

# Elliptical Machine(LED) Operation Instructions

Dear Customer:

Thank for choosing our company products which will bring you health and happiness .



## Safety Precautions

Notice: Please read the manual carefully before use and pay attention to the following safety matters.

The elliptical should be put indoors. Avoid getting wet and water or other fluid on the machine. Nothing should be put on the top of or inserted in to it.

1. There will be static electricity when running of the machines. Please put it far from flammable and explosive articles.
2. Make sure the elliptical well placed on the ground,Stable and reliable.
3. Sportswear and suitable shoes are recommended when using the machine.
4. Our products mainly suit for professional fitness center,community,unit gym.
5. No device on the machine can be relaxed.
6. The machine must be used in the regulated area. Children under 12 years old, the elderly , the disabled,the patients with heart disease, minors must be under the guidance of professional .
7. No touch any part of the elliptical in operation.
8. Long hair users should pay more attention to the safety of the hair when using the machine.
9. Please stop the machine immediately ,if you feel any uncomfortable or abnormal, and consult your doctor.
10. Before using, please check whether the transmission parts are fastened. Call the professional to tighten or replace timely, if there is any loose.
11. There is a visible sign near the elliptical for stop using the machine during maintenance.
12. Parameters:

Screen: LED

Resistance Adjustment: 26 Level

Packing Size: 2000\*900\*760mm

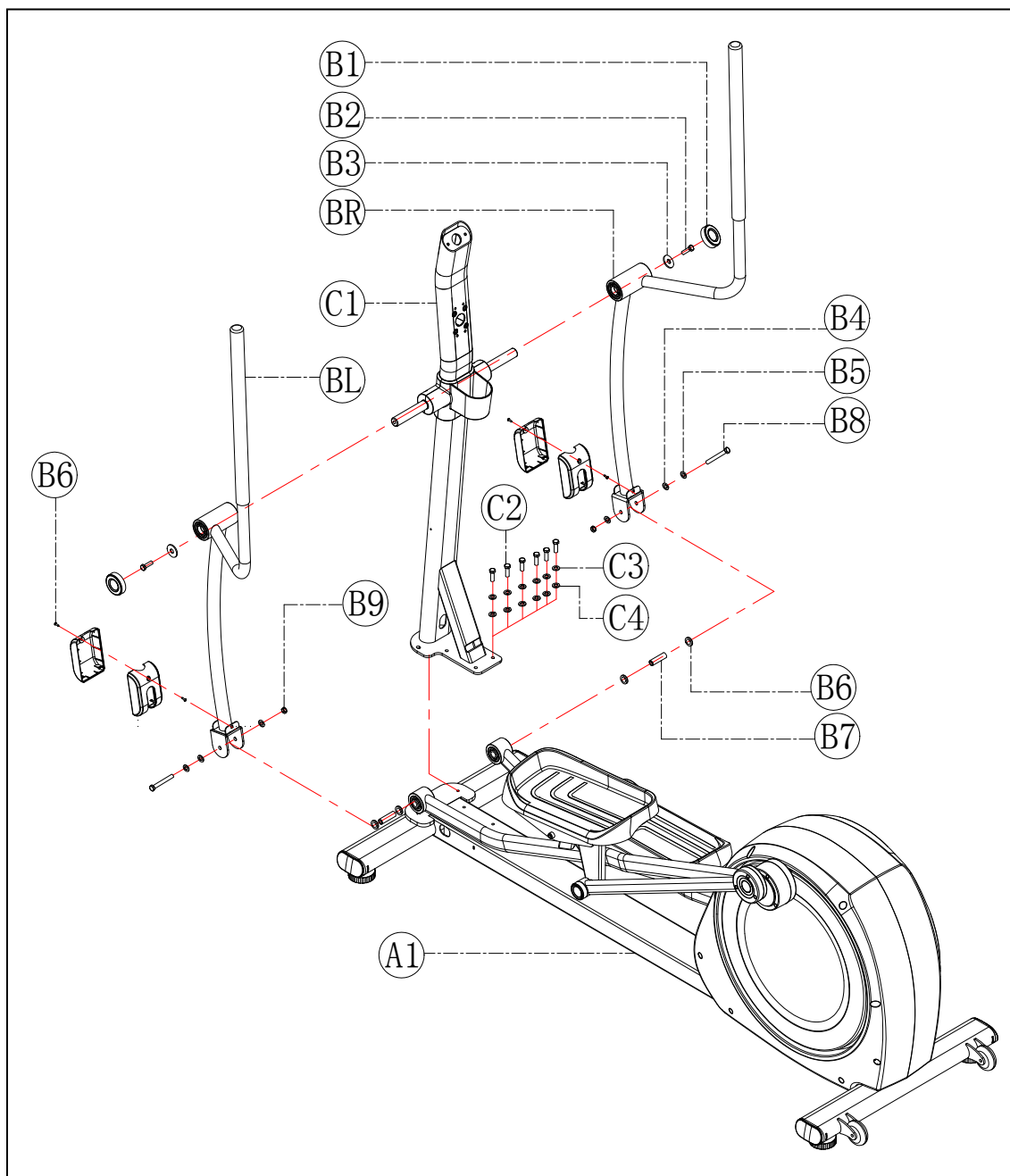
Floor Space: 1960\*690\*1760mm

Bearing Weight: 150KG

Net Weight: 118.5KG

# Assembly Instruction

## Section 1



As show above: Fix the plastic parts in the corresponding position, and buckle the B1 plastic end cover on both sides of the movable armrest

①Use C2(out hex screw M8\*25)、C3(spring washer $\Phi$ 8)、C4(flat washer $\Phi$ 8) Fix column C1 on the main frame A1.

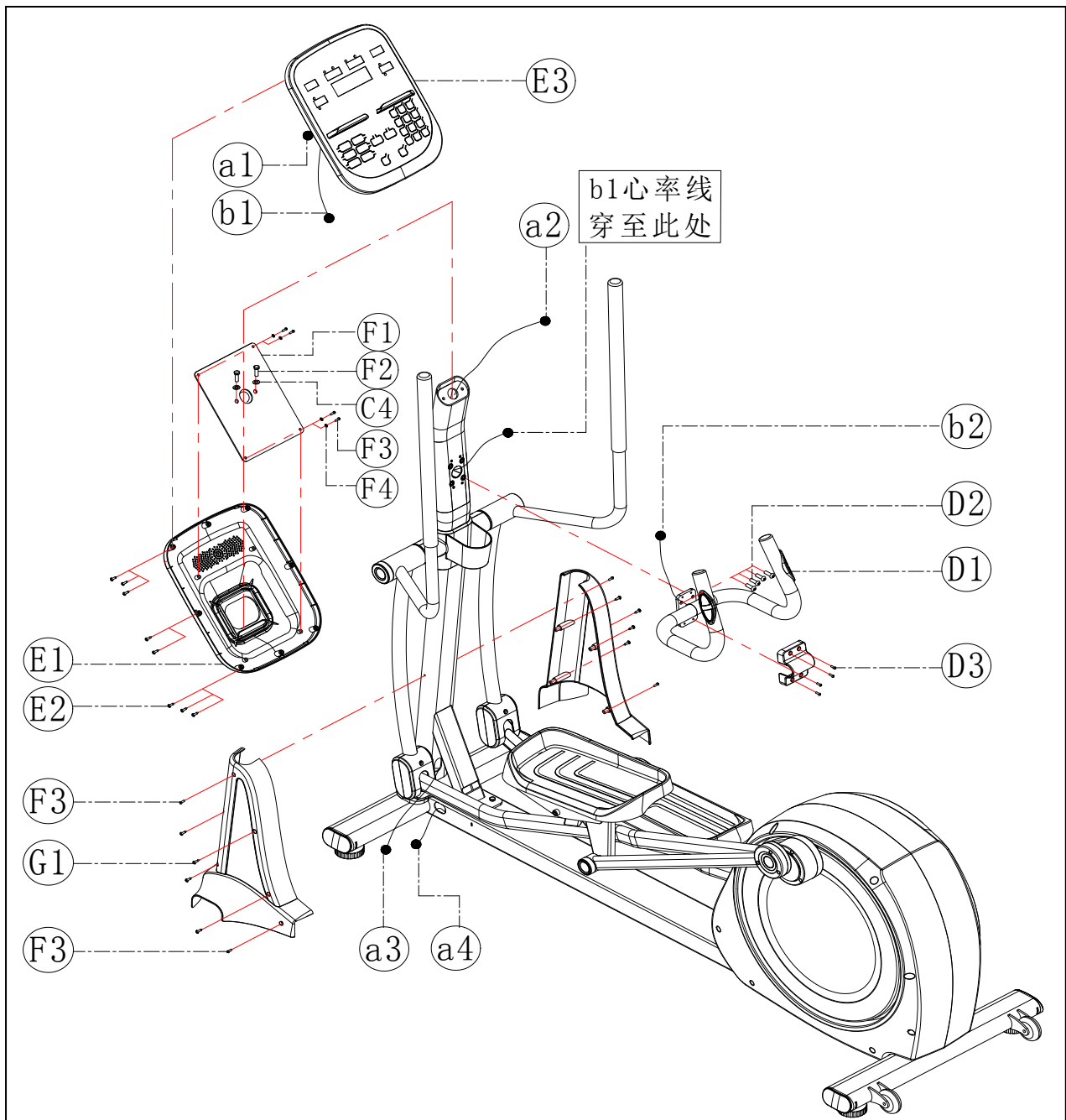
②Fix the movable armrest BR or BL to the corresponding position of the column with B3 big washer、B2(out hex screw M10\*20).

