E835 LED
Elliptical Trainer
Owner's Manual

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E835 OWNER'S MANUAL CONTENTS

1. INTRODUCTION

Congratulations on your purchase of one of the finest exercise products on the market today, the SportsArt E835 Elliptical trainer. Constructed of high quality materials and designed for years of reliable usage, this product was made to become an integral part of your commercial fitness venue.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.
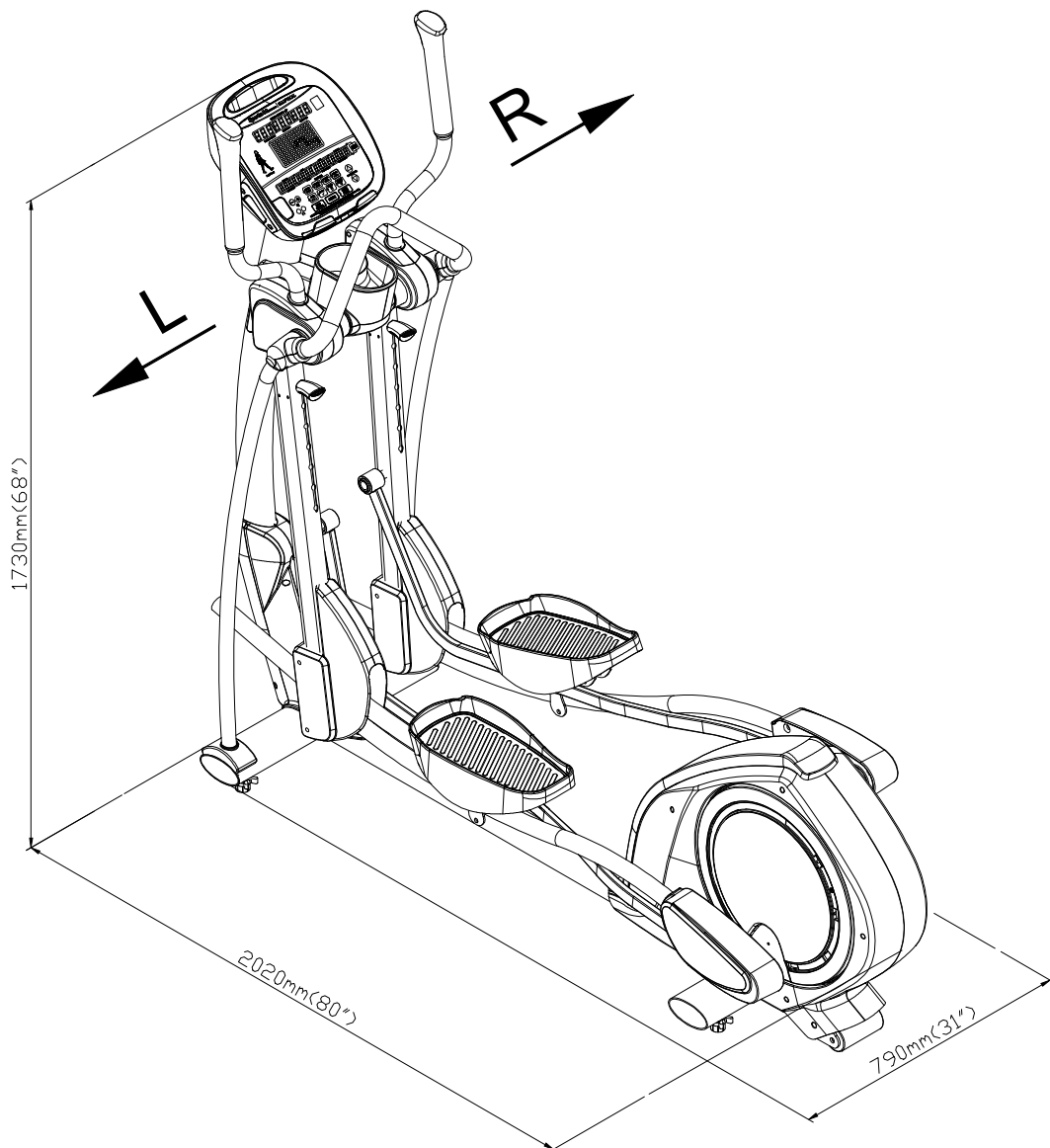
2. SAFETY PRECAUTIONS

Your SportsArt elliptical trainer was designed and built for optimum safety. However certain precautions apply whenever you use your elliptical trainer.

Please read the entire manual before assembly and operation. Also, please note the following safety precautions:

● Please read the instructions carefully and install the elliptical trainer as instructed.

● Assemble and operate the elliptical trainer on a solid, level surface. DO NOT use outdoors or near water.

● Never allow children on or near the elliptical trainer.

● Check the elliptical trainer before every use. Make sure all parts are assembled, and all fasteners are tightened. DO NOT use the elliptical trainer if the unit is disassembled in any way.

● Keep your hands away from moving parts.

● Wear proper workout clothing; DO NOT wear loose clothing. DO NOT wear shoes with leather soles or high heels. Tie all long hair back. DO NOT go barefoot on this product.

● Be careful when mounting and dismounting the unit.

● The elliptical trainer may or may not stop immediately if an object becomes caught or impedes normal motion.

● Close supervision is necessary when this elliptical trainer is used by, on, or near children, invalids, or disabled persons.

● Use this elliptical trainer only for its intended use as described in this manual.

● Never operate this elliptical trainer if it has been damaged in any way. If it is not working properly, or has been dropped or damaged, contact your dealer.

● Keep all air ventilation areas free of blockage.

● Never drop or insert any object into any opening.

● DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.

● The general user weight limit for this elliptical trainer is 180kg (400lb). Note that at resistance level 40 this product meets standards for users of up to 150kg (330lb).

● This elliptical trainer is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of this elliptical trainer by a person responsible for their safety.

● Children should be supervised to ensure that they do not play with the elliptical trainer.

Caution

If you feel any pain or abnormal sensation, STOP YOUR WORKOUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion.

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

DO NOT step onto the highest footplate. While holding onto supports for stability, step onto the lowest footplate.

Note: This equipment has been tested and found to comply with the limits for a 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 the user desires to correct such interference, it is at the user's own expense.

Warning

Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, stop exercise immediately and consult a medical physician.

2. CONSIGNES DE SÉCURITÉ IMPORTANTES

• Votre elliptique SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre tapis de course.

• Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:

• Veuillez lire attentivement les instructions et installer l'elliptique selon les instructions.

• Assemblez et faites fonctionner l'elliptique sur une surface solide et plane; NE PAS l'utiliser à l'extérieur ou près de l'eau.

• En aucun cas, ne laissez des enfants à proximité ou sur l'elliptique.

• Vérifiez l' elliptique avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées et que tous les éléments de fixation sont serrés. NE PAS utiliser l' elliptique si l'appareil est démonté de quelque façon.

• Gardez vos mains loin des pièces mobiles.

• Portez des vêtements d'entraînement appropriés; NE PORTEZ PAS de vêtements amples. NE PORTEZ PAS de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs. Ne marchez pas pieds nus sur l'appareil.

• Soyez prudent lors du montage et démontage de l'appareil.

• L' elliptique peut s'arrêter ou ne s'arrêter pas immédiatement si quelque chose obstacle le mouvement.

• NE PAS utiliser d'accessoire non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.

• Une surveillance étroite est nécessaire quand l'elliptique est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.

• Utilisez l' elliptique uniquement pour l'usage prévu dans ce manuel.

• N'utilisez jamais l' elliptique s'il a été endommagé de quelque façon que ce soit. S'il ne fonctionne pas correctement, ou s'il est tombé ou endommagé, contactez votre vendeur.

• Veillez à ce qu'aucun orifice de ventilation ne soit obstrué.

• Ne faites jamais tomber ou n'insérez jamais d'objet dans les orifices.

• NE PAS l'utiliser là où des produits aérosols (vaporisés) sont utilisés ou lorsque de l'oxygène est administré.

• La limite de poids de l'utilisateur pour cet elliptique est de 180 Kgs (400 lbs). Remarquez que la résistance de 40 convient jusqu'à 150kgs (330 lbs).

• Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec l'elliptique.

2. CONSIGNES DE SÉCURITÉ (SUITE)

ATTENTION

Si vous ressentez une douleur ou si vous avez une sensation anormale, ARRÊTEZ VOTRE ENTRAÎNEMENT et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. NE PAS s'entraîner jusqu'à l'épuisement.

Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet.

NE PAS monter sur l'étape plus haute. En maintenant sur les supports de stabilité, monter sur l' étape plus bas.

Remarque: Ce matériel a été testé et déclaré conforme aux normes des appareils digitaux de, conformément à la partie 15 du Règlement de la FCC. Ces limites sont conçues pour offrir une protection raisonnable contre les interférences nuisibles dans une installation résidentielle. Cet appareil génère, utilise, et peut diffuser des signaux radioélectriques, et, s'il n'est pas installé et utilisé conformément aux instructions, peut provoquer des interférences nuisibles aux communications radio. Cependant, il n'y a aucune garantie que des interférences ne se produiront pas dans une installation particulière.

Si l'utilisateur désire corriger les interférences, ces corrections seront à la charge de l'utilisateur.

Dans ce manuel, les mots "gauche" et "droit" sont utilisés en référence aux pièces et au produit. Comme tels, les mots "gauche" et "droit" font respectivement référence aux côtés gauche et droit de l'exerciseur. De même pour plus de concision, le mot est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

ATTENTION!

Les systèmes de surveillance de la fréquence cardiaque peuvent s'avérer imprécis. Un entraînement excessif risque de nuire sérieusement à la santé ou d'entraîner la mort. En cas d'étourdissement, arrêtez immédiatement l'entraînement.

3. LIST OF PARTS
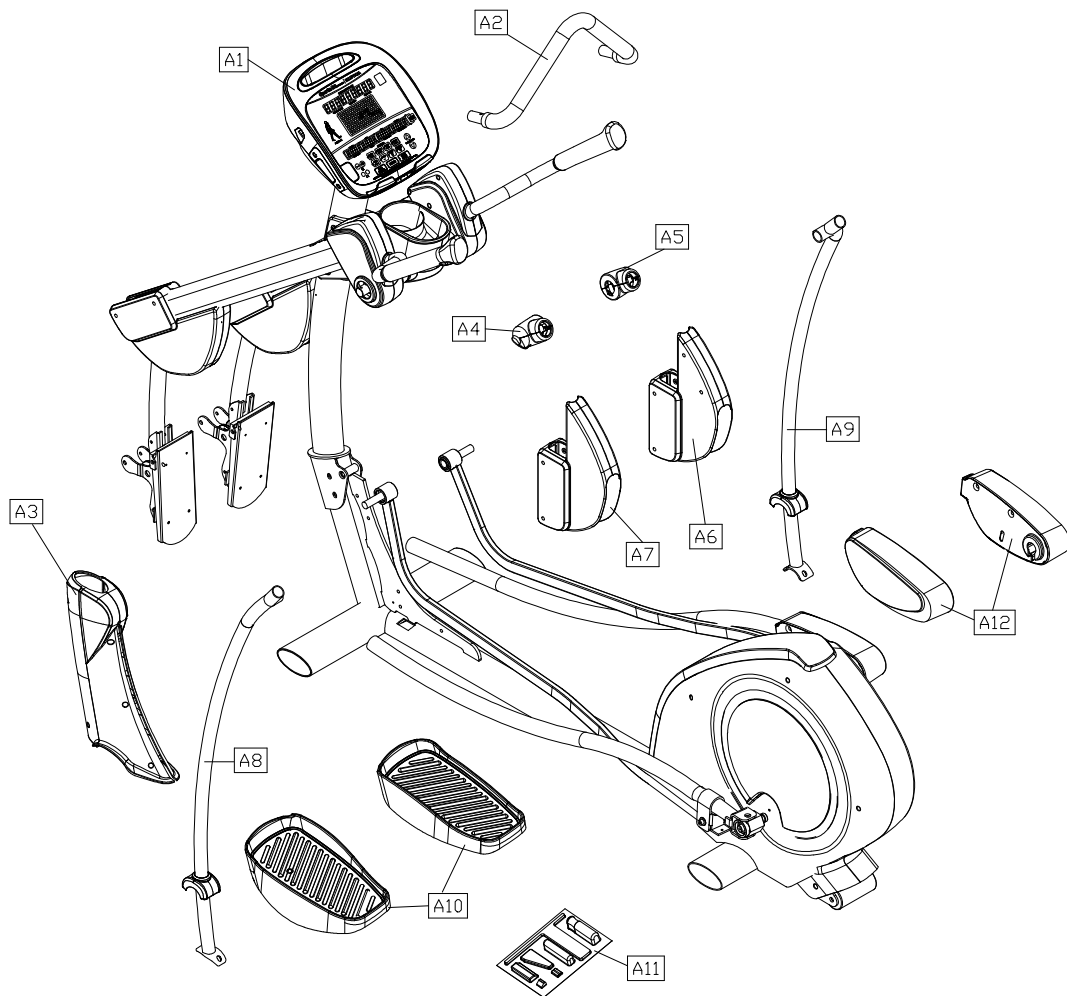
Assembly Parts					
No.	**Name**	**Qty.**	**No.**	**Name**	**Qty.**
A1	Main frame	1	A7	Left roller cover	2
A2	Stationary handlebar	1	A8	Support tube, left	1
A3	Pedestal covers, left and right	1	A9	Support tube, right	1
A4	Stationary handlebar cover, left	1	A10	Foot pedals	1
A5	Stationary handlebar cover, right	1	A11	Hardware kit	1
A6	Right roller cover	2	A12	Glide rail covers	2

