

ELLIPTICAL CROSS TRAINER

COMPUTER SELECTION



Enjoy the Sensation

OWNER'S MANUAL

IMPORTANT INFORMATION - PLEASE READ

Failure to read and follow the safety instructions below may result in serious injury.

Introduction

Congratulations!

Welcome to the world of the ELLIPTICAL CROSS TRAINER. The ELLIPTICAL CROSS TRAINER is one of the finest and most comprehensive pieces of light commercial exercise equipment available. We know as we have been designing them for over a decade.

By choosing the ELLIPTICAL CROSS TRAINER, you have made a decision that will improve the health and fitness and well being for you and your family. Being fit and healthy will improve your energy levels and your quality of life.

Cardiovascular training is vital for all ages and the ELLIPTICAL CROSS TRAINER provides a more effective workout, producing better results and will encourage you to reach your fitness goals and maintain the body you have always wanted.

All you need to do is to spend 15 to 30 minutes three times a week to start seeing the benefits of a regular exercise program on the ELLIPTICAL CROSS TRAINER.

We want you to enjoy the full benefits of your exercise program and so we recommend that you read this manual thoroughly and by doing so you will:

- **Save valuable exercise time in the long run.**
- **Exercise safely and more effectively.**
- **Learn proper techniques.**
- **Be able to better define your fitness goals.**

General Information

The ELLIPTICAL CROSS TRAINER is designed for light commercial use ONLY and should not be used in a full commercial, therapeutic or medical environment.

The official maximum load is 150kg.

The ELLIPTICAL CROSS TRAINER has been tested and certified according to EN 957-1/A1 and EN 957-9, Class H.A.

The braking system is Speed Dependent. The stepping action is dependent.

In the unlikely event that your ELLIPTICAL CROSS TRAINER needs servicing, repairs or something is missing or broken then contact your dealer as soon as possible. They should be able to help you immediately with any and all problems you have.

It is important to keep your purchase receipt !... You may be asked to produce it too authenticate your Warranty.

The Warranty terms are provided by your dealer.

DO NOT attempt to modify or alter your ELLIPTICAL CROSS TRAINER as it will be considered tampering and will invalidate your warranty.

It is also important to state which Model you have. Look for the Model Number Sticker attached to the ELLIPTICAL CROSS TRAINER.

Please continue to read the Owner's Manual and all safety instructions thoroughly to familiarize yourself with the ELLIPTICAL CROSS TRAINER before using it.

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Medical / Safety

Read this Owner's Manual safety instructions thoroughly to familiarize yourself with the ELLIPTICAL CROSS TRAINER before using it.

Before beginning any exercise program, consult your physician. He or she can help evaluate your present fitness level and determine the exercise program that is the most appropriate for your age and physical condition.

If you experience any pain or tightness in your chest, irregular heartbeat, shortness of breath, faintness, or unusual discomfort upon exercising, stop and consult a physician.

Adult supervision is required at all times when children are on or near the ELLIPTICAL CROSS TRAINER. Unsupervised children should keep away from the equipment at all times.

Keep fingers and limbs, loose clothing and hair away from moving parts.

Before each workout on your ELLIPTICAL CROSS TRAINER we advise that a Precautionary Safety Check is wise. All equipment should be Safety Checked for wear and damage. If you find any damage or defective components STOP using the ELLIPTICAL CROSS TRAINER IMMEDIATELY. Replace defective components immediately and/or keep the equipment out of use until repaired. For repair help - see General Information on this page.

Care should be taken when getting ON or OFF your ELLIPTICAL CROSS TRAINER. Please follow the instructions on page 4.

Wear comfortable, lightweight, well-ventilated clothing to help sweat evaporate. Make sure your shoes fit you properly and provide external and lateral stability support to prevent ankle and knee injuries. Wear cross-training, walking or running shoes.

It's very important not to become dehydrated. Your body needs water lost during exercise.

