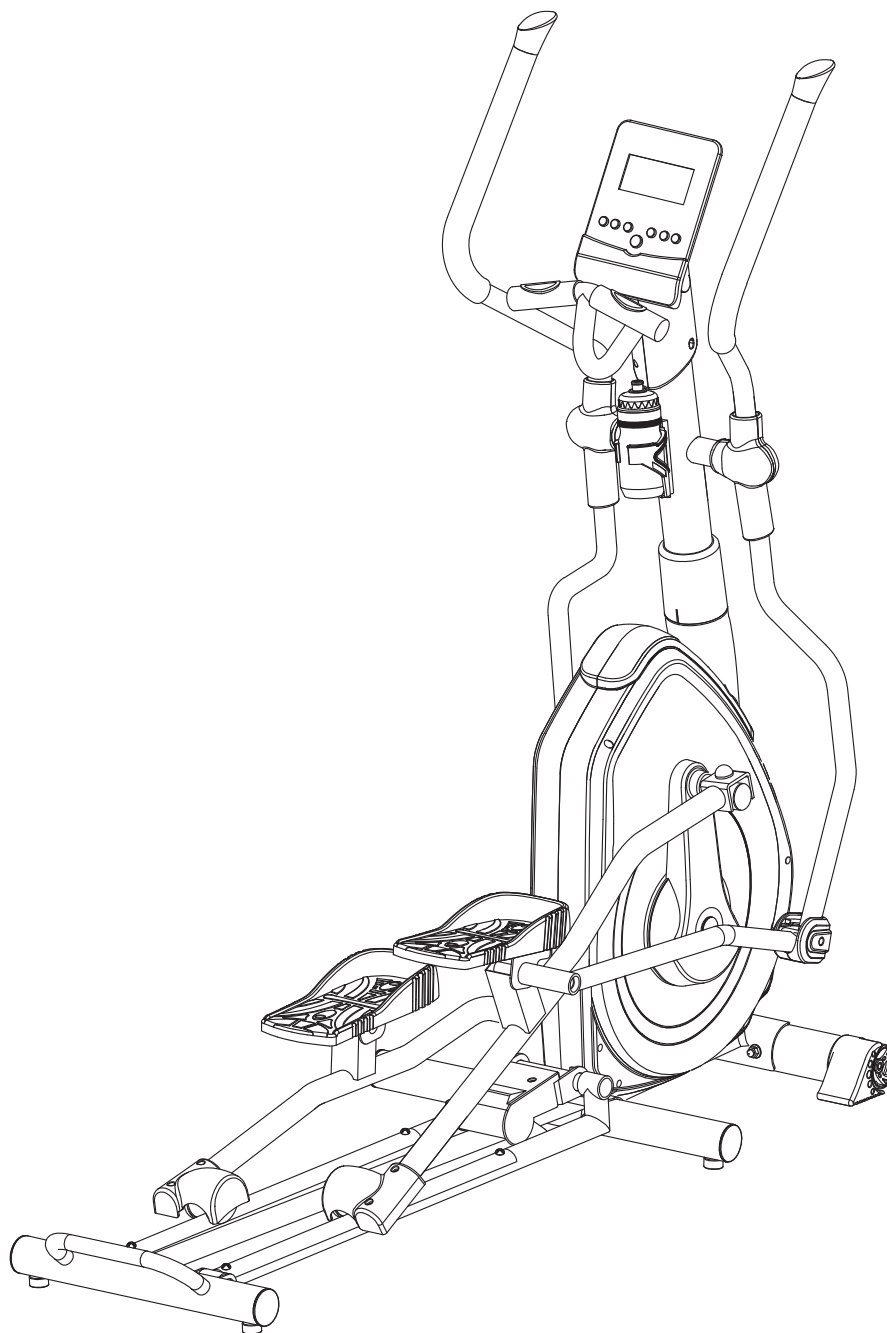




# ELLIPTICAL

Model No:  
E400



Retain this owner's manual for future reference  
Read and follow all instructions in this owner's manual

Version A



# Warranty Registration Form

Congratulations on purchasing your product, we at GPI believe that our product range is of the highest quality and represents great value for money.

We back our product range up with our industry leading warranty.

Please see below for the step by step instructions on how to register your product warranty online.



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## Step 1 Visit our Website

Go to the GPI Sports website: **[www.gpisports.com.au/warranty](http://www.gpisports.com.au/warranty)**



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## Step 2 Enter Purchase Information

Enter all purchase information including the serial number and proof of purchase which can be uploaded from this page



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## Step 3 Call Our Toll Free Number

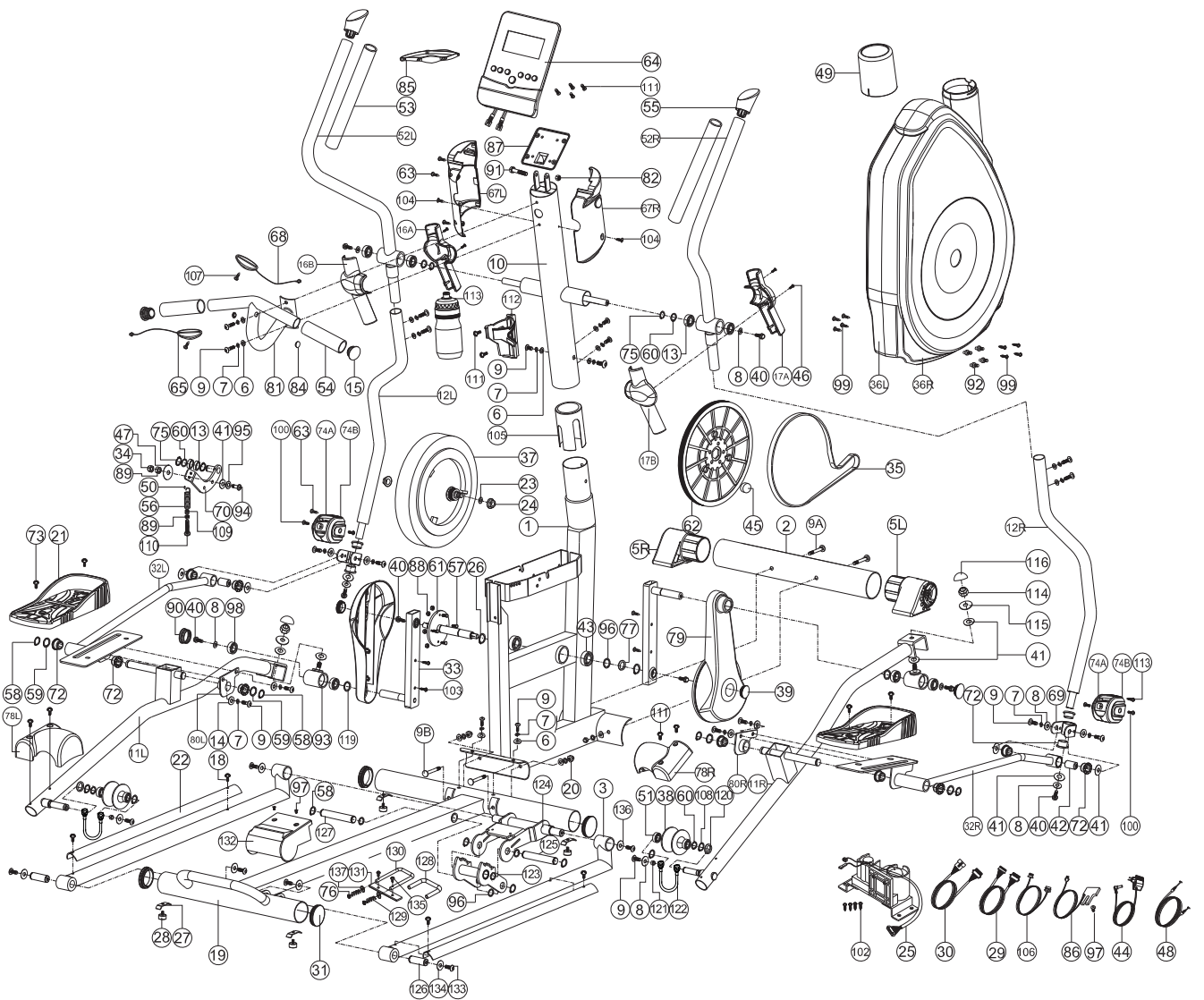
If a warranty service request is required on your product please call the toll free number - **1800 005 770**

# Safety Instructions

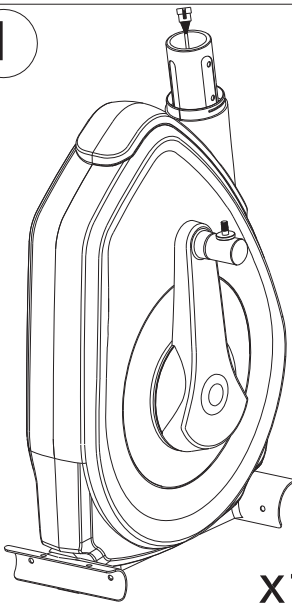
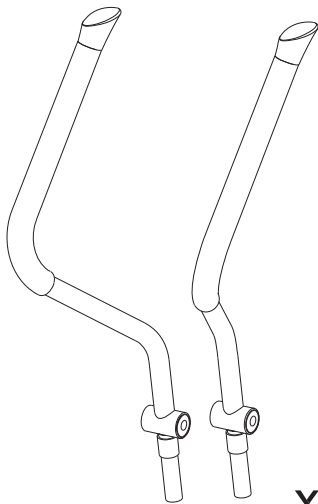
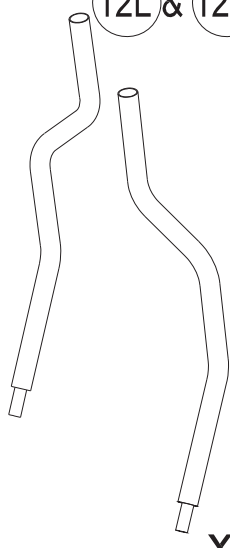
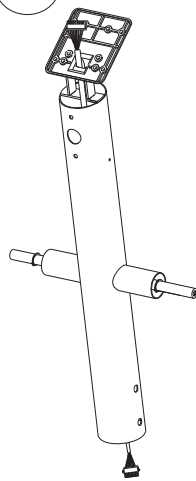
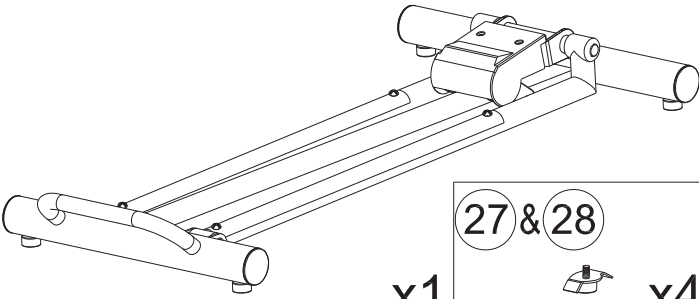
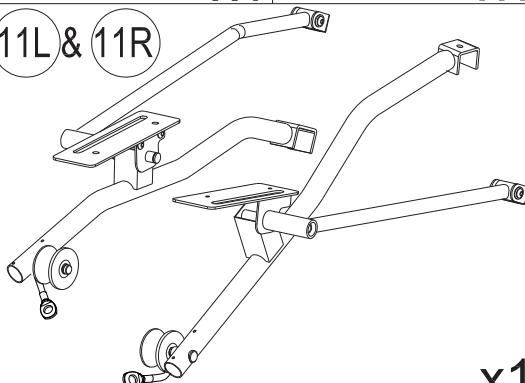



