

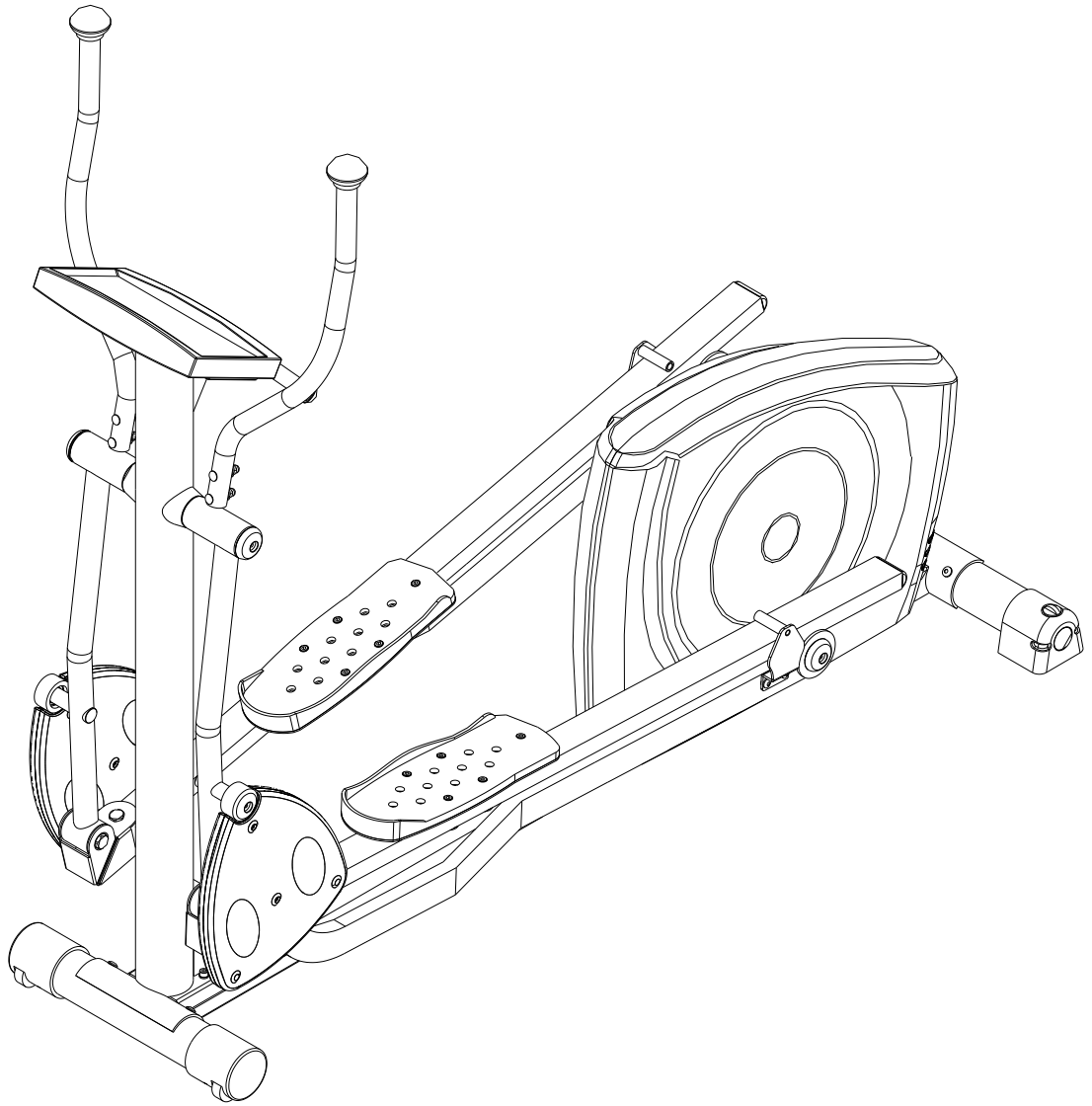
**MULTISPORTS<sup>®</sup>**



**ELLIPTiX**

*Cross Trainer*

**880L**



***Owner's Manual***

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- The Specifications and descriptions in this manual were accurate at the time of printing. Improvement is a constant goal at MultiSports; therefore we reserve the right to make changes in specifications at any time without notice and without incurring obligation.
- The information in this manual is given in good faith. However any person who uses this information in any way, does so entirely at his or her own risk. Neither MultiSports, nor its representatives can accept responsibility for any damage or injury incurred as a result of information presented here except under the terms of warranty of MultiSports products.

*Congratulations on your purchase of the new MultiSports equipment. Although we go to the great lengths to ensure the quality of our products, occasionally errors or omissions occur. Should you find a missing or defective part in this product, please contact us within thirty days for a replacement by calling us at 713-460-8188, emailing us at mssales@swbell.net or visiting our web site at www.multisportsfitness.com. **\*Please provide the equipment "item number" and "part number" when requesting parts.***

## **IMPORTANT SAFETY INFORMATION**

### **WARNING:**

Before starting any exercise program, it is recommended that you consult your physician, especially for persons with pre-existing health problems. Before using the new equipment, please review this manual to learn about the features, functions, and safety operations. Should you experience any irregular physical conditions such as dizziness, severe muscle or joint pain, pain in your chest or should any other symptoms appear: **STOP EXERCISING** and consult with your physician immediately.

**\*\*MultiSports assumes no responsibility for personal injury or property damage sustained by or through the use of this product.\*\***

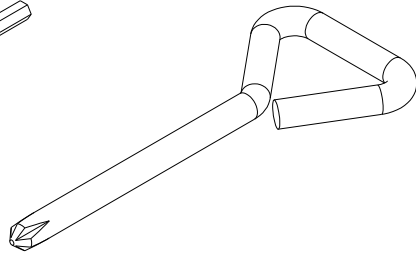
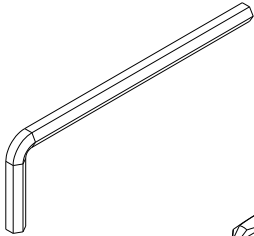
### **SAFETY TIPS AND PRECAUTIONS:**

1. Read all instructions in this manual before using this equipment. It is the owner's responsibility to ensure that all users of this equipment are thoroughly informed of all warnings and precautions. Use this equipment for its intended use as described in this manual.
2. Securely tighten all nuts and bolts and inspect and tighten all parts each time you use the equipment. **\*\*Replace any worn parts immediately and if you find that any repairs are needed, please keep the equipment out of use until repair.\*\***
3. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
4. No more than one person should operate the equipment at one time.
5. To avoid any possibility of being struck by or caught between moving parts, by-standers should not be within reach of the Elliptix Cross Trainer while it is in motion.
6. Keep your hands away from moving parts other than the designated handles.
7. Keep small children and pets away from the equipment at all times.
8. It is recommended that you do not initiate any type of exercising within 40 minutes after a meal.
9. Warm up before you start exercising to prevent injuries.
10. Appropriate clothing should be worn while exercising. Never wear loose clothing that could be caught in moving parts. It is recommended that athletic support clothing be worn for both men and women. Athletic shoes should always be worn while exercising. **DO NOT USE** with bare feet, wearing sandals, or wearing only socks or stockings.
11. The user's max weight to operate the equipment is 350 lbs.
12. The equipment should only be used on a level surface and is designed for indoor use only.
13. Never use the equipment around water or while you are wet. Using the unit around a pool, hot tub or sauna will void the warranty and is potentially hazardous.

