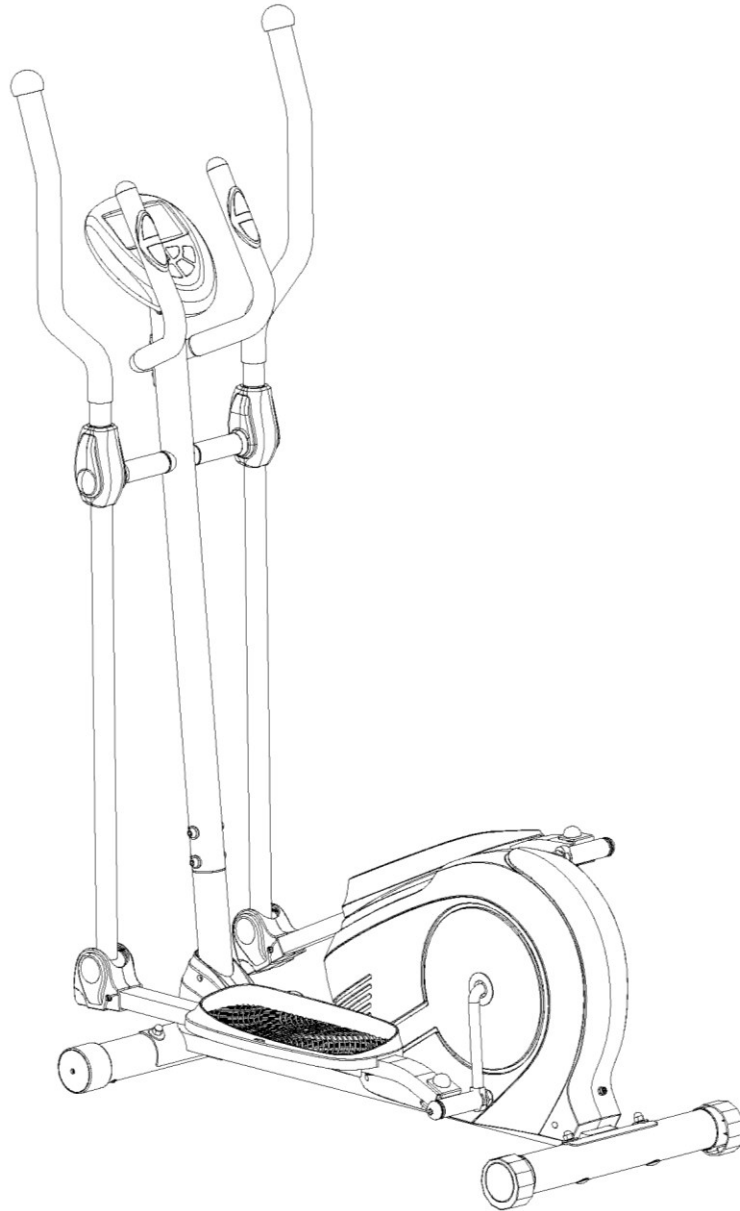


# GYMSTICK™

## IC 3.0 CROSSTRAINER

### USER MANUAL



***IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.***

***The specifications of this product may vary from this photo, subject to change without notice.***

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# SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine page. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
6. Be careful when step on or leave the pedal always hold the handlebars first. Make the pedal at your side at the lowest position, step on the pedal, and stride over the main frame then step on the other pedal. When using, please hold the handlebar by hands, make the pedals running smoothly by push or pull handlebars, then run the equipment regularly by cooperation of hands and feet. After exercise, please also make one pedal at the lowest position and leave your foot on the higher pedal first and then another.
7. Do not use the equipment outdoors.
8. This equipment is for household use only.
9. Only one person should be on the equipment while in use.
10. Keep children and pets away from the equipment while in use. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
11. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
12. The maximum weight capacity for this product is 110kgs.

**WARNING:** Before beginning any exercise program consult your physician.

This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

**CAUTION:** Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

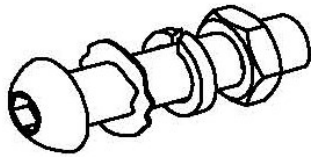
# PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	032	Bolt M10x18	2
002	Front Post	1	033	Spring Washer Ø10	2
003	Left Handrail Arm	1	034	Big Washer Ø8xØ20x2.0	2
004	Left Handrail Arm	1	035	D Washer Ø28x5	2
005	Left Foot Bar	1	036	Powder Metal Bushing Ø33xØ29xØ16x3	4
006	Right Foot Bar	1	037	Plastic Bushing Ø32xØ16x5xØ50	2
007	Handlebar	1	038	AC Adapter L=300MM	1
008	Left Decorative Cover	1	039	Power supply wire L=2000MM	1
009	Right Decorative Cover	1	040	Motor	1
010	U Shape Bracket	2	041	Bolt Φ15.8*62	2
011	Idle Wheel Bracket	1	042	Washer Φ24.5*Φ16*14	8
012	Crank with Belt Pulley	1	043	Big Curve Washer Φ8*Φ20*2.0	10
013	Curve Washer Ø8xØ16x1.5	2	044	Bolt M8*20	2
014	Front Stabilizer	1	045	Foot Bar Cover-A	2
015	Rear Stabilizer	1	046	Foot Bar Cover-B	2
016	Left Handrail	1	047	Left Foot Pedal	1
017	Right Handrail	1	048	Right Foot Pedal	1
018	Handrail Foam Grip	2	049	Bolt M6x40	6
019	Handrail End Cap Ø32	2	050	Washer Ø6xØ12	6
020	Handrail Foam Grip	2	051	Powder Metal Bushing Ø18xØ8	4
021	Handlebar End Cap Ø28.6x1.5	2	052	Bolt for left U Shape Bracket	1
022	Hand Pulse Sensor with Wire L=750MM	2	053	Wave Washer Ø28xØ17x0.3	2
023	Screw ST4.2x20	4	054	Spring Washer Ø13xØ20x2	2
024	Screw ST2.9x12	10	055	Left Nylon Nut 1/2"	1
025	Left Handrail Arm Cover-A	1	056	Bolt M8	6
026	Left Handrail Arm Cover-B	1	057	Washer Ø8xØ16x1.5	6
027	Sensor L=300MM	1	058	Bolt M8X50	2
028	Right Handrail Arm Cover-A	1	059	Cap S13	2
029	Nylon Nut M6	10	060	Front Stabilizer End Cap	2
030	Curve Washer Ø6xØ12x1.0	4	061	Bolt M8X70	4
031	Bolt M6x35	4	062	Spring Washer Ø25X Ø8	6

