

SPORTSART E830 ELLIPTICAL TRAINER

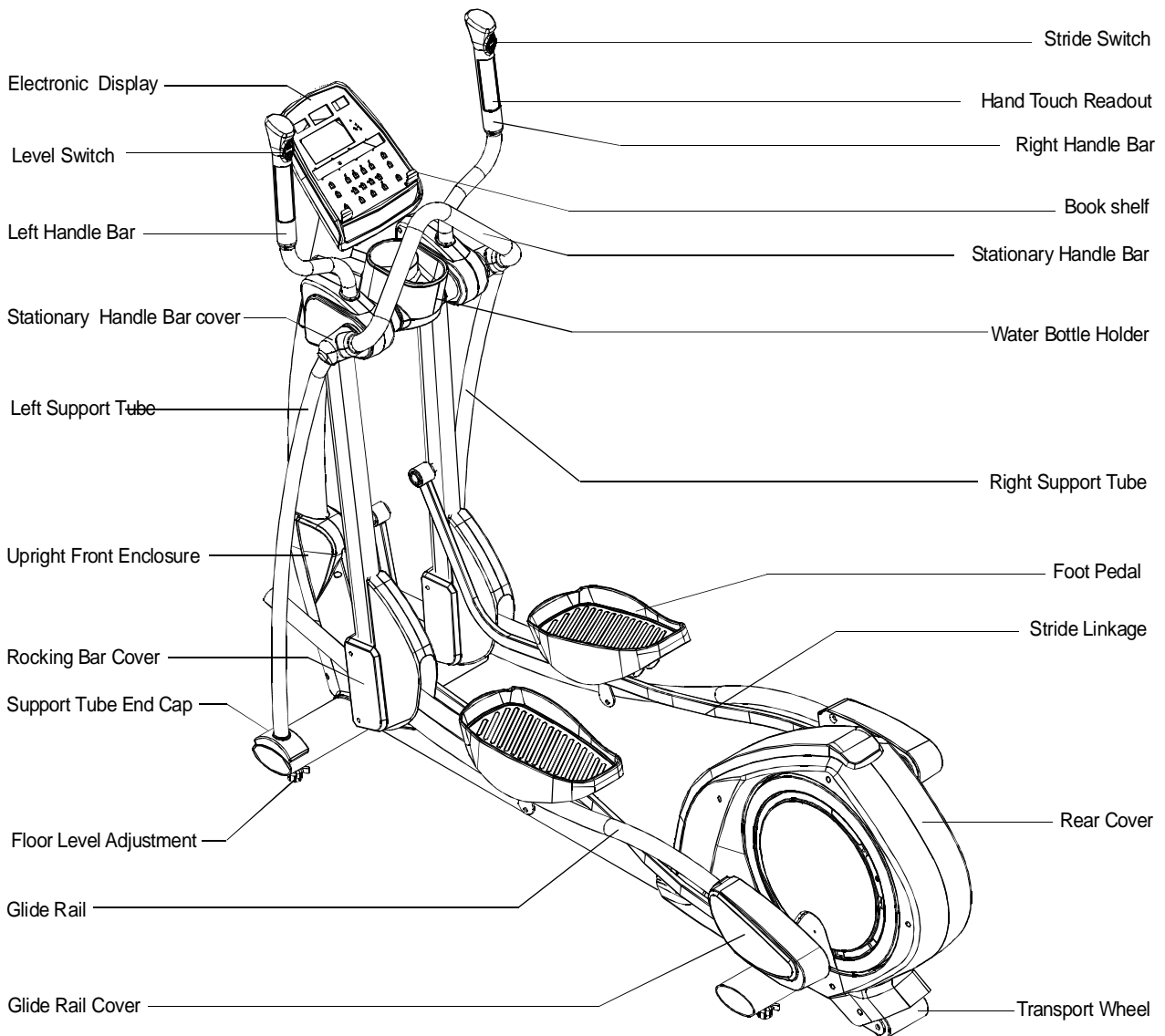
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INTRODUCTION:

Congratulations on purchasing one of the finest pieces of exercise equipment on the market today, the Sports Art E830. Constructed of high quality materials and designed for years of trouble-free use, the Sports Art E830 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 E830, 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 E830 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 330 LBS (150 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.

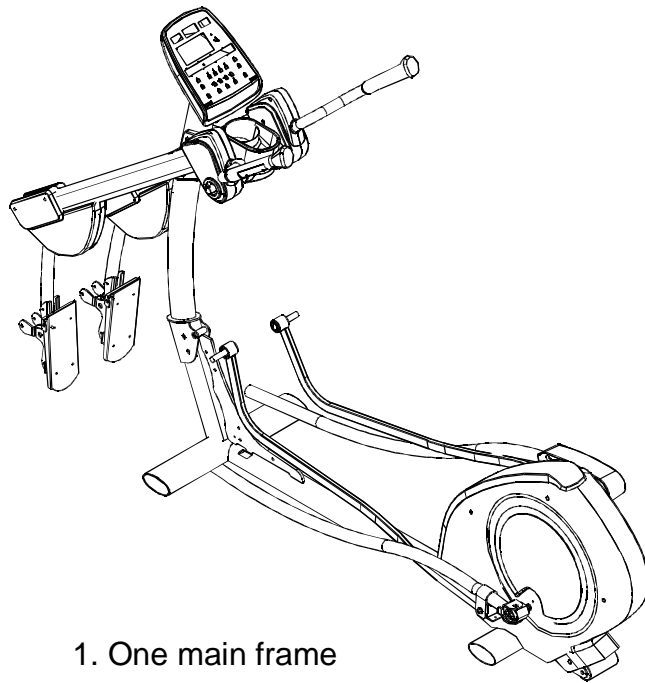
The packing for this elliptical was designed to protect it during shipment. Please store the original packing material in a safe place in case you need to transport the unit in the future.

LIST OF PARTS:

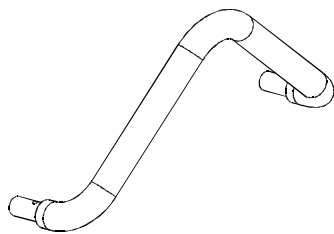
Before assembling your elliptical trainer, please locate the following items.

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

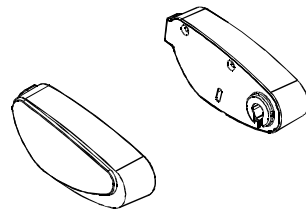
Please see the part illustrations below:



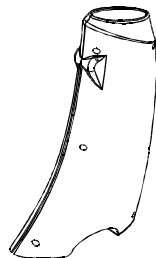
1. One main frame



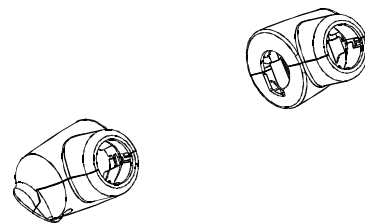
2. One stationary Handle Bar



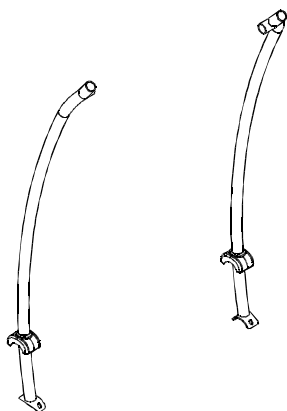
3. Two Glide Rail covers



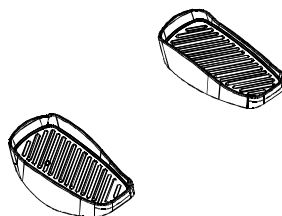
4. One Upright Front Enclosure



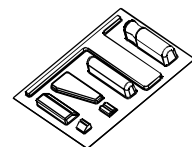
5. Two Stationary Handle Bar covers



6. Two Support Tubes



7. Two Pedals



8. Tool kit

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)