Don't forget to warm-up and cool-down. Limbering up "cold" muscles and cooling down after exercise are important injury-prevention measures.

Use only the accessory attachments recommended by the manufacturer. DO NOT attempt to modify or alter your ELLIPTICAL CROSS TRAINER as injury may result.

Care and Maintenance

Your ELLIPTICAL CROSS TRAINER is made of the highest quality materials, it is still important that you take care of your ELLIPTICAL CROSS TRAINER on a regular basis.

Your ELLIPTICAL CROSS TRAINER is for indoor use only and should NOT be used or stored in damp areas. Wipe all perspiration from your ELLIPTICAL CROSS TRAINER after each use.

For safety, inspect your ELLIPTICAL CROSS TRAINER on a regular basis. As a sensible precaution quickly visually safety check and clean before use. We suggest a more thorough inspection every two to three weeks. If any defects are found discontinue use immediately and contact your dealer for advice on how to proceed.

Components that need to be checked

DUAL ACTION HANDLES [part#007,008,201,304,400]

These parts are assembled by the consumer and should be checked regularly. Make sure that all Bolts are tight and firm.

STATIONARY HANDLE BAR SECTION [part#017,305]

These parts are assembled by the consumer and should be checked regularly. Make sure that all Bolts are tight and firm.

FOOT PEDALS [part#115,317]

These parts are assembled by the consumer and should be checked regularly. Make sure that all Bolts are tight and firm.

FRONT & REAR STABILIZERS [part#002,003,308,403]

These parts are assembled by the consumer and should be checked regularly. Make sure all Bolts are tight and firm.

The 3x Pivot Points

[part#005,006,011,012,802,803,804]

All moving parts contain BEARINGS which should last a lifetime with normal use. For any reason these BEARINGS need replacing then contact your dealer and a authorized technician will assist you.

WARNING: Tampering with the BEARINGS will invalidate the warranty. Do NOT apply oil to any moving parts as this will wash the grease away damaging the ELLIPTICAL CROSS TRAINER

If you are content with invalidating your warranty and plan to replace the BEARINGS then do so with care.

NOTE: Pivot Point 3. uses 2 x special SELF ALIGNING BEARINGS [804].

To replace the BEARINGS disconnect the FOOT PEDAL TUBE [011 & 012] and the DUAL ACTION ARM [005 & 006]. Replace the BEARINGS then reassemble.

All FASTENERS [Nuts, Bolts and Screws]

As a precautionary measure we suggest that you regularly check that all easily accessible fasteners are tight & firm.

Trouble Shooting

COMPUTER DOESN'T WORK ?

- 1) Check that the AC ADAPTOR is connected correctly.
- 2) Check that all the Plugs are connected correctly. There are 2 x Plug connections, use the Assembly Instructions as a guide.

HAND PULSE DOESN'T WORK ?

- 1) Check that all the Plugs are connected correctly. There are 3 x Plug connections, use the Assembly Instructions as a guide.
- 2) Check that all the HAND PULSE CABLES are not damaged ?... If damaged then contact your dealer for assistance.

UNWANTED NOISES (clicking, squeaking, knocking etc)

- 1) Check that both the ANGLE ADJUSTMENT CLAMPS [016] are tight and fully closed. See page 4.
- 2) Tighten all 4 x BOLTS [308] holding both the FRONT & REAR STABILIZERS [002 & 003] to the MAIN FRAME [001] using the Assembly Instructions as a guide. Then check that both the FRONT & REAR STABILIZERS are touching the floor at all 4 x touching points. Readjust the HEIGHT ADJUSTMENT CAPS until the ELLIPTICAL CROSS TRAINER is stable. See page 4.
- 3) Tighten all 8 x BOLTS [302] that join the UPRIGHT TUBE [004] to the MAIN FRAME [001] with the tool provided. using the Assembly Instructions as a guide.
- 4) Tighten all 4 x BOLTS [317] holding both FOOT PEDALS [115] using the Assembly Instructions as a guide.
- 5) Tighten all 4 x NUTS [201] holding both DUAL ACTION HANDLES [007 & 008] using the Assembly Instructions as a guide.
- 6) Tighten all 4 x BOLTS [305] holding the STATIONARY HANDLEBAR [017] using the Assembly Instructions as a guide.
- 7) Tighten all 4 x BOLTS [318] holding the COMPUTER [713] to the HANDLEBAR COVER [135,136] using the Assembly Instructions as a guide.

