

SPORTSART E822 ELLIPTICAL TRAINER

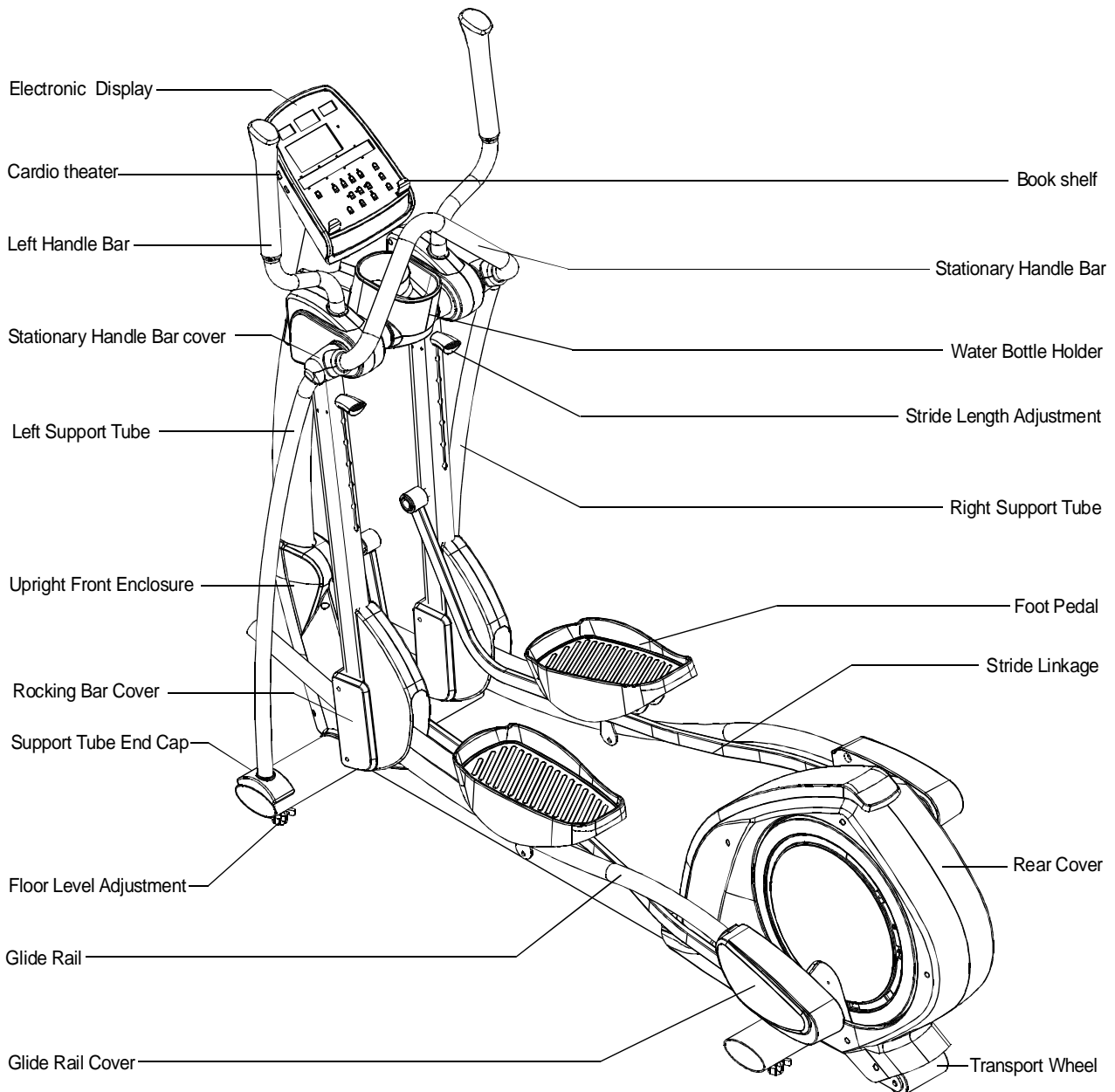
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INTRODUCTION:

Congratulations on purchasing one of the finest pieces of exercise equipment on the market today, the Sports Art E822. Constructed of high quality materials and designed for years of trouble-free use, the Sports Art E822 will be an integral part of your fitness regimen.

This outstanding piece of equipment provides varied choices and functions to meet your exercise needs. But before using your Sports Art E822, we recommend that you familiarize yourself with this Owner's Manual. Whether you are a first time user of an elliptical trainer or a seasoned professional, understanding the correct use of the equipment will enhance your ability to achieve your exercise goals safely and successfully.



SAFETY GUIDELINES:

Please read and follow the safety guidelines:

- Keep this owner's manual for future use and reference.
- Read this owner's manual and follow the instructions.
- Assemble and operate the Sports Art E822 Elliptical Trainer on a solid, level surface.
- Never allow children on or near the machine.
- Inspect the machine before each use. Make sure all parts are assembled, and all nuts and bolts are tightened. Do not use the machine if the unit is disassembled in any way.
- Do not place the machine or its parts near water or any liquid.
- Wear proper workout clothing: Do NOT wear loose clothing. Do not wear shoes with leather soles or high heels. Tie all long hair back.
- Don't rock the unit from side to side, and use care when mounting and dismounting the unit.
- Do not use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fail.
- Work within your recommended exercise level. Do NOT work to exhaustion.
- If you feel any pain or abnormal sensations, STOP YOUR WORKOUT. And consult your physician immediately.
- The weight limit for this elliptical trainer is 286 LBS (130 KGS)
- Allow sufficient space on both sides of the elliptical for users to mount and dismount the machine.
- If anything about the machine seems amiss, please stop your workout immediately and contact your authorized dealer for repairs.
- Before beginning any exercise program, consult with your doctor. It is recommended that you undergo a complete physical examination.

CAUTION: Keep your hands and feet away from moving parts.

ASSEMBLING YOUR ELLIPTICAL TRAINER

Thank you for purchasing this product. We go through great efforts to ensure the quality of each product. If you find this product to be defective in any way, please contact SportsArt or your dealer.

Note that some parts may get mixed amongst packaging material during shipping. Please locate all the parts first before you discard the packaging material.

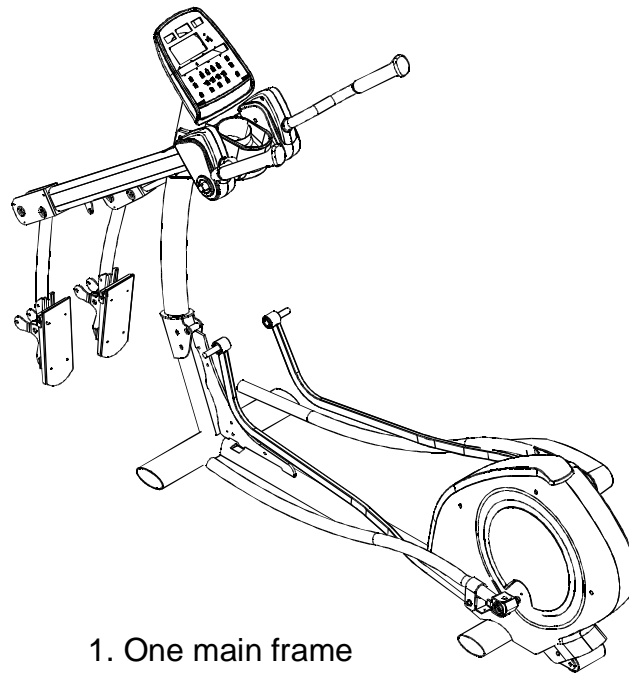
The packing for this elliptical was designed to protect it during shipment. Please store the original packing material in a safe place in case you need to transport the unit in the future.

LIST OF PARTS:

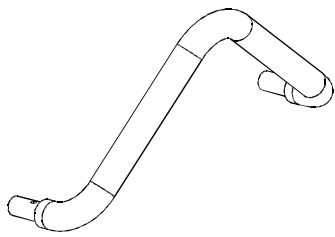
Before assembling your elliptical trainer, please locate the following items.

1. One main frame
2. One stationary Handle Bar
3. Two Glide Rail covers (right + left)
4. One Upright Front Enclosure
5. Two Stationary Handle Bar covers (right + left)
6. Two Support Tubes (right + left)
7. Two Pedals (right + left)
8. Tool kit
9. Rocking Bar Covers (right + left)

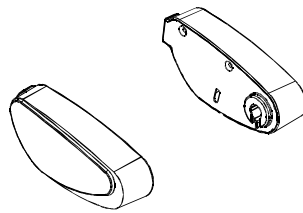
Please see the part illustrations below:



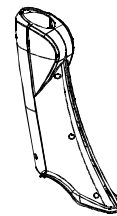
1. One main frame



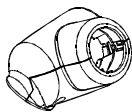
2. One stationary Handle Bar



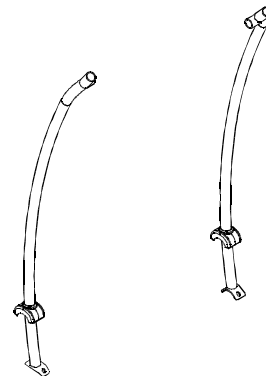
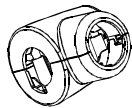
3. Two Glide Rail covers



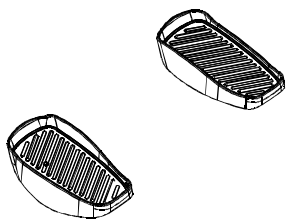
4. One Upright Front Enclosure



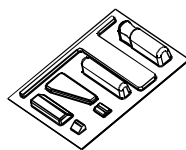
5. Two Stationary Handle Bar covers



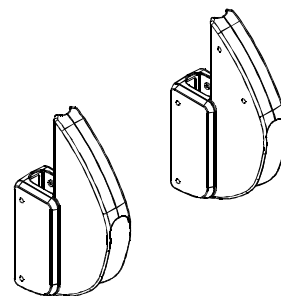
6. Two Support Tubes



7. Two Pedals



8. Tool kit



9. Rocking Bar Covers
(right + left)

ELLIPTICAL ASSEMBLY

Frame assembly

STEP 1. Remove the upper box and all packing material but leave the unit in the lower box for support.

