



USER MANUAL ó EN

IN 5667 Elliptical inSPORTline Austin MG



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SAFETY INSTRUCTIONS

Before you start training on your exerciser, please read the instructions carefully. Be sure to keep the instructions for information, in case of repair and for spare part delivery.

- This exerciser is made for home use only, and tested up to a maximum body weight of 150 kg.
- Follow the steps of the assembly instructions carefully.
- Use only original parts as delivered.
- Before the assembly, be sure to check if delivery is complete by using the included parts-list.
- For assembly, use only suitable tools and ask for assistance with assembly if necessary.
- Place this exerciser on an even, non-slippery surface. Because of possible corrosion, the usage of any exerciser in moist areas is not recommended.
- Check before the first training and every 1-2 months that all connecting elements are tight fitting and are in the correct condition.
- Replace defective components immediately and/or keep the equipment out of use until repair.
- For repairs, use only original spare parts.
- In case of repair please ask your dealer for advice
- Avoid the use of aggressive detergents when cleaning.
- Ensure that training starts only after correct assembly and inspection.
- For all adjustable parts be aware of the maximum positions to which they can be adjusted/tightened to.
- This exerciser is designed for adults. Please ensure that children use the exerciser only under the supervision of an adult.
- Ensure that those present are aware of possible hazards, e. g. movable parts during training.
- Warning: incorrect/excessive training can cause health injuries.
- Please follow the advice for correct training as detailed in training instructions.

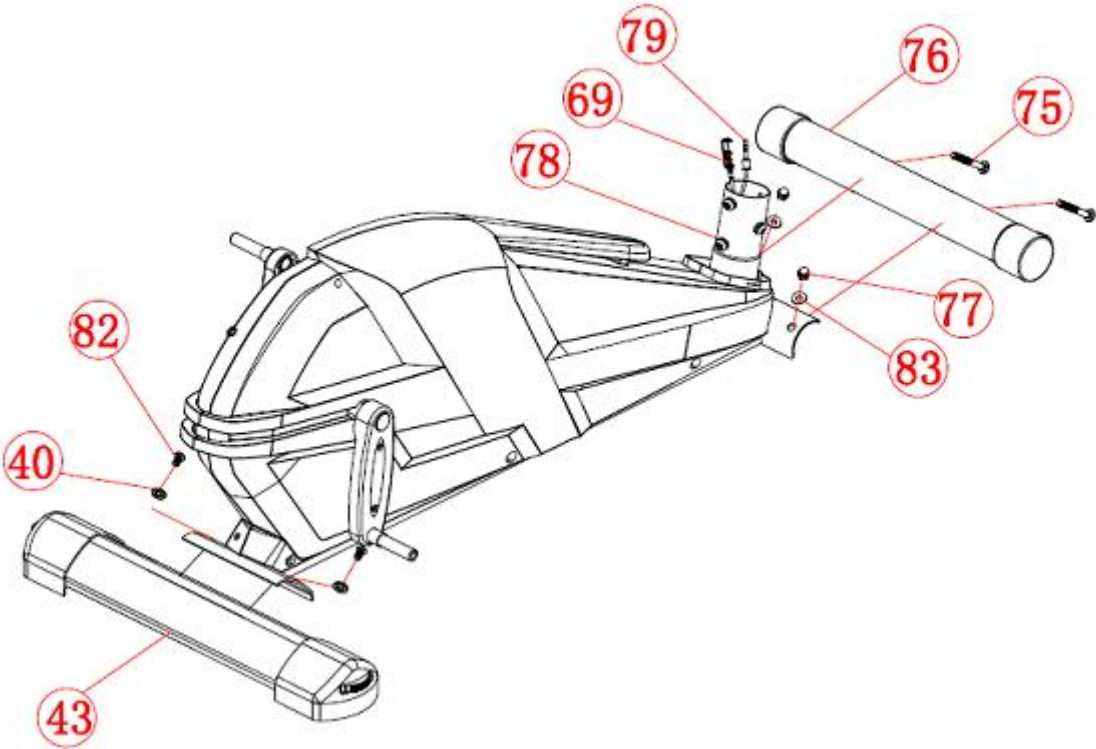
Consult your physician before starting with any exercise programme. He can advise on the kind of training and which impact is suitable.

- The owner's manual is only for customer's reference.
- The supplier cannot guarantee for mistakes occurring due to translation or change in technical specification of the product.

