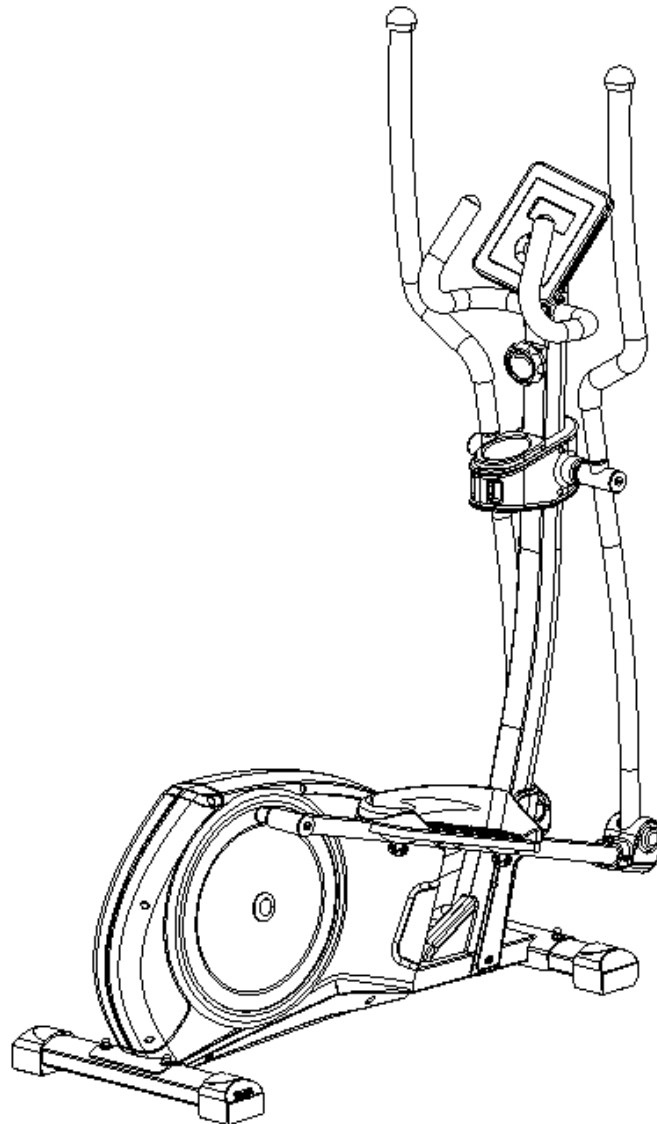




USER MANUAL – EN

IN 5558 Elliptical Trainer Grand GP524H



SAFETY INSTRUCTIONS

- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should use the exerciser at a time.
- Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly fixed.
- Before you start your work-out, remove all sharp-edged objects around the exerciser.
- Only use the exerciser for your work-out if it works without problem.
- Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
- Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
- Make sure there is sufficient free space around the exerciser when you set it up.
- Please note that an improper and excessive work-out may be harmful to your health.
- Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
- Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.
- Be sure to consult a physician before you start any exercise program.
- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exercise
- Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.
- Children, disabled and handicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.
- Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.
- When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.
- Do not work out immediately after meals!
- Maximum user weight 100 KGS

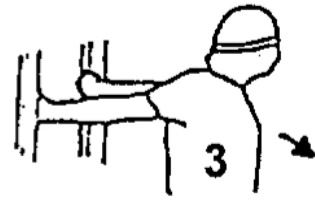
WARMING UP:



15 seconds for each



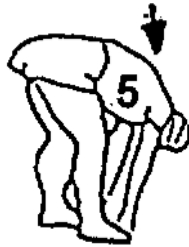
20 seconds



20 seconds



25 seconds



20 seconds



20 seconds



30 seconds



25 seconds for each leg



30 seconds



20 seconds



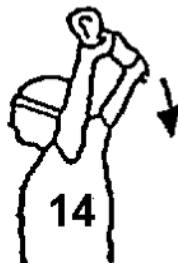
5 seconds x 3 times



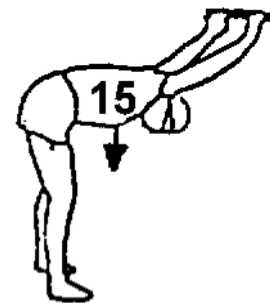
20 seconds



20 seconds for each leg



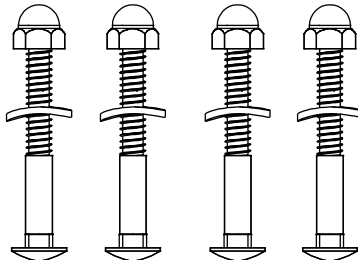
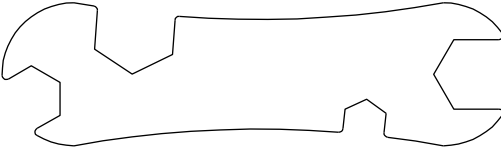
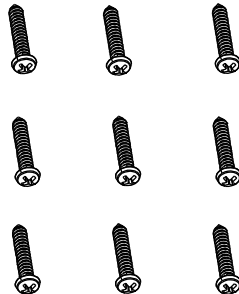

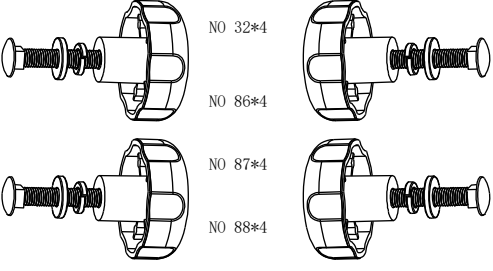
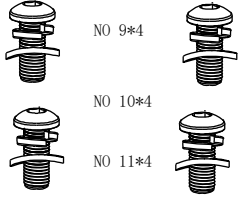
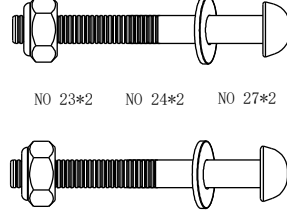
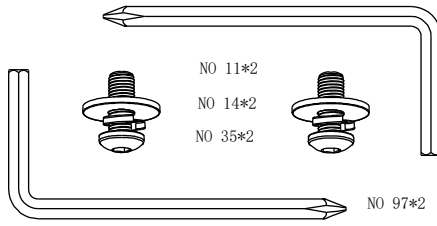

