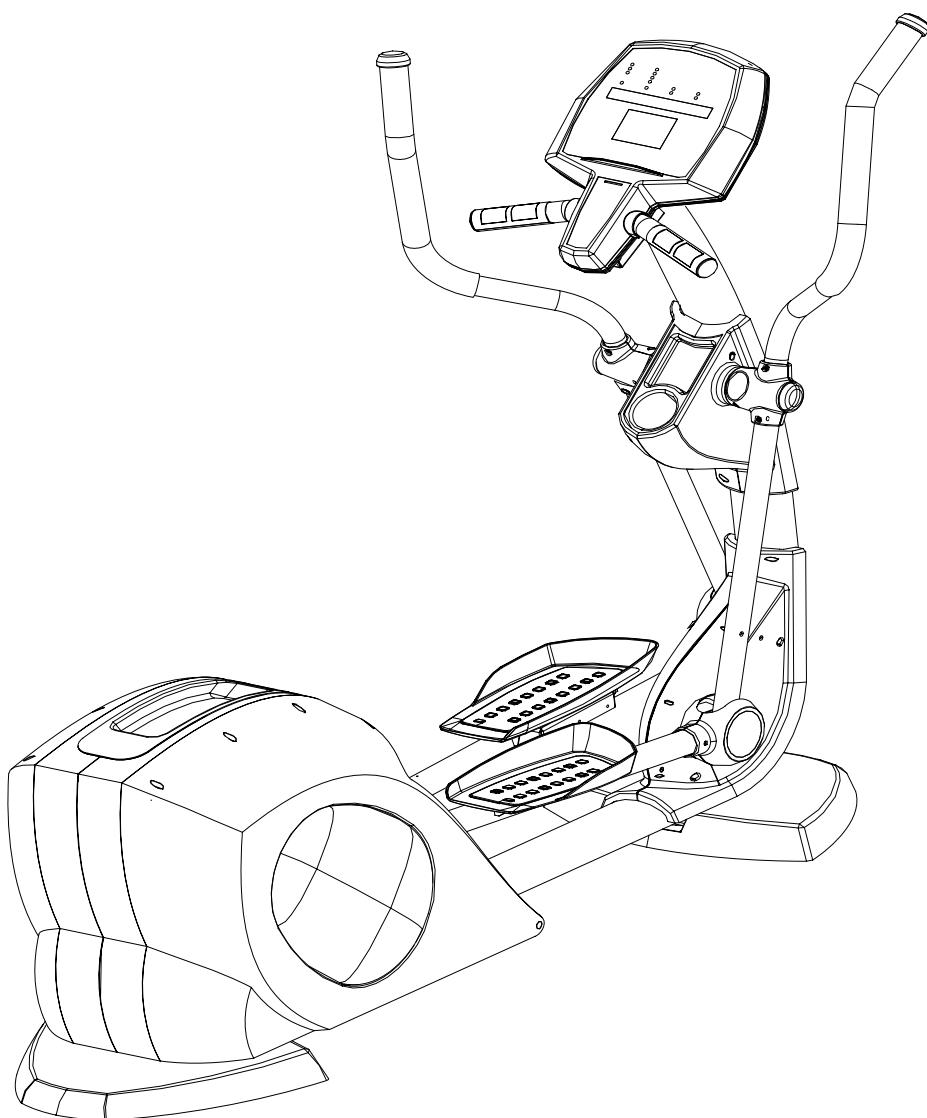


USER'S MANUAL

8618A



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Before assembling and using this equipment, please read below instructions carefully. Since they include the maintenance and using information for equipment, meanwhile they have provided you with important instructions for your personal safety. Please keep this instructions note on a safe place so that you can maintenance equipment or buy attachments conveniently.

1.1 Safety guides

- Before exercise, please consult your doctor so as to ensure that you are suitable to use this equipment. Please choose the fittest exercise program as per your doctor's suggestion. Incorrect exercise way or over exercise will do harm to your health.
- Equipment only performs its own setting function, for example, for adult physical Exercise.
- Handling equipment in incorrect way is forbidden since it will be very dangerous. Manufacturer is not responsible for any injury caused by incorrect performance of equipment.
- This equipment is designed as per the latest safety standard. Its external design will avoid any danger towards human being, in a word, it will ensure user as safe as possible.
- Improper fixing and structural modification (namely removing or replacing the original parts) will threaten the safety of user.
- Damaged parts will probably threaten your safety or it will shorten the lifetime of this equipment. Therefore, worn or damaged parts need to be replaced immediately. The equipment is forbidden to use until all worn or damaged parts replaced. The replacement of parts should be the original attachments.

If the equipment is in regularly use, it's suggested that to check all components thoroughly every 1~2 months. Especially to pay more attention to lock bolts and nuts tightly, otherwise the equipment will be loosed and broken.

In order to ensure high safety of the equipment all the time, it's better to let professional retailer to maintenance the equipment regularly (one time per year) in accordance with its structure.

Inform the user (especially for the kids) of the possible danger existing during exercise, to avoid any injury beforehand.

Any interference with parts of the product that are not described within this manual may cause damage or endanger the person using this machine. Extensive repair must only be carried out by specialist retailers or qualified personnel trained by manufacturer. Please keep the kids off the machine. When leaving the equipment, please turn off the power.



If the equipment is on a wet ground, or the power supplying line is broken, or the equipment function can't be held, please do not use this equipment.

- Please pay attention to keep the distance between power supply line or equipment and hot resource.
-
- If there is any problem, please consult with the distributor.

1.2 Handling the equipment

- Before exercise, please check if the equipment is correctly assembled
 -
 - Before beginning with your first attempt, familiarize yourself thoroughly with all the functions and settings of the unit.
 - It is not recommended to use or to store the unit in a damp room as this may cause it to rust.
 -
 - This machine is designed for adult use and children should not be allowed to play with it. Children at play behave unpredictably and dangerous situations may occur for which the manufacturer cannot be held liable. If, in spite of this, children are allowed to use the equipment, ensuring that they are instructed in its proper use and supervised accordingly.
 -
 - The equipment is manufactured in accordance with DIN EN 957-1/9 standard. Therefore, it's not fit for medical purpose.
 -
 - The maximum weight of user is 150kg.
 -
 - A slight production of noise on the belt or brake system is due to the construction and has no negative effects upon operation.
 - Do not use corrosive or abrasive materials to clean the equipment. Ensure to use clean materials so that they won't pollute the environment.
 -
 - Please ensure that liquids or perspiration never enter the machine or the electronics.
- Before use, always check all screws and plug-in connections fit correctly.
- - Always wear suitable shoes and clothes when using the equipment.
 -
 - All electric appliances emit electromagnetic radiation when in operation. Please do not leave especially radiation – intensive appliances (e.g. mobile telephones) directly next to the cockpit or the electronic control system as otherwise values displayed might be distorted (e.g. pulse measurement).
 -
 - The equipment requires sufficient free space in all directions (The space should be at least with diameter 2.5m.)
 -
 - Make sure that there is no other person in the area of your equipment, so as to avoid any injury arising by the moving parts.
 -

