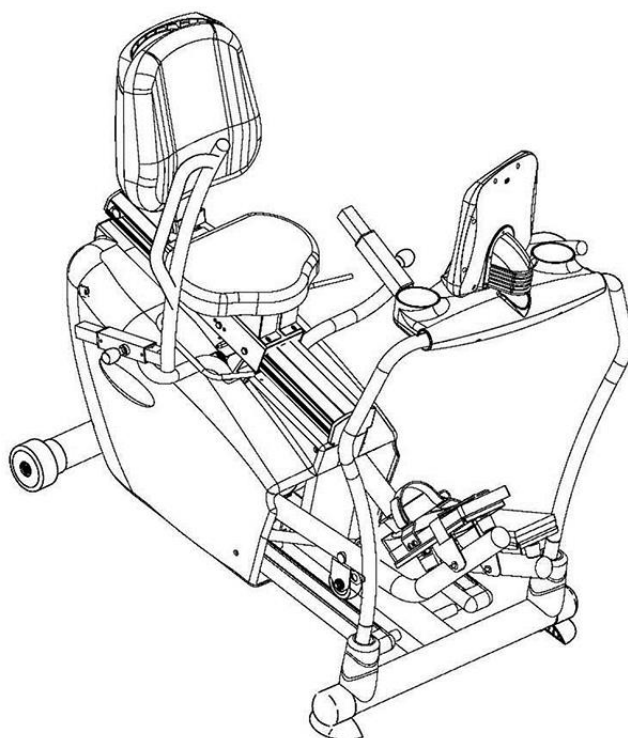# PhysioStep

MDX

Owner's Manual V.2.2

HealthCare International, Inc.
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Table of Contents

Safety Precautions

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment.

Be sure to read the entire manual before assembly and operation of this machine.

Also, please note the following safety precautions:

1. Read all instructions carefully before using the machine.

2. Consult your physician or other health care professional before beginning this or any type of exercise program.

3. Always wear proper exercise apparel when using the machine.

4. If at any time you feel faint, light-headed or dizzy while operating the machine, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.

5. Keep children and pets away from the machine while in use.

6. Only one person can use the machine at a time.

7. Make sure your machine is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use and retighten periodically.

8. Do not operate this or any exercise equipment if it is damaged.

9. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.

10. Keep clothes, jewelry, and loose items away from moving parts.

NOTE:

MAXIMUM WEIGHT CAPACITY FOR THE PHYSIOSTEP MDX IS 500 LBS. (227 KGS)

WARNING:

BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PEOPLE WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THIS FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

Dear Valued Customer,

Thank you for your recent purchase of the **PhysioStep MDX** from HCI Fitness. We believe that you have purchased one of the highest quality and affordable recumbent elliptical on the market today. Prior to using your new **PhysioStep MDX** please review the operator's manual and product tips to maximize your workout experience.

Wishing you the best of luck in reaching your health and fitness goals!

HealthCare International is a leading supplier and distributor of innovative products for Health, Wellness, Fitness & Active Aging. **Visit our website –** ***www.HCIFitness.com*** **for information on all our products.**

Share your Story! – www.hcifitness.com/testimonials

<u>Warranty Information</u>
(Your Serial Number is found on a white sticker at the rear base of the unit, the front of the user manual, and on the box)

Serial #:_____Purchase Date:_____

**3 Year Parts Warranty, One Year Labor, Lifetime Main Frame**

<u>NOTE</u>
Before you start to assemble this unit, please note that some of the parts and screws needed for assembly are already in place on the unit.

<u>TOOL SET:</u>

Tool	QTY
(112) 5mm Allen Wrench Tool	1
(113) Extended 6mm Allen Wrench Tool	1
(111) 13*15 Screwdriver/Wrench Combo Tool	1

Assembly Instructions

STEP 1: Assembling the Seat Back
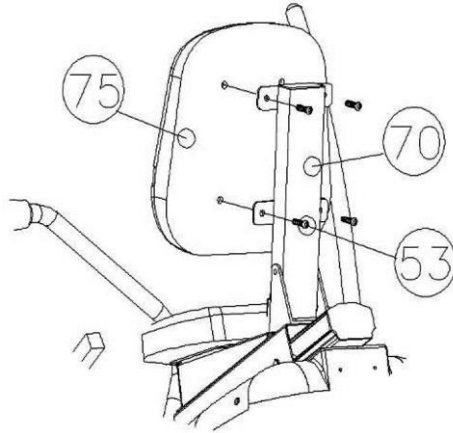
Remove the Bolts (53) from the seat back (75). Then attach the seat back (75) to seat back support (70) using the bolts from the seat back (53). Secure the bolts tightly.

STEP 2: Seat Back Cover
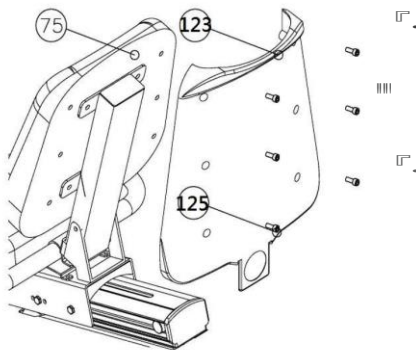
Remove the remaining bolts from the seat back and attach the seat back cover (123) onto the seat back (75) using the same bolts (125).

STEP 3: Connecting the Arms
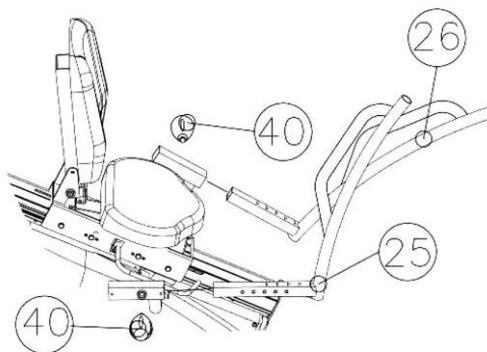
Insert Right Arm (25) and Left Arm (26) into corresponding brackets. Use the Knob (40) to fix arms at desired position. The arms can be adjusted by unscrewing and pulling the pop knob (40).