5 times



15 seconds

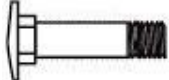


HARDWARE PACKING LIST

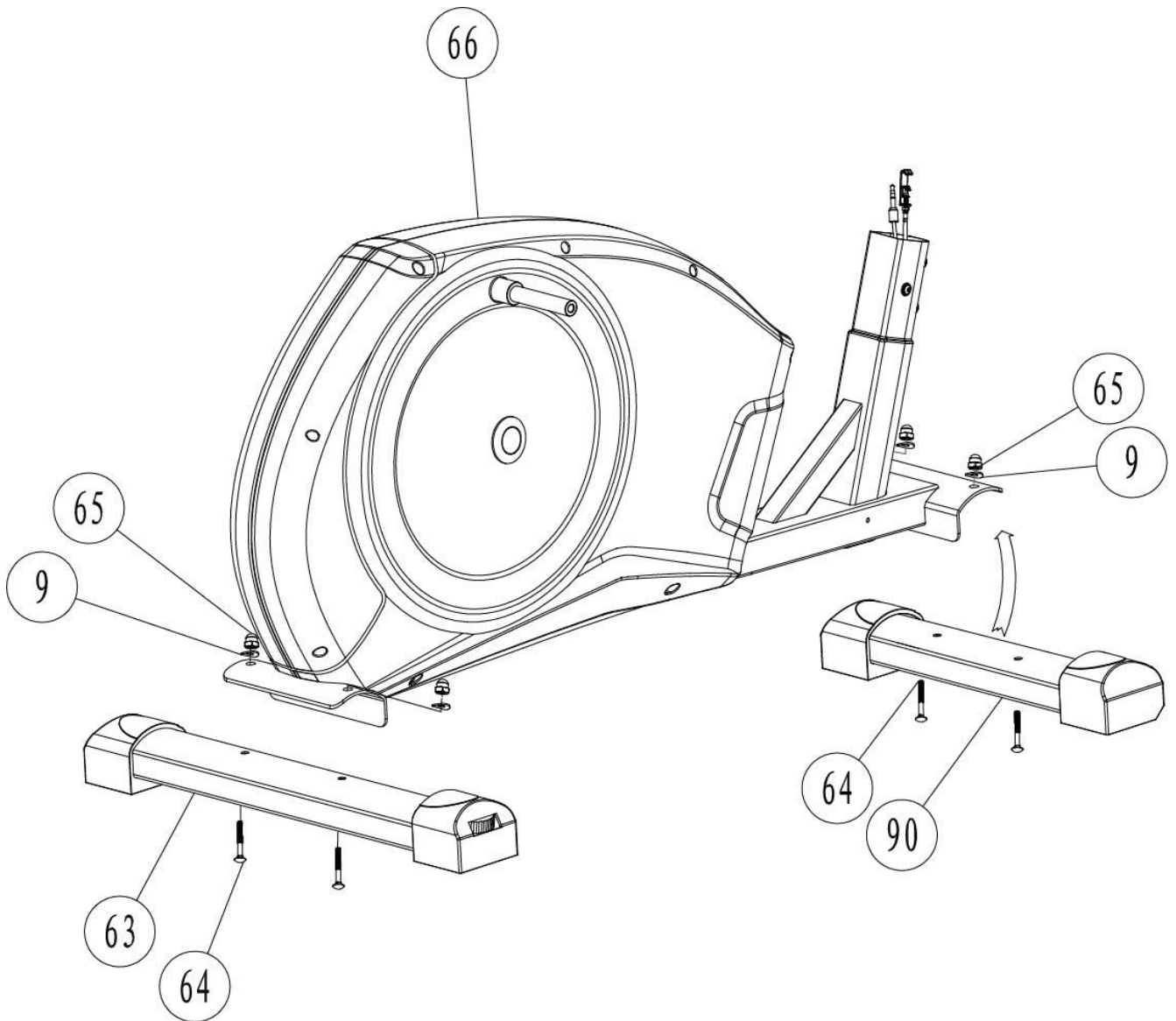
8204

<p>NO 9*4 NO 64*4 NO 65*4</p> 	 <p>NO 98*1</p>	 <p>NO 29*9</p>
 <p>NO 14*4 NO 91*4</p>	 <p>NO 32*4 NO 86*4 NO 87*4 NO 88*4</p>	 <p>NO 9*4 NO 10*4 NO 11*4</p>
 <p>NO 23*2 NO 24*2 NO 27*2</p>	 <p>NO 11*2 NO 14*2 NO 35*2 NO 97*2</p>	 <p>NO 22*1</p>

ASSEMBLY INSTRUCTION




STEP 1.



#64	#9	#65	X4
			






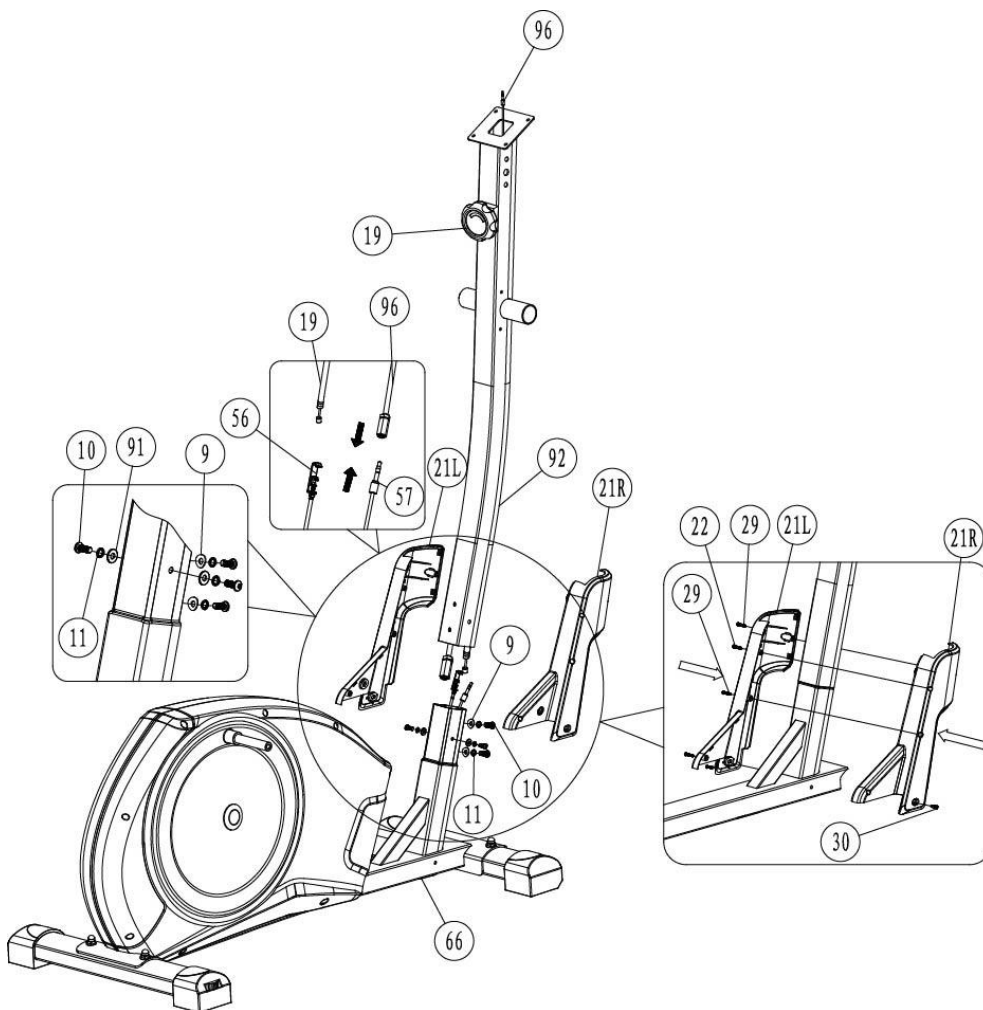
ASSEMBLY INSTRUCTION

STEP 2.

