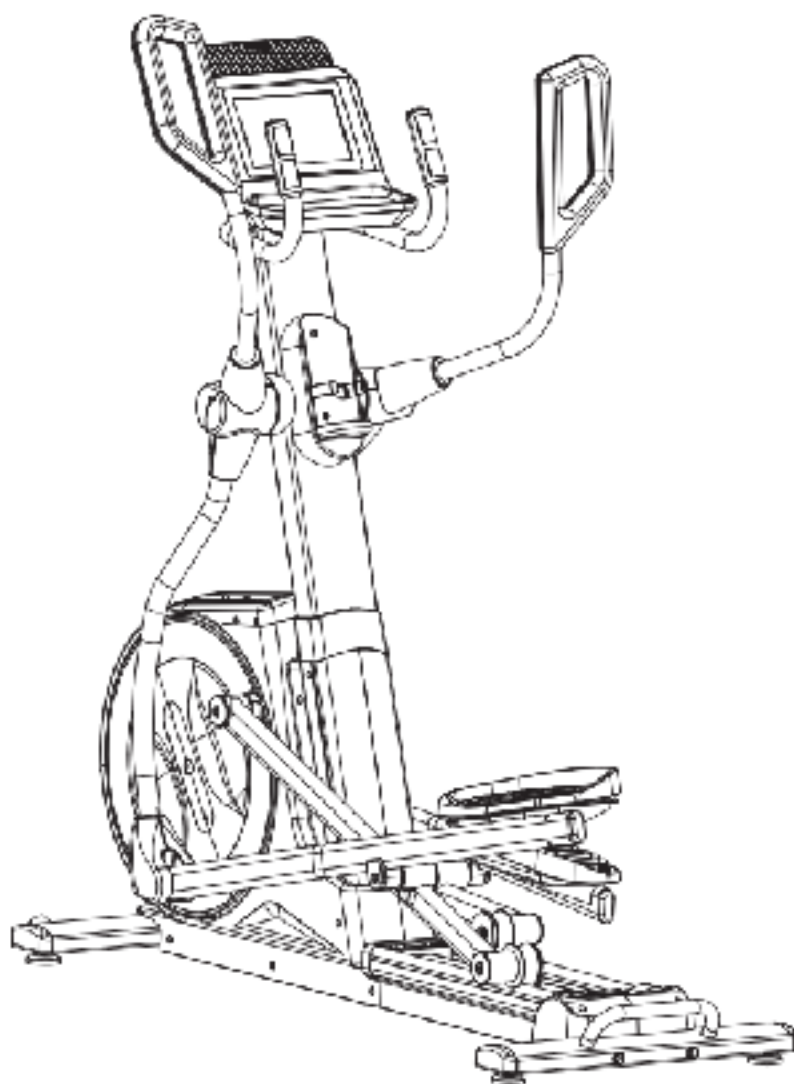


Owner's Manual



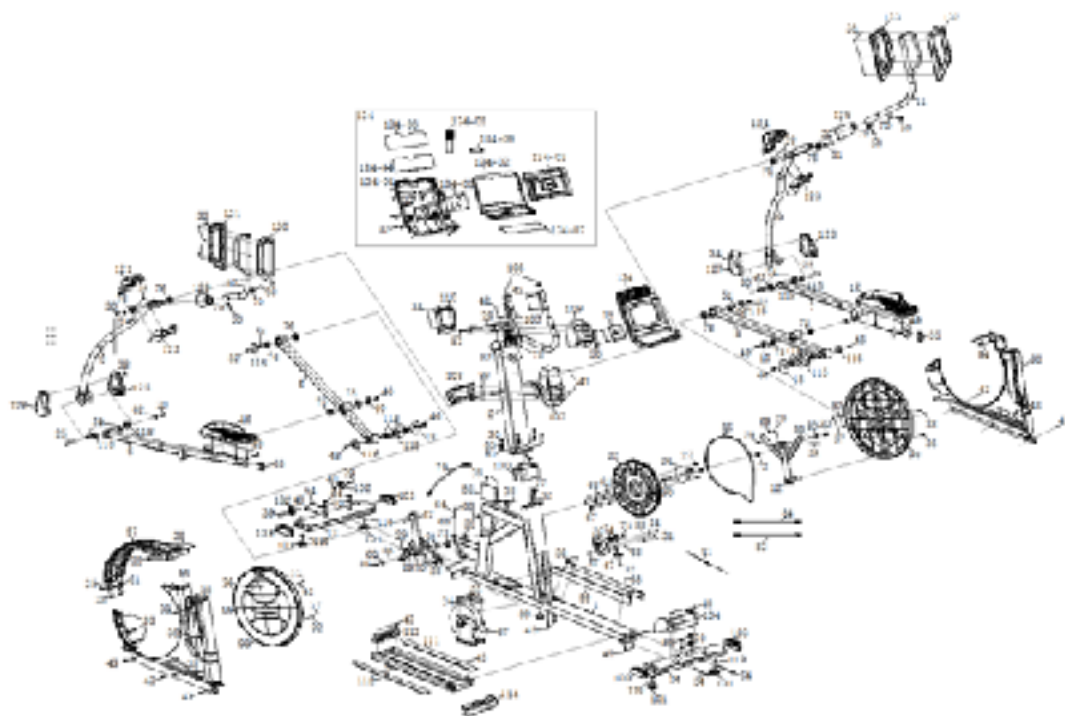
Although the elliptical trainer has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the elliptical trainer. The following safety precautions should also be observed:

- ◆ It is the responsibility of the owner to ensure that all users of the elliptical trainer are adequately informed of all precautions. Use the elliptical trainer only as described in this manual.
- ◆ Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this bicycle is kept.
- ◆ Inspect and assemble all parts regularly. Replace and worm parts immediately.
- ◆ Place the elliptical trainer on a level surface, with at least 1.0 m of clearance on each side of elliptical trainer. To protect the floor or carpet from damage, place a mat under the elliptical trainer.
- ◆ Keep the elliptical trainer indoors, away from moisture and dust. Maintain the using place ventilation. DO NOT use it in the airless place.
- ◆ Don't put any sharp things around the elliptical trainer.
- ◆ Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical trainer. Always wear athletic shoes for foot protection while exercising.
- ◆ Do not put your hands on the moving parts to prevent injuries.
- ◆ Keep your pedaling speed in a controlled way.
- ◆ If you find your elliptical trainer works abnormal, do not use it immediately.
- ◆ No more than one person should operate the elliptical trainer at one time.
- ◆ If you feel pain or dizziness while exercising, stop exercising immediately and ask for a doctor.

When you are remedial or have below symptoms, after discussing with your doctor, then could use this elliptical trainer.

