USER'S MANUAL

V-200

SERIAL NUMBER (found on frame):

PREASSEMBLY

For future service or related questions:

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your item.

Name: _____ Phone Number: _____ Receipt: _____

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. .

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 325lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

POWER REQUIREMENTS

Power Requirements:

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

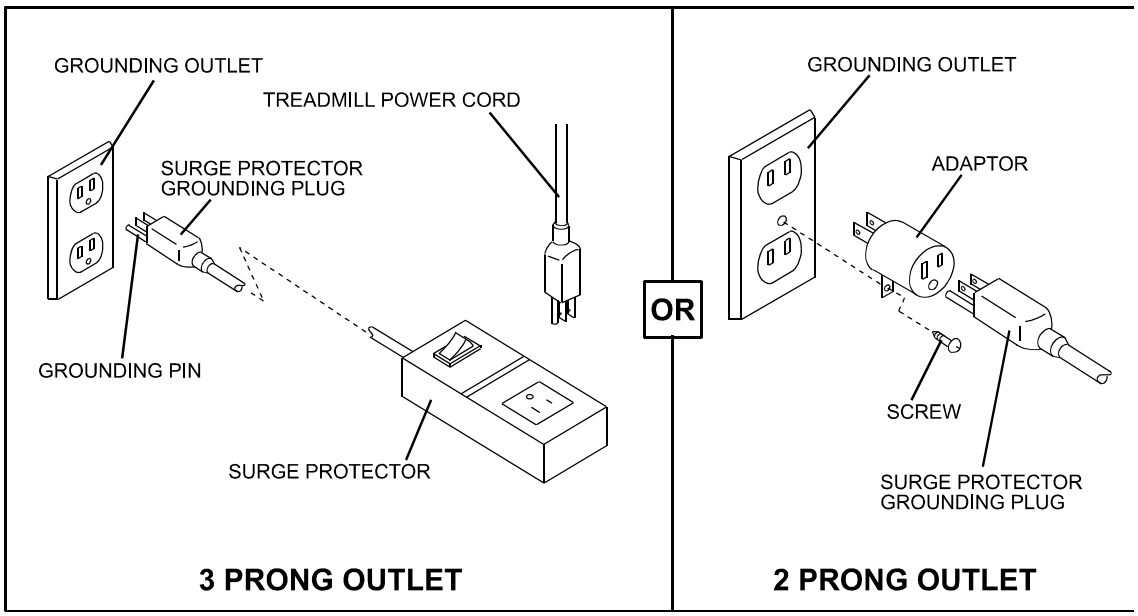
This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 120VAC, 15 amps.

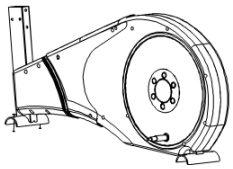
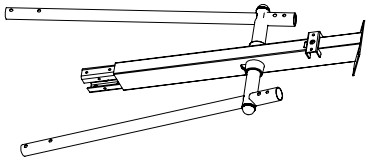
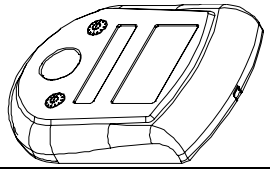
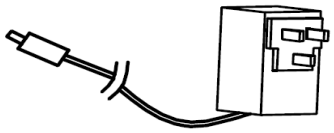
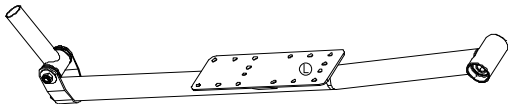
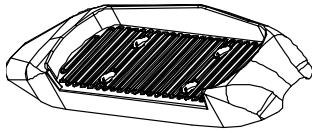
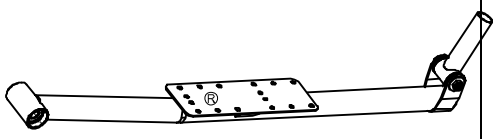
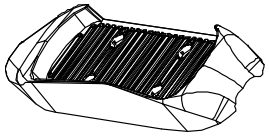
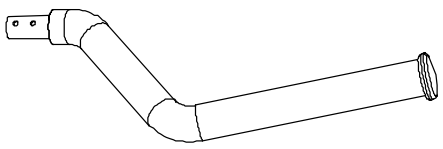
This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill is equipped with an electrical cord that has an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

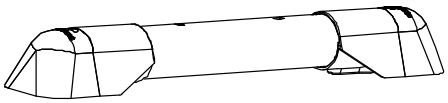
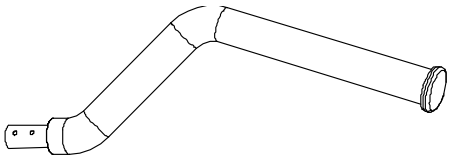
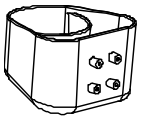
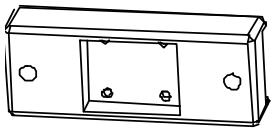
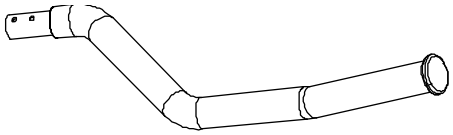
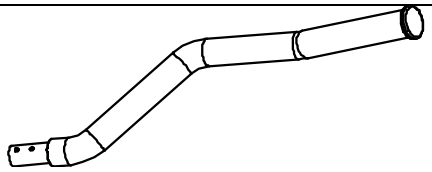
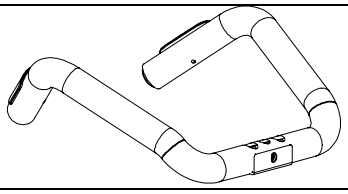
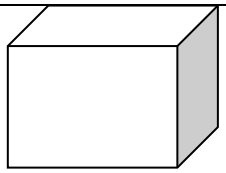
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.

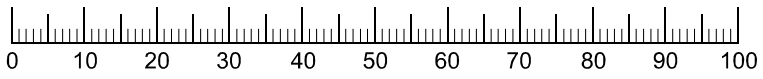
GFCI outlets and GFCI / AFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI / AFCI Circuit Breakers may cause this equipment to function improperly.



SUPPLIED COMPONENTS

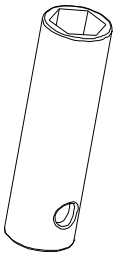
Base Frame	V200		Up right tube	V200
				
Console	V200		AC Adaptor	V200
				
Pedal tube(L)	V200		Pedal(L)	V200
				
Pedal tube(R)	V200		Pedal(R)	V200
				
Front stabilizer	V200		Handle bar (L)	V100
				
Rear stabilizer	V200		Handle bar (R)	V100

				
Bottle holder	V200		Rear cover for upright tube	V200
				
Handle bar (L)	V200		Handle bar (R)	V200
				
Fix handle bar	V200		Hardware Kit (V200)	V200
				

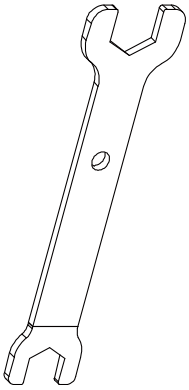


MILLIMETERS

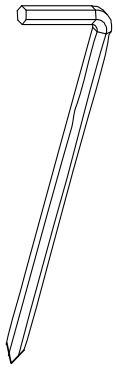
TOOL included with machine:



M8 socket



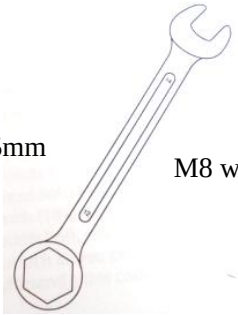
M8/M10 wrench



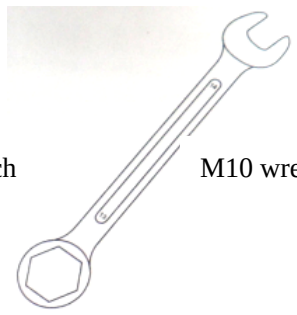
Screw driver 5mm

General tools prepared by user:

Screw driver 5mm



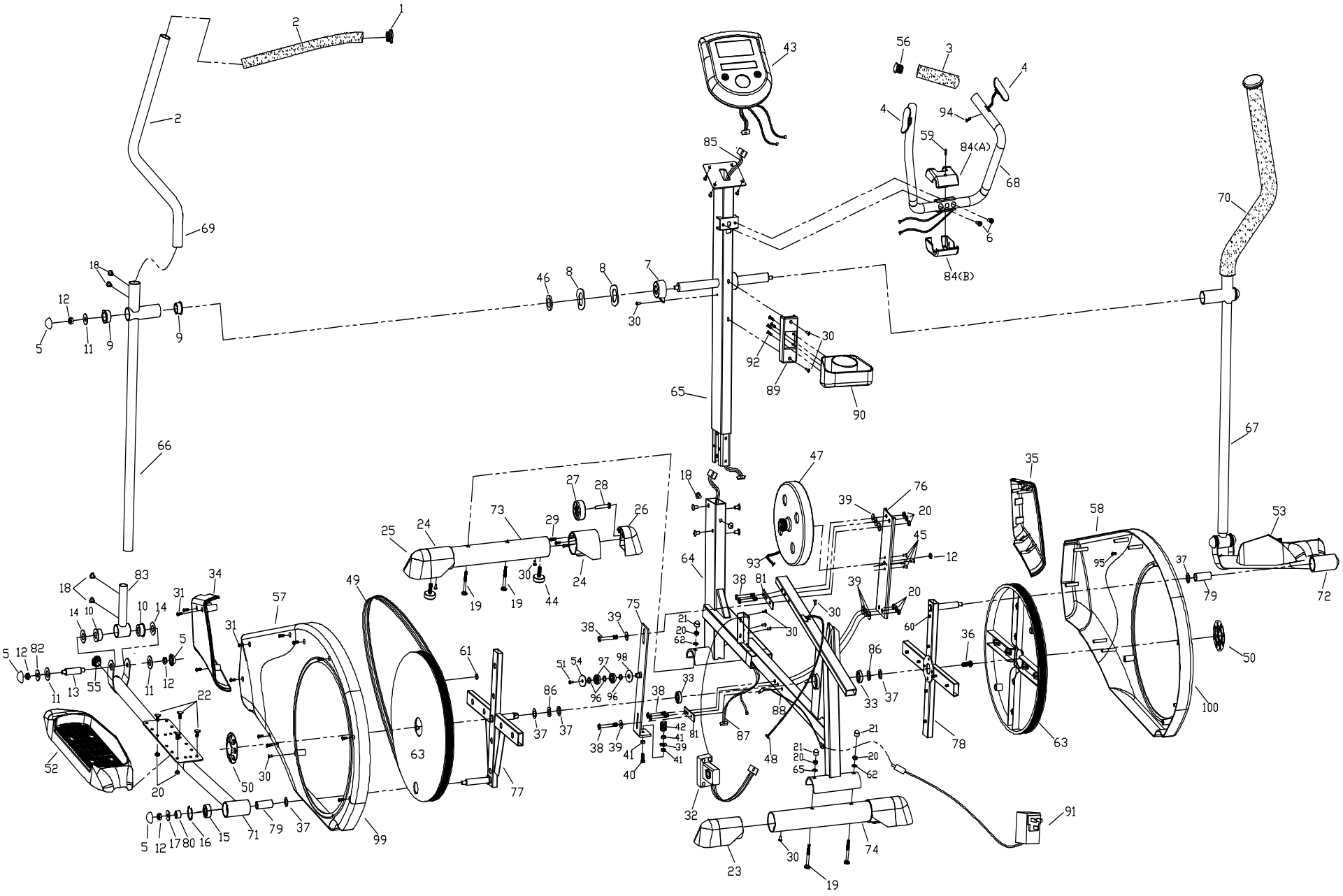
M8 wrench



M10 wrench

1	Handlebar end cap	45	Screw
2	Handlebar grip	46	Washer
3	T-Bar grip	47	Flywheel
4	Hand pulse grip unit	48	Speed Sensor Cable
5	End cap	49	Belt
6	End cap	50	End cap
7	Locking washer	51	Screw
8	Washer	52	Pedal, LH
9	Sleeve	53	Pedal, RH
10	Sleeve	54	Washer
11	Washer	55	End cap
12	Nylock nut	56	End cap (T-Bar)
13	Pedal tube shaft	57	Middle cover, LH
14	Washer	58	Middle cover, RH
15	Bearing	59	Screw
16	Retainer	60	Screw
17	Washer	61	Magnet
18	Allen head bolt	62	Washer
19	Screw	63	Pulley
20	Nylock nut	64	Base frame
21	Plastic cap	65	Upright tube
22	Screw	66	Swivel tube, LH
23	Rear foot cover	67	Swivel tube, RH
24	Front foot cover (middle)	68	Fixed handle bar
25	Front foot cover (left)	69	Handle bar, LH
26	Front foot cover (right)	70	Handle bar, RH
27	Wheel	71	Pedal tube, left
28	Screw	72	Pedal tube, right
29	Screw	73	Front foot
30	Screw	74	Rear foot
31	Screw	75	Flywheel holder bracket
32	Motor	76	Belt ightener
33	Bearing	77	Metal cross, LH
34	Front cover, LH	78	Metal cross, RH
35	Front cover, RH	79	Bushing
36	Locking screw	80	Bushing
37	Spacer	81	Metal plate
38	Screw	82	Rubber Washer
39	Washer	83	Connecting tube
40	Screw	84(A)	Upper cover
41	Nut	84(B)	Lower cover
42	Spring	85	Console cable 990MM
43	Meter	86	Washer
44	Adjustable foot	87	Cable 850MM
88	Power wire 750MM		

89	Rear cover for upright tube		
90	Bottle holder		
91	AC ADAPTOR		
92	Screw		
93	Cable 420MM		
94	Screw		
95	Screw		
96	Washer		
97	Bearing		
88	Power wire 750MM		
89	Rear cover for upright tube		
90	Bottle holder		
91	AC ADAPTOR		
92	Screw		
93	Cable 420MM		
94	Screw		
95	Screw		
96	Washer		
97	Bearing		
88	Power wire 750MM		
89	Rear cover for upright tube		
98	Washer		
99	Side cover, LH		
100	Side cover, RH		
101	Handlebar grip		
102	Handle bar, LH (V200)		
103	Handle bar, RH (V200)		
104	Fixed handle bar (V200)		
*	TOOL Screw Driver		
*	TOOLWrench		
*	TOOLLubrication Grease Bag		
*	TOOLSocket		



STEP:1 FRONT SUPPORT (Front Stabilizer) ASSY.

