

# SPORTSART E83 ELLIPTICAL TRAINER

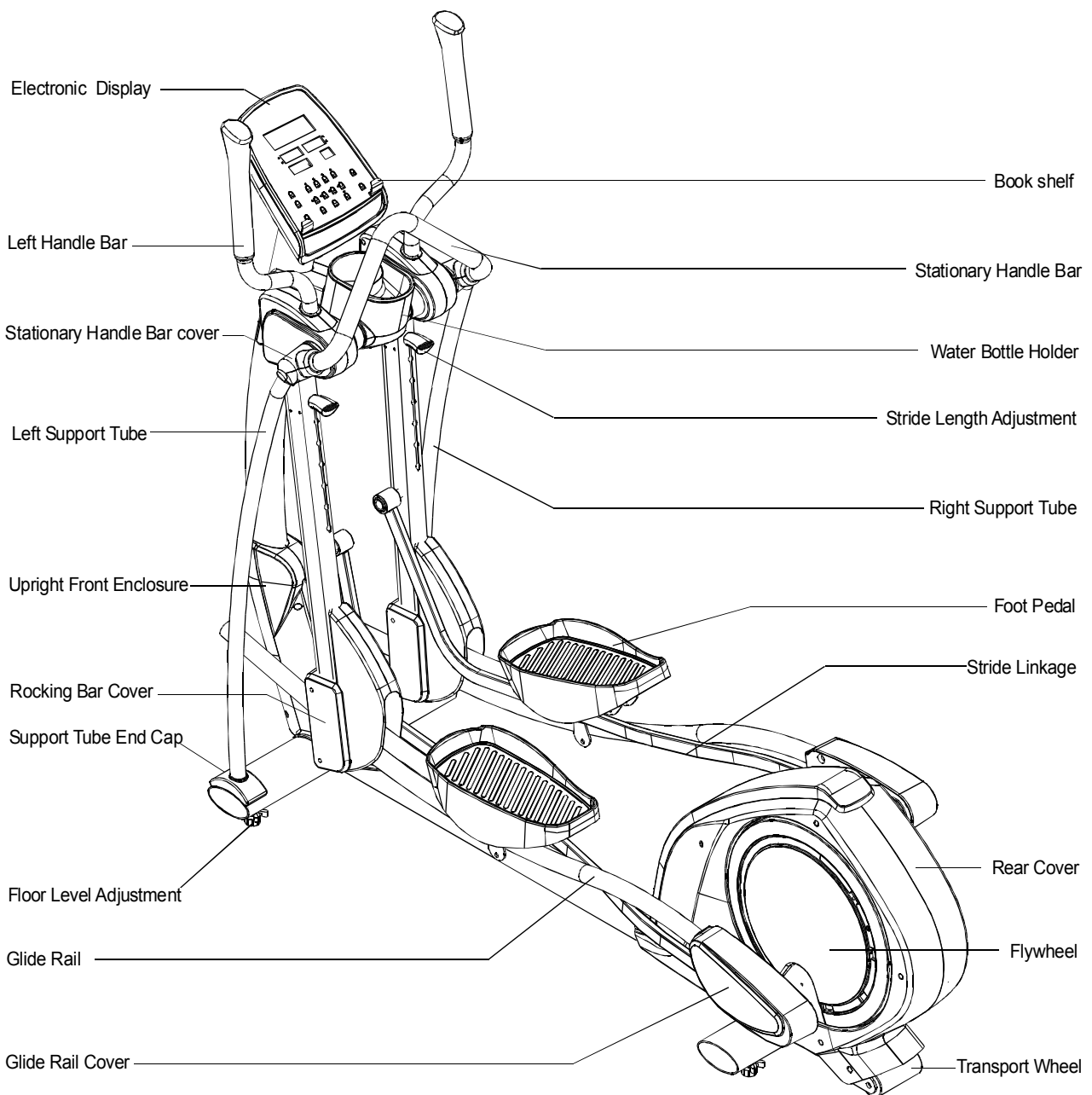
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## **INTRODUCTION:**

Congratulations on purchasing one of the finest pieces of exercise equipment on the market today, the Sports Art E83. Constructed of high quality materials and designed for years of trouble-free use, the Sports Art E83 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 E83, 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 E83 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.

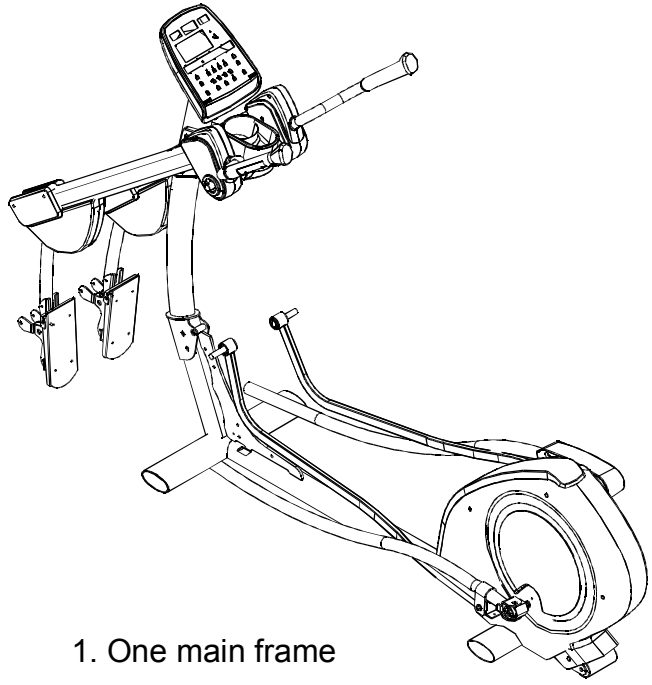
The packing for this elliptical was designed to protect it during shipment. Please store the original packing material in a safe place in case you need to transport the unit in the future.

### **LIST OF PARTS:**

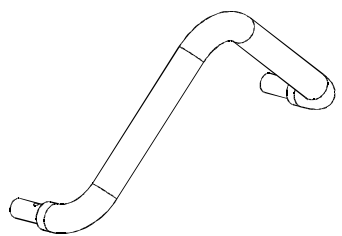
Before assembling your elliptical trainer, please locate the following items.

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

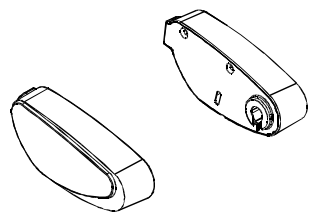
Please see the part illustrations below:



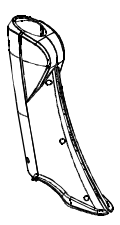
1. One main frame



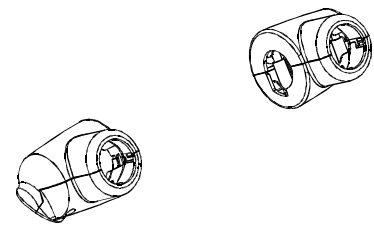
2. One stationary Handle Bar



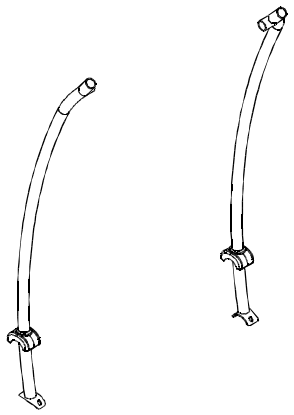
3. Two Glide Rail covers



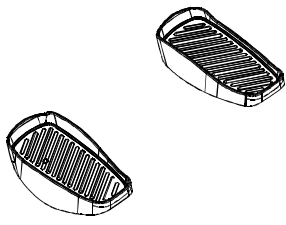
4. One Upright Front Enclosure



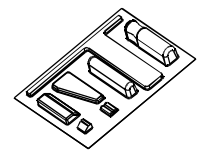
5. Two Stationary Handle Bar covers



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)

