



USER MANUAL – EN

IN 6578/ IN 7406 Elliptical Trainer inSPORTline 550ETi/550ETe



intensa

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Thank you for purchasing Intenza product. Before installing or using the equipment, please read all instructions carefully to ensure that you have the knowledge to safely and properly operate all of this product's features. The following will provide guidelines for quick set up and the correct way to use the equipment. We hope you achieve the product experience that you expect.

Intenza 550 series elliptical has been tested and designed to comply with the regulations for Class A digital device and for class S, studio use. Intenza 550 series elliptical is designed to provide you with safe, intuitive, comfortable, reliable experience, guiding you to a healthy lifestyle.

CAUTION

Any changes or modifications to this equipment will affect the product warranty.

1. IMPORTANT SAFETY PRECAUTIONS

Warning

- 550 series elliptical trainer is designed for aerobic exercise in commercial environment.
- Please check with your physician prior to begin any exercise program.
- Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death.
- Stop exercising immediately and consult a physician if you feel any abnormal symptoms such as faint, dizziness, chest pain, nausea or shortness of breath.













Safety Precautions






- Make sure all users see a physician for a complete physical examination before they begin any fitness program.
- Children should be supervised to ensure that they do not play with the appliance.
- This appliance is not intended for use by children or other persons without assistance or supervision if their physical, sensory or mental capabilities prevent them from using it safely.
- Assemble and operate the equipment on a solid level surface.
- Set the equipment a few feet from walls or furniture, and away from sources of heat, such as radiators, heat registers, and stoves. Avoid extreme temperature changes.
- Do not place outdoor or in an enclosed swimming pool environment.
- Keep hands and loose clothing away from moving parts.
- Keep equipment away from water and moisture. Avoid dropping or spilling anything on / inside the equipment to prevent electric shock or damage to the equipment.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use for a long time.
- The optional power adapter is considered a power source for self-powered equipment. Always unplug this equipment from the electrical outlet immediately after use or before cleaning.
- Keep the optional power adapter and plug away from heated surfaces.
- Do not insert any object into any opening, or underneath the equipment.
- Do not attempt to remove the cover or modify the equipment. Service should only be done by an authorized service technician.
- Wear shoes with rubber or high-traction soles. Do not wear shoes with heels, leather soles, cleats, or spikes.
- Make sure no stones are embedded in the soles.
- Do not use the equipment with bare feet.
- Stop operating the equipment until the defective components are repaired.
- Category treadmill - SA (according to standard EN ISO 20957) designed for professional and commercial use
- To connect the TV cable is needed to connect via set top box to convert digital signals to analog

2. ASSEMBLY



550ETi Part List

Open the shipping carton box, remove all parts from the carton and styrofoam inserts. Before you begin the assembly, verify that the following hardware items are packed with the equipment.

NO	Part description	Image	QTY
1	Right bug		1
2	Left bug		1
3	Front post		1
4	Front post cover		1
5	Console		1
6	Console cover		1
7	Left cup holder bracket		1
8	Right cup holder bracket		1
9	Cup holder		2
10	i-Pad rack		1
11	Dome screw, M8 x 15L		6
12	Hex bolt, M8 x 10L		3

13	Dome screw, M6 x 15L		8
14	Tapping screw, M4 x 15L		3
15	Washer, M8		2
16	Star washer (Black), M8		3
17	Star washer (White), M8		4

TOOL:

Hex wrench (3mm, 5mm 6mm)	
Open wrench (13mm)	

2.1 Assembly Instruction-550ETi

STEP 1: Assemble the right handle bar

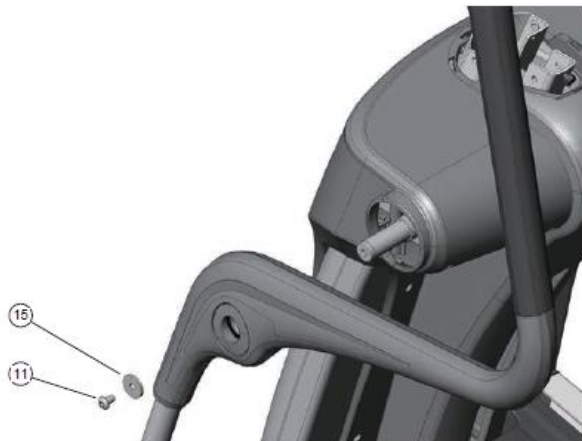


NOTE:

Align the handle bar to the pivot point.

TOOL	
11	M8 x 15 x 1
15	M8 x 1
	Hex wrench- 6mm

STEP 2: Assemble the left handle bar

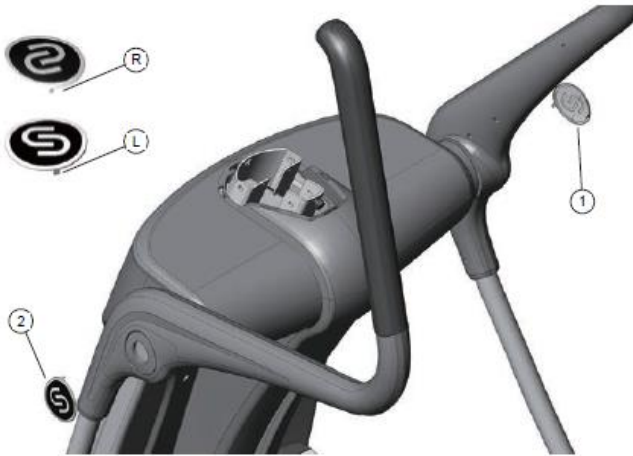


NOTE:

Align the handle bar to the pivot point.

TOOL	
11	M8 x 15 x 1
15	M8 x 1
	Hex wrench- 6mm

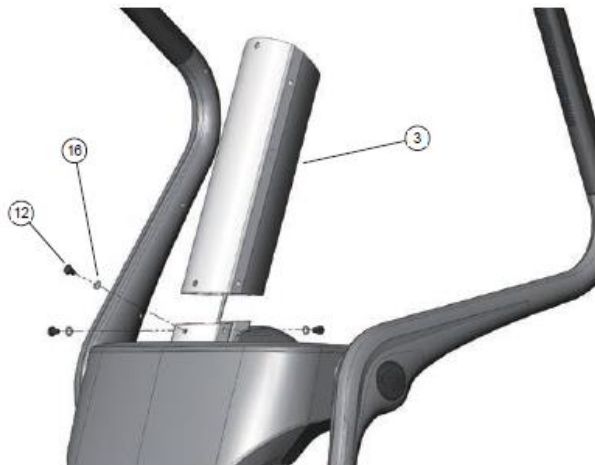
STEP 3: Assemble the bug cap



NOTE:

1. Distinguish the R and L side of the bug cap as shown below.
2. Tear out the adhesive theme and stick the bug cap on the handlebar.

