



FSX3500 ELLIPTICAL OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW ELLIPTICAL

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ATTENTION

THIS ELLIPTICAL IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THIS APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

Safety hints

WARNING - Read all instructions before using this appliance.

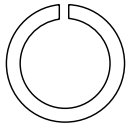
- Do not operate elliptical on deeply padded, plush or shag carpet. Damage to both carpet and elliptical may result.
- Keep children away from the elliptical. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the elliptical if it has a damaged cord or plug. If the elliptical is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Do not attempt to use your elliptical for any purpose other than for the purpose it is intended.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your elliptical. Quality athletic shoes are recommended to avoid leg fatigue.
- This is not a product intended to be used by weak, dull response or metal illness persons (including children) unless under the supervision and instruction of safety responsible persons.
- The service or replacement of parts regarding the power system can only be conducted by certified professionals. Service without certified professional is prohibited.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

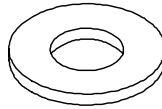
- **CAUTION!! Please be careful when opening this unit.**

Assembly Pack Checklist

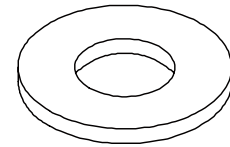
Hardware Step 1



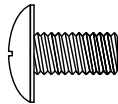
#136. 3/8" x 2T_
Spring Washer (4 pcs)



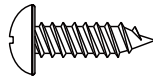
#133. 3/8" x 19 x 1.5T_
Flat Washer (4 pcs)



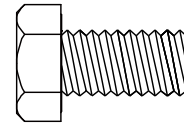
#132. Ø8.5 x 26 x 2.0T_
Flat Washer (2 pcs)



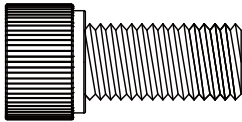
#111. M5 x 10m/m
Phillips Head Screw (4 pcs)



#114. Ø3.5 x 12m/m_
Sheet Metal Screw (2 pcs)



#99. 5/16" x 15m/m_
Hex Head Bolt (2 pcs)

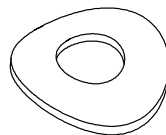


#109. 3/8" x 3/4"_
Socket Head Cap Bolt (4 pcs)

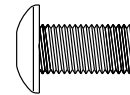
Hardware Step 2



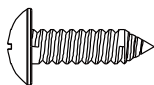
#120. 5/16" x 7T_
Nyloc Nut (6 pcs)



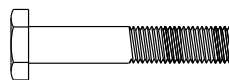
#135. 5/16" x 19 x 1.5T_
Curved Washer (4 pcs)



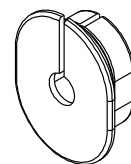
#111. M5 x 10m/m
Phillips Head Screw
(10 pcs)



#114. Ø3.5 x 12m/m_
Sheet Metal Screw (4 pcs)

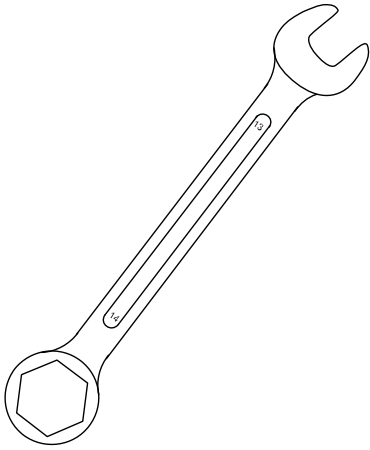


#101. 5/16" x 1-3/4"_
Hex Head Bolt (6 pcs)

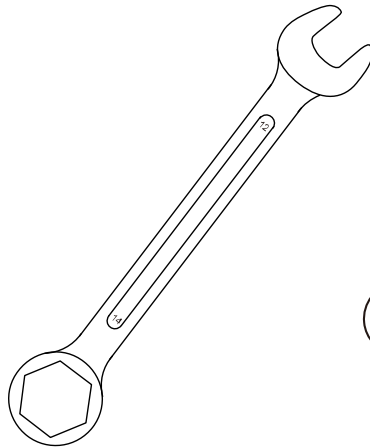


#84. Switch Wire Cap
(2 pcs)