1.3 Assemble instructions

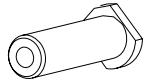
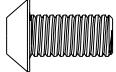
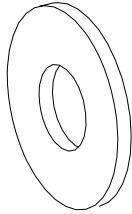
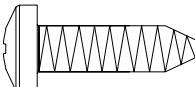
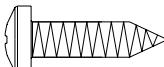
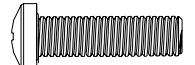
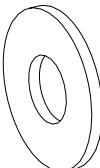
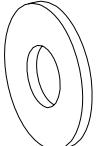
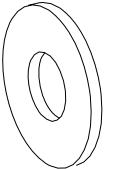
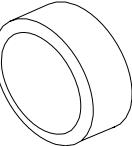
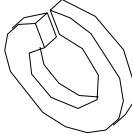
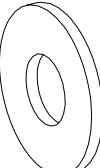
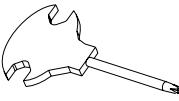
- Ensure that you have received all the parts (see check list) and that they are undamaged. Should you have any cause for complaint, please contact your dealer.
-
- Unpack all individual parts and place them alongside each other on the floor. Be sure to place them on carton or a pad to prevent scratches either on the parts or on your floor.
-
- Make certain that you have adequate room for movement (at least the space is with 1m diameter) on all sides during assembly.
-
- Place the equipment (for assembly and use later) on a solid and flat surface.
-
- Before assembling the equipment, study the drawings carefully and carry out the operations in the order shown by the diagrams. The correct sequence is given in capital letters if necessary.
-
- The equipment must be assembled with due care by an adult person. If in doubt call upon help of a second person, if possible technically talented.
-
- Please note that there is always a danger of injury when working with tools or doing manual work. Therefore please be careful when assembling this machine.
-
- Ensure that your working area is free of possible sources of danger, for example don't leave any tools lying around. Always dispose packing material in such a way that it may not cause any danger. There is always a **risk of suffocation** if children play with plastic bags!
-
- The fastening material required for each assembly step is shown on the diagram inset. Use the fastening material exactly as instructed. Two Allen wrenches are supplied with the equipment.
-
- Bolt all the parts together loosely at first, and check that they have been assembled correctly.
-
- Then use the appropriate tools to finally tighten all connections completely.
- Then check that all screw connections have been tightened firmly.
-
- For technical reasons, we reserve the right to carry out preliminary assembly work (e.g. addition of tubing plugs)
-
- Please keep original packing of this article, so that it may be used for transport at a later date, if necessary.
-

1.4 s\ Order of spare parts

Order

- When ordering spare parts, always state the full article number, spare part number, description and quantity required.
-
- Example order: Art. no. 8618 A / spare part no. 12 / description / 2 pieces.
-
- **Importance:** spare part prices do not include fastening material; if fastening material (bolts, nuts, washers etc.) is required, this should be clearly stated on the order by adding the words "with fastening material"

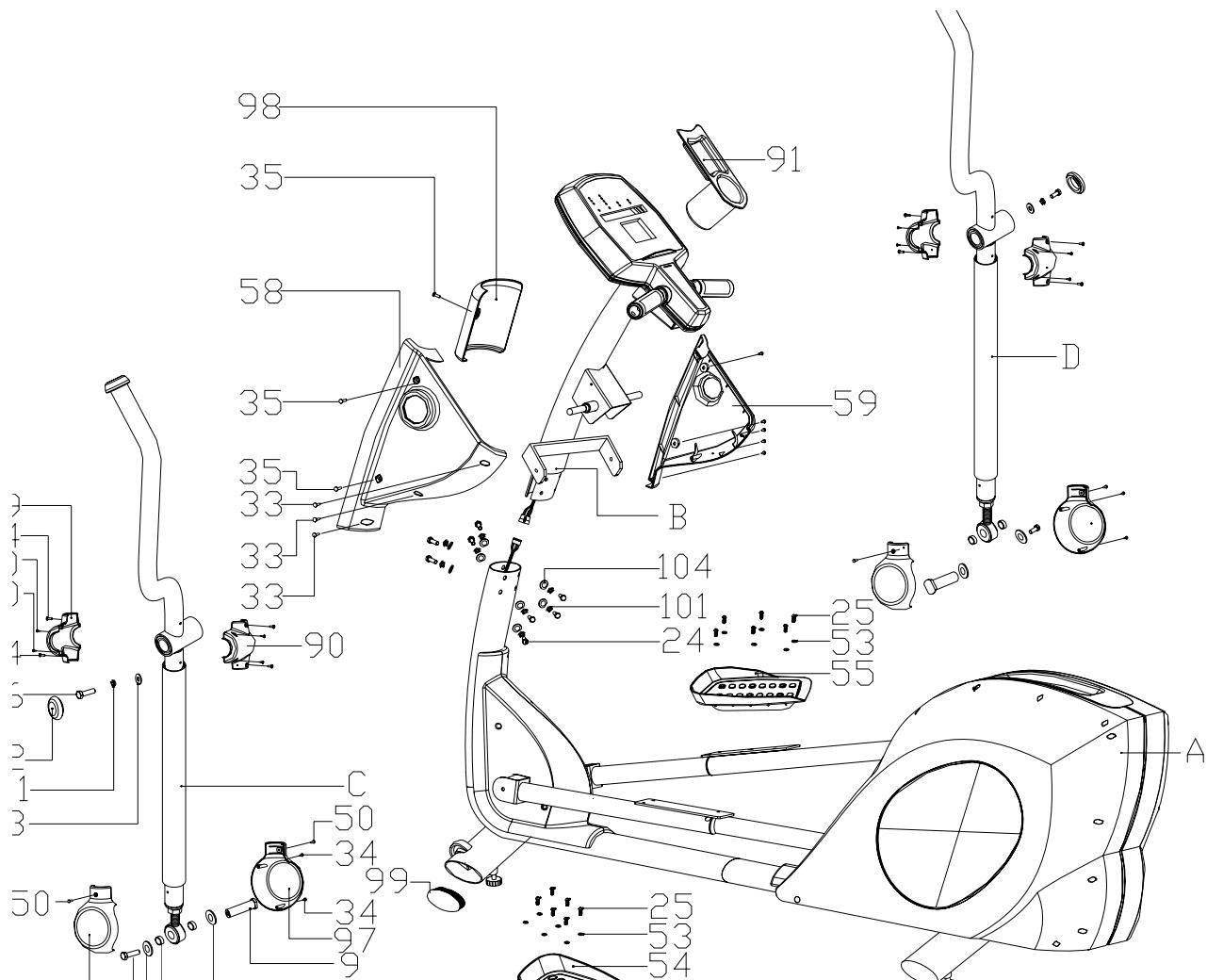
1.5 Checklist hardware

No	Spare parts	Description	Qty	No	Spare parts	Description	Qty
9		D23×D18×70	2	24		M8×20	8
25		M6×15	12	26		M8X20	4
31		D8XD25X2.5t	2	33		ST4.2×19	13
34		ST3.5×13	8	35		M5×15	17
45		: μ9*! β0*2t	2	46		S4	1
53		Ø6	12	83		: φ*! β0*2t	2
84		: φ2.2 * 1.5t * 13.5	4	101		Ø10	10
104		Ø8	16	105		8000AA	1

1.6 Checklist hardware

No.	Part	Qty	No.	Part	Qty
A		1	29		1
B		1	54		1
C		1	55		1
D		1	56		1
57		1	89		2
90		2	92		2
96		2	97		2
98		1	99		4

1.7 Assembly drawing



2. General

This training equipment is for commercial use. The equipment complies with the requirements of DIN EN 957 – 1/9 Class SB. The CE marking refers to the EU Directive 89/336/EEC and 73/23/EEC.

Damage to health cannot be ruled out if this equipment is not used as intended (for example, excessive training, incorrect settings, etc.)

Before starting your training, you should have a complete physical examination by your doctor, in order to rule out any existing health risks.

Make the training on your new equipment an essential part of a healthy lifestyle, which also includes a healthy diet and motion training. Strictly adherence of this will have following effects from your training:

- Muscle development and tightened thighs.
- Improvement of the mobility.
- Higher calorie consumption means weight reduced.
- Improvement of your body shape.
- Invigoration of heart and lungs.
- Reduced stress and ageing.
- Increased stamina
- Increased capability
- Fortification of body's defenses

2.1 Packing

The packing consists of environment – friendly and recyclable materials:

- External packing made of cardboard
- Protection layers inside made of cardboard
- Moulded parts made from CFS – free polystyrol (PS)
- Sheeting and bags made of polyethylene (PE)
- Wrapping straps made of polypropylene (PE)
-

2.2 Disposal



Please be sure to keep the packing for the event of repairs / warranty matters.