#10	#11	#9	X2
			



#10	#11	#91	X2
			

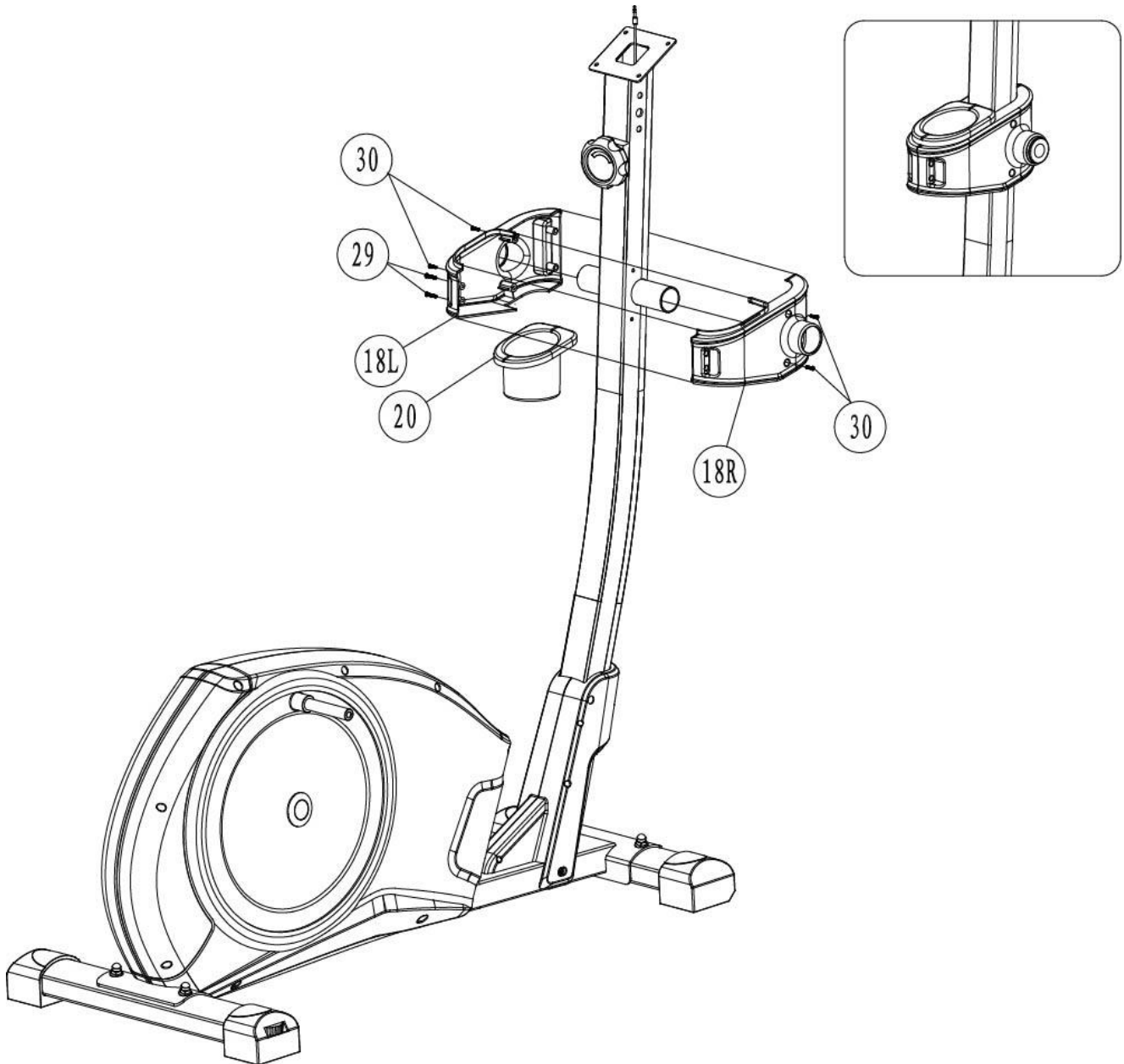
#29	X3	#30	X2	#22	X1
					



ASSEMBLY INSTRUCTION





STEP 3.

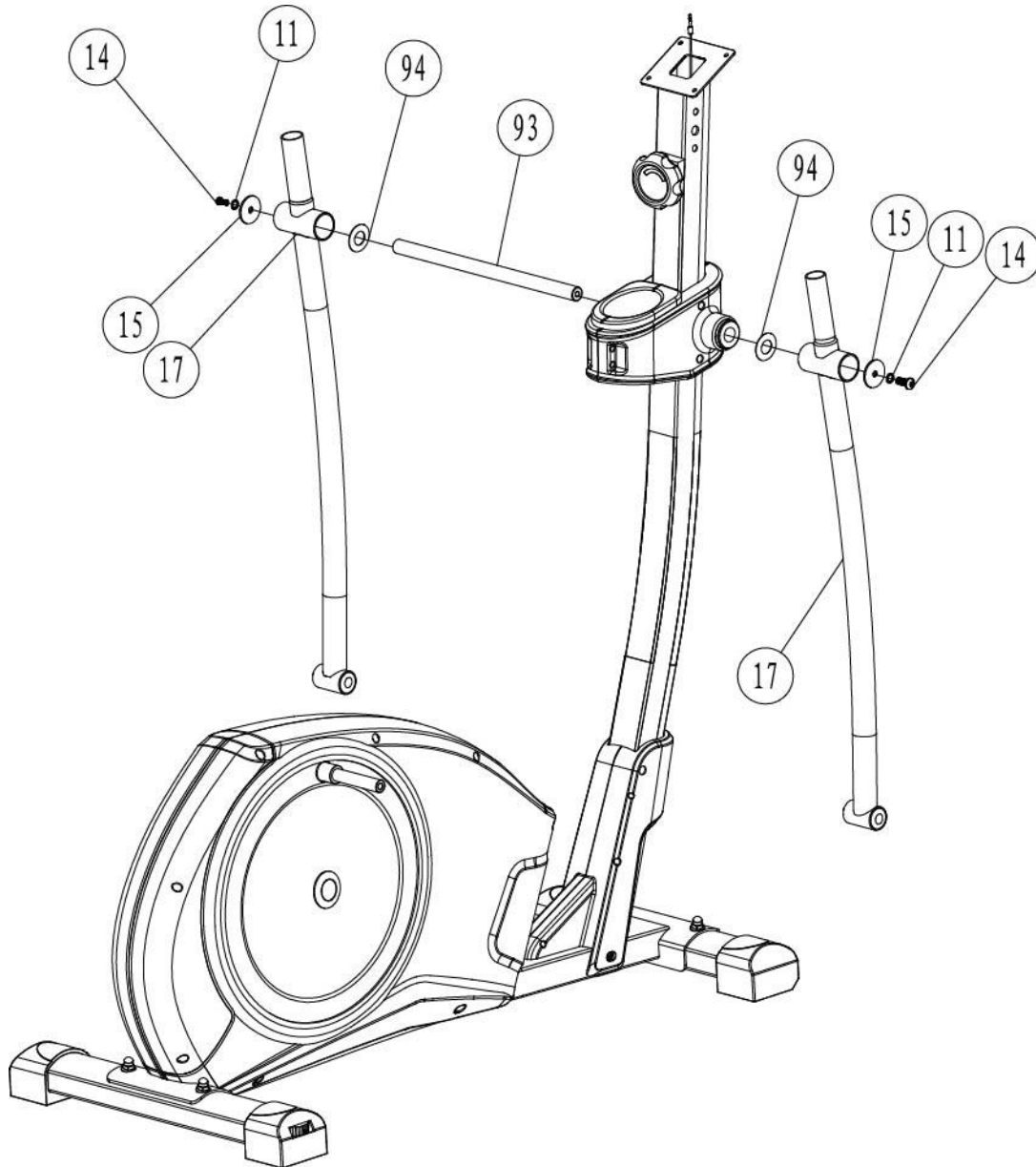
#29		#30	
	X2		X4



ASSEMBLY INSTRUCTION




STEP 4.