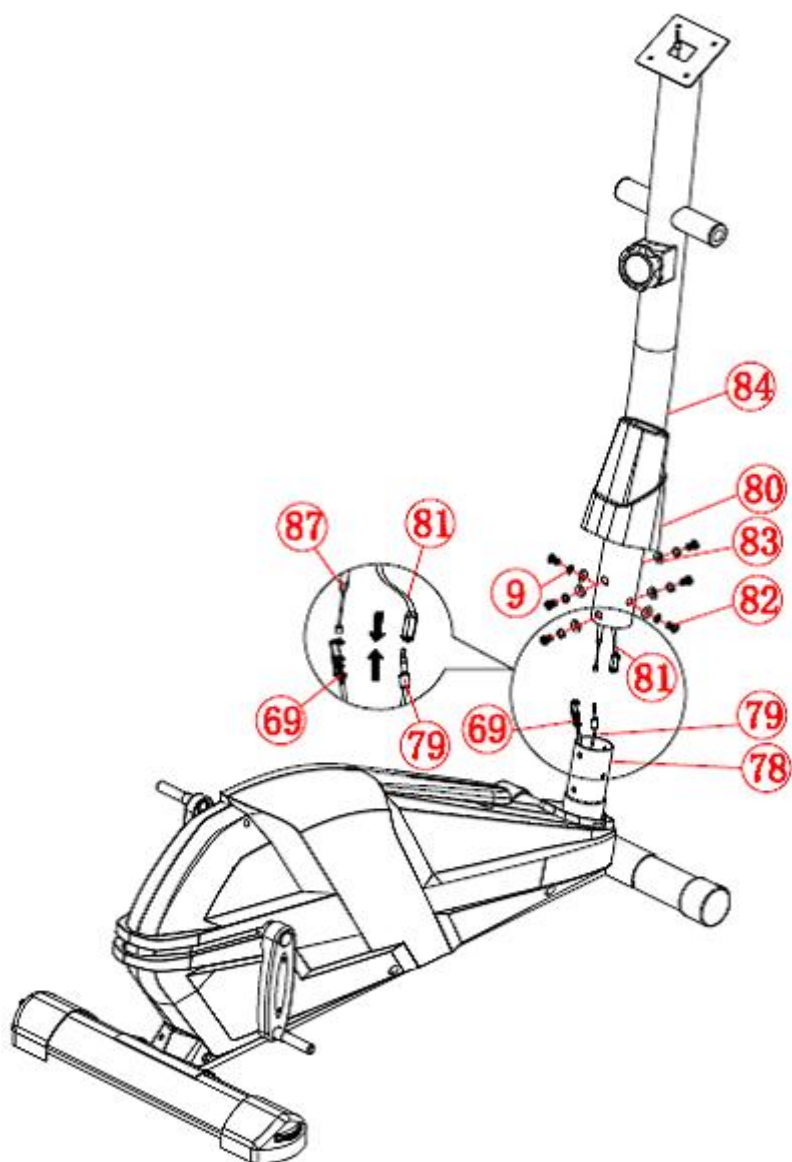
All data displayed are approximate guidance and cannot be used in any medical application.