STEP 4: Assembling the Display Support

Wire Pinch Point

Insert the handle posts (2) into the meter holder (90). Carefully feed the wire through the meter holder (90) so that the wire does not pinch. Then secure the handle posts and meter holder together using nuts and bolts (47) (92).
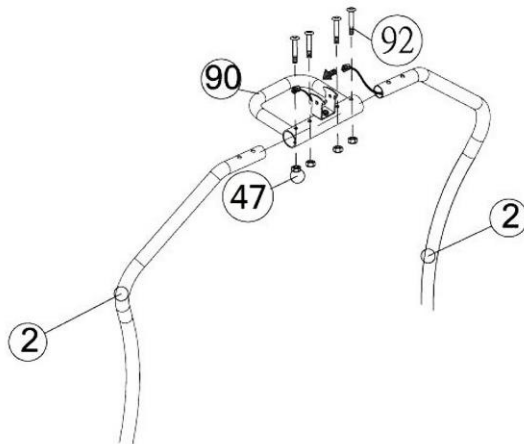
STEP 5: Front Handle Post
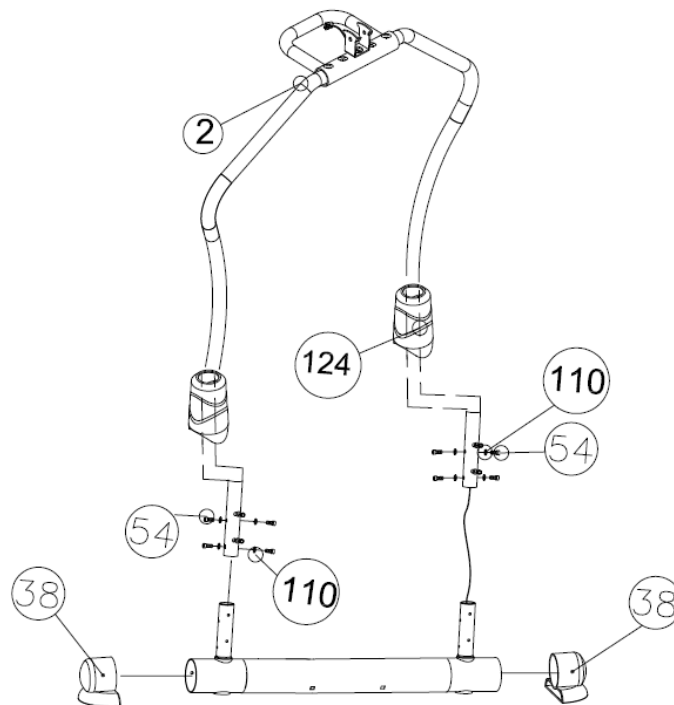
Insert the handle posts (2) into the plastic covers (124) to be secured to the base of the unit using bolts with washers (54) (110). Hold the plastic covers up while tightening the bolts and slide them to the bottom when all the bolts have been tightened.

STEP 6: Attaching Water Bottle Holder and Display Console
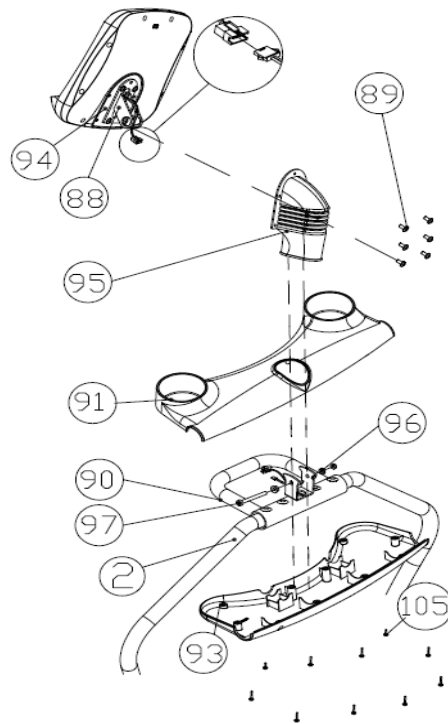
Wire Pinch Point

Put the rubber display cover (95) into the upper half of the water bottle holder (91) feed the wire through the opening. Then place the upper half of the water bottle holder (91) on top of the handle bar assembly (2) and connect it to the lower water bottle holder (93) using screws (105). Next, connect the wire to the display (94) and secure the display (94) to the display bracket (88) using bolts (89).

Attach the display bracket (88) to the handle bar assembly (2) using a nut and bolt (97) (96). Carefully feed the wire through the display bracket so that it will not be pitched. Be sure not to pinch the wire while attaching the display.
Finally attach the rubber display cover (95) to the display (94) using bolts (89).

STEP 7: Seatback Adjustment
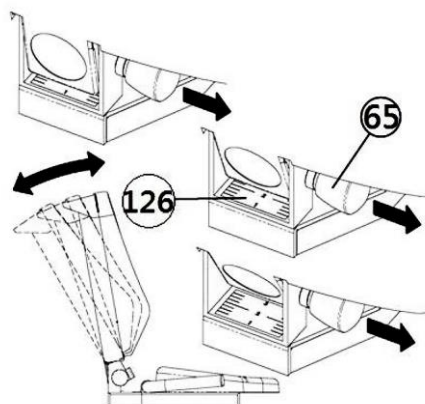
Pull out the back seat knob to adjust the angle of seat back.

Quick Tips

AC Adaptor:

The **PhysioStep MDX** does need to be plugged into a standard electrical outlet. The AC adaptor connects at the rear base of the unit, at ground level, on the end of the unit that is beneath the seat. The display is powered by the adaptor and does not need batteries.

Levelers:

There are levelers in the front of the unit, beneath the shroud. Please adjust the levelers to stabilize the unit on your floor.
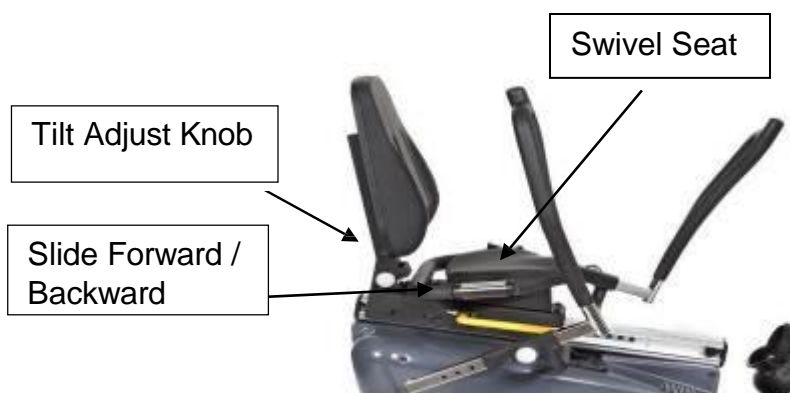
Seat Adjustments:

The **PhysioStep MDX** seat position can be adjusted forward and backward by pulling the yellow bar located on the right side of the seat. In addition you can adjust the tilt of the **PhysioStep MDX** seat back by pulling the knob located on the back cushion support.

