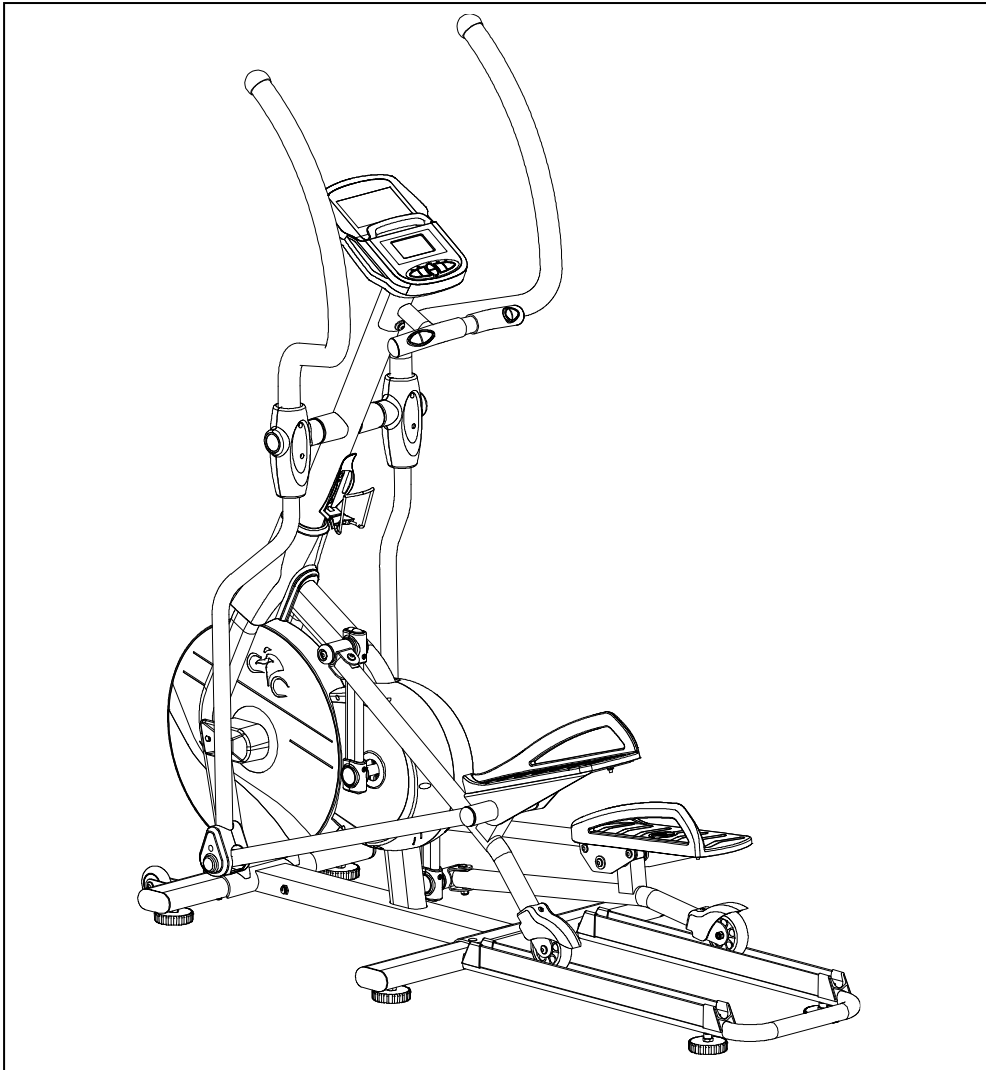




STRIDE ZONE ELLIPTICAL

SF-E3865

USER MANUAL



IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).



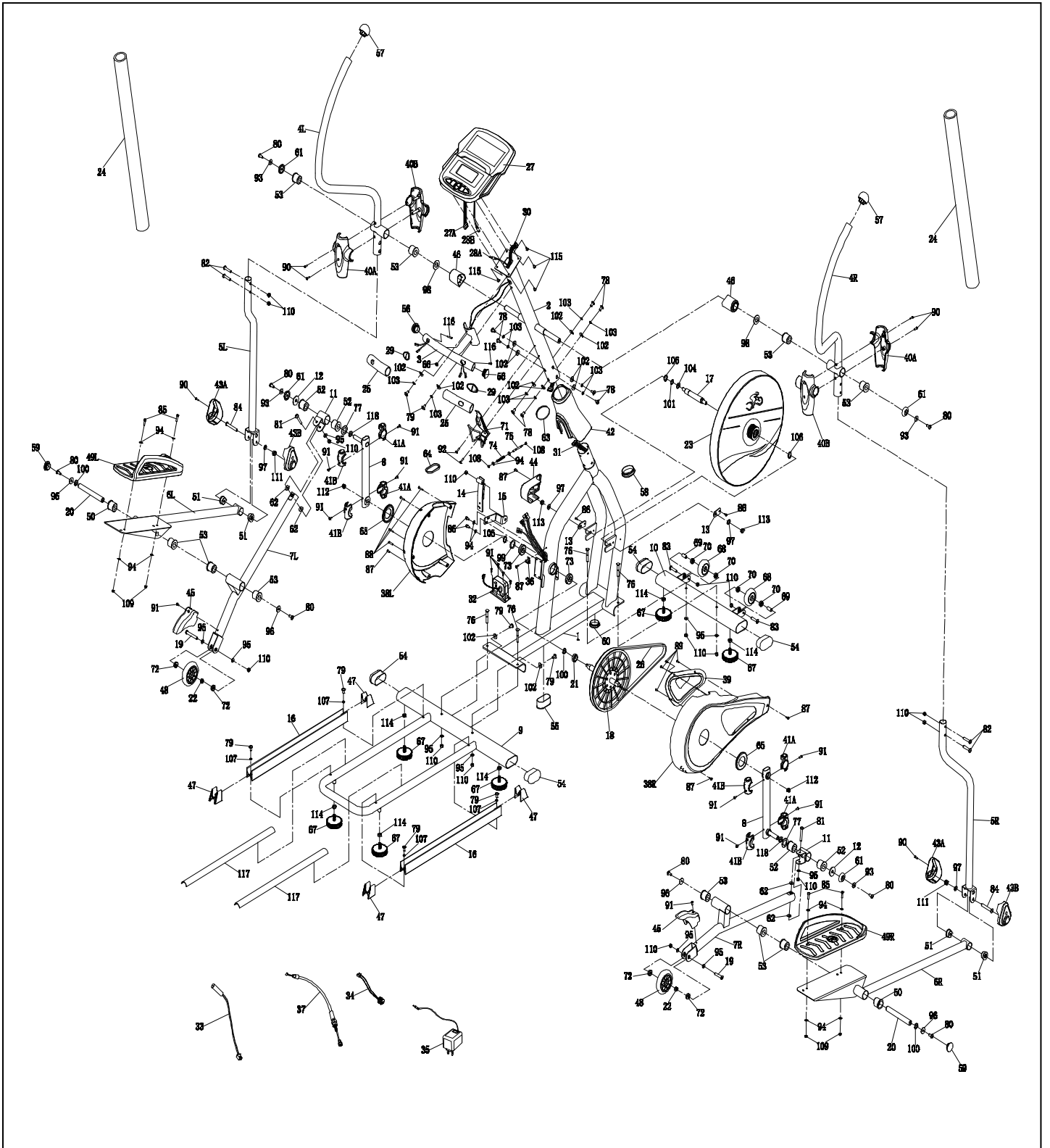
WWW.SUNNYHEALTHFITNESS.COM

IMPORTANT SAFETY INFORMATION


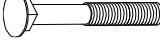

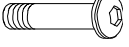

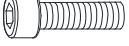
















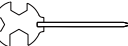
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60CM) 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 265 pounds (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 are required.
12. Your product is intended for use in cool and 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.

