ENDURANCE®

by *Body-Solid*

E5000

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Console Overview

Take a few moments to review the console layout. Below is an overview of the console buttons and their different functions.

Control Buttons

Message Window

TIME DISTANCE SPEED STRIDE / MIN

CALORIES PULSE LEVEL CAL / HOUR

START

ENTER
SCAN

PAUSE
RESET

MORE

LESS

PROGRAM

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E5000

⚠ WARNING
To reduce the risk of serious injury, read and understand all warnings and the owner's manual prior to use. Keep children away at all times.

Profile Window

END
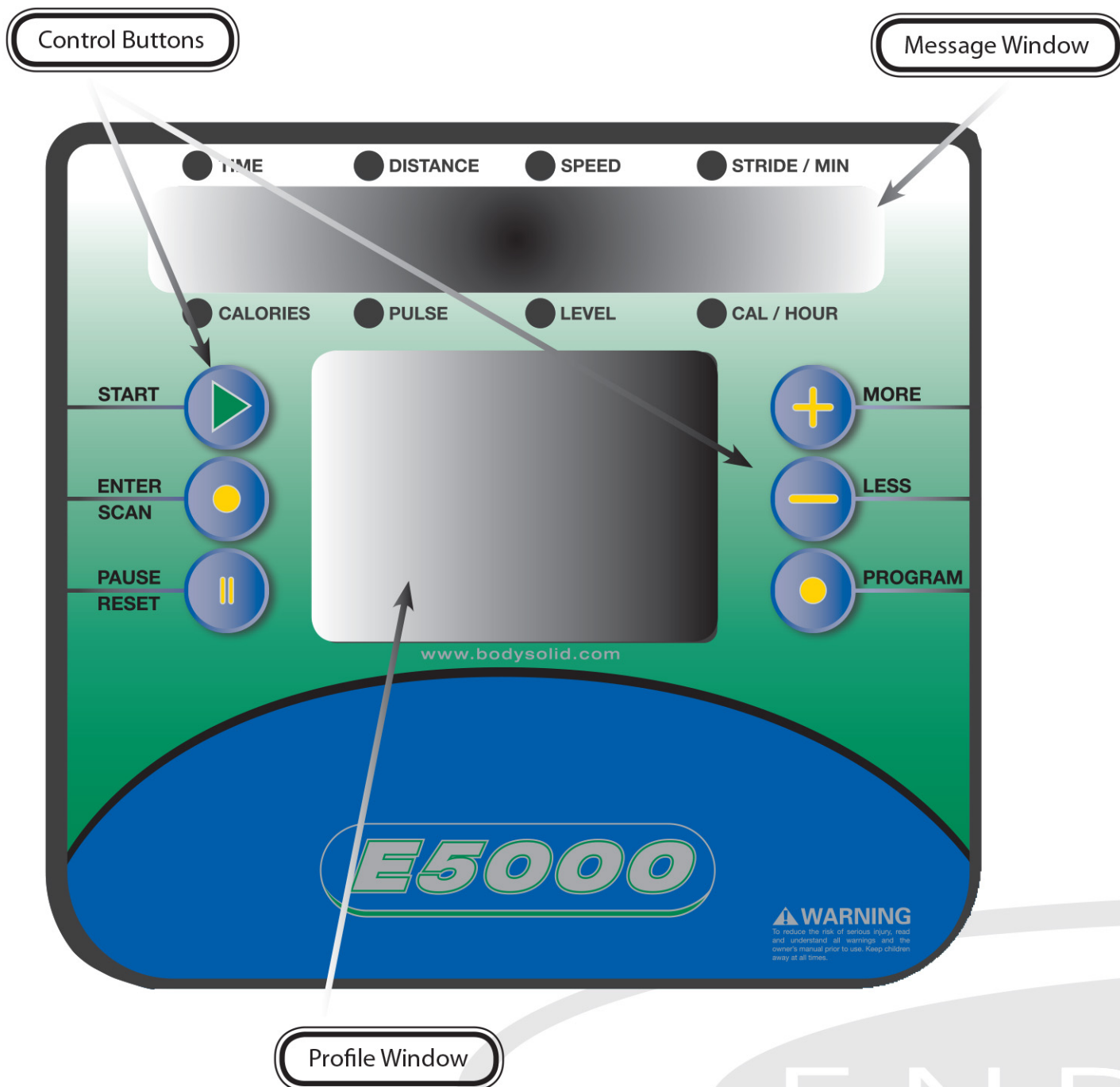
START ▶

Press the **START** ▶ button to enter the *Quick Start Mode.*
In *Pause Mode*, the **START** ▶ button is used to resume the exercise session.

