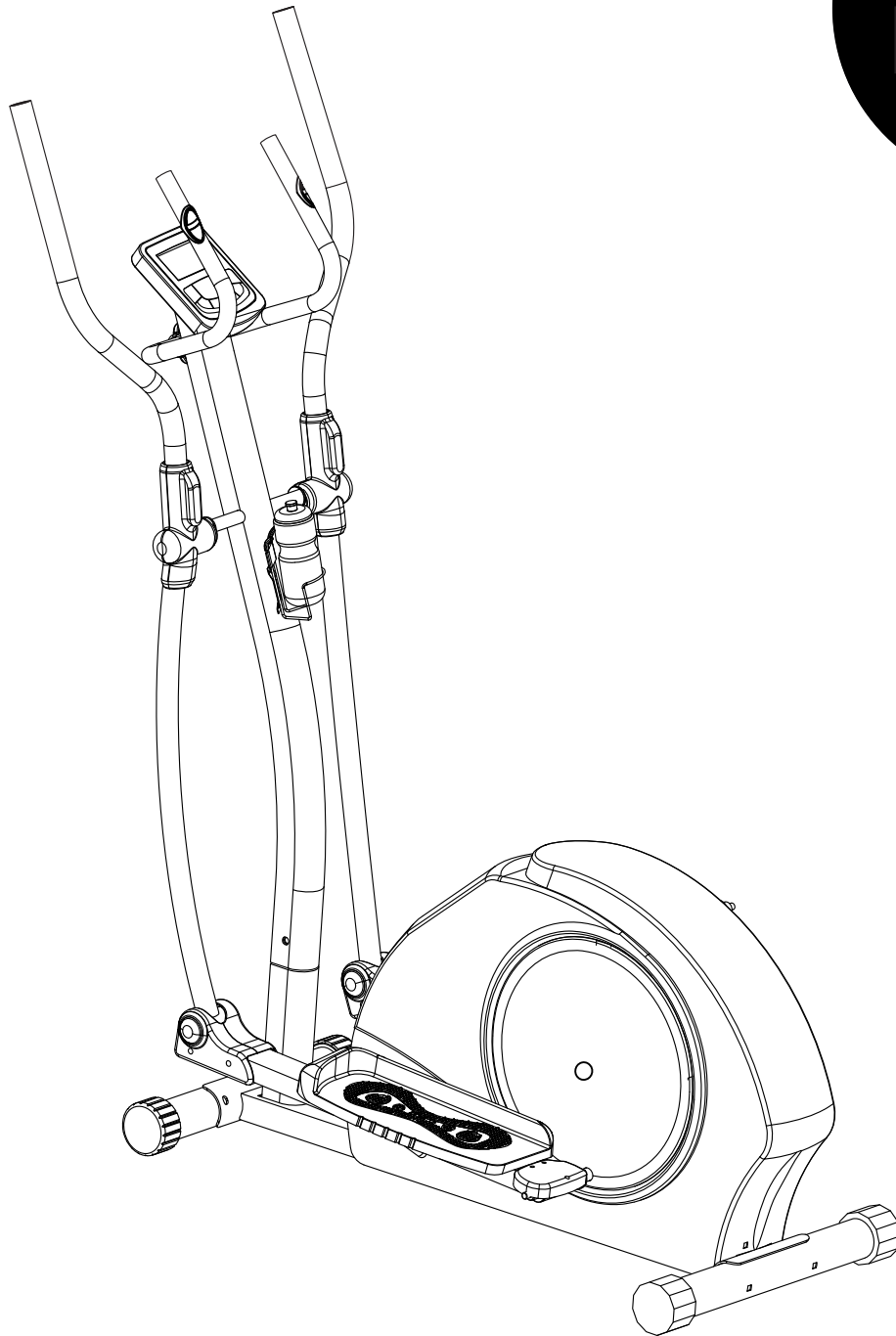


ELLIPTICAL Trainer

BR2710



*This item is for consumer use only and it is not meant for commercial use.

OWNER'S MANUAL



General Information



Safety

Before you undertake any exercise program, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Excessive or incorrect training may result to health injuries. Please read this manual carefully before commencing the assembly of your product or starting to exercise.

- Please keep all children away from this item when in use. Do not allow children to climb or play on them when they are not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Any adjustment devices that could interfere with the user's movement on this unit should not be left projecting.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- Do not use this unit for commercial purposes. This unit is for home use only.
- Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment.
- It is the facility owner's responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

Assembling Tools

- Ruler with both metric and English measurements
- 2 x Adjustable Wrenches
- 1 x Philips ("Crosshead") Screw Driver

Weight Limit

Your product is suitable for users weighing: 300 pounds or less.

Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.

Warranty

Body Flex Sports warrants your product for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially. Any alterations or incorrect assembly of the product will void this warranty.

Proof of purchase must be presented for any warranty validation (no exceptions). This warranty applies to the original purchaser only and is not transferable.

This warranty does not cover abuse or defects caused during use, storage or assembly.

During the warranty period, Body Flex Sports reserves the right to:

- provide replacement parts to the purchaser in an effort to repair the item.
- repair the product returned to our warehouse (at the purchaser's cost).
- replace the product if neither of the two previously mentioned actions effect repair.

This warranty does not cover normal wear and tear on upholstery.



Questions

If you have any questions concerning the assembly of your item or if any parts are missing, please **DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER**. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement parts.

Customer Support

Customer Support is open 9:00 a.m. to 5:00 p.m. (Pacific Time) Monday through Friday. Please contact us by any of the following means.

Body Flex Sports, Inc.
21717 Ferrero Parkway, Walnut, CA 91789
Telephone: (888) 266 - 6789
Fax: (909) 598 - 6707
Email: info@bodyflexsports.com

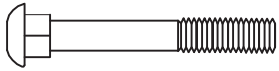




Hardware List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items. **PLEASE NOTE:** some of these parts may have already been pre-assembled on your unit.

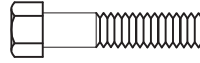
Bolts



#4. Carriage Bolt (M8x73 mm)
[4 pieces]



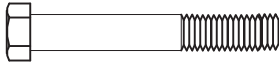
#9. Screw (M3x15 mm)
[6 pieces]



#19. Hex Bolt (M8x45 mm)
[4 pieces]



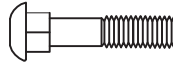
#20. Screw (M4x20 mm)
[4 pieces]



#22. Hex Bolt (M8x75 mm)
[2 pieces]



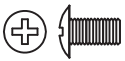
#30. Bolt (M8x15 mm)
[4 pieces]



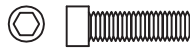
#36. Carriage Bolt (M8x40 mm)
[4 pieces]



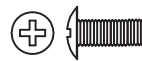
#39. Hex Bolt (M8x15 mm)
[2 pieces]



#41. Screw (M4x8 mm)
[2 pieces]
pre-assembled



#55. Bolt (M8x30 mm)
[2 pieces]



#60. Screw (M4x12 mm)
[4 pieces]
pre-assembled

Washers



#5. Arc Washer (M8 R30.5)
[4 pieces]



#13. Big Washer (M10)
[2 pieces]



#17. Washer (M8)
[10 pieces]



#35. Arc Washer (M8 R16)
[4 pieces]



#37. Big Washer (M8)
[2 pieces]



#38. Spring Washer (M8)
[4 pieces]



#42. Washer (M5)
[2 pieces]
pre-assembled



#59. Special Washer
[4 pieces]
pre-assembled

Nuts



#6. Cap Nut (M8)
[8 pieces]



#14. Nylon Nut (M10)
[2 pieces]

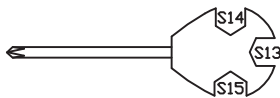


#16. Nylon Nut (M8)
[6 pieces]

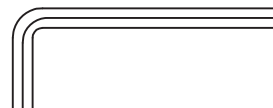
Tools



S17-19 [1 piece]



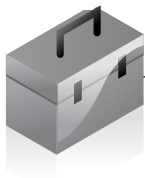
S13-14-15 [1 piece]



6mm [1 piece]



S13-14 [1 piece]



Parts Listing

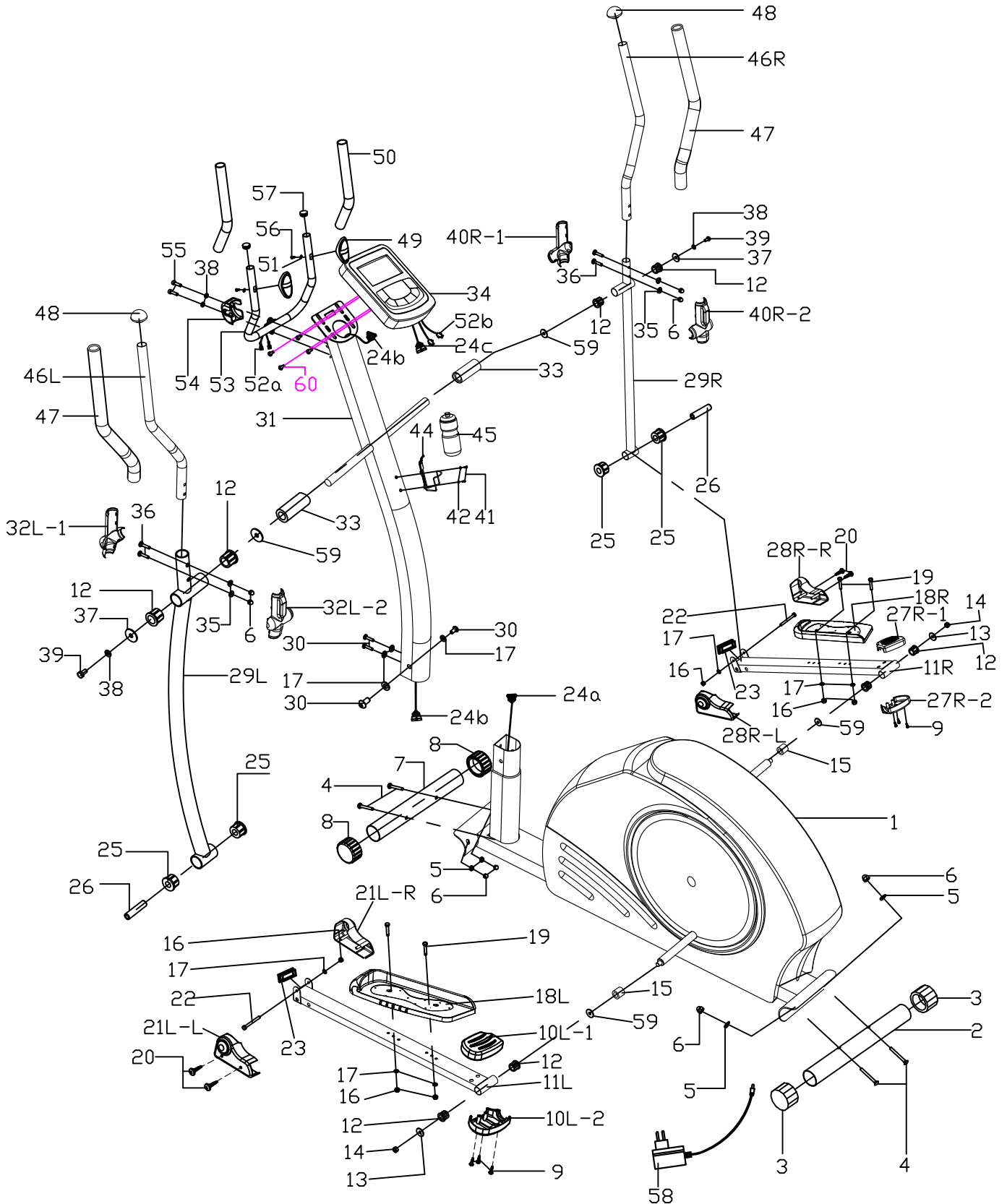
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

#	Description	#	Description
1	Main Frame	29L/29R	Left/Right Lower Handlebar
2	Rear Stabilizer	30	Bolt (M8x15 mm)
3	Adjustable End Cap	31	Front Post
4	Carriage Bolt (M8x73 mm)	32L-1/32L-2	End Cap
5	Arc Washer (M8 R30.5)	33	Spacer ($\phi 32 \times \phi 19.2 \times 67 \text{mm}$)
6	Cap Nut (M8)	34	Computer
7	Front Stabilizer	35	Arc Washer (M8 R16)
8	End Cap	36	Carriage Bolt (M8x40 mm)
9	Screw (M3x15 mm)	37	Big Washer (M8)
10L-1/10L-2	End Cap	38	Spring Washer (M8)
11L/11R	Left/Right Pedal Arm	39	Hex Bolt (M8x15 mm)
12	Bushing ($\phi 28 \times \phi 19 \times 24.5$)	40R-1/40R-2	End Cap
13	Big Washer (M10)	41	Screw (M4x8 mm)
14	Nylon Nut (M10)	42	Washer (M5)
15	Plastic Spacer ($\phi 31.8 \times \phi 19.2 \times 36$)	44	Water Bottle Holder
16	Nylon Nut (M8)	45	Water Bottle
17	Washer (M8)	46L/46R	Left/Right Upper Handlebar
18L/18R	Left/Right Pedal	47	Foam of Upper Handlebar
19	Hex Bolt (M8x45 mm)	48	End Cap
20	Screw (M4x20 mm)	49	Steel Plate of Handle Pulse
21L-L/21L-R	End Cap	50	Foam of Middle Handlebar
22	Hex Bolt (M8x75 mm)	51	Washer (M6)
23	End Cap	52a/52b	Handle Pulse Wires
24a	Sensor Wire (Lower)	53	Middle Handlebar
24b	Sensor Wire (Middle)	54	Cover of Handlebar
24c	Sensor Wire (Upper)	55	Bolt (M8x30 mm)
25	Bushing ($\phi 28 \times \phi 14 \times 24$)	56	Screw (M4x19 mm)
26	Spacer ($\phi 14 \times \phi 8 \times 59$)	57	End Cap
27R-1/27R-2	End Cap	58	AC Adapter
28R-L/28R-R	End Cap	59	Special Washer
		60	Screw (M4x12 mm)



Exploded Diagram

The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process. Please note that not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please continue to the next page to begin the assembly process and use this page only as a reference guide for parts and hardware.





Assembly Instructions

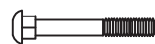
Assembly Step 1

Stabilizer Assembly

Secure the **Front Stabilizer (#7)** and **Rear Stabilizer (#2)** to the **Main Frame (#1)** by using four **Carriage Bolts (#4)**, four **Arc Washers (#5)** and four **Cap Nuts (#6)**

Hardware Required

Bolts



#4. Carriage Bolt (M8x73 mm)
[4 pieces]

Washers

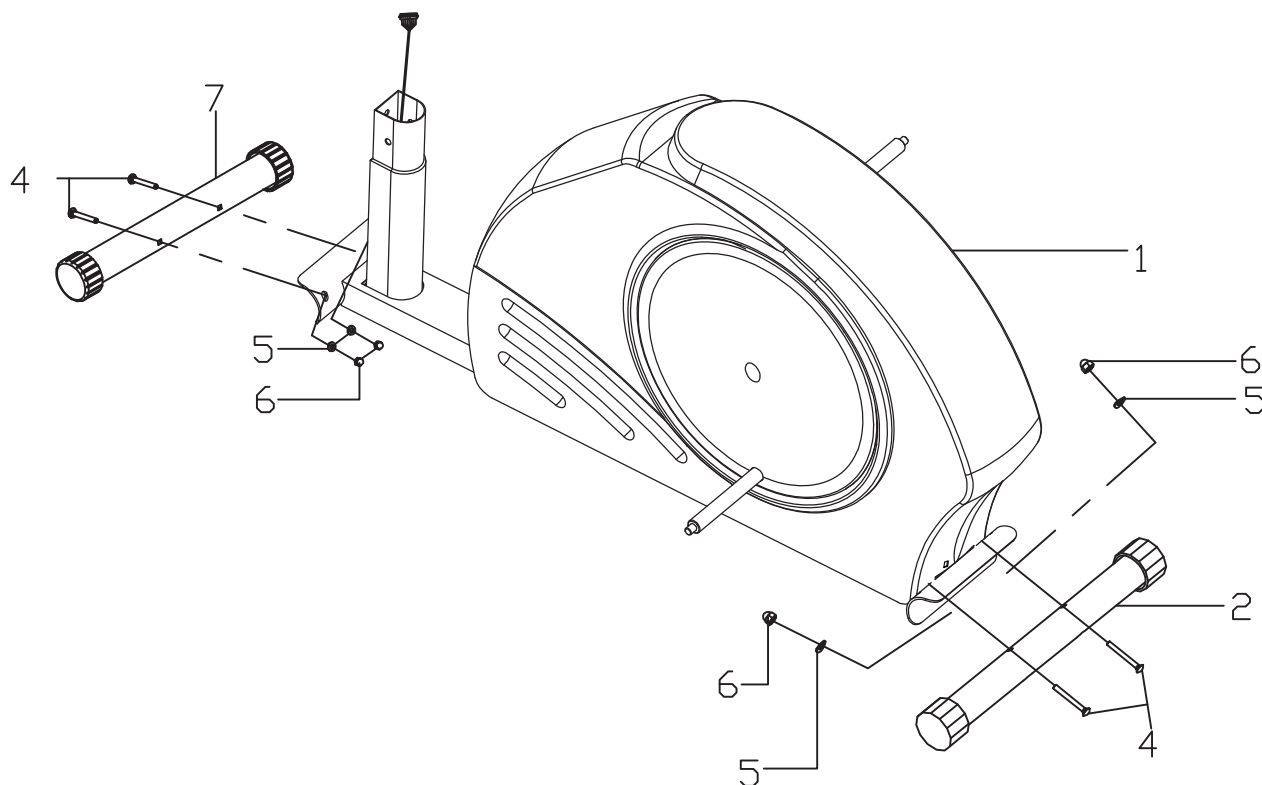


#5. Arc Washer (M8 R30.5)
[4 pieces]

Nuts



#6. Cap Nut (M8)
[4 pieces]





Assembly Instructions

Assembly Step 2

Front Post Assembly:

- A. With the help of an assistant, connect the **Sensor Wire (Lower) (#24a)** to the **Sensor Wire (Middle) (#24b)**.
- B. Secure the **Front Post (#31)** to the **Main Frame (#1)** by using four **Bolts (#30)** and four **Washers (#17)**.

Hardware Required

Bolts

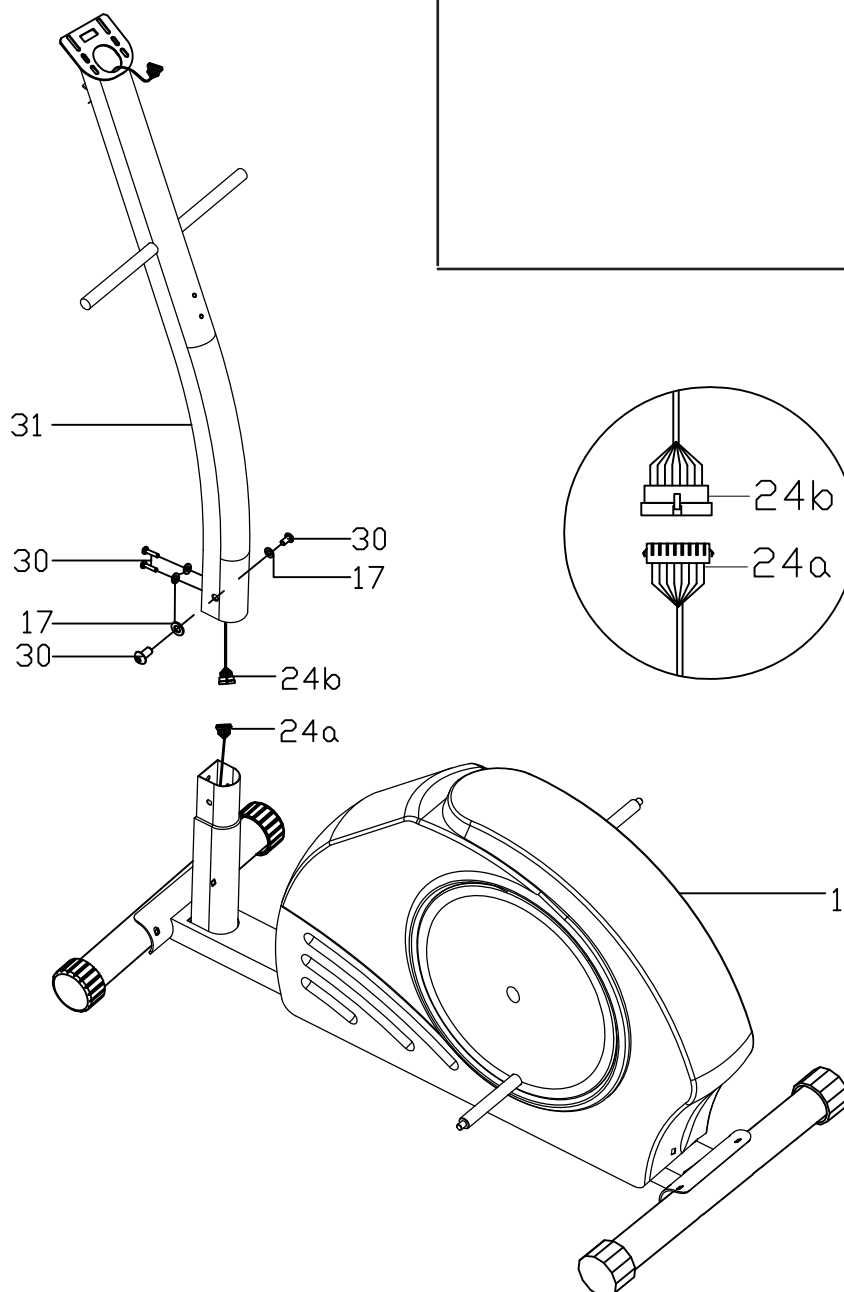


#30. Bolt (M8x15 mm)
[4 pieces]

Washers



#17. Washer (M8)
[4 pieces]





Assembly Instructions

Assembly Step 3

Lower Handlebar Assembly:

The **two Spacers (#33)** and **Special Washers (#59)** are already pre-assembled on the two bars that are protruding from the **Front Post (#31)**. Ensure that they are properly in place as indicated in the assembly below. Slide the **Left Lower Handlebars (#29L)** with the longer end of the shaft towards the center of the **Front Post (#31)**. Then secure it with one **Big Washer (#37)**, a **Spring Washer (#38)** and a **Hex Bolt (#39)**. Repeat this process on the other side.

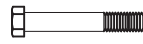
Pedal Arm Assembly:

The **Plastic Spacer (#15)** and the **Special Washer (#59)** are already pre-assembled. Ensure that they are properly in place as indicated in the assembly below. Slide the **Left Pedal Arm (#11L)** into the Crank Stud and secure it with one **Big Washer (#13)** and a **Nylon Nut (#14)** as shown in the assembly below. Repeat this process on the opposite side.

Before attaching the **Left Lower Handlebar (#29L)** to the **Left Pedal Arm (#11L)**, remove the zip tie at the bottom of the **Left Lower Handlebar (#29)**. Then attach the **Left Lower Handlebar (#29)** to the **Left Pedal Arm (#11)** and secure it with a **Hex Bolt (#22)**, a **Washer (#17)** and a **Nylon Nut (#16)**. Repeat this process on the opposite side.

Hardware Required

Bolts



#22. Hex Bolt (M8x75 mm) [2 pieces]



#39. Hex Bolt (M8x15 mm) [2 pieces]

Washers



#13. Big Washer (M10) [2 pieces]



#17. Washer (M8) [2 pieces]



#37. Big Washer (M8) [2 pieces]



#38. Spring Washer (M8) [2 pieces]



#59. Special Washer [4 pieces]

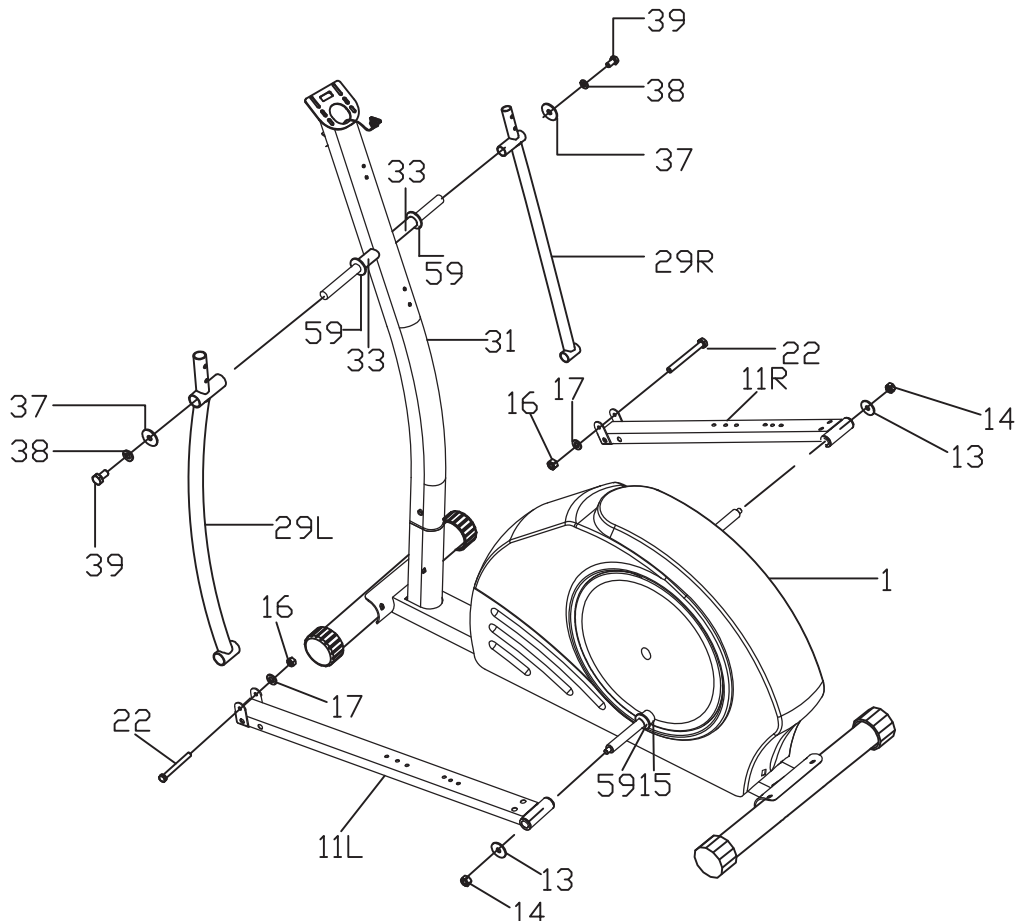
Nuts



#14. Nylon Nut (M10) [2 pieces]



#16. Nylon Nut (M8) [2 pieces]





Assembly Instructions

Assembly Step 4

Upper Handlebar Assembly :

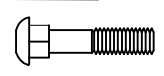
Attach the **Upper Handlebars (#46L & #46R)** to the **Lower Handlebars (#29L & #29R)** and secure them with four **Carriage Bolts (#36)**, four **Arc Washers (#35)** and four **Cap Nuts (#6)**.

Attach the snap-on **End Cap (#32L-1, 32L-2)** to the left **Left Lower Handlebar (#29L)**. Align the two together and press firmly until it snaps into place.

Repeat this process on the opposite side.

Hardware Required

Bolts



#36. Carriage Bolt (M8x40 mm)
[4 pieces]

Washers

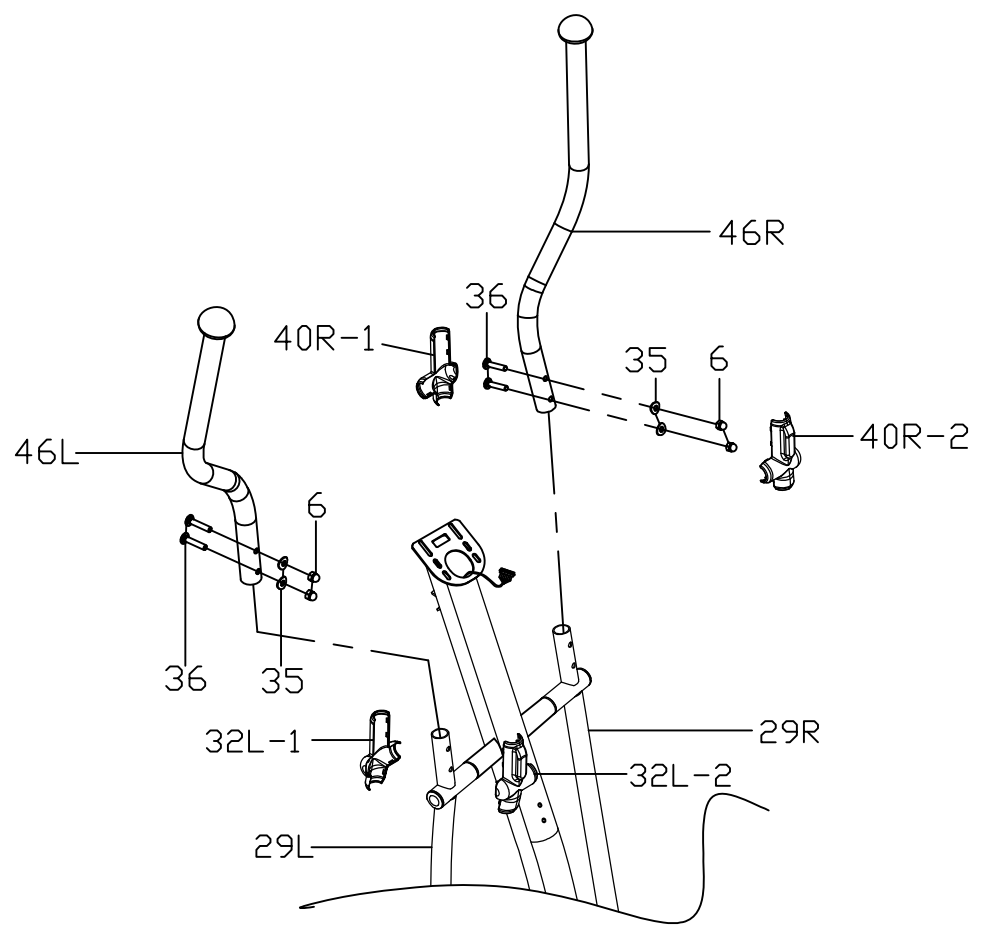


#35. Arc Washer (M8 R16)
[4 pieces]

Nuts



#6. Cap Nut (M8)
[4 pieces]





Assembly Instructions

Assembly Step 5

Middle Handlebar Assembly :

Attach the **Middle Handlebar (#53)** onto the front side of the **Front Post (#31)**, then secure it by using two **Spring Washers (#38)** and two **Bolts (#55)**.

Feed the **Handle Pulse Wire (#52a)** through the neck of the **Front Post (#31)** until it is sticking out of the opening. You will need to connect the wire to the **Computer (#34)** later. Slide the **Cover of Handlebar (#54)** to the **Middle Handlebar (#53)** as illustrated.

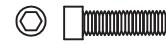
Computer Assembly:

Remove the **Screws (#60)** that are pre-assembled on the **Computer (#34)** and set them aside as they will be used in a later process.

Connect the **Sensor Wire (middle) (#24b)** to the **Sensor wire (upper) (#24c)**. Then connect the **Handle Pulse Wire (#52a)** to the **Handle Pulse Wire (#52b)**. Attach the **Computer (#34)** to the bracket on the **Front Post (#31)** by using four **Screws (#60)** that were previously removed.

Hardware Required

Bolts



#55. Bolt (M8x30 mm)
[2 pieces]



#60. Screw (M4x12 mm)
[4 Pieces]

Washers

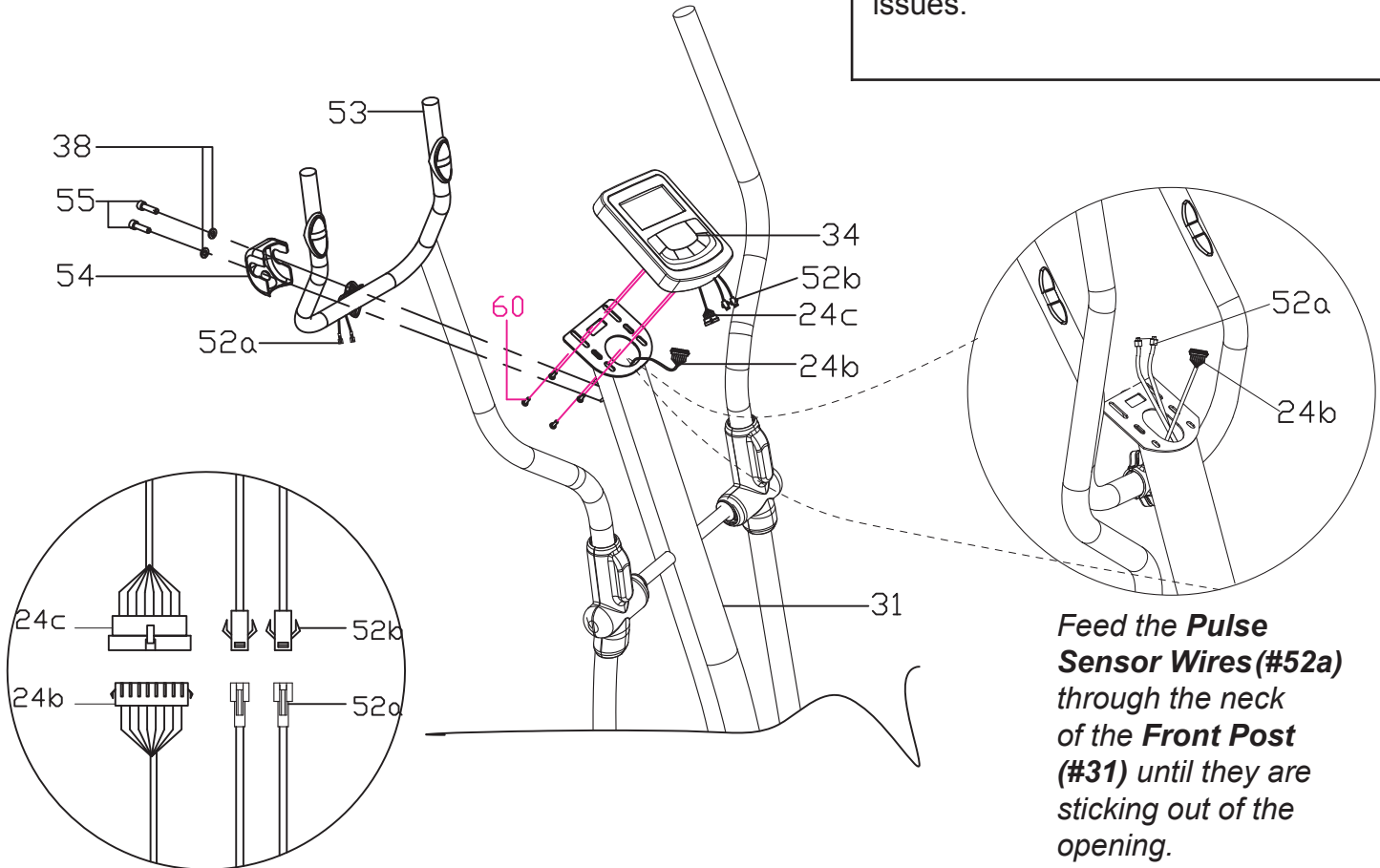


#38. Spring Washer (M8)
[2 pieces]

Troubleshooting

HAND PULSE SIGNAL

After complete assembly: If the computer is **not picking up your hand pulse signal** (or you are getting inaccurate readings), Please refer to our "Troubleshooting" section on **Page 18** for other troubleshoot issues.



Feed the Pulse Sensor Wires (#52a) through the neck of the Front Post (#31) until they are sticking out of the opening.



Assembly Instructions

Assembly Step 6

Pedal Assembly:

Attach the **Pedals (#18L & #18R)** to **Pedal Arm (#11L & #11R)** then secure with four **Hex Bolts (#19)**, four **Washers (#17)** and four **Nylon Nuts (#16)**. Align the pedals to the standard position as shown. To better fit the way you exercise you can customize the pedal to any of the 3 available positions that gives you most comfortable distance to grip the handlebars.

Assemble the **End Caps (#10L-1 & #10L-2)** to the rear of the **Left Pedal Arm (#11L)** with three **Screws (#9)**. Repeat this process on the opposite side.

Assemble the **End Caps (#21L-L & #21L-R)** to the front of the **Left Pedal Arm (#11L)** with two **Screws (#20)**. Repeat this process on the opposite side.

Hardware Required

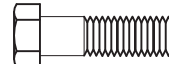
Bolts



#9. Screw (M3x15 mm)
[6 pieces]



#20. Screw (M4x20 mm)
[4 pieces]



#19. Hex Bolt (M8x45 mm) [4 pieces]

Washers

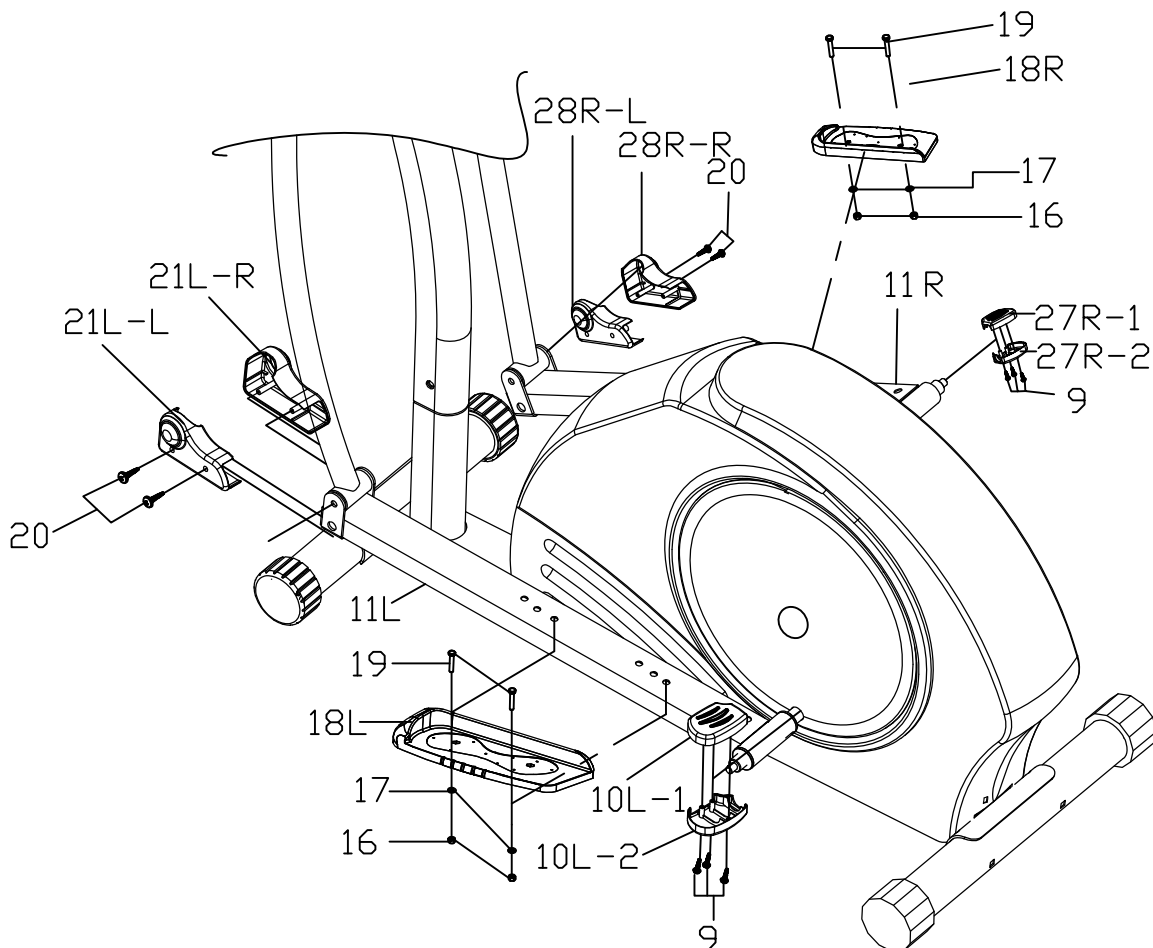


#17. Washer (M8) [4 pieces]

Nuts



#16. Nylon Nut (M8) [4 pieces]





Assembly Instructions

Assembly Step 7

Bottle Assembly:


The two **Screws (#41)** and two **Washers (#42)** for the **Water Bottle Holder (#44)** have already been pre-installed onto the **Front Post (#31)**. Remove the two **Screws (#41)** and two **Washers (#42)** located on the **Front Post (#31)** as illustrated. Then secure the **Water Bottle Holder (#44)** to the **Front Post (#31)** using the two **Screws (#41)** and two **Washers (#42)** that were just removed. Slide the **Water Bottle (#45)** into place.

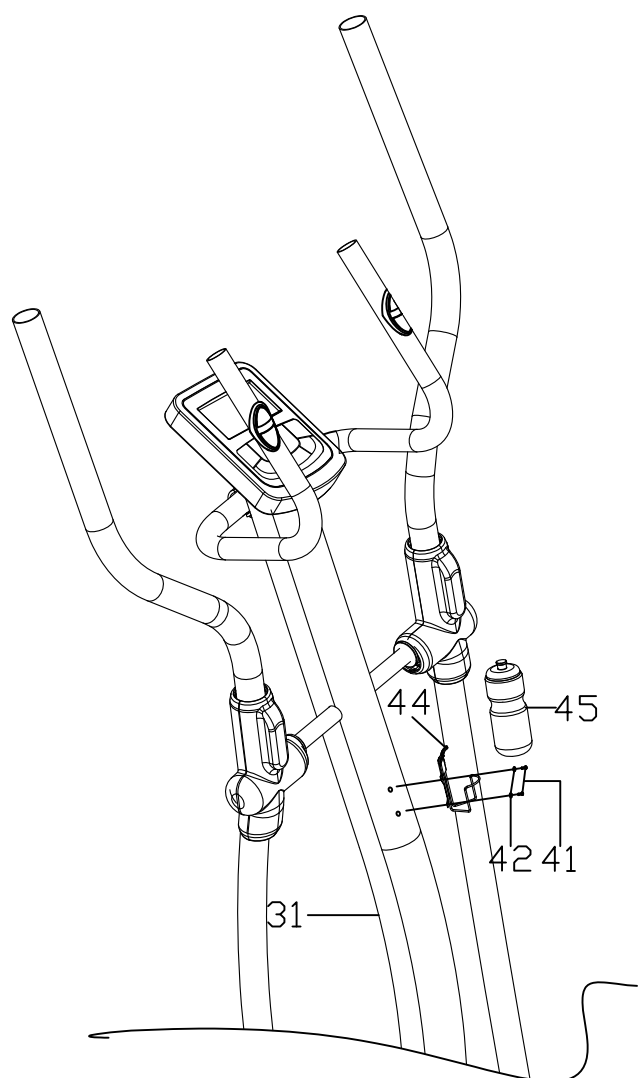
Hardware Required

Bolts

 #41. Screw (M4x8 mm)
[2 pieces]

Washers

 #42. Washer (M5)
[2 pieces]



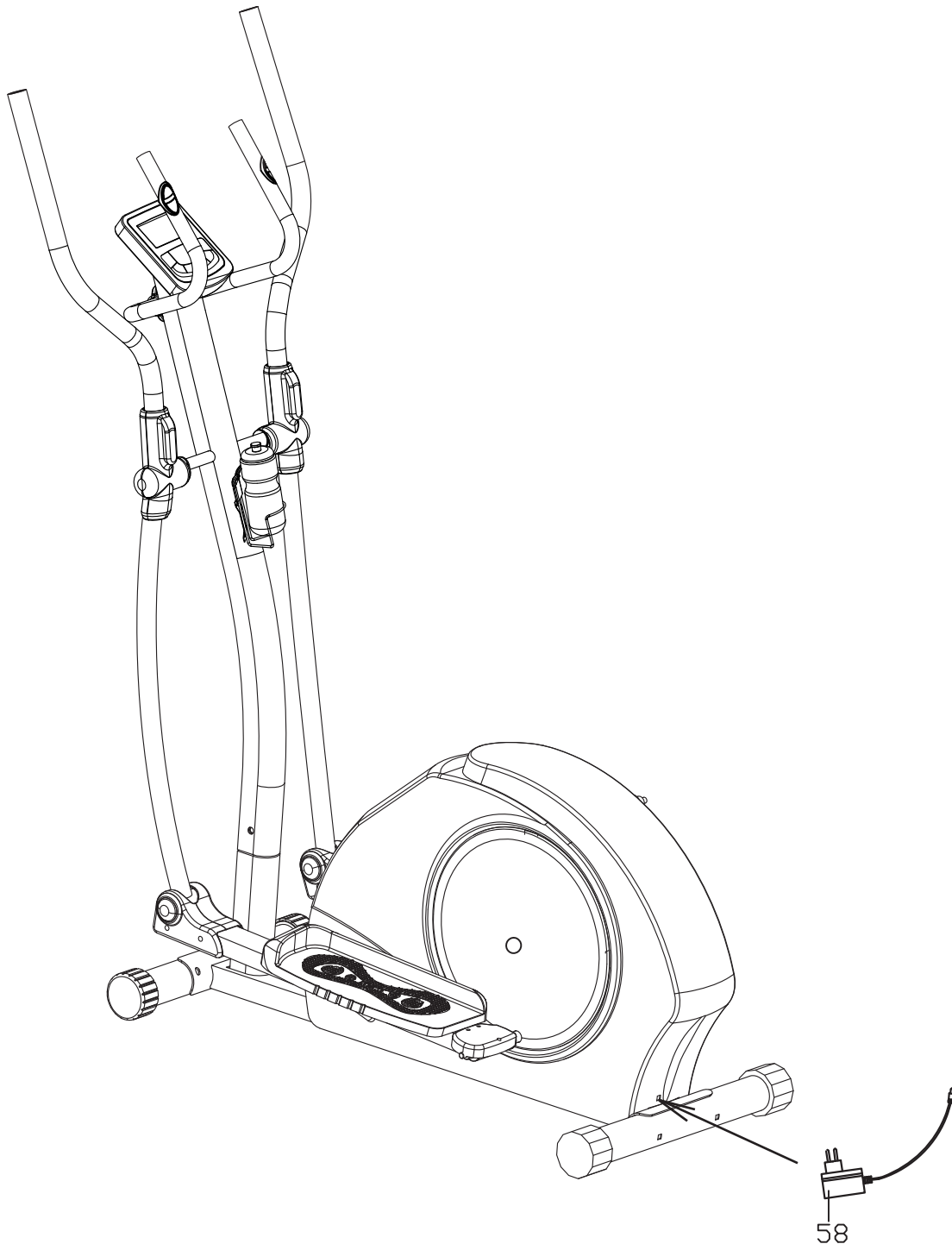


Assembly Instructions

Assembly Step 8

AC Adapter Assembly

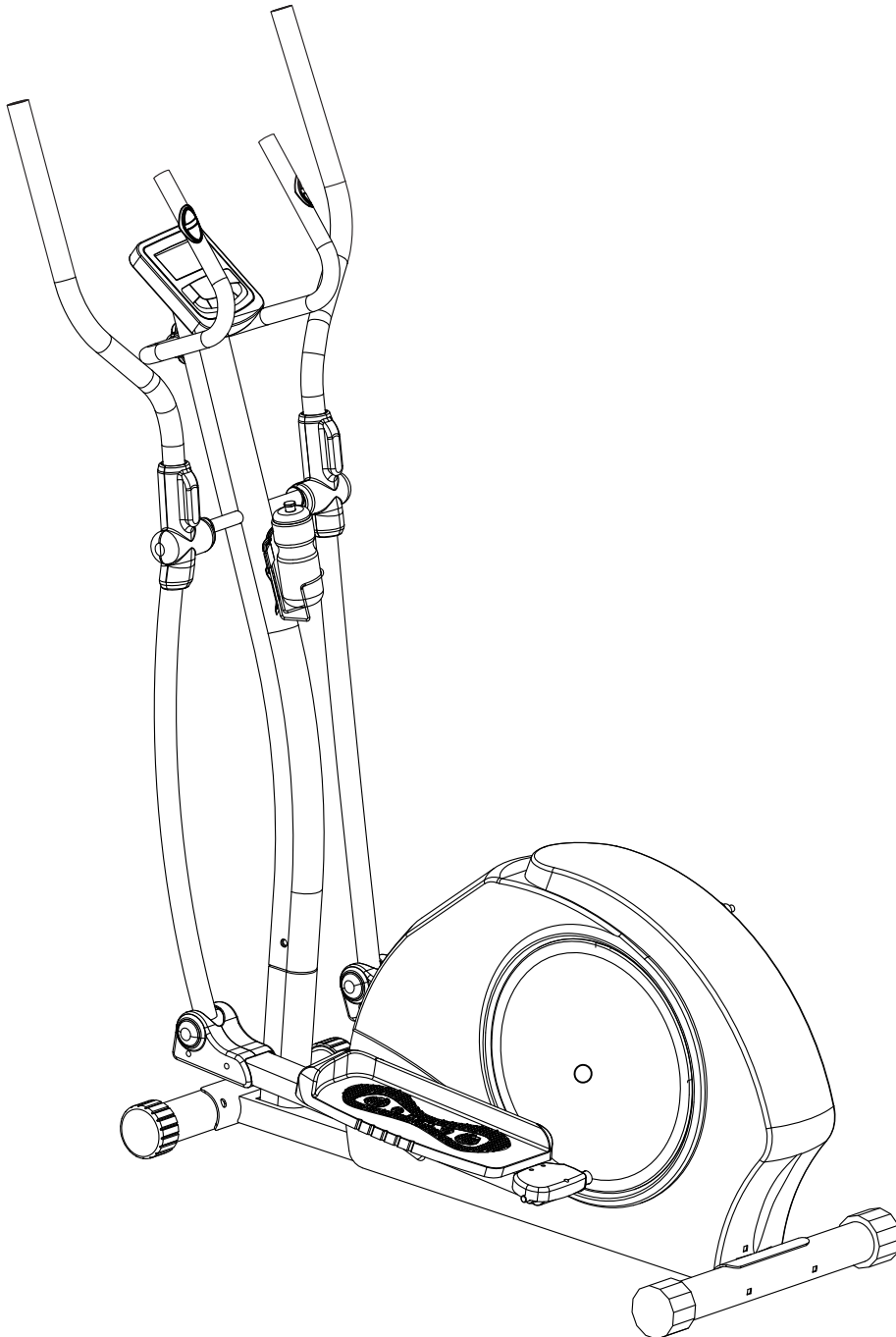
Plug in the **AC Adapter (#58)** male plug into the female socket located at the rear of the unit as shown by the arrow.





Safety Instructions

- Make sure all bolts are tightened.
- Check for loose parts and components
- Check to see if there are any tears or bends in the welding or metal.

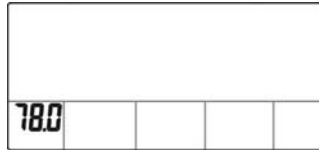




Computer Operation

I. To operate the monitor

A-0. Plug in the AC Adapter to power supply. You will see this first screen followed by the next one.



A-1. You may select different training mode of MANUAL, PROGRAM, USER or TARGET H.R. by pressing UP, DOWN buttons (a1). Press MODE button to confirm. Or, you may press ST/STOP button to start training directly in MANUAL mode.

A-2. In a fresh monitor, if you start the selected mode, all function data start counting up from zero once the training starts (a2). If you choose to preset any function target data (optional), then, the function display will count down from your preset target value once the training starts.

A-3. During training, you may adjust resistance by pressing UP, DOWN buttons (a3). Please note each bar represents TWO resistance levels. The bar will change up or down every two levels. During adjustment, you will see the display changes when you press UP or DOWN button twice. There is a number (1 to 16) on the screen to show the exact resistance level.

A-4. To reset, if during training, press ST/STOP button firstly (P will appear on the left-top corner), and then press reset button for 2 seconds.

A-4. To reset, if during training, press ST/STOP button firstly (P will appear on the left-top corner), and then press reset button for 2 seconds.



(a1)

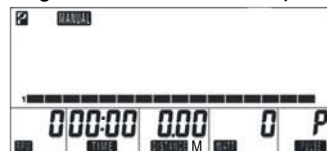


(a2)



(a3)

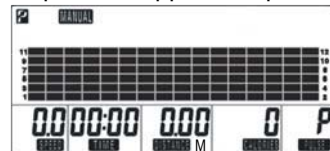
B. Training in MANUAL mode - press UP button until MANUAL shows up on the upper line, press MODE to confirm (b1).



(b1)



(b2)



(b3)



(b4)

B-1 You may press ST/STOP button to start training directly (b2), or you may press UP, DOWN buttons to adjust resistance level (b3). During adjustment, you will see the display changes when you press UP or DOWN buttons twice. You may also adjust training resistance during training.

B-2 After adjustment of the training resistance, you may press ST/STOP to start training or, optionally, set each function data target by pressing MODE button to select the desired function you want to set target data. Then, use the UP, DOWN buttons to set the value. Press MODE button to advanced to the next desired function area. The functions available for preset are: Time, Distance, Calories, and Pulse in MANUAL mode. (b4)



(b5)



(b6)

B-3 After all settings are done, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts. (b5)

B-4 Once each function target data is achieved (counts down to zero), the monitor will stop all functions (P appears on the left-upper corner) and beep for 8 times to remind you. (b6)

B-5 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function data will keep counting up or down from previous records.

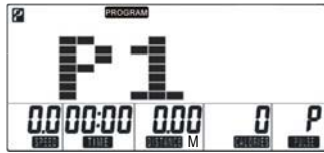
B-5 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function data will keep counting up or down from previous records.



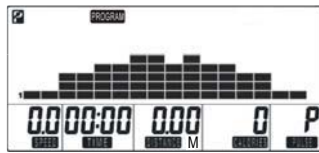
Computer Operation

B-6 During all training period, you may press ST/STOP to stop monitor counting at anytime.

C. Training in PROGRAM mode - press UP button until PROGRAM shows up on the upper line, press MODE to confirm.



(c1)



(c2)



(c3)

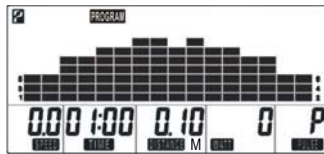


(c4)

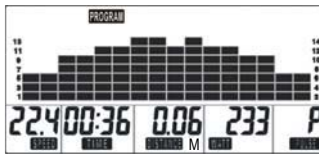
C-1 The initial set program profile is P1 (c1 & c2). There are 12 training program profiles (P1-P12) available. You may press UP/DOWN button to select the desired training profile. Press MODE button to confirm.

C-2 You may press ST/STOP button to start training directly(c3), or you may press UP, DOWN buttons to adjust resistance level (c4). During adjustment, you will see the display changes when you press UP or DOWN button twice.

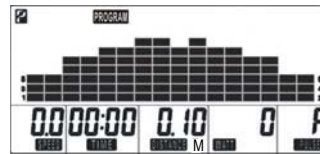
C-3 After adjustment of the training resistance, you may press ST/STOP to start training or, Optionally, set each function data target by following the same procedure as stated in B-2 above. The functions available for preset are: Time, Distance, Calories, and Pulse in PROGRAM mode.(c5)



(c5)



(c6)



(c7)

C-4 After all settings are done, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts.(c6)

C-5 Once each function target data is achieved (counts down to zero), the monitor will stop all functions (P appears on the left-upper corner) and beep for 8 times to remind you. (c7)

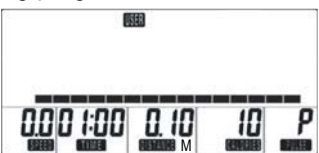
C-6 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function data will keep counting up or down from previous records.

C-7 During all training period, you may press ST/STOP to stop monitor counting at anytime.

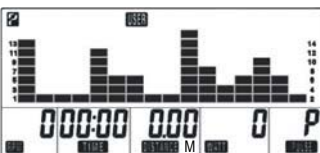
D. Training in USER mode - press UP button until USER shows up on the upper line, press MODE to confirm(d1). In USER mode, you can set your own desired training program.



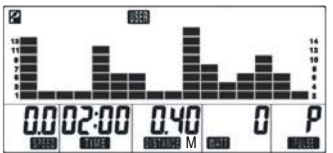
(d1)



(d2)



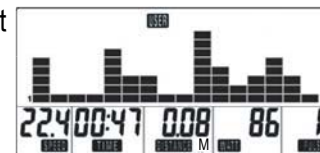
(d3)



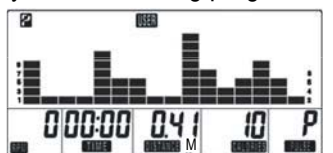
(d4)

D-1 There are 16 profile units that you can set the desired resistance level for each unit to create your own training program.

Press UP, DOWN buttons to adjust resistance level of the first profile unit. During adjustment, you will see the display changes when you press UP or DOWN buttons twice (d3). Press MODE button to move to the next profile unit. Then, use UP, DOWN buttons again to set the desired resistance level until you've completed all 16 profile units. You may also adjust resistance during training.



(d5)



(d6)

D-2 After completing your own training program setting, you may press ST/STOP to start training or, optionally, set each function data target by following the same procedure as stated in B-2 above. The functions available for preset are: Time, Distance, Calories, and Pulse in USER mode. (d4)

D-3 After all settings are done, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts. (d5)

D-4 Once each function target data is achieved (counts down to zero), the monitor will stop all functions (P appears on the



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left-upper corner) and beep for 8 times to remind you.(d6)

D-5 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function data will keep counting up or down from previous records.

D-6 During all training period, you may press ST/STOP to stop monitor counting at anytime.

- E. Training in TARGET H.R. mode - press UP button until TARGET H.R. shows up on the upper line, press MODE to confirm. (The monitor will first display initial set AGE 20(e1). Please input your age by pressing UP, DOWN, and MODE button to confirm. The monitor will then display initial target heart rate percentage 55% (e2). You may press UP button to select 75%, 90% or THR for further selection. The right-lower field of the display will show a target heart rate figure which is calculated according to your age and selected heart rate percentage. You may follow this target heart rate figure to track your heart rate status during training. If you select THR, the initial monitor set target heart rate figure is 100 shown on the right-lower field of the display. You may press MODE button and use UP, DOWN buttons to set your desired target heart rate value, the setting range could be from 30 to 240 bpm.



(e1)



(e2)



(e3)



(e4)

- E-1 You may press ST/STOP button to start training directly (e3). Or, optionally, you may set each function data target by following the same procedure as stated in B-2 above. The functions available for preset are: Time, Distance, and Calories in TARGET H.R. mode.(e4)



(e5)



(e6)

- E-2 After all settings are done, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts(e5). Once you are training in TARGET H.R. mode, the training resistance will be adjusted automatically depends on your current heart beat. If your heart beat is very high compare to the preset target, the training resistance will decrease immediately one level, and keep decreasing one level every 15 seconds by monitoring your current heart beat change. If the training resistance has dropped to level one but your heart beat is still high, the monitor will stop all functions automatically as a protective action. If your heart beat is very low compare to the preset target, the training resistance will increase one level every 30 seconds till level 16. You will NOT be able to adjust training resistance by yourself when you are training in Target H.R. mode.

E-3 Once each function target data is achieved (counts down to zero), the monitor will stop all functions (P appears on the left-upper corner) and beep for 8 times to remind you.(e6)

E-4 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function data will keep counting up or down from previous records.

E-5 During all training period, you may press ST/STOP to stop monitor counting at anytime.

II. Button Functions

UP	To make upward adjustment to each function data or increase training resistance or select personal data setting.
DOWN	To make backward adjustment to each function data or decrease training resistance or select personal data setting.
MODE	To confirm function selection or data input.
RECOVERY	To activate/deactivate the Heart Rate Recovery function.
RESET	Press the RESET button for 2 seconds to reset current settings and switch the monitor to initial training mode.
START/STOP	To start or stop training.

III. Functions

SCAN	When training starts, RPM and SPEED data will alternate on display. Same thing with the Watt and Calories data.
SPEED	Displays current training SPEED from 0.0 to maximum 99.9 Miles.



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RPM	Displays current training rotations per minute.
TIME	Count up - If NO preset target, Time will count up from 00:00 to maximum 99:59 with each increment of 1 second. Count down - If training with preset Time, Time will count down from preset value to 00:00. Each preset increment or decrement of 1 minute between 1:00 to 99:00.
DISTANCE	Count up - If NO preset target, Distance will count up from 0.00 to maximum 99.90 with each increment 0.1 Mile. Count down - If training with preset target, Distance will count down from preset value to 0.00. Each preset increment or decrement is 0.1 Mile between 0.00 to 99.90.
CALORIES	Count up - If NO preset target, Calories will count up from 0 to maximum 999 with each increment of 1 cal. Count down - If training with preset target, Calories will count down from preset value to 0. Each preset increment or decrement is 10 cal from 0 to 990 cal.
PULSE	To display your current heart beat figures as soon as the pulse sensors are touched. The monitor will detect your heart beat through handgrip sensors once you hold on the sensors with both hands. If you have preset pulse target when training in Manual, Program, or User mode, the monitor will beep when your current heart rate reaches the preset target. To select Target Heart Rate training mode for training, please refer to the above "Training in Target Heart Rate mode". To ensure the heart rate readout is stable, please hold the handgrip sensors with both hands during training.
RECOVERY	After exercising for a period of time, keep holding on handgrips and press "RECOVERY" button. All function display will stop except "Time" will start counting down from 00:60 - 00:59 - 00:58 - to 00:00. Please keep on holding the handgrips until "Time" reaches 00:00. As soon as 00:00 is reached, the bottom area of display will show your heart rate recovery status with the grade F1, F2,... F6. F1 is the best, and F6 is the worst. You may keep on exercising to improve the heart rate recovery status day by day from F6 to F1. ** Press the RECOVERY button again to return back to the main display.
WATT	Display current training watt figures.

IV. Note

1. The monitor will shut off automatically if you stop the training or button operation for 4 - 5 minutes. All training data will be kept and reappeared again when you press any button.
2. The monitor is powered through an AC adaptor (DC 9V, 800mA). Please plug in power supply before using the monitor.



Troubleshooting

(AFTER COMPLETE ASSEMBLY)

Troubleshoot Area	Solution
HAND PULSE SIGNAL	<p>If the computer is <u>not picking up your hand pulse signal</u> (or you are getting inaccurate readings), please adjust the following:</p> <ol style="list-style-type: none">1. Slightly moisten/dampen the palms with water so the sensors can detect a pulse signal.2. Do not grip the sensors too tightly. Only moderate pressure need be applied. Gripping the sensors too tightly restricts and seizes detection of your pulse.3. Remove any rings or jewelry to prevent interference.4. Check to ensure all pulse sensor wires are properly connected and are not damaged. <p>You may need to refer to installation/assembly directions for the pulse sensor wires in this manual.</p>
CALORIES/DISTANCE/ TIME/(ETC.)	<p>If the computer is <u>not displaying the CALORIES/DISTANCE/TIME/(ETC.) functions</u> (or you are getting inaccurate readings), please adjust the following:</p> <ol style="list-style-type: none">1. Check to ensure all computer sensor wires are properly connected and are not damaged. <p>You may need to refer to installation/assembly directions for the sensor wires in this manual.</p>
COMPUTER Display	<p>If the computer <u>display is blank & not displaying any data</u> (or does not appear to power on), please adjust the following:</p> <ol style="list-style-type: none">1. Check to ensure all sensor wires are all properly connected and are not damaged.2. Check to ensure the AC Adapter* or Batteries* are properly plugged in or fully charged. <p><i>*Please check your product manual to determine if your model uses <u>either</u></i> <i>1. an AC Adapter, <u>or</u> 2. Batteries to power your unit.</i></p>

For your safety, please do not discard this Troubleshooting sheet or the Owner's Manual, and keep them in a place where you can easily access/refer to them at any time. If you are still having any troubleshooting issues, please contact our Customer Support for further assistance.

Warm-Up Instructions

Before use, you must read and understand all instructions & warning stated in this Owner's Manual as well as posted on the equipment.

The following flexibility exercises are provided to you as a means to prevent injury while you are exercising. A proper warm-up routine decreases the chance of injuring your muscles while you are exercising. Please take the time to do these flexibility exercises before and after each time you exercise.



Groin Stretch

1. Sit with your knees flexed and soles of feet together.
2. Hold your ankles and bend at your hips (keep your back straight) as you press your knees toward the floor with your elbows.



Hamstring Stretch

1. Sit with your left leg extended and bend your right leg at the knee as you place the sole of your right foot against the inner thigh of your extended leg.
2. Flex the foot of your extended leg (toes pointed toward ceiling) and gently bend forward from your hips; keep your back straight.
3. Reach your hands on your extended leg as far as possible and then switch legs and repeat.



Trunk Twister

1. Sit with your leg extended and bend your right knee as you cross your right leg over your left leg. Your right foot should be flat on the floor alongside your left knee.
2. Place your left arm on the outside of your right leg and pull against that leg while twisting your trunk as far as possible to the right. Place your right hand on the floor behind your buttocks. Reverse leg positions and repeat.



Hip Stretch

1. Lie on your back and raise your right leg as you clasp both hands under the back of the knee. Keep your left leg straight.
2. Gently pull your right leg toward your trunk without raising your upper body. Switch leg positions and repeat.



Quadriceps Stretch

1. Stand on your left leg and hold onto a support with your left hand.
2. Flex your right leg behind you, grasp your ankle or foot with your right hand and pull your foot toward your buttocks. Keep your back straight and right knee pointed down. Repeat on the other leg.

Warm-Up Instructions



Trunk Flexion, Prone

1. Assume the depicted position on your hands and knees. Stretch your hands out in front of you and then slowly start to pull them back in toward your body as you tuck your chin and arch your back upward.
2. Return to the starting position slowly.

Shoulder Stretch

1. Bring your right hand over your right shoulder to the upper back and bring your left hand under your left shoulder to the upper back.
2. Try to reach your fingertips. If you are not able to reach your fingertips, use a towel as an extension of your hands and gently pull one hand toward the other. Reverse arm positions and repeat.



Calf Stretch

1. Place both hands against a wall to aid your balance. Press the ball of your left foot against the wall and keep the heel of the same foot rested on the floor (make sure your left knee is bent).
2. Slowly start to straighten your left knee and you will feel the muscles in your left calf stretch. Switch leg positions and repeat.





Proof of purchase

Thanks for choosing



Model Number BR 2710

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number:

Date of Purchase:

Store Name:

Body Flex Sports Inc.
21717 Ferrero Parkway
Walnut, CA 91789

Phone: (888) 266-6789
Fax: (909) 598-6707
Email: info@bodyflexsports.com