ASSEMBLY INSTRUCTION

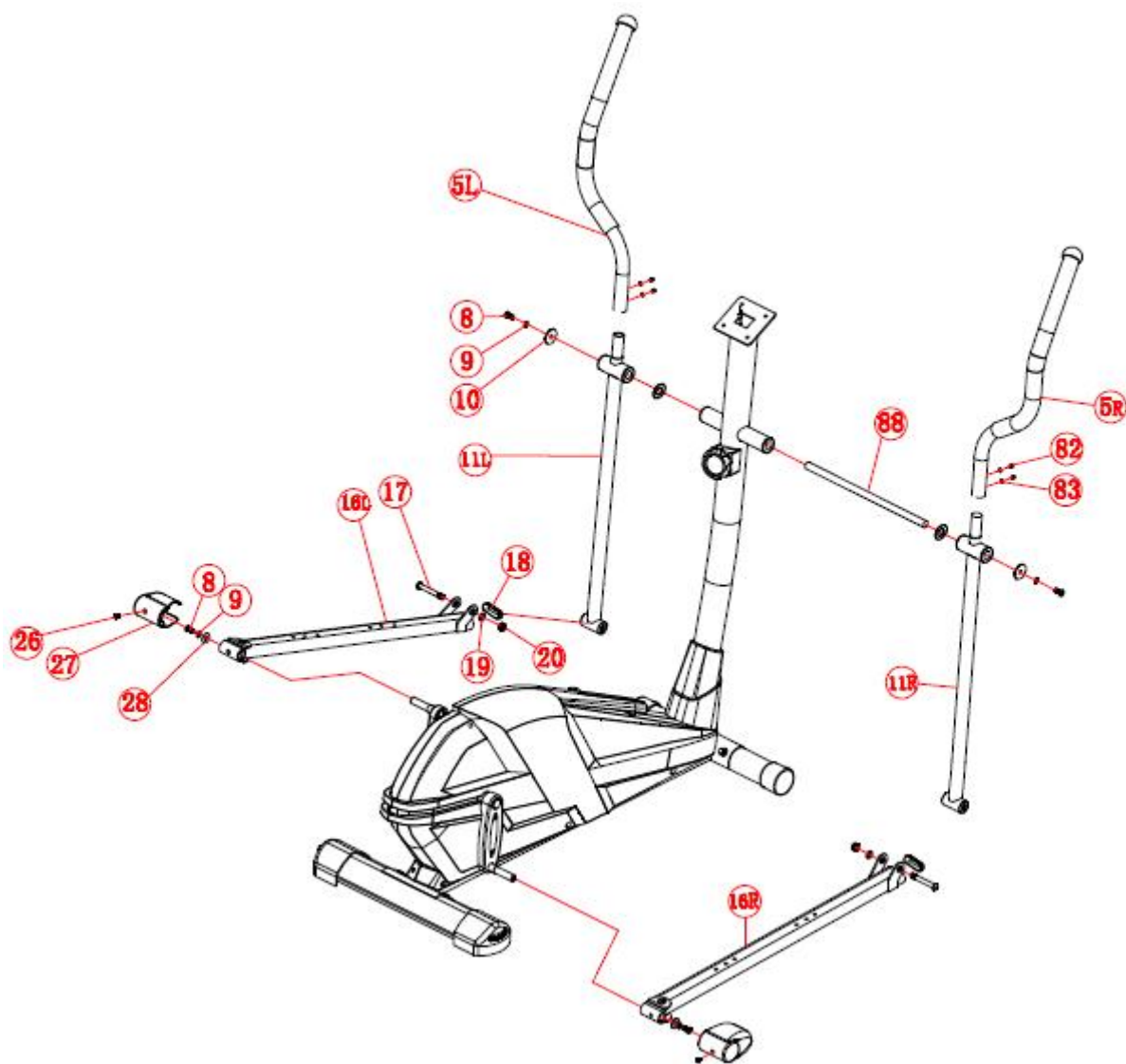
STEP 1:



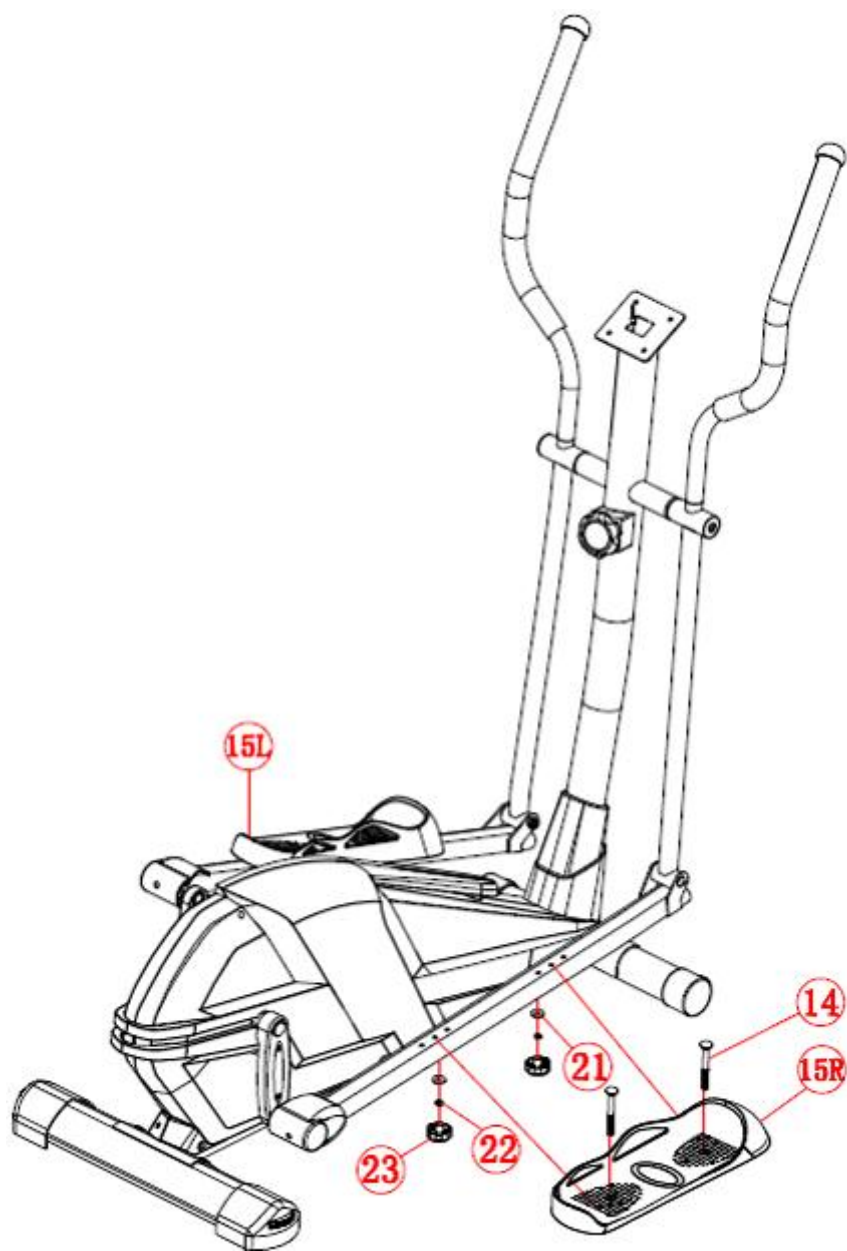
STEP 2:



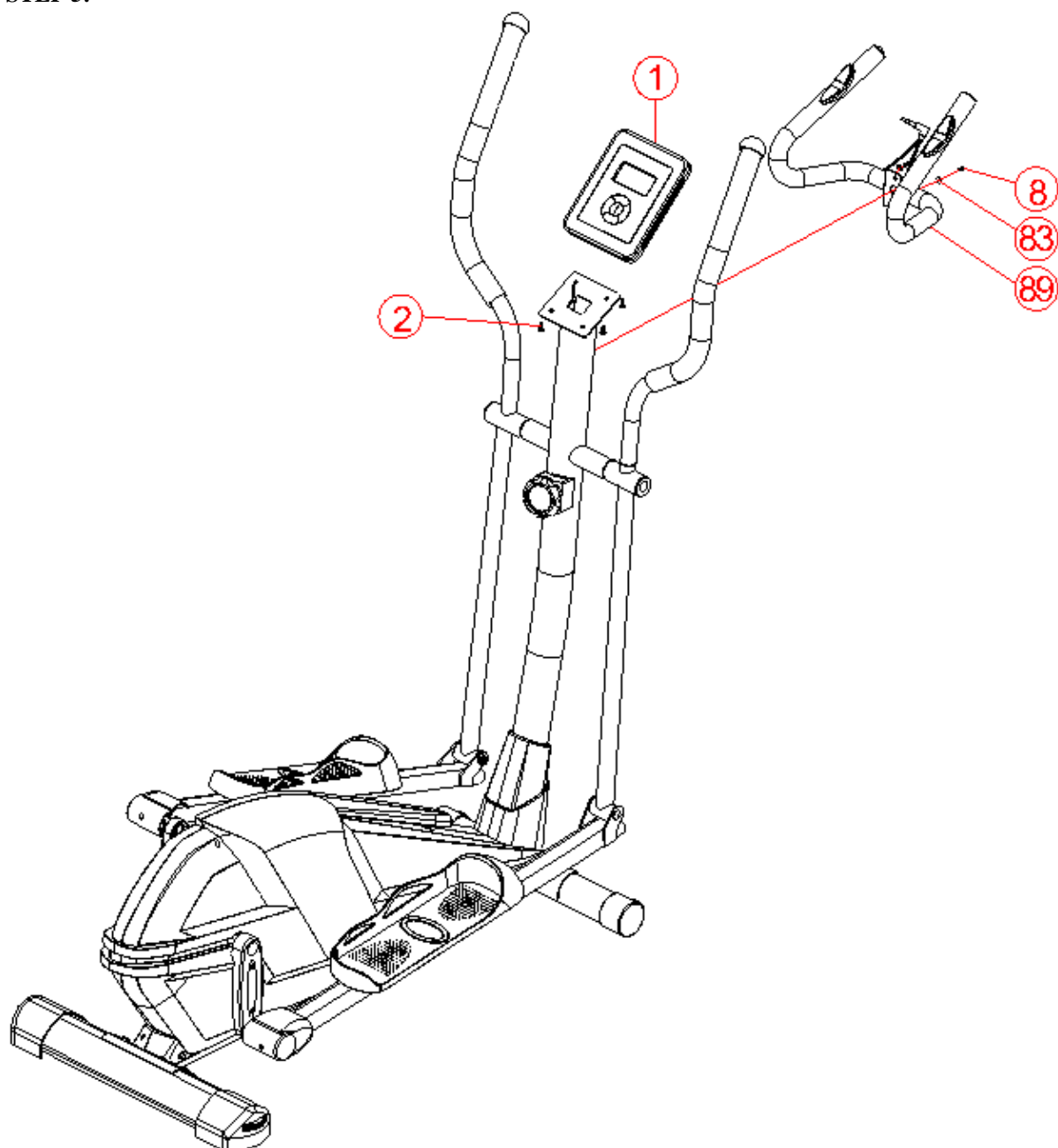
STEP 3:



STEP 4:



STEP 5:



COMPUTER OPERATING INSTRUCTION



FUNCTION BUTTONS

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

ENTER: Press this button to enter setting mode.

Normal Time DIST CAL T.H.R

Press this button to confirm the setting values

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:

Display time function by pressing ENTER button and set the value by pressing the UP or DOWN button.

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.

CALORIES:

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 $\bar{0}P\bar{0}$. 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.

TRAINING INSTRUCTIONS

If you have not been physically active for a long period of time and also to avoid health risks you should consult your general physician before starting to exercise.

To achieve a considerable improvement of your physical resistance and your health, some aspects of how to achieve the most efficient training should be followed:

INTENSITY

To achieve maximum results the right intensity has to be chosen. The heart rate is used as guideline.

As a rule of thumb the following formula is commonly used:

Maximum pulse rate = 220 ó Age

While exercising the pulse rate should always be between 60% - 85% of the maximum pulse rate.

For your personal training rates please see the attached pulse rate chart.

When starting to exercise you should keep your rate at 70% of your maximum pulse rate in the first couple of weeks.

With increasing improvement of fitness the pulse rate should be slowly increased to 85% of your maximum pulse rate.

This is a personal orientation value. Consult your physician for professional advice before adapting a heart rate recovery program.

FAT BURNING

The body starts to burn fat at approx. 65% of the maximum pulse rate.

To reach an optimum at burning rate, it is advisable to keep the pulse rate between 70% ó 80% of the maximum pulse rate.

The optimum training amount consists of three workouts per week 30 minutes each.

Example:

You are 52 years of age and would like to start exercising.

Maximum pulse rate = 220 - 52(age) = 168 pulse/min

Minimum pulse rate = 168 x 0.7 = 117 pulse/min

Highest pulse rate = 168 x 0.85 = 143 pulse/min

During the first weeks it is advisable to start with a pulse rate of 117, afterwards increase it to 143.

With increasing improvement of fitness the training Intensity should be increased to 70% - 85% of your maximum pulse rate.

This can be done by increasing the pedalling resistance, by using a higher pedalling frequency or with longer training periods.

TRAINING ORGANISATION

Warm-up

Before every training session you should warm-up for 5-10 minutes.

Some stretching and pedalling with low pedalling resistance will get you started.

Stretch or flexibility training is vital for a fit and healthy physique. By training your body to become more supple, you will improve circulation and help keep your muscles mobile. The warming-up program allows you to achieve a supple and well-toned form.

If you have not focused on stretch training before, start with gentle stretches and increase the length or time of the stretch as you become more flexible over time.

Prior to exercise, make sure you warm up thoroughly to protect against injury and prepare yourself for the activity to come. Warm up for 8 to 10 minutes by walking or jogging lightly on the spot or use a treadmill, bike or elliptical strider. Try to include some similar movements that make up your workout, include stretches to target your tighter muscles. The duration of the warm up activity will depend on the intensity of your workout as well as your own fitness level.

Work-out

During the actual training a rate of 70% -85% of the maximum pulse rate should be chosen.

The time-length of your work out can be calculated with the following rule of thumb:

Daily work-out: approx. 10 min. per unit

2-3 x per week: approx. 30 min. per unit

1-2 x per week: approx. 60 min. per unit

Cool down

To introduce an effective cool-down of the muscles and the metabolism the intensity should be drastically decreased during the last 5 ó 10 minutes.