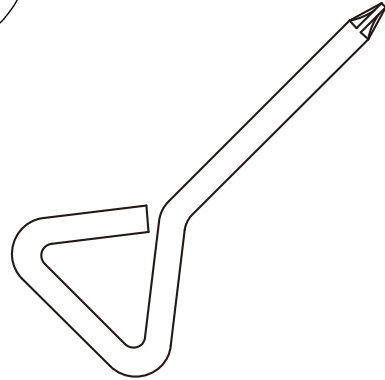
Assembly Tools



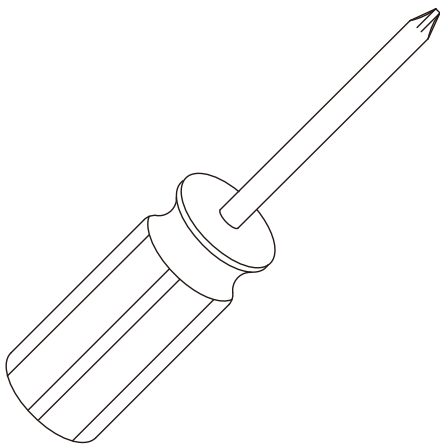
#145. 13/14m/m_Wrench



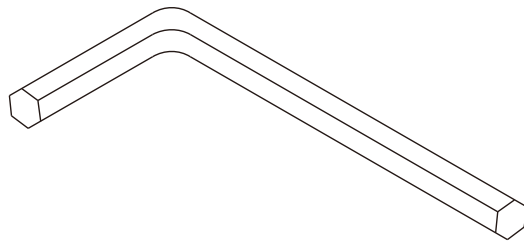
#146. 12/14m/m_Wrench



#150. Short Phillips Head Screw Driver



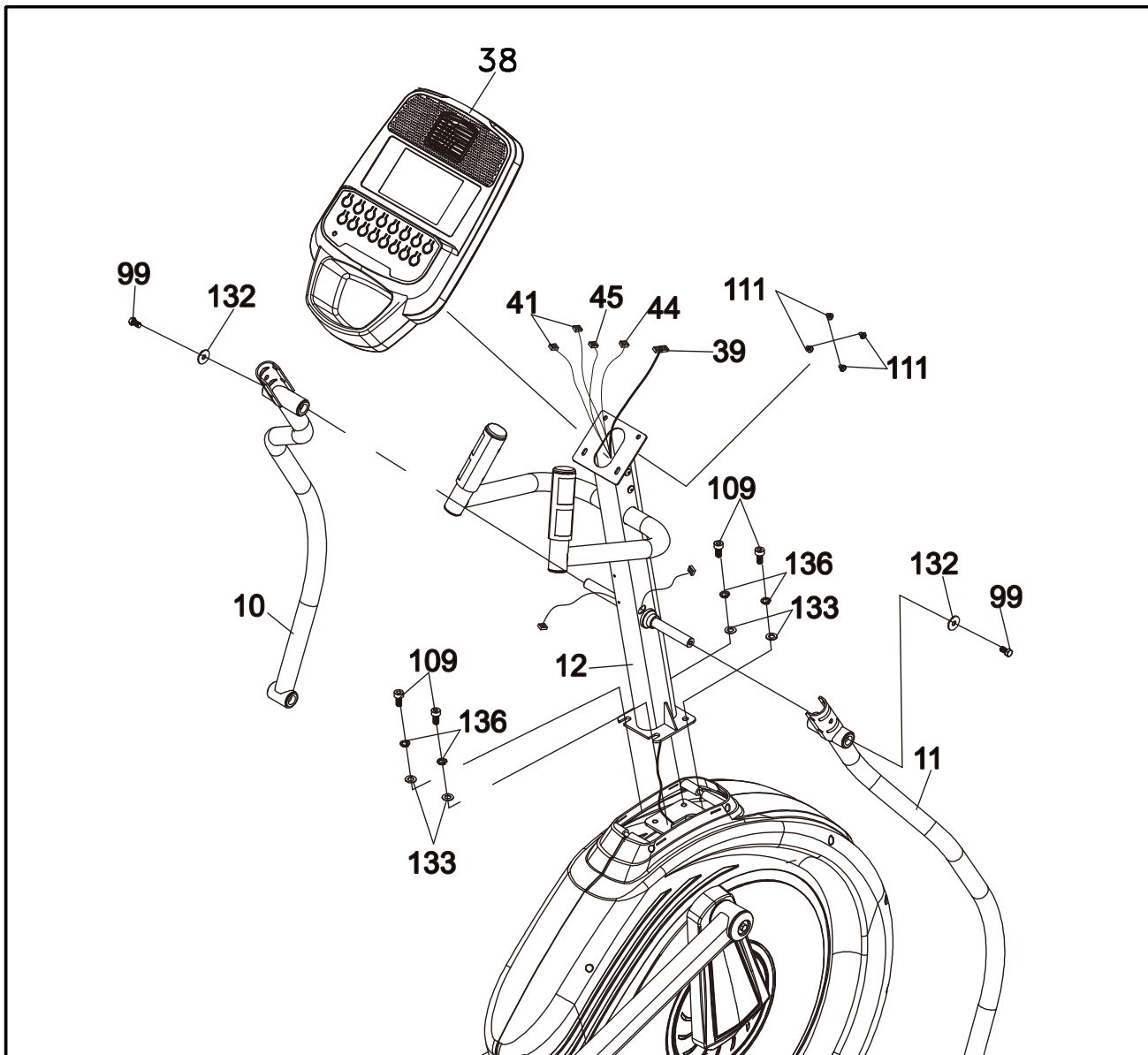
#147. Phillips Head Screw Driver



#148. L Allen Wrench

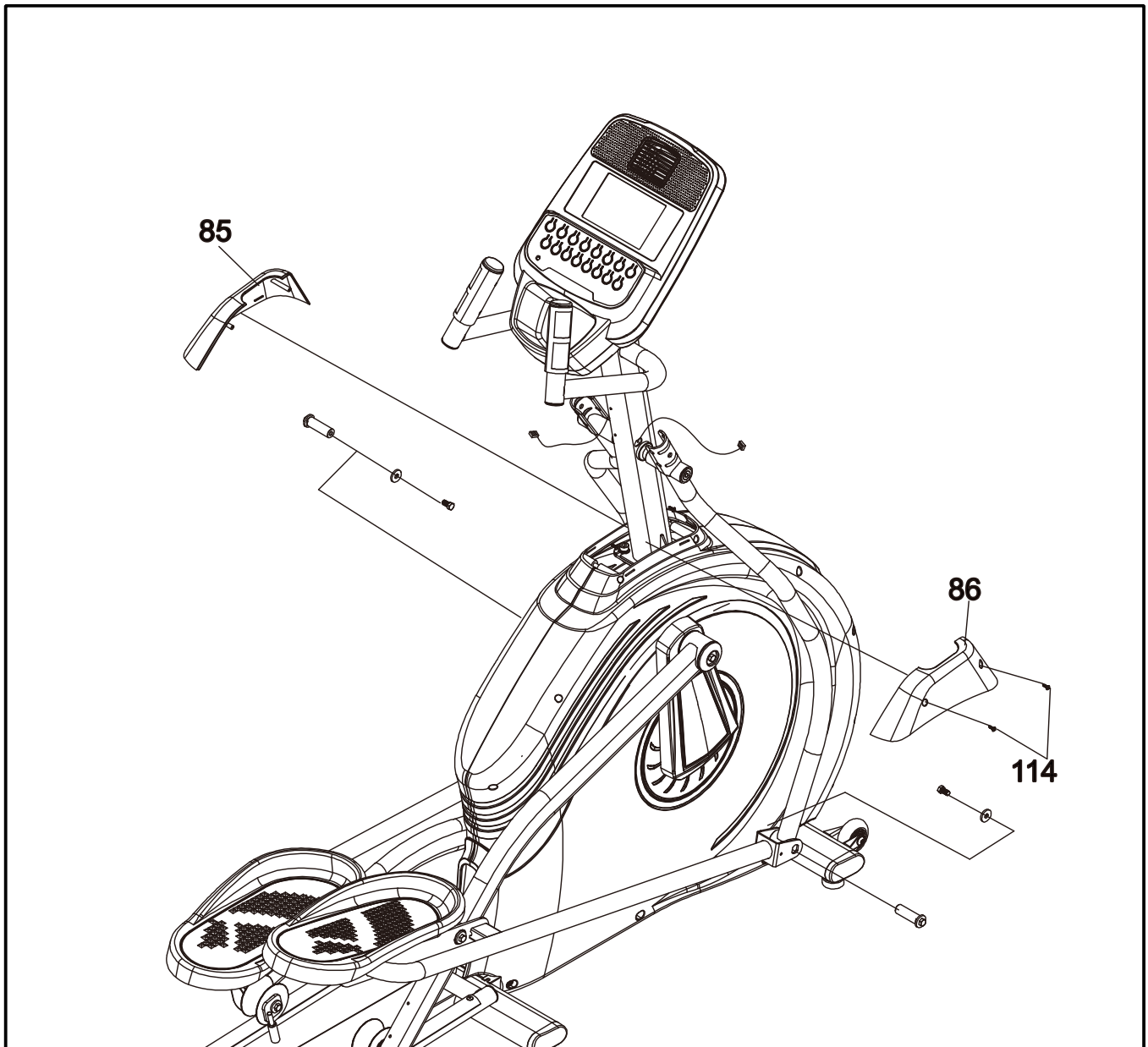
Assembly Instructions

1-1 Console Mast



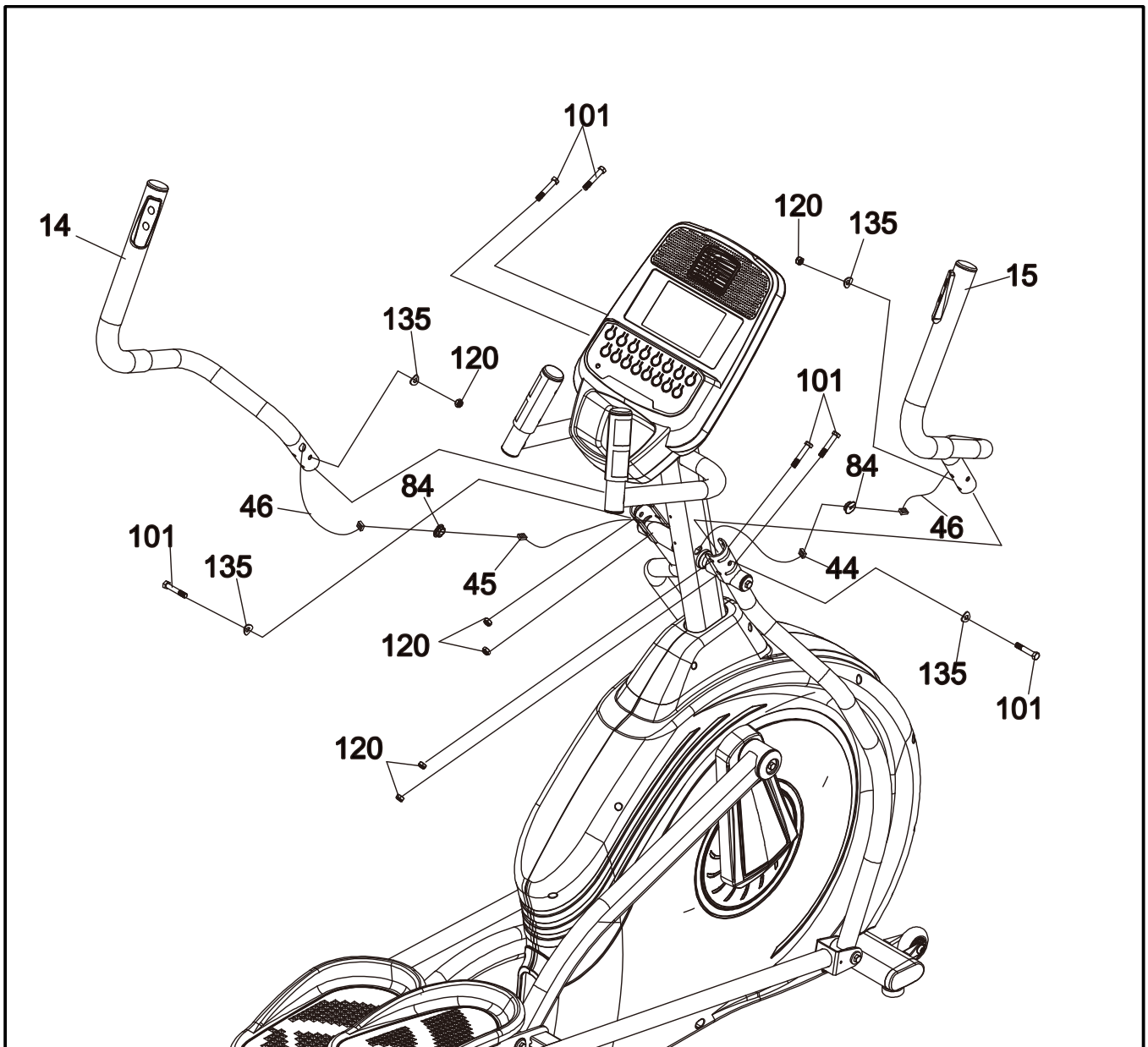
1. Pull the tie on Console Mast (12) to have Computer Cable (39) go through the mast from bottom and out of the mast on top. Secure the Console Mast on the mounting plate on the Main Frame with four 3/8" x 3/4" Socket Head Cap Bolts(109), four Ø3/8" x 2T_Spring Washers (136) and four Ø3/8" x Ø19 x 1.5T_Flat Washers (133) by using L Allen Wrench (148).
2. Plug all of the connectors into the back of the console(38); Computer Cable (39), two Hand pulse Cables (41), Resistance switch wire (44) and Incline switch wire (45). Secure the Console (38) on the console mounting plate with four Phillips Head Screws (111). (Be sure to not crush or damage wiring during process)
3. Place left and right Lower Handle Bars (10) (11) onto left side and right side of Console mast shafts, respectively and secure with Hex Head Bolts (99) together with Flat Washers (132) by using Wrench (146).

1-2 Connecting Arm & Lower Handle Bar



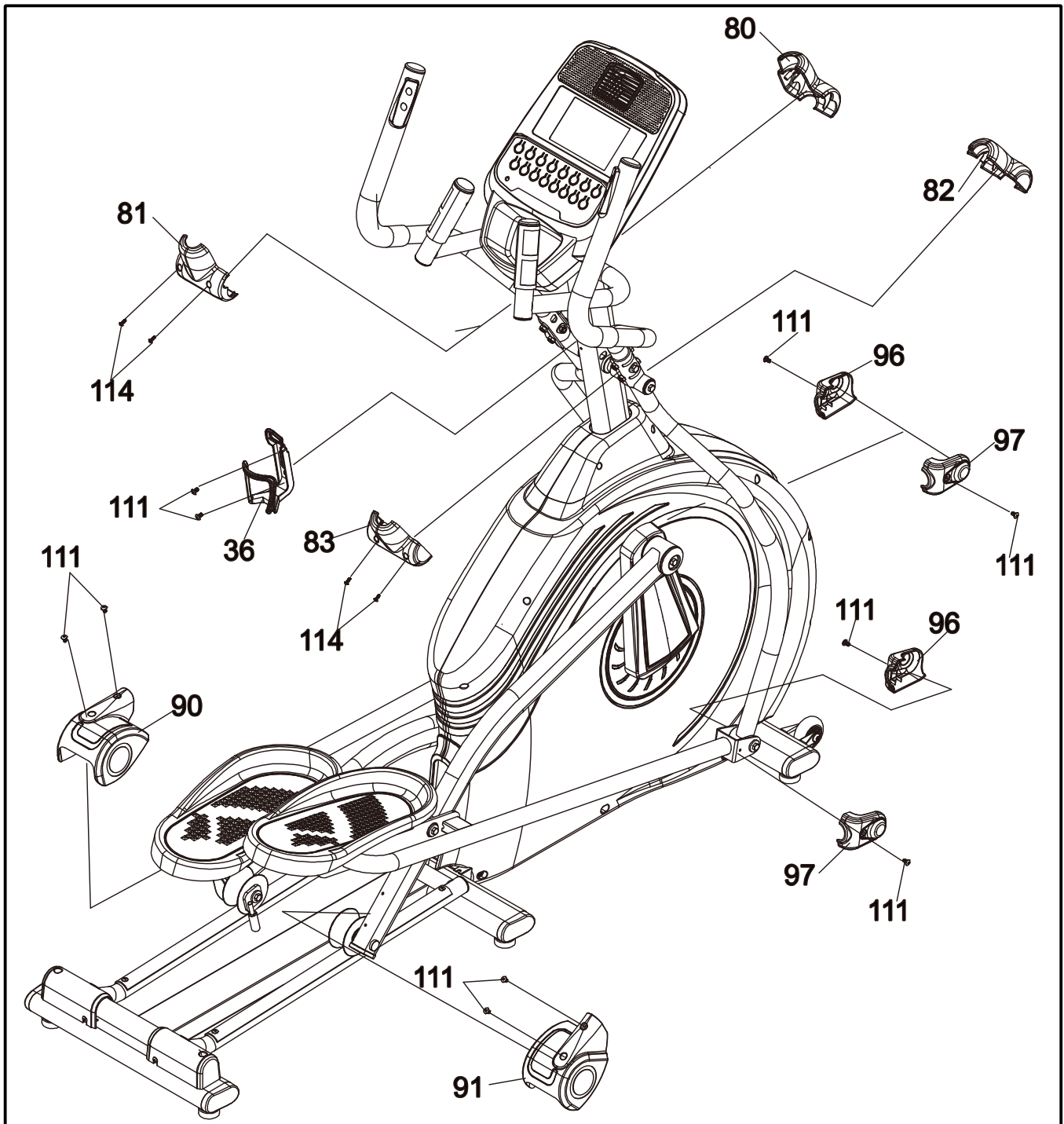
1. Release Axles (20) which are on left and right connecting arms(8.9). Connect the left and right connecting arm(8.9) with left and right lower handle bar(10.11) and secure with Axles (20) and the screw by using 12/14mm Wrench (146).
2. Bring the Left Upright Cover(85) and Right Upright Cover(86) together on the Side Case (L.R) and Console Mast and secure using two Sheet Metal Screws (114) and a Screwdriver (147)

2-1 Left Handle Bar



1. Insert left Handle Bar (14) onto left Lower Handle Bar and secure with three Hex Head Bolts (101), two Curved Washers (135) and three Nyloc Nuts (120) by using Wrench (146/145). Same way to secure right Handle Bar (15) on right Lower Handle Bar
2. Connect Upper Resistance Handle Wire (44) with Lower Resistance/Incline Handle Wire (46) and store it in the frame tube and snap in Switch Wire Cap (84) on the console mast. Again, connect Upper Incline Handle Wire (45) with Lower Resistance/Incline Handle Wire (46) and store it in the frame tube. Snap in Switch Wire Cap (84) on the console mast.

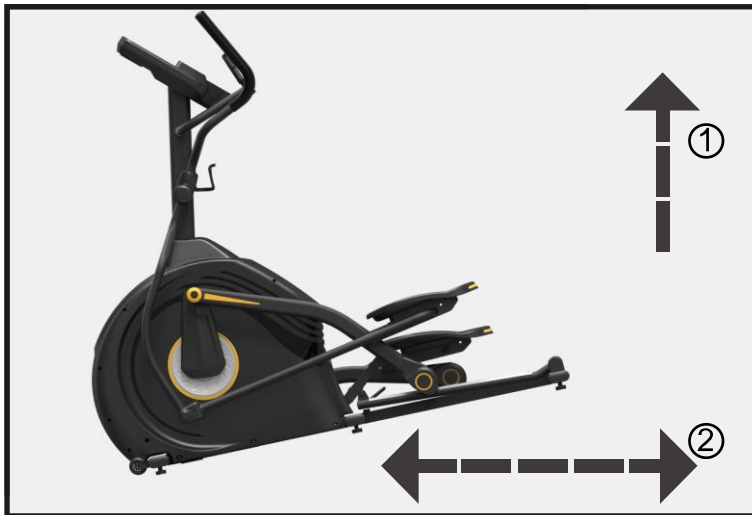
2-2 Plastic Covers



1. Match right and left Connecting Arm Covers (97, 96) on left Connecting Arm and fix with two Phillips Head Screws (111) by using Phillips Head Screw Driver (147). Fix right and left Connecting Arm Covers (97, 96) on right Connecting Arm with the same way and hardware.
2. Install Sliding Wheel Covers (90) on each side and secure with four Phillips Head Screws (111).
3. Install the Handle Bar Covers (80 & 81, 82 & 83) over the Handle Bar axle connections and secure with the four Sheet Metal Screws (114).
4. Use Phillips head screw driver to secure the Drink Bottle Holder (36) on the console mast with two Phillips head screws (111).

Transportation

The elliptical is equipped with transport wheels, which are engaged when the rear of the elliptical is lifted.



Elliptical Lubrication

1. Pour 2c.c of the lubricant under the middle of the rail. You must be lubricate the rails every three months.
2. If you feel the exercise is not smooth or you hear noise during your exercise, lubricate the middle rail with 2 c.c.of the lubricant.



Operation of Your Console



Console

Power up :

This model requires AC 220V power supply. Connect the power cable to the socket on the left side of the machine near the front and turn on the switch. When user turn on the switch , console will be turned on, and have a long beep sound with LCD full display for 2 seconds. Then it display the version for 3 seconds, and enter to the USER mode.

Functions :

1. MANUAL : Setting workout by manual, include target value setting of TIME, CAL, DIST, PULSE.
2. PROGRAM : P1~P18 , 18 program profiles can be selected.
3. FAT BURN : Preset fat burning workout program
4. CARDIO : Preset oxygen sport workout program
5. HILL : Preset Hill workout program
6. INTERVAL : Preset Interval workout program
7. HRC : The load is controlled by the heart rate automatic, there are 6 options 50%, 60%, 70%, 80%, 90%, and TARGET.
8. USER DEFINE : User can set program profile by self.

Button Functions :

1. START : Start workout
2. STOP : Workout pause, and press again back to standby mode. Press and hold the button, console will restart.
3. ENTER : Confirm the function or setting value, switch LEVEL / INCLINE display (grade mode)
4. LEVEL + : Increase the load or upward the setting value such as TIME.
5. LEVEL - : Decrease the load of downward the setting value such as TIME.
6. INCLINE + : Upward the incline
7. INCLINE - : Downward the incline
8. FAN : Fan function ON/OFF
9. MANUAL : In the standby mode, press MANUAL quick key into MANUAL mode.
10. PROGRAM : In the standby mode, press PROGRAM quick key into PROGRAM mode.
11. FAT BURN : In the standby mode, press FAT BURN quick key into FAT BURN mode.
12. CARDIO : In the standby mode, press CARDIO quick key into CARDIO mode.
13. HILL : In the standby mode, press HILL quick key into HILL mode.
14. INTERVAL : In the standby mode, press INTERVAL quick key into INTERVAL mode.
15. HRC : In the standby mode, press HRC quick key into HRC mode.
16. USER DEFINE : In the standby mode, press USER quick key into USER DEFINE mode.

Operation :

1. Console power on with beep sound, and LCD full display for 2 seconds(image 1), then showing the version and model for 3 seconds. After that, enter USER data setting. There are 4 sets of USER data setting, press 【LEVEL +/LEVEL -】 to select, and press 【ENTER】 to confirm. Setting process : USER→AGE→WEIGHT(image 2~image 4);After setting, enter to the standby mode.(image 5).

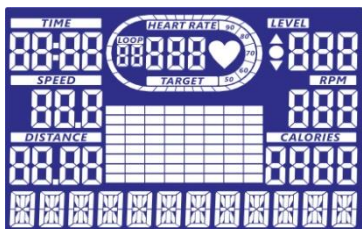


image 1



image 2



image 3



image 4



image 5

2. In the standby mode, press **【START】** to QUICK START, and enter Manual mode to start workout. Or, press **【LEVEL+ /LEVEL-】** to select Manual , Program , Fat burn , Cardio , Hill , Interval , HRC and User define (image 6~image 13), then press **【ENTER】** to confirm. Or, directly press fuction Quick key to quick enter.



image 6



image 7

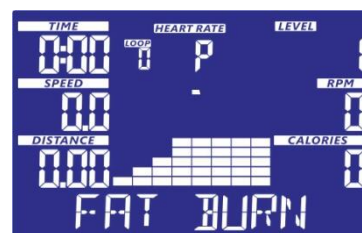


image 8



image 9



image 10

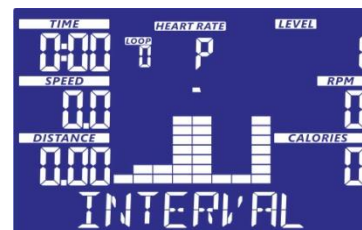


image 11



image 12



image 13

3. Manual mode : In standby mode, press **【LEVEL+ /LEVEL-】** to select MANUAL, and press **【ENTER】** . Or, press **【MANUAL】** quick key to enter this mode directly. Then, set the target value in sequence TIME →DISTANCE → CALORIES → HEART RATE(image 14~image 17) by pressing **【LEVEL+ /LEVEL-】** to adjust, and press **【ENTER】** into next value setting. After setting, press**【START】**to start workout, and press**【LEVEL+ /LEVEL-】**to adjust the load during workout. Press **【INCLINE+ / INCLINE-】** to adjust incline, press **【STOP】** to pause workout, and press **【STOP】** again back to the standby mode. One of TIME, DISTANCE, and CALORIES preset target value count down to zero, the workout will be stopped, all the values stop counting. Press **【STOP】** to leave this mode and return to standby mode.



image 14



image 15



image 16



image 17

4. Program mode : In standby mode, press【LEVEL +/LEVEL -】to select PROGRAM, and press 【ENTER】. Or, press 【P】 quick key to enter this mode directly. First, select program profiles (image 18) total 18 sets. Press【ENTER】to confirm the profiles, and set target TIME (image 19) by pressing 【LEVEL +/LEVEL -】to adjust. After setting, press【START】to start workout, and press【LEVEL +/LEVEL -】to adjust the load during workout. Press【INCLINE +/ INCLINE -】to adjust incline, press 【ENTER】 to switch LEVEL / INCLINE display, press 【STOP】 to pause workout, and press【STOP】again back to the standby mode. When preset the target TIME, the target value count down to zero, the workout will be stopped, and all the values stop counting.Press 【STOP】 to leave this mode and return to standby mode.



image 18



image 19

5. Fat Burn mode : In standby mode, press【LEVEL +/LEVEL -】to select FAT BURN, and press 【ENTER】. Or, press【FAT BURN】quick key to enter this mode directly. Then, set target TIME (image 20) by pressing 【LEVEL +/LEVEL -】to adjust. After setting, press 【START】 to start workout, and press 【LEVEL +/LEVEL -】to adjust the load during workout. Press 【INCLINE +/ INCLINE -】to adjust incline, press 【ENTER】 to switch LEVEL / INCLINE display, press 【STOP】 to pause workout, and press 【STOP】 again back to the standby mode. When preset the target TIME, the target value count down to zero, the workout will be stopped, and all the values stop counting. Press 【STOP】 to leave this mode and return to standby mode.

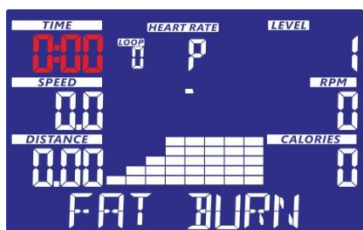


image 20

6. Cardio mode : In standby mode, press 【LEVEL +/LEVEL -】 to select CARDIO, and press 【ENTER】. Or, press【CARDIO】quick key to enter this mode directly. Then, set target TIME (image 21) by pressing 【LEVEL +/LEVEL -】to adjust. After setting, press 【START】 to start workout, and press 【LEVEL +/LEVEL -】to adjust the load during workout. Press 【INCLINE +/ INCLINE -】to adjust incline, press 【ENTER】 to switch LEVEL / INCLINE display, press 【STOP】 to pause workout, and press 【STOP】 again back to the standby mode. When preset the target TIME, the target value count down to zero, the workout will be stopped, and all the values stop counting. Press 【STOP】 to leave this mode and return to standby mode.



image 21

7. Hill mode : In standby mode, press **【LEVEL +/LEVEL -】** to select HILL, and press **【ENTER】**. Or, press **【HILL】** quick key to enter this mode directly. Then, set target TIME (image 22) by pressing **【LEVEL +/LEVEL -】** to adjust. After setting, press **【START】** to start workout, and press **【LEVEL +/LEVEL -】** to adjust the load during workout. Press **【INCLINE +/ INCLINE -】** to adjust incline, press **【ENTER】** to switch LEVEL / INCLINE display, press **【STOP】** to pause workout, and press **【STOP】** again back to the standby mode. When preset the target TIME, the target value count down to zero, the workout will be stopped, and all the values stop counting. Press **【STOP】** to leave this mode and return to standby mode.

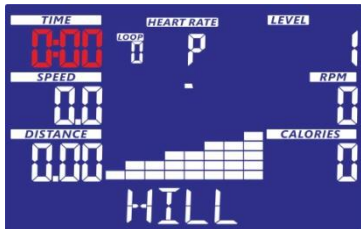


image 22

8. Interval mode : In standby mode, press **【LEVEL +/LEVEL -】** to select INTERVAL, and press **【ENTER】**. Or, press **【INTERVAL】** quick key to enter this mode directly. Then, set target TIME (image 23) by pressing **【LEVEL +/LEVEL -】** to adjust. After setting, press **【START】** to start workout, and press **【LEVEL +/LEVEL -】** to adjust the load during workout. Press **【INCLINE +/ INCLINE -】** to adjust incline, press **【ENTER】** to switch LEVEL / INCLINE display, press **【STOP】** to pause workout, and press **【STOP】** again back to the standby mode. When preset the target TIME, the target value count down to zero, the workout will be stopped, and all the values stop counting. Press **【STOP】** to leave this mode and return to standby mode.