STEP 4.1: Assemble the front post

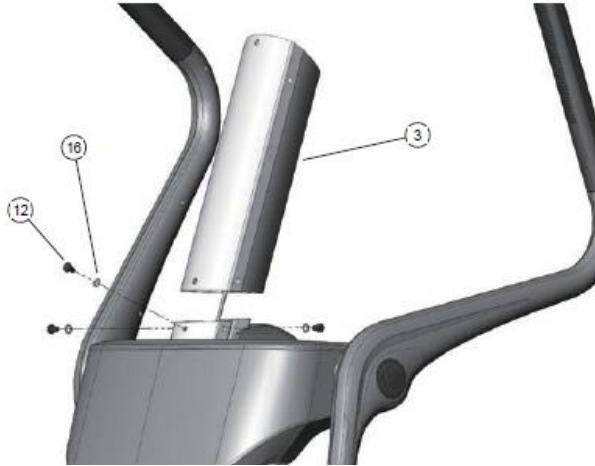


NOTE:

1. Make sure cable is not pinched and insert the front post.
2. Tighten the inside screw.

TOOL	
	Open wrench- 13mm

STEP 4.2: Assemble the front post



NOTE:

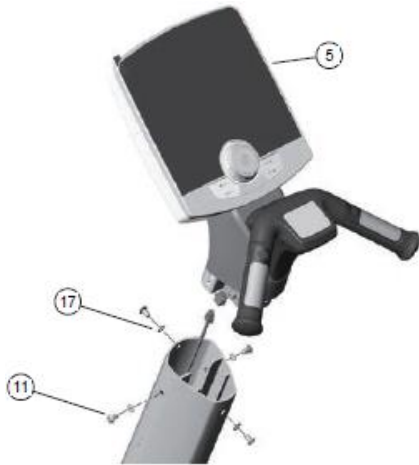
1. Tighten the front screw first.
2. Make sure all three screws are tightened.

TOOL	
12	M8 x 10 x 3
16	Star washer (Black), M8 x 3
	Open wrench- 13mm

STEP 5: Assemble the front post cover



STEP 6: Assemble the console



NOTE:

1. Connect the console cable and carefully insert the cable into the front post.
2. Tighten the front screw first then make sure the post is well positioned.
3. Tighten the other three screws of the front post.

TOOL	
11	M8 x 15 x 4
17	Star washer (White) x 4
	Hex wrench- 6mm

STEP 7: Assemble the console cover



NOTE:

Make sure three screws are tightened.

TOOL	
14	M4 x 15 x 3
	Hex wrench- 3mm

STEP 8: Assemble the iPad rack



STEP 9: Assemble the bracket of the cup holder



NOTE:

Make sure the direction(R, L) of the bracket is correct before assembly.

TOOL	
13	M6 x 15 x 4
	Hex wrench- 5mm

STEP 10: Assemble the cup holders



TOOL	
13	M6 x 15 x 4
	Hex wrench- 5mm

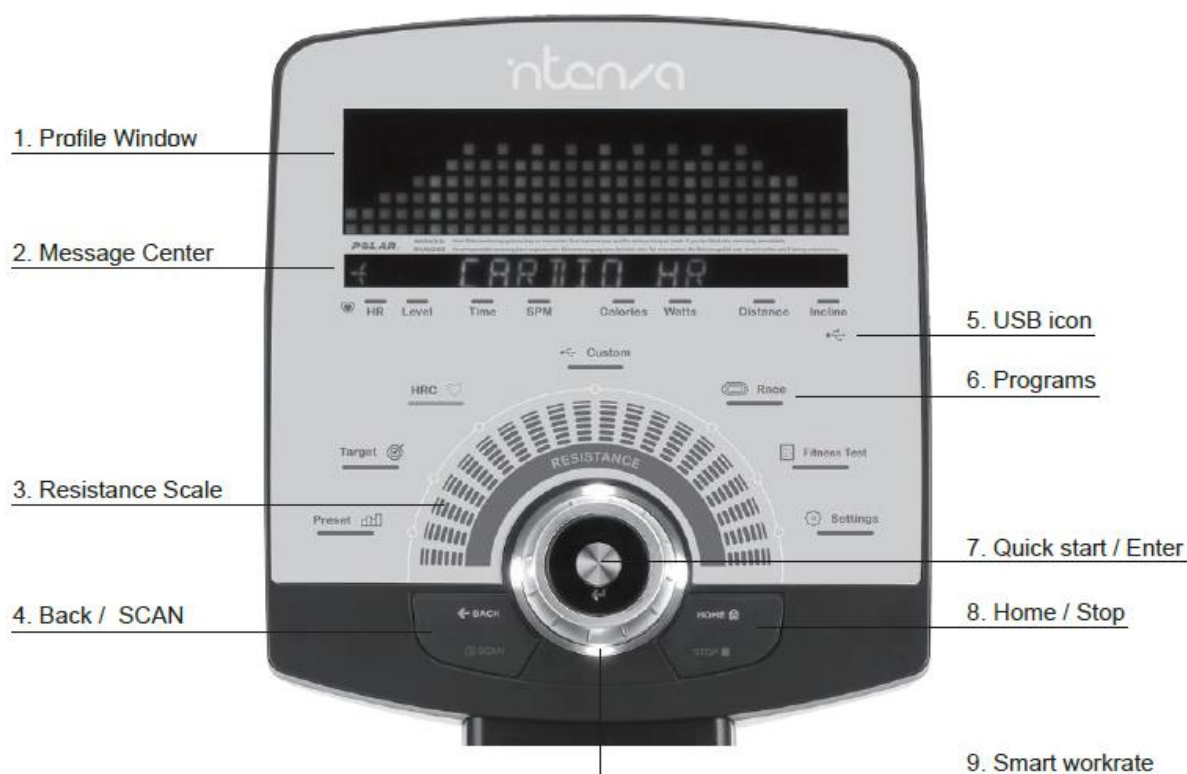
- Assemble finished -

3. HOW TO USE THE ELLIPTICAL TRAINER?

Operating Intenza 550 series Elliptical trainer is very easy. Just simply step on and start pedaling. Learning the features and incorporating Intenza elliptical trainer into your member's fitness program is just as easy. In this chapter, you will learn the display function and how to get the most workouts from each Intenza 550 series elliptical trainer.



3.1 550ETi Display Console Overview

Your Intenza 550ETi is equipped to provide you and your users unlimited exercise opportunities. Engage in each feature to find the right combination for your fitness regimen. The Display console provides the operating controls and display elements outlined in the following paragraphs.