# Assembly Tools & Hardware Measurements

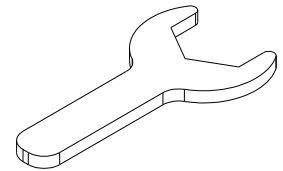
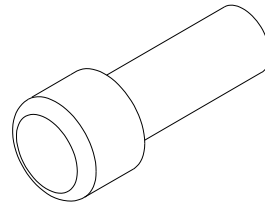
## Assembly Tools

Allen Wrenches  
M3/M4/M5/M6



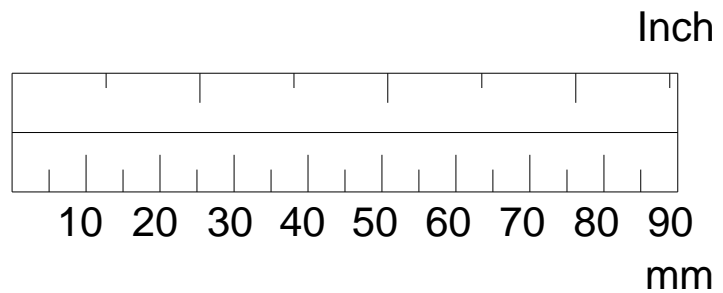
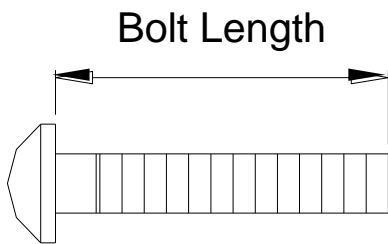
Screwdriver

Snap-Ring Socket

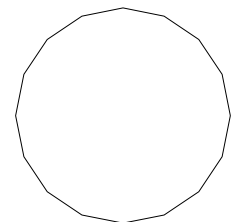
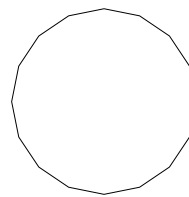
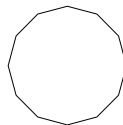
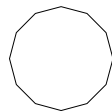


Wrench

## Hardware Measurements



WASHER SIZE



10

14

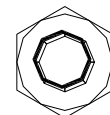
16

25

29

mm

NUT SIZE



M4

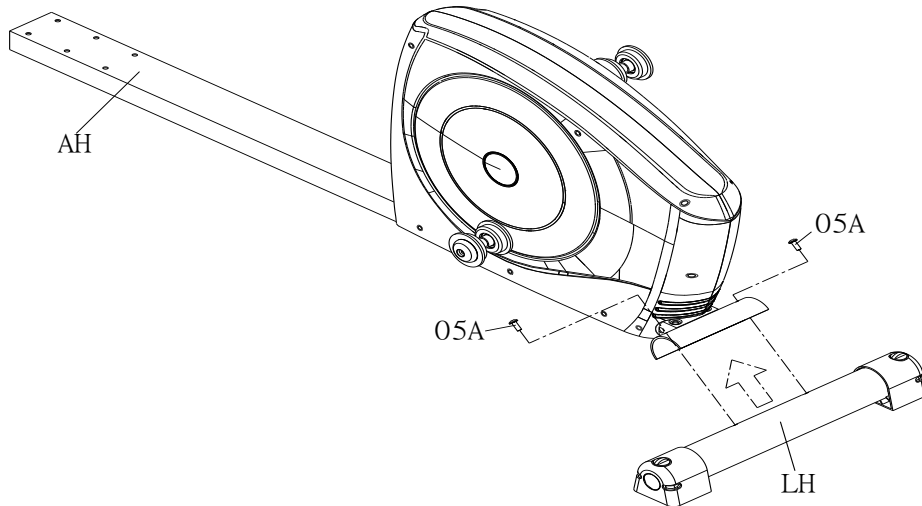
M5

M6

M8

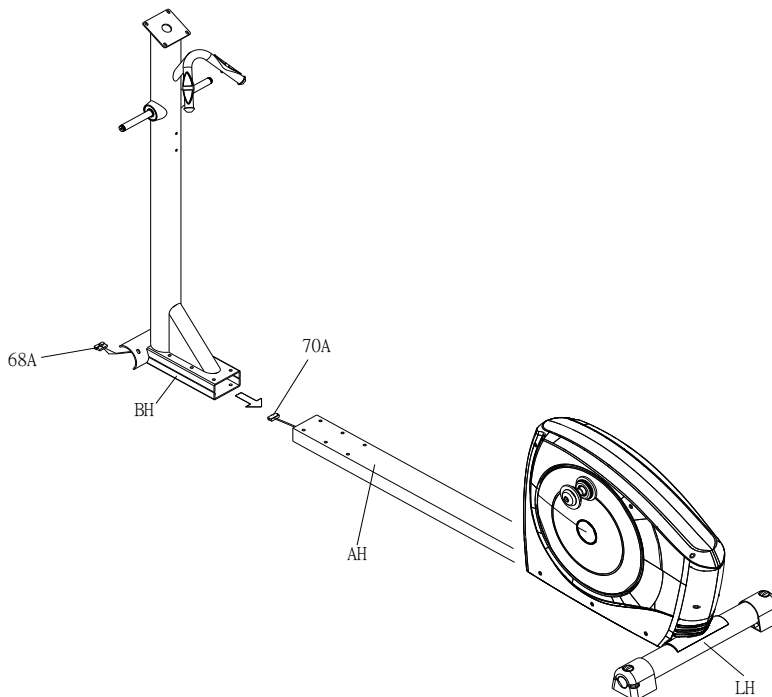
## **STEP 1**

Fasten the Rear Stabilizer (LH) to the Main Frame (AH) using 2 Allen Bolts (05A).



## **STEP 2**

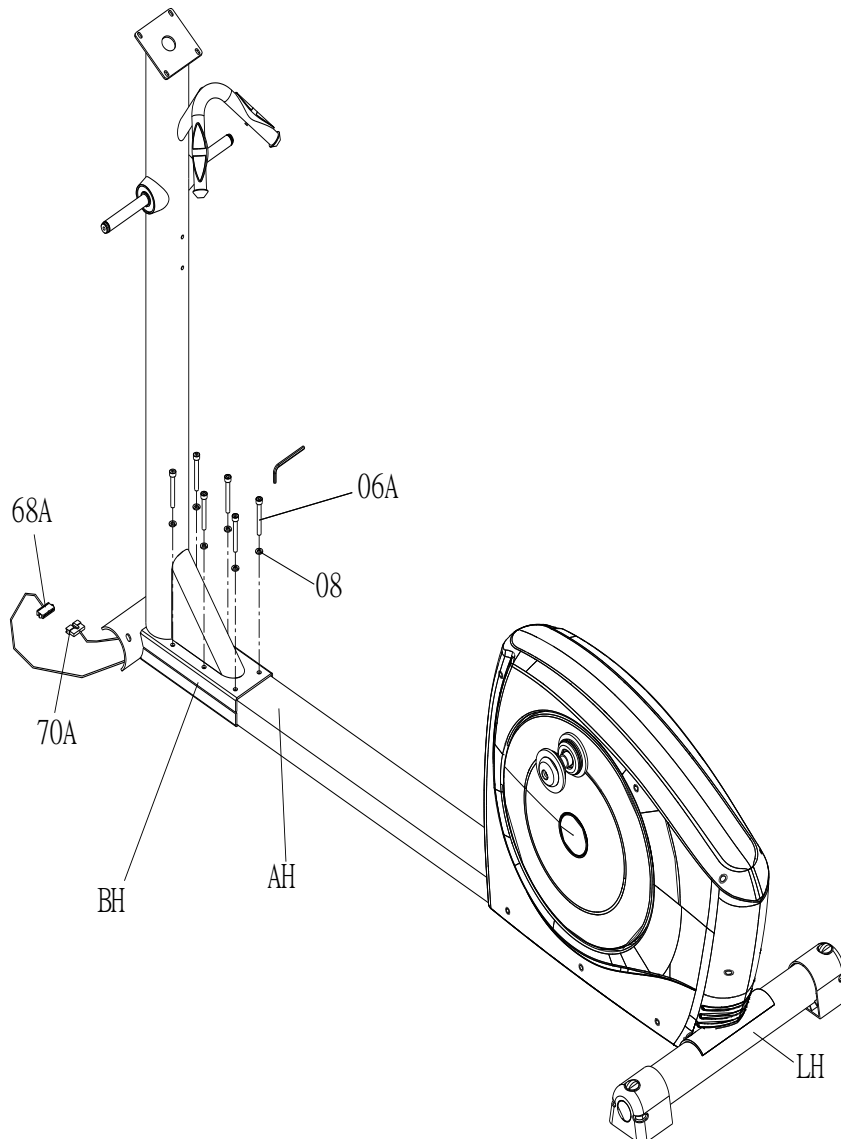
Slide the Handlebar Post (BH) into the Main Frame (AH). Please ensure the Cable Wire (70A) does not get pinched and is pulled all the way through to the front of the Handlebar Post (BH).



