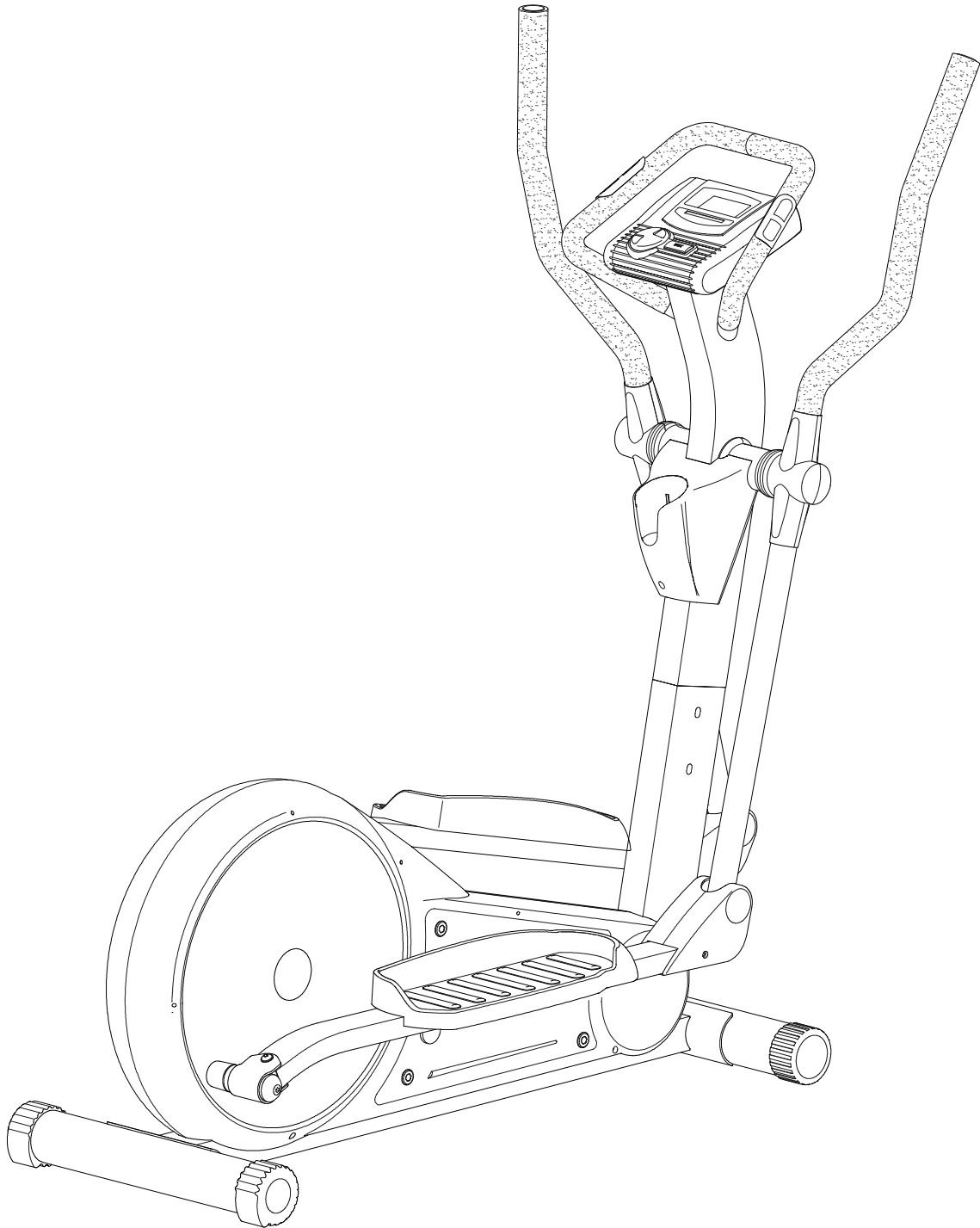




ELLIPTICAL TRAINER

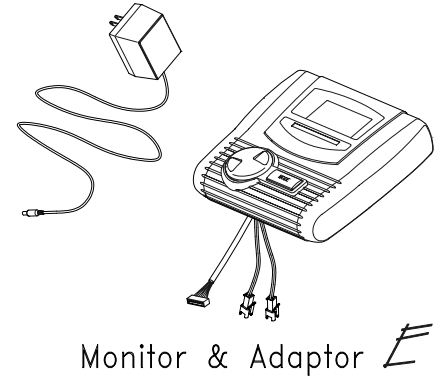
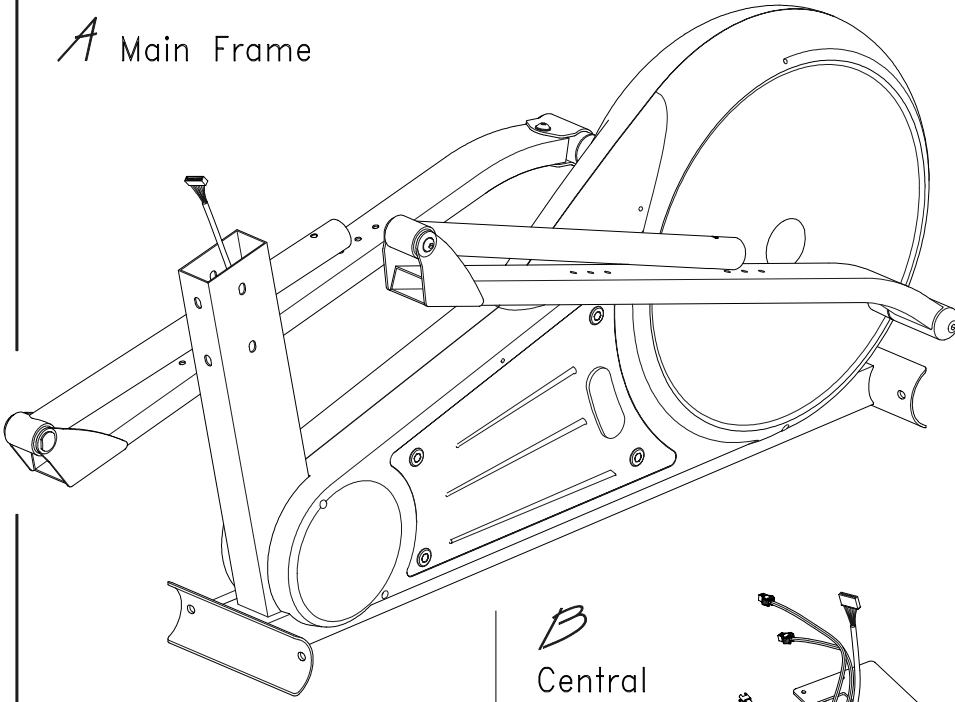
MODEL: E 7000P