Swivel Seat

Tilt Adjust Knob

Slide Forward / Backward

Quick Start:

If you would like to start a simple workout, press the Start Button and use the arrows to set the resistance. It will automatically start you at level 1.

Heart Rate:

If you would like to monitor your heart rate while using the **PhysioStep MDX**, simply use any chest belt. There is a wireless heart rate receiver in the display and it will automatically connect with all common brands of chest belts (i.e. Polar, Garmin etc). If you don't already have one, local sporting goods stores are a good place to purchase. The FT1 is one model that works well.

USB Workout Summary Report:

The **PhysioStep MDX** features a USB workout summary report. The USB slot is located on the back of the display. Simply insert a USB into the back of the display before you start your work out and press the **REPORT** button when you are finished with your workout. Please view **page 16** for more detail.

The USB workout summary feedback reports total time, total calories, total distance, as well as Averages and Peaks for METS, WATTs, Heart Rate, Steps Per Minute, and Speed.

PhysioStep MDX Display Console

Enter / Select

Workout Programs

HR Recovery

End Workout

Quick Start

Pause / Previous

Decrease / Scroll

Increase / Scroll

USB Report
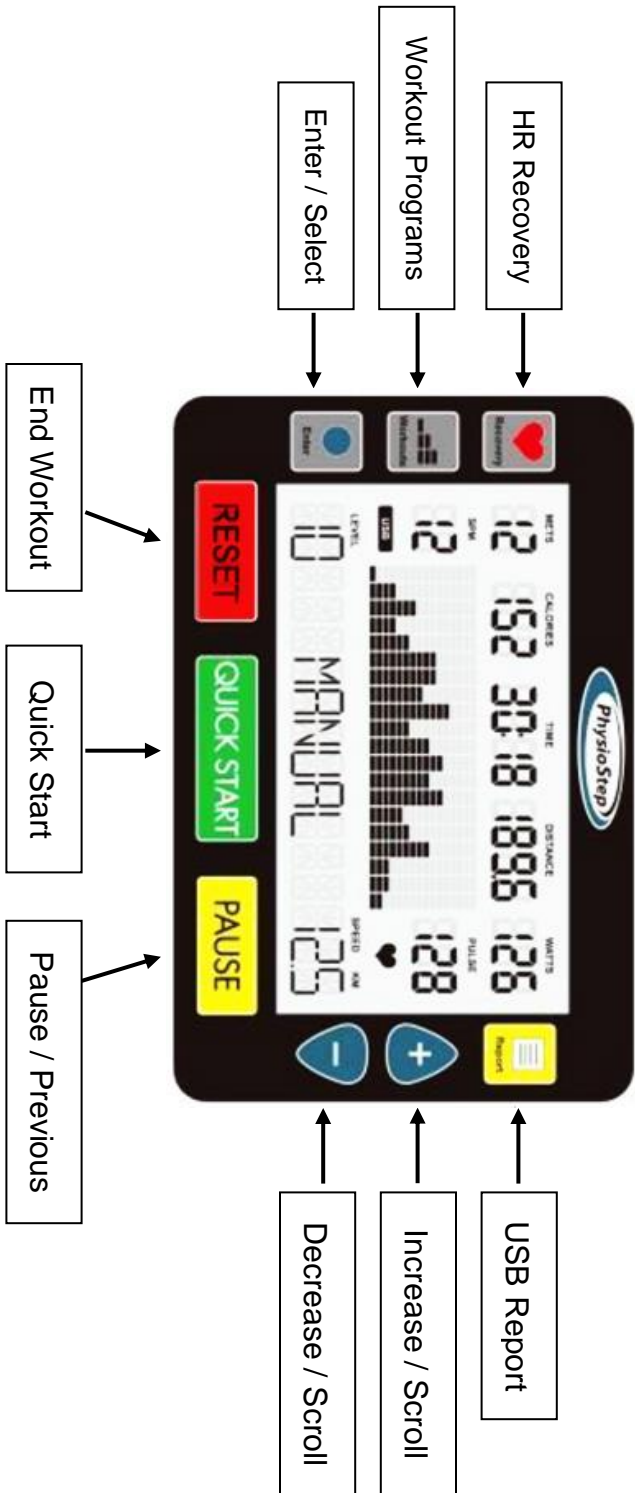
Button Functions

1. **QUICK START BUTTON**

   1.1. Pressing the **QUICK START** button starts a manual workout.

2. **ENTER BUTTON**

   2.1. The **ENTER** button selects programs and confirms data entry.

3. **[+] / UP BUTTON**

   3.1. Press the **[+]** button to increase values.

   3.2. Holding the **[+]** button will rapidly increase values.

4. **[-] / DOWN BUTTON**

   4.1. Press the **[-]** button to decrease values.

   4.2. Holding the **[-]** button will rapidly decrease values.

5. **WORKOUTS BUTTON**

   5.1. Before you start your workout, press the **WORKOUTS** button to choose a preset program. Continue to press the **WORKOUTS** button to cycle through the programs.

   5.2. If you have already started a workout, press **RESET** twice then use the **WORKOUTS** button as explained above.

6. **RECOVERY BUTTON**

   6.1. The recovery function is only available when using a HR monitor.

   6.2. Press the **RECOVERY** button to enter the cool down mode.

   6.3. When in the recovery mode, all other buttons are disabled.

7. **PAUSE BUTTON**

   7.1. While exercising press the **PAUSE** button to pause your workout. The display will show "*Press QUICKSTART to resume or RESET for workout summary*".

