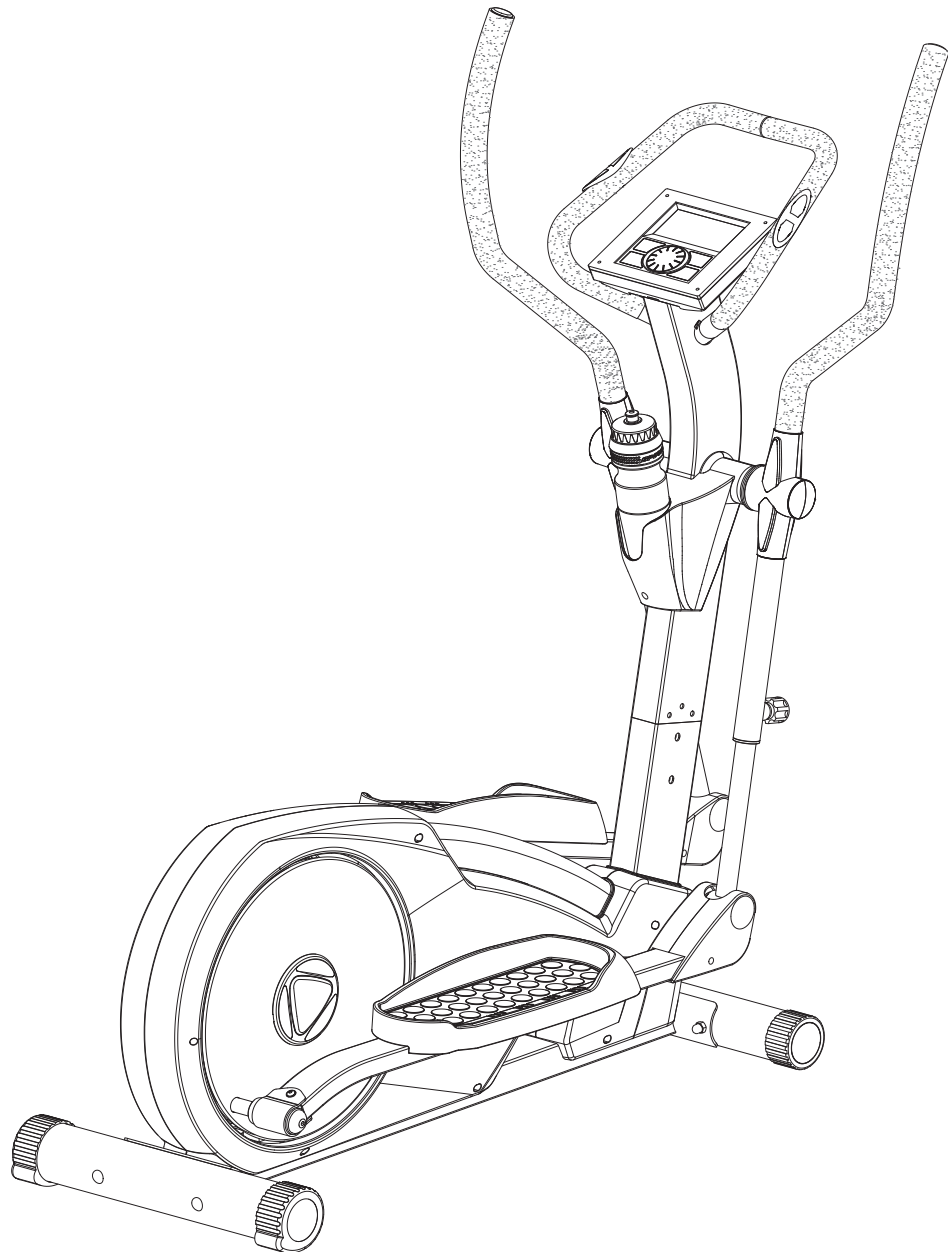


# ELLIPTICAL TRAINER



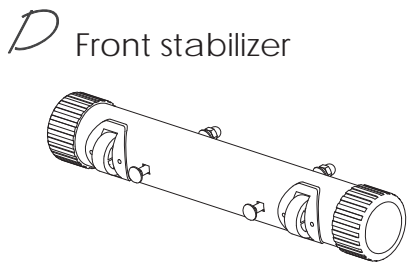
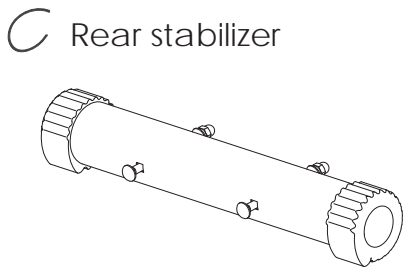
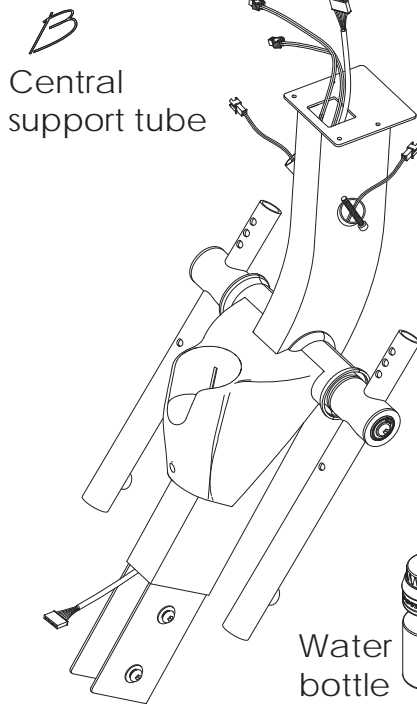
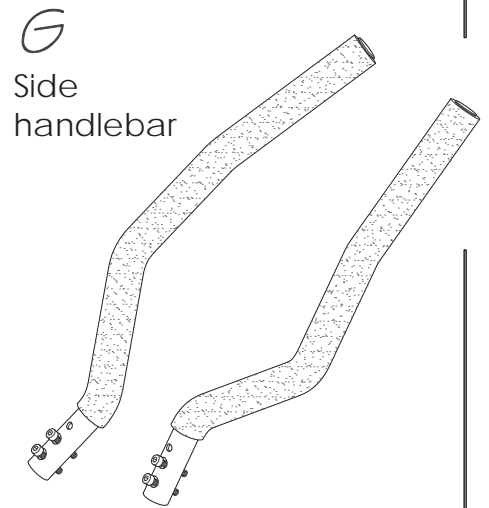
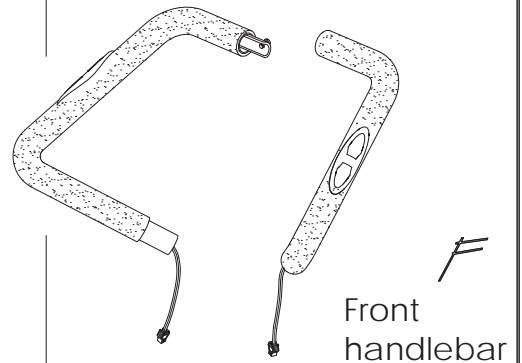
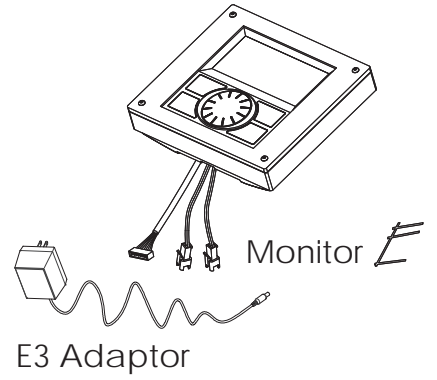
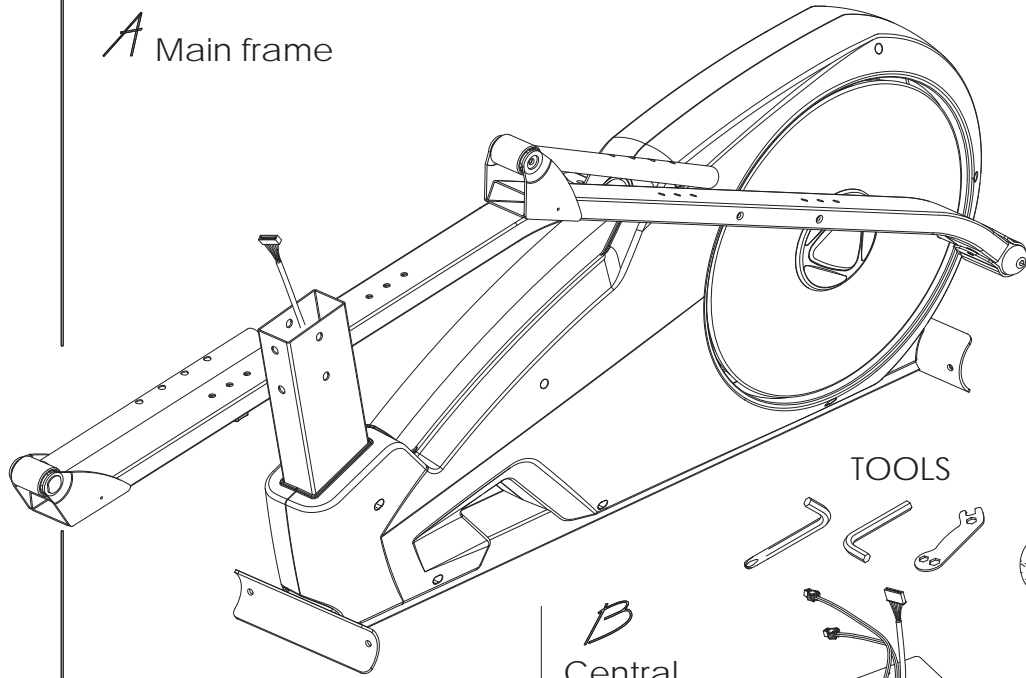
MODEL: **7000E**