1. Waist pain now and leg, waist, neck hurt before, legs, waist, neck and hand numbly please do not use.
 2. Have anamorphic arthritis, rheumatic and gout.
 3. Have osteoporosis and other abnormality.
 4. Have perfunctory system obstacle (heart disease, blood obstacle, hypertension).
 5. Have breath obstacle.
 6. Using the manpower pulse adjust machine or insert into the body machine.
 7. Have sarcomata.
 8. Have thrombus or other symptoms.
 9. Have diabetes or be caused by diabetes feeling obstacle.
 10. Have skin trauma.
 11. Hyperpyrexia caused by sick(38 °C or over 38 °C).
 12. Abnormal back bone or back bone bending.
 13. Pregnant or catamenia.
 14. Feel physical abnormality, need convalesce.
 15. Body condition is not very well.
 16. The aim is to healing.
 17. Except the upper symptoms, feel other physical abnormality.
- Maybe cause the accident or the poor body condition.

Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems. To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical trainer before using your elliptical trainer.



Part list

No.	Part Name	specification	Qty
1	Main frame		1

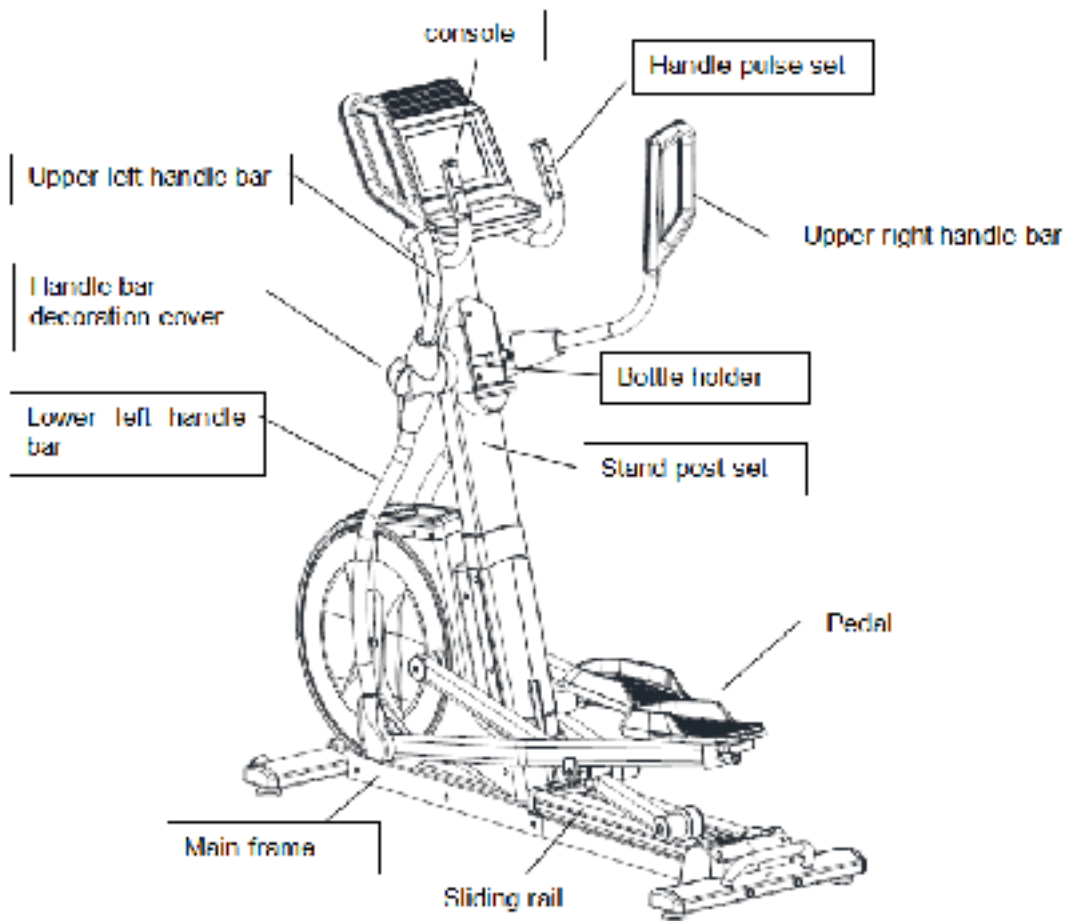
2	Upright post		1
3	sliding rail		1
4	Rolling tube group left		1
5	Rolling tube group right		1
6	pedal group left		1
7	Pedal group right		1
8	lower handle bar group left		1
9	lower handle bar group right		1
10	Upper handle bar group left		1
11	Upper handle bar group right		1
12	Crank		1
13	Front tube group		1
14	Rear tube group		1
15	Console fixing group		1
16	left pedal		1
17	right pedal		1
18	Anti-strip plate		2
19	Washer		2
20	Pressure belt wheel group		1
21	connecting pin of chain upper cover		2
22	rotation axis	$\Phi 25 \times 206$	1
23	powder sleeve	$\Phi 38 \times \Phi 33.4 \times \Phi 25 \times 14$	2
24	powder sleeve	$\Phi 15.9 \times 22.6 \times 15.08$	4
25	coupling shaft of lower swing arm	$\Phi 15.85 \times 71.81$	2
26	belt pulley axle	$\Phi 108 \times 145$	1
27	belt pulley	$\Phi 381 \times 22.2$	1
28	Hex half-thread bolt	M10×55×25	2
29	Hex half-thread bolt	M4×20	2
30	Hex half-thread bolt	M8×15	13
31	Cross recessed countersunk head all teeth bolt	M5×20	3
32	Hexagon large flat head half-tooth bolt	M10×60×25	1
33	Hexagon cylindrical head full tooth bolt	M6×10	4
34	Flat washer	$\Phi 6.0$	7
35	Philips pan head full thread bolt	M5×10	2
36	Philips C.K.S.full thread bolt	M4×16	2

37	Philips pan head cut tail self-tapping bolt	ST4×10	14
38	Philips C.K.S. full thread bolt	ST4×16	66
39	Allen C.K.S. hollow bolt	Φ8×33×M6×15	2
40	Allen C.K.S. full thread bolt	M6×15	2
41	Philips pan head full thread bolt	M4×16	2
42	Philips pan head self-tapping bolt	ST3×30	4
43	Philips C.K.S. full thread bolt	M5×15	4
44	Allen sunk full thread bolt	M8×15	2
45	Hexagon cylindrical head full tooth bolt	M10×55×20	4
46	Allen C.K.S. full thread bolt	M8×15	4
47	Adjusted screw connector		1
48	Philips C.K.S. full thread bolt	M4×20	2
49	Allen Pan head full thread bolt	M6×12	8
50	Allen C.K.S.half thread bolt	M10×45×16	4
51	Flat washer	Φ25*Φ8.5* t2.0	4
52	Allen pan head step bolt	M8×Φ10.4×17×4.3	2
53	Allen cylinder half-thread bolt	M8×60	2
54	Allen cylinder half-thread bolt	M10×125×25	4
55	Oval Flat Head Plug	30x60x t2.0	2
56	Philips C.K.S. full thread bolt	M5×20	4
57	Hexagon countersunk head full tooth bolt	M10×25	1
58	Philips C.K.S. step bolt	M6×4.5×16.5	1
59	flat washer	Φ6×Φ20×t2.0	1
60	flat washer	Φ8×Φ30×t3.0	4
61	flat washer	Φ8	11
62	flat washer	Φ8.5×Φ20×t1.5	4
63	Spring washer	Φ8	8
64	High cover nut	M10	2
65	Spring washer	Φ5	2
66	external teeth serrated lock washer	Φ5	2
67	Hex self-locking nut	M8	5
68	Hex lock nut	M10	3
69	Hex lock nut	M10 (10.9 level)	2
70	Flat washer	Φ10	9
71	Circlip for shaft	Φ20	1
72	Gap sleeve	Φ45×9	1