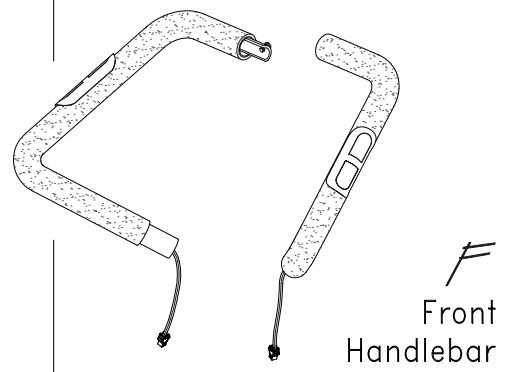
Owner's Operating Manual

Parts List

A Main Frame

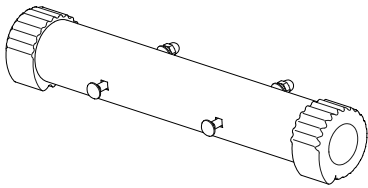


Monitor & Adaptor **E**

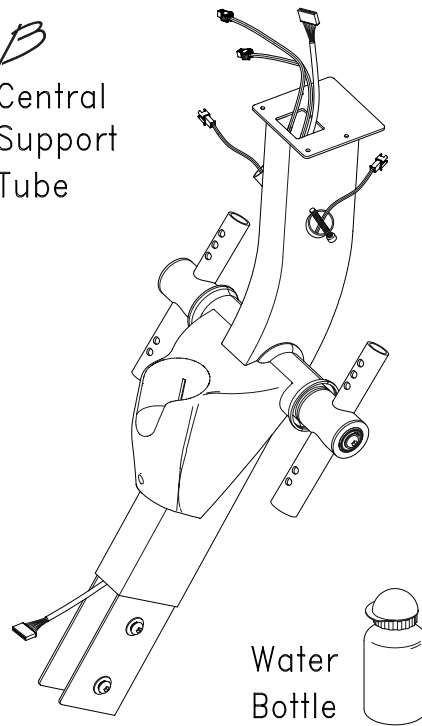


F
Front Handlebar

C Rear Stabilizer

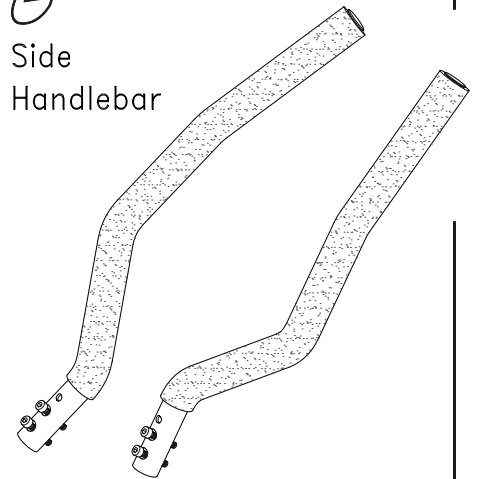


B Central Support Tube

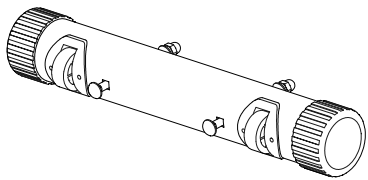


Water Bottle

G Side Handlebar



D Front Stabilizer

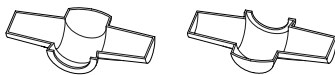


H Handlebar Joint Cover

(H1)

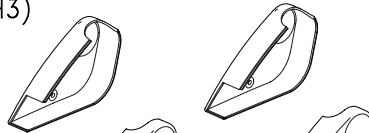


(H2)



Pedal Tube Joint Cover

(H3)

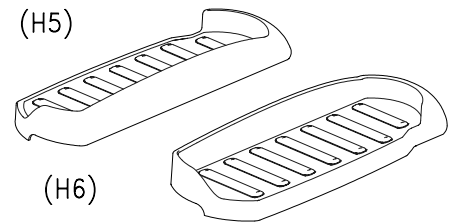


(H4)



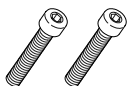
Pedal

(H5)



(H6)

(J1) Bolts M8x40L



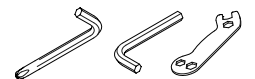
(J3) Screws M4x12L



(J5) Spring Washers M6



Tools



(J2) Screws M5x8L



(J4) washers M6



(J6) Knobs

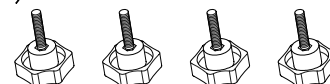
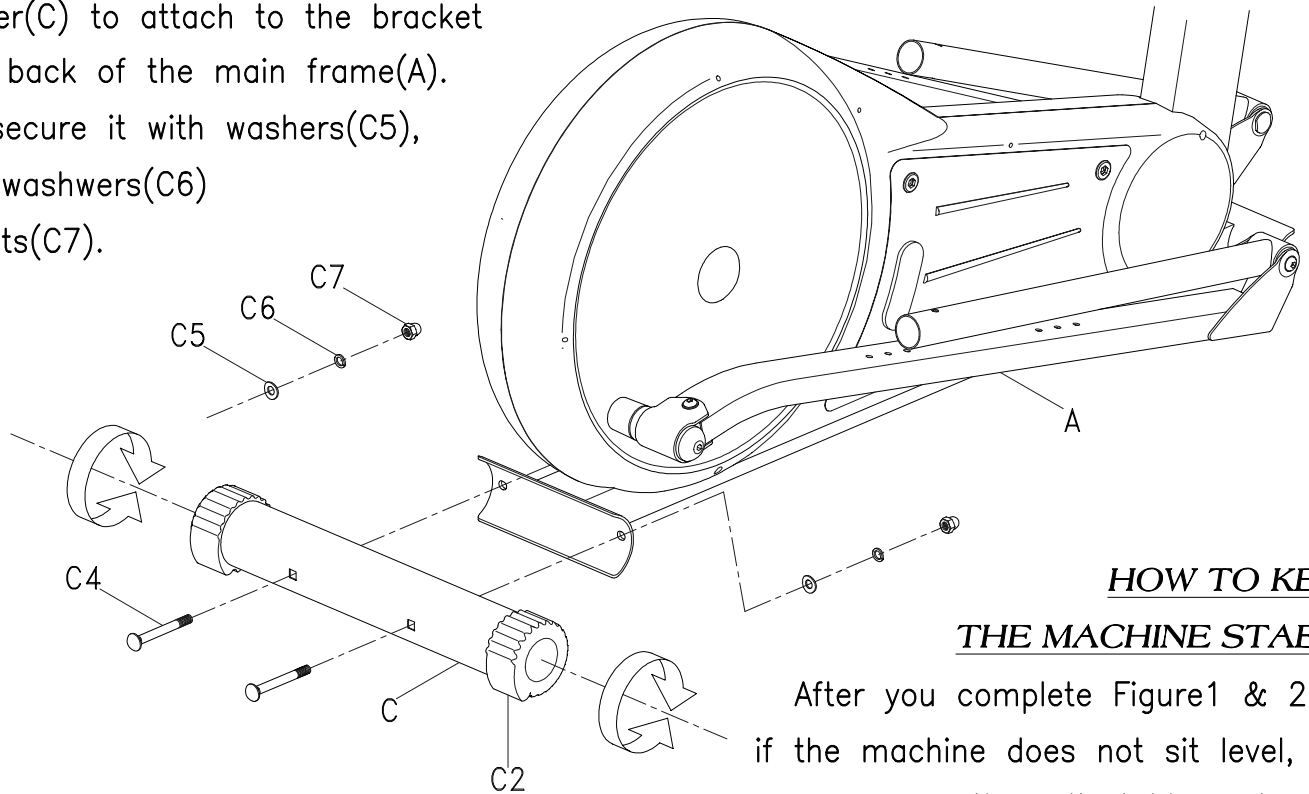


FIGURE 1

ASSEMBLY FOR REAR STABILIZER

First, remove the bolts(C4), washers(C5) and nuts(C6) from the rear stabilizer(C).

Use two bolts(C4) through the rear stabilizer(C) to attach to the bracket at the back of the main frame(A). Then, secure it with washers(C5), spring washers(C6) and nuts(C7).



HOW TO KEEP THE MACHINE STABLE

After you complete Figure 1 & 2, if the machine does not sit level, you can use the adjustable end caps (C2) to compensate for uneven floors.

FIGURE 2

ASSEMBLY FOR FRONT STABILIZER

First, remove the bolts(D7), washers(D8) and nuts(D9) from the front stabilizer(D).

Use two bolts(D7) through the front stabilizer(D) to attach to the bracket at the front of the main frame(A). Then, secure it with washers(D8), spring washers(D9) and nuts(D10).