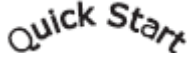



1. Profile Window: This window displays columns of light, which represent the levels of workout intensity. It also displays the information for setting up a workout.
2. Message Bar:
During program set up, operating instructions will be displayed in the message bar.
During the workout, below exercise data will be displayed for your reference.
 - HR: heart rate can be detected if the user is wearing Polar® heart rate chest strap or hold onto the contact heart rate grips consistently.
 - Level: intensity of resistance level.
 - Time: the number of time elapsed since beginning the workout.
 - SPM (Stride Minute): the speed at which you are currently pedaling in stride-per-minute.
 - Calories: the number of calories burned since pedaling the workout.
 - Watts: effort level in Watts. The Watt is a unit of power output or the expression of the mechanical rate of work.



- Distance: the total number of miles or kilometers you have traveled.
 - Incline: the incline level of the workout you are using
3. Resistance Scale: This scale displays the resistance. Increase/decrease the resistance level from 1 (least difficult) to 40 (greatest difficult) can be adjusted by Uni-jog during the workout.
 4. Back key and Scan:

 BACK	During program set up, press this key to go back to previous selection for correction. During the name setting, press this key to correct the wrong input.
 SCAN	During the workout, the display information is toggling between both exercises parameter in each message bar. Press scan to display that statistic continuously throughout the workout.

5. USB icon: This icon lights up when Intenza console detects the USB device.
6. Programs: Please refer to section 4 Workout Options.
7. Quick start and Enter key:

 Quick Start	Press this key to enter the workout mode, without having to select a workout program.
	During program set up, press this key to confirm selection or value.

8. Home and Stop key:

HOME 	Press this key to go back to the first layer if necessary. During the setting of saving confirmation, press this key to double confirm. (Please refer to section 4 Workout Options)
STOP 	This key is only effective while a selected program is running. Press STOP key once will end the workout program and the message bar will show the workout summary. Press STOP key twice will exit the workout program promptly.

9. Smart Workrate: The skirting light of Uni jog lights indicate the workout intensity. (Please refer to section 3.2 How To Effectively Workout At Your Own Level?)

NOTE

Incline changes occur only when the foot pedals are in motion. The number on the display indicates the selected range, not the degree of incline. There is not a one-to-one ratio between the degree of incline and the incline level.

Model	Incline level	Degree of incline
550ETi	1 through 16	13° through 40°

3.2 How To Effectively Workout At Your Own Level?

Smart Workrate system provides visual color feedback of skirting light. Skirting light at the Uni jog switch enhances users to optimize their workout efforts for maximum result based on heart rate level. This system also helps users to stay in their target heart rate zones. Smart workrate system will detect heart rate by holding on to contact heart rate plates or by wearing a telemetry heart rate sensor chest strap. You are recommended to wear telemetry heart rate chest strap for this function. During workout there are 4 different colors as following which represent your workout intensity.

Green - The Energy Efficient or Recovery Zone - 55% to 65%

Training within this zone develops basic endurance and aerobic capacity. All easy recovery running should be completed at a maximum of 65%. Another advantage to exercise in this zone is that while you are happily fat burning you may lose weight and allow your muscles to re-energize with glycogen, which has been consumed during those faster pace workouts.

Yellow - The Aerobic Zone - 65% to 75%

Training in this zone will improve your cardiovascular system. Your body is able to improve transport of oxygen and carbon dioxide to and away from the working muscles. As you become fitter and stronger from training in this zone, you may engage in some of your long weekend running at up to 75% aerobic training zone, so as to get the benefits of fat burning and improvement of aerobic capacity.

Orange - The Anaerobic Zone - 75% to 85%

Training in this zone will develop your lactic acid system. In this zone, your individual anaerobic threshold (AT) is found - sometimes referred to the point of deflection (POD). At these heart rates zone, the amount of fat being utilized as the main source of energy is greatly reduced and glycogen stored in the muscle is predominantly used. One of the by-products of burning this glycogen is lactic acid. There is a point at which the body can no longer quickly remove the lactic acid from the working muscles. This is your anaerobic threshold (AT). Through the correct training, it is possible to delay the AT by being able to increase your ability to deal with the lactic acid for a longer period of time or by improving your AT level.

Red - The extreme Zone - 85% to 100%

Training in this zone will only be possible for a short period. It can effectively train your fast twitch muscle fibers and help you to improve your speed. You need to be quite fit in order to train effectively within this zone.

NOTE

The heart rate monitoring system of Intenza 550 series elliptical trainer is intended only for use as an exercise tool. Various factors can affect the accuracy of your heart rate reading. The heart rate readings of the Intenza elliptical trainer should not be considered or used as a medical device.

3.3 How To Personalize Your Workout?

You can personalize the workout routine via USB. The USB function also gives access to the service technician to download the usage record of Intenza elliptical system to track problems and upgrade the new version of software.

Workout Data: While you exercise, your Intenza 550 series elliptical will be keeping track of the following exercise parameters:

TIME	SPM	INCLINE	CALORIES
DISTANCE	HR	LEVEL	WATTS

These values will be recorded once every five seconds during the workout, if you have a USB installed before you begin a workout program. Your downloaded data on your USB device reads as .csv (Excel compatible) file. You can open the file and review the data of your workout progress.



USB port is on the right side of the console. When a USB is plugged into this port, the USB icon on the console will light up.

NOTE

When pull out the USB stick from the port, do not remove the USB port cover.

3.4 Save The Workout Profile

In the program of Preset and Custom, the workout profile can be saved to your USB under filename of days to track your exercise progress. If you want to save the workout profile, insert the USB device before the workout.

1. Press STOP or ENTER again to exit the workout summary mode and save the workout profile.
2. Choose YES to confirm saving or NO to exit by turning Uni jog and press ENTER to double confirm.
3. Choose FILE (SUNDAY~SATURDAY) by turning Uni jog and press ENTER to confirm.
4. When the display shows SAVING COMPLETED, the process of saving is finished.

3.5 How To Track Your Workout Record?

You can easily personalize the workout routine and the workout data to manage your workout record. For tracking your workout record, there are three folders: Custom, Fitness and Workout data. Each folder contains the record of the workout program.

3.5.1 Custom

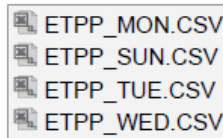
This folder contains seven files of the workout profile you saved as DAYS.

Meaning of information:

1. The value A is the workout time.
2. The value B is the workout mode. (0=Bike mode, 1=Power mode)
3. The rest of values (C...) are the resistance levels of each minute.

	A	B	C	D	E	F	G	...
1	30	0	8	9	9	10	11	...

ELLIPT_SUN.CSV



Route:\ELLIPT\CUSTOM

3.5.2 Fitness

This folder contains a file of Fitness Test score record. The value is the score you attained by fitness test.