As photo shown
1) in order to facilitate assembly, use one of the lager styroform set under the Frame (as photo shown)
2) Attach the front support with transportation wheels to the frame with two bolts (#19) washers (#65) nuts (#20)
3) locking sleeves with tool and cover the nut with two caps (#21) ◦

NO	part list	QUANTITY
#19		2
#65		2
#20		2
#21		2

STEP:2 REAR SUPPORT (Rear Stabilizer) ASSY.

As photo shown
1) In order to facilitate assembly, use one of the lager styroform set under the Frame (as photo shown)
2) Attach the rear support to the frame with two bolts (#19) washers (#65) nuts (#20)
3) locking sleeves with tool and cover the nut with two caps (#21)

NO	part list	QUANTITY
#19		2
#65		2
#20		2
#21		2

STEP:3 UPRIGHT TUBE ASSY. TO THE FRAME

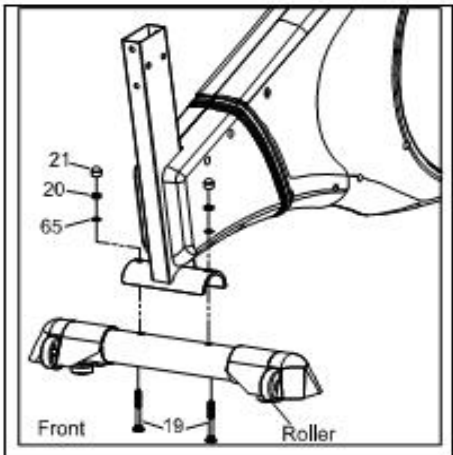
As photo shown
1) place upright tube on top of a chair (or by a second person to assist holding) close to the main frame be facilitated to connect the cables.
2) check the direction of upright tube before connect the Top/Bottom pre-assembled cables as photo shown.
3) fixing eight screws (#18) with finger locking first then tighten all firmly.
Note! tighten the two screws on the label "①" screw hold and then locking up the rest of six screws.

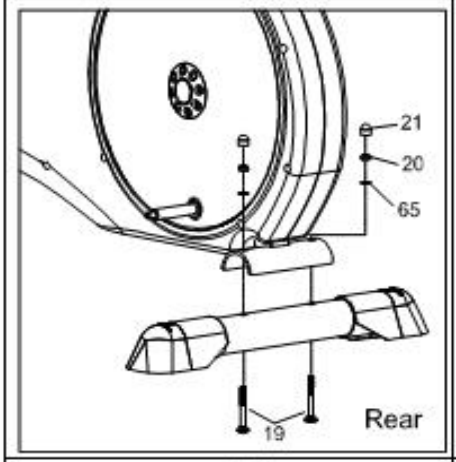
NO	part list	QUANTITY
#18		8

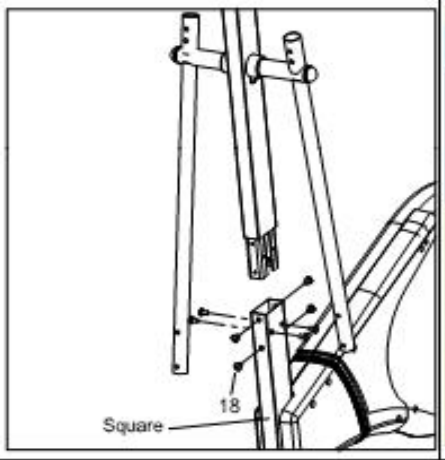
STEP:4 PEDAL ASSY

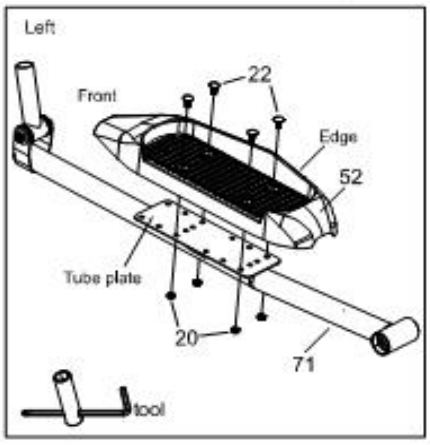
1) Set both pedal tube (R#71/L#72) & plastic pedals(#52/#53) on the floor, indentity the (R/L) match up left set (#71/#52) & right set (#72/#53).
Note! the pedal has left/right label, check the diredtion of pedl for front and foot protection edge of pedal as drawing shown)
2) lock up both pedals to the tube plate with screws(#22), nut (#20), with tool socket & screw driver firmly (as drawing showm)
Note! three sets of holds on the tube plate, user may choice one set to use, eash set will give one inch variation pedal distance to select, make sure both pedasl select the same location of holes

NO	part list	QUANTITY
#22		8
#20		8
*		1
*		1


21
20
65
Front
19
Roller


21
20
65
19
Rear


18
Square


Left
Front
22
Edge
52
Tube plate
20
71
tool

STEP:5 PEDAL SUPPORT TUBE ASSY (一)

1) Frist, distinguish between the left/right pedal support tube (note: check pedal support tube with left/right label)
2) Set both pedal support tube (#71&#72) to the main frame as drawing shown first。
3) Insert long bushing (#79) to the axle on main frame (disc), then inset both pedal trube (#71&#72), insert short bushing (#80) washer (#1 7), secure each with M10 nylon lock nut (#12) fully tighten up
4) cover the nut with end cap (#5)

NO	part list	QUANTITY
#5		2
#12		2
#17		2
#79		2
#80		2

STEP:6 PEDAL SUPPORT TUBE ASSY (二)

1) Insert both pre-assembled connecting tube (#83) to each of swivel Tube (#66 & #67)
2) locking up both with screws (#18) as drawing shown。
3) Finally, set end cap (#5)cover the nut.

NO	part list	QUANTITY
#18		4
#5		4

STEP:7 UPPER SWING ARM HANDLE BAR

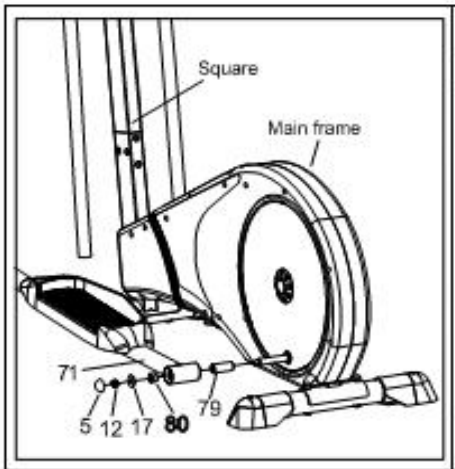
As photo shown
1) set the swing arm handle bar (#69 & #70) was insertd on the left L /Right R of the swing arm handlebar .
2) turn the handlebar on the aligned holes , secure both with two screws (#18) and lock.
3) Finally cover both nuts with end cap (#5)