Stretching is also helpful for the prevention of muscle ache.

Success

Even after a short period of regular exercises you will realise that you constantly have to increase the pedalling resistance to reach your optimum pulse rate.

The units will be continuously easier and you will feel a lot fitter during your normal day.

For this achievement you should motivate yourself to exercise regularly. Choose fixed hours for your work out and do not start training too aggressively.

An old saying amongst sportsmen says:

öThe most difficult thing about training is to start it.ö

Wishing you lots of fun and success with your exerciser.

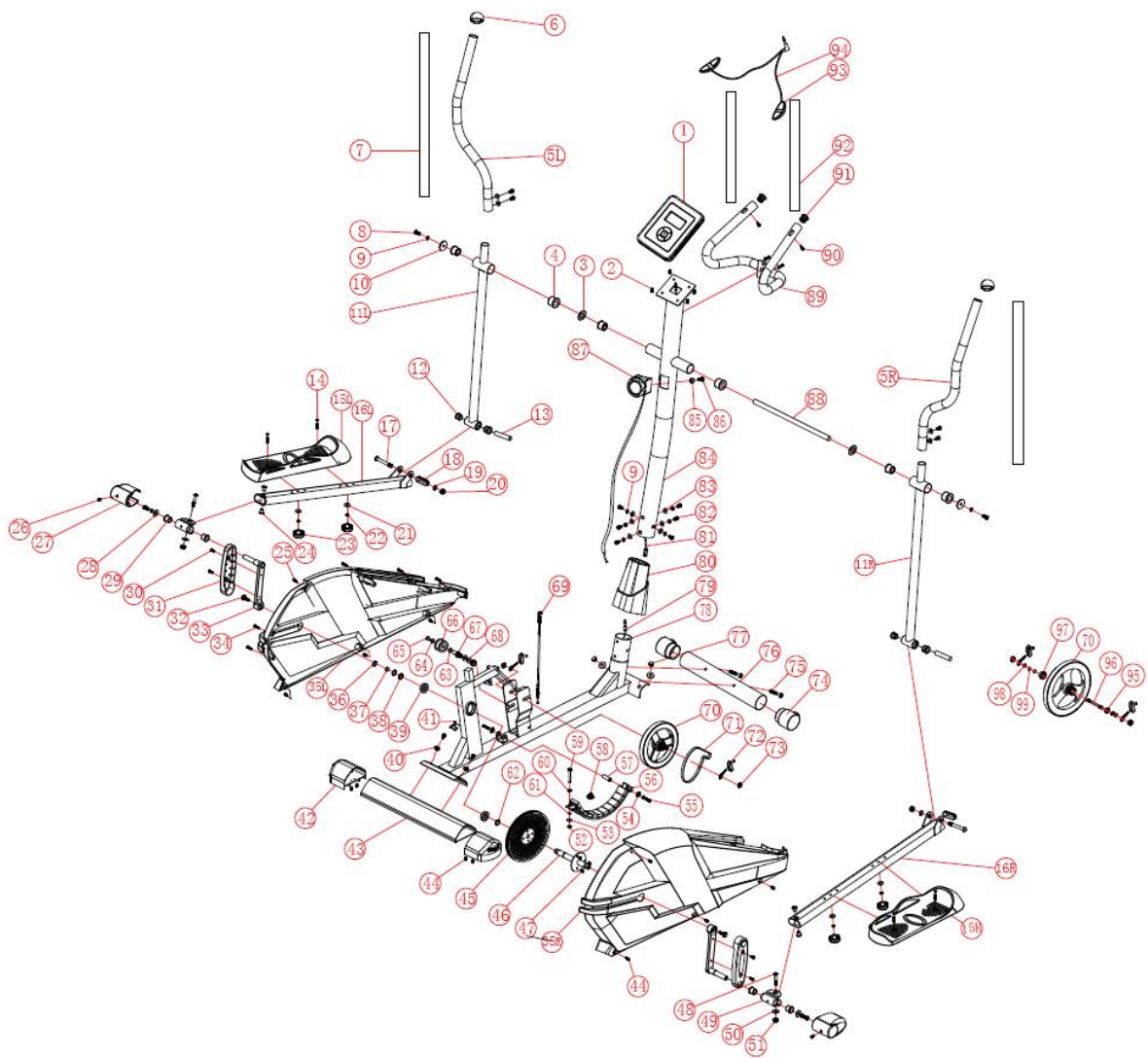
All data displayed are approximate guidance and cannot be used in any medical application.