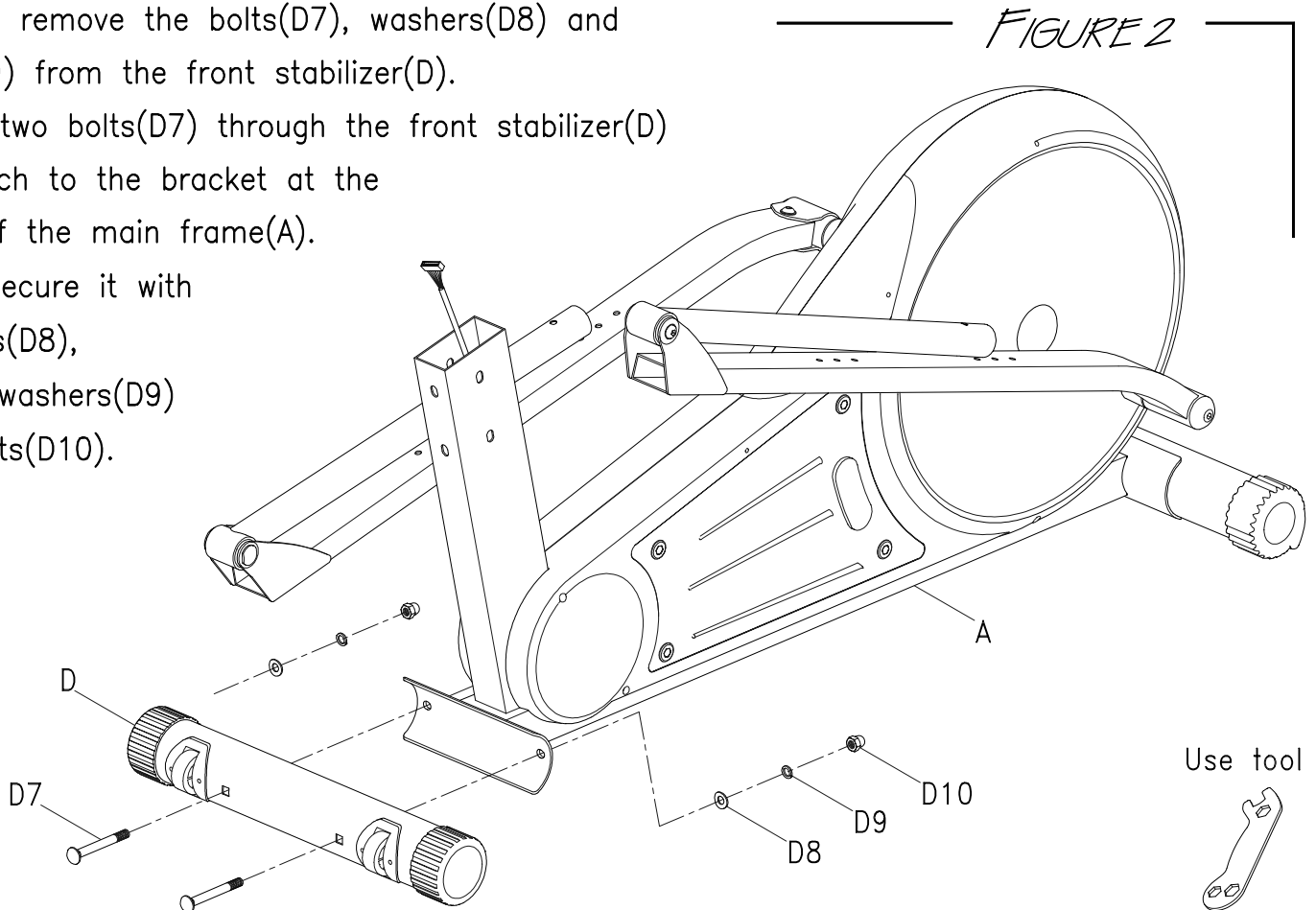


FIGURE 3

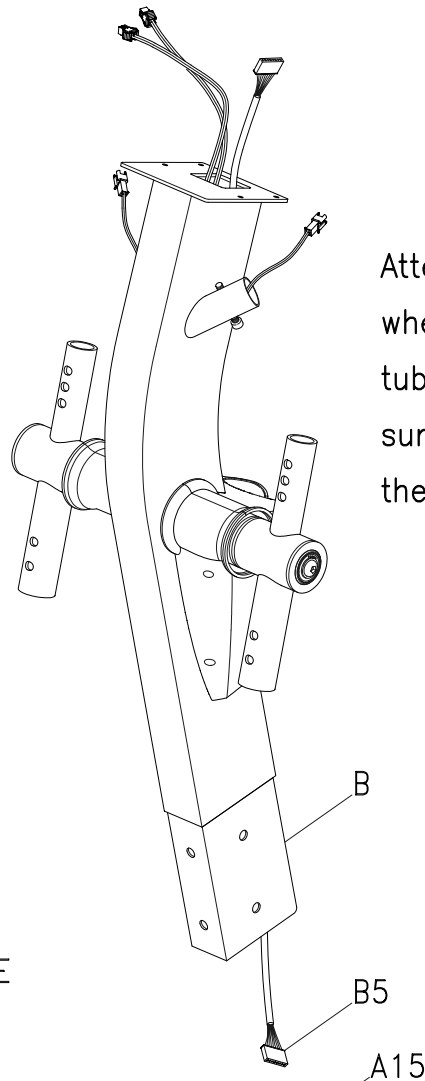
ASSEMBLY FOR CENTRAL SUPPORT TUBE

First, remove the bolts(B21), spring washers(B14) and washers(B13) from the central support tube(B)

Step1. Connect the cable(B5) & (A15).

Step2. Assemble the central support tube(B) onto the main frame(A) with bolts(B21), spring washers(B14) and washers(B13).

FIGURE 3



Attention:
when pushing the tubes together make sure not to pinch the cables.

FIGURE 4

ASSEMBLY FOR MONITOR

Step1. remove the screws(E4) from the back of the monitor(E).

Step2. Connect the sensor wire(B5 & B6) with monitor wires and put the monitor on the fixing plate. Then, secure it with screws(E4).

Step3. You can place the water bottle in the plastic water bottle holder.

