ECE5
Elliptical
Owner's Manual

CAUTION! Read all precautions and instructions in this manual before using this equipment.

! CAUTION
Read all precautions and instructions in this manual before using this equipment.

Table Of Contents

WARNING! The safety of the product can be maintained only if it is examined regularly for damage and wear. See preventive maintenance section for details.

WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

LOCATION

1. Keep the area around the product clear of any obstructions, including walls and furniture. Provide at least three feet of clearance behind the unit.
2. Do not use the product outdoors, near swimming pools, or in areas of high humidity.
3. Do not allow other people to interfere in any way with the user or equipment during workout.
4. Supervise closely any children or disabled persons using the product.
5. The product should only be used on a level surface and is with 0.5 meters space around the product.

OPERATION

1. Always follow the console instructions for proper operation.
2. Do not reach into, or underneath, the unit, and do not tip the unit on its side during operation.
3. Never insert objects into any opening of the Bike. If any object fall into this equipment, carefully retrieve it while the unit is not in use. If the object can't be reached, please contact customer services.
4. Never place any containers filled with liquids on the unit, except in the accessory tray or water bottle holder. Containers should be covered with lids.
5. Wear shoes with rubber or high-traction soles. Do not wear shoes with high heels, leather shoes, slippers, or spikes. Make sure no sharp stuff is embedded in the soles.
6. Do not use the bike with bare feet.
7. Keep all loose clothing, shoelaces, and towels away from moving parts.

8. Take extra caution when stepping on or off the bike.
9. Never face backward while using the bike.

Save these instructions for future reference

Training Area and Free Area
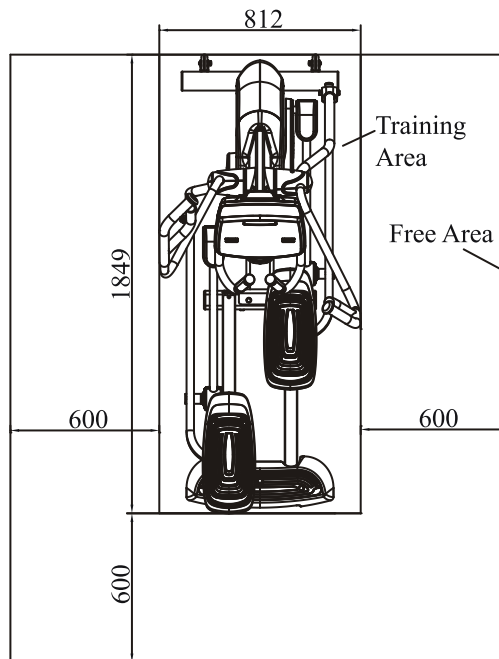
Specifications

Class: S

Maximum User Weight:c150kg/ 330lbs

Product Total Surface: 812*1849mm

Product Total Mass: 119.6kg/ 264lbs

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the achilles tendon, bend your back leg as well. This will stretch your calves, achilles tendons, and ankles.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.
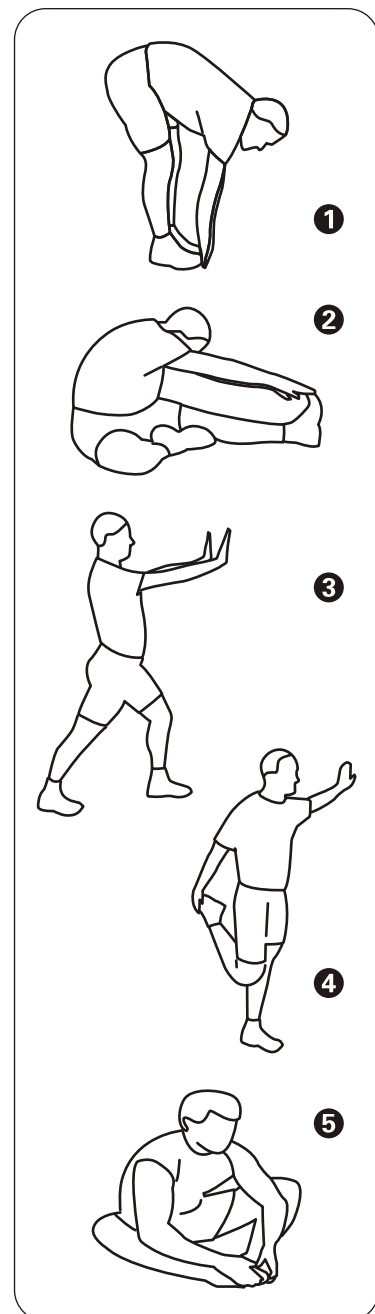
Overall

ItemNo.	Grade No.	Part No.	Description	QTY
1	1	ECE5B01ASSY	Assembly:Main Frame	1
2	2	ECE702ASSY	Assembly:Upright Frame	1
3	3	ECE5B02ASSY	Assembly:Console	1
4	4	ECE5B1500	Handle Bracket:L	1
5	5	ECE5B1600	Handle Bracket:R	1
6	6	ECE5B11LASSY	Assembly:Swinging Frame,L	1
7	7	ECE5B11RASSY	Assembly:Swinging Frame,R	1
8	8	ECE5B04ASSY	Assembly:Left Lower Link And Pedal Arm ASSY	1
9	9	ECE5B05ASSY	Assembly:Right Lower Link And Pedal Arm ASSY	1
10	10	ECE5B10ASSY	Assembly:Rail Connecting Frame	1
11	11	ECR7P1300	Cover:Neck	1
12	12	ECE75100V1	Swing Cover 1	2
13	13	ECE75200V1	Swing Cover 2	2
14	14	ECE73700	Cover:Crank Connecting Frame,L,Top	1
15	15	ECE73800	Cover:Crank Connecting Frame,L,Bottom	1
16	16	ECE73900	Cover:Crank Connecting Frame,R,Top	1
17	17	ECE74000	Cover:Crank Connecting Frame,R,Bottom	1
18	18	ECE74100	Joint Cover:top	2
19	19	ECE74200	Joint Cover:bottom	2
20	20	ECE74500	Roller Cover:L	1
21	21	ECE74600	Roller Cover:R	1
22	22	ECE74700	Mini Pedal	1
23	23	GB5781M10*25DS20NL	Hex Head Bolt,M10*25	4
24	24	GB9310DS12	Spring Washer, ϕ10	4
25	25	GB938DS12	Spring Washer, ϕ8	12
26	26	GB9510DS2	Washer, ϕ11* ϕ20*2	16
27	27	NM10DHS2	Nut,M10	8
28	28	GB70M8*20DS20	Socket Head Cap Screw,M8*20	4
29	29	GB70M10*20DS20NL	Socket Head Cap Screw,M10*20	2
30	30	V511803	Washer, ϕ28.2* ϕ11*3	2
31	31	DQ20DHS2A	Washer, ϕ20.2* ϕ25*0.35	2
32	32	B304400	Wave Washer, ϕ20	2
33	33	GB5780M10*90DS20	Hex Head Bolt,M10*90	2
34	34	GB5780M10*75DHS20	Hex Head Bolt,M10*75	2
35	35	GB5781M8*15DHS20NL	Hex Head Bolt,M8*15	8
36	36	GB818M5*15DHS20	Screw,M5*15	6
37	37	GB845ST4.2*16DHS	Screw,ST4.2*16	14
38	38	GB845ST2.9*16DHS	Screw,ST2.9*16	8
39	39	GB9074ST4.2*16DHS	Big Pan Screw,ST4.2*16	3
40	40	ECR7P1800P11C	Back Pad Cover	3

Overall
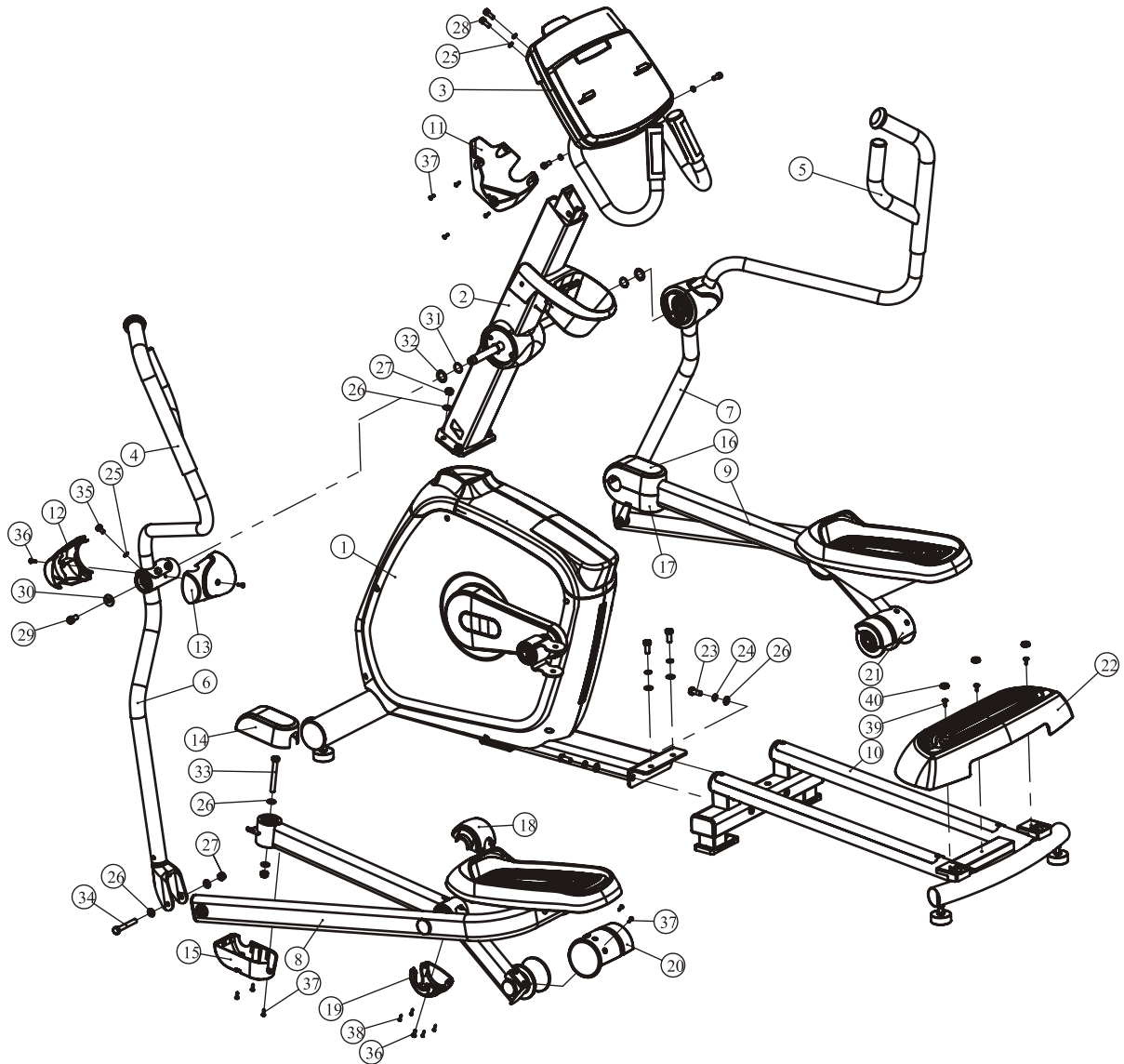
Main Frame ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	ECE5B0100	Main Frame	1
2	1.2	ECE5B20ASSY	Shaft Assembly	1
3	1.3	GB2766006-2ZRB	Bearing,6006	2
4	1.4	D75V1ASSY	Brake ASSY	1
5	1.5	ECE71400	Crank	2
6	1.6	ECE5B13ASSY	Crank Connecting Frame Assembly	2
7	1.7	RE500C11ASSY	Tightener ASSY	1
8	1.8	ECE5B3100	Wheel Bearing Sleeve 1	1
9	1.9	GB3452.130*5.3	Rubber Sealing Ring, ϕ30*5.3	2
10	1.10	ECE5B3200	Wheel Bearing Sleeve 2	1
11	1.11	ECE5B3300	Wheel Bearing Sleeve 3	1
12	1.12	DXD510J8A	Poly-v Belt	1
13	1.13	C66	Controller	1
14	1.14	ECE72700	Left Cover	1
15	1.15	ECE72800	Right Cover	1
16	1.16	ECE729ASSY	Assembly:Upper Front Cover	1
17	1.17	ECE730ASSY	Assembly:Upper Back Cover	1
18	1.18	ECE53500	Cover sealing strip	1
19	1.19	ECE73100	Cover:Crank	2
20	1.20	ECE73200	Cap:Crank	2
21	1.21	TCB-3553100	Pipe Plug, ϕ76	2
22	1.22	V511200	Pipe Plug,□ 50*100	1
23	1.23	ECU7P3500	Nut,PA6	6
24	1.24	DP86703100V1	PU Wheel	2
25	1.25	PS3000900	Leveler Foot	2
26	1.26	TBT0800	Tightening Nut	1
27	1.27	GB41M8DS2	Hex Nut M8	1
28	1.28	U7B4000	Insulation spacer	1