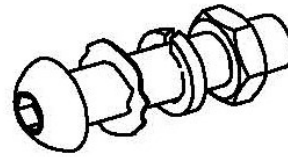
## PARTS LIST

No.	Description	Qty	No.	Description	Qty
063	Cap Nut M8	4	081	Right Handrail Arm Cover-B	1
064	Cover Cap	2	082	Screw ST4.2x20	8
065	Screw ST4.2x25	6	083	Bolt M8X20	1
066	Left Chain Cover	1	084	Motor Cable L=500MM	1
067	Right Chain Cover	1	085	Nut M6	2
068	Screw ST4.2X25	10	086	Spring Washer Ø6	2
069	Belt PJ360 J6	1	087	U Bracket	2
070	Crank Nut 7/8"	1	088	Eyebolt M6X36	2
071	Washer Ø34.5xØ23x2.5	1	089	Nut M10x1	2
072	Slotted Bearing Nut 7/8"	1	090	Flywheel Ø230	1
073	Bearing	2	091	Bolt M8X15	8
074	Bearing Cup	2	092	Sensor Wire I L=1100	1
075	Notched Bearing Nut 15/16"	1	093	Bolt for right U Shape Bracket 1/2"	1
076	Washer Ø40xØ24x3.0	1	094	Right Nylon Nut 1/2"	1
077	Rear Stabilizer End Cap	2	095	Washer Ø10xØ20x2.0	2
078	Sensor Wire II L=1250	1	096	Computer	1
079	Press Wheel	1	097	Screw M5X10	4
080	Eyebolt M8x85	1			

# HARDWARE PACKING LIST



- 93. Bolt for Right U Shape Bracket 1PC
- 94. Right Nylon Nut 1PC
- 53. Wave Washer  $\Phi 28 \times 17 \times 0.3$  1PC
- 54. Spring Washer  $\Phi 13 \times 20 \times 2$  1PC



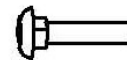
- 52. Bolt for Left U Shape Bracket 1PC
- 55. Left Nylon Nut 1PC
- 53. Wave Washer  $\Phi 28 \times 17 \times 0.3$  1PC
- 54. Spring Washer  $\Phi 13 \times 20 \times 2$  1PC



- 49. Bolt M6x40  
6PCS



- 30. Curve Washer  $\Phi 6 \times \Phi 12 \times 1.0$   
4PCS



- 31. Bolt M6x35  
4PCS



- 24. Screw ST2.9x12  
8PCS



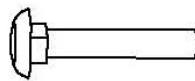
- 59. Cap S13  
2PCS



- 29. Nylon Nut M6  
10PCS



- 63. Cap Nut M8  
4PCS



- 61. Bolt M8x70  
4PCS



- 50. Washer  $\Phi 6 \times \Phi 12 \times 1$   
6PCS



- 43. Big Curve Washer  $\Phi 8 \times \Phi 25$   
4PCS



- 82. Screw ST4.2x20  
4PCS

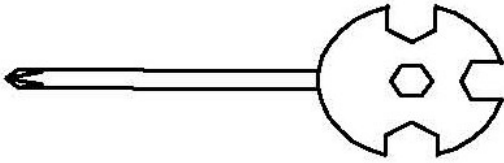
# TOOLS



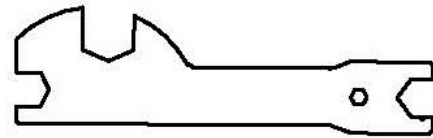
Allen Wrench S8  
1PC



Allen Wrench S6  
1PC

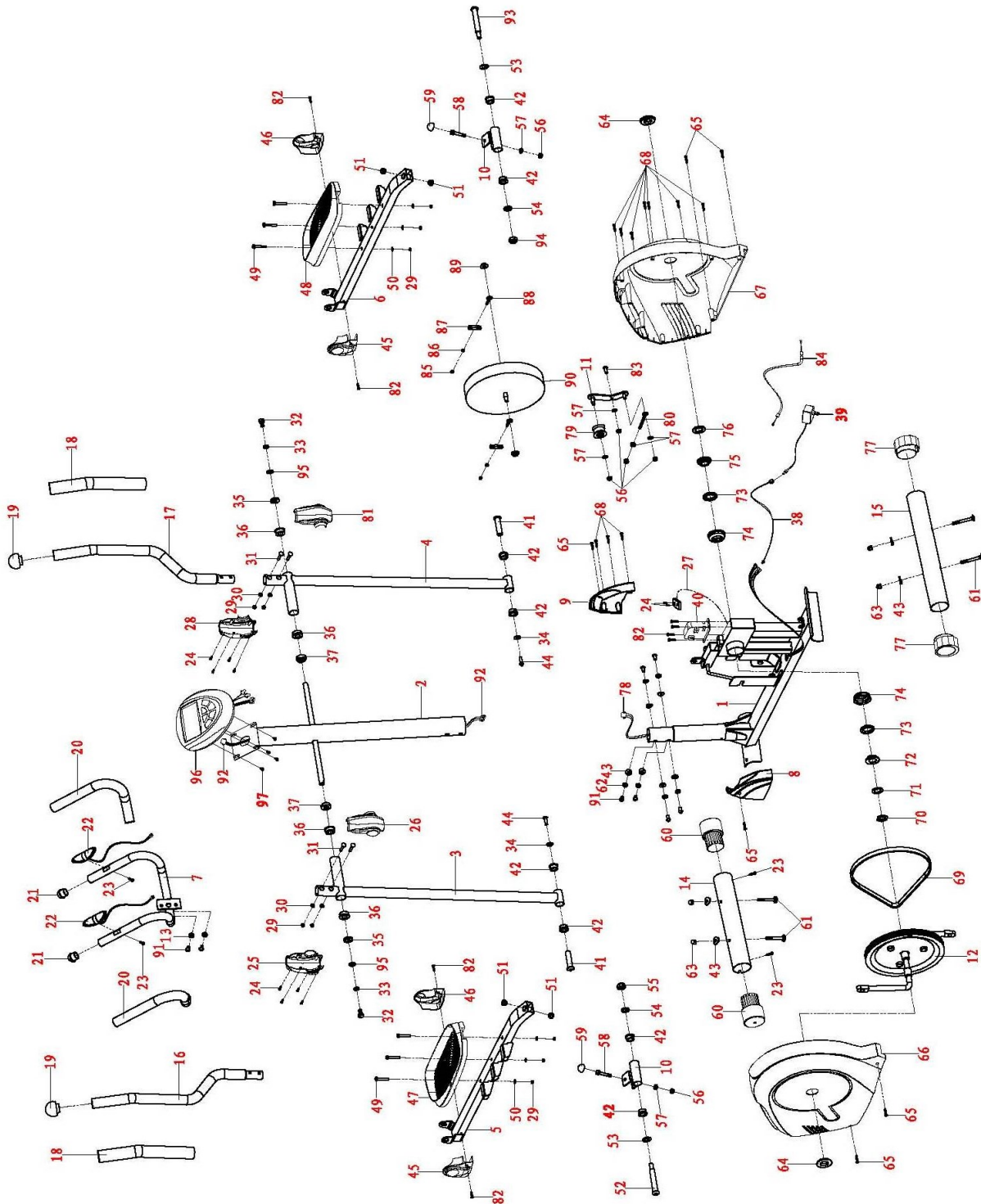


Multi Hex Tool with Philips Screwdriver  
S10-13-14-15  
1PC



Multi Hex Tool  
1PC

# OVERVIEW DRAWING





# ASSEMBLY INSTRUCTIONS

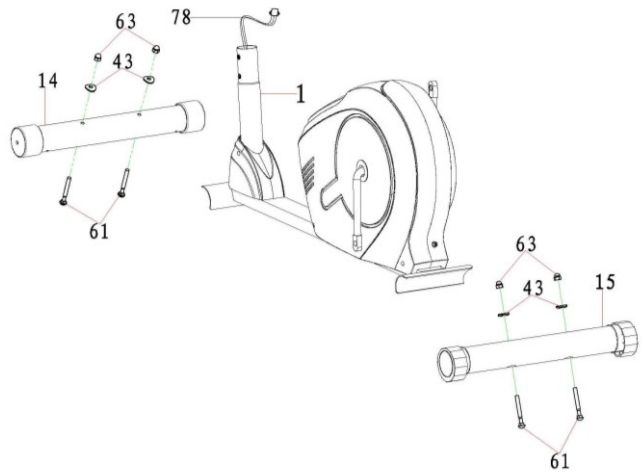
## 1. Front and Rear Stabilizers Installation

Position the Front Stabilizer (14) in front of Main Frame (1) and align bolt holes.