FIGURE 4

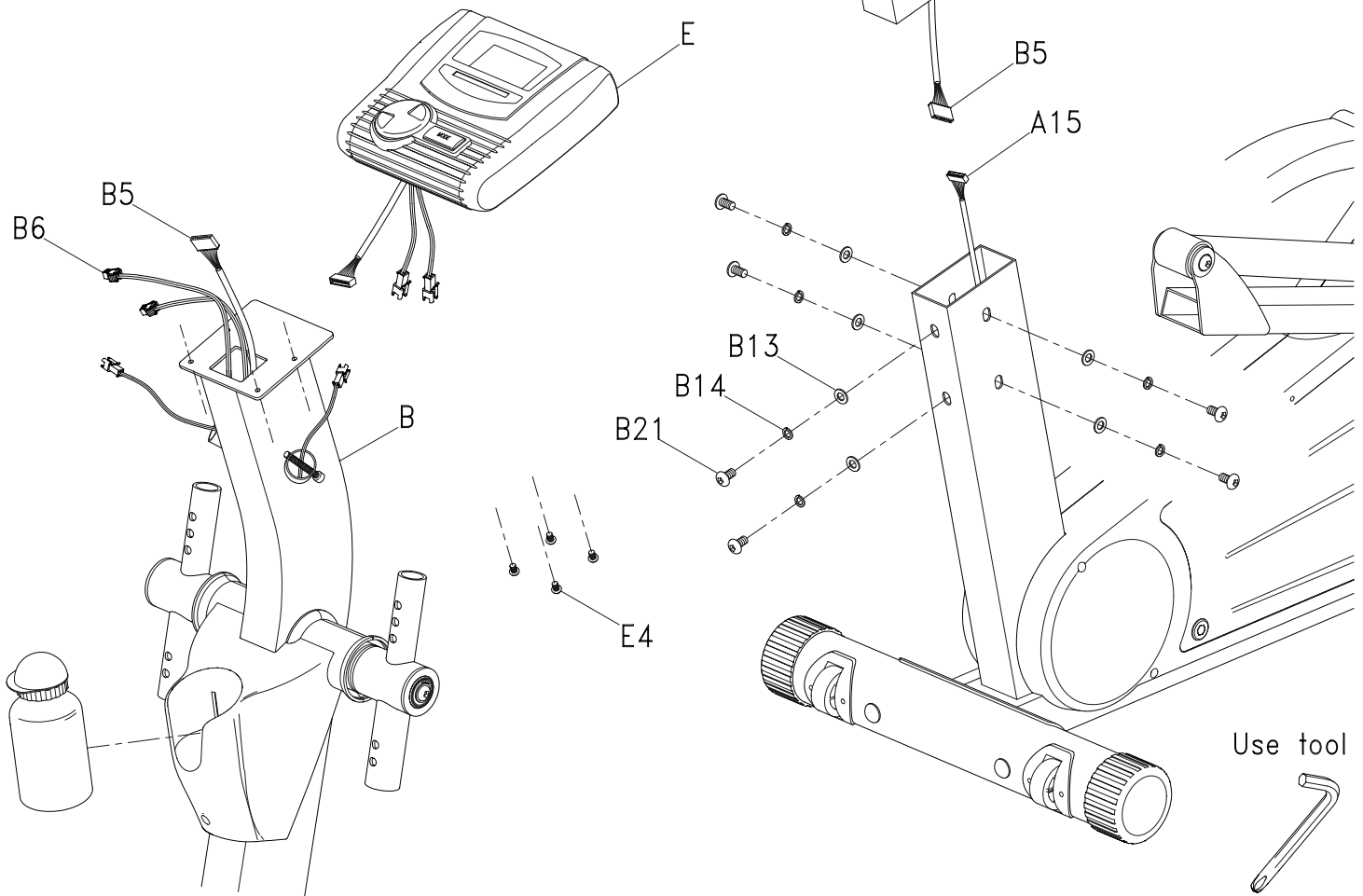


FIGURE 5

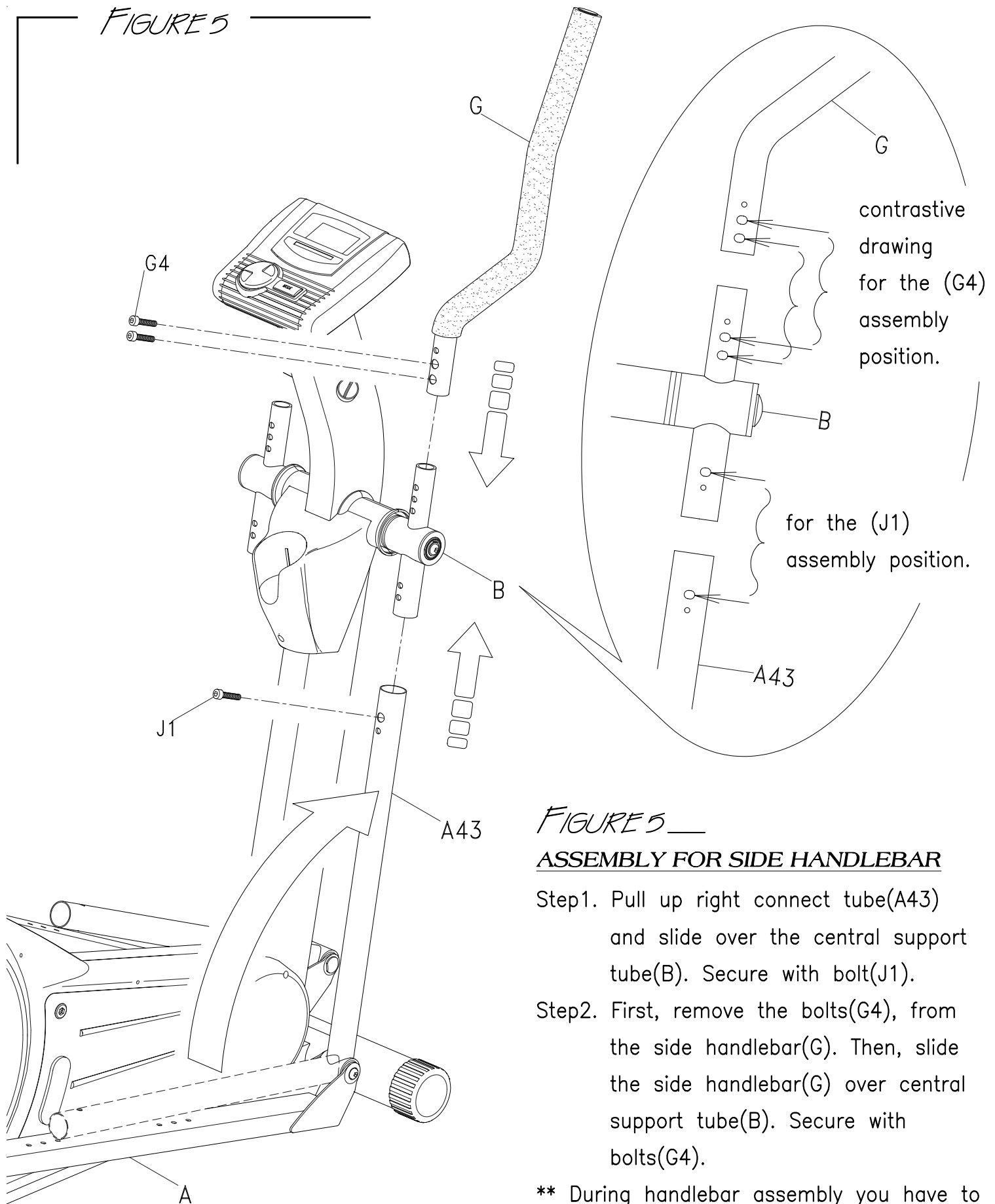


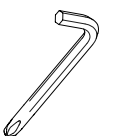
FIGURE 5
ASSEMBLY FOR SIDE HANDLEBAR

- Step1. Pull up right connect tube(A43) and slide over the central support tube(B). Secure with bolt(J1).
- Step2. First, remove the bolts(G4), from the side handlebar(G). Then, slide the side handlebar(G) over central support tube(B). Secure with bolts(G4).

** During handlebar assembly you have to use the holes as pictured in close-up view.

Repeat Step 1 and 2 on left connect tube(A43).

Use tool



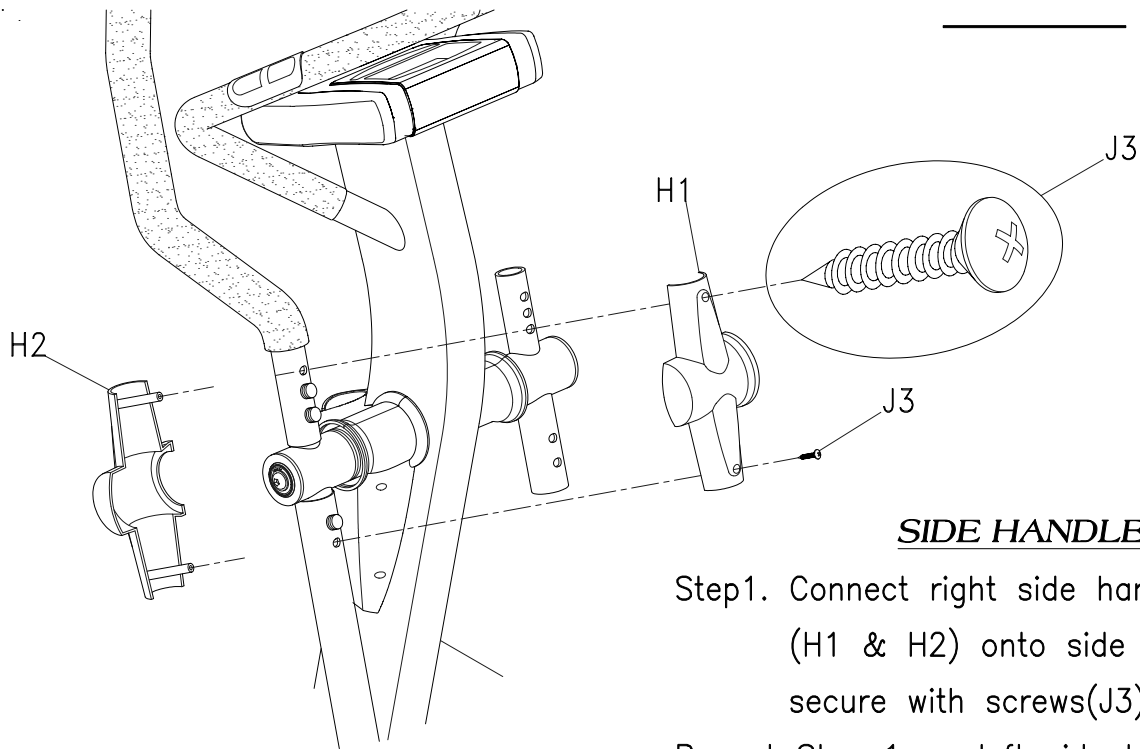


FIGURE 6

FIGURE 6
ASSEMBLY FOR
SIDE HANDLEBAR JOINT COVERS

Step1. Connect right side handlebar joint covers (H1 & H2) onto side handlebar(G) and secure with screws(J3).

Repeat Step 1 on left side handlebar joint covers.

FIGURE 7
ASSEMBLY FOR FRONT HANDLEBAR

First, remove the bolts(B7), from the central support tube(B) and remove the screw(F3) from the handlebar clip of the front handlebar(F).

Step1. Connect cables(F5) to sensor wires(B6).