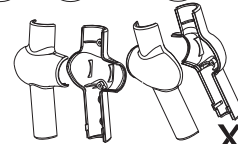





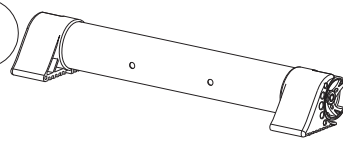

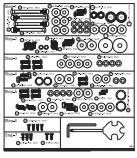


- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should use the exerciser at a time.
- Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly seated.
- Before you start your work-out, remove all sharp-edged objects around the exerciser.
- Only use the exercise for your work-out if it works flawlessly.
- Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
- Parents and other supervisory persons should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to children's natural play instinct and interest in experimenting.
- If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development, and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
- Make sure there is sufficient free space around the exerciser when you set it up.
- To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use it in a way for which it is not intended due to their natural play instinct and interest in experimenting.
- Please note that an improper and excessive work-out may be harmful to your health.
- Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
- When setting up the exerciser, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.
- Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.
- Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for your work-out and sensible eating habits.
- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exercise
- The general rule is that exercisers and training devices are no toys. Therefore, they must only be used by properly informed or instructed persons.
- Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.
- Children, disabled and handicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.
- Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.
- When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.
- Do not work out immediately after meals!
- Maximum User Weight is 135 KG (297 LBS)

# Exploded drawing:



# Checking list:

<div>1</div> <div></div> <div>x1</div>	<div>52L &amp; 52R</div> <div></div> <div>x1</div>	<div>12L &amp; 12R</div> <div></div> <div>x1</div>	<div>10</div> <div></div> <div>x1</div>
<div>19</div> <div></div> <div>x1</div>		<div>11L &amp; 11R</div> <div></div> <div>x1</div>	
<div>74A &amp; 74B</div> <div></div> <div>x2</div>	<div>21</div> <div></div> <div>x2</div>	<div>78L &amp; 78R</div> <div></div> <div>x1</div>	<div>16A &amp; 16B</div> <div>17A &amp; 17B</div> <div></div> <div>x1</div>
<div>44</div> <div></div> <div>x1</div>	<div>49</div> <div></div> <div>x1</div>	<div>113</div> <div></div> <div>x1</div>	<div>85</div> <div></div> <div>x1</div>
<div>64</div> <div></div> <div>x1</div>	<div>2</div> <div></div> <div>x1</div>		<div>67L &amp; 67R</div> <div></div> <div>x1</div>
			<div></div> <div>x1</div>

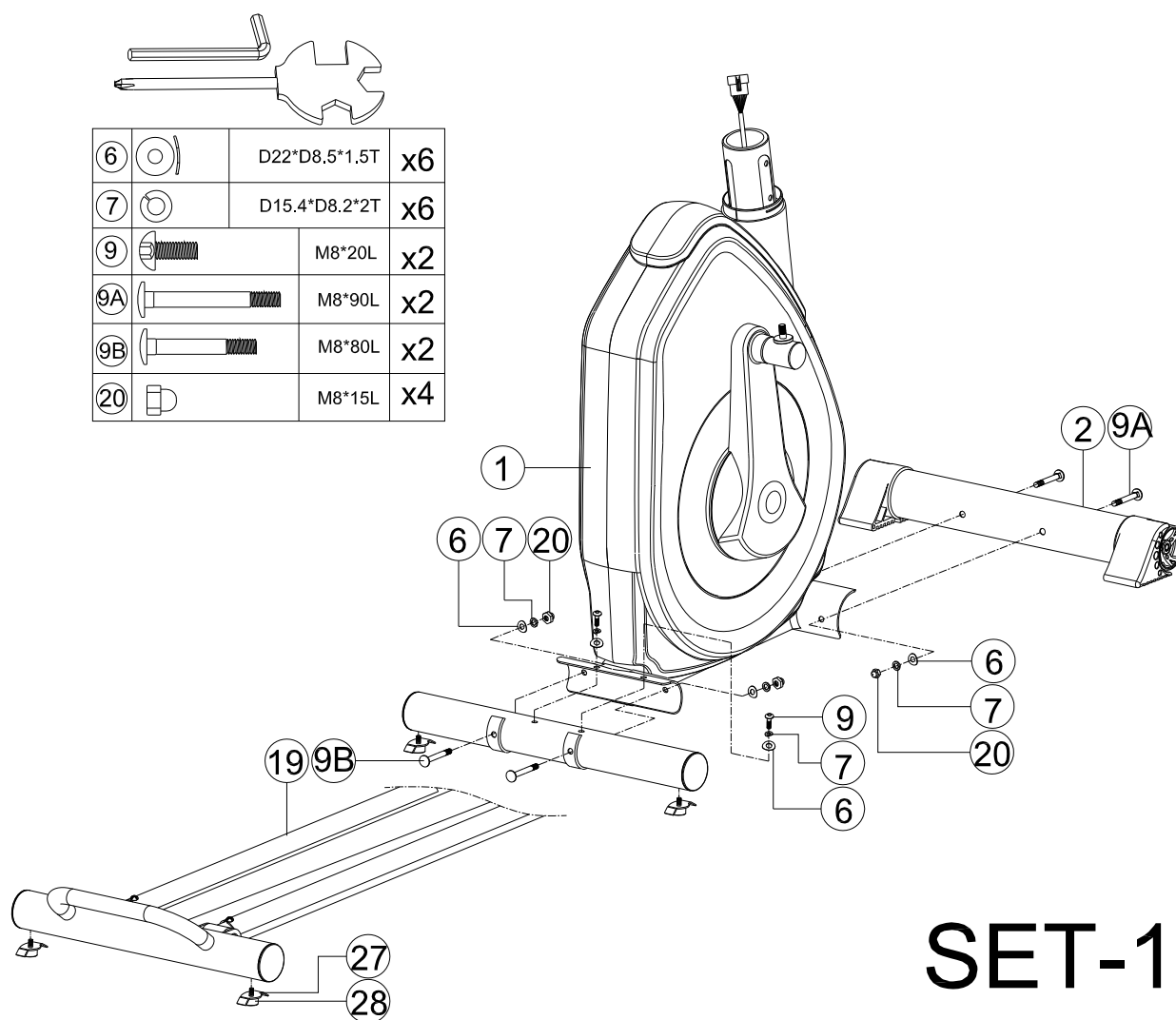
## Part list:

Part No.	Description	QTY	Part No.	Description	QTY
1	Main frame	1	67L	Left computer bracket	1
2	Front stabilizer	1	67R	Right computer bracket	1
3	Sliding beam	2	68	Handle pulse cable	2
5L	Left foot cap	1	69	Joint	2
5R	Right foot cap	1	70	Fixing plate for idle wheel	1
6	Curved washer D22xD8.5x1.5T	16	72	Bushing	14
7	Spring washer D15.4xD8.2x2T	24	73	Bolt M6*1*15L	4
8	Flat washer D25*D8.5*2T	10	74A	Left cover for universal joint	2
9	Allen bolt M8x1.25x20L	22	74B	Right cover for universal joint	2
9A	Square neck bolt M8x1.25x90L	2	75	C-clip S-16(1T)	4
9B	Square neck bolt M8*1.25*80L	2	76	Taper washer D14*D8.5*4T	2
10	Handlebar post	1	77	Flat washer D26*D21*1.5T	1
11L	Supporting tube for left pedal	1	78L	Left cover for wheel	1
11R	Supporting tube for right pedal	1	78R	Right cover for wheel	1
12L	Supporting tube for left movable handlebar	1	79	Cover for crank	2
12R	Supporting tube for right movable handlebar	1	80L	Enforcing plate for left footboard	1
13	Bearing #99502ZZ	6	80R	Enforcing plate for right footboard	1
14	Flat washer D16xD8.5x1.2T	4	81	Handlebar	1
15	Mushroom cap D11/4**29L	2	82	Nylon nut M8*1.25*8T	1
16A	Front Cover for left handlebar	1	83	C-clip S-15(1T)	2
16B	Rear Cover for left handlebar	1	84	Cable plug	2
17A	Front cover for right handlebar	1	85	Chest belt	1
17B	Rear Cover for right handlebar	1	86	Sensor cable	1
18	bolt M6*1*15L	6	87	Fixing bracket for computer	1
19	Rear stabilizer	1	88	Nylon nut M6x1.0x6T	4
20	Domed nut M8*1.25*15L	4	89	Nut M8*1.25*6T	2
21	Pedal	2	90	axle over	2
22	Sliding beam guider	2	91	Allen bolt M8*1.25*45L	1
23	Flat washer D22*D10*2T	1	92	Pin D6*26.5*7.7	3
24	Anti-loosen nut 3/8"-26UNFx6.5T	2	93	Rolling axle	2
25	Motor	1	94	Allen bolt M8x1.25x30L	1
26	C-clip D22.5*D18.5*1.2T	2	95	Flat washer D30*D8.5*2.0T	1
27	Lock sheet	4	96	Waved washer D27*D20.3*0.5T	5
28	Adjustable round wheel	4	97	Bolt M5*0.8*12L	3
29	Upper computer cable	1	98	Bearing #6003ZZ	4
30	Lower computer cable	1	99	Screw ST4.2x1.4x20L	10
31	Round cap	4	100	Bolt M5*0.8*15L	4
32L	Bracket for left pedal	1	102	Screw ST4.2x1.4x15L	4
32R	Bracket for right pedal	1	103	Screw ST4*1.41*20L	4
33	Crank	2	104	Screw ST4*1.41*15L	2
34	Nylon nut M8*1.25*8T	1	105	Inner tube	1
35	Multi-groove belt	1	106	Electric cable	1
36L	Left chain cover	1	107	Screw ST4x1.41x25L	2
36R	Right chain cover	1	108	C-clip S-17(1T)	2
37	Flywheel	1	109	Fixing nut D15*13L	1
38	Wheel	2	110	Allen bolt M8x1.25x50L	1
39	Side cover	2	111	Bolt M5*0.8*15L	10
40	Bolt M8x1.25x25	8	112	Bottle holder	1
41	Plastic flat washer D10*D24*0.4T	11	113	Bottle	1
42	Axle	2	114	Nylon nut M10*1.5*10T	2
43	Bearing #6004ZZ	2	115	Flat washer D38*D10.5*3T	2
44	Adaptor	1	116	Screw cap	2
45	Round magnet	1	119	Waved washer D17*D22*0.3T	2
46	Screw ST3.5*1.0*15L	4	120	Flat washer D23*D17.2*1.5T	2
47	Plastic flat washer D50*D10*1.0T	1	121	Spacer D11.5*D8*3.5T	2
48	Tension cable	1	122	Cable for wheel	2
49	Handlebar post cover	1	123	Rolling axle	1
50	Plastic cap	1	124	Adjusting pole	1
51	Bearing 6002 ZZ	4	125	Axle of revolution	1
52L	Left movable handlebar	1	126	Fixing axle D23.6*56L	2
52R	Right movable handlebar	1	127	Axle of front pedal	1
53	Foam D26*3T*770L	2	128	Hand Grip	1
54	Foam D30x4Tx125L	2	129	Spring D1*D10.5*20.5L	2
55	Round cap	2	130	carrying handle	1
56	Spring D3*D19*67L	1	131	lock sheet	1
57	Bolt M6x1.0x15L	4	132	Protecting cover for fluted disc	1
58	C-clip D21.5xD17.5x1.2T	10	133	Allen bolt M8x1.25x20L	4
59	Waved washer D26*D19.5*0.3T	4	134	Flat washer D30*D8.5*2T	4
60	Waved washer D21*D16.2*0.3T	5	135	Screw M4x0.7x12L	2

Part No.	Description	I'd	Part No.	Description	I'd
61	Crank axle	1	136	Flat washer D28xD6.5x2.0T	2
62	Belt	1	137	Flat washer D18*D8.5*1.2T	2
63	Screw ST4*1.41*15L	5	138	Allen spanner	1
64	Computer	1	139	Spanner	1
65	Handle pulse	2			

## Assembly drawing:

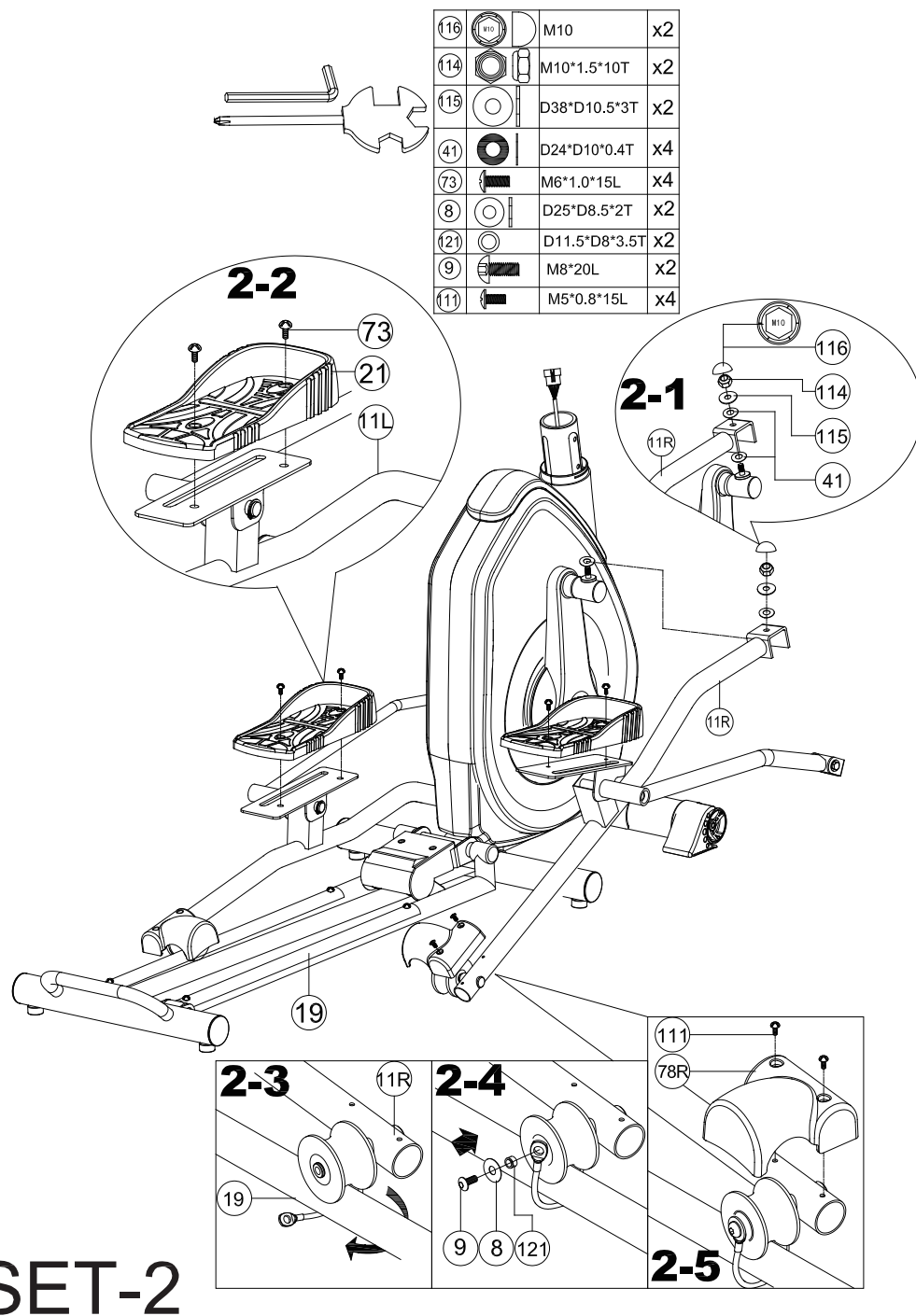
### Step 1



# SET-1

- 1) Assemble the Lock sheet (27) and Adjustable round wheel (28) to the rear stabilizer(19).
- 2) Assemble the rear stabilizer (19) to the frame (1) by the Allen bolt (9), square neck bolt (9B), the curved washer (6), the spring washer (7) and the domed nut (20).
- 3) Fix the rear stabilizer (19) to the frame (1) by the Allen bolt (9B), the curved washer (6) and the spring washer (7).
- 4) Assemble the front stabilizer (2) to the main frame (1) by the square neck bolt (9A), the curved washer (6), the spring washer (7) and the domed nut (20).

## Step 2

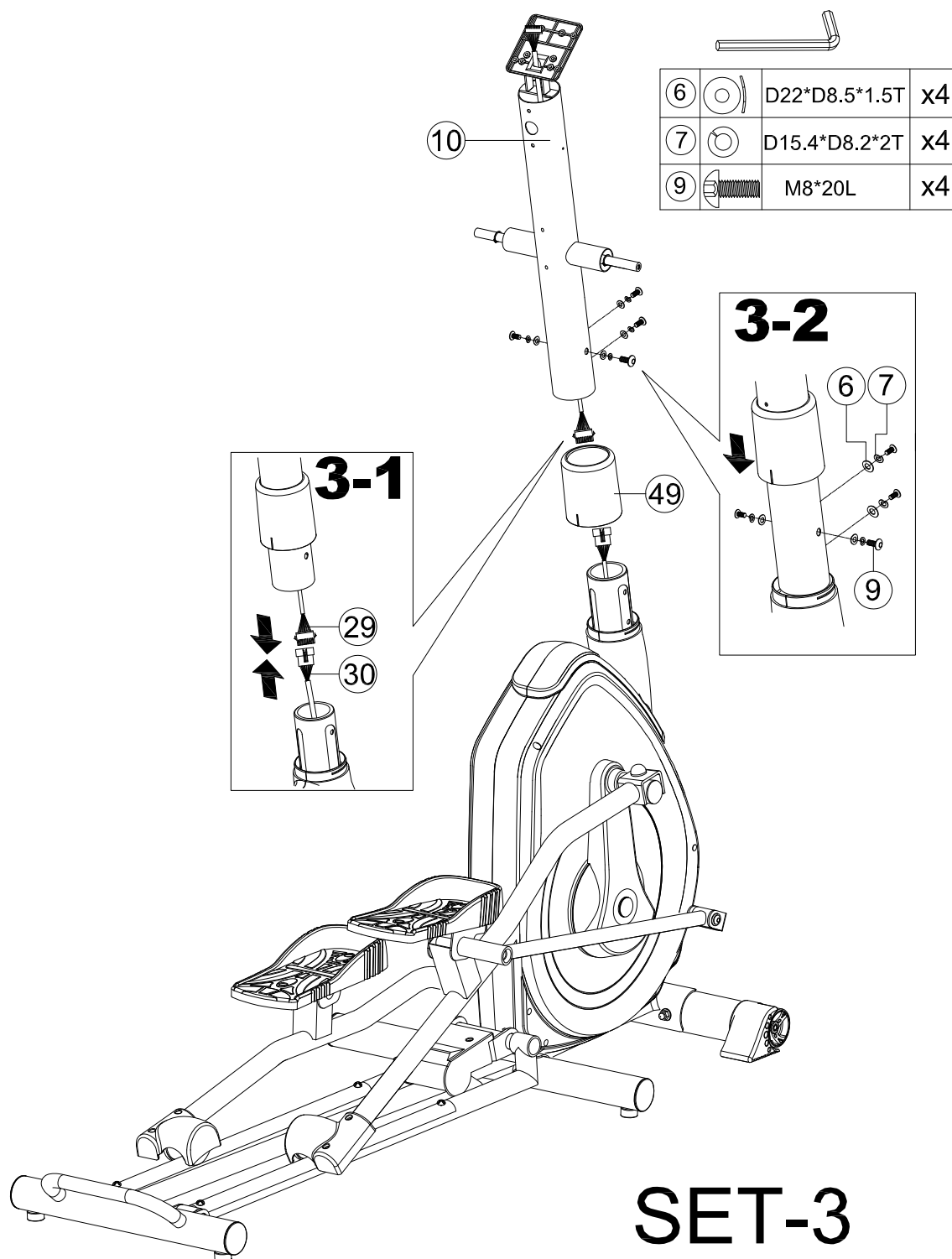


## SET-2

- 1) Assemble the supporting tube for pedal (11L&11R) to the rolling axle by the screw cap (116), Nylon nut (114), Flat washer (115) and the plastic flat washer (41) shown as fig.2-1.
- 2) Assemble the pedal (21) to the supporting tube for pedal (11L&11R) by the bolt (73) shown as fig.2-2.
- 3) Using the cable for wheel (122) to let the wheel (38) tied onto the sliding beam from rear stabilizer (19) shown as fig.2-3. Please follow the assembly instruction as the fig shown.
- 4) Fixing the cable for wheel (122) by the Allen bolt (9), the flat washer (8), the spacer (121) shown as fig.2-4.
- 5) Assemble the cover for wheel (78L&78R) to the supporting tube for pedal (11L&11R) by the bolt (111) shown as fig. 2-5.

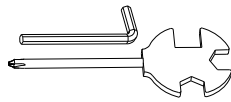


## Step 3

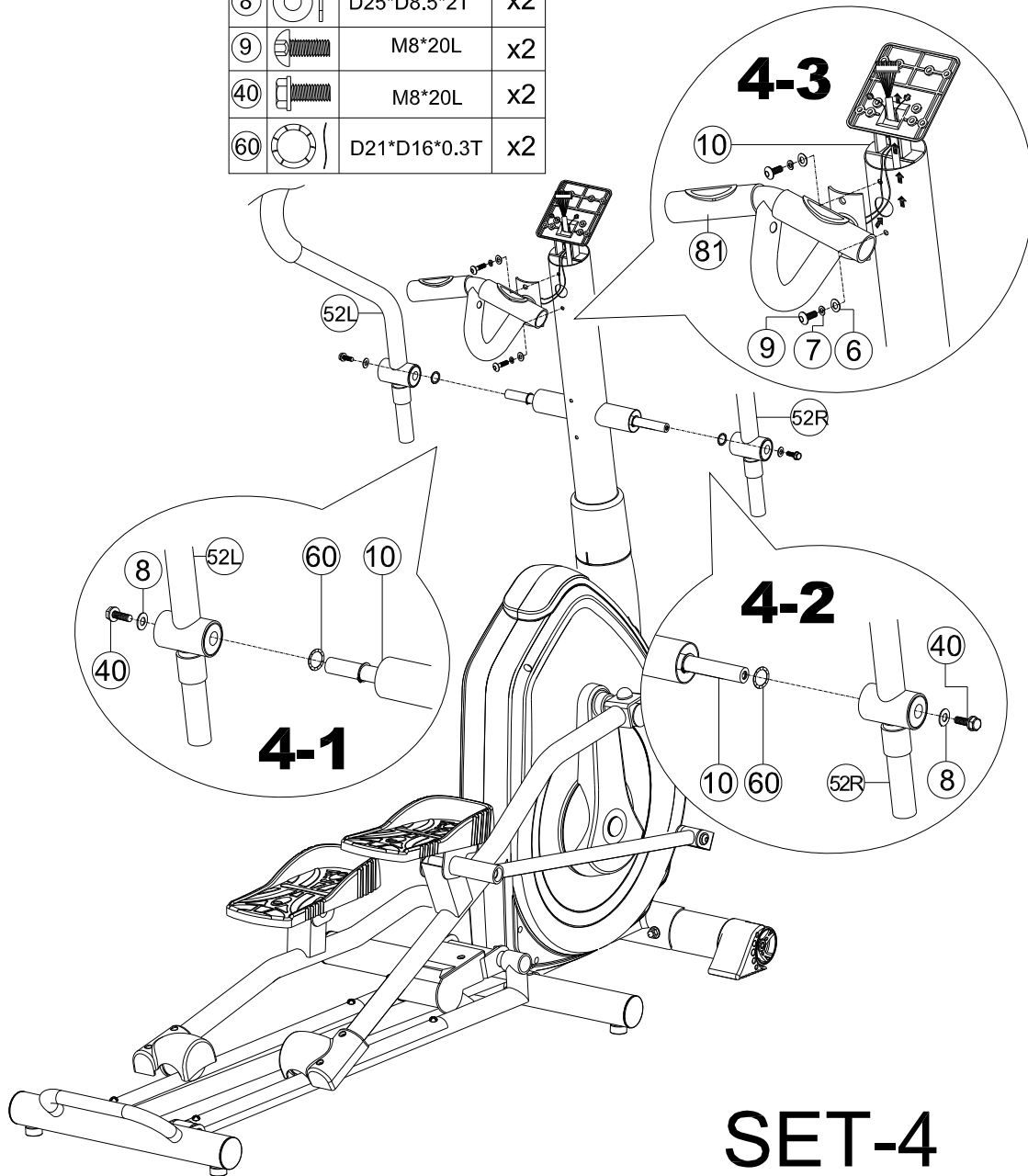


- 1) Assemble the handlebar post cover (49) to the handlebar post (10).
- 2) Connect the upper computer cable (29) and the lower computer cable (30) shown as fig.3-1.
- 3) Assemble the handlebar post (10) to the main frame (1) by the curved washer (6), the spring washer (7), and the Allen bolt (9).

# Step 4



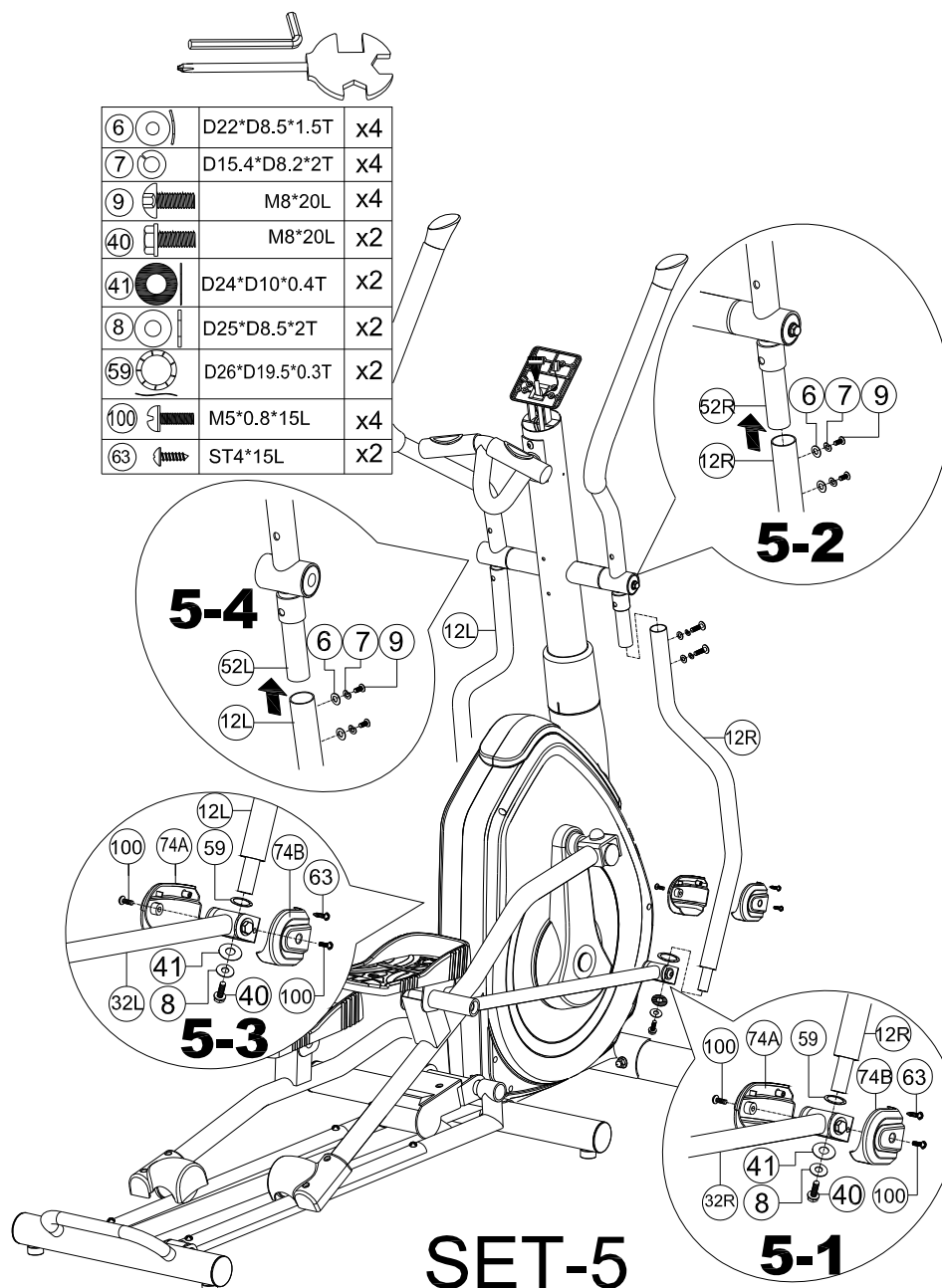
6		D22*D8.5*1.5T	x2
7		D15.4*D8.2*2T	x2
8		D25*D8.5*2T	x2
9		M8*20L	x2
40		M8*20L	x2
60		D21*D16*0.3T	x2



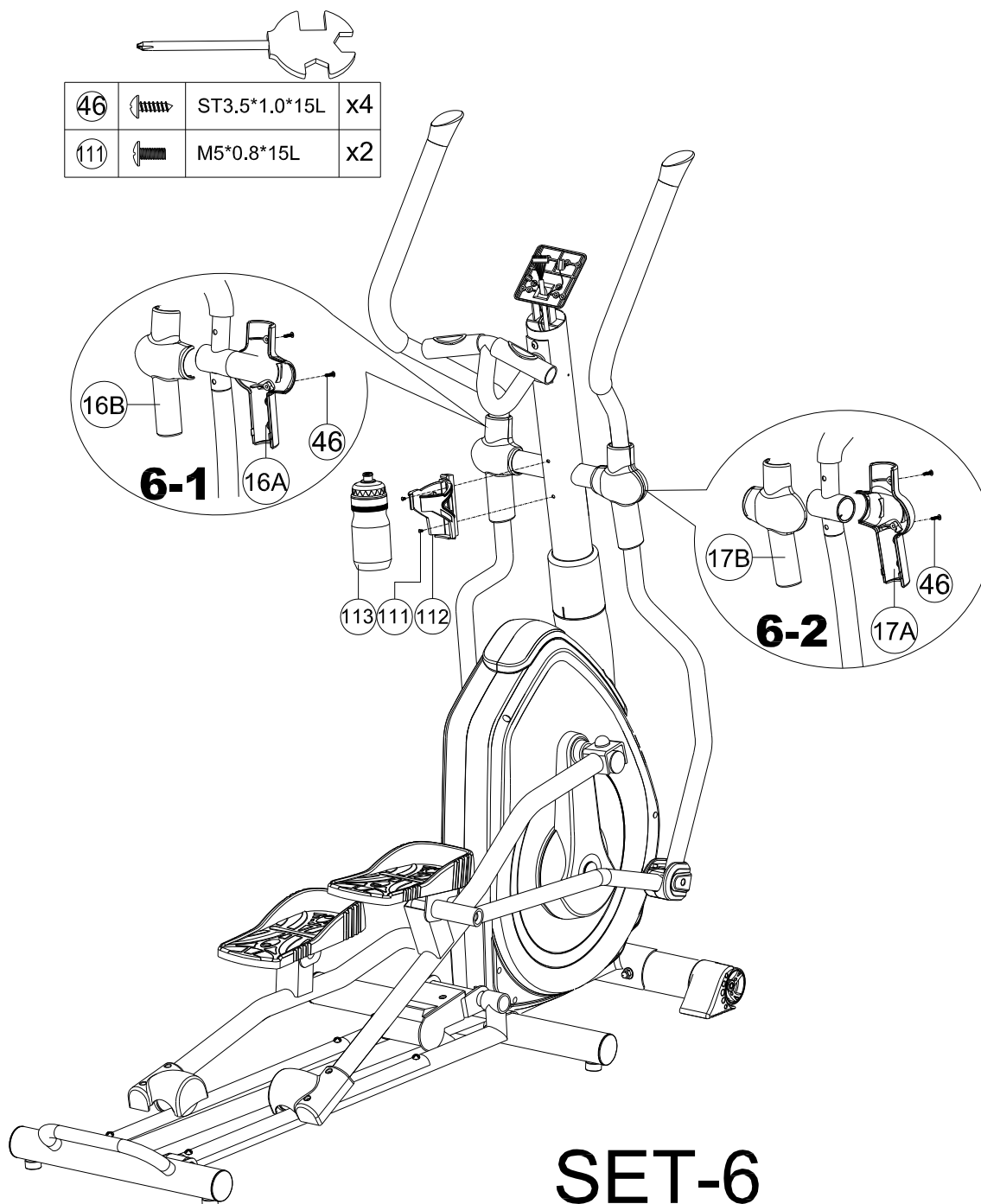
## SET-4

- 1) Assemble the movable handlebar (52L&52R) to handlebar post (10) by the flat washer (8), the waved washer (60) and the bolt (40) shown as fig. 4-1 and 4-2.
- 2) Assemble the Handlebar (81) to handlebar post(10) by Allen bolt(9),spring washer(7) and curved washer(6) shown as fig. 4-3. Please pull the handle pulse cable out of the handlebar post as fig shown.

# Step 5

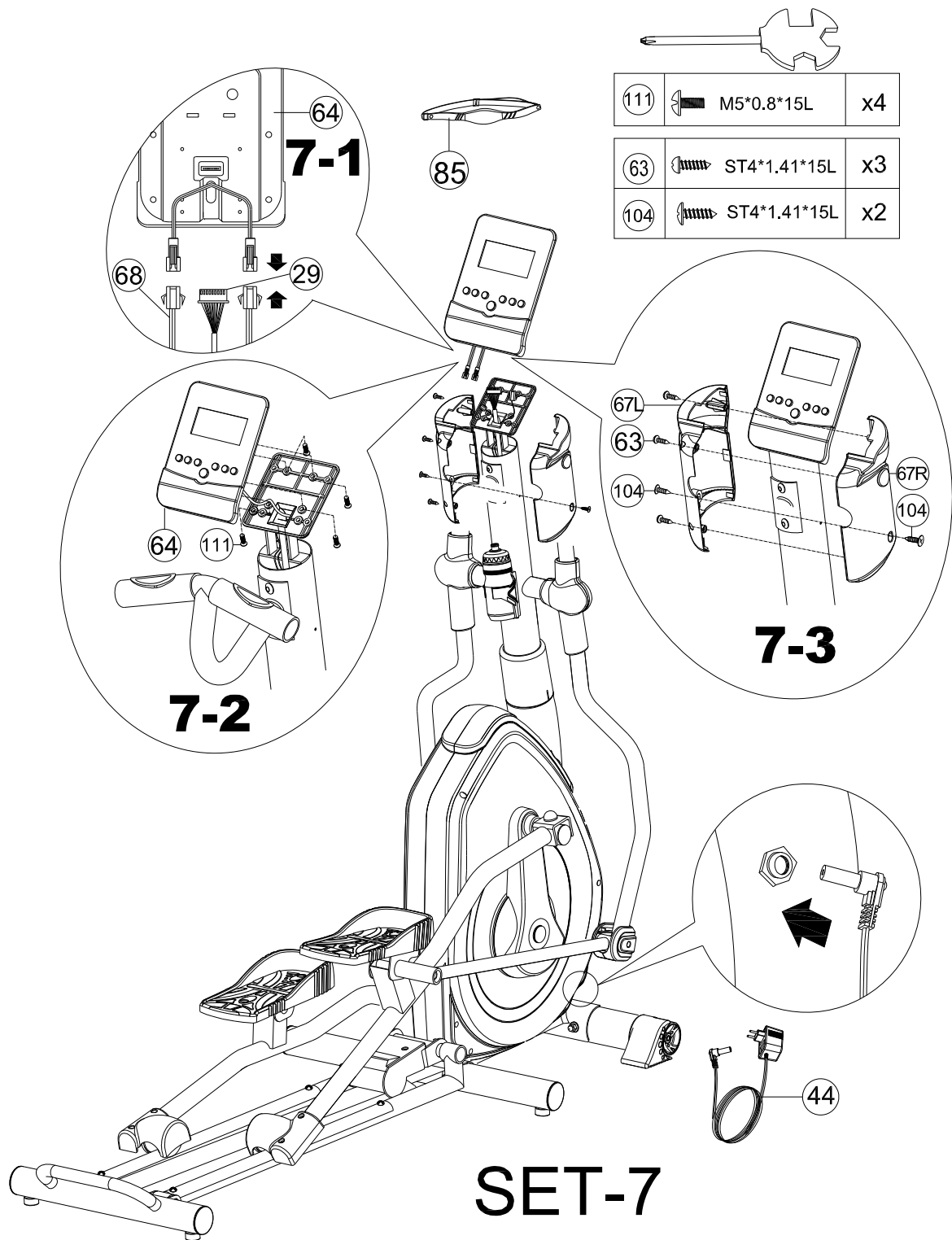


## Step 6



- 1) Assemble the bottle holder (112) to the handlebar post (10) by bolt (111). Insert the bottle (113) into the bottle holder.
- 2) Assemble the cover (16A&16B) for left handlebar to the movable handlebar (52L) by the screw (46) shown as fig. 6-1.
- 3) Assemble the cover(17A&17B) for right handlebar to the movable handlebar (52R) by the screw (46) shown as fig. 6-2

## Step 7

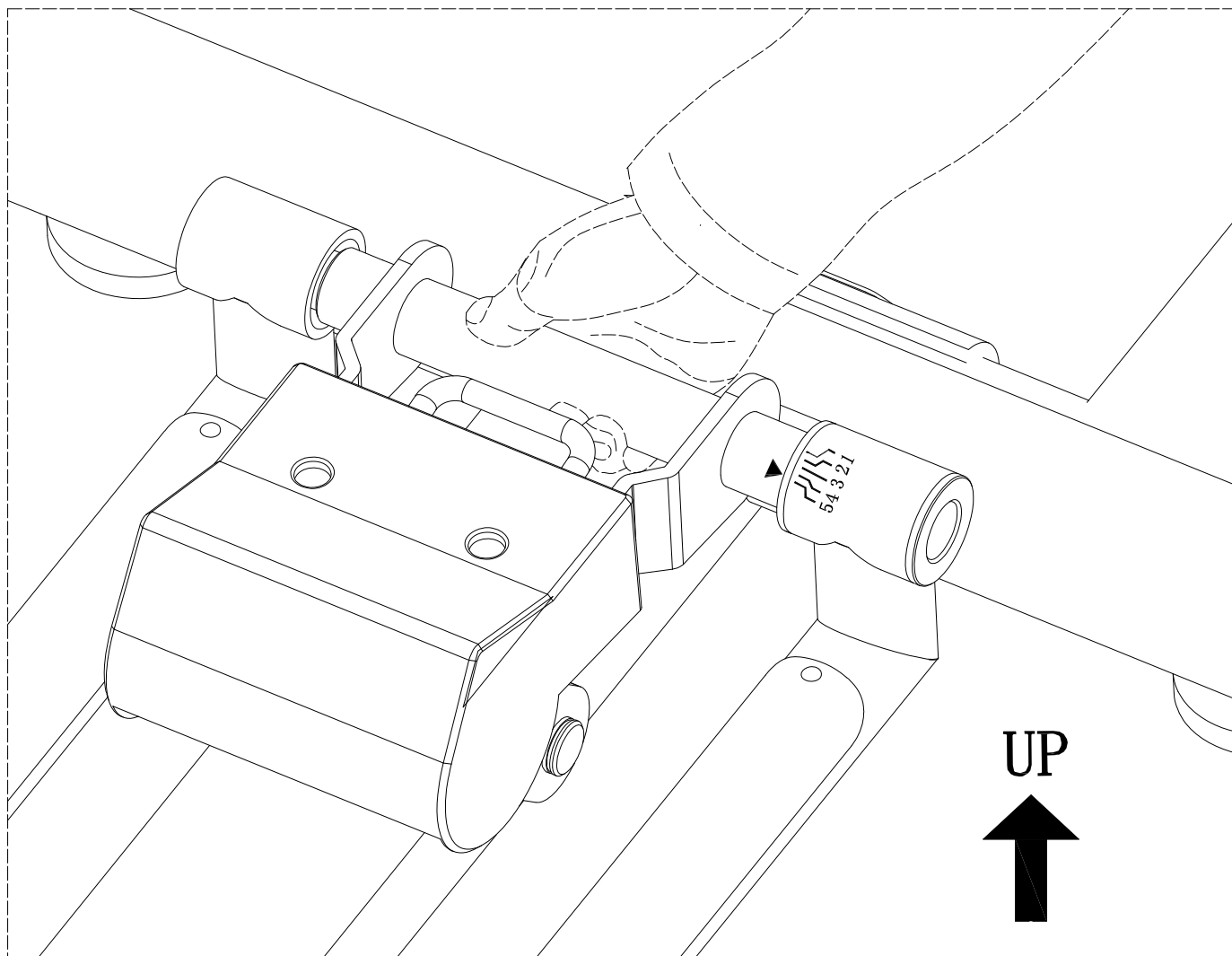


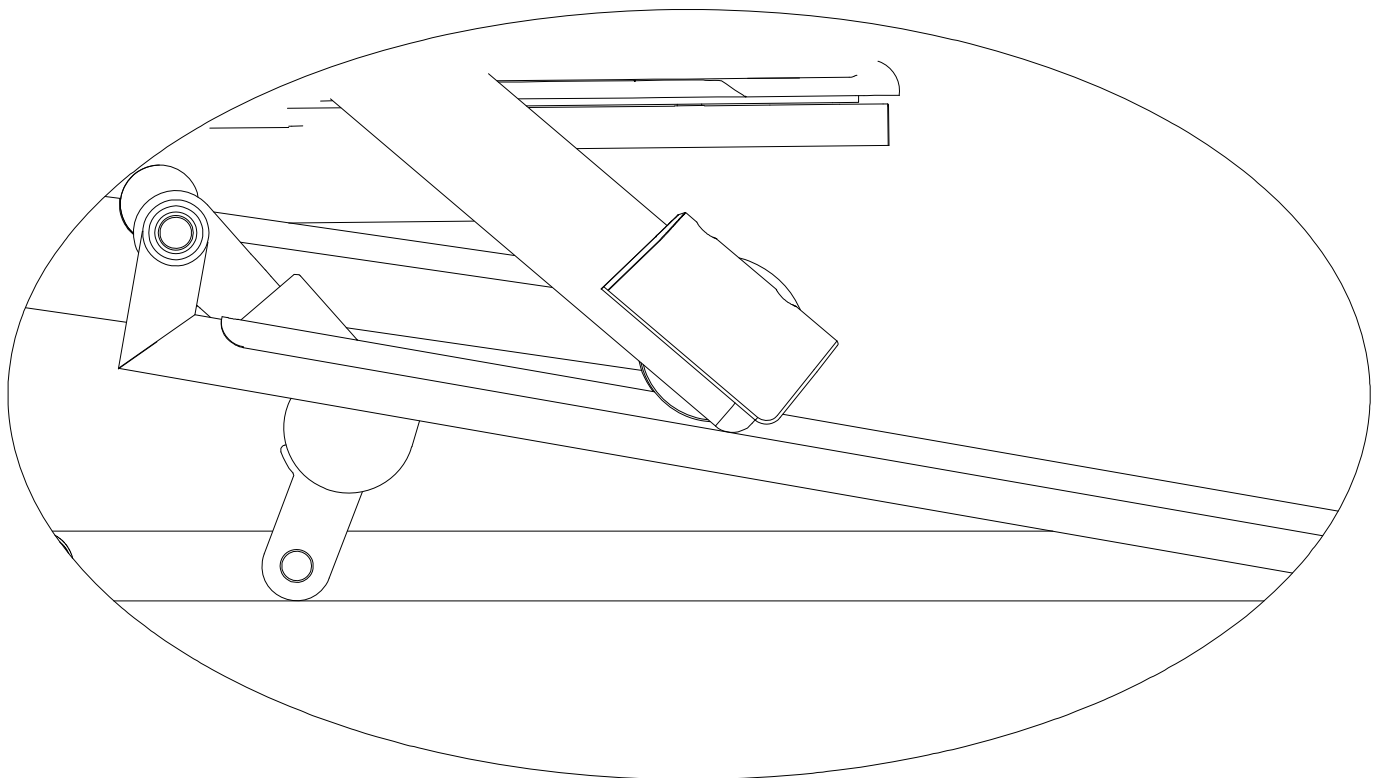
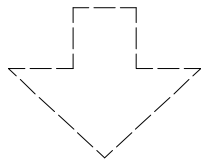
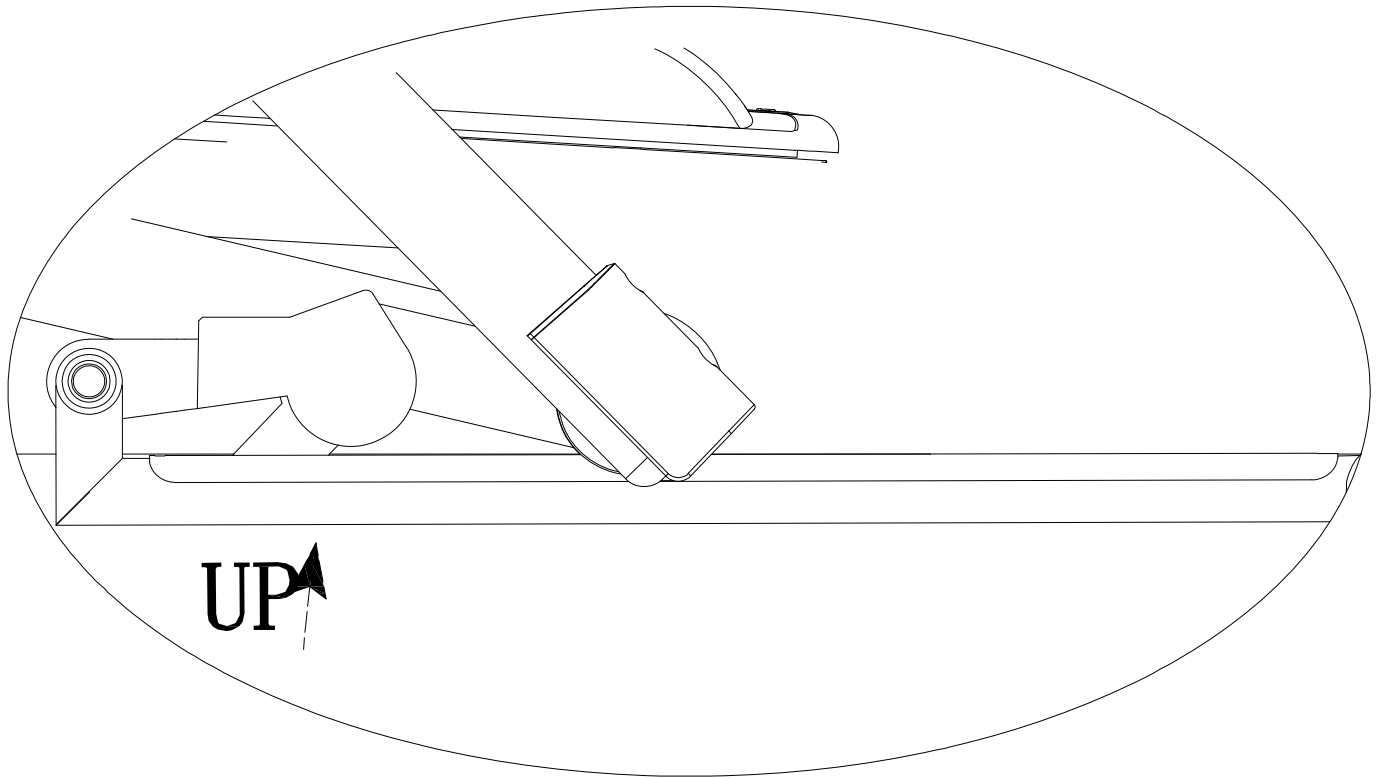
- 1) Connect the upper computer cable (29) and the handle pulse cable (68) to the computer (64) shown as fig7-1.
- 2) Assemble the computer (64) to the handlebar post (10) by bolt (111) shown as fig 7-2.
- 3) Assemble the left computer bracket (67L) and the right computer bracket (67R) to the handlebar post (10) by the screw (63) and the screw (104).
- 4) Assemble the adaptor (44) and turn on the computer.