If all the above suggestions do not fix the problem then contact your dealer for assistance using the ELLIPTICAL CROSS TRAINER PARTS IDENTIFICATION on page 3 as a guide to help explain exactly where the noise is coming from and what part is the problem.

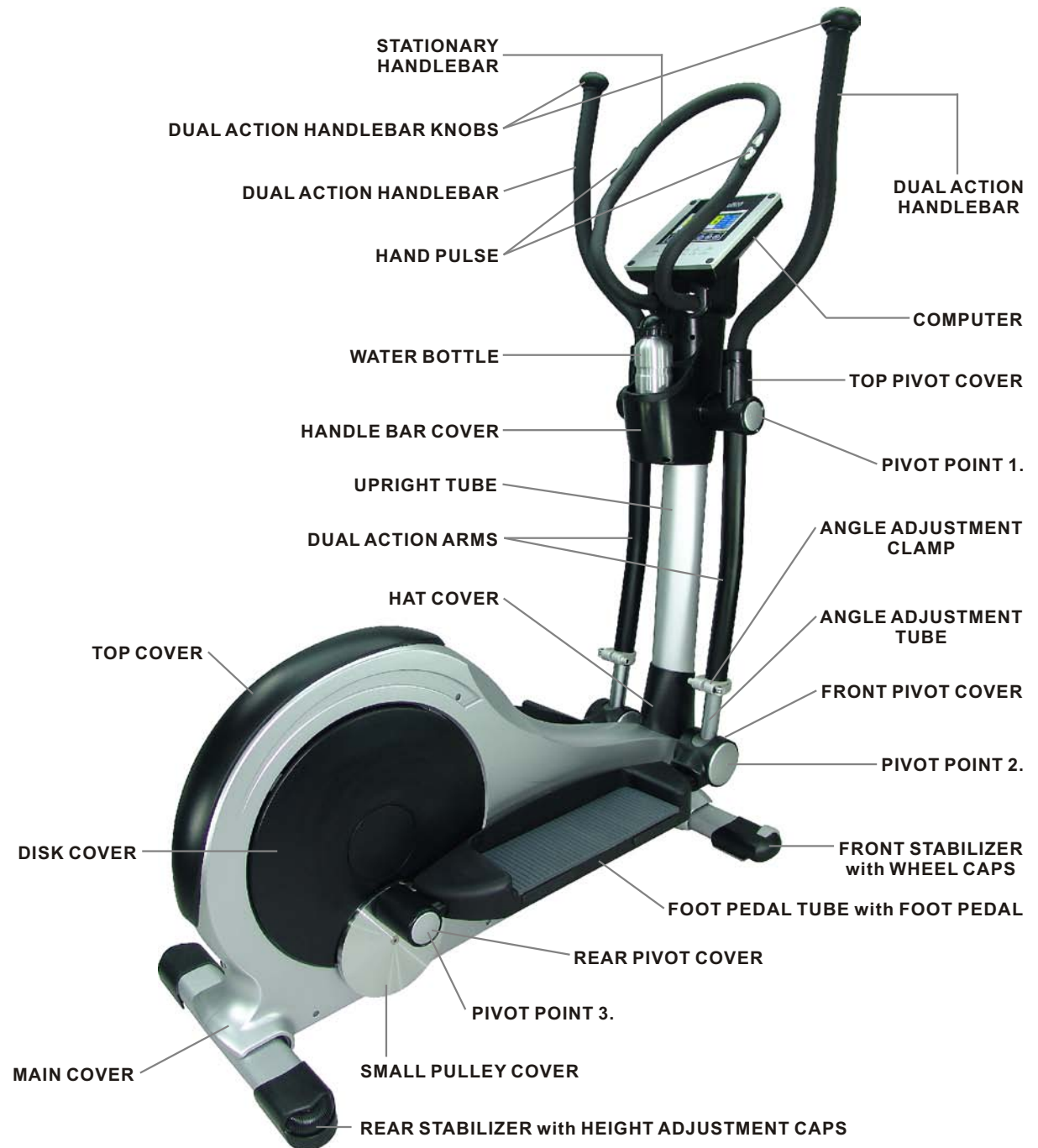
HOW YOUR ELLIPTICAL CROSS TRAINER WORKS

The ELLIPTICAL CROSS TRAINER allows your feet to move in a natural elliptical path, minimizing the impact on your hips, knees and ankles.

The ELLIPTICAL CROSS TRAINER provides smooth, quiet and variable exercise capabilities with:

- **Dual Action Handles for total body workout.**
- **Specially designed Dual Action Handlebar Knobs maximizing comfort and range.**