Step2. Connect the front handlebars(F) to central support tube(B) and twist the bars together. Secure them with two bolts(B7) and one screw(F3).

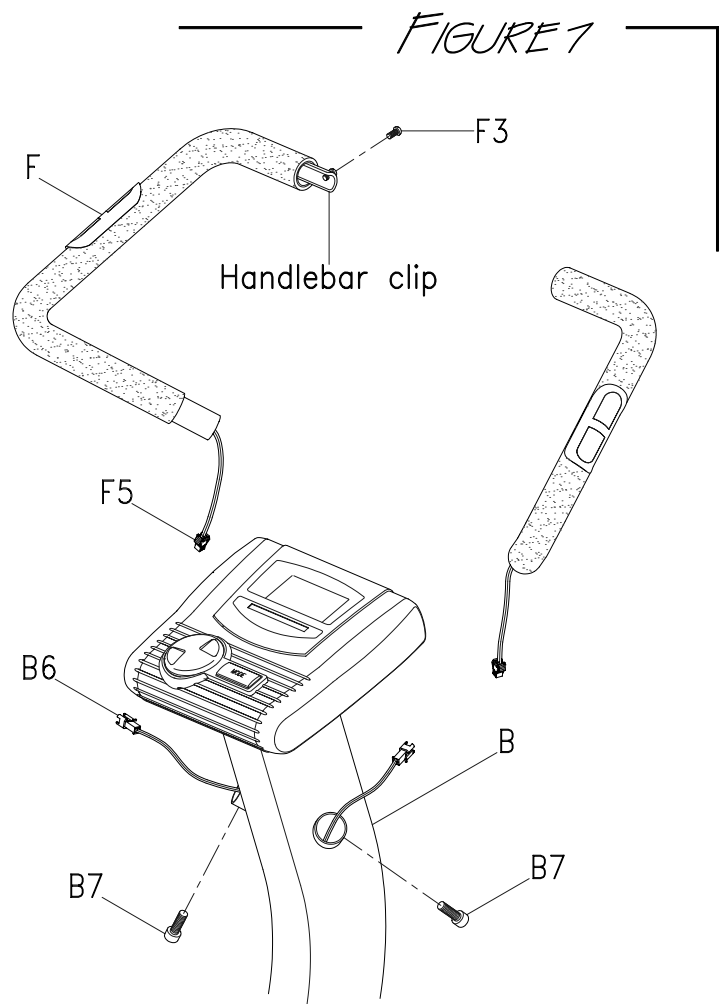
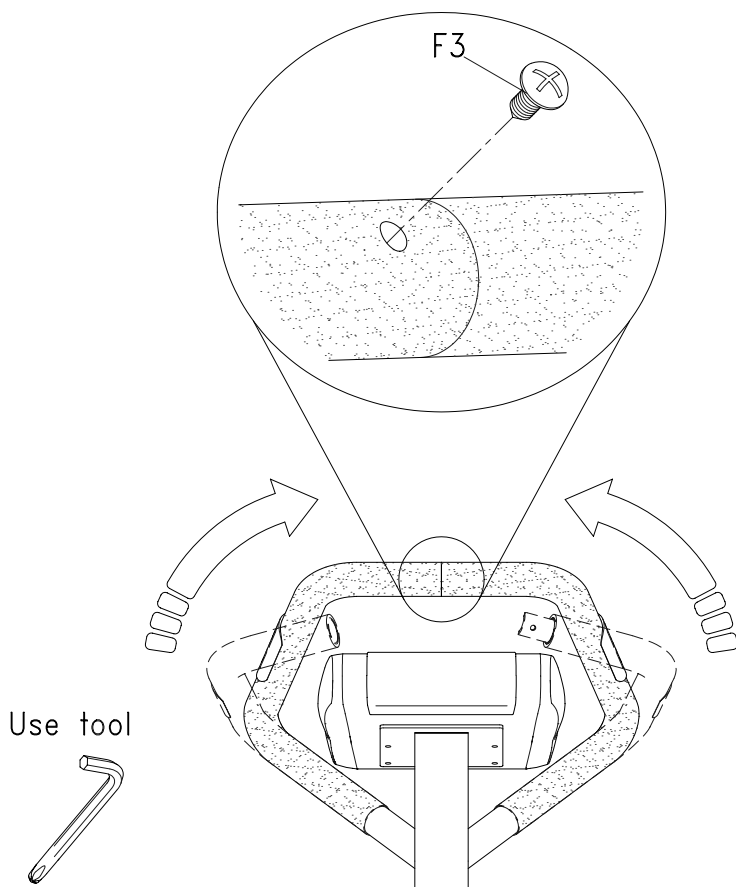


FIGURE 7

FIGURE 8

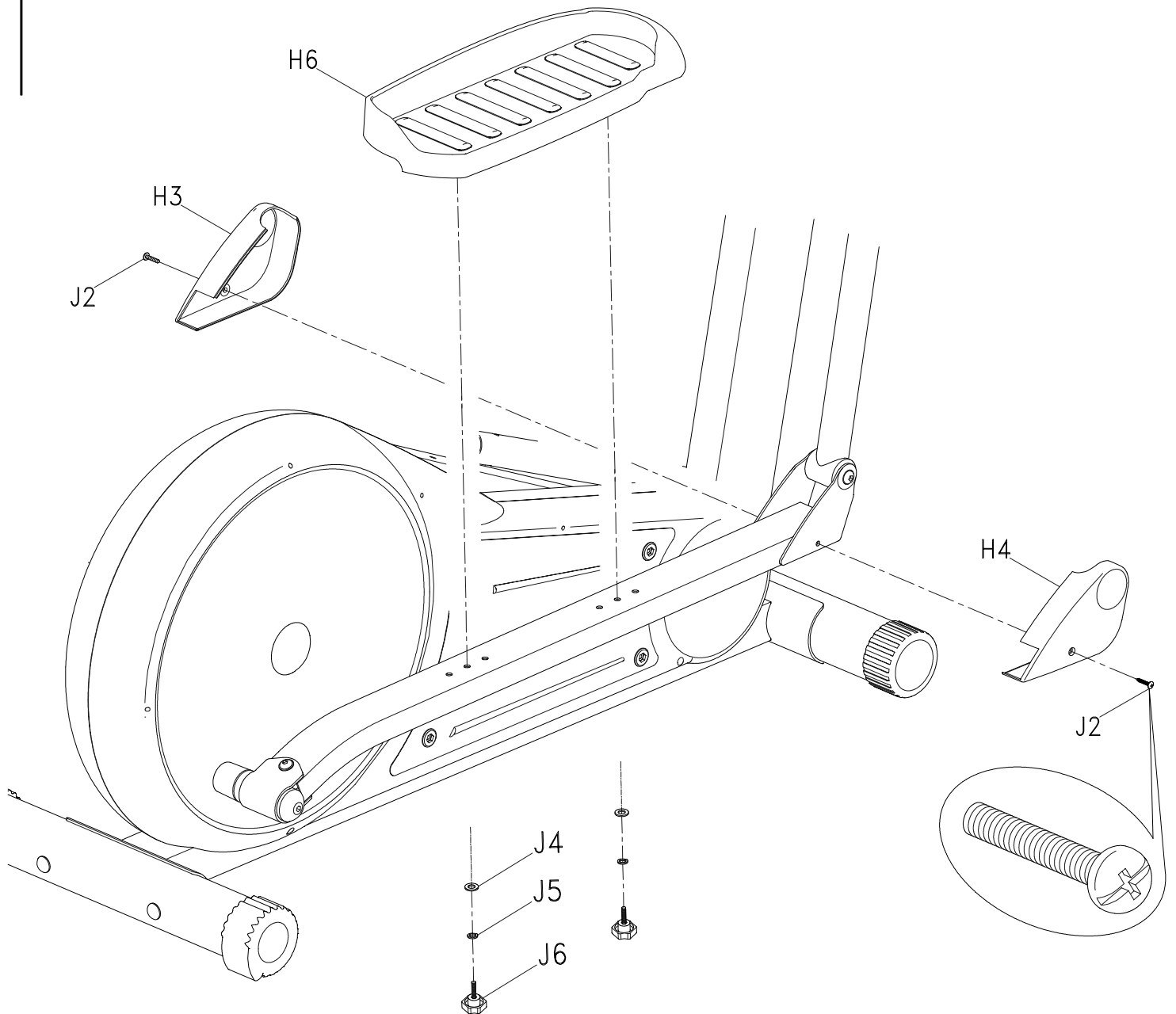


FIGURE 8

SIDE PEDAL JOINT COVERS

Connect right side pedal tube joint covers(H3 & H4) onto pedal joints and secure with screws(J2).