73	Deep groove ball bearing	R14	2
74	Deep groove ball bearing	6004ZZ	2
75	Deep groove ball bearing	6203-ZZ	4
76	Deep groove ball bearing	6004ZZ	8
77	communication wire (main frame)	L-600mm/4PIN	1
78	communication wire (upright post)	L-950mm/4PIN	1
79	communication wire (magnetic motor)	L-550mm/5PIN	1
80	handle pulse wire	L-800mm	2
81	Magnetic sensor wire	L-400mm	1
82	controller	E29-V4/with incline	1
83	Magnetic line	L-600mm	1
84	brake wire	L-600mm	1
85	motor belt	580PJ8	1
86	Flat key	5×5×15	2
87	Bidirectional self-generating set		1
88	Belt pressing powder sleeve	Φ13×Φ8.5×8.4	3
89	foot pad	Φ47×10.5×M10×22	1
90	gap sleeve second	E28/Φ28.6×3.2	1
91	gap sleeve third	E28/Φ29.1×16.2	1
92	Rubber buckle	Φ12.4×13	4
93	plastic plug	Φ9×Φ6.1×27	7
94	long plastic plug	Φ9×Φ5.9×100	2
95	cover left	895.4×676.2×94.5	1
96	cover right	895.4×676.2×94.5	1
97	upper decoration cover	581×361.4×185.1	1
98	disc	Φ568×49.5×t3.2	2
99	decoration cover of main frame bottom tube	655.6×136×51.7	1
100	upright post decoration cover	155.6×93×101	1
101	foot pad	Φ60×15×M10×25	4
102	rolling tube group	Φ55×25.8	2
103	Bottom pipe plug	116×46×39.6	4
104	decoration cover of bottom pipe	296.7×131.7×110	1
105	handle pulse set		2
106	End cap	Φ39×Φ30×27.5	2
107	bottle holder	278.3×202×155	1
108	back cover of bottle holder	202×108.5×56.5	1

109	front decoration cover of console	170.7×149.5×93.4	1
110	rear decoration cover of console	107.7×149.1×7.0	1
111	Slide aluminum sheet left	625×29.5×11.2	1
112	Slide aluminum sheet right	625×29.5×11.2	1
113	front decoration cover of sliding rail	107.7×149.1×7.0	1
114	rear decoration cover of sliding rail	101×65.9×59.2	1
115	Pulley	Φ75×37.8	2
116	rolling wheel decoration cover	Φ57.2×4.7×59.2	4
117	Deep groove ball bearing	R10ZZ	4
118	bushing	Φ22.66×Φ40.59×14.3	4
119	Hex nut	M10	4
120	right pedal decoration cover	Φ55.6×41.1×12.6	1
121	rear decoration cover of upper left swing arm	E28/216.9×118.2×85.6	1
122	front decoration cover of upper left swing arm	E28/204.9×118.2×71.1	1
123	front decoration cover of upper right swing arm	E28/204.9×118.2×71.1	1
124	rear decoration cover of upper right swing arm	E28/216.9×118.2×85.6	1
125	inner decoration cover of lower left swing arm	E28/160.8×112.8×58.9	1
126	external decoration cover of lower left swing arm	E28/160.8×112.8×46.9	1
127	inner decoration cover of lower right swing arm	E28/160.8×112.8×58.9	1
128	external decoration cover of lower right swing arm	E28/160.8×112.8×46.9	1
129	handle bar decoration cover	E28/85.4×127.3	2
130	upper decoration cover of left handle bar	353.4×148.3×22.7	1
131	lower decoration cover of left handle bar	353.4×148.3×19.9	1
132	upper decoration cover of right handle bar	353.4×148.3×22.7	1
133	lower decoration cover of right handle bar	353.4×148.3×19.9	1
134	Console set		1
Console Set			
134-1	lower housing	330×418.8×123.7	1
134-2	Panel	318.4×203.3×11.8	1
134-3	Display fixing plate	303×188×10.8	1
134-4	Tray plate	290×87.6×8.7	1
134-5	Tray plate buckle group	19.15×49.98×49	1
134-6	Ipad table non-slip mat	296×91.6×t1.0	1
134-7	Junction box non-slip mat	296×100×t1.5	1
134-8	fixing plate inside console		1
134-9	connection sheet of weaving belt		1

