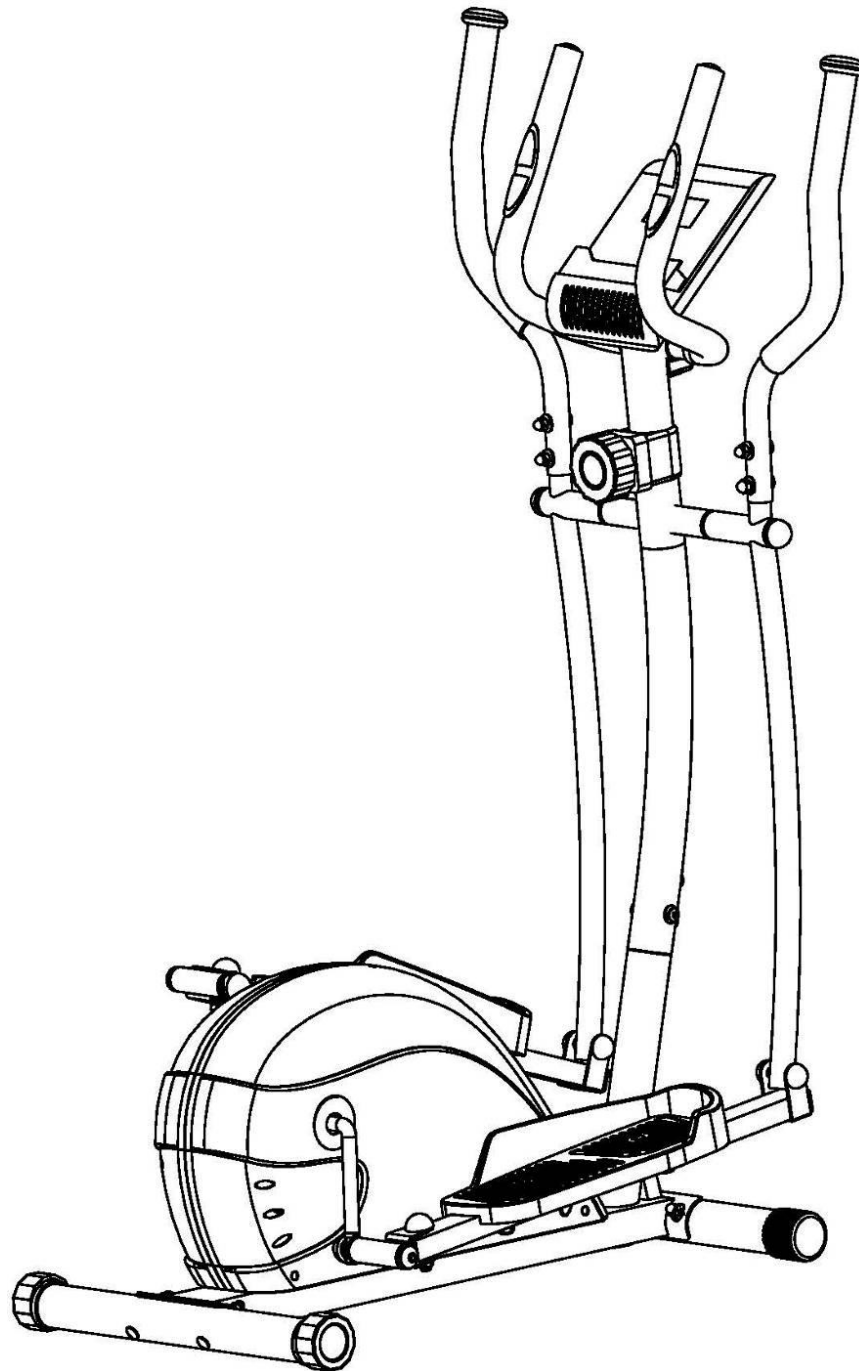


EFITMENT

E005 MAGNETIC ELLIPTICAL BIKE USER MANUAL



IMPORTANT! Read all instructions carefully before using this product. Save this user manual for future reference. For customer service, contact: service@zoovaa.com

IMPORTANT SAFETY NOTICE

Note the following precautions before assembling and using the machine.

