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★★★★★ Great products so far

February 24, 2018

Great product so far. Fast delivery, easy setup, and working without any issues.

With your inspiring rating, Costway will be more consistent to offer you  
**EASY SHOPPING EXPERIENCE, GOOD PRODUCTS and EFFICIENT SERVICE!**

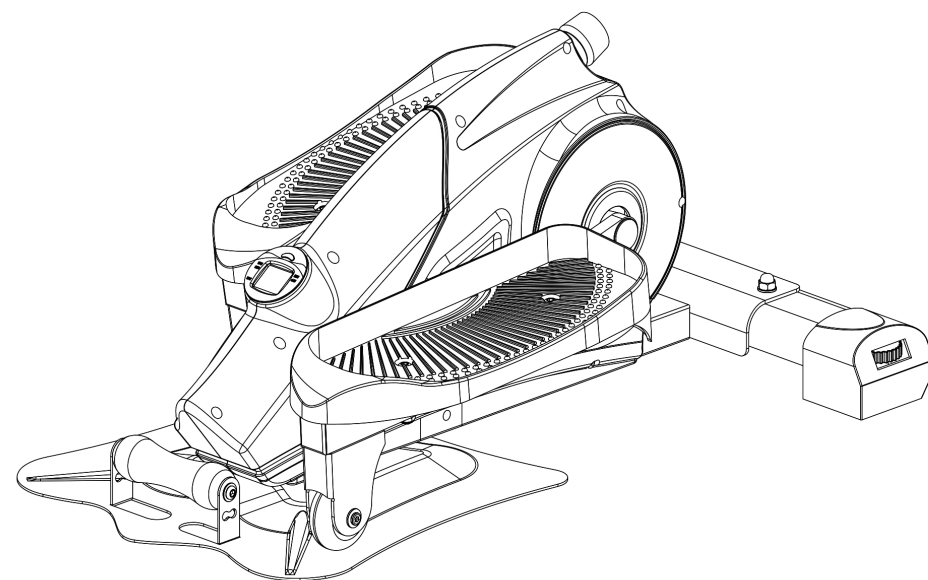
US office:Fontana

UK office:Ipswich

**GYMAX**



**GYMAX**



**USER'S MANUAL**  
**MAGNETIC ELLIPTICAL STEPPERS**  
**SP36559**

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## 1. IMPORTANT SAFETY INSTRUCTIONS