   7.2. Press the **QUICKSTART** button to resume your workout.

   7.3. Press the **RESET** button to view your workout summary.

   7.4. In the Report Mode, the **PAUSE** button will return you to the last step.

8. **RESET BUTTON**

   8.1. To end your workout and view your workout summary press the **RESET** button.

   8.2. Holding down the **RESET** button for 3 seconds will reset the display.

9. **REPORT BUTTON**

   9.1. Enables the USB workout report export function in summary mode.

Quick Start – Sit, Start, & Step!

1. Adjust your seat and handles to a comfortable position allowing your legs and arms to use the full range of motion. Move the arms or legs to power the unit.
2. Press the **QUICK START** button.
3. Start Stepping! You can use **[+] / [-]** buttons to adjust the resistance level at any time during your workout.
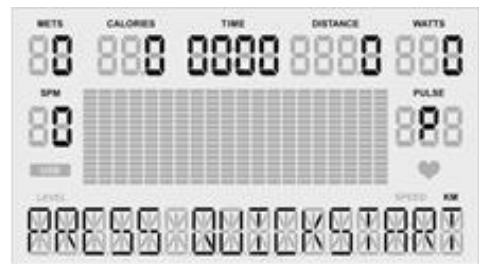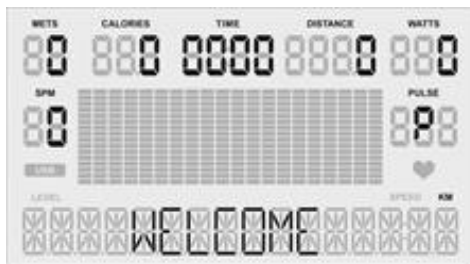
OR

Select a Workout Program

1. Press the **WORKOUTS** button to view programs.
2. To scroll through the different programs continue to press the **WORKOUTS** button.
3. Then press the **Enter** button to select your desired workout program.
4. Follow the steps described in the next section to start your desired workout.

If you have not selected anything after 5 minutes the display will automatically power off.

Setup your Workout Programs

Before starting your workout make sure that your seat is comfortably adjusted.

NOTE: Use the **WORKOUTS** button to cycle through programs. Press the **WORKOUTS** button again to view the next workout. Press **ENTER** to select your desired workout.

User Setup:
After selecting your desired workout the first step is to enter your user information. This step will be the same for all workouts.

*Use the **PAUSE** button to return to the previous step when entering user info.*

Gender: Use the **[+] / [-]** buttons to change Male **(M)** or Female **(F).**

Press the **ENTER** button to set gender.

Age: Use the **[+] / [-]** buttons to change your age.

Press the **ENTER** button to set age.

Weight: Use the **[+] / [-]** buttons to change your weight.

Press the **ENTER** button to set weight.
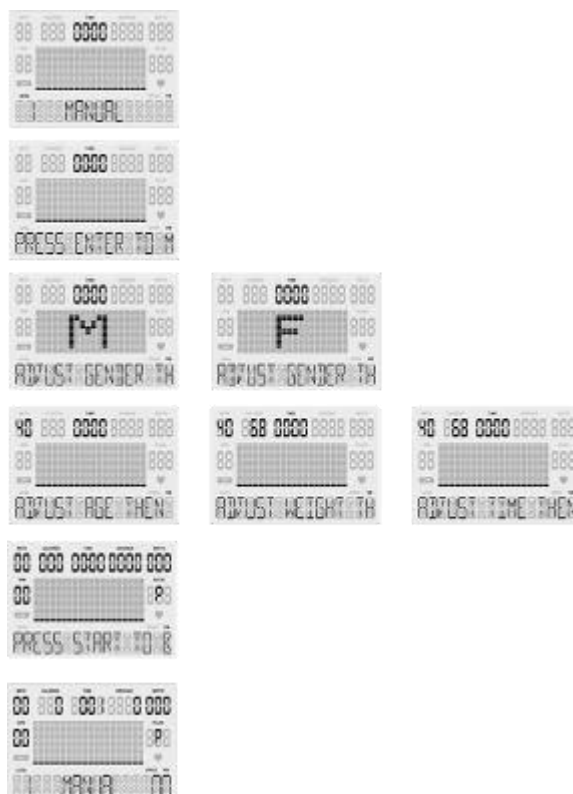
1. Basic Programs

Manual, Warm Up, Interval, Valley, Ramp, Mountain, Rolling, Climb, Random, Hill, Fat Burn, Cardio, and Strength.

      1.1. **User Setup -** You will be prompted gender, age, weight, and time.

*Use the **PAUSE** button to return to the previous step when entering user info.*

    1.2. **Set Time:** Use the **[+] / [-]** buttons to set workout time. (Counting Down)

        1.2.1.1.   Press the **ENTER** button to set workout time.

    1.3. Once your user information has been entered press **Quick Start!**

    1.4. In the basic programs you can use the **[+] / [-]** buttons to change the resistance level.

    1.5. Once your workout is complete a 3 minute Cool Down will begin.

Basic Programs Screens

2. Heart Rate Programs (HR 65% / HR 85%) *Requires HR Monitor

2.1. **User Setup -** You will be prompted gender, age, weight, time, & HR.

*Use the **PAUSE** button to return to the previous step when entering user info.*

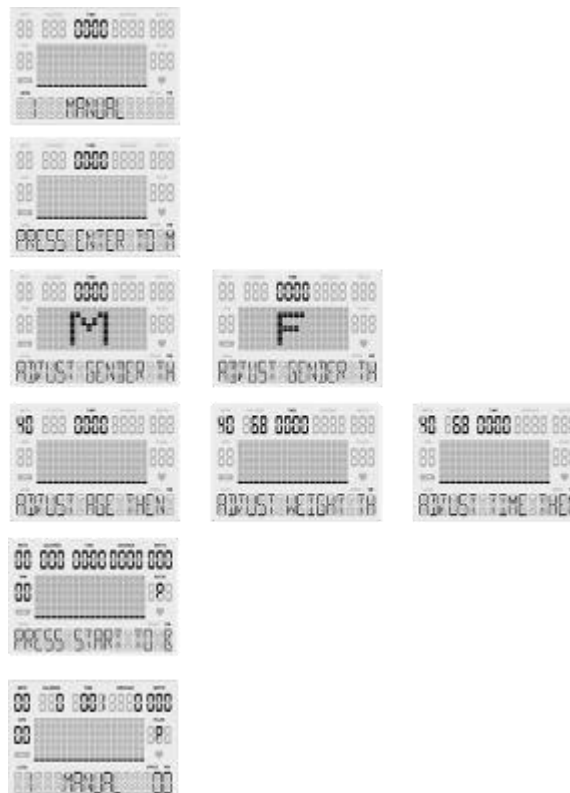2.1.1. **Set Time:** Use the **[+] / [-]** buttons to set workout time. (Counting Down)

2.1.1.1. Press the **ENTER** button to set workout time.

2.1.2. **Pulse:** Use the **[+] / [-]** buttons to change your target heart rate.