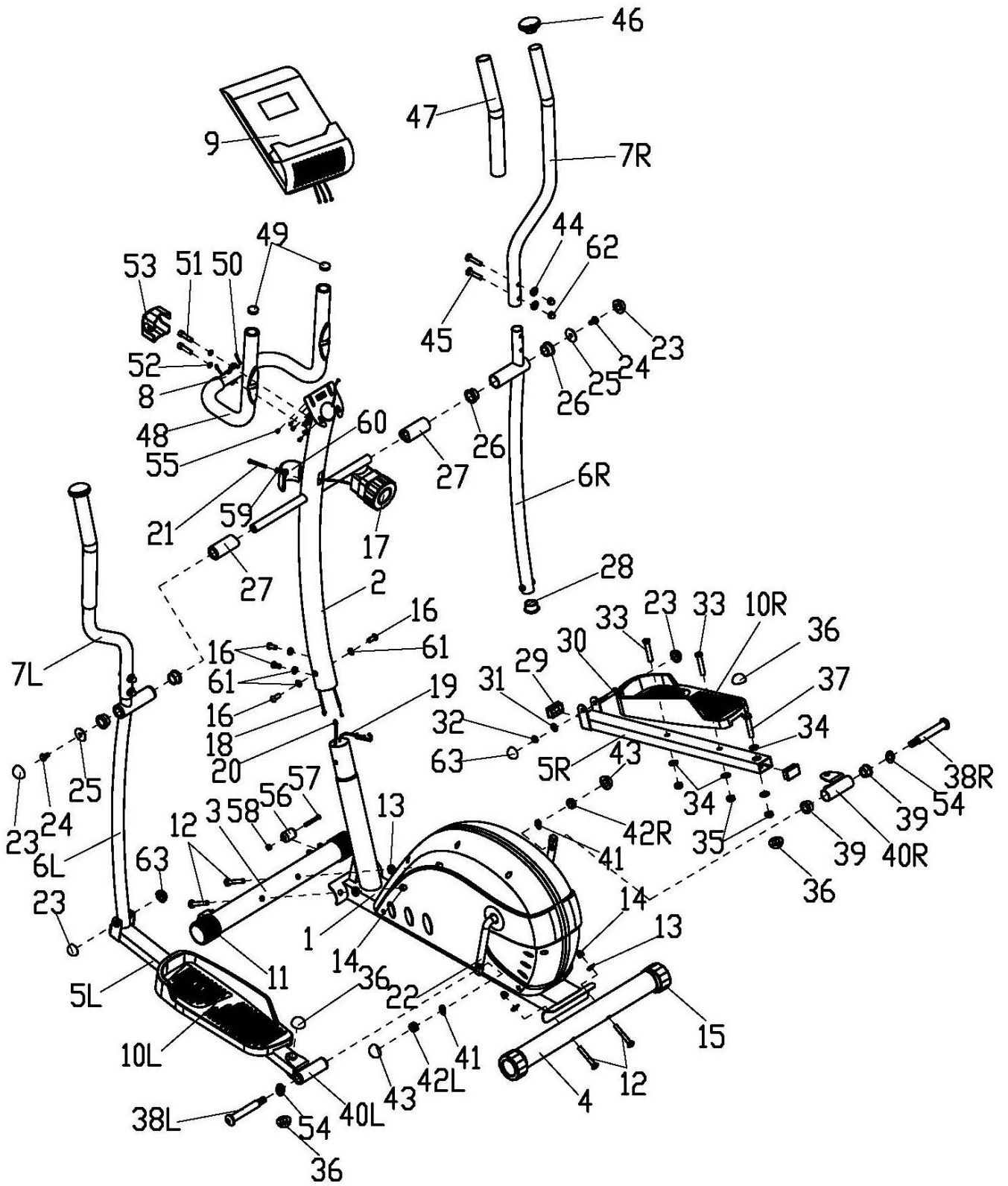
1. Assemble the machine exactly as described in the instruction manual.
2. Check all the bolts, nuts and other connections before using the machine for the first time to ensure the machine is in the safe condition.
3. Set up the machine in a dry level place and keep it away from moisture and water.
4. Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the assembly area to avoid dirt.
5. Before beginning exercise, remove all objects within a radius of 4 feet from the machine.
6. Only use the supplied tools or suitable tools of your own to assemble or repair the machine.
7. Your health can be affected by incorrect or excessive exercise. Consult a doctor before beginning your exercise program. This machine is not suitable for therapeutic purpose.
8. Only use the elliptical when it is working correctly. Use only original spare parts for any necessary repairs.
9. This machine can be used by one person at a time.
10. Wear clothes and shoes that are suitable for fitness training with the machine. Do not wear clothing that could get tangled in the machine.
11. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.
12. This elliptical is intended for adult use only. Keep children away from the elliptical.
13. Do not put fingers or objects in the moving parts of the machine.
14. Remove drops of sweat from the machine immediately after finishing training. Do not use aggressive cleaning articles to clean the machine.
15. Maximum user's weight is 220 LBS.

CAUTION: Your bike was not designed for reverse pedaling. Reverse pedaling will damage the bike.



WARNING: This product can expose you to one or more chemicals known to the State of California to cause cancer and birth defects or reproductive harm. For more information go to www.P65Warnings.ca.gov.