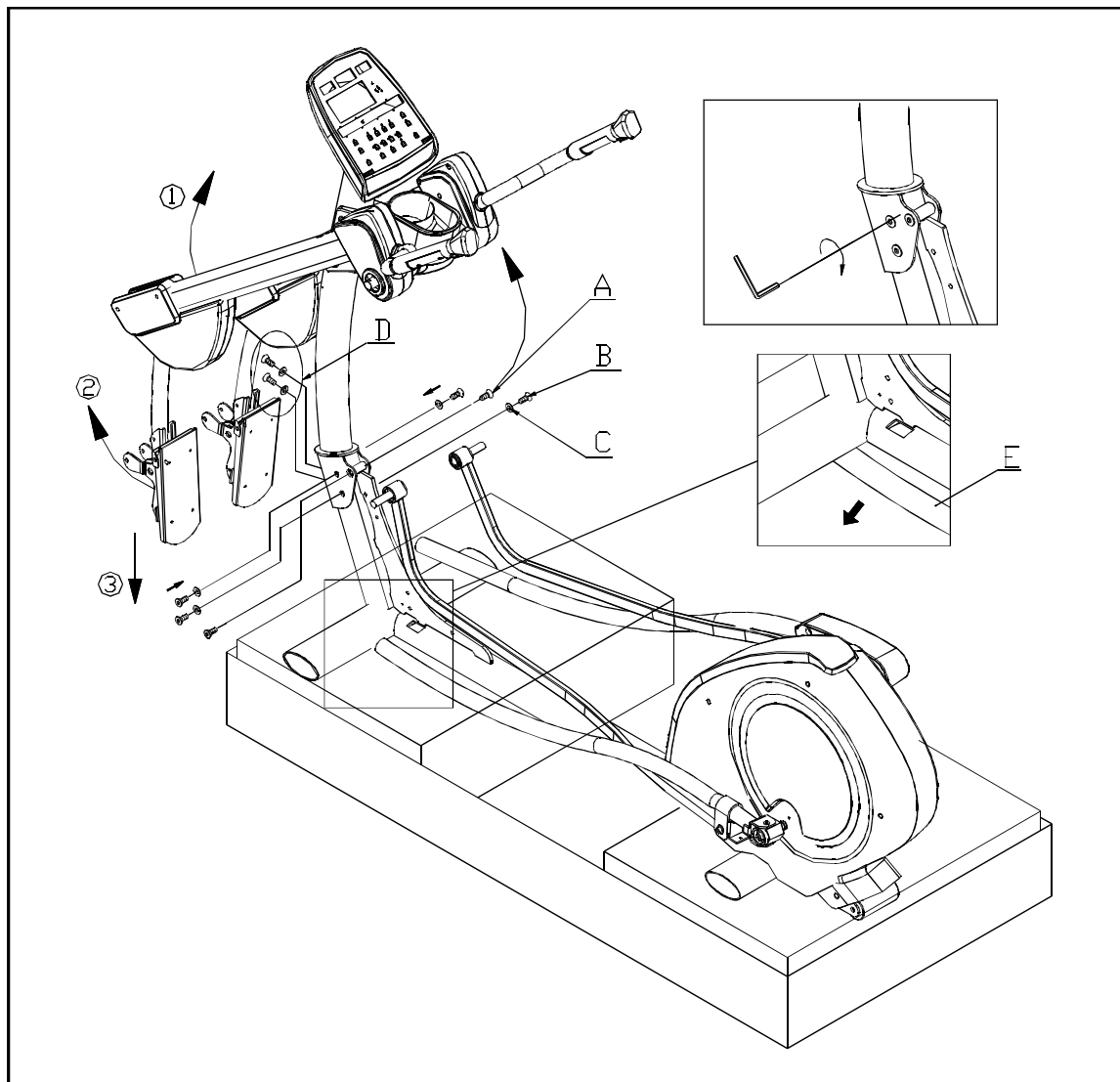


Fig.1

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. (See Fig 2)

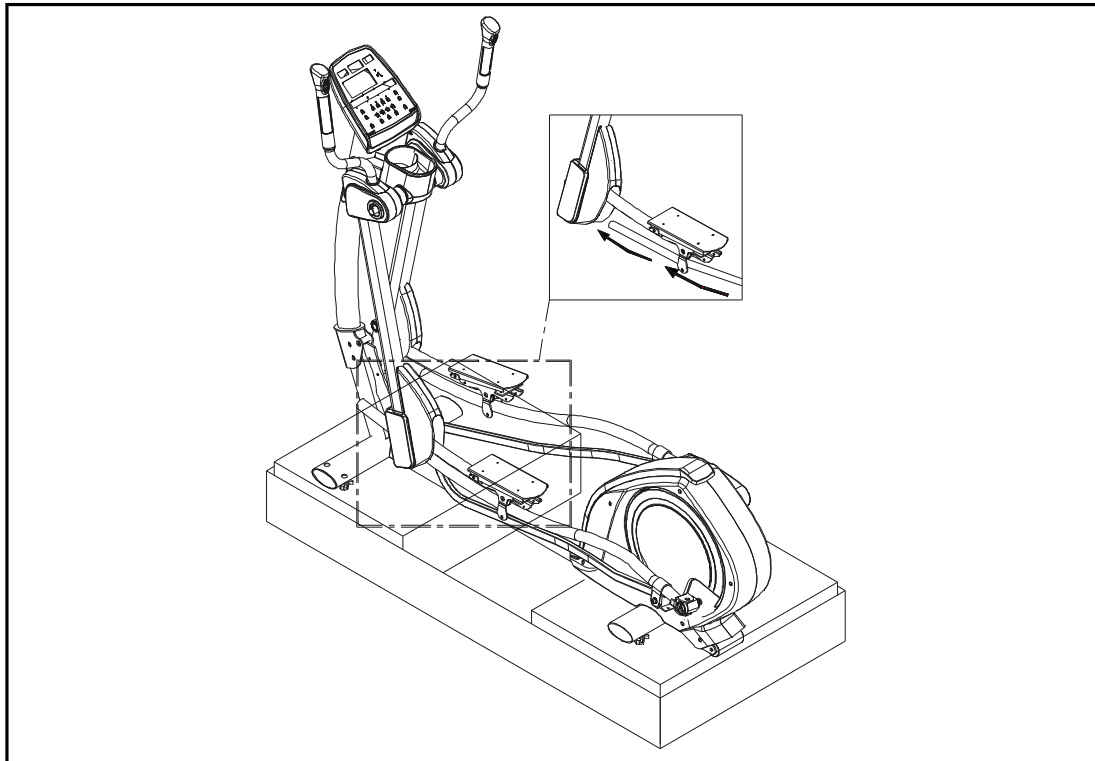


Fig.2

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)