3. LIST OF PARTS (CONTINUED)

Components in the Hardware Kit				
No.	Name	Qty.	Specification	Notes
10	Mushroom top inner hex screw	6	M10*P1.5*L25	
	Serrated washer	6	D20*d10.2*t2.0	
11	Secondary guide roller bolt	2	D9.96*L54	
	Self-lubricating bushing	4		
	Secondary guide roller	2	D23*L45	
12	Stride adjustment linkage cover	2		
13	Hex nut	2	M10*P1.5	
	Stopper	2	Ø30-30	
14	Phillips screw	4	M4*P0.7*L12	
15	Mushroom top phillips screw	9	M4*P0.7*L12	
16	Phillips screw	2	M5*P0.8*L12	
17	Phillips screw	2	M4*P0.7*L8	
	Ground wire	1	Yellow/Green L1500	
	L-shaped Allen wrench	1	M4	
	L-shaped Allen wrench	1	M5	
	T-shaped Allen wrench	1	M6	
	Hex Phillips wrench	1	13*15	
	Double open-end wrench	1	14*15	

| Components on the Product			
No.	Name	Specification	Notes
31	Bevelled head hex screw	M10*P1.5*L20	
32	Phillips screw	M4*P0.7*L8	
33	Phillips screw	M4*P0.7*L14	
34	Inner hex screw	5/16"*L2-1/4" half	
	Flat washer	D20*d8*t2.0	
35	Mushroom top inner hex screw	M8*P1.25*L25	
	Handlebar washer	D18*d8.5*t2	
36	Inner hex screw	M6*P1.0*L15	
	Handlebar washer	D20*d7*t2	
37	Mushroom top inner hex screw	M6*P1.0*L15	
	Flat washer	D13*d6*t1	
38	Mushroom top inner hex screw	M5*P0.8*L16	

4. ASSEMBLE THE PRODUCT

Follow instructions below to assemble this product. Note that in this manual the words "left" and "right" are used to refer to the product and its parts. As such, these designations correspond to the "left" and "right" sides of a person in position to exercise on this product. Also, for brevity, the word "screws" is used where screws, washers, and other hardware may be involved.
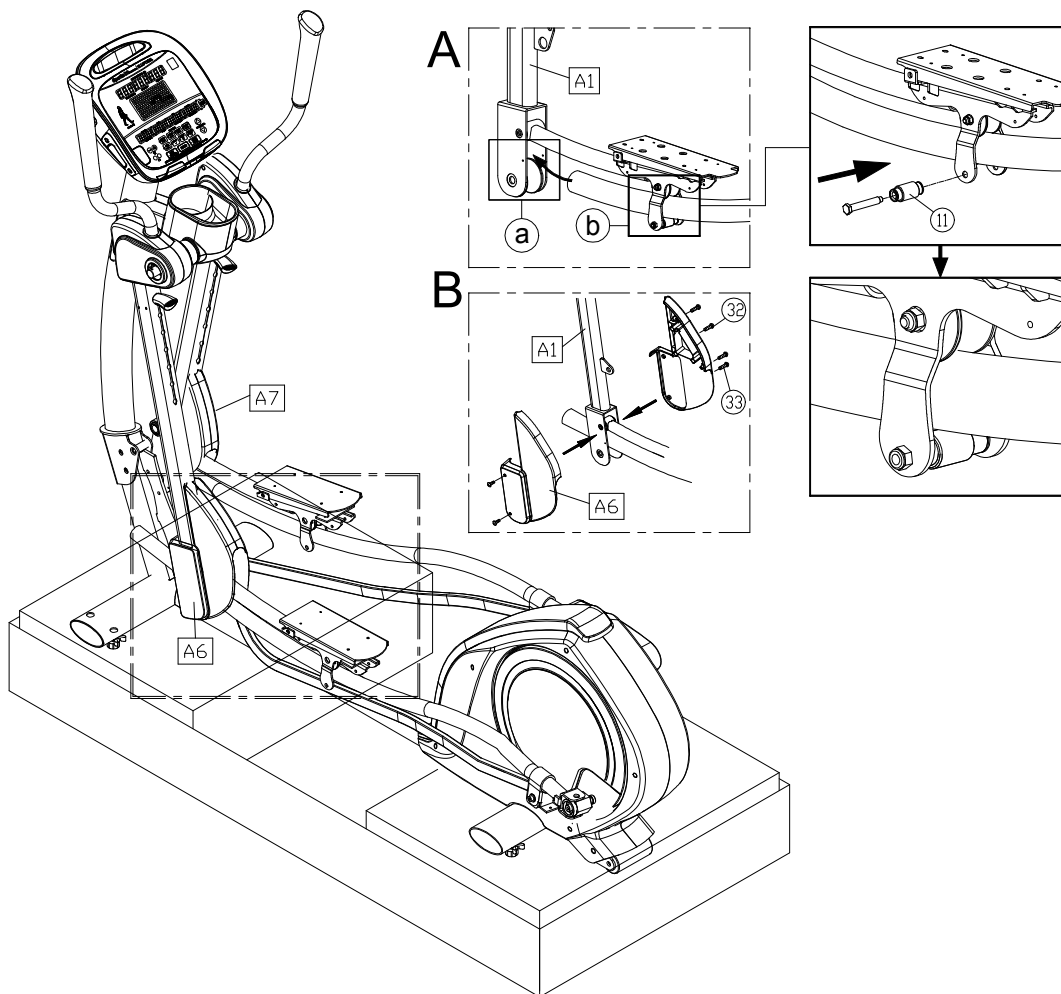
STEP 1   Install the Frame

Please follow instructions (a) through (h) to secure the pedestal.

(a) Remove the upper box and all packing material but leave the main frame (A1) in the lower box for support.

(b) The screw A (10) is loosely attached before assembly. Raise the main post or pedestal into position. Secure the pedestal hardware in sequence, first D (31), then A (10), B and C (10) as shown below.

(c) Then, raise the stride support Assembly (1) and pedal carriage (2). Place the tip of the food pad surface on the ground (3). Do this step on the other side of the unit as well.

(d) Tip the frame slightly to access glide rail E.
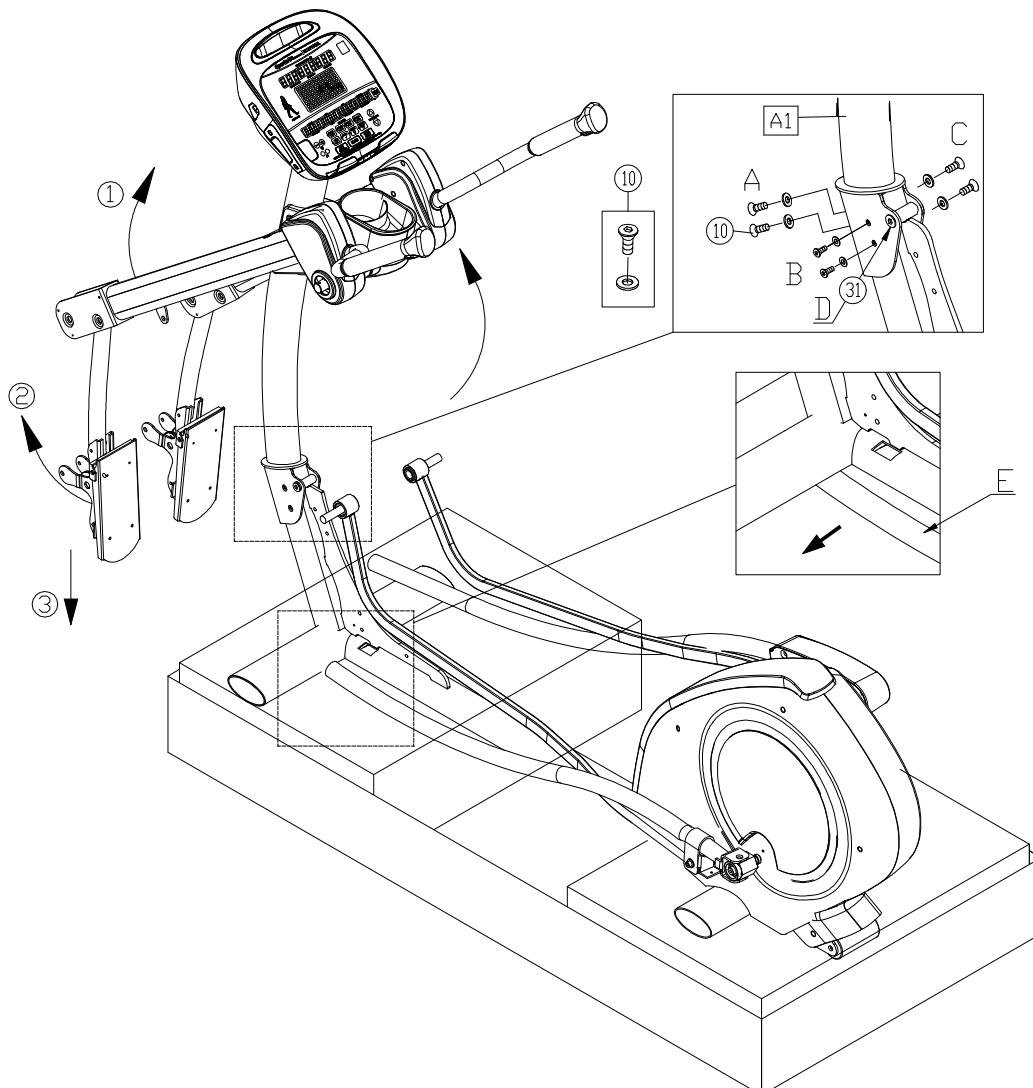
(e) A: Once slip the glide rail into (Part A), then place the pedal carriage lightly on the glide rail support (Part B). Connect the guide roller on the bottom of the glide rail. (Please note the direction to insert the screw is from outside to inside)

B: Unsecure the bolts (32) (33) from the left/right roller covers (A6) (A7) and then put the the left/right roller covers (A6) (A7) place and secure them (32) (33) as shown below.

Warning: Consult the manual and follow all assembly instructions carefully. Please note that incorrect assembly may present a danger to the exercise, will damage the elliptical and void the warranty.

(f) Put the stride linkage in place and use the bolt (34) and washer to secure it onto the stride support assembly and then press the stride adjustment linkage covers (12) into place as shown below. Complete steps (d), (e), and (f) on the other side of the unit too.
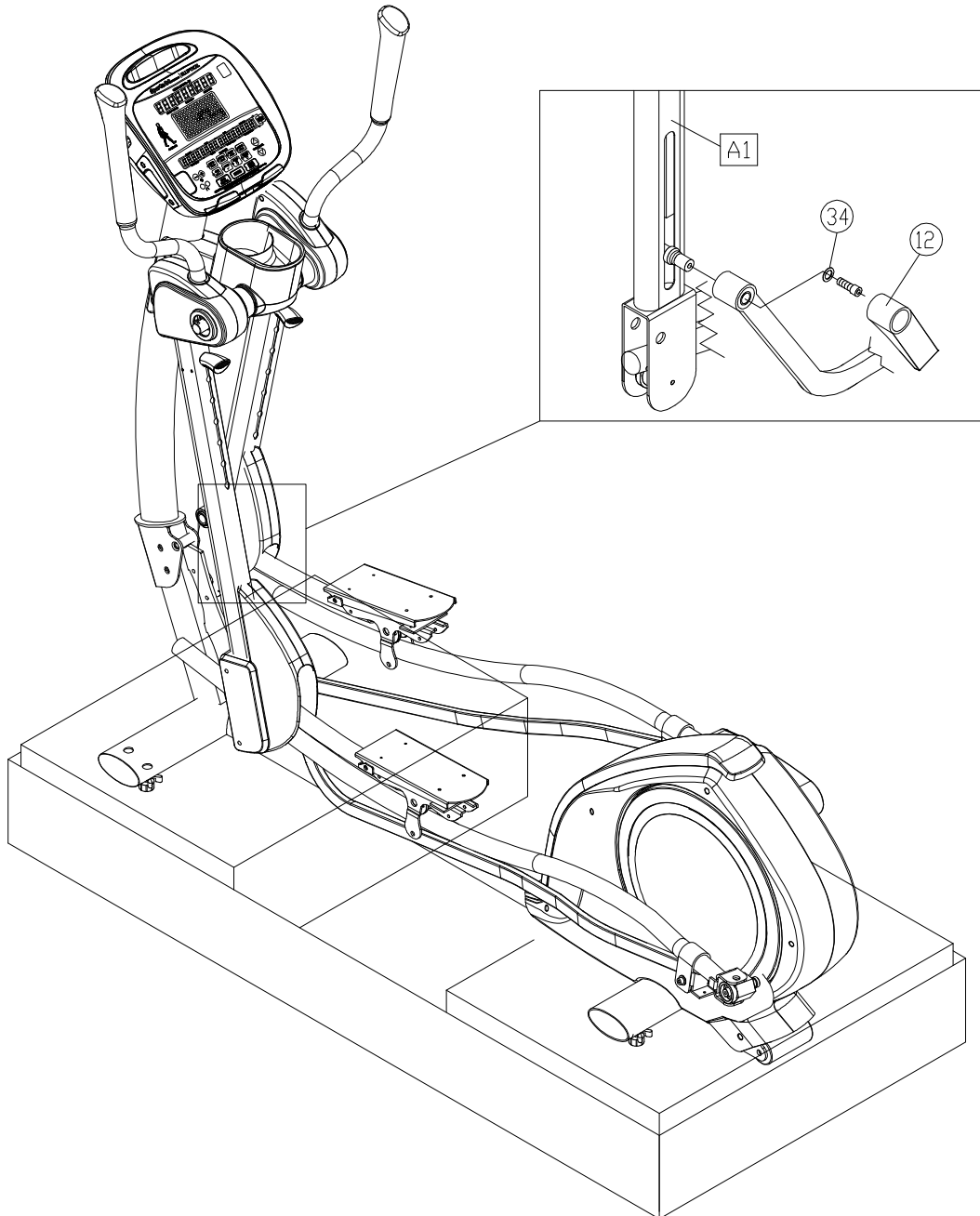
Install the Frame (Continued)

