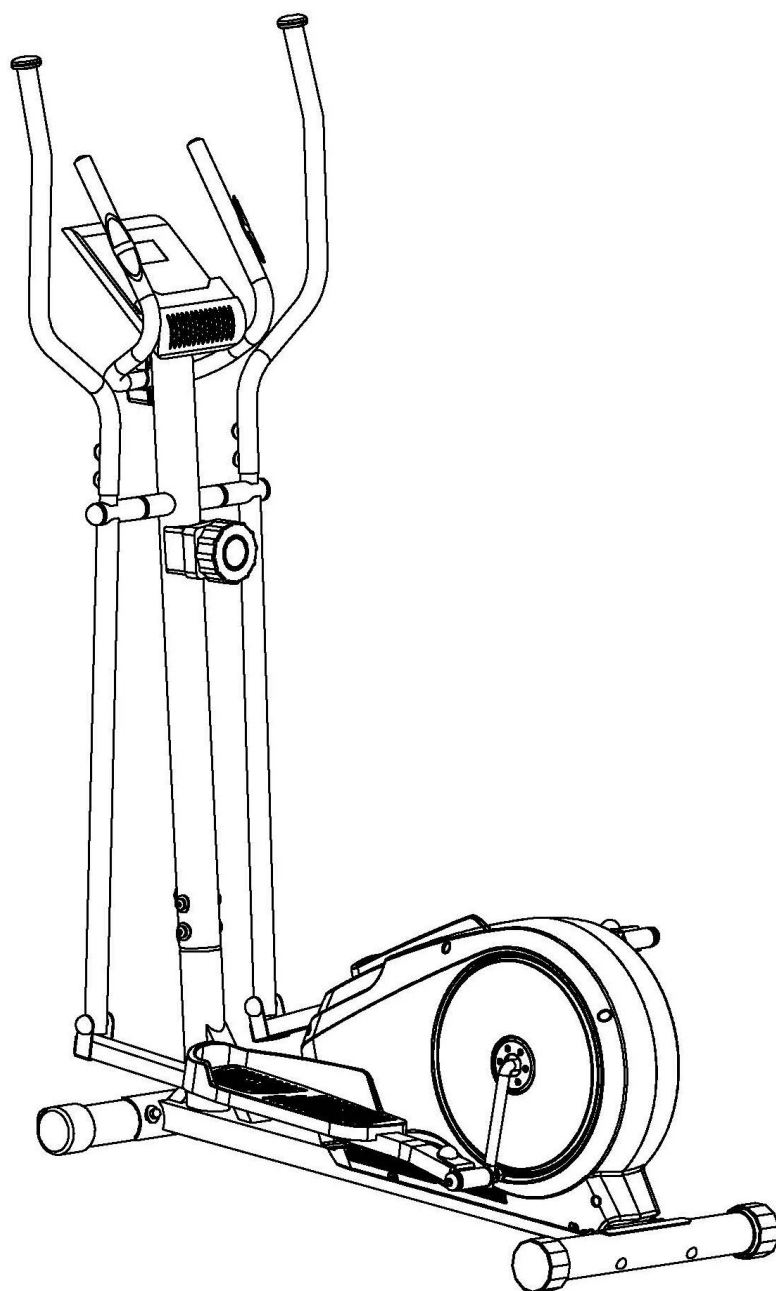


# **E*****FI*****TMENT**

## **E006 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@efitment.com](mailto:service@efitment.com)

# IMPORTANT SAFETY NOTICE

Note the following precautions before assembling and using the machine.