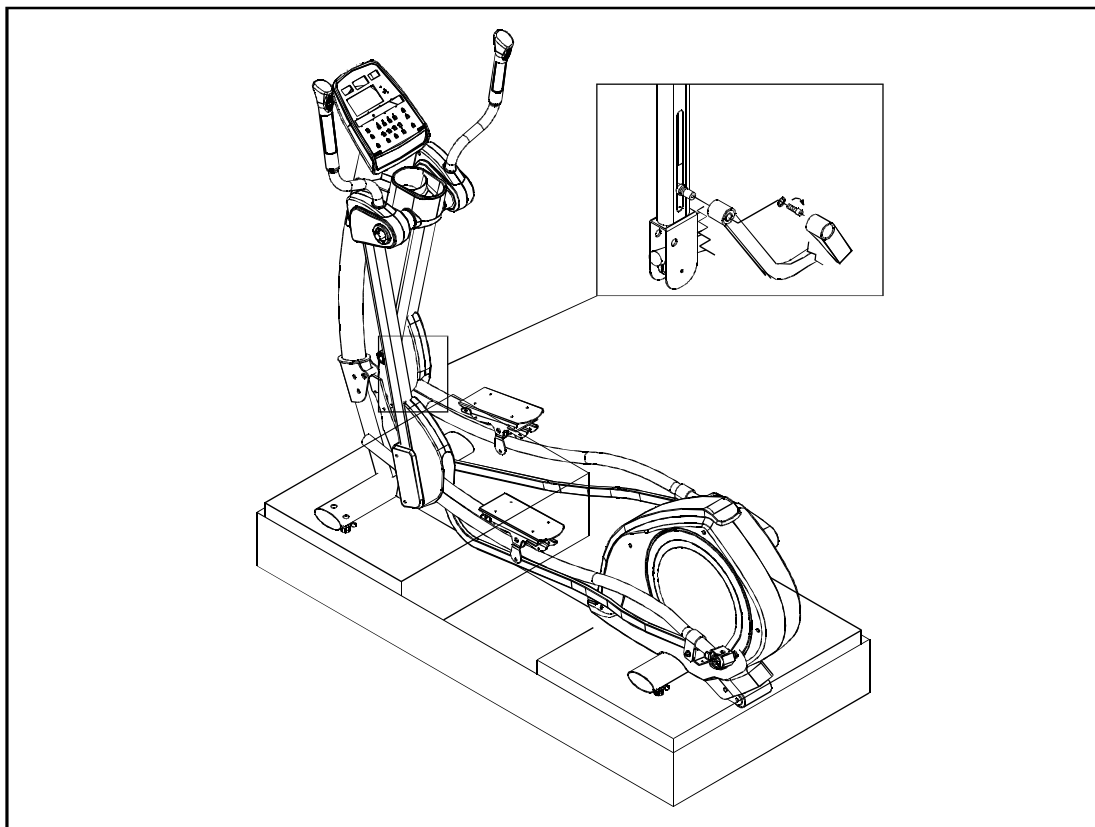


Fig.3

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

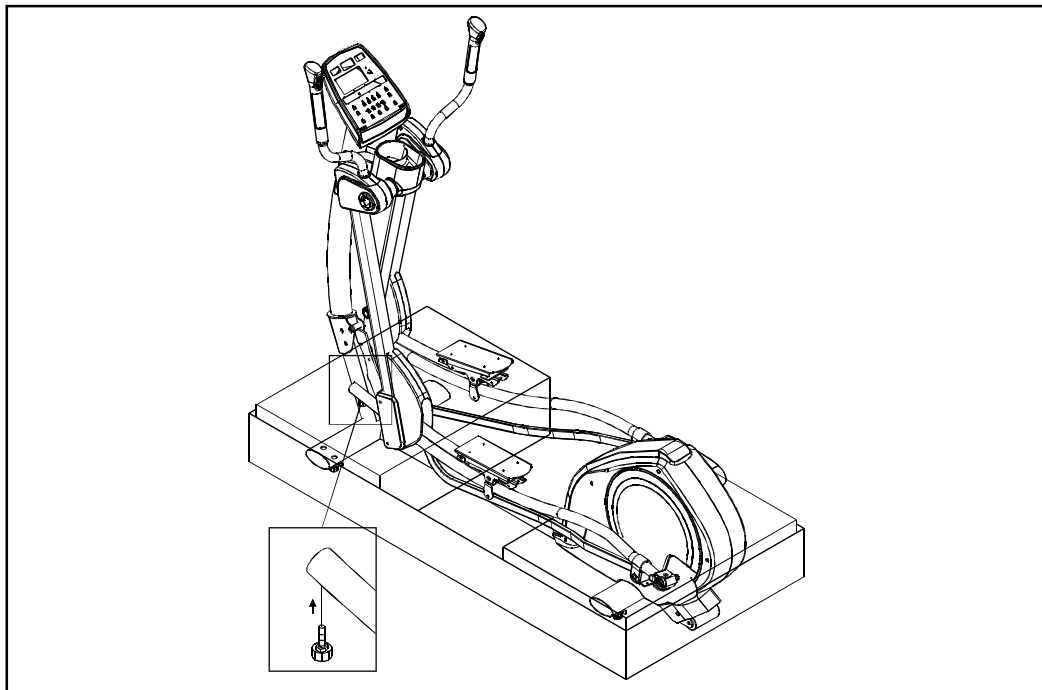


Fig.4

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. When securing the handle bar, make sure direction of screws are 90-degree to the handlebar. (See Fig. 5)

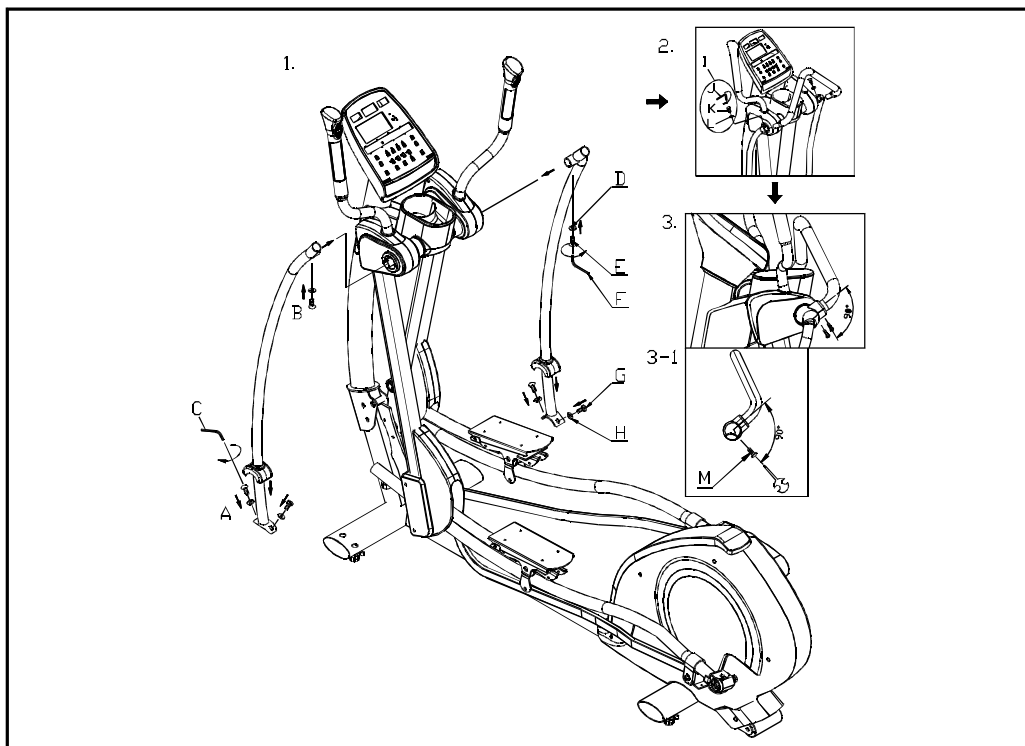


Fig.5

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)

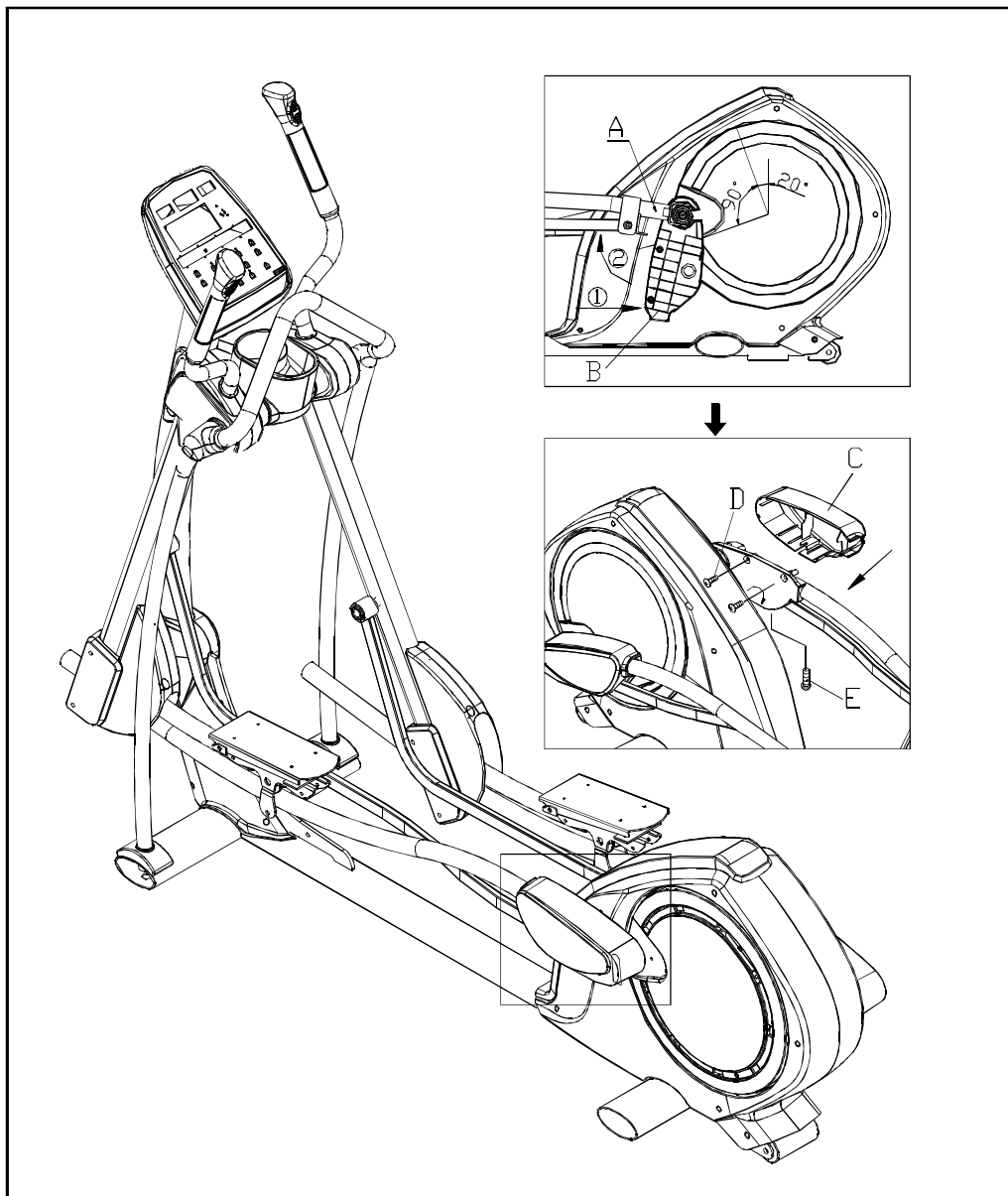


Fig.6

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)