Repeat again on left side pedal tube joint covers.

ASSEMBLY FOR PEDAL

Assemble the right pedal(H6) with washers(J4), spring washers(J5) and star knobs(J6).

There are 3 positions for moving track.

Repeat again on left pedal(H5).

Use tool

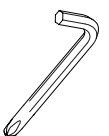


FIGURE 9

ASSEMBLY FOR ADAPTOR

The machine can be operated using the electricity adaptor.

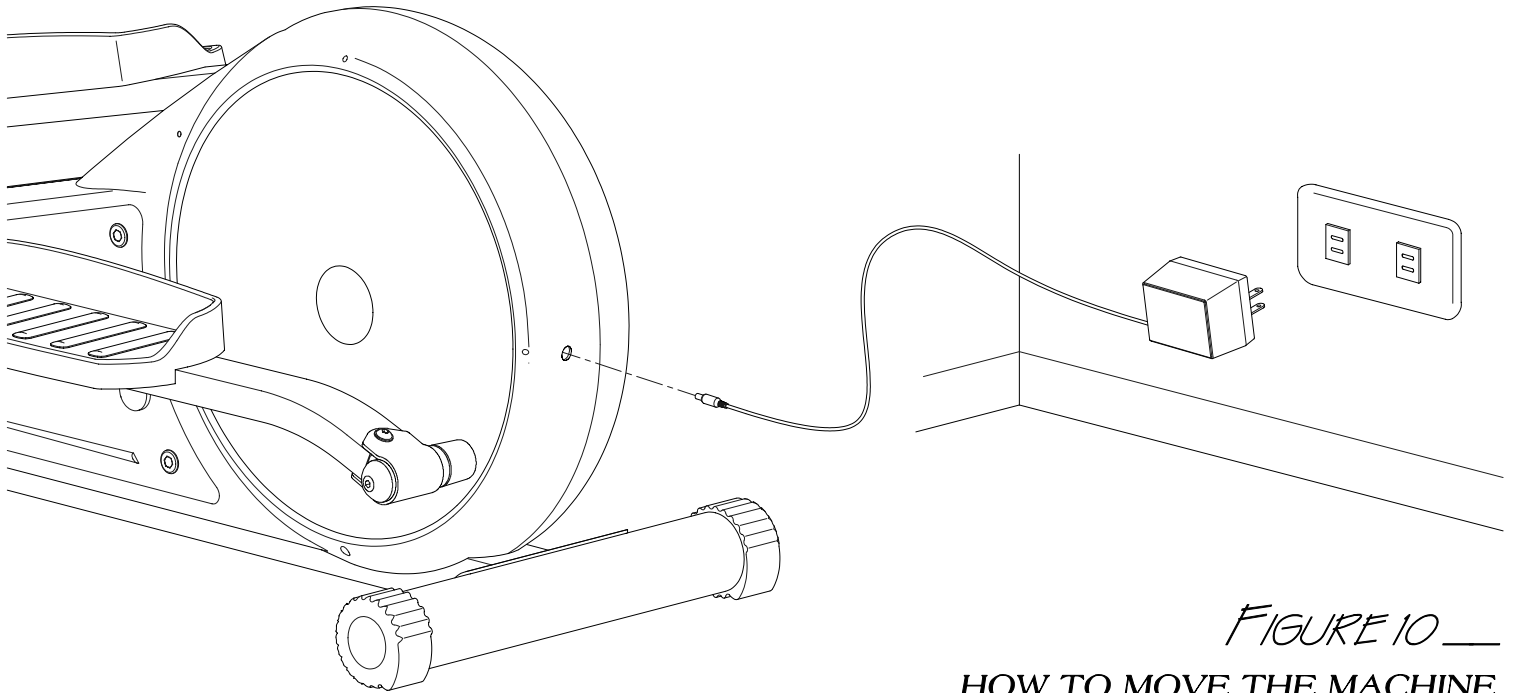


FIGURE 9

FIGURE 10

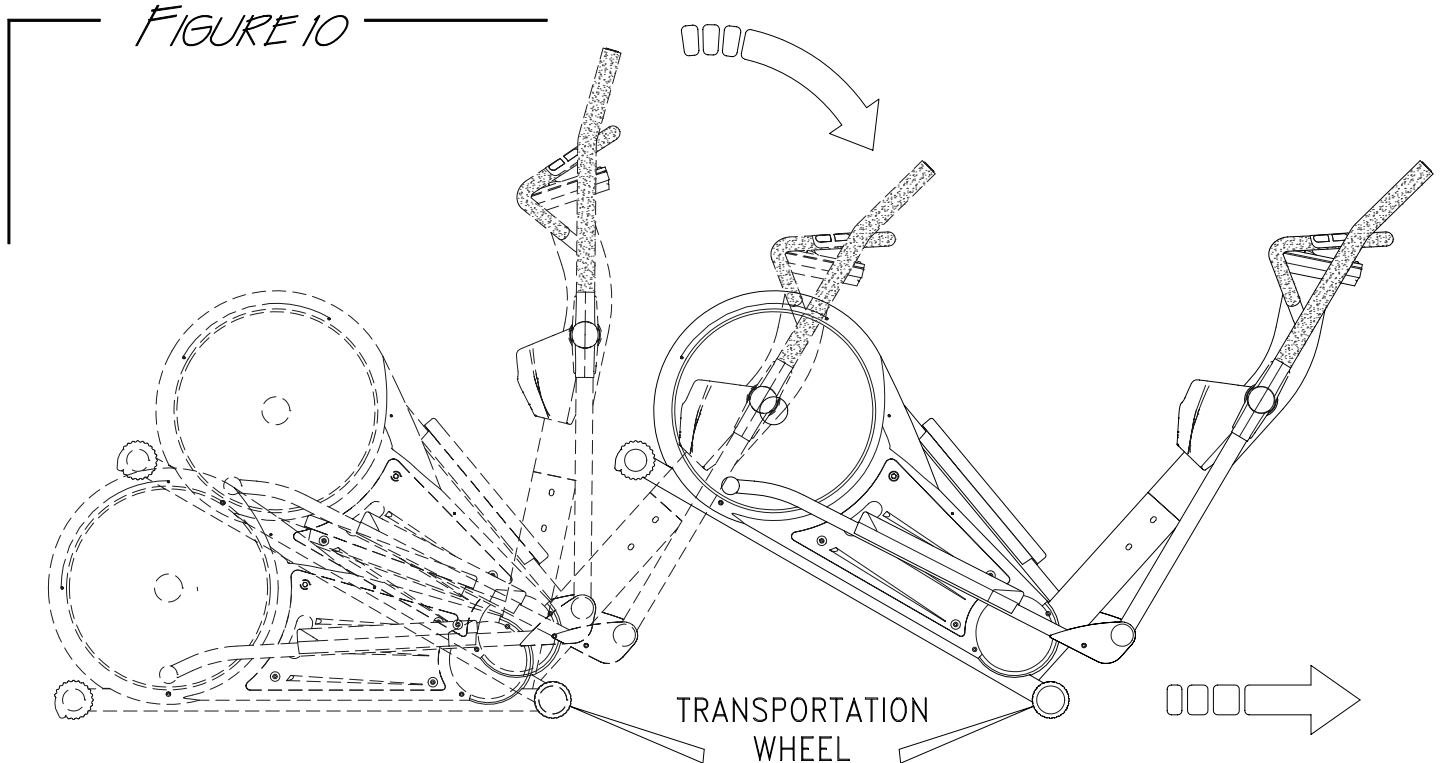
HOW TO MOVE THE MACHINE

The front stabilizer has built-in transport wheels.

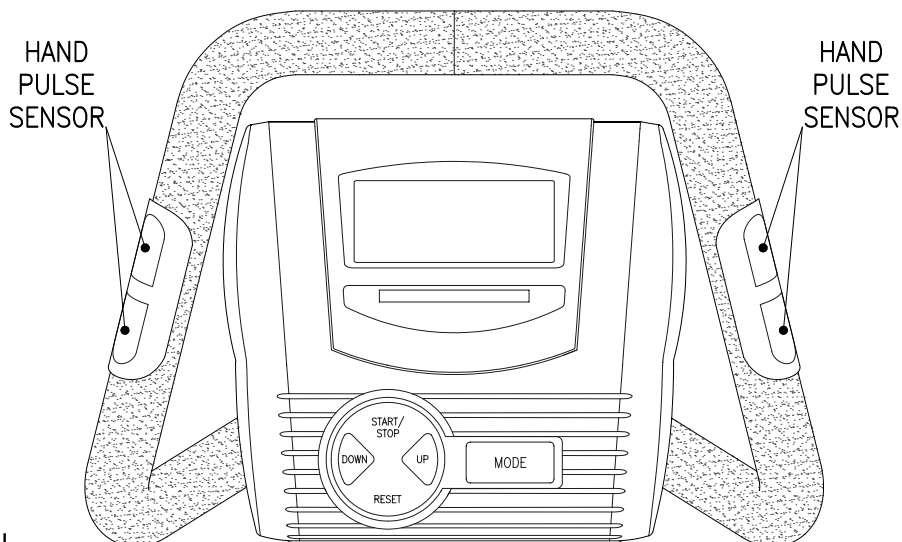
To move the machine, stand at the front and lift it up until the weight of the machine is transferred to the transport wheels.

You can now easily move the machine to a new location.

FIGURE 10



Programmable Training Computer



FUNCTION BUTTON

START/STOP To start or stop monitor counting.

MODE To enter all functions, age, and training programs setting.

UP/DWN To adjust and set all functions, personal data, and training programs setting.

RESET To have the monitor jump to initial display for training mode selection. If you hold on pressing the button for 2 seconds, the monitor will reset previous training and jump to user code selection.

FUNCTIONS

RPM To display current training rotations per minute.

SPEED To display current training speed.

TIME **Count up** - To accumulate training time from 0:00 to 99:59 with one second increment when the training starts. (No preset target)

Count down - The monitor will start to count from preset time down to 0:00 with one second decrement when the training starts. As soon as the preset time is achieved, the monitor starts to alarm, and TIME will start to count up immediately from 0:00.

DISTANCE **Count up** - To accumulate training distance from 0.00 to 999.9 with 0.01 km (ml) increment when the training starts. (No preset target)

Count down - The monitor will start to count from preset distance down to 0.00 with 0.01 km (or ml) decrement when the training starts. As soon as the preset distance is achieved, the monitor starts to alarm, and DISTANCE will start to count up immediately from 0.00.

CALORIE **Count up** - To accumulate calories consumption from 0 to 9999 cal with one cal increment when when the training starts. (No preset target)

Count down - The monitor starts to count from preset calories down to 0 with 1 cal decrement when the training starts. As soon as the preset calories is achieved, the monitor starts to alarm, and CALORIES will start to count up immediately from 0.

WATT To display the workout effort in figures.

PULSE The monitor can detect both chest pulse and hand pulse, the chest pulse is priority. It means if you hold both hands on handlebar grip sensors and wear on the chest belt together, the monitor will display chest pulse only. If you would like to have hand pulse readout, please do not wear on the chest belt when you hold on handgrip sensors. The monitor start beep when your heart rate figure is exceeding the target.

NOTE

1. When you stop training and did not press any button for 4 minutes, the monitor will shut off automatically. All previous training data (Time, Distance and Calories) will be stored. You may press any button or start training again to wake up the monitor display.
2. You may have the monitor reset all function data by hold on pressing the RESET button for 4 seconds.
3. The monitor requires power supply with AC adaptor input. (Out put 500mA, 6V)

MONITOR INSTRUCTION MANUAL

1. Plug the power supply (AC adaptor).
2. The monitor displays all segments for 2 seconds. [If you press RESET button for over 2 seconds, the monitor will display all segment for 2 seconds for a new start.]
3. Press UP or DOWN to select training mode in MANUAL, PROGRAM (P1~P12), USER, TARGET.H.R., and press MODE to confirm setting.
4. Different training mode:

MANUAL

1. Once you select MANUAL training mode, the LED bar below monitor display will light up to show your current level position. You may increase or decrease training level by pressing UP or DOWN.
2. Press START/STOP to start training in Manual mode. (STOP symbol disappear from the monitor)
3. Press UP/DOWN/MODE to set target function data of Time, Distance, Calories, Watt, and Pulse. Each preset function (except Watt and Pulse) will count down from preset target as soon as training start.
4. You may adjust training resistance level (1~16) by pressing UP/DOWN during training. (except the Watt data has been preset)
[Preset Watt data for training] - If you have preset Watt data, the training resistance level will be adjust automatically according to the training speed and RPM. If you see the symbol ▼ on the monitor, it means your training speed is slow that the resistance level will be increased automatically to maintain the preset watt. If you see the symbol ▲ on the monitor, it means the speed is fast that the resistance will be decreased automatically to maintain the preset watt. If you see the symbol ▼ on the monitor, it means your current speed is too slow and the resistance has been achieved to the maximum level. At the moment, the monitor alarms "bi- b- bi" per second to remind you increasing training speed. If you maintain same training speed for 1 minute, the monitor will alarm "bi- bi- bi- bi- bi- bi" (per second) for 30 seconds and stop the system automatically [The resistance level will be dropped to level 1 at the moment] as a protections implement. If you see the symbol - - - and ▲ on the monitor, it means your current speed is too fast and the resistance has been dropped to the minimum level. At the moment, the monitor alarms "bi- b- bi" per second to remind you decreasing training speed. If you maintain same training speed for 1 minute, the monitor will alarm "bi- bi- bi- bi- bi- bi" (per second) for 30 seconds and stop the system automatically [The resistance level will be dropped level 1 at the moment] as a protections implement.
5. The monitor will alarm "bi- bi- bi" to remind you and stop as soon as one of each preset function target has count down to zero.

PROGRAM

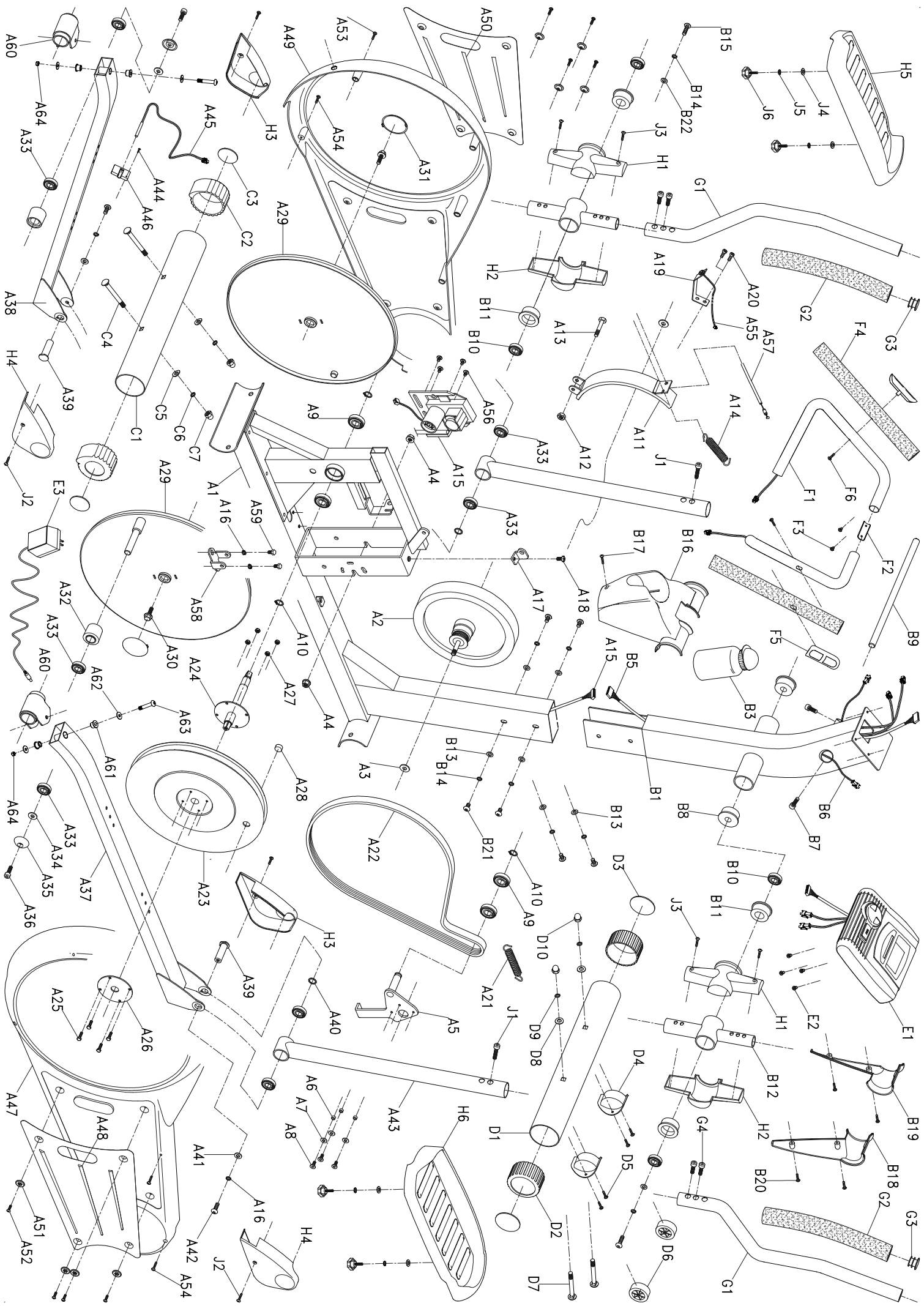
1. Once you select Program training mode, the LED bar below monitor display will light up to show your current level position. You may increase or decrease training level by pressing UP/DOWN.
2. Press START/STOP to start training in Program mode. (**STOP** symbol disappear from the monitor)
3. Press UP/DOWN/MODE to select preferred training program profiles from P1 to P12.
4. Press UP/DOWN to adjust resistance level of the profile from level 1 to level 16. (You may adjust training resistance level by pressing UP/DOWN buttons during training)
5. Press UP/DOWN/MODE to set target function data of Time, Distance, Calories, and Pulse. Each preset function will count down when the training starts.(Except Pulse)
6. Press START/STOP to start your training with PROGRAM mode.
7. The monitor will alarm "bi- bi- bi" to remind you and stop as soon as one of each preset function target has count down to zero.(Except Pulse)