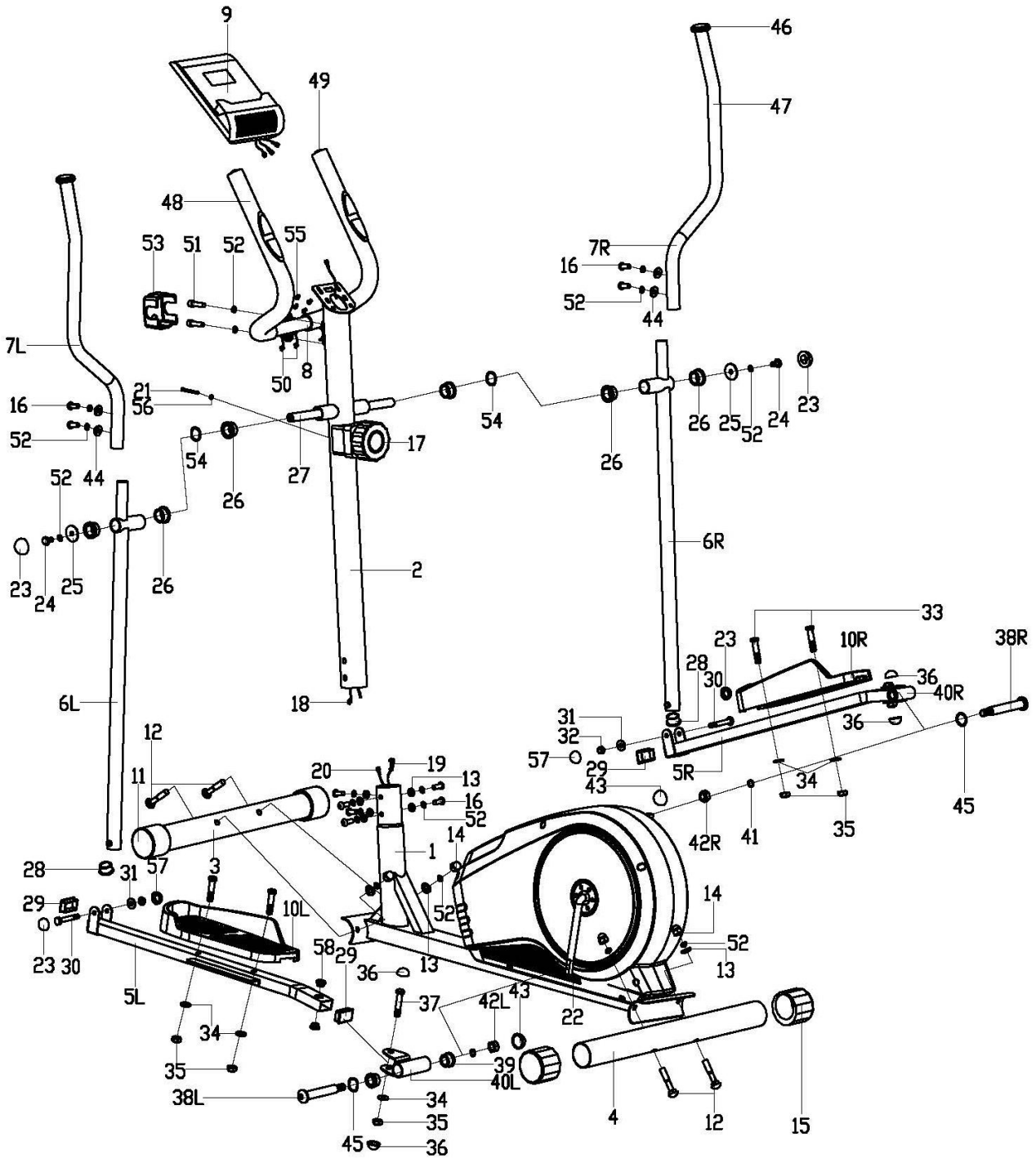
1. Assemble the machine exactly as described in the instruction manual.
2. Check all the bolts, nuts and other connections before using the machine for the first time to ensure the machine is in the safe condition.
3. Set up the machine in a dry level place and keep it away from moisture and water.
4. 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](http://www.P65Warnings.ca.gov).

# EXPLODED DIAGRAM



# PARTS LIST

NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	Main frame	1	30	Hex screw M8x55	2
2	Handlebar post	1	31	Flat washer D8x1.5	2
3	Front Stabilizer	1	32	Nylon nut M8	2
4	Rear Stabilizer	1	33	Hex bolt M10x45	4
5L/R	Pedal support	1pr.	34	Flat washer D10x1.5	6
6 L/R	Swing tube	1pr.	35	Nylon nut M10	6
7 L/R	Handlebar	1pr.	36	Cap S17	4
8	Handrail	1	37	Hex bolt M10x50	2
9	Computer	1	38L/	Pedal bolt	1pr.
10 L/R	Pedal	1pr.	39	Bushing $\Phi 24 \times 20 \times \Phi 16.1$	4
11	Front end cap	2	40L/	Pedal tube joint	1pr.
12	Carriage bolt M8x76	4	41	Spring washer $\Phi 13 \times B2$	2
13	Arc washer $\Phi 20 \times \Phi 8.5 \times R30$	10	42	Nylon nut	1pr.
14	Acorn nut M8	4	43	Cap S19	2
15	Rear end cap	2	44	Arc washer $\Phi 20 \times d8.5 \times R12.5$	4
16	Allen screw M8x16	10	45	Wave washer D17x0.3	2
17	Tension controller	1	46	Mushroom end cap	2
18	Extension sensor wire	1	47	Foam grip	2
19	Tension wire	1	48	Foam grip	2
20	Sensor wire	1	49	Round end cap $\Phi 25 \times 1.5$	2
21	Cross pan screw M5x55	1	50	Pulse wire	2
22	Crank	1	51	Allen screw M8x30	2
23	Cap S14	4	52	Spring washer D8	18
24	Hex screw M8x20	2	53	Chuck cover	1
25	Flat washer $\Phi 8.2 \times \Phi 32 \times 2$	2	54	Wave washer $\Phi 20 \times \Phi 28 \times 0.3$	2
26	Axle bushing $\Phi 32 \times 2.5$	6	55	Cross pan screw M4x12	4
27	Long axle	1	56	Arc washer	1
28	Round end cap $\Phi 32 \times 1.5$	2	57	Cap S13	2
29	Square end cap $\square 40 \times 25 \times 1.5$	4	58	Alloy bushing $\Phi 14 \times 10 \times \Phi 10.1$	4

