ELLIPTICAL TRAINER
WITH ADJUSTABLE STRIDE

MODEL: *500E*

PROGRESSION
Fitness™

OWNER'S OPERATING MANUAL   *ENGLISH*

TABLE OF CONTENTS

Warning:

Unpacking Caution:

A. Lay the box down flat so that the lid is able to be lifted. Unpack the handle bars, side supporting tubes, pedal supporting tube and owners manual. Remove the top polyfoam pieces #1 & #2 and finish unpacking the console, console supporting tube, central supporting tube, pedal supporting tube, and hardware bag, leaving the main frame(A) and bottom polyfoam pieces #3 & #4 inside the box until instructed to remove them.

B. *Note: FOR SAFETY REASONS, DO NOT turn the pedal locking feature knob to the unlock position until instructed to do so at the end of the assembly.*
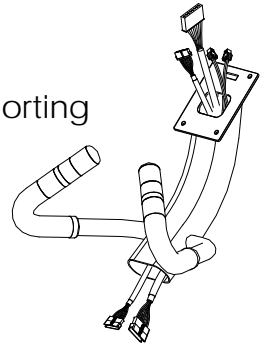
POLYFOAM(1)

POLYFOAM(2)
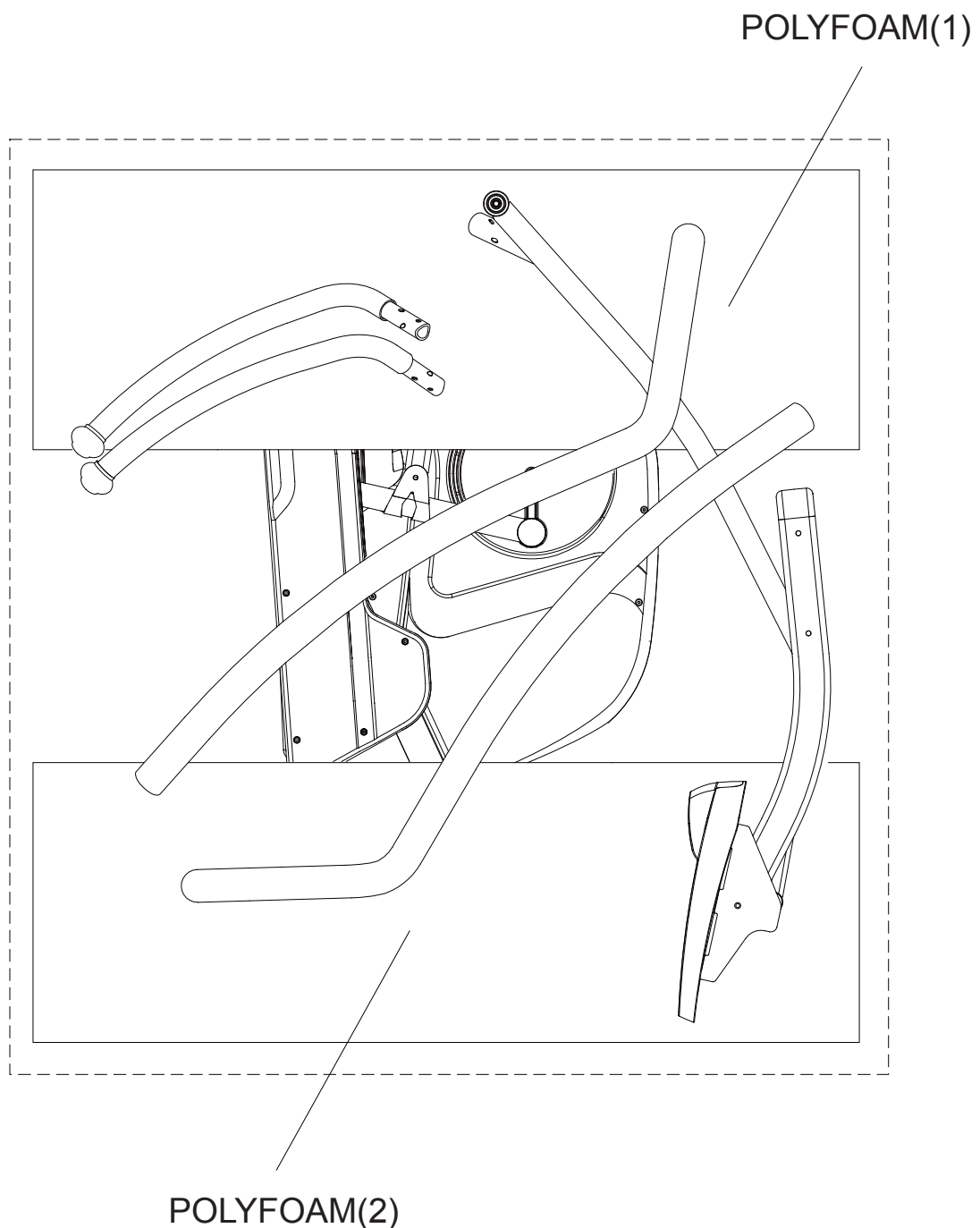
PARTS LIST

A Main frame
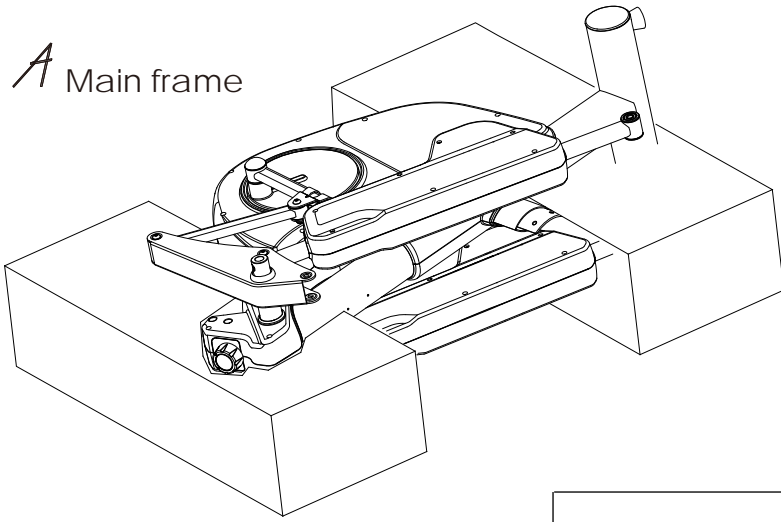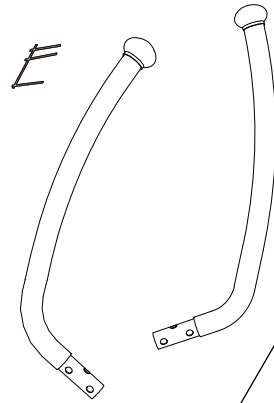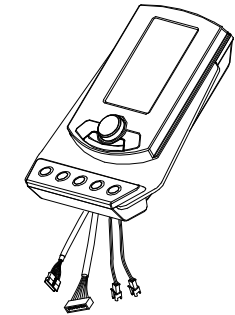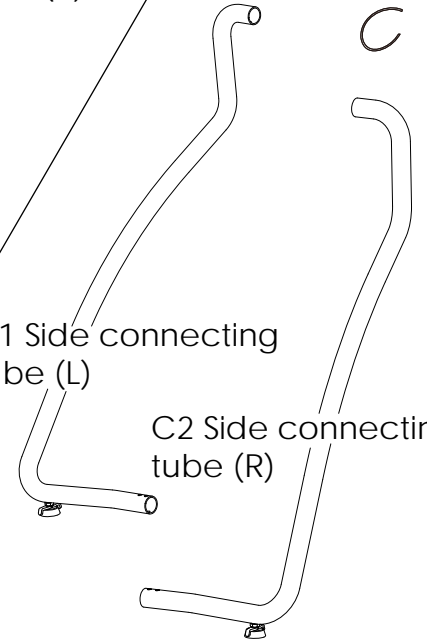
D Console supporting tube

H Bottle holder

Handle bar (R)
E1 Handle bar (L)
E

C
C1 Side connecting tube (L)
C2 Side connecting tube (R)
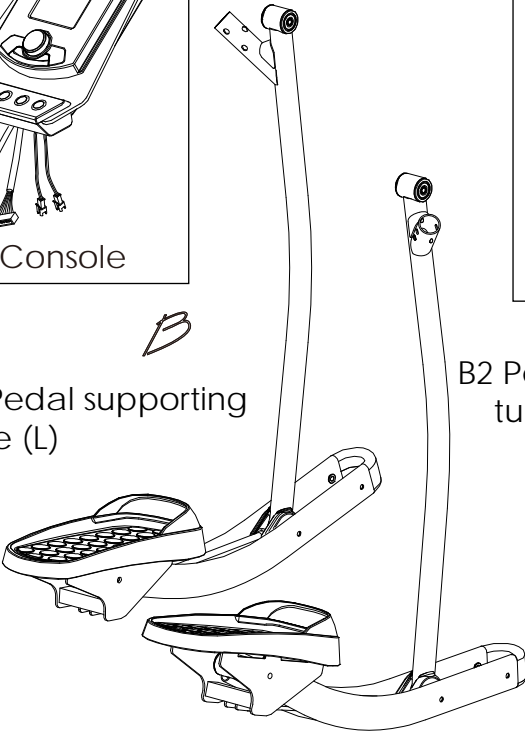
G Console

B
B1 Pedal supporting tube (L)
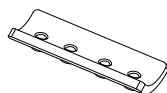
B2 Pedal supporting tube (R)

F1 Central supporting tube
F

Tool
4m/m 5m/m 6m/m*2
#19

F2 Iron bracket

F3   F4
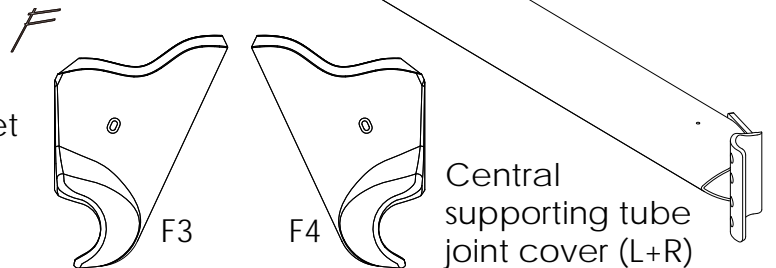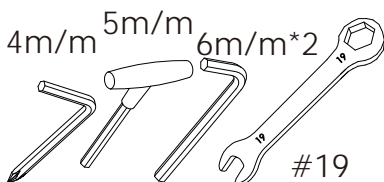
Central supporting tube joint cover (L+R)
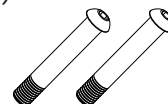
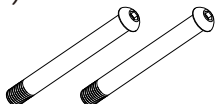J (J1) Screw M8X16   (J2) Screw M8X60   (J3) Screw M12X73   (J4) Nut M12

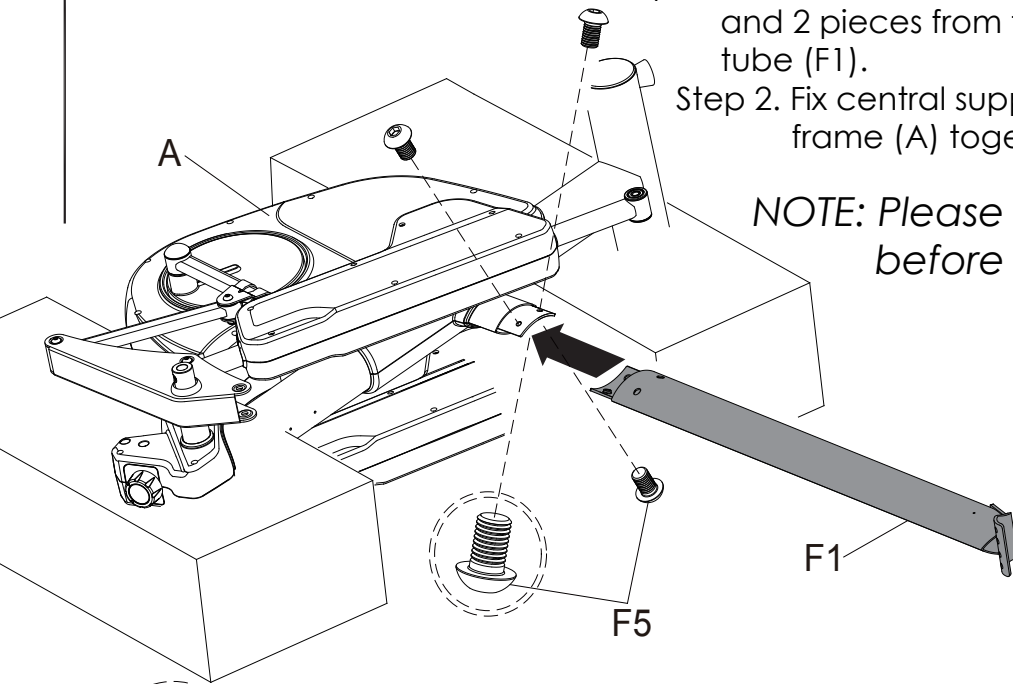(J5) Screw M12X109   (J6) Screw M5   (J8) Screw M8X20   (J9) Washer M12

FIGURE 1

FIGURE 1 __ CENTRAL SUPPORTING TUBE (F1) ASSEMBLY

Step 1. Disassemble 2 screws (F5) from the main rame (A) and 2 pieces from the central supporting tube (F1).

Step 2. Fix central supporting tube (F1) with the main frame (A) together by the 4 screws (F5).

NOTE: Please tighten all four screws (F5) before figure 2.

A

F1

F5

USE TOOL:6m/m

FIGURE 2

FIGURE 2 __ RIGHT SIDE CONNECTING TUBE ASSEMBLY

VIEW A

C2

J8

Step 1. Equip the right side connecting tube (C2) onto the main frame (A). Secure it by using the screw (J8) on the top in VIEW A and the two screws (J2) with the iron bracket (F2) and central supporting tube(F1) on the bottom in VIEW B.

NOTE: Please do not tighten screws (J8 and J2) to make assembly of FIGURE 3 easier.

C2

VIEW B

J2

USE TOOL:6m/m

C2

J2

A

F2
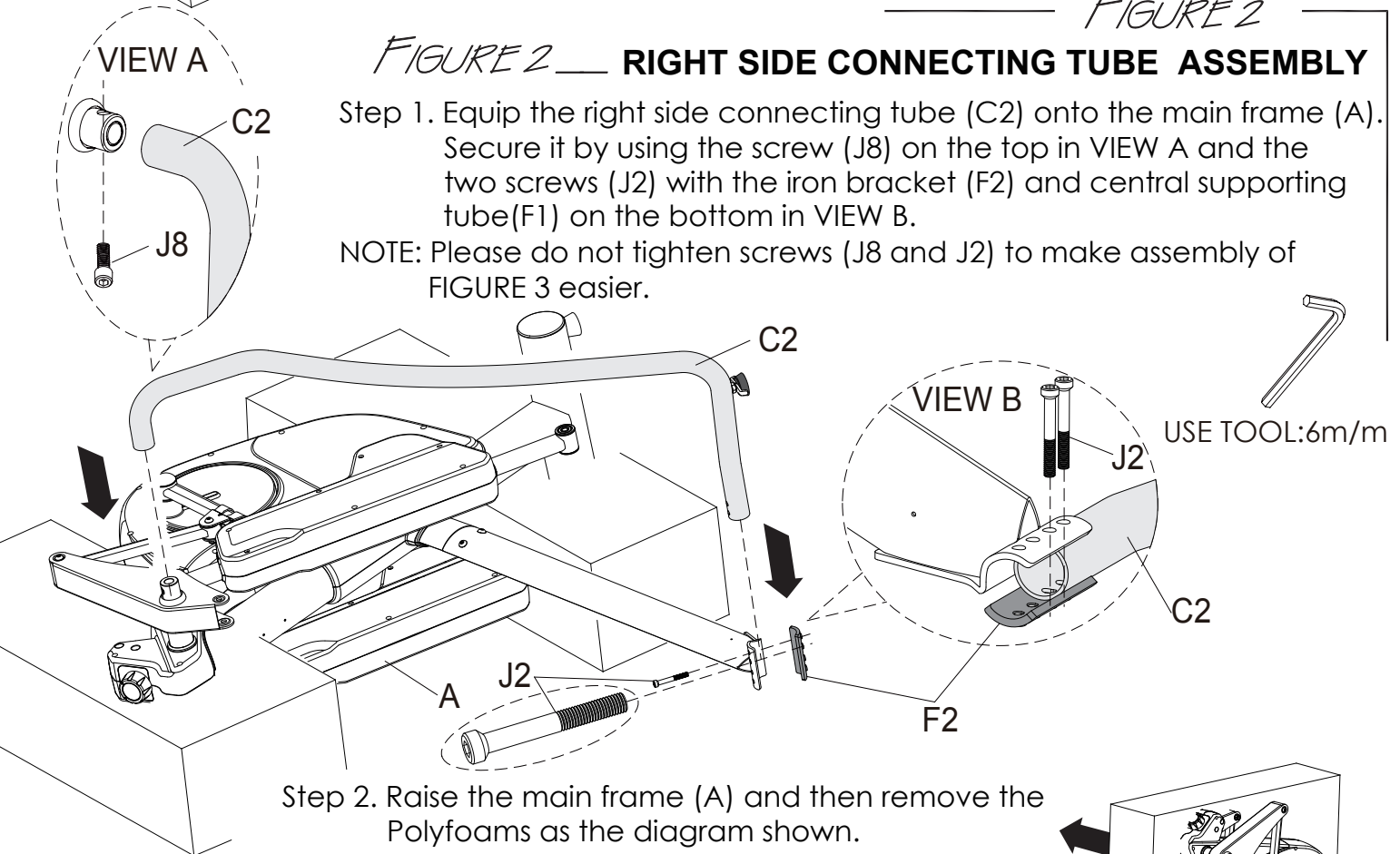
Step 2. Raise the main frame (A) and then remove the Polyfoams as the diagram shown.

NOTE: This is a two person task.

- 3 -

FIGURE 3 ——————— FIGURE 3
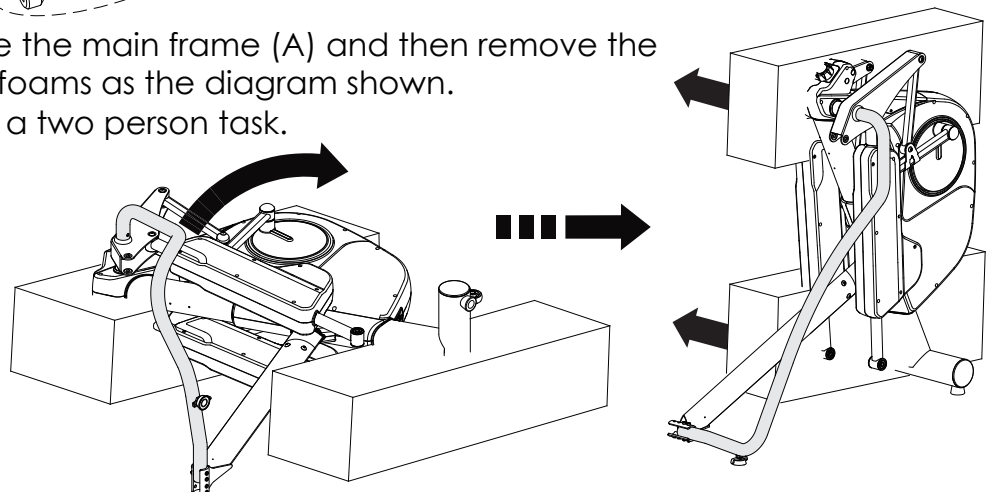
LEFT SIDE CONNECTING TUBE AND JOINT COVER ASSEMBLY

Step 1. Equip the left side connecting tube (C1) onto the main frame (A). Secure it by using the screw (J8) on the top and the two screws (J2) with the iron bracket (F2) on the bottom as the right side tube (C2) in FIGURE 2.

Step 2. Now you can tighten all the screws (J8, J2) in FIGURE 2 to FIGURE 3.

Step 3. Disassemble 2 screws (F6) from the central supporting tube (F1).

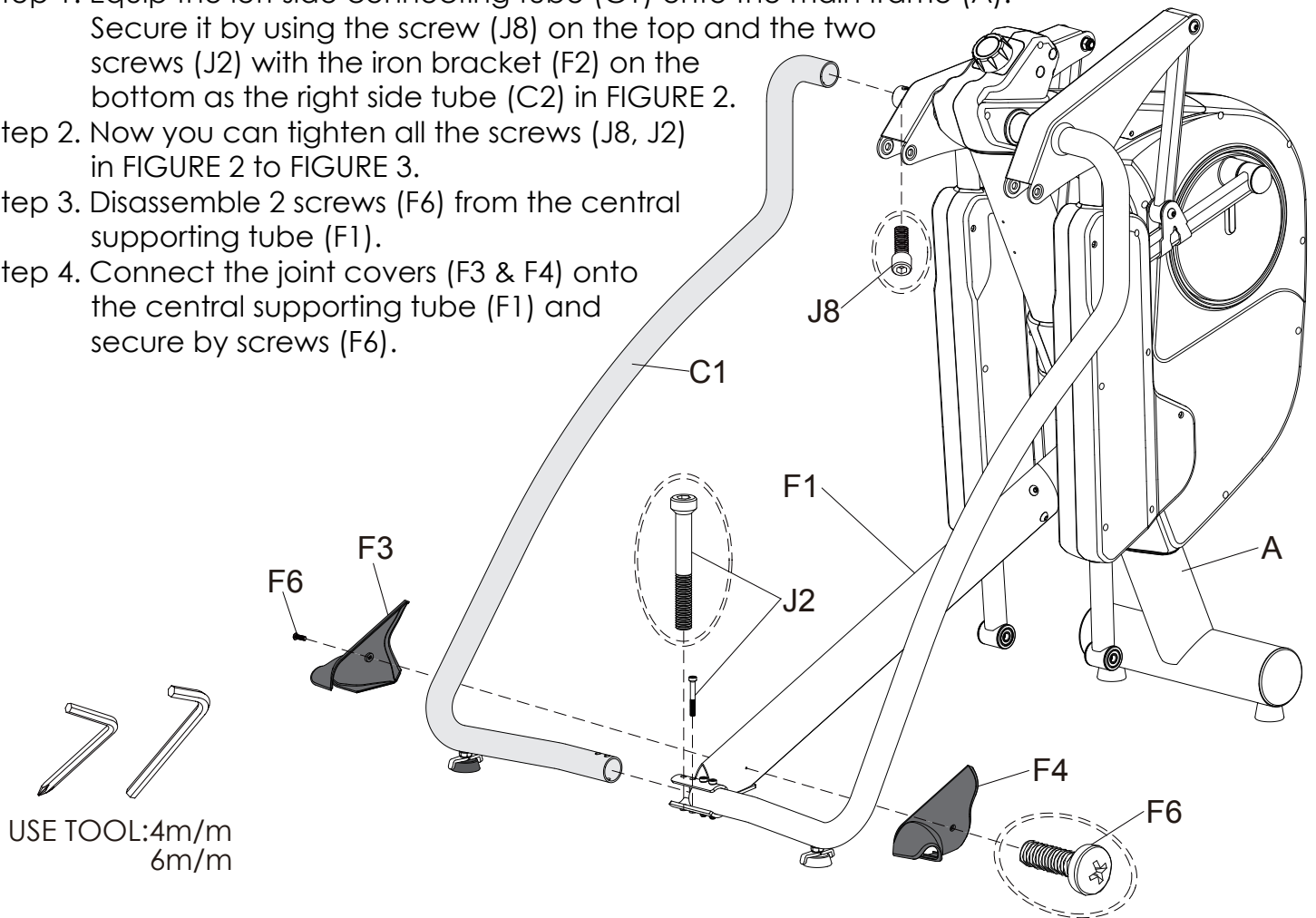Step 4. Connect the joint covers (F3 & F4) onto the central supporting tube (F1) and secure by screws (F6).

J8

C1

F1

J2

F3

F6

A

F4

F6

USE TOOL:4m/m
6m/m

FIGURE 4 ———————

FIGURE 4

PEDAL SUPPORTING TUBE ASSEMBLY

Step 1. Connect the right pedal supporting tube (B2) with the main frame (A) and fix them using nut (J4),washer (J9),and screw (J3) as shown in VIEW C.

Step 2. Referring to VIEW D, tighten nut (J4), washer (J9) and screw (J3) after locking screw (J5), washer (J9) and nut (J4) in VIEW D.

Step 3. After assembling in VIEW D, secure the tube by tightening the preinstalled bolt (J5) and nut (J4) refer to VIEW E.
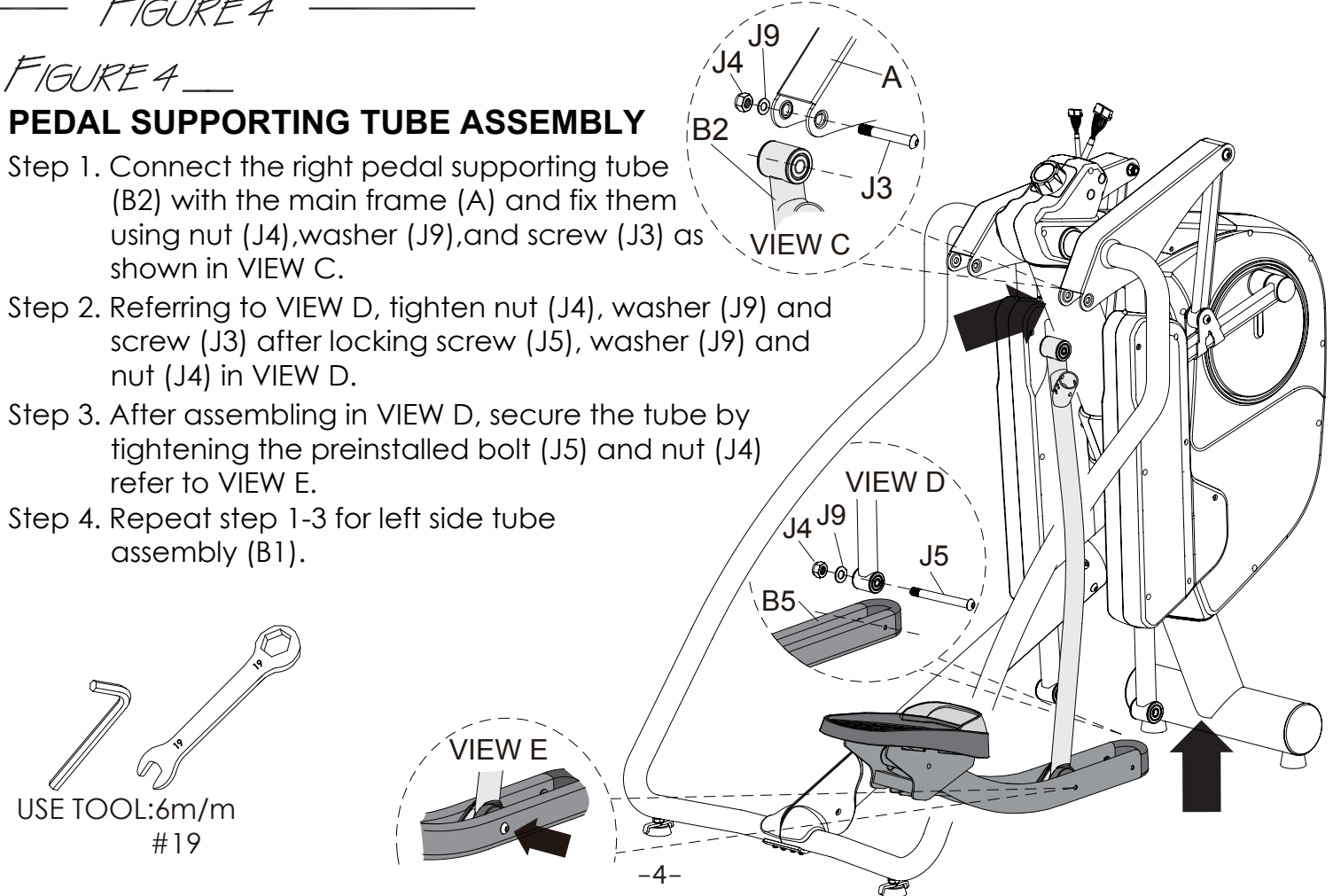
Step 4. Repeat step 1-3 for left side tube assembly (B1).

J9
J4
A
B2
J3
VIEW C

VIEW D

J4 J9
J5
B5

USE TOOL:6m/m
#19

VIEW E

–4–

FIGURE 5 — HANDLE BAR ASSEMBLY

Step 1. Remove the six preinstalled (J10 & J11) screws from the left handle bar (E1).
Step 2. Assemble the left handle bar (E1) into the main frame (A) and use the two 6mm Allan wrench to put in all screws (J10&J11) referring to VIEW F.
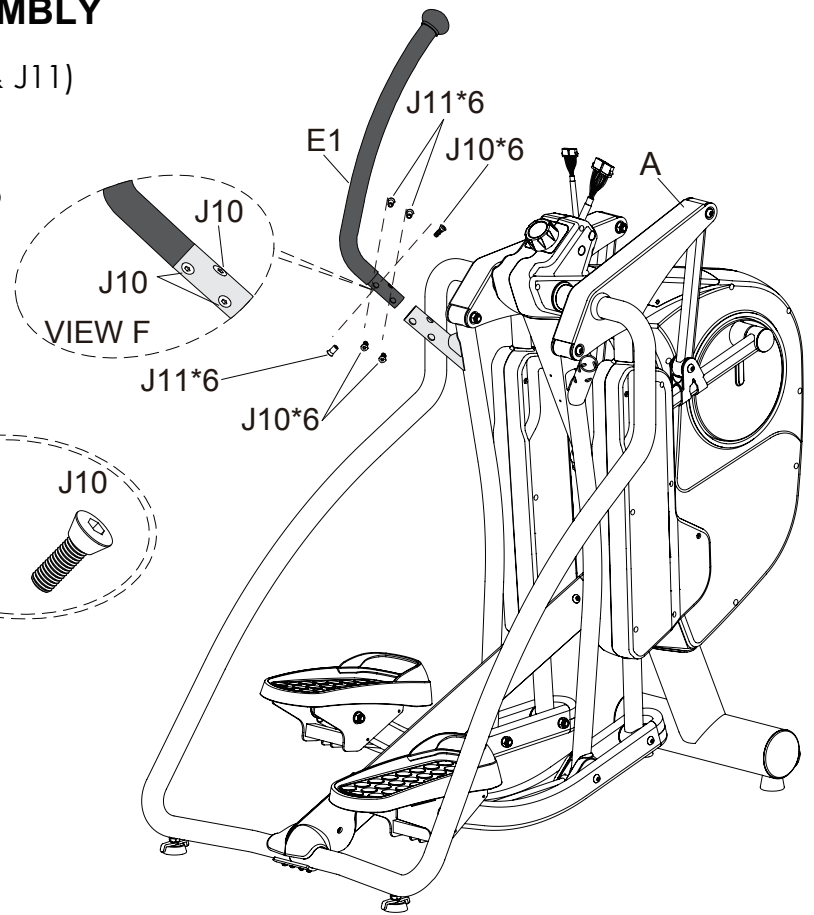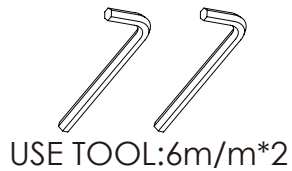Step 3. Repeat Step1-2 for the right side (E2).

FIGURE 5

J11*6
E1
J10*6
A
J10
J10
VIEW F
J11*6
J10*6

J11   J10

USE TOOL:6m/m*2

FIGURE 6 — CONSOLE SUPPORTING TUBE AND BOTTLE HOLDER ASSEMBLY

Step 1.Connect wires (D1 & D2) from the console supporting tube (D) with wires (A1 & A2) from the main frame (A).
Step 2. Use 2 screws (J1) and 2 preinstalled screws (J1) to fix the console upporting tube (D) onto the main frame (A).
Tighten the four screws (J1) as shown in VIEW G.
Step 3. Use screws (J6) to fix bottle holder (H) onto the main frame (A).

D
VIEW G
J1
J1
D2
D1
A2
A1
J1
J1
H
J6
A
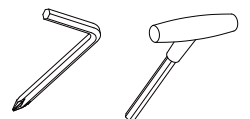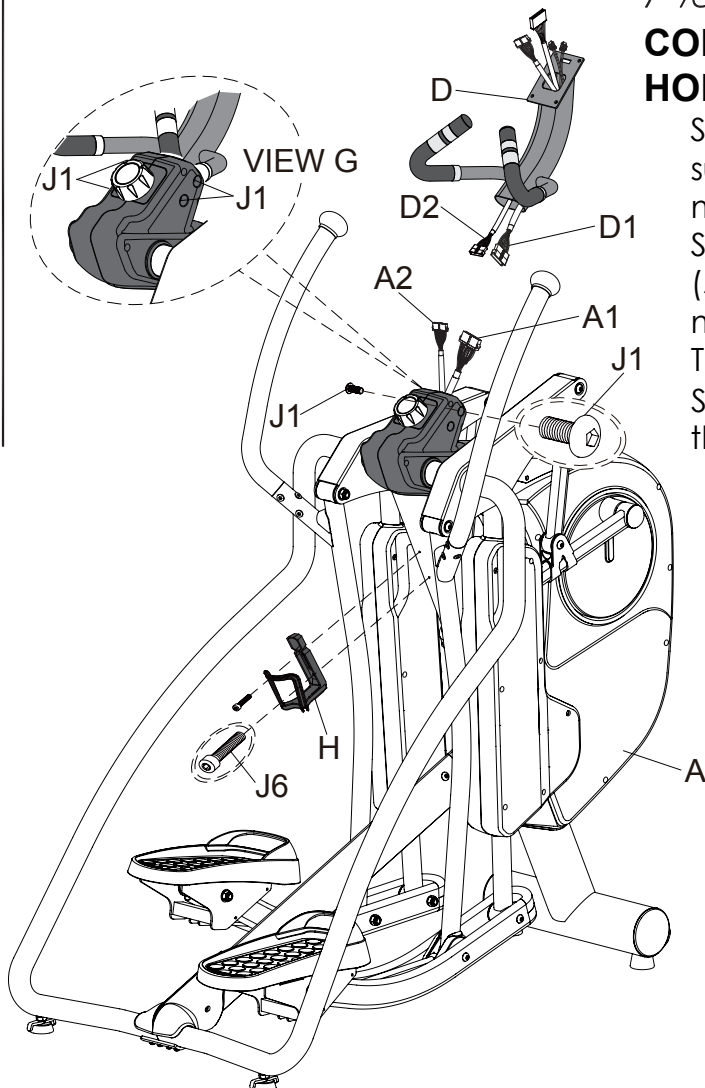
USE TOOL:4m/m
5m/m

FIGURE 7

FIGURE 7 —— **CONSOLE ASSEMBLY**

Step 1. Remove 4 pieces of screws (G1) from console (G).

Step 2.Connect console wires (D1 & D2) and heart rate wires (D3) to the console.

Make sure that the wires are connected together properly. Push and store excess wires back into housing cover and console supporting tube (D).

Fix the console (G) onto the console supporting tube (D) by using the screws (G1).

Step 3 When floor is uneven, using the adjustment knob under the side connecting tube to adjust it.
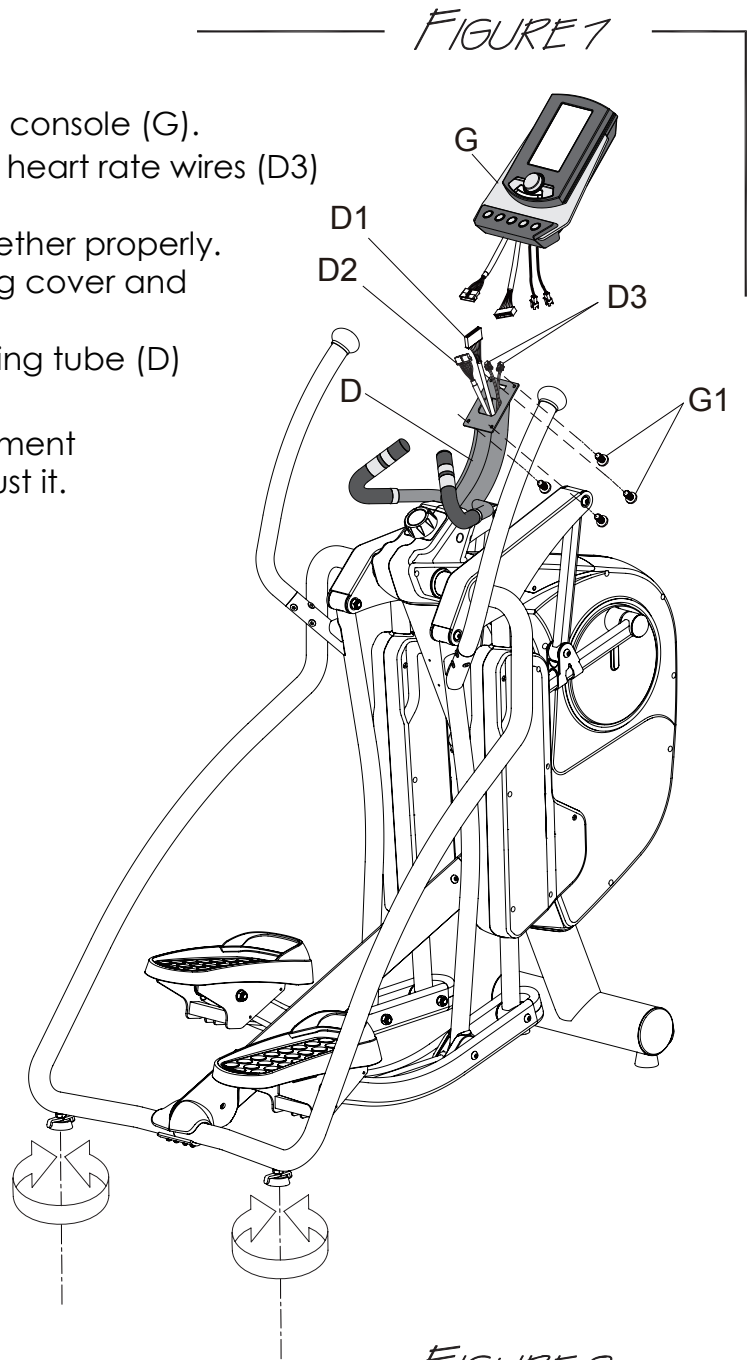
USE TOOL:5m/m

FIGURE 8 ——

HOW TO FIX BOTH PEDAL SUPPORTING TUBES (B1 & B2)

While the machine is idle, turn the knob (A3) to LOCK status to make the pedal supporting tubes (B1 & B2) fixed.

This prevents the children or user from being hurt.

The machine should always be at the "LOCK" position when NOT in use.

WARNING: FOR YOUR SAFETY, never lock the pedal locking feature while the machine is in motion, Only when it is at a full complete stop is it safe to lock/unlock the knob.
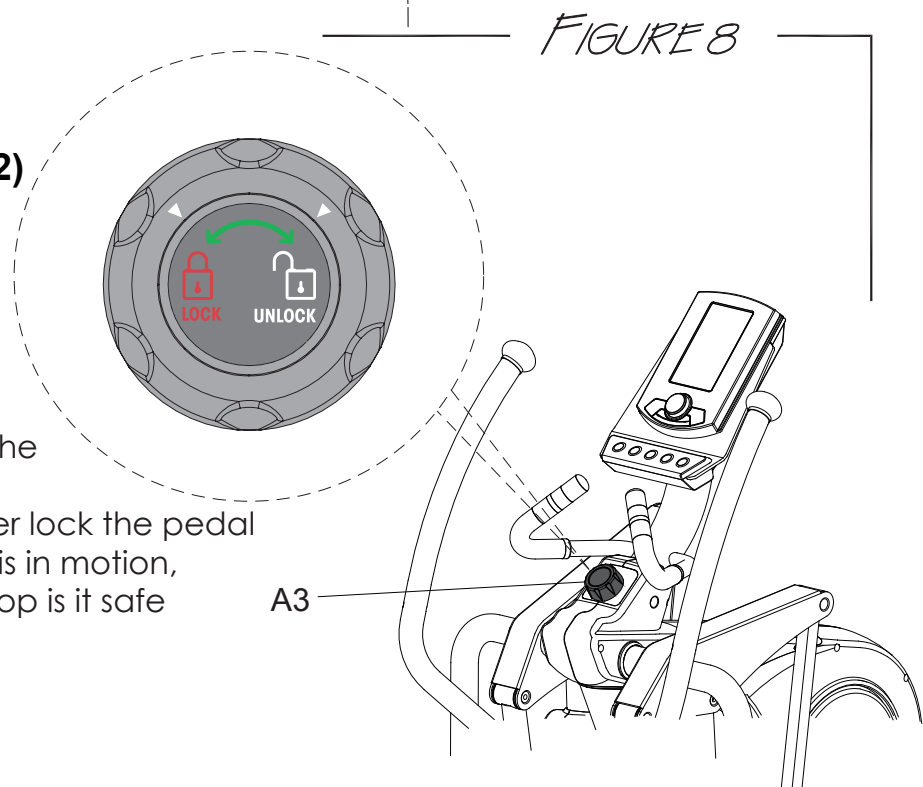
LOCK   UNLOCK

A3

FIGURE 9

FIGURE 9 ___ **HOW TO TRANSPORT THE ELLIPTICAL**

If the machine needs to be transported to a different location, make sure that the knob is under "LOCK" status and then lift up both connecting tubes until the front transport wheels are touching the ground. You can move it to the desired location.
After transportation, gently set the machine down at its new location.
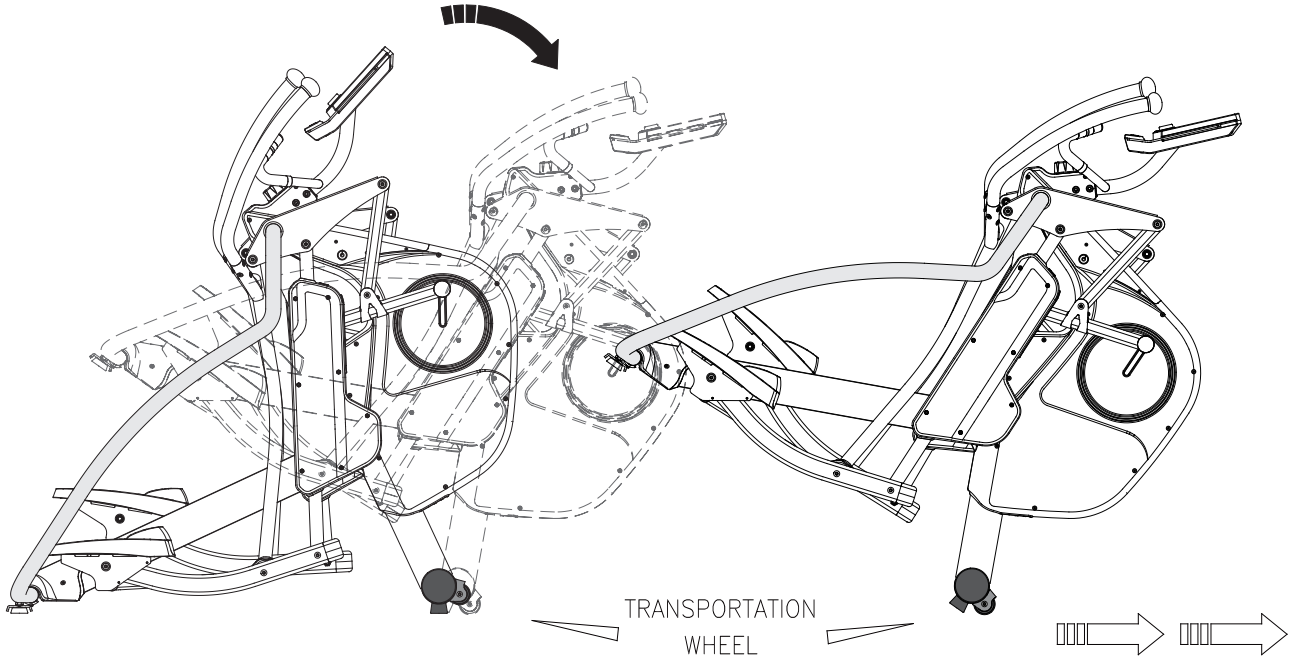***Leaving the knob as unlocked would cause severe damage to the user.

TRANSPORTATION
WHEEL

FIGURE 10 ___ **ASSEMBLY FOR THE POWER CORD**

FIGURE 10

Attach the power cord jacket onto the socket on the main frame before inserting the plug into the electricity outlet.
** The overload light is the protection device to communicate if the machine is being over loaded.
The overload light will light up when the machine is over loaded.
Please turn off the switch AC power.
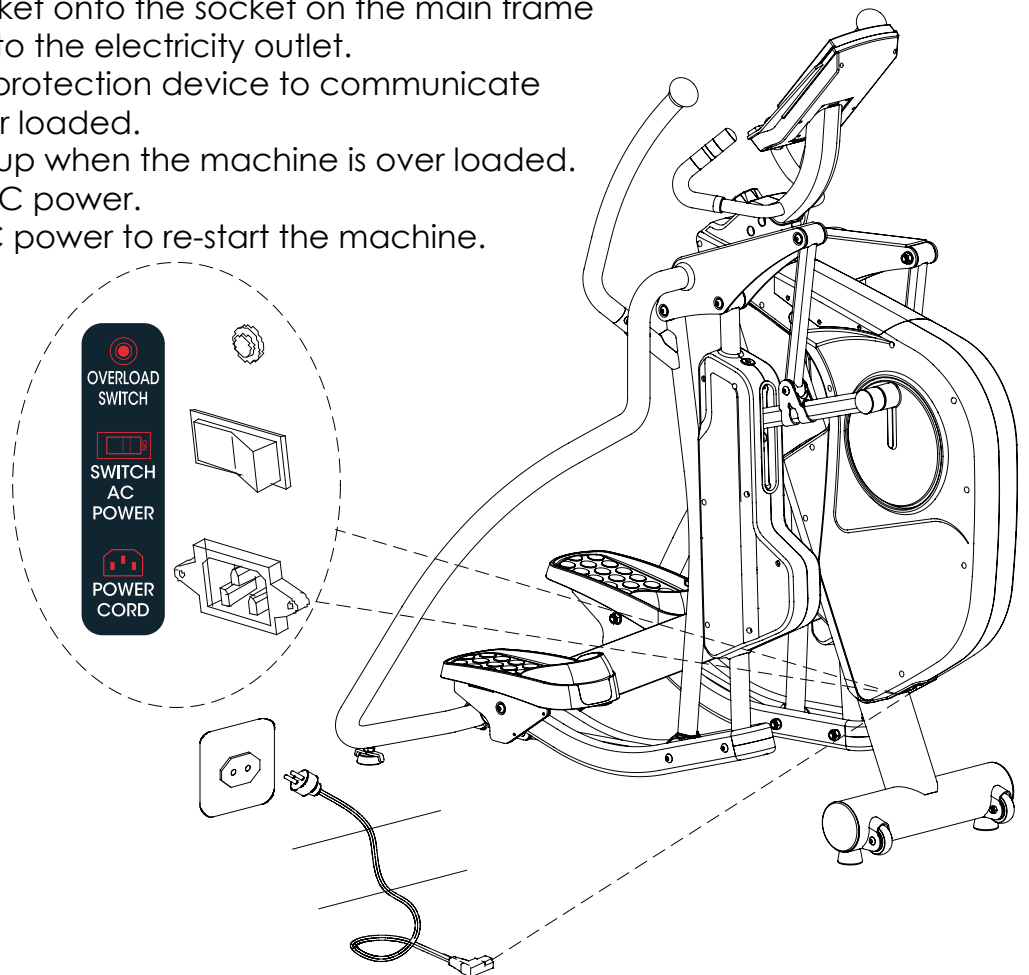Then, turn on the switch AC power to re-start the machine.

OVERLOAD
SWITCH

SWITCH
AC
POWER

POWER
CORD

FIGURE 11 —

—— *FIGURE 11* ——

HOW TO ADJUST STRIDE BY INCLINE MOTORIZED

Depending on the personal preference, the stride length can be changed from 18", 20", 22", 24", and 26".

There are 5 stride control quick keys, press one of the 18" – 26" keys to adjust to desired stride length.

You may change the stride length anytime during a workout.

Selected stride length will be shown on the stride length display window of the console.

While working out, adjusting resistance and or squatting while holding on to the handle bars can also help to isolate these muscles further.

NOTE: Always consult a local personal trainer for more in depth work out details.

NOTE: When the stride motor is activated, you will hear the motor unlock and adjust, once motor is to desired stride, the motor will click to lock position.
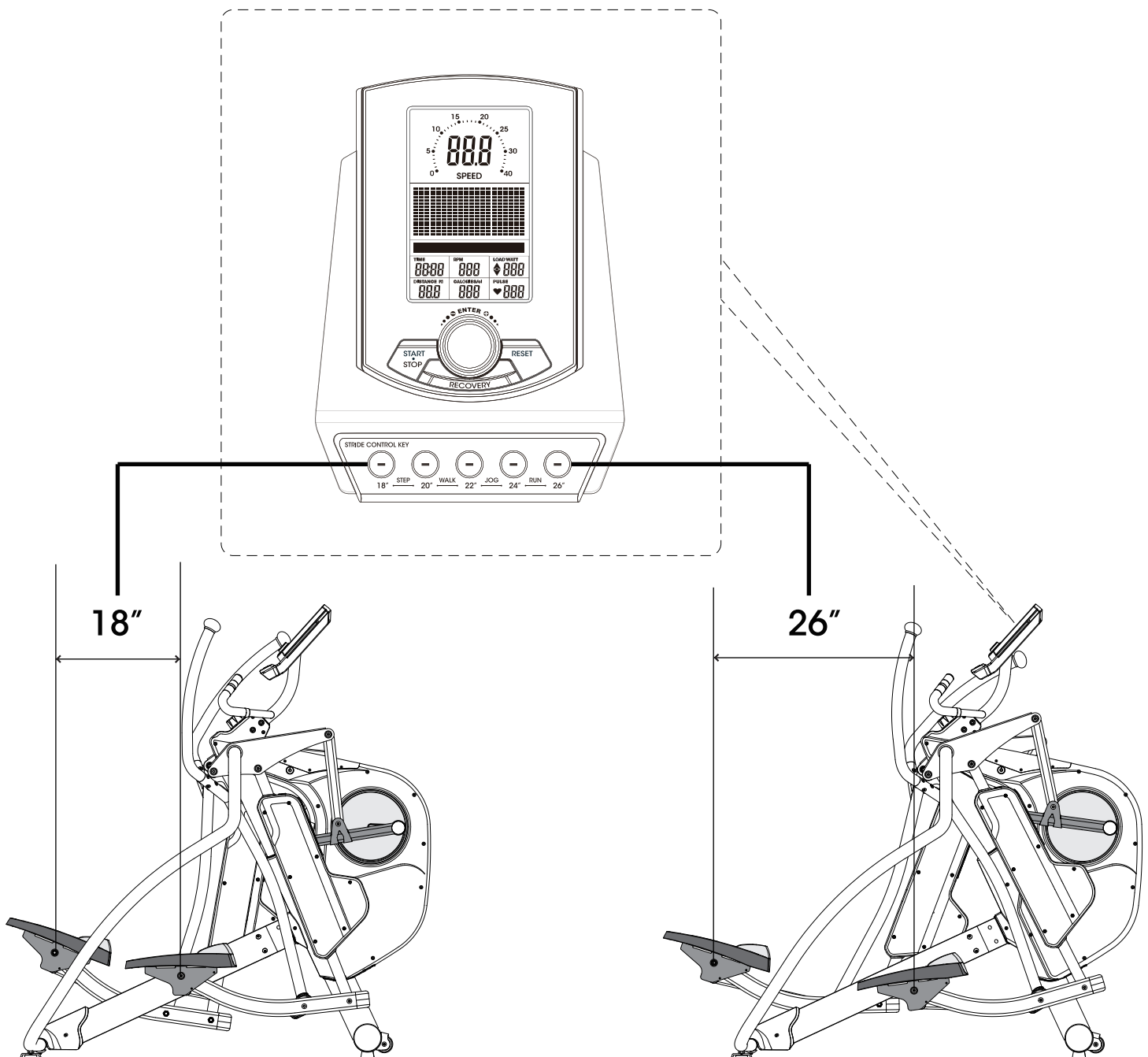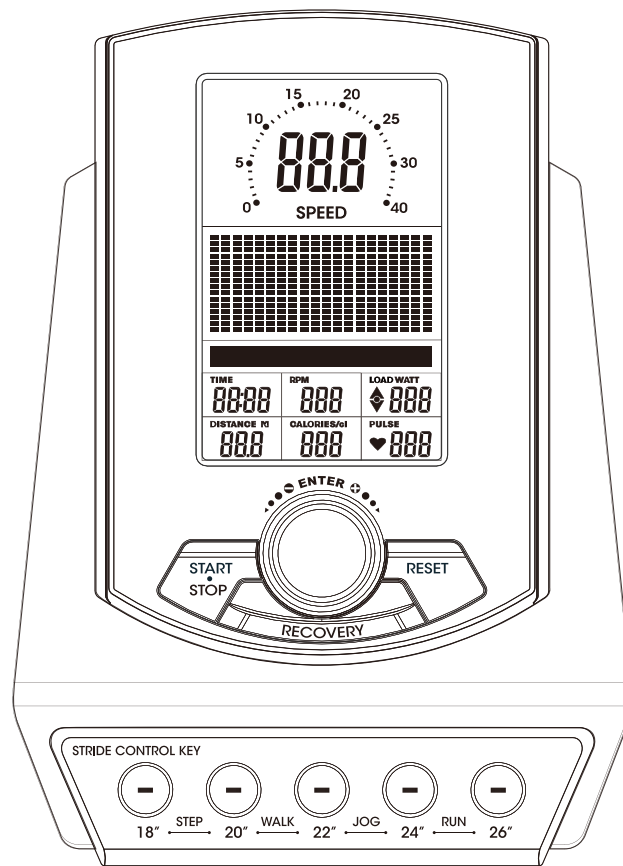
【BUTTON FUNCTIONS】

	UP	To make upward adjustment to each function data or increase training resistance.
	DOWN	To make downward adjustment to each function data or decrease training resistance.
	ENTER	To confirm all setting.
	START / STOP	To start or stop workout. Turn the START/STOP joggle wheel under standby mode, then it could quick start the Manual Program
	RESET	To reset current setting and have the monitor switch to initial training mode for selection. Press RESET button 2 seconds under standby mode for Total Reset.
	QUICK KEY	To preset the stride length as 18", 20", 22", 24", 26"
	RECOVERY	To activate RECOVERY function.

【DISPLAY FUNCTIONS】

TIME	Time will count up from 00:00 to maximum 99:00 with each increment is 1 minute.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or MPH.
RPM	Displays the Rotation Per Minute. Display range 0~100 RPM
DISTANCE	Accumulates total distance from 00:0 up to 99.9 KM or M. The user may preset target distance data by turning the UP/DOWN joggle wheel. Each increment is 0.1KM or M.

CALORIES	Accumulates calorie consumption during training from 0 to maximum 990 calories. Each unit of increase or decrease is 10 KCL. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
PULSE	User may set up target pulse from 0 - 30 to 230
WATTS	Display current workout watts. Display range 0~999.

POWER ON

1. Connect power supply to the monitor or press the RESET button for 2 seconds, the LCD will display all segments with a long- beep sound for 2 seconds and then display 78.0 (FIGURE 1 & 2).

2. User may turn the UP/DOWN joggle wheel to select User 1~4 and press ENTER for confirmation (FIGURE 3~4).

And then preset user information for SEX, AGE, HEIGHT and WEIGHT. (FIGURE 4~7)
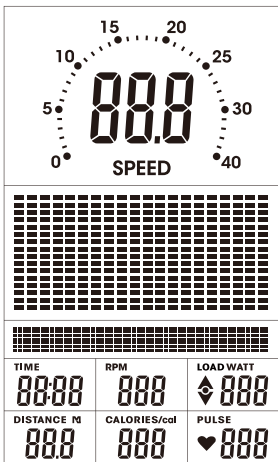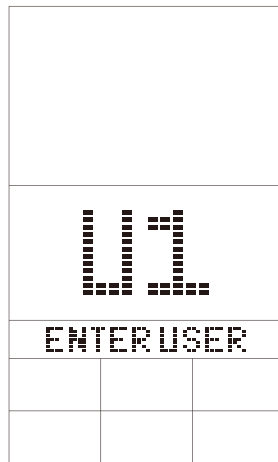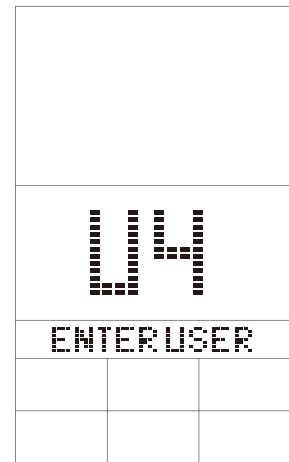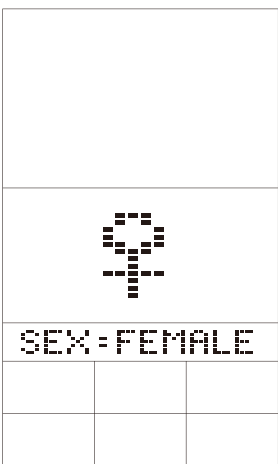

FIGURE 1	FIGURE 2	FIGURE 3	FIGURE 4

FIGURE 5	FIGURE 6	FIGURE 7	FIGURE 7

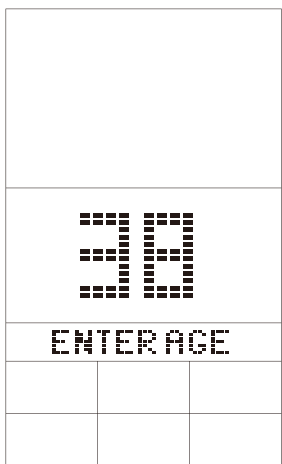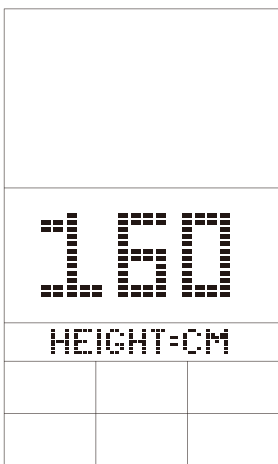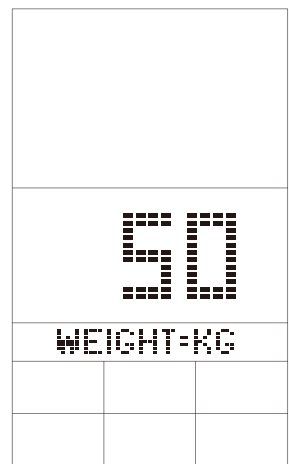**PROGRAMMING MODE**

1. Program selections are MANUAL → PROGRAM → USER PROGRAM → H.R.C. → WATT (FIGURE 8~12)

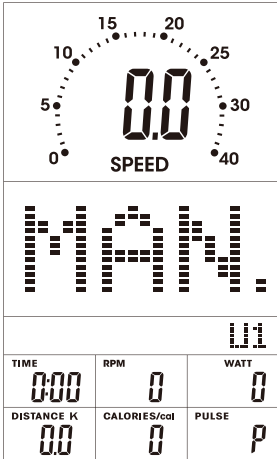2. Use UP/DOWN joggle wheel to select the program you want and press ENTER to confirm. Or press START/STOP button to start MANUAL mode immediately.
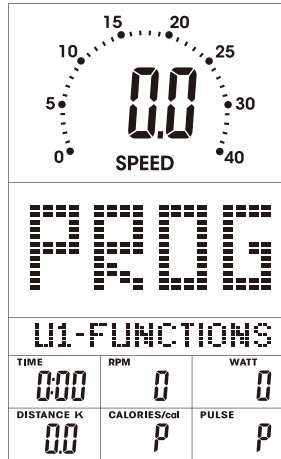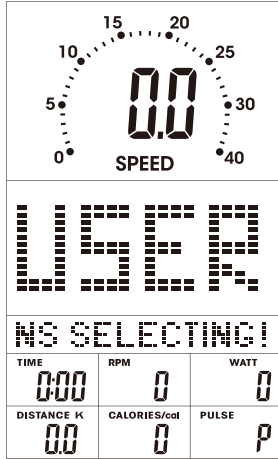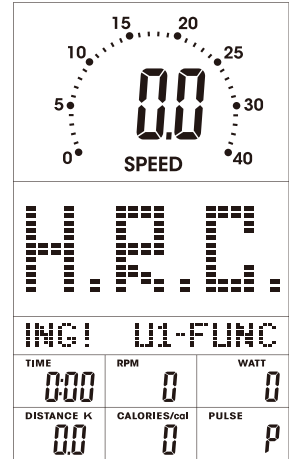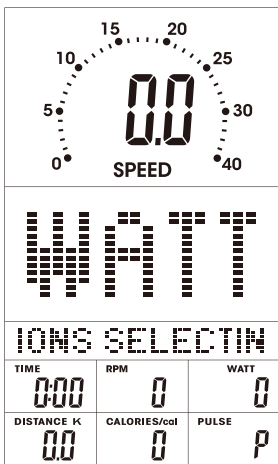

FIGURE 8

FIGURE 9

FIGURE 10

FIGURE 11

FIGURE 12

QUICK START IN MANUAL

1. Press ENTER to enter MANUAL program, then the screen will blink (FIGURE 13).
2. Press START/STOP to start exercising. The resistance level is adjustable during exercising (FIGURE 14).
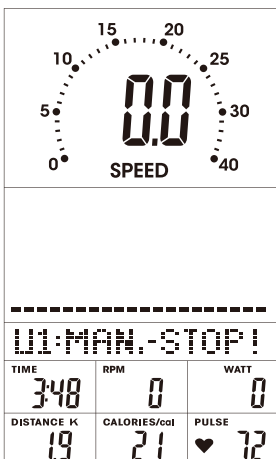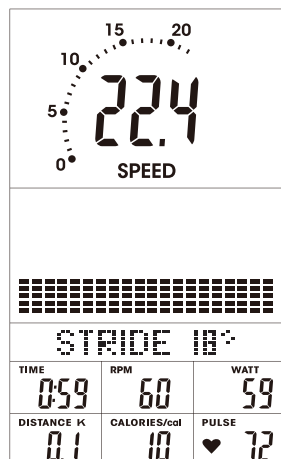3. User can press START/ STOP to stop exercising

FIGURE 13

FIGURE 14

MANUAL MODE

1. After selecting MANUAL mode (FIGURE 13), user can use UP/DOWN joggle wheel to increase or decrease resistance level (from 1 to 16) and press ENTER to confirm.
2. User may preset exercise data (TIME, DISTANCE, CALORIES, PULSE), and press START/STOP to start exercise.
   User can press RESET to return to the MANUAL setting
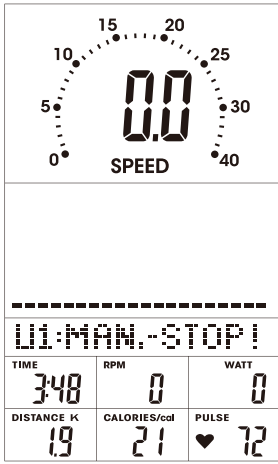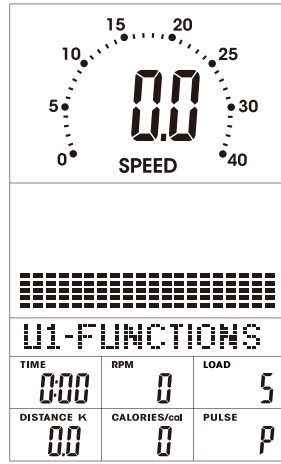3. Resistance level is adjustable during training.
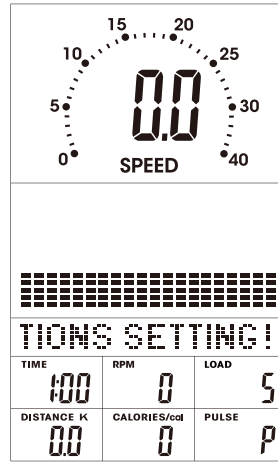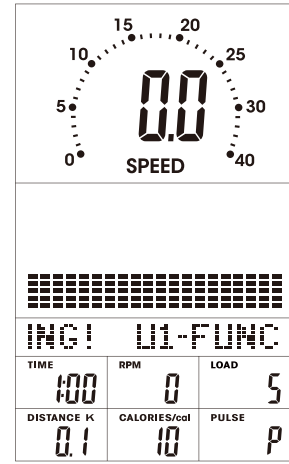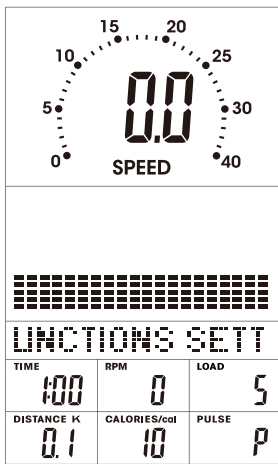
FIGURE 13	FIGURE 14	FIGURE 15	FIGURE 16
U1:MAN.-STOP!	U1-FUNCTIONS	TIONS SETTING!	ING! U1-FUNC
TIME 3:48 RPM 0 WATT 0	TIME 0:00 RPM 0 LOAD 5	TIME 1:00 RPM 0 LOAD 5	TIME 1:00 RPM 0 LOAD 5
DISTANCE K 1.9 CALORIES/cal 21 PULSE ♥ 72	DISTANCE K 0.0 CALORIES/cal 0 PULSE P	DISTANCE K 0.0 CALORIES/cal 0 PULSE P	DISTANCE K 0.1 CALORIES/cal 10 PULSE P
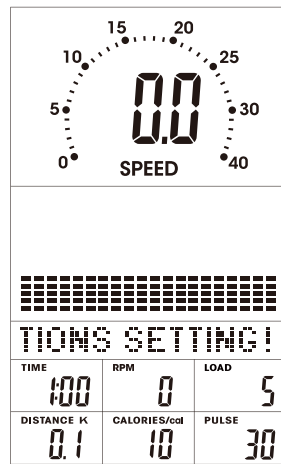
FIGURE 17	FIGURE 18	FIGURE 19	FIGURE 20
UNCTIONS SETT	TIONS SETTING!	STRIDE 18"	U1:MAN.-STOP!
TIME 1:00 RPM 0 LOAD 5	TIME 1:00 RPM 0 LOAD 5	TIME 0:59 RPM 60 WATT 59	TIME 0:00 RPM 0 WATT 0
DISTANCE K 0.1 CALORIES/cal 10 PULSE P	DISTANCE K 0.1 CALORIES/cal 10 PULSE 30	DISTANCE K 0.1 CALORIES/cal 10 PULSE ♥ 72	DISTANCE K 0.1 CALORIES/cal 3 PULSE ♥ 72

MANUAL mode

USER SELECT U1-U4

RESET — PRESS RESET 3 SEC TO RESET → ENTER CLOCKWISE OR ANTI-CLOCKWISE → ENTER PRESS ENTER → ENTER CLOCKWISE OR ANTI-CLOCKWISE → ENTER PRESS ENTER → AGE SET / AGE + / ENTER / AGE - CLOCKWISE OR ANTI-CLOCKWISE → ENTER PRESS ENTER → HGT SET / HGT + / ENTER / HGT - CLOCKWISE OR ANTI-CLOCKWISE → ENTER PRESS ENTER

WGT SET / WGT + / ENTER / WGT - CLOCKWISE OR ANTI-CLOCKWISE → ENTER PRESS ENTER → TRAINING MODE SELECT / PROG / ENTER / MAN / USER / H.R.C / WATT CLOCKWISE OR ANTI-CLOCKWISE → ENTER PRESS ENTER → LOAD SET / LOAD+ / ENTER / LOAD- CLOCKWISE OR ANTI-CLOCKWISE → ENTER PRESS ENTER → FUNCTION SELECT / TIME / ENTER / DISTANCE / CALORIES / PULSE CLOCKWISE OR ANTI-CLOCKWISE → START/STOP
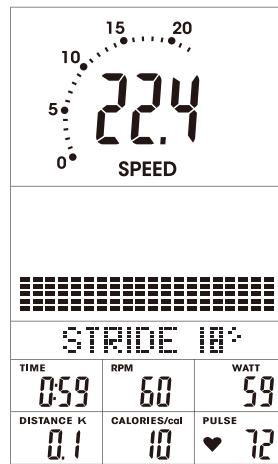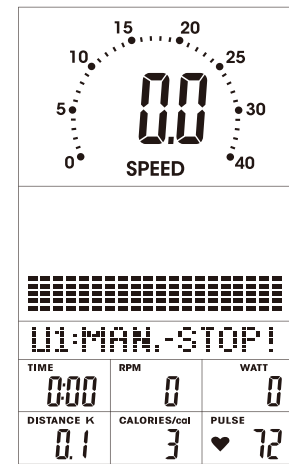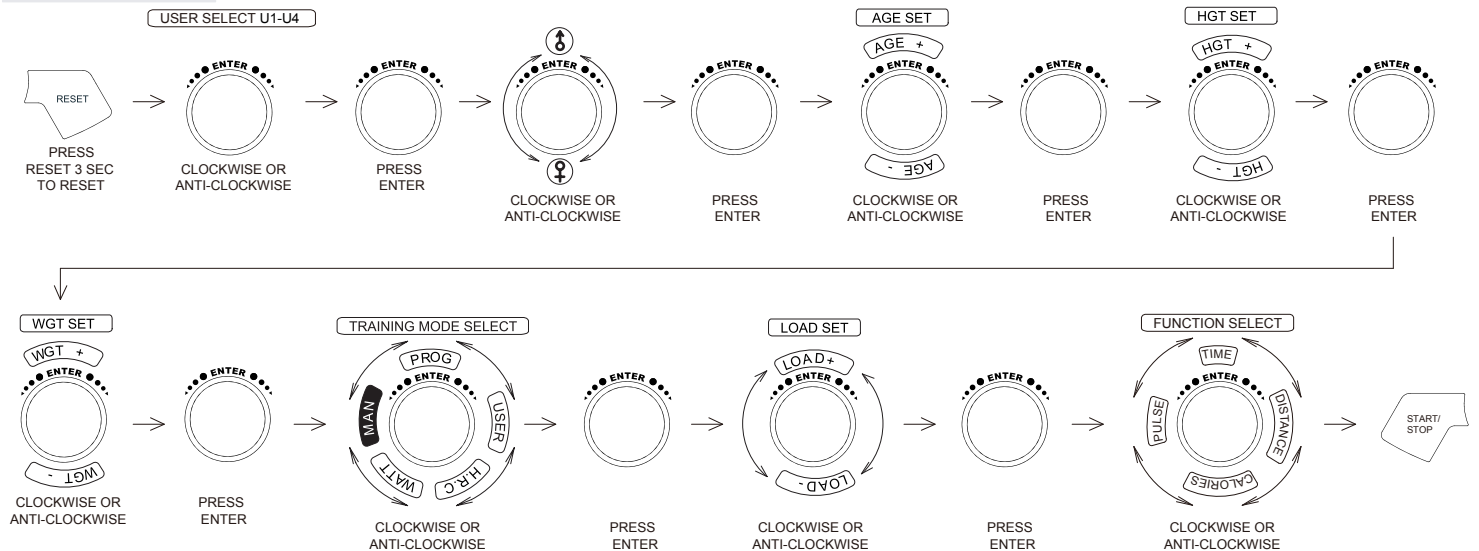
PROGRAM MODE

1. After entering the PROGRAM mode, the user can turn the UP/DOWN joggle wheel to select any program profile from P1 to P12, then press ENTER to confirm.
2. User can preset the TIME data then press START/STOP to start exercise.
3. After pressing start, the TIME will be counted down. When the TIME is counted to 0, the screen will flash and the alarm will ring. User can press any button to stop the alarm.
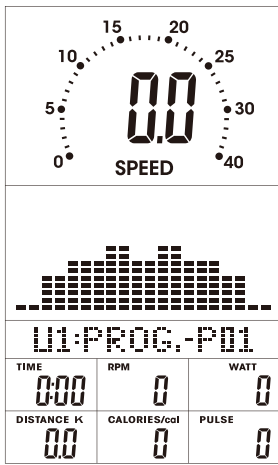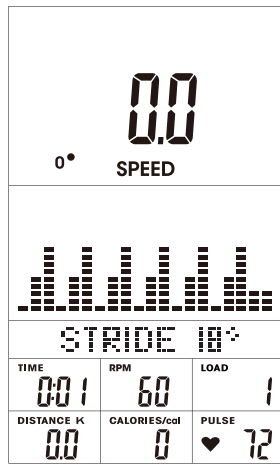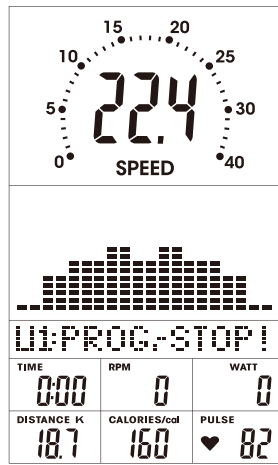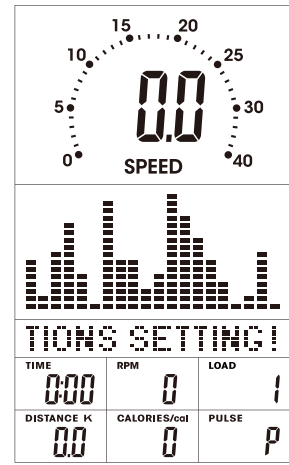

FIGURE 21   FIGURE 22   FIGURE 23   FIGURE 24
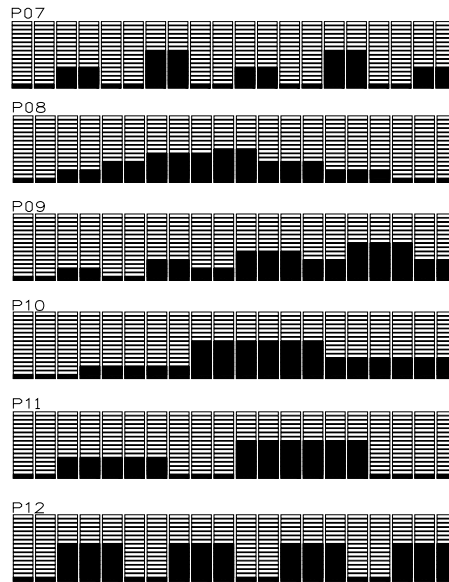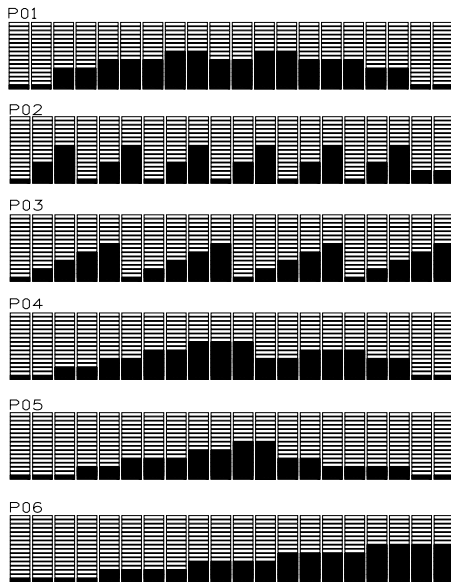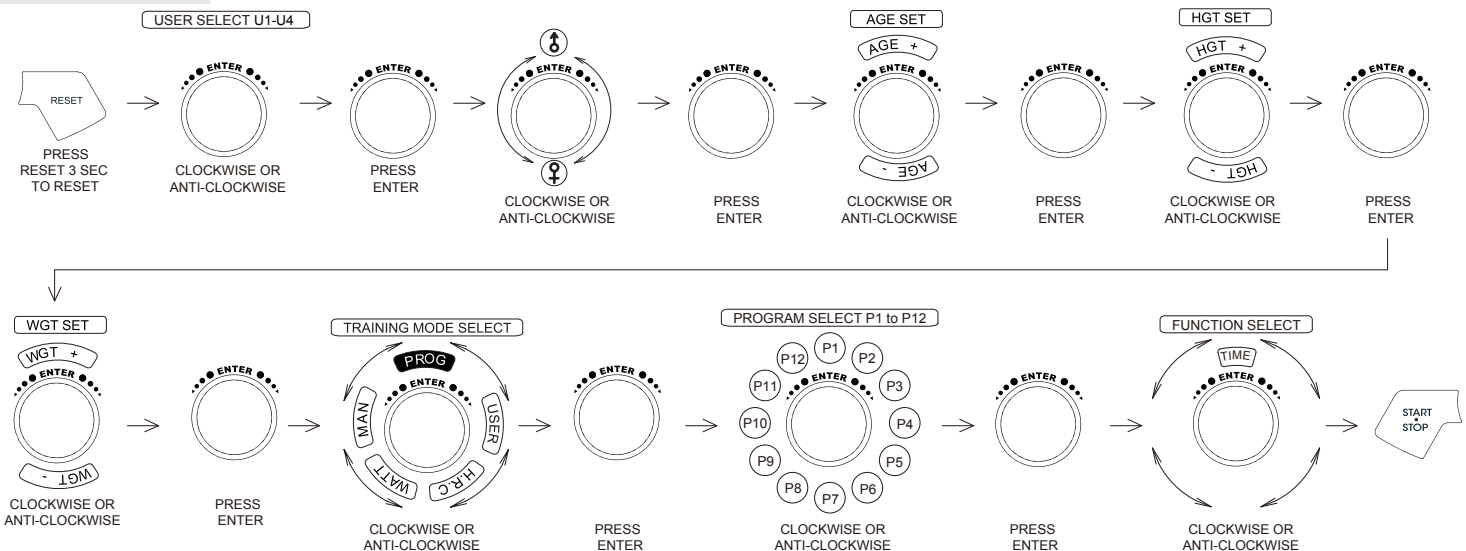

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USER PROGRAM

1. After entering in to USER PROGRAM mode, the first column of the profile will blink (FIGURE 25). User may turn the joggle wheel to adjust the resistance level for that column (FIGURE 26).To create his / her own profile, press enter and cepeat to adjust the next column.
2. After setting save column 1 to column 20, user may press and hold MODE button for 2 seconds to save profile setting and enter TIME setting.
3. While making the profile setting, user can press RESET and return to the menu.
4. After beginning training (FIGURE 27~29), TIME will be counted down. When TIME is counted to 0, the screen will flash and the alarm will ring. User can press any button to stop the alarm.
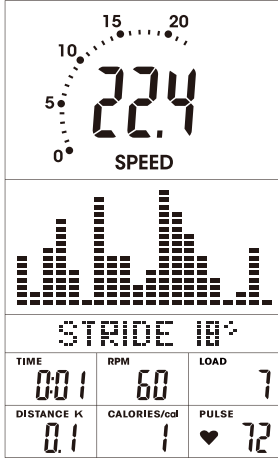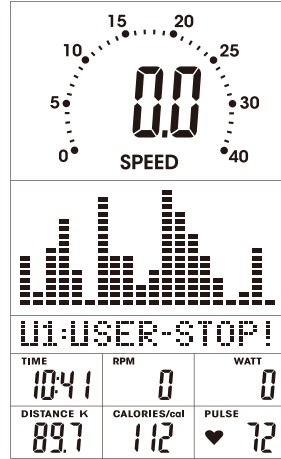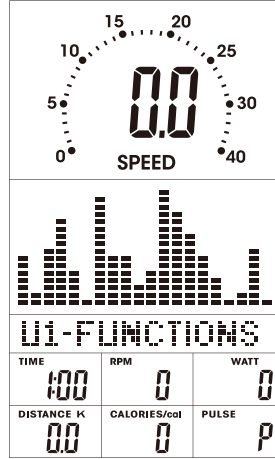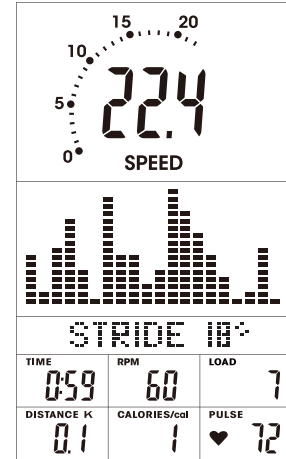
FIGURE 25

FIGURE 26

FIGURE 27

FIGURE 28
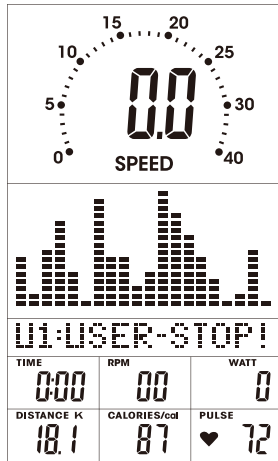
FIGURE 29

USER mode

Repeating these opeartion till completing the setting of 20 ranges
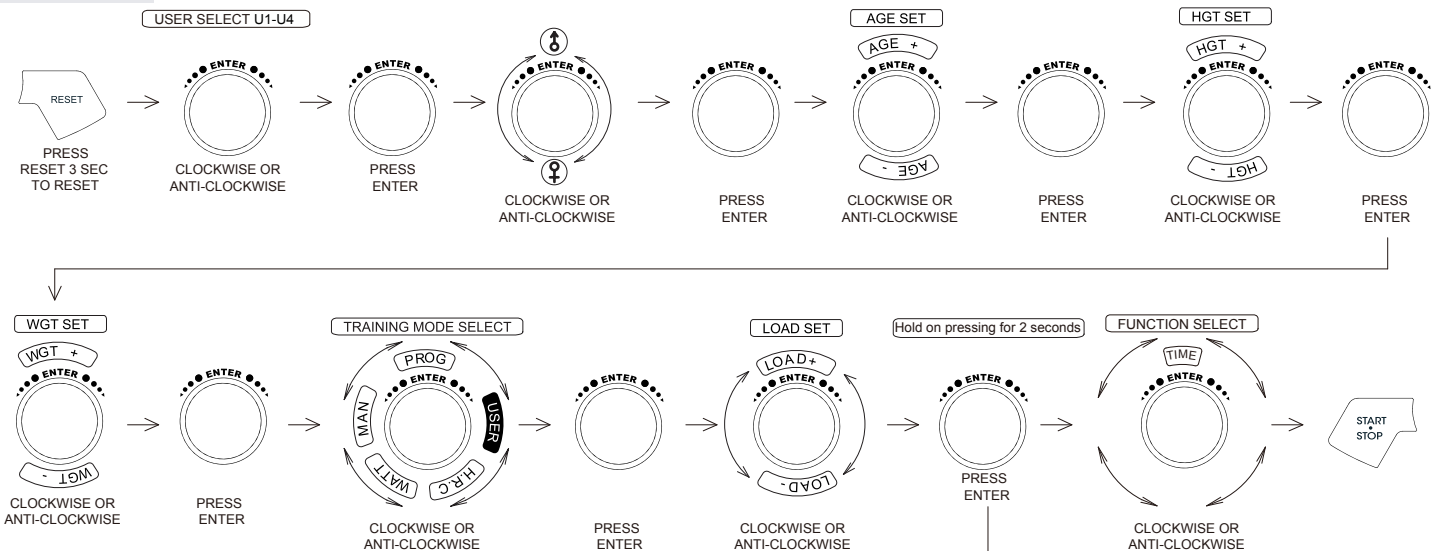
HEART RATE CONTROL

1. After entering the HEART RATE CONTROL mode, the screen will show heart rate percentage 55%, 75%, 90% and TARGET. User may select heart rate percentage by turning UP/ DOWN joggle wheel.
2. User can preset the TIME data then press START/ STOP to start exercise.
3. After beginning training, TIME will be counted down. When the TIME is counted to 0, the screen will flash and the alarm will ring. User can press any button to stop the alarm. If there is no HR input for 5 seconds, LCD will display ❤? until HR signal is picked up again.
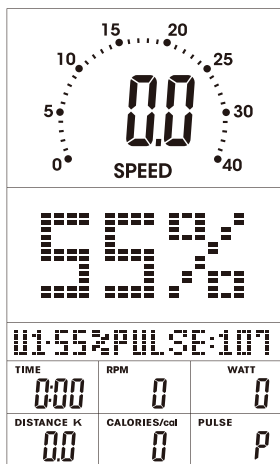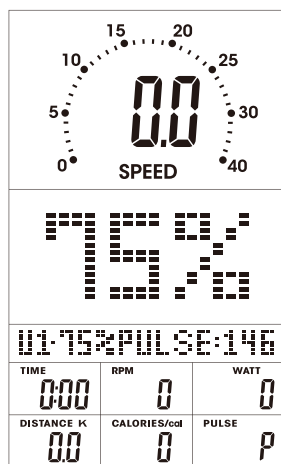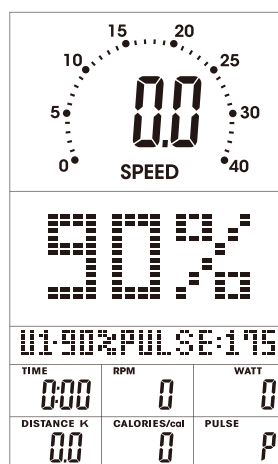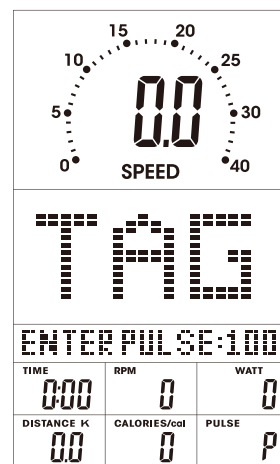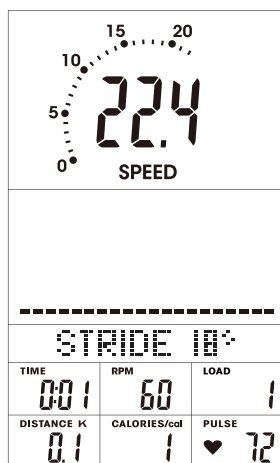
FIGURE 29	FIGURE 30	FIGURE 31	FIGURE 32
SPEED 0.0 — 55% — U1·55%PULSE·107	SPEED 0.0 — 75% — U1·75%PULSE·146	SPEED 0.0 — 90% — U1·90%PULSE·175	SPEED 0.0 — TAG — ENTER PULSE·100
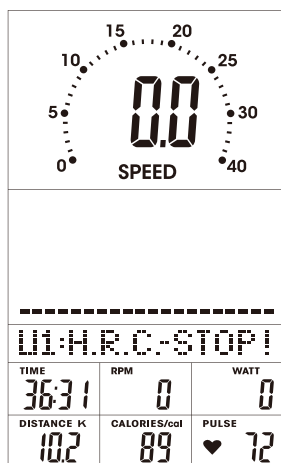
FIGURE 33	FIGURE 34	FIGURE 35	FIGURE 36
SPEED 22.4 — STRIDE 18°	SPEED 0.0 — U1·H.R.C.-STOP!	SPEED 22.4 — STRIDE 18°	SPEED 22.4 — PULSE INPUT!

H.R.C. mode

PRESS RESET 3 SEC TO RESET → CLOCKWISE OR ANTI-CLOCKWISE → PRESS ENTER → CLOCKWISE OR ANTI-CLOCKWISE → PRESS ENTER → AGE SET — CLOCKWISE OR ANTI-CLOCKWISE → PRESS ENTER → HGT SET — CLOCKWISE OR ANTI-CLOCKWISE → PRESS ENTER

WGT SET — CLOCKWISE OR ANTI-CLOCKWISE → PRESS ENTER → TRAINING MODE SELECT — CLOCKWISE OR ANTI-CLOCKWISE → PRESS ENTER → TRAINING MODE SELECT — CLOCKWISE OR ANTI-CLOCKWISE → PRESS ENTER → FUNCTION SELECT — CLOCKWISE OR ANTI-CLOCKWISE → START STOP

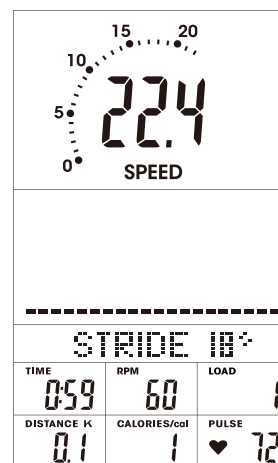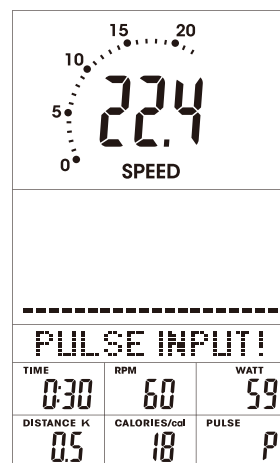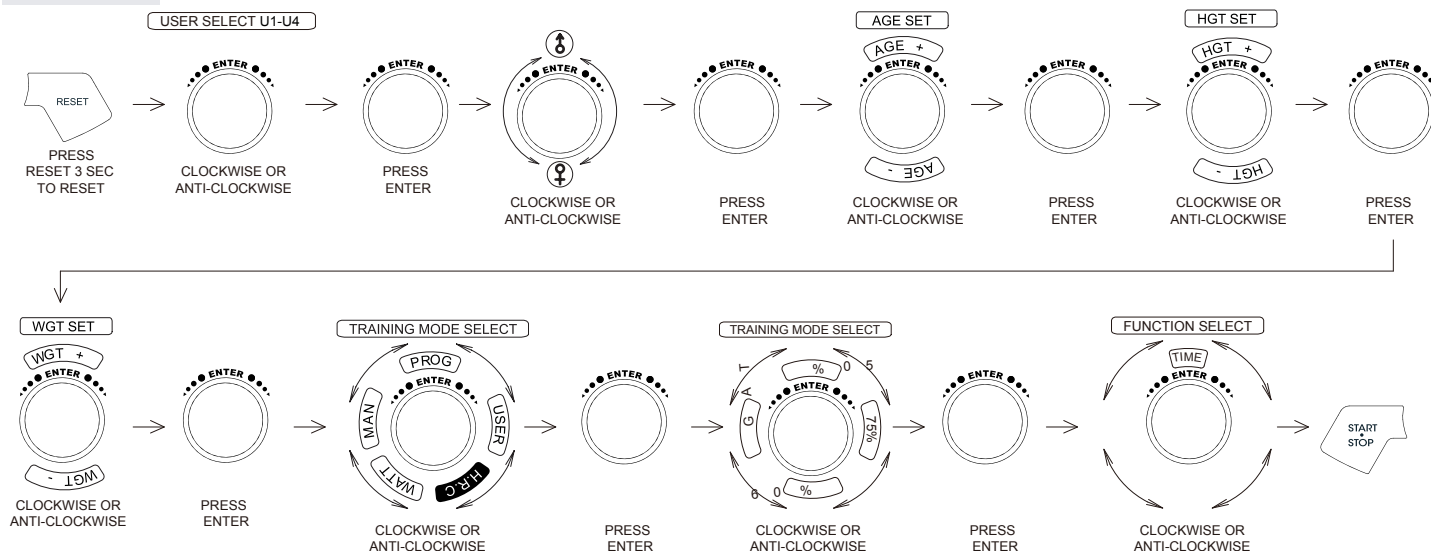## WATT CONSTANT

1. In standby mode, select WATT and press ENTER to enter.
2. The preset watt value 120 will flash on the screen, use UP/ DOWN joggle wheel to set target value from 10 to 350. Pressing START button to start training.
3. User can preset the TIME data then press START/STOP to start exercising.
4. After beginning training, TIME will be counted down. When the TIME is counted to 0, the screen will flash and the alarm will ring. User can press any button to stop the alarm.
5. Watt value is adjustable during training. User can turn the joggle wheel to adjust the Watt according to the instruction:

    ▲ : Watt value > Setting value 25% --- User should slow down

    ● : Watt value in the Setting value 25% ---User should keep the same speed

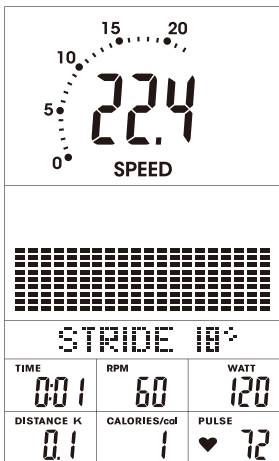   ▼ : Watt value < Setting value 25% --- User should speed up
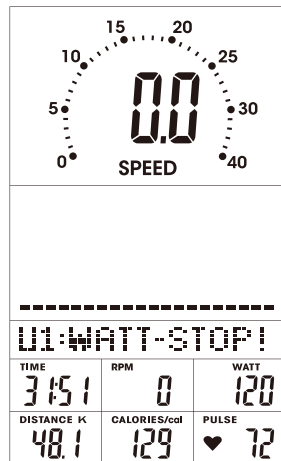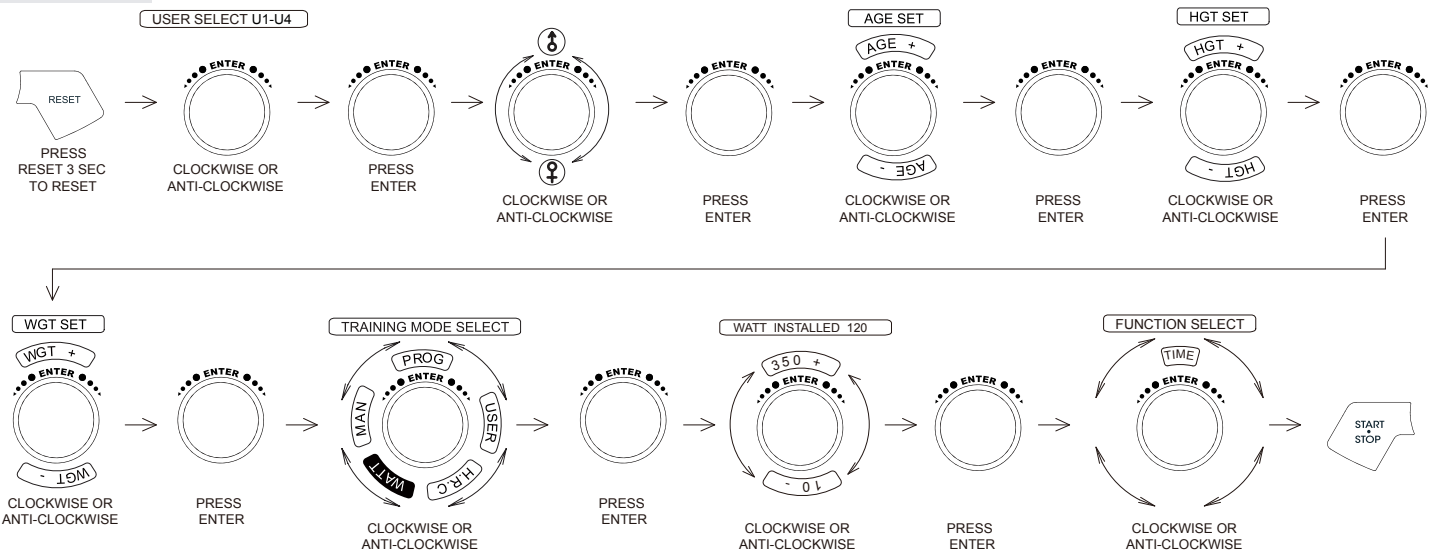
FIGURE 37   FIGURE 38

WATT mode

RECOVERY

After exercising for a period of time, hold the handgrips and press the "RECOVERY" button. All function displays will stop except "TIME" will start counting down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1, F2….to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)
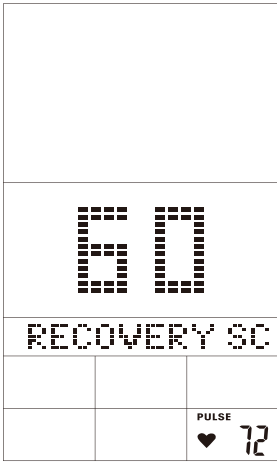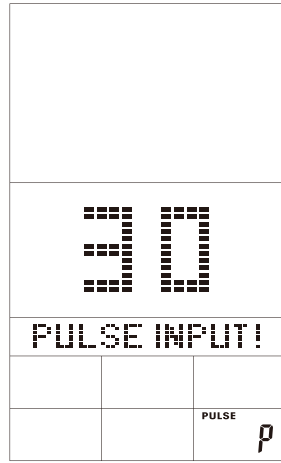
FIGURE 39   FIGURE 40

STRIDE

1. After displaying all segments, the screen will display STRIDE 18"   (FIGURE 41)

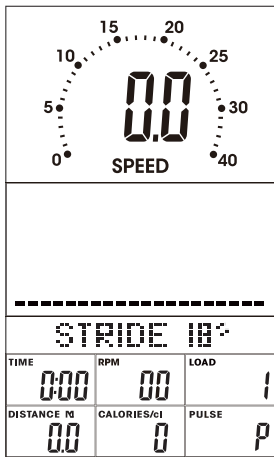2. You can change the stride length by pressing the preset stride lengths.   (FIGURE 42)
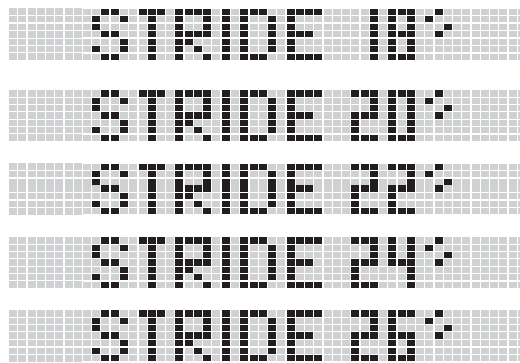

FIGURE 41   FIGURE 42

NOTE:

1. When user stops pedaling for 4 minutes, the console will enter into power save mode, all settings and exercise data will be stored until user starts exercising again.
2. This computer requires 9V battery and a 1A adaptor.
3. When console is not responding, please unplug the adaptor and plug in again.
4. If problem persists contact the store of purchase and speak with the service tech.

PROGRESSION
Fitness ™

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