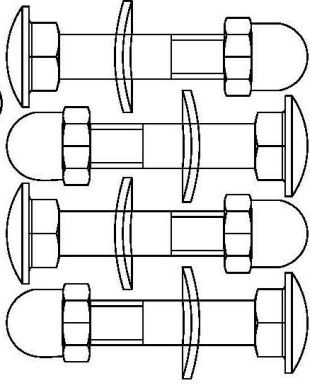
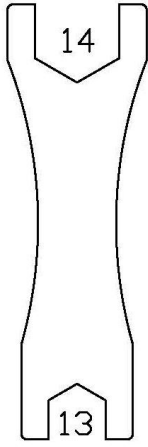
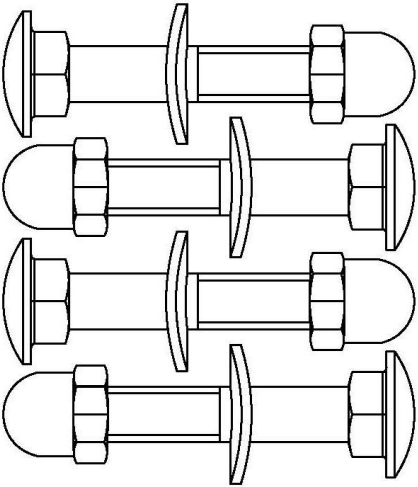
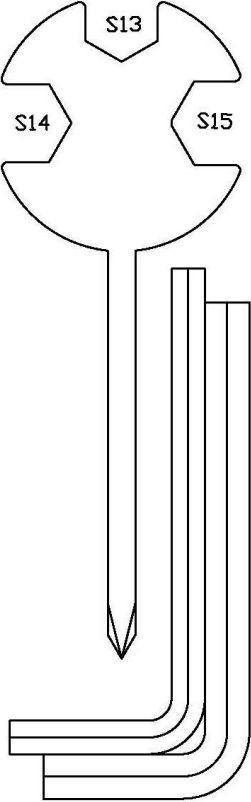
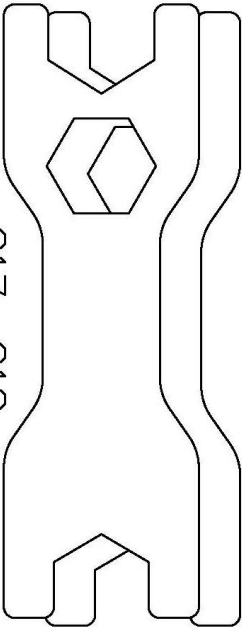
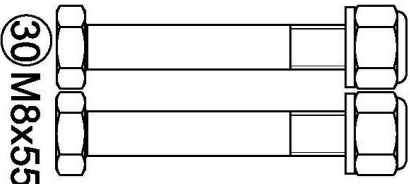
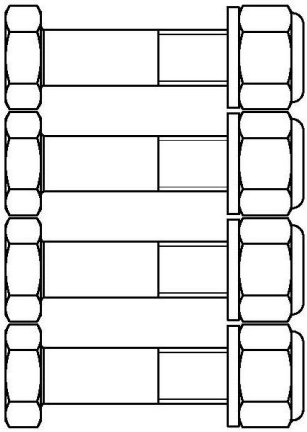

EXPLODED DIAGRAM



PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main frame	1	33	Hex bolt	4
2	Handlebar post	1	34	Flat washer	8
3	Front stabilizer	1	35	Nylon nut	6
4	Rear stabilizer	1	36	Cap S17	4
5L/R	Pedal tube	1/1	37	Hex bolt	2
6L/R	Handrail arm	1/1	38L/R	Pedal bolt	1/1
7L/R	Handlebar	1/1	39	Powder metal bushing 2	4
8	Stationary Handlebar	1	40L/R	Pedal tube link	1/1
9	Computer	1	41	Spring washer	2
10L/R	Pedal	1/1	42L/R	Nylon nut	1/1
11	Front stabilizer end cap	2	43	Cap S19	2
12	Carriage bolt	4	44	Curve washer	4
13	Curve washer	4	45	Carriage bolt	4
14	Cap nut	4	46	Handlebar end cap	2
15	Rear stabilizer end cap	2	47	Handlebar foam grip	2
16	Bolt	4	48	Stationary handlebar foam grip	2
17	Tension controller	1	49	Stationary handlebar end cap	2
18	Connection wire	1	50	Pulse wire	2
19	Tension cable	1	51	Bolt	2
20	Sensor wire	1	52	Spring washer	2
21	Screw	1	53	Handlebar clamp cover	1
22	Crank	1	54	Wave washer	2
23	Cap S14	4	55	Screw	4
24	Hex bolt	2	56	Roller	2
25	Flat washer	2	57	Hex screw	2
26	Powder metal bushing 1	4	58	Nylon nut	2
27	Spacer	2	59	Flat washer	1
28	Round cap	2	60	Tension cover	1
29	Square cap	4	61	Wave washer	4
30	Outer hex bolt	2	62	Cap nut	4
31	Flat washer	2	63	Cap S13	2
32	Nylon nut	3			

