

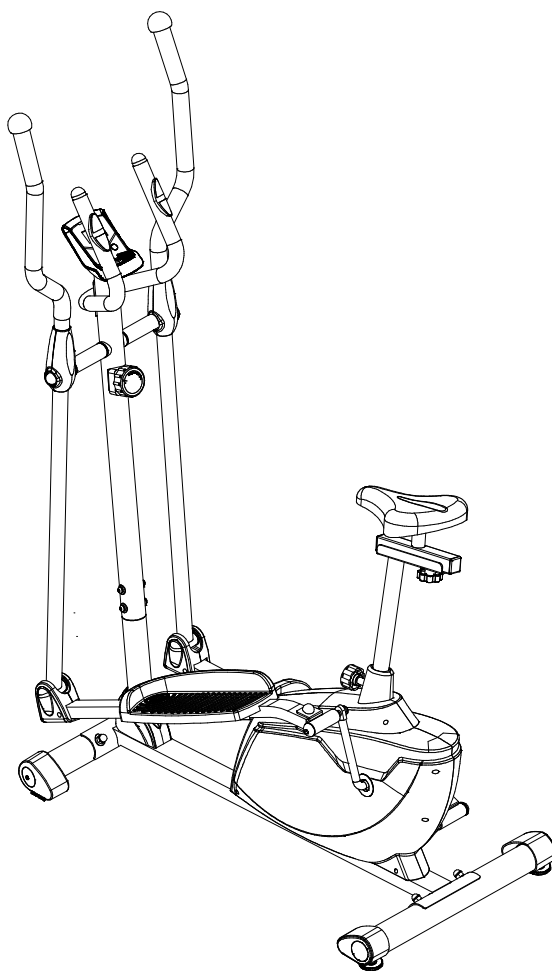
SWANY

2 IN 1 ELLIPTICAL BIKE

ITEM NO.: 93466N

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 elliptical bike. Read all instructions before using it.

1. Read and carefully follow all instructions before using this elliptical bike. Ensure that the elliptical bike is properly assembled and tightened before use.
2. Before exercising, warm-up exercises are recommended to prevent muscle injury.
3. Before use, please ensure that all parts are undamaged and securely fastened. Place the elliptical bike on a flat surface during use.
4. Never drop or insert any object into any opening.
5. Keep your hands and feet away from moving parts.
6. When using this elliptical bike, wear appropriate clothing and shoes. Avoid clothing that may catch on any part of the machine.
7. Do not attempt any maintenance or adjustments beyond those described in this manual. If any issues arise, discontinue use and consult your local dealer.
8. Keep children and pets away from the elliptical bike at all times.
9. Children should not use the elliptical bike without adult supervision.
10. Disabled individuals should not use the elliptical bike without a qualified person or physician in attendance.
11. 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.
12. Do not jump on the elliptical bike, and do not use it outdoors.
13. Inspect and tighten all parts each time before using this elliptical bike.
14. This elliptical bike is for household use only; it is not a commercial model. Only one person at a time should use this elliptical bike.
15. If you experience chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
16. Take care when mounting or dismounting the elliptical bike.
17. Do not allow children to use or play on the elliptical bike; it is designed for adult use. The minimum required free space for safe operation is not less than two meters.
18. 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.

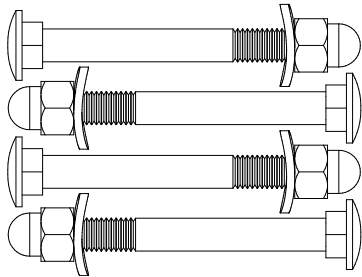
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	026	Hexagon Head Bolt M8x50	2
002L	Left Foot Bar	1	027	Nylon Nut M6	6
002R	Right Foot Bar	1	028	Washer Ø6	6
003L	Left Handrail Arm	1	029	Hexagon Head Bolt M6x40	6
003R	Right Handrail Arm	1	030	Tension Cable L=1800 mm	1
004L	Left Handrail Ø32	1	031	Bolt Cap S13	2
004R	Right Handrail Ø32	1	032	Cross Recessed Pan Head Tapping Screw ST4.2x20	8
005	Front Post	1	033L	Foot Bar Cover-A	2
006	Handlebar Ø28.6	1	033R	Foot Bar Cover-B	2
007	Spacer Ø14xØ10.1x2.0	1	034	Big Washer Ø24xØ8x2.0T	3
008	Cross Recessed Pan Head Tapping Screw ST4.8x15	2	035	Bolt Ø16x62.5	2
009	Cover Cap Ø40xØ25x10	2	036L	Left Foot Pedal	1
010	Front Stabilizer	1	036R	Right Foot Pedal	1
011	Rear Stabilizer	1	037L	Left Decorative Cover Ø50	1
012	Carriage Bolt M8x70	4	037R	Right Decorative Cover Ø50	1
013L	Rear Left Stabilizer End Cap Ø60	1	038L	Front Left Stabilizer End Cap Ø60	1
013R	Rear Right Stabilizer End Cap Ø60	1	038R	Front Right Stabilizer End Cap Ø60	1
014	Big Curve Washer Ø8	12	039	Washer Ø16xØ6x1.5t	1
015	Cap Nut M8	4	040	Adjustable Leveler M10	2
016L	Bolt for left U Shape Bracket	1	041	Hexagon Socket Pan Head Cap Bolt M8x15	9
016R	Bolt for right U Shape Bracket	1	042	Cross Recessed Pan Head Bolt M6x10	1
017L	Left Nylon Nut 1/2"	1	043	Hexagon Head Bolt M10x20	2
017R	Right Nylon Nut 1/2"	1	044	Spring Washer Ø18xØ10.5x3	2
018	Wave Washer Ø23xØ17x0.3	2	045	D Shaped Washer Ø28.6x2.5	2
019	Powder Metal Bushing Ø28xØ24.5xØ16x14	8	046	Powder Metal Bushing Ø32xØ29xØ16x14x4	4
020	Spring Washer 1/2"	2	047	Carriage Bolt M6x35	4
021	Bearing 6000Z	2	048	Curve Washer Ø6	4
022	Washer 7/8"	1	049	Bolt Cap S16	2
023	U Shape Bracket	2	050A	Right Handrail Arm Cover-A	1
024	Nylon Nut M8	5	050B	Right Handrail Arm Cover-B	1
025	Washer Ø16xØ8x1.5	3	051	Plastic Bushing Ø32xØ16x5	2

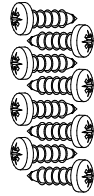
PARTS LIST

No.	Description	Qty	No.	Description	Qty
052A	Left Handrail Arm Cover-A	1	075	Bearing Nut II 7/8"	1
052B	Left Handrail Arm Cover-B	1	076	Washer Ø15/16"	1
053	Cap Nut M6	4	077	Hexagon Nut 7/8"	2
054	Tension Control Knob	1	078	Belt Pulley with Crank	1
055	Cross Recessed Pan Head Tapping Screw ST2.9x12	8	079	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x18	11
056	Computer	1	080	France Nut M10x1.0	2
057	Cross Recessed Pan Head Bolt M5x10	4	081	Flywheel	1
058	Hand Pulse Sensor with Wire	2	082	Belt PJ350 J6	1
059	Handrail Foam Grip Ø31xØ37x480	2	083	Idler Arm	1
060	Handlebar Foam Grip Ø27xØ33x345	2	084	Hexagon Socket Pan Head Cap Bolt M8x20	2
061	Handrail End Cap Ø32	2	085	Eyebolt M6x45	2
062	Handlebar End Cap Ø28.6	2	086	Tension Bracket	2
063	Cross Recessed Pan Head Tapping Screw ST4.2x20	2	087	Spring Washer Ø6	2
064	Curve Washer Ø20xØ5.2	1	088	Hexagon Nut M6	2
065	Cross Recessed Pan Head Bolt M5x45	1	089	Spring Washer Ø8	6
066	Powder Metal Bushing Ø18xØ8x10	4	090	Hexagon Socket Pan Head Cap Bolt M8x25	1
067	Extension Sensor Wire L=1100 mm	1	091	Seat Post	1
068	Sensor with Wire L=1200 mm	1	092	Seat Post Knob M16	1
069	Hexagon Nut M10	2	093	Seat Post Cover	1
070L	Left Cover	1	094	Seat Post Bushing	1
070R	Right Cover	1	095	Seat Adjustment Knob M8	1
071	Washer Ø30xØ10x2.5	2	096	Seat Sliding Tube End Cap (□38)	2
072	Bearing Cup	2	097	Seat Sliding Tube	1
073	Bearing	2	098	Seat Cushion	1
074	Bearing Nut I 15/16"	1	099	Washer Ø19xØ8x1.5	3

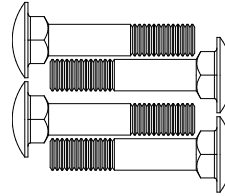
HARDWARE AND TOOLS KIT



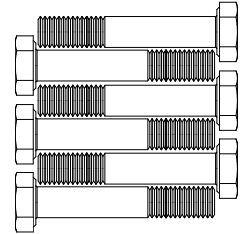
(12) Carriage Bolt M8x70
4 PCS



(55) Cross Recessed Pan Head Tapping Screw ST2.9x12
8 PCS



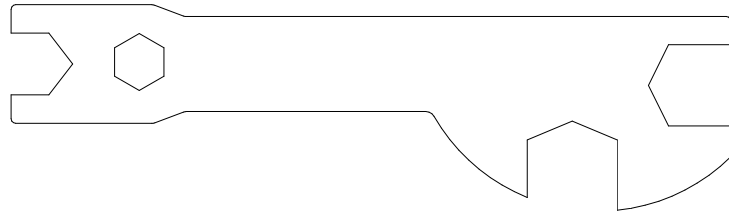
(47) Carriage Bolt M6x35
4 PCS



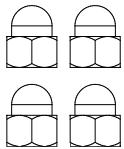
(29) Hexagon Head Bolt M6x40
6 PCS

(14) Big Curve Washer Ø8
4 PCS

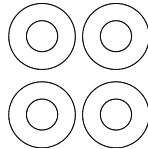
(15) Cap Nut M8
4 PCS



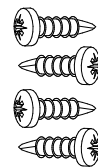
Multi Hex Tool
1 PC



(53) Cap Nut M6
4 PCS



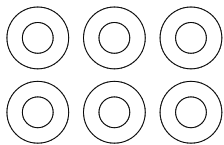
(48) Curve Washer Ø6
4 PCS



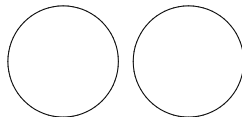
(79) Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x18
4 PCS



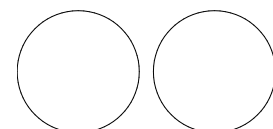
(27) Nylon Nut M6
6 PCS



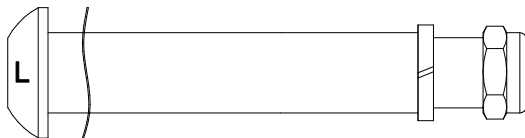
(28) Washer Ø6
6 PCS



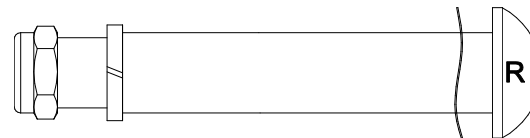
(31) Bolt Cap S13
2 PCS



(49) Bolt Cap S16
2 PCS



(16L) Bolt for left U Shape Bracket 1 PC



(16R) Bolt for right U Shape Bracket 1 PC

(17L) Left Nylon Nut 1/2" 1 PC

(17R) Right Nylon Nut 1/2" 1 PC

(18) Wave Washer Ø23xØ17x0.3 1 PC

(18) Wave Washer Ø23xØ17x0.3 1 PC

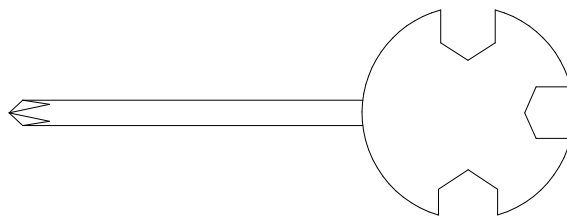
(20) Spring Washer 1/2" 1 PC

(20) Spring Washer 1/2" 1 PC



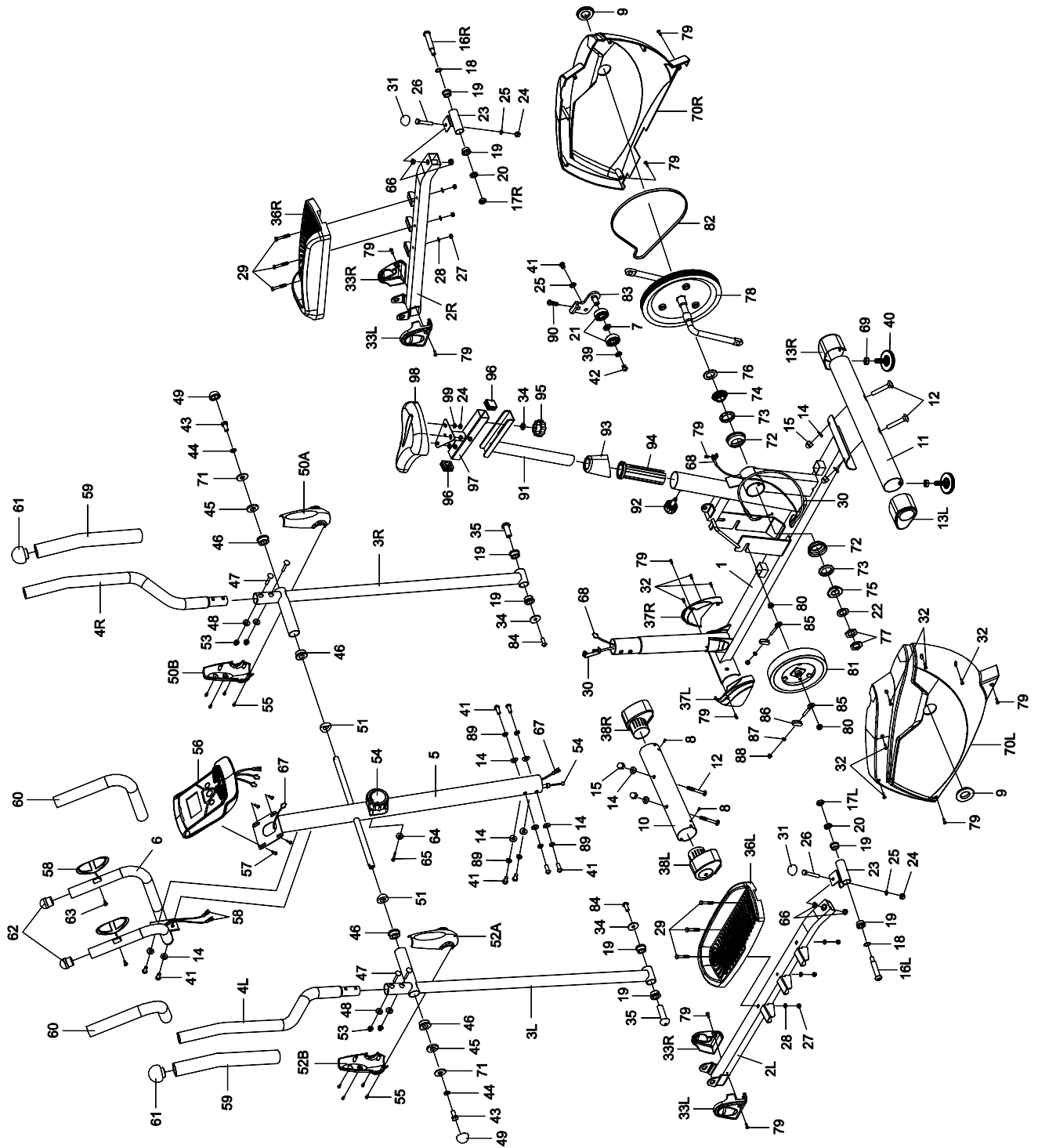
Allen Wrench 8mm
1 PC

Allen Wrench 5mm
1 PC

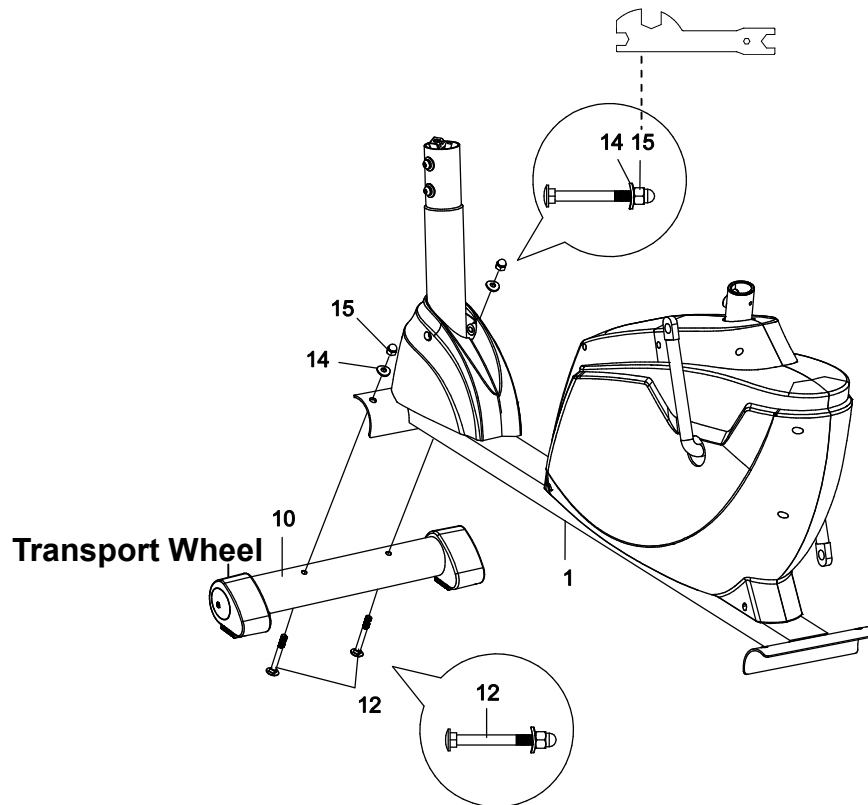


Multi Hex Tool with Phillips Screwdriver
1 PC

EXPLODED VIEW



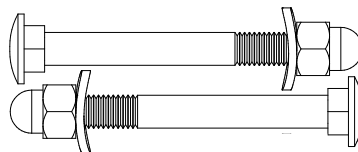
ASSEMBLY INSTRUCTIONS



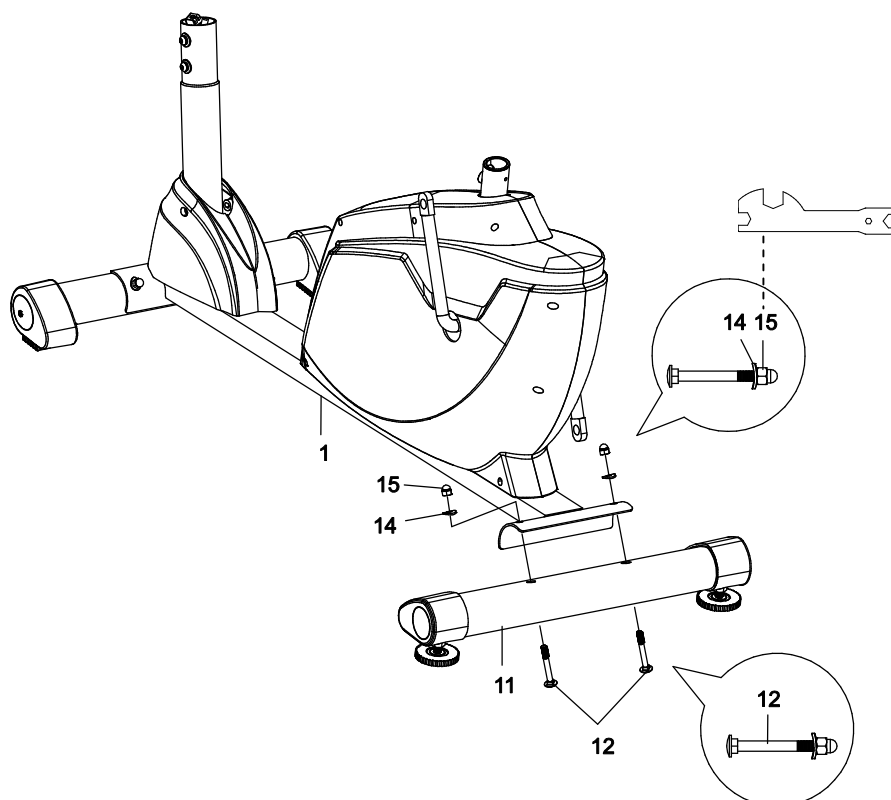
STEP 1

Position the Front Stabilizer (10) in front of the Main Frame (1) and align bolt holes. Attach the Front Stabilizer (10) onto the front curve of the Main Frame (1) with two M8x70 Carriage Bolts (12), two Ø8 Big Curve Washers (14), and two M8 Cap Nuts (15). Tighten the cap nuts with the Multi Hex Tool provided.

Hardware:



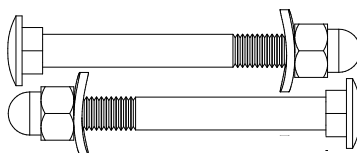
(12) Carriage Bolt M8x70	2 PCS
(14) Big Curve Washer Ø8	2 PCS
(15) Cap Nut M8	2 PCS



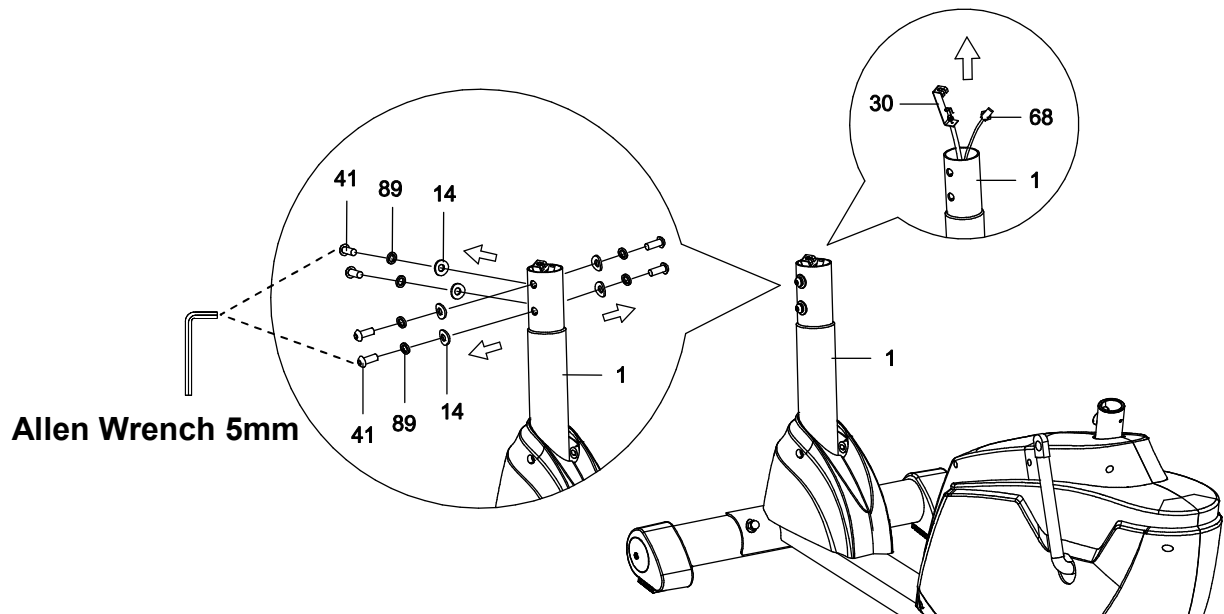
STEP 2

Position the Rear Stabilizer (11) behind the Main Frame (1) and align bolt holes. Attach the Rear Stabilizer (11) onto the rear curve of the Main Frame (1) with two M8x70 Carriage Bolts (12), two Ø8 Big Curve Washers (14), and two M8 Cap Nuts (15). Tighten the cap nuts with the Multi Hex Tool provided.

Hardware:



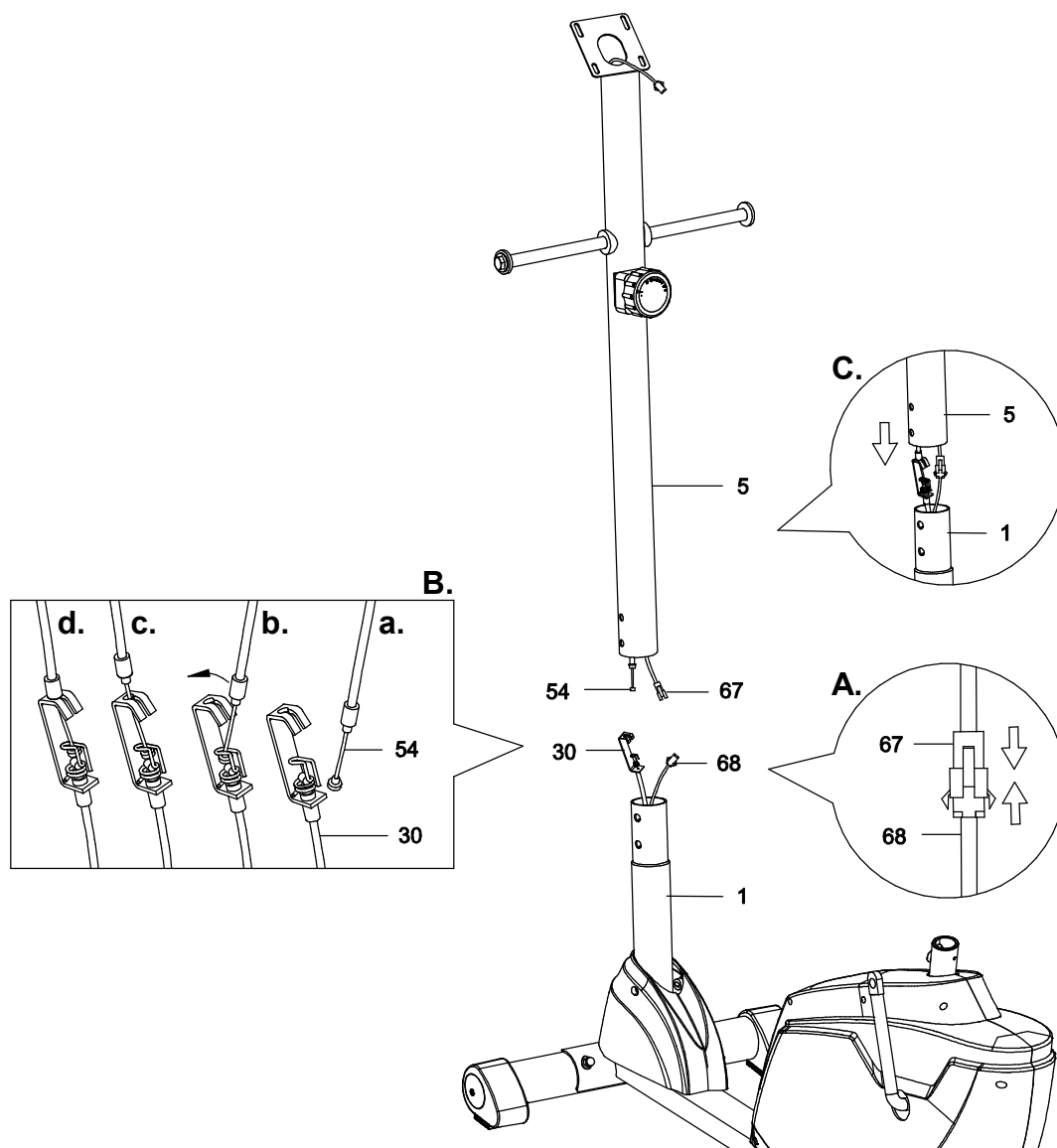
(12) Carriage Bolt M8x70	2 PCS
(14) Big Curve Washer Ø8	2 PCS
(15) Cap Nut M8	2 PCS



STEP 3

Remove six Ø8 Big Curve Washers (14), six Ø8 Spring Washers (89), and six M8x15 Hexagon Socket Pan Head Cap Bolts (41) from the tube of the Main Frame (1). Remove the bolts with the 5mm Allen Wrench provided.

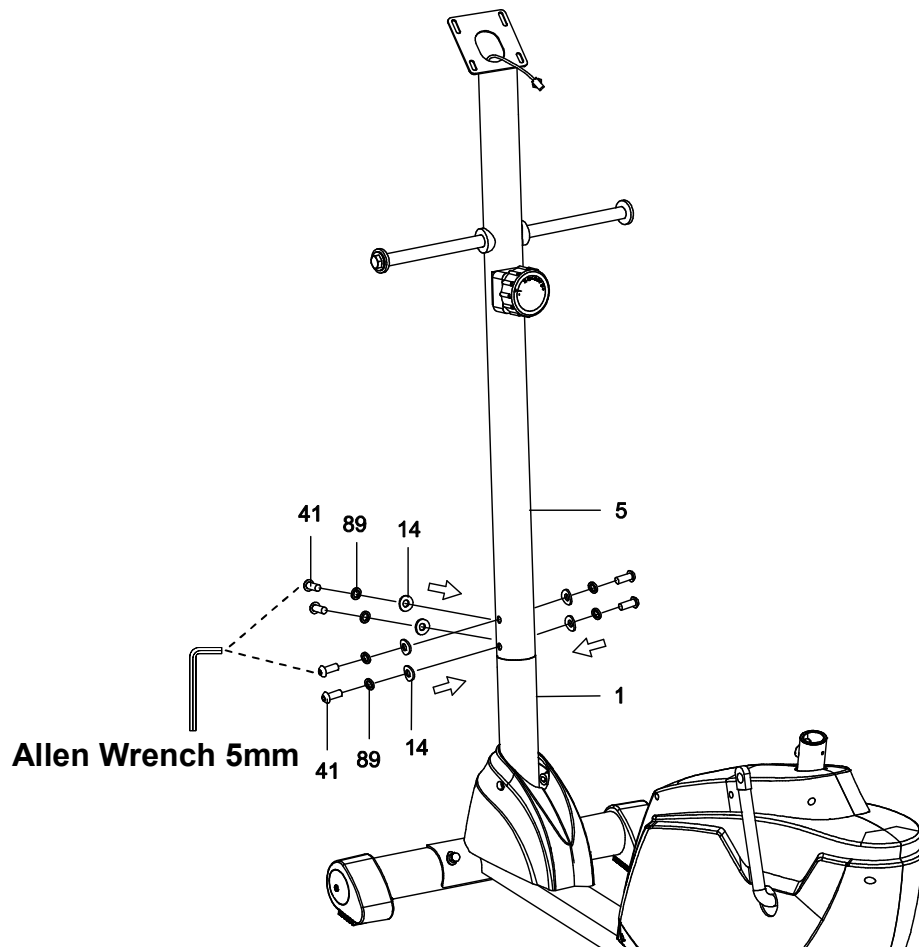
Pull both Sensor Wire (68) and Tension Cable (30) out of the tube of the Main Frame (1).



STEP 4

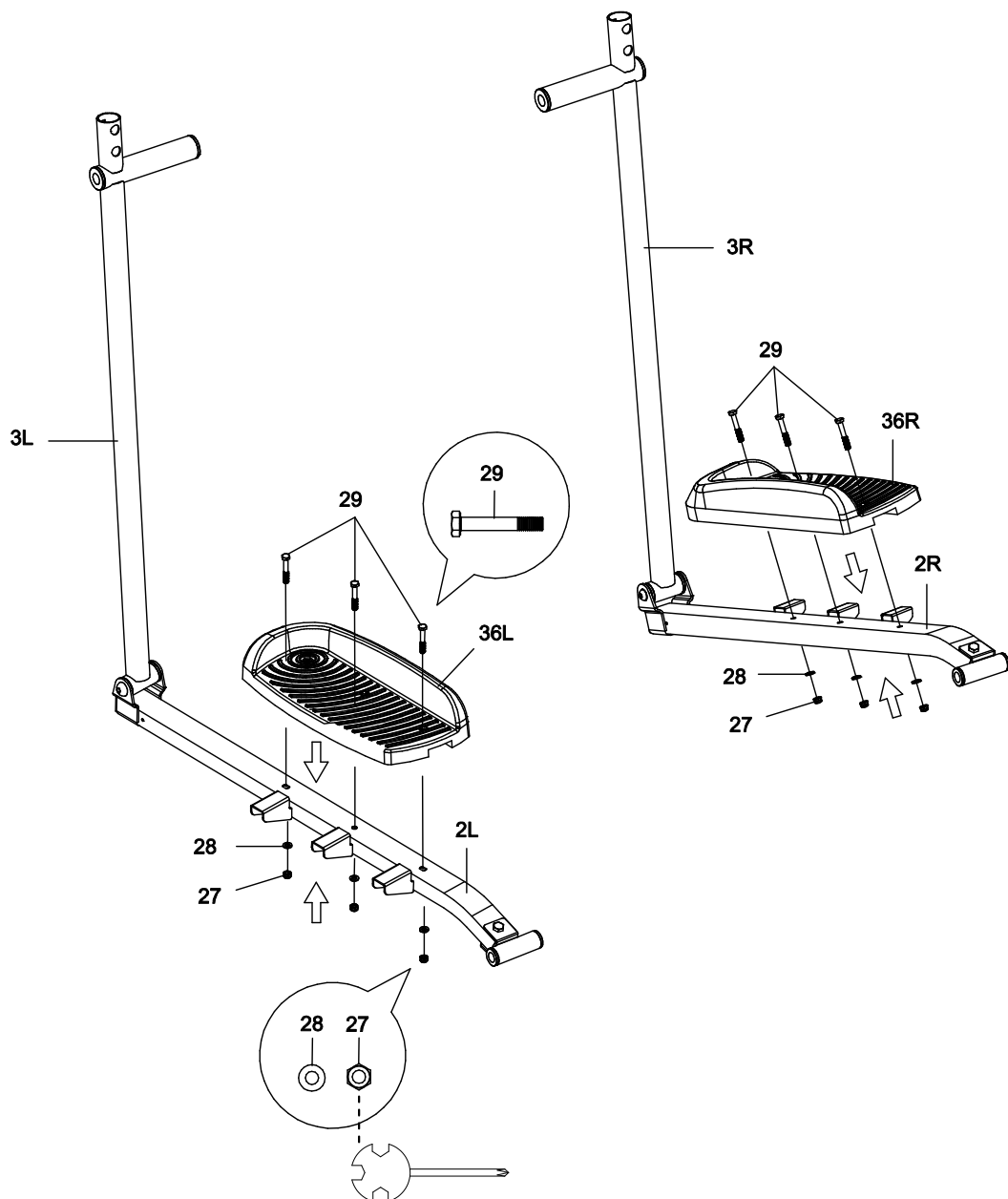
It is recommended to have a second person assist with this step. One person should hold the Front Post (5) in place while the other person to insert and connect the wires.

- A.** Connect the Sensor Wire (68) from the Main Frame (1) to the Extension Sensor Wire (67) from the Front Post (5).
- B.** Put the cable end of resistance cable of Tension Control Knob (54) into the cable lock of Tension Cable (30), see Figure a.
Pull the resistance cable of Tension Control Knob (54) up and force it into the slot of metal bracket of Tension Cable (30), see Figure b.
Insert the metal fitting on the resistance cable of Tension Control Knob (54) into the hole at the end of the slot in the metal bracket of Tension Cable (30), see Figure c.
Connect the resistance cable of Tension Control Knob (54) to Tension Cable (30) complete, see Figure d.
- C.** Insert the Front Post (5) onto the tube of the Main Frame (1) and align bolt holes.



STEP 5

Attach the Front Post (5) onto the tube of the Main Frame (1) with six Ø8 Big Curve Washers (14), six Ø8 Spring Washers (89), and six M8x15 Hexagon Socket Pan Head Cap Bolts (41) from the tube of the Main Frame (1) that were removed. Tighten the bolts with the 5mm Allen Wrench provided.



STEP 6

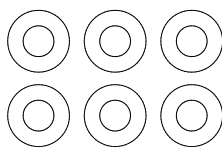
Attach the Left Foot Pedal (36L) onto the Left Foot Bar (2L) with three M6x40 Hexagon Head Bolts (29), three Ø6 Washers (28), and three M6 Nylon Nuts (27). Tighten the nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Use the same procedure to attach the Right Foot Pedal (36R) onto the Right Foot Bar (2R).

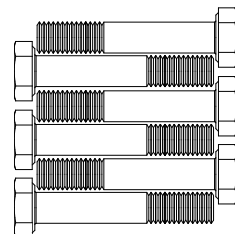
Hardware:



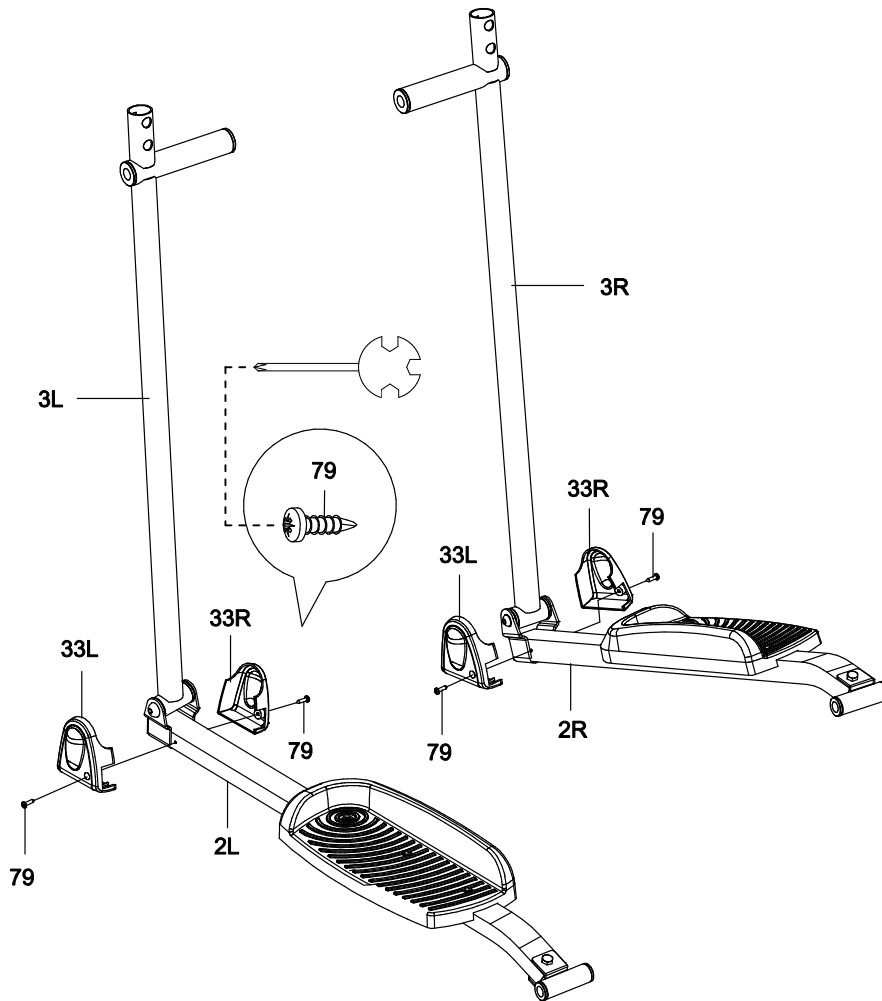
(27) Nylon Nut M6
6 PCS



(28) Washer Ø6
6 PCS



(29) Hexagon Head
Bolt M6x40
6 PCS

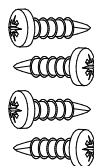


STEP 7

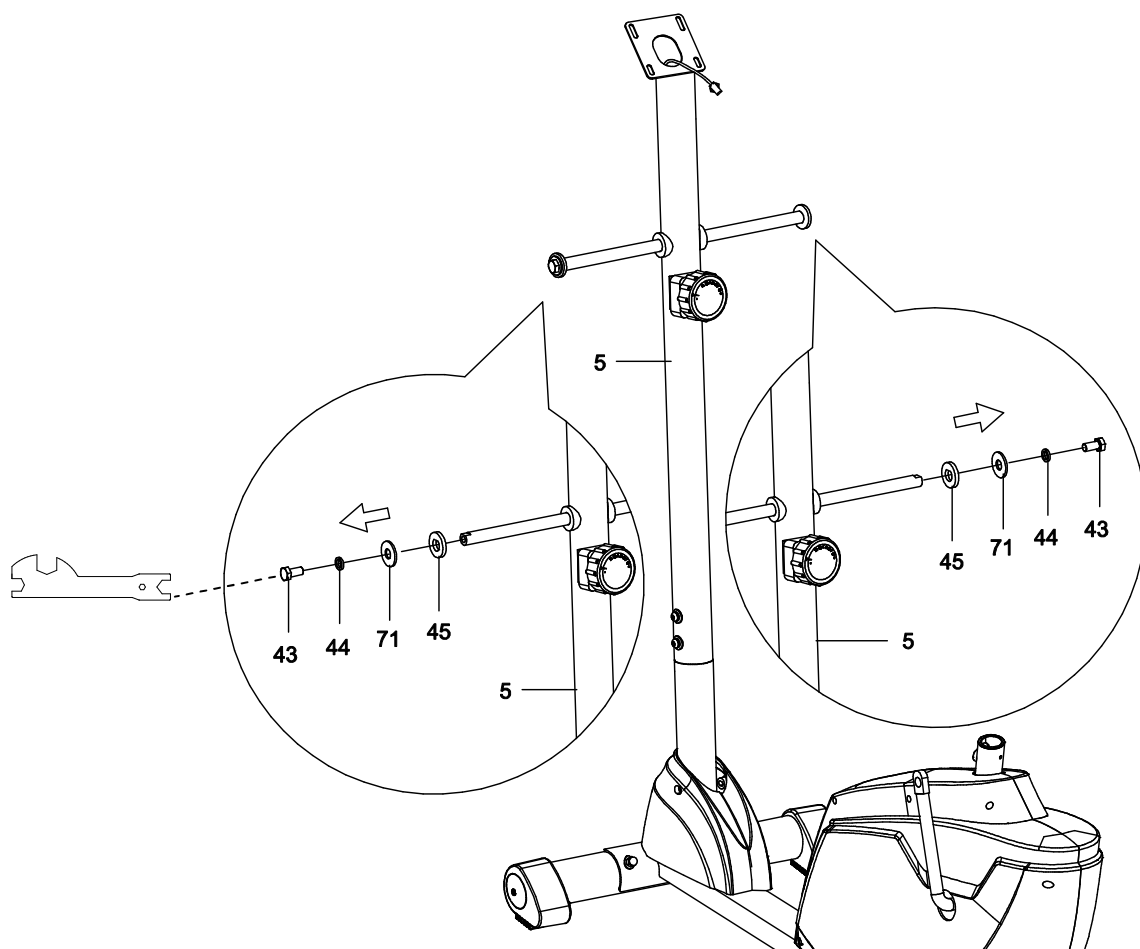
Attach the Foot Bar Cover-A (33L) and Foot Bar Cover-B (33R) onto the front end of the Left Foot Bar (2L) with two ST4.2x18 Cross Recessed Pan Head Drilling Screws with Tapping Screw Thread (79). Tighten the screws with the Multi Hex Tool with Phillips Screwdriver provided.

Use the same procedure to attach the other Foot Bar Cover-A (33L) and Foot Bar Cover-B (33R) onto the front end of the Right Foot Bar (2R).

Hardware:



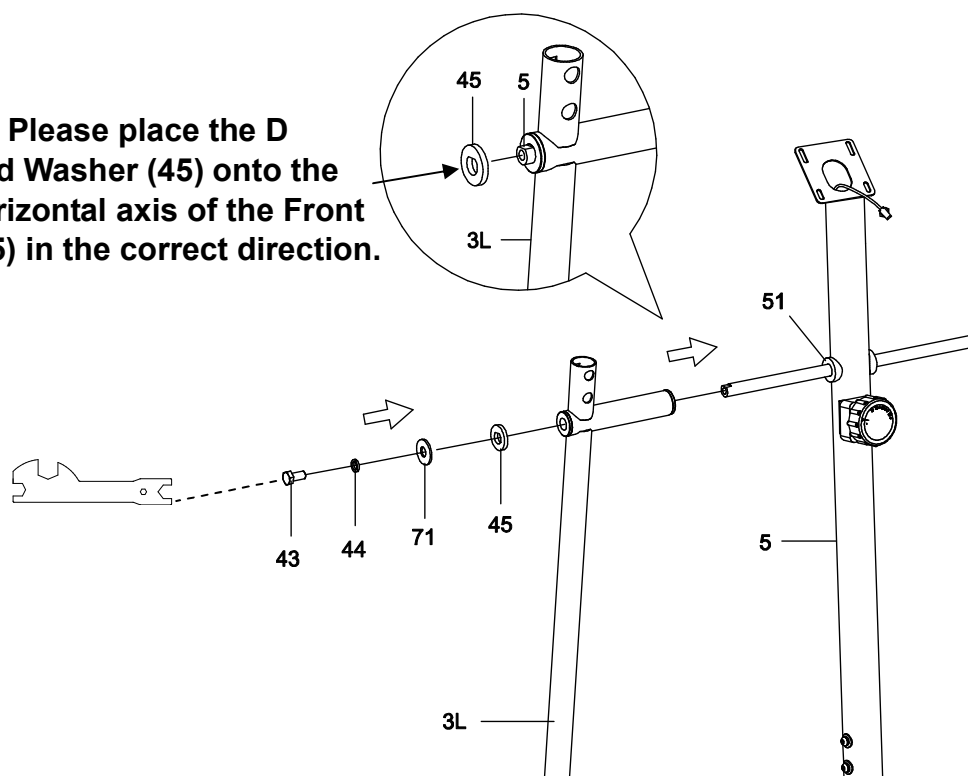
(79) Cross Recessed Pan
Head Drilling Screw with
Tapping Screw Thread
ST4.2x18
4 PCS



STEP 8

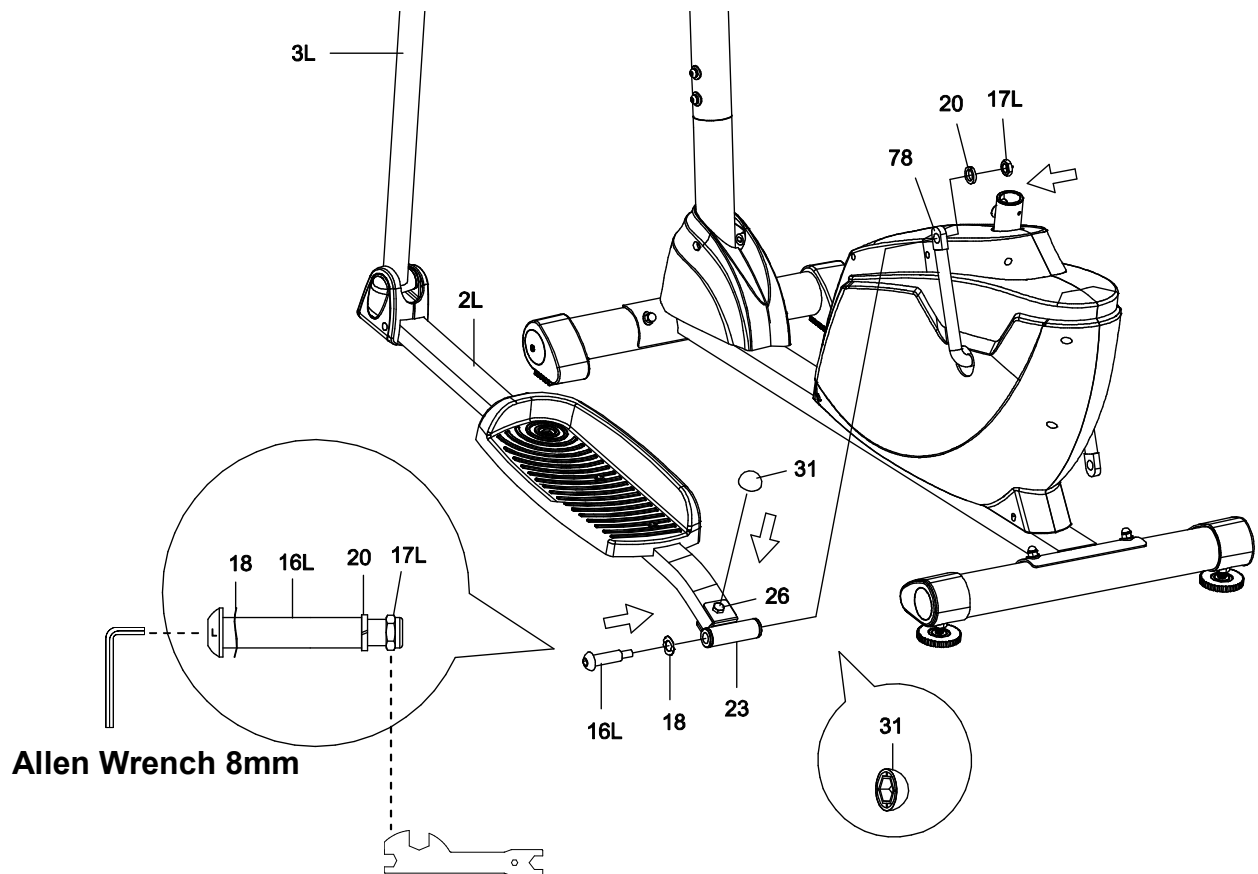
Remove one M10x20 Hexagon Head Bolt (43), one $\varnothing 18 \times \varnothing 10.5 \times 3$ Spring Washer (44), one $\varnothing 30 \times \varnothing 10 \times 2.5$ Washer (71), and one $\varnothing 28.6 \times 2.5$ D Shaped Washer (45) from the right horizontal axis of the Front Post (5). Remove the bolt with the Multi Hex Tool provided. Use the same procedure to remove bolt and washers from the left horizontal axis of the Front Post (5).

NOTE: Please place the D Shaped Washer (45) onto the left horizontal axis of the Front Post (5) in the correct direction.



STEP 9

Attach the Left Handrail Arm (3L) onto the left horizontal axis of the Front Post (5) with one M10x20 Hexagon Head Bolt (43), one Ø18xØ10.5x3 Spring Washer (44), one Ø30xØ10x2.5 Washer (71), and one Ø28.6x2.5 D Shaped Washer (45) that were removed from the left horizontal axis of the Front Post (5). Tighten the bolt with the Multi Hex Tool provided.



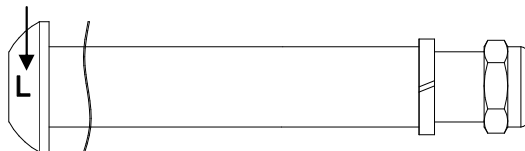
STEP 10

Attach the left U Shape Bracket (23) to the left Crank (78) with one Bolt for left U Shape Bracket (16L), one Ø23xØ17x0.3 Wave Washer (18), one 1/2" Spring Washer (20), and one 1/2" Left Nylon Nut (17L). Tighten the bolt and nylon nut with the 8 mm Allen Wrench and the Multi Hex Tool provided.

Install one S13 Bolt Cap (31) onto the M8x50 Hexagon Head Bolt (26).

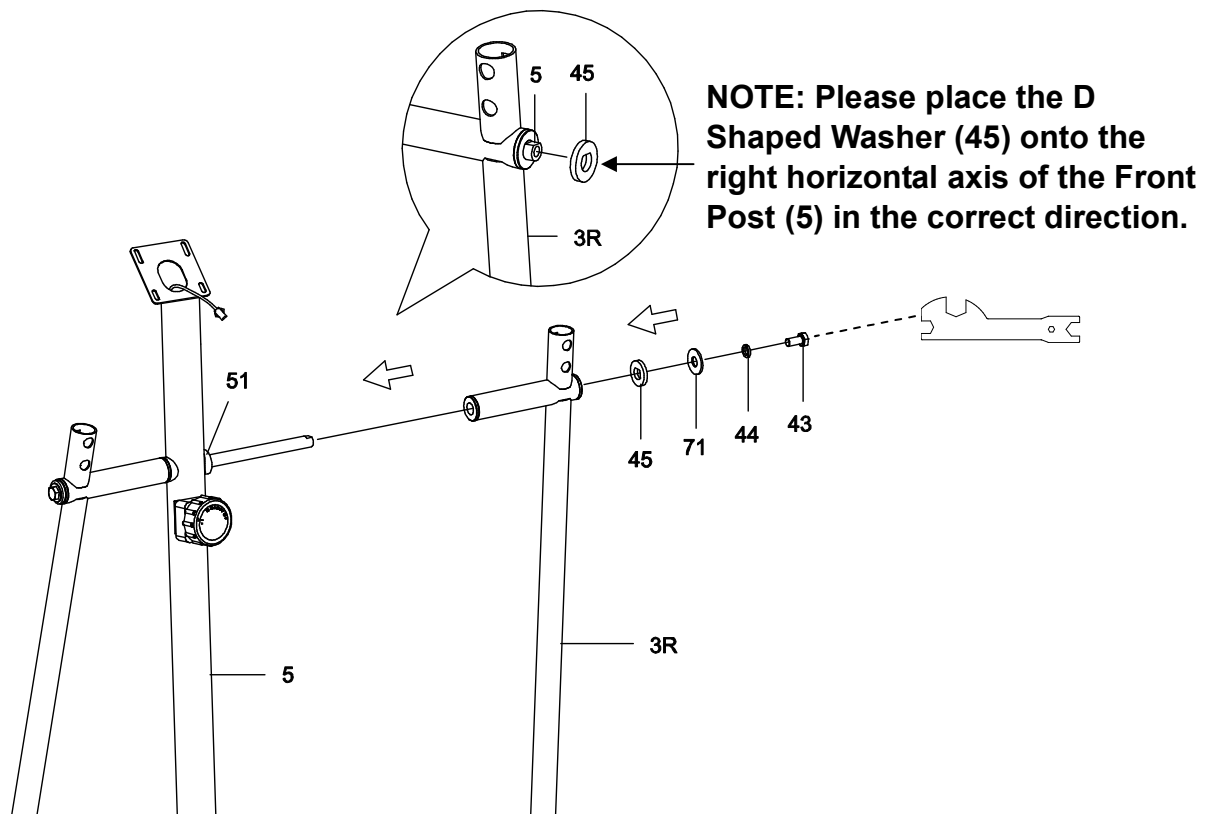
Hardware:

The Bolt for left U Shape Bracket is marked with the L (Left) to denote the side of the elliptical trainer it is on.



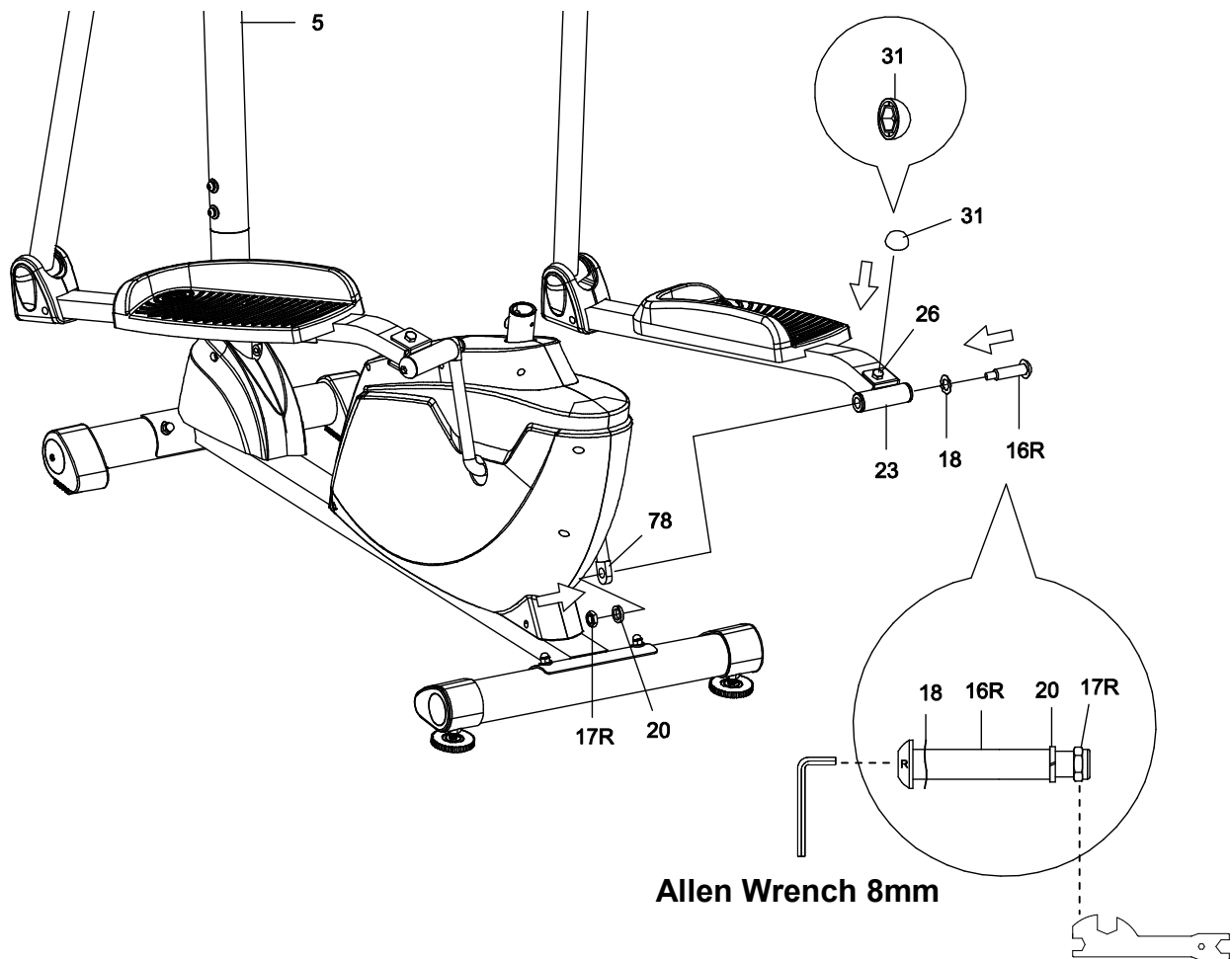
(16L) Bolt for left U Shape Bracket	1 PC
(17L) Left Nylon Nut 1/2"	1 PC
(18) Wave Washer Ø23xØ17x0.3	1 PC
(20) Spring Washer 1/2"	1 PC

(31) Bolt Cap S13	1 PC
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STEP 11

Attach the Right Handrail Arm (3R) onto the right horizontal axis of the Front Post (5) with one M10x20 Hexagon Head Bolt (43), one $\text{Ø}18 \times \text{Ø}10.5 \times 3$ Spring Washer (44), one $\text{Ø}30 \times \text{Ø}10 \times 2.5$ Washer (71), and one $\text{Ø}28.6 \times 2.5$ D Shaped Washer (45) that were removed from the right horizontal axis of the Front Post (5). Tighten the bolt with the Multi Hex Tool provided.



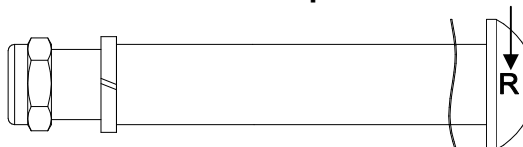
STEP 12

Attach the right U Shape Bracket (23) to the right Crank (78) with one Bolt for right U Shape Bracket (16R), one Ø23xØ17x0.3 Wave Washer (18), one 1/2" Spring Washer (20), and one 1/2" Right Nylon Nut (17R). Tighten the bolt and nylon nut with the 8 mm Allen Wrench and the Multi Hex Tool provided.

Install one S13 Bolt Cap (31) onto the M8x50 Hexagon Head Bolt (26).

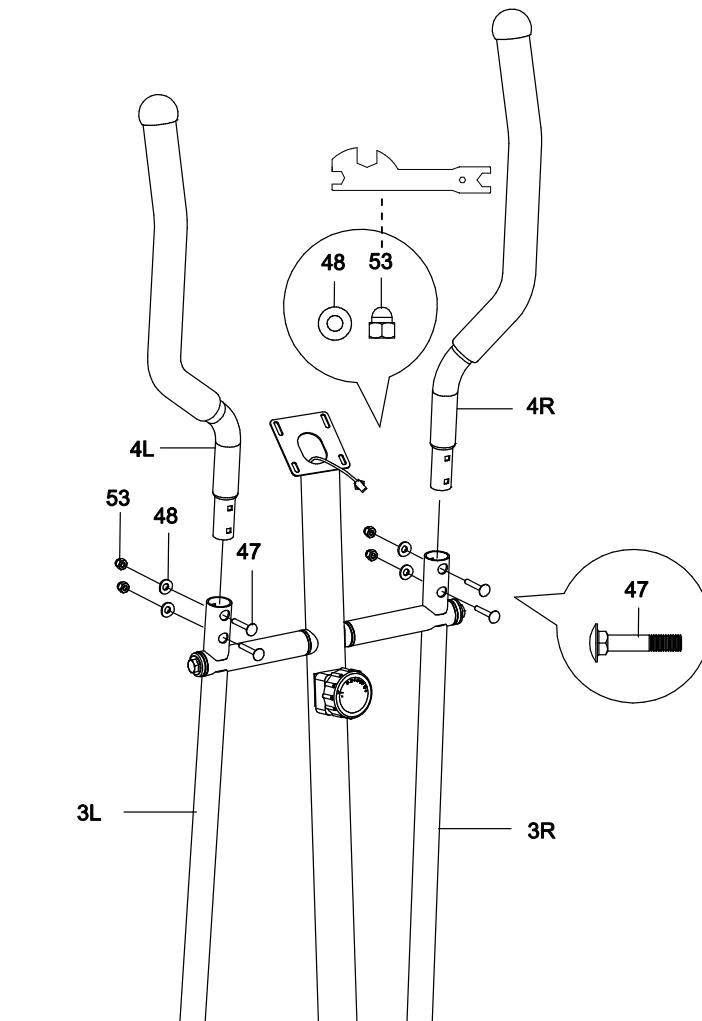
Hardware:

The Bolt for right U Shape Bracket is marked with the R (Right) to denote the side of the elliptical trainer it is on.



(16R) Bolt for right U Shape Bracket	1 PC
(17R) Right Nylon Nut 1/2"	1 PC
(18) Wave Washer Ø23xØ17x0.3	1 PC
(20) Spring Washer 1/2"	1 PC

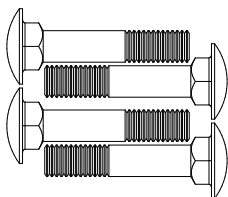
(31) Bolt Cap S13	1 PC
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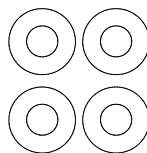
STEP 13

Attach both Left and Right Handrails (4L, 4R) into the top ends of both Left and Right Handrail Arms (3L, 3R) with four M6x35 Carriage Bolts (47), four Ø6 Curve Washers (48), and four M6 Cap Nuts (53). Tighten the cap nuts with the Multi Hex Tool provided.

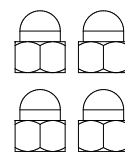
Hardware:



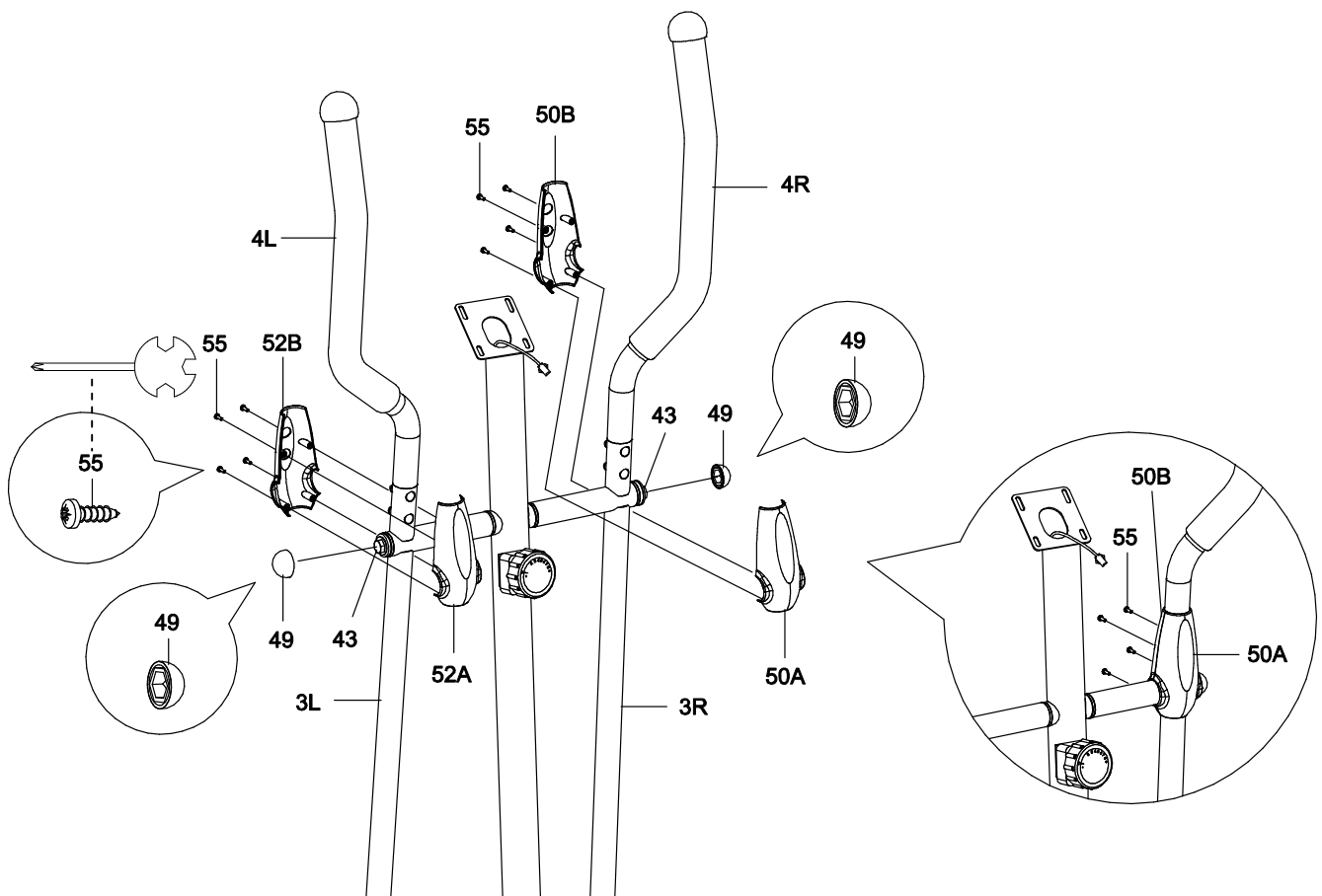
(47) Carriage Bolt
M6x35
4 PCS



(48) Curve Washer Ø6
4 PCS



(53) Cap Nut M6
4 PCS

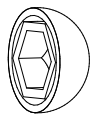


STEP 14

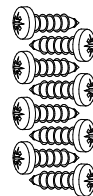
Attach the Left Handrail Arm Cover-A (52A) and Left Handrail Arm Cover-B (52B) onto the Left Handrail Arm (3L) with four ST2.9x12 Cross Recessed Pan Head Tapping Screws (55). Tighten the screws with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the other Right Handrail Arm Cover-A (50A) and Right Handrail Arm Cover-B (50B) onto the Right Handrail Arm (3R) with four ST2.9x12 Cross Recessed Pan Head Tapping Screws (55). Tighten the screws with the Multi Hex Tool with Phillips Screwdriver provided. Install both S16 Bolt Caps (49) onto both M10x20 Hexagon Head Bolts (43).

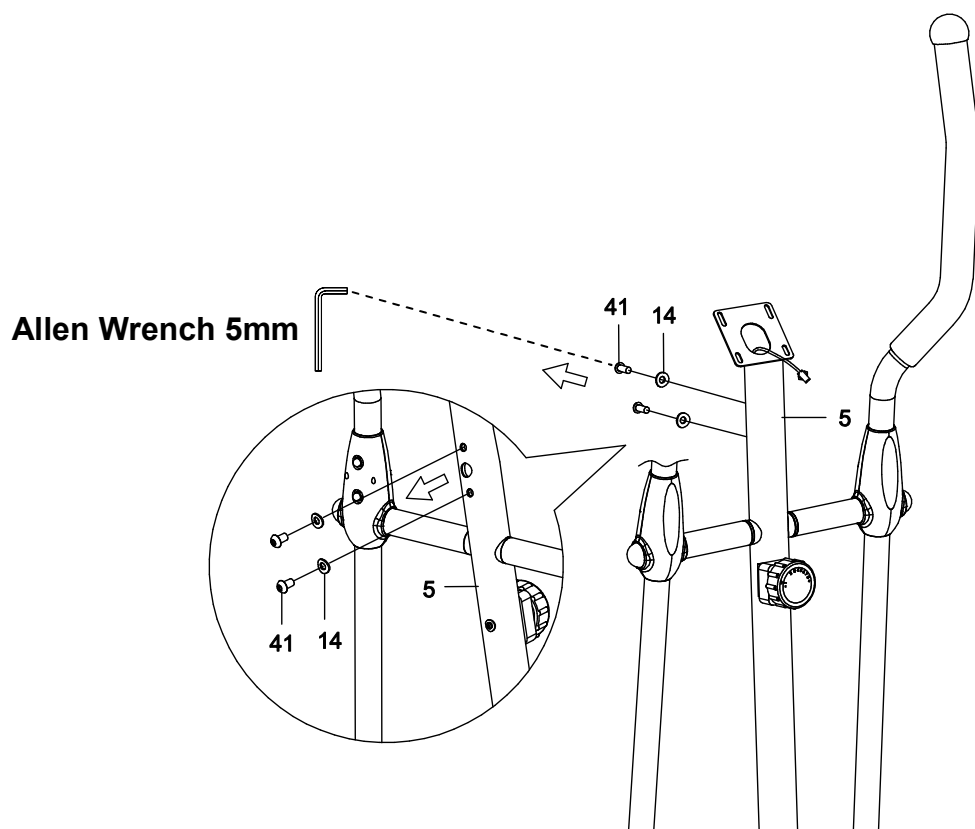
Hardware:



(49) Bolt Cap S16
2 PCS

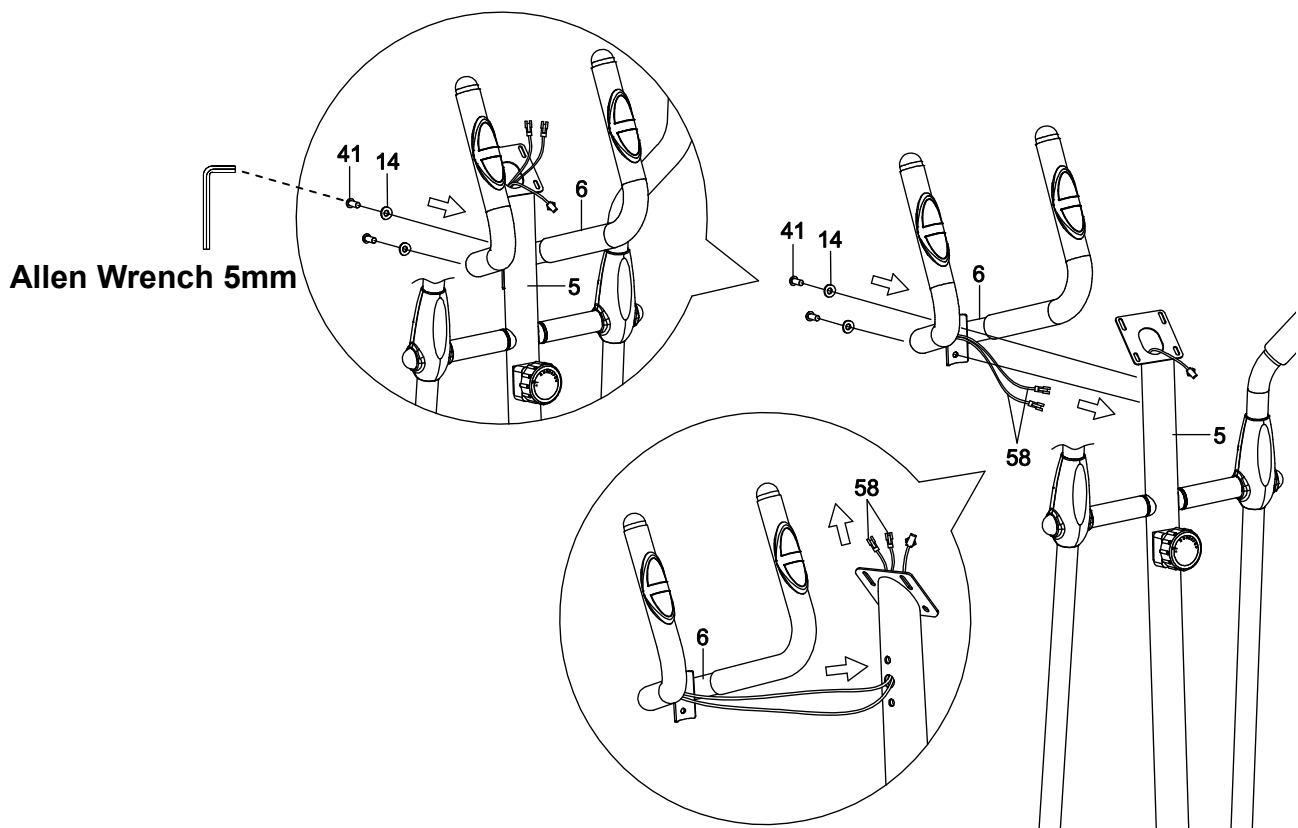


(55) Cross Recessed
Pan Head Tapping
Screw ST2.9x12
8 PCS



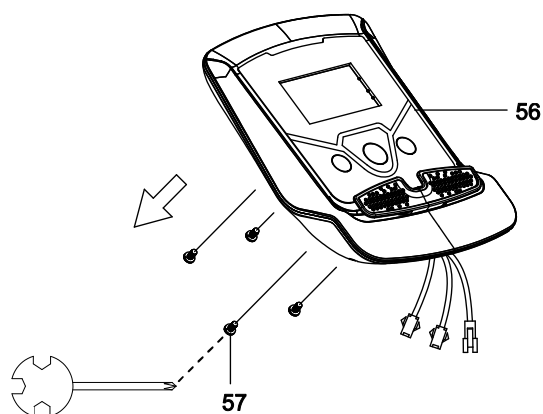
STEP 15

Remove two M8x15 Hexagon Socket Pan Head Cap Bolts (41) and two Ø8 Big Curve Washers (14) from the Front Post (5). Remove the bolts with the 5mm Allen Wrench provided.



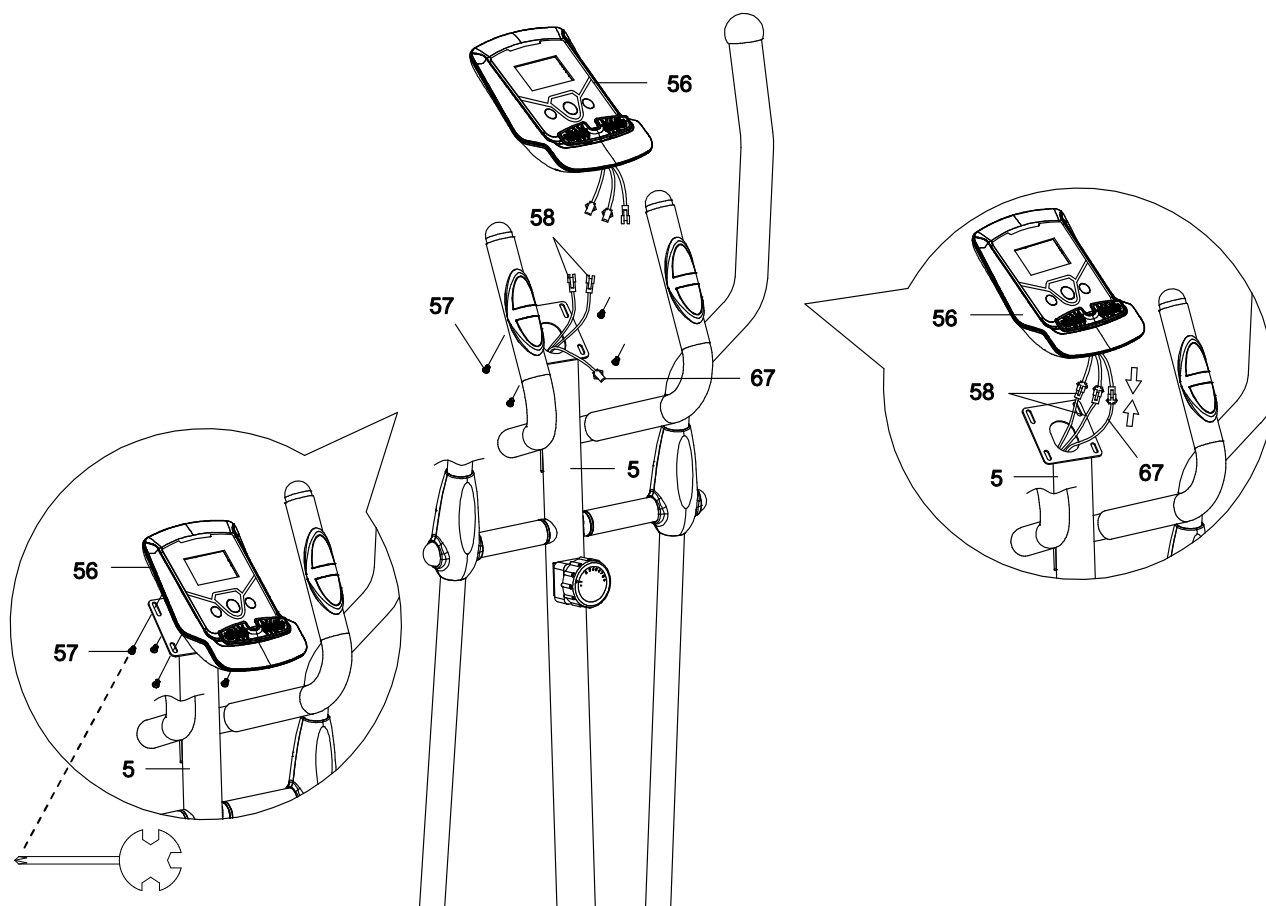
STEP 16

Insert the Hand Pulse Sensor Wires (58) 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 M8x15 Hexagon Socket Pan Head Cap Bolts (41) and two Ø8 Big Curve Washers (14) that were removed from the Front Post (5). Tighten the bolts with the 5mm Allen Wrench provided.



STEP 17

Remove four M5x10 Cross Recessed Pan Head Bolts (57) from the Computer (56). Remove the bolts with the Multi Hex Tool with Phillips Screwdriver provided.

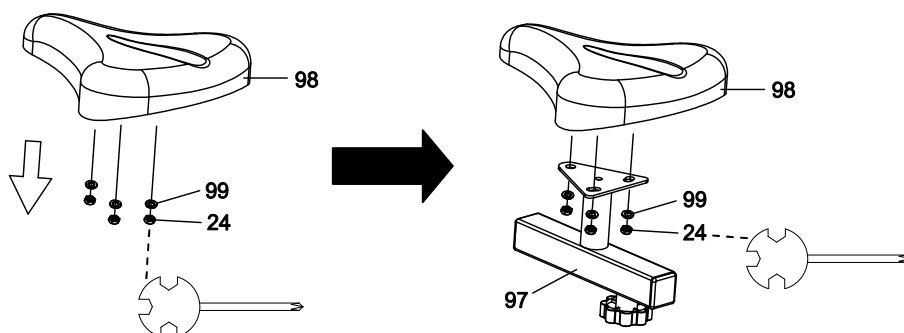


STEP 18

It is recommended to have a second person assist with this step. One person should hold the Computer (56) in place while the other person connects the wires.

Connect the Extension Sensor Wire (67) and Hand Pulse Sensor Wires (58) to the wires that come from the Computer (56). Tuck wires into the Front Post (5).

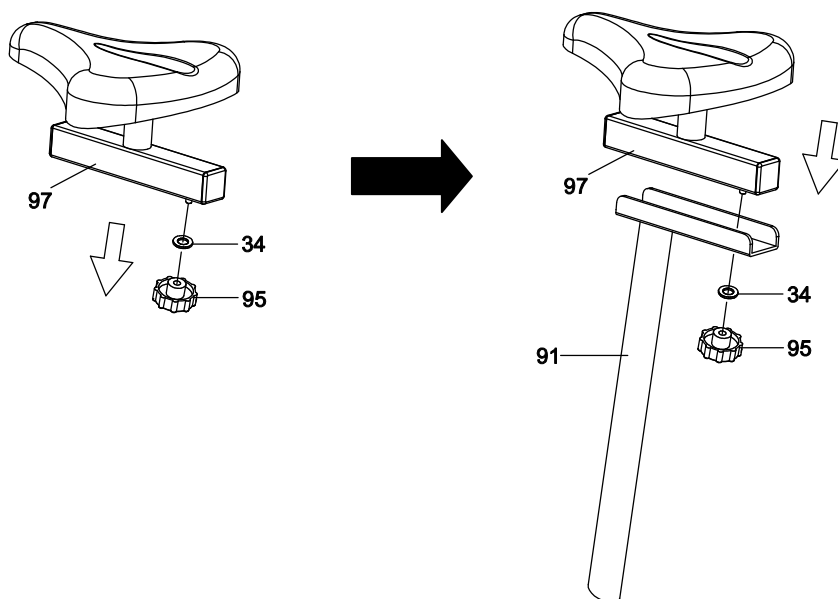
Attach the Computer (56) onto the top end of the Front Post (5) with four M5x10 Cross Recessed Pan Head Bolts (57) that were removed from the Computer (56). Tighten the bolts with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 19

Remove three M8 Nylon Nuts (24) and three Ø19xØ8x1.5 Washers (99) from underside of the Seat Cushion (98). Remove nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.

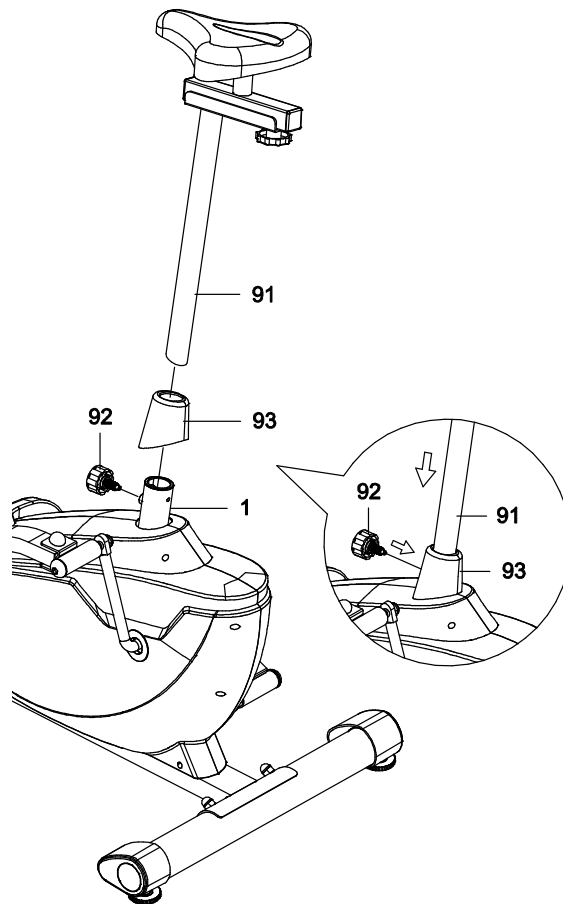
Guide bolts on underside of the Seat Cushion (98) through holes on top of the Seat Sliding Tube (97), attach with three removed M8 Nylon Nuts (24) and Ø19xØ8x1.5 Washers (99). Tighten the nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 19-1

Remove one Ø24xØ8x2.0T Big Washer (34) and one M8 Seat Adjustment Knob (95) from underside of the Seat Sliding Tube (97).

Guide the seat sliding tube bolt on underside of the Seat Sliding Tube (97) through a hole on the top of the Seat Post (91), attach with one removed Ø24xØ8x2.0T Big Washer (34) and M8 Seat Adjustment Knob (95).

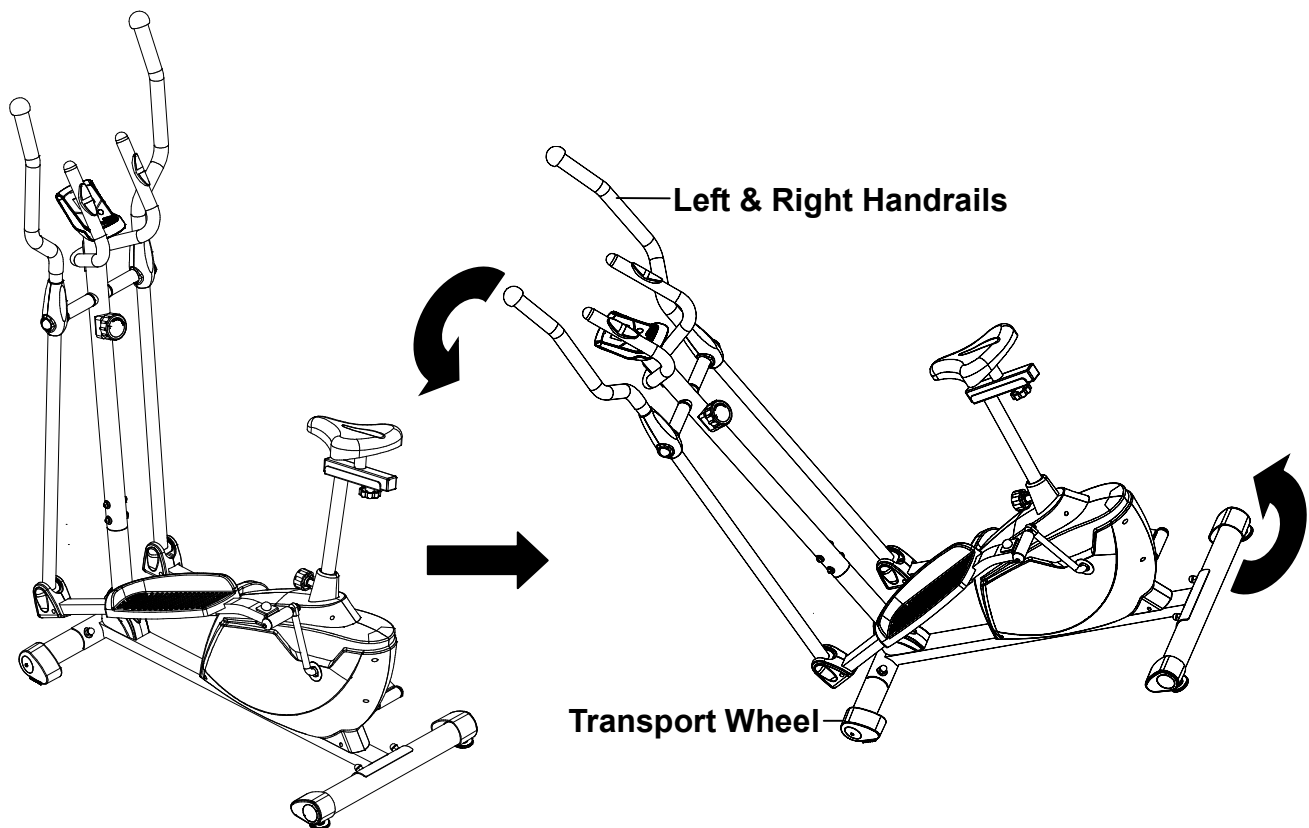


STEP 20

Slide the Seat Post Cover (93) onto the tube of the Main Frame (1).

Insert the Seat Post (91) into the seat post plastic bushing on the tube of the Main Frame (1) and then attach the M16 Seat Post Knob (92) onto the tube of the Main Frame (1) by turning it in a clockwise direction to lock the Seat Post (91) in the suitable position.

HOW TO MOVE THE ELLIPTICAL TRAINER

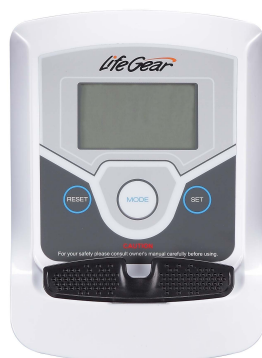


This elliptical trainer has a pair of Transport Wheels built into the front stabilizer and can be carefully tilted onto its Transport Wheels for easy moving and storage.

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 the functions of the computer.

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

SET: Press the SET button to set data values of TMR (TIMER), DST (DISTANCE), or CAL (CALORIES) for target pre-setting.

RESET: Press the RESET button to reset data values of TMR (TIMER), DST (DISTANCE), or CAL (CALORIES) to zero.

Press the RESET button to reset data values of TMR (TIMER), DST (DISTANCE), or CAL (CALORIES) to zero for target pre-setting.

Press and hold the RESET button for 3 seconds to reset all data values to zero except the TOTAL 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 6 seconds.

TMR (TIMER): Displays your elapsed workout time in minutes and seconds.

You may also pre-set target time in STOP mode before training. To set TIMER press the MODE button until the screen displays TMR. 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 clear the target time to zero. The pre-set target time range is from 0:00 to 99:00 minutes. 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.

DST (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 DST. Press the SET button to change the distance. Press the RESET button to clear the target distance to zero. The pre-set target distance range is from 0.00 to 99.90km. 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 clear the target calories to zero. The pre-set target calories range is from 0.0 to 999.0 calories. 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).

TOTAL: Displays the total accumulative distance travelled. The TOTAL 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 TOTAL 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.

HOW TO INSTALL THE BATTERIES:

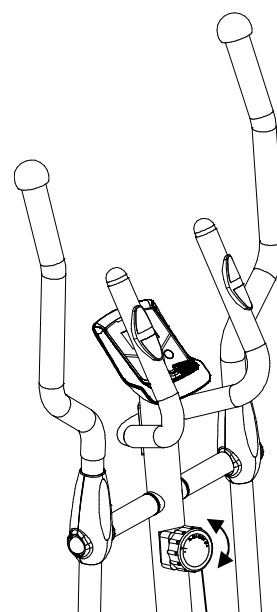
1. Remove the battery cover on the back of the computer.
2. Place two size AA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment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

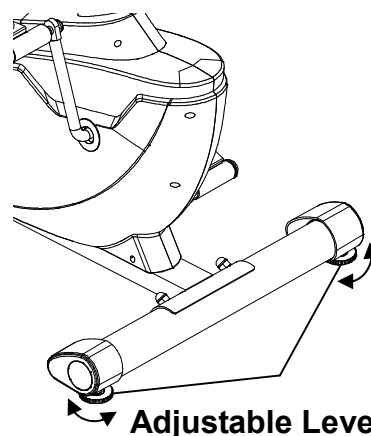
To decrease the tension, turn the tension control knob in a counterclockwise direction.



Tension Control Knob

Adjusting the Adjustable Leveler

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

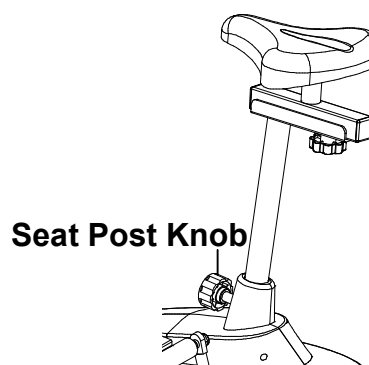


Adjustable Leveler

Adjusting the Seat Height

Turn the seat post knob in a counterclockwise direction until it can be pulled out. Pull out the seat post knob and then slide the seat post up or down direction to the suitable position. Lock the seat post in place by releasing the seat post knob and sliding the seat post up or down slightly until the seat post knob "pops" down into the locked position. For added safety, tighten the seat post knob in a clockwise direction.

NOTE: Do not set the seat post height any higher than the marked line.

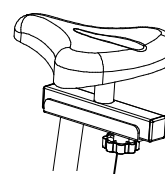


Seat Post Knob

Adjusting the Seat Fore or Aft Position

Turn the seat adjustment knob to loosen the seat sliding tube. Slide the seat sliding tube forward or back to desired position and turn the seat adjustment knob to tighten.

NOTE: Continue to turn the seat adjustment knob until the seat sliding tube is secure before exercising.



Seat Adjustment Knob

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: No Speed.

SOLUTION: Open the covers and check if the sensor is firmly fixed. If it is loose, retighten the screws on the sensor.

SOLUTION: Open the covers and inspect the sensor wire for any damage. If the sensor wire is damaged, replace it with a new sensor wire. Please contact your local dealer for support.

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.

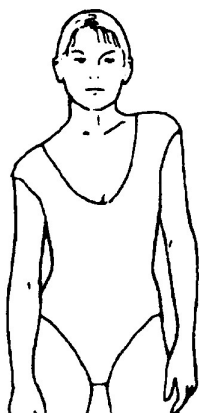
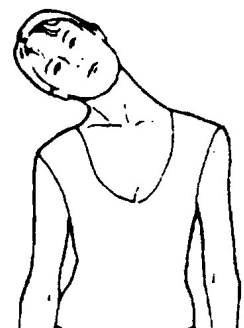
WARM UP AND COOL DOWN ROUTINE

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. Warming up should 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.

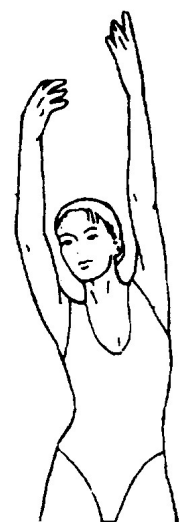
HEAD ROLLS

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.

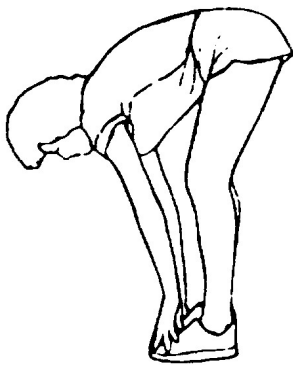
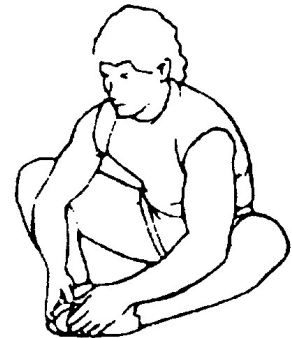


QUADRICEPS STRETCH

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.

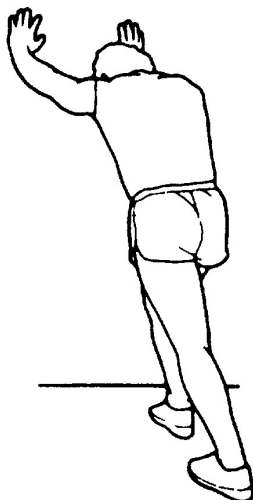
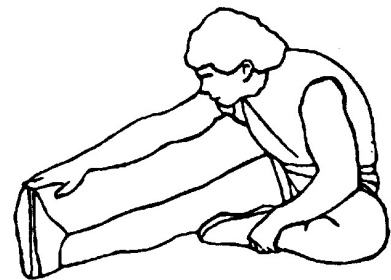


TOE TOUCHES

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.