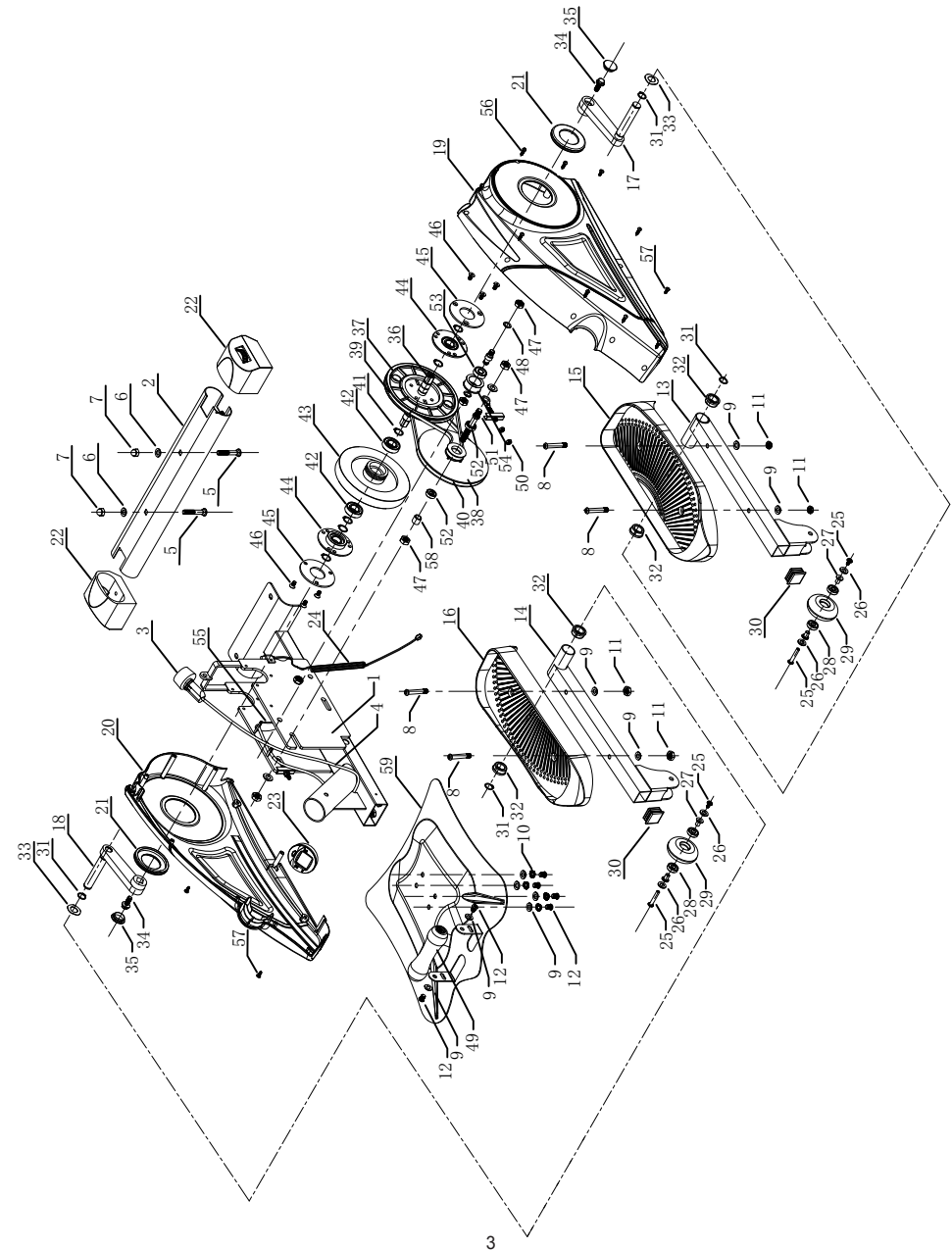
**WARNING – Read** all instructions before using this machine.  
It is important your machine receives regular maintenance to prolong its useful life. Failing to regularly maintain your machine may void your warranty.

Please keep this manual with you at all times

- a. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly.  
Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
- b. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- c. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.
- d. Keep children and pets away from the equipment. This equipment is designed for adult use only.
- e. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it.
- f. Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assemble, stop immediately. Do not use the equipment until the problem has been rectified.

- g. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- h. This equipment is designed for indoor and family use only.
- i. Care must be taken when lifting or moving the equipment so as not to injure your back.
- j. Always keep this instruction manual and assembly tools at hand for quick reference.
- k. The equipment is not suitable for therapeutic use.
- l. There are many functions of the computer, which value will show when using the equipment according the amount of exercise, here warmly remind you that the value of heart pulse just give you some reference.