EXPLODED DIAGRAM



HARDWARE PACKAGE

	_____	#61 4PCS		_____	#76 M8*55 4PCS
	_____	#80 M8*18 6PCS		_____	#82 M8*45 4PCS
	_____	#84 M10*70 2PCS		_____	#85 M6*20 4PCS
	_____	#90 ST4.5*15 6PCS		_____	#93 $\Phi 8^* \Phi 21^* 2.0T$ 4PCS
	_____	#94 $\Phi 6^* \Phi 14^* 1.0T$ 8PCS		_____	#95 $\Phi 8^* \Phi 16^* 1.5T$ 4PCS
	_____	#96 $\Phi 8^* \Phi 25^* 2.0T$ 2PCS		_____	#97 $\Phi 10^* \Phi 19^* 1.5T$ 2PCS
	_____	#98 $\Phi 19.5^* \Phi 38^* 2.0T$ 2PCS		_____	#100 $\Phi 19^* \Phi 23^* 0.2T$ 2PCS
	_____	#118 $\Phi 16.2^* \Phi 25^* 0.5T$ 2PCS		_____	#111 M10 2PCS
	_____	#109 M6 4PCS		_____	#110 M8 8PCS
	_____	#12 $\Phi 8^* \Phi 38^* 2.0T$ 2PCS		_____	#77 $\Phi 16^* \Phi 28^* 1.2T$ 2PCS
	_____	#A S5 2PCS		_____	#B S10 S14 S17 1PC
	_____	#C S13 S14 S15 1PC			

PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Upright Tube		1
3	Fixed T Handlebar		1
4L	Left Upper Swing Bar		1
4R	Right Upper Swing Bar		1
5L	Left Lower Swing Bar		1
5R	Right Lower Swing Bar		1
6L	Left Pedal Tube		1
6R	Right Pedal Tube		1
7L	Left Wheel Tube		1
7R	Left Wheel Tube		1
8	Crank Tube		2
9	Rear Stabilizer		1
10	Front Stabilizer		1
11	Joint Bracket		2
12	Washer	Φ8*Φ38*2.0T	2
13	Axle Fixed Bracket	20*3t*55mm	2
14	Magnet Bracket	30*5t*145mml	1
15	Magnet Position Bracket	30*4	1
16	Gliding Track	40.67*655mm	2
17	Axle of Flywheel	20*164	1
18	Belt Wheel Set	Φ260mm +Φ19.05*232.1	1
19	Hex Socket Bolt	M8x50	2
20	Pedal Tube Axle	Ø19*161	2
21	Bushing	19.5*24*12.5	1
22	Bushing	8.1*17*10.2	2
23	Flywheel	Ø460	1
24	HDR Grip	32*5T*940	2
25	HDR Grip	32*3T*150	2
26	Belt	PK5 1180	1
27	Console	TZ-4113PMS	1
27A	Console wire		1
28A	Heart Rate Wire	500mm	1
28B	Heart Rate Wire		1
29	HR Sensor Plate	TZ TP-009	2
30	Upper Cable	900mml	1

No.	Description	Spec.	Qty.
31	Bottom Cable	700mml	1
32	Motor	TL-005	1
33	Sensor	100mml	1
34	DC Cable	700mml	1
35	Adapter	TZ	1
36	Sensor Fixture		1
37	Motor Wire	150mml	1
38L	Left Chain Cover		1
38R	Right Chain Cover		1
39	Interior Chain Cover		1
40A	Swing Bar Cover-A		2
40B	Swing Bar Cover-B		2
41A	Crank Tube Cover-A		4
41B	Crank Tube Cover-B		4
42	Upright Tube Cover		1
43A	Lower Swing Bar Cover-A		2
43B	Lower Swing Bar Cover-B		2
44	L Side Trim Cover		1
45	PU Wheel Cover		2
46	Swing Axle Cover		2
47	Glider Track Cover		4
48	PU Wheel	Ø100	2
49L	Left Pedal		1
49R	Right Pedal		1
50	Bushing	9.5*34*32.5	2
51	Bushing	10*32*2.5T	4
52	Bushing	16.3*38*3T	4
53	Bushing	18.8*38	10
54	End Cap Oval Dome	40*80	4
55	End Cap Oval	40*80	1
56	End Cap	Ø32	2
57	End Cap	Ø50	2
58	End Cap	Ø60	1
59	End Cap	Φ38*Φ29	2
60	End Cap	Ø44	1
61	Axle Side Cover		4

No.	Description	Spec.	Qty.
62	Plastic Washer	Φ8*Φ20*2.0T	4
63	Seal Ring	Ø60	1
64	Seal Ring	Oval 40*80	1
65	Crank Seal Ring		2
66	Wire Plug	Ø17	1
67	Adjustable Stand	M10*25	6
68	PU Wheel	Ø70	2
69	Plastic Bushing	Ø7.9*Ø12.7*23.5	2
70	Plastic Bushing	Ø12.8*Ø21.4*6.7	4
71	Bottle Holder		1
72	Bearing	608ZZ	4
73	Bearing	R12	2
74	Compression Spring	Ø0.8*13	1
75	Stud Bolt	M5*60	1
76	Carriage Bolt	M8*55	4
77	Washer	Φ16*Φ28*1.2T	2
78	Hex Socket Bolt	M8*15	8
79	Hex Socket Bolt	M8*20	8
80	Hex Socket Bolt	M8*18	8
81	Hex Socket Bolt	M8*54	2
82	Hex Socket Bolt	M8*45	4
83	Hex Socket Bolt	M8*38	2
84	Hex Socket Bolt	M10*70	2
85	Cup Head Bolt	M6*20	4
86	Cup Head Bolt	M6*12	4
87	Self-tapping Screw	ST4.2*16	5
88	Self-tapping Screw	ST4.2*25	4
89	Self-tapping Screw	ST 4.2*10	4
90	Self-tapping Screw	ST 4.5*15	6
91	Screw	M5*12	14

No.	Description	Spec.	Qty.
92	Screw	M5*20	2
93	Washer	Φ8*Φ21*2.0T	4
94	Washer	Φ6*Φ14*1.0T	12
95	Washer	Φ8*Φ16*1.5T	10
96	Washer	Φ8*Φ25*2.0T	4
97	Washer	Φ10*Φ19*1.5T	4
98	Washer	Φ19.5*Φ38*2.0T	2
99	Washer	Φ19.5*Φ25*0.5T	1
100	Wave Washer	Φ19*Φ23*0.2T	3
101	Washer	Φ20.5*Φ25*1.0T	1
102	Curved Washer	Φ8*Φ21*2.0T	12
103	Spring Washer	Ø8	10
104	Wave Washer	Φ21*Φ27*0.3T	1
105	C Ring	Ø19	1
106	C Ring	Ø20	2
107	Cone Washer	Φ8.1*Φ11*3.5T	4
108	Nylon Nut	M5	2
109	Nylon Nut	M6	4
110	Nylon Nut	M8	15
111	Nylon Nut	M10	2
112	Flange Nut	M10*10T	2
113	Nut	3/8"*26*9.0T	2
114	Nut	M10*6.0T	6
115	Screw	M5*12	4
116	Self-tapping Screw	M4*25	2
117	Compression Pad	570mm	2
118	Wave Washer	Φ16.2*Φ25*0.5T	2
A	Allen Wrench	S5	2
B	Spanner	S10 S14 S17	1
C	Spanner	S13 S14 S15	1

Ordering Replacement Parts (U.S. and Canadian Customers only)

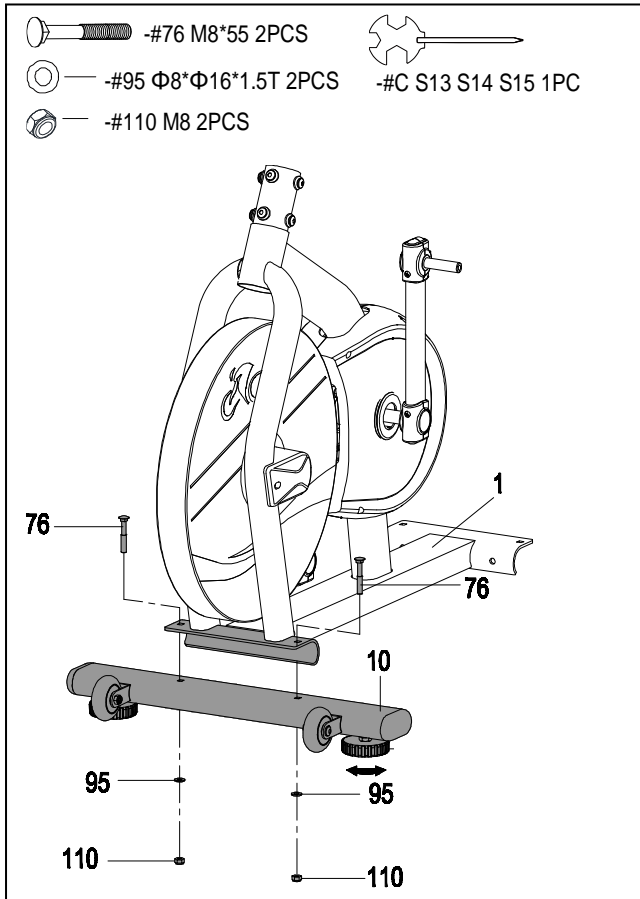
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the "EXPLODED DIAGRAM" and "PARTS LIST" (found near the front of the manual)