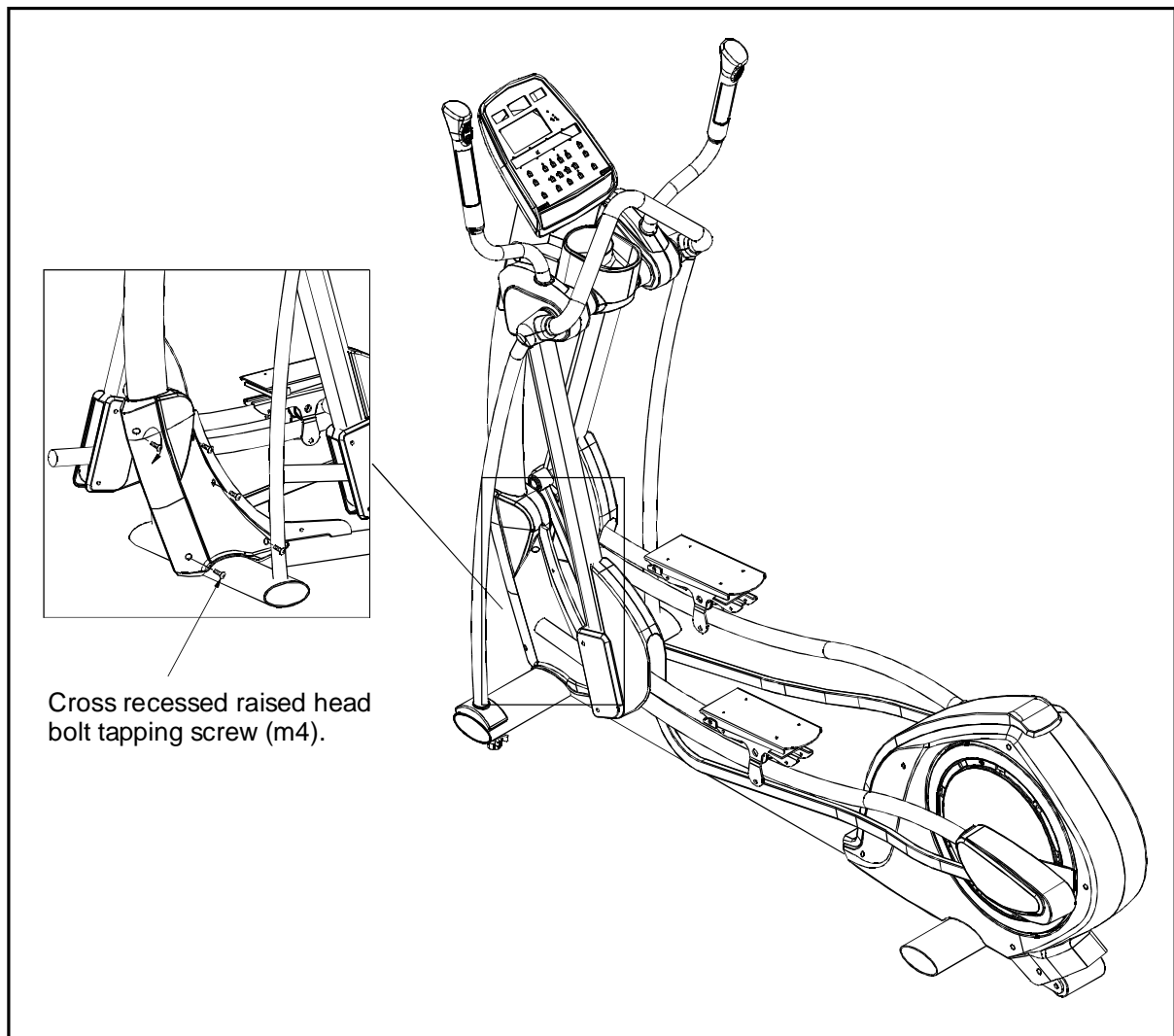


Fig.7

FOOT PEDAL ASSEMBLY

STEP 1. There are rubber pads on the footplates. Fold the rubber pad up (A) to access screws. Secure the four raised-head allen screws (B) (two at front and two at back) onto the footplate.

STEP 2. Press the rubber pads onto foot plates firmly.

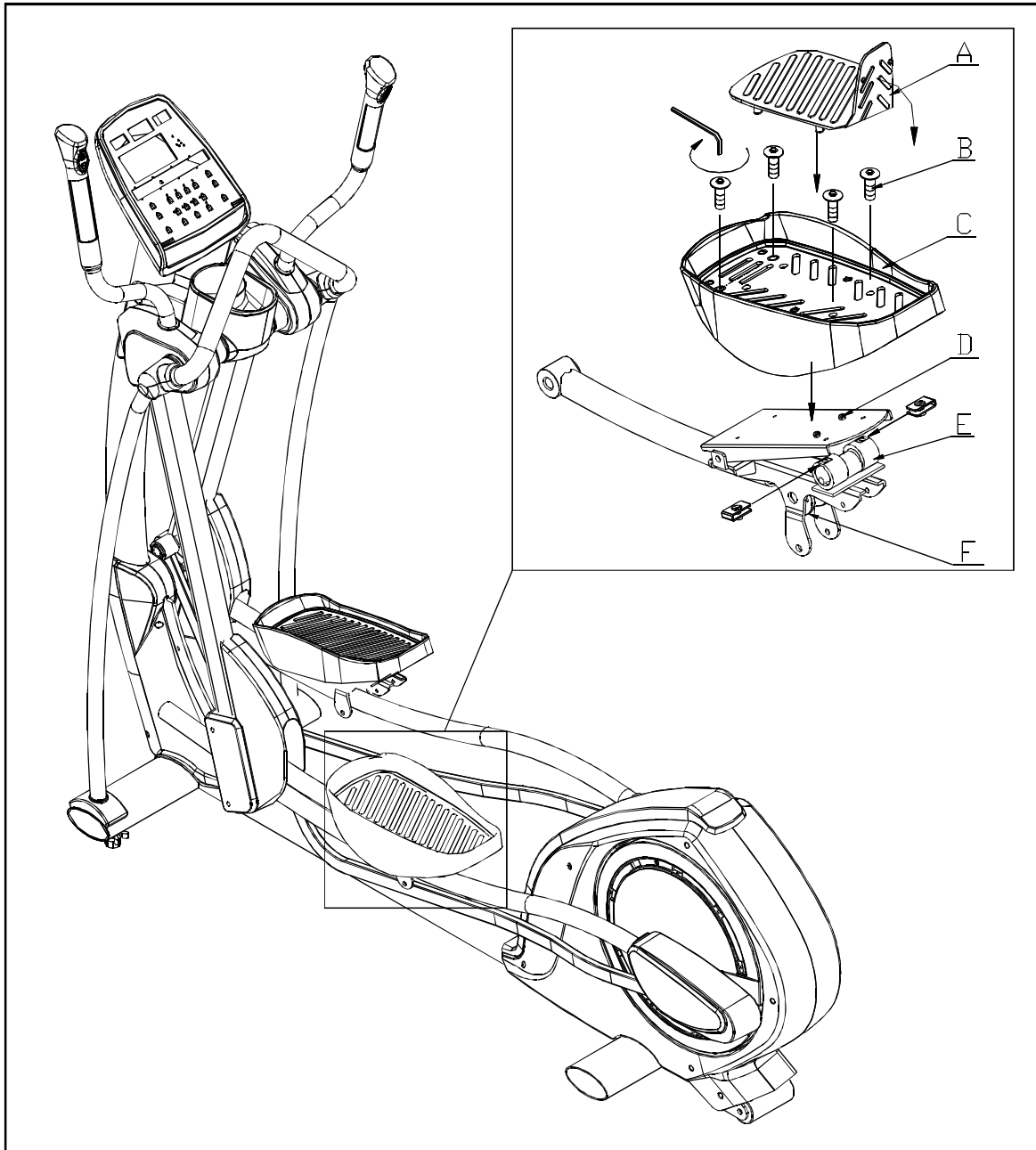


Fig.8

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.