**PROGRESSION**  
Fitness™

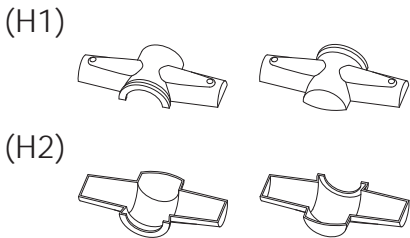
Owner's Operating Manual

# Parts List

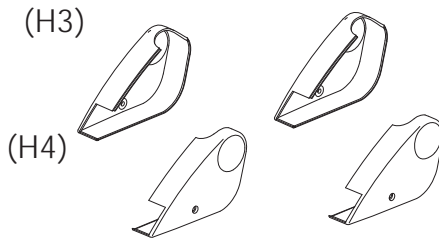
## A Main frame



## H Handlebar joint cover



## Pedal tube joint cover



## Pedal

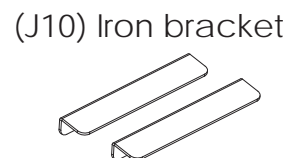
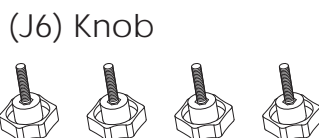
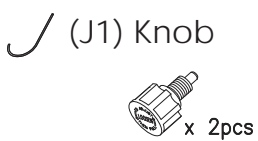
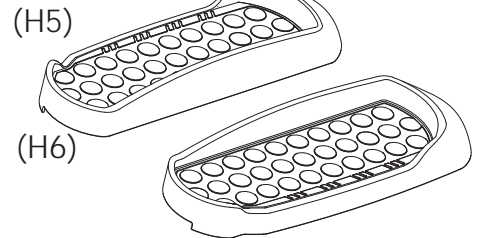
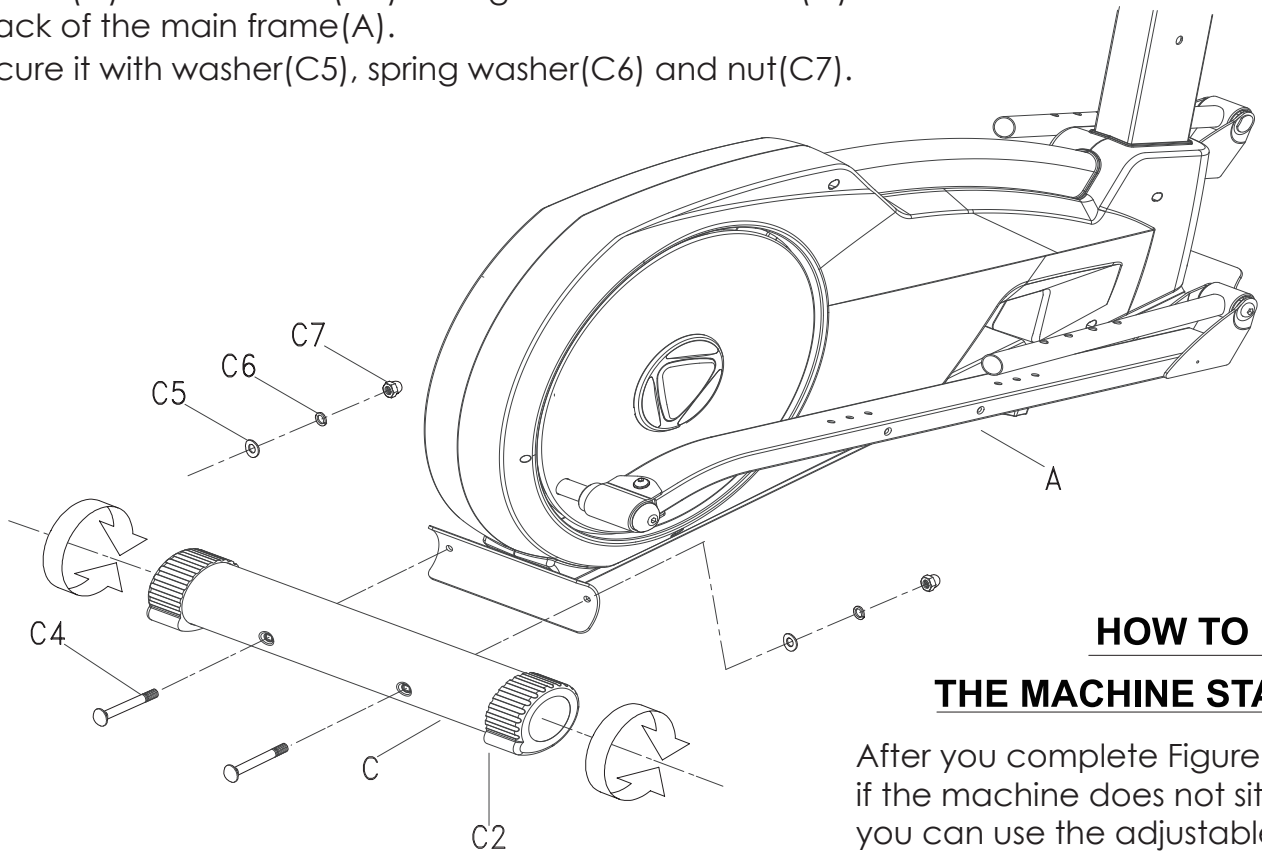


FIGURE 1

**ASSEMBLY FOR REAR STABILIZER**

First, remove the bolts(C4), washer(C5), spring washer(C6) and nuts(C7) from the rear stabilizer(C). Use two bolts(C4) through the rear stabilizer(C) to attach to the bracket at the back of the main frame(A).

Then, secure it with washer(C5), spring washer(C6) and nut(C7).



**HOW TO KEEP THE MACHINE STABLE**

After you complete Figure 1 & 2, if the machine does not sit level, you can use the adjustable end caps(C2) to compensate for uneven floors.

FIGURE 2

**ASSEMBLY FOR FRONT STABILIZER**

First, remove the bolts(D7), washer(D8), spring washer(D9) and nuts(D10) from the front stabilizer(D). Use two bolts(D7) through the front stabilizer(D) to attach to the bracket at the front of the main frame(A).

Then, secure it with washer(D8), spring washer(D9) and nut(D10).

