

RE500

ELLIPTICAL

OWNER'S MANUAL



! 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.

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.

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.
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

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

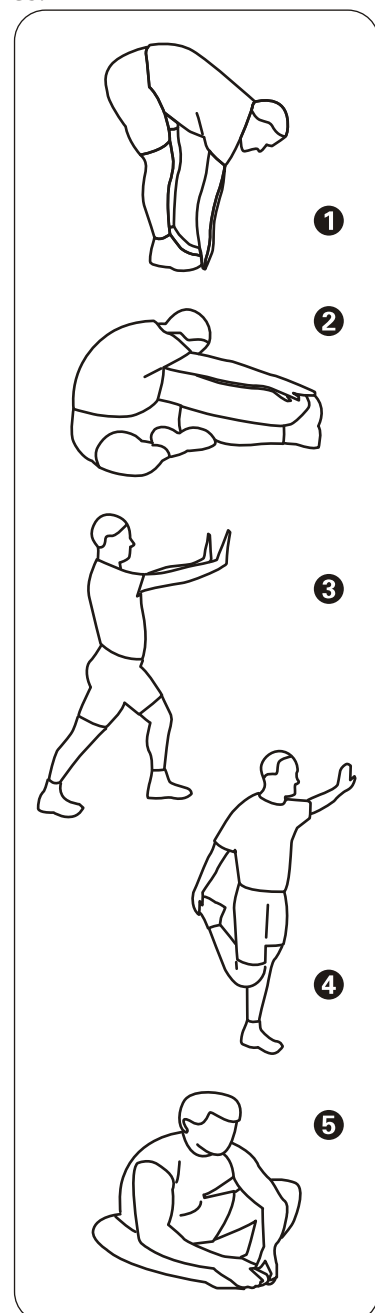
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the achilles tendon,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

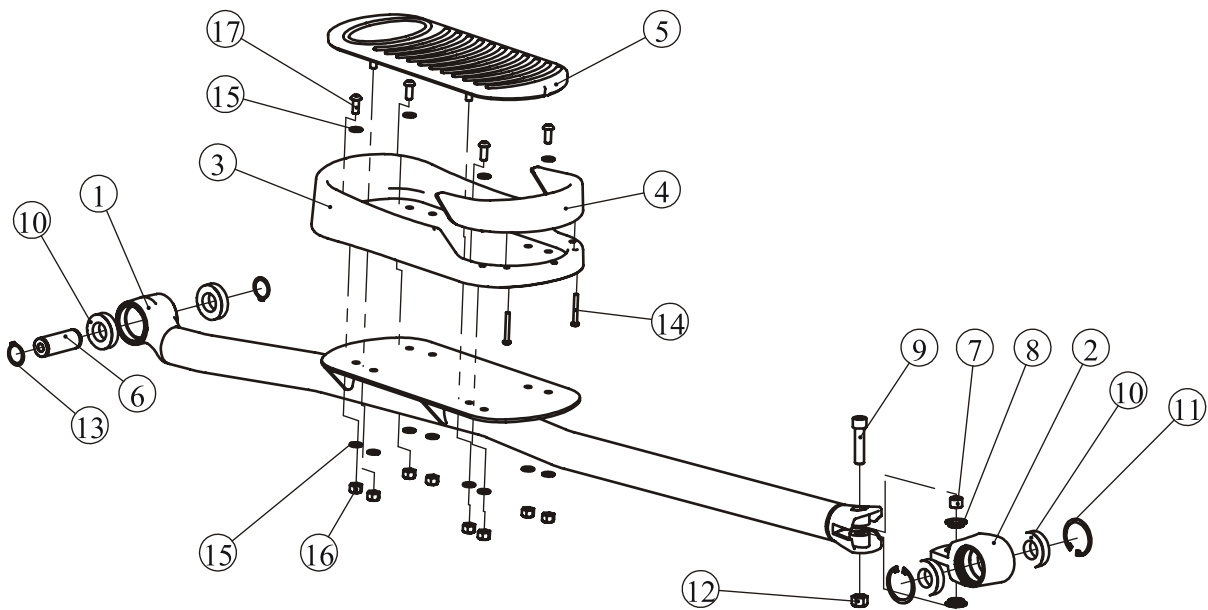
INNER THIGH STRETCH

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

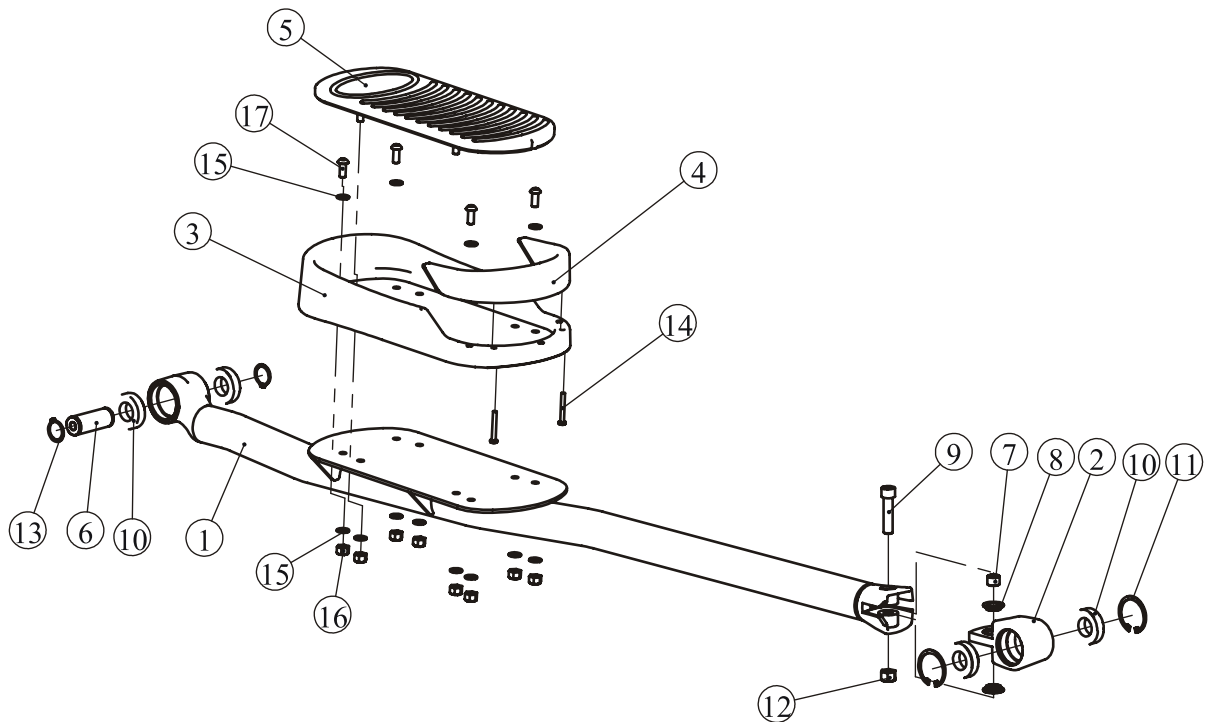
Left Pedal Bracket ASSY



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Left Pedal Bracket	1	10	Bearing 6005	4
2	Bearing Housing	1	11	Internal Retaining Rings $\Phi 47$	2
3	Pedal	1	12	Nylon Insert Lock Nut M12	1
4	Holder for Pedal	1	13	External Retaining Ring $\Phi 25$	2
5	Pedal Forming	1	14	Pan Head Phillips Screw M5*40	2
6	Axle for Pedal Bracket	1	15	Washer $\Phi 9 \times \Phi 16 \times 1.6$	12
7	Bushing $\Phi 16 \times 11.5$	1	16	Nylon Insert Lock Nut M8	8
8	Plastic Bushing	2	17	Button Head Cap Screw M8*20	4
9	Socket Head Cap Screw M12*50	1			