Please contact us at support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

ASSEMBLY INSTRUCTIONS

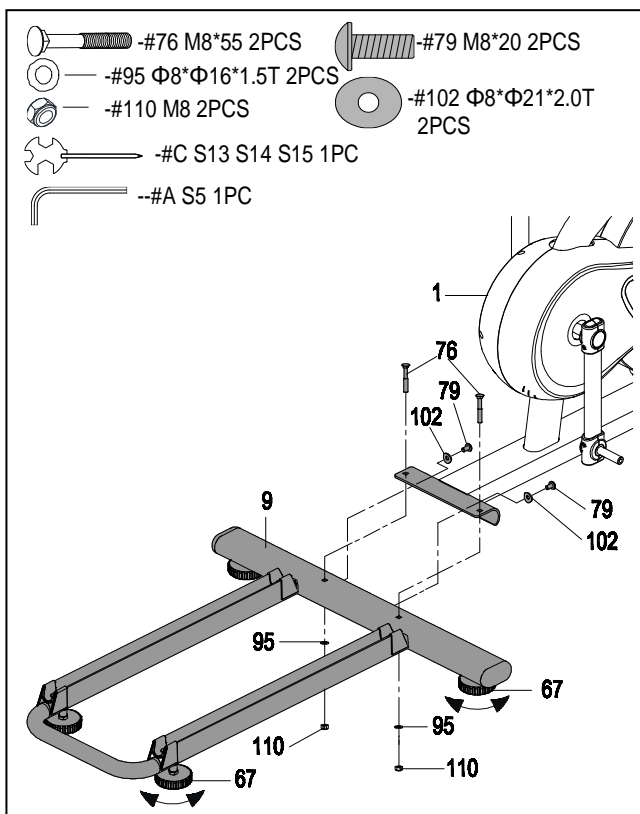
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Note: We recommend having two people to do the assembly.

Attach the **Front Stabilizer (No. 10)** to the **Main Frame (No. 1)** using 2 **Carriage Bolts (No. 76)**, 2 **Washers (No. 95)**, and 2 **Nylon Nuts (No. 110)**. Tighten and secure with **Spanner (No. C)**.



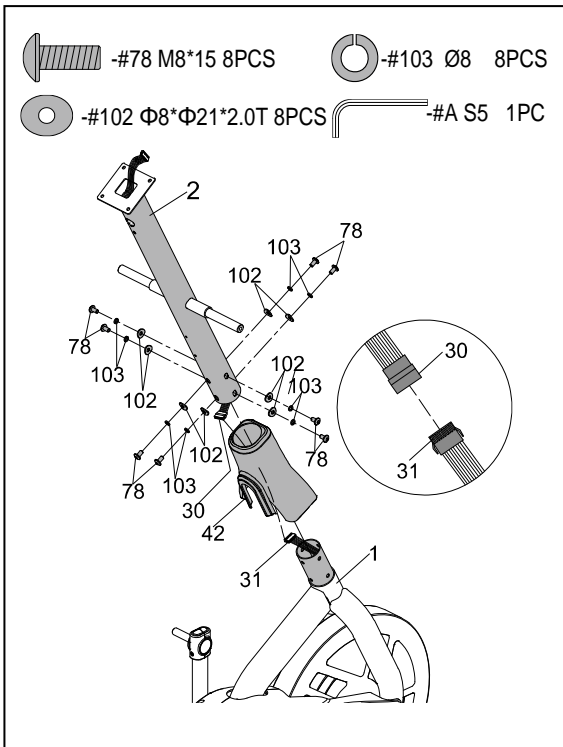
STEP 2:

Remove 2 **Hex Socket Bolts (No. 79)** and 2 **Curved Washers (No. 102)** from the **Rear Stabilizer (No. 9)**.

Attach the **Rear Stabilizer (No. 9)** to the **Main Frame (No. 1)** using 2 **Carriage Bolts (No. 76)**, 2 **Washers (No. 95)**, and 2 **Nylon Nuts (No. 110)**. Tighten and secure with **Spanner (No. C)**. Then, screw in 2 **Hex Socket Bolts (No. 79)** and 2 **Curved Washers (No. 102)** that were removed to the **Rear Stabilizer (No. 9)**. Tighten and secure with **Allen Wrench (No. A)**.

Note: If the elliptical is unbalanced, turn the **Adjustable Stands (No. 67)** to stabilize the elliptical.

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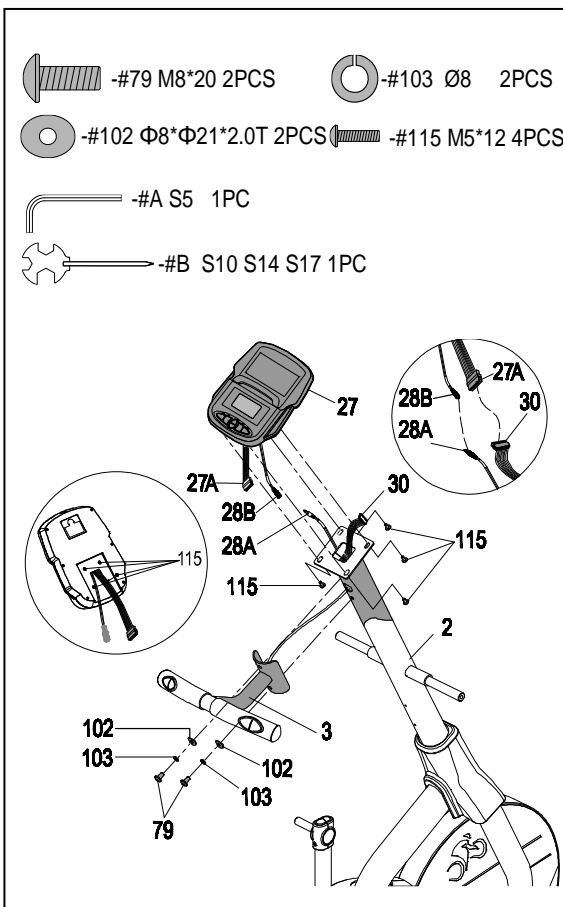
STEP 3:

Remove 8 **Hex Socket Bolts (No. 78)**, 8 **Spring Washers (No. 103)**, and 8 **Curve Washers (No. 102)** from the **Main Frame (No. 1)**.

Place the **Upright Tube Cover (No. 42)** onto the **Upright Tube (No. 2)**, and then connect the **Upper Cable (No. 30)** with the **Bottom Cable (No. 31)**.

Attach the **Upright Tube (No. 2)** to **Main Frame (No. 1)** using 8 **Hex Socket Bolts (No. 78)**, 8 **Spring Washers (No. 103)**, and 8 **Curve Washers (No. 102)** that were removed with **Allen Wrench (No. A)**.

Note: Do not fully tighten the **Hex Socket Bolts (No. 78)** yet.



STEP 4:

Remove 2 **Hex Socket Bolts (No. 79)**, 2 **Spring Washers (No. 103)**, and 2 **Curve Washers (No. 102)** from the **Upright Tube (No. 2)**.

Insert the **Heart Rate Wire (No. 28A)** into the side hole of the **Upright Tube (No. 2)** and go out through the top hole of the **Upright Tube (No. 2)**. Attach **Fixed T Handlebar (No. 3)** onto **Upright Tube (No. 2)** with 2 **Hex Socket Bolts (No. 79)**, 2 **Spring Washers (No. 103)**, and 2 **Curve Washers (No. 102)** that were removed. Tighten and secure with **Allen Wrench (No. A)**.