STEP 2. The screw A is loosely attached before assembly. Raise the main post or pedestal into position. Secure the pedestal hardware in sequence, first D, then A, B and C. (Please See Fig.1)

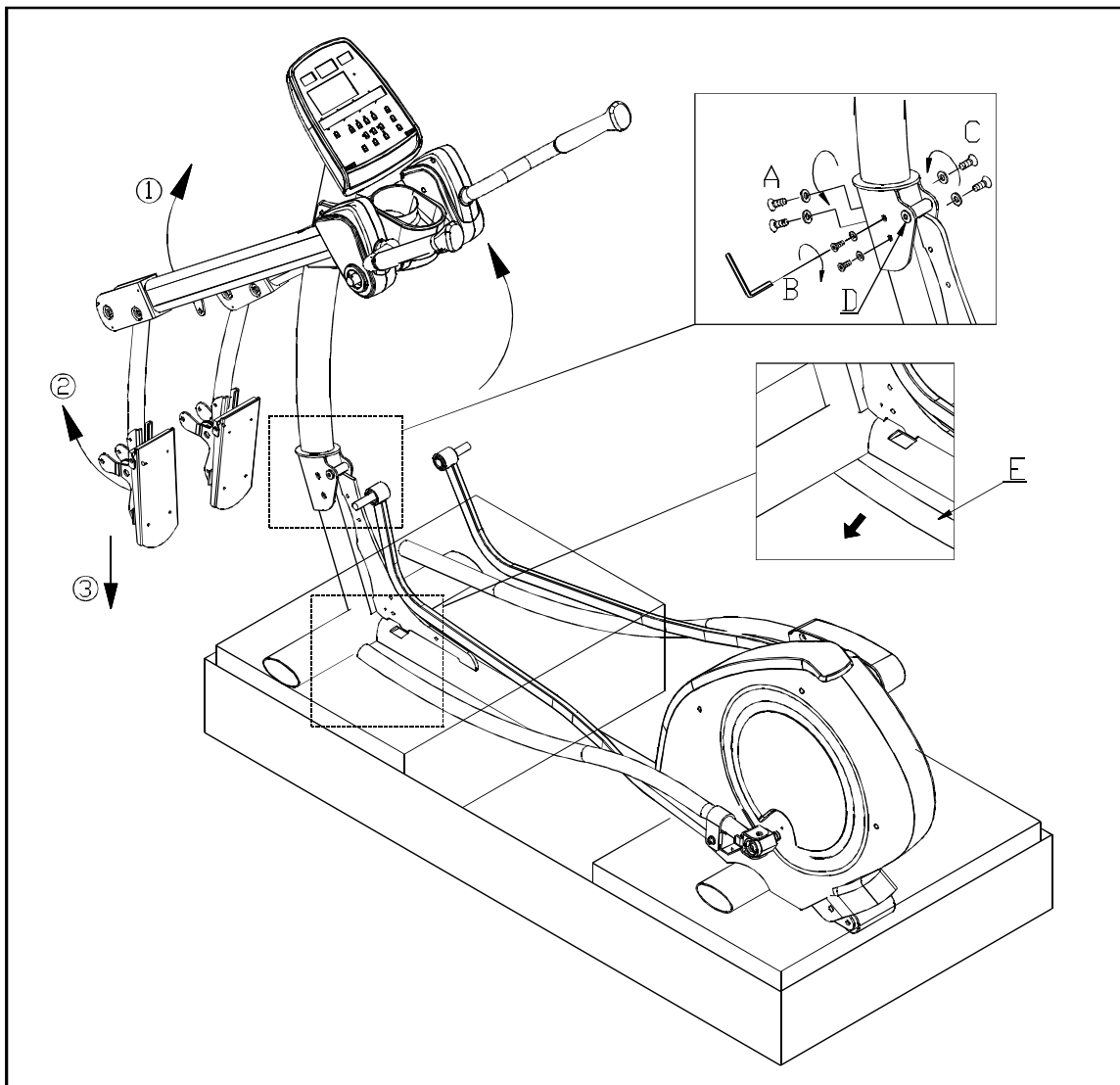


Fig.1

STEP 3. Then, raise the Stride Support Assembly ① and pedal carriage ②. Place the tip of the foot pad surface on the ground ③. Do this step on the other side of the unit as well.

STEP 4. Tip the frame slightly to access Glide Rail E.

STEP 5. Slip the Glide Rail into place under the Pedal Carriage and also on the roller on the stride support Assembly. Unsecure the bolts from the Rocking Bars and then put the Rocking Bar Covers place and secure them as Fig. 2 shown below.

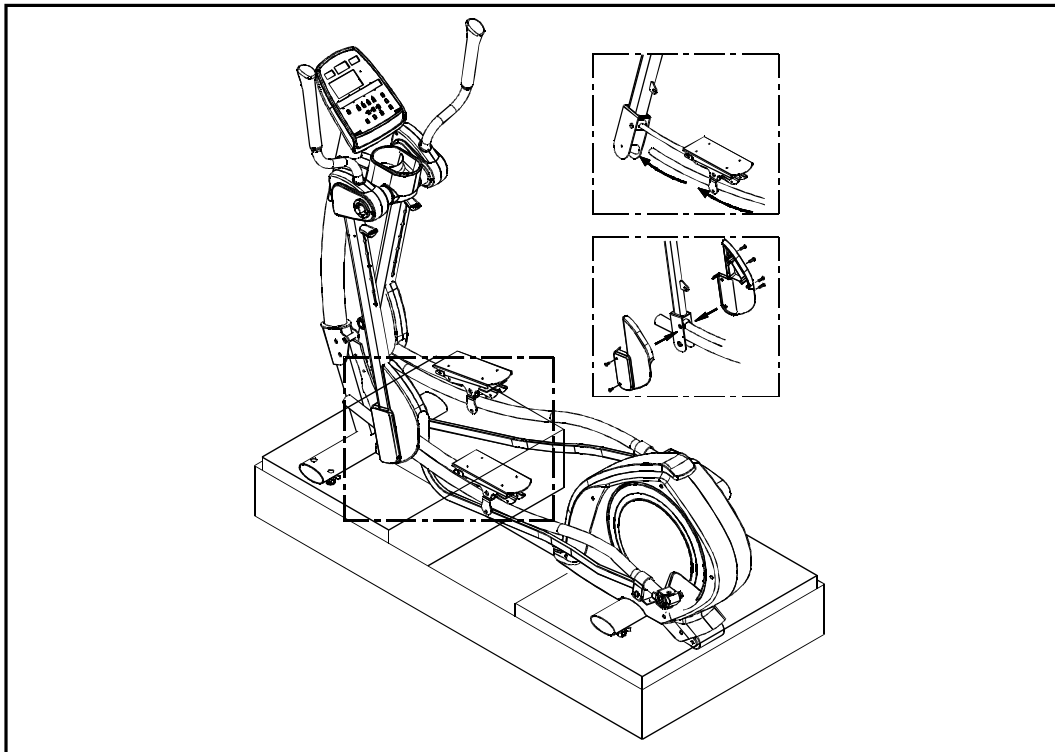


Fig.2

STEP 6. Put the Stride Linkage in place and use the bolt and washer to secure it onto the Stride Support Assembly. Then press the stride linkage cover into place. See Fig.3 for reference. Complete steps 4, 5, and 6 on the other side of the unit too. (See Fig 3)

