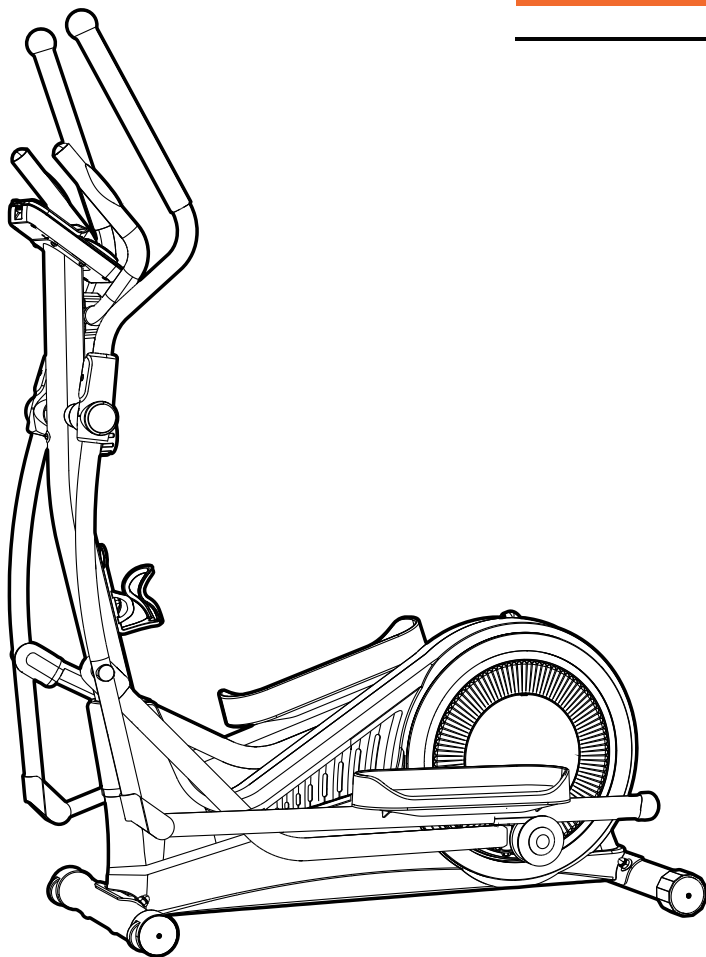


YOSUDA

Model: *Glide*

ELLIPTICAL CROSS TRAINER



USER MANUAL

Scan To Download
FED Fitness APP



Device Name:
YSD-EM-*****

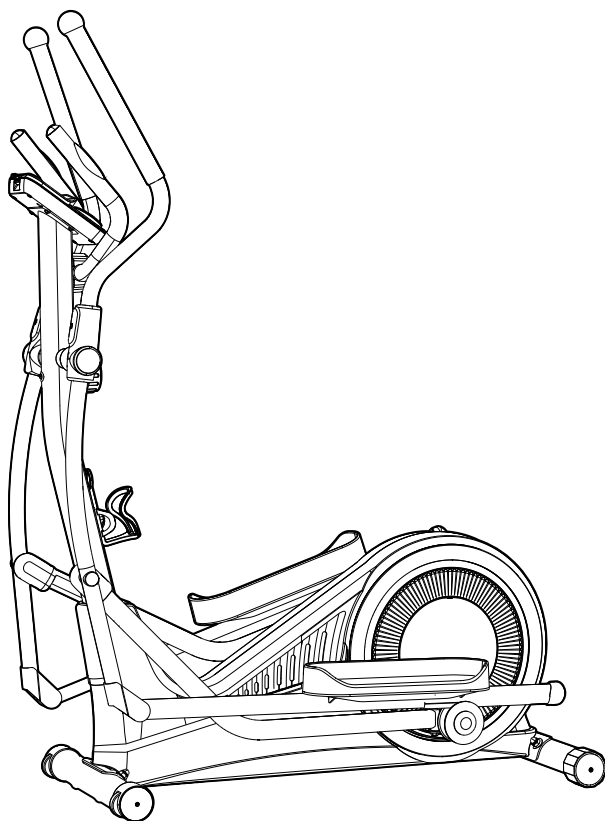
CONTENTS

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CUSTOMER SERVICE

Thank you for selecting the YOSUDA elliptical cross trainer. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, please contact our customer service:

- Email address: info@fedfitness.com

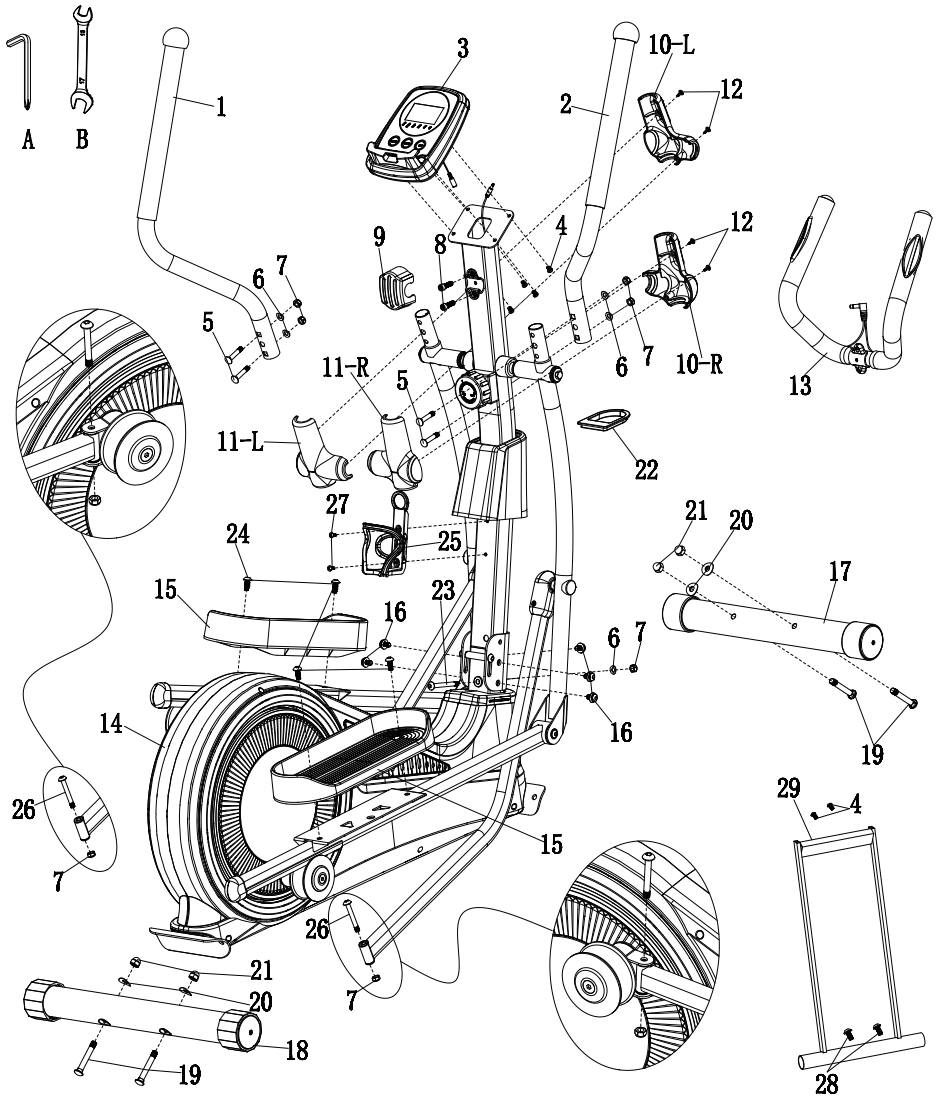


SAFETY INSTRUCTIONS














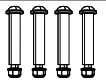

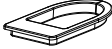



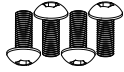



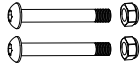


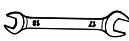
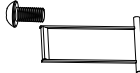
For correct assembly and safe use, please read all cautions carefully.