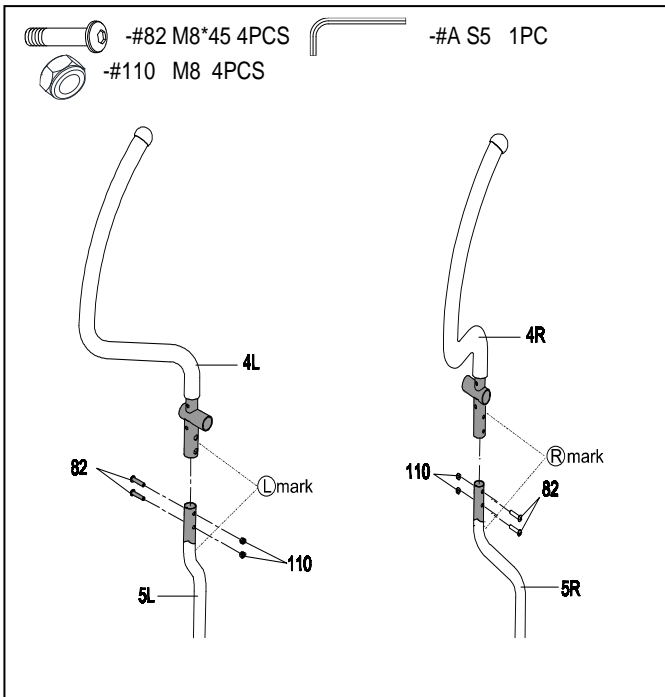
Remove 4 **Screws (No. 115)** from the back of the **Console (No. 27)**.

Connect **Console Wire (No. 27A)** to the **Upper Cable (No. 30)** and connect the **Heart Rate Wire (No. 28A)** with **Heart Rate Wire (No. 28B)**, then insert the extra wires into the **Upright Tube (No. 2)**.

Attach the **Console (No. 27)** to the **Upright Tube (No. 2)** with 4 **Screws (No. 115)** that were removed. Tighten and secure with **Spanner (No. B)**.

Note: Be careful not to pinch the cables when assembling the **Console (No. 27)**.

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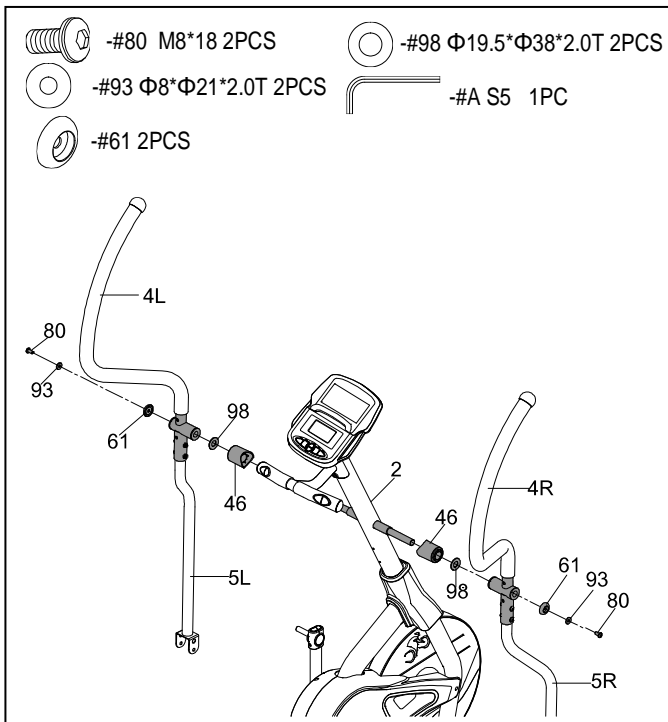
STEP 5:

Attach the **Left Upper Swing Bar (No. 4L)** to the **Left Lower Swing Bar (No. 5L)**, using 2 **Hex Socket Bolts (No. 82)** and 2 **Nylon Nuts (No. 110)**. Tighten with **Allen Wrench (No. A)**.

Note: The R/L mark on **Left & Right Upper Swing Bars (No. 4R & No. 4L)** and **Left & Right Lower Swing Bars (No. 5R & No. 5L)** should always be assembled to the front direction.

Please repeat this assembly step to the Right side.

Note: Do not fully tighten the **Hex Socket Bolts (No. 82)**.



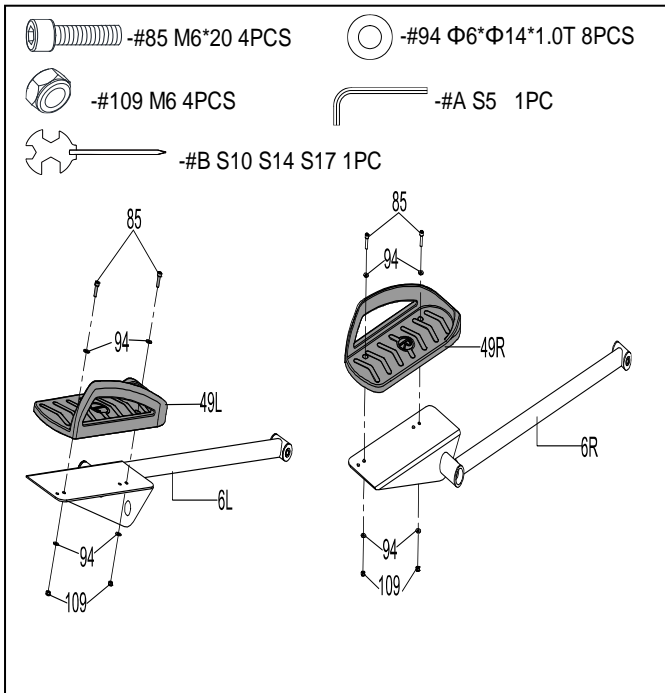
STEP 6:

Note: Please lubricate both sides of the axles on **Upright Tube (No. 2)** with grease before assembly.

Attach the **Left & Right Swing Bars (No. 4L/R & No. 5L/R)** to both sides of the **Upright Tube (No. 2)** using 2 **Swing Axle Covers (No. 46)**, 2 **Washers (No. 98)**, 2 **Axle Side Covers (No. 61)**, 2 **Washers (No. 93)**, and 2 **Hex Socket Bolts (No. 80)**. Tighten and secure with **Spanner (No. A)**.

Note: Do not fully tighten **Hex Socket Bolts (No. 80)**.

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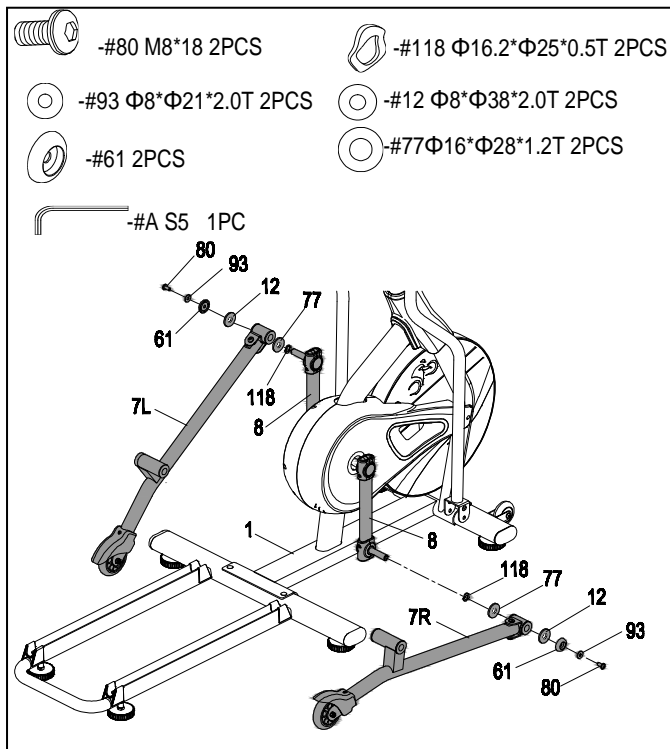
STEP 7:

Note: 4 holes on each of the **Left & Right Pedal Tubes (No. 6L & No. 6R)** allow you to adjust the training position forward or backward.

Place the **Left Pedal (No. 49L)** onto **Left Pedal Tube (No. 6L)** using 2 **Cup Head Bolts (No. 85)**, 4 **Washers (No. 94)**, and 2 **Nylon Nuts (No. 109)**. Tighten and secure with **Allen Wrench (No. A)** and **Spanner (No. B)**.

Please repeat this assembly step to the right side.

Note: Please put both pedals in the same position during assembly.



