

Elliptical Cross Trainer



MAX USER WEIGHT: 150kg

OWNER'S MANUAL

INTRODUCTION

Congratulations!

Welcome to the world of the ELLIPTICAL TRAINER. The ELLIPTICAL TRAINER is one of the finest and most comprehensive pieces of home exercise equipment available. We know, as we have been making them for over 10 years.

By choosing ELLIPTICAL 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 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 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.**

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IMPORTANT INFORMATION - PLEASE READ

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

Medical / Safety

Read the Owner's Manual and all safety instructions thoroughly and familiarize yourself with the ELLIPTICAL TRAINER before using it.

1. 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.
2. 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 before continuing.
3. Adult supervision is required at all times when children are on or near the ELLIPTICAL TRAINER. Unsupervised children should keep away from the equipment at all times.
4. Keep fingers and limbs, loose clothing and hair away from moving parts.
5. Before each workout on your ELLIPTICAL TRAINER we advise that a Precautionary Safety Check is wise. All equipment should be Safety Checked for wear & damage. If you find any damage or defective components **STOP** using the ELLIPTICAL 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.
6. Care should be taken when getting on or off this or any exercise equipment. Please follow the Manual Instructions on page 8
7. Use only the accessory attachments recommended by the manufacturer.

Care and Maintenance

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

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

For **SAFETY** inspect your ELLIPTICAL TRAINER on a regular basis, we suggest every 2~3 weeks.

SPECIAL ATTENTION TO COMPONENTS MOST SUSCEPTIBLE TO WEAR

Dual Action Handle Bar [part#9,10,69,70,71]

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

Stationary Handle Bar [part#78,80]

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

Foot Pedals [part#42]

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

Base Tubes [part#5,6,58]

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

The 3x Pivot Points [part#3,4,7,15,65,67,72]

All Pivot Points are a special design, incorporating a space age plastic with lubricate built inside. The Pivot Points are also pre-greased by the Manufacturer & will last for a lifetime under normal use.

If you wish to grease the 3x Pivot Points, use a good quality grease that is friendly to plastic (some grease destroys plastic). Disconnect the Foot Pedal Tube [7] the Dual Action Arms [3 & 4] Grease the moving parts & reassemble.

All Fasteners [Nuts, Bolts & Screws]

Regularly check tightness of nuts, bolts, and pins, etc.

General Information

The ELLIPTICAL TRAINER is designed for Home Use ONLY & should not be used in a commercial environment.

ELLIPTICAL TRAINER
Maximum Load = 150kg

ELLIPTICAL TRAINER has been tested and certified according to the European Norm Standard.

EN 957 Part 1 & 9
Class H.A.

ELLIPTICAL TRAINER ST990 braking system is Speed Independent.

ELLIPTICAL TRAINER ST1200 braking system is Speed Dependent.

In the unlikely event that your ELLIPTICAL TRAINER needs servicing, repairs or something is missing or broken ? , Please contact the **Place-of-Purchase** as soon as possible. They should be able to help you immediately with any and all problems you have. If for any reason that you are unsatisfied with the level of service or are unhappy with their cooperation, then you can contact the manufacture directly at the following contact details.

Pro Gym Co Taiwan Ltd
7F, No. 291 Ta Tun 4th Street
Taichung
Taiwan

TEL: +886-4-2258-3088
FAX: +886-4-2258-3137~8

sales@infinifit.com
www.progymco.com

It is important to keep your Purchase Receipt !, As you may be asked to produce it too authenticate your Warranty.

It is also important to state which Model you have, the ELLIPTICAL TRAINER has a sticker attached which will state the Model Number.

The Warranty is in the back of the Manual.

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

HOW YOUR ELLIPTICAL TRAINER WORKS

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

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

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

ELLIPTICAL TRAINER PARTS IDENTIFICATION



SETTING UP YOUR ELLIPTICAL TRAINER

Height Adjuster Cap

IMPORTANT:

Clear a workout area 2 x 2.5 Meters before setting-up your ELLIPTICAL TRAINER. Ensure the floor is solid and level.



1. To stabilize your ELLIPTICAL TRAINER we have designed a very special height adjustment system.
2. Make sure the Left & Right Front Base Tube [6] is touching the ground.
3. Ascertain which side of the Rear Base Tube [5] is off the ground & adjust the appropriate Height Adjuster Cap [53], with the side of your foot, rotate the Wheel in a **Clockwise direction = Down**.

