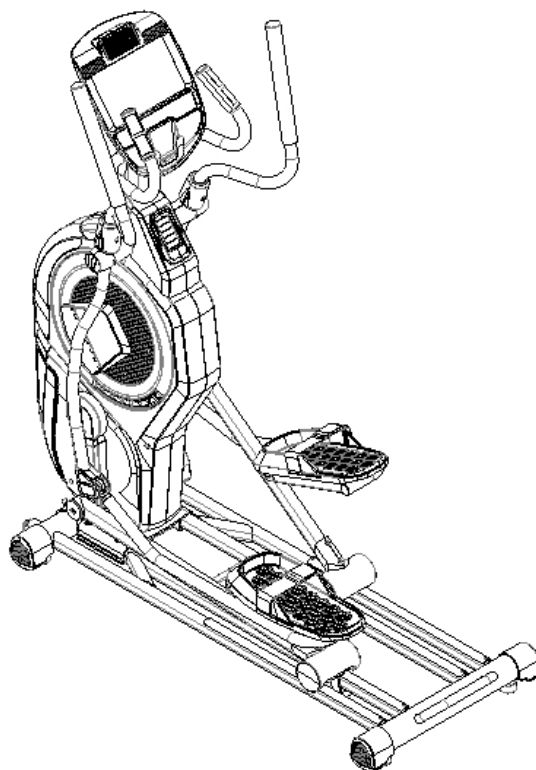




**USER MANUAL – EN**

**IN 16187 Elliptical Trainer inSPORTline Avalor ET**



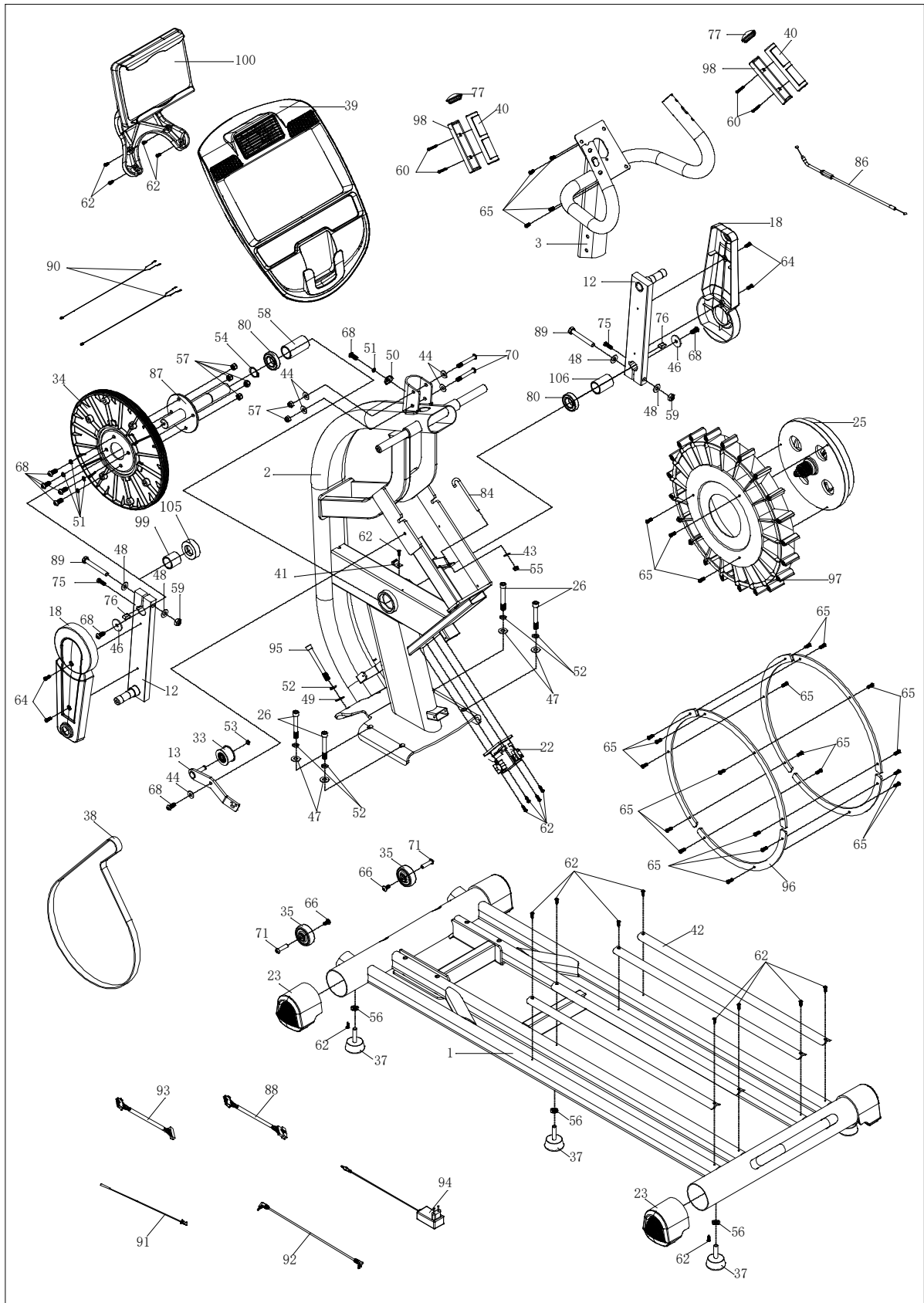
# CONTENTS

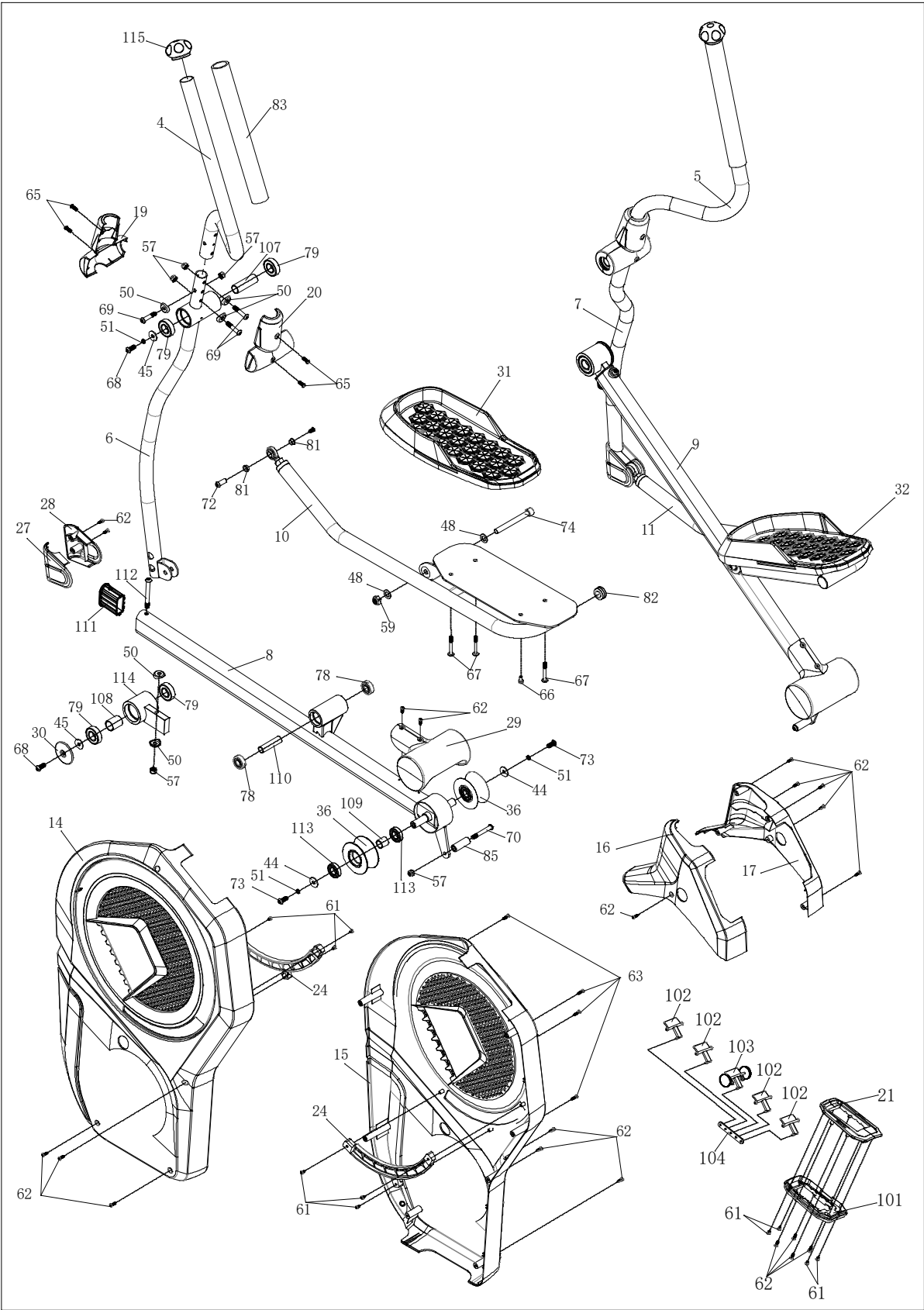
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## SAFETY INSTRUCTIONS

- Read this manual carefully before first using and keep it for future reference.
- Assemble, use and maintain it only according to this manual and for intended purpose.
- Never do any improper modification to avoid an injury.
- Keep children and pets away from this device. Never let them unattended near it.
- Regularly check all bolts and nuts. They must fit well. Regularly check it for wearing or damage. Never use damaged or won product.
- Put it only on a flat, clean and solid surface and keep a clearance of at least 0.6 m for higher safety. To protect floor, use a mat.
- Use it only indoors and protect it from water, humidity and dust. Assure proper ventilation. Never use it in an airless place.
- Don't put any sharp object on or around this device.
- Wear appropriate sports clothes and shoes. Avoid too loose clothes.
- Keep your hands away from moving parts to avoid crushing. No adjustable part should protrude and obstruct user movements.
- Only one person can use it at time.
- Read and observe all warnings and precautions in the manual and on the elliptical before use.
- Control your workout and exercise reasonably. If you feel faintly, stop using immediately. Before starting some workout program, ask your physician for advice. It is especially required, if you are older than 35 years, pregnant or if you suffer from some problems.
- Don't use it, if you are pregnant or if you have some health problems such as: leg pain, waist pain, neck pain, hand pain, arthritis, anamorphic, rheumatic, gout, osteoporosis, heart disease, blood abnormality, hypertension, respiratory problems, oncology problems, thrombus, diabetes, skin irritation, trauma, hyperpyrexia, bone pain, catamenia, dizziness etc.).
- Flywheel: Inside magnet, two-way,  $\varnothing$ 450, 8 kg
- **Weight limit:** 150 kg
- **Category:** SC (according to EN957 norm) suitable for semi-commercial, hotel and club using.
- **WARNING!** The heart rate frequency monitoring may not be completely accurate. Overexertion during training can lead to a serious injury or even death. If you start to feel faint, stop the exercise immediately.