- **Stationary Handlebar for stability and glute workout.**
- **Large Foot Pedals for different foot positions and workout intensities.**
- **Foot Pedal Angle Adjustment to vary the elliptical shape, feeling & workout intensity plus it allows you to customize your ELLIPTICAL CROSS TRAINER to your own personal level.**
- **Height Adjustment Caps allow you to level your ELLIPTICAL CROSS TRAINER with ease.**

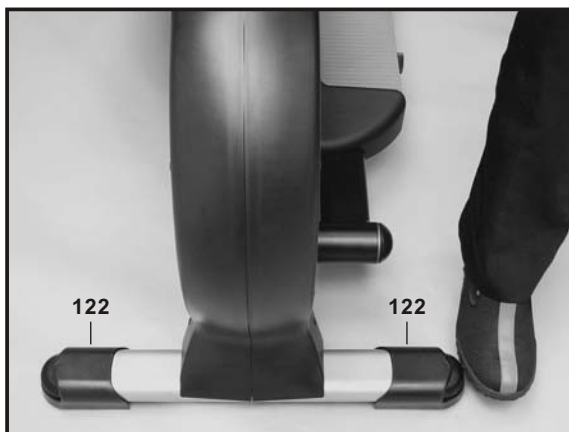
ELLIPTICAL CROSS TRAINER PARTS IDENTIFICATION



SETTING UP YOUR ELLIPTICAL CROSS TRAINER

Height Adjustment Caps

Height Adjustment Caps allow you to level your ELLIPTICAL CROSS TRAINER with ease.

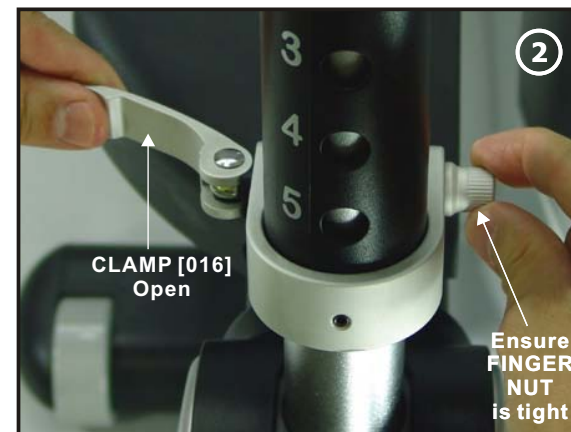
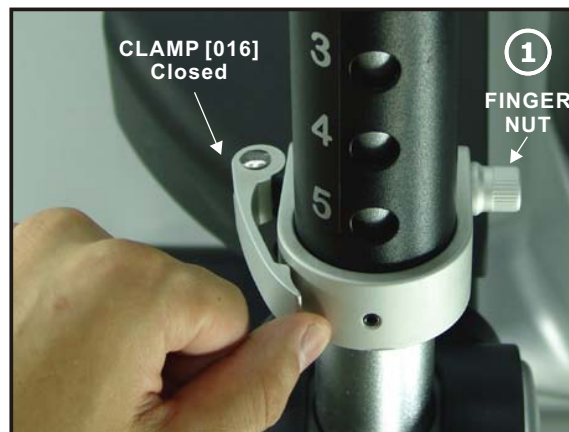