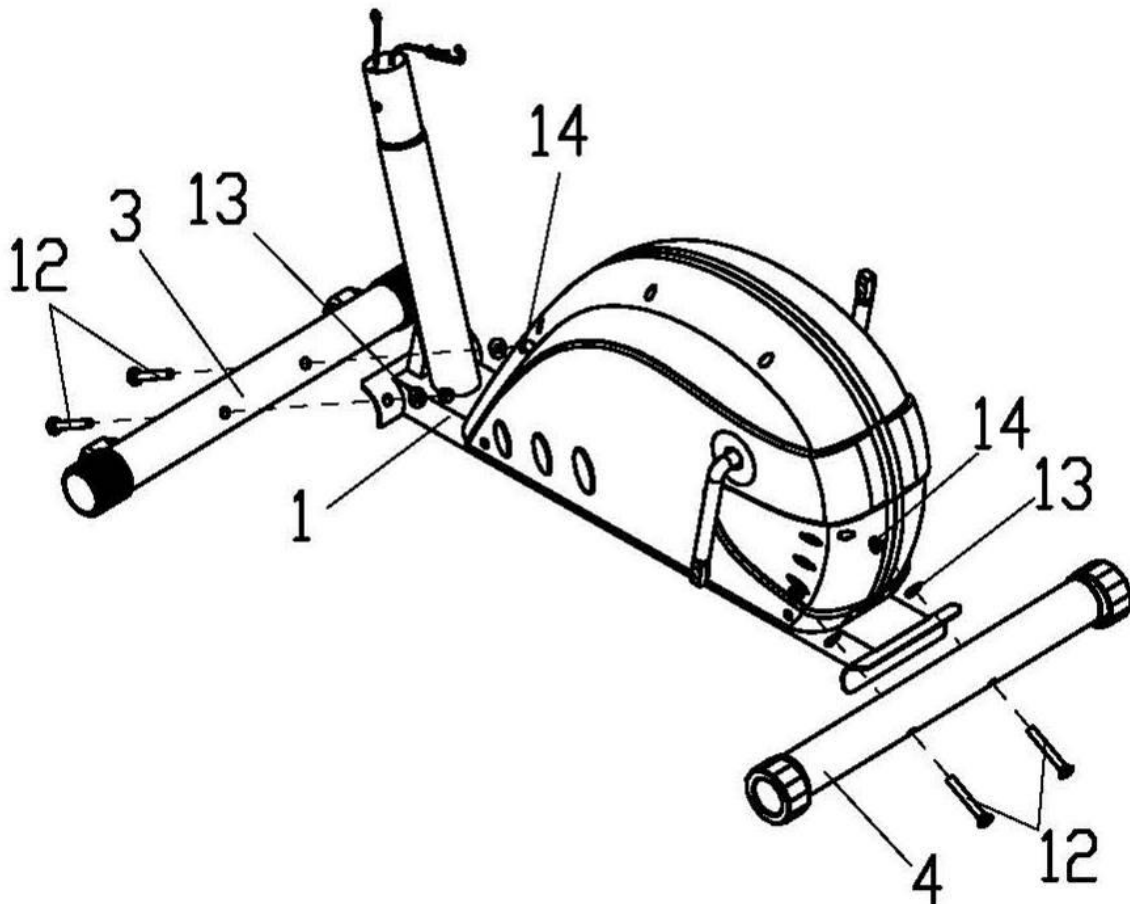
HARDWARE PACKAGE

 <p>45 M8x40</p>	 <p>13 14</p>	 <p>12 M10x57</p>
 <p>S13 S14 S15</p>	 <p>S17, S19</p>	 <p>30 M8x55</p>
		 <p>33 M10x45</p>
		 <p>38 Ø16x89</p>

ASSEMBLY INSTRUCTIONS

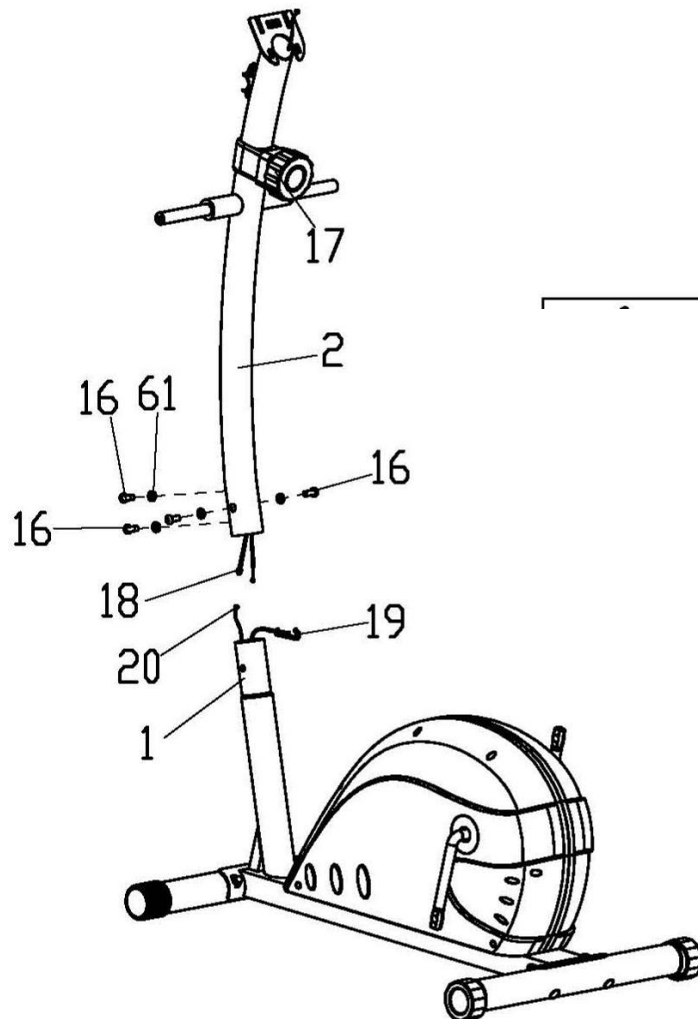
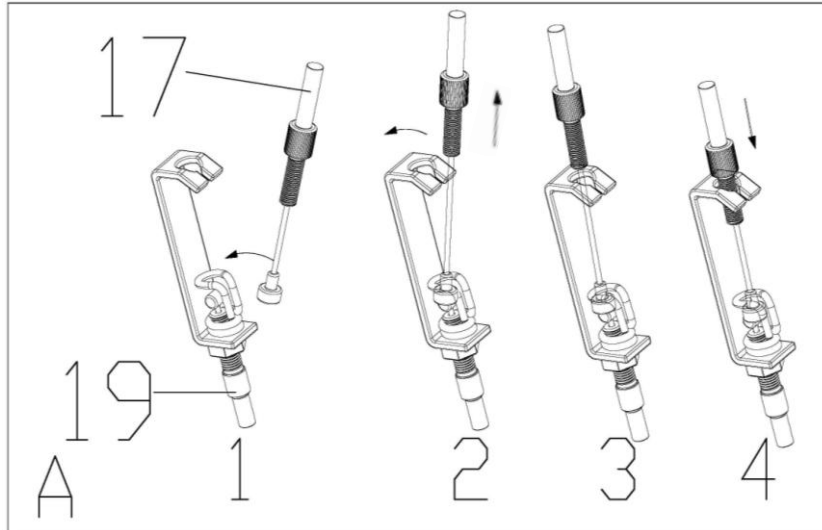
STEP 1.