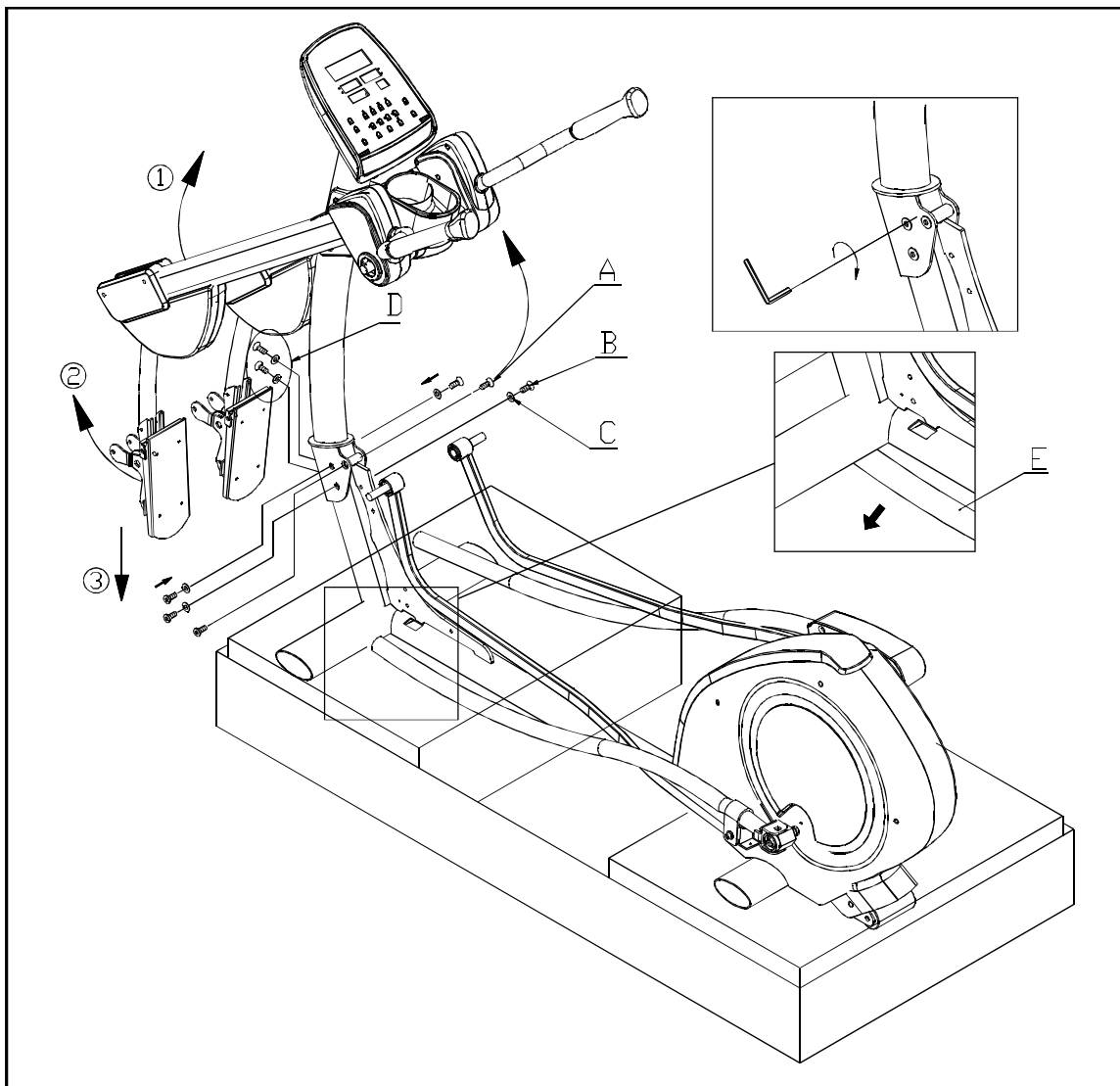


Fig.1

**STEP 3.** Then, raise the Stride Support Assembly ① and pedal carriage ②. Place the tip of the food 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 one Glide Rail into place under the roller on the Pedal Carriage and also on the roller on the Stride Support Assembly. (See Fig 2)

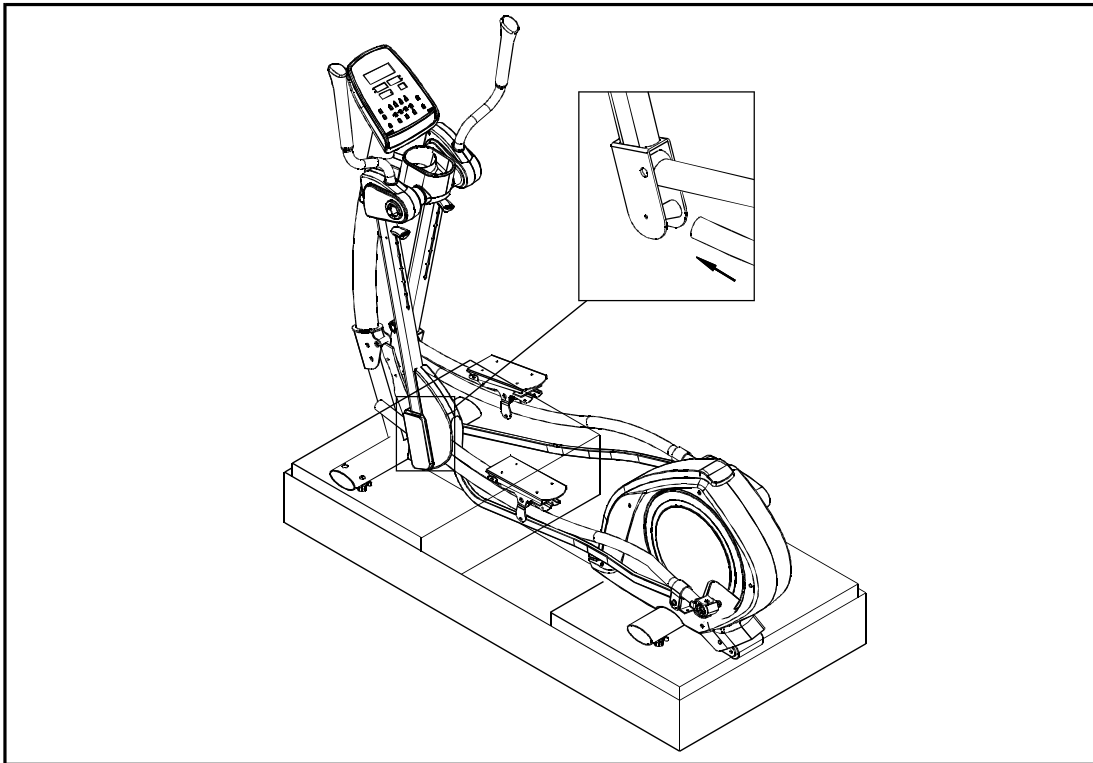


Fig.2

**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)

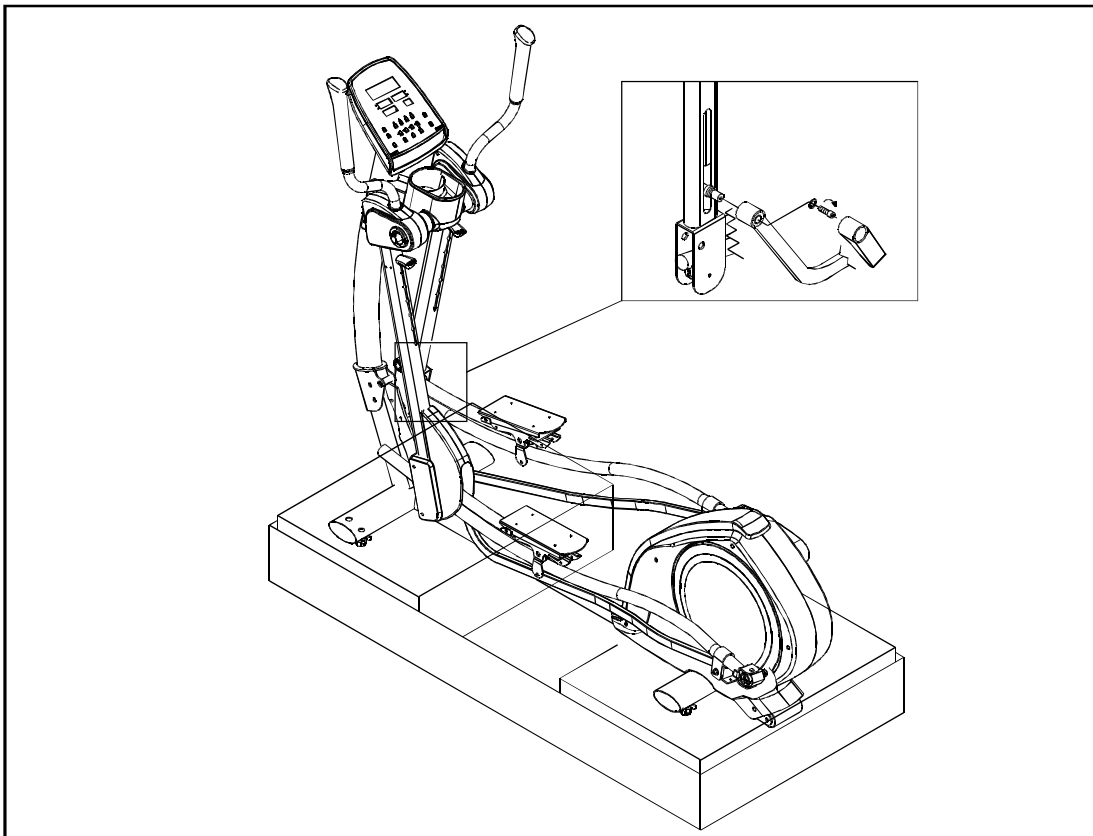


Fig.3

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

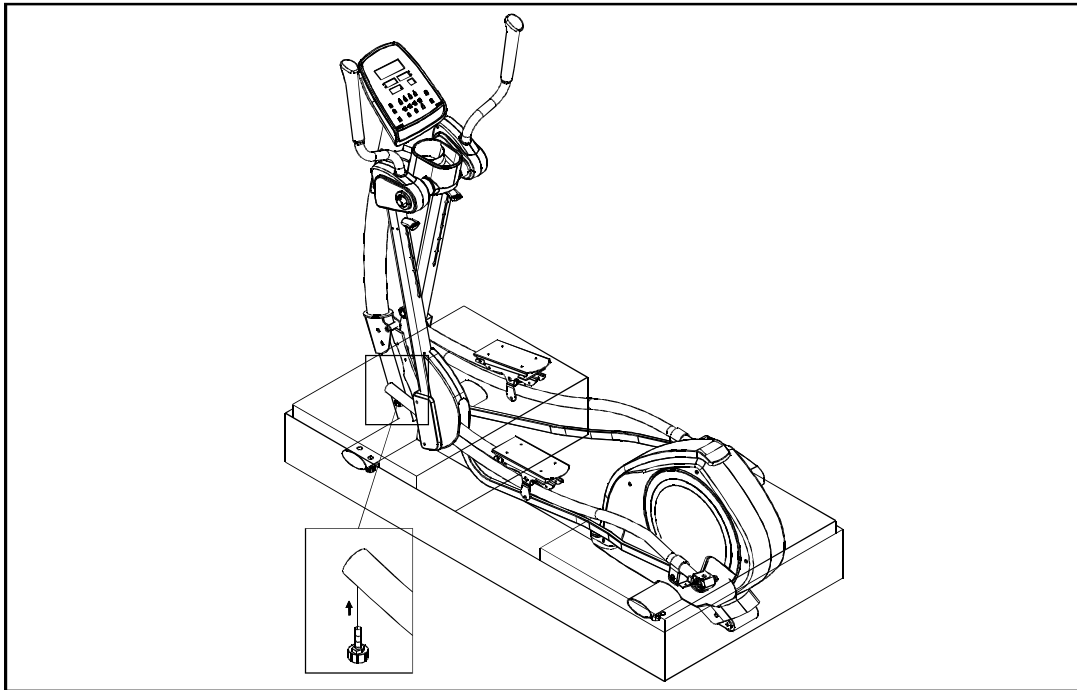


Fig.4

**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. (See Fig. 5 )

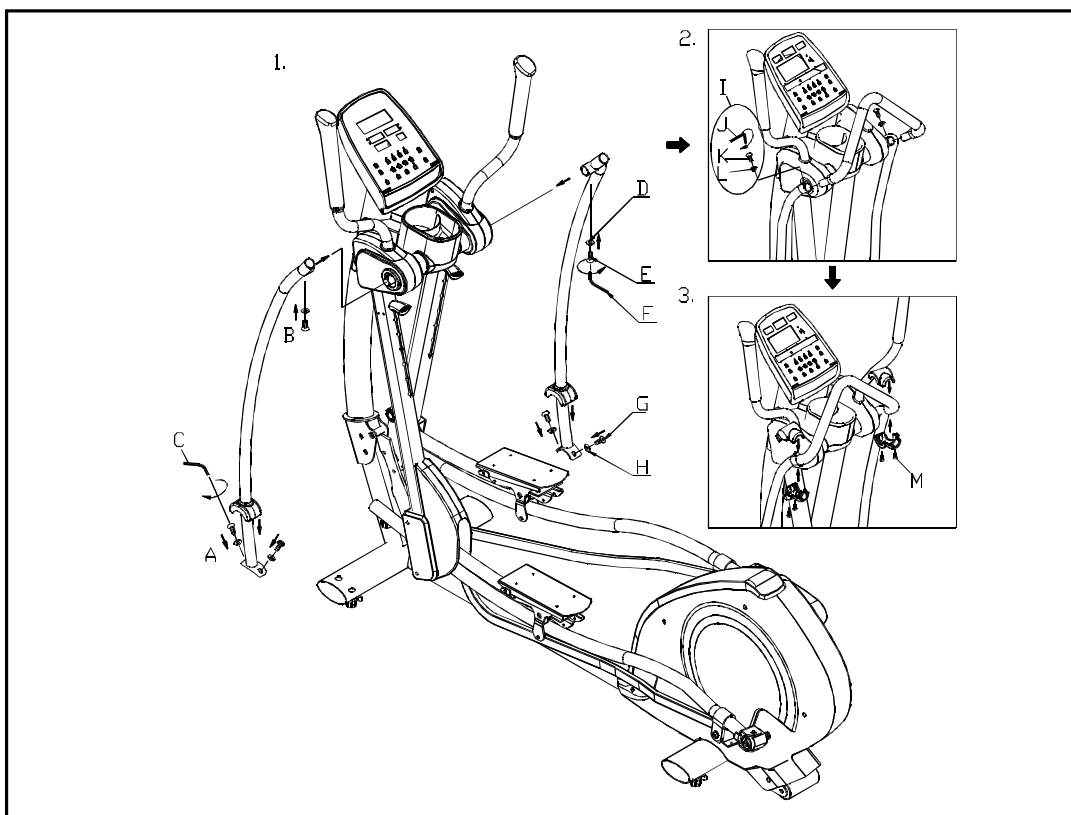


Fig.5



## 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)

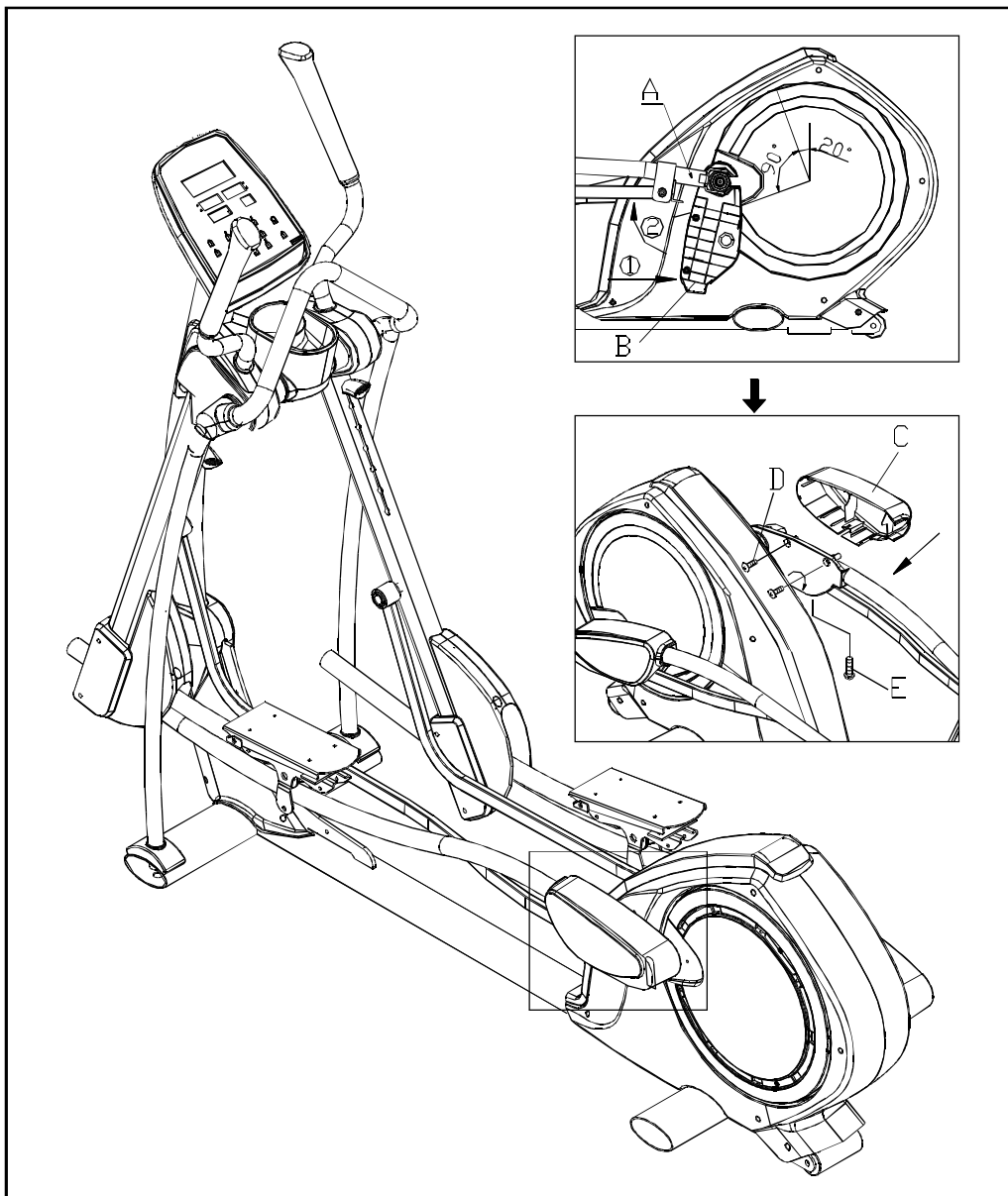


Fig.6

## 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)

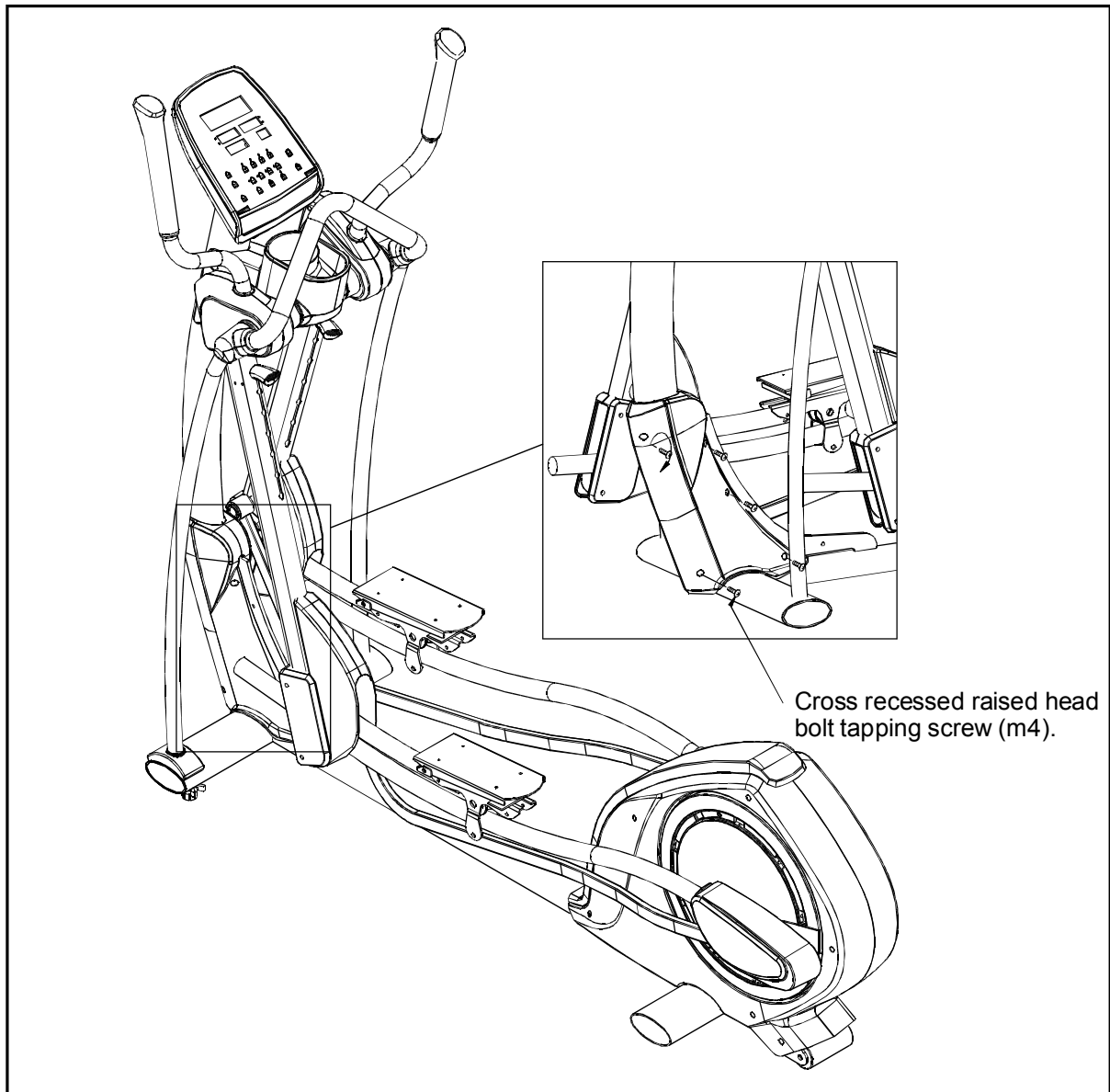


Fig.7

## **FOOT PEDAL ASSEMBLY**

- STEP 1.** There are rubber pads on the footplates. Fold the rubber pad up to access screws. Secure the four raised-head allen screws (two at front and two at back) onto the footplate.
- STEP 2.** Press the rubber pads onto foot plates firmly.
- STEP 3.** Make sure that the upper rollers are located on the glide rails. Put the lower rollers in place and secure them by tightening the roller shafts.

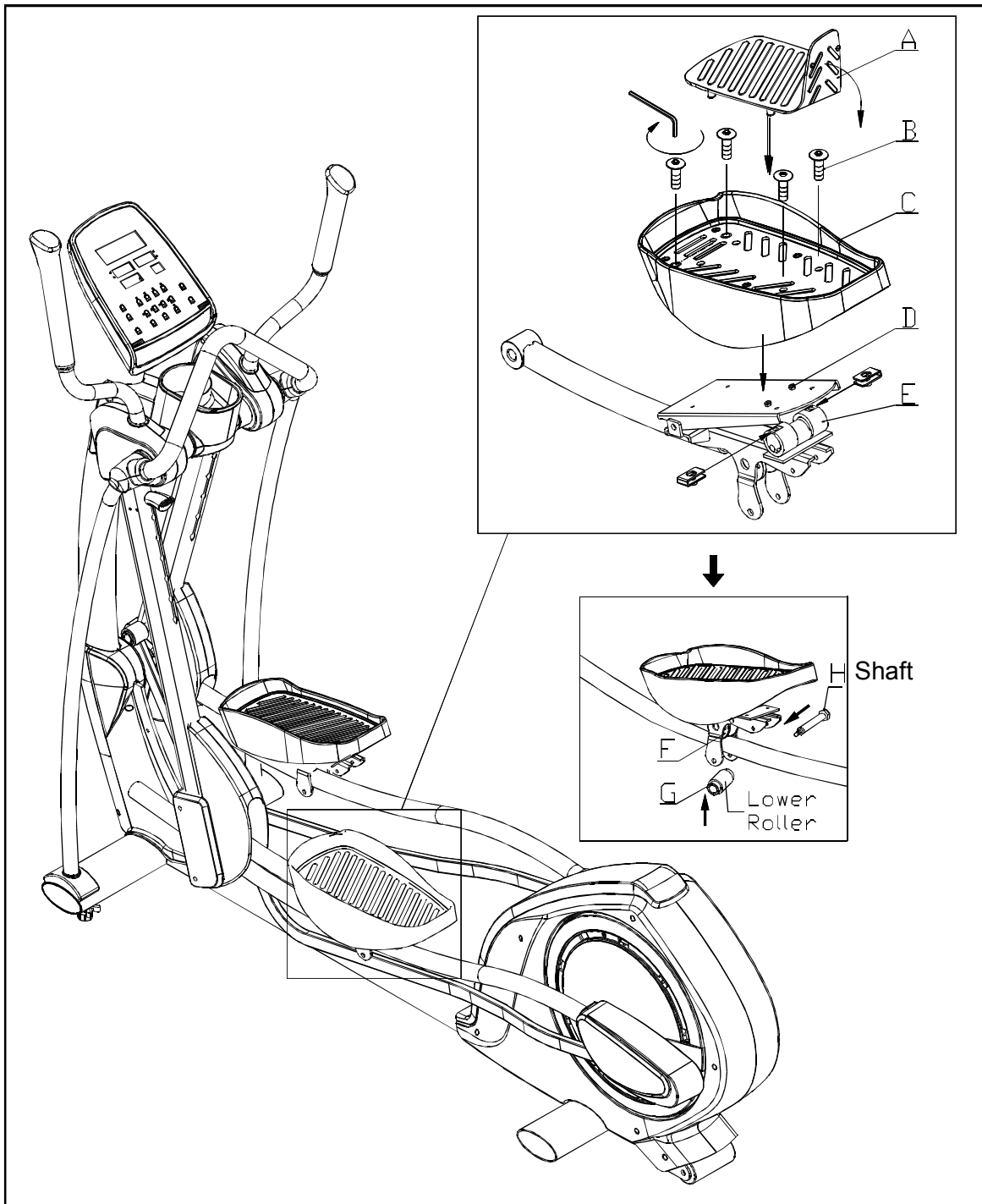


Fig.8

## **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.9

## **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.

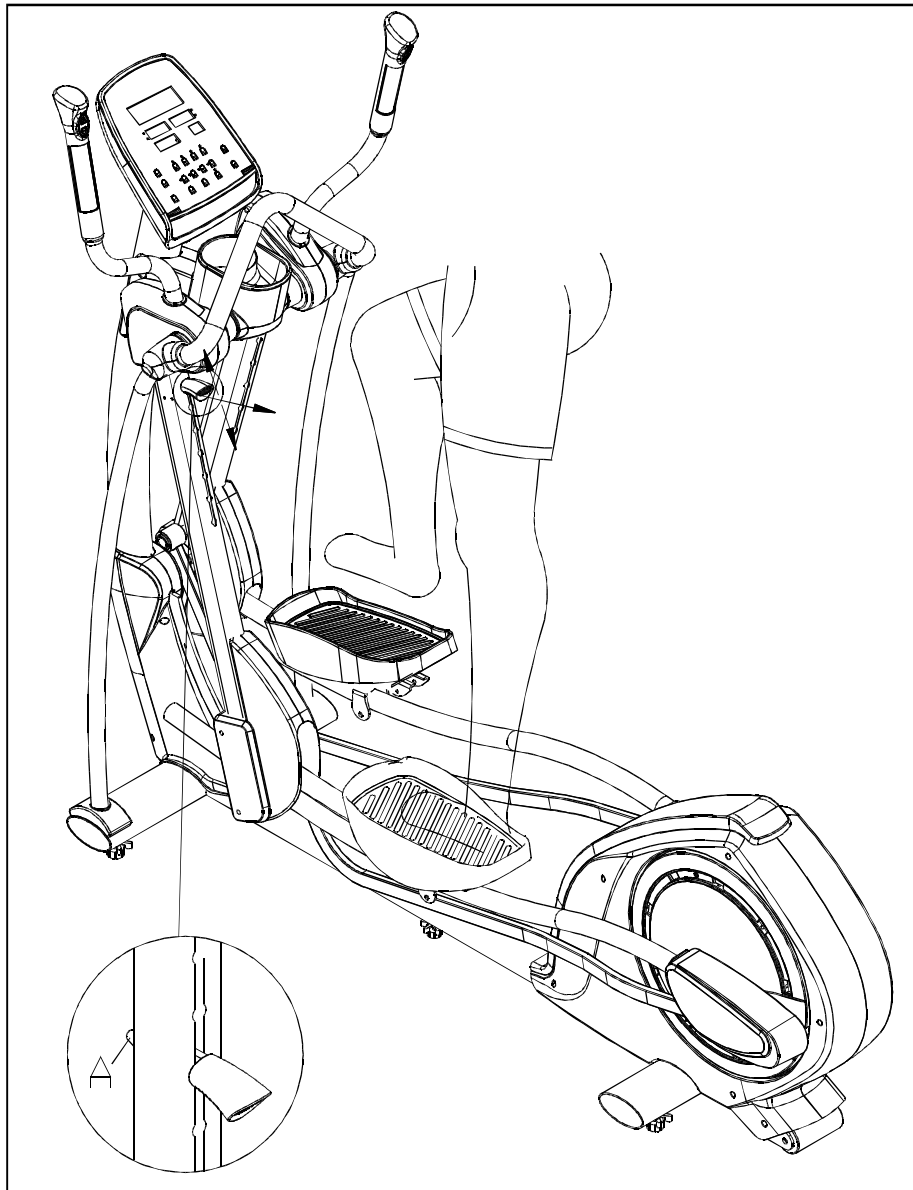


Fig.10

## **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. 11.

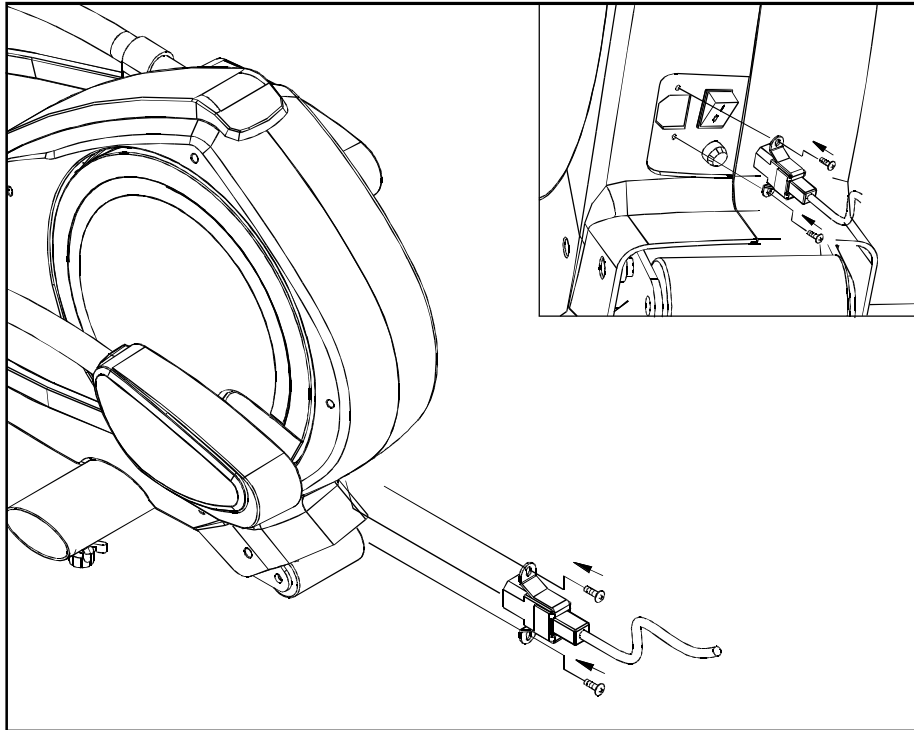
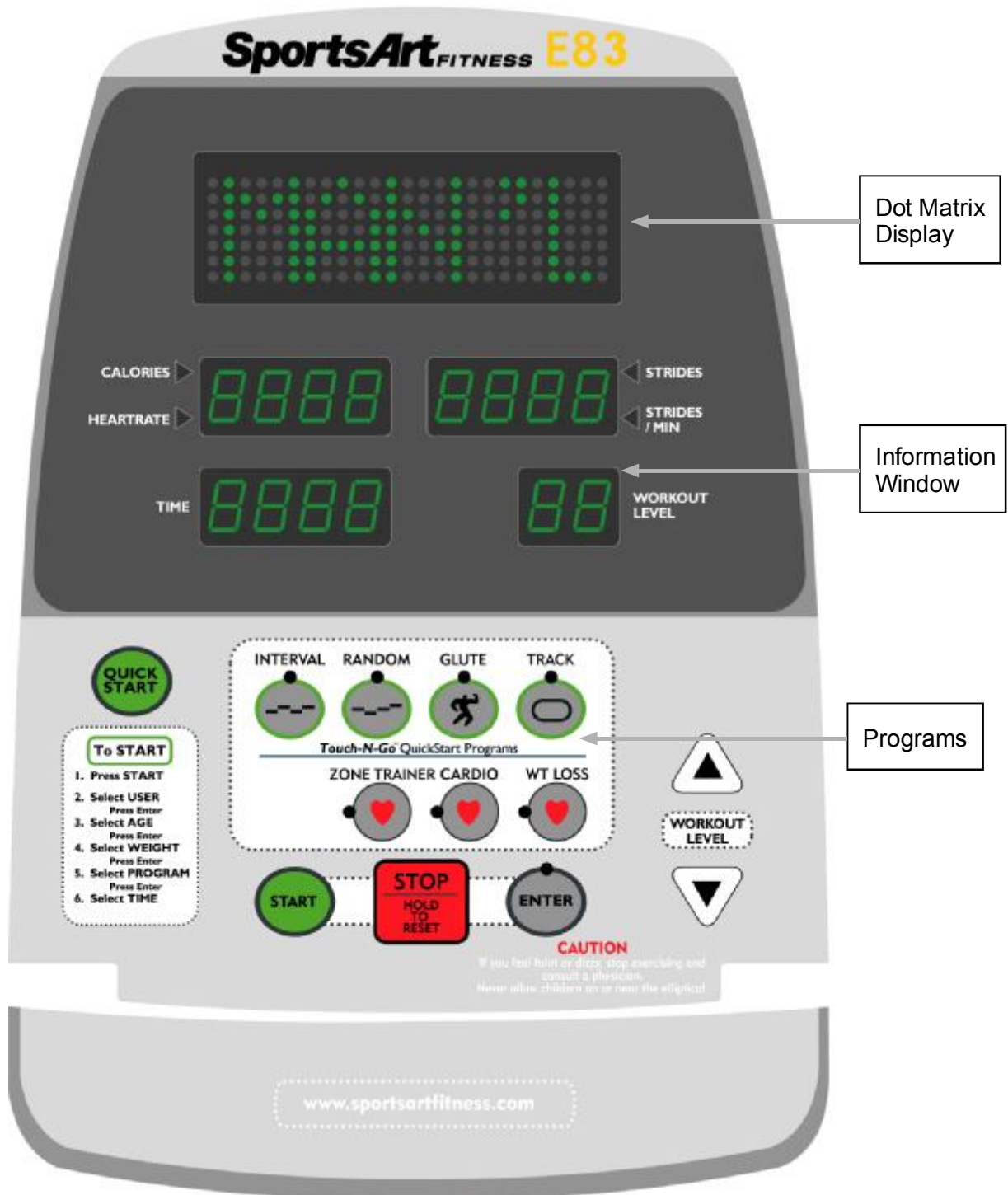


Fig.11

The E83 Elliptical is now assembled and ready for use.

# E83 DISPLAY

## Display Layout



## **Display Features**

1. Dot Matrix: Displays program profiles and information.

2. Information Window

WORKOUT LEVEL	: 1 to 14
TIME	: 00 to 99:59
STRIDES	: 0 to 9999
STRIDES/MIN	: 5 to 150
CALORIES	: 0 to 9999 K-cal
HEART RATE	: 40 to 250
USER	: 4 Users (total length of ID is up to 2 characters input)
AGE	: 10 to 99
WEIGHT	: 66 to 300 lbs / 30 to 140 kgs

3. Programs: TRACK, GLUTE, RANDOM, INTERVAL, WT LOSS, CARDIO, ZONE TRAINER.

## **Display Controls**

1. QUICK START:

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

2. 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.

3. ENTER:

Press enter to confirm your selection.

4. WORKOUT LEVEL (UP & DOWN):

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

5. 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 E83 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.

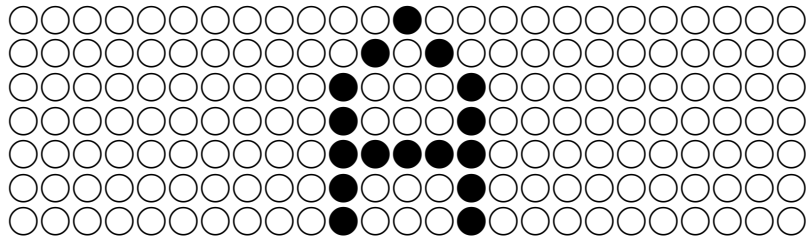
### **A. USER SELECTION:**

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. Press WORKOUT LEVEL ▲/▼ 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 2 characters.

To do so, when a USER ID is displayed, hold both <WT LOSS> and <CARDIO> buttons for three seconds. The display shows:



Press ▲/▼ key to choose a letter; press ENTER to confirm your selection. Enter the next letter in the same manner. Press the ENTER button to finish the process and go to Age setting.

To erase accumulative data for a user, select that user name and press <START> and <STOP> keys at the same time for one second. 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 ▲/▼ 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 ▲/▼ key to input your weight. Weight range is from 66 to 300 lbs, or from 30 to 140 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 and to go to Program Selection.

### 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 ▲/▼ key to establish a workout duration. Press ENTER to start your workout.

Notes: (1) 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 to start your workout.

- (2) 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 total strides, total calories burned and average heart rate. Total calories burned and average heart rate will be displayed alternatively every 4 seconds. 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 OR PRESS START". 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.
- (2) When time is counting up, you can change your program. Time continues to count up and workout data keeps accumulating.
- (3) 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.

### **WT LOSS / CARDIO**

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

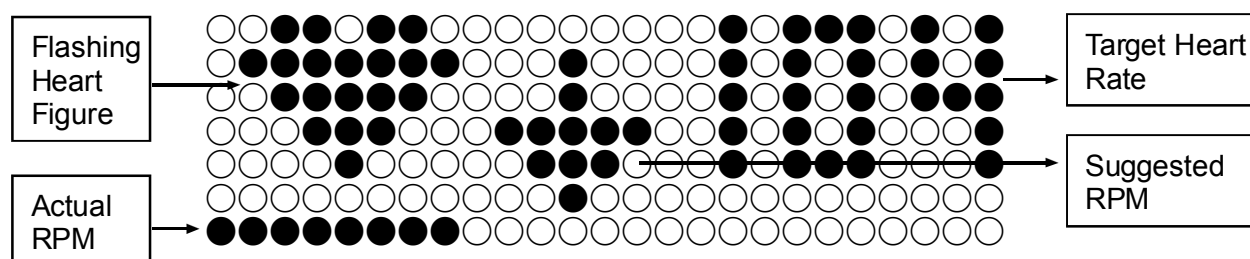
(1) Target Heart Rates:

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 5 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.

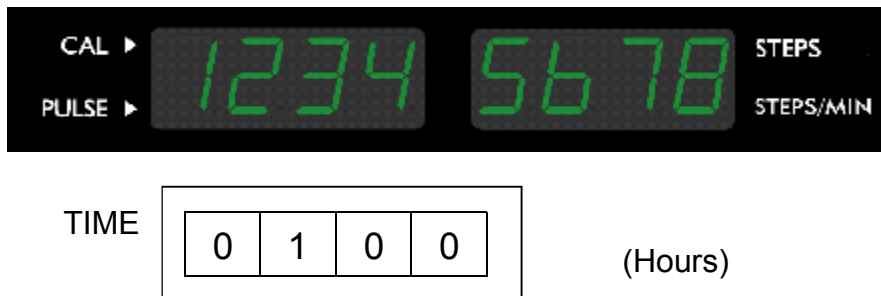
(2) Follow the guidelines described in WT LOSS/CARDIO programs.

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

## **USER PARAMETER SETTINGS**

User parameters determine basic operating features. To change these parameters, at the initial startup banner, SPORTSART\_ E83, at the same time hold <LEVEL ▼> , <LEVEL ▲> and <ENTER> buttons for one second. The unit enters the parameter setting procedure.

- (1) Total strides and total accumulated time per machine will first show up:



Press ENTER to go to next setting.

- (2) Unit of Weight setting: a scrolling message will be prompted across the dot matrix: "PRESS UP/DN TO SELECT LB/KG". Press ▲/▼ keys to select LB or KG. Press ENTER to confirm it.

- (3) The next value shows you the program version.

XXXXX - XX

For example: 0E83H - 1A

Press ENTER to return to the initial startup banner.

- (4) If no button is pressed for five seconds, the following message appears: PRESS ENTER.

## **Maintenance Lubricating:**

### **Shoulder Joint**

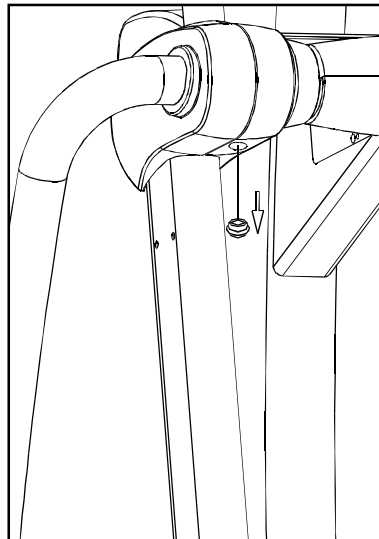
NOTE: For best performance, lubricate elliptical trainer once a year. Use a grease gun filled with red lithium ball bearing grease. Such grease is available at automotive supply stores. Follow the steps below:

STEP 1. Remove the cap underneath the cover.

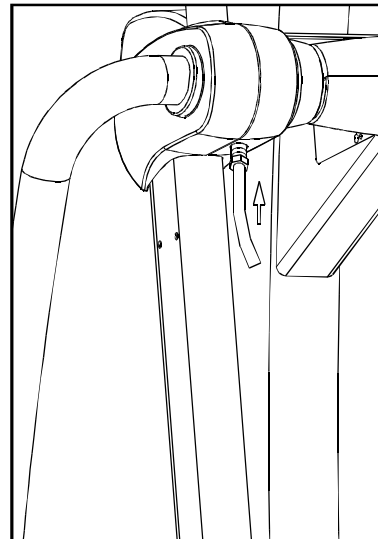
STEP 2. Insert the grease gun tube end onto the lubrication valve on the product. Squeeze the grease gun once. Wipe up any excess grease that appears.

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

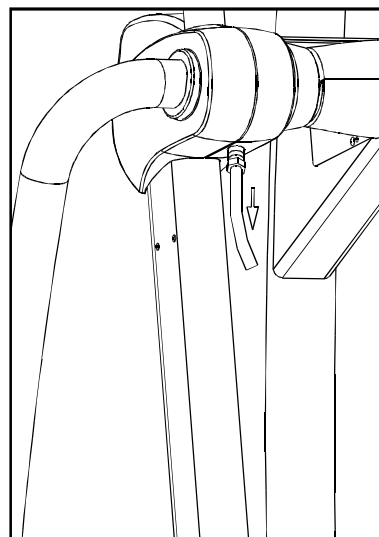
STEP 4. Reinsert the cap.



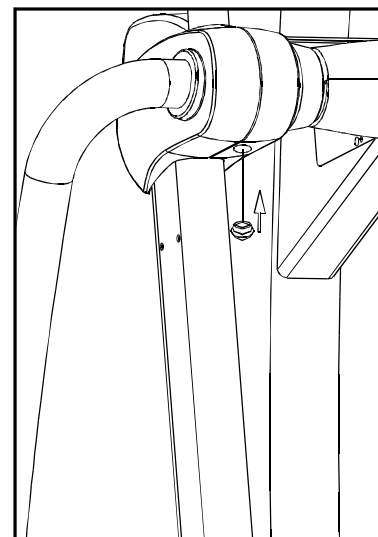
STEP 1



STEP 2



STEP 3



STEP 4

# **TROUBLESHOOTING**

## **ERROR MESSAGE**

ERR 7: this means the voltage of VR exceeds the specified range of 0.4 VDC to 4.7 VDC, or the stride voltage remains no change even when the motor is turning. Please inspect VR.

## **Fuse Replacement:**

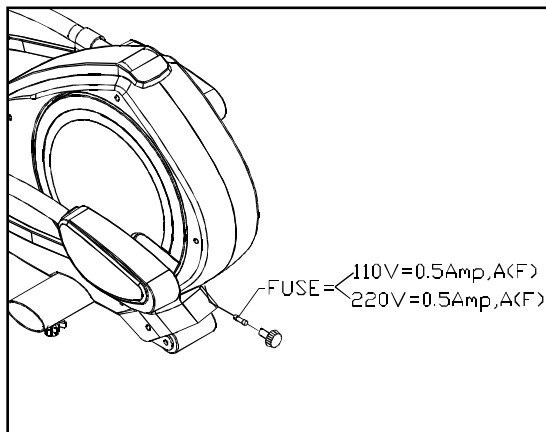
If you turn on the unit but the display does not light up, it may be necessary to replace a fuse.

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

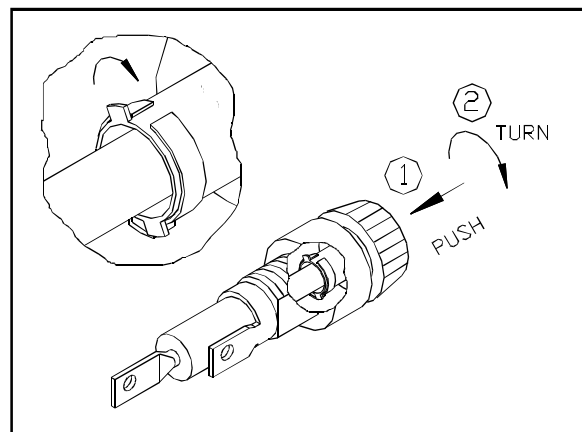
STEP 2. To remove an old fuse, push the fuse cap in and turn counterclockwise.

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

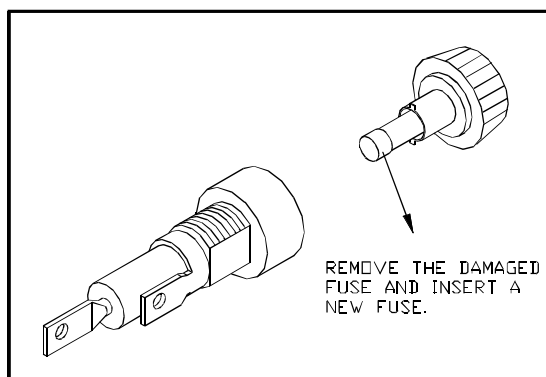
STEP 4. To secure the new fuse in place, push in , and turn the fuse cap clockwise.



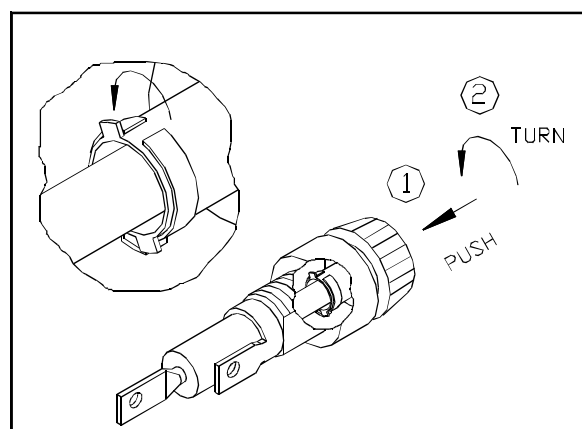
STEP 1



STEP 2



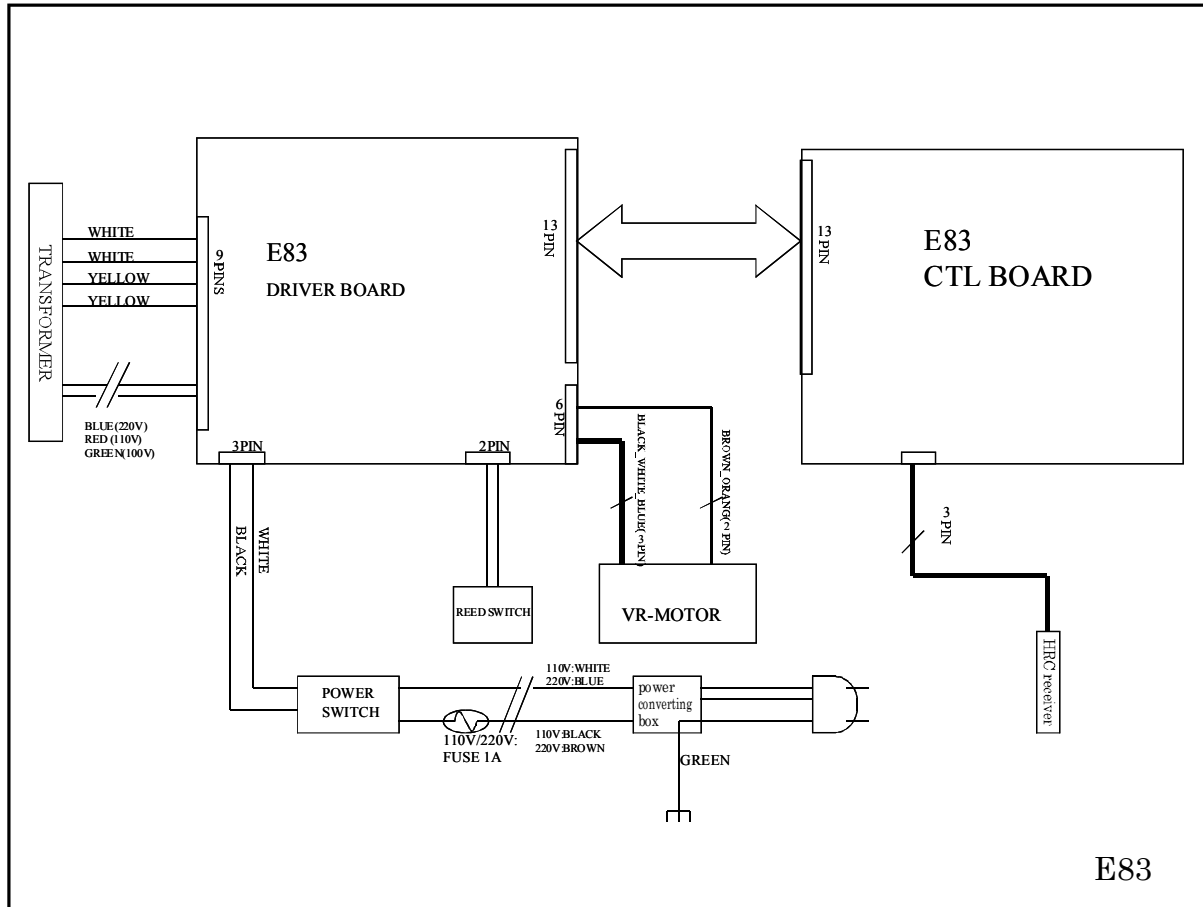
STEP 3



STEP 4



# WIRING SCHEMATIC



**Your Authorized SPORTS ART Distributor**