Production instruction

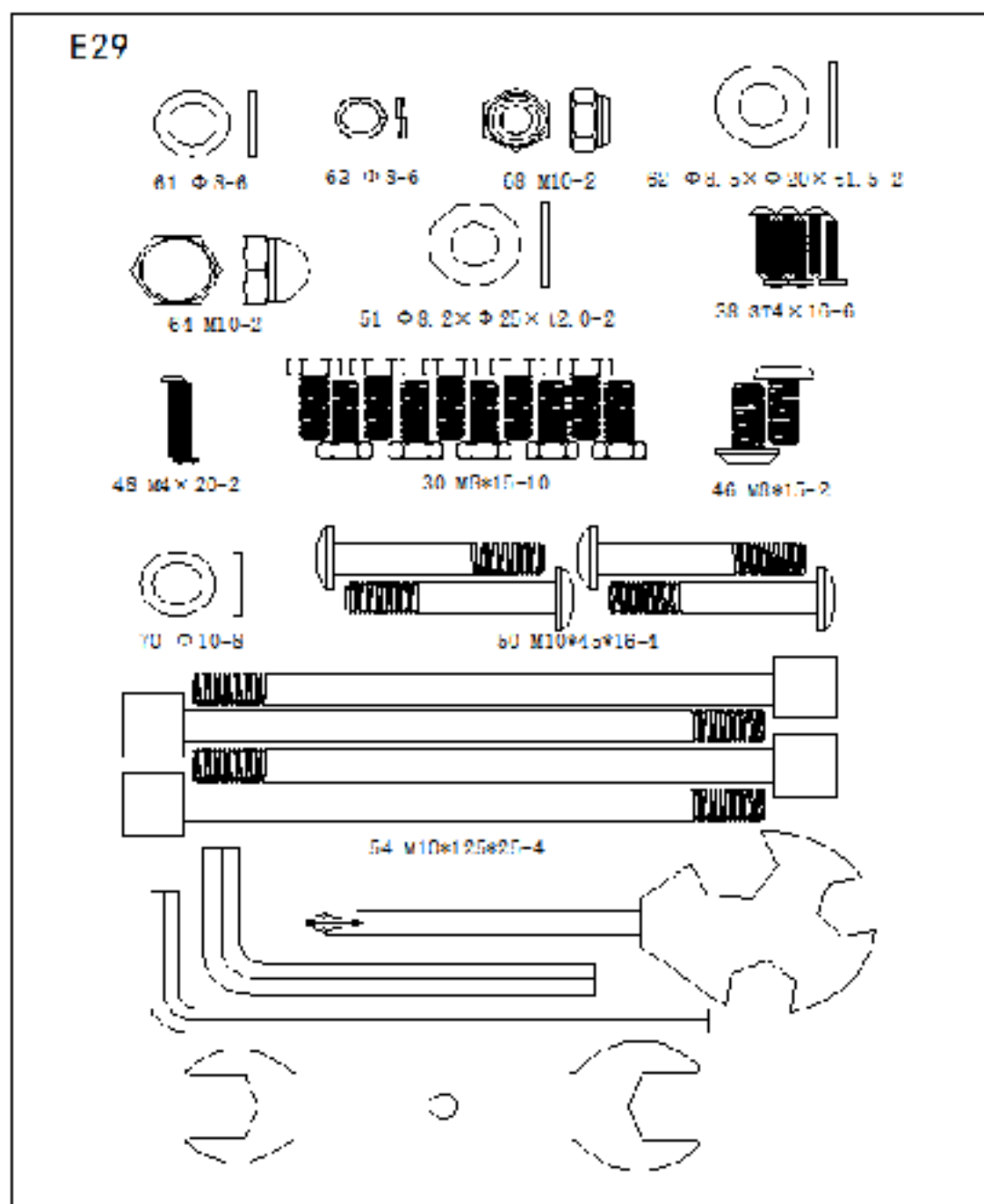


Technical information

PRODUCT NAME	E29-V4
DIMENSION	Unfold: 1580*630*1700mm
RESISTANCE	1-32
FLYWHEEL	External electric/bidirectional internal magnetic, $\Phi 304/9\text{kg}$

*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

Screw bag



Open the boxes:

Make sure to inventory all the parts that are included in the box. Check the hardware chart of a full count of the number of parts included for proper assembly . If any of the parts are missing, contact with the dealer.



Including:

No.	Part Name	specification	Qty
30	Hex half-thread bolt	M8×15	12
38	Cross recessed large flat head tapping screw	ST4×16	6
46	Allen C.K.S. full thread bolt	M8×15	2
48	Philips C.K.S. full thread bolt	M4x20	2
50	Allen C.K.S. half thread bolt	M10x45x16	4
54	Allen cylinder full thread bolt	M10×125×25	4
61	flat washer	Φ8	6
62	flat washer	Φ8.5×Φ20×t1.5	6
63	Spring washer	Φ8	6
64	High cover nut	M10	2
68	Hex lock nut	M10	2
70	flat washer	Φ10	4
	Philips open wrench	14 x 17 x 75	1
	L-shape wrench	8 x 35 x 85	1
	L-shape wrench	6*40*120	1

Gather your tools

Before starting the assembly of your unit, gather the necessary tools. Having all of the equipment at hand will save time and make the assembly quick and hassle-free.

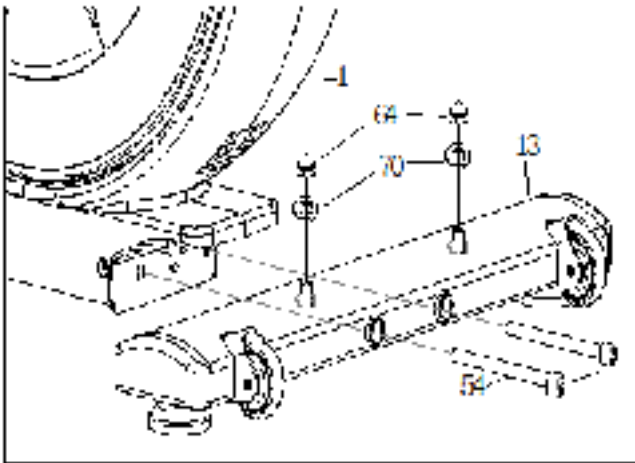
Clear your work area

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation

ASSEMBLY INSTRUCTIONS

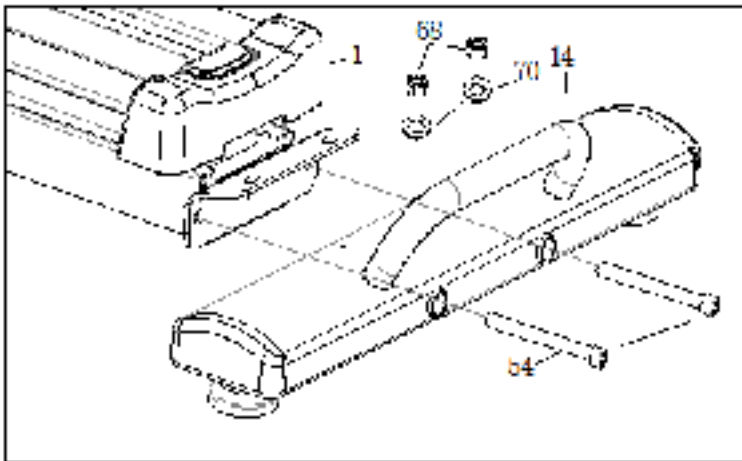
Step 1:

Assemble front tube group (13) to main frame (1), by flat washer (70), high cover nut (64) and Allen cylinder full thread blot (54). Note: All bolts should be put on before locking.



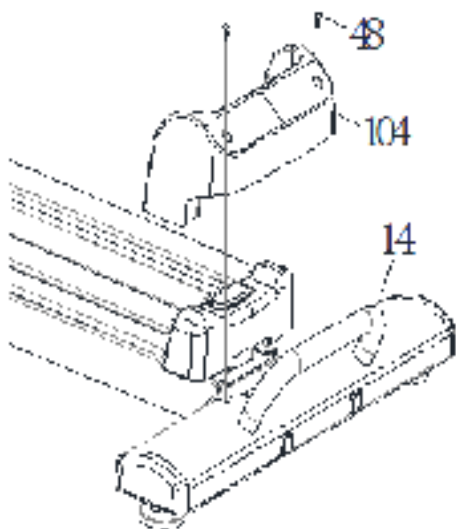
Step 2:

Assemble rear tube group (14) to main frame (1), by flat washer (70), hex lock nut (68), Allen cylinder full thread blot (54). Note: All bolts should be put on before locking.



Step 3:

Assemble the decoration cover of rear tube group(104) to rear tube group(14), by 2pcs Philips C.K.S. full thread bolt (48).