Attach the Front Stabilizer (14) onto the front curve of the Main Frame (1) with two M8x70 Bolts (61), two Ø8xØ25 Big Curve Washers (43), and two M8 Cap Nuts (63).

Position the Rear Stabilizer (15) behind the Main Frame (1) and align bolt holes.

Attach the Rear Stabilizer (15) onto the rear curve of the Main Frame (1) with two M8x70 Bolts (61), two Ø8xØ25 Big Curve Washers (43), and two M8 Cap Nuts (63). Tighten cap nuts with the Multi Hex Tool provided.



## 2. Front Post Installation

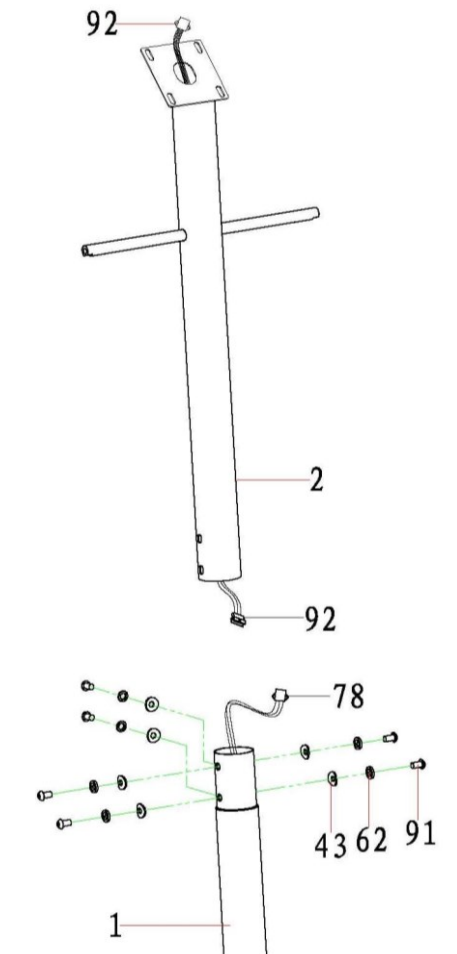
Remove six M8x15 Bolts (91), six Ø20xØ8x2.0 Big Curve Washers (43), and six Ø25xØ8 Spring Washers (62) from the Main Frame (1).

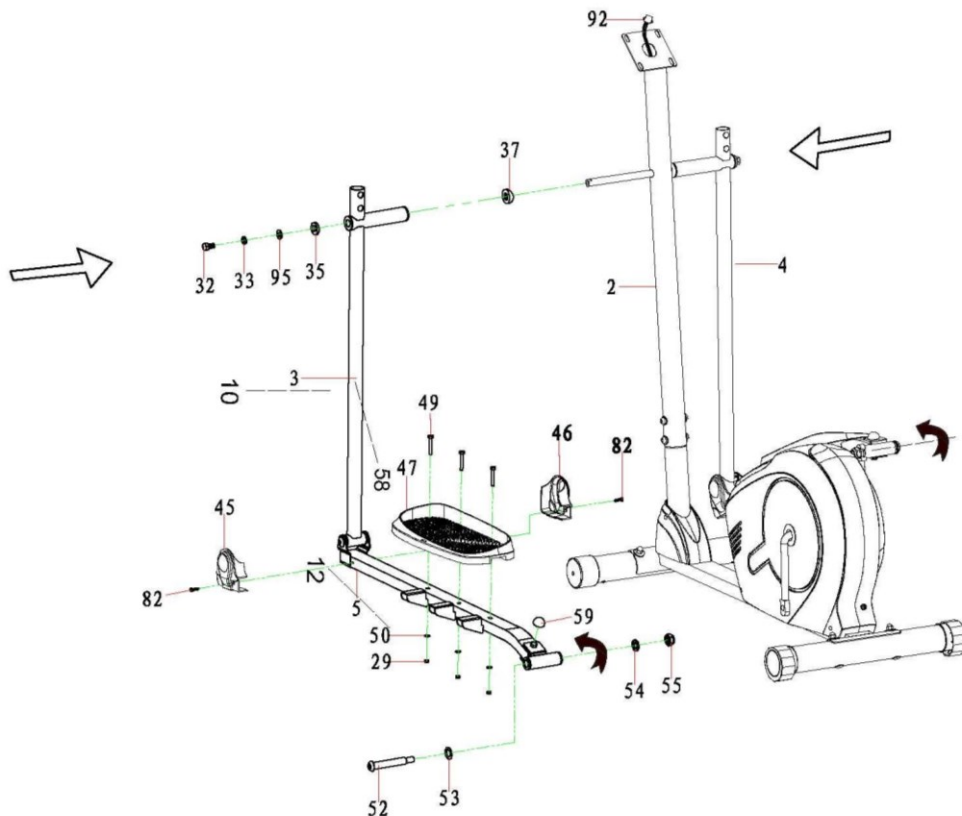
Remove bolts and washers with the S6 Allen Wrench provided.

Connect the Sensor Wire II (78) from the Main Frame (1) to the Sensor Wire I (92) from the Front Post (2).

Insert the Front Post (2) onto the tube of the Main Frame (1) and secure it with six M8x15 Bolts (91), six Ø20xØ8x2.0 Big Curve Washers (43), and six Ø25xØ8 Spring Washers (62) that were removed.

Tighten bolts and washers with the S6 Allen Wrench provided.





### 3. Left/Right Handrail Arms, Left/Right Foot Bars, Left/Right Foot Pedals, and Foot Bar Covers-A/B Installation

Remove two M10x18 Bolts (32), two Ø10 Spring Washers (33), two Ø10xØ20x2.0 Big Washers (95), and two Ø28x5 D shape Washers (35) from the left and right horizontal axes of the Front Post (2).

Attach the Left Handrail Arm (3) onto the left horizontal axis of the Front Post (2) with one M10x18 Bolt (32), one Ø10 Spring Washer (33), one Ø10xØ20x2.0 Big Washer (95), and one Ø28x5 D shape Washers Washer (35) that were removed.

