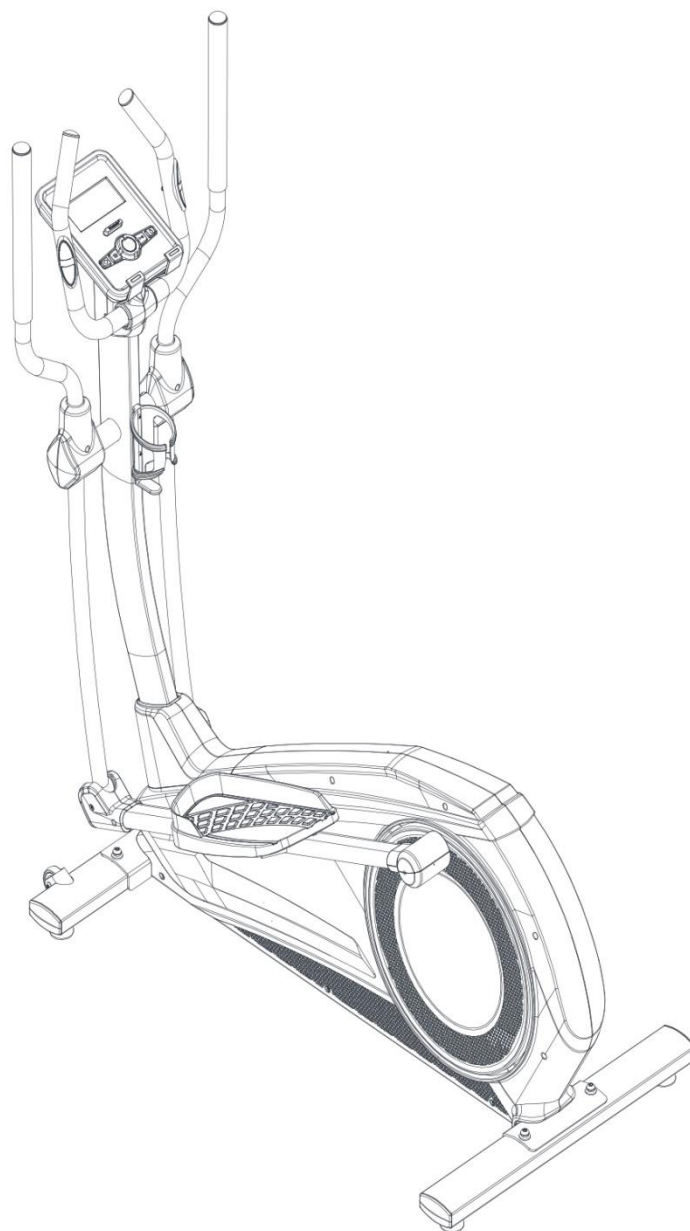


# XPLORER CHAMPION

ELIPTIČNI TRENAŽER



**PRIRUČNIK ZA KORISNIKE**

## Mjere opreza

OPREZ: Ovaj sobni bicikl je dizajniran da pruži maksimalnu sigurnost tijekom korištenja, ali ipak je potrebno sljediti neka pravila da bi izbjegli ozljede i oštećenja:

- Prije korištenja proučite ovaj dokument.
- Držite djecu i kućne ljubimce dalje od ove sprave, i ne puštajte ih blizu bez nadzora.
- Provjeravajte sve dijelove redovito i zamijenite ih po potrebi.
- Postavite sobni bicikl na ravnu površinu, a barem 1m slobodnog prostora sa svih strana. Da bi zaštitili pod od oštećenja, preporučujemo da koristite podmetač ispod sprave.
- Držite sobni bicikl u interijeru, što dalje od vlage ili prašine. Dobro je imati ventilaciju u sobi u kojoj se nalazi.
- Nosite prigodnu odjeću i obuću tijekom vježbanja. Izbjegavajte opuštenu i široku odjeću, jer bi mogla zapeti u spravi.
- Maksimalna težina korisnika za ovu spravu je 150kg! Ako niste u tom rangu, predlažemo da kupite drugi model eliptičnog trenažera.
- Ova sprava je namjenjena da ju koristi samo jedna osoba. Nikad ne pokušavajte vježbati sa 2 ili više osobe odjednom!
- Ako osjećate bol ili vrtoglavicu tijekom vježbanja, odmah prestanite s vježbom i kontaktirajte doktora.

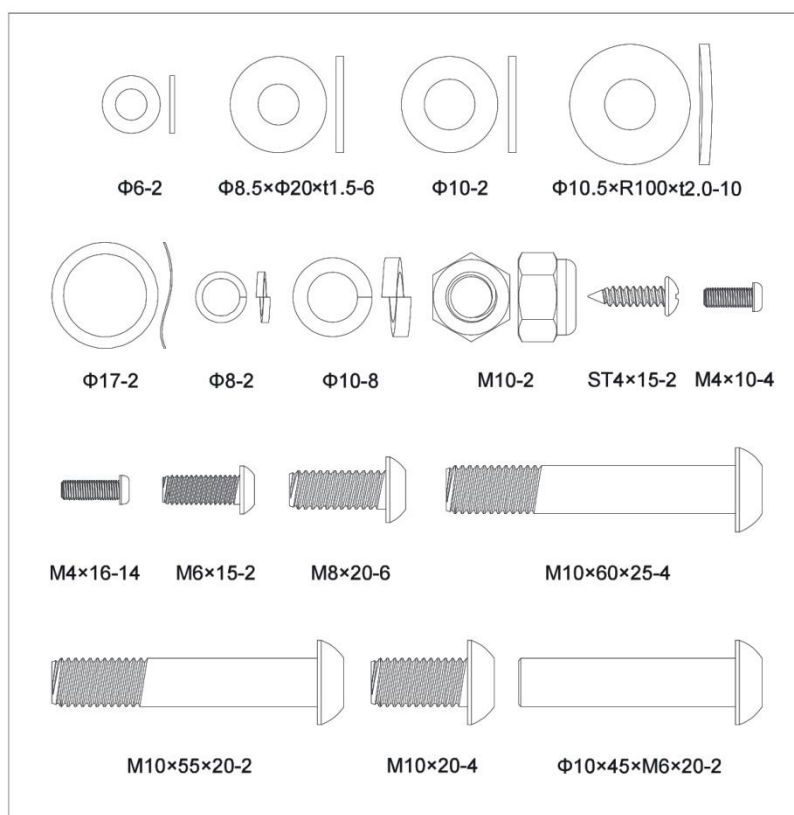
Ako se oporavljate od bolesti ili imate sljedeće simptome, posavjetujte se sa svojim doktorom prije nego počnete koristiti eliptični trenažer:

- Bolovi ili utrnulost u zglobovima
- Anamorfni artritis, reuma ili bol u kostima
- Osteoporoza ili druge abnormalnosti
- Srčana bolest, krvna bolest, hipertenzija i slično
- Problemi sa disanjem
- Dijabetes ili slične bolesti

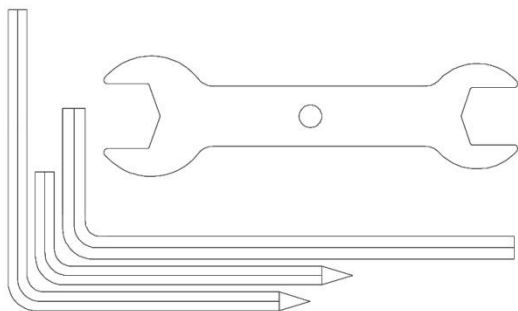
**Ako imate bilo kakve simptome bolesti, čak i ako nisu spomenuti iznad, savjetujte se sa svojim doktorom prije nego počnete vježbati.**

## Prije sastavljanja:

Otvorite sve kutije i provjerite da li su svi dijelovi na broju. Usporedite sa slikama i tablicama ispod. Ako nešto fali, kontaktirajte prodavača/proizvođača.

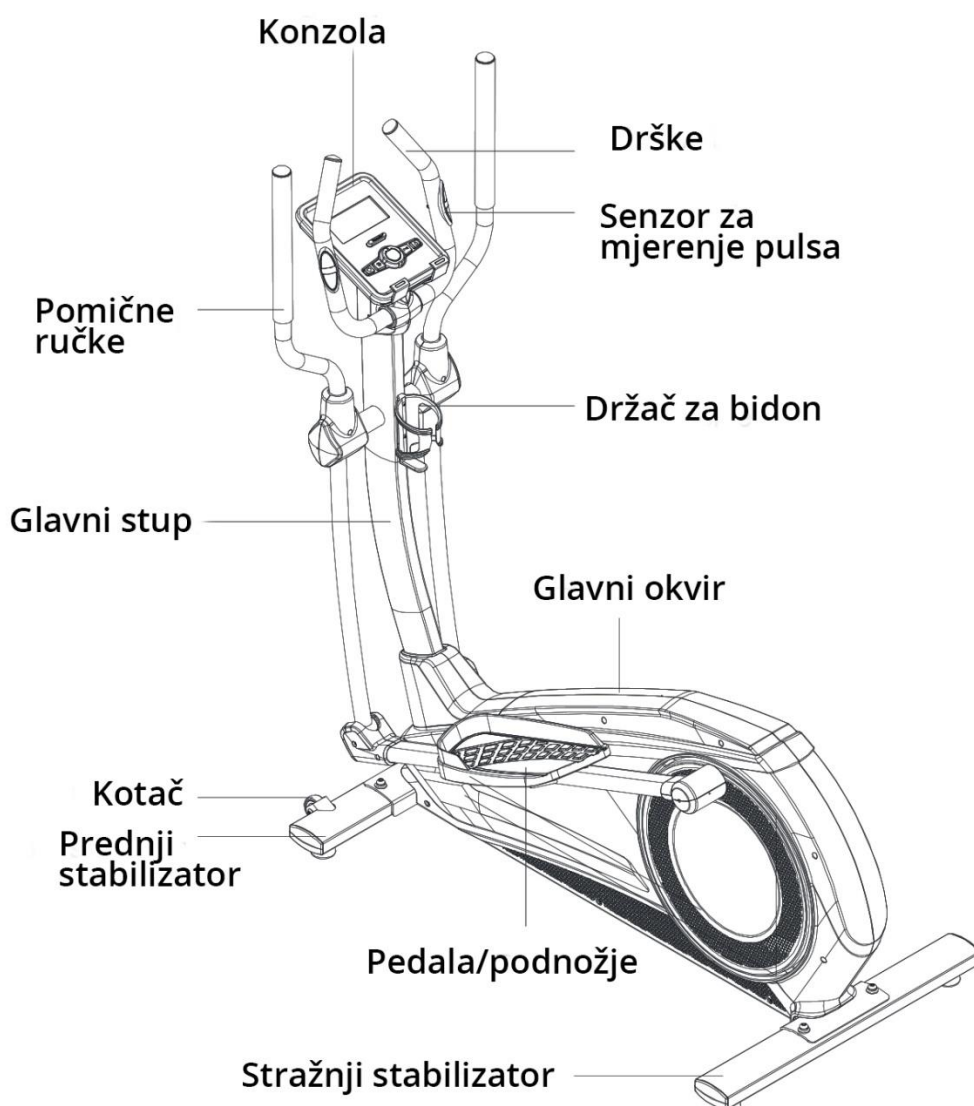


NO.	NAME	SPECIFICATION	QUANTITTY
26	Allen C.K.S. half thread screw	M10×60×25	4
27	Spring washer	Φ10	8
28	Curved washer	Φ10.5×R100×t2.0	10
29	Allen C.K.S. half thread screw	M8×20	6
30	Spring washer	Φ8	2
31	Flat washer	Φ8.5×Φ20×t1.5	6
32	Hex self-locking nut	M10	2
33	Flat washer	Φ10	2
36	Philips pan head full thread screw	M4×16	14
37	Philips pan head full thread screw	M4×10	4
38	Allen C.K.S. hollow screw	Φ10×45×M6×20	2
39	Flat washer	Φ6	2
40	Allen C.K.S. full thread screw	M6×15	2
41	Philips C.K.S. self-taping screw	ST4×15	2
102	Waved spring washer	Φ17	2
104	Allen full thread screw	M10×20	4
105	Allen C.K.S. half thread screw	M10×55×20	2



NAME	SPECIALIZED	QUANTITY
L-shaped wrench	5×80×80S(with a cross)	1
L-shaped wrench	5×35×85S(with a cross)	1
L-shaped wrench	6×40×120	1
Open end wrench	15#&17#	1

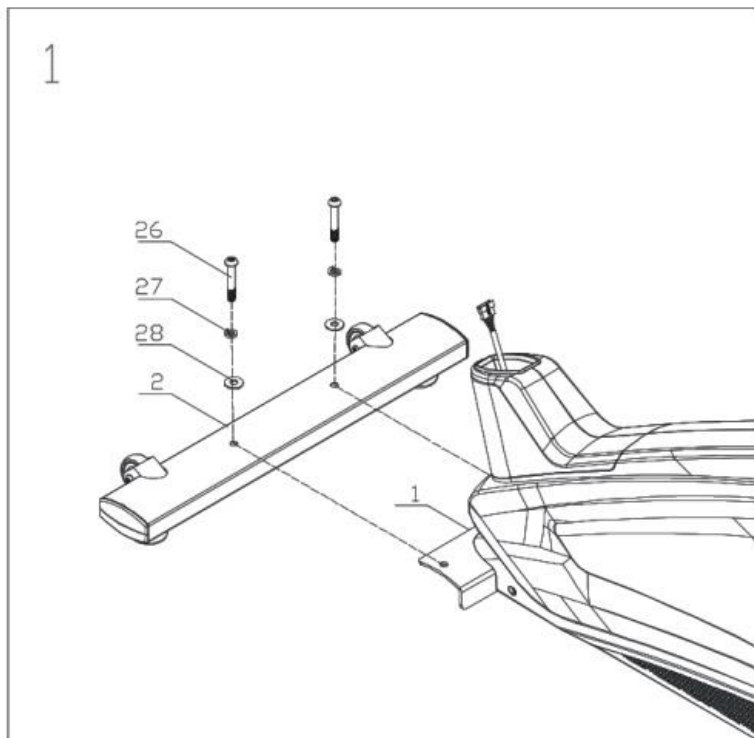
Stavite sve alate na stranu prije sastavljanja, tako da ih uvijek imate pri ruci ako zatrebaju. Počistite radnu površinu i uvjerite se da imate dovoljno mjesta da možete raditi bez poteškoća.



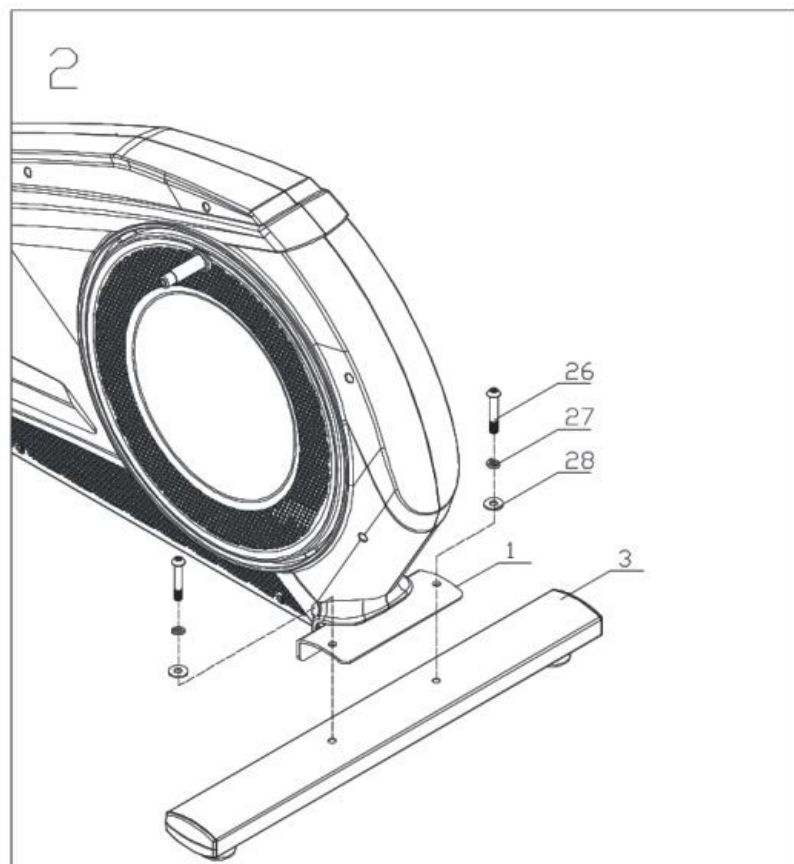


## Upute za sastavljanje

Spojite prednji stabilizator (2) na glavni okvir (1) sa vijcima (28, 27, 26).



Spojite stražnji stabilizator (3) na glavni okvir (1) sa vijcima (28, 27, 26).

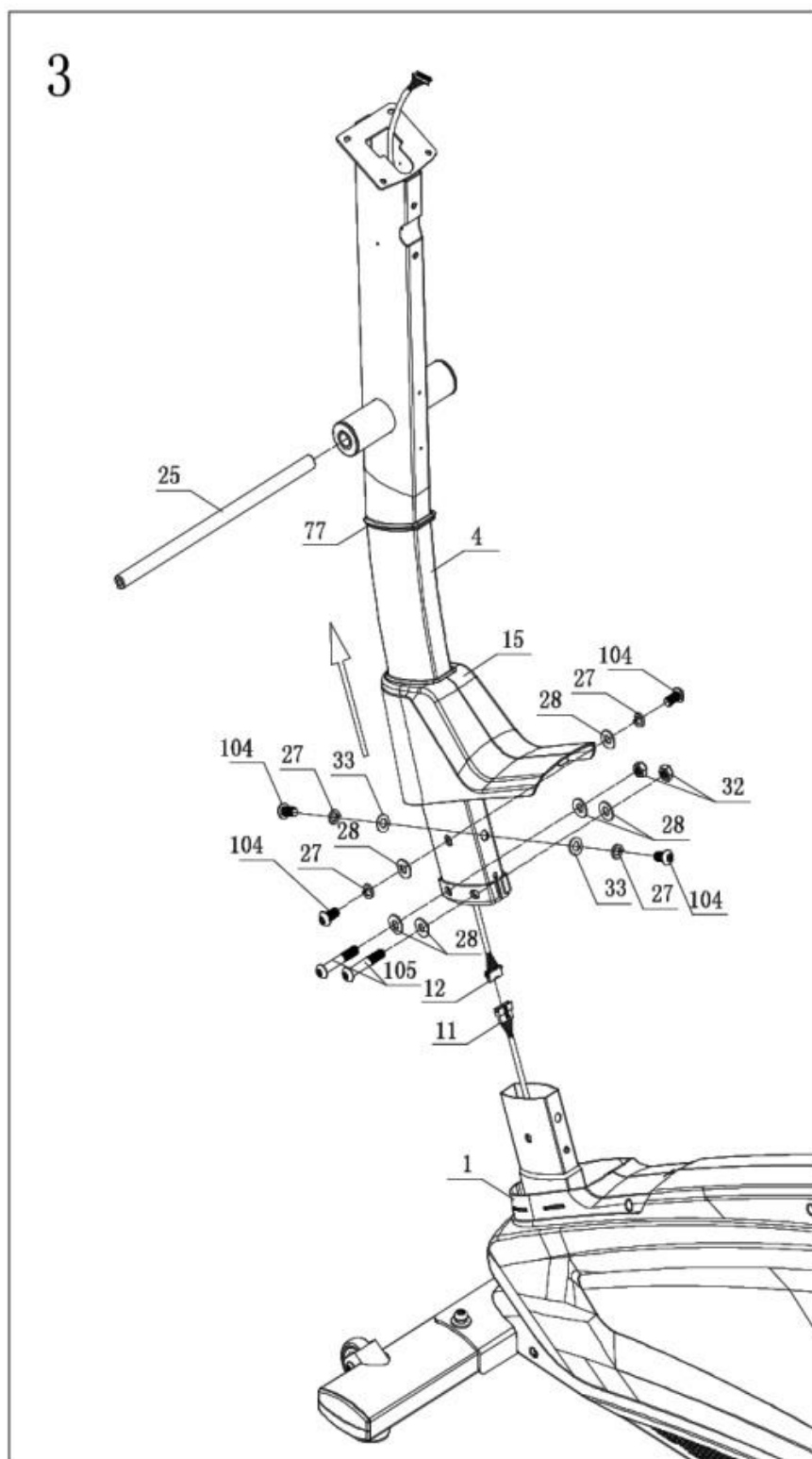


3.A: Postavite ukrasnu liniju (77) na glavni stup (4). Uzmite zaštitu glavnog stupa (15) sa glavnog okvira (1) i postavite na glavni stup (4) kao na slici.

3.B: Spojite žicu od motora (11) i žicu od konzole (12).

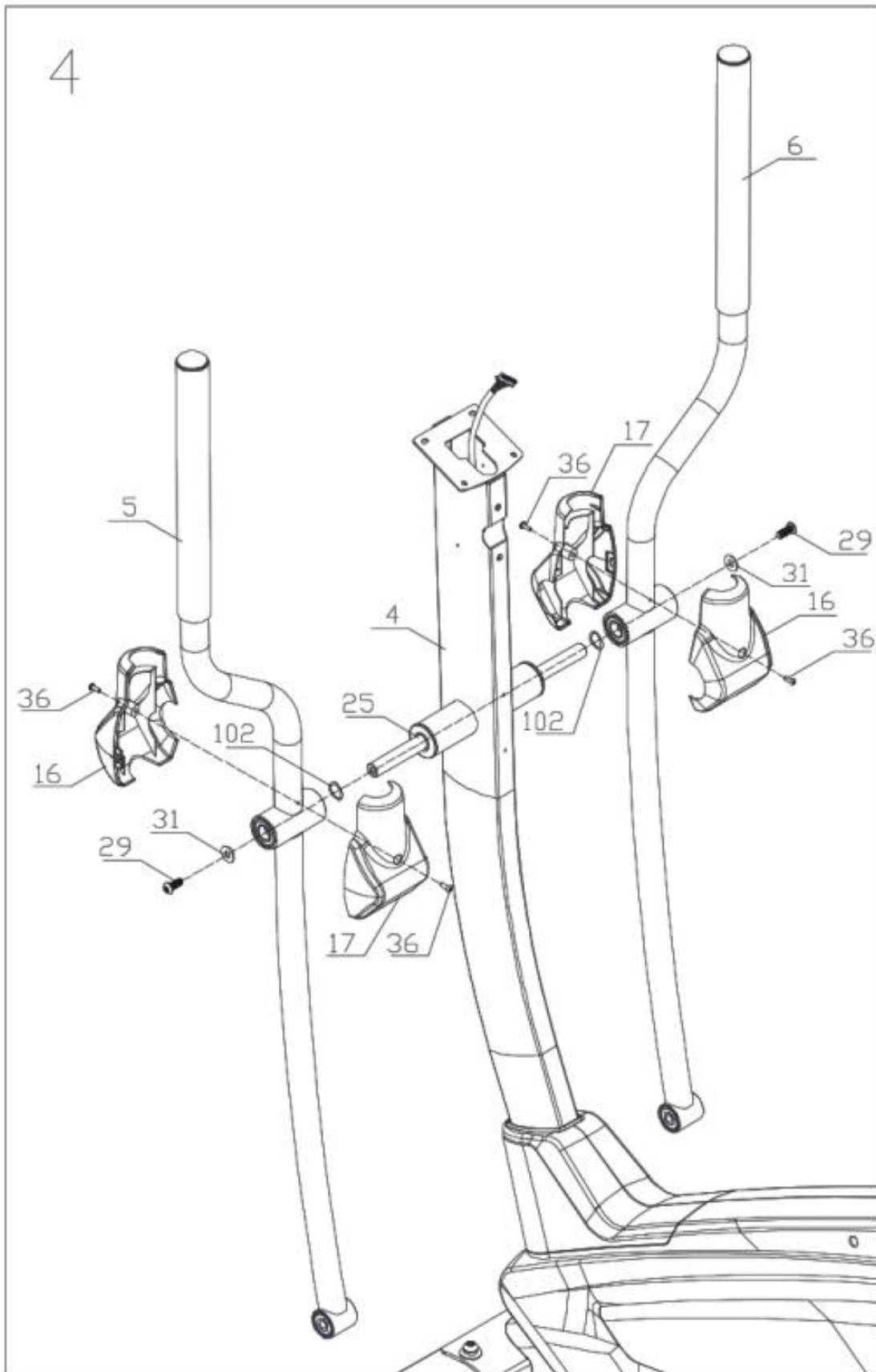
3.C: Spojite glavni stup (4) na glavni okvir (1) sa vijcima (33, 27, 104, 28, 27, 105, 32) kao na slici.

3.D: Spojite zaštitu glavnog stupa (15) i ukrasnu liniju (77) na glavni okvir (1) i zatim instalirajte osovinu (25) u glavni stup (4). Nemojte još jako stegnuti.



4.A: Postavite ležajeve (102) na osovino (25) s obje strane i **podmažite obje strane osovine**.  
Zatim spojite pomične ručke (5, 6) na osovino (25) s obje strane sa vijcima (31, 29).

4.B: Postavite zaštitu (16, 17) na obje ručke (5, 6) sa vijkom (36).

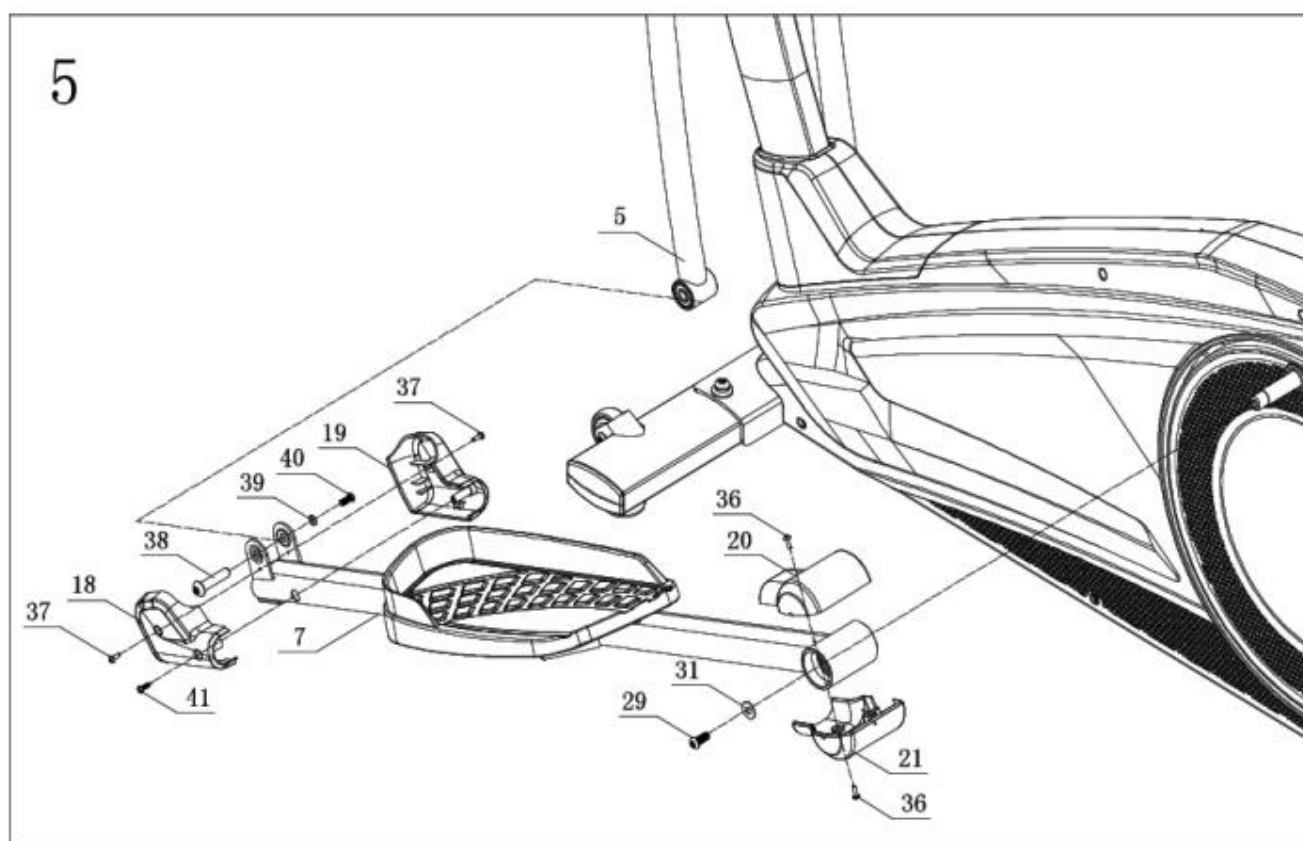


5.A: **Podmažite osovину na glavnom okviru (1)** i zatim postavite stražnji dio podnožja (7) na osovину sa vijcima (31, 29).

5.B: **Podmažite šuplji vijak (38)**. Spojite prednji dio podnožja (7) na donji dio pomične ručke (5) sa vijcima (38, 39, 40).

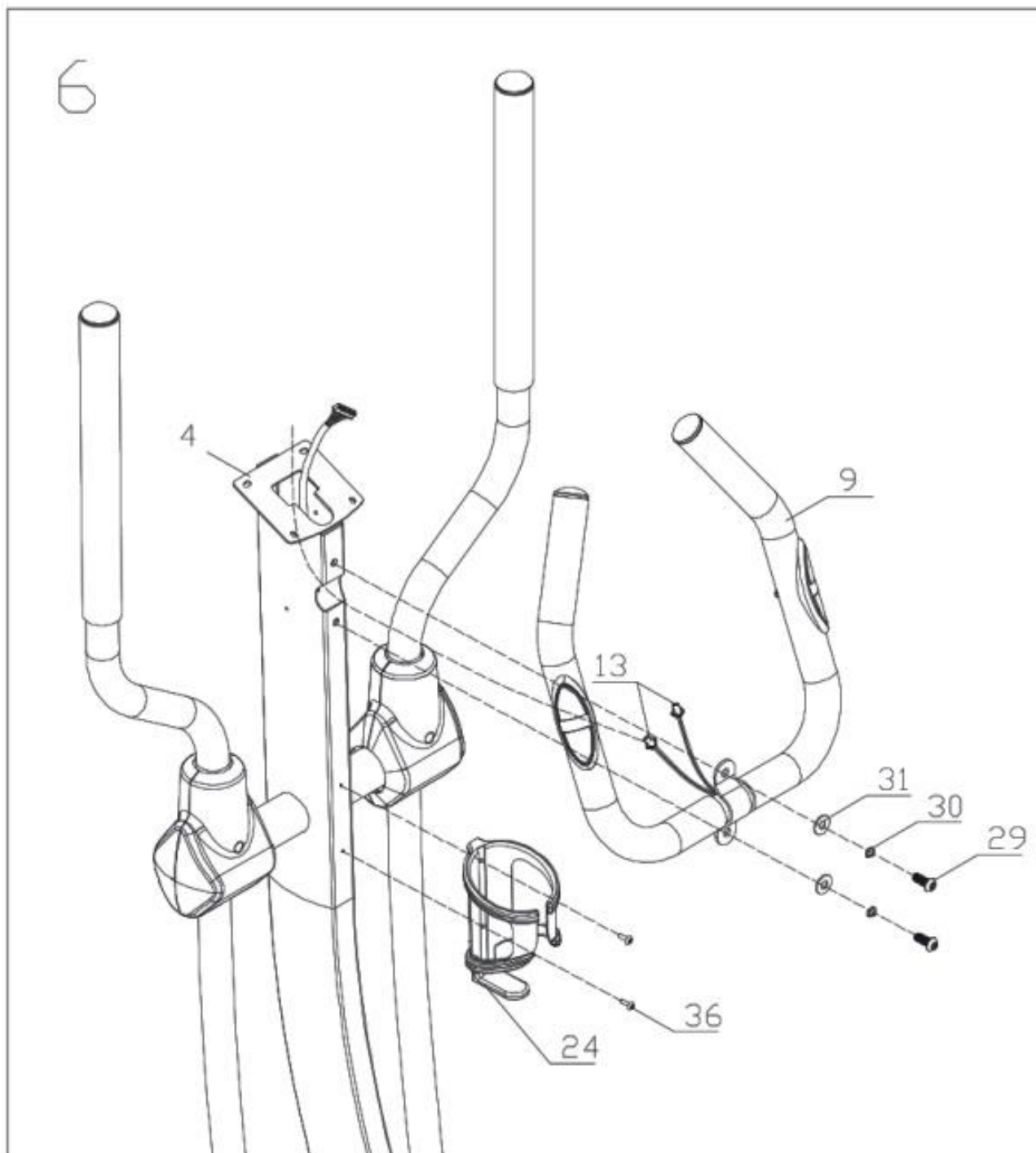
5.C: Postavite zaštitu (20/21) na zadnji dio podnožja (7), gdje je spoj sa osovinom. Pričvrstite vijcima (36). Postavite zaštitu (18/19) na prednji dio podnožja (7), gdje je spoj sa pomičnom ručkom(5). Pričvrstite vijcima (37, 41).

5.D: Na isti način spojite podnožje (8) sa osovinom na glavnom okviru (1) i sa pomičnom ručkom (6) na drugoj strani. Koristite vijke (31, 29).



6.A: Provucite žice za puls (13) kroz gornji dio glavnog stupa (4). Spojite drške (9) na glavni stup (4) sa vijcima (31, 30, 29).

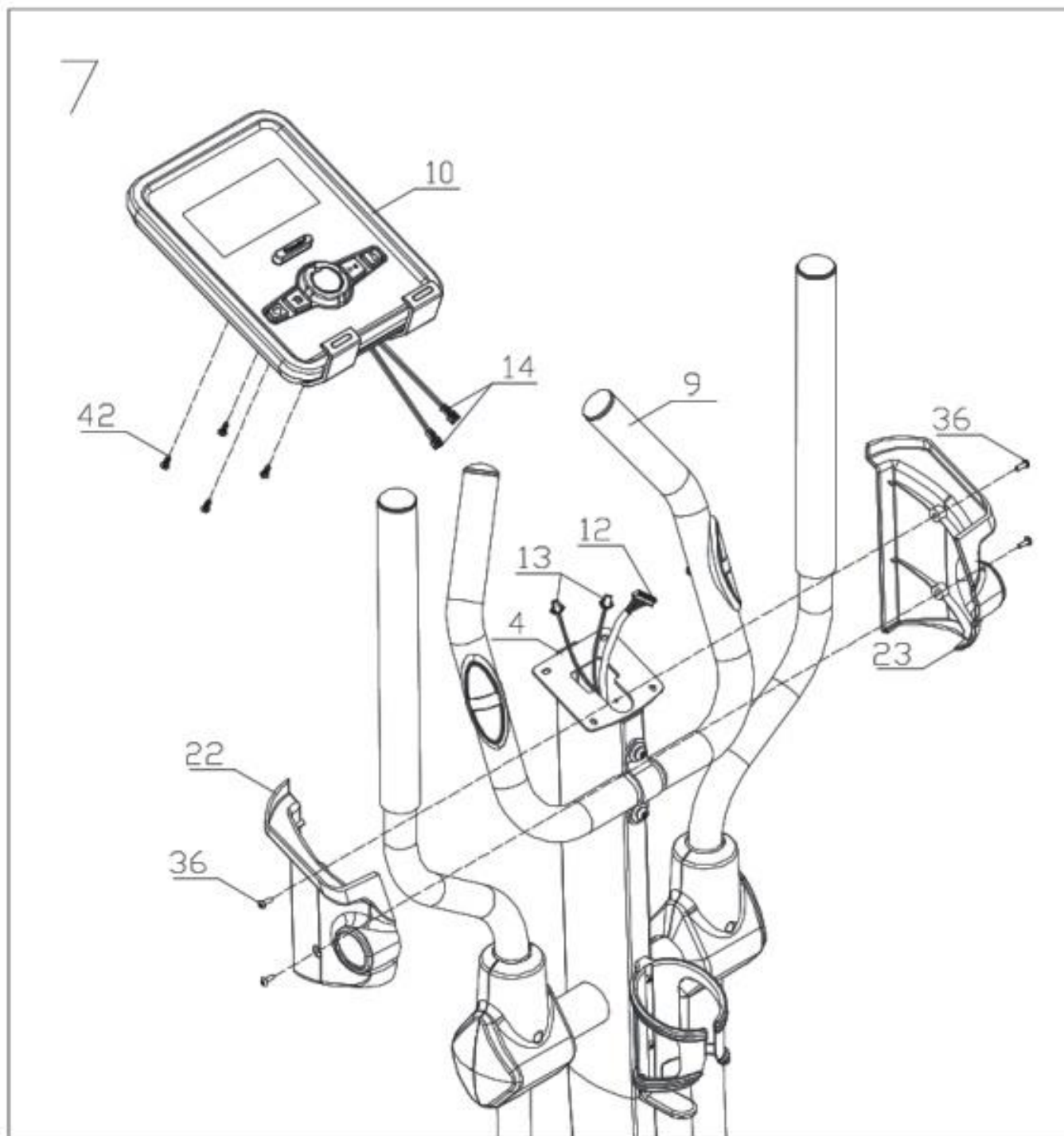
6.B: Spojite držač za bidon (24) na glavni stup (4) sa vijcima (36).



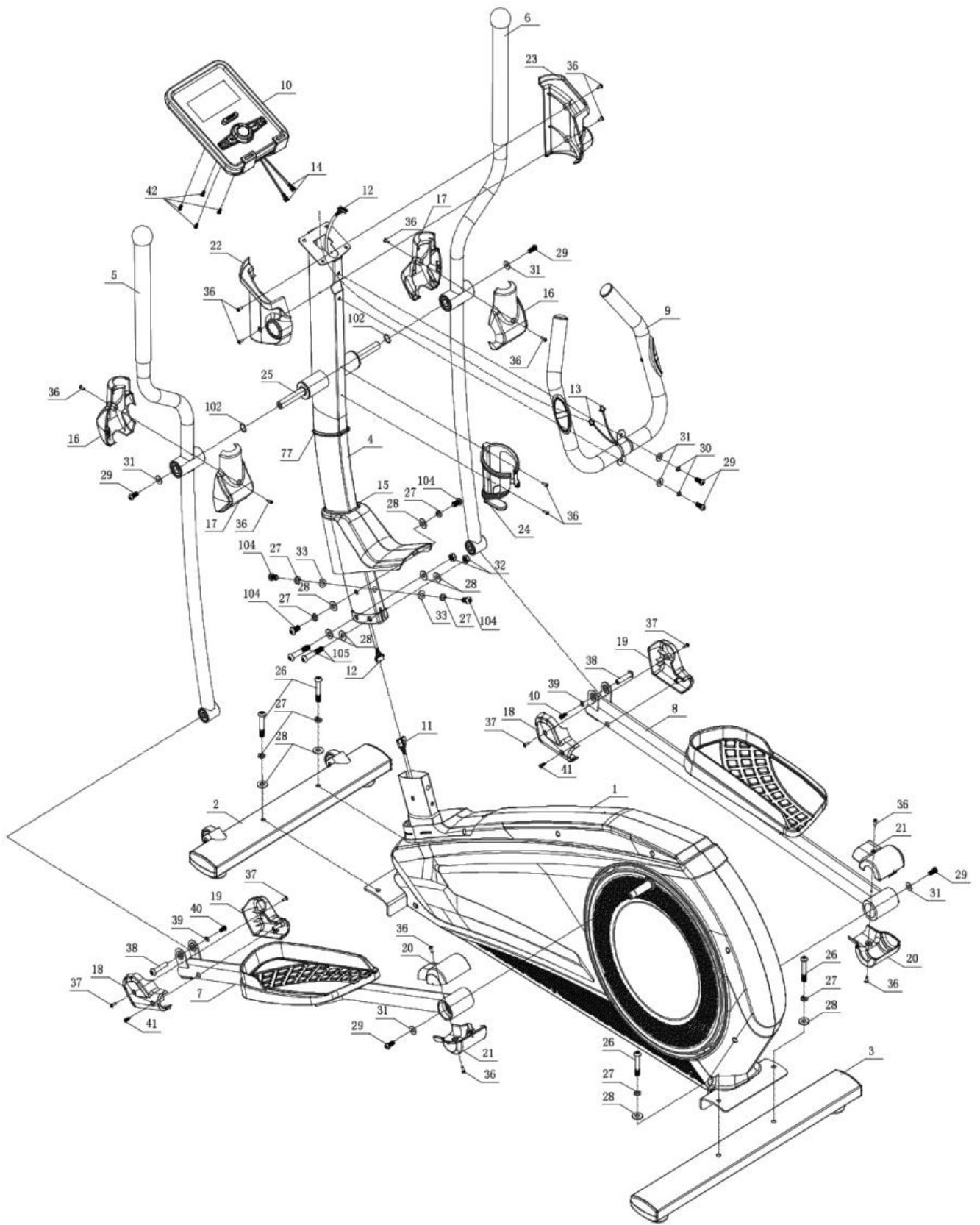
7.A: Spojite žicu od konzole (12) na stražnji dio konzole (10). Spojite žicu od pulsa (13) na žice od konzole (14).

7.B: Spojite konzolu (10) na galvni stup (4) sa vijkom (42).

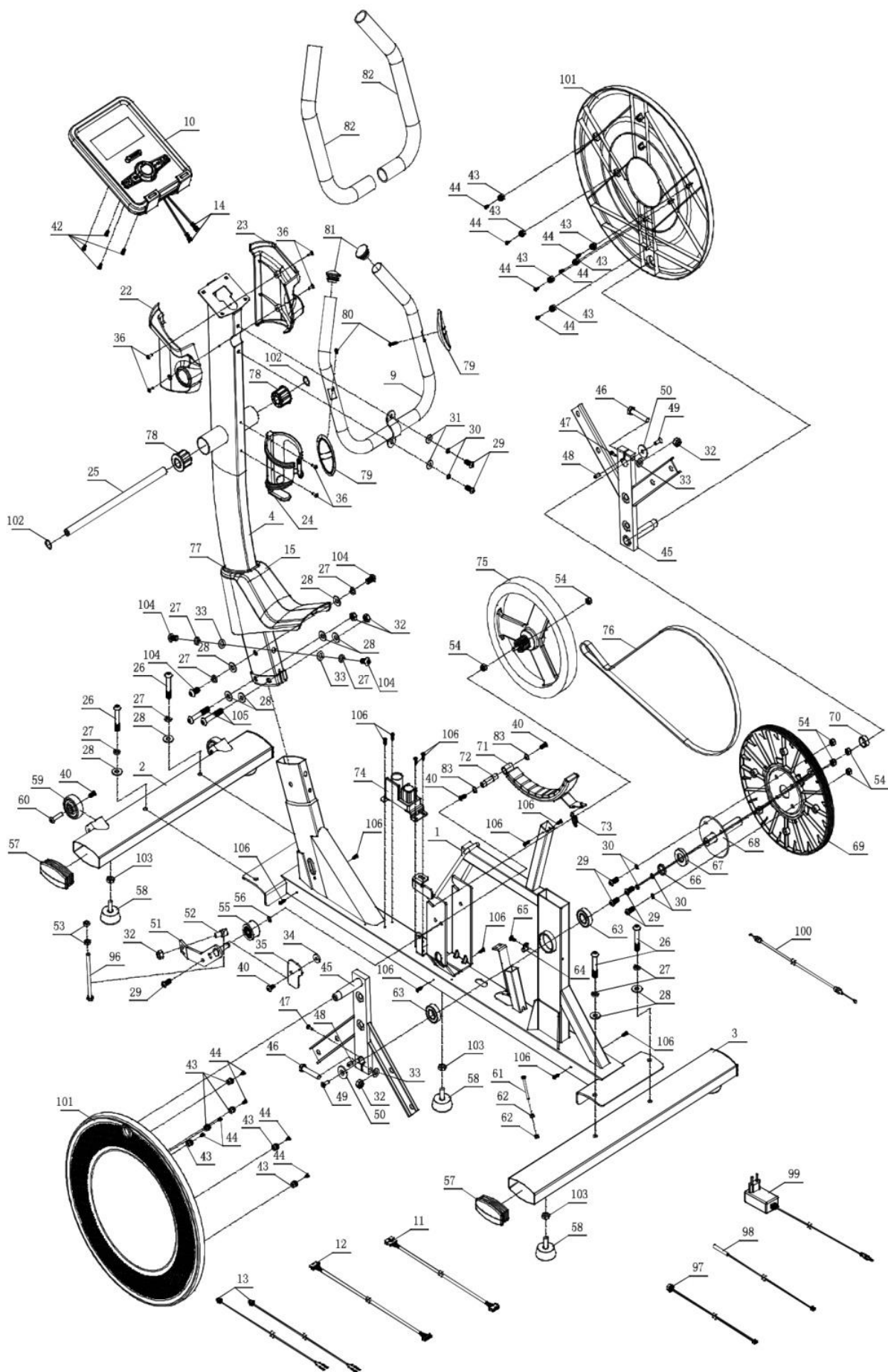
7.C: Provucite zaštite za drške (22/23) po drškama (9) s obje strane i pričvrstite vijcima (36).



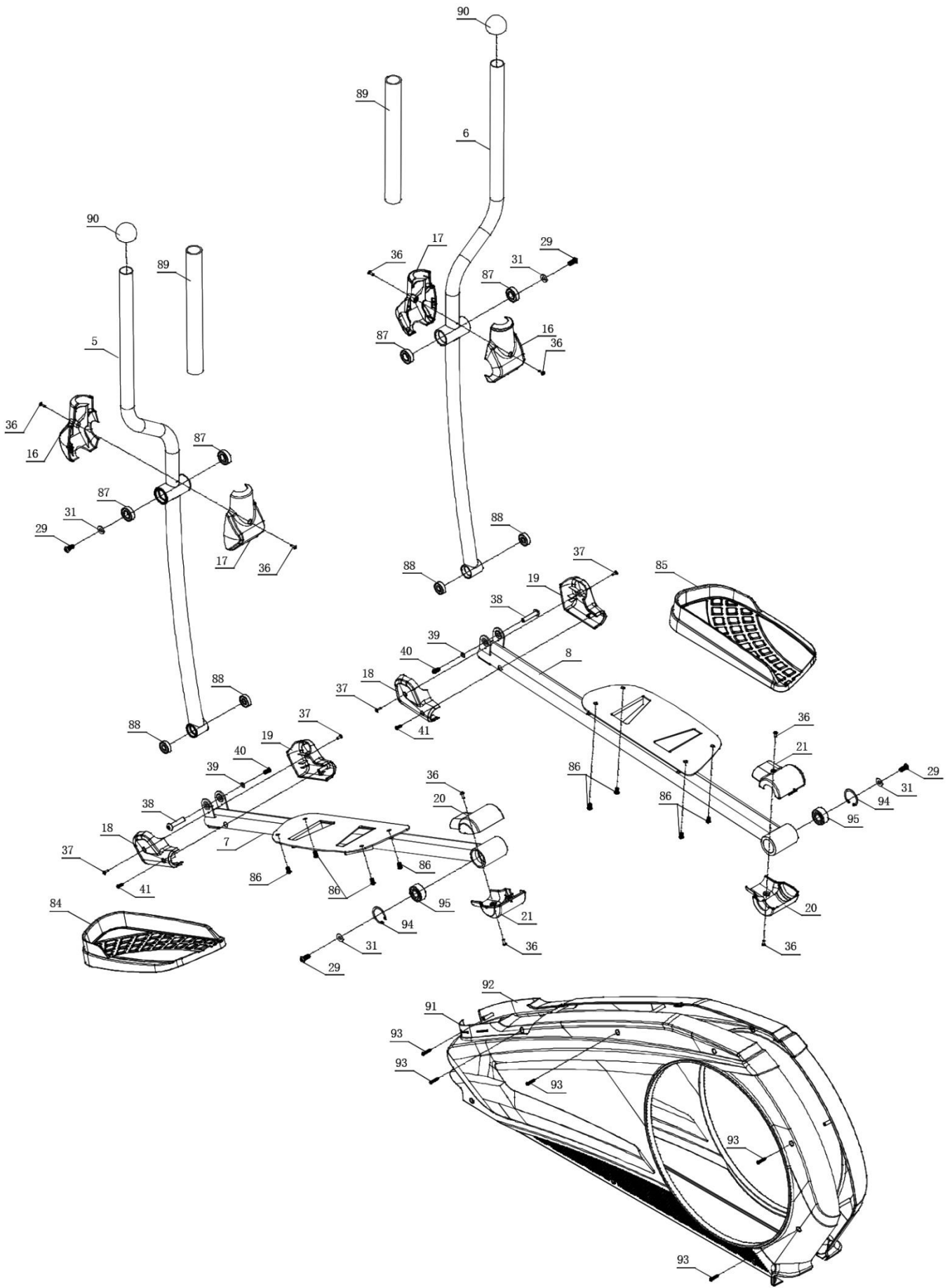
# Shema sastavnih djelova



# Kompletna shema svih djelova







## Funkcije računala:

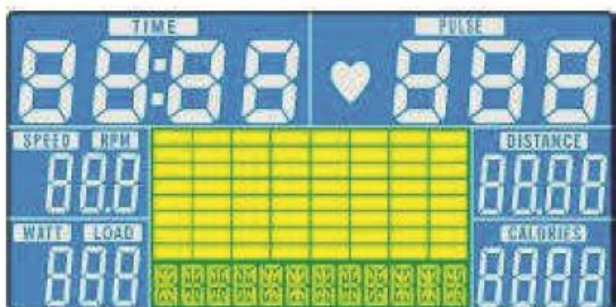
<b>Funkcija</b>	<b>Opis</b>
TIME (vrijeme)	Raspon prikaza 0:00 - 99:59; Raspon namještanja 0:00 - 99:00
SPEED (brzina)	Raspon 0.0 - 99,9 kmh
DISTANCE (udaljenost)	Raspon prikaza 0.0 - 99.99; Raspon namještanja 0.0 - 99.90
CALORIES (kalorije)	Raspon prikaza 0 - 9999 Cal; Raspon namještanja 0 - 9990 Cal
PULSE (otkucaji srca)	Raspon prikaza P-30-230; Raspon 0-30-230
RPM (okretaji u minuti)	Raspon 0 - 999
WATT (potrošnja energije)	Raspon prikaza 0 - 999; Raspon namještanja 10 - 350

## Tipke:

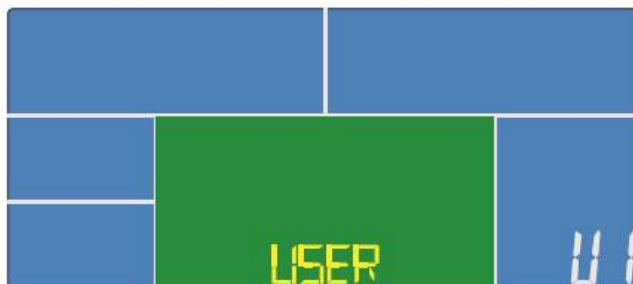
<b>Tipka</b>	<b>Opis</b>
<b>UP (+)</b>	Odabir funkcija ili namještanje vrijednosti
<b>DOWN (-)</b>	Odabir funkcija ili namještanje vrijednosti
<b>ENTER</b>	Kada se ne izvodi vježba, služi za potvrdu odabira.
<b>RESET</b>	- Povratak na glavni izbornik tijekom namještanja vrijednosti/načina rada - Držite 2 sekunde i računalo će se ponovno pokrenuti.
<b>START/STOP</b>	Započnite/završite s vježbom
<b>RECOVERY</b>	Izmjerite vrijednost oporavka srca od vježbanja
<b>BODY FAT</b>	Izmjerite postotak masnoće u tijelu i BMI

## Upravljanje

Spojite spravu na stuju i uključite je. LCD će se upaliti i prvo će prikazati sve segmente oko 2 sekunde (slika 1). Sada ulazite u izbornik korisnika i namještanje parametara korisnika (slika 2). Ako prođe 4 minute bez interakcije, računalo će prijeći u Stand-by način rada. Pritisnite bilo koju tipku da "probudite" računalo.



Slika 1



Slika 2

### Namještanje parametara korisnika.

Prvo izaberite jedan od korisničkih računa (U1-U4). Pritisnite tipku ENTER da potvrdite svoj odabir. Tipkama UP(+) i DOWN(-) možete namjestiti spol, dob (slika 3), visinu i težinu korisnika. Sve vrijednosti će se spremirati u odabrani korisnički račun.

Nakon što postavite korisnički račun, konzola void na glavni izbornik (slika 4). Iz ovog izbornika možete odmah početi vježbu pritiskom na tipku START/STOP.



Slika 3



Slika 4

### Odabir vježbe

U glavnom izborniku, tipkama "+" i "-" možete birati između sljedećih programa: MANUAL-->PROGRAM-->USER Program-->H.R.C.-->WATT.

Pritisnite tipku ENTER da potvrdite svoj izbor.

## Ručno postavljanje vježbe (MANUAL)

Tipkama "+" i "-" birajte program vježbanja i odaberite MANUAL (slika 4). Pritisnite ENTER da potvrdite odabir. Tipkama "+" i "-" namjestite vrijednosti vremena (TIME), udaljenosti (DISTANCE), kalorija (Calories) i PULSE. Pritisnite tipku START/STOP da počnete vježbu. Tijekom vježbanja možete tipkama "+" i "-" mjenjati vrijednost otpora (1 do 16). Da pauzirate vježbu pritisnite tipku START/STOP. Pritisnite RESET da se vratite opet u glavni izbornik.

## Predefinirani programi (PROGRAM)

Tipkama "+" i "-" birajte program vježbanja i odaberite PROGRAM (slika 5). Pritisnite ENTER da potvrdite odabir. Tipkama "+" i "-" odaberite jedan od predefiniranih programa (P01-P12). Paramteri programa će se prikazati na zaslonu. Tipkama "+" i "-" možete namjestiti vrijeme vježbanja.

Pritisnite tipku START/STOP da počnete vježbu. Tijekom vježbanja možete tipkama "+" i "-" mjenjati vrijednost otpora (1 do 16). Da pauzirate vježbu pritisnite tipku START/STOP. Pritisnite RESET da se vratite opet u glavni izbornik.



Slika 5



Slika 6

## Korisnički program (User Program)

Tipkama "+" i "-" birajte program vježbanja i odaberite USER S01 (slika 5). Pritisnite ENTER da potvrdite odabir. Istim tipkama možete mijenjati razinu otpora (1 do 16) za svaki segment vježbe, pritisnite ENTER da nastavite na sljedeći segment (ukupno ih je 20). Držite tipku ENTER da završite s postavkama. Sada možete tipkama "+" i "-" postaviti vrijeme. Pritisnite tipku START/STOP da počnete vježbu. Tijekom vježbanja možete tipkama "+" i "-" mjenjati vrijednost otpora (1 do 16). Da pauzirate vježbu pritisnite tipku START/STOP. Pritisnite RESET da se vratite opet u glavni izbornik.

## Vježbanje prema otkucajima srca (H.R.C.)

Tipkama "+" i "-" birajte program vježbanja i odaberite H.R.C. (slika 7). Pritisnite ENTER da potvrdite odabir. Istim tipkama možete odabrati jednu od ponuđenih opcija H.R.C. 55 (slika 8),

H.R.C. 75, H.R.C. 90, ili TAG (ciljani H.R.C., početna vrijednost 100) (slika 9). Potvrdite izbor tipkom ENTER.

Kada odaberete jednu od H.R.C. 55/75/90 opcija, konzola će prikazati vrijednosti ovisno o korisnikovoj dobi. Tipkama "+" i "-" možete namjestiti vrijeme. Kada odaberete opciju TAG, početna vrijednost (100) će bljeskati, što znači da možete mijenjati iznos tipkama "+" i "-" (30 do 230). Pritiskom na ENTER potvrdite izbor. Nakon toga možete namjestiti vrijeme. Tipkom START/STOP počinjete s vježbom. Stisnite RESET da se vratite u glavni izbornik.



Slika 7



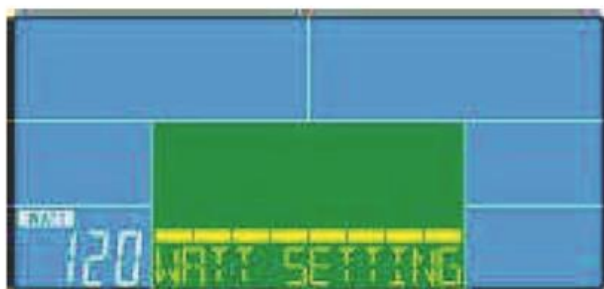
Slika 8



Slika 9

### **Vježbanje prema potrošnji energije (WATT)**

Tipkama "+" i "-" birajte program vježbanja i odaberite WATT (slika 10). Pritisnite ENTER da potvrdite odabir. Istim tipkama sada možete birati WATT iznos (početna vrijednost 120). Zatim možete namjestiti vrijeme. Pritisnite START/STOP da počnete s vježbom, tijekom vježbe možete mijenjati WATT iznos (10 do 350) tipkama "+" i "-". Tipkom START/STOP možete pauzirati vježbu, ili stisnite RESET da se vratite u glavni izbornik.



Slika 10

### Mjerenje masnoće u tijelu (BODY FAT)

Tijekom vježbanja stisnite START/STOP tipku da pauzirate vježbu, zatim pritisnite tipku BODY FAT da počnete mjerenje masnoće (slika 11). Stavite ruke na senzore na drškama, nakon 8 sekundi mjerenje je goovo i na konzoli će se prikazati rezultati mjerenja. Prikazati će se BMI, postotak masnoće i symbol koji određuje klasu debljine. Pritisnite opet BODY FAT tipku da se vratite u glavni izbornik.

Greške u mjerenju:

E-1 (slika 12) - Korisnik ne drži pravilno ruke na sensorima

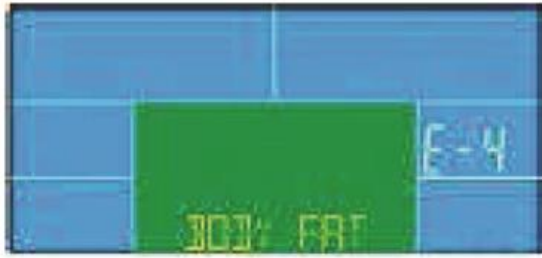
E-2 (slika 13) - Postotak masnoće premašuje raspon mjerenja (5,0% - 50,0%)



Slika 11



Slika 12



Slika 13

### B.M.I. (indeks tjelesne mase)

BMI skala	Nisko - LOW	Srednje nisko - LOW/MED	Srednje - MEDIUM	Visoko - MED/HIGH
Raspon	<20	20 - 24	24,1 - 26,5	>26,5

### Klasa debljine:

Simbol	-	+	▲	◆
Postotak masnoće	Niski	Srednje niski	Srednji	Visoki
Muško	<13%	13% - 25,9%	26% - 30%	>30%
Žensko	<23%	23% - 35,9%	36% - 40%	>40%

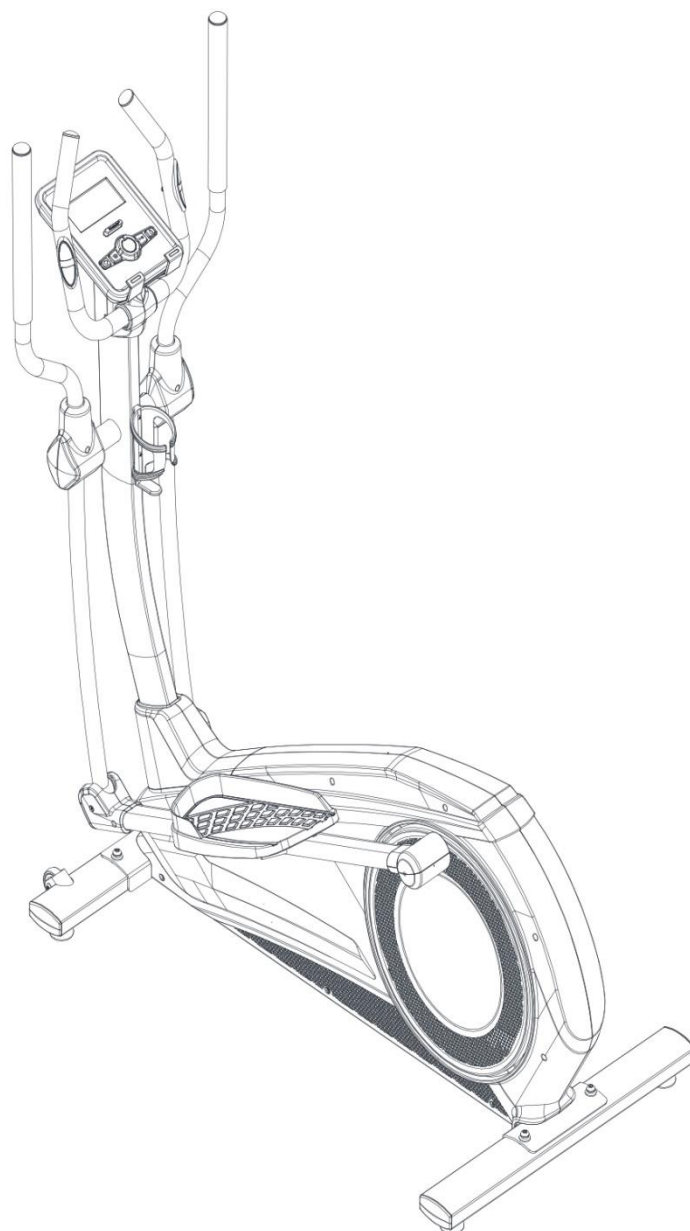
### Oporavak otkucaja srca nakon vježbe

Kada se na zaslonu prikaže vrijednost pulsa, kada držite ručke, pritisnite tipku RECOVERY. Sve funkcije na zaslonu će se prestati prikazivati osim vremena. Na prikazu vremena će se početi odbrojavati od 00:60 do 00:00 (slika 14). Kada odbrojavanje dođe do 00:00, na zaslonu će se prikazati jedna od vrijednosti FX (X=1-6) (slika 15). F1 je najbolji rezultat, a F6 je najgori. Pogledajte tablicu ispod za ostale rezultate. Pritisnite opet tipku RECOVERY da se vratite na glavni izbornik. Kada ručno unesete vrijednost pulsa, dobiti ćete krivo mjerenje ako stisnete RECOVERY tipku!

1.0	Odlično
1.0 < F < 2.0	Jako dobro
2.0 < F < 2.9	Dobro
3.0 < F < 3.9	Prosječno
4.0 < F < 5.9	Ispod prosjeka
6.0	Loše

# XPLORER CHAMPION

ELIPTIČNI TRENAŽER



**UPORABNIŠKI PRIROČNIK**



## Varnostni ukrepi

POZORILLO: To sobno kolo je zasnovano tako, da nudi kar najvišjo varnost v času uporabe, vendar je kljub temu potrebno upoštevati nekaj pravil, da se izognete nepotrebni poškodbam in kvarom.

- Pred uporabo preučite ta navodila.
- Otroke in hišnje ljubljence ne pustite blizu naprave brez nadzora.
- Redno preverjajte vse sestavne dele i njih po potrebi zamenjajte.
- Sobno kolo postavite na ravno površino z vsaj 1m prostora na vseh straneh. Za zaščito tal priporočamo, da kolo postavite na preprogo.
- Sobno kolo naj bo v suhem prostoru brez vlage in prahu. V prostoru, kjer vadite je dobro imeti prezračevanje.
- Pri vadbi nosite udobno obleko in obutev ter se izogibajte pretirano širokim oblačilom, da se z njim ne bi zpletli z napravo.
- Največja dovoljena teža uporabnika je 120kg! Če presegate to težo se prosimo odločite za drugi model sobnega kolesa.
- To napravo lahko koristi le ena oseba hkrati. Nikoli ne poskušajte uporabljati napravo dve ali več oseb hkrati!
- Če pri vadbi začutite slabost ali vrtoglavico, takoj prenehajte z vadbo in se posvetujte z svojim zdravnikom.

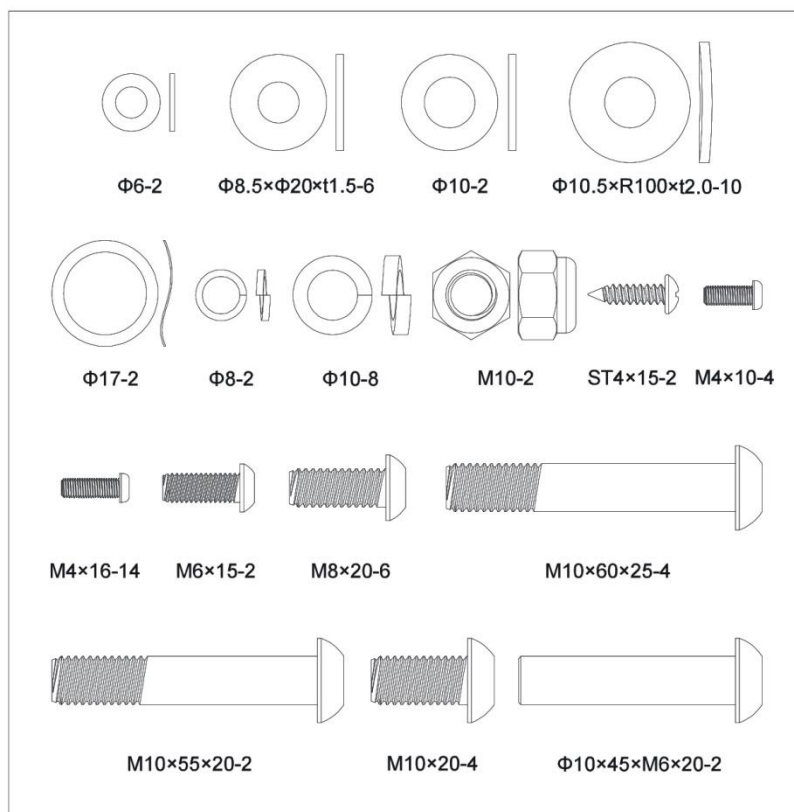
Če se rehabilitirate po bolezni ali če imate naslednje simptome, se pred vadbo s tem sobnim kolesom posvetujte s svojim zdravnikom.

- Bolečine in otrdelost sklepov
- Anamorfni artritis, reuma ali bolečine v kosteh
- Osteoporoza ali druga odstopanja
- Bolezni srca, krvno bolezen, hipertenzijo ali podobno
- Težave z dihanjem
- Dijabetes ali podobne bolezni

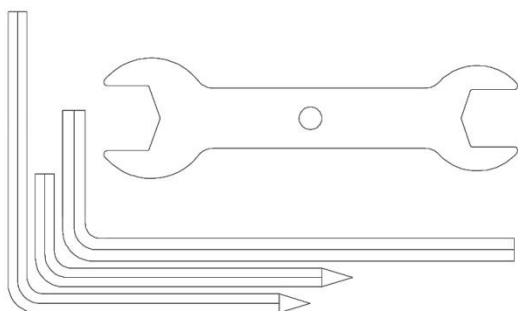
**Če imate kakršnekoli simptome bolezni, tudi tiste, ki zgoraj niso omenjene, se pred vadbo posvetujte s svojim zdravnikom.**

## Pred sestavljanjem:

Odprite vse škatle in preverite, če so v njih vsi sestavni deli. Primerjajte jih s slikami spodaj. Če karkoli manjka, se povežite s proizvajalcem/prodajalcem.

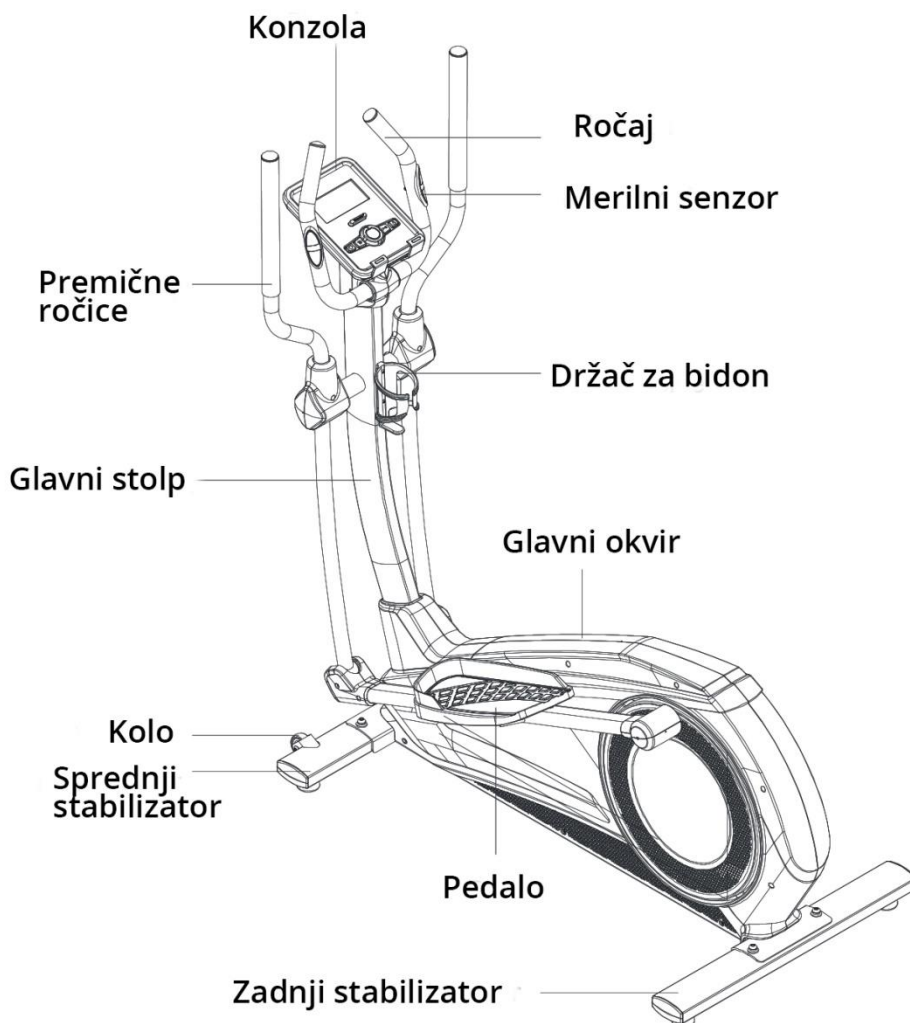


NO.	NAME	SPECIFICATION	QUANTITY
26	Allen C.K.S. half thread screw	M10×60×25	4
27	Spring washer	Φ10	8
28	Curved washer	Φ10.5×R100×t2.0	10
29	Allen C.K.S. half thread screw	M8×20	6
30	Spring washer	Φ8	2
31	Flat washer	Φ8.5×Φ20×t1.5	6
32	Hex self-locking nut	M10	2
33	Flat washer	Φ10	2
36	Philips pan head full thread screw	M4×16	14
37	Philips pan head full thread screw	M4×10	4
38	Allen C.K.S. hollow screw	Φ10×45×M6×20	2
39	Flat washer	Φ6	2
40	Allen C.K.S. full thread screw	M6×15	2
41	Philips C.K.S. self-taping screw	ST4×15	2
102	Waved spring washer	Φ17	2
104	Allen full thread screw	M10×20	4
105	Allen C.K.S. half thread screw	M10×55×20	2



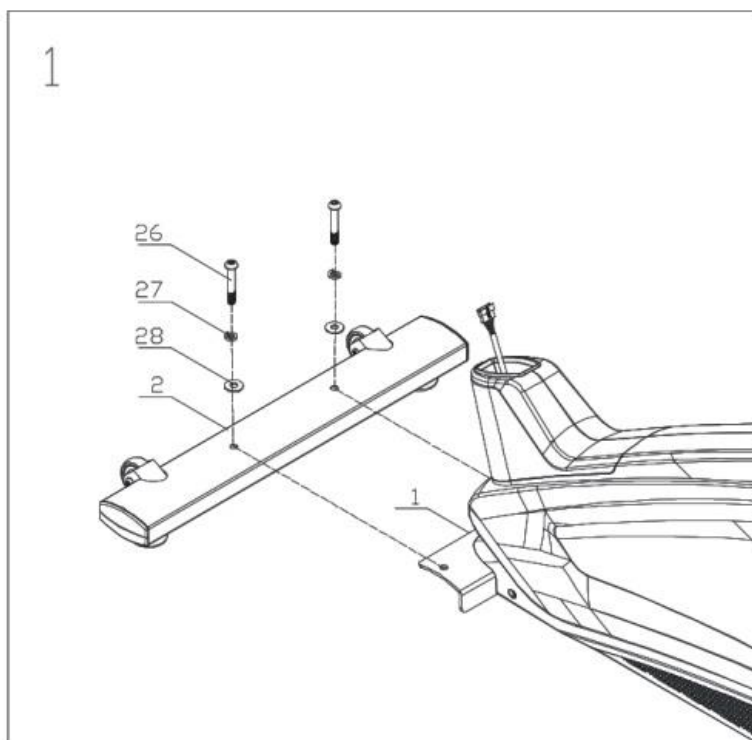
NAME	SPECIALIZED	QUANTITY
L-shaped wrench	5×80×80S(with a cross)	1
L-shaped wrench	5×35×85S(with a cross)	1
L-shaped wrench	6×40×120	1
Open end wrench	15#&17#	1

Pred sestavljanjem zberite vso orodje tako, da ga imate vedno pri roki, ko ga potrebujete. Očistite delovno površino. Prverite, če imate dovolj prostora, da lahko brez težav sestavite napravo.

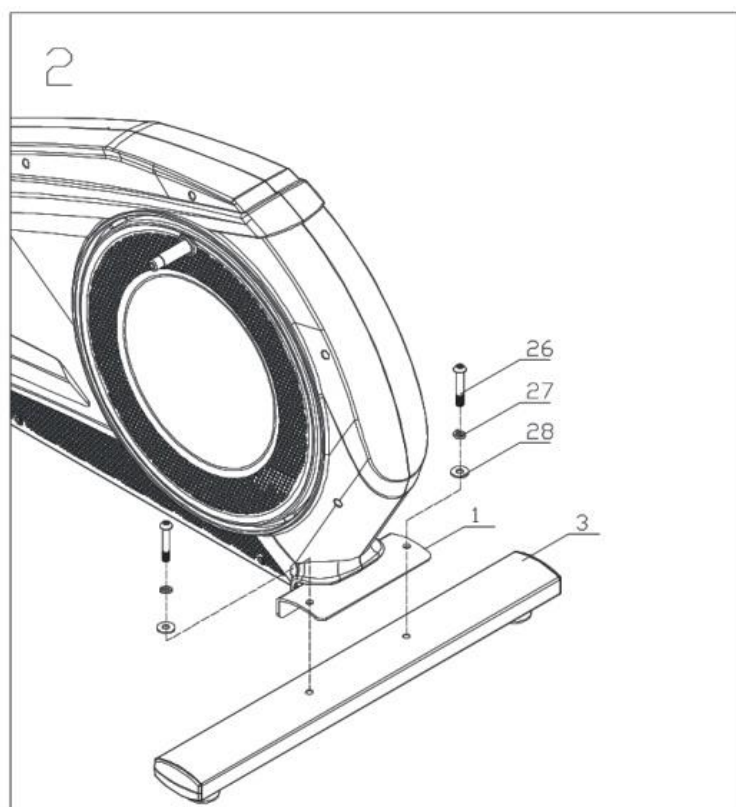


## Navodila zasestavljanje

Povežite sprednji stabilizator (2) na glavni okvir (1) z vijaki (28, 27, 26).



Povežite zadnji stabilizator (3) na glavni okvir (1) z vijaki (28, 27, 26).

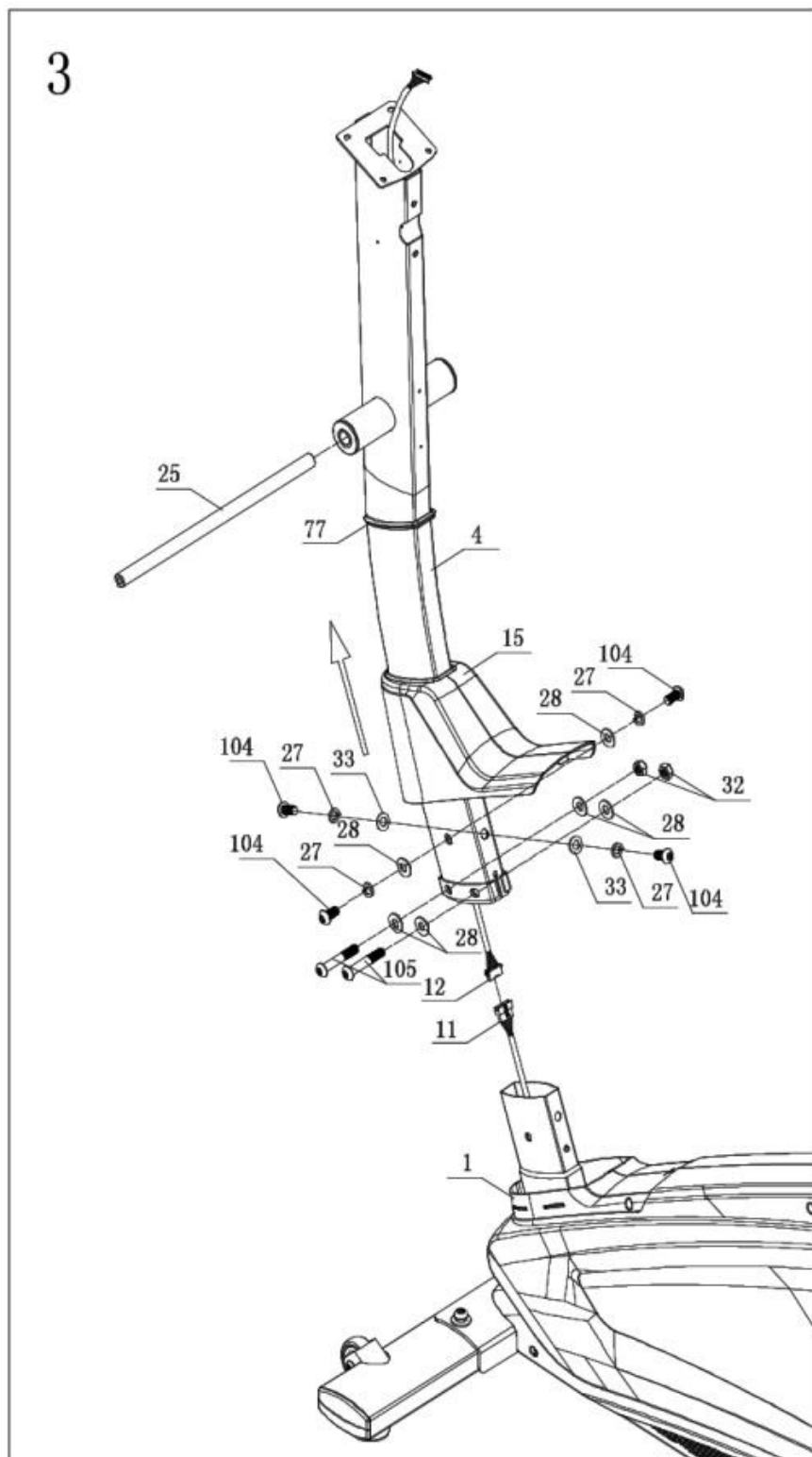


3.A: Postavite zaslonko (77) na glavni steber (4). Vzamite zaščito glavnega stebra (15) z glavnega okvirja (1) in postavite na glavni steber (4) kot na sliki.

3.B: povežite žico motorja (11) in žico konzole (12).

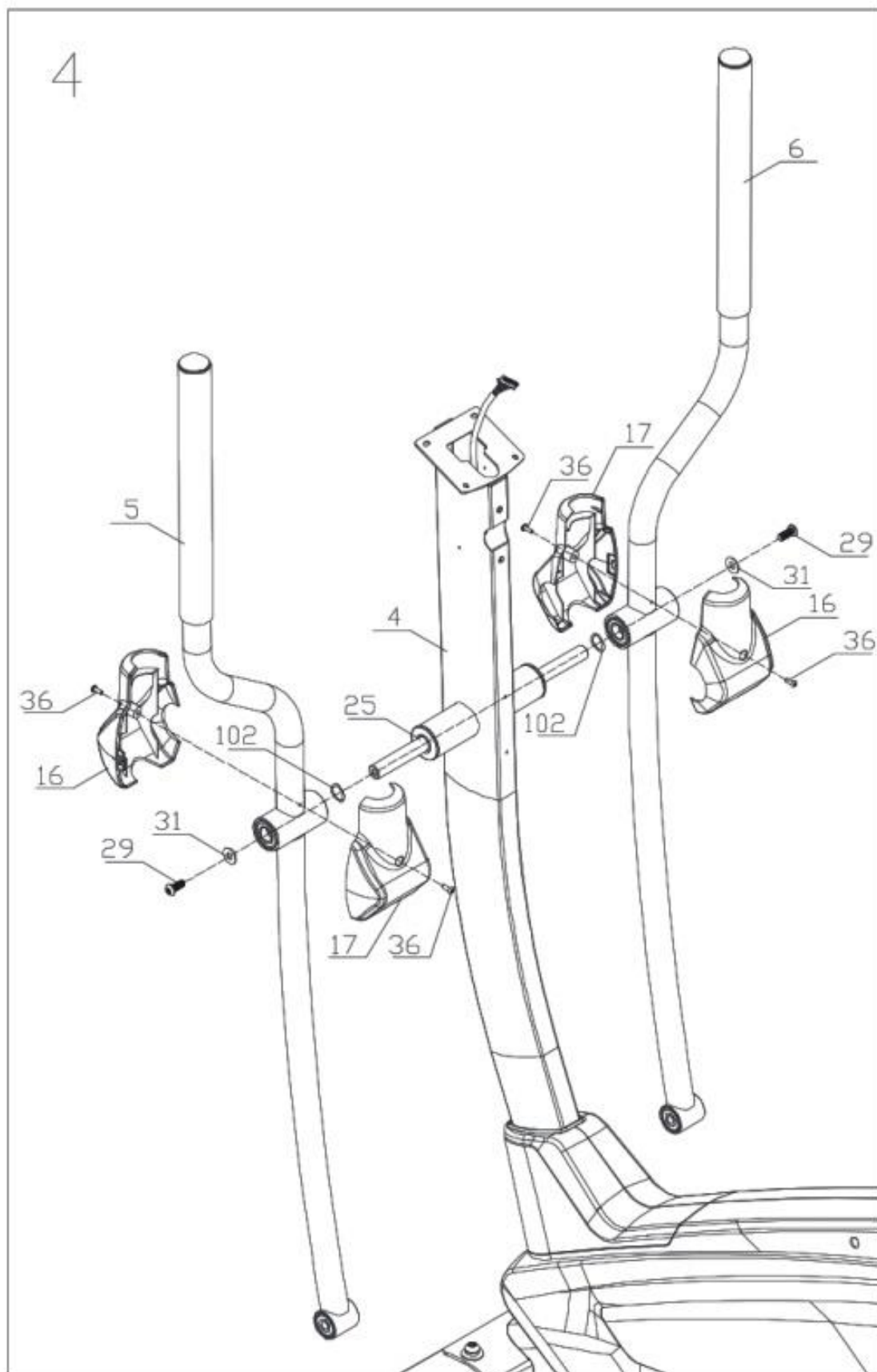
3.C: Povežite glavni steber (4) na glavni okvir (1) z vijaki (33, 27, 104, 28, 27, 105, 32) kot na sliki.

3.D: Povežite zaščito glavnega stebra (15) in zaslonko (77) na glavni okvir (1) in potem vstavite os (25) v glavni steber (4). Ne še čvrsto priviti.



4.A: Postavite ležaje (102) na os (25) z obeh strani i njih **obojestransko podmažite**.Potem povežite premične ročke (5, 6) na os (25) z obeh strani z vijaki (31, 29).

4.B: Postavite zaščito (16, 17) na obe ročki (5, 6) z vijakom (36).

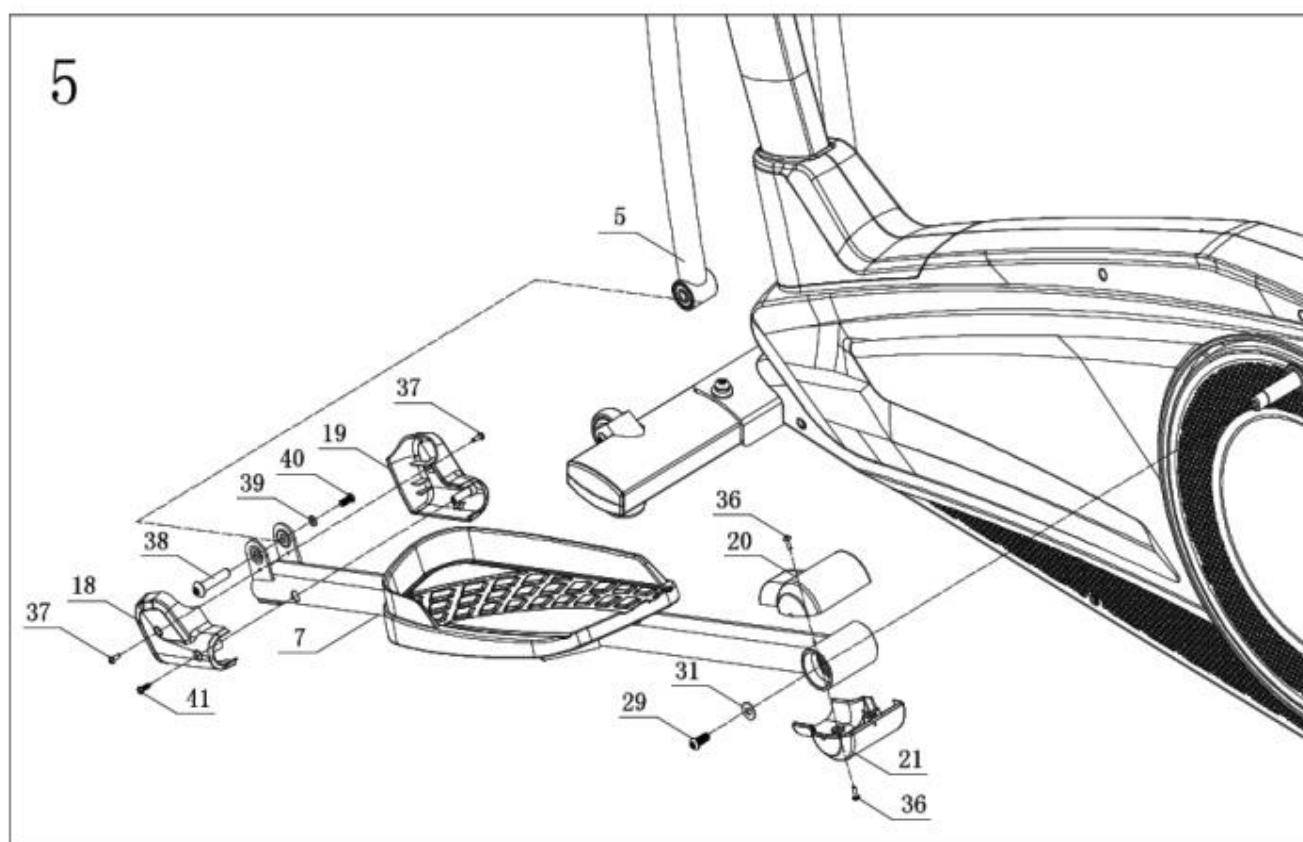


5.A: **Podmažite os na glavnem okvirju (1) in potem postavite zdnji del podnožja (7) na os z vijaki (31, 29).**

5.B: **Podmažite votel vijak (38).** Povežite sprednji del podnožja (7) na spodnji del premične ročke (5) z vijaki (38, 39, 40).

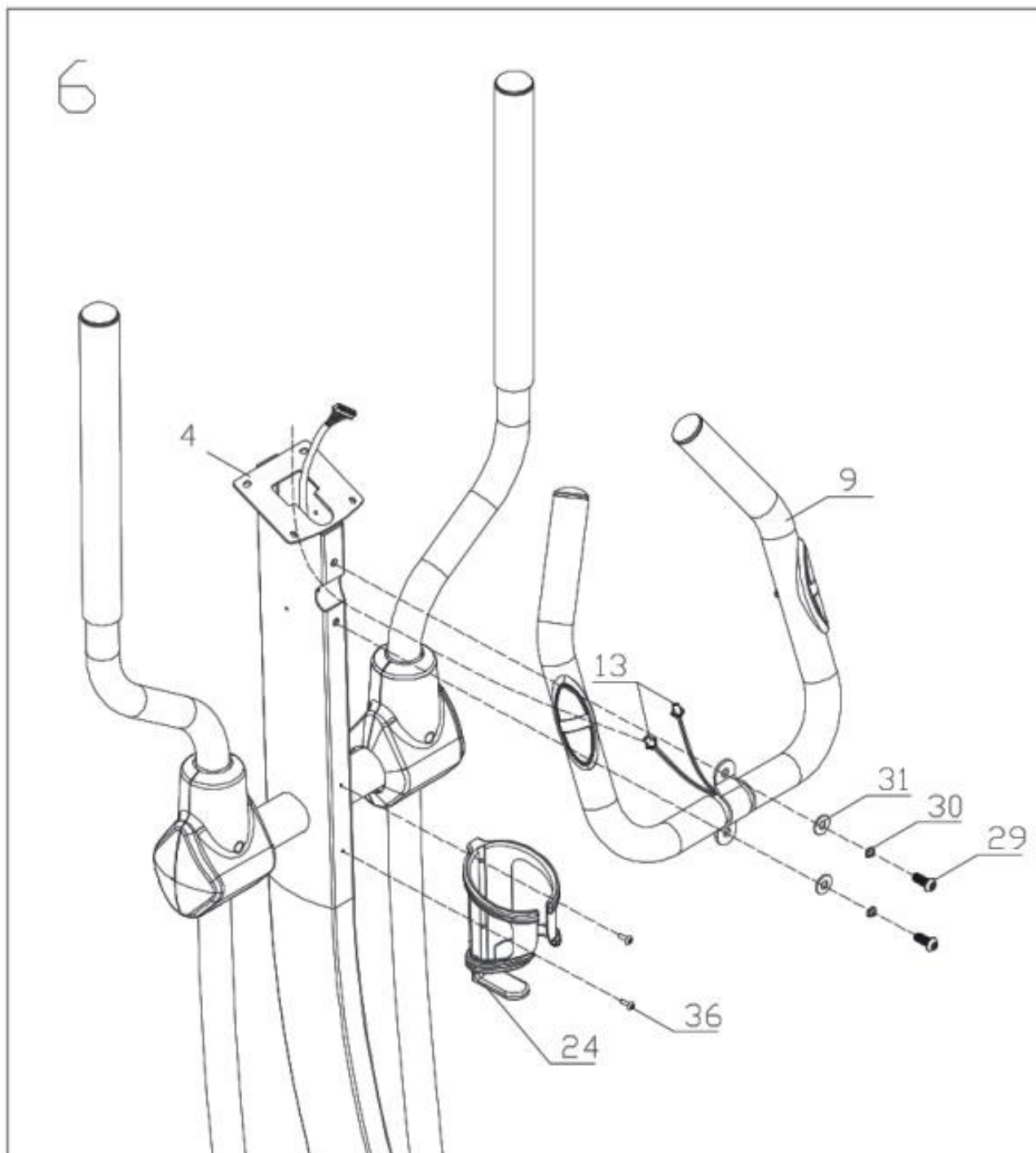
5.C: Postavite zaščito (20/21) na zadnji del podnožja (7), kjer je spoj z osjo. Pričvrstite z vijki (36). Postavite zaščito (18/19) na sprednji del podnožja (7), kjer je spoj z osjo (5). Pričvrstite z vijki (37, 41).

5.D: Na isti način spojite podnožje (8) z osjo na glavnem okvirju (1) in s pomično ročko (6) na drugi strani. Uporabite vijke (31, 29).



6.A: Potegnite žice za pulz (13) skozi gornji del glavnega stebra (4). Privijte držala (9) na glavni steber (4) z vijki (31, 30, 29).

6.B: Privijte držalo za bidon (24) na glavni steber (4) z vijaki (36).

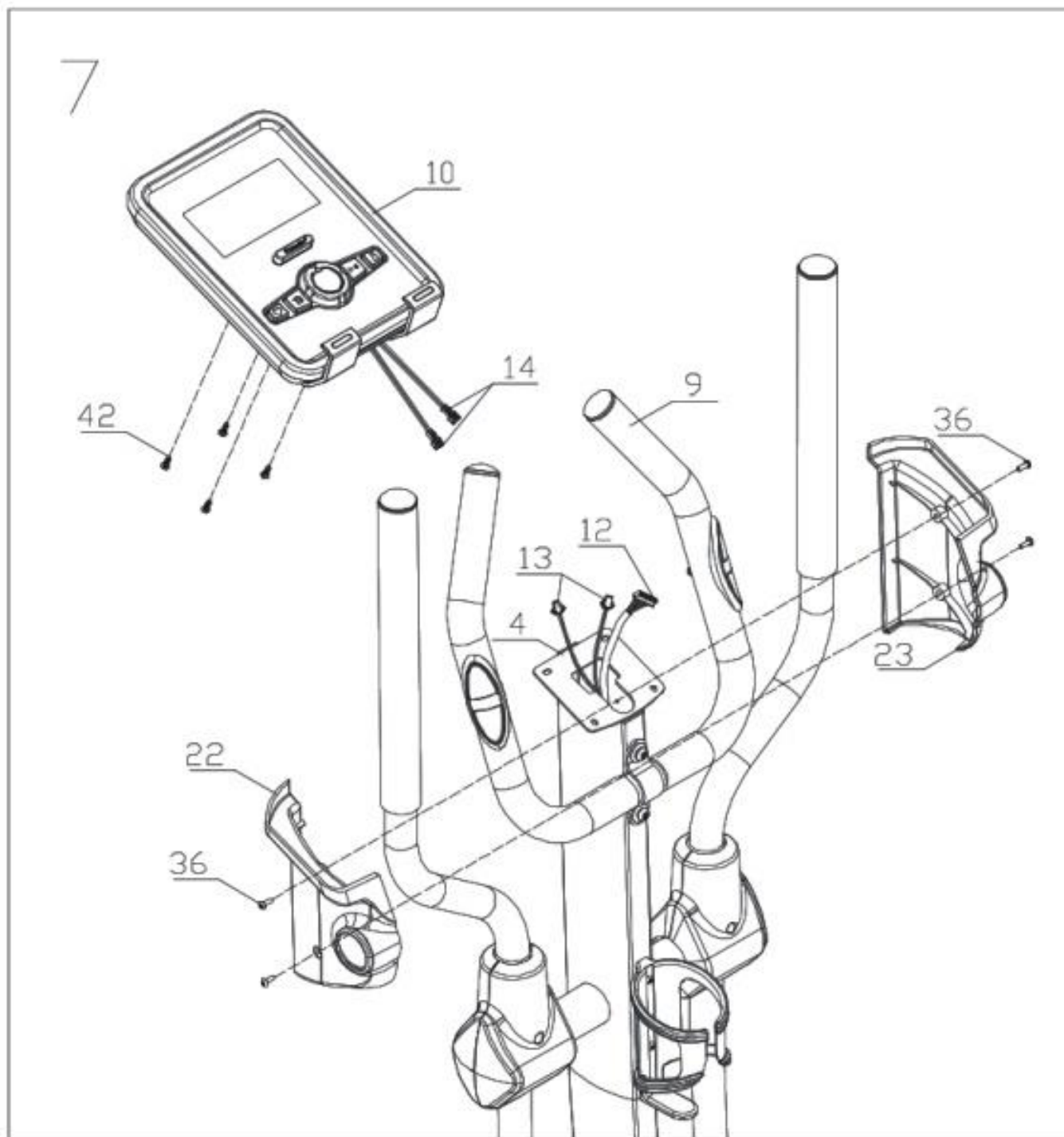




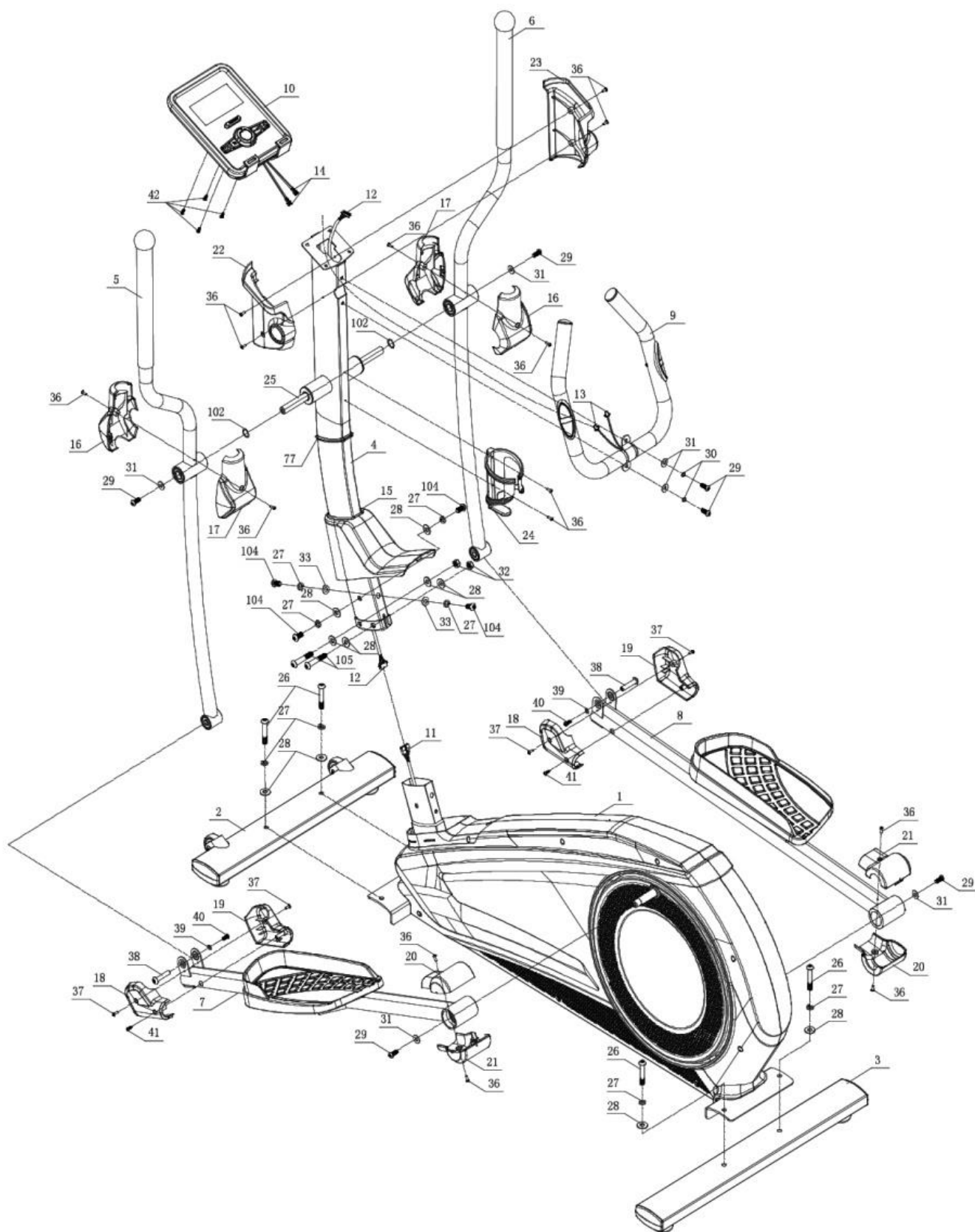
7.A: Povežite žico konzole (12) na zadnji del konzole (10). Povežite žico od pulsz (13) na žice konzole (14).

7.B: Povežite konzolo (10) na galvni steber (4) z vijaki (42).

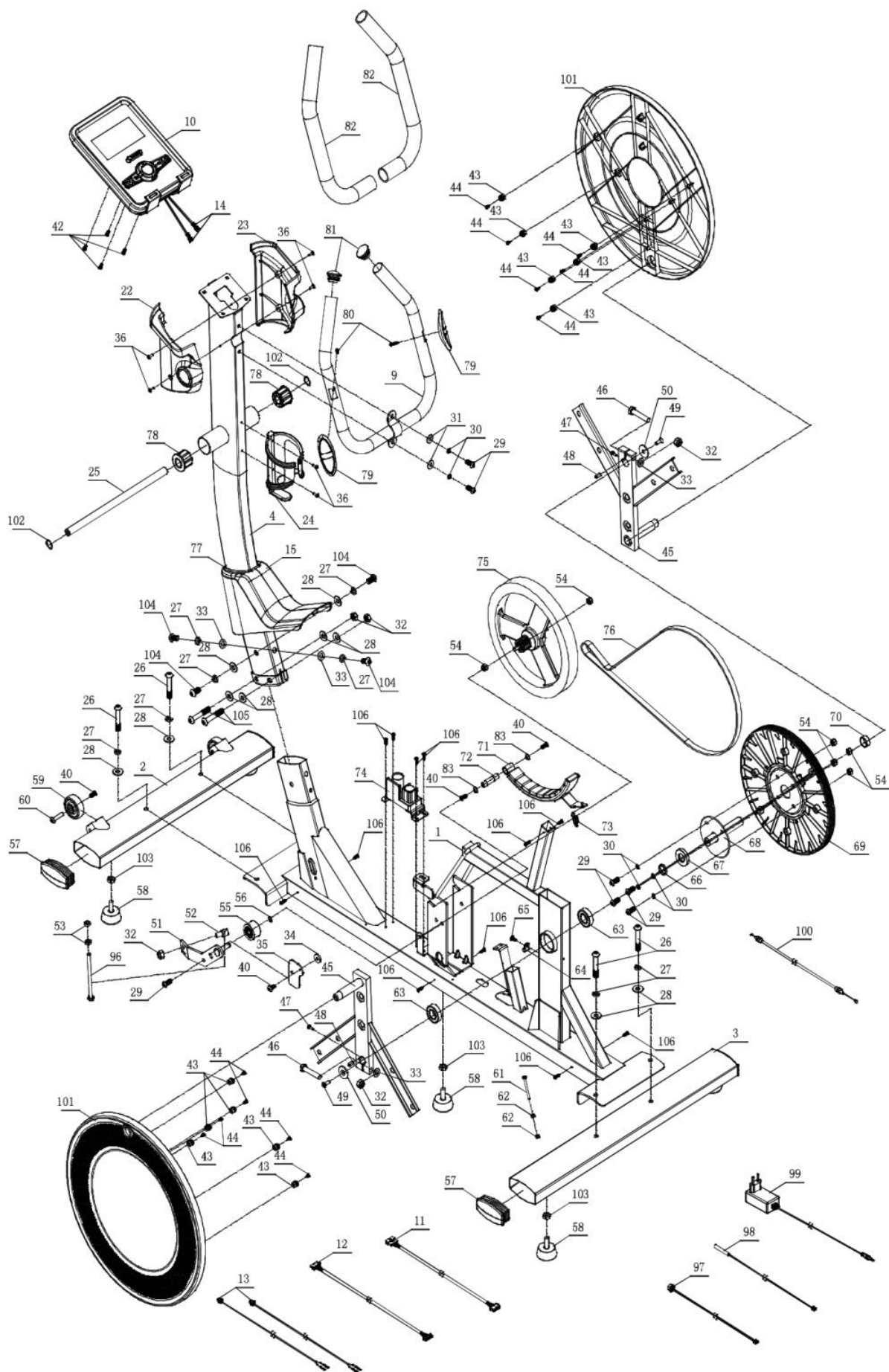
7.C: Zaštitno ročk (22/23) (9) z obeh strani pričvrstite z vijaki (36).

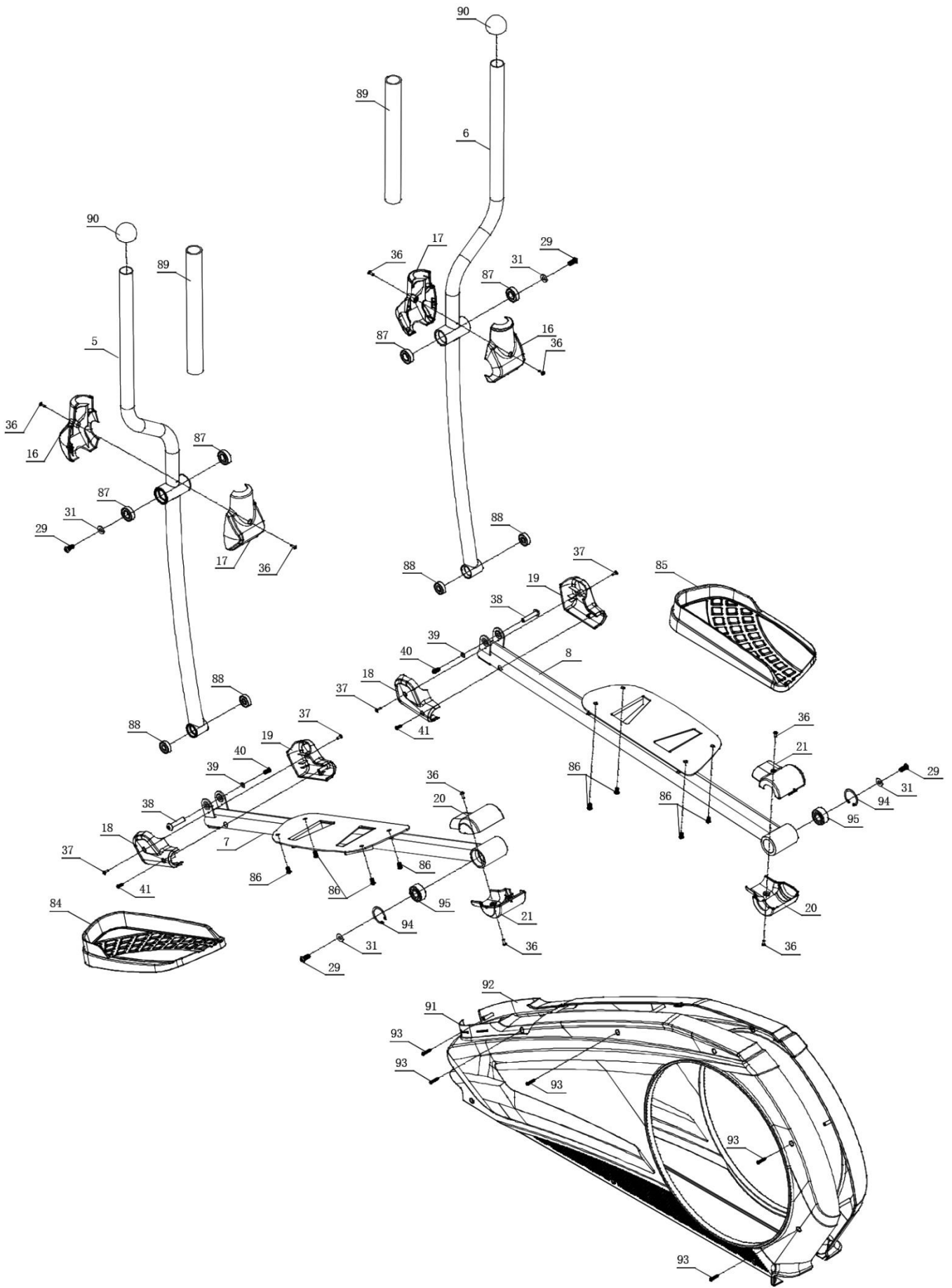


# Shema sestavnih delov



# Shema vseh delov





## Funkcije računalnika:

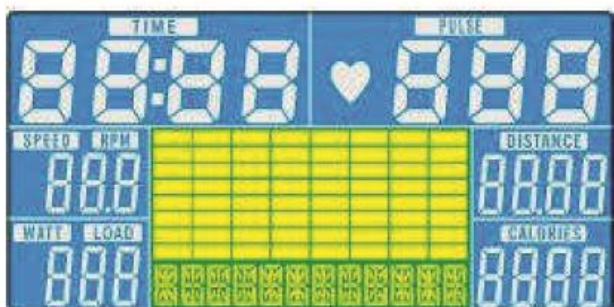
<b>Funkcija</b>	<b>Opis</b>
TIME (čas)	Razpon prikaza 0:00 - 99:59; Razpon nastavitve 0:00 - 99:00
SPEED (hitrost)	Razpon 0.0 - 99,9 kmh
DISTANCE (oddaljenost)	Razpon prikaza 0.0 - 99.99; Razpon nastavitve 0.0 - 99.90
CALORIES (kalorije)	Razpon prikaza 0 - 9999 Cal; Razpon nastavitve 0 - 9990 Cal
PULSE (srčni utrip)	Razpon prikaza P-30-230; Razpon 0-30-230
RPM (obrati v minuti)	Razpon 0 - 999
WATT (poraba energije)	Razpon prikaza 0 - 999; Razpon nastavitve 10 - 350

## Tipke:

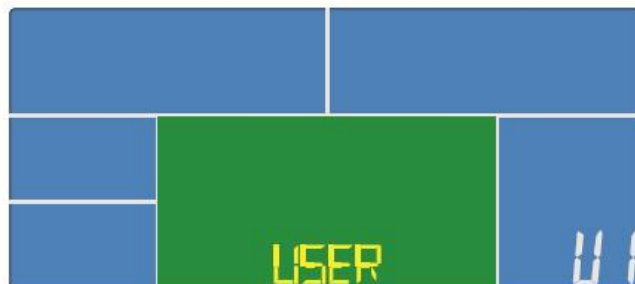
<b>Tipka</b>	<b>Opis</b>
<b>UP (+)</b>	Izbor funkcij ali nastavitve vrednosti
<b>DOWN (-)</b>	Izbor funkcij ali nastavitve vrednosti
<b>ENTER</b>	V mirovaju, za potvrdu izbora.
<b>RESET</b>	- Vrnitev na glavni nabornik ob nastavitvi vrednost/načina dela - Držite 2 sekundi in računalnik se bo zagnal
<b>START/STOP</b>	Začnite/končajte z vajo
<b>RECOVERY</b>	Izmerite vrednost umiritve srčnega utripa od vaje
<b>BODY FAT</b>	Izmerite odstotek maščob v telesu in BMI

## Upravljanje

Priklopite napravo na električno omrežje in jo vklopite. LCD se bo prižgal in najprej bo za 2 sekundi prikazal vse segmente (slika 1). Sedaj vstopite na nabornik uporabnika in nastavitvev parametrov uporabnika (slika 2). Če preteče 4 minute brez interakcije, se bo računalnik preklopil v Stand-by način. Pritisnite katerokoli tipko, da "prebudite" računalnik.



Slika 1



Slika 2

### Nastavitev uporabniških parametrov.

Najprej izberite enega od uporabniških računov (U1-U4). Pritisnite tipko ENTER da potrdite svoj izbor. S tkpama UP(+) in DOWN(-) lahko nastavite spol, starost (slika 3), višino in težo uporabnika. Vse vrednosti se bodo shranile v izbrani uporabniški račun.

Ko vzpostavite uporabniški račun, preidite na glavni nabornik (slika 4), kjer lahko takoj začnete vadbo s pritiskom na tipko START/STOP.



Slika 3



Slika 4

### Izbor vadbe

V glavnem izborniku, s tipkama "+" in "-" lahko izberete med naslednjimi programi: MANUAL-->PROGRAM-->USER Program-->H.R.C.-->WATT.

Pritisnite tipku ENTER da potrdite svoj izbor.

## Ročno nastavljanje vadbe (MANUAL)

S tipkama "+" in "-" izbirate program vadbe in izberite MANUAL (slika 4). Pritisnite ENTER da potrdite izbor. S tipkama "+" in "-" nastavite vrednosti časa (TIME), oddaljenost (DISTANCE), kalorije (Calories) in PULSE. Pritisnite tipku START/STOP da začnete z vadbo. Ob vaji lahko s tipkama "+" in "-" menjate vrednosti odpora (1 do 16). Za pavzo med vajo pritisnite tipko START/STOP. Pritisnite RESET, da se vrnete v glavni nabornik.

## Prednastavljeni programi (PROGRAM)

S tipkama "+" in "-" izberite program vadbe PROGRAM (slika 5). Pritisnite ENTER da potrdite izbor. S tipkama "+" in "-" izberite enega od prednastavljenih programov (P01-P12). Parametri programa se bodo prikazali na zaslonu. S tipkama "+" in "-" lahko nastavite čas vadbe. Pritisnite tipko START/STOP da začnete vadbo. Ob vadbi lahko s tipkama "+" in "-" menjate vrednosti odpora (1 do 16). Za pavzo pritisnite tipko START/STOP. Pritisnite RESET da se vrnete na glavni nabornik.



Slika 5



Slika 6

## Uporabniški program (User Program)

S tipkama "+" in "-" izberite program vadbe in izberite USER S01 (slika 5). Pritisnite ENTER, da potrdite izbor. Z istimi tipkami lahko menjate nivo odpora (1 do 16) za svak segment vadbe. Pritisnite ENTER, da nastavite na naslednji segment (skupaj jih je 20). Držite tipko ENTER da zaključite s postavkami. Sedaj lahko s tipkama "+" in "-" nastavite čas. Pritisnite tipku START/STOP da začnete z vadbo. Ob vadbi lahko s tipkama "+" in "-" menjate vrednosti odpora (1 do 16). Za pavzo pritisnite tipko START/STOP. Pritisnite RESET da se vrnete na glavni nabornik.

## Vadba glede na srčni utrip (H.R.C.)

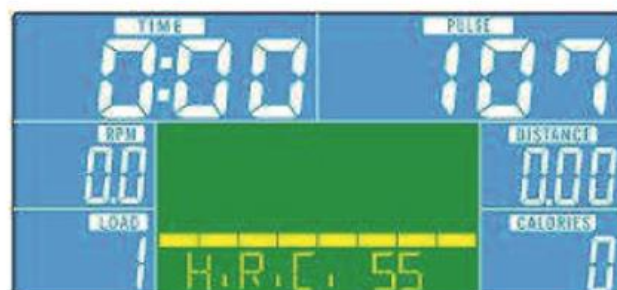
S tipkama "+" in "-" izberite program vadbe in izberite H.R.C. (slika 7). Pritisnite ENTER da potrdite izbor. Z istim tipkam lahko izberete eno od ponujenih obcij H.R.C. 55 (slika 8), H.R.C. 75, H.R.C. 90, ali TAG (ciljan H.R.C., začetna vrednost 100) (slika 9). Potrdite izbor s tipko ENTER.



Ko izberete eno od H.R.C. 55/75/90, bo konzola prikazovala vrednosti odvisno od uporabnikove starosti. S tipkama "+" in "-" lahko nastavite čas. Ko izberete opcijo TAG, začetna vrednost je (100), bo utripalo, kar pomeni, da lahko menjate vrednosti s tipkama "+" in "-" (30 do 230). S pritiskom na ENTER potrdite izbor. Po tem lahko nastavite čas. S tipko START/STOP začnete z vadbo. Pritisnite RESET da se vrnete v glavni nabornik.



Slika 7



Slika 8

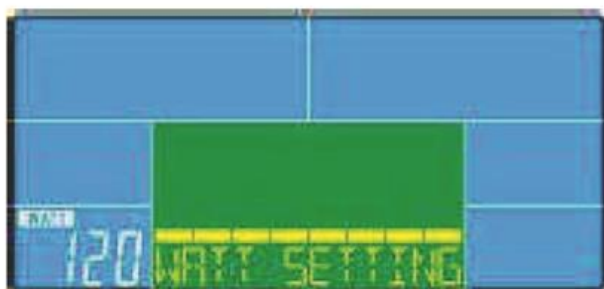


Slika 9

### Vadba glede na porabo energije (WATT)

S tipkama "+" in "-" izberite program vadbe WATT (slika 10). Pritisnite ENTER da potrdite izbor. Z istim tipkam lahko izbirate vrednosti WATT (začetna vrednost je 120). Po tem lahko nastavite čas. Pritisnite START/STOP da začnete z vadbo, med vadbo lahko menjate WATT vrednost (10 do 350) S tipkama "+" in "-". S tipkom START/STOP naredite pauzo ali pritisnite RESET da se vrnete v glavni nabornik.





Slika 10

### Merjenje maščob v telesu (BODY FAT)

Med vadbo pritisnite START/STOP tipko, za pauzo med vajo, nato pritisnite tipko BODY FAT da začnete z merjenjem maščobe (slika 11). Postavite roke na senzorje na ročajih, po 8 sekundah merjenja se bona konzoli prikazal rezultat merjenja. Pokazal se bo BMI, odstotek maščob in symbol, ki predstavlja razred debelosti. Pritisnite ponovno BODY FAT tipko, da se vrnete v glavni nabornik.

Napake pri merjenju:

E-1 (slika 12) – Uporabnik nima rok pravilno na senzorjih

E-2 (slika 13) – Odstotek maščob presega razpon merjenja (5,0% - 50,0%)



Slika 11



Slika 12



Slika 13

### B.M.I. (indeks telesne mase)

BMI skala	Nizko - LOW	Srednje nizko - LOW/MED	Srednje - MEDIUM	Visoko - MED/HIGH
Raspon	<20	20 - 24	24,1 - 26,5	>26,5

### Razredi debelosti:

Simbol	-	+	▲	◆
Odstotek maščobe	Nizki	Srednje nizki	Srednji	Visoki
Moški	<13%	13% - 25,9%	26% - 30%	>30%
Ženske	<23%	23% - 35,9%	36% - 40%	>40%

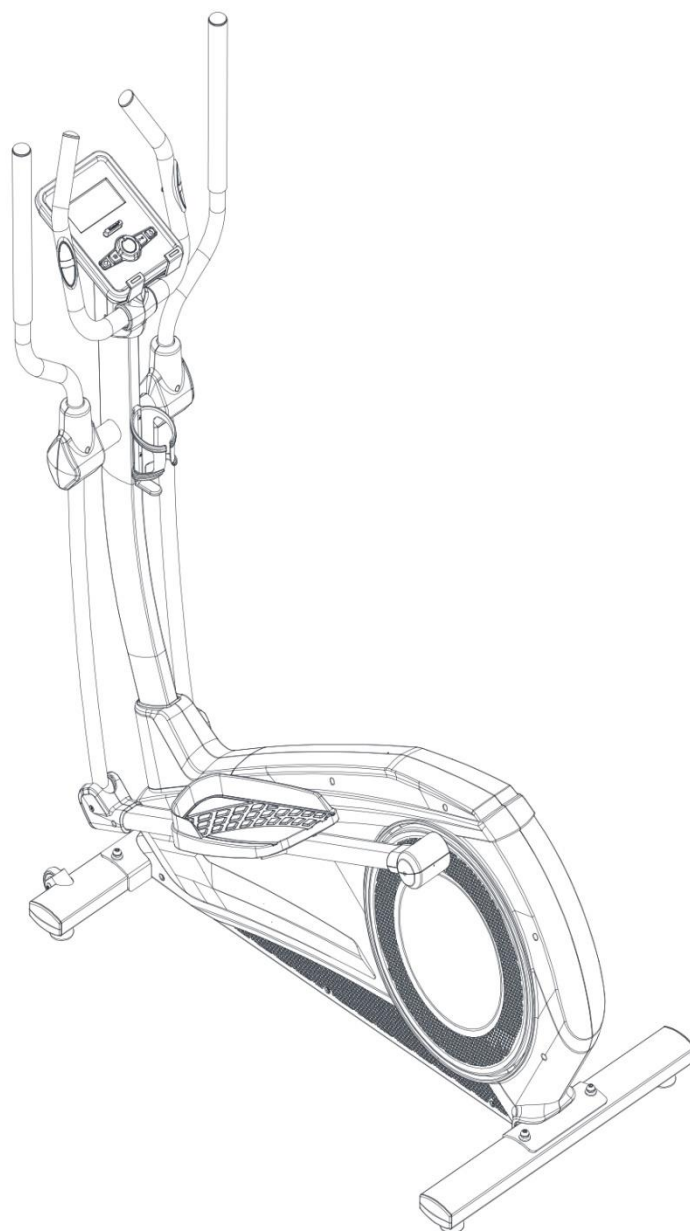
### Umiritev srčnega utripa po vadbi

Ko se na zaslonu prikaže vrednost pulsa, ko držite ročke, pritisnite tipko RECOVERY. Vse funkcije na zaslonu razen časa bodo izginile. Na prikazu časa se bodo odštevali podatki od 00:60 do 00:00 (slika 14). Ko odštevanje pride do 00:00, se bo na zaslonu prikazal podatek FX (X=1-6) (slika 15). F1 je najboljši rezultat in F6 je najslabši. Poglejte tabelo rezultatov spodaj. Pritisnite ponovno tipko RECOVERY da se vrnete v glavni nabornik. Kadar vrednosti pulsa vnašate ročno, boste s pritiskom RECOVERY dobili napačen rezultat!

1.0	Odlično
1.0 < F < 2.0	Zelo dobro
2.0 < F < 2.9	Dobro
3.0 < F < 3.9	povprečno
4.0 < F < 5.9	podpovprečno
6.0	Slabo

# XPLORER CHAMPION

ELIPTIČNI TRENAŽER



**PRIRUČNIK ZA KORISNIKE**

## Mere opreza

OPREZ: Ovaj sobni bicikl je dizajniran da pruži maksimalnu sigurnost tokom korišćenja, ali ipak je potrebno slediti neka pravila da bi izbegli ozlede i oštećenja:

- Pre korišćenja proučite ovaj dokument.
- Držite decu i kućne ljubimce dalje od ove sprave, i ne puštajte ih blizu bez nadzora.
- Proveravajte sve delove redovno i zamenite ih po potrebi.
- Postavite sobni bicikl na ravnu površinu, sa barem 1m slobodnog prostora sa svih strana. Da bi zaštitili pod od oštećenja, preporučujemo da koristite podmetač ispod sprave.
- Držite sobni bicikl u interijeru, što dalje od vlage ili prašine. Dobro je imati ventilaciju u sobi u kojoj se nalazi.
- Nosite prigodnu odeću i obuću tokom vežbanja. Izbjegavajte opuštenu i široku odeću, jer bi mogla zapeti za spravu.
- Maksimalna težina korisnika za ovu spravu je 150kg! Ako niste u tom rangu, predlažemo da kupite drugi model eliptičnog trenažera.
- Ova sprava je namenjena da je koristi samo jedna osoba. Nikad ne pokušavajte vežbati sa 2 ili više osobe odjednom!
- Ako osećate bol ili vrtoglavicu tokom vežbanja, odmah prestanite s vežbom i kontaktirajte doktora.

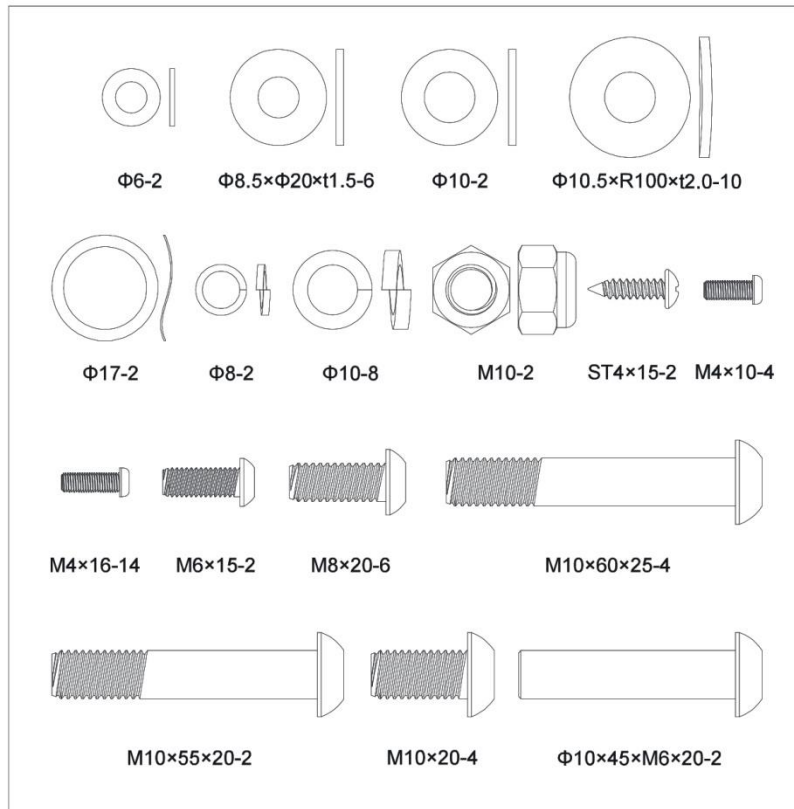
Ako se oporavljate od bolesti ili imate sledeće simptome, posavetujte se sa svojim doktorom pre nego što počnete koristiti eliptični trenažer:

- Bolovi ili utrnulost u zglobovima
- Anamorfní artritis, reuma ili bol u kostima
- Osteoporoza ili druge abnormalnosti
- Srčana bolest, krvna bolest, hipertenzija i slično
- Problemi sa disanjem
- Dijabetes ili slične bolesti

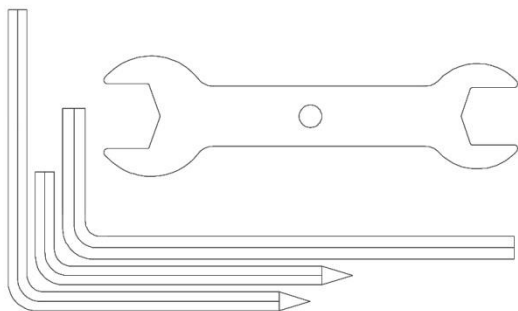
**Ako imate bilo kakve simptome bolesti, čak i ako nisu spomenuti iznad, posavetujte se sa svojim doktorom pre nego što počnete vežbati.**

## Pre sastavljanja:

Otvorite sve kutije i proverite da li su svi delovi na broju. Uporedite sa slikama i tablicama ispod. Ako nešto fali, kontaktirajte prodavca/proizvođača.

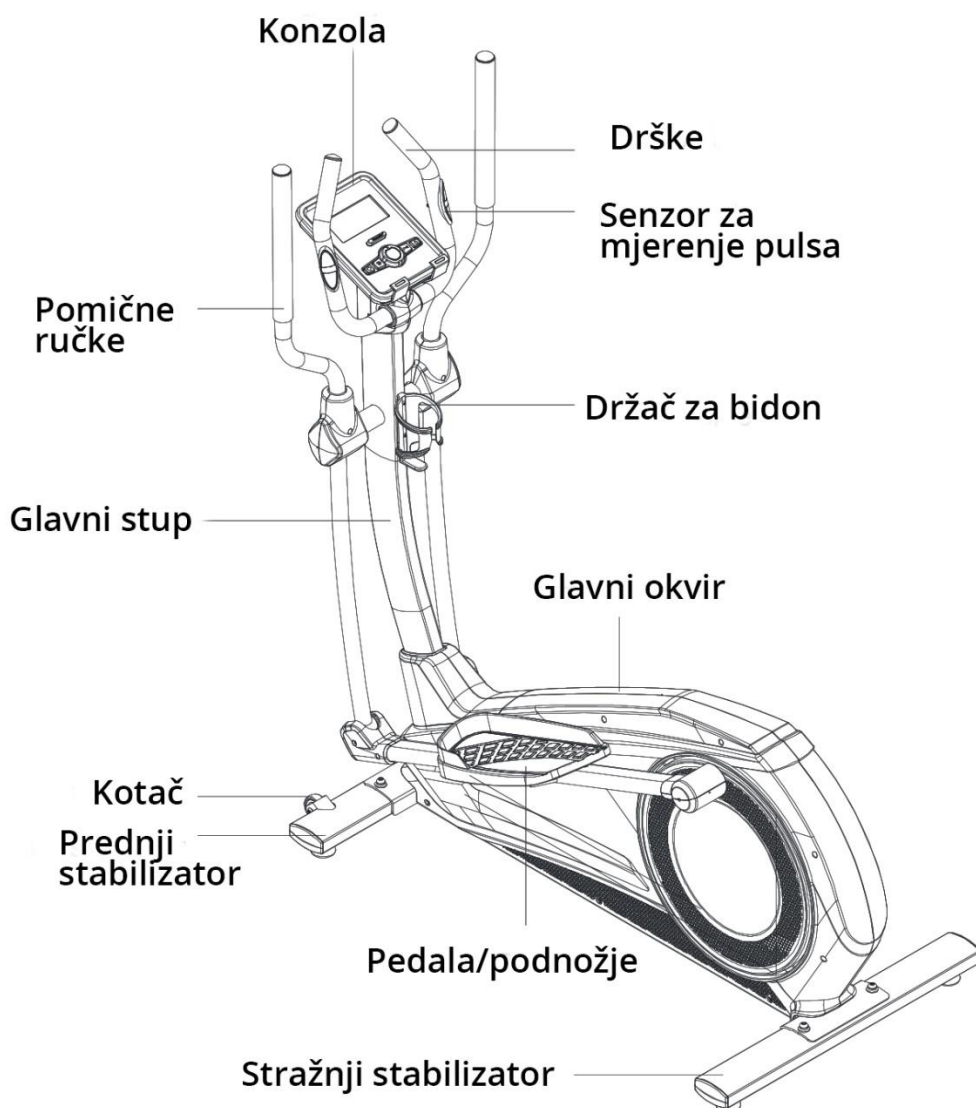


NO.	NAME	SPECIFICATION	QUANTITY
26	Allen C.K.S. half thread screw	M10×60×25	4
27	Spring washer	Φ10	8
28	Curved washer	Φ10.5×R100×t2.0	10
29	Allen C.K.S. half thread screw	M8×20	6
30	Spring washer	Φ8	2
31	Flat washer	Φ8.5×Φ20×t1.5	6
32	Hex self-locking nut	M10	2
33	Flat washer	Φ10	2
36	Philips pan head full thread screw	M4×16	14
37	Philips pan head full thread screw	M4×10	4
38	Allen C.K.S. hollow screw	Φ10×45×M6×20	2
39	Flat washer	Φ6	2
40	Allen C.K.S. full thread screw	M6×15	2
41	Philips C.K.S. self-taping screw	ST4×15	2
102	Waved spring washer	Φ17	2
104	Allen full thread screw	M10×20	4
105	Allen C.K.S. half thread screw	M10×55×20	2



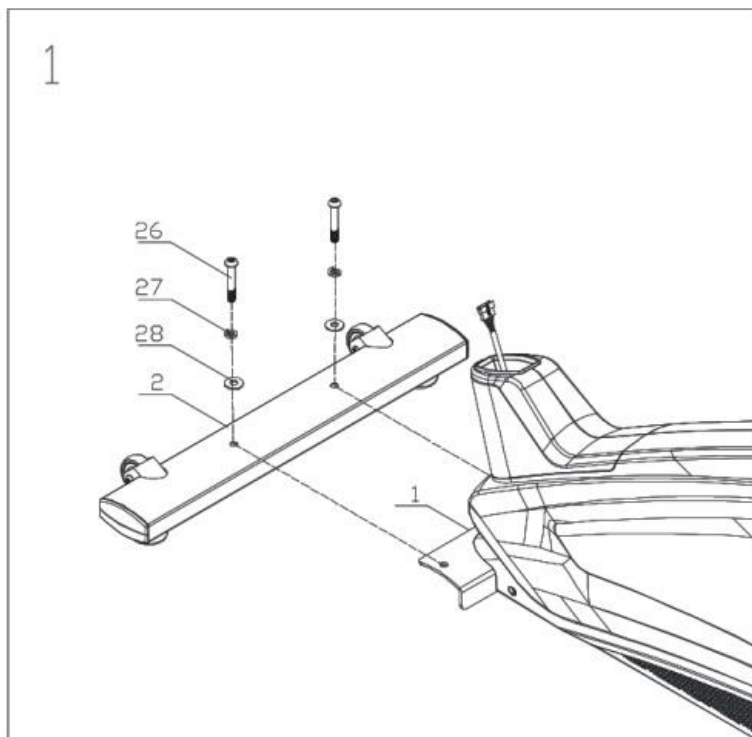
NAME	SPECIALIZED	QUANTITY
L-shaped wrench	5×80×80S(with a cross)	1
L-shaped wrench	5×35×85S(with a cross)	1
L-shaped wrench	6×40×120	1
Open end wrench	15#&17#	1

Stavite sve alate na stranu pre sastavljanja, tako da ih uvek imate pri ruci ako zatrebaju.  
Počistite radnu površinu i uverite se da imate dovoljno mesta da možete raditi bez poteškoća.

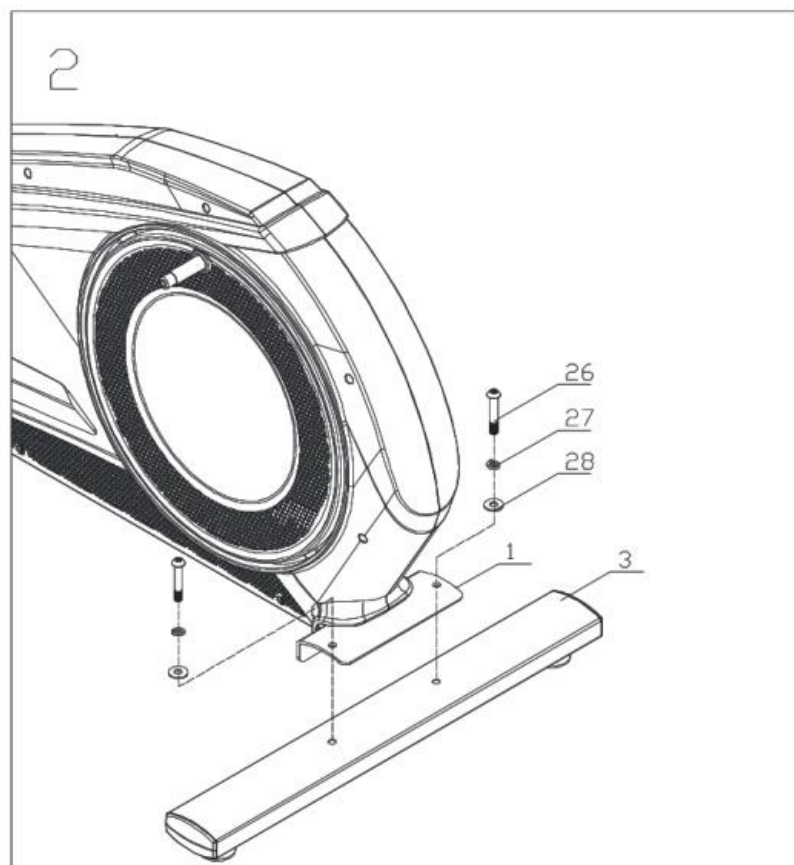


## Upute za sastavljanje

Spojite prednji stabilizator (2) na glavni okvir (1) sa zavrtnjima (28, 27, 26).



Spojite zadnji stabilizator (3) na glavni okvir (1) sa zavrtnjima (28, 27, 26).

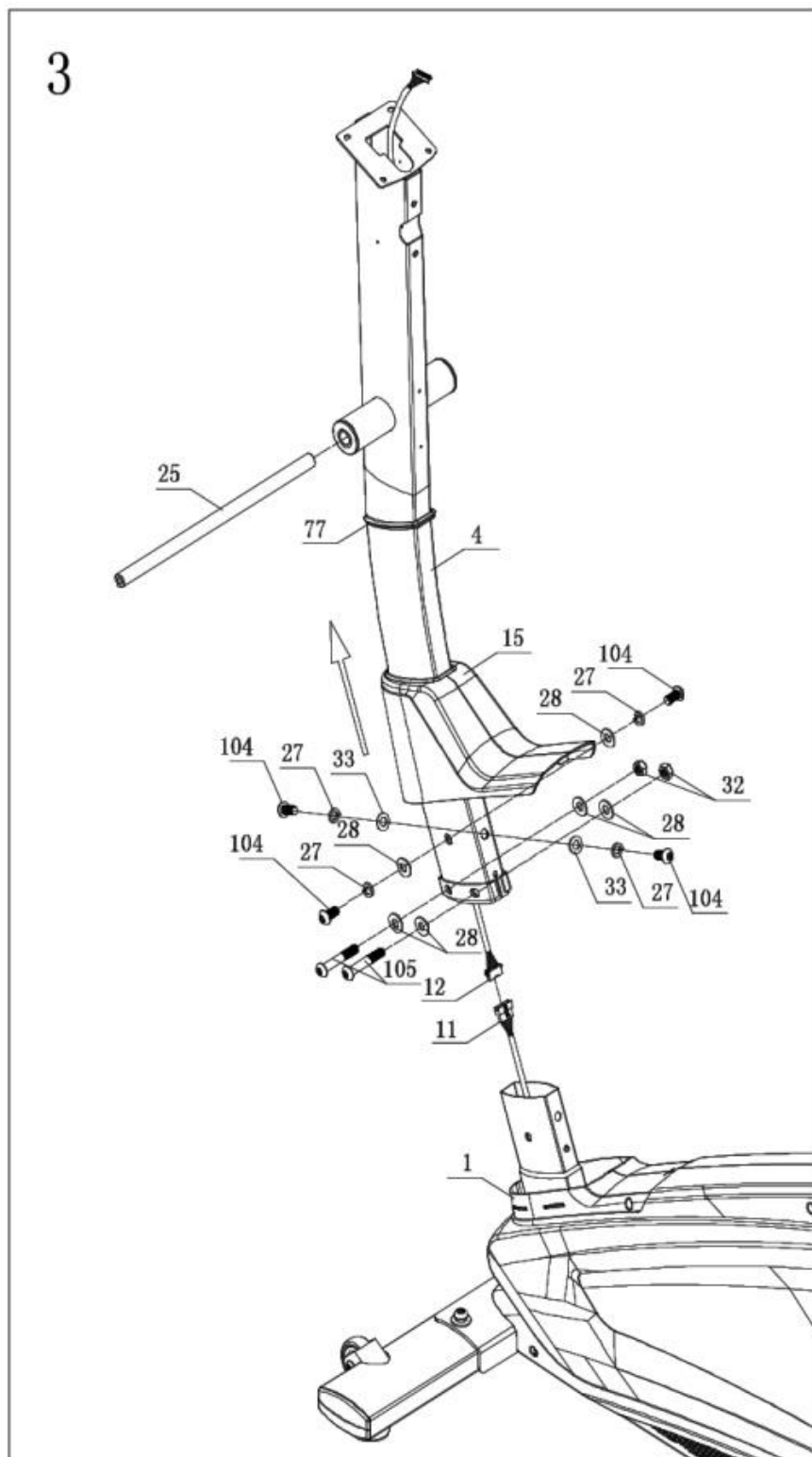


3.A: Postavite ukrasnu liniju (77) na glavni stub (4). Uzmite zaštitu glavnog stuba (15) sa glavnog okvira (1) i postavite na glavni stub (4) kao na slici.

3.B: Spojite žicu od motora (11) i žicu od konzole (12).

3.C: Spojite glavni stub (4) na glavni okvir (1) sa zavrtnjima (33, 27, 104, 28, 27, 105, 32) kao na slici.

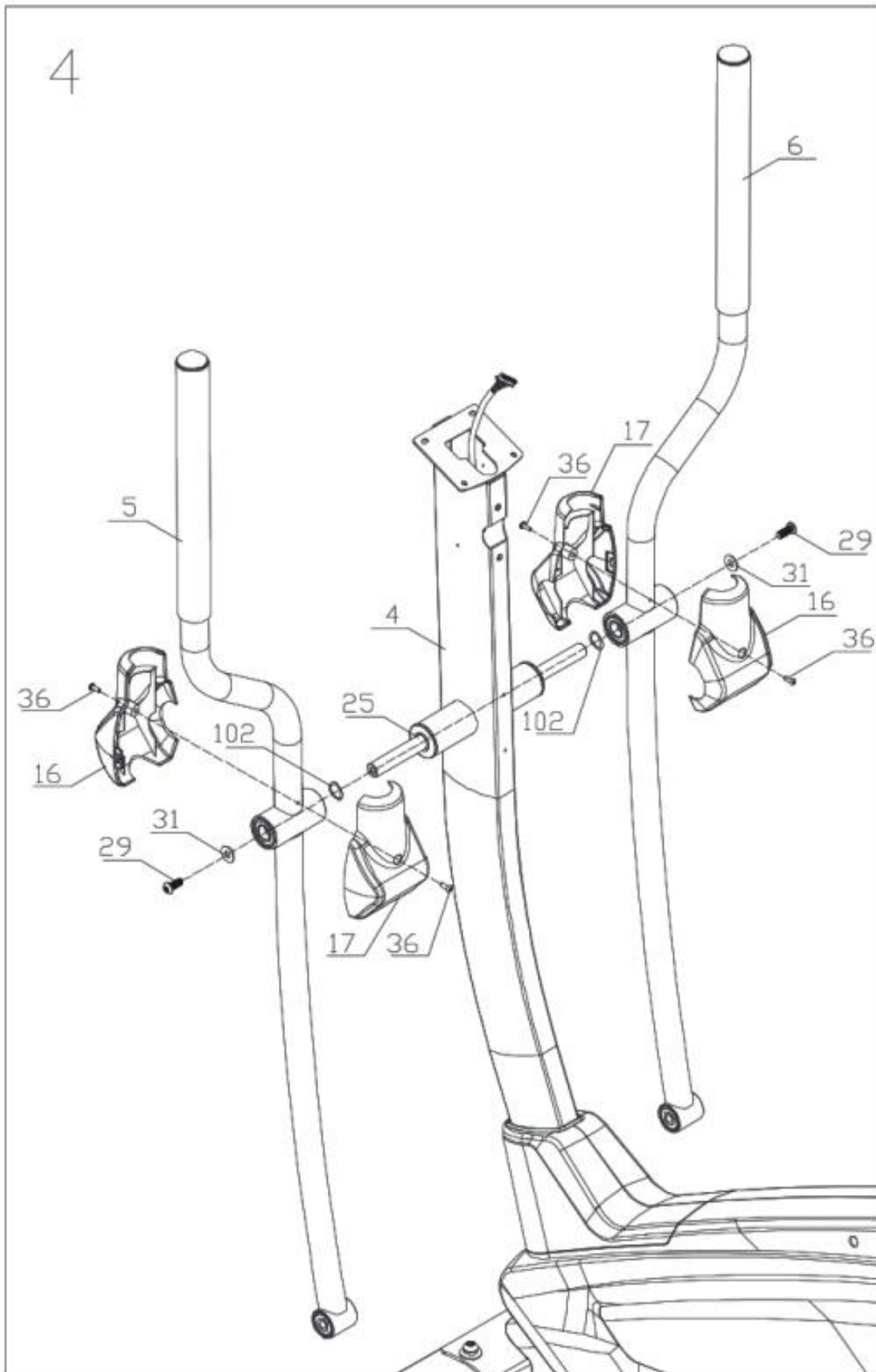
3.D: Spojite zaštitu glavnog stuba (15) i ukrasnu liniju (77) na glavni okvir (1) i zatim instalirajte osovinu (25) u glavni stub (4). Nemojte još jako stegnuti.





4.A: Postavite ležajeve (102) na osovino (25) s obe strane i **podmažite obe strane osovine**.  
Zatim spojite pokretne ručke (5, 6) na osovino (25) s obe strane sa zavrtnjima (31, 29).

4.B: Postavite zaštitu (16, 17) na obe ručke (5, 6) sa zavrtnjem (36).

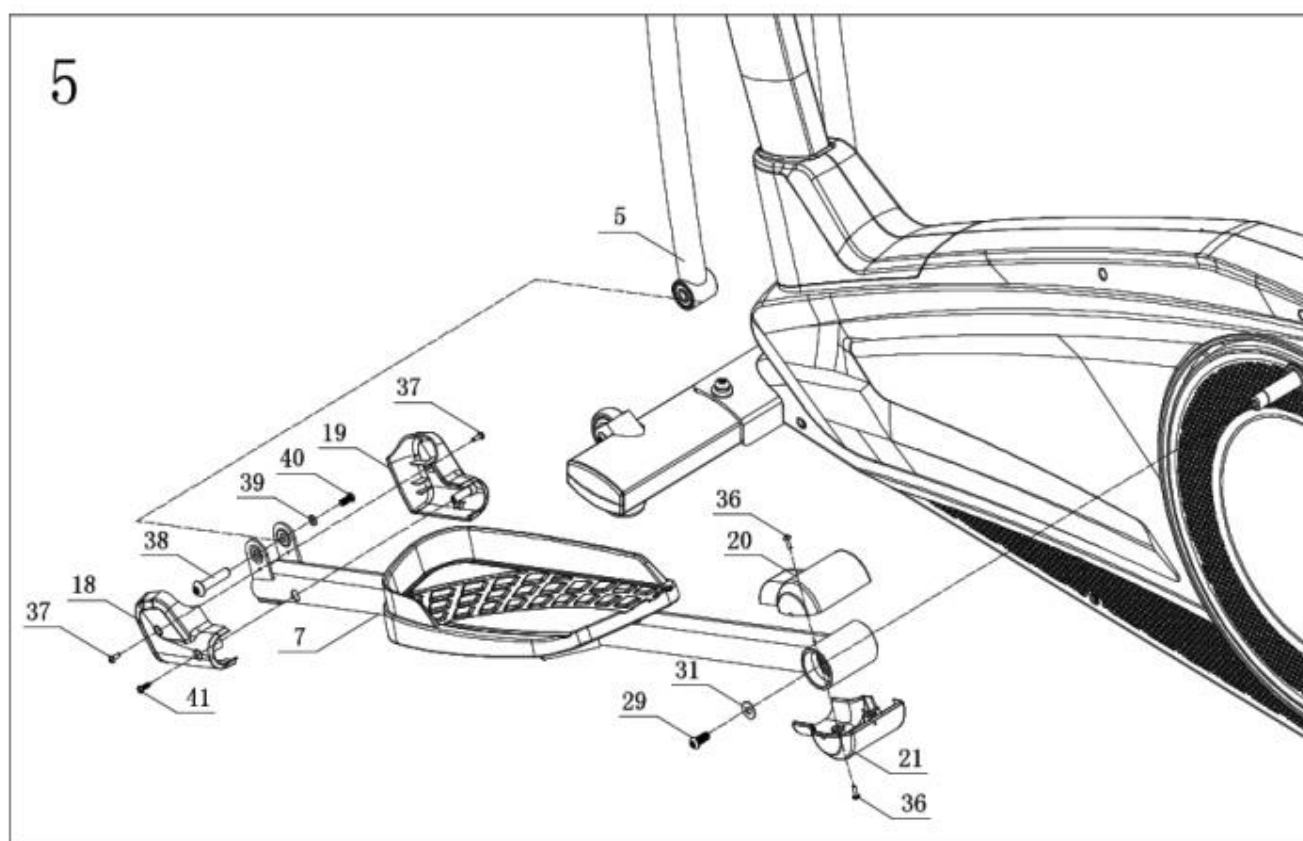


5.A: **Podmažite osovину na glavnom okviru (1) i zatim postavite zadnji deo podnožja (7) na osovину sa zavrtnjima (31, 29).**

5.B: **Podmažite šuplji zavrtnanj (38).** Spojite prednji deo podnožja (7) na donji deo pokretne ručke (5) sa zavrtnjima (38, 39, 40).

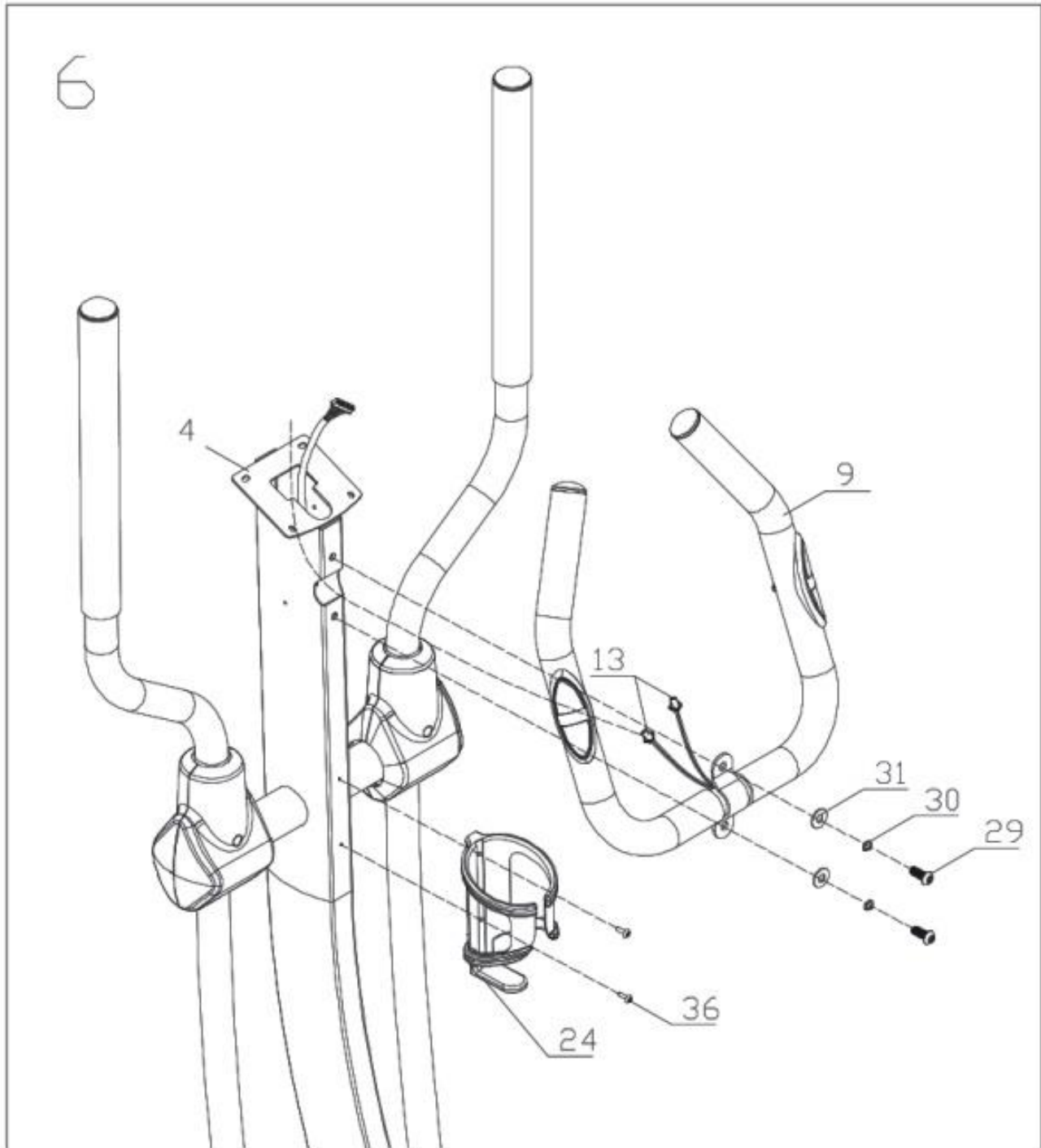
5.C: Postavite zaštitu (20/21) na zadnji dio podnožja (7), gde je spoj sa osovinom. Pričvrstite zavrtnjima (36). Postavite zaštitu (18/19) na prednji deo podnožja (7), gde je spoj sa pokretnom ručkom(5). Pričvrstite zavrtnjima (37, 41).

5.D: Na isti način spojite podnožje (8) sa osovinom na glavnom okviru (1) i sa pokretnom ručkom (6) na drugoj strani. Koristite zavrtnje (31, 29).



6.A: Provucite žice za puls (13) kroz gornji deo glavnog stuba (4). Spojite drške (9) na glavni stub (4) sa zavrtnjima (31, 30, 29).

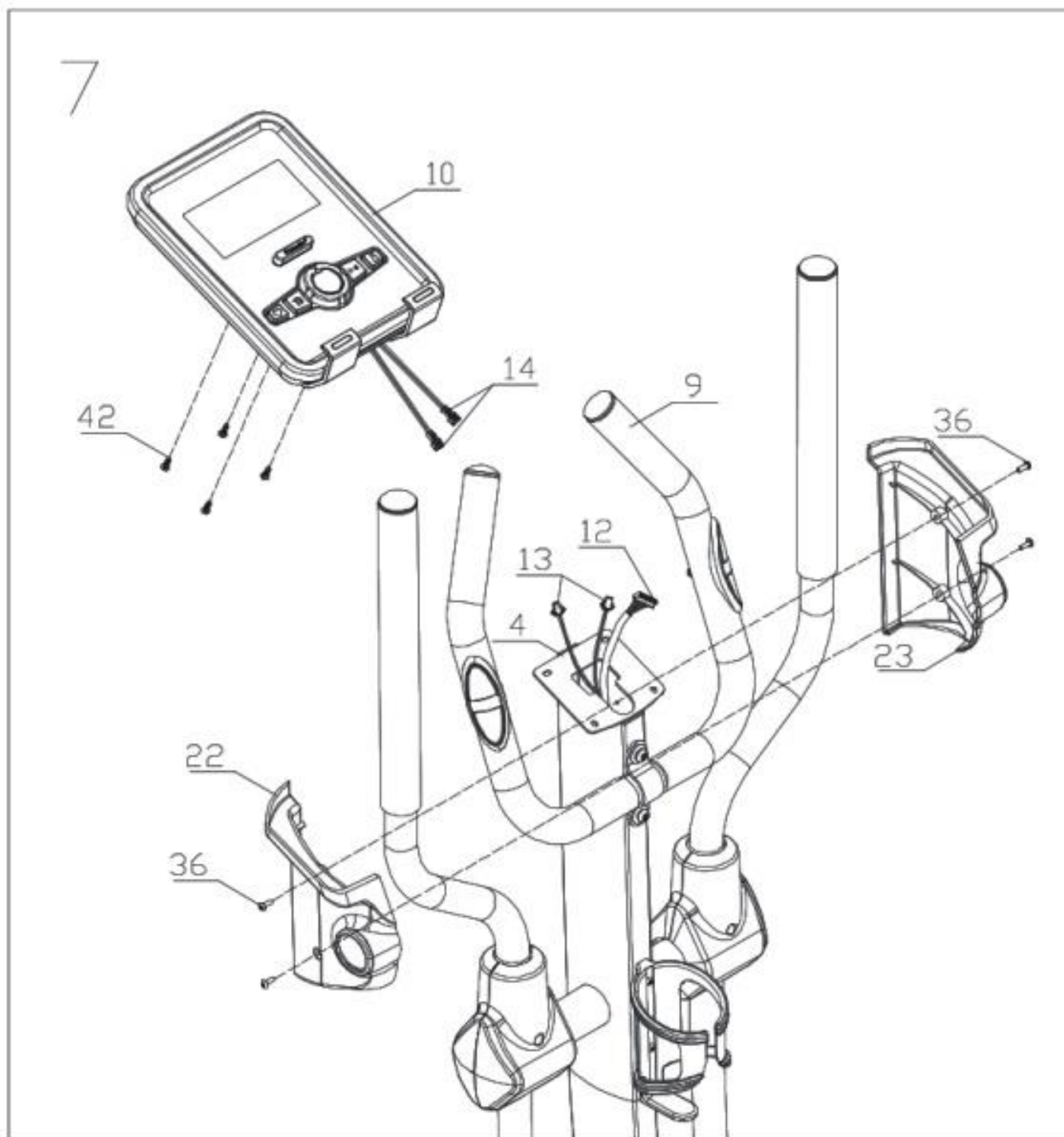
6.B: Spojite držač za bidon (24) na glavni stub (4) sa zavrtnjima (36).



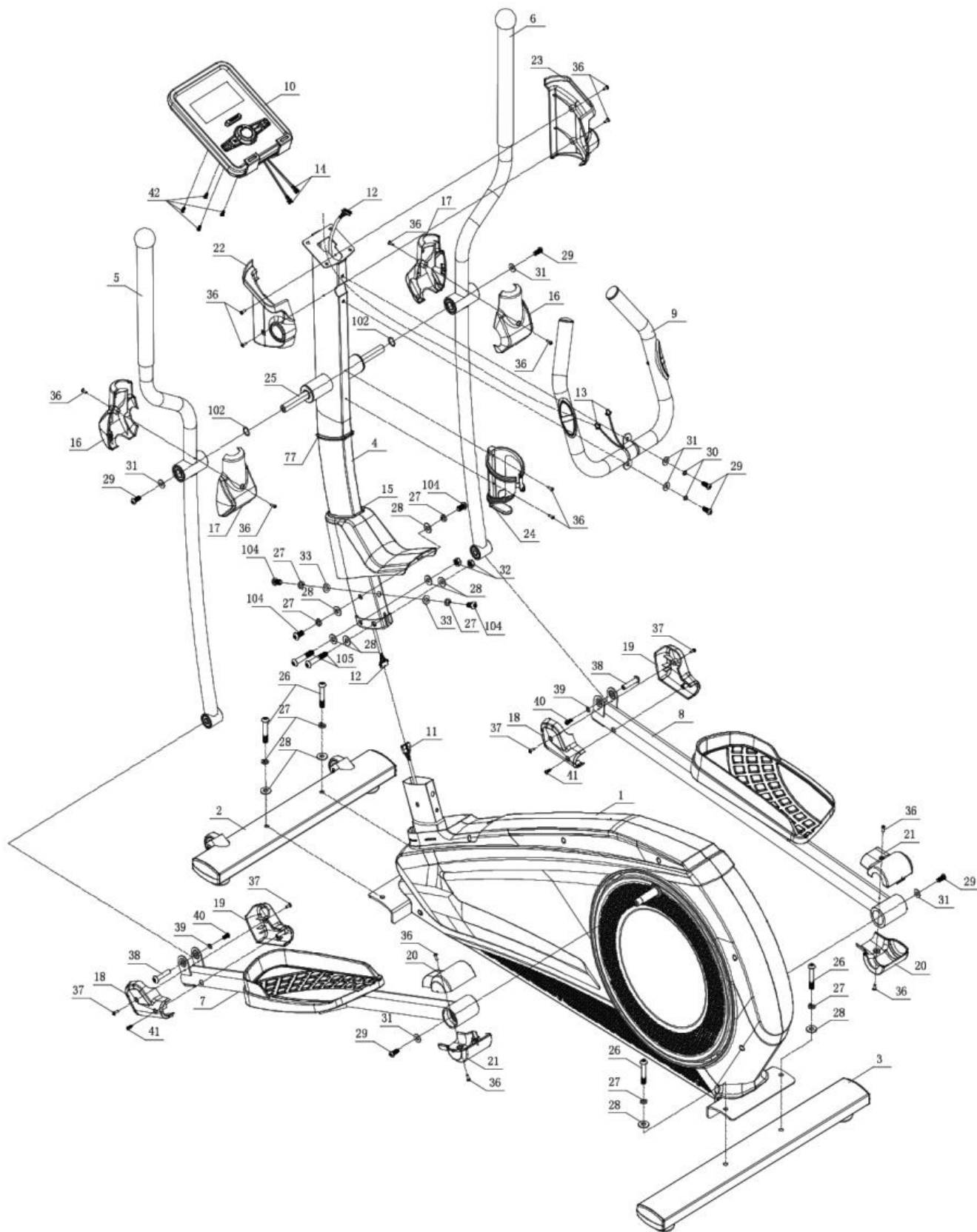
7.A: Spojite žicu od konzole (12) na zadnji deo konzole (10). Spojite žicu od pulsa (13) na žice od konzole (14).

7.B: Spojite konzolu (10) na galvni stub (4) sa zavrtnjem (42).

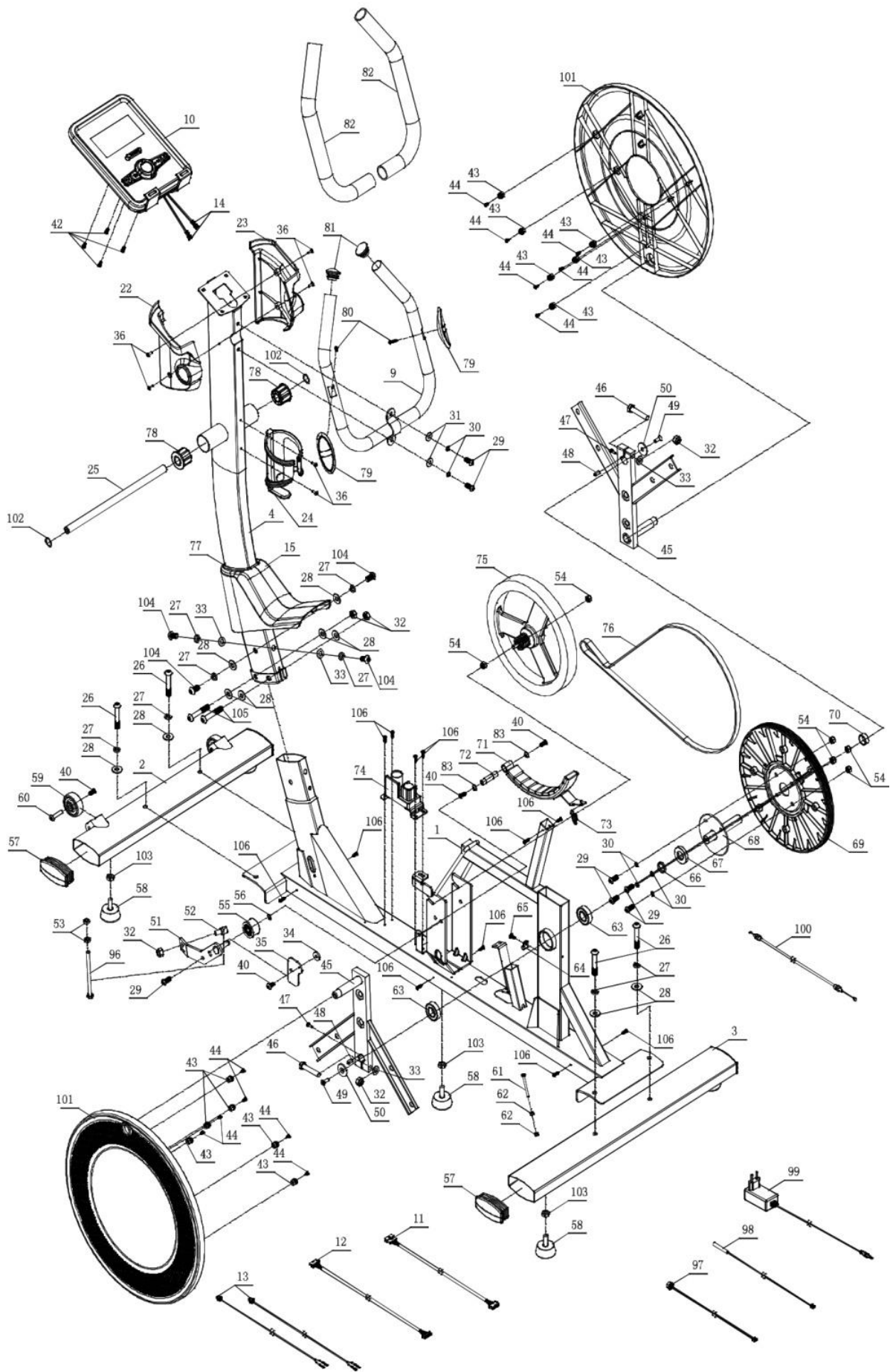
7.C: Provucite zaštite za drške (22/23) po drškama (9) s obe strane i pričvrstite zavrtnjima (36).

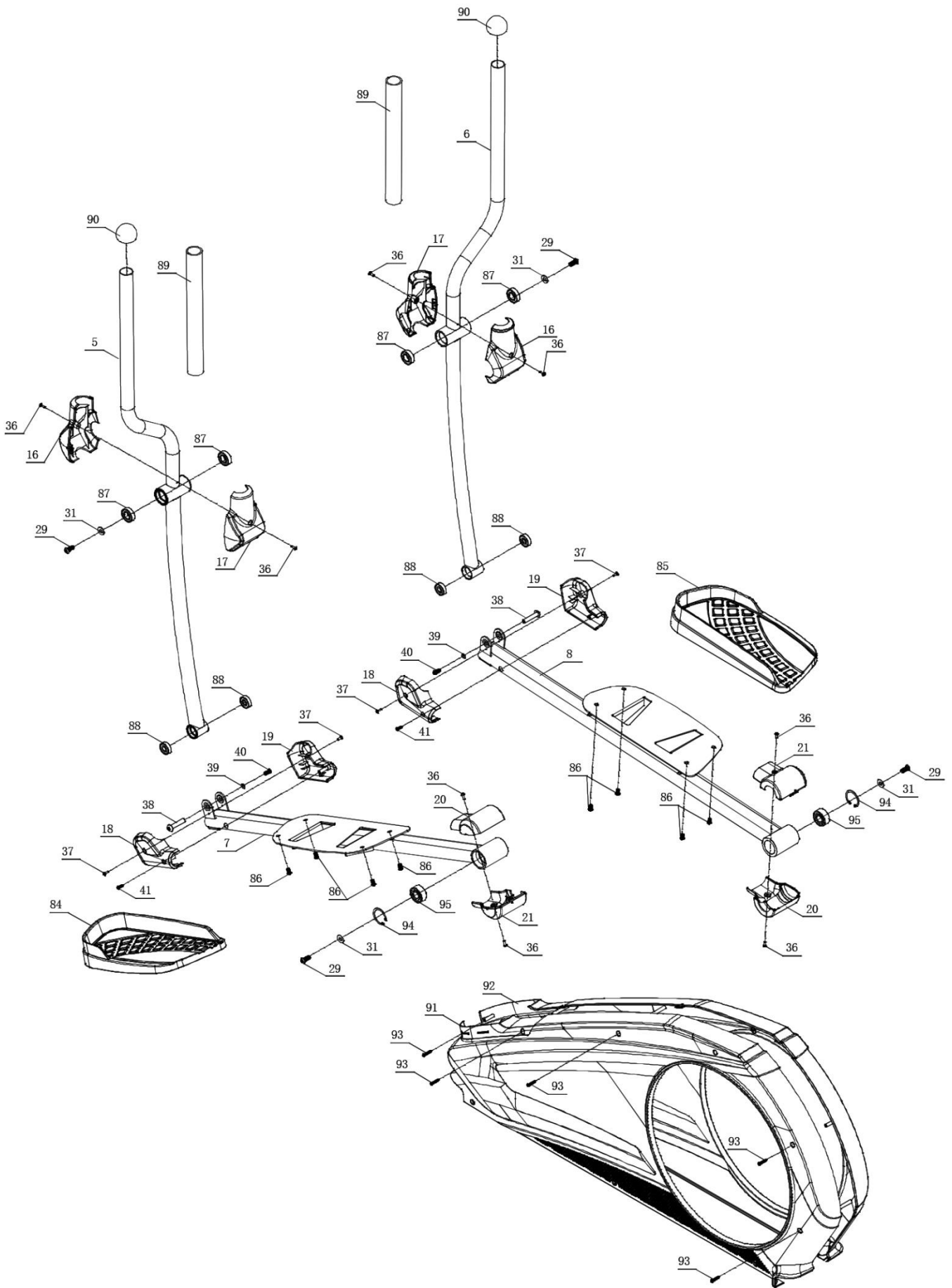


**Šema sestavnih delova**



Kompletna shema svih djelova







## Funkcije računara:

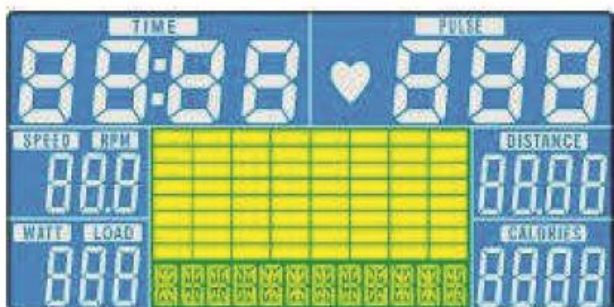
<b>Funkcija</b>	<b>Opis</b>
TIME (vreme)	Raspon prikaza 0:00 - 99:59; Raspon nameštanja 0:00 - 99:00
SPEED (brzina)	Raspon 0.0 - 99,9 kmh
DISTANCE (udaljenost)	Raspon prikaza 0.0 - 99.99; Raspon nameštanja 0.0 - 99.90
CALORIES (kalorije)	Raspon prikaza 0 - 9999 Cal; Raspon nameštanja 0 - 9990 Cal
PULSE (otkucaji srca)	Raspon prikaza P-30-230; Raspon 0-30-230
RPM (okretaji u minuti)	Raspon 0 - 999
WATT (potrošnja energije)	Raspon prikaza 0 - 999; Raspon nameštanja 10 - 350

## Tipke:

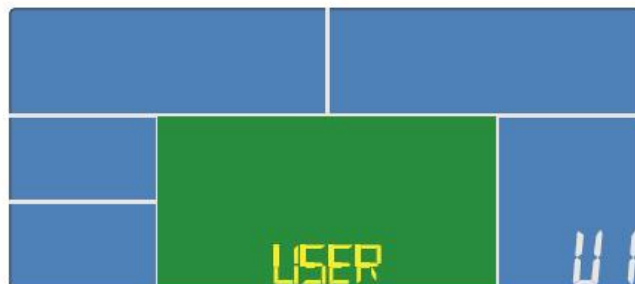
<b>Tipka</b>	<b>Opis</b>
<b>UP (+)</b>	Odabir funkcija ili nameštanje vrednosti
<b>DOWN (-)</b>	Odabir funkcija ili nameštanje vrednosti
<b>ENTER</b>	Kada se ne izvodi vežba, služi za potvrdu odabira.
<b>RESET</b>	- Povratak na glavni meni tokom nameštanja vrednosti/načina rada - Držite 2 sekunde i računar će se ponovno pokrenuti.
<b>START/STOP</b>	Započnite/završite s vežbom
<b>RECOVERY</b>	Izmerite vrednost oporavka srca od vežbanja
<b>BODY FAT</b>	Izmerite procenat masnoće u telu i BMI

## Upravljanje

Spojite spravu na stuju i uključite je. LCD će se upaliti i prvo će prikazati sve segmente oko 2 sekunde (slika 1). Sada ulazite u meni korisnika i nameštanje parametara korisnika (slika 2). Ako prođe 4 minute bez interakcije, računar će preći u Stand-by način rada. Pritisnite bilo koju tipku da "probudite" računar.



Slika 1



Slika 2

### Nameštanje parametara korisnika.

Prvo izaberite jedan od korisničkih računa (U1-U4). Pritisnite tipku ENTER da potvrdite svoj odabir. Tipkama UP(+) i DOWN(-) možete namestiti pol, godine (slika 3), visinu i težinu korisnika. Sve vrednosti će se sačuvati u odabrani korisnički račun.

Nakon što postavite korisnički račun, konzola vodi na glavni meni (slika 4). Iz ovog menija možete odmah početi vežbu pritiskom na tipku START/STOP.



Slika 3



Slika 4

### Odabir vežbe

U glavnom meniju, tipkama "+" i "-" možete birati između sledećih programa: MANUAL-->PROGRAM-->USER Program-->H.R.C.-->WATT. Pritisnite tipku ENTER da potvrdite svoj izbor.

## Ručno postavljanje vežbe (MANUAL)

Tipkama "+" i "-" birajte program vežbanja i odaberite MANUAL (slika 4). Pritisnite ENTER da potvrdite odabir. Tipkama "+" i "-" namestite vrednosti vremena (TIME), udaljenosti (DISTANCE), kalorija (Calories) i PULSE. Pritisnite tipku START/STOP da počente vežbu. Tokom vežbanja možete tipkama "+" i "-" menjati vrednost otpora (1 do 16). Da pauzirate vežbu pritisnite tipku START/STOP. Pritisnite RESET da se vratite opet u glavni meni.

## Predefinisani programi (PROGRAM)

Tipkama "+" i "-" birajte program vežbanja i odaberite PROGRAM (slika 5). Pritisnite ENTER da potvrdite odabir. Tipkama "+" i "-" odaberite jedan od predefinisanih programa (P01-P12). Paramteri programa će se prikazati na ekranu. Tipkama "+" i "-" možete namestiti vreme vežbanja.

Pritisnite tipku START/STOP da počente vežbu. Tokom vežbanja možete tipkama "+" i "-" menjati vrednost otpora (1 do 16). Da pauzirate vežbu pritisnite tipku START/STOP. Pritisnite RESET da se vratite opet u glavni meni.



Slika 5



Slika 6

## Korisnički program (User Program)

Tipkama "+" i "-" birajte program vežbanja i odaberite USER 501 (slika 5). Pritisnite ENTER da potvrdite odabir. Istim tipkama možete menjati nivo otpora (1 do 16) za svaki segment vežbe, pritisnite ENTER da nastavite na sledeći segment (ukupno ih je 20). Držite tipku ENTER da završite s postavkama. Sada možete tipkama "+" i "-" postaviti vreme. Pritisnite tipku START/STOP da počente vežbu. Tokom vežbanja možete tipkama "+" i "-" menjati vrednost otpora (1 do 16). Da pauzirate vežbu pritisnite tipku START/STOP. Pritisnite RESET da se vratite opet u glavni meni.

## Vežbanje prema otkucajima srca (H.R.C.)

Tipkama "+" i "-" birajte program vežbanja i odaberite H.R.C. (slika 7). Pritisnite ENTER da potvrdite odabir. Istim tipkama možete odabrati jednu od ponuđenih opcija H.R.C. 55 (slika 8), H.R.C. 75, H.R.C. 90, ili TAG (ciljani H.R.C., početna vrednost 100) (slika 9). Potvrdite izbor tipkom ENTER.

Kada odaberete jednu od H.R.C. 55/75/90 opcija, konzola će prikazati vrednosti zavisno o korisnikovoj dobi. Tipkama "+" i "-" možete namestiti vreme. Kada odeberete opciju TAG, početna vrednost (100) će bljeskati, što znači da možete menjati iznos tipkama "+" i "-" (30 do 230). Pritiskom na ENTER potvrdite izbor. Nakon toga možete namestiti vreme. Tipkom START/STOP počinjete s vežbom. Stisnite RESET da se vratite u glavni meni.



Slika 7



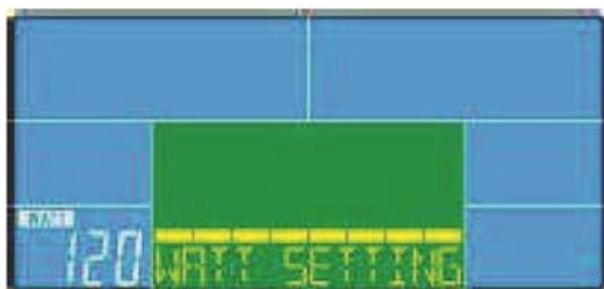
Slika 8



Slika 9

### **Vježbanje prema potrošnji energije (WATT)**

Tipkama "+" i "-" birajte program vežbanja i odaberite WATT (slika 10). Pritisnite ENTER da potvrdite odabir. Istim tipkama sada možete birati WATT iznos (početna vrednost 120). Zatim možete namestiti vreme. Pritisnite START/STOP da počnete s vežbom, tokom vežbe možete menjati WATT iznos (10 do 350) tipkama "+" i "-". Tipkom START/STOP možete pauzirati vežbu, ili stisnite RESET da se vratite u glavni meni.



Slika 10

### Merenje masnoće u telu (BODY FAT)

Tokom vežbanja stisnite START/STOP tipku da pauzirate vežbu, zatim pritisnite tipku BODY FAT da počnete merenje masnoće (slika 11). Stavite ruke na senzore na drškama, nakon 8 sekundi merenje je gotovo i na konzoli će se prikazati rezultati merenja. Prikazaće se BMI, procenat masnoće i simbol koji određuje klasu debljine. Pritisnite opet BODY FAT tipku da se vratite u glavni meni.

Greške u merenju:

E-1 (slika 12) - Korisnik ne drži pravilno ruke na sensorima

E-2 (slika 13) - Procenat masnoće premašuje raspon merenja (5,0% - 50,0%)



Slika 11



Slika 12



Slika 13

### B.M.I. (indeks tjelesne mase)

BMI skala	Nisko - LOW	Srednje nisko - LOW/MED	Srednje - MEDIUM	Visoko - MED/HIGH
Raspon	<20	20 - 24	24,1 - 26,5	>26,5

### Klasa debljine:

Simbol	-	+	▲	◆
Procenat masnoće	Niski	Srednje niski	Srednji	Visoki
Muško	<13%	13% - 25,9%	26% - 30%	>30%
Žensko	<23%	23% - 35,9%	36% - 40%	>40%

### Oporavak otkucaja srca nakon vežbe

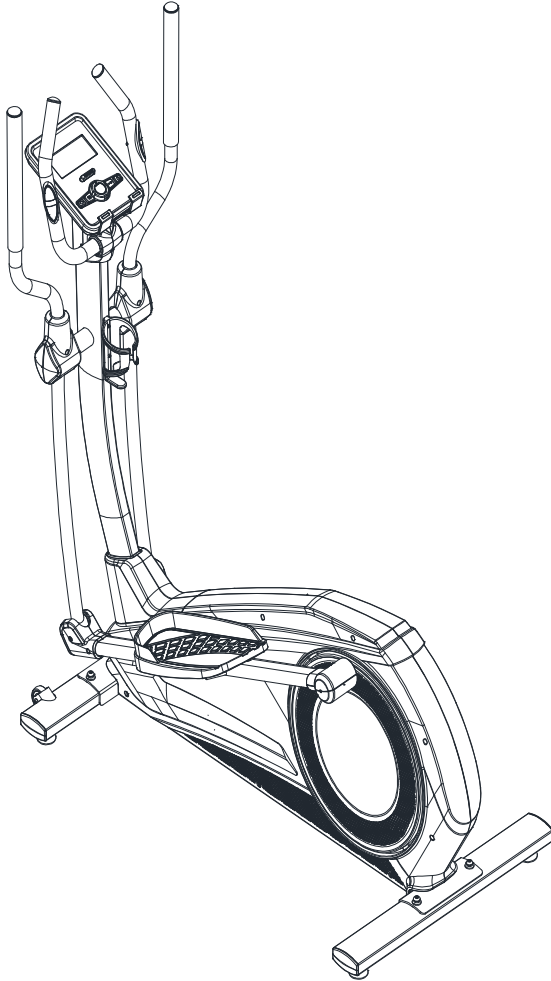
Kada se na ekranu prikaže vrednost pulsa, kada držite ručke, pritisnite tipku RECOVERY. Sve funkcije na ekranu će se prestati prikazivati osim vremena. Na prikazu vremena će se početi odbrojavati od 00:60 do 00:00 (slika 14). Kada odbrojavanje dođe do 00:00, na ekranu će se prikazati jedna od vrednosti FX (X=1-6) (slika 15). F1 je najbolji rezultat, a F6 je najgori.

Pogledajte tablicu ispod za ostale rezultate. Pritisnite opet tipku RECOVERY da se vratite na glavni meni. Kada ručno unesete vrednost pulsa, dobijate pogrešno merenje ako stisnete RECOVERY tipku!

1.0	Odlično
1.0 < F < 2.0	Jako dobro
2.0 < F < 2.9	Dobro
3.0 < F < 3.9	Prosečno
4.0 < F < 5.9	Ispod proseka
6.0	Loše



# Owner's Manual



Retain this owner's manual for future reference  
Read and follow all instructions in this owner's manual

Version 3



## Thank you

Thanks for purchasing this product. The product will help you exercise your muscles in the correct way and to improve your fitness – and all this in a familiar environment.

## Precautions

**WARNING:** This elliptical trainer has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the elliptical trainer. The following safety precautions should also be observed:

- ◆ It is the responsibility of the owner to ensure that all users of the elliptical trainer are adequately informed of all precautions. Use the elliptical trainers only as described in this manual.
- ◆ Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this elliptical trainer is kept.
- ◆ Inspect and assemble all parts regularly. Replace and worn parts immediately.
- ◆ Place the elliptical trainer on a level surface, with at least 1.0 m of clearance on each side of elliptical trainer. To protect the floor or carpet from damage, place a mat under the elliptical trainer.
- ◆ Keep the elliptical trainer indoors, away from moisture and dust. Maintain the using place ventilation. DO NOT use it in the airless place.
- ◆ Don't put any sharp things around the elliptical trainer.
- ◆ Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical trainer. Always wear athletic shoes for foot protection while exercising.
- ◆ Do not use this product if more than 150kg of weights. Please choose our other series of elliptical trainers.
- ◆ Do not put your hands on the moving parts to prevent injuries.
- ◆ Keep your pedaling speed in a controlled way.
- ◆ If you find your elliptical trainer works abnormal, do not use it immediately.
- ◆ No more than one person should operate the elliptical trainer at one time.
- ◆ If you feel pain or dizziness while exercising, stop exercising immediately and ask for a doctor.

## **Safety notice**

When you are remedial or have below symptoms, after discussing with your doctor, then could use this elliptical trainer.

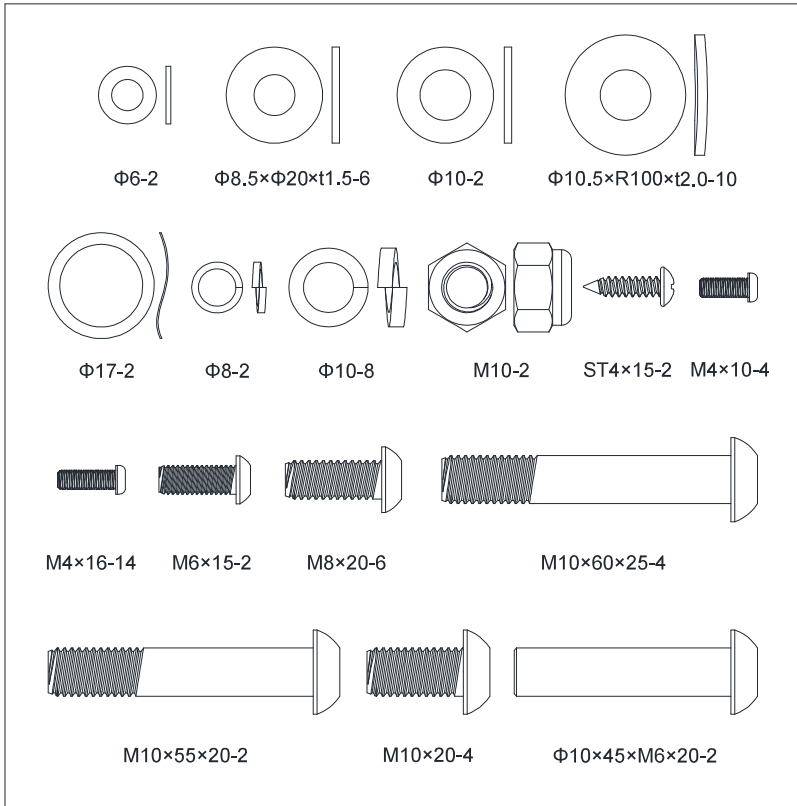
1. Waist pain now and leg, waist, neck hurt before, legs, waist, neck and hand numbly please do not use.
  2. Have anamorphic arthritis, rheumatic and gout.
  3. Have osteoporosis and other abnormality.
  4. Have perfunctory system obstacle (heart disease, blood obstacle, hypertension ).
  5. Have breath obstacle.
  6. Using the manpower pulse adjust machine or insert into the body machine.
  7. Have sarcomata.
  8. Have thrombus or other symptoms.
  9. Have diabetes or be caused by diabetes feeling obstacle.
  10. Have skin trauma.
  11. Hyperpyrexia caused by sick(38 °C or over 38 °C).
  12. Abnormal back bone or back bone bending.
  13. Pregnant or catamenia.
  14. Feel physical abnormality, need convalesce.
  15. Body condition is not very well.
  16. The aim is to healing.
  17. Except the upper symptoms, feel other physical abnormality.
- Maybe cause the accident or the poor body condition.

**Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems. To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical trainer before using your elliptical trainer.**

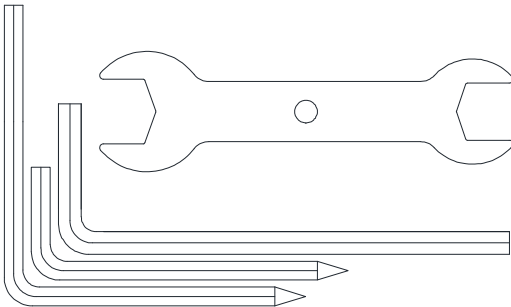
## Pre-assembly Notes

### Open the boxes:

Make sure to inventory all the parts that are included in the box. Check the hardware chart of a full count of the number of parts included for proper assembly . If any of the parts are missing, contact with the dealer.



NO.	NAME	SPECIFICATION	QUANTITY
26	Allen C.K.S. half thread screw	M10×60×25	4
27	Spring washer	Φ10	8
28	Curved washer	Φ10.5×R100×t2.0	10
29	Allen C.K.S. half thread screw	M8×20	6
30	Spring washer	Φ8	2
31	Flat washer	Φ8.5×Φ20×t1.5	6
32	Hex self-locking nut	M10	2
33	Flat washer	Φ10	2
36	Philips pan head full thread screw	M4×16	14
37	Philips pan head full thread screw	M4×10	4
38	Allen C.K.S. hollow screw	Φ10×45×M6×20	2
39	Flat washer	Φ6	2
40	Allen C.K.S. full thread screw	M6×15	2
41	Philips C.K.S. self-taping screw	ST4×15	2
102	Waved spring washer	Φ17	2
104	Allen full thread screw	M10×20	4
105	Allen C.K.S. half thread screw	M10×55×20	2



NAME	SPECIALIZED	QUANTITY
L-shaped wrench	5×80×80S(with a cross)	1
L-shaped wrench	5×35×85S(with a cross)	1
L-shaped wrench	6×40×120	1
Open end wrench	15#&17#	1

## **GATHER YOUR TOOLS**

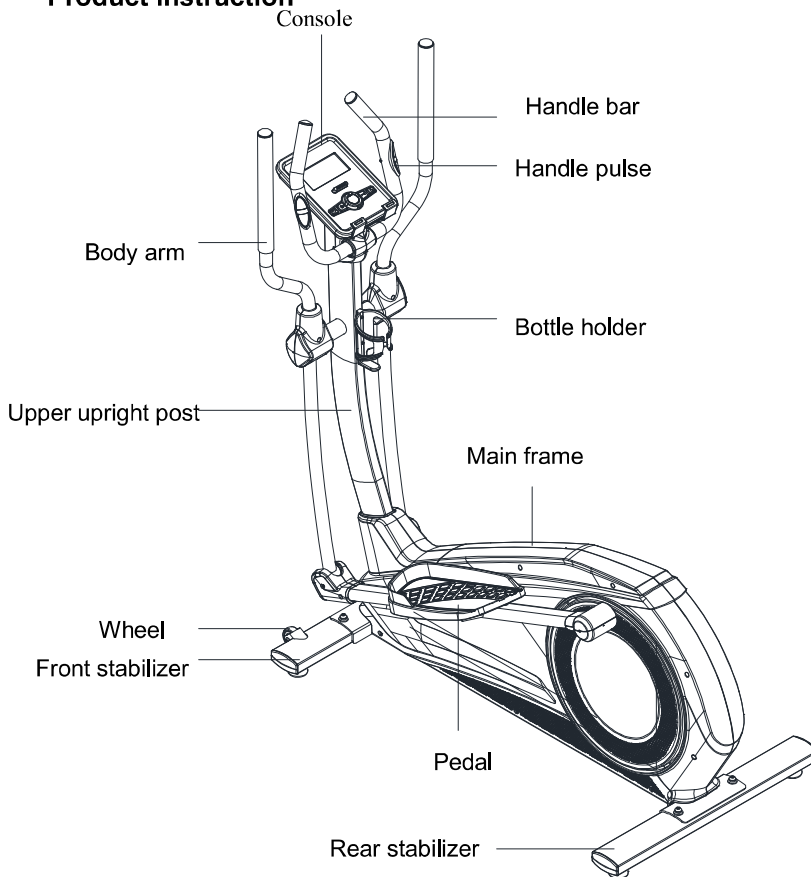
Before starting the assembly of your unit, gather the necessary tools. Having all of the equipment at hand will save time and make the assembly quick and hassle-free.

## **CLEAR YOUR WORK AREA**

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

**NOTE:** Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

## Product instruction



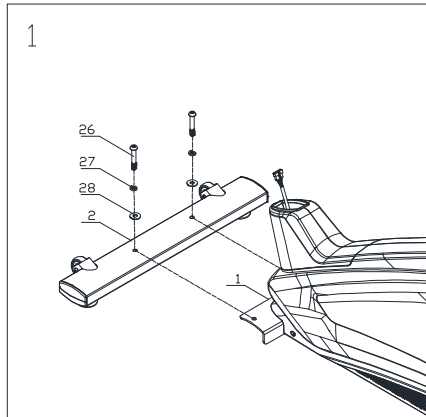
## Technical information

DIMENSION	Unfold: 1620×720×1520mm
SPEED RATIO	9
FLYWHEEL	Double way, Φ280/9kg
RESISTANCE FRAGMENT	1-32
STRIDE LENGTH	420×200mm

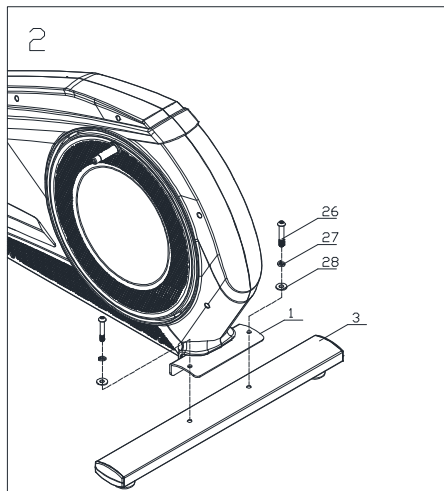
\*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

# ASSEMBLY INSTRUCTIONS

**Step 1:** Attach the front stabilizer (2) to the main frame (1) with curved washer(28), spring washer(27) and Allen C.K.S. half thread screw(26).

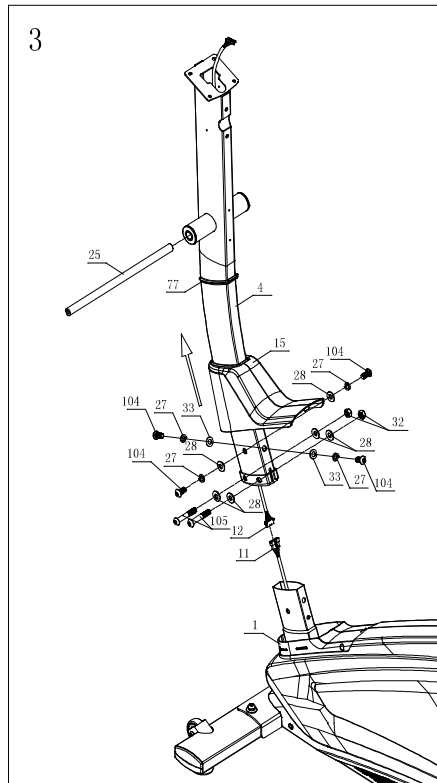


**Step 2:** Attach the rear stabilizer (3) to the main frame (1) with curved washer(28), spring washer(27) and Allen C.K.S. half thread screw(26).



### Step 3:

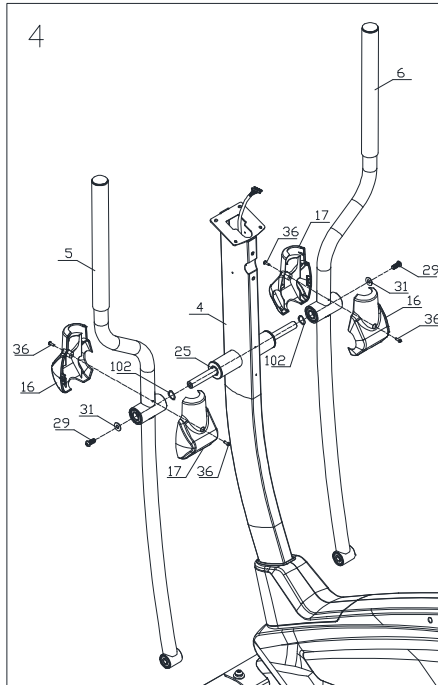
1. Attach upright post decoration strip (77) to the upper upright post (4). Take the upright post cover (15) from the main frame (1). Then attach to the upper upright post (4).
  2. Connect motor communication wire (11) and console communication wire (12).
  3. Attach upper upright post (4) to the main frame (1) with flat washer (33), spring washer (27), Allen C.K.S. full thread screw (104) and flat washer (28), spring washer (27), Allen C.K.S. half thread screw (104) and Allen C.K.S. half thread screw (105), curved washer (28), Hex self-locking nut (32).
  4. Attach upright post cover (15) and upright post decoration strip (77) to the main frame (1). Then install the Axle (25).
- Tip: Do not fully tighten the Bolt yet. Make sure that all screws are in the hexagonal hole.





#### Step 4:

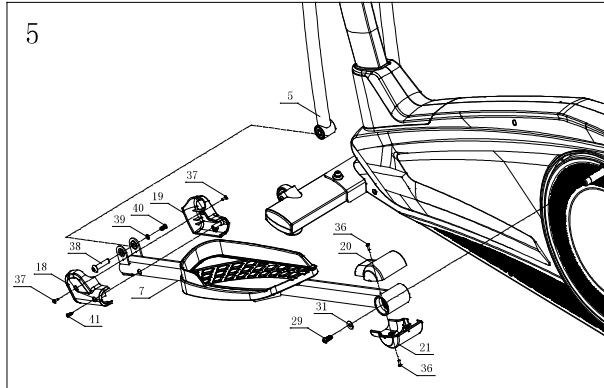
1. Assemble the waved spring washers (102) to the left and right Axle (25). **Lubricate both ends of the Axle(25).** then attach left body arm(5) and right body arm(6) to the left Axle(25) and right Axle(25) with flat washer(31)and Allen C.K.S. full thread screw(29).
- 2.Attach arm cover(16/17) to the left body arm(5) with Philips pan head full thread screw(36).
- 3.Repeat the last step to attach cover(16/17) to the right body arm(6).



#### Step 5:

- 1.**Lubricate the Axle of the main frame(1)** Attach the axle sleeve of left rear pedal supporter(7) to the axle of main frame(1) with Flat washer (31) and Allen C.K.S. full thread screw( 29).
2. **Lubricate the Allen C.K.S. hollow screw(38).** Attach the axle sleeve of left front pedal supporter(7) to left body arm(5) with Allen C.K.S. hollow screw(38), flat washer(39) and Allen C.K.S. full thread screw(40).
- 3.Attach the rear cover of pedal supporter(20/21) to left pedal supporter(7) with Philips pan head full thread screw(36). Attach the front cover of pedal supporter(18/19) to left pedal supporter(7) with Philips pan head full thread screw(37) and Philips C.K.S. self-tapping screw(41).

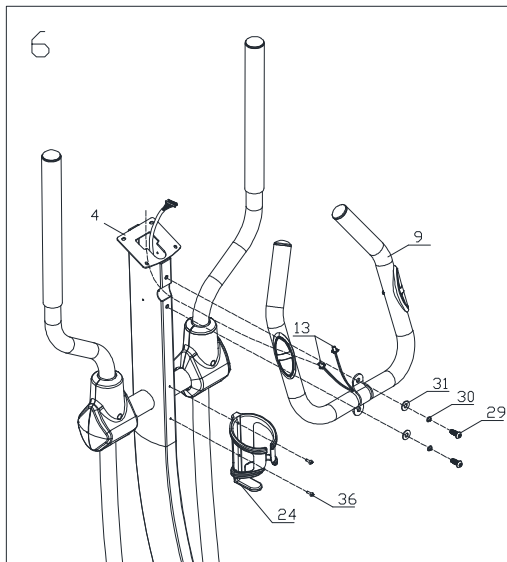
4. Use the same way to fix the Pedal supporter(R) (8). Put the back side of the Pedal supporter(R) (8) on the axle of the main frame (1), use the flat washer (31) and Allen full thread screw (29) to fix it .



**Step 6:**

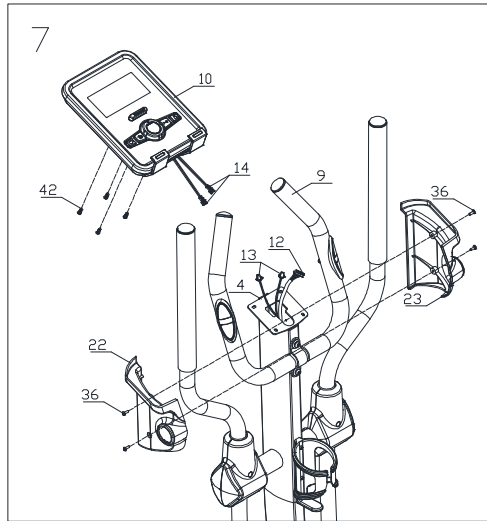
1. Through handle pulse connection wire(13) out of the upper upright post(4). Attach handlebars(9) to upright post(4) with flat washer(31), spring washer(30) and **Allen full thread screw (29)**.

2. Attach bottle holder(24) to upper upright post(4) with Philips pan head full thread screw(36).



**Step 7:**

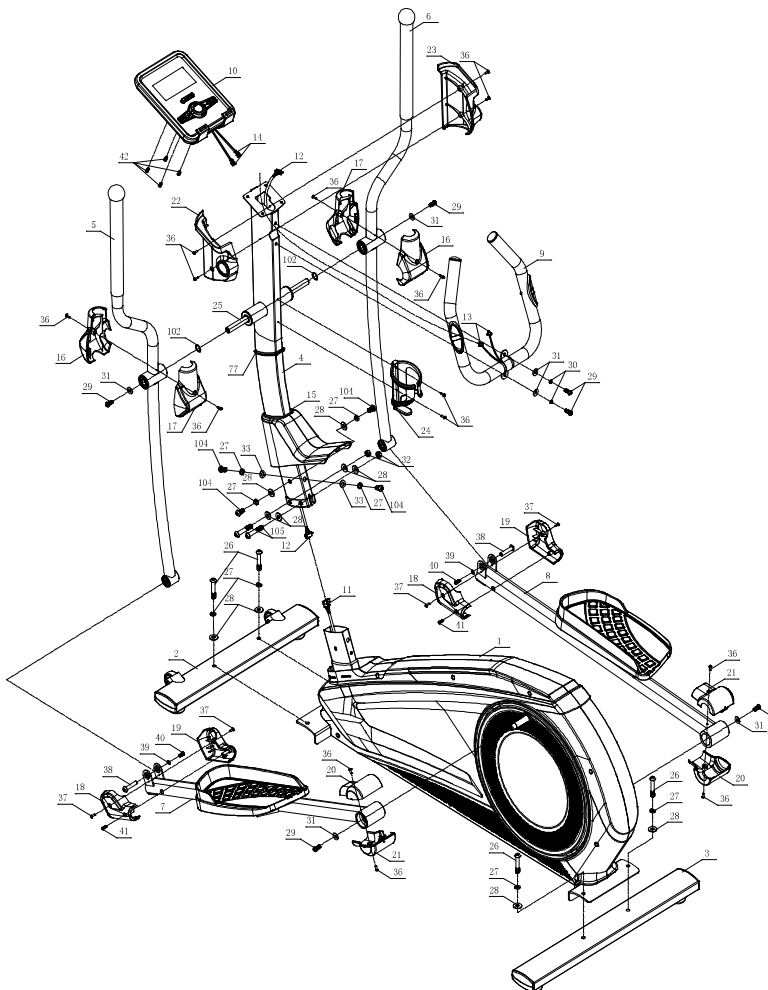
1. Connect console communication wire(12) with the interface of back console. Connect handle pulse communication wire (13) with console outset(14).
2. Attach console(10) to upper upright post(4) with **Philips pan head full thread screw(42)**.
3. Through left handlebar cover(22) and right handlebar cover(23) out of the handlebar(9). Attach them to the upper upright post(4) with Philips pan head full thread screw(36).



### Workout tips:

- 1,User need to put the feet completely inside the pedal,and to adjust the resistance of magnet control according to user.
- 2,Since the machine with double flywheels and it will have huge moment of inertia, when the user stop before high speed, the user should minimize the resistance and lower the speed, to avoid hurt the user's leg by the moment of inertia of left and right pedal
- 3,The machine should be put on flat floor and have enough space for workout

### Half-drawing for assembly

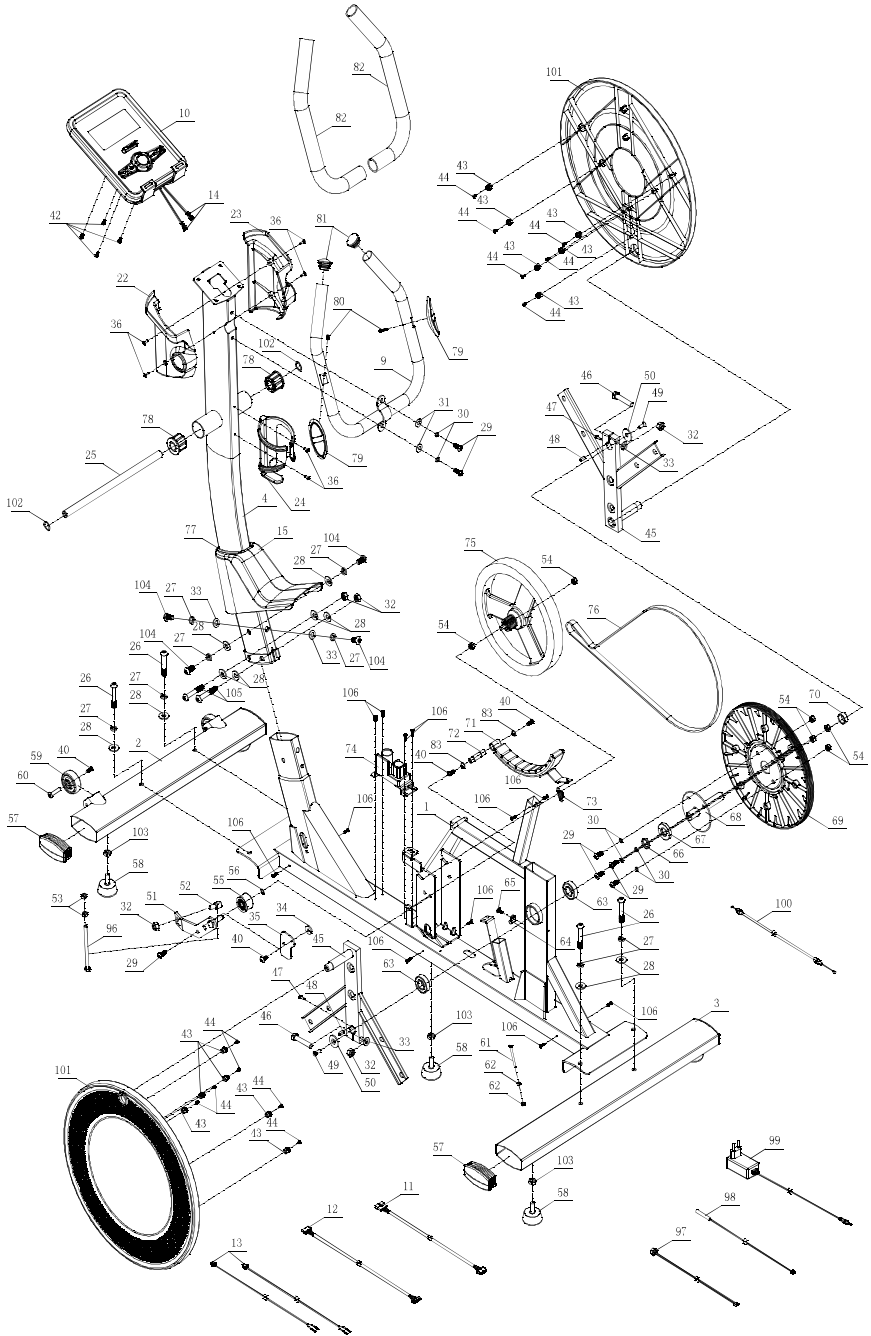


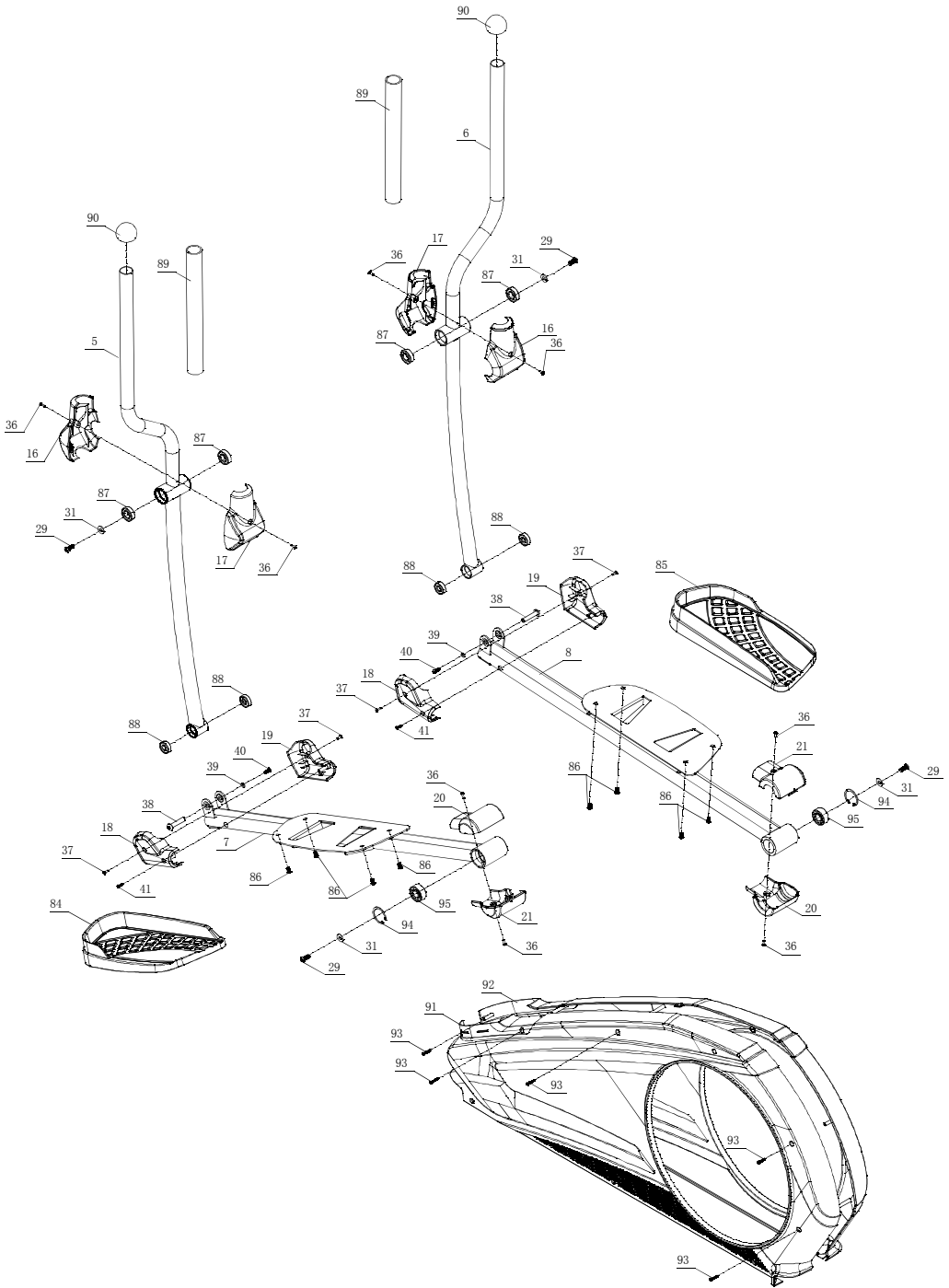
## Part list

NO.	NAME	DESCRIPTION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Upper Upright post		1
5	Body arm(L)		1
6	Body arm(R)		1
7	Pedal supporter(L)		1
8	Pedal supporter(R)		1
9	Handlebars		1
10	Console		1
11	Motor communication wire		1
12	Console communication wire		1
13	Handle pulse connection wire		2
14	Console outset		2
15	Upright post cover		1
16	Body arm cover		2
17	Body arm cover		2
18	Front pedal supporter cover		2
19	Front pedal supporter cover		2
20	Rear pedal supporter cover		2
21	Rear pedal supporter cover		2
22	Handlebar cover(L)		1
23	Handlebar cover(R)		1
24	Bottle holder	Φ93×150	1
25	Axle	Φ17×339.5	1
26	Allen C.K.S. half thread screw	M10×60×25	4
27	Spring washer	Φ10	8
28	Curved washer	Φ10.5×R100×t2.0	10
29	Allen C.K.S. Full thread screw	M8×20	6
30	Spring washer	Φ8	2
31	Flat washer	Φ8.5×Φ20×t1.5	6

32	Hex self-locking nut	M10	2
33	Flat washer	Φ10	2
36	Philips pan head full thread screw	M4×16	14
37	Philips pan head full thread screw	M4×10	4
38	Allen C.K.S. hollow screw	Φ10×45×M6×20	2
39	Flat washer	Φ6	2
40	Allen C.K.S. full thread screw	M6×15	2
41	Philips C.K.S. self-tapping screw	ST4×15	2
42	Philips C.K.S. full head screw	M5×10	4
102	Waved spring washer	Φ17	2
104	Allen full thread screw	M10×20	4
105	Allen C.K.S. half thread screw(L)	M10x55x20	2
77	upright post decoration strip		1

Drawing for assembly







## Part list

NO.	NAME	SPECIFICATION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Upper Upright post		1
5	Body arm(L)		1
6	Body arm(R)		1
7	Pedal supporter(L)		1
8	Pedal supporter(R)		1
9	Handlebars		1
10	Console		1
11	Motor communication wire		1
12	Console communication wire		1
13	Handle pulse connection wire		2
14	Console outset		2
15	Upright post cover		1
16	Body Arm cover 2		2
17	Body Arm cover 1		2
18	Front pedal supporter cover 1		2
19	Front pedal supporter cover 2		2
20	Rear pedal supporter cover 1		2
21	Rear pedal supporter cover 2		2
22	Handlebar cover(L)		1
23	Handlebar cover(R)		1
24	Bottle holder	Φ93×150	1
25	Axle	Φ17×339.5	1
26	Allen C.K.S. half thread screw	M10×60×25	4
27	Spring washer	Φ10	8
28	Curved washer	Φ10.5×R100×t2.0	10
29	Allen C.K.S. full thread screw	M8×20	11
30	Spring washer	Φ8	6
31	Flat washer	Φ8.5×Φ20×t1.5	6

32	Hex self-locking nut	M10	5
33	Flat washer	Φ10	4
34	Limited space plate 1		1
35	Limited space plate 2		1
36	Philips pan head full thread screw	M4×16	14
37	Philips pan head full thread screw	M4×10	4
38	Allen C.K.S. hollow screw	Φ10×45×M6×20	2
39	Flat washer	Φ6	2
40	Allen C.K.S. full thread screw	M6×15	7
41	Philips C.K.S. self-tapping screw	ST4×15	2
42	Philips C.K.S. full head screw	M5×10	4
43	Disc plastic buckle	Φ12.4×13	12
44	Philips C.K.S. end-cutting self-tapping screw	ST4×10	12
45	Crank iron		2
46	Hex half thread screw	M10×55×20	2
47	Hex half thread screw	M4×12	2
48	Flat key	5×5×15	2
49	Allen full thread screw	M6×15	2
50	Flat washer	Φ8×Φ30×t3.0	2
51	Fixed idler		1
52	Idler connecting shaft	Φ15×30	1
53	Hex nut	M8	2
54	Hex locking nut	M8	6
55	Tension pulley	Φ38×22	1
56	Circlip shaft	Φ10	1
57	End cap	45×90×t1.5	4
58	Feet pad		5
59	Wheels		2
60	Allen C.K.S. hollow screw	Φ8×33×M6×15	2
61	Hex full thread screw	M5×60	1
62	Hex nut	M5	2
63	Deep groove ball bearing	6004-2RS	2
64	Fixed magnetic induction		1

65	Philips washer head end-cutting self-tapping screw	ST4×12	1
66	Crank axle sleeve 1		1
67	Crank axle sleeve 3		1
68	Crank axle	Φ20×115	1
69	Belt pulley	Φ308×22	1
70	Crank axle sleeve 2		1
71	Fixed magnet set		1
72	Magnetic control fixed axle	Φ12×50	1
73	Brake tension spring		1
74	Magnet motor		1
75	Double flywheel	Φ280/9KG	1
76	Motor belt	540PJ6	1
77	Upright post decoration strip		1
78	Plastic cover	Φ42.5×30	2
79	Handle pulse		2
80	Philips C.K.S. self-tapping screw	ST4×20	2
81	Pipe plug	Φ28×t1.5	2
82	Foam grip	Φ32×t3.0×480	2
83	Circlip for shaft	Φ12	2
84	Pedal(L)	406×187×74	1
85	Pedal(R)	406×187×74	1
86	Allen C.K.S. full thread screw	M6×12	8
87	Deep groove ball bearing	6003-2RS	4
88	Deep groove ball bearing	6200-2RS	4
89	Foam grip	Φ36×t3.0×720	2
90	Pipe plug	Φ32×t1.5	2
91	Motor cover(L)		1
92	Motor cover(R)		1
93	Philips C.K.S. Self-tapping screw	ST4×25	5
94	Circlip for holes	Φ40	2
95	Self-aligning ball bearing	2203-2RS	2
96	Hex full thread screw	M8×120	1

97	Power communication wire		1
98	Magnetic sensor		1
99	Power adapter		1
100	Brake line		1
101	Disc		2
102	Waved spring washer	Φ17	2
103	Hex nut	M10	5
104	Allen full thread screw	M10×20	4
105	Allen C.K.S. half thread screw(L)	M10x55x20	2
106	Philips C.K.S. full head screw	ST4×16	12

**DISPLAY FUNCTIONS :**

ITEM	DESCRIPTION
TIME	.Display Range 0:00 ~ 99:59; Setting range 0:00~99:00
SPEED	.Range 0.0 ~ 99.9KM/H
DISTANCE	.Display Range 0.0 ~ 99.99; Setting range 0.0~99.90
CALORIES	.Display Range 0 ~ 9999Cal.; Setting range 0~9990Cal.
PULSE	.Display range P-30~230; Setting range 0-30~230
RPM	.Range 0 ~ 999
WATT	.Display Range:0~999; Setting Range 10 ~ 350

**KEYS :**

ITEM	DESCRIPTION
<b>Up (+)</b>	• Select function or increase resistance level
<b>Down (-)</b>	• Select function or decrease resistance level
<b>Enter</b>	• In STOP mode, press it to confirm setting or selection.
<b>Reset</b>	• Hold on pressing for 2 seconds, computer will reboot and start from user setting. • Reverse to main menu during presetting workout value or in stop mode.
<b>Start/ Stop</b>	• Start or Stop workout.
<b>Recovery</b>	• Test heart rate recovery status.
<b>Body fat</b>	• Test body fat% and BMI.

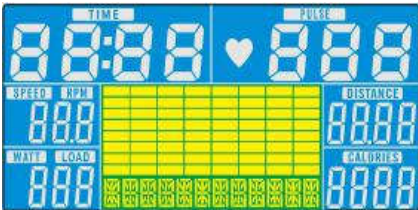
## OPERATION:

### POWER ON

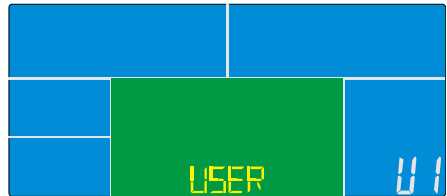
Plug in power supply, computer will power on with a long beep sound and display all segments on LCD for 2 seconds(Drawing 1). Enter into user selection (Drawing 2) and personal data setting mode (Age, Gender, Height, Weight).

After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

Press any key may wake the console up.



Drawing 1



Drawing 2

### Personal data setting

After selecting user from U1~U4, press ENTER to confirm. Press UP(+) or DOWN (-) to set SEX, AGE (Drawing 3), HEIGHT, WEIGHT and confirm by pressing ENTER. All data will be saved as user profile.

After setting, console go to main menu and display as Drawing 4. In this page, user can start workout directly by pressing START/STOP button.



Drawing 3



Drawing 4

### Workout selection

In main page, the first program MANUAL is flashing (Drawing 5). User can press UP(+) or DOWN(-) to select: MANUAL-->PROGRAM-->USER PROGRAM-->H.R.C.-->WATT, press ENTER to confirm.

## **Manual Mode**

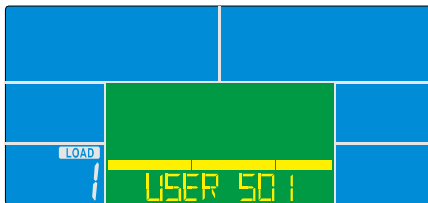
1. Press UP(+) or DOWN(-) to select workout program, choose Manual (Drawing 4) and press ENTER key to confirm.
2. Press UP(+) or DOWN(-) to preset value of TIME/DISTANCE/CALORIES/PULSE and press ENTER to confirm.
3. Press START/STOP keys to start workout. During workout, user can press UP and DOWN to adjust load level from 1~16.
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.

## **Program Mode**

1. Press UP(+) or DOWN(-) to select workout program, choose Program (Drawing 5) and press ENTER key to confirm.
2. Press UP(+) or DOWN(-) to select program from P01~P12, the program profile will display by turn.
3. Press UP(+) or DOWN(-) to preset workout TIME.
4. Press START/STOP keys to start workout. During workout, user can press UP(+) or DOWN(-) to adjust load level from 1~16.
5. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.



Drawing 5



Drawing 6

## **User Program Mode**

1. Press UP(+) or DOWN(-) to select workout program, choose User Program (Drawing 6) and press ENTER key to confirm.
2. Press UP(+) or DOWN(-) to set load level from 1~16 of each column, and press ENTER to next one. (Total column = 20)
3. Hold on pressing ENTER to finish or quit setting.
4. Press UP(+) or DOWN(-) to preset workout TIME.
5. Press START/STOP button to start workout. During workout, user can press UP(+) or DOWN(-) to adjust load level from 1~16.

6. Press START/STOP button to pause workout. Press RESET to reverse to main menu.

### **H.R.C. mode**

1. Press UP(+) or DOWN(-) to select workout program, choose H.R.C. (Drawing 7) and press ENTER key to confirm.
2. Press UP(+) or DOWN(-) to select: H.R.C 55 (Drawing 8), H.R.C75, H.R.C 90 or TAG (TARGET H.R.) (default: 100, Drawing 9) and confirm by pressing ENTER.
3. When select H.R.C 55, H.R.C75, H.R.C 90, console will display preset target value according to user age. Press UP(+) or DOWN(-) and ENTER to preset workout TIME.
4. When select TAG H.R., the preset value 100 is flashing as Drawing 9. Press UP(+) or DOWN(-) to adjust value from 30~230 and confirm by ENTER. Preset workout TIME by pressing UP(+) and DOWN(-).
5. Press START/STOP button to start or stop workout. Press RESET to reverse to main menu.



Drawing 7



Drawing 8



Drawing 9

### **WATT Mode**

1. Press UP(+) or DOWN(-) to select workout program, choose WATT (Drawing 10) and press ENTER key to confirm.
2. Press UP(+) or DOWN(-) to preset WATT target. (default: 120)
3. Press UP(+) or DOWN(-) to preset workout TIME.



4. Press START/STOP button to start workout. During workout, user can press UP(+) or DOWN(-) to adjust WATT level from 10~350.
5. Press START/STOP button to pause workout. Press RESET to reverse to main menu.



Drawing 10

### **Body Fat Mode**

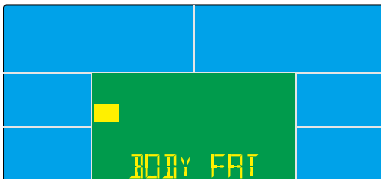
1. During workout, press START/STOP to stop workout, press BODY FAT key to start measure.

(Drawing 11)

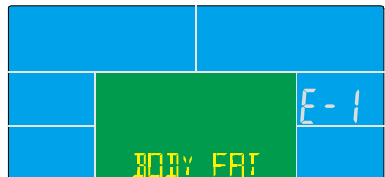
2. Hold on hand grips, after 8 seconds, computer will show BMI, FAT% and fat symbol.
3. Press BODY FAT key again reverse to main menu.
4. Error code:

\*Console display E-1 (Drawing 12): user is not holding hand grips correctly.

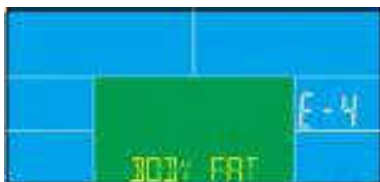
\*Console display E-4 (Drawing 13): FAT% exceed setting range (5.0% ~50.0%)



Drawing 11



Drawing 12



Drawing 13

<REFERENCE>

B.M.I. (Body mass index) integrated

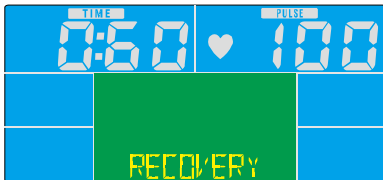
B.M.I SCALE	LOW	LOW/MED	MEDIUM	MED/HIGH
RANGE	<20	20-24	24.1-26.5	>26.5

BODY FAT:

SYMBOL	—	+	▲	◆
FAT% SEX	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE	<13%	13%-25.9%	26%-30%	>30%
FEMALE	<23%	23%-35.9%	36%-40%	>40%

**Recovery**

1. When pulse value display on the computer (hold hand grips), press RECOVERY button.
2. All function display will stop except TIME” starts counting down from 00:60 to 00:00 (Drawing14). When TIME counts down to 0, screen will display your heart rate recovery status with the FX (X=1~6, Drawing 15). F1 is the best, F6 is the worst. (See below chart)  
(Press the RECOVERY button again to return the main display.)
3. During RECOVERY, user may press RECOVERY button to back to main menu.
4. Without pulse inputted, it is invalid to press RECOVERY button.



Drawing14



Drawing15

1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

## NOTE:

1. This computer require 9V, 1300mA adaptor.
2. When user stop pedaling for 4 minutes, computer will enter into power saving mode, all setting and exercise data will stored until user start exercise again.
3. When computer act abnormal, please plug out the adaptor and plug in again.

## **General fitness tips**

Start your exercise program slowly, i.e. one exercise unit every 2 days. Increase your exercise session week by week. Begin with short periods per exercise and then increase these continually. Start slowly with the exercise sessions and don't set yourself impossible targets. In addition to these exercises, do other forms of exercise such as jogging, swimming, dancing and/or cycling.

Always warm up thoroughly before exercising. To do so, carry out at least five minutes of stretching or gymnastic exercises to avoid muscle strains and injuries.

Check your pulse regularly. If you do not have a pulse measuring instrument, ask your GP how you can measure your heart rate effectively. Determine your personal exercise frequency range to achieve optimal training success. Take into account both your age and your level of fitness. The table on page 16 will give you a reference point for determining the optimal exercise pulse.

Make sure you breathe regularly and calmly when exercising.

Take care to drink enough while exercising. This ensures that the liquid requirement of your body is satisfied. Consider that the recommended drinking amount of 2-3 liters per day is strongly increased through physical strain. The fluid you drink should be at room

temperature.

When exercising on the device always wear light and comfortable clothing as well as sports shoes. Do not wear any loose clothing that could tear or become caught in the device whilst exercising.

Exercises for your personal work-out

### **Warm-up / stretching exercises**

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points:

### **NECK EXERCISES**

Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again. You can repeat this exercise alternately several times.



1

### **EXERCISES FOR THE SHOULDER AREA**

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.



2

### **ARM STRETCHING EXERCISES**

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.



3

### **EXERCISES FOR THE UPPER THIGH**

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.



4

### **INSIDE UPPER THIGH**

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.



5

## TOUCH TOES

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.



6

## EXERCISES FOR THE KNEES

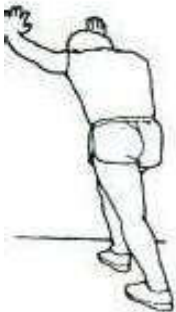
Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.



7

## EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.



8