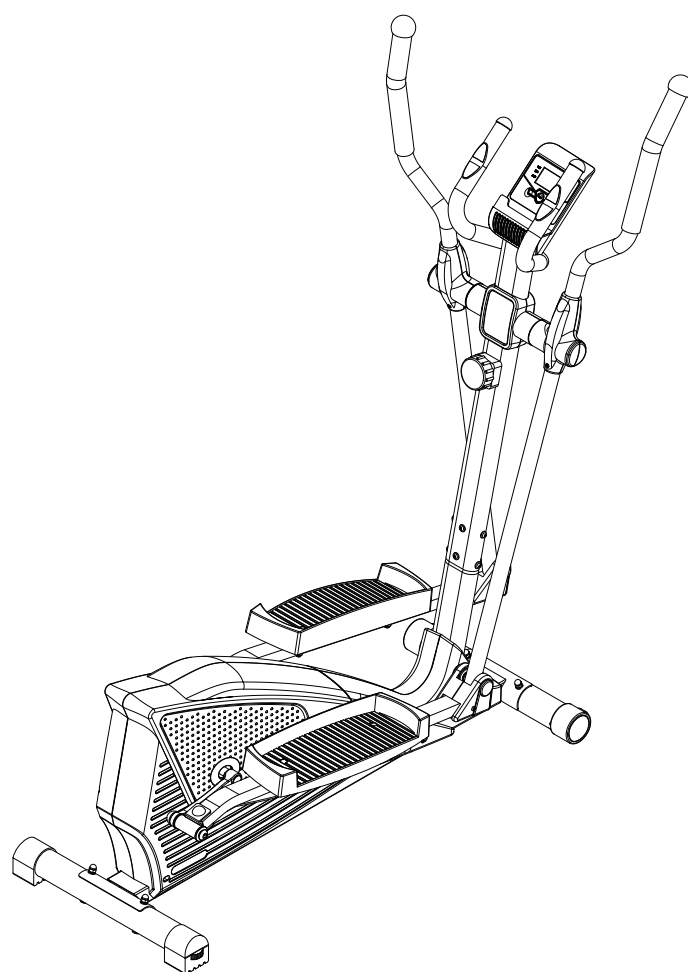


CLASSIC PRO ELLIPTICAL TRAINER

ITEM NO.: 93793

LifeGear

Get active for life



OWNER'S MANUAL

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo and are subject to change without prior notice.

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ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application.

From the date of purchase, the frame is warranted to be free from defects for 1 (one) year.

This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

When ordering replacement parts please have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**

IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following important safety instructions when using this equipment. Read all instructions before using this equipment.

1. Read all instructions and follow it carefully before using this equipment. Make sure the equipment is properly assembled and tightened before use.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercises are recommended.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
6. Be careful when step on or leave the pedal always hold the handlebars first. Make the pedal at your side at the lowest position, step on the pedal, and stride over the main frame then step on the other pedal. When using, please hold the handlebar by hands, make the pedals running smoothly by push or pull handlebars, then run the equipment regularly by cooperation of hands and feet. After exercise, please also make one pedal at the lowest position and leave your foot on the higher pedal first and then another.
7. Do not use the equipment outdoors.
8. This equipment is for household use only. It is not a commercial model.
9. Only one person at a time should use this equipment.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. Care should be taken in mounting or dismounting the equipment.
12. Do not allow children to use or play on the equipment. Keep children and pets away from the equipment while in use. This machine is designed for adults use only. The minimum free space required for safe operation is not less than two meters.
13. The maximum weight capacity for this product is 110 kg.

WARNING: Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

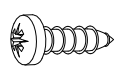
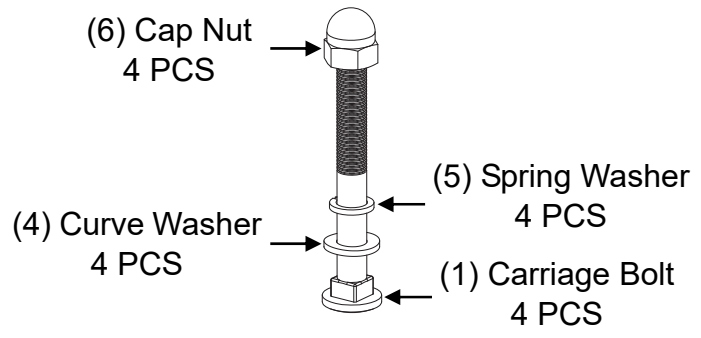
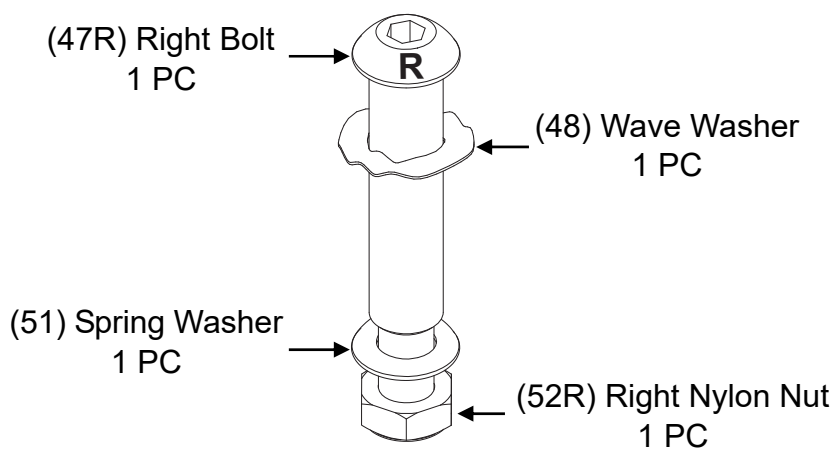
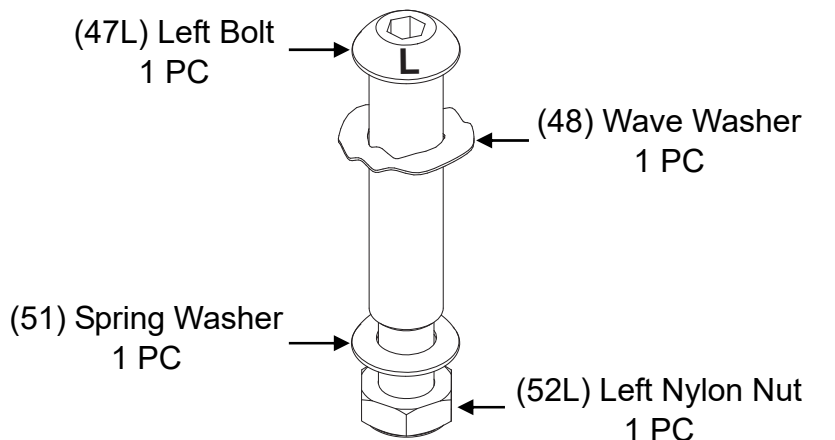
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Carriage Bolt M8x75	4	024	Handlebar Ø28	1
002	Rear Stabilizer Ø60x1.5tx480	1	025	Hexagon Socket Pan Head Cap Bolt M8x25	2
003	Rear Stabilizer End Cap Ø60	2	026	Handlebar Foam Grip Ø28x5tx480	2
004	Curve Washer Ø8.5xØ18x1.5t	12	027	Hand Pulse Sensor	2
005	Spring Washer Ø8.5xØ14x2.0t	8	028	Handlebar End Cap Ø33xØ24	2
006	Cap Nut M8	4	029	Handrail End Cap Ø28	2
007	Front Stabilizer Ø60x1.5tx380	1	030	Handrail Foam Grip Ø32x5tx400	2
008	Front Stabilizer End Cap Ø60	2	031L	Left Handrail Ø32	1
009	Hexagon Socket Pan Head Cap Bolt M8x20 (with NYLOK)	7	031R	Right Handrail Ø32	1
010	Washer Ø8.5xØ16x1.5t	7	032	Hexagon Bolt M8x40	4
011	Front Post	1	033	Hexagon Nylon Nut M8	6
012	Cross Recessed Pan Head Bolt M6x30	1	034	Powder Metal Bushing Ø38xØ19.2x14	4
013	Washer Ø6.5xØ15x1.5t	1	035A	Handrail Arm Cover-A	2
014	Tension Control Knob (L=420mm)	1	035B	Handrail Arm Cover-B	2
015A	Front Decorative Cover for Front Post	1	036L	Left Handrail Arm Ø32	1
015B	Rear Decorative Cover for Front Post	1	036R	Right Handrail Arm Ø32	1
016	Cross Recessed Pan Head Tapping Screw M4x15	12	037	Screw M4.8x20	14
017	Plastic Bushing Ø32xØ16x65	2	038L	Front Left Foot Bar Cover	2
018	Wave Washer Ø19.5xØ29	6	038R	Front Right Foot Bar Cover	2
019	Washer Ø19.5xØ29x3.0t	2	039	Hexagon Bolt M10x60	2
020	Big Washer Ø8.5xØ29x3.0t	2	040	Powder Metal Bushing Ø22x15	4
021	Hexagon Socket Pan Head Cap Bolt M8x20	2	041	Washer Ø10.5xØ20	6
022	Computer	1	042	Nylon Nut M10	6
023	Cross Recessed Pan Head Bolt M6x15	2	043	Hexagon Bolt M10x45	4

PARTS LIST

No.	Description	Qty	No.	Description	Qty
044L	Left Foot Pedal	1	064	Cross Recessed Pan Head Bolt M5x12	1
044R	Right Foot Pedal	1	065	Wave Washer Ø17	1
045	Hexagon Bolt M8x50	2	066	Right Crank	1
046L	Left Foot Bar	1	067	Left Crank	1
046R	Right Foot Bar	1	068	Cross Recessed Tapping Screw M4.8x20	14
047L	Left Bolt 1/2" (Ø16x68+22)	1	069	Main Frame	1
047R	Right Bolt 1/2" (Ø16x68+22)	1	070	Belt Pulley	1
048	Wave Washer Ø16.5xØ23	2	071	Cross Recessed Tapping Screw M3.2x10	1
049	Powder Metal Bushing Ø28.5xØ16x13	4	072	Hexagon Socket Pan Head Cap Bolt M8x40	1
050	Foot Bar Bracket	2	073	Belt Pulley Shaft	1
051	Spring Washer Ø13xØ20x3.0t	2	074	Sensor with Wire (L=1250mm)	1
052L	Left Nylon Nut 1/2"	1	075	Extension Sensor Wire (L=950mm)	1
052R	Right Nylon Nut 1/2"	1	076	Hand Pulse Sensor Wire (L=650mm)	2
053	Round Cap 1/2"	2	077	Washer Ø5xØ12x1.2t	2
054	Cover Cap	2	078	Hexagon Nut M6	2
055L	Left Cover	1	079	Tension Bracket	2
055R	Right Cover	1	080	Hexagon Head Bolt M6x25	4
056L	Left Plastic Cover	1	081	Bearing 6003	2
056R	Right Plastic Cover	1	082	Spring Clip Ø17	2
057	Nut M10	2	083	Round Cap S13	2
058	Eyebolt M6x42	2	084	Hexagon Socket Pan Head Cap Bolt M8x10	1
059	Flywheel	1	085	Washer Ø6xØ13x1.2t	4
060	Tension Cable (L=1550mm)	1	086	Hexagon Nylon Nut M6	4
061	Belt (PJ370)	1	087	France Nut M10x1.25	2
062	Idler Arm	1	088	Crank Cover	2
063	Idle Wheel	1	089	Spring Washer Ø10xØ6x1.5t	4

HARDWARE LIST AND ASSEMBLY PART



(16) Cross Recessed Pan
Head Tapping Screw
10 PCS



(53) Round Cap
2 PCS



(83) Round Cap
2 PCS

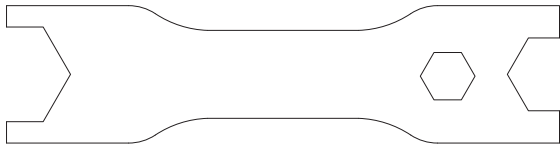
TOOLS



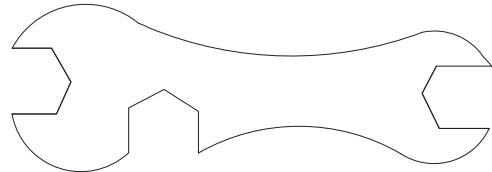
Allen Wrench with
Phillips Screwdriver S6
1 PC



Allen Wrench S8
1 PC

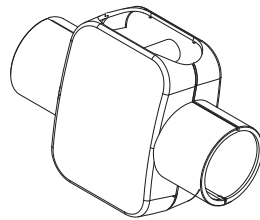


Multi Hex Tool
1 PC



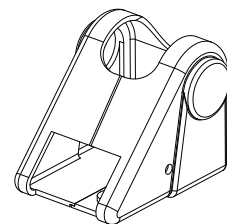
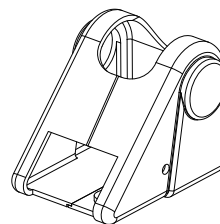
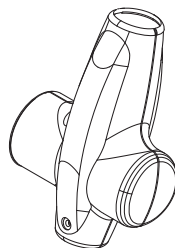
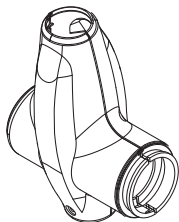
Multi Hex Too
1 PC

FRONT & REAR DECORATIVE COVERS PACK



(15A) Front Decorative Cover for Front Post 1 PC
(15B) Rear Decorative Cover for Front Post 1 PC

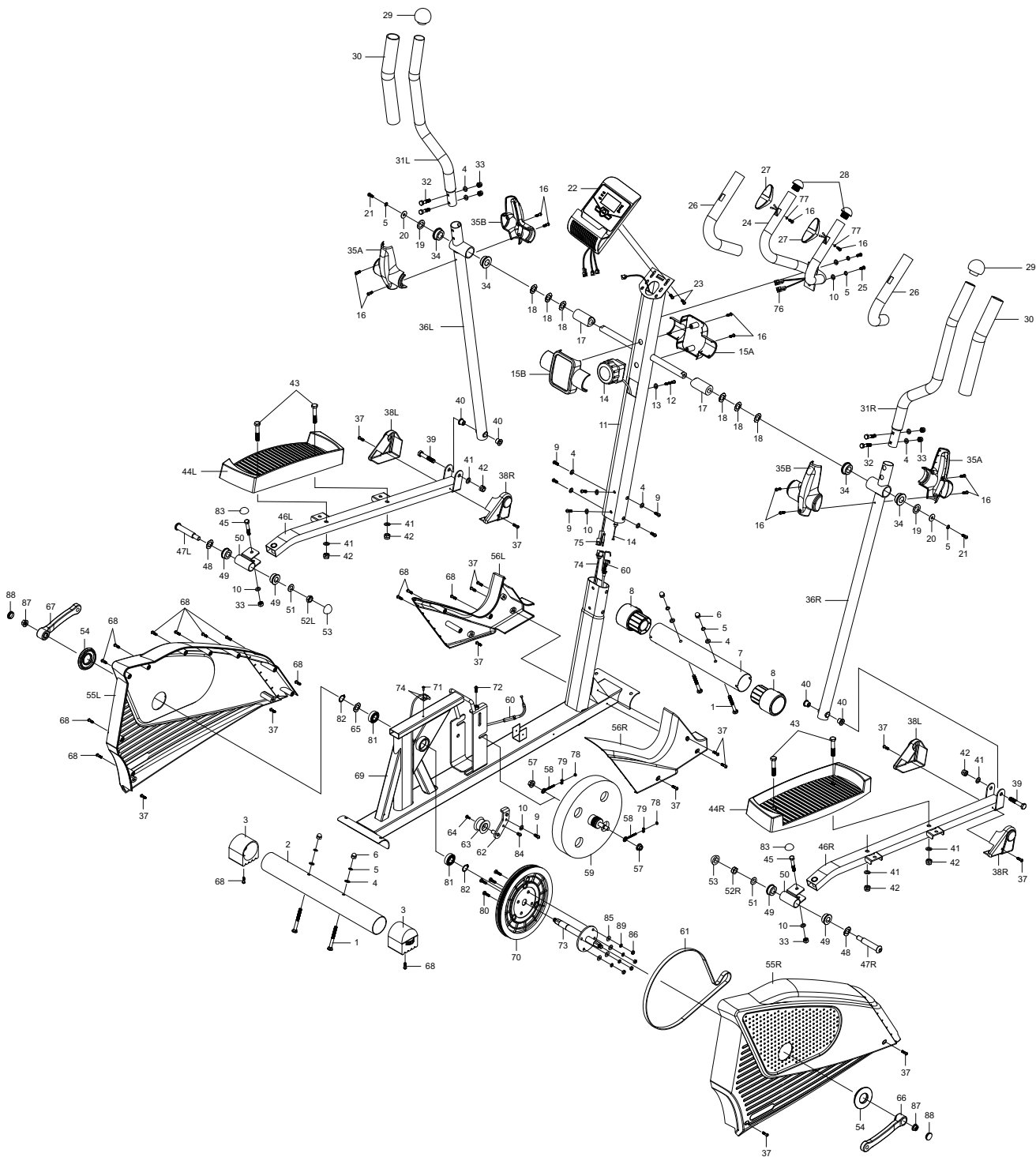
HANDRAIL ARM COVERS & FRONT LEFT/RIGHT FOOT BAR COVERS PACK



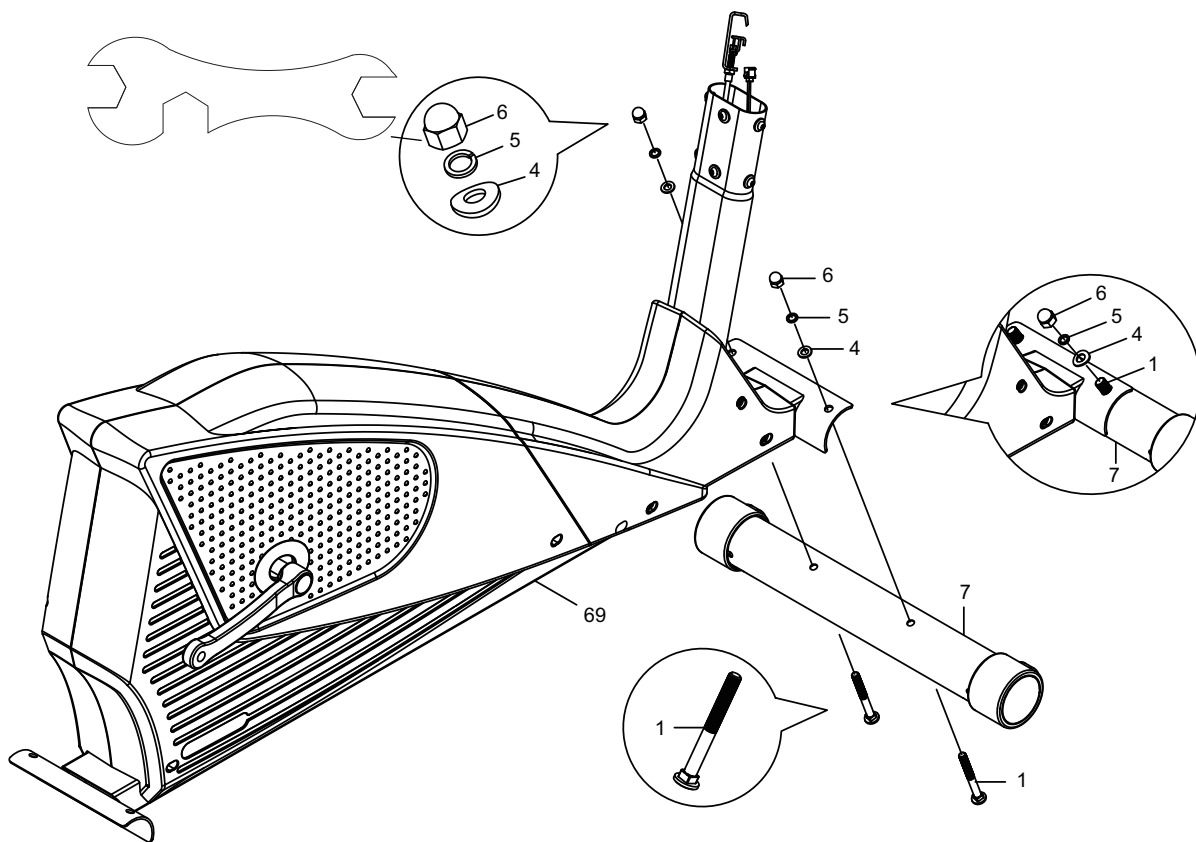
(35A) Handrail Arm Cover-A 2 PCS
(35B) Handrail Arm Cover-B 2 PCS

(38L) Front Left Foot Bar Cover 2 PCS
(38R) Front Right Foot Bar Cover 2 PCS

EXPLODED VIEW



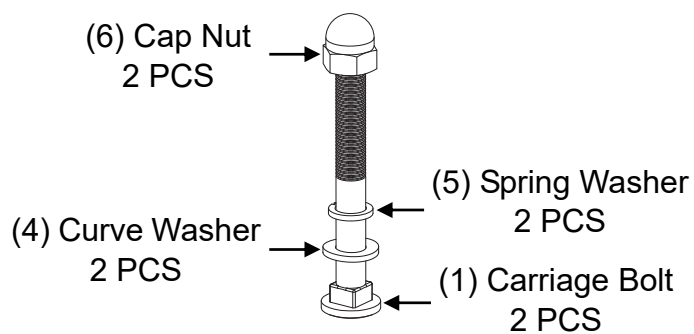
ASSEMBLY INSTRUCTIONS

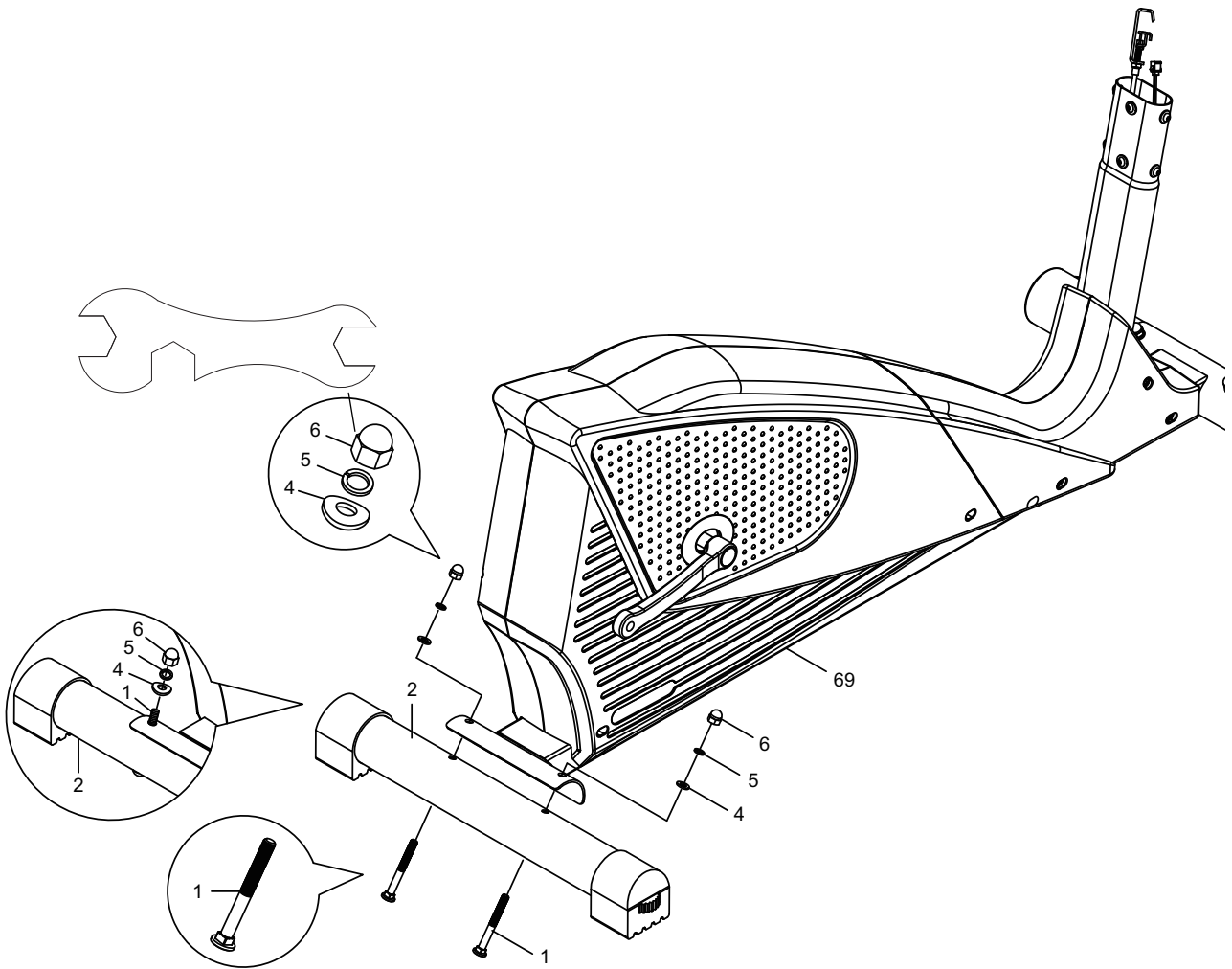


STEP 1

Position the Front Stabilizer (7) in front of the Main Frame (69) and align bolt holes. Attach the Front Stabilizer (7) onto the front curve of the Main Frame (69) with two Carriage Bolts (1), two Curve Washers (4), two Spring Washers (5), and two Cap Nuts (6). Tighten cap nuts with the Multi Hex Tool provided.

Hardware:

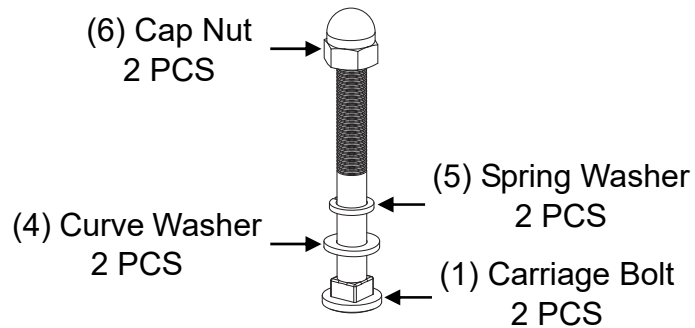


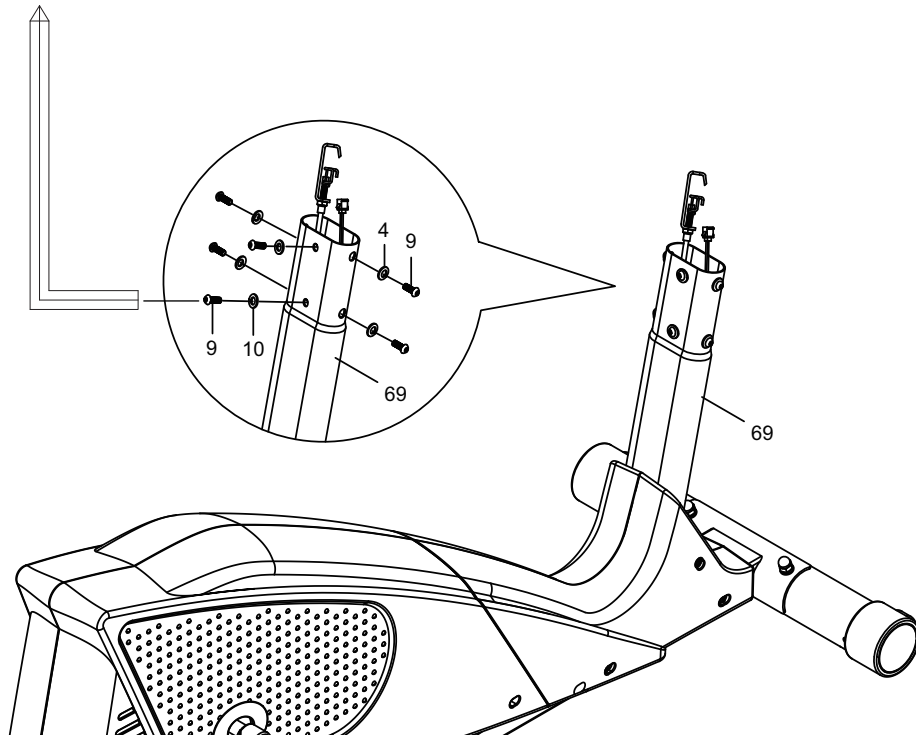


STEP 2

Position the Rear Stabilizer (2) behind the Main Frame (69) and align bolt holes. Attach the Rear Stabilizer (2) onto the rear curve of the Main Frame (69) with two Carriage Bolts (1), two Curve Washers (4), two Spring Washers (5), and two Cap Nuts (6). Tighten cap nuts with the Multi Hex Tool provided.

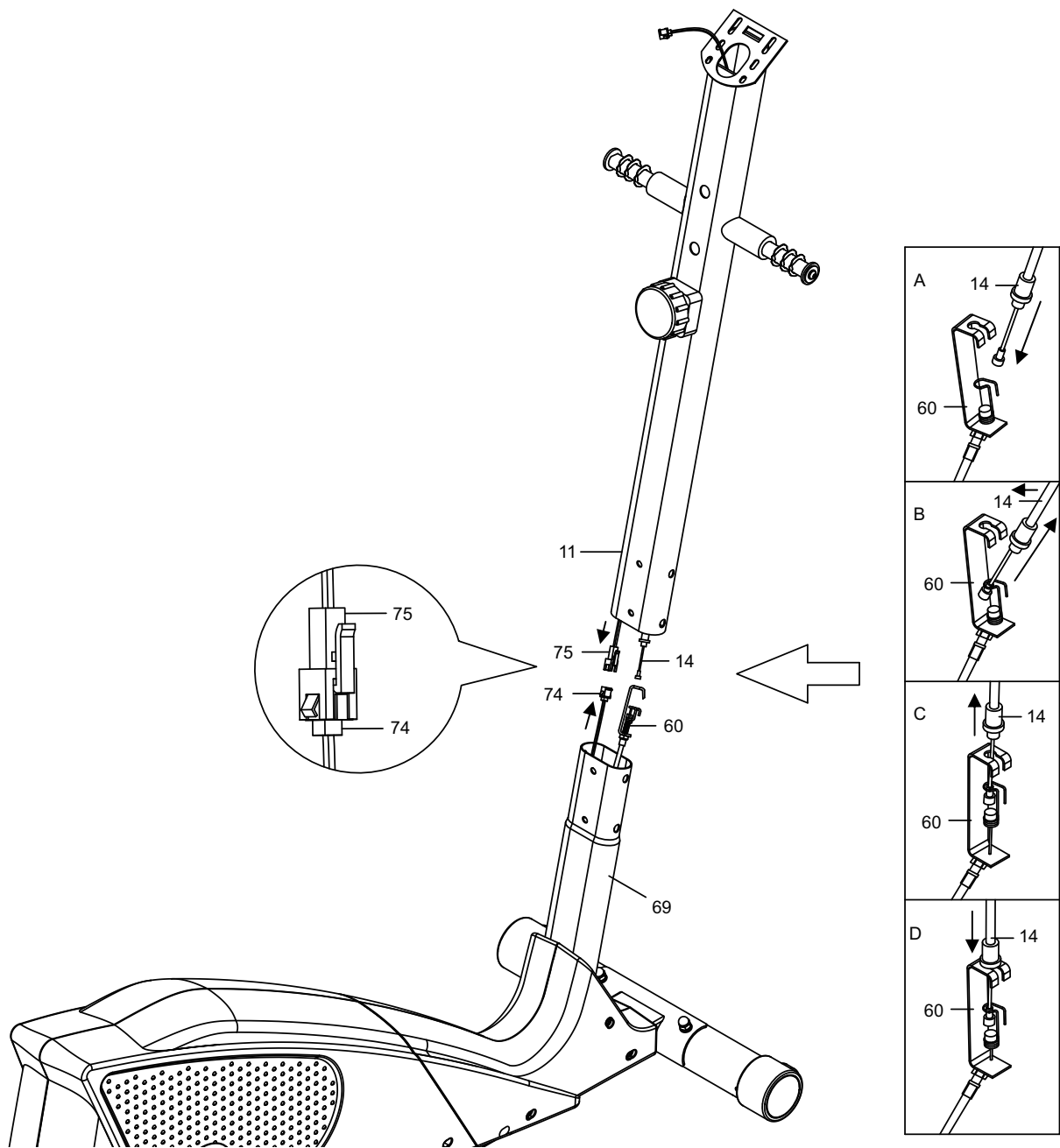
Hardware:





STEP 3

Remove two Washers (10), four Curve Washers (4), and six Hexagon Socket Pan Head Cap Bolts (9) from the Main Frame (69). Remove bolts with the Allen Wrench with Phillips Screwdriver provided.



STEP 4

It is recommended to have a second person assist with this step. One person should hold the Front Post (11) in place while the other person to connect the wires.

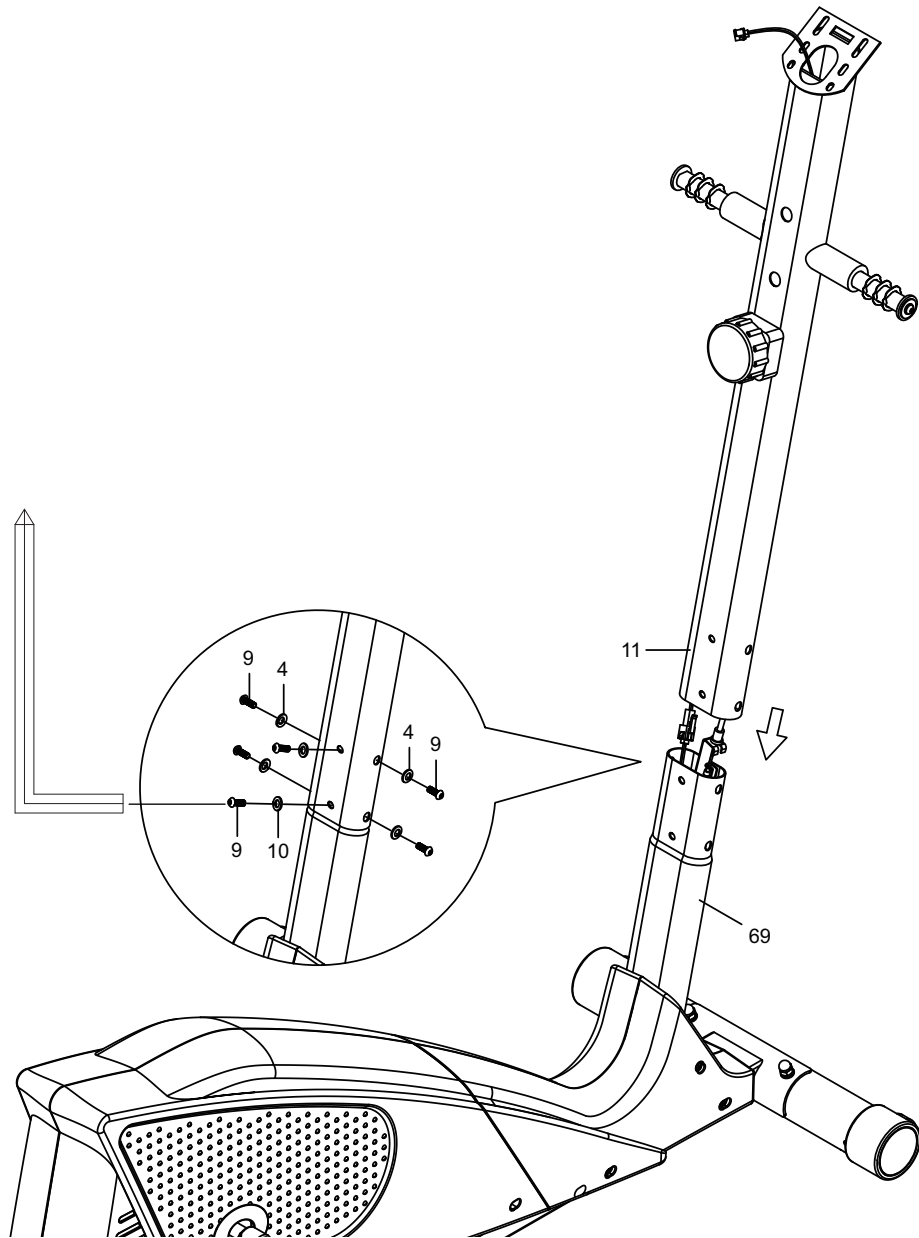
Connect the Sensor Wire (74) from the Main Frame (69) to the Extension Sensor Wire (75) from the Front Post (11).

Put the cable end of resistance cable of Tension Control Knob (14) into the cable lock of Tension Cable (60), see Figure A.

Pull the resistance cable of Tension Control Knob (14) up and force it into the slot of metal bracket of Tension Cable (60), see Figure B.

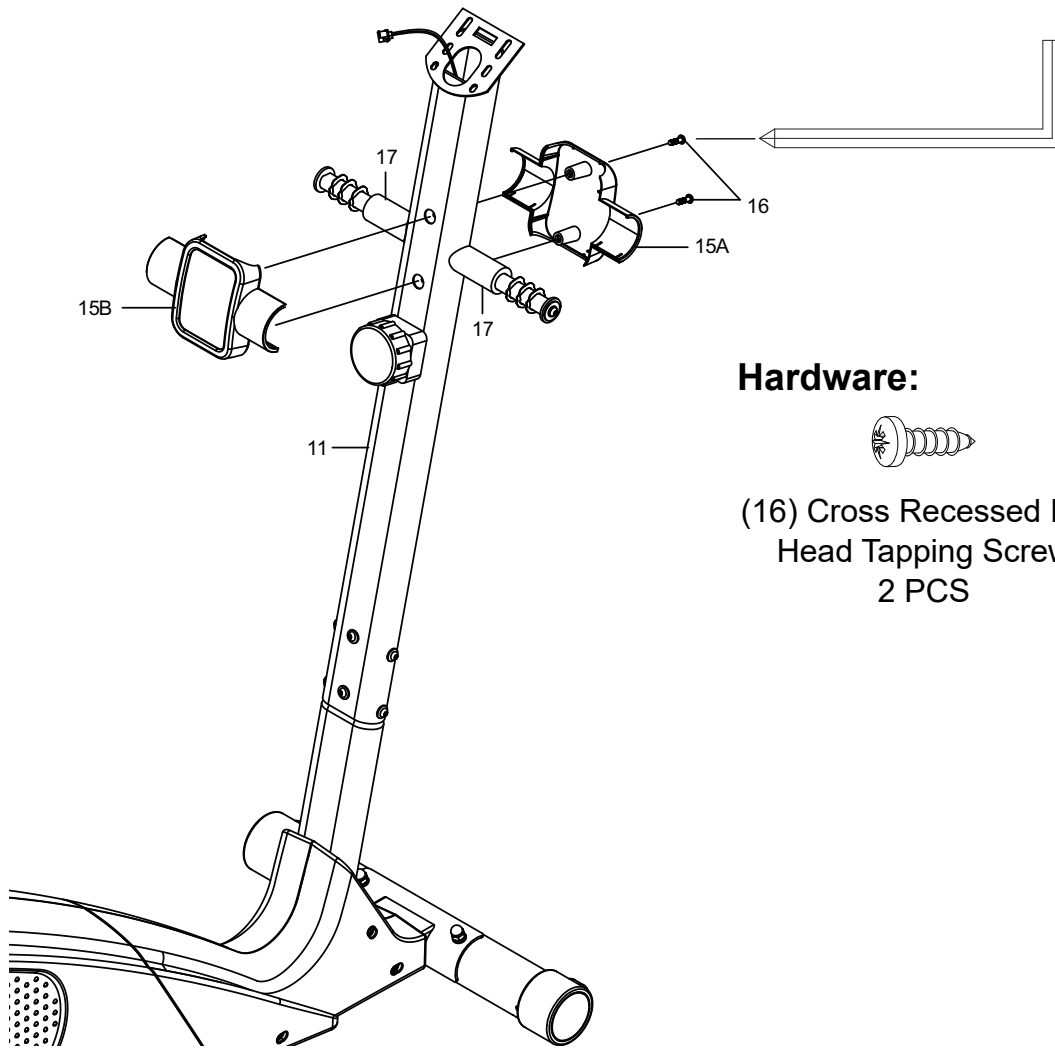
Insert the metal fitting on the resistance cable of Tension Control Knob (14) into the hole at the end of the slot in the metal bracket of Tension Cable (60), see Figure C.

Connect the resistance cable of Tension Control Knob (14) to Tension Cable (60) complete, see Figure D.

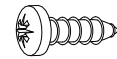


STEP 5

Insert the Front Post (11) onto the tube of the Main Frame (69) and secure with two Washers (10), four Curve Washers (4), and six Hexagon Socket Pan Head Cap Bolts (9) that were removed. Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.



Hardware:

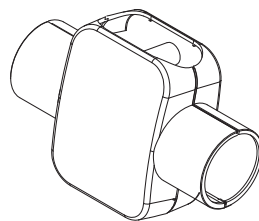


(16) Cross Recessed Pan Head Tapping Screw
2 PCS

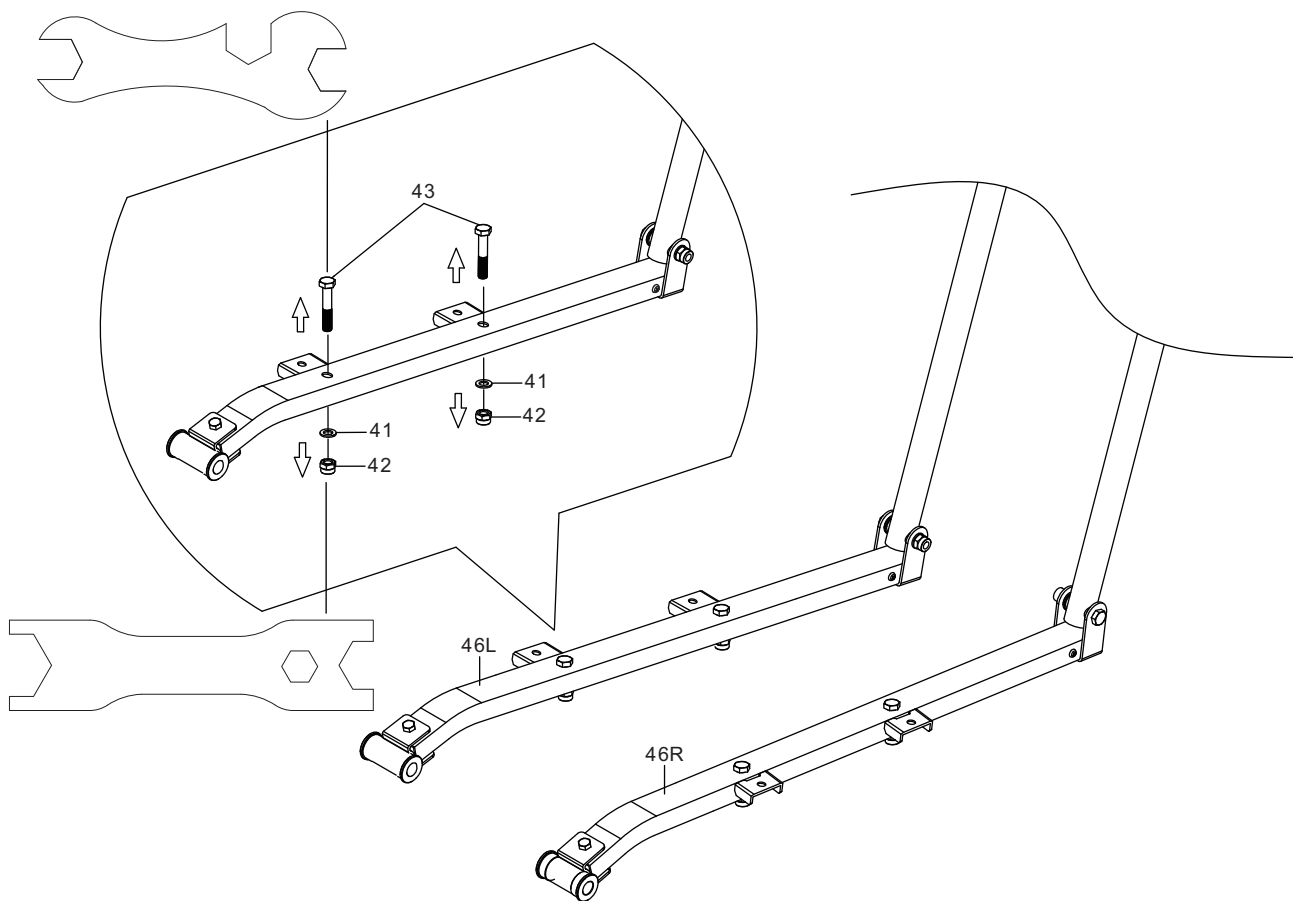
STEP 6

Attach the Front Decorative Cover for Front Post (15A) and Rear Decorative Cover for Front Post (15B) onto the Front Post (11) with two Cross Recessed Pan Head Tapping Screws (16). Tighten screws with the Allen Wrench with Phillips Screwdriver provided.

Front & Rear Decorative Covers Pack:

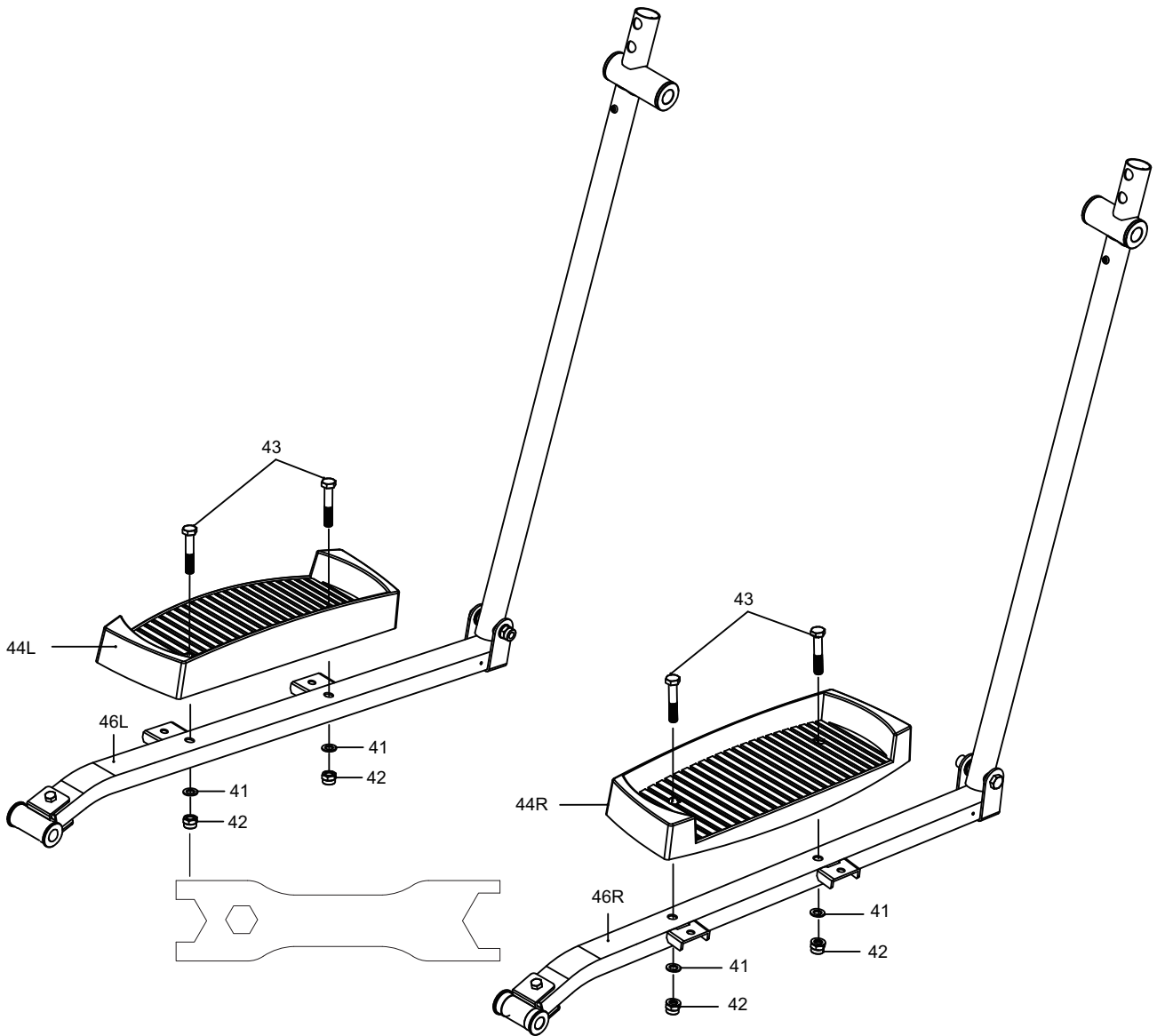


- | | |
|---|------|
| (15A) Front Decorative Cover for Front Post | 1 PC |
| (15B) Rear Decorative Cover for Front Post | 1 PC |



STEP 7

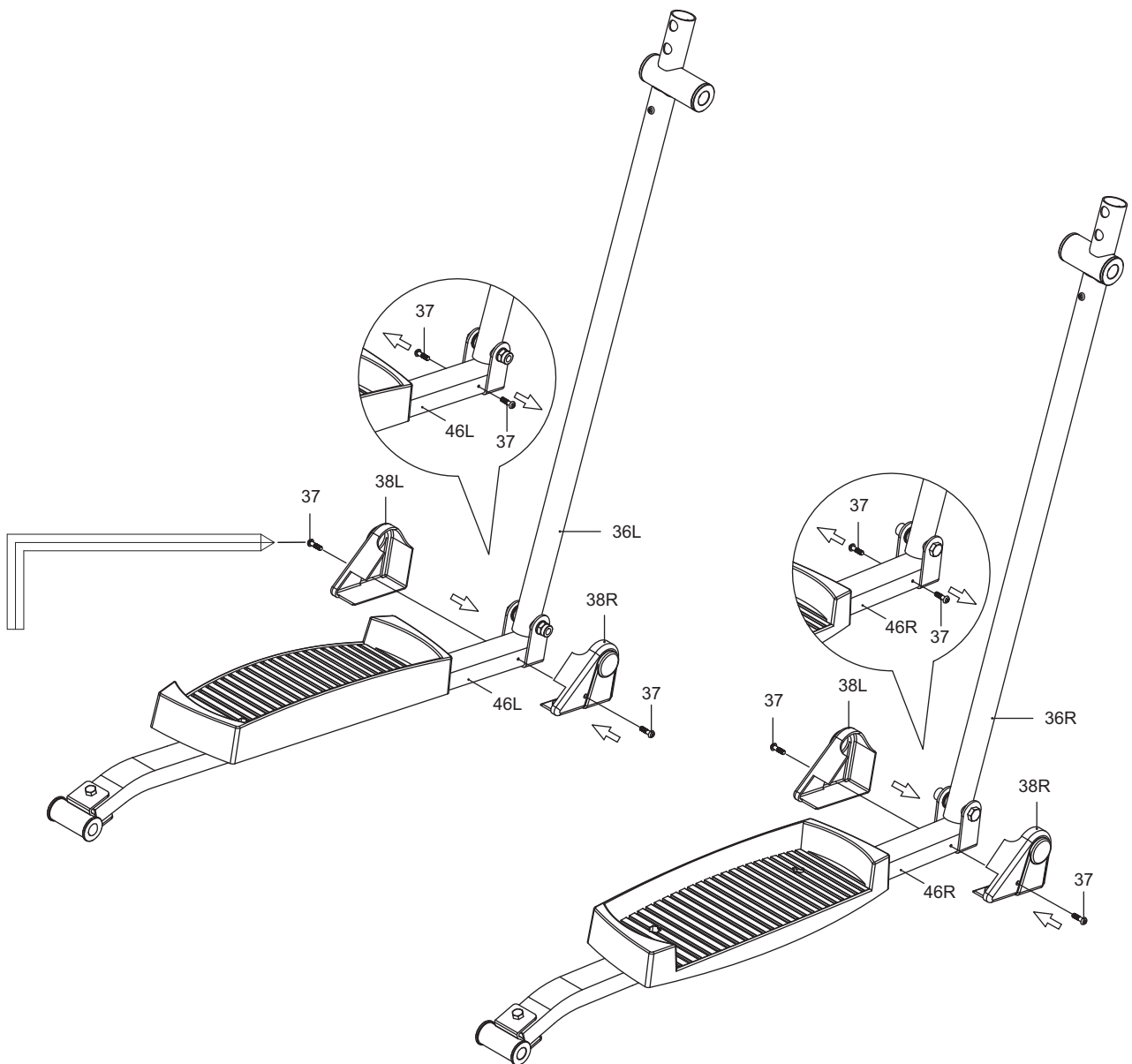
Remove two Hexagon Bolts (43), two Washers (41), and two Nylon Nuts (42) from the Left Foot Bar (46L). Remove bolts and nylon nuts with two Multi Hex Tools provided. Use the same procedure to remove the bolts, washers, and nylon nuts on the Right Foot Bar (46R).



STEP 8

Attach the Left Foot Pedal (44L) onto the Left Foot Bar (46L) with two Hexagon Bolts (43), two Washers (41), and two Nylon Nuts (42) that were removed from the Left Foot Bar (46L). Tighten the nylon nuts with the Multi Hex Tool provided.

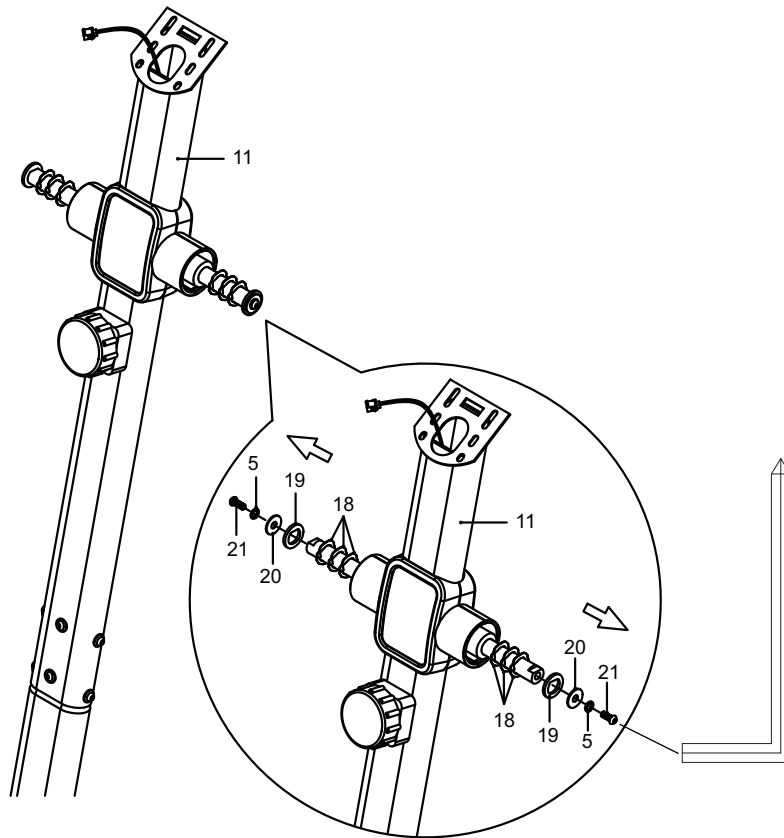
Use the same procedure to attach the Right Foot Pedal (44R) onto the Right Foot Bar (46R).



STEP 9

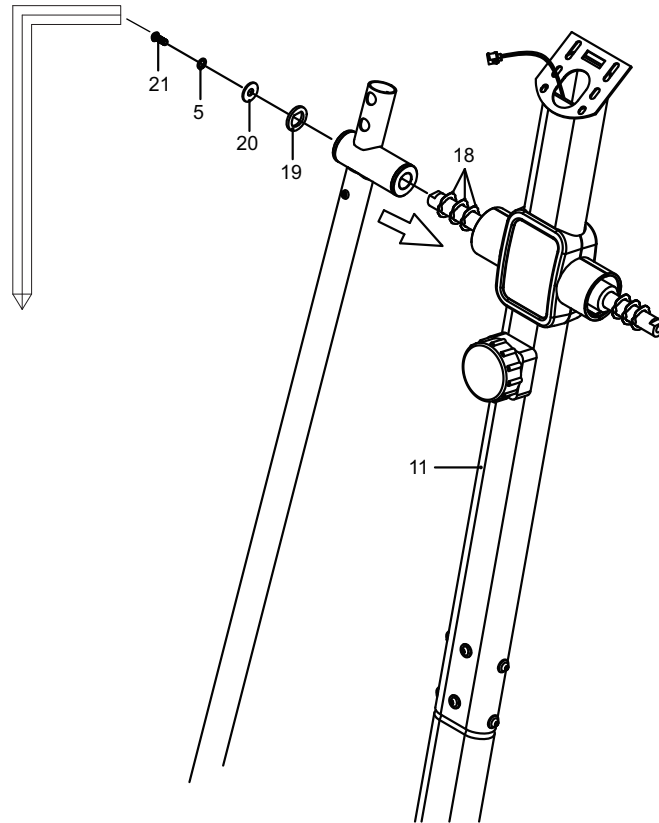
Remove two Screws (37) from the Left Foot Bar (46L). Remove screws with the Allen Wrench with Phillips Screwdriver provided.

Attach the Front Left Foot Bar Cover (38L) and Front Right Foot Bar Cover (38R) onto the front end of the Left Foot Bar (46L) with two Screws (37) that were removed from the Left Foot Bar (46L). Tighten screws with the Allen Wrench with Phillips Screwdriver provided. Use the same procedure to attach the other Front Left Foot Bar Cover (38L) and Front Right Foot Bar Cover (38R) onto the front end of the Right Foot Bar (46R).



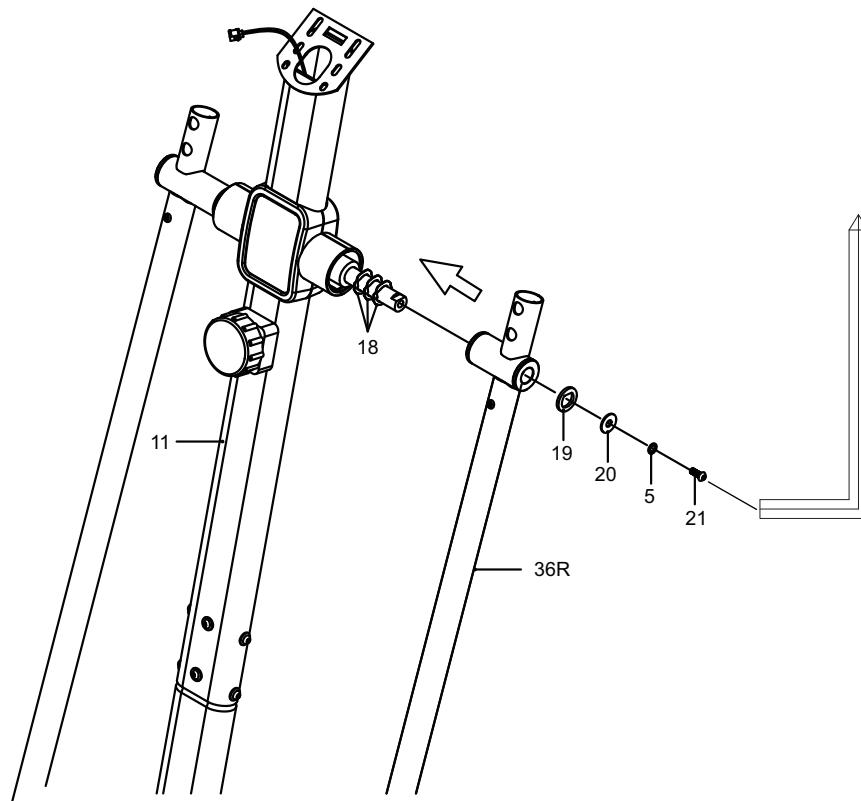
STEP 10

Remove one Hexagon Socket Pan Head Cap Bolt (21), one Spring Washer (5), one Big Washer (20), and one Washer (19) from the right horizontal axis of the Front Post (11). Remove bolt with the Allen Wrench with Phillips Screwdriver provided. Use the same procedure to remove bolt and washers from the left horizontal axis of the Front Post (11).



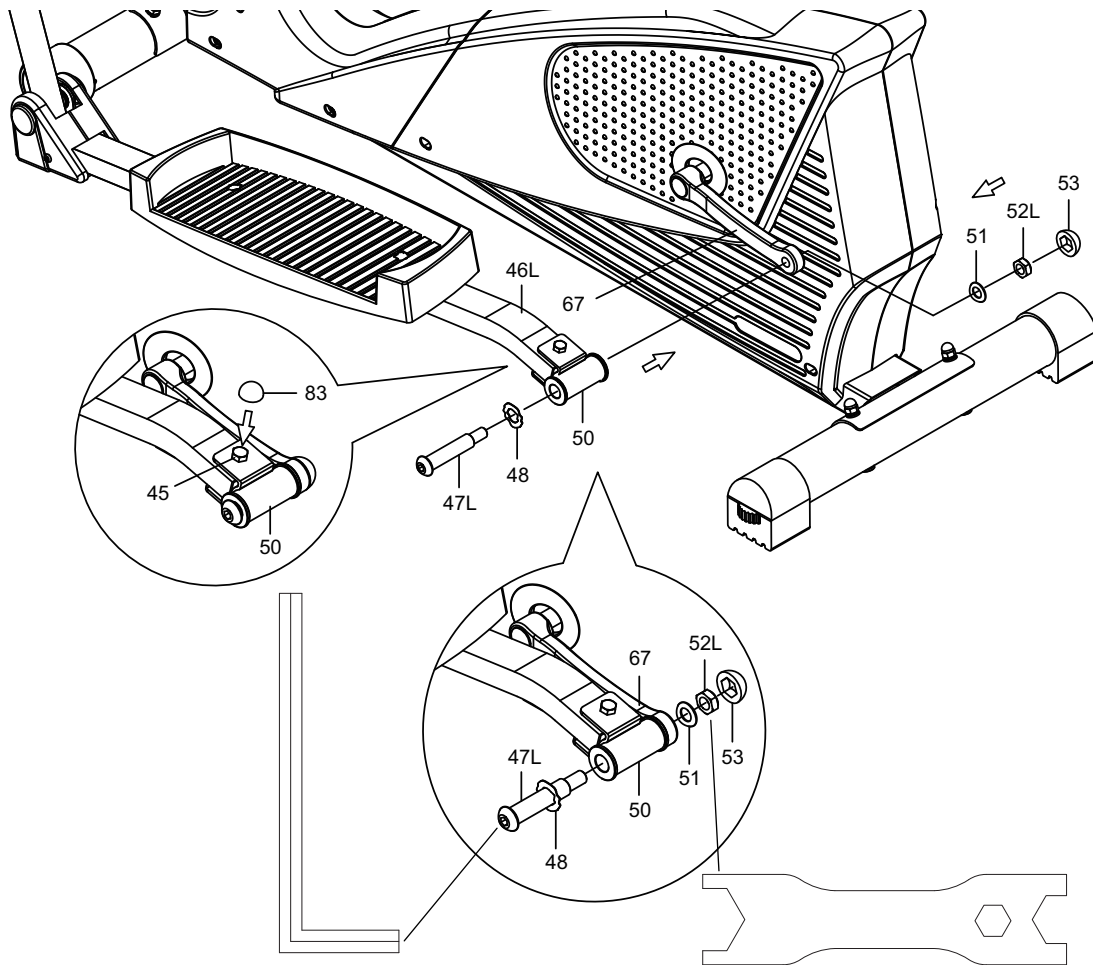
STEP 11

Attach the Left Handrail Arm (36L) onto the left horizontal axis of the Front Post (11) with one Hexagon Socket Pan Head Cap Bolt (21), one Spring Washer (5), one Big Washer (20), and one Washer (19) that were removed from the left horizontal axis of the Front Post (11). Tighten bolt with the Allen Wrench with Phillips Screwdriver provided.



STEP 12

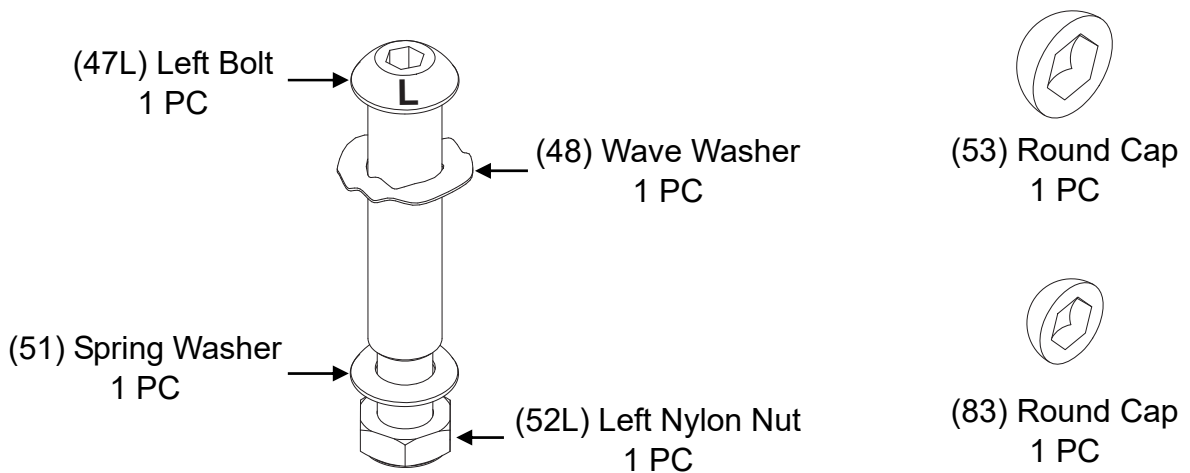
Attach the Right Handrail Arm (36R) onto the right horizontal axis of the Front Post (11) with one Hexagon Socket Pan Head Cap Bolt (21), one Spring Washer (5), one Big Washer (20), and one Washer (19) that were removed from the right horizontal axis of the Front Post (11). Tighten bolt with the Allen Wrench with Phillips Screwdriver provided.

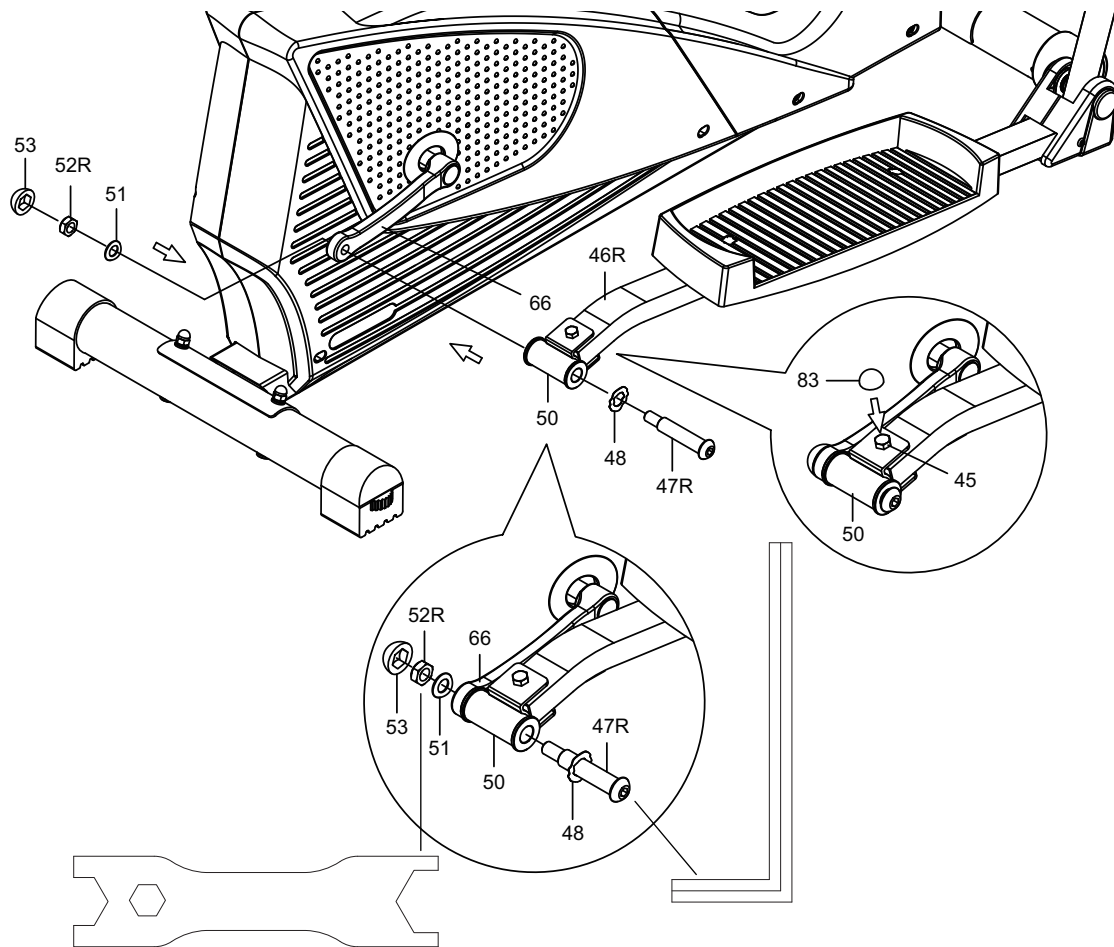


STEP 13

Attach the left Foot Bar Bracket (50) to the Left Crank (67) with one Left Bolt (47L), one Wave Washer (48), one Spring Washer (51), and one Left Nylon Nut (52L). Tighten bolt and nylon nut with the Allen Wrench and Multi Hex Tool provided. Install one Round Cap (53) onto the Left Nylon Nut (52L). Install one Round Cap (83) onto the Hexagon Bolt (45).

Hardware:

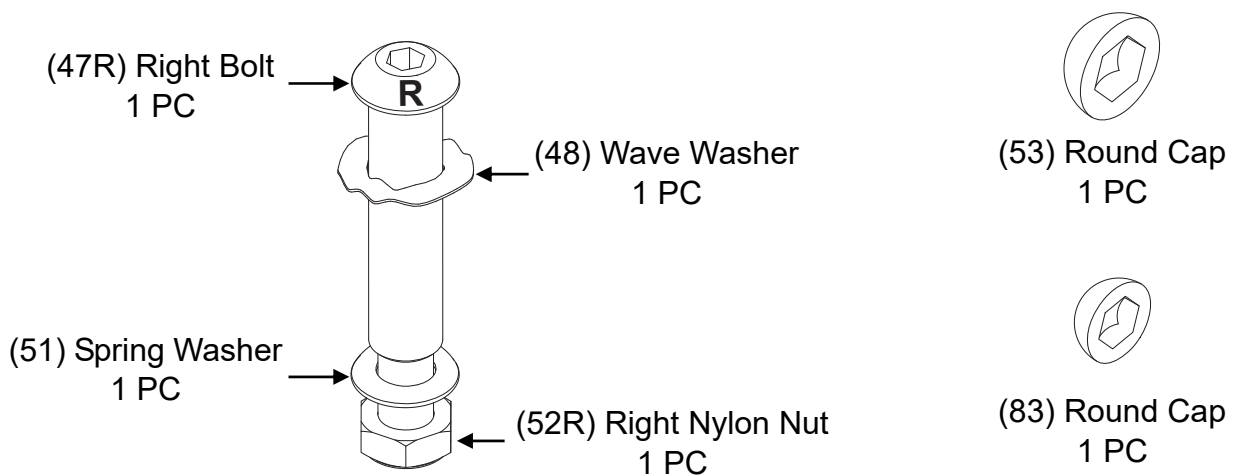


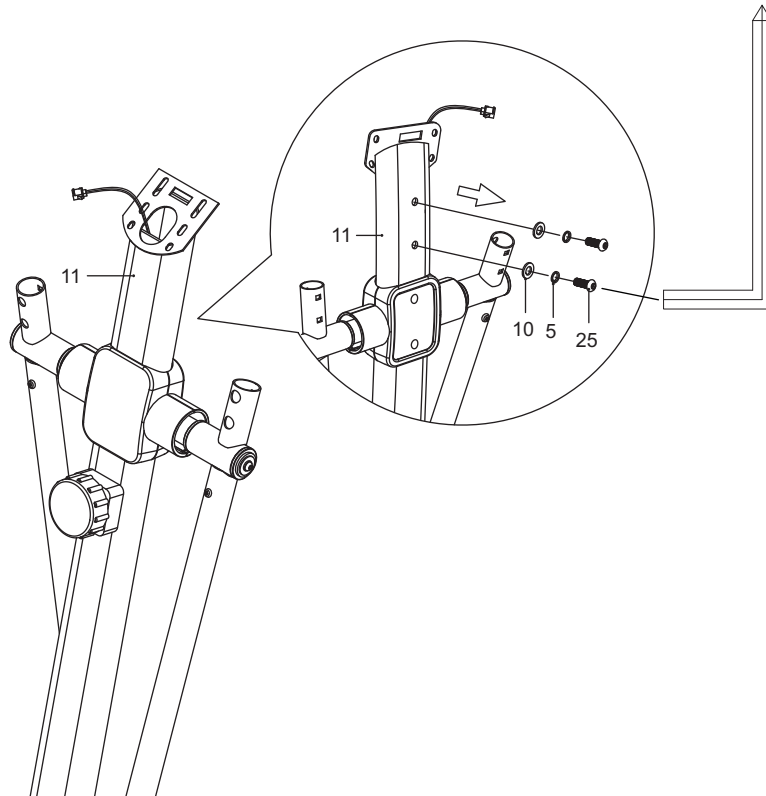


STEP 14

Attach the right Foot Bar Bracket (50) to the Right Crank (66) with one Right Bolt (47R), one Wave Washer (48), one Spring Washer (51), and one Right Nylon Nut (52R). Tighten bolt and nylon nut with the Allen Wrench and Multi Hex Tool provided. Install one Round Cap (53) onto the Right Nylon Nut (52R). Install one Round Cap (83) onto the Hexagon Bolt (45).

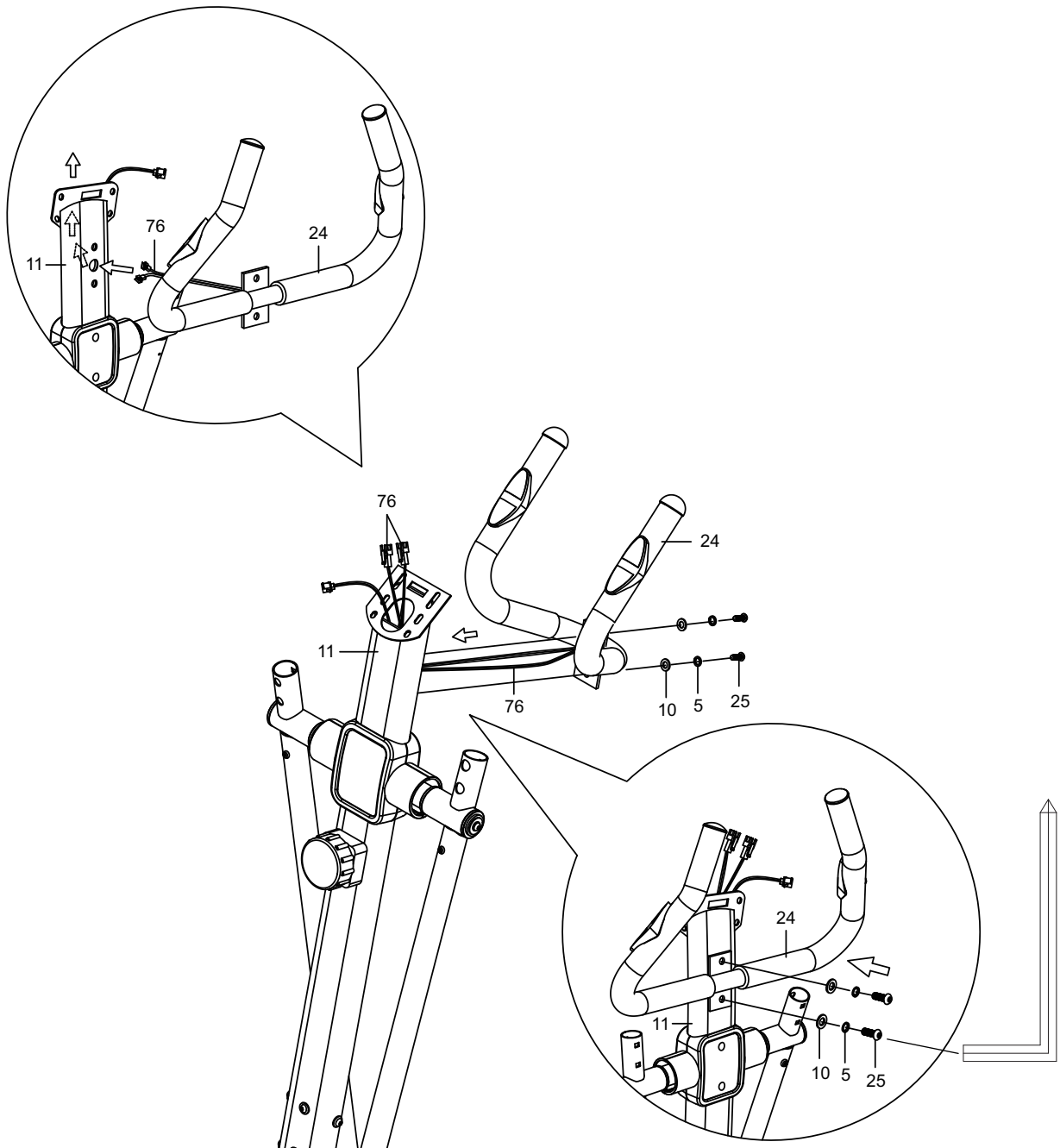
Hardware:





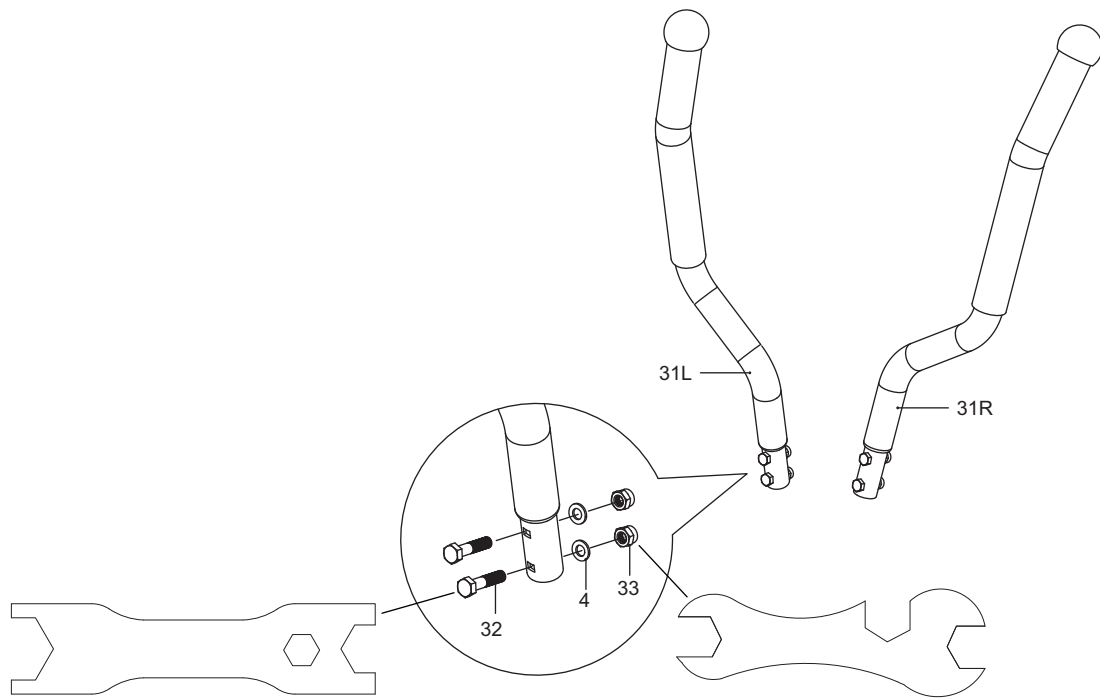
STEP 15

Remove two Hexagon Socket Pan Head Cap Bolts (25), two Spring Washers (5), and two Washers (10) from the Front Post (11). Remove bolts with the Allen Wrench with Phillips Screwdriver provided.



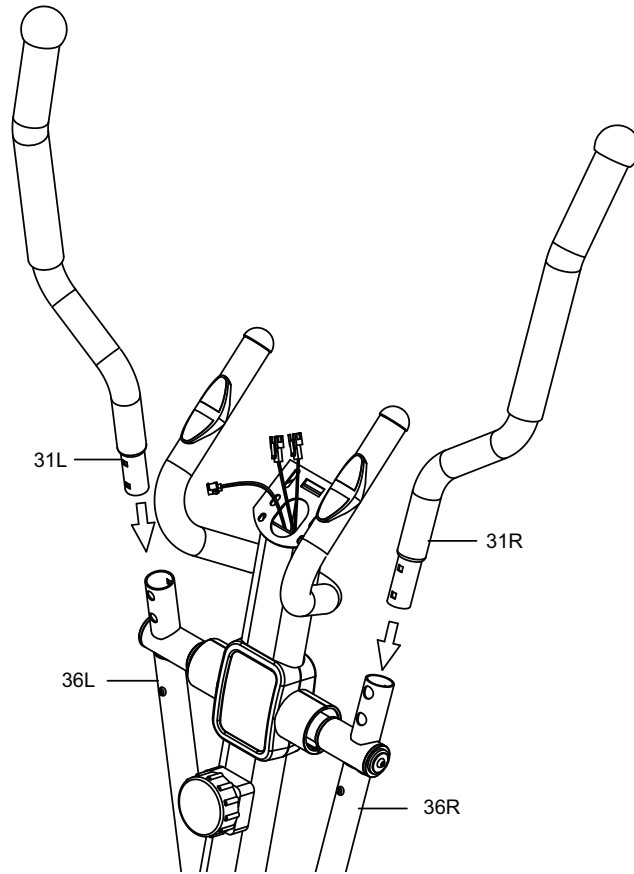
STEP 16

Insert the Hand Pulse Sensor Wires (76) from the Handlebar (24) into the hole on the Front Post (11) and then pull them out from the top end of the Front Post (11). Attach the Handlebar (24) onto the Front Post (11) with two Hexagon Socket Pan Head Cap Bolts (25), two Spring Washers (5), and two Washers (10) that were removed from the Front Post (11). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.



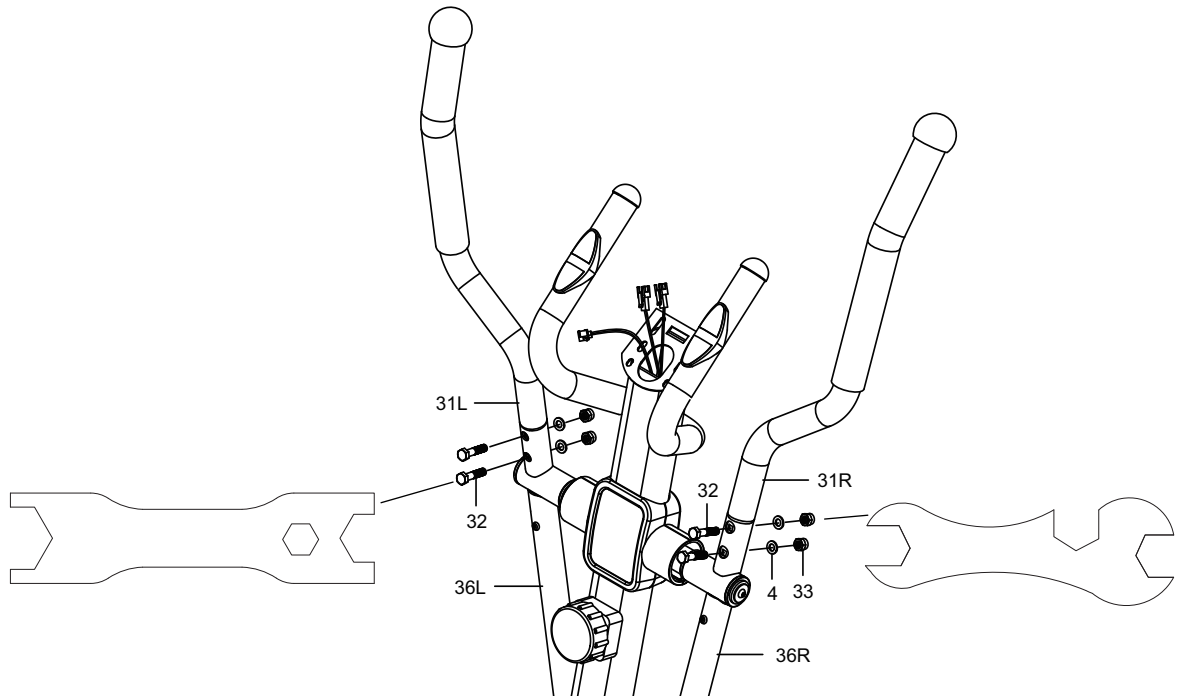
STEP 17

Remove two Hexagon Bolts (32), two Curve Washers (4), and two Hexagon Nylon Nuts (33) from Left Handrail (31L). Remove bolts and nylon nuts with two Multi Hex Tools provided. Use the same procedure to remove the bolts, curve washers, and nylon nuts on the Right Handrail (31R).



STEP 18

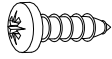
Insert both Left and Right Handrails (31L, 31R) into the top ends of both Left and Right Handrail Arms (36L, 36R).



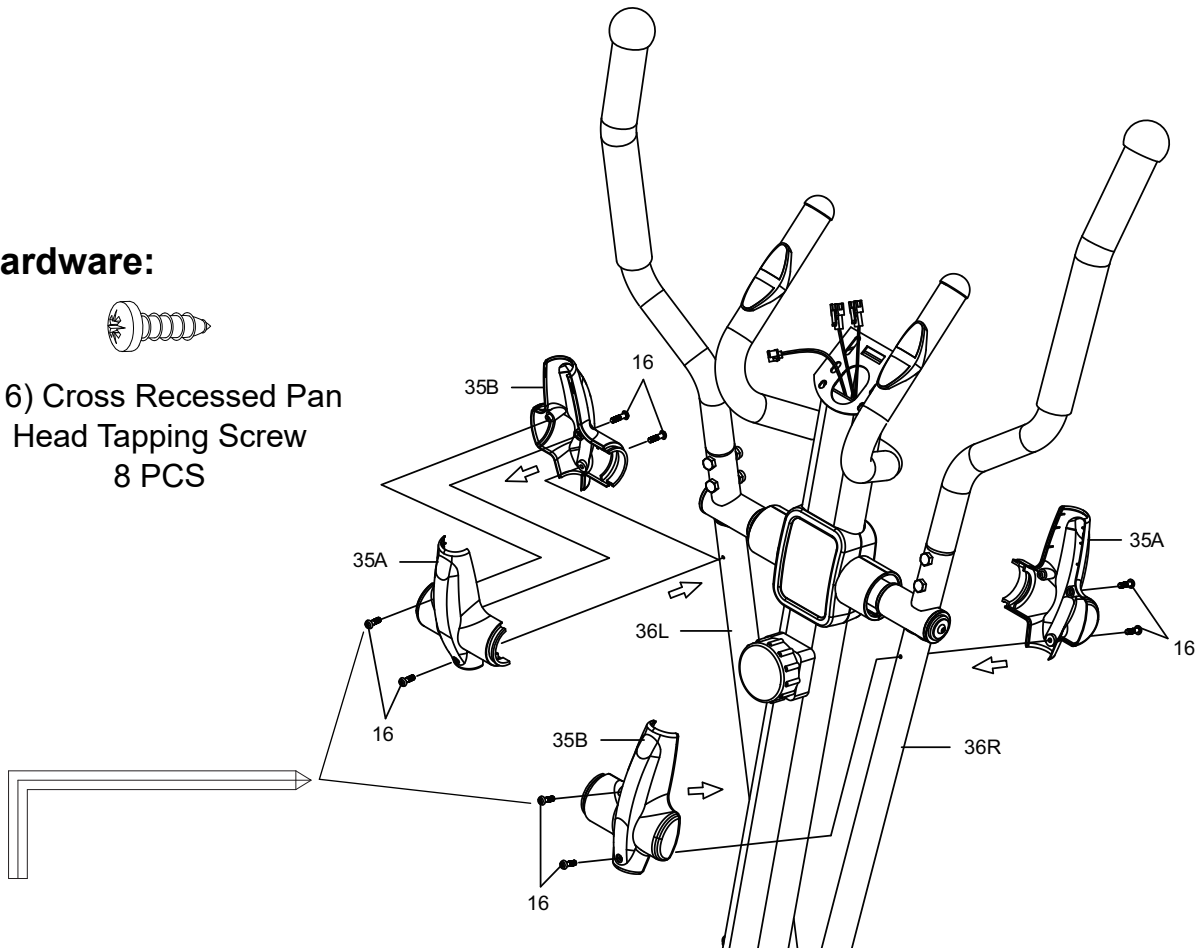
STEP 19

Secure both Left and Right Handrails (31L, 31R) into the top ends of both Left and Right Handrail Arms (36L, 36R) with four Hexagon Bolts (32), four Curve Washers (4), and four Hexagon Nylon Nuts (33) that were removed from Left and Right Handrails (31L, 31R). Tighten bolts and nylon nuts with two Multi Hex Tools provided.

Hardware:



(16) Cross Recessed Pan
Head Tapping Screw
8 PCS

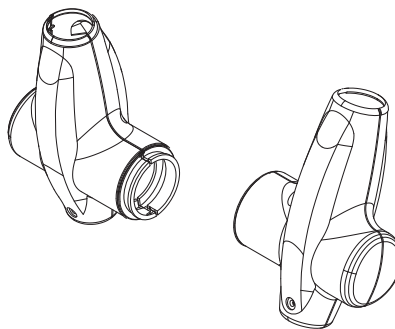


STEP 20

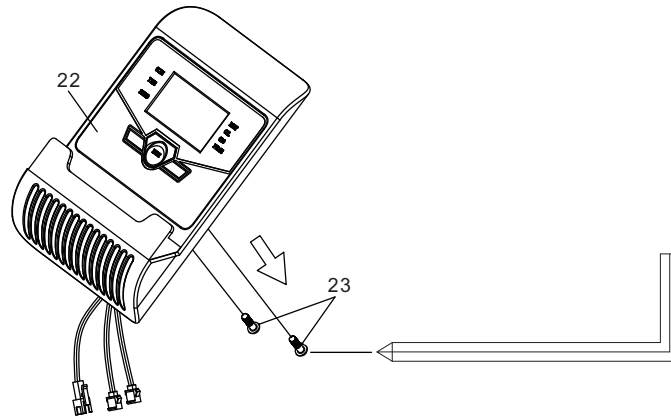
Attach the Handrail Arm Cover-A (35A) and Handrail Arm Cover-B (35B) onto the Left Handrail Arm (36L) with four Cross Recessed Pan Head Tapping Screws (16). Tighten screws with the Allen Wrench with Phillips Screwdriver provided.

Attach the other Handrail Arm Cover-A (35A) and Handrail Arm Cover-B (35B) onto the Right Handrail Arm (36R) with four Cross Recessed Pan Head Tapping Screws (16). Tighten screws with the Allen Wrench with Phillips Screwdriver provided.

Handrail Arm Cover Pack:

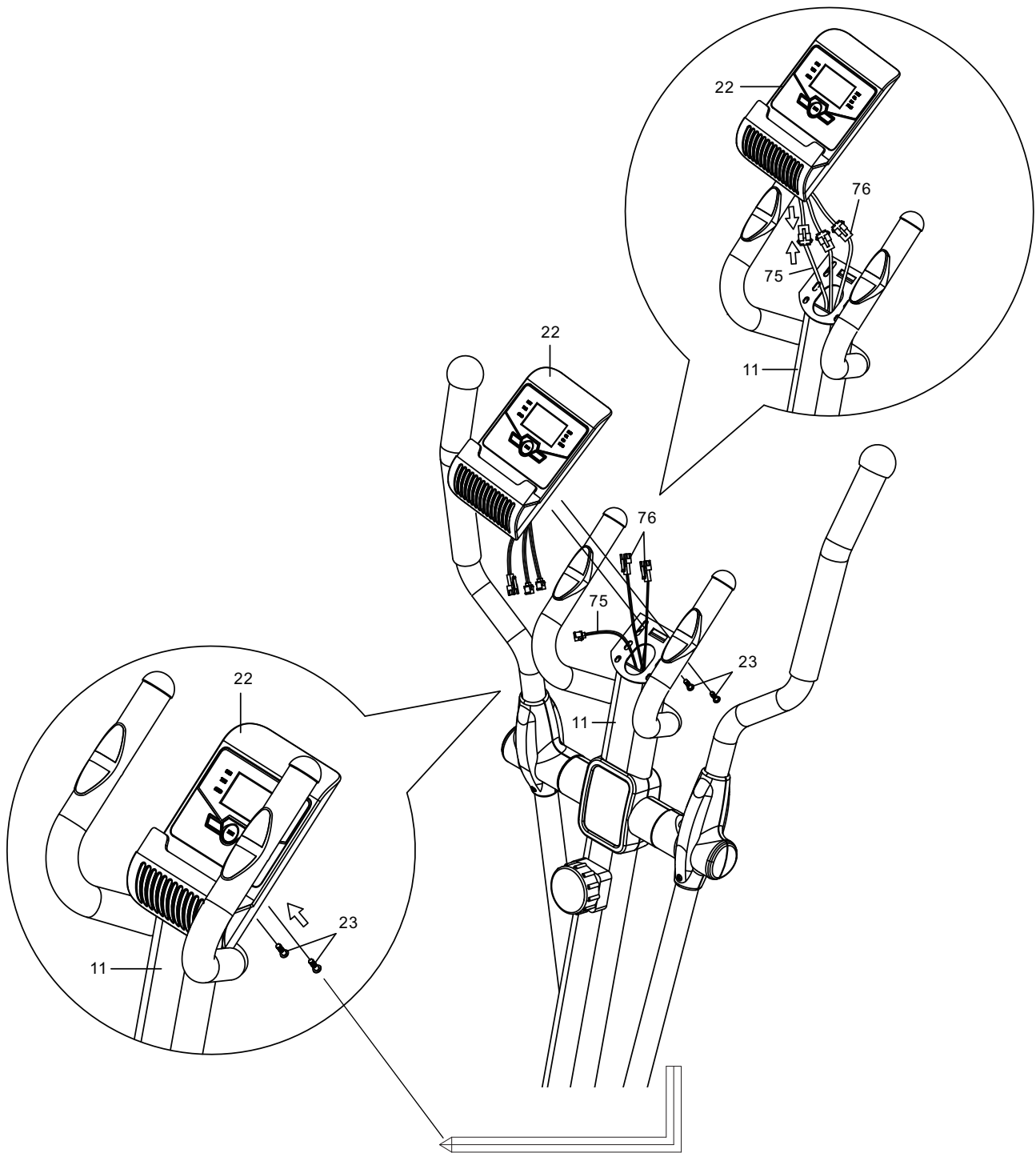


(35A) Handrail Arm Cover-A 2 PCS
(35B) Handrail Arm Cover-B 2 PCS



STEP 21

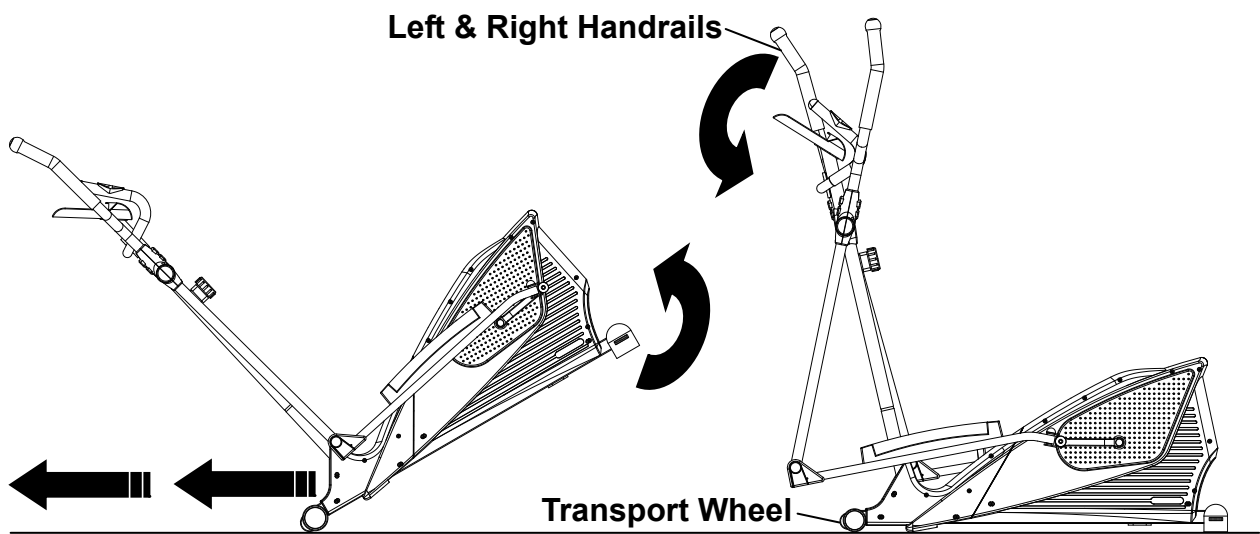
Remove two Cross Recessed Pan Head Bolts (23) from the Computer (22). Remove bolts with the S6 Allen Wrench with Phillips Screwdriver provided.



STEP 22

It is recommended to have a second person assist with this step. One person should hold the Computer (22) in place while the other person to connect the wires. Connect the Extension Sensor Wire (75) and Hand Pulse Sensor Wires (76) to the wires that come from the Computer (22). Tuck wires into the Front Post (11). Attach the Computer (22) onto the top end of the Front Post (11) with two Cross Recessed Pan Head Bolts (23) that were removed from the Computer (22). Tighten bolts with the S6 Allen Wrench with Phillips Screwdriver provided.

HOW TO MOVE THE ELLIPTICAL TRAINER



This elliptical trainer has a pair of Transport Wheels built into the front stabilizer and can be carefully tilted onto its Transport Wheels for easy moving and storage. Stand in front of the unit and grasp the Left and Right Handrails with both hands, then push or pull both handrails to make them parallel. Next, carefully push the elliptical trainer down until it rolls freely on the Transport Wheels.

CAUTION: It is suggested you always use the aid of a second person when moving the elliptical trainer.

OPERATING THE COMPUTER



USING YOUR COMPUTER

The computer can be activated by pressing one of the three buttons or by pedaling. If you leave the equipment idle for 4 minutes, the power will turn off automatically.

BUTTON FUNCTIONS:

MODE: Press the MODE button to select each function of the computer.

Press and hold the MODE button for 3 seconds to reset all data values to zero except the ODO (ODOMETER) data values.

SET: Press the SET button to set data values of TIME, DIST (DISTANCE), CAL (CALORIES), or PULSE for target pre-setting.

RESET: Press the RESET button to reset data values of TIME, DIST (DISTANCE), or CAL (CALORIES) to zero.

Press the RESET button to reset data values of TIME, DIST (DISTANCE), CAL (CALORIES), or PULSE to zero for target pre-setting.

COMPUTER FUNCTIONS:

SCAN: Press the MODE button until the screen displays SCAN. The computer will automatically scan each function in sequence every 6 seconds.

TIME: Displays your elapsed workout time in minutes and seconds. You may also pre-set target time in STOP mode before training. To set TIME press the MODE button until the screen displays TIME. Press the SET button to change the time, each time you press the SET button time should change by 1 minute. Press the RESET button to reset the target time to zero. Once you pre-set target time and then start to exercise, time starts counting down from pre-set target time to 0:00 per 1 second backward. When the pre-set target time counts down to 0:00, time will start to count up immediately and the computer will begin beeping to remind you.

SPEED: Displays the current training speed.

DIST (DISTANCE): Displays the cumulative distance travelled during workout. You may also pre-set target distance in STOP mode before training. To set DISTANCE press the MODE button until the screen displays DIST. Press the SET button to change the distance. Press the RESET button to reset the target distance to zero. Once you pre-set target distance and then start to exercise, distance starts counting down from pre-set target distance to 0.00. When the pre-set target distance counts down to 0.00, distance will start to count up immediately and the computer will begin beeping to remind you.

CAL (CALORIES): Displays approximate amount of calories burned during workout. You may also pre-set target calories in STOP mode before training. To set CALORIES press the MODE button until the screen displays CAL. Press the SET button to change the calories. Press the RESET button to reset the target calories to zero. Once you pre-set target calories and then start to exercise, calories start counting down from pre-set target calories to 0.0. When the pre-set target calories count down to 0.0, calories will start to count up immediately and the computer will begin beeping to remind you. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

ODO (ODOMETER): Displays the total accumulative distance travelled. The ODO data values can not be reset to zero by pressing and holding the MODE button for 3 seconds. If you take out the batteries from the computer, the ODO data values will reset to zero.

♥ **(PULSE):** Displays your current heart rate figures after you grip the handlebar sensors with both your hands during exercise. To ensure the pulse read-out is more precise, please always hold on to the handlebar grip sensors with two hands instead of only one hand when testing your heart rate figures. You may also pre-set target heart rate in STOP mode before training. To set PULSE press the MODE button until you see the ♥ displays on the screen. Press the SET button to pre-set target heart rate. Press the RESET button to reset the target heart rate to zero. Once you pre-set a target heart rate and then start to exercise, please grip the handlebar sensors with both your hands during exercise. If the heart rate detected is greater than the target heart rate, the computer will beep to alert you.

HOW TO INSTALL THE BATTERIES:

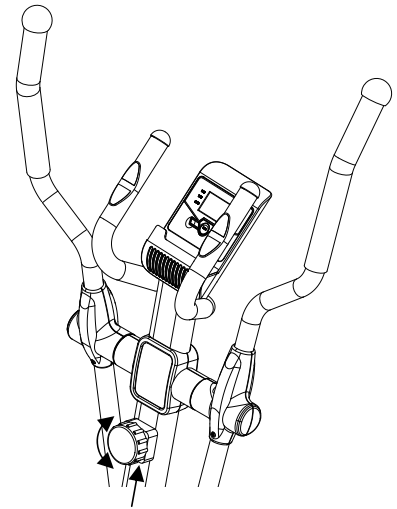
1. Remove the battery cover on the back of the computer.
2. Place two size AA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appears, remove batteries and wait 15 seconds before reinstalling.

ADJUSTMENTS

Adjusting the Tension Control Knob

To increase the tension, turn the tension control knob in a clockwise direction.

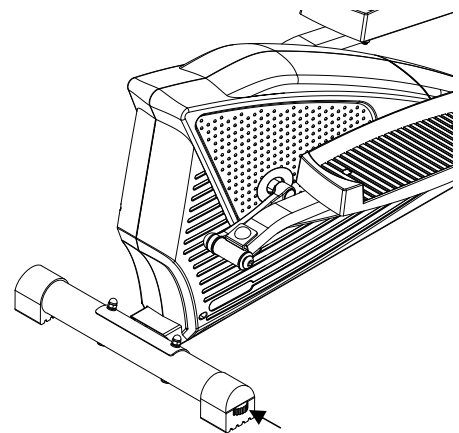
To decrease the tension, turn the tension control knob in a counterclockwise direction.



Tension Control Knob

Adjusting the Adjustable Leveler

Turn the adjustable leveler on the rear stabilizer end cap as needed to level the elliptical trainer.



Adjustable Leveler

MAINTENANCE

Cleaning

The elliptical trainer can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the elliptical trainer after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the elliptical trainer, especially the computer console out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

Storage

Store the elliptical trainer in a clean and dry environment away from children.

TROUBLESHOOTING

PROBLEM: The elliptical trainer wobbles when in use.

SOLUTION: Turn the adjustable leveler on the rear stabilizer end cap as needed to level the elliptical trainer.

PROBLEM: There is no display on the computer console.

SOLUTION: Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the front post.

SOLUTION: Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.

SOLUTION: The batteries in the computer console may be dead. Replace with new batteries.

PROBLEM: There is no heart rate reading or heart rate reading is erratic / inconsistent.

SOLUTION: Make sure that the wire connections for the hand pulse sensors are secure.

SOLUTION: To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with both hands instead of just with one hand when you try to test your heart rate figures.

SOLUTION: Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

PROBLEM: The elliptical trainer makes a squeaking noise when in use.

SOLUTION: The bolts may be loose on the elliptical trainer. Please inspect all of the bolts and tighten any loose bolts.

If the above troubleshooting section does not fix the problem, discontinue use the elliptical trainer.

PLEASE CONTACT YOUR LOCAL DEALER FOR SUPPORT.

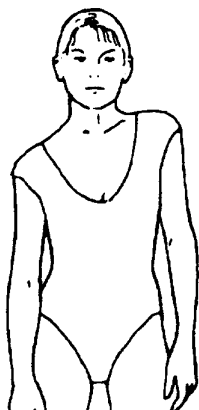
WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare 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.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

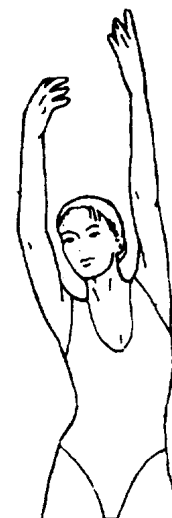
HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then 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, then drop your head to your chest for one count.



SHOULDER LIFTS

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



SIDE STRETCHES

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

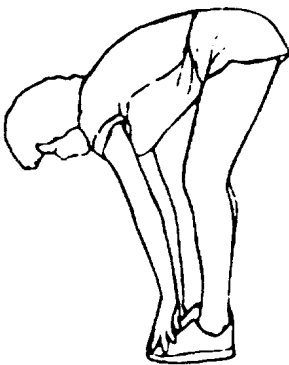


QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

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

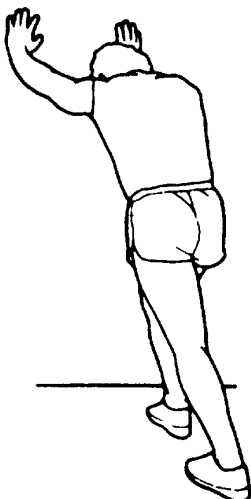
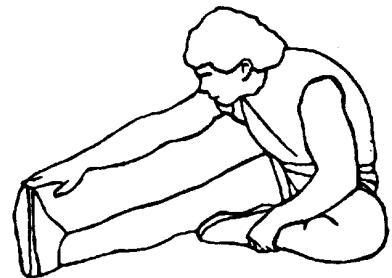


TOE TOUCHES

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

HAMSTRING STRETCHES

Extend your right leg. 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.



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.