ENTER/SCAN ⊙

In Program Mode, the **ENTER/SCAN** ⊙ button is used to confirm the values you set. During exercise, press the **ENTER/SCAN** ⊙ button once and the main console window is placed in *Auto Scan Mode.* The display will change every four seconds from TIME/DISTANCE/SPEED/STRIDES PER MINUTE to CALORIES/PULSE/LEVEL/CALORIES PER HOUR. To exit *Auto Scan Mode* and enter *Manual Scan Mode*, press and hold the **ENTER/SCAN** ⊙ button for two seconds. The console will beep twice to confirm that the selection was entered. *Manual Scan Mode* allows you to toggle the display from TIME/DISTANCE/SPEED/STRIDES PER MINUTE to CALORIES/PULSE/LEVEL/CALORIES PER HOUR by pushing the **ENTER/SCAN** ⊙ button when the change in display is desired. To return to the *Auto Scan Mode*, press and hold the **ENTER/SCAN** ⊙ button for two seconds. The console will beep twice to confirm that the selection was entered.

PAUSE/RESET ❚❚

During exercise, the **PAUSE/RESET** ❚❚ button is used to pause the workout.
In *Pause mode*, the **PAUSE/RESET** ❚❚ button is used to reset the program time and workout data to zero.
In *Program mode*, the **PAUSE/RESET** ❚❚ button is used to reset values to their default setting.

CAUTION: In User 1 and User 2 programs, the user profile data will be also cleared when pushing the **PAUSE/RESET** ❚❚ button.

MORE/LESS ➕ ➖

In *Program mode*, the **MORE** ➕/**LESS** ➖ buttons are used to increase/decrease TIME, WEIGHT and AGE.
During exercise, the **MORE** ➕/**LESS** ➖ buttons are used to increase/decrease the resistance level from 1 to 20. Press and hold the **MORE** ➕/**LESS** ➖ buttons for two seconds to rapidly increase/decrease values.

PROGRAM ⊙

In *Program Mode* , the **PROGRAM** ⊙ button is used to toggle between workout programs. The program selected is displayed in the **MESSAGE WINDOW**. The program profile is displayed in the **PROFILE WINDOW**.

Console Operation

There are two information windows on the console:

MESSAGE WINDOW

The **MESSAGE WINDOW** displays Program Names, Messages, TIME, DISTANCE, SPEED, STRIDE/MIN, CALORIES, PULSE, RESISTANCE LEVEL and CALORIE/HOUR.

Console Message Window

PROFILE WINDOW

This 10 X 14 LED **PROFILE WINDOW** displays Program Profile, Tension (Resistance) Bar, Heart Rate Bar (HR Programs only), Lap Progress Display and Lap Counter. The **PROFILE WINDOW** toggles between program profile (displayed for 10 seconds in window) and lap counter (displayed for 30 seconds in window), except in Heart Rate Programs.

NOTE: When changing resistance levels in preset programs, the change will not show in the program profile. Changes in resistance will show in the first column when lap progress function is shown.
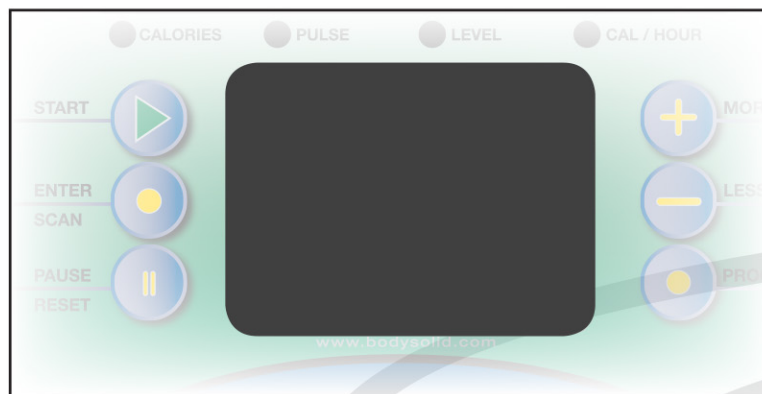
Console Profile Window

