



PE350

ELLIPTICAL

OWNER'S MANUAL

17J Rev D

CAUTION! Read all precautions and instructions in this manual before using this equipment.

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Important Safety Instructions

WARNING! The safety of the product can be maintained only if it is examined regularly for damage and wear. See preventive maintenance section for details.

WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

LOCATION

1. Keep the area around the product clear of any obstructions, including walls and furniture. Provide at least three feet of clearance behind the unit.
2. Do not use the product outdoors, near swimming pools, or in areas of high humidity.
3. Do not allow other people to interfere in any way with the user or equipment during workout.
4. Supervise closely any children or disabled persons using the product.
5. The product should only be used on a level surface and is with 0.5 meters space around the product.

OPERATION

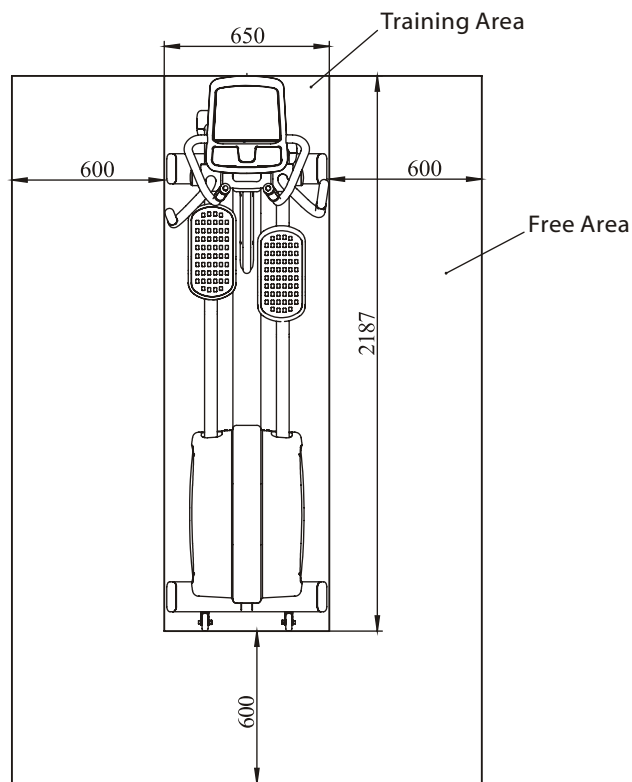
1. Always follow the console instructions for proper operation.
2. Do not reach into, or underneath, the unit, and do not tip the unit on its side during operation.
3. Never insert objects into any opening of the Bike. If any object fall into this equipment, carefully retrieve it while the unit is not in use. If the object can't be reached, please contact customer services.
4. Never place any containers filled with liquids on the unit, except in the accessory tray or water bottle holder. Containers should be covered with lids.
5. Wear shoes with rubber or high-traction soles. Do not wear shoes with high heels, leather shoes, slippers, or spikes. Make sure no sharp stuff is embedded in the soles.
6. Do not use the bike with bare feet.
7. Keep all loose clothing, shoelaces, and towels away from moving parts.

Important Safety Instructions

8. Take extra caution when stepping on or off the bike.
9. Never face backward while using the bike.

Save these instructions for future reference

Training Area and Free Area



Specifications

Class: S

Maximum User Weight: 150Kg/ 330lbs

Product Total Surface: 650*2187mm

Product Total Mass: 124kg/ 273lbs

Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH

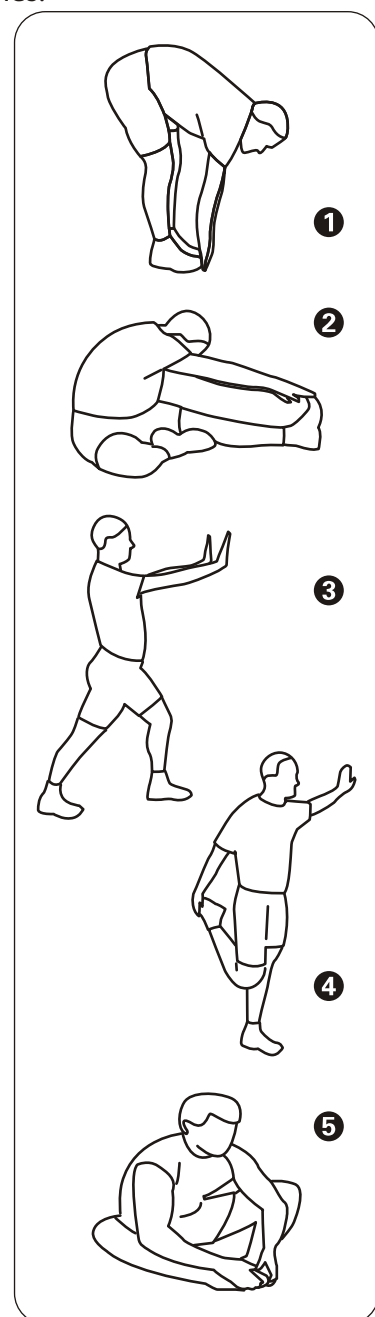
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the achilles tendon, bend your back leg as well. This will stretch your calves, achilles tendons, and ankles.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

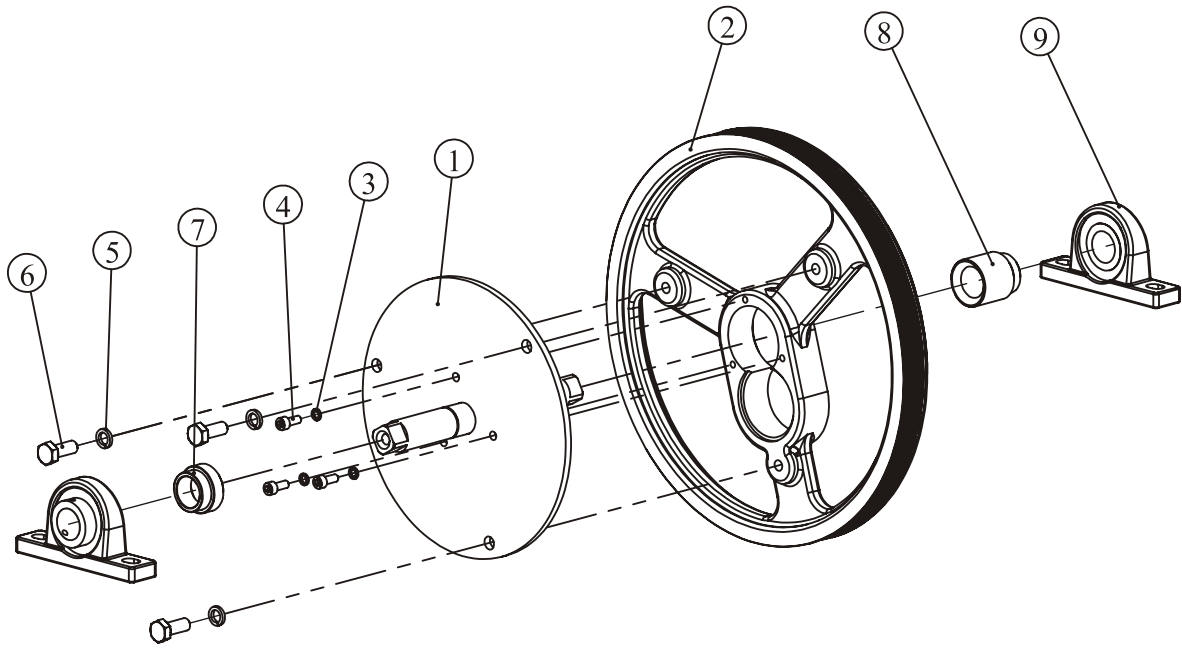
INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



Exploded View and Parts List

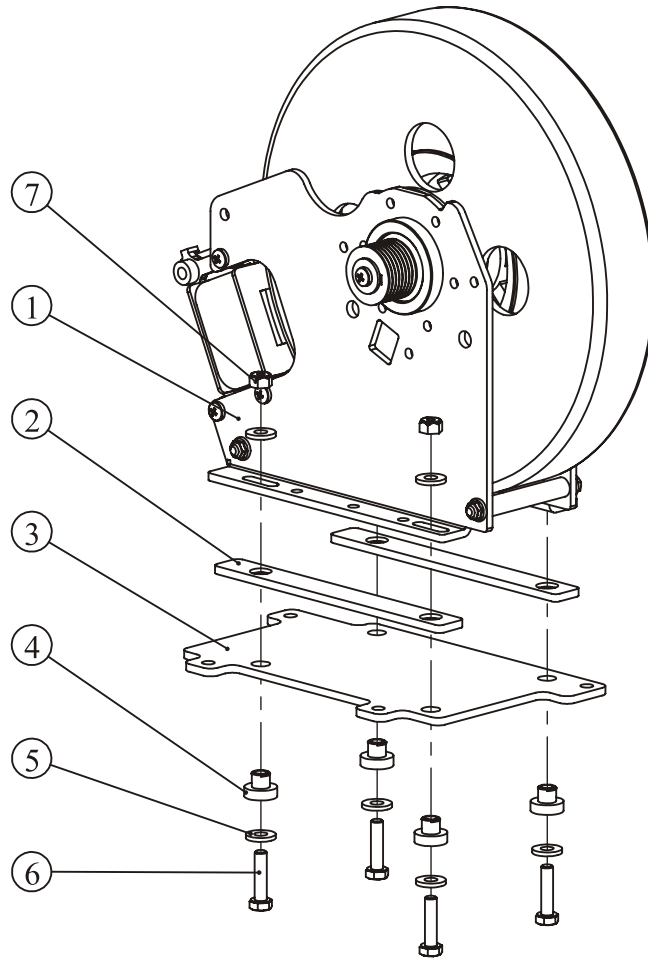
Shaft ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.21.1	PE350C1000V1	Shaft	1
2	1.21.2	PE3502000	Big Wheel	1
3	1.21.3	GB936DS12	Spring Washer $\Phi 6$	3
4	1.21.4	GB70M6*15DS4	Socket Head Bolt M6*15	3
5	1.21.5	GB9310DS12	Spring Washer $\Phi 10$	3
6	1.21.6	GB5781M10*25DS20	Hex Head Bolt M10*25	3
7	1.21.7	PE350C9200	Sleeve 1	1
8	1.21.8	PE350C9300	Sleeve 2	1
9	1.21.9	UP205	Pillow Block Bearing	2

Exploded View and Parts List

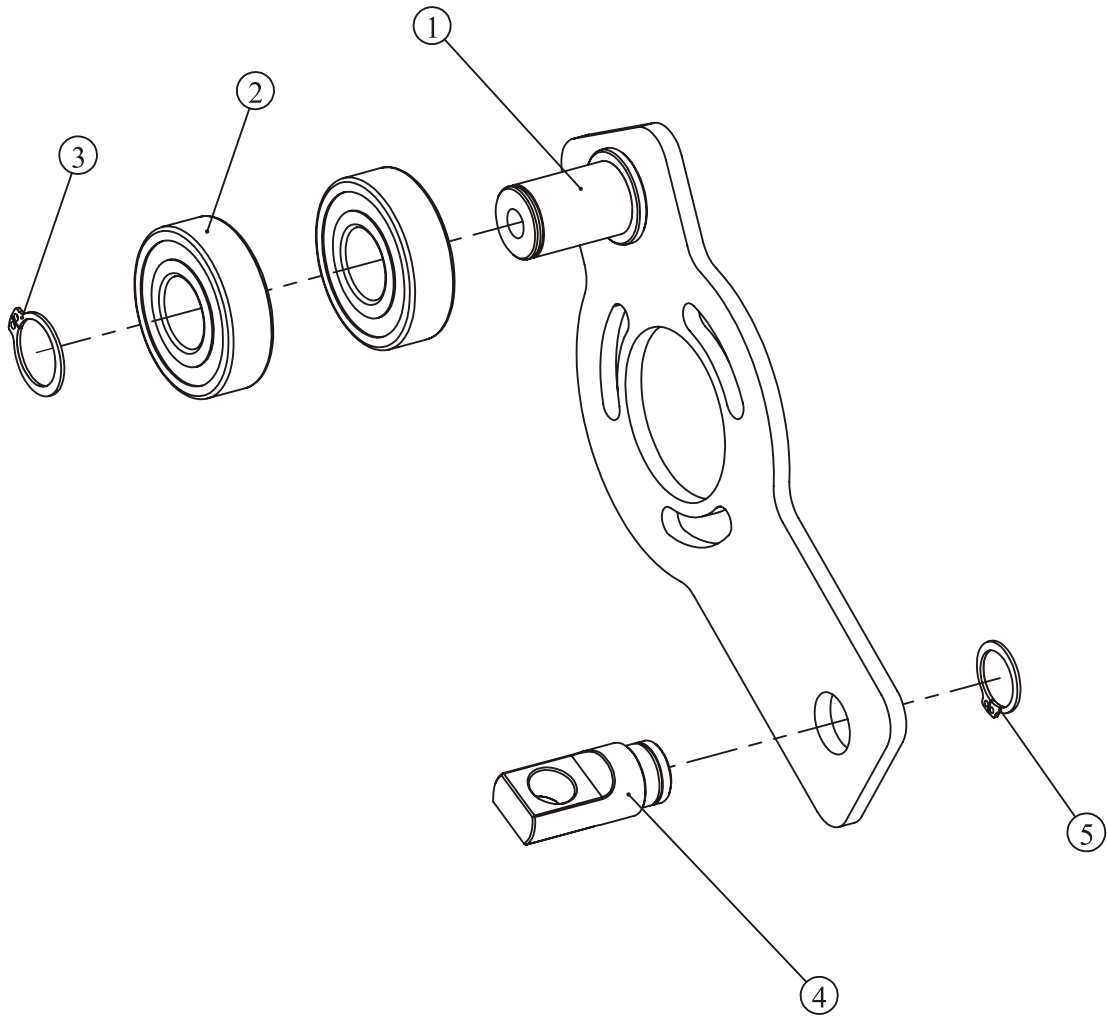
Brake ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.26.1	D75V1	Brake	1
2	1.26.2	U7B3700	insulation plate: brake	2
3	1.26.3	PE350D9500	Transition Plate	1
4	1.26.4	U7B3800	insulation space: brake	4
5	1.26.5	DQ6DS2A	Washer $\Phi 6.6^* \Phi 15^*2$	8
6	1.26.6	GB5781M6*25DS20	Hex Head Bolt M6*25	4
7	1.26.7	NM6DS2	Nylon Insert Lock Nut M6	4
8	1.26.8	B1400CEC-QFZX650	Wire for Generator	1
9	1.26.9	B1800CEC-QFKX650	Wire for Braker	1

Exploded View and Parts List

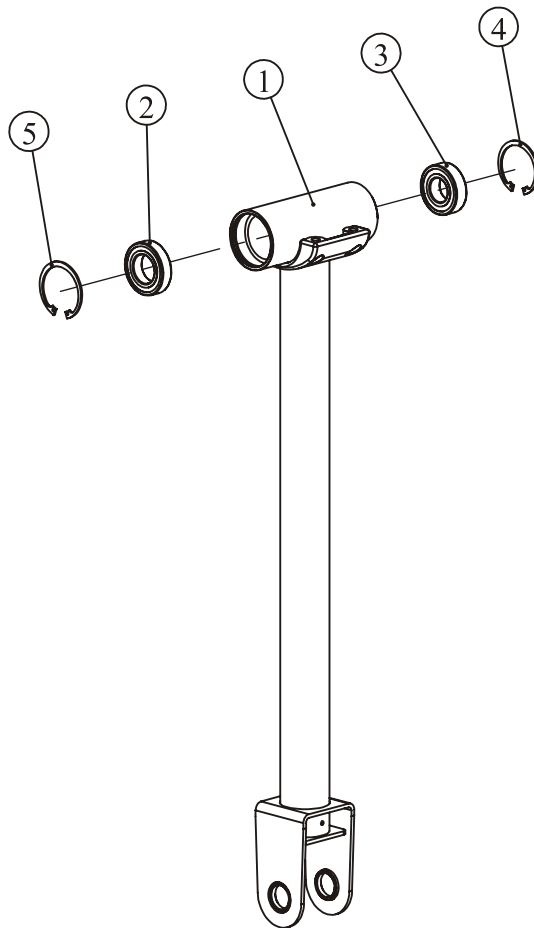
Tightener ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.30.1	PE3501100V1	Tightener	1
2	1.30.2	GB2766204-2RSC3TPI	Bearing 6204	2
3	1.30.3	GB894.120FH12	Shaft Clip $\Phi 20$	1
4	1.30.4	PE350D10200	Tension Shaft	1
5	1.30.5	GB894.117FH12	Shaft Clip $\Phi 17$	1

Exploded View and Parts List

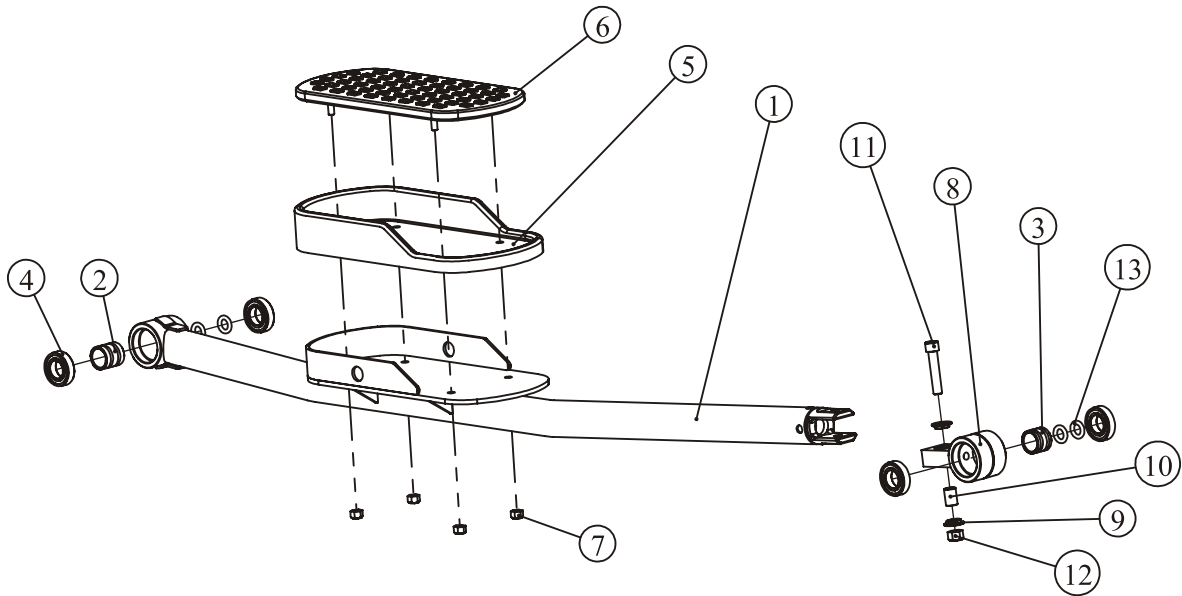
Moving Handrail ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.56.1	PE350D0200	Moving Handrail	1
2	1.56.2	GB2766006-2RSC3TPI	Bearing 6006	1
3	1.56.3	GB2766205-2RZC3TPI	Bearing 6205	1
4	1.56.4	GB893.152FH12	Clip Φ 52	1
5	1.56.5	GB893.155FH12	Clip Φ 55	1

Exploded View and Parts List

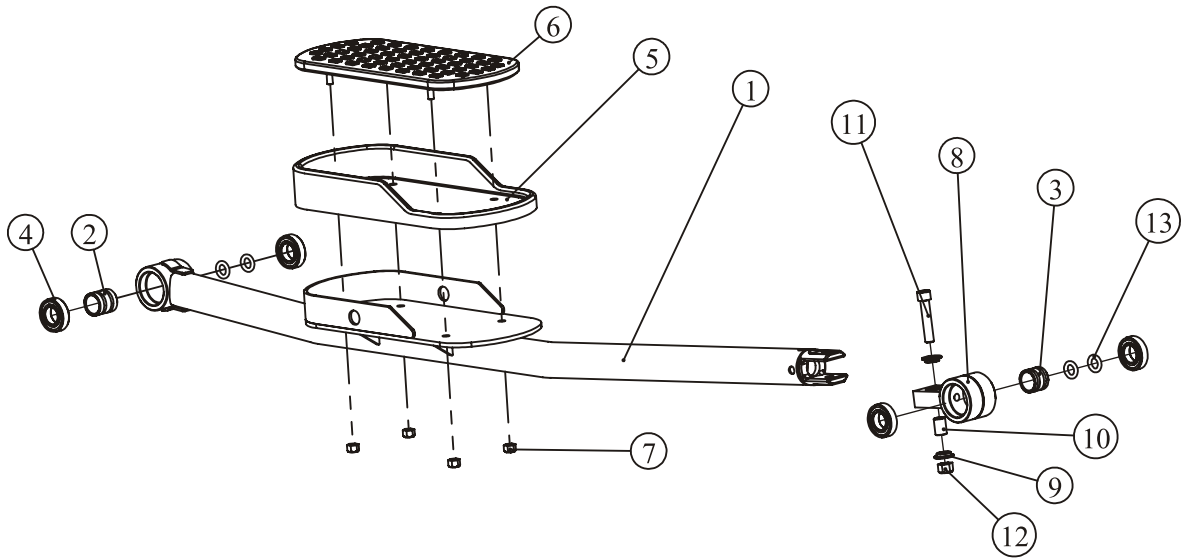
Left Pedal Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.61.1	PE350D0300	Left Pedal Frame	1
2	1.61.2	PE350D9700	Bushing $\Phi 32^* \Phi 26^*34$	1
3	1.61.3	PE350D9600	Bushing $\Phi 32^* \Phi 26^*26$	1
4	1.61.4	GB2766005-2RSC3TPI	Bearing 6005	4
5	1.61.5	PE3502200	Pedal	1
6	1.61.6	PST3002900	Pedal Rubber	1
7	1.61.7	NM8N19	Nylon Insert Lock Nut M8	4
8	1.61.8	PE350D8000	Link Group	1
9	1.61.9	TBT5500	Bushing $\Phi 16^* \Phi 20^*6$	2
10	1.61.10	PE3508100	Bushing $\Phi 16^* \Phi 11.7^*23$	1
11	1.61.11	GB70M12*60*60DS20	Socket Head Bolt M12*60	1
12	1.61.12	NM12DS2	Nylon Insert Lock Nut M12	1
13	1.61.13	GB3452.125*5.3	rubber sealing ring	4

Exploded View and Parts List

Right Pedal Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.62.1	PE350D0400	Right Pedal Frame	1
2	1.62.2	PE350D9700	Bushing $\Phi 32^* \Phi 26^*34$	1
3	1.62.3	PE350D9600	Bushing $\Phi 32^* \Phi 26^*26$	1
4	1.62.4	GB2766005-2RSC3TPI	Bearing 6005	4
5	1.62.5	PE3502200	Pedal	1
6	1.62.6	PST3002900	Pedal Rubber	1
7	1.62.7	NM8N19	Nylon Insert Lock Nut M8	4
8	1.62.8	PE350D8000	Link Group	1
9	1.62.9	TBT5500	Bushing $\Phi 16^* \Phi 20^*6$	2
10	1.62.10	PE3508100	Bushing $\Phi 16^* \Phi 11.7^*23$	1
11	1.62.11	GB70M12*60*60DS20	Socket Head Bolt M12*60	1
12	1.62.12	NM12DS2	Nylon Insert Lock Nut M12	1
13	1.62.13	GB3452.125*5.3	rubber sealing ring	4

Exploded View and Parts List

Main Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	1.1	PE350D0100	Main Frame	1
2	1.2	GB6172.1M10DS2	Nut M10	2
3	1.3	PE3001700	Leveler Foot	2
4	1.4	PU300C8100	Plug	4
5	1.5	CG60007700	Rubber Mat	3
6	1.6	DP86703100V1	Pu Wheel	2
7	1.7	GB958N19	Washer $\Phi 9 * \Phi 16 * 1.6$	4
8	1.8	GB70M8*45N19	Socket Head Bolt M8*45	2
9	1.9	NM8N19	Nylon Insert Lock Nut M8	2
10	1.10	GB894.130FH12	Shaft Clip $\Phi 30$	2
11	1.11	IT80101800	End Cap Yj110*50	1
12	1.12	STDP5500	Screw Clip	4
13	1.13	ECU7P3500	Nut PA6	10
14	1.14	PE3501600V1	Left Front Cover	1
15	1.15	PE3501700V1	Right Front Coner	1
16	1.16	GB818M5*15DHS2	Screw M5*15	14
17	1.17	L3000XHB-SMA-12	Cable:console	1
18	1.18	08-0077	Magnetic ring	1
19	1.19	GB41M10DS2	Nut M10	4
20	1.20	GB5781M10*40DS20	Hex Head Bolt M10*40	4
21	1.21	PE350D10ASSY	Shaft ASSY	1
22	1.22	DXD510J8A	Belt	1
23	1.23	GB9510DS2	Washer $\Phi 11 * \Phi 20 * 2$	8
24	1.24	GB70M10*80DHS20	Socket Head Bolt M10*80	4
25	1.25	NM10DS2	Nylon Insert Lock Nut M10	4
26	1.26	D75V1 ASSY	Brake ASSY	1
27	1.27	GB956DS2	Washer $\Phi 6.6 * \Phi 12 * 1.6$	4
28	1.28	GB936DS12	Spring Washer $\Phi 6$	4
29	1.29	GB70M6*15DS4	Socket Head Bolt M6*15	4
30	1.30	PE350D11ASSY	Tightener ASSY	1
31	1.31	RU7004800	Space:tightener	3
32	1.32	GB935DS12	Spring Washer $\Phi 5$	3
33	1.33	GB70M5*20DS20	Socket Head Bolt M5*20	3
34	1.34	PE350D10100	Nut sleeve:tightener	1
35	1.35	GB70M8*25DS20	Socket Head Bolt M8*25	1
36	1.36	NM8DS2	Nylon Insert Lock Nut M8	1
37	1.37	U7B4000	insulation plate:tightener	1

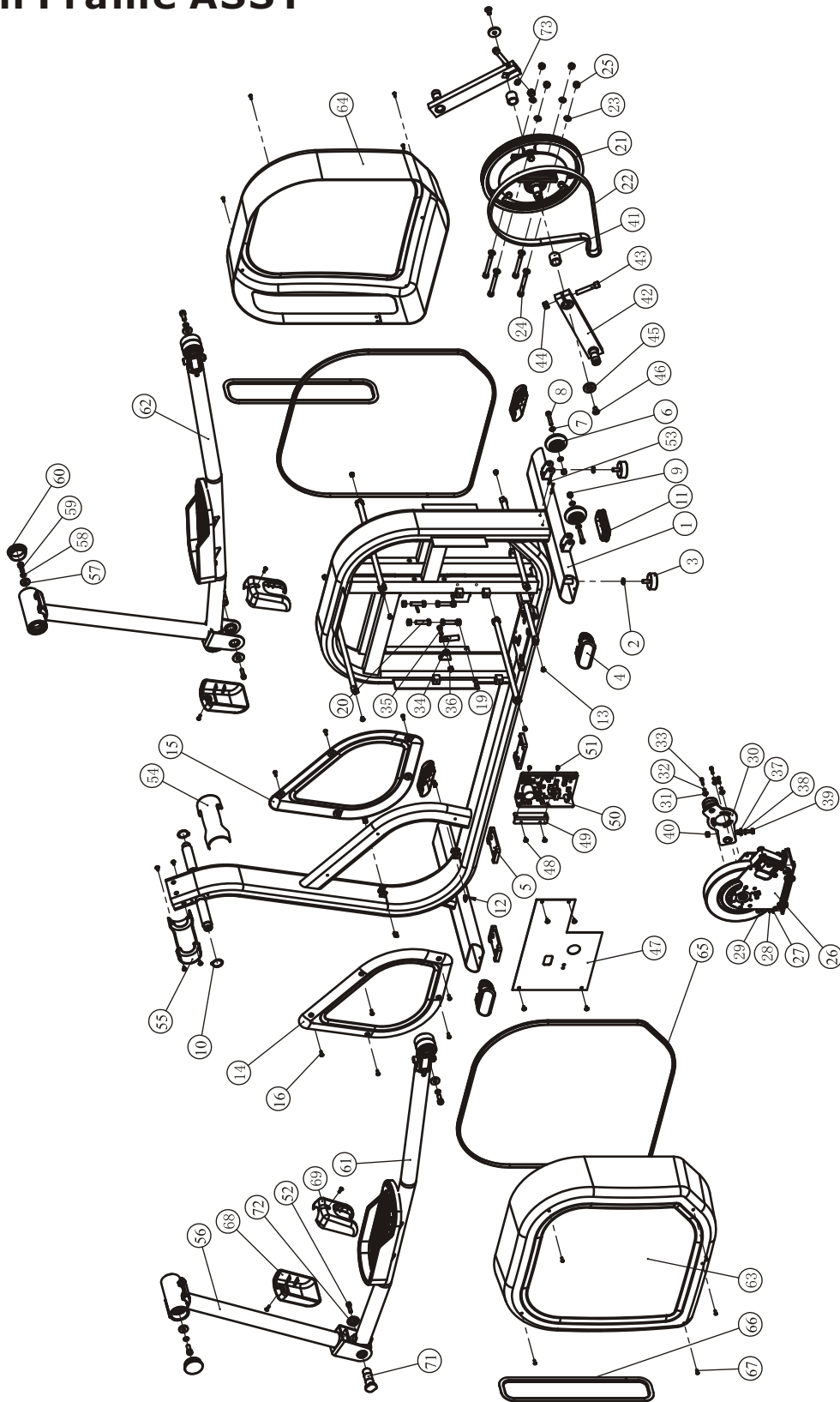
Exploded View and Parts List

Main Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
38	1.38	GB958DS2	Washer $\Phi 9 * \Phi 16 * 1.6$	1
39	1.39	GB5780M8*90DS2	Hex Head Bolt M8*90	1
40	1.40	GB41M8DS2	Nut M8	1
41	1.41	PE350C9400	Sleeve 1	2
42	1.42	PE350D0900	Crank	2
43	1.43	GB70M12*65FH21	Socket Head Bolt M12*65	2
44	1.44	GB41M12FH18	Nut M12	2
45	1.45	IF81212000	Washer	2
46	1.46	CNLM10*20DS20NL	Allen Screw M10*20	2
47	1.47	PE3503900	Abs Board	1
48	1.48	GB9074ST4.2*13DHS	Screw,ST4.2*13	14
49	1.49	PU300D5000	Transition Plate	1
50	1.50	C66	Controller	1
51	1.51	GB818M5*8DS2	Screw M5*8	2
52	1.52	GB70M8*30FH21NL	Socket Head Bolt M8*30	2
53	1.53	GB126183.2*15N11	Rivet, $\Phi 3.2$	2
54	1.54	PE3502900	Cover 1	1
55	1.55	PE3503000	Cover 2	1
56	1.56	PE350D02ASSY	Moving Handrail ASSY	2
57	1.57	DQ10DHS2E	Washer $\Phi 10.5 * \Phi 28 * 5$	4
58	1.58	GB9310DS12	Spring Washer $\Phi 10$	4
59	1.59	GB70M10*25DS20	Socket Head Bolt M10*25	4
60	1.60	PE3502800	End Cap	2
61	1.61	PE350D03ASSY	Left Pedal Frame ASSY	1
62	1.62	PE350D04ASSY	Right Pedal Frame ASSY	1
63	1.63	PE3501400	Left Cover	1
64	1.64	PE3501500	Right Cover	1
65	1.65	PE3503700	Cover Regular 1	2
66	1.66	PE3503800	Cover Regular 2	2
67	1.67	GB845ST4.2*16DHS	Screw,ST4.2*16	10
68	1.68	PE3502600	Front Cover	2
69	1.69	PE3502700	Rear Cover	2
70	1.70	SMJ10*1*1000	Double Side Tape	0.8
71	1.71	PE350D9800	Shaft	2
72	1.72	PE350D9900	Bushing	2
73	1.73	GB9312DHS12	Spring Washer $\Phi 12$	2

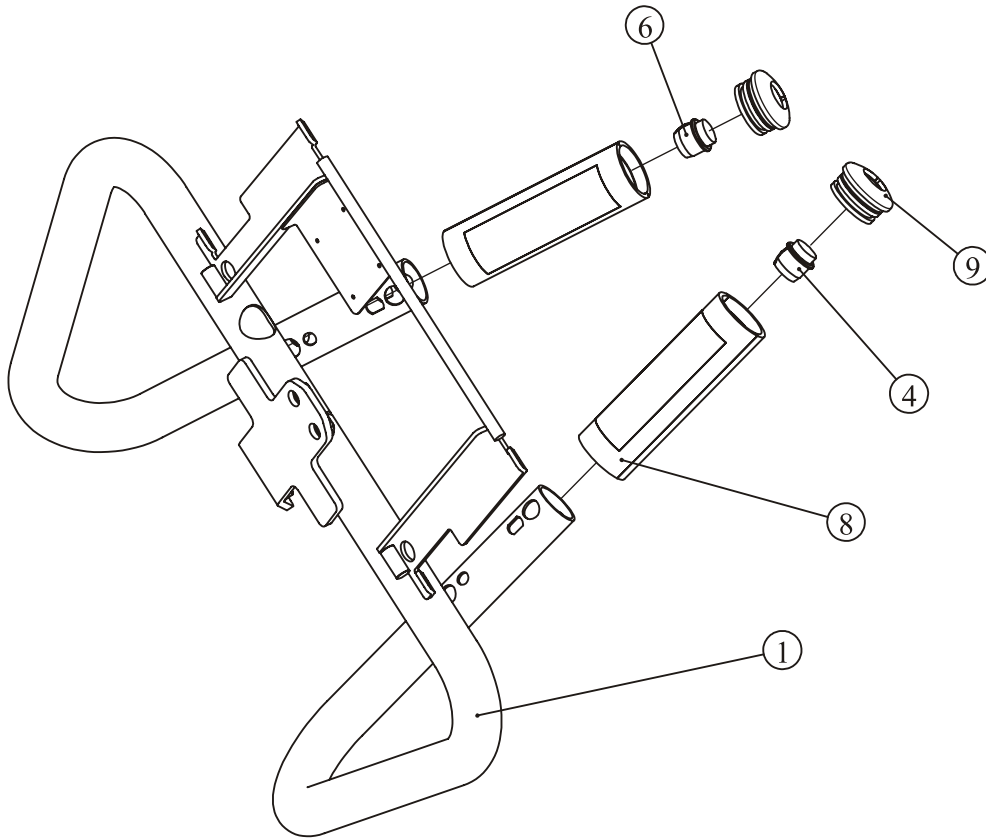
Exploded View and Parts List

Main Frame ASSY



Exploded View and Parts List

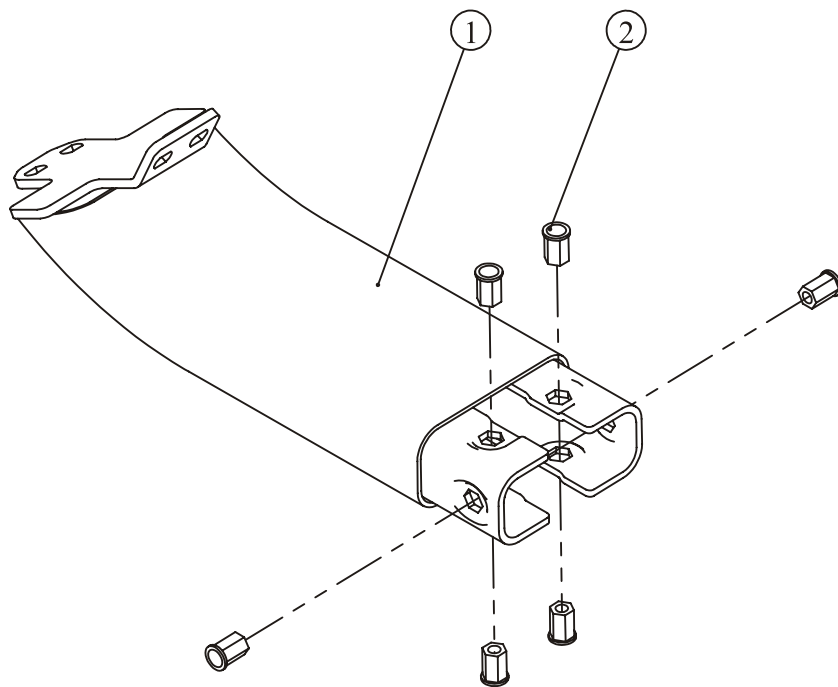
Console Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	2.1.1	PE350D0500	Console Frame	1
2	2.1.2	L1300SMA-SMY-XHB-3	Adjusting Line	1
3	2.1.3	L1000ST0-XHB-4	Handle Pules Line	1
4	2.1.4	F51A	Left Handle Adjusting Line	1
5	2.1.5	L120SMY-2	Left Adjusting Line	1
6	2.1.6	F50A	Right Handle Adjusting Line	1
7	2.1.7	L120SMA-2	Right Adjusting Line	1
8	2.1.8	X05	Hand Pulse	2
9	2.1.9	X05-PST-01	Hand Pulse Cap	2

Exploded View and Parts List

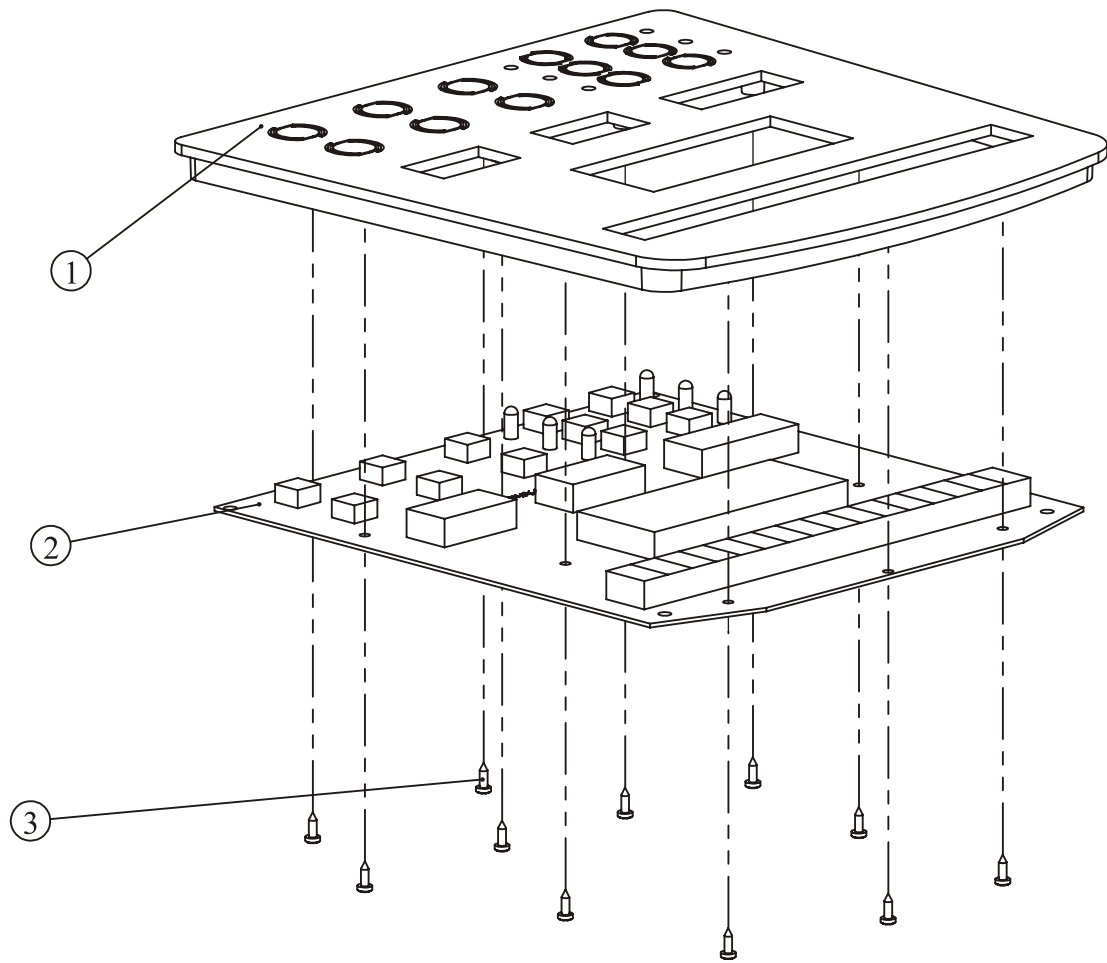
Upright Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	2.7.1	PE350D0600	Upright Frame	1
2	2.7.2	GB17880.5M8*16.5DCS17	Rivet Nut M8	6

Exploded View and Parts List

Circuit Board Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	2.17.1	PU300DZB03	Circuit board frame	1
2	2.17.2	B141	PCB: console	1
3	2.17.3	GB845ST2.9*9.5DS	Screw,ST2.9*9.5	11

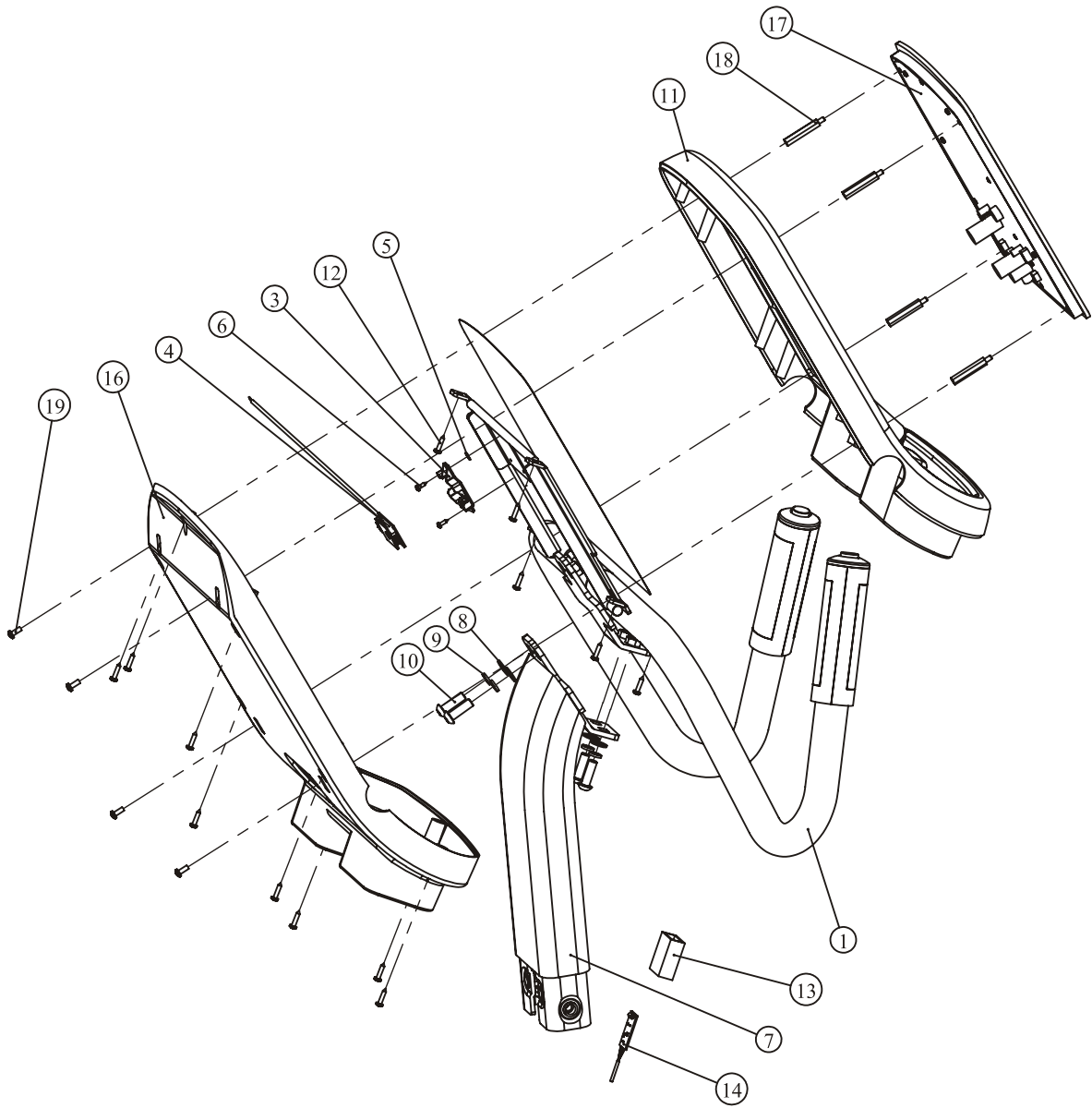
Exploded View and Parts List

Console ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	2.1	PE350D05ASSY	Console Frame ASSY	1
2	2.2	L900XHB-SMY-12	Cable: console	1
3	2.3	RR7002900	fixed box	1
4	2.4	DQSWXT01-S	PCB: hand pulse	1
5	2.5	GB862.24DS12	Washer $\Phi 4$	1
6	2.6	GB845ST2.9*9.5DS	Screw,ST2.9*9.5	2
7	2.7	PE350D06ASSY	Upright Frame ASSY	1
8	2.8	GB958DS2	Washer $\Phi 9^* \Phi 16^*1.6$	4
9	2.9	GB938DS12	Spring Washer $\Phi 8$	4
10	2.10	PNLM8*25*25DS20NL	Button Head Bolt M8*25	4
11	2.11	PU300DZB01	Upper shell: console	1
12	2.12	GB845ST3.5*16DHS	Screw,ST3.5*16	13
13	2.13	RU5004400	Acceptor cover	1
14	2.14	DQXTJS01	PCB: heart rate	1
15	2.15	L350XHB_XHB-3	Stopwatch	1
16	2.16	PU300DZB02	Lower shell: console	1
17	2.17	PE350DDZB03ASSY	Circuit board frame ASSY	1
18	2.18	PR3003000	PCB plate supporting column	4
19	2.19	GB818M4*10DHS2	Screw M4*10	4
20	2.20	08-0077	Magnetic ring	2
21	2.21	K1NF-55(N)	Magnetic ring	3
22	2.22	PU300BMM01TY	Console Overlay	1
23	2.23	PU300LOGOTZ17	LOGO	1

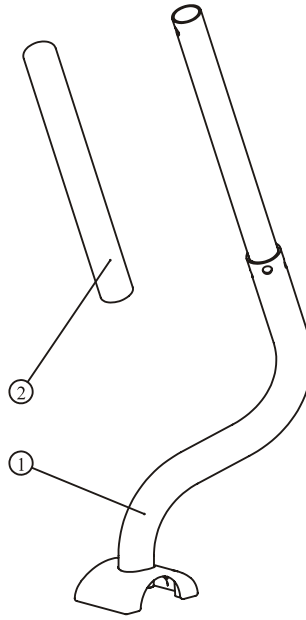
Exploded View and Parts List

Console ASSY



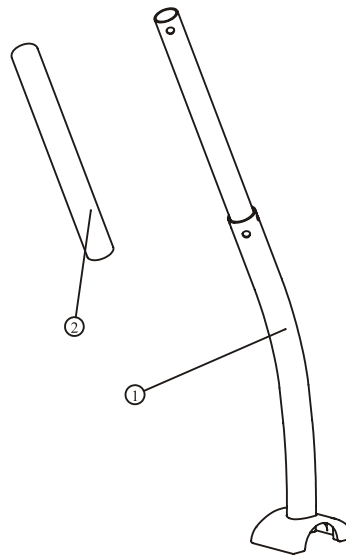
Exploded View and Parts List

Left Handle ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	3.1	PE3500700	Left Handle	1
2	3.2	PE3001300	Long Rubber Grip	1

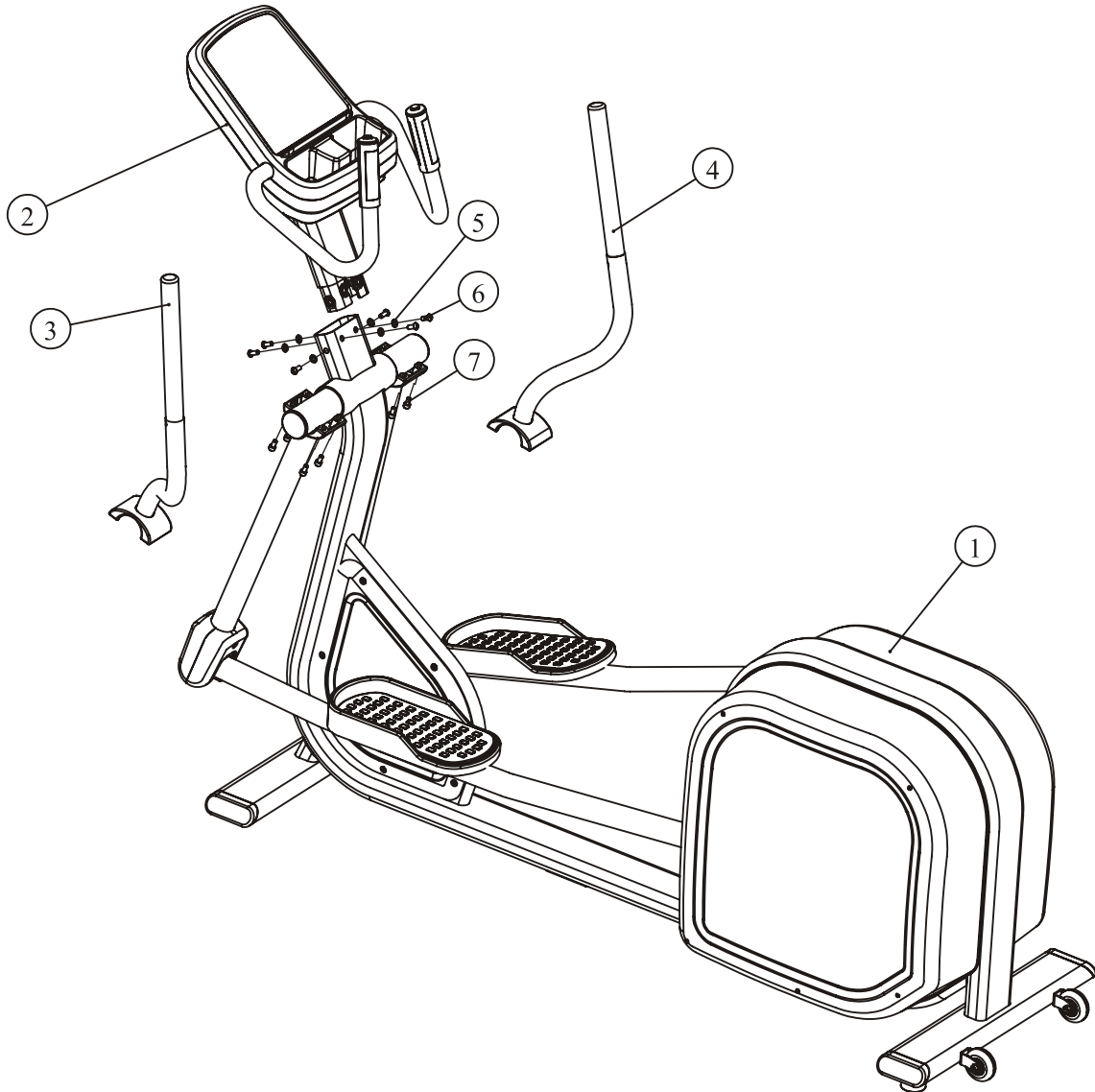
Right Handle ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	4.1	PE3500800	Right Handle	1
2	4.2	PE3001300	Long Rubber Grip	1

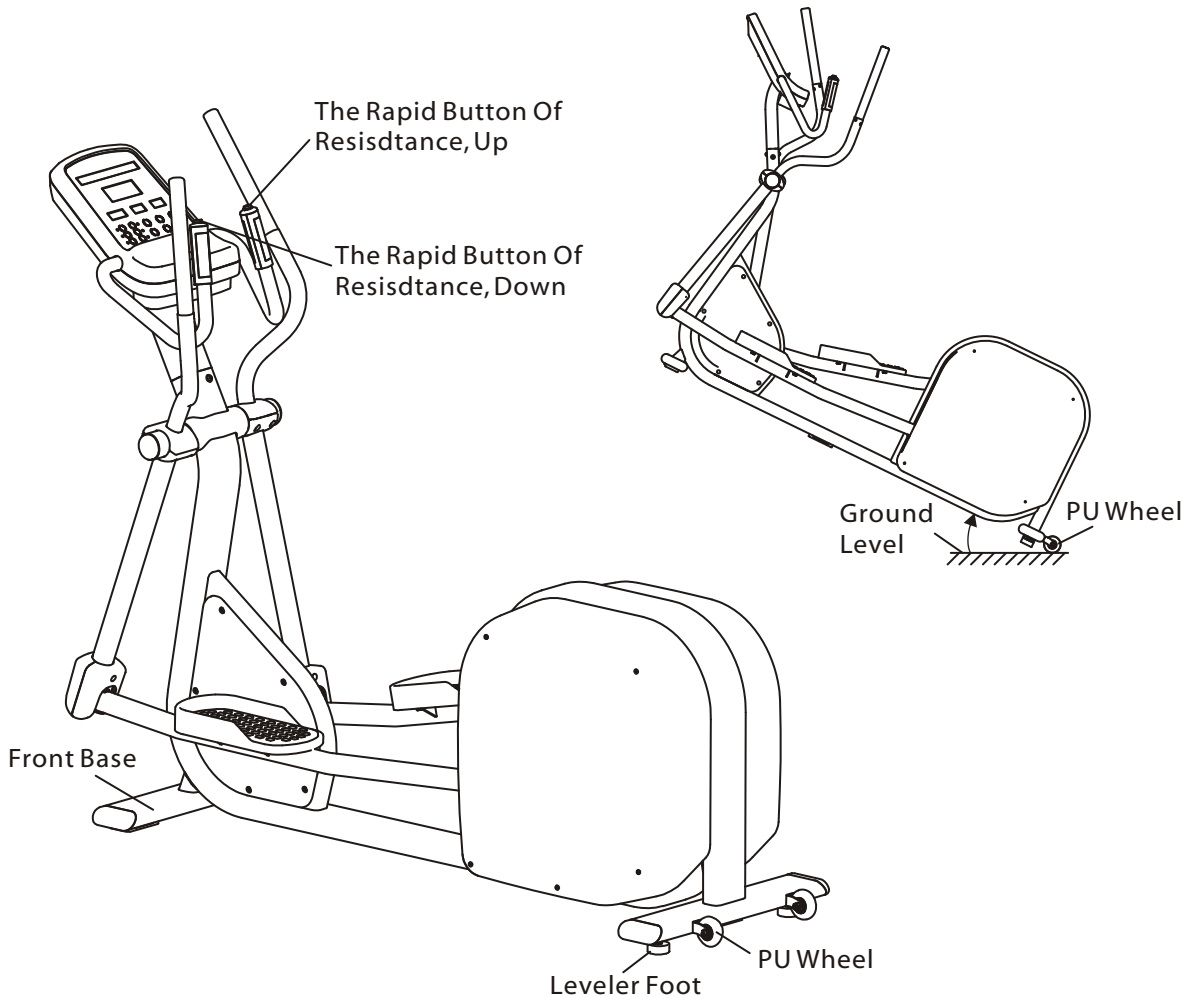
Exploded View and Parts List

Overall



Item No.	Grade No.	Part No.	Description	QTY
1	1	PE350D01ASSY	Main Frame	1
2	2	PE350DDZBASSY	Console	1
3	3	PE350D07ASSY	Left Handle	1
4	4	PE350D08ASSY	Right Handle	1
5	5	GB958N19	Washer $\Phi 9^* \Phi 16^*1.6$	6
6	6	PNLM8*20N19NL	Button Head Bolt M8*20	6
7	7	GB70M8*15N19NL	Socket Head Bolt M8*15	8

Usage And Maintenance



Instruction

1. When moving the machine, grasp the Front Base, you can move it by the PU Wheel.
2. When using the machine, you must ensure it stand steadily on the ground. If it isn't steady, you must adjust the Leveler Foot.
3. The machine has self-generating system (no power required).

Maintenance

1. Tighten the pedals every 3 months.
2. If the Bolts and Screws have the trend of losing, please lock them timely.

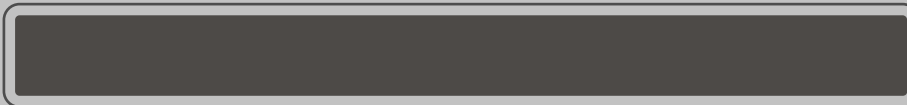
Console Panel Functions

DISTANCE

WATT

HEART RATE

CALORIE

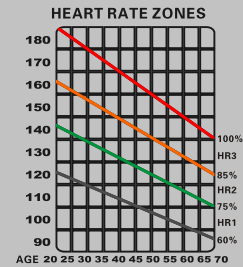


Quick Start:

- Start pedaling, press **(START)**.
- To manually adjust resistance, using **(UP)** **(DOWN)**.

Program Operation:

- Start pedaling, press program button.
- Using **(UP)** **(DOWN)** to enter message.
- Press **(START)** when START scrolling in the window.
- Using **(UP)** **(DOWN)** to change the resistance.
- Using **(MODE)** select time/distance/calorie countdown program.



TIME

SPEED

LEVEL



MANUAL CARDIO (UP) MODE (DOWN) ENTER

FATBURN HEART RATE

RANDOM USER (START) (STOP)

Console Panel Functions

CONSOLE PANEL FUNCTION



1. TIME WINDOW

Indicates elapsed time after pressing start in minutes and seconds (0-99minutes, 0-59seconds).

2. SPEED WINDOW

Indicates workout laps per minute on pedal.

3. LEVEL WINDOW

Indicates workout in degree of force L1—L20 in 1 increments.

4. HEART RATE WINDOW

Indicates user's current heart rate (BPM).



5. DISTANCE WINDOW

Indicates Kilometers or Miles traveled in 0.01 increments up to 9.99 and 0.1 increments starting at 10.0 (Range 0.01---999).

6. CALORIE WINDOW

Indicates estimated calories used based on 68 Kg person at the indicated speed, degree of force and time.

7. WATT WINDOW

Indicates user's current to make power (Watt).

8. DOT MATRIX

8.1 Indicates ENTER WEIGHT KGS (or Lbs) when turn on power.

8.2 Indicates message when enter value.

8.3 Indicates workout curve in Program mode.



CONSOLE BUTTONS

1. START

This button is used to start the current program.

2. STOP

This button is used to stop the current program.

3. LEVEL + and LEVEL -

These buttons are used to adjust the degree of force of the machine during workout.



These buttons are also used to adjust the values when setting up your workout.

4. MODE

This button is used to cycle through to the desired program (time countdown, calories countdown, distance countdown mode).

Console Panel Functions

5. ENTER



This button is used to enter value of program mode.

6. MANUAL ONE TOUCH



This button is used to select workout "manual mode".

7. FAT BURN ONE TOUCH



This button is used to select workout "fat burn mode".

8. RANDOM ONE TOUCH



This button is used to select workout "random mode".

9. CARDIO ONE TOUCH



This button is used to select workout "cardio mode".

10. HEART RATE ONE TOUCH



This button is used to select workout "heart rate mode".

11. USER ONE TOUCH



This button is used to select workout "user mode".

CONSOLE OPERATION

1. QUICK START / MANUAL MODE

1.1 Start the pedal

1.2 Indicates "ENTER WEIGHT KGS" in dot matrix, "68" will be flash in degree of force window, Use level of force + or – button to adjust user weight.

1.3 Press "ENTER", Indicates "PRESS START OR SELECT PROGRAM" in dot matrix.

- (1) If press START button through manual mode;
- (2) If press FAT BURN button through fat burn mode;
- (3) If press RANDOM button through random mode;
- (4) If press CARDIO button through cardio mode;
- (5) If press HEART RATE button through heart rate mode;
- (6) If press USER button through user mode.

1.4 If press MODE button to cycle through to time countdown, distance countdown, calories countdown mode.

1.5 If press STOP button will be reset.

Console Panel Functions

2. PROGRAM MODE

2.1 TIME COUNTDOWN MODE

Press MODE button to cycle through time countdown mode After enter weight.

- (1) Indicates TIME COUNTDOWN in dot matrix, Time window will be flash 30:00, Use level + or – button to adjust value;
- (2) Indicates ENTER TIME in dot matrix after 5 seconds;
- (3) Indicates PRESS START in dot matrix after press ENTER button.

2.2 DISTANCE COUNTDOWN MODE

Press MODE button to cycle through distance countdown mode After enter weight.

- (1) Indicates DISTANCE COUNTDOWN in dot matrix, Distance window will be flash "0.00", Use level + or – button to adjust value;
- (2) Indicates ENTER DISTANCE in dot matrix after 5 seconds;
- (3) Indicates PRESS START in dot matrix after press ENTER button.

2.3 CALORIES COUNTDOWN MODE

Press MODE button to cycle through calories countdown mode After enter weight.

- (1) Indicates CALORIES COUNTDOWN in dot matrix, Distance window will be flash "000", Use level + or – button to adjust value;
- (2) Indicates ENTER CALORIES in dot matrix after 5 seconds;
- (3) Indicates PRESS START in dot matrix after press ENTER button.

2.4 PROGRAM

2.4.1 FAT BURN

Press FAT BURN button

- (1) Indicates FAT BURN MODE in dot matrix, Time window will be flash "30:00", Use level + or – button to adjust value;
- (2) Indicates workout curve in dot matrix after 5 seconds;
- (3) Indicates ENTER TIME ENTER TIME in dot matrix after 5 seconds;
- (4) Indicates PRESS START in dot matrix after press ENTER button.

2.4.2 RANDOM

Press RANDOM button

- (1) Indicates RANDOM MODE in dot matrix, Time window will be flash "30:00", Use level + or – button to adjust value;
- (2) Indicates workout curve in dot matrix after 5 seconds;

Console Panel Functions

(3) Indicates ENTER TIME ENTER TIME in dot matrix after 5 seconds;

(4) Indicates PRESS START in dot matrix after press ENTER button.

2.4.3 CARDIO

Press CARDIO button

(1) Indicates CADIO MODE in dot matrix, Time window will be flash "30:00", Use level + or – button to adjust value;

(2) Indicates workout curve in dot matrix after 5 seconds;

(3) Indicates ENTER TIME ENTER TIME in dot matrix after 5 seconds;

(4) Indicates PRESS START in dot matrix after press ENTER button.

2.4.4 HEART RATE

User must wear chest belt when through HEART RATE mode

HR1: Target pulse is 65% of Max. pulse;

HR2: Target pulse is 75% of Max. pulse;

HR3: Target pulse is 85% of Max. pulse.

2.4.4.1 HR1

Press HEART RATE button to cycle through HR1, HR2, HR3

(1) Indicates HEART RATE 1 in dot matrix, Time window will be flash "30:00", Use level + or – button to adjust value;

(2) Indicates ENTER TIME in dot matrix after 5 seconds;

(3) Indicates ENTER AGE in dot matrix after press ENTER button, Pulse window will show target pulse;

(4) Indicates PRESS START after press ENTER button.

2.4.4.2 HR2-HR3

Press HEART RATE button to cycle through HR1, HR2, HR3, the same HR1

2.4.5 USER

Press USER button

(1) Indicates USER PROGRAM in dot matrix, Time window will be flash "30:00", Use level + or – button to adjust value;

(2) Indicates workout curve after 5 seconds;

(3) Indicates ENTER TIME after 5 seconds;

(4) Indicates ENTER RESISTANCE in dot matrix after press ENTER button, Level window will be flash;

(5) First segment will be flash, Using level + or – button to adjust value;

(6) Press ENTER through next segment;

(7) Finished 20 segments, Indicates PRESS START after press ENTER button.

Troubleshooting Guide

Malfunction	Probable Cause	Corrective Action
Heart rate reading is erratic or absent entirely	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes.
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin.
	Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Belt transmitter is not within 3 feet (one meter) of the heart rate receiver.	Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver.
	Chest strap battery is depleted.	Contact Customer Support Services for instructions on how to have the chest strap replaced.
Abnormally elevated heart rate readings	Electromagnetic interference from cell phones.	Move the cross-trainer a few inches away from the probable cause, or move the probable cause a few inches away from the cross-trainer, until the heart rate readings are accurate.
	Electromagnetic interference from computers.	
	Electromagnetic interference from cars.	
	Electromagnetic interference from high voltage power lines.	
	Electromagnetic interference from motor driven exercise equipment.	
	Electromagnetic interference from another heart rate transmitter within three feet (one meter).	

Electrical Connection