# EXPLODED DRAWINGS





## PARTS LIST

No.	Description	Specification	Qty.
1	Basic frame		1
2	Main frame		1
3	Console fix frame		1
4	Upper swing arm-left		1
5	Upper swing arm-right		1
6	Bottom swing arm-left		1
7	Bottom swing arm-right		1
8	Pedal group-left		1
9	Pedal group-right		1
10	Pedal connection leg-left		1
11	Pedal connection leg-right		1
12	Crank		2
13	Tension wheel fixer		1
14	Out cover-left		1
15	Out cover-right		1
16	Top cover-left		1
17	Top cover-right		1
18	Crank cover		2
19	Handlebar cover 1		2
20	Handlebar cover 2		2
21	Air outlet cover		1
22	Magnet control motor		1
23	Tube cover		4
24	Out cover decoration strip		2
25	Inside magnet flywheel		1
26	Allen cylinder head half-thread bolt	M10x70x20	4
27	Bottom wing arm cover-left		2
28	Bottom wing arm cover-right		2
29	Wheel cover		2
30	Crank axle screw cover		1
31	Pedal-left		1
32	Pedal-right		1
33	Tensioning wheel		1
34	Belt pulley		1
35	Wheel		2

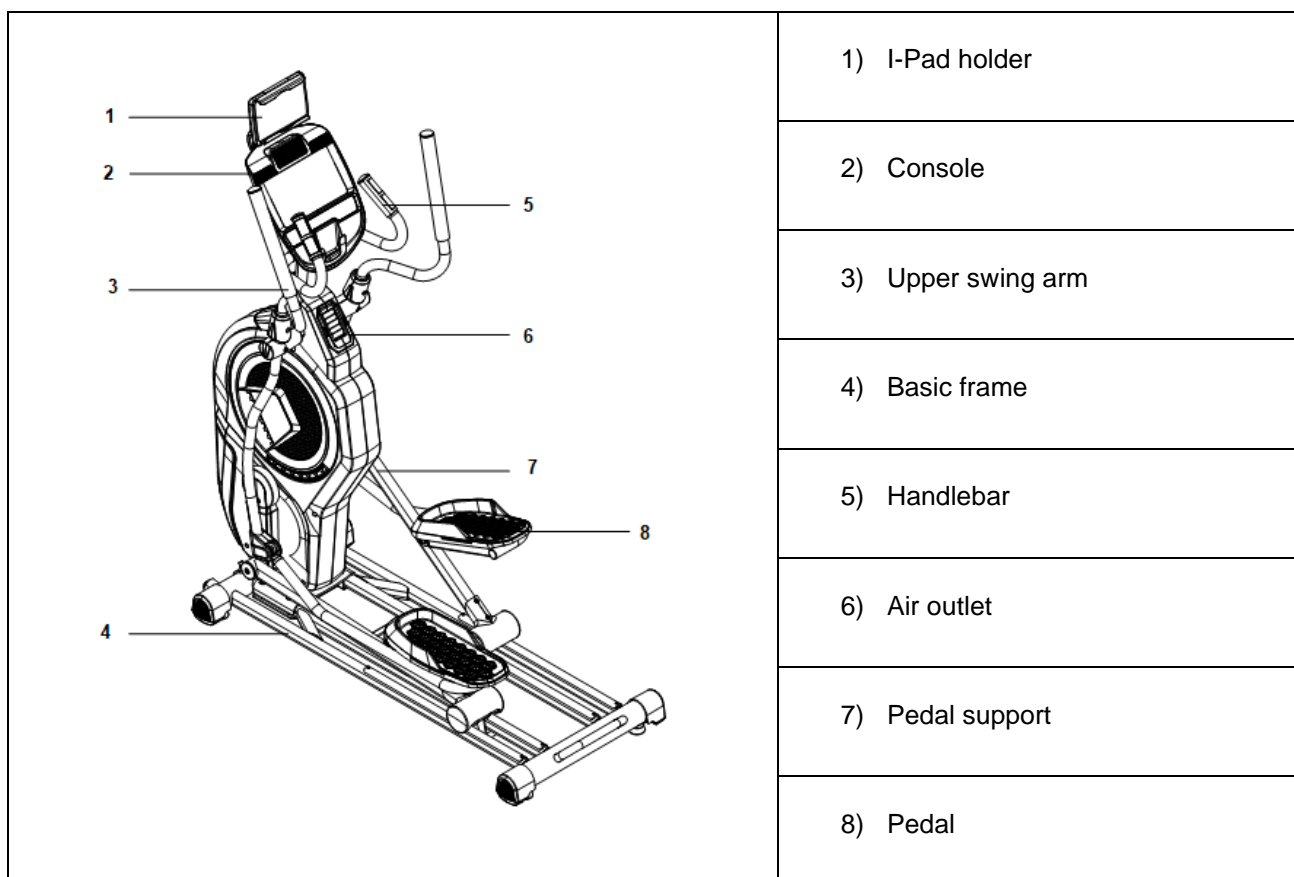
36	Pulley		4
37	Feet pad		5
38	Motor belt		1
39	Console		1
40	Hand pulse top cover		2
41	Magnet sensor fixer		1
42	Sliding rail aluminium sheet	670x29.5x11.2	4
43	Flat washer	Ø6xØ20xt2.0	1
44	Flat washer	Ø8.5xØ20xt1.5	9
45	Flat washer	Ø8.2xØ25xt2.0	4
46	Flat washer	Ø32xØ8.5xt2.0	2
47	Flat washer	Ø10xØ22xt2.0	4
48	Flat washer	Ø12.5xØ22xt2.0	8
49	Curved washer	Ø10.5xR100xt2.0	2
50	Curved washer	Ø8.5xR25xt2.0	11
51	Spring washer	Ø8	11
52	Spring washer	Ø10	6
53	Spring washer	Ø10	1
54	Spring washer	Ø25	1
55	Allen nut	M6	1
56	Allen nut	M10	5
57	Hex self-locking nut	M8	16
58	Bearing sleeve	Ø32x59.6	1
59	Hex self-locking nut	M12	4
60	Philips CKS self-tapping screw	ST3x30	4
61	Philips CKS self-tapping screw	ST4x10	10
62	Philips CKS self-tapping screw	ST4x16	43
63	Philips CKS self-tapping screw	ST4x20	4
64	Philips CKS full thread bolt	M5x10	4
65	Philips CKS full thread bolt	M5x15	33
66	Allen pan-head full thread bolt	M6x12	4
67	Allen pan-head full thread bolt	M6x50x20	6
68	Allen pan-head full thread bolt	M8x20	12
69	Allen pan-head full thread bolt	M8x40x20	6
70	Allen pan-head full thread bolt	M8x60x20	4
71	Allen CKS hollow bolt	Ø8x33xM6x15	2
72	Allen CKS hollow screw	Ø9.4x23.5-M6/M6x12	2
73	Allen cylinder head full thread bolt	M8x15	4

74	Pedal axis	Ø17x105xM12x15	2
75	Allen full thread bolt	M6x20	1
76	Flat key	8x10x18	1
77	Tube cap	BLF82/ø39xø30x27.5	2
78	Deep groove ball bearing	6201-ZZ	2
79	Deep groove ball bearing	6004-ZZ	2
80	Deep groove ball bearing	6005-ZZ	2
81	Bushing	E12/ø16xø12x6.3	4
82	Tube cap	Ø32x11.5	2
83	Foam	Ø30xt.3.0x350	2
84	Hook	103x Ø26xM6x50	1
85	Roll wheel position stopper	Ø17x Ø8.5x47	2
86	Brake line	L-450xØ5xØ1.2xM5	1
87	Crank axle group	Ø25x220	1
88	Communication line	L1300 mm	1
89	Allen half-thread bolt	M12x75x20	2
90	Hand pulse communication line	L650 mm	2
91	Magnet sensor	2P female connector/L300 mm	1
92	MP3 communication line	L400 mm	1
93	Power communication line	L400 mm	1
94	Power adapter	Two round plugs/240V	1
95	Allen cylinder head half-thread bolt	M10x90x20	2
96	Flywheel weight stack		6
97	Flywheel	Ø450x62	1
98	Hand pulse bottom cover		2
99	The crank sleeve	Ø30.5x29.1	1
100	I-pad holder		1
101	Air outlet bottom cover		1
102	Hinge		4
103	Sliding wheel hinge		1
104	Hinge fix plate		1
105	The crank sleeve	Ø45x14.3	1
106	The crank sleeve	Ø30.5x43.5	1
107	Bearing sleeve	Ø25x76.1	2
108	Pedal bearing sleeve	Ø25x31.1	2
109	Pulley bearing sleeve	Ø20x20.5	4
110	Swivel bearing sleeve	Ø 16x60.1	2
111	Pedal group sleeve		2