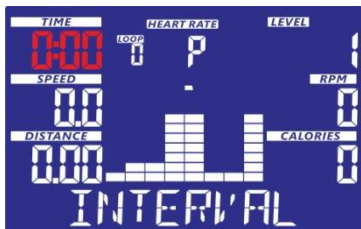


image 23

9. HRC mode : In standby mode, press **【LEVEL + / LEVEL -】** to select HRC, and press **【ENTER】**. Or, press **【HRC】** quick key to enter this mode directly. First, select HRC 50%, 60%, 70%, 80%, 90%, or TARGET HRC (image 24–image 29) total 6 sets. TARGET HRC is able to set the target pulse value. After entering to the TARGET HRC, you need to set the target pulse value (image 30), and press **【ENTER】** to confirm, then enter to the target Time setting (image 31). When you select HRC % and press **【ENTER】**, it will enter to target TIME setting directly (image 31), except TARGET HRC. After setting, press **【START】** to start workout, and press **【INCLINE + / INCLINE -】** to adjust incline during workout. The load will automatically change according to the pulse and cannot be adjusted manually. Therefore, the console need to keep receiving pulse signal in this mode. Press **【STOP】** to pause workout, and press **【STOP】** again back to the standby mode. When preset the target TIME, the target value count down to zero, the workout will be stopped, and all the values stop counting. Press **【STOP】** to leave this mode and return to standby mode. If there is no pulse signal during workout, the console will show “CHECK PULSE”(image 32), and after 1 minute, it will be back to standby mode. If the current pulse is over target pulse, the console will have beep sound as warning signal. Keep having warning sound 30 seconds, the workout will be stopped, and all the values stop counting. Press **【STOP】** to leave this mode and return to standby mode.



image 24



image 25



image 26



image 27



image 28



image 29



image 30



image 31



image 32

10. User Define mode : In standby mode, press **【LEVEL +/LEVEL -】** to select USER DEFINE, and press **【ENTER】**. Or, press **【INTERVAL】** quick key to enter this mode directly. User may press **【LEVEL +/LEVEL -】** and then press **【ENTER】** to create his own profile from column 1 to column 20 (image 33). The heart rate window will display the number of rows, and the load window will display the load value for the current setting. After finishing the load value setting, press **【ENTER】** to set INCLINE value (image34). There are twenty rows of INCLINE setting. press **【LEVEL +/LEVEL -】** to set INCLINE value, and press **【ENTER】** again to set next row. The heart rate window will display the number of rows, and the load window will display the incline value for the current setting. After incline setting, press and hold **【ENTER】** to enter TIME setting (image 35). Then, set target TIME by pressing **【LEVEL +/LEVEL -】** to adjust. After that, press **【START】** to start workout, and press **【LEVEL +/LEVEL -】** to adjust the load during workout. Press **【INCLINE +/ INCLINE -】** to adjust incline, press **【STOP】** to pause workout, and press **【STOP】** again back to the standby mode. When preset the target TIME, the target value count down to zero, the workout will be stopped, and all the values stop counting. Press **【STOP】** to leave this mode and return to standby mode.



image 33



image 34



image 35

11. INCLINE calibration : In standby mode, press **【ENTER】** and **【INCLINE +】** for 2 seconds to enter the auto-calibration mode. (image 36) ◦



image 36

12. Factory Setting mode : In standby mode, press **【ENTER】** and **【LEVEL +】** for 2 seconds to enter factory setting mode. In this mode, press **【LEVEL +/LEVEL -】** to select, and press **【ENTER】** to the next setting. When the last option is setted by press **【ENTER】**, or press **【STOP】** during setting, the setting value will be stored and restarted.

Option item :

1. UNIT(KM/ML) – Set to English or Metric display readings
2. BRIGHT(0~15) – Adjust backlight brightness
3. SPECIAL(YES/NO) – Pull wire motor for special drive action
4. MAX LOAD(16 20 24 32) – Set the maximum resistance value
5. UX DATA(ON/OFF) – 4 sets of user option switches
6. WHEEL(10~99) – Wheel setting
7. INCLINE LOAD(1~20) – Set the maximum Incline

Bluetooth connection :

Fuel fitness App Fitness Program Instructions

To help you get your workout goals done, Our product adds a new feature. The sports equipment you purchased is equipped with a Bluetooth device, let you use your fitness app with your phone or tablet to show more sports messages.

Download our APP from Apple Store (Google Store) or Google Play (Chinese mainland Android system may be provided by the dealer), this app can be synchronized with sports equipment. APP has three different motion pictures to display, view current sports data. You can switch from the sports display to the Facebook / YouTube / twitter and other websites using the icons on the display. When you finish your workout, the data is automatically saved to CALENDAR for future enquiries.

Our fitness APP can also be combined with a variety of fitness sites to upload your workout data simultaneously, Such as iHealth, MapMyFitness, Record, MyFitnessPal or Fitbit.

How to use the APP to synchronize with the sports equipment you purchased, using the following steps :

1. Download the APP.
2. Open the APP, make sure your Phone or PAD is Bluetooth enabled and working properly.



3. Click the icon on the upper left corner to search for the Fuel fitness machines.
4. After searching for the machines, click on the connection (click "FE666"). When the APP and the sports machine are connected, LCD text will be extinguished to indicate successful connection. Now, you can start using the Fuel with APP products!
5. When you finish exercising, the data will be saved and the system will prompt you to upload your fitness APP sports data to the cloud. Note - In order for the APP to work properly, You must first download the APP and install it on your Phone or PAD, such as iHealth, MapMyFitness, Record, Fitbit.

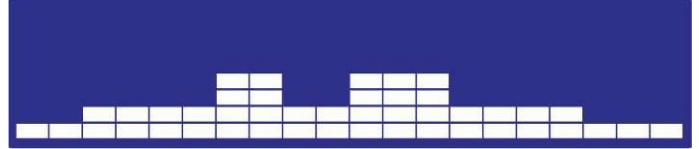
Note: In order for the Fuel fitness APP to work, your phone or tablet requires iOS 7.0 or Android 4.4 or higher.

Note :

1. PROGRAM MOTION PROFILES 1~18

PROGRAM 1 , Muscle Endurance :

Muscle endurance is the ability of a muscle to maintain for a long time under load resistance. The muscular endurance program utilizes overload resistance training to allow the muscles to withstand high loads, stimulate physiological disturbances, and enhance muscle tissue adaptability, which is the most effective way to increase muscle endurance.



PROGRAM 2 , Core Muscles :

The core muscles must be continuously trained to maintain muscle strength. The core muscle program is able to maintain the consistency of exercise, and keep the body stable without shaking, so that the body can use each muscle more precisely.



PROGRAM 3 , Simulation :

Simulation is similar to the mountaineering method. The slopes encountered in the mountains are different, the resistance is stronger, and the training of the leg muscles is strengthened. The curve of the lower body and the body can be sculptured to achieve the effect of lifting the hips and sculpting.



PROGRAM 4 , Aerobic Exercise :

The aerobic exercise program allows athletes to maintain a high number of strokes, allowing the user to achieve a maximum heart rate of 50% to 90% at the exercise center. Do aerobic metabolism to achieve the effect of fat loss.



PROGRAM 5 , Thrill Hill :

The Thrill Hill program combines a few types of workout in one, with variations of cardio and strength portions to give you a thrill.



PROGRAM 6 , X-sport :

The X-sport program is designed to increase muscular strength in your lower body with extreme resistance. This program will steadily increase in resistance to high level and then keeps you there. This is to enhance the design of your legs and hips.



PROGRAM 7 , Cardiopulmonary :

The cardiopulmonary procedure is to strengthen the lungs and heart, allowing users to carry oxygen from the air and transport oxygen to tissue cells for use. Allows users to achieve a maximum heart rate of 60-80% during exercise, to reach a little breath but can also speak in a way to strengthen the heart and lung function.



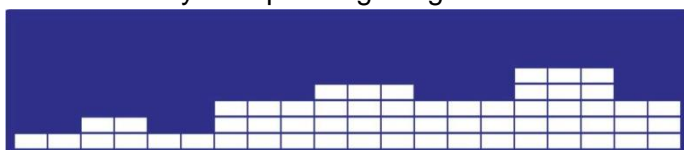
PROGRAM 8 , Off-road :

Off-road program is simulated cross-country simulation. In the process, it will experience the climbing-like oppression and the downhill sense of pleasure. It will allow you to feel the smoothness and ease of use.