Exploded View and Parts List

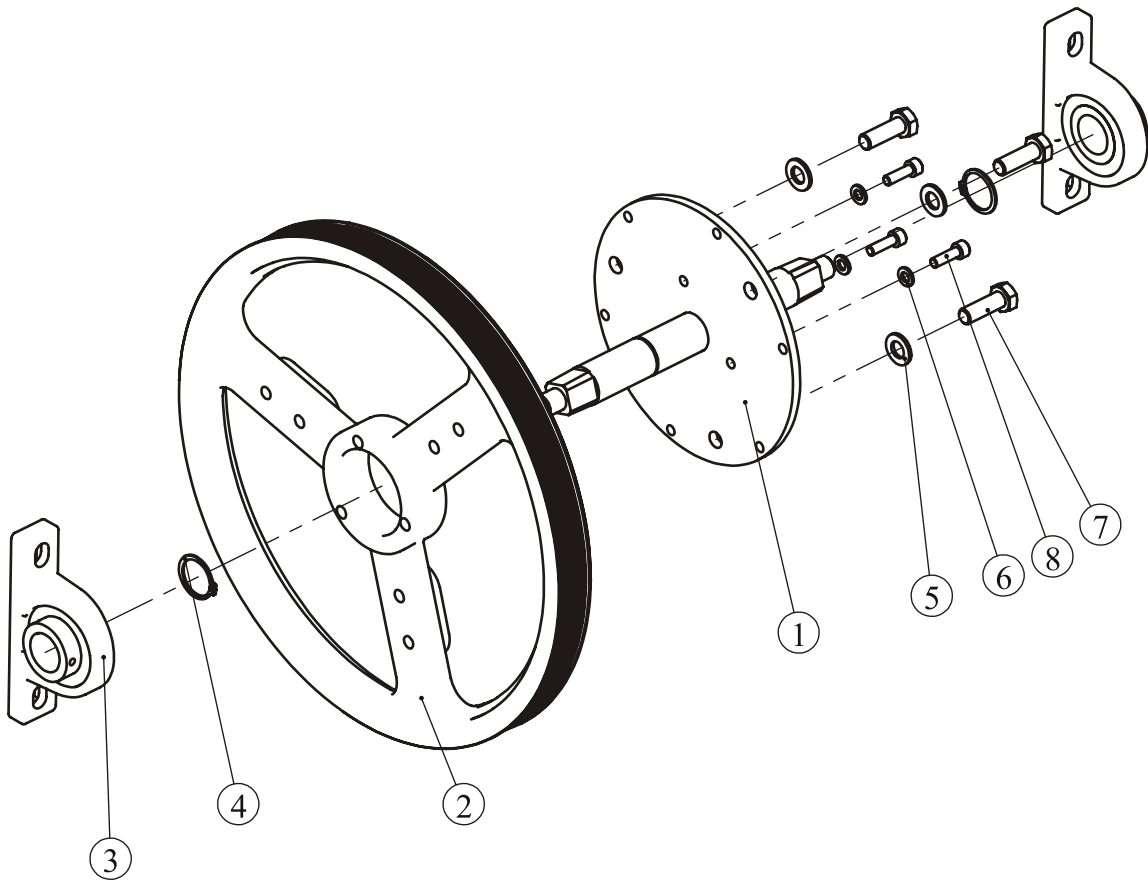
Right Pedal Bracket ASSY



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Right Pedal Bracket	1	10	Bearing 6005	4
2	Bearing Housing	1	11	Internal Retaining Rings $\Phi 7$	2
3	Pedal	1	12	Nylon Insert Lock Nut M12	1
4	Holder for Pedal	1	13	External Retaining Ring $\Phi 25$	2
5	Pedal Forming	1	14	Pan Head Phillips Screw M5*40	2
6	Axle for Pedal Bracket	1	15	Washer $\Phi 9 \times \Phi 16 \times 1.6$	12
7	Bushing $\Phi 16 \times 11.5$	1	16	Nylon Insert Lock Nut M8	8
8	Plastic Bushing	2	17	Button Head Cap Screw M8*20	4
9	Socket Head Cap Screw M12*50	1			

Exploded View and Parts List

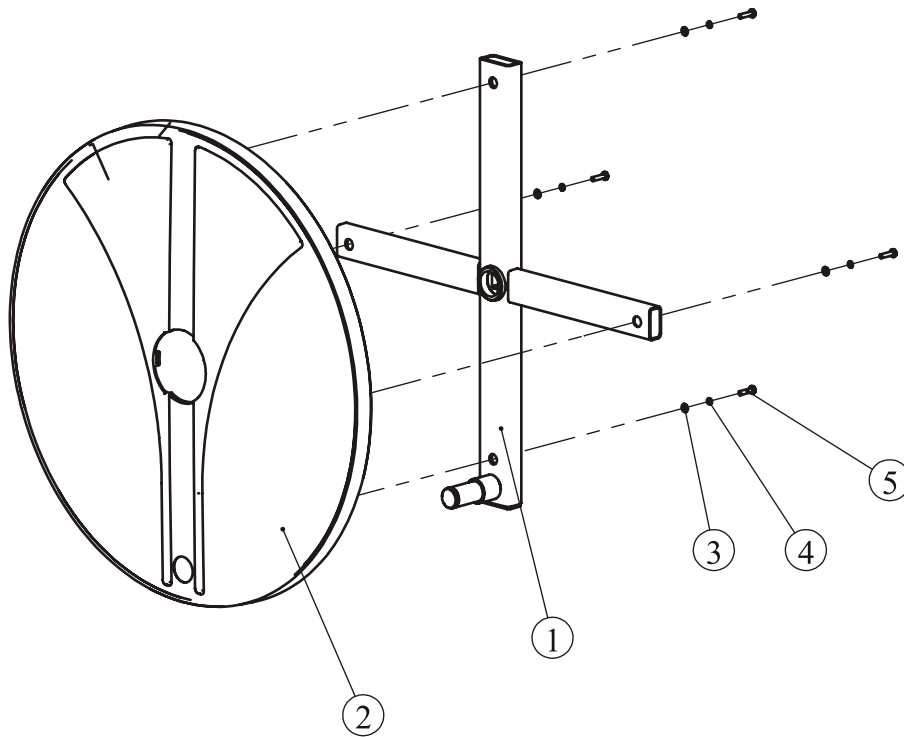
Shaft ASSY



ITEM NO.	Description	QTY
1	Shaft	1
2	Belt Pulley	1
3	Pillow Block	2
4	External Retaining Ring $\Phi 25$	2
5	Washer $\Phi 11 * \Phi 20 * 2$	3
6	Washer $\Phi 6.6 * \Phi 12 * 1.6$	3
7	Hex Head Bolt M10*30	3
8	Socket Head Cap Screw M6*20	3

