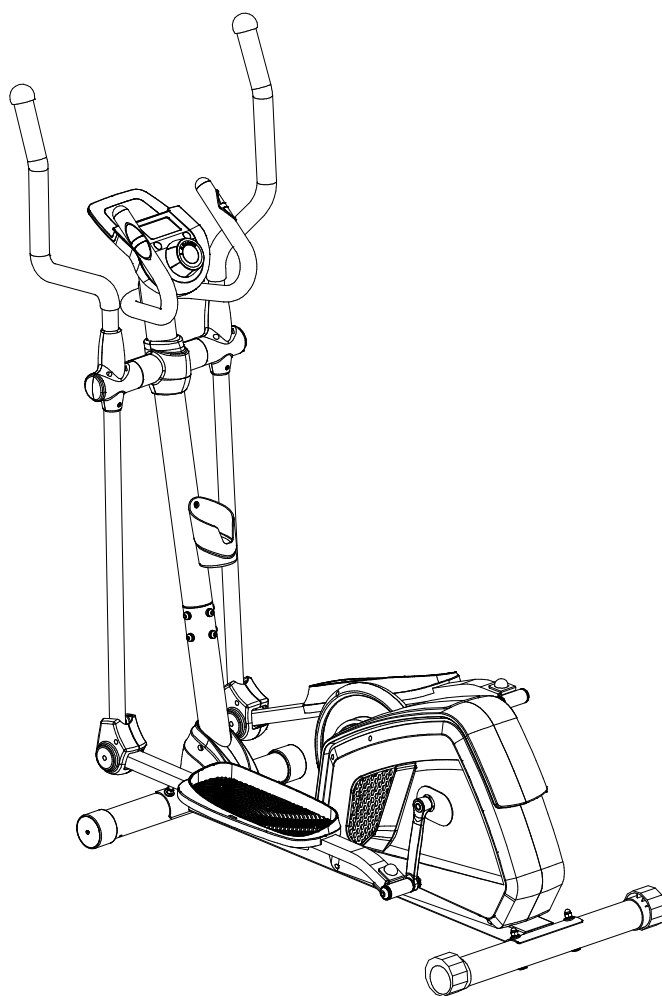


ARES MAGNETIC ELLIPTICAL TRAINER

ITEM NO.: 93122

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.

2023, May

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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

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

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 125 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.

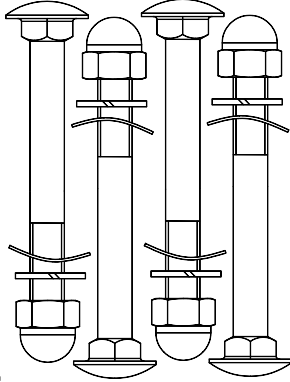
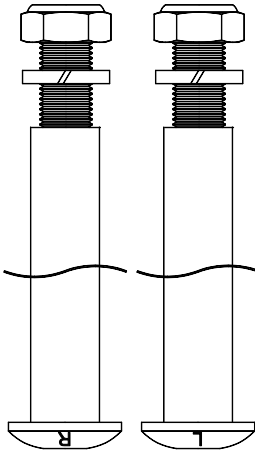
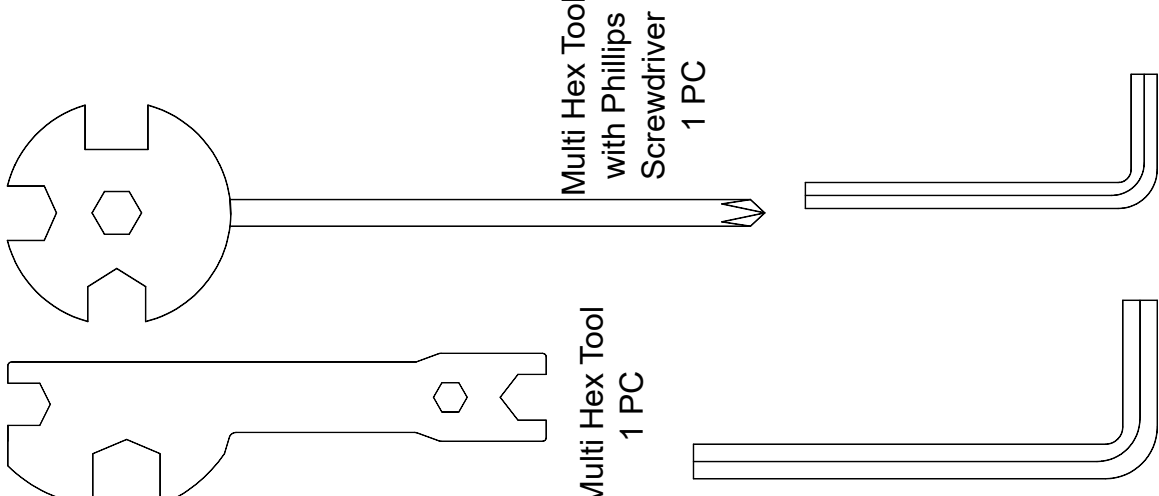
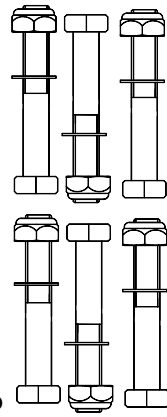
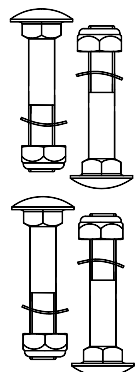
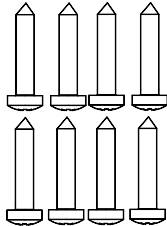
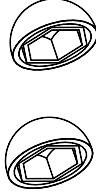
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	024L	Left Foot Pedal	1
002L	Left Foot Bar	1	024R	Right Foot Pedal	1
002R	Right Foot Bar	1	025	Washer Ø12xØ6.5x1.0t	6
003L	Left Handrail Arm	1	026	Hexagon Nylon Nut M6	14
003R	Right Handrail Arm	1	027L	Left Bolt Ø16x88.5xL23	1
004L	Left Handrail Ø32	1	027R	Right Bolt Ø16x88.5xL23	1
004R	Right Handrail Ø32	1	028	Wave Washer Ø17xØ28x0.3t	2
005	Front Post	1	029	Powder Metal Bushing Ø24.5xØ16x14	4
006	Handlebar Ø25	1	030	Spring Washer Ø20	2
007	Front Stabilizer Ø60x1.5tx480	1	031L	Left Nylon Nut 1/2"	1
008	Rear Stabilizer Ø60x1.5tx580	1	031R	Right Nylon Nut 1/2"	1
009	Cross Recessed Pan Head Tapping Screw ST4.2x15	17	032	Bolt Cap S13	2
010A	Left Handrail Arm Cover-A	1	033	Hexagon Head Bolt M8x55	2
010B	Left Handrail Arm Cover-B	1	034	Powder Metal Bushing Ø18xØ8.5	4
011A	Right Handrail Arm Cover-A	1	035	Washer Ø25xØ8x1.5t	6
011B	Right Handrail Arm Cover-B	1	036	Nylon Nut M8	5
012	Handlebar Foam Grip Ø30xØ24x450	2	037	Foot Bar Bracket	2
013	Spring Washer Ø8	18	038	Front Stabilizer End Cap Ø60	2
014	Big Washer Ø8	2	039	Carriage Bolt M8x75	4
015	Handlebar End Cap	2	040	Curve Washer Ø20xØ8	12
016	Powder Metal Bushing Ø38xØ32xØ19x14	4	041	Cap Nut M8	4
017	Bolt Ø15.8x62.5	2	042	Crank Cover	2
018	Powder Metal Bushing Ø14.2xØ10.2x10	4	043L	Left Crank	1
019	External Tooth Lock Washer Ø6	2	043R	Right Crank	1
020	Cross Recessed Pan Head Bolt M6x15	2	044	Rear Stabilizer End Cap Ø60	2
021	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x20	10	045	Hexagon Socket Pan Head Cap Bolt M8x15	13
022L	Front Foot Bar Cover I	2	046	Plastic Bushing	2
022R	Front Foot Bar Cover II	2	047	Wave Washer Ø19xØ26x0.3t	2
023	Hexagon Head Bolt M6x40	6	048	Tension Cable (L=2300 mm)	1

PARTS LIST

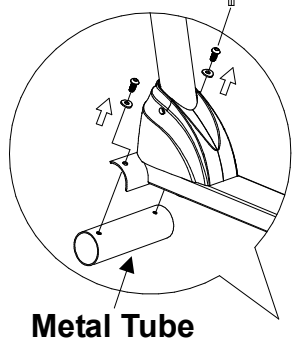
No.	Description	Qty	No.	Description	Qty
049	Extension Sensor Wire (L=1000 mm)	1	074	Plastic Screw Anchor Ø8	2
050	Front Decorative Cover for Front Post	1	075L	Left Cover	1
051	Rear Decorative Cover for Front Post	1	075R	Right Cover	1
052	Cross Recessed Pan Head Bolt M5x10	4	076	Belt PJ430 J6	1
053	Computer Console	1	077	Cover Cap	2
054	Curve Washer Ø16xØ8	2	078	Flywheel Cover	1
055	Water Bottle Holder	1	079	Nylon Nut M6	2
056	Hand Pulse Sensor with Wire (L=750 mm)	2	080L	Left Plastic Cover	1
057	Handrail End Cap	2	080R	Right Plastic Cover	1
058	Tension Control Knob (L=100 mm)	1	081	Tension Bracket	2
059	Cross Recessed Pan Head Bolt M5x15	1	082	Hexagon Nut M10	2
060	Washer Ø5	1	083	Eyebolt M6x36	2
061	Handrail Foam Grip Ø37xØ31x550	2	084	Flange Nut M10x1.0xH6	2
062	D Shaped Washer Ø19	2	085	Flywheel	1
063	Curve Washer Ø6	4	086	Idler Arm	1
064	Carriage Bolt M6x35	4	087	Idler Wheel Ø35xØ10	1
065	Cross Recessed Pan Head Tapping Screw ST4.2x20	17	088	Washer Ø12xØ6x1.0t	1
066	Flange Nut M10x1.25xH9	2	089	Cross Recessed Pan Head Bolt M6x10	1
067	Sensor with Wire (L=1600 mm)	1	090	Eyebolt M8x65	1
068	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST2.9x12	2	091	Bearing 6004ZZ	2
069	Cross Recessed Pan Head Bolt M6x15	4	092	Wave Washer Ø17	1
070	Belt Pulley	1	093	Spring Clip Ø20	2
071	Belt Pulley Shaft	1	094	Rubber Cover I	2
072	Spring Washer Ø6	6	095	Rubber Cover II	2
073	Big Washer Ø18xØ6x1.5t	2			

HARDWARE AND TOOL KIT

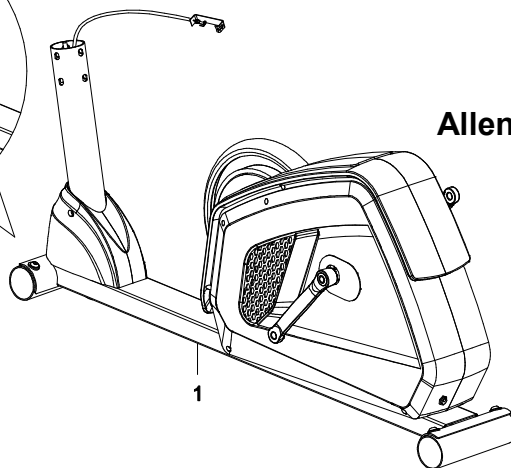
<p>STEP 1</p>  <p>(13) Spring Washer 4 PCS (39) Carriage Bolt 4 PCS (40) Curve Washer 4 PCS (41) Cap Nut 4 PCS</p>	<p>STEP 4</p>  <p>(27L) Left Bolt 1 PC (27R) Right Bolt 1 PC (28) Wave Washer 2 PCS (30) Spring Washer 2 PCS (31L) Left Nylon Nut 1 PC (31R) Right Nylon Nut 1 PC</p>	 <p>Multi Hex Tool with Phillips Screwdriver 1 PC</p> <p>Multi Hex Tool 1 PC</p> <p>Allen Wrench 6 mm 1 PC</p> <p>Allen Wrench 8 mm 1 PC</p>
<p>STEP 5</p>  <p>(23) Hexagon Head Bolt 6 PCS (25) Washer 6 PCS (26) Hexagon Nylon Nut 6 PCS</p>	<p>STEP 6</p>  <p>(26) Hexagon Nylon Nut 4 PCS (63) Curve Washer 4 PCS (64) Carriage Bolt 4 PCS</p>	
<p>STEP 8</p>  <p>(65) Cross Recessed Pan Head Tapping Screw 8 PCS</p>	<p>STEP 4</p>  <p>(32) Bolt Cap 2 PCS</p>	

ASSEMBLY INSTRUCTIONS

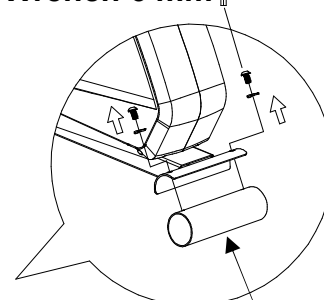
Allen Wrench 6 mm



Metal Tube

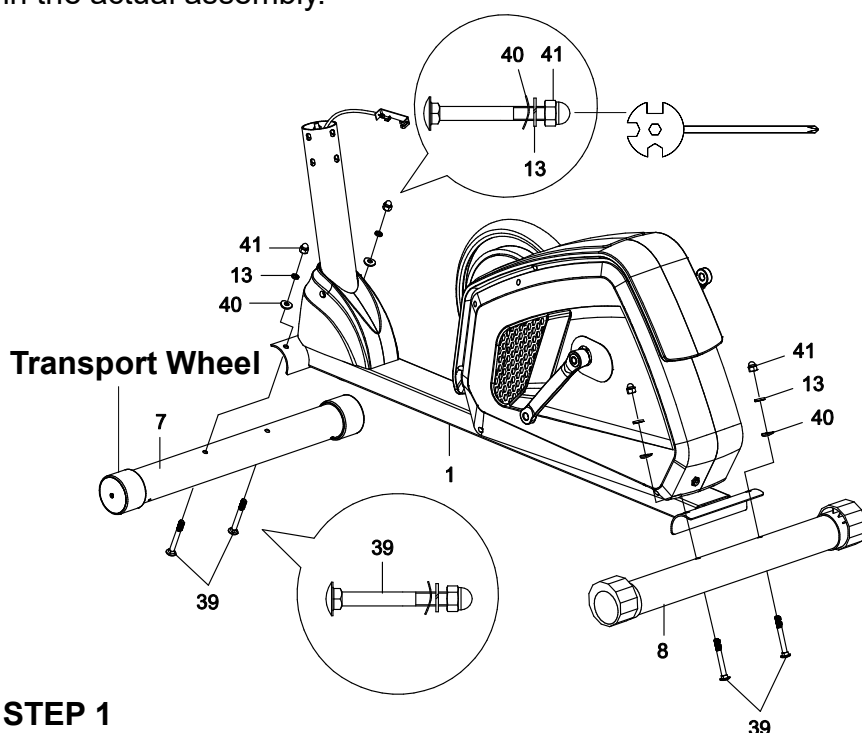


Allen Wrench 6 mm

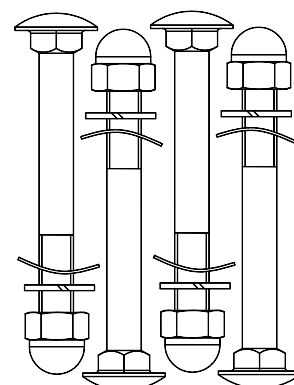


Metal Tube

Remove both Metal Tubes from the Main Frame (1) by using the 6 mm Allen Wrench provided. Discard the Metal Tubes that were attached at this point as they will not be used in the actual assembly.



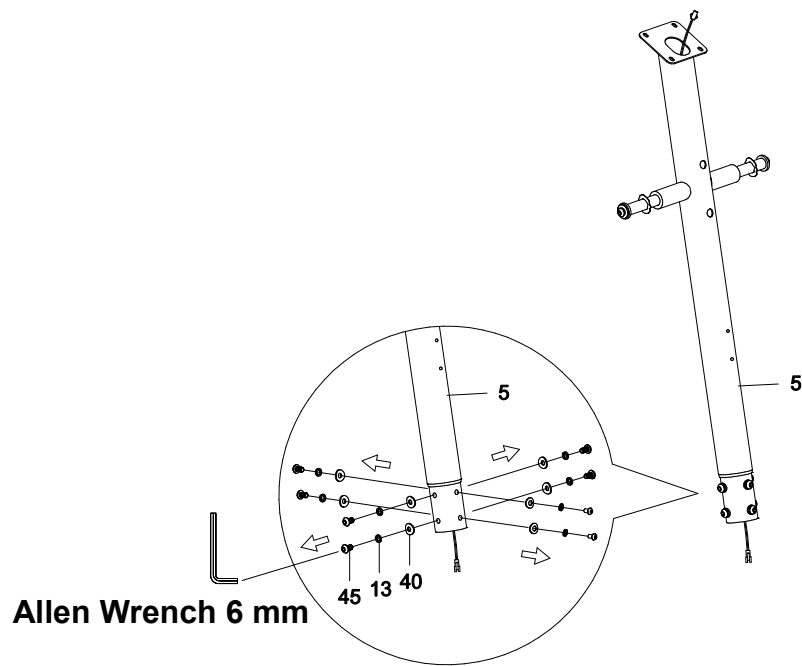
Hardware:



(13) Spring Washer	4 PCS
(39) Carriage Bolt	4 PCS
(40) Curve Washer	4 PCS
(41) Cap Nut	4 PCS

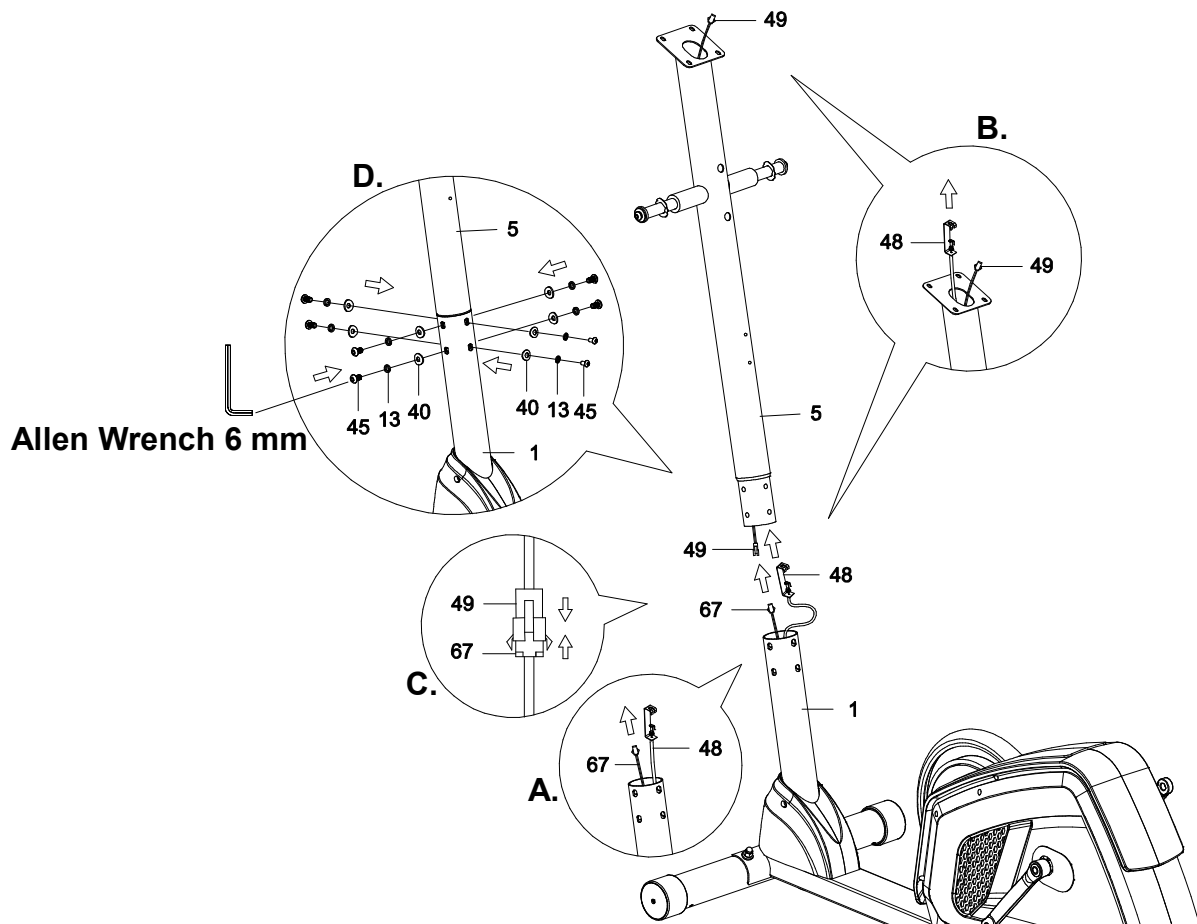
STEP 1

Position the Front Stabilizer (7) with the Transport Wheels in front of the Main Frame (1) and align bolt holes. Attach the Front Stabilizer (7) onto the front curve of the Main Frame (1) with two Carriage Bolts (39), two Curve Washers (40), two Spring Washers (13), and two Cap Nuts (41). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided. Position the Rear Stabilizer (8) behind the Main Frame (1) and align bolt holes. Attach the Rear Stabilizer (8) onto the rear curve of the Main Frame (1) with two Carriage Bolts (39), two Curve Washers (40), two Spring Washers (13), and two Cap Nuts (41). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 2

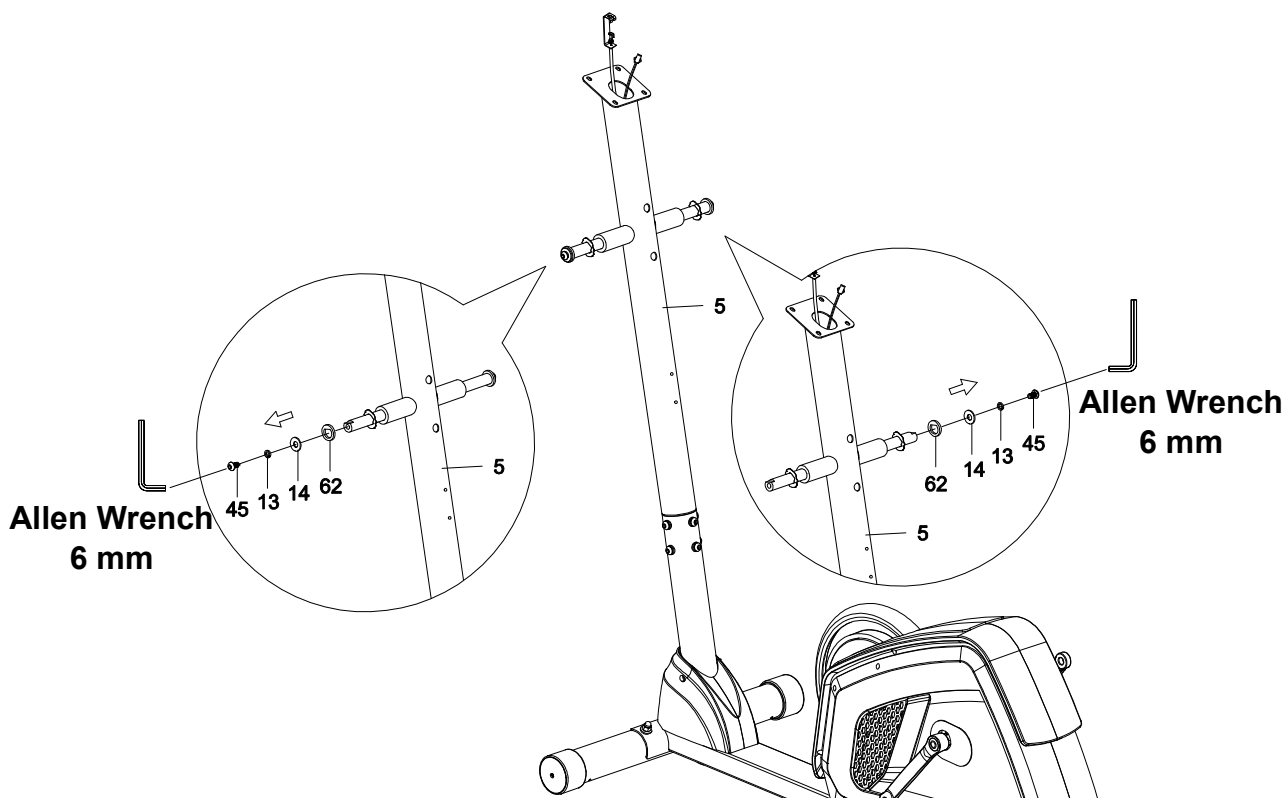
Remove eight Hexagon Socket Pan Head Cap Bolts (45), eight Spring Washers (13), and eight Curve Washers (40) from the tube of the Front Post (5). Remove bolts with the 6 mm Allen Wrench provided.



STEP 2-1

It is recommended to have a second person assist with this step. One person should hold the Front Post (5) in place while the other person connects the wires.

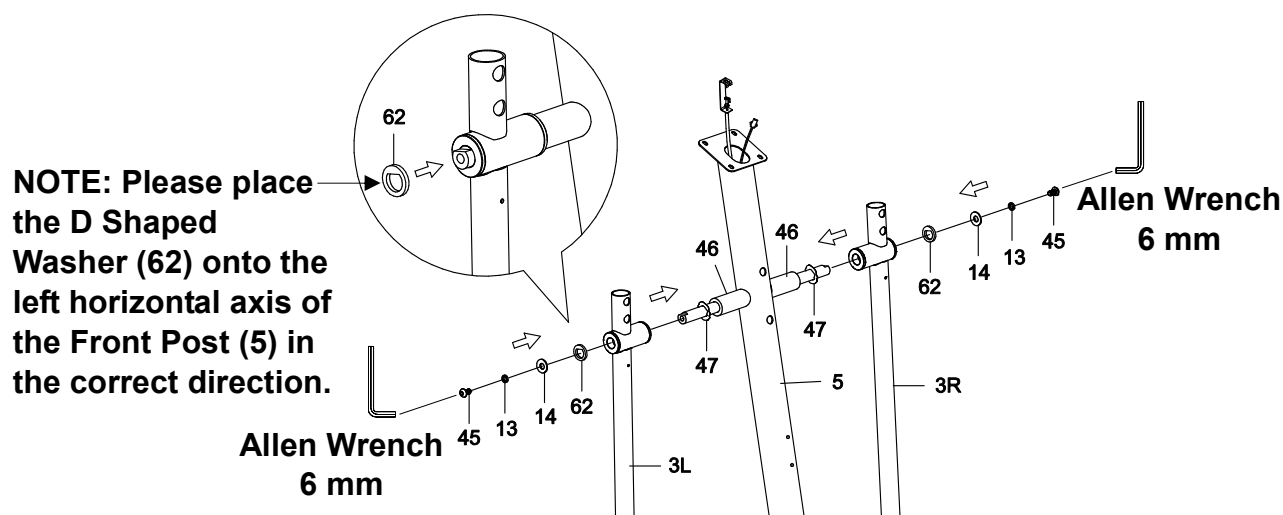
- A.** Pull the Sensor Wire (67) out from the tube of the Main Frame (1).
- B.** Insert the Tension Cable (48) through into the bottom hole of the Front Post (5) and pull it out from the top end of the Front Post (5).
- C.** Connect the Sensor Wire (67) from the Main Frame (1) to the Extension Sensor Wire (49) from the Front Post (5).
- D.** Attach the Front Post (5) onto the tube of the Main Frame (1) with eight Hexagon Socket Pan Head Cap Bolts (45), eight Spring Washers (13), and eight Curve Washers (40) that were removed. Tighten bolts with the 6 mm Allen Wrench provided.



STEP 3

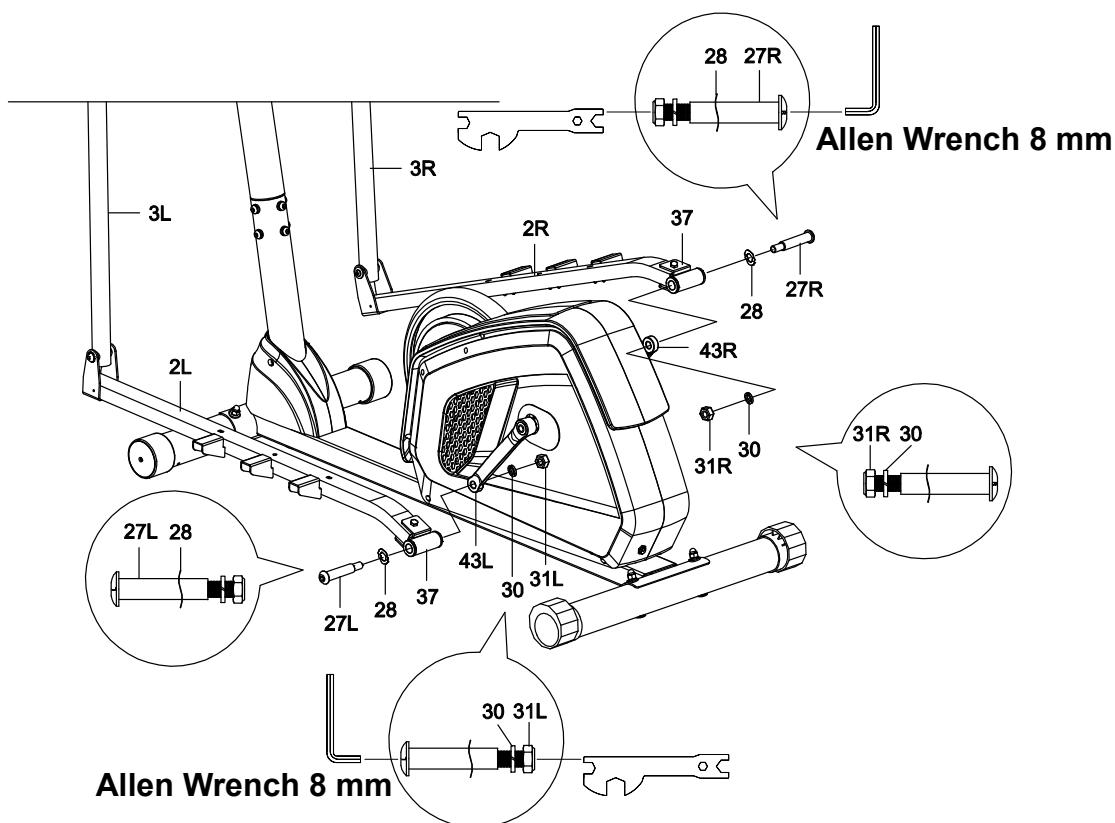
Remove one Hexagon Socket Pan Head Cap Bolt (45), one Spring Washer (13), one Big Washer (14), and one D Shaped Washer (62) from the right horizontal axis of the Front Post (5). Remove bolt with the 6 mm Allen Wrench provided.

Use the same procedure to remove bolt and washers from the left horizontal axis of the Front Post (5).



STEP 3-1

Attach both Left and Right Handrail Arms (3L, 3R) onto the horizontal axes of the Front Post (5) with two Hexagon Socket Pan Head Cap Bolts (45), two Spring Washers (13), two Big Washers (14), and two D Shaped Washers (62) that were removed from the horizontal axes of the Front Post (5). Tighten bolts with the 6 mm Allen Wrench provided.



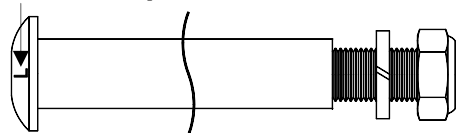
STEP 4

Attach the left Foot Bar Bracket (37) to the Left Crank (43L) with one Left Bolt (27L), one Wave Washer (28), one Spring Washer (30), and one Left Nylon Nut (31L). Tighten bolt and nylon nut with the 8 mm Allen Wrench and the Multi Hex Tool provided.

Attach the right Foot Bar Bracket (37) to the Right Crank (43R) with one Right Bolt (27R), one Wave Washer (28), one Spring Washer (30), and one Right Nylon Nut (31R). Tighten bolt and nylon nut with the 8 mm Allen Wrench and the Multi Hex Tool provided.

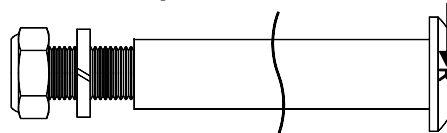
Hardware:

The Left Bolt is marked with the L (Left) to denote the side of the elliptical trainer it is on.

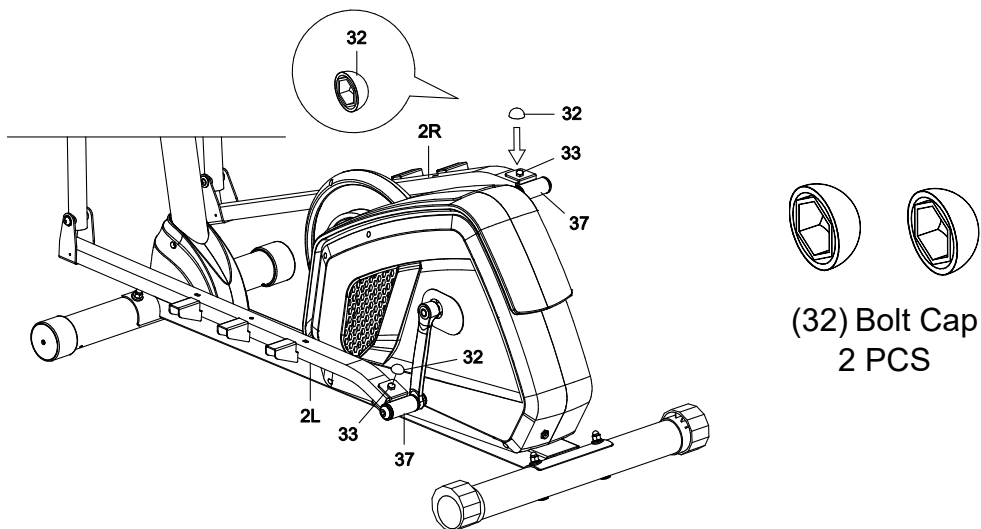


(27L) Left Bolt	1 PC
(28) Wave Washer	1 PC
(30) Spring Washer	1 PC
(31L) Left Nylon Nut	1 PC

The Right Bolt is marked with the R (Right) to denote the side of the elliptical trainer it is on.

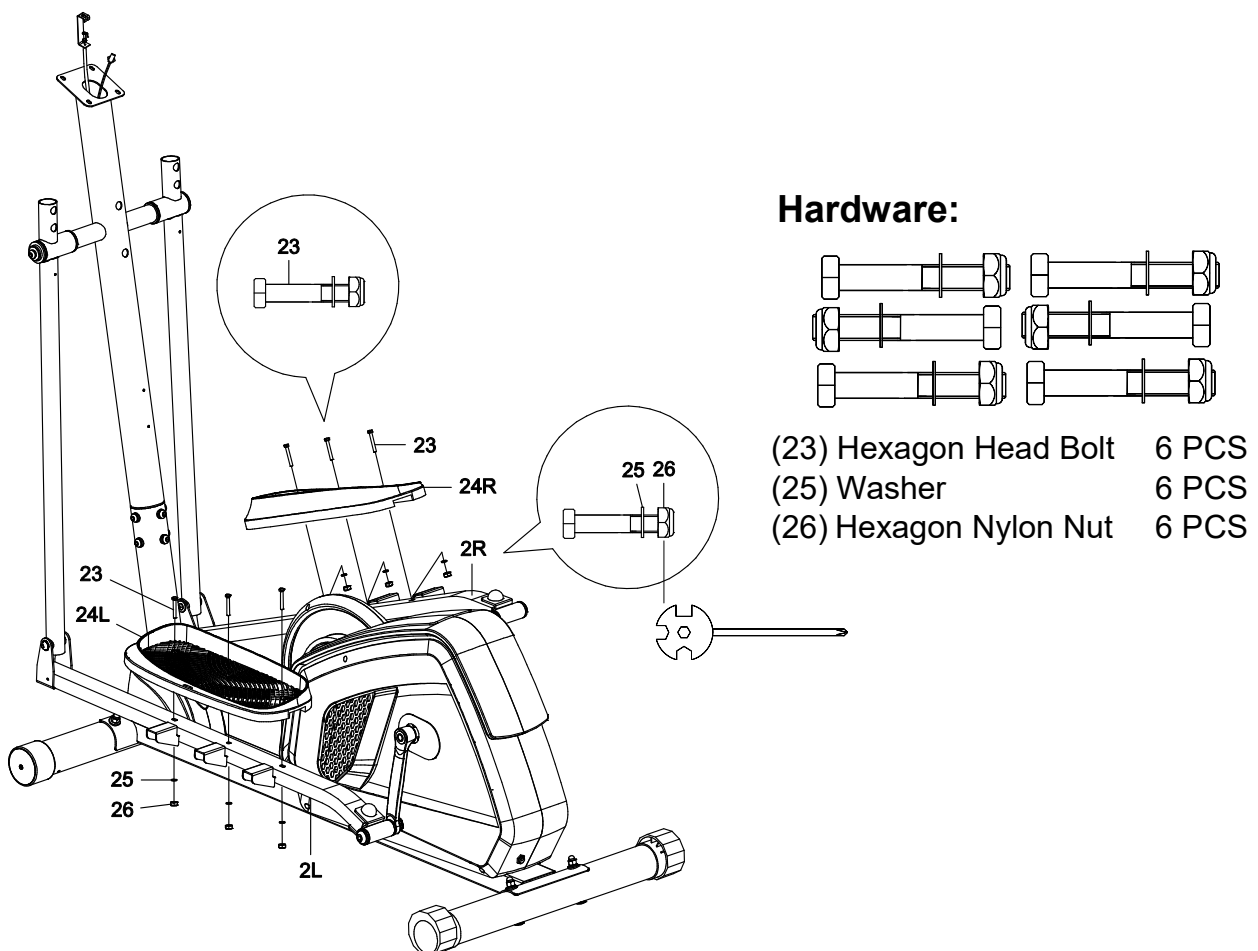


(27R) Right Bolt	1 PC
(28) Wave Washer	1 PC
(30) Spring Washer	1 PC
(31R) Right Nylon Nut	1 PC



STEP 4-1

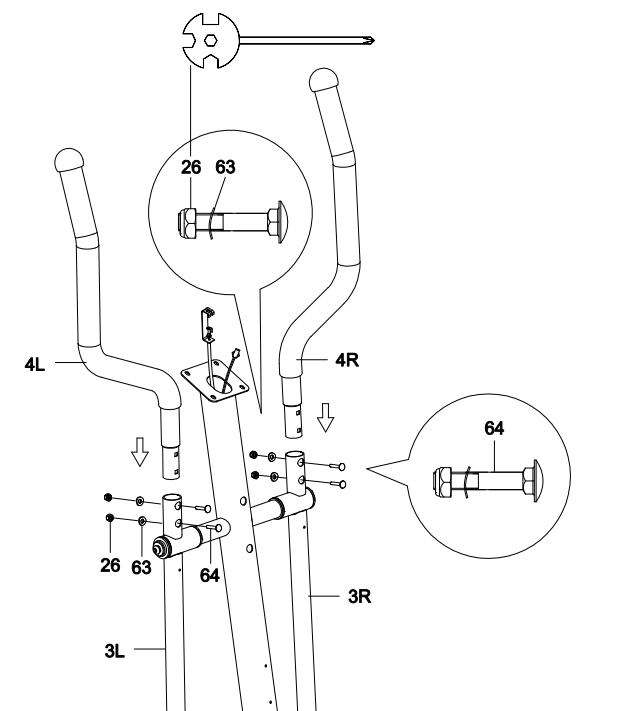
Install two Bolt Caps (32) onto two Hexagon Head Bolts (33).



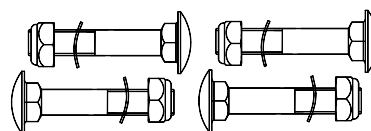
STEP 5

Attach the Left Foot Pedal (24L) onto the Left Foot Bar (2L) with three Hexagon Head Bolts (23), three Washers (25), and three Hexagon Nylon Nuts (26). Tighten the hexagon nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Use the same procedure to attach the Right Foot Pedal (24R) onto the Right Foot Bar (2R).



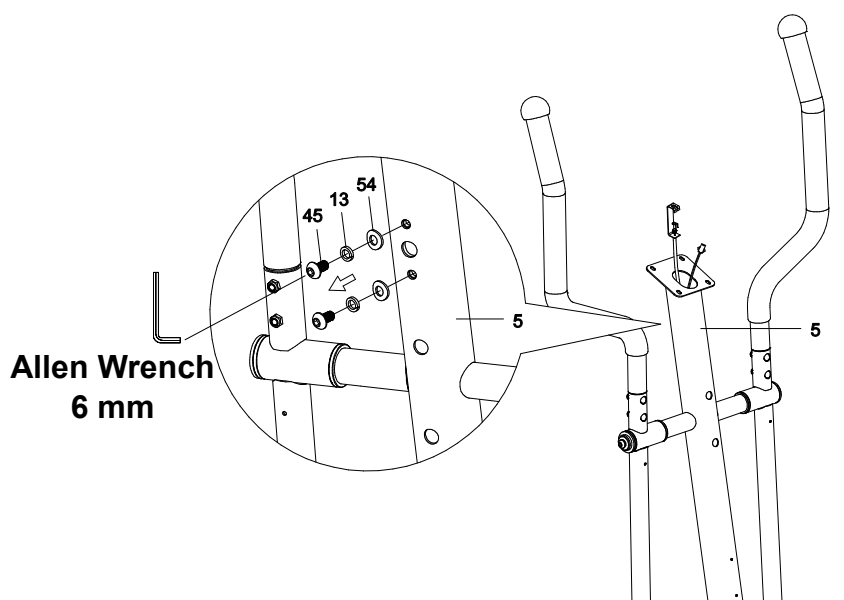
Hardware:



(26) Hexagon Nylon Nut	4 PCS
(63) Curve Washer	4 PCS
(64) Carriage Bolt	4 PCS

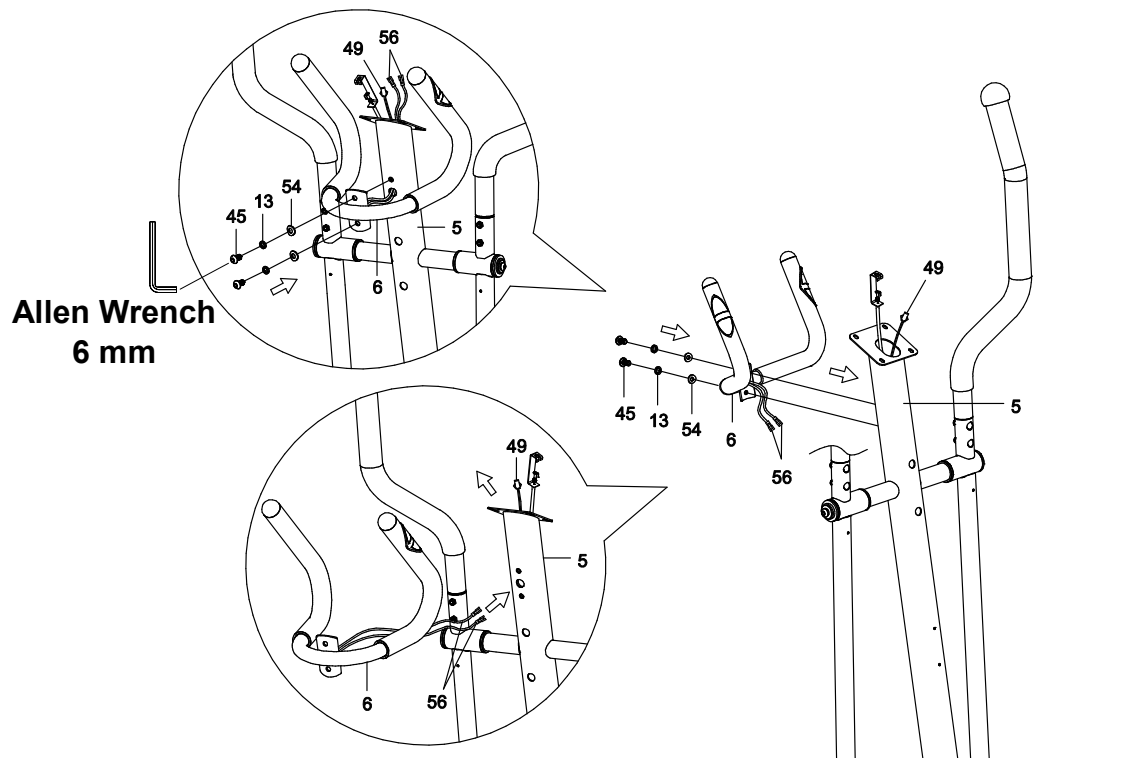
STEP 6

Attach both Left and Right Handrails (4L, 4R) into the top ends of both Left and Right Handrail Arms (3L, 3R) with four Carriage Bolts (64), four Curve Washers (63), and four Hexagon Nylon Nuts (26). Tighten hexagon nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 7

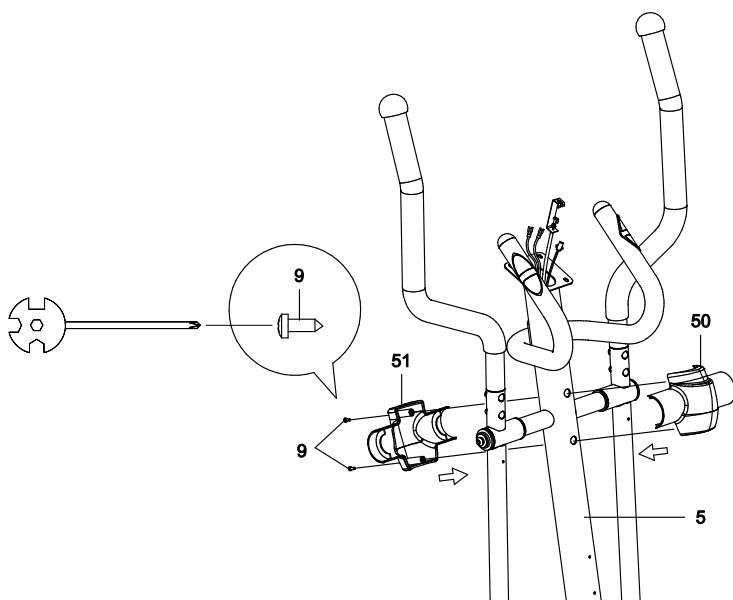
Remove two Hexagon Socket Pan Head Cap Bolts (45), two Spring Washers (13), and two Curve Washers (54) from the Front Post (5). Remove bolts with the 6 mm Allen Wrench provided.



STEP 7-1

Insert the Hand Pulse Sensor Wires (56) from the Handlebar (6) into the hole on the Front Post (5) and then pull them out from the top end of the Front Post (5).

Attach the Handlebar (6) onto the Front Post (5) with two Hexagon Socket Pan Head Cap Bolts (45), two Spring Washers (13), and two Curve Washers (54) that were removed from the Front Post (5). Tighten bolts with the 6 mm Allen Wrench provided.



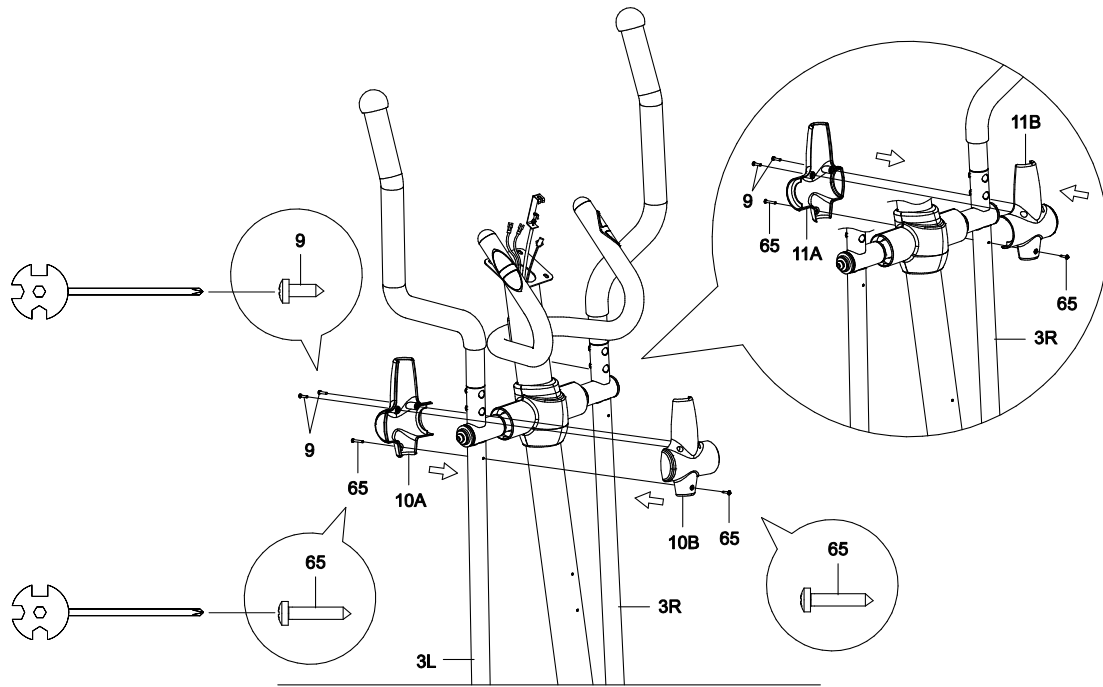
Hardware:



(9) Cross Recessed Pan Head Tapping Screw
2 PCS

STEP 8

Attach the Front Decorative Cover for Front Post (50) and Rear Decorative Cover for Front Post (51) onto the Front Post (5) with two Cross Recessed Pan Head Tapping Screws (9). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

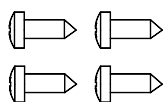


STEP 8-1

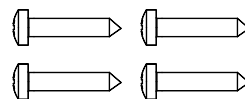
Attach the Left Handrail Arm Cover-A (10A) and Left Handrail Arm Cover-B (10B) onto the Left Handrail Arm (3L) with two Cross Recessed Pan Head Tapping Screws (9) and two Cross Recessed Pan Head Tapping Screws (65). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the other Right Handrail Arm Cover-A (11A) and Right Handrail Arm Cover-B (11B) onto the Right Handrail Arm (3R) with two Cross Recessed Pan Head Tapping Screws (9) and two Cross Recessed Pan Head Tapping Screws (65). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

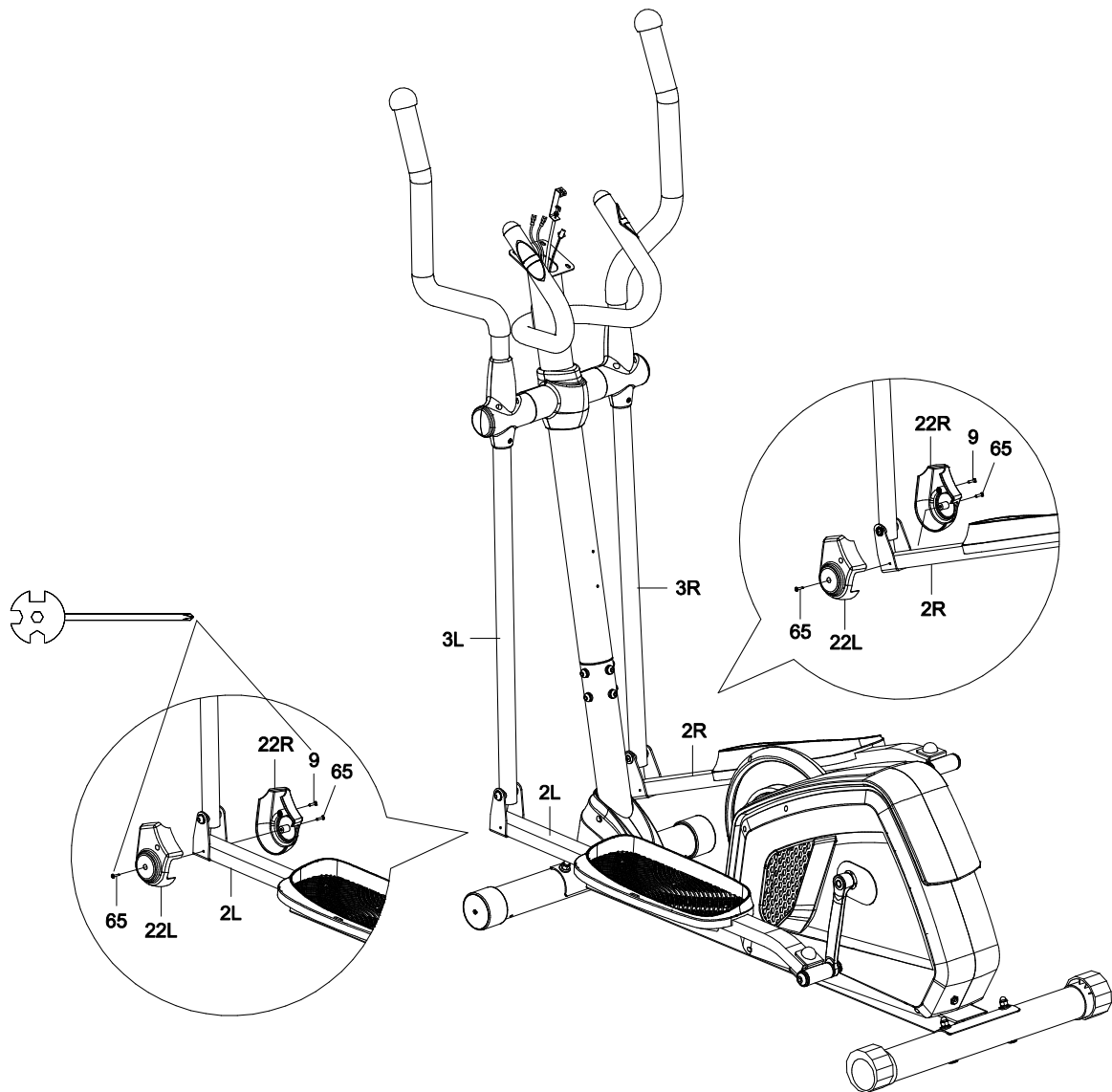
Hardware:



(9) Cross Recessed Pan
Head Tapping Screw
4 PCS



(65) Cross Recessed Pan
Head Tapping Screw
4 PCS



STEP 8-2

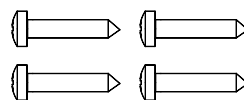
Attach the Front Foot Bar Cover I (22L) and Front Foot Bar Cover II (22R) onto the Left Foot Bar (2L) with one Cross Recessed Pan Head Tapping Screw (9) and two Cross Recessed Pan Head Tapping Screws (65). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the other Front Foot Bar Cover I (22L) and Front Foot Bar Cover II (22R) onto the Right Foot Bar (2R) with one Cross Recessed Pan Head Tapping Screw (9) and two Cross Recessed Pan Head Tapping Screws (65). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

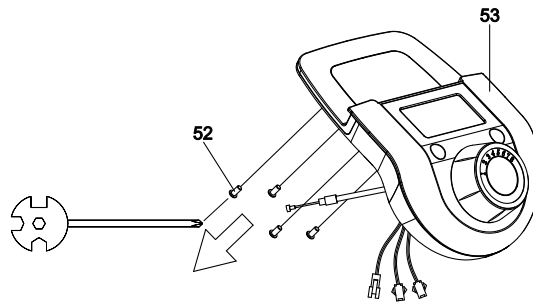
Hardware:



(9) Cross Recessed Pan
Head Tapping Screw
2 PCS

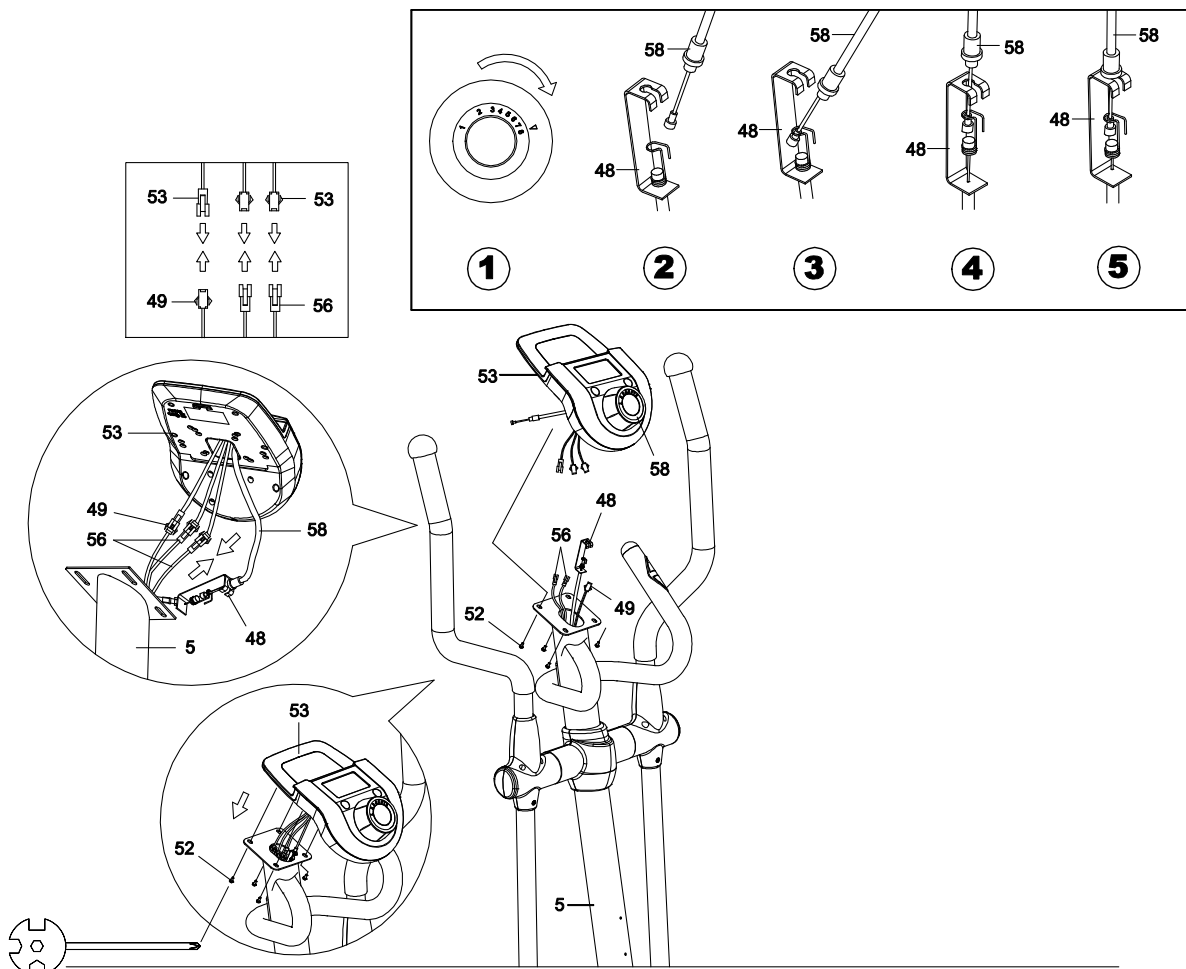


(65) Cross Recessed Pan
Head Tapping Screw
4 PCS



STEP 9

Remove four Cross Recessed Pan Head Bolts (52) from the Computer Console (53). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 9-1

It is recommended to have a second person assist with this step. One person should hold the Computer Console (53) in place while the other person to connect the wires.

Turn the Tension Control Knob (58) to its highest setting, see Figure 1.

Put the cable end of resistance cable of Tension Control Knob (58) into the cable lock of Tension Cable (48), see Figure 2.

Pull the resistance cable of Tension Control Knob (58) up and force it into the slot of metal bracket of Tension Cable (48), see Figure 3.

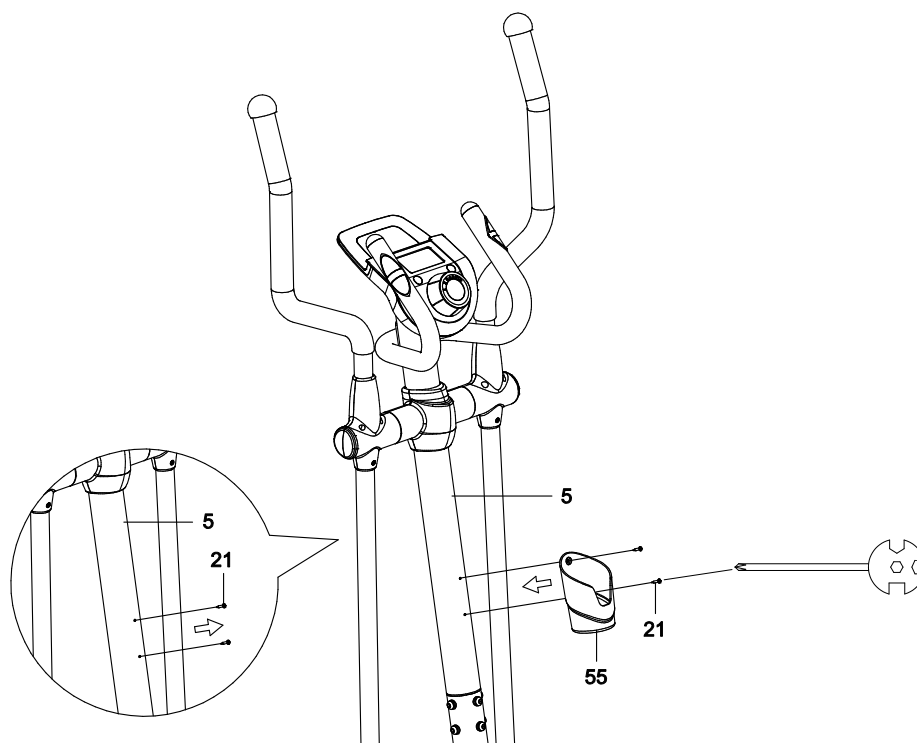
Insert the metal fitting on the resistance cable of Tension Control Knob (58) into the hole at the end of the slot in the metal bracket of Tension Cable (48), see Figure 4.

Connect the resistance cable of Tension Control Knob (58) to Tension Cable (48) complete, see Figure 5.

Connect the Extension Sensor Wire (49) and Hand Pulse Sensor Wires (56) to the wires that come from the Computer Console (53). Tuck wires into the Front Post (5).

Attach the Computer Console (53) onto the top end of the Front Post (5) with four Cross Recessed Pan Head Bolts (52) that were removed from the Computer Console (53).

Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

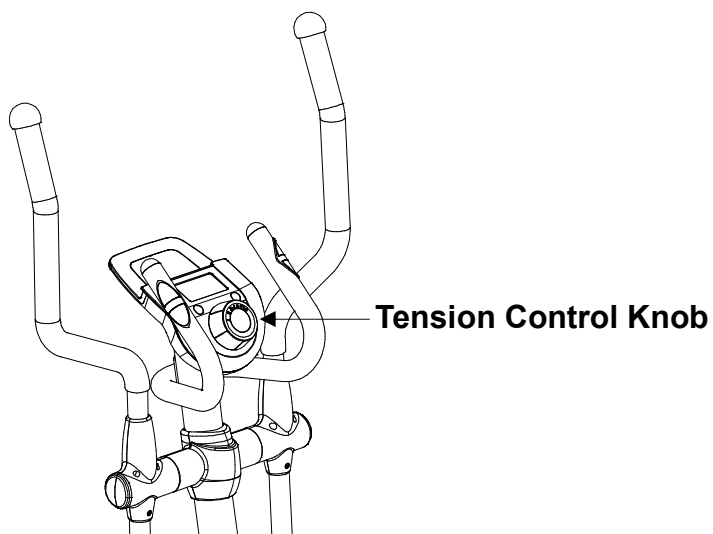


STEP 10

Remove two Cross Recessed Pan Head Drilling Screws with Tapping Screw Thread (21) from the Front Post (5). Remove screws with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Water Bottle Holder (55) onto the Front Post (5) with two Cross Recessed Pan Head Drilling Screws with Tapping Screw Thread (21) that were removed. Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

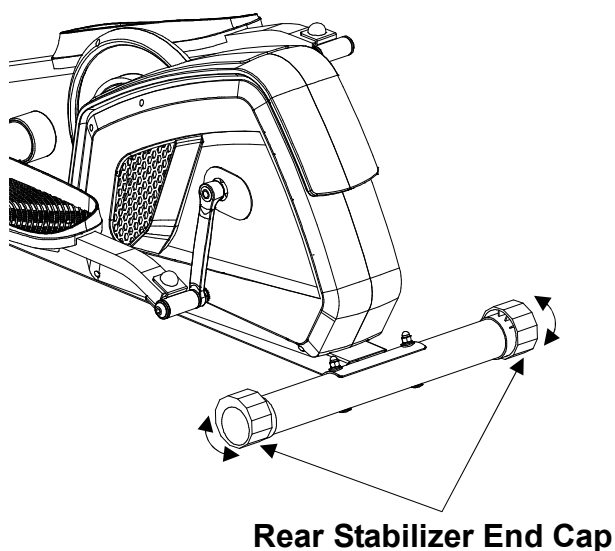
ADJUSTMENTS



Adjusting the Tension Control Knob

To increase the tension, turn the **Tension Control Knob** in a clockwise direction.

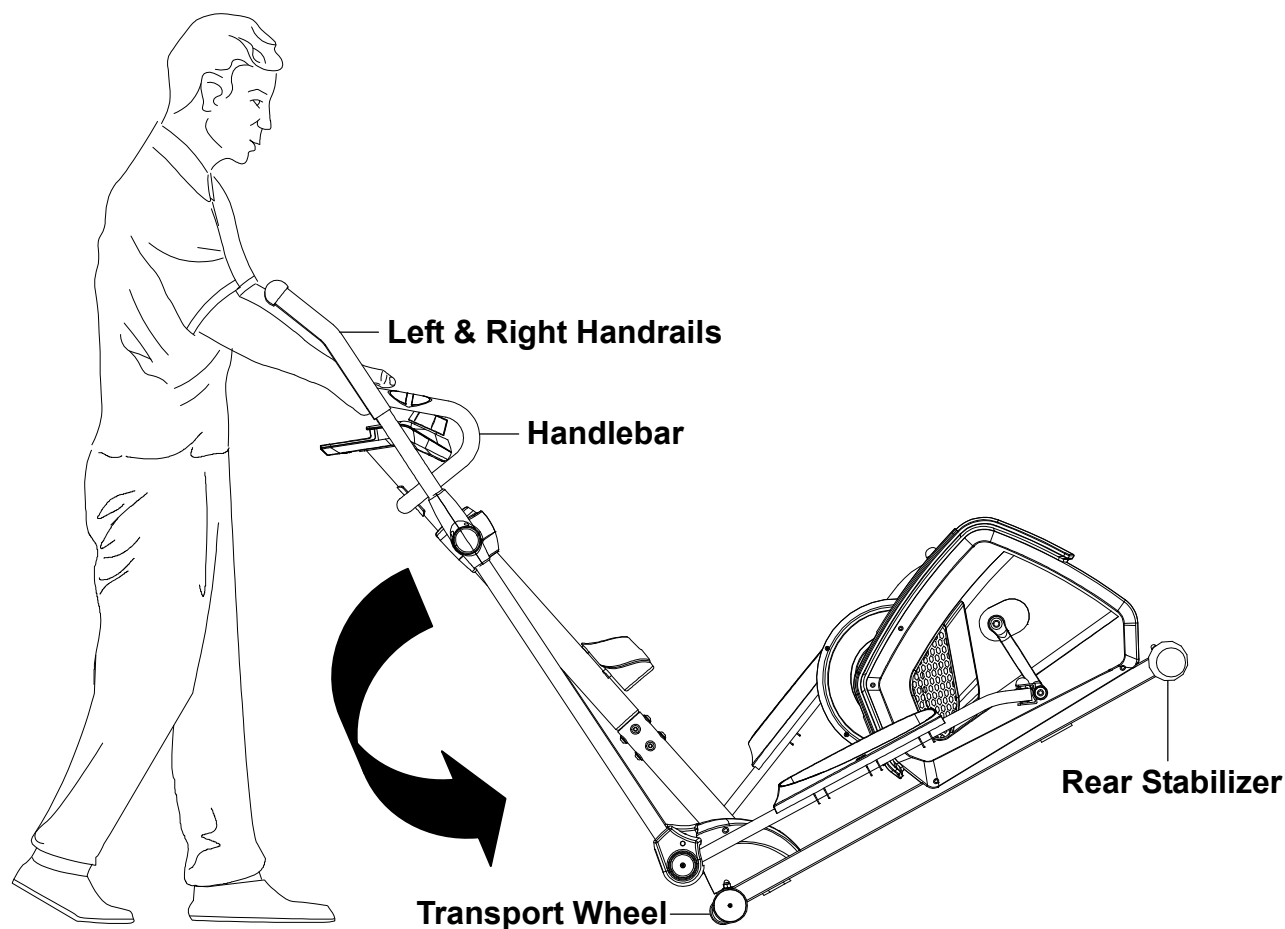
To decrease the tension, turn the **Tension Control Knob** in a counterclockwise direction.



Adjusting the Rear Stabilizer End Cap

Turn the **Rear Stabilizer End Cap** on the rear stabilizer as needed to level the elliptical trainer.

TRANSPORTING 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 elliptical trainer and hold the **Left and Right Handrails** with both hands, then push or pull both handrails to make them parallel. Next, hold the Handlebar and pull the machine until the **Transport Wheels** on the front stabilizer make contact with the ground.

Push or pull the unit to the desired location, then gently lower the **Rear Stabilizer** to the ground. Always maintain both hands on the elliptical trainer during transportation.

OPERATING THE COMPUTER CONSOLE

USING YOUR COMPUTER

The computer console can be activated by pressing one of the 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 the functions of the computer. Press and hold the MODE button for 3 seconds to reset all data values to zero except the ODO data values.

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

Press and hold the RESET button for 3 seconds to reset all data values to zero except the ODO data values.

COMPUTER FUNCTIONS:

SCAN: Press the MODE button until the screen displays SCAN, the computer will automatically scan each function in sequence with change every 4 seconds.

TIME: Displays your elapsed workout time in minutes and seconds.

SPEED: Displays the current training speed.

DIST (DISTANCE): Displays the cumulative distance travelled during workout.

CAL (CALORIES): Displays approximate amount of calories burned during workout. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

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

P (PULSE): Displays your current heart rate figures after you grip the handlebar pulse sensors with both your hands during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar pulse sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover on the back of the computer.
2. Place two size AAA 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.

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

PROBLEM: The computer console does not turn on.

SOLUTION: Remove the computer console and verify all 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.

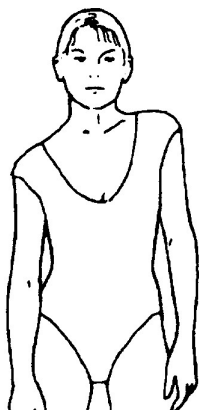
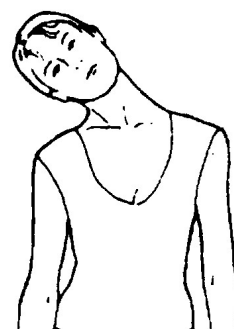
WARM UP AND COOL DOWN ROUTINE

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.

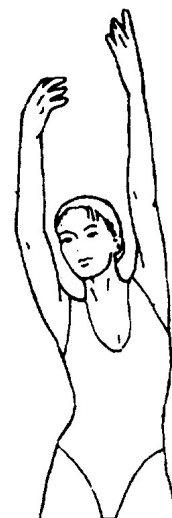
HEAD ROLLS

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.

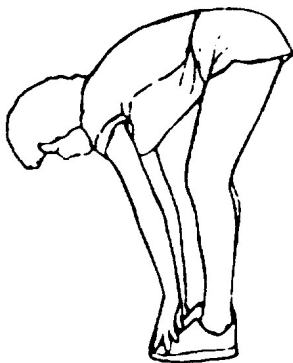


QUADRICEPS STRETCH

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.

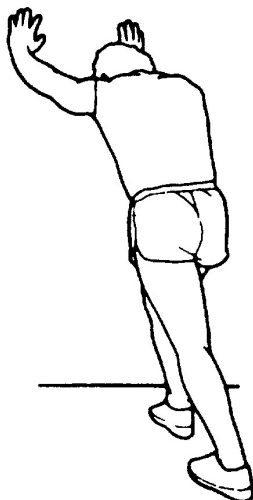
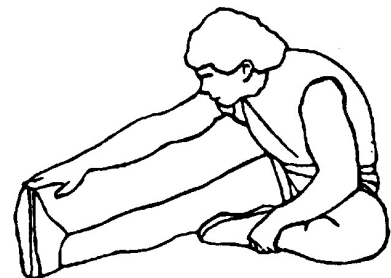


TOE TOUCHES

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