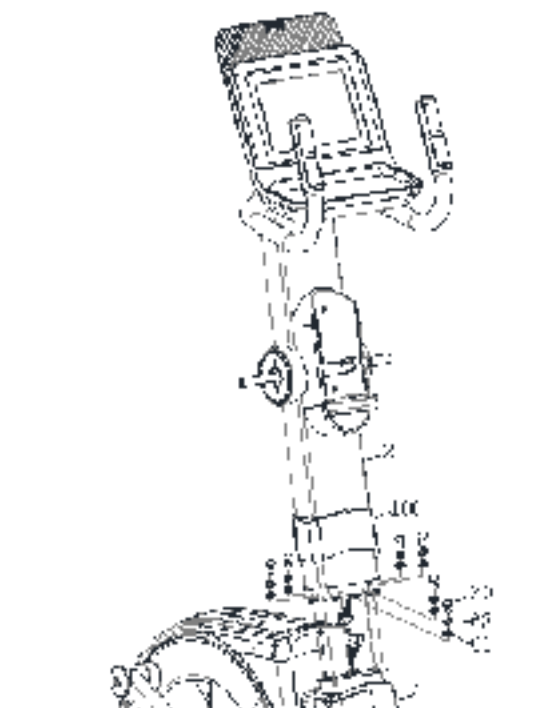
**Step 4:**

1.Put the decoration cover (100) into upright post (2).

2.Connect the wires.

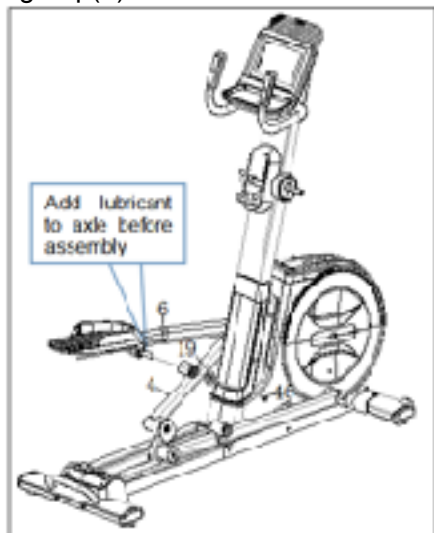
3.Assemble the upright post (2) to main frame (1), then lock by Allen full thread bolt (30), spring washer (63) and flat washer (61).

Note: All bolts should be put on before locking.



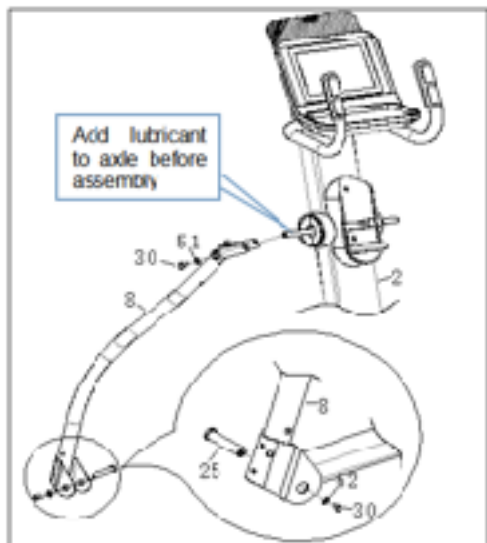
Step 5:

1. Assemble the left pedal group (6) to left rolling tube group (4), lock by washer (19) and Allen C.K.S.full thread bolt (46).
2. Use the same way to assemble the right pedal group (7) and right rolling tube group(5).



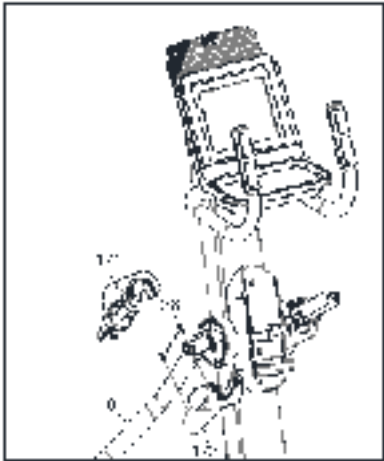
Step 6:

1. Add some lubricant to axle, then assemble the lower left handle bar group (8) to stand post (2), lock by Hexagon bolt (30) and flat washer (51).
2. Assemble lower left handle bar group (8) to left pedal group (6), lock by axle (25), Hexagon bolt (30), flat washer (62). When you assemble the axis, pls make sure the letter D on axis and letter D on clip can match perfectly, before you lock the bolt.
3. Use the same way to assemble the right handle bar group (9) and right pedal group (7).

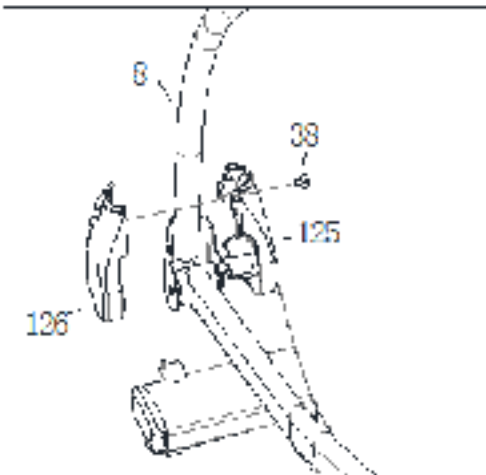


Step 7:

1. Assemble the upper left decoration cover (121) and (122): First to assemble the front cover (122) by philips full thread self-tapping bolt (38), then lock the rear cover (121).
2. Use the same way to assemble upper right decoration cover (123) and (124).

**Step 8:**

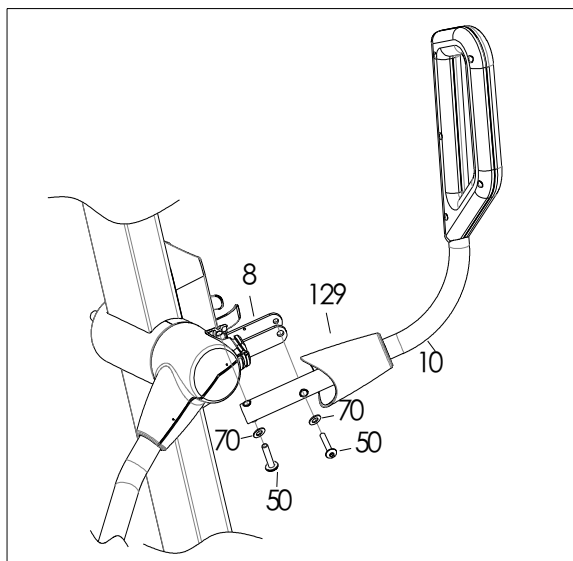
1. Assemble the lower left decoration cover (125) and (126): First to assemble the inner cover (125) and external cover (126) across lower left handle bar group (8), lock by philips full thread self-tapping bolt (38).
2. Use the same way to assemble lower right decoration cover (127) and (128).