(Shown as percentage [65% or 85%] of full target heart rate)

2.1.2.1. Press the **ENTER** button to set your target heart rate.

2.2. Once your user information has been entered press **Quick Start!**

2.3. If your heart rate cannot be detected, the screen will show [? ♥] and reset to the home screen.

2.4. In the Heart Rate programs your resistance level will automatically increase or decrease to help reach your target heart rate.

2.5. Once your workout is complete a 3 minute Cool Down will begin.

Heart Rate Programs Screens
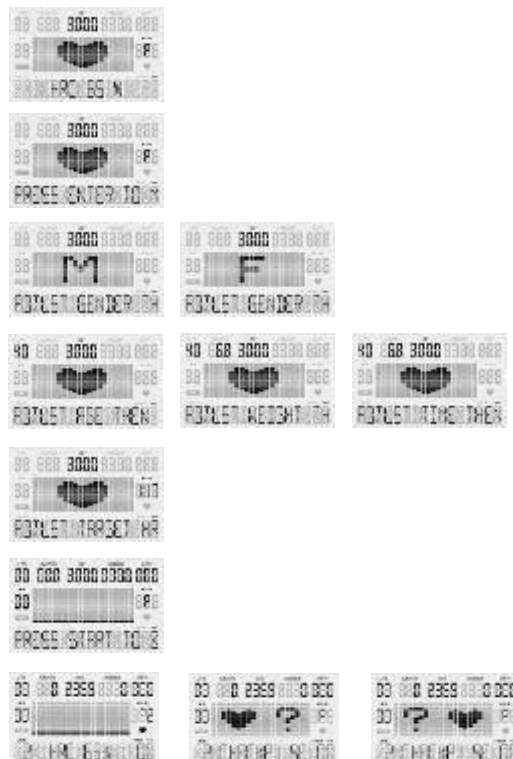
3. Constant Programs (SPM / WATTS)

3.1. **User Setup -** You will be prompted gender, age, weight, time & constant.

*Use the **PAUSE** button to return to the previous step when entering user info.*

3.1.1. **Set Time:** Use the **[+] / [-]** buttons to set workout time. (Counting Down)

3.1.1.1.   Press the **ENTER** button to set workout time.

3.1.2. **Set SPM / WATTS:** Use the **[+] / [-]** buttons to change your constant metric.

3.1.2.1.   Press the **ENTER** button to set your constant metric.

3.2. Once your user information has been entered press **Quick Start!**

3.3. If you are not using the machine, the screen will show "[?] *Check SPM"*

3.4. In the constant programs your resistance level will automatically increase or decrease to maintain constant SPM or WATTS.

3.5. Once your workout is complete a 3 minute Cool Down will begin.

Constant Programs Screens
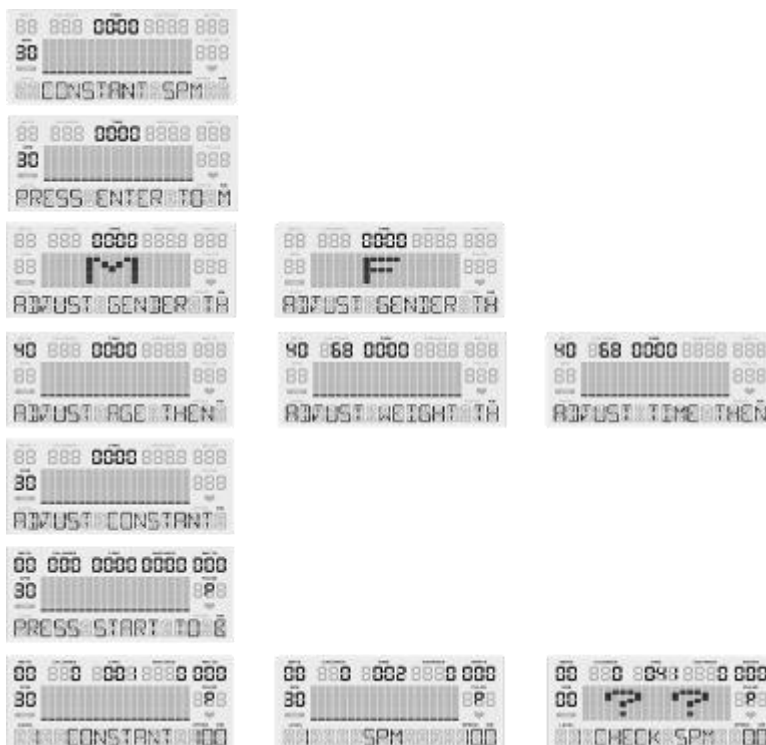
4. Goal Set Programs (Calories / Distance)

4.1. **User Setup -** You will be promoted gender, age, weight, time, & goal.

*Use the **PAUSE** button to return to the previous step when entering user info.*

4.1.1. **Set Time:** Use the **[+] / [-]** buttons to set workout time. (Counting Down)

4.1.1.1. Press the **ENTER** button to set workout time.

4.1.2. **Set Calories / Distance:** Use the **[+] / [-]** buttons to change your goal.