- Please read this manual entirely before assembling and using this equipment. Safe use can only be achieved under the premise of proper assembly, maintenance, and use of the equipment. Please ensure that all users are aware of the precautions for this equipment.
- Before using this equipment, please consult your doctor to determine if your health meets the conditions to use this equipment.
- Incorrect or excessive exercise will affect your health. Please pay attention to the body signals.
- Keep pets and young children away from the equipment.
- Before moving the equipment, please tightly lock the vertical tube with the connecting bolt.
- Warm-up stretching is recommended before exercise.
- Put this equipment on a solid and flat floor. And make sure there is no barrier effect on the equipment running.
- Before using, please tighten all screws and bolts.
- To extend the equipment's used life, please inspect and tighten the screws and bolts regularly. And contact the seller to replace the damaged parts in time.
- Always use the equipment following the user manual. If you find any defective components or unusual noises during exercise, please stop using the equipment and contact the seller.
- The recommended user weight is 400lbs. The user's age should be over 13.
- Please wear suitable clothing when using this equipment. Loose or dangling clothing is not recommended.
- It is forbidden to place fingers or objects into the moving parts.
- Please store this equipment in a cool and dry environment and don't leave it in icy, hot, or damp areas to avoid product damage.
- This equipment is suitable for home and office use only. Please do not use it for public or commercial purposes.

EXPLODED DRAWING



PARTS LIST

PART NO.	NAME	PICTURE	QTY.	PART NO.	NAME	PICTURE	QTY.
1	Left Handle		1	13	Pulse Handle		1
2	Right Handle		1	14	Main Frame		1
3	Digital Monitor		1	15	Left & Right Pedal		2
4	M5*10 Screw (Pre-assembled on the digital Monitor)		4	16	M8*20 fixing bolt+washert +rubber ring		5
5 6 7	M8*42 bolt+nut+washer (Pre-assembled on th handles)		4	17	Front stablizer with Wheels		1
8	M8*30 Screw (Pre-assembled on the top of vertical tube)		2	18	Rear stablizer		1
9	Cover for the Pulse Handle		1	19 20 21	M10*68 bolt+nut+washer (Pre-assembled on the legs)		4
10-L	Cover for the Left Handle L1		1	22	Sealing Ring		1
10-R	Cover for the Right Handle R1		1	23 6 7	M8*78 bolt +nut+washer		1
11-L	Cover for the Left Handle L2		1	24	M8*20 Screw		4
11-R	Cover for the Right Handle R2		1	25	Water Bottle Holder		1
12	M4*16 Screw		4	26 7	Locking bolt+nut		2
A	Tool (Allen key S6)		1	27	M5*13 Screw (Pre-assembled on the vertical tube)		2
B	Tool (13-17)		1	28 4 29	Screws and Protective Rack		

30
Cardboard roller
auxiliary support

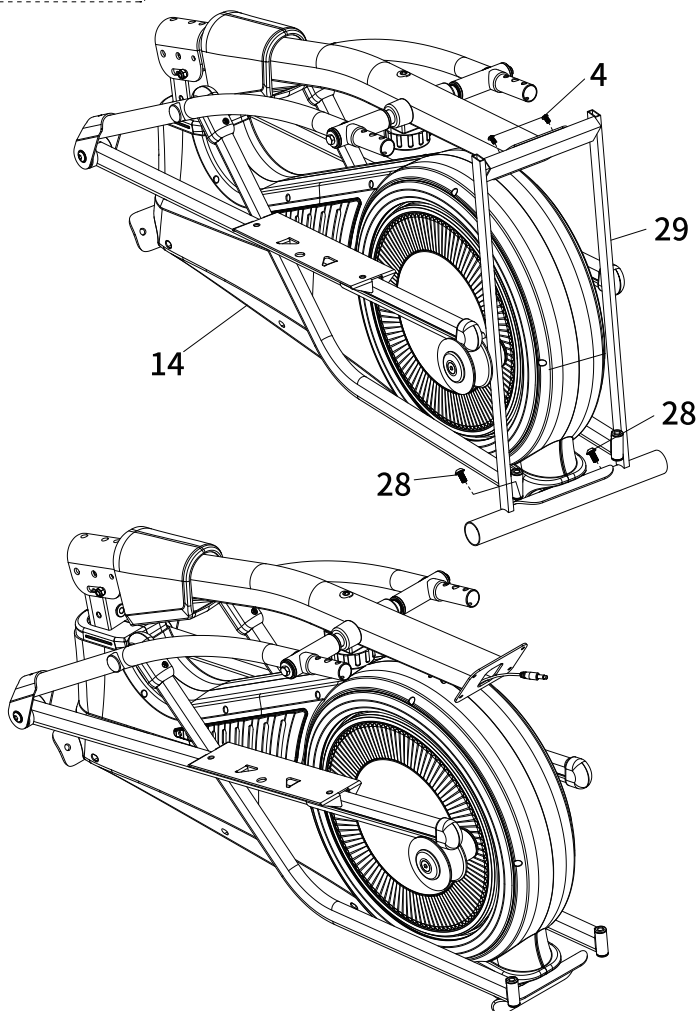
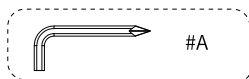


1. Before assembling the product, please check the received accessories according to this list.
 2. If any parts are damaged or missing, please kindly contact the seller to get free replacements.
- Service email: info@fedfitness.com

ASSEMBLY INSTRUCTIONS

STEP 1. Remove the protective rack

- Take out the main frame.
- Remove the protective rack(29) and 4pcs of screws from the mainframe with Allen key A.
- Set these aside(they are no longer necessary for installation as they now serve a protective role during transportation).



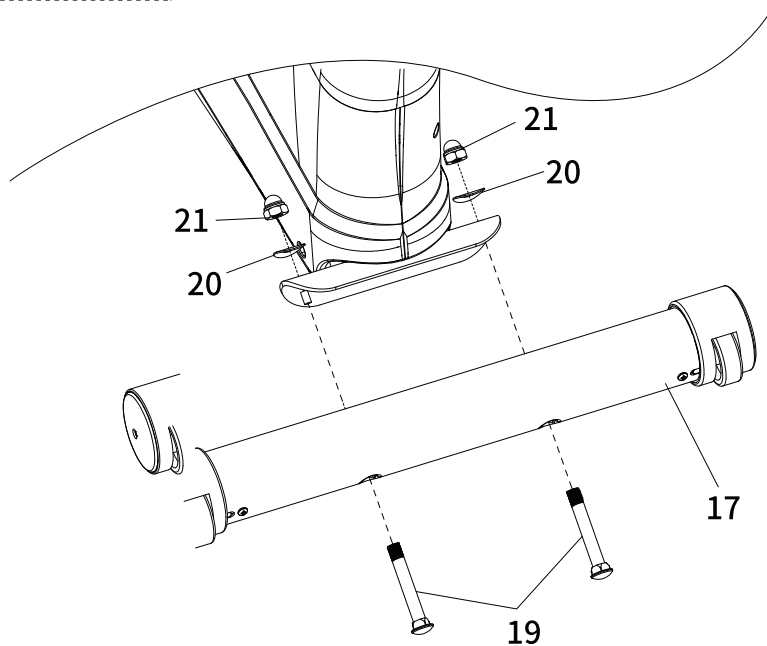
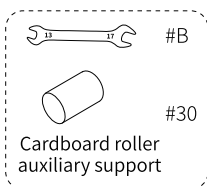
ASSEMBLY INSTRUCTIONS

STEP 2. Assemble the front stabilizer(with wheels)

- Remove the pre-assembled 2pcs M10*68 bolts(19/20/21) from the front stabilizers(17).
- Connect the front stabilizers to the mainframe(14) with the M10*68 bolts.
- Tighten the bolts with Wrench B.