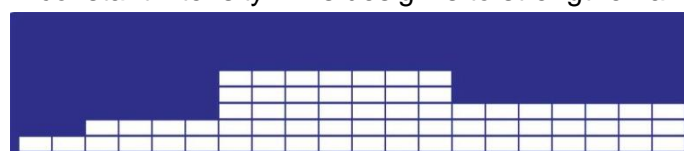
PROGRAM 9 , Wild Ride :

The Wild Ride program is designed to increase your cardio vascular function this is exercise for your heart and lungs. It will build up your heart muscle and increase blood flow and lung capacity. This is achieved by incorporating a higher level of exertion with slight fluctuations in work a real Wild Ride!



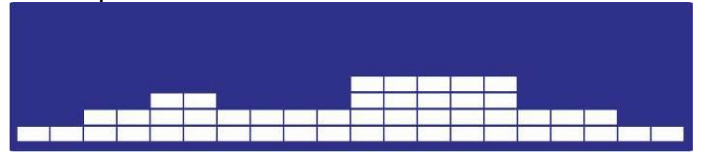
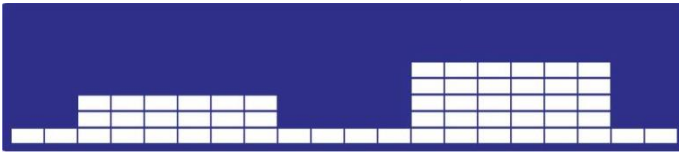
PROGRAM 10 , Limit mode :

Limit mode program is designed to exercise with continuous resistance to help the body increase fat consumption. This procedure stabilizes and gradually increases the resistance and maintains a constant intensity. This design is to strengthen and adapt your physical condition.



PROGRAM 11 , Low-intensity Training :

The low-intensity training program is a comfortable speed. When you maintain this level of strength, it is not only easy to fatigue, but also allows users to spend more time training without any burden. Such training is very burdensome on the body and safe. The sex is high, and it is not easy to increase the lactic acid value in the blood, so it is suitable for mass sports.



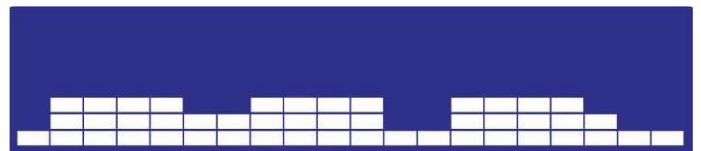
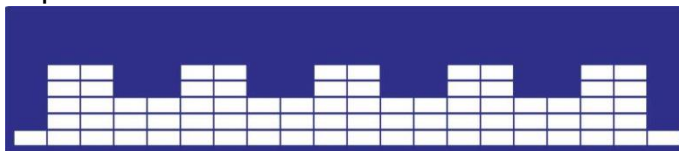
PROGRAM 12 , Canyons :

The Canyons program takes you through high levels of intensity followed by periods of low intensity. This program increases your endurance by depleting your oxygen level followed by periods of recovery to replenish oxygen. Your cardio vascular system gets programmed to use oxygen more efficiently this way.



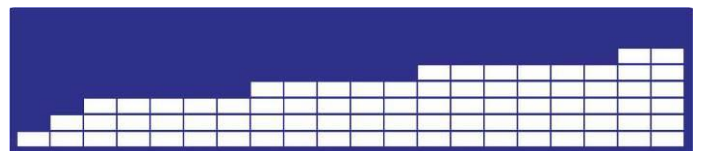
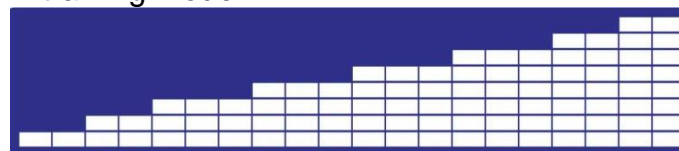
PROGRAM 13 , Resistance training :

Using external 「resistance」 to train, the 「resistance」 generated by training equipment can achieve the effect of 「muscle contraction」, increase muscle strength and endurance, and promote aerobic fitness.



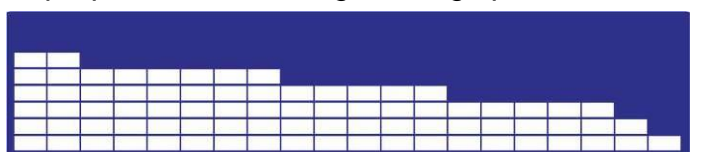
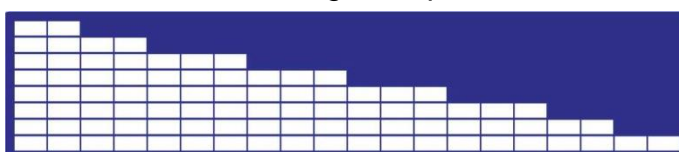
PROGRAM 14 , Conquering the uphill limit training :

This is a good training for practicing leg muscle endurance. Speed is not the focus of this training. By gradually increasing the slope, the maximum muscle strength can be exercised, which is suitable for the lack of leg muscle strength, or for strengthening the muscle strength training mode.



PROGRAM 15 , Downhill training mode :

The principle of running downhill is to rely on external forces, gravity acceleration running downwards, and long-term practice to achieve the purpose of increasing running speed.



PROGRAM 16 · Cross-training :

The balanced muscle training model is a kind of training constructed by a variety of movements. Systemic development does not limit special parts or energy systems, which is highly beneficial to the development of comprehensive physical fitness.



PROGRAM 17 · Downhill special training :

Different grades can help exercise the calf, thigh, and buttock muscles. It is suitable for leg strength training.



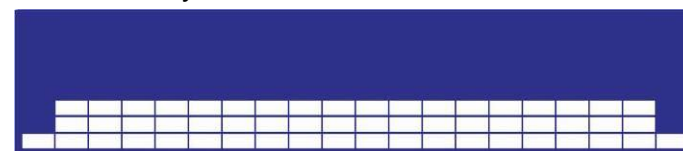
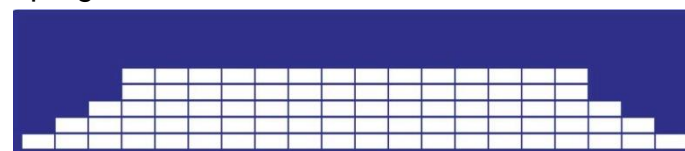
PROGRAM 18 · Explosive sweating training mode :

Use your best efforts to achieve the effect of high-intensity aerobics and muscular strength training. In a short time, you can help your heart rate reach over 90%. At the same time, you can train aerobic and muscular strength to generate afterburn, Helps burn calories, subtracts fat, retains or increases muscles, combined with the concept of aerobics and strength training.



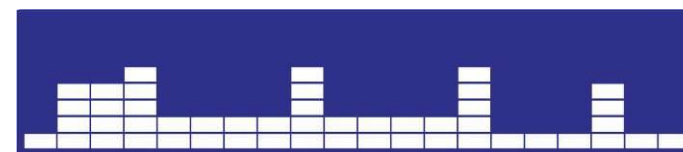
FAT BURN :

The Fat Burn program is designed, as the name implies, to maximize the burning of fat. There are many schools of thought on the best way to burn fat but most experts agree that a lower exertion level that stays at a steady workload is the best. The absolute best way to burn fat is to keep your heart rate at around 60% to 70% of its maximum potential. This program does not use heart rate but simulates a lower, steady exertion workout.



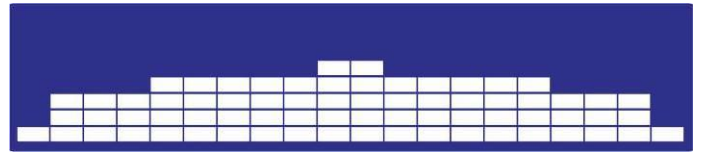
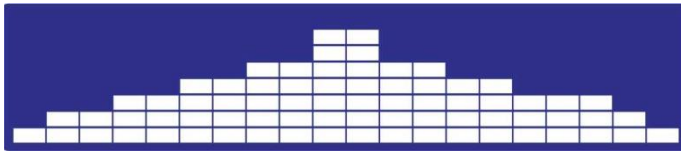
CARDIO :

The Cardio program is designed to increase your cardiovascular function and endurance. This is exercise for your heart and lungs. It will build up your heart muscle and increase blood flow and lung capacity. This is achieved by incorporating a higher level of exertion with slight fluctuations in work.



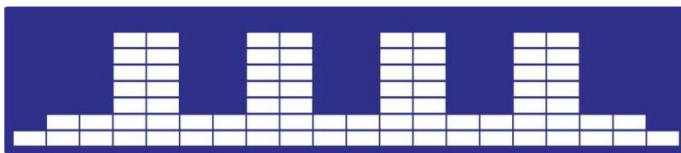
HILL :

The Hill program simulates going up and down a hill. The resistance in the pedals will steadily increase and then decrease during the program.