LAP DISPLAY

Lap Display shows your progress around a virtual track. Lap Display also shows the resistance level in the first column. Every dot in the resistance column represents an increment of two resistance levels. Resistance is adjustable from 1-20. One dot on the lap counter is equal to 15 revolutions and one revolution is equal to 2 steps. The track will blink showing the exerciser's current position.

Resistance Level

Lap Progress Starts Here
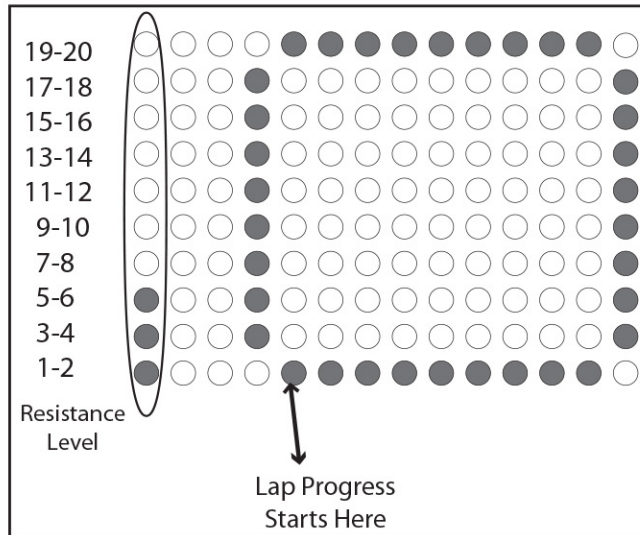
Lap Progress Display

LAP DISPLAY/COUNTER

In *Heart Rate Mode* the lap progress display also shows % of Maximum Heart Rate and Resistance level.