## 2. EXPLODED DIAGRAM

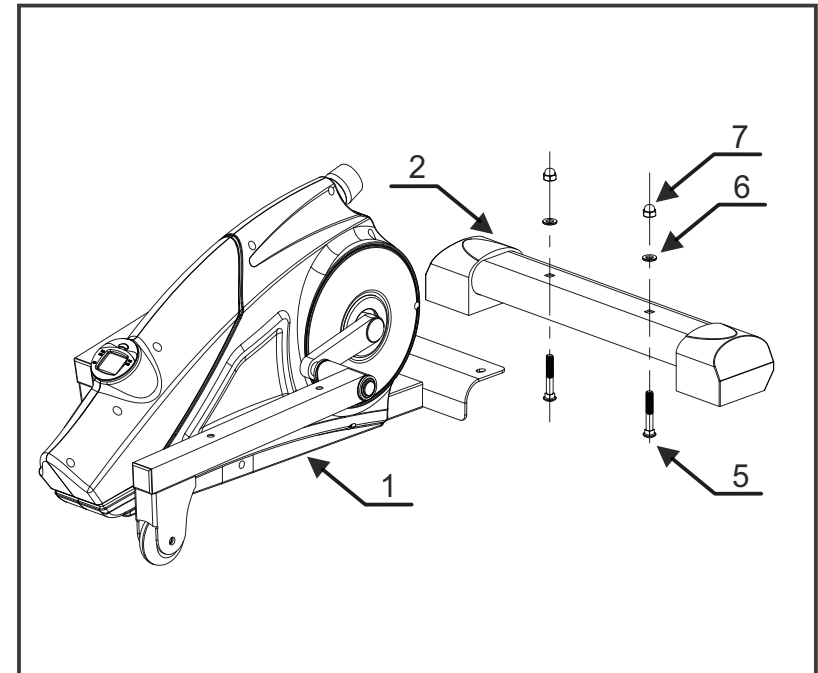


### 3. PARTS LIST

| PART# | PART NAME                | QTY | PART# | PART NAME                   | QTY |
|-------|--------------------------|-----|-------|-----------------------------|-----|
| 1     | Main Frame               | 1   | 31    | C RingΦ16                   | 4   |
| 2     | Rear Stabilizer          | 1   | 32    | Pedal Arm Bushing           | 4   |
| 3     | Tension Knob             | 1   | 33    | Spring Washer               | 2   |
| 4     | Tension Cable            | 1   | 34    | Flanged Bolt M8-20          | 2   |
| 5     | M8-53CARRIGE BOLT        | 2   | 35    | Crank Cap                   | 2   |
| 6     | D8GASKET                 | 2   | 36    | Axle 01                     | 1   |
| 7     | M8 CUP NUT               | 2   | 37    | Belt Wheel 01               | 1   |
| 8     | Outer Hexagon Bolt M8-45 | 4   | 38    | Belt Wheel 02               | 1   |
| 9     | D8 Washer 02             | 10  | 39    | Belt 01                     | 1   |
| 10    | Spring washer D8         | 4   | 40    | Belt 02                     | 1   |
| 11    | Nut M8                   | 4   | 41    | C RingΦ17                   | 6   |
| 12    | BUTTON HEAD BOLTS M8-10  | 6   | 42    | Bearing 01                  | 2   |
| 13    | Left Pedal Arm           | 1   | 43    | Flywheel                    | 1   |
| 14    | Right Pedal Arm          | 1   | 44    | Flywheel locating Spacer 01 | 2   |
| 15    | Left Pedal Cap           | 1   | 45    | Flywheel locating Spacer 02 | 2   |
| 16    | Right Pedal Cap          | 1   | 46    | Bolt, Flat Head M6-8        | 6   |
| 17    | Left Crank               | 1   | 47    | Nut M10                     | 7   |
| 18    | Right Crank              | 1   | 48    | Washer M10                  | 7   |
| 19    | Left Cover               | 1   | 49    | Foam                        | 1   |
| 20    | Right Cover              | 1   | 50    | FIXING BOLT SETS M6         | 2   |
| 21    | Rubber Cover             | 2   | 51    | Axle 02                     | 1   |
| 22    | END CAP                  | 2   | 52    | Bearing 02                  | 2   |
| 23    | Computer                 | 1   | 53    | Idle wheel Bearing          | 1   |
| 24    | Sensor wire              | 1   | 54    | Idle wheel Plastic cap      | 1   |
| 25    | Bolt, Button Head M5-40  | 2   | 55    | Brake Brace Sets            | 1   |
| 26    | Washer D6                | 4   | 56    | Screw, Round Head M4-15     | 9   |
| 27    | PLASTIC SLEEVE Φ6        | 4   | 57    | Self-tapping screwsM5-20    | 4   |
| 28    | Wheel Bearing            | 4   | 58    | Flywheel Spacer             | 1   |
| 29    | Wheel                    | 2   | 59    | Base Board                  | 1   |
| 30    | Square Plug              | 2   |       |                             |     |