Step 9:

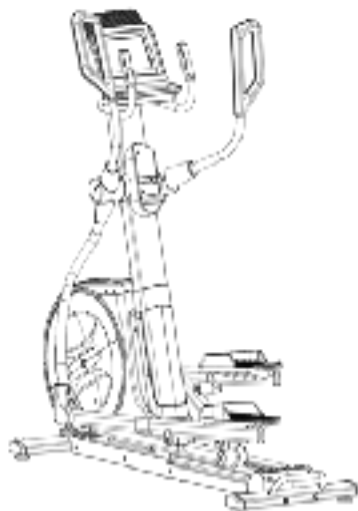
1. Assemble upper left handle bar group (10): First to put the handle bar decoration cover (129) onto upper left handle bar (10), see picture, then assemble it to lower left handle bar group (8), lock by 2pcs Allen C.K.S. half thread bolt (50) and 2pcs flat washer(70).
2. Use the same way to assemble upper right handle bar group (11) and lower right handle bar group (9).

Note: All bolts should be put on before locking



Step 10:

When the machine is assembled, please **grease the track before use.**



Suggestions and guidelines

Warm Up

Warm up for 5-10 minutes before each exercise.

Breathe

Do not hold your breath during the operation, usually ready to restore the action of breathing in with the nose, with the mouth will be forced out, breathing and action should be coordinated, such as breathing too rapid, should immediately stop the movement

Frequency

The same muscles should be trained with a 48-hour rest, which means the same muscles should be trained every other day

Load

According to the individual physical state to determine the amount of training, and then according to the principle of gradual load to exercise, initial training muscle soreness is a normal phenomenon, as long as continue to practice, soreness can be eliminated

Relax

After each exercise to do 5 minutes of reduction action, especially the stretch of the foot muscle relaxation, in order to avoid long-term muscle coagulation, maintain muscle elasticity

Diet

To protect the digestive system, one hour after meals before exercise, training should be at least half an hour after the interval before eating, exercise less water, especially avoid drinking a lot of water, so as not to increase the heart, kidney burden

Stretch

No matter how fast you walk, it's best to stretch first. Warm muscles stretch more easily, so warm up by walking for 5-10 minutes. Then stop and stretch as follows-five times, for 10 seconds or more on each leg, and again after the workout.

1. Stretch down

Bend your knees slightly and lean forward slowly, letting your back and shoulders relax, and touch your toes with your hands as much as possible. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see Figure 1) .

2. Stretch your hamstrings

Sit on a clean seat cushion and stretch one leg. Bring the other leg in so that it is close to the inside of the extended leg. Try to touch your toes with your hands. Hold for 10 to 15 seconds, then relax. Repeat three times on each leg (see Figure 2) .

3. Stretch your calves and Achilles tendons

Stand with both hands on a wall or tree and one foot behind your back. Keep your hind legs straight and your heels on the ground, and lean toward the wall or tree. Hold for 10 to 15 seconds, then relax. Repeat three times on each leg (see Figure 3) .

4. Stretch your quadriceps

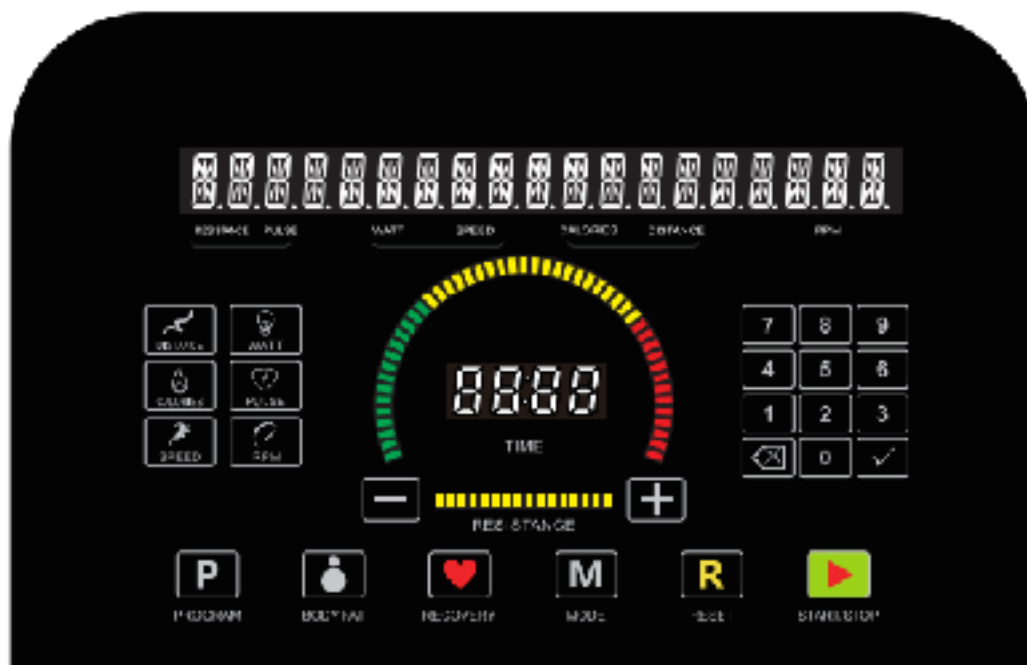
Balance with your left hand on the wall or table, then reach back with your right hand, grab your right ankle and slowly pull it toward your hips until you feel tension in the muscles in front of your thighs. Hold for 10 to 15 seconds, then relax. Repeat three times on each leg (see Figure 4) .

5. Stretch the sartorius muscle (the inner thigh muscle)

SIT with your feet facing each other and your knees facing out. Grab your feet with both hands and pull them toward your groin. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see Figure 5) .



MONITOR FUNCTION INSRTUCTION



1.Buttons and Windows

 RECOVERY	To test heart rate recovery function
 MODE	Under standby status, press this button to choose mode or confirm the setting data.
 PROGRAM	To choose the program
 BODY FAT	To test the Body fat rate and body mass index
 +	Increase resistance, choose programs or increase value
 -	Decrease resistance, choose program or decrease value
 RESET	A.Under pause mode or setting mode, press this button to return to main menu. B.Press this button for 2 seconds, re-start the console and start the user profile setting mode.
 START / STOP	Start or stop. A.Press this button by one time, then it will stop, console will save the setting data. B.Press this button for 2 seconds, all setting console data will be cleaned up.
	Numeric keyboard, enter one to three digits, when user set the data.
	Press this button to clean data during setting, each time to clean one data

	Press this button to confirm the data during setting, or to use when choose functions
 Distance	Under working status, press this button to show distance value
 Watt	Under working status, press this button to show WATT value
 Calories	Under working status, press this button to show Calories value
 Pulse	Under working status, press this button to show heart rate value
 Speed	Under working status, press this button to show Speed value
 RPM	Under working status, press this button to show RPM value

2. Monitor function

Time	Count: When there is no preset target value, the time starts from 0:00. Count down: When there is a preset target value, the time returns from the preset target value to 0, while the system stops running; The system alarm clock rings 4 times per second and lasts for 4 seconds. Indication range is 0:00~99:59; setting range is 0:00~99:00
Speed	In start mode, the console displays 5 seconds running speed when there is inductive input; if there is none inductive input, speed value will be zero. Indication range is 0.0~99.9 KM/H Speed and watt values are displayed every 10 seconds circularly.
RPM	In start mode, the motion revolutions are displayed every 5 seconds when there is induction, and the motion revolutions per minute without induction are 0. Indication range is 0 ~ 999.