NOTE: The square bolt ends should be completely inserted into the square holes on the stabilizers. (You can use a cardboard roller support (30) to help you keep the elliptical in the air.)

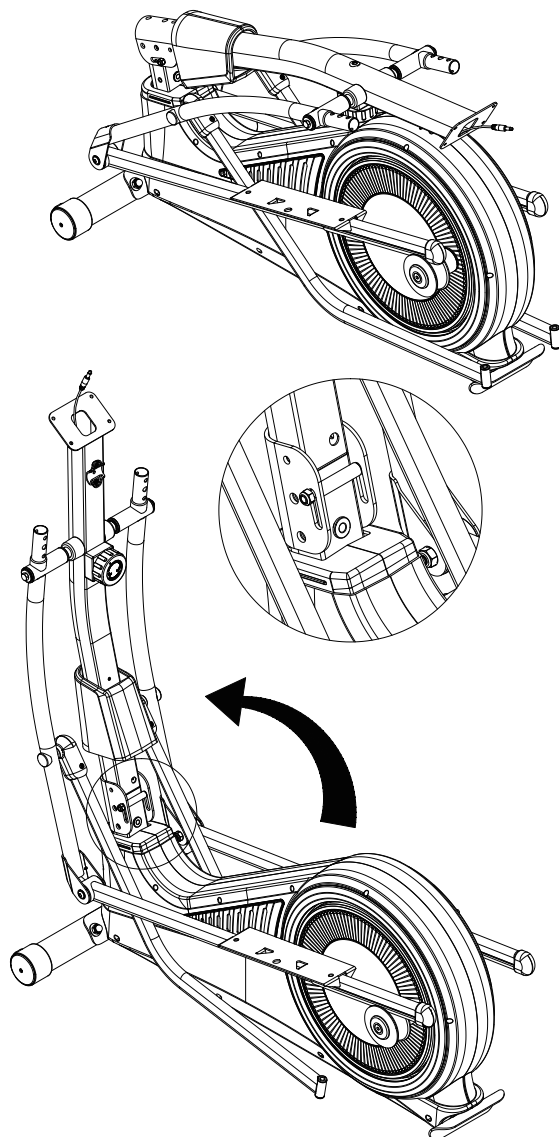
TEST: Shake the main frame to test for any wobbling or unusual noises. If you notice any of these problems, please tighten the M10*68 bolts securely.



ASSEMBLY INSTRUCTIONS

STEP 3. Unfold the vertical tube from the main frame

- Unfold the vertical tube from the main frame (14) .
- Insert the end of the vertical tube into the base tube. Bolt C should stay on top of the elliptical groove at last.



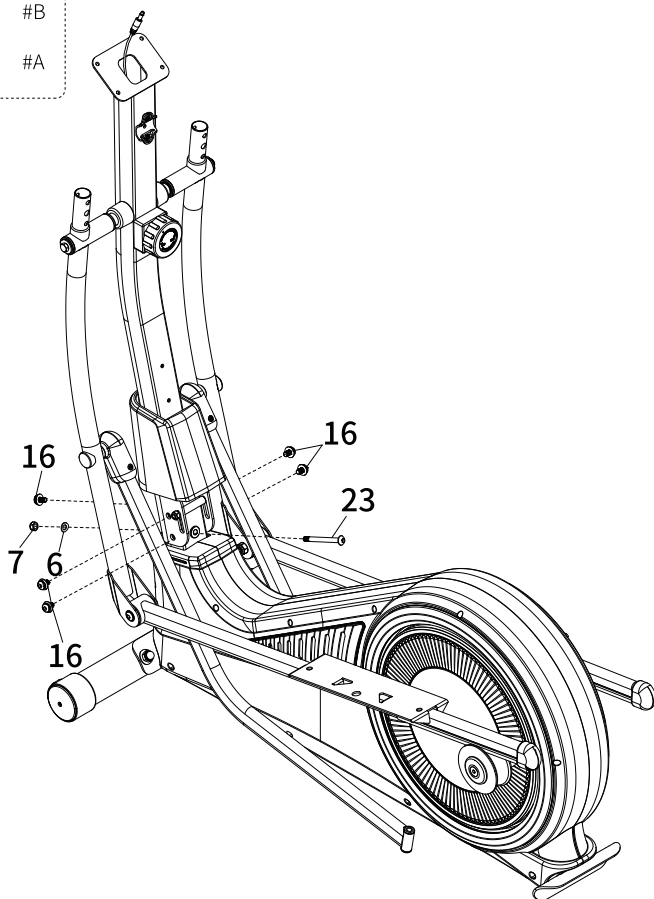
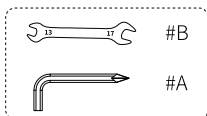
ASSEMBLY INSTRUCTIONS

STEP 4: Locking the vertical tube

- Locking the vertical tube via the M8*78 Bolt(23/6/7) and 5pcs of M8*20 bolt(16).
- Tighten the bolts and screws with Allen key A and wrench B.

NOTE: Please tighten all bolts and screws of this position thoroughly. The screw's insufficient tightening will cause squeaking noise during use.

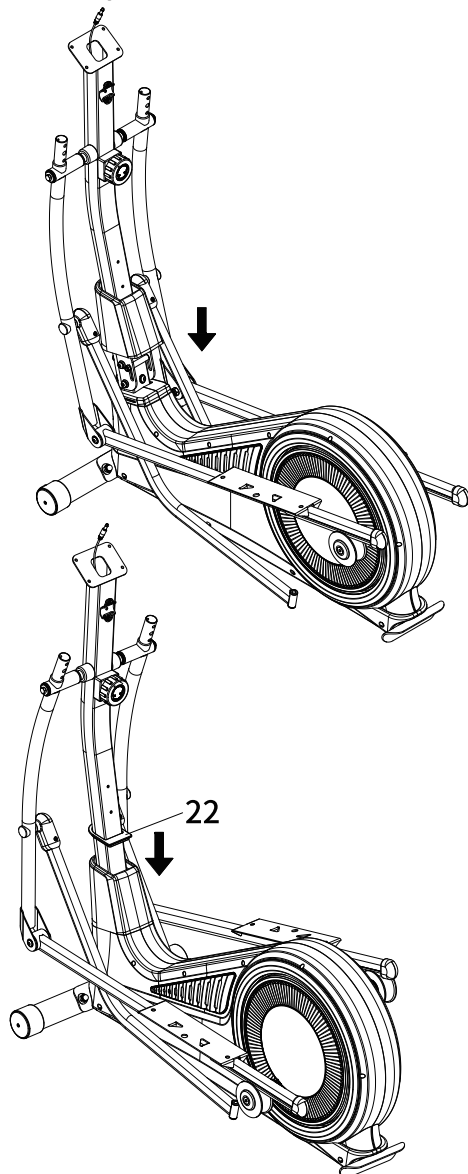
TEST: Shake the vertical tube to test for any wobbling or unusual noises. If you notice any of these problems, please tighten the M8*78 bolt and M8*20 bolts securely.