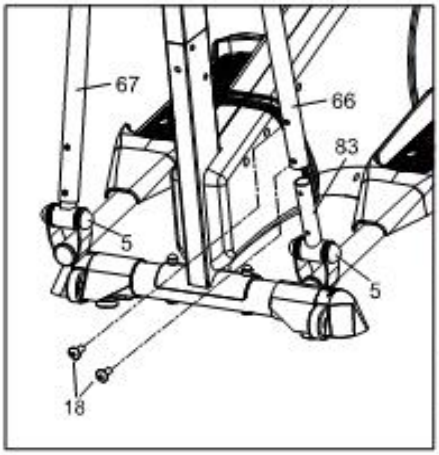
NO	part list	QUANTITY
#18		4
#5		2

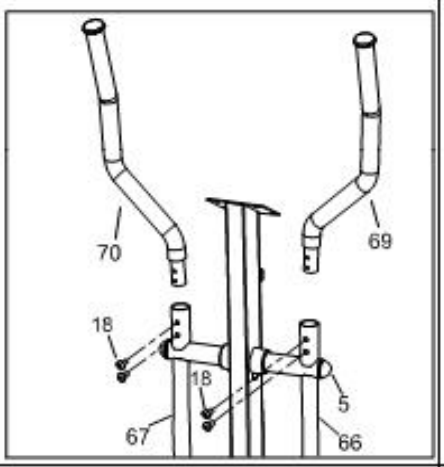
STEP:8 FIXED HANDLE BAR ASSY

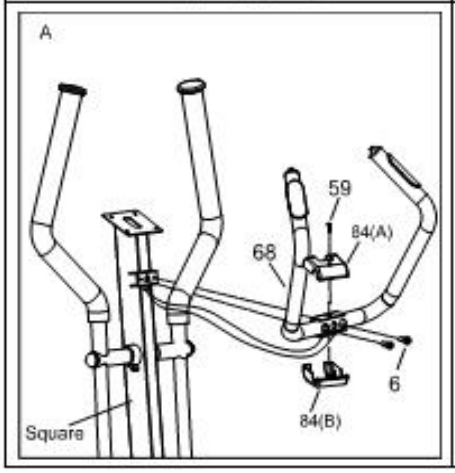
As photo shown
1) Fit the fixed handlebar (#68) with the screws (#6) and thru the bracket hold of upright tube with screw drive,
2) Set both EKG grip cables thru the small holes under the fie handlebar (#68) on the upright tube.
3) Pick up the cables from top of the upright tube.
4) Secure the fix handlebar covers with screws (#59)
Note! the cover (#84B) got a nut inject in the bar

NO	part list	QUANTITY
#6		2
#59		1
#84		1


Square
Main frame
71
5
12
17
80
79


67
66
83
5
5
18

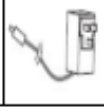

70
69
18
18
5
67
66


A
59
84(A)
68
6
Square
84(B)

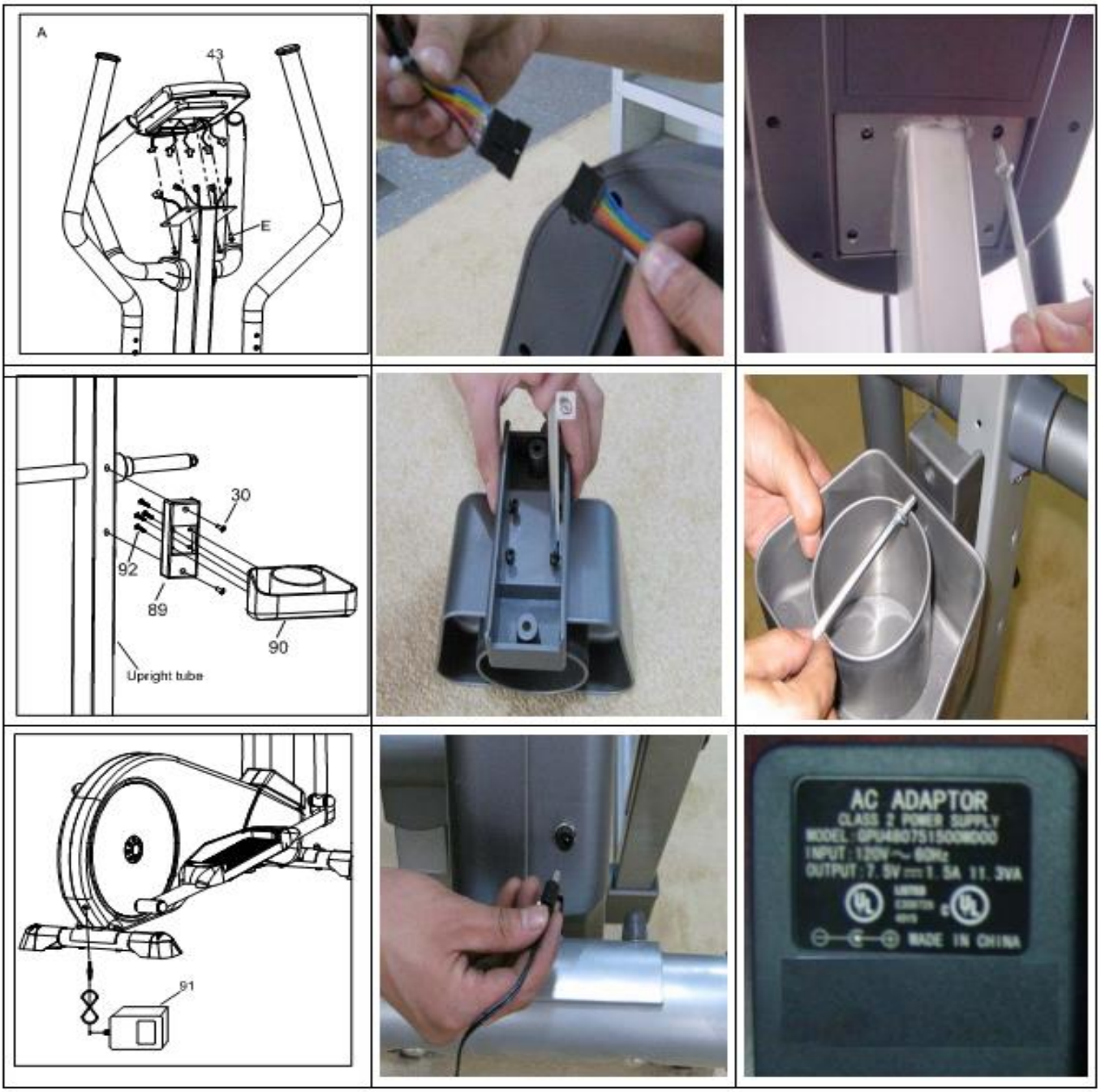
Due to console/computer will assemble with a higher Location of machine SUGGEST to have a partner to Hold the computer and make sure all the Cable/plug Are plug in firmly or use a Chair to stand on it to get a higher position to the console location so be more easier to make sure all the cable /plug are plug in firmly.

STEP:9	CONSOLE ASSEMBLY	NO	part list	QUANTITY
As photo shown 1) connect cables comes out from console (#43) & cables from the upright tube together. **Note! check & plug cables, same color to be plug together.** **Black color can plug in with any black , no need to select special plug.** **Make sure all plug firmly in then insert all plugged cables to top of upright tube.** 2) set console to the top plate on the upright tube and secure both with screws (E)		E		4

STEP:10	DRINK HOLDER & STORAGE RACK ASSY	NO	part list	QUANTITY
As photo shown 1)First pre-assy the dring holder base (#89) with bottle holder (#90) together with 4 screws (#92) 2) set the holder assy to the upright tube with screw (#30) firmly		#30		2
		#92		4

STEP:11	POWER ADAPTOR	NO	part list	QUANTITY
As photo shown 1) Plug the power cord with power adaptor (#92) into an appropriate outlet IMPORTANT: The elliptical exerciser is not compatible with GFCI-equipped outlets. 2) The other end of the access hole in the rear of the base frame **Note! before plug in, please check the voltage specifications on the label.**		#91		1

Due to console/computer will assemble with a higher Location of machine SUGGEST to have a partner to Hold the computer and make sure all the Cable/plug Are plug in firmly or use a Chair to stand on it to get a higher position to the console location so be more easier to make sure all the cable /plug are plug in firmly.