At the end of the life cycle of the item it should not be disposed of in the normal household rubbish, it must be delivered to a special place for the recycling of electric and electronic items. All the parts are recyclable according to their markings. Please ask your municipal administration where to deliver in such case.

2.3 Explanation of symbols



Contain important information for prevention of serious injuries or damage to the equipment.

3. Assembly



Before you start assembling, the elliptical must have **room temperature**.
For assembling please pay attention to the following steps.

3.1 Remove all parts from the carton except the mainframe

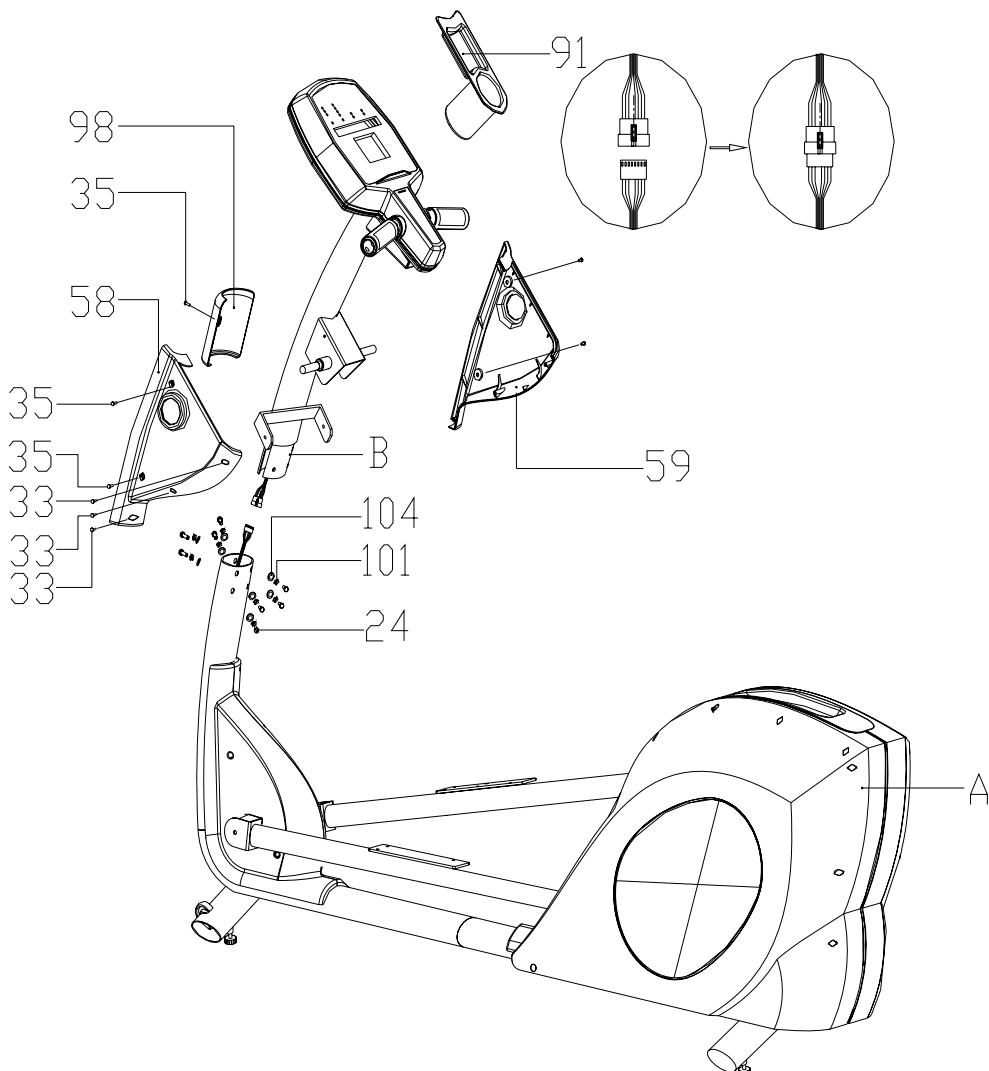
Unpack all individual parts and place them alongside each other on the floor. Be sure to place them on carton or a pad to prevent scratches either on the parts or on your floor. Pad should be flat and thick to provide stable footing for mainframe.

3.2 Take the mainframe out of the carton

The mainframe is very heavy, so don't try to take it out of the carton alone. Please ask one person to help to move it out of the carton.

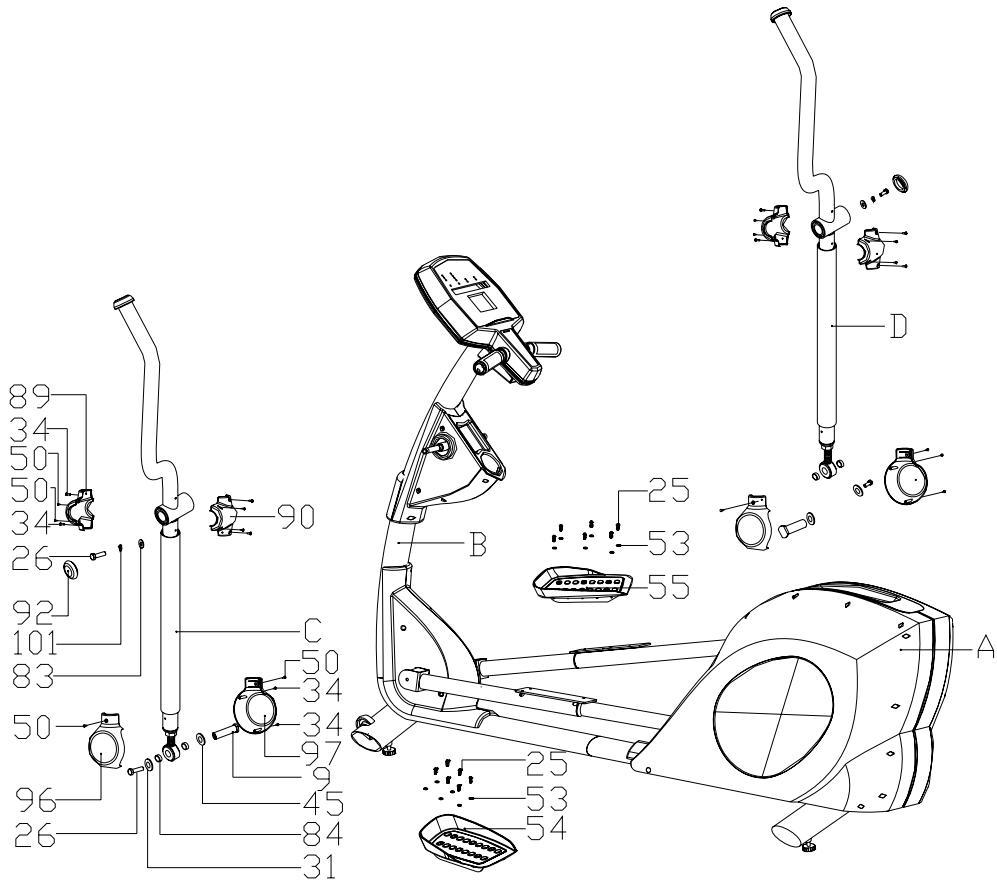
3.3 Assembly steps.