Maximum 30 records of score can be saved in this file. (Please refer to section 4.7 Fitness Test – VO2 MAX CHART)

Meaning of information:

1. File can be saved up to 30 score records, the most current record will be at the bottom.
2. The score record in the USB file needs to be multiplied by 0.1 to match the score displayed in the console.

(Please refer to below example.)

	A
1	0
2	0
3	0
...	...
...	...
28	43
29	25
30	213

ELLIPT.CSV

A data x 0.1 = Score
213 x 0.1 = 21.3

3.5.3 Workout Data

This folder contains file of workout data from all the programs of 550 series elliptical trainer. The workout record will be saved automatically every five seconds.

Meaning of information:

1. Time: unit is five seconds.
2. Calories: the accumulated calories burned during the workout.
3. Distance: the accumulated distance rode during the workout.

	A	B	C	D	E	F	G	H
1	LEVEL	RPM	WATTS	INC	HR	TIME	CALORIES	DISTANCE
2	34	66	242	4	103	5	1	2
3	34	26	95	6	107	10	2	4
4
5	36	30	200	8	130	1200	56	253

ROUTE:\ELLIPT\WKO_DATA\BKWD0000.CSV

↓
Dist. data x0.01= Distance
 253 x 0.01 = 2.53 (Km/Mile)

3.6 Settings Of ETi

The user can customize your personal setting via USB. This friendly and convenient function is compatible with all Intenza products, recumbent bike, treadmill, elliptical trainer...etc. You can enjoy your workout and enter the programs promptly without any personal information (name, age, weight) setting. After using Intenza 550ETi for a period of time, you may want to change some of the basic settings, e.g. distance unit or sound. In the Settings mode, you can find out the version of the bikes' LCB display.

Personalize the setting with USB device

1. Insert the USB device to USB port.
2. Select the UNIT (Km/Mile) by turning Uni jog and press ENTER.
3. Input AGE by turning Uni jog and press ENTER.
4. Input GENDER by turning Uni jog and press ENTER.
5. Input WEIGHT by turning Uni jog and press ENTER.
6. Select the SOUND (On/Off) by turning Uni jog and press ENTER.
7. Edit the alphabet of the NAME by turning Uni jog and press ENTER.
8. During the name editing, you can press BACK to delete the wrong input.
9. When you pause for 5 seconds or press STOP, END will show up. You can press ENTER to confirm and exit the setting mode.

Change the elliptical settings

1. Choose SETTING by turning Uni jog and press ENTER.
2. Select UNIT (Km/Mile) by turning Uni jog and press ENTER.
3. Select SOUND (On/Off) by turning Uni jog and press ENTER.

3.7 Begin The Workout

Before beginning any fitness program, see your physician for a complete physical examination. To maintain your balance, always grasp a handlebar when you step on or off the foot pedals, and when you use the keypads.

1. Hold on to a handlebar and step on the foot pedals.
2. When you are comfortably situated, begin pedaling.



3.8 Total Body Training

The handlebars on the elliptical trainer provide an upper-body workout which helps increase cardiovascular fitness. The incline function provides adjustable angle from 13° to 40° with 16 levels to optimize your lower body training. In addition to the pedal forward, program of reverse training focus on your muscle of entire lower body by pedal backward. Various workout postures keep your workout fresh and exciting in any program.



4. WORKOUT OPTIONS

This section lists out Intenza 550ETi pre-programmed workout profiles. The following workout program can be accessed by turning and press the Uni jog switch. Intenza console system can save each workout automatically every five seconds during your workout, just insert the USB device before starting your workout.

4.1 Quick Start

Quick Start allows you to begin your workout by simply pressing one key. You can also pedal for 10 seconds with minimum 40 SPM for automatically quick start. Quick Start defaults at LEVEL 8 resistance. Resistance levels can be adjusted during the workout. The workout time of quick start is unlimited to optimize your workout.


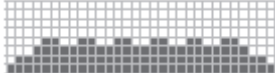
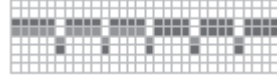

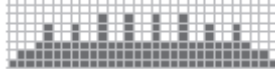
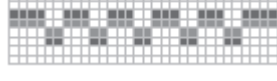
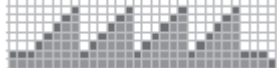
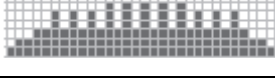

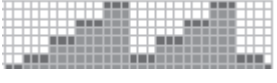

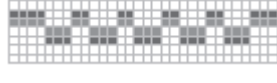


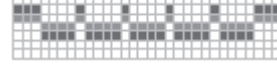
Detailed instruction for Intenza 550ETi

1. Step on the elliptical trainer, begin to pedal.
2. Pedaling with minimum 40 SPM or press QUICK START to enter the workout.
3. You can adjust the resistance level or incline during the program by turning Uni jog switch.
4. During workout smart workrate will indicate your heart rate zone. (Please refer to section 3.2 How To Effectively Workout At Your Own Level?)
5. During the workout, the workout data will be shown in message bar under scan mode. Press SCAN to lock the workout data.
6. If you wish to PAUSE the program, stop pedaling. In pause mode, the countdown timer will show up for minute, the power will go off after 1 minute. You can pedal to restart the console within 1 minute.
7. Press STOP key, if you wish to exit the program before you reach your workout goal, stop pedaling or allow pause timer to expire.

4.2 Preset Program


Intenza 550 series elliptical trainer offers three categories of incline, resistance and reverse training to add variety and challenge to your workout. Each program provides different benefits and can help you achieve your own personal fitness goals. During the Preset program, the LED matrix will show below profile which represents the resistance levels and incline levels. If the workout time is 30 minutes each column will represent 1 minute. The column that the user is currently on will flash for reference. In resistance program, you may just choose the program and adjust the max level according to your physical ability by turning Uni jog during the workout. The workout record will be saved automatically every 5 seconds, insert your personal USB device before your workout if you desire to save the record. When you complete the workout, workout profile can be saved to your USB device as a routine workout by filename of days to track your exercise progress.