FIGURE 2

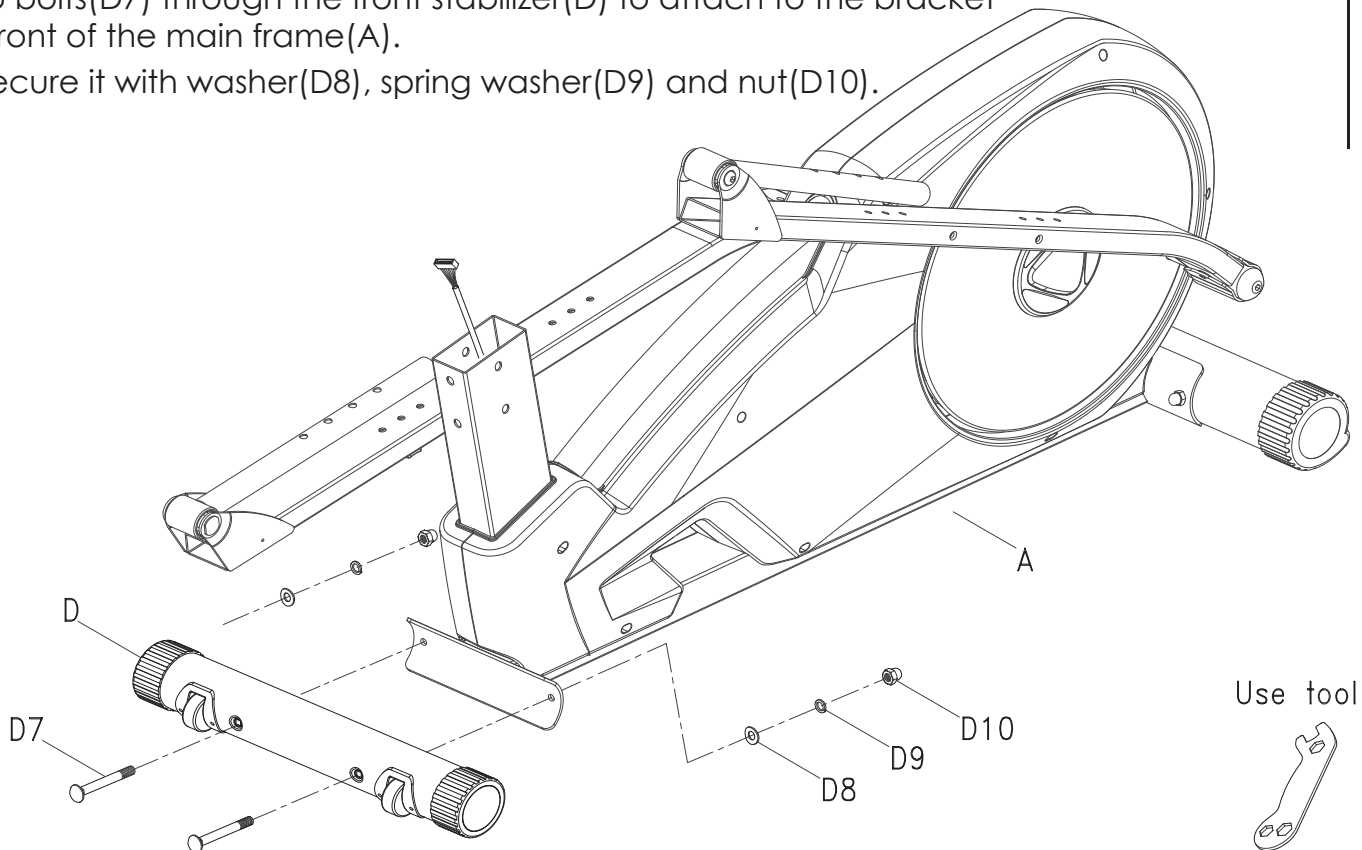


FIGURE 3

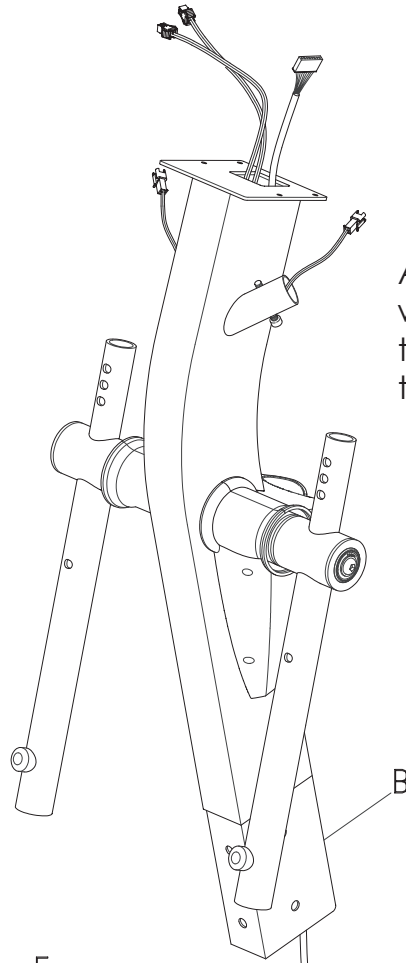
**ASSEMBLY FOR CENTRAL SUPPORT TUBE**

First, remove the bolts(B21), spring washers(B14) and washer(B13) from the central support tube(B).

Step1. Connect the cable(B5) & (A15).

Step2. Assemble the central support tube(B) onto the main frame(A) with bolts(B21), spring washer(B14) and washer(B13).

FIGURE 3



Attention:  
when pushing the tubes together make sure not to pinch the cables.

FIGURE 4

**ASSEMBLY FOR MONITOR**

Step1. Connect the sensor wire(B5 & B6) with monitor wires and put the monitor on the fixing plate.

Step2. You can place the water bottle in the plastic water bottle holder.

FIGURE 4

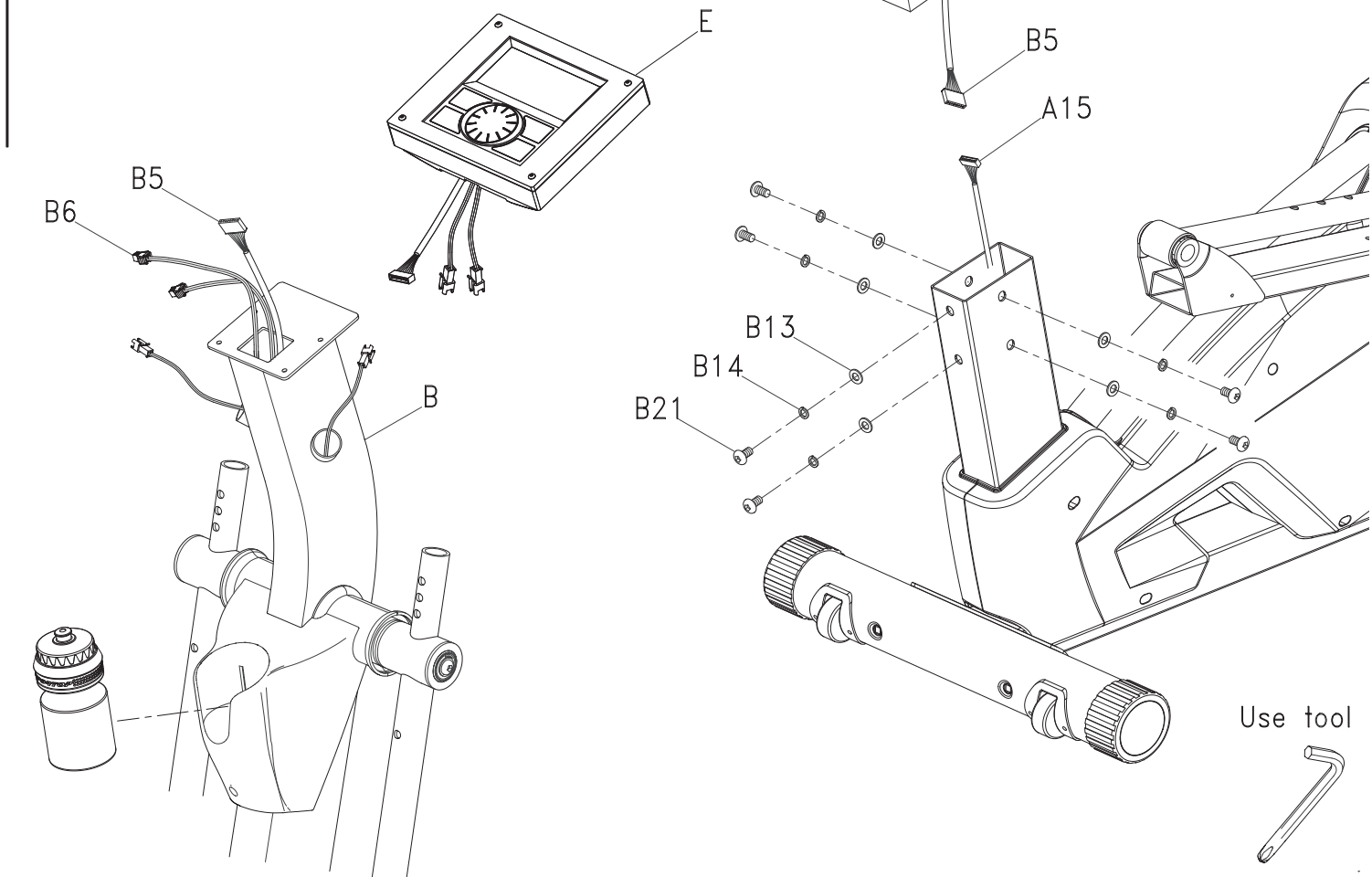


FIGURE 5

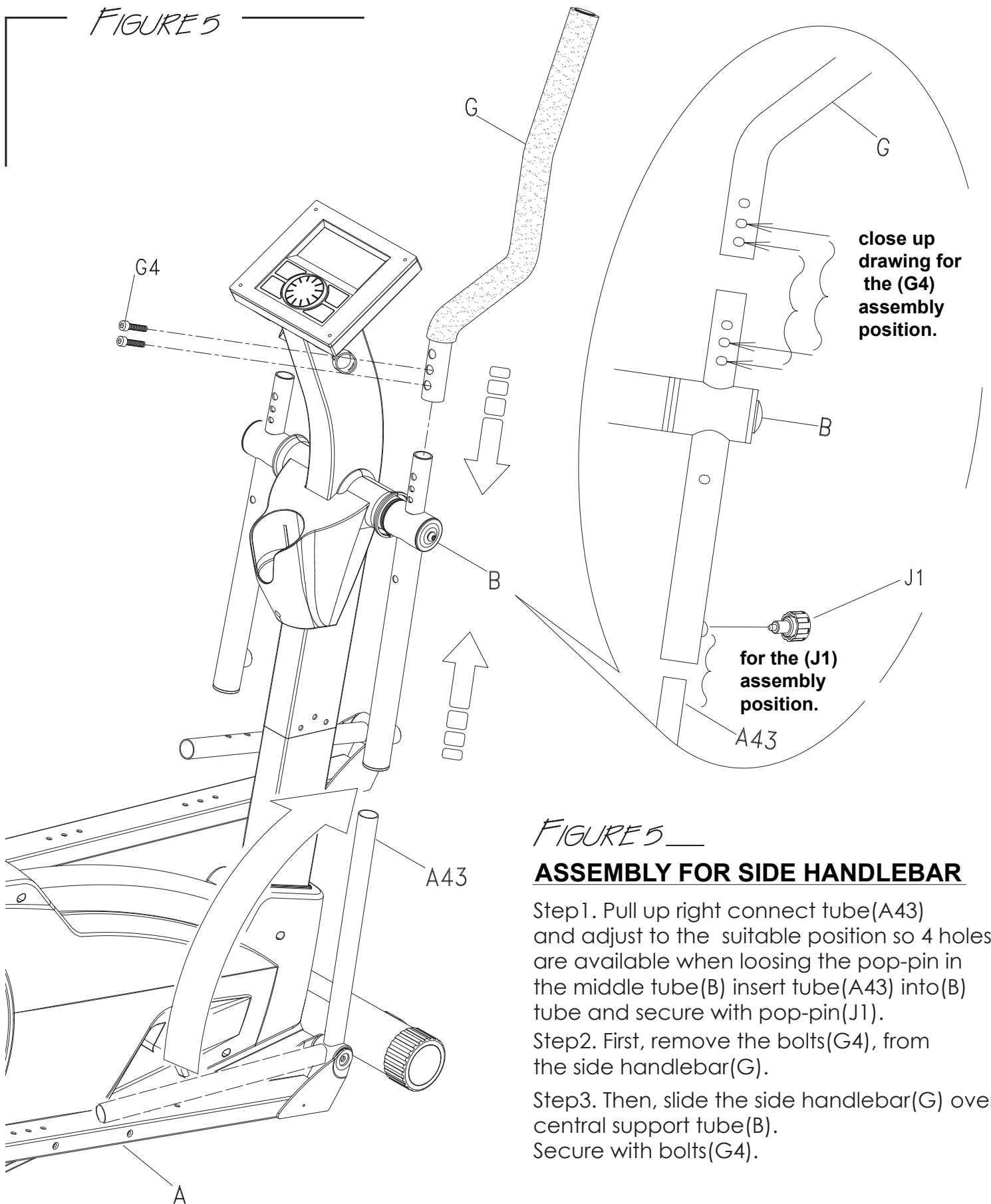


FIGURE 5

### ASSEMBLY FOR SIDE HANDLEBAR

Step1. Pull up right connect tube(A43) and adjust to the suitable position so 4 holes are available when losing the pop-pin in the middle tube(B) insert tube(A43) into(B) tube and secure with pop-pin(J1).