Attach the **Front and Rear Stabilizers (3, 4)** onto the curve plates of **Main Frame (1)** with the **Carriage Bolts (12)**, **Curve Washers (13)**, and **Cap Nuts (14)**.



STEP 2.

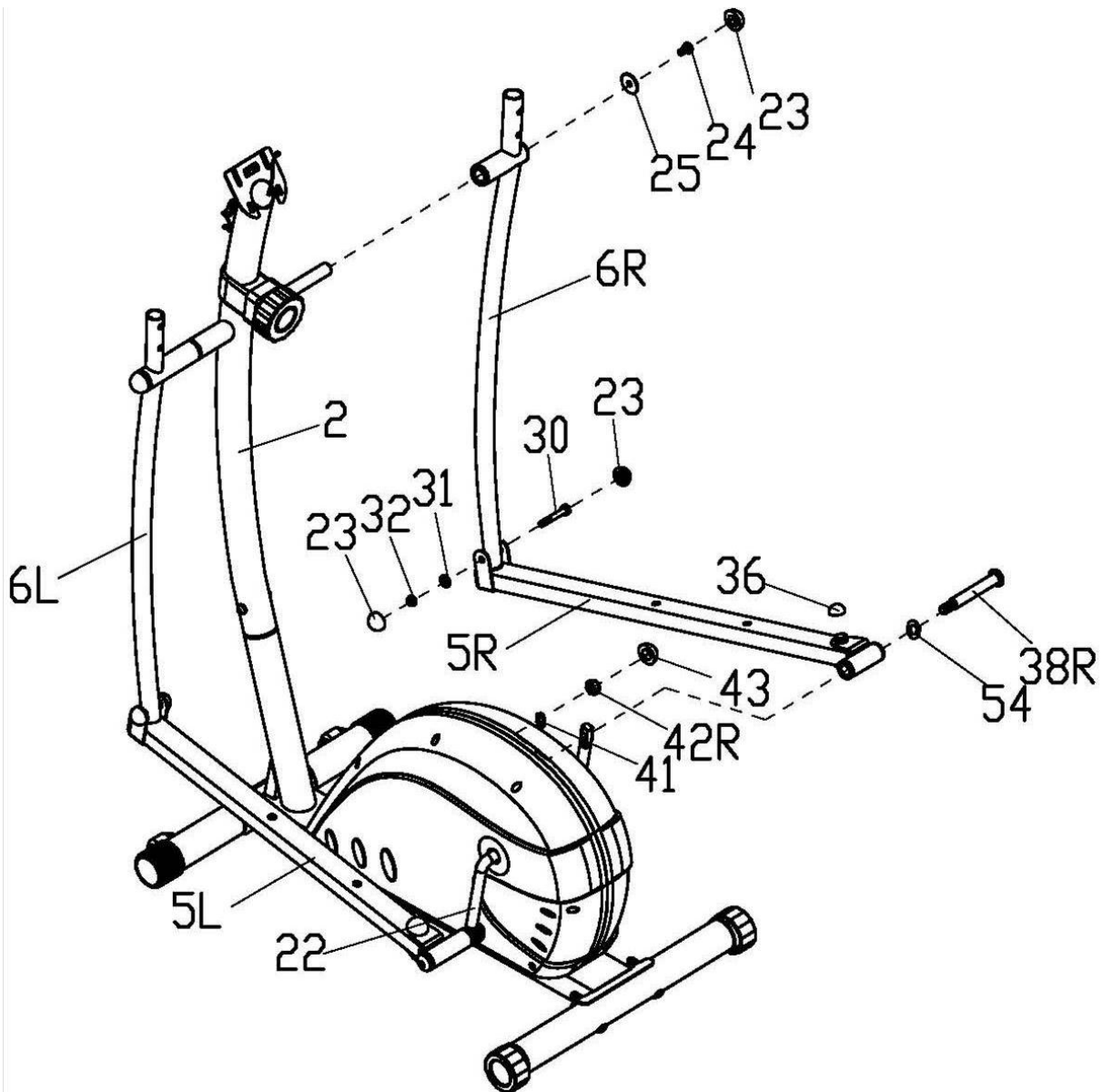
1. Check the **Tension Controller (17)** is at **Level 1 (lowest resistance)** to ensure the cable is the **longest**. Put the cable end of resistance cable of **Tension Controller (17)** into the spring hook of **Tension Cable (19)**. Pull the resistance cable of **Tension Controller (17)** up and force it into the gap of metal bracket of **Tension Cable (19)** as shown in the drawing of figure.
2. Connect the **Sensor Wire (20)** from **Main Frame (1)** to the **Connection Wire (18)** from **Handlebar Post (2)**.
3. Insert the **Handlebar Post (2)** into the tube of the **Main Frame (1)** and secure with four **Curve Washers (61)** and **Bolts (16)** that were removed.



