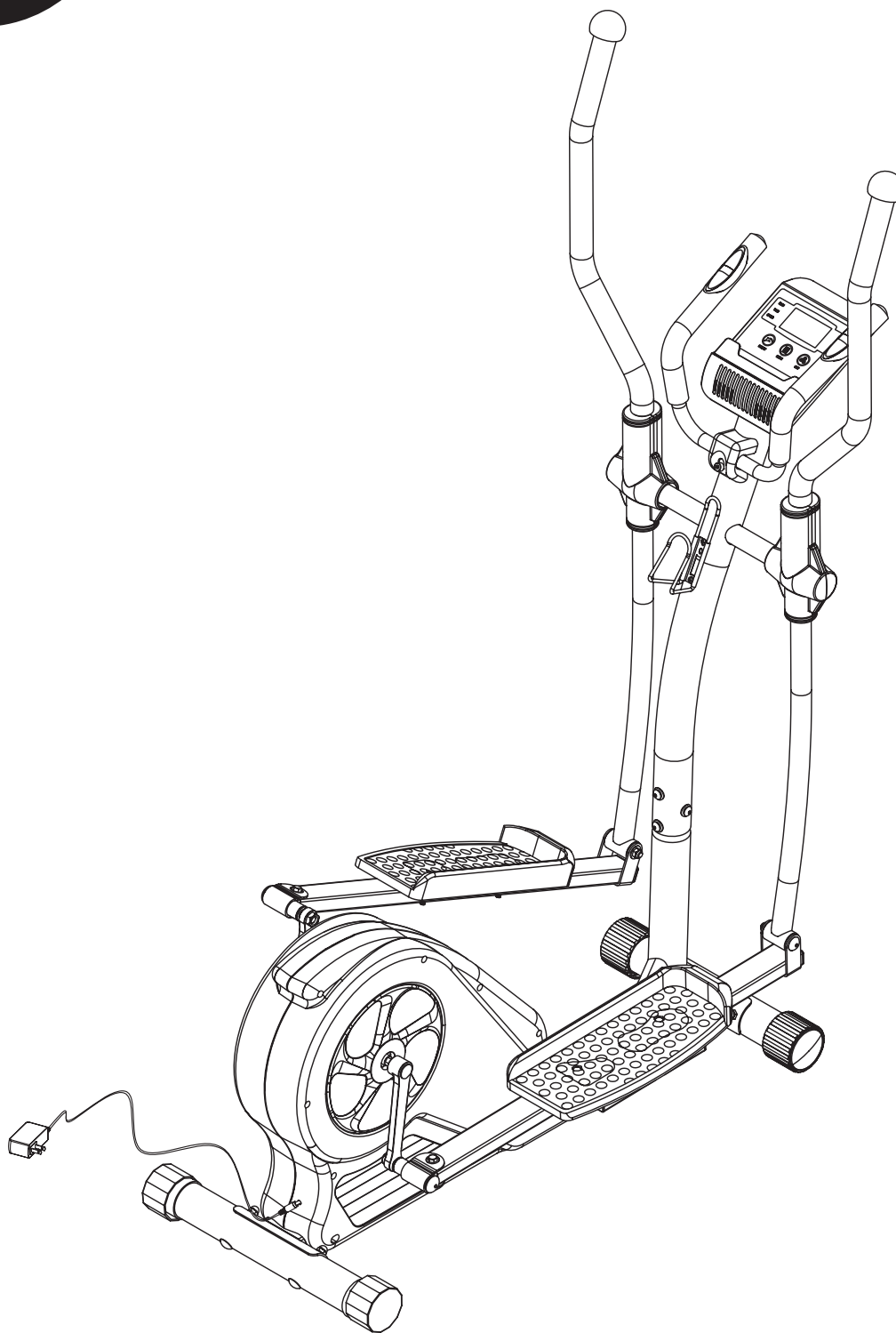




BR2998 ELLIPTICAL TRAINER



This product is intended for indoor, home use only and is not to be used in a commercial setting.

OWNER'S MANUAL

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**PLEASE KEEP THESE INSTRUCTIONS FOR FUTURE USE & REFERENCE.
DO NOT DISCARD.**

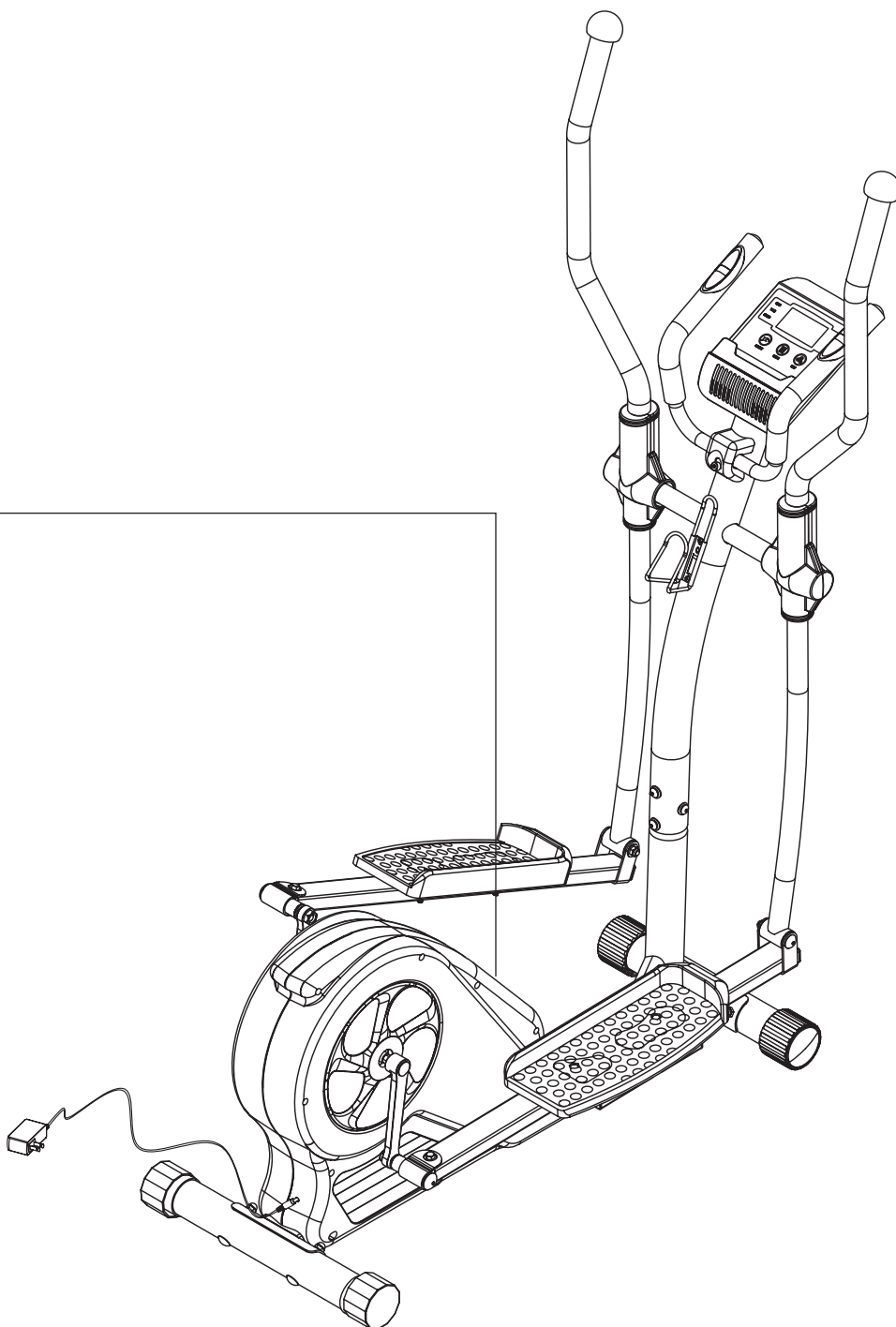
WARNING: SERIOUS INJURIES AND EVEN DEATH CAN OCCUR IF THE PROPER SAFETY PRECAUTIONS ARE NOT FOLLOWED.

The diagram below highlights and reviews many of the important Safety and Warning labels also found on the unit. Please ensure any user of the unit familiarizes themselves with these Safety and Warning guidelines before use.

⚠ WARNING !

The use of this exercise equipment involves a **RISK OF PHYSICAL INJURY** as well as property damage, which can be minimized by observing the following guidelines:

1. **ALWAYS** wear comfortable clothing and shoes with good traction.
2. **ALWAYS** make sure all nuts and bolts are secured before use. **TIGHTEN PEDAL HINGE BOLTS EVERY 30 DAYS.**
3. **STOP EXERCISING** if you become dizzy, nauseous, have irregular heartbeats or breathing difficulties. Contact your physician immediately.
4. **ALWAYS** keep a large mat under the equipment to protect the floor or carpet.
5. **ALWAYS** use your equipment in a warm, dry, level, well-lit and ventilated indoor area.
6. **ALWAYS** keep body and clothing free and clear of moving parts.
7. **ALWAYS** keep your equipment clean and free of dust, moisture, debris and loose objects.
8. **NEVER** use the equipment if you are injured or have a physical condition that impairs your balance. **DO NOT** exercise under the influence of medication or alcohol.
9. Keep all children away from this equipment. **NEVER** allow small children or pets to approach the equipment. It is not a toy.
10. **NEVER** use the equipment if you exceed its weight limit of 275 lbs.
11. **NEVER** use the equipment if it does not function properly.
12. This equipment meets ASTM F1749 standards for fitness equipment.
13. Refer to the Owner's Manual for additional warnings and safety information.
14. The possibility of serious injuries or death, or both, (if applicable) if caution is not used.



General Information

Safety

Before you undertake any exercise program, please be sure to consult with your doctor.

Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential.

Excessive or incorrect training may result to health injuries.

Please read this manual carefully before commencing the assembly of your product or starting to exercise.

