

GB7005AP

DUAL ACTION RECUMBENT CROSS TRAINER

INSTRUCTION MANUAL

GB7005AP – 9" LCD



SAFETY PRECAUTIONS



Before You Begin

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 or loose items away from moving parts.



NOTE:

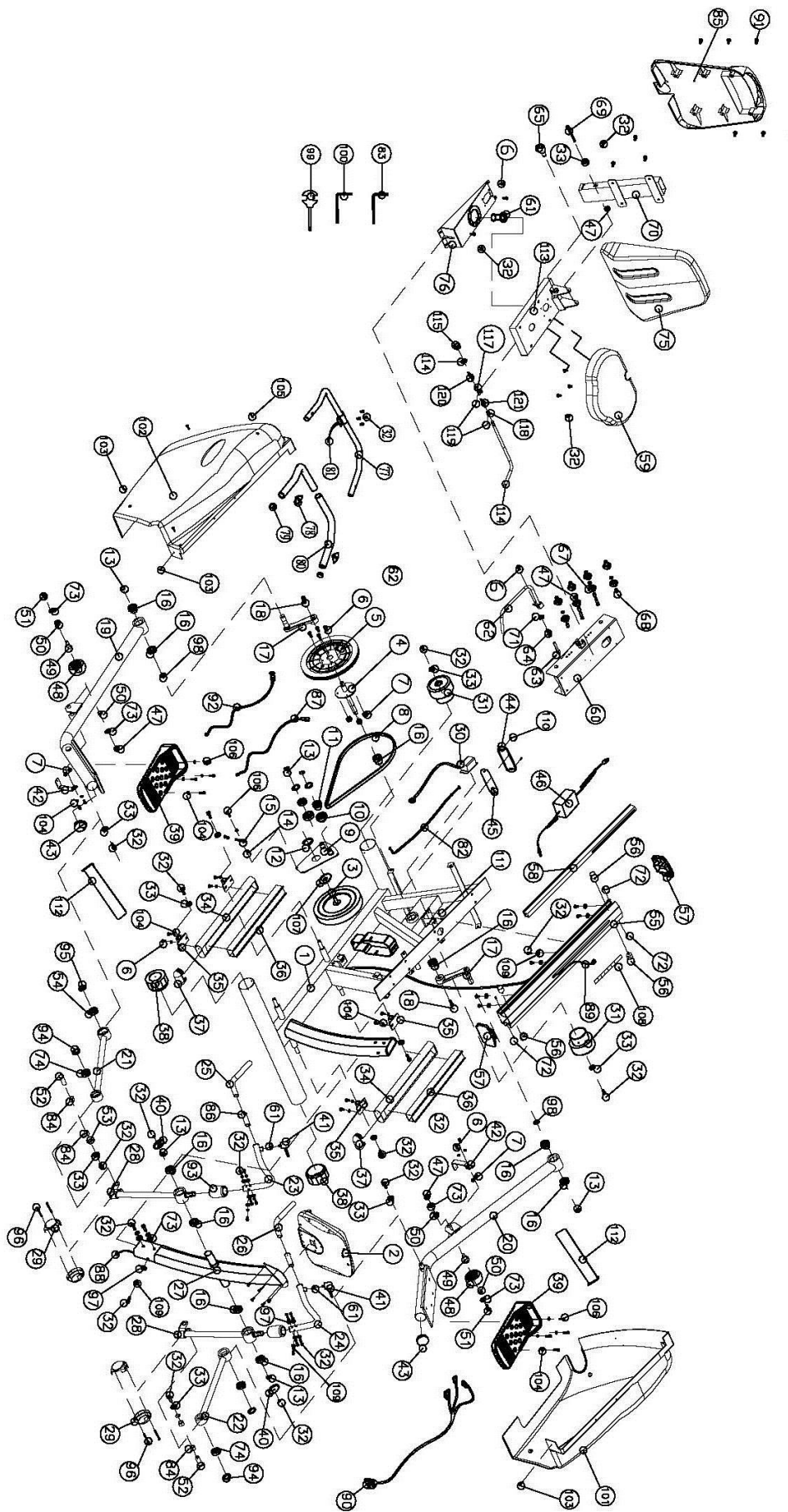
Maximum weight capacity for the GB7005AP is 181KG (400 LBS)



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.

EXPLODED DRAWING



PARTS LIST



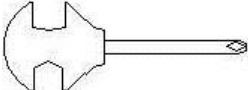
No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	31	Rear Leg Wheel	2
2	Computer	1	32	Hexagonal Bolt M8*15L	46
3	Magnetic Flywheel	1	33	Washer OD26*ID8.5*2T	11
4	Pedal Axle	1	34	Aluminum Track Base 40*80*470L	2
5	Pulley	1	35	Aluminum Track Base Holder	4
6	Mushroom Screw-M6*15L	16	36	Aluminum Track 348L	2
7	Nylon Nut (M6)	8	37	Plastic Cover 40*80	2
8	Belt-420-6J-PJ2505	1	38	Plastic Cover	2
9	Idler Set	1	39	Pedals	2
10	Idler Wheel Ø53*Ø43*24	2	40	Pedal Foot Cover	2
11	Bearing-6204ZZ	2	41	Rotary hand	2
12	C-Ring-S40	1	42	Moving Leg Stopper	2
13	C-Ring-S20	6	43	Moving Leg Cover	2
14	Screw Nuts (M6)	4	44	Socket Cover	1
15	Metal Parts	1	45	Input Socket	1
16	Bearing-6004ZZ	10	46	Adapter 6VDC/1000mA 110V	1
17	Crank	2	47	Nylon Nut (M8)	8
18	Screw M8*1.25*25L	2	48	PU Wheel	2
19	Pedal Foot (R)	1	49	PU Wheel Axle ϕ 15* ϕ 12*ID8.1*52.5L	2
20	Pedal Foot (L)	1	50	Bushing ϕ 12.1*18*21*8.5L	4
21	Connecting Parts (R)	1	51	Screw for roller M8*65L	2
22	Connecting Parts (L)	1	52	Axle ϕ 25*58.5L	2
23	Moving Handle Set (R)	1	53	Bushing	2
24	Moving Handle Set (L)	1	54	Spherical bearing	2
25	Moving Handle Set (R)	1	55	Aluminum Track 783L	1
26	Moving Handle Set (L)	1	56	Rubber Cushion	4
27	Computer Post	1	57	Aluminum Track Cover with HCl	2
28	Moving Handle Set	2	58	Aluminum Track Supporter	1
29	Connecting Tube Cover	2	59	Seat	1
30	DC Motor	1	60	Seat Moving Set	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
61	Hand fixed block	2	92	Power inlet=800L	1
62	Dipping Handle	1	93	Rubber Cover 32.4*54*80	2
63	Pin ϕ 16*67L	1	94	C-Ring-S35	2
64	Spring ϕ 2.0* ϕ 18.5*36	1	95	C-Ring-S42	2
65	Knob M16*P1.5*25L	1	96	Mushroom Screw ST4.5*50L	4
66	Metal Wheel	1	97	Curved Washer M8	12
67	Bearing 608ZZ	8	98	Washer ϕ 20* ϕ 30*1T	2
68	Bushing- ϕ 8.3* ϕ 12.7*15.5L	4	99	13*15 Tool	1
69	Hexagonal Bolt M8*100L	1	100	5m/m L Type Tool	1
70	Back Seat Support	1	101	Back Plastic Cover L	1
71	Washer ϕ 8.5* ϕ 26*1T	2	102	Back Plastic Cover R	1
72	+ Bolt (ST3.5*8)	8	103	Screw ST3/16"*25L	4
73	Washer ϕ 8.2* ϕ 16*2T	8	104	Washer OD6.2*ID13*1.2T	20
74	Bearing 6003ZZ	2	105	Mushroom Screw ST4.5*20L	14
75	Back Seat	1	106	Inside Hexagonal Screw M6*20	9
76	Seat Support	1	107	Retaining Washer	1
77	Seat Handle	1	108	Stick of Number	1
78	HR Hands Cover	2	109	Spring Washer SW8	24
79	Tube Cover ϕ 31.8mm	2	110	Screw M5*15L	2
80	Sponge Cover ϕ 31.8*250L	2	111	Screw M4*10L	4
81	HR Sensor	1	112	Pedal Strap	2
82	Tension Cable	1	113	Rotate Post	1
83	6m/m L Type Tool	1	114	Dipping Handle	1
84	Bushing 20L	4	115	Nylon Nut M10	1
85	Seat Back Cover (White)	1	116	Spring Washer SW10	1
86	Place control	2	117	Files block	1
87	Sensor Wire	1	118	Compass tube	1
88	Upper HR Sensor Wire 800mm L	1	119	Stoppage Screw M6*6	3
89	Lower HR Sensor Wire 2460mm	1	120	Clockwise Spring	1
90	Console Wires	1	121	Chemistry Spring	1

91	Screw M8*15L	1
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TOOL SET:

	(100) 5m/m L Type Tool	1pc
	(83) 6m/m L Type Tool	1pc
	(99) 13*15 Tool	1pc

NOTE

ALL THE PARTS, SCREW NEED TO ASSEMBLE ON THIS MACHINE. BEFORE YOU START TO ASSEMBLE, PLEASE CHECK THE Q'TY TO MAKE SURE ALL THAT INCLUDED.

WARNING :

Indication that the free area shall be not less than 0,6 m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared. The free area and training area shall be illustrated with a dedicated figure.

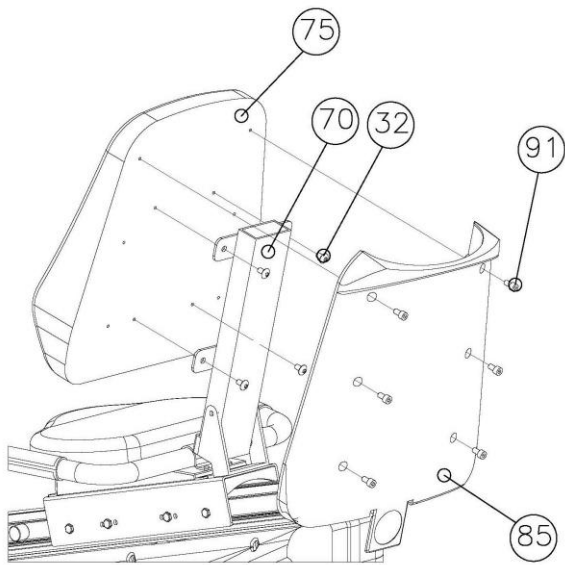
Warning that if any of the adjustment devices are left projecting, they could interfere with the user's movement.