# INCLINE FUNCTION OPERATION

INCLINE---UP

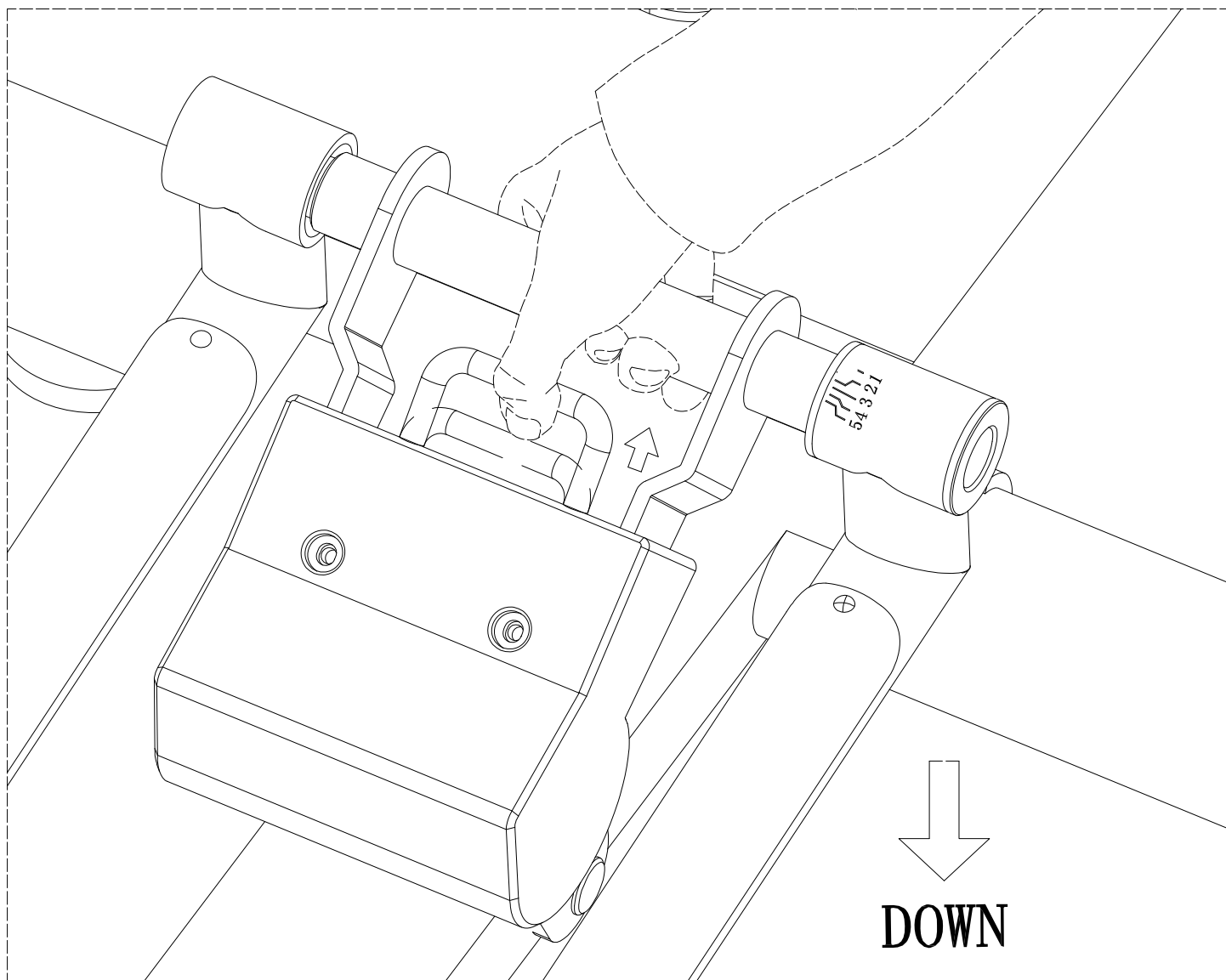
A



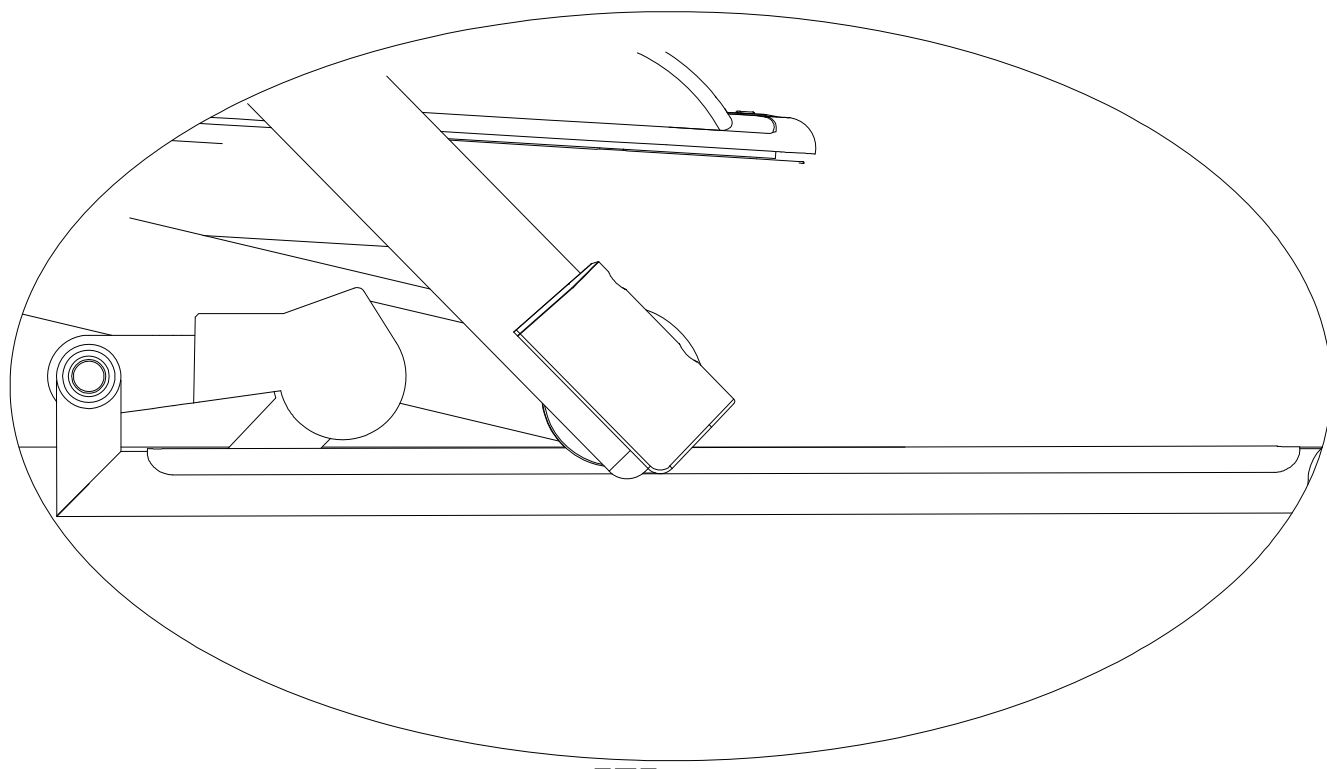
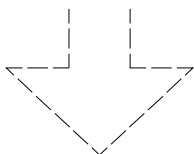
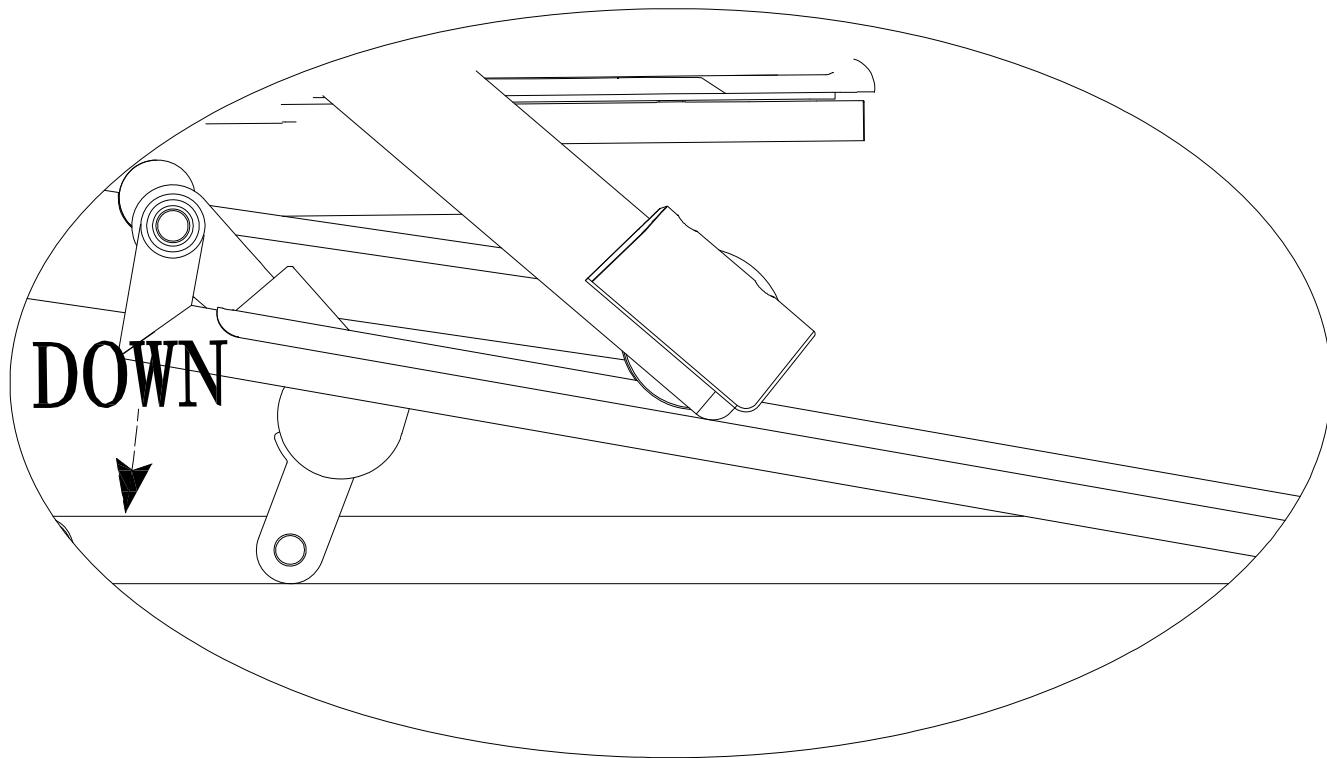