Attach the left U Shape Bracket (10) to the left Crank (12) with one 1/2" Bolt for left U Shape Bracket (52), Ø28xØ17x0.3 Wave Washer (53), Ø13xØ20x2 Spring Washer (54), and 1/2" Left Nylon Nut (55). Install a S13 Cap (59) onto the M8x50 Bolt (58). Turn counter-clockwise direction to tighten it.

Repeat the above steps to install the Right Handrail Arms (4) onto the right horizontal axis of the Front Post (2) and right U Shape Bracket (10) to the right Crank (12). Turn clockwise direction to tighten it.

**NOTE: 1/2" Bolt for left U Shape Bracket (52) and 1/2" Bolt for U Shape Bracket (93) are marked "R" for Right and "L" for Left.**

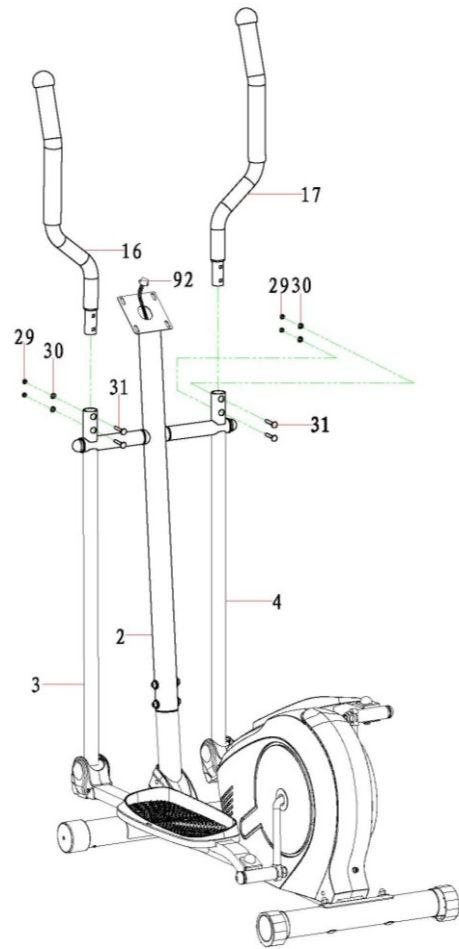
Attach the Left Foot Pedal (47) onto the Left Foot Bar (5) with three M6 Nylon Nuts (29), three Ø6xØ12x1 Washers (50), and three M6x40 Bolts (49).

Attach the Foot Bar Covers-A/B (45, 46) onto the Left Foot Bar (5) with two ST4.2x20 Phillips Self Tapping Screws (82).

Repeat above step to attach the Right Foot Pedal (48) onto the Right Foot Bar (6) and Foot Bar Covers (45,46) onto the Right Foot Bar (6)

#### 4. Left/Right Handrails

Attach the Left/Right Handrails (16, 17) onto the Left/Right Handrail Arms (3, 4) with four M6x35 Bolts (31), four Ø6xØ12x1 Curve Washers (30), and four M6 Cap Nuts (29). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.



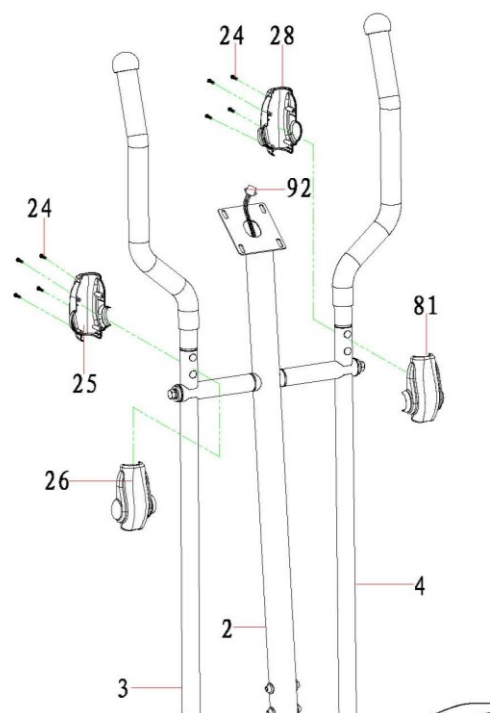
#### 5. Left/Right Handrail Arm Covers-A/B Installation

Attach the Left Handrail Arm Cover-A (25) and Left Handrail Arm Cover-B (26) onto the Left Handrail Arm (3) with four ST2.9x12 Screws (24).

Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Right Handrail Arm Cover-A (28) and Right Handrail Arm Cover-B (81) onto the Right Handrail Arm (4) with four ST2.9x12 Screws (24).

Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.



## 6. Handlebar and Computer Installation

Remove four M5x12 Bolts (97) from the back of the Computer (96).

Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Remove two M8x15 Bolts (91) and two Ø8xØ16x1.5 Curve Washers (13) from the Front Post (2).

Remove bolts and curve washers with the S6 Allen Wrench provided.

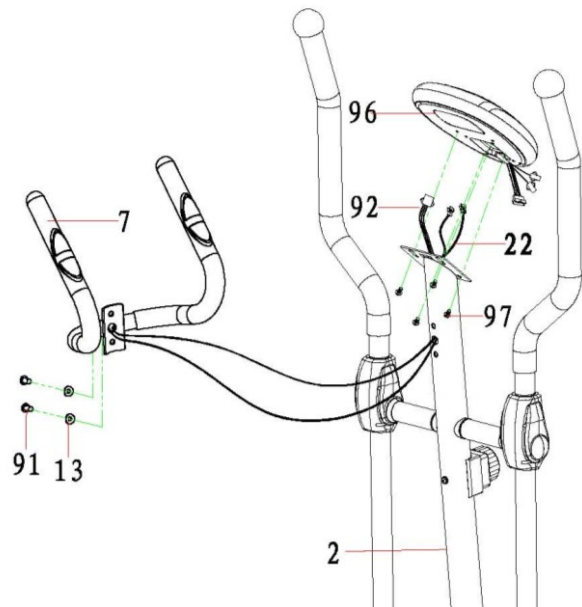
Insert the Hand Pulse Sensor Wires (22) from the Handlebar (7) into the hole on the Front Post (2) and then pull them out from the top end of the Front Post (2).

Attach the Handlebar (7) onto the Front Post (2) and fix it with two M8x15 Bolts (91) and two Ø8xØ16x1.5 Curve Washers (13) that were removed.

Tighten bolts and curve washers with the S6 Allen Wrench provided.