Please examined regularly for belt, pulleys, rollers and connection points. If there any problem with the equipment, please keep the equipment out of use until repair. Please use the equipment on a firm and flat ground.

This Recumbent Cross Trainer Is For Indoor Use Only

ASSEMBLY

Step 1



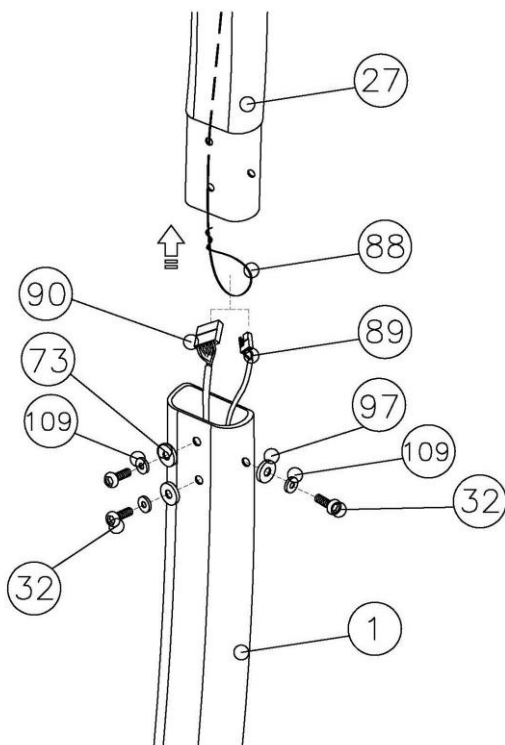
Assembling Seat Back

Remove Bolts (32) from the seat back (75). Attach seat back (75) to seat back support using bolts (32). Secure bolts tightly. Check tightness periodically.

Assembling Seat Back Cover

Attached seat back cover (85) onto the seat back (75) using bolts (91) to secure tightly.

Step 2



Wire Connection

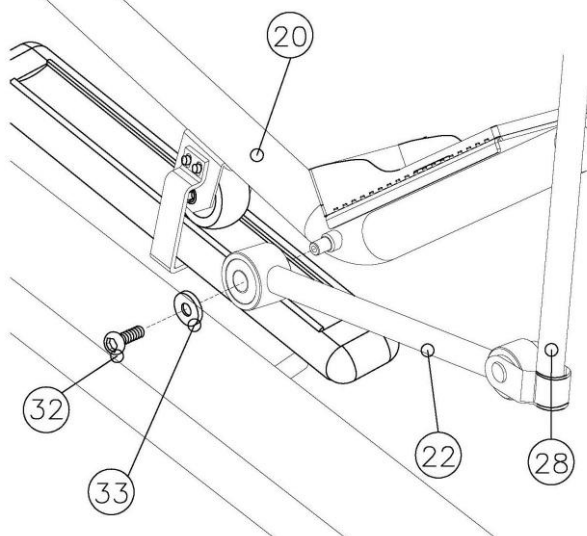
Connect Computer Sensor Wire (90), Upper HR Sensor Wire (88) and Lower HR Sensor Wire (89). After that, insert Computer Post (27) to the Main Frame (1) using the bolts (32) closet it.



Caution: Do not pinch wires during connection.

ASSEMBLY

Step 3



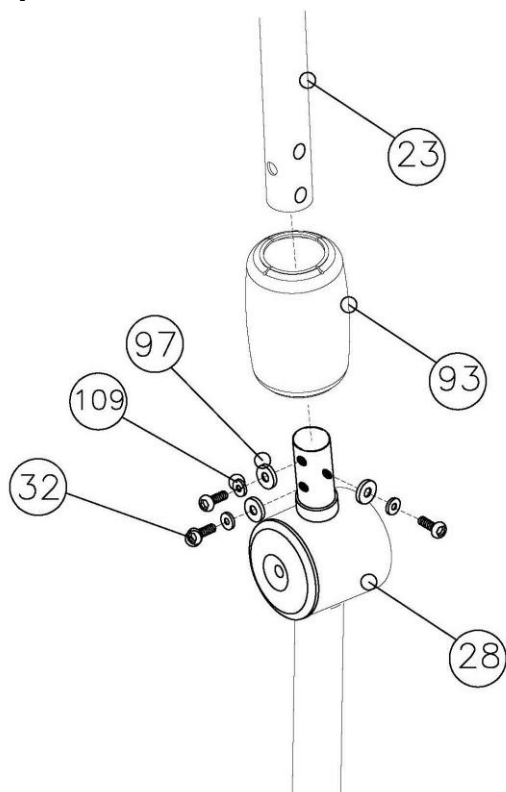
Connecting Pedal Foot (L)

Fix The Connecting Parts (L) (No.22) To The Pedal Foot (L) (No.20) By Using The Bolt (No.32).Fix The Right Side In The Same Way.

Connecting Pedal Foot (R)

Same Procedures As Connecting Pedal Foot (L).

Step 4



Connecting Handle Set (R)

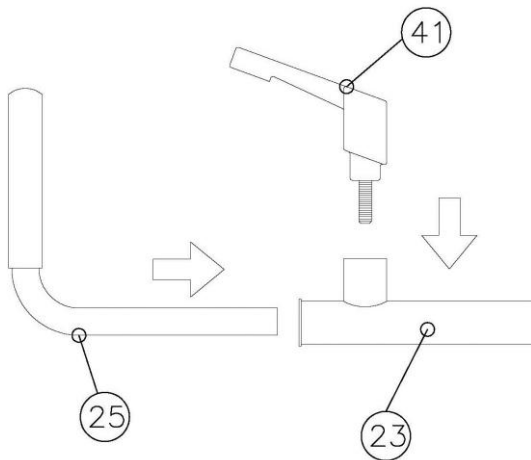
Insert the Rubber Cover (No.93) to the Moving Handle Set (R) (No.23) and fix the Moving Handle Set (R) (No.23) to the Moving Handle Set (No.28) by using the bolt (No.32).

Connecting Handle Set (L)

Same Procedures As Connecting Handle Set (R).

ASSEMBLY

Step 5



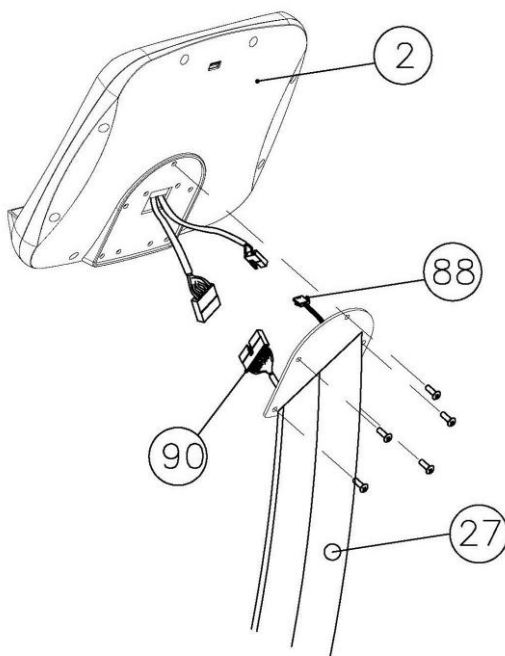
Stabilizing the Handle Bar (R)

Insert The Moving Handle Set (No.25) To The Moving Handle Set (R) (No.23) By Using The Rotary Hand (No.41) To Lock It.

Stabilizing the Handle Bar (L)

Same Procedures As Stabilizing The Handle Bar (R).

Step 6



Stabilizing the console

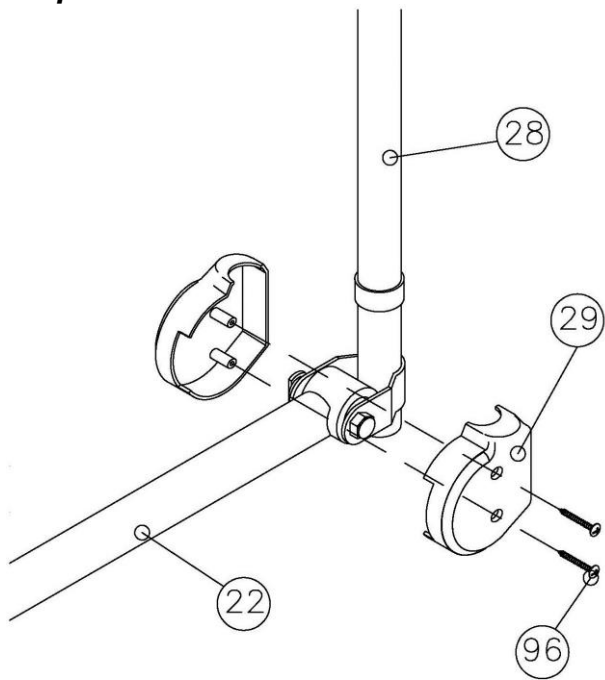
Connect The HR Sensor Wire (No.89) And The Computer Sensor Wire (No.91) To The Same Connection From The Computer (No.2). Attaching The Computer (No.2) To The Computer Post (No.27) By Using The Screws Locking.



Caution: Do not pinch wires during connection.

ASSEMBLY

Step 6



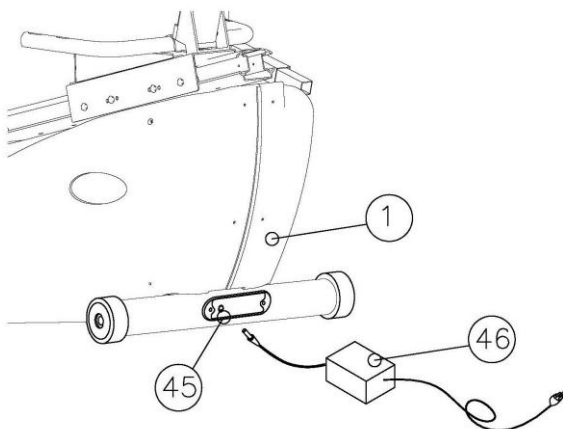
Attaching the Joint Cover (R)

Attaching the Connecting Tube Cover (No.29) to the joint from the Moving Handle Set (R) (No.28) and the Connecting Parts (No.22) by using the screws (No.96).

Attaching the Joint Cover (L)

Same Procedures As Attaching The Joint Cover (R).