Dual Action Arm Height Adjustment



Dual Action Arm Height Adjustment allows you to vary the elliptical shape, feeling & workout intensity plus it allows you to customize your ELLIPTICAL TRAINER to your own personal level.

1. Remove Knob [17].
2. Move it up or down to your desired position (check that both the Right & Left sides are set to the same levels).
3. Reinsert Knob [17] And tighten firmly.

Foot Pedal Adjustment



Large Adjustable Foot Pedals for different foot positions and workout intensities.

1. Loosen 2x Knobs[42].
2. Slide the Foot Pedal to your desired setting using the number setting as a guide.
3. Tighten 2x Knobs[42].

SETTING UP YOUR ELLIPTICAL TRAINER

Wheeling & Storage



1. Move to the front of the machine and ensure Dual Action Arms [3 & 4] are even (one Foot Pedal at top of Elliptical Disk and other at bottom).
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.

Feet Position



The Elliptical 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.

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.

Handle Bars



The Elliptical Trainer comes with two Dual Action Handles and a Stationary Handlebar.

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



Once you have familiarized yourself with using the Elliptical 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.

ELLIPTICAL TRAINER EXERCISES *Getting on Safely*

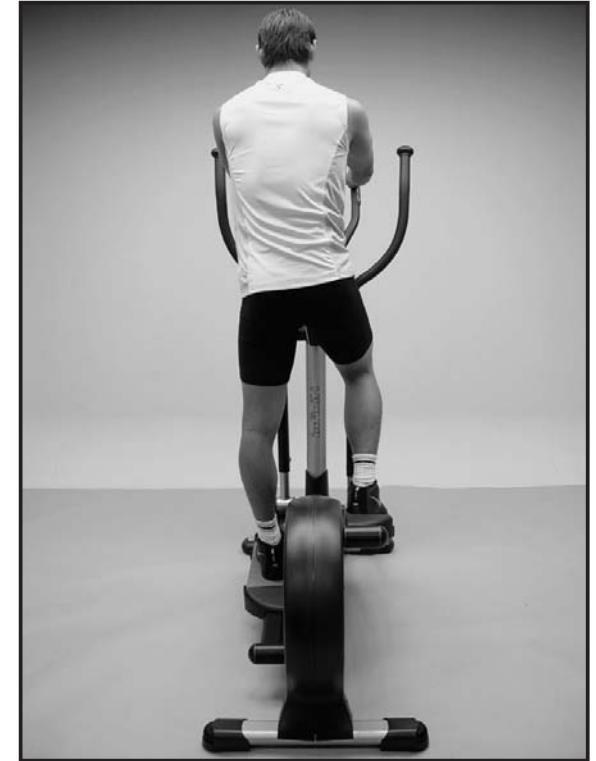


IMPORTANT: Caution should always be taken when getting on and off any exercise machine. Please follow the correct procedure below.

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



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



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

ELLIPTICAL TRAINER EXERCISES *Correct Position*

Correct Position



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

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

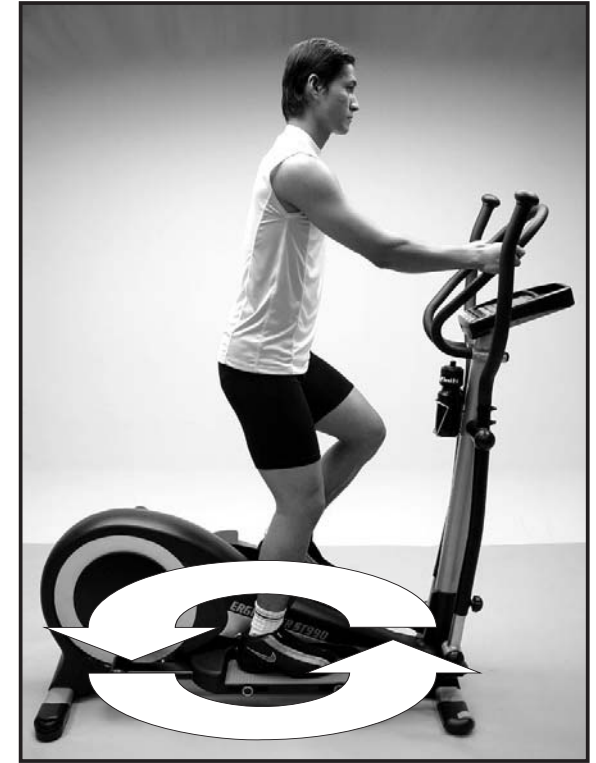
Keep your head up to minimize neck and upper back strain.

Forward



The Elliptical 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 TRAINER EXERCISES

IMPORTANT: The Elliptical Trainer can be used in a forward or reverse motion.

1 Basic Upright

Handle Bar : Stationary or Dual Action
Muscles Used: Thigh, Calf, Hamstring
Buttocks

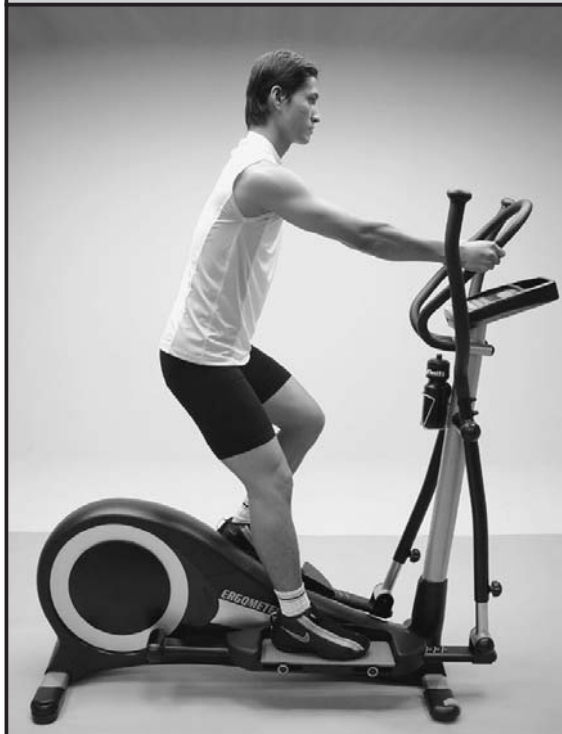


This position utilizes all the major muscle groups.

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
Buttocks



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

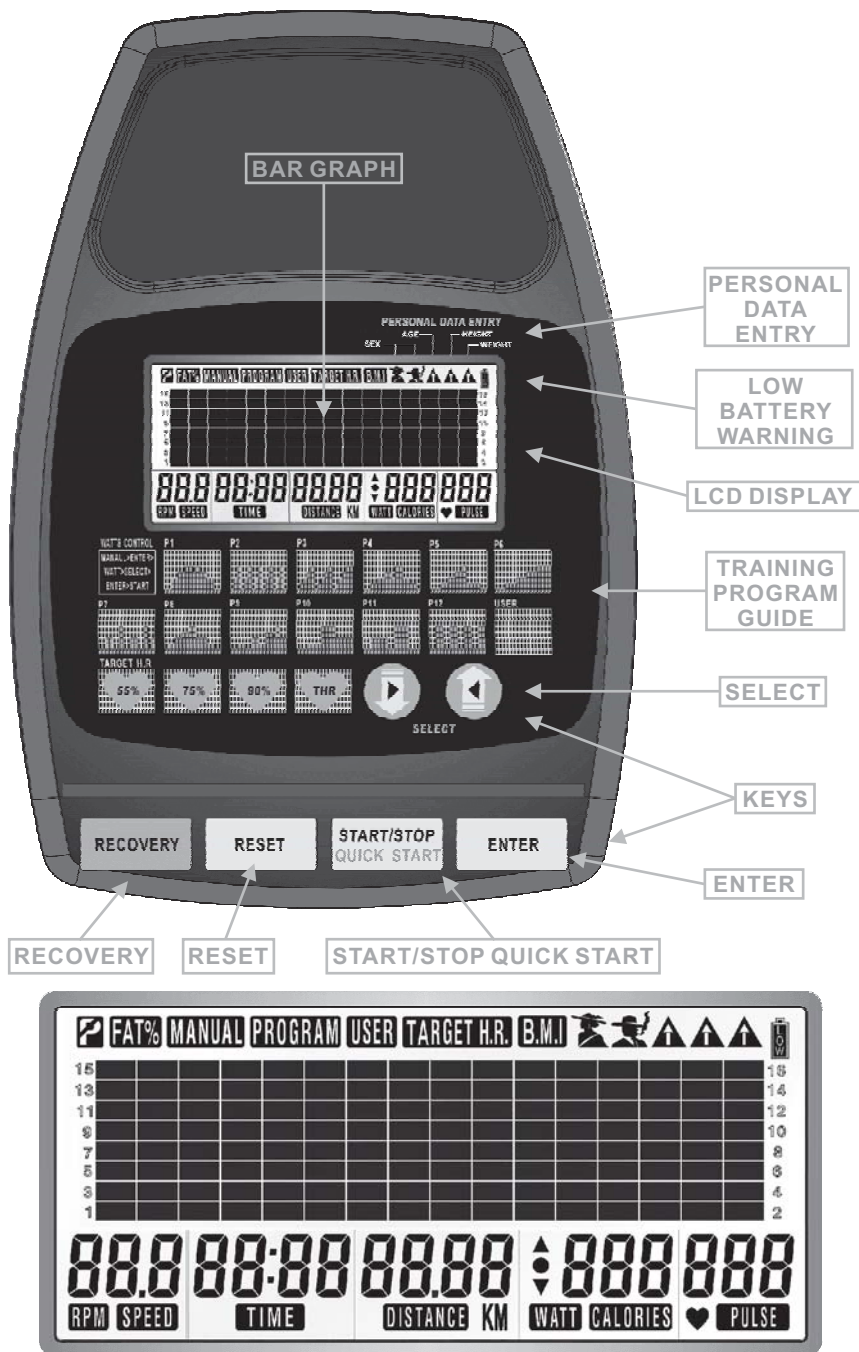
3 Thigh & Calf

Handle Bar : Stationary
Muscles Used: Thigh, Calf, Hamstring
Buttocks



Leaning forward on the Elliptical Trainer concentrates the workout on your thighs (quadriceps) and calves.

COMPUTER SM-5062 & SR5066 OPERATING INSTRUCTIONS



Basic Functions

BATTERIES: Open the battery compartment at the rear of the computer and install 4 x C batteries. If the LCD is not clear and only partial segments are displayed then remove the batteries, wait 15 seconds, and reinstall them. If the problem persists then install new batteries. If new batteries do not fix the problem then consult your retailer. Under normal use the batteries will last 6 months. AC adaptor socket for 6 volt @ 100mA AC adaptor, fitted on back of case, optional.

POWER ON: The power will automatically turn on when the batteries are installed or when any key is pressed or when the computer receives a speed signal.

AUTO POWER OFF/ON: As long as you are working out the computer will operate. If there is not input for 4 minutes then the computer will automatically turn off. All existing values will be held until the computer is powered up again.

LOW BATTERY WARNING: If the battery symbol with the word "LOW" is flashing then replace the batteries as soon as possible. If the battery power is too low then the computer will not be able to adjust the resistance settings.

LCD DISPLAY: Liquid Crystal Display

KEYS: There are 4 KEYS along the bottom of the monitor and 2 KEYS further up. Each key indicates its function. Press the KEY in the center with moderate pressure. Some KEYS can be pressed and held to cycle the LCD Display. Do not hit the KEYS.

SELECT: These KEYS allow you to browse through the available selection then press ENTER to confirm your selection. These KEYS also increase or reduce the Resistance Level.

ENTER: Will confirm a selection.

START/STOP QUICK START: By pressing this KEY the computer will START and STOP. When the computer is in the stop mode STOP will be displayed. If no sensor input is detected for 4 seconds the computer will stop and STOP will be displayed. All functions will resume when the sensor input is reactivated or the START key is pressed.

MANUAL MODE: This mode can be selected at any time by pressing QUICK START. This quick start mode will allow users to immediately start exercising without entering any data. When the computer is powered up press the QUICK START KEY and start exercising.

RESET: Press this key once to revert back to the previous display. Pressing and holding the RESET key for 2 seconds will reset all functions and return you to the personal data entry section.

RECOVERY: Pressing this key at the end of your workout will activate the recovery function and test your fitness level. You must maintain pulse input during the 60 second recovery countdown test.

COMPUTER SM-5062 & SR5066 OPERATING INSTRUCTIONS

Display Functions

BAR GRAPH: This display is made up of 128 segments, 16 horizontal column segments and 8 vertical row segments. The vertical segments represent the resistance level and the horizontal segments represent Time. Each vertical segment will represent 2 resistance levels; the exact level will be displayed in the smaller resistance LCD. If Time is not preset (counts up) then each column segment represents 1 minute. If Time is preset to say 20 minutes the Time period is divided equally into the 16 columns. (Each column is 1min 15 sec)

ELAPSED TIME: Time counts up from 00:00 to 99:59.

SPEED: Speed is displayed in km/h from 0.0 to 99.9. This function is displayed for 4 seconds and then RPM is displayed for 4 seconds.

RPM: Displays the pedal crank speed in revolutions per minute from 0 to 999. This function is displayed for 4 seconds and then SPEED is displayed for 4 seconds.

DISTANCE: Distance is displayed in km/h from 0.00 to 99.99.

CALORIES: Calories are displayed in Kilocalories from 0 to 999.

HEART RATE: Heart Rate is displayed in BPM (beats per minute) from 30 to 240. NOTE: When the sensor detects your heart rate the ? symbol will flash on the display in unison.

RESISTANCE LEVEL: The smaller LCD will display only the resistance level from 1 to 16.

Programming Functions

PERSONAL DATA STORAGE: There are 9 separate user personal data storage files listed from U1 to U9. When the computer is powered-up it will first display the wheel size setting of 78.0 for 2 seconds then automatically enter the user data storage section where you will be asked to enter your sex, age, height and weight. The first user number displayed will be the last user number selected. Press the SELECT keys to select the required user number, U1 to U9, press ENTER. The computer will now enter the personal data entry section and the male symbol will flash (along with the STOP indicator). If there is no change to your personal data from the last workout press ENTER quickly 4 times. Press the SELECT key to change to female. Once the correct sex symbol is flashing press ENTER. The computer will now prompt you to enter your correct age. Press the SELECT KEYS until your correct age is flashing then press ENTER. Enter your height in cm. Select your correct height and press enter. NOTE By pressing and holding either of the SELECT keys the display will cycle rapidly. Now select and enter your weight in Kg. Press ENTER. You will now enter the programming mode.

Programming Mode

All program selections will be flashing (along with the STOP indicator). Selections are MANUAL, PROGRAM, USER and TARGET H.R. Press the SELECT key until the program you want is flashing, press ENTER.

MANUAL MODE: This mode can be selected at any time by pressing QUICK START. This quick start mode will allow users to immediately start exercising without entering any data. When the computer is powered up press the QUICK START key and start exercising. If you want the correct value for CALORIES you should enter your correct

personal data or select your preprogrammed user number. You have the opportunity to Preset one countdown value from TIME, DISTANCE or CALORIES and the value for both WATTS and HEART RATE. The function to be preset will be flashing. Press the SELECT key until the desired value is displayed then press ENTER. Pressing ENTER again and again will cycle through all presettable functions. Press START and begin exercising. Adjust the resistance level to suit.

WATTS DEPENDANT MODE: Available in MANUAL MODE only. (Also referred to as Speed Independent Mode). The resistance level will automatically adjust to the preset WATTS value regardless of Speed (except for very slow Speeds and higher Watts settings where the resistance can only increase to level 16, maximum).

PROGRAM MODE: You will have the option to choose from 12 program profiles P1 to P12. The program profiles are displayed on the front panel. The display will show the program number for 1 second then the profile will be displayed. Select the profile you want and press ENTER. (If you want to reselect the profile press RESET once). You now have the opportunity to preset one countdown values from TIME, DISTANCE or CALORIES and the value for your HEART RATE. Press the SELECT key until the desired value is displayed then press ENTER. Pressing ENTER again and again will cycle through all presettable functions. Press START and begin exercising. Once the program has started the first segment of the profile will flash, you can adjust the resistance level and the entire profile will be adjusted.

USER PROGRAM MODE: This program has a blank profile that can be preset by any user. Resistance levels from 1 to 16 can be selected across all 16 time segments. Press the SELECT key until the desired level for that segment is selected then press ENTER. Move across all 16 segments until the profile is built. You will also have the opportunity to preset any countdown value available in the PROGRAM MODE. Once you have pressed START you can adjust the resistance level of any segment. The profile as displayed when STOP is pressed will be stored for future use.

TARGET H.R. MODE: There are 4 heart rate programs available. 55%, 75%, 90% and THR. (Formula for percentage heart rate programs is 220bpm minus your age multiplied by the percentage required). Press SELECT and cycle through the programs. Your target heart rate will be displayed for each preset program. Press ENTER for the desired program. If you select the THR program you have the option to preset the heart rate value you wish. For all programs you also have the opportunity to preset countdown values for TIME, DISTANCE and CALORIES.

RECOVERY: This function evaluates your fitness level by measuring how quickly your heart rate "recovers" over a period of 1 minute. At the end of your workout press the RECOVERY KEY. The computer will STOP all functions except HEART RATE and TIME, which will start to countdown from 60 seconds. HEART RATE sensor input MUST be maintained during the RECOVERY test. When the timer reaches 00 your recovery score will be displayed from F1 to F6.

F1 -SUPER FIT

F2 -VERY FIT

F3 - FIT

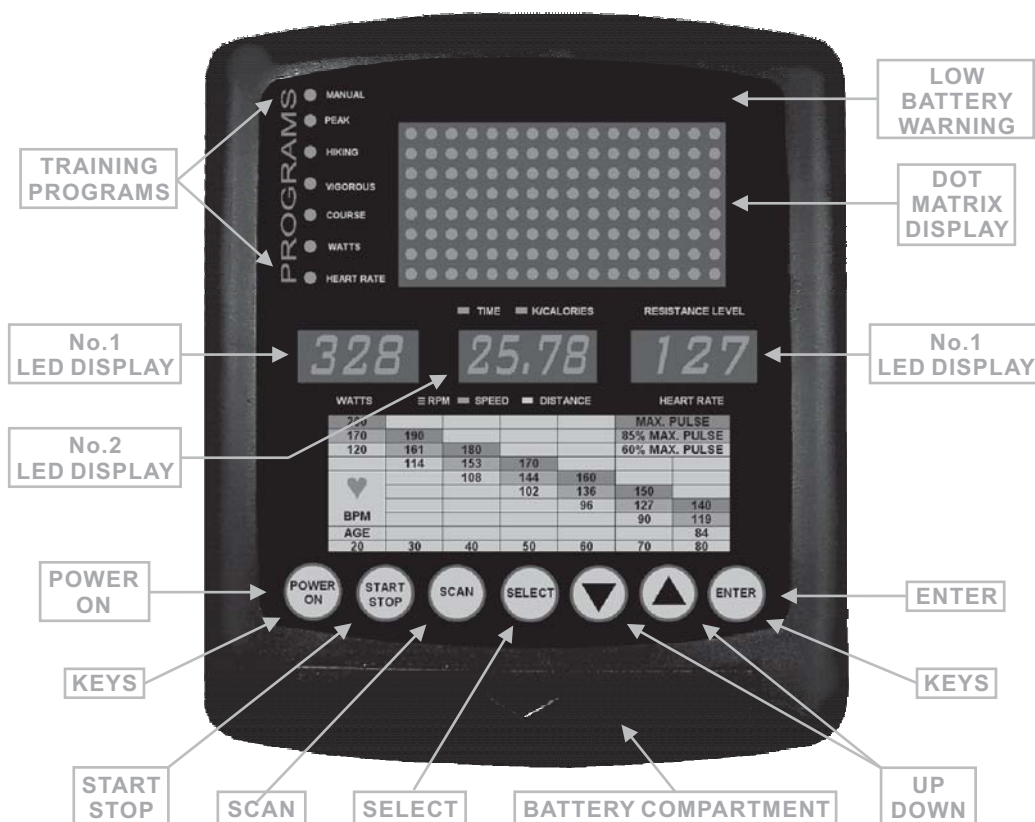
F4 - FAIR

F5 - UNFIT

F6 - VERY UNFIT

Press the RECOVERY KEY to return to the main display.

COMPUTER BC-6880 OPERATING INSTRUCTIONS (with Bright LED Display)



Basic Functions

BATTERY COMPARTMENT: 6 x size AA alkaline rechargeable batteries.

LOW BATTERY WARNING: If there is no pedal rotation the monitor is running on its batteries only and AUTO POWER OFF will be activated after 1 minute. During this time if the batteries are low the LOW BATTERY warning LED (top right hand LED on the dot matrix) will flash and the power will turn off after 10 seconds.

DOT MATRIX DISPLAY: This display is 8 segments high and 16 segments wide. The vertical segments represent the resistance setting. There are 16 resistance levels so each segment will represent 2 levels. The horizontal segments represent 1/16th of your workout time. If you select a workout time of 20 minutes then each segment will represent 1 minute 15 seconds and so on. The current time vertical segment will flash.

TRAINING PROGRAMS: When all program LED's are flashing at the same time then PROGRAMS can be selected or changed. When a PROGRAM has been selected then only that PROGRAM LED will stay on.

No. 1 LED DISPLAY: This constantly displays WATTS, the amount of power being generated by the users.

No. 2 LED DISPLAY: This can display selected functions, TIME, K/CALORIES, SPEED, and DISTANCE. The function to be displayed can be selected by pressing the SELECT key or all functions can be displayed for 4 seconds each in rotation by pressing the SCAN key. The function being displayed is indicated by its associated LED.

No. 3 LED DISPLAY: Normally displays HEART RATE - PULSE unless the resistance level changes. When this happens the display will show the new resistance level, L1 through L16, for 5 seconds and then return to HEART RATE.

KEYS: There are 7 keys along the bottom of the monitor. Each key indicates its function. Press the key in the center with moderate pressure. Some keys can be pressed and held to cycle the display. Do not hit the keys

POWER ON: By pressing the POWER ON key or by rotating the pedal 1/2 turn. If there is no pedaling for 1 minute the power will automatically turn off.

START STOP: When all data has been entered press START.

NOTE: if you take too long to enter your exercise data without turning the pedal occasionally then the AUTO POWER OFF could be activated turning off the monitor.

Press STOP to freeze all displays.

SCAN: Lock the No.2 LED DISPLAY or SCAN through TIME, CALORIES, SPEED, DISTANCE.

SELECT: Will change the LED light next to a heading (e.g TIME, CALORIES, SPEED, DISTANCE) or (TRAINING PROGRAMS = MANUAL, PEAK, HIKING, VIGOROUS, ENDURANCE, COURSE, WATTS, HEART RATE)

UP & DOWN: By pressing the UP and DOWN keys you can select the desired program. These KEYS also increase or reduce the Resistance Level.

ENTER: Press to input your chosen data.

Numbered Displays

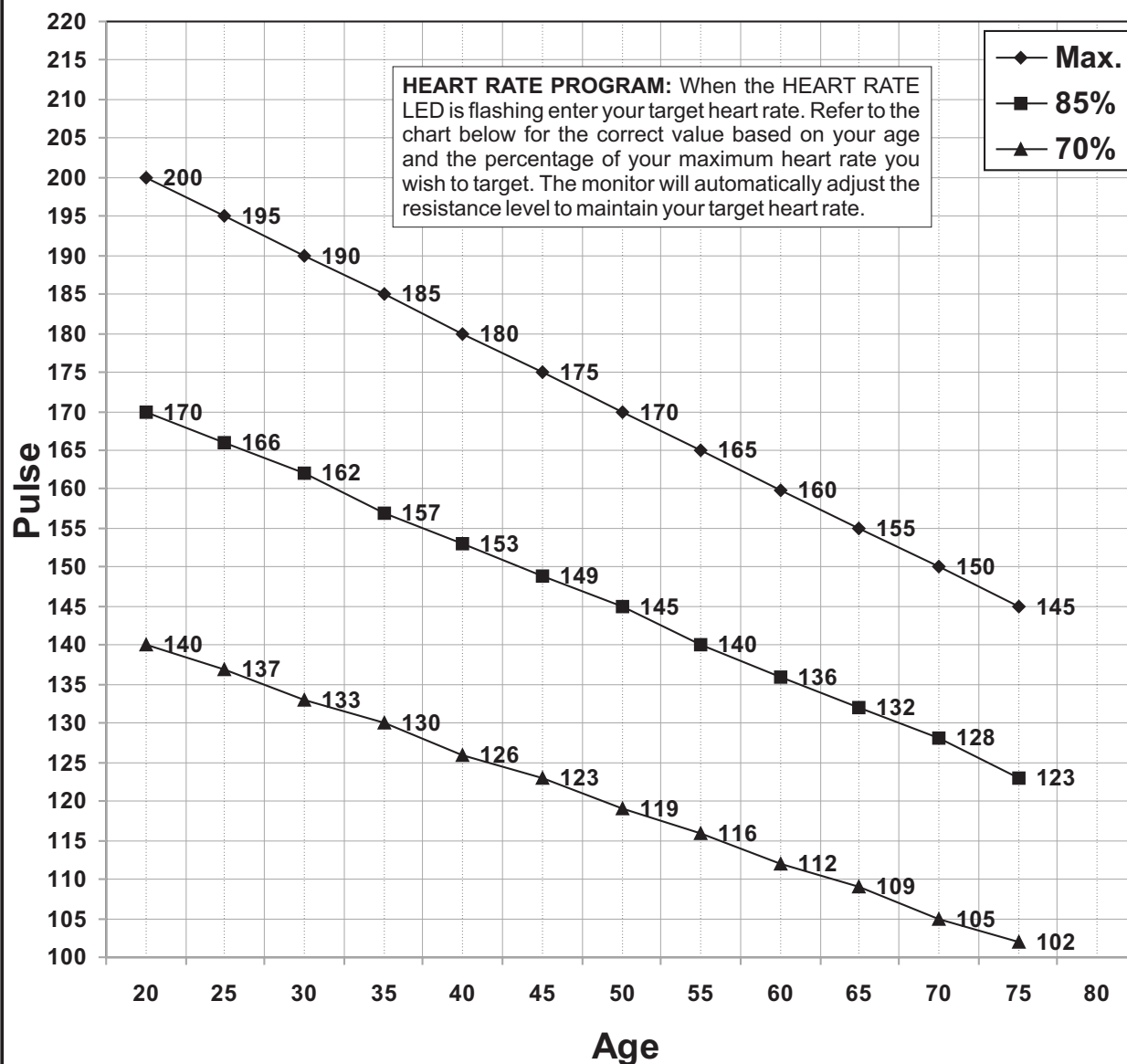
WATTS: Displays watts produced and is updated every 10 seconds.