Main Frame ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
29	1.29	GB5780M8*120*45DS20	Hex Head Bolt M8*120	1
30	1.30	IF81212000	Washer, ϕ38*6*ϕ11	2
31	1.31	GB70M12*65FH21	Socket Head Bolt M12*65	2
32	1.32	GB41M12FH18	Hex Nut M12	2
33	1.33	CNLM10*20DS20NL	Screw,M10*20	2
34	1.34	GB5781M10*25DS20NL	Hex Head Bolt M10*25	2
35	1.35	V511803	Washer, ϕ28.2*ϕ11*3	2
36	1.36	PNLM8*45*15N19	Allen Pan Head Bolt,M8*45	2
37	1.37	GB70M8*25DS20	Socket Head Bolt M8*25	1
38	1.38	GB818M5*15DHS20	Screw,M5*15	4
39	1.39	GB6174M10DS2	Nut,M10	2
40	1.40	NM8DS2	Nylon Insert Lock Nut M8	3
41	1.41	GB958DS2	Washer ϕ9*ϕ16*1.6	5
42	1.42	GB845ST4.2*16DHS	Screw,ST4.2*16	17
43	1.43	DQXK8.4	Wire Clip	4
44	1.44	GB845ST2.9*16DS	Screw,ST2.9*16	4
45	1.45	RU7004800	Busing	3
46	1.46	GB70M5*20DS20	Hex Head Bolt M5*20	3
47	1.47	GB70M6*15DS4	Hex Head Bolt M6*15	4
48	1.48	GB956DS2	Washer ϕ6.6*ϕ12*1.6	4
49	1.49	GB936DS12	Spring Washer ϕ6	4
50	1.50	GB819M5*12DS2	Screw,M5*12	2
51	1.51	NM5DS2	Nylon Insert Lock Nut M5	2
52	1.52	DQ25DHS2A	Washer, ϕ25	2
53	1.53	B4004000	Wave Washer ϕ25	2
54	1.54	08-0077	Magnet Cord	1
55	1.55	L200XHB-SMA-12	Cable 2:Console	1
56	1.56	GB9312DHS12	Spring Washer ϕ12	2
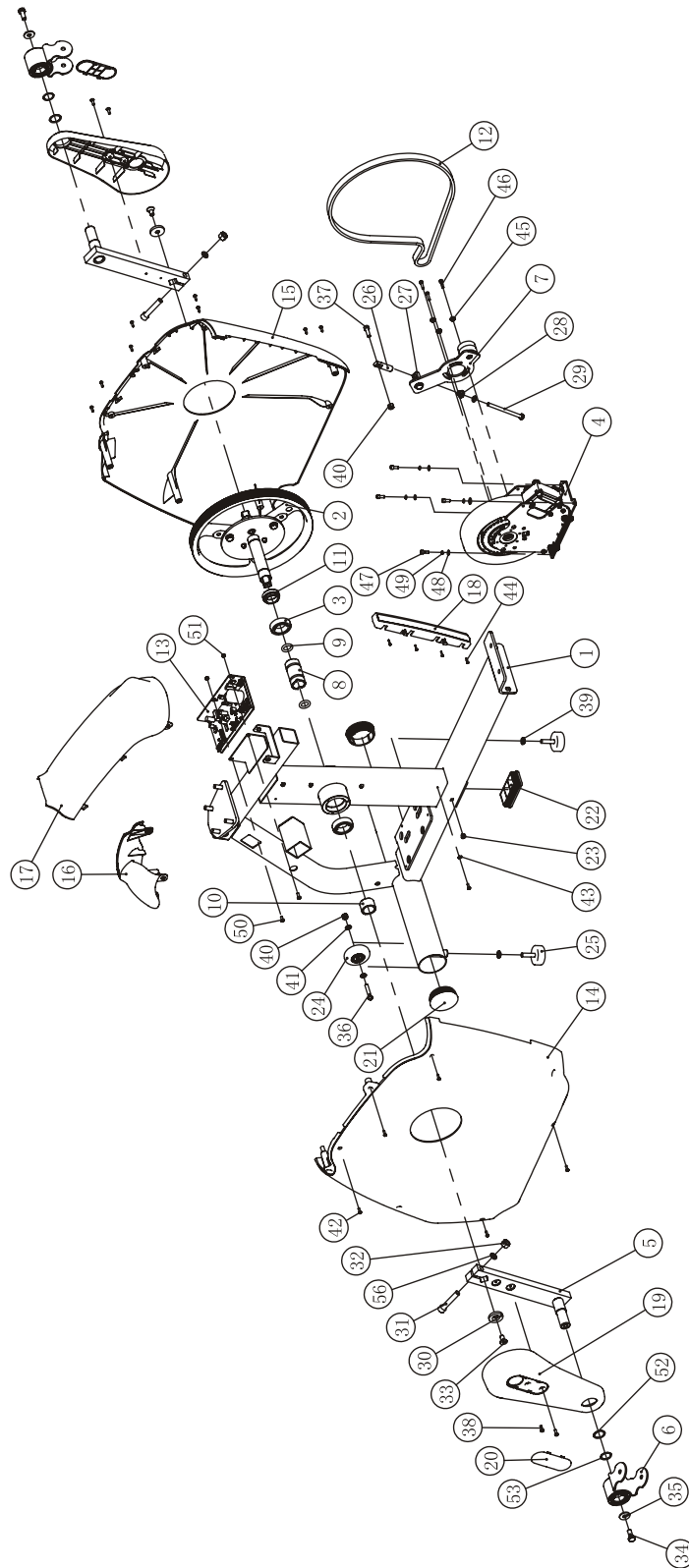
Main Frame ASSY
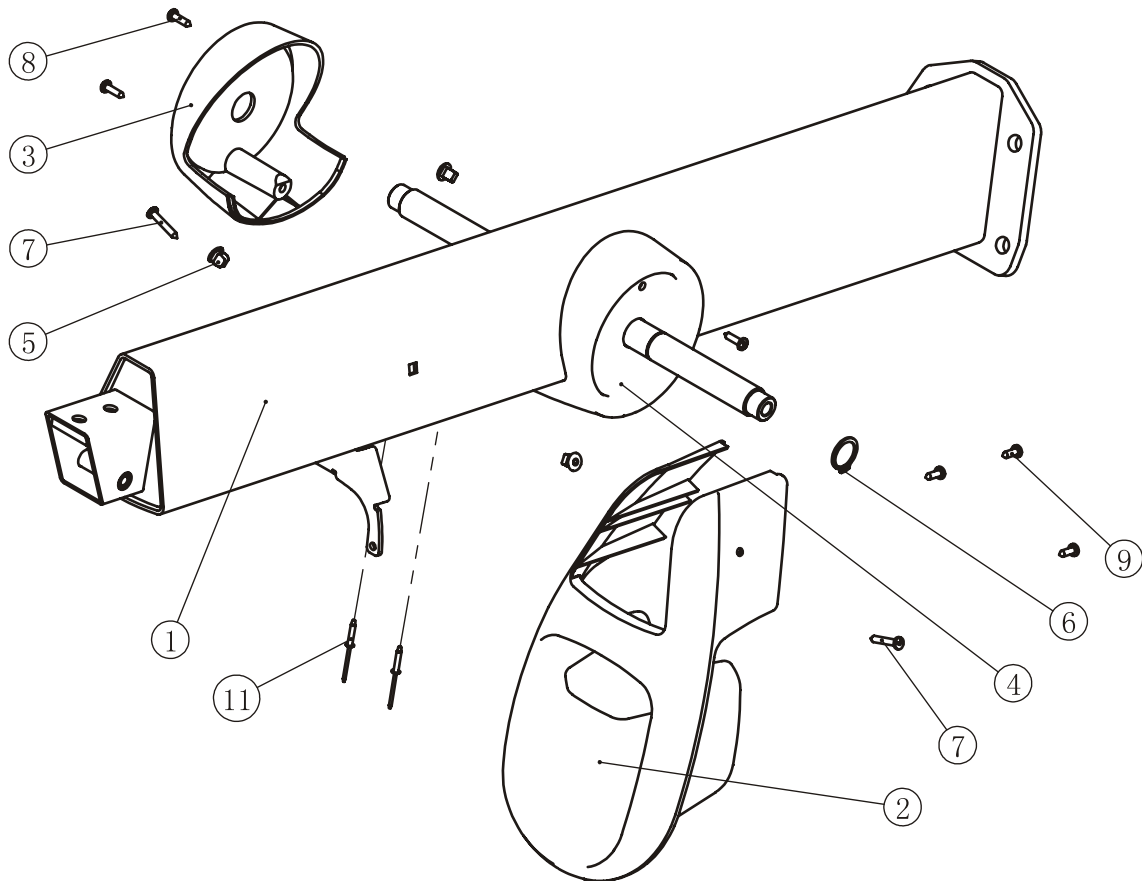
Upright Frame ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1	ECE70200	Upright Frame	1
2	2.2	ECE75000	Cup Holder	1
3	2.3	ECE75300	Spindle Cover:L	1
4	2.4	ECE75400	Spindle Cover:R	1
5	2.5	ECU7P3500	Nut,PA6	4
6	2.6	GB894.120FH12	Ring-Shield, Φ 20	2
7	2.7	GB845ST4.2*25DHS	Screw,ST4.2*25	2
8	2.8	GB845ST4.2*16DHS	Screw,ST4.2*16	3
9	2.9	GB845ST4.2*13DHS	Screw,ST4.2*13	3
10	2.10	L950SMA-SMY-12	Cable 1:Console	1
11	2.11	GB126183.2*15N11	blind rivets	2
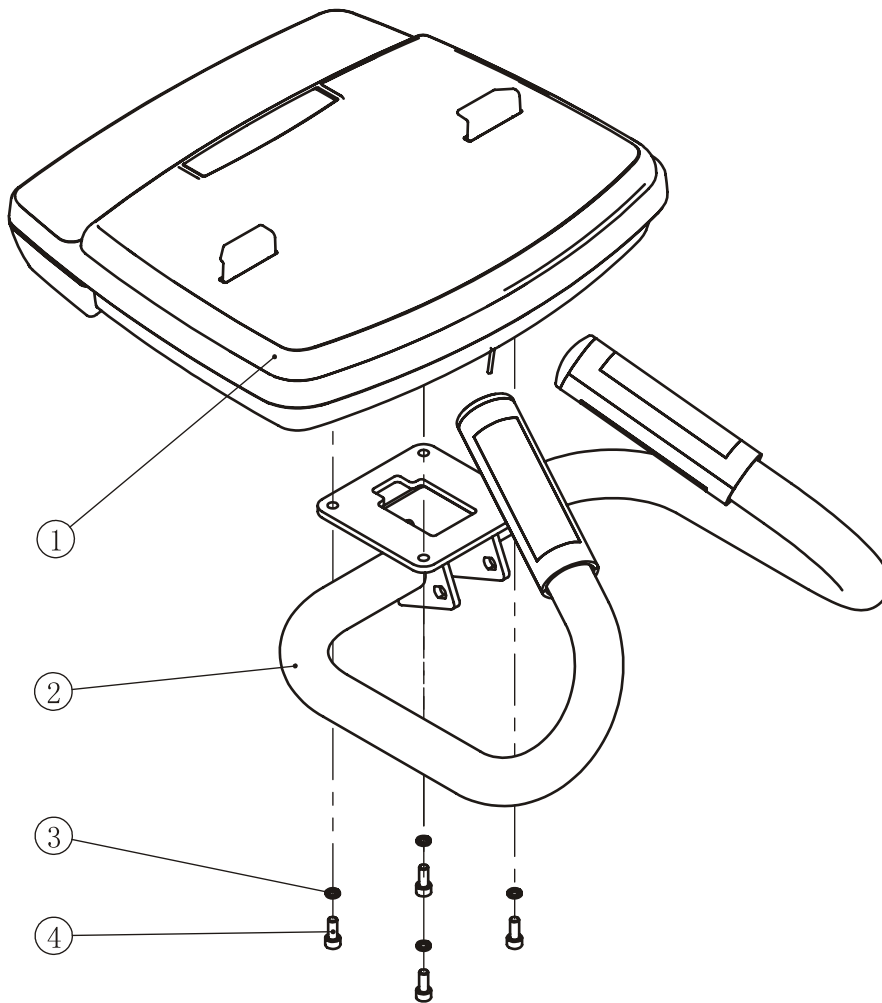
Console ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1	ECE5B03ASSY	Console	1
2	3.2	ECE725ASSY	Handle Assembly	1
3	3.3	GB936DS12	Spring Washer $\phi 6$	4
4	3.4	GB70M6*15DS4	Socket Head Cap Screw,M6*15	4

