

USER'S MANUAL

**Elliptical Bike
SP37360**

Dear Customer,

Please read this instruction very carefully before using the item.

IMPORTANT SAFETY NOTICE:

Note the following precaution before assembling or operating the machine

- 1、 Assemble the machine exactly as the descriptions in the instruction manual.
- 2、 Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
- 3、 Set up the machine in a dry level place and leave it away from moisture and water.
- 4、 Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc..
- 5、 Before beginning training, remove all objects within a radius of 2 meters from the machine.
- 6、 Do not use aggressive cleaning articles to clean the machine, Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
- 7、 Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse, Watts, Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable

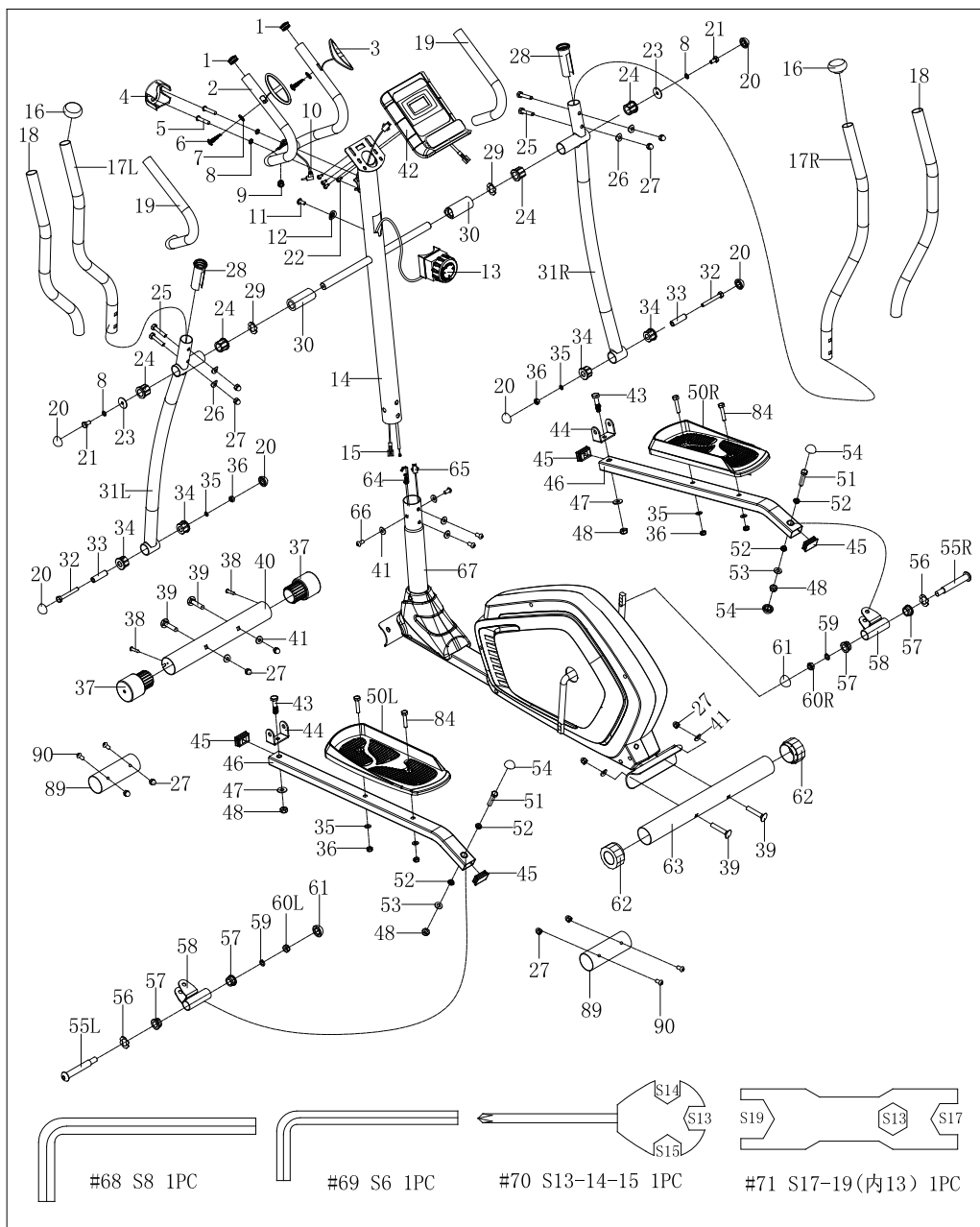
for therapeutic purpose.