Preset program options

Hill walking	Resistance	Reverse training
<p>Easy walk</p> 	<p>Fat burn</p> 	<p>1</p> 
<p>Weight loss</p> 	<p>Interval</p> 	<p>2</p> 
<p>Cross train</p> 	<p>Minute interval</p> 	<p>3</p> 
<p>Hiking</p> 	<p>Pyramid</p> 	<p>4</p> 
<p>Peak</p> 	<p>Endurance</p> 	<p>5</p> 

Workout Procedure:

Step 1	Step 2	Step 3	Step 4
PROGRAM		WORKOUT TIME	MAX LEVEL
Incline	Easy walk	Time setting: 10~99 Minutes	Level setting: 8~40 levels (Resistance only)
	Weight loss		
	Cross train		
	Hiking		
	Peak		
Resistance	Fat burn		
	Interval		
	Minute interval		
	Pyramid		
	Endurance		
Reverse training	1		
	2		
	3		
	4		
	5		



Detailed instruction for Intenza 550ETi

1. Mount on the elliptical trainer, begin to pedal.
2. Insert the USB device to the USB port, if you want the workout record to be saved automatically.
3. Choose PRESET by turning Uni jog and press ENTER to confirm.
4. Choose PROGRAM by turning Uni jog and press ENTER to confirm.
5. Input the desired WORKOUT TIME by turning Uni jog and press ENTER to confirm. The bike displays a default time of 30 minutes. You may enter anytime from 10 to 99 minutes.
6. Input MAX LEVEL by turning Uni jog and press ENTER to confirm. (Please refer to note on MAX LEVEL.)
7. During the workout of the reverse training, follow the message to pedal forward/backward.
8. During the workout SMART WORKRATE will indicate heart rate zone. (Please refer to 3.2 How To Effectively Workout At Your Own Level?)
9. During the workout, the workout data will be shown in message bar under scan mode. Press SCAN to lock the workout data.
10. If you wish to PAUSE the program, stop pedaling. In pause mode, the countdown timer will show up for 1 minute, the power will go off after 1 minute. You can pedal to restart the console within 1 minute.
11. Press STOP key, if you wish to exit the program before you reach your workout goal, stop pedaling or allow pause timer to expire.
12. Save the workout profile. (Please refer to section 3.4 Save The Workout Profile)

NOTE

MAX LEVEL: the peak of each column of workout profile. You need to input the MAX LEVEL for your own workout target according to your physical ability. You may also adjust the resistance levels during the workout.

4.3 Target Program

Intenza 550 series elliptical trainer offers 3 target workout options to switch your training target, by setting time, distance, or calories. You may choose the program by turning Uni jog, and saving the workout record to your USB by inserting the USB device before your workout start.

Target program options

Distance

Time

Calories

Workout Procedure:

Step 1	Step 2	START
PROGRAM	TARGET	
Distance	Distance setting: 1~99 km	
Time	Time setting: 10~99 minutes	
Calories	Calories setting: 10~2,500 cal	

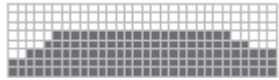

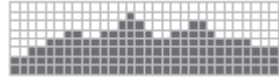
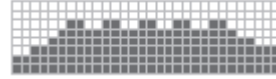
Detailed instruction for Intenza 550ETi

1. Step on the elliptical trainer, begin to pedal.
2. Insert the USB device to the USB port; if you want the workout record to be saved automatically.
3. Choose TARGET program by turning Uni jog and press ENTER to confirm.
4. Choose PROGRAM (Distance, Time, Calories) by turning Uni jog and press ENTER to confirm.
5. Input the target value by turning Uni jog and press ENTER to confirm. You may enter the max distance from 1~99 km, max time from 10~99 minutes, and the max calories from 10~2,500 cal.
6. The timer will show up to counts down for 3 seconds after confirm the workout mode, and then the workout will automatically start.
7. During the workout SMART WORKRATE will indicate your change of heart rate. (Please refer to section 3.2 How To Effectively Workout At Your Own Level?)
8. During the workout, the workout data will be shown in message bar under scan mode. Press SCAN to lock the workout data.
9. The elliptical will enter COOL DOWN mode for 4 minutes, once you reach your workout goal.
10. If you wish to PAUSE the program, stop pedaling. In pause mode, the timer will show up and countdown for 1 minute, the power will go off after 1 minute. You can pedal to restart the console within 1 minute.
11. Press STOP key, if you wish to exit the program before you reach your workout goal or stop pedaling and allow pause timer to expire.

4.4 HRC Program

Intenza 550 series elliptical trainer offers 4 heart rate workout options. The heart rate control workout program allows the user to program their target heart rate zone. During the HRC program, the LED display will show the below profile which represents the target heart rate zone. Each column will represent 1 minute when the workout time is 30min. The column that the user is currently on will flash for reference. You may just input the target workout heart rate % and your age, the Intelligent HR system will automatically calculate the personal target for you. The heart rate zone is calculated using the following equation: $(220 - \text{Age}) \times \% = \text{heart rate target zone}$. You may adjust the target heart rate zone by turning Uni jog during the workout time. The user must wear a telemetric heart rate chest belt for this workout.

Heart Rate Control Program options:

<p>Constant HR</p> 	<p>Interval HR</p> 
<p>Hill HR</p> 	<p>Cardio HR</p> 

HEART RATE ZONE:

AGE	60%	65%	70%	75%	80%	85%
10	126	137	147	158	168	179
20	120	130	140	150	160	170
30	114	124	133	143	152	162
40	108	117	126	135	144	153
50	102	111	119	128	136	145
60	96	104	112	120	128	136
70	90	98	105	113	120	128
80	84	91	98	105	112	119
90	78	85	91	98	104	111
99	73	79	85	91	97	103

Workout procedure:

Step 1	Step 2	Step 3	Step 4	Step 5
MODE	ATTAINING SPEED	WORKOUT TIME	AGE	TARGET HR
Constant HR	Slow Mid Fast	Time setting: 20~99 Minutes	Age setting: 10~99	Refer to Heart Rate Zone table
Interval HR				
Hill HR				
Cardio HR				

START

Detailed instruction for Intenza 550ETi

1. Step on the elliptical trainer, begin to pedal.
2. Insert the USB device to the USB port; if you want the workout record be saved automatically.

3. Choose HRC by turning Uni jog and press ENTER to confirm.
4. Choose MODE (CONSTANT/INTERVAL/HILL/CARDIO) by turning Uni jog and press ENTER to confirm.
5. Choose ATTAINING SPEED by turning Uni jog and press ENTER to confirm. You may choose a speed from 3 options, MID, SLOW, and FAST.
6. Input the desired WORKOUT TIME by turning Uni jog and press ENTER to confirm. The elliptical trainer displays a default time of 30 minutes. You may enter anytime from 20 to 99 minutes.
7. Input your AGE by turning Uni jog and press ENTER. The elliptical trainers displays a default age of 30. You may enter your age from 10 to 99.
8. Input TARGET HEART RATE by turning Uni jog and press ENTER to confirm.
9. The timer will show up to counts down for 3 seconds after confirm the target HR, and then the workout will automatically start.
10. During the workout, the workout data will be shown in message bar under scan mode. Press SCAN to lock the workout data.
11. During the workout SMART WORKRATE will indicate heart rate zone.(Please refer to section 3.2 How To Effectively Workout At Your Own Level?)
12. If you wish to PAUSE the program, stop pedaling. In pause mode, the timer will show up and countdown for 1 minute, the power will go off after 1 minutes. You can pedal to restart the console within 1 minute.
13. Press STOP key, if you wish to exit the program before you reach your workout goal or stop pedaling and allow pause timer to expire.