Left Swinging Frame ASSY
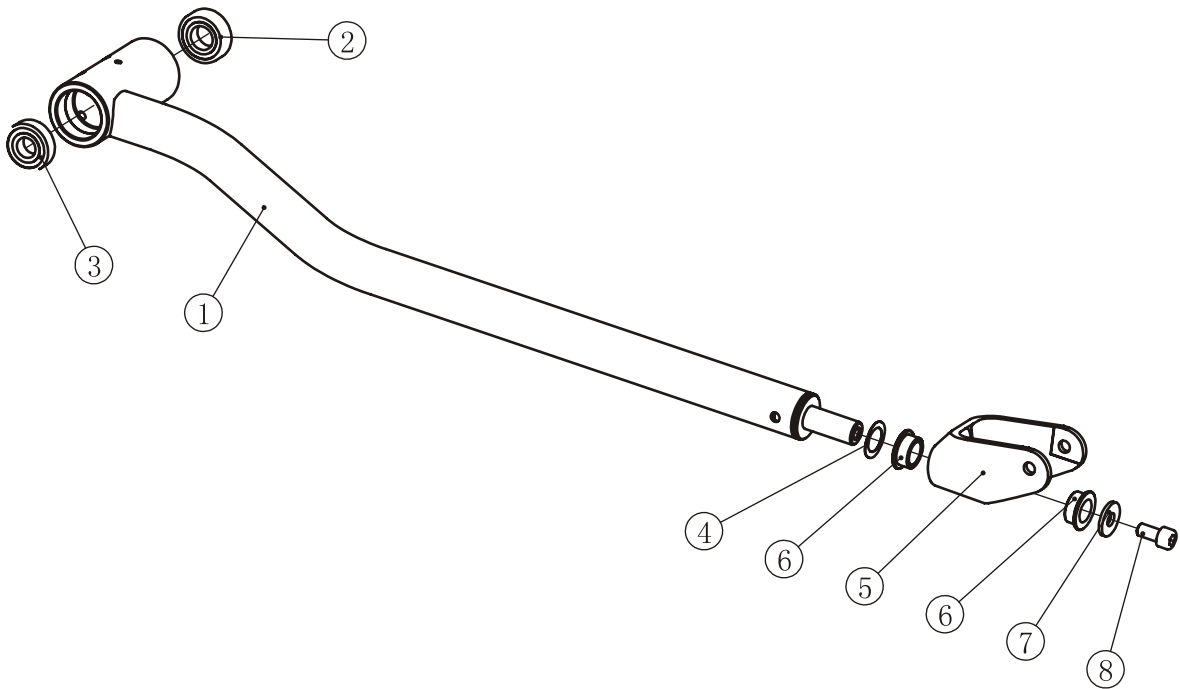
ItemNo.	Grade No.	Part No.	Description	QTY
1	6.1	ECE5B1100	Swinging Frame	1
2	6.2	GB2766004-2Z	Bearing,6004	1
3	6.3	GB2766203-2ZP5	Bearing,6203	1
4	6.4	B304400	Wave Washer, ϕ20	1
5	6.5	ECE76500	Swinging Connecting Pieces	1
6	6.6	IR40014100	Copper Bearing, ϕ25.4* ϕ19*12	2
7	6.7	V511803	Washer, ϕ28.2* ϕ11*3	1
8	6.8	GB70M10*20DS20NL	Socket Head Cap Screw,M10*20	1

Right Swinging Frame ASSY
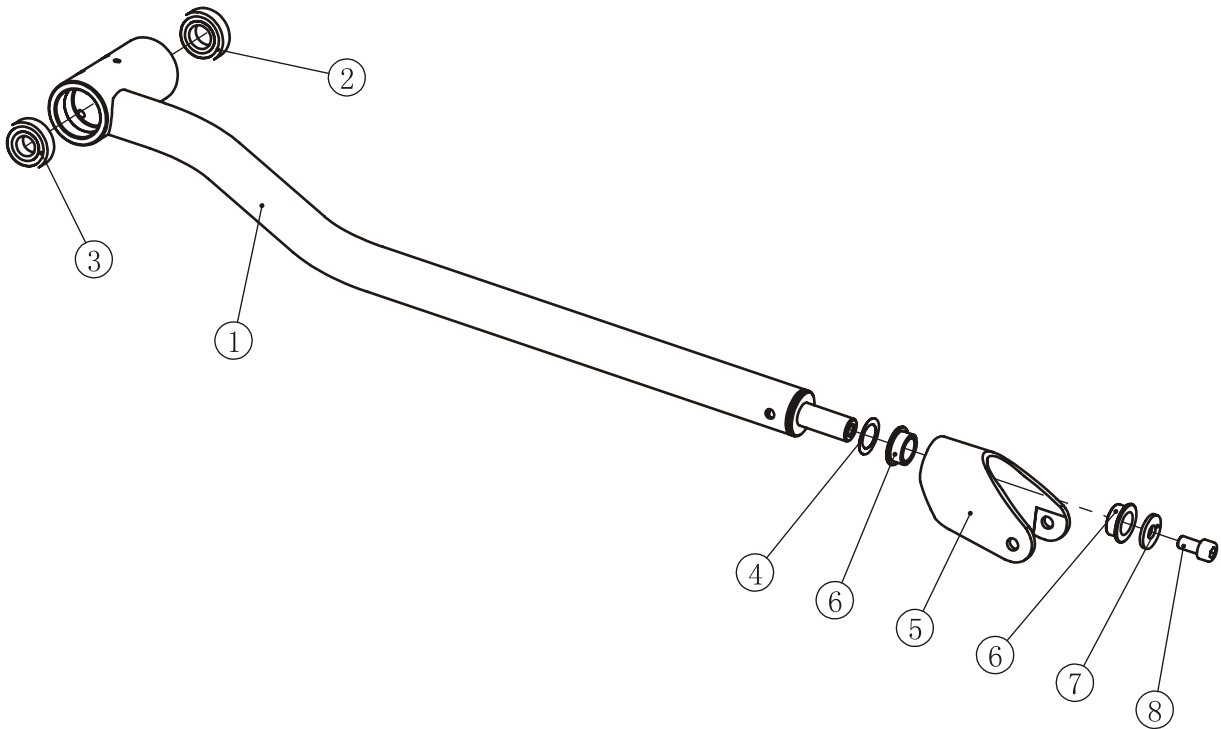
ItemNo.	Grade No.	Part No.	Description	QTY
1	7.1	ECE5B1100	Swinging Frame	1
2	7.2	GB2766004-2Z	Bearing,6004	1
3	7.3	GB2766203-2ZP5	Bearing,6203	1
4	7.4	B304400	Wave Washer ϕ20	1
5	7.5	ECE76500	Swinging Connecting Pieces	1
6	7.6	IR40014100	Copper Bearing, ϕ25.4* ϕ19*12	2
7	7.7	V511803	Washer, ϕ28.2* ϕ11*3	1
8	7.8	GB70M10*20DS20NL	Socket Head Cap Screw,M10*20	1

Left Lower Link And Pedal Arm ASSY
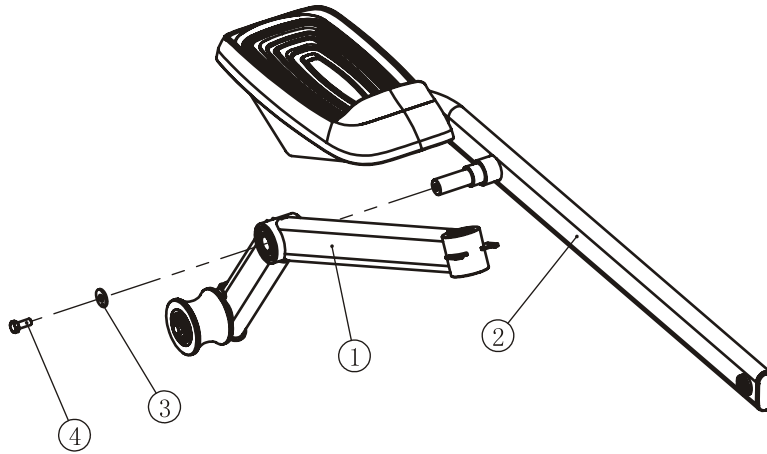
ItemNo.	Grade No.	Part No.	Description	QTY
1	8.1	ECE5B07ASSY	Left Pedal Arm Bracket ASSY	1
2	8.2	ECE503ASSY	Left Lower Link Arm ASSY	1
3	8.3	V511803	Washer, $\phi 28.2* \phi 11*3$	1
4	8.4	GB5781M10*25DS20NL	Hex Head Bolt,M10*25	1

Right Lower Link And Pedal Arm ASSY
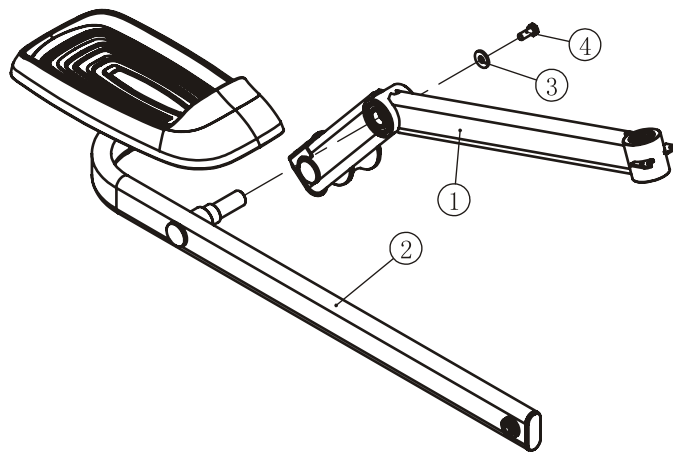
ItemNo.	Grade No.	Part No.	Description	QTY
1	9.1	ECE5B09ASSY	Right Pedal Arm Bracket ASSY	1
2	9.2	ECE504ASSY	Right Lower Link Arm ASSY	1
3	9.3	V511803	Washer, $\phi 28.2* \phi 11*3$	1
4	9.4	GB5781M10*25DS20NL	Hex Head Bolt,M10*25	1

Left Lower Link Arm ASSY
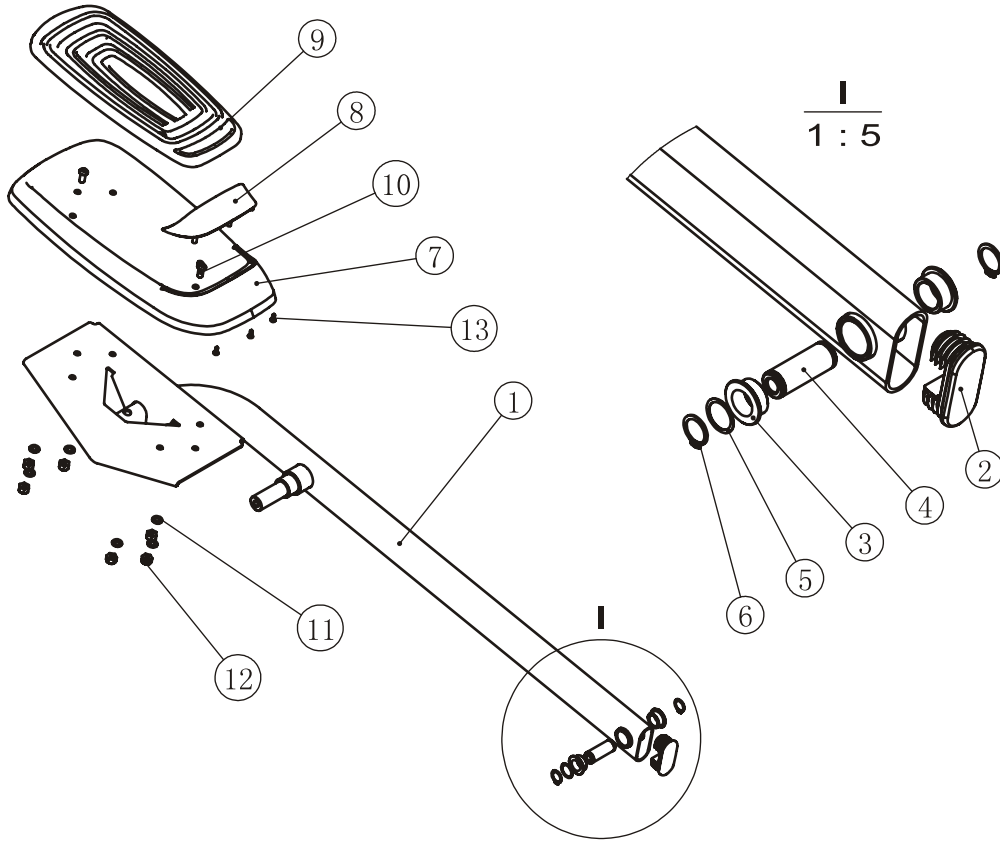
ItemNo.	Grade No.	Part No.	Description	QTY
1	8.2.1	ECE50300	Lower Link Arm：L	1
2	8.2.2	VI21003000	Pipe Plug,RT30*70	1
3	8.2.3	IR40014100	Copper Bearing, ϕ25.4*ϕ19*12	2
4	8.2.4	ECE76000	Spindle	1
5	8.2.5	DQ20DHS2A	Washer ϕ20.2*ϕ25*0.35	1
6	8.2.6	GB894.119FH12	Ring-Shield, ϕ19	2
7	8.2.7	ECE74300	Pedal	1
8	8.2.8	ECE74400	Holder For Pedal	1
9	8.2.9	ECE75500	Pedal Foam	1
10	8.2.10	PNLM8*20DS20	Allen Pan Head Bolt,M8*20	2
11	8.2.11	GB958DS2	Washer ϕ9*ϕ16*1.6	6
12	8.2.12	NM8DS2	Nut,M8	6
13	8.2.13	GB845ST4.2*13DHS	Screw,ST4.2*13	3