Heart rate displayed is an approximate read-out, and may not be used as guidance in any cardio-vascular related medical or paramedical program.

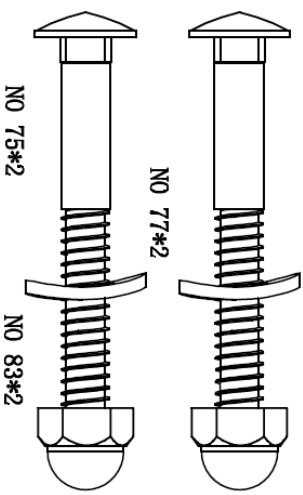
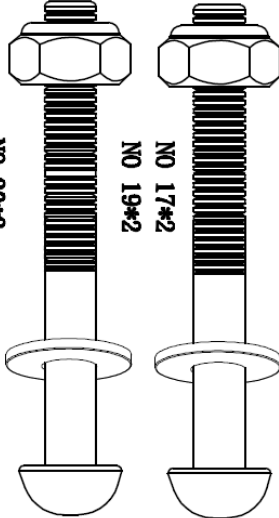
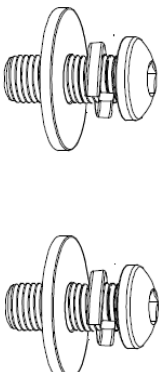
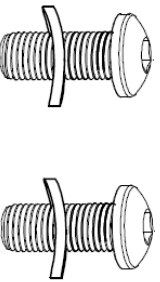

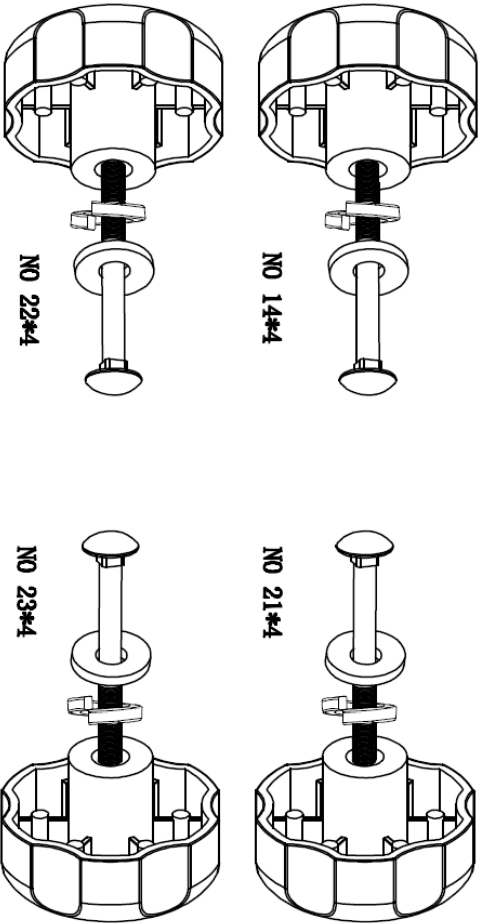
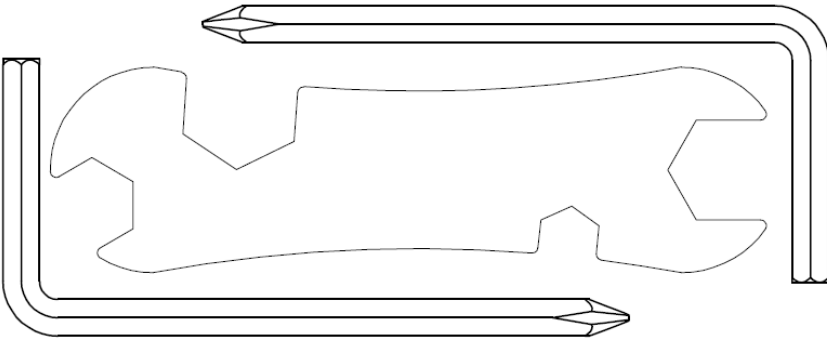
PULSE TRAINING - CHART

AGE	FC MAX/min	60% MAX/min	65% MAX/min	70% MAX/min	75% MAX/min	80% MAX/min	85% MAX/min
20	200	120	130	140	150	160	170
25	195	117	127	137	146	156	166
30	190	114	124	133	143	152	162
35	185	111	120	130	139	148	157
40	180	108	117	126	135	144	153
45	175	105	114	123	131	140	149
50	170	102	111	119	128	136	145
55	165	99	107	116	124	132	140
60	160	96	104	112	120	128	136
65	155	93	101	109	116	124	132
70	150	90	98	105	113	110	128