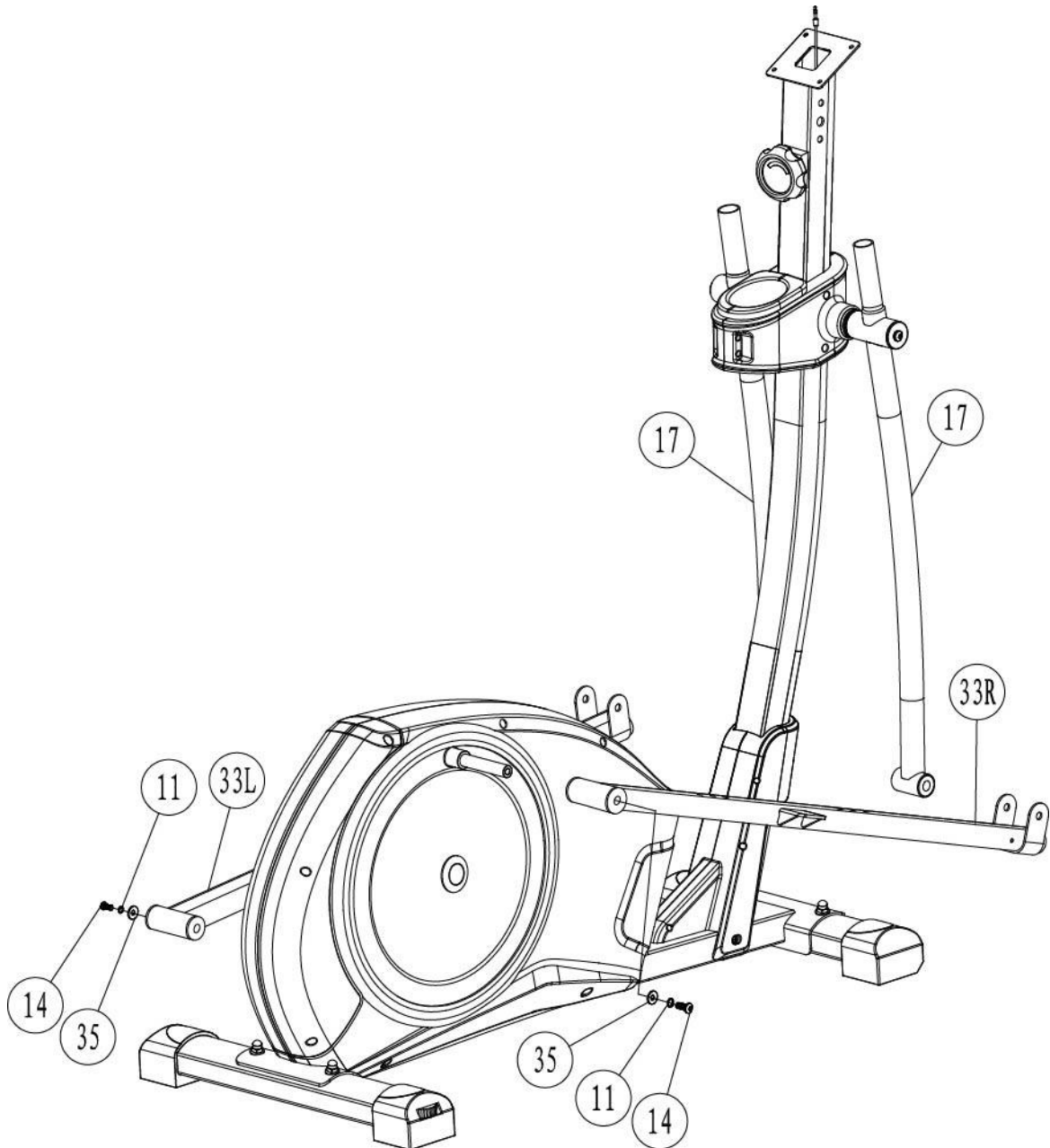
#14	#11	#15	#94	X2
				



ASSEMBLY INSTRUCTION



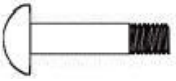


STEP 5.

