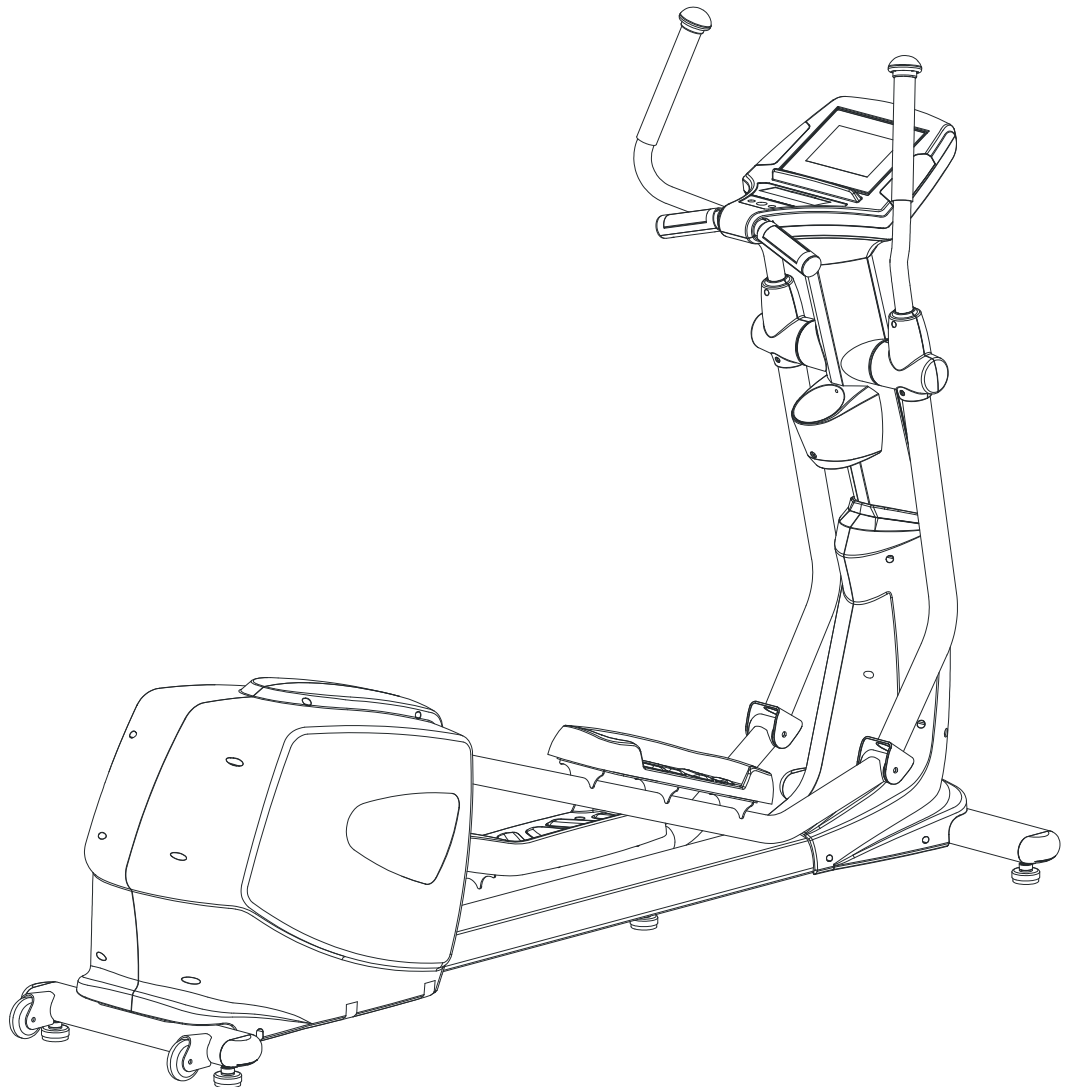




CE-8.0LC

ELLIPTICAL TRAINER



Product May Vary Slightly From Pictures

**MADE IN TAIWAN**



Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment.

If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed.

Keep children and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

**CAUTION: WEIGHT ON THIS PRODUCT SHOULD NOT EXCEED 180KG / 400LBS.**

VERSION: II



## **SAFETY INSTRUCTIONS**

**WARNING:** To reduce the risk of serious injury, read the following Safety Instructions before using the **Elliptical Trainer**.

1. Read all warnings posted on the **Elliptical Trainer**.
2. Read this Owner's Manual and follow it carefully before using the **Elliptical Trainer**. Make sure that it is properly assembled and tightened before use.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **Elliptical Trainer**. Do not allow children to use or play on the **Elliptical Trainer**. Keep children and pets away from the **Elliptical Trainer** when it is in use.
5. It is recommended that you place this exercise equipment on an equipment mat.
6. Set up and operate the **Elliptical Trainer** on a solid level surface. Do not position the **Elliptical Trainer** on loose rugs or uneven surfaces.
7. Inspect the **Elliptical Trainer** for worn or loose components prior to use.
8. Tighten/replace any loose or worn components prior to using the **Elliptical Trainer**.
9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
10. Follow your physician's recommendations in developing your own personal fitness program.
11. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
12. Before using this product, please consult your personal physician for a complete physical examination.
13. Do not wear loose or dangling clothing while using the **Elliptical Trainer**.
14. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **Elliptical Trainer**, loss of balance may result in a fall and serious bodily injury.
16. Keep both feet firmly and securely on the Foot Pedals while exercising.
17. The **Elliptical Trainer** should not be used by persons weighing over 400 pounds /181 kgs.
18. The **Elliptical Trainer** should be used by only one person at a time.
19. Use two people to assemble and move the **Elliptical Trainer**.
20. Maintenance: Replace the defective components immediately and/or keep the equipment out of use until repair the equipment completely.
21. Make sure that adequate space is available for access to and passage around the **Elliptical Trainer**; keep at least a distance of 1 meter from any obstruction object while using the machine.

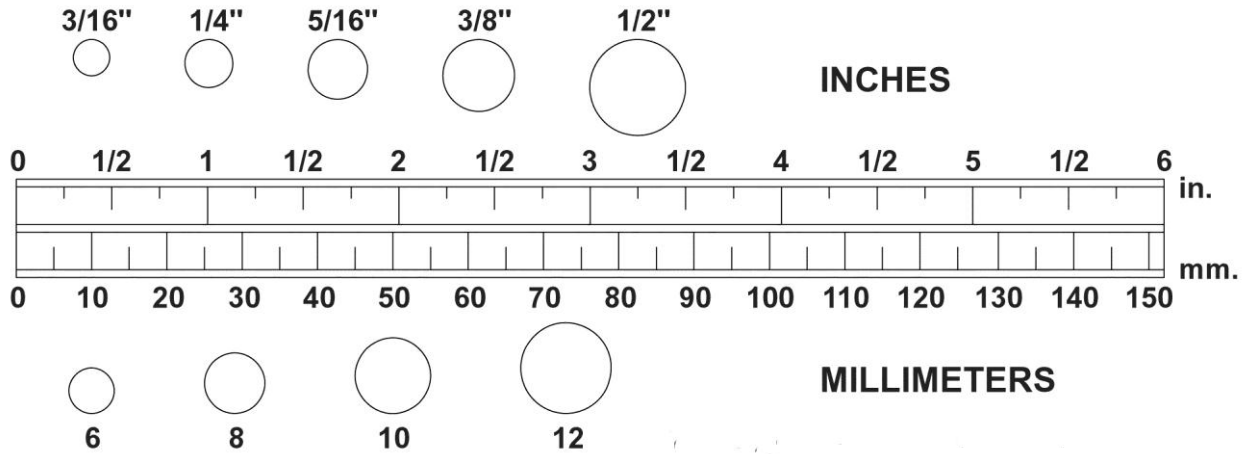
**WARNING:** Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.



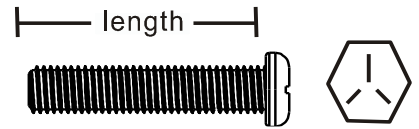
**READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY**

## HARDWEAR IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



**NOTE:** The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.



After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.		
	Part No. and Description	Q'TY
	66 Lock Washer (M8)	4
	70 Washer (8x38x2.0t)	4
	80 Screw, Round Head (M5xp0.8x15mm)	18
	81 Screw, Round Head (M5xp0.8x50mm)	2
	83 Bolt, Socket Head (M8xp1.25x10mm)	8
	90 Bolt, Button Head (M10xp1.5x85mm)	2
	94 Bolt, Hex Head (M8xp1.25x65mm)	4
	95 Bolt, Hex Head (M10xp1.5x50mm)	2
	104 Nylon lock Nut (M10xp1.5)	2
	105 Nut Cap	2

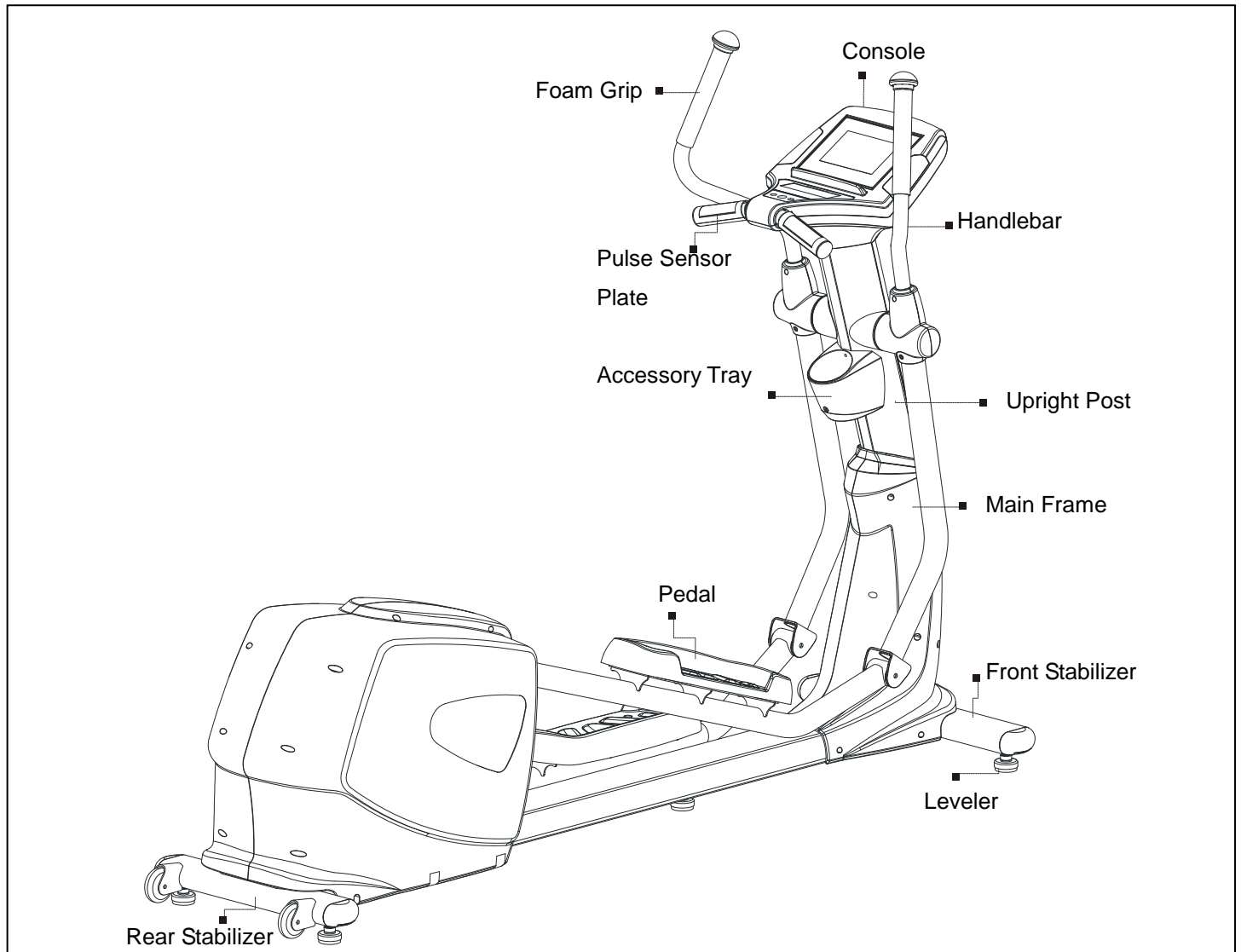
# BEFORE YOU BEGIN

Thank you for choosing the **CE-8.0LC Elliptical**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

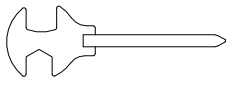



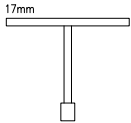
Yes, it's a proven fact that a regular exercise program can improve your physical and mental health.

Too often, our busy lifestyles limit our time and opportunity to exercise. The equipment provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Read this manual carefully before using the equipment.

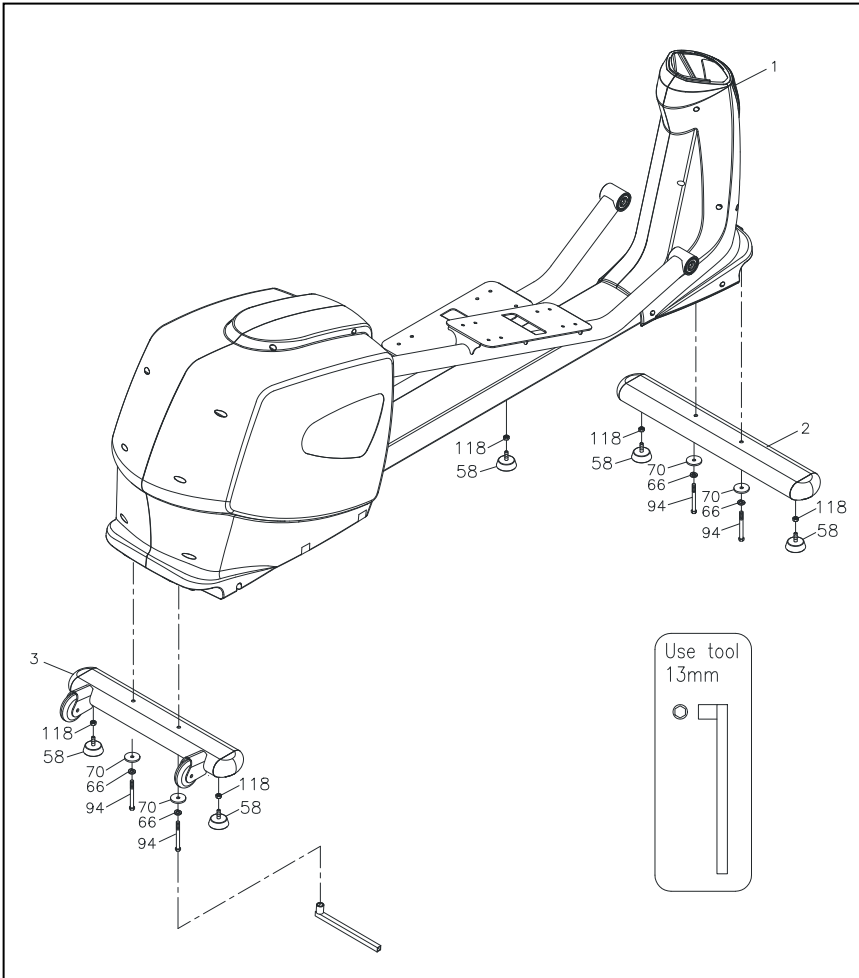


## THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:

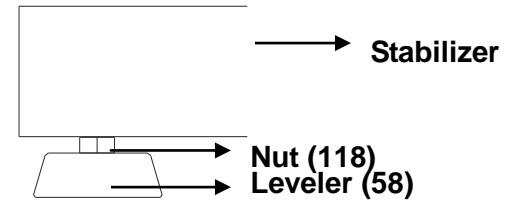
				
<b><u>MULTI WRENCH TOOL</u></b> <b><u>W/ PHILLIPS</u></b> <b><u>SCREWDRIVER</u></b>	<b><u>ALLEN WRENCH</u></b> <b><u>(6 mm)</u></b>	<b><u>PHILLIPS</u></b> <b><u>SCREWDRIVER (6mm)</u></b>	<b><u>SOCKET WRENCH</u></b> <b><u>(13mm)</u></b>	<b><u>T-HANDLE SOCKET</u></b> <b><u>WRENCH (17MM)</u></b>

# ASSEMBLY INSTRUCTIONS

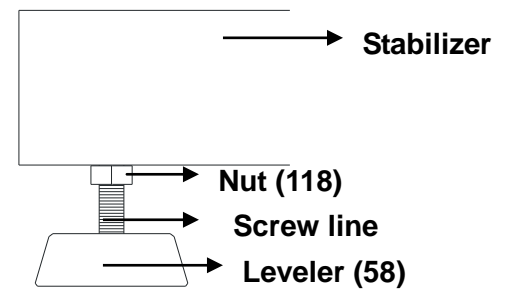
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Read each step carefully before beginning.



## Detailed Lever- drawing 1



## Detailed Lever- drawing 2



### STEP 1 – Leveler Assembly

- Attach the **Leveler x 4 (58)** to the **Front Stabilizer (2)** and the **Rear Stabilizer (3)**.
- Be sure to tighten the **Leveler (58)** securely against the **Stabilizers (2, 3)** until screw completely tightened as the **drawing 1** shown on the top right corner.

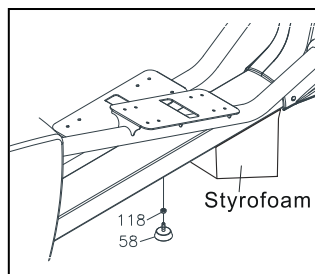
### STEP 2 – Stabilizer Assembly

Attach the **Front Stabilizer (2)** and the **Rear Stabilizer (3)** onto the **Main Frame (1)** and secure with the **4 x Washers (8x38x2.0t) (70)**, the **4 x Lock Washers (M8)(66)** and the **4 x Hex Head Bolts (M8xp1.25x65mm) (94)** with the socket wrench(**13mm**) (See picture above)

### STEP 3 – Leveler Assembly

Tighten one **Leveler (58)** under the middle of the **Main Frame (1)**.

**NOTE:** It will be easier to attach the **Leveler (58)** under the **Main Frame (1)** by placing one Styrofoam (or any stationary object) under one side of the **Main Frame (1)**.



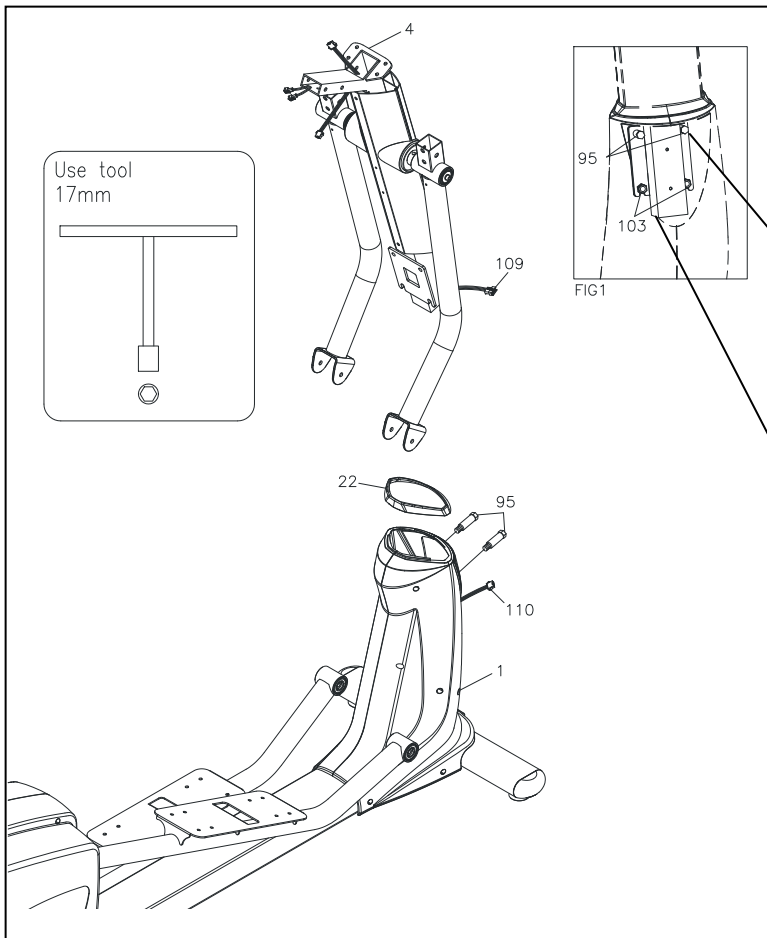
**LEVELING:** After placing the equipment in the intended location for use, Check the stability of the equipment. If the equipment is not level, reviewing the following direction:

Loosen the **Leveler (58)** to make the **Nut (118)** become less tight.

Adjust the **Leveler (58)** for leveling.

Tighten the **Nut (118)** securely against the **Stabilizer** to lock the **Leveler (58)** in the stable position as the **drawing 2** shown.

# ASSEMBLY INSTRUCTIONS



**NOTE:** Please do not fully tighten Bolts (95) until Step. 8 for the easy assembly

**NOTE:** Do not remove the lock nuts during assembly (103)

## STEP 4 – Upright Sleeve Assembly

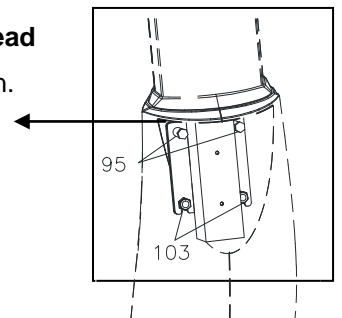
**CAUTION:** Be careful not to damage the **Middle Connection Wire (109)** while assembling Step 4 to 6. Slide the **Upright Sleeve (22)** onto the **Upright Post (4)**.

◆ Refer to the drawing above. Make sure the direction of the **Upright Sleeve (22)** is in the correct position.

## STEP 5 – Upright Post Assembly

- Check that 2 x **Nylon lock Nuts (M10x8t) (103)** have preassembled into the front of the **Main Frame (1)** as FIG1 illustration shows on the top right corner, making sure that the slotted bracket of the upright post slides between the nuts and the frame.
- Insert the **Upright Post (4)** onto the **Main Frame (1)** and slightly secure with the 2 x **Hex Head Bolts (M10xp1.5x50mm) (95)** by using the **T-Handle SOCKET WRENCH(17mm)** as shown.

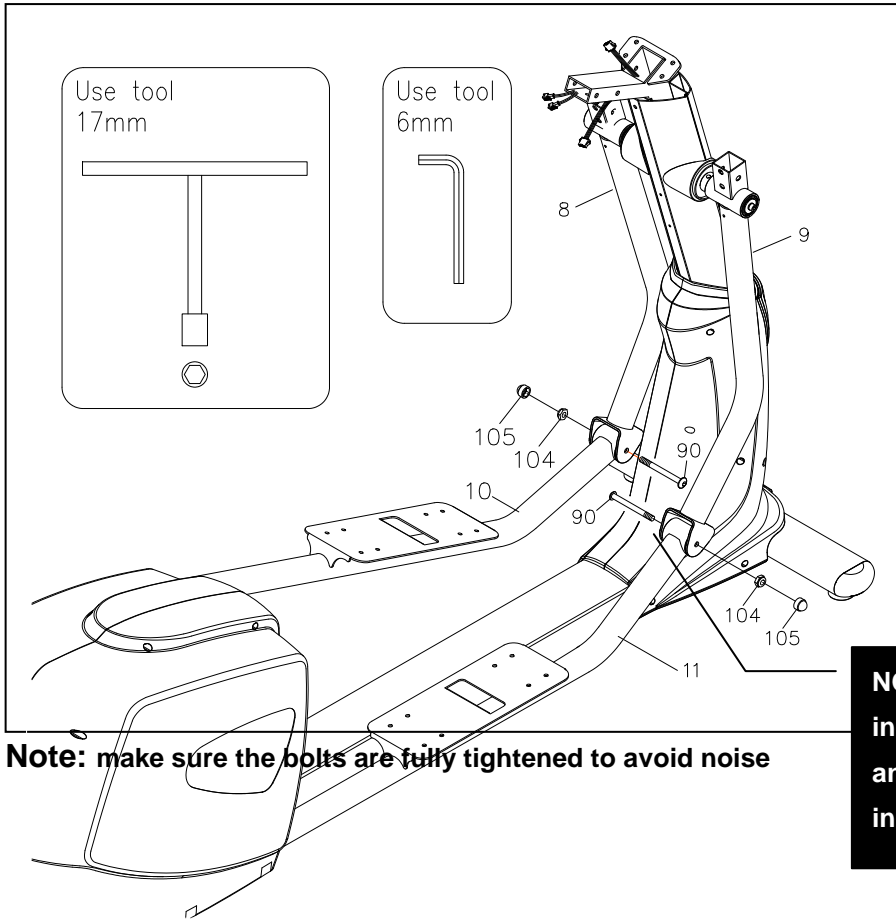
**NOTE:** Please do not fully tighten Bolts (95) or lock nuts (103) until Step. 7 Has been **COMPLETED**



## STEP 6 – Wire Assembly

Plug the **Middle Connection Wire (109)** into the **Lower Connection Wire (110)**.

# ASSEMBLY INSTRUCTIONS

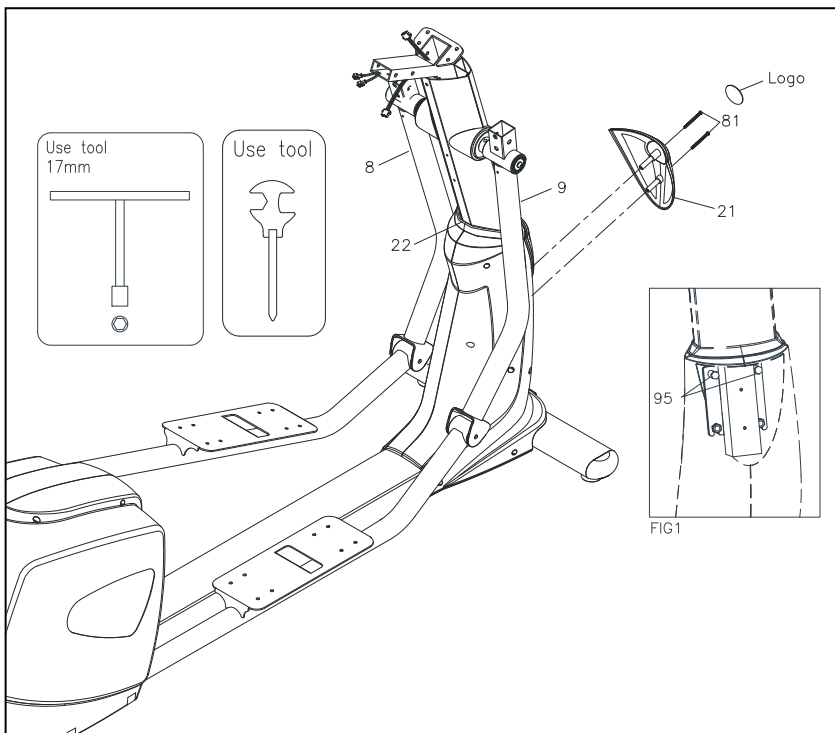


## STEP 7 – Pedal Support Arm & Pivoting Arm Assembly

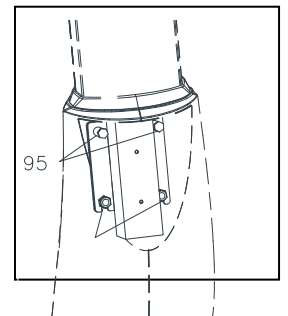
- Attach the **Left Pedal Support Arm (10)** onto the **Left Pivoting Arm (8)** and secure with the **1x Button Head Bolt (M10xp1.5x85mm) (90)** and **1 x Nylon lock Nut (M10xp1.5) (104)**.
- Press the **Nut Cap (105)** onto the **Nylon lock Nut (M10xp1.5) (104)**.
- Repeat the above procedure to attach the **Right Pedal Support Arm (11)** onto the **Right Pivoting Arm (9)**.

**NOTE:** Please make sure Bolts (90) are inserted from the inside of the Pivoting Arm and the Nuts (104) and Nut Caps (105) are installed from the outside

## STEP 8 – Front Decoration Cover Assembly



- Please go back to fully tighten with the **2 x Hex Head Bolts (M10xp1.5x50mm) (95)** and the **2 x Lock nuts (103)** with the **T-Handle SOCKET WRENCH (17mm)** as shown.



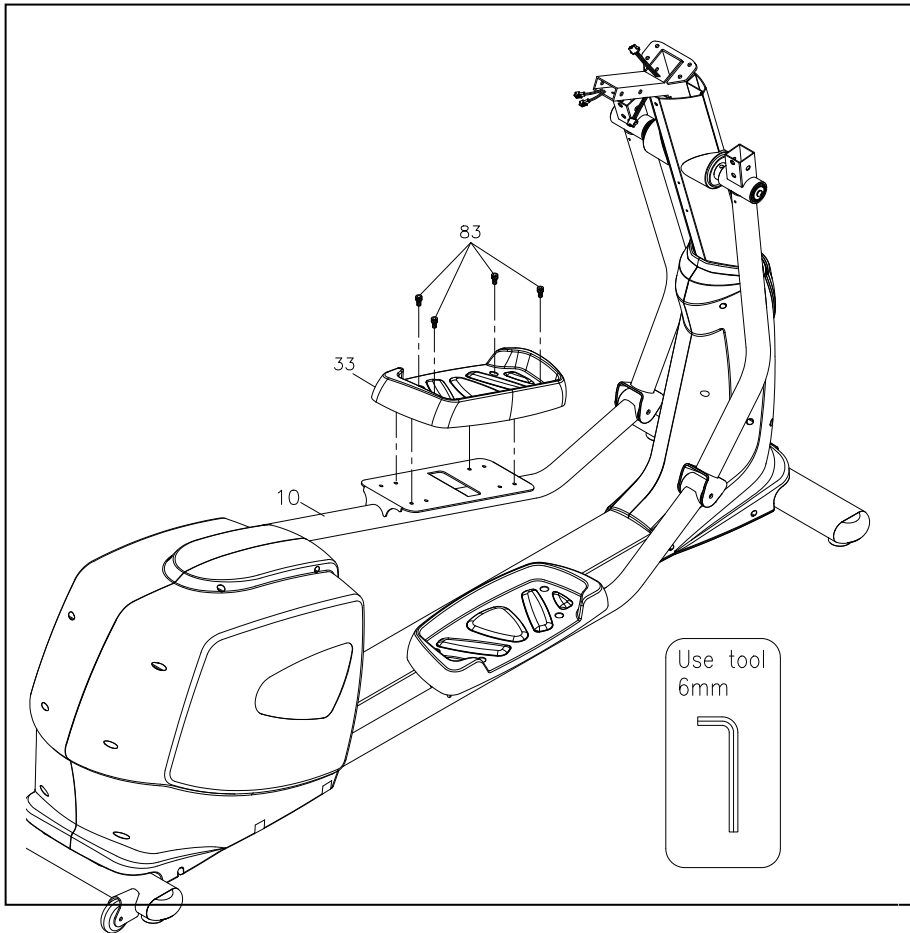
- Attach the **Front Decorative Upright Cover (21)** onto the front of the **Main Frame (1)** with the **2 x Round Head Screws (M5xp0.8x50mm) (81)**.
- Place the **Logo Sticker** on the surface of the **Front Decorative Upright Cover (21)**.

◆ A logo sticker is located in one of the hardware boxes.

- Slide the **Upright Sleeve (22)** down to cover the open area of the **Main Frame (1)**.



# ASSEMBLY INSTRUCTIONS

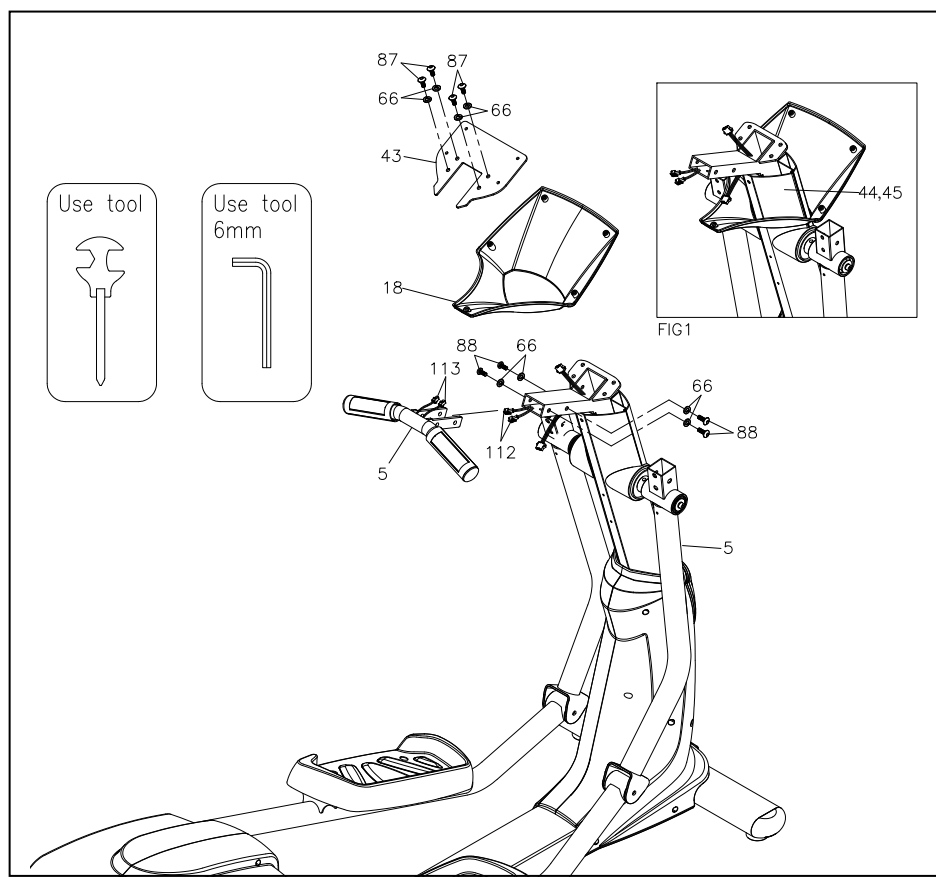


## **STEP 9 – Pedal Assembly**

- a. Attach the **Left Pedal Assembly (33L)** onto the **pedal arm plate** that is located in the middle of the **Left Pedal Support Arm (10)** and secure with the **4x Socket Head Bolt (M8x1.25x10mm) (83)**.
- b. Repeat the above procedure to attach the **Right Pedal Assembly (33R)** onto the **Right Pedal Support Arm (11)**.



# ASSEMBLY INSTRUCTIONS



## **STEP 10 – Console**

### **Bracket Assembly**



**CAUTION:** Be careful not to damage the **Middle Pulse Sensor Wire (112)** while assembling **STEP 9**.

Slide the **Console Bracket (18)** onto the **Upright Post (4)** as the **FIG1** illustration shows on the top right corner.

## **STEP 11– Console Fixed**

### **Bracket Assembly**

**NOTE:** For shipping purpose, the **4 x Button Head Bolts (M8xp1.25x12mm) (87)** and **4 x Lock Washers (M8)(66)** are attached on the **Upright Post (4)**.

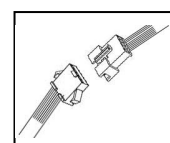
- Remove the **4 x Button Head Bolts (M8xp1.25x12mm)(87)** and **4 x Lock Washers (M8)(66)** from the **Upright Post (4)**.
- Attach the **Console Fixed Bracket (43)** onto the **Upright Post (4)** and secure with the **4 x Button Head Bolts (M8xp1.25x12mm)(87)** and **4 x Lock Washers (M8)(66)**

## **STEP 12 – Stationary Handlebar & Wire Assembly**

**NOTE:** For shipping purpose, the **Button Head Bolts (M8xp1.25x16mm)(88)** and **Lock Washers (M8)(66)** are attached on the **Stationary Handlebar (5)**.

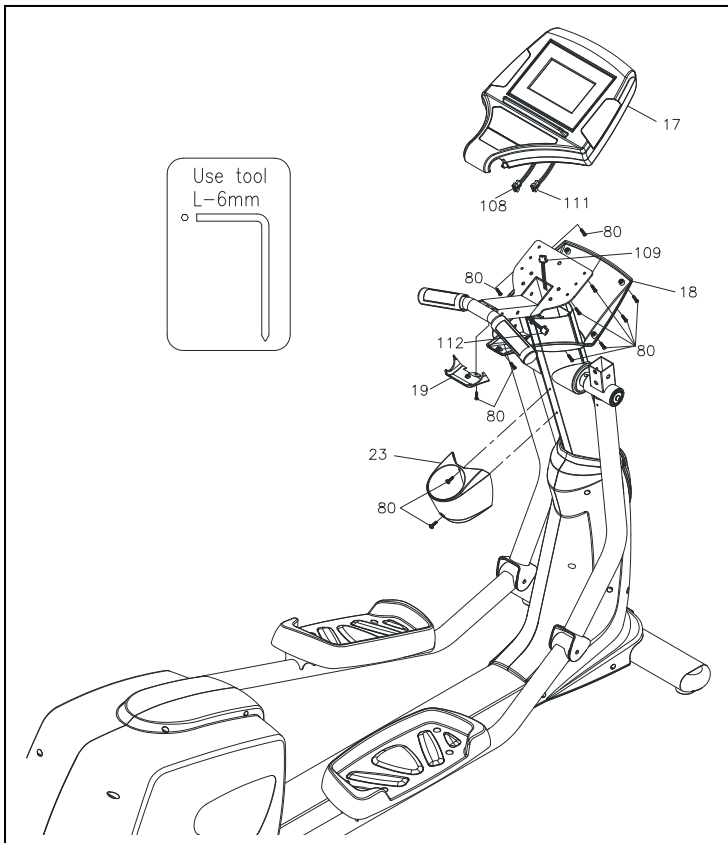
- Remove the **4 x Button Head Bolts (M8xp1.25x16mm)(88)** and **4 x Lock Washers (M8)(66)** from the **Stationary Handlebar (5)**.
- Connect the **Middle Pulse Sensor Wire (112)** and the **Lower Pulse Sensor Wire (113)** to the **Stationary Handlebar (5)**.

**NOTE:** After connecting the wires' pins, slightly and gently pull two sides of wires to test and make sure whether the wires are fully connected.



- Insert the **Stationary Handlebar (5)** into the **Upright Post (4)** and secure with the **4 x Button Head Bolts (M8xp1.25x16mm)(88)** and **4 x Lock Washers (M8)(66)**.

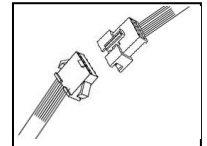
# ASSEMBLY INSTRUCTIONS



## STEP 13 – Wire Assembly

- Connect the **Upper Pulse Sensor Wire (111)** to the **Middle Pulse Sensor Wire (112)**.
- Connect the **Upper Connection Wire (108)** to the **Middle Connection Wire (109)**.

**NOTE:** The number of wire pin should be the same for both wires to connect with as the drawing shown on the right.



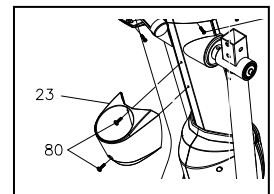
## STEP 14 – Console & Console Bracket Assembly

- Place the **Console (17)** onto the **Upright Post (4)** and secure with the **Round Head Screws (M5xp0.8x15mm) (80)**.
- Attach the **Console Back Cover (19)** to the **Console (17)** under the **Stationary Handlebar (5)** and secure with the **Round Head Screws (M5xp0.8x15mm) (80)**.
- Slide the **Console Bracket (18)** onto the **Console (17)** and secure with the **Round Head Screws (M5xp0.8x15mm) (80)**.

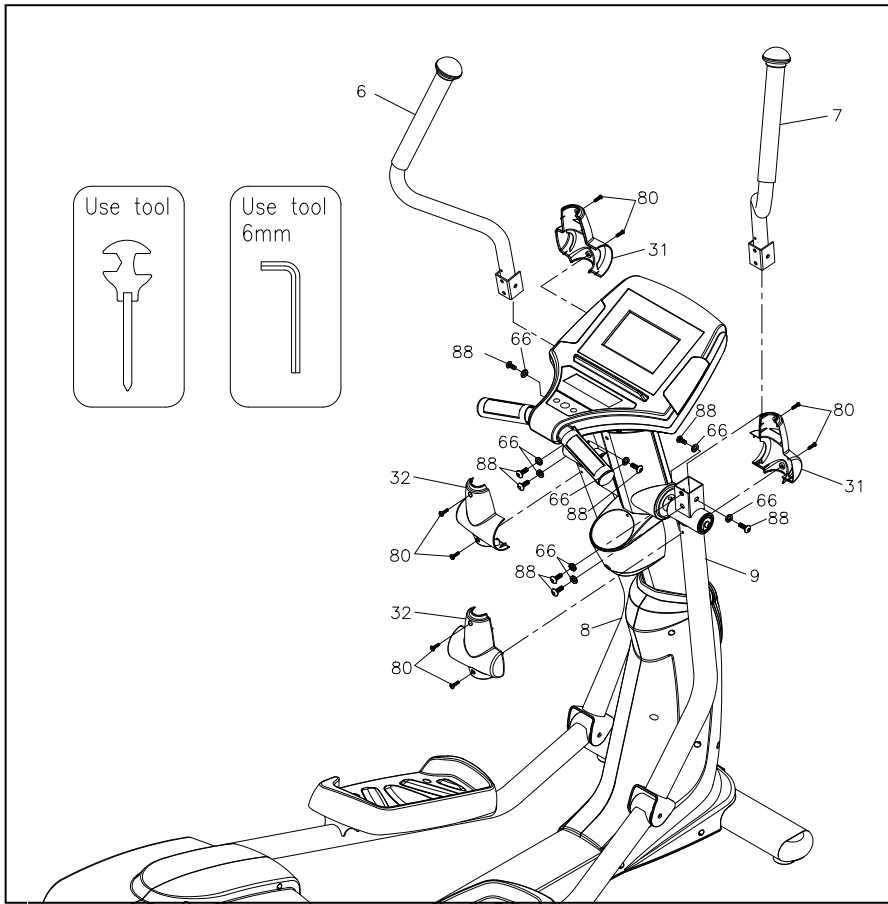
## STEP 15 – Accessory Tray Assembly

**NOTE:** For shipping purpose, the **Round Head Screws (M5xp0.8x15mm) (80)** are attached on the **Upright Post (4)**.

- Remove the **Round Head Screw (M8xp1.25x15mm) (80)** from the **Upright Post (4)**.
- Attach the **Accessory Tray (23)** onto the **Upright Post (4)** and secure with the **Round Head Screw (M5xp0.8x15mm) (80)**.



## ASSEMBLY INSTRUCTIONS



### **STEP 16 – Upper Handlebar Assembly**

**NOTE:** For shipping purpose, the **Button Head Bolts (M8xp1.25x16mm)(88)** and **Lock Washers (M8)(66)** are attached on the **Left and Right Action Handlebar (6, 7)**.

- Remove the 8x **Button Head Bolts (M8xp1.25x16mm) (88)** and 8 x **Lock Washers (M8) (66)** from the **Left and Right Action Handlebar (6, 7)**.
- Following the assembly drawing, insert the **Right Action Handlebar (7)** onto the **Right Pivoting Arm (9)** and secure with the 4x **Button Head Bolts (M8xp1.25x16mm)(88)** and 4 x **Lock Washers (M8)(66)**.
- Repeat the above procedure to insert and secure the **Left Action Handlebar (6)** onto the **Left Pivoting Arm (8)**.

### **STEP 17 – Action Arm Cover Assembly**

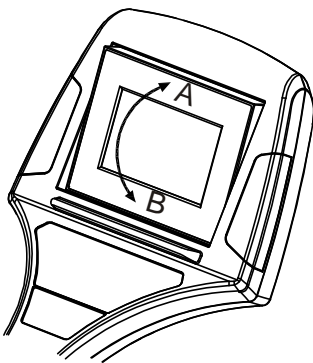
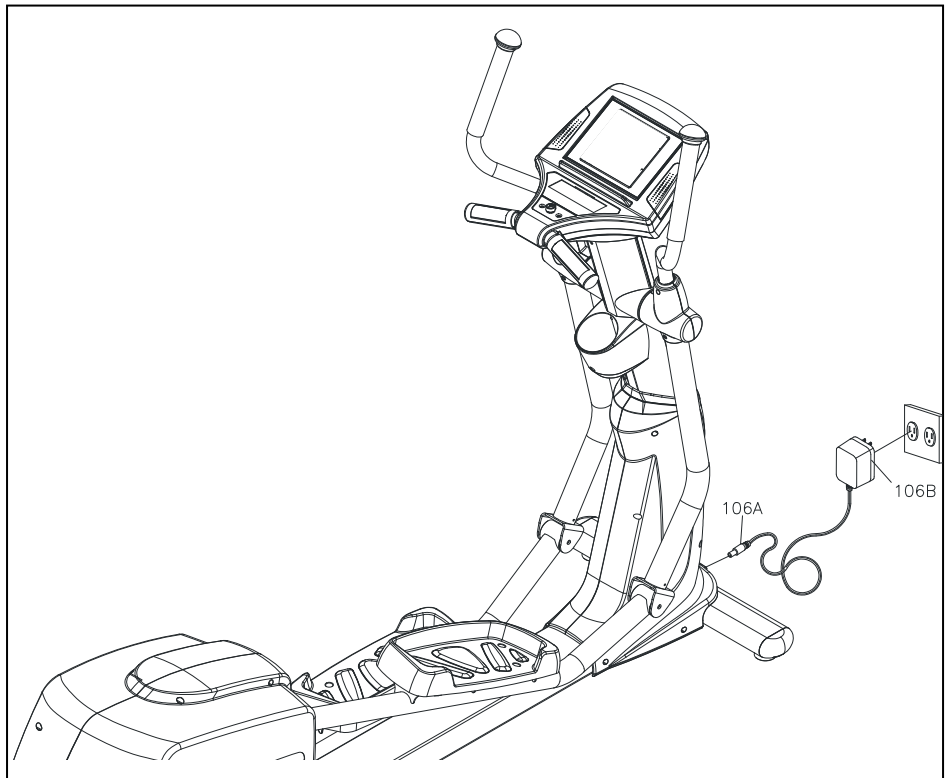
- Place the **Front Action Arm Cover (31)** and the **Back Action Arm Cover (32)** over the **Right Pivoting Arm (9)**.
- Fasten the Covers together with the 4 x **Round Head Screws (M5xp0.8x15mm) (80)**.
- Repeat the above procedure to place the **Front Action Arm Cover (31)** and the **Back Action Arm Cover (32)** at both sides of the **Left Pivoting Arm (8)**.

For the final step, make sure all the bolts and nuts are tighten securely before using.

# OPERATION INSTRUCTIONS

## A. POWER SUPPLY

- ◆ The power connects to the front of the **Main Frame (1.)**
- ◆ Plug the adaptor's **Power Cord (106B)** into an 110v electrical outlet.



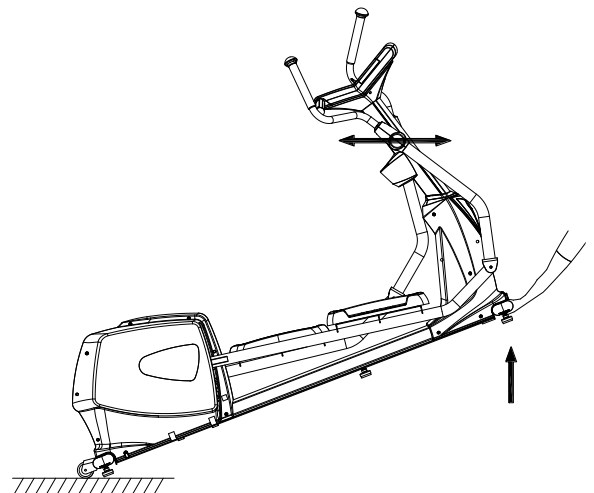
## B. CONSOLE ANGLE ADJUSTMENT

To get the best viewable angle, press the area A or B to adjust the display up or down.

## C. HOW TO MOVE THE ELLIPTICAL

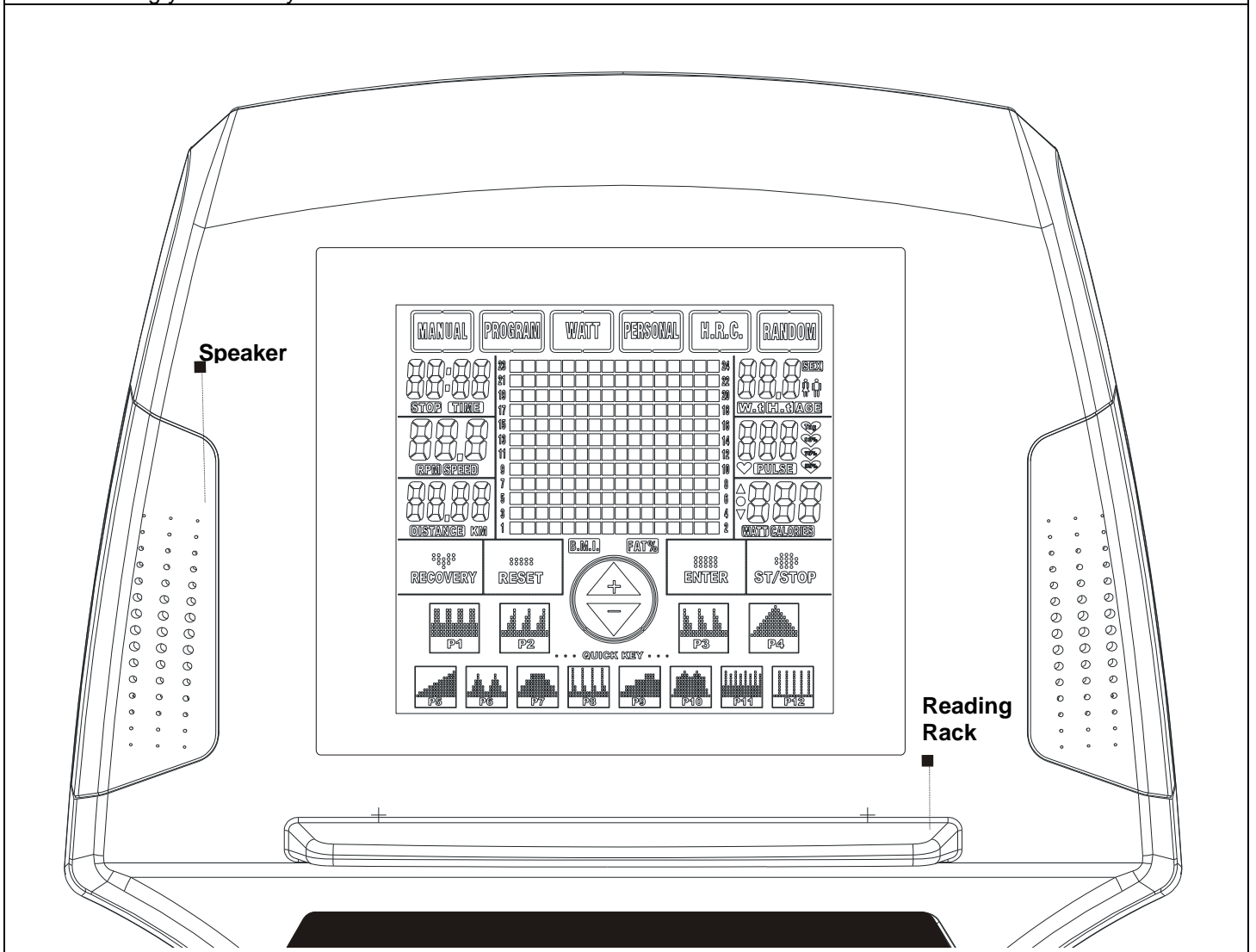
Move this elliptical by lifting from the front stabilizer and roll the elliptical on the wheels located on the rear stabilizer.

- ◆ This elliptical may require two people to move.
- ◆ Make sure the floor is level while moving the elliptical.



# CONSOLE INSTRUCTIONS

- Take a few minutes to review the console layout. Below is an overview of the console's features and functions
- We recommend that you use the console to help vary your workout routine and keep you focused on your progress toward your fitness goals. The computer programs and user feedback is a great source of motivation, often assisting you to take your workout to the next level



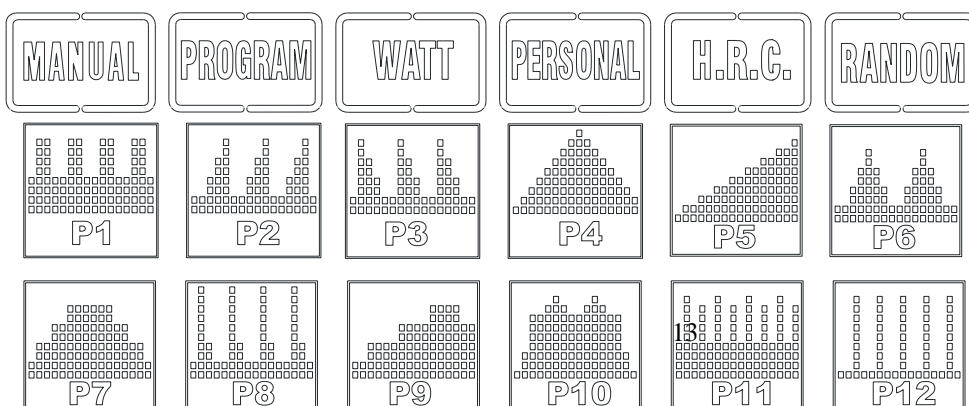
## Power ON

- Make sure to plug the adapter into an electrical outlet.
- Pedaling or pressing any keys to activate the console. The console display will then light up with a short beep sound, indicating the console is ready for use

## Power Off


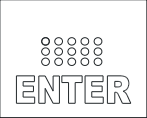




The console will automatically go to **SLEEP mode** after 4 minutes of inactivity

## Console Program List



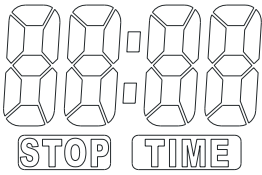
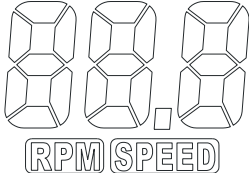
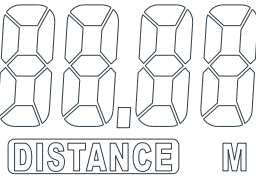
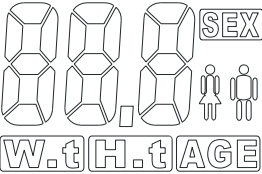


# CONSOLE INSTRUCTIONS – CONSOLE BUTTONS

## Console Buttons

	<ul style="list-style-type: none"> <li>a. Press <b>ST/STOP</b> to begin your exercise.</li> <li>b. Press <b>ST/STOP</b> to stop and pause all functions during your exercise program. All the data on the display will pause.</li> <li>c. To resume the program, press <b>ST/STOP</b> again to continue until the program has finished.</li> <li>d. Quick start Manual: press <b>ST/STOP</b>, without selecting any programs.</li> </ul>
	<p>Press <b>ENTER</b> to confirm the selected values of <b>TIME, DISTANCE, CALORIES, PULSE, GENDER, AGE, HEIGHT, WIGHT</b> and <b>RESISTANCELEVEL FOR each interval.</b></p>
	<p><b>RESET</b> function: Hold the <b>RESET</b> button, all the data will reset to 0 and the console will return to <b>POWER ON</b> status</p>
	<ul style="list-style-type: none"> <li>a. Press <b>+</b> to increase the values of <b>TIME, DISTANCE, CALORIES, PULSE</b> and <b>RESISTANCELEVEL in each time interval.</b></li> <li>b. Press <b>-</b> to decrease the values of <b>TIME, DISTANCE, CALORIES, PULSE</b> and <b>RESISTANCELEVEL in each time interval.</b></li> <li>c. Press <b>+</b> or <b>-</b> button to select your <b>GENDER, AGE, HEIGHT</b> and <b>WEIGHT</b></li> </ul>
	<ul style="list-style-type: none"> <li>a. <b>NOTE: A <u>Chest Belt must be worn</u> or properly hold the <u>Heart Rate Sensors</u> on the <u>handrails</u> with both hands before using the <b>PULSE RECOVERY</b> feature. <b>PULSE RECOVERY</b> will only function if the computer receives a heart rate signal.</b></li> <li>b. <b>PULSE RECOVERY</b> button measures how quickly a resting heat rate is achieved after exercising. This feature is used to measure fitness improvement</li> <li>c. The console will monitor your pulse for 60 seconds and calculate a <b>HEART RATE RECOVERY</b> value from F1.0 to F6.0. <b>F1.0 is best; F6.0 is worst (For Reference Only)</b></li> <li>d. The readout should only be used as a comparison between workouts. It's recommended to use right after any aerobic exercise. <u>Stop exercising before using the feature.</u></li> <li>e. Your pulse will be displayed few seconds after the heart symbol "♥" is displayed</li> <li>f. If you do not place your hands correctly, and a few seconds pass without a pulse input, the console will turn off the pulse circuit. The console will then display an error message "P". Place your hands back on the <b>Pulse Sensors</b> correctly, then the pulse readout will appear again.</li> </ul> <div style="text-align: right;">  </div>

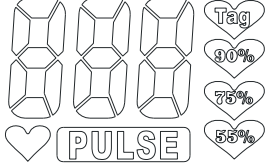
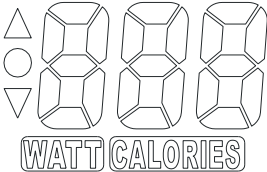
# CONSOLE INSTRUCTIONS – CONSOLE BUTTONS

## Console Functions

 <p>STOP TIME</p>	<p><b>STOP:</b></p> <ul style="list-style-type: none"> <li>◆ When “STOP” flashes, this indicates is paused.</li> </ul> <p><b>TIME:</b></p> <ul style="list-style-type: none"> <li>● Count Up: If a target time is not selected, <b>TIME</b> will count up from <u>0:00 to maximum 99:59 minutes.</u></li> <li>● Count Down: If a target time is set, <b>(1:00 TO 99:00; 1 MINUTE INCREMENTS)</b>, the console will count down from that selected target time to 0:00.</li> </ul>
 <p>RPM SPEED</p>	<p><b>SPEED:</b></p> <ul style="list-style-type: none"> <li>● Display range: 0.0~99.9 mile/h.</li> </ul> <p><b>RPM:</b></p> <ul style="list-style-type: none"> <li>● Display range: 0~999.</li> </ul>
 <p>DISTANCE M</p>	<p><b>DISTANCE:</b></p> <ul style="list-style-type: none"> <li>● Count Up: If a target distance is not selected, the distance will count up from <u>0:00 to 99.99 mile.</u></li> <li>● Count Down: If a target distance is set, <b>(0 TO 99.50; 0.50 MILE INCREMENT)</b>, the console will count down from the selected target to 0.</li> </ul> <p><b>M:</b> “M” is indicating “Mile”.</p>
 <p>SEX W.t H.t AGE</p>	<p><b>U0 ~ U4:</b> “U” stands for “USER DATA”. <u>U1~U4 once the user data is set it is stored in the computers memory.</u></p> <p><b>SEX:</b> “Male ”, or “Female ”.</p> <p><b>AGE:</b></p> <ul style="list-style-type: none"> <li>● Display range: <u>10 ~ 99 years old; 1 year-old increment</u></li> </ul> <p><b>NOTE:</b> <u>Although the console allows input for age beginning at 10 years old, the product is not recommended for use by children</u></p> <p><b>HEIGHT:</b></p> <ul style="list-style-type: none"> <li>● Display range: <u>40 ~ 80 inches; 1 inch increment; this product is not recommended for use by children</u></li> </ul> <p><b>WEIGHT:</b></p> <ul style="list-style-type: none"> <li>● Display range: <u>40 ~ 350 LBS; 1 LBS increment; this product is not recommended for use by children</u></li> </ul>

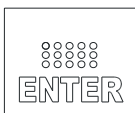



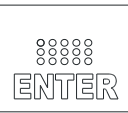





# CONSOLE INSTRUCTIONS – CONSOLE FUNCTIONS

	<p><b>PULSE:</b></p> <ul style="list-style-type: none"> <li>● Place both of hands on the <b>Pulse Sensors</b> located on the <b>Handlebar</b>. The pulse will be displayed within several seconds after the heart symbol “♥” is displayed</li> <li>● If the hands are not correctly positioned on the sensor, and a few seconds passes without a pulse input, the console will turn off the pulse circuit. Replace hands back on the Pulse Sensors correctly, and the pulse readout will appear again</li> </ul> <p><b>55%, 75%, 90%, Tag of max. heart rate:</b></p> <ul style="list-style-type: none"> <li>● The console will use age to calculate 55%, 75%, 90% of max. heart rate. <ul style="list-style-type: none"> <li>◆ <b>BEGINNER:</b> 55% of maximum heart rate; 55% of (220 – age)</li> <li>◆ <b>TRAINER:</b> 75% of maximum heart rate; 75% of (220 – age)</li> <li>◆ <b>ACTIVE TRAINER:</b> 90% of maximum heart rate; 90% of (220 – age)</li> <li>◆ <b>TARGE H.R.:</b> Allows the user to select the desired target heart rate value <u>30 ~ 240 BPM (beats per minute) ; 1 BPM increment</u></li> </ul> </li> </ul>
	<p><b>CALORIES:</b></p> <ul style="list-style-type: none"> <li>● Count Up: If target calories are not selected, this measures total calories your body burned during exercise</li> <li>● Count Down: If target calories are entered (<u>10 ~ 990 ; 10 calorie increments</u>), the console will count down from the selected target calories to 0</li> </ul> <p><b>WATT:</b></p> <ul style="list-style-type: none"> <li>● Display range: 0 ~ 999 Watt</li> </ul>



# CONSOLE INSTRUCTIONS – USER DATA SETTINGS

## 1 User Data Settings:




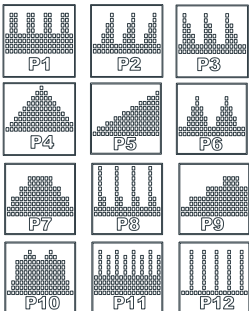
	<p><b>U0~U4 user setup:</b></p> <ol style="list-style-type: none"> <li>After the console lights up with a short beep sound, the display will flash “U0”. “U0” is the default user setting value. Once user information has been stored. The default setting value will change to U1~ U4. <b>NOTE: “U” stands for “USER PROFILE”.</b></li> <li>Use <b>▲(+)</b> or <b>▼(-)</b> button to select U0 ~ U4.</li> <li>Press <b>ENTER</b> button to confirm the user profile.</li> </ol>  
	<p><b>GENDER setup:</b></p> <ol style="list-style-type: none"> <li>Use <b>▲(+)</b> or <b>▼(-)</b> button to select gender “Male ”, or “Female ”.</li> <li>Press <b>ENTER</b> button to confirm <b>GENDER</b>.</li> </ol>  
	<p><b>AGE setup:</b></p> <ol style="list-style-type: none"> <li>Use <b>▲(+)</b> or <b>▼(-)</b> button to select <b>AGE</b> (10~99 years old; 1 year increments). <b>NOTE: Although the console allows input for age beginning at 10 years old, the product is not recommended for use by children</b></li> <li>Press <b>ENTER</b> button to confirm <b>AGE</b>.</li> </ol>  

# CONSOLE INSTRUCTIONS – USER DATA SETTINGS

## 2 User Data Settings:


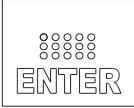
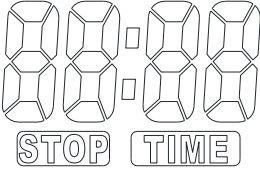

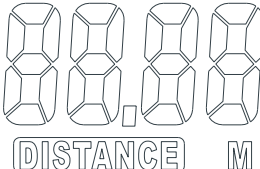



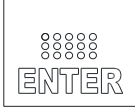
	<p><b>HEIGHT setting value:</b></p> <p>a. Use <b>▲(+)</b> or <b>▼(-)</b> button to select <b>HEIGHT</b> (40~80 inches; 1 inch increments). <b>NOTE: This product is not recommended for use by children</b></p>  <p>b. Press <b>ENTER</b> button to confirm <b>HEIGHT</b>.</p> 
	<p><b>WEIGHT setting value:</b></p> <p>a. Use <b>▲(+)</b> or <b>▼(-)</b> button to select <b>WEIGHT</b> (40~350 LBS; 1 LB increments). <b>NOTE: This product is not recommended for use by children</b></p>  <p>b. Press <b>ENTER</b> button to confirm <b>WEIGHT</b>.</p> 

User Profile Settings complete (SEX, AGE, HEIGHT and WEIGHT), Choose program

	<p>Press <b>ST/STOP</b> to start in the <b>MANUAL program</b> without the need to set <b>TIME, DISTANCE, or CALORIES</b>.</p>  <p>Use <b>▲(+)</b> or <b>▼(-)</b> buttons to select an exercise program (<b>MANUAL, PROGRAM, WATT, PERSONAL, H.R.C., RANDOM</b>). And press <b>ENTER</b> button to confirm.</p>  <p>To choose P1 ~ P12, press the program icon and press <b>ENTER</b> button to confirm.</p> 
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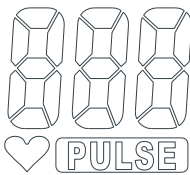

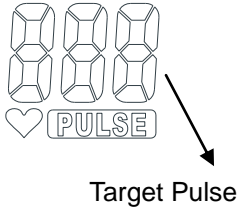


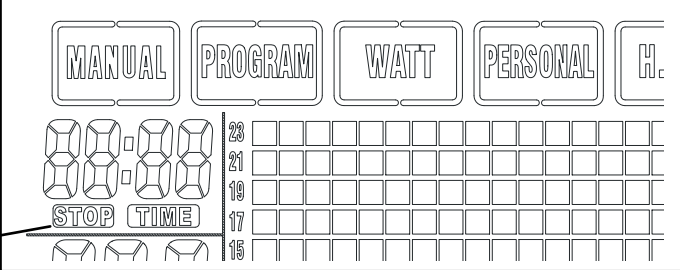
# CONSOLE INSTRUCTIONS – MANUAL PROGRAM

## 1 Manual Program Instruction:

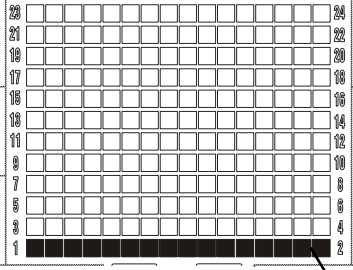


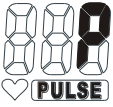
	<p>a. <b>MANUAL</b> button: Press <b>MANUAL</b> icon button to enter <b>MANUAL PROGRAM</b>.</p> <p>b. Press <b>ENTER</b> button to confirm.</p> 	
 <p><b>TIME Setting</b></p>		<p>c. Use <b>▲(+)</b> or <b>▼(-)</b> button to set the target <b>TIME</b>.</p> <p><b>NOTE for TIME:</b></p> <ul style="list-style-type: none"> <li>● Count Up: If a target time was not selected, <b>TIME</b> will count up from <b>0:00</b> to maximum <b>99:59</b> minutes.</li> <li>● Count Down: If a target time is set, (<b>1:00 TO 99:00; 1 MINUTE INCREMENTS</b>), the console will count down from that selected target time to 0:00.</li> </ul>
 <p><b>DISTANCE Setting</b></p>		<p>e. Use <b>▲(+)</b> or <b>▼(-)</b> button to set the target <b>DISTANCE</b>.</p> <p><b>NOTE for DISTANCE:</b></p> <ul style="list-style-type: none"> <li>● Count Up: If a target distance was not selected, this would measure the total distance from <b>0:00</b> to <b>99.99</b> mile.</li> <li>● Count Down: If a target distance is set, (<b>0 TO 99.50; 0.50 MILE INCREMENT</b>), the console will count down from the selected target to 0.</li> </ul>
 <p><b>CALORIES Setting</b></p>		<p>g. Use <b>▲(+)</b> or <b>▼(-)</b> button to set the target <b>CALORIES</b>.</p> <p><b>NOTE for CALORIES:</b></p> <ul style="list-style-type: none"> <li>● Count Up: If target calories were not selected, this measures total calories your body burned during exercise</li> <li>● Count Down: If target calories are entered (<b>10 ~ 990 ; 10 calorie increments</b>), the console will count down from the selected target calories to 0</li> </ul>
		<p>h. Press <b>ENTER</b> button to confirm the value of <b>CALORIES</b>.</p>

# CONSOLE INSTRUCTIONS – MANUAL PROGRAM

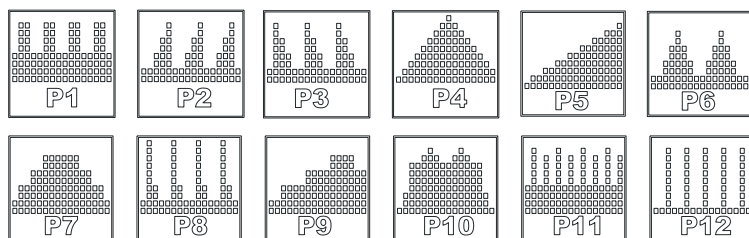
## 1 Manual Program Instruction:

 <p><b>PULSE Setting</b></p>		<p>i. Use <b>▲(+)</b> or <b>▼(-)</b> button to select the desired value of <b>TARGET PULSE (30 ~ 240 BPM; 1 BPM (BEATS PER MINUTE))</b>.</p> <p><b>NOTE:</b> During exercise, the console will monitor your pulse and compare the value of your pulse with <b>TARGET PULSE</b>. The value of your actual <b>PULSE</b> will keep flashing to warn you to slow down or lower the <b>RESISTANCE</b> level if your pulse value is greater than <b>TARGET PULSE</b>.</p>	
		<p>j. Press <b>ENTER</b> button to confirm the value of <b>TARGET PULSE</b>.</p>	
	<p>k. Press <b>ST/STOP</b> button to begin exercise. “STOP” on the left side corner would then disappear.</p>	 <p>“STOP” would disappear when press “START” to exercise</p>	


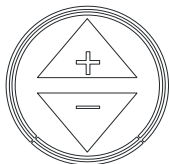
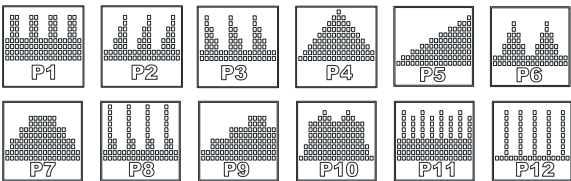
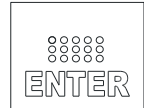
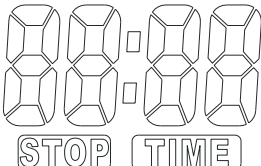

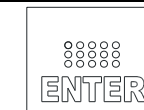

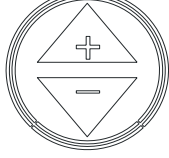
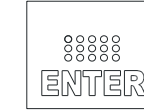
## 2 Instruction Note for During Exercise:

 <p>Torque/Tension Level</p>	<p><b>During workout, the resistance level can changed at any time:</b></p> <p>Change the resistance level (from 1 to 24 levels) at any time during workout by pressing <b>▲(+)</b> or <b>▼(-)</b> button.</p> 
	<p><b>Speaker Sound System:</b></p> <ol style="list-style-type: none"> <li>To use the music feature, simply connect any MP3/CD player to the <b>LINE IN</b> jack on the console.</li> <li>Listen to the music, either through headphones or speakers.</li> <li>Use the <b>“Volume Knob”</b> to adjust the sound level.</li> </ol>
<p><b>No Pulse signal:</b></p> <ul style="list-style-type: none"> <li>You must wear a compatible heart rate chest strap or place both of your hands on the <b>Pulse Sensors</b> on the <b>Handlebar</b>. Your pulse will be displayed in approximately few seconds.</li> <li>If you do not wear a compatible heart rate chest strap or place your hands correctly on the pulse sensors, the console will turn off the pulse circuit. The console will then display an error message “P”. Replace your hands back on the <b>Pulse Sensors</b> correctly, and the pulse readout will appear again</li> </ul> 	

# CONSOLE INSTRUCTIONS – PROGRAM (P1~P12)

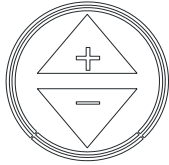
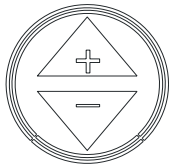
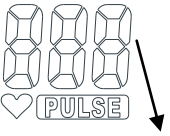

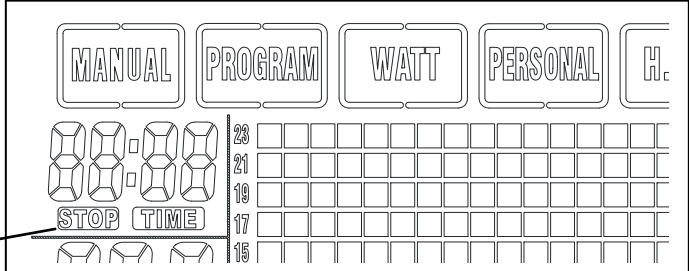


## 1 P1~P12 Program Instruction:

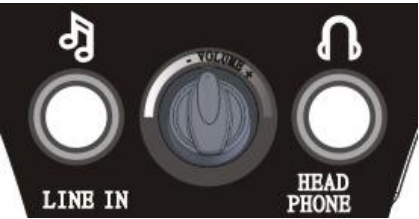
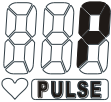
	<p>a. <b>PROGRAM</b> button: Press <b>PROGRAM</b> icon button to enter <b>PROGRAM (P1 ~ P12)</b>.</p> <div style="display: flex; justify-content: space-between;"> <div data-bbox="395 589 564 752">  </div> <div data-bbox="667 589 1489 790"> <p>b. Use <b>▲(+)</b> or <b>▼(-)</b> button to select the desired <b>PROGRAM (P1 ~ P12)</b>.</p> <p>or</p> <p>c. Directly press <b>PROGRAM (P1 ~ P12)</b> icon to enter the desired workout program.</p> </div> </div> <div style="text-align: center; margin: 10px 0;">  </div> <div data-bbox="395 999 539 1106">  </div> <p>d. Press <b>ENTER</b> button to confirm.</p>
 <p><b>TIME Setting</b></p>	<div style="text-align: center; margin-bottom: 10px;">  </div> <p>Use <b>▲(+)</b> or <b>▼(-)</b> button to set the target <b>DISTANCE</b>.</p> <p><b>NOTE for DISTANCE:</b></p> <ul style="list-style-type: none"> <li>● Count Up: If a target distance was not selected, this would measure the total distance from <b>0:00 to 99.99 mile</b>.</li> <li>● Count Down: If a target distance is set, <b>(0 TO 99.50; 0.50 MILE INCREMENT)</b>, the console will count down from the selected target to 0.</li> </ul> <div data-bbox="395 1451 539 1559">  </div> <p>e. Press <b>ENTER</b> button to confirm <b>TIME</b>.</p>
 <p><b>DISTANCE Setting</b></p>	<div style="text-align: center; margin-bottom: 10px;">  </div> <p>f. Use <b>▲(+)</b> or <b>▼(-)</b> button to set the target <b>DISTANCE</b>.</p> <p><b>NOTE for DISTANCE:</b></p> <ul style="list-style-type: none"> <li>● Count Up: If a target distance was not selected, this would measure the total distance from <b>0:00 to 99.99 mile</b>.</li> <li>● Count Down: If the target distance is set <b>(0 TO 99.50; 0.50 MILE INCREMENT)</b>, the console will count down from the selected target distance to 0.</li> </ul> <div data-bbox="395 1899 539 2007">  </div> <p>g. Press <b>ENTER</b> button to confirm <b>DISTANCE</b>.</p>

# CONSOLE INSTRUCTIONS – PROGRAM (P1~P12)

## 1 P1~P12 Program Instruction:

<p><b>CALORIES Setting</b></p>		<p>h. Use <b>▲(+)</b> or <b>▼(-)</b> button to set <b>CALORIES</b>.</p> <p><b>NOTE for CALORIES:</b></p> <ul style="list-style-type: none"> <li>● Count Up: If target calories were not selected, this measures total calories your body burned during exercise</li> <li>● Count Down: If the target calories have been set (10 ~ 990 ; 10 calories increment), the console will count down from the selected target calories to 0</li> </ul>
<p><b>PULSE Setting</b></p>		<p>j. Use <b>▲(+)</b> or <b>▼(-)</b> button to set the <b>TARGET PULSE (30 ~ 240 BPM; 1 BPM (BEATS PER MINUTE) )</b>.</p> <p><b>NOTE:</b> During exercise, the computer will monitor the pulse and compare the actual pulse with <b>TARGET PULSE</b>. The actual <b>PULSE</b> reading will keep flashing as an indication to slow down or lower the <b>RESISTANCE level</b></p> 
	<p>i. Press <b>ST/STOP</b> button to confirm <b>CALORIES</b>.</p>	<p>k. Press <b>ENTER</b> button to confirm <b>TARGET PULSE</b>.</p> <p>l. Press <b>ST/STOP</b> button to begin exercise. “STOP” on the left side corner will then disappear.</p>  <p>“STOP” would disappear when press “START” is pressed</p>





## 2 Instruction Note for During Exercise:

	<p><b>Speaker Sound System:</b></p> <ol style="list-style-type: none"> <li>To use the music feature, simply connect any MP3/CD player to the <b>LINE IN</b> jack on the console.</li> <li>Listen to the music, either through headphones or speakers.</li> <li>Use the “<b>Volume Knob</b>” to adjust the sound level.</li> </ol>
<p><b>No Pulse signal:</b></p> <ul style="list-style-type: none"> <li>◆ You must wear a compatible heart rate chest strap or place both of your hands on the <b>Pulse Sensors</b> on the <b>Handlebar</b>. Your pulse will be displayed in approximately few seconds.</li> <li>◆ If you do not wear a compatible heart rate chest strap or place your hands correctly on the pulse sensors, the console will turn off the pulse circuit. The console will then display an error message “P”. Replace your hands back on the <b>Pulse Sensors</b> correctly, and the pulse readout will appear again</li> </ul> 	



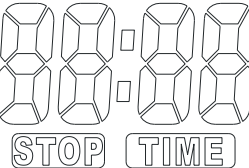


# CONSOLE INSTRUCTIONS – WATT PROGRAM

## WATT Program Instruction:

	<p>a. <b>WATT button:</b> Press <b>WATT</b> icon button to enter the <b>WATT PROGRAM</b>.</p>	
		<p>b. Use <b>▲(+)</b> or <b>▼(-)</b> button to select the target <b>WATTS (10~350 WATT; 5 WATT INCREMENTS)</b>.</p> <p><b>NOTE for WATT Program:</b></p> <ul style="list-style-type: none"> <li>The computer is equipped with <b>LEVEL CONTROL</b> and <b>WATT CONTROL</b> function.</li> </ul>
		<p>c. Press <b>ENTER</b> button to confirm the value of <b>WATT</b>.</p>

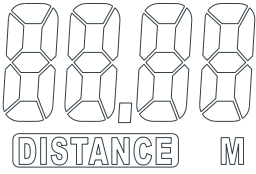

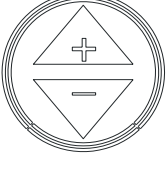
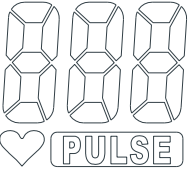
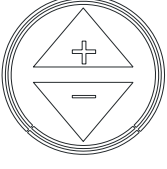
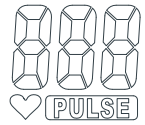

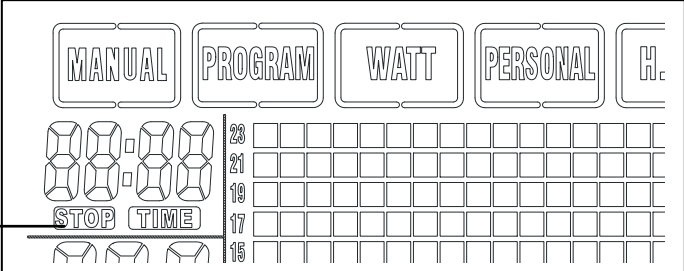
Before operating **WATT PROGRAM**, review the difference between the **CONSTANT POWER** and the **CONSTANT RESISTANCE** function:

<p><b>Level Control (Constant Resistance)</b> in most of workout programs</p>	<p><b>Watt Control (Constant Power)</b> in WATT program</p>
<p><b>RPM↓↑ RESISTANCE --</b></p> <p>Resistance does not change even though the quantity of <b>RPMS (Rotate Per Minute)</b> increases or decreases under the <b>Level Control Mode</b> during workout.</p> <p>No matter how fast you pedal, the resistance is fixed.</p>	<p>The resistance depends on the value of <b>RPM (Rotate Per Minute.)</b></p> <p><b>RPM↑ RESISTANCE↓ ; RPM↓ RESISTANCE ↑</b></p> <p>In order to remain at a consistent effort level (watts) (once you set up the desired Watt value), the computer will start monitoring the user's pedaling speed/RPM.</p> <p>If the <b>RPMS (Rotate Per Minute)</b> increase (when you pedal faster), the <b>Resistance</b> will decrease (becomes lighter.)</p> <p>On the contrary, the <b>Resistance</b> increases (becomes heavier resistance) when the value of the <b>RPMS</b> decreases (when you pedal slower.)</p>

 <p><b>TIME Setting</b></p>		<p>d. Use <b>▲(+)</b> or <b>▼(-)</b> button to set the <b>TIME</b>.</p> <p><b>NOTE for TIME:</b></p> <ul style="list-style-type: none"> <li>Count Up: If a target time was not selected, <b>TIME</b> will count up from <b>0:00</b> to <b>maximum 99:59 minutes</b>.</li> <li>Count Down: If a target time is set, <b>(1:00 TO 99:00; 1 MINUTE INCREMENTS)</b>, the console will count down from that selected target time to 0:00.</li> </ul>
		<p>e. Press <b>ENTER</b> button to confirm <b>TIME</b>.</p>


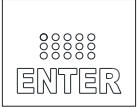
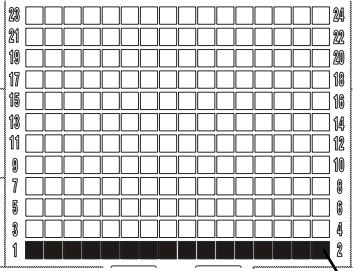



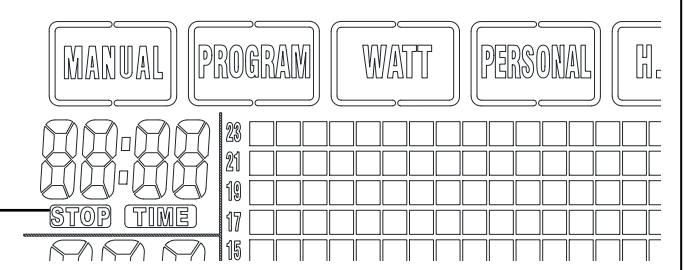

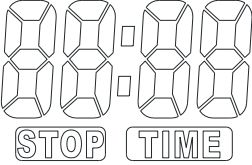


# CONSOLE INSTRUCTIONS – WATT PROGRAM

## WATT Program Instruction:

 <p><b><u>DISTANCE Setting</u></b></p>		<p>f. Use <b>▲(+)</b> or <b>▼(-)</b> button to set the <b>DISTANCE</b>.</p> <p><b>NOTE for DISTANCE:</b></p> <ul style="list-style-type: none"> <li>● Count Up: If a target distance was not selected, this would measure the total distance from <b>0:00 to 99.99 mile</b>.</li> <li>● Count Down: If the target distance is set (<b>0 TO 99.50; 0.50 MILE INCREMENT</b>), the console will count down from the selected target to 0.</li> </ul>
<p><b><u>CALORIES Setting</u></b></p>		<p>h. Use <b>▲(+)</b> or <b>▼(-)</b> button to select the desired value of <b>CALORIES</b>.</p> <p><b>NOTE for CALORIES:</b></p> <ul style="list-style-type: none"> <li>● Count Up: If target calories were not selected, this measures total calories your body burned during exercise</li> <li>● Count Down: If the calories are set (<b>10 ~ 990 ; 10 calories increment</b>), the console will count down from the selected target calories to 0</li> </ul>
 <p><b><u>PULSE Setting</u></b></p>		<p>j. Use <b>▲(+)</b> or <b>▼(-)</b> button to set the <b>TARGET PULSE (30 ~ 240 BPM; 1 BPM (BEATS PER MINUTE) .</b></p> <p><b>NOTE:</b> During exercise, the computer will monitor the pulse and compare the actual pulse with <b>TARGET PULSE</b>. The actual <b>PULSE</b> reading will keep flashing as an indication to slow down or lower the <b>RESISTANCE level</b>.</p>  <p>k. Press <b>ENTER</b> button to confirm the <b>TARGET PULSE</b>.</p>
	<p>i. Press <b>ST/STOP</b> button to begin. <b>“STOP”</b> on the left side corner will then disappear.</p>  <p><b>“STOP”</b> would disappear when press <b>“START”</b> is pressed</p>	

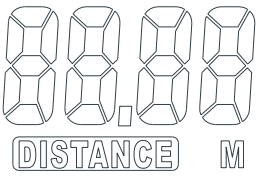


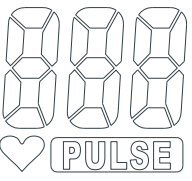

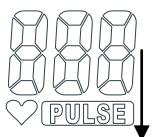

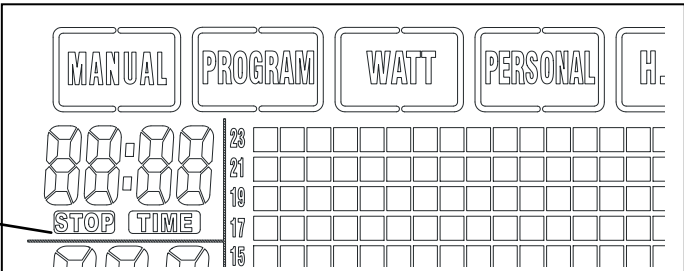
# CONSOLE INSTRUCTIONS – PERSONAL PROGRAM

## Personal Program Instruction:

	<p>a. <b>PERSONAL</b> button: Press the <b>PERSONAL</b> icon button to enter <b>PERSONAL PROGRAM</b>.</p> <p>b. Press <b>ENTER</b> button to confirm.</p> 
 <p>16 time intervals</p>	<p>c. The <b>PERSONAL PROGRAM</b> allows the user to manually set the <b>RESISTANCE</b> level (from 1 to 24 levels), the console will divide the time into <b>16 time intervals</b>.</p> <p>d. The resistance can be adjusted in each interval by using <b>▲(+)</b> or <b>▼(-)</b> button to adjust.</p> <p>e. Press <b>ENTER</b> button to confirm the intensity setting in interval 1. Continue following the above process (step d. and e.) to complete creating the personal program. <b>NOTE:</b> Under the <b>U1~U4 profiles</b>, the program profile will be stored in the memory after setup. However, you can modify the profile anytime under the <b>STOP</b> mode.</p>  
	<p>f. Press <b>ST/STOP</b> button to begin. “<b>STOP</b>” on the left side corner will then disappear.</p>  <p>“<b>STOP</b>” would disappear when press “<b>START</b>” is pressed</p>
	<p>To select quantity of <b>TIME, DISTANCE, CALORIES</b> and <b>PULSE</b>, press <b>ST/STOP</b> button again to stop and pause all console functions. All the data on the display will then pause.</p>
 <p><b>TIME Setting</b></p>	<p>g. <b>TIME</b> value will start flashing, use <b>▲(+)</b> or <b>▼(-)</b> button to select the amount of <b>TIME</b>.</p> <p><b>NOTE for TIME:</b></p> <ul style="list-style-type: none"> <li>● Count Up: If a target time was not selected, <b>TIME</b> will count up from <b>0:00</b> to maximum <b>99:59</b> minutes.</li> <li>● Count Down: If a target time is set, <b>(1:00 TO 99:00; 1 MINUTE INCREMENTS)</b>, the console will count down from that selected target time to 0:00.</li> </ul> <p>h. Press <b>ENTER</b> button to confirm the value of <b>TIME</b>.</p>  


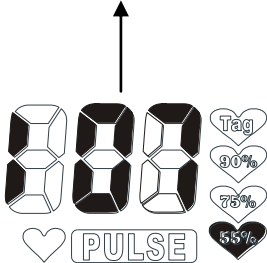


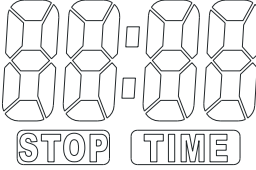

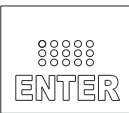
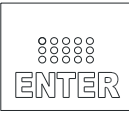
# CONSOLE INSTRUCTIONS – PERSONAL PROGRAM

## Personal Program Instruction:

 <p><b>DISTANCE Setting</b></p>		<p>i. Use <b>▲(+)</b> or <b>▼(-)</b> button to select the desired value of <b>DISTANCE</b>.</p> <p><b>NOTE for DISTANCE:</b></p> <ul style="list-style-type: none"> <li>Count Up: If a target distance was not selected, this would measure the total distance from <b>0:00 to 99.99 mile</b>.</li> <li>Count Down: If the target distance is set (<b>0 TO 99.50; 0.50 MILE INCREMENT</b>), the console will count down from that selected target distance to 0.</li> </ul>
<p><b>CALORIES Setting</b></p>		<p>k. Use <b>▲(+)</b> or <b>▼(-)</b> button to select the desired value of <b>CALORIES</b>.</p> <p><b>NOTE for CALORIES:</b></p> <ul style="list-style-type: none"> <li>Count Up: If target calories were not selected, this measures total calories your body burned during exercise</li> <li>Count Down: If you have set the calories (<b>10 ~ 990 ; 10 calories increment</b>), the console will count down from that selected target calories down to 0</li> </ul>
 <p><b>PULSE Setting</b></p>		<p>m. Use <b>▲(+)</b> or <b>▼(-)</b> button to select the desired value of <b>TARGET PULSE (30 ~ 240 BPM; 1 BPM (BEATS PER MINUTE))</b>.</p> <p><b>NOTE:</b> During exercise, the computer will monitor the pulse and compare the actual pulse with <b>TARGET PULSE</b>. The actual <b>PULSE</b> reading will keep flashing as an indication to slow down or lower the <b>RESISTANCE</b> level</p>  <p style="text-align: right;">Target Pulse</p>
	<p>o. Press <b>ST/STOP</b> button to begin exercise. <b>“STOP”</b> on the left side corner would then disappear.</p>  <p><b>“STOP”</b> will disappear when the program begins</p>	

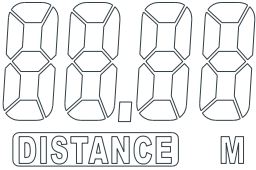



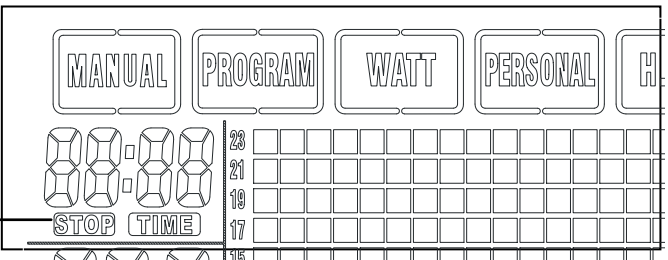
# CONSOLE INSTRUCTIONS – H.R.C. PROGRAM

## 1 H.R.C. Program Instruction:

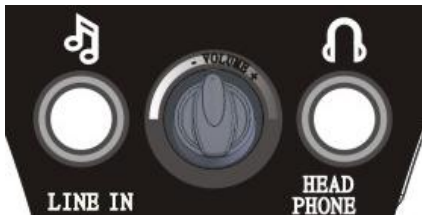

	<p>a. <b>H.R.C. button:</b> Press <b>H.R.C.</b> icon button to enter <b>H.R.C. PROGRAM</b>.</p>	
<p>“107” value is just for reference only if your age is 25 in 55% of max. heart rate</p> 		<p>b. Use <b>▲(+)</b> or <b>▼(-)</b> button to select the H.R.C. program (55%, 75%, 90% of your max. heart rate or Target Heart Rate <b>(30 ~ 240 BPM; 1 BPM (BEATS PER MINUTE))</b>).</p>  <p><b>NOTE for H.R.C. Program:</b>  <b>55%, 75%, 90%, Tag of max. heart rate:</b></p> <ul style="list-style-type: none"> <li>● The computer will use the age that was set to calculate 55%, 75%, 90% of your max. heart rate value.</li> <li>◆ <b>BEGINNER:</b> 55% of maximum heart rate; 55% of (220 – you age)</li> <li>◆ <b>TRAINER:</b> 75% of maximum heart rate; 75% of (220 – you age)</li> <li>◆ <b>ACTIVE TRAINER:</b> 90% of maximum heart rate; 90% of (220 – you age)</li> <li>◆ <b>TARGE H.R.:</b> Allows the user to select the desired target heart rate value <b>30 ~ 240 BPM (beats per minute) ; 1 BPM increment</b></li> <li>● To select your age, please review “<b>USER PROFILE SETTINGS</b>” on <b>page 16</b>.</li> </ul> <p><b>How the computer functions in HRC:</b></p> <ul style="list-style-type: none"> <li>● The console will monitor the actual pulse every 30 seconds and adjust the resistance level automatically in order to keep the users pulse within <b>TARGET HEART RATE ZONE</b>.</li> <li>● If the <u>current pulse &gt; the value of TARGE HEART RATE</u>, the console would decrease one resistance level automatically.</li> <li>● If the <u>current pulse &lt; the value of TARGE HEART RATE</u>, the console would increase one resistance/torque level automatically.</li> </ul>
 <p><b>TIME Setting</b></p>		<p>c. Press <b>ENTER</b> button to confirm.</p>  <p>d. Use <b>▲(+)</b> or <b>▼(-)</b> button to select the amount of <b>TIME</b>.</p> <p><b>NOTE for TIME:</b></p> <ul style="list-style-type: none"> <li>● Count Up: If a target time was not selected, <b>TIME</b> will count up from <b>0:00</b> to maximum <b>99:59</b> minutes.</li> <li>● Count Down: If a target time is set, <b>(1:00 TO 99:00; 1 MINUTE INCREMENTS)</b>, the console will count down from that selected target time to 0:00.</li> </ul> <p>e. Press <b>ENTER</b> button to confirm the <b>TIME</b>.</p> 

# CONSOLE INSTRUCTIONS – H.R.C. PROGRAM

## 1 H.R.C. Program Instruction:


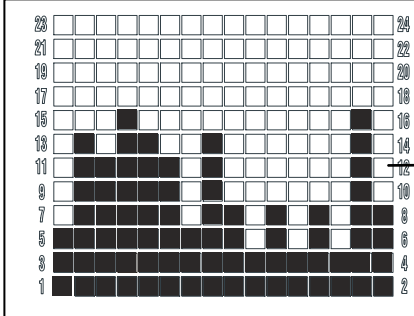
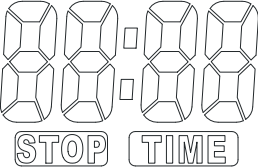

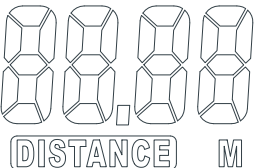
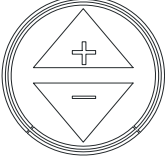

 <p><b>DISTANCE Setting</b></p>		<p>f. Use <b>▲(+)</b> or <b>▼(-)</b> button to select the amount of <b>DISTANCE</b>.</p> <p><b>NOTE for DISTANCE:</b></p> <ul style="list-style-type: none"> <li>Count Up: If a target distance was not selected, this would measure the total distance from <b>0:00 to 99.99 mile.</b></li> <li>Count Down: If the target distance is set (<b>0 TO 99.50; 0.50 MILE INCREMENT</b>), the console will count down from the selected target distance to 0.</li> </ul>
<p><b>CALORIES Setting</b></p>		<p>h. Use <b>▲(+)</b> or <b>▼(-)</b> button to select the amount of <b>CALORIES</b>.</p> <p><b>NOTE for CALORIES:</b></p> <ul style="list-style-type: none"> <li>Count Up: If target calories were not selected, this measures total calories your body burned during exercise</li> <li>Count Down: If the calories have been set (<b>10 ~ 990 ; 10 calories increment</b>), the console will count down from the selected target calories to 0</li> </ul>
	<p>i. Press <b>ENTER</b> button to confirm the <b>CALORIES</b>.</p>	<p>j. Press <b>ST/STOP</b> button to begin. <b>“STOP”</b> on the left side corner would then disappear.</p>  <p><b>“STOP”</b> would disappear when press <b>“START”</b> is pressed</p>

## 2 Instruction Note for During Exercise:

	<p><b>Speaker Sound System:</b></p> <ol style="list-style-type: none"> <li>To use the music feature, simply connect any MP3/CD player to the <b>LINE IN</b> jack on the console.</li> <li>Listen to the music, either through headphones or speakers.</li> <li>Use the <b>“Volume Knob”</b> to adjust the sound level.</li> </ol>
<p><b>No Pulse signal:</b></p> <ul style="list-style-type: none"> <li>You must wear a compatible heart rate chest strap or place both of your hands on the <b>Pulse Sensors</b> on the <b>Handlebar</b>. Your pulse will be displayed in approximately few seconds.</li> <li>If you do not wear a compatible heart rate chest strap or place your hands correctly on the pulse sensors, the console will turn off the pulse circuit. The console will then display an error message <b>“P”</b>. Replace your hands back on the <b>Pulse Sensors</b> correctly, and the pulse readout will appear again</li> </ul> 	

# CONSOLE INSTRUCTIONS – RANDOM PROGRAM


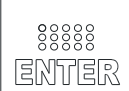
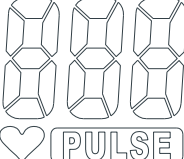

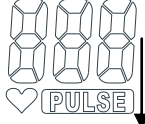


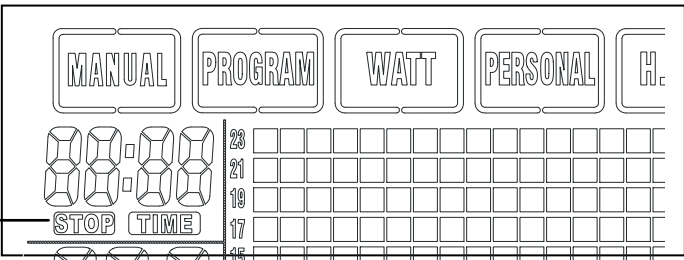
## 1 Random Program Instruction:

	<p>a. <b>RANDOM button:</b> Press <b>RANDOM</b> icon button to enter <b>RANDOM PROGRAM</b>.</p> <p><b>NOTE for RANDOM Program:</b></p> <ul style="list-style-type: none"> <li>Under <b>RANDOM Program</b>, the console will randomly create workout profiles for the user. <u>The <b>RANDOM Program</b> has more than a hundred of types of random workout profiles.</u></li> </ul> <div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p><b>Random workout Profile</b> – the console will randomly create each time</p> </div> </div>	
 <p><b>TIME Setting</b></p>		<p>b. Use <b>▲(+)</b> or <b>▼(-)</b> button to select the amount of <b>TIME</b>.</p> <p><b>NOTE for TIME:</b></p> <ul style="list-style-type: none"> <li>Count Up: If a target time was not selected, <b>TIME</b> will count up from <b>0:00</b> to maximum <b>99:59</b> minutes.</li> <li>Count Down: If a target time is set, <b>(1:00 TO 99:00; 1 MINUTE INCREMENTS)</b>, the console will count down from that selected target time to 0:00.</li> </ul>
 <p><b>DISTANCE Setting</b></p>		<p>d. Use <b>▲(+)</b> or <b>▼(-)</b> button to select the amount of <b>DISTANCE</b>.</p> <p><b>NOTE for DISTANCE:</b></p> <ul style="list-style-type: none"> <li>Count Up: If a target distance was not selected, this would measure the total distance from <b>0:00</b> to <b>99.99</b> mile.</li> <li>Count Down: If a target distance is set <b>(0 TO 99.50; 0.50 MILE INCREMENT)</b>, the console will count down from the selected target distance to 0.</li> </ul>
		<p>c. Press <b>ENTER</b> button to confirm the <b>TIME</b>.</p> <p>e. Press <b>ENTER</b> button to confirm the <b>DISTANCE</b>.</p>

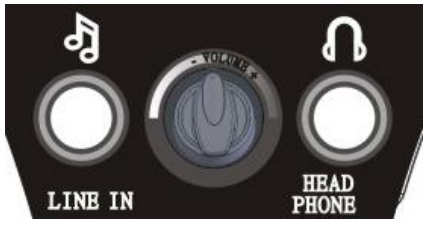



# CONSOLE INSTRUCTIONS – RANDOM PROGRAM

## 1 Random Program Instruction:

<p><b>CALORIES Setting</b></p>		<p>f. Use <b>▲(+)</b> or <b>▼(-)</b> button to select the desired value of <b>CALORIES</b>.</p> <p><b>NOTE for CALORIES:</b></p> <ul style="list-style-type: none"> <li>Count Up: If target calories were not selected, this measures total calories your body burned during exercise</li> <li>Count Down: If the calories have been set (10 ~ 990 ; 10 calories increment), the console will count down from the selected target calories to 0</li> </ul>
		<p>g. Press <b>ENTER</b> button to confirm the <b>CALORIES</b>.</p>
<p><b>PULSE Setting</b></p> 		<p>h. Use <b>▲(+)</b> or <b>▼(-)</b> button to select the desired value of <b>TARGET PULSE (30 ~ 240 BPM; 1 BPM (BEATS PER MINUTE))</b>.</p> <p><b>NOTE:</b> During exercise, the computer will monitor the pulse and compare the actual pulse with <b>TARGET PULSE</b>. The actual <b>PULSE</b> reading will keep flashing as an indication to slow down or lower the <b>RESISTANCE</b> level</p> 
		<p>i. Press <b>ENTER</b> button to confirm the <b>TARGET PULSE</b>.</p>
	<p>j. Press <b>ST/STOP</b> button to begin. “<b>STOP</b>” on the left side corner will then disappear.</p>  <p>“<b>STOP</b>” would disappear when press “<b>START</b>” is pressed</p>	

## 2 Instruction Note for During Exercise:

	<p><b>Speaker Sound System:</b></p> <ol style="list-style-type: none"> <li>To use the music feature, simply connect any MP3/CD player to the <b>LINE IN</b> jack on the console.</li> <li>Listen to the music, either through headphones or speakers.</li> <li>Use the “<b>Volume Knob</b>” to adjust the sound level..</li> </ol>
<p><b>No Pulse signal:</b></p> <ul style="list-style-type: none"> <li>You must wear a compatible heart rate chest strap or place both of your hands on the <b>Pulse Sensors</b> on the <b>Handlebar</b>. Your pulse will be displayed in approximately few seconds.</li> <li>If you do not wear a compatible heart rate chest strap or place your hands correctly on the pulse sensors, the console will turn off the pulse circuit. The console will then display an error message “P”. Replace your hands back on the <b>Pulse Sensors</b> correctly, and the pulse readout will appear again</li> </ul> 	

# CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must slowly and increase your time on the treadmill gradually: a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
- Set up your treadmill a flat, even surface at least 3 feet from walls and furniture.

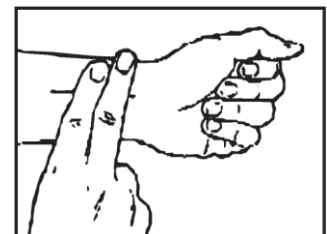
## EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level around 70% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below. Target zones are listed for both unconditioned and conditioned persons according to age.

Age	Target Heart Rate Zone (55% ~ 90% of Max. Heart Rate)	Average Max. Heart Rate 100%
20	110-180 beats per minute	200 beats per minute
25	107-175 beats per minute	195 beats per minute
30	105-171 beats per minute	190 beats per minute
35	102-166 beats per minute	185 beats per minute
40	99-162 beats per minute	180 beats per minute
45	97-157 beats per minute	175 beats per minute
50	94-153 beats per minute	170 beats per minute
55	91-148 beats per minute	165 beats per minute
60	88-144 beats per minute	160 beats per minute
65	85-139 beats per minute	155 beats per minute
70	83-135 beats per minute	150 beats per minute

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate manually, stop exercising but continue moving your legs or



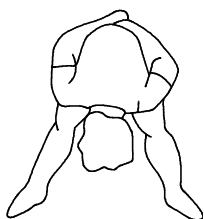
walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.

## WARM-UP AND COOL-DOWN

**Warm-up** The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

**Stretching:** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

### Suggested Stretching Exercises



#### Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.

**DO NOT BOUNCE!**

When the pull on the back of the legs lessen, try a lower position gradually.

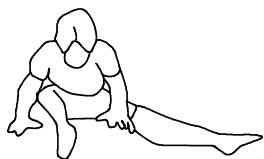


#### Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.

**DO NOT BOUNCE!**

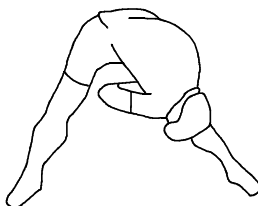
Do this stretch 10 times. Repeat the stretch with the left leg.



#### Bent Torso Pulls

While sitting on the floor, have legs apart one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent and twist at the waist.

Hold this position at least 10 seconds. Repeat 10 times on each side.



#### Bent Over Leg Stretch

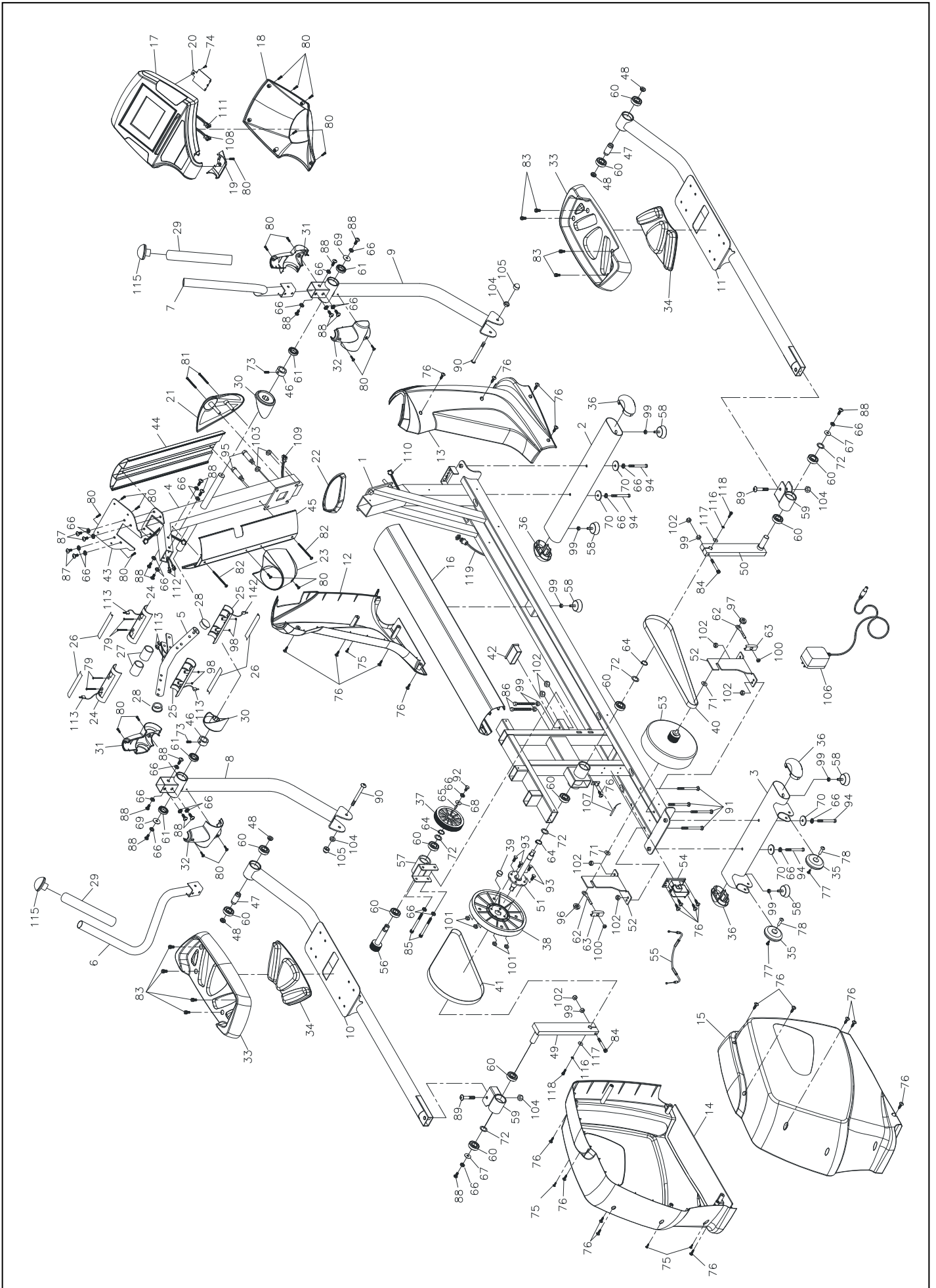
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds.

Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

**Remember always to check with your physician before starting any exercise program.**

**Cool-Down** The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength-training session.

# PRODUCT PARTS DRAWING



## PART LIST

NO.	Item Name	Q'ty
CE-8.0-1	Main Frame	1
CE-8.0-2	Front Stabilizer	1
CE-8.0-3	Rear Stabilizer	1
CE-8.0-4	Upright Post	1
CE-8.0-5	Stationary Handlebar	1
CE-8.0-6	Left Upper Handlebar	1
CE-8.0-7	Right Upper Handlebar	1
CE-8.0-8	Left Pivoting Arm	1
CE-8.0-9	Right Pivoting Arm	1
CE-8.0-10	Left Pedal Support Arm	1
CE-8.0-11	Right Pedal Support Arm	1
CE-8.0-12	Front Left-Side Cover	1
CE-8.0-13	Front Right-Side Cover	1
CE-8.0-14	Rear Left-Side Cover	1
CE-8.0-15	Rear Right-Side Cover	1
CE-8.0-16	Main Frame Base Cover	1
CE-8.0-17	Console	1
CE-8.0-18	Console Bracket	1
CE-8.0-19	Console Lower Case	1
CE-8.0-20	Battery Door	1
CE-8.0-21	Front Decorating Upright Cover	1
CE-8.0-22	Upright Sleeve	1
CE-8.0-23	Accessory Tray	1
CE-8.0-24	Pulse Sensor Top Housing	2
CE-8.0-25	Pulse Sensor Bottom Housing	2
CE-8.0-26	Pulse Sensor Plate Assembly	4
CE-8.0-27	Foam Grip Assembly (40mm)	2
CE-8.0-28	Stationary Handlebar Plug ( $\varphi$ 31.8mm)	2
CE-8.0-29	Foam Grip Assembly (225mm)	2
CE-8.0-30	Inner Rotator Cuff-Pivoting Arm	2
CE-8.0-31	Front Rotator Cuff-Pivoting Arm	2
CE-8.0-32	Back Rotator Cuff-Pivoting Arm	2
CE-8.0-33	Pedal Upper Case	2
CE-8.0-34	Non-Slip Pad	2
CE-8.0-35	Transportation Wheel	2

NO.	Item Name	Q'ty
CE-8.0-36	End Cap (50x100mm)	4
CE-8.0-37	Pulley (120mm)	1
CE-8.0-38	Pulley (235mm)	1
CE-8.0-39	Magnet	1
CE-8.0-40	Belt (1059mm J6)	1
CE-8.0-41	Belt (960mm J8)	1
CE-8.0-42	Square Plug	1
CE-8.0-43	Console Fixed Bracket	1
CE-8.0-44	Front Aluminum Upright Cover	1
CE-8.0-45	Back Aluminum Upright Cover	1
CE-8.0-46	Upper Pivot Shaft Spacer	2
CE-8.0-47	Pedal Arm Spacer	2
CE-8.0-48	Linkage Spacer	4
CE-8.0-49	Left Crank	1
CE-8.0-50	Right Crank	1
CE-8.0-51	Crank Axle	1
CE-8.0-52	Mounting Plate	2
CE-8.0-53	Magnetic System	1
CE-8.0-54	Motor	1
CE-8.0-55	Cable	1
CE-8.0-56	Drive Shaft	1
CE-8.0-57	Bearing Stand	1
CE-8.0-58	Leveler	5
CE-8.0-59	Pedal Support Arm Connector	2
CE-8.0-60	Bearing (6004)	12
CE-8.0-61	Bearing (6905)	4
CE-8.0-62	Eye Bolt	2
CE-8.0-63	Tension Bracket	2
CE-8.0-64	C Ring	3
CE-8.0-65	Square Key	1
CE-8.0-66	Lock Washer (M8)	25
CE-8.0-67	Washer (8x26x2.0t)	2
CE-8.0-68	Washer (8x23x2.0t)	1
CE-8.0-69	Washer (8x30x2.0t)	2
CE-8.0-70	Washer (8x38x2.0t)	4

# PART LIST

NO.	Item Name	Q'ty
CE-8.0-71	Washer (10x23x2.0t)	2
CE-8.0-72	Washer (21x30x1.0t)	5
CE-8.0-73	Hex Socket Cap Screw (M8x1.25x10mm)	2
CE-8.0-74	Screw (M3x10mm)	1
CE-8.0-75	Screw (M4x20mm)	4
CE-8.0-76	Screw (M5x18mm)	17
CE-8.0-77	Bolt, Button Head (M6xp1.0x12mm)	2
CE-8.0-78	Bolt, Button Head (35mm)	2
CE-8.0-79	Screw, Round Head (M3x35mm)	4
CE-8.0-80	Screw, Round Head (M5xp0.8x15mm)	20
CE-8.0-81	Screw, Round Head (M5xp0.8x50mm)	2
CE-8.0-82	Screw, Round Head (M5xp0.8x75mm)	2
CE-8.0-83	Bolt, Socket Head (M8xp1.25x10mm)	8
CE-8.0-84	Bolt, Socket Head (M8xp1.25x65mm)	2
CE-8.0-85	Bolt, Socket Head (M8xp1.25x75mm)	2
CE-8.0-86	Bolt, Socket Head (M8xp1.25x100mm)	2
CE-8.0-87	Bolt, Button Head (M8xp1.25x12mm)	4
CE-8.0-88	Bolt, Button Head (M8xp1.25x16mm)	16
CE-8.0-89	Bolt, Button Head (M10xp1.5x45mm)	2
CE-8.0-90	Bolt, Button Head (M10xp1.5x85mm)	2
CE-8.0-91	Carriage Bolt (M8xp1.25x75mm)	4
CE-8.0-92	Bolt, Hex Head (M8xp1.25x15mm)	1
CE-8.0-93	Thin Bolt, Hex Head (M8xp1.25x15mm)	4

NO.	Item Name	Q'ty
CE-8.0-94	Bolt, Hex Head (M8xp1.25x65mm)	4
CE-8.0-95	Bolt, Hex Head (M10xp1.5x50mm)	2
CE-8.0-96	Flange Nut (M10xp1.25)	1
CE-8.0-97	Nut (M10xp1.25)	1
CE-8.0-98	Nut (M3)	4
CE-8.0-99	Nut (M8xp1.25)	9
CE-8.0-100	Nylon lock Nut (M6xp1.0)	2
CE-8.0-101	Nylon lock Nut (M8xp1.25x6.2t)	4
CE-8.0-102	Nylon lock Nut (M8xp1.25)	8
CE-8.0-103	Nylon lock Nut (M10xp1.5x8t)	4
CE-8.0-104	Nylon lock Nut (M10xp1.5)	2
CE-8.0-105	Nut Cap (M17)	2
CE-8.0-106	Adaptor	1
CE-8.0-107	Sensor Wire & Stand	1
CE-8.0-108	Upper Connection Wire	1
CE-8.0-109	Middle Connection Wire	1
CE-8.0-110	Lower Connection Wire	1
CE-8.0-111	Upper Pulse Sensor Wire	1
CE-8.0-112	Middle Pulse Sensor Wire	1
CE-8.0-113	Lower Pulse Sensor Wire	2
CE-8.0-114	Bolt, Socket Head (M6xp1.0x15mm)	2
CE-8.0-115	Handheld Dome Plug	2
CE-8.0-116	Lock Washer (M6)	2
CE-8.0-117	Washer (6x19x2.0t)	2
CE-8.0-118	Nut (3/8")	5
CE-8.0-119	Adaptor Wire	1



## LIMITED HOME USE WARRANTY – SMOOTH FITNESS Ellipticals and DMTs Warranty

**Warranty Coverage:** EVO Fitness and Smooth Fitness, Inc. ("Smooth Fitness") warrants to the original owner that each new product to be free from defects in workmanship and material, under normal use and conditions.

**Period of Coverage:** The Warranty on this product runs from the date of original purchase using the following schedule:

Model Name	Frame	Resistance Assembly	Parts & Electronics	Labor
CE-8.0LC	Lifetime	Lifetime	7 years	1 year

Labor: Smooth Fitness will reimburse for labor costs for One (1) year. Smooth Fitness reserves the right to either:

Hire and reimburse an independent service technician who will come into the home for the repair,

OR

In the event that there is not an available certified Smooth Fitness service technician, Smooth will send the part directly to the consumer and will pay \$75 US per occurrence for the labor costs of such repair. If multiple repair attempts must be made for one reported problem, Smooth will only reimburse once per occurrence.

Smooth Fitness reserves the right to inspect damaged parts for misuse. Your Original Receipt is proof of purchase and should be kept with the product manual. You may be required to show proof of purchase prior to warranty service being initiated.

**Remedy Provided by Smooth Fitness:** Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. Smooth Fitness may at its discretion, choose to provide any of following parts or repair options. In the event that a part is determined in need of replacement, upon receipt of the part by Smooth Fitness, Smooth Fitness may send out the part by UPS ground or another such carrier directly to the customer's home.

Any redemption may be by repair or replacement of the affected parts and/or product at the sole discretion of Smooth Fitness, by personnel approved by Smooth Fitness.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Smooth Fitness products is furnished without charge and on the basis that it represents Smooth Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

**Procedure for Obtaining Your Remedy Under This Warranty:** To obtain service on a Smooth Fitness product, call Smooth Fitness. In the instance that service is not available in an area, Smooth Fitness, at its discretion, can either 1) find a service technician in your area to perform warranty service, 2) have a local dealer perform warranty service, or 3) send the warranty parts to you and reimburse as described above. To help the technician assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and the order number.

**Limitations on Warranty:** This Warranty does not cover any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, power grid failures or spikes from your local electricity provider, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility. In order for this warranty to be valid, all Smooth Fitness and EVO Fitness exercise equipment must be stored and used in a fully finished climate controlled and livable room within the residence free from excessive humidity. (Not including an indoor swimming pool room).

This Warranty shall terminate if you sell or otherwise transfer this product. This Warranty does not apply to any product shipped or handled outside of the United States or Canada. This Warranty does not apply if the product is used as a rental product or in commercial use. Consequential and incidental damages are not recoverable under this Warranty. (Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.)

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FORM WS-1 (rev. 03/2008)