③用 B8(out hex screw M10\*75)、B4 (flat washer $\Phi$ 10)、B5 (spring washer $\Phi$ 10)、B9 (flat screw)

Fix the movable armrest with B6 sleeve and B7 axis to the main frame.

- ④ Use B6(ST3.5\*9.5) Fix the plastic parts in the corresponding position , put the B1 plastic buckle on the both sides of the movable armrest

## Section 2



As picture show: ⑤ E1 install on the column, then use F2 (out hex screw M8\*20)、flat washer  $\Phi 8$ , install F1 on the top of the column;

⑥ F3 (Cross semicircle screw M5\*12) and F4 (flat washer  $\Phi 5$ ) connect E1 with F1;

⑦ Connect a2 with a1 interface, Fix the hand handle f D1 heart rate on the upright column with D2(Hexagon inner screw M8\*20) after connecting b1 with b2 interface.

⑧ Use E2 (screw ST4.2\*13) to fix E1 and E3 head.

# Operation Instruction



## 1. Brief Instruction of key :

PROGRAMS Button: Press this button to select motion program. (P-1 to P-6)

Pause Button: Press this button to pause the exercise, and the data of each exercise is paused, press this button twice to end the exercise data and clear it. Press and hold this button to reset the meter.

Start Button: Press this button to start the exercise and count the data of the exercise.

Decrease Button: Reduce the value of each function (time/resistance)

Increase Button: Increase the value of each function (time/resistance)

Number Keyboard Button: Press the keyboard button during exercise to set the level of the resistance.

## 2. Operation Instruction :

1. After the user steps on the pedal, the electronic meter enters the power-on mode: the buzzer beeps at the same time and the LED is displayed for 2 seconds, then the heartbeat display window of the LED displays the program board, the calorie display window displays the Bluetooth address, and the meter enters the standby interface.

2. Power on (or press and hold the "Pause" key) full display → display the program board and Bluetooth address → standby interface, and then the user can press the "Start" key to start the exercise; or press the "PROGRAMS" key to set the exercise program and start Exercise, you can press the "numeric keyboard" key or "increase / decrease" key to set the resistance during exercise, and press the "pause" key to pause or end the exercise

## 3. Function data Instruction :

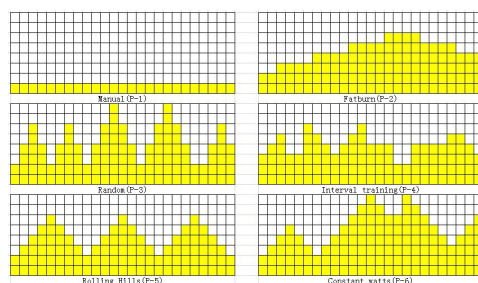
Item	Project	Display Range	Setting range	Zero	Brief Instruction
1.	TIME	0:00~99:59	0:00~99:00 ±1min recycle	Yes	1. counting on the loop without setting 2. The system stops when countdown to 0 is set, time window flashing.