4.1.2.1. Press the **ENTER** button to set your goal.

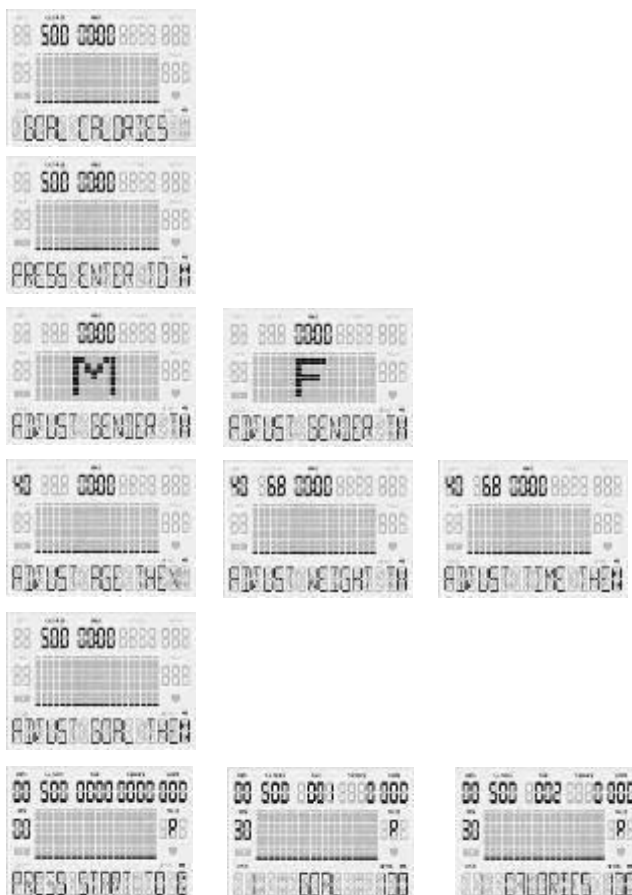4.2. Once your user information has been entered press **Quick Start!**

4.3. In the Goal programs your workout will complete once your goal is reached. Use the **[+] / [-]** buttons to change the resistance level.

4.4. Once your workout is complete a 3 minute Cool Down will begin.

Goal Set Programs Screens

Cool Down Mode

1. After completing your workout program a 3 **minute cool down** will automatically start.

2. Press the **PAUSE** button to pause your cool down, and **QUICK START** to resume your cool down.

3. Press the **RESET** button to skip the cool down and view workout summary.

Workout Summary Mode

* After cool down mode, the display shows workout summary*

1. The workout summary mode displays your personal data as shown below: Total Time, Distance and Calories; as well as Average METs, WATTS, Steps per Minute (SPM) and Pulse.
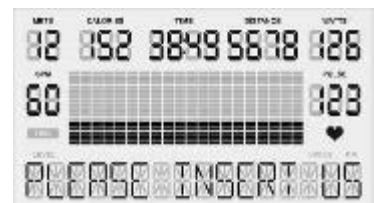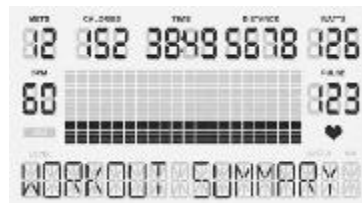
Export Workout Summary to USB

USB Slot Located on Back of Display

1. Insert your USB into the USB slot on the back of the display.
2. When the USB is correctly inserted the display will show the symbol "USB."
3. When you have completed your workout and are on the Workout Summary Mode screen, press the **REPORT** button to begin the export process.
4. Press the **ENTER** button twice to set your Workout ID.

5. Use the **[+] / [-]** buttons to scroll through values (a-z and #0-9). Press the **ENTER** button to select a value and move to the next space.
6. Set your ID by pressing the **ENTER** button until you reach the last space.

PLEASE NOTE: *At any time you can press* ***PAUSE*** *to return to the previous step.*

16

7. After you have set your personal ID, press **ENTER** to select the date (Day / Month / Year). Use the **[+] / [-]** buttons to scroll through the values [a-z and #0-9]. Once the date is selected, press the **ENTER** button to confirm and complete.

8. Once the date is complete, the display will show the messages "*Export"* and *"Press Enter to Export Data".* Press the **ENTER** button to export your workout summary report to USB. Saving your workout summary will take a few seconds.

9. Your workout summary report will be saved in a .csv file that you can open in excel. The display will read "*Complete"* when it has been exported successfully.

10. If there is an error during the data export, the display will read "*Error."* If this happens, press the **PAUSE** button to return to the previous step and export again.
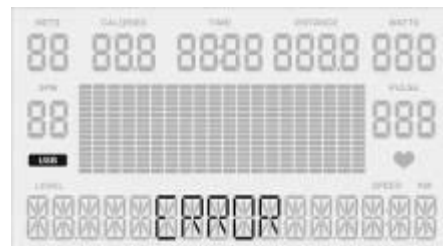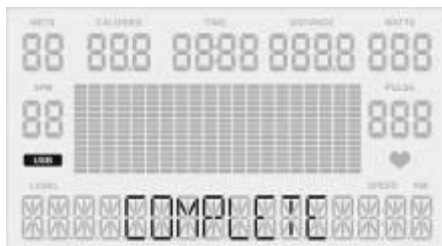
<u>Sleep Mode</u>

- If you do not use the unit for five minutes the display will automatically power off.

- In sleep mode, the LCD monitor will be powered off; any buttons or USB functions will be disabled.

- To wake the unit – start using the machine again and it will power on.

Recovery Mode

Requires HR Monitor

1. At any time during a workout program you can press the **RECOVERY** button to enter the recovery mode to see how quickly your body returns to its resting heart rate.

2. Once in the recovery mode the user's peak heart rate is displayed on the top left with the active heart rate below. You will have 1 minute to monitor your heart rate in recovery mode.

3. When the recovery is complete, the screen will display: Excellent (F1.0), Very Good (F2.0), Good (F3.0), Satisfactory (F4.0), Sufficient (F5.0) or Fail (F6.0) based on the rate of recovery.

4. P0 = the user's heart rate when the recovery mode was initiated.

   P1 = the user's heart rate after completing the recovery mode.

Using Optional Heart Rate Monitors

1. Chest Strap

   1.1. In order to insure the chest strap is working correctly please refer to the manufacturer's instructions. In general, the chest strap must remain wet to accurately work. Moistening the electrodes is very important. Be sure to fasten the strap correctly below your pectoral muscle.

General Maintenance

1. **Cleaning -** Use soap and warm water or antibacterial wipes to clean the surface of your unit.
2. **Tightening -** Periodically inspect your unit to ensure that all screws, nuts, and bolts are tightened and retighten if necessary. Do not over tighten.