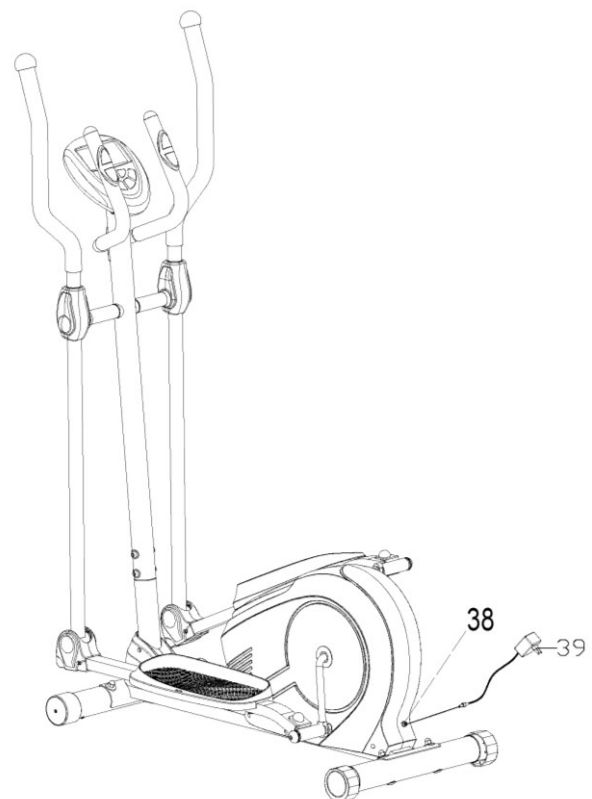
Connect the Sensor Wire I (92) and Hand Pulse Sensor Wires (22) to the wires that come from the Computer (96) and then attach the Computer (96) onto the top end of the Front Post (2) with four M5x12 Bolts (97) that were removed.

Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

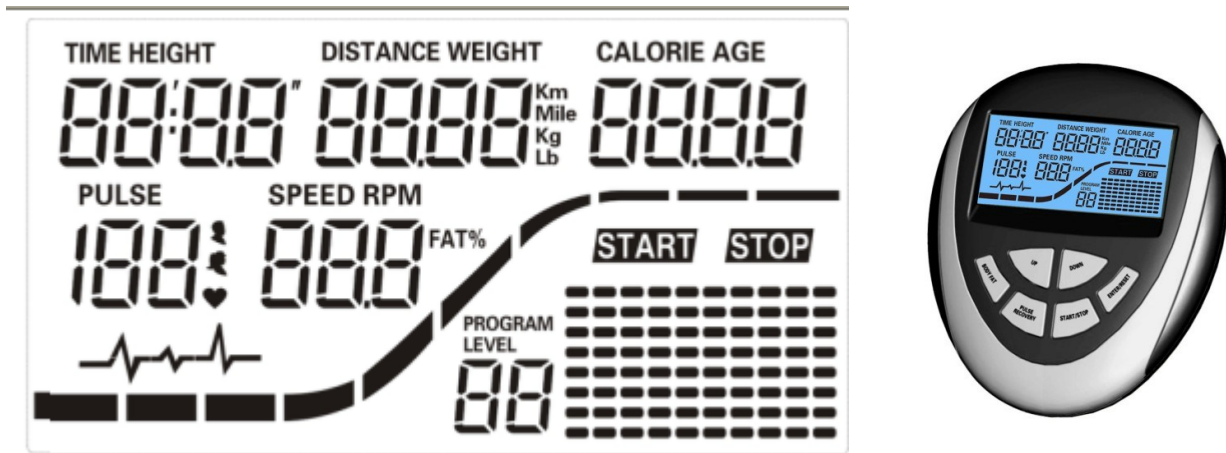


## 7. AC Adapter Installation

Plug one end of the AC Adapter (39) into the power jack of the Power Supply Wire (38) on the back of the Left Shroud. Before plugging in, make sure to check carefully the specifications on the Adapter. Plug the other end of the AC Adapter (39) into the electrical wall outlet.



# COMPUTER OPERATING INSTRUCTIONS



## A. Input Power

Plug in the adaptor to the equipment then the computer will produce a beep sound and turn on the computer at the Manual mode.

## B. Program select and setting value

1. Use the UP or DOWN keys to select program mode and then press ENTER to confirm your exercise mode.
2. At the Manual mode, the computer will use the UP or DOWN keys to set up your exercise TIME, DISTANCE, CALORIES, PULSE.
3. Press the START/STOP key to start exercise.
4. When you reach the target, the computer will produce beep sounds and then stop.
5. If you set up more than one target and you would like to reach next target, press START/STOP key to keep on exercise.

## C. Wake-Up Function

The monitor will entry SLEEP mode (LCD off) when there is no signal input and no key be pressed after 4 minutes. Press the screen to start the monitor.

## FUNCTIONS AND FEATURES:

1. TIME: Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You can also program your computer to count down from a set value by using the UP and DOWN keys. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and reset itself to the original time set, letting you know your workout is done.
2. DISTANCE: Displays the accumulative distance traveled during each workout up to a maximum of 999.0KM/MILE.
3. RPM: Your pedal cadence.
4. SPEED: Displays your workout speed value in KM/MILE per hour.

5. CALORIES: Your computer will estimate the cumulative calories burned at any given time during your workout.
6. PULSE: Your computer displays your pulse rate in beats per minute during your workout.
7. AGE: Your computer is age-programmable from 10 to 99 years. If you do not set an age, this function will always default to age 35.
8. TARGET HEART RATE (TARGET PULSE): The heart rate you should maintain is called your Target Hear Rate in beats per minute.
9. PULSE RECOVERY: During the START stage, leave the hands holding on grips or leave the chest transmitter attached and then press "PULSE RECOVERY" key, time starts counting from 00:60 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1.0 to F6.0.

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

**Note:** If no pulse signal input then the computer will show "P" on the PULSE window. If the computer shows "ERR" on the message window, please re-press the PULSE RECOVERY key and please make sure your hands are keeping well on the grips.

## KEY FUNCTION:

There are 6 button keys and the function description as follows:

1. START/STOP key:
  - a. Quick Start function: Allows you to start the computer without selecting a program. Manual workout only. Time automatically begins to count up from zero.
  - b. During the exercise mode, press the key to STOP exercise.
  - c. During the stop mode, press the key to START exercise.
2. UP key:
  - a. Press the key to increase the resistance during exercise mode.
  - b. During the setting mode, press the key to increase the value of Time, Distance, Calories, Age and select Gender and Program.
3. DOWN key:
  - a. Press the key to decrease the resistance during exercise mode.
  - b. During the setting mode, press the key to decrease the value of Time, Distance, Calories, Age and select Gender and Program.
4. ENTER key:
  - a. During the setting mode, press the key to accept the current data entry.
  - b. At the stop mode, by holding this key for over two seconds the user can reset all values to zero or default value.

- c. During setting the Clock, press this key can accept the setting hour and setting minute.
- 5. BODY FAT key: Press the key to input your HEIGHT, WEKGHT, GENDER and AGE then to measure your body fat ratio,
- 6. PULSE RECOVERY key: Press the key to activate heart rate recovery function.

## PROGRAM INTRODUCTION AND OPERATION:

### **Manual Program: Manual**

P1 is a manual program. User can start exercise by pressing START/STOP key. The default resistance level is 7. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

- Operations:**
1. Use UP/DOWN keys to select the MANUAL (P1) program.
  2. Press the ENTER key to enter MANUAL program.
  3. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.
  4. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
  5. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
  6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
  7. Press the START/STOP key to begin exercise.

### **Preset Program: Steps, Hill, Rolling, Valley, Fat Burn, Ramp, Mountain, Intervals, Random, Plateau, Fartlek, Precipice Program**

PROGRAM 2 to PROGRAM 13 is the preset programs. Users can exercise with different level of loading in different intervals as the profiles show. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

- Operations:**
1. Use UP/DOWN keys to select one of the above programs from P2 to P13.
  2. Press the ENTER key to enter your workout program.
  3. The TIME will flash and you can press UP or DOWN keys to setting

- your exercise TIME. Press ENTER key to confirm your desired TIME.
4. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
  5. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
  6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse
  7. Press the START/STOP key to begin exercise.

### **User Setting Program: User 1, User 2, User 3, User 4**

Program 14 to 17 is the user setting program. Users are free to create the values in the order of TIME, DISTANCE, CALORIES and the resistance level in 10 columns. The values and profiles will be stored in the memory after setup. Users may also change the ongoing loading in each column by UP/DOWN keys, and they will not change the resistance level stored in the memory.

- Operations:**
1. Use UP/DOWN keys to select the USER program from P14 to P17.
  2. Press the ENTER key to enter your workout program.
  3. The column 1 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your first column of exercise profile. The default level is load 1.
  4. The column 2 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your second column of exercise profile.
  5. Follow the above description 5 and 6 to finish your personal exercise profiles. Press ENTER to confirm your desired exercise profile.
  6. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.
  7. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
  8. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
  9. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.



10. Press the START/STOP key to begin exercise.

### **Heart Rate Control Program: 55% H.R.C., 65% H.R.C., 75% H.R.C., 85% H.R.C., Target H.R.C.**

Program 18 to Program 22 is the Heart Rate Control Programs and Program 22 is the Target Heart Rate Control program.

Program 18 is the 55% Max H.R.C. - - Target H.R. =  $(220 - \text{AGE}) \times 55\%$

Program 19 is the 65% Max H.R.C. - - Target H.R. =  $(220 - \text{AGE}) \times 65\%$

Program 20 is the 75% Max H.R.C. - - Target H.R. =  $(220 - \text{AGE}) \times 75\%$

Program 21 is the 85% Max H.R.C. - - Target H.R. =  $(220 - \text{AGE}) \times 85\%$

Program 22 is the Target H.R.C. - - Workout by your target heart rate value.

Users can exercise according to your desired Heart Rate program by setting your AGE, TIME, DISTANCE, CALORIES or TARGET PULSE. In these programs, the computer will adjust the resistance level according to the heart rate detected. For example, the resistance level may increase every 20 seconds while the heart rate detected is lower than the TARGET H.R.C. Also the resistance level may decrease every 20 seconds while the heart rate detected is higher than the TARGET H.R.C.

- Operations:**
1. Use UP/DOWN keys to select one of the heart rate control program from P18 to P22.
  2. Press the ENTER key to enter your workout program
  3. The AGE will flash at P18 to P21 programs and you can press UP or DOWN keys to set your AGE. The default age is 35.
  4. At program 22, the TARGET PULSE will flash and you can press UP or DOWN keys to set your TARGET PULSE between 80 to 180. The default TARGET PULSE is 120.
  5. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.
  6. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
  7. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
  8. Press the START/STOP key to begin exercise.

## **Body Fat Program: Body Fat**

Program 23 is a special program design to calculate users' body fat ratio and to offer a specific loading profile for users. There are 3 body types divided according to the FAT% calculated.

Type1: BODY FAT% > 27

Type2:  $27 \geq \text{BODY FAT\%} \geq 20$

Type3: BODY FAT % < 20

The computer will show the test results of FAT PERCENT, BMI and BMR.

- Operations:**
1. Use UP/DOWN keys to select the BODY FAT (P24) program.
  2. Press the ENTER key to enter your workout program.
  3. The HEIGHT will flash and you can press UP or DOWN keys to set your HEIGHT. Press ENTER key to confirm your HEIGHT. The default HEIGHT is 170cm or 5'07" (5feet 7 inches).
  4. The WEIGHT will flash and you can press UP or DOWN keys to set your WEIGHT. Press ENTER key to confirm your WEIGHT. The default WEIGHT is 70kgs or 155lbs.
  5. The GENDER will flash and you can press UP or DOWN keys to select your sex. Number 1 means man and number 0 means female. Press ENTER key to confirm your Gender. The default sex is 1 (MAN).
  6. The AGE will flash and you can press UP or DOWN keys to set your AGE. Press ENTER key to confirm your AGE. The default AGE is 35.
  7. Press the START/STOP key to begin body fat measurement. If the window show E on the window, please make sure your hands are attached well on the grips or the chest belt is touch well on your body. Then press the START/STOP key again to begin body fat measurement.
  8. After finished your measurement, the computer will show the values of BMR, BMI and FAT PERCENT on the LCD display. Furthermore, the computer will show your own exercise profile for your body type.
  9. Press START/STOP key to begin exercise.

## OPERATIONS GUIDE:

### 1. Sleep Mode:

The computer will enter the sleep mode when there is no signal input and no keys be pressed after 4 minutes. You can press any key to wake up the computer.

### 2. BMI (Body Mass Index):

BMI is a measure of body fat based on height and weight that applies to both adult men and women.

### 3. BMR (Basal Metabolic Rate):

Your Basal Metabolic Rate (BMR) shows the number of calories your body needs to operate. This doesn't account for any activity, it's simply the energy needed to sustain a heartbeat, breathing and normal body temperature. It measures the body at rest, not sleep, at room temperature.

## ERROR MESSAGE:

### E1 (ERROR 1):

**Normal state:** During workout, when the monitor did not get the count signal from the gear motor more than 4 seconds and check under successive 3 times then the LCD will show E1.

**Power on state:** The gear motor will return to zero automatically, when the signal of motor cannot be detected for more than 4 seconds then the gear motor's driver will be cut off immediately and show the E1 on the LCD display. All the other digital and function mark are blank, and the output signals are cut off also.

E2 (ERROR 2): When the monitor read the memory data, if the I.D. code is not correct or the memory IC damages then the monitor will show E2 immediately at power on.

E3 (ERROR 3): After 4 seconds by start mode, the computer detects the faulty motor did not leave the zero point then the LCD bar displays "E3".

### **Technical data of the current adapter**

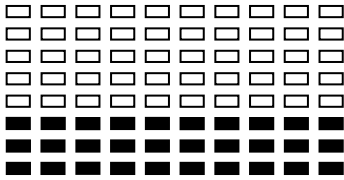
- |                                           |                      |
|-------------------------------------------|----------------------|
| 1. Available for Input: 230V/50Hz or 60Hz | Output: 6V DC/0.5~1A |
| 2. Available for Input: 110V/50Hz or 60Hz | Output: 6V DC/0.5~1A |