2.	SPEED	0.0~99.9 KMH(MLH)	No	Yes	Under movement: 1.The value will be displayed after 3 second with sensor input signal. 2.The value will be zero without sensor input signal.
3.	RPM	0~15~999	No	Yes	Under movement: 1.The value will be displayed after 3 second with sensor input signal. 2.The value will be zero without sensor input signal.
4.	DISTANCE	0.00~99.99 KM(ML)	No	Yes	1.counting on the loop without setting
5.	CALORIES	0~999 CAL	No	Yes	1. counting on the loop without setting
6.	PULSE	P, 30~240	No	Yes	The heartbeat window will display the heartbeat value when the heartbeat signal is detected, and P when not detected
7.	Heart Rate	ON/OFF	No	No	1.According to the heat beat Hi Low speed for flashing display 2.The dot must disappear when no signal input.
8.	LEVEL		1~26 LEVEL (±1LEVEL)	No	Adjust the resistance

### 3. Function Instruction:

#### 1.Program: P-1to P-6

Press the “Program” button in the standby interface to select the moving program graphics P-1 to P-6. Under the corresponding program graphics, you can preset the time to complete it. For example: set 25 minutes, select good motion graphics. It will be completed in 25 minutes, the meter has 25 columns, the first column flashes in first minute, the second column flashes in second minute, and the number of columns in the dot matrix will flash in sequence until the time countdown is completed. During the time countdown, press the “plus/minus” button to adjust the resistance. Press the “pause” button to pause the motion or press the “pause” button twice to end the movement, or press the “stop” button to stop the movement. When the program graphic is running, the time is counted down, and other functions display the numerical value



P-1toP-6 Program Graph:

## **2.Heartbeat**

When the user is exercising, hold the heart rate tablet with both hands. When the heartbeat signal is detected, the heartbeat display window will display the heartbeat value of the user.

When the meter detects the user's heartbeat signal, it will flash with the small dot in the right corner of the heartbeat display window. The stronger the signal, the faster the blinking frequency.

When the heartbeat signal is not detected, the heartbeat window displays "P". The heartbeat signal cannot be detected on the standby interface. The heartbeat signal can be detected only in the motion interface, pause interface, and stop interface, and the heartbeat value is displayed.

## **3.Bluetooth**

After the meter is powered on, Bluetooth can be connected in the standby interface, and the other interfaces are not connected to the Bluetooth. Scan the QR code on the device, download the app (e\_Health); open the Bluetooth on the phone after installation, then open the Bluetooth app (e\_Health), select the corresponding model (such as elliptical machine) and then select in the next interface Bluetooth to be connected (the electronic watch will display the Bluetooth address when it is powered on). After the Bluetooth is connected, the display can start, pause, stop, etc. At the same time, the exercise time, calories, distance, RPM, heart rate and other data can be synchronized on the app. When you exit Bluetooth, the meter will return to the standby screen.

### **Note:**

1. When the user is exercising, the time and distance, speed and speed display windows of the screen are automatically cycled every 3 seconds, and the corresponding indicator lights are illuminated;

2.How the resistance of the meter is displayed on the dot matrix:

Resistance 1----the first line of the dot matrix; resistance 2-5 ---- the second line of the dot matrix; resistance 6-9 ---- the third line of the dot matrix; resistance 10-13 ---- dot matrix Fourth line; resistance 14-17----the fifth line of the dot; resistance 18-21 ---- the sixth line of the dot matrix; resistance 22-25 ---- the seventh line of the dot matrix; resistance 26--- - the eighth line of the dot matrix;

3.Use of the numeric keypad:

Users can quickly adjust the resistance through the numeric keypad during exercise

**A.** When user press number exceeds 2, and then press other numbers, the resistance window only displays the last number pressed.

**B.** When user press number 2 and press the number exceeding 6, the resistance window only

displays the number exceeding 6.

- C.** When user don't press number exceeding 2 and the number pressed again less than 6 digits, the meter resistance window displays the set two digits.
- D.** When user press number 0 and then press other numbers in the numeric keypad, the meter resistance window only displays the number pressed by the user.
- E.** When user press number 0 and "confirm" button on the numeric keypad, and the resistance window still shows the resistance of the user's current movement.
- F.** When user press a two-digit number lower than 27 and press the "Delete" button, it will only delete the last digit, and the previous digit will remain. Press the "Delete" button again, the meter resistance window will display the lowest resistance of the window.
- G.** When user press a two-digit number lower than 27 and press the "Delete" button, it will only delete the previous digit of the last digit. Pressing the number below 7 in the numeric keypad, the resistance window displays the two digits of the setting. If you press more than 6 digits, the resistance window will only display numbers greater than 6.
- H.** When using the numeric keypad, all the resistance setting values can only be activated by pressing the "confirm" button on the numeric keypad to modify the resistance value of the user's current movement.
- I.** When using the numeric keypad, resistance window will display user's current movement if "confirm" button were not pushed to set resistance over than 5 seconds.
- J.** When using the numeric keypad, the number pressed by the user will be displayed in resistance window.