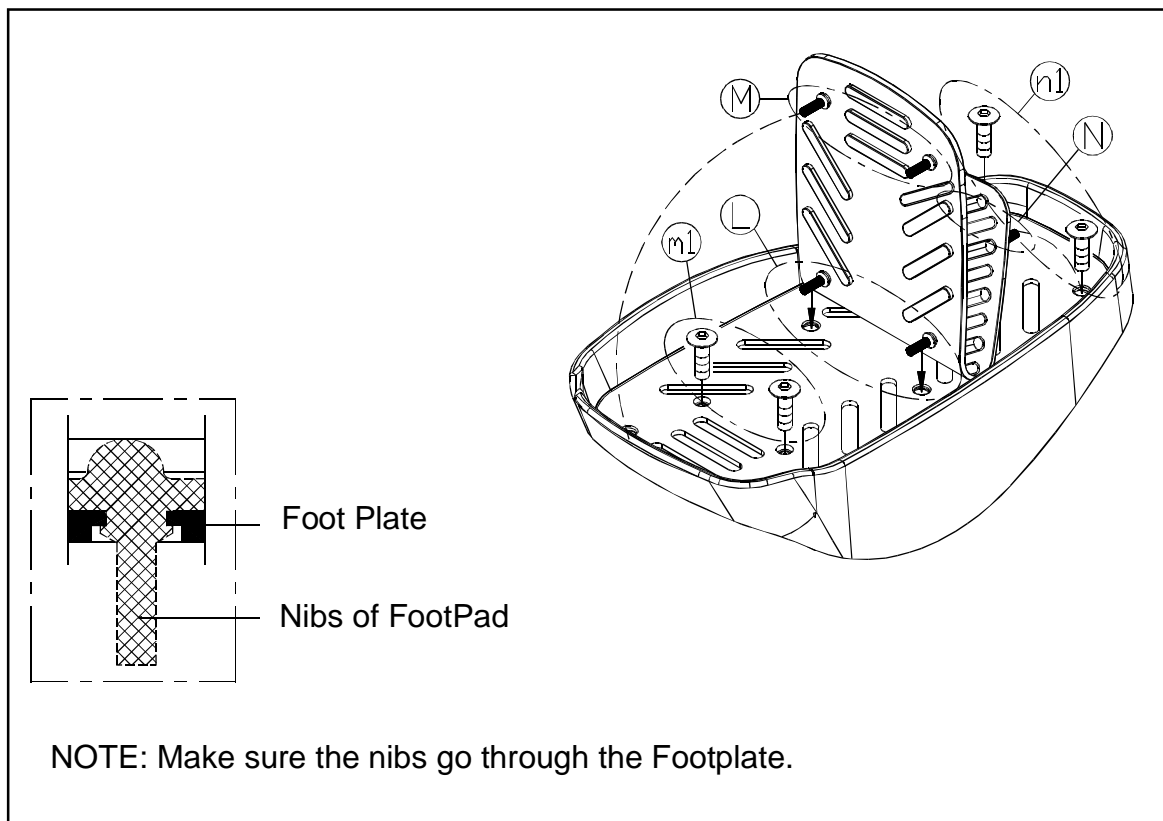


Fig.9

FLOOR 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

Connect to Power

Once assembly work is complete, connect the power cord onto the unit. Secure the cord connection with two screws as shown in Fig. 10.

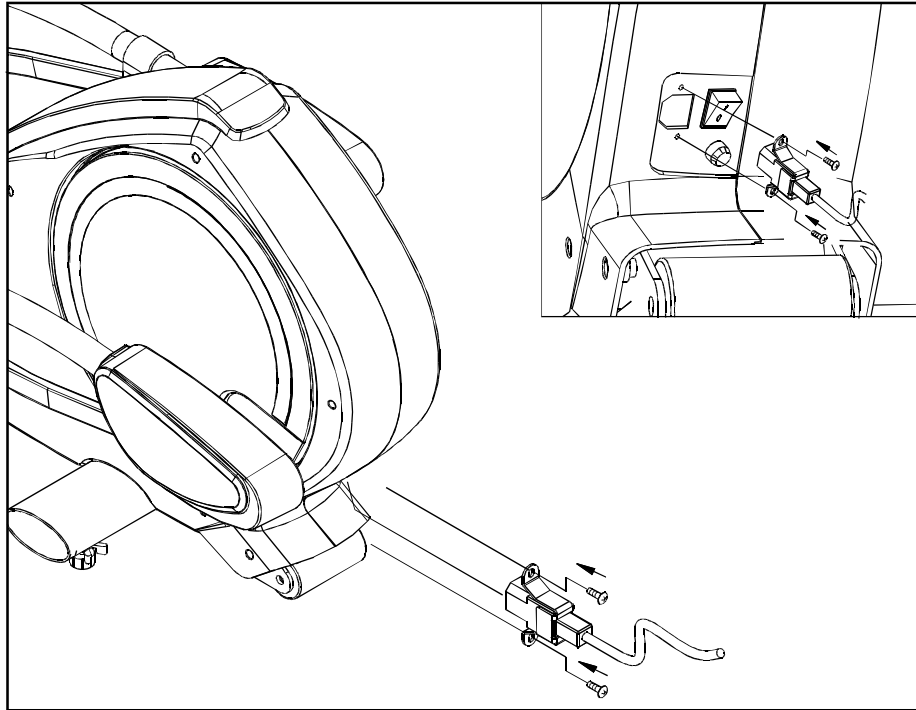
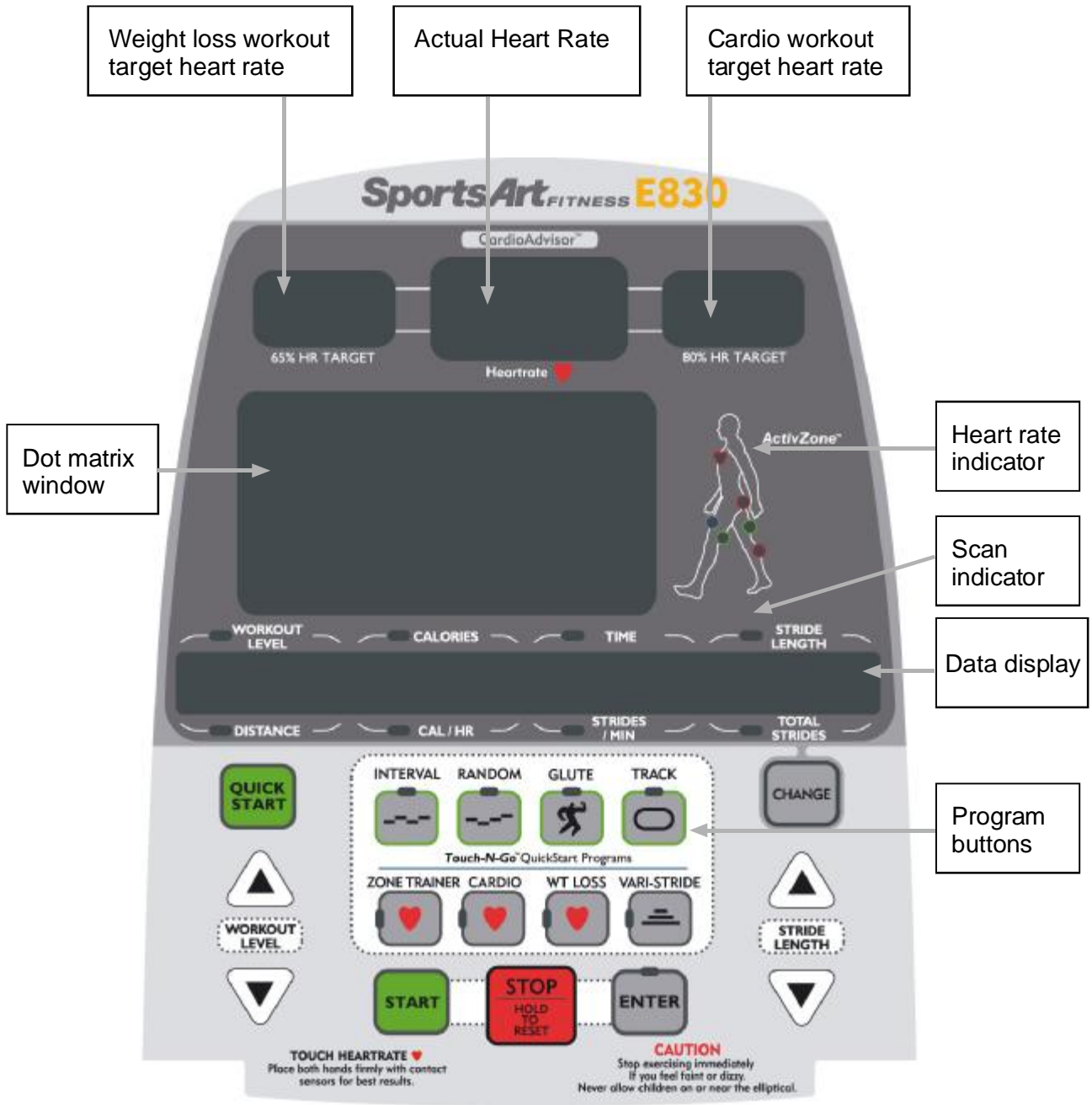


Fig.11

The E830 Elliptical is now assembled and ready for use.