INCLINE---DOWN

B

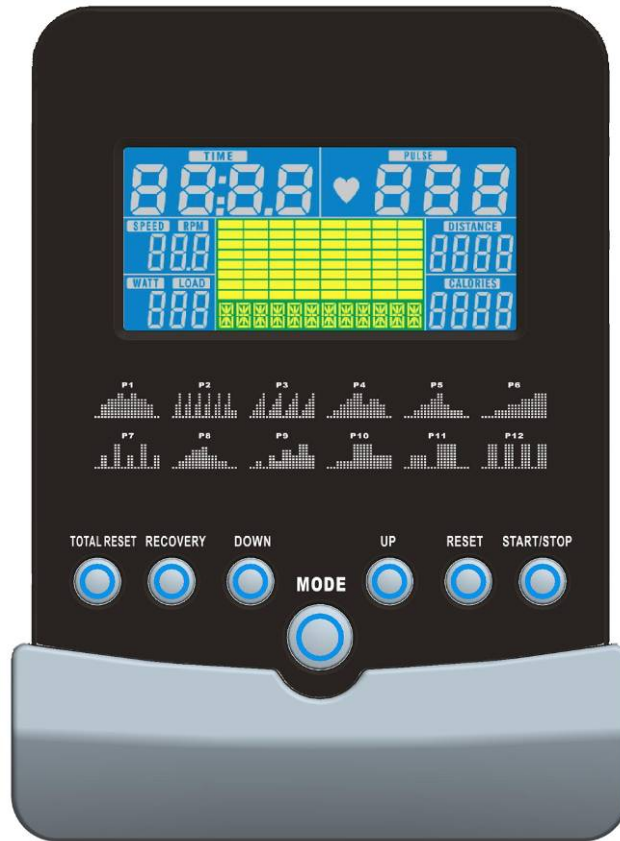






# Computer Operation Instructions

## SM-2780-31



### **BUTTON FUNCTION:**

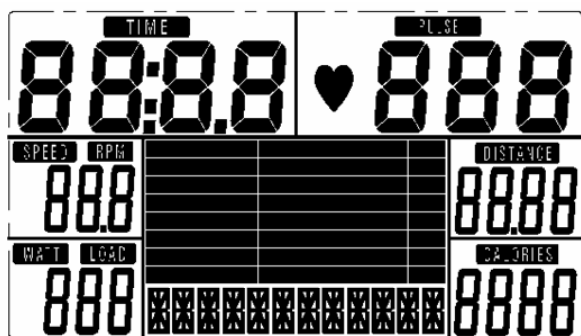
- MODE/ENTER :** In stop mode, the mode is to confirm all exercise data setting, and enter into program.
- RESET :** In stop mode, press the button back to main menu.
- START/STOP :** To start or stop exercise.
- RECOVERY :** To test hear rate recovery status.
- UP :** To select training mode and adjust function value up.
- DOWN :** To select training mode and adjust function value down.
- BODY FAT :** For body fat measurement

### **DISPLAY EXERCISE DATA:**

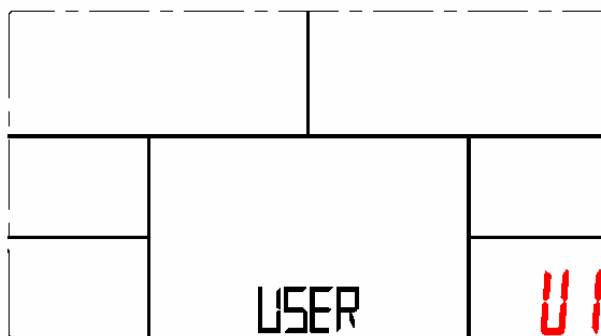
- TIME :** Display range 0:00~99:99 ; Setting range 0:00~99:00
- DISTANCE :** Display range 0.00~99.99 ; Setting range 0.00~99.90km
- CALORIES :** Display range 0~9999 ; Setting range 0.00~9990
- PULSE :** Display range P-30~240 ; Setting range 0-30~240
- WATT :** Display range 0~999 ; Setting range 10~350
- SPEED :** 0~99.9km
- RPM :** 0~999

### **OPERATION PROCEDURE**

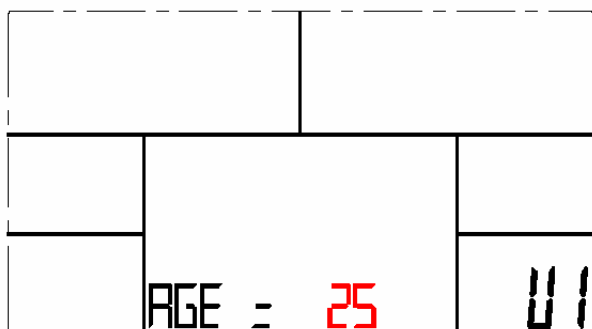
1. Connect power supply and computer will power on with a long beep sound, LCD display all segments (drawing A) for 2 seconds and enter into personal data setting mode (gender, age, height and weight) for U1~U4. (drawing B~C)
2. After user data set up, computer will display main menu (drawing D).



Drawing A



Drawing B

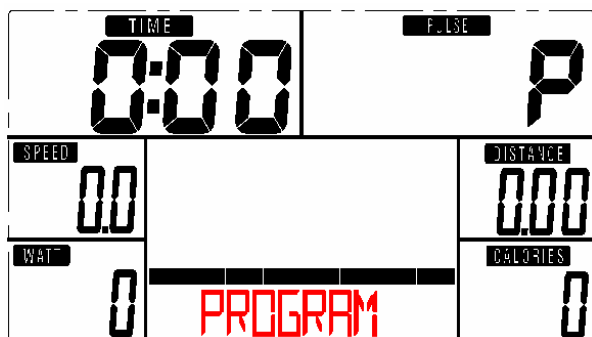


Drawing C



Drawing D

3. In main menu, first exercise program MANUAL will flash, user may press UP and DOWN button to select MANUAL → PROGRAM (12 profiles) (drawing E) → PROGRAM → USER PROGRAM → H.R.C. → WATT.

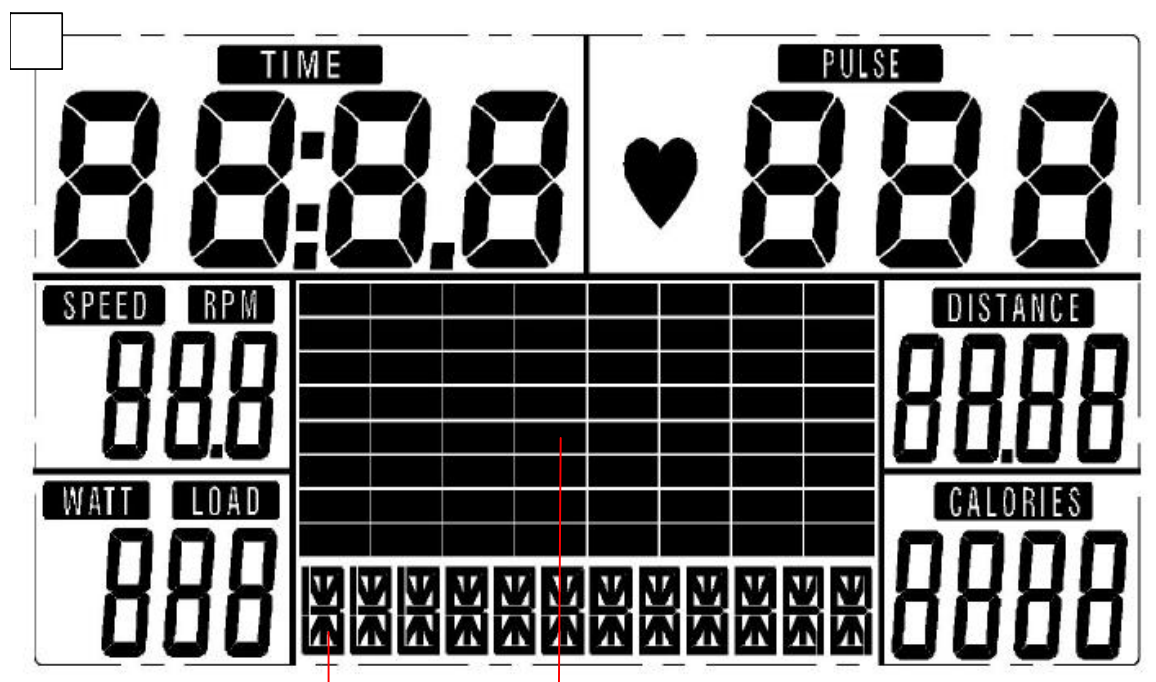


Drawing E



Drawing F

4. Quick Start and Manual :  
Before exercise in Manual mode, user may set up TIME, DISTANCE, CALORIES and PULSE target.  
After power on, user may press START/STOP button to start exercise in MANUAL immediately without any setting.  
Level can be adjusted during exercise by press UP or DOWN.
5. PROGRAM :  
Before exercise in Program mode, user may set up TIME target.  
Press UP and DOWN to select Program with 12 profiles and press ENTER/MODE to confirm. Level can be adjusted during exercise by press UP or DOWN.
6. H.R.C. :  
Before exercise, computer will ask for user AGE first to calculate TARGET pulse. User may still press UP and DOWN to change target pulse from 30 to 240.
7. USER PROGRAM :  
User may press UP, DOWN and then press MODE to create his own profile. (from column 1 to column 20) User may hold on pressing MODE button for 2 seconds to quit profile setting.
8. WATT :  
The preset watt value 120 is flashing on screen in WATT setting mode. User may use UP, DOWN button to set target value from 10 to 350. Press MODE button for confirm.



Brick area display total 8 rolls and every profile are composing of 20 rolls. While exercise, profile display shall rolling for every rolls until user finish exercise for it selected profile.

Alpha-numeric display user's selected program name (Manual→Program→User→HRC→WATT) to remind user he/she is under which workout program.

### **NOTE:**

1. This computer require 9V, 0.5mA adaptor.
2. When user stop pedaling for 4 minutes, computer will enter into power save mode, all setting and exercise data will stored until user start exercise again.
3. When computer act abnormal, please plug out the adaptor and plug in again.



**Model No: E400**

To register your warranty, please go to  
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