- 8、 Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- 9、 This machine can be used for only one person's training at a time.
- 10、 Wear training clothes and shoes, which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
- 11、 If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor as soon as possible.
- 12、 People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
- 13、 The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob, which can adjust the resistance. Reduce the resistance by turning the adjusting knob for the resistance setting towards stage 1. Increase the resistance by turning the adjusting knob for the resistance setting towards stage 8.
- 14、 The maximum user's weight is 120kgs/ (265 lbs).

Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

The specifications of this product may vary from this photo and are subject to change without notice.

Exploded-View & Parts List:



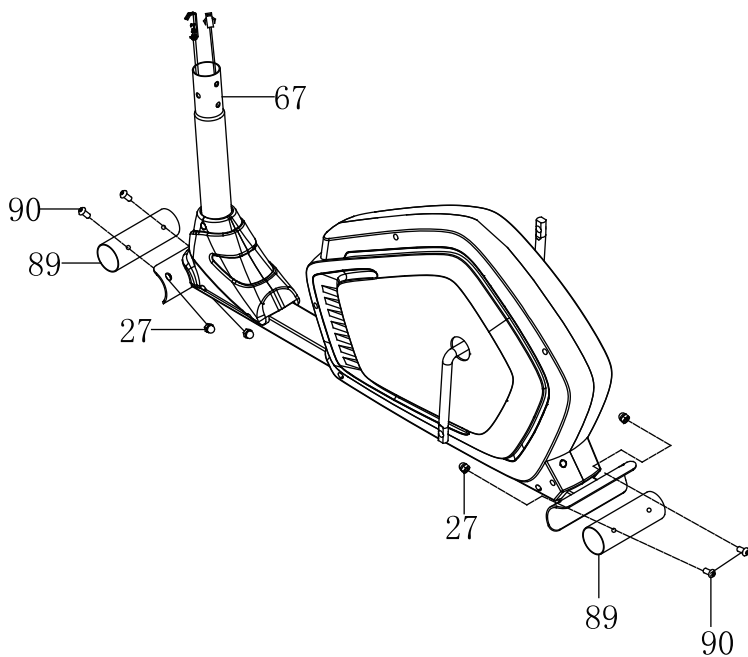
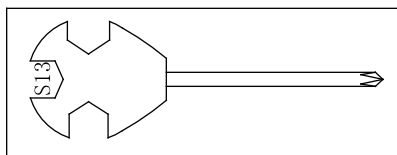
Part list:

No	Description	Qty	No	Description	Qty
1	End cap 25*16	2	31L/R	Swing rod	2
2	Middle handlebar	1	63	Rear stabilizer	1
3	Pulse 25	2	32	Hexagon bolt M8*65*30*S14	2
4	Small cover 71*58*40	1	33	Spacer 14* 8.3*48	2
5	Screw M8*30*S6	2	34	Sleeve 1 32*3* 28*16* 14.3	4
6	Crosshead screw ST4*19* 7	2	35	Washer d8* 16*1.5	6
7	Washer d6* 12*1	2	36	Nylon nut M8*H7.5*S13	6
8	Spring wahserd8	4	37	End cap 50* 61*50	2
9	Stopples 12*11* 3	1	38	Screw ST4*10	2
10	Handle pulse wire	1	39	Carriage bolt M8*60*20*H5	4
11	Crosshead screw M5*16* 8	1	40	Front stabilizer	1
12	Arc washer d8* 20*2*R25	1	41	Arc washer d8* 20*2*R30	8
13	Tension control	1	42	Computer	1
14	Support tube	1	43	Hexagon bolt M10*42*20*S17	2
15	Middle wire	1	44	U-shaped socket	2
16	End cap 28*32* 50	2	45	End cap J40*25*15	4
17L/R	Handlebar	2	46	Pedal tube	2
18	Foam 26*3*590	2	47	Washer d10* 25*2	2
19	Foam 23*3*445	2	48	Nylon nut M10*H9.5*S17	4
20	End cap S13	6	49	Axle 12*61*3.5*45.5*M6	1
21	Hexagon bolt M8*16*S14	2	50L/R	Pedal	2
22	Crosshead screw M5*12* 10	4	51	Hexagon bolt M10*50*13*S17	2
23	Washer d8* 32*2	2	52	Bushing 18*3* 14*7* 10	4
24	Sleeve 2 32*3* 28*21* 19.4	4	53	Washer d10* 20*2	2
25	Carriage bolt M8*40*20	4	54	End cap S16	2
26	Arc washer d8* 20*2*R16	4	55L/R	Pedal hinge bolt 16*89*23*1/2	2
27	Domed nut M8*H16*S13	8	56	Wave washer d17* 25*0.3	2
28	Bushing 32* 25*L83	2	57	Bushing 28*4* 24*12* 16.1	4
29	Wave washer d19* 25*0.3	2	58	U bracket	2
30	Spacer 32* 19.2*75.5	2	59	Spring washer 1/2"	2