USER

1. Once you select User training mode, the LED bar below monitor display will light up to show your current level position. You may adjust increase or decrease training level by pressing UP/DOWN.
2. Press UP/DOWN/MODE to preset your own Profiles for training. You may quit profile setting mode by pressing MODE button for over 2 seconds.
3. Press UP/DOWN/MODE to set target function data of Time, Distance, Calories, and Pulse. Each preset function will count down when the training starts. (Except Pulse)
4. Press START/STOP to start your training with USER mode.
5. During training, you may press UP/DOWN to adjust resistance level.
6. The monitor will alarm "bi- bi- bi" to remind you and stop as soon as one of each preset function target has count down to zero.(Except Pulse)

TARGET H.R.

1. When you select User training mode, the LED bar below monitor display will light up to show your current level position. You may adjust increase or decrease training level by pressing UP/DOWN.
2. Once you select TARGET H.R. for training, the monitor requests you to input the AGE. Press UP/DOWN/MODE to set age. This data is the key point for the proper target heart rate data calculation by the monitor.
3. Press UP/DOWN/MODE to select different percentage of target heart rate figures you would like to achieve for training. There are 55%, 75%, 90% for selection, or you may input manually a target heart rate figures for training.
- 3- 1 The training resistance level is not available to be adjusted by buttons operation if you are training in TARGET H.R. mode.
- 3- 2 The resistance level will be auto adjusted by the monitor according to your actual heart rate figure. If your current heart rate figures is under preset, the resistance level will be increased 1 level per 30 seconds till level 16 or the target heart rate figures is achieved. If your current heart rate figure is exceeding preset target figures, the resistance level will be decreased on level immediately. The resistance level will be keeping decreased by one level per 15 seconds till level one. If your current heart rate figure is still exceed the target when the resistance level is dropped to level one for 30 seconds, the monitor will stop and keep alarm to remind you.
4. Press UP/DOWN/MODE to set target function data of Time, Distance, Calories. Each preset function will count down when the training starts.
5. Press ST/STOP to start your training with TARGET H.R. mode.



PARTS LIST

P/N	DESCRIPTION	Q'TY
A1	MAIN FRAME	1
A2	MAGNETIC FLYWHEEL	1
A3	FLAT WASHER	2
A4	NUT	2
A5	TENSION PULLEY	1
A6	PIPE	3
A7	FLAT WASHER	3
A8	SCREW	3
A9	BEARING	4
A10	E CLIP	3
A11	MAGNETIC HOUSING	1
A12	NUT	1
A13	SCREW	1
A14	SPRING	1
A15	TENSION CABLE	1
A16	SPRING WASHER	2
A17	SPRING FIXING HOUSING	1
A18	SCREW	1
A19	FIXING HOUSING	1
A20	SCREW	2
A21	SPRING	1
A22	BELT	1
A23	BELT PULLEY	1
A24	PULLEY AXLE	1
A25	SCREW	4
A26	PLANE	1
A27	NUT	5
A28	MAGNET	1
A29	TURNING PALTE	2
A30	SCREW	2
A31	DECORTATION COVER	2
A32	PIPE	2
A33	BEARING	4
A34	FLAT WASHER	2
A35	SCREW COVER	2
A36	SCREW	2
A37	PEDAL TUBE(RIGHT)	1
A38	PEDLA TUBE(LEFT)	2
A39	SCREW	2
A40	FLAT WASHER	2
A41	FLAT WASHER	2
A42	SCREW	2
A43	CONNECT PIPE	2
A44	SCREW	1
A45	SENSOR WIRE	1
A46	FIXING HOUSING	1
A47	RIGHT COVER	1
A48	DECORTATION COVER	1
A49	LEFT COVER	1
A50	DECORTATION COVER	1
A51	SCREW COVER	8
A52	SCREW	8
A53	SCREW	3
A54	TAPPING SCREW	6
A55	POWER CORD SENSOR	1
A56	SCREW	4
A57	TENSION CABLE	1
A58	CLIP	1
A59	SCREW	2
A60	CLIP	2
A61	BUSHING	4
A62	WASHER	4
A63	BOLT	2
A64	NUT	2

P/N	DESCRIPTION	Q'TY
B1	CENTRAL SUPPOR TUBE	1
B3	WATER BOTTLE	1
B5	SENSOR WIRE	1
B6	HAND PULSE SENSOR WIRE	1
B7	BOLT	2
B8	BUSHING	2
B9	SHAFT	1
B10	BEARING	4
B11	BUSHING	4
B12	CONNECT TUBE	2
B13	FLAT WASHER	6
B14	SPRING WASHER	8
B15	SCREW	2
B16	BOTTLE HOUSING	1
B17	SCREW	1
B18- B19	DECORTATION BOTTLE HOUSING	2
B20	SCREW	4
B21	SCREW	6
B22	FLAT WASHER	2
C1	REAR STABILIZER	1
C2	END CAP	2
C3	END CAP COVER	2
C4- D7	BOLT	4
C5- D8	FLAT WASHER	4
C6- D9	SPRING WASHER	4
C7- D10	NUT	4
D1	FRONTSTABILIZER	1
D2	END CAP	2
D3	END CAP COVER	2
D4	TRANSMIT WHEEL HOUSING	2
D5	SCREW	4
D6	TRANSPORTATION WHEEL	2
E1	MONITOR	1
E2	SCREW	4
E3	ADAPTOR	1
F1	FRONT HANDLE BAR(L&R)	2
F2	HANDLEBAR CLIP	1
F3	SCREW	2
F4	FOAM GRIP	2
F5	SENSOR	2
F6	SCREW	2
G1	SIDE HANDLE BAR	2
G2	FOAM GRIP	2
G3	END CAP	2
G4	SCREW	4
H1- H2	DECORTATION COVER	1
H3- H4	PEDAL JOINT COVER	1
H5- H6	PEDAL	1
J1	BOLT	2
J2	SCREW	4
J3	SCREW	4
J4	FLAT WASHER	4
J5	SPRING WASHER	4
J6	STARKNOB	4