Right Lower Link Arm ASSY
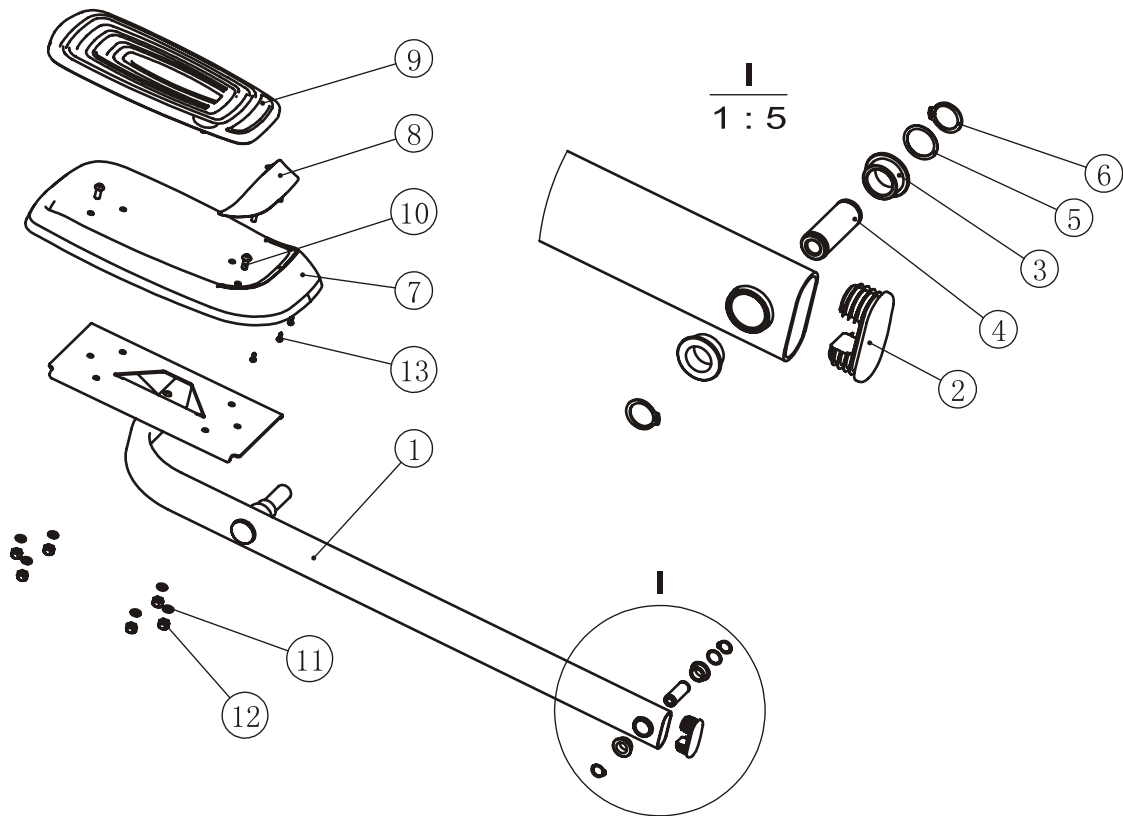
ItemNo.	Grade No.	Part No.	Description	QTY
1	9.2.1	ECE50400	Lower Link Arm：R	1
2	9.2.2	VI21003000	Pipe Plug,RT30*70	1
3	9.2.3	IR40014100	Copper Bearing, ϕ25.4*ϕ19*12	2
4	9.2.4	ECE76000	Spindle	1
5	9.2.5	DQ20DHS2A	Washer ϕ20.2*ϕ25*0.35	1
6	9.2.6	GB894.119FH12	Ring-Shield, ϕ19	2
7	9.2.7	ECE74300	Pedal	1
8	9.2.8	ECE74400	Holder For Pedal	1
9	9.2.9	ECE7P5500	Pedal Foam	1
10	9.2.10	PNLM8*20DS20	Allen Pan Head Bolt,M8*20	2
11	9.2.11	GB958DS2	Washer ϕ9*ϕ16*1.6	6
12	9.2.12	NM8DS2	Nut,M8	6
13	9.2.13	GB845ST4.2*13DHS	Screw,ST4.2*13	3

Left Pedal Arm Bracket ASSY
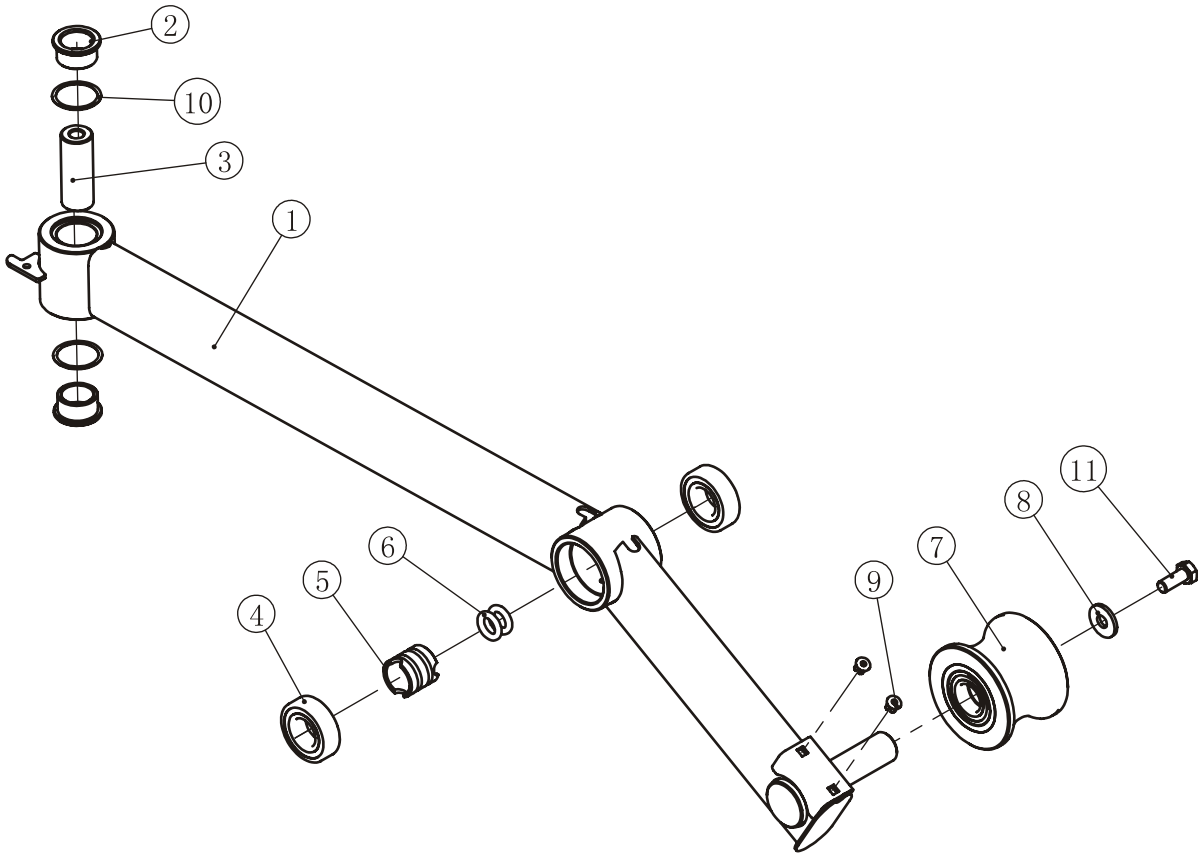
ItemNo.	Grade No.	Part No.	Description	QTY
1	8.1.1	ECE5B0700	Pedal Arm Bracket:L	1
2	8.1.2	M02502000	Copper Bearing, ϕ38*ϕ25.4*18	2
3	8.1.3	IE4005700	Spindle	1
4	8.1.4	GB2766205-2RSC3NBK	Bearing,6205	2
5	8.1.5	ECE77600	Bearing Sleeve	1
6	8.1.6	GB3452.125*5.3	Rubber Sealing Ring, ϕ25*5.3	2
7	8.1.7	ECE5B17ASSY	Wheel Assembly	1
8	8.1.8	V511803	Washer, ϕ28.2*ϕ11*3	1
9	8.1.9	ECU7P3500	Nut,PA6	2
10	8.1.10	ECE78400	PTFE Washer, ϕ39*ϕ33*0.5	2
11	8.1.11	GB5781M10*25DS20NL	Hex Head Bolt,M10*25	1

Right Pedal Arm Bracket ASSY
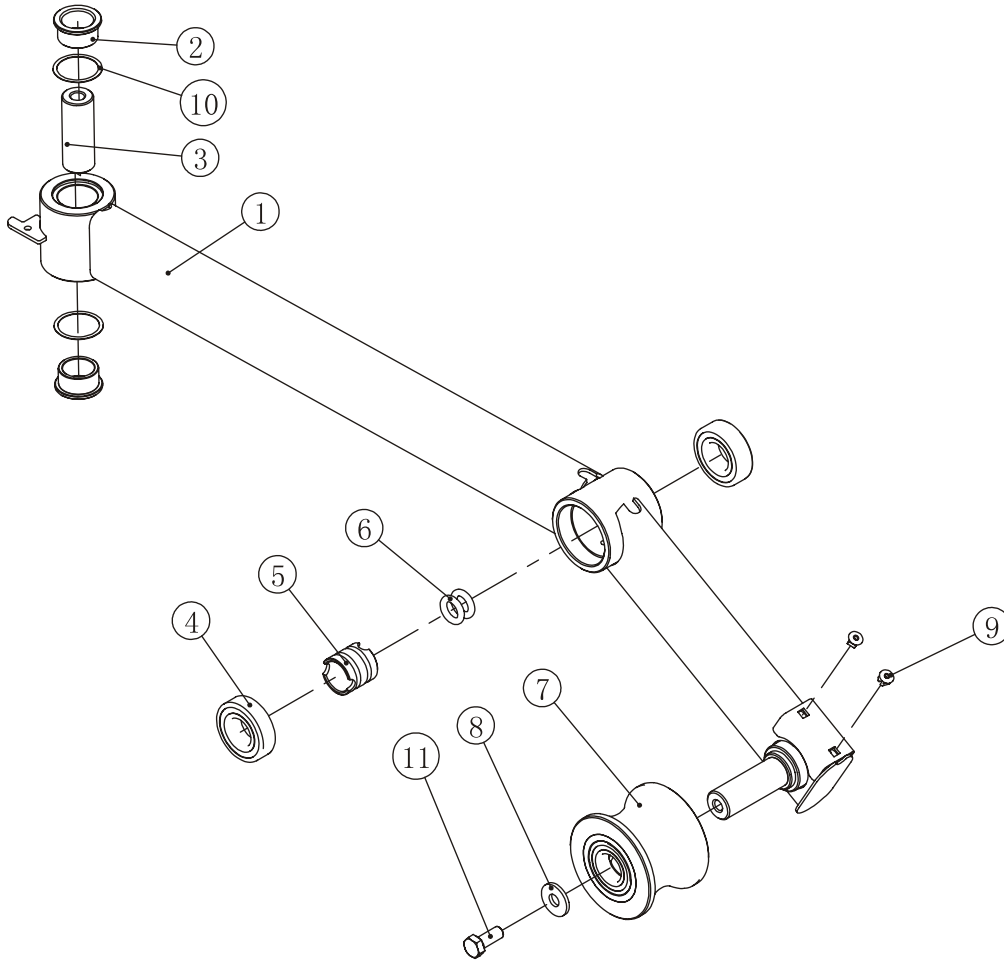
ItemNo.	Grade No.	Part No.	Description	QTY
1	9.1.1	ECE5B0900	Pedal Arm Bracket:R	1
2	9.1.2	M02502000	Copper Bearing, ϕ38*ϕ25.4*18	2
3	9.1.3	IE4005700	Spindle	1
4	9.1.4	GB2766205-2RSC3NBK	Bearing,6205	2
5	9.1.5	ECE77600	Bearing Sleeve	1
6	9.1.6	GB3452.125*5.3	Rubber Sealing Ring, ϕ25*5.3	2
7	9.1.7	ECE5B17ASSY	Wheel Assembly	1
8	9.1.8	V511803	Washer, ϕ28.2*ϕ11*3	1
9	9.1.9	ECU7P3500	Nut,PA6	2
10	9.1.10	ECE78400	PTFE Washer, ϕ39*ϕ33*0.5	2
11	9.1.11	GB5781M10*25DS20NL	Hex Head Bolt,M10*25	1