Step 7



Connecting Power Adaptor

Put the end of the Adapter (No.46) in the input socket (No.45) on the back of the Main frame (No.1), then put the another end of the adapter (No.46) in the power outlet.



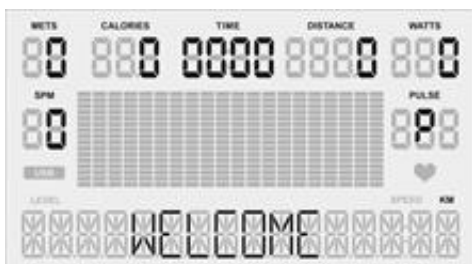
Caution: Do not pinch wires during connection.

COMPUTER INSTRUCTION MANUAL

To use your deluxe computer, read the following instruction carefully



- 1. TO START** – SELECT QUICKSTART TO START MANUAL MODE OR WORKOUTS TO BEGIN A PROGRAM. IF YOU HAVE NOT SELECTED ANYTHING AFTER 5 MINUTES THE DISPLAY WILL AUTOMATICALLY POWER OFF.



WORKOUTS:

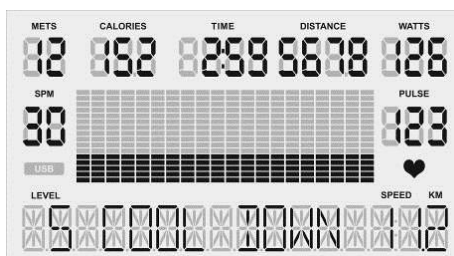
IF YOU SELECT THE **WORKOUT** KEY YOU CAN THEN CHOOSE AN EXERCISE PROGRAM.

2. COOL DOWN MODE

2.1 AFTER FINISHING A SELECTED PROGRAM, THE BEEP SOUNDS 3 TIMES THEN CONTINUOUSLY TO LET YOU KNOW YOU ARE ENTERING THE COOL DOWN MODE.

2.2 IN COOL DOWN MODE, YOU WILL HAVE 3 MINUTES OF RECOVERY EXERCISE; THE LEVEL DECREASES BY 50% PER MINUTE. (THE LAST ONE MINUTE MUST BE LEVEL 1). E.G. WORKOUT FINISHED WITH LEVEL 10, THE FIRST MINUTE OF COOL DOWN IS LEVEL 5, SECOND MINUTE IS LEVEL 3, AND THIRD MINUTE IS LEVEL 1. PLEASE NOTE THE RESISTANCE LEVEL CAN NOT BE ADJUSTED DURING COOL DOWN.

2.3 IN COOL DOWN MODE, THE DISPLAY SHOWS “COOL DOWN” AFTER 4 SEC., THEN YOU PRESS PAUSE FOR WORKOUT SUMMARY.



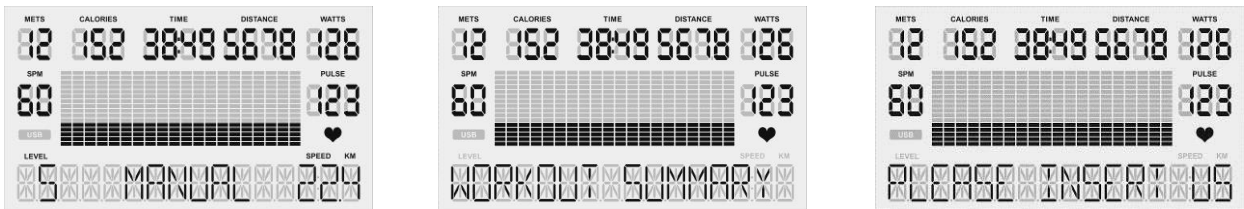
2.4 SUMMARY MODE:

AFTER COOL DOWN MODE, THE DISPLAY SHOWS WORKOUT SUMMARY.

YOU WILL THEN SEE THE MESSAGE “PLEASE INSERT USB BEFORE PRESSING REPORT”. YOU THEN HAVE 1 MINUTE TO PRESS REPORT AND START THE PROCESS OF RECORDING YOUR WORKOUT SUMMARY ON A USB DRIVE.

2.5 TO EXPORT THE REPORT FIRST INSERT ANY USB INTO THE USB PORT ON THE BACK OF THE DISPLAY, THE SYSTEM WILL AUTOMATICALLY DETECT THE USB AND ENABLE THE FUNCTION.

2.6 THE SUMMARY MODE DISPLAYS YOUR PERSONAL DATA AS SHOW BELOW. YOUR AVG [METS], TOTAL[CALORIES], TOTAL [TIME], TOTAL [DISTANCE] ; YOUR AVG [WATTS]; YOUR AVG [SPM], AND YOUR AVG [PULSE]. THESE ARE THE VALUES THAT CAN BE RECORDED VIA USB.



3. SLEEP MODE

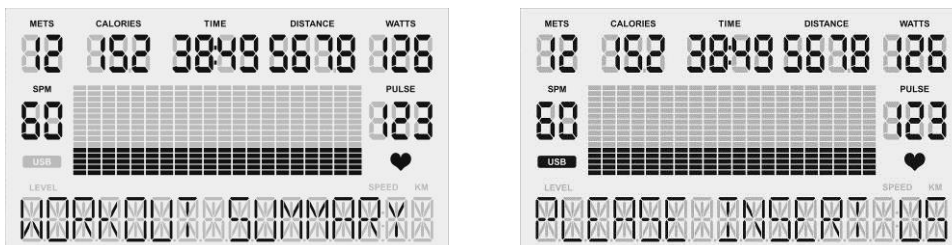
3.1 IF YOU DO NOT USE THE UNIT FOR FIVE MINUTES THE DISPLAY WILL AUTOMATICALLY POWER OFF.

3.2 IN SLEEP MODE, THE LCD MONITOR WILL BE POWERED OFF; ANY BUTTONS OR USB FUNCTIONS WILL BE DISABLED.

3.3 TO WAKE UP THE UNIT – START USING THE MACHINE AGAIN AND IT WILL POWER ON SHORTLY.

4. REPORT MODE

4.1 WHEN THE USB DRIVE IS INSERTED INTO THE USB PORT AND SUCCESSFULLY AND DETECTED THE DISPLAY WILL SHOW THE ICON “USB” AS SHOWN BELOW.



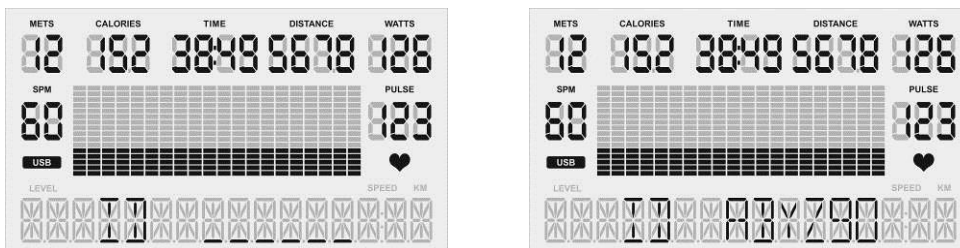
4.2 WHEN YOU ARE IN SUMMARY MODE, PRESS THE REPORT BUTTON TO ENTER REPORT MODE.

4.3 HOW TO EXPORT YOUR WORKOUT REPORT

4.3.1 AFTER YOU PRESS THE REPORT KEY, THE WORDS “EXPORT REPORT” WILL SHOW ALONG THE BOTTOM OF THE DISPLAY. THEN IT WILL SHOW THE MESSAGE “PRESS ENTER TWICE TO SET ID”.

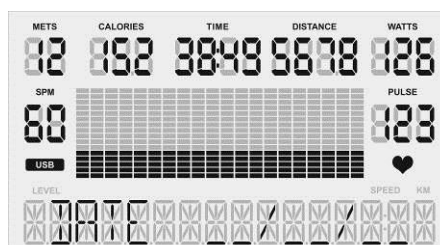
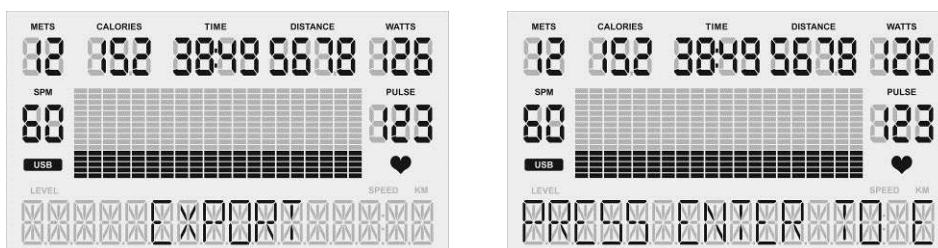


4.3.2 AFTER PRESSING ENTER TWICE, YOU CAN THEN SET UP YOUR PERSONAL [ID ____] BY PRESSING THE [+] / [-] BUTTONS TO SCROLL THROUGH THE VALUES [A-Z OR #0-9]. TO SELECT A VALUE, PRESS ENTER TO MOVE ONTO THE NEXT SPACE. CONTINUE ON AND WHEN YOU HAVE FINISHED SELECTING YOUR ID, COMPLETE BY PRESSING ENTER AND ONCE YOU PASS THE LAST SPACE YOU WILL MOVE ONTO THE NEXT STEP. **PLEASE NOTE:** AT ANYTIME YOU CAN PRESS PAUSE TO RETURN TO THE PREVIOUS STEP.



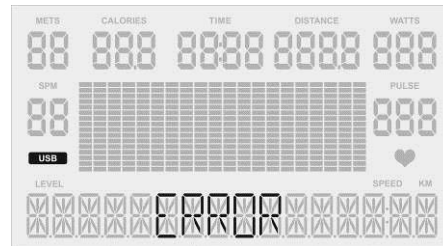
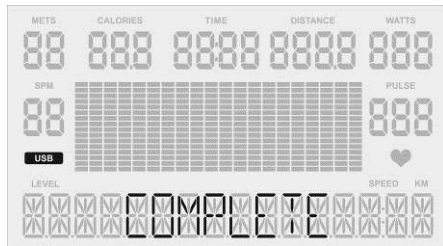
4.3.3 AFTER YOU HAVE SET YOUR PERSONAL ID - THEN PRESS ENTER TO SELECT THE DATE. [DATE __/__/__]. BY PRESSING THE [+] / [-] BUTTONS SCROLL THROUGH THE VALUES [A-Z OR #0-9]. PLEASE NOTE AFTER THE DATE IS SELECTED, PRESS ENTER TO CONFIRM AND COMPLETE. AFTER CONFIRMED THE DISPLAY WILL SHOW THE MESSAGES “EXPORT” AND “PRESS ENTER TO EXPORT DATA”.