Current Lap
Value Starts At Zero

% of Maximum Heart Rate
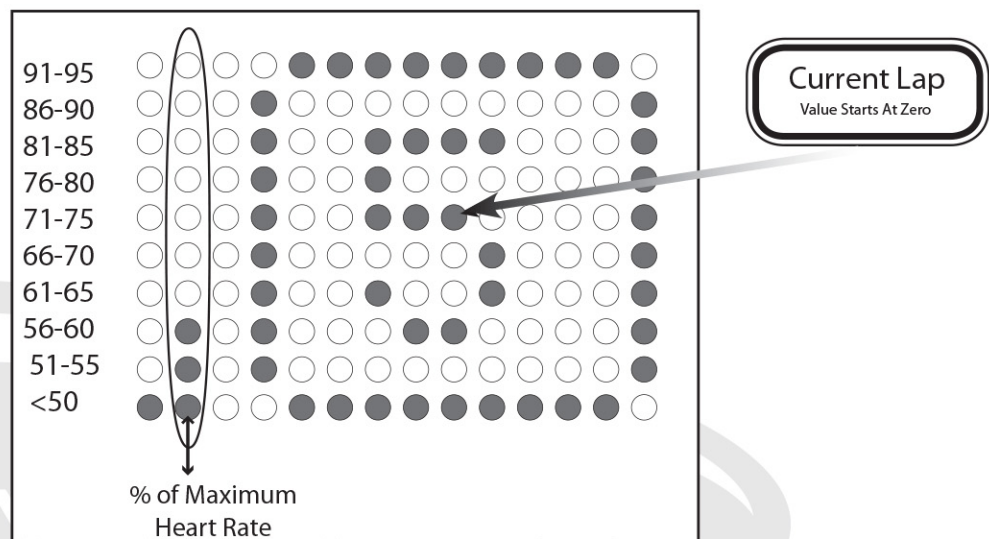
Lap Counter

Console Operation

QUICK START MODE

The Quick Start Program allows the user to quickly start using the machine without the use of preset programs. To enter *Quick Start (Manual) Mode*: Plug power adapter into wall outlet. Plug the adapter cord into the power input located on the lower front-left side of the unit. The **MESSAGE WINDOW** will display "PRESS PROGRAM KEY TO BEGIN". Press the **START** ▶ button instead. Start exercising. The Resistance Level can be changed at any time by pressing the **MORE** ⊕/**LESS** ⊖ buttons. Time is set at 30 minutes. Weight is set at 150 lb.

MANUAL MODE

This program allows the user complete control over their workout. The user must make all resistance adjustments using the **MORE** ⊕/**LESS** ⊖ buttons. Follow directions in the *Program Mode* section to enter and set values in *Manual Mode*.

PROGRAM MODE

There are six preset Programs. The preset programs are MOUNTAIN, HILL, RANDOM, INTERVAL SPEED TRAINING, INTERVAL, INTERVAL MOUNTAIN.

To enter *Program Mode*:
The **MESSAGE WINDOW** will display "PRESS PROGRAM KEY TO BEGIN". Press the **PROGRAM** ⊙ button until desired program name shows in the **MESSAGE WINDOW**. The program profile will show in the **PROFILE WINDOW**. See the referenced charts for program names and resistance profiles. When the program you wish to use is displayed in the **MESSAGE WINDOW**, press the **ENTER/SCAN** ⊙ button to confirm program selection. TIME is displayed in **MESSAGE WINDOW**. Use the **MORE** ⊕/**LESS** ⊖ buttons to set the desired TIME. Press the **ENTER/SCAN** ⊙ button to confirm the desired TIME setting. Default TIME is 30 minutes. TIME settings can range from 1 minute to 99 minutes.

NOTE: If the TIME entered is less than or equal to 14 minutes, each column in the program profile equals 1 minute.

If the TIME entered is greater than 14 minutes, each column equals TIME/14.

WEIGHT is shown in the **MESSAGE WINDOW**. Use the **MORE** ⊕/**LESS** ⊖ buttons to set weight. Press the **ENTER/SCAN** ⊙ button to confirm WEIGHT setting. The default WEIGHT is 150 pounds. WEIGHT settings can range from 70 Lb to 332 Lb.

AGE will show in **MESSAGE WINDOW**. Use the **MORE** ⊕/**LESS** ⊖ buttons to set the AGE. Press **ENTER/SCAN** ⊙ to confirm AGE setting. The default AGE setting is 30. AGE settings can range from 10 to 99 years of age. Press the **START** ▶ button to exit *Program Mode* and begin the exercise session.

PROGRAM PROFILES

MOUNTAIN   HILL   RANDOM
(RANDOM EXAMPLE SHOWN)

INTERVAL SPEED TRAINING   INTERVAL   INTERVAL MOUNTAIN
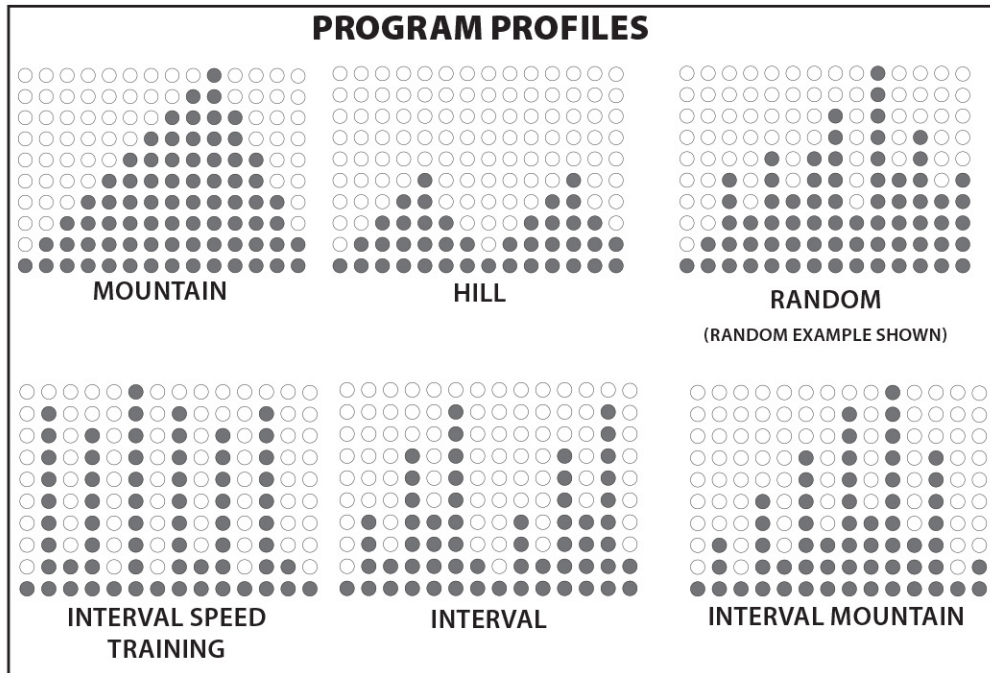
Program Profile Chart

MOUNTAIN

This program takes the user gradually up to a high resistance level, then brings the resistance level back down to the starting point. This program simulates what one might encounter on a true mountain course. This is a difficult program since higher tension levels are maintained for long periods of time.

HILL

This program takes the user through two hill profiles. Resistance changes are small during this program. This is a good program to get started with or for someone looking for a lower stress workout.

RANDOM

This program randomly generates a new program profile every time it is chosen. This allows you to keep the workouts fresh and motivating. When you scroll thru the programs to reach the RANDOM program, you will be able to see the program profile. If this profile is not to your liking, simply scroll thru the programs again and a new RANDOM program will be generated. The RANDOM program will be different every time you use it.

Console Operation

INTERVAL PROGRAMS OVERVIEW

These programs give users the best of both worlds. Lower intensity levels can provide effective fat burning while higher intensity levels can provide effective cardiovascular training. The E5000 combines these benefits in three effective Interval programs.

INTERVAL

This program simulates interval training thru a series of two hill profiles.

INTERVAL MOUNTAIN

This program simulates interval training thru a difficult mountain profile.

INTERVAL SPEED TRAINING

This program simulates interval training with more extreme levels of high and low intensity levels.

USER PROFILES:

U1/U2

User Profiles U1 and U2 allow you to customize and save an exercise session.

Entering Data Into User Programs:
Scroll thru programs to U1 or U2. If no profile has been saved, the message window will scroll "EMPTY FILE PRESS START TO BUILD A NEW PROFILE". Press the **START** ▶ button. You may make changes to the resistance level at any time during your exercise session. One you press the **PAUSE/RESET** ⬤ button and exit the program, the data is automatically saved.

Clearing A Saved User Program:
Press the **PROGRAM** ⬤ button to scroll to U1 or U2 program. Press the **ENTER/SCAN** ⬤ button to select the chosen program. Press and hold the **PAUSE/RESET** ⬤ button for 2 seconds. The console will beep twice to confirm that the selection was entered.

DURING OPERATION

The Console will display and update calculated workout data in each of the windows. The Console will continue to count down until TIME has reached 0:00. Use the **MORE** ➕/**LESS** ➖ buttons to adjust the resistance level at any time during your workout session. In the **PROFILE WINDOW,** the current column will be flashing.

During non-heart rate programs, the **PROFILE WINDOW** will toggle between the program profile and the track display. The program profile will actively display for 10 seconds while the track display will be active for 30 seconds.

During heart rate programs, the **PROFILE WINDOW** will only show the track display.

The user may change the program selection during an exercise session by pressing the **PROGRAM** ⦿ button until a new program is selected. The new selected program will start from the beginning of the profile. All workout data will continue to add to previous values. If you burned a set amount calories during original program this value will not reset to zero.

The console will automatically shut off after 4 minutes of inactivity. Press any button to bring the console back to full functionality.

Console Operation

HEART RATE PROGRAMS (See the MONITORING YOUR HEART RATE section for more information)

Heart rate control programs are designed to automatically change resistance to keep your heart rate at a predetermined level based on the selected Heart Rate program. Each Heart Rate program is designed with a specific goal in mind.

If no Heart Rate signal is detected for 10 seconds, the **MESSAGE WINDOW** will show "NO DETECTED HR". If this continues for 40 seconds, the **MESSAGE WINDOW** will show "ABORT PROGRAM" for 3 seconds then interrupt the Heart Rate Control program and return to *Program Mode*.

HOW HEART RATE PROGRAMS WORK

Change in Heart Rate ($\triangle$HR) = Beats per minute difference between Target Heart Rate (THR) and Current Heart Rate (CHR).

or : $\triangle$HR = THR (bpm) - CHR (bpm)

The Heart Rate Programs will behave in the following manner:

$\triangle$HR equal to 5
Resistance level stays the same. The **MESSAGE WINDOW** will show "IN HR TARGET" for 3 seconds then toggle back to workout information.

$\triangle$HR greater than 5
Resistance level decreases. If the current resistance level is 1, then the **MESSAGE WINDOW** will display "STRIDE SLOWER" for 3 seconds. The console's computer will check the user's Heart Rate every 40 seconds and adjust the resistance level to fit the Target Heart Rate.

$\triangle$HR less than 5
Resistance level will increase. If the current resistance level is 20, the **MESSAGE WINDOW** will show "STRIDE FASTER" for 3 seconds. The console's computer will check the user's Heart Rate every 40 seconds and adjust the resistance level to fit the Target Heart Rate.

% (TARGET HEART RATE)

% Target Heart Rate allows the user to select a percentage of Maximum Heart Rate (See section titled MONITORING YOUR HEART RATE for more information) that would like to be maintained during the exercise session. The percentage range can be varied from 50% to 85%.

HR 80% (CARDIO)

HR 80% maintains the Target Heart Rate at 80% of the Maximum Heart Rate by automatically adjusting resistance levels. This program provides for a high intensity, cardiovascular workout.

HEART RATE PROGRAM PROFILES

TARGET HEART RATE

HEART RATE CARDIO 80%

HEART RATE FAT BURN 65%

HEART RATE HILL 65-85%

HEART RATE INTERVAL 65-85%
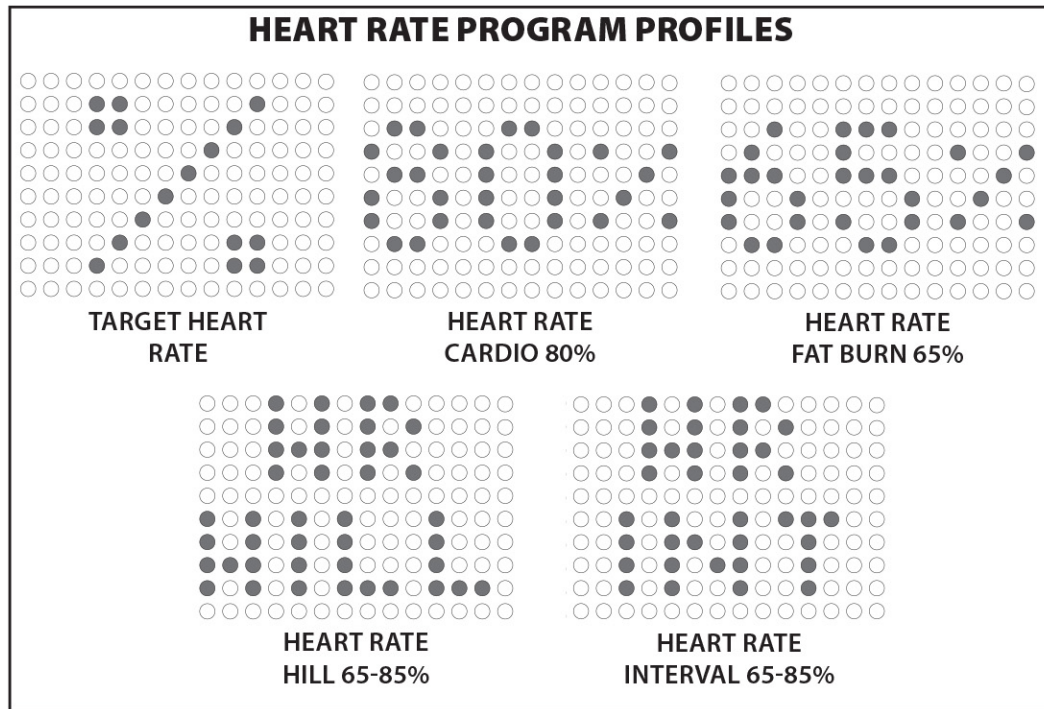
Heart Rate Program Profile Chart