STEP 8:

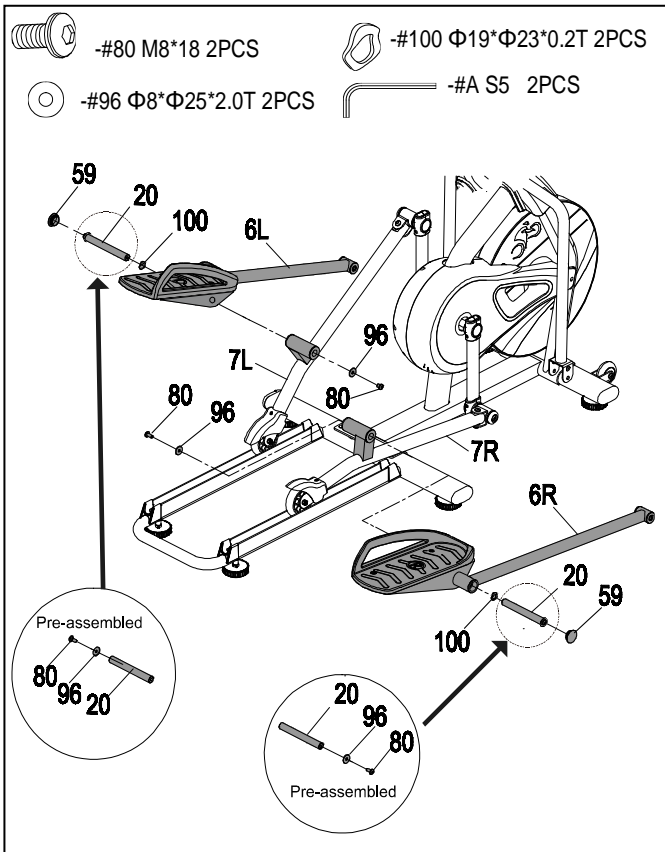
Note: Please lubricate the axles on **Crank Tubes (No. 8)** with grease before assembly.

Attach the **Left Wheel Tube (No. 7L)** onto the on the left side of **Crank Tube (No. 8)**, using 1 **Hex Socket Bolt (No. 80)**, 1 **Washer (No. 93)**, 1 **Axle Side Cover (No. 61)**, 1 **Washer (No. 12)**, 1 **Washer (No. 77)**, and 1 **Wave Washer (No. 118)**. Tighten by **Allen Wrench (No. A)**.

Please repeat this assembly step to the right side.

Note: Do not fully tighten the **Hex Socket Bolts (No. 80)**.

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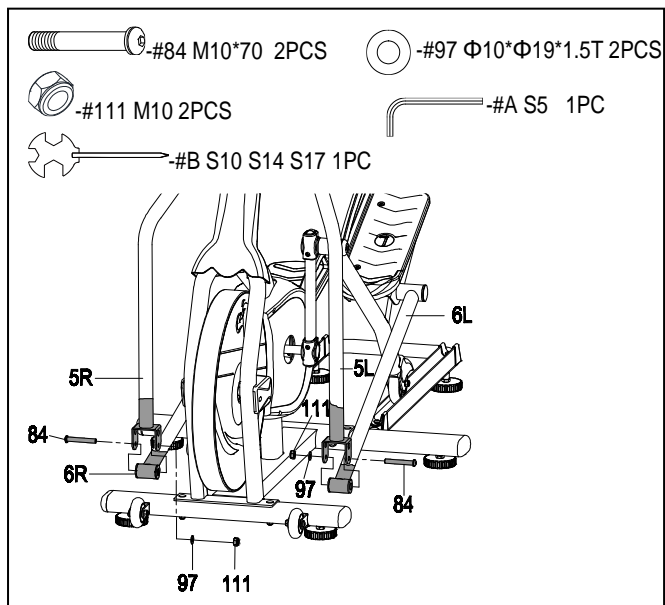
STEP 9:

Note: Please lubricate the **Pedal Tube Axles (No. 20)** with grease before assembly.

Remove 2 **End Caps (No. 59)** from **Left & Right Pedal Tubes (No. 6L & No. 6R)**. Remember to put it back once the assembly is completed.

Connect the **Left Pedal Tube (No. 6L)** to the **Left Wheel Tube (No. 7L)**, with **Pedal Tube Axle (No. 20)**, 1 **Hex Socket Bolt (No. 80)**, 1 **Washer (No. 96)**, and 1 **Wave Washer (No. 100)**. Tighten using 2 **Allen Wrenches (No. A)**.

Please repeat this assembly step to the right side.



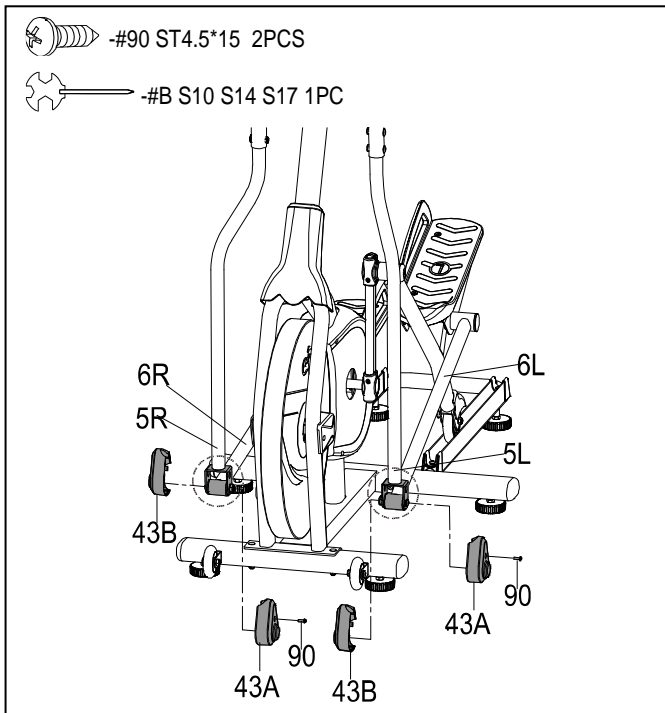
STEP 10:

Connect the **Left Pedal Tube (No. 6L)** to **Left Lower Swing Bar (No. 5L)** with 1 **Hex Socket Bolt (No. 84)**, 1 **Washer (No. 97)**, and 1 **Nylon Nut (No. 111)**. Tighten using **Allen Wrench (No. A)** and **Spanner (No. B)**.

Please repeat this assembly step to the right side.

Note: Please tighten up all the **Screws and Bolts** of the above assembly steps now.

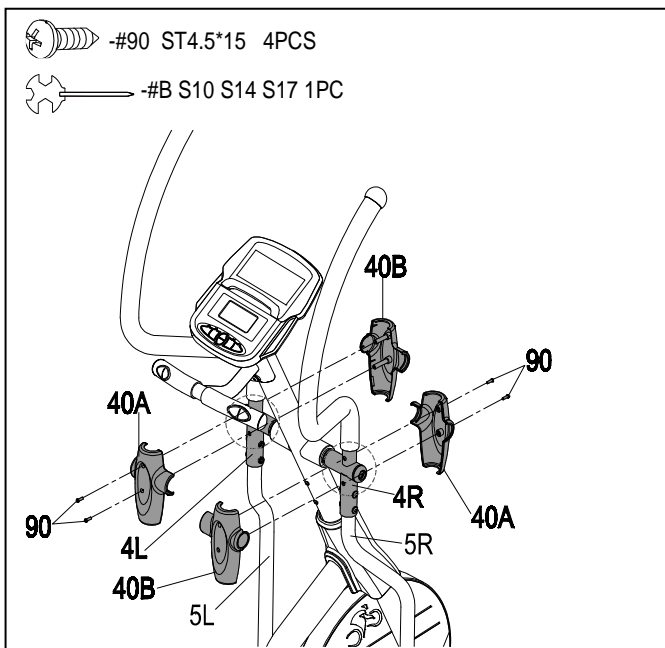
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STEP 11:

Attach the **Lower Swing Bar Covers (No. 43A & No. 43B)** onto the joints of the **Left Pedal Tube (No. 6L)** and **Left Lower Swing Bar (No. 5L)**, using 1 **Self-tapping Screw (No. 90)**. Tighten and secure with **Spanner (No. B)**.

Please repeat this assembly step to the right side.