[DATE __/__/__] DEFINED AS: [DATE day / month / year].



4.3.4. AFTER YOU PRESS ENTER, WAIT AND THE DATA WILL BE SUCCESSFULLY EXPORTED INTO A .CSV FILE THAT YOU CAN OPEN IN EXCEL. THE DISPLAY WILL READ COMPLETE WHEN IT HAS BEEN EXPORTED SUCCESSFULLY.

4.4.5 IF THERE IS AN ERROR DURING DATA EXPORT, DISPLAY WILL READ “ERROR” AND THEN RETURN TO THE PREVIOUS STEP SO YOU CAN TRY AGAIN.



GENERAL INFORMATION

1. GENDER

- 1.1 Men is MALE, women is FEMALE, preset value is [MALE].
- 1.2 The Dot Matrix windows display [M] / [F] when setting ◦

2. AGE

- 2.1 Setting range between from 10 to 99, preset value is 40 years old ◦
- 2.2 The [METS] windows display when setting ◦

3. WEIGHT

- 3.1 Preset value is 68KG / 150LB, range between 30 to 180KG and 40 to 400LB 68KG/150LB ◦
- 3.2 The [CALORIES] windows display when setting ◦

4. T.H.R

- 4.1 The formula: $(220 - \text{AGE}) * X \%$. The X is PERCENT value ◦
- 4.2 When setting age it will modify the proposal heartbeat value accord to the age, the user can modify the value for other set goals heartbeat at this time.
- 4.3 In HRC 65%, HRC 85% programs can be either use by touching heart rate sensor or wireless heart rate sensor.

5. PULSE

- 5.1 At any time, is able to measure heart rate, the calculation range is from 40 to 220. If the heart rate cannot detected the PULSE windows to show as (_P_).
- 5.2 To use both wire/wireless heart rate sensors as two inputs; use wireless heart rate sensor is always priority on the detection. If the wireless heart rate continues without signal in 2 seconds, the system will turn to check the wire heart rate signal.

6. UNIT

- 6.1 Mile shows M. Preset value is [M].
- 6.2 Kilometer shows KM.

7. METS

- 7.1 $\text{METS} = (1.8 * \text{WATTS} / \text{BM (KG)} + 7) / 3.5 - 1$, BM MEANS WEIGHT
- 7.2 $\text{METS} = \text{VO}_2 / 3.5 - 1$, VO₂ MEANS MAXIMAL OXYGEN CONSUMPTION
- 7.3 $\text{GROSS VO}_2 = 7 + 1.8 * \text{WATTS} / \text{BM}$

8. SPM "STEPS PER MINUTE"

- 8.1 1 SPM = 1 RPM / 2

KEY FUNCTION

1. QUICK START

- 1.1. Press the QUICK START to start your workout in manual mode.

2. ENTER KEY

- 2.1. Press this button to enter settings or to confirm or modify values.
- 2.2. In REPORT MODE, press the ENTER button to do data confirmation.

3. Up(▲) KEY

- 3.1. Setting for increasing value.
- 3.2. Press over 1 sec will be a frequency of 4 times per second to make a plus function.
- 3.3. Press one time to increase one LEVEL.
- 3.4. Press one time to increase each segment value.

4. Down(▼) KEY

- 4.1. Setting for reducing value.
- 4.2. Press over 1 sec will be a frequency of 4 times per second to make a minus function.
- 4.3. Press one time to reduce one LEVEL.
- 4.4. Press one time to reduce each segment value.

5. WORKOUTS KEY

- 5.1. BEFORE YOU START YOUR WORKOUT, press WORKOUTS KEY to select your PROGRAM mode. IF YOU HAVE ALREADY STARTED, PRESS RESET THEN THE WORKOUTS KEY TO GET TO PROGRAMS.

6. RECOVERY KEY

- 8.1 In any status can perform these functions. (Must have touching heart rate sensor or wireless heart rate sensor)
 - 6.1. When heart rate is detected, press RECOVERY button to perform this function.
 - 6.2. When perform this function, press RECOVER button will directly interrupt this mode and return to [IDLE MODE].
 - 6.3. When perform this function, all buttons will be disabled, only RECOVERY button is enable.

7. PAUSE KEY

- 7.1. During exercise press the PAUSE button to enter into [PAUSE MODE], workout value will be temporary suspended; the display will show PAUSE and show the message "PRESS QUICKSTART TO RESUME OR RESET FOR WORKOUT SUMMARY".
- 7.2. In PAUSE MODE] press RESET button to finish workout, enters into SUMMARY MODE.
- 7.3. When entering data and in REPORT MODE, pressing the PAUSE button will return you to the previous step.

8. RESET KEY

- 8.1 When exercising press the RESET button, to enter into SUMMARY MODE.
- 8.2 When entering data, pressing the RESET button, will direct enter into IDLE MODE.
- 8.3 When in IDLE MODE, press and hold the RESET button for 3 sec., to restart the system back to preset settings.

9. REPORT KEY

- 9.1. Enables the USB export function.
- 9.2. In SUMMARY MODE if you press the REPORT button you will enter into REPORT MODE.

HOW TO SETUP YOUR WORKOUT PROGRAM

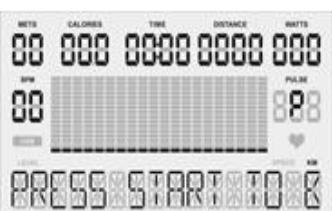
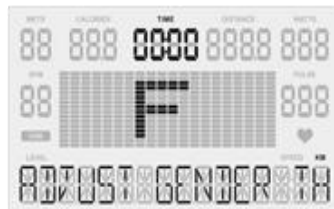
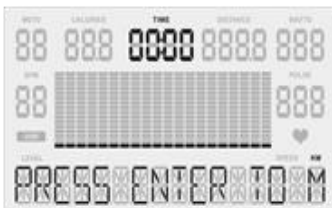
1. QUICK START

- 1.1. Pressing the QUICK START button will start MANUAL MODE, gender, age, weight etc. will default to the preset values, and time will start counting up from 00:00. Other data will start count up from 0, and resistance LEVEL starts from level1.

2. MANUAL

- 2.1. Press the WORKOUTS button to select MANUAL MODE, the display will scroll MANUAL. Then it will tell you to "PRESS ENTER TO MODIFY OR START TO BEGIN WORKOUT". Press the "ENTER" button to enter this mode. If no modifications are made, the program will use the preset values; if you press the QUICK START button the program will start now, or press the RESET button to return to the home screen. Then, press PAUSE to return to the previous step.
- 2.2. Press the ENTER button to modify your gender, the display shows word tips [ADJUST GENDER THEN PRESS ENTER], In the display [M], press Up(▲) /Down(▼) button to modify for [F], then press ENTER button to confirm and enter the next setting value to modify or press QUICK START button to perform program, or press RESET key to return to the home screen, or press PAUSE to return previous step.
- 2.3. Press the ENTER button to modify age, in [METS] windows it will display [40], and shows word tips [ADJUST AGE THEN PRESS ENTER], press Up (▲) /Down (▼) button to modify age, then press ENTER button to confirm and enter to next setting value to modify or press QUICK START button to perform program, or press RESET key to return to the home screen, or press PAUSE to return previous step.
- 2.4. Press the ENTER button to modify weight, in [CALORIES] windows display [68], the display shows word tips [ADJUST WEIGHT THEN PRESS ENTER], press Up (▲) /Down (▼) button to modify weight, then press the ENTER button to confirm and enter to next setting value to modify or press QUICK START button to perform program, or press RESET key to return to the home screen, or press PAUSE to return previous step.

- 2.5. Press ENTER button to modify workout time, in [TIME] windows flashing display [00:00], the display shows word tips [ADJUST TIME THEN PRESS ENTER], press Up (▲) /Down (▼) button to modify age, then press the ENTER button to confirm, or press QUICK START button to perform program, or press RESET key to return to the home screen, or press PAUSE to return previous step.

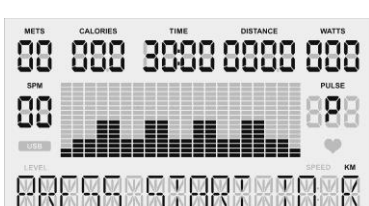
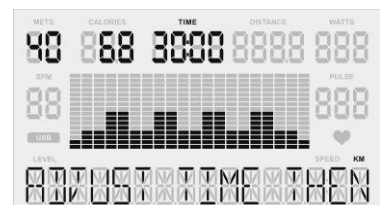
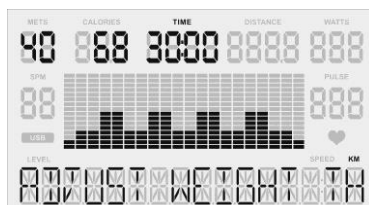
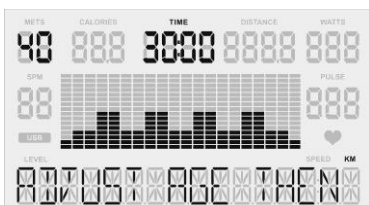
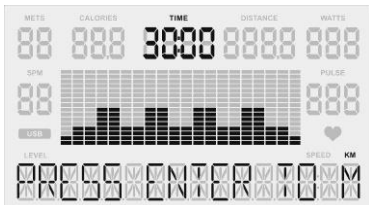
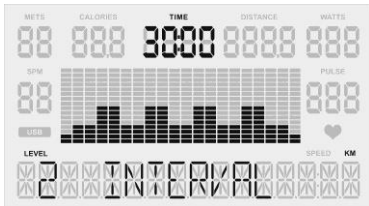


3. WORKOUTS

- 3.1. In [PROGRAM MODE] including preset program as following: Warm Up, Interval, Valley, Ramp, Mountain, Rolling, Climb, Random, Hill, Fat Burn, Cardio, and Strength.
- 3.2. Press WORKOUTS button to select [PROGRAM MODE], the dot-matrix display corresponding profile, the matrix windows shows word tips [PRESS ENTER TO MODIFY OR START TO BEGIN WORKOUT], Press Enter button to enter its set mode. If no modification will use preset value as main, press QUICK START button to start direct, or press RESET button to return [IDLE MODE], press PAUSE to return previous step.
- 3.3. After selecting your program press ENTER button to modify gender, the matrix windows shows word tips [ADJUST GENDER THEN PRESS ENTER], In the dot-matrix windows display [M], press Up(▲) /Down(▼) button to modify for [F], then press ENTER button to confirm and enter to next setting or press QUICK START button to direct perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 3.4. After the last setting, press ENTER button to modify age, in [METS] windows display [40], the matrix windows shows word tips [ADJUST AGE THEN PRESS ENTER], press Up(▲) /Down(▼) button to modify age, then press ENTER button to confirm and enter to next setting or press QUICK START button to direct perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 3.5. After the last setting, press ENTER button to modify weight, in [CALORIES] windows display [68], the matrix windows shows word tips [ADJUST WEIGHT THEN PRESS ENTER], press Up(▲) /Down(▼) button to modify weight, then press ENTER button to confirm and enter to next setting or press QUICK START button to direct perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 3.6. After the last setting, press ENTER button to modify time, in [TIME] windows display [30:00], the matrix windows shows word tips [ADJUST TIME THEN PRESS ENTER], press Up(▲) /Down(▼) button to modify age, then press ENTER button to confirm, after the confirmation for time the matrix windows shows word tips [PRESS START TO BEGIN WORKOUT]. Press QUICK START button to perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.