(g) Secure stopper (13) on the front, bottom of both glide rails and then remove the unit from the lower box.
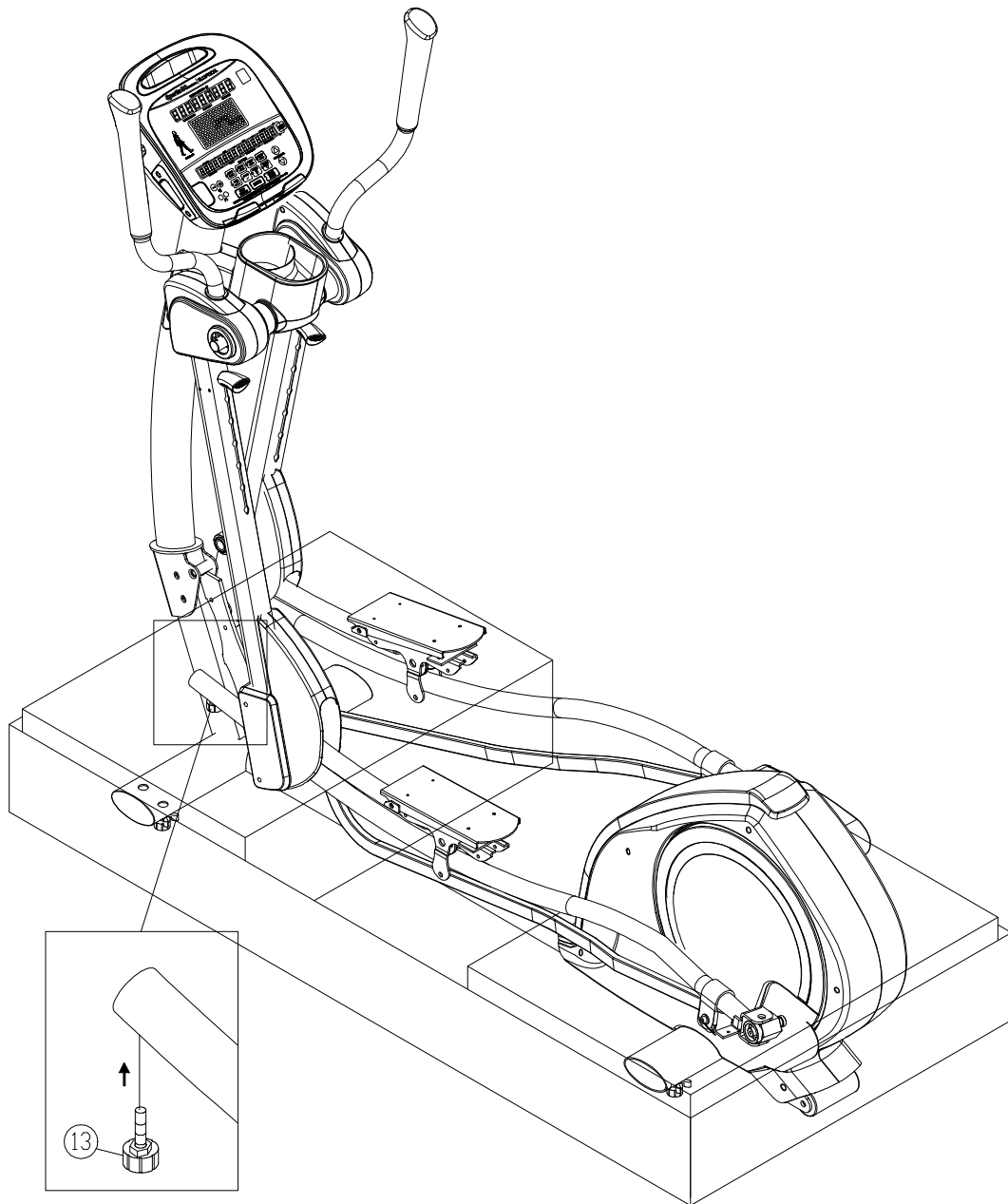
Install the Frame (Continued)

(h) (1) Loosely secure bolts (35) (36) A and B on both support tube (A8) (A9). At this point, donot tighten these bolts.

(2) With hardware (37) shown in illustration I, secure the stationary handlebar (A2) at both sides and then tighten bolts (35) (36) at area A and B.

(3) Secure the stationary handlebar covers (A4) (A5) with screws (14). When securing the handlebar, make sure direction of screws (14) are 90-degree to the stationar handlebar (A2).
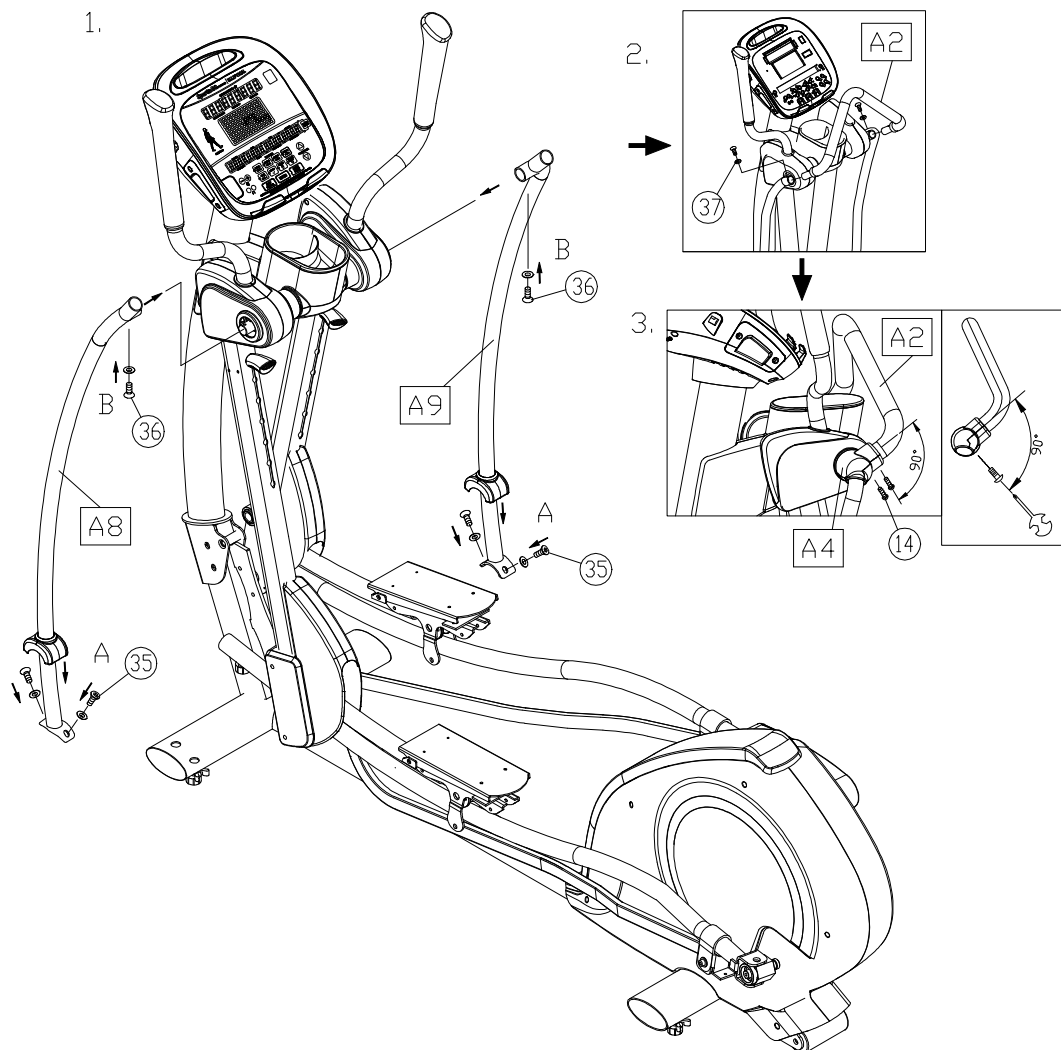
STEP 2 Install the Glide Rail

Follow instructions (a) through (c) to install the glide rail.

(a) Move part (A) of the glide rail to the upper left part of the flywheel within the 90-degree indication. Hook the part B onto the glide rail.

(b) Turn part B clockwise as shown to a nearly horizontal position of the glide rail covers (A12).

(c) Install part C onto part B. Use screws (15) (16) to fasten these parts together.
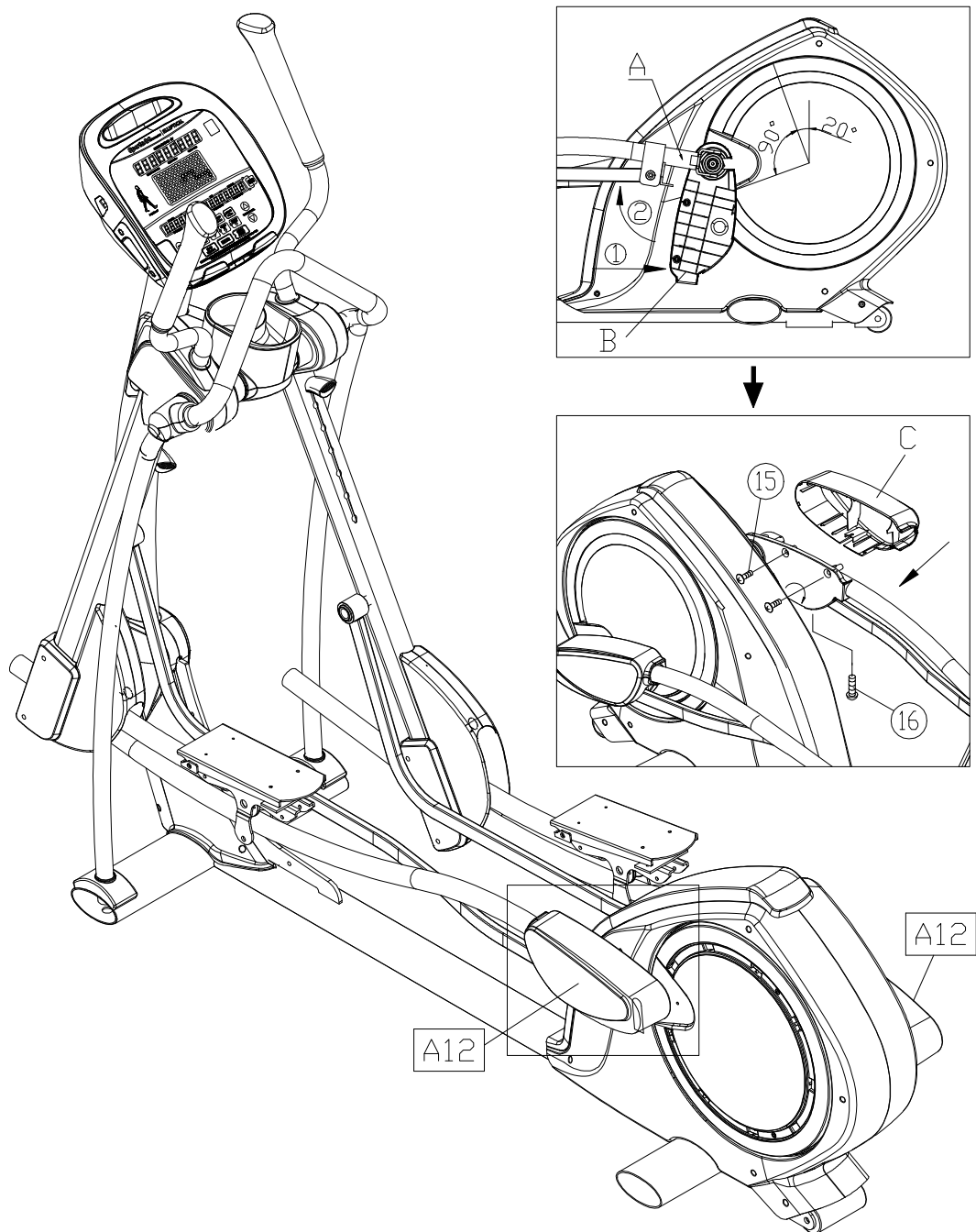
STEP 3 Install the Pedestal Covers

