

# SPORTSART 803P



## *OWNER'S MANUAL* ASSEMBLY INSTRUCTIONS

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### ASSEMBLY INSTRUCTIONS

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## **SAFETY GUIDELINES**

Please read and follow the below safety guidelines:

- Keep this owner's manual for future use and reference.
- Read this owner's manual and follow the instructions.
- Assemble and operate the elliptical trainer on a solid, level surface.
- Never allow children on or near the elliptical trainer.
- Check the elliptical trainer before every use. Make sure all parts are assembled correctly, and all fasteners are tightened. Do not use the machine if it is disassembled in any manner.
- Keep your hands and loose clothing away from moving parts.
- Wear proper workout clothing.
- Don't rock the unit from side to side, and take care when mounting and dismounting the unit.
- Only stand on provided foot pedals.
- Allow sufficient space on both sides of the elliptical for users to mount and dismount the machine.
- Do not use any accessories that aren't specifically recommended by the manufacturer as these might cause injuries or cause the unit to fail.
- If any parts fail or are defective, please stop your workout immediately and contact your dealer for repairs.
- If you feel any pain or discomfort, STOP YOUR WORKOUT and consult your physician immediately.

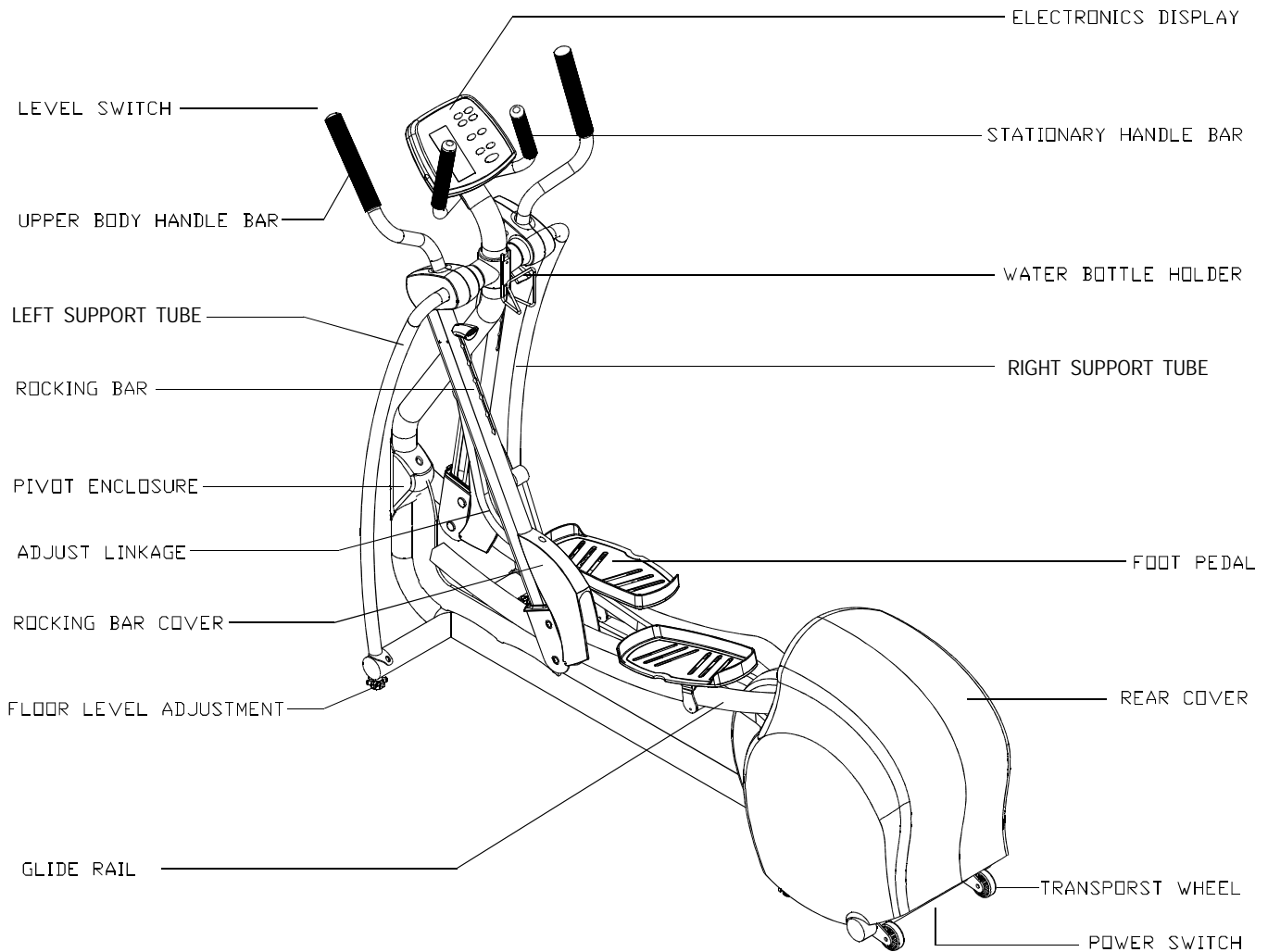
### **Caution:**

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

## INTRODUCTION

Congratulations on purchasing one of the finest pieces of exercise equipment on the market today. Constructed of high quality materials and designed for years of trouble-free usage, the elliptical will be an integral part of your health and fitness.

Before using your elliptical trainer, we recommend that you familiarize yourself with the owner's manual. Whether you are a first time user of an elliptical trainer or a seasoned "pro", understanding the correct use of the equipment will enhance your ability to achieve your exercise goals safely and successfully.



## **ASSEMBLING YOUR ELLIPTICAL TRAINER**

### **LIST OF PARTS:**

Before assembling your elliptical, please make sure you have all the following items. If any items are missing, contact your authorized dealer.

1. Four 3/8" x L1" bolts - lift post and frame
2. Four 3/8" washers - lift post and frame
3. Two 3/8" x L3/4" bolts - lift post and frame
4. Two 5/16" x L1 3/4" bolts - moving bar and linkage
5. Two 5/16" washers - linkage
6. Four 5/16" x L19 bolts - support tube
7. Four 5/16" washers - support tube
8. Two 1/4" x L3/4" screws - rocking bar
9. Two 1/4" washers - rocking bar
10. Eight M5 x L12 PH screws - foot pedals
11. One M5 x L12 PH screw - rocking bar cover
12. Two M5 x L8 screws - water bottle holder
13. Double open end wrench 12 x 15
14. Hex Allen wrench M6
15. Hex Allen wrench M5
16. 2 - way Screwdriver
17. Hex Allen wrench M4

STEP BY STEP INSTRUCTIONS:

1. Remove only the upper box and Styrofoam. (see Fig 1)

**Note:** Do not remove the lower box and Styrofoam until you finished assembly step 5 (see Fig. 4).

2. Raise the main post into upright position, and secure it with 3/8" bolts by wrench provided. (see Fig. 1)

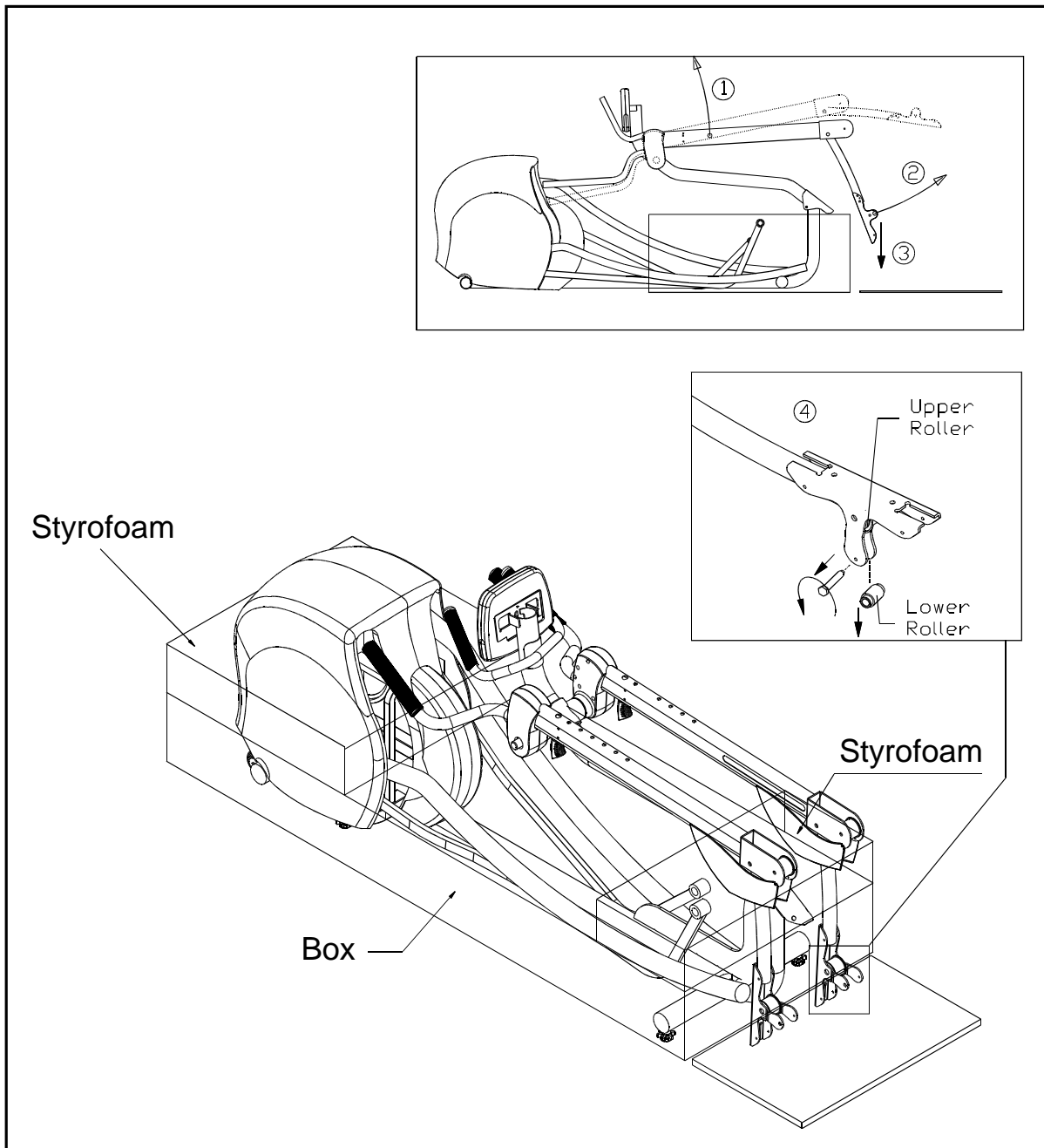


Fig.1

3. Remove the lower roller and shaft as shown in Fig. 2.

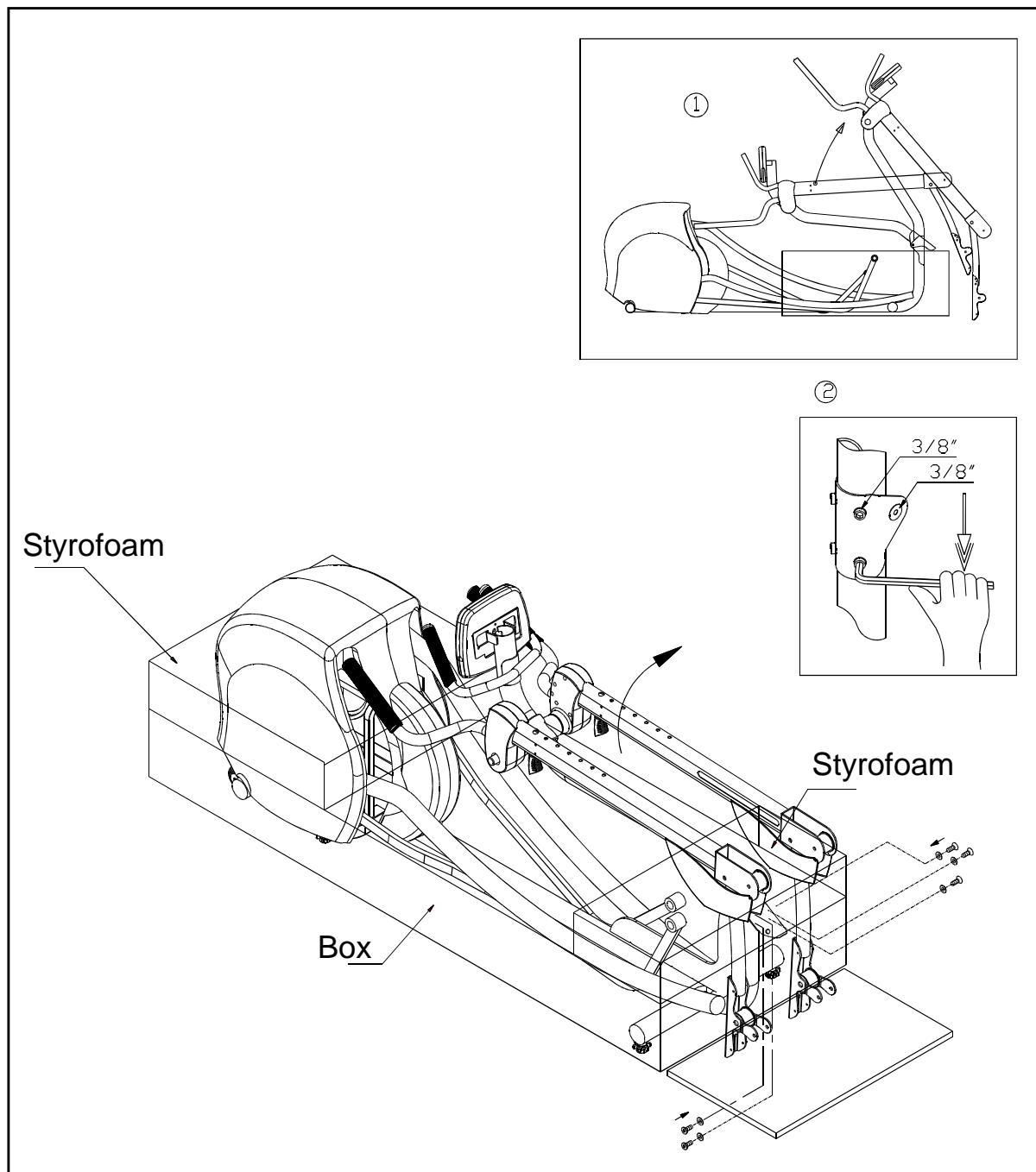


Fig.2



4. Place the glide rail over the rocking bar roller. (see Fig.3)

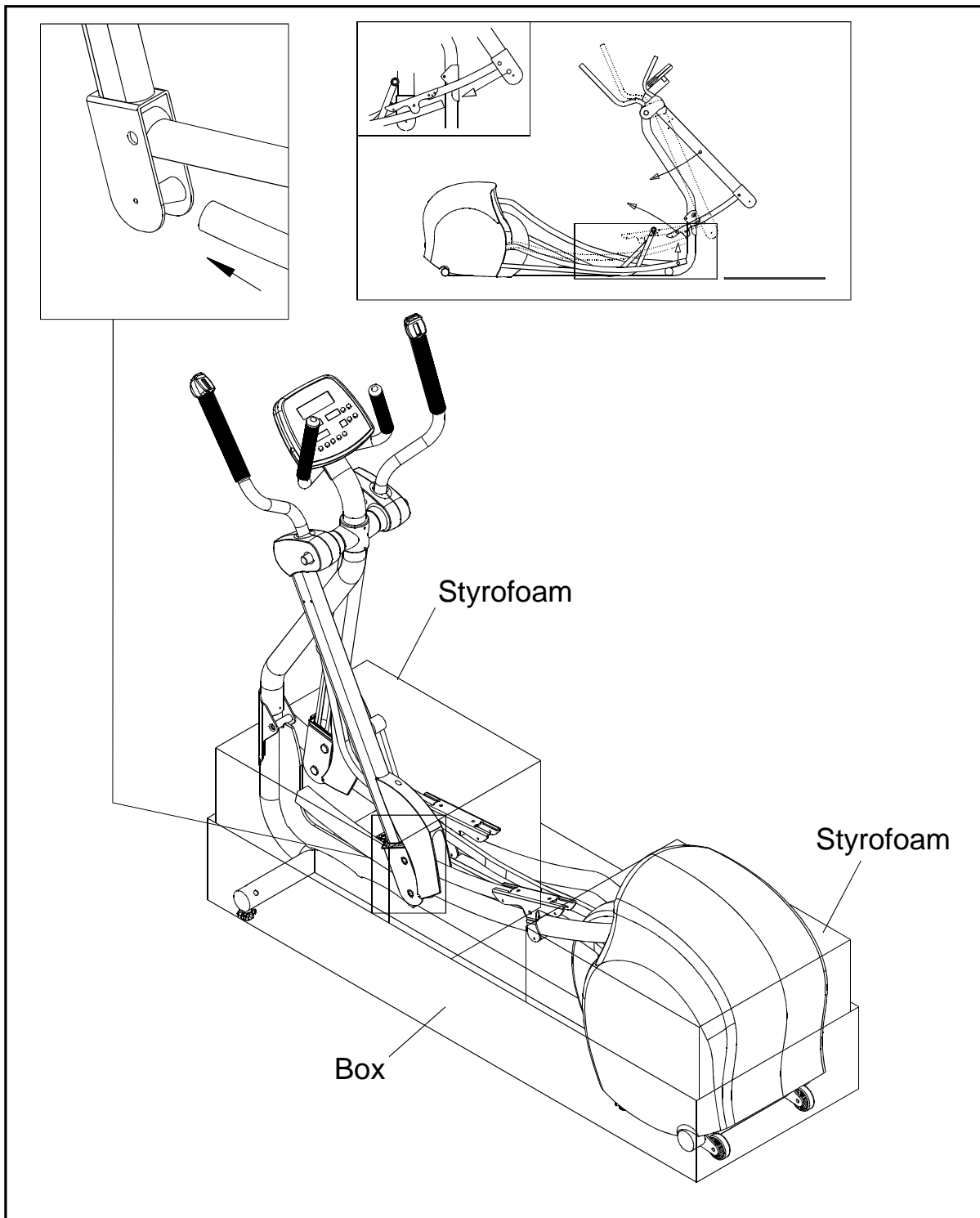


Fig.3

5. Insert the protrusion on the linkage into its place on the rocking bar and secure with screw as shown in diagram A, then cover with the end cap. Following that remove all the Styrofoam and packing box. (see Fig 4)

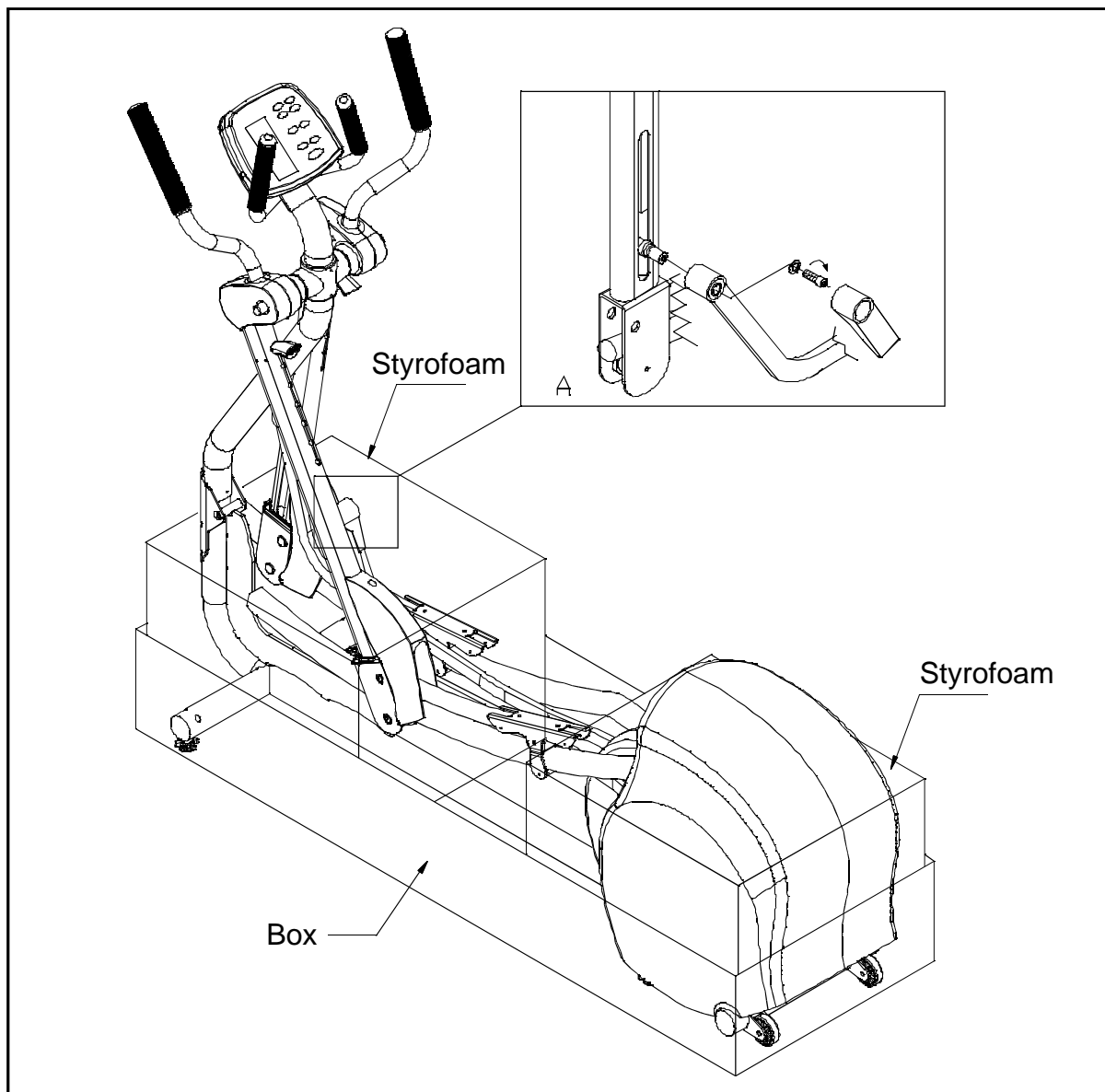


Fig.4

Important: The packing for this unit was designed to protect it during shipment. Please store the original packaging in a safe place in case you need to ship the unit in the future.

6. Make sure the upper roller is located on the glide rail then fasten the foot pedals with screws. Secure the lower roller with the shaft and fasten the shaft by open-end wrench. (see Fig. 5)

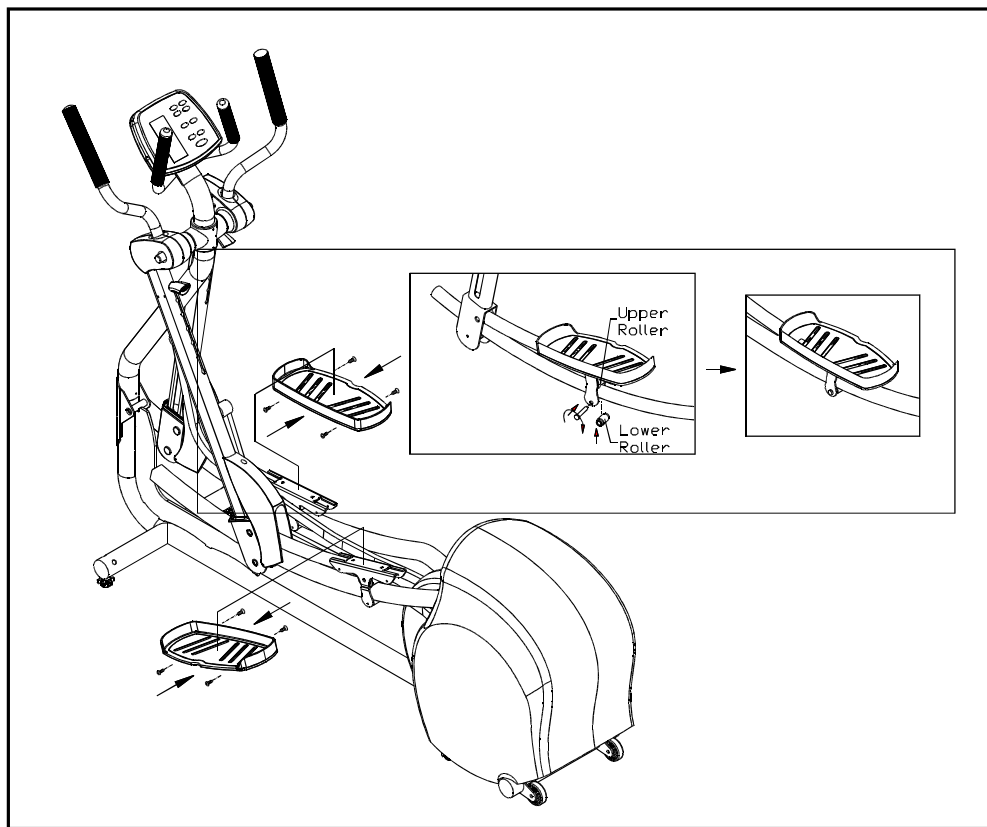


Fig.5

7. Tighten the pivot enclosure with the screw provided. (see Fig. 6)

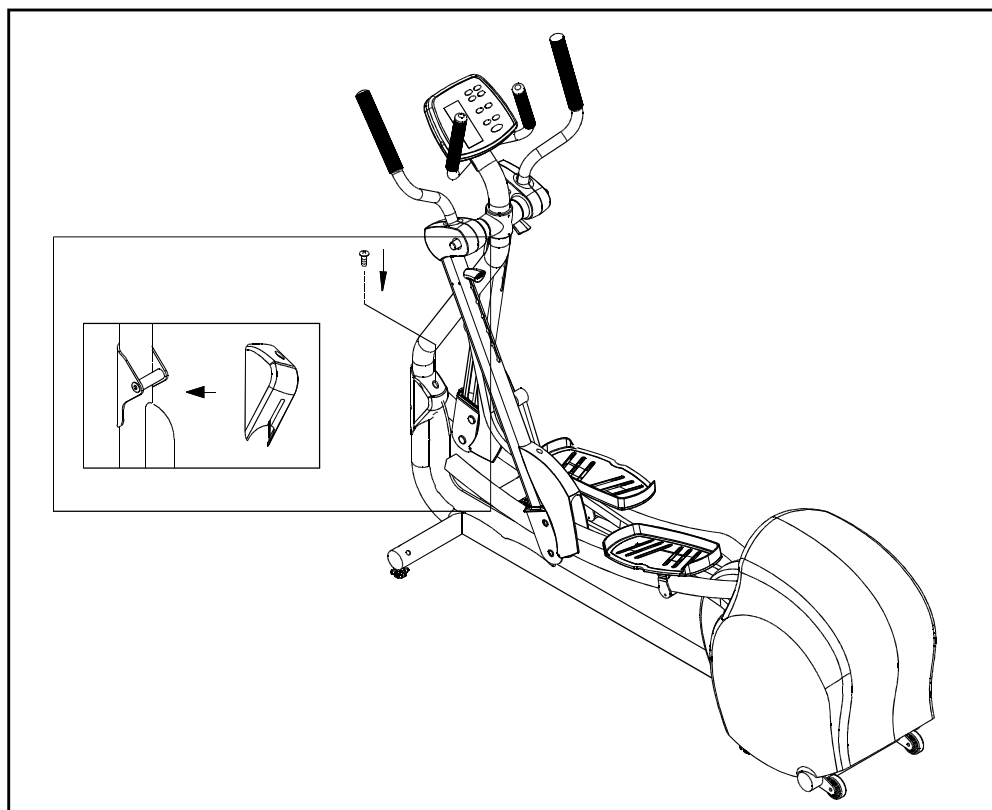


Fig.6

8. Fasten the screws to the glide rail as shown in diagram in Fig.7.

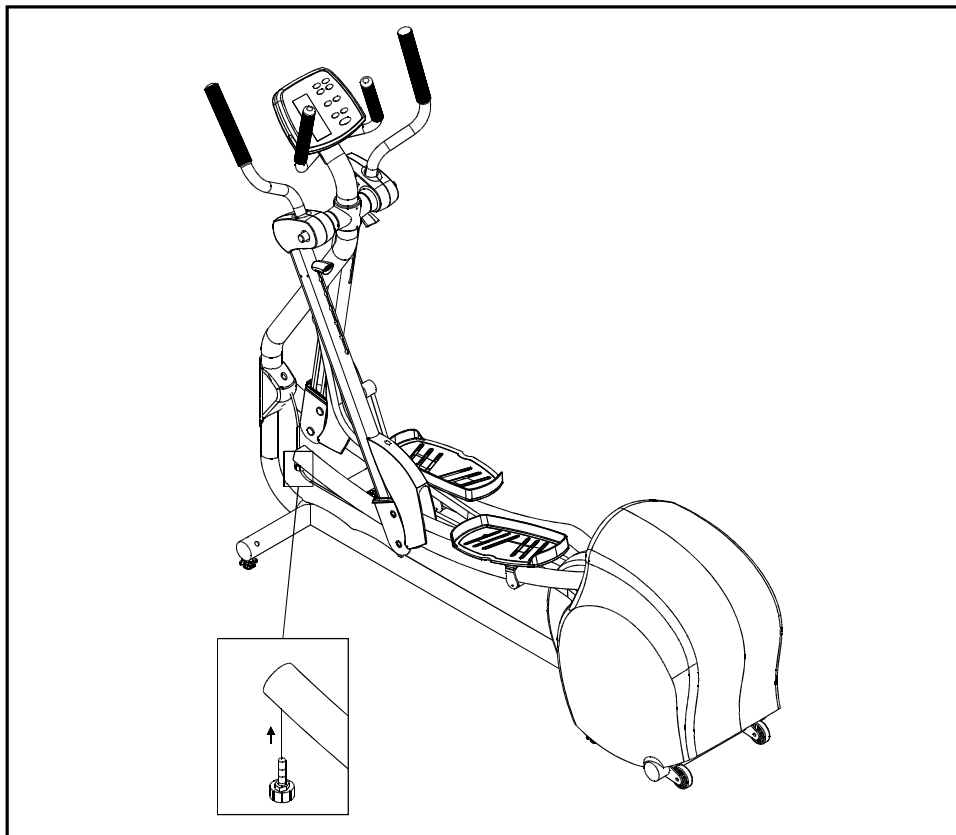


Fig.7

9. Attach the support tubes with the 1/4" x L 3/4" bolts to the upper tube mount, and secure them tightly. Use T-handle wrench to secure 5/16" x L 3/4" bolts on the lower tube mount. Then cover with water-resistant cap. (See Fig.8)

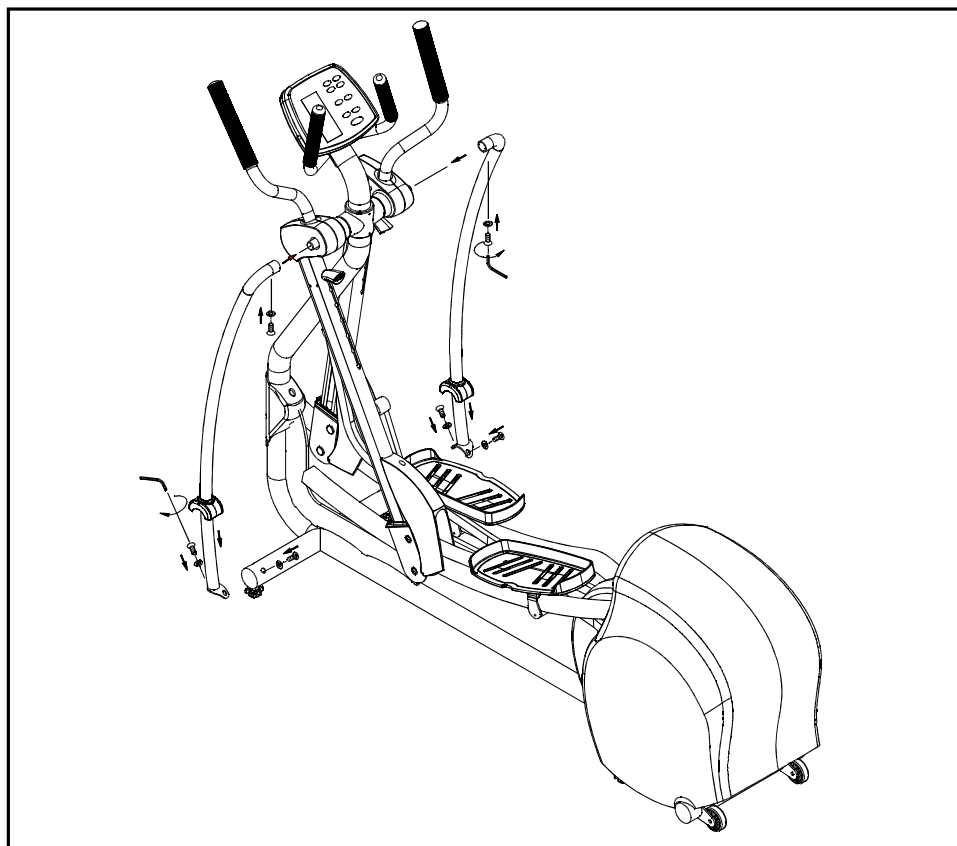


Fig.8

10. Screw the water bottle holder securely. (See Fig.9)

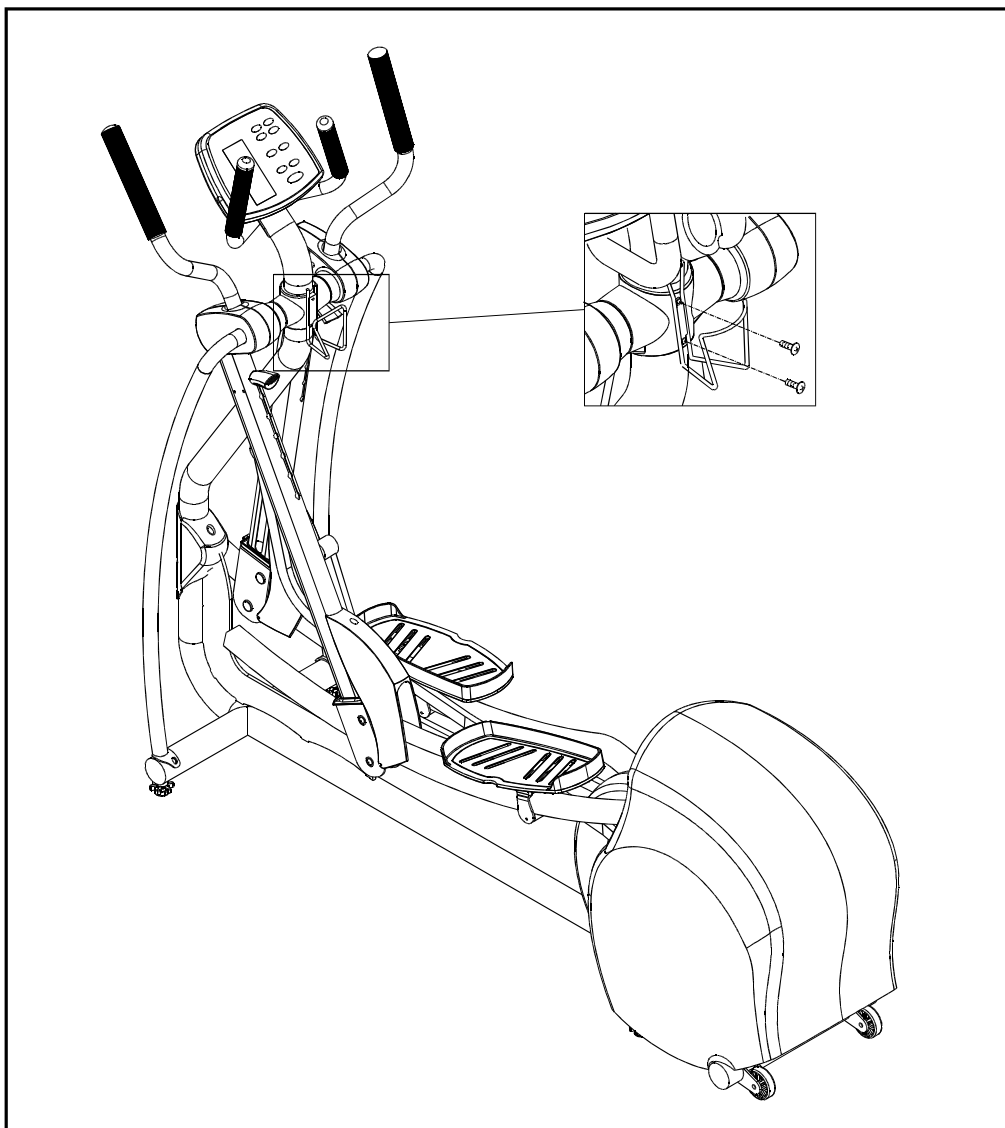


Fig.9

## LEVELING FEET

If the elliptical is unsteady on the floor, adjust the leveling feet on the front of the machine. Raise or lower the leveling feet to steady the elliptical. (see Fig. 10).

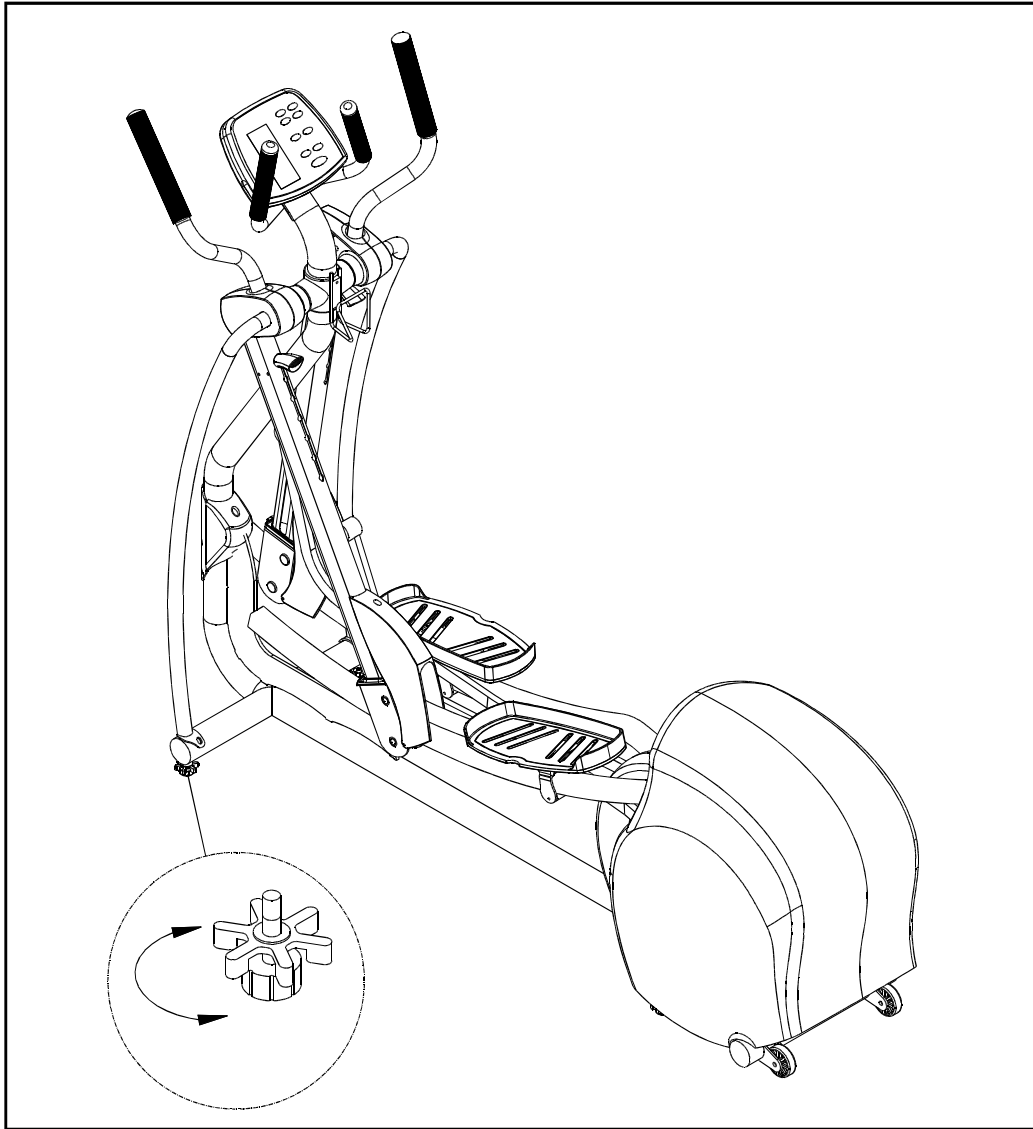


Fig.10

Your ELLIPTICAL is ready to use.

## EXERCISING ON YOUR ELLIPTICAL TRAINER

### STRIDE ADJUSTMENT

There are 6 pre-set stride lengths (1-6). To change the length of the stride, move the STRIDE ADJUST HANDLE up or down (up lengthens the stride, down shortens the stride). It is recommended that you dismount the unit in order to change the stride length. Should you choose to adjust the left stride length while still on the machine, however, it's necessary to take your weight off the side you are adjusting. For example, put your weight on your right leg, then move the left adjusting handle up or down, then put your weight on your left leg, and move the right adjusting handle up or down (see Fig 11).

NOTE: When you have moved the STRIDE ADJUST HANDLE into the desired position, make sure the STRIDE ADJUSTMENT PIN(A) contacts completely.

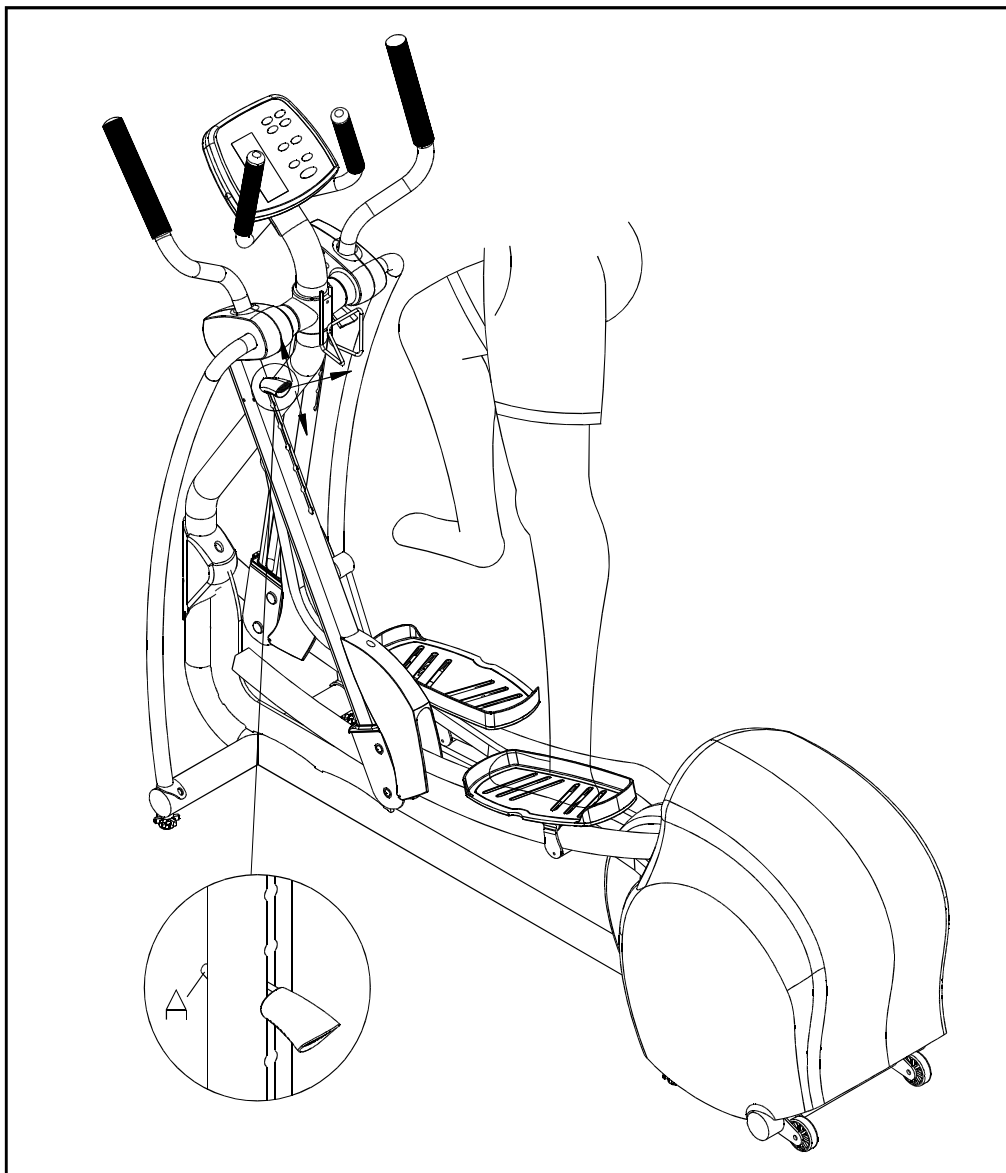


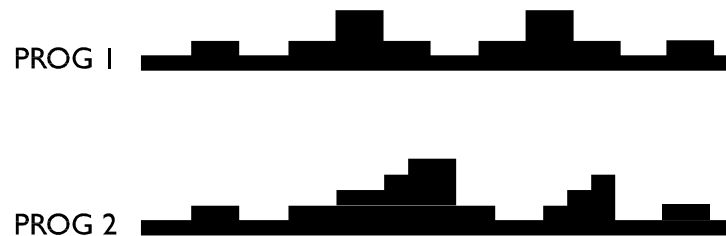
Fig.11

## RESISTANCE ADJUSTMENT

### 1. Key Functions:

1-1. LEVEL ▲▼ : Resistance level adjustment (Level 1 ~ Level 10)

1-2. PROGRAM : Changing the exercise mode (MANUAL→ PROG1→  
PROG2→ MANUAL)



1-3. TIME ▲▼ : (1) Time range 0:00 ~ 99:59 minutes

(2) Setting desired time range 10:00 ~ 99:00 minutes

1-4. DISTANCE ▲▼ : (1) Distance range 0.00 ~ 99.99 mile or 0.0 ~ 999.9 Km

(2) Setting desired distance range 0.50 ~ 30.0 Mile or  
1 ~ 50.0 Km

1-5. ENTER : (1) To confirm desired setting

(2) Under MANUAL mode, press and hold it for three seconds,  
allows for speed standard selection of Mile or KM

1-6. RESET : (1) Enter into weight setting

(2) Allowing to re-enter new data for TIME, DISTANCE, and  
CALORIE

### 2. Electronic Display Features:

(1) TIME display window

(2) DISTANCE display window

(3) CALORIE display window

(4) RESISTANCE LEVEL display window

(5) STEPS per minute display window

(6) Diagram and message display window



### 3. Operation Instructions:

#### 3-1. Quick Start:

3-1-1. Turn on the power switch

3-1-2. Do not press ENTER, start to peddle the machine, TIME will start to count up, CALORIE will be measured, and the RESISTANCE LEVEL start at LEVEL 1. The Diagram will be display as follow:

3-1-3. If the user stop in the middle of workout, TIME and DISTANCE will stop counting and be retained. When the user start the workout again, TIME and DISTANCE will continue to count up again.

\*\*\*\*The user do not need to enter weight value for quick start, it will use user's previous set weight value as a basis.

\*\*\*\*If the user did not set his/her accurate weight value and use the quick start mode, the CALORIE measurement will not be accurate.

#### 3-2. General start:

3-2-1. Turn on the power switch.

3-2-2. Display previous set weight value.

3-2-3. Use the ▲▼ buttons to adjust weight value, and then press ENTER to confirm. The user cannot use peddling to start.

3-2-4. After the user pressed ENTER, the user will be in the MANUAL mode. The Diagram will display MANU'L .

3-2-5. Readout difference between peddling directly and with preset TIME and DISTANCE:

(1) Peddling Directly: (TIME/DISTANCE count up)

<1> TIME and DISTANCE count up, CALORIE start to measure, and RESISTANCE LEVEL is LEVEL 1.

<2> Stop in the middle of workout, TIME and DISTANCE will stop counting, but when the user continue to peddle again, the TIME and DISTANCE will count up again.

<3> If the user want to set TIME or DISTANCE as a count down during middle of workout, the user must stop peddling the machine first, and then set the desired count down value. But if it was previous set as a count down value, then it can't be set again.

(2) Set TIME as a count down value

<1> Press TIME ▲▼ button, set seconds to 0, minutes plus/minus 1, and DISTANCE back to 0.

Note: Note: If the user set the TIME value for count up as 00:00, then the user only can set TIME/DISTANCE as a count down mode.

- <2> If the user stop during middle of workout, TIME will stop counting down, and DISTANCE will stop counting up. If the user continues to peddle again, TIME will continue to count down and DISTANCE count up again.
- <3> When the TIME count down value reached zero, it will execute COOL DOWN function, the Diagram will display COOL. Under this function, every LEVEL it will stop for 6 seconds, and when it moved down to LEVEL 3, it will stop the COOL DOWN function; if the workout LEVEL during that time is LEVEL 2 or LEVEL 1, after it display COOL for 6 seconds it will stop the COOL DOWN function and change the TIME to count up.

### (3) Set count down for DISTANCE

- <1> Press DISTANCE ▲▼ button, select DIST plus/minus 0.1 Mile/0.1 Km, and set the TIME value to zero.

Note: If the user set the DISTANCE value for count up as zero, then the user only can set TIME/DISTANCE as a count down mode.

- <2> If the user stop in the middle of workout, DISTANCE will stop count down, and TIME will stop count up. But if the user continue to peddle again, DISTANCE will start to count down and TIME will count up again.
- <3> When the DISTANCE count down value reached zero, it will execute COOL DOWN function, the Diagram will display COOL. Under this function, every LEVEL it will stop for 6 seconds, and when it moved down to LEVEL 3, it will stop the COOL DOWN function; if the workout LEVEL during that time is LEVEL 2 or LEVEL 1, after it display COOL for 6 seconds it will stop the COOL DOWN function and change the DISTANCE to count up.

\*\*\*\*Under MANUAL mode, stop peddling, press ENTER for 3 seconds, it allows the user to select the speed standard for Mile or KM.

### 3-3. PROGRAM functions:

3-3-1. PROGRAM mode has PRO1 and PRO2 selection. User can decide to execute between TIME or DISTANCE settings, and user only can choose one of them and adjust its value, and the other one's value has to set to zero.

3-3-2. Press the PROGRAM button allows you to change MANUAL→ PROG1→ PROG2, and LCD will display the corresponded diagram.

3-3-3. After entered the PROGRAM mode, the minimum time for count down

- 3-3-4. Press PROGRAM and select PROG1, the diagram will display as follow:
- 3-3-5. Press PROGRAM and select PROG2, the diagram will display as follow:
- 3-3-6. TIME indication arrow will start to flash, and press TIME ▲▼ button to set the desired workout time.
- 3-3-7. When TIME is set, DISTANCE has to be zero; when DISTANCE is set, TIME has to be zero.
- 3-3-8. When the user start to peddle the machine, it also start the PROGRAM setting.
- 3-3-9. If the preset TIME or DISTANCE count down reached zero, it will execute COOL DOWN function, the Diagram will display COOL. Under this function, every LEVEL it will stop for 6 seconds, and when it moved down to LEVEL 3, it will jump back to MANUAL mode; if the workout LEVEL during that time is LEVEL 2 or LEVEL 1, after it display COOL for 6 seconds it will jump back to MANUAL mode and change the TIME and DISTANCE to count up.

#### 4. ERROR MESSAGE:

ERR 7: It is a self diagnostic code to alert the user to a problem with the resistance level adjustment. The ERR7 will appears on the display if the user use LEVEL ▲▼ button to adjust the resistance level when it does not work.

## **GUIDELINES FOR EXERCISE**

Heart rate monitoring is the best indicator of optimizing your workout.

### How long should I exercise?

The duration of your exercise session is dependent on your fitness level. In general, it is recommended to maintain your heart rate in your training zone for at least 20 minutes to realize an aerobic benefit. It is recommended that before beginning any exercise program, you should consult with your doctor. This will aid in identifying your fitness level and duration of exercise.

When first starting your workout, use the first several minutes to warm up, then slowly increase your workload. At the end of your workout, gradually decrease your workload, then exercise lightly as a "cool down".

### How often should I exercise?

Aerobic exercises, to achieve the greatest benefits, should be performed 3-5 times a week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

## **MAINTAINING YOUR ELLIPTICAL TRAINER**

Your elliptical requires little maintenance. The elliptical trainer's low friction operation is dependent on keeping the unit as clean as possible. See "Cleaning your elliptical trainer" for more information.

### CLEANING YOUR ELLIPTICAL TRAINER

Regular cleaning is recommended to keep your elliptical trainer at peak performance. Before your workout, use a damp cloth to clean the surface of the electronics display.

Note: Never pour liquids on the electronics display. Should water, for some reason, get on the electronics display, immediately dry the electronics display.

To clean your elliptical, use a mild cleaner and for safety make sure the unit is completely dry before operating.

It is recommended that you keep all liquids away from the unit during operation. Spillage of liquids onto or into the machine will void the warranty.

**Note: Execute the lubricating maintenance once per year, referring to the instructions attached.**

1. (a) Follow the steps 1 and 2 to remove the access cap. (Point A is where to press in step 1) (see fig.12)  
  
(b) By pressing the stride adjustment switch to level the nut, and posit the lubrication valve to middle. (see fig.12-1)

(c) Refilling with lubrication tube. (see fig.12-2)

(d) Follow the steps 3 and 4 to replace the access cap. (Point B is where to press in step 4) (see fig.12-3)

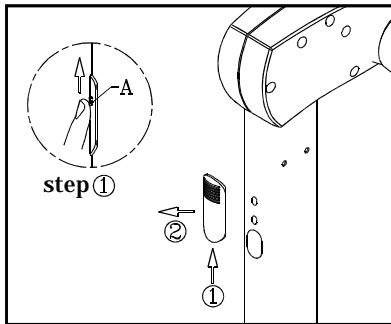


Fig.12

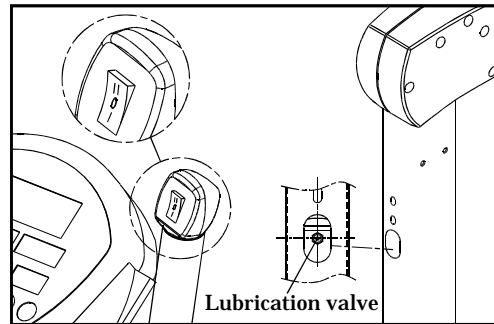


Fig.12-1

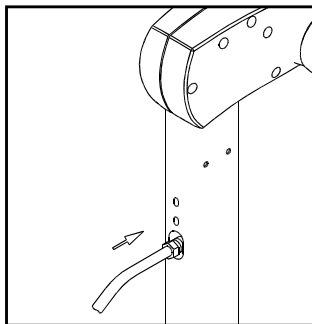


Fig.12-2

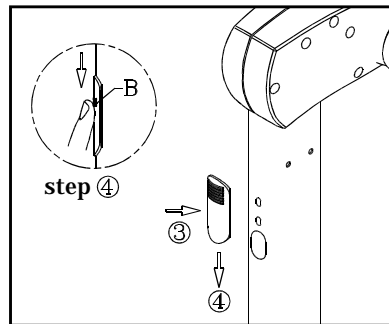


Fig.12-3

2. (a) Remove the access cap. (see fig.13)

(b) Refill with the lubrication tube and the lubrication valve. (see fig.13-1)

(c) Then, remove the lubrication tube. (see fig.13-2)

(d) Replace the access cap. (see fig.13-3)

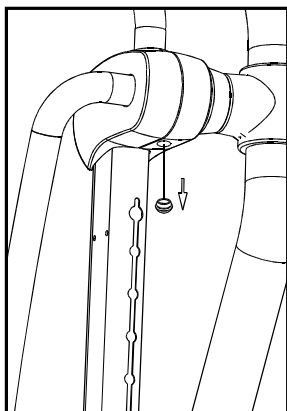


Fig.13

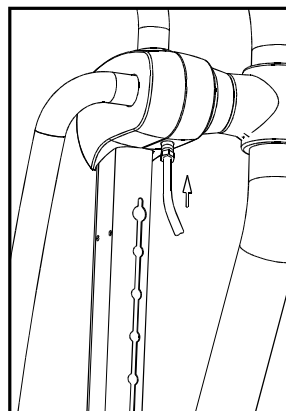


Fig.13-1

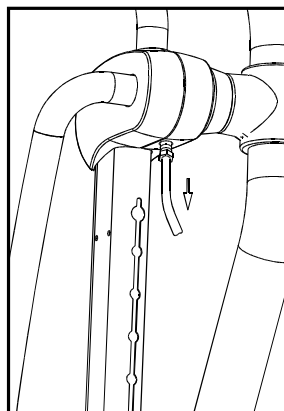


Fig.13-2

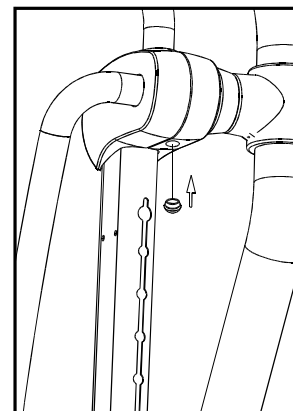


Fig.13-3

## **TROUBLE SHOOTING**

- (A) No resistance: If there is no resistance change after you turn the resistance knob, please contact your dealer for more details.
- (B) Blank display: If there is no data on the electronics display when stepping or pressing the keys on the display, the battery of the electronics display may need to be replaced. Please refer to "BATTERIES REPLACEMENT" for more information. If, after you replace the battery, the problem still remains, please contact your dealer for more details.
- (C) No STEP/MINUTE reading: If the display has no SPM reading during your workout, please contact your dealer for more details.
- (D) If the stride length can not be adjusted, please contact your dealer for more details.

## BATTERIES REPLACEMENT

Please follow the instruction below to replace two #AA batteries in the electronics display package:

1. Unscrew the back cover of display. (see Fig 14-1)
2. Remove the original batteries. (see Fig 14-2)
3. Install the new batteries. (see Fig 14-3)
4. Secure the back cover to the display with screws. (see Fig 14-4)

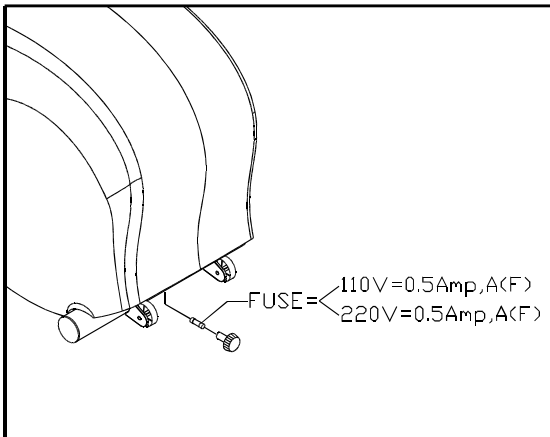


Fig.14-1

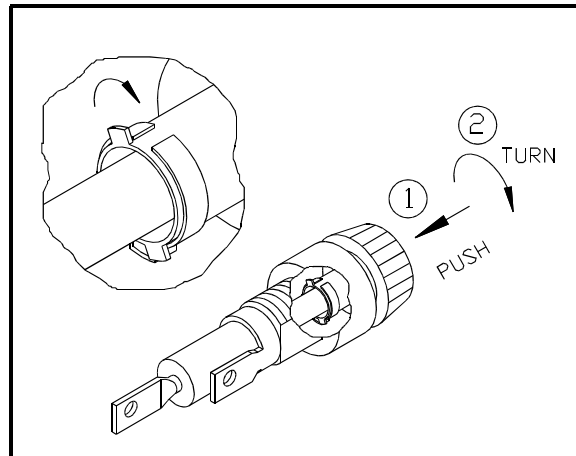


Fig.14-2

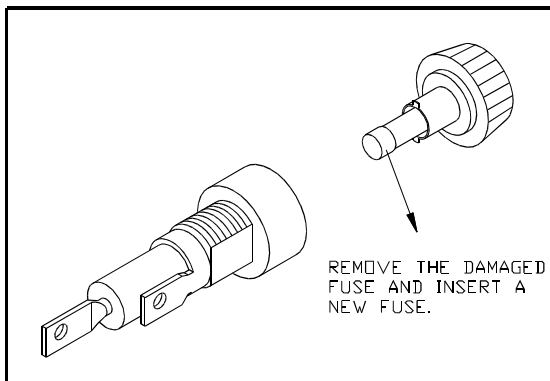


Fig.14-3

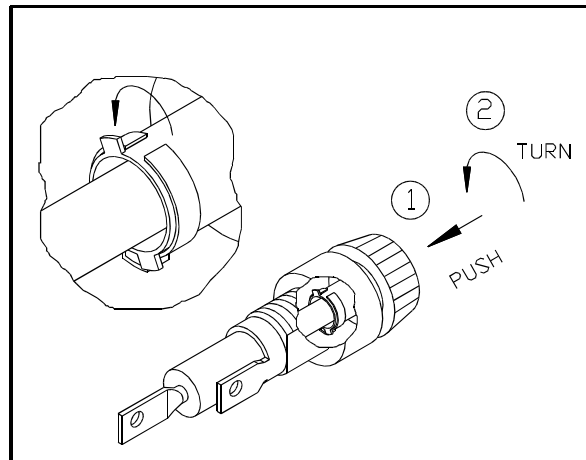
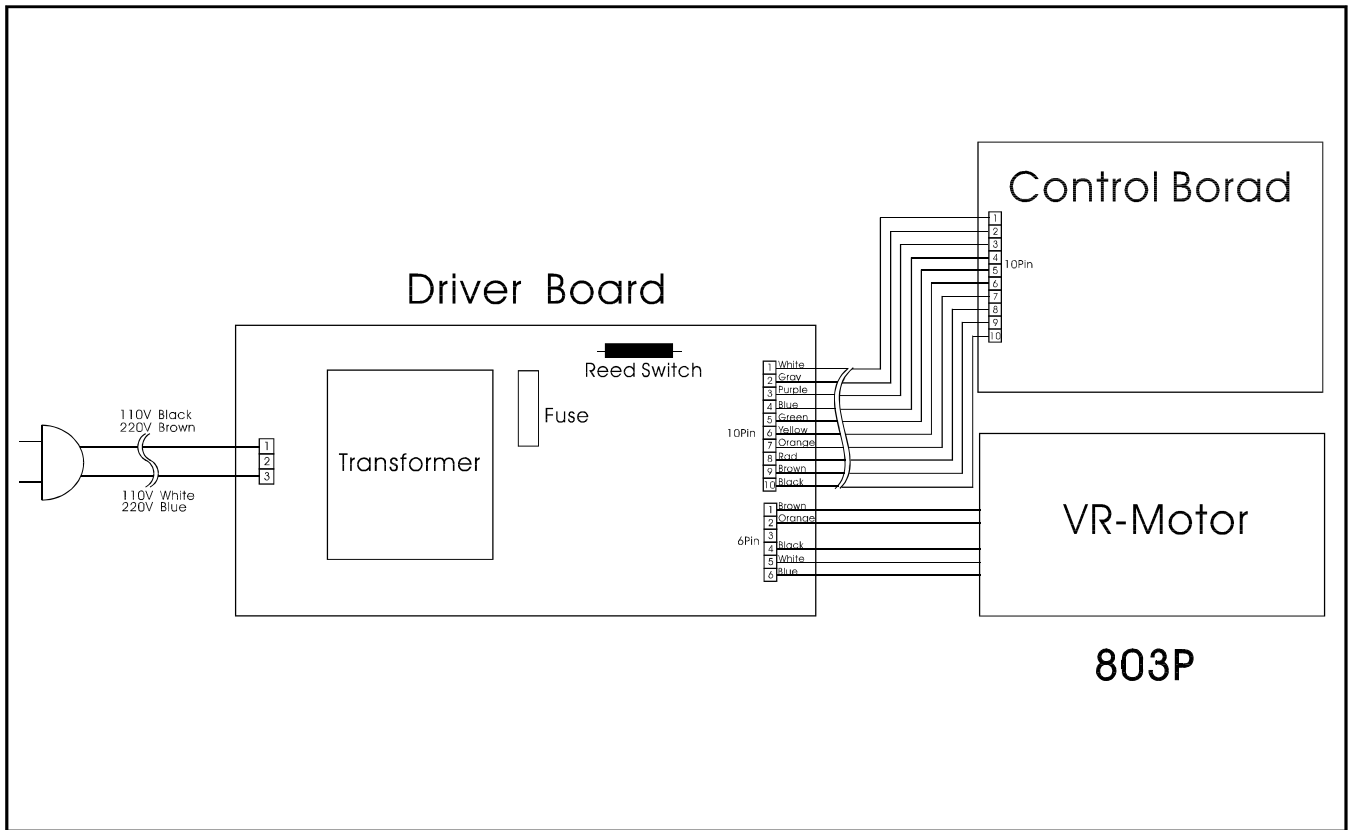


Fig.14-4

Wiring Schematic:



**Your Authorized Distributor**