STEP 3.

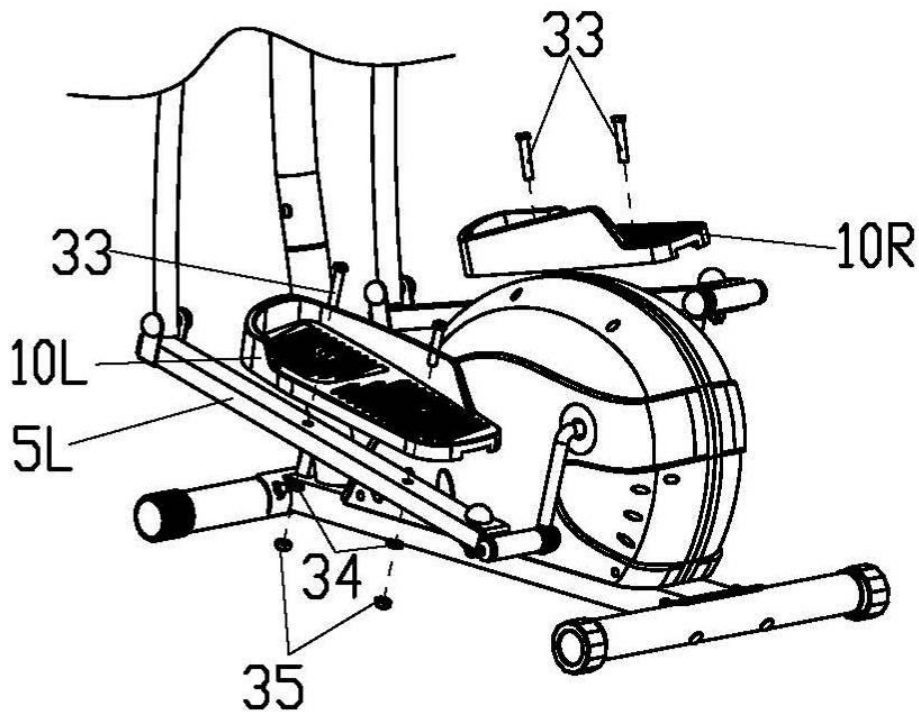
NOTE: The **Right and Left Pedal Bolts (38R/L)** are marked with “R” & “L”. The **Right Pedal Bolt (38R)** should be turned clockwise to tighten. The **Left Pedal Bolt (38L)** has reverse threading and should be turned counterclockwise to tighten. In order to install the **Right and Left pedal bolts (38R/L)** easily, you can move the **Crank (22)** in order to choose a good location for inserting the **Right and Left Pedal Bolts (38R/L)**

1. Insert the **Handrail Arm (6L/R)** onto the handlebar shaft of the **Handlebar Post (2)**, secured with the **Hex Bolt (24)** and **Flat Washer (25)**. Don't tighten yet.
2. Attach the **Pedal Tube (5L/R)** to the **Crank (22)** with the **Pedal Bolt (38L/R)**, **Wave Washer (54)**, **Spring Washer (41)** and **Pedal Nylon Nut (42L/R)**. Don't tighten yet.
3. Attach the **Handrail Arm (6L/R)** to **Pedal Tube (5L/R)** with **Outer Hex Bolt (30)**, **Flat Washer (31)**, **Nylon Nut (32)**. Now tighten the **Hex Bolt (24)** and **Pedal Nylon Nut (42L/R)**, and put on the **Caps (43),(23),(63),(36)**.