112	Allen cylinder head screw	M8x75	2
113	Deep groove ball bearing	R10-ZZ	8
114	Pedal sleeve		2
115	End cap	Ø32x2.0	2

## PRODUCT DESCRIPTION

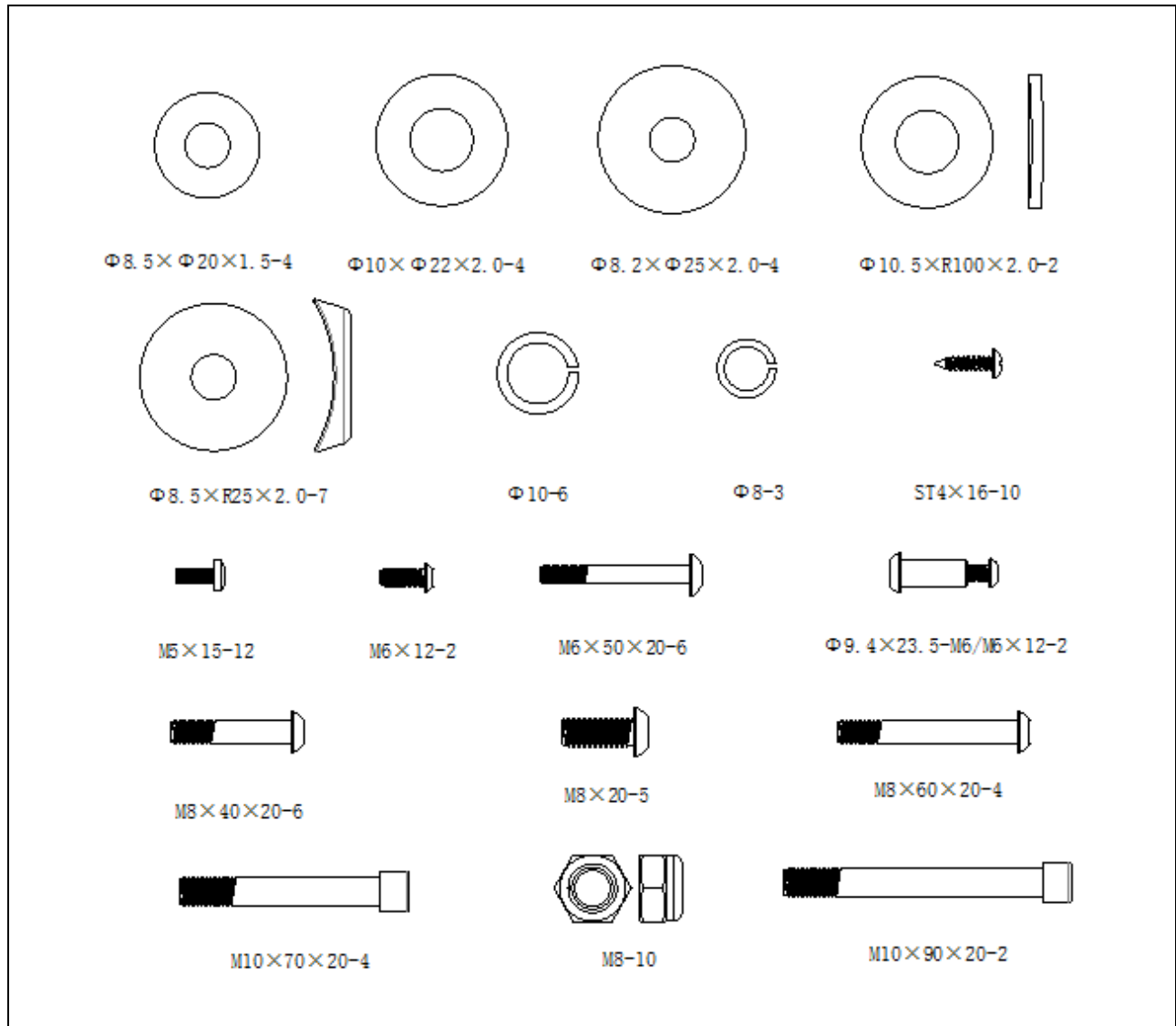


## TECHNICAL SPECIFICATION

Model No.	E15
Dimensions (unfolded)	1620x650x1850 mm
Max. user weight	150 kg
Speed ratio	11
Flywheel	Inside magnet, two-way, ø450, 8 kg
Resistance level	1-24
Stride length	520x240

**NOTE:** The producer reserves the right to amend this product without prior notice.

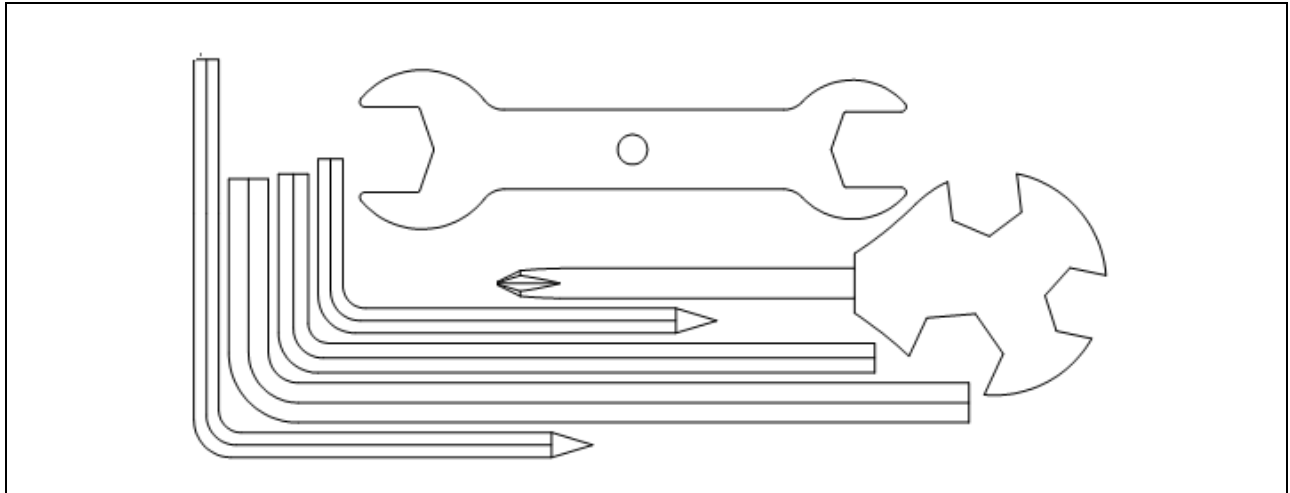
## HARDWARE LIST



No.	Description	Specification	Qty.
26	Allen cylinder head half-thread bolt	M10x70x20	4
44	Flat washer	$\Phi 8.5 \times \Phi 20 \times 1.5$	4
45	Flat washer	$\Phi 8.2 \times \Phi 25 \times 2.0$	4
47	Flat washer	$\Phi 10 \times \Phi 22 \times 2.0$	4
49	Curved washer	$\Phi 10.5 \times R100 \times 2.0$	2
50	Curved washer	$\Phi 8.5 \times R25 \times 2.0$	7
51	Spring washer	$\Phi 8$	3
52	Spring washer	$\Phi 10$	6
57	Hex self-locking nut	M8	10
62	Philips CKS self-tapping screw	ST4x16	10
65	Philips CKS full thread bolt	M5x15	12
66	Allen pan-head full thread bolt	M6x12	2

67	Allen pan-head full thread bolt	M6x50x20	6
68	Allen pan-head full thread bolt	M8x20	5
69	Allen pan-head full thread bolt	M8x40x20	6
70	Allen pan-head full thread bolt	M8x60x20	4
72	Allen CKS hollow screw	Ø9.4x23.5-M6/M6x12	2
95	Allen cylinder head half-thread bolt	M10x90x20	2
62	Philips CKS self-tapping screw	ST4x16 (optional)	4

**TOOLS:**

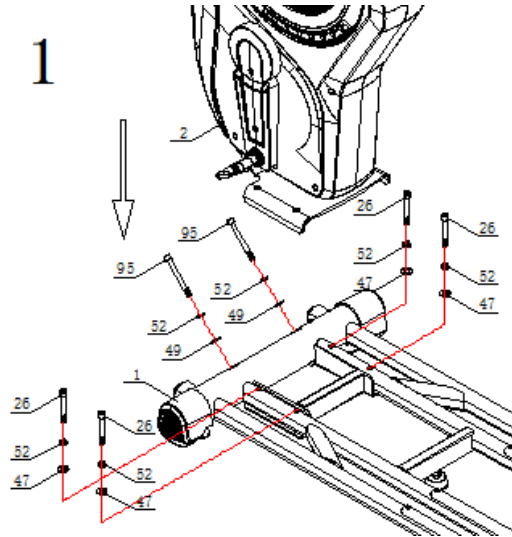


L Wrench	4x30x80	1
L Wrench	5x80x80S	1
L Wrench	5x35x85S	1
L Wrench	6x40x120	1
L Wrench	8x45x145	1
Philips wrench	14x17x75	1
Open end wrench	15&17	1

# ASSEMBLY INSTRUCTIONS

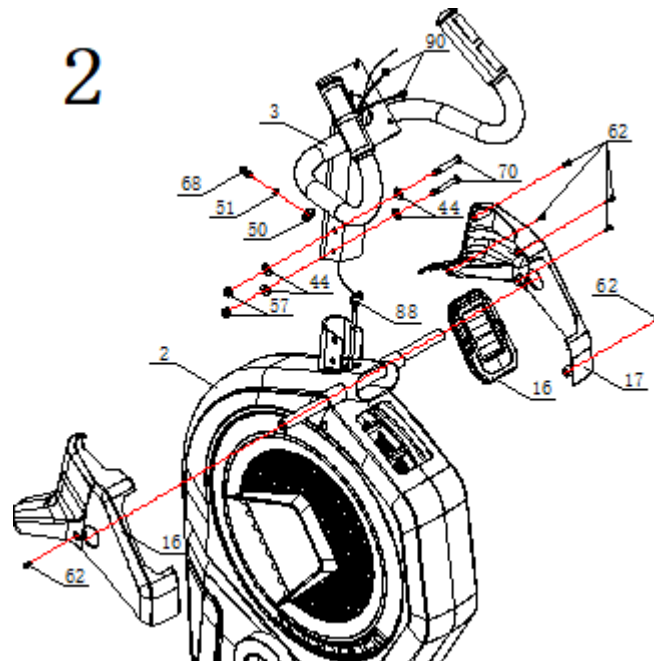
## STEP 1

- Place the main frame (2) on the basic frame (1), secure with two Allen cylinder head half-thread screws (95), two spring washers (52), two curved washers (49), four Allen cylinder head half-thread screws (26), four spring washers (52) and four flat washers (47).