# Assembly Instructions

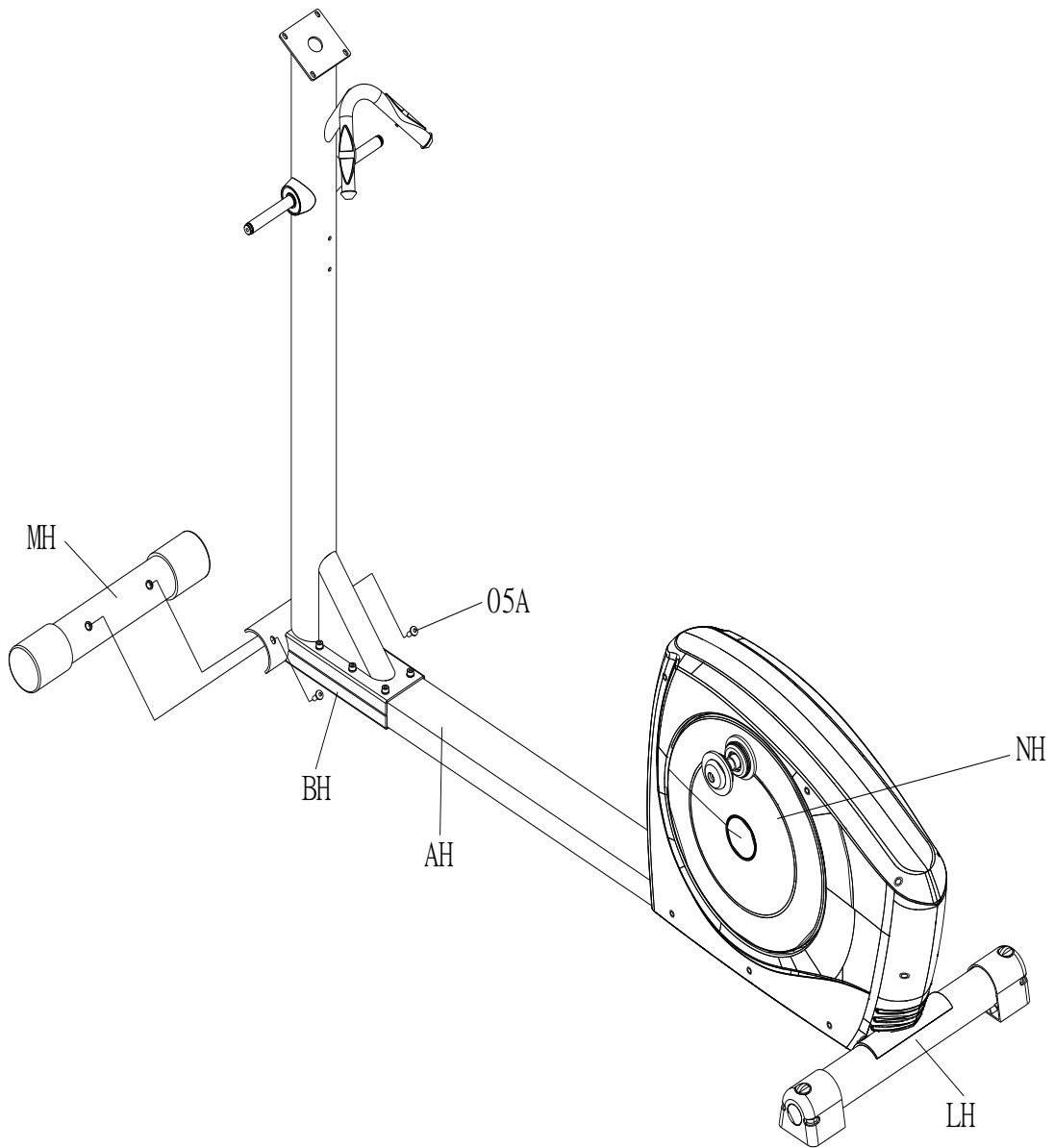
## STEP 3

Use your fingers to reach the hole on the bottom of the Handlebar Post (BH) and pull out Cable Wire (70A) and Cable Wire (68A). Connect the two cables together and push back into the hole. Then fasten the Main Frame (AH) and the Handlebar Post (BH) using 6 Allen Bolts (06A) and 6 Spring Washers (08) with the Allen Wrench provided.



## **STEP 4**

Attach the Front Stabilizer (MH) to the Handlebar Post (BH) using 2 Allen Bolts (05A).

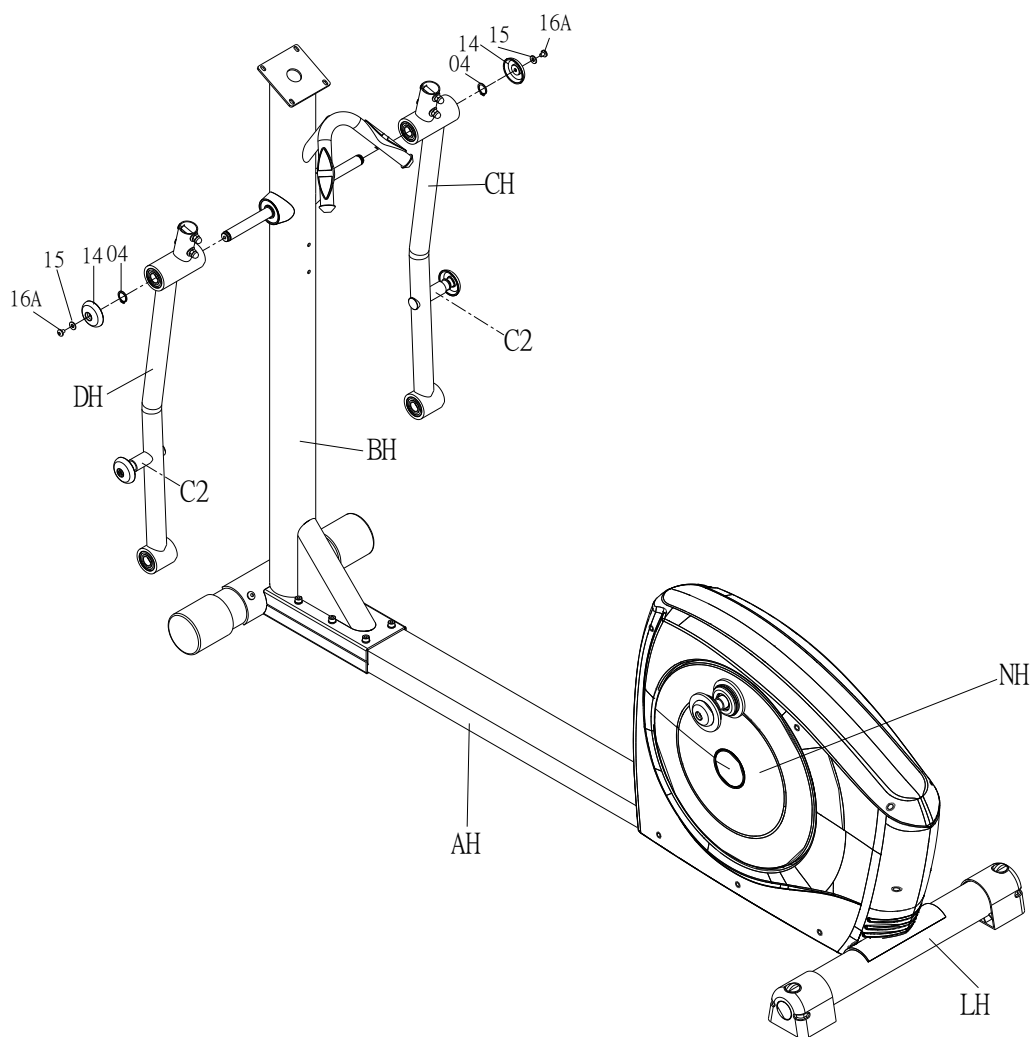


# Assembly Instructions

## STEP 5

Attach the Left Movable Handlebar Post (DH) to the Handlebar Post (BH). Then, put one Snap Ring (04), one Washer (15), one Protecting Cover (14), one Washer (15) and tighten using a Bolt (16A). Repeat connection on the right hand side of the machine.

