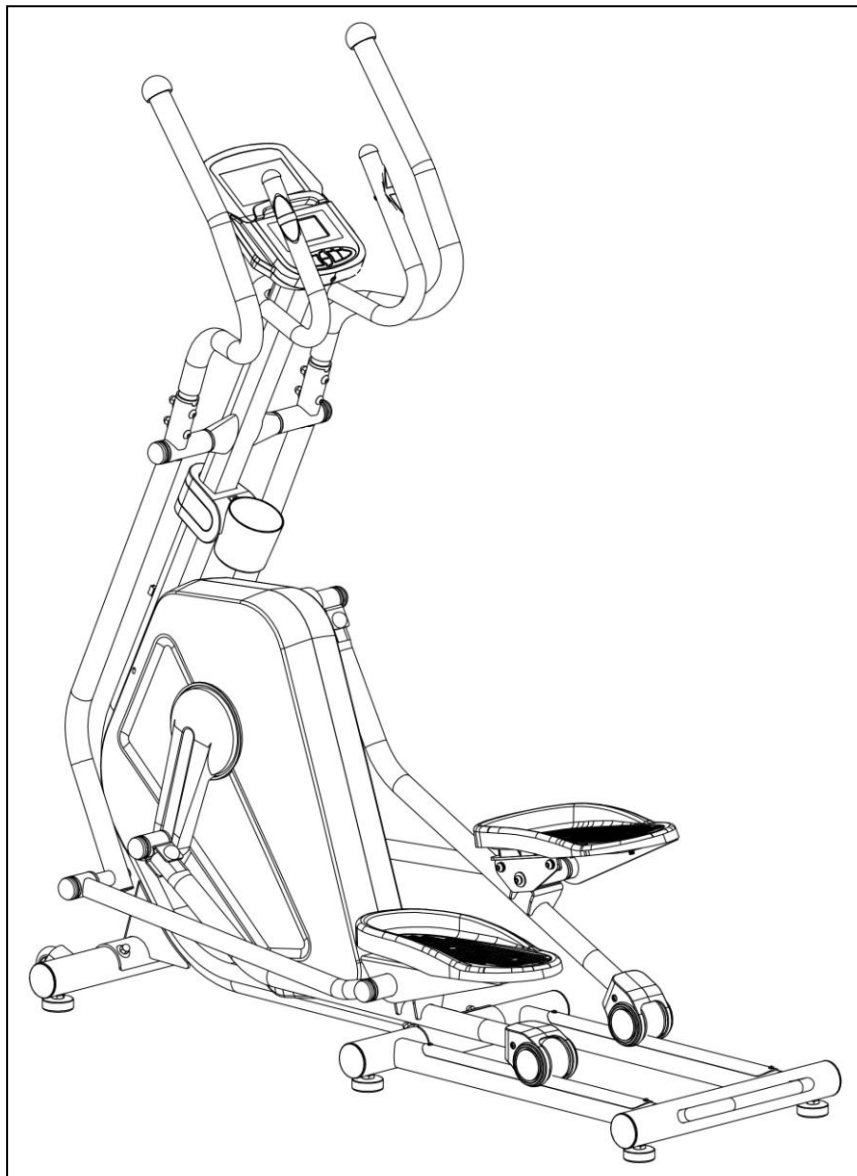




CIRCUIT ZONE ELLIPTICAL

SF-E3862

USER MANUAL



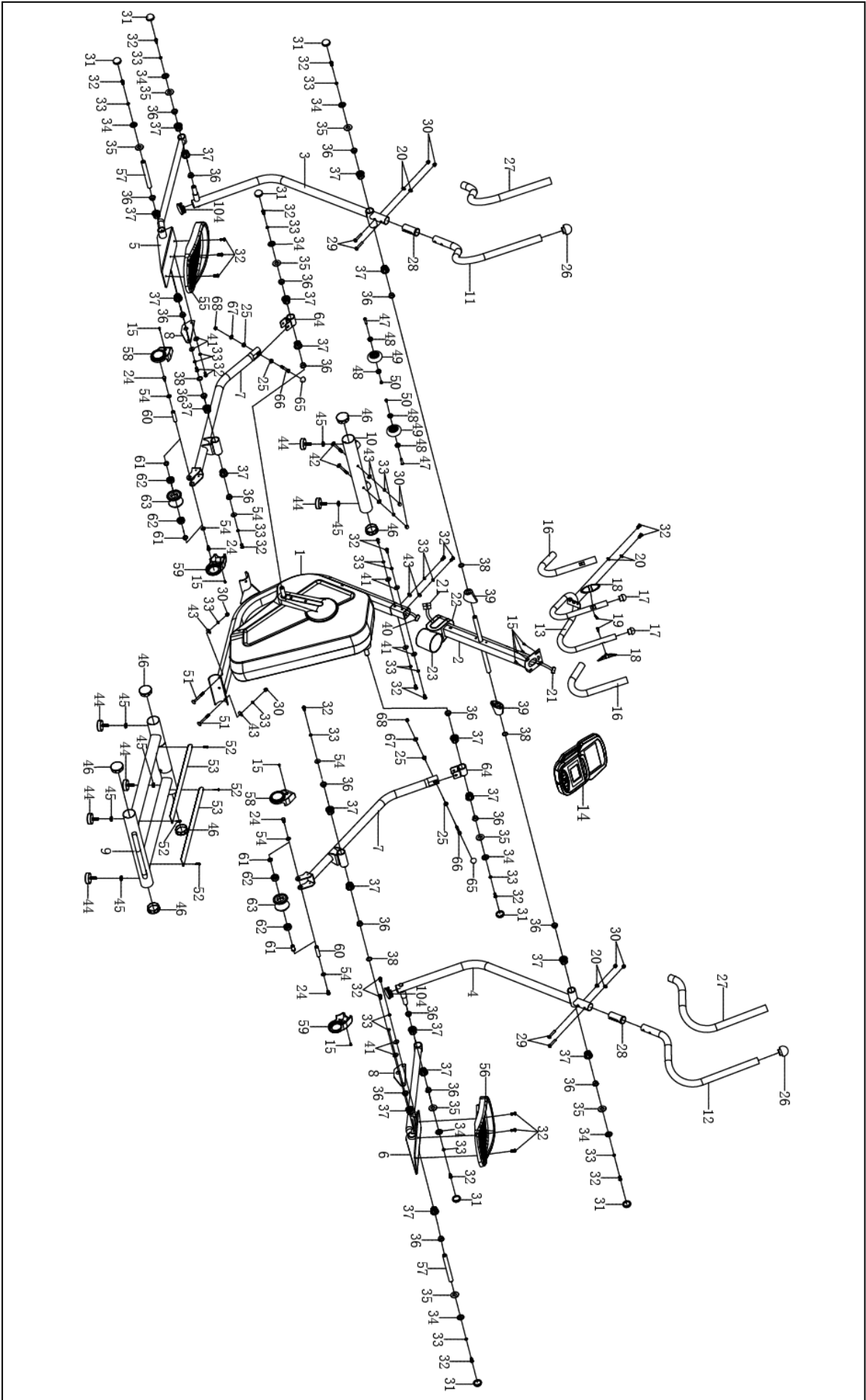
IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

IMPORTANT SAFETY INFORMATION

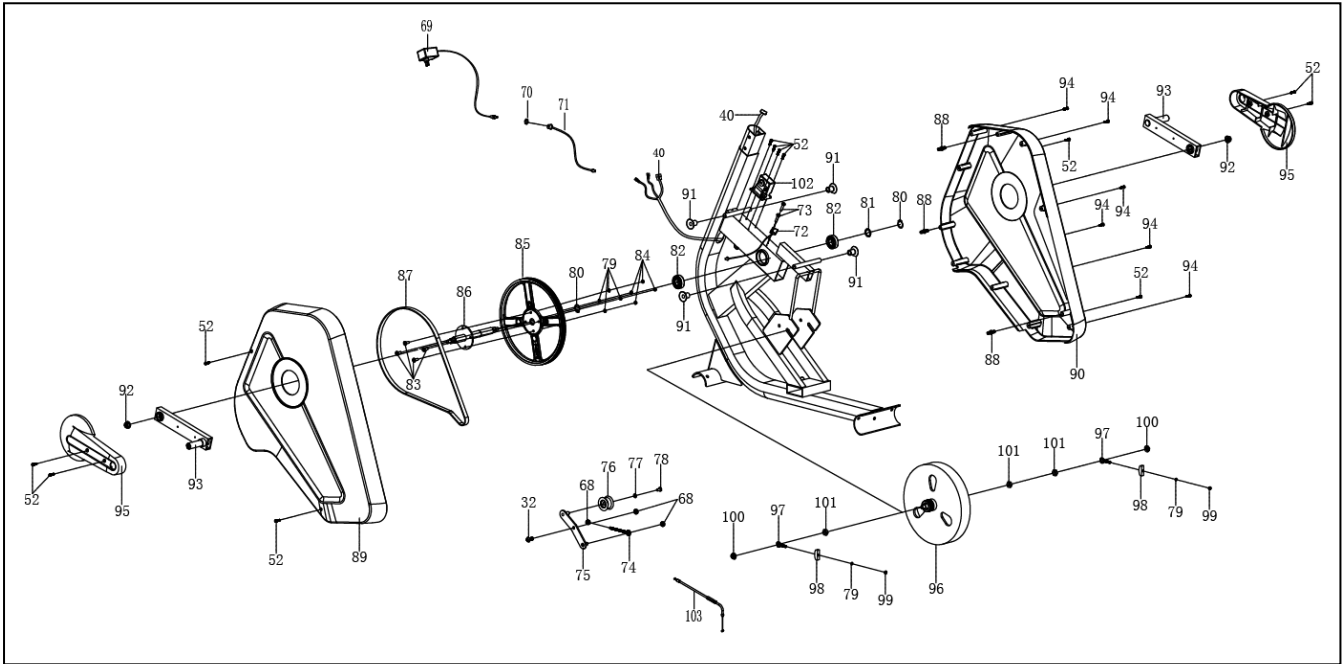
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment
9. The maximum weight capacity of this unit is 265 pounds (120 KG).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/ or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only! It is not intended for commercial use.

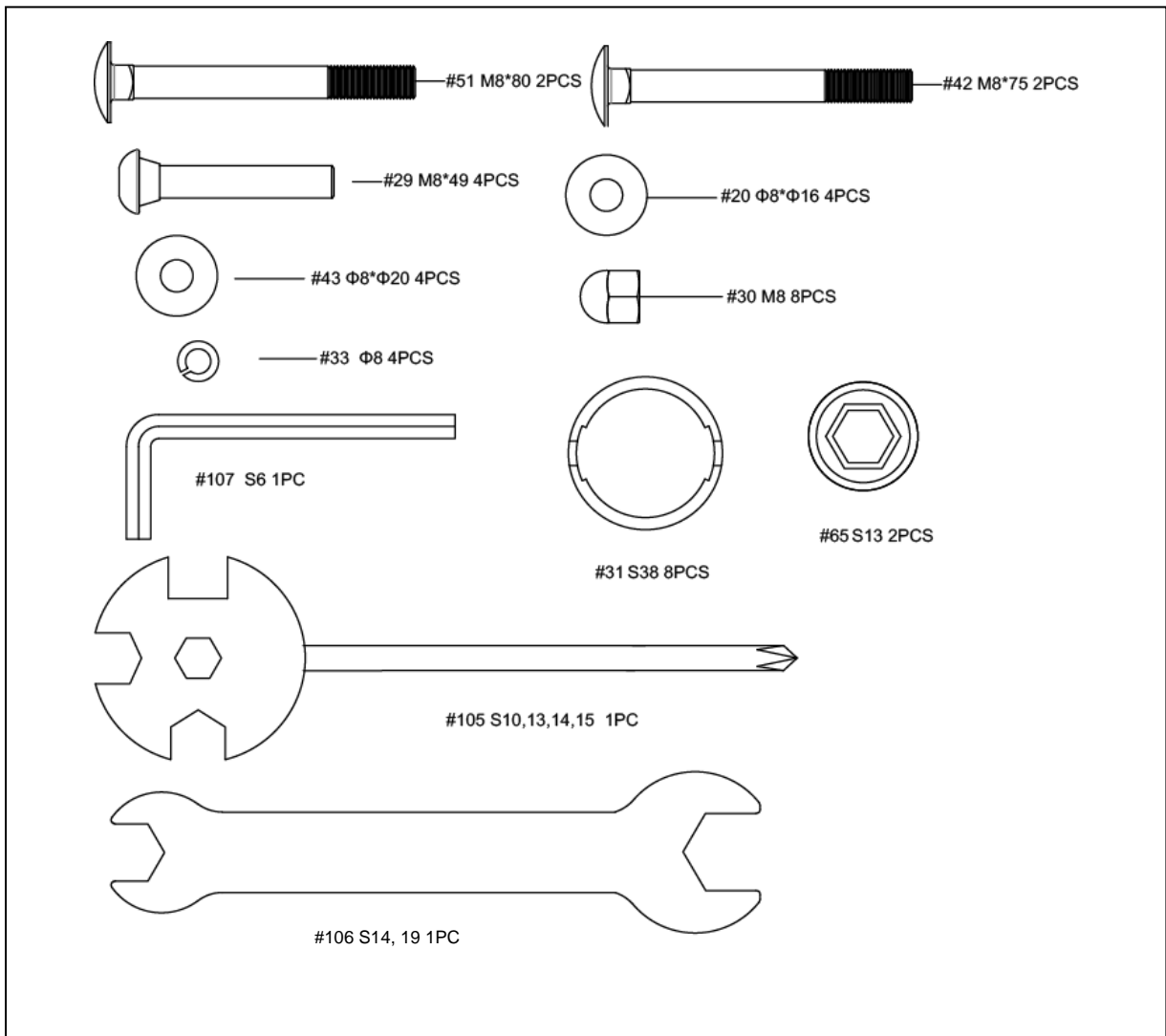
EXPLODED DIAGRAM 1



EXPLODED DIAGRAM 2



HARDWARE PACKAGE



PARTS LIST

No.	Description	Spec.	Qty
1	Main Frame		1
2	Front Post		1
3	Left Swing Tube		1
4	Right Swing Tube		1
5	Left Foot Tube		1
6	Right Foot Tube		1
7	Drive Tube		2
8	Foot Tube Connect Patch		2
9	Rear Main Frame		1
10	Front Stabilizer		1
11	Left Handrail Arm		1
12	Right Handrail Arm		1
13	Handlebar		1
14	Computer		1
15	Screw	M5*10	8
16	Handlebar Foam Grip	Φ24*Φ31*450	2
17	End Cap for Handlebar	Φ25*1.5	2
18	Hand Pulse Sensor Wire	L=750mm	2
19	Screw	ST4.2*20	2
20	Arc Washer	Φ8*Φ16	6
21	Extension Sensor Wire	L=750mm	1
22	Bottle Holder-A		1
23	Bottle Holder-B		1
24	Bolt	M8*16	4
25	Connecting Rod Small Bushing	Φ18*Φ8*10	4
26	End Cap for Handlebar	Φ50	2
27	Handlebar Foam Grip	Φ31*Φ37*700	2
28	Bushing		2

No.	Description	Spec.	Qty
29	Bolt	M8*49	4
30	Cap Nut	M8	8
31	Cap	Φ38	8
32	Bolt	M8*20	29
33	Spring Washer	Φ8	24
34	Washer	Φ8*Φ33*2.0	8
35	Big Washer	Φ19*Φ38*3.0	8
36	POM Bushing	Φ27*11	20
37	Plastic Bushing	Φ38*24	20
38	Wave Spring Washer	Φ19*Φ26*0.3	4
39	Shaft Sleeve		2
40	Sensor Wire	L=750mm	1
41	Big Washer	Φ8*Φ20	8
42	Bolt	M8*75	2
43	Big Wave Washer	Φ8*Φ20	6
44	Foot Pad	M10*30	6
45	Nut	M10	6
46	Circular Tube Plug	Φ60*1.5	6
47	Bolt	Φ8*32	2
48	Bearing		4
49	Roller Wheel	Φ71*24	2
50	Bolt	M6*12	2
51	Bolt	M8*80	2
52	Self- tapping Screw	ST4.2*20	16
53	Aluminum Bar	490*41*2.1	2
54	Big Washer	Φ8*Φ25*2.0	6
55	Left Foot Pedal		1
56	Right Foot Pedal		1

No.	Description	Spec.	Qty
57	Plastic Bushing	Φ19* 174	2
58	Left Roller Cover		2
59	Right Roller Cover		2
60	Roller Connecting Shaft		2
61	Roller Spacing		4
62	Bearing	6202	4
63	Pulley		2
64	Foot Turn Tube Assembly		2
65	Cap	S13	2
66	Bolt	M6*50	2
67	Washer	Φ8*Φ16*1.5	2
68	Lock Nut	M8	5
69	AC Adapter	L=2000mm	1
70	Hexagon Flat Nut	S15	1
71	Power Supply Wire	L=550mm	1
72	Sensor Wire	L=500mm	1
73	Screw	ST2.9*12	2
74	Adjust Bolt	M8*65	1
75	Idle Wheel Bracket		1
76	Press Wheel		1
77	Washer	Φ12*Φ6*1.0	1
78	Bolt	M6*12	1
79	Spring Washer	Φ6	6
80	Circlip	Φ20*1.0	2
81	Wave Washer	Φ20*Φ24*0.3	1
82	Bearing	6004-2Z	2

No.	Description	Spec.	Qty
83	Bolt	M6*15	4
84	Nut	M6	4
85	Belt Pulley		1
86	Straight Spindle Assembly		1
87	Belt		1
88	Plastic Bolt	Φ8*32	3
89	Left Chain Cover		1
90	Right Chain Cover		1
91	Limit File Piece		4
92	Nut	M10*1.25	2
93	Crank		2
94	Screw	ST4.2*25	6
95	Crank Cover Cap		2
96	Flywheel		1
97	Adjust Bolt	M6*36	2
98	U-bracket	31*30*δ1.0	2
99	Bolt	M6 S10	2
100	Nut	M10*1.0*6	2
101	Nut	M10*1	3
102	Motor		1
103	Motor Tension Wire	L=400mm	1
104	Circular Tube Plug	Φ38*1.8	2
105	Spanner	S10,13,14,15	1
106	Spanner	S14,19	1
107	Allen Wrench	S6	1

Ordering Replacement Parts (U.S. and Canadian Customers only)

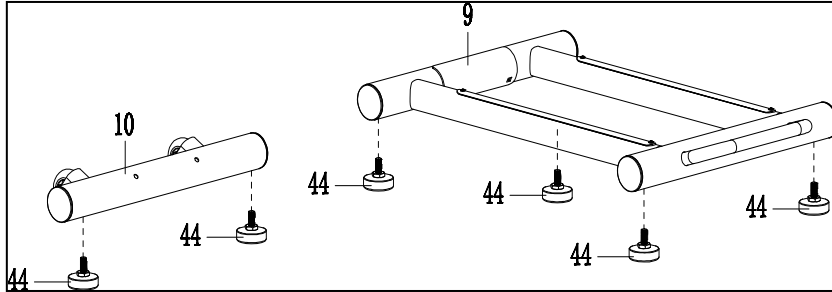
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

Please contact us at support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

ASSEMBLY INSTRUCTIONS

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STEP 1:

Attach 4 **Foot Pads (No. 44)** onto the **Rear Main Frame (No. 9)**.

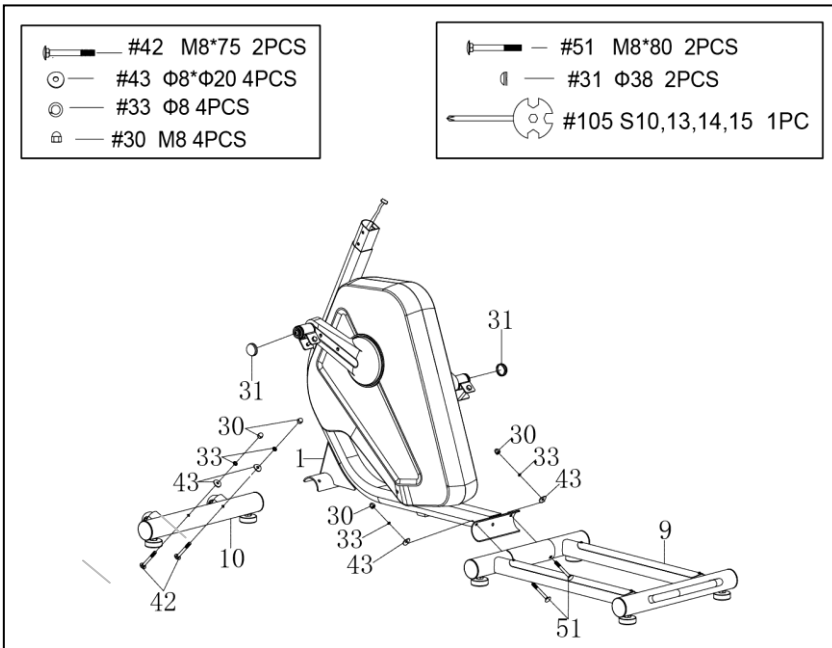
Attach 2 **Foot Pads (No. 44)** onto the **Front Stabilizer (No. 10)**.

STEP 2:

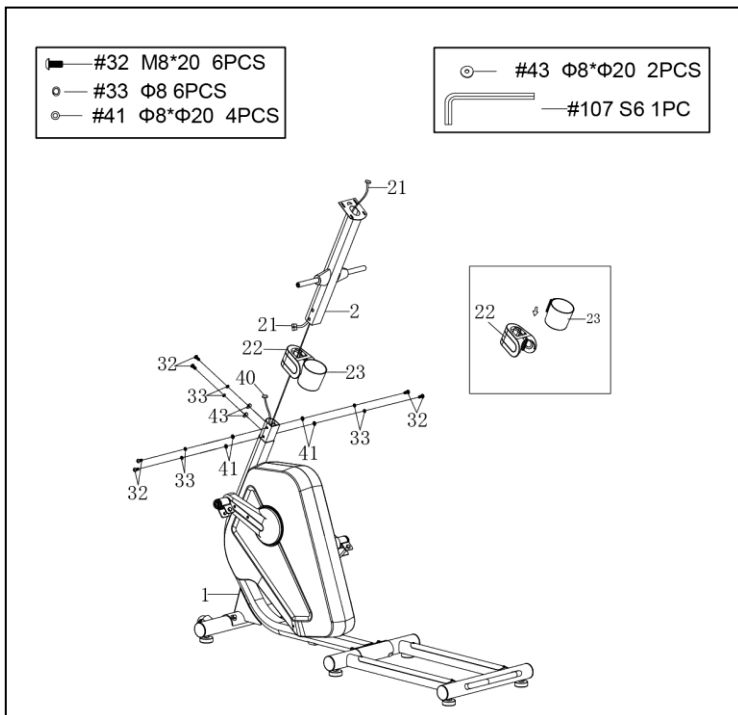
Attach the **Rear Main Frame (No. 9)** onto the **Main Frame (No. 1)** with 2 **Big Wave Washers (No. 43)**, 2 **Spring Washers (No. 33)**, 2 **Bolts (No. 51)**, and 2 **Cap Nuts (No. 30)**. Tighten and secure with **Spanner (No. 105)**.

Attach the **Front Stabilizer (No. 10)** onto the **Main Frame (No. 1)** with 2 **Big Wave Washers (No. 43)**, 2 **Spring Washers (No. 33)**, 2 **Bolts (No. 42)**, and 2 **Cap Nuts (No. 30)**. Tighten and secure with **Spanner (No. 105)**.

Place 2 **Caps (No. 31)** onto the **Main Frame (No. 1)**.



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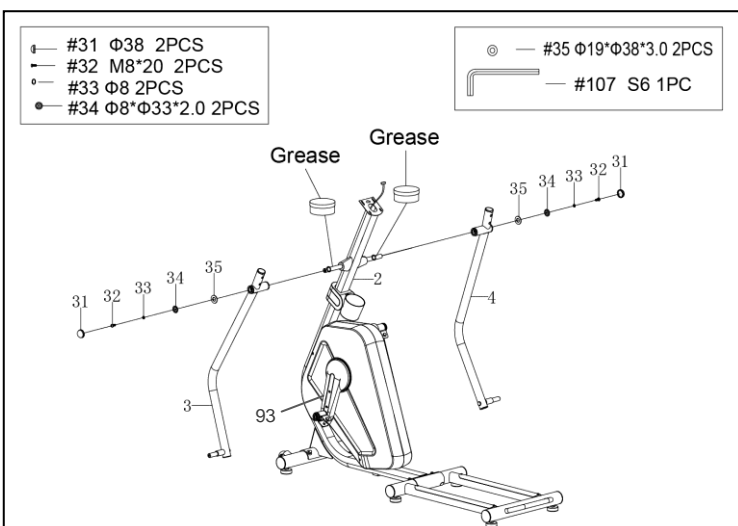
STEP 3:

Remove 6 Bolts (No. 32), 6 Spring Washers (No. 33), 4 Big Washers (No. 41), and 2 Big Wave Washers (No. 43) from the Main Frame (No. 1).

Attach Bottle Holder-B (No. 23) to Bottle Holder-A (No. 22). Then slide Bottle Holder-B (No. 23) and Bottle Holder-A (No. 22) onto the tube of the Main Frame (No. 1).

Connect the Sensor Wire (No. 40) from the Main Frame (No. 1) with the Extension Sensor Wire (No. 21) from the Front Post (No. 2).

Attach the Front Post (No. 2) onto the Main Frame (No. 1) with 6 Bolts (No. 32), 6 Spring Washers (No. 33), 4 Big Washers (No. 41), and 2 Big Wave Washers (No. 43) that were removed. Tighten and secure with Allen Wrench (No. 107).



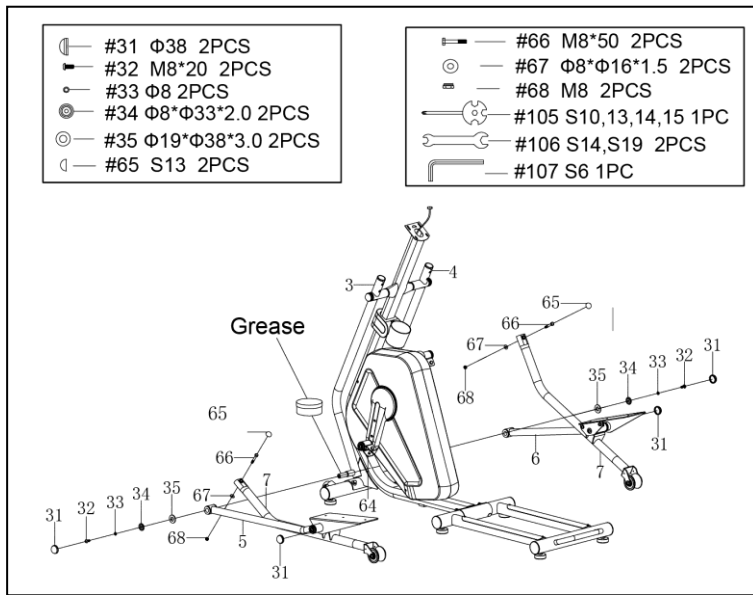
STEP 4:

Remove 2 Bolts (No. 32), 2 Spring Washers (No. 33), 2 Washers (No. 34), and 2 Big Washers (No. 35) from the Front Post (No. 2).

Note: Please lubricate the Front Post (No. 2) with the Grease and make sure the Left & Right Swing Tubes (No. 3 & No. 4) are in between the Cranks (No. 93) and Front Post (No. 2) before assembly.

Attach the Left & Right Swing Tube (No. 3 & No. 4) onto the Front Post (No. 2) with 2 Bolts (No. 32), 2 Spring Washers (No. 33), 2 Washers (No. 34), and 2 Big Washers (No. 35) that were removed. Tighten and secure with Allen Wrench (No. 107). Then cover with 2 Caps (No. 31).

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STEP 5:

Remove 2 **Bolts (No. 32)**, 2 **Spring Washers (No. 33)**, 2 **Washer (No. 34)**, and 2 **Big Washers (No. 35)** from the **Left & Right Swing Tube (No. 3 & No. 4)**.

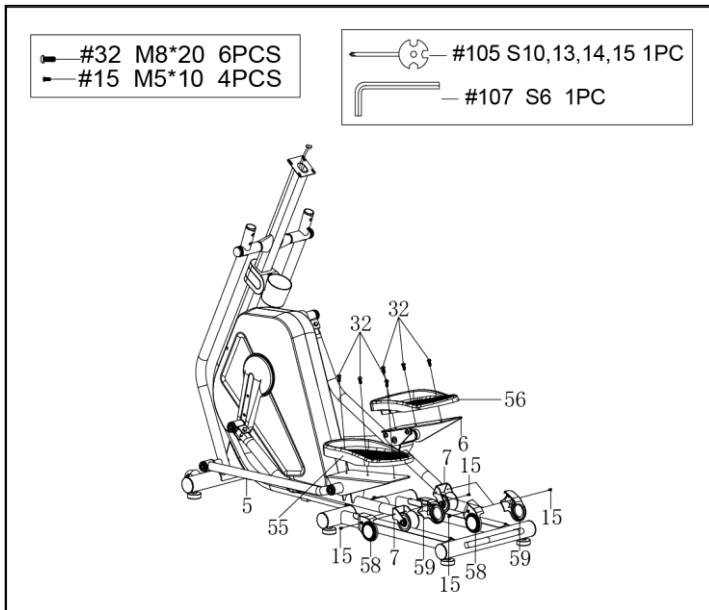
Note: Please lubricate the **Left & Right Swing Tubes (No. 3 & No. 4)** with the **Grease** before assembly.

Attach the **Left & Right Foot Tubes (No. 5 & No. 6)** onto the **Left & Right Swing Tubes (No. 3 & No. 4)** with 2 **Bolts (No. 32)**, 2 **Spring Washers (No. 33)**, 2 **Washers (No. 34)**, and 2 **Big Washers (No. 35)** that were removed. Tighten and secure with **Allen Wrench (No. 107)**. Then place 4 **Caps (No. 31)** onto the **Left & Right Foot Tubes (No. 5 & No. 6)**.

Remove 2 **Bolts (No. 66)**, 2 **Washers (No. 67)**, and 2 **Lock Nuts (No. 68)** from the **Drive Tubes (No. 7)**.

Attach the **Drive Tubes (No. 7)** on the **Left & Right Foot Tubes (No. 5 & No. 6)** with 2 **Bolts (No. 66)**, 2 **Washers (No. 67)**, and 2 **Lock Nuts (No. 68)** that were removed. Tighten and secure with **Spanners (No. 105 & No. 106)**. Then cover 2 **Caps (No. 65)**.

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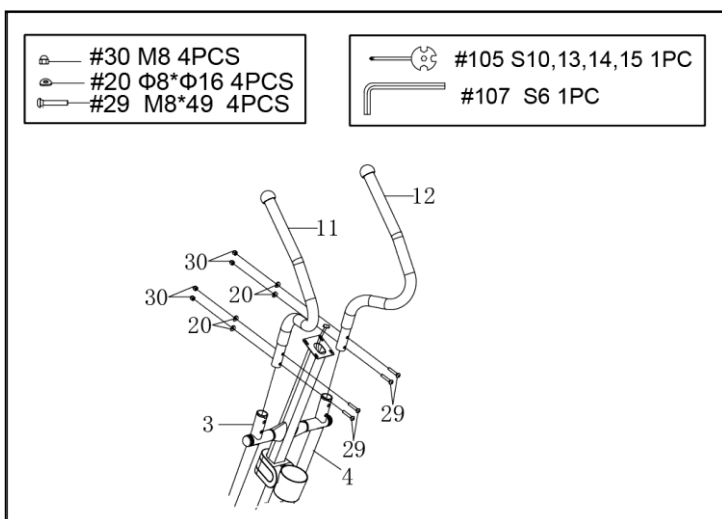
STEP 6:

Remove 4 **Screws (No. 15)** from the **Drive Tubes (No. 7)**.

Attach 2 sets of **Left & Right Roller Covers (No. 58 & No. 59)** onto 2 **Drive Tubes (No. 7)** with 4 **Screws (No. 15)** that were removed. Tighten and secure with **Spanner (No. 105)**.

Remove 6 **Bolts (No. 32)** from the **Left & Right Foot Tubes (No. 5 & No. 6)**.

Attach the **Left & Right Foot Pedals (No. 55 & No. 56)** onto the **Left & Right Foot Tubes (No. 5 & No. 6)** with 6 **Bolts (No. 32)** that were removed. Tighten and secure with **Allen Wrench (No. 107)**.

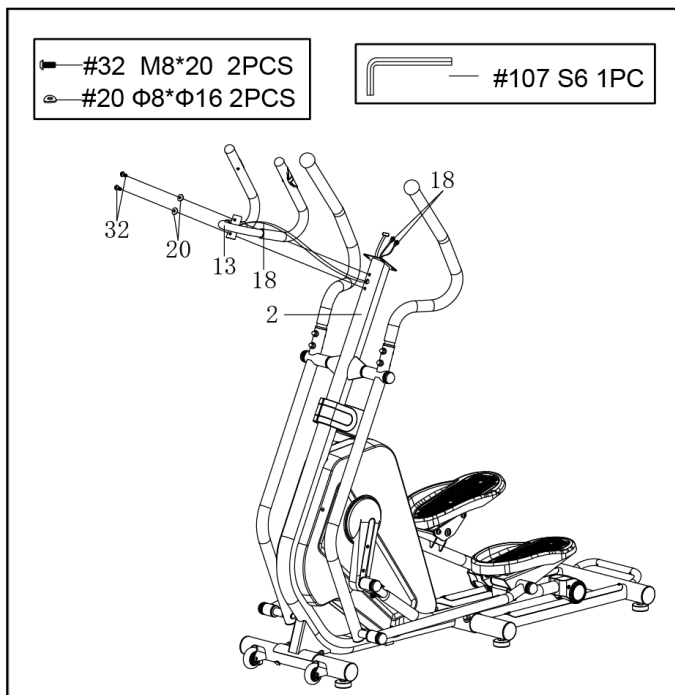


STEP 7:

Attach the **Left Handrail Arm (No. 11)** onto the **Left Swing Tube (No. 3)** with 2 **Bolts (No. 29)**, 2 **Arc Washers (No. 20)**, and 2 **Cap Nuts (No. 30)**. Tighten and secure with **Spanner (No. 105)** and **Allen Wrench (No. 107)**.

Attach the **Right Handrail Arm (No. 12)** onto the **Right Swing Tube (No. 4)** with 2 **Bolts (No. 29)**, 2 **Arc Washers (No. 20)**, and 2 **Cap Nuts (No. 30)**. Tighten and secure with **Spanner (No. 105)** and **Allen Wrench (No. 107)**.

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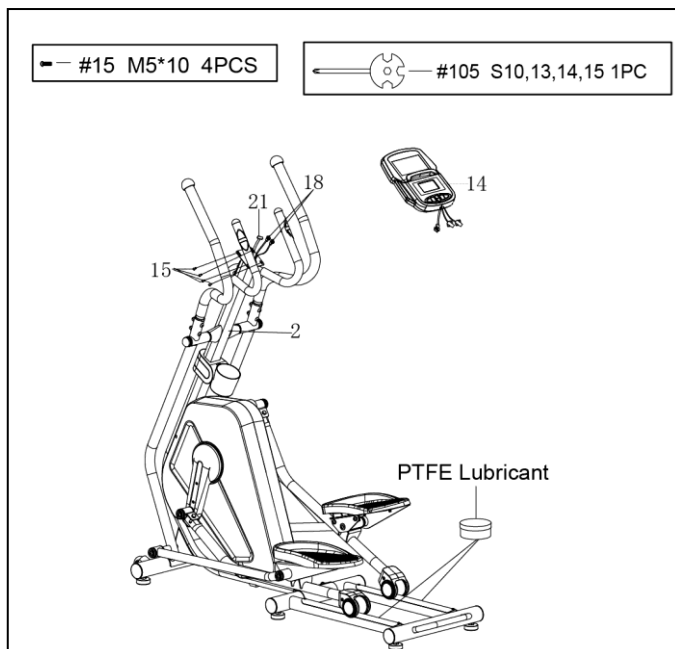


STEP 8:

Remove 2 **Bolts (No. 32)** and 2 **Arc Washers (No. 20)** from the **Front Post (No. 2)**.

Insert the **Hand Pulse Sensor Wire (No. 18)** into the bottom hole of the **Front Post (No. 2)** and pull it out from the square hole of the **Front Post (No. 2)**.

Attach the **Handlebar (No. 13)** onto the **Front Post (No. 2)** with 2 **Bolts (No. 32)** and 2 **Arc Washers (No. 20)** that were removed. Tighten and secure with **Allen Wrench (No. 107)**.



STEP 9:

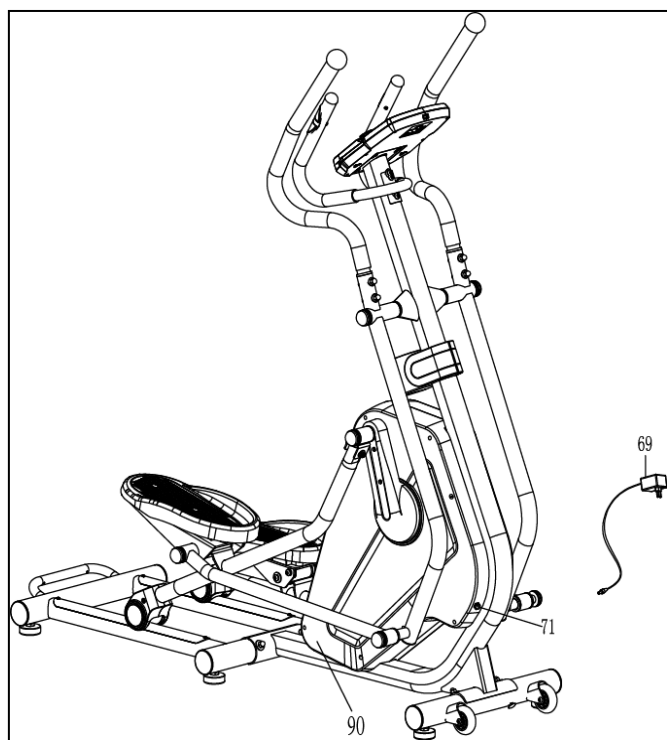
Remove 4 **Screws (No. 15)** from the back of the **Computer (No. 14)**.

Connect the **Extension Sensor Wire (No. 21)** and **Hand Pulse Sensor Wire (No. 18)** to the wires of **Computer (No. 14)**. Then insert the wires into the **Front Post (No. 2)**.

Attach **Computer (No. 14)** onto the top end of the **Front Post (No. 2)** with 4 **Bolts (No. 15)** that were removed. Tighten and secure with **Spanner (No. 105)**.

Note: Please lubricate the Aluminum Rod with the **PTFE Lubricant** if you feel constriction when exercising.

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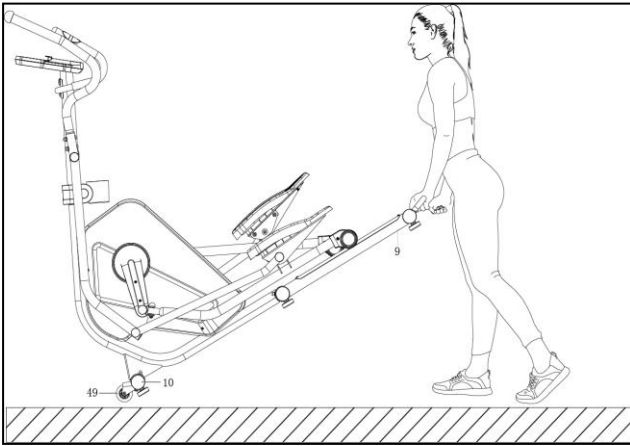
STEP 10:

Before plugging in the elliptical, make sure to check the specifications carefully on the **AC Adapter (No. 69)**.

Plug one end of the **AC Adapter (No. 69)** into the power jack of the **Power Supply Wire (No. 71)** on the back of the **Right Chain Cover (No. 90)**. Then plug the other end of the **AC Adapter (No. 69)** into the electrical wall outlet.

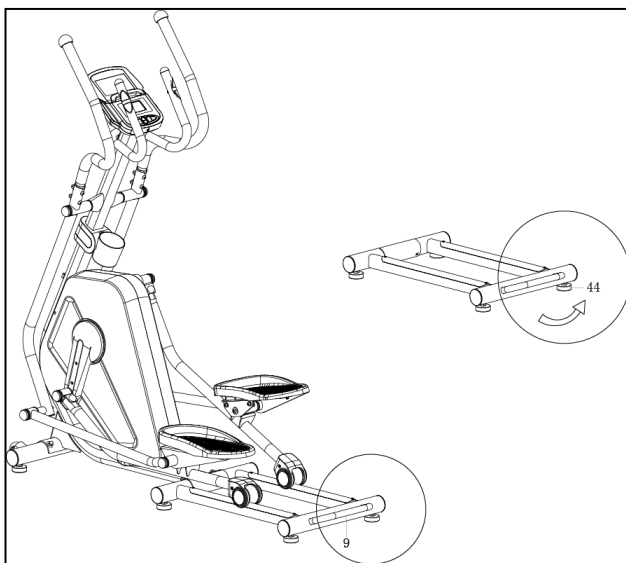
The assembly is complete!

ADJUSTMENT GUIDE



HOW TO MOVE THE ELLIPTICAL

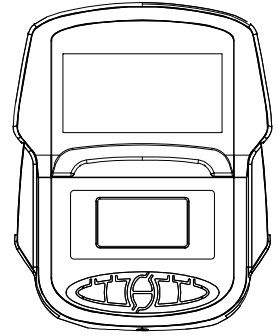
The **Roller Wheel (No. 49)** on the **Front Stabilizer (No. 10)** are movable. Hold the **Rear Main Frame (No. 9)** and pull forward to lift the rear of the elliptical off the floor. Now you can move the elliptical.



ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the elliptical is stable. If you notice that the elliptical is unbalanced during use, you should adjust the **Foot Pads (No. 44)** located beneath the **Rear Main Frame (No. 9)**. To do so, turn it *clockwise*.

EXERCISE COMPUTER



KEY FUNCTION:

START/STOP:

1. Start & Pause workouts.
2. Start body fat measurement.
3. Holding the button for 3 seconds will reset all function values to zero.

DOWN:

Decrease value of selected workout parameter: TIME, DISTANCE, etc. During the workout, it will decrease the resistance load.

UP :

Increase value of selected workout parameter: TIME, DISTANCE, etc. During the workout, it will increase the resistance load.

ENTER:

To input a desired value or workout mode.

RECOVERY:

Press to enter into the Recovery function when the computer displays the heart rate value. Recovery is Fitness Level 1-6 after 1 minute. F1 is the best, and F6 is the worst.

MODE:

Press to switch display from RPM to SPEED, ODO to DIST, and WATT to CALORIES during the workout.

WORKOUT SELECTION:

After turning on the power, use the UP or DOWN button to make a selection. Then press the ENTER button to enter the desired mode.

There are 7 basic workout modes:

Manual, Pre- programs, Watt Program, Body Fat Program, Target Heart Rate Program, Heart Rate Control Program, and User Program.

FUNCTIONS:

SPEED: Displays current training speed. Maximum speed is 99.9 mile/h.

RPM: Displays current rotation per minute.

TIME: Accumulates the workout time from 00:00 to 99:59. Users can preset the target time they want.

DIST: Accumulates the workout distance from 0.00 up to 999.9 miles. Users can preset the target distance they want to reach.

ODO: Displays the total accumulated distance from 0 to 9999 miles.

CAL: Accumulates the calorie consumption from 0 to 9999. Users can preset the target Calories they want to consume.

WATT: Displays current watt.

HEART RATE: Displays the current heart rate in beats per minute.

TARGET H. R.: Users can preset their Target Heart Rate.

PROGRAM: There are 24 different programs to choose for training.

LEVEL: The program has 16 columns of loading bars and 8 bars in each column. Each column represents a 1 minute workout (without the change of time value) and each bar represents 2 levels loading.

WORKOUT PARAMETERS:

TIME / DISTANCE / CALORIES / AGE / WATT / TARGET HEART RATE

Setting Workout Parameters

After selecting the desired workout mode: Manual, Pre-set Programs, Watt Program, Body Fat, Target Heart Rate, Heart Rate Control, and User Program. You may pre-set several workout parameters for desired results.

Note: Some parameters are not adjustable in certain programs.

Time and Distance can not be set up at the same time.

Once a program has been selected, pressing ENTER, will make the "Time" parameter flash. Using the UP or DOWN buttons, you may select the desired time value. Press ENTER to input the values. The flashing prompt will move to the next parameter, continue using the UP or DOWN button. Press the START/STOP button to begin the workout.

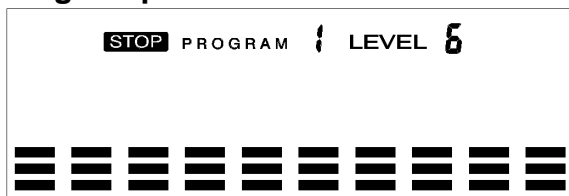
More About Workout Parameters

Field	Setting Range	Default Value	Increment/Decrement	Description
Time	0:00~ 99:00	00:00	± 1:00	1.When display is 0:00, Time will count up. 2.When time is 1:00-99:00, It will count down to 0.
Distance	0.00~999.0	0.00	±1.0	1.When display is 0.0, Distance will count up. 2.When Distance is 1.0~999.0, it will count down to 0.
Calories	0~9995	0	±5	1.When display is 0, Calories will count up. 2.When Calories is 5~9995, it will count down to 0.
Watt	45~250	100	±5	User can set watt value only in the Watt control program.
Age	10~99	30	±1	Target HR will be based on Age. When Heart Rate exceeds Target H.R, the Heart Rate number will flash.
Pulse	60~220	90	±1	Setting Parameters for Target heart rate.

PROGRAM OPERATION:

Manual (P1)

Program profile



Setting Parameters for Manual

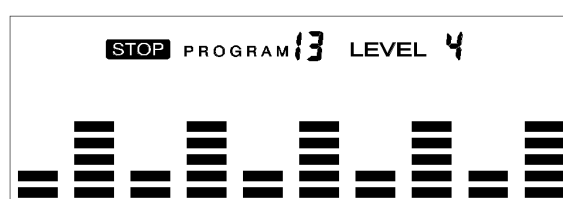
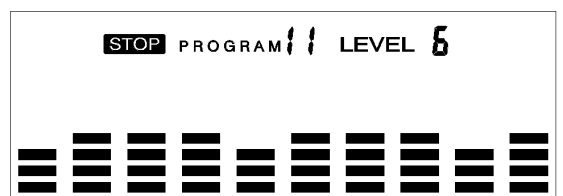
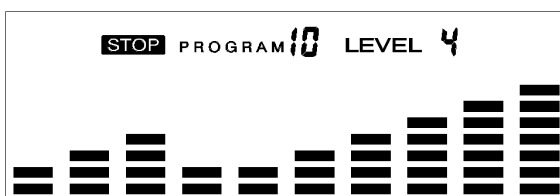
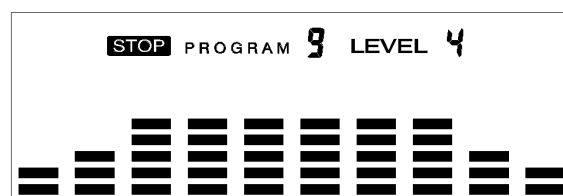
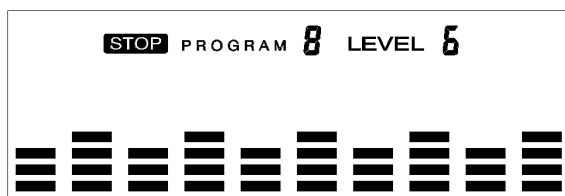
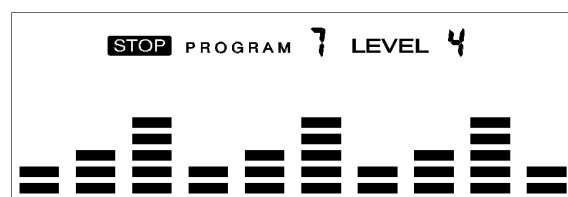
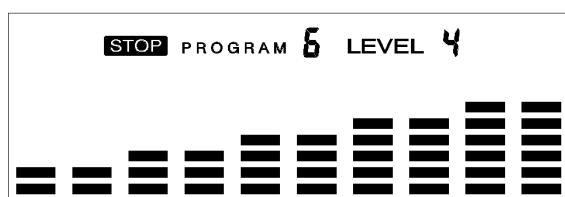
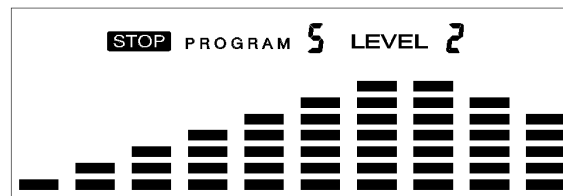
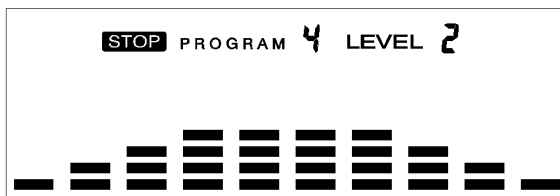
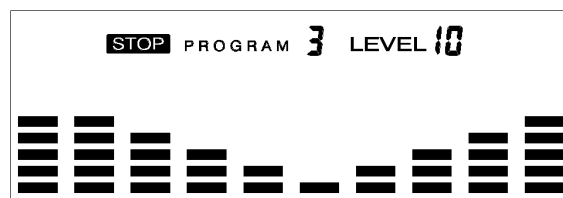
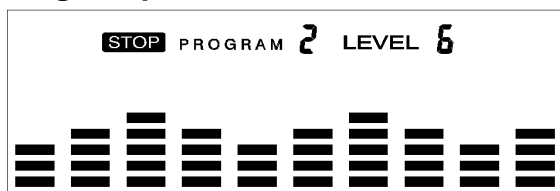
Select “Manual” using the UP or DOWN button, then press ENTER. The first parameter “TIME” will flash so the value can be adjusted using the UP or DOWN button. Press the ENTER button to save the value and move to the next parameter to be adjusted.

Note: If the user sets up the target time to workout, then the next parameter of Distance cannot be adjusted.

Continue through all desired parameters, and press the START/STOP button to begin the workout.

Note: Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START button to continue the workout to reach the unfinished workout parameter.

Pre-programs (P2~P13) Program profile



There are 12 program profiles ready for use. All program profiles have 16 levels of resistance.

Setting Parameters for Pre-programs

Select one of the pre-programs using the UP or DOWN button, then press ENTER. The first parameter "TIME" will flash so the value can be adjusted using the UP or DOWN key. Press the ENTER button to save value and move to the next parameter to be adjusted. Continue through all desired parameters, pressing the START/STOP button to begin the workout.

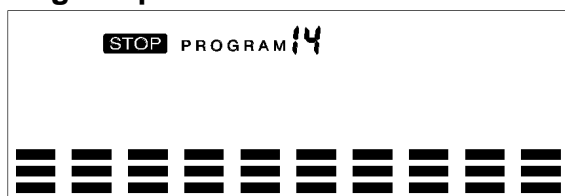
Workout in any pre-program

The user can exercise with different levels that load in different intervals. The user may exercise in any level of resistance by adjusting the UP or DOWN button during the workout.

Note: If a user sets up the target time to workout, then the next parameter of Distance cannot be adjusted. Once the workout parameters counts down to zero, it will beep and stop the workout automatically. Press the START KEY to continue the unfinished parameter.

Watt Control Program (P14)

Program profile



Setting Parameters for the Watt Control Program

Select "Watt Control Program," using the UP or DOWN button, then press ENTER. The first parameter "TIME" will flash so the value can be adjusted using the UP or DOWN button. Press ENTER to save the value and move to the next parameter to be adjusted.

Note: If user sets up the target time to workout, then the next parameter of Distance cannot be adjusted)

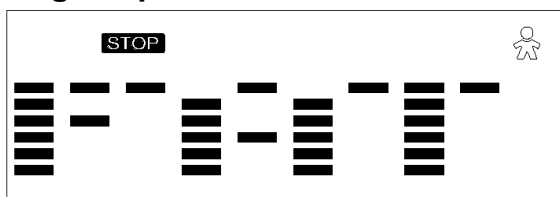
Continue through all desired parameters, pressing the START/STOP button to start the workout.

Note: Once the workout parameters count down to zero, it will beep and stop the workout automatically. Press the START button to continue the workout to reach the unfinished workout parameter.

The computer will adjust the resistance load automatically depending on the speed to maintain the constant watt value. The user can use the up or down button to adjust the watt value during the workout.

BODY FAT PROGRAM (P15)

Program profile



Setting Data for Body Fat

Select "BODY FAT Program" using the UP or DOWN button, then press ENTER. "MALE" will flash so Gender can be adjusted using the UP or DOWN button. Press the ENTER button to save gender and move to the next data.

"5'8 (inches)" of Height will flash so Height can be adjusted using the UP or DOWN button. Press ENTER to save the value and move to the next data.

"165 (lbs)" of Weight will flash so Weight can be adjusted using the UP or DOWN button. Press ENTER to save the value and move to the next data.

"30" of Age will flash so Age can be adjusted using the UP or DOWN button. Press ENTER to save the value.

Press the START/STOP button to start the measurement. Please also remember to grasp the hand pulse grips. After 15 seconds the display will show Body Fat %, BMR, BMI, & BODY TYPE.

Body Types:

There are 9 body types divided according to the FAT % calculated. Type 1 is from 5% to 9%. Type 2 is from 10% to 14%. Type 3 is from 15% to 19%. Type 4 is from 20% to 24%. Type 5 is from 25% to 29%. Type 6 is from 30% to 34%. Type 7 is from 35% to 39%. Type 8 is from 40% to 44%. Type 9 is from 45% to 50%.

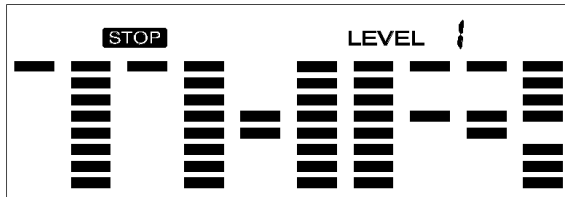
BMR: Basal Metabolism Ratio

BMI: Body Mass Index

Press START/STOP button to return the main Display.

TARGET HEART RATE Program (P16)

Program profile



Setting Parameters for TARGET H.R

Select "TARGET H.R," using the UP or DOWN button, then press ENTER. The first parameter "TIME" will flash so the value can be adjusted using the UP or DOWN button. Press the ENTER button to save the value and move to the next parameter to be adjusted.

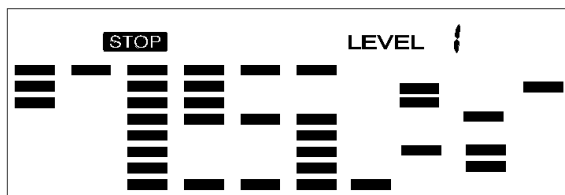
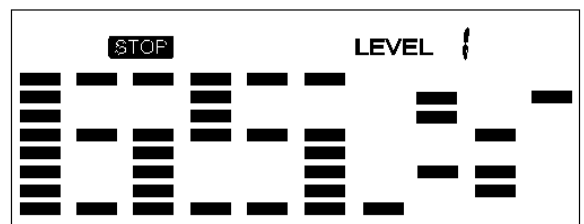
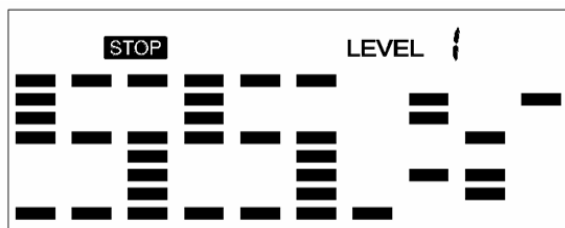
Note: If the user sets up the target time to workout, then the next parameter of Distance cannot be adjusted.

Continue through all desired parameters, pressing START/STOP button to start workout.

Note: If Pulse is above the set TARGET H. R, the Pulse value will flash to remind the user.

HEART RATE CONTROL Program (P17-P20)

Program profile



There are 4 selections for target pulse:

HRC - 55% TARGET H.R= 55% of (220-AGE)

HRC - 65% TARGET H.R= 65% of (220-AGE)

HRC - 75% TARGET H.R= 75% of (220-AGE)

HRC - 85% TARGET H.R= 85% of (220-AGE)

Setting Parameters for HEART RATE CONTROL

Select one of the “Heart Rate Control Programs” using the UP or DOWN button, then press ENTER. The first parameter “TIME” will flash so the value can be adjusted using the UP or DOWN button. Press the ENTER button to save the value and move to the next parameter to be adjusted.

Note: If the user sets up the target time to workout, then the next parameter of Distance can not be adjusted.

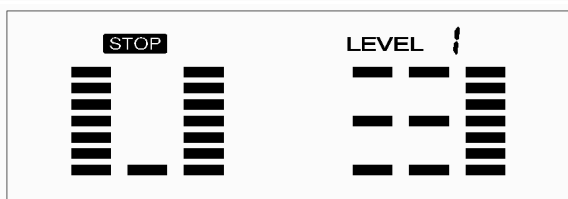
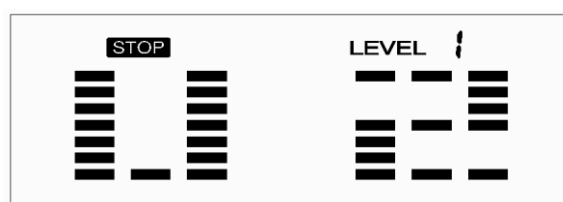
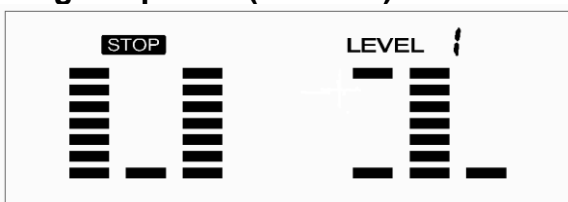
Continue through all desired parameters, pressing the START/STOP button to start the workout.

Note: If Pulse is above or below (± 5) the TARGET H.R, the computer will adjust the resistance load automatically. It will check every 20 seconds approx. 1 resistance load will increase or decrease (Note: each resistance load represents 2 levels of loading).

If one of the workout parameters counts down to be zero, it will beep and stop the workout automatically. Press the START/STOP button to continue the workout to reach unfinished workout parameter.

User Program

Program profile (P21-P24)



The 4 user programs allow the user to set their own program that can be used immediately.

Setting Parameters for User Program

Select the user program using the UP or DOWN button then press ENTER. The first parameter “TIME” will flash so the value can be adjusted using the UP or DOWN button. Press the ENTER button to save the values and move to the next parameter to be adjusted.

Note: If the user sets up the target time to workout, then the next parameter of Distance cannot be adjusted.

Continue through all desired parameters .

After finishing the set up of the desired parameters, level 1 will flash. Use the UP or DOWN button to adjust, then press the ENTER button until finished. (There are 10 times total). Press the START/STOP button to begin the workout.

Note: Once the workout parameter counts down to be zero, it will beep and stop the workout automatically. Press the START/STOP button to continue the workout to reach the unfinished workout parameter.