STEP 1



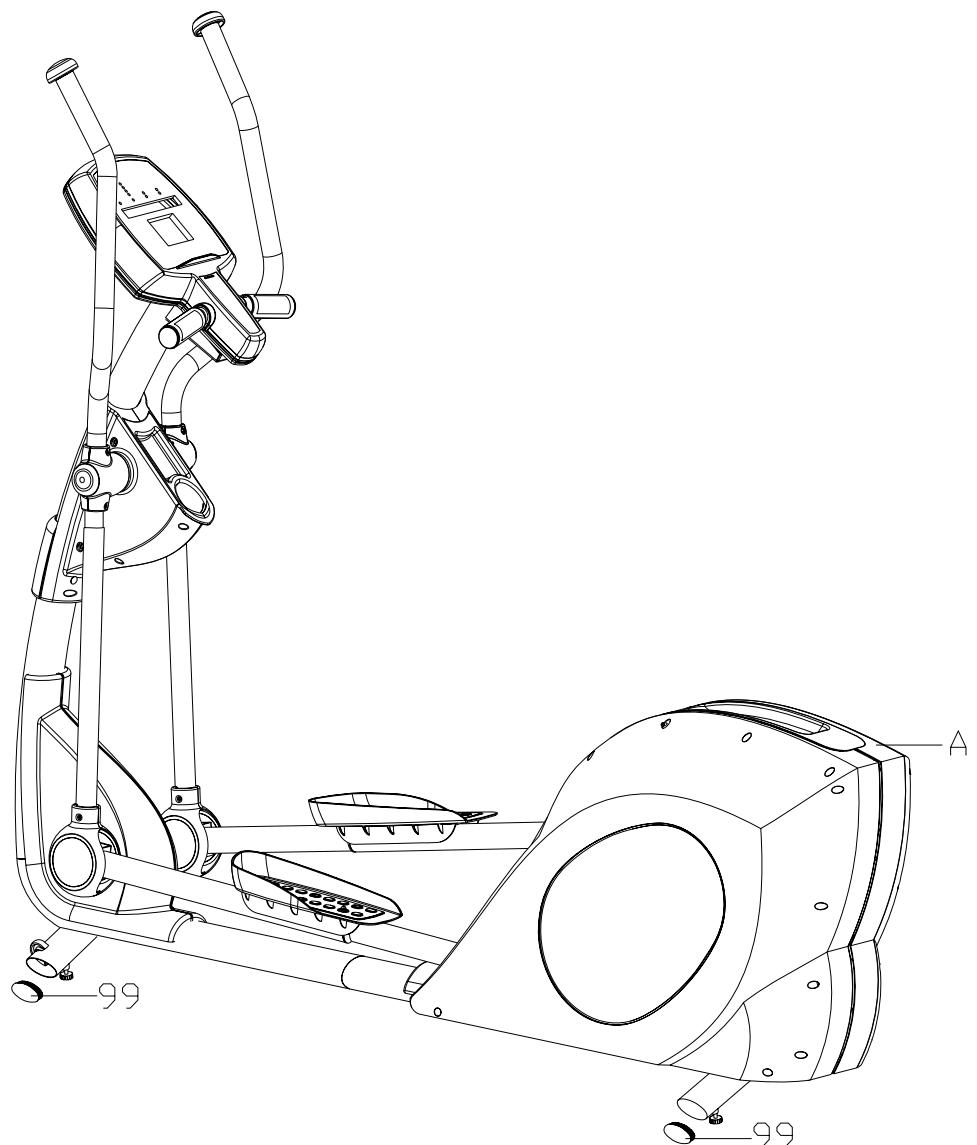
1. Connect instrument pole (B) and controlling connection of mainframe (A), then put instrument pole (B) into mainframe (A).
2. Use 8 M8*20 bolts (24), 8 Dia.8 spring washers (101) and 8 Dia. 8 washers (104) to fix instrument pole (B) to mainframe (A).
3. Use 4 M5*15 bolts (35) and 3 ST4.2*19 bolts (33) to fix supporting frame for bottle (58,59,91) to mainframe (A).
4. Use 1 M5*15 bolts(35) to fix instrument pole cover (98) to mainframe (A).

安装步骤二



1. Fix the left handlebar (C) and right handlebar (D) to mainframe (A) with 2 M8*20 bolts (26), 2 Dia.8 spring washers (101) and 2 D9*D30*2t plain washer (69).
2. Use 8 ST4.2*13 bolts (50) and 4 ST3.5*13 bolts (34) to fix the covers of rotating axes to mainframe(A).
3. Fix left handlebar(C) and right handlebar (D) to mainframe (A) with 2 connecting axes (9), 2 M8*20 bolts (26), 4 connecting tubes (84) and 2 D8*D25*2.5t (31), 2 D19*D30*2t (45).
4. Use 4 ST3.5*13 bolts (34) and 4 ST4.2*13 bolts (50) to fix lower covers of handlebars (96, 97) to mainframe (A).
5. Use 12 M6X12 bolts (25) and 12 D6 washers (53) to fix left pedal (54) and right pedal (55) to mainframe (A).

STEP 3



1. Check whether all the parts have been tightened safely.
2. Assemble 4 plugs of bottom tube.
3. Finish assembly.

4. Placing the equipment

For a pleasant feeling during exercise we recommend to place the equipment on a comfortable and attractive place.

- Never use the equipment outdoors
- Never place the equipment near open water or in rooms with high humidity.
- Ensure that the power cables don't cross walkways. If there is some carpet in your chosen room, please make sure that there is enough space between the carpet and the equipment. In case not then please use some pad.
- Place the equipment with a distance of at least 1.5 m to each wall.
- After long time of use you will probably find some black abrasion under your equipment. This is a normal wear out and doesn't mean there is a defect. This abrasion can be removed with every standard vacuum cleaner. To prevent dirt on your carpet, please use a pad.

4.1 Aligning the equipment

- Please take care that the floor, on which you place the equipment, must be flat and solid and should have no unevenness.
- If the equipment doesn't stand stationary, please check if there is something laying in the knightheads of the equipment, meanwhile you can adjust the adjustable feet cushion.
- If the height adjustment cannot equal the floor unevenness, please position it to a different place.
- If the elliptical track needs to be adjusted, it can be adjusted via the left and right fish-eyes versatile connection in the knightheads.
-

4.2 Moving the equipment

To move the elliptical to a different location please do as following

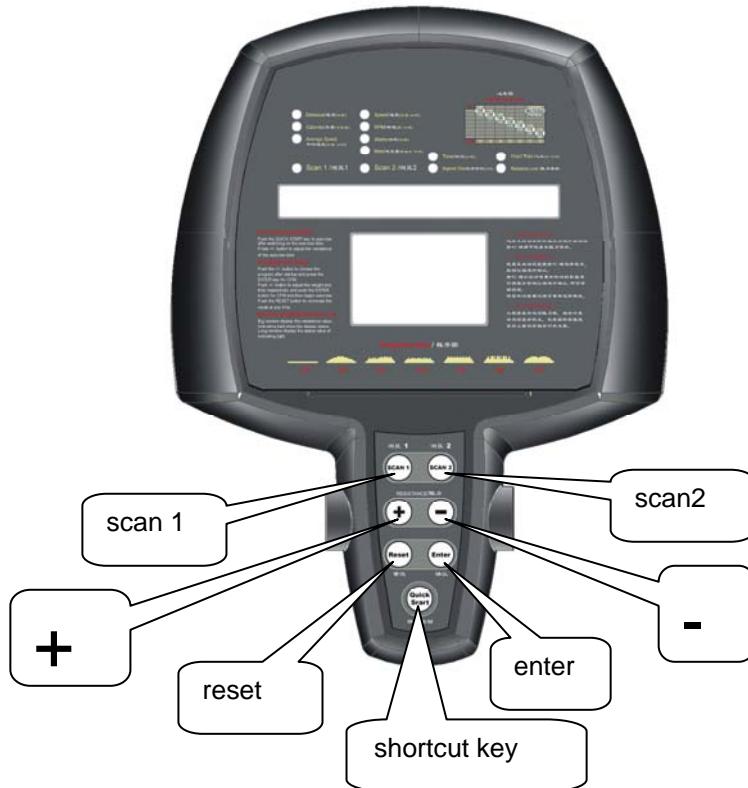
- Stand in front of the elliptical and hold the fixed handlebar.
- Tip over the elliptical carefully in your direction and move it on the transport rollers to your desired new location.