Track Support Frame ASSY
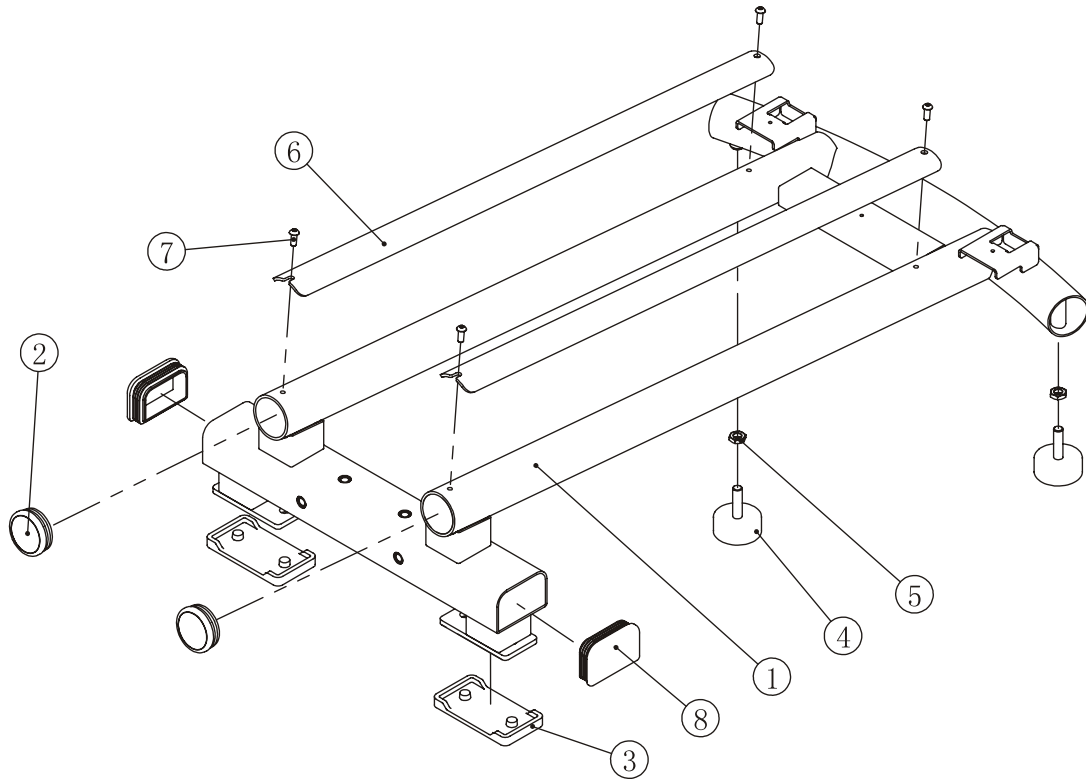
ItemNo.	Grade No.	Part No.	Description	QTY
1	10.1	ECE5B1000	Track Support Frame	1
2	10.2	B10009900	Pipe Plug, φ508	2
3	10.3	CG60007700	Foot	2
4	10.4	PS3000900	Leveler Foot	2
5	10.5	GB6174M10DS2	Nut,M10	2
6	10.6	ECE75800V1	Track Plate	2
7	10.7	PNLM6*15DS20	Allen Pan Head Bolt,M6*15	4
8	10.8	IT80101700	Pipe Plug,YJ75*50	2

Shaft ASSY
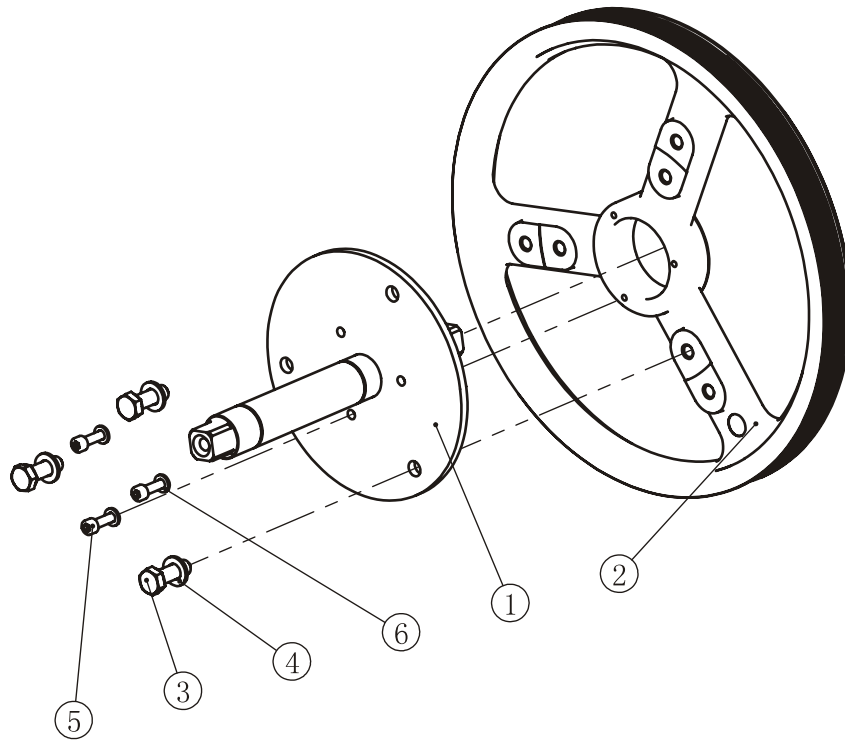
ItemNo.	Grade No.	Part No.	Description	QTY
1	1.2.1	ECE72000	Shaft	1
2	1.2.2	RE7001200	Pulley	1
3	1.2.3	GB5781M10*30DS20NL	Hex Head Bolt M10*30	3
4	1.2.4	GB9510DS2	Washer ϕ11*ϕ20*2	3
5	1.2.5	GB70M6*20DS4NL	Socket Head Cap Screw,M6*20	3
6	1.2.6	GB956DS2	Washer, ϕ6.6*ϕ12*1.6	3

Brake ASSY
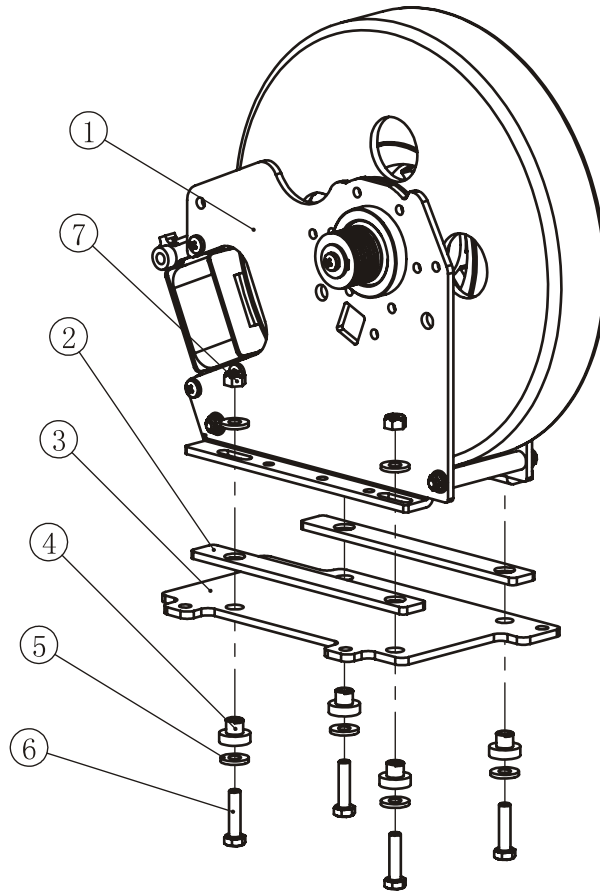
ItemNo.	Grade No.	Part No.	Description	QTY
1	1.4.1	D75V1	Brake	1
2	1.4.2	U7B3700	insulation plate:brake	2
3	1.4.3	PE350D9500	Transition Plate	1
4	1.4.4	U7B3800	insulation space:brake	4
5	1.4.5	DQ6DS2A	Washer ϕ6.6*ϕ15*2	8
6	1.4.6	GB5781M6*25DS20	Hex Head Bolt M6*25	4
7	1.4.7	NM6DS2	Nylon Insert Lock Nut M6	4
8	1.4.8	L800STDCY2F_Al9396-2	Wire for Braker	1
9	1.4.9	L800AL9396-3-3	Wire for Generator	1

Crank Connecting Frame ASSY
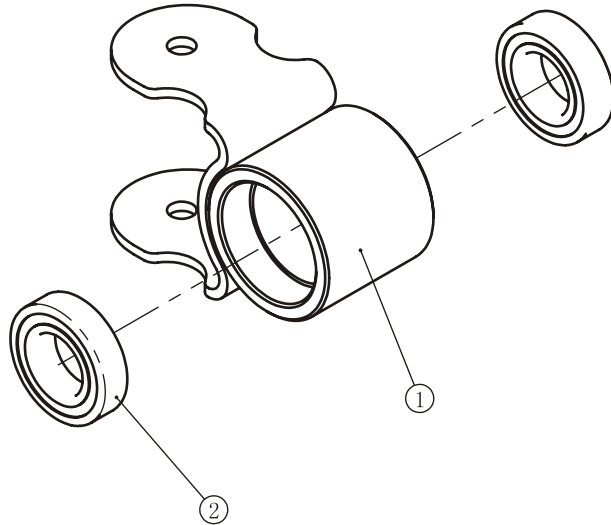
ItemNo.	Grade No.	Part No.	Description	QTY
1	1.6.1	ECE5B13ASSY	Crank Connecting Frame	1
2	1.6.2	GB2766005-2RSC3NBK	Bearing,6005	2

Tightener ASSY
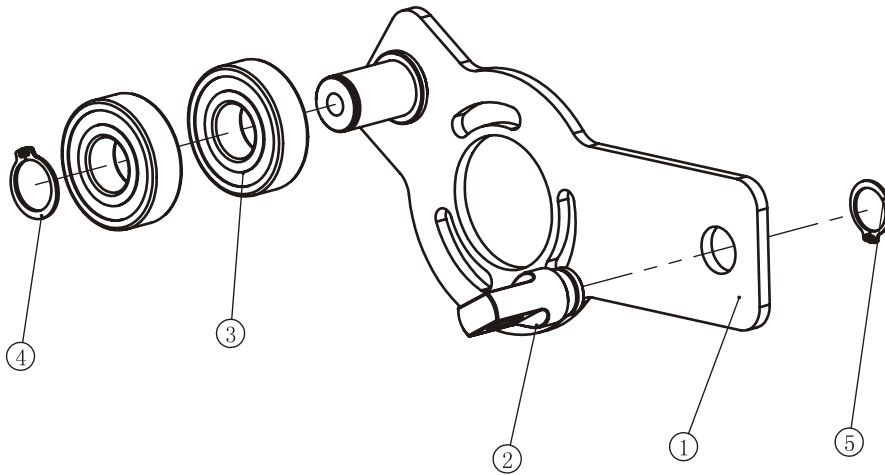
ItemNo.	Grade No.	Part No.	Description	QTY
1	1.7.1	RE500C1100	Tightener	1
2	1.7.2	PE350D10200	Tension ShaftAdjustable Axle	1
3	1.7.3	GB2766204-2RSC3TPI	Bearing 6204	2
4	1.7.4	GB894.120FH12	External Retaining Ring ϕ20	1
5	1.7.5	GB894.117FH12	External Retaining Ring ϕ17	1
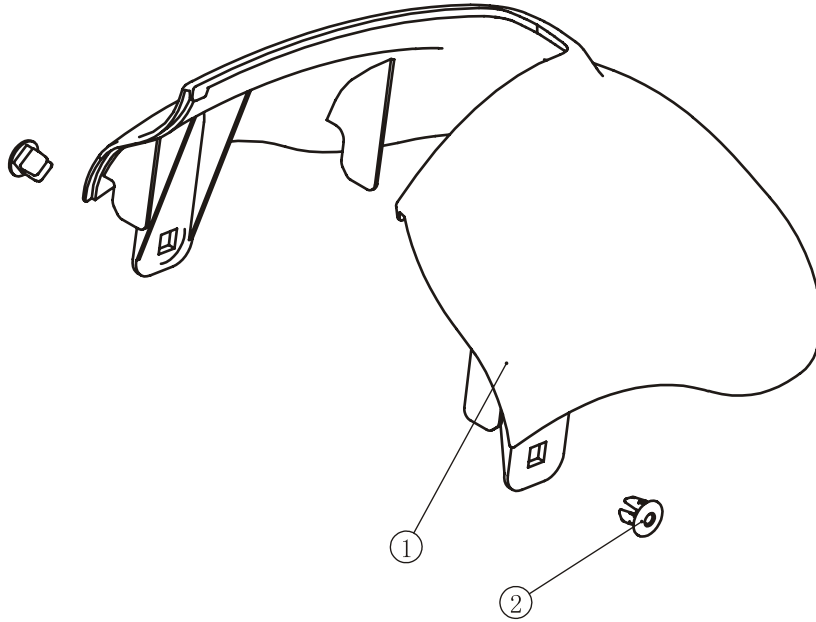
Front Cover ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
1	1.16.1	ECE72900	Front Cover: Upper Cover	1
2	1.16.2	ECU7P3500	Nut,PA6	2