EXERCISING:

- 3.7. Press QUICK START button, the matrix windows display [PROGRAM NAME], the dot-matrix display LEVEL's profile, press Up(▲) /Down(▼) button to adjust LEVEL, the profile will along with LEVEL value to change until LEVEL value to be max or minimum.
- 3.8. Select [COOL DOWN], the time count is completed, the beeper 3 times sound to indicate the program is finished to enter into [COOL DOWN MODE].
- 3.9. During exercise can press PAUSE button to enter into [PAUSE MODE].
- 3.10. In [PAUSE MODE], if press RESET button will enter into [SUMMARY MODE]



4. HRC 65% 、 HRC 85%

4.1. The function of this program is default as below.

4.1.1 TARGET HEART RATE = 65% X (220-AGE)

4.1.2 TARGET HEART RATE = 85% X (220-AGE)

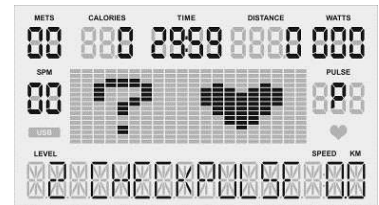
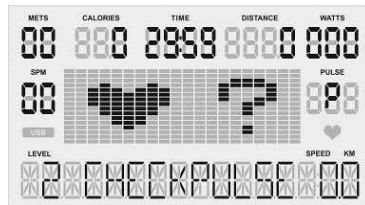
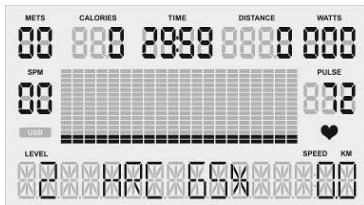
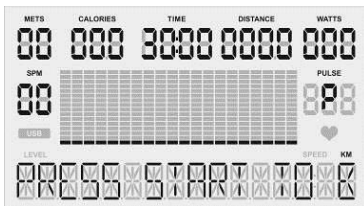
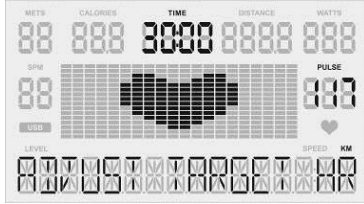
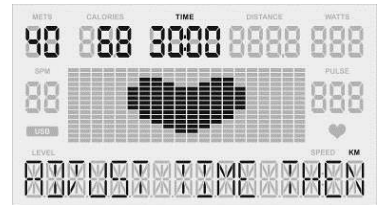
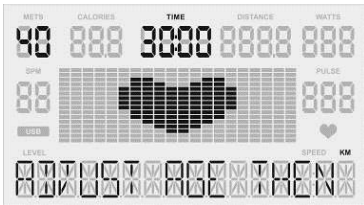
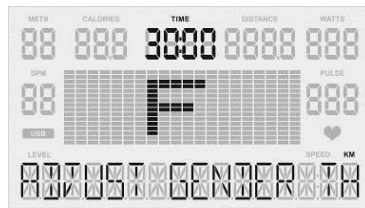
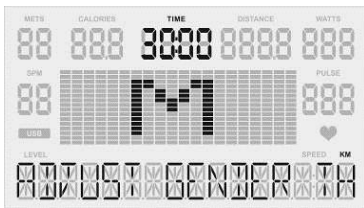
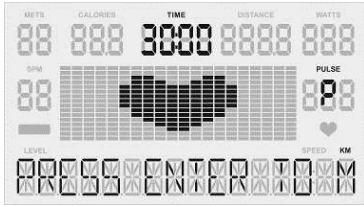
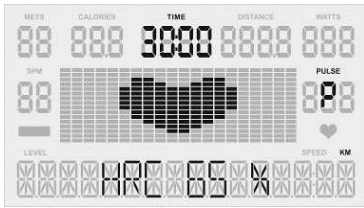
Targeting the exercise, it will be according to your Target HR value to adjust Level automatically during your exercise.

- 4.2. Press WORKOUTS button to select [HRC65%] , [HRC 85%] mode, the dot-matrix display corresponding profile, the matrix windows display [PROGRAM NAME] in 4 sec., then the matrix windows shows word tips [PRESS ENTER TO MODIFY OR START TO BEGIN WORKOUT]. Press Enter button to enter its set mode. If no modification will use preset value, press QUICK START button to start direct, or press RESET button to return [IDLE MODE], press PAUSE to return previous step.
- 4.3. After selected prefer programs press ENTER button to modify gender, the matrix windows shows word tips [ADJUST GENDER THEN PRESS ENTER] , In the dot-matrix windows display [M], press Up(▲) /Down(▼) button to modify for [F], then press ENTER button to confirm and enter to next setting or press QUICK START button to direct perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 4.4. After the last setting, press ENTER button to modify age, in [METS] windows display [40], the matrix windows shows word tips [ADJUST AGE THEN PRESS ENTER], press Up(▲) /Down(▼) button to modify age, then press ENTER button to confirm and enter to next setting or press QUICK START button to direct perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 4.5. After the last setting, press ENTER button to modify weight, in [CALORIES] windows display [68], the matrix windows shows word tips [ADJUST WEIGHT THEN PRESS ENTER], press Up(▲) /Down(▼) button to modify weight, then press ENTER button to confirm and enter to next setting or press QUICK START button to direct perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 4.6. After the last setting, press ENTER button to modify time, in [TIME] windows display [30:00], the matrix windows shows word tips [ADJUST TIME THEN PRESS ENTER], press Up(▲) /Down(▼) button to modify age, then press ENTER button to confirm, after the confirmation for time the matrix windows shows word tips [PRESS START TO BEGIN WORKOUT]. Press QUICK START button to perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 4.7. At the last, press ENTER button to modify Target HR value, in [PULSE] windows display [117], [114], the range of adjustment is [40-240], the matrix windows shows word tips [ADJUST TARGET HR THEN PRESS ENTER], loop display in turns. Press Up (▲) /Down (▼) button to modify age, then press ENTER button to confirm, after the confirmation the matrix windows shows word tips [PRESS START TO BEGIN WORKOUT]. Press QUICK

START button to perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.

EXERCISING:

- 4.8. This program only accepts the level is controlled by heart rate. Press QUICK START button, the matrix windows display [PROGRAM NAME], the dot-matrix display Level's profile. The program will first check for a heart rate input, if no heart rate input signal the matrix windows shows [CHECK PULSE], the dot-matrix shows [♥ ?] / [? ♥] alternating. If detect heart rate input signal the program starts timing.
- 4.9. After determining target heart rate value, the LEVEL icon in the dot-matrix will be display in accordance with it to do overall update, detect no heart rate input signal the matrix windows shows [CHECK PULSE] in 30sec., if there is no response then return to [IDLE MODE].
- 4.10. Check RPM input signal, if has RPM input signal. It can enter to determine the initial heart rate. As long as have entered RPM signal, the subsequent processing can continue.
- 4.11. In exercise process when actual heart rate value \leq / \geq target heart rate value, the program will every 15 seconds judgment heart rate value, and automatically increase or reduce LEVEL value, judged method as following:
 - 4.11.1. When actual heart rate value \leq target heart rate value -25, every 10 seconds will increase level 3 until maximum level.
 - 4.11.2. When actual heart rate value \leq target heart rate value -15, every 10 seconds will increase level 2 until maximum level.
 - 4.11.3. When actual heart rate value \leq target heart rate value -5, every 10 seconds will increase level 1 until maximum level.
 - 4.11.4. When actual heart rate value \geq target heart rate value 5, every 10 seconds will reduce level 1 until minimum level.
 - 4.11.5. When actual heart rate value \geq target heart rate value 15, every 10 seconds will reduce level 2 until minimum level.
 - 4.11.6. When actual heart rate value \geq target heart rate value 25, every 10 seconds will reduce level 3 until minimum level.
- 4.12. Select [COOL DOWN], the time count is completed, the beeper 3 times sound to indicate the program is finished to enter into [COOL DOWN MODE].
- 4.13. During exercise can press PAUSE button to enter into [PAUSE MODE].
- 4.14. In [PAUSE MODE], if press RESET button will enter into [SUMMARY MODE]

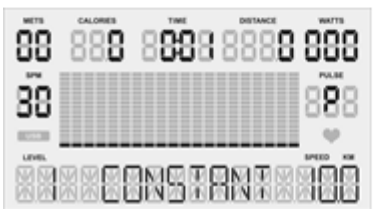
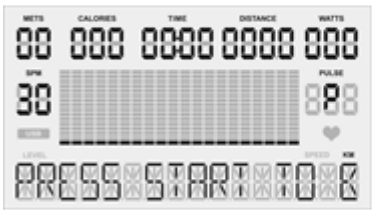
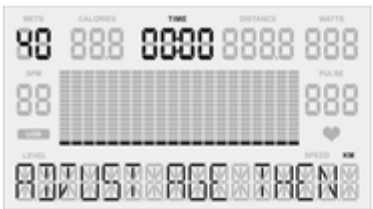


