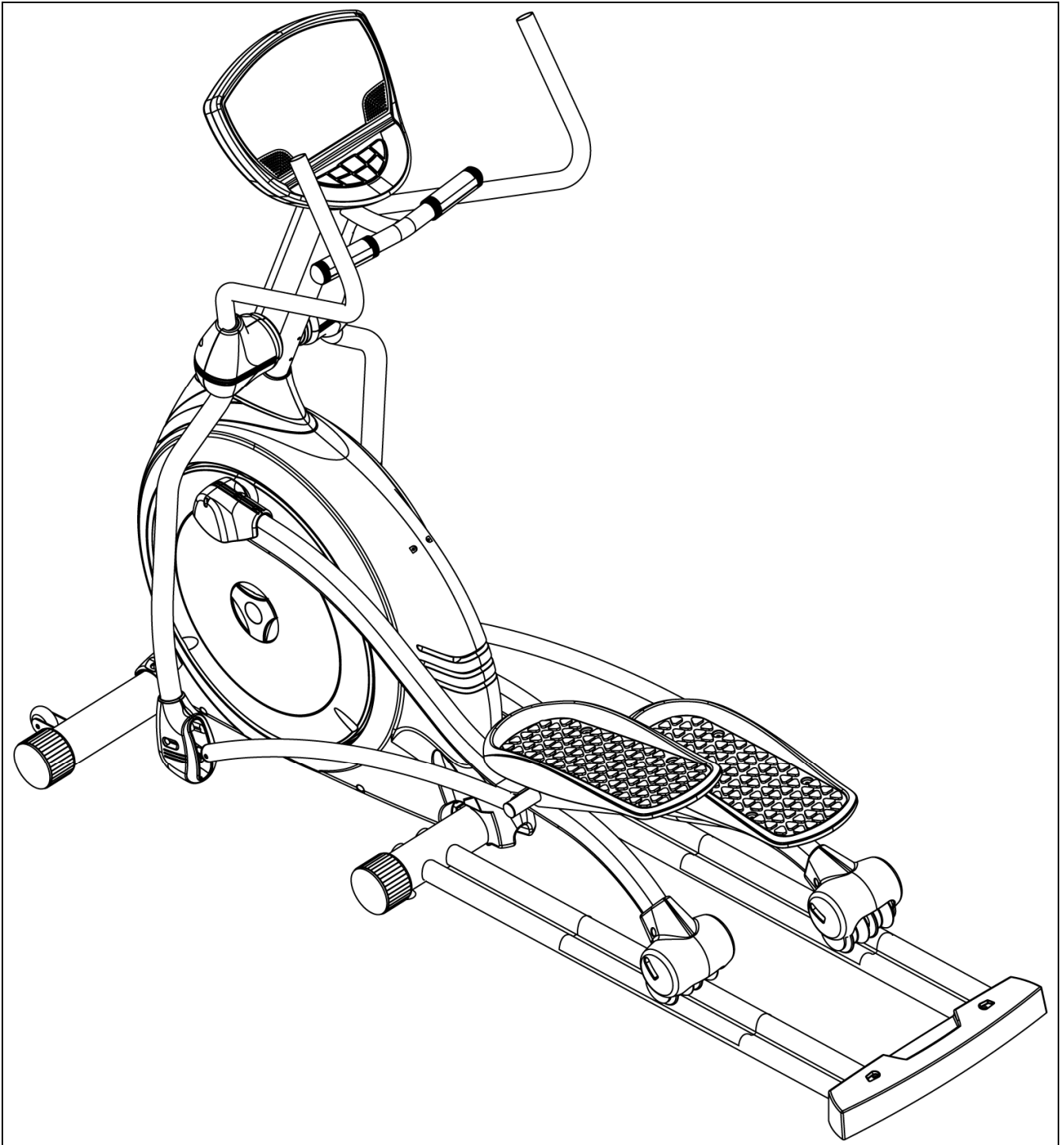


E-70

Elliptical Bike



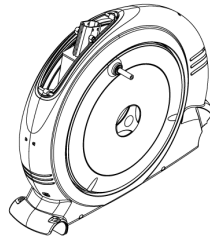
Assemble Accessories

Introductions of product fittings

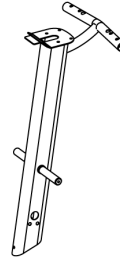


This Elliptical Bike can detect pulse value through other ways. When you are exercising, bind chest pulse in front of your chest and then you will see your pulse value in PULSE window.

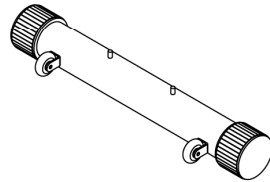
A. Frame Assembly



E. Upper Control Tube Assembly



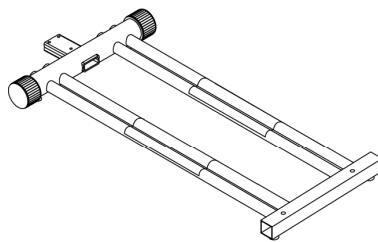
B. Front Stabilizer Assembly



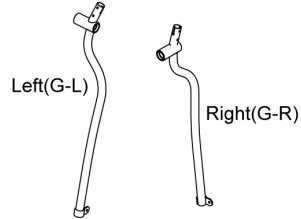
F. Computer Console



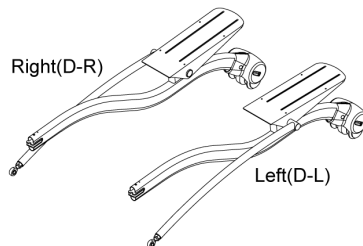
C. Stabilizer Assembly



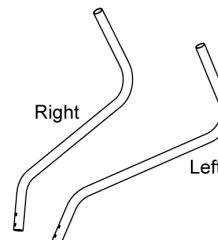
G. Handle Assembly



D. Pedal Assembly



H. Upper Handle Tube Assembly

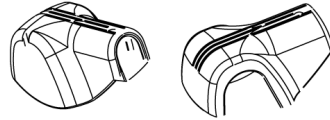


Assemble Attachment

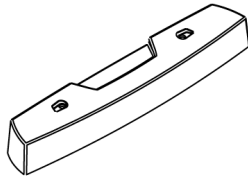
I. Middle Cover of Frame



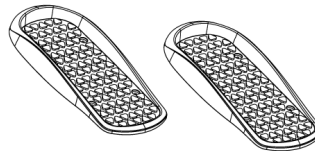
N. Stabilizer Tube Cover



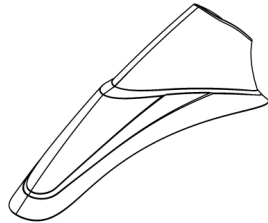
J. Rear Stabilizer Cover



O. Pedal



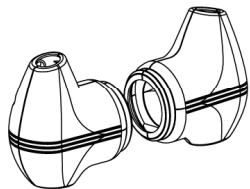
K. Control Tube Plastic



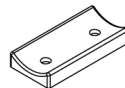
P. Bottle Shelf



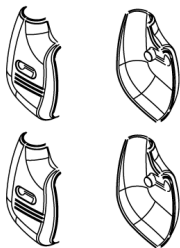
L. Handle Tube Cover



Q. Bottle Shelf Fixer



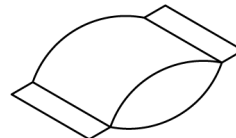
M. Connecting Rod Cover



R. Lower Computer Cover

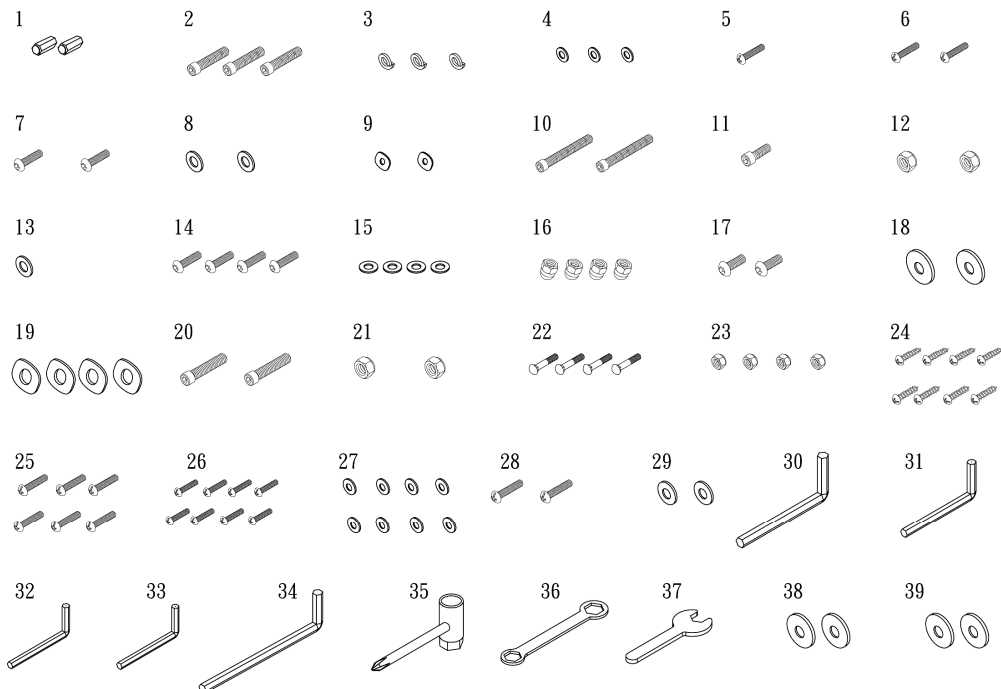


S. Accessory Pack

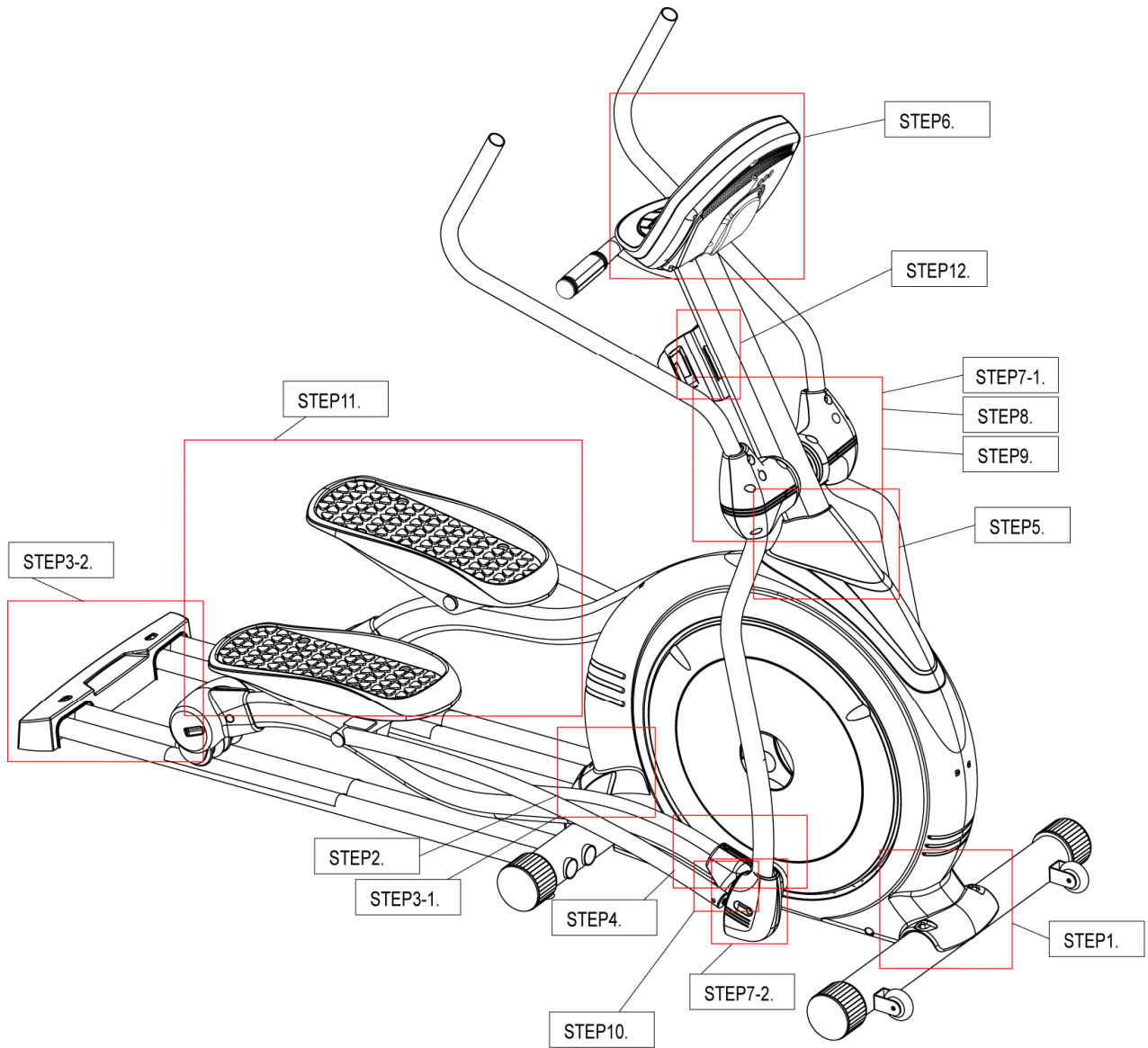


Accessory List

STEP	ITME	Description	Qty	STEP	ITME	Description	Qty	
1	1	Long Hex Nut	2	7	21	Nylon Nut M12	2	
2	2	CKS Hex Screw M10x40 Blue Nylonpatch	3	8	22	Carriage Screw M8x45	4	
	3	Spring Washer M10	3		23	Nylon Nut M8	4	
	4	Flat Washer Ø10x Ø20x1.5t	3	9	24	Truss Philips Self Tapping Screw Ø5x15	8	
	3	5	Truss Philips Screw M5x10	1	10	25	Truss Philips Screw M4x15	6
6		Truss Philips Screw M4x15	2	11	26	Truss Philips Screw M5x10 stainless steel	8	
4	7	Truss Hex Screw M8x15- Blue Nylonpatch	2		27	Washer Ø6x Ø13x1.0t stainless steel	8	
	8	Washer Ø8x Ø25x2.0t	2	12	28	Truss Philips Screw M6x15	2	
	9	Wave Washer Ø17x Ø24x0.3t	2		29	Washer Ø6x Ø13x1.0t	2	
5	10	CKS Hex Screw M10x70	2		Tool	30	Hex Wrench 75x150<8MM>	1
	11	CKS Hex Screw M8x15	1	31		Hex Wrench 10mm	1	
	12	Nylon Nut M10	2	32		Hex Wrench 6mm	1	
	13	Washer Ø8x Ø25x2.0t	1	33		Hex Wrench 5x25x67mm	1	
	6	14	Truss Hex Screw M4xP0.7x8 Blue Nylonpatch	4		34	Hex Wrench +Screwdriver 5x40x180mm	1
15		Washer Ø6x Ø13x2.0t	4	35		Bushing Wrench + Screwdriver 13mm+17mm Zinc	1	
16		Acorn Cap Nut M6xP1.0	4	36		Lug Wrench	1	
7	17	Truss Hex Screw M8x15 Blue Nylonpatch	2	37		Open end wrench 10mm	1	
	18	Flat Washer Ø8.5 Ø30 2.0t	2	7		38	Flat Washer Ø25x Ø35x1.0t	2
	19	Wave Washer Ø26.4x Ø34.2x0.3t	4	3		'	Flat Washer Ø4x Ø10x1.0t	'
	20	CKS Hex Screw M12x40	2					

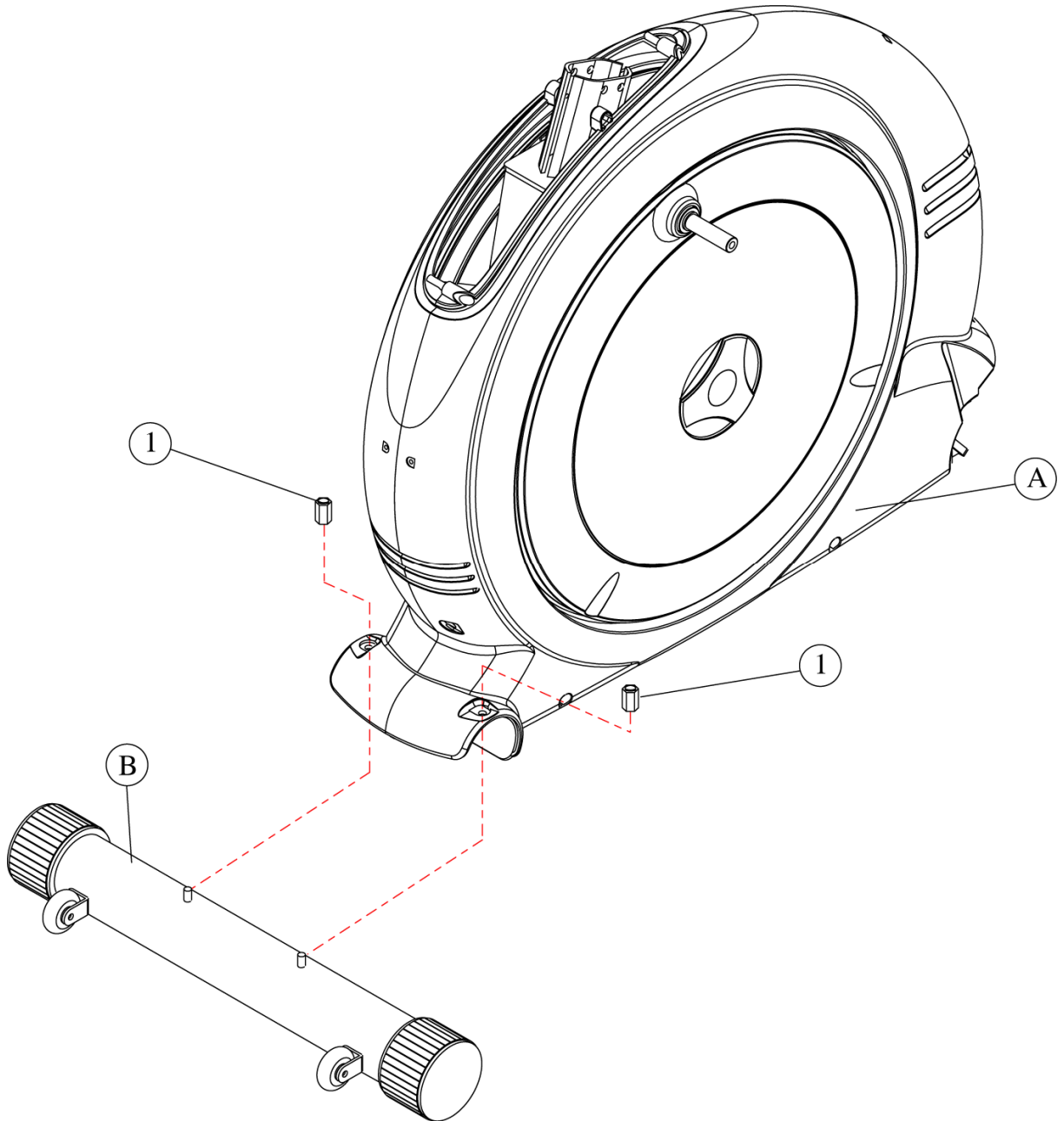


Assemble Steps



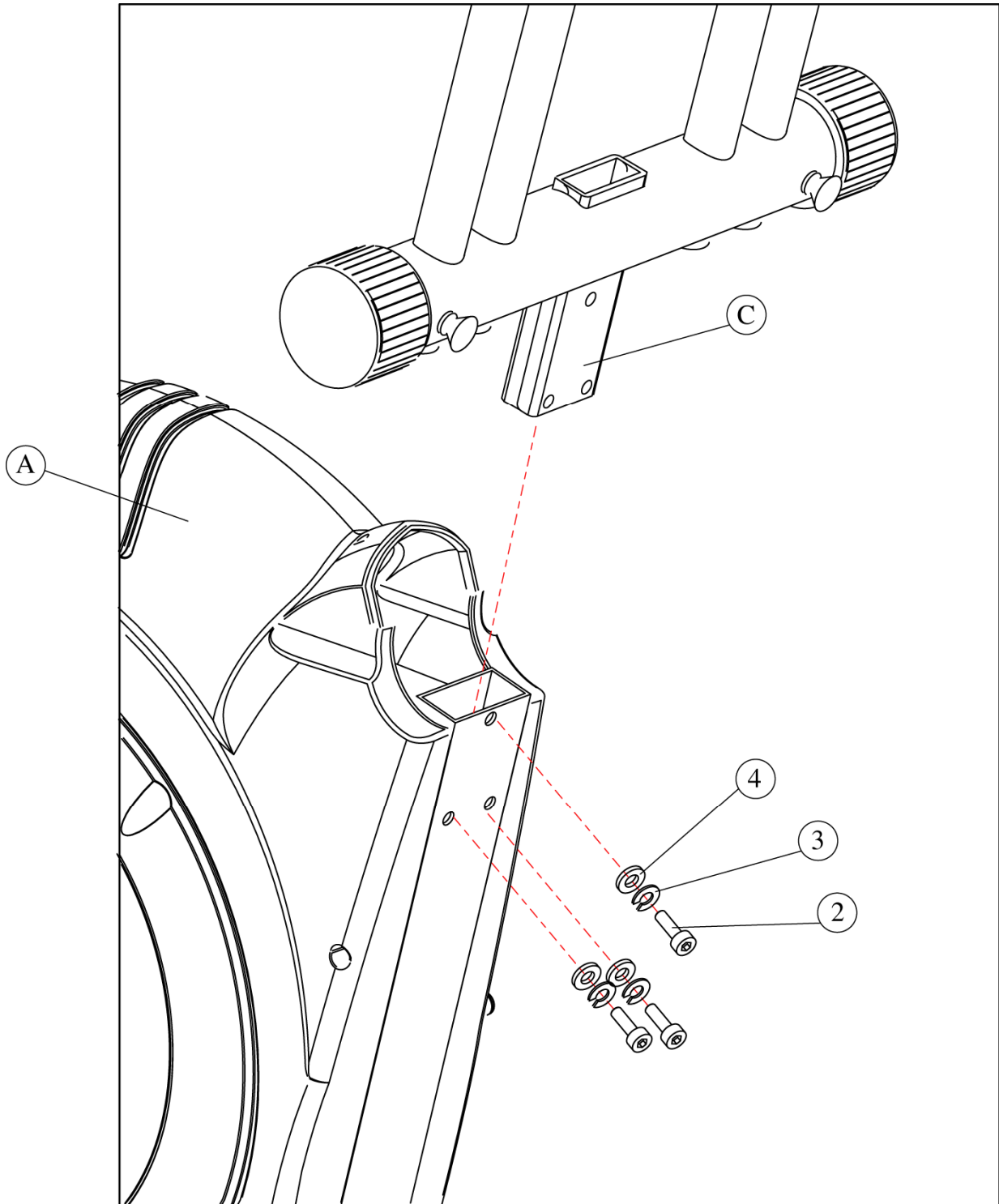
STEP 1. Assemble Frame and front stabilizer

1.1# Assemble the attached Frame(A) and Front Stabilizer with screws and cap the long hex nut(1) and tighten it.



STEP 2. Assemble Frame and stabilizer

1.1# Insert the stabilizer assembly(C) into the frame and tighten with screw(2,3,4)



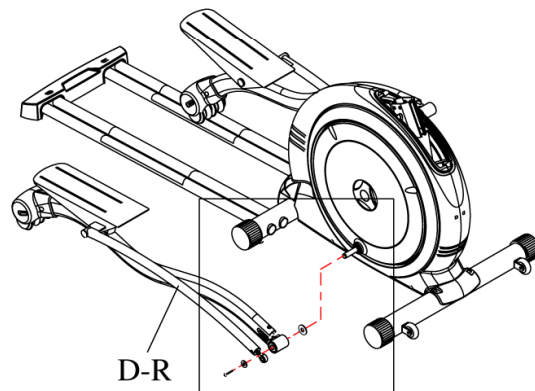
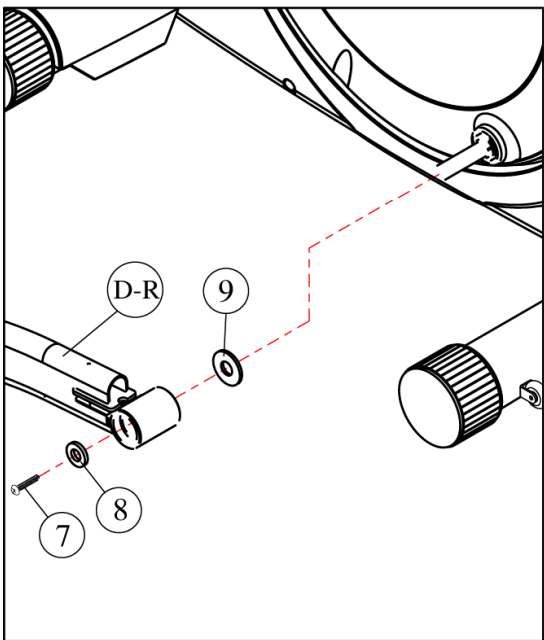
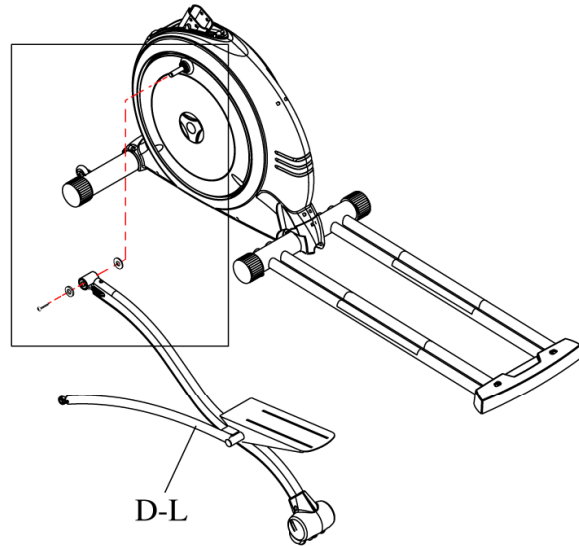
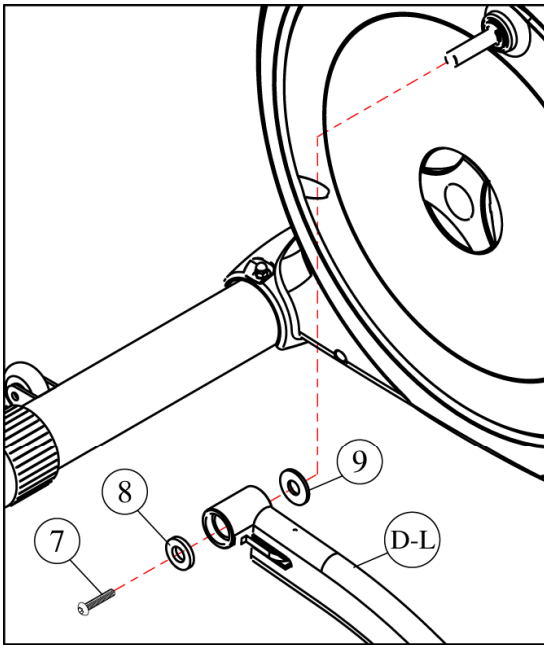
STEP 4. Assemble Pedal and Frame

1.1# Cover wave washer(9) to crank axes and cover left side(D-L) pedal assembly to left side crank axes of frame, then cover pad(8) and tighten with screw(7).

1.2# Cover wave washer(9) to crank axes and cover right side(D-R) pedal assembly to right side crank axes of frame, then cover pad(8) and tighten with screw(7)

Attention:

1.# Make sure that pedal iron tube and the crank axes are steady tightened to avoid danger.



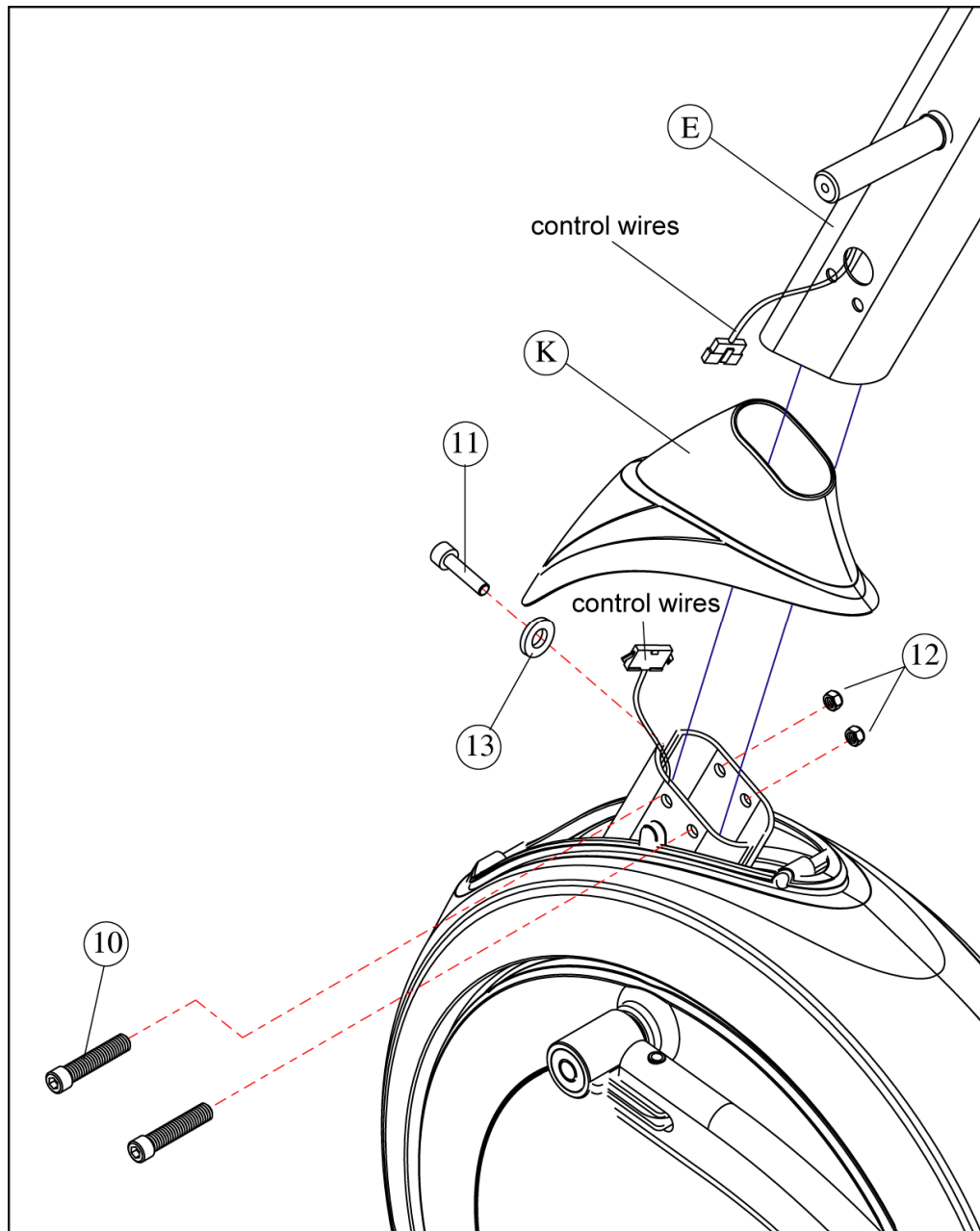
STEP 5. Assemble upper control tube and frame

1.1# Cover the upper control tube(E) into control tube plastic(K) and then cover iron tube of control tube into the iron tube of frame and fix them with screw(10,11,12,13).

2.1# After connecting control wires, push the control tube plastic down to fix it.

Attention:

- 1.# The step should assemble with an assistant. One person should hold the upper control tube. Another should cover the control tube to the frame and tighten with screws.
- 2.# After tightened the screws, connect the signal wires of control. Please pay attention to the direction. If the direction is wrong, do not insert by force.
- 3.# After connecting the wires, press the control tube plastic to fix.
- 4.# While tightening screws, be careful not to drop screw into the unit.



STEP 6. Assemble upper control tube and computer console

1.1# Aim at the screw hole rear of the computer and fix the attached computer(F) with screw(15,16). While assembling, make sure it is fixed tightly to avoid damage of the computer.

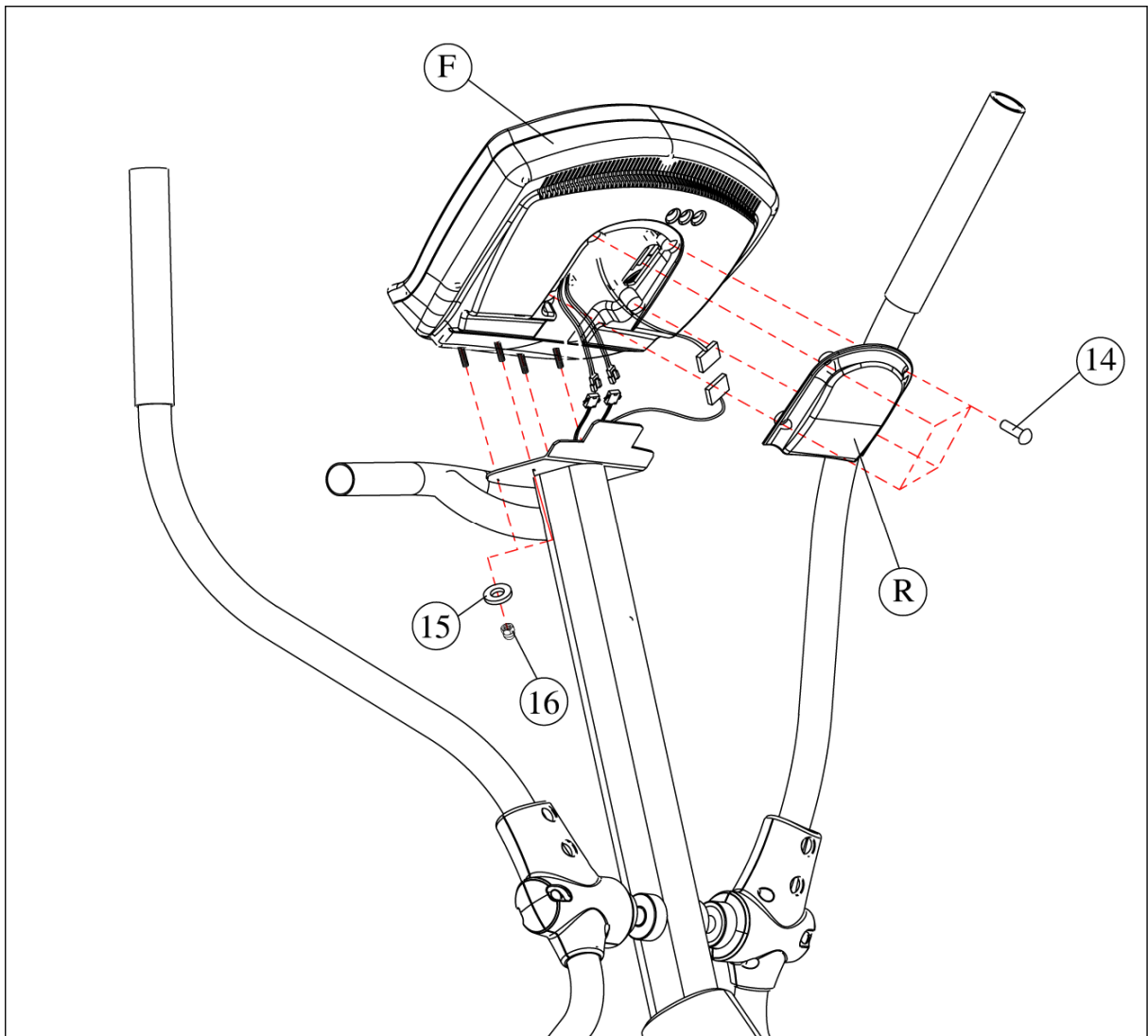
1.2# After assembling the computer, connect the signal. Pay attention to the direction. If the direction is wrong, do not insert by force.

1.3# At last, fix the lower computer cover(R) with screw(14). Be careful not to press the wires.

Attention:

1.# While Assembling, make sure the direction of the computer is right.

2.# The wires of computer should match with the hole of the computer shelf, so not bend the wires to avoid short circuit.

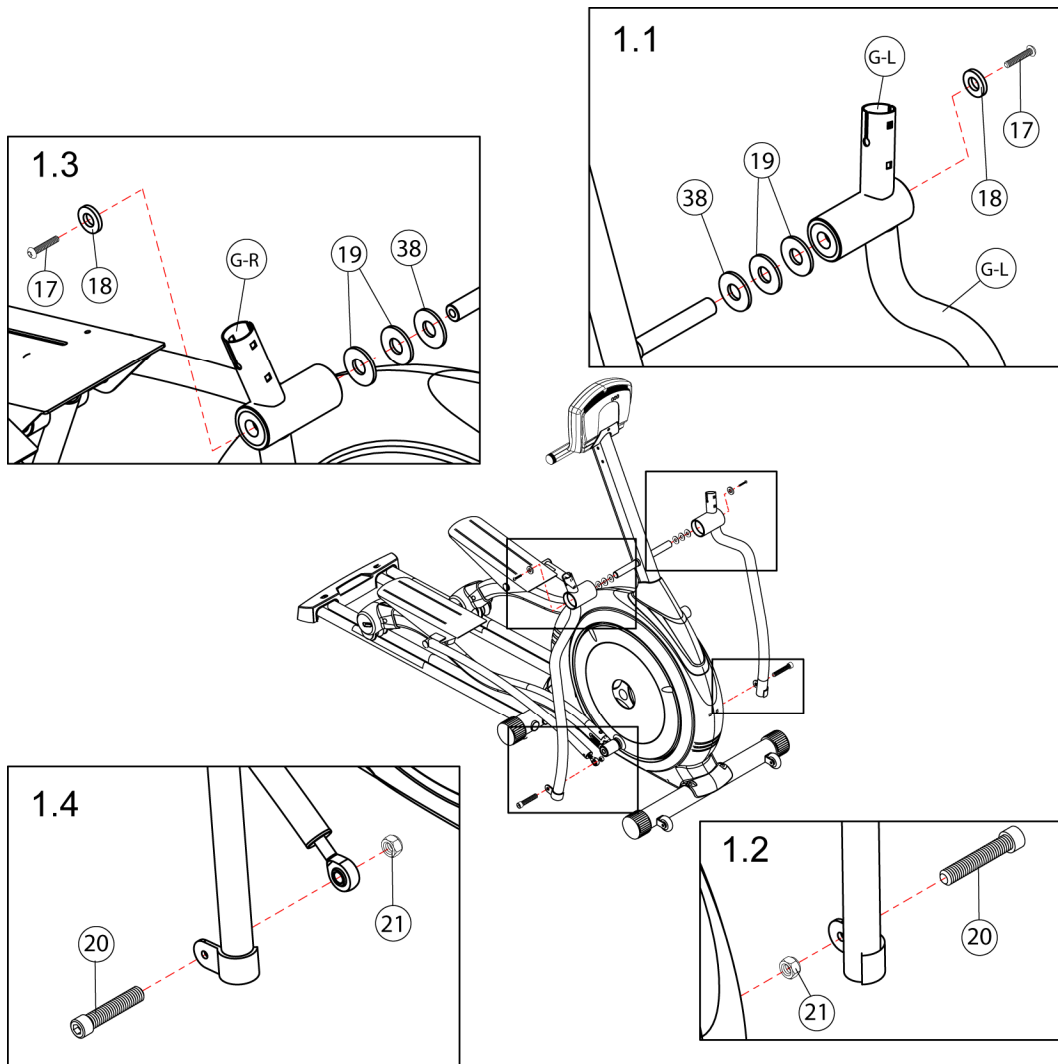


STEP 7. Assemble handle, upper control and pedal

- 1.1#Cover Flat Washer (17), wave washer(19) and then cover handle(G-L) to the iron core of upper control tube and tighten with screw(17,18).
- 1.2#After locking the upper left, then lock the bottom left. Register the iron below the left handle and the bearing of the trace. Then tighten with screw(20,21).
- 1.3#Cover Flat Washer (17), wave washer(19) and then cover handle(G-R) to the iron core of upper control tube and tighten with screw(17,18)
- 1.4#After locking the upper right, then lock the bottom right. Register the iron below the right handle and the bearing of the trace. Then tighten with screw(20,21).

Attention:

1. You should differentiate the left and right handles. Assemble according to the marks on them to avoid error. When assembling the handle and pedal, you should crouch down to operation. At this time please pay attention whether there is an iron pipe above in order to avoid danger.

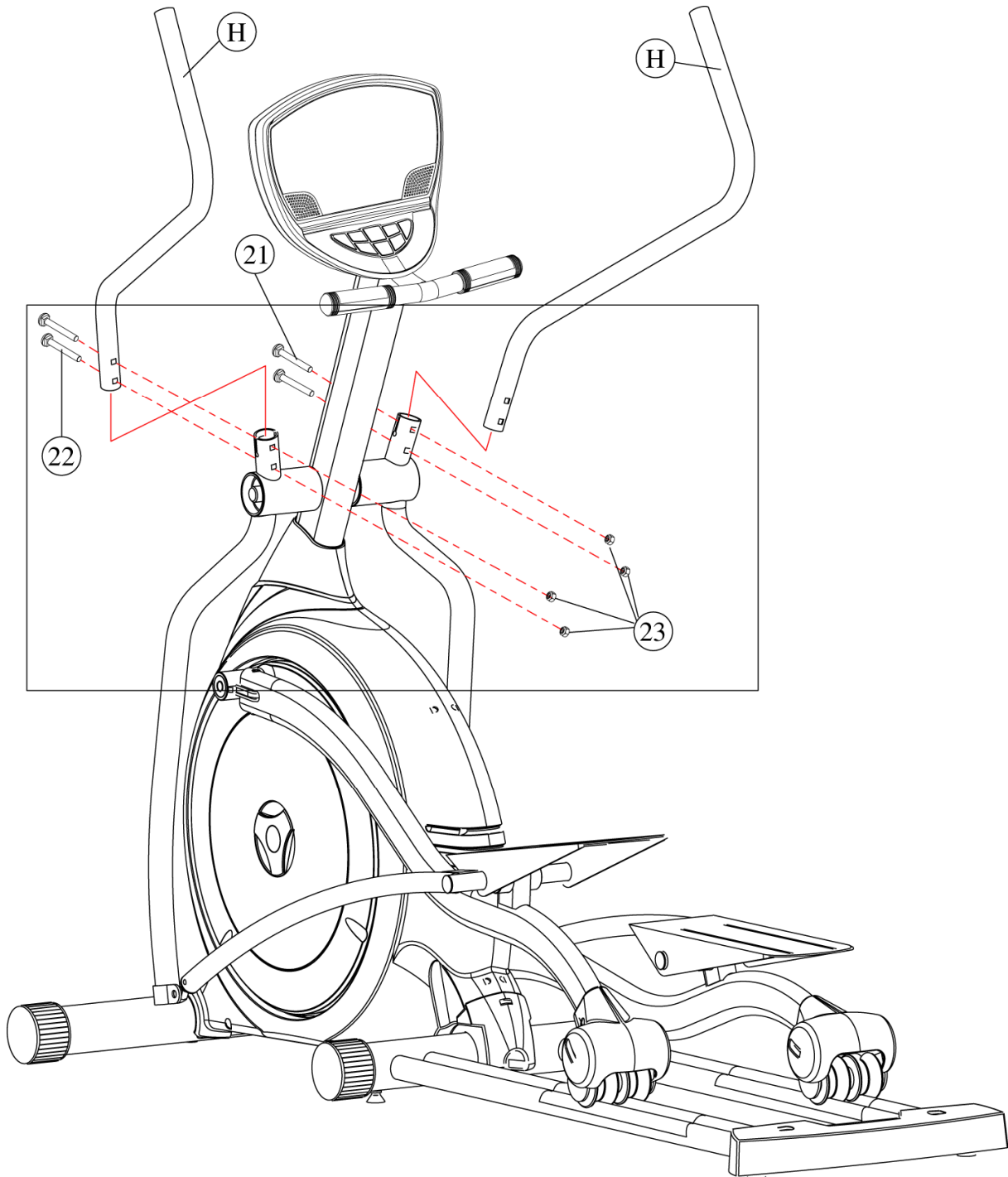


STEP 8. Assemble handle and upper handle tube

1.1# Cover the end of the upper handle(H) to the iron pipe above the handle and tighten with screw(22,23).

Attention:

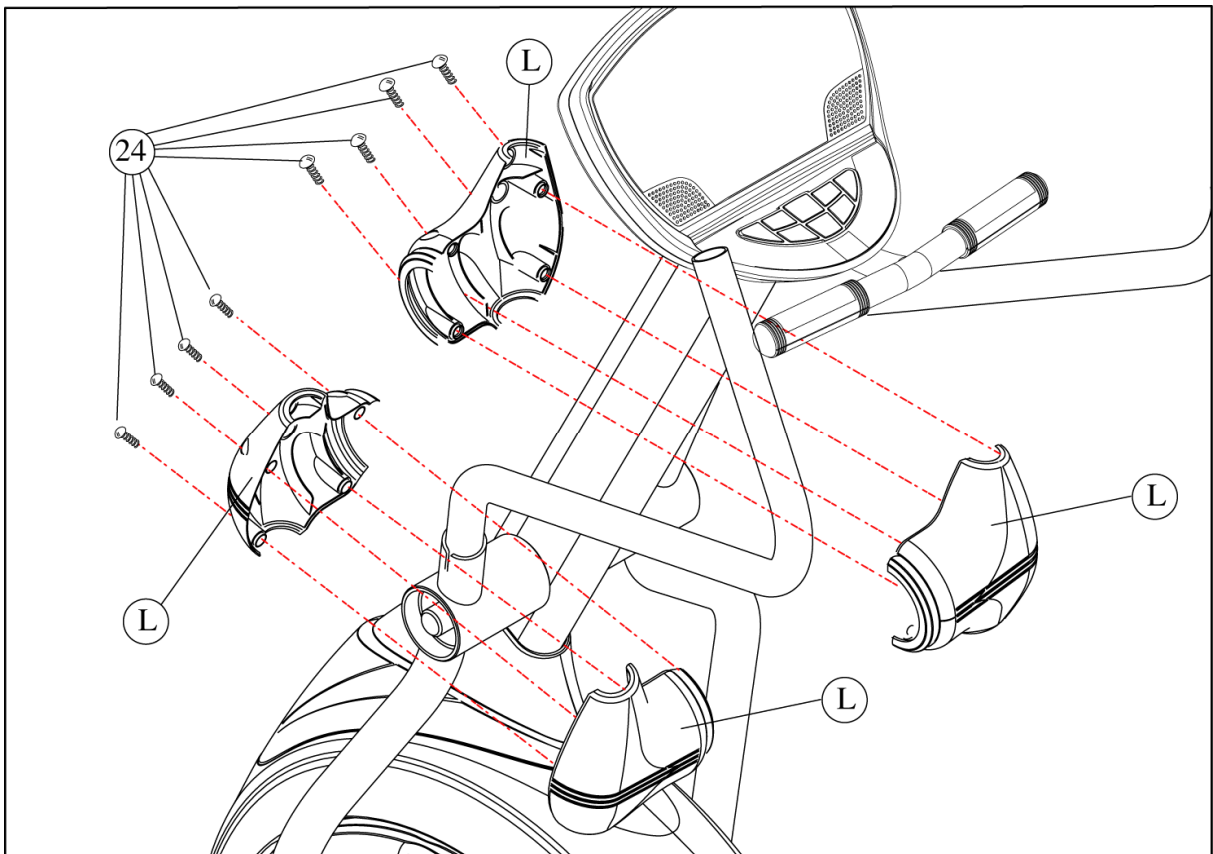
1.# You should differentiate the left and right handle tubes. Assemble according to the marks on them to avoid error.



STEP 9. Assemble handle plastic

1.1# Put the handle tube cover(L) on the tube of handle tube assembly and tighten with screw(24).
Attention:

1.# While tightening plastic cover, make sure they are suitable and joined tightly.

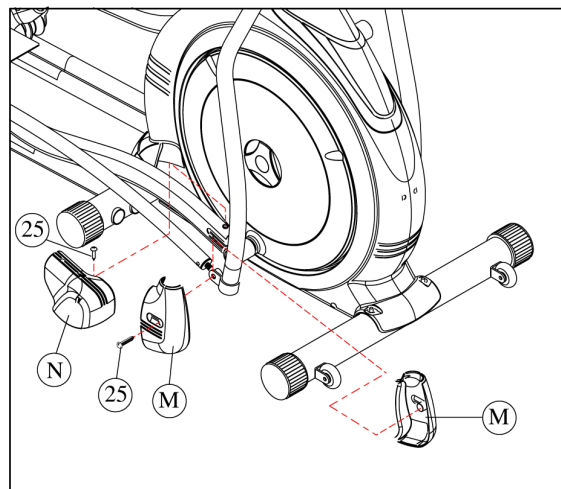
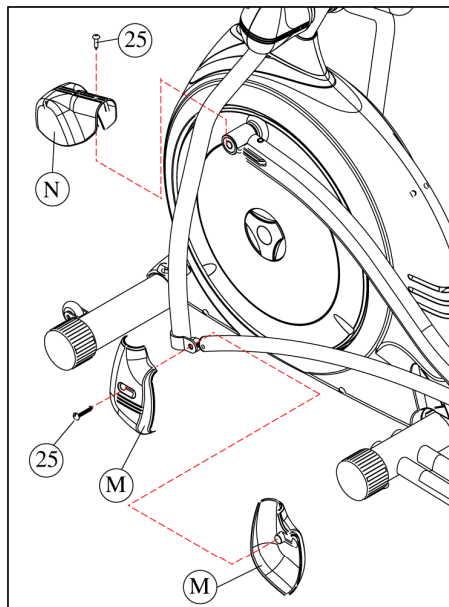


STEP 10. Assemble handle tube and pedal plastic

- 1.1# Put the left pedal cover(N) front of the pedal iron tube and make sure the holes on the plastic and the iron tube is joined correctly. Then tighten with screw(25).
- 1.2# Then put the left connecting rod cover(M) on the left and right of the handle tube assembly and tighten with screw(25).
- 1.3# Put the right pedal cover(N) front of the pedal iron tube and make sure the holes on the plastic and the iron tube is joined correctly. Then tighten with screw(25)
- 1.4# Then put the right connecting rod cover(M) on the left and right of the handle tube assembly and tighten with screw(25).

Attention:

- 1.# While tightening the plastic cover, make sure they are suitable and joined tightly.



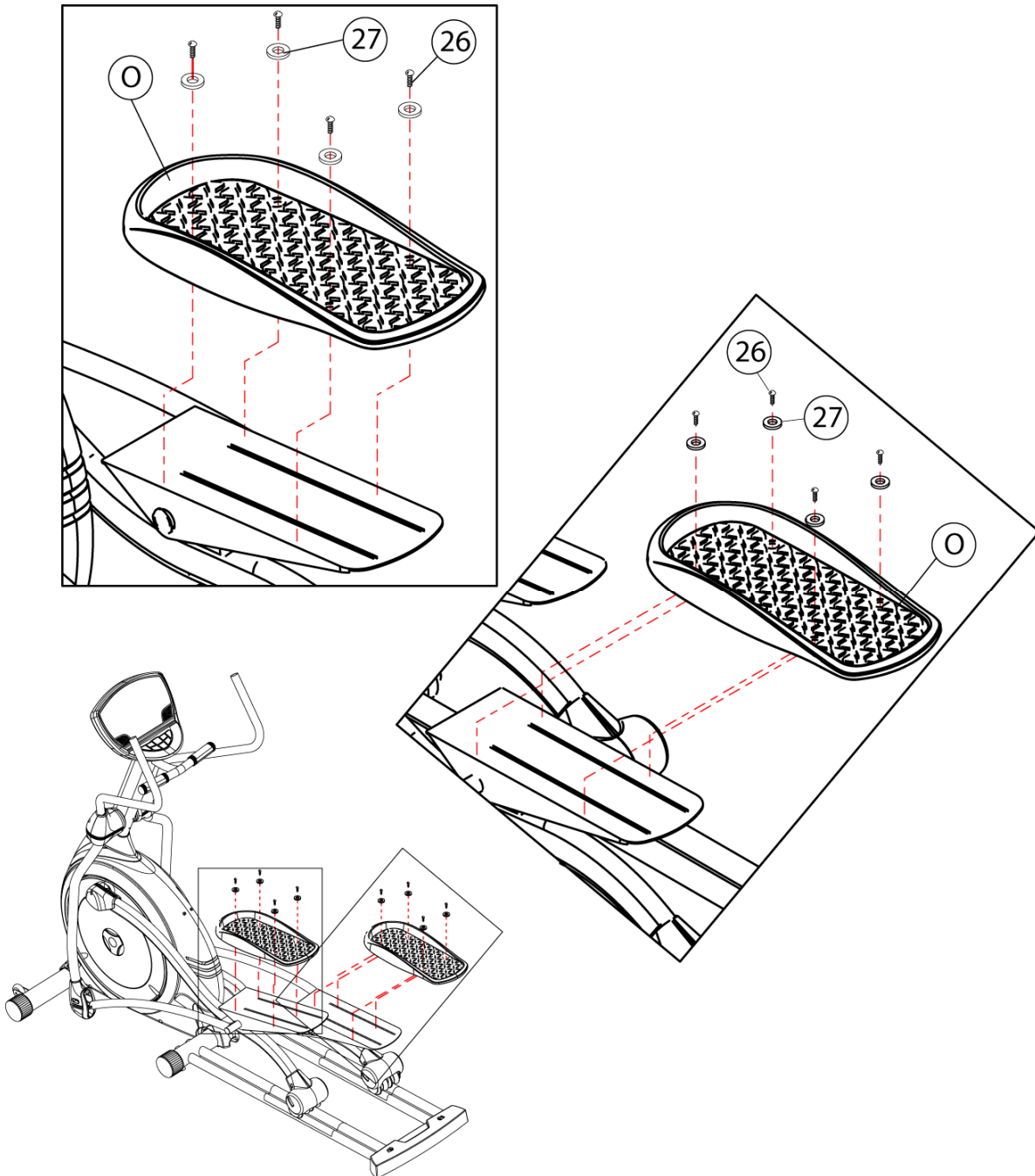
STEP 11. Assemble rod and pedal

1.1# Join the screw hole of left pedal(O) with the screw hole of left rod, then cover pad(27) and tighten with screw(26).

1.2# Join the screw hole of right pedal(O) with the screw hole of right rod, then cover pad(27) and tighten with screw(26)

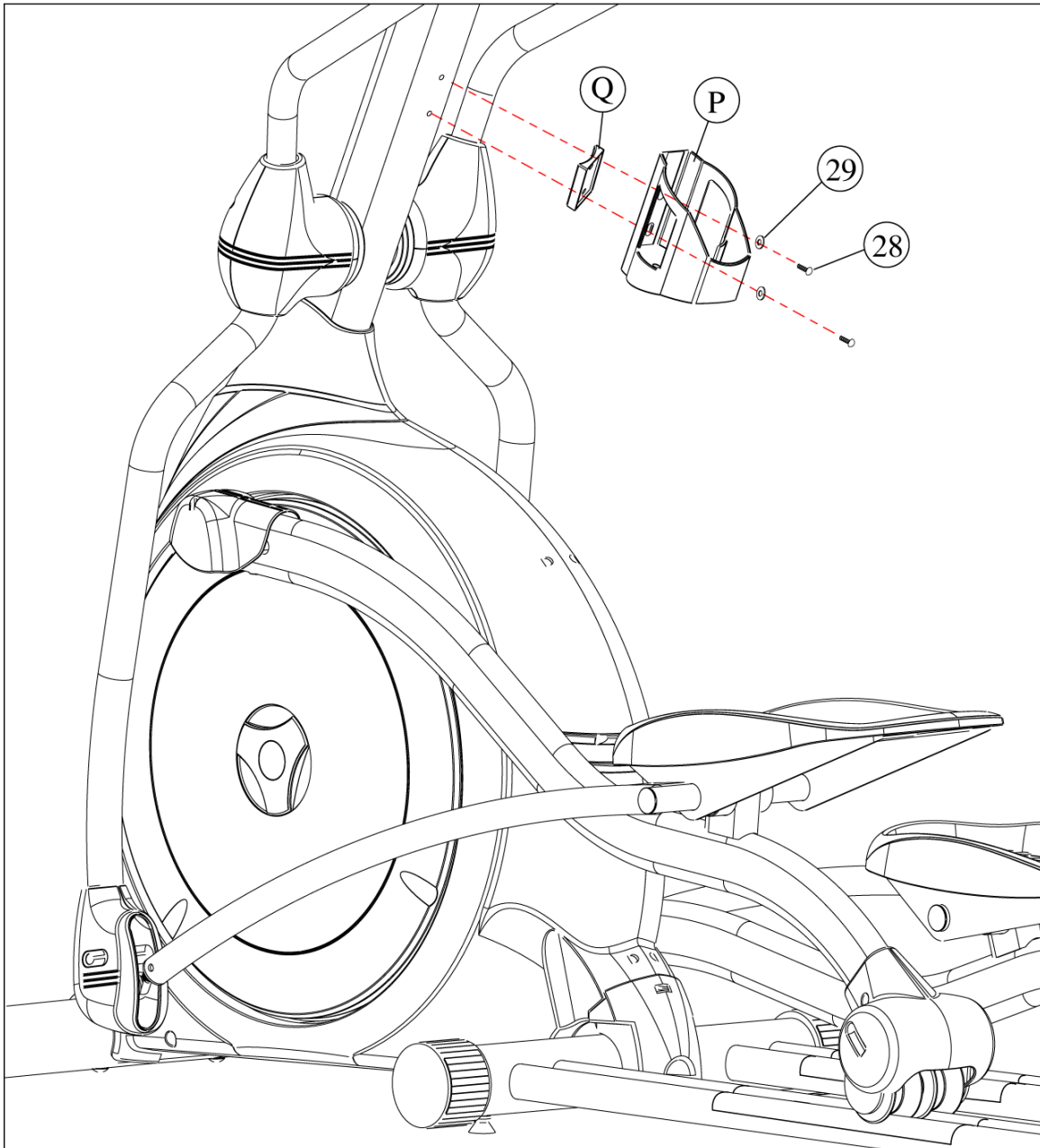
Attention:

- 1.# While assembling pedal, make sure it is fixed tightly to avoid danger.
- 2.# Pedal has direction. While assembling, make sure it is the right one.



STEP 12. Assemble Bottle Shelf

- 1.1# Assemble the bottle shelf (P) and the bottle shelf fixer (Q) on the upper control tube and fix with washer (29) and screw (28).



Computer Operation Instruction

I.#MAIN DESCRIPTION

The computer displays in LED screen equipped with functions such as TIME、 DISTANCE、 RPM、 HEART RATE、 WORKLEVEL、 WATT、 METS、 CALORIES and PROGRAM profile displayed in Dot matrix.

II.#DISPLAY & POWER ON

- 1.# Power on, LED will display segment for 2 seconds while speed signal is receivable ,**Dot matrix** will display 『the lowest **Level**』 profile, the window will display 『**SET WEIGHT 70KG**』 and 『**PRESS ENTER**』 . The preset weight is 70Kg, the range is 15Kg ~ 250Kg, press + or – key to set weight.
- 2.# When no speed signal received or action stopped, the window will turn off automatically. When speed signal is received, the window will start again and reset.
- 3.# This computer is equipped with the function of spare power supply. When users step the pedal, it means the dynamo provides power. When it is not under the exercise status, it is used as the battery. Users can use the computer continuously to see the exercise values while the power will not be off.
- 4.# When the computer switches to supply the power, it can save electricity under dormancy status. When not operate the computer for 2 minutes, the backlight will be off for 1 minute (press any key to continue the backlight). If there is not any action to the computer still after 1 minute, the computer will automatically turn off.
- 5.# This computer is equipped with 3A battery which can be electricized. When under exercise status, the dynamo will electricize the battery.
- 6.# This is a self-generated elliptical. The resistance of this elliptical is generated when user steps the machine continuously. It is normal for this elliptical to work in low resistance when the speed is under 60RPM

#

III.#BUTTON FUNCTIONS

Any key will sound a beep when pressed.

Quick Start :

Press Quick Start Key to enter Manual Mode directly and the console starts accumulating values. Time counts up, the profile shifts to next column every one minute.

Reset Key :

Enter Reset function by holding on Reset Key for 3 seconds.

Enter Key :

Press this key to set information or conform resetting and the reset value.

+ Key :

Press this Key to select Profile functions and increase intensity level during training.

- Key :

Press this Key to select Profile functions and decrease intensity level during training.

Display Shift Key :

This Key is used to shift function display in LED screen.

Program Quick Key * 6 :

Press Manual Key to select Manual mode immediately.

Press Random Key to select Random mode immediately.

Press Cv Key to select Cv Workout mode immediately.

Press HRC Key to select Heart Rate Control mode immediately.

Press Weight Loss Key to select Weight Loss mode.

Press Hill Intervals Key to select Hill Intervals mode.

IV.#PROGRAM FUNCTIONS

Manual Mode :

Press Manual Key or adjust + / - Key to enter Manual Mode, DM displays 『the lowest Level』profile and the indicator of Manual Mode turns on. The screen will display『SELECT WORKOUT』 and 『PRESS ENTER』 alternatively. 【SETTING MODE】 starts.

Press ENTER to adjust items or press START to begin, time is progressed by counting up.

Press ENTER to begin adjusting time, LED screen will display 『SET TIME 30:00』 and 『PRESS ENTER』 alternatively. Press + or – key to adjust time, the range of time is 1-99 Min.

Press Quick Start Key, all values starts counting up. That means **【PROGRAM OPERATION】** starts.

The intensity level of the preset profile is set to be Level 1. When time is progressed by counting up, the profile will shift to next column every one minute. When time is progressed by counting down, the profile will shift to next column every one sixteenth of the set time.

LED screen is computerized to display TIME、DIST、RPM、CAL.

- 1.# Press Display Shift to see the data of LEVEL、WATT、METS、PULSE.
- 2.# Press + or – Key to adjust Level. If the screen displays Time item currently, the screen will shift to Level item after pressing + or – Key. The Level item will return to Time item if there is no key pressed during 3 seconds.
- 3.# The screen will display heart pulse compulsorily if the console receives heart pulse signal. The screen will not display calorie even if press **Display Shift Key**.
- 4.# If time is progressed by counting down, the console will enter **【Stop Mode】** when time counts down to zero. **Dot matrix** will display the workout profile.

Program Mode :

Select Random、Weight Loss、CV Workout、Hill Intervals by pressing the corresponding Key or select Random、Weight Loss、CV Workout、Hill Intervals Program by pressing + / – key、**Dot matrix** displays 『PROFILE』 and the indicator of the corresponding profile turns on, the screen will display 『SELECT WORKOUT』 and 『PRESS ENTER』 alternatively, then **【Setting Mode】** starts.

Press ENTER for resetting or press START to begin. If no preset value, time will count up. LEVEL is set to LEVEL1 by default.

Press ENTER to adjust the original LEVEL, the screen will display 『SET LEVEL 1』 and 『PRESS ENTER』 alternatively. Adjust LEVEL by pressing + or – key, the range is 1-16.

Press ENTER to adjust time, the screen will display 『SET TIME 30:00』 and 『PRESS ENTER』 alternatively. Adjust time by pressing + or – key, the range is 1~99 Min.











Press Quick Start Key, all values begin to accumulate, then **【Operation Mode】** starts.



The console will perform according to the preset profile. When time is progressed by counting up, the profile will shift to next column every one minute. When time is progressed by counting down, the profile will shift to next column every one sixteenth of the set time.

LED is set to display TIME、DIST、RPM、CAL.

- 1.# Press Display Shift to see the data of LEVEL、WATT、METS、PULSE.
- 2.# Press + or – Key to adjust Level. If the screen displays Time item currently, the screen will shift to Level item after pressing + or – Key. The Level item will return to Time item if there is no key pressed during 3 seconds.
- 3.# The screen will display heart pulse compulsorily if the console receives heart pulse signal. The screen will not display calorie even if press **Display Shift Key**. If time is progressed by counting down, the console will enter **【Stop Mode】** when time counts down to zero. **Dot matrix** will display the workout profile.

HRC Mode : (L1 : 55%、L2 : 70%、L3 : 80%、HR、it can be performed only if the machine is equipped with chest pulse.)

- 1.# Select HRC Program by pressing HRC Key or+ / –key, **Dot matrix will display 『ONE LINE』** profile and the corresponding indicator of HRC will turn on. The screen will display 『SELECT WORKOUT』 and 『PRESS ENTER』 alternatively. Then **【Setting Mode】** starts.
- 2.# Press ENTER, at this time, LED screen will display AGE、the values in the screen will flash. Now users can press ,  to adjust the age (the range of age:10-99 years、preset value is 25, step is 1) . According to the input value, the program will calculate the target pulse value and press  after confirm.
- 3.# LED screen will display 55% program mode and the calculated pulse value. Press ,  to select 55%, 70%, 80% or SET HR program mode. Press  after confirm.
- 4.# LED screen will display TIME and flash. At this time, users can press ,  to edit the value. After the value is set, press  to confirm and press  to start the program. Time will be performed in positive number.
 **The range of time: 1~99 minutes、preset value is 30 minutes. Step is 1.#

- 5.# 『SET HR』 is the mode in which the users can set target pulse value freely. Press ,  to modify Target HR setting. The setting range is 40~220 BPM ; 3ESP 1

Press Quick Start Key and all values will start to accumulate which is the start of **【Operation Mode】** .

After performing, LED screen will display 『WARM UP』 for 2 minutes. After 2 minutes, the screen will display 『BEGINNING HR』 . Then start to carry out HRC Control.

When time is progressed by counting up, the profile will shift to next column every one minute.

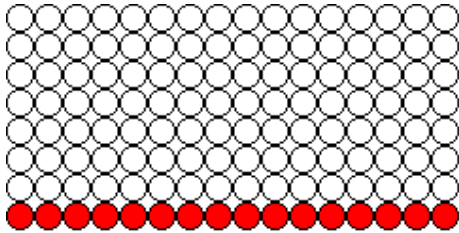
When time is progressed by counting down, the profile will shift to next column every one sixteenth of the set time. When one period is over, 『ONE LINE』 profile displayed in **Dot**

matrix will be cleared, then start a new period.

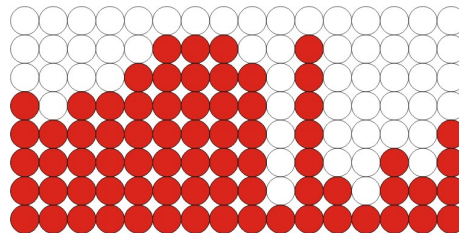
After carry out HRC, if any pulse is not detected after 60 seconds, the program will automatically leave the screen and come back to start/ready status.

PROFILE:

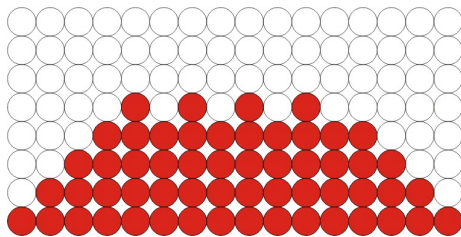
Manual Mode :



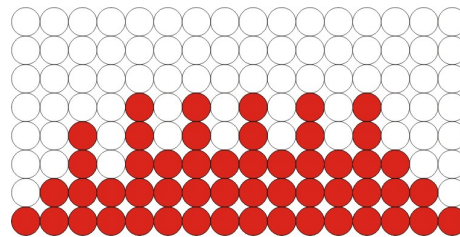
Random Profile : (Display at random)



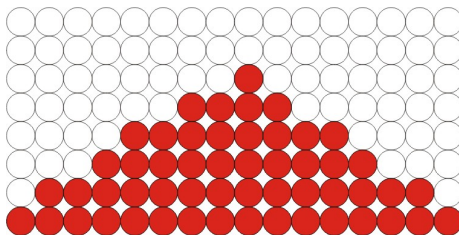
Weight Loss Profile :



Hill Intervals Profile :



CV Workout Profile :



HRC Profile :