General Display Information

1. **Gender**

   1.1. Men are MALE, Women are FEMALE (preset value is MALE).

   1.2. The display shows [M] / [F] when setting.

2. **Age**

   2.1. The age range is between 10 and 99, preset value is 40 years old.

   2.2. Age is shown in the top left of the display in the METS window.

3. **Weight**

   3.1. The weight range is between 40 – 500 lbs (30 – 227 KG), preset value is 150 lbs (68 KG).

   3.2. Weight is shown next to age in the calories window.

4. **Target Heart Rate (THR)**

   4.1. Using the Heart Rate Control (HRC) programs the user can train at 65% or 85% of their target heart rate.

   4.2. When setting age in the Heart Rate Control programs, the computer will calculate a proposed target heart rate for the user. The target heart rate shown on the screen is a percentage (65% or 85%) of your full target heart rate. You can adjust your target heart rate using the **[+] / [-]** buttons and set your desired target heart rate by pressing **ENTER.**

   4.3. Target Heart Rate Formula = (220 – AGE) * X%

   NOTE: Target Heart Rate Function is only available when using a HR monitor.

5. **Pulse**

   5.1. When using a heart rate monitor, your heart rate will show in the pulse window on the right side of the display. If your heart rate cannot be detected, the pulse window will show (_P_).

6. **Units**

   6.1. Miles are denoted as M, Kilometers are denoted as KM. Preset value: **M**

   6.2. To change units please view the Change Units Section on page 20.

7. **METs**

   7.1. The Metabolic Equivalent of Task (MET), or simply metabolic equivalent, is a physiological measure expressing the energy cost of physical activities and is defined as the rate of energy consumption during a specific physical activity. PhysioStep METs calculations are based on ACSM formulas.

8. **Steps Per Minute (SPM)**

   8.1. Calculates your steps per minutes based on your revolutions per minute (RPM). Steps per minute are shown on the left of the display.

Display Settings – Engineering Mode

To enter the Engineering Mode first make sure you are on the home screen by pressing **RESET** twice. Then press and hold **ENTER, QUICK START**, and **[+]** button at the same time.

Once in the Engineering Mode press **ENTER** to view settings and **[+] / [-]** buttons to cycle settings. Press **PAUSE** to go back a page.

Edit Settings

Use the **ENTER** button to select a setting from the list (Including "EXIT").

Use the **[+] / [-]** buttons to navigate and change settings.

Use the **QUICK START** button to confirm changes to settings.

The **PAUSE** button will take you to the previous screen.

1. Key Test – Make sure all of your keys are functioning. Press all the keys!

2. Display Test – See if any dot cells are not working on your display.

3. Functions 3.1. **ODO Reset** – Reset your unit's internal odometer.

3.2. **Change Units** – Use the [+] / [-] buttons to change units. 3.2.1. When the correct unit is displayed press **QUICK START**.

3.2.2. Press **PAUSE** to go to the previous page.

3.2.3. Use **[+] / [-]** buttons to navigate to "EXIT" then press **ENTER** to return to the home screen.

3.2.4. On the home screen ("M') for miles or ("KM") for kilometers will show on the bottom right of the display.

3.3. **Display Mode** – Turn display mode "ON" or "OFF".

3.4. **Manual** – DO NOT CHANGE

3.5. **Elliptical or Bike** – setting for elliptical or bike. (DO NOT CHANGE).

3.6. **Key Tone**– Turn Key tone "ON" or "OFF".