5. CONSTANT SPM “STEPS PER MINUTE”

- 5.1. This program is according to Target SPM function, use constant SPM value as exercise target to adjust levels automatically.
- 5.2. L1 = 30RPM / L2 = 45RPM / L3 = 60RPM / L4 = 75RPM / L5 = 90RPM / L6 = 105RPM / L7 = 120RPM / L8 = 135RPM ◦
- 5.3. Press WORKOUTS button to select [CONSTANT SPM] mode, the dot-matrix display corresponding profile, the matrix windows display [CONSTANT SPM] words 4 sec., then the matrix windows shows word tips [PRESS ENTER TO MODIFY OR START TO BEGIN WORKOUT]. Press Enter button to enter its set mode. If no modification will use preset value, press QUICK START button to start direct, or press RESET button to return [IDLE MODE], press PAUSE to return previous step.
- 5.4. After selected prefer programs press ENTER button to modify gender, the matrix windows shows word tips [ADJUST GENDER THEN PRESS ENTER], In the dot-matrix windows display [M], press Up(▲) /Down(▼) button to modify for [F], then press ENTER button to confirm and enter to next setting or press QUICK START button to direct perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 5.5. After the last setting, press ENTER button to modify age, in [METS] windows display [40], the matrix windows shows word tips [ADJUST AGE THEN PRESS ENTER], press Up(▲) /Down(▼) button to modify age, then press ENTER button to confirm and enter to next setting or press QUICK START button to direct perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 5.6. After the last setting, press ENTER button to modify weight, in [CALORIES] windows display [68], the matrix windows shows word tips [ADJUST WEIGHT THEN PRESS ENTER], press Up(▲) /Down(▼) button to modify weight, then press ENTER button to confirm and enter to next setting or press QUICK START button to direct perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous.
- 5.7. After the last setting, press ENTER button to modify time, in [TIME] windows display [30:00], the matrix windows shows word tips [ADJUST TIME THEN PRESS ENTER], press Up(▲) /Down(▼) button to modify age, then press ENTER button to confirm, after the confirmation for time the matrix windows shows word tips [PRESS START TO BEGIN WORKOUT]. Press QUICK START button to perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 5.8. Press ENTER button to modify Target Heart rate value, in [SPM] windows display [30], the matrix windows shows word tips [ADJUST CONSTANT SPM THEN PRESS ENTER, loop display in turns. Press Up (▲) /down (▼) button to modify age, then press ENTER button to confirm, the matrix windows shows word tips [PRESS START TO BEGIN WORKOUT]. Press QUICK START button to perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.

EXERCISING:

- 5.9. This program only accepts the level is controlled by SPM value. Press QUICK START button, the matrix windows display [CONSTANT SPM], the dot-matrix display Level's profile.
- 5.10. After determining target SPM value, the LEVEL icon in [DM] will be in accordance with it to do overall update, detect no SPM input signal [MV] shows [CHECK SPM] flashing , [DM] shows [? ?] flashing 30sec., then return to [IDLE MODE].
- 5.11. When target value > actual value, every 5 seconds will increase level 1 (LEVEL display same information) until maximum resistance.
- 5.12. When target value < actual value, every 5 seconds will reduce level 1 (LEVEL display same information) until minimum resistance.
- 5.13. When the difference of target value and actual value within ± 10 SPM will keep current LEVEL without change.
- 5.14. Select [COOL DOWN], the time count is completed, the beeper 3 times sound to indicate the program is finished to enter into [COOL DOWN MODE].
- 5.15. During exercise can press PAUSE button to enter into [PAUSE MODE].
- 5.16. In [PAUSE MODE], if press RESET button will enter into [SUMMARY MODE]



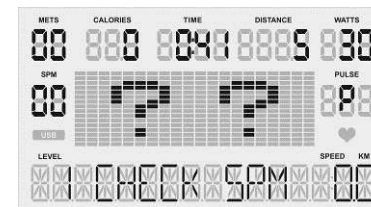
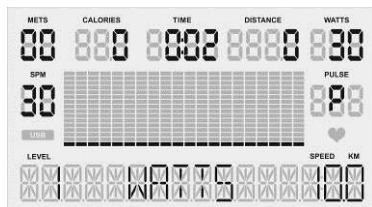
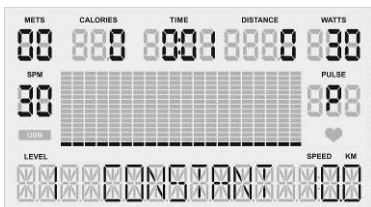
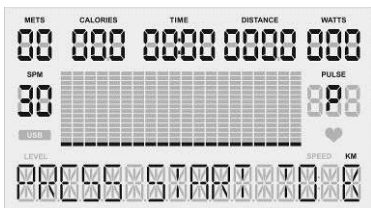
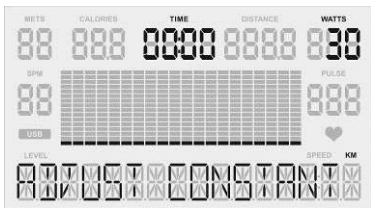
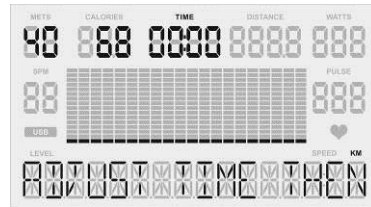
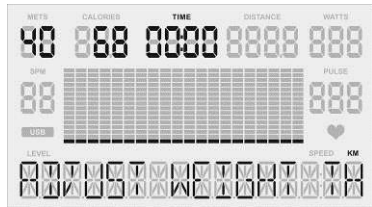
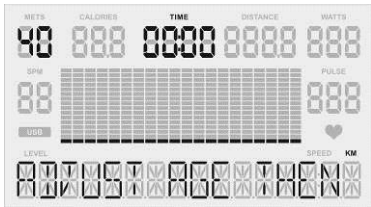
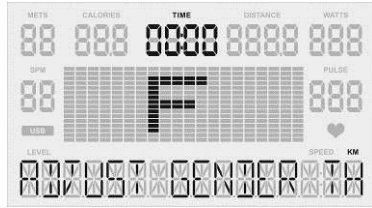
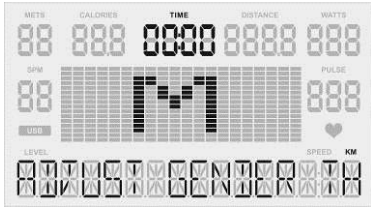
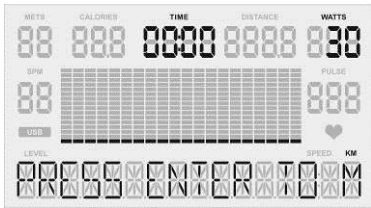
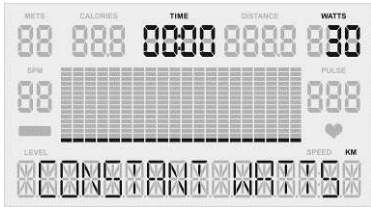
6. CONSTANT WATTS

- 6.1. This program is according to Target Watts function, use constant WATT value as exercise target to adjust levels automatically.
- 6.2. L1 = 30W / L2 = 45W / L3 = 60W / L4 = 75W / L5 = 90W / L6 = 105W / L7 = 120W / L8 = 135W / L9 = 150W / L10 = 165W / L11 = 180W / L12 = 195W / L13 = 210W / L14 = 225W / L15 = 240W / L16 = 255W ◦
- 6.3. Press WORKOUTS button to select [CONSTANT WATTS] mode, the dot-matrix display corresponding profile, the matrix windows display [CONSTANT WATTS] in 4 sec., then the matrix windows shows word tips [PRESS ENTER TO MODIFY OR START TO BEGIN WORKOUT], loop display in turns. Press Enter button to enter its set mode. If no modification will use preset value, press QUICK START button to start direct, or press RESET button to return [IDLE MODE], press PAUSE to return previous step.
- 6.4. After selected prefer programs press ENTER button to modify gender, the matrix windows shows word tips [ADJUST GENDER THEN PRESS ENTER], In the dot-matrix windows display [M], press Up(▲) /Down(▼) button to modify for [F], then press ENTER button to confirm and enter to next setting or press QUICK START button to direct perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 6.5. After the last setting, press ENTER button to modify age, in [METS] windows display [40], the matrix windows shows word tips [ADJUST AGE THEN PRESS ENTER], press Up(▲) /Down(▼) button to modify age, then press ENTER button to confirm and enter to next setting or press QUICK START button to direct perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 6.6. After the last setting, press ENTER button to modify weight, in [CALORIES] windows display [68], the matrix windows shows word tips [ADJUST WEIGHT THEN PRESS ENTER], press Up(▲) /Down(▼) button to modify weight, then press ENTER button to confirm and enter to next setting or press QUICK START button to direct perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 6.7. After the last setting, press ENTER button to modify time, in [TIME] windows display [30:00], the matrix windows shows word tips [ADJUST TIME THEN PRESS ENTER], press Up(▲) /Down(▼) button to modify age, then press ENTER button to confirm, after the confirmation for time the matrix windows shows word tips [PRESS START TO BEGIN WORKOUT]. Press QUICK START button to perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 6.8. Press ENTER button to modify Target Heart rate value, in [WATTS] windows display [30], the matrix windows shows word tips [ADJUST CONSTANT WATTS THEN PRESS ENTER]. Press Up (▲) /down (▼) button to modify age, then press ENTER button to confirm, the matrix windows shows word tips [PRESS START TO BEGIN WORKOUT]. Press QUICK START button to perform program, or press RESET key to return [IDLE MODE],

press PAUSE to return previous step

EXERCISING:

- 6.9. This program only accepts the level is controlled by WATTS's value. Press QUICK START button, the matrix windows display [CONSTANT WATTS], the dot-matrix display Level's profile.
- 6.10. After determining target WATTS value, the LEVEL icon in the dot-matrix will be display in accordance with it to do overall update, If the detection is not detected SPM input signal the matrix windows shows [CHECK WATTS], the dot-matrix shows [? ?] in 30sec., then return to [IDLE MODE].
- 6.11. When target value > actual value, every 5 seconds will increase level 1 (LEVEL display same information) until maximum resistance.
- 6.12. When target value < actual value, every 5 seconds will reduce level 1 (LEVEL display same information) until minimum resistance.
- 6.13. When the difference of target value and actual value within ± 10 SPM will keep current LEVEL without change.
- 6.14. Select [COOL DOWN], the time count is completed, the beeper 3 times sound to indicate the program is finished to enter into [COOL DOWN MODE].
- 6.15. During exercise can press PAUSE button to enter into [PAUSE MODE].
- 6.16. In [PAUSE MODE], if press RESET button will enter into [SUMMARY MODE]