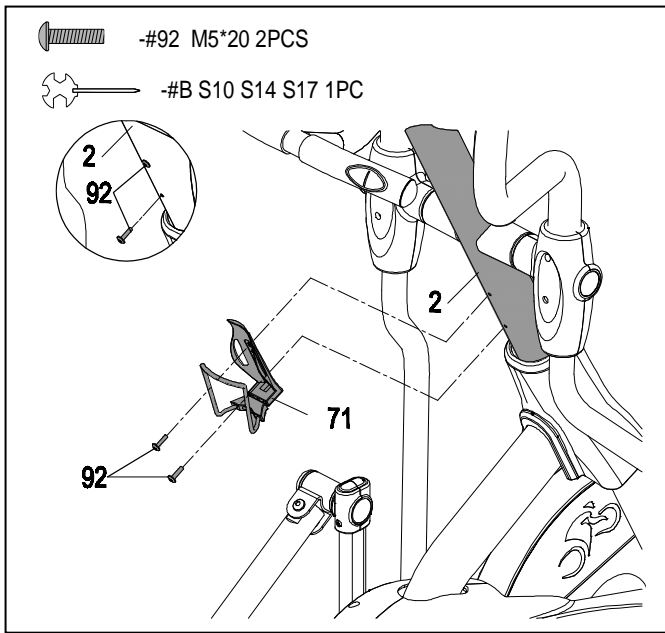


STEP 12:

Attach the **Swing Bar Covers (No. 40A & No. 40B)** onto the joint of the **Right Upper Swing Bar (No. 4R)** and **Right Lower Swing Bar (No. 5R)**, using 2 **Self-tapping Screws (No. 90)**. Tighten and secure with **Spanner (No. B)**.

Please repeat this assembly step to the left side.

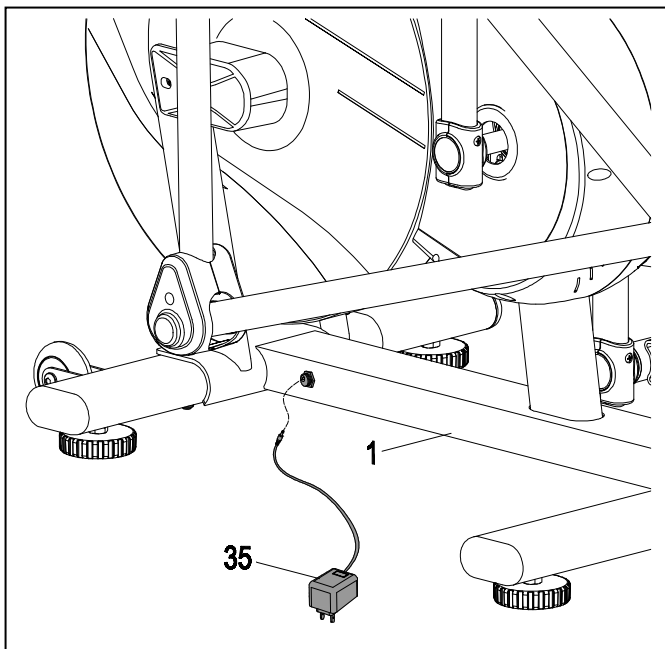
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669)



STEP 13:

Remove 2 **Screws (No. 92)** from the **Upright Tube (No. 2)**.

Attach **Bottle Holder (No. 71)** onto the **Upright Tube (No. 2)** with 2 **Screws (No. 92)**. Tighten and secure with **Spanner (No. B)**.

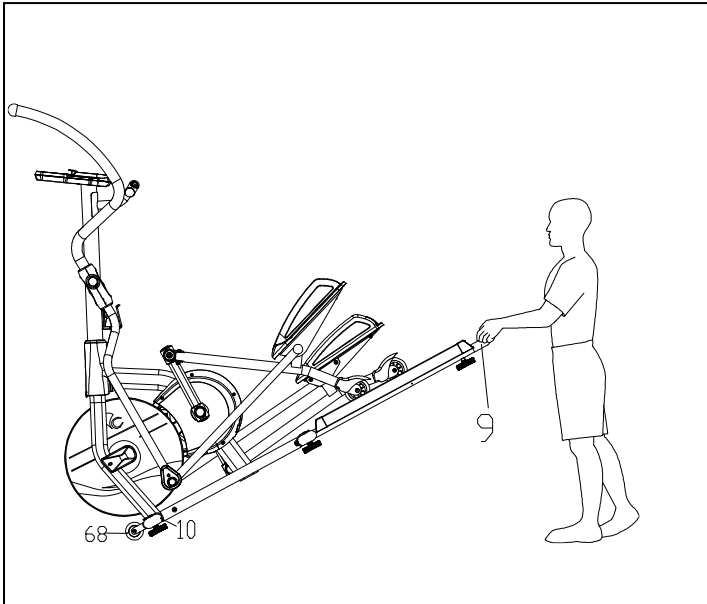


STEP 14:

Connect the **Adapter (No. 35)** to the **Main Frame (No. 1)** as show on the left figure.

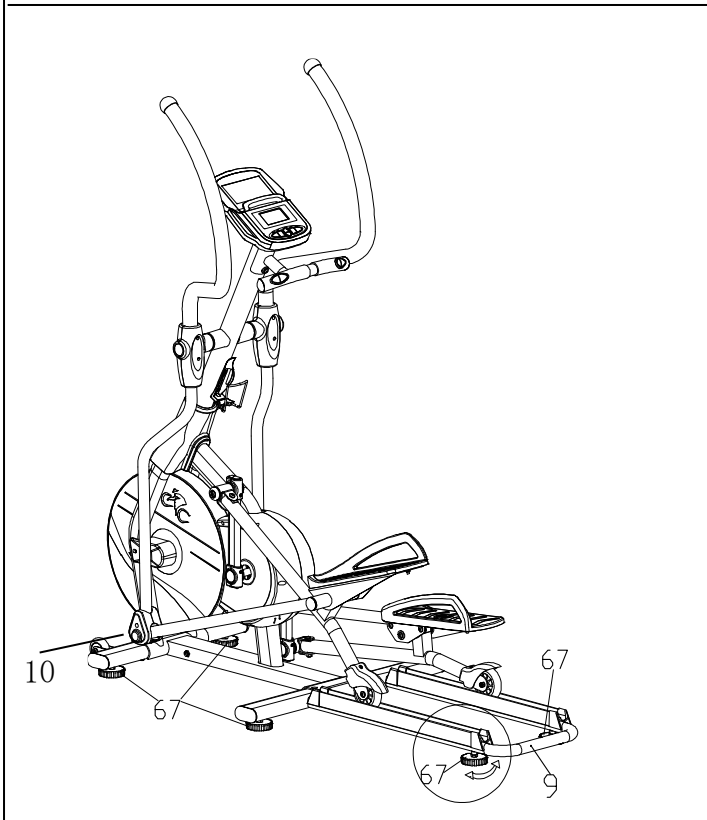
The assembly is complete!

ADJUSTMENTS GUIDE



HOW TO MOVE THE ELLIPTICAL

The **PU Wheels (No. 68)** on the **Front Stabilizer (No. 10)** are movable. Hold the **Rear Stabilizer (No. 9)** and pull forward to lift the rear of the elliptical off the floor. Now you can move the elliptical.



ADJUSTING THE BALANCE

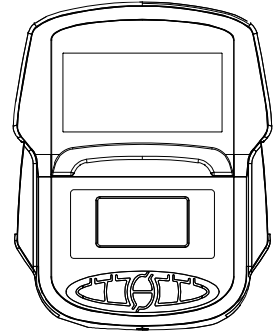
In order to achieve a smooth and comfortable ride, you must ensure that the elliptical is stable. If you notice that the elliptical is unbalanced during use, you should adjust the **Adjustable Stand (No. 67)** located beneath the **Front Stabilizer (No. 10)** and **Rear Stabilizer (No. 9)**.

DISPLAY CONSOLE

KEY FUNCTIONS:

START/STOP:

1. To Start & Pause workouts.
2. To Start body fat measurement.
3. Holding this button for 3 seconds will reset all function values to zero.



DOWN:

To decrease value of the selected workout parameter: TIME, DISTANCE, etc. During the workout, it will decrease the resistance load.

UP:

To increase value of the selected workout parameter: TIME, DISTANCE, etc. During the workout, it will increase the resistance load.