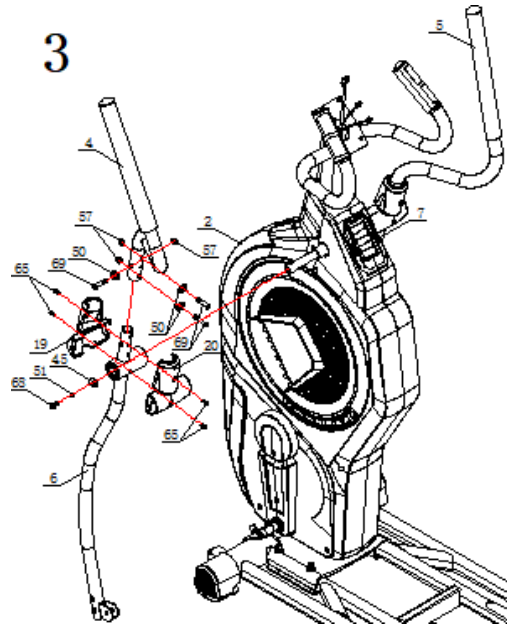
## STEP 2

- Pull out the communication line (88) from hole of the console fix group (3).
- Assemble the console fix group (3) on the main frame (2). Secure with one curved washer (50), one spring washer (51), one Allen pan head full-thread bolt (68), four flat washers (44), two hex self-locking nuts (57), two Allen pan head half-thread bolts (70).
- Attach the left top cover (16), right top cover (17) and the air outlet cover (21). Secure with six Phillips CKS self-tapping screws (62).
- WARNING!** After the communication line is connected, insert all lines into the upright post to avoid line clamping. First put all bolts and washers onto the frame holes and secure them.



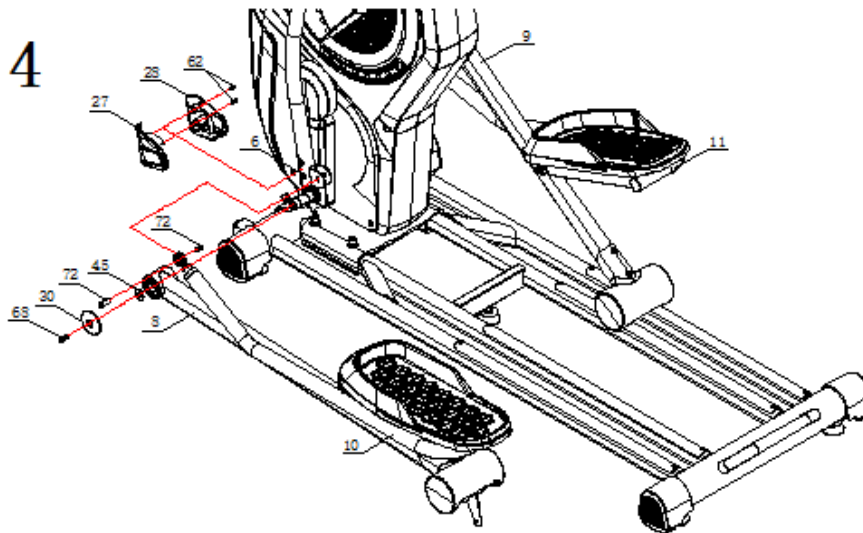
### STEP 3

- Apply some grease to the axle of the main frame. Assemble the bottom swing arm (6) to the main body and secure with one Allen pan head full-thread bolt (68), one spring washer (51), one flat washer (45).
- Assemble the top swing arm (4) onto the bottom swing arm (6) and secure with three Allen pan head full-thread bolts (69), three curved washers (50) and three hex self-locking nuts (57).
- Secure the handlebar cover (19) and the handlebar cover (20) at the top of the bottom wing arm connection using four Phillips CKS full-thread bolts (65).
- Assemble the right side following the same steps above.



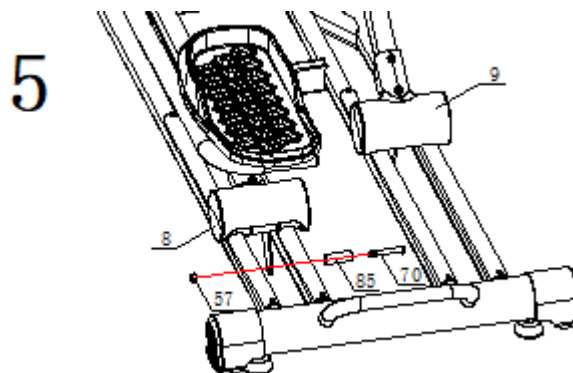
### STEP 4

- Apply some grease to the axle of the main frame. Place the pedal group left (8) on the track and secure the left pedal group (8) with one flat washer (45), one crank axle screw cover (30) and one Allen pan-head full-thread bolt (68) on the axle.
- Apply some grease to the axle of the Allen CKS hollow screw (72). Connect left pedal connection leg (10) with bottom wing arm (6) and secure with one Allen CKS hollow screw (72).
- After attaching left bottom swing arm cover (27) and right bottom swing arm cover (28) on the left swing arm (6) and secure with two Phillips CKS self-tapping screws (62).
- Use the same to assemble the right side.



#### STEP 5

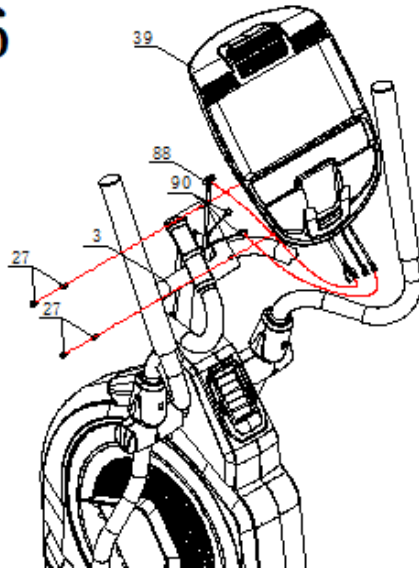
- Install the roll wheel position stopper (85) on the left pedal group (8) by using Allen pan-head half-thread bolt (70) and hex self-locking nut (57).
- Assemble the right side same as above steps.
- Apply a little grease to a paper towel. Spread a thin layer of the grease evenly along the tracks where the wheels move. Then wipe off any excess grease.



#### STEP 6

- Connect the communication line (88), hand pulse communication line (90) with the console communication line.
- Assemble the console (39) on the console fix frame (3) and secure with four Phillips CKS full tread bolt (27).

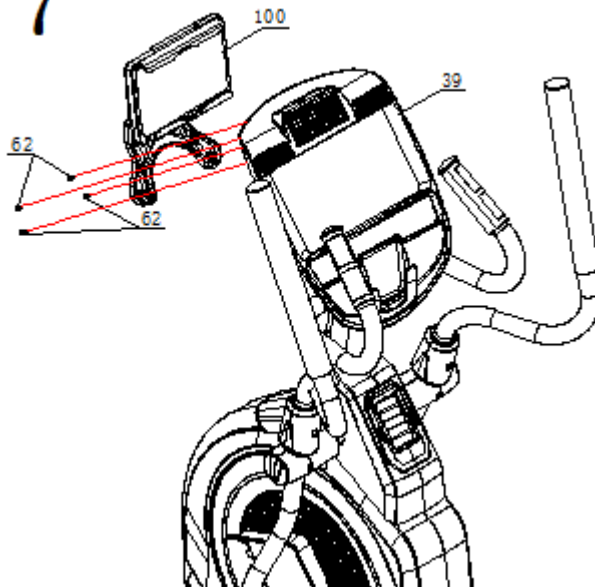
# 6



## STEP 7

- Attach the I-pad holder (100) to the console (39) using four Phillips CKS self-tapping screws (62).
- **WARNING:** If you buy an I-pad holder, the step is needed. Otherwise you can skip it.

# 7







## EXERCISING INSTRUCTIONS

A successful workout begins with warm-up exercises and ends with cool-down (relaxing) exercises. The warm-up exercises should make your body ready for the main workout. The cool-down phase should protect your muscles from injuries and cramps. Do warm-up and cool-down exercises as shown in the chart below.



### Touching your toes

Slowly bend your back from hips. Keep your back and arms relaxed while stretching downwards to your toes. Do it as far as you are able and hold the position for 15 seconds. Bend your knees slightly.