5. Enter and leave the elliptical

To prevent injuries due to unbalance, please always hold the fixed handlebar when entering or leaving the elliptical. Never step on the cover, please only use the pedals.

6. Computer handling

Computer display and functions



Simply operating instruction of computer displays

- 1、Please sit on the elliptical stationary, then start trampling, the machine will create electricity by itself to provide power for displaying.
- 2、Press the start shortcut key to enter annual mode and choose “+” / “-” keys to choose programme modes.
- 3、Press enter key and choose “+” / “-” keys to set required exercise intensity. Press reset key to return system mode.

Computer product instructions:

1. General: the computer products are used in up-right exercise bike, recumbent exercise bike, elliptical exercise bike and other series products.
2. Display types: (16) -14.2mm, 13 lines of letter number digitally; matrix-16H*24W 3mm; (13) functional indicator and (single)LED。
3. Power: via automatically electrical machine to provide power.
4. Resistiance system: automatically electrical machine with resistance system.
5. General dimension: about 3“ H*13“W
6. Assembly: it's attached to computer pole, equipement screw pull on appearance hole safely but not pull on the computer directly.
7. Connections: it requires 3 connections:

The connection between computer and its below parts;
The connection between computer and handheld heart rate;
The connection between below parts and power.

8、Key: there are 7 film press keys totally: “+”、“-”, enter key, start short-cut key, reset key, scan 1, scan 2.

9、Acoustic display: this equipment will emit BEEP voice which is set to PCB, when press key and exercise is over, it will emit alarm. When the exercise time table reaches 00:00, it will emit alarm for 4 seconds, it will indicate the letter “FINISH” to indicate exercise over.

10、Panel: the surface of the computer is covered by a kind of non-texture and high quality polyester, the color of displaying window is red which covers around LED.

Definition of display and function

Time – when operating the shortcut key of starting, the exercise time should be calculated from 00:00 and end in 99:59. During this operating programme, user can choose “+” and “-” keys to set time. The separated numbers in the program will denote the time. Pay more attention that the display value of last time entering is the shift of time default.

Speed – the current speed will update every 3 seconds and it will be accurate to 1/10 mile per hour.

Average speed – it's the average speed of current exercise mile/kilometre. The display will update one time every three seconds and it will be accurate to 1/10 mile/kilometre.

Rotate speed – this feature will show the rotating frequency of pedals per minute. The specialty of RPM pedals will update every 3 seconds and it will be accurate to 1 RPM.

Distance – it will be accurate to 1/10 mile/kilometer for far distance.

Energy – to measure the general energy consuming value towards certain distance and it will be accurate to 1 calorie.

Heart rate – handheld heart rate test function! (the computer adopts inner-setting constant measuring heart rate receiver. If it can't receive heart rate signal, the resistance grade will display on the heart rate window to replace the heart rate value. Single style LED will sparkle of every receiving heart rate signal. Receiver needs to be in accordance with the international trademark 5KHz sender.)

Resistance grade – the resistance grade 1-16 will display on the heart rate window at the first 5 second, then the user can change the resistance grade manually, if there is signal, the heart rate value will display on the displaying screen.

Power – it will show the current power exporting, such as Watt. The power shall update one time per three seconds and it will be accurate to 1 Watt.

Consuming oxygen – this programme is same as the computer.

Time screen – on the time displaying window, it should display the residual time for every programme. Enter “ENTER” key to shift displaying windows.

The function of buttons

Scan – the computer uses 2 scan keys. One key controls scan/controlling feature of distance, energy and average speed. The other scan key controls the displaying of speed, rotating speed, power and oxygen consuming. Press one time to scan LED and the light will be on one time. Each export reader will display every 5 seconds. If you press the scan key once again, the displaying window will keep you chosen record. Please pay more attention that: when begining exercise, all scan feature will be on displaying window.

Enter – use this key to confirm the enter data in program setting mode and then start exercise. These information includes program, time, age, weight and heart rate goal.

+/- keys – these keys are used to choose required time, programs, age, weight, heart rate goal and resistance grade.

Reset key – whenever to press this key, it will make computer return to program setting mode.

Start shortcut key – when press the start shortcut key, the resistance grade 3 will function immediately. The matrix will perform same as heart rate control program, performing part will turn to current right direction. Since the time is not yet entering this program, so the graphs in the matrix will increase new line every 60 seconds.

Operating programs

Program setting mode:

When the power of computer is on, the matrix will display “WELCOME” logo and the letter & number displaying will move on and on. Then you can select one program, to set via “+”/“-” keys, or press start shortcut key directly to enter.

Press “+” / “-” keys and to select below programs:

When display program selection, the matrix will display course side, the name of programs(below list) will be in the center of displaying letter number.

Press “+” / “-” keys, let the computer enter “P2” program. After the displaying of wanted program, press enter key to confirm and it will display user to enter weight selection.

User will choose weight value. The final entering value will display on the matrix, “Weight” will appear in the letter number. Press “+” / “-” keys to adjust value and then press enter key to confirm.

User enters exercise time. The final entering time will be the defaulted time in matrix. “Time” will display on the letter number. Press enter key to confirm exercise time to start.

Selected programs:

P1-MANUAL

P2-ROLLING HILLS

P3-RIDE IN THE PARK

P4-SPEED INTERVALS

P5-STRENGTH TRAIN

P6-CLIMB MOUNTAIN

P7-MOUNTAIN RUN

P8-FITNESS TEST

C1-CUSTOMER ONE

C2-CUSTOMER TWO

HC-HRC

Exercise mode

The section number deuce operating time in the program decides the section time (such as: 30:00/30 section =1:00 section time)

The computer has 16 grades resistance system.

It will move from right to left and the moving section will be always sparkling in the far left line. Since the section is below 24, the right side of matrix will disappear gradually until there is no residual section.

During the operating, to change the resistance grade will scan all resistance grades firstly, nevertheless, the operating direction of matrix won’t be changed.

When the time screen turns to 00:00, “exercise finish” will display on the screen while the strong alarm voice BEEP. If it’s FITNESS TEST, after displaying “FINISH”, it will display test exercise results, such as “ ‘LOW’ ‘FAIR’ ‘AVERAGE’ ‘GOOD’ ‘EXCELLENT’ ” and then the displaying screen will return to normal status.

User-defined programme

The user-defined programme 1or 2 are selected from programme selection via pressing enter key, which fits for other programmes.

If the programme isn't set yet and it will display LED bottom line in the matrix.

In this case press “+” / “-” keys to choose resistance grade in every section, press enter key to keep sections and move to the next section.

After editing 24 sections, press enter key and the programmes will be kept, then comes to “enter weight“ mode.

When display program setting mode, press reset key and the programme will be changed soon.

When operate the user-defined program to change the resistance grade, it will measure the programme section averagely, but it won't affect keeping.

heart rate controlling

When choose the heart rate controling program, “” signal needs to display in the matrix and “Heart Rate” needs to be in the center of letter number.

Press enter key to confirm heart rate controling program and it will display a tip that to enter age. The final entering age value needs to be in the matrix displaying screen, “Age” needs to be displayed on the letter number.

Press enter key to confirm age setting, it will display goal-heart rate in the matrix displaying screen. This format is (220-Age*70) ,“goal-heart rate” will be displayed on the letter number.

Through pressing “+” / “-” to change the goal heart rate. Press the enter key again to confirm the chosen value and it will display a tip to enter weight setting.

User will enter weight setting. The final entering value will be displayed on the matrix displaying screen, “Weight” will be displayed on the letter number. Press “+” / “-” keys to adjust the value and then press enter key to confirm.

“Time” is displayed on the letter number, the final entering value will be displayed on the matrix displaying screen. Press “+” / “-” keys to choose time and press enter key to confirm time, then begin to exercise.