## NOTE:

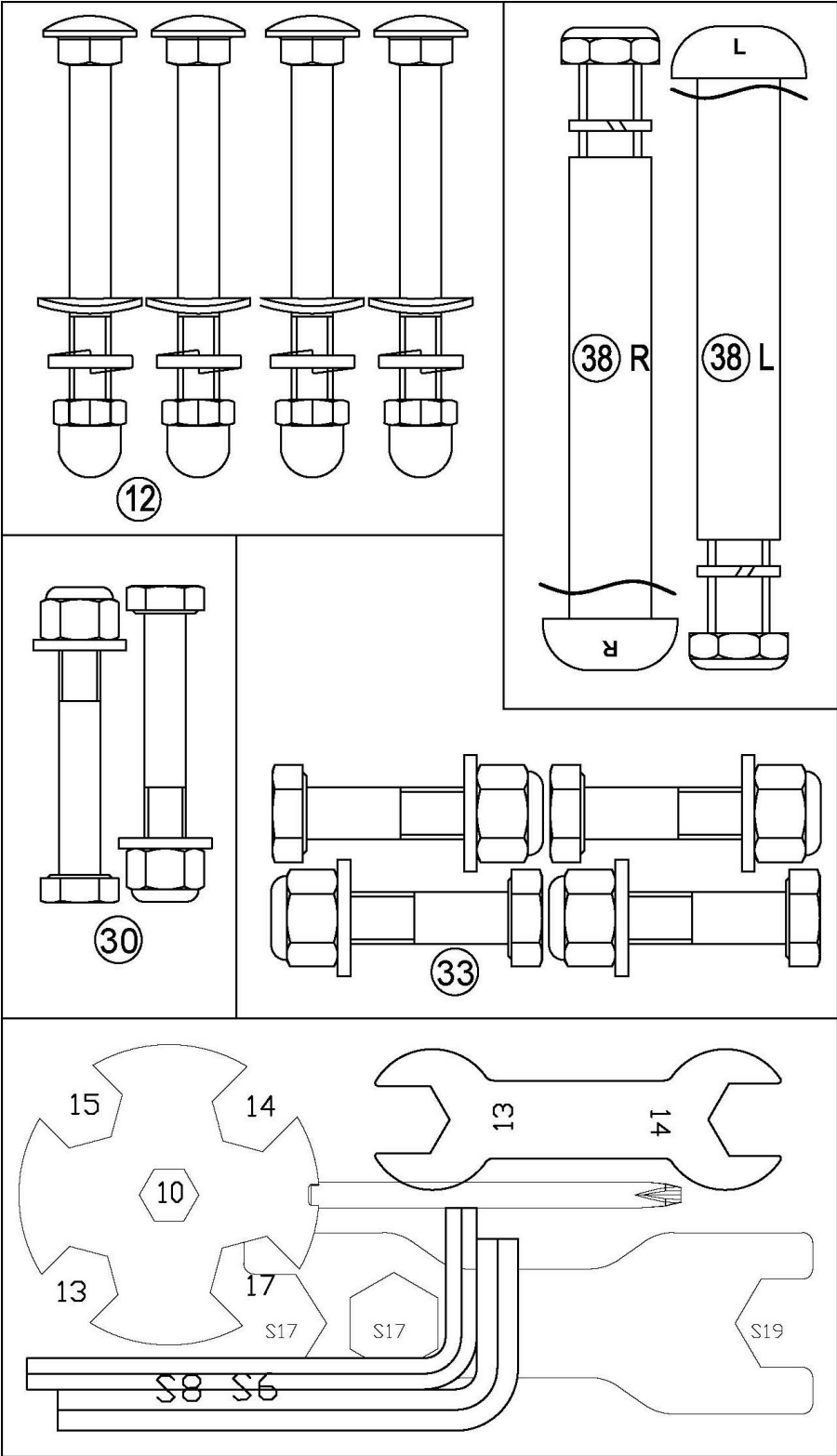
Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

**PREPARATION:** Before assembling, make sure that you will have enough space around the item; Use the present tooling for assembling; Before assembling please check whether all needed parts are available.