HR 65% (FAT BURN)

HR 65% maintains the Target Heart Rate at 65% of the Maximum Heart Rate by automatically adjusting the resistance levels. This program provides the ultimate fat burning workout.

HR HILL (65-75-85%)

HR Hill simulates hill training by changing the Target Heart Rate thru 3 different percentages. The changes will occur as follows:
65% - 75% - 85% - 75% - 65% -75% - 85% etc.
Each percentage will be held for 3 minutes before changing to the next percentage.

HR INT (HILL INTERVAL)

The HR INTERVAL program alternates between 65% and 85% of your Max HR. This program provides an excellent fat burn and cardiovascular workout. Each percentage will be held for 4 minutes before alternating to the next percentage.

Console Operation

STANDARD TO METRIC CONVERSION

The console allows the user to display the readout in either standard or metric units depending on the user's needs. To adjust the readout, press the **PAUSE/RESET** ⏸ button for 2 seconds. The current readout, whether standard or metric, is displayed on the **MESSAGE WINDOW**. Use the **MORE** ⊕/**LESS** ⊖ buttons to change the unit of measure. To confirm the selection, press the **ENTER/SCAN** ⦿ button.

## CONSOLE TESTING

Display Test
The display test allows the user the ability to test the **MESSAGE WINDOW** and the **PRO-FILE WINDOW** display for correct functionality. The display test is used perform a visual hardware check by allowing the **MESSAGE WINDOW** and the **PROFILE WINDOW** display the opportunity to display every LED in predetermined sequences. The **MESSAGE WINDOW** will display and cycle through the characters <0, 1, ... , 9> and <A, B, ... , F>. The **PRO-FILE WINDOW** will display and cycle through all the columns and rows illuminating an entire column or row with every cycle. To access the display test, first remove power and then reapply power to the elliptical. Once the elliptical is powered on, press the **MORE** ⊕ *and* **LESS** ⊖ buttons together and hold for 2 seconds.

Button Test
The button test allows the user to determine if the console's buttons are fully functional. Once the display test has been performed, press the **ENTER/SCAN** ⦿ button to activate the button test. LEDs will be displayed next to the buttons as shown in the figure below.
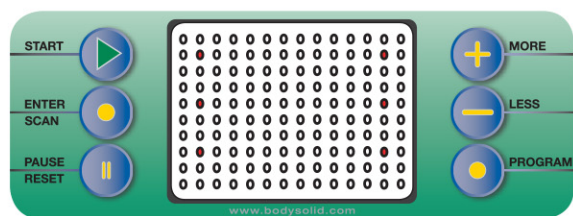
Button Test Display
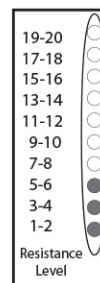
Resistance Level Chart

Pressing each button individually will turn off the adjacent LED signifying that each of the pressed buttons are active. When all the console buttons have been pressed, all the LEDs should be off in the **PROFILE WINDOW** display indicating that the buttons are working correctly. To exit this test once it has been completed, press the **PROGRAM** ⦿ button.