Part list:

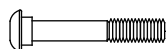
No	Description	Qty
60L/R	Nylon nut 1/2*20*H8*S19	2
61	End cap S18	2
62	End cap 50*45.5*64.5	2
91	Crosshead screw ST4.2*19	7
64	Tension control wire	1
65	Sensor wire	1
66	Screw M8*16*S6	4
67	Main frame	1
68	Spanner S8	1
69	Wrench S6	1
70	Cross-end wrench S13-14-15	1
71	Solid wrench S17-19	1
72	Hexagon bolt M6*16	1
73	Washer 12* 6*1	1
74	Nut M10*1.0	1
75	Bearing	1
76	Bearing 6000-2RS	3
77	Hexagon thin nut M10*1.0*3	1
78	Axle	1
79	Flywheel 2* 200	1
80	Hexagon nut M10*1.0	1
81	Idler 39* 34*24	1
82	Wave washer d12* 15.5*0.3	1
83	Screw M8*12* 10*5*S12	1
84	Hexagon bolt M8*40*25*S14	4
85	U bracket	1
86	Nylon nut M8*H7.5*S13	1
87	Tension spring 2.5* 16*75*N17	1
88	Crank cover 44*10	2


No	Description	Qty
89	Shipping tube	2
90	Screw M8*72*S6	4
92L/R	Chain cover 581*376*84	2
93	Hexagon nut7/8"	1
94	Locking washer	1
95	Left collar housing 7/8"	1
96	Collar ball	2
97	Collar housing	2
98	Hexagon bolt M6*45*S10	1
99	Hexagon nut M6*H5*S10	2
100	Screw ST4.2*16	1
101	Right collar housing 15/16"	1
102	Washer d24* 40*3	1
103	Magnet 15*7	1
104	Belt pulley 240	1
105	Crank	1
106	Belt	1
107	Plastic lattice 45.5*130*10.5	1
108	Magnet 40*25*10	4
109	Hexagon bolt M6*16*S10	2
110	Spring washer d6	2
111	Washer d6* 12*1.2	2
112	Snap ring d12	2
113	Crosshead screw ST3*10	5
114	Tension spring 1.2* 10*50*N26	1
115	Magnetic board	1
116	Hexagon flange nut M10*1.0	1
117	Bolt group	2

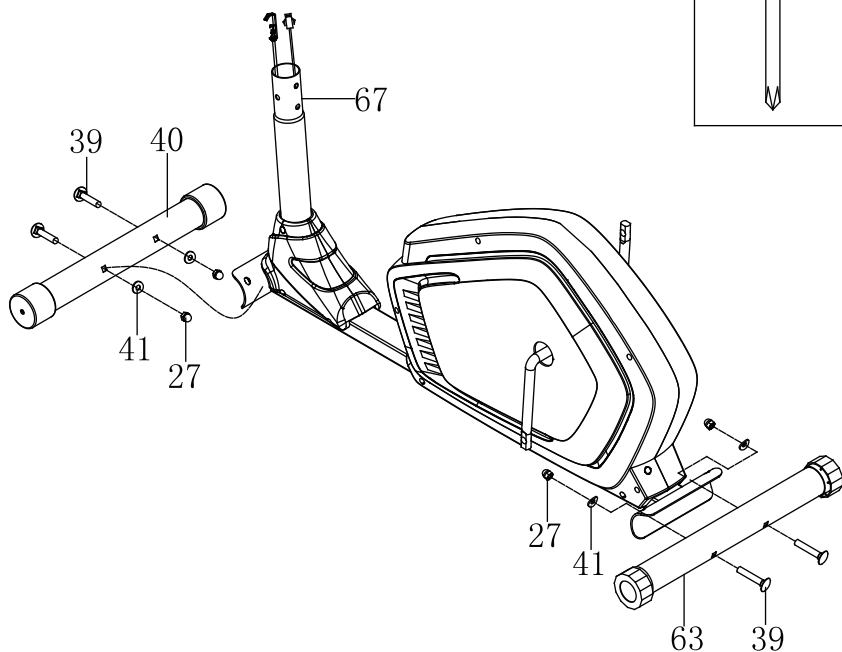
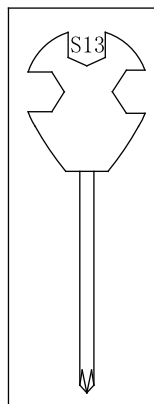


a.Remove screw (90), domed nut (27) and shipping tube (89) from main frame (67). You may save these parts in case that you'd like to repackage and transport this elliptical bike in the future.