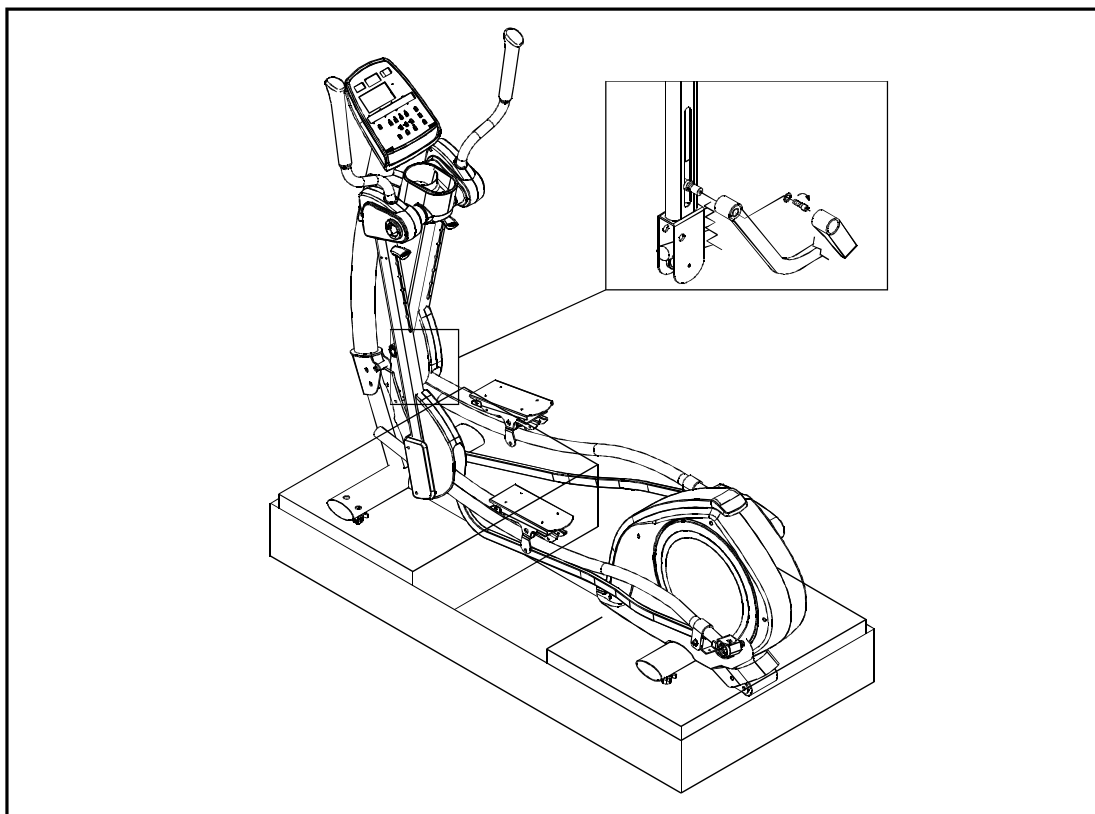


Fig.3

STEP 7. Secure stopper bolts on the front, bottom of both glide rails. Then remove the unit from the lower box. (See Fig. 4)

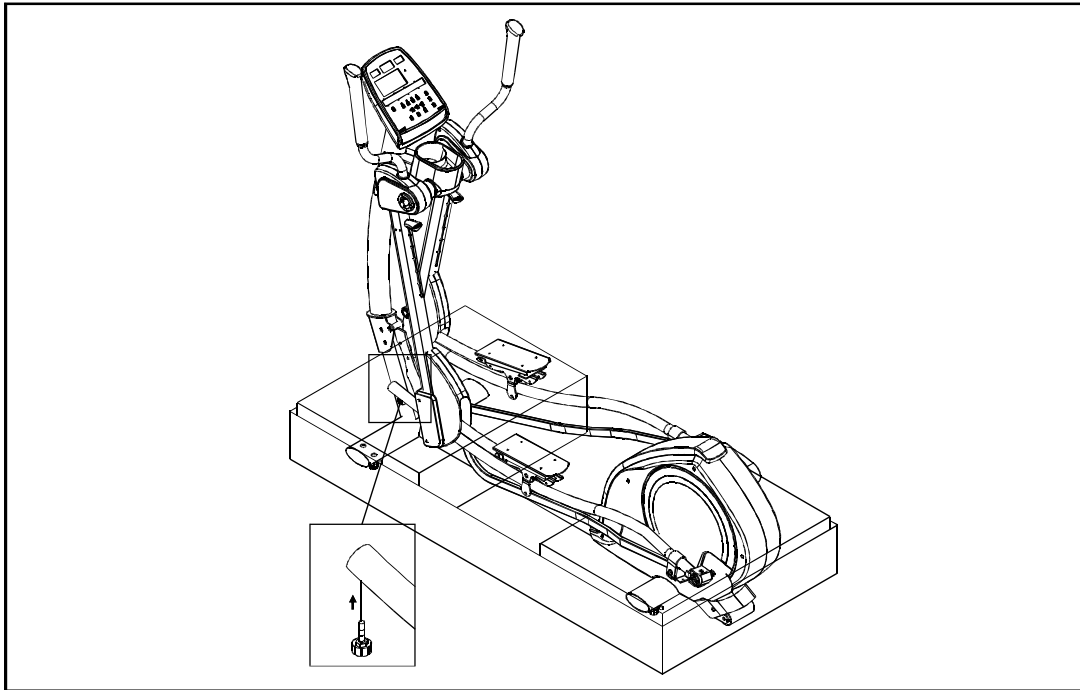


Fig.4

- STEP 8.** (1) Loosely secure bolts A and B on both Side Supports. At this point, do not tighten these bolts.
 (2) With hardware shown in illustration I, secure the Stationary Handlebar at both sides. Then Tighten bolts A and B.
 (3) Secure the Stationary Handlebar covers with M screws.

Note: The angle of M screws and the Stationary Handlebar should be 90° .

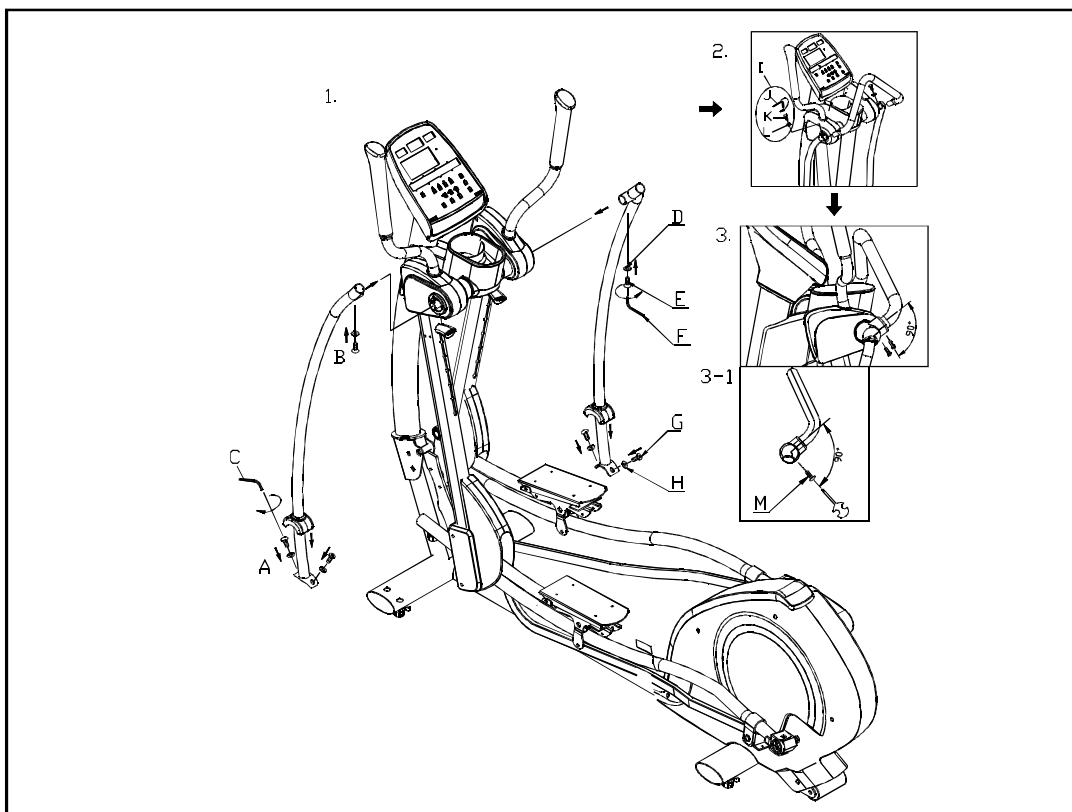


Fig.5

Glide Rail Assembly

STEP 1. Move the Glide Rail (A in the top right diagram of Figure 6) to the upper left part of the flywheel within the 90-degree indication. Hook the Park B onto the Glide Rail.

STEP 2. Turn part B clockwise as shown to a nearly horizontal position, where it covers the Glide Rail.

STEP 3. Install Part C onto Part B. Use Screws D & E to fasten these parts together.

PART A: Glide Rail

PART B & C: Rear Covers

PART D: Self-tapping Screws (m4)

PART E: Round-head Screws (m5)