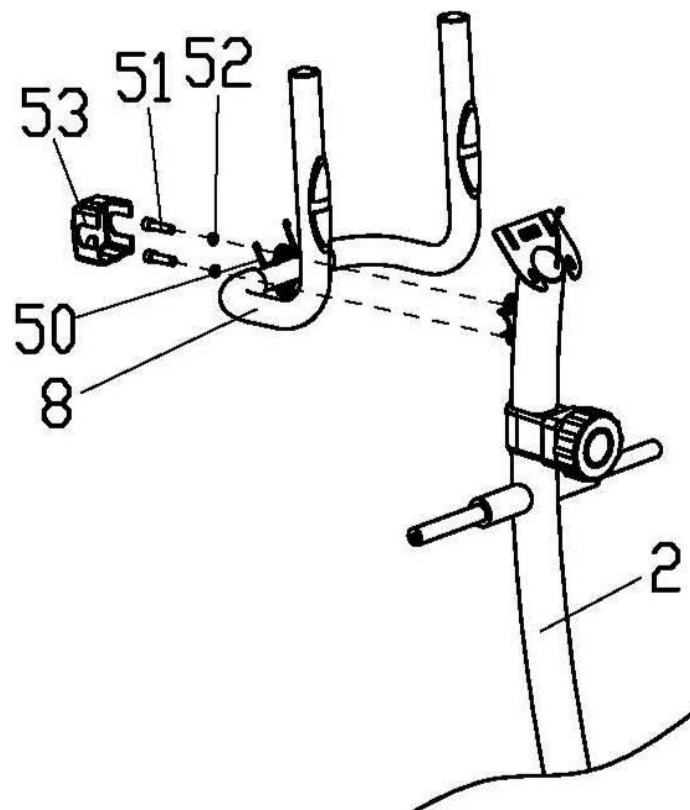
STEP 4.

Attach the **Pedal (10L/R)** to the **Pedal Tube (5L/R)** with **Hex Bolt (33)**, **Flat Washer (34)** and **Nylon Nut (35)**.



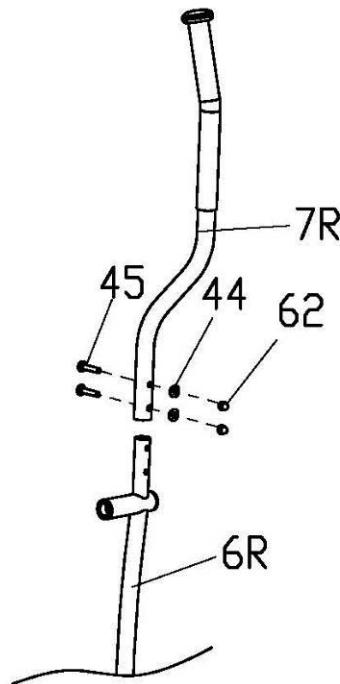
STEP 5.

Thread the **Pulse Wire (50)** from the hole of handlebar clamp and guide it out of the computer bracket. Attach the **Stationary Handlebar (8)** onto the **Handlebar Post (2)** with **Bolts (51)** and **Spring Washers (52)**. And then put on the **Handlebar Clamp Cover (53)**.



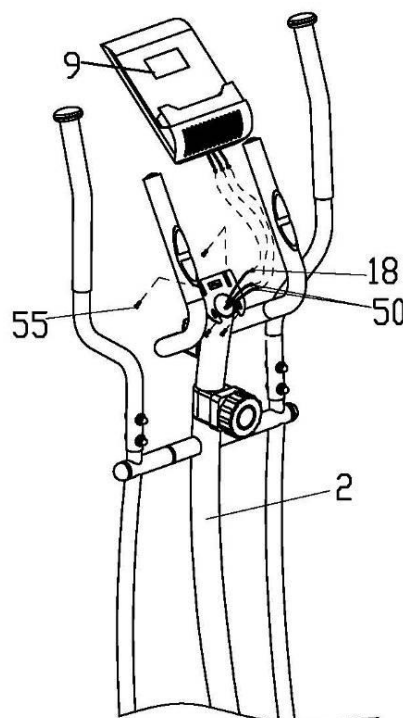
STEP 6.

Insert the **Right Handlebar (7R)** onto the **Right Handrail Arm (6R)**. Secure with the **Carriage Bolts (45)**, **Curve Washers (44)** and **Cap Nuts (14)**. Then attach the **Left Handlebar (7L)** to the **Left Handrail Arm (6L)** in the same way.



STEP 7.