- Please keep all children away from this item when in use. Do not allow children to climb or play on this item when it is not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Any adjustment devices that could interfere with the user's movement on this unit should not be left projecting.
- Clean only with a damp cloth, do not use solvent cleaners. Lubricate the moving parts of your unit every 30 days with a silicone-based grease or product. If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, hard-flat surface.
- Do not place on carpet. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- Do not use this unit for commercial purposes. This unit is for home use only.
- Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment.
- It is the facility owner's responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

Assembling Tools

- Ruler with both Metric and English measurements
- 2 x Adjustable Wrenches
- 1 x Philips ("Crosshead") Screw Driver

Weight Limit

Your product is suitable for users weighing:
275 pounds or less

Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.

Warranty

Body Flex Sports warrants your product for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially.

Any alterations or incorrect assembly of the product will void this warranty.

Proof of purchase must be presented for any warranty validation (no exceptions). This warranty applies to the original purchaser only and is not transferable.

This warranty does not cover abuse or defects caused during use, storage or assembly. During the warranty period, Body Flex Sports reserves the right to:

1. provide replacement parts to the purchaser in an effort to repair the item.
2. repair the product returned to our warehouse (at the purchaser's cost).
3. replace the product if neither of the two previously mentioned actions effect repair. This warranty does not cover normal wear and tear on upholstery.

Questions

If you have any questions concerning the assembly of your item or if any parts are missing, please **DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER.**

Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement parts.

Customer Support

Customer Support is open 9:00 a.m. to 5:00 p.m. (Pacific Time) Monday through Friday.

Please contact us by any of the following means :

Body Flex Sports, Inc.

21717 Ferrero Parkway, Walnut, CA 91789

Telephone: 1 (888) 266 - 6789

Fax: 1 (909) 598 - 6707

Email: info@bodyflexsports.com

Before Assembly

⚠

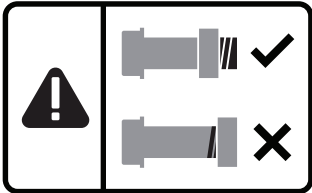
WARNING

1. Take a few minutes to familiarize yourself with the parts and hardware included with your product.
2. Assembly may require two people.
3. Check the frame for any damage and check any wiring (if present) for rips or tears. If you detect damage, rips, or tears, please contact our Customer Support Team before beginning any assembly.
4. Make sure all the hardware needed is included.
5. It is very important to follow the assembly instructions correctly and to make sure all parts are attached correctly and firmly tightened when the assembly process is complete.
6. Parts that are not tightened correctly will seem loose and can cause irritating noises and will cause damage to the equipment.

PLEASE NOTE : Many of the parts and hardwares listed on the parts list are already pre-assembled or installed on the unit.

Nylon Lock Safety Nuts

1. It is only necessary to tighten the bolts and nuts to “finger tight” during the assembly process. This will make it easier to complete certain steps by allowing more tolerance for all the parts to fit properly.
2. Do not tighten all the nuts onto the bolts securely until after you have completed assembly of your product.
3. Use wrenches, pliers, or ratchet and sockets to tighten the bolts and nuts.
4. The Nylon Nut should thread onto the Hex Bolt until the end of the Hex Bolt has passed through the Nylon insert inside the Nut. Please follow this guideline everytime you see this *Nylon Nut icon* throughout the assembly steps.



Tools Required For Assembly

Tool	Description/Purpose
Ruler (with both Metric and English measurements) QTY: 1	Use to measure the length or size of hardware including bolts to ensure you are using the correct part.
Adjustable or flat wrenches QTY: 2	Use to securely install parts including nuts and bolts.

Part Listing

The following parts list describes all of the parts illustrated on the exploded diagram on the following page.

PLEASE NOTE: most of these parts are already pre-assembled on your unit.

Description

01 Main Frame
02 Center Post
03 Left Pedal Tube
04 Right Pedal Tube
05 Left Coupler Bar
06 Right Coupler Bar
07 Pedal Connection Joint
08 Pulse Handle Bar
09 Left Handle Bar
10 Right Handle Bar
11 Front Stabilizer
12 Rear Stabilizer
13 Coupler Bar Axle
14 Crank
15 Bushing
16 Carriage Bolt (M8x70 mm)
17 Pedal Hinge Bolt (φ16x1/2"x97 mm)
18 Bolt (M10x68 mm)
19 Bolt (M8x40 mm)
20 Bolt (M8x20 mm)
21 Bolt (M8x15 mm)
22 Bolt (M8x30 mm)
23 Hex Bolt (M8x45 mm)
24 Hex Bolt (M8x40 mm)
25 Screw (M5x15 mm)
26 Screw (M5x12 mm)
27 Screw (M4x25 mm)
28 Screw (M4x10 mm)
29 Washer (M10)
30 Big Washer (M8)
31 Washer (M8)

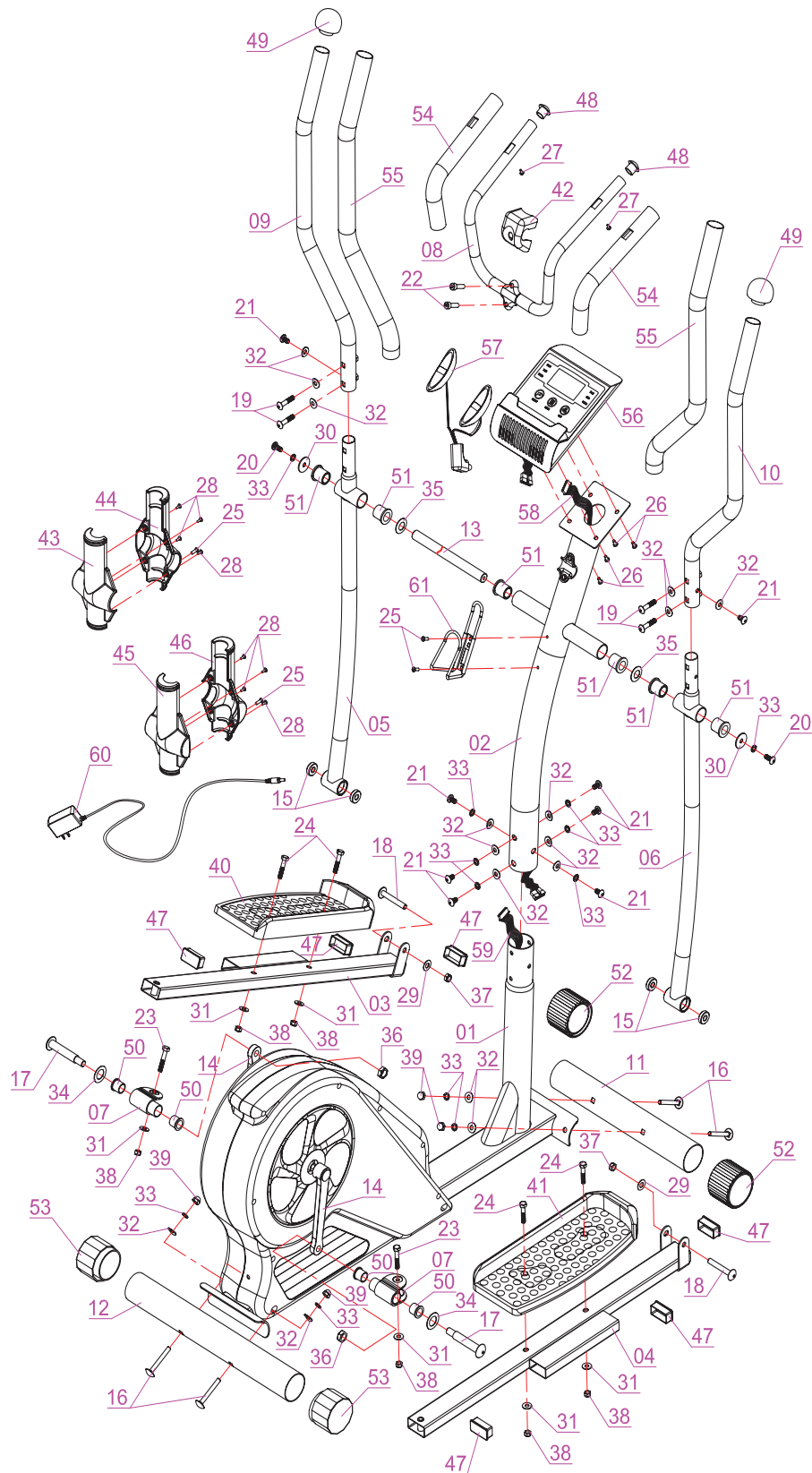
Description

32 Arc Washer (M8)
33 Spring Washer (M8)
34 Wavy Washer (φ16 mm)
35 Wavy Washer (φ19 mm)
36 Nylon Nut (1/2")
37 Nylon Nut (M10)
38 Nylon Nut (M8)
39 Cap Nut (M8)
40 Left Pedal
41 Right Pedal
42 Pulse Handle Bar Cover
43 Left Coupler Bar Cover (Rear)
44 Left Coupler Bar Cover (Front)
45 Right Coupler Bar Cover (Rear)
46 Right Coupler Bar Cover (Front)
47 Rectangular End Cap (25x50 mm)
48 Round End Cap (22 mm)
49 Round End Cap (32 mm)
50 Nylon Bushing (25 mm)
51 Nylon Bushing (32 mm)
52 End Cap for Front Stabilizer
53 End Cap for Rear Stabilizer
54 Foam Grip of Pulse Handle Bar
55 Foam Grip of Handle Bar
56 Monitor
57 Pulse Sensor
58 Monitor Wire (Upper)
59 Monitor Wire (Lower)
60 Adapter
61 Water Bottle Holder
62 Tool 1
63 Tool 2

Exploded View

The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process.

PLEASE NOTE : Not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please use this page only as a reference guide for parts and hardware.

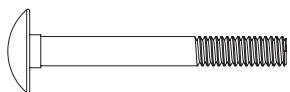


Hardware and Tool List

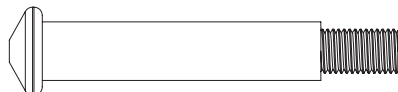
The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items.

PLEASE NOTE : Most of these parts are already *pre-assembled* on your unit. Do not be alarmed if you see parts on this page that are not included in your hardware packet.

