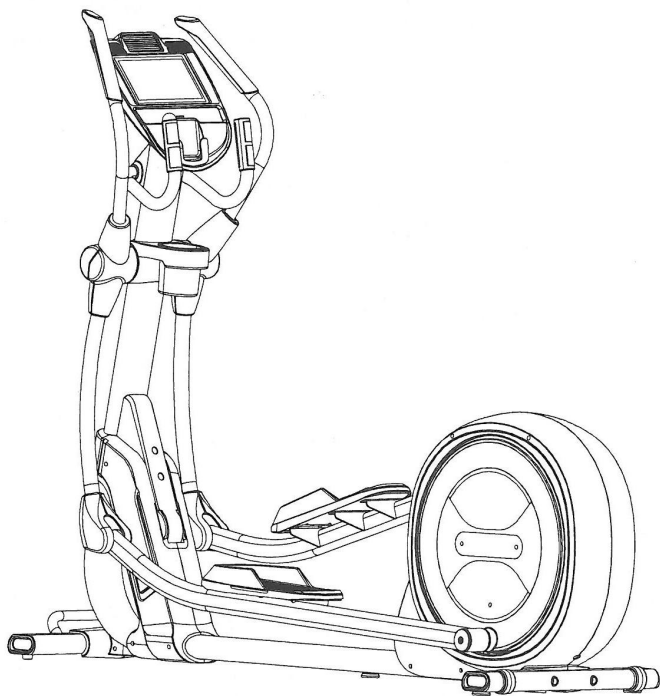


Owner's Manual



No. CE-72

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

Precautions

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

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

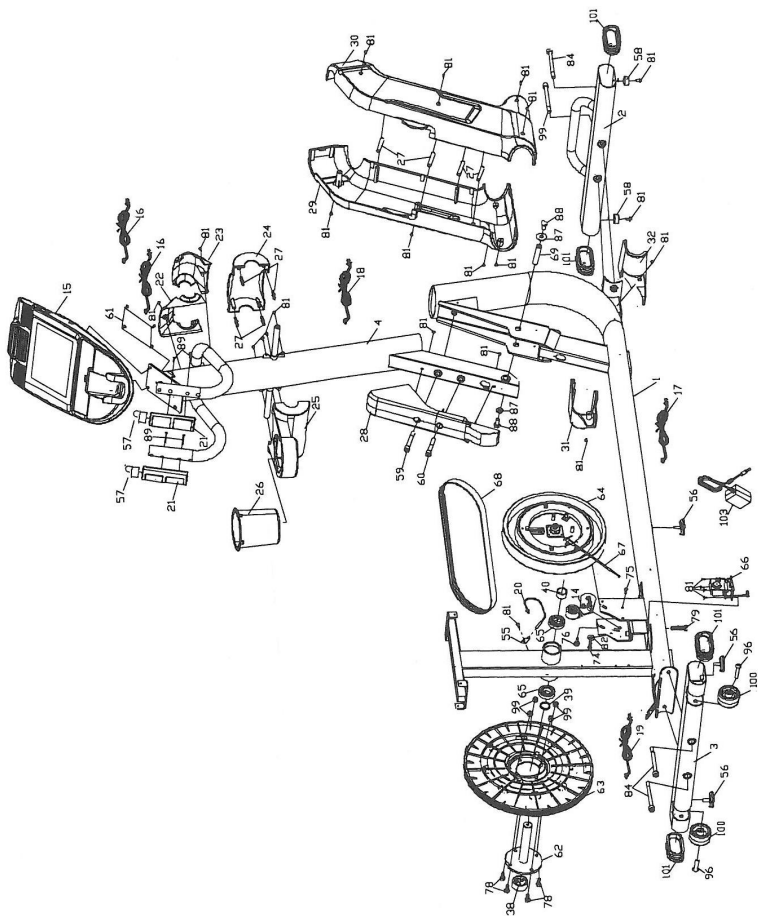
Safety notice

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

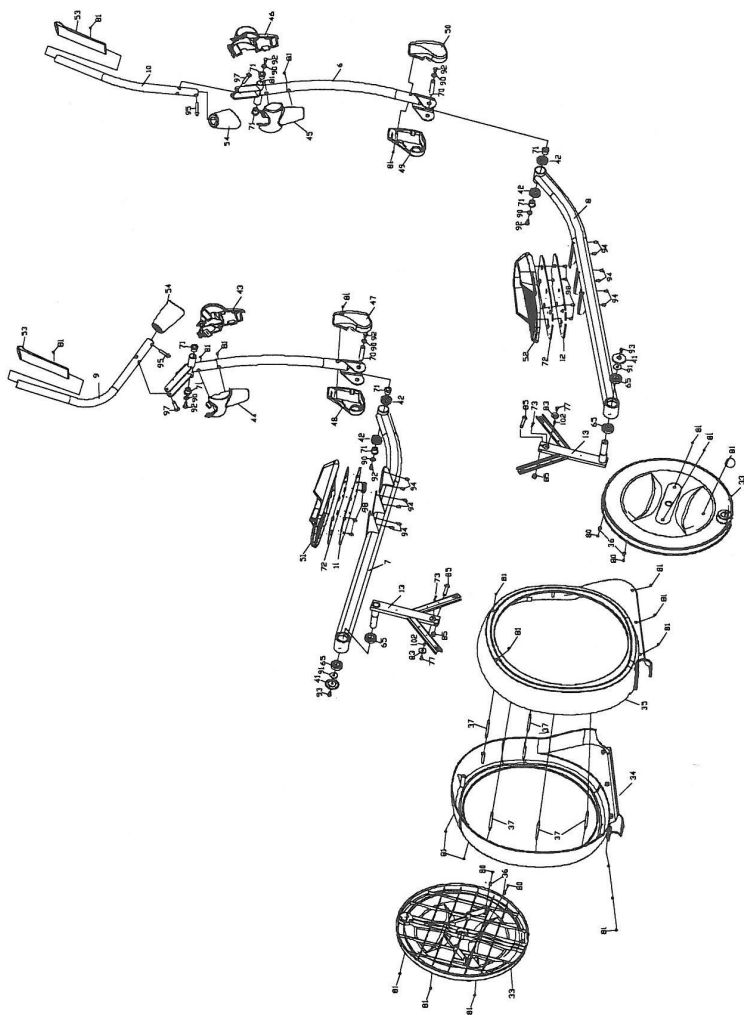
1. Waist pain now and leg, waist, neck hurt before, legs, waist, neck and hand numbly
please do not use.
2. Have anamorphic arthritis, rheumatic and gout.
3. Have osteoporosis and other abnormality.
4. Have perfunctory system obstacle (heart disease, blood obstacle, hypertension).
5. Have breath obstacle.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