It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

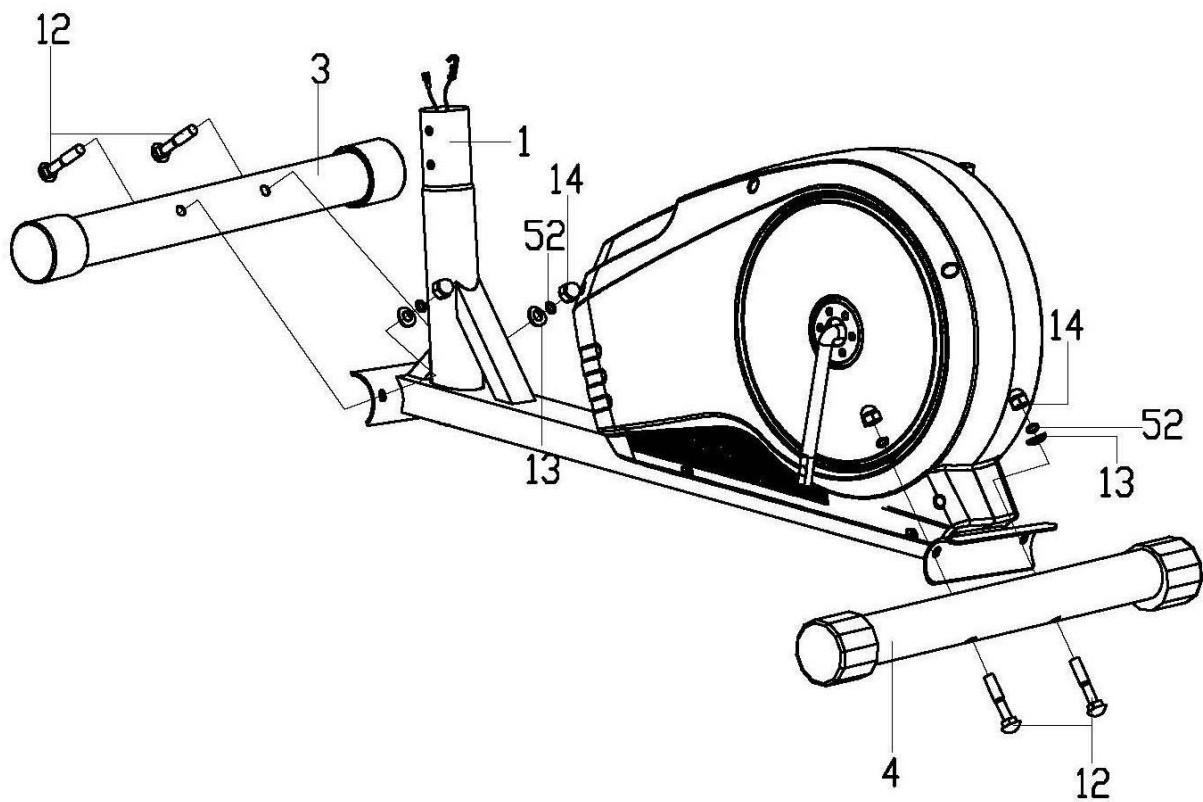
# HARDWARE PACKAGE



# ASSEMBLY INSTRUCTION

## STEP 1

Attach the Front Stabilizer (3) and Rear Stabilizer (4) to the Main Frame (1) with the Carriage Bolts (12), Spring Washers (52), Arc Washers (13) and Acorn Nuts (14) as shown.