Exploded View and Parts List

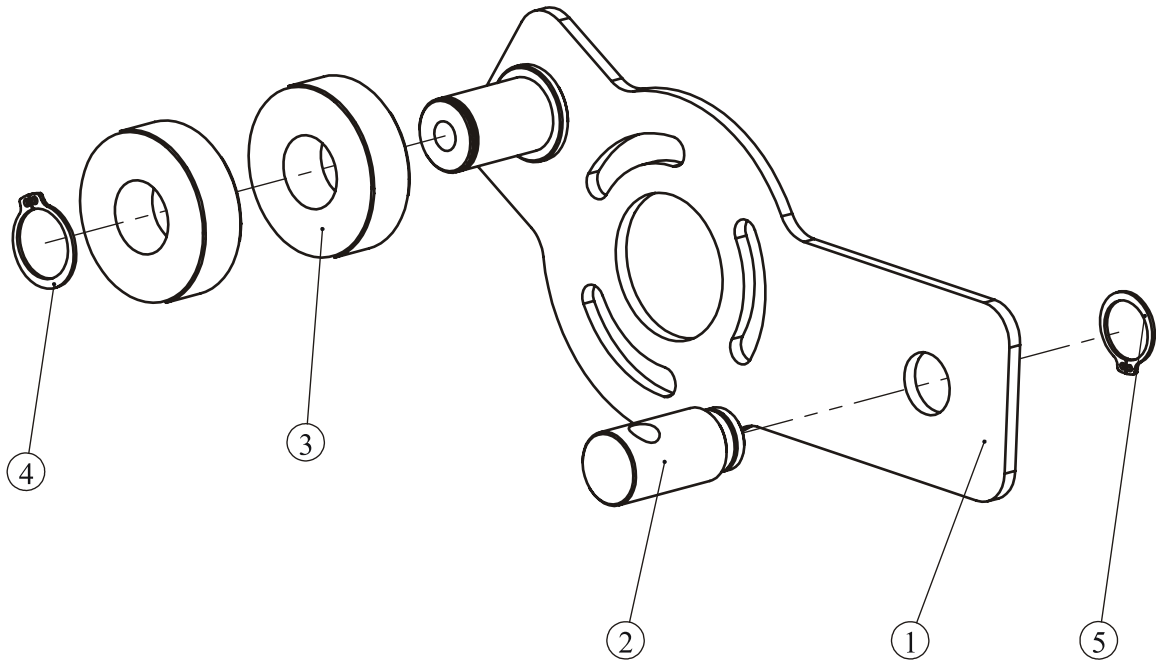
Cross Bracket ASSY



ITEM NO.	Description	QTY
1	Cross Bracket	1
2	Disk Cover	1
3	Washer $\Phi 5.3 \times \Phi 10 \times 1$	4
4	Spring Washer $\Phi 5$	4
5	Pan Head Phillips Screw M5*20	4

Exploded View and Parts List

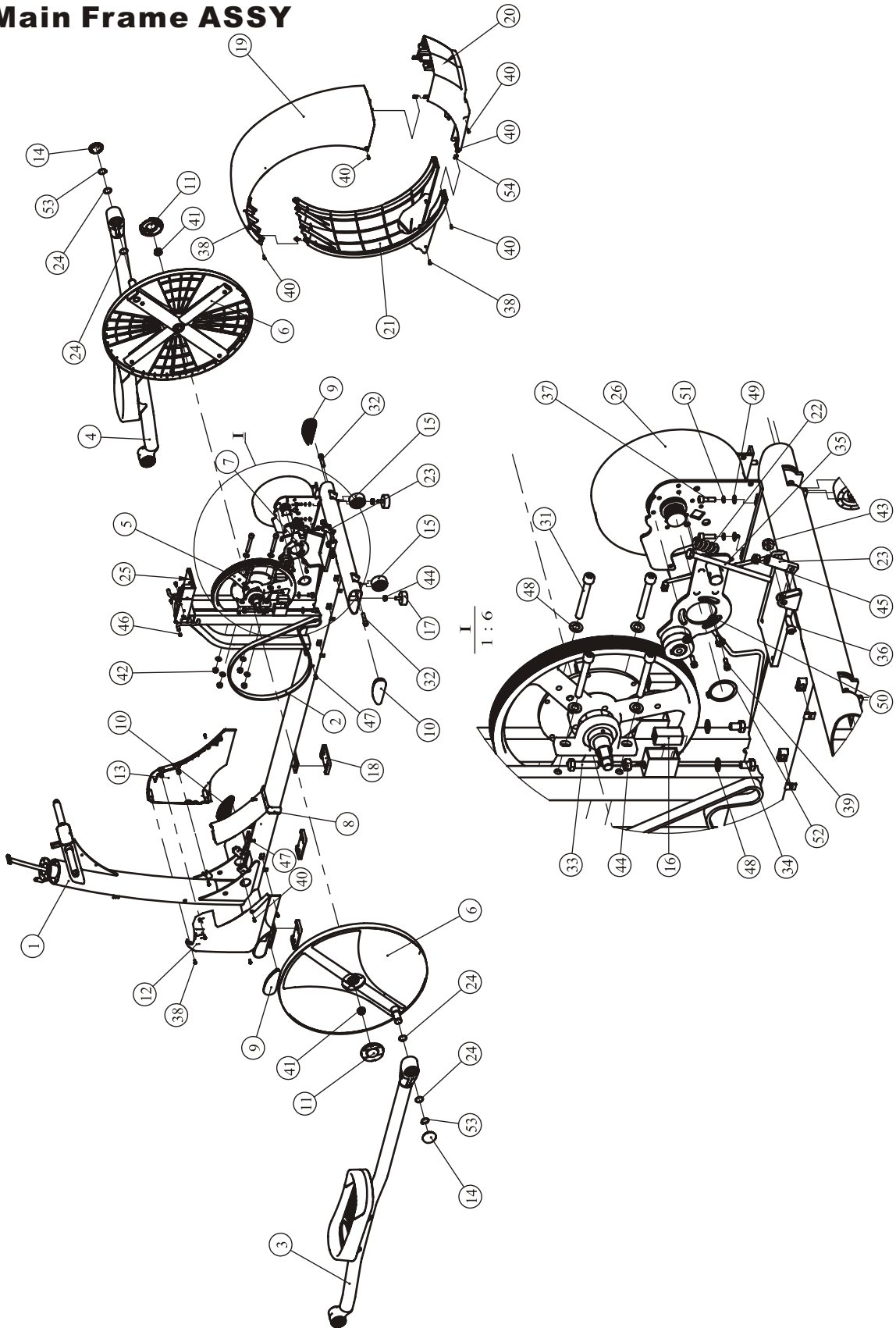
Tightener ASSY



ITEM NO.	Description	QTY
1	Tightener	1
2	Adjustable Axle	1
3	Bearing 6204	2
4	External Retaining Ring $\Phi 20$	1
5	External Retaining Ring $\Phi 17$	1

Exploded View and Parts List

Main Frame ASSY



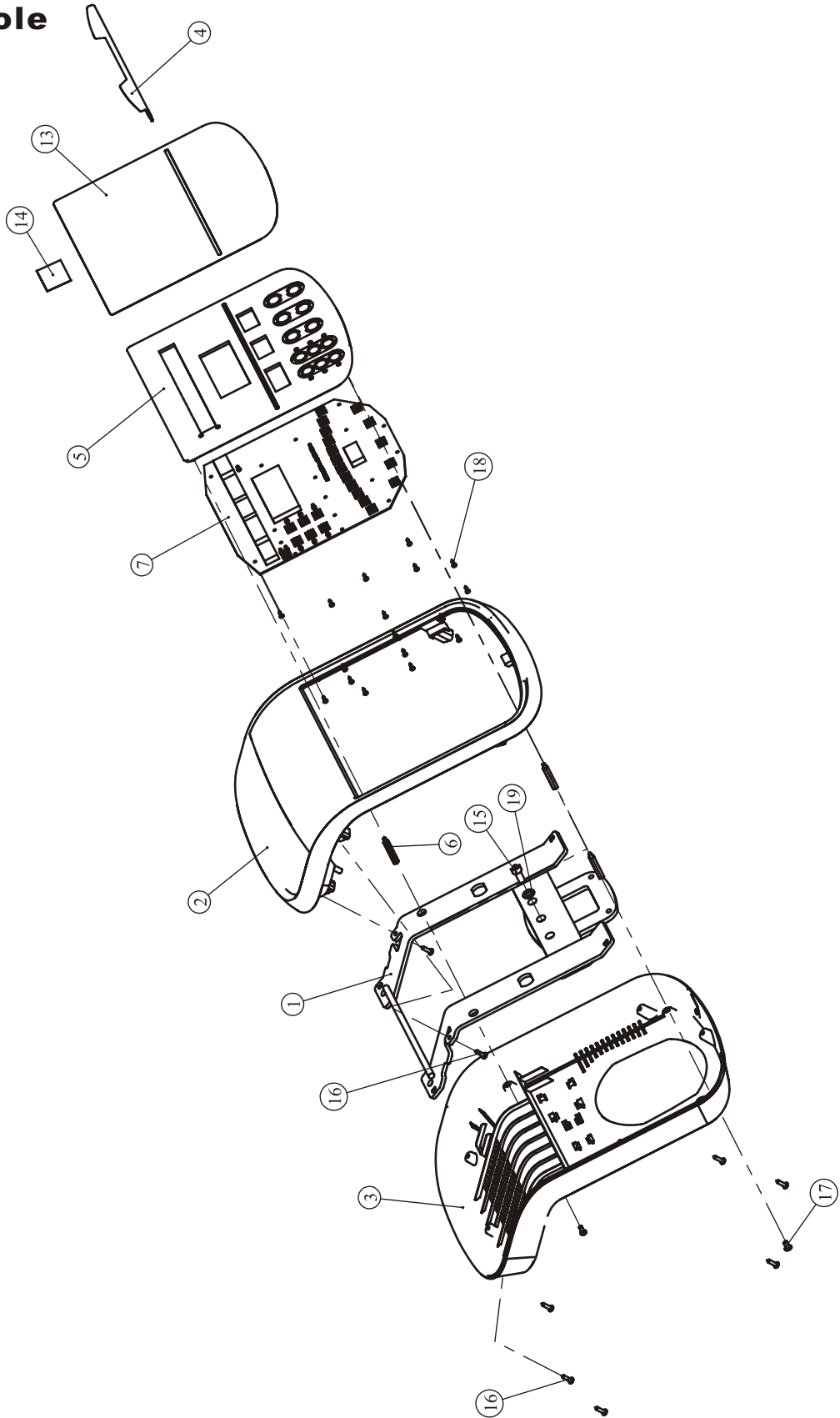
Exploded View and Parts List

Main Frame ASSY

ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Main Frame	1	29	Resistance Cable	1
2	Poly-v Belt	1	30	Lower Cable of Console	1
3	Left Pedal Bracket Assembly	1	31	Magnet Cord	1
4	Right Pedal Bracket Assembly	1	32	Socket Head Cap Screw M10*80	4
5	Shaft Assembly	1	33	Socket Head Cap Screw M10*50	2
6	Cross Bracket Assembly	2	34	Hex Head Bolt M10*40	2
7	Tightener Assembly	1	35	Hex Head Bolt M10*15	2
8	Bottom Cover	1	36	Hex Head Bolt M8*150	1
9	Plug 1	2	37	Socket Head Cap Screw M8*25	1
10	Plug 2	2	38	Socket Head Cap Screw M6*20	4
11	Little Disk Cover	2	39	Pan Head Phillips Screw M5*15	11
12	Left Front Bottom Cover	1	40	Socket Head Cap Screw M5*15	3
13	Right Front Bottom Cover	1	41	Pan Head Phillips Self-tapping Screw ST4.2*16	16
14	Plug	2	42	Flange Nut M14*1.5	2
15	Wheel	2	43	Nylon Insert Lock Nut M10	4
16	Square Nut	2	44	Nylon Insert Lock Nut M8	1
17	Adjustable Foot	2	45	Hex Nut M10	4
18	Foot	3	46	Hex Nut M8	1
19	Mid Rear Cover 1	1	47	Hex Nut M5	2
20	Mid Rear Cover 2	1	48	Rivet Nut M5	3
21	Mid Rear Cover 3	1	49	Washer $\Phi 11 * \Phi 20 * 2$	10
22	Tension Spring	1	50	Washer $\Phi 6.6 * \Phi 12 * 1.6$	4
23	Tightening Nut	1	51	Busing	3
25	Wave Washer	4	52	Spring Washer $\Phi 6$	4
26	Controller	1	54	External Retaining Ring $\Phi 40$	1
27	Brake	1	55	External Retaining Ring $\Phi 25$	2
28	Control Cable	1	56	Screw Clip	16

Exploded View and Parts List

Console



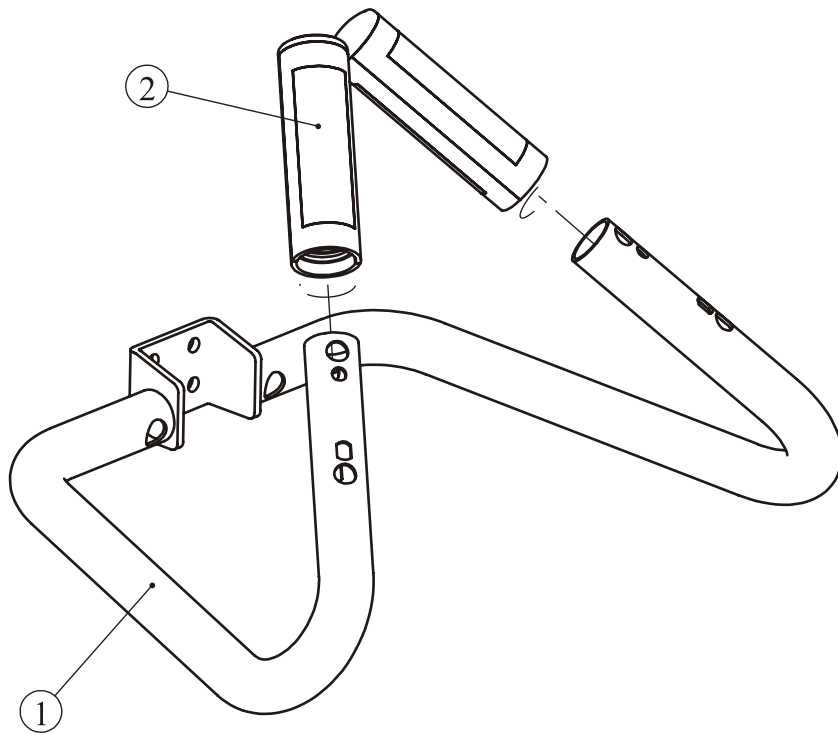
Exploded View and Parts List

Console

ITEM NO.	Description	QTY
1	Console Bracket	1
2	Console Top Cover	1
3	Console Bottom Cover for	1
4	Console Cabinet	1
5	Circuit Board Frame	1
6	Support Pillar	4
7	PCB	1
8	Handle Pulse PCB	1
9	Wireless Receiver	1
10	Hand Pulse Cable to Console	1
11	Magnet Cord	2
12	Magnet Cord	3
13	Console Overlay	1
14	LOGO	1
15	Button Head Cap Screw M8*20	1
16	Pan Head Phillips Self-tapping Screw ST4.2*16	8
17	Pan Head Phillips Screw M4*10	4
18	Pan Head Phillips Self-tapping Screw ST2.9*9.5	17
19	Washer $\Phi 9 \times \Phi 16 \times 1.6$	1

Exploded View and Parts List

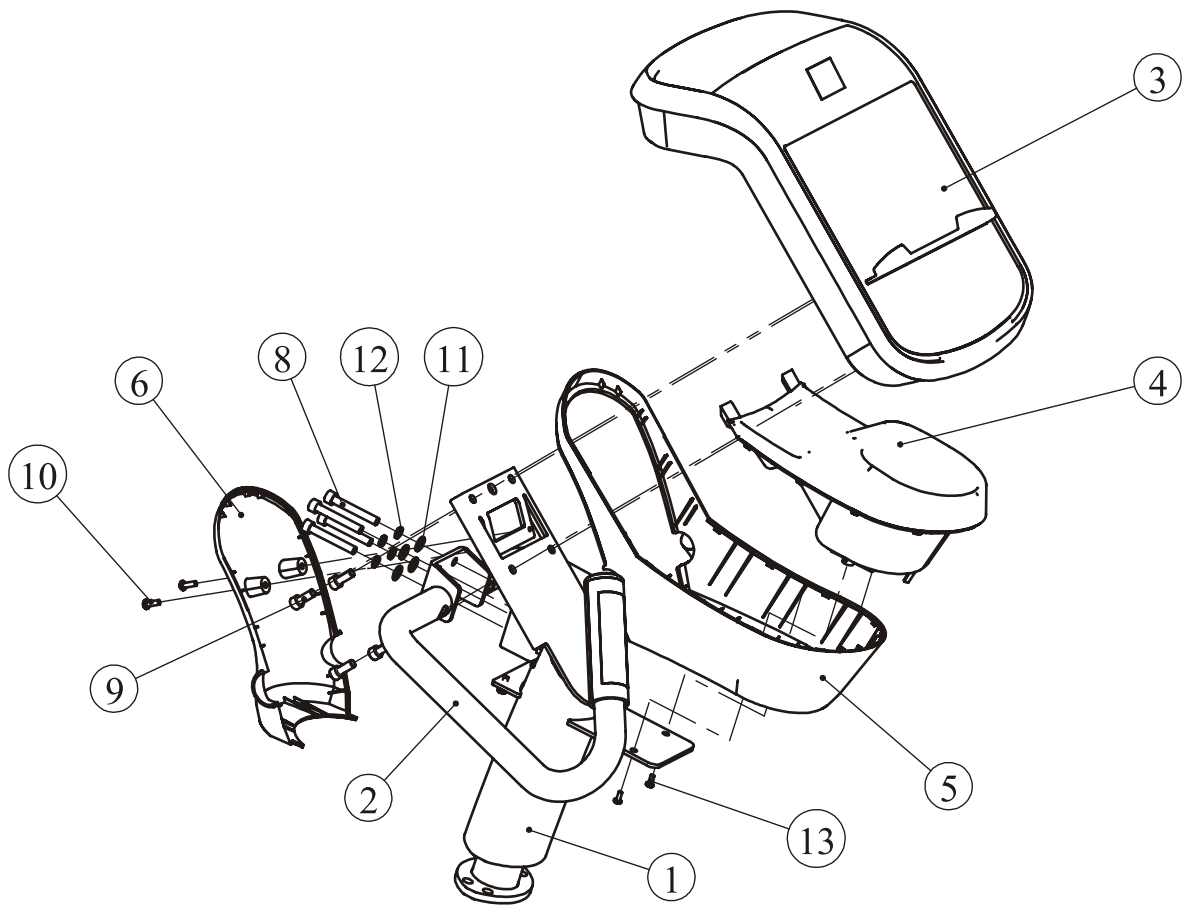
Handle Bracket ASSY



ITEM NO.	Description	QTY
1	Handle Bracket	1
2	Pulse Plate	2
3	Handle Pulse Cable	1