Hold the pedestal covers in place. Use the screw driver provided to tighten the screws (15) into the pedestal covers (A3).
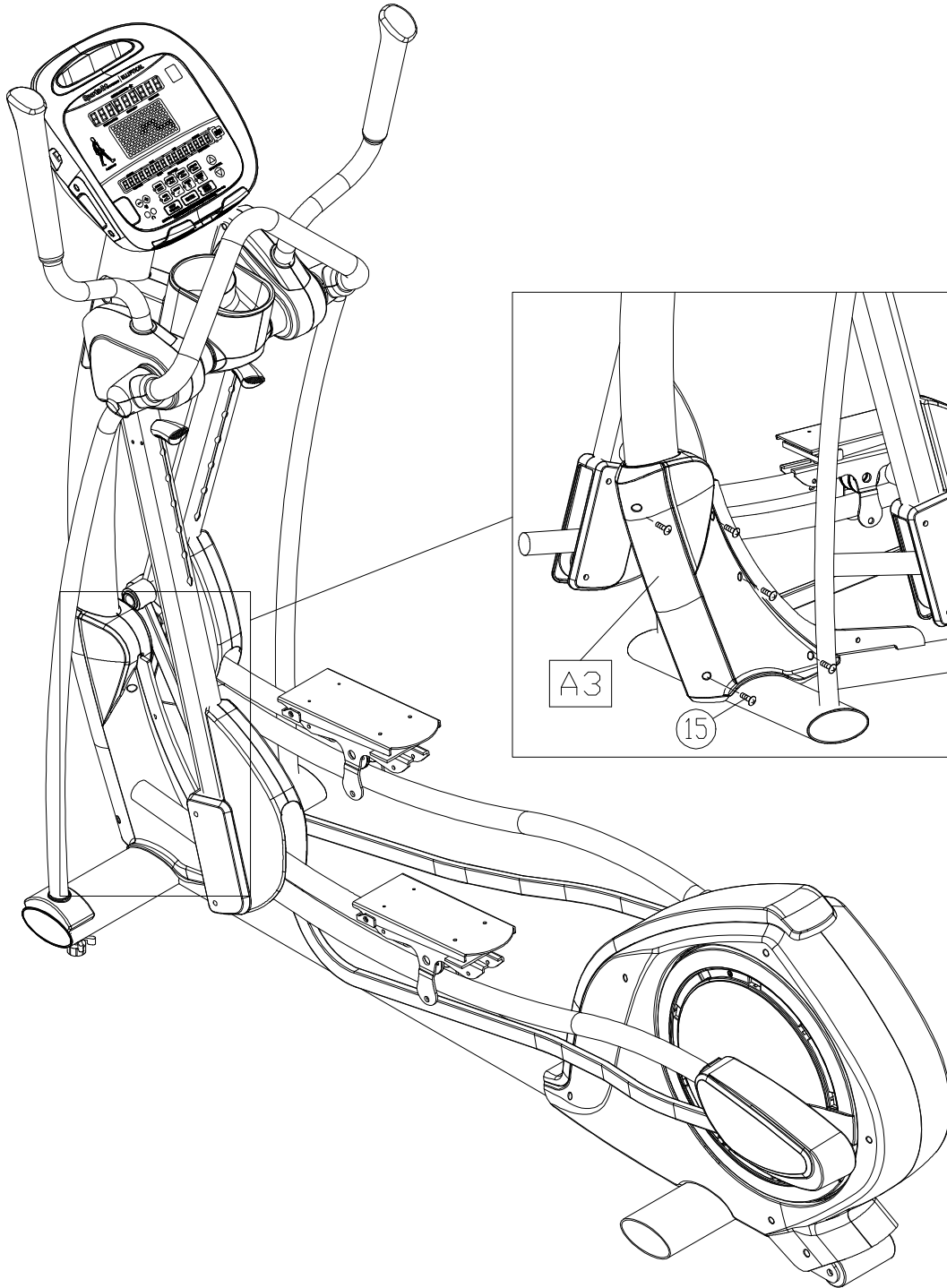
STEP 4 Install the Foot Pedals

Follow steps (a) through (b) to secure the support tubes.

(a) There are rubber pads (A) on the foot pedals (A10). Fold the rubber pad (A) up to access screws. Secure the foot pedals (A10) onto the plate of main frame with screws (38) as shown.

(b) Press the rubber pads (A) onto foot pedals (A10) firmly by Inserting the nibs on the rubber pads (A) through the holes in the foot pedals (A10). Make sure that the nibs protrude through the foot pedals (A10). (Please do not pull out the nibes in the middle.)
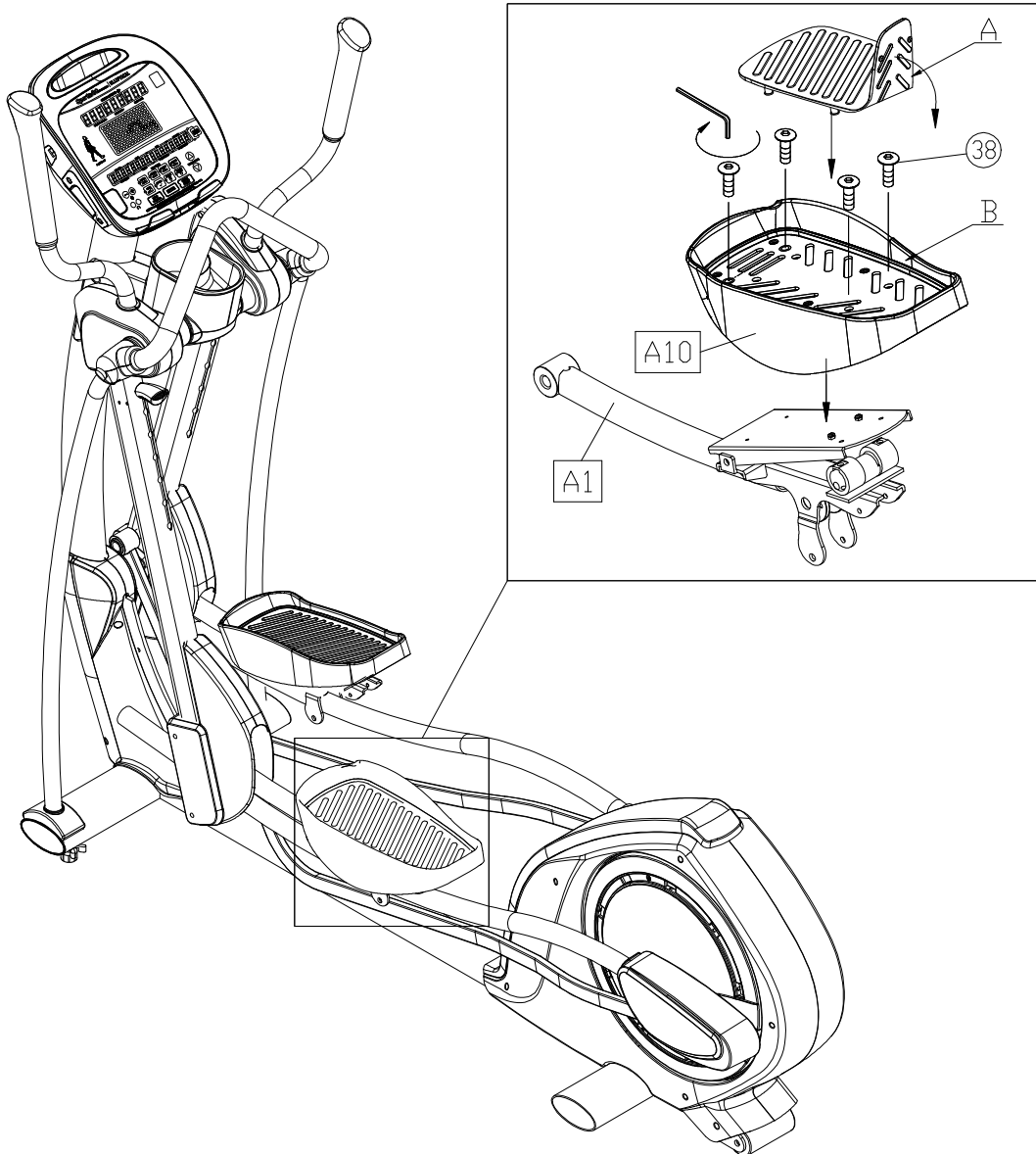
STEP 4 **Install the Foot Pedals (Details)**

Follow instructions (a) through (c) to install the details of the foot pedals.

(a) Make sure the middle nibs on the foot pedals (A10) are firmly placed into the middle holes on the foot pedals (A10). Pull the nibs through the foot pedals (A10) until they fit snugly in place.

(b) Secure the front screws (shown as m1) on the foot pedals (A10). Insert the front nibs into the holes on the foot pedals (A10) (shown as M). Pull the front nibs in place securely.

(c) Secure the back screws (shown as n1) on the foot pedals (A10). Insert the nibs into the holes on the foot pedals (A10) (shown as N). Pull the nibs securely into place.

Foot Pedals
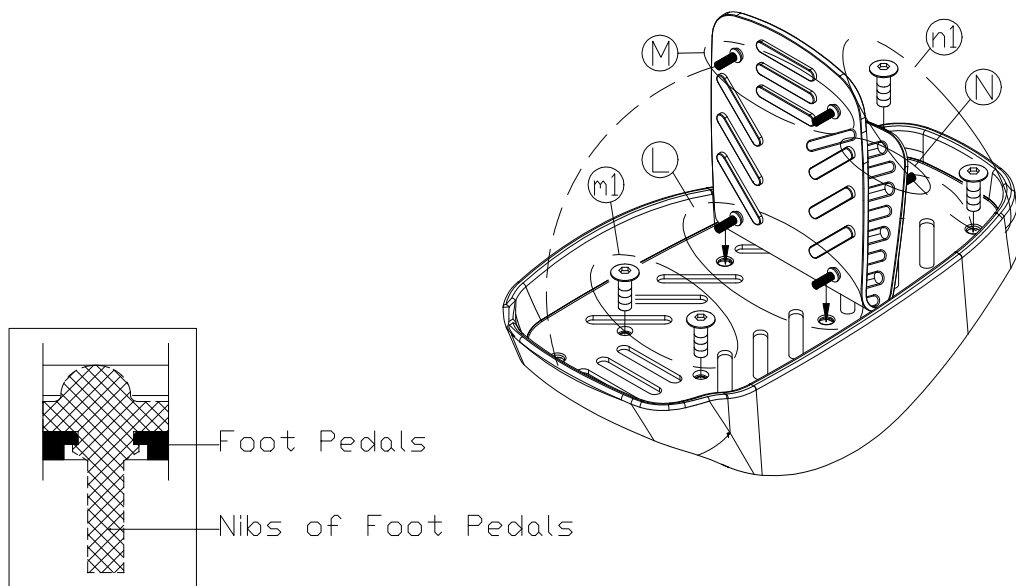
Nibs of Foot Pedals

NOTE: Make sure the nibs go through the Foot Pedals.

STEP 5   Level the Product

Follow steps (a) through (b) to level the product

(a) Elliptical trainers must be level for proper operation. Level the elliptical trainer by adjusting the feet as shown (1). Raise or lower the leveling feet as needed. Tighten the washers against the frame to secure the feet.

(b) Adjust the center leveler so that it touches the ground. Secure it with the washer as shown (2) .
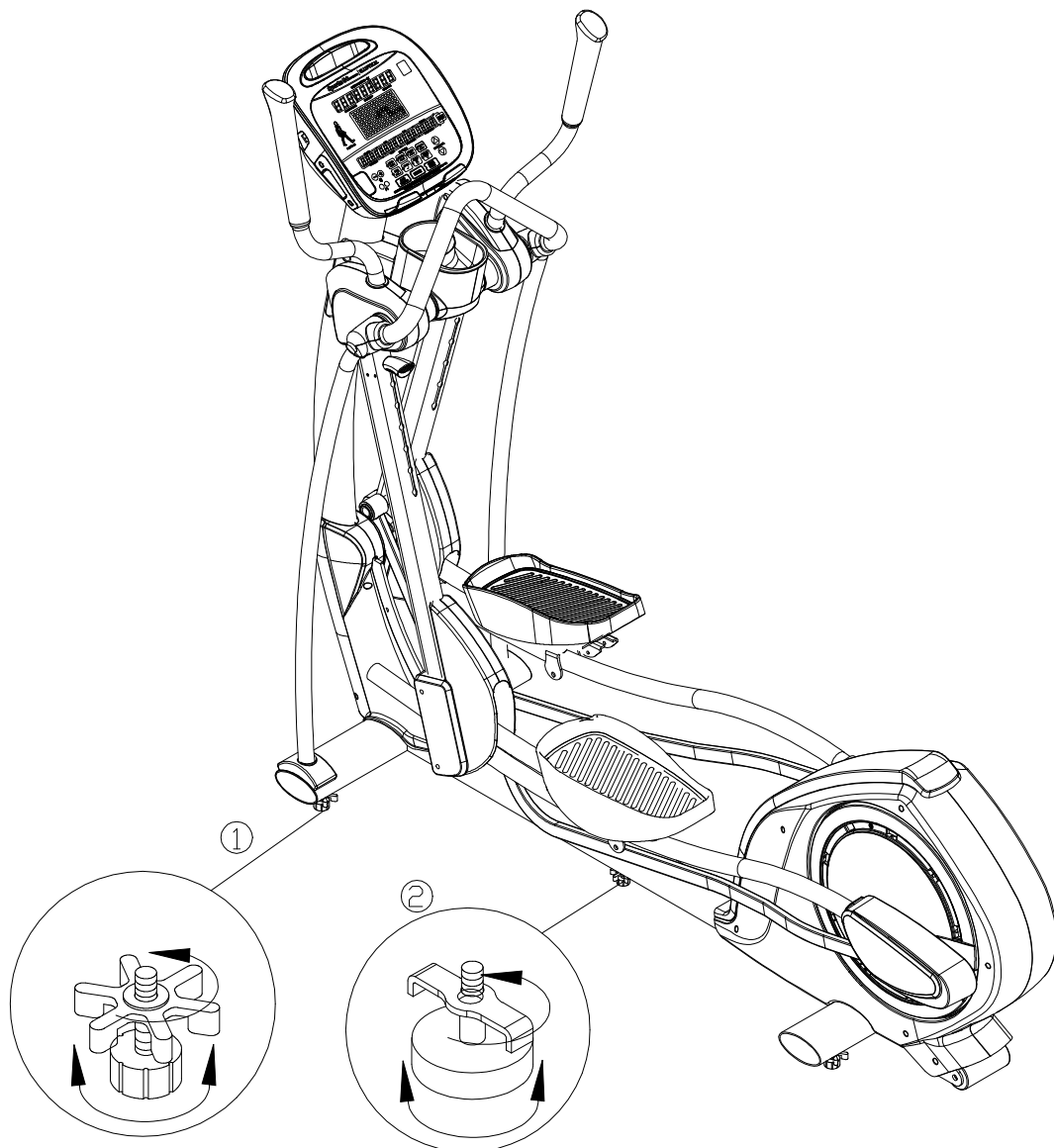
STEP 6 **Install the Ground Wire**

Note: A ground wire and the following instructions are required by European safety standards. The ground wire is not required by North American safety standards.