- 1) Ensure the floor is solid and level.
- 2) With the side of your foot, rotate the HEIGHT ADJUSTMENT CAP [122] Wheel in a Clockwise direction. Stop the adjustment when the FOOT touches the floor as the Wheel will become increasingly difficult to adjust.
- 3) Repeat the same procedure for the other side.

Foot Pedal Angle Adjustment

Foot Pedal Angle Adjustment allows you to vary the elliptical shape, feeling & workout intensity plus it allows you to customize your ELLIPTICAL CROSS TRAINER to your own personal level.

WARNING: For safety reasons it is extremely important that the CLAMP is tight and fully closed before using the ELLIPTICAL CROSS TRAINER as shown in illustrations 2 & 4.

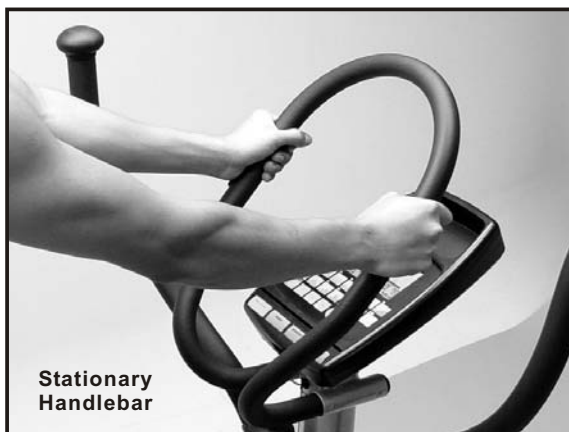


- 1) With the ELLIPTICAL CROSS TRAINER in a resting position release the CLAMP [016].
- 2) With the CLAMP [016] fully open check that the FINGER NUT is tight.
- 3) Press and hold the SAFETY BUTTON [133] then slide the ANGLE ADJUSTMENT TUBE [014] until the SAFETY BUTTON [133] pops out of one of the 5 x holes in the DUAL ACTION ARMS [005 or 006] accordingly.
- 4) Close the CLAMP [016] checking to make sure it is fully closed.

SETTING UP YOUR ELLIPTICAL CROSS TRAINER

Handlebars

The ELLIPTICAL CROSS TRAINER comes with two Dual Action Handles and a Stationary Handlebar.



IMPORTANT: Always hold the Stationary Handlebar when getting on and off the ELLIPTICAL CROSS TRAINER. First time users should familiarize themselves with using the ELLIPTICAL CROSS TRAINER by using the Stationary Handlebar first and then progressing to the Dual Action Handles.

Once you have familiarized yourself with using the ELLIPTICAL CROSS TRAINER, you can progress to using the Dual Action Handles to provide a total body workout.

Hands can be positioned on the Dual Action Handles at the most appropriate position for your height and arm length.

Feet Position

The ELLIPTICAL CROSS TRAINER Foot Pedals are extra long allowing variable foot positions depending on your preference. The further back your feet are on the Foot Pedal, the greater the vertical height of the elliptical motion and the harder the workout.



- 1) Begin with your feet in the most forward position and move your feet to the position that feels most comfortable and best suits your capabilities.

Wheeling and Storage

Wheeling the ELLIPTICAL CROSS TRAINER is made easy with the special Soft PVC Tires on the Wheels to protect your floors & carpet.