ASSEMBLY INSTRUCTIONS

STEP 5. Fix the decorative cap and sealing ring

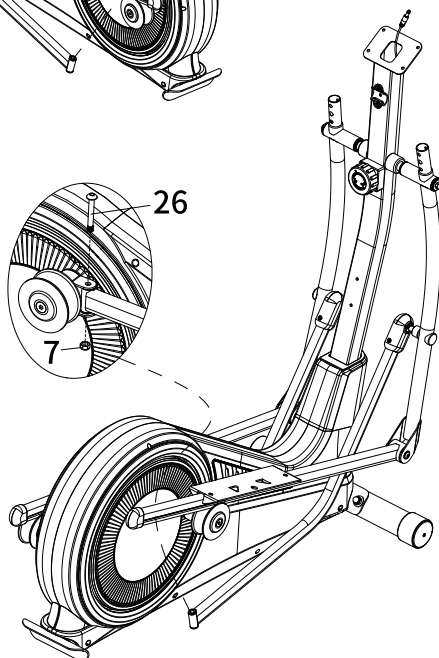
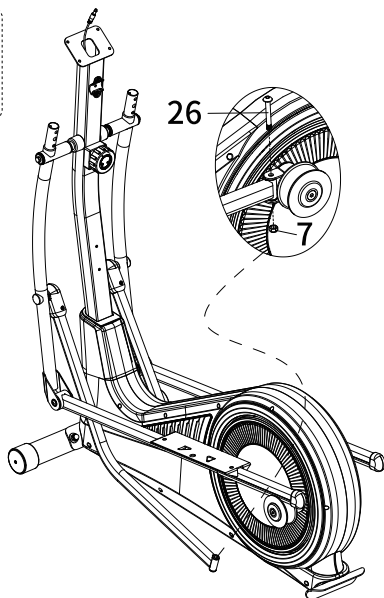
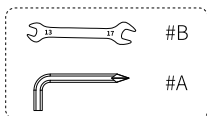
- Press and secure the decorative cap onto the main frame.
- Insert the sealing ring (22) into the gap of the decorative cap.



ASSEMBLY INSTRUCTIONS

STEP 6. Assemble the left and right linkage axis

- Connecting the left and right linkage axis to the roller by 2pcs locking bolt(26/7)
- Tighten the bolts with Allen key A and wrench B.



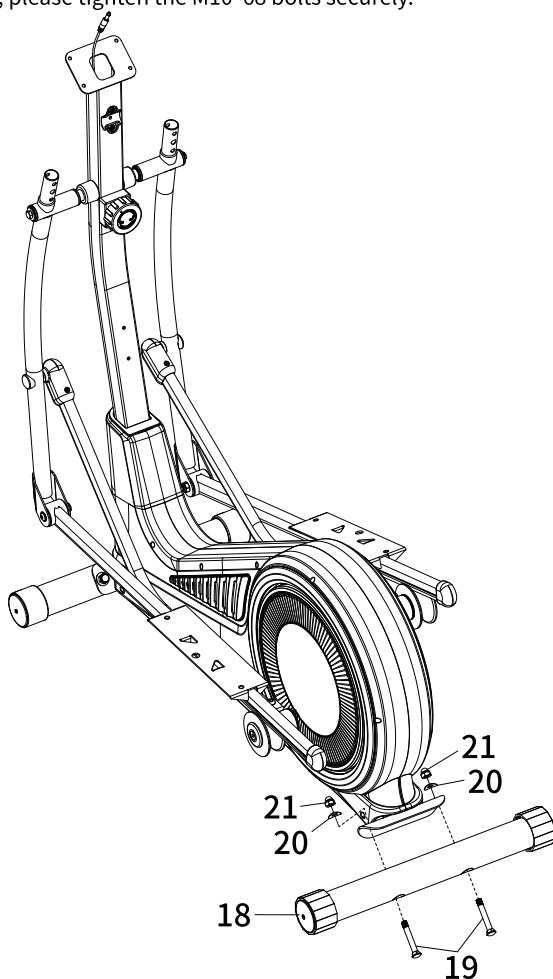
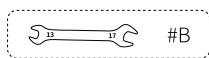
ASSEMBLY INSTRUCTIONS

STEP 7. Assemble the rear stabilizer

- Remove the pre-assembled 2pcs M10*68 bolts(19/20/21) from the rear stabilizer(18).
- Connect the rear stabilizer to the mainframe(14) with the M10*68 bolts(19/20/21).
- Tighten the bolts with Wrench B.

NOTE: The square bolt ends should be completely inserted into the square holes on the stabilizers. (You can use a cardboard roller support (30) to help you keep the elliptical in the air.)

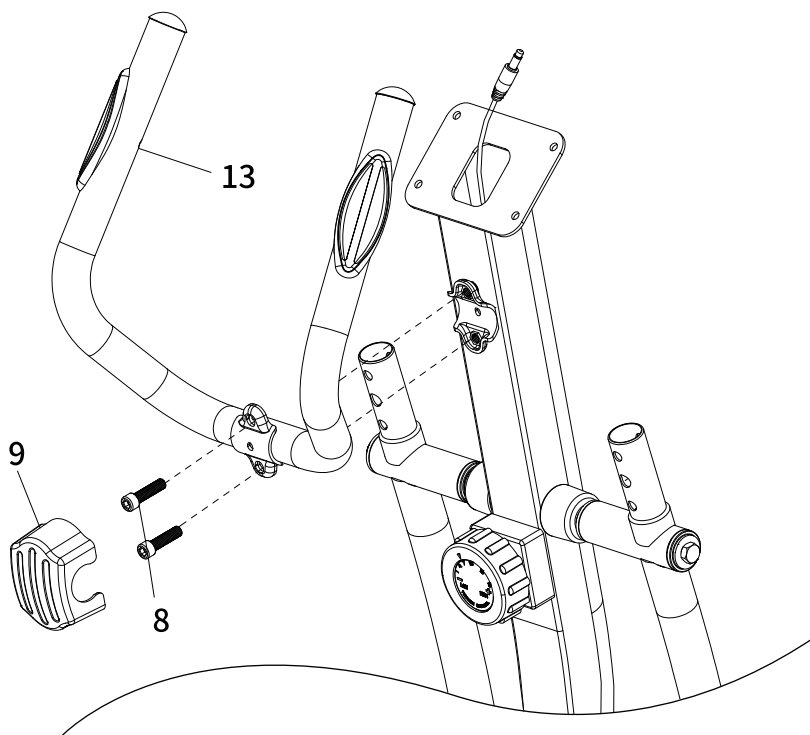
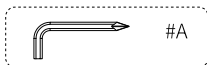
TEST: Shake the mainframe to test for any wobbling or unusual noises. If you notice any of these problems, please tighten the M10*68 bolts securely.