Calories	Count: Calories will start from 0, when there is no preset target value. Count down: When there is a preset target value, the calories return from the reset target value to 0, while the system stops running; The system alarm clock rings 4 times per second and lasts for 4 seconds. Indication range is 0~999CAL; setting range is 0~990CAL
Distance	Count: Distance will start from 0.00, when there is no preset target value. Count down: When there is a preset target value, the distance value returns from the reset target value to 0, while the system stops running; The system alarm clock rings 4 times per second and lasts for 4 seconds. Indication range is 0.0~99.9km; setting range is 0.0~99.0km
Pulse	When there is a heartbeat signal input, the user heart rate is displayed after 8 seconds; when there is no heartbeat signal input, the heartbeat window displayed value is 0. Indication range is P-30~230; setting range is 0-30~230
Watt	To show the values of energy consumed during movement. When there is induction input, the watt value is displayed after 5 seconds; without any induction input, the watt window displayed value is 0. Indication range is 0~999.
Manual selection	Hand movement mode (manually adjust resistance level of running segments)
Program	Program motion mode; the system has 12 preset programs for users to choose (P1~P12).
User	User mode (users can set up their own running program pattern).
Heart Rate Controller	Target heart rate movement mode (heart rate target value run button). There are 4 modes for user to choose: 55%, 75%, 90%, TAG.
Watt Constant	Watt Constant (120) running buttons

3.Operational Program

3.1 Open the machine

When the machine is powered up, the buzzer will beep and the LED console displays for 2 seconds, the wheel diameter data and letter “E” will be shown above resistance and speed window; and version number will be shown in RPM window, then go to the user setting mode.

3.2 User profile settings

A. The system default user group is U1, press the "+" or "-" button, select U1-U4, press the "MODE" button to confirm the entry. Press the "+" or "-" button to set the gender, press "MODE" Press the "√" key to confirm; press the "+" or "-" key or use the numeric keypad to set the age, press the "MODE" key to confirm or the "√" key to confirm; press the "+" or "-" key Or use the numeric keypad to set the height, and press the "MODE" key to confirm or the "√" key to confirm; press the "+" or "-" key or use the numeric keypad to set the weight, then press the "MODE" key to confirm or "√" " key to confirm the entry. After completing the setting, the system enters the function selection page.

B. Gender- Female/Male; Age- 10~99(The default value is the last input value); Height- 100~220CM (The default value is the last input value); Weight - 20~150KG (The default value is the last input value).

3.3 Close the machine

When there is no RPM signal input for 4 minutes and 30 seconds, the system will enter the sleep mode. If the power is not cut off, the user presses any

button or starts to step on it, and the system will start running again.

3.4 Training mode

After the user data is set, back to the main menu, the user presses the "P" (PROGRAM) or "+/-" key to select the function: MANUAL manual selection

-> PROGRAM program -> USER -> H.R.C heart rate control. -> WATT watt, the middle window LED lights up, press the "MODE" button to confirm the entry. In the main menu, the user can press "START/STOP" directly to enter the manual selection run mode.

A.Manual selection button

In the main menu, press "P" (PROGRAM) or "+" or "-" button to select MANUAL, then press "MODE" to enter manual selection mode.

When starting training, the user needs to adjust the following values:

Time: When blinking, user can press "+" or "-" button or use numeric keyboard to set training time (setting range: 00:00 to 99:00). Press "MODE" button or confirm "√" button Confirm the settings.

Distance: When blinking, the user can press the "+" or "-" button or use the numeric keyboard to set the target distance (setting range: 0.0~99.0). Press the "MODE" button or confirm the "√" button to confirm the setting.

Calories: When flashing, the user can press the "+" or "-" button or use the numeric keypad to set the target calorie value (setting range: 0~990), the increment or decrement value is 10. Press the "MODE" button or confirm "√" key to confirm the setting.

Heartbeat: When blinking, the user can press the "+" or "-" button or use the numeric keyboard to set the target heartbeat value (setting range: 0-30~230). Press the "MODE" button or confirm the "√" button to confirm set up.

When starting training, the user should hold the hand tightly or wear the chest strap correctly, and the electronic watch will detect the user's heart rate.

During setting, the time/distance/calorie lights are on, and the time/distance/calorie value flashes at a frequency of 1HZ, waiting for the setting to be adjusted. Press "+" or "-" key or use the numeric keypad to adjust the value. Long press the "+" or "-" key, the value will continue to increase or decrease.

When the training starts, the heartbeat LED indicator light is on and the heartbeat value is displayed; when there is no heartbeat signal input, the heartbeat window displays "P"; Press the "START/STOP" button to start training.

During training, users can press the "+" or "-" key to adjust the resistance level.

User can also press "START/STOP" to stop training. Press "RESET" to return to main menu.

B.Program Mode

Press the "RESET" key to return to the main menu. Press the "+" or "-" key to select the "P" program mode, and press the "MODE" key to enter the program mode. When entering the program mode, there are 12 program files (P1~P12) available for users' selection. Press "+" or "-" key to select a program you need and then press "MODE" key or confirm "√" key to enter.

Before starting training, the user needs to adjust one of the following values:

Time : When flashing, user can press "+" or "-" key or use numeric keypad to set target time (setting range: 00:00 to 99:00)

Distance: The user can press the "+" or "-" button or use the numeric keyboard to set the target distance (setting range: 0.0~99.0). Press the "MODE" button or confirm the "√" button to confirm the setting.

Calories: Users can press the "+" or "-" button or use the numeric keypad to set the target calorie value (setting range: 0~990), the increase or decrease value is 10. Press the "MODE" key or confirm the "√" key to confirm the setting.

Heartbeat: The user can press the "+" or "-" button or use the numeric keyboard to set the target heartbeat value (setting range: 0-30~230). Press the "MODE" button or confirm the "√" button to confirm the setting.

Press "START/STOP" to start training.

In the training mode, the user can also press the "+" or "-" button to adjust the resistance. Once the preset target number is 0, the console will automatically stop running.

User can also press "START/STOP" button to stop training. Press ""RESET" button to return to the main menu.

Pre-Set Profile Programmes

A total of 12 pre-set profile programmes are available. Each programme is divided into 20 segments, with averaged time.