- 1) Move to the front of the machine and ensure DUAL ACTION ARMS [005 & 006] are parallel.
- 2) Grasp the Stationary Handlebar with both hands and pull back, tipping the machine towards you.
- 3) Once balanced wheeling the machine is made easy with the special Soft PVC Tires on the Wheels to protect your floors & carpet.

GETTING ON SAFELY

Step 1



WARNING: Caution should always be taken when getting on and off any exercise machine. Please follow the correct procedure below.

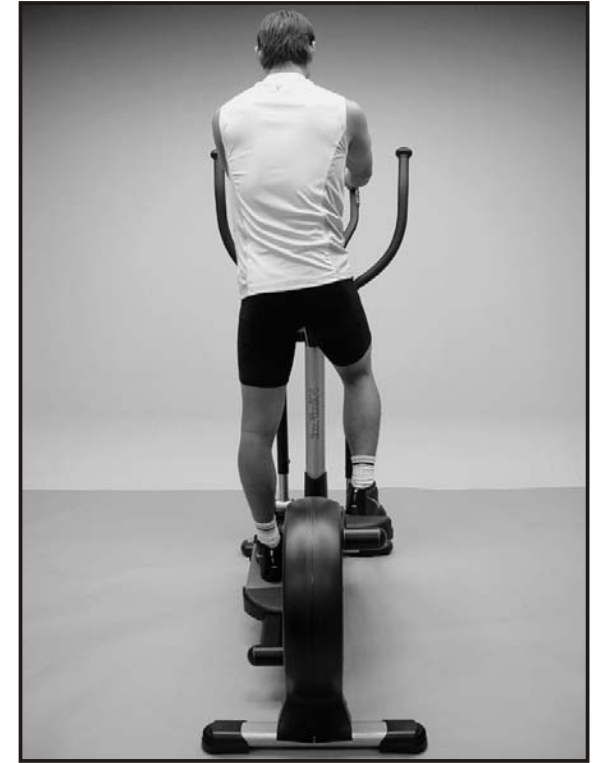
- 1) Ensure the left Foot Pedal is in the lowest position.
- 2) Grasp the Stationary Handlebar with both hands.

Step 2



- 1) Place your left foot on the left Foot Pedal and get secured.

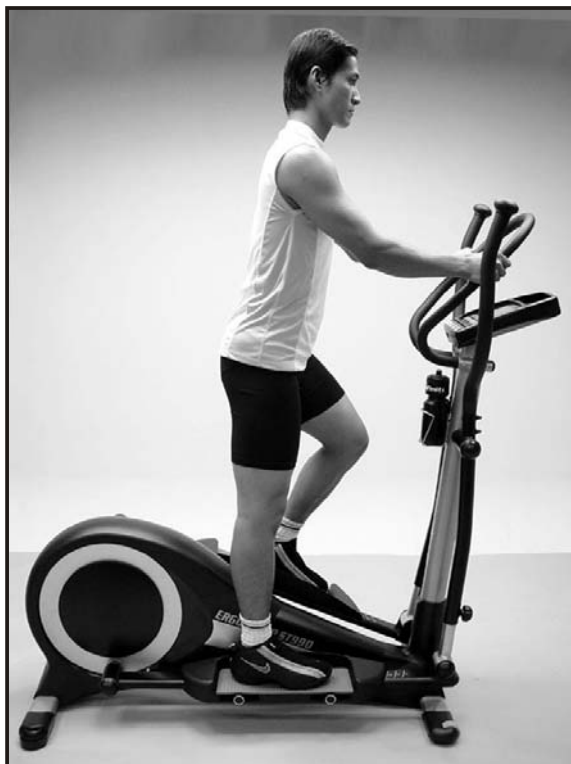
Step 3



- 1) Lift your right foot over machine and place on right Foot Pedal.
- 2) Get balanced and begin your workout.

CORRECT POSITION

Start Position



Always try and use the ELLIPTICAL CROSS TRAINER in a rhythmical and smooth motion.

Your body should be in an upright position so that your back is straight.