	<p><b>Upper thigh</b></p> <p>Lean against a wall with one hand. Reach down and behind you. Lift up your right or left foot to your buttock as high as possible. Keep for 30 seconds and repeat twice for each leg.</p>
	<p><b>Hamstring stretched</b></p> <p>Sit and outstretch your right leg. Rest the sole of your left foot against the inside of your right thigh. Stretch out your right arm along your right leg as far as you can. Hold for 15 seconds and relax. Repeat all with your left leg and left arm.</p>
	<p><b>Inside upper thigh</b></p> <p>Sit on the floor and place your feet together. Knees are pointed outwards. Pull your feet as close as possible to your groin. Press your knees carefully downwards. Keep this position for 30-40 seconds if possible.</p>
	<p><b>Calves and Achilles tendon</b></p> <p>Lean against a wall with your left leg in front of the right one and your arms forward. Stretch out your right leg and keep your left foot on the floor. Bend your left leg and lean forwards by moving your right hip in the direction of the wall. Hold for 30-40 seconds. Keep your leg stretched and repeat exercising with other leg.</p>



# CONSOLE OPERATION INSTRUCTION

## LCD DISPLAY SCREEN



## BUTTON DESCRIPTION

RECOVERY	-To test heart rate recovery status.
MODE	-In STOP mode, press this button to select function or confirm all setting values.
PROGRAM	-To select workout program.
BODY FAT	-To test the Body Fat% (5.0%~ 50%) and BMI (0~50).
+	-To make upward resistance level, select program or increase function value.
-	-To make downward resistance level, select program or decrease function value.
RESET	-In STOP mode or setting mode, press it to reverse to main menu. -Hold on pressing this key for 2 seconds, console will reboot and start from user profile setting mode.
START/STOP	-To start or stop training. When user stop training by pressing START/STOP key, the computer will remain all the setting values.
FAN	-When power on or during workout, user can press FAN button to start fan function, press it again to close it.

## FUNCTION DESCRIPTION

1. Manual: adjustable manual mode
2. Program: 12 profiles (P1~P12) for automatic load level adjusting
3. WATT: Displaying the power consumption during training.
4. HRC (heart rate): Set 55%/ 75%/ 90%. It adjusts the load level base of the heartbeat automatically.
5. User program: self-selected load level for exercising.
6. Recovery: recovery heart rate test.
7. Body fat: testing the body fat of the user.
8. User data: set user information. Possible to choose the UX (X=1~4)
9. Music speaker

## MAIN FUNCTION DESCRIPTION

FUNCTION	DISPLAY RANGE	SETTING RANGE	MEMORIZE	RETURN TO ZERO STATE	DESCRIPTION
TIME	0:00~99:59 min.	0~99 circulation (+/- 1 min.)	yes	yes	<ul style="list-style-type: none"> <li>• Counting up without preset target. The time will count up from 0:00.</li> <li>• Count down – with preset target value, the time will be counted down from the preset value to “0”. Thereafter it stops. The indicator light of the TIME flashes and the system alarm gives sounds every second. To stop it, push any button.</li> </ul>
SPEED	0.0~99.9 km/h (0.0~99.9 MLH)	It cannot be preset.	no	yes	<p>In the START mode:</p> <ol style="list-style-type: none"> <li>a) With sensor input, screen displays training speed in 3 seconds.</li> <li>b) Without sensor input for 4.6 second the SPEED value is 0.</li> <li>c) SPEED and RPM value will display for 6 seconds by turn in the same window.</li> </ol>
RPM	0~999	It cannot be preset.	no	yes	<p>In the START mode:</p> <ol style="list-style-type: none"> <li>a) With the sensor input the screen displays training RPM in 3 seconds.</li> </ol>

					<p>b) Without sensor input for 4.6 second the RPM value is 0.</p> <p>c) SPEED and RPM value will display for 6 seconds by turning into the same window.</p>
DISTANCE	0.0~99.99 km (ml)	0.0~99.90 (+/-0.1)	yes	yes	<p>a) Count up – no preset target. The distance will count up from 0.0.</p> <p>b) Count down – with preset target the distance will count down from the preset value to 0 and then it stops. The indicator light of the DISTANCE flashes and the system alarm 8 seconds with 4 sounds in every second. Push any key to stop it.</p>
CALORIES	0~9999 cal	0~9990 cal (+/-10)	yes	yes	<p>a) Count up – no preset target. The CALORIES will count up from 0.</p> <p>b) Count down – with preset target the CALORIES will count down from preset value to 0. Then it stops. The indicator light of calories flashes and system alarm 8 seconds with 4 sounds in every second. Push any key to stop the alarm.</p>
PULSE	P-30~230 BPM	0-30~230 (+/-1) BPM circulation	yes	yes	<p>a) With pulse input the screen display the initial value in 7.5 seconds.</p> <p>b) Without any pulse input in 6 seconds, the PULSE value is 0.</p> <p>c) If pulse exceeds the preset target, the console will remind wit sound Bi-Bi.</p>

WATT	0~999	It cannot be preset.	yes	yes	<p>a) With sensor input the screen displays WATT value in 3 seconds.</p> <p>b) Without any sensor input for 4.6 seconds the WATT value is 0.</p>
AGE	1~99	1~99	yes	yes	The indicator light flashes while waits for preset. The screen display default value is 25.
RECOVERY	F1~F6	It cannot be preset.	no	no	To display the PULSE input value.
MANUAL		1~24 levels	yes	yes	<p>a) Press key ▲.▼ to preset the level.</p> <p>b) CPU adjust the resistance base on LEVEL preset value.</p>
PROGRAM	(P1~P12)	(P1~P12)	yes	yes	<p>a) Pres key ▲.▼ to preset PROGRAM. When you select the indicator light flashes. Press MODE to confirm your selection.</p> <p>b) CPU adjusts the resistance base on LEVEL preset value.</p>
USER		16X*8Y	yes	yes	<p>a) When you select the indicator light flashes. Push MODE to confirm the selection.</p> <p>b) USER can preset one PROGRAM.</p>
H.R.C.		55%, 75%, 90%, TAG	yes	yes	<p>a) When you select, the indicator light flashes. Press MODE to confirm your selection.</p> <p>b) Before preset it, you should set in your AGE first.</p>
WATT CONSTANT		(10~350, +/- 5) circulation	yes	yes	<p>a) When you select, the indicator light flashes. Push MODE to confirm your selection.</p> <p>b) The default value is 120. After the preset is finished, push the START to conduct this WATT CONSTANT function.</p>

WHEEL		It cannot be preset.	yes	yes	Select by OPTION.
LEVEL	Display 1~24	1~24	no	no	Screen displays LEVEL value when you select and adjust this function.
SEX	Male or female	Male or female	yes	no	Select male or female.
HEIGHT	100~200 cm	100~200 (+/-1 cm), 40~80 (+/-1) inch	yes	yes	a) Set the height of the user as the calculation parameter of the exercise. The preset value is 160 cm (60 inch). b) When you select the indicator light of the WT flashes.
WEIGHT	20~150 kg	20-150 kg (+/-1 kg), 40~350 lb (+/-1)	yes	yes	a) Set the weight of the user as the calculation parameter of exercise preset value is 50 kg (100 lb). b) When you select the indicator light of WT flash.
BODY FAT	5.0%~50%	It cannot be preset	no	no	LED display.
BMI	0~50	It cannot be preset.	yes	no	LED display.