TIME: Counts up to 99:59 minutes or counts down from the same value. **ENTERING TIME:** When the TIME LED display is flashing and if you want to exercise for a preset amount of time then press the UP and DOWN keys until the desired time is displayed, then press ENTER. If you don't want to countdown time then press ENTER while the display is flashing 00:00.

K/CALORIES: This value is the sum total of "work done" during your entire exercise workout. This is not the value for "calories expended." This value is determined by the Resistance setting, the Speed and Time, all factors related to exertion and it starts to accumulate from the first second of the workout. The human body, like most machines, is about 1/3 efficient. Energy expended is about 1/3 of energy consumed. So for an approximate "calories expended" value the K/CALORIES produced value can be multiplied by 3. Use this K/CALORIES function to compare daily workouts. If you have performed a good workout today then this K/Calorie value should be compared to what you can do tomorrow.

Training Zone Heart Rate Chart

This Chart is used in conjunction with the HEART RATE Program.



Numbered Displays continued

SPEED: Displays speed in miles per hour and is updated every 10 seconds.

DISTANCE: Displays distance in kilometers or miles, depending on what country you live in.

RESISTANCE LEVEL: Displays the resistance level for 5 seconds only when it changes. There are 16 resistance levels.

HEART RATE: Displays the value in beats per minute (BPM). See the Training Zone Heart Rate Chart.

Course Programs

Select the desired program.

**PEAK
HIKING
VIGOROUS
ENDURANCE
COURSE**

The dot matrix display will show the profile of the program. After the program has been selected press ENTER to advance to the TIME display.

Additional Programs

MANUAL PROGRAM: Instant Manual Mode - If you want to get started immediately simply press the START key. If you want to enter the exercise time then press ENTER.

WATTS PROGRAM: This is a special program that automatically adjusts the resistance level to the watts value selected regardless of SPEED. When the WATTS LED display is flashing enter the desired watts value by pressing the UP and DOWN keys then press ENTER. The watts you are producing, which is dependant on speed, is monitored and every 10 seconds and the resistance will increase or decrease to maintain the watts value you entered. Start with a value of 75 watts until you are familiar with this program.

HEART RATE PROGRAM: When the HEART RATE LED is flashing enter your target heart rate. Refer to the chart below for the correct value based on your age and the percentage of your maximum heart rate you wish to target. The monitor will automatically adjust the resistance level to maintain your target heart rate.

ELLIPTICAL TRAINER WARRANTY

ELLIPTICAL TRAINER warrants that their products are free of defects in workmanship and materials, and will repair or replace defective parts, free of charge, for a period of one year from the date of purchase.

This warranty is valid only in accordance with the following conditions:

1. This warranty applies to the ELLIPTICAL TRAINER products only while the products remain in the possession of the original purchaser and proof of purchase is demonstrated.
2. This warranty applies to residential use only (unless specifically stated by ELLIPTICAL TRAINER to be warranted for institutional use) and is void when used in a non-residential environment.
3. This warranty excludes misuse, abuse, alteration, improper service, or non ELLIPTICAL TRAINER product modifications.
4. This warranty is in lieu of all warranties, expressed or implied, and/or all other obligations or liabilities on the part of ELLIPTICAL TRAINER, and we neither assume nor authorize any person to assume for us any other obligation or liability in connection with the sale of these products. Under no circumstances shall ELLIPTICAL TRAINER be liable by virtue of this warranty or otherwise for damage to any person or property whatsoever for any special, indirect, incidental, secondary or consequential damage of any nature whatsoever arising out of the use or inability to use these products.