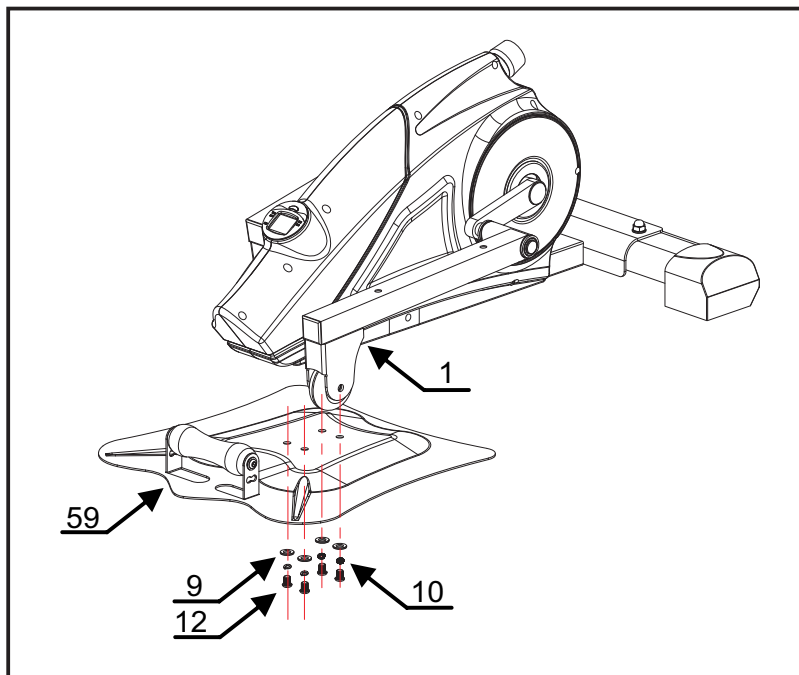
### 4. ASSEMBLY INSTRUCTIONS

#### • STEP 1:



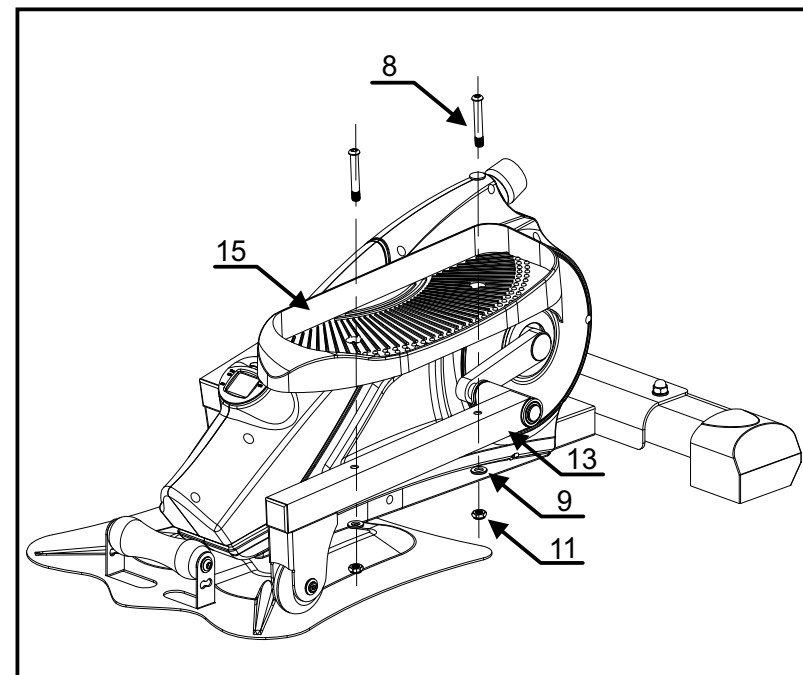
Attach the REAR STABILIZER(2) to the MAIN FRAME(1) with M8-53CARRIGE BOLT(5), D8GASKET(6) and M8 CUP NUT (7).

• **STEP 2:**



Attach the BASE BOARD(59) to the MAIN FRAME(1) with the WASHER(9) and Spring Washer D8 (10) and BUTTON HEAD BOLTS(12).

• **STEP 3:**



Attach the LEFT PEDAL CAP(15) to the LEFT PEDAL ARM(13) with two pieces of Outer Hexagon Bolt M8-45 (8), D8 Washer (9) and Nut M8 (11).

Repeat on the other side.

NOTE: The LEFT and RIGHT PEDAL CAPS(15, 16) have a raised lip on three sides. Attach the LEFT and RIGHT PEDAL CAPS(15, 16) to the LEFT and RIGHT PEDAL ARMS(13, 14) so that the side without the raised lip is on the outside.

## 5. COMPUTER OPERATION

### USING THE FITNESS METER

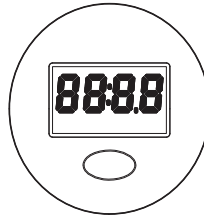
**POWER ON:** Pedal movement or press the button.