During the period of operating heart rate controling, the current resistance grade will be displayed far left of matrix. After finish section, when it keeps the first displaying final resistance

grade, the matrix will arise to second section to display current resistance grade. It will go on through exercise, the current section will turn to right of final section and then make work record. While the section reaches far right LED line, the far left early section will leave and give the required space. Moving/current section will sparkle on and on. The section time on the matrix will be averaged one time per 60 seconds.

Other functions:

Test – computer needs to pass CE and UL authentications, meanwhile some subjects need to accept test, such as the lifetime of pressing and anti-cauterization.

Exercise negotiation:

This rules used to test the maximum VO2 of user. This program monitors the heart rate of user, it will change power automatically so that to rise user's heart rate steadily to a "heart rate measuring zone". It's a way to calculate the exercise mark of user via user's heart rate.

User-defined:

1. User selects exercise programme from programme setting mode.
2. User press weight, age and gender selections.
3. The letter number "1" or "0" indicate for "male" "female", you can select them via "+" / "-" keys and press enter key to confirm.
4. the computer will calculate the goal heart rate of user (HRT) = $(220\text{-age}) * .75$
5. min=goal value-5pulses
max=goal value+5pulses
(goal area=goal heart rate-distance goal heart rate 5pulses+5pulses)

Exercise begins:

Exercise obeying rules:	power	time
Heart rate < min.-	+1/16 Watt	20 seconds
10 pulses		
min.-10pulses < heart rate < min.	+1/16 Watt	60 seconds
min < heart rate	Watt	3 minutes

Enlarge moreover:

1. Exercise begins from 45 Watt.
2. When it indicates 0:20, the computer begins to display heart rate test. If the heart rate of user is Lower than 10 pulses (min. 10 pulses) and it will increase power 6%, it will check again after 20 seconds.

3. Repeat #2 until (the interval of computer is 20 seconds) the heart rate of user is within 10 pulses towards min. Pulses. Base on above, increase power 6% and when it's 1:00 to check again.
4. If the heart rate of the user reaches the min. Value exceeds 5 seconds (it's caused by reducing interval which resulted in wrong records), it had better hold Watt (measuring Watt) to reset interval clock to 3:00, and then to 0:00.

5. In the last 30 seconds of this exercise test, the heart rate of user is in the average level.
(measuring heart rate)

The marks of user exercise is accounted via below format:

Male: final marks={ (12*exercise Watt+300) / (user wt.(kg)) *{ (220-age-63) / (measuring heart rate-63) }

Female: final marks={ (12*exercise Watt+300) / (user wt(kg)*{(220age-73)/ (measuring heart rate-73) } }

Certain marks

the certain marks of users are decided by below arrays:

Female	Low	Fair	Average	Fine	Excellent
--------	-----	------	---------	------	-----------

Male	Low	Fair	Average	Fine	Excellent
------	-----	------	---------	------	-----------

Rolling message:

The displaying message of time 0:00:

“Excellent work.....keep the weight stack and check end status”

“If there is no result for heart rate during this time and it will send you discrepancy message ‘ERROR NO HEART’ ”

The letter number indicates the end of test.

“Exercise marks=_”

(It indicates certain marks, you can see above for reference, matrix)

If the exercise result indicates that PRM reduces to 60RPM, it will indicate message “to keep weight stack speed to 60rpm-100rpm”

7 . Training manual

Training with a body-building equipment is an ideal movement training for strengthening important muscle groups and the cardio – circulatory system. Combined training with the arms makes it possible to strengthen the upper arm and shoulder musculature simultaneously.

The motion is gentle and fluent, a mixture of walking, jogging and stepping, which largely eliminates stressing of the joints and ligaments with the simultaneous addition of the training efficiency of the three forms of movement and thus is particularly gentle on the entire locomotors system.

General notes for training

- Never do exercise immediately after a meal
- If possible, orient your training to pulse rate
- Do muscle warm – ups before starting by loosening or stretching exercises
- When finish your training, please reduce speed. Never abruptly end your training.
- Do some stretching exercises when finished with your training.

7.1 Training frequency

To improve your physical fitness and to enhance your stamina over the long term, we recommend training three times a week. This is the average training frequency for adults in order to obtain long time stamina success and high fat burning. As your fitness level increases, you also can train daily. It is particularly important to train at regular intervals.

7.2 Training intensity

Carefully structure your training. The intensity should be increased gradually, so that no fatigue of the musculature or the locomotors system occurs.

In terms of a targeted endurance training in principle it is recommended to select rather a lower resistance and to exercise at a higher rpm (revolutions per minute). Ensure that the rpm is higher than 80 RPM but does not exceed 100 RPM.

7.3 Heart rate training

For your personal pulse zone it is recommended that an aerobic training range is chosen. Performance increases in the endurance range are principally achieved by long training units in the aerobic range.

Find this zone in the target pulse diagram or orient yourself on the pulse programs. You should complete 80% of your training in this aerobic range (up to 75% of your maximum pulse).

In the remaining 20% of the time, you can integrate load peaks, in order to shift your aerobic threshold value upwards. With the resulting training success you can later produce higher performance at the same pulse: this means an improvement in your physical shape.

If you already have some experience in pulse – controlled training you can match your desired pulse zone to your special training plan or fitness status.

Note:

Because different persons are with different “high” or “low” pulses, the individual optimum pulse zones (aerobic zone, anaerobic zone) may differ from those of the general public (target pulse diagram).

In these cases, training must be configured according to individual experience. If beginners are confronted with this phenomenon, it is important to consult a doctor before start training, in order to check your health capacity for training. Generally we recommend that everyone first consults a doctor, before doing any fitness training.

7.4 Training control

Both medically and in terms of training physiology, pulse – controlled training makes most sense if it is oriented on the individual maximum pulse.

This rule applies to beginners, ambitious recreational athletes and to amateurs.

Depending on the goal of training and performance status, training is done at a specific intensity of individual maximum pulse (expressed in percentage points).

In order to effectively configure cardio – circulatory training according to sports – medical aspects, we recommend a training pulse rate of 70% - 85% of maximum pulse. Please refer to the following target pulse diagram.

Measure your pulse rate at the following points in time:

- | | |
|------------------------------------|----------------------------|
| 1. Before training | = resting pulse |
| 2. 10 minutes after training start | = training / working pulse |
| 3. 1 minute after training | = recovery pulse |

- During the first weeks, it is recommended that training is done at a pulse rate at the lower limit of the training pulse zone (approximately 70% or lower)
- During the next 2 – 4 months, intensify your training stepwise until you reach the upper end of the training pulse zone (approximately 85%) but without overexerting yourself.
- Although you are in a good condition, disperse easier units in the lower aerobic range time and again in your training program, so that you regenerate sufficiently. A “good” training always means intelligent training, which includes regeneration at the right time. Otherwise overtraining results in your condition detoriorates.
- Every loading training unit in the upper pulse range of your individual performance should always be followed in subsequent training by a regenerative training unit in the lower pulse range (up to 75% of the maximum pulse).

When your condition has improved, higher intensity of training is required for the pulse rate in order to reach the “training zone”, that is, that the organism is capable of higher performance.

Calculation of the training / working pulse

220 pulse beats per minute minus age = personal, maximum heart rate (100%)

Training pulse

Lower limit: $(220 - \text{age}) \times 0.70$

Upper limit: $(220 - \text{age}) \times 0.85$

7.5 Training duration

Every training unit should ideally consist of a warm – up phase, a training phase and finally a cool – down phase in order to prevent injuries.

Warm up:

5 – 10 minutes of calisthenics or stretching (also slow cycling).

Training:

15 – 40 minutes of intensive but not overextended training at the intensity mentioned above.