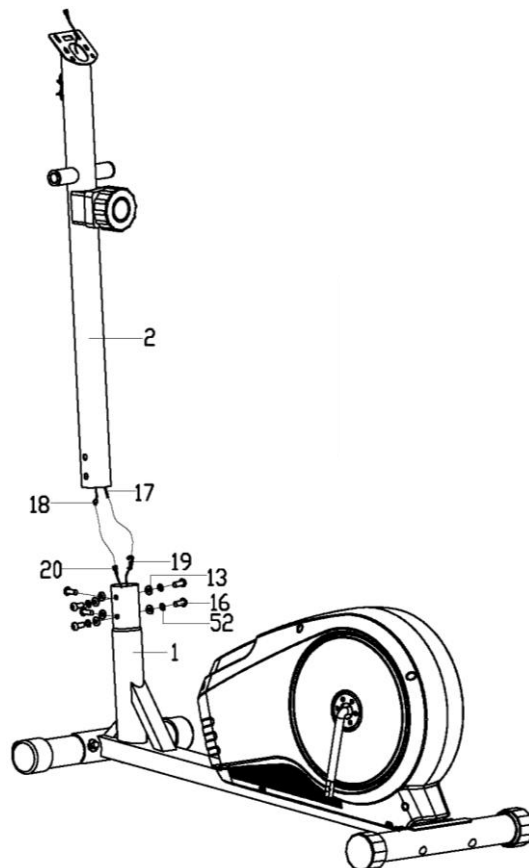
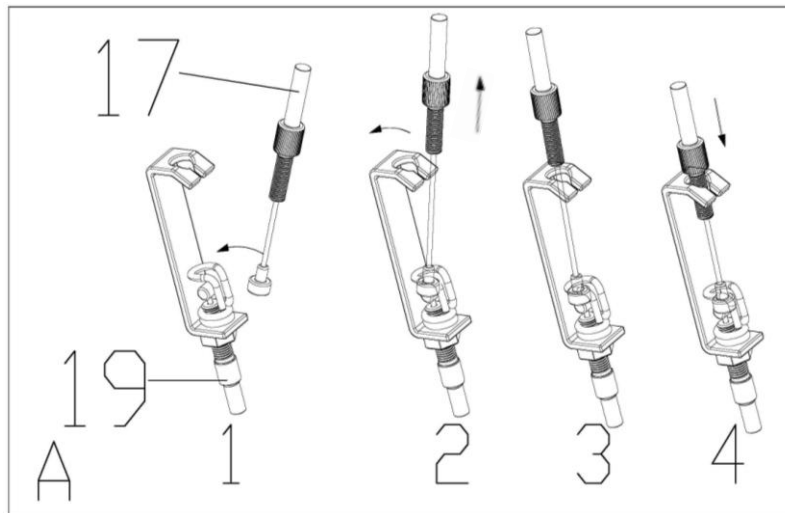


## STEP 2

A: Connect the **Extension Wire (18)** with the **Sensor Wire (20)** together.

B: **Check the Tension Controller (17) is at Level 8 to ensure the cable is the longest.** Put the cable of **Tension Controller (17)** into the spring hook of **Tension Wire (19)** as picture A shows. Then pull the resistance cable of **Tension Controller (17)** upward and force it into the gap of metal bracket of the **Tension Wire (19)**.

C: After making sure the wires are well connected, then fix the **Handlebar Post (2)** to the post of **Main Frame (1)** with the **Allen Screw (16)**, **Spring Washer (52)** and **Arc Washers (13)** **that were removed**.



### STEP 3

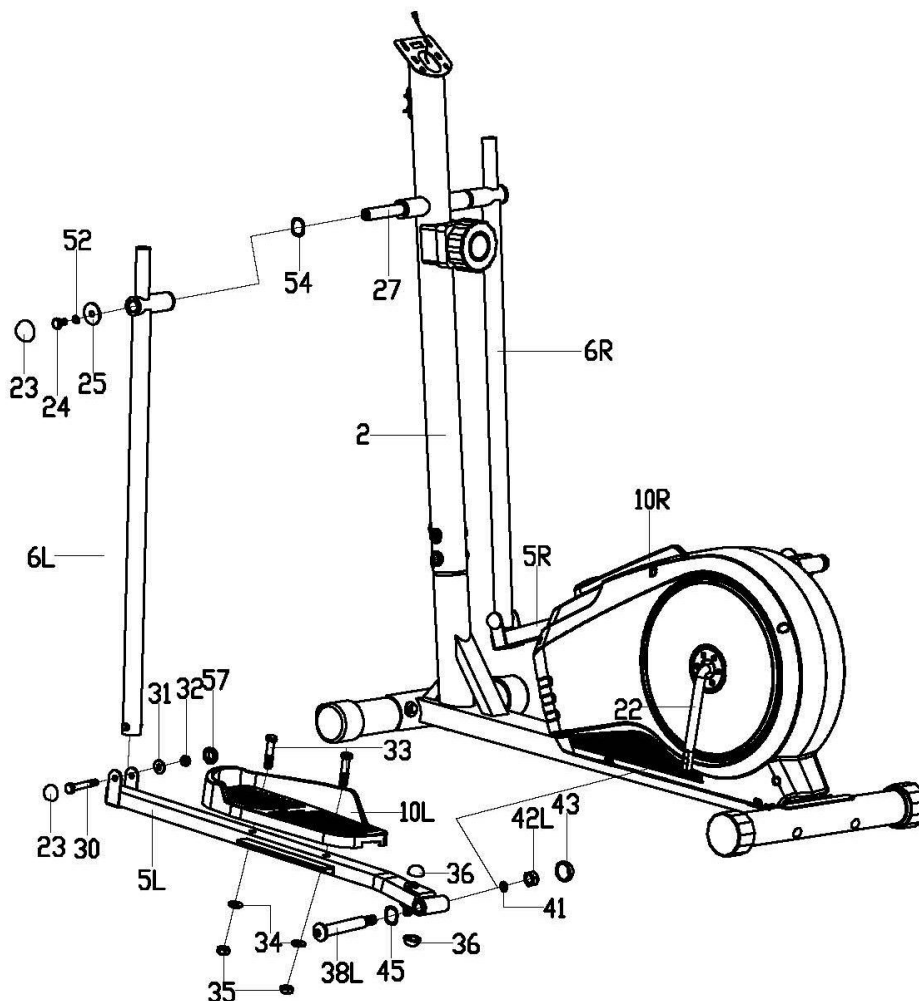
A: Attach the Left Swing Tube (6L) to the shaft on Handlebar Post (2) with Hex Screw (24), Spring Washer (52), Flat Washer (25), Wave Washer (54) and Long Axle (27). Don't tighten them yet.