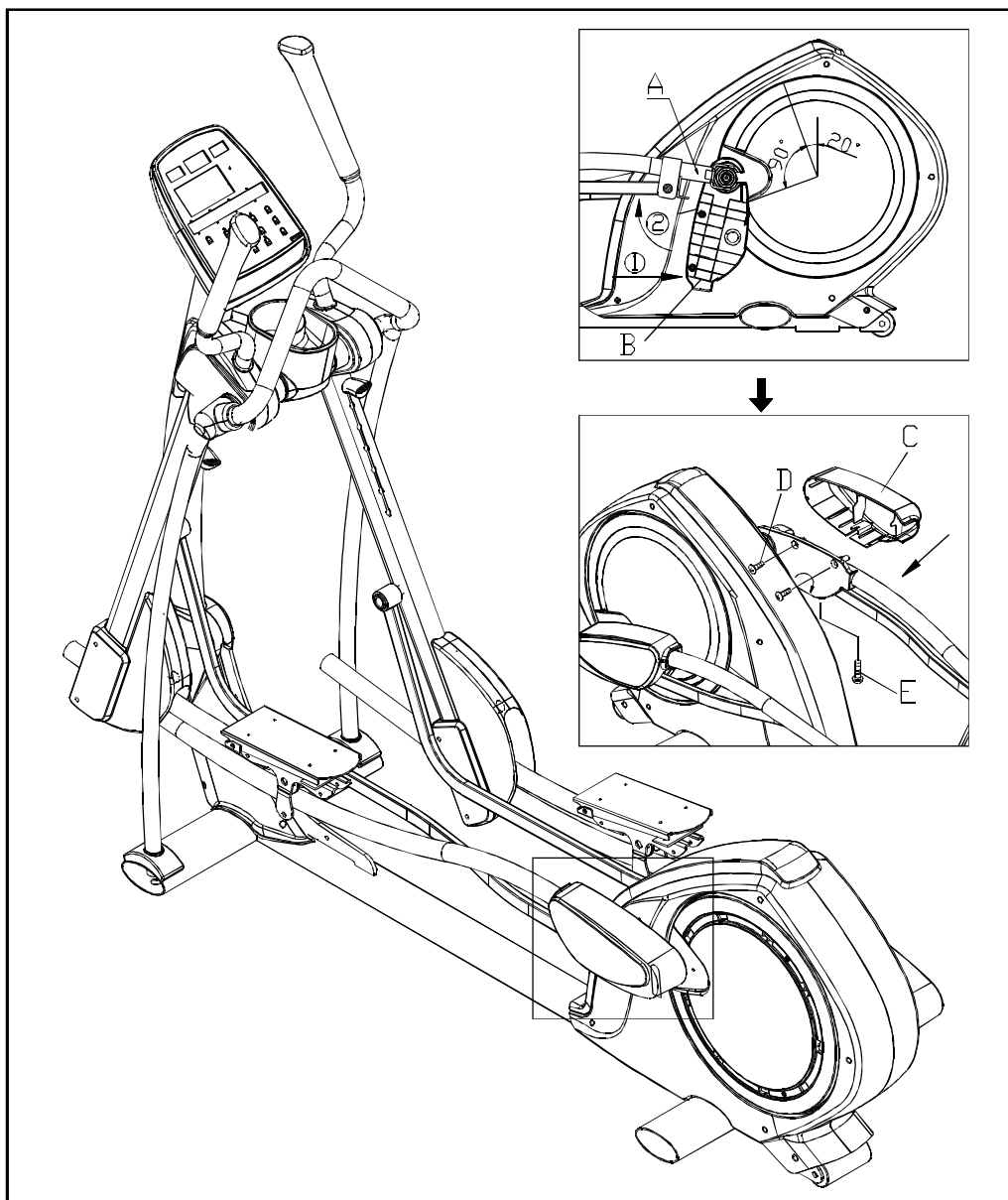


Fig.6

Upright Enclosure Assembly

Hold the upright enclosure in place. Use the screw driver provided to tighten each of the five self-tapping Phillips-head screws into the enclosure. (See Fig.7)

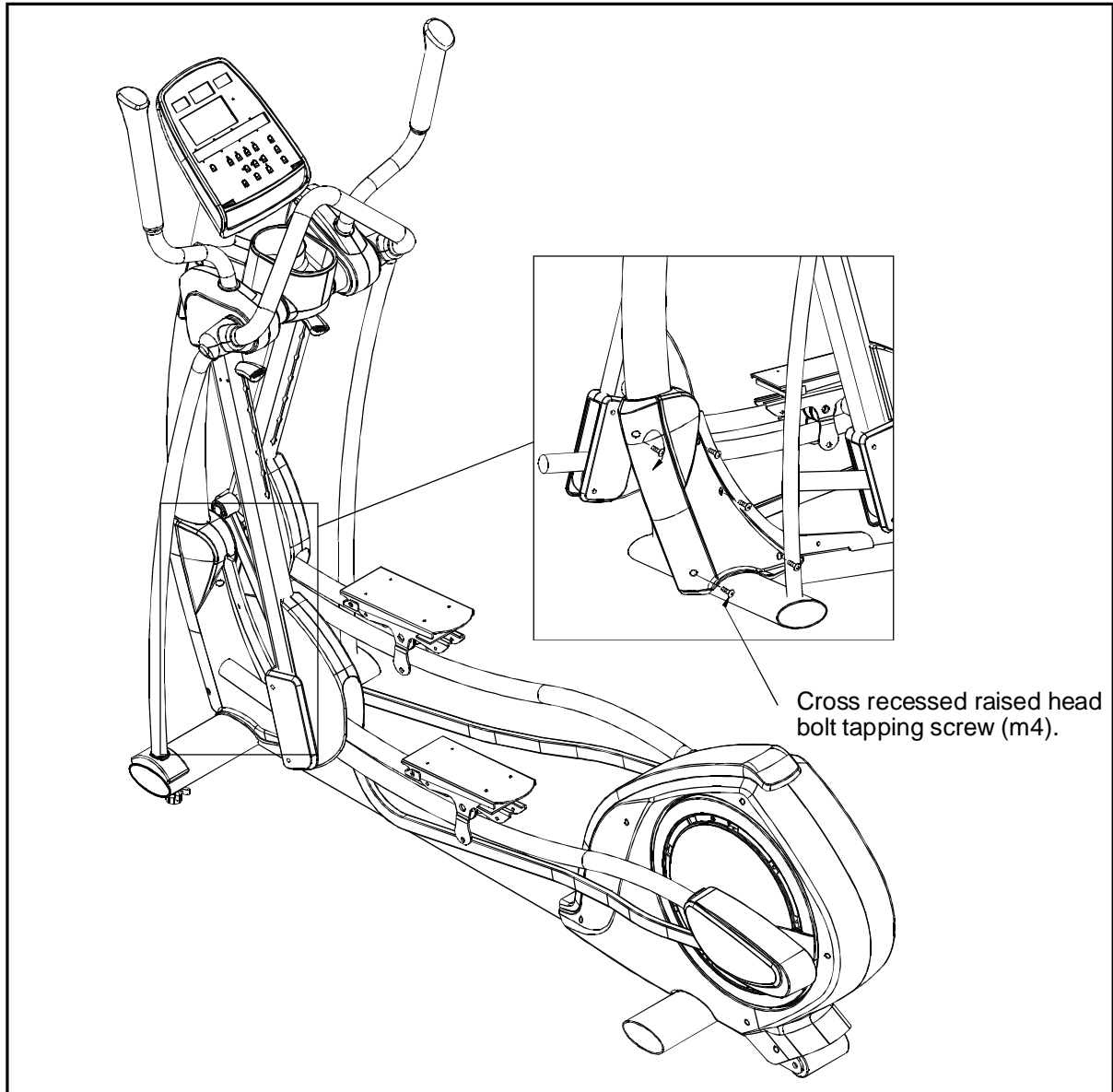


Fig.7

FOOT PEDAL ASSEMBLY

There are rubber pads on the footplates. Fold the rubber pad (indicated as A) up to access screws. Use a L shape wrench (4mm) to secure four raised-head allen screws B (two at front and two at back) onto the footplate. Do not remove screws D which attach to E.

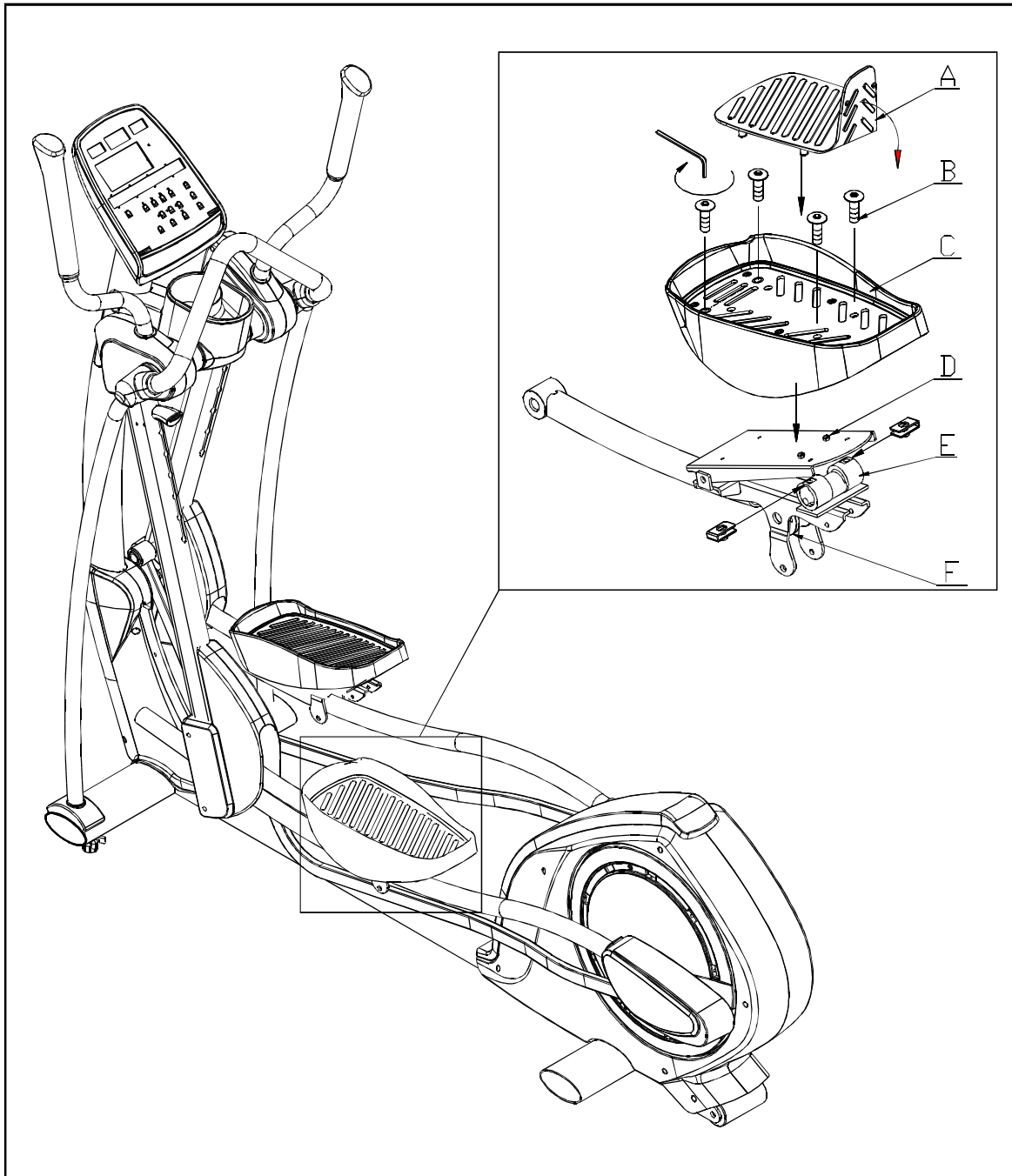


Fig.8

FOOTPAD INSTALLATION DETAILS

- STEP 1.** Make sure the middle nibs on the footpad are firmly placed into the middle holes on the footplate. Pull the nibs through the footplate until they fit snugly in place.
- STEP 2.** Secure the front screws (shown as m1) on the footplate. Insert the front nibs into the holes on the footplate (shown as M). Pull the front nibs in place securely.
- STEP 3.** Secure the back screws (shown as n1) on the footplate. Insert the nibs into the holes on the footplate (shown as N). Pull the nibs securely into place.

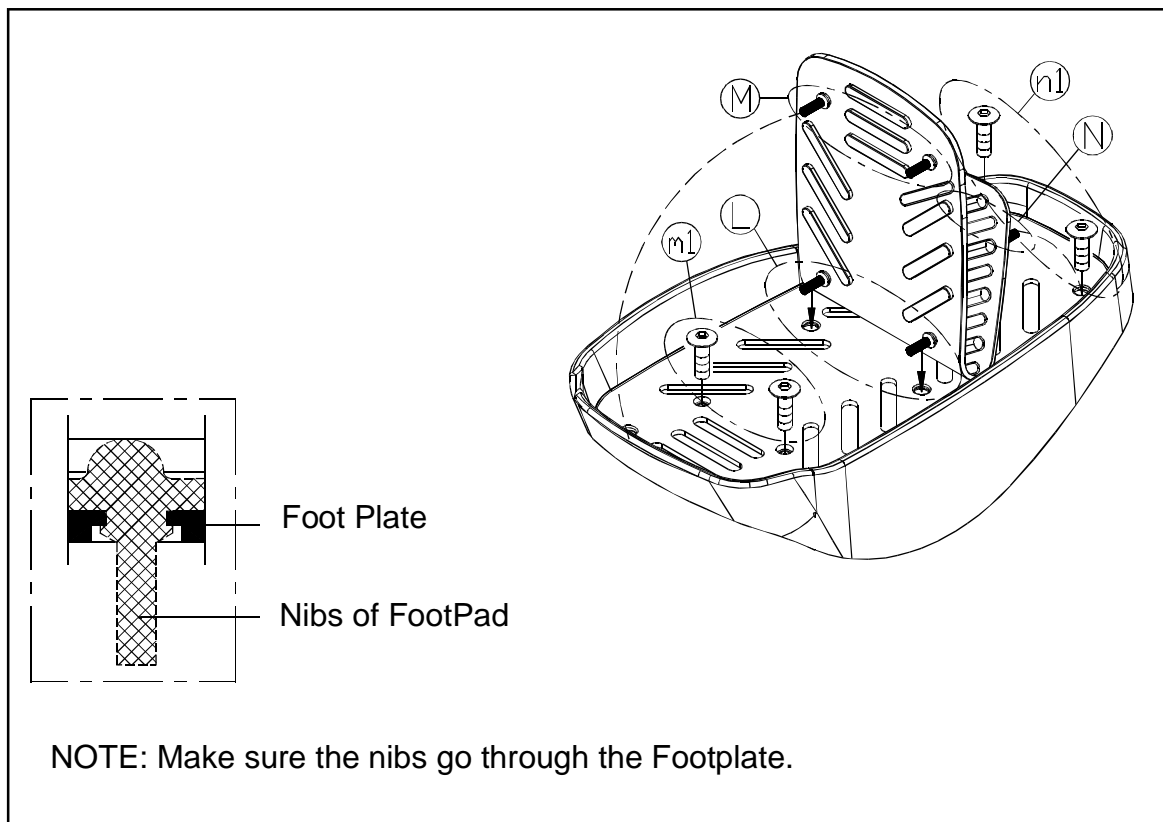


Fig.9

FOOT LEVEL ADJUSTMENT

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

STEP 2. Adjust the center leveler so that it touches the ground. Secure it with the washer as shown ② .

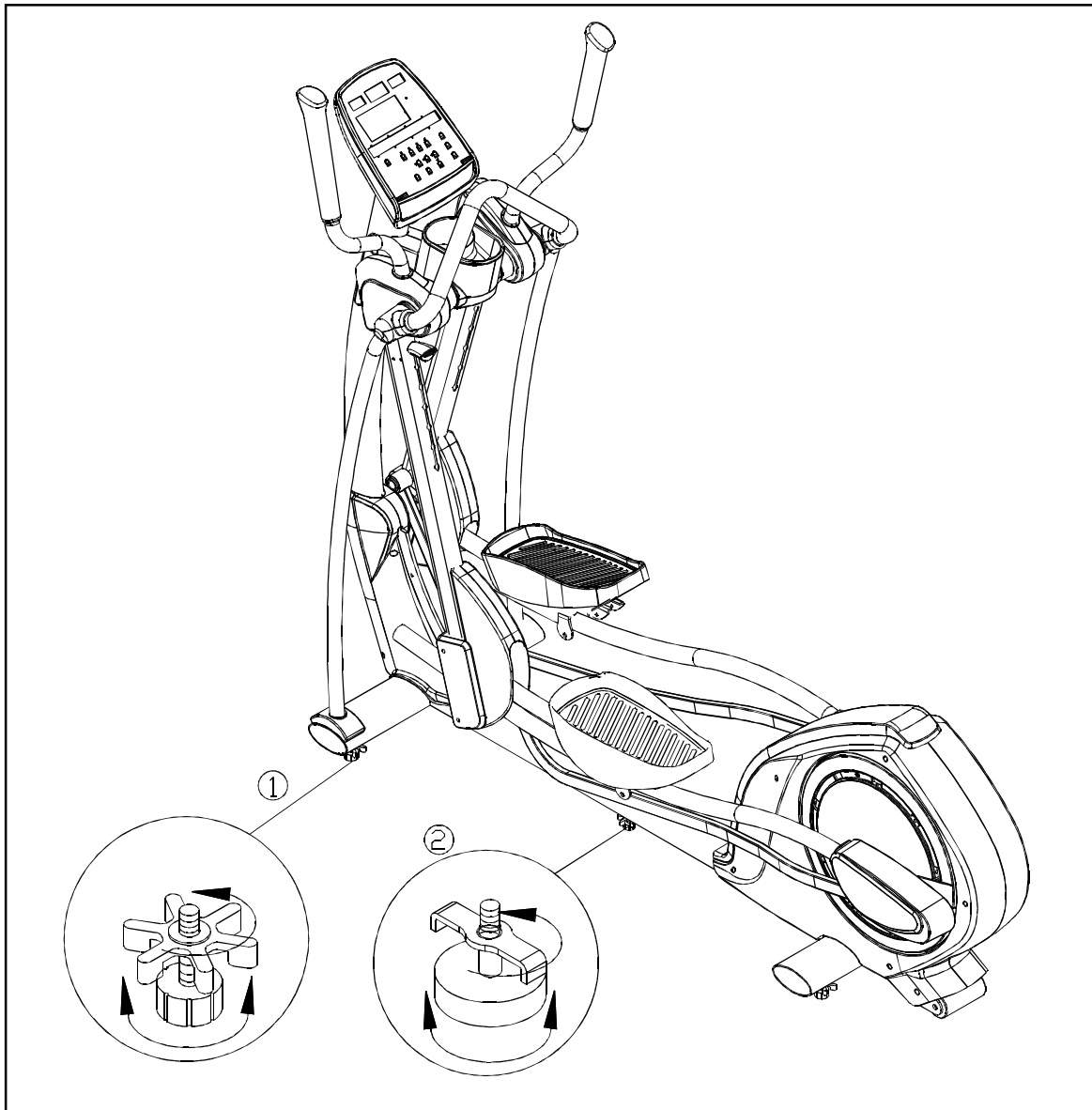


Fig.10

STRIDE LENGTH ADJUSTMENT

When the stride length adjustment handle is in position, make sure that the front end of handle (indicated as A) goes through the Bar.

