XTERRA. FITNESS

OWNER'S MANUAL

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ATTENTION

THIS ELLIPTICAL IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THIS APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

XE330C-Y20_1403A (Xterra)

Important Safety Instructions

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this appliance is used by, on, or near children, or disabled persons.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. Connect this appliance to a properly grounded outlet only.
13. The appliance is intended for household use.

Fitness Equipment Safety Instructions

- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Keep hands away from all moving parts.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.

Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

Important Electrical Instructions

WARNING!
- **NEVER** remove any cover without first disconnecting AC power supply.
- If A.C. voltage varies by ten percent (10%) or more, the performance of your elliptical may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.
- **NEVER** expose this elliptical to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. Maximum environmental ratings are 40-120 degrees Fahrenheit, 95% humidity non-condensing (no water droplets forming on surfaces).

Plug-In

Important Operation Instructions

- **NEVER** operate this elliptical without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired level on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your elliptical during an electrical storm. Surges may occur in your household power supply that could damage elliptical components.
- Use caution while participating in other activities while using your elliptical such as watching television, reading, etc. These distractions may cause you to lose balance, resulting in serious injury.
- Always hold on to a handlebar while making control changes.

Transportation
The elliptical is equipped with transport wheels, which are engaged when the rear of the elliptical is lifted.

Exiting Display Mode
This product is preset to a DISPLAY MODE that keeps the console continually powered on. To turn this feature off and allow your display to go into SLEEP MODE when not being used, please use the following procedure:
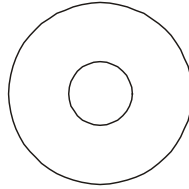
1. When in stand-by status, hold **Start, Stop** and **Enter** keys for five seconds to enter the Engineering Mode.
2. Use the ▲ / ▼ keys to select the SLEEP MODE, then press **Enter** key.
3. Use the ▲ / ▼ keys to turn ON or OFF the sleep mode function.
4. Keep pressing **Stop** key till exit the Engineering mode.
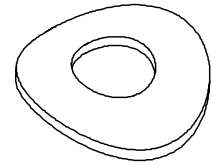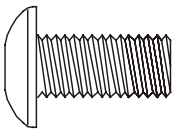
Assembly Pack Checklist

Hardware Step 1
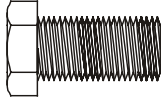
#70. 5/16" x 15mm
Hex Head Bolt
(6 pcs)

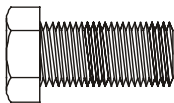**#97**. 5/16" x 23 x 1.5T
Flat Washer
(4 pcs)

#102. 5/16" x 23 x 2T
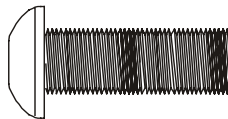Curved Washer
(2 pcs)

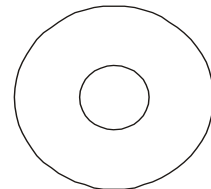**#78**. M5 x 10mm
Phillips Head Screw
(4 pcs)

Hardware Step 2

#70. 5/16" x 15mm
Hex Head Bolt
(2 pcs)

#75. 5/16" x 15mm
Button Head Socket
Bolt (6 pcs)

#97. 5/16" x 23 x1.5T
Flat Washer
(2 pcs)

#101. 17mm
Wave Washer
(2 pcs)

Hardware Step 3
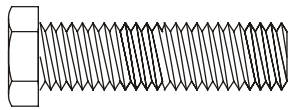
#71. 5/16" x 32mm
Hex Head Bolt
(2 pcs)

#76. 5/16" x 3/4"
Button Head Socket
Bolt (2 pcs)

#77. 3/8" x 2-1/4"
Button Head Socket
Bolt (2 pcs)

#89. 3/8" x 7T
Nyloc Nut
(2 pcs)
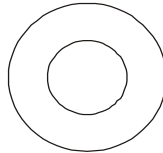
#94. 3/8" x 19 x 1.5T
Flat Washer
(2pcs)
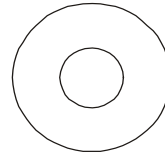
#98. 5/16" x 20 x1.5T
Flat Washer
(4pcs)

#105. 5/16" x 7T
Nyloc Nut
(2 pcs)

Hardware Step 4
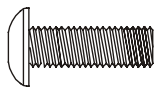
#79. M5 x 15mm
Phillips Head Screw
(8 pcs)
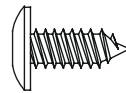
#84. 3.5 x 12mm
Sheet Metal Screw
(8 pcs)

Assembly Tools
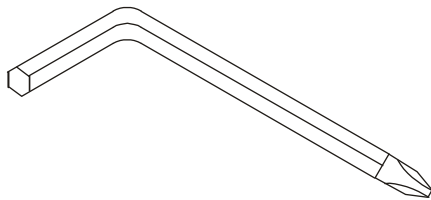
#108. M5 Allen Wrench /
Phillips Head Screw Driver
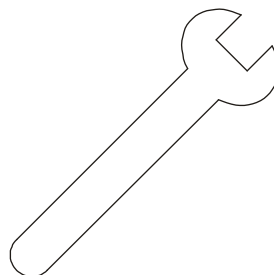
#110. 12mm Wrench
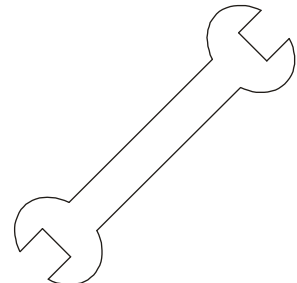
#111. 13/14mm Wrench
(2 pcs)

Assembly Instructions

1 Console Mast & Console
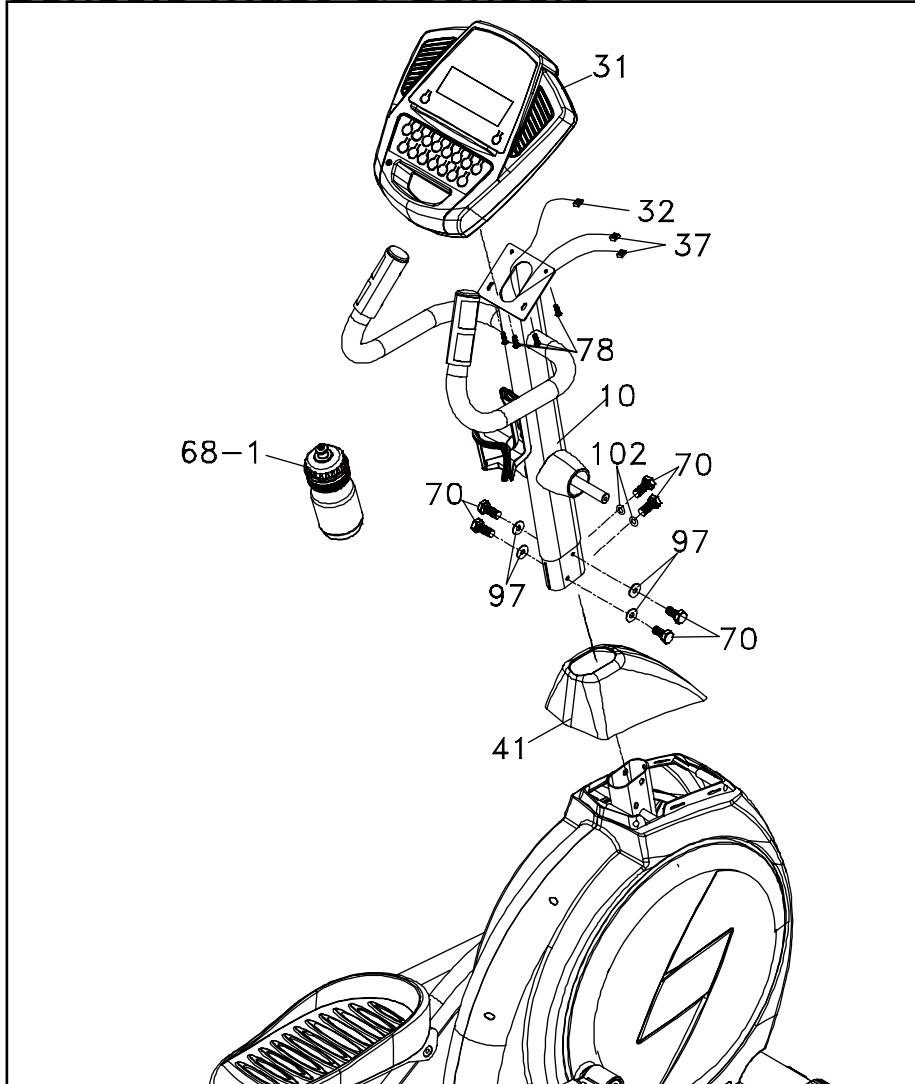
Hardware Step 1

#70. 5/16" x 15mm Hex Head Bolt (6 pcs)
#78. M5 x 10mm Phillips Head Screw (4 pcs)
#97. 5/16" x 23 x 1.5T Flat Washer (4 pcs)
#102. 5/16" x 23 x 2T Curved Washer (2 pcs)

1. Slide the Console Mast Cover (**41**) over the bottom of the Console Mast (**10**) in the direction shown. Take the end of the wire tie that exits the bottom of the mast and wrap it around the Console Cable (**32**) that exits the top of the frame unit. Guide the Console Cable (**32**) up through the bottom of the mast and pull it up with the end of the wire tie that exits the top of the mast. Seat the bottom of the mast into the frame bracket. Secure the mast to the frame with four Hex Head Bolts (**70**) and Flat Washers (**97**) to the sides of the mast. Secure with two Hex Head Bolts (70) and two Curved Washers (**102**) to the front of the mast. Tighten all bolts with the Wrench (**110**).

2. Remove the wire tie that is connected to the Console Cable (**32**) and the frame. Plug in the Console Cable (**32**) and Hand Pulse Wires (**37**) into the back side of the console. Secure the console to the mast with four Phillips Head Screws (**78**) tightening with the M5 Allen Wrench/Phillips Head Screw Driver (**108**).

3. Snap the Console Mast Cover (**41**) into place on top of the side covers.

2 Swing Arms
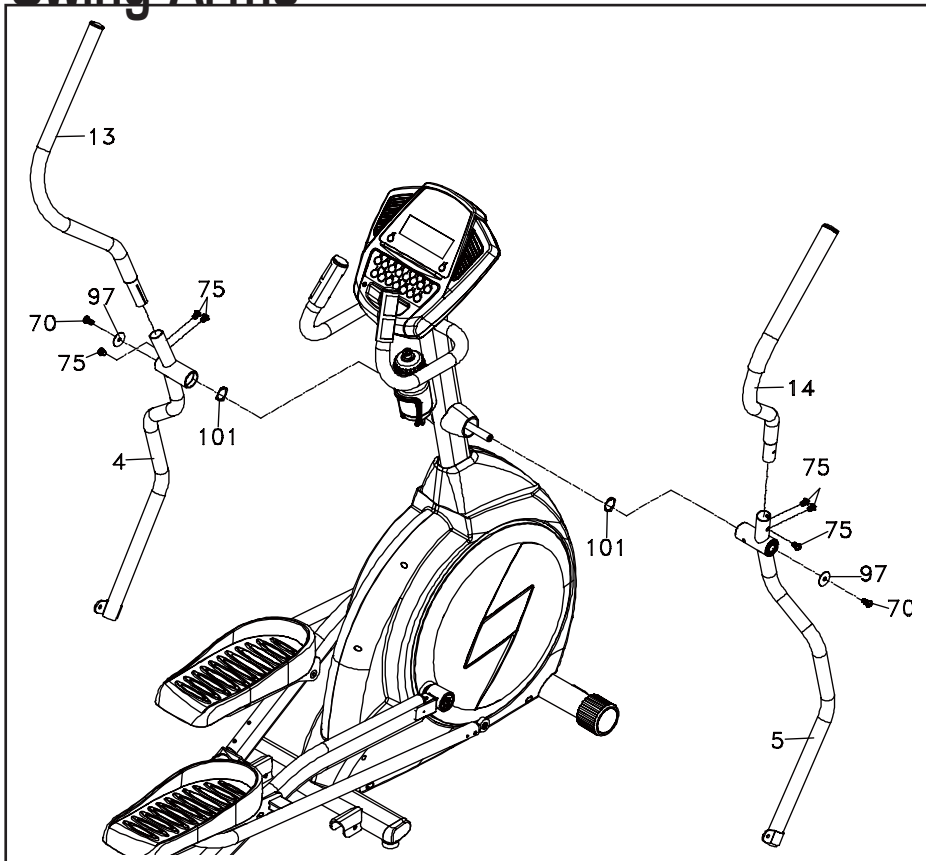
#70. 5/16" x 15mm
Hex Head Bolt (2 pcs)
#75. 5/16" x 15mm
Button Head Socket
Bolt (6 pcs)
#97. 5/16" x 23 x 1.5T
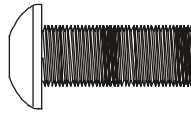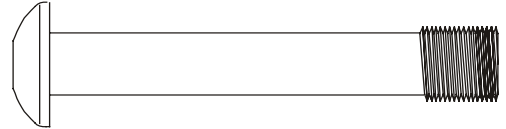Flat Washer (2 pcs)
#101. 17mm
Wave Washer (2 pcs)

1. Make sure the axle cover is in place on the swing arm axle on the console mast. Slide the Wave Washer (**101**) onto the right swing arm axle. Slide the Lower Right Swing Arm (**5**) onto the axle. Secure the arm to the axle with a Flat Washer (**97**) and a Hex Head Bolt (**70**). Tighten with the Wrench (**110**).

2. Slide the Upper Right Swing Arm (**14**) into the top bracket of the Lower Right Swing Arm (**5**). Secure in place with three Button Head Socket Bolts (**75**). Tighten with the M5 Allen Wrench/Phillips Head Screw Driver (**108**).

3. Repeat the previous steps with the swing arms on the left side.

3 Connecting Arms & Rear Rails
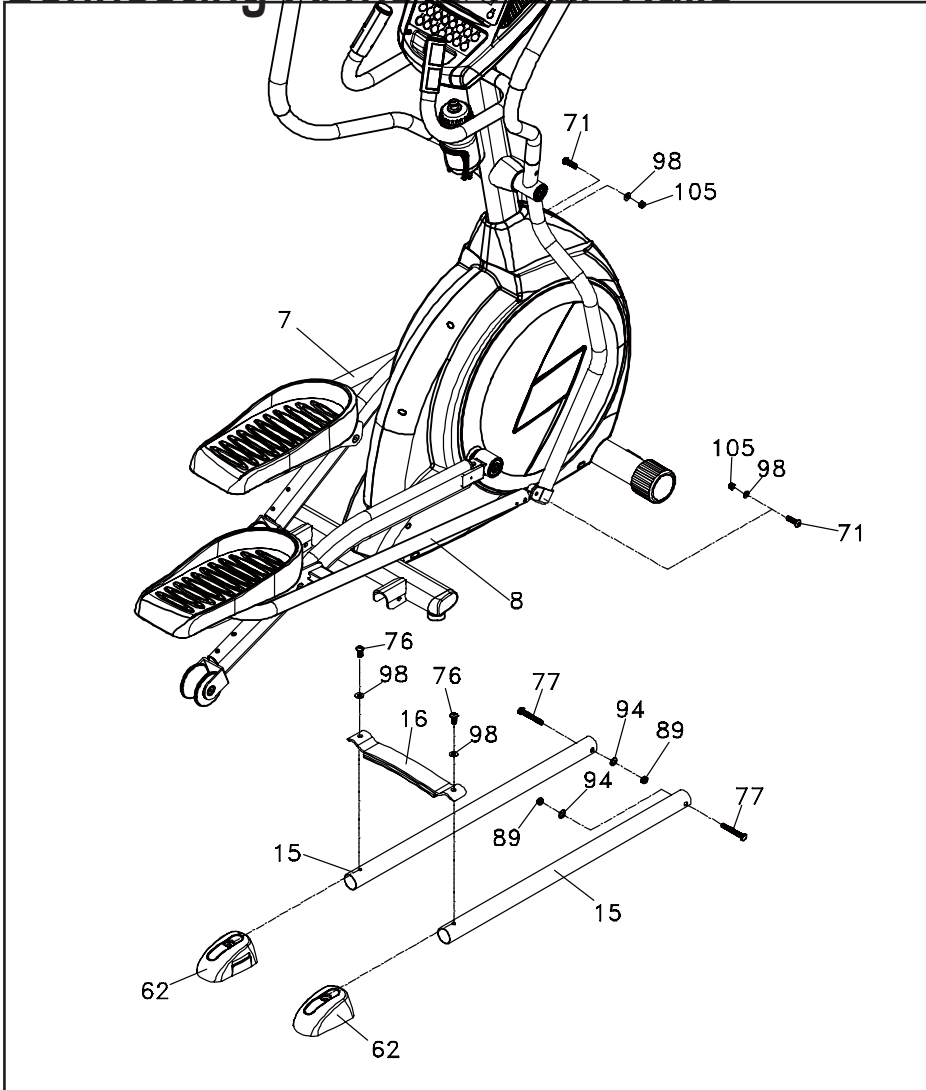
#71. 5/16" x 32mm Hex Head Bolt (2 pcs)
#76. 5/16" x 3/4" Button Head Socket Bolt (2 pcs)
#77. 3/8" x 2-1/4" Button Head Socket Bolt (2 pcs)
#89. 3/8" x 7T Nyloc Nut (2 pcs)
#94. 3/8" x 19 x 1.5T Flat Washer (2 pcs)
**#98**. 5/16" x 20 x 1.5T Flat Washer (4 pcs)
**#105**. 5/16" x 7T Nyloc Nut (2 pcs)

1. Insert the Rail Tubes (**15**) into the bracket on the back side of the main frame. Secure each tube in place with a Button Head Socket Bolt (**77**), a Flat Washer (**94**), and a Nyloc Nut (**89**). Tighten with the M5 Allen Wrench/Phillips Head Screw Driver (**108**) and the Wrench (**111**). Insert the curved ends of the Rear Handle (**16**) into the slot on each of the Rear Rail Stabilizers (**62**). Set in place on the rear of the Rail Tubes (**15**). Secure with two Button Head Socket Bolts and two Flat Washers (**98**). Tighten with the M5 Allen Wrench/Phillips Head Screw Driver (**108**).
2. Remove the wire tie that holds the spacer into the rod end of the Right Connecting Arm (**8**). Connect the Lower Right Swing Arm (**5**) to the Connecting Arm (**8**) by sliding the Hex Head Bolt (**71**) through the bracket on the lower swing arm and the spacer in the rod end of the connecting arm. Secure in place with the Flat Washer (**98**) and the Nyloc Nut (**105**). Tighten with the Wrenches (**110** & **111**).
3. Repeat the previous step on the left side.
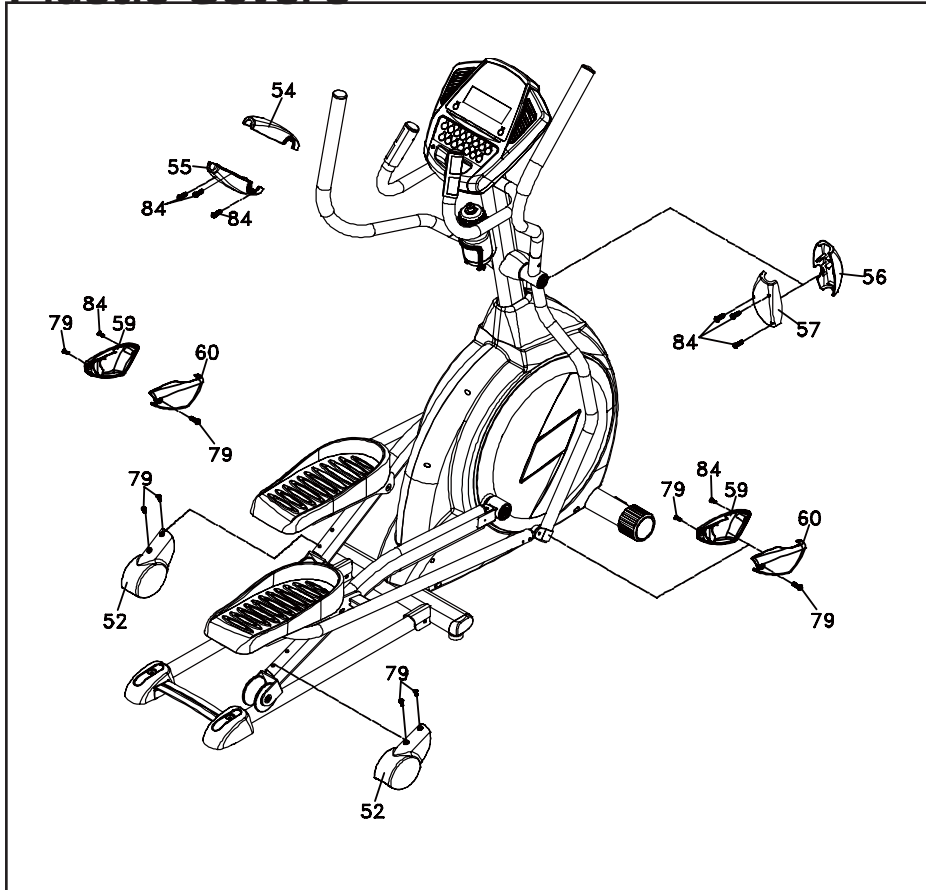
8

4 Plastic Covers

Note: *Use the M5 Allen Wrench/Phillips Head Screw Driver (**108**) to tighten hardware in this step.*

1. Secure the roller wheel covers (**52**) over the roller wheels with two Phillips Head Screws (**79**). Secure the Left (**59**) and Right (**60**) Lower Swing Arm Covers to the right connecting arm/lower right swing arm connection with two Phillips Head Screws (**79**) and one Self Taping Screw (**84**). Repeat this process on the left side.

2. Fit the Front (**56**) and Back (**57**) Handle Bar Covers into place over the swing arm axle joint. Secure with three Self Taping Screws (**84**). Repeat this process on the left side with the left Handle Bar Covers (**54** & **55**).

3. Plug the wire from the power supply into the outlet on the front left side of the elliptical trainer and the other end into the wall outlet. The unit is now ready for use.

Operation of Your Console

Console

Integrated Speakers for MP3 Player

LCD with workout data

LAP 4
9:39 MAN 4.2

Easy-Touch Control Keys

Audio Input Jack for customized listening

Convenient cargo compartment for phone or MP3 player

Power Up

The Elliptical is supplied with an external power supply. When power is connected to the Elliptical, the console will automatically power up. If there is no input to the console for 20 minutes the console will go to stand-by mode. In stand-by mode the console display will turn off. To turn the console on press any key.

When initially powered on the console will perform an internal self-test. During this time all the lights will turn on. When the lights go off the dot matrix display will show a software version (i.e.: VER 1.0) and the message window will display an odometer reading. The odometer reading displays how many hours the elliptical has been used and how many virtual kilometer the elliptical has gone. The time in hours will be to the left and the odometer in kilometer will be displayed to the right.

The odometer will remain displayed for only a few seconds, then the console will go to the start up display. The dot matrix display will be scrolling through the different workout profiles of the programs and the message window will be scrolling the start up message. You may now begin to use the console.

Console Operation

Quick Start Mode

This is the quickest way to start a workout. After the console powers up you just press the **Start** key to begin, this will initiate the Quick Start mode. In Quick Start the Time will count up from zero and the workload may be adjusted manually by pressing the ▲ / ▼ keys. The dot matrix display will show a 0.4Km track with a lap counter in the center to monitor your progress.

Basic Information and Functions:

Message Window:

Will initially be displaying the Time, Program name and Distance (in kilometer). Each time the **Enter** key is pressed the next set of information will appear, three sets of data in all. The next set of information displayed is: Speed (in Kph), RPM (pedaling speed) and Watts (indication of work level). The third set displayed is: Calories, Level (work level from 1-20) and Pulse (heart rate in beats per minute). Pressing the **Enter** key one more time will set the display to scan mode where the data will change every 4 seconds.

The elliptical has a built in **Heart Rate Monitoring System**. Simply grasping the hand pulse sensors on the stationary handle bars will start the heart icon blinking (this may take a few seconds). The Pulse Display Window will display your heart rate, or Pulse, in beats per minute.

The **Stop** key actually has several functions. Pressing the **Stop** key once during a program will pause the program for five minutes. If you need to get a drink, answer the phone or any of the many things that could interrupt your workout, this is a great feature. To resume your workout just press the **Start** key. If the **Stop** key is pressed twice during a workout the program will end and a summary of your workout is displayed. If the **Stop** key is held down for three seconds the console will perform a complete reset. During data entry for a program the **Stop** key will take you back one step in the programming each time you press the key.

There is an **Audio Input Jack** on the front of the console and built-in speakers. You may plug any low-level audio source signal into this port. Audio sources include MP3, iPod, portable radio, CD player or even a TV or computer audio signal.

Programming The Console

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for is necessary to ensure the readouts are correct. You will be asked for your age and weight. Entering your age and weight aides in calculating a more correct Calorie reading. Although we cannot provide an exact calorie count, we do want to be as close as possible.

Calorie Note: Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are estimates. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting. This is because each individual is different and burns calories at a different rate.

Entering a Program/Changing Settings

Press each program key to scroll through the program selections. The profile for each program will be displayed in the dot matrix window. Press the **Enter** key to select a program and begin customizing the settings. If you want to workout without entering new settings then just press the **Start** key. This will bypass the programming of data and take you directly to the start of your workout. If you want to change the personal settings then just follow the instructions in the message window. If you start a program without changing the settings, the default settings will be used.

Note: Age and Weight default settings will change when you enter a new number. The last age and weight entered will be saved as the new default settings. If you enter your age and weight the first time you use the elliptical you will not have to enter it every time you work out unless either your age or weight changes or someone else enters a different age and weight.

Manual Program

The Manual program allows you to adjust your workload throughout the workout to meet your personal fitness needs.

1. Press the **Manual Program** key, and then press the **Enter** key to continue.
2. The message window will ask you to enter your weight. Adjust the Weight setting using the ▲ / ▼ keys. Press **Enter** to continue.
3. The message window will ask you to enter your age. Adjust the Age setting using the ▲ / ▼ keys. Press the **Enter** key to accept the new number and proceed on to the next screen.
4. Next is the Time setting. Adjust the Time setting using the ▲ / ▼ keys. Press **Enter** to continue.
5. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Stop** key to go back one level of the programming screen.
6. Once the program starts the elliptical will be set to level one resistance. If you want to increase the work load at any time press the ▲ key on the console; the ▼ key will decrease the workload.
7. During the Manual program you will be able to switch data displayed in the message window by pressing the **Enter** key.
8. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time before the console returns to the start-up display.

Programming Preset Programs

1. Select the desired program key, and then press the **Enter** key.
2. The message window will ask you to enter your weight. Adjust the Weight setting, using the ▲ / ▼ keys. Press the **Enter** key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your age. Adjust the Age setting using the ▲ / ▼ keys. Press **Enter** to continue.
4. Next is the Time setting. Adjust the Time setting using the ▲ / ▼ keys. Press **Enter** to continue.
5. Now you are asked to adjust the Max Level. This is the peak exertion level you will experience during the program (work level at the top of the hill). Adjust the level and then press **Enter**.
6. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the Stop key to go back one level, or screen.
7. If you want to increase or decrease the workload at any time during the program, press the ▲ / ▼ keys. This will change only the work level during the current segment.
8. During the program you will be able to switch the data displayed by pressing the **Enter** key.
9. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time before the console returns to the start-up display.
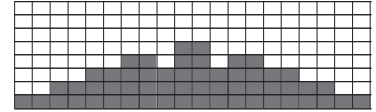
Preset Programs

The elliptical has five different programs that have been designed to provide a variety of workouts. These programs have factory preset profiles for achieving different goals.

Hill

The Hill program simulates going up and down a hill. The resistance in the pedals will steadily increase and then decrease during the program.

Fat Burn

The Fat Burn program is designed, as the name implies, to maximize the burning of fat. There are many schools of thought on the best way to burn fat but most experts agree that a lower exertion level that stays at a steady workload is the best. The absolute best way to burn fat is to keep your heart rate at around 60% to 70% of its maximum potential. This program does not use heart rate but simulates a lower, steady exertion workout.
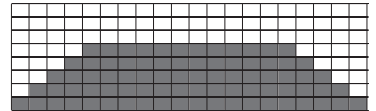
Cardio

The Cardio program is designed to increase your Cardio vascular function. This is exercise for your heart and lungs. It will build up your heart muscle and increase blood flow and lung capacity. This is achieved by incorporating a higher level of exertion with slight fluctuations in work.
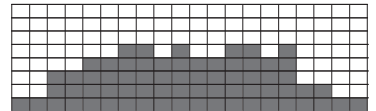
Strength

The Strength program is designed to increase muscular strength in your lower body. This program will steadily increase in resistance to a high level and then keeps you there. This is designed to strengthen and tone your legs and glutes.
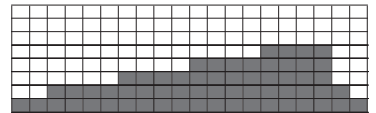
Interval

The Interval program takes you through high levels of intensity followed by periods of low intensity. This program increases your endurance by depleting your oxygen level followed by periods of recovery to replenish oxygen. Your cardio vascular system gets programmed to use oxygen more efficiently this way.
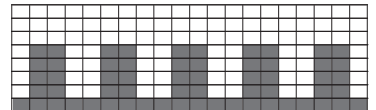
User Programs

The User Programs allow you to build and save your own workout. You can build your own custom program by following the instructions below.

1. Press the **User 1** or **User 2** key, and then press **Enter**.
2. The message window will ask you to enter your weight. You may change the Weight setting using the ▲/▼ keys, then press the **Enter** key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your age. You may adjust the Age setting using the ▲/▼ keys, then press **Enter** to continue.
4. Next is Time. You may adjust the Time and press **Enter** to continue.
5. Now the first column will be blinking and you are asked to adjust the level for the first segment of the workout. When you finish adjusting the first segment, or if you don't want to change, then press **Enter** to continue to the next segment.
6. The next segment will show the same level as the previously adjusted segment. Repeat the same process as the last segment then press **Enter**. Continue this process until all twenty segments have been set.
7. The message window will then tell you to press **Start** to begin (and save the program) or **Enter** to modify the program. Pressing **Stop** will exit to the start up screen.
8. If you want to increase or decrease the workload at any time during the program press the ▲/▼ keys. This will only affect the workload for the present position in the profile. When the profile changes to the next column it will return to the preset work level.
9. During the User 1 or User 2 program you will be able to scroll through the data in the message window by pressing the **Enter** key.
10. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time, then the console will return to the start-up display.

Heart Rate

The old motto, "no pain, no gain", is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your predicted Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the predicted Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage of your MHR. Your heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat, while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their predicted target heart rate zone is calculated:

220 – 40 = 180 (maximum heart rate)
180 x .6 = 108 beats per minute
        (60% of maximum)
180 X .8 = 144 beats per minute
        (80% of maximum)

So for a 40 year old the training zone would be 108 to 144 beats per minute.

If you enter your age during programming the console will perform this calculation automatically. After calculating your MHR you can decide upon which goal you would like to pursue.
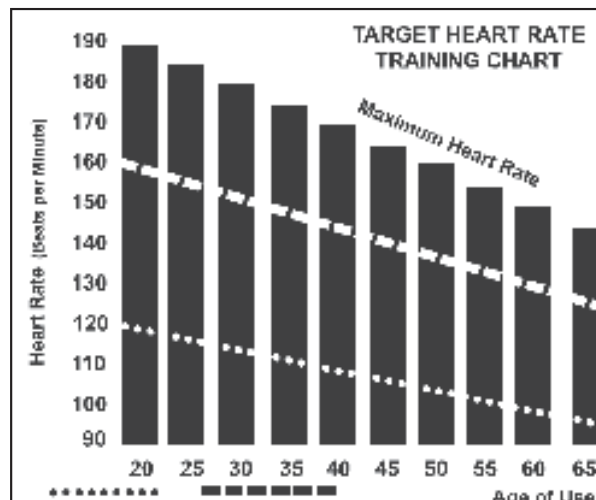
The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

Rate of Perceived Exertion

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate all contribute to the intensity at which you should workout. If you listen to your body it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of Effort

6 Minimal
7 Very,very light
8 Very,very light +
9 Very light
10 Very light +
11 Fairly light
12 Comfortable
13 Somewhat hard
14 Somewhat hard +
15 Hard
16 Hard +
17 Very hard
18 Very hard +
19 Very,very hard
20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending on the factors discussed earlier. If your body is strong and rested, you will feel strong and your pace will feel comfortable. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel difficult. Again, this will show up in your RPE and you will train at the proper level for that day.

General Maintenance

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops, the main cause is most likely one of two reasons:
    i. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. The majority of calls to the service department for noise issues can be traced to loose hardware or the rear rails being dirty.
    ii. Dirt build-up on the rear rails and polyurethane wheels are also a source of noise. Noise from build-up on the rails can cause a thumping sound that you would swear is coming from inside the main body of the machine because noise travels and is amplified in the tubing of the frame. Clean the rails and wheels with a lint free cloth and rubbing alcohol. Stubborn build-up can be removed with your thumbnail or a non-metallic scraper, like the back edge of a plastic knife. After cleaning, apply a small amount of lubricant on the rails with your fingers or a lint free cloth. You only need a thin coat of lubrication, wipe off any excess.
3. If squeaks or other noises persist, check that the unit is properly leveled before calling the service department.

Elliptical Noises

Your new elliptical is engineered and manufactured to the strictest industry standards and tolerances. All elliptical trainers, no matter who the manufacturer, have a multitude of moving linkages and parts. Be aware that even with the tightest mechanical tolerances there still could be a slight amount of play between some parts. This inherent play can result in slight noises during use such as clicks and small thumps. Please expect that the elliptical will not be completely silent.

Engineering Mode

The console has built in maintenance/diagnostic software. The software will allow you to make changes to the console settings such as changing units from English to Metric or turning off the console beeps (if they are waking your family during your early morning workouts). To enter the Engineering Mode press and hold down the **Start**, **Stop** and **Enter** keys. Keep holding the keys down for about five seconds and the message window will display "Engineering Mode". Press the **Enter** key to access the menu below. Press the **Level Up**/**Down** keys to navigate the menu.

a. Key Test - Allows you to test all the keys to make sure they are functioning
b. Exit - Exits Engineering Mode
c. Security - Allows you to lock the keypad so no unauthorized use is allowed. To turn on/off, press **Enter** and then press either ▲ / ▼ key to select desired status. When the child lock is enabled, the console will not allow the keypad to operate unless you press and hold the **Start** and **Enter** keys for three seconds to unlock the console.
d. Functions - Press **Enter** to access settings, use **Level Up**/**Down** keys to navigate.
    i. Odometer Reset - Reset the odometer
    ii. Key Tone – Turns on/off the beep noise produced while pressing a key
    iii. Manual – Allows stepping of the gear motor
    iv. Motor Test - Continually runs the tensioning gear motor
    v. Sleep Mode - On; when turned on the console will darken after 30 minutes of no use. When turned off the console will remain lit as long as the power is on
    vi. Units - Set to English or Metric display readings

Exploded View Diagram

Parts List

NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Pedal Arm (L)	1
3	Pedal Arm (R)	1
4	Lower Handle Bar (L)	1
5	Lower Handle Bar (R)	1
6	Bushing Housing, Pedal Arm	2
7	Connecting Arm (L)	1
8	Connecting Arm (R)	1
9	Cross Bar	2
10	Console Mast	1
11	Idler Wheel Assembly	1
12	Crank Axle	1
13	Swing Arm (L)	1
14	Swing Arm (R)	1
15	Rail Tube	2
16	Rail Strap	1
17	Axle for Pedal	2
18	Axle for Slide Wheel	2
19	Rod End Sleeve	3
20	6005_Bearing	2
21	6203_Bearing	6
22	6003_Bearing	8
23	Rod End Bearing	2
24	Ø31 × Ø25.5 × Ø19 × 16+3T_Bushing	4
25	Steel Cable	1
26	Drive Belt	1
27	Ø330_Drive Pulley	1
28	Flywheel	1
29	Magnet	1
30	Woodruff Key	2
31	Console Assembly	1
31~1	Console Top Cover	1
31~2	Console Bottom Cover	1
31~3	Console Display Board	1
31~4	Main Key Board	1
31~5	Amplifier Controller	1
31~6	300m/m_Sound Board W/Cable	1
31~7	250m/m_Speaker W/Cable	2
31~8	200m/m_Amplifier Cable	1
31~9	Interface Board	1
31~10	Speaker Grill Anchor	4
32	1300m/m_Computer Cable	1
33	750m/m_DC Power Cord	1
34	Gear Motor	1
35	400m/m_Sensor W/Cable	1
36	Sensor Rack	1

NO.	DESCRIPTION	Q'TY
37	850m/m_Handpulse Assembly	2
37~4	Ø3 × 20m/m_Tapping Screw	4
38	Power Adaptor	1
39	Ø82_Slide Wheel , Urethane	2
40~1	3/8" × 2"_Flat Head Socket Bolt	2
40~2	Ø35 × 10m/m_Rubber Foot	2
41	Console Mast Cover	1
42	Side Case(L)	1
43	Side Case(R)	1
44	Round Disk	2
45	Round Disk Cover	2
46	Cover Swing Arm Axle	2
47	Pedal Arm Cover (L)	1
48	Pedal Arm Cover (R)	1
50	Pedal (L)	1
51	Pedal (R)	1
52	Slide Wheel Cover	2
53	Ø32(1.8T)_Button Head Plug	4
54	Front Handle Bar Cover (L)	1
55	Rear Handle Bar Cover (L)	1
56	Front Handle Bar Cover (R)	1
57	Rear Handle Bar Cover (R)	1
58	32 × 2.5T_Round Cap	2
59	Connecting Arm Cover (L)	2
60	Connecting Arm Cover (R)	2
61	Lug Cover (L)	1
62	Lug Cover (R)	1
63	Ø60_Round End Cap	2
64	Ø40 × Ø80_Oval End Cap	2
65	EVA Foam for Rail Strap	1
66	Handgrip Foam	2
67	Ø32 × 28T_Rubber Foot	2
68~1	Drink Bottle **(Optional)**	1
68~2	Drink Bottle Holder	1
68~3	M5 × 12m/m_Phillips Head Screw	2
69	Spacer Bushing	1
70	5/16" × 15m/m_Hex Head Bolt	20
71	5/16" × 32m/m_Hex Head Bolt	2
72	1/4" × 3/4"_Hex Head Bolt	4
73	3/8" × 2-1/4"_Socket Head Cap Bolt	2
74	M8 × 30m/m_Socket Head Cap Bolt	2
75	5/16" × 15m/m_Button Head Socket Bolt	6
76	5/16" × 3/4"_Button Head Socket Bolt	2
77	3/8" × 2-1/4"_Button Head Socket Bolt	2
78	M5 × 10m/m_Phillips Head Screw	6
79	M5 × 15m/m_Phillips Head Screw	8
80	5 × 16m/m_Tapping Screw	7
81	5 × 25m/m_Tapping Screw	2
82	4.8 × 38m/m_Sheet Metal Screw	1

NO.	DESCRIPTION	Q'TY
83	5 × 16m/m_Tapping Screw	12
84	Ø3.5 × 12m/m_Sheet Metal Screw	8
86	Ø17_C Ring	1
87	M8 × 7T_Nyloc Nut	1
88	1/4"_Nyloc Nut	4
89	3/8" × 7T_Nyloc Nut	2
90	3/8" -UNF26 × 4T_Nut	2
91	3/8" -UNF26 × 11T_Nut	2
92	3/8" × 7T_Nut	4
94	3/8" × 19 × 1.5T_Flat Washer	11
96	5/16" × 35 × 1.5T_Flat Washer	2
97	5/16" × 23 × 1.5T_Flat Washer	14
98	5/16" × 20 × 1.5T_Flat Washer	8
99	1/4" × 19m/m_Flat Washer	13
100	J Bolt	1
101	Ø17_Wave Washer	6
102	5/16" × 23 × 2T_Curved Washer	2
103	M8 × 20m/m_Carriage Bolt	1
104	Ø17 × Ø23.5 × 2T_Flat Washer	2
105	5/16" × 7T_Nyloc Nut	2
106	3.5 × 16m/m_Tapping Screw	3
107	Ø60_Transportation Wheel	2
108	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
110	12m/m_Wrench	1
111	13/14m/m_Wrench	2
112	5 × 19m/m_Tapping Screw	6
133	M5 × 10m/m_Phillips Head Screw	8
135	M8 × 9T_Nyloc Nut	1
136	3/8" × 11T_Nyloc Nut	2
137	3.5 × 16m/m_Sheet Metal Screw	7
138	M8 × 6.3T_Nut	4
144	3/8" -UNF26 × 6T_Nut	1
145	Axle Stopper	1
146	M5 × 5m/m_Slotted Set Screw	2