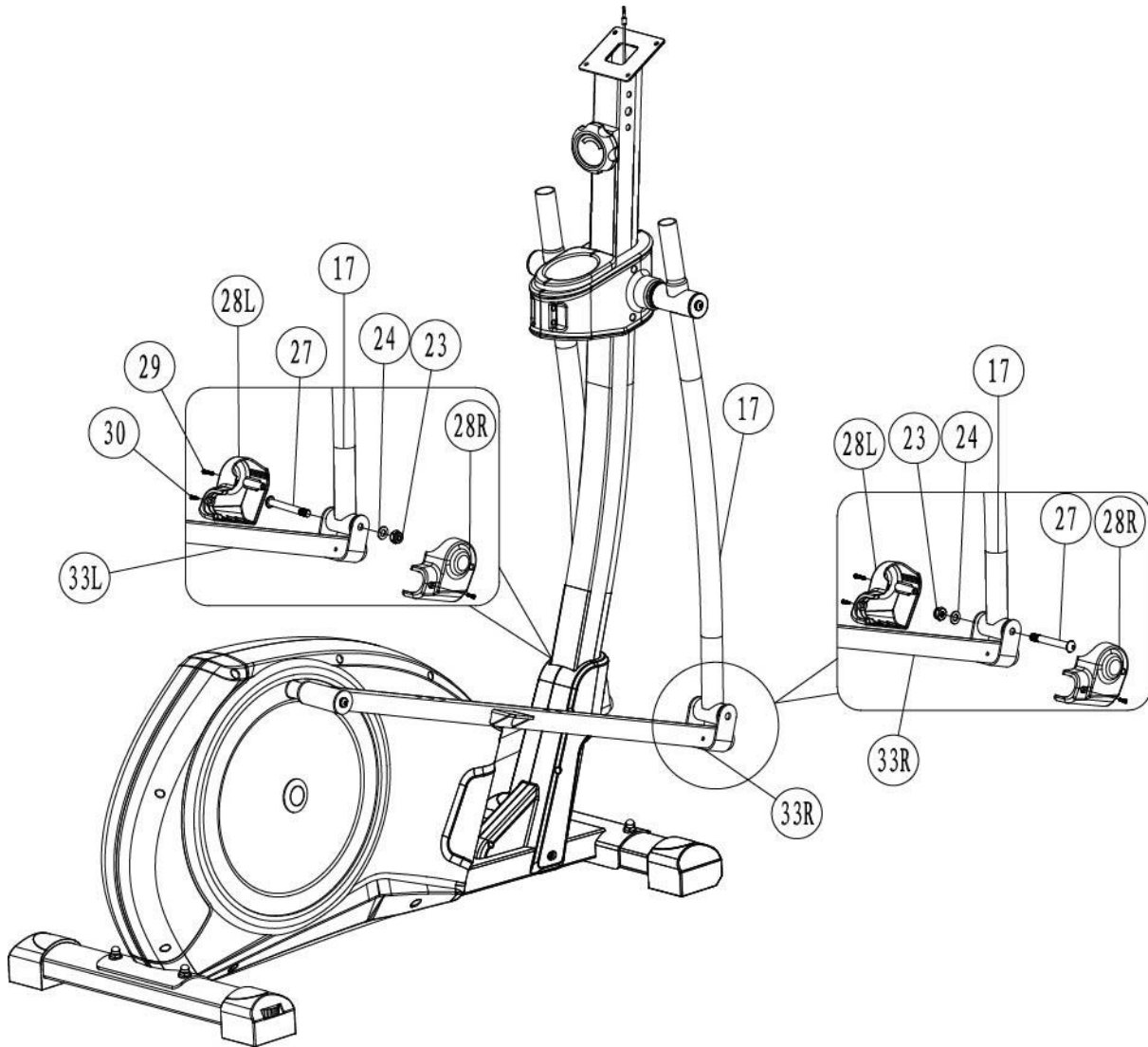
#14	#11	#35	X2
			



ASSEMBLY INSTRUCTION



STEP 6.

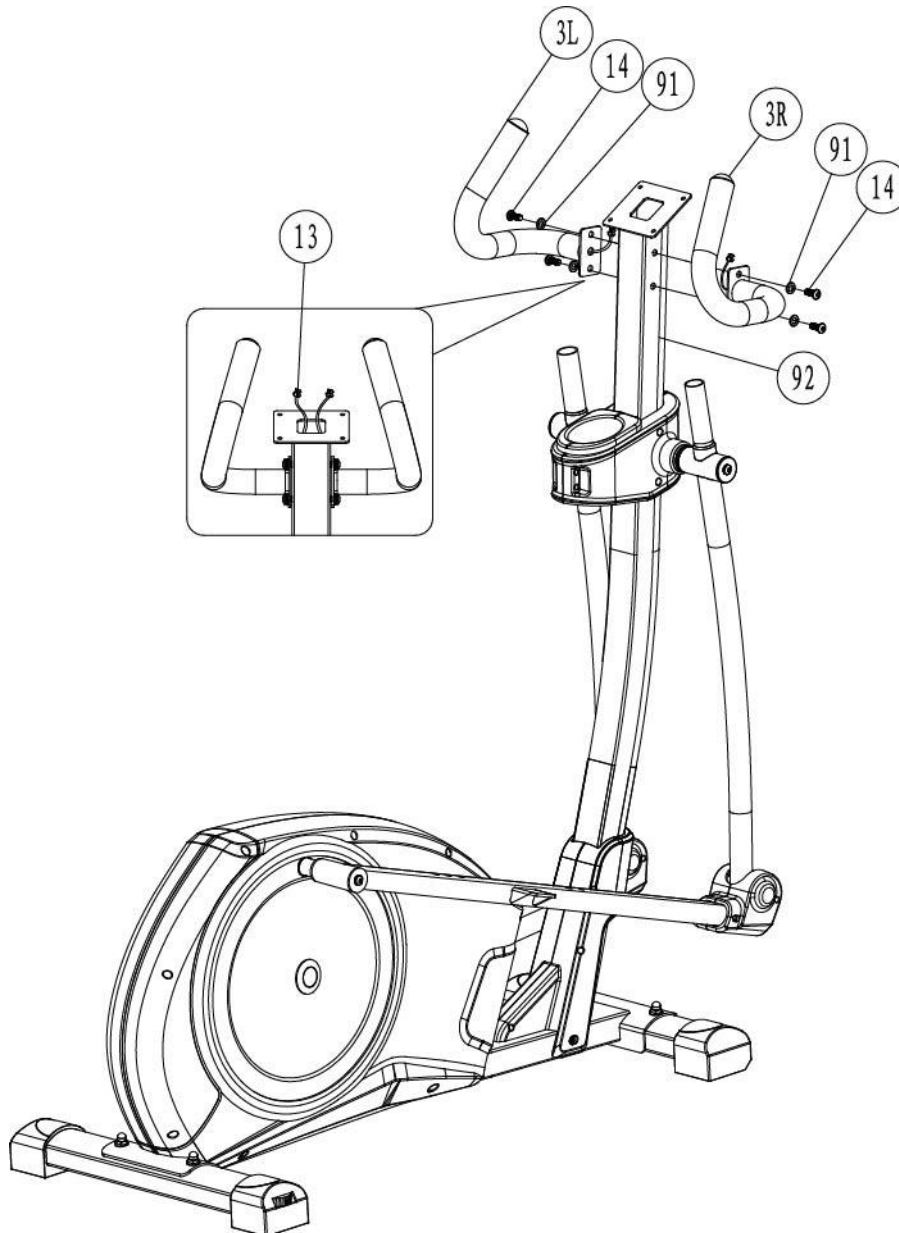
#30	X2	#29	X2	#27	#24	#23	X2
							



ASSEMBLY INSTRUCTION




STEP 7.

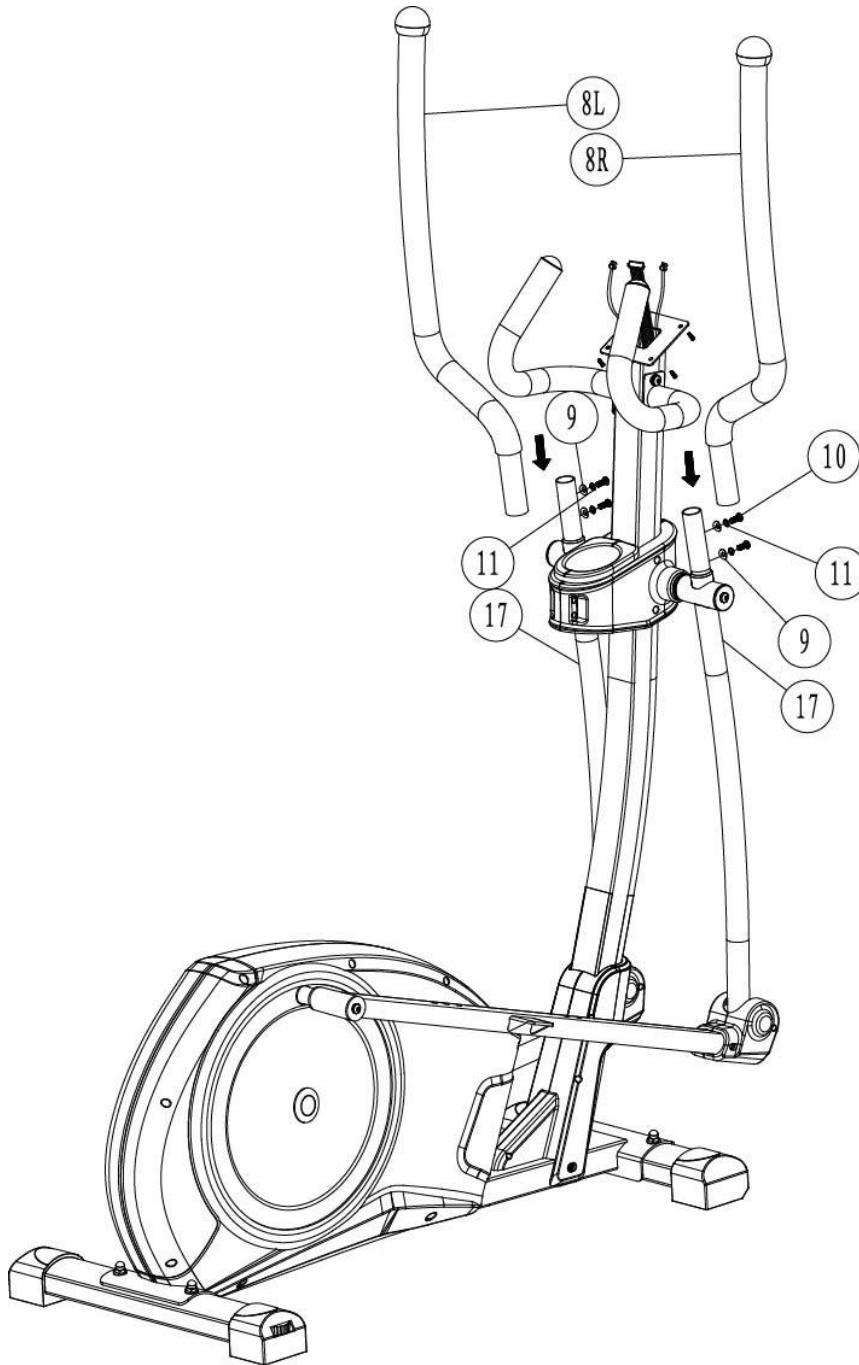
#14	#91	X4
		



ASSEMBLY INSTRUCTION


STEP 8.

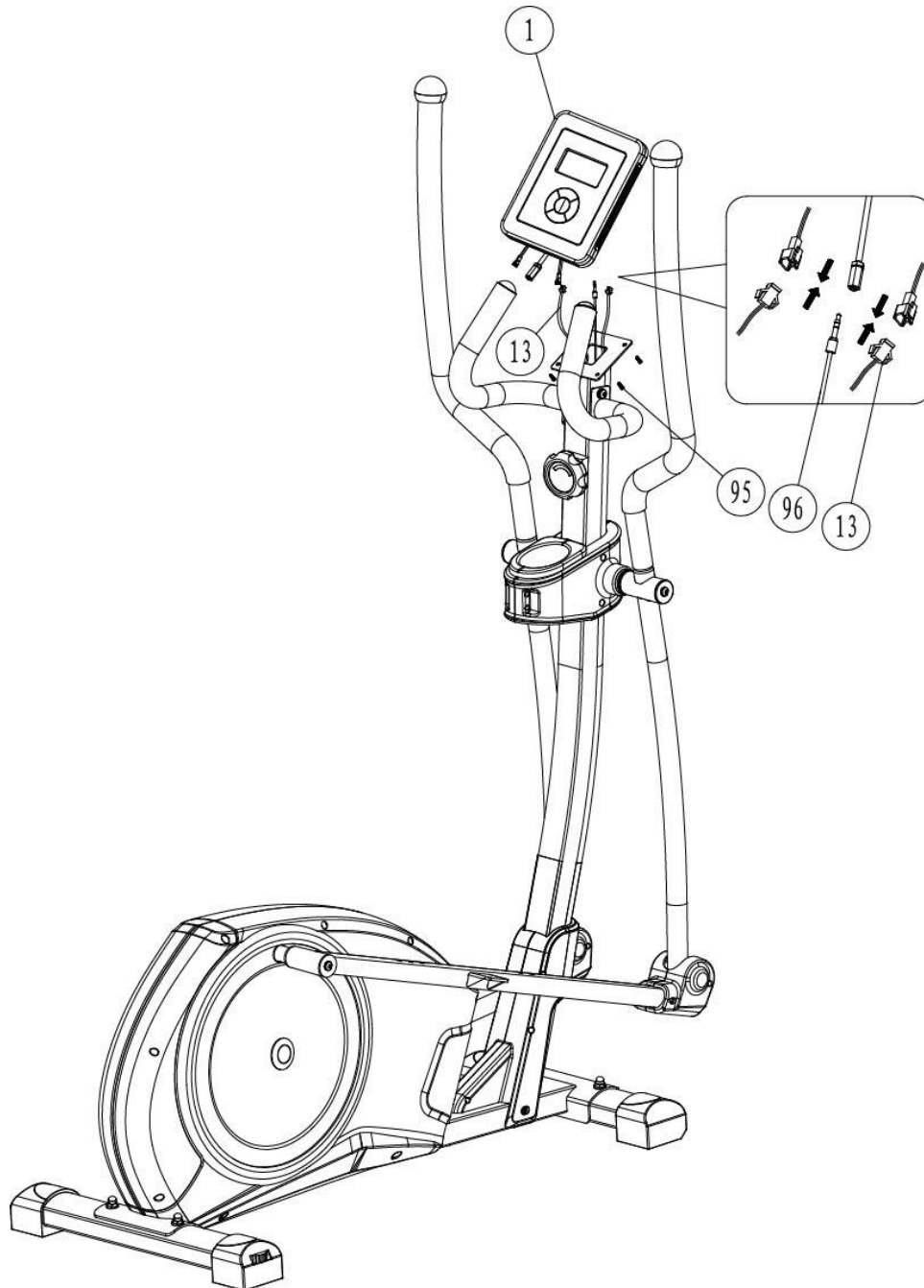
#10	#11	#9	X4
			



ASSEMBLY INSTRUCTION





STEP 9.