 #27 M8*H16*S13 4PCS

 #39 M8*72*20*H5 4PCS

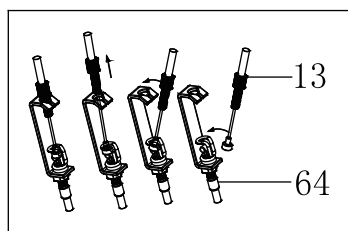
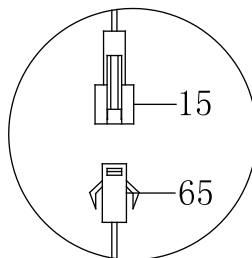
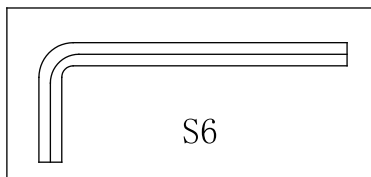
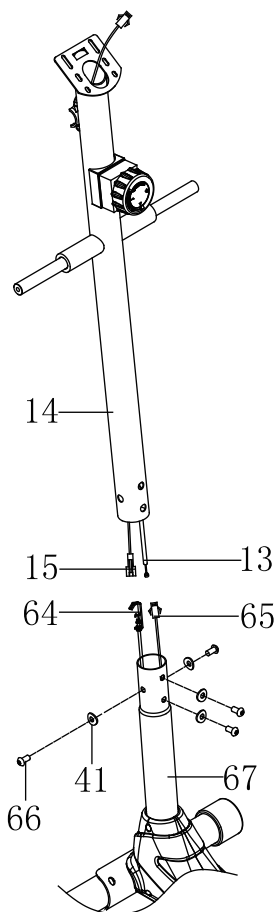
 #41 d8*Φ 20*2*R30 4PCS













Attach front stabilizer (40) and rear stabilizer (63) onto main frame (67) with carriage bolt (39), arc washer (41) and domed nut (27).

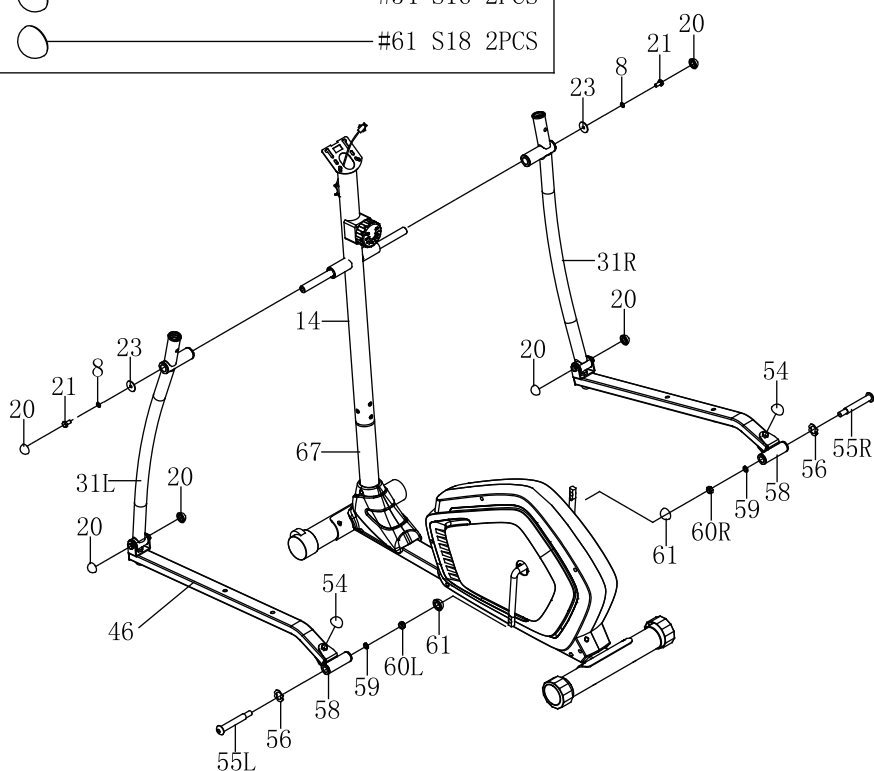
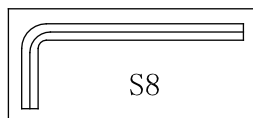
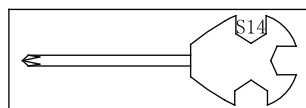
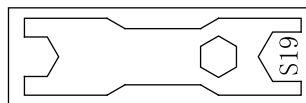
 — #41 d8*Φ 20*2*R30 4PCS