Time Program		20 segments with same averaged time																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	Resistance	3	6	6	3	6	6	3	6	6	3	6	6	3	6	6	3	6	6	3	6
P2	Resistance	1	2	3	4	6	1	2	3	4	6	1	2	3	4	6	1	2	3	4	6
P3	Resistance	6	4	3	2	1	6	4	3	2	1	6	4	3	2	1	6	4	3	2	1
P4	Resistance	1	1	2	2	3	3	4	4	5	5	5	5	4	4	3	3	2	2	1	1
P5	Resistance	1	1	1	2	2	2	3	3	3	4	4	4	5	5	5	6	6	6	7	7
P6	Resistance	2	3	4	5	6	6	5	4	3	2	2	3	4	5	6	6	5	4	3	2
P7	Resistance	1	1	3	3	4	4	6	6	6	6	6	6	6	6	4	4	3	3	1	1
P8	Resistance	1	2	4	6	6	3	1	1	2	4	6	6	3	1	1	2	4	6	6	3
P9	Resistance	1	1	1	1	3	3	3	3	4	4	4	4	5	5	5	5	6	6	6	6

P10	Resistance	1	2	4	4	5	5	6	7	5	4	4	5	7	6	5	5	4	4	2	1
P11	Resistance	2	6	2	6	2	6	2	6	2	6	2	6	2	6	2	6	2	6	2	6
P12	Resistance	1	6	1	1	6	1	1	6	1	1	6	1	1	6	1	1	6	1	1	6

C.User (program) mode

Press the "RESET" key to return to the main menu. Press the "+" or "-" key and the "MODE" key to enter the USER program. In this mode the user can create your own file. The resistance window starts flashing to indicate that the resistance can be adjusted, then press the "+" or "-" key or use the numeric keyboard to adjust the resistance value, press the "MODE" key or confirm the "√" key to confirm, the calorie window displays the current segment. There are 20 segments in total. (The default value of the resistance system is 1). Press and hold the "MODE" button for 2 seconds to complete the setting, then adjust the following values:

Time: When blinking, user can press "+" or "-" key or use numeric keypad to set target training time (setting range: 00:00 -99:00). Press "START/STOP" key to start training.

In the training mode, the user can also press the "+" or "-" button to adjust the resistance. Once the target data is set to 0, the electronic watch will automatically stop running. The user can press the "START/STOP" button to restart the training. Other The preset data counts down from the previous data, and the user can press the "RESET" key to return to the main menu.

D.Heart rate control mode

Press "RESET" key to return to main menu. Press "+" or "-" key and "MODE" to enter heart rate control mode. In heart rate control mode, press "+" or "-" key to select: 55%, 75%, 90% or TAG. The LED lights up. The user can select different target heart rate and the heartbeat window will display the preset value which is automatically evaluated according to the age entered by the user. Press "MODE" key to confirm the entry. If the user selects H.R.C TAG, the screen will display the preset value of 100, press the "+" or "-" key or use

the numeric keyboard to adjust the target heart rate (setting range: 30~230). Press "MODE" key or confirm "√" key to confirm the entry, then adjust the following values:

Time: When blinking, user can press "+" or "-" key or use the numeric keypad to set the training time (setting range: 00:00 to 99:00).

Press the "START/STOP" button to start training.

During training, the resistance value will be automatically adjusted according to the user's current heart rate.

Press the "START/STOP" button to stop training. Press the "RESET" button to return to the main menu.

※H.R.C 55% - Diet Mode; H.R.C 75% - Health Mode; H.R.C 90% - Exercise Mode

During operation, when the user's heart rate is lower than the target heart rate, the system automatically increases one resistance section every 30 seconds until the maximum resistance section is 32; when the user's heart rate is higher than the target heart rate, the system automatically reduces one resistance section every 30 seconds.

E.Watt control mode

When the user is in any mode, press "START/STOP", then press "RESET" to return to the main menu.

Press "+" or "-" key and "MODE" key to enter WATT constant training mode.

When entering the WATT mode, the preset value 120 will light up. Users can press the "+" or "-" key or use the numeric keypad to adjust the watt value (setting range: 10~350), the increase or decrease frequency value is 5W. Then press the "MODE" key or confirm the "√" key to confirm the entry, then adjust the following values:

Time: When blinking, user can press "+" or "-" key or use numeric keyboard to set target training time (setting range: 00:00 -99:00), press "START/STOP" key to start training.

The system will automatically adjust the WATT level according to the preset watt data and the current RPM and training speed. If the training speed is fast, the resistance will decrease. Otherwise, the resistance will increase. When stopping the training, the user can press the "RESET" key to return to the main menu.

During operation, if the actual watt is less than the target watt, the resistance will be increased by 1 gear every 30 seconds. If the actual watt is greater than the target watt, the resistance will be reduced by 1 gear every 30 seconds. When the running reaches the target time, the exercise will end.

In Watt mode, the resistance is automatically adjusted and cannot be adjusted manually. The resistance +/- keys are used to adjust the target watt.

Heartbeat recovery mode

In running, pause and standby state, pressing the "RECOVERY" key is effective.

Press the "RECOVERY" button to start the test, if there is no heart rate input, the time window will display a 10-second countdown, the heart rate indicator will flash, and three horizontal bars will appear in the heart rate window, otherwise it will return to the previous state.

Hold your hands with both hands (or wear a chest strap). Except for the time counting down from 60 seconds, all other function displays are stopped, and the heartbeat signal light is on. When the time countdown is 00:00, the screen will display the heart rate recovery status.

If a heartbeat is detected within 10 seconds, the TIME window displays a 60-second countdown; when the 60-second countdown is complete, the TIME window displays the RECOVERY test result Fx.

RECOVERY test result $P=P_0-P_1$; P_0 is the detected heartbeat after pressing the RECOVERY button for 10 seconds, and P_1 is the detected heartbeat after 60 seconds. The corresponding table of results is as follows:

$P \geq 50$	F1	EXCELLENT
$P \geq 40$	F2	VERY GOOD

P≥30	F3	GOOD
P≥20	F4	SATISFACTORY
P≥10	F5	POOR
P < 10	F6	VERY POOR

Press the "RECOVERY" key again to return to the previous operating state.

If the user presses the "RECOVERY" key when the time countdown reaches 00:00, the heartbeat recovery mode will be disabled and the console will return to the main menu

Body Fat mode

In stop mode, press the "BODY FAT" button to start the body fat test. The system will start the test. During the test, the user must hold both hands, the screen will display a horizontal bar until the test is completed. After the test is completed, the screen will display body fat percentage-F and body mass index-B, and then press the "BODY FAT" button to return to the previous running state.

※ During the test, the error code in the RPM window is displayed as follows:

E-1--- Indicates that the user does not hold the hand correctly

Precautions:

The user presses "RESET" for 2 seconds to enter the total reset, the console enters the start mode, the buzzer beeps once, and all LEDs are fully displayed for 2 seconds to enter setting mode. Resistance is 1.

Error code (shown in time window)

E1—The communication with the lower control is abnormal;

Remark:

A.Exercise: Grasp the handrail tube group and step on the foot pedal to exercise.

B.Adjust the foot pads: If the elliptical machine is unstable, adjust the foot pads at the bottom.

Moving wheels

Adjust the foot pad
al e bar