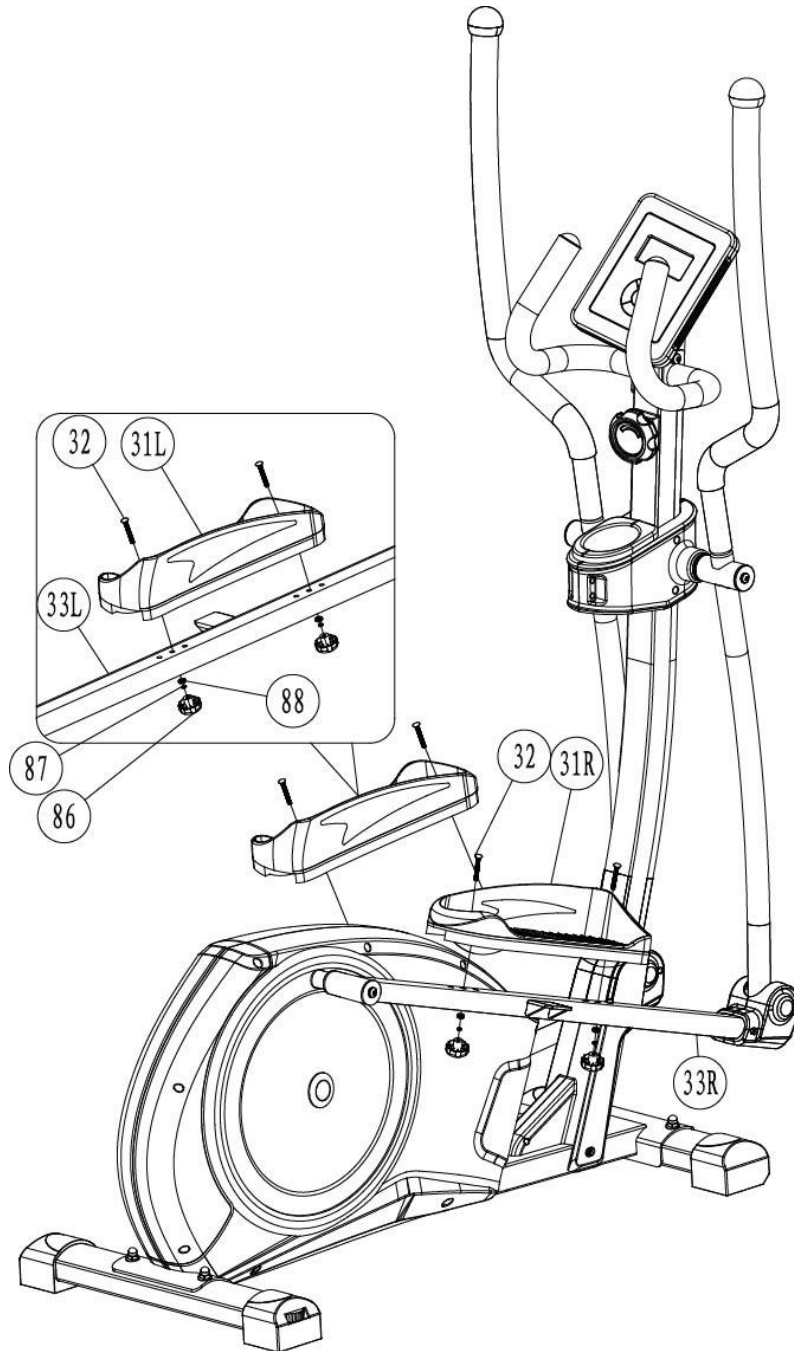
#95	
	X4



ASSEMBLY INSTRUCTION

STEP 10.

#32	#88	#87	#86	X4
				



CONSOLE INSTRUCTIONS

LB1066



KEY GUIDE

PULSE RECOVERY: Press this button going into pulse recovery detecting.

ENTER:

1. Press this button to enter setting mode.
Normal→Time→DIST→CAL→T.H.R
2. Press this button to confirm the setting values
3. Hold 3 seconds to reset all of the values to zero.

UP: Increase the setting value of the following functions.
Time→DIST→CAL→T.H.R

DOWN: Decrease the setting value of the following functions.
Time→DIST→CAL→T.H.R

RESET: Press this button reset all of the values to zero

FUNCTIONS AND OPERATIONS

· AUTO ON/OFF

The monitor will wake up automatically if the exercise machine is in motion. If stop exercising for over 4 minutes, monitor will turn off and reset all function values to zero.

TIME:

Press the button of ENTER to TIME function and press the UP or DOWN button to enter the value you want.

Count up:

Without setting the time value, the monitor will count up the time from 00:00~99:59.

Count down:

Setting the exercise time from 1:00~99:00 minutes, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

SPEED:

Displays your workout speed in M/KM per hour .The monitor will display the current speed from 0.00 ~ 99.9 Km or Mile per hour.

RPM:

Displays your workout RPM. The monitor will display the current RPM from 15 ~ 999

DISTANCE:

Press the button of ENTER to DIS function and press the UP or DOWN button to enter the value you want.

Count up:

Without setting the distance value, the monitor will count up the distance from 0.1~999.9Km or Mile

Count down:

Setting the exercise time from 1.0~999 Km or Mile, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

CALORIE:

Press the button of ENTER to CAL function and press the UP or DOWN button to enter the value you want.

Count up:

Without setting the distance value, the monitor will count up calories from 1.0~999.

Count down:

Setting the exercise calorie from 1.0~999, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

PULSE (Target Heart Rate):

Press the button of ENTER to T.H.R function and press the UP or DOWN button to enter the value you want

Pulse Limit:

Setting the value of pulse limit between 60 to 220, the monitor will measure your heartbeats. Once reach setting value, monitor will flash until your heartbeats under your setting value.

Place the palms of your hands on the both of the contact pads and the monitor will show up your heartbeat rate in beat per minute (BPM) on the LCD display.

NOTE:

If no pulse signal input within 16 seconds, the display will indicate "P". It is a power saving device. Customer can press key to restart Pulse function.

PULSE RECOVERY:

When you stop to exercise and desire to test your pulse recovery. Press this button to precede your pulse recovery and place the palms of your hands on the both of contact pads for one minute. The monitor will show your pulse recovery ratio on LCD. It is a function to check the condition of pulse recovery that is scaled from 1.0 to 6.0 while 1.0 means the best and 6.0 means the worst and the increment is 0.1.

CAUTION:

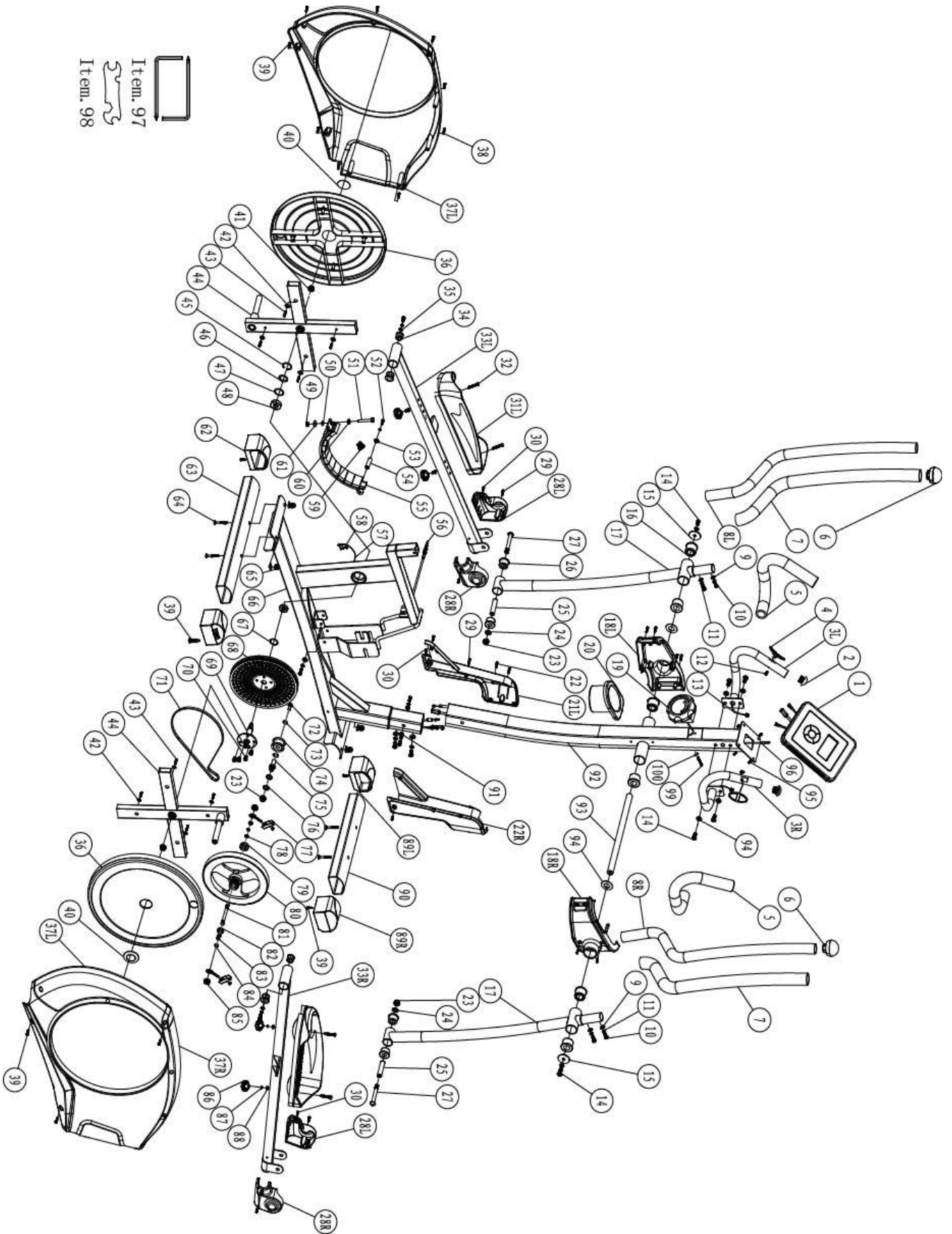
Operating temperature: 0°C - +50°C.

Storage temperature: -10°C - +60°C.

HOW TO REMOVE BATTERY:

1. Pull off the battery cover and place two of SIZE-AA or UM-3 batteries into battery housing on back of monitor, please refer to below illustrations.
2. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
3. Replace battery cover and insure it is tightly closed.
4. Battery life is approx. 1 year under normal usage.
5. If the display is illegible or only partial segments appear, remove batteries and wait 15 seconds before reinstalling.
6. Removing the batteries will erase computer memory.

EXPLODED DRAWING



PART LIST

Part #	Description	Quantity
1	Console	1
2	End cap for handlebar	2
3L	Handlebar (Left)	1
3R	Handlebar (Right)	1
4	Hand pulse pads	2
5	Handlebar foam	2
6	End cap for upper handlebar	2
7	Upper handlebar foam	2
8L	Upper handlebar (Left)	1
8R	Upper handlebar (Right)	1
9	Curved washer M8	10
10	Allen bolt M8*20	8
11	Spring washer M8	12
12	Self-tapping screw M3.5*20	2
13	Hand Pulse cable	2
14	Allen bolt M8*20	8
15	Flat washer $\Phi 8.5 * \Phi 36 * 3T$	2
16	Handlebar pivot bushes	6
17	Lower handlebar	2
18L	Handlebar post cover (Left)	1
18R	Handlebar post cover (Right)	1
19	Upper tension cable	1
20	Water bottle holder	1
21L	Front bottom plastic cover (Left)	1
21R	Front bottom plastic cover (Right)	1
22	Self-tapping screw M3*15	1
23	Nylon lock nut M10	3
24	Flat washer M10*19*2	2
25	Tube spacer 14*59.5	2
26	Handlebar lower pivot bushes	4
27	Allen bolt M10*78	2
28L	Plastic cover for foot support bar(Left)	2
28R	Plastic cover for foot support bar(Right)	2
29	Self-tapping screw M4*15	7
30	Screw M5*15	10
31L	Footplate (Left)	1
31R	Footplate (Right)	1

Part #	Description	Quantity
32	Carriage bolt M6*50	4
33L	Foot support bar (Left)	1
33R	Foot support bar (Right)	1
34	Bushing	4
35	Flat washer 8*28*2T	2
36	Round cover	2
37L	Chain cover (Left)	1
37R	Chain cover (Right)	1
38	Self-tapping screw M4.5*25	6
39	Screw M5*15	10
40	Plastic cover	2
41	Nut M10*1.25	2
42	Washer 5*16*1	8
43	Self-tapping screw M4*15	8
44	Crank	2
45	C-shape washer Φ18	1
46	Waved washer Φ20.5*25*0.5T	1
47	Washer 20*25*1	1
48	Bearing 6004RS	2
49	Nut M6	1
50	Flat washer 6.5*19*1.5T	1
51	Hex head screw M6*75	1
52	Allen head screw M6*16	2
53	Flat washer 6*13*1.5T	2
54	Axle for magnet holder	1
55	Magnet set	1
56	Lower tension cable	1
57	Lower sensor	1
58	Screw M5*15	1
59	Tapered spring	1
60	Nut M6	1
61	Plastic washer 6.5*22*1.5T	1
62	Rear end cap	2
63	Rear stabilizer	1
64	Carriage bolt M8*55	4
65	Cap nut M8	4
66	Main Frame	1
67	Washer 20*25*2	1
68	Belt wheel	1

Part #	Description	Quantity
69	Pedal Axle	1
70	Anti-loose Allen bolt M8*12	4
71	Belt	1
72	Hex head screw M6*12	1
73	Flat washer 6*13*1T	1
74	Idler	1
75	Axle for Idler	1
76	Flat washer 10*19*1.5	2
77	Belt adjustment set	2 sets
78	Waved washer Φ 10*15*0.3T	2
79	Bearing 6300RS	1
80	Flywheel	1
81	Flywheel Axle	1
82	Bearing 6000RS	1
83	C-shape washer Φ 9	2
84	Hex nut M10*1.25*4T	2
85	Nut M10*1.25	2
86	Knob M6	4
87	Spring washer M6	6
88	Flat washer 6*16*2	4
89L	End cap for front stabilizer (Left)	1
89R	End cap for front stabilizer (Right)	1
90	Front Stabilizer	1
91	Flat washer 8*19*1.5T	6
92	Handlebar post	1
93	Rotation rod	1
94	Flat washer ϕ 19.5* ϕ 38*0.5	2
95	Screw for computer M5*12	4
96	Upper sensor	1
97	Allen key wrench with Phillips head	2
98	Combination wrench	1
99	Allen head screw M5*60mm	1
100	Curved washer ϕ 20*5.5*2mm	1