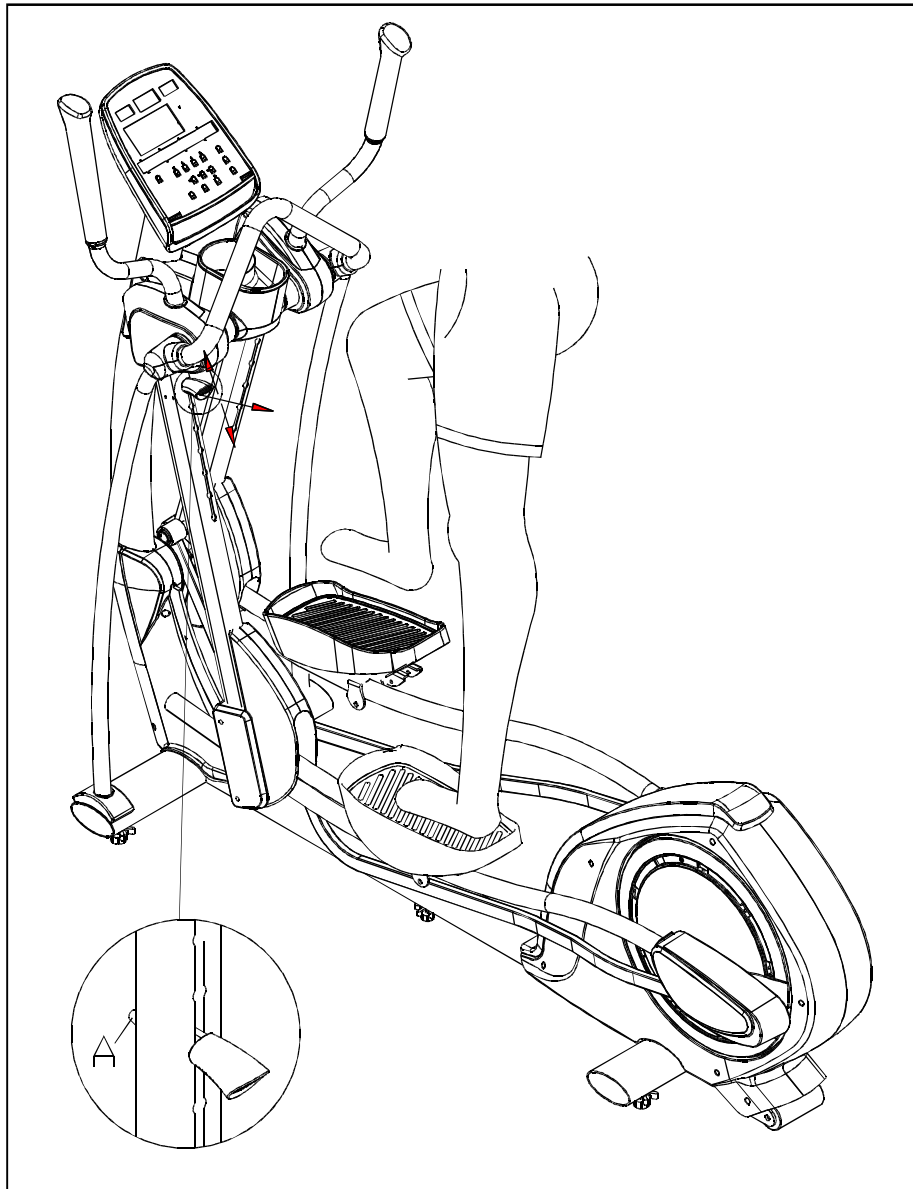


Fig.11

NOTE: During operation, do not place your hands or any other articles near or on the roller bars oval openings to avoid jamming or other danger.

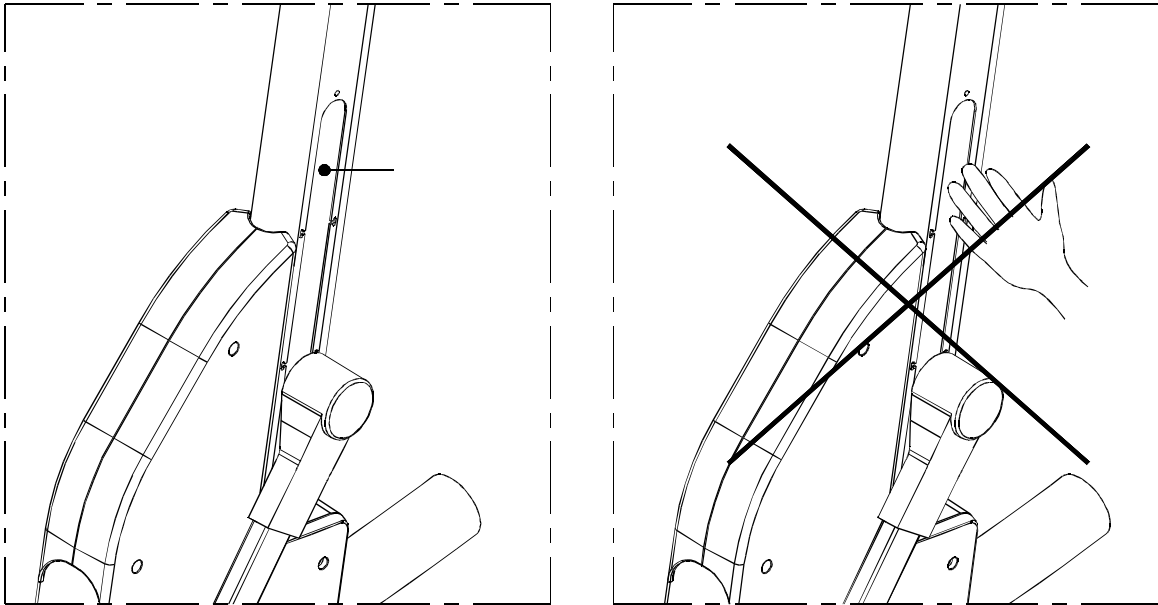


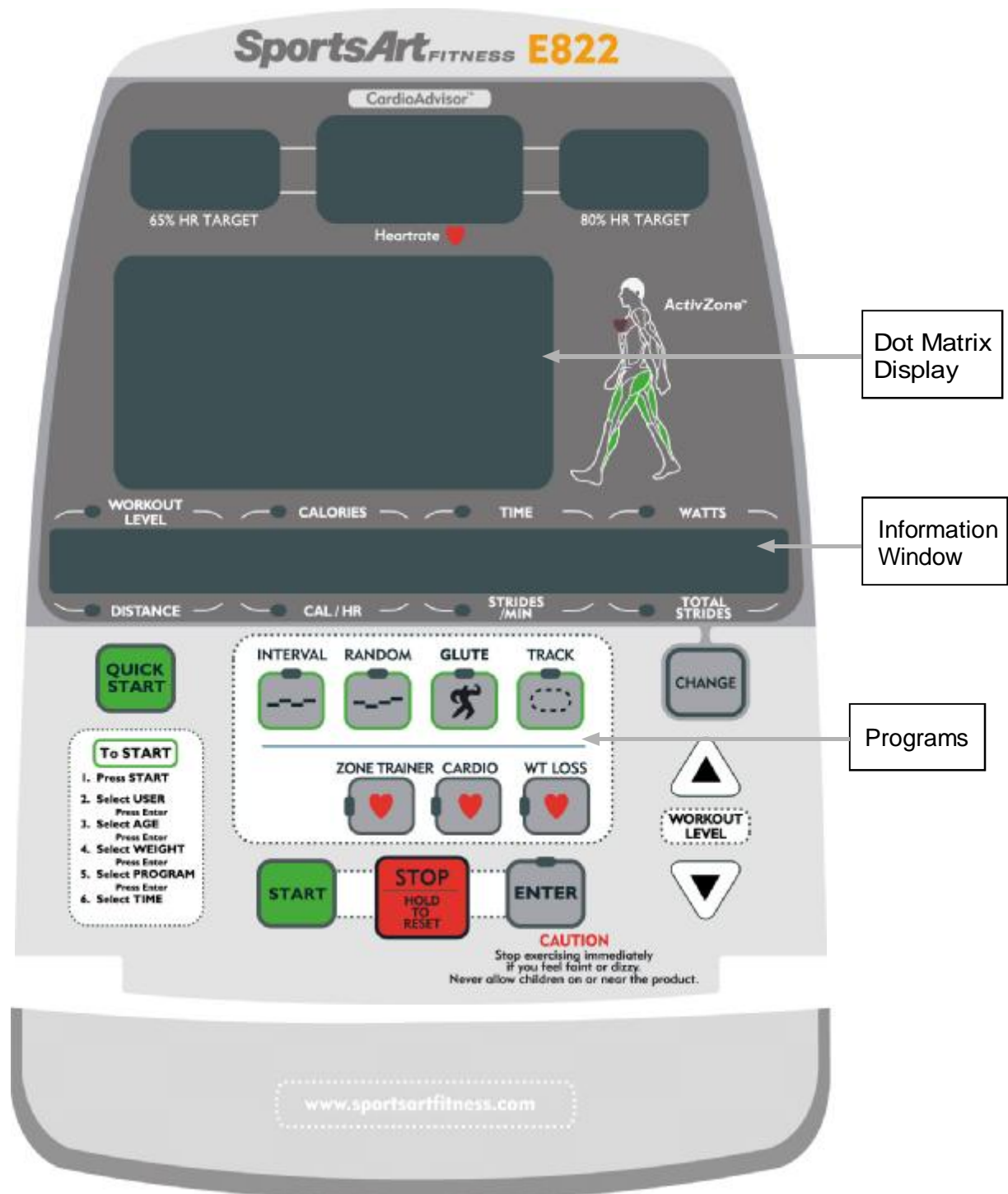
Fig.12

The E822 Elliptical is now assembled and ready for use.

UNDERSTANDING THE E822 DISPLAY CONSOLE

Display Windows

The E822 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.