To avoid electric shock and current leakage, this product has an exterior ground wire. For your safety, connect this ground wire to the unit and to the building ground. Installation instructions: Please use screws and washers to secure one end of the ground wire to the product frame as shown and the other end to the building electrical ground.
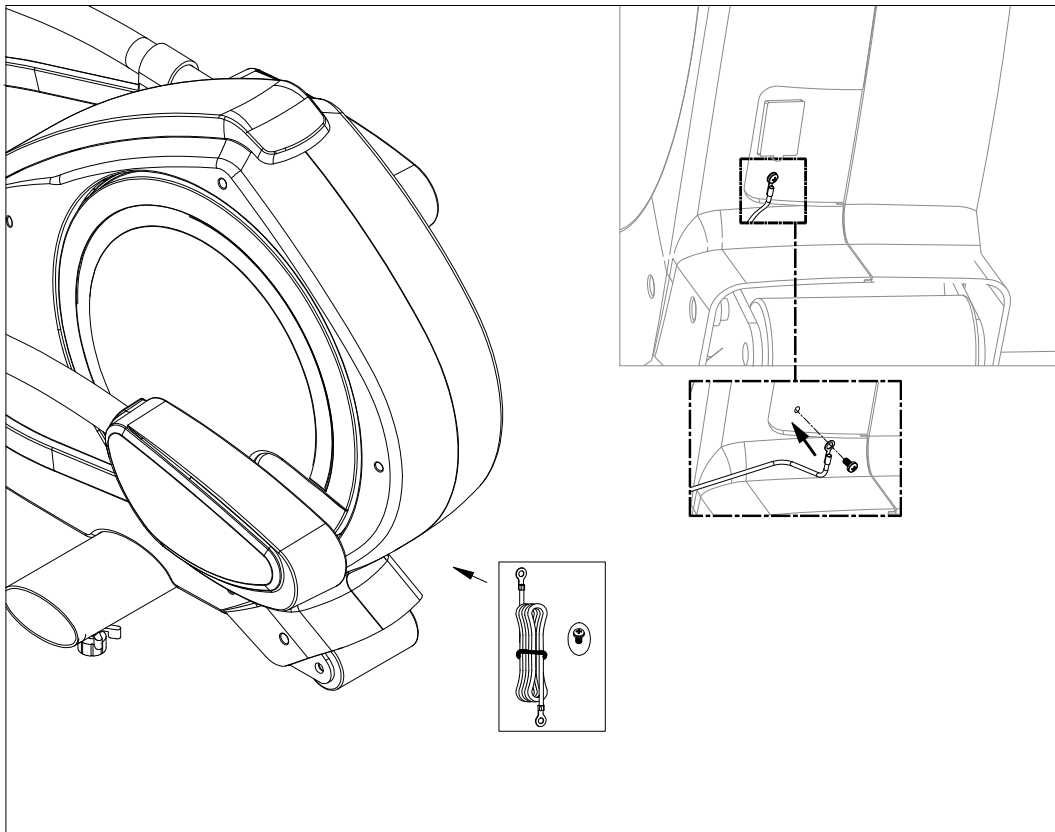
STEP 7 Adjust the Stride Length

This product has moving parts that could be a danger to people and animals. During use, do not insert hands or other objects into the stride adjustment slot, the opening in the rear cover, or other areas in which such action might present a hazard.
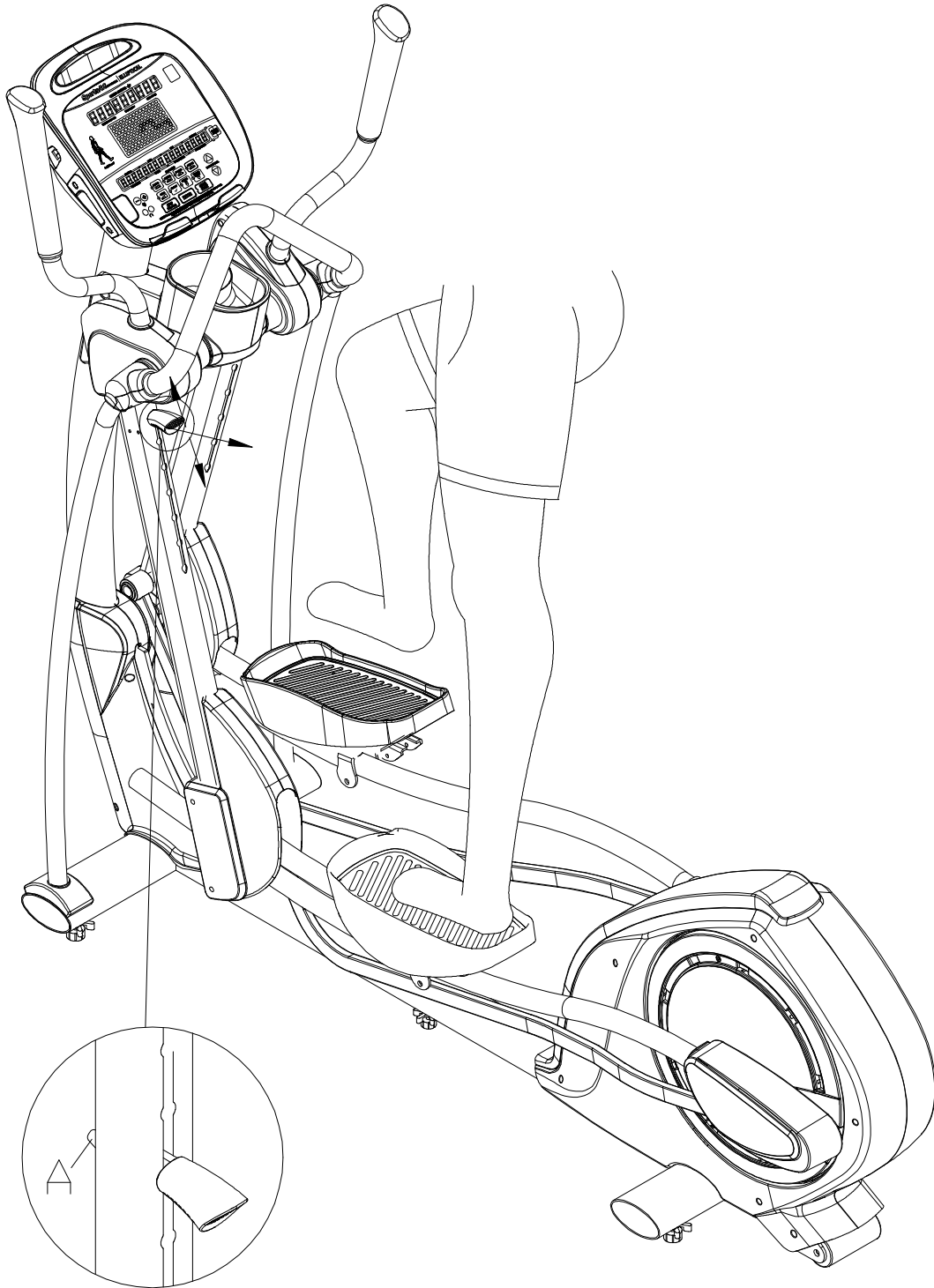
STEP 8 **Beware of Moving Parts**

This product has moving parts that could be a danger to people and animals. During use, do not insert hands or other objects into the stride adjustment slot, the opening in the rear cover, or other areas in which such action might present a hazard.

5. UNDERSTAND THE E835 DISPLAY

DISPLAY Overview

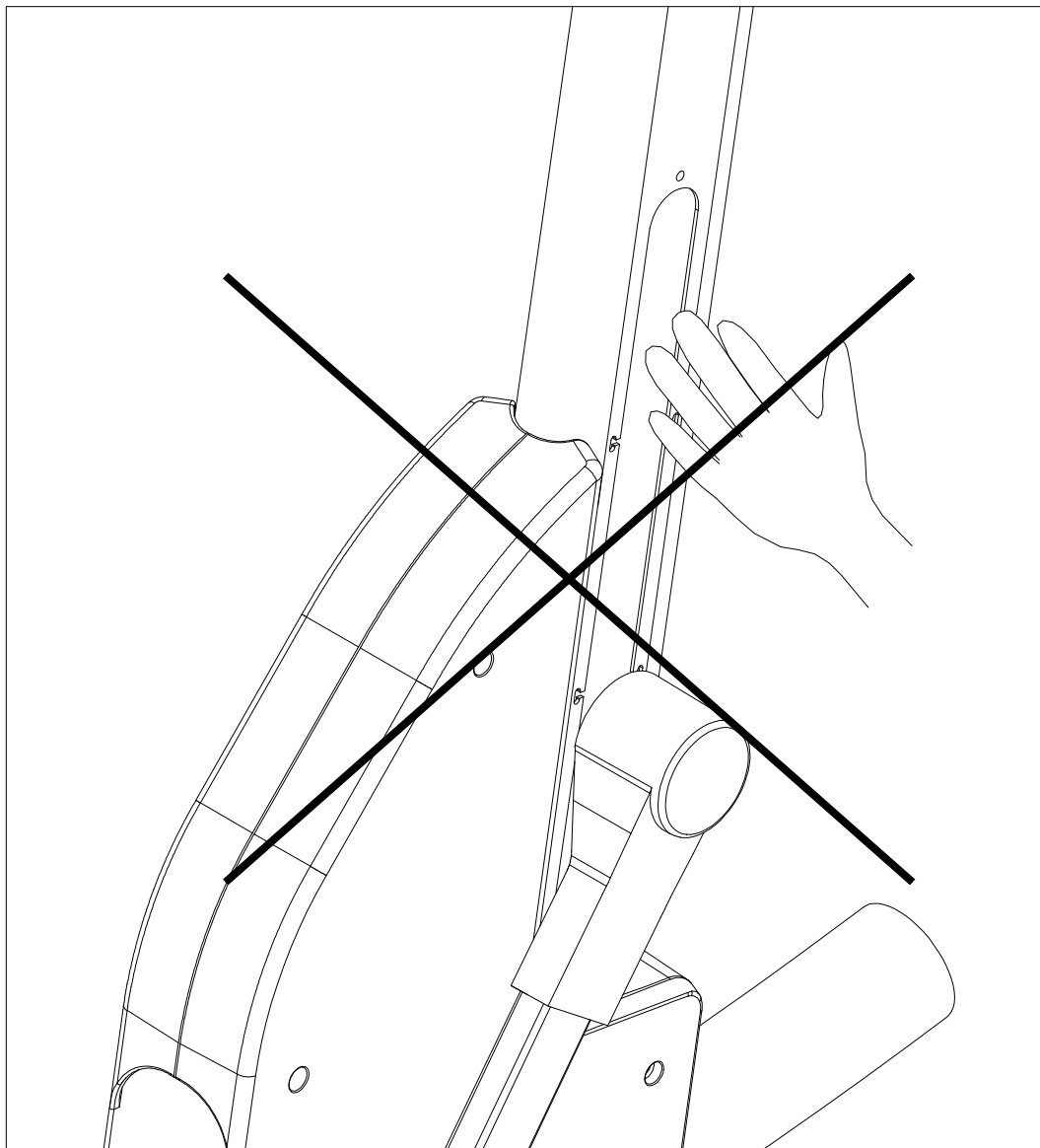The E835 elliptical trainer is designed for user convenience. With better feedback about your workout, you get better results. The following explains the display key and window functions. Please read this manual, understand the display functions, and thereby get optimum enjoyment and benefit from this product.

1. Pulse LED
2. Weight loss 65% target heart rate
3. Actual heart rate
4. Cardio 80% target heart rate
5. Dot Matrix screen
6. Exercise feedback screen
7. Workout program keys
8. Workout level keys

9. Enter key
10. Stop/Reset key
11. Quick start key
12. Change display key
13. Volume adjusting keys and headphone jack
14. MYE wireless TV audio_channel receivers keys

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DISPLAY Specifications

- Workout level (resistance level): 1 - 40
- Time: 0:00 - 300:00
- Distance: 0.00 - 9999 km or mile
- Calories: 0.0 - 9999 kcal
- Heart Rate range: 40 -250bpm
- Stride per minute (SPM): 5 – 120 (Range shown)
- Human Watts: 0 – 9999
- Total strides (accumulated stride count): 0 - 9999
- CAL/HR: 0 - 9999 kcal
- Programs: MANUAL, INTERVAL, PLATEAU, RANDOM, GLUTE, FIT TEST, CUSTOM HR and CARDIO/WT LOSS.