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

Product Drawing



No. CE-72



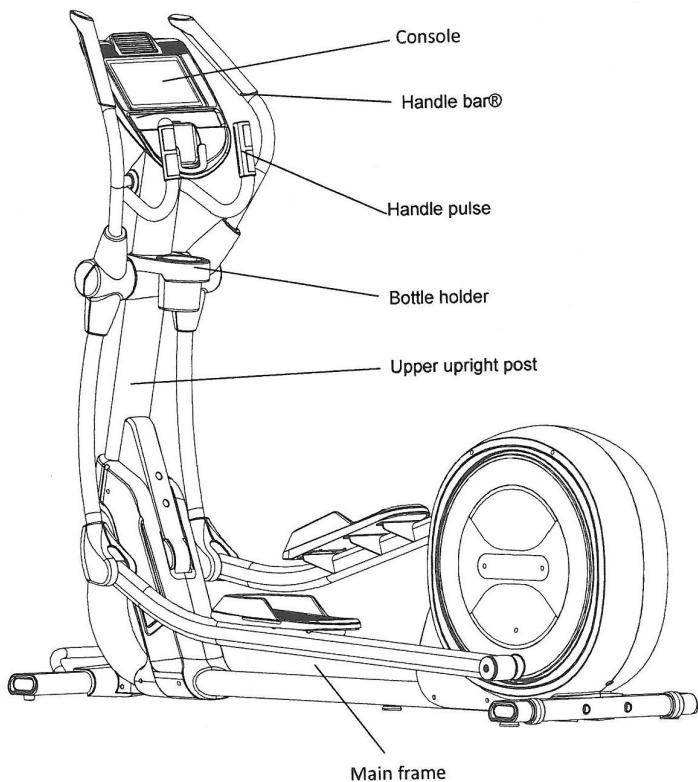
No. CE-72

Parts List

NO	NAME	SPECIFICATION	QTY	NO	NAME	SPECIFICATION	QTY
1	Main frame		1	34	Left chain cover left chain cover	741×707×110	1
2	Front stabilizer		1	35	Right chain cover left chain cover	741×707×110	1
3	Rear stabilizer		1	36	Turntable rubber buckle	Φ12.4×13	4
4	Upper Upright post		1	37	long rubber plug	Φ9×Φ5.9×100	5
5	Lower sway bar group left		1	38	Gap set one	Φ44.5×19.9	1
6	Lower sway bar group right		1	39	Gap set two	Φ30×3.2	1
7	Left foot tube set		1	40	Gap set three	Φ30×16.2	1
8	Right foot tube set		1	41	Crank cover	Φ57.2×6.7	2
9	Upper left handrail tube set		1	42	bushing	Φ22.66×Φ40.59×14.3	4
10	Upper right handrail tube set		1	43	Left sway bar upper rear trim cover	216.9×118.2×85.6	1
11	Left foot pedal fixing plate		1	44	Left sway bar upper front trim cover	204.9×118.2×71.1	1
12	Right foot pedal fixing plate		1	45	Right sway bar upper front trim cover	204.9×118.2×71.1	1
13	Crank square iron group		2	46	Right sway bar upper rear trim cover	216.9×118.2×85.6	1
14	pinch roller set		1	47	Left sway bar interior cover	160.8×112.8×58.9	1
15	Console		2	48	Left sway bar outer cover	160.8×112.8×46.9	1
16	Handle pulse wire	L-800mm	2	49	Right lower sway bar interior cover	160.8×112.8×58.9	1
17	Communication wire1 (main	L-1900mm	1	50	Right sway bar outer cover	160.8×112.8×46.9	1

	frame)						
18	Communication wire 2 (stand post)	L-1250mm	1	51	pedal left	450.5×185.2×70.2	1
19	Power communication line	L-300mm	1	52	pedal right	450.5×185.2×70.2	1
20	Magnetic induction line	L-400mm	1	53	Handrail tube rubber sleeve	296.9×41.5×49.3	2
21	Handle pulse set	cylindrical length 133	2	54	armrest cover	85.4×127.3	2
22	Pulse tube lower cover	130×127×58	1	55	Magnetic induction mount		1
23	Pulse tube top cover	122×108×73	1	56	footpad(E10-76)	Φ 47 × 10.5 × M10 × 22	3
24	front bottle cage	186×109×58	1	57	Round pipe plug	Φ32×t1.5	2
25	Bottle cage	133.6×95×107.6	1	58	tapered feetpad	Φ 26.92 × Φ 23.8 × Φ 5 × 12.7	2
26	Bottle	Φ 125×125	1	59	Hexagon socket head half thread bolts	M10×70×20	1
27	rubber plug	Φ 9×Φ6.1×27	8	60	Hexagon socket head half thread bolts	M10×60×30	1
28	Middle part of front cover	403.7×32.6×110.9	1	61	Cross recessed large flat head full thread bolts	M5×15	4
29	Left part of front cover	674×219×82	1	62	Belt pulley shaft group	E31/Φ 108×184.53	1
30	Right part of front cover	674×219×82×	1	63	belt pulley (E28-97)	Φ 381×22.2	1
31	Front-mounted pipe trim cover left	163×120×75	1	64	Internal magnetic flywheel set	Φ 302 × 40 × Φ 32.5 × 31	1
32	Right front pipe trim cover	163×123×75	1	65	Deep groove ball bearings	6005ZZ	6
33	disc	Φ 568×49.5	2	66	magnetic motor	6V	1

Product instruction

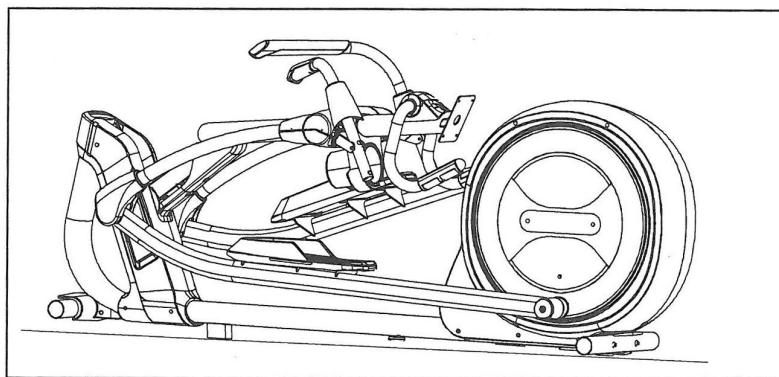


Technical information:

MODEL NUMBER	CE-72
ASSEMBLE DIMENSION	2005×635×1645mm
MAX LOAD	150KG
SPEED RATIO	381:32.5
FLYWHEEL	Φ304mm
RESISTANCE FRAGMENT	1-32
STRIDE LENGTH	19 inch

ASSEMBLY INSTRUCTIONS

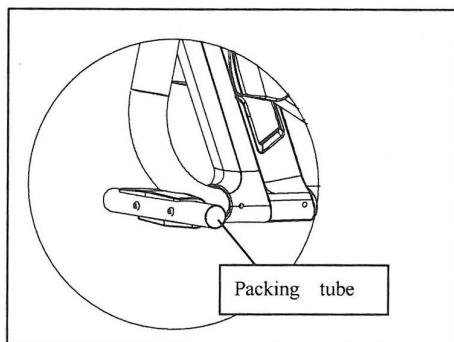
Step 1: As below figure, take the machine out of the packing box (according to the packing box instructions, cut the carton out, select suitable thickness of the supporting block under the machine, so that the ground pipe is properly raised)



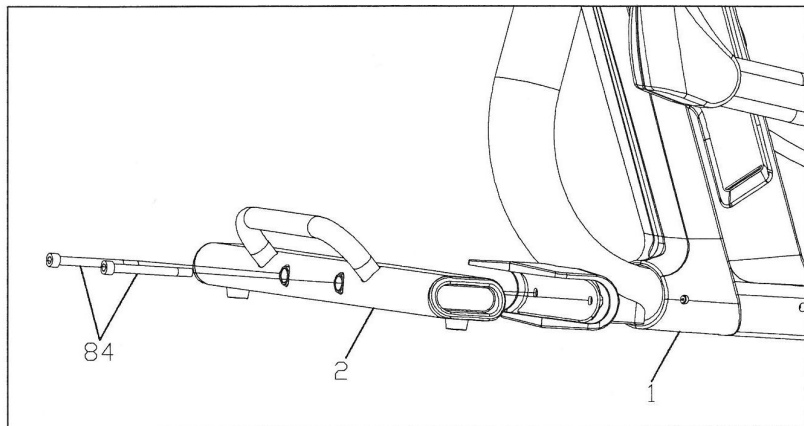
GROUND

supporting block

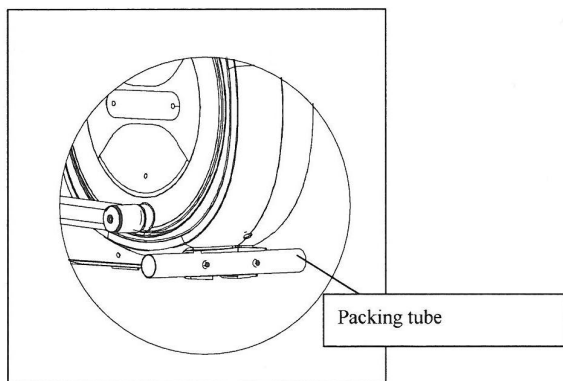
Step 2: Take out the packing tube at the front ground tube. Install the front grounding tube group (2) on the main frame (1), and tighten the hex socket cylindrical head half-tooth bolt M10×105×20 (84).

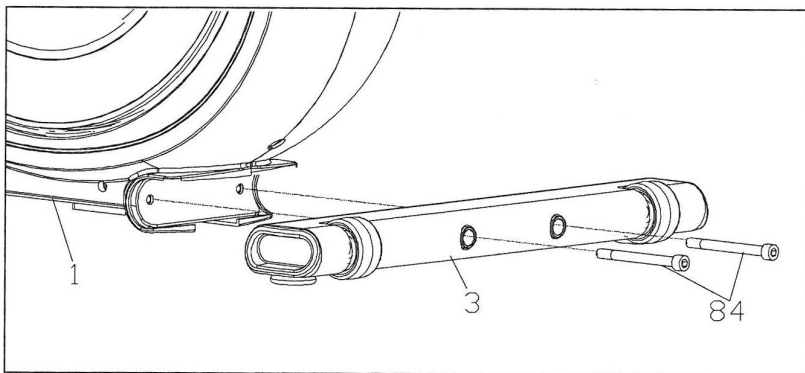


Packing tube



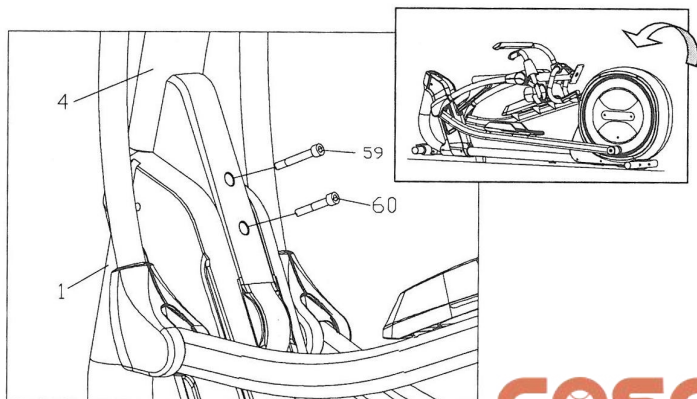
Step3: According to step 1, move the packing material pad to the back. After the packing pipe is fixed at the front ground pipe, install the rear ground pipe group (3) on the main frame machine (1), and lock the inner hexagonal cylindrical head half-tooth bolt M10×105×20 (84). (Packing material pad can be removed after the front and back ground pipe bolts are locked)



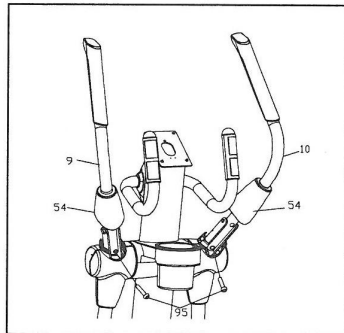
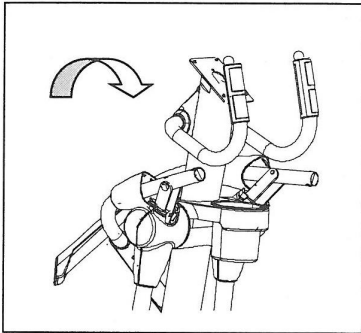


Step4: After opening the riser assembly (4) to the corresponding position according to the drawing, run the hex socket cylindrical head half-tooth bolt M10×70×20 (59) through the riser assembly (4) and then lock it on the main frame (1), and then lock the hex socket cylindrical head half-tooth bolt M10×60×30 (60) on the riser assembly (4).

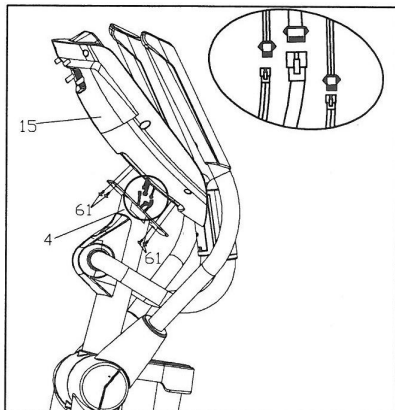
Note: the hex socket cylindrical head half-tooth bolt M10×70×20 (59) should be locked first, and then the hex socket cylindrical head half-tooth bolt M10×60×30 (60) should be installed and locked.



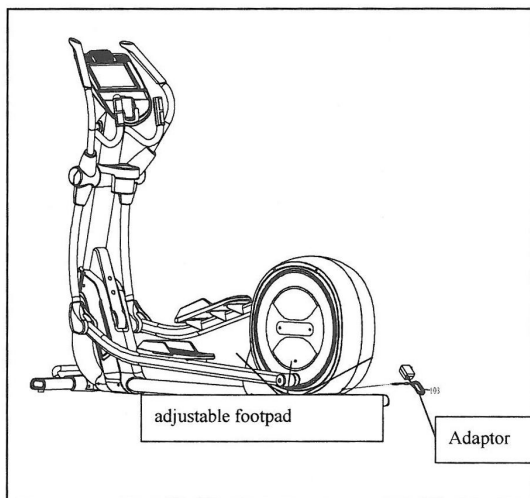
Step5 : Move the left handrail tube set (9) to the corresponding position according to the picture, pass through the left upper handrail tube set (9) with inner hexagon pan head half-tooth bolt M10×50×20 (95) and then lock it. Then slide the armrest cover (54) down to the corresponding position and rotate it into place clockwise. Install the right upper handrail tube in the same way.



Step6 : First, plug signal cables and hand-held heartbeat cables into the corresponding ports. Cross groove large flat head full tooth bolt M5×15 (61) through the riser plate (4) locked on the console (15) .

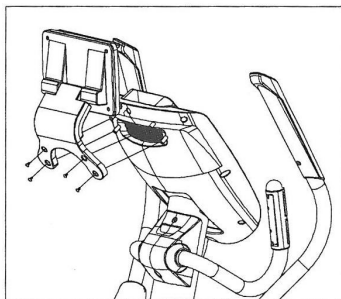
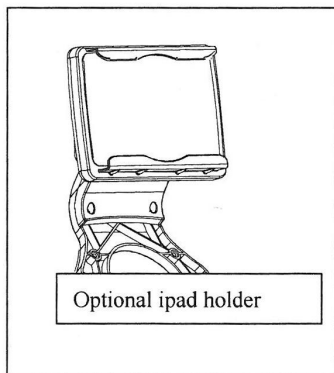


Step7 : After checking whether the bolts are locked, adjust the machine and the floor to a steady position



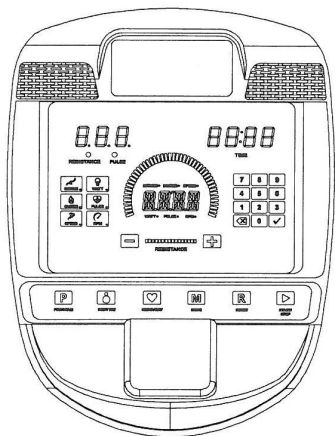
Optional I-pad holder installation instruction

Use cross recessed large flat head tapping screw ST4×16 to lock the i-Pad holder in the corresponding position of the console.



CONSOLE FUNCTION

windows instruction



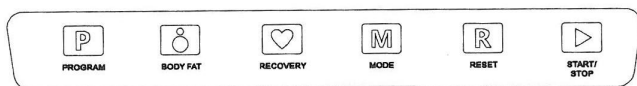
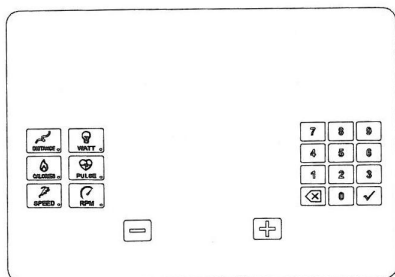
function	description	range
TIME	exercise time	0M:00S ~
SPEED	exercise speed	0.0 ~ 99.9KPH
DISTANCE	exercise distance	0.0~ 999.9KM
CALORIES	the number of calories consuming's assumption	0.0~ 9999KCAL
PULSE	measurement of heartbeat	40-240 BPM
RPM	Indicates the speed of	0 ~ 230 RPM
WATT	Power of motion	0~999 W
RESISTANCE	resistance	Level: 1-32

mode description

MANUAL	Manually adjust the resistance value	
P01-P12	The resistance value can be adjusted automatically or manually according to the program setting	
WATT	The motion resistance value is controlled by the watt target value, which can be customized.	
HRC	55%(H01), 75%(H02), 95%(H03) heart rate target controlled the exercise mode, and the exercise resistance value was controlled by the heart rate target.	
TAG	The control movement mode of self-setting heart rate target, and the movement resistance value is controlled by the heart rate target value .	
U01-U03	Custom resistance movement mode	
BODY FAT	Measure body fat percentage and body mass index and basal metabolic rate	
RECOVERY	Heart rate recovery ability test	
BT & APP	FitShow, KINOMAP	optional
wireless heart rate	Standard 5.3KHZ HRC	optional

NOTE: the optional function could be selected out.



Button function description

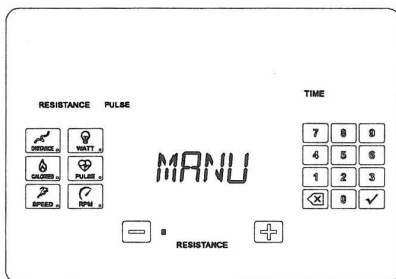


Windows display description

<p>RESISTANCE PULSE</p>	<p>TIME</p>	<p>SPORTS DATA/ RPM indicator Range: 0-230RPM</p>	<p>RESISTANCE</p>
<p>RESISTANC E/PULS/BMI . Display heart rate when available</p>	<p>TIME/BMR indicator</p>	<p>SPORTS DATA/ RPM indicator Range: 0-230RPM</p>	<p>RESISTANCE indicator, the more point the more resistance</p>

Button instruction

+	PLUS. Press the button to increase the resistance value during exercise, switch gender in the body fat test parameter setting, and increase the watt target when working in watt mode;
-	MINUS, lower resistance value during exercise, switch gender in body fat test parameter setting, and reduce watt target when working in watt mode;
	Function display area 1. DISTANCE 2. CALORIES 3. SPEED 4. WATT 5. PULSE 6. RPM
	Numeric area Enter the data directly during the setting, press \checkmark to confirm and enter the next setting item, and press \times to delete the entered value.
PROGRAM	select motion mode
BODYFAT	body fat test mode
RECOVERY	Heart rate recovery test mode
MODE	Enter to select the mode
RESET	Press this key to return to the MANUAL state after the controller is fully displayed
START/STOP	START/STOP



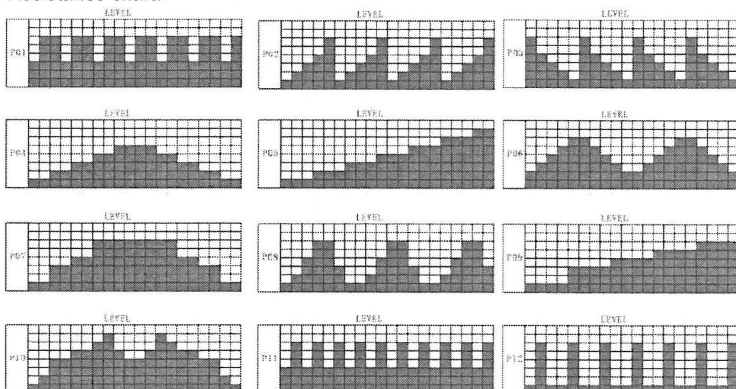
MANUAL

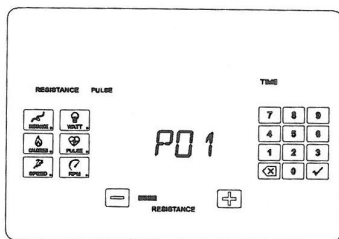
Press START/STOP to START the exercise, or the MODE or $\sqrt{\quad}$ key to enter the setting MODE ;

1. Press MODE key or $\sqrt{\quad}$ key in the setting state to select the set items in sequence. The selected items flash: time \rightarrow distance \rightarrow calorie \rightarrow heart rate limit;
2. Once set, the heart rate limit will be stored;
3. Enter the corresponding data directly on the numeric keyboard, press the MODE key or $\sqrt{\quad}$ key to confirm and enter the next setting item after the input is completed;
4. Exit the setting state automatically after all selection is complete. You can also press START/STOP in the setting state ;
5. In motion state, resistance can be increased or decreased by PLUS or MINUS keys;
6. In the motion state, the main window can be switched through the functional keyboard area;
7. If the time, distance, calorie or any one of them is set, the corresponding value in the movement will change to reverse count. When any value reaches 0, the movement will stop automatically with a "DI DI" sound prompt ;
8. If the heart rate limit is set, when the exercise heart rate exceeds the limit, a "DI DI" sound will be heard, and the heart rate value flashes ;
9. In the motion state, press the START/STOP key to STOP the motion.

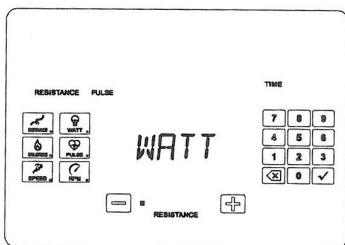
Preset program (P01-P12)

Resistance chart:





1. Press program to select P01-P12;
2. Press START/STOP to start exercise, or press MODE or \checkmark to enter the setting mode;
3. Press MODE key or \checkmark key in the setting state to select the set items in sequence. The selected items flash: time \rightarrow distance \rightarrow calorie \rightarrow heart rate limit;
4. Once set, the heart rate limit will be stored;
5. Directly enter the corresponding data on the numeric keypad, and press MODE or \checkmark to confirm and enter the next setting item;
6. Exit the setting state automatically after all selection is complete. You can also press START/STOP in the setting state;
7. In motion state, resistance can be increased or decreased by PLUS or MINUS keys;
8. In the motion state, the main window can be switched through the functional keyboard area;
9. If the time, distance, calorie or any one of them is set, the corresponding value in the movement will change to reverse count. When any value reaches 0, the movement will stop automatically with a "DI DI" sound prompt;
10. If the heart rate limit is set, when the exercise heart rate exceeds the limit, a "DI DI" sound will be heard, and the heart rate value flashes;
11. In the motion state, press the START/STOP key to STOP the motion.

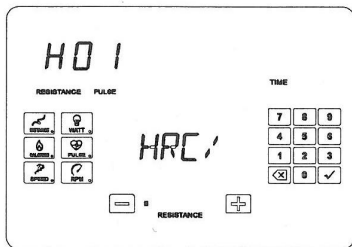


WATT

1. Press PROGRAM key to select WATT mode, the main window displays "WATT";
2. Press the START/STOP button to start exercising, or press the MODE button or \checkmark button to enter the setting mode;
3. Press MODE key or \checkmark key in the setting state to select the set items in sequence. The selected items flash: time \rightarrow distance \rightarrow calorie \rightarrow heart rate limit;
4. Directly enter the corresponding data on the numeric keypad, and press MODE or \checkmark to confirm and enter the next setting item;

- Once set, the heart rate limit and watt target will be stored;
- After all selections are completed, it will automatically exit the setting state, or you can directly press the START/STOP key to start in the setting state;
- In the state of exercise, the exercise resistance will be automatically adjusted according to the set watt target value;
- In the motion state, the main window can be switched through the functional keyboard area;
- In motion state, use the plus or minus keys to increase or decrease the watt target. The adjusted target value will be stored;
- If you set time, distance, calories or any of them, the corresponding value during the exercise will change from countdown to countdown. When any of the values is counted to 0, the exercise will automatically stop and there will be a "DI DI" sound. hint;
- If the heart rate limit is set, when the exercise heart rate exceeds the limit, there will be a "DI DI" sound prompt and the heart rate value will flash;
- In the motion state, press the START/STOP key to STOP the motion.

Note: in this program, if you step fast enough to get the watt reading above the target value, the load resistance is reduced; if you step so slowly that the watt reading is below the target value, the load drag increases to ensure that you maintain a relatively fixed value of watts and that the value of watts is fixed as the target value is displayed for you.



Heart rate controlled mode (H01-H03)

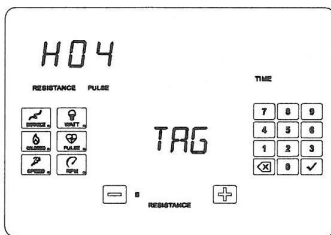
- Press PROGRAM to select H01(55%)/ H02(75%) / H03(95%),55% means 55% of maximum heart rate;
- The main window displays "HRC/55" or "HRC/75" or "HRC/95" accordingly;
- Press START/STOP to star exercise, or press MODE or \checkmark to enter the setting mode;
- Press MODE key or \checkmark key in the setting state to select the set items in sequence, and the selected items flash: time \rightarrow distance \rightarrow calorie \rightarrow age;
- Directly enter the corresponding data on the numeric keypad, and press MODE or \checkmark to confirm and enter the next setting item;
- Exit the setting state automatically after all selection is complete. You can also press

START/STOP in the setting state;

7. During exercise, the exercise resistance will be automatically adjusted according to the heart rate standard
8. In the motion state, the motion resistance will be adjusted automatically according to the setting of the target value of watts. You can also increase or decrease the resistance by pressing PLUS or MINUS keys;
9. In the motion state, the main window can be switched through the functional keyboard area;
10. If the time, distance, calorie or any one of them is set, the corresponding value in the movement will change to reverse count. When any value reaches 0, the movement will stop automatically with a "DI DI" sound prompt;
11. Note: Contact the heart rate sensor during exercise. If the heartbeat is not detected, the resistance does not change automatically, but the movement continues;
12. Maximum heart rate calculation: $HR_{max}=220-\text{age}$;
13. The relationship between exercise heart rate and energy expenditure.

Note: in this program, if your heart rate reading exceeds the target value, load resistance is reduced; if your heart rate readings fall below target, load resistance increases to ensure that you maintain a relatively fixed heart rate.

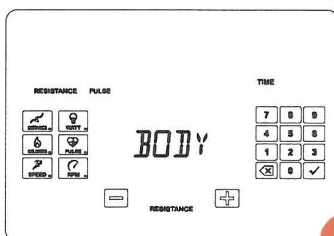
Area	maximum heart rate%	state of motion	Effect	fat and sugar consumption
1	50-60%	A relaxing simple jog with regular breathing	Cardio training for beginners to reduce stress	Low fat and sugar consumption
2	60-70%	Comfortable pace, a little deep breathing, can talk.	Basic training for cardiovascular health, ideal recovery speed, weight control, heart rate training.	Fat consumption is the largest, sugar consumption is average
3	70-80%	Moderate speed with some difficulty speaking	Improve aerobic capacity, endurance training, ideal cardiovascular fitness training, 10,000 meter exercises.	Fat consumption is average, sugar consumption is large.
4	80-90%	Very fast and with some discomfort, breathing hard.	Increase anaerobic capacity and limit, increase speed	Fat consumption is small, sugar consumption is large.
5	90-100%	sprinting, unable to hold for long, breathing hard	Improve anaerobic exercise capacity and muscle tolerance, improve strength.	Basically no fat consumption, maximum sugar consumption.



Self - set heart rate target control mode (H04)

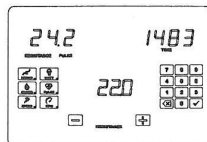
1. Press PROGRAM key to select H04 mode;
2. The main window will display "TAG" accordingly;
3. Press START/STOP to start exercise, or press MODE or √ to enter the setting mode;
4. Press MODE key or √ key in the setting state to select the set items in sequence, and the selected items flash: time → distance → calorie → heart rate target value;
5. Directly enter the corresponding data on the numeric keypad, and press MODE or √ to confirm and enter the next setting item;
6. Once set, the heart rate limit will be stored;
7. After all the selections are complete, the system automatically exits the setting state, or you can directly press the START/STOP key to START the system ;
8. During exercise, exercise resistance will be automatically adjusted according to the set heart rate target;
9. In the sports state, the main window display can be switched through the functional keyboard area;
10. If the time, distance, calorie or any one of them is set, the corresponding value in the movement will change to reverse count. When any value reaches 0, the movement will stop automatically with a "DI DI" sound prompt;
11. In the motion state, press START/STOP could stop exercising;
12. Note: Contact the heart rate sensor during exercise. If the heart rate is not detected, the resistance does not change automatically, but the exercise continues.

Note: in this program, if your heart rate reading exceeds the target value, load resistance is reduced; if your heart rate readings fall below target, load resistance increases to ensure that you maintain a relatively fixed heart rate.



BODY FAT

1. In the stopped state, press the BODY FAT key to enter BODY FAT test mode.
2. The main window displays "BODYFAT";
3. Press MODE or $\sqrt{\quad}$ to enter the setting mode;
4. Metric system setting order: sex \rightarrow height \rightarrow weight \rightarrow age. When setting gender, press the plus or minus key to switch, and enter height, weight and age directly from the numeric keypad;
5. In Imperial order: sex \rightarrow height in feet \rightarrow height in inches \rightarrow weight \rightarrow age;
6. M stands for male, F stands for female, Switch through the plus/minus keys during setting;
7. Weight setting range: 0-150 kg, height setting range: 0-250 cm, age setting range: 0-99;
8. Setting data will be stored;
9. Press the START/STOP button to START the test, 10 seconds later, the digital watch will display BMI, FAT%, BMR;
10. Description of the display content (see the picture on the right): 24.2 in the upper left corner represents BMI, 1483 in the upper right corner represents BMR, and the main window is FAT, which represents 22.0%;
11. After the test, press START/STOP key to exit, or P key to return to MANUAL mode;
12. Note: When testing, you need to touch the heart rate sensor and keep the heart rate continuous;
13. The test should be kept in a relaxed state with a calm heart rate.
14. B.M.I.



SEX/AGE	SLIM	NORMAL	SLIGHTLY FAT	FAT	OVERLY FAT
MALE/ \leq 30	< 14	14~20	20.1~25	25.1~35	> 35
MALE/ > 30	< 17	17~23	23.1~28	28.1~38	> 38
FEMALE/ \leq 30	< 17	17~24	24.1~30	30.1~40	> 40
FEMALE / > 30	< 20	20~27	27.1~33	33.1~43	> 43

BODY FAT RATE

Gender	LOW	MEDIUM	MEDIUM /HIGH	HIGH
Male	<13%	13%-25.9%	26%-30%	>30%
Female	<23%	23%-35.9%	36%-40%	>40%

B.M.R Average daily calorie consumption to maintain a basic survival state.

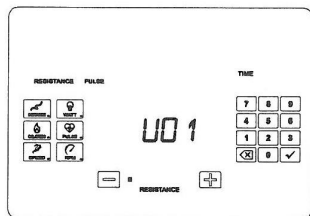
Reference: 1300 \pm 100 (22-40 YEARS OLD)

BODY TYPE:

B1	B2	B3	B4	B5	B6	B7	B8	B9
Extremely slim	slim	Slightly slim	Normal lower	Normal	Normal high	Overweight	Fat	Extremely fat

Remarks: Factory default parameters: height 170cm/weight 70kg/age 40

User defined mode (U01-U03)



1. Press PROGRAM key to select U01-U03 mode, the main window will display "U01" or "U02" or "U03" accordingly;
2. Press the START/STOP button to start exercising, or press the MODE button or ✓ button to enter the setting mode;
3. Press the MODE key or ✓ key in the setting state to select the set items in sequence, the selected item will flash and display: Time→distance→calorie→heart rate limit→1st resistance value→all resistance values after setting is completed Automatic withdrawal;
4. The time, distance, calorie, and heart rate limit values can be directly inputted on the numeric keyboard, and the resistance value can be inputted through the plus and minus keys. After inputting, press MODE key or ✓ key to confirm and enter the next setting item;
5. A total of 20 levels of resistance value settings;
6. After all selections are completed, it will automatically exit the setting state, or you can directly press the START/STOP key to start in the setting state;
7. In the exercise state, the exercise resistance will be automatically adjusted according to the preset resistance value. You can also increase or decrease the resistance by pressing the plus or minus keys;
8. In the motion state, the main window display can be switched through the functional keyboard area;
9. If the time, distance, calorie or any one of them is set, the corresponding value in the movement will change to reverse count. When any value reaches 0, the movement will stop automatically with a "DI DI" sound prompt;
10. If the heart rate limit is set, when the exercise heart rate exceeds the limit, a "DI DI" sound will be heard, and the heart rate value flashes;
11. In the motion state, press START/STOP could stop exercising;
12. Note: After setting the heart rate limit and each resistance value, this value will be stored.

RECOVERY

1. When exercising and there is a heartbeat value, press the RECOVERY button and keep the heartbeat detection;
2. The main window displays "RECOVERY";
3. TIME displays "0:60" (seconds), and starts a 60-second countdown, and the system starts to test;
4. When the countdown reaches "0:00", the main window of the electronic watch displays F1 to F6, indicating the heartbeat recovery ability value;
5. Press RECOVERY key or PROGRAM key to exit;
6. If you press the RECOVERY button again during the test, it will exit the test and return to the original working mode, and the machine is in the stop state at this time.

Cardio Heart Rate Instructions :

Aerobic heart rate is the target heart rate of aerobic exercise is generally 120-160 beats / min;

Calculation formula 1: For the general population. Target heart rate = $(220 - \text{age}) \times (60\% \sim 80\%)$;

Calculation formula 2: For people with poor health status. Target heart rate = $(200 - \text{age}) \times (60\% \sim 80\%)$.

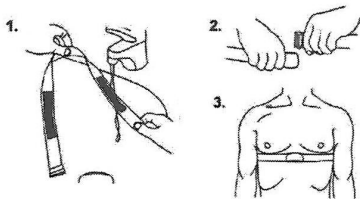
F1=1.0	Best state
$1.0 < F2 < 2.0$	Good
$2.0 < F3 < 2.9$	Fine
$3.0 < F4 < 3.9$	Normal
$4.0 < F5 < 5.9$	Poor
F6=6.0	Bad

Hibernate

1. If there is no motion signal or the key operation time exceeds 4 minutes, the system will enter the sleep state, and the screen will turn off;
2. Wake up by any key or motion signal.

H.R.C. (optional)

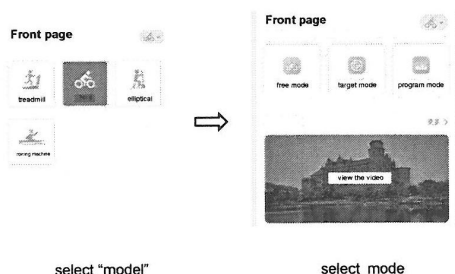
1. Before use, please wet the two contact electrodes of the heart rate chest strap with water;
2. Adjust the length of the chest strap so that the buckle of the chest strap is tight and tight when it is on the chest;
3. Buckle the chest strap on the chest as shown in the picture.



NOTE:

1. Keep the contact pads wet, otherwise the heart rate may be inaccurate.
2. This product supports standard 5.3Khz wearable heart rate detector.

FitShow APP (optional)



Error code description and handling

Error code	possible reason	inspection	solution
E-1	The motor is not working properly	Whether the motor wiring plug is correctly inserted into the wiring head	Insert the plug or replace the motor
	Machine internal cable fault	Check the cable for damage	Replace the cable
	The console has no corresponding control signal output to the motor		Replace console
E-2	The motor is not working properly	Whether the motor wiring plug is correctly inserted into the wiring head	Insert the plug or replace the motor
	Machine internal cable fault	Check the cable for damage	Replace the cable
	The console has no corresponding control signal		Replace console

	output to the motor		
Err	Not holding the heart rate detector as soon as possible after starting the test in body fat test mode		Please hold the heart rate detector within 3 seconds of the start of the test
	The console cannot read heart rate data.	In other modes, see if there is a heart rate value displayed	If there is no heart rate data in other modes, replace the console first, and then replace the heart rate connection cable if there is no data.
no display	The power adapter is not plugged into the power grid or the adapter is damaged	Is it connected to the power grid correctly?	Replace the adapter
	console failure		Replace console
	Machine internal cable fault	Check the cable for damage	Replace the cable
No heart rate at work	using the heart rate grips correctly or not		Correct use of heart rate grips
	console failure		Replace console
	Machine internal cable fault	Check the cable for damage	Replacing the heart rate connection cable
No RPM	Is it working or not		enter the working state
	Console or cable failure	Check internal cables	Replace sensor wiring - replace console - replace cable

Note: When the display shows abnormality or functions abnormally, please unplug and reinsert the power plug.

General fitness tips

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

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

Check your pulse regularly. If you do not have a pulse measuring instrument, ask your GP how you can measure your heart rate effectively. Determine your personal exercise frequency range to achieve optimal training success. Take into account both your age and

your level of fitness. The table on page 16 will give you a reference point for determining the optimal exercise pulse.

Make sure you breathe regularly and calmly when exercising.

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

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

Exercises for your personal work-out

Warm-up / stretching exercises

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

NECK EXERCISES

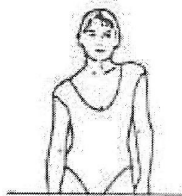
Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again. You can repeat this exercise alternately several times.



1

EXERCISES FOR THE SHOULDER AREA

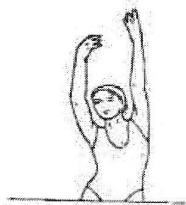
Lift the left and right shoulders alternately, or lift both shoulders simultaneously.



2

ARM STRETCHING EXERCISES

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



3

EXERCISES FOR THE UPPER THIGH

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



4

INSIDE UPPER THIGH

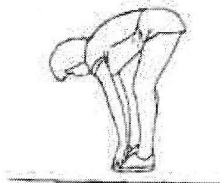
Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.



5

TOUCH TOES

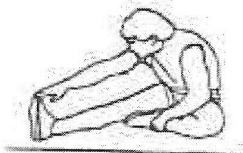
Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.



6

EXERCISES FOR THE KNEES

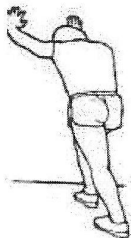
Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.



7

EXERCISES FOR THE CALVES/ACHILLES TENDON

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



8