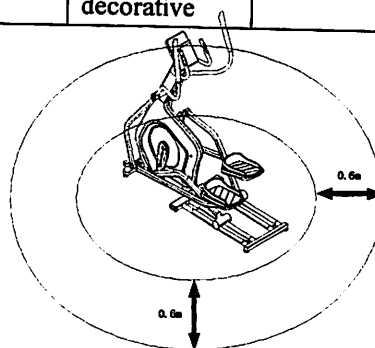




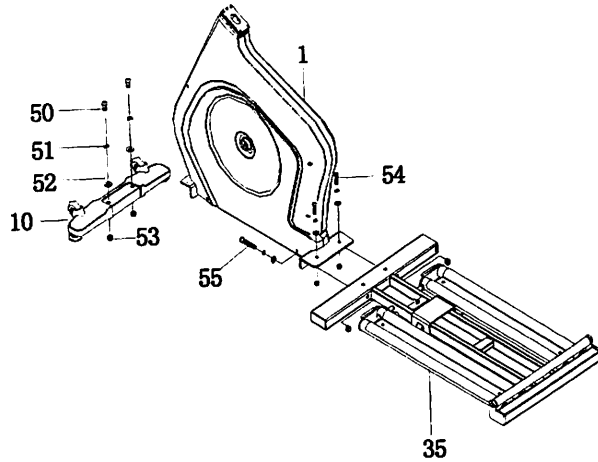
Serial No.	Name	Qty	Serial No.	Name	Qty
1	Frame	1	8	Crank	2
2	Vertical tube set	1	10	Front stabilizer bar	1
3L	Left swing arm	1	17L	Left handlebar set	1
3R	Right swing arm	1	17R	Right handlebar set	1
4L	Left pedal-pulling arm	1	35	Sliding rail set	1
4R	Right pedal-pulling arm	1	43	Decorative cover	1
7L	Left pedal set	1	44	Console	1
7R	Right pedal set	1	45	Aluminium alloy decorative	1

Max user weight: 150KG  
Warning! Not equipped with brake function, movement can not immediately stop.