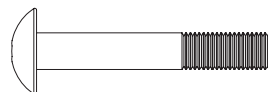
Bolts & Screws



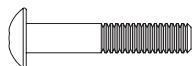
#16. Carriage Bolt (M8x70 mm)
[4 pieces]



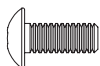
#17. Pedal Hinge Bolt (φ16x1/2"x97 mm)
[2 pieces]



#18. Bolt (M10x68 mm)
[2 pieces]



#19. Bolt (M8x40 mm)
[4 pieces]



#20. Bolt (M8x20 mm)
[2 pieces]



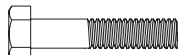
#21. Bolt (M8x15 mm)
[8 pieces]
[6 pieces pre-assembled]



#26. Screw (M5x12 mm)
[4 pieces pre-assembled]



#22. Bolt (M8x30 mm)
[2 pieces]



#24. Hex Bolt (M8x40 mm)
[4 pieces]

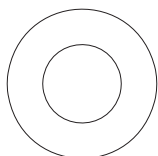


#25. Screw (M5x15 mm)
[4 pieces]

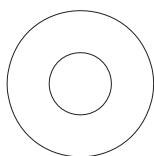


#28. Screw (M4x10 mm)
[8 pieces]
[pre-assembled]

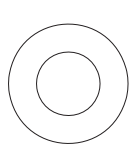
Washers



#29. Washer (M10)
[2 pieces]



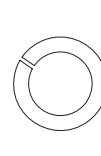
#30. Big Washer (M8)
[2 pieces]



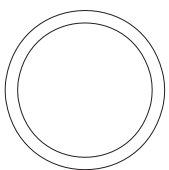
#31. Washer (M8)
[4 pieces]



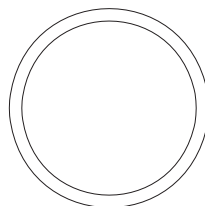
#32. Arc Washer (M8)
[16 pieces]
[6 pieces pre-assembled]



#33. Spring Washer (M8)
[12 pieces]
[6 pieces pre-assembled]

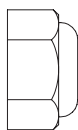


#34. Wavy Washer (φ16 mm)
[2 pieces]

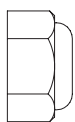


#35. Wavy Washer (φ19 mm)
[2 pieces]

Nuts



#36. Nylon Nut (1/2")
[2 pieces]



#37. Nylon Nut (M10)
[2 pieces]

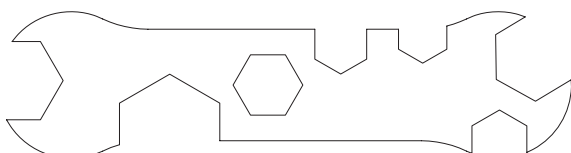


#38. Nylon Nut (M8)
[4 pieces]

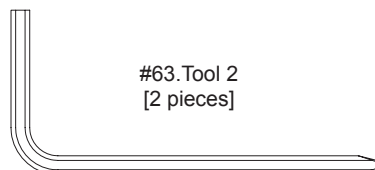


#39. Cap Nut (M8)
[4 pieces]

Tools & Others



#62. Tool 1
[2 pieces]



#63. Tool 2
[2 pieces]

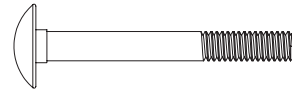
Assembly STEP 1

NOTE BEFORE STARTING THE ASSEMBLY PROCESS :

To avoid misalignment due to over-tightening, please do not use a wrench and use only hand-tightening for now to ensure easy assembly.

Wrench-tightening should be performed after all parts are assembled to ensure all nuts, bolts, and parts are tightly secured before use.

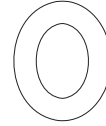
Hardware Required



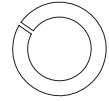
#16. Carriage Bolt (M8x70 mm)
[4 pieces]



#39. Cap Nut (M8)
[4 pieces]



#32. Arc Washer (M8)
[4 pieces]



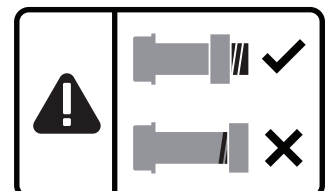
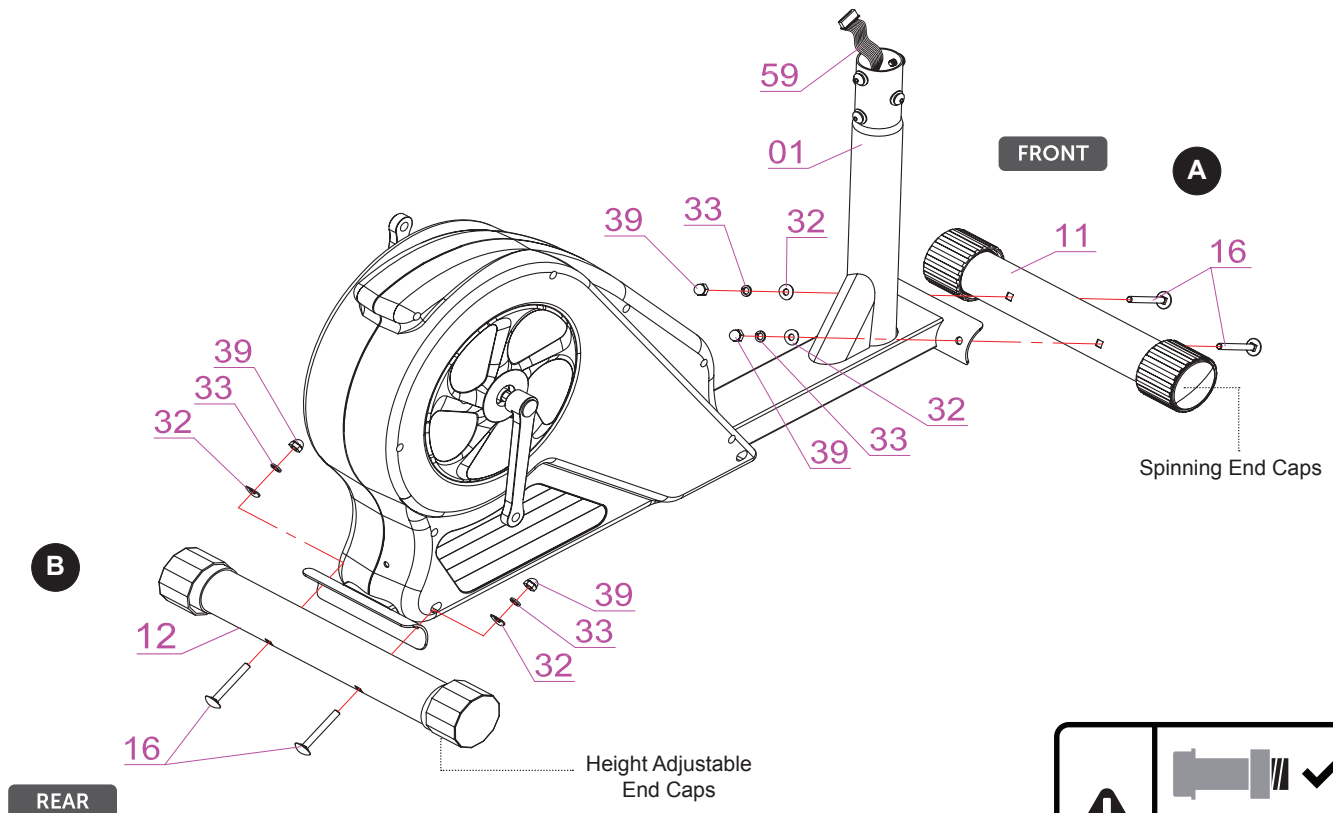
#33. Spring Washer (M8)
[4 pieces]

A.) With the help of an assistant, attach the **Front Stabilizer (#11)** to the front bracket of the **Main Frame (#01)**. Insert two **Carriage Bolts (#16)** through the **Front Stabilizer (#11)** followed by the front bracket of the **Main Frame (#01)**. Secure them together using two **Arc Washers (#32)** two **Spring Washers (#33)** and two **Cap Nuts (#39)**.

B.) Attach the **Rear Stabilizer (#12)** to the rear bracket of the **Main Frame (#01)**. Insert two **Carriage Bolts (#16)** through the **Rear Stabilizer (#12)** followed by the rear bracket of the **Main Frame (#01)**.

Secure them together using two **Arc Washers (#32)** two **Spring Washers (#33)** and two **Cap Nuts (#39)**.

Please note that the **Front Stabilizer (#11)** has end caps that spin for ease of relocating the unit. The **Rear Stabilizer (#12)** has height adjustable end caps for leveling of the unit.



Assembly STEP 2

Remove the pre-assembled parts from the **Main Frame (#01)** and set them aside: six **Bolts (#21)**, six **Spring Washers (#33)** and six **Arc Washers (#32)**. With the help of an assistant, connect the **Monitor Wire (Upper) (#58)** to **Monitor Wire (Lower) (#59)** as shown in detail diagram below.

Attach the **Center Post (#02)** to the **Main Frame (#01)** and secure using six **Bolts (#21)**, six **Spring Washers (#33)** and six **Arc Washers (#32)** that were previously removed.