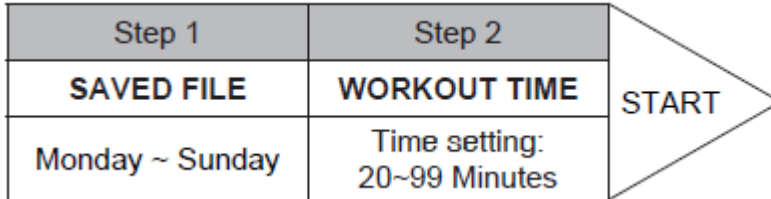
NOTE

- Calculating your theoretical maximum heart rate is an approximation only. For more information, please contact a fitness professional or doctor.
- Attaining speed: you can choose the speed which means how fast you want to reach your target.
- You must wear telemetry heart rate chest belt for HRC program. Contact HR is disabled.
- The default TARGET HR (Percentage of max HR) of each mode of heart rate control program is set for different training purpose.

4.5 Custom Program

Custom program allows user to save personal workout data into the USB and offers max 7 personal profiles save by default file name, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday. You can customize the workout profile to meet your own workout goal. For your convenience, there are two ways to adjust the intensity during your workout. If there is no saved data in the USB, the remaining minute will be adjusted simultaneously once you change the current intensity. It is an easy way for you to customize your personal workout profile. For keeping your saved workout profile, only current intensity can be adjusted. Use CUSTOM program, you can easily track exercise progress and choose the program you desired from the folders.

Workout Procedure:



Detailed instruction for Intenza 550ETi

1. Step on the elliptical trainer, begin to pedal.
2. Insert the USB device to USB port.
3. Choose CUSTOM by turning Uni jog and press ENTER to confirm.
4. Choose DAY FILE (SUNDAY~SATURDAY) by turning Uni jog and press ENTER to confirm.
5. Input the desired WORKOUT TIME by turning Uni jog and press ENTER to confirm. The elliptical display a default time of 30 minutes. You may enter anytime from 20 to 99 minute
6. During the workout Smart Workrate will indicate your heart rate level. (Please refer to section 3.2 How To Effectively Workout At Your Own Level?)
7. During the workout, the workout data will be shown on message center under scan mode. Press SCAN to lock the workout data.
8. If you wish to PAUSE the program, stop pedaling. In pause mode, the timer will show up and countdown for 1 minute, the power will go off after 1 minute. You can pedal to restart the console within 1 minute.
9. Press STOP key to exit the program before you reach your workout goal or stop pedaling and allow pause timer to expire.
10. Save the workout profile. (Please refer to section 3.4 Save The Workout Profile)

4.6 Race Program

Race program offers a fun and challenging workout option. You can compete against with previous champion which saved in the system or your previous record from the USB. If you win the record in the system (the default champion), your record and name can be saved to the console system for the next challenger. Also you can save your record to the USB. Once you choose the race distance, the race tracks will be displayed in the profile window. During the workout, the incline and resistance will change according to the track of the profile. The upper track represents the user and the lower track represents your competitor. S on the left side stands for Start, and G on the right side stands for Goal. The tracks will display the racing status by flashing LED light during your workout.



Race type options

500M / 1K / 2K

Workout Procedure:

Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7
Type	Competitor	Warm up	Start	Race	Cool down	Save the record
500 m	USB user	Pedaling	Press start	Duration	4 minutes	Auto saving by USB
1 km	Champion					Input name to console memory
2 km						

Detailed instruction for Intenza 550ETi

1. Step on the elliptical trainer, begin to pedal.
2. Choose RACE by turning Uni jog and press ENTER to confirm.
3. Choose RACE TYPE (500mm, 1km, 2km) by turning Uni jog and press ENTER to confirm.
4. Select USB user or Champion by turning Uni jog. Insert the USB device, if you want to compete with your previous record.
5. Press ENTER to start the workout, after you finish the WARM UP.
6. During the workout Smart Workrate will indicate your heart rate level.(Please refer to section 3.2 How To Effectively Workout At Your Own Level?)
7. During the workout, the workout data will be shown in message bar under scan mode. Press SCAN to lock the workout data.
8. When the SPM is below 40, the timer will show up for 10 seconds countdown. You need to pedal faster to keep 40 SPM, otherwise, you will lose the race after countdown.
9. The elliptical trainer will enter COOL DOWN mode for 4 minutes, when you finish the race.
10. Press STOP key to exit before you reach your workout goal, stop pedaling or allow pause timer to expire.
11. Racing result will be displayed in the profile window. When you win over the last champion, you can save your name into Intenza console system. Also, you can save your racing record to your personal USB device.

Save win record into Intenza system

01. Input your name in alphabet by turning Uni jog and press ENTER.
02. During the name editing, you can press BACK to correct the wrong input.
03. When you complete your input, pause for 5 seconds or press STOP then END will show up. You can press ENTER to confirm

Save racing record save personal USB

01. Press STOP or ENTER to exit the summary mode.

02. Choose YES to confirm saving or NO to exit by turning Uni jog and press ENTER to confirm again.
03. When the display shows SAVING COMPLETED, the process of saving is finished.

4.7 Fitness Test

VO2 max technology is useful in measuring the ability of an individual to transport and utilize oxygen during incremental exercise. It is beneficial to humans for medical diagnosis, maximization of athletic performance, and determination of fitness performance in certain occupations, such as the U.S. Air Force, where specific standards must be met in order to remain employed. It is particularly useful in cardiology, sports medicine, and rehabilitative medicine.

You can adjust the level and incline during 5 minutes period of test according to your physical ability. You need to maintain at 70 SPM to keep your heart rate in the target range. The test will countdown for 10 seconds then enter into cool down mode when the user is no longer able to maintain at this speed. Use of a telemetry heart rate belt is optional. However, it will allow more data to be transmitted to the system during the test. You need to hold onto the contact heart rate sensor for score calculation. Once you finish the test and recovery period (cool down), the workout result and scores will be displayed in the profile window. You can refer to VO2 MAX CHART to read your test score.