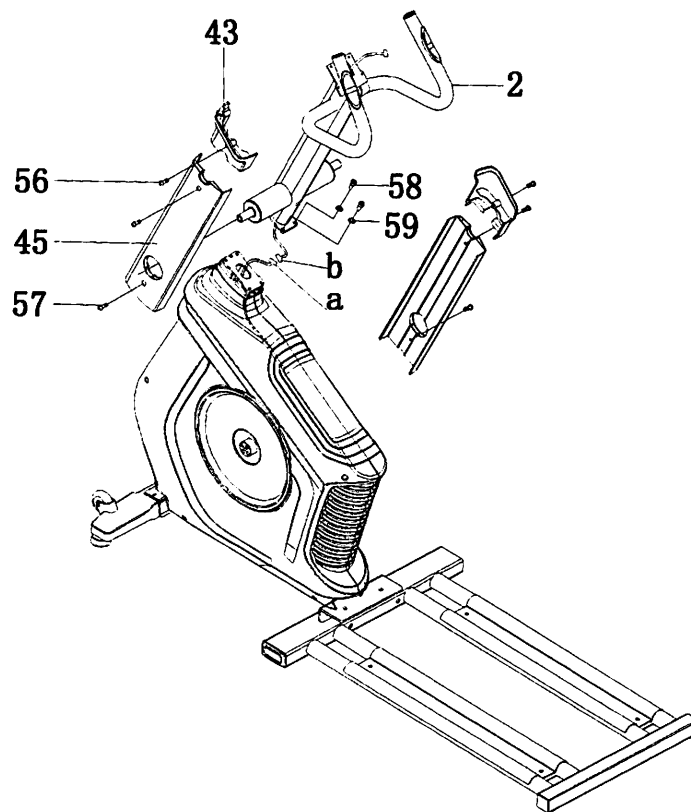


## II. Assemble steps

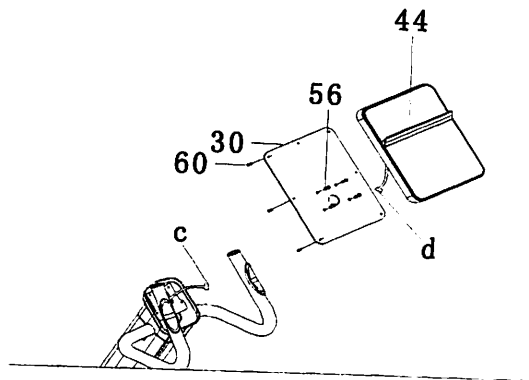
1. Take out the main frame 1, front stabilizer bar 10 and sliding rail set 35; using screw 50, spring washer 51, washer 52, non-slip nut 53 to connect the main frame 1 and front stabilizer bar 10. Using screw 54 and 55, spring pad 51, washer 52, non-slip nut 53 to connect the main frame 1 and sliding rail set 35.



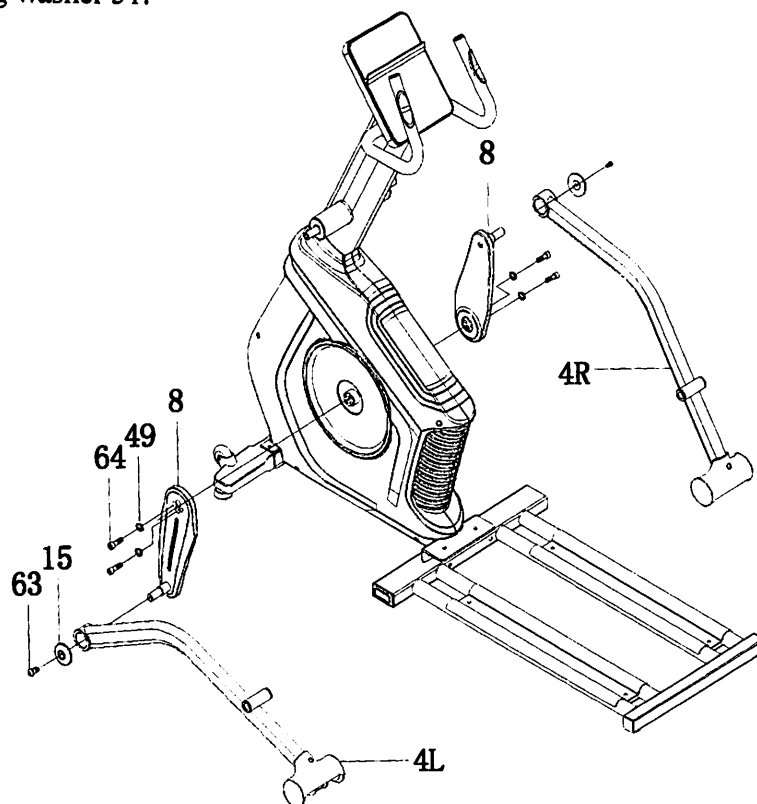
2. Take out the vertical tube set 2, first connect the signal line plug (a) of the vertical tube set to the signal line plug (b) of the main frame. Then connect the vertical tube set with the main frame through screw 58, spring washer 59. Take out the plastic decoration part 43 and aluminum alloy decoration 45, connect them with the vertical tube set through screw 56 and 57.



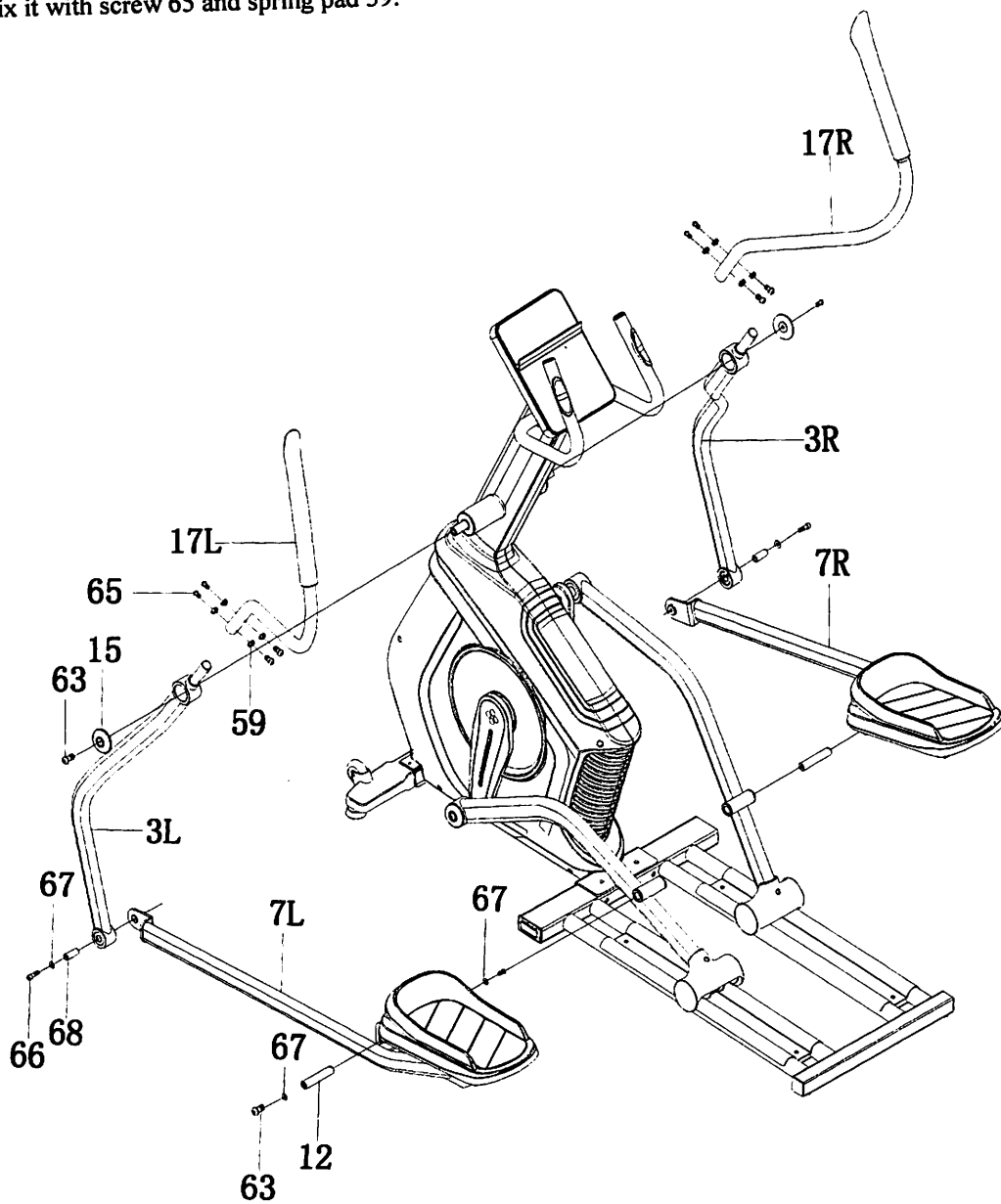
3. 3. Take out the console 44, connect the aluminum back cover 61 with the vertical tube set through screw 56, and thread the power plug c out of the hole; connect plug c and d; Connect the aluminum back cover 61 with the console with screw 60.



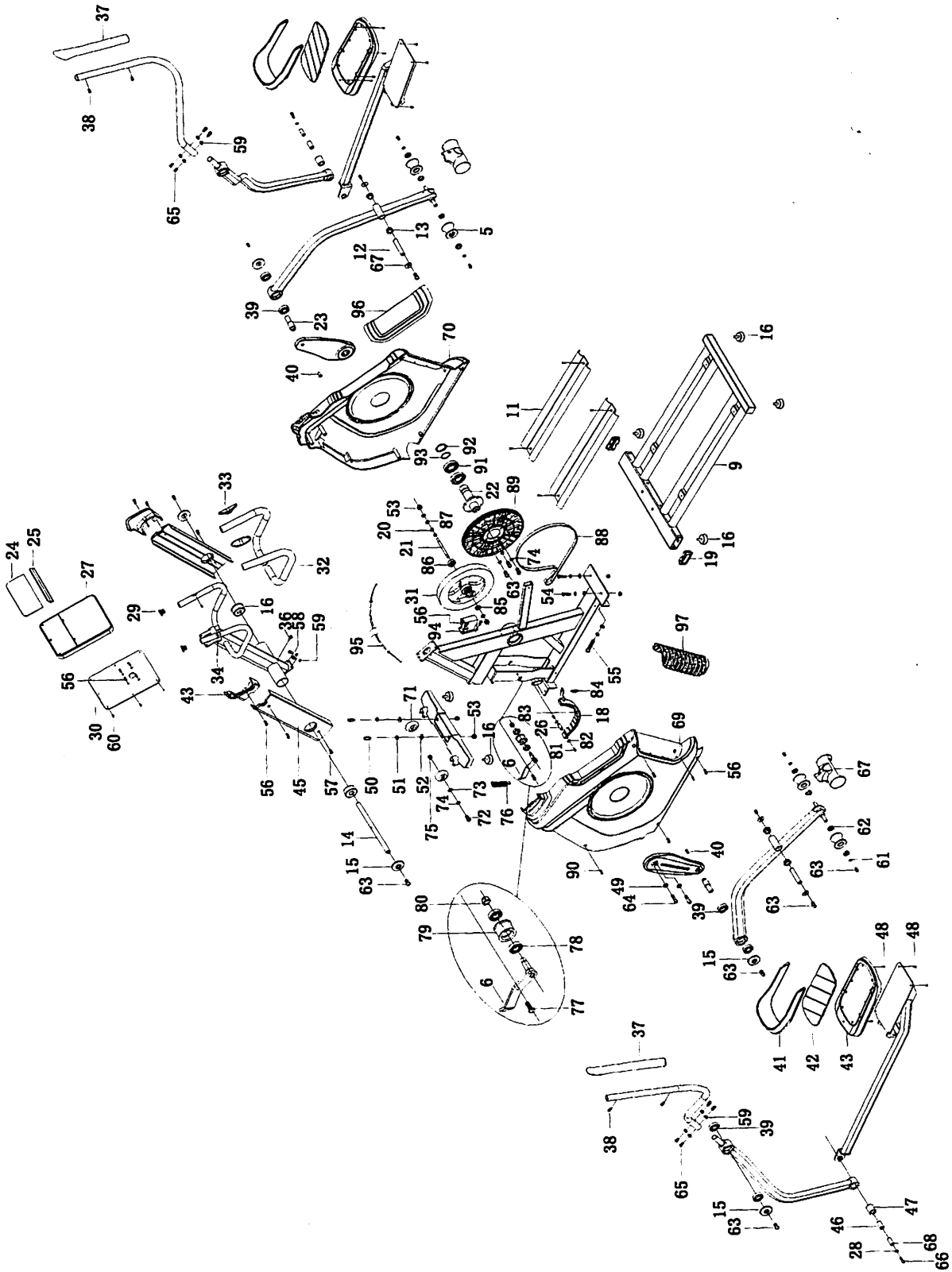
4. Use screw 63 and end cover 62 to connect and fix the pedal-pulling arm set 4L and 4R with the crank group 8; Connect the crank 8 to the main frame with screw 64 and spring washer 51.



5. Connect pedal set 7 with swing arm set 3 with screw 66, large washer 67 and steel sleeve 68; Connect the swing arm set 3 to the main frame with screw 63 and aluminum end cover 62; Connect the pedal group 7 with the pull arm components on the main frame with screws 63, large washer 67 and core shaft 69; After inserting the handle group 17 into the swing arm group 3, fix it with screw 65 and spring pad 59.



# Exploded View



Serial No.	Name	Specification	Qty	Part No.
1	Frame		1	
2	Vertical tube set		1	
3	Swing arm set		2	
4	Pedal-pulling arm		2	
5	Sliding wheel	Φ61*50.6	4	S600L-0500
6	Idler fixing frame		1	S600L-0600
7	Pedal set		2	
8	Crank		2	
9	Slide rail fixing frame		1	S620L-0100
10	Front stabilizer bar		1	
11	Aluminum rail	21*133.1*650	2	J146-1
12	Core shaft	Φ19*95	2	S600L-1200
13	Nylon sleeve	Φ31.8*16	4	S600L-1300
14	Shaft	Φ20*340.5	1	S600L-1400
15	Aluminum end cover	Φ60*T9	4	S600L-1500
16	Leveling feet		6	S063
17	Handle		2	
18	Resistance regulator		1	S600L-1800
19	Pipe plug		2	S1313
20	Spacer	φ14*T9	2	S600L-2000
21	Small shaft	φ10*140	1	S600L-2100
22	Axial plate		1	S600L-2200
23	Crank shaft	φ25*83.5	2	S600L-2300
24	Rubber washer	220*75	1	X193
25	Mobile phone holder		1	S2997
26	Magnetic resistance plate axis	φ11.9*36	1	S600L-2600
27	Pedal		1	
28	Big washer	φ26*T3	8	S600L-2800
29	Handle plug		2	S3715
30	Console back plate	T3*293.8*223.8	1	S600L-3000
31	Big wheel		1	S600L-3100
32	Handle sleeve		2	
33	Heart rate tablet		2	
34	Semicircular cross self tapping screw	ST5*16	2	
35	Rail fixing group		1	
36	Inner hexagon screw with cylindrical head	M8*40	1	
37	Foam handle		2	F054
38	Half round head cross	M5*10	4	

	screw			
39	Deep groove ball bearing	6004 $\phi$ 42* $\phi$ 20*T12	8	
40	Flat countersunk head inner hex screw		2	S3713
41	Pedal decorative cover		2	S3714
42	Pedal non-slip mat		2	S3712
43	Decorative cover		2	
44	Console		1	
45	Aluminum alloy decorative cover		2	
46	Copper sleeve	$\Phi$ 20.1*38	2	X9200-0503
47	Rubber sleeve		2	X184
48	Semicircular cross self tapping screw	ST4*16	14	
49	Spring washer	$\Phi$ 10	8	
50	Semicircular head inner hex screw	M10*25	2	
51	Spring washer	$\Phi$ 10	6	
52	Washer	$\Phi$ 10	6	
53	Non-slip nut	M10	8	
54	Semicircular head inner hex screw	M10*60	2	
55	Inner hexagon screw with cylindrical head	M10*100	2	
56	Half round head cross screw	M5*10	20	
57	Half round head cross screw	M5*16	4	
58	Inner hexagon screw with cylindrical head	M8*16	4	
59	Spring washer	$\Phi$ 8	12	
60	Countersunk head cross screw	M4*10	7	
61	Washer	$\Phi$ 8	4	
62	Deep groove ball bearing	61902 $\phi$ 28* $\phi$ 15*T7	8	
63	Semicircular head inner hex screw	M8*16	12	
64	Inner hexagon screw with cylindrical head	M10*25	8	
65	Semicircular head inner hex screw	M8*12	8	
66	Inner hexagon screw with cylindrical head	M10*55	2	



67	Roller guard		2	S3711
68	Steel sleeve	Φ15.75*39	2	X9200-0504
69	Left shell		1	S3706L
70	Right shell		1	S3706R
71	PU wheel	Φ64*23	2	S3716
72	Half round head inner hexagon screw	M8*40	2	
73	Washer	Φ8	2	
74	Spring washer	Φ8	6	
75	Non-slip nut	M8	2	
76	Spring		1	TH072
77	Outer hexagon screw	M8*16	1	
78	Deep groove ball bearing	6002φ35*φ15*T8	2	
79	Idler		1	X9107-0900
80	Non-slip nut	M12	1	
81	Half round head inner hexagon screw	M6*10	2	
82	C type circlip	Φ12	2	
83	Magnet	25*30*T12	12	GT10
84	Spring		1	TH087
85	Deep groove ball bearing	6000 φ26*φ10*T8	1	
86	Deep groove ball bearing	6300 φ35*φ10*T11	1	
87	Thin nut	M10*T4	3	
88	Poly-V belt	490J*8	1	
89	Pulley		1	S3639
90	Semicircular cross self tapping screw	ST4*12	4	
91	Deep groove ball bearing	6008 φ68*φ40*T9	2	
92	C type circlip	Φ40	1	
93	Wave washer	Φ40	1	
94	Motor		1	
95	Brake line		1	
96	Upper decorative cover		1	S3708
97	Lower decorative cover		1	S3707

### General maintenance advice:

We are very happy with your choice of genuine DHZ fitness equipment. This high quality product is intended for use in the home. Please read the "Instructions" carefully before reassembling and first use, and be sure to store instructions for reference and maintenance.

### **Warning**

1. This device is for home use only, and the maximum weight test is conducted according to the type of device. The maximum user weight of each product can be located on its data label, which will be located on the main body of the device. DHZ shall not be liable for any personal injury or property loss caused by the use of the equipment or through the use of the equipment. It is the owner's responsibility to ensure that all users of the device are fully aware of all warnings and precautions.
2. Poor or over-training may lead to poor health.
3. Heart rate monitoring system may be inaccurate. Excessive exercise can lead to serious injury or death. Stop exercising immediately if you feel unwell.
4. Keep children and pets away from devices at all times. Do not leave children unattended in the equipment room.
5. The elliptical trainer is not equipped with free wheels, so the moving parts cannot be stopped immediately.
6. Children shall not use this product.
7. Unsupervised children should stay away from the machine.

**General maintenance is the sole responsibility of the owner, and to ensure that the machine's performance is indispensable, failure to perform general maintenance will void the warranty.**

1. Make sure the equipment is on a flat level, with a bicycle, elliptical machine and rowing machine at least 0.6 meters, treadmill 2.0 meters, clear space around the equipment, to ensure that there is enough space to use fitness equipment.
2. The device is intended for indoor use and storage. Do not store the device in a damp and dusty environment, outdoors, in a shed, in an attached building, in a garage, or in a covered open room.
3. Do not use the device near water.
4. Make sure to start exercising only after the product has been assembled, adjusted, and checked.
5. Carefully follow the steps in the assembly instructions manual.
6. Only assemble with the right tools and genuine DHZ parts.
7. This device is not suitable for high precision applications (HB and HC only)

### **General precautions**

1. Exercise can not be done or excessive, may lead to health problems or injuries.
2. Consult a doctor before starting an exercise program to solicit suggestions for exercise.
3. If the user has dizziness, nausea, chest pain, or other abnormal symptoms, stop exercising immediately. Consult a doctor immediately.
4. For the maximum user weight, please refer to the data identification on the main body.
5. Keep children and pets away from equipment. Do not leave children in the room of the machine without being taken care of.
6. This product is intended for use by adults for physical exercise. This product should not be used by people under 14 years of age.
7. Persons with disabilities must not use the equipment without the assistance of qualified

personnel.

8. Do not allow multiple people to use the device at the same time.

9. Use the machine only for the intended use of the machine. Do not use accessories that are not recommended by the manufacturer.

10. Do not operate the device while the device is not operating properly.

### **1. Surroundings**

2. 1. Make sure that the presence is aware of potential hazards, such as the potential hazards of moving parts during exercise.

3. 2. Always wear appropriate sportswear and sneakers. Do not exercise without sneakers.

4. 3. Make sure there is enough clearance for your fitness equipment.

5. 4. Make sure that body fluids and sweat are not allowed to enter the device, and wipe off excessive sweat with a damp cloth whenever you are finished using it.

6. 5. Do not place sharp objects near the device.

7. 6. The equipment is designed and manufactured only for home use. Warranty and manufacturer's liability does not cover product loss due to commercial, semi-commercial or personal training use. Using the device in this way will void the warranty.

### **Security check before each use**

1. Tighten all adjustable parts to prevent sudden movement during exercise.

2. Pay attention to parts that are not fixed or moving when loading or lowering the device.

3. Regularly check the damage and wear of the equipment to keep the equipment safe.

4. The equipment is for home use only, please conduct safety test before each use.

### **Warm-up**

1. Warm up before exercise and prepare your body for the exercise you want to perform. The first stage of warming up is to increase your heart rate and pump your blood to your body.

2. Do a five to ten minute activity to prepare for exercise with the muscles you want to use during exercise, then enter the static stretch phase.

3. Each stretch lasts approximately 30 seconds. Do not injure while stretching, only to comfort when stretching your muscles. If the muscles are tense or have old injuries, the affected muscles are concentrated and stretched during the warm-up process. Do not move suddenly when warming up.

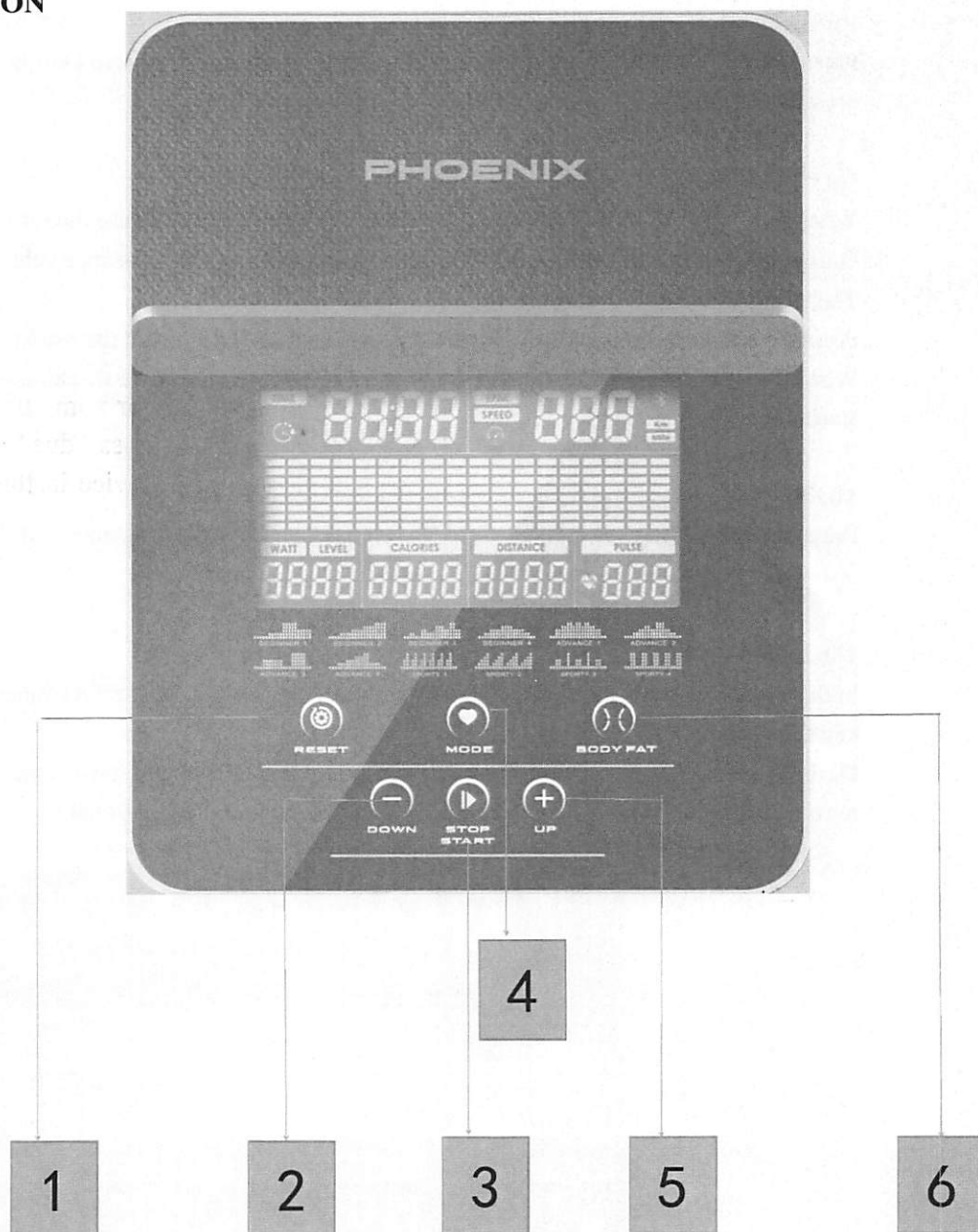
### **Cool body down**

1. Be cold after exercise. Cold body will gradually reduce the heart rate to the level of rest.

2. To be cold, please do the low-intensity selected exercise. Then static stretching should be done, the same as static stretching during warm-up.

# Console operation instructions

## 1. BUTTON ICON



- 1.RESET 2.DOWN 3.START/STOP  
4.MODE 5.UP 6.BODY FAT

## 2.Key function

### RESET

Press the RESET button for 5 seconds to reset all parameters to zero. During parameter setting, press the RESET key to return to the previous page

### Up +/- DOWN

When setting TIME, DISTANCE and CALORIES, increase or decrease the setting parameter.

During operation, press up+/-DOWN to increase or decrease the resistance value.

### The START/STOP

Press the start/stop button in standby MODE or select MODE to start the machine system.

When the machine is running, press the START/STOP button and the machine will enter the pause state.

### MODE

Press this key to select PROGRAM MODE successively, namely MUNUAL, p01-p10, u01-u02, h01-h03, CONSTANT WATTS

### The BODY FAT

In the process of heart rate detection, press this key to start the BODY FAT function, and press this key again to exit this mode.

During exercise, the user can press the BODY FAT button at any time. Once pressed, the user must hold the heart rate sensor handle with both hands. Start the functional test.



## 3.Motion status display

### A.TIME

Time display count range: 0:00-99:59. Run time countdown mode, set the mode time value countdown to zero.

### B.DISTANCE

Distance display range: 0.0-99.9. When the running distance reciprocal mode is set, the set mode

distance value is counted down to zero.

#### C. CALORIE

Calorie display range: 0.0~ 9999. When the calorie countdown mode is run, the set mode calorie count is counted back to zero.

#### D. SPEED

Speed display range: 0.0 to 99.9KPH.

#### E. LEVEL

The minimum resistance level is 1. The maximum resistance level is 32.

#### F. PULSE

Display range: 40~220. When the heartbeat signal is not detected during exercise, the PULSE window displays 0.

#### G. WATT

Display the power value during operation.

### 4. OPERATION

1. START exercising. Step on the pedal with both feet and count the count from zero by pressing START/STOP, TIME, SPEED, DISTANCE and CALORIES.

2. If the user wants to set the desired TIME, DISTANCE and CALORIES, it can be set before pressing START/STOP to START the machine. Setting step: press MODE to select the setting function to be set, and the selected function value will blink. At this time, press up+/-DOWN to set the desired value.

3. After the numerical setting, press START/STOP to START the machine and START pedaling. The function parameter value set starts counting backwards. The machine stops automatically until the parameter counts to zero.

#### **Remark:**

The system has a sleep function. If no speed signal is detected for about four minutes, the display screen will go into sleep and wake up by pressing any key or pedaling.

Each machine is equipped with a power adapter. The machine does not show please confirm that the power adapter is normal.