E830 DISPLAY



E830 Display

Display Features

1. Personal Cardio Advisor

Personal Cardio Advisor provides optimum workouts to meet your cardio training goals. It automatically calculates low and high heart rate conditioning values based on age. The center window shows the actual heart rate as detected by either a telemetry chest strap or by the hand touch rate device on the handles.

2. ActivZone: This feature visually highlights areas being exercised during the workout.

3. Dot Matrix: Displays program profiles and information.

4. Information Window

WORKOUT LEVEL : 1 to 20
TIME : 00 to 99:59
DISTANCE : 0.1 ~ 9999 Km/Mile
TOTAL STRIDES : 0 to 9999
CALORIES : 0 to 9999 K-cal
CAL/HR : 0 ~ 9999 K-cal
(calories per hour)
STRIDES/MIN : 5 to 150
HEART RATE : 40 to 250
STRIDE LENGTH : 450 to 730 mm / 17" to 29"
USER : 4 Users (total length of ID is up to 11 characters input)
AGE : 10 to 99
WEIGHT : 66 to 330 lbs / 30 to 150 kgs

5. Programs: TRACK, GLUTE, RANDOM, INTERVAL, VARI-STRIDE, WT LOSS, CARDIO, ZONE TRAINER.

Display Controls

1. CHANGE:

Toggle from one row of information to another by pressing the Change button. The upper LED lights to indicate the display of values for Workout Level, Calories, Time, and Stride Length. The lower LED lights to indicate a display of values for Distance, Cal/HR, Strides/Min, and Total Strides. In Scan mode, the corresponding LED flash, and the display alternates from one row of information to another row every six seconds, while not in scan mode, the corresponding LED light up.

2. QUICK START:

Press QUICK START to immediately start exercising, without first inputting user information. In Quick Start mode, time and distance count up.

3. START:

Press the START button to activate programs after entering user information. Inputting user information results in more accurate heart rate targets and calorie counts.

4. PROGRAMS:

Program buttons include TRACK, GLUTE, RANDOM, INTERVAL, VARI-STRIDE, WT LOSS, CARDIO, ZONE TRAINER. Press one program button to initiate your workout. The corresponding LED will light up.

5. ENTER:

Press enter to confirm your selection.

6. WORKOUT LEVEL (UP & DOWN):

Press these buttons to adjust the level of resistance. To increase or decrease adjustments rapidly, hold either button down.

7. STRIDE LENGTH (UP & DOWN):

Press these buttons to adjust the stride length. To increase or decrease adjustments rapidly, hold either button down.

8. STOP/HOLD TO RESET:

Press this button to pause in mid workout or to go back to the initial startup screen and change your workout programming. This button acts differently depending on the mode by which you started your exercise program. If you pressed QUICK START to start exercising, then press STOP to stop and go to the initial startup screen. If you pressed START and entered user information to start exercising, press STOP to stop and enter pause mode. To see the initial startup screen, press and hold this button down for three seconds.

HOW TO USE THE E830 ELLIPTICAL

SportsArt Fitness products have features to assist you in meeting your fitness goals. By thoroughly understanding the electronics package you can significantly enhance your workout experience.

1. QUICK START and Touch-N-Go Quick Start Programs

A. QUICK START:

Press QUICK START to start exercising immediately, without first inputting user information. In QUICK START mode, startup resistance is level one. Default weight value is 165 lbs (75 kgs); Age is 35. Time counts up. You can modify settings at any time during your workout.

B. Touch-N-Go Quick Start Programs: TRACK, GLUTE, RANDOM, and INTERVAL.

- (1) Press one Touch-N-Go Quick Start program to immediately start a program. Time begins to count up. You can modify the resistance level at any time during the workout.
- (2) You can also change from one program to another by pressing Zone Trainer or the Touch-N-Go Quick Start programs.

2. USER SELECTION

By setting up a USER ID and by entering age and weight information, you can save accumulated workout data. Accumulative data, including total time, total distance, and total calories burned, will be displayed when the USER ID is selected.

Once you have input the age and weight information for a specific user, you are no longer required to input that information again before you start your workout. Select your USER ID to begin your workout promptly.

A. USER SELECTION:

After pressing the START button, the last USER ID that was used will appear on the display. Also, accumulative data related to that user will also appear. See the example below:

WORKOUT LEVEL				CALORIES				TIME				STRIDE LENGTH			
				1	0	2	0	3	9:	5	9				

DISTANCE				CAL/HR				STRIDES /MIN				TOTAL STRIDES			
	1	5.	8					1	5:	0	0				

Press any ▲/▼ key to select your USER ID, then press ENTER to confirm your selection.

B. SET UP A PERSONAL ID:

This feature allows you to personalize your USER ID. You can enter up to 11 characters.

To do so, when a USER ID is displayed, hold the CHANGE button for three seconds.

				E	N	T	E	R		I	D			
--	--	--	--	---	---	---	---	---	--	---	---	--	--	--

Press any ▲/▼ key to choose a letter or number; press ENTER to confirm your selection. Enter the next letter in the same manner. Continue until you have entered a complete USER ID. Then hold the ENTER button for three seconds to finish the process.

To modify or to remove a user name, select the user and hold the CHANGE button for three seconds. Follow the same procedure described above to modify the USER ID.

To erase accumulative data for a user, select that user name and press STOP & ENTER keys at the same time. Data pertaining to that user will be erased.

C. SET UP AGE & WEIGHT INFORMATION:

Input age and weight information to obtain more accurate calculations for calorie expenditure and Heart Rate Control targets.

- (1) Age setting: press any ▲/▼ key to input your age. Age range is from 10 to 99, and the default value is 35. Target heart rates are calculated automatically based on the age setting. 65% and 80% represent the low and high heart rate training targets. Press ENTER to go to the weight setting.
- (2) Weight setting: press any ▲/▼ key to input your weight. Weight range is from 66 to 330 lbs, or from 30 to 150 kgs. The default value is 165 lbs or 75 kgs. Caloric expenditure values are based on the weight setting. Press ENTER to confirm you choice.

3. PROGRAM SELECTION

Select the program you desire; the corresponding program name will appear and the program LED will light up. Press ENTER to go to the TIME setting. Press any ▲/▼ key to establish a workout duration. Press ENTER to start your workout.

Notes: (1) The Vari-Stride program provides three different time settings: 20 minutes, 30 minutes, and 40 minutes. After establishing the workout duration, please set up the maximum stride length. When you start your workout, time begins to count down.

(2) The Interval Program requires that you establish your REST TIME, REST LEVEL, WORK TIME, and WORK LEVEL respectively. Press ENTER to confirm your selections and start your workout.

(3) Zone Trainer is a special program that can only be activated during your workout. Please refer to "Program Overview" for more details.

4. COOL DOWN

Once a workout is completed, the message "ACCU DATA" appears with accumulated workout data, including time, distance, and calories. Another message "COOL DOWN" appears and time counts down from 2:00 to 0:00, after which the display shows the startup banner.

The dot matrix window then shows "SELECT PROGRAM". Program LED's will flash. You can also press QUICK START again to begin a workout or to enter user information.

5. NOTES

- (1) The resistance level and the stride length can be changed anytime during the workout.
- (3) When time is counting up, you can change your program. Time continues to count up and workout data keeps accumulating.
- (4) If you have entered User information and a time period has been set up as the workout goal, you can still change your program selections during the workout. Workout data will continue to accumulate.

PROGRAM OVERVIEW

The programs offer challenges for all types of fitness enthusiasts. In some cases, there are multiple programs per program button.

TRACK

One LAP of the Track Program is 400 meters (approximately 0.25 miles). The resistance level and the stride length can be adjusted manually during this program.

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. Press ENTER to confirm your selection.

RANDOM

Random Program contains an infinite number of programs. Continue to press the program button until you find your preferred course. Press ENTER to confirm your selection.

INTERVAL

INTERVAL courses are based on WORK and REST sections. Each section provides different time and resistance level training. Set up your REST TIME, REST LEVEL, WORK TIME, and WORK LEVEL respectively. Press ENTER to confirm your selections and start your workout.

You can adjust the resistance level during your workout in any section. The display will keep your adjustments active for the duration of that section. Once you enter the next section, the original values will return.

VARI-STRIDE

The Vari-Stride program is based on different courses of stride length and workout time. There are three workout durations from which to choose: 20, 30, and 40 minutes.

(1) Pressing Vari-Stride repeatedly toggles from one program to the next: VARI STRIDE 20 → VARI STRIDE 30 → VARI STRIDE 40 → VARI STRIDE 20.

(2) Every course contains 40 flashing dots:

VARI-STRIDE 20: 20-minute course; each dot represents 30 seconds of time.

VARI-STRIDE 30: 30-minute course; each dot represents 45 seconds of time.

VARI-STRIDE 40: 40-minute course; each dot represents 60 seconds of time.

(3) Maximum stride length setting: The range is from 25" to 29".