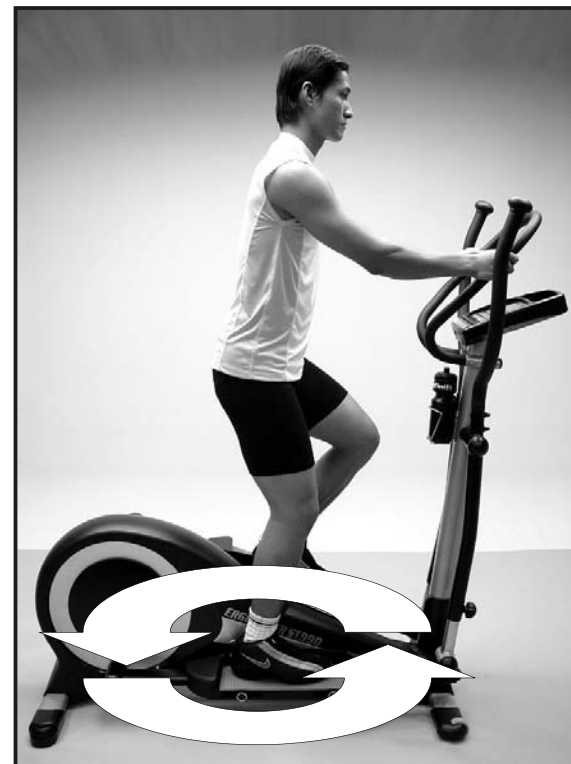
Keep your head up to minimize neck and upper back strain.

Forward



The ELLIPTICAL CROSS TRAINER can be used in a forward or reverse motion.

Reverse



When going in reverse, bend your knees inwards slightly as this will put more emphasis on the buttocks and hamstrings.

ELLIPTICAL CROSS TRAINER EXERCISES

NOTE: The ELLIPTICAL CROSS TRAINER can be used in a forward or reverse motion.

1 Basic Upright

Handle Bar: Stationary or Dual Action.

Muscles Used: Thigh, Calf, Hamstring and Buttocks.



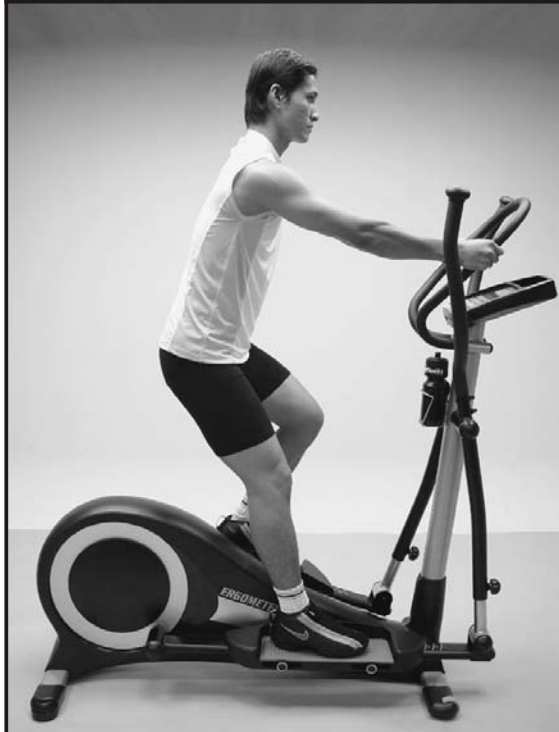
This position utilizes all the major muscle groups.

Keep your body in an upright position with your head up.

2 Hamstrings & Buttocks

Handle Bar: Stationary or Dual Action.

Muscles Used: Thigh, Calf, Hamstring and Buttocks.



Leaning back in a sitting type position concentrates the workout on the hamstrings and buttocks.

3 Thigh & Calf

Handle Bar: Stationary.

Muscles Used: Thigh, Calf, Hamstring and Buttocks.



Leaning forward on the ELLIPTICAL CROSS TRAINER concentrates the workout on your thighs (quadriceps) and calves.