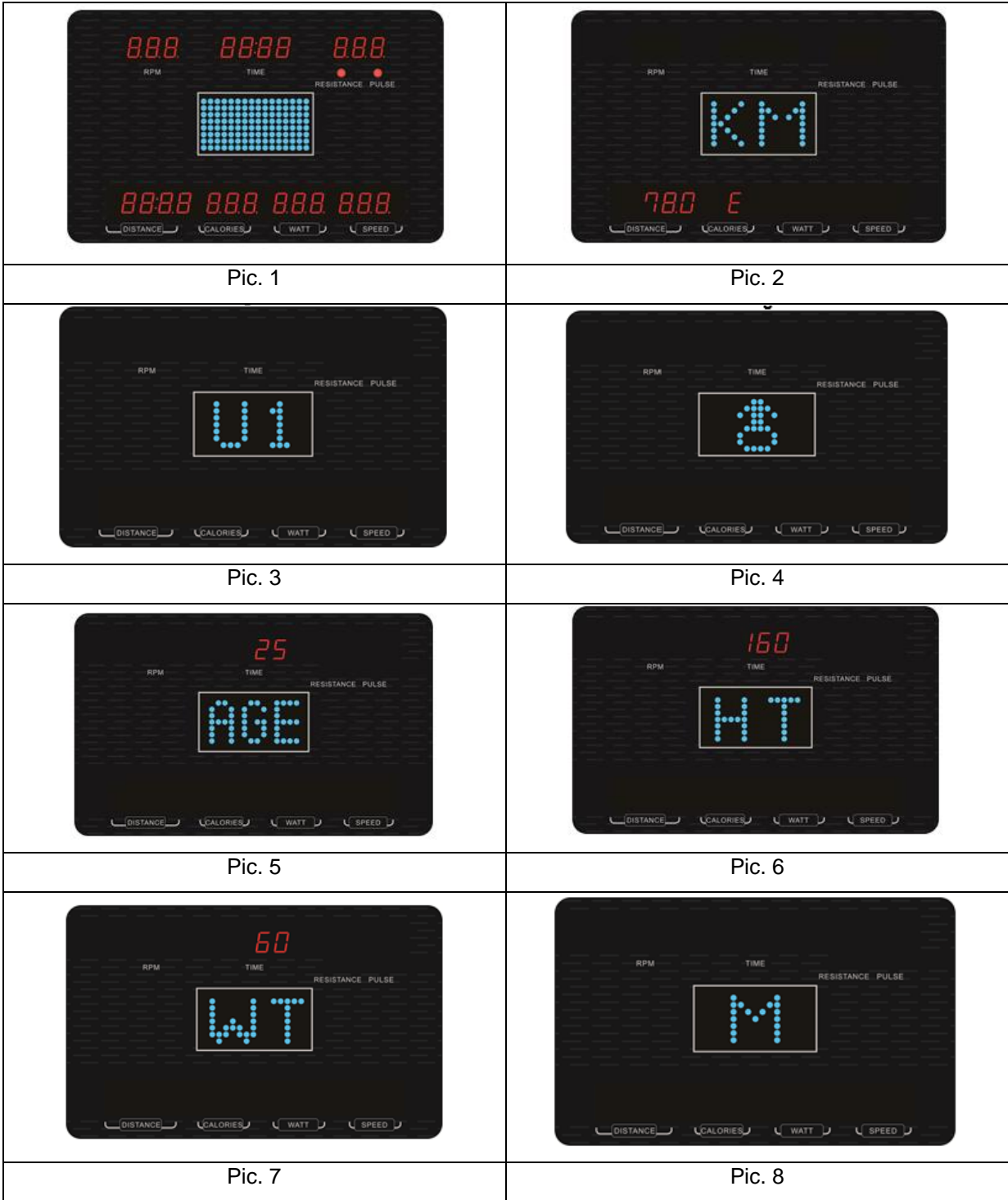
## OPERATION DESCRIPTION

### POWER ON

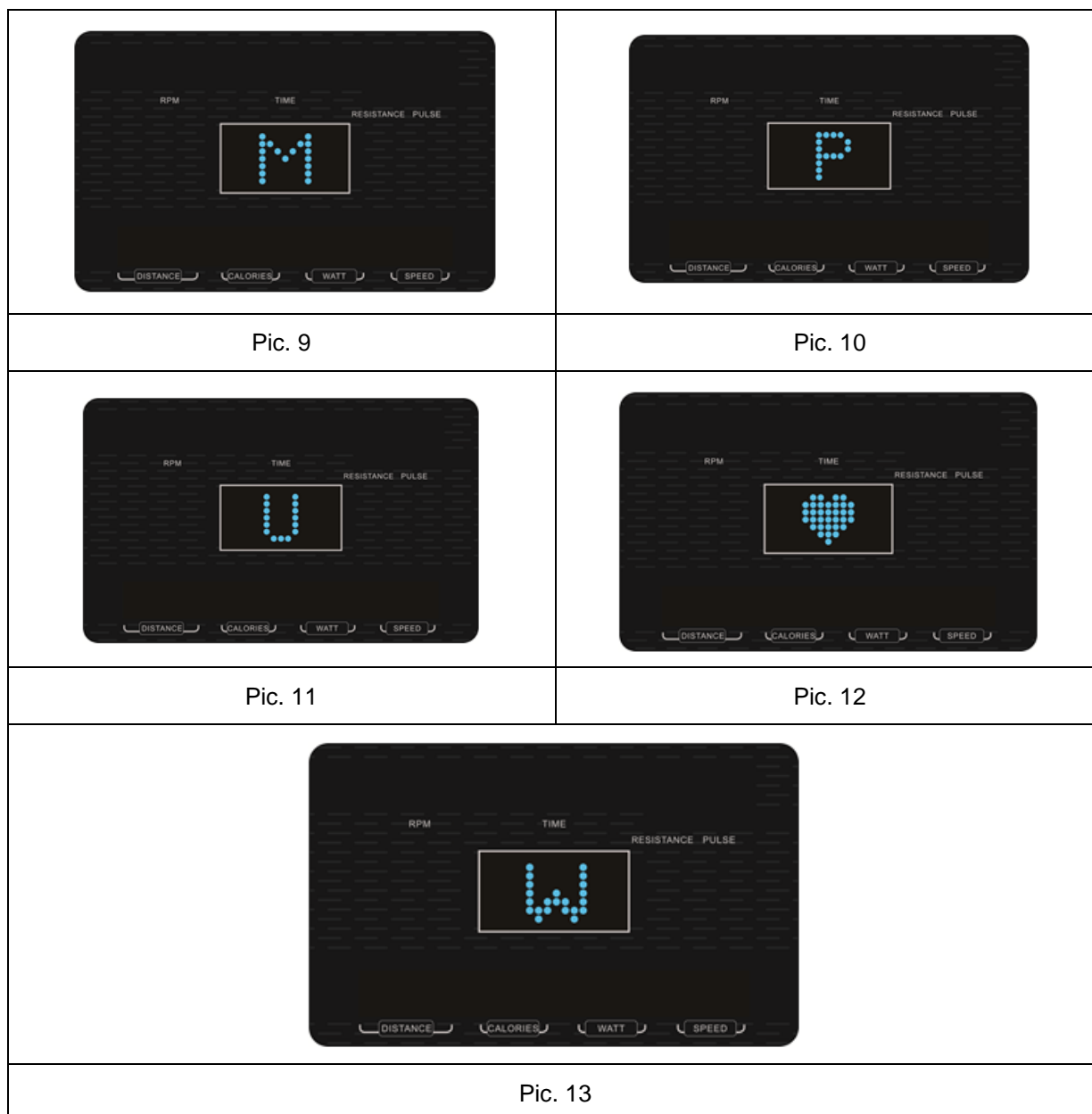
1. When plug in adapter (or when step RPM>15, self-power generation), buzzer sounds for 1 second and LED will full display for 2 seconds (Pic. 1). Then it displays KM or ML in center of screen.
2. Enter USER setting mode (with FAT function), input user information U1~U4. Select one user drawing (Pic. 3). Push MODE key to select SEX (Pic. 4), AGE (Pic. 5), HEIGHT (Pic. 6), WEIGHT (Pic. 7). When you select, the window shows the default value or previous record. Press UP/DOWN key to adjust the value. Then go to main function window (Pic. 8). MANUAL PROGRAM, USER PROGRAM, HRC, WATT FUNCTION. Finish all settings and press START/STOP to exercise.

SLEEP: If SM and SE is without any RPM information input within 4 minutes, the console will enter the sleep mode. The console will wake up if any RPM information input.

SR system without any RPM information input 90 seconds, the console will be in the sleep mode. The console will wake up when the sensor input > 15 RPM.



Function circulation: MANUAL – PROGRAM – USER – WATT (Pic. 9-13) With “P” or + and – buttons you can choose a program with MODE button.

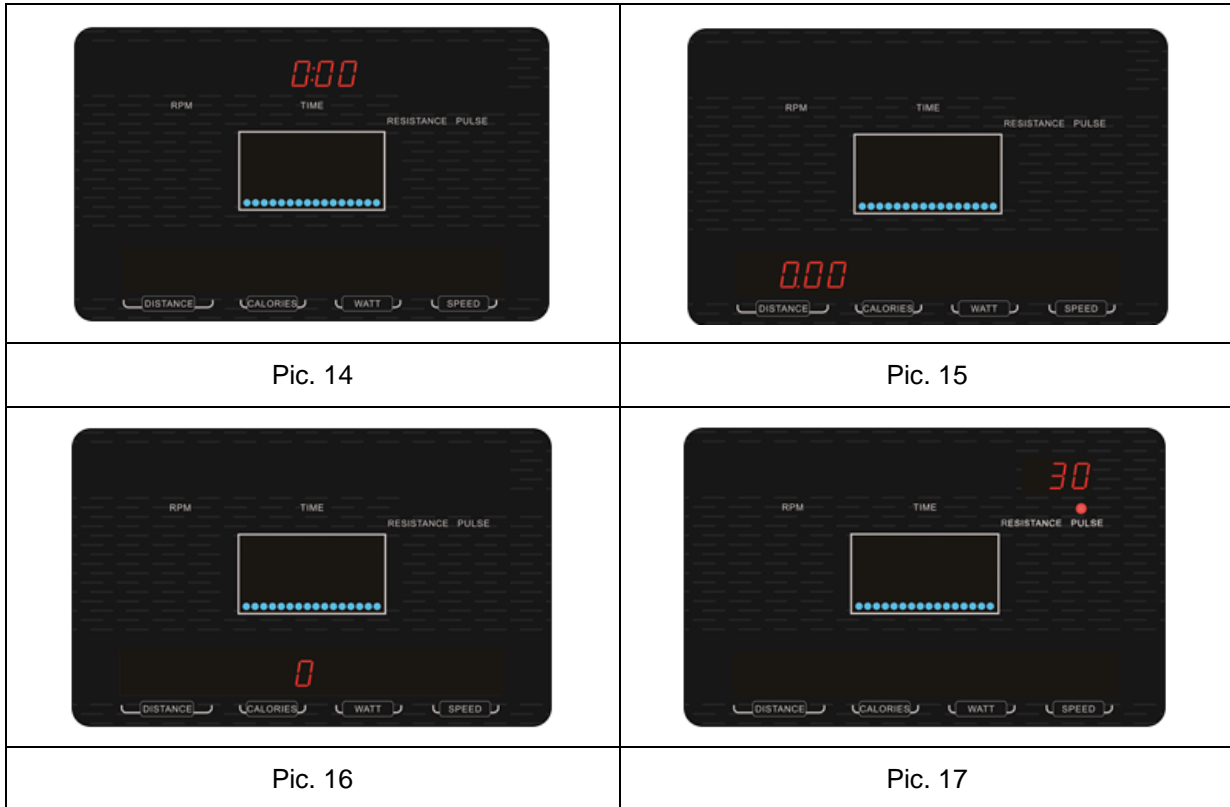


#### MANUAL MODE (PRESS START/STOP KEY)

- In main menu press “P” (Program key) or press +/- to select MANUAL. Push MODE to enter the manual mode.
- Before exercising, the user needs to adjust following values:
- TIME: is blinking (Pic. 14). Push + or – key to set up the training time in the range from 00:00 to 99:00. Push MODE to confirm the setting.
- DISTANCE: is blinking (Pic. 15). The user may push + or – key to set up the target distance from 0.0 to 99.0. Push MODE to confirm the setting.
- CALORIES: is blinking (Pic. 16). Press + or – key to set up target calories from 0 to 990 (increment/decrement is 10). Push MODE to confirm setting.
- PULSE: is blinking (Pic. 17). Use + or – key to set up target pulse from 0-30~230. Press MODE to confirm setting. The console will detect the user heart rate. Please hold on hand grip sensor or wear chest belt correctly when starting workout.
- During setting TIME/DISTANCE/CALORIES the light will light up and the value is flashing in 1 to be adjusted. Push + or – to adjust the value. Keep pressing on + or – key to decrease or

increase the value. After exercise start, the pulse LED lights up and displays the pulse value. If there is no pulse signal, the “P” will be displayed. When adjusting the resistance level, the RESISTANCE window will show level value for 2 seconds and then displays the PULSE value.