INTERVAL :

The Interval program takes you through high levels of intensity followed by periods of low intensity. This program increases your endurance by depleting your oxygen level followed by periods of recovery to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently this way. This program also forces your body to become more efficient due to spikes in heart rate, between recovery periods. This aids in heart rate recovery from intense activities.



AEROBIC EXERCISE

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs.

Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle.

Aerobic exercise fitness is promoted by any activity that uses your large muscle -arms, legs, or buttock, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

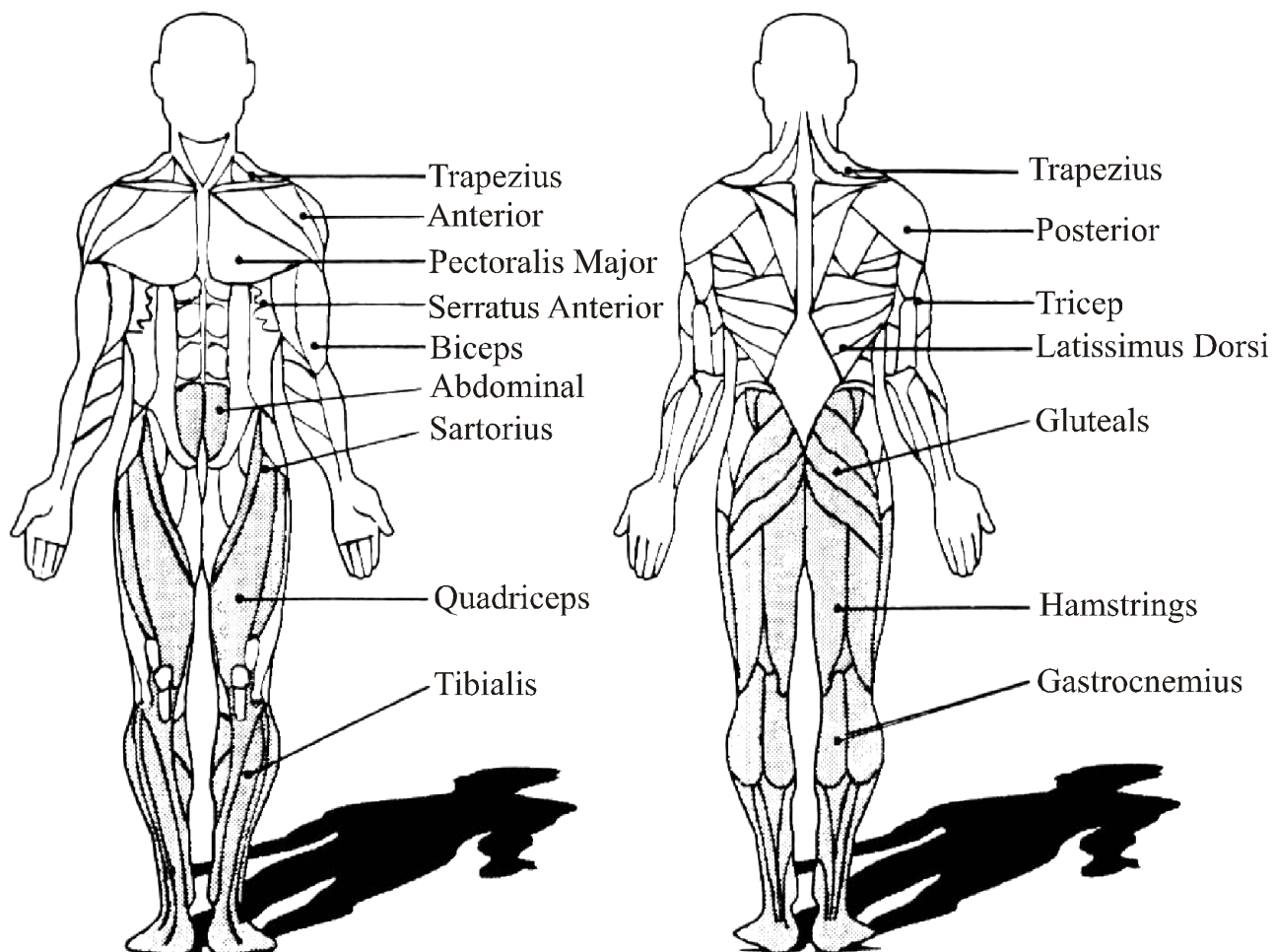
WEIGHT TRAINING

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a less amount of reps. And as always ,consult your physician before beginning any exercise program.

MUSCLE CHART

CYCLE

The exercise routine that is performed on the cycle will develop the lower body muscle group as well as condition the circulatory system and provide a good aerobic workout . These muscle groups are highlighted on the muscle chart below.



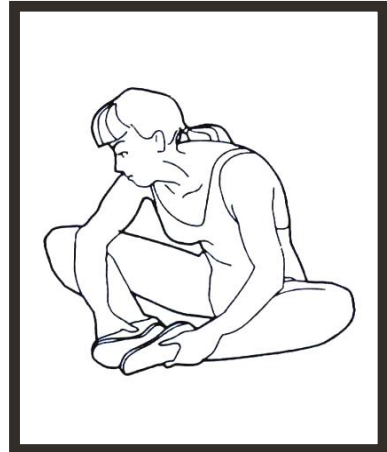
Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



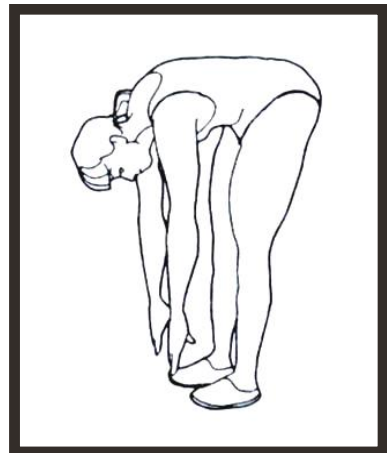
Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 10 counts



Toe Touches

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

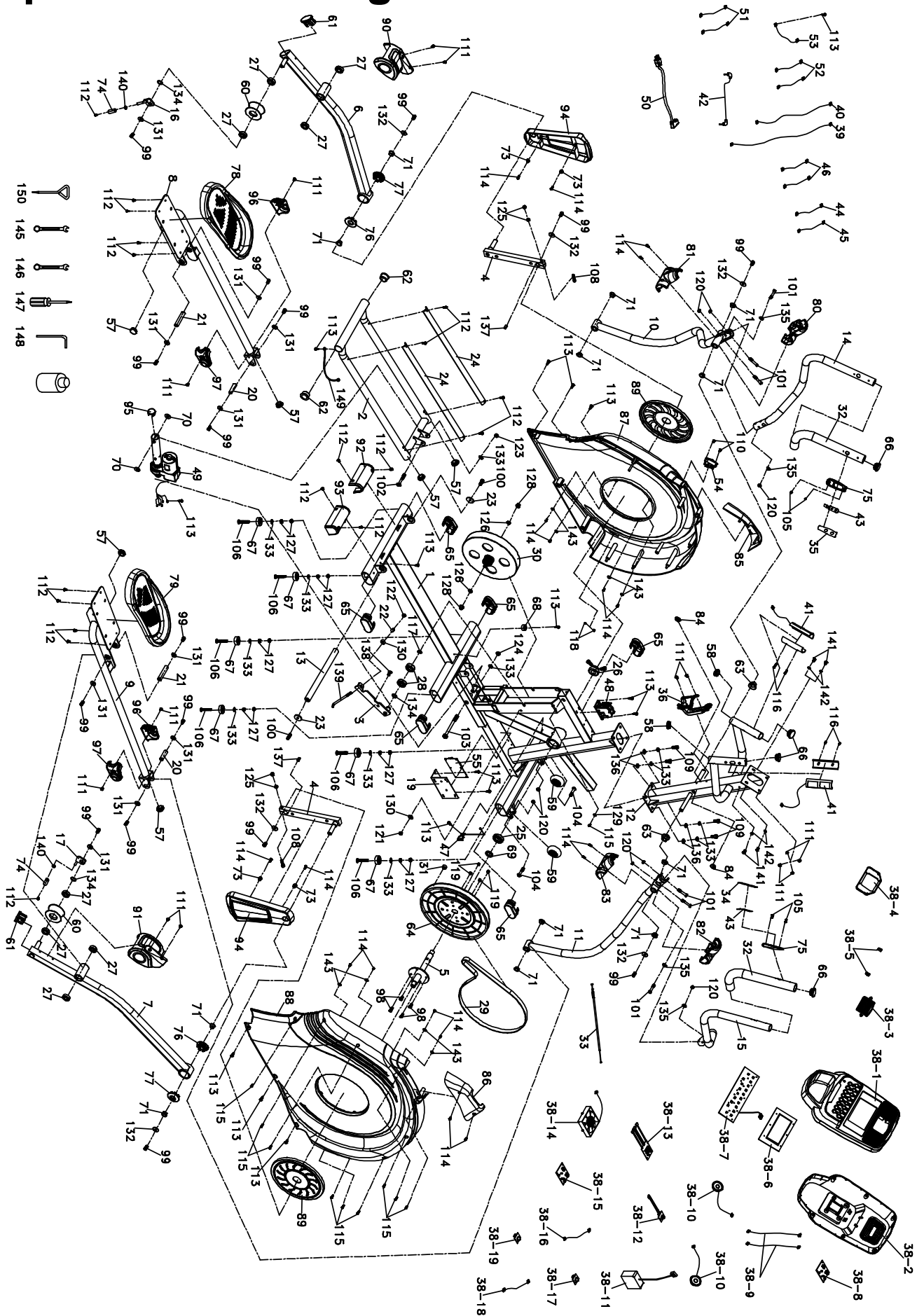


Hamstring Stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts Relax and then repeat with left leg extended.