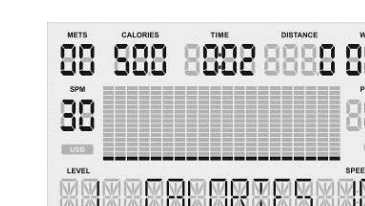
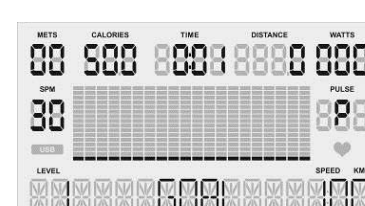
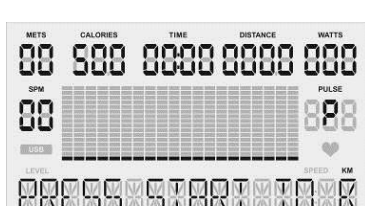
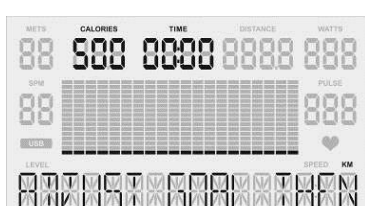
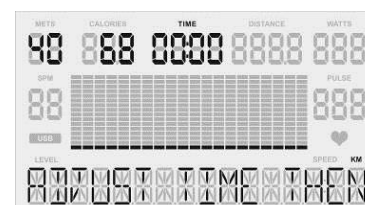
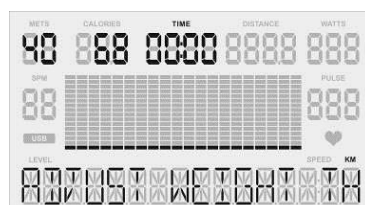
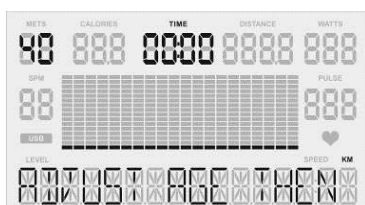
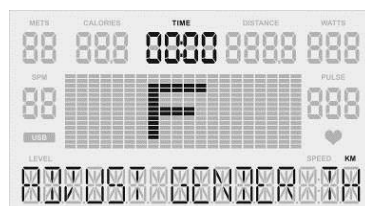
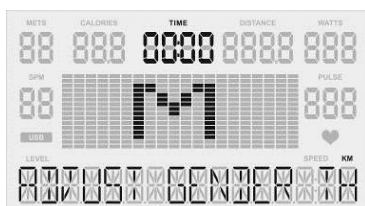
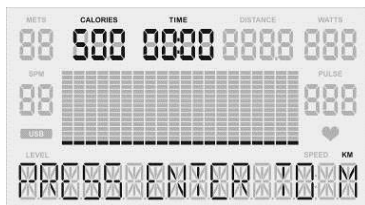
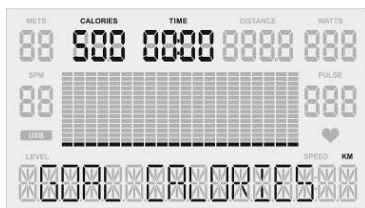


7. GOAL CALORIES

- 7.1. This program is according to set Calories value as exercise target.
- 7.2. Press WORKOUTS button to select [GOAL CALORIES] mode, the dot-matrix display corresponding profile, the matrix windows display [GOAL CALORIES] in 4 sec., then the matrix windows shows word tips [PRESS ENTER TO MODIFY OR START TO BEGIN WORKOUT]. Press Enter button to enter its set mode. If no modification will use preset value as main, press QUICK START button to start direct, or press RESET button to return [IDLE MODE], press PAUSE to return previous step.
- 7.3. After selected prefer programs press ENTER button to modify gender, the matrix windows shows word tips [ADJUST GENDER THEN PRESS ENTER], In the dot-matrix windows display [M], press Up(▲) /Down(▼) button to modify for [F], then press ENTER button to confirm and enter to next setting or press QUICK START button to direct perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 7.4. After the last setting, press ENTER button to modify age, in [METS] windows display [40], the matrix windows shows word tips [ADJUST AGE THEN PRESS ENTER], press Up(▲) /Down(▼) button to modify age, then press ENTER button to confirm and enter to next setting or press QUICK START button to direct perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 7.5. After the last setting, press ENTER button to modify weight, in [CALORIES] windows display [68], the matrix windows shows word tips [ADJUST WEIGHT THEN PRESS ENTER], press Up(▲) /Down(▼) button to modify weight, then press ENTER button to confirm and enter to next setting or press QUICK START button to direct perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 7.6. After the last setting, press ENTER button to modify time, in [TIME] windows display [00:00], the matrix windows shows word tips [ADJUST TIME THEN PRESS ENTER], press Up(▲) /Down(▼) button to modify age, then press ENTER button to confirm, after the confirmation for time the matrix windows shows word tips [PRESS START TO BEGIN WORKOUT]. Press QUICK START button to perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 7.7. Press ENTER button to modify Target Heart rate value, in [CALORIES] windows flashing display [500], the matrix windows shows word tips [ADJUST GOAL THEN PRESS ENTER], loop display in turns. Press Up (▲) /down (▼) button to modify age, then press ENTER button to confirm, the matrix windows shows word tips [PRESS START TO BEGIN WORKOUT]. Press QUICK START button to perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step

EXERCISING:

- 7.8. Press QUICK START button, the matrix windows display [GOAL CALORIES], the dot-matrix display LEVEL's profile, press Up(▲) /Down(▼) button to adjust LEVEL, the profile will along with LEVEL value to change until LEVEL value to be max or minimum.
- 7.9. Select [COOL DOWN], the time count is completed, the beeper 3 times sound to indicate the program is finished to enter into [COOL DOWN MODE].
- 7.10. During exercise can press PAUSE button to enter into [PAUSE MODE].
- 7.11. In [PAUSE MODE], if press RESET button will enter into [SUMMARY MODE].

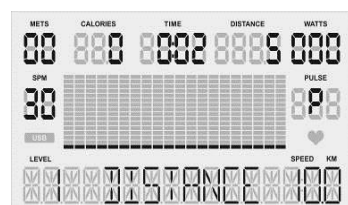
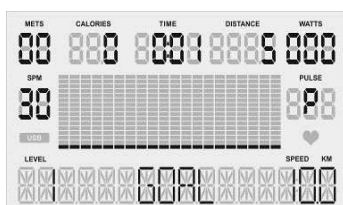
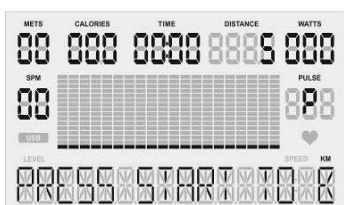
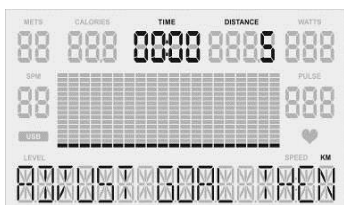
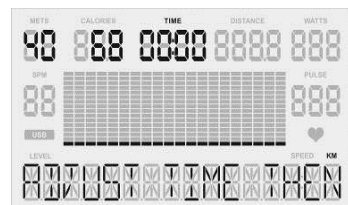
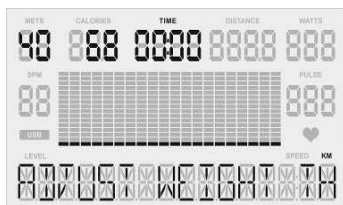
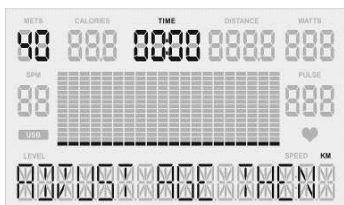
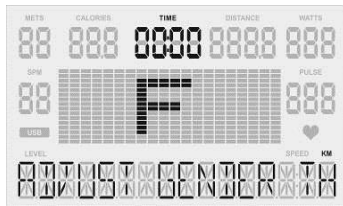
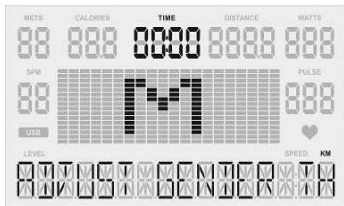
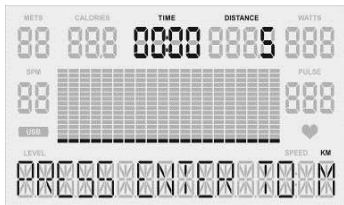
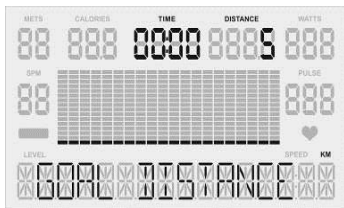


8. GOAL DISTANCE

- 8.1. This program is according to set Distance value as exercise target.
- 8.2. Press WORKOUTS button to select [GOAL DISTANCE] mode, the dot-matrix display corresponding profile, the matrix windows display [GOAL DISTANCE] in 4 sec., then the matrix windows shows word tips [PRESS ENTER TO MODIFY OR START TO BEGIN WORKOUT]. Press Enter button to enter its set mode. If no modification will use preset value, press QUICK START button to start direct, or press RESET button to return [IDLE MODE], press PAUSE to return previous step.
- 8.3. After selected prefer programs press ENTER button to modify gender, the matrix windows shows word tips [ADJUST GENDER THEN PRESS ENTER] , In the dot-matrix windows display [M], press Up(▲) /Down(▼) button to modify for [F], then press ENTER button to confirm and enter to next setting or press QUICK START button to direct perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 8.4. After the last setting, press ENTER button to modify age, in [METS] windows display [40], the matrix windows shows word tips [ADJUST AGE THEN PRESS ENTER], press Up(▲) /Down(▼) button to modify age, then press ENTER button to confirm and enter to next setting or press QUICK START button to direct perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 8.5. After the last setting, press ENTER button to modify weight, in [CALORIES] windows display [68], the matrix windows shows word tips [ADJUST WEIGHT THEN PRESS ENTER], press Up(▲) /Down(▼) button to modify weight, then press ENTER button to confirm and enter to next setting or press QUICK START button to direct perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 8.6. After the last setting, press ENTER button to modify time, in [TIME] windows display [00:00], the matrix windows shows word tips [ADJUST TIME THEN PRESS ENTER], press Up(▲) /Down(▼) button to modify age, then press ENTER button to confirm, after the confirmation for time the matrix windows shows word tips [PRESS START TO BEGIN WORKOUT]. Press QUICK START button to perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 8.7. Press ENTER button to modify Target Heart rate value, in [DISTANCE] windows flashing display [5], the matrix windows shows word tips [ADJUST GOAL THEN PRESS ENTER], loop display in turns. Press Up (▲) /down (▼) button to modify age, then press ENTER button to confirm, the matrix windows shows word tips [PRESS START TO BEGIN WORKOUT]. Press QUICK START button to perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step

EXERCISING:

- 8.8. Press QUICK START button, the matrix windows display [GOAL DISTANCE], the dot-matrix display LEVEL's profile, press Up(▲) /Down(▼) button to adjust LEVEL, the profile will along with LEVEL value to change until LEVEL value to be max or minimum.
- 8.9. Select COOL DOWN, the time count is completed, the beeper 3 times sound to indicate the program is finished to enter into [COOL DOWN MODE].
- 8.10. In exercise can press PAUSE button to enter into [PAUSE MODE].
- 8.11. In [PAUSE MODE], if press RESET button will enter into [SUMMARY MODE].