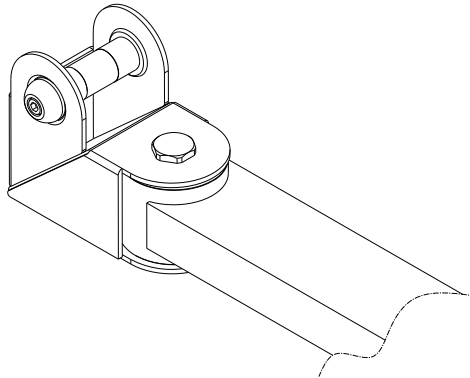
Remove the preassembled parts on the Disc (NH) and the Axle (C2) on the Movable Handlebar Post (DH/CH) and set all of these removed parts aside, do not mix them up (see diagram in STEP 8 for the parts needed to be removed and then reassembled later in STEP 8). On the Disc Axle (NH) unscrew and remove one Allen Bolt (16A), one Washer (15), one Protecting Cover (14), one Washer (15), one Snap-Ring (04), one Washer (03), the Plastic Roller (P), one Wave Washer (86) and one Bushing (02). Next on the Axle (C2) of the Movable Handlebar Post (DH/CH) unscrew and remove one Snap-Ring (04). Repeat steps above on the other side of the Disc Axle (NH) and the Axle (C2) on the Movable Handlebar (DH/CH).



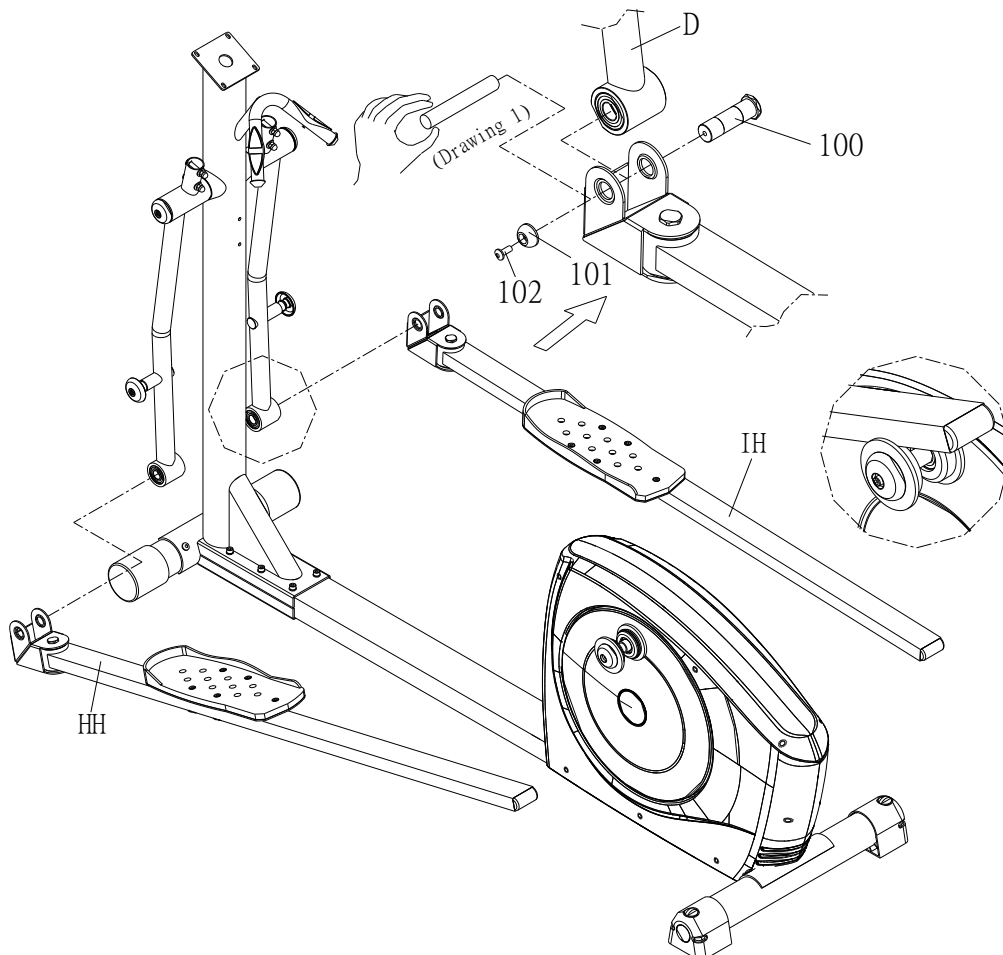


## **STEP 6**

The Pedal Arms packed in the carton is as the picture below.



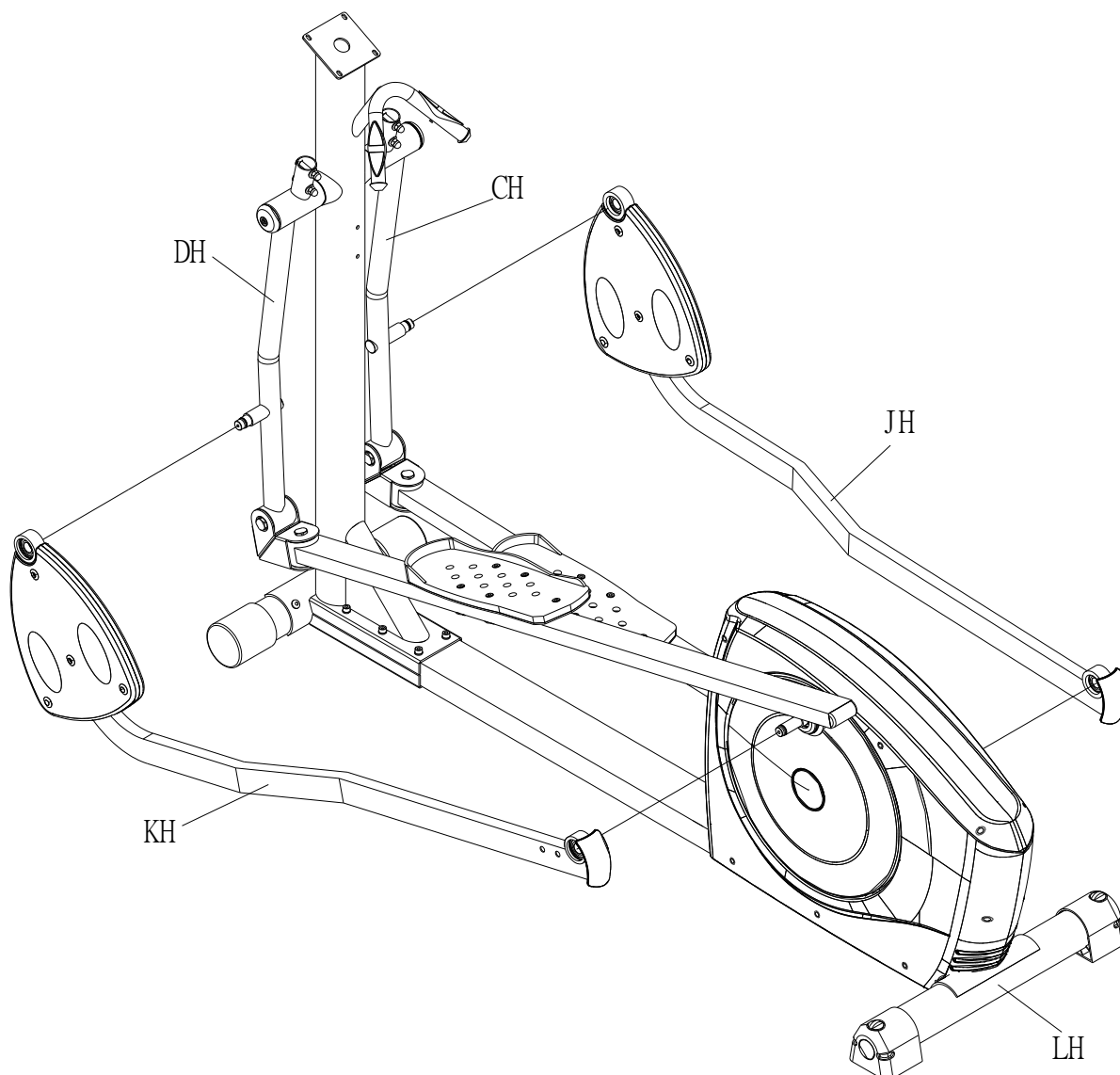
Firstly, you have to unloosen parts # 100, 101 and 102 on Right Pedal Arm. Then, insert the Handlebar Post (D) to the Right Pedal Arm (IH) and bolt #100 through Handlebar Post (D) and tighten using #101 and #102. When inserting bolt #100, please use a small tube as showed in "Drawing 1" to adjust the spacer in the Handlebar Post (D) so that the bolt may go through Handlebar Post (D) more easily. Following that, place the back half of the Right Pedal Arm (IH) onto the top of Plastic Roller attached to the Steel Plate Axle. Repeat the process above for the Left Pedal Arm (HH).



# Assembly Instructions

## STEP 7

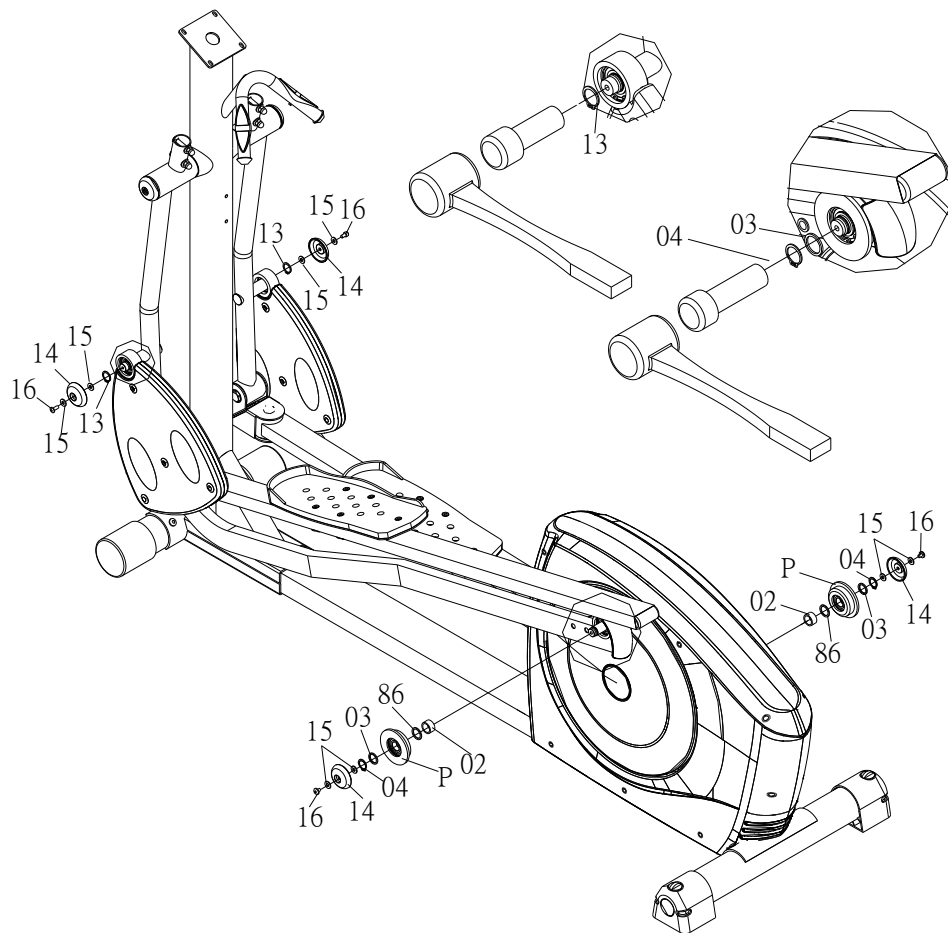
Attach the left front side of the Connecting Tube (KH) to the Left Handlebar (DH). Then slide the other end of the Connecting Tube (KH) onto the Disc Axle (NH). Repeat connection on the right hand side of the machine.



## **STEP 8**

The parts removed in STEP 5 will need to be reassembled on the Disc Axle (NH) and the Axle (C2) of the Handlebar Post (DH). On the Axle (C2) of the Handlebar post (DH) push on the Snap Ring (04) until it pops into its groove using the Socket Tool provided (a rubber hammer may be needed to firmly place Snap Ring in place. Please use rubber hammer GENTLY).

On the Disc Axle (NH) slide one Bushing (02), one Wave Washer (86), one Plastic Roller (P) and one Washer (03) onto the Steel Disc Axle (N). Push on the Snap Ring (04) until it pops into its groove using the Socket Tool provided (a rubber hammer may be needed to firmly place Snap Ring. Please use rubber hammer GENTLY). Then place one Washer (15), Protecting Cover (14) and another Washer (15) on the Allen Bolt (16A) and attach to the Disc Axle (NH). Repeat above on the other side.

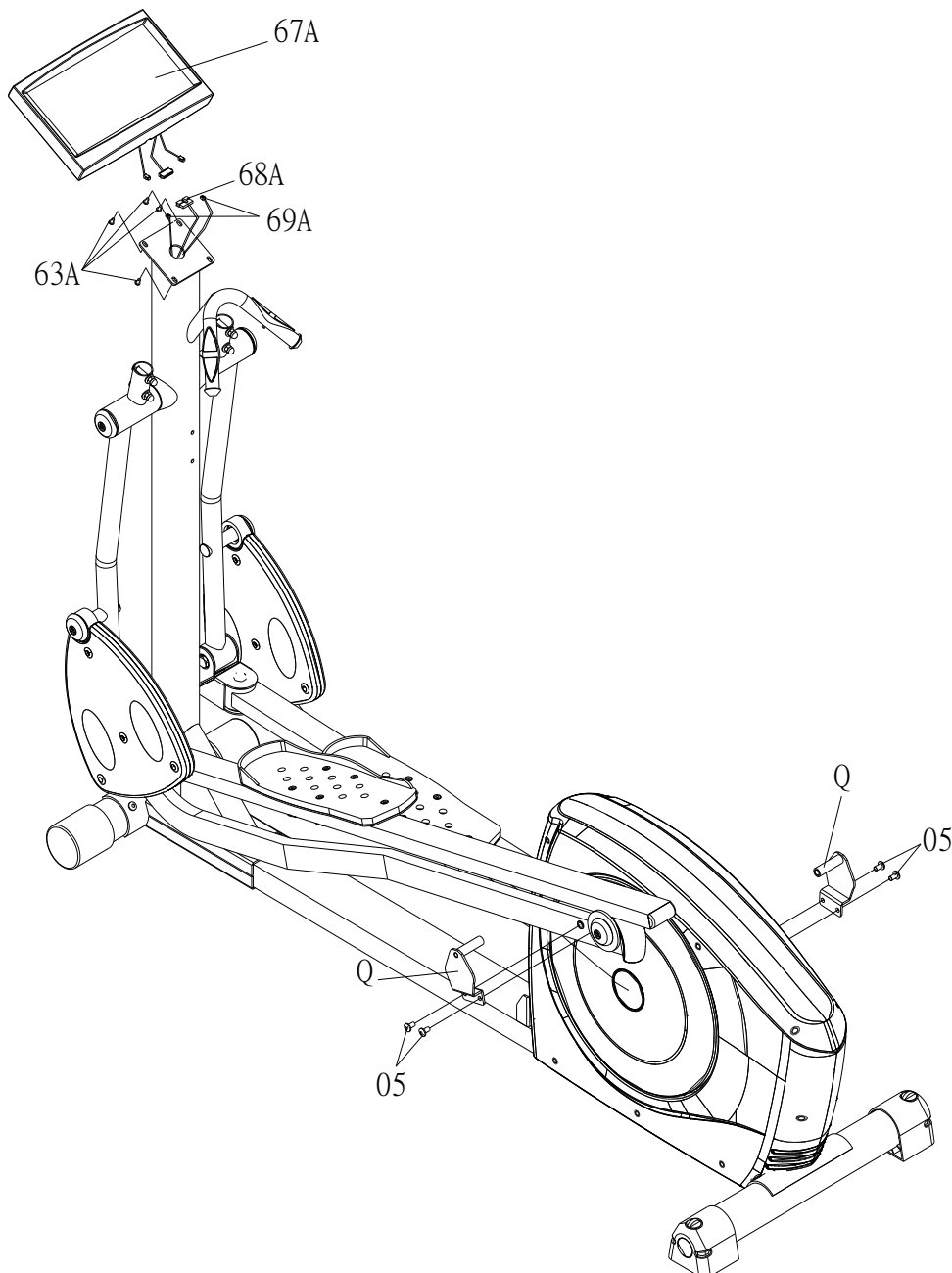


# Assembly Instructions

## **STEP 9**

Attach the Left Pedal Arm Holder Bracket (Q) to the Connecting Tube (KH) with 2 Allen Bolts (05). Repeat the process above on the Connecting Tube (JH).

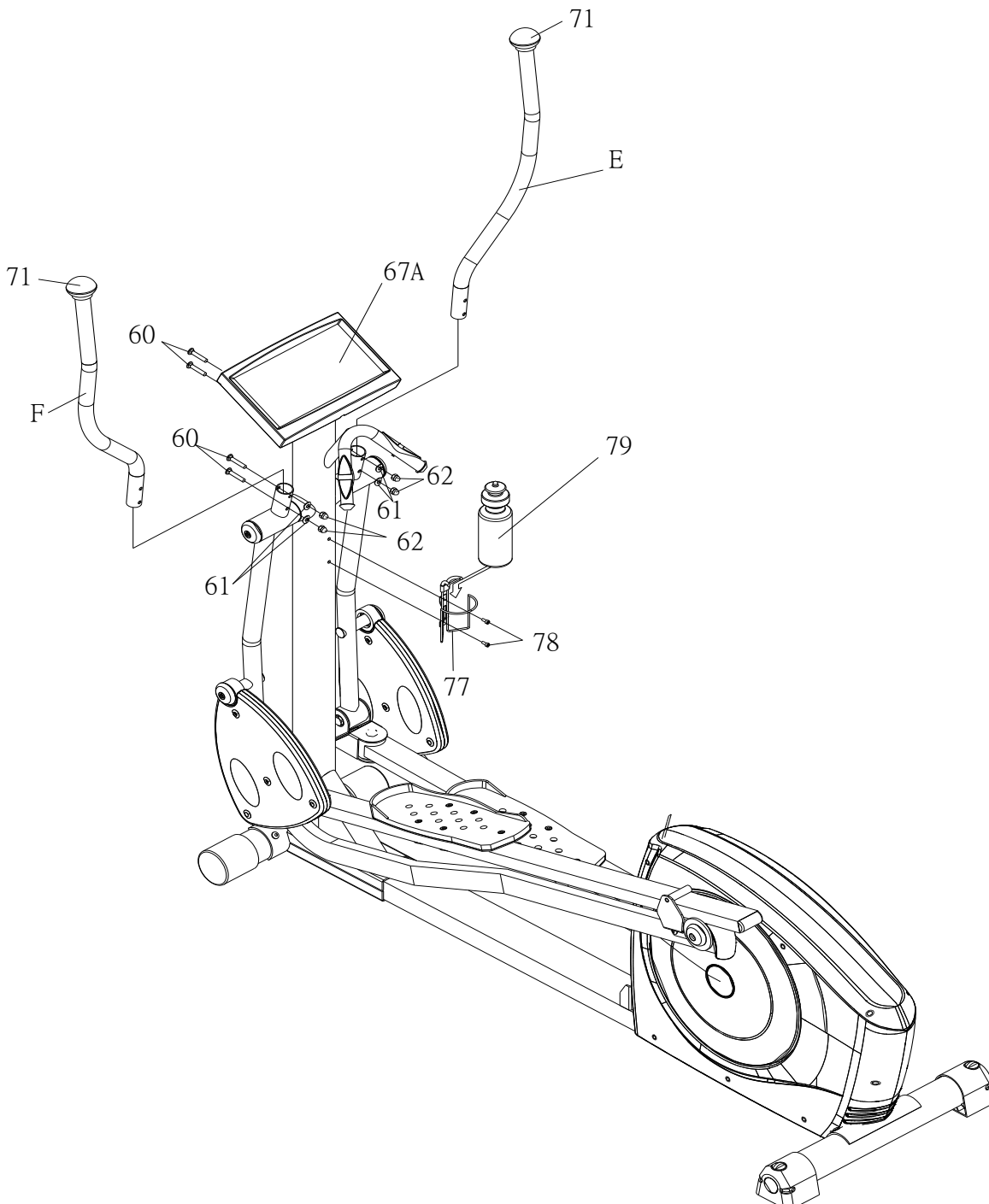
Connect the Computer (67A) to the Cable Wires (68A & 69A) coming out of the Handlebar Post (BH). Then fix the Computer (67A) to the Computer Support Plate using 4 screws (63A).



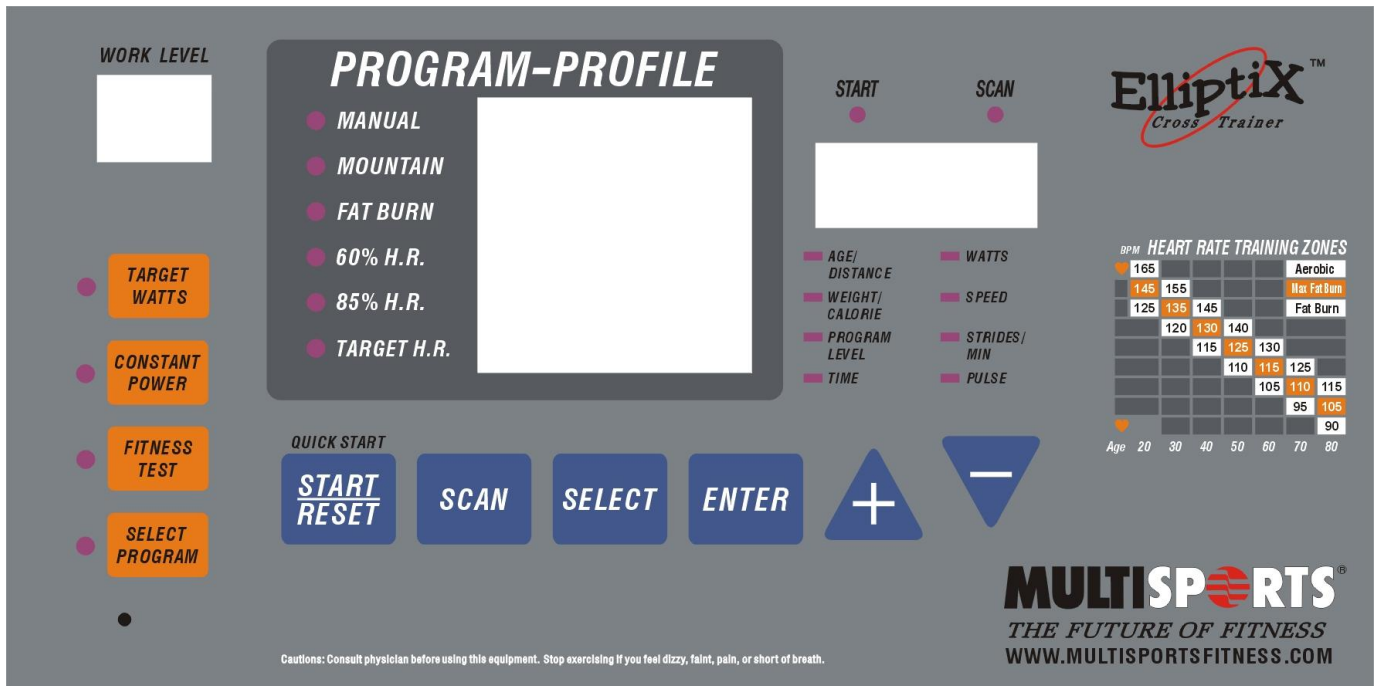
## **STEP 10**

Fasten the upper Left Movable Handlebar (F) to the Lower Left Handlebar (DH) by using 2 Carriage Bolts (60), Semicircle Washers (61) and Dome Nuts (62). Repeat the process above on the Right Moveable Handlebar (E).

Attach the Water Bottle Holder (77) onto the Handlebar Post (BH) and fasten with 2 Screws (78).



# Computer Instructions



## TO OPERATE

1. START PEDALING TO ACTIVATE COMPUTER. QUICK START:
  - A. Starting pedaling, press **START** once.
  - B. To reset values press **START** again, TIME, DISTANCE will count from zero.
  - C. Adjust work level by pressing **UP** and **DOWN** keys.
  
2. TO USE MANUAL OR MOUNTAIN PROGRAM:
  - A. Press **START** until you are in the RESET mode (■ AGE is flashing).
  - B. Press **SELECT PROGRAM** until the **MANUAL** or **MOUNTAIN** program is highlighted.
  - C. Press **UP** & **DOWN** keys to set your **AGE** then press **ENTER**.
  - D. Press **UP** & **DOWN** keys to set your **WEIGHT** then press **ENTER**.
  - E. Press **UP** & **DOWN** keys to set your **PROGRAM LEVEL** then press **ENTER**.
  - F. Press **UP** & **DOWN** keys to set the **TIME** then press **START**.
  
3. TO USE THE FAT BURN PROGRAM:
  - A. Press **START** until you are in the RESET mode (■ AGE is flashing).
  - B. Press **SELECT PROGRAM** until the **FAT BURN** program is highlighted.
  - C. Press **UP** & **DOWN** keys to set your **AGE** then press **ENTER**.
  - D. Press **UP** & **DOWN** keys to set your **WEIGHT** then press **ENTER**.
  - E. Press **UP** & **DOWN** keys to set your **PROGRAM LEVEL** then press **ENTER**.
  - F. Press **UP** & **DOWN** keys to set the **TIME** then press **START**.

4. TO USE **TARGET WATTS** WHILE IN PROGRAM:
  - A. Press **TARGET WATTS**.
  - B. Press **UP** & **DOWN** keys to adjust level.
  - C. To cancel press **TARGET WATTS** again.
  
6. TO USE **CONSTANT POWER** WHILE IN PROGRAM:
  - A. Press **CONSTANT POWER**.
  - B. Press **UP** & **DOWN** keys to adjust level.
  - C. To cancel press **CONSTANT POWER** again.
  
7. TO USE THE **FITNESS TEST** PROGRAM:
  - A. Press **START** until you are in the RESET mode (■AGE is flashing).
  - B. Press **FITNESS TEST**.
  - D. Press **UP** & **DOWN** keys to set your **AGE** then press **ENTER**.
  - E. Press **UP** & **DOWN** keys to set your **WEIGHT** then press **START**.
  
8. TO USE THE **60% HEART RATE** PROGRAM:
  - A. Press **START** until you are in the RESET mode (■AGE is flashing).
  - B. Press **SELECT PROGRAM** until the ●60% H.R. program is highlighted.
  - C. Press **UP** & **DOWN** keys to set your **AGE** then press **ENTER**.
  - D. Press **UP** & **DOWN** keys to set your **WEIGHT** then press **ENTER**.
  - E. Press **UP** & **DOWN** keys to set the **TIME** then press **START**.
  
8. TO USE THE **85% HEART RATE** PROGRAM:
  - A. Press **START** until you are in the RESET mode (■AGE is flashing).
  - B. Press **SELECT PROGRAM** until the ●85% H.R. program is highlighted.
  - C. Press **UP** & **DOWN** keys to set your **AGE** then press **ENTER**.
  - D. Press **UP** & **DOWN** keys to set your **WEIGHT** then press **ENTER**.
  - E. Press **UP** & **DOWN** keys to set the **TIME** then press **START**.
  
9. TO USE THE **TARGET HEART RATE** PROGRAM:
  - A. Press **START** until you are in the RESET mode (■AGE is flashing).
  - B. Press **SELECT PROGRAM** until the ●TARGET H.R. program is highlighted.
  - C. Press **UP** & **DOWN** keys to set your **AGE** then press **ENTER**.
  - D. Press **UP** & **DOWN** keys to set your **WEIGHT** then press **ENTER**.
  - E. Press **UP** & **DOWN** keys to set the **TIME** then press **START**.
  - F. Press **UP** & **DOWN** keys to set your desired **HEART RATE TARGET**, then press **ENTER**.

**ECT-880L****PARTS LIST***\* Indicates pre-assembled parts*

<b>NO.</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>	<b>NO.</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>
AH	Main Frame	1pc	06A	Allen Bolt M8x65L	6pcs
BH	Handlebar Post	1pc	*07	Screw M4x15L	12pcs
*CH	Right Handlebar	1pc	08	Spring Washer M8	14pcs
*DH	Left Handlebar	1pc	*09	Rivet Nut M8	8pcs
E	Right Movable Handlebar	1pc	*09A	Rivet Nut M8	4pcs
F	Left Movable Handlebar	1pc	*10	Spacer	2pcs
HH	Left Pedal Arm	1pc	*13	Snap-Ring 42	8pcs
IH	Right Pedal Arm	1pc	*13A	Snap-Ring 52	2pcs
JH	Right Connecting Tube	1pc	14	Φ54 Protecting Cover	4pcs
KH	Left connecting Tube	1pc	15	Washer φ16xφ7x1.5t	8pcs
LH	Rear Stabilizer	1pc	16A	Bolt M6x12L	4pcs
MH	Front Stabilizer	1pc	*17	Allen Bolt M8x50L	4pcs
*NH	Plastic Disc	2pcs	*18	Allen Bolt M8x25L	4pcs
P	Plastic Roller with Bearing #6004	4sets	*19	End Cap 30x60	4pcs
*Q	Pedal Arm Holder Bracket	2pcs	*20	Pedal (Right, Left)	1set
*R	Disc Axle	2pcs	*21A	Connecting Tube Cover (R)	2pcs
*S	Belt Wheel	2pcs	*22A	Connecting Tube Cover (L)	2pcs
*T	Rubber Stand	1pc	*23A	Right Housing	1pc
*U	Housing Holder	1pc	*24A	Left Housing	1pc
*V	Generator	1pc	*25	Rear Stabilizer End Cap	2pcs
*W	Belt Holder Plate	2pcs	*26	Front Stabilizer End Cap	2pcs
*X	Axle Holder	3pcs	*27	Screw M4x15L	4pcs
*XH	Idle Wheel Axle Holder	1pc	*28	Axle φ17	2pcs
*Y	Generator Spacer	1pc	*29	Bearing #30203	4pcs
*Z	IC	1pc	*30	Screw M4x10L	16pcs
*01	Bearing #6004C3	12pcs	*31	Nylon Nut M8	8pcs
*02	Bushing φ25.4xφ20x13t	4pcs	*32	Washer φ16x9x1.5t	4pcs
*03	Washer φ25.4x2t	6pcs	*33	Washer φ35x9x2t	4pcs
04	Snap-Ring 20	13pcs	*35	Hex Nut M25xP1.5x6t	4pcs
05	Bolt M8x15L	4pcs	*36A	Belt Axle	1pc



05A	Bolt M8x20L	4pcs	*36B	Belt Axle	1pc
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## ECT-880L

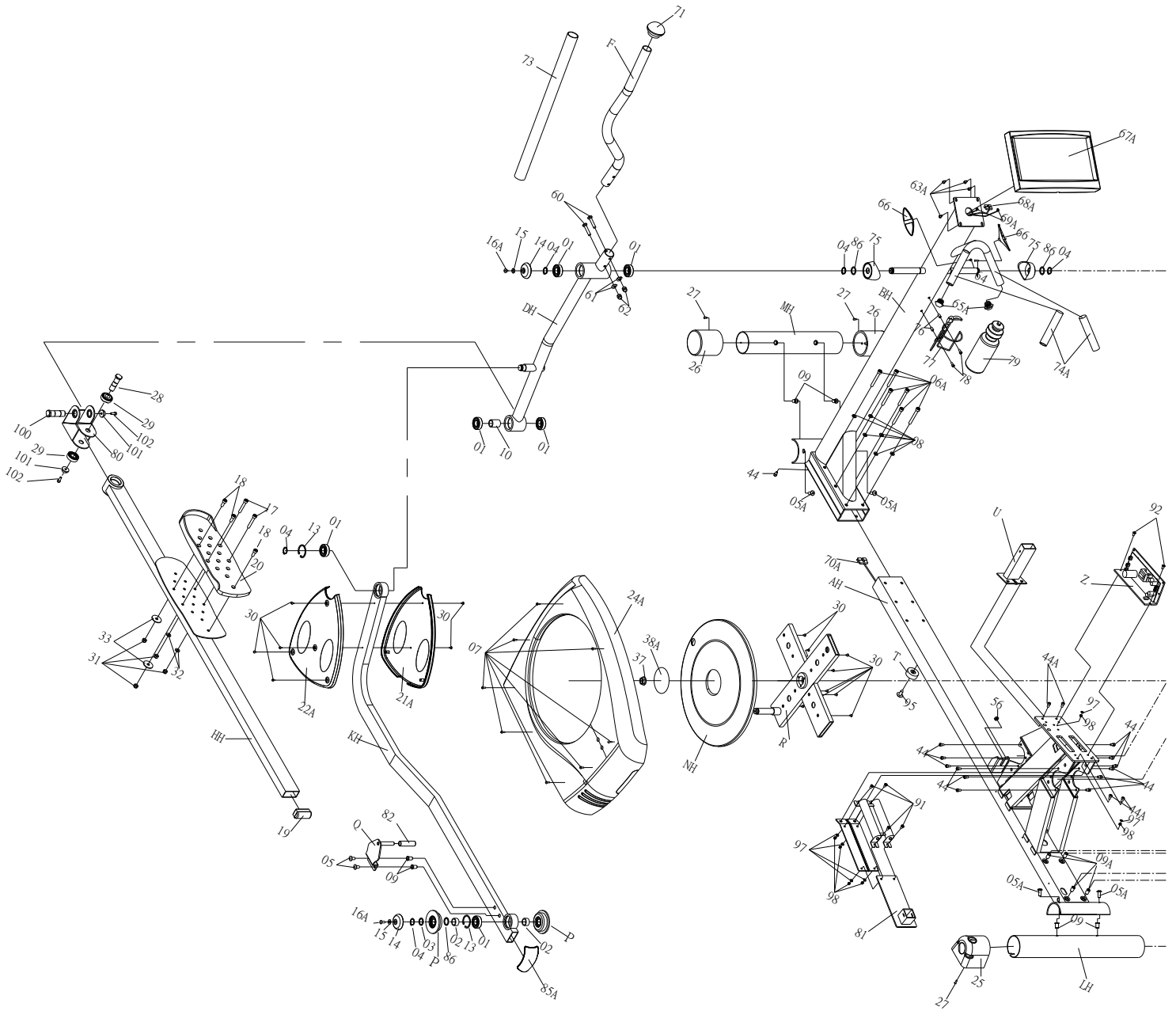
## PARTS LIST

*\* Indicates pre-assembled parts*

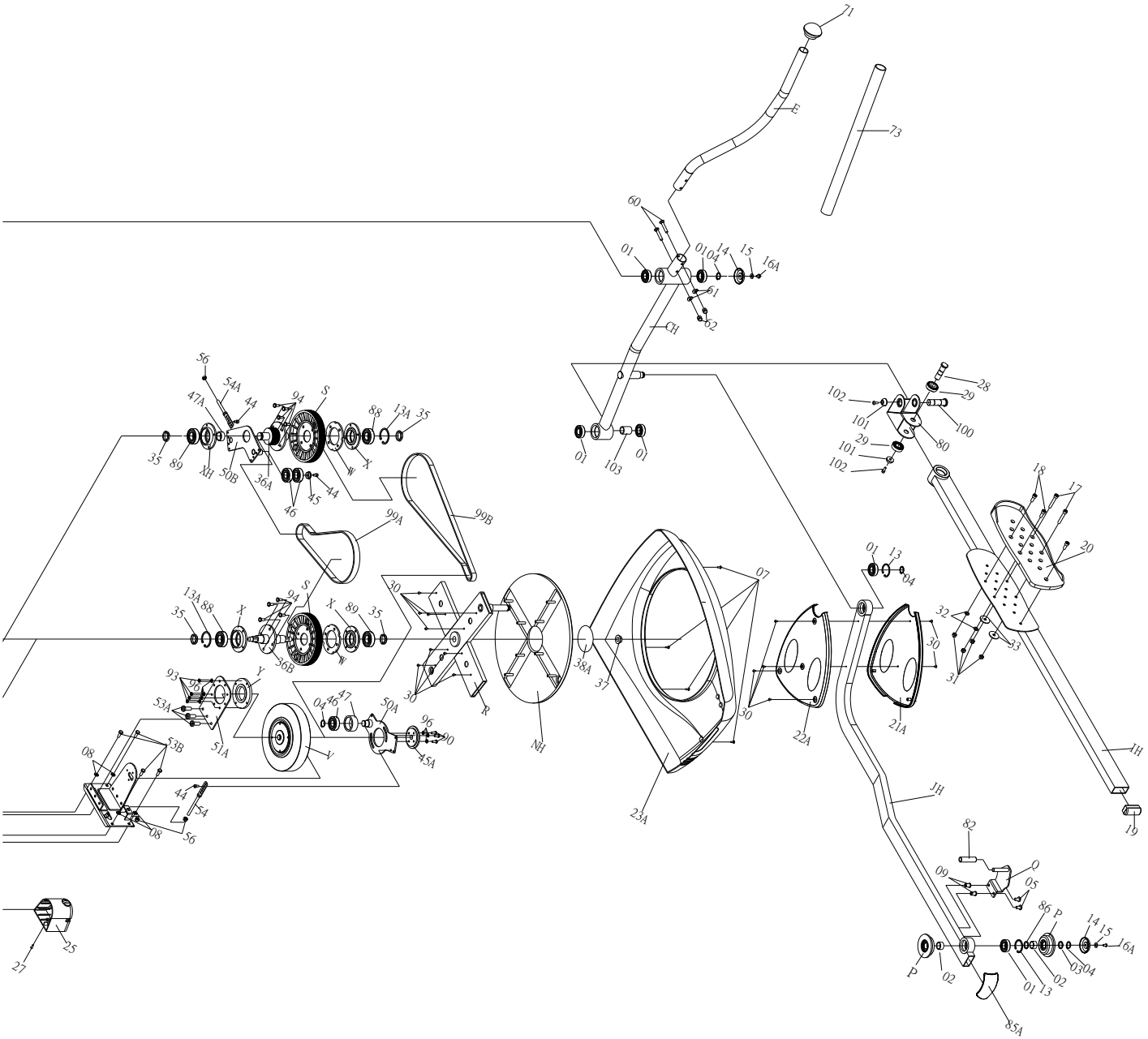
NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
*37	Nut M14xP1.5x6t	2pcs	*74A	Hand-Pulse Foam Grip	2pcs
*38A	Disc Cover	2pcs	*75	Spacer $\phi$ 20	2pcs
*44	Allen Bolt M6x10L	16pcs	*76	Rivet Nut M5	2pcs
*44A	Allen Bolt M6x15L	4pcs	*77	Water Bottle Holder	1pc
*45	Idle Wheel Axle Cover	2pcs	*78	Allen Bolt M5x20L	2pcs
*45A	Idle Fixed Holder	1pc	79	Water Bottle (Optional)	1pc
*46	Bearing #6204	3pcs	*80	Adjusting Bracket	2pcs
*47	Bushing $\phi$ 52x $\phi$ 47x2t	1pc	*81	Bracket for Chain Cover	1pc
*47A	Bushing $\phi$ 31x $\phi$ 25x13t	1pc	*82	Foam Roller $\phi$ 11x3tx61L	2pcs
*50A	Idle Wheel Support Plate	1pc	*85A	Connecting Tube End Cap	2pcs
*50B	Idle Wheel Support Plate	1pc	*86	$\phi$ 20 Wave Washer	6pcs
*51A	Support Plate	1pc	87	Hardware Kit & Tools	1set
*53A	Allen Bolt M8x12L	3pcs		Allen Wrench (M3, M4, M5, M6)	
*53B	Hex Bolt M8x20L	4pcs		Wrench, Screwdriver, Snap-Ring Socket	
*54	Belt Wheel Adjuster M8x90L	1pc	*88	Bearing #6205	2pcs
*54A	Belt Wheel Adjuster M8x60L	1pc	*89	Bearing #6205C3	2pcs
*56	Hex Nut M8	4pcs	*90	Allen Bolt M5x15L	3pcs
60	Carriage Bolt M8x45L	4pcs	*91	Cross Screw M5x10L	4pcs
61	Semicircle Washer M8	4pcs	*92	Cross Screw M5x15L	2pcs
62	Dome Nut M8	4pcs	*93	Cross Screw M5x20L	4pcs
63A	Bolt M5x15L	4pcs	*94	Hex Bolt M8x15L	8pcs
*64	Screw M4x15L	2pcs	*95	Screw 1/4"x3/4"L	1pc
*65A	1" End Cap	2pcs	*96	Spring Washer M5	7pcs
*66	Hand Pulse	2pcs	*97	Washer $\phi$ 10x $\phi$ 5x1t	6pcs
67A	Computer	1pcs	*98	Nylon Nut M5	6pcs
68A	Cable Wire	1pcs	*99A	Belt J10 35"L	1pc
69A	Hand-Pulse Wire	1set	*99B	Belt J6 48"L	1pc
*70A	Computer Cable	1pc	100	Axle $\phi$ 20	2pcs
*71	$\phi$ 31.8 End Cap	2pcs	101	Protecting Cover	4pcs

*73	Movable Handlebar Foam Grip	2pcs	102	Allen Bolt M6*15	4pcs
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# Exploded Drawing



# Exploded Drawing





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