Display Function Overview

- **Windows:**

- 65% HR TARGET – shows the optimum heart rate zone for weight loss.
- HEART RATE – shows actual heart rate.
- 80% HR TARGET – shows the optimum heart rate for cardio workout.
- WORKOUT ILLUSTRATION – shows workout profiles and workout prompts.
- FEEDBACK WINDOW – shows workout prompts and workout feedback.
- LEDs – light to indicate active programs, scan mode, selection confirmation, and heart rate.

- **Basic Functions:**

CHANGE – Press the CHANGE key while exercising to view different workout feedback. Active feedback indicators light up. Top row: WORKOUT LEVEL, CALORIES, TIME, WATTS Bottom row: DISTANCE, CAL/HR, STRIDES/MIN, TOTAL STRIDES. In SCAN mode, a different row of feedback information is displayed every six seconds, and the scan indicator flashes every second. If not in SCAN mode, the indicator LEDs remain lit.

QUICK START – Press this key to start exercising without first entering user information. In QUICK START mode, time counts upward; values accumulate.

START – Press this key to start exercising after inputting user information.

EXERCISE PROGRAMS KEYS – When these indicators flash or during exercise, press an exercise program key to activate the related program. The related program indicator lights up.

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

WORKOUT LEVEL (UP & DOWN) – Press these keys to adjust resistance level. Holding these keys makes resistance adjust up or down faster.

STOP/HOLD TO RESET

1. In an exercise program,

(A) If you entered an exercise program through QUICKSTART, press the STOP key to leave the program.

(B) If you entered an exercise program through START key, press the STOP key to select another program. PROGRAM indicators flash.

2. In any circumstance, hold the STOP key for three seconds to go back to the start up banner screen.

Display Setting Ranges

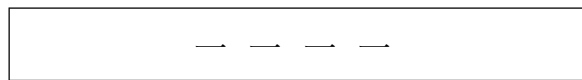
- WORKOUT LEVEL (resistance): 1 ~ 20
- TIME: 00~99 : 59; setting range: 5:00 ~ 99:00. (After 99:00, 0 appears)
- DISTANCE: 0.01-9999 Km/Mile
- CALORIES: 0~9999 K-CAL
- CAL/Hr (calories per hour): 0.0~999.9 K-CAL
- STRIDES/MIN(Strides per minute): 0~160
- WATTS: 0~9999
- TOTAL STRIDES: 0~9999

Operating the E822 Bike

To start: Press the START key or press the QUICK START key, or simply start pedaling (over 35 RPM). The startup banner "SPORTSART-E822" appears.

1. QUICK START

- (A) At the startup banner, press the QUICK START key. Quick start mode uses the default assumption of a 35-year-old, 165-lb/75-Kg user to calculate calorie and other feedback values. Time counts upward. Resistance starts at level one and can be adjusted during exercise.
- (B) While exercising, press EXERCISE PROGRAM keys or ZONE TRAINER key to change exercise programs. Time counts upward. Resistance can be adjusted at any time.
- (C) When no one pedals on the elliptical, "STEP TO START" scrolls across the display every four seconds, after which the start up banner screen appears.
- (D) If no one pedals for 15 seconds, an energy saving mode is activated. It remains on until someone pedals over 35 RPM.
- (E) In energy saving mode, all LEDs extinguish except for the feedback window which shows the following:



- (F) If no one pedals for two minutes, the unit automatically shuts off.

2. START

Press START to take advantage of user age and weight in providing more accurate calorie counts and other information. This user information is saved in the unit's memory and the user's workout time, distance, and calorie expenditure accumulates.

- (A) The process to establish a user ID is as follows:

1. Selecting User ID

- While the start up banner appears, press the START key. The display shows the previously used USER ID and that user's accumulated workout record.
- Every six seconds, the display shows different information, as follows:



TIMES - 25:05

DISTS - 15.8

CALS - 1020

- Use any <▲> or <▼> key to choose a user ID. Then press ENTER to confirm your choice.

2. To set up a personalized user ID

- This function allows users to establish a user ID with up to 11 characters.
- When a USER ID appears, press the CHANGE key continuously for three seconds to change the USER ID. The following appears:

			E	N	T	E	R		N	A	M	E			
--	--	--	---	---	---	---	---	--	---	---	---	---	--	--	--

- Press <▲▼> keys to choose an alphabetical character. Then press the ENTER key to confirm your selection. Use the same process again to choose and confirm more characters. When the user name is complete, hold down the ENTER key for three seconds to complete the process.
- To revise or delete a USER NAME, choose the USER ID and hold down the CHANGE key for three seconds. To revise the ID, follow the steps above.
- To erase accumulated workout information, press STOP and START keys simultaneously. User accumulated workout time, RPMs, and distance will disappear.

(B) Age and Weight Settings

1. AGE setting range is 10 ~ 99. The default age is 35 years old.

- Press <▲▼> keys to select a user age. This user age becomes the basis for calculating target heart rate. 65% and 80% target heart rates represent recommended low and high heart rate targets.
- Press the ENTER key to confirm your choice and proceed to set the user weight.

2. WEIGHT setting range is 66 ~ 330 LB / 30 ~ 150 KG. The default weight setting is 165 LB / 75 KG.

- Press <▲/▼> keys to select a weight. User weight is the basis for the calorie expenditure calculation.
- Press the ENTER key to confirm your choice and proceed to select your exercise program.

(C) To select a workout program

1. Press the workout program key. The related PROGRAM indicator lights up. Then press the ENTER key to confirm your choice and proceed to the TIME setting.
2. When exercising, press the Zone Trainer key to enter the heart rate control (HRC) mode.

(D) Time setting

1. Press the <▲> or <▼> key to select an appropriate duration for your workout. Then press the ENTER key to confirm your choice.

(E) Changes during a workout

1. Resistance can be changed as you exercise. Time starts counting upward when you start pedaling. On the workout illustration, your present stage in the workout is represented by the flashing LED.
2. As you workout, you can activate another program. Time continues to accrue.
3. In USER mode, you can move from any workout program to another workout program while exercising. The accumulated values continue to accrue.
4. Please note: ZONE TRAINER has special rules which are described in the following section.

PROGRAM functions

1. TRACK

The TRACK function represents a running track. One lap is 400 Meters = 1/4 Mile. The user can manually adjust resistance and stride.

2. GLUTE

The Glute Program exercises the gluteus muscle group of the body. There are three different exercise illustrations built into this program; press the program button to toggle through the three programs.

3. RANDOM

The RANDOM program contains a random selection of workout patterns. A new pattern appears each time the <RANDOM> key is pressed.

4. INTERVAL (1:1, 1:2)

The INTERVAL program is made up of two workout periods, a REST period and a WORK period. Each period contains a different resistance level. There are two REST to WORK ratios to choose from, either 1:1 or 1:2.

- (A) In the 1:2 ratio, the first digit, 1, represents a rest period of one minute; the second digit, 2, represents a work period of two minutes.
- (B) While exercising, a different INTERVAL pattern appears every time the < INTERVAL > key is pressed.
- (C) Because interval is a two-segment program, once in operation, changing the resistance of a REST or WORK segment carries that setting into the next REST or WORK segment. For instance, if you change a REST period resistance level and commit it to memory, the next REST period will have that same resistance setting. The same applies for WORK segments.

5. WT LOSS & CARDIO

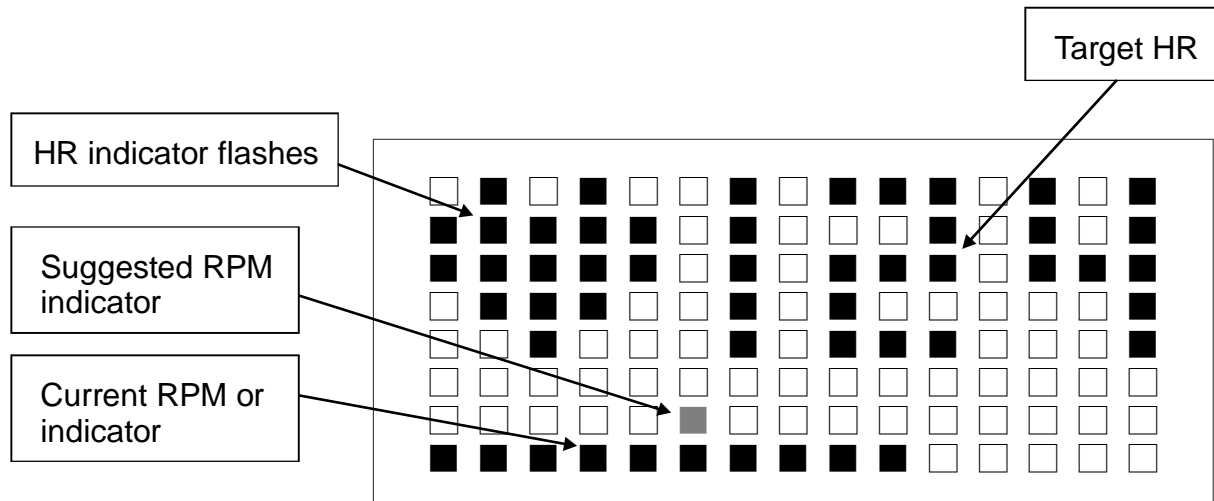
These two programs are heart rate control programs. By automatically adjusting resistance or speed, they keep the user's heart rate in a specific target range to accomplish certain exercise goals.

(A) Target heart rates are calculated as follows:

- <1> WT LOSS maintains a heart rate at 65% of your maximum heart rate, for optimum weight loss. It is calculated as follows: $(220 - AGE) \times 65\%$.
- <2> CARDIO maintains a heart rate of 80% of your maximum heart rate, for optimum cardio conditioning. It is calculated as follows: $(220 - AGE) \times 80\%$.