DISPLAY Windows

- Cardio Advisor™ shows heart rate goals, WT LOSS 65% and CARDIO 80%, and actual heart rate (center).
- The exercise feedback window shows workout usage prompts and workout information.
- The workout illustration window shows workout program illustrations.

DISPLAY Keys

Display key functions are introduced briefly below.

QUICK START – Press this key to start exercising without first entering age, weight, and other user information. During pause mode, press this key to resume the workout. During program set up, press this key to start using the selected program.

MANUAL – This key allows you to directly control resistance, via resistance keys.

INTERVAL – Press this key to select one of three interval programs: 1:1, 1:2, 2:2. Numbers represent minutes. For example, the 1:1 interval program consists of one minute of rest, followed by one minute of work.

PLATEAU – This workout program gradually increases in difficulty, plateaus, then tapers off, in a 20-60-20 pattern.

RANDOM – Press this key to select one of an almost endless number of randomly generated workout programs. Each key press, the console will randomly generate a different program.

DISPLAY Keys (Continued)

GLUTE – This workout program is designed to train the gluteal muscle group. There are 3 programs to select from.

FIT TEST – Press this key to enter a FIT TEST program and start the fitness test.

CUSTOM HR – This heart rate control program allows you to set your own target heart rate.

WT LOSS – A heart rate control program, the weight loss workout is designed to keep the exerciser's pulse at the optimum rate for losing weight. Resistance settings change automatically to maintain a target heart rate calculated by the formula (220-AGE)*0.65.

CARDIO – A heart rate control program, the cardio conditioning workout is designed to keep the exerciser's pulse at the optimum rate for cardio conditioning. Resistance settings change automatically to maintain a target heart rate calculated by the formula (220-AGE)*0.8.

ENTER – After making a selection, press this key to confirm your choice.

WORKOUT LEVEL ▲/▼ – Press this key to change resistance settings. Settings change by one level each time the key is pressed.

STOP/HOLD TO RESET – During a workout, or Cool Down mode, press this key to display the workout information such as time, distance and calories. At workout summary display mode, press this key to end this program and return to idle and the display will show: SELECT A PROGRAM. At anytime of a program, press and hold this key for 2 seconds, it will reset the console and return to idle mode.

CHANGE DISPLAY – This key controls the exercise feedback window, which has two rows: The top row shows CALORIES, LEVEL, TIME, DISTANCE; the bottom row shows STRIDES/MIN, CAL/HR TOTAL STRIDES, HUMAN WATTS. Corresponding LEDs light to indicate the active row of exercise feedback. Press the CHANGE DISPLAY key to toggle between top and bottom feedback row views.

VOLUME + / - : iPod, iPhone analog audio volume adjustment. (Note: this is an option feature and it is only compatible with Apple 30 pin connector.) MYE wireless TV audio channel receivers volume adjustment. **(MYE Wireless TV Audio_Channel Receivers and module not provided.)**

CHANNEL ▲/▼ – Press this key to change MYE wireless TV audio channel receivers channel settings. **(MYE Wireless TV Audio_Channel Receivers and module not provided.)**

6. OPERATE THE PRODUCT

There are two ways to start operating this product, either through the QUICK START mode or through a workout program/goal.

OPERATION Quick Start

Time, distance and calories will count up. If a workout time limit is activated, time will count down, but distance and calories will count up continuously. In QUICK START mode, resistance begins at level 1; calorie and other information is based on a 35 year old and 165 lb. (75 kg) user. Both QUICK START and MANUAL LEDs are lit up to indicate QUICK START program is in session. In QUICK START mode, resistance settings can be modified at any time.

OPERATION Start a Workout Program

To obtain more accurate calorie counts and target heart rates, operate the product via a workout program as follows:

1. Press a workout program key (MANUAL, INTERVAL, PLATEAU, RANDOM, GLUTE, FIT TEST, CUSTOM HR, CARDIO/WEIGHT LOSS) to select a workout program. Press ENTER to confirm the program selection.

2. If you select a program key, then "SELECT GOAL" & then "TIME" will appear on the exercise feedback window. There are three types of workout goals: TIME, DISTANCE, and CALORIE. Press ▲/▼ keys to select the desired goal and ENTER key to confirm. Once the program is started, resistance setting can be modified at any time.

● The TIME setting range is from 5:00 to 300:00, with a default value of 30:00. If the program time limit is activated in engineering mode, the max time can be entered will change accordingly.. Use ▲/▼ keys to make your selection. Press the ENTER key to confirm your setting and proceed to input your age. Or press QUICK START key to start this program right away with default age and weight.

● The DISTANCE setting range is from 0.1 to 99.9 miles or kilometers, with a default value 2.0 miles (3.0 kilometers). If the program time limit is activated at the engineering mode, then the DISTANCE goal will be deactivated. Use ▲/▼ key to adjust the setting. Press the ENTER key to confirm your setting and proceed to input your age. Or press QUICK START key to start this program right away with default age and weight.

`OPERATION` Start a Workout Program (Continued)

● The CALORIE setting range is from 100 to 9999 kCal, with a default value of 100 kCal. Use ▲/▼ keys to make your selection. Press the ENTER key to confirm your setting and proceed to the age setting. Or press QUICK START key to start this program right away with default age and weight.

3. The age setting range is from 10 to 90, with a default value of 35 years old. Use ▲/▼ keys or numeric keys (0-9) to make your selection. Press the ENTER key to confirm your setting and proceed to the weight setting. Or press QUICK START key to start this program right away with default weight.

4. The weight setting range is from 50 to 400 lb. (20 to 180 kg), with a default setting of 165 lb. (75 kg). Use ▲/▼keys or numeric keys (0-9) to make your selection. Press the ENTER or QUICK START key to confirm your setting and start exercising.

Follow prompts to begin your workout. Please refer to OPERATION Workout Programs for information about specific workout programs.

Note that a different workout program can be activated simply by pressing the other workout program key. The workout goal will remain the same, and progress toward the workout goal will continue to accrue.

`OPERATION` Display

1. If the feedback window is at lower row, press WORKOUT LEVEL ▲/▼key to adjust the resistance, the display will temporary switch to top row to show the adjustment. In 4 seconds, it will return to lower row.

2. Heart Rate display: it will display the actual heart rate bpm.

3. During workout, user can switch to a different workout program using the same goal by pressing a different program key. There are some exceptions, listed below:

● During MANUAL, INTERVAL, PLATEAU, RANDOM, GLUTE, CUSTOM HR, WT LOSS & CARDIO workout, it can't be switched to FIT TEST program.

● Switch program is not allowed during FIT TEST program.

OPERATION Cool Down

Once the workout goal (time, distance, or calorie expenditure) has been obtained, the product will enter a two-minute cool down period. The display will count down from two to zero.

When the countdown reaches zero, the cool down period will end. The message "REVIEW SUMMARY" will appear, along with accumulated workout information, including total time, distance and calorie expenditure. Press the STOP key to return to idle mode which the "SELECT A PROGRAM" prompt will appear.

OPERATION Workout Programs

The following explains features of the workout programs.

MANUAL

This program allows you to manually control resistance. In manual mode, simply press WORKOUT LEVEL ▲/▼ keys to control resistance.
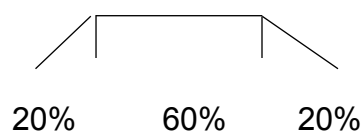
INTERVAL

There are three interval programs: INTERVAL1:1, INTERVAL1:2, INTERVAL 2:2. Each interval program includes two segments, a work segment and a rest segment. (Example: Interval 1:1 indicates one segment of one minute in duration, followed by a second segment of one minute in duration.)

Each time the INTERVAL key is pressed, one of the three interval programs will appear. When your preferred interval program appears, press the ENTER key to activate that program. Then follow prompts to set the interval segment resistance settings. After you begin exercising, the resistance level of any segment can be changed. Simply press WORKOUT LEVEL ▲/▼ keys during the segment to do so. The new resistance level will then become the resistance level each time that segment is activated.

PLATEAU

Resistance levels in this workout gradually increase, level off, then gradually decrease. The first and last segments of this workout each occupy 20% of the workout. The middle segment occupies 60% of the workout. Follow prompts to establish your workout goal.

20%　　　60%　　　20%

RANDOM

This program provides a near infinite number of randomly generated workouts. A new workout illustration appears each time the RANDOM key is pressed.

GLUTE

This program is designed for the gluteal muscle group training. There are 3 programs built in. Each time GLUTE program button is pressed, one of the programs will appear: GLUTE 1, GLUTE 2, GLUTE 3. Press ENTER to select the desired program.

During program setting, you may press QUICK START to start the program right away.

FIT TEST

The FIT TEST program is designed for physical fitness assessments. The program is set with a time limit; therefore it is not restricted by the program time limit setting at the engineering mode.

After you press the FIT TEST key, the display will show "STARTING TEST" to begin this program. The test is divided into 4 segments of 3 minutes; it will compare the actual Watts and the preset Watts in each segment and adjust the resistance accordingly.

During the test, the Red dot in the dot matrix window represents the target SPM and the orange dot represents the actual SPM. You want to match the actual SPM to the targeted value. The best SPM range during test is between 40SPM to 70SPM with targeted 50SPM. If the actual SPM is below 40SPM for more than 5 seconds, the display will ask you to "SPEED UP" and if it is above 70SPM for more than 5 seconds, it will ask you to "SPEED DOWN".

Following conditions occurs will end this test program:

1. STOP key is pressed.

2. Program time ends.

3. Actual Heart Rate is > (220-Age) x 0.8 for more than 15 seconds.

4. No heart rate detected for more than 30 seconds.

5. The speed is slower than 60SPM or faster than 90SPM for more than 5 seconds.

OPERATION Workout Programs (Continued)

The message will display "END OF FIT TEST" and "YOUR SCORE - XXX". (The max score is 100 and min is 0)

CARDIO/WEIGHT LOSS/CUSTOM HR

In these heart rate control programs, the resistance level will automatically change to keep the exerciser's pulse at the optimum rate for achieving his or her fitness goals. Target heart rates are calculated based on a standard "maximum" heart rate for the exerciser's age. The weight loss target heart rate is calculated at 65% of the maximum heart rate: (220 – age)*65%. The cardio target heart rate is calculated at 80% of the maximum heart rate: (220 – age)*80%.Custom target heart rate is set by user.

If CUSTOM HR is selected, the target heart rate will need to be set first. The range is 84 - 199bpm with default value of 120bpm. The display will show "TARGET HR - XXX" for setting. Press ▲/▼ key or numeric keypads 0-9 to adjust the setting. Press ENTER key to confirm and start the program. You may press QUICK START at anytime to begin the program right away using default values.

After a heart rate control workout is activated, a heart illustration will appear on the dot matrix screen. When the actual heart rate signal is detected, the color of the heart illustration will alternate between red and green. Otherwise, it will maintain with green color. Orange color represents the 65% or 80% of max HR or target heart rate entered.

Once the exerciser begins to exercise, a red dot and a orange line will appear on the lower part of the screen. The red dot represents the recommended SPM; the orange line represents actual SPM. Try to maintain an SPM even with the red dot.

Resistance will start at level 1. The default SPM is 50. If the actual SPM is 5 revolutions below the recommended step rate for 25 seconds, "SPEED UP" will appear on the exercise feedback window.

A telemetry heart rate transmitter must be worn during heart rate control programs. If no heart rate signal is received at the display, the message "NO HEART RATE READING, PLEASE CHECK TRANSMITTER" will appear, and resistance will not change automatically.

OPERATION User Preferences and Component Versions

Basic settings determine units of measure and show total distance and time, along with display and drive board program version numbers. To access this information, at the startup banner screen, hold the CHANGE DISPLAY key for two seconds.

UNITS

The display will show "UNIT – MILE" or "UNIT – KM" depending on the original distance unit setting. Press ▲/▼ keys to toggle between the two settings. When your preference appears, press the ENTER key to make your selection.

PROGRAM TIME LIMIT

The display will show " TIME LIMIT - YES" or "TIME LIMIT - NO", press ▲/▼ key to turn this function On/Off. Press ENTER to make your selection. When "YES" is selected, it will prompt the message of "TIME - XX:00" for you to set the time limit. Setting range is from 5:00 to 60:00, with a default value of 30:00. Press ▲/▼ key or numeric keypads (0-9) to adjust the value. Press ENTER to confirm the setting.

LANGUAGE

a. The display will show the current country selected, such as "US".
   Note: After 4 seconds, it will display "XX MILE H>H" or "XX KM H>H"
   (XX represents the country code)
b. Press ▲/▼ keys to change the country.
c. Press the ENTER key to confirm the selection.

TOTAL DISTANCE

According to the speed unit setting, total distance will appear as either "DIST – XXXXXX MILE" or "DIST – XXXXXX KM", where XXXXXX represents a number. Press the ENTER key to view total time.

TOTAL TIME

Total time of use will appear as "TIME – XXXXXX HOUR", where XXXXXX represents a number. Press the ENTER key to view product serial number.