ENTER:

To input a desired value or workout mode.

RECOVERY:

To enter into Recovery function when the computer displays the heart rate value. Recovery is Fitness Level 1-6 after 1 minute. F1 is the best, and F6 is the slowest.

MODE:

To switch display from RPM to SPEED, ODO to DIST, and WATT to CALORIES during the workout.

WORKOUT SELECTION:

After turning on the power, use the UP or DOWN button to select the desired mode. Then press the ENTER button to begin.

There are 7 basic workout modes:

Manual, Pre- programs, Watt Program, Body Fat Program, Target Heart Rate Program, Heart Rate Control Program, and User Program.

FUNCTIONS:

SPEED: Displays current training speed. Maximum speed is 99.9 mph (miles per hour).

RPM: Displays current rotations per minute.

TIME: Accumulates the workout time from 00:00 to 99:59. Users can preset the target time they desire.

DIST: Accumulates the workout distance from 0.00 up to 999.9 miles. Users can preset the target distance they want to reach.

ODO: Displays the total accumulated distance from 0 to 9999 miles.

CAL: Accumulates the calories burned from 0 to 9999. Users can preset the target Calories they want to burn.

WATT: Displays current watt.

HEART RATE: Displays the current heart rate in bpm (beats per minute).

TARGET H.R.: Users can preset their Target Heart Rate.

PROGRAM: There are 24 different programs to choose for training.

LEVEL: The program has 10 columns of loading bars and 8 bars in each column. Each column represents a 1-minute workout (without the change of time value) and each bar represents 2 levels loading.

WORKOUT PARAMETERS:

TIME / DISTANCE / CALORIES / AGE / WATT / TARGET HEART RATE

Setting Workout Parameters

After selecting the desired workout mode: Manual, Pre-set Programs, Watt Program, Body Fat, Target Heart Rate, Heart Rate Control, and User Program. You may pre-set several workout parameters for desired results.

Note: Some parameters are not adjustable in certain programs.

Time and Distance can not be set up at the same time.

Once a program has been selected, pressing ENTER, will make the "Time" parameter flash. Using the UP or DOWN buttons you may select the desired time value. Press the ENTER button to input values. The flashing prompt will move to the next parameter, continue using the UP or DOWN button. Press START/STOP button to begin the workout.

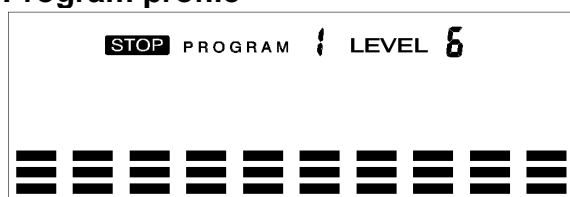
More About Workout Parameters

Field	Setting Range	Default Value	Increment/Decrement	Description
Time	0:00~ 99:00	00:00	± 1:00	1. When display is 0:00, Time will count up. 2. When time is 1:00-99:00, It will count down to 0.
Distance	0.00~999.0	0.00	±1.0	1. When display is 0.0, Distance will count up. 2. When Distance is 1.0~999.0, it will count down to 0.
Calories	0~9995	0	±5	1. When display is 0, Calories will count up. 2. When Calories is 5~9995, it will count down to 0.
Watt	45~250	100	±5	User can set watt value only in the Watt control program.
Age	10~99	30	±1	Target H.R. will be based on Age. When Heart Rate exceeds Target H. R., the Heart Rate number will flash.
Pulse	60~220	90	±1	Setting Parameters for Target heart rate.

PROGRAM OPERATION:

Manual (P1)

Program profile



Setting Parameters for Manual

Select **“Manual”** using the UP or DOWN button, then press ENTER. The first parameter **“TIME”** will flash so the value can be adjusted using the UP or DOWN button. Press the ENTER button to save the value and move to the next parameter to be adjusted.

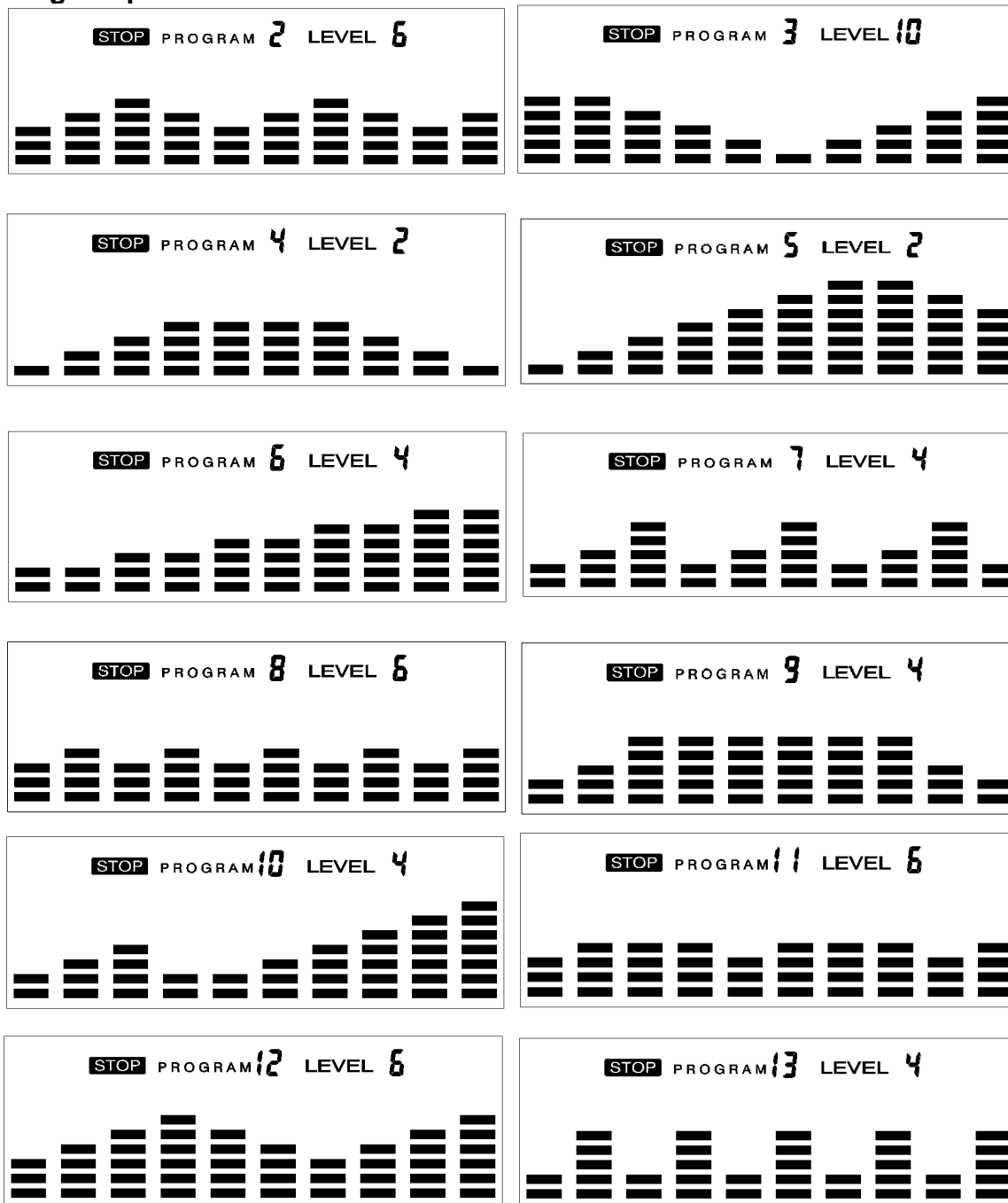
Note: If Target Time is being set up for workout, Distance cannot be adjusted.

Continue through all desired parameters and press the START/STOP button to begin the workout.

Note: Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START button to continue the workout to reach the unfinished workout parameter.

Pre-programs (P2~P13)

Program profile



There are 12 program profiles ready for use. All program profiles have 16 levels of resistance.

Setting Parameters for Pre-programs

Select one of the pre-programs using the UP or DOWN button, then press ENTER. The first parameter "TIME" will flash so the value can be adjusted using the UP or DOWN button. Press the ENTER button to save the values and move to next parameter to be adjusted. Continue through all desired parameters, pressing the START/STOP button to begin the workout.

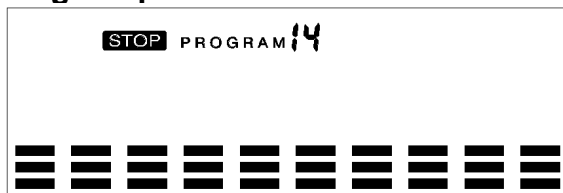
Workout in any pre-program

The user can exercise with different levels that load in different intervals. The user may exercise in any level of resistance by adjusting the UP or DOWN button during the workout.

Note: If Target Time is being set up for workout, Distance cannot be adjusted. Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START to continue the unfinished parameter.

Watt control program (P14)

Program profile



Setting Parameters for the Watt control program

Select “Watt control program” using the UP or DOWN button, then press ENTER. The first parameter “TIME” will flash so the value can be adjusted using the UP or DOWN button. Press ENTER to save the value and move to next parameter to be adjusted.

Note: If user sets up the target time to workout, then the next parameter of Distance cannot be adjusted.

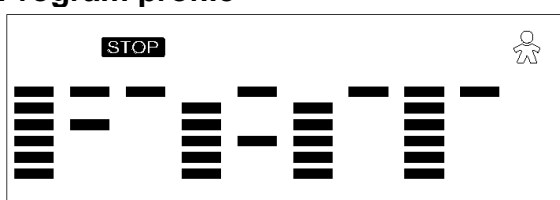
Continue through all desired parameters, pressing the START/STOP button to begin the workout.

Note: Once the workout parameters count down to zero, it will beep and stop the workout automatically. Press the START button to continue the workout to reach the unfinished workout parameter.

Computer will adjust the resistance load automatically depending on the speed to maintain the constant watt value. The user can use the up or down button to adjust the watt value during the workout.

BODY FAT PROGRAM (P15)

Program profile



Setting Data for Body Fat

Select “BODY FAT Program” using the UP or DOWN button, then press ENTER. “MALE ” will flash so Gender can be adjusted using the UP or DOWN button. Press the ENTER button to save gender and move to the next data.

“5’8 (inches)” of Height will flash so Height can be adjusted using the UP or DOWN button. Press ENTER to save the value and move to the next data.

“165 (lbs)” of Weight will flash so Weight can be adjusted using the UP or DOWN button. Press ENTER to save the value and move to next data.

“30” of Age will flash so Age can be adjusted using the UP or DOWN button. Press ENTER to save the value.

Press START/STOP button to start the measurement. Please also remember to grasp the hand pulse grips. After 15 seconds the display will show out Body Fat %, BMR, BMI, & BODY TYPE.

Body Types

There are 9 body types divided according to the FAT % calculated. Type 1 is from 5% to 9%. Type 2 is from 10% to 14%. Type 3 is from 15% to 19%. Type 4 is from 20% to 24%. Type 5 is from 25% to 29%. Type 6 is from 30% to 34%. Type 7 is from 35% to 39%. Type 8 is from 40% to 44%. Type 9 is from 45% to 50%.

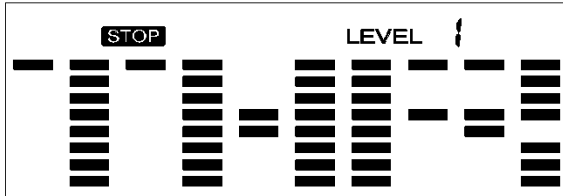
BMR: Basal Metabolism Ratio

BMI: Body Mass Index

Press START/STOP button to return to the main Display.

TARGET HEART RATE Program (P16)

Program profile



Setting Parameters for TARGET H.R.

Select "TARGET H.R." using the UP or DOWN button, then press ENTER. The first parameter "TIME" will flash so the value can be adjusted using the UP or DOWN button. Press the ENTER button to save the value and move to next parameter to be adjusted.

Note: If the user sets up the target time to workout, then the next parameter of Distance cannot be adjusted.

Continue through all desired parameters, pressing the START/STOP button to start workout.

Note: If Pulse is above the set TARGET H. R., the Pulse value will flash to remind the user.

HEART RATE CONTROL Program (P17-P20)

Program profile



There are 4 selections for target pulse:

HRC- 55% TARGET H.R= 55% of (220-AGE)

HRC - 65% TARGET H.R= 65% of (220-AGE)

HRC - 75% TARGET H.R= 75% of (220-AGE)

HRC - 85% TARGET H.R= 85% of (220-AGE)

Setting Parameters for HEART RATE CONTROL

Select one of the “Heart Rate Control Programs” using the UP or DOWN button, then press ENTER. The first parameter “TIME” will flash so the value can be adjusted using the UP or DOWN button. Press the ENTER button to save the value and move to next parameter to be adjusted.

Note: If the user sets up the target time to workout, then the next parameter of Distance cannot be adjusted.

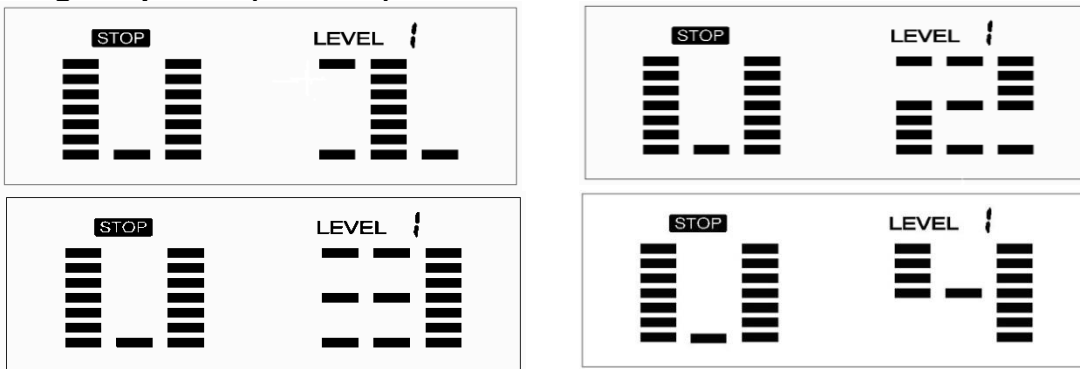
Continue through all desired parameters, pressing the START/STOP button to start workout.

Note: If Pulse is above or below (± 5) the TARGET H.R., the computer will adjust the resistance load automatically. It will check every 20 seconds approx. 1 resistance load will increase or decrease (Note: each resistance load represents 2 levels of loading).

If one of workout parameters counts down to be zero, it will beep and stop the workout automatically. Press START/STOP button to continue the workout to reach unfinished workout parameter.

User Program

Program profile (P21-P24)



The 4 user programs allow user to set their own program that can be used immediately.

Setting Parameters for User Program

Select the user program using the UP or DOWN button then press ENTER. The first parameter “TIME” will flash so the value can be adjusted using the UP or DOWN button. Press the ENTER button to save the value and move to next parameter to be adjusted.

Note: If the user sets up the target time to workout, then the next parameter of Distance cannot be adjusted.

Continue through all desired parameters.

After finishing setting up the desired parameters, level 1 will flash. Use the UP or DOWN button to adjust, then press the ENTER button until finished (There are 10 times total). Press the START/STOP button to begin the workout.

Note: Once the workout parameter counts down to be zero, it will beep and stop the workout automatically. Press the START/STOP button to continue the workout to reach the unfinished workout parameter.

TROUBLESHOOTING

PROBLEM: The equipment is unstable when in use.

SOLUTION: Turn the adjustable stands under the front and rear stabilizer to align evenly in accordance with the floor level.

PROBLEM: There is no display on the console.

SOLUTION: Remove the console and upright tube and reconnect the cables.

PROBLEM: There is no heart rate reading or there is an inconsistent reading.

SOLUTION: Make sure the wires are connected correctly. Always hold onto the Heart Rate sensor with two hands. Do not hold the Heart Rate sensor too tight while holding onto the hand pulse.

PROBLEM: The equipment makes noise when in use.

SOLUTION: The bolts may be loose on the equipment. Please inspect and tighten any loose bolts.

MAINTENANCE

CLEANING AND MAINTENANCE:

The elliptical can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the elliptical after each use. Be careful not get excessive moisture on the computer display panel, as this may cause electrical hazards or cause electronics to fail.

Please keep the elliptical and the console out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

STORAGE:

Store the elliptical in a clean and dry environment away from children.

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