Resistance Motor Test
Once the Button Test is complete, the Resistance Motor Test mode is activated. Perform the resistance motor test to verify functionality of the resistance motor. Use the **MORE** ⊕ *and* **LESS** ⊖ buttons to change the motor resistance. The LEDs will display the resistance value as it is increased. See the Resistance Level Chart for reference.

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60% -75% percent of the Maximum Heart Rate.
The Maximum Heart Rate may be roughly calculated by subtracting the user's age from 220.

The Maximum Heart Rate and aerobic capacity naturally decreases as the user ages. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the Maximum Heart Rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See the **FITNESS SAFETY** section.

Before beginning a workout, check the normal resting heart rate. The user can place their fingers lightly against the neck or wrist over the main artery. After finding the pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. It is recommend to take a heart rate measurement at rest, after warming up, during the workout and two minutes into cooling down after the workout, to accurately track progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone - 60%, then gradually progressing up to 75%. According to the AHA, exercising above 75% of the Maximum Heart Rate may be too strenuous unless the user is in top physical condition. Exercising below 60% of the maximum will result in minimal cardiovascular conditioning.

CHECK YOUR PULSE RECOVERY RATE

If your pulse is over 100 bpm five minutes after stopping exercising, or if it's higher than normal the morning after exercising, the user's exertion may have been too strenuous for their current fitness level. Rest and reduce the intensity next time.

URANCE®

by *Body-Solid*

Monitoring Your Heart Rate

FITNESS SAFETY

The Heart Rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

(MHR) = *Maximum Heart Rate*
(THR) = *Target Heart Rate*

220 - Age = *Maximum Heart Rate (MHZ)*
MHZ x .60 = *60% of your Maximum Heart Rate.*
MHZ x .75 = *75% of your Maximum Heart Rate.*

For example, if you are 30 years old, your calculations will be as follows:
220 - 30 = 190
190 x .60 = 114   (Low End or 60% of MHZ)
190 x .75 = 142   (High End or 75% of MHZ)
30 Year-Old (THR) Target Heart Rate would be 114-142

Maximum Heart Rate (MHR) Calculation

HEART RATE TRAINING ZONE

MAX	BEATS PER MINUTE					
85%	170	161	153	144	136	128
70%	140	133	126	119	112	105
60%	120	114	108	102	96	90
AGE	20	30	40	50	60	70

Heart Rate Training Zone Chart

Your Endurance® Elliptical has the capability to determine Heart Rate with the use of a Heart Rate Chest Strap. A Heart Rate Chest Strap has been provided with your unit or may be available as an accessory for use with your unit depending on the Endurance® model purchased. In all Heart Rate Control programs, the console only accepts the heart rate signal from the chest strap transmitter while the pulse grip heart rate function is disabled. The requirement to wear the chest strap is due to the superior accuracy of a chest strap transmitter compared to the pulse grip sensors.

It is suggested for the Chest Strap Transmitter that you position the rectangular transmitter as close to your heart as possible, against the skin, 1-2 inches below the pectoral muscles. For best results, moisten the back of the transmitter for better contact.

If no Heart Rate signal is detected for 10 seconds, the **MESSAGE WINDOW** will show "NO DETECTED HR". If this continues for 40 seconds, the **MESSAGE WINDOW** will show "ABORT PROGRAM" for 3 seconds then interrupt the Heart Rate Control program and return to *Program Mode*.

HR Chest Strap for Endurance® models E400 & E5000

SAFETY PRECAUTIONS AND TIPS FOR CHEST STRAP

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.

2. Do not place chest strap near devices that generate large magnetic fields. TV sets, electric motors, radios, and high voltage power lines can affect the transmitter's performance. These items can interfere with the heart rate signal and possibly affect the heart rate readings on the console.

3. Handle the Chest Strap with care. Dropping the transmitter might cause damage that could void the warranty.

4. Do not use the chest strap if you have a cardiac pacemaker or if your are taking medications for a heart condition. Medication or electrical pulses from the pacemaker can interfere with accurate heart rate readings.

5. Do not bend the strips inside the chest strap. This can cause the chest strap to loose conductivity.

6. The chest strap has batteries that need to be replaced periodically. A faulty battery can cause inaccurate reading.