4. Security 4.1. **Child Lock** – Turn child lock "ON" or "OFF".

5. Factory Set – Reset your unit to default settings.

6. Exit

Exploded Diagram
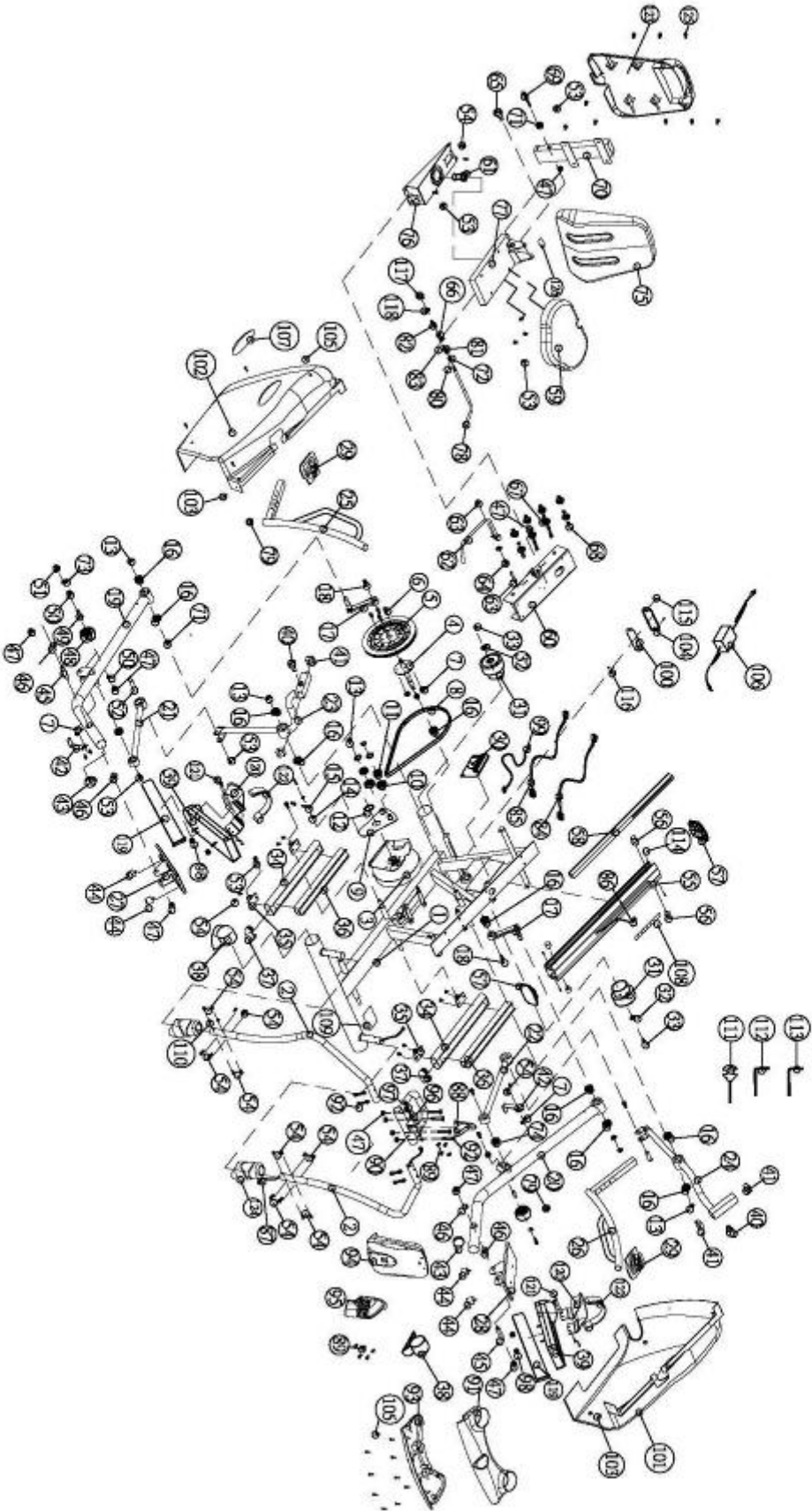
Parts List

No.	Description	Q'ty	No.	Description	Q'ty
1	Main Frame	1	52	Axle∮ 25*52.5L	2
2	Front Handle Post	2	53	Hexagonal Bolt(M8*15L)	24
3	Magnetic Flywheel- EMS	1	54	Hexagonal Bolt(M6*15L)	30
4	Pedal Axle	1	55	Aluminum Track 783L	1
5	Pulley	1	56	Rubber Cushion	4
6	Mushroom Screw-M6*15L	12	57	Aluminum Track Cover with HCI Logo	2
7	Nylon Nut (M6)	12	58	Aluminum Track Supporter	1
8	Belt-430-6J-PJ1092	1	59	Seat	1
9	Idler Set	1	60	Seat Moving Set	1
10	Idler Wheel Ø 53*Ø 43*21	2	61	Bushing POM OD65*47L	1
11	Bearing-6204ZZ	2	62	Dipping Handle	1
12	C-Ring-S40	1	63	Pin ∮ 16*67L	1
13	C-Ring-S20	10	64	Spring ∮ 2.0*∮ 18.5*36	1
14	Screw Nuts (M6)	4	65	Knob M16*P1.5*25L	1
15	Metal Parts	1	66	Stopper	1
16	Bearing-6004ZZ	10	67	Bearing 608ZZ	8
17	Crank	2	68	Bushing-∮ 8.3*∮ 12.7*15.5L	8
18	Screw M8*1.25*25L	2	69	Hexagonal Bolt M8*100L	1
19	Pedal Foot (R)	1	70	Back Seat Support	1
20	Pedal Foot (L)	1	71	Washer ∮ 8.5*∮ 26*1T	8
21	Connecting Parts (R)	1	72	Positioning tube	1
22	Connecting Parts (L)	1	73	Washer∮ 8.2*∮ 16*2T	7
23	Moving Handle Set (R)	1	74	Bearing 6003ZZ	2
24	Moving Handle Set (L)	1	75	Back Seat	1
25	Moving Handle Set (R)	1	76	Seat Support	1
26	Moving Handle Set (L)	1	77	Rotate Post	1
27	Pedal Regular Group (R)	1	78	Dipping Handle	1
28	Pedal Regular Group (L)	1	79	Tube Cover∮ 31.8mm	2
29	Rubber Cover Moving Handle	2	80	Stoppage Screw M5*5	1
30	Lower Control Board	1	81	Counterclockwise Spring	1
31	Rear Leg Wheel	2	82	Clockwise Spring	1
32	Washer OD23*ID8.5*2T	2	83	Stoppage Screw M6*6	2
33	Screw for roller M8*15L	12	84	Brake Cable Wire 850mm L	1
34	Aluminum Track Base 40*80*470L	2	85	Power Wire	1
35	Aluminum Track Base Holder	4	86	Lower Computer Sensor Wire	1
36	Aluminum Track 348L	2	87	Upper Computer Sensor Wire	1
37	Plastic Cover 40*80	2	88	Display Bracket	1
38	Front Leg Cover	2	89	Screw M5*20L	9
39	Pedals	2	90	Meter Holder Upper	1
40	Knob M16*P1.5*15L	2	91	Upper Water Bottle Holder	1
41	Tube 38*38*75.6L	4	92	Hexagonal Bolt M8*55L	4
42	Moving Leg Stopper 39L*66W*30H*6T	2	93	Lower Water Bottle Holder	1
43	Moving Leg Cover	2	94	Meter with Physio Step Sticker	1
44	Rubber Cushion	4	95	Meter Back Rubber Cover	1
45	Alex	2	96	Rubber Cover Fixing Parts 125*89*2T	2
46	Bushing-CH1265B∮ 19.3*∮ 25.5*∮ 32*15L	4	97	Screw M4*10L	3
47	Nylon Nut (M8)	19	98	Nylon Nut-3/8"	4
48	PU Wheel	2	99	Square Magnetic Sensor Wire	1
49	PU Wheel Axle∮ 15*∮ 12*ID8.1*44.5L	2	100	Input Socket	1
50	Bushing∮ 12.1*18*21*8.5L	4	101	Back Plastic Cover L	1
51	Screw for roller M8*65L	2	102	Back Plastic Cover R	1

No.	Description	Q'ty	No.	Description	Q'ty
103	Screw ST3/8"*25L	2	117	Nylon Nut M10	1
104	Socket Cover	1	118	Spring Washer SW10	1
105	Mushroom Screw ST4.5*15L	18	119	Pedal Strap 2"*720mmL	2
106	AC Adaptor	1	120	Ankle Support	2
107	Physio Step MDX Logo	2	121	Screw M6*30L	8
108	Sticker of Number	1	122	Pedal Strap	2
109	Warning Sticker	1	123	Back Seat Cover	1
110	Washer OD6.2*ID13*1.2T	32	124	Cover for front handle post	2
111	13*15 Tool	1	125	Bolts for Back Seat Cover	6
112	5m/m Allen Wrench Tool	1	126	Seat Tilt Indicator Label	1
113	6m/m L Type Tool	4			
114	"+" Bolt (ST4*10)	2			
115	Screw (M5*15L)	4			
116	Screw (ST4*10L)	1			