- Press START/STOP button to start training.
- During training, the user can adjust the resistance level by pushing + or – key. When adjusting the resistance level, the RESISTANCE window will show LEVEL value for two seconds and then displays the PULSE value. Press + or – key to adjust the value.
- The blue column starts blinking on by one and switches to the next one per preset time divided into 16. Once pre-set target data counting down to 0. The monitor will stop automatically. Push START/STOP button to stop training. Press RESET to reverse the main menu.



#### PROGRAM MODE

- Press RESET key to go to main menu. Push + or – key and push MODE to enter the PROGRAM mode. Entering the PROGRAM mode, there are in total 12 program profiles (P1-P12) for selection. More in pic. 18-29. Push + or - to select one profile that you prefer and push MODE to confirm. Before exercising the user need to adjust following values:
- TIME: is blinking (Pic. 30). Push + or – key to set up the training time in the range from 00:00 to 99:00. Push MODE to confirm the setting (Pic 31).
- DISTANCE: is blinking. The user may push + or – key to set up the target distance from 0.0 to 99.0. Push MODE to confirm the setting.
- CALORIES: in blinking. Press + or – key to set up target calories from 0 to 990 (increment/decrement is 10). Push MODE to confirm setting.
- PULSE: is blinking. Use + or – key to set up target pulse from 0-30~230. Press MODE to confirm setting.
- Push START/STOP to start training.
- During training mode, the user can adjust the resistance level by pressing + or – key. When adjusting the resistance level, LED big window will show LEVEL value for two seconds and



the displays the pulse value. Once the pre-set target data vaunting down to 0, the monitor will stop automatically. The user may also press START/STOP button to stop training. Press RESET to reverse to the main menu.



Pic. 18



Pic. 19



Pic. 20



Pic. 21



Pic. 22









Pic. 23



Pic. 24

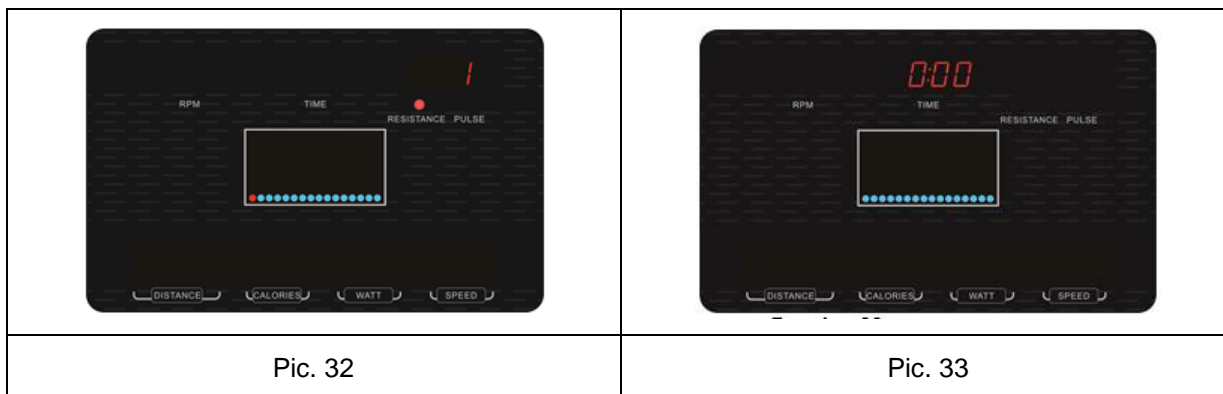


Pic. 25

	
<p>Pic. 26</p>	<p>Pic. 27</p>
	
<p>Pic. 28</p>	<p>Pic. 29</p>
	
<p>Pic. 30</p>	<p>Pic. 31</p>

## USER MODE

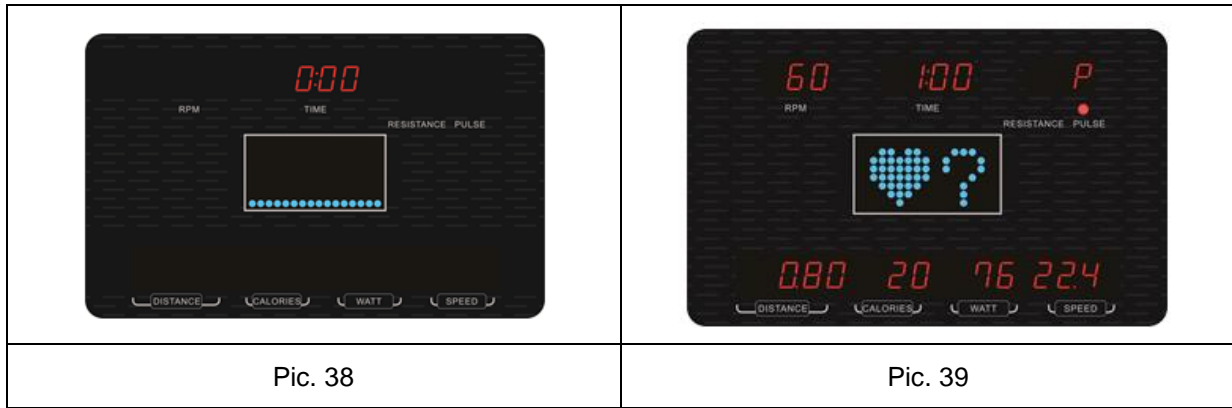
- A. Press RESET to go to main menu. Press “+” or “-” key and press MODE to enter USER mode. You can create your own profile. The frost blue dot will start blinking. Press “+” or “-” to adjust resistance of each dot (Pic. 32) and press MODE to confirm. To complete the profile, you must set 16 columns. To finish or quit the setting hold MODE for 2 seconds.
- B. TIME: is blinking (Pic. 33), you can press UP or DOWN to setup training time from 00:00 to 99:00.
- C. Press START/STOP key to start exercising. Press UP or DOWN key to adjust resistance during exercising.
- D. Repress START/STOP key and the console will pause. Press RESET to enter the main menu function selecting window.



### HRC MODE

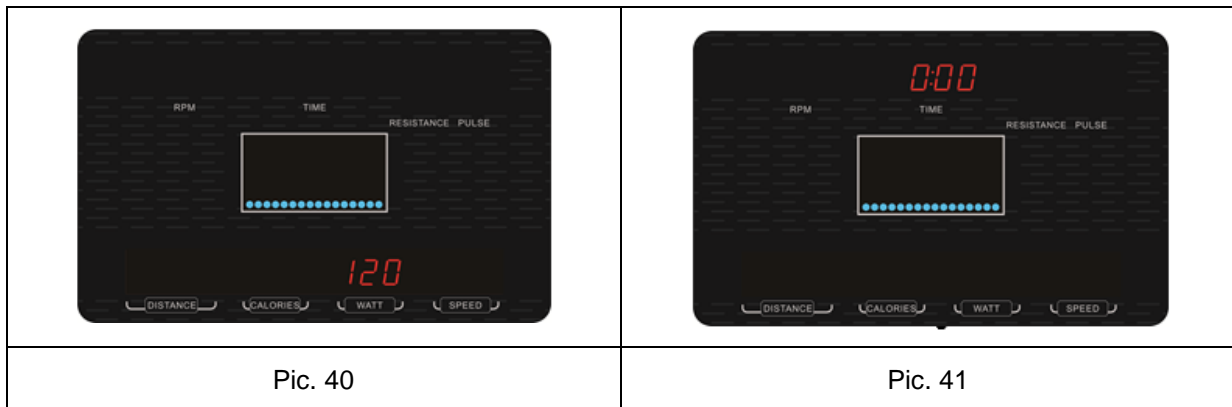
- A. Enter HRC mode and press UP/DOWN key to select 55% (107), 75% (146), 90% (175) TAG (100) (Pic. 36-39). Press MODE button to enter.
- B. The user can choose different target heart rate. The self-calculated value is based on user age that is to be put in. Press MODE to confirm it. (Pic. 34-37)
- C. If user selected HRC TAG screen displays the pre-set value 100, push + or – to adjust target pulse from 30 to 230. Press MODE key to enter.
- D. Enter the TIME window and press UP/DOWN key to adjust it (Pic. 38).
- E. Press START/STOP key to start exercise. Press UP or DOWN key to adjust resistance during exercise.
- F. Re-press START/STOP key and the console will pause. Press RESET to enter the main function selection window.
- G. The window will show if there is no heartbeat input (Pic. 39).