Workout Procedure:

Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8
AGE	GENDER	WEIGHT	LEVEL	WARM UP	START	TEST	COOL DOWN
Default value: 30 Setting Range: 10~99	Female or Male	Default value: 70 kg Weight setting: 30~180 kg	Level setting: 1~40	2 minutes	Press start	6 minutes	4 minutes

Detailed instruction for Intenza 550ETi

1. Step on the elliptical, begin pedaling.
2. Choose FITNESS TEST by turning Uni jog and press ENTER to confirm.
3. Input your AGE by turning Uni jog and press ENTER to confirm.
4. Input your GENDER by turning Uni jog and press ENTER to confirm.
5. Input your WEIGHT by turning Uni jog and press ENTER to confirm.
6. Input your LEVEL by turning Uni jog and press ENTER to confirm.
7. You will enter the WARM UP mode for 2 minutes after inputting your level. After 2 minutes of warm up time, your workout will start automatically.
8. During the Fitness Test Program, you must maintain pedaling speed that required 70 SPM. During the 5 minutes of the test period, you can adjust the resistance level and incline.
9. Please hold onto the contact heart rate sensor in last one minute.
10. During the workout, Smart Workrate will indicate your heart rate level. (Please refer to section 3.2 How To Effectively Workout At Your Own Level?)
11. During the workout, the workout data will be shown on message center under scan mode. Press SCAN to lock the workout data.
12. Keep pedaling until you are no longer able to keep up with the speed. Once you fall below required 70 SPM, program will go to COOL DOWN for 4 minutes.
13. For safety reason, when your HR goes over 100% maximum, the test program will stop automatically.
14. Press STOP key, if you are not able to continue the workout.

VO2 MAX CHART

Male (values in ml/kg/min)

Age	Very poor	Poor	Fair	Good	Excellent	Superior
13-19	< 35.0	35.0-38.3	38.4-45.1	45.2-50.9	51.0-55.9	> 55.9
20-29	< 33.0	33.0-36.4	36.5-42.4	42.5-46.4	46.5-52.4	> 52.4
30-39	< 31.5	31.5-35.4	35.5-40.9	41.0-44.9	45.0-49.4	> 49.4
40-49	< 30.2	30.2-33.5	33.6-38.9	39.0-43.7	43.8-48.0	> 48.0
50-59	< 26.1	26.1-30.9	31.0-35.7	35.8-40.9	41.0-45.3	> 45.3
60+	<20.5	20.5-26.0	26.1-32.2	32.3-36.4	36.5-44.2	> 44.2

Female (values in ml/kg/min)

Age	Very poor	Poor	Fair	Good	Excellent	Superior
13-19	< 25.0	25.0-30.9	31.0-34.9	35.0-38.9	39.0-41.9	> 41.9
20-29	< 23.6	23.6-28.9	29.0-32.9	33.0-36.9	37.0-41.0	> 41.0
30-39	< 22.8	22.8-26.9	27.0-31.4	31.5-35.6	35.7-40.0	> 40.0
40-49	< 21.0	21.0-24.4	24.5-28.9	29.0-32.8	32.9-36.9	> 36.9
50-59	< 20.2	20.2-22.7	22.8-26.9	27.0-31.4	31.5-35.7	> 35.7
60+	< 17.5	17.5-20.1	20.2-24.4	24.5-30.2	30.3-31.4	> 31.4

5. MAINTENANCE

5.1 Preventative Maintenance Tips

With durable, high performance components, Intenza 550 series elliptical trainer is designed for heavy usage with minimal maintenance required. To keep your elliptical trainer in top condition, Intenza strongly recommends performing the regular daily and regularly preventative maintenance routines outlined below.

Daily maintenance

- Each time before use, make sure that the area around the elliptical is free of obstacles and any clutter that may interfere with the pedal rotation.
- Remove excessive accumulations of dust, dirt, and other substances by using a clean, soft cloth and a non-abrasive liquid cleaner. Wipe down the exterior of the display panel, handlebars, pedals, shrouds and contact heart rate grips.
- Avoid getting extra moisture on the display console. Keeping the display console free of fingerprints and sweat will extend the life of console.
- Never use ammonia, acid-based, or petroleum-based solvents on any portion of the elliptical trainer as it may damage the finish.
- Do not spray the cleaner onto the display screen or heart rate grips.

Regular maintenance

- Inspect the display panel mounting screws for security, and retighten if necessary.
- Inspect the display panel keypads for wear out.
- Inspect the roller wheels for wear out.
- Check the pedals and shrouds are secure.

5.2 Self Diagnosis

Your Service Representative need to check the data record about the past usage of your elliptical trainer, if there is any error message. For these reasons, Intenza 550 series elliptical are equipped with a service mode and can offer the diagnosis report for easily trouble shooting. For more information on self diagnosis, please contact your local dealer or refer to the service manual.

5.3 How To Charge The Battery (550 i series elliptical trainer only)

Intenza 550ETi is equipped with generator and rechargeable battery to provide constant power supply. A new battery will discharge power and charge the battery before use is recommended. Upon initial use (or after a prolonged storage period) the battery may require to charge before achieving maximum capacity. There is no need to charge the battery of the equipment for normal and frequent use. The console will display CHARGE THE BATTERY when the voltage of battery is low.

Charge by generator

The power which generated from your workout will be transferred through the generator to the battery.

Charge by external power

An optional power adaptor can be purchased and provide constant power to the equipment. You need to use 19V/2.1A type of adaptor to charge the battery. To purchase the optional power adaptor, check with your local dealer.

5.4 Recycling The Battery (550 i series elliptical trainer only)

When this Intenza product or the battery is about to be discarded at the end of its useful life, the rechargeable battery must first be removed and recycled. To remove the battery, disassemble the bottom rear cover by using 4MM screw driver then disconnect the cables.

6. TROUBLE SHOOTING

6.1 When To Call For Help

1. Verify the symptom and review the operating instructions. The problem could be unfamiliar with the product features and workout programs.
2. Check the error message then follow the instruction on the service manual.
3. When the display shows NEED MAINTENANCE, you are suggested to contact your local dealer for service.
4. When the problem has not been solved by the above steps, the elliptical trainer is still not operational. Locate and document the serial number of the unit, and contact your local dealer.
5. Send the diagnosis report (Please refer to section 5.2 Self Diagnosis.) and serial number to your local dealer for service.

Where Is The Serial Number Of The Product?