9. RECOVERY

- 9.1. In any status can press RECOVERY button to perform this functions. (Must have hand hold or wireless heart rate signal) If in [EXERCISE MODE] will immediately finish workouts, enters into [RECOVERY MODE]. [PULSE] windows display users' current actual heart rate value, [WATT] windows display heart rate value that pressed RECOVERY button at that time. [TIME] windows display [1:00], press RECOVERY button start to count down for 1 minute.
- 9.2. In [RECOVERY MODE] only able to display function is count down time, Heart rate value before entering into [RECOVERY MODE] and current actual Heart rate value, the others information won't display.
- 9.3. RECOVERY count down one minute without pressing any button and heart rate input signal is stable, 2 seconds after the end of countdown, [DM] windows show [FX (X=0-6)], [MV] windows show [EXCELLENT], [VERY GOOD], [GOOD], [SATISFACTORY], [SUFFICIENT] or [FAIL] for 10 sec., then finish program to return [IDLE MODE].
- 9.4. RECOVERY countdown one minute without receiving heart rate signal, will keep countdown until zero to finish program, the result shows [F6.0]. If detect the heart rate signal will continue to do the calculation.
- 9.5. P0= current heart rate value after pressing RECOVERY button.
P1= current heart rate value after completing countdown.
Minimum value= 1.0 Maximum value= 6.0 Precision = 0.1
A smaller value indicates a better recovery rate of heart rate.
- 9.6. Formula :

$$mark = 6 - \left[\frac{10 \times (P_0 - P_1)}{P_0} \right]^2$$

**F1.0 = EXCELLENT 、 F2.0 = VERY GOOD 、 F3.0 = GOOD 、
F4.0 = SATISFACTORY 、 F5.0 = SUFFICIENT 、 F6.0 = FAIL**

MAINTENANCE TIPS

Maintenance Tips

Keep the trainer well maintained to ensure peak performance and safety.

- Clean the display and all exterior surface parts routinely. Use soft cotton cloth with a soft cleaner for best results. Do not use Ammonia or acid based cleaners.
- Vacuum the area directly surrounding and under the unit regularly.
- Keep the Pedal Straps fastened securely when using this device.

Routine Maintenance Schedule

- Clean the following items daily:
 - Display and Overlay, Hand Contact Sensors, Chain Cover, Pedals and Straps, End Caps and all other exterior parts, Handle Bar, Seat.
- Inspect the following items weekly and adjust if necessary:
 - Hand Contact Sensors, Leg Levelers, End Caps, Seat Adjust Position Knob, Seat Upright Adjust Knob, Crank Shaft and Pedals, Display, all Nuts and Bolts and the Display Control Wire.
- Monthly Inspection and Adjustments:
 - Crank, Seat Adjust Position Knob, Upright Post Adjust Knob, Drive Belt.
- Quarterly Inspections
 - Hardware for display.
- Semi-Annual Inspection and Adjustments:
 - Hardware for Handlebar and Frame, Handle Bar, Electronic Compartment, Drive Belt, Crank Axle.

FITNESS TIPS

CONSULT YOUR PHYSICIAN

Before using this product, please consult your personal physician for a complete physical examination.

Your doctor should approve frequent and strenuous exercise.

If any discomfort should result from your use of this product, stop exercising and consult your doctor.

Proper usage of this product is essential.

Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Dress comfortable

Always wear appropriate clothing, including athletic shoes, when exercising.

Do not wear loose clothing that could become caught during exercise.

Check your equipment

Make sure that all bolts and nuts are tightened when equipment is in use.

Periodic maintenance is required on all exercise equipment in order to keep it in good condition.

Begin at your Fitness level

How you begin your exercise program depends on your physical condition.

If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone; however, your aerobic fitness will improve over the next six to eight weeks.

Do not become discouraged if it takes longer. It is important to work at your own pace.

Ultimately, you will be able to exercise continuously for 30 minutes.

The better your aerobic fitness, the harder you will have to work to stay in your target zone.

But remember these essentials.

Contact your physician before starting a workout or training program.

Have him review your training and diet programs to advise you on a

workout routine you should adopt.

FITNESS TIPS

Begin your training program slowly with realistic goals that have been set by you and your physician. Supplement your program with some type of aerobic exercise such as Walking, Jogging, Swimming, Dancing and Bike Riding. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck.

Establish your target heart rate based on your age and condition.

Drink plenty of fluids during the course of your routine.

You must replace the water content that you have lost from excessive exercising to avoid dehydration.

Fluids should be room temperature when consumed. Avoid drinking large amounts of cold liquids.

Check your pulse

To make sure your heart is beating in its target zone, you will need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds then multiply by six. This gives you the number of beats per minute.

Exercising in your target zone

How fast should your heart beat during aerobic exercise?

Fast enough to reach and stay in its "target zone", a range of beats per minute that is largely determined by our age and physical condition. To determine your target zone, consult the chart we provide.

Age	Target HR Zone 50~75% (Beats Per Minute)	Average Maximum 100%
20 years	100~150	200
25 years	98~146	195
30 years	95~142	190
35 years	93~138	185
40 years	90~135	180
45 years	88~131	175
50 years	85~127	170
55 years	83~123	165
60 years	80~120	160
65 years	78~116	155

75 years	75~113	150
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FITNESS TIPS

Warning cool down

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two or preferably three times a week, resting for a day between workouts.

After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session.

It prepares your body for more strenuous exercise by heating up and stretching out your muscles.

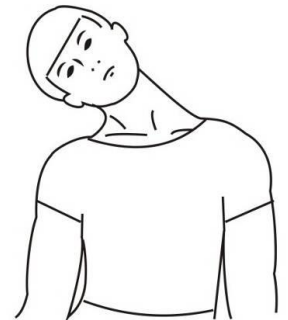
At the end of your workout, repeat these exercises to reduce sore muscles problems.

We suggest the following warm- up and cool- down exercises:

Head rolls

Rotate your head to the right for one count, feeling the stretch up the left side of your neck.

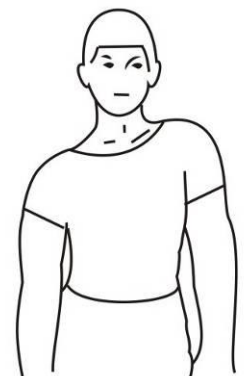
Next rotate your head back for one count, stretching your chin to the ceiling and let your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



Shoulder lifts

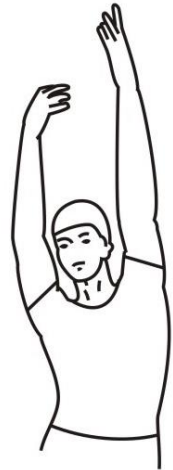
Lift your right shoulder up toward your ear for one count.

Then lift your left shoulder up for one count as you lower your right shoulder.



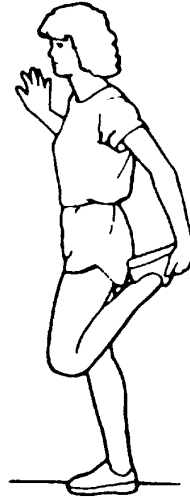
Side stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



Quadriceps stretch

With one hand against a wall for balance. Reach behind you and pull your right foot up. Bring your heels as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



FITNESS TIPS

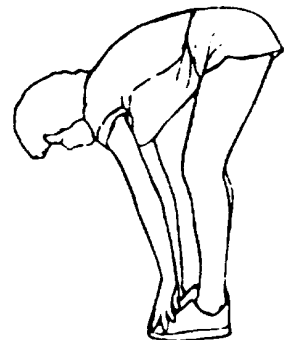
Inner thigh stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



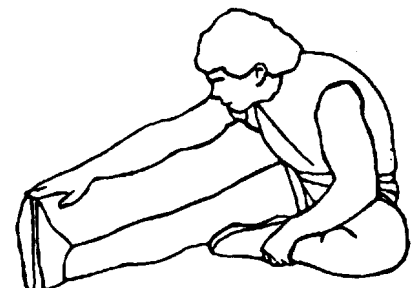
Toe touches

Slowly bend forward from your waist, let your back and shoulders relax as you stretch toward your toes. Reach down as far as you can hold for 15 counts.



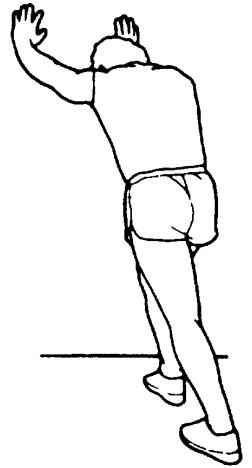
Hamstring stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



Calf/Achilles stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor. Then bend the left leg and lean forward by moving your hips toward the wall. Hold then repeat on the other side for 15 counts.



FITNESS TIPS

AEROBIC EXERCISE

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and Lungs -your body's most important muscle.

Aerobic fitness is promoted by any activity that uses your large muscles-arms, legs, or buttocks, for example.

Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine

WEIGHT TRAINING

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle.

If you are working above your target zone, you may want to do a less amount of reps. and as always, consult your physician before beginning any exercise program.

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