Mp3 and iPod Usage

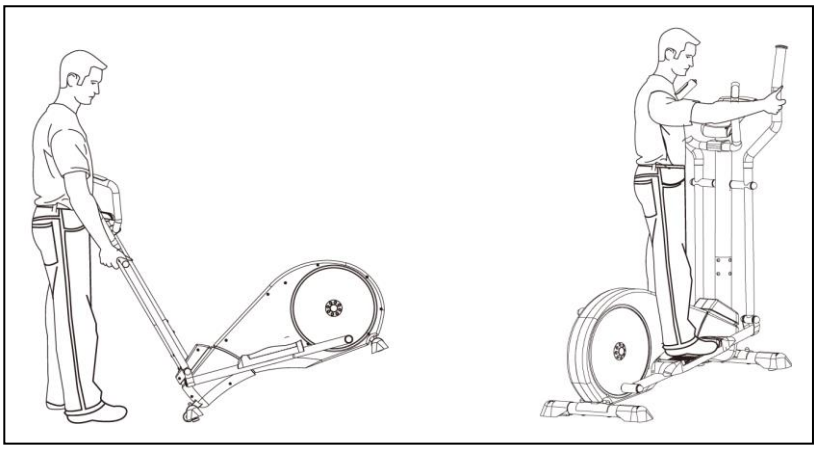
To play music or audio books through the console sound system while you exercise, plug the included audio cable into the jack on the back of the console and into a jack on your MP3 or iPod; make sure that the audio cable is fully plugged in. Next, press the play button on your MP3 player or IPOD. Adjust the volume level using

Cooling Fan

Cooling Fan is included with the unit to increase the Air Circulation during your exercise. To operate press the "Fan" key to turn on. To turn the fan off, press the "Fan" key again to stop the fan.

Transporting the Elliptical

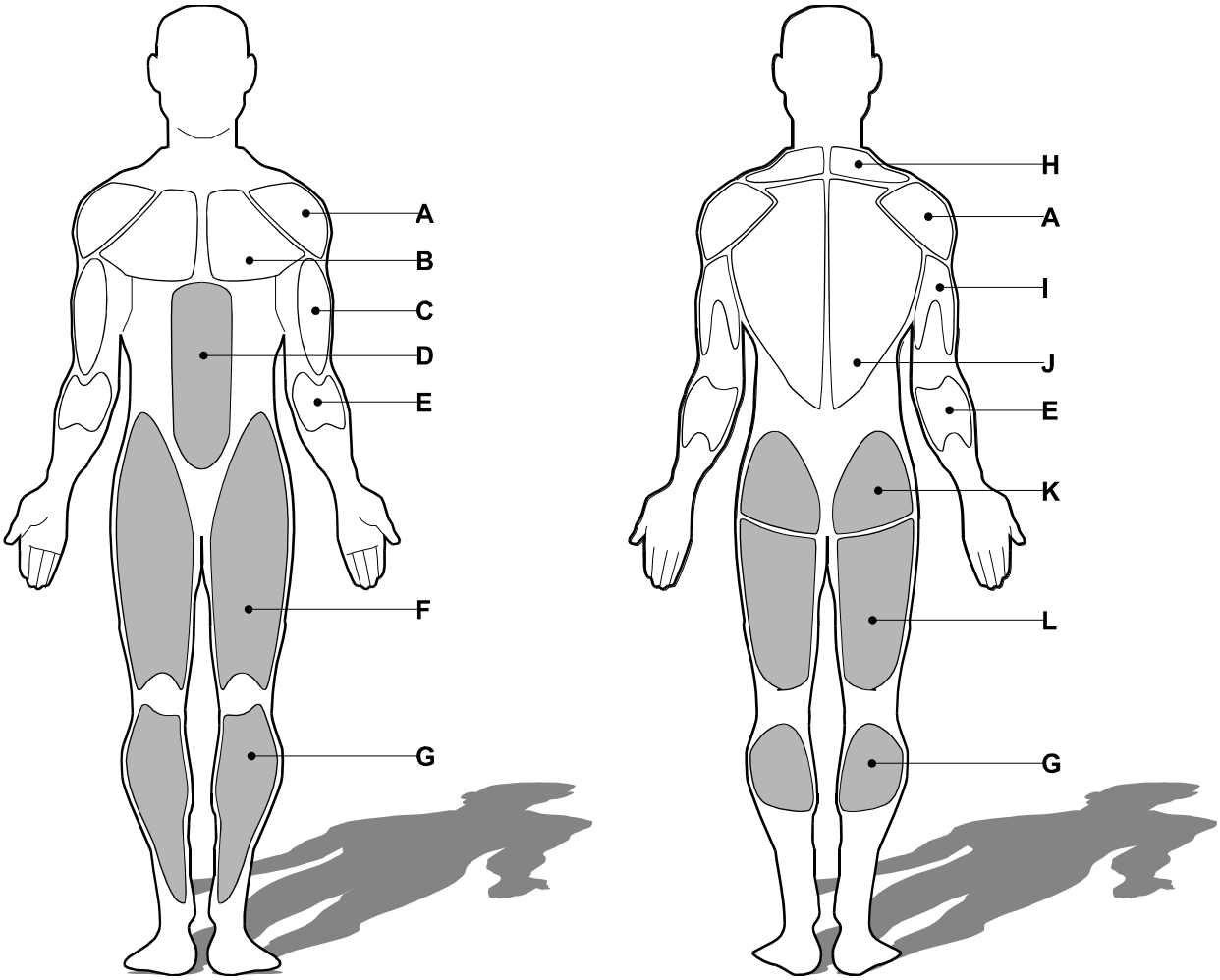
- Please follow these instructions when carrying and moving the equipment. Lifting it incorrectly may strain your back or cause injury
- The device is easy to move by pushing along on the integrated transport wheels. Tilt the unit from the front and pull it along the floor on the wheels.
- To prevent the equipment malfunctioning, store in a dry place with as little temperature variation as possible and protected from dust.



MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.



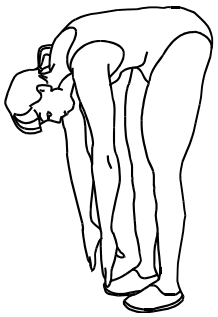
A	**Shoulder muscles**	**Calf muscles**	
B	**Pectoral muscles**	**Trapezius muscles**	**H**
C	**Bicep muscle**	**Tricep muscles**	**I**
D	**Abdominal muscles**	**Back muscles**	**J**
E	**Forearm muscles**	**Gluteal muscles**	**K**
F	**Quadricep muscles**	**Hamstring muscles**	**L**

Warm up and cool down:

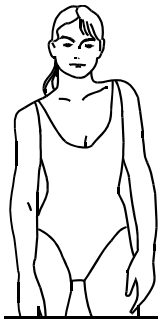
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

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 out 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 warm-up and cool-down exercises on the following pages:

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.