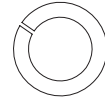
Hardware Required



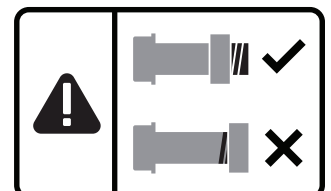
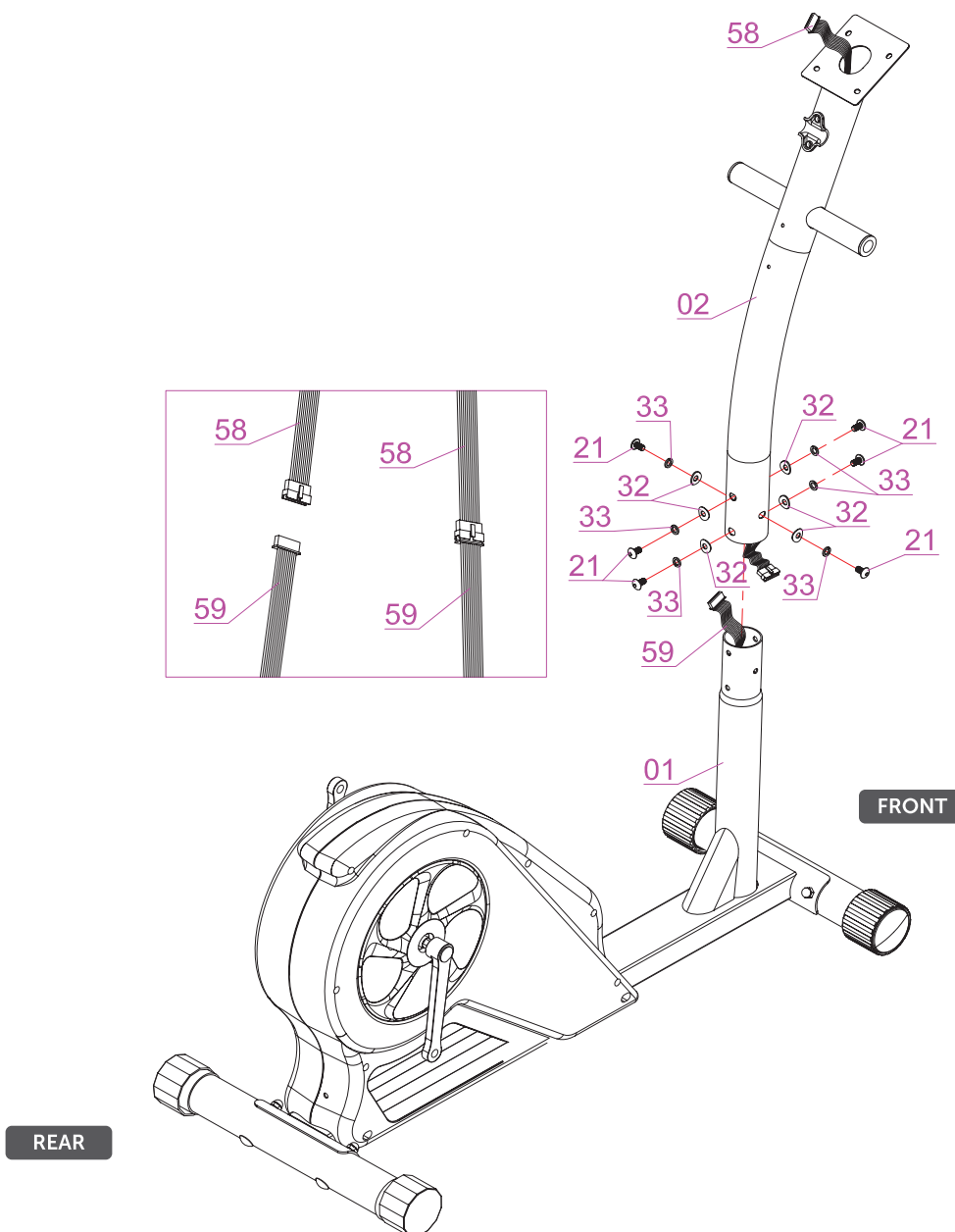
#21.Bolt (M8x15 mm)
[6 pieces]



#32.Arc Washer (M8)
[6 pieces]



#33.Spring Washer (M8)
[6 pieces]

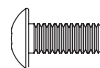


Assembly STEP 3

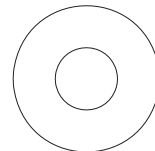
Slide the **Coupler Bar Axle (#13)** through the center slot on the **Center Post (#02)** and center it so it is evenly distributed on the left/right sides.

Next, slide one **Wavy Washer (#35)** on each side then, followed by corresponding **Left/Right Coupler Bar (#05/#06)**. Secure each side with a **Big Washer (#30)**, a **Spring Washer (#33)** and a **Bolt (#20)**.

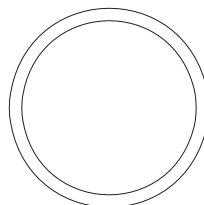
Hardware Required



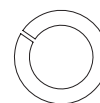
#20.Bolt (M8x20 mm)
[2 pieces]



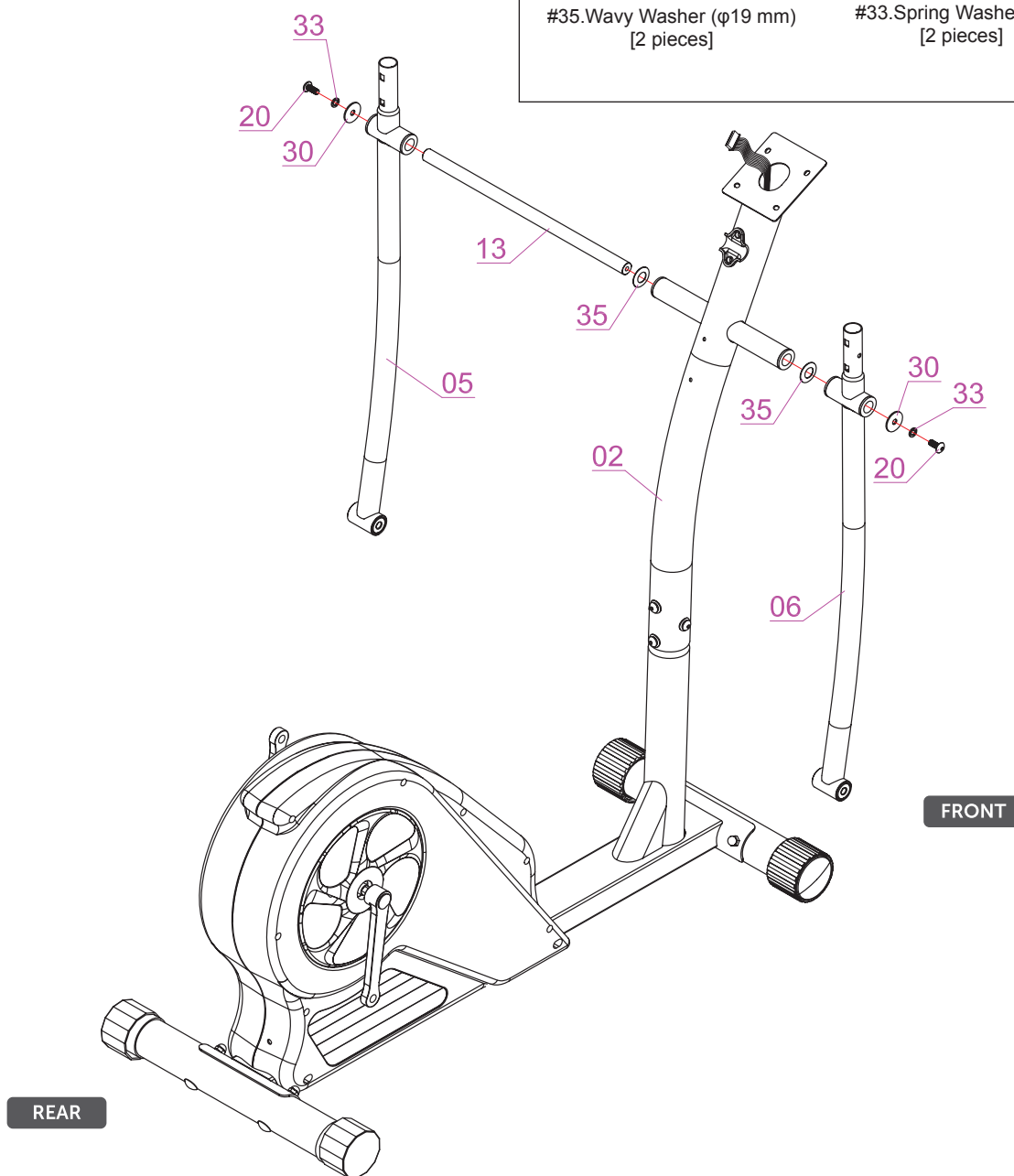
#30.Big Washer (M8)
[2 pieces]



#35.Wavy Washer (φ19 mm)
[2 pieces]



#33.Spring Washer (M8)
[2 pieces]



Assembly STEP 4

Align and attach the **Pedal Connection Joint (#07)** on the **Right Pedal Tube (#04)** to the right **Crank (#14)**. Insert a **Pedal Hinge Bolt (#17)** through a **Wavy Washer (#34)** followed by **Pedal Connection Joint (#07)** and **Right Crank (#14)**.

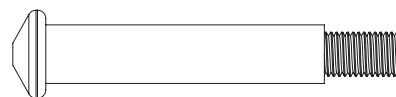
Screw the **Pedal Hinge Bolt (#17)** tightly into the **Right Crank (#14)** by turning **CLOCKWISE** and then secure it with the **Nylon Nut (#36)** by turning it **COUNTERCLOCKWISE**.

Align and attach the **Right Coupler Bar (#06)** to the **Right Pedal Tube (#04)**. Secure them together using a **Bolt (#18)**, **Washer (#29)** and a **Nylon Nut (#37)**.

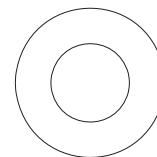
Attach the **Right Pedal (#41)** to the **Right Pedal Tube (#04)** and secure them together using two **Hex Bolts (#24)**, two **Washers (#31)** and two **Nylon Nuts (#38)**.

Repeat this process on the other side with the **Left Pedal Tube (#03)** and **Left Coupler Bar (#05)**.

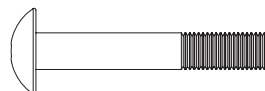
Hardware Required



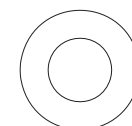
#17. Pedal Hinge Bolt (φ16x1/2"x97 mm)
[2 pieces]



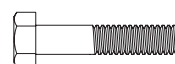
#29. Washer (M10)
[2 pieces]



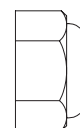
#18. Bolt (M10x68 mm)
[2 pieces]



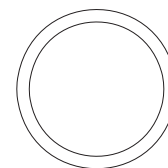
#31. Washer (M8)
[4 pieces]



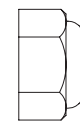
#24. Hex Bolt (M8x40 mm)
[4 pieces]



#36. Nylon Nut (1/2")
[2 pieces]



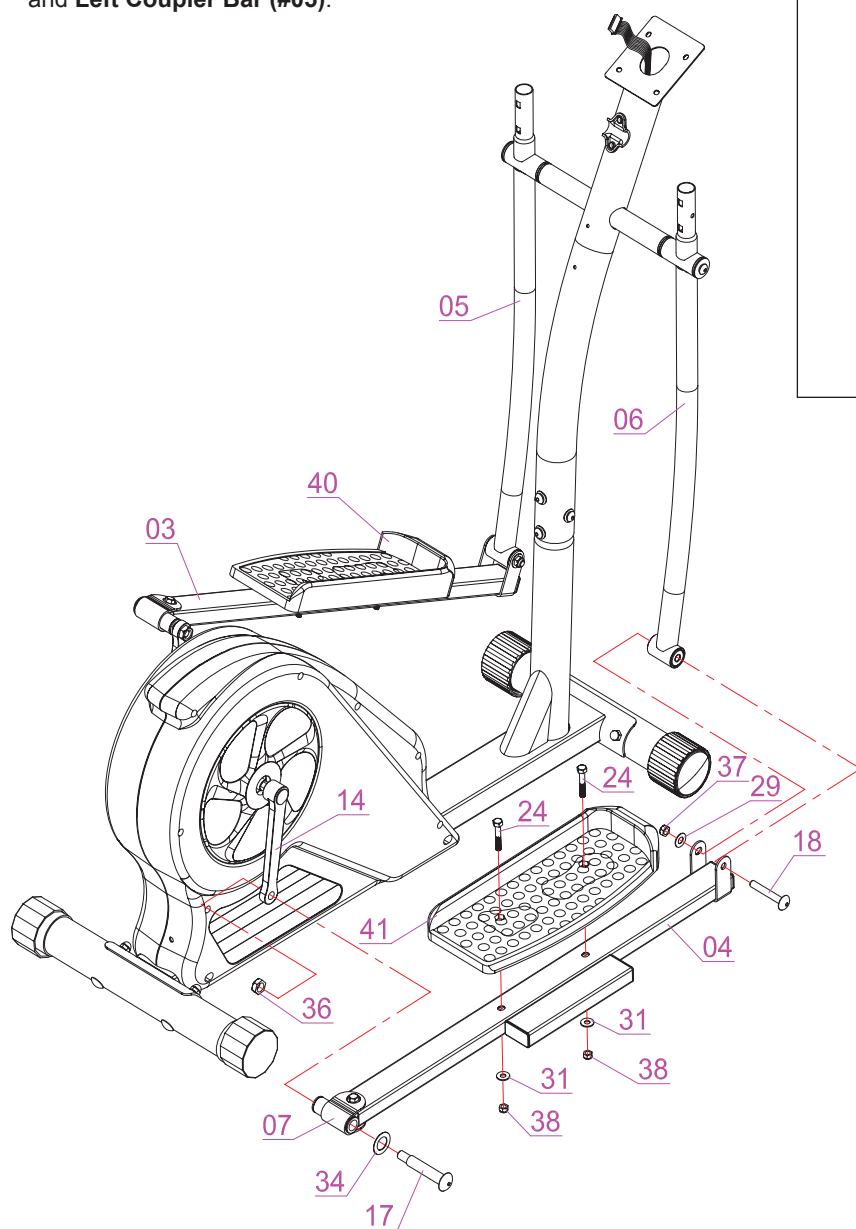
#34. Wavy Washer (φ16 mm)
[2 pieces]



#37. Nylon Nut (M10)
[2 pieces]



#38. Nylon Nut (M8)
[4 pieces]



Assembly STEP 5

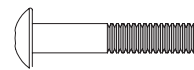
Insert the **Left Handle Bar (#09)** into the opening at the top of the **Left Coupler Bar (#05)** and secure it using two **Bolts (#19)**, two **Arc Washers (#32)** from the REAR, and one **Bolt (#21)**, one **Arc Washers (#32)** from the side.

Remove the pre-assembled **Screws (#28)** from the **Left Coupler Bar Cover (Rear) (#43)**, **Left Coupler Bar Cover (Front) (#44)**, **Right Coupler Bar Cover (Rear) (#45)** and **Right Coupler Bar Cover (Front) (#46)**.

Attach **Left Coupler Bar Cover (Rear) (#43)** and **Left Coupler Bar Cover (Front) (#44)** to the **Left Handle Bar (#09)**. Secure them together by using four **Screws (#28)** and one **Screw (#25)**.

Repeat this process on the other side with the **Right Handle Bar (#10)**, **Right Coupler Bar (#06)**, **Right Coupler Bar Cover (Rear) (#45)** and **Right Coupler Bar Cover (Front) (#46)**.

Hardware Required



#19.Bolt (M8x40 mm)
[4 pieces]



#21.Bolt (M8x15 mm)
[2 pieces]



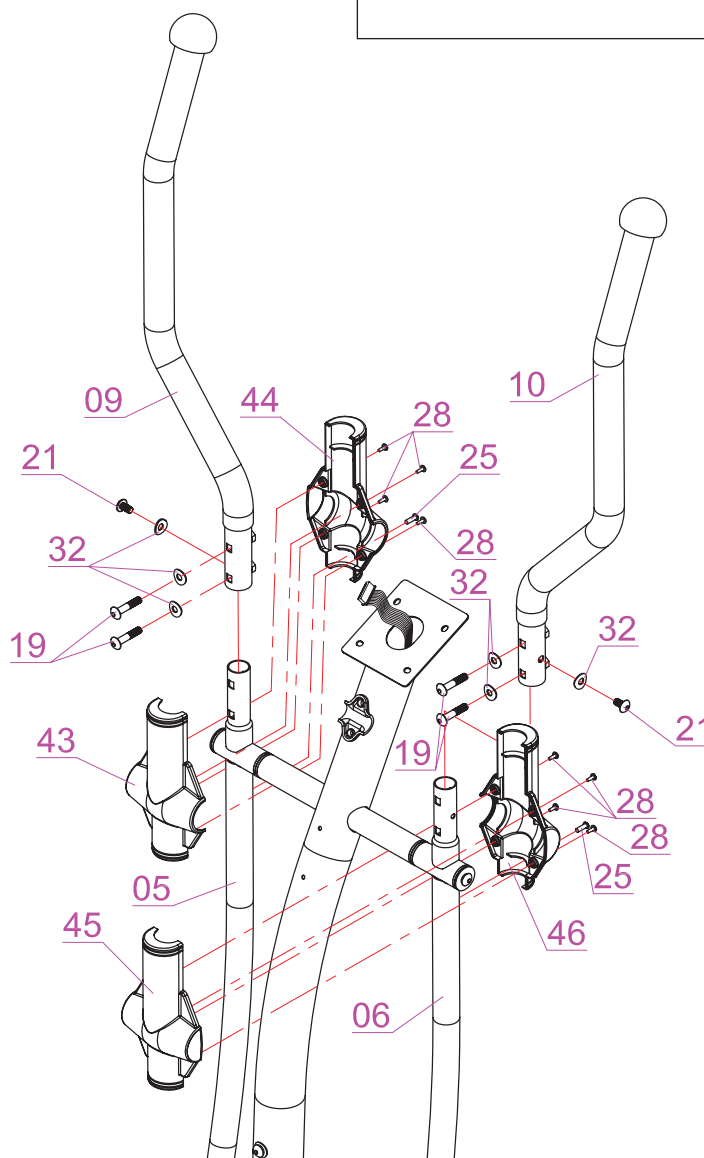
#25.Screw (M5x15 mm)
[2 pieces]



#32.Arc Washer (M8)
[6 pieces]



#28.Screw (M4x10 mm)
[8 pieces]



Assembly STEP 5

Align and attach the **Pulse Handle Bar (#08)** to the bracket on the **Center Post (#02)**, secure them together by using two **Bolts (#22)**. Clip the **Pulse Handle Bar Cover (#42)** onto the Center of the **Pulse Handle Bar (#08)**.

Remove the **Screws (#26)** that are pre-assembled on back of the **Monitor (#56)** and set them aside as they will be used shortly in this step.

Connect the **Monitor Wire (Upper) (#58)** to the Wire on the **Monitor (#56)** and connect the **Pulse Sensor Wire (#57)** to the back of the **Monitor (#56)**.

Secure the **Monitor (#56)** to the bracket of the **Center Post (#02)** by using four **Screws (#26)** that were previously removed.

Attach the **Water Bottle Holder (#61)** to the **Center Post (#02)**, secure them together by using two **Screws (#25)**.