# LCD Workout Graphics

## PRESET PROGRAM PROFILES:

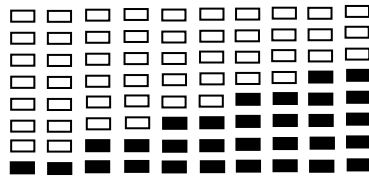
PROGRAM 1

### MANUAL



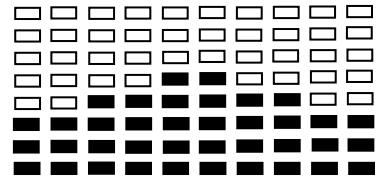
PROGRAM 2

### STEPS



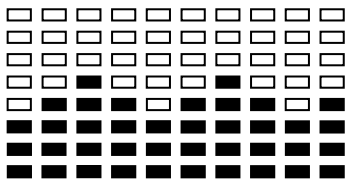
PROGRAM 3

### HILL



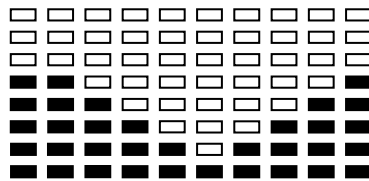
PROGRAM 4

### ROLLING



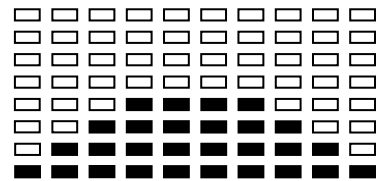
PROGRAM 5

### VALLEY



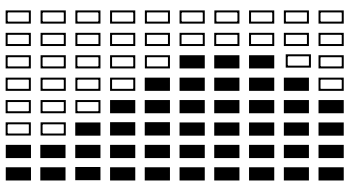
PROGRAM 6

### FAT BURN



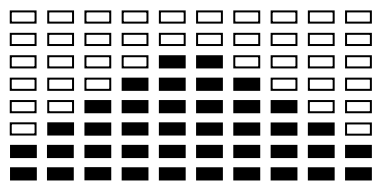
PROGRAM 7

### RAMP



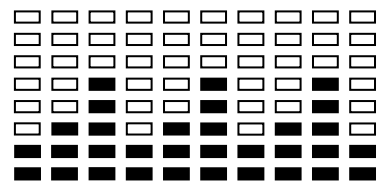
PROGRAM 8

### MOUNTAIN



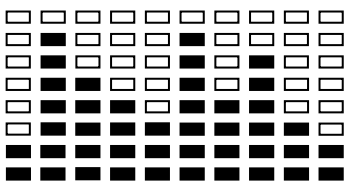
PROGRAM 9

### INTERVALS



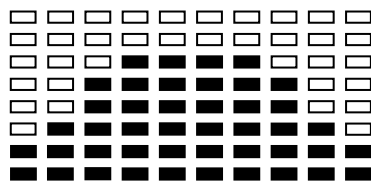
PROGRAM 10

### RANDOM



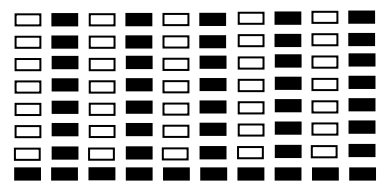
PROGRAM 11

### PLATEAU



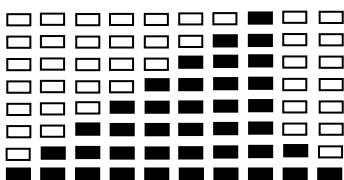
PROGRAM 12

### FARTLEK



PROGRAM 13

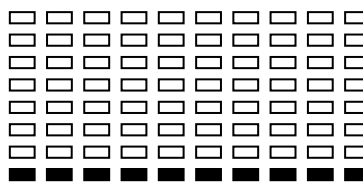
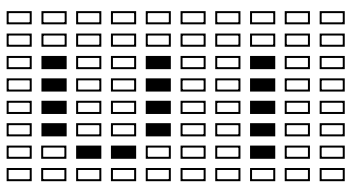
### PRECIPICE



**USER SETTING PROGRAM**

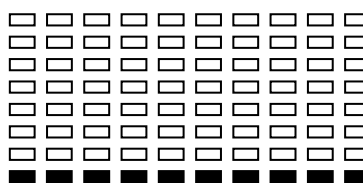
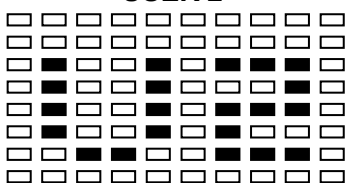
PROGRAM 14

**USER 1**



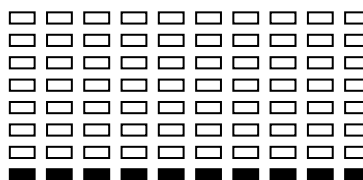
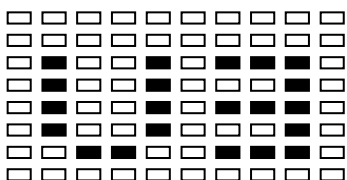
PROGRAM 15

**USER 2**



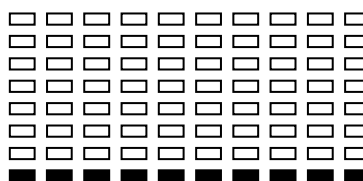
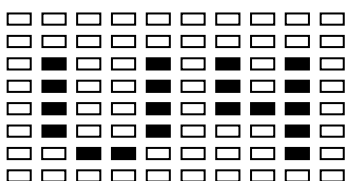
PROGRAM 16

**USER 3**



PROGRAM 17

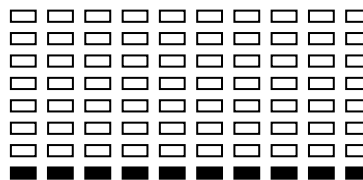
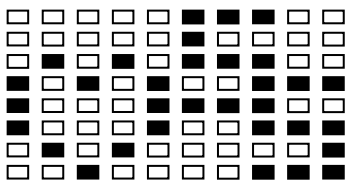
**USER 4**



**HEART RATE PROGRAM PROFILES:**

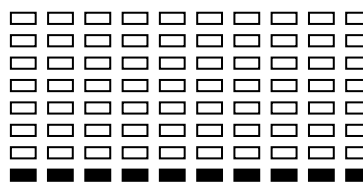
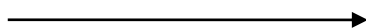
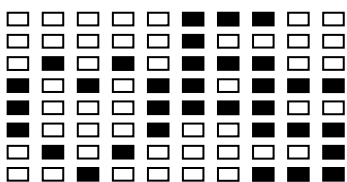
PROGRAM 18

**55% H.R.C.**



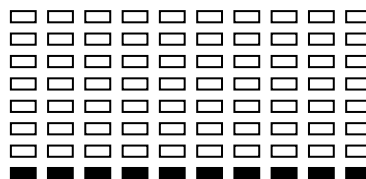
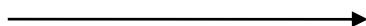
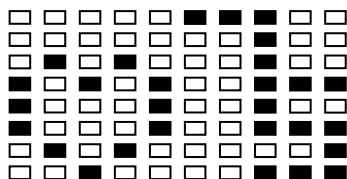
PROGRAM 19

**65% H.R.C.**



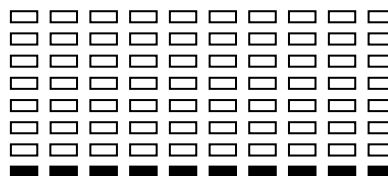
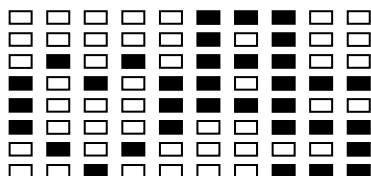
PROGRAM 20

75% H.R.C.



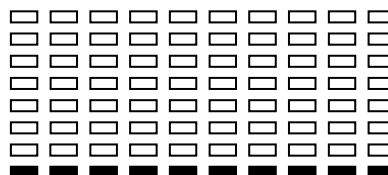
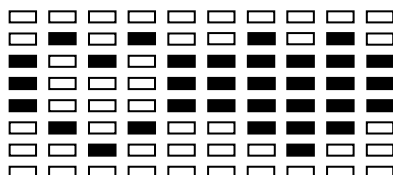
PROGRAM 21

85% H.R.C.



PROGRAM 22

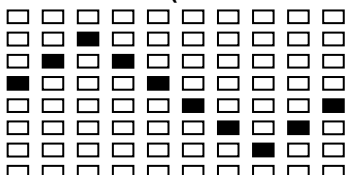
TARGET H.R.C.



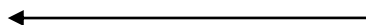
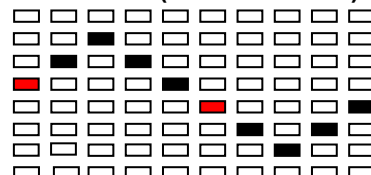
BODY FAT TEST PROGRAMS:

PROGRAM 23

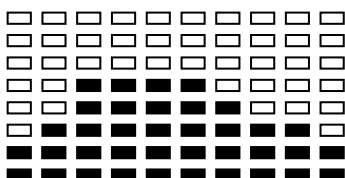
BODY FAT (STOP MODE)



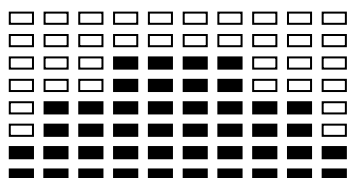
BODY FAT (START MODE)



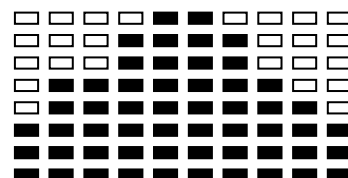
One of the Following Six Profiles Will Display Automatically after Measuring Your BODY FAT:



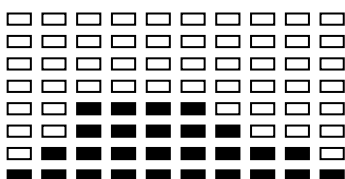
Workout Time: 40 minutes



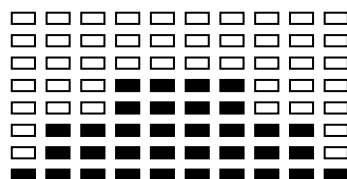
Workout Time: 40 minutes



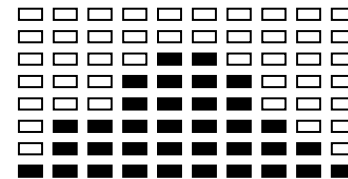
Workout time: 20 minutes



Workout Time: 40 minutes



Workout Time: 40 minutes



Workout time: 20 minutes

# MAINTENANCE

## Cleaning

The elliptical trainer can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the elliptical trainer after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the elliptical trainer, specially, the computer console, out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

## Storage

Store the elliptical trainer in a clean and dry environment away from children.

# TROUBLE SHOOTING

PROBLEM	SOLUTION
The elliptical trainer wobbles when in use.	Turn the rear stabilizer end cap on the rear stabilizer as needed to level the elliptical trainer.
There is no display on the computer console.	<ol style="list-style-type: none"> <li>1. Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the front post.</li> <li>2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.</li> <li>3. The batteries in the computer console may be dead. Change to new batteries.</li> </ol>
There is no heart rate reading or heart rate reading or is erratic / inconsistent.	<ol style="list-style-type: none"> <li>1. Make sure that the wire connections for the hand pulse sensors are secure.</li> <li>2. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures.</li> <li>3. Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.</li> </ol>
The elliptical trainer makes a squeaking noise when in use.	The bolts may be loose on the elliptical trainer, please inspect the bolts and tighten the loose bolts.

## WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

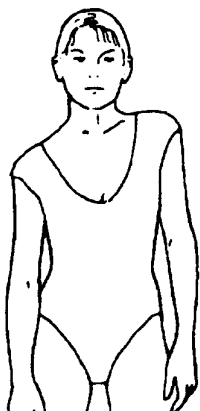
**AEROBIC EXERCISE** is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

**COOL DOWN** at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

### HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



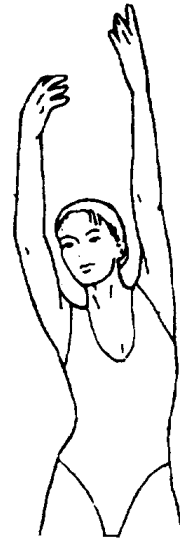
### SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



### **SIDE STRETCHES**

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



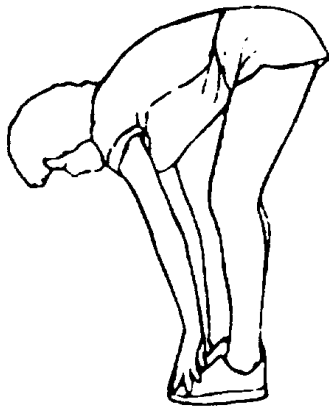
### **QUADRICEPS STRETCH**

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

### **INNER THIGH STRETCH**

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



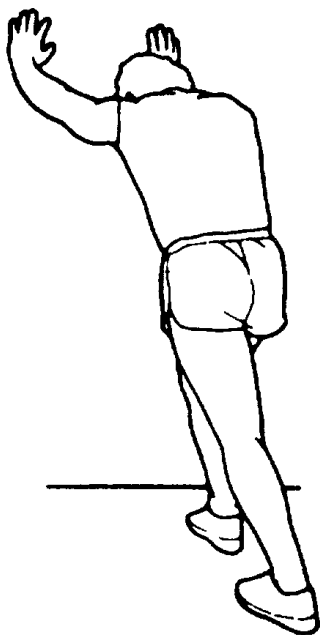
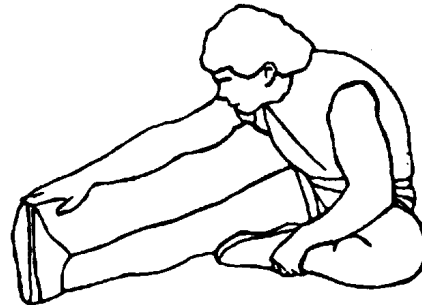


### **TOE TOUCHES**

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

### **HAMSTRING STRETCHES**

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



### **CALF/ACHILLES STRETCH**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

# IMPLIED WARRANTY

The importer of this machine assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty is valid for 1 year, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): Frame, cable, electronic devices, wheels and pedals.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

Wear parts and expendable parts are also not covered.

The device is only intended for home use. The warranty does not apply to commercial use of any kind.

Manufactured by:

Gymstick International Oy

Ratavartijankatu 11

15170 Lahti, FINLAND