 — #66 M8*16*S6 4PCS



- a、 Connect tension control (13) with tension control wire (64). Connect middle wire (15) with sensor wire (65).
- b、 Attach support tube (14) to main frame (67) with screw (66) and arc washer (41).



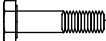
	#8 d8 2PCS
	#20 S13 6PCS
	#21 M8*16*S14 2PCS
	#23 d8*Φ32*2 2PCS
	#55L/R Φ16*89*23*1/2*S8 2PCS
	#56 d17*Φ25*0.3 2PCS
	#59 d1/2" 2PCS
	#60L/R 1/2*20*H8*S19 2PCS
	#54 S16 2PCS
	#61 S18 2PCS

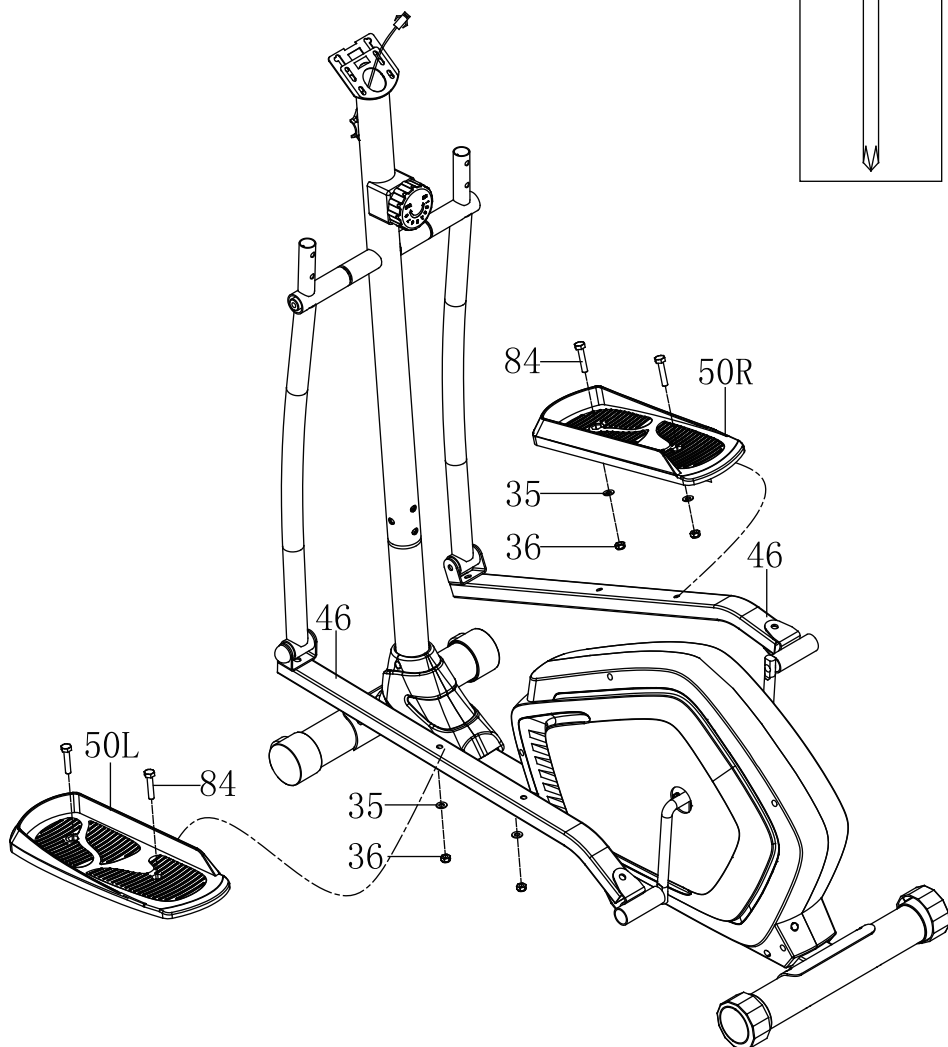
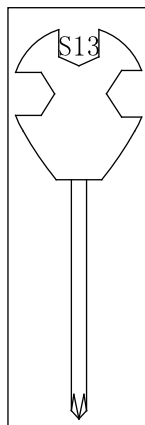


a. Slide swing rods (31L/R) onto support tube (14) with hexagon bolts (21), spring washers (8), and washers (23).

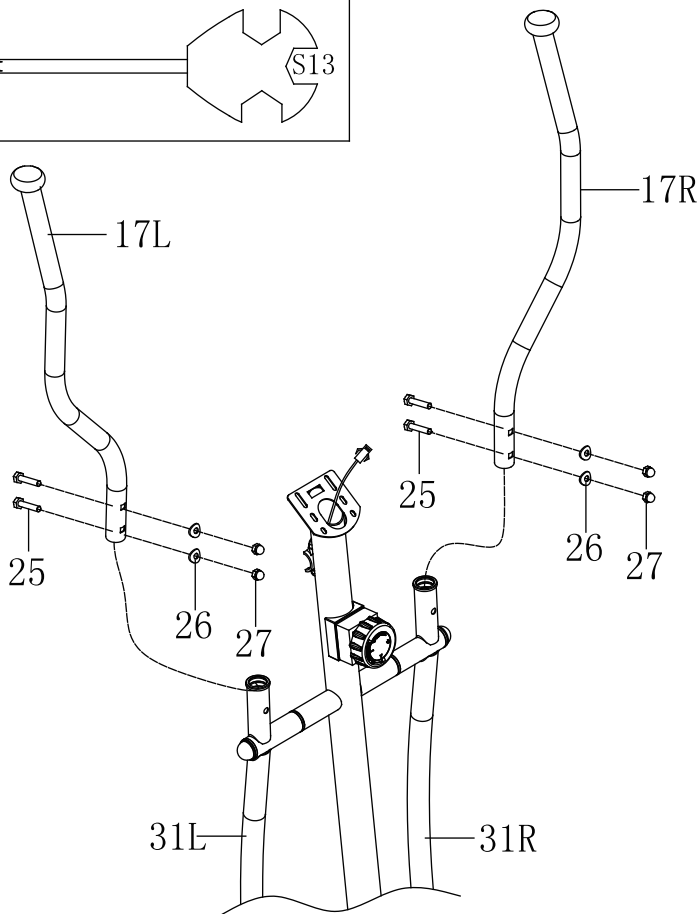
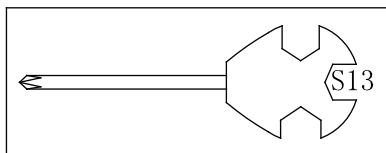
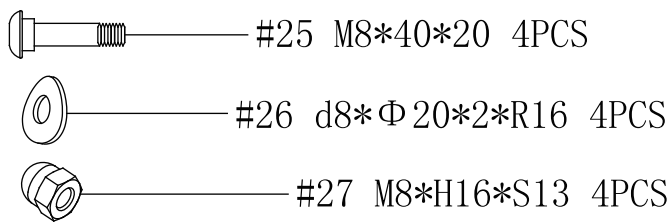
b. Attach U bracket (58) to the crank with pedal bolt (55L/R), wave washer (56). Secure by tightening nylon nut (60L/R) and spring washer (59).

c. Attach the end caps (20&54&61) onto pedal tube (46) and swing rod (31L/R).


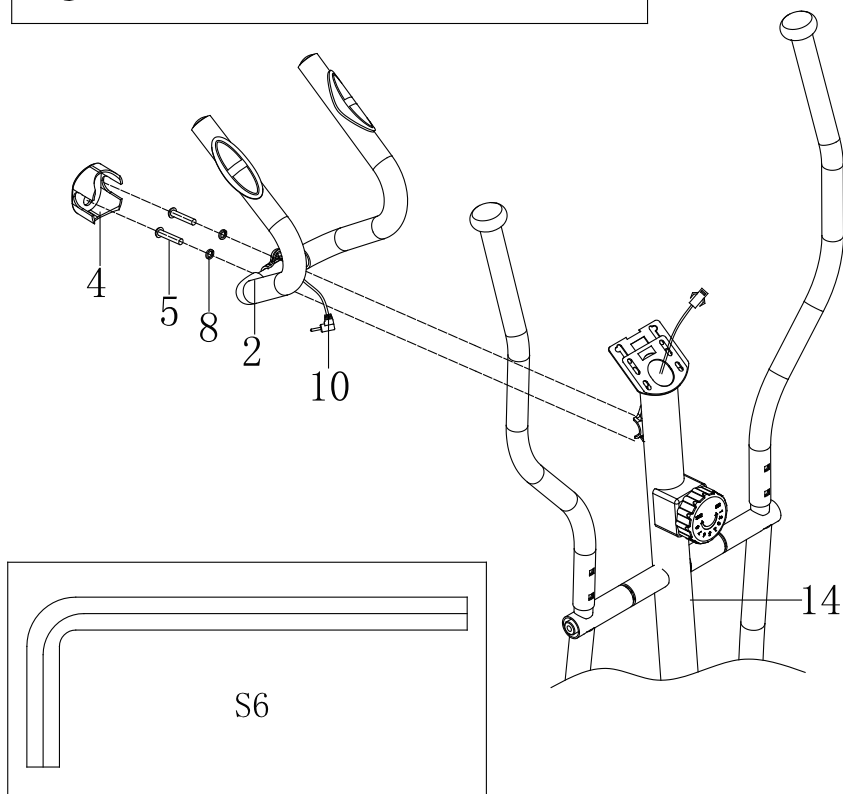
-  — #35 d8*Φ 16*1.5 4PCS
 — #36 M8*H7.5*S13 4PCS
 — #84 M8*40*20*S14 4PCS



Attach pedal (50L/R) to pedal tube (46) with hexagon bolt (84), washer (35) and nylon nut (36).

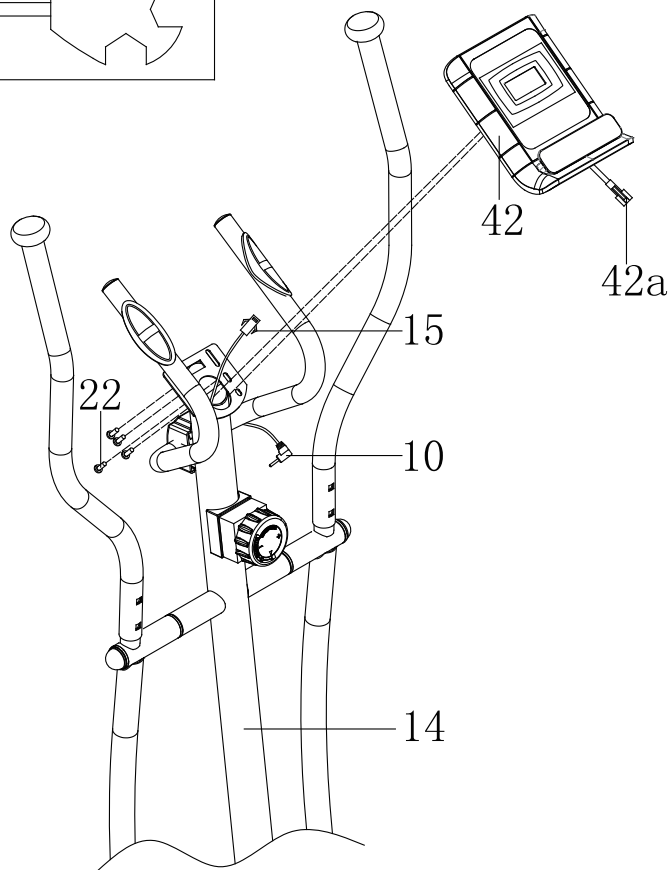
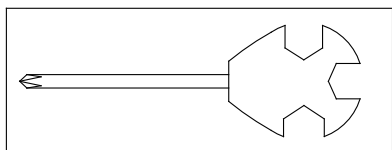


Attach handlebar (17L/R) to swing rod (31L/R) with carriage bolt (25), arc washer (26) and domed nut (27).

 #5 M8*30*S6 2PCS #8 d8 2PCS

Attach middle handlebar (2) to support tube (14) with screw (5), spring washer (8) and small cover (4).

⊕  #22 M5*12*Φ 10 4PCS



- a、 Connect middle wire (15) with computer wire (42a).
- b、 Attach computer (42) to support tube (14) with screw (22). Plug the handle pulse wire (10) into the hole which is at the back of computer (42).

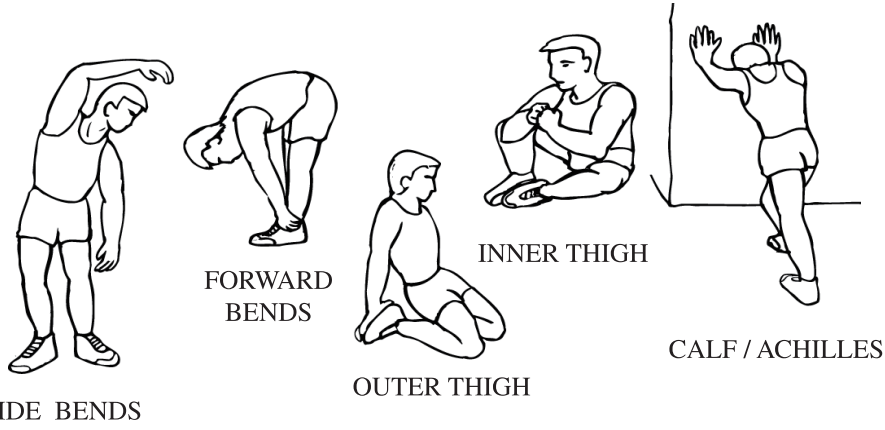
The assembly is finished!

EXERCISE INSTRUCTIONS

Using your ELLIPTICAL BIKE provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

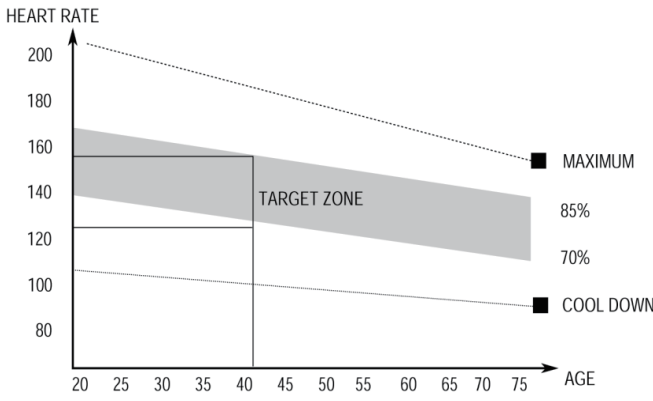
1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2.The Exercise Phase

This is the stage where you put the effort in. After regular use , the muscles in your legs will become Stronger. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your ELLIPTICAL BIKE you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

USE

The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.

EXERCISE MONITOR

SPECIFICATIONS:

TIME-----	0:00—99:59 HOUR
SPEED-----	0.0—99.9 KM/H
DISTANCE-----	0.00—999.9 KM
CALORIE-----	0.0—9999 KCAL
TOTAL DISTANCE-----	0.0—9999 KM
PULSE -----	40—240BPM

FUNCTIONAL BUTTONS:

- MODE - Press to select functions.
- SET(IF HAVE)-To set the values of time, distance and calories when not in scan mode.
- RESET (IF HAVE)-Press to reset time, distance and calories.

KEY FUNCTION:

SCAN: Step into auto scan mode, show every function in turn. In this mode, each function can not be set; hold this key, the computer will be reset, each function will return zero except total distance function.


TIEM: Show current time you exercise, in this mode, you can press up or down key to set the time you will exercise.

SPEED: Show current speed you exercise.

DIST: Show current distances you exercise, you can press up or down key to set the distance you will exercise.

CAL: Show current calories you exercise, you can press up or down key to set the calories you will exercise.

ODO: Show the total distances you exercise from the computer work. This mode can not be set.

 : Step into the pulse test: Place the palms of your hands on both of the contact pads for 30 seconds, then the computer will show current heart rate to you.

Computer power on, the monitor will show full screen for 1 second to enter the scan mode: In the scan mode, if no key operation is performed, it will auto scan into each mode for every 6 seconds. If you perform a key operation, it will step into the selected function.

When exercise, the time, speed, calorie, distance, odo functions will work, calculate the values of each function. When you stop, the computer will stop working, the time mode will stop for 4 seconds. If there is no signal input for 4 minutes, the computer will step into sleep mode-----the screen will power off until a signal input or key operation wakes it up.

BATTERY:

If there is a possibility to see an improper display on the monitor, please replace the batteries to have a good result. This monitor uses two “AAA” Batteries. You can replace the batteries at the same time.



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