Hardware Required



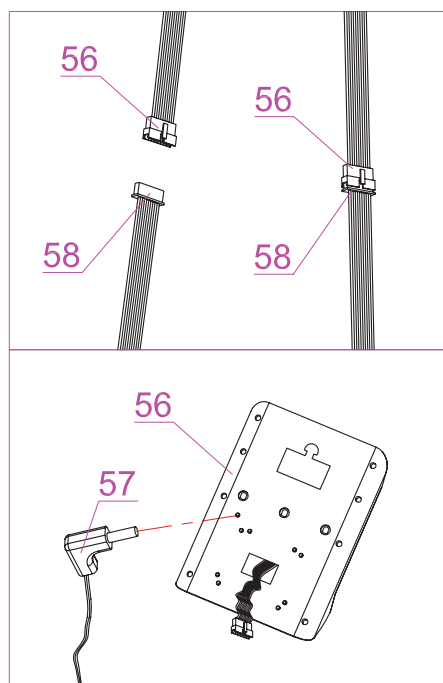
#22.Bolt (M8x30 mm)
[2 pieces]



#25.Screw (M5x15 mm)
[2 pieces]



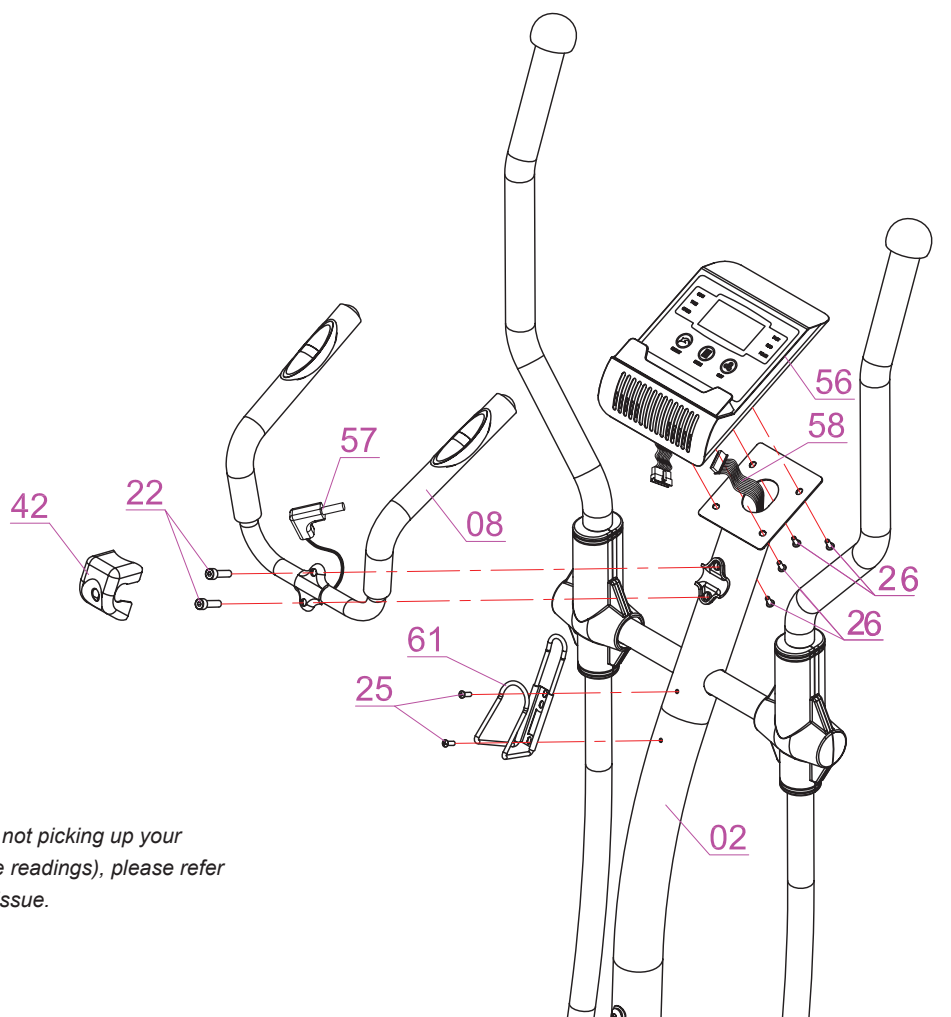
#26. Screw (M5x12 mm)
[4 pieces]



Note:

HAND PULSE SIGNAL

After assembly is completed, if the computer is not picking up your hand pulse signal (or you are getting inaccurate readings), please refer to our "Troubleshooting" section to resolve the issue.



Assembly STEP 5

Plug in the **AC Adapter (#60)** male plug into the female socket located at the rear of the unit as shown below.

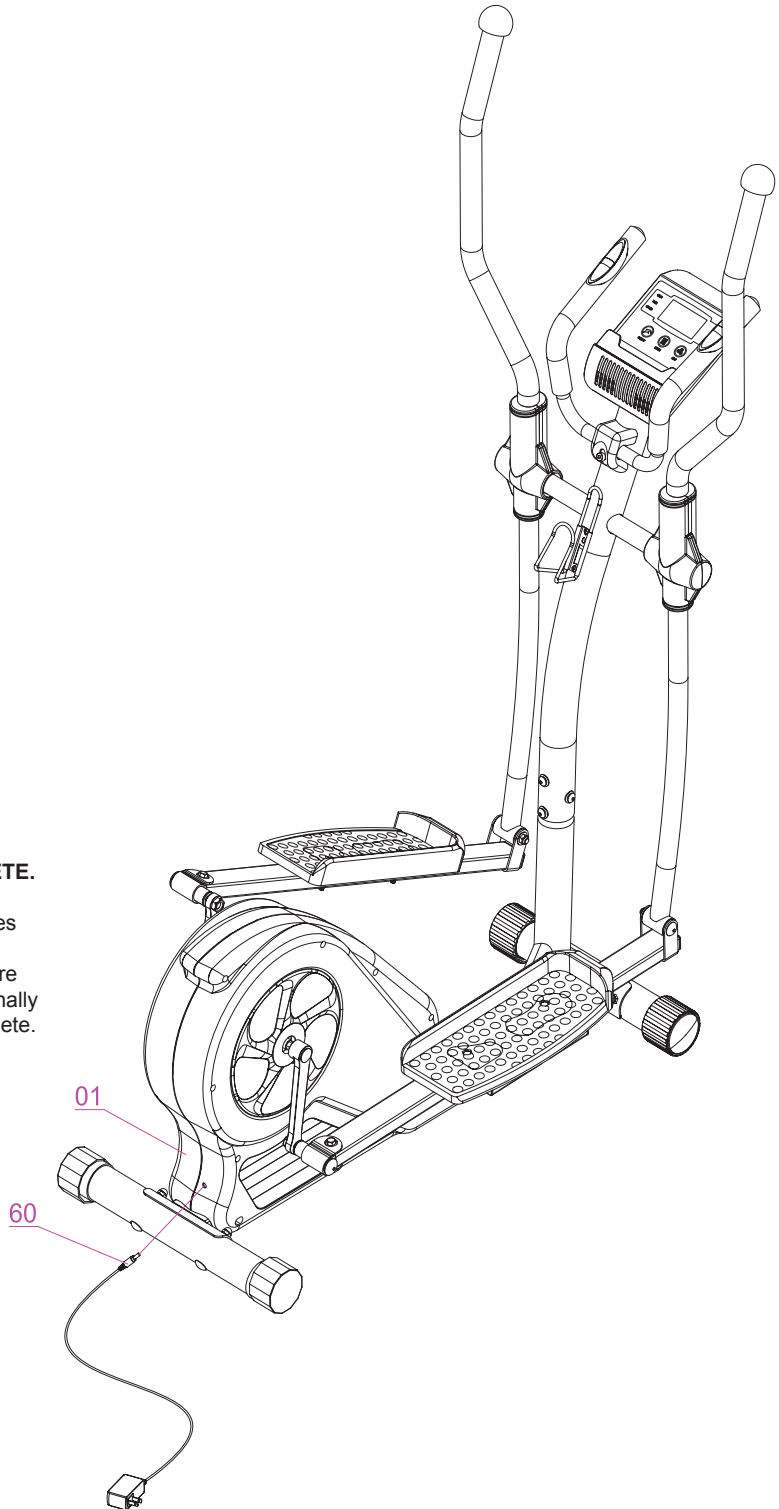
Hardware Required

No hardware required

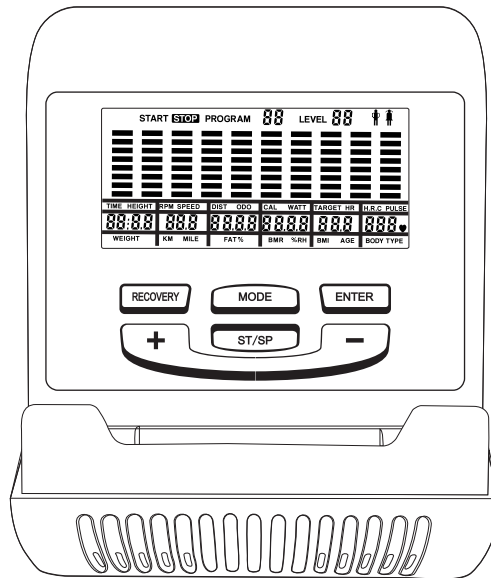


THE ASSEMBLY PROCESS IS NOW COMPLETE.

However, for your own safety, please make sure to read this entire Owner's Manual which includes safety instructions and warnings, as well as any safety/warning labels affixed to the product before use. For your safety, please visually and functionally inspect and test the unit after assembly is complete.



Computer Operation



BUTTON FUNCTIONS:

START/STOP:	1. Start & Pause workouts. 2. Start body fat measurement*. 3. Holding key for 3 seconds will reset all function values to be zero.
DOWN:	Decreases value of selected workout function*. During the workout, it will decrease the resistance level.
UP :	Increases value of selected workout function*. During the workout, it will increase the resistance level.
ENTER:	To input/confirm desired value or workout mode.
RECOVERY:	Press to enter into Recovery function when computer picks up and displays the heart rate value. Recovery fitness level (F1 - F6) will display after 1 minute. "F1" = excellent; "F6" = poor.
MODE:	Press to switch the display data from: RPM to SPEED, ODO to DIST, WATT to CALORIES during workout session.

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

COMPUTER FUNCTIONS:

SPEED (MILE):	Shows your current speed.
RPM:	Shows your current rotations per minute.
TIME:	Shows accumulated exercise time. User may also preset this function.
DIST:	Shows exercise accumulated distance.
ODO:	Shows the total accumulated distance.
CAL:	Shows accumulated calories burnt. User may also preset this function.
WATT:	Shows current wattage output of user during exercise. User may also preset this function.
HEART RATE*:	Shows the user's heart rate value in BPM (beats per minute)*.
TARGET H.R.:	User can preset a target heart rate.
PROGRAM:	There are a total of 26 programs to select from for training.
LEVEL:	The computer display shows 10 columns of loading bars with 8 rectangular increments per bar. Each column (normally) represents 1 minute in time and each rectangular increment represents 3 levels of resistance for a total of 24 resistance levels.

* Please be aware that **the pulse sensors and body fat measurement tool are not medical devices**; the pulse sensors and body fat measurement tool should not be used or applied for medical reasons.