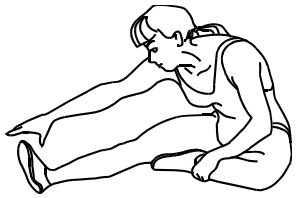


Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



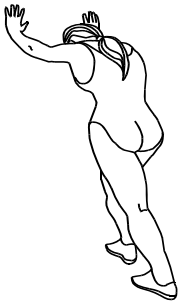
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

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.

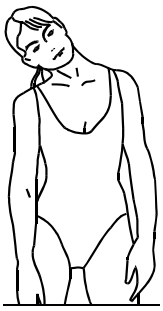


Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

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, and then repeat on the other side for 15 counts.



Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



COMPUTER OPERATION

Console Display Description

Display	Display Range	Setting Range	Default	Memory
SEX		MALE/ FEMALE		Yes
AGE		10 - 100		Yes
WEIGHT(METRIC)		20 - 330(Lb.) 10 - 150(KG)		Yes
HEIGHT		36 - 84(INCH) 90 – 210(CM)		Yes
TIME	0:00 - 99:59	0:00 - 99:00	0: 00	No
DISTANCE	0.0 - 99.99	0.00 - 99.50	0: 00	No
CALORIES	0 - 999	0 - 990	0: 00	No
SPEED	0.0 - 99.9		0: 00	No
PULSE	30 - 200 BPM		0: 00	No
RPM	0 - 250 rpm		0: 00	No
BRAKE RESISTANCE LEVEL		L1 - L24	L1	No

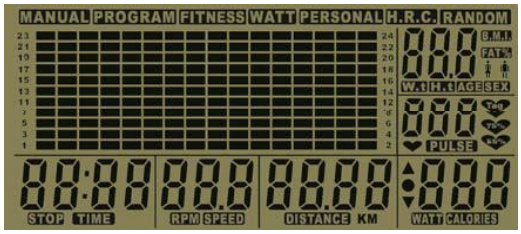
Button Function

Reset Button	Return to the "**User Set Up**" screen
	Return to the "**Program Selection**" screen, only when the button is pressed during a short pause in a workout.
	Hold the Reset button for 3 seconds to return to the "**Power On**" screen.
Start/Stop	Press start, to begin and pause a workout.
Quick Start	Press quick start before setting any user information to begin a manual workout directly. Note: using quick start will use the default settings as the user profile.
+ / -	Use the plus and minus keys to select User profile data, program selections, heart rate values and resistance levels.
Enter	Press enter to confirm selections.
Handle Toggle Switches	The toggle switches function in the same manner as the + and - keys using them you can to select User profile data, program selections, heart rate values and resistance levels.
Recovery	Press the Recovery button to begin the heart rate evaluation test.
Fan	Pressing the fan button will activate and deactivate the fan

Power Modes

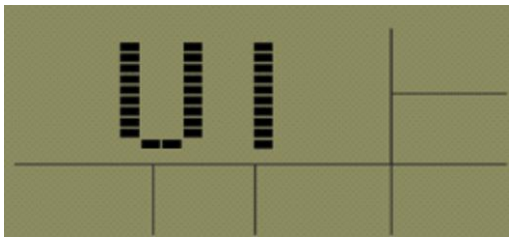
1. **Power On**: Plug in the power cord with power adaptor into an appropriate outlet. Next, locate and switch on the "reset/off button" on the frame, near the power cord. A loud beep will sound and the display will then light (**Fig. 1**) and enter User Set Up & Selection mode in a few seconds (**Fig. 2**)

2. **Power Off**: The console will automatically switch to “sleep” mode after 4 minutes of inactivity



Setting Up User Profile:

At first, the LCD will show a blinking U1, and will also display only factory default setting values for user HEIGHT, WEIGHT, AGE and GENDER. Press the RESISTANCE UP/DOWN buttons to choose the User ID from U1 to U2 and press the ENTER button to select the user ID shown.



GENDER entry – After the User ID has been selected, the word “SEX” will flash in the upper right corner, the computer will display the default gender. The gender is indicated by an icon of a man or woman. Press the RESISTANCE UP/DOWN button to adjust the user gender then press ENTER to select.

AGE entry – After the gender set up procedure, the word “AGE” will flash in the upper right corner, the computer will display the default “30” or previous setting and begin blinking. Press the RESISTANCE UP/DOWN button to adjust the user age information then press ENTER to select.

HEIGHT entry – After the age set up procedure, the symbol “H.t” will flash in the upper right corner, the computer will display the default 70” or previous setting and begin blinking. Press the RESISTANCE UP/DOWN button to adjust the user height information then press ENTER to confirm.

WEIGHT entry – After the User HEIGHT confirmation procedure, the symbol “W.t” will flash in the upper right corner, the computer will display the default 150(lbs.) or previous setting and begin blinking. Press the RESISTANCE UP/DOWN button to adjust the user weight information then press ENTER to confirm.

Your user profile has not been completed. Now you can select your exercise program.

Your display is now in program mode. You can choose your prefered program. There are 6 program catogories available

- Press + or -to select a program category.
- Press enter to confirm your PROGRAM SELECTION.

Manual

Program

Fitness

Personal

HRC

Random

MANUAL PROGRAM

Once the manual program is entered press +/- to increase the program difficulty level. Press enter to confirm.

Once the level has been set you can enter the time of the program. To increase or decrease the time of the program press the +/- keys. Press enter to confirm. Once the time has been set you can enter the distance of the program. To increase or decrease the distance of the program press the +/- keys. Press enter to confirm. Once the distance has been set you can enter the calories of the program. To increase or decrease the calories of the program press the +/- keys. Press enter to confirm.

The manual program will count down all of the values and end when any one value reaches 0. If you wish to continue until the other values reach 0 then press start after the initial value has ended the program.

PRESET PRORGAMS

After selecting the category program, Press the +/- keys to select P1 – P12. The program profile will be displayed on the display as you scroll through the choices. Once the program profile is entered press +/- to increase the program difficulty level. Press enter to confirm.

Once the level has been set you can enter the time of the program. To increase or decrease the time of the program press the +/- keys. Press enter to confirm. Once the time has been set you can enter the distance of the program. To increase or decrease the distance of the program press the +/- keys. Press enter to confirm. Once the distance has been set you can enter the calories of the program. To increase or decrease the calories of the program press the +/- keys. The preset program will count down all of the values and end when any one value reaches 0. If you wish to continue until the other values reach 0 then press start after the initial value has ended the program.

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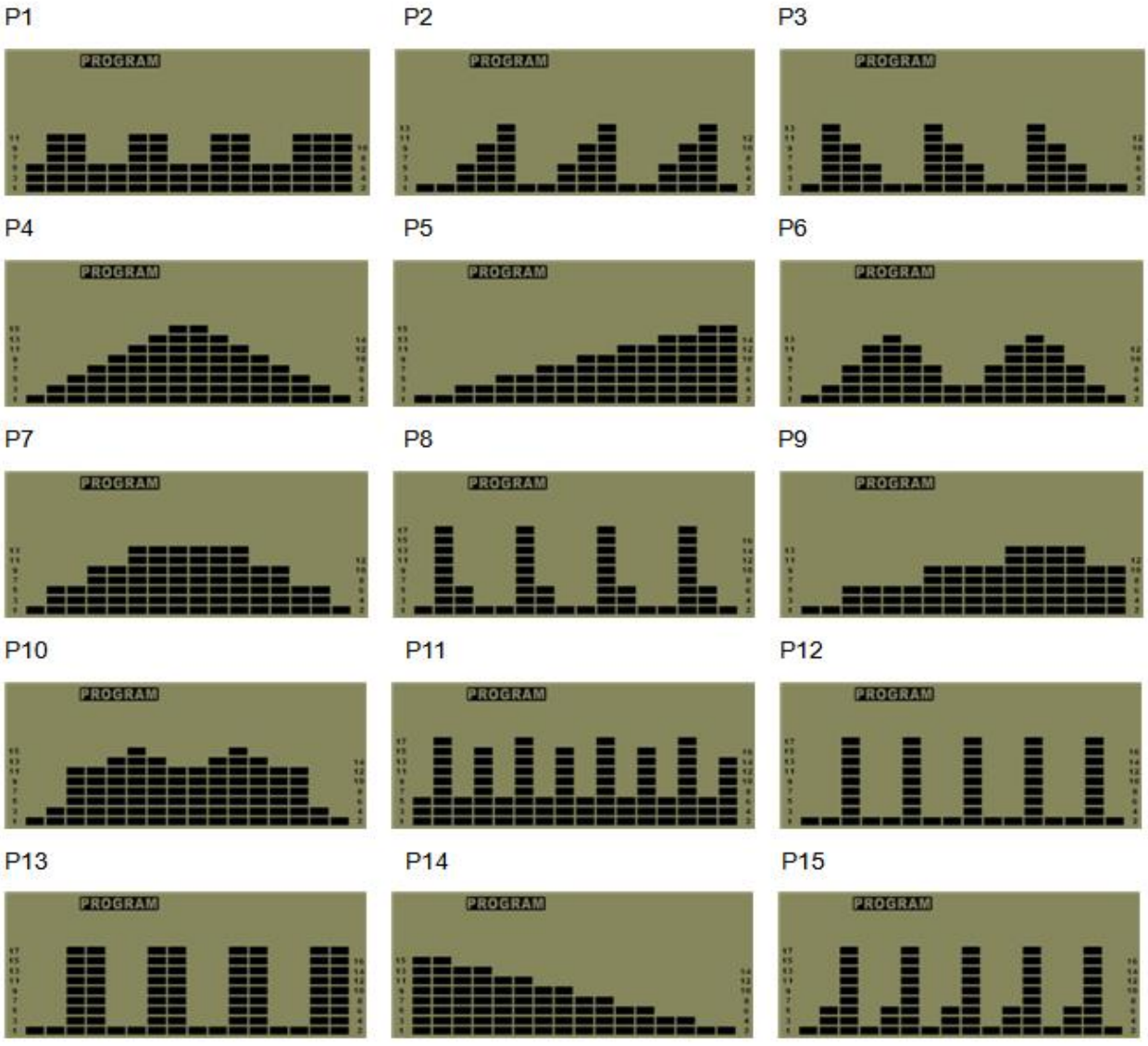
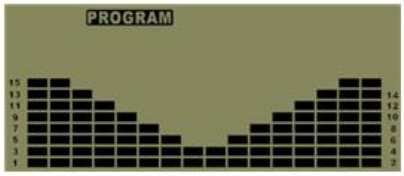


P16



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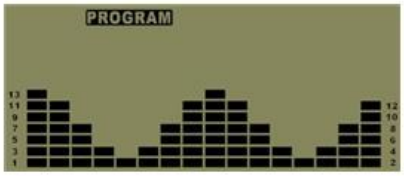

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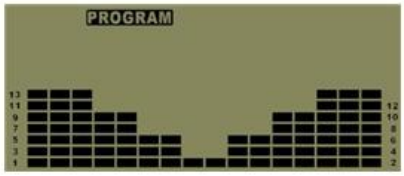

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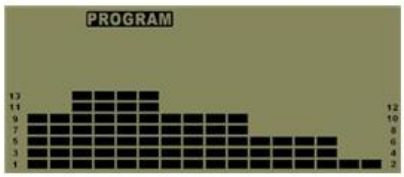

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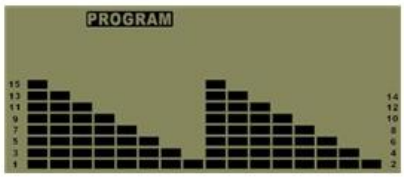

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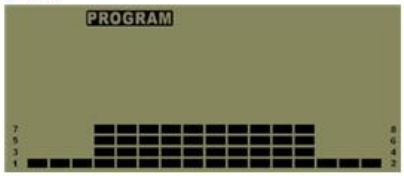


MAINTENANCE and TROUBLESHOOTING

After selecting this program, press the start/stop. The program will go through t warm ups and then into the fitness test. The computer will continue to add resistance dependent upon your heart rate and resistance level. The level is based upon 85% of maximum heart rate. After the program has been completed the program will enter the heart rate recovery evaluation to test how long it will take to return to your resting heart rate.

PERSONAL PROGRAM

The personal program is designed so that you can create your own exciting and challenging workout

Once the personal program is entered press start to begin the program. During the work out you will create your personal program profile by adjusting the level using the +/- keys. You can set one level per segment. The time set will be averaged over the 16 segments. The program will automatically save when the program is completed

The personal program can also be preset. To preset the program first adjust the resistance +/- level for the first profile segment then press enter to set and move to the next segment. Repete the process for the 2^{nd}, 3^{rd} 4^{th}, etc…

Once the personal program is entered (16 segments) you can enter the time of the program. To increase or decrease the time of the program press the +/- keys. Press enter to confirm. Once the time has been set you can enter the distance of the program. To increase or decrease the distance of the program press the +/- keys. Press enter to confirm. Once the distance has been set you can enter the calories of the program. To increase or decrease the calories of the program press the +/- keys. Press enter to confirm.

The manual program will count down all of the values and end when any one value reaches 0. If you wish to continue until the other values reach 0 then press start after the initial value has ended the program.

TARGET HEART RATE CONTROL PROGRAMS

This program with allow you to choose the best type of work out so that you can achieve your fitness goals. The HRC program provides three different target heart rate ranges. 55% of maximum heart rate: this range is designed for fat burning. 75% of maximum heart rate: this range is designed for aerobic conditioning. 90% of maximum heart rate: This range is designed for increased cardiovascular performance. This program heart rate ranges are based on the 220-age=max HR

Once the manual program is entered press +/- to choose the target heart rate range. Press enter to confirm.

Once the range has been set you can enter the time of the program. To increase or decrease the time of the program press the +/- keys. Press enter to confirm. Once the time has been set you can enter the distance of the program. To increase or decrease the distance of the program press the +/- keys. Press enter to confirm. Once the distance has been set you can enter the calories of the program. To increase or decrease the calories of the program press the +/- keys. Press enter to confirm.

The manual program will count down all of the values and end when any one value reaches 0. If you wish to continue until the other values reach 0 then press start after the initial value has ended the program

RANDOM PROGRAM.