Exploded View Diagram



Parts List

KEY NO.	Description	Q'TY
1	Main Frame	1
2	Rear Rail Assembly	1
3	Idler Wheel Assembly	1
4	Crank Arm Assembly	2
5	Bushing Housing, Pedal Arm	1
6	Pedal Arm(L)	1
7	Pedal Arm(R)	1
8	Connecting Arm (L)	1
9	Connecting Arm (R)	1
10	Lower Handle Bar (L)	1
11	Lower Handle Bar (R)	1
12	Console Mast	1
13	Locking Tube Assembly	1
14	Left Handle Bar (Top)	1
15	Right Handle Bar (Top)	1
16	Left Anti-Off Assembly	1
17	Right Anti-Off Assembly	1
19	Controller Back Plate	1
20	Axle	2
21	Axle for Pedal	2
22	Rod End Sleeve	1
23	Ø38 x Ø8.5 x 4T_Flat Washer	2
24	Aluminum Rail	2
25	6005_Bearing	1
26	6005-2RS/B10+2M5_Bearing	1
27	6003_Bearing	8
28	6203_Bearing	2
29	Drive Belt	1
30	Flywheel	1
31	Magnet	1
32	Handgrip Foam	2
33	Steel Cable	1
34	Handgrip Resistance Label(LEVEL)	1
35	Handgrip Resistance Label(INCLINE)	1
36	Drink Bottle Holder	1
38	Console Assembly	1
38~01	Console Top Cover	1
38~02	Console Bottom Cover	1
38~03	Deflector Fan Grill	1
38~04	Fan Fixing Plate	1
38~05	Fan Grill Anchor	2
38~06	Console Display Board	1
38~07	Key Board	1
38~08	Amplifier Controller	1
38~09	250m/m_Amplifier Cable	2
38~10	250m/m_Speaker W/Cable	2
38~11	150m/m_W/Receiver, HR	1

KEY NO.	Description	Q'TY
38~12	Sound Board	1
38~13	Interface Board	1
38~14	400m/m_Fan Assembly	1
38~15	Bluetooth	1
38~16	Bluetooth W/Cable	1
38~17	USB Charging module	1
38~18	USB Board W/Cable	1
39	1600m/m_12P Computer Cable	1
40	800m/m_5P Computer Cable	1
41	850m/m_Handpulse Assembly	2
42	400m/m_Audio Cable	1
43	Resistance Button W/Cable	2
44	450m/m_Handle Wire (Upper), Resistance(White)	1
45	450m/m_Handle Wire (Upper), Incline(Red)	1
46	900m/m_Switch Cable (Lower),Resistance/Incline	2
47	700m/m_Sensor W/Cable	1
48	Gear Motor	1
49	Incline Motor	1
50	Power Cord	1
51	400m/m_Connecting Wire, Controller	2
52	80m/m_Connecting Wire	2
53	200m/m_Ground Wire	1
54	AC Electronic Module	1
55	Incline Controller	1
57	Ø32(2.5T)_Round Cap	6
58	Ø32(2.0T)_Round Cap	2
59	Ø65_Transportation Wheel	2
60	Ø78_Slide Wheel , Urethane	2
61	Stabilizer End Cap	2
62	Bushing	2
63	Upright Bar Bushing	2
64	Drive Pulley	1
65	Oval End Cap	6
66	Ø32 (1.8T)_Button Head Plug	4
67	Ø35 x 10_Rubber Foot	6
68	Rubber Foot Pad	1
69	Spacer Bushing	1
70	Ø25 x Ø10 x 3T_Nylon Washer	2
71	Bushing(WFM-1719-12)	12
73	End Cap Stopper	4
74	Sleeve	2
75	Handle Switch Bracket	2
76	Bushing(Ø56xØ19x15L(Flat))	2
77	Bushing(Ø56xØ19x21L(Curved))	2
78	Pedal (L)	1
79	Pedal (R)	1
80	Front Handle Cover (L)	1
81	Rear Handle Cover (L)	1

KEY NO.	Description	Q'TY
82	Front Handle Cover (R)	1
83	Rear Handle Cover (R)	1
84	Switch Wire Cap	2
85	Left Upright Cover	1
86	Right Upright Cover	1
87	Side Case (L)	1
88	Side Case (R)	1
89	Side Case Pad	2
90	Slide Wheel Cover (L)	1
91	Slide Wheel Cover (R)	1
92	Rear Slide Wheel Cover (L)	1
93	Rear Slide Wheel Cover (R)	1
94	Crank Arm End Cap	2
95	Round Cap	1
96	Connecting Arm Cover (L)	2
97	Connecting Arm Cover (R)	2
98	1/4" x 3/4" _Hex Head Bolt	4
99	5/16" x 15m/m _Hex Head Bolt	16
100	5/16" x 1" _Hex Head Bolt	2
101	5/16" x 1-3/4" _Hex Head Bolt	6
102	3/8" x 2-1/2" _Hex Head Bolt	1
103	M10 x 130m/m _Hex Head Bolt	1
104	5/16" x 1-3/4" _Button Head Socket Bolt	2
105	M5 x 20m/m _Flat Head Socket Screw	4
106	3/8" x 2" _Flat Head Socket Bolt	6
108	M8 x 35m/m _Socket Head Cap Bolt	2
109	3/8" x 3/4" _Socket Head Cap Bolt	4
110	M4 x 12m/m _Phillips Head Screw	2
111	M5 x 10m/m _Phillips Head Screw	14
112	M5 x 10m/m _Phillips Head Screw	18
113	5 x 19m/m _Tapping Screw	16
114	Ø3.5 x 12m/m _Sheet Metal Screw	18
115	Ø3.5 x 16m/m _Sheet Metal Screw	10
116	Ø3 x 20m/m _Tapping Screw	4
117	Ø17 _C Ring	1
118	M4 x 5T _Nyloc Nut	2
119	1/4" _Nyloc Nut	4
120	5/16" x 7T _Nyloc Nut	8
121	M8 x 7T _Nyloc Nut	1
122	M8 x 9T _Nyloc Nut	1
123	3/8" x 7T _Nyloc Nut	1
124	M10 x 8T _Nyloc Nut	1
125	M8 x 6.3T _Nut	4
126	3/8" x UNF26 x 4T _Nut	2
127	3/8" x 7T _Nut	12
128	3/8" x UNF26 x 11T _Nut	2
129	Ø1/4" x 19 _Flat Washer	1
130	5/16" x 23 x 1.5T _Flat Washer	2
131	5/16" x 23 x 3.0T _Flat Washer	10

KEY NO.	Description	Q'TY
132	Ø8.5 x 26 x 2.0T_Flat Washer	6
133	3/8" x 19 x 1.5T_Flat Washer	12
134	Ø17 x 23.5 x 1T_Flat Washer	3
135	5/16" x 19 x 1.5T_Curved Washer	4
136	3/8" x 2T_Spring Washer	4
137	Woodruff Key	2
138	M8 x 20m/m_Carriage Bolt	1
139	M8 x 155m/m_J Bolt	1
140	E-Clip	2
141	M6 x 15m/m_Phillips Head Screw	4
142	Ø6.6 x 12 x 1.5T_Flat Washer	4
143	Ø5 x 15 x 1.2T_Flat Washer	8
145	13/14m/m_Wrench	1
146	12/14m/m_Wrench	1
147	Phillips Head Screw Driver	1
148	L Allen Wrench	1
149	Ground Wire	1
150	Short Phillips Head Screw Driver	1