Cool – down:

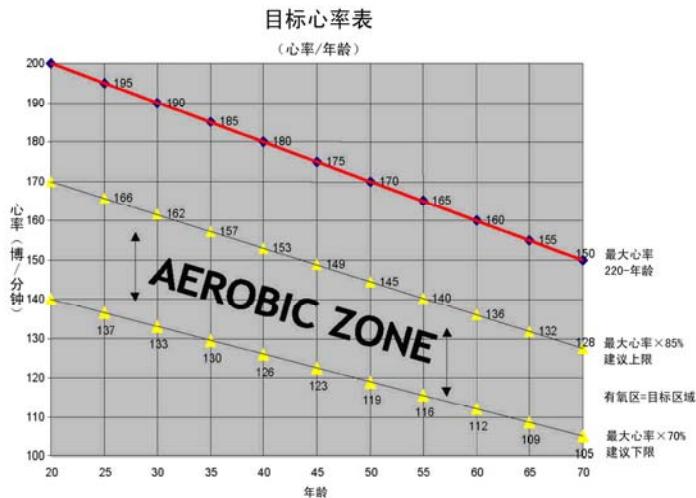
5 – 10 minutes of slow cycling, followed by calisthenics or stretching, in order to loosen the muscles.

Stop training immediately if you feel unwell or if any signs of exhaustion occur!

Alterations of metabolic activity during training:

- In the first 10 minutes of endurance performance our bodies consumes the sugar stored in our muscles: Glycogen.
- After about 10 minutes additionally fat will be burned.
- After 30 – 40 minutes fat metabolism is activated, then the body's fat is the main source of energy.

Standard heart rate list



7.6 Warm up and cool down

Warming up is an important part of your workout and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore Muscle problems. We suggest the following warm-up and cool-down

Exercises:

1. Toe Touch

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

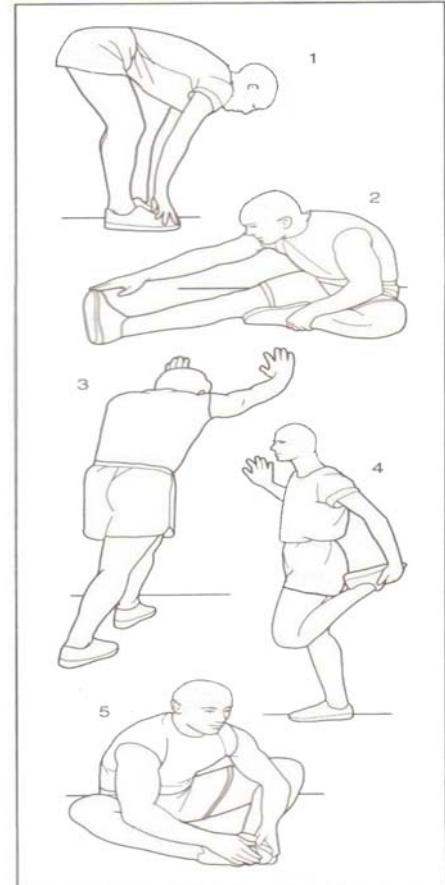
2. Hamstring Stretch

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

3. Calf-Achilles Stretch

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

4. Quadriceps Stretch



Put your right hands on the wall, the left hand backward catch the left foot. Let your heel stretch toward to your buttocks as close as you can and hold for 15 counts. Relax and then repeat with right foot.

5. Inner Thigh Stretch

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

Start your stretch slowly, exhaling as you gently stretch the muscle.

Don't bounce when you stretch. Holding a stretch offers less chance of injury.. Don't strain or push a muscle too far. If it hurts, ease up.

8 . Maintenance

-

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8.1 Maintenance

- In principle, the equipment does not require maintenance.
- Regularly inspect all parts of the equipment and then if all screws and connections are tightened.
- Promptly replace any defective parts through customer service. Don't use the equipment until it is repaired.

-

8.2 Care

- When cleaning use only a moist cloth and avoid harsh cleaning agents. Ensure that no moisture penetrates the computer.
- Components (handlebar, saddle) that come in contact with perspiration, need cleaning only with a damp cloth.

Please ensure that liquids never enter the machine or the electronics!

9 . Troubleshooting

-

Display shows no values:

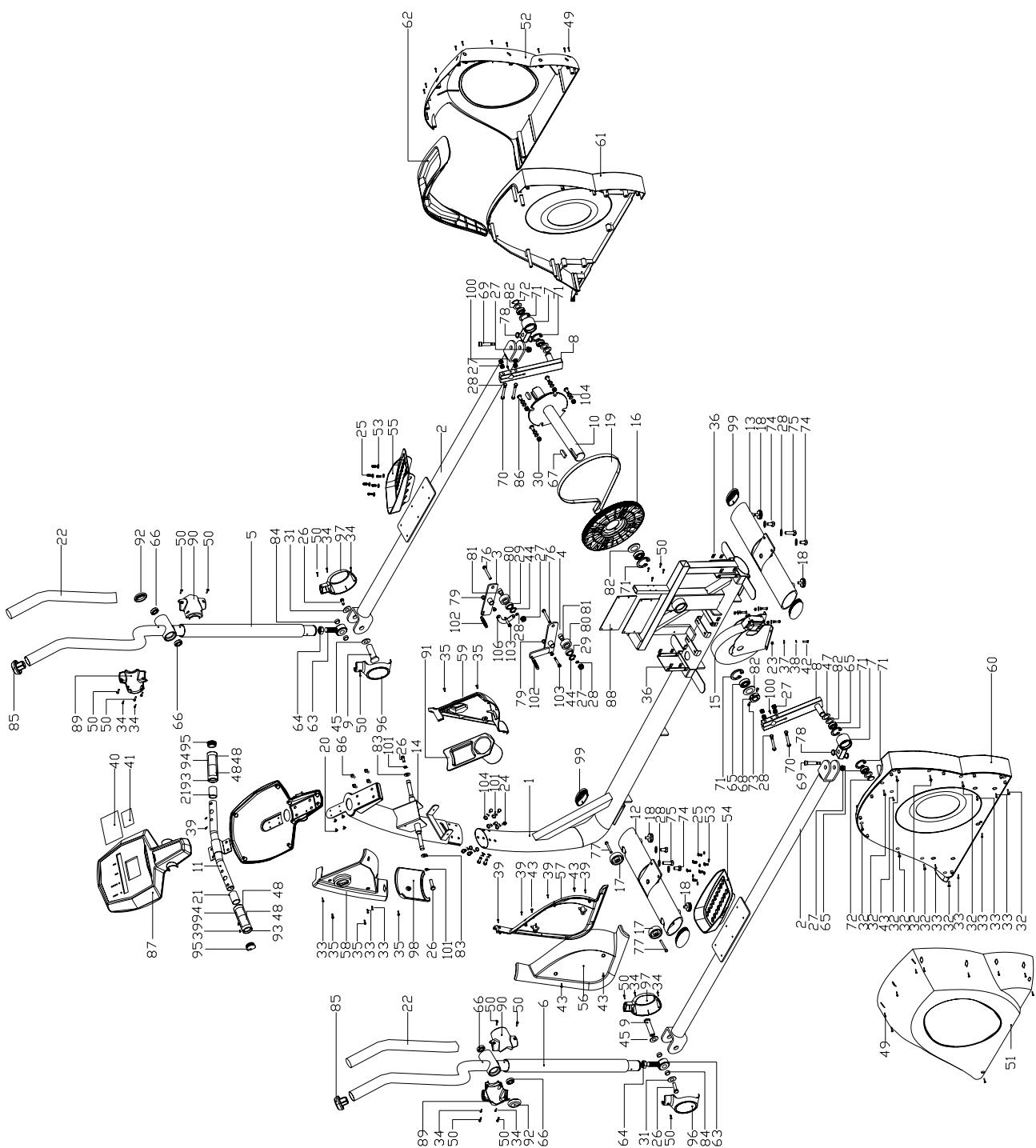
- Remove the power cord from the power outlet.
- Check the cable connections you assembled before.
- Check if the cables have been damaged during assembly.
- If cables have been damaged please order new ones from the customer service and replace the defect ones.