EXPLODED DRAWING



JOINTING MATERIAL

 <p>NO 75*2 NO 77*2 NO 83*2</p>	 <p>NO 17*2 NO 19*2 NO 20*2</p>	 <p>NO 8*2 NO 9*2 NO 28*2</p>
 <p>NO 83*2 NO 8*2</p>	 <p>NO 82*4 NO 83*4</p>	 <p>NO 14*4 NO 21*4 NO 22*4 NO 23*4</p>
 <p>NO 101*1 NO 100*2</p>		

PARTS LIST

NUMBER	PART	QUANTITY
1	LB 1066 Console	1
2	M5*12MM screw	4
3	Ø19*Ø38*0.5T washer	2
4	Ø19*Ø38 sleeve	6
5	Upper handlebar (L+R)	2
6	End cap	2
7	Upper handlebar foam	2
8	M8 Anti-loose Allen bolt	6
9	Ø8 Spring washer	10
10	Ø8.5*Ø36*3T flat washer	2
11	Lower handlebar (L+R)	2
12	Ø14*32 Bushing	4
13	Ø14*59.5 Tube spacer	2
14	M6*55 Carriage bolt	4
15	Footplate (L+R)	2
16	Footplate support bar (L+R)	2
17	M10*78 Allen bolt	2
18	30*60 tube spacer	2
19	Ø8*Ø19*2 flat washer	2
20	M10 Nylon Lock Nuts	3
21	Ø6*Ø14*2T flat washer	4
22	Ø6 Spring washer	6
23	Knob	4
24	Bushing	4
25	M5*25 Screw	2
26	M5*7.5 Screw	2
27	Plastic cover	2
28	Ø8*21*2T washer	2
29	Ø16.3*Ø22.4 sleeve	4
30	M5*20 screw	4
31	Plastic cover	2
32	M5*25 Anti-loose bolt	2
33	Crank (L+R)	2
34	M4.5*25 self-tapping screw	5
35	Chain cover (L+R)	2
36	Ø15 safety clip	1
37	Ø17.5*22*0.5 wave washer	1
38	17*22*1T washer	2
39	Bearing 6003	2
40	Ø8*Ø19*1.5T washer	2
41	M5*12 bolt	1
42	Adjustable rear end cap	2
43	Rear stabilizer	1
44	M5*12 screw	10
45	Belt wheel	1
46	Axle	1
47	M8*12 Anti-loose Allen bolt	3
48	M8*50 Allen bolt	2
49	Foot holder bracket	2
50	Ø8*Ø19*2T washer	2
51	M8 Anti-loose nut	2
52	M6 nut	1
53	6.5*19*1.5T washer	1
54	6*13*1.5T washer	2
55	M6*16 bolt	2

56	Magnet holding bracket	1
57	Axle	1
58	Awl-shaped spring	1
59	M6*75 bolt	1
60	M6 nut	1
61	6.5*22*1.5T plastic washer	1
62	17*22*2T washer	2
63	Ø10*Ø15*0.3T wave washer	3
64	Ø6*13*1T washer	1
65	M6*12 bolt	1
66	Ø37*20.5L Idle wheel	1
67	Axle for idle wheel	1
68	10*19*1.5T washer	2
69	Lower tension cable	1
70	Flywheel	1
71	Belt	1
72	Belt adjustment set	2
73	M10*1.25 nut	2
74	Front end cap	2
75	M8*70 Carriage bolt	2
76	Front stabilizer	1
77	M8 cap nut	2
78	Main frame	1
79	Lower console cable	1
80	Front plastic cover	1
81	Upper console cable	1
82	M8*20 Anti-loose Allen bolt	12
83	Ø8*19*1.5T curved washer	14
84	Main post	1
85	Ø6*18*1T wave washer	1
86	M5*65L screw	1
87	Tension knob with cable	1
88	Rotation rod	1
89	Fixed handlebar	1
90	M3.5*25 self-tapping screw	2
91	End cap	2
92	Handlebar foam	2
93	Handlepulse sensor	2
94	Handlepulse cable	1
95	BEARING 6000RS	1
96	Axle	1
97	Bearing 6300RS	1
98	M10*1.25*4T nut	2
99	Clip	1
100	Allen key wrench	2
101	Combination wrench	1