(B) At the start of the exercise or while exercising, if the user's heart rate is not detected, the message "NO HEART RATE READING, PLEASE CHECK TRANSMITTER" appears. At this time, while no heart rate is detected, resistance can only be adjusted manually.

(C) When heart rate control starts operating, a message like the one below appears.



(D) The default startup resistance level is LEVEL 1 and suggested default speed is 50 RPM. Actual heart rate is monitored and shown.

(E) When the workout time is reached, the unit enters COOL DOWN mode.

6. ZONE TRAINER

ZONE TRAINER allows you to select a heart rate and make it your target heart rate for any program. To make the current actual heart rate your target heart rate, press the ZONE TRAINER key at any time. The unit will automatically adjust resistance to keep you exercising at the specified target heart rate.

(A) This program can only be entered through another program. It has no validity if you are not first in another program.

(B) Other aspects of ZONE TRAINER are similar to WT LOSS and CARDIO programs. However, ZONE TRAINER acts according to the previous program's time setting. When the workout time has been attained, the unit enters COOL DOWN mode.

7. Cool Down

When the workout time is reached, "ACCU DATA" appears. Accumulated data, including time/distance/calorie expenditure/average heart rate, appear. Then "COOL DOWN" appears as the unit enters a two-minute cool down period. When the unit counts down to "0:00", program indicators flash, and the "SELECT PROGRAM" prompt appears.

Press the QUICK START key to immediately start exercising, or press START to reset user information.

Internal Settings

Internal settings determine basic operating conditions, for example, units of measure. To access internal settings, at the startup banner 『SPORTSART-E822』, press and hold the CHANGE key for three seconds.

1. Follow the steps below to change internal settings.

(A) Determining Metric/American standard units of measure:

The feedback windows show the present setting.

American standard

			U	N	I	T		-		L	B				
--	--	--	---	---	---	---	--	---	--	---	---	--	--	--	--

Metric standard

			U	N	I	T		-		K	G				
--	--	--	---	---	---	---	--	---	--	---	---	--	--	--	--

Press <▲/▼> keys to toggle from one setting to another. When your preferred unit of measurement appears press the ENTER key to confirm your choice and proceed to the next setting.

(B) The total time of use appears in the feedback window. Press the ENTER key to proceed to the next internal setting.

T	I	M	E	-	X	X	X	X	X	X	H	O	U	R	
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	--

(C) The total distance ridden appears in the feedback window. Press the ENTER key to proceed to the next internal setting.

The unit distance is in Kilometers.

D	I	S	T	-	X	X	X	X	X	X	X	X	K	M	
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	--

The unit distance is in Miles.

D	I	S	T	-	X	X	X	X	X	X	X	X	M	L	
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	--

Maintenance Lubricating:

Shoulder Joint

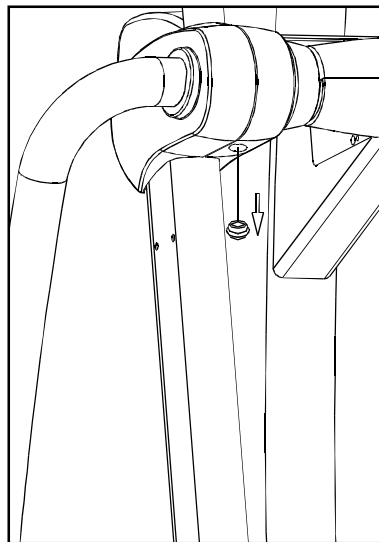
NOTE: For best performance, lubricate elliptical trainer once a year. Use a grease gun filled with red lithium ball bearing grease. Such grease is available at automotive supply stores. Follow the steps below:

STEP 1. Remove the cap underneath the cover.

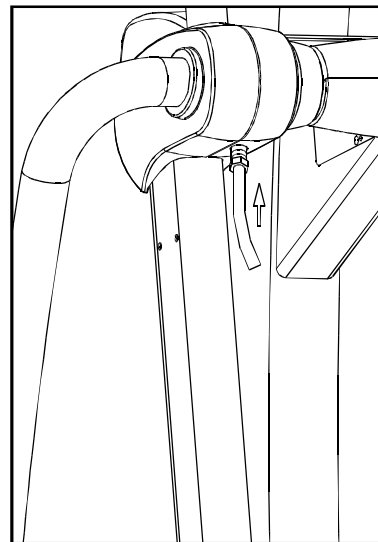
STEP 2. Insert the grease gun tube end onto the lubrication valve on the product. Squeeze the grease gun once. Wipe up any excess grease that appears.

STEP 3. Disconnect the grease gun tube from the valve.

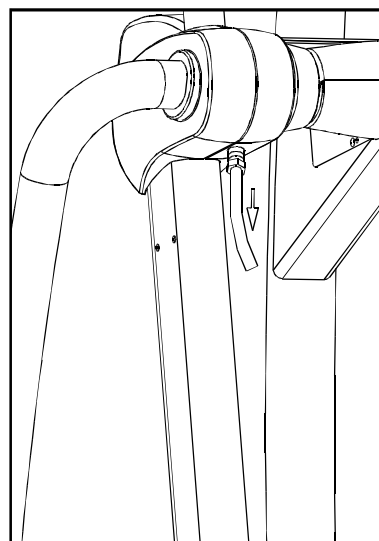
STEP 4. Reinsert the cap.



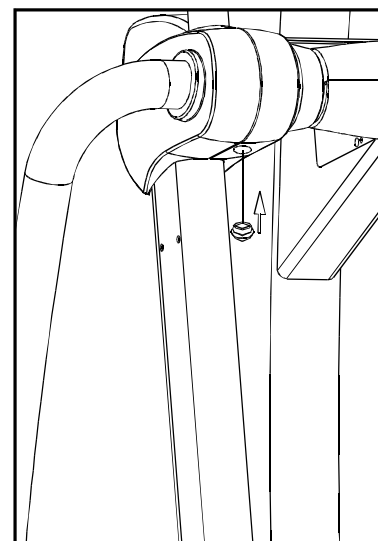
STEP 1



STEP 2

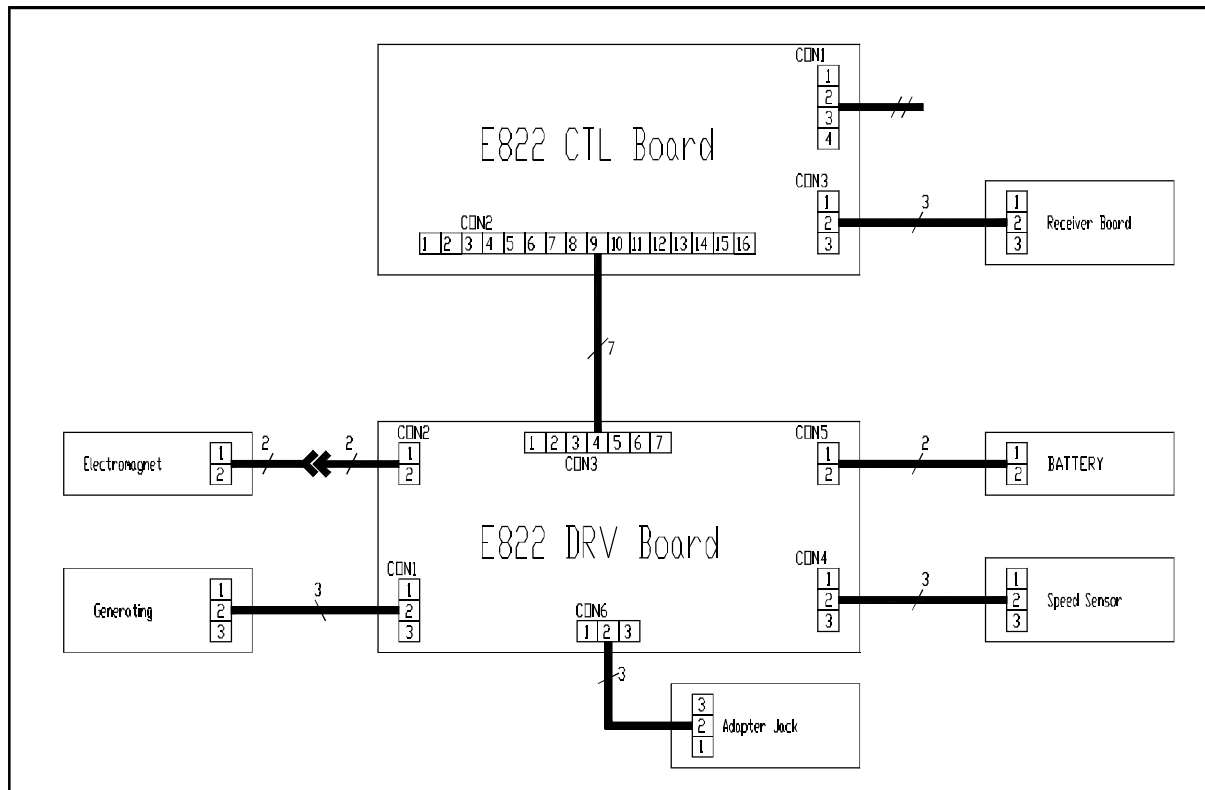


STEP 3



STEP 4

WIRING SCHEMATIC



Your Authorized SPORTS ART Distributor