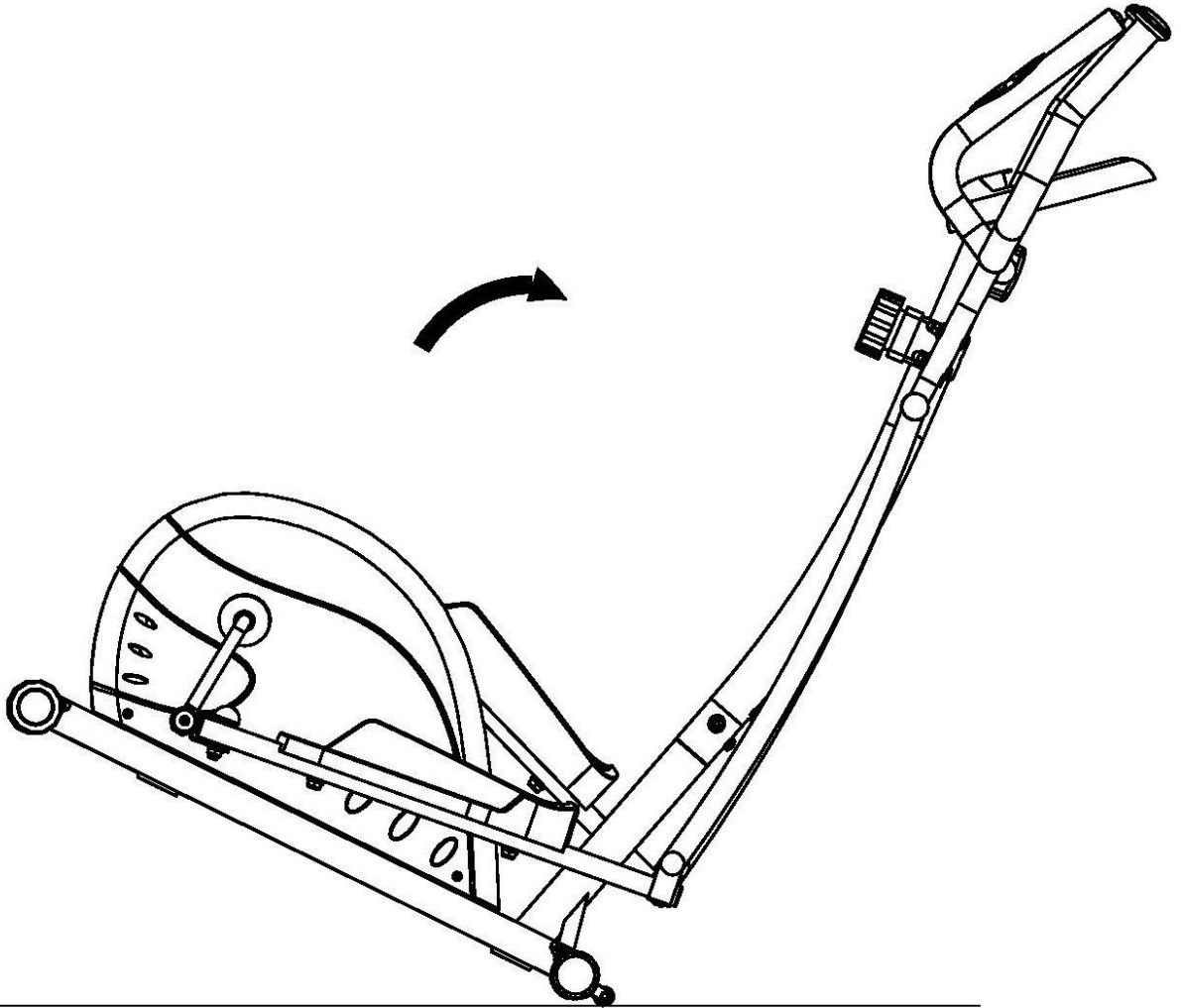
Open the battery cover and install two batteries into the battery compartment on the back of **Computer (9)**. Remove two **Screws (55)** and **Flat Washers (54)** from back of the **Computer (9)**. Connect the **Sensor Wire (18)** and **Pulse Wires (50)** with the wires of the **Computer (9)**. Attach the **Computer (9)** onto the top plate of the **Handlebar Post (2)** with two **Screws (55)** and **Flat Washers (54)** that were removed.



Assembly is now complete!

Moving the Bike

To move the elliptical, hold by the handles of the **Stationary Handlebar (8)**. Tilt the elliptical until the wheels of the **Front Stabilizer (3)** touch the floor. Then you can wheel the elliptical to the desired location.



EXERCISE COMPUTER INSTRUCTIONS



SPECIFICATIONS:

TIME.....	00:00-99:59
SPEED(SPD).....	0.0-99.9ML/H
DISTANCE(DIST).....	0.00-999.9ML
CALORIE(CAL).....	0.00-9999KCAL
ODOMETER(ODO).....	0.0-9999ML
PULSE (PUL)	0 , 40~240BPM

KEY FUNCTIONS:

MODE: Press to select a function

SET: Press to preset value for “TIME”, “DISTANCE”, “CALORIES”, or “PULSE”.

CLEAR(RESET): Press to clear the value

OPERATION PROCEDURES:

1. AUTO ON/OFF

- ◆ To turn on the meter, start pedaling or press any key.
- ◆ After approximately 4 minutes of inactivity, the monitor will turn off.

2. RESET

The unit can be reset by either changing battery or pressing and holding the MODE key for 3 seconds.

FUNCTIONS:

1. **TIME:** The total working time will be shown when starting exercise.
 2. **SPEED:** The current speed will be shown.
 3. **DISTANCE:** The distance of each workout will be displayed.
 4. **CALORIE:** The calorie burned will be displayed when starting exercise.
 5. **ODOMETER:** The total accumulated distance will be shown.
 6. **PULSE:** Press the MODE key until the pointer advance to PULSE . Place the palms of your hands on both of the contact pads(or put ear-clip to ear),and wait for 30 seconds for the most accurate reading. User’s current heart rate will be displayed in beats per minute.
- SCAN:** Continuously displays each function in sequence for 4 seconds at a time.

COUNTDOWN FUNCTION

You can preset values to countdown TIME, CALORIES or DISTANCE. Press MODE until the function you want is displayed. Make sure meter is not in SCAN. Press SET to increase the value. Start pedaling and the meter will countdown.

BATTERY: The computer uses 2 AA batteries, which are included. If there is a problem with the display, try changing the batteries first. When changing the batteries, change both of them. Do not mix old and new battery. Do not mix battery types. Dispose old battery according to your regional guidelines.