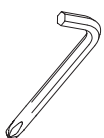
Step2. First, remove the bolts(G4), from the side handlebar(G).

Step3. Then, slide the side handlebar(G) over central support tube(B). Secure with bolts(G4).

\*\* During handlebar assembly you have to use the holes as pictured in close-up view.

Repeat step1 and 2 on left connect tube(A43) and handlebar G.

Use tool



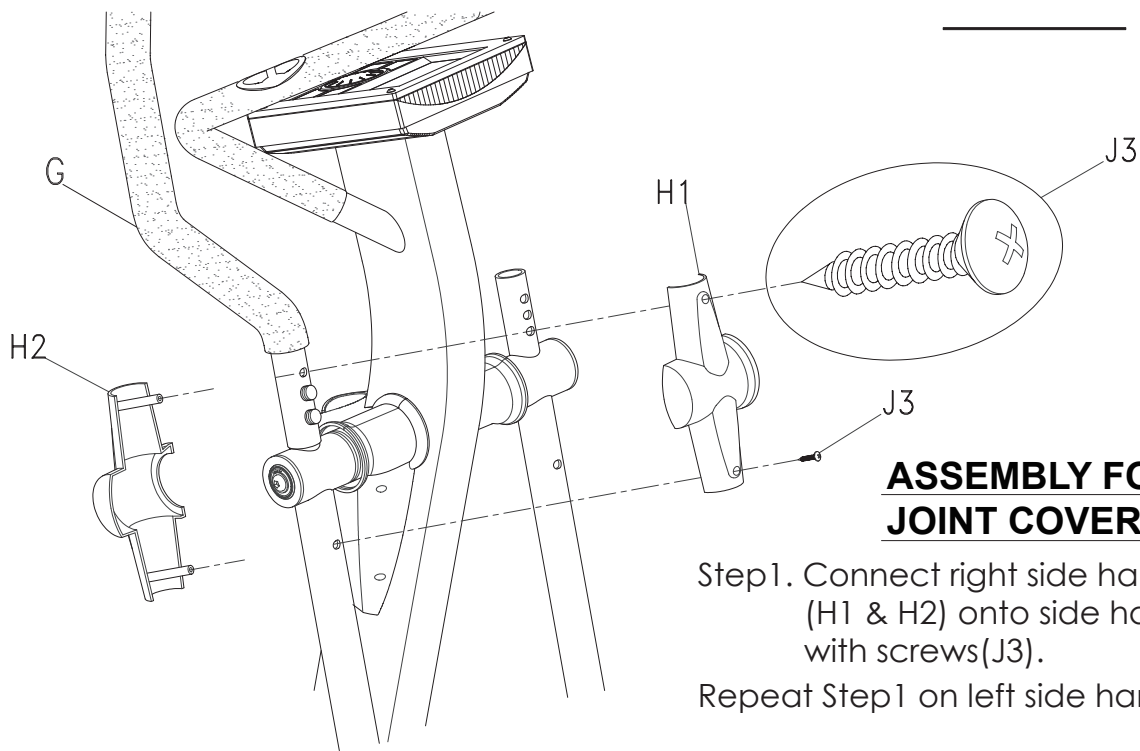


FIGURE 6

FIGURE 6

**ASSEMBLY FOR SIDE HANDLEBAR JOINT COVERS**

- Step1. Connect right side handlebar joint covers (H1 & H2) onto side handlebar(G) and secure with screws(J3).  
 Repeat Step1 on left side handlebar joint covers.

FIGURE 7

**ASSEMBLY FOR FRONT HANDLEBAR**

First, remove the bolts(B7), from the central support tube(B) and remove the screw(F3) from the handlebar clip of the front handlebar(F).

Step1. Connect cables(F5) to sensor wires(B6).

Step2. Connect the front handlebars(F) to central support tube(B) and twist the bars together. Secure them with two bolts(B7) and one screw(F3).

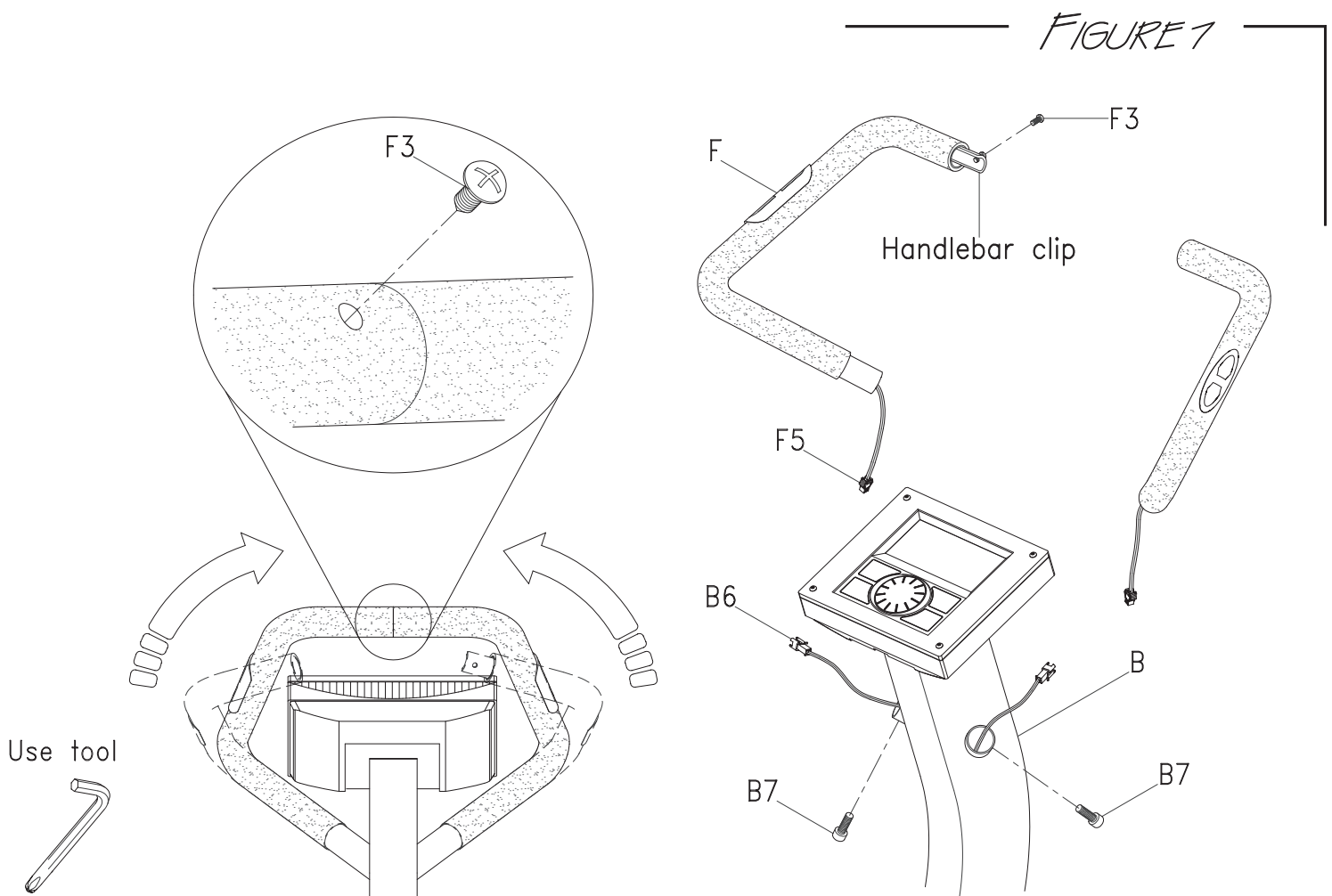


FIGURE 7

FIGURE 8

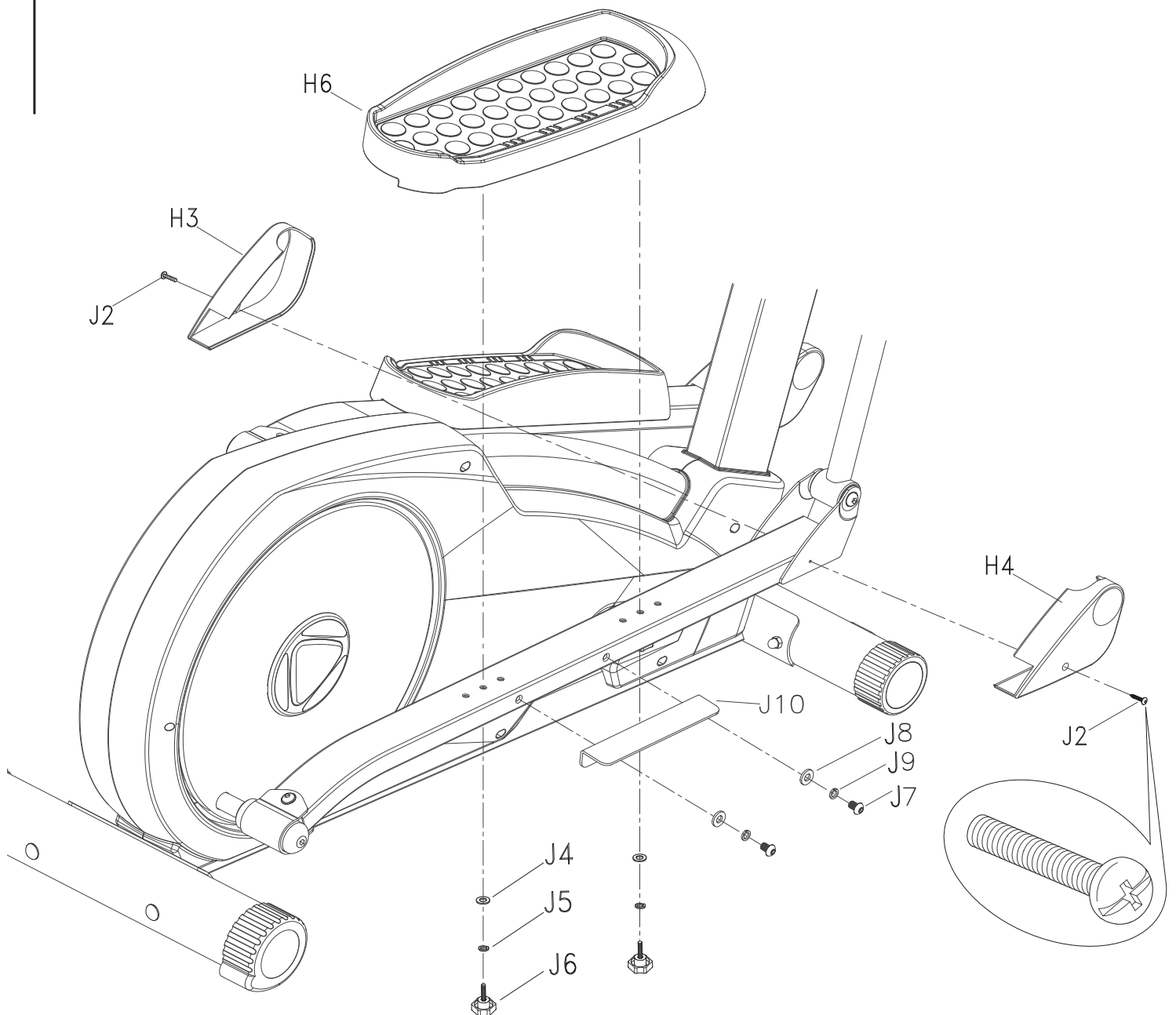


FIGURE 8

### **SIDE PEDAL JOINT COVERS**

Connect right side pedal tube joint covers(H3 & H4) onto pedal joints and secure with screws(J2).

Repeat again on left side pedal tube joint covers.

### **ASSEMBLY FOR PEDAL**

Assemble the iron bracket(J10) on the pedal tube and secure it by screw(J7), spring washer(J9) and washer(J8),which are located in the pedal tube already.

Repeat again on left iron bracket(J10).

Assemble the right pedal(H6) with washer(J4), spring washer(J5) and star knobs(J6).

There are 3 positions for moving track.

Repeat again on left pedal(H5).

Use tool

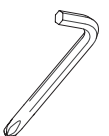


FIGURE 9

FIGURE 9

### HOW TO MOVE THE MACHINE

The front stabilizer has built-in transport wheels.

To move the machine, stand at the front and lift it up until the weight of the machine is transferred to the transport wheels.

You can now easily move the machine to a new location.

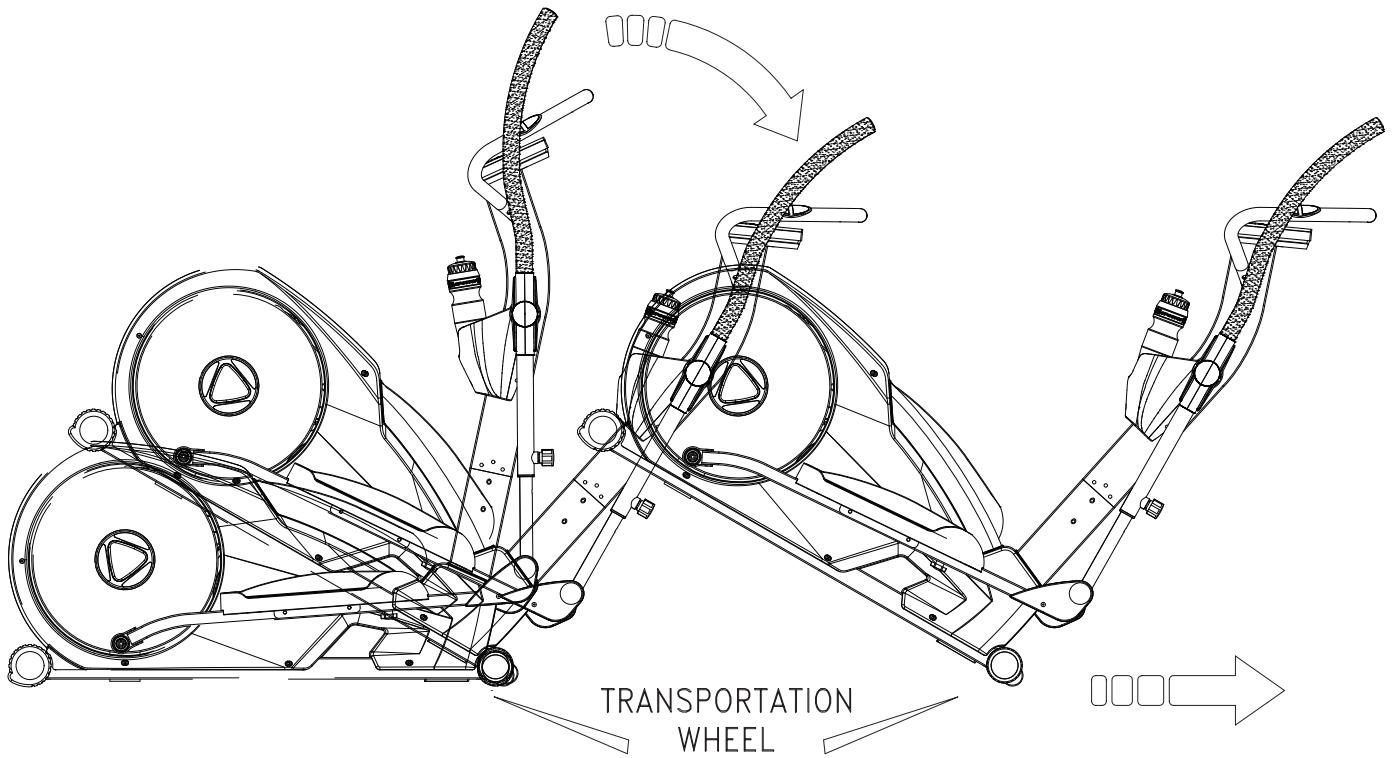


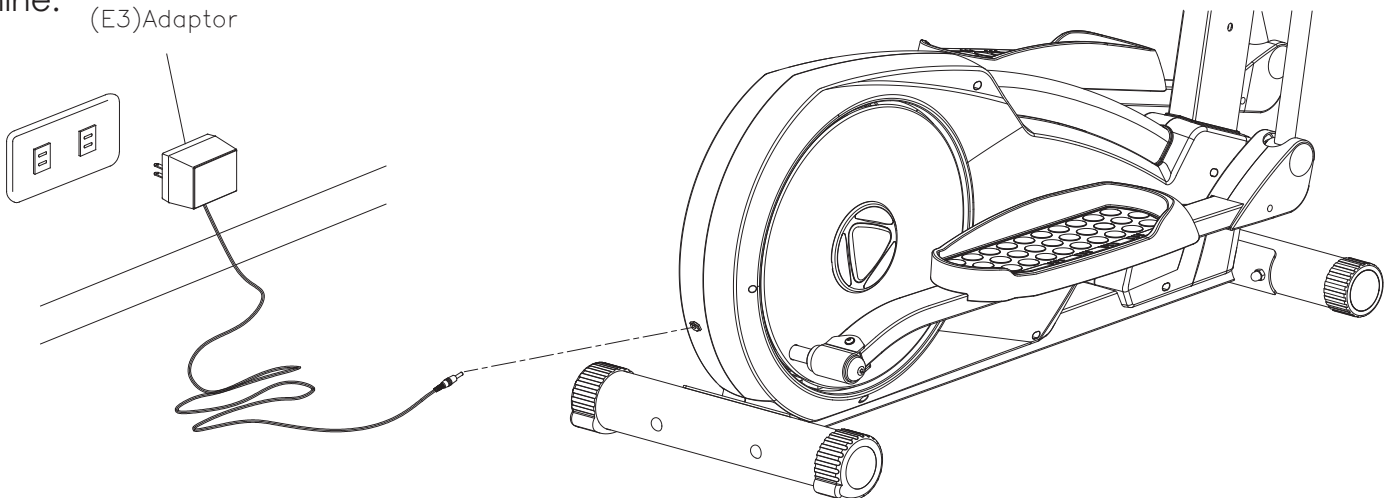
FIGURE 10

FIGURE 10

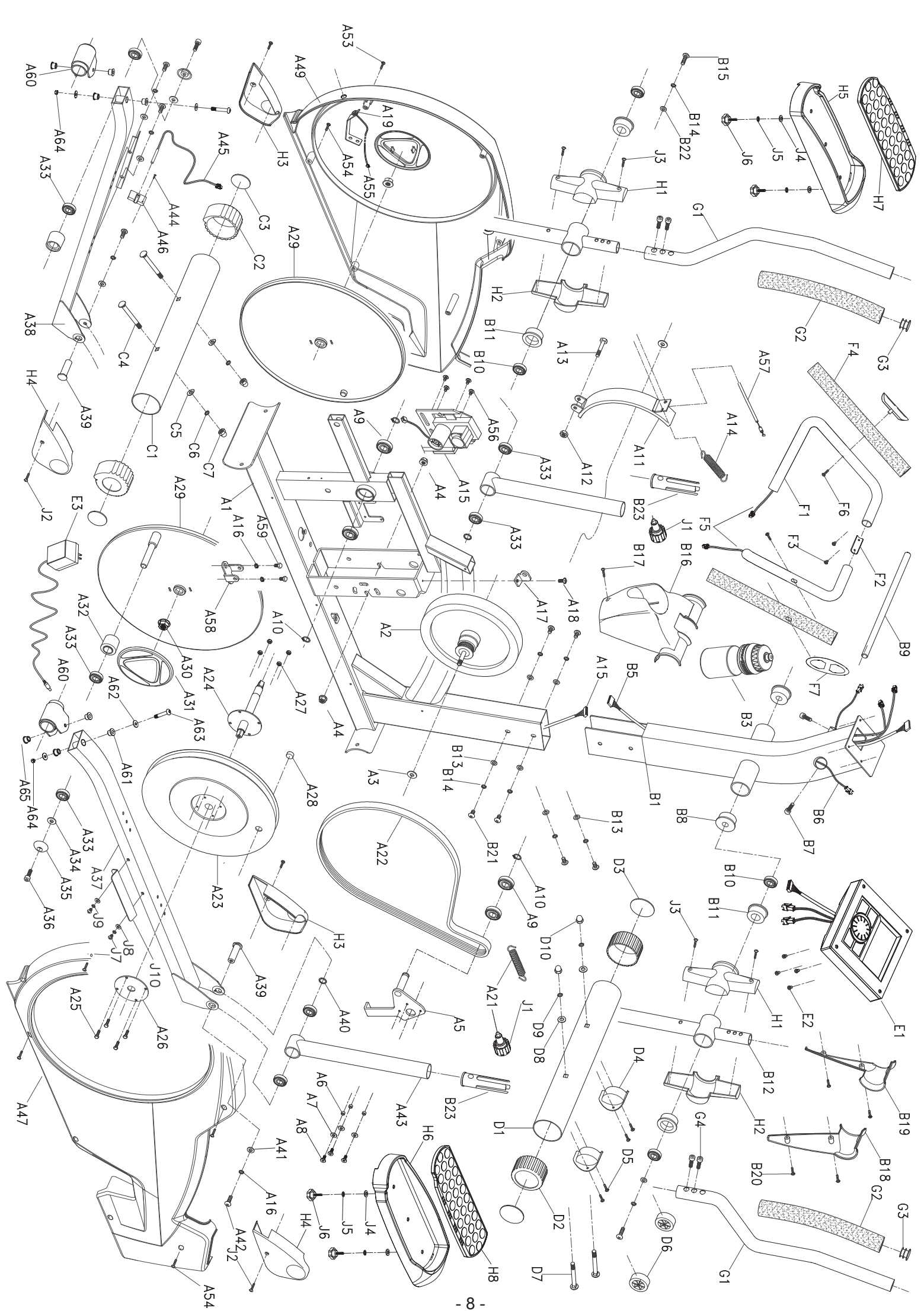
### HOW TO USE THE ADAPTOR

Position Machine on consideration for convenience, using the adaptor(N), there is one adaptor hole located at the rear of the machine.

(E3)Adaptor





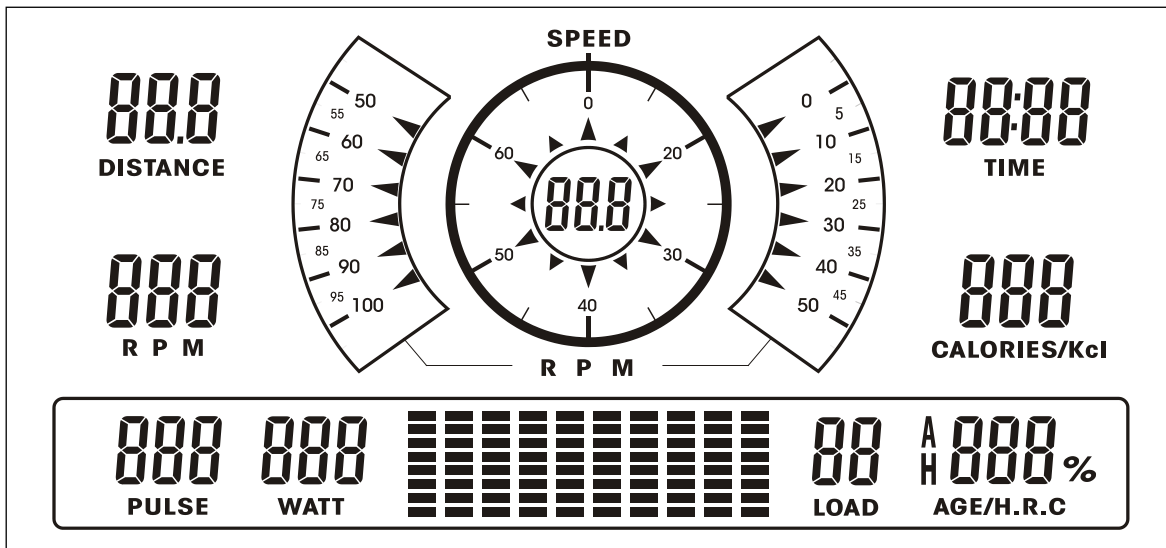


## PARTS LIST



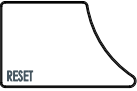

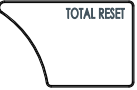

| P/N | DESCRIPTION           | Q'TY |
|-----|-----------------------|------|
| A1  | MAIN FRAME            | 1    |
| A2  | MAGNETIC FLYWHEEL     | 1    |
| A3  | FLAT WASHER           | 2    |
| A4  | NUT                   | 2    |
| A5  | TENSION PULLEY        | 1    |
| A6  | PIPE                  | 3    |
| A7  | FLAT WASHER           | 3    |
| A8  | SCREW                 | 3    |
| A9  | BEARING               | 4    |
| A10 | E CLIP                | 3    |
| A11 | MAGNETIC HOUSING      | 1    |
| A12 | NUT                   | 1    |
| A13 | SCREW                 | 1    |
| A14 | SPRING                | 1    |
| A15 | MOTOR                 | 1    |
| A16 | SPRING WASHER         | 2    |
| A17 | SPRING FIXING HOUSING | 1    |
| A18 | SCREW                 | 1    |
| A19 | FIXING HOUSING        | 1    |
|     |                       |      |
| A21 | SPRING                | 1    |
| A22 | BELT                  | 1    |
| A23 | BELT PULLEY           | 1    |
| A24 | PULLEY AXLE           | 1    |
| A25 | SCREW                 | 4    |
| A26 | PLANE                 | 1    |
| A27 | NUT                   | 4    |
| A28 | MAGNET                | 1    |
| A29 | TURNING PALTE         | 2    |
| A30 | NUT                   | 2    |
| A31 | DECORTATION COVER     | 2    |
| A32 | PIPE                  | 2    |
| A33 | BEARING               | 4    |
| A34 | FLAT WASHER           | 2    |
| A35 | SCREW COVER           | 2    |
| A36 | SCREW                 | 2    |
| A37 | PEDAL TUBE(RIGHT)     | 1    |
| A38 | PEDLA TUBE(LEFT)      | 2    |
| A39 | SCREW                 | 2    |
| A40 | FLAT WASHER           | 2    |
| A41 | FLAT WASHER           | 2    |
| A42 | SCREW                 | 2    |
| A43 | CONNECT PIPE          | 2    |
| A44 | SCREW                 | 1    |
| A45 | SENSOR WIRE           | 1    |
| A46 | FIXING HOUSING        | 1    |
| A47 | RIGHT COVER           | 1    |
| A49 | LEFT COVER            | 1    |
| A53 | SCREW                 | 3    |
| A54 | TAPPING SCREW         | 6    |
| A55 | POWER CORD SENSOR     | 1    |
| A56 | SCREW                 | 4    |
| A57 | TENSION CABLE         | 1    |
| A58 | CLIP                  | 1    |
| A59 | SCREW                 | 2    |
| A60 | CLIP                  | 2    |
| A61 | BUSHING               | 4    |
| A62 | WASHER                | 4    |
| A63 | BOLT                  | 2    |
| A64 | NUT                   | 2    |
| A65 | BUSHING               | 4    |

| P/N     | DESCRIPTION                | Q'TY |
|---------|----------------------------|------|
| B1      | CENTRAL SUPPOR TUBE        | 1    |
| B3      | WATER BOTTLE               | 1    |
| B5      | SENSOR WIRE                | 1    |
| B6      | HAND PULSE SENSOR WIRE     | 2    |
| B7      | BOLT                       | 2    |
| B8      | BUSHING                    | 2    |
| B9      | SHAFT                      | 1    |
| B10     | BEARING                    | 4    |
| B11     | BUSHING                    | 4    |
| B12     | CONNECT TUBE               | 2    |
| B13     | FLAT WASHER                | 6    |
| B14     | SPRING WASHER              | 8    |
| B15     | SCREW                      | 2    |
| B16     | BOTTLE HOUSING             | 1    |
| B17     | SCREW                      | 1    |
| B18-B19 | DECORTATION BOTTLE HOUSING | 2    |
| B20     | SCREW                      | 4    |
| B21     | SCREW                      | 6    |
| B22     | FLAT WASHER                | 2    |
| B23     | PLASTIC INSERT             | 2    |
| C1      | REAR STABILIZER            | 1    |
| C2      | END CAP                    | 2    |
| C3      | END CAP COVER              | 2    |
| C4-D7   | BOLT                       | 4    |
| C5-D8   | FLAT WASHER                | 4    |
| C6-D9   | SPRING WASHER              | 4    |
| C7-D10  | NUT                        | 4    |
| D1      | FRONT STABILIZER           | 1    |
| D2      | END CAP                    | 2    |
| D3      | END CAP COVER              | 2    |
| D4      | TRANSMIT WHEEL HOUSING     | 2    |
| D5      | SCREW                      | 4    |
| D6      | TRANSPORTATION WHEEL       | 2    |
| E1      | MONITOR                    | 1    |
| E3      | ADAPTOR                    | 1    |
| F1      | FRONT HANDLE BAR(L&R)      | 2    |
| F2      | HANDLEBAR CLIP             | 1    |
| F3      | SCREW                      | 2    |
| F4      | FOAM GRIP                  | 2    |
| F5      | SENSOR                     | 2    |
| F6      | SCREW                      | 2    |
| F7      | HANDLE PLUS                | 2    |
| G1      | SIDE HANDLE BAR(L+R)       | 2    |
| G2      | FOAM GRIP                  | 2    |
| G3      | END CAP                    | 2    |
| G4      | SCREW                      | 4    |
| H1-H2   | DECORTATION COVER          | 4    |
| H3-H4   | PEDAL JOINT COVER          | 4    |
| H5-H6   | PEDAL(L+R)                 | 1    |
| H7-H8   | CUSHION PAD(L+R)           | 1    |
| J1      | KNOB                       | 2    |
| J2      | SCREW                      | 4    |
| J3      | SCREW                      | 4    |
| J4      | FLAT WASHER                | 4    |
| J5      | SPRING WASHER              | 4    |
| J6      | KNOB                       | 4    |
| J7      | SCREW                      | 4    |
| J8      | WASHER                     | 4    |
| J9      | SPRING WASHER              | 4    |
| J10     | IRON BRACKET               | 2    |

## 1. LCD display (with all segments):



## 2. BUTTON functions:

|   |   |  |
|---|---|--|
|    | <b>MODE</b>                                   | In stop mode, thā mode is to confirm all exercise data and enter into program.   |
|   | <b>G9 @7 HCF<br/>UP<br/>SELECTOR<br/>DOWN</b> | To select training mode and adjust function value up.<br>To start or stop exercise.<br>To select training mode and adjust function value down. |
|  | <b>RESET</b>                                  | In stop mode, press the button to return to main menu.   |
|  | <b>START/STOP</b>                             | To start or stop training  |
|  | <b>TOTAL RESET</b>                            | To power on the computer again.  |
|  | <b>RECOVERY</b>                               | To test heart rate recovery status   |

## 3. DISPLAY function list:

| Item     | Display range                 |
|----------|-------------------------------|
| TIME     | 0:00 ~ 99:00 min              |
| SPEED    | 0.0~99.9 Km/H<br>0.0~99.9 MPH |
| RPM      | 0~999                         |
| DISTANCE | 0.0~99.0 KM, M                |
| CALORIES | 0~990 CAL                     |
| PULSE    | 0 -30~230 BPM                 |
| WATTS    | 0~999 W                       |

#### 4. Operation Procedure:

4-1 Power on: Install power supply. Computer will make a long beep sound and then display all segments for 2 seconds, then show distance on the machine. (as figure 1)  
Console will ask user to set up clock first and then enter into standby mode.

User may turn UP and DOWN selector button to select a exercise program from P1 to P12, then press MODE to confirm. (as figure 2 to 3)

4-2 Power off: The screen will automatically power off after 4 minutes of inactivity and the resistance level will return to level 1. Console will display CLOCK and TEMP. (see figure 4.)



Figure 1

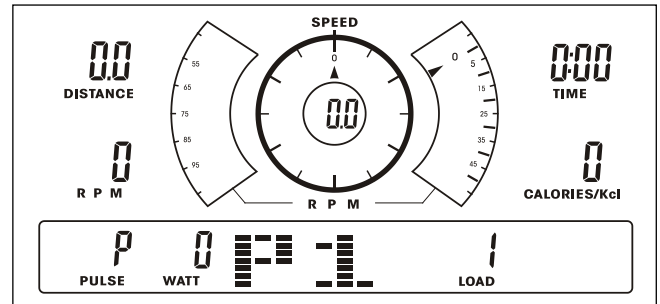


Figure 2

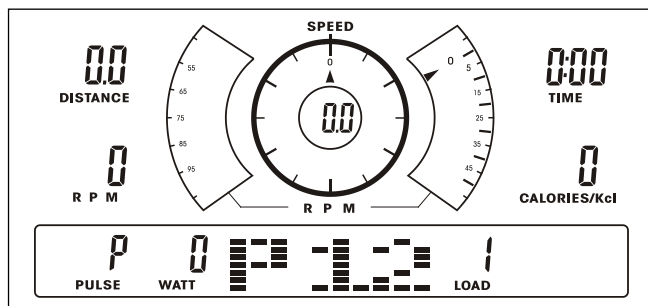


Figure 3



Figure 4

#### 5. Select workout program P1~P12:

In standby mode, turn UP or DOWN selector dial to select a workout program from P1 to P12. User may also press START button to start workout in P1 mode (Manual).

3-1 After selecting the preferred program, user may press MODE to enter.

In P1 (manual mode), user needs to preset the TIME, DISTANCE, CALORIES and PULSE value and press START/STOP to start workout. The resistance level may be adjusted during the workout by turning UP or DOWN the dial.

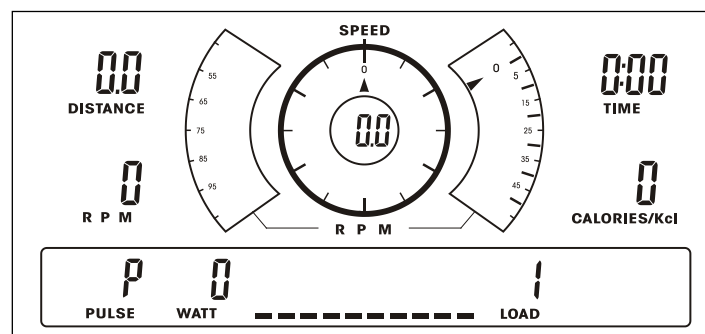
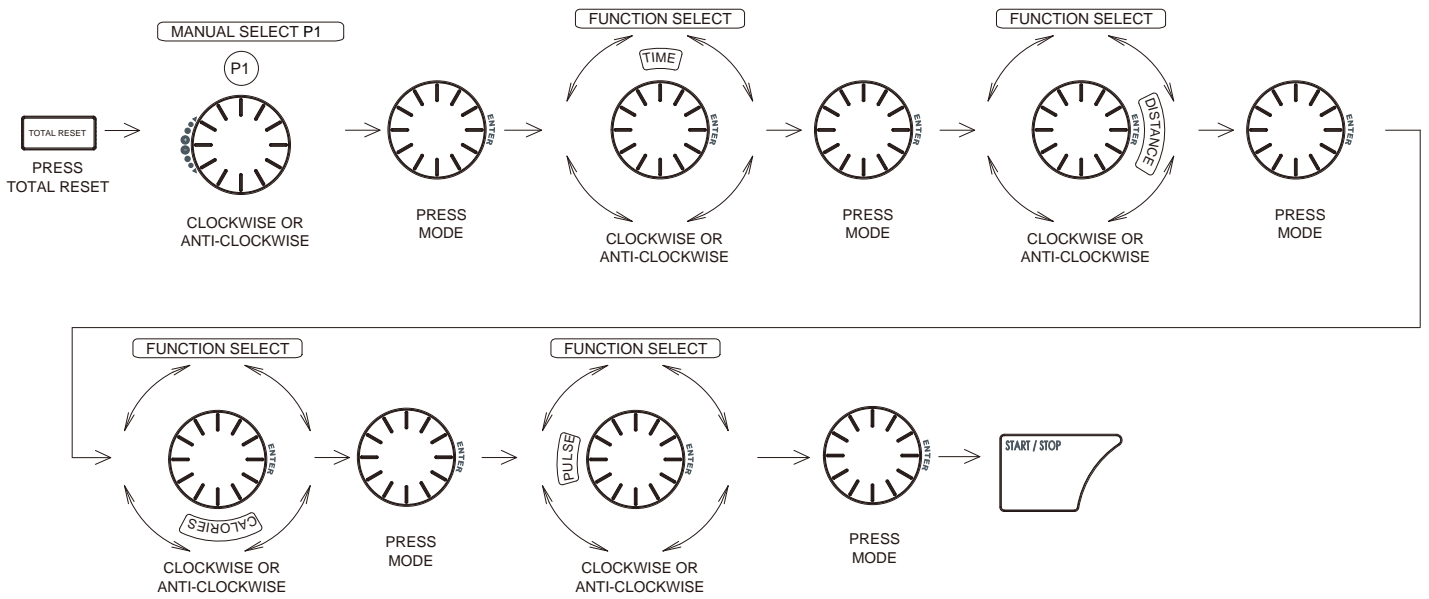


Figure 5

## MANUAL mode



For the P2 to P11 programs, the gridyard will show the corresponding program intensity profile, press MODE to select a program. User needs to preset TIME and press START to start workout. The resistance level can be adjusted during the workout by turning the dial UP or DOWN.

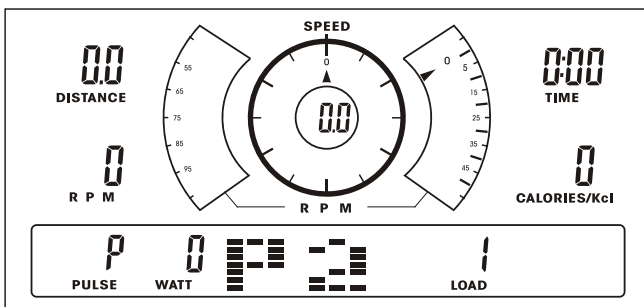


Figure 6

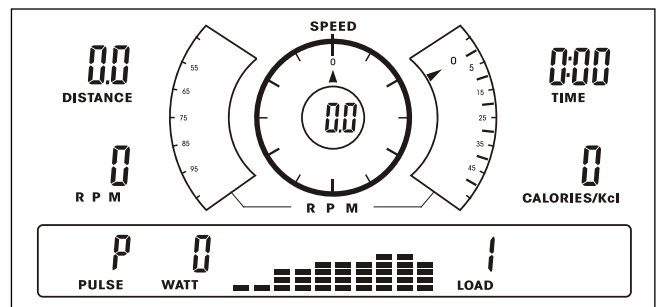
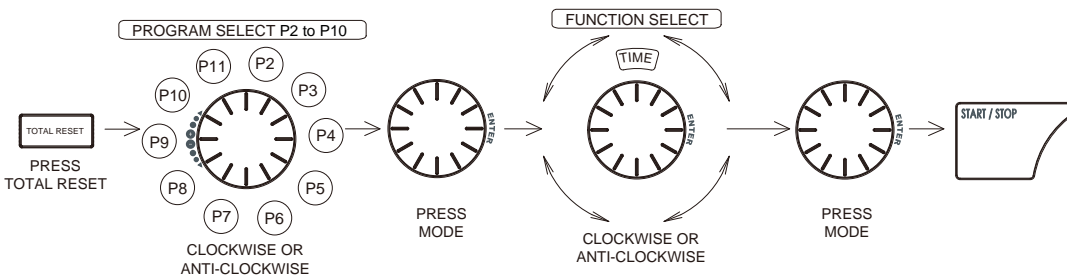
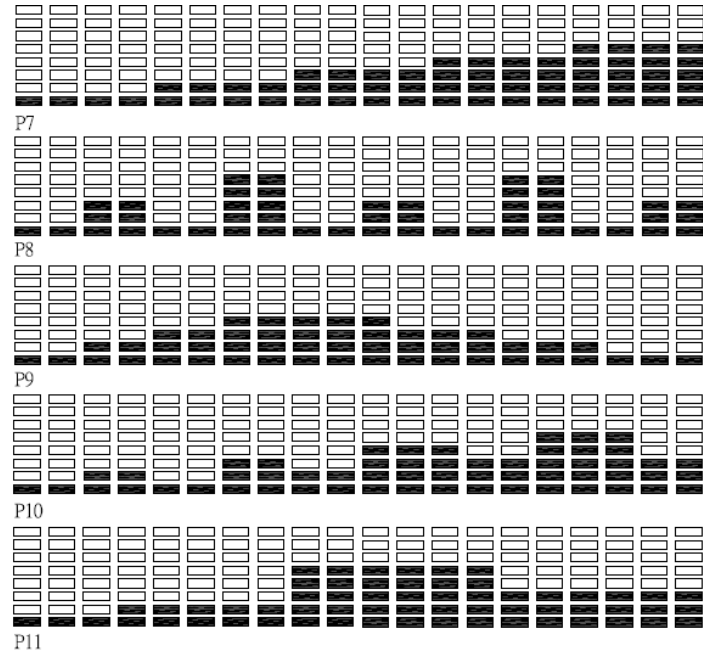
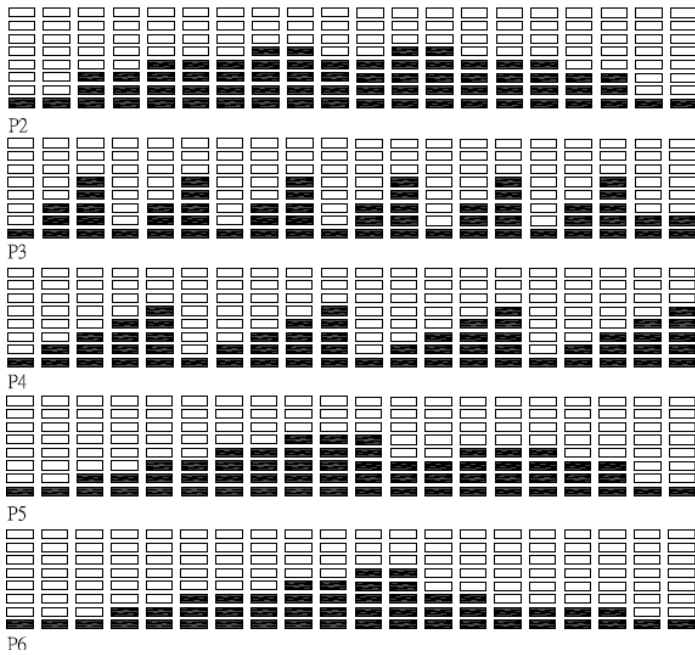


Figure 7

## PROGRAM mode



PROGRAM Profile for P2 to P11:



In P12 program (HR control), AGE information needs to be entered. User may press UP or DOWN button to set the AGE (default is 25), then press MODE to enter. After AGE is set user needs to select HR level from 55%, 75%, 90% for the target pulse. (as figure 8 and 9)

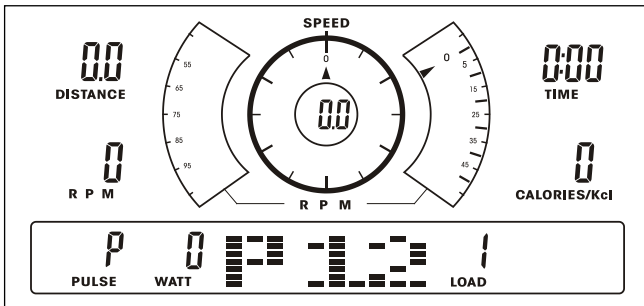


Figure 8

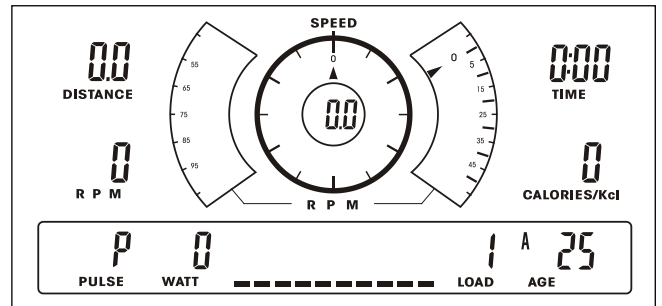
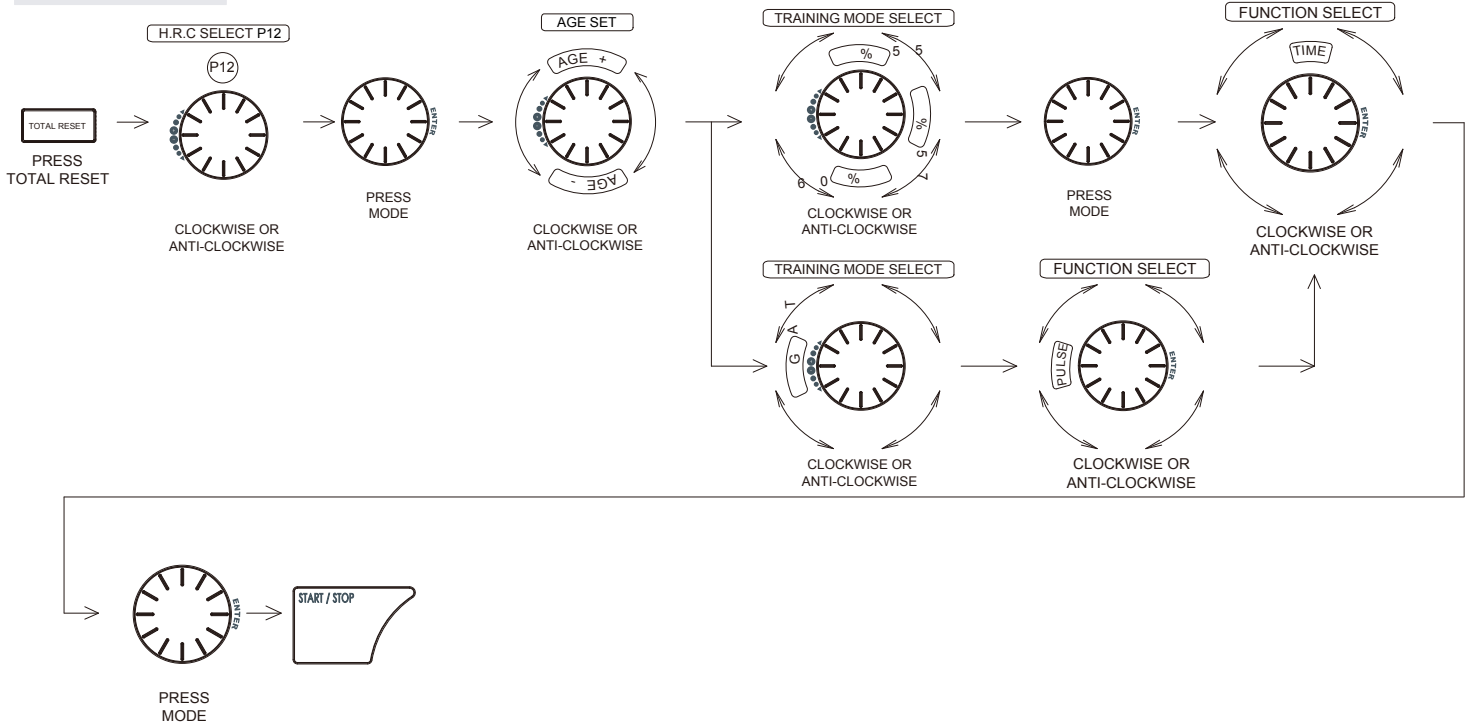


Figure 9

H.R.C mode



#### 4. RECOVERY :

After exercising for a period of time, hold the handgrips and press “RECOVERY” button.

All function display will stop except “TIME”. It starts counting down from 60 seconds to 0 seconds.

The 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.)

#### NOTE:

1. This console requires 4C batteries or 9V and a 500mA adaptor for power supply included.  
If console displays the battery symbol, please plug in adaptor or change batteries.
2. When user stops pedaling for 4 minutes, computer will enter into power save mode, all settings and exercise data will be stored until user starts to exercise again.
3. When console isn't working, please unplug the adaptor and plug in again.If problem persists please call the store of purchase and speak to a service tech.

***PROGRESSION***  
*Fitness*<sup>TM</sup>

120 Robin Cres,  
Saskatoon, SK  
S7L 6M7  
1-886-978-1999