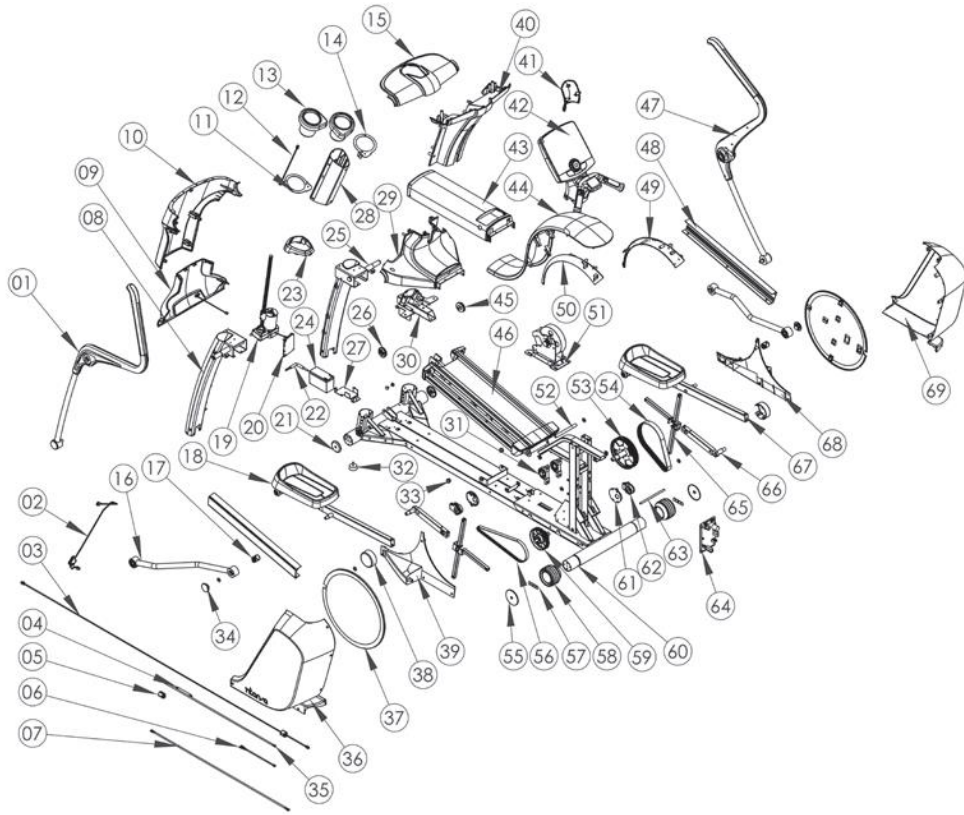
The serial number contains of six values. There are two locations to look for the serial number. One is on the cover of external power socket. The other location is on the front post which is under the front post cover.

6.2 Error Message

When the display shows below message, follow the below corrections steps to check out the problem and you can also refer to the service manual for more details.

Message	Corrections
NEED MAINTENANCE	Execute Self Diagnosis function to check error code, then refer to service manual for trouble shooting.
CHECK MEMORY	Change console main board.
CHECK USB COMM	Change console main board.
CHECK CONSOLE PCB	Change console main board.
USB STICK FAIL	Check the USB stick connection to USB board or cable from USB board to console.
NO BATTERY	Check battery connection (cable and connector).
CHARGE THE BATTERY	Need to charge the battery.
CHECK INC OR CABLE	Check buzzer sound from incline board. If the beep sound is 3sec, check the cable connection from console to incline board. If the beep sound is 1sec, change the incline board.
CHECK LCB OR CABLE	Check buzzer sound from LCB. If the beep sound is 3sec, check the cable connection from incline board to LCB. If the beep sound is 1sec, change LCB.
CHECK PEDAL SENSOR	Change SPM sensor or check the cable connection of the SPM sensor.

7. 550ETi EXPLODED DRAWING & PART LIST



No	Item	No	Item	No	Item
1	Handlebar, L	24	Battery	47	Handlebar, R
2	Cable, LCB, frame + core	25	Post, upright, R, coated	48	Cover, ramp, side
3	Cable, signal, frame, w/ core	26	Decal, bug, handlebar, L	49	Cover, rear, inside, R
4	Cable, console, contact, pulse	27	Bracket, battery	50	Cover, rear, inside, L
5	Core, ferrite, semi-close	28	Post, upright	51	Generator, w/ bracket
6	Cable, battery	29	Cover, upright, rear, btm	52	Shaft, ramp
7	Cable, generator, power input	30	Mount, post, top, coated	53	Pulley, input, w/ shaft
8	Post, upright, L, coated	31	Bearing, pillow block	54	Belt, drive
9	Cover, upright, btm, w/ cable	32	Foot, adjustable	55	Cap, wheel
10	Cover, upright, top	33	Bushing	56	Belt, drive
11	Bracket, holder, bottle, L	34	Cover, pivot, lianarm	57	Bracket, wheel
12	Cable, signal, post, upright	35	Cable, hybrid, torque control	58	Wheel, moving
13	Holder, bottle	36	Cover, side, top, L	59	Pulley, step-up, w/ shaft
14	Bracket, holder, bottle, R	37	Cover, crankarm	60	Frame, main, coated
15	Cover, upright, top	38	Cover, linkarm	61	Cover, stairarm
16	Linkarm	39	Cover, side, bottom, L w/ clip	62	Block, pivot, stairarm, assy
17	Spring, linkarm	40	Cover, upright, rear, top	63	Tube, fix, cover
18	Stairarm, L	41	Cover, console, mount, btm	64	LCB, w/ heatsink
19	Motor, incline, DC12V	42	Console, w/handle	65	Cross, coated
20	PCB, gradient	43	Cover, lower frame, top	66	Crankarm, coated
21	Cap, stabilizer	44	Cover, rear, top	67	Stairarm, R
22	Battery lock	45	Decal, bug, handlebar, R	68	Cover, side, bottom, R w/ clip
23	Cover, upright	46	Ramp	69	Cover, side, top, R w/ clip

8. SPECIFICATION OF INTENZA 550ETi

Design use Commercial

Maximum user weight 181kgs /400 lbs

Display type LED

Display readout Heart rate, Distance, Time, RPM, Calories, Watts, Resistance level, workout profile

Summaries Total elapsed time of workout, total calories burned, total distance, total watts generated, resistance/heart rate profile record of workout

Workout options Quick start, Preset programs, Target programs, Heart rate programs, Custom program, Race programs, Fitness test

Heart rate monitor Polar telemetry heart rate monitoring system

Resistance levels 40

Incline levels 16

Pedal size 168 mm x 144 mm

Drive system Belt drive

iPad rack Standard

ASSEMBLY DIMENSION

Dimension	550 ETi
Length	2094 mm / 82 inches
Width	837 mm / 33 inches
Height	1716 mm / 68 inches
Weight	188 kgs / 414 lbs

SHIPPING DIMENSION

Dimension	550 ETi
Length	2200 mm / 87 inches
Width	780 mm / 31 inches
Height	1000 mm / 39 inches
Weight	250kgs / 553 lbs

Manufactured by Intenza. 16-3 Zichiang First Road, Jhongli, Taoyuan 320 Taiwan. www.Intenzafitness.com

9. 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:

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, 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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Web: www.insportline.sk

Date of Sale:

Stamp and Signature of Seller: