

SPORTSART *E8300*

OWNER'S MANUAL

ASSEMBLY INSTRUCTIONS



SPORTS ART COMMERCIAL GRADE
E8300 Generator Elliptical Trainer Assembly Manual

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SAFETY GUIDELINES:

Please read and follow the 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 Sports Art E8300 Elliptical Trainer on a solid, level surface.
- Never allow children on or near the machine.
- Check the machine before every use. Make sure all parts are assembled, and all nuts and bolts are tightened. Do not use the machine if the unit is disassembled in any way.
- Keep your hands away from moving parts.
- Do not place the machine or any parts near water or any liquid.
- Wear proper workout clothing: Do NOT wear loose clothing. Do not wear shoes with leather soles or high heels. Tie all long hair back.
- Don't rock the unit from side to side, and use care when mounting and dismounting the unit.
- Do not use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fail.
- Work within your recommended exercise level. Do NOT work to exhaustion.
- If you feel any pain or abnormal sensations, STOP YOUR WORKOUT. And consult your physician immediately.
- The weight limit for this elliptical trainer is 330 LBS (150 KGS)
- Allow sufficient space on both sides of the elliptical for users to mount and dismount the machine.
- Please reserve a space for plug accessible when assembled or using the machine.
- If any parts fail or are defective, please stop your workout immediately and contact your authorized dealer for repairs.

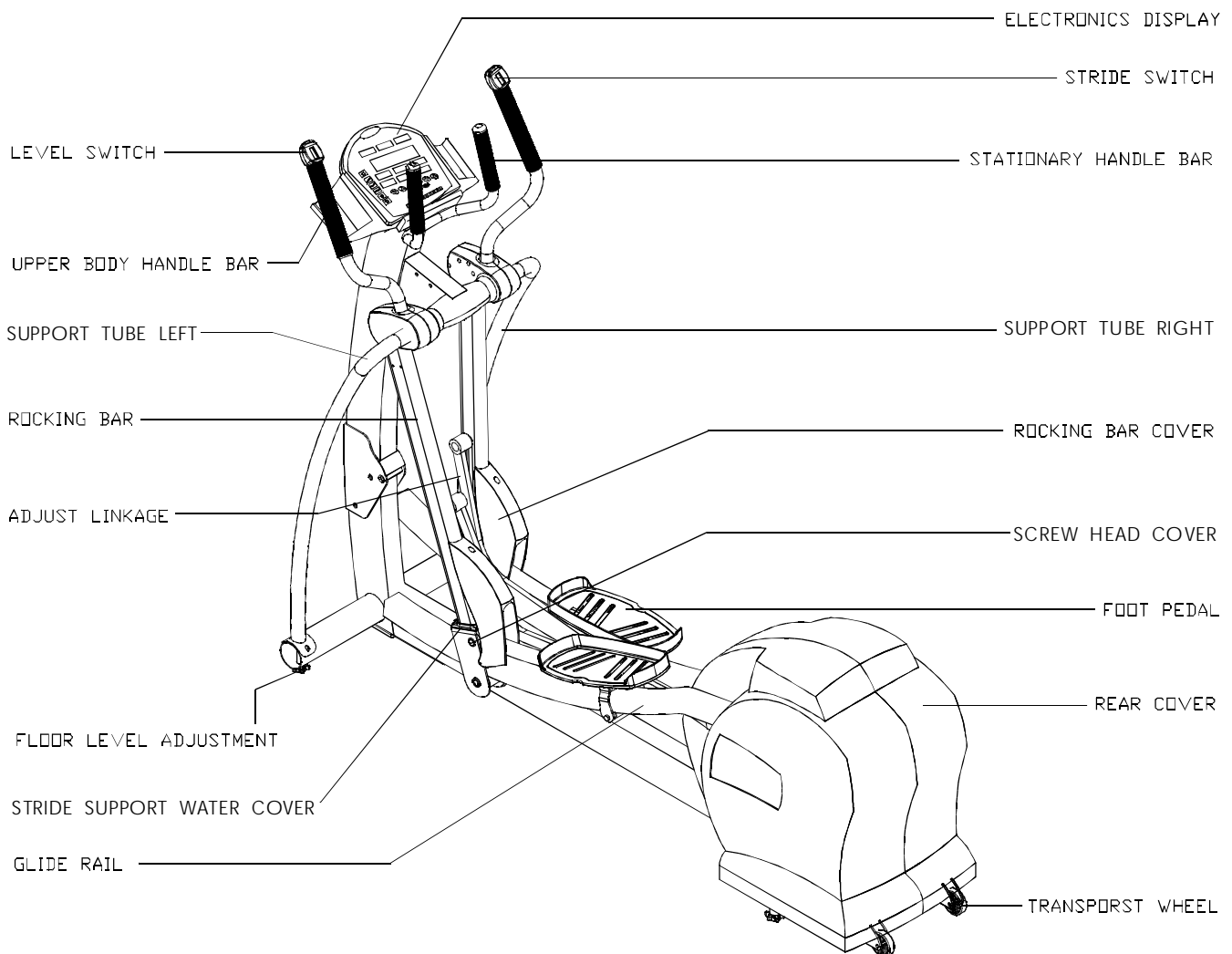
CAUTION:

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 piece of commercial exercise equipment on the market today, the Sports Art E8300 (WITH SELF-GENERATOR SYSTEM). Constructed of high quality materials and designed for years of trouble-free usage, the Sports Art E8300 will be an integral part of your fitness regimen.

This outstanding equipment can provide varied choices and functions for your needs during exercise. But before using your Sports Art E8300, we recommend that you familiarize yourself with this 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:

Caution: Help is recommended to assemble the E8300 Elliptical to avoid injury and to ensure safety to the unit.

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.

LIST OF PARTS

Before assembling this machine, make sure that you have all the following items to be used for assemble E8300 elliptical. If any items are missing, contact your authorized dealer.

1. Six 3/8" x L 3/4" bolts - lift post & frame
2. Six 3/8" washers - lift post & frame
3. Two 3/8" screws - lift post & frame
4. Four 5/16" x L1" bolts - support tube
5. Four 5/16" washers - support tube
6. Two 1/4" x L 3/4" screws - rocking bar
7. Two 1/4" washers - rocking bar
8. Screw driver
9. Hex Allen Key
10. T-handle wrench
11. End cap applied under rocking bar cover
12. Two screws applied under glide rail.
13. Two pieces of lower rollers.
14. Two pieces of shafts for lower rollers.
15. 14" x 19" open - end wrench.
16. Hex Allen wrench M4

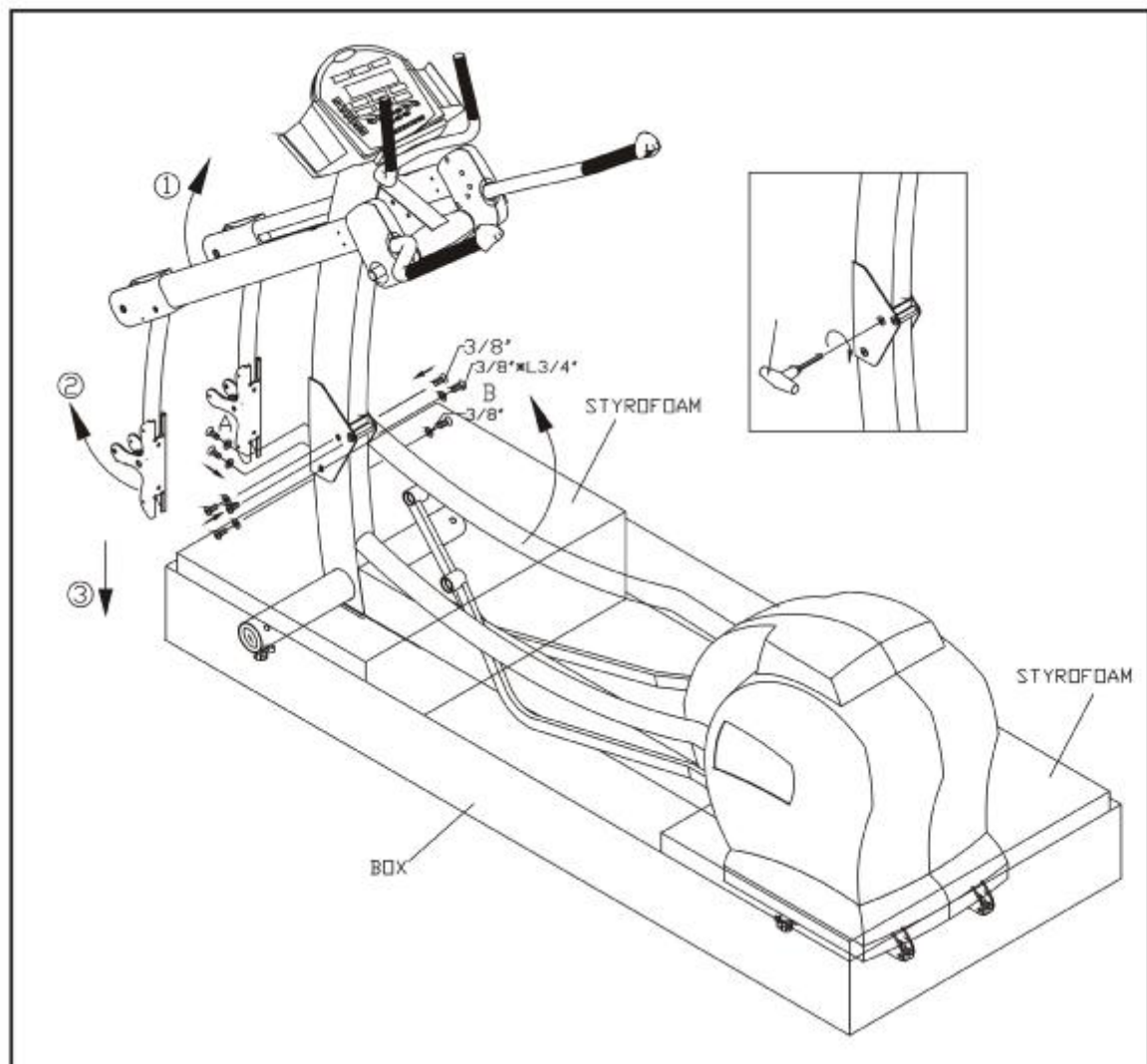
Installation Requirements:

Read this owner's manual and follow the instructions contained herein. We suggest you to open out the folding covers on top and remove the parts inside, then remove the surrounding cover, then finally remove the frame.

Step By Step Instructions:

When you remove the E8300 Elliptical Trainer from its box, first check to make sure all of the parts are present. Then, read through the assembly instructions before you begin.

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 position. Screw the bolts and washers loosely for A & B parts on the frame. Then, raise the rocking bar (step ①) and feet pedal (step ②) out of the box and place feet pedal on the ground (step ③). (See Fig. 1)
3. Secure with the 3/8" bolts to the main post starting from the front (A part) to the side (B part). (See Fig. 1)

4. Release the lower roller and the shaft placed under foot pedal. These parts will be assembled at STEP 7. (See Fig 2)

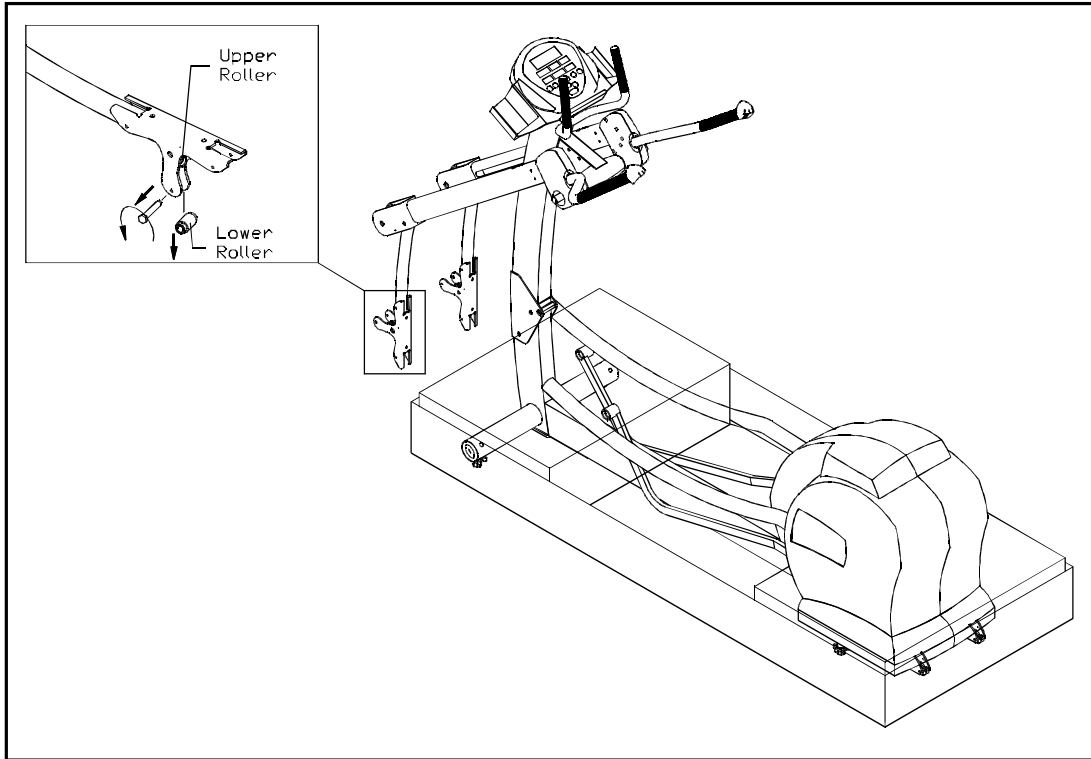


Fig.2

5. Once the upright is fastened and tightened, place the glide rail over the Rocking Bar Roller. (See Fig 3)

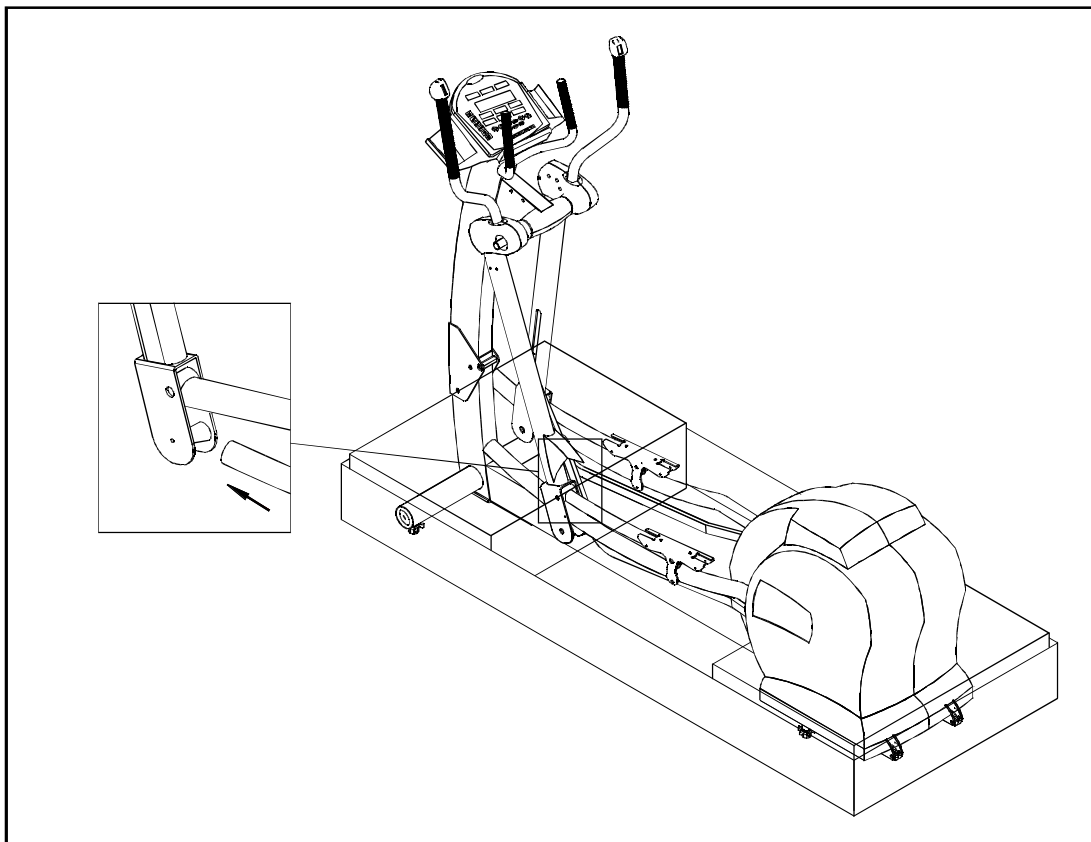


Fig.3

Then fasten the screws under the glide rail. (See Fig. 4)

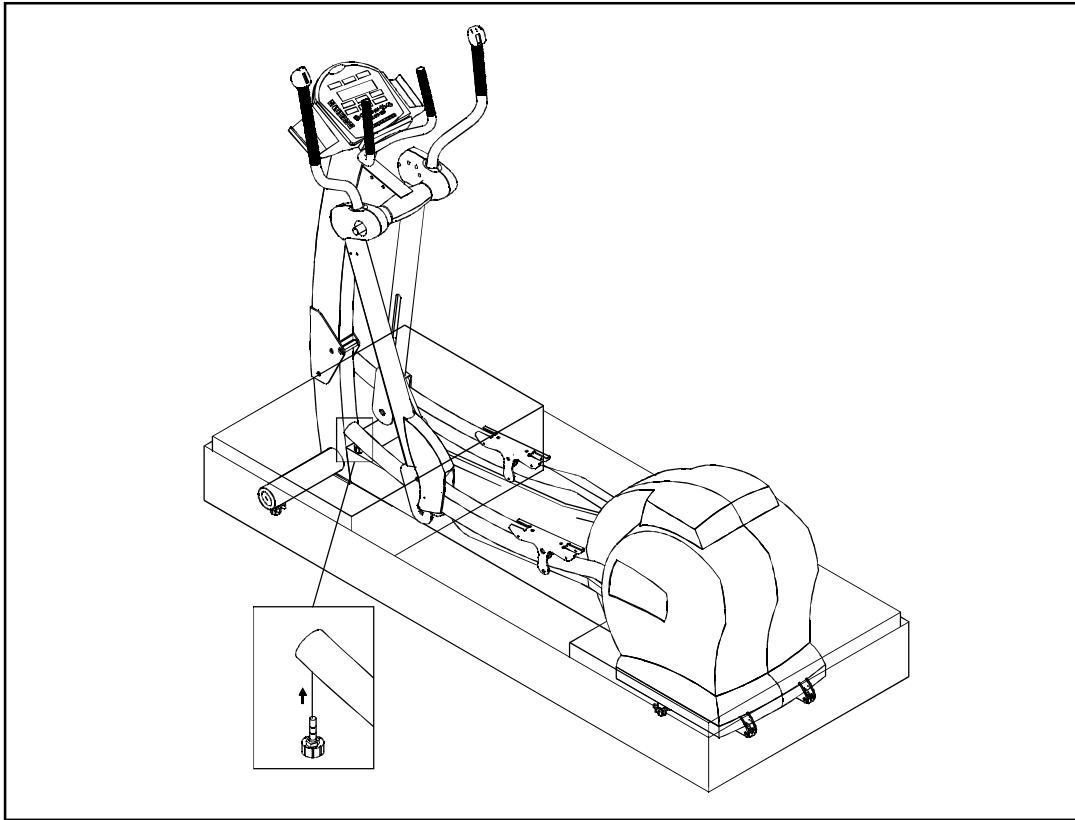


Fig.4

6. Attach the linkage into its place on the rocking bar and secure with the screw, then cover with the end cap. (See Fig 5) Then remove all the Styrofoam and packing material.

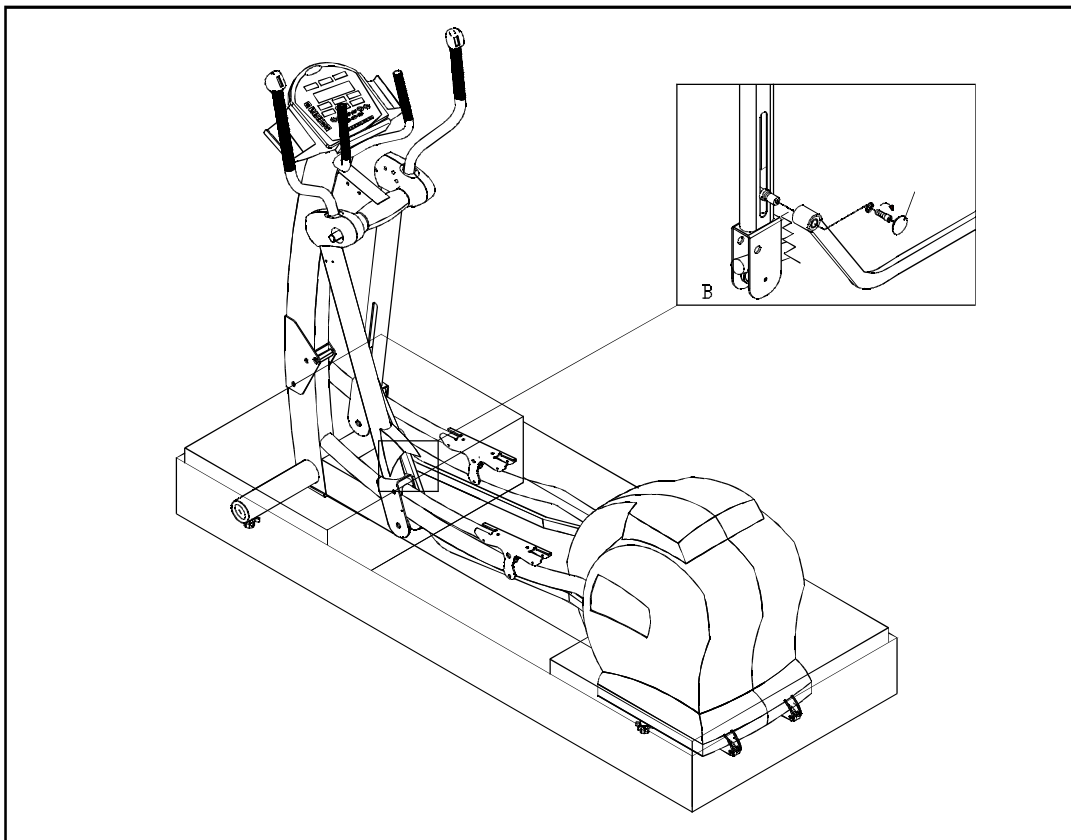


Fig.5

7. Attach the support tubes with the 1/4" x L 3/4" bolts to the upper tube mount. Use T-handle wrench to secure 5/16" bolts on the lower tube mount. Then cover with water-against cap. (See Fig.6).

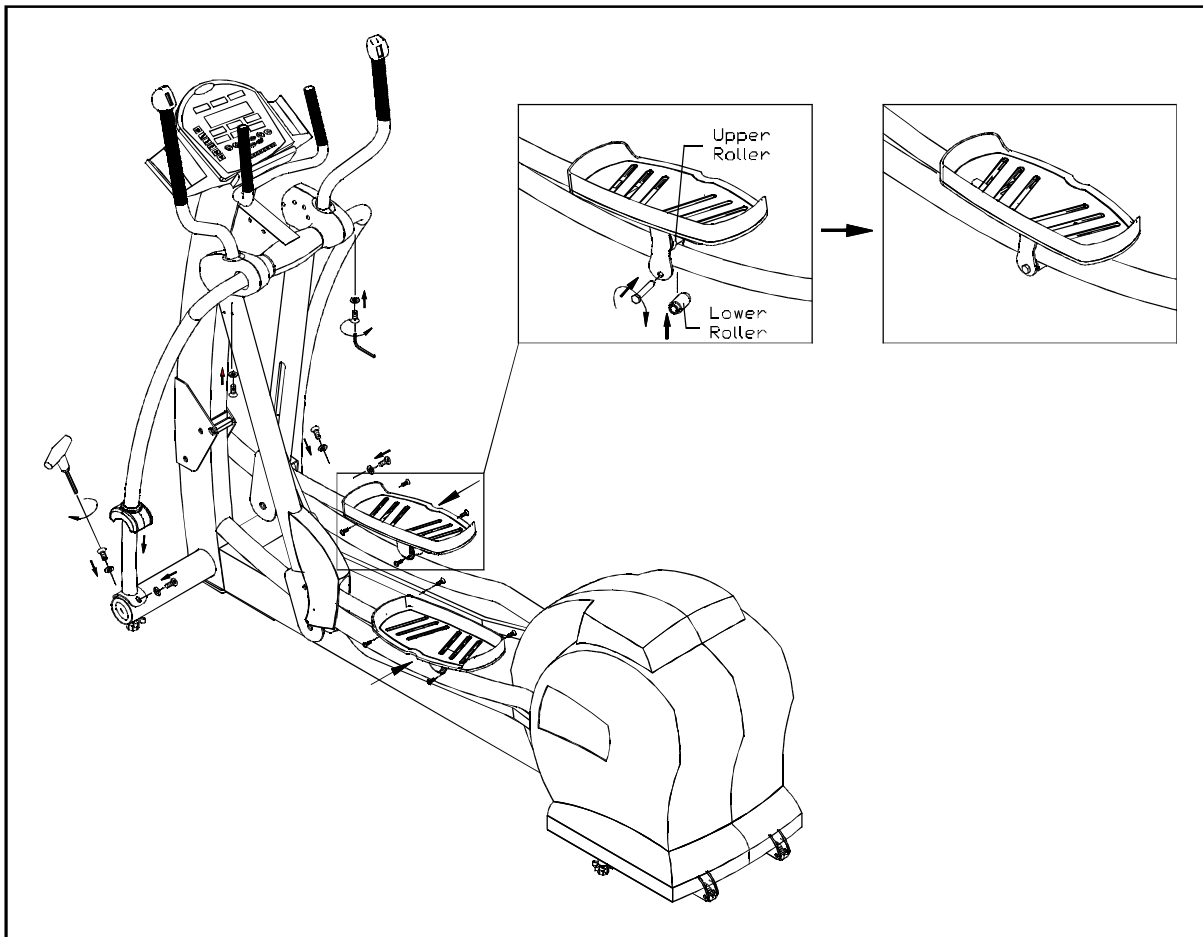


Fig.6

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.

FLOOR LEVELING ADJUSTMENT

If the elliptical is unsteady on your floor, adjust the leveling feet on the front of the machine. Raise or lower the leveling feet to steady your elliptical. (See Fig. 7)

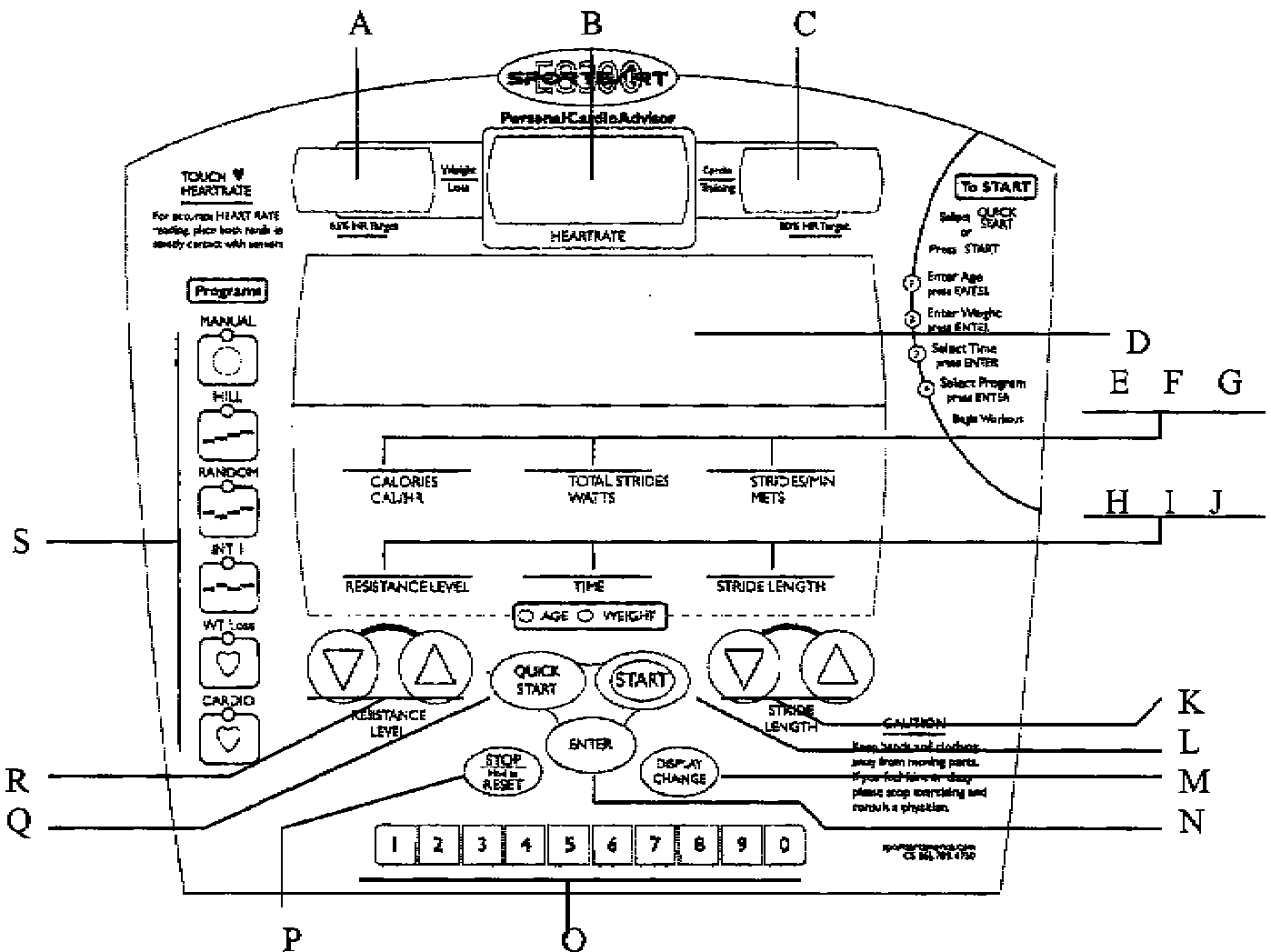


Fig.7

EXERCISING ON YOUR ELLIPTICAL E8300

We are pleased to introduce the new SPORTSART E8300, an elliptical trainer designed for user comfort and convenience.

1. OVERVIEW OF ELECTRONIC PACKAGE



WINDOWS

A. 65% HR TARGET:

Using age as a factor, the Personal Cardio Advisor automatically calculates your optimal heart rate for weight loss. The optimal weight loss target heart rate is 65% of the maximum workout heart rate for your age. This figure becomes the "target" heart rate for your weight loss workout.

B. HEART RATE:

This window shows the user's actual heart rate.

C. 80% HR TARGET:

Using age as a factor, the Personal Cardio Advisor automatically calculates your optimal heart rate for cardio conditioning. The optimal cardio conditioning workout is 80% of the maximum workout heart rate for your age. This figure becomes the target heart rate for your cardio conditioning workout.

D. DOT MATRIX DISPLAY

The dot matrix display shows operating prompts and course illustrations.

E. CALORIES, CAL/HR

When the calorie indicator is lit, this window shows the total number of calories burnt during the workout. When the CAL/HR led is lit, this window shows the number of calories burnt per hour of exercise.

F. TOTAL STRIDES, WATTS

When the TOTAL STRIDES indicator is lit, this window shows the total number of strides taken during the workout. When the WATT indicator is lit, this window shows the user's workout level in watts. Watt is the unit of measurement for power output.

G. STRIDES/MIN, METS

When the STRIDES/MIN indicator is lit, this window shows strides per minute. When the METS indicator is lit, this window shows METS, metabolic equivalency. One MET equals the consumption of oxygen per 3.5 ml/kg/min.

H. RESISTANCE LEVEL

This window shows the current resistance level of your workout.

I. TIME

This window shows the remaining time of your workout. Only if you press "QUICK START" to start your workout, this window will present the accumulative time.

J. STRIDE LENGTH

This window shows the user's current stride length.

KEYPADS

K. UP & DOWN (STRIDE LENGTH)

Press ▲▼ to select user information, workout time, or adjust the stride length.

L. START

Press the START key to turn on the unit. After the unit is turned on, press the start key again to see user information prompts.

M. DISPLAY CHANGE

Press the DISPLAY CHANGE key to toggle between different display modes: CALORIES < - - > CAL, TOTAL STRIDES < - - > WATTS, STRIDES/MIN < - - > METS.

N. ENTER

Press the ENTER key to confirm your choice.

O. NUMERIC KEYS

Press numeric keys to input personal data, set time and resistance values.

P. STOP/RESET

Press this key to stop your workout or cool down program. Hold this key to clear all information and reset the unit.

Q. QUICK START

Press this key to start your workout immediately without first inputting personal information.

R. UP & DOWN (RESISTANCE LEVEL)

Press ▲▼ to select user information, workout time, or change resistance level.

S. SELECTING WORKOUT COURSES

Press any workout course key to activate that exercise program. If you switch to another pre-programmed workout course, current workout data (TIME, CAL., LEVEL, etc.) will be retained.

2. OPERATING INSTRUCTIONS

A. POWER UP THE ELLIPTICAL

Turn on the unit by exercising on it or by pressing the START key. The dot matrix window will show the start-up screen: "E8300". If desired, press the STOP/RESET key to return to startup screen any time during a workout.

B. QUICK START

Press the QUICK START key on the console to start exercising without first inputting user information. The dot matrix window shows the resistance LEVEL, and the TIME value counts up from 0:00. To operate a PROGRAM after a QUICK START workout has begun, press the STOP/RESET key to return to the starting screen, then press the key for the desired program. Set the workout time, then press the ENTER key to begin the workout.

C. ENTERING USER INFORMATION

Press the START key. The display prompts the user to input personal information.

(1) Enter Your Age

The words "ENTER AGE" scroll across the dot matrix display once and "AGE" appears. A starting age of "35" will appear in the TIME window and the AGE indicator under the TIME window will light up.

- 1.1 To enter your age, simply press the numeric keys or push ▲▼ keys to select your age. Press the ENTER key to confirm your choice.
- 1.2 Using the AGE value, the Personal Cardio Advisor calculates the 65% HR Target and the 80% HR Target.
- 1.3 If the age setting is not within the allowable range (from 12 to 99 years old), "35" will flash on the display, and "WRONG NUMBER" will scroll across the dot matrix window. And the display will not take other commands until the age factor is input correctly.

(2) Input Your Weight

The words "ENTER WEIGHT" scroll across the dot matrix window and "WT" appears. A starting weight of "165 (LB)" or "75(KG)" will appear in the TIME window and the WEIGHT indicator under the TIME window will light up.

- 2.1 Simply press the numeric keys or push ▲▼ keys to select your weight. Then press the ENTER key to confirm your choice.
- 2.2 If the WEIGHT setting is not within the allowable range of 20~150 KG or 50~330 LB, "165(LB)" or "75(KG)" will flash on the display and "WRONG NUMBER" will scroll across the dot matrix window.

(3) Set Time

The words "ENTER TIME" scroll across the dot matrix window and "TIME" appears. Meanwhile, a starting time of "30:00" (30 minutes) appears and the number "30" flashes in the TIME window.

3.1 The basic TIME unit is the minute. Simply press the numeric buttons or push the ▲▼ keys to select your desired workout time. Press ENTER to confirm your choice. Then select your preferred workout program.

3.2 If the TIME setting is not within the default range of 05:00 ~ 99:00, "30" flashes on the display and the words "WRONG NUMBER" scroll across the dot matrix window.

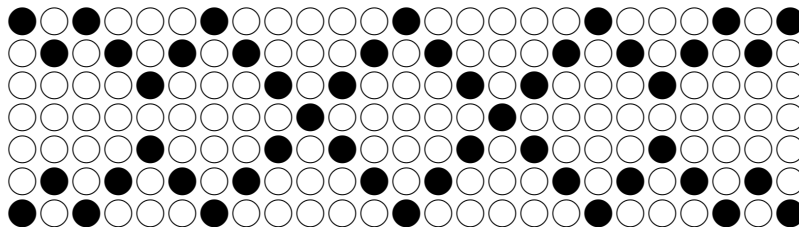
(4) Select Your Workout Program

The words "SELECT PROGRAM" scroll across the dot matrix window, and exercise course indicators on the left side of the display flash. Press the program key of your choice. Its indicator remains lit while others extinguish.

The dot matrix window shows the selected program illustration, and time starts counting down once you start exercising. If you stop exercising, the prompt, "STEP TO START", scrolls across the dot matrix window every 5 seconds.

D. POWER STANDBY MODE

If no one exercises on the unit or no keys are pressed for over 30 seconds, the E8300 elliptical automatically enters the power standby mode. The pattern below runs from left to right across the dot matrix window. You can terminate this POWER STANDBY MODE by exercising on the unit or by pressing the "START" key to return to your original workout.



E. TURN OFF THE UNIT

Automatic: The elliptical will shut off automatically if no one exercises on it or no keys are pressed for over two minutes.

Manual: When the STRIDES / MIN window shows "0", press RESISTANCE LEVEL "▼" + "ENTER" keys simultaneously for one second to shut off the unit.

Please note that once the unit is turned off, the USER'S PERSONAL INFORMATION is also erased.

3. PRE-SET PROGRAMS

A. MANUAL MODE

Press the MANUAL MODE key at any time to allow direct control of resistance levels. Manual program will continue for an indefinite period of time till you stop the workout.

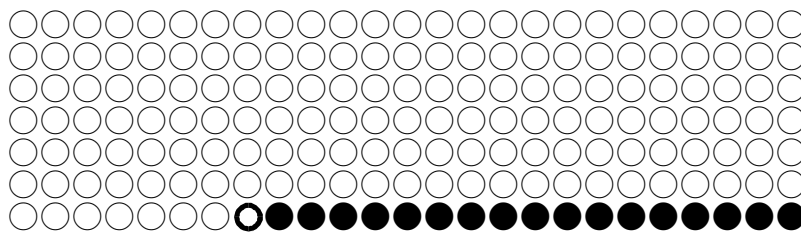
(1) Flashing Dot

The flashing dot shown below indicates the user's current location on the exercise course. This dot flashes for ten seconds and then moves to the left as the workout progresses. If you stop exercising, the dot remains lit. If you start exercising, it flashes.

(2) Adjusting the Resistance Level

The height of the illuminated dots represents the resistance level. Adjust the resistance level during a workout by pushing numeric keys or by pressing LEVEL ▲▼ keys, then press the ENTER key for confirmation. The new resistance level will remain for the duration of your workout.

If the level setting exceeds the default range of 1 to 20, the display retains the previous resistance setting.

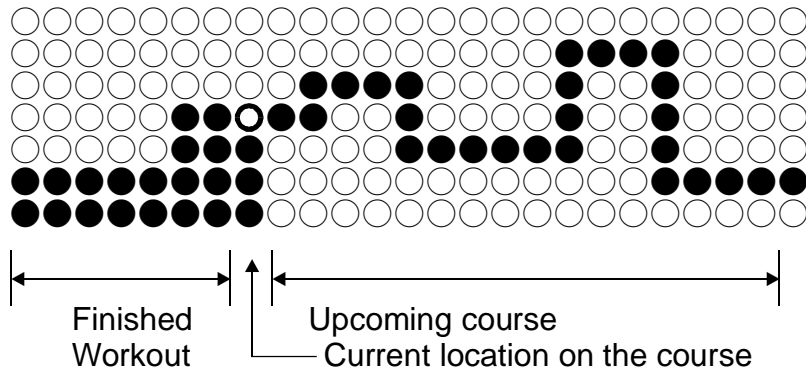


Dots to the right indicate upcoming resistance levels.

The flashing dot represents the user's present position on the exercise course.

B. HILL

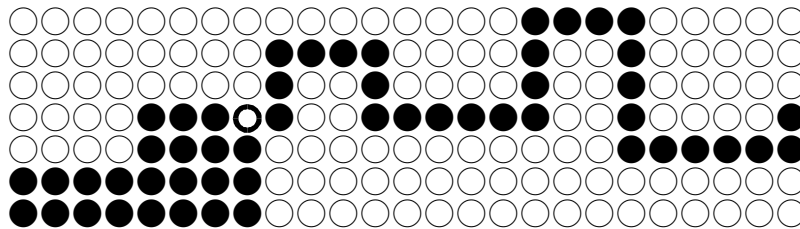
The HILL program consists of 3 workout patterns: HILL 1, HILL 2, and HILL 3. Press the "HILL" key to select your desired workout pattern: HILL1→HILL2→HILL3. Press LEVEL keys to adjust resistance at any time during the workout. An example of a HILL program illustration follows.



C. RANDOM

(1) Random Resistance

This program includes thousands of workout patterns. However, resistance can be adjusted at each segment by pressing the LEVEL keys. The following is an example of a RANDOM resistance program.



(2) Reset On Random

During a RANDOM workout program, press the RANDOM key to activate another random program. The program illustration will change accordingly.

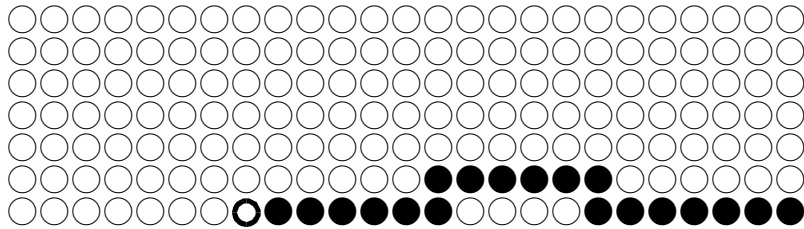
D. INT I

(1) Two-Segment Workload

Interval 1 consists of two segments (segment 1 and segment 2). Each segment lasts 1 minute. At the end of each segment, "GOING TO LEVEL XX" scrolls across the display. Between each segment, the display beeps and the level indicator flashes.

(2) Resistance Level

The resistance level is set for each segment. For instance, if resistance is set at LEVEL 10 for segment 1, each segment 1 will have level 10 resistance for the duration of the workout. The same situation applies to segment 2. However, resistance can be adjusted at any time during the workout. In this case, the new resistance level applies to that segment throughout the workout. The following is an example of an INT I program illustration. Each segment is represented by 6 dots, each of which marks ten seconds of time.

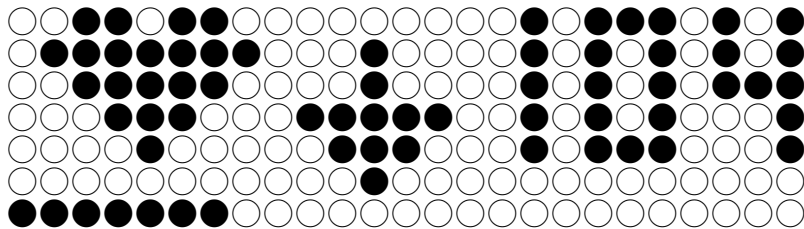


E. WT Loss (HRC 65%) / CARDIO (HRC 80%)

(1) Entering the Target Heart Rate

In CARDIO programs, the default resistance setting is LEVEL 5, and the speed setting is 50 SPM. Once you start exercising, a speed bar appears. This bar reflects your actual speed. The longer the bar is, the faster the speed is.

The arrow indicates your speed in comparison to the default speed. If your speed is lower than the default speed for a long time, the words "SPEED UP" scroll across the display.



The line of dots on the lower left represent your actual speed. The arrow indicates that your speed is slower than the default setting.

During the warm-up stage, the pulse is detected and compared with the target heart rate. The program automatically increases the resistance level and SPM (steps per minute) prompts until the user reaches the target heart rate. Then the program enters what's called the "Auto Heart Rate Control" stage.

(2) Auto Heart Rate Control

Upon entering the auto heart rate control stage, the display beeps and the words "HEART RATE CONTROL STARTING" scrolls across the dot matrix window. Then the resistance level is adjusted automatically to keep your pulse at the target rate.

(3) No Heart Rate Signal

During your workout, a heart flashes on the display to indicate that your heart rate signal is clear. However, the display does not detect a heart rate signal, the heart lights solidly, and the words "NO HEART RATE READING, PLEASE CHECK TRANSMITTER" scroll across the display.

If the display does not detect a heart rate signal for some time, the words "NO HEART RATE READING, PLEASE CHECK TRANSMITTER" scroll across the display every 5 seconds.

(4) No Motion Message

If no one exercises on the unit, "STEP TO START" scrolls across the display. Then, the resistance level returns to the default setting.

(5) Heart Rate Control Setting, WT Loss (HRC 65%) / CARDIO (HRC 80%)

Age Setting

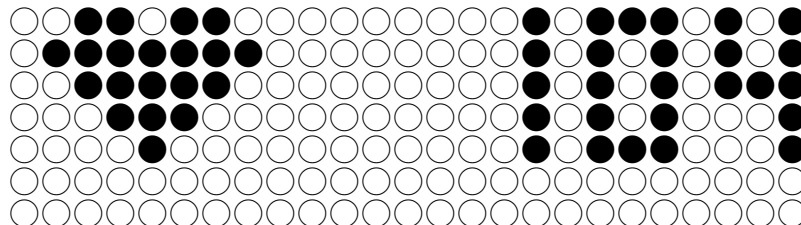
If you enter the heart rate control mode, WT loss (HRC 65%) / CARDIO (HRC 80%) program, without setting your age, the system prompts you to input your age before starting. The word "AGE" appears on the dot matrix window. Prompts appear as they do when inputting person information.

Changing the Default Setting of the Target Heart Rate

The target heart rate cannot be modified if the default setting is "NO". (For the system default setting, please refer to 4. SYSTEM DEFAULT SETTING). When the default setting is "YES", the words "MODIFY YOUR HEART RATE LIMIT" scroll across the display once and the prompt "MDFY" appears. The TIME window will show a suggested target heart rate.

Press the numeric keys or push ▲▼ keys to selected your target heart rate, then press the "ENTER" key to confirm your choice.

If you input a target heart rate that exceeds the minimum or maximum heart rate for your age, the maximum or minimum heart rate for your age is adopted automatically.



The dot matrix window shows a target heart rate of 104 beats.

F. COOL DOWN MODE

(1) Report of Your Workout Data

When the workout program counts down to a time of "0", the display beeps once and the words "TOTAL TIME + AVERAGE HR" scroll across the dot matrix window. Associated windows show your total workout TIME, HEART RATE (average heart rate), CALORIES, and TOTAL STRIDES. Following that, the 5-minute COOL DOWN stage begins.

(2) Enter Into Cool Down

The words of "GOING TO COOL DOWN" scroll across the display, then the unit automatically enters Manual Mode (even though the MANUAL MODE indicator does not light during COOL DOWN). During COOL DOWN, the resistance level automatically decreases one level every 10 seconds until LEVEL 1 is reached.

(3) Ending Cool Down Mode

During COOL DOWN stage, press "STOP / RESET" at any time to terminate the workout. After the COOL DOWN mode finishes, the words of "SELECT PROGRAM OR PRESS START" scroll across the dot matrix window. Indicators at the left side of the display flash to prompt you to start your next workout.

If needed, PERSONAL INFORMATION can be modified after the COOL DOWN stage is completed. Simply press the "START" key to begin entering personal information.

G. DISPLAYING WORKOUT DATA

Under any program, press the "STOP/RESET" key to get an immediate display of your workout data. The dot matrix window will show "STOP", and the display will beep. "TOTAL TIME + AVERAGE HR " appears and the display will show values of the following feedback categories:

HEART RATE: equals average heart rate
DOT MATRIX: "E8300"
TOTAL STRIDE: equals number of total strides
CALORIES/CAL HR: equals total calories burnt
TIME: equals total workout time

After that, the display prompts you to start your next workout with the message "SELECT PROGRAM OR PRESS START". Press the desired exercise PROGRAM for a new workout, or press the "START" key change personal information.

Please note that once the "STOP/RESET" key is pressed, the current workout program will be terminated. A new workout program must be selected to continue your workout. Nevertheless, the previous workout data will be retained even though you are starting a new program.

4. SYSTEM DEFAULT SETTING

At the starting screen, where the display shows "E8300", simultaneously press the LEVEL "▲" + LEVEL "▼" keys to enter the system default setting.

A. SETTING MODIFY

- (1) The pre-setting of MODIFY is NO.
- (2) Once in the default setting, the words "PRESS ▼▲ TO SELECT MODIFY HRC TARGET HR, PRESS ENTER" scroll across the dot matrix window, then "MDFY" appears.
- (3) The HEART RATE window shows either "NO" or "YES". Press the ▲ or ▼ key to modify the setting, then press the "ENTER" key to confirm your choice.
- (4) If you choose not to make any modification, press the "RESET" key to leave the default setting and return to the starting screen.

B. SETTING UNIT WEIGHT

After the words "PRESS ▼▲ TO SELECT LB/KG" scroll across the display, the previous weight unit setting appears. You can determine weight units of measurement by selecting either LB or KG.

Press the ▲ or ▼ key to select a desired weight unit, then press the "ENTER" key or "START/RESET" to confirm your choice and return to the starting screen.

5. RANGES OF VARIOUS SETTINGS

A. DISPLAY SETTING RANGES:

LEVEL : 1 to 20, LEVEL20 is the maximum resistance
TIME : 00:00 ~ 99:59
TOTAL STRIDES : 0~9999
STRIDE/MIN : 5~150
STRIDE LENGTH: 450 mm~650mm, or 17.0 inch~26.0 inch
WATTS : 0.0 ~ 9999
METS : 0.0 ~ 99.9
CALORIES : 0.0 ~9999
CAL/HR : 000 ~ 9999

B. DISPLAY SETTING RANGES:

RESISTANCE LEVEL: 1 to 20
TIME : 05:00 ~ 99:00 (Unit: minute)
AGE : 12~ 99
WEIGHT : 20 ~ 150 KG or 50 ~ 330 LB
STRIDE LENGTH : 450mm~ 650mm, 17.0 inch~ 26.0 inch

MAINTAINING THE ELLIPTICAL E8300

This ELLIPTICAL E8300 requires little maintenance. The ELLIPTICAL E8300 smooth operation is dependent on keeping the unit as clean as possible.

CLEANING THE ELLIPTICAL E8300

Regular cleaning is recommended to keep your ELLIPTICAL E8300 at peak performance.

Before your workout, use a dry cloth to clean the surface of the electronics package.

NOTE: NEVER POUR LIQUIDS ON THE ELECTRONICS PACKAGE.

Should water, for some reason, get in the electronics package, immediately blow dry the electronics package.

To clean the plastic parts, use a mild detergent and make sure the unit is completely dry before operating.

It is recommended that you keep all liquids away from the unit during operation.

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.8)
- (b) By pressing the stride adjustment switch to level the nut, and posit the lubrication valve to middle. (see fig.8-1)
- (c) Refilling with lubrication tube. (see fig.8-2)
- (d) Follow the steps 3 and 4 to replace the access cap. (Point B is where to press in step 4) (see fig.8-3)

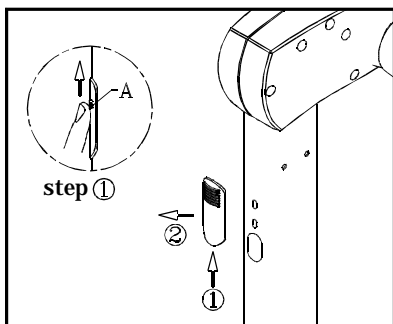


Fig.8

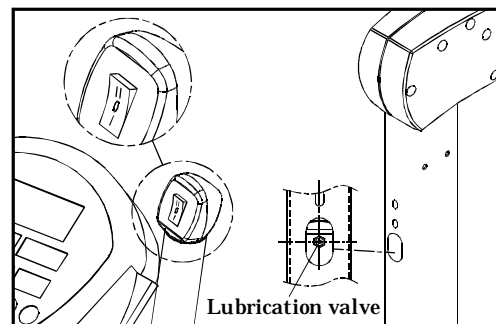


Fig.8-1

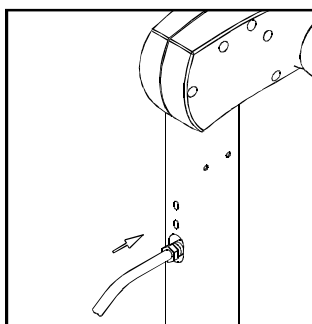


Fig.8-2

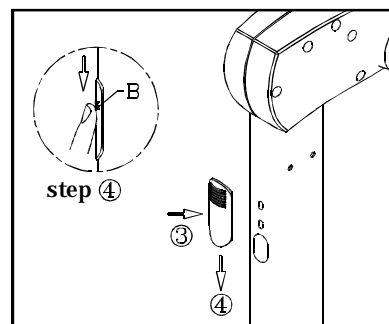


Fig.8-3

2. (a) Remove the access cap. (see fig.9)
- (b) Refill with the lubrication tube and the lubrication valve. (see fig.9-1)
- (c) Then, remove the lubrication tube. (see fig.9-2)
- (d) Replace the access cap. (see fig.9-3)

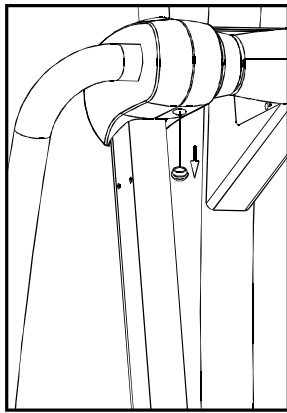


Fig.9

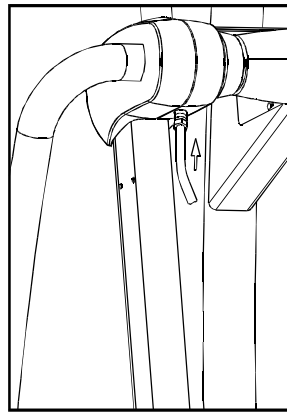


Fig.9-2



Fig.9-1

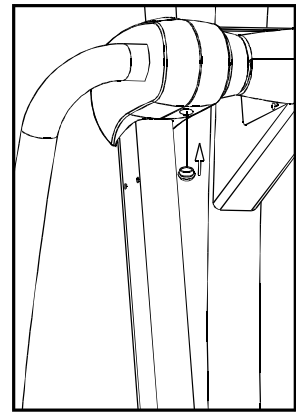


Fig.9-3

GUIDELINES FOR EXERCISE

How long should I exercise?

The duration of your exercise session is dependent on your fitness level. In general, it is recommended that you maintain your heart rate in the training zone for at least 20 minutes to realize an aerobic benefit. As your fitness level increases, you will be able to maintain your heart rate in the training zone for longer periods, usually between 30 and 40 minutes.

When first starting your workout, use the first several minutes to warm up, and then slowly increase your workload to bring your heart rate into your specific training zone. 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.

TROUBLE SHOOTING:

NO DISPLAY:

If after 2 minutes there is still no response from the display after you pedal or push the ON button, please contact your dealer for further details.

IF THE RESISTANCE DOES NOT RESPOND PROPERLY :

If there is no resistance or the resistance does not respond properly when you set the LEVEL, please contact your dealer for further details.

NO SPM READING:

If your display has no SPM reading during your workout, please contact your dealer for more details.

LOW BATTERY (SERVICE BATTERY MESSAGE)

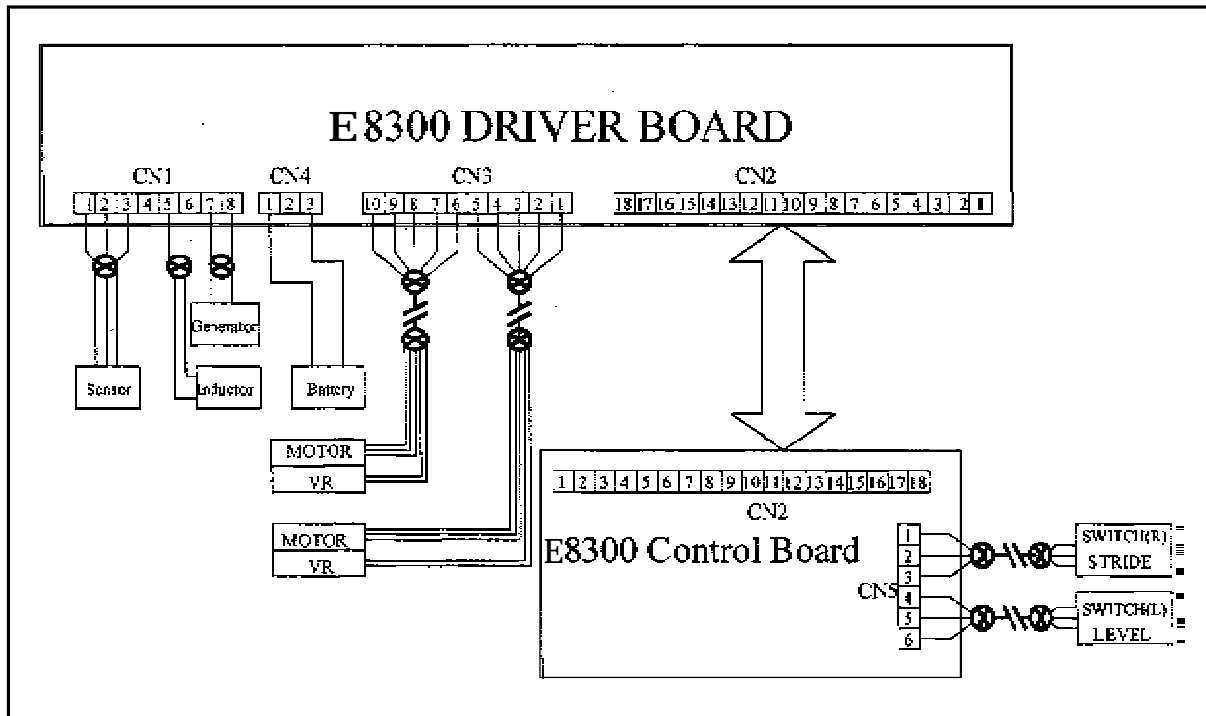
During your workout, if you adjust the stride length but it cannot move a bit and the display shows "SERVICE BATTERY", please do not worry. This message reminds you the equipment currently shorts of battery. You can charge the battery by pedalling the equipment continuously for 5-10 minutes. When the stride length can be adjusted again, it means battery is back to normal electronic power.

STRIDE ADJUSTMENT MALFUNCTION (ERR 7 MESSAGE)

ERR 7 is a self-diagnostic code to alert you to a problem with the electronic stride adjustment mechanism.

When VR cannot read the regular voltage, the ERR 7 will flash for 5 seconds, and return to the normal display. If the STRIDE ▲ or ▼ button is pressed, ERR 7 will show up again. At this moment, the stride length adjustment cannot work anymore but it will not affect other functions. Please contact your dealer if you come up this problem.

Wiring Schematic:



Your Authorized Distributor