Back Cover ASSY
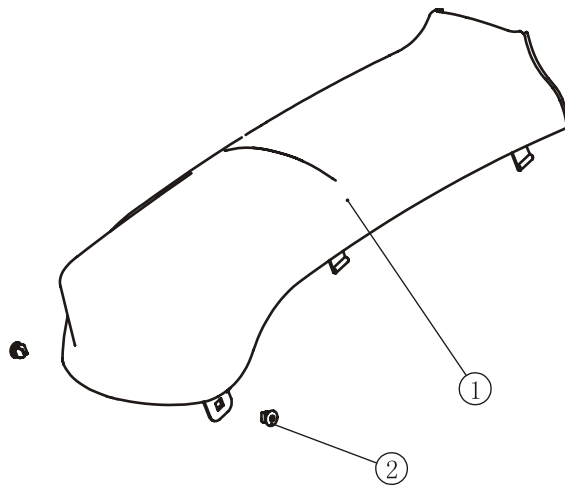
ItemNo.	Grade No.	Part No.	Description	QTY
1	1.17.1	ECE73000	Back Cover: Upper Cover	1
2	1.17.2	ECU7P3500	Nut,PA6	2

Console

ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1.1	ECU7P2600	Fixed Frame:Console	1
2	3.1.2	ECU7PDZB01	Upper Shell:Console	1
3	3.1.3	ECU7PDZB02	Lower Shell:Console	1
4	3.1.4	ECU7PDZB04	Cell Holder	1
5	3.1.5	GB845ST2.9*9.5DS	Screw,ST2.9*9.5	6
6	3.1.6	ECU7PDZB05	Plug	1
7	3.1.7	ECE5B06ASSY	Circuit Board Frame Assembly	1
8	3.1.8	ECU7DZB06	Table plug	1
9	3.1.9	DQSWXT01-S	PCB:Hand Pulse	1
10	3.1.10	DQXTJS01	PCB:Heart Rate	1
11	3.1.11	K1NF-55（N）	Magnetic Ring	3
12	3.1.12	08-0077	Magnetic Ring	2
13	3.1.13	GB845ST4.2*16DHS	Screw,ST4.2*16	10
14	3.1.14	GB818M5*10DHS2	Screw,M5*10	4
15	3.1.15	RU5004400	Acceptor Cover	1
16	3.1.16	GB845ST2.2*6.5DS	Screw,ST2.2*6.5	2
17	3.1.17	L300XHP-SMY-12	Upper Cable:Console	1
18	3.1.18	L350XHB_XHB-3	Cable: Connecting Handle Pluse&Console	1
19	3.1.19	L350XHB-SMY-4	Upper Cable:Hand Pulse	1
20	3.1.20	ECE5MM01	Mask:Console	1
21	3.1.21	ECR7MM02	Mask: Fan	1
22	3.1.22	ECR7PMM03	Mask: Cell Holder	1
23	3.1.23	ECT74400	Support Frame: Newspaper&Magazine,L	1
24	3.1.24	ECT74500	Support Frame: Newspaper&Magazine,R	1
25	3.1.25	ECT7MP01	Mask： LOGO	1
26	3.1.26	GB862.24DS12	external teeth serrated lock washers, D=4	1
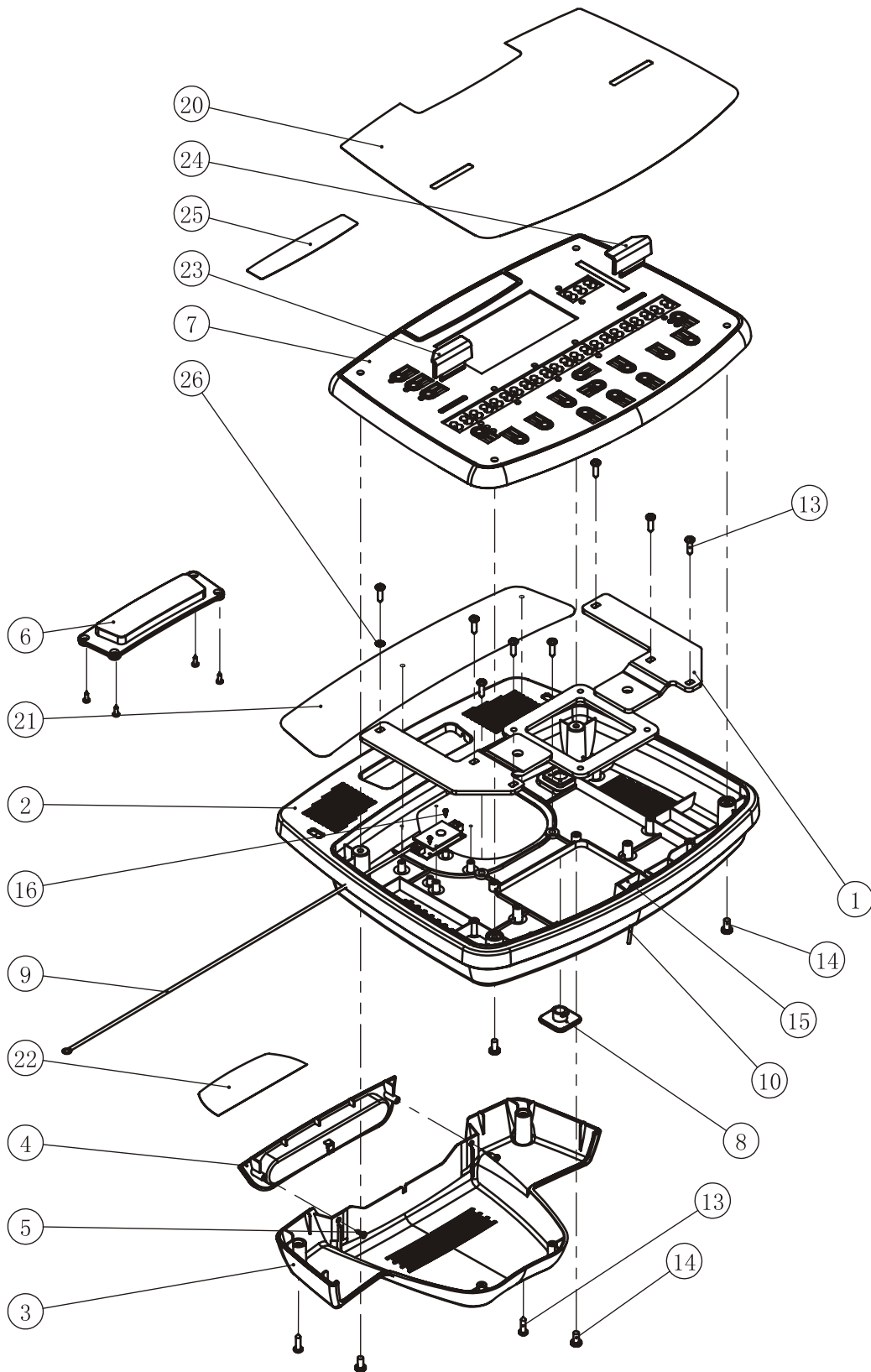
Console

Circuit Board Frame ASSY
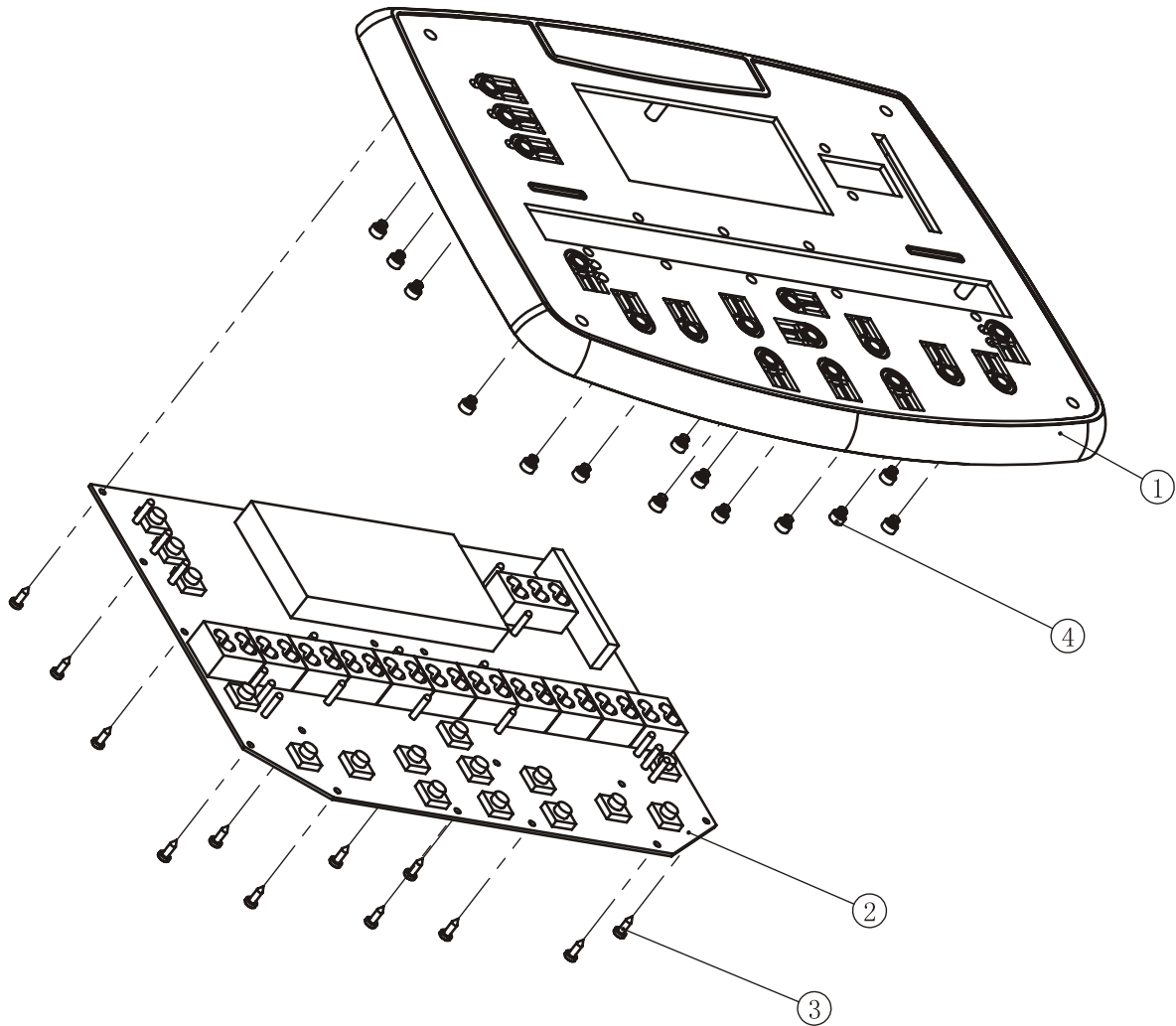
ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1.7.1	ECT72200	Circuit Board Frame	1
2	3.1.7.2	B149	PCB:Console	1
3	3.1.7.3	GB845ST2.9*9.5DS	Screw,ST2.9*9.5	18
4	3.1.7.4	ECT74800	Cushion:TPU	14

Handle ASSY
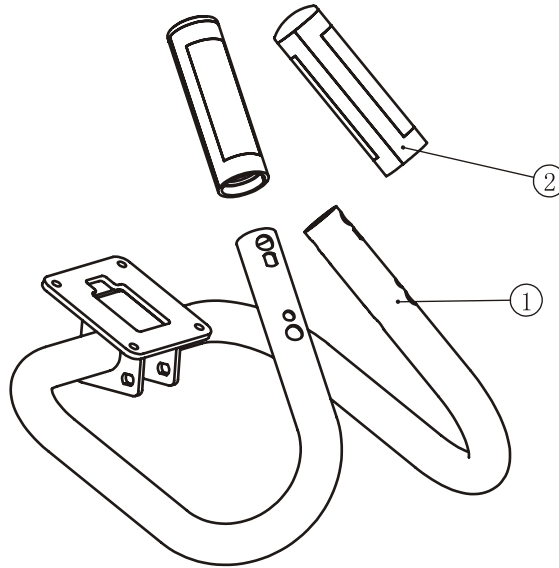
ItemNo.	Grade No.	Part No.	Description	QTY
1	3.2.1	ECE70300	Handle	1
2	3.2.2	X05	Hand Pulse	2
3	3.2.3	L750ST0-SMA-4	Cable:Hand Pulse	1