B: Attach the Left Pedal Support (5L) to the Crank (22) with Left Pedal Bolt (38L), Wave Washer (45). Then fix Spring Washer (41) and the Left Nylon Nut (42L). Don't tighten them yet.

C: Connect the Left Swing Tube (6L) and Left Pedal Support (5L) with Hex Screw (30), Flat Washer (31) and Nylon Nut (32). Now tighten Hex Screw (24,30) and Left Nylon Nut (42L) and then cover with Caps (23), (57), (43) and (36).

D: Fix Right Pedal Support (5R) and Right Swing Tube (6R) to the Crank (22) and axle of Handlebar Post (2) in the same way.

E: Attach the Pedal (10L/R) to the Pedal Support (5L/R) with Hex Bolt (33), Flat Washer (34) and Nylon Nut (35). Tighten all screws and nuts.



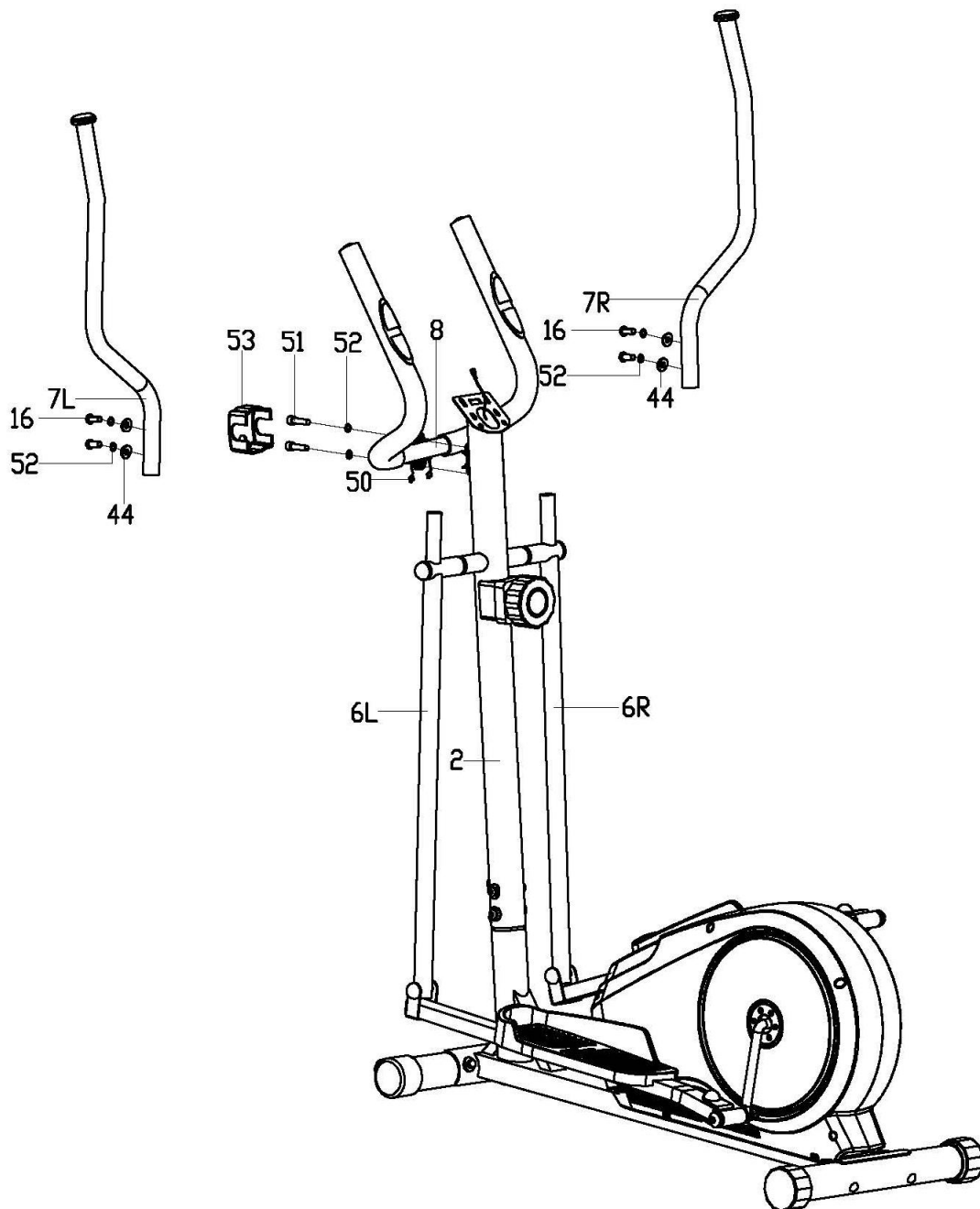


## STEP 4

A: Feed the **Pulse Wire (50)** out of the **Handlebar Post (2)** through the top of the computer bracket.

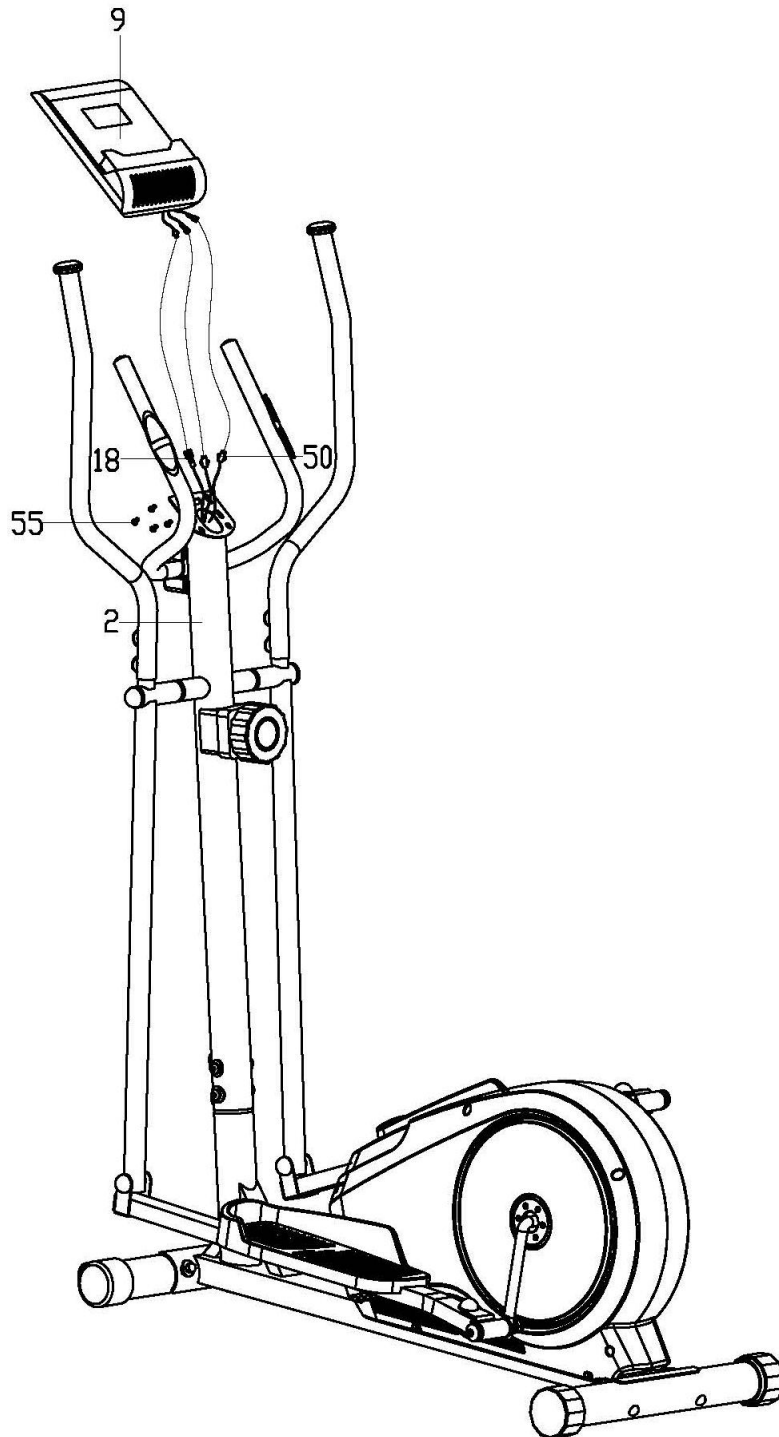
B: Attach the **Handrail (8)** to the **Handlebar Post (2)** with **Allen Pan Bolt (51)**, **Spring Washer (52)**. Then, cover with the **Chuck Cover (53)**.

C: Attach the **Handlebar (7L/R)** to the **Swing Tube (6L/R)** with **Allen Screw (16)**, **Spring Washer (52)** and **Arc Washer (44)**.



## STEP 5

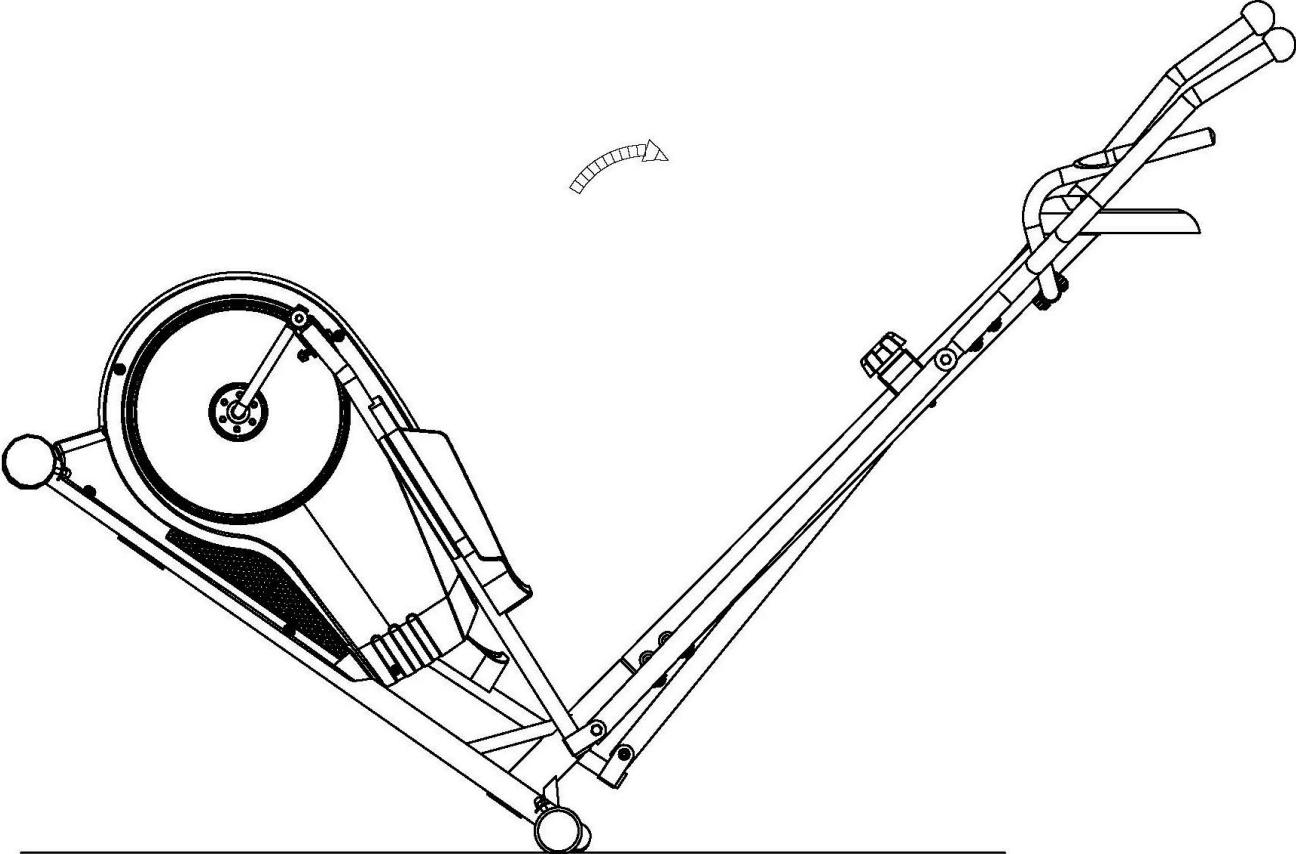
**A:** Remove Cross Pan Screws (55) from the back of the Computer (9). Connect the Extension Sensor Wire (18) and Pulse Wire (50) with wires of Computer (9) and then fix the Computer (9) to the bracket of Handlebar Post (2) with Cross Pan Screw (55).



Assembly is now complete!

### Moving the Bike

To move the elliptical, hold by the handles of the **Handrail (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:** If there is a problem with the display, try changing the batteries first.