Computer Operation

COMPUTER OPERATION: ("HOW-TO")

1. Ensure that your unit is plugged-in to an electrical source. Press a key and/or pedal to power on the computer.
2. Use UP and DOWN to select your desired workout mode. Then press ENTER.
3. Setting Workout Functions

The computer allows you to preset certain functions. In other words, you can set your own workout target goals for functions TIME / DISTANCE / CALORIES / AGE / WATT / TARGET HEART RATE.

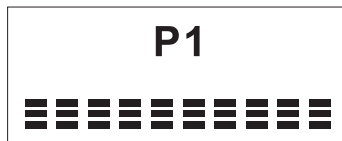
Note: Some functions are not adjustable in certain programs. TIME and DISTANCE cannot both be preset during the same workout session.

Once a program has been selected, press ENTER so that TIME function flashes. Use UP or DOWN to set desired time value. Press ENTER to confirm the value. The flashing prompt will move to the next function. Continue use of UP or DOWN to preset functions as desired. Press START/STOP to begin workout.

4. There are 7 basic workout "modes" which will be detailed below:

(Manual Program, Preset Workout Programs, Watt Control Program, Body Fat Program, Target Heart Rate Program, Heart Rate Control Program, and User Profiles Program.)

i. Manual (P1)



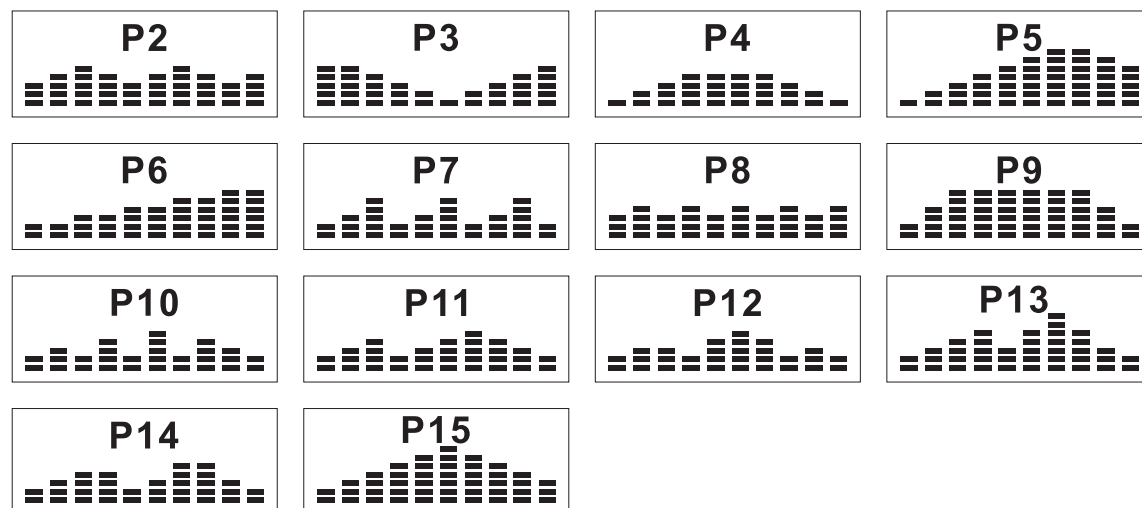
Setting Functions for Manual

Select MANUAL using UP or DOWN then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN. Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, then press START/STOP whenever you are ready to start your workout.

Note:

- If user sets up a target TIME for workout, then DISTANCE cannot be adjusted.
- Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.

ii. Pre-set Workout (P2 - P15)



ii. Preset Workout (P2 - P15) continued.

There are 14 preset programs ready for use . Each program has different patterns of resistance to add variety to workout sessions.

Setting Functions for Preset Workout

Select one of the Preset Workouts as displayed on the screen using UP or DOWN then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN . Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, pressing START/STOP to start workout.

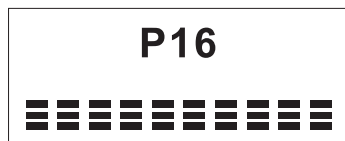
Adjusting during any Preset Workout

Users can exercise at different resistance levels in different intervals as the profiles flash. Users may exercise at any desired resistance level by using UP/DOWN keys to adjust during the workout.

Note:

- If user sets up a target TIME for workout, then DISTANCE cannot be adjusted.
- Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.

iii. Watt Control (P16)



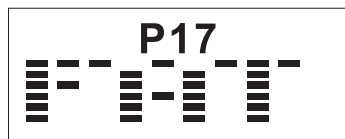
Setting Functions for Watt Control

Select "Watt Control" using UP or DOWN then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN . Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, pressing START/STOP to start workout.

Note:

- If user sets up a target TIME for workout, then DISTANCE cannot be adjusted.
- Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.
- The computer will adjust the resistance load automatically depending on the user's detected speed to maintain a constant watt value. User can use UP or DOWN to adjust the watt value during workout.

iv. Body Fat (P17)



Setting Data for Body Fat

Select "BODY FAT" using UP or DOWN then press ENTER. "MALE" icon (default) will flash so gender (male/female) can be selected using UP or DOWN; then, press ENTER to save gender and move to next data function.

iv. Body Fat (P15)..... continued.

“5.05” (default value) of HEIGHT will flash so height can be adjusted using UP or DOWN; then, press ENTER to save gender and move to next data function.

“130” lbs. (default value) of WEIGHT will flash so weight can be adjusted using UP or DOWN; then, press ENTER to save gender and move to next data function

“30” (default value) of AGE will flash so age can be adjusted using UP or DOWN KEY; then, press ENTER to save value.

Press START/STOP to start measurement, and place hands firmly (but not too tightly) over hand pulse sensor grips.

After 15 seconds, the display will show the detected Body Fat %, BMR, BMI & BODY TYPE.

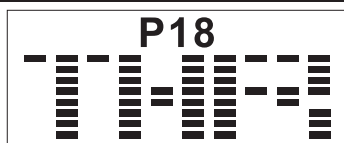
NOTE: There are 9 body types categorized according to the FAT% calculated.

Type 1 is from 5% to 9% (body fat).	Type 6 is from 30% to 34%.
Type 2 is from 10% to 14%.	Type 7 is from 35% to 39%.
Type 3 is from 15% to 19%.	Type 8 is from 40% to 44%.
Type 4 is from 20% to 24%.	Type 9 is from 45% to 50%.
Type 5 is from 25% to 29%.	

- BMR = Basal Metabolism Ratio
- BMI = Body Mass Index

Press START/STOP to return to the Main Display.

v. Target Heart Rate (P18)



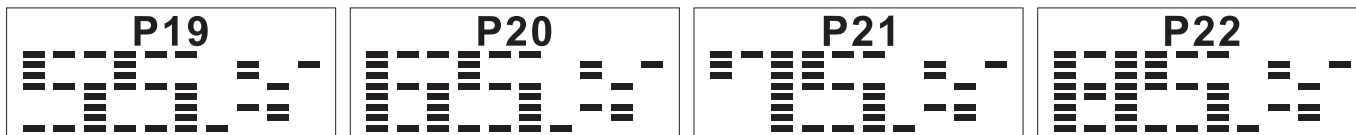
Setting Functions for TARGET H.R

Select “TARGET H.R.” using UP or DOWN KEY then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN . Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, pressing START/STOP to start workout.

Note:

- If detected PULSE is above or below (± 5) of the set TARGET H.R, computer will adjust the resistance level automatically. A reading will be done approximately every 20 seconds.
- Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.

vi. Heart Rate Control (P19-22)



There are 4 selection s 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)

*PLEASE NOTE: This is the standard formula for calculating target heart rate.

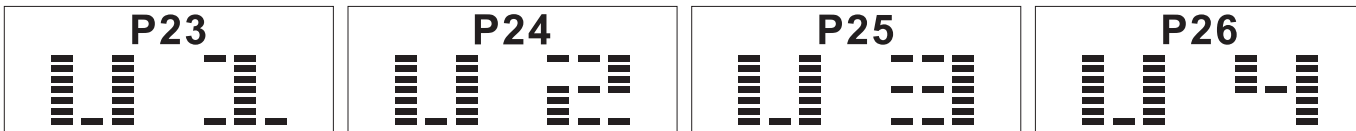
Setting Functions for HEART RATE CONTROL

Select 1 of the 4 "Heart Rate Control" programs (55%, 65%, 75%, or 85%) using the UP or DOWN KEY then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN . Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, pressing START/STOP to start workout.

Note:

- If detected PULSE is above or below (± 5) of the set TARGET H.R, computer will adjust the resistance level automatically. A reading will be done approximately every 20 seconds.
- Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.

vii. User Custom Workout (P23-P26)



There are 4 User Profiles available for multiple users to set their own personalized programs for immediate access and use.

Setting Functions for User Program

Select 1 of 4 "USER" profiles using UP or DOWN KEY then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN . Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, pressing START/STOP to start workout.

RESISTANCE LEVEL

There are 24 level units that you can set to achieve the desired resistance level to create your own training program. Press UP, DOWN buttons to adjust resistance level of the first profile unit. Each bar represents 3 resistance level (3 x 8 bars = 24 levels). The resistance level is also display on the top right on the screen.

During adjustment, you will see the display changes when you press UP or DOWN buttons twice.

Press MODE button to move to the next profile unit. Then, use UP and DOWN buttons again to set the desired resistance level until you've completed program profile.

You may also adjust resistance during training. Note that the computer will save the last program set for each user.

After finished set up desired function, the level 1 will flash, use UP or DOWN KEY to adjust then pressing ENTER until finished. Press START/STOP to start workout.

Note:

- If user sets up a target TIME for workout, then DISTANCE cannot be adjusted.
- Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.

Safety and Maintenance

Safety & Warning

- Make sure all nuts, bolts, and screws are tightened prior to use.
- Be sure that all adjustment locking devices and safety devices are properly engaged prior to use!
- Never over-tighten the above-mentioned devices and parts to avoid damage to the unit.
- Check for loose parts and components and make proper adjustments prior to use.
- Check to see if there are any tears or bends in the welding or metal prior to use. If tears or bends are found, DO NOT use the unit and contact our CUSTOMER SUPPORT.
- Extreme care must be taken to not allow your feet, fingers, hair, clothing, and/or any loose items to be snagged into any portion of the bike when the unit is in motion. Failure to follow these instructions could result in serious injury, including the loss of fingers.
- Always wait for the pedals and other moving parts (which can gain great momentum during riding) to come to a complete stop before dismounting the unit to avoid serious injury.