Wheel ASSY
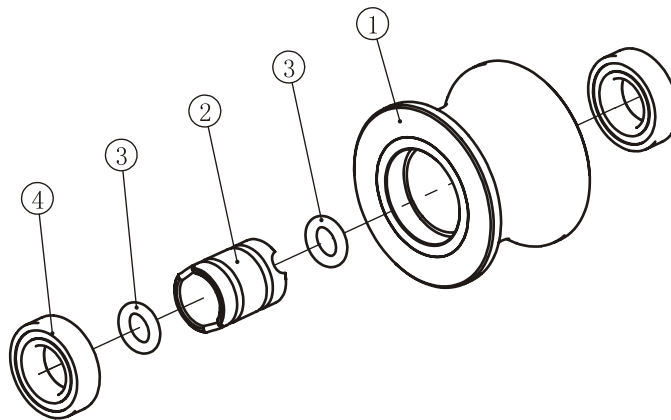
ItemNo.	Grade No.	Part No.	Description	QTY
1	8.1.7.1	ECE5B1700	PU Wheel	1
3	8.1.7.2	ECE5B3400	Wheel Bearing Sleeve	1
4	8.1.7.3	GB3452.125*5.3	Rubber Sealing Ring, ϕ25*5.3	2
2	8.1.7.4	GB2766005-2RSC3TPI	Bearing,6005	2

Left Handle Bracket

Rihgt Handle Bracket

Fixed Handle

Pedal

Adjusting Handle

Leveler Foot
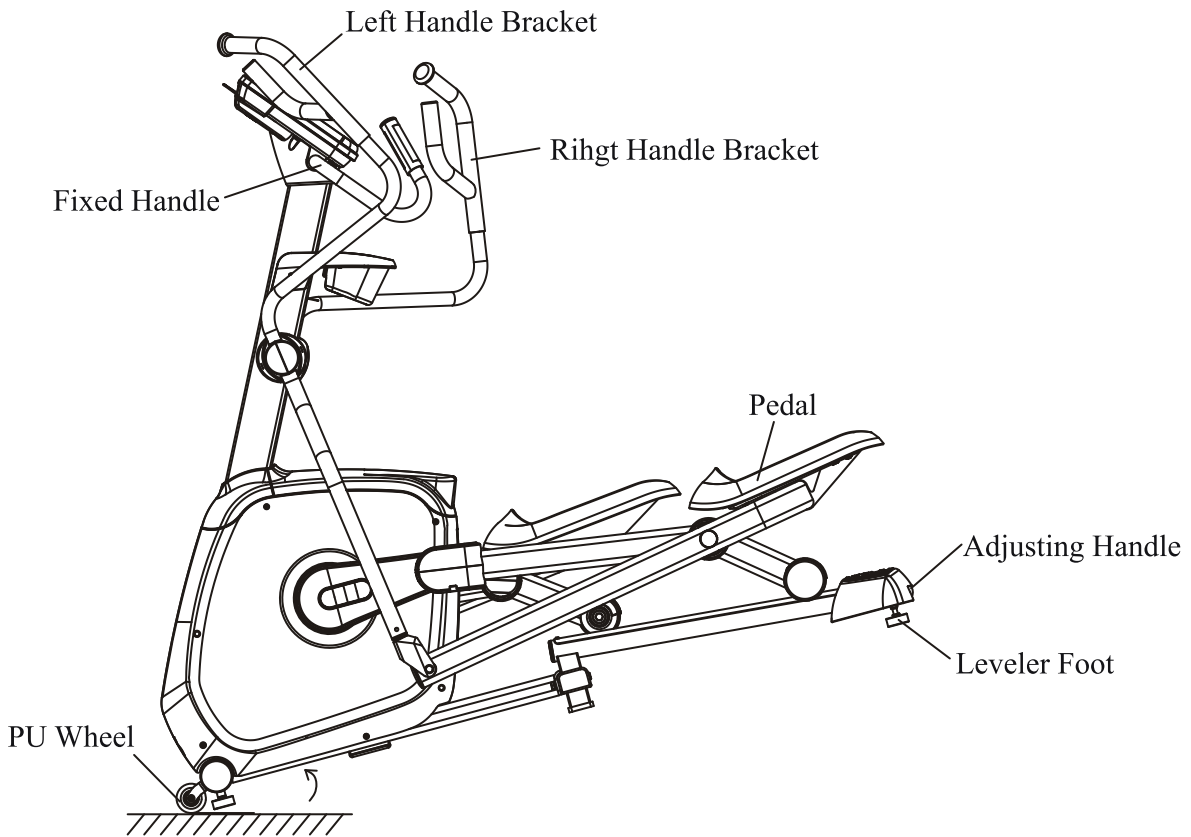
PU Wheel

Instruction

1. When moving the machine, you can grasp the support handle and pull it up. Then you can move it by the PU wheel.

2. Before using the machine, you must ensure it stand steadily on the ground, if it isn't stand steady, you can adjust the leveler foot.

3. The machine has self-generating system (now power required).

Maintenance

1. Tighten the pedals every 3 months.

2. If the Bolts and Screws have the trend of losing, please lock them timely.

CONSOLE OVERVIEW

Target

Program

My Workout

Heart Rate

% Heart Rate

Maximum
Hard
Cardio
Weight loss
Warm-up

Watt   Cal/Hour   RPM

Time Elapsed   METs   Calories   Resistance   Distance

Time Remaining

Time in Zone   Steps

Display Shift

GO

Time +/-   Cool Down   Resistance Down   Resistance Up   Enter   Clear / Pause
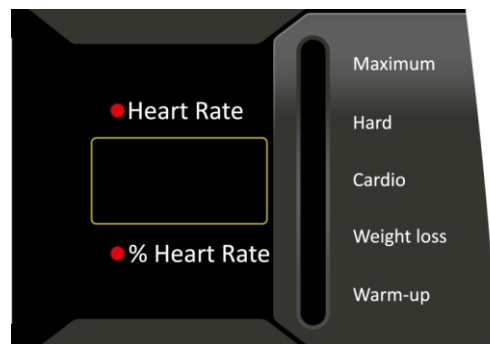
PROGRAM BUTTONS

Target: Time, Calories, Distance, Steps

Program: P1=Manual P2=Cardio P3=Interval P4=Burn Calories P5=Heart Rate P6=Random P7=Hill P8=Advanced

My Workout: 1 customized programs, can be modified by users.

Heart Rate zone

Target

Program
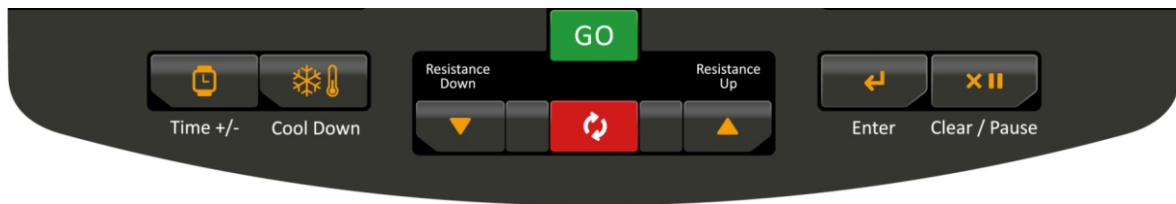
My Workout

Heart Rate

% Heart Rate

Maximum
Hard
Cardio
Weight loss
Warm-up

Lower LED + display controls

Upper LED

User control buttons

PROGRAMMING

Welcome message:

When console turns on or after reset:

The lower LED windows scrolls "PRESS GO OR SELECT PROGRAM TO BEGIN".

The upper LED windows displays Logo for 3 seconds, then clear display.

Target, Programs, My workout:
If TARGET is selected

Lower LED scrolls "CALORIES TARGET".

Lower LED scrolls "PRESS ADJUST KEYS TO LOOP OR PRESS ENTER TO SELECT."

User can use Resistance adjustment keys: "+" or "-" to loop through all 4 Target programs: "CALORIES TARGET, DISTANCE TARGET, TIME TARGET, STEPS TARGET".

Press Enter to select.

If CALORIES TARGET is selected

Lower LED scrolls "CALORIES TARGET: ENTER CALORIES".

Lower LED displays "100kcal".

"100kcal" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value by 20 kcal.

Press Enter to confirm.

Lower LED scrolls "ENTER WEIGHT".

Lower LED displays "70kg".

"70kg" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3","2","1".

Program starts.

If DISTANCE TARGET is selected

Lower LED scrolls "DISTANCE TARGET: ENTER DISTANCE".

Lower LED displays "5km".

"5km" flash once and holds.

User can use Resistance adjustment keys: "+" or "-"to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3","2","1".

Program starts.

If TIME TARGET is selected

Lower LED scrolls" TIME TARGET: ENTER TIME".

Lower LED displays "30mins".

"30mins" flash once and holds.

User can use Resistance adjustment keys: "+" or "-"to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3","2","1".

Program starts.

If STEPS TARGET is selected

Lower LED scrolls "STEPS TARGET: ENTER STEPS".

Lower LED displays "8000".

"8000" flash once and holds.

User can use Resistance adjustment keys: "+" or "-"to adjust the default value by 500 steps.

Press Enter or GO to confirm.

Upper LED displays "3","2","1".

Program starts.

Programs

Program: P1=Manual P2=Cardio P3=Interval P4=Burn Calories P5=Heart Rate P6=Random P7=Hill P8=Advanced

Press self to loop through 8 programs.

For all 8 programs:

User can use Resistance adjustment keys: "+" or "-"to adjust the default value.

Upper LED Displays: "P1" or "P2"...... according to user selection.

Lower LED scrolls "MANUAL MODE" at P1, shows "CARDIO MODE" at P2......

Lower LED scrolls "PRESS ADJUST KEYS TO LOOP OR PRESS ENTER TO SELECT."

Press Enter to select or GO to Begin.

If Manual (P1) is selected

Lower LED scrolls "MANUAL MODE: ENTER WEIGHT".

Lower LED displays "70kg".

"70kg" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter to confirm.

Lower LED scrolls "ENTER TIME".

Lower LED displays "20mins".

"20mins" flash once and holds.

User can use Resistance adjustment keys: "+" or "-"to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3","2","1".

Program starts.

Console Panel Functions

If Cardio (P2) is selected

Lower LED scrolls "CARDIO MODE: ENTER WEIGHT".

Lower LED displays "70kg".

"70kg" flash once and holds.

User can use Resistance adjustment keys: "+" or "-"to adjust the default value.

Press Enter to confirm.

Lower LED scrolls " ENTER TIME".

Lower LED displays "20mins".

"20mins" flash once and holds.

User can use Resistance adjustment keys: "+" or "-"to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3","2","1".

Program starts.

If Interval (P3) is selected

Lower LED scrolls "INTERVAL MODE: ENTER WEIGHT".

Lower LED displays "70kg".

"70kg" flash once and holds.

User can use Resistance adjustment keys: "+" or "-"to adjust the default value.

Press Enter to confirm.

Lower LED scrolls " ENTER TIME".

Lower LED displays "20mins".

"20mins" flash once and holds.

User can use Resistance adjustment keys: "+" or "-"to adjust the default value.

Press Enter to confirm.

Lower LED scrolls "ENTER LOWER RESISTANCE LIMIT".

Lower LED displays "8".

"8" flash once and holds.

User can use Resistance adjustment keys: "+" or "-"to adjust the default value.

Press Enter to confirm.

Lower LED scrolls " ENTER UPPER RESISTANCE LIMIT".

Lower LED displays "10".

"10" flash once and holds.

User can use Resistance adjustment keys: "+" or "-"to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3","2","1".

Program starts.

If Burn Calories (P4) is selected

Lower LED scrolls "BURN CALORIES MODE: ENTER MAX RESISTANCE".

Lower LED displays "10".

"10" flash once and holds.

User can use Resistance adjustment keys: "+" or "-"to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3","2","1".

Program starts.

If Heart Rate (P5) is selected

Lower LED scrolls "HEART RATE TRAINING: 65%HR".

Lower LED scrolls: "PRESS ENTER TO SELECT. USE RESISTANCE ADJUSTMENT KEY TO SEE OTHER PROGRAMS".

User can use Incline keys or Resistance adjustment keys: "+" or "-" to loop through all 3 HR programs: 65%, 75%, 85%.

Press Enter to select:

If 65% is selected

Lower LED scrolls "65%HR: ENTER WEIGHT".

Lower LED displays "70kg".

"70kg" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter to confirm.

Lower LED scrolls "ENTER TIME".

Lower LED displays "20mins".

"20mins" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter to confirm.

Lower LED scrolls "ENTER AGE".

Lower LED displays "40".

"40" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3","2","1".

Program starts.

Lower LED scrolls "HEART RATE TRAINING 75%HR".

If 75% is selected.

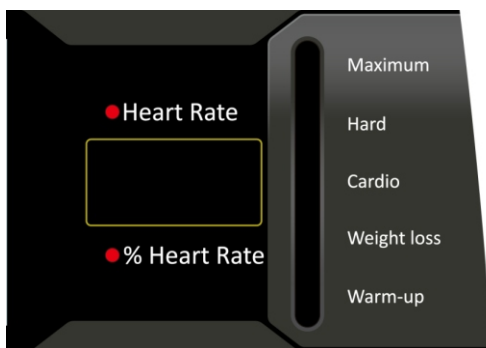Lower LED scrolls "75%HR: ENTER WEIGHT".