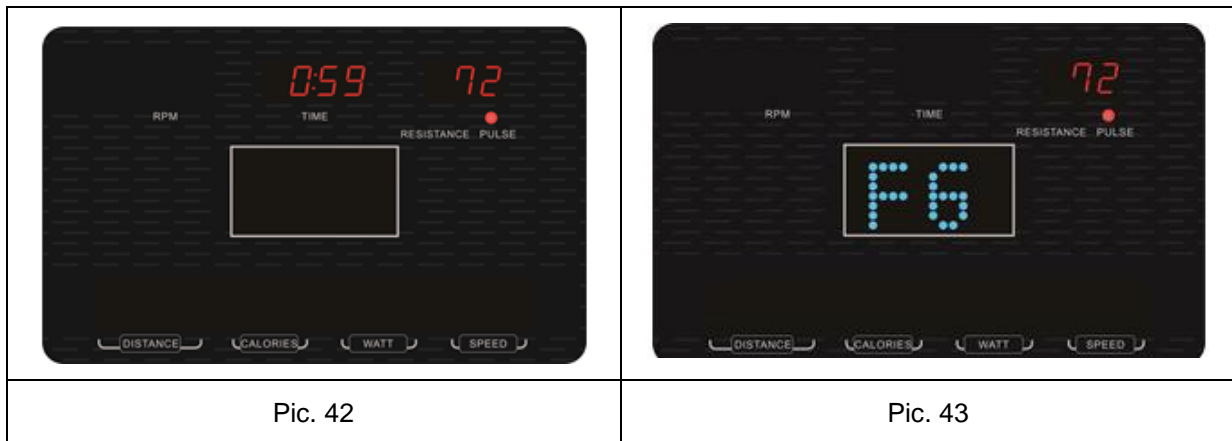
### WATT MODE

- A. Enter the WATT mode. Press UP/DOWN key to adjust the value. Default value is 120 W (Pic. 40).
- B. Enter the TIME window, press UP/DOWN key to adjust it (Pic. 41).
- C. Press START/STOP key to start exercising. Base on the value of WATT to adjust resistance automatically.
- D. Reprress START/STOP key and the console will pause. Press RESET to enter main function selection window.



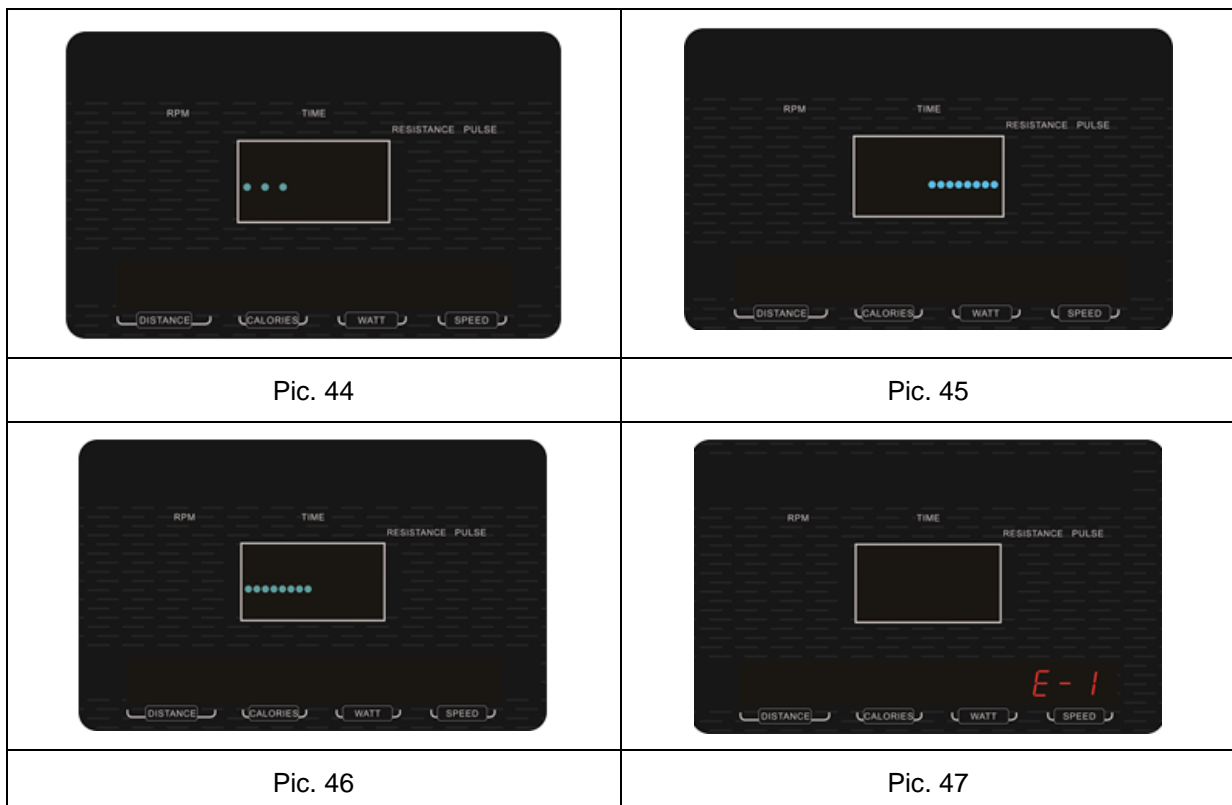
### RECOVERY




1. If there is no PULSE input, this key is invalid.
2. In the START or STOP state it displays the PULSE value. Press the RECOVERY KEY to:
  - a) Conduct RECOVERY function, display only TIME and PULSE window. Voltage value of LEVEL will be reduced to LEVEL 1 immediately.
  - b) The TIME window displays 0:60 (Pic 42). Start counting down. If there is no pulse input during the time count-down, the window displays F1~F6 (Pic. 43), when the TIME counts down to 0. Press the RECOVERY key to resume display.
3. Press this key during time count-down and resume normal display.



### BODY FAT

1. Under the STOP state, after finishing user information, this function is ready.
2. Press this key to test the body fat ratio. Put your hands onto handlebar and the test result will be displayed on the window (Pic. 44 – 46). If the window displays E-1 (Pic. 49), it means you don't hold the handlebars closely. If the window displays E-4 (Pic. 50), the body fat ratio is over the setting range (5~50%).
3. After testing, the FAT% and the BMI will be displayed in the window (Pic. 47-48).
4. Press the BODY FAT key one more time during testing to cancel this function.



	
<p>Pic. 48</p>	<p>Pic. 49</p>
	
<p>Pic. 50</p>	

**NOTE:**

- If the user pushes RESET key for two seconds for TOTAL RESET, the console enters the START mode and the buzzer alarm sounds, all LED display for 2 seconds and then enter the setting mode. The load level is 1.
- This system features an alarm reminder:
  - 1 Short beep – valid button
  - 2 Short beeps – invalid button or pulse exceeds the target
  - 3 Short beeps per second – WATT is over specification
  - 4 Short beeps - function value counts down to 0
  - 6 Short beeps – HRC and WATT control force system stops

**OTHER FUNCTIONS:**

1. MP3 player – the console has a speaker and the user can connect it to mobile device for MP3 function.
2. Fan – the console is provided with a fan. The user can open or close it.

**USE OF ELEPTICAL TRAINER**

The elliptical trainer is a popular fitness machine, one of the newest and most effective home training machines.

When you are exercising on an elliptical treadmill, your feet move along the elliptical curve.

The elliptical treadmill is a frequent replacement for exercise bikes and treadmills because it is gentler for your joints. With the handles, you are also exercising the upper half of your body.

During exercise, you transfer the weight from one foot to the other. Try to maintain an upright and natural position. Handlers will help you. Find the perfect place to hold the grip and try to move as naturally as possible.

## MAINTENANCE

- Use only a soft cloth and a mild detergent.
- Do not clean the plastic parts with abrasives or solvents.
- Wipe the sweat after each use.
- Protect the device from moisture and extreme temperatures.
- Protect your device, computer and console from direct sunlight.
- Check the tightening of all bolts and nuts regularly.
- Store in a dry and clean place away from children.

## ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyards.

By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions.

Don't put the batteries among house waste but hand them in to the recycling place.

## TROUBLESHOOTING

### **E-1 The console didn't receive BODY FAT test signal**

Solution:

- The heart pulse abnormality. The hands of user are too dry or wet (test after washing).
- Check the hand pulse communication wire whether the wire is connected properly with hand pulse sets.
- Check the hand pulse communication wire whether the wire is connected properly with console.
- Try a new console to test, if the console is damaged, replace it.
- Try a new hand pulse communication wire to test, if the wire is damaged, replace it.

### **E-2, E-7 The console detects motor wire problem**

Solution:

- Check the motor wire or replace the motor
- Check the motor wire whether broken.
- Check the motor whether connect well with console.
- Change a new motor to check, if the motor defect, change it

### **E-3 Console can't detect signals from motor, speed sensor or power line**

- Check the motor 2P wire whether connect properly.
- Check the speed sensor box distance whether is too far.
- Check the motor wire whether connect properly with console.
- Change the speed sensor box.
- Try a new console to test, if the console is damaged, replace it.

### **E-4 Body fat test function, the test value out of setting range.**

- The age/weight setting range incorrect, re-set it.

#### **E-5 The console detects motor disc problem**

#### **No Error code E-6**

## **TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS**

### **General Conditions of Warranty and Definition of Terms**

All Warranty Conditions stated hereunder determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Borivojova Street 35/878, Prague 13000, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions to the extent specified in the Commercial Code.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

### **Warranty Conditions**

#### **Warranty Period**

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

#### **The Warranty does not cover defects resulting from (if applicable):**

- User’s fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

### **Warranty Claim Procedure**

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.



When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.



**SEVEN SPORT s.r.o.**

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Date of Sale:

Stamp and Signature of Seller:

