E81G ELLIPTICAL
OWNER'S MANUAL

SportsArt FITNESS

SPORTSART E81G ELLIPTICAL TRAINER
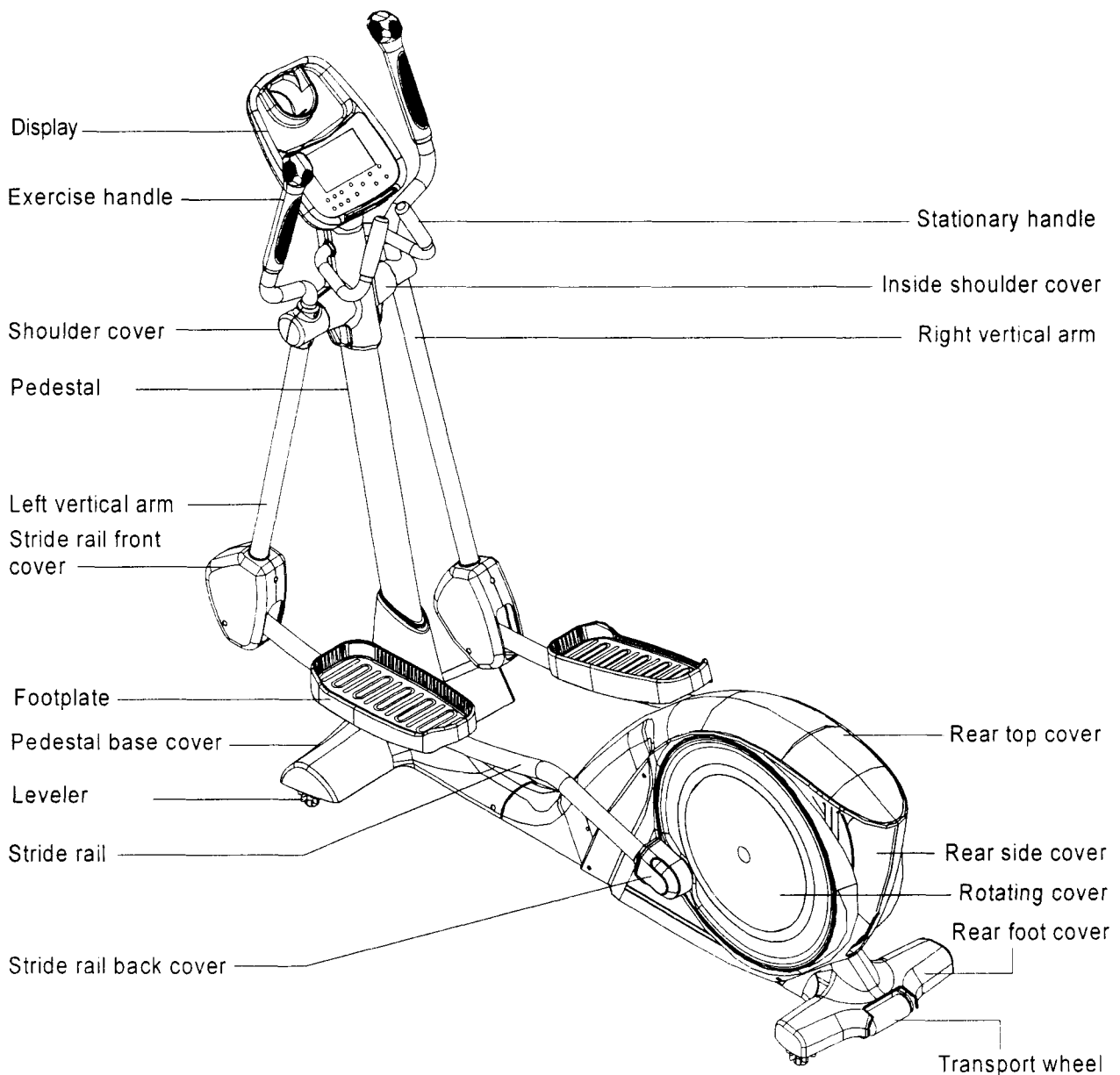
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INTRODUCTION:

Congratulations on purchasing one of the finest piece of exercise equipment on the market today, the Sports Art E81G constructed of high quality materials and designed for years of trouble-free usage, the Sports Art E81G will be an integral part of your fitness regimen.

This outstanding piece of equipment provides varied choices and functions to meet your exercise needs. But before using your Sports Art E81G, we recommend that you familiarize yourself with this Owner's Manual. Whether you are a first time user of an elliptical trainer or a seasoned professional , understanding the correct use of the equipment will enhance your ability to achieve your exercise goals safely and successfully.

Display

Exercise handle

Stationary handle

Inside shoulder cover

Shoulder cover

Right vertical arm

Pedestal

Left vertical arm

Stride rail front cover

Footplate

Rear top cover

Pedestal base cover

Leveler

Stride rail

Rear side cover

Rotating cover

Rear foot cover

Stride rail back cover

Transport wheel

1

SAFETY GUIDELINES:

Please read and follow the safety guidelines:

- Keep this owner's manual for future use and reference.

- Read this owner's manual and follow the instructions.

- Assemble and operate the Sports Art E81G Elliptical Trainer on a solid, level surface.

- Never allow children on or near the machine.

- Inspect the machine before each use. Make sure all parts are assembled, and all nuts and bolts are tightened. Do not use the machine if the unit is disassembled in any way.

- Do not place the machine or its parts near water or any liquid.

- Wear proper workout clothing: Do NOT wear loose clothing. Do not wear shoes with leather soles or high heels. Tie all long hair back.

- Don't rock the unit from side to side, and use care when mounting and dismounting the unit.

- Do not use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fail.

- Work within your recommended exercise level. Do NOT work to exhaustion.

- If you feel any pain or abnormal sensations, STOP YOUR WORKOUT, and consult your physician immediately.

- The weight limit for this elliptical trainer is 265 LBS (120 KGS)

- Allow sufficient space on both sides of the elliptical for users to mount and dismount the machine.

- If anything about the machine seems amiss, please stop your workout immediately and contact your authorized dealer for repairs.

- Before beginning any exercise program, consult with your doctor. It is recommended that you undergo a complete physical examination.

CAUTION: Keep your hands and feet away from moving parts.

ASSEMBLING YOUR ELLIPTICAL TRAINER

Thank you for purchasing this product. We go through great efforts to ensure the quality of each product. If you find this product to be defective in any way, please contact SportsArt or your dealer.

Note that some parts may get mixed amongst packaging material during shipment. Please locate all the parts first before you discard the packaging material.

The packing for this elliptical was designed to protect it during shipment. Please store the original packing material in a safe place in case you need to transport the unit in the future.
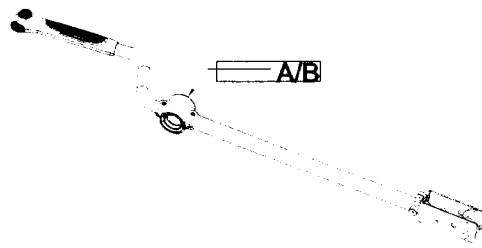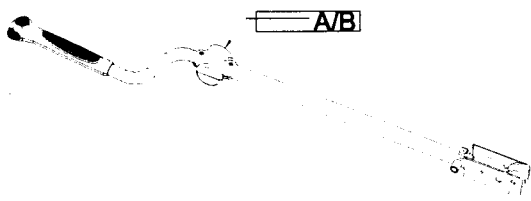
LIST OF PARTS:

Washers and screws are screwed into the frame. Please remove the screws and washers before attempting to assemble the product.

Locate the following parts, all of which are packed in the product's box.

1. Left vertical arm + shoulder covers A/B

2. Right vertical arm + shoulder covers A/B

3. Stride rail front covers A*2; B*2

4. Pedestal base cover

5. Stride rail rear cover (left)

6. Stride rail rear cover (right)

7. Left footplate

8. Right footplate

9. Tool kit

10. Cushion pads

1. Left vertical arm + shoulder covers A/B   2. Right vertical arm + shoulder covers A/B

3. Stride rail front covers A*2; B*2
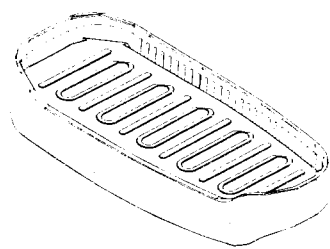
B

A

B

A
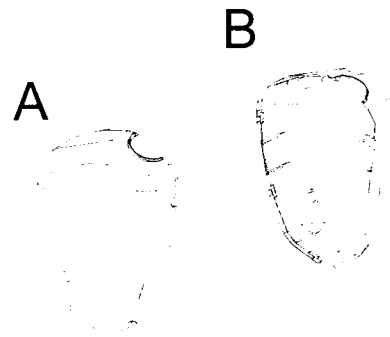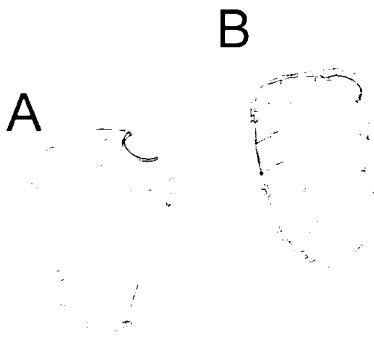
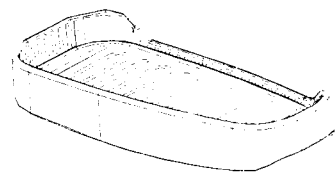4. Pedestal base cover

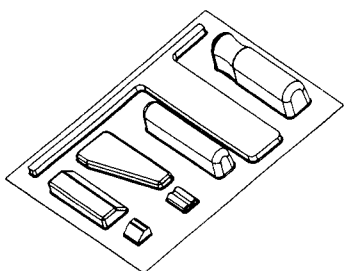5. Stride rail rear cover (left)

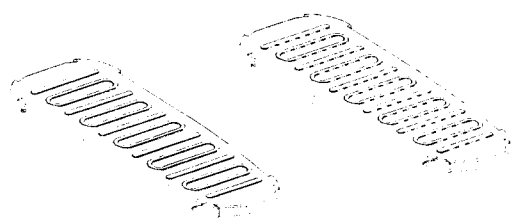6. Stride rail rear cover (right)   7. Left footplate

8. Right footplate

9. Tool kit

10. Cushion pads

ELLIPTICAL ASSEMBLY

Frame assembly

STEP 1. Route the data cable as shown. Note the position of (A) in the illustration above. Then place the pedestal tube onto its base. Use a 6mm Allen wrench to secure the screws and washers in the following order: (B), then (C) and (D). Connect data cables and insert the cables into the tube to keep them safe.

STEP 2. Slip the pedestal base cover onto the pedestal tube.

STEP 3. Slip the pedestal base cover into place and secure it with four screws.
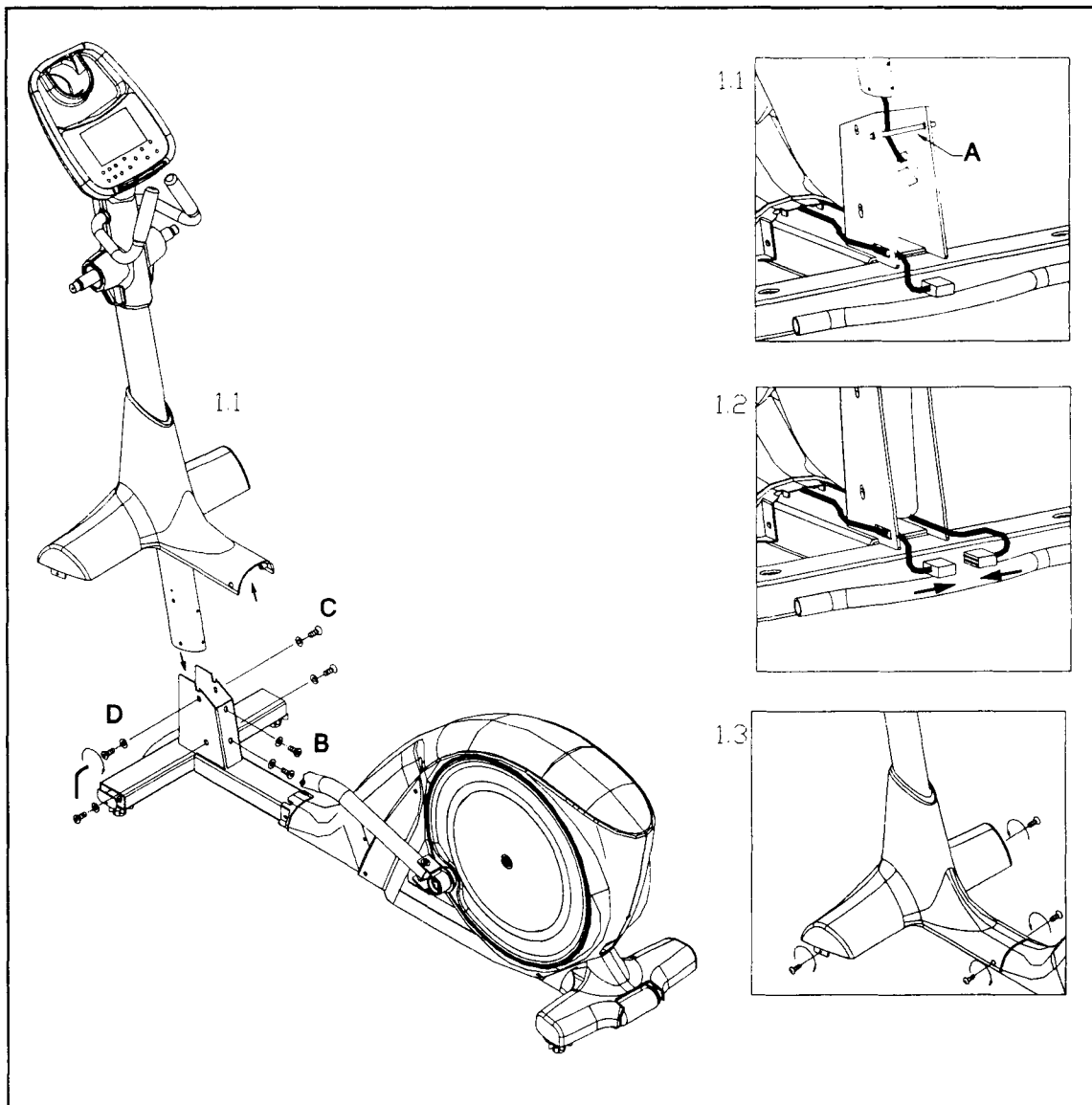
Fig.1

STEP 5. Before assembling the product, remove the shoulder covers. Set (A) flat washer and B wave washer in place on the arm axle. Put the left vertical arm in place. Put (C) washer in place and secure (D) screw with a 6mm Allen wrench.

    a. washer (D32 * d25.2 * t2)
    b. wave washer (D33 * d26)
    c. washer (D30 * d8.5 * t2)
    d. mushroom top inner hex screw (M8 x P1.25 x L15)

Fig.2

STEP 6. Put the shoulder covers in place and secure them with screw (F).
    a. shoulder cover (A)
    b. shoulder cover (B)
    c. Phillips screw (M5 * P0.8 * L10)

Fig.3

Note: On the inside of both covers are arrows indicating the direction for installation.

STEP 7. Put the stride rail in place in alignment with hole (a) as shown in illustration 3.1.

STEP 8. Insert the stride rail bolt (b) through hole (a). Use an open wrench to secure (d) washer and (e) nut. See figure 3.2 and 3.3. Be careful to install stride rail bolts (b) in the correct direction, as shown here. Complete process on both sides.
b. stride rail bolts
c. washer (D22 * D8.5 * t3)
d. lock nut (M8)
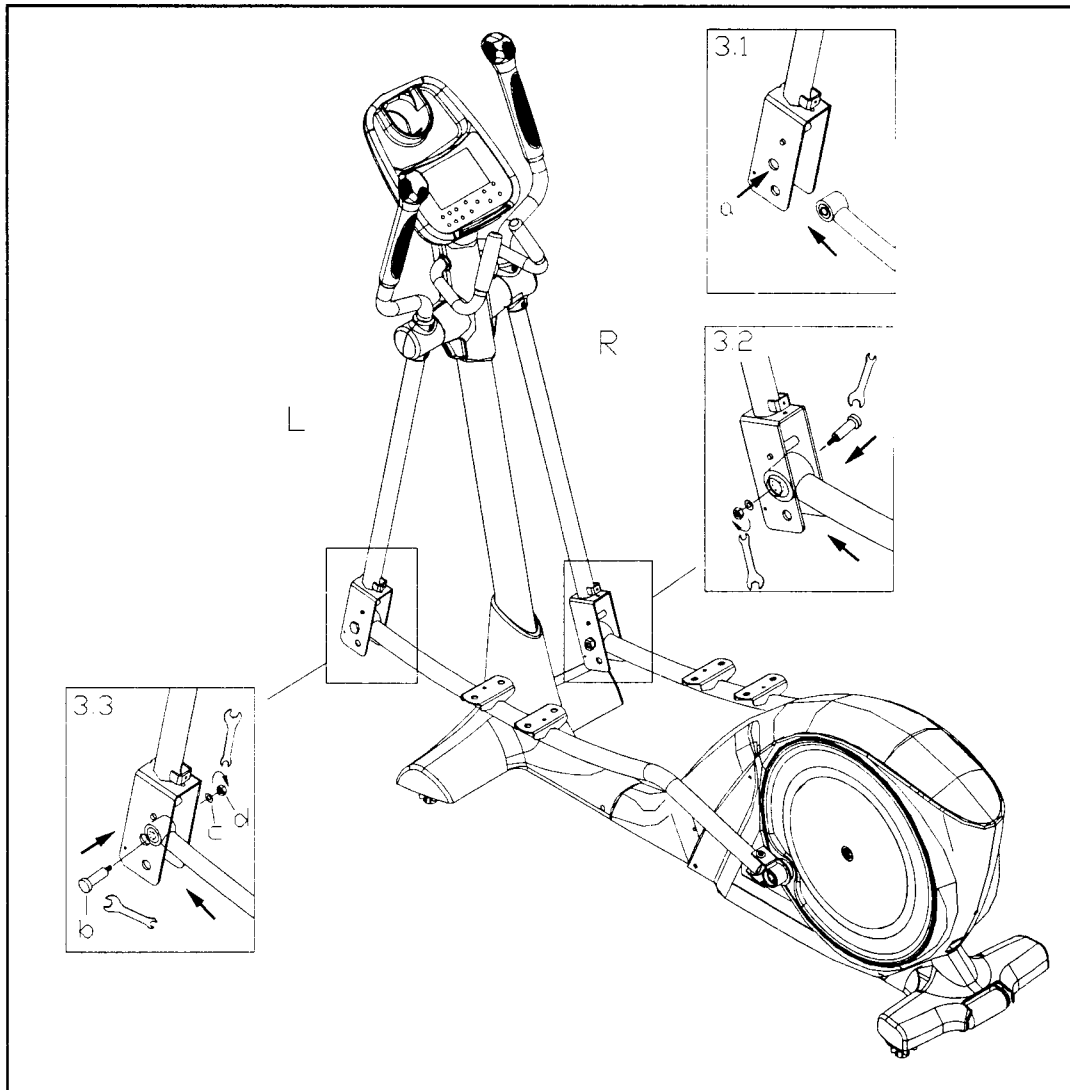
Fig.4

STEP 5. Before assembling the product, remove the shoulder covers. Set (A) flat washer and B wave washer in place on the arm axle. Put the left vertical arm in place. Put (C) washer in place and secure (D) screw with a 6mm Allen wrench.
   a. washer (D32 * d25.2 * t2)
   b. wave washer (D33 * d26)
   c. washer (D30 * d8.5 * t2)
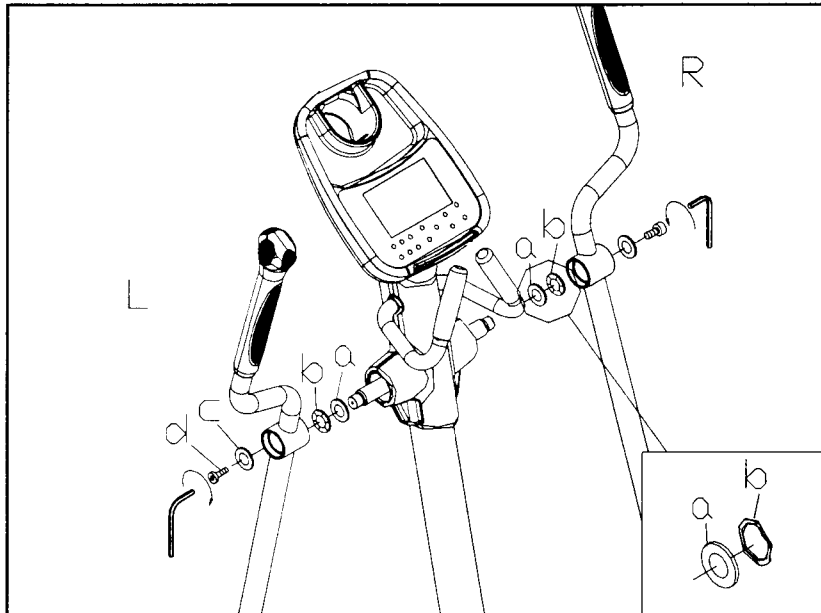   d. mushroom top inner hex screw (M8 x P1.25 x L15)
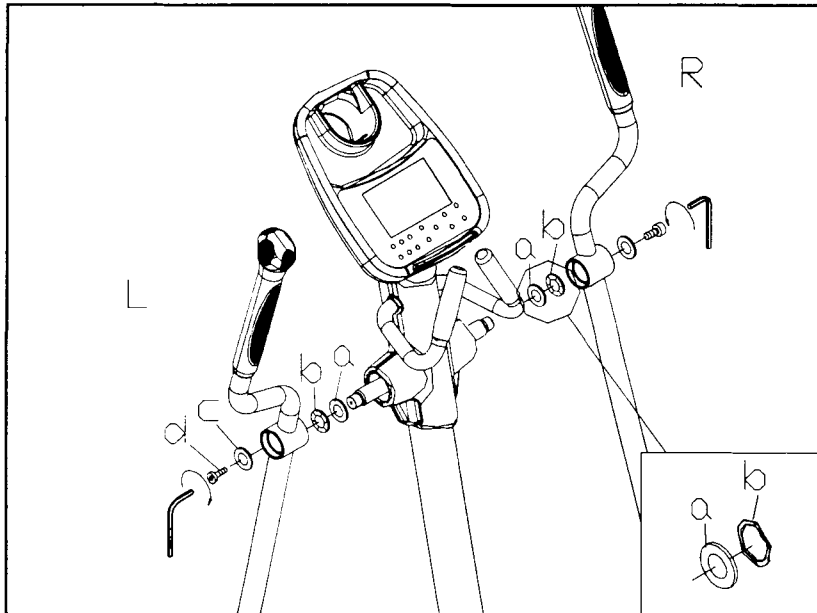
Fig.2

STEP 6. Put the shoulder covers in place and secure them with screw (F).
   a. shoulder cover (A)
   b. shoulder cover (B)
   c. Phillips screw (M5 * P0.8 * L10)
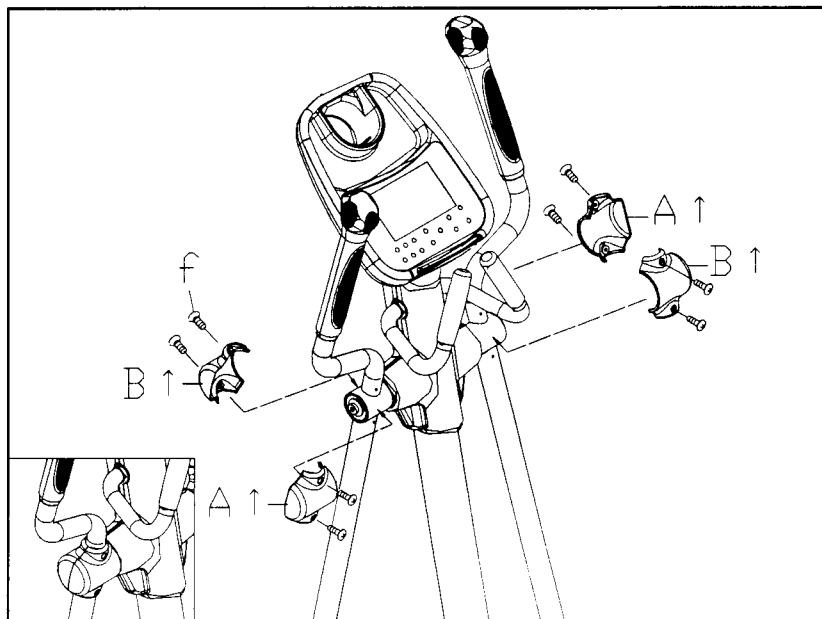

Fig.3

Note: On the inside of both covers are arrows indicating the direction for installation.

STEP 10. First, install (d) stride rail inner cover and secure it with screw (a). Then install cover (c) and secure it with screw (b).
  a. Phillips head screw (M5*P0.08*15)
  b. Phillips head screw (M5*P0.08*15)
  c. stride rail rear cover (left)
  d. stride rail inner cover
  e. stride rail back cover (right)
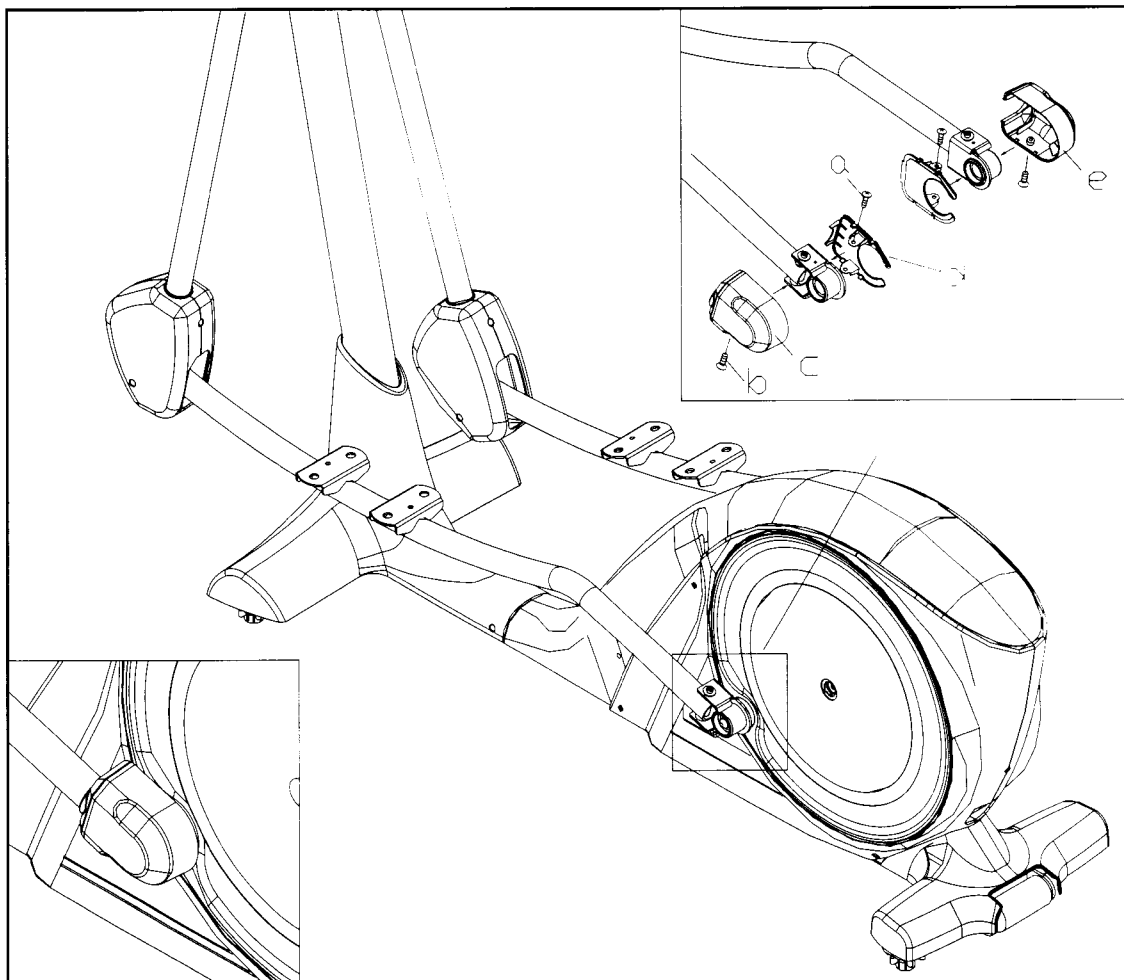
Fig.7

STEP 11. Assemble the foot pedals onto the rails, using screws and washers to secure them. The sides without walls should face outsides.
   a. flat washer (D20*d5*t10)
   b. spring washer (M5)
   c. mushroom top inner hex screw (M5 P0.8 L10)
   d. footplate (left)
   e. footplate (right)
   f. cushion pad
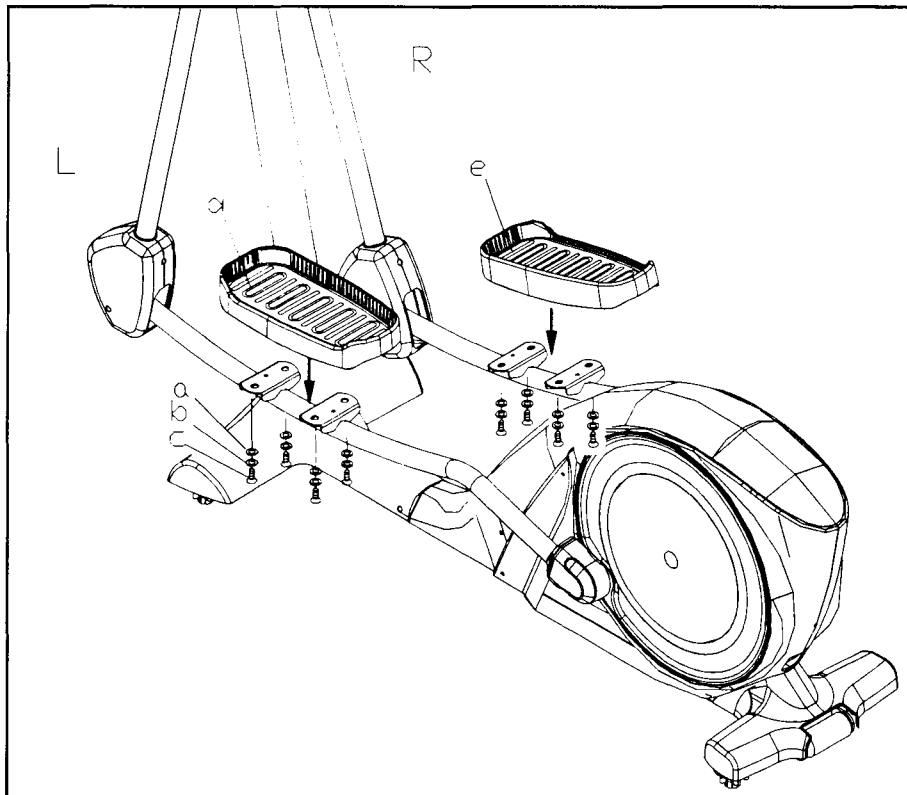
Fig.8

STEP 12. Press the cushion pads into the footplates and position of arrow mark need to be pressed firstly. Note: R (right) and L (left) are indicated under the footplates.
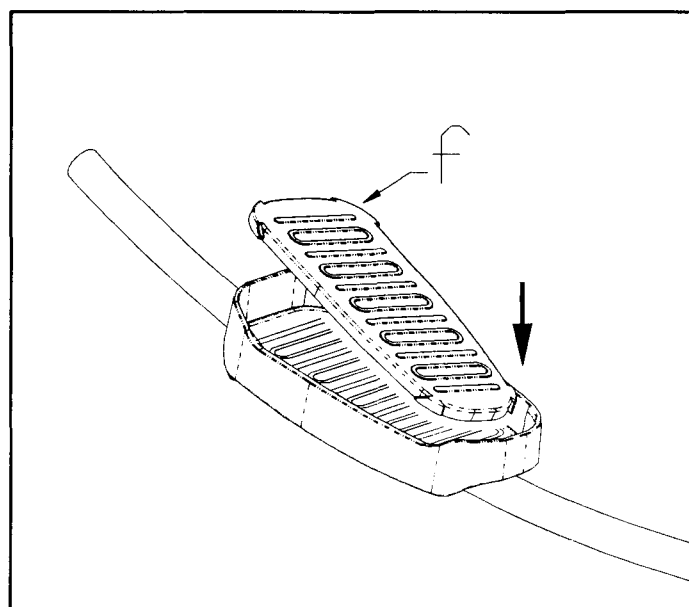
Fig.9

FOOT LEVEL ADJUSMENT

STEP 1. If the unit rocks or is not level, adjust levelers at the front of the unit. First, adjust the foot (A), then secure it in place by tightening washer (B) against the frame, as shown.
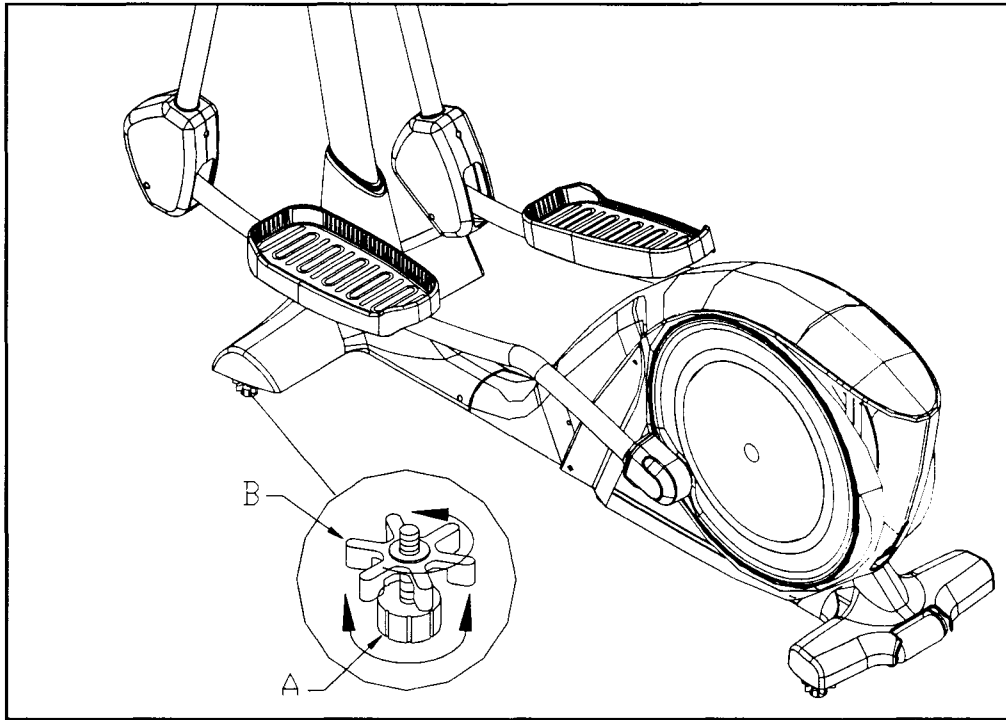
Fig.10

Connect to Power

The power socket is at the lower rear part of the elliptical trainer. Insert the power cord as shown.
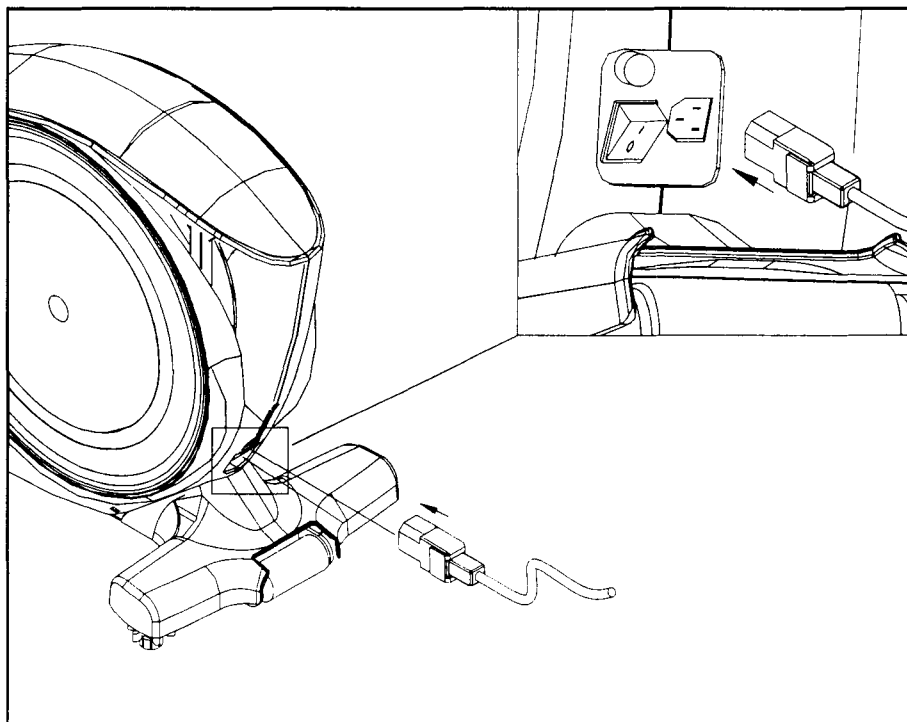
Fig.11

E81G DISPLAY

Display Layout

Dot Matrix Display

SportsArt *FITNESS*

CAUTION

Workout feedback windows include: WORKOUT LEVEL, HR; TIME, TOTAL STRIDES; STRIDES/MIN, CALORIES; DISTANCE, WATTS

WORKOUT LEVEL
♥ HR
TIME
TOTAL STRIDES

To Start
1. Press START
2. Select USER
3. Select AGE
4. Select WEIGHT
5. Select PROGRAM
6. Select TIME

STRIDES / MIN
CALORIES
DISTANCE
WATTS

INTERVAL RANDOM TRACK

GLUTE CARDIO WT LOSS

WORKOUT LEVEL

TOUCH HEARTRATE ♡
Place both hands firmly with contact sensors for best results.

DISPLAY SPECIFICATIONS

WORKOUT LEVEL (Level of resistance): 1 ~ 14

WATT: 0~9999

TIME: 0 : 00~99: 59 (Range from 5:00 ~ 99:00)

TOTAL STRIDES: 0~9999

STRIDES/MIN: 10 ~ 120

CALORIES: 0.0~9999 (K-cal)

DISTANCE: 0.00~9999 Mile or 0.0~9999 Km

HEART RATE: 40~250

USER: It can be stored personal's set data of 4 persons.

AGE: 10~99

Weight: 66~330lbs; 130~150kgs

PROGRAM: TRACK、RANDOM、INTERVAL、GLUTE、CARDIO、WT Loss

Basic Functions

1. Dot Matrix shows program profiles and other information.

2. Workout Feedback displays workout information including WORKOUT LEVEL& ♥ HR、TIME&TOTAL STRIDES、STRIDES/MIN&CALORIES、DISTANCE&WATT.

3. Keypads include TRACK、RANDOM、INTERVAL、GLUTE、CARDIO、WT LOSS、WORKOUT LEVEL ▲、WORKOUT LEVEL ▼、QUICK START、START、CHANGE、ENTER、STOP/HOLD TO RESET.
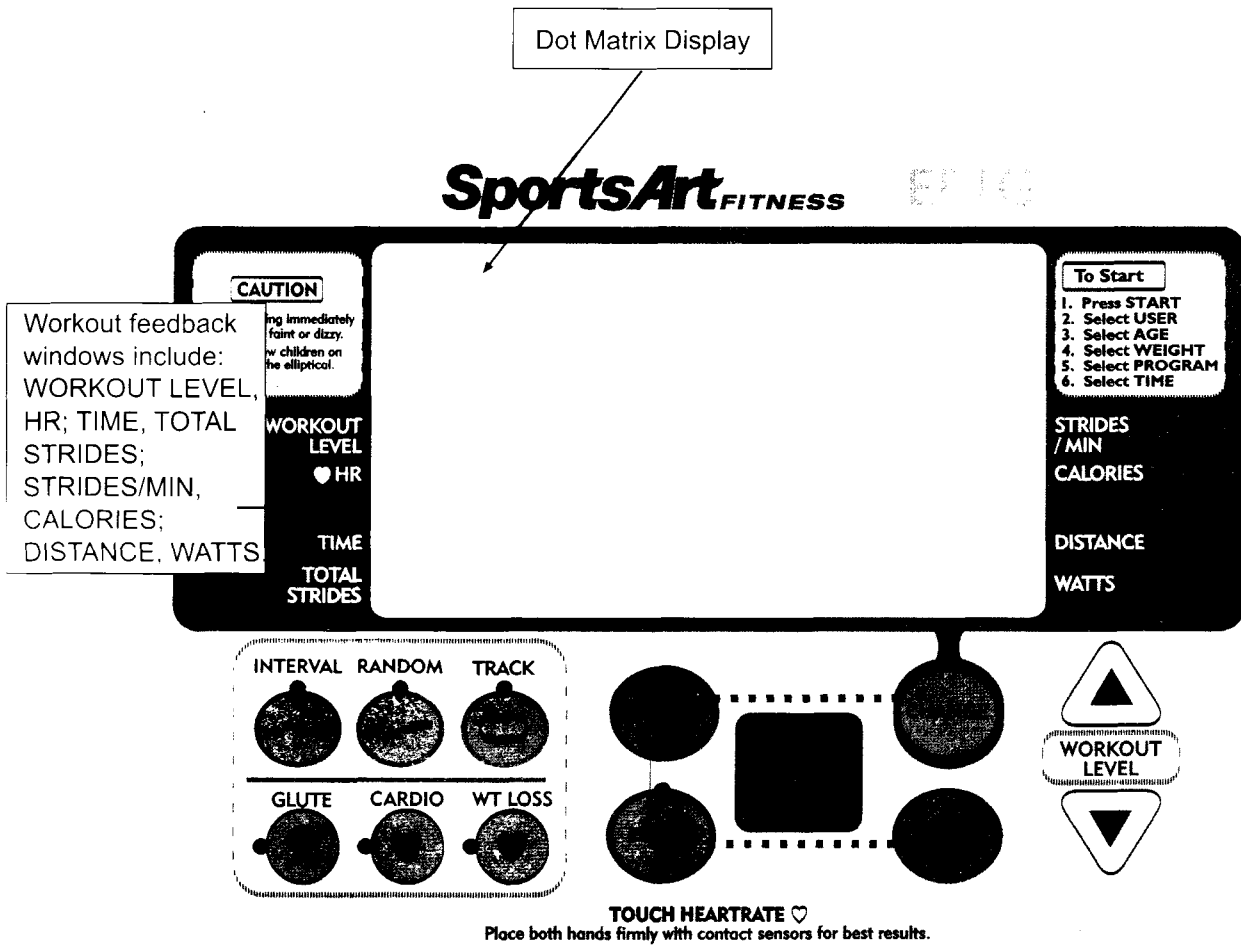
Display Controls

Starting Display: When the machine first starts up, the dox matrix window shows "E81".

1. QUICK START

Press the QUICK START key to immediately start exercising. Time accumulates from 0:00. If entering QUICK START mode, the "TRACK LED" lights and TRACK workout mode begins.(Time counts up from 0:00.)

2. QUICK START under User mode

A. In user mode, press ENTER, then press QUICK START. The user's previous user setting workout mode and workout time appear.

B. During the workout, when you press STOP, QUICK START mode ends. The workout feedback window will display the user's total workout time and total calories. The Dot Matrix window will show "ACCU DATA". Then the starting screen will appear.

3. START

A. USER setting
   After turning on the equipment, press the START key, the USER LED lights up "1" appears in the dot matrix window. Press ▲ or ▼ to view users: Pressing up produces ▲ USER 1→ USER 2 → USER 3 → USER 4 → USER 1→ USER 2 → USER 3..., etc.
   Pressing ▼ produces USER 4→ USER 3 → USER 2 → USER 1 → USER 4 → USER 3→ USER 2.... Press ENTER to confirm your user selection and to enter Age mode.

   ※ When you select the USER, the total workout time, kilometer, and calories for that user will appear.

   ∴ The user's total workout time appears as hh:mm (hours: minutes). If workout time exceeds 99 : 59, minutes disappear. Hours accummulate to 9999.

   To erase a user's accumulative information, in the user screen, hold STOP + ENTER for three seconds to delete the USER Record. The display will beep once and then show the user setting screen.

B. Age Setting
   When the AGE LED flashes, press ▲▼ to input your age. Press ENTER to confirm your choice and proceed to the weight setting.

C. Weight Setting
   WT LED flashes, press the ▲▼ key to input your weight.
   The default value is 165 lbs or 75 kgs. Press ENTER to confirm your choice and proceed to the program mode.

D. Program Selection
   (1) The Program LED will flash. The Dot Matrix window will show "SELECT PROGRAM ", prompting you to choose a program.
   (2) Press the program key of your choice, then press ENTER to confirm your choice.

E. Time
   The Time LED displays the user's previous workout time. Press the ▲ or ▼ key to establish workout duration. Range: 5:00~99:00. Press ENTER to confirm your choice.

Default Value

1. Total distance

In the user mode, press WORKOUT LEVEL ▼ + WORKOUT LEVEL ▲ for three minutes. Total distance appears as eight digits across the time and distance windows. Distance units, MILE or KM, appear in the Dot Matrix window. Press ENTER to proceed to total time.

2. Total time

Time appears as eight digits across time and distance windows. HOUR appears in the Dot Matrix window. Press ENTER to proceed to the Imperial/Metric parameter.

3. Set up LB or KG

Press ▲or ▼ to toggle between "LB " (metric system) or "KG" (imperial system). Press ENTER to confirm your choice and return to the startup screen.

Keypad

1. WORKOUT LEVEL ▲/▼ Basic Operation

(1) In workout mode, press WORKOUT LEVEL ▲/▼ to adjust workout setting.
(2) In user setting mode, use WORKOUT LEVEL ▲/▼ to adjust user's age/weight/workout time.

2. CHANGE

This display shows four types of feedback.

It automatically cycles ever six seconds as follows:

WORKOUT LEVEL←→HR 、 TIME←→TOTAL STRIDES 、 STRIDES/MIN←→ CALORIES 、 DISTANCE←→WATT.

Press CHANGE key to lock on one group of information currently displayed. Press CHANGE key again to switch to different group of display. Finally, press CHANGE key again to resume scanning.

3. QUICK START

(1) Press the QUICK START key to start exercising without first inputting user information.

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(2) While in the user window, pressing the QUICK START key makes the display show the user's exercise program and workout time. If the previous user didn't exercise in any program, TRACK mode and a workout time of 30 minutes will appear.

4. Program Mode Explanation

When the indicator lights up, press program mode — INTERVAL、RANDOM、TRACK、GLUTE、CARDIO、WT LOSS to start exercising.

5. STOP/HOLD TO RESET

STOP: Press this key to stop your workout.
RESET: Hold this key for two seconds to return to the starting screen.

6. ENTER: Enter all information and press the ENTER key to confirm your choice.

Program Overview

TRACK

1. 0.25 mile/per lap

2. Preset resistance level is 1. Adjust the workout level by pressing WORKOUT LEVEL ▲/▼. Workout level is from 1 to 14.

RANDOM

1. The Random Program contains an infinite number of programs. Continue to press the Random Program key until you find your preferred course.
Then, start exercising. Time counts down in random mode.

2. Press WORKOUT LEVEL ▲/▼ to adjust resistance.

INTERVAL

Choose the INTERVAL mode and input your desired workout time as follows:

1. The dot matrix window shows the message "ENTER WORK TIME ".
The Time Window lights up. Press WORKOUT LEVEL ▲/▼ to make your setting. Press the ENTER key to confirm your choice.

2. The dot matrix window shows the message "ENTER REST LEVEL."
Workout Level Window lights up. Press WORKOUT LEVEL ▲/▼ to establish the rest resistance level. Press the ENTER key to confirm your choice.

3. The dot matrix window shows the message "ENTER WORK TIME. "
The Time Window lights up. Press WORKOUT LEVEL ▲/▼ to establish the
workout time. Press the ENTER key to confirm your choice.

4. The dot matrix window shows the message " ENTER WORK LEVEL."
Workout Level Window lights up. Press WORKOUT LEVEL ▲/▼ to establish
work level. Press the ENTER key to confirm your choice.

GLUTE

1. Glute programs are designed specifically to exercise the glute muscles of the
body. There are three workout modes. Press the GLUTE key to toggle between
the three modes as shown:
LIGHT→MEDIUM →HEAVY →LIGHT.

2. Press WORKOUT LEVEL ▲/▼ to adjust current workout level.

WT Loss (HRC 65%) / CARDIO (HRC 80%)

These programs allow you to exercise at a targeted heart rate by automatically
changing resistance levels and the stride speed.

1. Target Heart Rates:

(1).WT LOSS: 65% Heartrate Control : (220 - AGE) x65%

(2).CARDIO: 80% Heartrate Control : (220 - AGE) x80%

2. In these programs, if no Heart Rate signal is detected during the workout, a
message "NO HEART RATE READING, PLEASE CHECK TRANSMITTER" will
appear on the screen. The program will not change the resistance level under this
circumstance.

3. Once you enter a cardio program, the following figures appear:
The HR indicator flashes and the user's actual heart rate appears.

USER   AGE   WT   KG   LB

1→   ←2

3→   ←4

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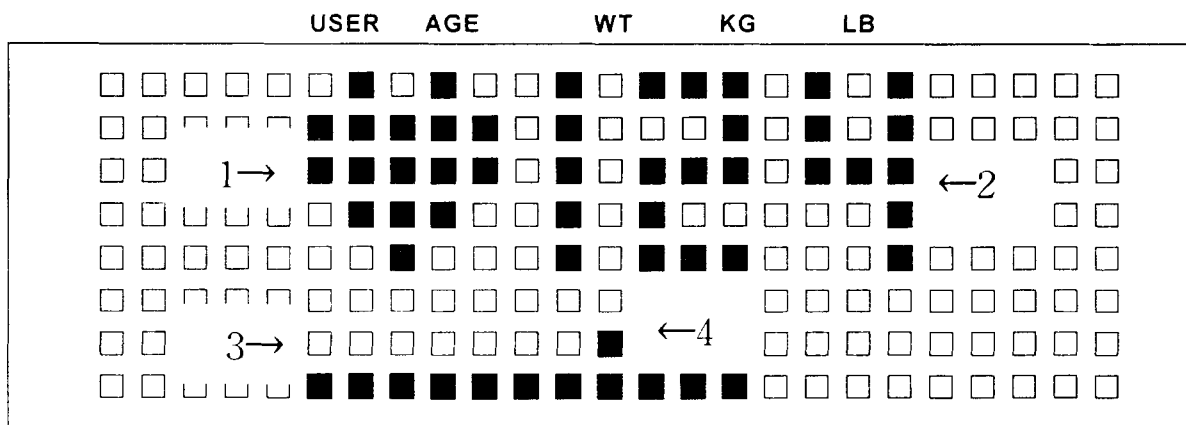
3-1. (1) Flash heart figure.
　　　(2) Target heart rate.
　　　(3) Actual RPM
　　　(4) Suggested RPM.

3-2. Preset values is SPM. These programs will detect the user's heart rate and adjust resistance levels accordingly.

3-3. If the user stops exercising, "STEP TO START" appears twice on the dot matrix display. If there is still no one pedaling, then reverts to 50 SPM.

PAUSE

1. When you stop exercising, the word "PAUSE" scrolls across the dot matrix window. Resume exercising or press the START key to end "PAUSE" action and to return to the last screen.

2. After Pause is activated, stop exercising for over two minutes to return to starting display.

END OF WORKOUT

1. When the workout time counts down to "0", and the display beeps sound for three times(every 0.5 second). The information display windows show your workout Total Time, Total Calories, and Average HR. The Dot Matrix window shows the words "ACCU DATA".

2. At the end of one workout cycle:

(1) The display returns to initial banner if the workout was started by QUICK START.

(2) If the workout was started under the program mode, the display returns to Program mode and PROGRAM indicator flashes. The LED window will show "SELECT PROGRAM OR PRESS START". You can press new workout or you can press START to reset user information.
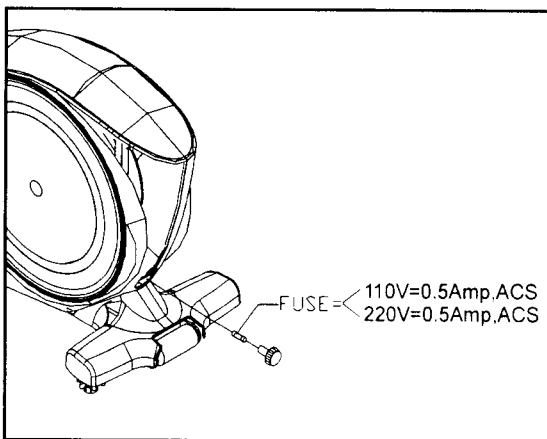
Fuse Replacement:

If you turn on the unit but the display does not light up, it may be necessary to replace a fuse.

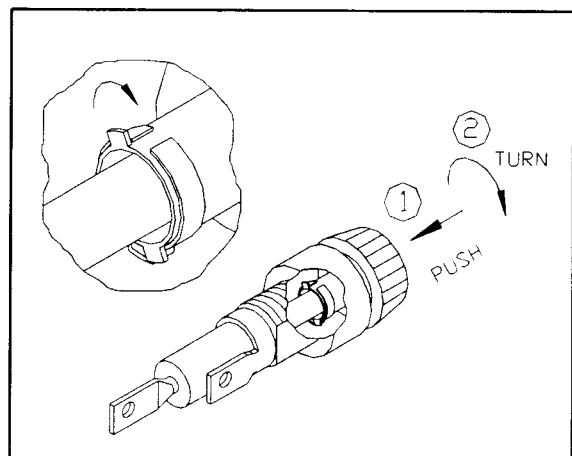STEP 1. Identify the fuse specification. Use the appropriate type of fuse.

STEP 2. To remove an old fuse, push the fuse cap in and turn counterclockwise.

STEP 3. Remove the damaged fuse from the fuse cap. Insert a new fuse into the fuse cap.
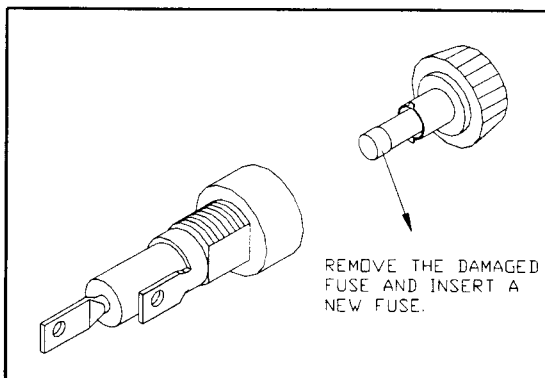
STEP 4. To secure the new fuse in place, push in , and turn the fuse cap clockwise.
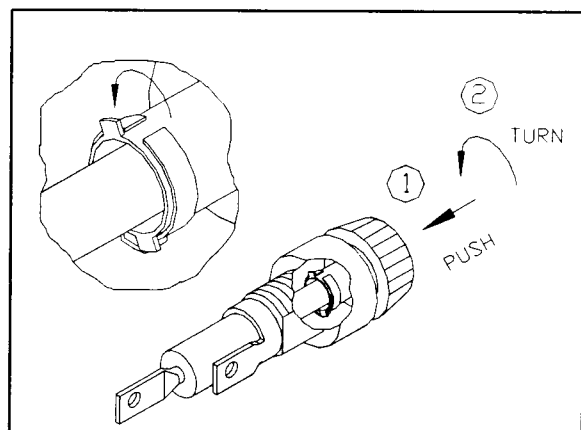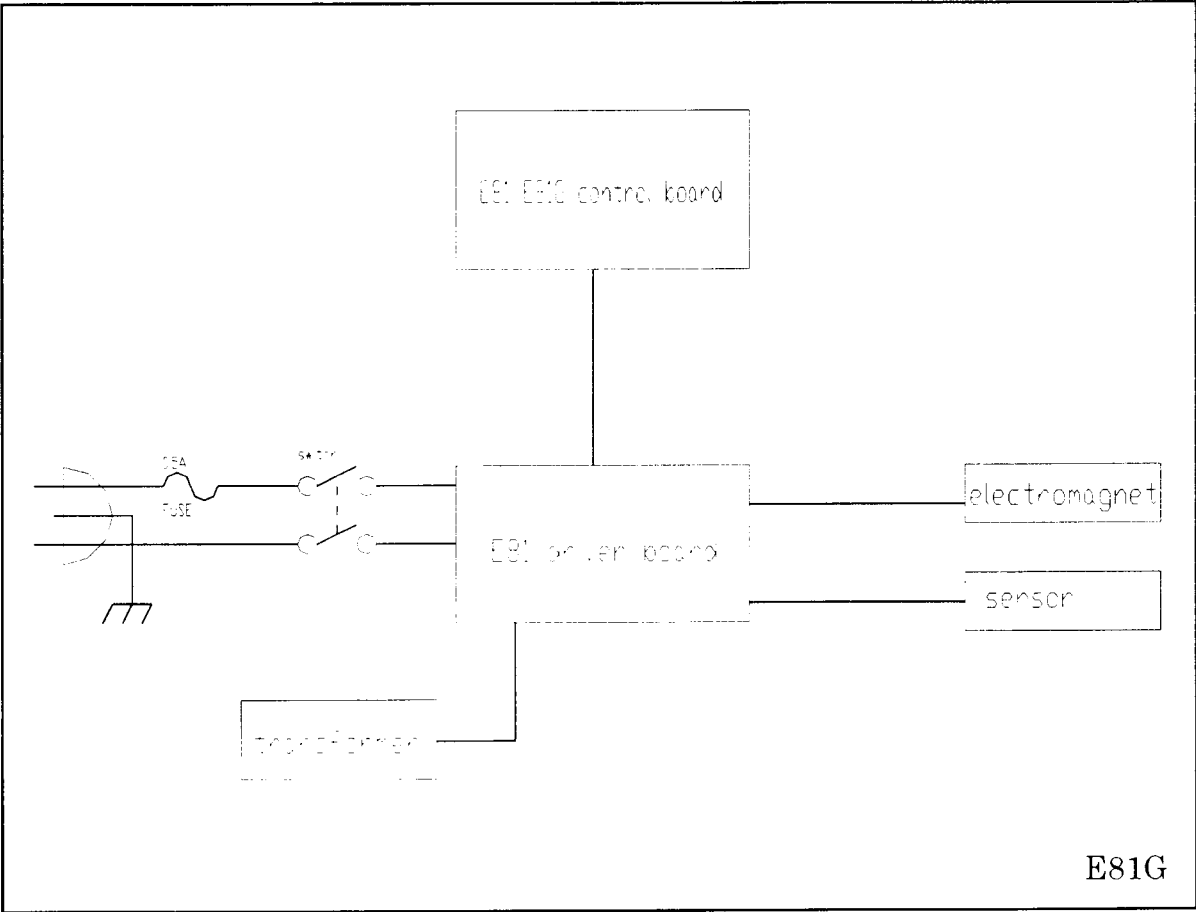
FUSE = 110V=0.5Amp,ACS / 220V=0.5Amp,ACS

STEP 1

TURN ② ① PUSH

STEP 2

REMOVE THE DAMAGED FUSE AND INSERT A NEW FUSE.

STEP 3

TURN ② ① PUSH

STEP 4

WIRING SCHEMATIC

E81G

Your Authorized SPORTS ART Distributor

COMPLETE PARTS LIST

Part no:	Description		Part no:	Description
001	Upper cover for computer post, rear		039	Fuse
002	Computer post		040	Fuse holder
003	Cover for pulse handle, rear		041	Adjustable foot
004	Cover for pulse handle, front		042	Main frame
006	Rear computer cover		043	Right side cover
007	Upper cover for computer post, front		044	Right cover handle/pedal tube, inner
008	Rubber ring, computer post		045	Right pedal
009	Lower cover for computer post		046	Adjustable foot, front
010	Left cover handle/pedal tube, inner		047	Fixing bolt, computer post
011	Left cover handle/pedal tube, outer		048	Fixing bolt, pedal tube, front
012	Left pedal		050	Left pedal tube
013	Top cover		051	Fixing bolt, pedal tube, rear
014	Rubber bushing, main frame		052	Rear hinge, pedal tube
015	End cap, main frame		053	Cylinder bushing, hinge
016	Crank axle		054	Right pedal tube
017	Fixing nut crank arm		056	Left handle
018	Drive belt disc		057	Right handle
020	Drive belt		058	Rubber padding, right handle
021	Crank arm		061	Rubber padding, left handle
022	Cover for rear turning disc		067	Lower cover for left handle
023	Rear fixing bracket, side cover		068	Lower cover for right handle
024	Left side cover		084	Computer
025	Cover for rear stabilizer		092	Pulse receiver
026	Power input		093	Circiut board, hand pulse
027	Adaptor cable		094	Signal cable, hand pulse board
028	Tension screw, drive belt		095	Signal cable, hand pulse
029	Spring		096	Sensor cable, hand pulse
030	Tension bracket, drive belt		098	Hand pulse sensor, left half
031	Fuse cable		099	Hand pulse sensor, right half
032	Fuse cable		100	Fixing bracket, electromagnet
033	Fixing bracket, power input		101	Power cord for electromagnet
034	Main power cord		102	Electromagnet
035	Transport wheel axle		103	Sensor
036	Transprt wheel		104	Sensor cable, flywheel
037	Main power switch		114	Pedal padding
038	Grounding cable			