Same as above.

Lower LED scrolls "HEART RATE TRAINING 85%HR".

If 85% is selected.

Lower LED scrolls "85%HR: ENTER WEIGHT".

Same as above.

There are totally 10 lamps from warm-up to Maximum.

When user's current heart rate less than 55% of user's HRmax, the 1st lamp is lighting.

When user's current heart rate up to 55% of user's HRmax, the 2nd lamp starts to light up.

When user's current heart rate up to 60% of user's HRmax, the 3rd lamp starts to light up.

When user's current heart rate up to 65% of user's HRmax, the 4th lamp starts to light up.

When user's current heart rate up to 70% of user's HRmax, the 5th lamp starts to light up.

When user's current heart rate up to 75% of user's HRmax, the 6th lamp starts to light up.

When user's current heart rate up to 80% of user's HRmax, the 7th lamp starts to light up.

When user's current heart rate up to 85% of user's HRmax, the 8th lamp starts to light up.

When user's current heart rate up to 90% of user's HRmax, the 9th lamp starts to light up.

When user's current heart rate up to 95% of user's HRmax, the 10th lamp starts to light up.

If Random (P6) is selected

Lower LED scrolls "RANDOM MODE: PRESS ENTER OR GO TO BEGIN".

Upper LED displays "3","2","1".

Program starts.

If Hill (P7) is selected

Lower LED scrolls "HILL MODE: ENTER WEIGHT".

Lower LED displays "70kg".

"70kg" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter to confirm.

Lower LED scrolls " ENTER TIME".

Lower LED displays "20mins".

"20mins" flash once and holds.

Press Enter or GO to confirm.

Upper LED displays "3","2","1".

Program starts.

If Advanced (P8) is selected

Advanced Program: 6K steps, 8K steps, Fat burn

Lower LED scrolls "ADVANCED MODE: 6K STEPS".

Lower LED scrolls: "PRESS ADJUSTMENT KEY TO LOOP, OR PRESS ENTER TO SELECT."

If pressed adjust key Lower LED scrolls "ADVANCED MODE: 8K STEPS".

If pressed adjust key Lower LED scrolls "ADVANCED MODE: FAT BURN".

Press adjust key to loop through 3 programs, press Enter to select.

For all 3 programs:

If 6K Steps is selected

Upper LED displays "3","2","1".

Program Starts.

If 8K Steps is selected

Upper LED displays "3","2","1".

Program Starts.

If Fat burn is selected:

Lower LED scrolls "FAT BURN MODE: ENTER WEIGHT".

Lower LED displays "70kg".

"70kg" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter to confirm.

Lower LED scrolls " ENTER AGE".

Lower LED displays "40".

"40" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Lower LED scrolls " ENTER TIME".

Lower LED displays "20mins".

"20mins" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3","2","1".

Program starts.

My workouts

If My workouts is selected

Lower LED scrolls "MY WORKOUTS - DESIGN YOUR OWN WORKOUT".

Upper LED displays "70kg".

"70kg" flash once and holds.

User can use resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter to confirm.

Lower LED scrolls "ENTER AGE".

Lower LED displays "40".

"40" flash once and holds.

User can use resistance adjustment keys: "+" or "-" to adjust the default value.

Lower LED scrolls "ENTER TIME".

Lower LED displays "20mins".

"20mins" flash once and holds.

User can use resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter to confirm.

User can use resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter to confirm and go into the next segment. User can set the 16 segments.
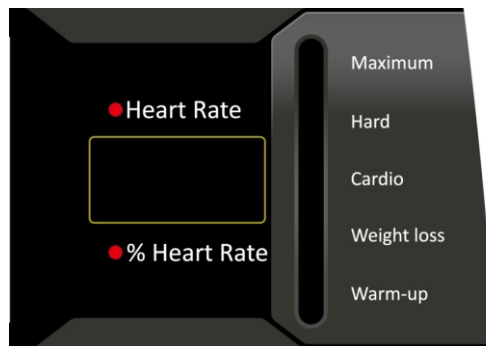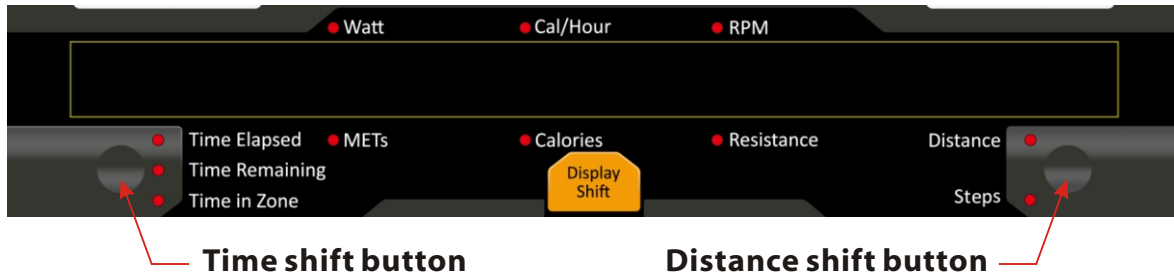
Finished setting the 16th segment.

Press Enter or GO to confirm.

Upper LED displays "3","2","1".

Program starts.

Troubleshooting Guide

Lower LED + display controls

Time shift button   **Distance shift button**

The default display for above windows is always: Time Elaspsed, METS, Calories, Resistance, Distance.

If user pressed the "Display shift".

Then 3 windows in the middle + Heart rate window, will change to other displays.

METS -> Watt

Calories -> Cal/Hour

Resistance -> RPM

Heart Rate -> % HeartRate

If user pressed the "Time shift button"

Time elapsed -> Time Remaining -> Time in zone loop through per press.

Time Elapsed: time passed since workout started.

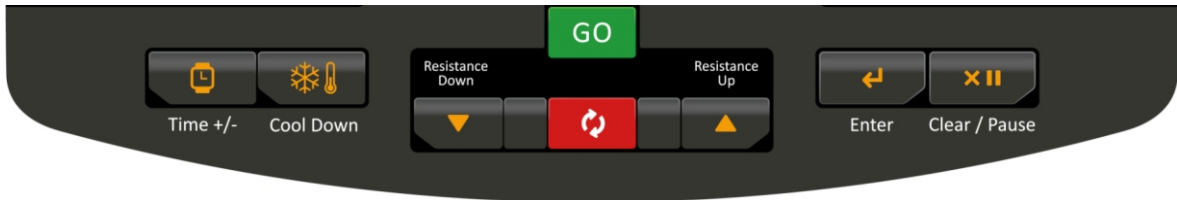Time Remaining: remaining time of a workout program.

Time in Zone: Time passed in a specific target heart rate zone, only active when heartrate program is activated.

If user pressed the "Distance shift button"

Distance -> Steps loop through per press.

User control buttons

TIME +/-

During workout: Press once, Time window flashes, user can use Resistance adjustment keys to change the value and press Enter to save.

COOL DOWN

Press once, enter "COOL DOWN" mode.

GO

Press once when outside of a program.

Upper LED displays "3","2","1".

Program starts.

Reset

Press once, Console resets.

RESISTANCE ADJUSTMENT

Press up arrow and down arrow buttons to adjust the resistance by 1.

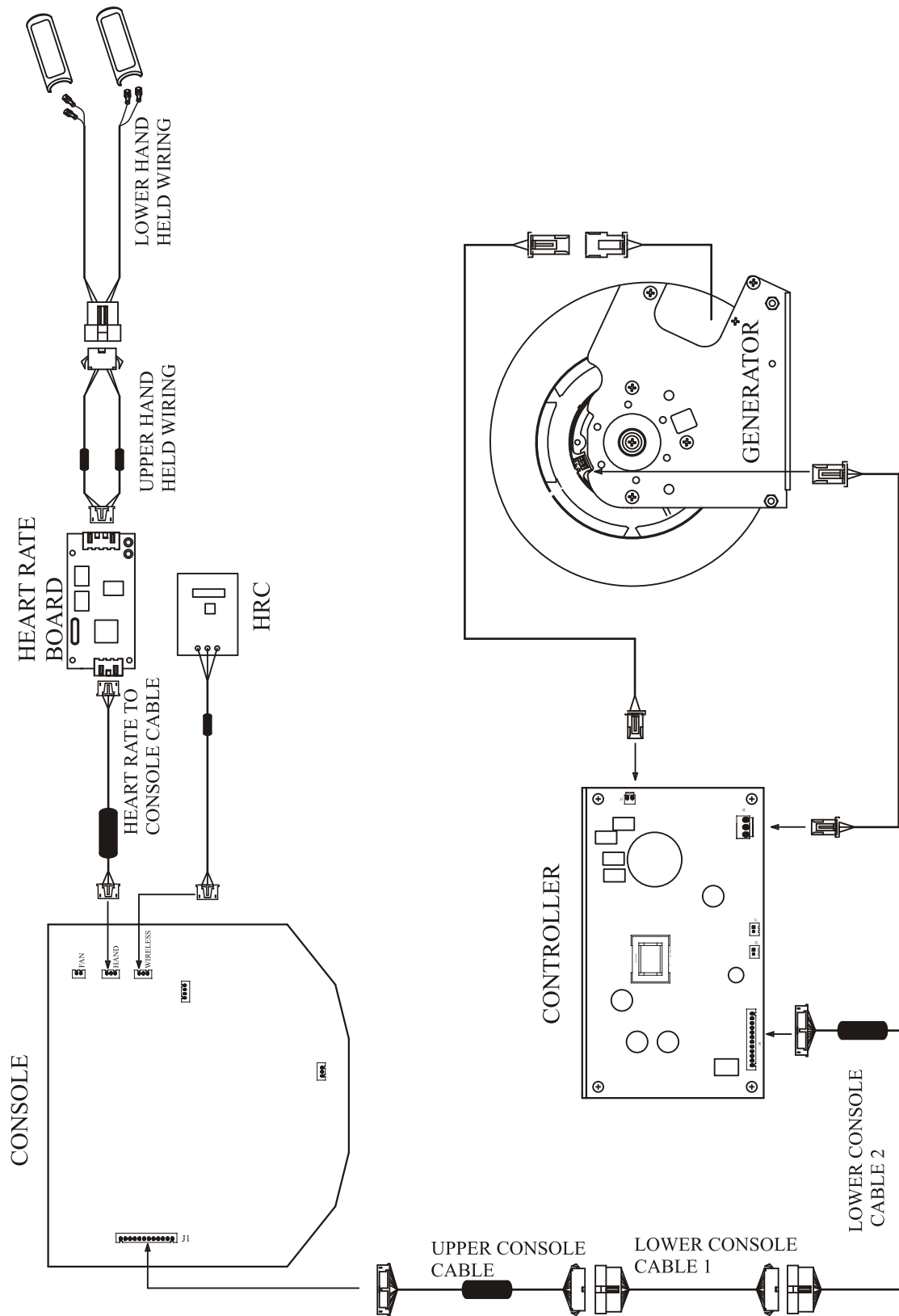**ENTER**

Data entering, start programs.

CLEAR/ PAUSE

Clear the value entered. Console value is not changed, Lower LED scrolls "PAUSE, PRESS GO TO RESUME". Upper LED displays "II".

Troubleshooting Guide

Malfunction	Causations and Adjustment
1. Belt slips or is not on the centered on rear roller	a. Adjust the tension spring
	b. Regulate the tension board
	c. Replace the belt
	d. Call customer service
2. Noise	a. Check hybird
	b. Check bolt and bearing
	c. Check driver
	d. Call customer service
3. The console no power	a. Check all cable if loose or deflection
	b. Replace the console PCB
	c. Replace the controller
	d. Replace hybird
	e. Call customer service
4. Small resistance or without resistance	a. Check all belt if loose or deflection
	b. Check all cable if loose or deflection
	c. Replace the console PCB
	d. Replace the controller
	e. Replace hybird
	f. Call customer service
5. Pedal become flexible	a. Tighten the pedal with spanner
	b. Replace the pedal
	c. Replace the crank
	d. Call customer service
6. No time delay on the console	a. Replace the console PCB
	b. Call customer service

LOWER HAND HELD WIRING

UPPER HAND HELD WIRING

GENERATOR

HEART RATE BOARD

HRC

HEART RATE TO CONSOLE CABLE

CONTROLLER

FAN

HAND

WIRELESS

CONSOLE

J1

LOWER CONSOLE CABLE 2

UPPER CONSOLE CABLE

LOWER CONSOLE CABLE 1

PREVENTIVE MAINTENANCE SCHEDULE						
CARDIO						
Item	*Daily*	*Weekly*	*Monthly*	*Quarterly*	*Biannual*	*Annual*
Mounting Bolts					Inspect	
Frame	Clean				Inspect	
Power Cord			Inspect			
Display Console	Clean		Inspect			
Cover	Clean					
Handlebar	Clean					
Seat	Clean					
Pedal	Clean	Lock				
Belt Tension				Inspect		
Belt					Inspect	
Lubricate Sliding Bearing and Linear Bearing			Inspect			