-

Display shows incorrect or no pulse rate:

- The hand pulse sensors are only working if you hold both sensors at the same time.
- Make sure that you have a firm grip on both hand pulse sensors.
- If the contact is interrupted during exercise, the computer needs a few seconds to get the new measures from the sensors.

10. Explosion drawing



11. Parts list

Parts list

No.	Parts	Description / remark	Qty
1	Mainframe welding	E360H-01	1
2	Pedal welding	E360H-02	2
3	Upper frame of pressure wheel	E360H-03	1
4	Lower frame of pressure wheel	E360H-04	1
5	Right handlebar welding	E360H-05	1
6	Left handlebar welding	E360H-06	1
7	Brace support welding	E360H-07	2
8	Brace welding	E360H-08	2
9	Bottom connecting axes of handlebars	E360H-09	2
10	Mid axes welding	E360H-10	1
11	Front handlebar welding	8618A-18	1
12	Front grounding tube welding	E360H-12	1
13	Rear grounding tube welding	E360H-13	1
14	Instrument pole welding	E360H-11	1
15	Self-generated motor	Φ 242*46	1
16	Big belt wheel	Φ 309*22*8slot	1
17	Transporting wheel	Φ 63* Φ 8*26 rubber/35#	2
18	Regulating pad	M10*18*Φ 38*12	4
19	Ply wedge belt	470J (with ROHS)	1
20	Round-head bolt	M5*12 (GB/T70.2-2000) chromeplate (with S4 spanner)	4
21	Tearproof sponge tube	Φ 31*t3*70 (open) black (with ROHS)	2
22	Tearproof sponge tube	Φ 36*t3*600 (open) black (with ROHS)	2
23	Locknut	M6 (GB/T889.1-2000) (with ROHS) white zinc	4
24	Round-head bolt	M8*20 (GB/T5181-2000) chromeplate	8
25	Round-head bolt	M6*15 (GB/T70.2-2000) plating black zinc	12
26	Bolt	M8*20 8.8 (GB/T5781-2000) black zinc	4
27	Locknut	M10 (GB/T889.1-2000) (with ROHS) white zinc	12
28	Washer	10 (GB/T97.1-85) (with ROHS) white zinc	12
29	Bearing	6203 (180203) P5 (with ROHS)	2
30	Locknut	M8 (GB/T889.1-2000) (with ROHS) white zinc	4
31	Pad	D8*D25*2.5T (with ROHS) white zinc	2
32	Philips screw	M5*20 (GB/T818-1985) white zinc	9
33	Round-head Philips screw	ST4.2*19 (GB/T845-1985) (with ROHS)	13

		white zinc	
34	Round-head Philips screw	ST3.5*13 (GB/T845-1985) (with ROHS) white zinc	8
35	Philips screw	M5*15 (GB/T818-1985) (with ROHS) white zinc	5
36	C shape clap	Φ 4.8X12X20	10
37	Washer	6 (GB/T97.1-85) (with ROHS) white zinc	4
38	Spring washer	6(GB93-87) (with ROHS) white zinc	4
39	Round-head Philips screw	ST2.9*19 (GB/T845-1985) plating black zinc	8
40	Panel of computer	English	1
41	Key-pressing panel	English	1
42	Bolt	M6*20 (GB/T5783-2000) white zinc	4
43	Round-head Philips screw	ST3.5*20 (GB/T15856.1-2002) white zinc	6
44	Circlip	Φ 40 (GB/T893.1-1986)	2
45	Washer(plating zinc)	Φ 19*Φ 30*2t/E360H-20	2
46	Spanner	S4 (with ROHS) plating black zinc	1
47	Spring washer	25 (GB/T955-97) (with ROHS)	2
48	Induction slice of heartbeat	T0.4*55*58/8318LB-13	4
49	Round-head Philips screw	ST4.8X20L white zinc	20
50	Round-head Philips screw	ST4.2*13 (GB/T845-1985) white zinc	16
51	Left shield	ABS 8618A-128	1
52	Right shield	ABS 8618A-129	1
53	Washer	6 (GB/T97.1-85) (含 ROHS) black zinc	12
54	Left pedal	8618A-120 (black)	1
55	Right pedal	8618A-121 (black)	1
56	Left front shield	8618A-124 (ABS) (431U)	1
57	Right front shield	8618A-125 (ABS) (431U)	1
58	Left frame of bottle	8618A-133 (ABS) (431U)	1
59	Right frame of bottle	8618A-135 (ABS) (431U)	1
60	Left mid shield	8618A-126 (ABS) (431U)	1
61	Right mid shield	8618A-127 (ABS) (431U)	1
62	Rear mid shield	8618A-119 (ABS) (431U)	1
63	Bearing in the end of pole	M18*1.5*27 (GB/T9163-2001) SAJK18C	2
64	Nut	M18*1.5 (GB/T6176-2000)	2
65	Bearing	6205 (P5) (with ROHS)	6
66	Bearing	61905-Z	4
67	Fixing slice for mid axes	B8*28 (GB/T1096-2003)	2
68	Washer	Φ 25*Φ 42*14t	2
69	Column-head Allen screw	M10*60 ladder black bolt E360H-22	2
70	bolt	M10*75 (GB/T5785-2000) white zinc	4
71	A-shape Circlip for orifice	Φ 52 (GB/T893.1-1986)	6
72	Circlip for axes	25 (GB/T894.1-1986) (with ROHS)	2
73	Column-head Allen screw	M5*20 (GB/T70.1-2000) white zinc	2
74	Bolt	M10*20 (GB/T5781-2000)	4
75	Bolt	M10*60 25mm (GB/T5780-2000)	2

76	Bolt	M10*40 (GB/T5780-2000)	2
77	Round-head bolt	M8*40 20mm (GB/T5780-2000)	2
78	Cupreous support	Φ 24*11/E360H-14	4
79	Cupreous support of pressure wheel	Φ 15. 8*13/E360H-15	4
80	Nylon support of pressure wheel	Φ 50*24/E360H-16	2
81	Fixing slice for pressure wheel	Φ 20. 5*18. 5/E360H-17	2
82	Washer	Φ 26*Φ 35*2t/E360H-19	6
83	Washer	Φ 9*Φ 30*2t/E360H-18	2
84	Connecting tube	Φ 22. 2*1. 5*13. 5t/E360H-21	4
85	Plug for upper handlebar	Nylon 6 black 8618A	2
86	Round-head bolt	M8*15 (GB/T70. 2-2000) chromeplate	8
87	Computer	8618A	1
88	Driving board	8618A	1
89	Side cover 1 of handlebar	(ABS) (431U) 8618A-131	2
90	Side cover 2 of handlebar	(ABS) (431U) 8618A-132	2
91	Inner frame of bottle	(ABS) (431U) 8618A-134	1
92	End cap	(ABS) (431U) 8618A-118	2
93	Lower cover for testing heartbeat	ABS black 8318LB-12	2
94	Upper cover for testing heartbeat	ABS black 8318LB-11	2
95	Plug of tube	ABS black 8318WB-23	2
96	Bottom left shield of handlebar	(ABS) (431U) 8618A-136	2
97	Bottom right shield of handlebar	(ABS) (431U) 8618A-137	2
98	Shield of instrument pole	(ABS) (431U) 8618A-138	1
99	Plug for bottom tube	(ABS) 8318LB	4
100	Philips screw	M6*10 big head (GB/T818-1985)	2
101	Spring washer	8(GB93-87) (with ROHS) white zinc	10
102	Spring	D3*87	2
103	Column-head Allen screw	M8*46 ladder black E360H-23	2
104	Washer	8(GB/T97. 1-85) (with ROHS) white zinc	16
105	Spanner	8000AA	1
106	Connecting slice of pressure wheel	145*70*3. 0t/E360H-25	1