ASSEMBLY INSTRUCTIONS

STEP 8. Assemble the pulse handle

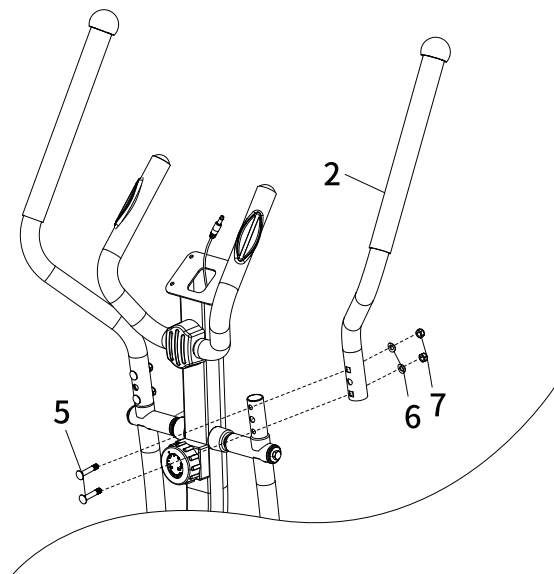
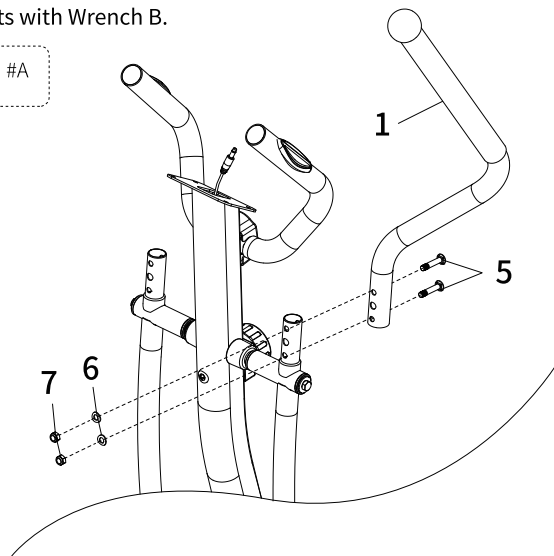
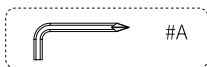
- Remove 2pcs pre-assembled M8*30 screws (8) from top of the vertical tube.
- Attach the pulse handle (6) to the vertical tube with the 2pcs M8*30 screws.
- Tighten the screws with Allen key A.
- Press the screw cover (9) to the middle of the pulse handle.



ASSEMBLY INSTRUCTIONS

STEP 9. Assemble the handles

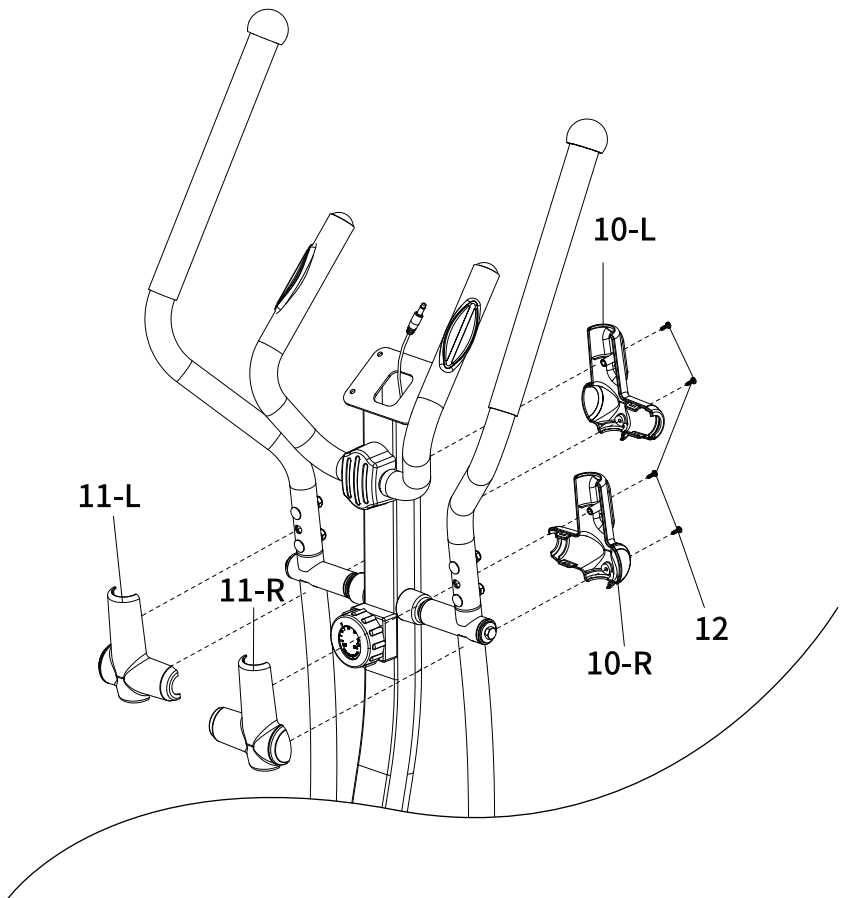
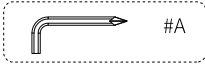
- Remove pre-assembled 4pcs M8*42 Bolts(5/6/7) from the left handle (1) and right handle(2).
- Attach the left handle (1) and right handle(2) to the rockers with M8*42 bolts(5/6/7).
- Tighten the bolts with Wrench B.



ASSEMBLY INSTRUCTIONS

STEP 10. Assemble the screw covers for the handles

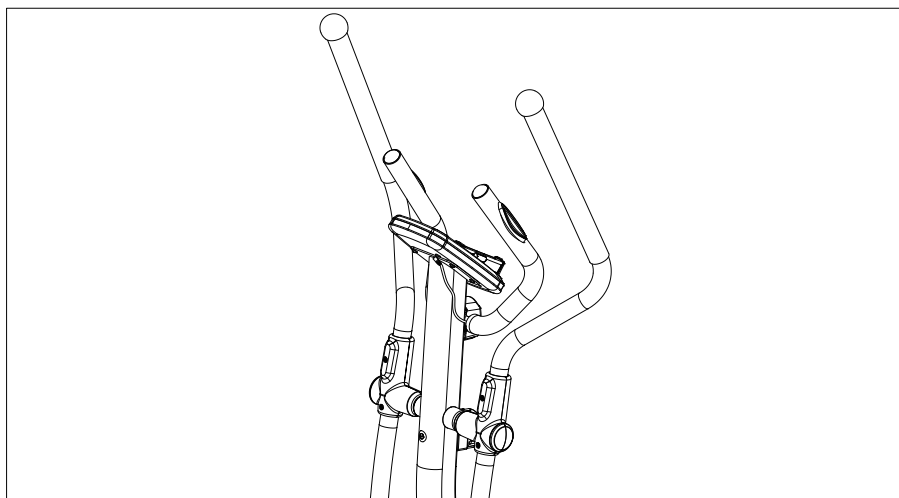
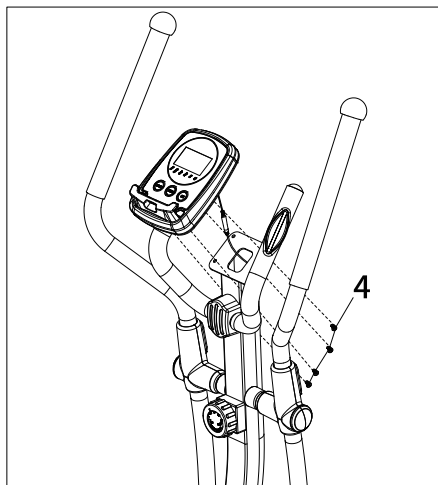
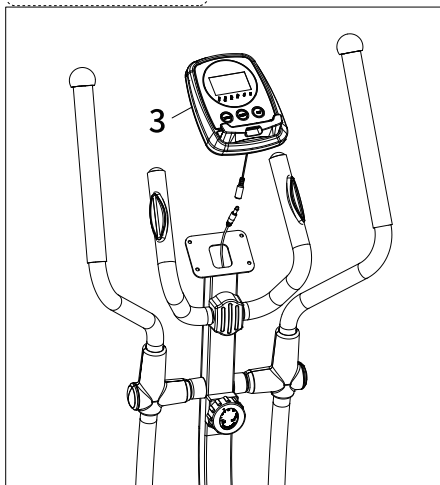
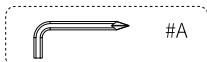
- Attach the screw covers (10-L)(10-R)(11-L)(11-R) to the connection position of the handles and the rockers.
- Fix the screw covers with the M4*16 screws(12).
- Tighten the screws with Allen key A.



ASSEMBLY INSTRUCTIONS

STEP 11. Assemble the digital monitor

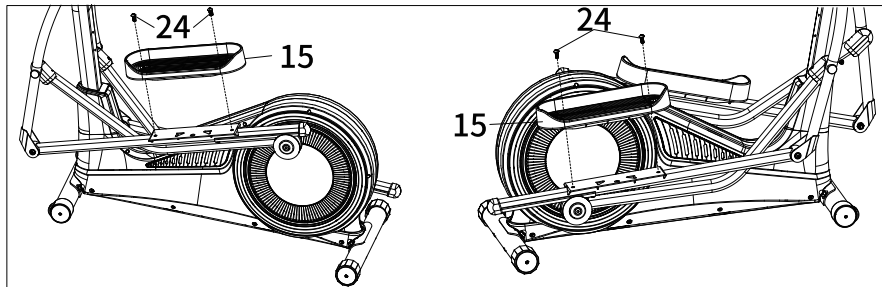
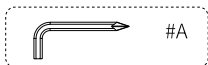
- Connect the digital monitor(3) to the induction wire.
- Remove the pre-assembled M5*10 screws(4) from the back of the digital monitor.
- Then fix the digital monitor to the vertical tube with the M5*10 Screws(4).
- Tighten the screws with Allen key A.
- Connect the pulse handle's wire to the digital monitor(3)



ASSEMBLY INSTRUCTIONS

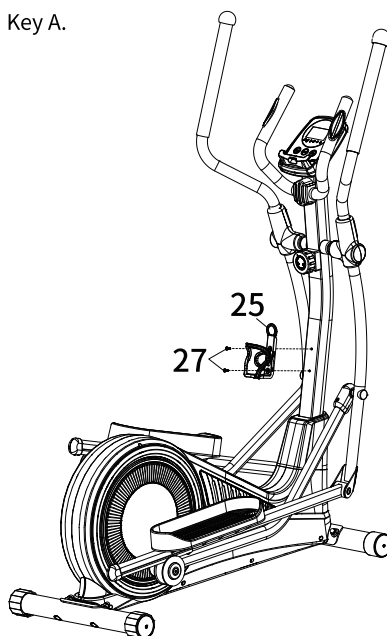
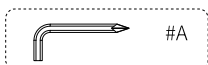
STEP 12. Assemble the pedals

- Attach the left and right pedals(15) to the pedal support tube with M8*20 Bolts(24).
- Tighten the bolts with Allen key A.



STEP 13. Assemble the water bottle holder

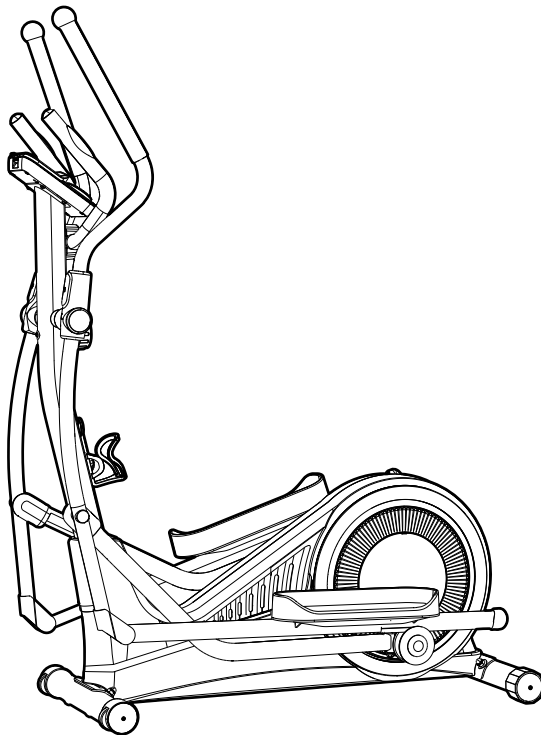
- Remove 2pcs pre-assembled M5*13 Screws(27) from the vertical tube.
- Attach the water bottle holder(25) to the vertical tube with the M5*13 Screw(27).
- Tighten the screws with Allen Key A.



ASSEMBLY INSTRUCTIONS

STEP 14. Test the elliptical machine

- Pedal the elliptical machine for 10 minutes to confirm if the machine exists the following issues.
 - (1) Strange sounds
 - (2) Jerky movement
 - (3) Digital monitor showing issue



DIGITAL MONITOR INSTRUCTIONS

Button 's function

MODE: Press to select the different modes , including TIME, SPEED, DISTANCE , CALORY, ODO, and PULSE.

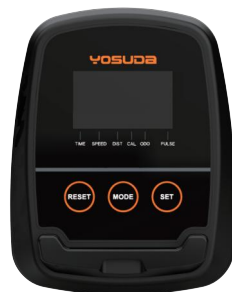
Extended press the MODE button will turn all values to 0.

SET: To set time, distance, and calories as exercise goals.

Setting step: Time as an example.

- (1) Press MODE to turn to TIME mode(without SCAN) .
- (2) Press SET to set your exercise time goals.
- (3) Each time you press the SET button, the time will increase by 1 minute, 99 minutes most.
- (4) Pedal the elliptical machine, the monitor will countdown your goal.
- (5) The monitor will alarm 10 seconds when the countdown finishes.

RESET: Press to reset time, distance, and calories. Short time press will turn the value of the current MODE to 0. Extended-press will turn all values to 0 except ODO MODE. If you need to reset ODO, please take off the battery and install it again.



Different mode

- **SCAN:** Press the MODE button until SCAN appears in the upper left corner of the screen. The monitor will turn into SCAN mode. In this mode, the monitor will cycle display data through 6 modes, TIME, SPEED, DISTANCE, CALORIES, ODO, PULSE. Each mode will be displayed for 6 seconds.

Note: You can't set exercise goals in the SCAN mode, press MODE until SCAN disappears in the upper left corner to exit the SCAN mode.

- **TIME:** (1)Count the total exercise time. (2)Press the MODE button to turn to TIME mode. The system defaults to run SCAN mode in TIME mode. Press one more time will stay in TIME mode without SCAN .
- **SPEED:** Display current speed.
- **DIST:** Count the total distance of exercise.
- **CAL:** Count the total calories for the whole exercise period.
- **ODO:** Count the total distance within one battery capacity running period.
- **PULSE:** (1)Measure the current pulse. (2)Press the MODE button to turn to PULSE mode. Place your palms on both of the contact pads. The monitor will show the current heartbeat rate in beats per minute(BPM) on the LCD after 6 ~ 7 seconds.

Remark: During the process of pulse measurement, the measurement value may be higher than the actual pulse rate in the first 2-3 seconds due to contact jamming, then will recover to the exact level. The measurement value cannot be reference for medical treatment.

DIGITAL MONITOR INSTRUCTIONS

1. Auto on/off & auto start/stop:

The power will turn off automatically if receive no sign a for 4 minutes. As long as the rockers are in motion status or press any buttons, the monitor will be in working status.

2. Cumulative data:

The monitor will stop counting when the pedals stop running. The data will be auto cumulative. If you need to recount data, short-press the RESET button to reset a single data, and extended-press the RESET button to reset all data.

3. Exception description:

1. If the digital monitor doesn't display data or the display is blurred, please replace the battery.
2. The digital monitor will automatically shut down after 4 minutes of non-use.
3. The digital monitor will automatically power on when the pedal moves or pressing the button.
4. The digital monitor will automatically calculate the exercise data when starting to exercise and stop calculating the exercise data after 4 seconds of stopping the exercise.

Parameter description		
Functions	AUTO SCAN	Switch data every 6 seconds
	TIME	00:00 - 99:59
	SPEED	0.0 - 999 KM/H
	DIST (DISTANCE)	0.00 - 999 . 9 KM
	CAL (CALORY)	0.0 - 999 . 9 KCAL
	ODO (TOTAL DISTANCE)	0.0 - 9999 KM
	HEART RATE	40 - 240
Battery model	2 PCS AA or UM-3	
Operating temperature	0°C - 40°C	
Storage temperature	- 10°C - 60°C	

FED FITNESS APP CONNECTIVITY GUIDE

How to Use FED Fitness APP

The YOSUDA elliptical cross trainer can sync with various apps to enhance your workout experience. Currently, it supports connections with the FED Fitness and Kinomap. Follow the steps below to connect your YOSUDA elliptical cross trainer to the FED Fitness app.

1. DOWNLOAD THE FED FITNESS APP

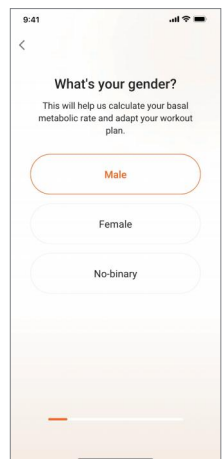
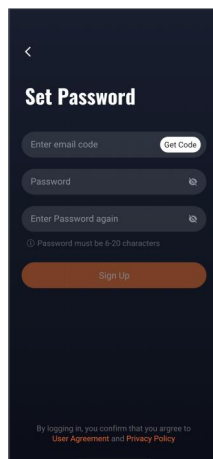
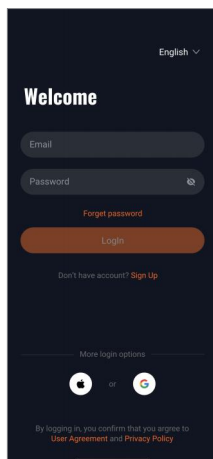
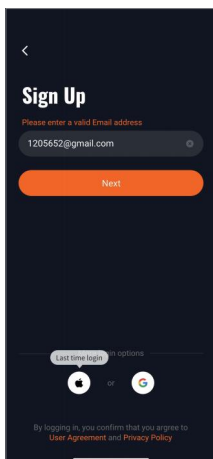
Scan the QR codes below or search for the " **FED Fitness** " app in the App Store to download. Ensure you download the app from a trusted source to protect your personal information and privacy.



NOTE: Training content is updated in real-time. Please refer to the app interface for the most accurate display.

2. REGISTER AN ACCOUNT

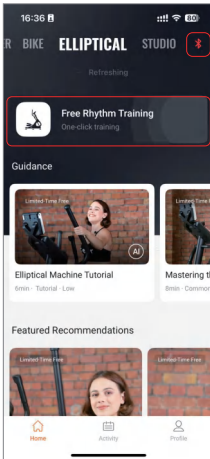
Create your user account in the FED Fitness app by following the instructions below.



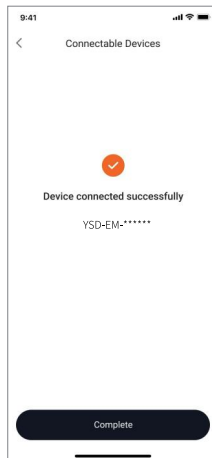
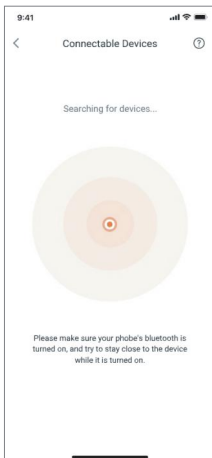
FED FITNESS APP CONNECTIVITY GUIDE

3. CONNECT THE YOSUDA ELLIPTICAL CROSS TRAINER

Turn on your YOSUDA Elliptical cross trainer and enable Bluetooth on your phone.



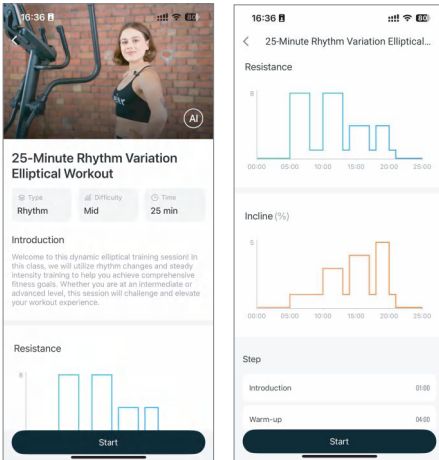
Open the FED Fitness app and tap the signal icon in the top right corner of the home screen. Search for the YOSUDA Elliptical cross trainer Bluetooth connection, which starts with "YSD-EM-*****," and select it to connect.



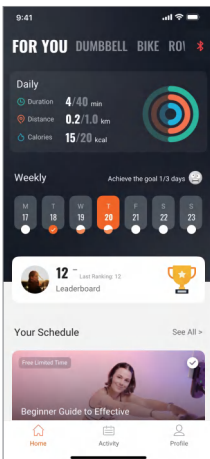
FED FITNESS APP CONNECTIVITY GUIDE

4. START YOUR WORKOUT

Choose your desired workout course and start exercising. Your fitness data will be displayed directly in the app for easy tracking.



You can now manage your fitness goals and set your personalized schedule to help you achieve better results faster. Go give it a try!



Device Name:YSD-EM-*****

THIRD-PARTY APP CONNECTIVITY GUIDE

1. FUNCTIONS OF THE BLUETOOTH:

1.1. Working frequency: This wireless transmitter is a Bluetooth BLE 4.2 device. Its working frequency is 2.4GHz.

1.2. Mobile phone system requirements:

1.2.1. The IOS mobile phone system must not be lower than version 7.1, and must support Bluetooth BLE 4.2, iPhone 4S or above mobile phones.

1.2.2. The Android system is required to be version 4.3 or above, and it needs to support Bluetooth BLE 4.2.

1.3. The wireless transmitter in the device only records the user's data and sends it to the mobile App when it is connected to the mobile phone. Before starting the sports equipment, please connect the application to the equipment to ensure that the data recorded in the mobile application is true and valid.

1.4. When the transmitter does not receive any signal for 4 minutes, it will enter sleep mode. In sleep mode, the mobile phone will not be able to search for the transmitter. At this time, you need to use the device to wake up the Bluetooth transmitter.

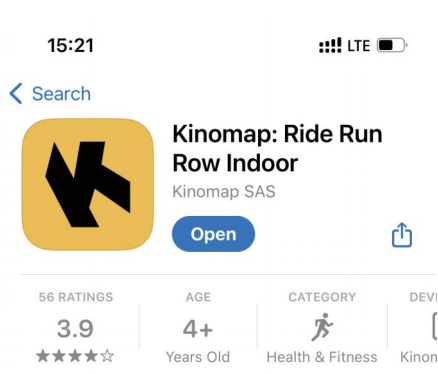
2. APP OPERATING INSTRUCTIONS

We can connect to all sports apps that support the FTMS protocol (such as kinomap). Below we will use kinomap as an example to show the connection steps of other apps.

2.1. Description of KINOMAP connection

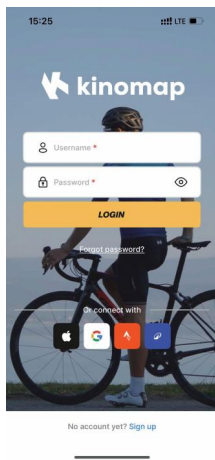
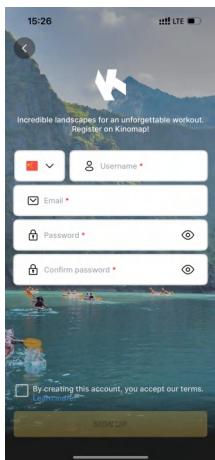
Tips:

Since the KINOMAP official software connection steps will be updated in real-time, this connection process is only for reference, when the APP is connected, The monitor will not display any data.

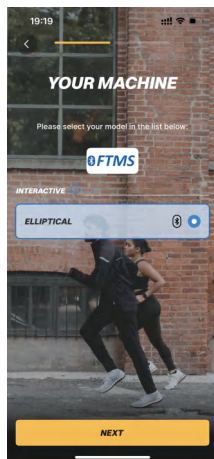
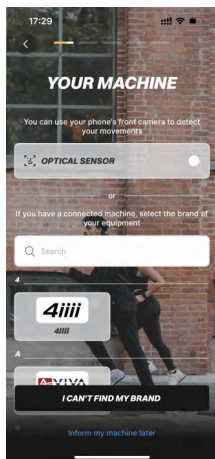
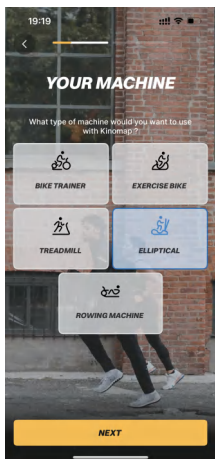


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2.1.2. After the download is completed, open the app and register the personal information. Turn on the Bluetooth of the mobile phone to ensure that the transmitter is powered on and in the wake-up state.

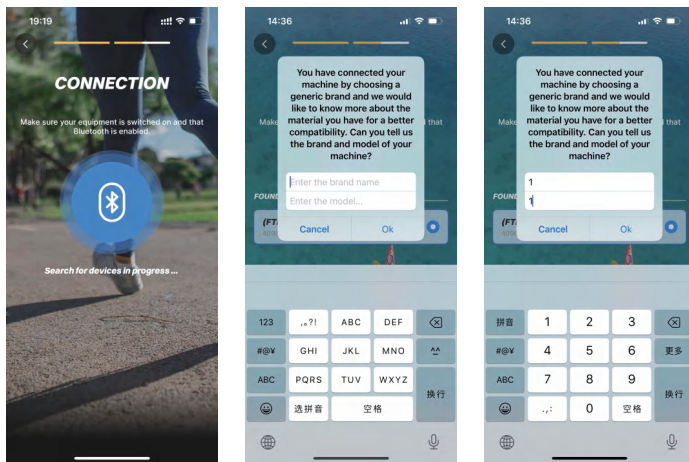


2.1.3. Add sports equipment as follow:

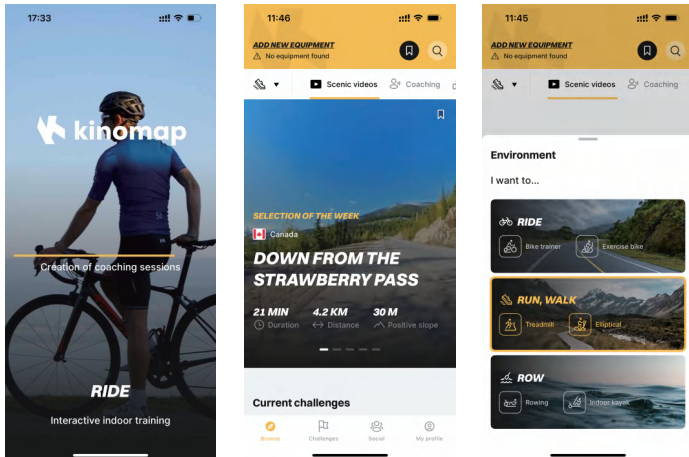


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2.1.4. Add equipment to complete, start your exercise!



You can add new environment to start your exercise!



WARM-UP

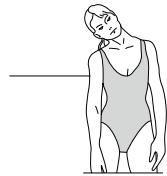
WARM-UP

A well-rounded exercise program includes three key components: warm-up, aerobic exercise, and cool-down. Warm-up is essential before every workout, as it helps relax your body and stretch your muscles, preparing you for more intense activity.

Cool-down exercises are equally important after a workout, as they help relax your muscles and alleviate soreness. We recommend performing the following warm-up and cool-down exercises before and after each session.

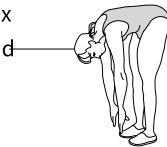
Head Rotation

Gently tilt your head towards your right shoulder and make a slow clockwise circle. Then, tilt your head toward your left shoulder and circle counterclockwise.



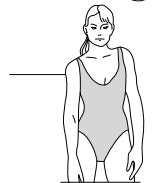
Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.



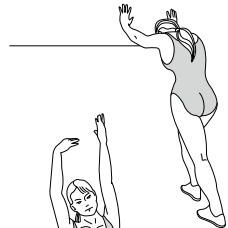
Shoulder Lift

Lift your left shoulder towards your ear and make five forward circles, then five backward circles. Repeat the same movement with your right shoulder.



Calf Stretch

Stand facing a wall, with your feet about two feet away from it. Lean forward and perform up-and-down walking motions to loosen your calf muscles.



Side Stretch

Lift both arms straight up over your head. With your left hand, grasp your right wrist and gently stretch upward for five seconds. Repeat on the other side, using your right hand to stretch your left wrist upward for five seconds.



WARM-UP

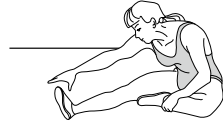
Inner Thigh Stretch

Sit on the floor with the soles of your feet touching. Hold your feet and gently pull them towards your body. Hold for 15 seconds.



Foot and Calf Stretch

Extend your right leg out and tuck your left leg beneath your right thigh. Reach forward and gently pull back on your right foot. Hold for 15 seconds. Repeat on the other side with the left leg extended and the right leg tucked.



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