Exploded View and Parts List

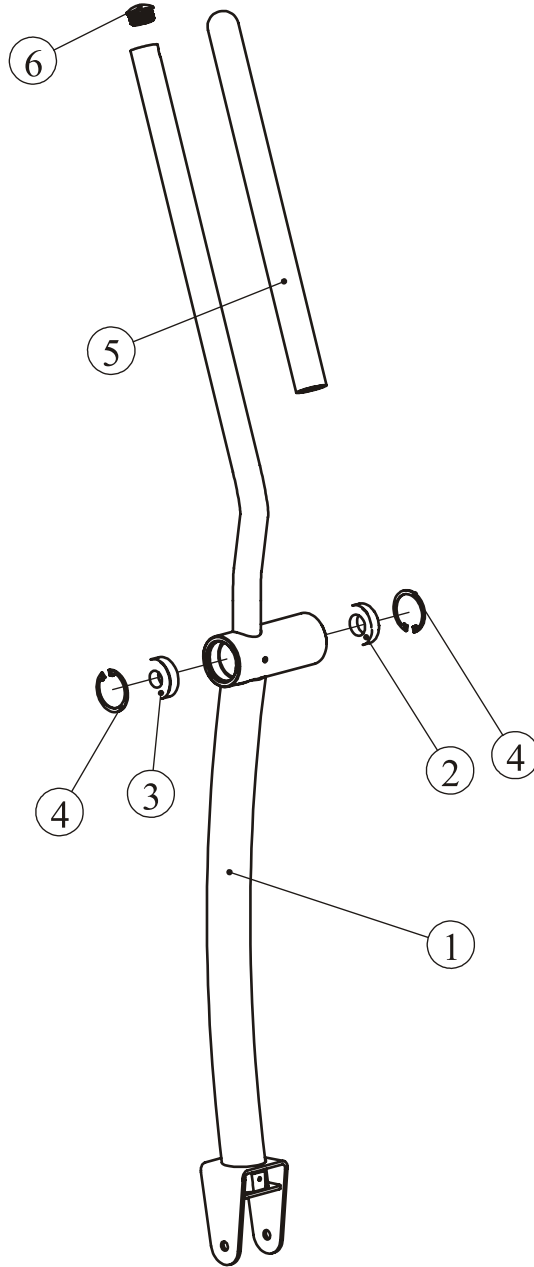
Console ASSY



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Upright Frame	1	8	Socket Head Cap Screw M8*55	4
2	Handle Bracket ASSY	1	9	Socket Head Cap Screw M8*20	4
3	Console	1	10	Pan Head Phillips Screw M5*15	4
4	Water Bottle Holder	1	11	Washer $\Phi 9 \times \Phi 16 \times 1.6$	8
5	Water Bottle Holder Bracket	1	12	Spring Washer $\Phi 8$	4
6	Cover for Water Bottle Holder	1	13	Pan Head Phillips Screw M4*10	2
7	Upper Cable of Console	1			

Exploded View and Parts List

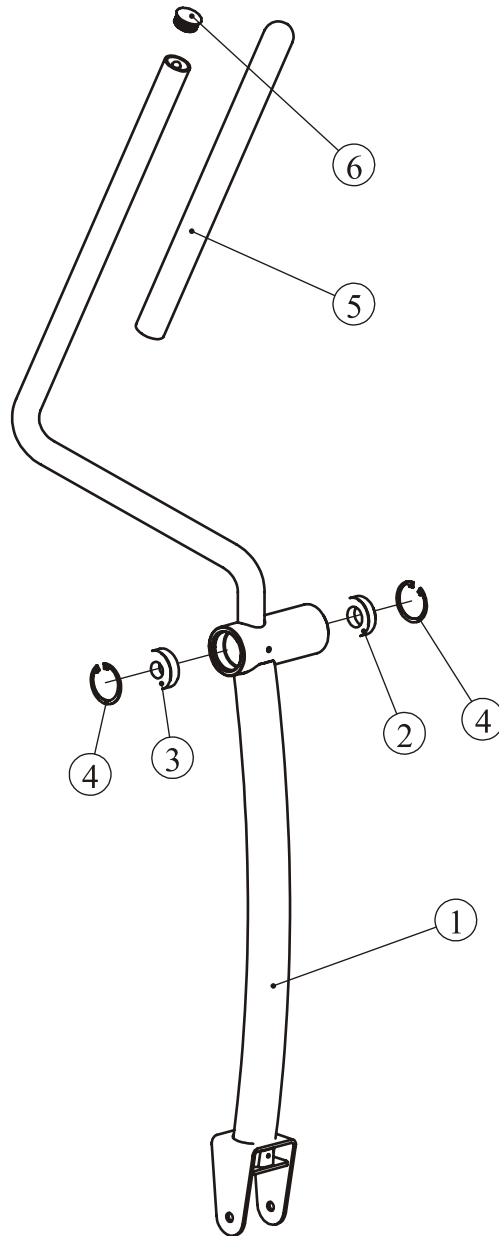
Left Handle Bracket ASSY



ITEM NO.	Description	QTY
1	Left Handle Bracket	1
2	Grip	1
3	Plug	1
4	Bearing 6005	1
5	Bearing 6204	1
6	Internal Retaining Rings $\Phi 47$	2

Exploded View and Parts List

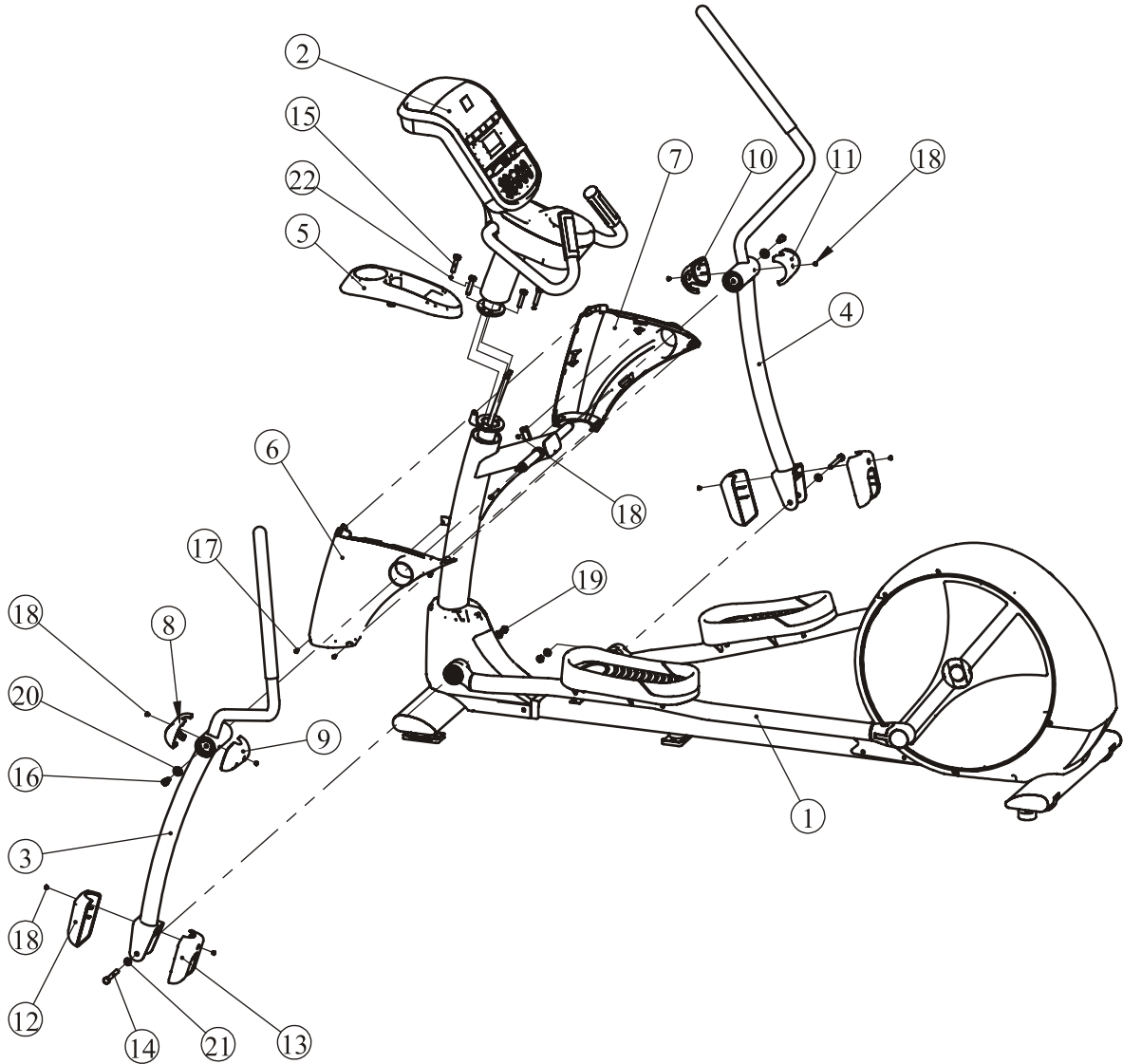
Right Handle Bracket ASSY



ITEM NO.	Description	QTY
1	Right Handle Bracket	1
2	Grip	1
3	Plug	1
4	Bearing 6005	1
5	Bearing 6204	1
6	Internal Retaining Rings $\Phi 47$	2

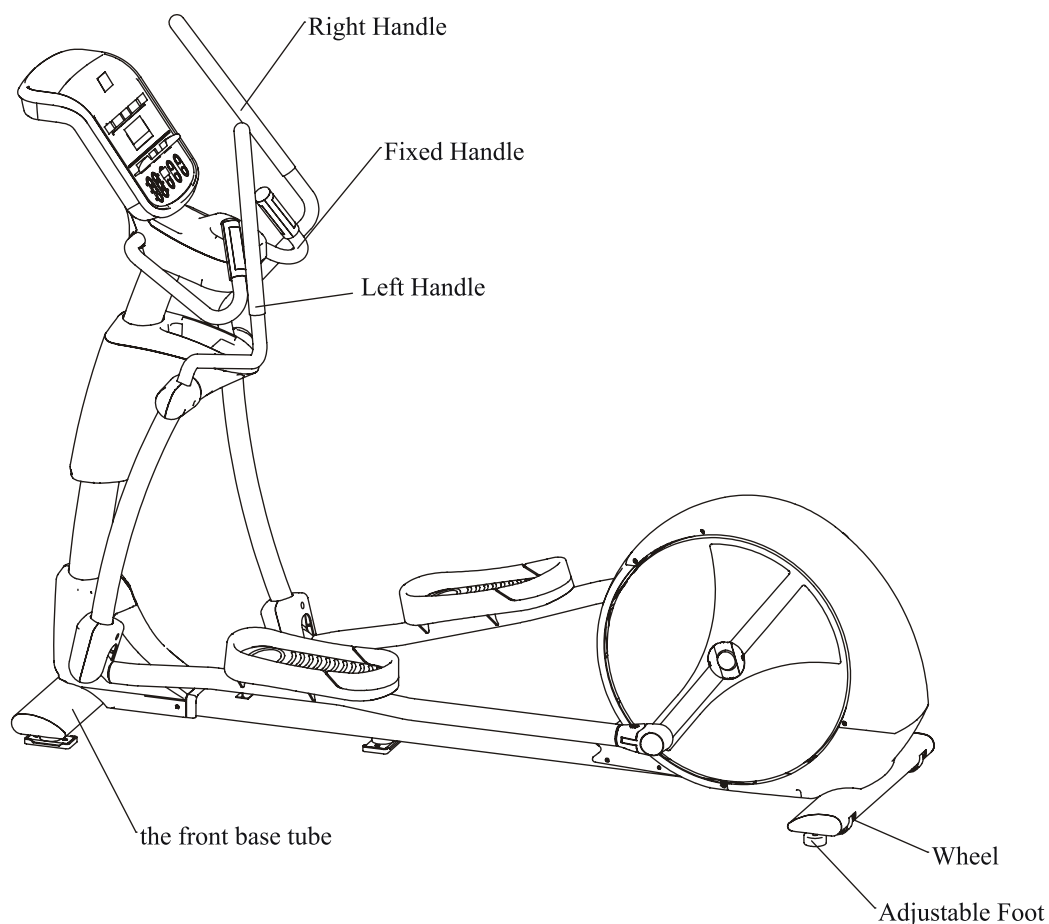
Exploded View and Parts List

Overall



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Main Frame Assembly	1	12	Front Cover	2
2	Console Assembly	1	13	Rear Cover	2
3	Left Handle Bracket Assembly	1	14	Hex Head Bolt M10*85	2
4	Right Handle Bracket Assembly	1	15	Hex Head Bolt M10*25	4
5	Front Top Cover	1	16	Hex Head Bolt M10*15	2
6	Left Top Cover	1	17	Pan Head Phillips Screw M5*20	4
7	Right Top Cover	1	18	Pan Head Phillips Screw M5*15	9
8	Left Rotating Cover1	1	19	Nylon Insert Lock Nut M10	2
9	Left Rotating Cover2	1	20	Washer $\Phi 11*\Phi 25*2$	2
10	Right Rotating Cover1	1	21	Washer $\Phi 11*\Phi 20*2$	4
11	Right Rotating Cover2	1	22	Spring Washer $\Phi 10$	4

Usage And Maintenance



Instruction

1. When moving the machine, you can grasp the front base tube, and pull it up. Then you can move it.
2. When using the machine, you must ensure it stand steadily on the ground. If it isn't steady, you must adjust the Adjustable Foot.
3. The machine has self-generating system (no power required).
4. Max. User Weight is 160 Kg.

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

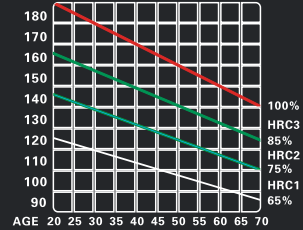
CALORIES

♥ HEART RATE

CAUTION:

Before beginning any fitness program, consult a physician for a thorough physical examination. Seek the advice from your physician to learn the target heart rate appropriate for your fitness level. Do not allow children or those unfamiliar with its operation on or near this equipment. Read the product owner's manual or consult a qualified instructor before operating this equipment.

HEART RATE ZONE



TIME

RESISTANCE

RPM

MANUAL CARDIO + TARGET ENTER

FATBURN HEART RATE - QUICK START STOP (Hold to Reset)

RANDOM ADVANCED

Console Panel Functions

CONSOLE PANEL FUNCTION

1. DISTANCE WINDOW

Indicates Kilometers or Miles traveled, Range 0.01---999.

2. WATT WINDOW

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

3. CALORIES WINDOW

Indicates estimated calories used based on 70Kg person at the indicated speed, incline, and time.

4. HEART RATE WINDOW

Indicates user's current heart rate (BPM).



5. TIME WINDOW

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



TIME

6. RESISTANCE WINDOW

Indicates workout in resistance L1—L20 in 1 increments.



RESISTANCE

7. RPM WINDOW

Indicates workout laps per minute on pedal.



RPM

8. DOT MATRIX

8.1 When console turns on, the LED screen scrolls "START PEDALLING OR SELECT PROGRAM TO BEGIN".

8.2 Indicates message when enter value.

8.3 Indicates workout curve in Program mode.



CONSOLE BUTTONS

1. QUICK START

This button is used to start the current program.



2. STOP

Press once, Resistance drop to 0, every other window remains un-changed.

Hold for 3 seconds, console resets.



Console Panel Functions

3. + and -

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

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



4. TARGET

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



5. ENTER

Used for entering user info.



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

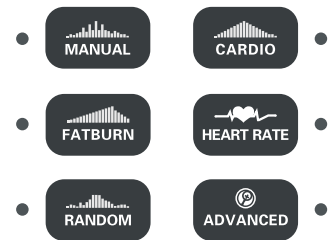
This button is used to select workout "cardio mode".

10. HEART RATE ONE TOUCH

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

11. ADVANCED ONE TOUCH

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



CONSOLE OPERATION

1. QUICK START

1.1 Start the pedal.

1.2 When console turns on, the LED screen scrolls "START PEDALLING OR SELECT PROGRAM TO BEGIN".

1.3 If press QUICK START button through Quick Start mode.

1.4 If press STOP button will stop the current program.

2. PROGRAM MODE

When console turns on, the LED screen scrolls "START PEDALLING OR SELECT PROGRAM TO BEGIN".

Console Panel Functions

2.1 If Manual is selected:

- 2.1.1 LED scrolls "MANUAL MODE: ENTER WEIGHT", LED displays "70".
- 2.1.2 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.1.3 Press ENTER to confirm.
- 2.1.4 LED scrolls "ENTER TIME", LED displays "20".
- 2.1.5 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.1.6 Press ENTER or QUICK START to confirm.
- 2.1.7 LED displays "START PEDALLING".

2.2 If Cardio is selected:

- 2.2.1 LED scrolls "CARDIO MODE: ENTER WEIGHT", LED displays "70".
- 2.2.2 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.2.3 Press ENTER to confirm.
- 2.2.4 LED scrolls "ENTER TIME", LED displays "20".
- 2.2.5 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.2.6 Press ENTER or QUICK START to confirm.
- 2.2.7 LED displays "START PEDALLING".

2.3 If Fatburn is selected:

- 2.3.1 LED scrolls "FATBURN MODE: ENTER WEIGHT", LED displays "70".
- 2.3.2 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.3.3 Press ENTER to confirm.
- 2.3.4 LED scrolls "ENTER TIME", LED displays "20".
- 2.3.5 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.3.6 Press ENTER or QUICK START to confirm.
- 2.3.7 LED displays "START PEDALLING".

2.4 If Heart Rate is selected:

LED scrolls HEART RATE TRAINING 1 = 65%HR, 2 = 75%HR, 3 = 85%HR, Uses resistance keys.

2.4.1 If 1 is selected

- 2.4.1.1 LED scrolls 65%HR: "ENTER WEIGHT", LED displays "70".
- 2.4.1.2 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.4.1.3 Press ENTER to confirm.

Console Panel Functions

- 2.4.1.4 LED scrolls "ENTER TIME", LED displays "20".
- 2.4.1.5 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.4.1.6 Press ENTER to confirm.
- 2.4.1.7 LED scrolls "ENTER AGE", LED displays "40".
- 2.4.1.8 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.4.1.9 Press ENTER or QUICK START to confirm.
- 2.4.1.10 LED displays "START PEDALLING".
- 2.4.2 If 2 is selected
 - 2.4.2.1 LED scrolls 75%HR: ENTER WEIGHT.
 - 2.4.2.2 Same as above.
- 2.4.3 If 3 is selected
 - 2.4.3.1 LED scrolls 85%HR: ENTER WEIGHT.
 - 2.4.3.2 Same as above.

2.5 If Random is selected:

- 2.5.1 LED scrolls "RANDOM MODE: ENTER WEIGHT", LED displays "70".
- 2.5.2 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.5.3 Press ENTER to confirm.
- 2.5.4 LED scrolls "ENTER TIME", LED displays "20".
- 2.5.5 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.5.6 Press ENTER or QUICK START to confirm.
- 2.5.7 LED displays "START PEDALLING".

2.6 If Advanced is selected:

LED scrolls "ADVANCED TRAINING 1 = EVENTS 2 = BURN CALORIES 3 = HILL", Uses resistance keys.

- 2.6.1 If 1 is selected, LED scrolls "1= 2KM WALK 2= 5KM WALK 3=CUSTOM DISTANCE".
 - 2.6.1.1 If 1 is selected, LED displays "START PEDALLING".
 - 2.6.1.2 If 2 is selected, LED displays "START PEDALLING".
 - 2.6.1.3 If 3 is selected, LED scrolls "CUSTOM DISTANCE: ENTER DISTANCE", LED displays "2KM".
 - 2.6.1.3.1 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.
 - 2.6.1.3.2 Press ENTER or QUICK START to confirm.
 - 2.6.1.3.3 LED displays "START PEDALLING".

Console Panel Functions

2.6.2 If 2 is selected, LED scrolls "BURN CALORIES MODE: ENTER MAX RESISTANCE".

2.6.2.1 LED displays "10".

2.6.2.2 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.6.2.3 Press ENTER OR QUICKSTART to confirm.

2.6.3 If 3 is selected, LED scrolls "HILL MODE: ENTER WEIGHT".

2.6.3.1 LED displays "70".

2.6.3.2 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.

2.6.3.3 Press ENTER to confirm.

2.6.3.4 LED scrolls "ENTER TIME", LED displays "20".

2.6.3.5 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.

2.6.3.6 Press ENTER or QUICK START to confirm.

2.6.3.7 LED displays "START PEDALLING".

2.7 If Target is selected:

LED scrolls TARGET TRAINING 1 = CALORIES TARGET 2 = DISTANCE TARGET 3 = TIME TARGET, Uses resistance keys.

2.7.1 If 1 is selected

2.7.1.1 LED scrolls CALORIES TARGET: ENTER CALORIES, LED displays "100".

2.7.1.2 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.

2.7.1.3 Press ENTER to confirm.

2.7.1.4 LED scrolls ENTER WEIGHT, LED displays "70".

2.7.1.5 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.

2.7.1.6 Press ENTER or QUICK START to confirm.

2.7.1.7 LED displays "START PEDALLING".

2.7.2 If 2 is selected

2.7.2.1 LED scrolls DISTANCE TARGET: ENTER DISTANCE, LED displays "5KM".

2.7.2.2 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.

2.7.2.3 Press ENTER or QUICK START to confirm.

2.7.2.4 LED displays "START PEDALLING".

Console Panel Functions

2.7.3 If 3 is selected

2.7.3.1 LED scrolls TIME TARGET: ENTER TIME, LED displays "30".

2.7.3.2 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.

2.7.3.3 Press ENTER or QUICK START to confirm.

2.7.3.4 LED displays "START PEDALLING".

Troubleshooting Guide

Malfunction	Causations and Adjustment
1. Belt slips or is not on the centered on rear roller	a. Adjust the tension spring
	b. Regulate the tension board
	c. Replace the belt
	d. Call customer service
2. Noise	a. Check hybrid
	b. Check bolt and bearing
	c. Check driver
	d. Call customer service
3. The console no power	a. Check all cable if loose or deflection
	b. Replace the console PCB
	c. Replace the controller
	d. Replace hybrid
	e. Call customer service
4. Small resistance or without resistance	a. Check all belt if loose or deflection
	b. Check all cable if loose or deflection
	c. Replace the console PCB
	d. Replace the controller
	e. Replace hybrid
	f. Call customer service
5. Pedal become flexible	a. Tighten the pedal with spanner
	b. Replace the pedal
	c. Replace the crank
	d. Call customer service
6. No time delay on the console	a. Replace the console PCB
	b. Call customer service