How To (Emergency) Stop

NOTE : Always wait for the pedals and/or any other moving parts (which can gain great momentum during exercise) to come to a complete stop before dismounting the unit to avoid serious injury.

- To reduce speed on the elliptical, you may use the combinations of your feet on the Left/Right Pedal (**#40/#41**) and your hands on the handlebars (**#9/#10**) to slow down safely and safely apply counter-momentum
- Wait for the pedals to come to a complete stop
- Now you may safely dismount the unit.

How To Move/Transport The Unit

NOTE :

To safely move, transport, and/or store the unit, please seek the help of capable assistants (minimum of 2 people).

The unit has integrated spinning End Cap for Front Stabilizer (**#52**) purposely intended to help ease this process.

- Position one person on each side at the front of the bike (one person on the left, and one on the right).
- Have each person use both hands to grip the corresponding Pulse Handle Bar (**#8**) (These are the safest areas to avoid injury during this process.)
- Have both people simultaneously lift the rear end of the unit, leaning the weight and pressure into the front of the unit and onto the End Cap for Front Stabilizer (**#52**) to move/transport the unit to the desired area.

Maintenance & Care

- Please review all safety instructions and warnings in this entire Owner's Manual, as well as any safety/warning labels affixed to the product before use.
- Do not use solvent cleaners. If you are in any doubt, do not use your cleansing product; contact CUSTOMER SUPPORT.
- The specific parts on your unit which may see possible signs of wear after prolonged use are listed as follows (please check these parts before each use): Left Right Pedal (**#40/41**).
- For any replacement warning labels, please contact our CUSTOMER SUPPORT at

1 (888) 266-6789 or 1 (909) 598-9876, or mail in a written request to:

Body Flex Sports Inc.
21717 Ferrero Parkway
Walnut, CA 91789

More detailed information about how to reach our CUSTOMER SUPPORT may be found on Page 2 of the Owner's Manual under the "CUSTOMER SUPPORT" section.

Troubleshooting

(AFTER COMPLETE ASSEMBLY)

TROUBLESHOOT AREA	SOLUTION
Hand Pulse Signal	If the computer is <u>not picking up your hand pulse signal</u> (or you are getting inaccurate readings), please adjust the following: <ol style="list-style-type: none"> 1. Slightly moisten/dampen the palms with water so the sensors can detect a pulse signal. 2. Do not grip the sensors too tightly. Only moderate pressure need be applied. 3. Gripping the sensors too tightly restricts and seizes detection of your pulse. 4. Remove any rings or jewelry to prevent interference. 5. Check to ensure all pulse sensor wires are properly connected and are not damaged. 6. You may need to refer to installation/assembly directions for the pulse sensor wires in this manual.
Calories/Distance/ Time (Etc.)	If the computer is <u>not displaying the CALORIES/DISTANCE/TIME/(ETC.) functions</u> (or you are getting inaccurate readings), please adjust the following: <ol style="list-style-type: none"> 1. Check to ensure all computer sensor wires are properly connected and are not damaged. 2. You may need to refer to installation/assembly directions for the sensor wires in this manual.
Computer Display	If the <u>computer display is blank & not displaying any data</u> (or does not appear to power on), please adjust the following: <ol style="list-style-type: none"> 1. Check to ensure all sensor wires are all properly connected and are not damaged. 2. Check to ensure the AC Adapter* or Batteries* are properly plugged in or fully charged. 3. Check your product manual to determine if your model uses either AC Adapter or batteries to power your unit.

Computer Error Code Guide

Error Code	Description	Possible Reason	Inspection	Resolution
No Code	No updates for the workout matrix values on computer display during exercise	(1) No sensor connectivity	Check if sensor malfunction or sensor position shifted	Replace sensor or reposition sensor to the correct location
		(2) Wiring or connection issue	Check if sensor wire is broken or lose connection	Reconnect or replace sensor wiring
E1	Motor Related Issues	(1) Defective motor	Check if motor damaged	Replace motor
		(2) Magnetic control system malfunction	Check if magnetic control system is damaged	Adjust or replace magnetic control system
		(3) Bad wiring or connectivity issue	Check for wire damage or loose connection	Reconnect or replace motor wiring

For your safety, please do not discard this Troubleshooting sheet or the Owner's Manual, and keep them in a place where you can easily access/ refer to them at any time. If you are still having any troubleshooting issues, please contact our Customer Support for further assistance.

NOTES (Regarding the Computer Monitor):

Warning: This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

Caution:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Warm-Up Instructions

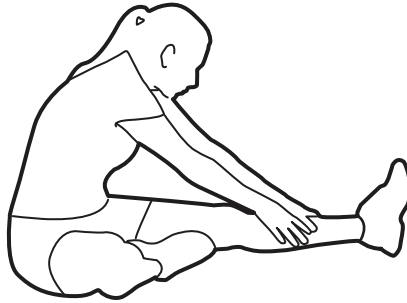
Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment. Before beginning any exercise program including the following flexibility exercises, please consult with your physician.

The following flexibility exercises are provided to you as a means to prevent injury while you are exercising. A proper warm-up routine decreases the chance of injuring your muscles while you are exercising. Please take the time to do these flexibility exercises before and after each time you exercise.



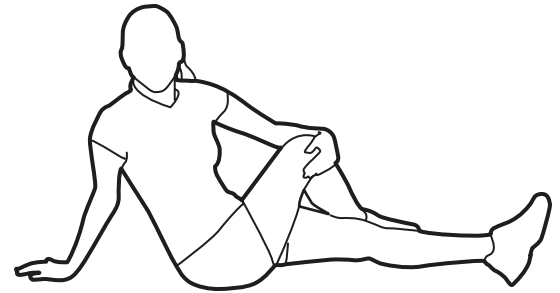
Groin Stretch

1. Sit with your knees flexed and soles of feet together.
2. Hold your ankles and bend at your hips (keep your back straight) as you press your knees toward the floor with your elbows.



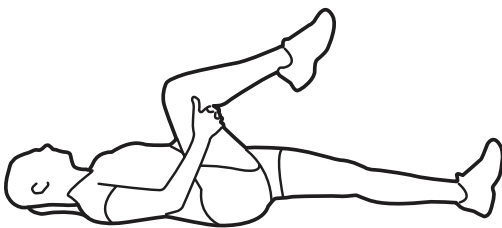
Hamstring Stretch

1. Sit with your left leg extended and bend your right leg at the knee as you place the sole of your right foot against the inner thigh of your extended leg.
2. Flex the foot of your extended leg (toes pointed toward ceiling) and gently bend forward from your hips; keep your back straight.
3. Reach your hands on your extended leg as far as possible and then switch legs and repeat.



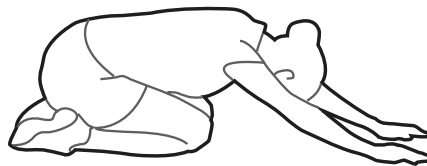
Trunk Twister

1. Sit with your leg extended and bend your right knee as you cross your right leg over your left leg. Your right foot of your extended leg foot should be flat on the floor alongside your left knee.
2. Place your left arm on the outside of your right leg and pull against that leg while twisting your trunk as far as possible to the right. Place your right hand on the floor behind your buttocks. Reverse leg positions and repeat.



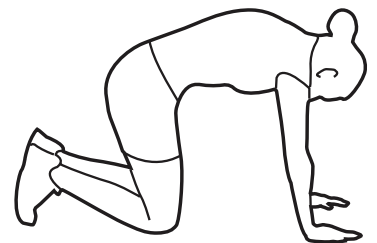
Groin Stretch

1. Lie on your back and raise your right leg as you clasp both hands under the back of the knee. Keep your left leg straight.
2. Gently pull your right leg toward your trunk without raising your upper body. Switch leg positions and repeat.



Trunk Flexion, Prone

1. Assume the depicted position on your hands and knees. Stretch your hands out in front of you and then slowly start to pull them back in toward your body as you tuck your chin and arch your back upward.
2. Return to the starting position slowly.

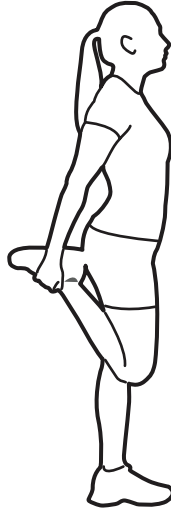


Warm-Up Instructions



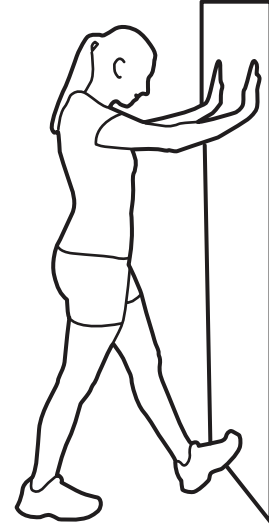
Shoulder Stretch

1. Bring your right hand over your right shoulder to the upper back and bring your left hand under your left shoulder to the upper back.
2. Try to reach your fingertips. If you are not able to reach your fingertips, use a towel as an extension of your hands and gently pull one hand toward the other.
Reverse arm positions and



Quadriceps Stretch

1. Stand on your left leg and hold onto a support with your left hand.
2. Flex your right leg behind you, grasp your ankle or foot with your right hand and pull your foot toward your buttocks. Keep your back straight and right knee pointed down. Repeat on the other leg.



Calf Twister

1. Place both hands against a wall to aid your balance. Press the ball of your left foot against the wall and keep the heel of the same foot rested on the floor (make sure your left knee is bent).
2. Slowly start to straighten your left knee and you will feel the muscles in your left calf stretch. Switch leg positions and repeat.

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THANK YOU FOR YOUR PURCHASE

MODEL NO.: BR2998

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number :

Date of Purchase :

Retailer :

Body Flex Sports Inc.
21717 Ferrero Parkway
Walnut, CA 91789

Phone: 1 (888) 266-6789
Fax : 1 (909) 598-6707
Email : info@bodyflexsports.com