This program allows you to adjust the stride length by pressing STRIDE ▲/▼ keys.

WT LOSS / CARDIO

These programs allow you to achieve your targeted heart rate by changing resistance levels and by changing the stride speed.

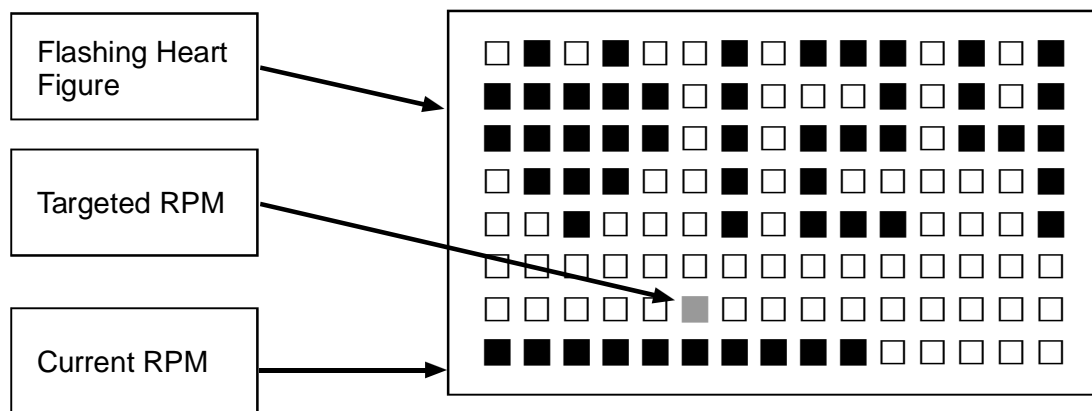
(1) Target Heart Rates:

WT LOSS: 65% Heartrate Control = $(220-AGE) * 65\%$

CARDIO: 80% Heartrate Control = $(220-AGE) * 80\%$

(2) In these programs, if no Heart Rate signal is detected during the workout, a message "NO HEART RATE READING, PLEASE CHECK TRANSMITTER" will appear on the screen. The program will not change the level of resistance under this circumstance; only manual adjustments can be made at this time.

(3) Once you enter a cardio program, the following figures appear:



(4). Preset values include resistance Level 1 and 50 RPM. These programs will detect the user's heart rate and adjust resistance levels accordingly. You are encouraged to speed up until you reach the suggested RPM.

(5) When the workout time expires, the unit enters COOL DOWN mode.

ZONE TRAINER

ZONE TRAINER makes your present heart rate the target heart rate. Simply start exercising in any program. Obtain a heart rate. And press ZONE TRAINER to make that heart rate your target heart rate. Resistance levels will change to help you exercise at the target heart rate.

(1) The ZONE TRAINER button can only be activated during a program workout; it can not be accessed at any other time. The heart rate detected when you press ZONE TRAINER must be greater than 84.

(2) Follow the guidelines described in WT LOSS/CARDIO programs.

(3) COOL DOWN mode is activated when the ZONE TRAINER workout time expires.

USER PARAMETER SETTING

In the startup banner display, hold <DISPLAY LOCK/UNLOCK> key for 3 seconds to enter parameter settings.

- (1) Unit of speed (MPH or KPH): Press ▲/▼ keys to change the setting. Press ENTER to confirm your choice. You may also press STOP to leave this setting.

MPH unit

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

KPH unit

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

- (2) TIME: This value shows the total accumulated workout time. The unit of TIME is hours. Press ENTER to see the next setting.

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

- (3) DIST: This value shows the total accumulated distance. Press ENTER to confirm your choice and to see the next setting.

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

- (4) The next value shows you the program version. Press ENTER to go to the initial banner.

X X X X X X - X X
for example: E830H-2A

- (5) If no button is pressed for six seconds, the display will show the following:

		P	R	E	S	S			E	N	T	E	R			
--	--	---	---	---	---	---	--	--	---	---	---	---	---	--	--	--

Maintenance Lubricating:

Shoulder Joint

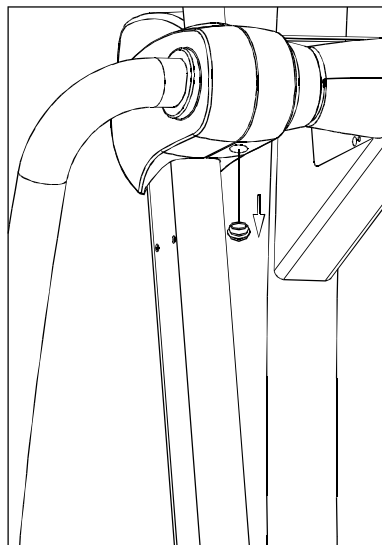
NOTE: For best performance, lubricate elliptical trainer once a year. Use a grease gun filled with red lithium ball bearing grease. Such grease is available at automotive supply stores. Follow the steps below:

STEP 1. Remove the cap underneath the cover.

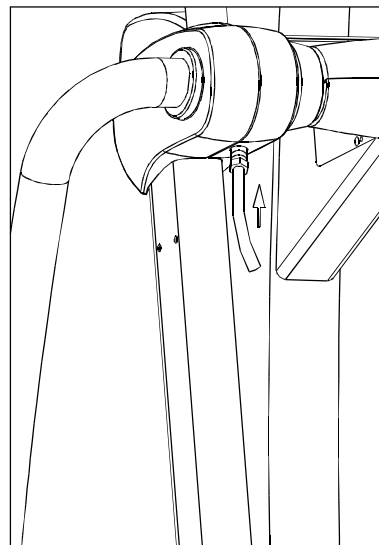
STEP 2. Insert the grease gun tube end onto the lubrication valve on the product. Squeeze the grease gun once. Wipe up any excess grease that appears.

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

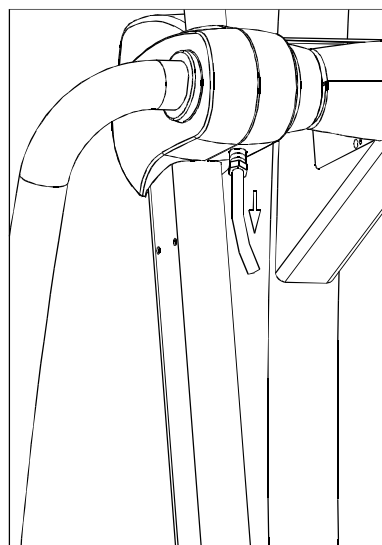
STEP 4. Reinsert the cap.



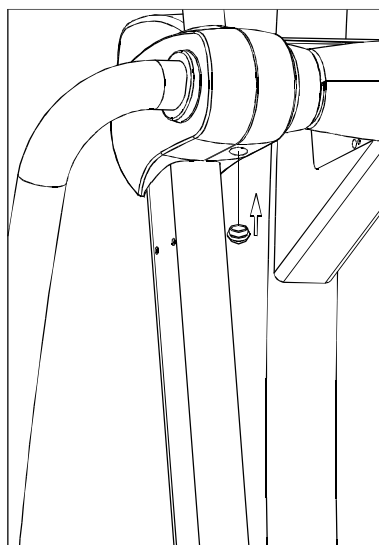
STEP 1



STEP 2



STEP 3



STEP 4

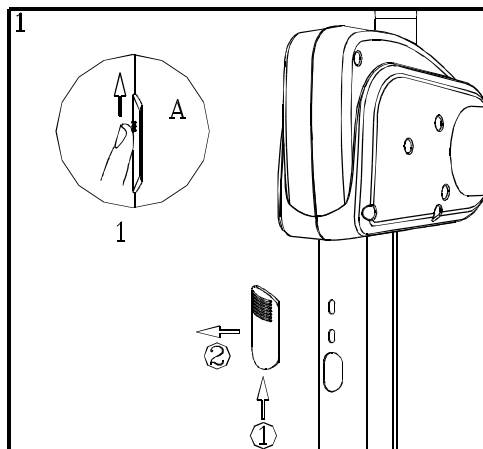
Stride Motor:

STEP 1. Remove the cap on the stride support assembly. First press in (A), then push up ①, and pull out ②.

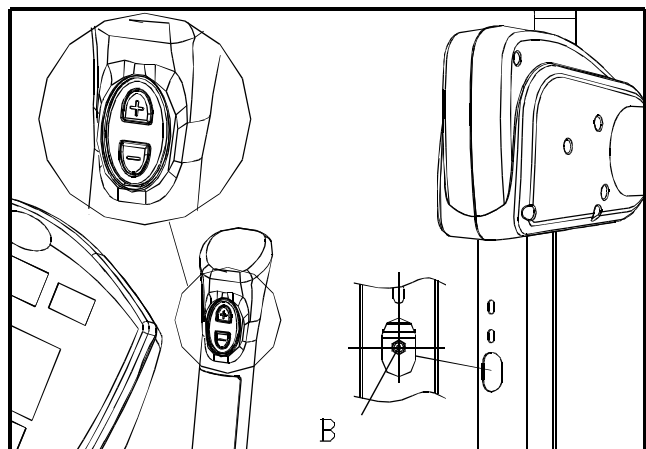
STEP 2. Adjust the Stride Switch up and down so that the valve in the stride motor mechanism is at centric location through the opening.

STEP 3. Attach the tube end of the grease gun to the valve in the stride motor mechanism. Squeeze the lubrication gun trigger. After the grease has been discharged into the stride motor mechanism, disconnect the tube from the valve.

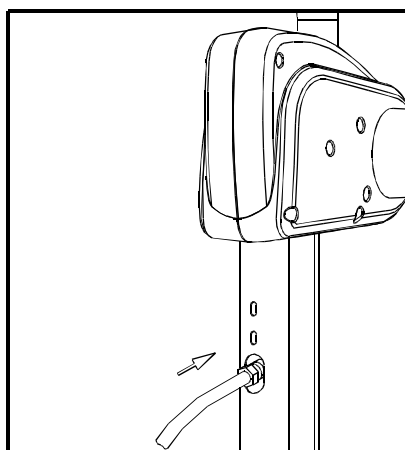
STEP 4. Put the cap on the stride support assembly back into position. Hold it in place (G), push in ③, and push down ④.



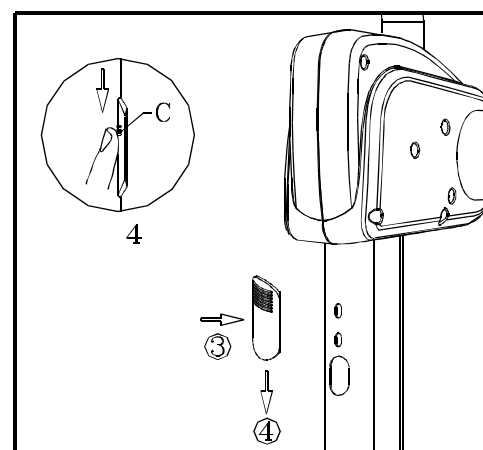
STEP 1



STEP 2



STEP 3



STEP 4

TROUBLESHOOTING

1. When unit is first activated, "SPORTSART-E830" appears on the screen. In the event of a malfunction, the following error messages may appear too:

- (1) "ERR 7, please check STRIDE 1", This means the voltage of left stride motor potentiometer exceeds the specified range of 0.3 VDC to 4.7 VDC. Please inspect the left stride motor potentiometer.
- (2) "ERR 7, please check STRIDE 2", This means the voltage of right stride motor potentiometer exceeds the specified range of 0.3 VDC to 4.7 VDC. Please inspect the right stride motor potentiometer.
- (3) "ERR7, please check STRIDE 1 & 2", This means the voltage of both the left and right stride motor potentiometer exceeds the specified range of 0.3 VDC to 4.7 VDC. Please inspect stride motor calibration on both sides of the unit.

Fuse Replacement:

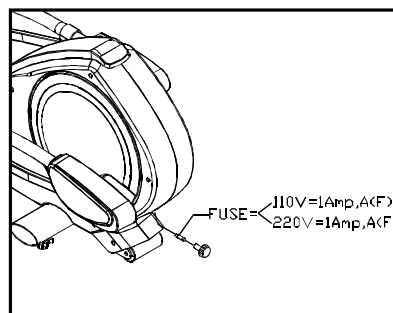
If you turn on the unit but the display does not light up, it may be necessary to replace a fuse.

STEP 1. Identify the fuse specification. Use the appropriate type of fuse.

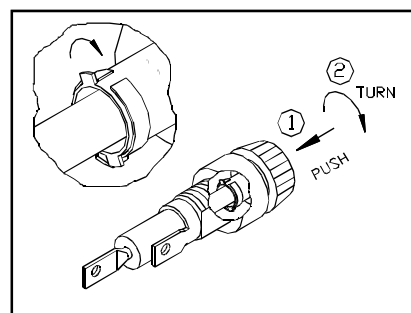
STEP 2. To remove an old fuse, push the fuse cap in and turn counterclockwise.

STEP 3. Remove the damaged fuse from the fuse cap. Insert a new fuse into the fuse cap.

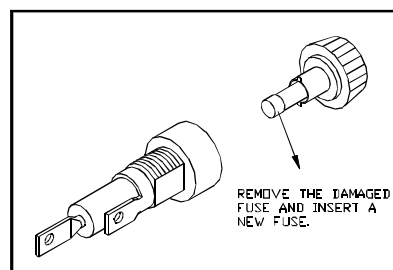
STEP 4. To secure the new fuse in place, push in , and turn the fuse cap clockwise.



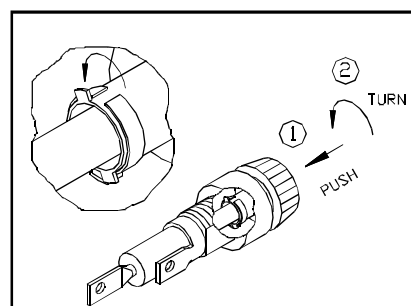
STEP 1



STEP 2

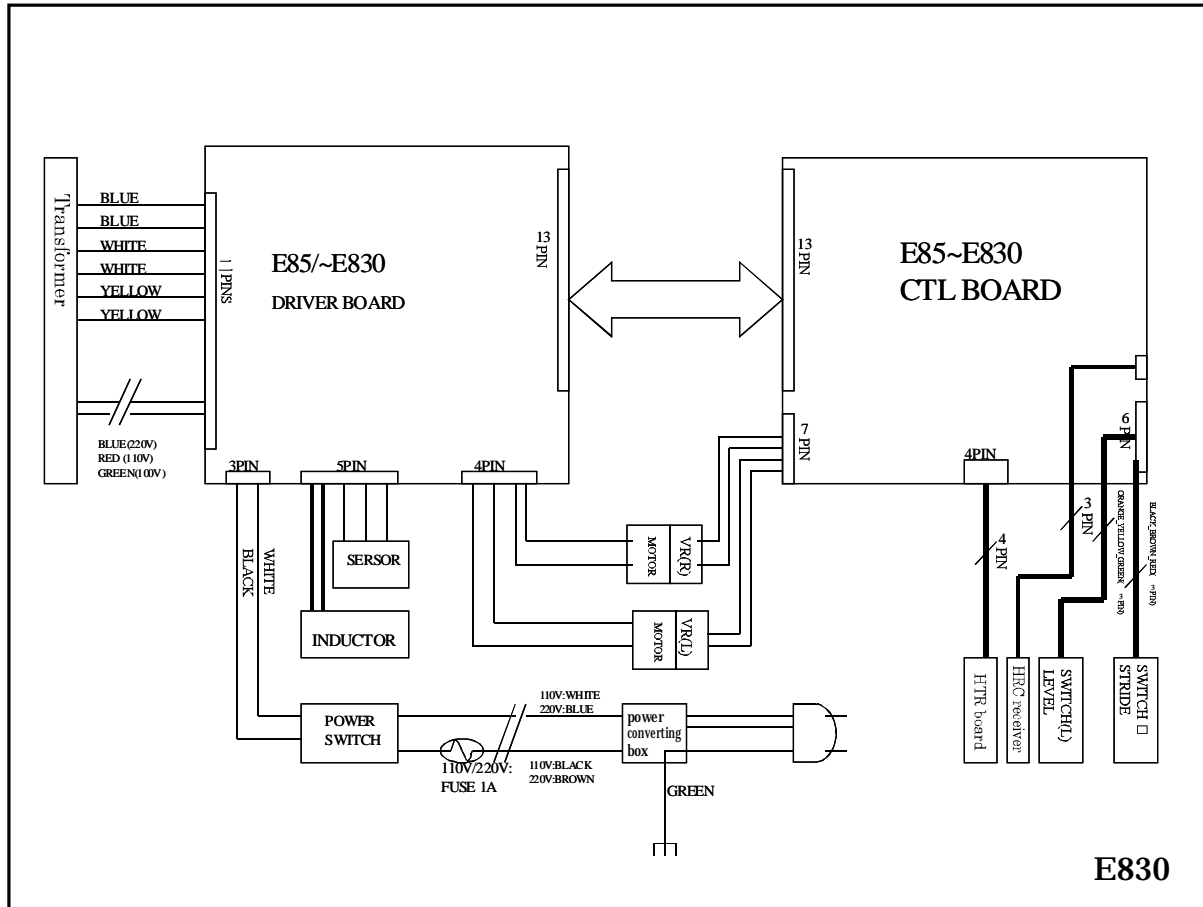


STEP 3



STEP 4

WIRING SCHEMATIC



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