**POWER OFF:** Automatic shut off after four minutes of inactivity.

#### FUNCTION BUTTON:

Press and release to select functions.

Press and hold for four seconds to reset all functions to zero.



#### FUNCTIONS:

**SCAN:** Automatically scans **SPEED**, **TIME**, **CALORIES**, and **DISTANCE** in sequence with a change every six seconds. Press and release the button until "SCAN" appears on the display.

**SPEED:** When the symbol ,points to **SPEED**, The monitor will display the current speed on the top area of the screen.

**TIME:** Displays the time from one second up to 99:59 minutes.

**CALORIES:** Displays the calorie consumption from zero to 9999 Kcal.  
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

**DISTANCE:** Displays the distance from zero to 999.9 miles.

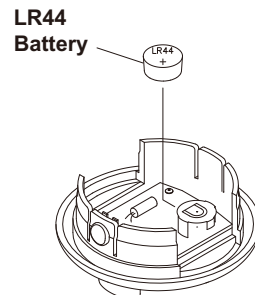
**NOTE:** The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Push the button and hold it down for four seconds to reset all functions to zero.

### BATTERY

The meter operates with a 1.5v LR44 button cell battery. Replace the battery when you see inconsistencies in the display.

#### HOW TO INSTALL AND REPLACE BATTERY:

1. Remove the **COMPUTER(23)** from the **MAIN FRAME(1)**.  
Place the **COMPUTER(23)** up-side down as shown in the illustration.
2. Slide out the old battery from the Battery Cover.
3. Install a new button cell battery and assembly the **COMPUTER(23)** back to the **MAIN FRAME(1)**.

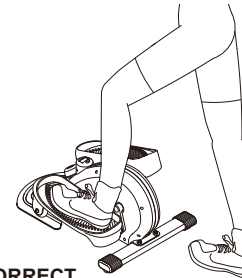


Ultimate disposal of battery should be handled according to all state and federal laws and regulations.

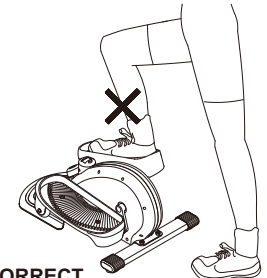
## 6. EXERCISE GUIDE

### STANDING WORKOUT

Using the **MAGNETIC ELLIPTICAL STEPPER** while standing exercises your core and other muscles. If you have good balance and are familiar with the elliptical, you may use the **MAGNETIC ELLIPTICAL STEPPER** while standing. Always mount and dismount the elliptical from the lowest foot pedal (as shown below). Stand on the foot pedals with the front of your shoes close to the front edge of the pedal cap. For more stability, place a chair next to the **MAGNETIC ELLIPTICAL STEPPER** and place your hand on the chair back while stepping onto the pedals. Move your highest foot forward and follow the natural path of the machine. If necessary, use a wall or table to help maintain your balance while using the **MAGNETIC ELLIPTICAL STEPPER**. Start on a load level that is comfortable until you are familiar with the machine. Once you are familiar with the elliptical and comfortable with the resistance, adjust the load level as described below to achieve the workout desired.



CORRECT



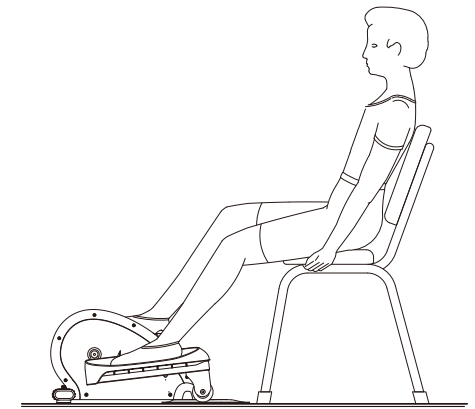
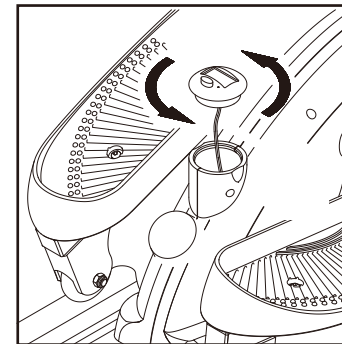
INCORRECT

### SITTING WORKOUT

Refer to the illustrations below. Seated workouts are effective for toning legs and hips, and for improving circulation and mobility. When sitting, your feet will face the opposite direction on the pedals than when standing. This will put your feet, ankles, and hips at the proper workout angles. To adjust the **METER(23)** to face you, find the all gaps on either side of the meter case, grasp the top of the meter and pull the top of the **METER(23)** from the casing being careful not to disconnect or damage the **SENSOR WIRE(24)**. Turn the meter 180 degrees, and push it back into position.