PRODUCT SERIAL NUMBER

The product serial number will appear as "S/N - XXXXXXX". Press ENTER key to view display program version.

DISPLAY PROGRAM VERSION

The display program version will appear as "CTL SA_5–XX", where XX represents either letters or numbers. Press the ENTER key to view the drive board program version.

DRIVE BOARD PROGRAM VERSION

The drive board program version will appear as "DRV C575_SG-XX", where XX represents either a letter or a number. Press the ENTER key to finish the review and return to Banner mode.

You may press and hold STOP key at anytime during this process to resent the console and back to Banner state.

7. ABOUT HEART RATE DETECTION

Heart rate detection functions are selected at the time of purchase. Not every product has every type of heart rate detection. The following explains factors that influence the performance of two of the most common types of heart rate detection devices.

HEART RATE Telemetry

The words "telemetry heart rate" refer to the detection of heart rate via a device worn on the exerciser and transmitted over the air to a circuit board built into the product. Telemetry heart rate devices are commonly worn on the exerciser's chest, where the pulse is strongest and relatively easy to detect.

The following explains conditions that affect the performance of the telemetry heart rate function in all products.

● The telemetry heart rate transmitter emits a wireless 5 kHz signal that is harmless to the human body. Inside the transmitter is a 3 V battery (CR2032). If the battery voltage is too low, either the reception distance shortens or there will be no reception whatsoever.

● Secure the telemetry heart rate transmitter on your chest so that it stays in place without making you feel uncomfortable. Moisten the skin for better contact.

● Because the telemetry heart rate signal varies in strength from 20 Hz to 20 KHz, environmental interference can block signal reception. Physical vibration and electronic devices, including stereos, TVs, and even fluorescent lights, can interfere with signal reception. For best results, install the product in an area free from such interference.

● Space the product apart by at least 39 inches (100 cm) to avoid having the heart rate value from one exerciser appear on a neighboring product.

HEART RATE Contact

The words "contact heart rate" refer to the detection of the heart rate via sensors on the product. By holding the sensors, the exerciser can view his or her heart rate on the product display. Like telemetry heart rate, contact heart rate can be influenced by several factors. The following list includes some of these factors.

● A weak pulse makes it difficult to detect heart rate.

● Low systolic blood pressure makes it difficult to detect heart rate.

● Dry, course palms impede heart rate detection. For best results, moisten your palms. But do not apply hand lotion immediately prior to your workout, because hand lotion can gum up the contact pads.

Heart rate devices built into this product are not medical devices. Heart rate values are for reference only. Do not use them for medical diagnostic or treatment work.

CAUTION: Heart rate detection and transmission devices have been known to interfere with the operation of pacemakers, possibly endangering human life. If you have a pacemaker, exercise under your doctor's supervision; take a test to ensure your safety during the simultaneous use of the pacemaker and heart rate detection devices. The use of such devices must be undertaken at your own risk.

Note that in dry areas in particular, static electricity can interfere with unit operation and shock people. To discharge static electricity from your body, touch something else before touching metal on the product.

8. GUIDELINES FOR EXERCISE

HOW HARD SHOULD I EXERCISE?

Studies show that to benefit from aerobic exercise, people need to maintain a certain heart rate during their workouts. Your heart rate training zone depends on your age and fitness level.

The darkened area in the chart to the right represents the recommended heart rate training zone for people of various ages. It was calculated by taking 220 minus age in years, multiplied by 65% and 80%. The area between those values is the heart rate training zone.

CAUTION: Heart rate training zones are generalizations and may not suit every person. Always check with your physician to understand what heart rate goal would be appropriate for you.
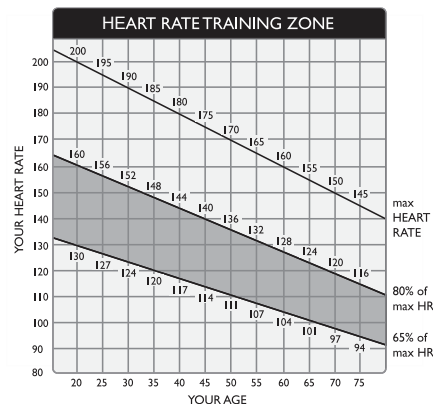
HOW LONG SHOULD I EXERCISE?

The duration of your workout must depend on your fitness level. In general, it is recommended that you maintain a heart rate within your training zone for at least 15 to 20 minutes to experience the benefits of aerobic exercise. Beginners should always start out slowly and gradually increase the duration and intensity of their workouts. As your fitness level improves, you will be able to maintain a heart rate within the training zone for longer periods of time.

When you begin your workout, use the first several minutes to warm up. Then slowly increase the intensity of your workout to bring your heart rate into your training zone. At the end of your workout, gradually decrease your workload. Then exercise lightly to cool down.

HOW OFTEN SHOULD I EXERCISE?

Research indicates that to achieve the greatest benefit, people should exercise three to five times per week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

9. ACCESSORIES

There are accessories attached to this console; some are standard and some are optional. The following explains the details of each accessory and its function.

USB CHARGER (Standard)

The USB charger will provide 5V 500mA voltage for the smart phone or other devices charging. However it is not compatible with tablet PC, such as iPad. Check the device for charging details.

CSAFE PORT (Standard)

Compatible with CSAFE (Communications Specification for Fitness Equipment) Protocol. It works with optional Netpulse Personal Entertainment System as well as ECOFIT System and MYE Wireless TV Audio_Channel Receivers.

iPod/iPhone/iPad 30 pin connector (Option)

When connecting the device to the 30pin connector, user can listen to music via headphone jack and adjust the audio volume thru the on board volume control keys.

SA WELL+ Member System (Option)

This is a system designed specially by SportsArt to assist user managing his/her workout history. There are three ways to get connected with the member site:
1. Use Bluetooth in the smart phone and SA WELL+ App. The App is available for downloading in the App stores.
2. Use USB Flash Drive to store the workout data.
3. Use member card to access user profile and workout tracking. (Not available yet.)

Visit SA WELL+ website for more information about this feature.

9. ACCESSORIES (CONTINUED)

Entertainment Cap

(a) RFID member card slot: work with both optional SA WELL+ and ECOFIT member cards. (Not available yet.)

(b) Bluetooth connection button: press this button to unpair the smart phone SA WELL+ App.

(c) USB port: this port is used for device charging as well as optional data transferring.

(d) USB port: this port is used for device charging.

(Note: USB port is not used for tablet PC charging, such as iPad.)
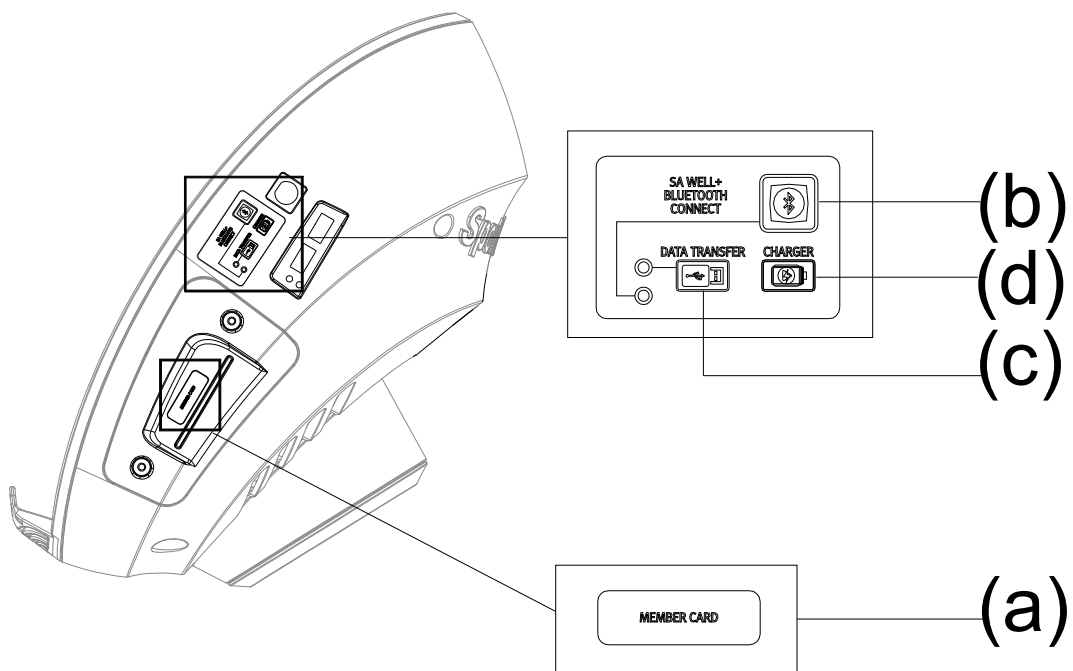
9. ACCESSORIES (CONTINUED)

MYE Wireless TV Audio_Channel Receivers:

If your equipment has been installed MYE Wireless TV Audio_Channel Receivers, the display must has Channel Keys. Please make sure your equipment is with the correct sticker as below.

(a) None Treadmill (Bike, Elliptical and Stepper...etc.)
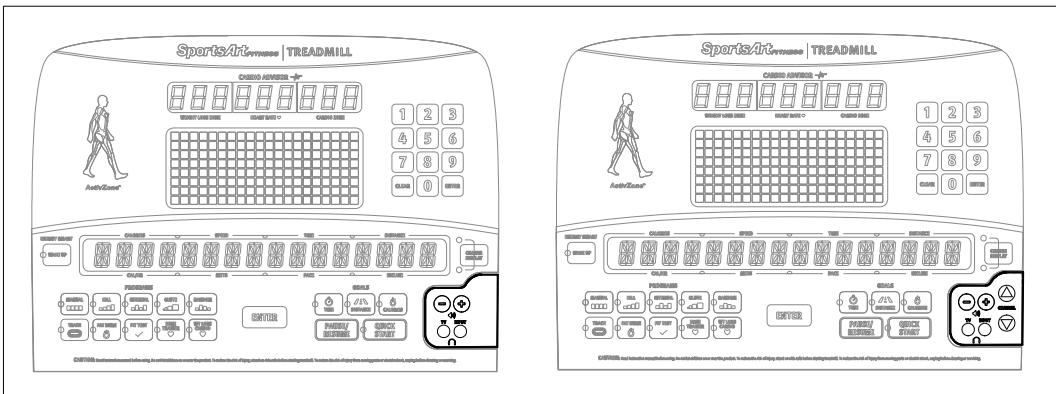
Left display: **Without** Channel Keys.　　　**Right** display: **With** Channel Keys.
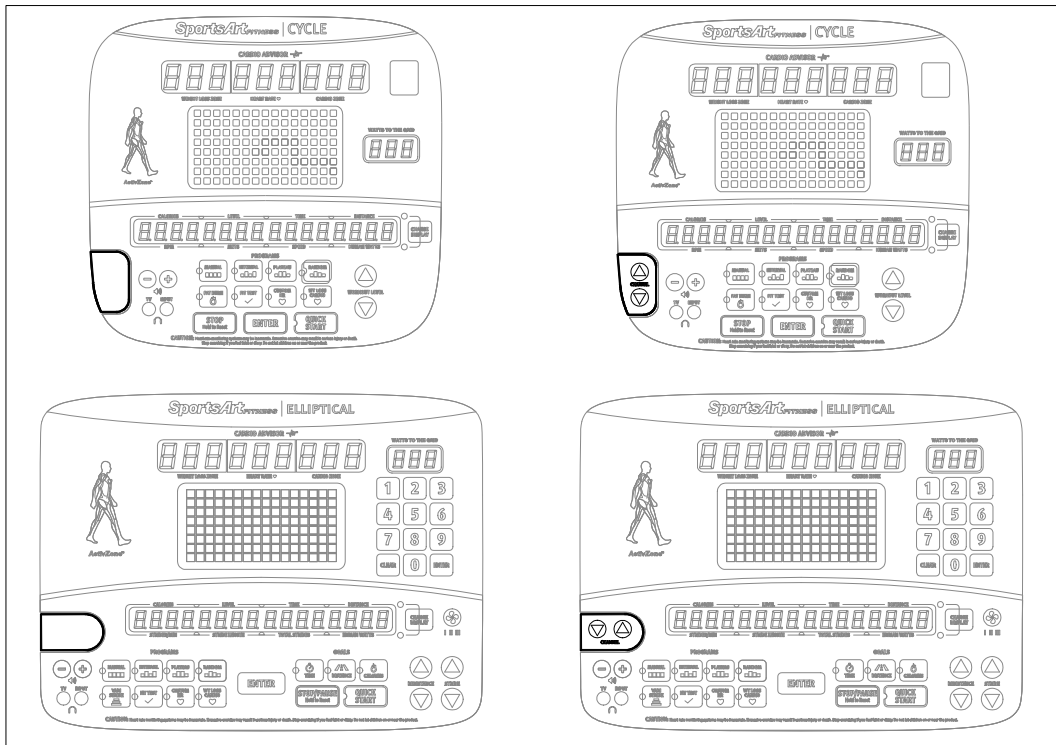
(b) Treadmill

**Left** display: **Without** Channel Keys.　　　**Right** display: **With** Channel Keys.

9. ACCESSORIES (CONTINUED)

MYE Wireless TV Audio_Channel Receivers fuctions:

1. The receiver has two kinds of module as below. **(Note: MYE Wireless TV Audio_Channel Receivers and Module not provided.)**
   (1). MC3R-9(900MHZ) must work with MYE Wireless TV Audio_Channel Receivers MWTD-S9.
   (2). MC3R-8(863MHZ) must work with MYE Wireless TV Audio_Channel Receivers MWTD-S8.
   Choose the suitable module according to your country. **(Please contact with MYE Inc. for more information or purchasing MYE Wireless TV Audio_Channel Receivers and module.)**
   For example: Wireless TV frequency in America is 900MHZ.
   Wireless TV frequency in Europe is 863MHZ (800MHZ).
2. Installation instruction: Turn off the power and plug the receiver into the CSAFE port (RJ45) in the left of display and then turn on the power.
3. VOLUME + / - keys and CHANNEL ▲/▼ keys will be activated once the receiver plug into the unit.
   (1). Press VOLUME + / - keys to adjust volume settings. The volume setting range is from 0 to 15, with a default setting of 5.
   (2). Press CHANNEL ▲/▼ keys to change channel settings. The channel setting range is from 1 to 32, with a default setting of 1. The display will show "CHANNEL - XX".
4. Note: DO NOT unplug the receiver from unit before turning off the power to avoid the damage to the receiver.
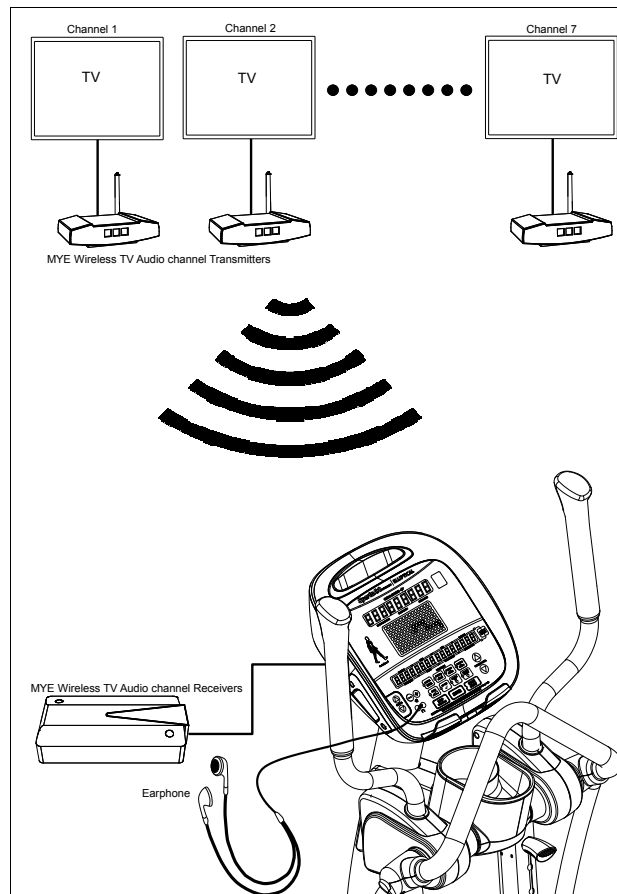
10. MAINTENANCE

Maintenance topics are presented below in the following order: error messages, lubrication of the shoulder area, lubrication of the stride area, glide rail cleaning, maintenance schedule, task list, one-year maintenance log, and electronics block diagram.

MAINTENANCE Messages

ERR0R_8_x

Error messages will appear on the display when the drive board communication is abnormal.

Error code explanations follow:

ERROR_8_1_ - Indication: When power on, the communication to the drive board is abnormal.

ERROR_8_2_ - Indication**:** When power on, the communication to the drive board normal, however an abnormality occurs during operation.

These two errors will disappear once the communication recovered.

MAINTENANCE Lubrication Procedure

Please follow instructions (a) through (d) to lubricate the product.

(a) Remove the cap that covers the lubrication hole.

(b) Use an automobile grease gun to apply red lithium bearing grease into the nozzle on the product.

(c) After applying lubricant, detach and remove the grease gun.

(d) Insert the cap back into place.

Note: Please do lubricate the product once per year.
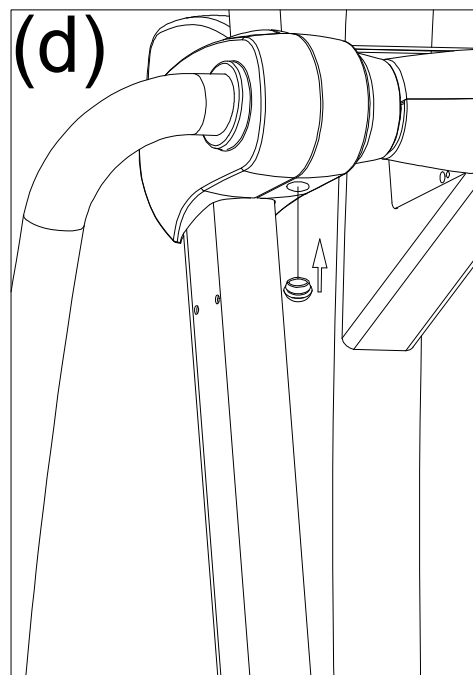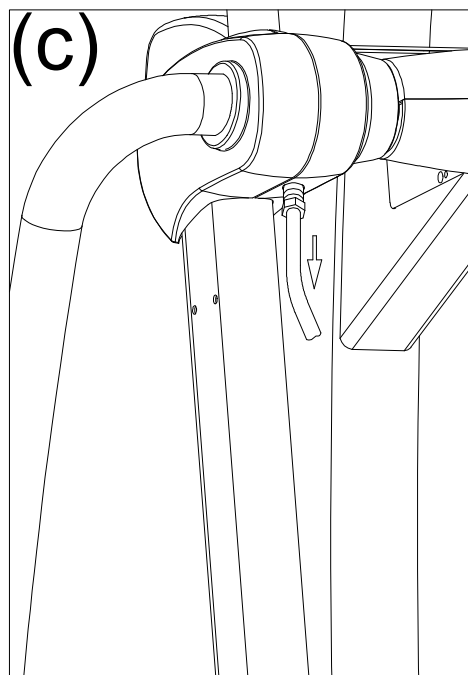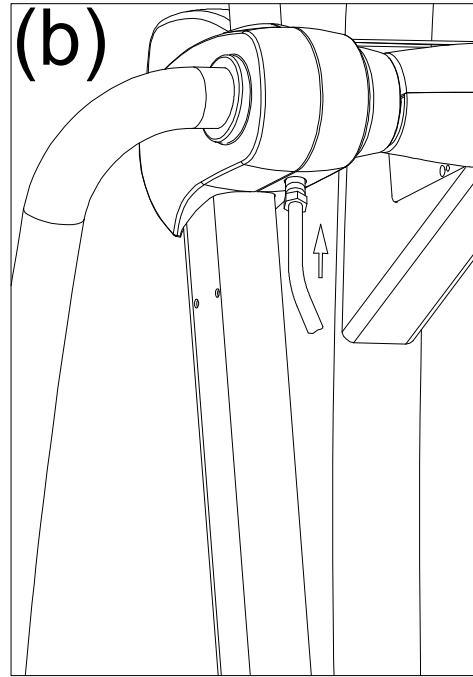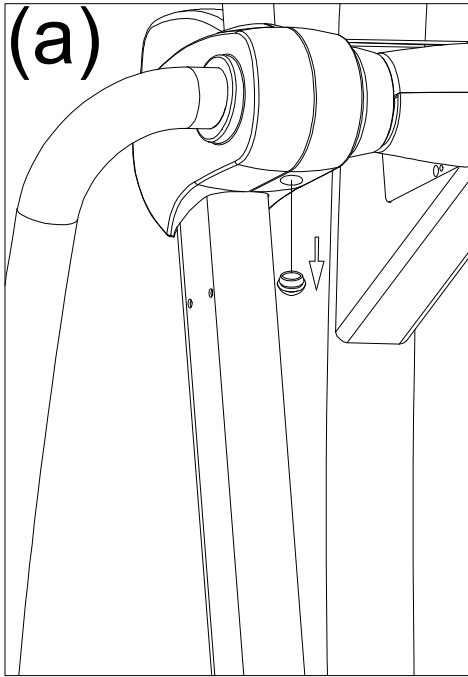
MAINTENANCE Schedule

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	●					Clean
2	Screws	●					Inspect and secure loose parts
3	Glide rail	●					Wipe away dirt and debris.
4	Rollers		●				Apply silicone lubricant.
5	Stride motor					●	Apply bearing grease.
6	Cushion					●	Lubricate with original 66A lubricant.
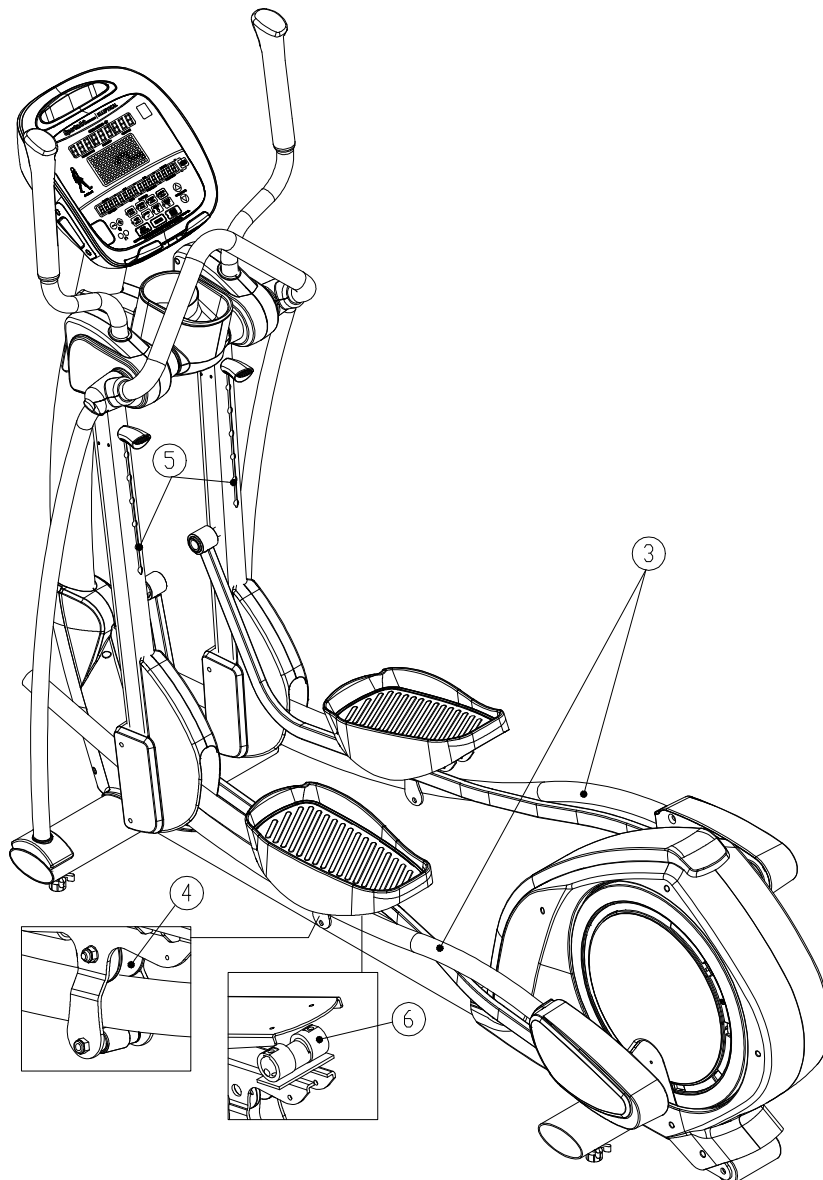
MAINTENANCE Task List (Elliptical Trainers)

Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

Daily tasks
1. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water, to thoroughly clean the product exterior.
2. Inspect parts for looseness, and secure all loose screws. Make sure that the product is safe for operation. If safety issues arise, place an "Out of Order" sign on the product, and call for service.
3. Wipe dirt and debris off the glide rails. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water.

Weekly tasks
1. Clean rollers. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water. Apply a small amount of silicone lubricant onto the rollers.

Yearly tasks
1. Apply grease to the stride mechanism.
2. Apply SportsArt 66A lubricant to the cushion.

Caution
● Please follow standard safety precautions when servicing on this product.

● Electronic components can carry an electrical charge even after the product has been turned off. For safety, turn off unit power. Wait five minutes to allow capacitors to discharge. Then disconnect the power cord from the wall socket (if applicable.) Only after such steps have been completed should covers be removed and electronic components accessed.

● Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.

● This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.

MAINTENANCE One-Year Maintenance Log

Facility:_____ Supervisor:_____

Product model number:_____ Serial number:_____

Start date: _____ End date:_____

Daily Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Week 22-28
Completed				

Daily Tasks	Week 29-35	Week 36-42	Week 43-49	Week 50-52
Completed				

Weekly Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Weeks 22-28
Completed				

Weekly Tasks	Weeks 29-35	Weeks 35-42	Weeks 43-49	Weeks 50-52
Completed				

Monthly tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed												

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed				

Yearly Tasks	Year 1
Completed	

Notes: _____

_____

_____

_____

RFID Board

USB Board

Control Board

Continua Adapter Board

Option

CSAFE Board

Bluetooth Connection key

HRC Board

iPod Audio Board

Head Phone Board

Option

Model no. board

Optic sensor

Drive Board

Fuse

12V

Battery

Steel Wheels and Electromagnet

DC Adaptor Jack

⊗ : Connector
● : Converge