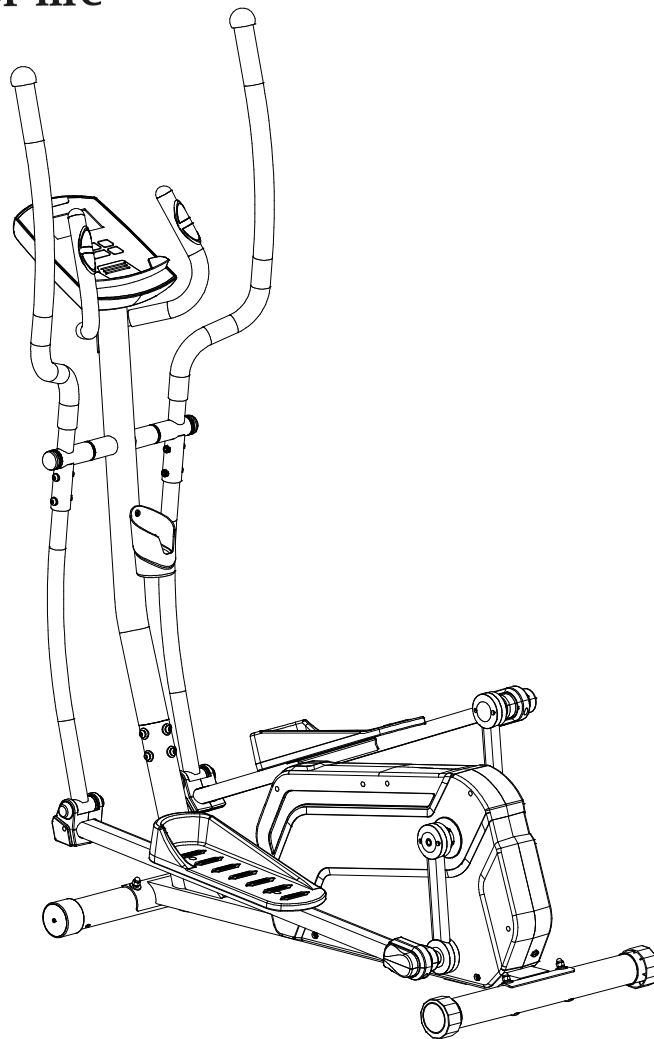


CROSS WALK PROGRAMMABLE MAGNETIC ELLIPTICAL TRAINER ITEM NO.: 93975

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, Aug.

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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 120 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.

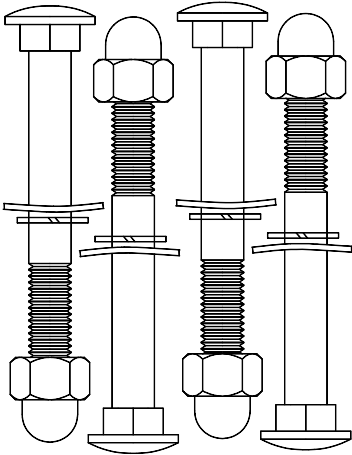
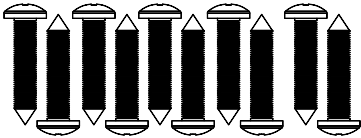
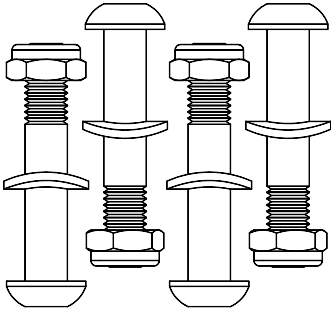
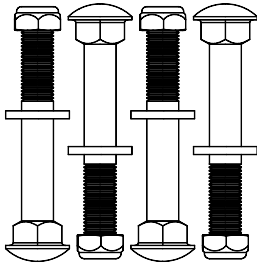
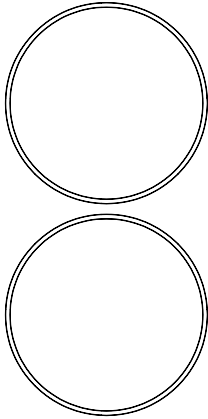
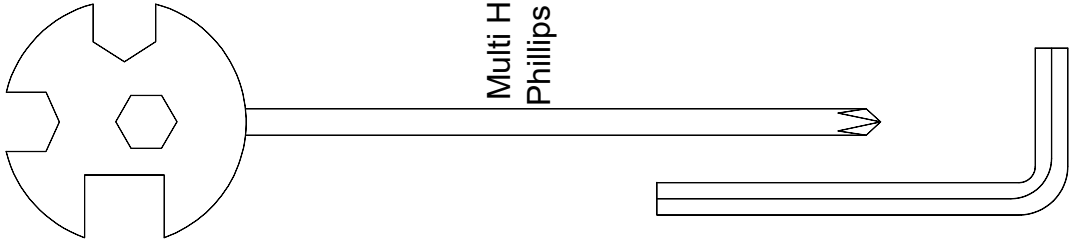
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	029	Hexagon Socket Pan Head Cap Bolt M8x45	4
002	Front Post	1	030	Curve Washer Ø16xØ8x1.5t	4
003	Handrail Arm	2	031	Nylon Nut M8 (Galvanized)	7
004	Left Handrail Ø32	1	032	Powder Metal Bushing Ø32xØ16.2x15	4
005	Right Handrail Ø32	1	033	Spacer Ø16x59.7	2
006	Left Foot Bar	1	034	Left Front Foot Bar Cover I	1
007	Right Foot Bar	1	035	Left Front Foot Bar Cover II	1
008	Front Stabilizer Ø60x1.5tx480	1	036	Right Front Foot Bar Cover I	1
009	Rear Stabilizer Ø60x1.5tx580	1	037	Right Front Foot Bar Cover II	1
010	Handlebar Ø28	1	038	Hexagon Head Bolt M12x80	2
011	Handlebar End Cap	2	039	Washer Ø24xØ12.5x2.0t	2
012	Handlebar Foam Grip Ø33xØ27x360	2	040	Nylon Nut M12	2
013	Hand Pulse Sensor with Wire (L=750 mm)	2	041	Left Foot Pedal	1
014	Cross Recessed Pan Head Tapping Screw ST4.2x20	21	042	Right Foot Pedal	1
015	Computer Console	1	043	Carriage Bolt M6x45	4
016	Cross Recessed Pan Head Bolt M5x10	4	044	Washer Ø12xØ6x1.0t	8
017	Console Wire (L=1100 mm)	1	045	Nylon Nut M6 (Galvanized)	4
018	Handrail End Cap	2	046	Powder Metal Bushing Ø18xØ8x10	4
019	Handrail Foam Grip Ø31xØ37x830	2	047	Hexagon Socket Flat Head Bolt M8x20	2
020	Hexagon Socket Pan Head Cap Bolt M8x20	12	048	Big Washer Ø25xØ8x2.0t	2
021	Spring Washer Ø8	18	049	D Shaped Washer Ø28x2.0t	2
022	Curve Washer Ø20xØ8x2.0t	14	050	Wave Washer Ø28xØ17x0.3T	2
023	Cap Ø38	2	051	Powder Metal Bushing Ø24.5xØ16x14	4
024	Dished Washer Ø33xØ8x2.0T	2	052	Hexagon Head Bolt M8x50	2
025	D Shaped Washer Ø38x3.0t	2	053	Washer Ø16xØ8x1.5t	3
026	Wave Washer Ø23xØ19x0.3t	2	054	Left Foot Bar Bracket Cover I	1
027	Powder Metal Bushing Ø38xØ32xØ19x14	4	055	Left Foot Bar Bracket Cover II	1
028	Plastic Bushing Ø38x60	2	056	Right Foot Bar Bracket Cover I	1

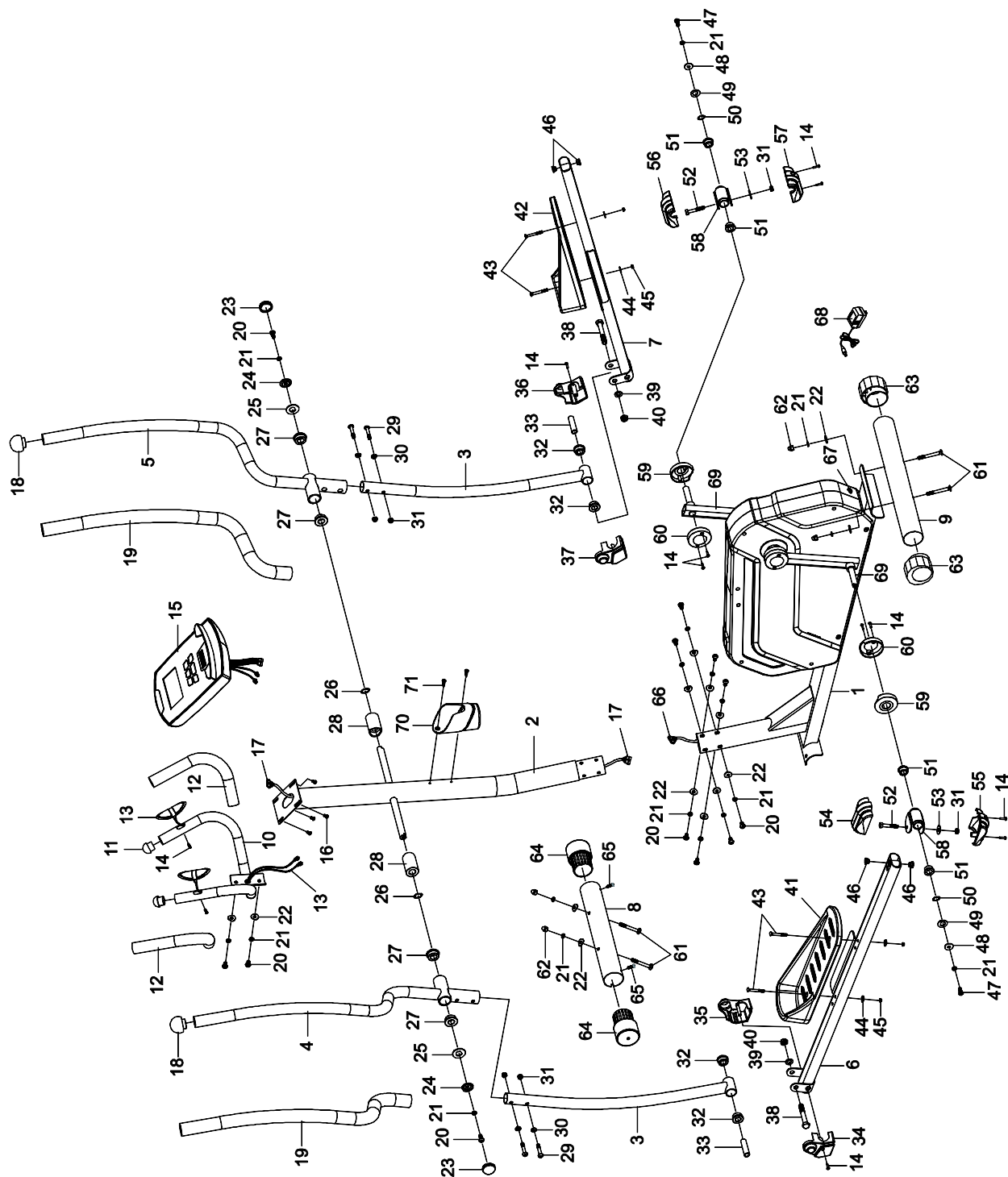
PARTS LIST

No.	Description	Qty	No.	Description	Qty
057	Right Foot Bar Bracket Cover II	1	086	Belt (5PK 855 (330J))	1
058	Foot Bar Bracket	2	087	Hexagon Socket Pan Head Cap Bolt M8x35	1
059	Crank Cover A	2	088	Hexagon Nut M8	1
060	Crank Cover B	4	089	Idle Wheel Fixture	1
061	Carriage Bolt M8x75	4	090	Idler Wheel (Bearing 6001ZZ)	1
062	Cap Nut M8	4	091	Nylon Nut M8	1
063	Rear Stabilizer End Cap Ø60	2	092	Hexagon Socket Pan Head Cap Bolt M8x10	1
064	Front Transport Wheel Cap Ø60	2	093	Flange Nut M10x1.0xH6	4
065	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x20	11	094	Eyebolt M6x36	5
066	Lower Console Wire (L=1400 mm)	1	095	Tension Bracket	4
067	Power Supply Wire (L=200 mm)	1	096	Hexagon Nut M6	5
068	AC Adapter (L=2000 mm)	1	097	C-Ring Ø12	4
069	Crank	2	098	Belt Pulley Shaft Ø12x94xM10	1
070	Water Bottle Holder	1	099	Bearing 6001	4
071	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.8x15	2	100	Belt Pulley Ø180	1
072	Flange Nut M10x1.25xH6	2	101	Belt (330PJ3)	1
073	Crank Cover C	2	102	Flywheel	1
074	Shroud Plug	2	103	Flywheel Shaft Ø12x92xM10	1
075	Left Protective Cover	1	104	Bolt M6x60	1
076	Right Protective Cover	1	105	Spring Ø8xØ1x50	1
077	C-Ring Ø17	2	106	Magnet Bracket	1
078	Wave Washer Ø24xØ20x0.3t	1	107	Metal Plate 30x30x2.0t	1
079	Bearing 6004-2Z	2	108	Sleeve Ø18xØ8x10	2
080	Sensor with Wire (L=200 mm)	1	109	Hexagon Socket Pan Head Cap Bolt M8x55	1
081	Cross Recessed Pan Head Tapping Screw ST2.9x12	2	110	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.8x20	2
082	Belt Pulley with Crank Shaft Ø200	1	111	Magnet Bracket Supporter	1
083	Nylon Nut M6	10	112	Motor	1
084	Spring Washer Ø6	12	113	Motor Tension Cable (L=480 mm)	1
085	Cross Recessed Pan Head Bolt M6x15	12	114	Hexagon Nut 1/2" (S15)	1

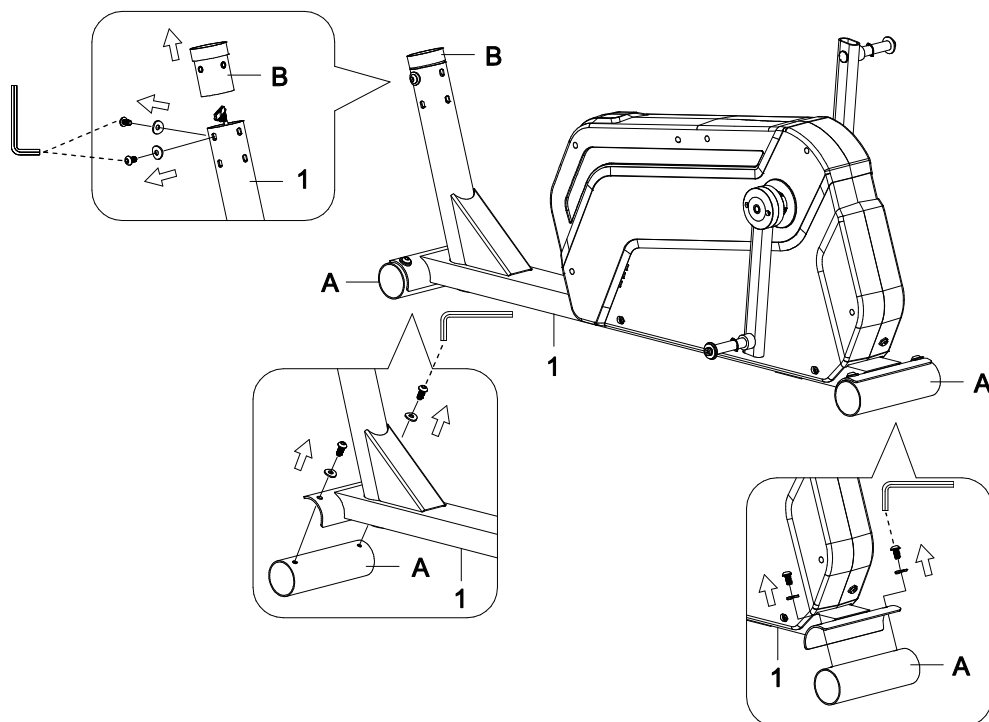
HARDWARE AND TOOLS KIT

<div> <div>STEP 2</div> <div>  <div> <div>(21) Spring Washer</div> <div>(22) Curve Washer</div> <div>(61) Carriage Bolt</div> <div>(62) Cap Nut</div> </div> <div> <div>4 PCS</div> <div>4 PCS</div> <div>4 PCS</div> <div>4 PCS</div> </div> </div> </div>	<div> <div>STEP 5-1 & 9</div> <div>  <div> <div>(14) Cross Recessed Pan Head Tapping Screw</div> <div>10 PCS</div> </div> </div> </div>	<div> <div>STEP 6</div> <div>  <div> <div>(29) Hexagon Socket Pan Head Cap Bolt</div> <div>(30) Curve Washer</div> <div>(31) Nylon Nut</div> </div> <div> <div>4 PCS</div> <div>4 PCS</div> <div>4 PCS</div> </div> </div> </div>	<div> <div>STEP 8</div> <div>  <div> <div>(43) Carriage Bolt</div> <div>(44) Washer</div> <div>(45) Nylon Nut</div> </div> <div> <div>4 PCS</div> <div>4 PCS</div> <div>4 PCS</div> </div> </div> </div>
<div> <div>STEP 7</div> <div>  <div> <div>(23) Cap</div> <div>2 PCS</div> </div> </div> </div>	<div> <div>  <div> <div>Multi Hex Tool with Phillips Screwdriver</div> <div>1 PC</div> </div> <div> <div>Allen Wrench</div> <div>6 mm</div> <div>1 PC</div> </div> </div> </div>		

EXPLODED VIEW



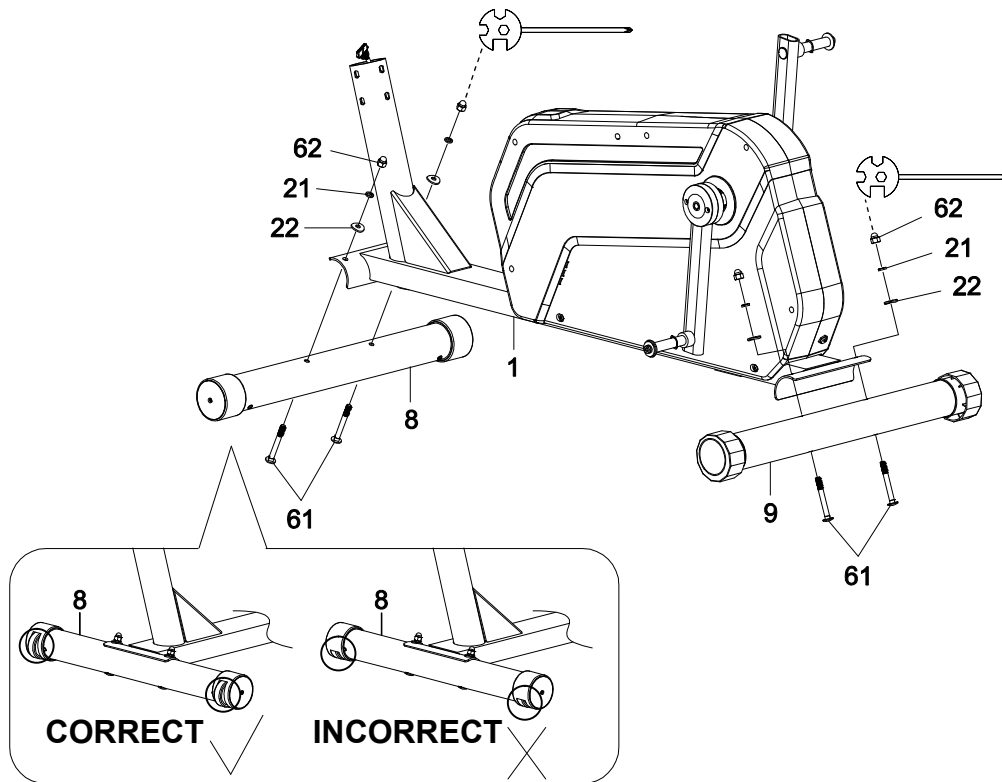
ASSEMBLY INSTRUCTIONS



STEP 1

Remove the Metal Tubes A and B from the Main Frame (1) by using the Allen Wrench provided.

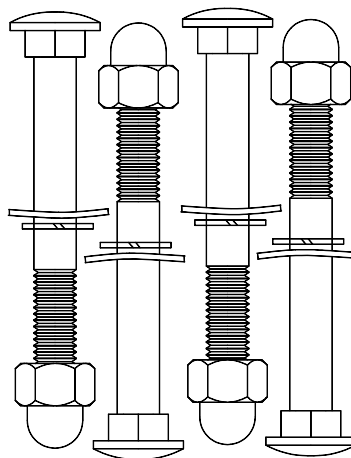
Discard the Metal Tubes A & B and the associated hardware that were removed. These parts are not needed for the assembly of the elliptical trainer.



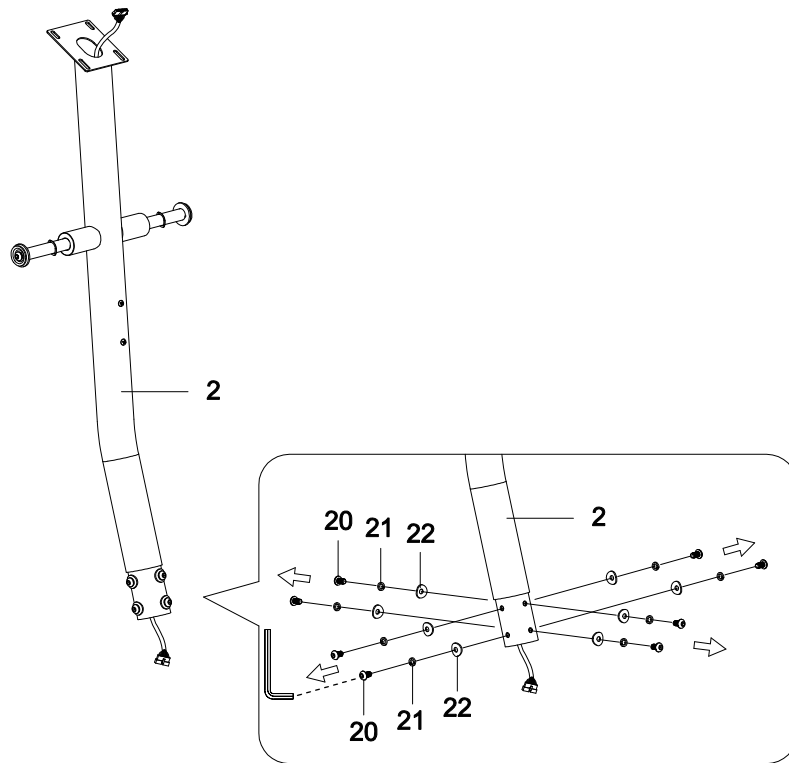
STEP 2

Position the Front Stabilizer (8) with the transport wheels in front of the Main Frame (1) and align bolt holes. Attach the Front Stabilizer (8) onto the front curve of the Main Frame (1) with two Carriage Bolts (61), two Curve Washers (22), two Spring Washers (21), and two Cap Nuts (62). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided. Position the Rear Stabilizer (9) behind the Main Frame (1) and align bolt holes. Attach the Rear Stabilizer (9) onto the rear curve of the Main Frame (1) with two Carriage Bolts (61), two Curve Washers (22), two Spring Washers (21), and two Cap Nuts (62). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:

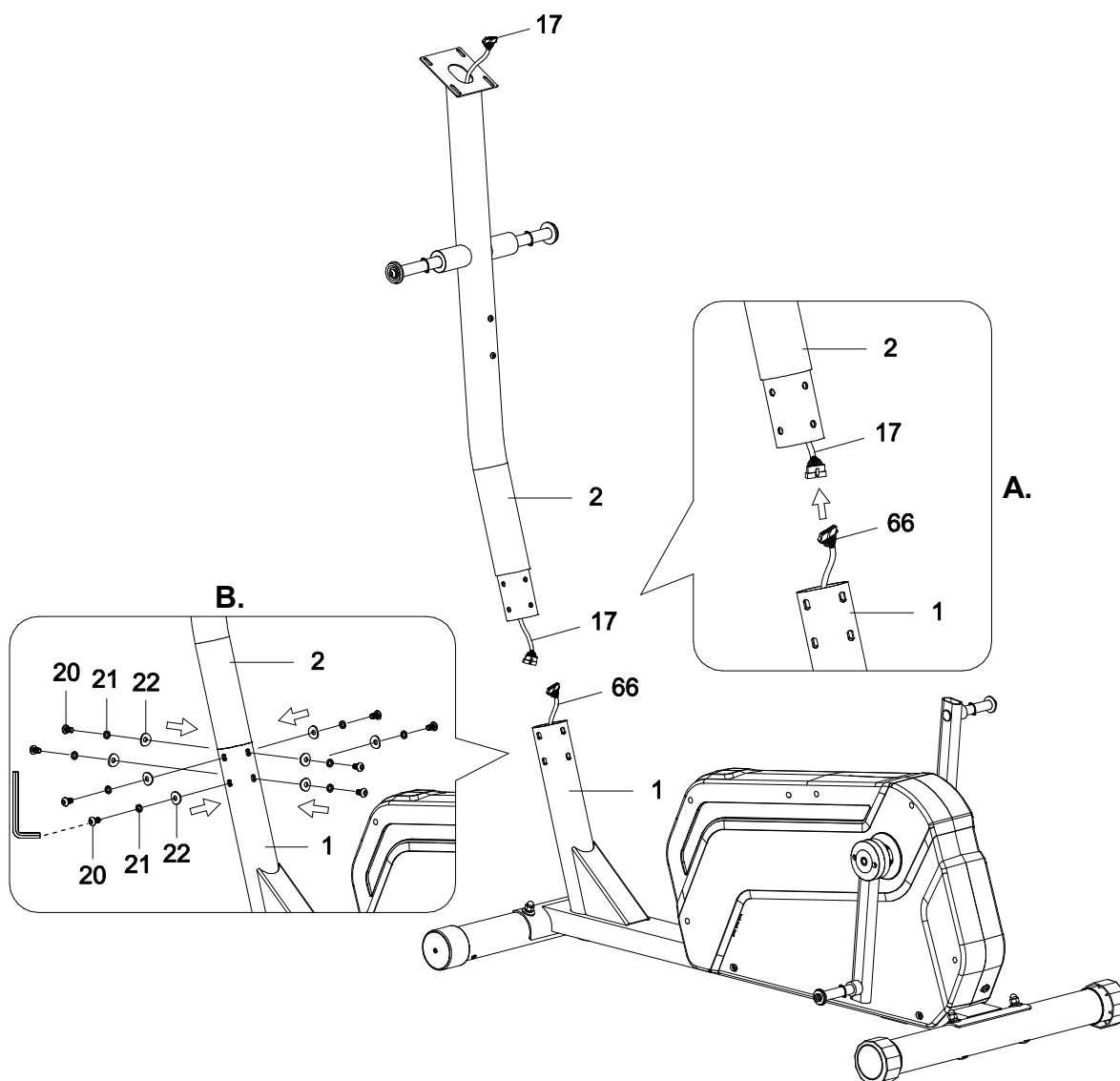


(21) Spring Washer	4 PCS
(22) Curve Washer	4 PCS
(61) Carriage Bolt	4 PCS
(62) Cap Nut	4 PCS

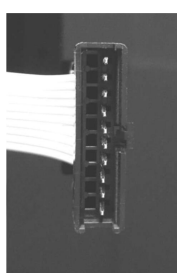


STEP 3

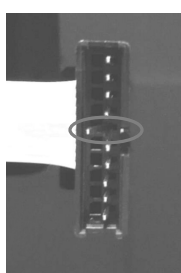
Remove eight Hexagon Socket Pan Head Cap Bolts (20), eight Spring Washers (21), and eight Curve Washers (22) from the tube of the Front Post (2). Remove bolts with the Allen Wrench provided.



CORRECT



INCORRECT

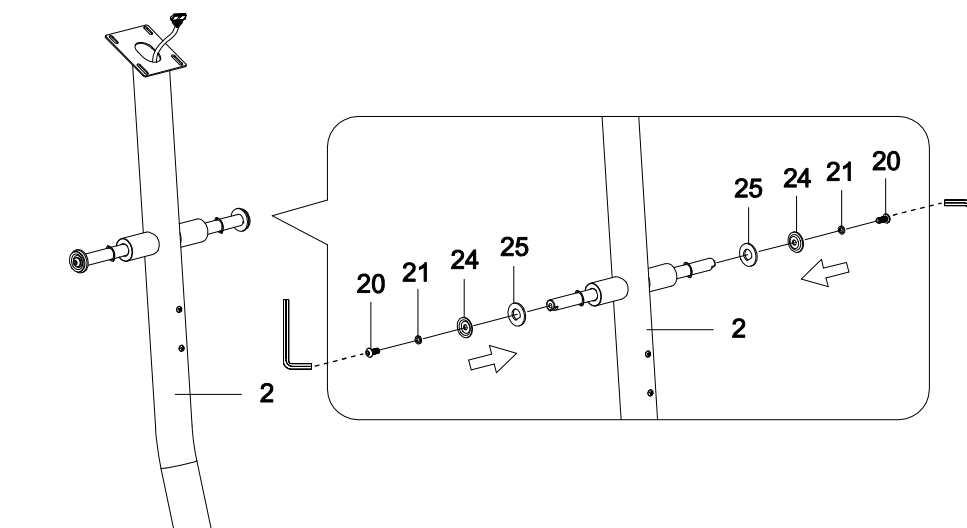


WARNING: BEFORE CONNECTING ANY WIRES, MAKE SURE THE METAL PRONGS OF THE WIRES ARE ALIGNED LIKE IN THE CORRECT IMAGE ON THE LEFT.

STEP 3-1

It is recommended to have a second person assist with this step. One person should hold the Front Post (2) in place while the other person connects the wire.

- A.** Connect the Lower Console Wire (66) from the Main Frame (1) to the Console Wire (17) from the Front Post (2).
- B.** Attach the Front Post (2) onto the tube of the Main Frame (1) with eight Hexagon Socket Pan Head Cap Bolts (20), eight Spring Washers (21), and eight Curve Washers (22) that were removed. Tighten bolts with the Allen Wrench provided.

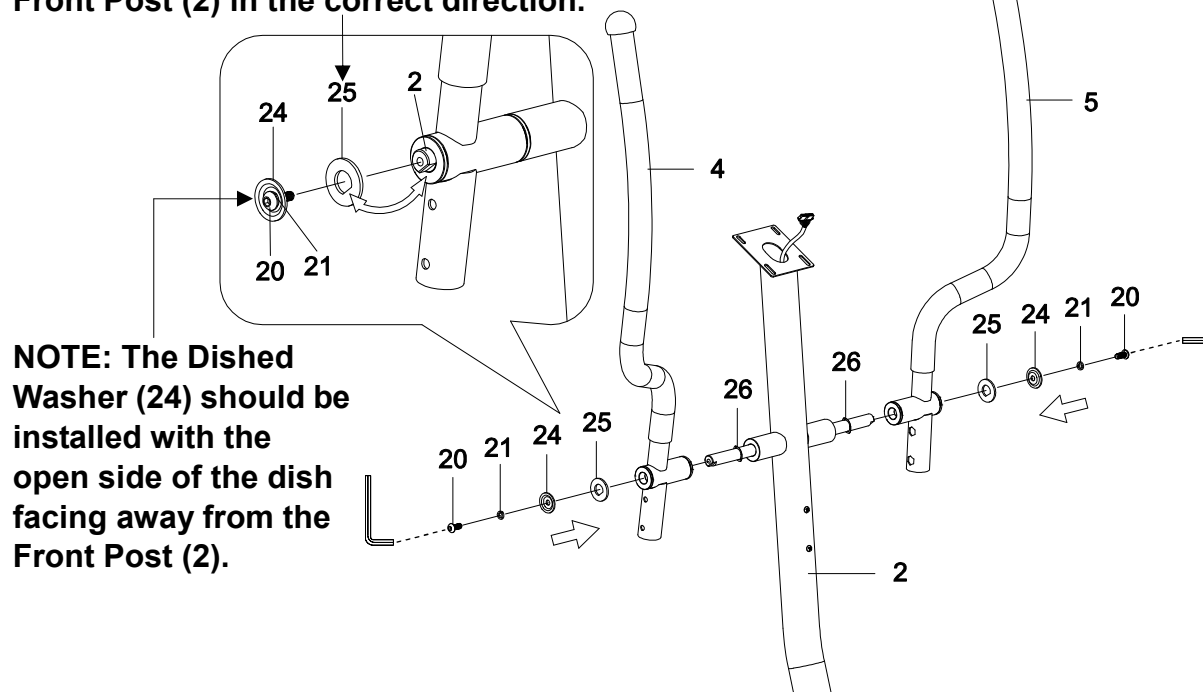


STEP 4

Remove one Hexagon Socket Pan Head Cap Bolt (20), one Spring Washer (21), one Washer (24), and one D Shaped Washer (25) from the right horizontal axis of the Front Post (2). Remove bolt with the Allen Wrench provided.

Use the same procedure to remove bolt and washers from the left horizontal axis of the Front Post (2).

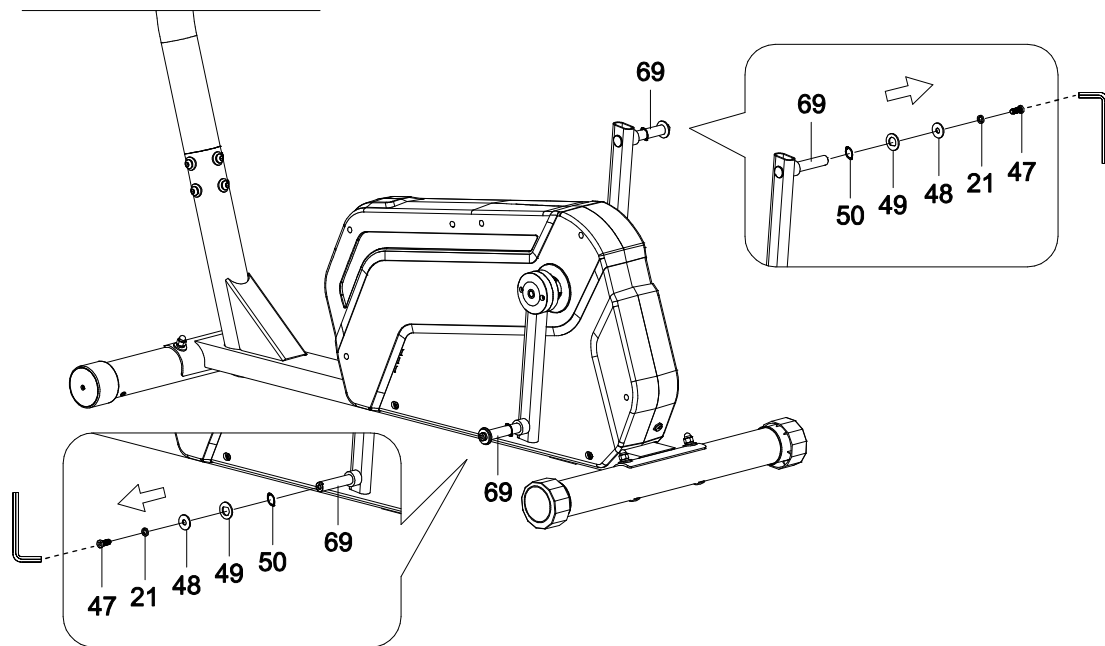
NOTE: Please place the D Shaped Washer (25) onto the left horizontal axis of the Front Post (2) in the correct direction.



NOTE: The Dished Washer (24) should be installed with the open side of the dish facing away from the Front Post (2).

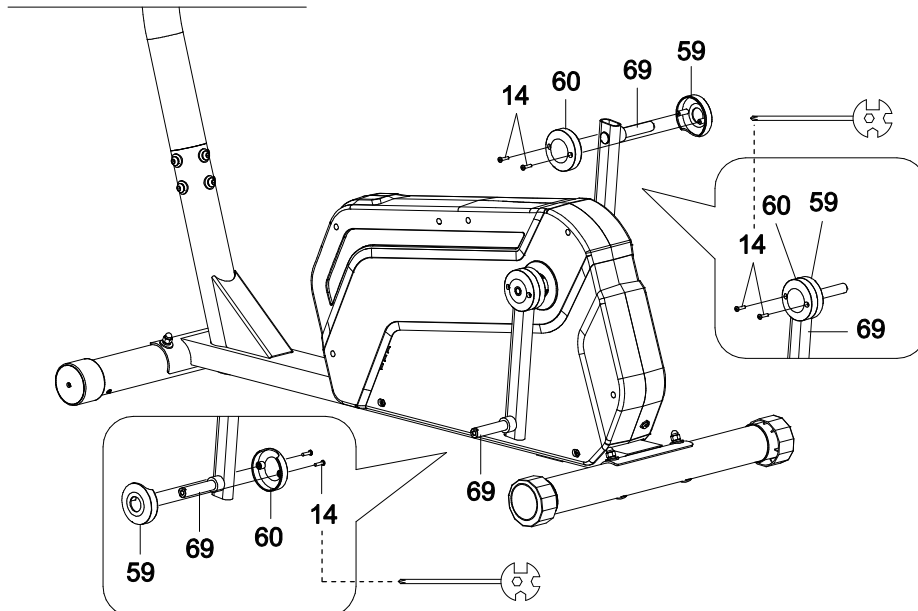
STEP 4-1

Attach both Left and Right Handrails (4, 5) onto the horizontal axes of the Front Post (2) with two Hexagon Socket Pan Head Cap Bolts (20), two Spring Washers (21), two Washers (24), and two D Shaped Washers (25) that were removed from the horizontal axes of the Front Post (2). **Semi-tighten** bolts with the Allen Wrench provided.

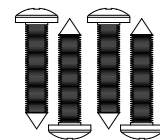


STEP 5

Remove two Hexagon Socket Flat Head Bolts (47), two Spring Washers (21), two Big Washers (48), two D Shaped Washers (49), and two Wave Washers (50) from the both Cranks (69). Remove bolt with the Allen Wrench provided.



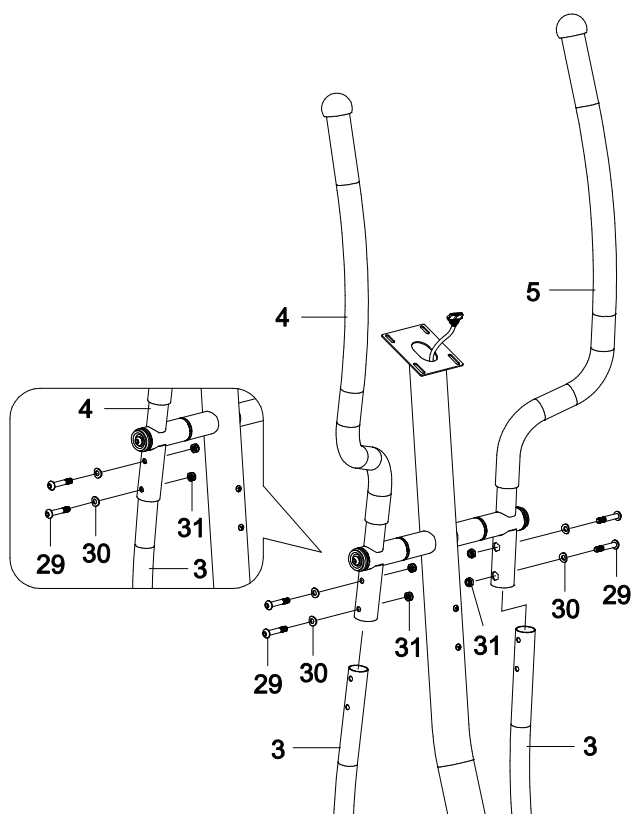
Hardware:



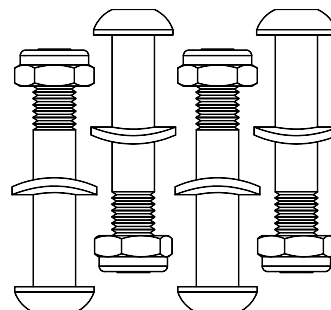
(14) Cross Recessed Pan Head Tapping Screw
4 PCS

STEP 5-1

Slide one Crank Cover A (59) all the way down the shaft of the left side of Crank (69). Hold one Crank Cover B (60) onto the backside of the left side of Crank (69). Attach the Crank Cover A (59) to the Crank Cover B (60) with two Cross Recessed Pan Head Tapping Screws (14). Tighten the screws with the Multi Hex Tool with Phillips Screwdriver provided. Repeat the same assembly step for installing the second set of Crank Covers A and B (59, 60) on to the right side of Crank (69).



Hardware:

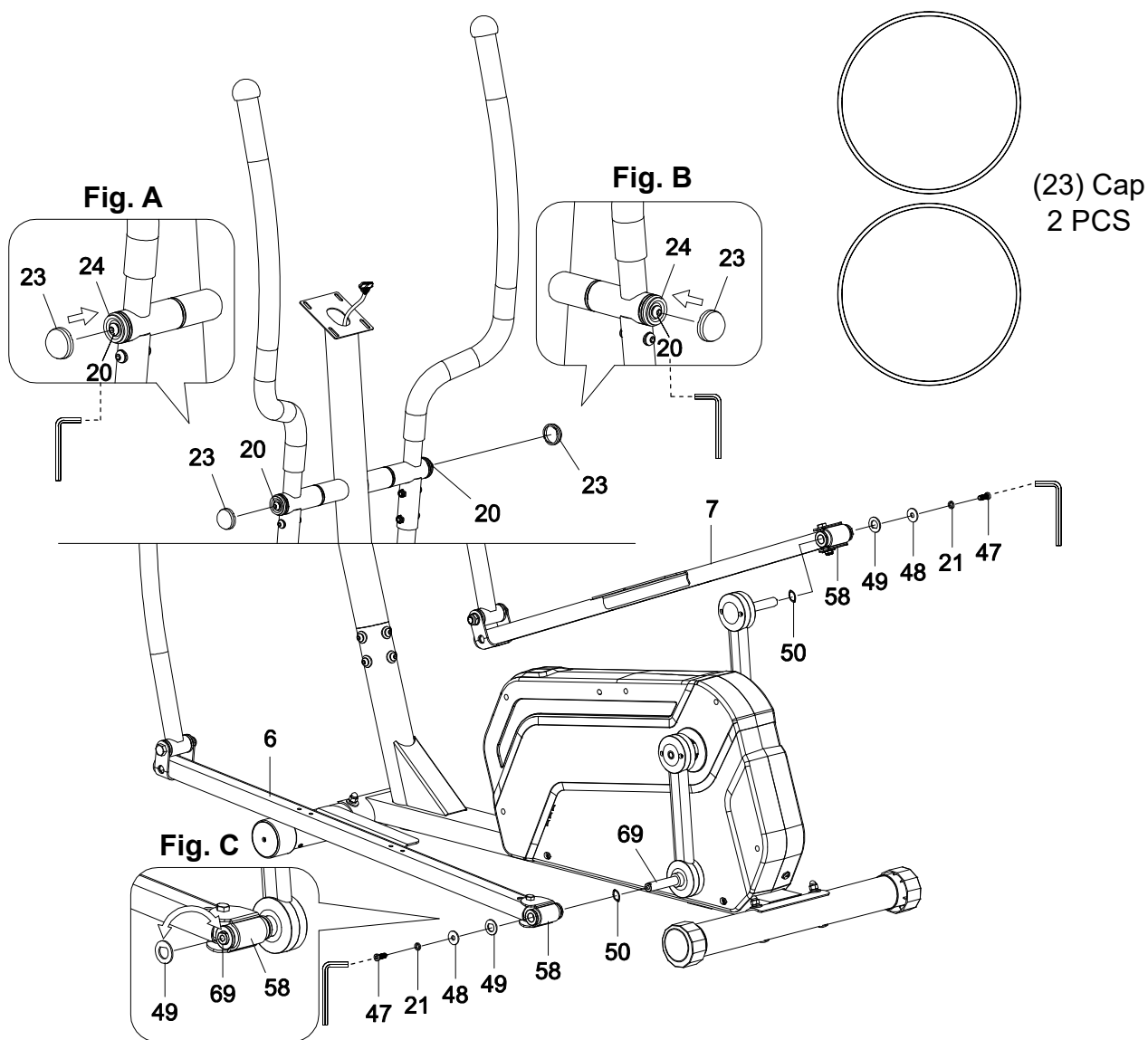


(29) Hexagon Socket Pan Head Cap Bolt	4 PCS
(30) Curve Washer	4 PCS
(31) Nylon Nut	4 PCS

STEP 6

Attach the Handrail Arm (3) into the bottom end of the Left Handrail (4) with two Hexagon Socket Pan Head Cap Bolts (29), two Curve Washers (30), and two Nylon Nuts (31). Tighten Bolts and nuts with one Allen Wrench and one Multi Hex Tool with Phillips Screwdriver provided.

Repeat the same assembly step for attaching the other Handrail Arm (3) into the bottom end of the Right Handrail (5).



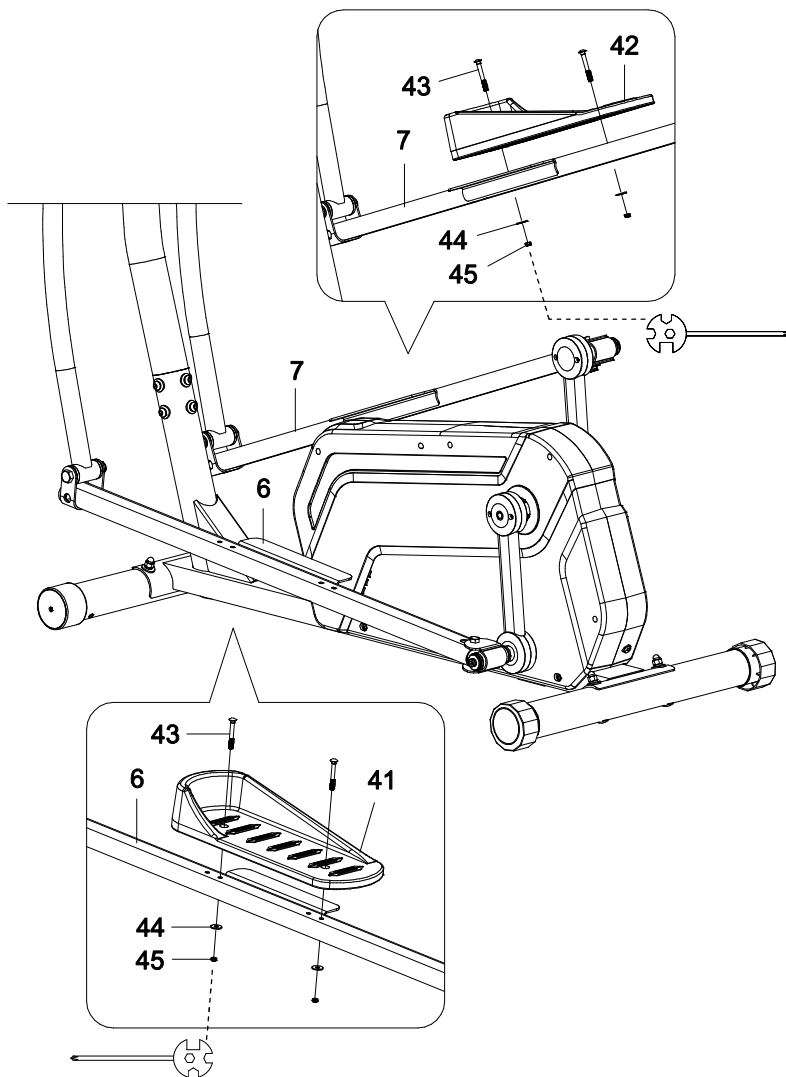
STEP 7

Slide one Wave Washer (50) followed by the Left Foot Bar (6) with the Foot Bar Bracket (58) onto the shaft of the left side Crank (69). Insert one D Shaped Washer (49), one Big Washer (48), one Spring Washer (21), and one Hexagon Socket Flat Head Bolt (47) that were previously removed from STEP 5. Tighten the bolt by using the Allen Wrench until firm and secure.

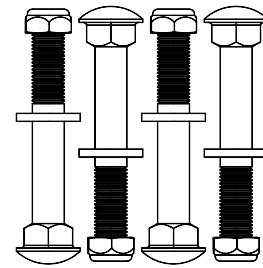
Repeat the same assembly step for sliding the Right Foot Bar (7) with the Foot Bar Bracket (58) onto the shaft of the right side Crank (69).

NOTE: The D Shaped Washer (49) should be installed as shown in Fig. C so it fits with the shaft of the Crank (69).

Fully tighten Hexagon Socket Pan Head Cap Bolts (20) with the Allen Wrench provided, and securely attach two Caps (23) onto two Dished Washers (24) as shown in Fig. A and B.



Hardware:



(43) Carriage Bolt	4 PCS
(44) Washer	4 PCS
(45) Nylon Nut	4 PCS

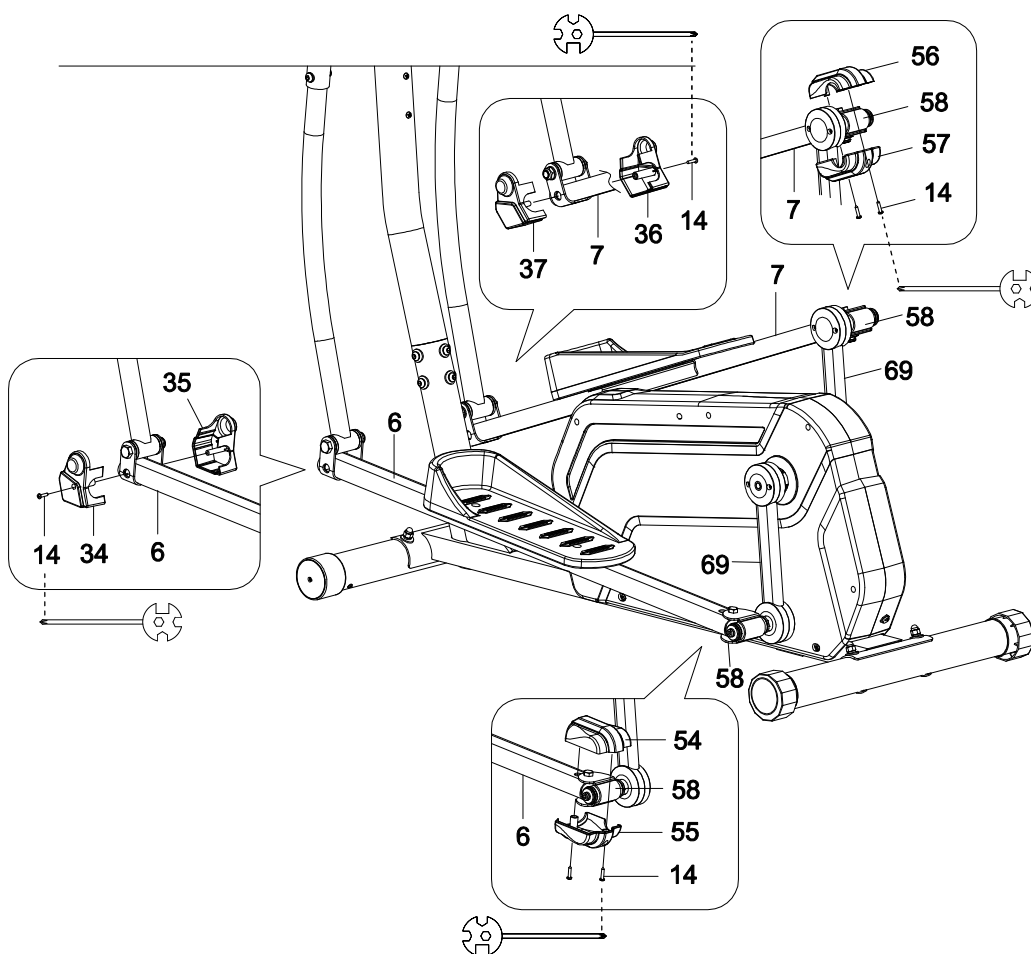
STEP 8

NOTE: The Left and Right Foot Pedals (41, 42) are marked with the “L” for left side and “R” for right side.

Install the Left Foot Pedal (41) onto the Left Foot Bar (6) and align the holes. Attach the Left Foot Pedal (41) onto the Left Foot Bar (6) with two Carriage Bolts (43), two Washers (44), and two Nylon Nuts (45). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Repeat the same assembly steps to install the Right Foot Pedal (42) onto the Right Foot Bar (7).

NOTE: There are four holes on the Left and Right Foot Bars (6, 7) which allow for two different Left and Right Foot Pedals (41, 42) positions. Once the unit is completely assembled you can test which position suits you best. Both Left and Right Foot Pedals (41, 42) should be installed in the same position on both sides.



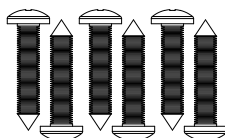
STEP 9

Turn the Left Foot Bar Bracket Covers I and II (54, 55) so that the cut outs on the side are facing the Crank (69). Insert the posts of the Left Foot Bar Bracket Covers I and II (54, 55) into the hole at the rear of the Left Foot Bar (6) and enclose the Foot Bar Bracket (58). Attach the Left Foot Bar Bracket Covers I and II (54, 55) around the Foot Bar Bracket (58) with two Cross Recessed Pan Head Tapping Screws (14). Tighten the screws with the Multi Hex Tool with Phillips Screwdriver provided.

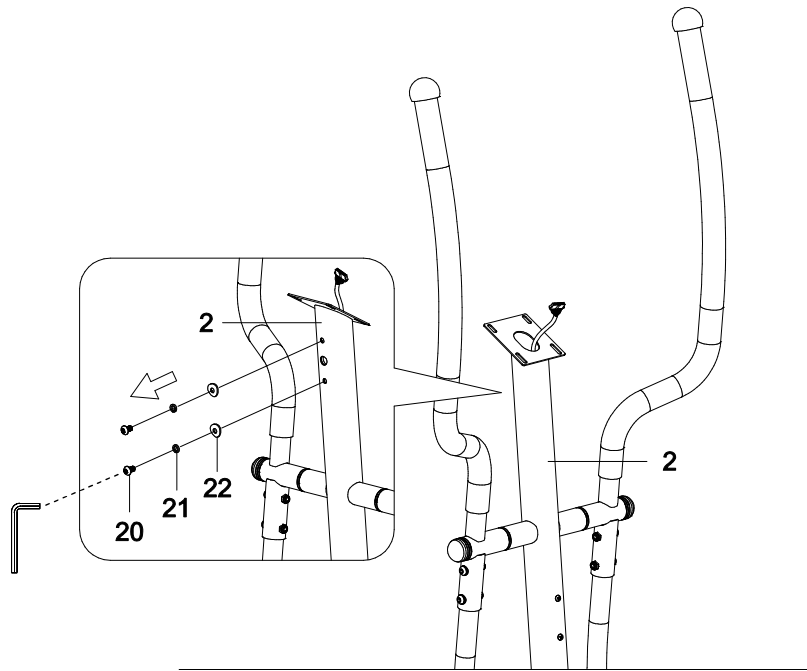
Repeat the same assembly step for the Right Foot Bar Bracket Covers I and II (56, 57). Insert the posts of the Left Front Foot Bar Cover I and II (34, 35) into the holes at the front of the Left Foot Bar (6). Enclose the bracket of the Left Foot Bar (6) with the Left Front Foot Bar Cover I and II (34, 35). Attach the Left Front Foot Bar Cover I and II (34, 35) around the bracket of the Left Foot Bar (6) with one Cross Recessed Pan Head Tapping Screw (14). Tighten screw with the Multi Hex Tool with Phillips Screwdriver provided.

Repeat the same assembly step for the Right Front Foot Bar Cover I and II (36, 37) and the Right Foot Bar (7).

Hardware:

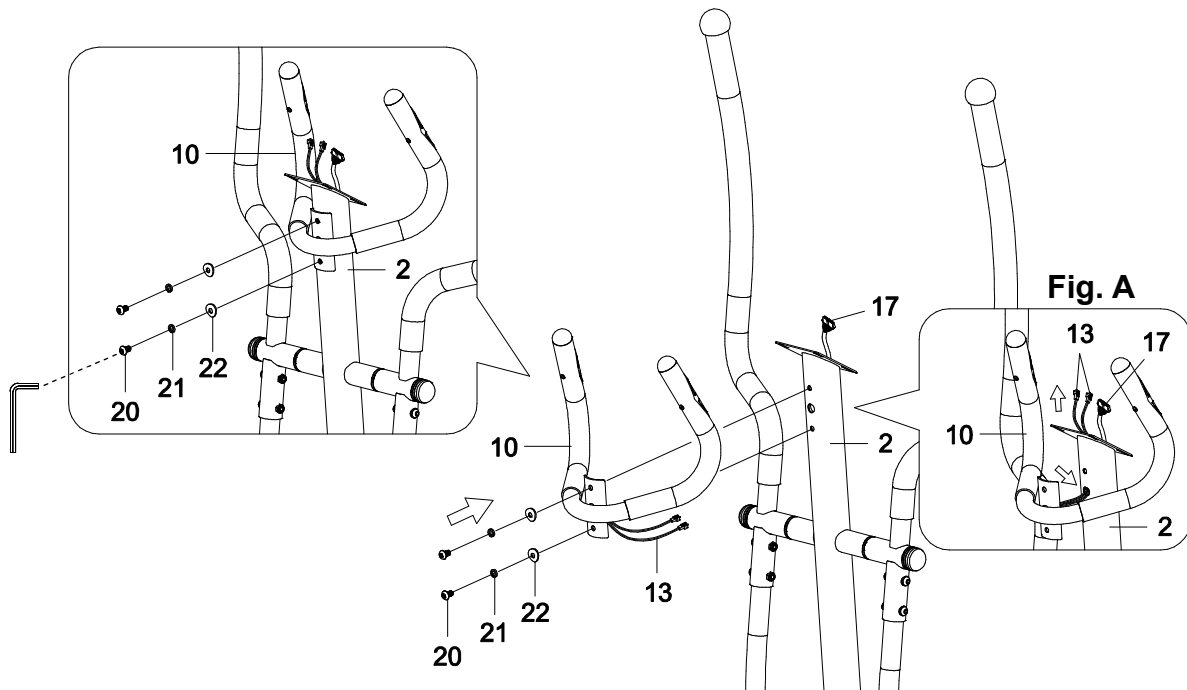


(14) Cross Recessed Pan
Head Tapping Screw
6 PCS



STEP 10

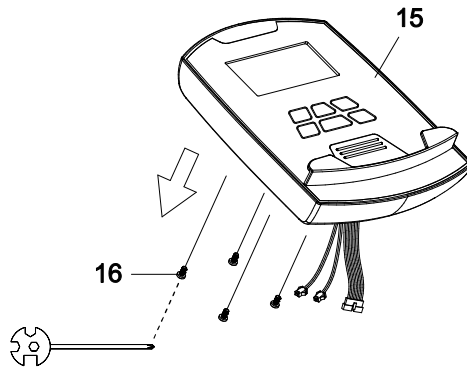
Remove two Hexagon Socket Pan Head Cap Bolts (20), two Spring Washers (21) and two Curved Washers (22) from the Front Post (2). Remove bolts with the Allen Wrench provided.



STEP 10-1

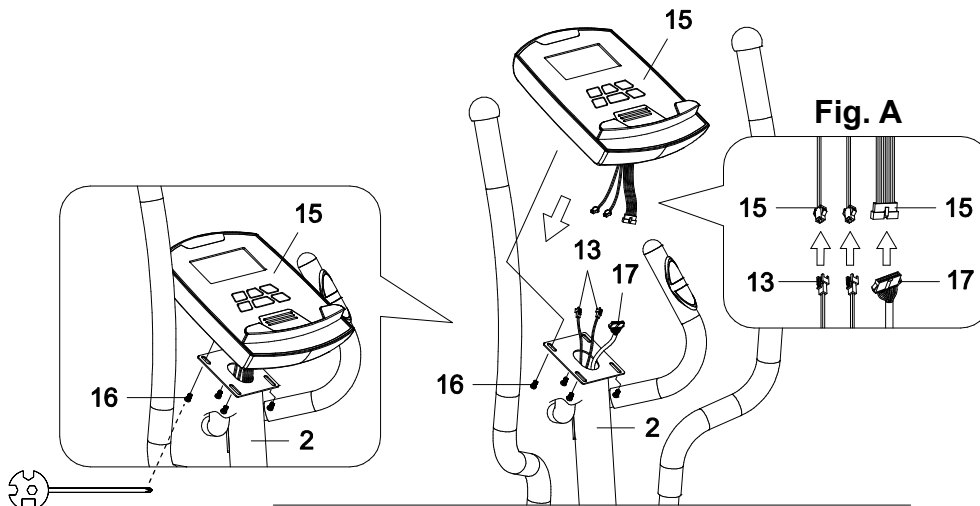
Gently insert the Hand Pulse Sensor Wire (13) into the Front Post (2) and pull them out from the top of the Front Post (2) as you are mounting the Handlebar (10) (See Fig. A). Attach the Handlebar (10) onto the Front Post (2) with two Hexagon Socket Pan Head Cap Bolts (20), two Spring Washers (21) and two Curved Washers (22) that were removed from the Front Post (2). Tighten bolts with the Allen Wrench provided.

NOTE: To prevent damage, ensure that none of the wires are bent or pinched during installation.



STEP 11

Remove four Cross Recessed Pan Head Bolts (16) from the backside of the Computer Console (15). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.



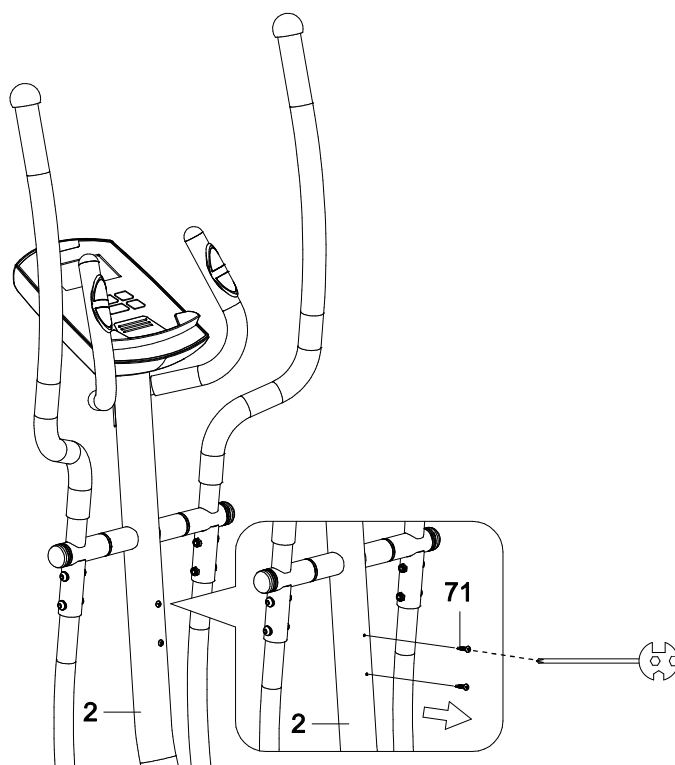
STEP 11-1

Connect the Console Wire (17) and the Hand Pulse Sensor Wire (13) to the wires that come from the rear of the Computer Console (15) as shown in Figure. A.

Mount the Computer Console (15) to the top of the Front Post (2), while the carefully inserting the excess length of wires into the top plate of the Front Post (2).

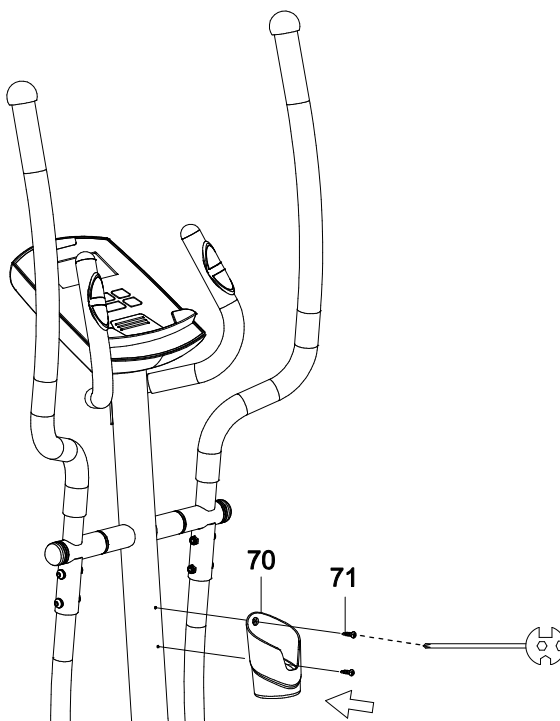
Attach the Computer Console (15) onto the top plate of the Front Post (2) with four Cross Recessed Pan Head Bolts (16) that were removed from the backside of the Computer Console (15). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

CAUTION: To prevent damage, ensure the wires are NOT folded or pinched during installation.



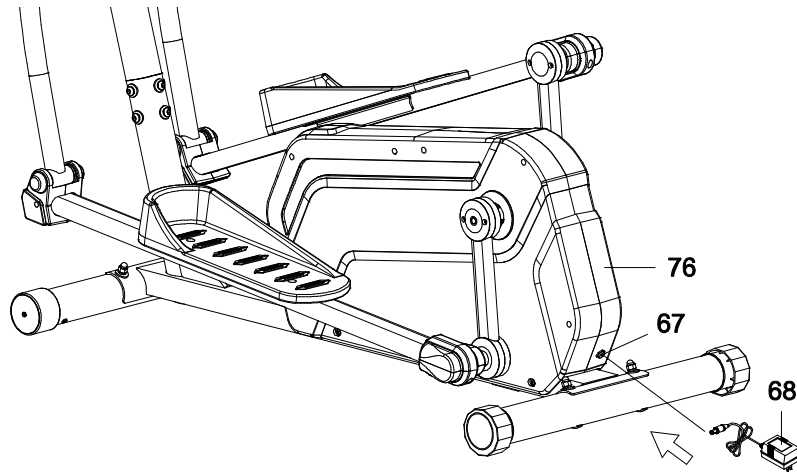
STEP 12

Remove two Cross Recessed Pan Head Drilling Screw with Tapping Screws Thread (71) from the Front Post (2). Remove screws with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 12-1

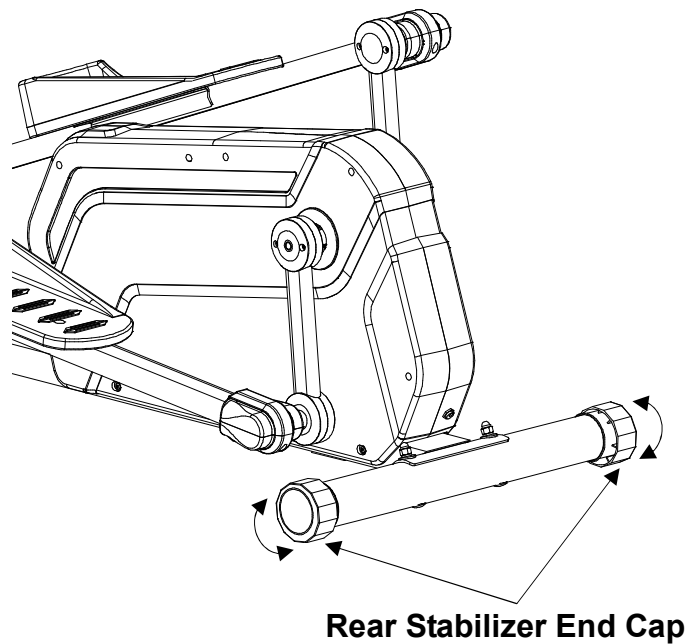
Attach the Water Bottle Holder (70) onto the Front Post (2) with two Cross Recessed Pan Head Drilling Screw with Tapping Screws Thread (71) that were removed from the Front Post (2). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 13

Connect the AC Adapter (68) to the Power Supply Wire (67) on the rear of the Right Protective Cover (76).

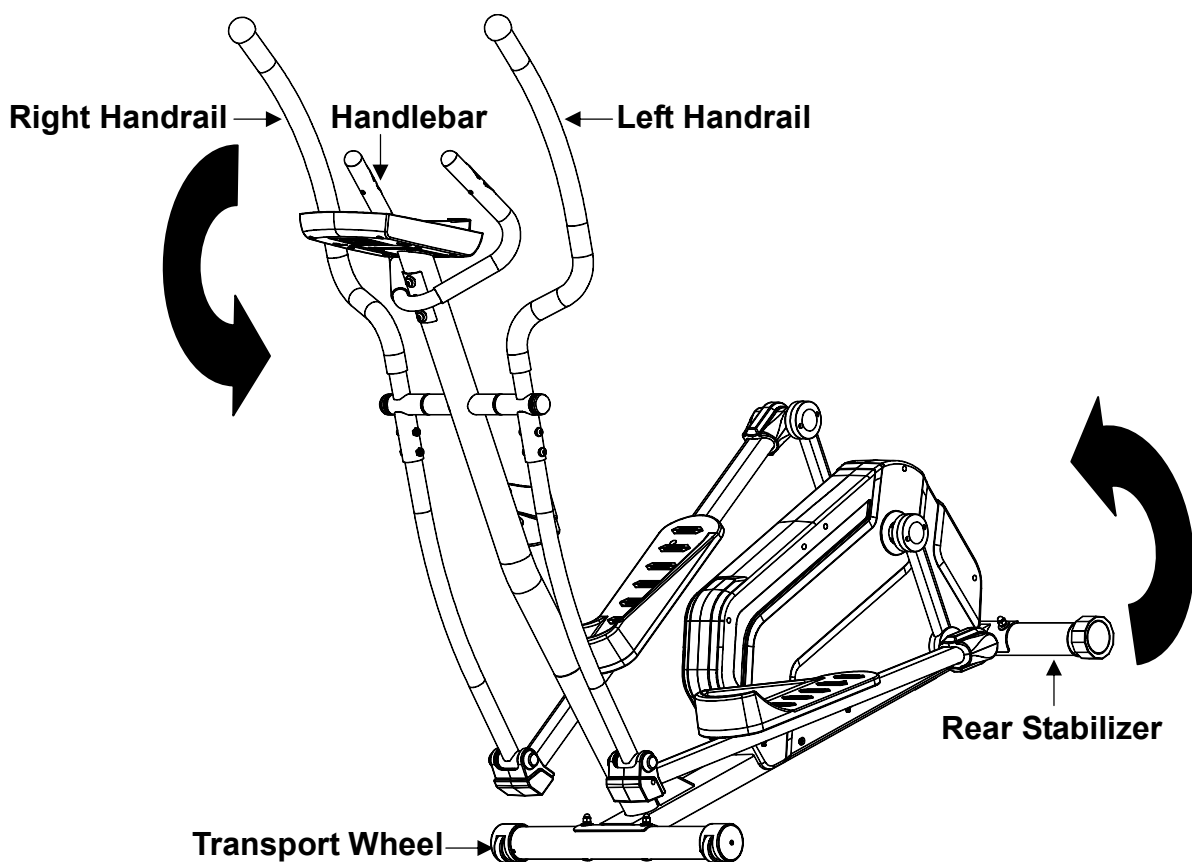
ADJUSTMENT



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 push or pull both **Left and Right 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



BUTTON FUNCTIONS:

START/STOP BUTTON:

1. Starts and Pauses a workout.
2. Holding the button for 3 seconds will reset the computer console for a new workout.

+ (UP) BUTTON:

1. Pressing the + button to navigate through the training programs (P1-P21).
2. Pressing the + button to Increase the value of the selected workout parameter: TIME, DISTANCE, or CALORIES.
3. Pressing the + button will increase the resistance level during a workout.

— (DOWN) BUTTON:

1. Pressing the — button to navigate through the training programs (P21-P1).
2. Pressing the — button to decrease the value of the selected workout parameter: TIME, DISTANCE, or CALORIES.
3. Pressing the — button will decrease the resistance level during a workout.

ENTER BUTTON:

1. Pressing the ENTER button to confirm the selection of training program (P1-P21), and to
2. Pressing the ENTER button to select the Goal option (TIME, DISTANCE, or CALORIES) prior to starting a workout.

RECOVERY BUTTON:

1. Press to enter the Recovery function when computer console has the heart rate value.
2. The Recovery Scale is a range of F1.0 – F6.0, F1.0 signifies great fitness, and F6.0 signifies poor fitness.

MODE BUTTON:

Pressing the MODE button to switch displayed workout values from RPM to SPEED, DIST to ODO, and CAL (Calories) to WATT during exercise.

PROGRAMS:

Profile Program:

The computer console has 21 Pre-set Program options to choose from to help challenge you and meet your fitness goals. See the diagram below.

How to quick start a Program Profile: The first screen that appears when the computer console is turned on is program profile P1. From this screen you can select any of the other program profiles by using the **+(UP)** or **-(DOWN)** buttons. To start an immediate workout press the **START** button once you have selected the desired program profile. Control the resistance level by pressing the **+(UP)** or **-(DOWN)** buttons.

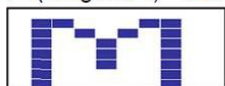
The computer console can be set to count down a Workout Goal based on TIME, DISTANCE, and CALORIES.

How to set a Workout Goal Program Profile: The first screen that appears when the console is turned on is program profile P1. From this screen you can select any of the other program profiles by using the **+(UP)** or **-(DOWN)** buttons. Pressing the **ENTER** button will cause one of the workout parameters to flash, those parameters are: TIME, DISTANCE, or CALORIES. To choose among the parameters, press the **ENTER** button until the parameter you wish to change is flashing. When the parameter you want is flashing, you can assign a value from which the computer console will count down by using the **+(UP)** or **-(DOWN)** buttons. Press the **START** button to initiate your workout. When a goal is achieved the computer console will sound an alarm and stop the workout.

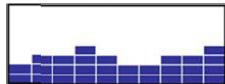
NOTE: Multiple Workout Goals can be set. When one of the parameter reaches zero the computer console will stop your workout. To continue your workout and reach the other Workout Goals you have set, press the START button to resume.

Program Profiles:

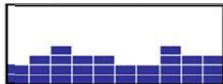
P1(Program 1) Manual



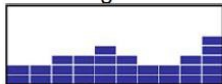
P2 Malibu



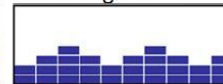
P3 Quiet Trail



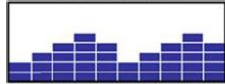
P4 Through Town



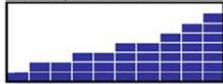
P5 Rolling Hills



P6 Yellow Stone



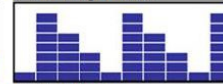
P7 Uphill Battle



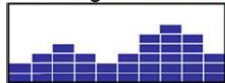
P8 Everest



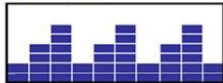
P9 Easy Burn



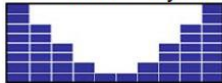
P10 King Of The Hill



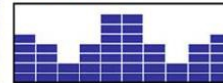
P11 Hurdles



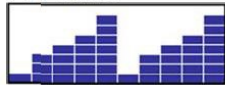
P12 Grand Canyon



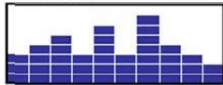
P13 Waves



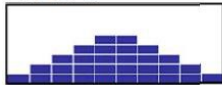
P14 Stairs



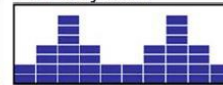
P15 Cliffs



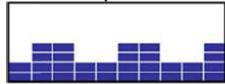
P16 Giza



P17 City Run



P18 Bumps



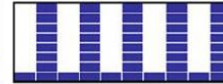
P19 Pulse



P20 High Hurdles



P21 Ironman

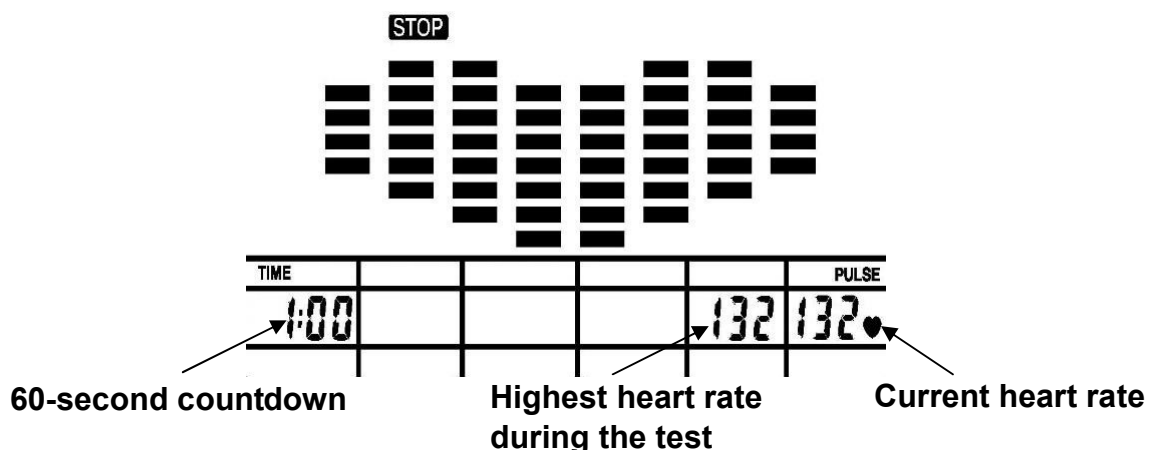


Recovery Program:

The Recovery Program gives you feedback about the rate at which your heart recovers after a workout. The recovery rating is a value that can be used to assess your personal fitness. Your recovery rating is calculated by evaluating the difference between your peak heart rate at the end of a workout and your heart rate after 60 seconds of resting.

How it works: The larger the difference between your peak heart rate and your resting heart rate after 60 seconds, the better your recovery rating. A fit person's heart rate will decrease faster and be scored closer to F1.0.

How to activate the Recovery Program: After your workout, stop pedaling and hold the heart rate sensors so the computer console detects a pulse. Push the RECOVERY button. A large heart will be displayed on the screen, along with your highest heart rate during the test, your current heart rate, and the time remaining for the test. The test will last 60 seconds; hold the hand pulse sensors for the entire duration. Once the test is complete, the computer console will beep 3 times and display your score. The two heart rate values (your highest heart rate and your heart rate at the end of the test) will continue to be displayed on the lower right corner.



The fitness ranking

F1.0 - excellent fitness

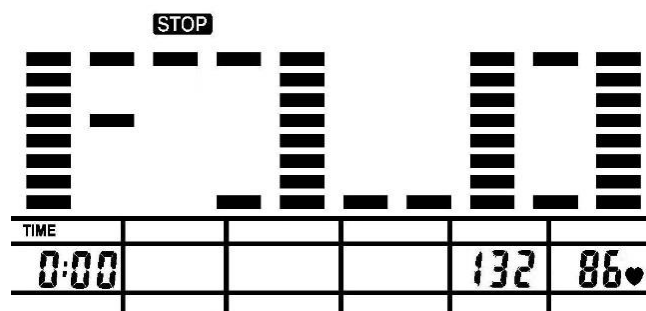
F2.0 - good fitness

F3.0 - satisfactory fitness

F4.0 - minimal fitness

F5.0 - fitness needs improvement

F6.0 - fitness needs major improvement



NOTE: These ranking are for very basic fitness tracking, for more accurate health information consult with your personal care physician.

COMPUTER CONSOLE ERROR MESSAGES

Error Messages	Potential Cause	Things to Check
E1	The motor does not activate.	Symptoms include an unusually loud noise coming from the motor, which means the Gears are NOT meshing correctly. Please contact your dealer for support.
E2	<ol style="list-style-type: none"> 1. There is something wrong with the wires. 2. There is something wrong with the computer console. 3. There is something wrong with the motor. 	<ol style="list-style-type: none"> 1. Check if the wires are damaged, causing a circuit short. 2. Check the wires that come from the computer console are properly connected to the wires that come from the front post. 3. Check the wire that come from the motor is properly connected to the wire that come from the sensor.

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 the power plug at the lower rear of the elliptical trainer is fully inserted. Wiggle and twist the plug to confirm the plug is making contact with the electrical leads.

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.

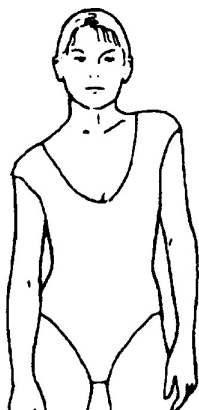
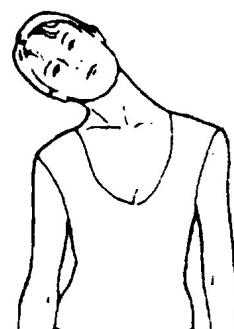
WARM UP AND COOL DOWN ROUTINE

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.

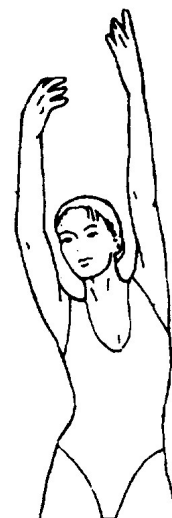
HEAD ROLLS

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.

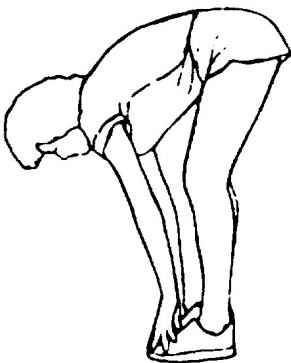


QUADRICEPS STRETCH

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.

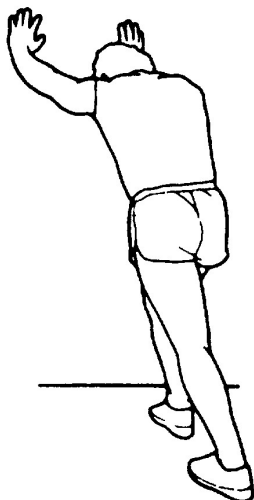
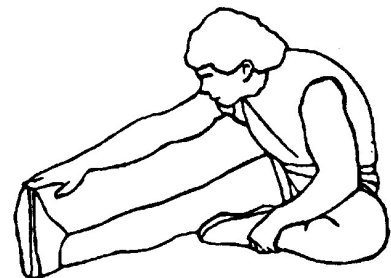


TOE TOUCHES

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.