Once the Random program is entered you can enter the time of the program. To increase or decrease the time of the program press the +/- keys. Press enter to confirm. Once the time has been set you can enter the distance of the program. To increase or decrease the distance of the program press the +/- keys. Press enter to confirm. Once the distance has been set you can enter the calories of the program. To increase or decrease the calories of the program press the +/- keys. Press enter to confirm.

The manual program will count down all of the values and end when any one value reaches 0. If you wish to continue until the other values reach 0 then press start after the initial value has ended the program.

RECOVERY HEART RATE EVALUATION。

This program is designed to evaluate your fitness level by measuring the time it takes you to go from a high heart rate during a work to your resting heart rate. (This test is only for reference and is not intended for medical purposes or to treat and or diagnose medical conditions. The heart rate reading may be inaccurate and must not be used for medical purposes.)

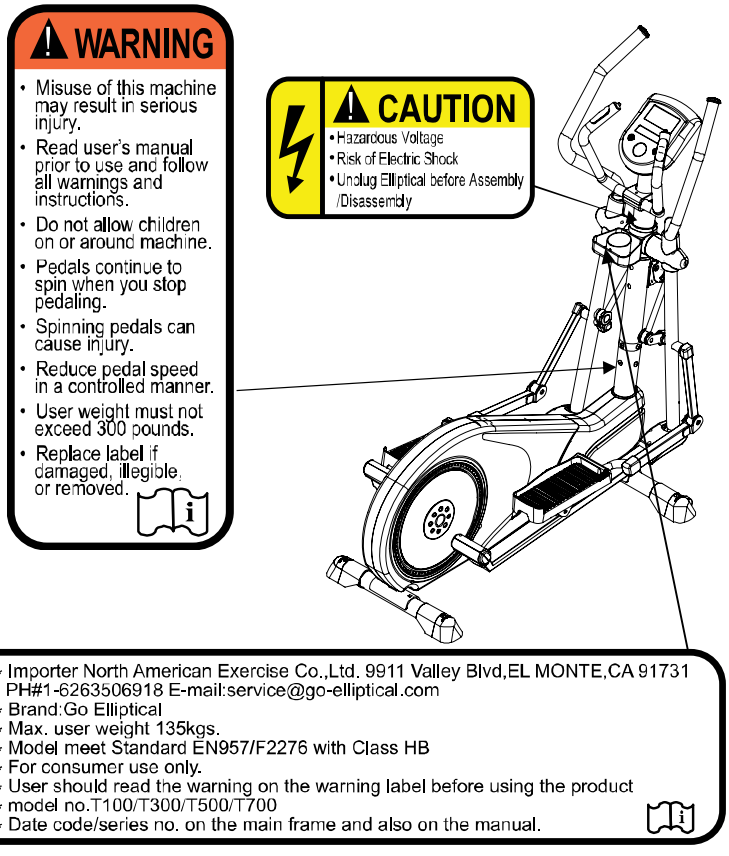
Before ending your work out press the recovery button, discontinue exercising, and immediately place your hands on the contact heart rate sensors. Continue to hold the sensors for approximately 60 seconds for the evaluation to be completed. Once the evaluation has been completed you will see a value on the display. Consult the table below for evaluation results.

Value	Recovery Heart Rate
F1	Excellent
F2	Very Good
F3	Good
F4	Satisfactory
F5	Poor
F6	Very Poor

Note: if a heart rate signal is not detected within 10 seconds of the start of the evaluation the evaluation will be ended.

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see this front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The Decal(s) may not be shown at Actual size



* Importer North American Exercise Co.,Ltd. 9911 Valley Blvd,EL MONTE,CA 91731 PH#1-6263506918 E-mail:service@go-elliptical.com
* Brand:Go Elliptical
* Max. user weight 135kgs.
* Model meet Standard EN957/F2276 with Class HB
* For consumer use only.
* User should read the warning on the warning label before using the product
* model no.T100/T300/T500/T700
* Date code/series no. on the main frame and also on the manual.

WARNING: Consult your physician before beginning this or any exercise program. This is especially important for any person over the age of 35 or any person with any pre-existing health problems. Read all instructions before using. North American/LMX Group assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

IMPORTANT SAFETY INSTRUCTIONS

WARNING: In order to reduce the risk of injury to any and all persons, READ and UNDERSTAND the following important PRECATIONS and information before operating or allowing others to operate the elliptical exerciser

- The owner has the responsibility of ensuring that all users of the elliptical exerciser are adequately informed of all warnings and precautions
- This elliptical exerciser should not be used by, on, or near children, invalids, or disabled persons.
- This elliptical exerciser must only be used as described in the manual. Attachments that are not recommended by the manufacturer must not be used.
- Never operate the elliptical exerciser with the air openings blocked, Keep the air openings free of lint, hair and the like. Never operate the elliptical exerciser on a soft surface such as a bed or a couch where the air openings may be blocked. And never drop or insert any object into any opening.
- Place the elliptical exerciser n a level surface. To protect the floor and carpet from damage, place a mat under the elliptical exerciser.
- DO NOT uses or store the elliptical exerciser outdoors, in a garage or covered patio, keep the elliptical exerciser away from moisture and dust. The elliptical exerciser should be used indoors. Heat, moisture and dirt can adversely affect the operation of this elliptical exerciser.
- DO NOT operate the elliptical exerciser where aerosol products are being used or where medical oxygen is being administered. Injuries to health may result from incorrect or excessive training. Instructions shall be giver in respect of every major exercise type for which the equipment is designed.
- The recommended minimum free space for access around the elliptical exerciser is 0.6m at each side and 0.3m at the rear of the elliptical exerciser. This is to allow for an emergency dismount and passage around the elliptical exerciser.
- Keep children under the age of 12 and pets away from the elliptical exerciser at all times.
- No person weighing over 136 KGS (300 LBS) should use this elliptical exerciser.
- NEVER allow more than one person on the elliptical exerciser at a time
- Wear appropriate clothing when using the elliptical exerciser. DO not wear loose clothing that could become caught in the elliptical exerciser. Appropriate athletic support clothing is recommended for both men and women. Always wear athletic shoes intended for walking with a non-slip sole. NEVER use the elliptical exerciser with bare feet, while wearing stockings only or in sandals.
- The pulse monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of pulse rate readings. The pulse monitor is intended only as an aid to exercise in determining heart rate trends in general.
  - **"WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately".**
- Do not attempt to raise lower or move the elliptical exerciser until it is properly assembled, (See ASSEMBLY INSTRUCTIONS.) You must be able to safely lift 100 pounds (46 KGS) in order to raise, lower or move the unit.
- Do not place object under the elliptical exerciser in an attempt to change the incline of the elliptical exerciser.
- Inspect and tighten all parts of the elliptical exerciser every three months.
- This elliptical is design " for Consummer Use Only ", not for any commercial or institutional, rental use.
- Consult your physician before beginning your exercise program, incorrect of excessive training may cause the health injuries.
- Tool require to assemble for the unit please refer to the end of parts list.
- VST (variable stride length adjustment) refer to the page of how to operate the adjustor page 4 and 5
- Any of the adjustment devices that could interfere with the user's movement should not be left projecting.
- The equipment need tool to assembly , required tool Refer to the parts list with manual.
- The product is a dependent only for indoor use specified with Class HB standard. With braking system—Speed dependent.
- The elliptical exerciser contents. Fit with. Lower body, upper and combined total body.

SAVE THESE INSTRUCTIONS