Place the **MAGNETIC ELLIPTICAL STEPPER** on the floor in front of a chair as shown in the illustration below. Sit in the chair and pedal the **MAGNETIC ELLIPTICAL STEPPER** with your feet.

**CAUTION:** Do not stand up on the **MAGNETIC ELLIPTICAL STEPPER** in this workout position.



Place the **MAGNETIC ELLIPTICAL STEPPER** in the area where it will be used. It is recommended that the **MAGNETIC ELLIPTICAL STEPPER** be placed on an equipment mat. The **MAGNETIC ELLIPTICAL STEPPER** is approximately 75 CM long x 52 CM wide x 34 CM tall. (These dimensions may vary up to one centimeter.) Make sure that adequate space is available for access to, passage around and emergency dismount from the **MAGNETIC ELLIPTICAL STEPPER**. A minimum of 50CM on at least one side and 50CM either behind or in front of the **MAGNETIC ELLIPTICAL STEPPER** is required for safe operation.

**LEVELING:** Adjust the location of **MAGNETIC ELLIPTICAL STEPPER** to ensure **MAGNETIC ELLIPTICAL STEPPER** sits on the floor without rocking.

**MOVING:** Grasp the Handlebar on the front of **MAGNETIC ELLIPTICAL STEPPER** to move the machine. Do not use the PEDAL ARMS(13,14) to move the **MAGNETIC ELLIPTICAL STEPPER**. The PEDAL ARMS(13,14) will move and may pinch your hand or fingers.

### FORWARD AND REVERSE

The **MAGNETIC ELLIPTICAL STEPPER** can be used in forward and reverse directions to vary the muscles that you work. This will help you to stay motivated and achieve the best results. To change directions, simply slow the pedals down until they stop, then pedal in the opposite direction.

### LOAD LEVEL ADJUSTMENT

The load level of **MAGNETIC ELLIPTICAL STEPPER** can be changed at any time during your workout. Adjusting your load level will allow you to increase or decrease your intensity level.

To increase the load, turn the TENSION KNOB(3) counterclockwise.  
To decrease the load, turn the TENSION KNOB(3) clockwise.

### NOTE:

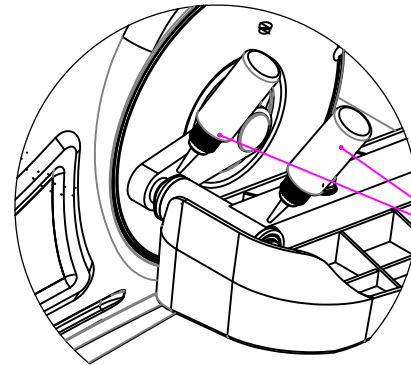
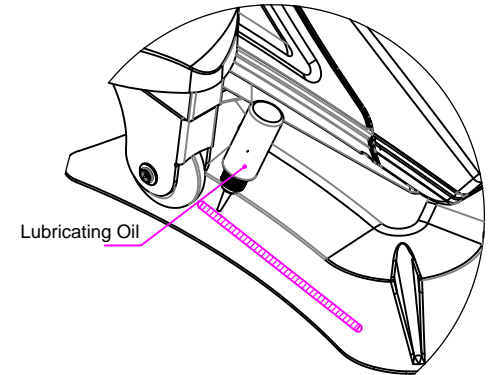
Please **DO NOT** increase or decrease any more when it's difficult to turn the TENSION KNOB(3).

## MAINTENANCE

Special attention should be given to the following:

### 1. Lubricating Oil

- A. Apply the Lubricating Oil on Base Board along Wheel moving paths.  
Can effectively reduce friction between Wheels and Base Board.



- B. Turn over the Pedal Cap (15,16), apply the Lubricating Oil to gap between Pedal Arm (13,14) and Pedal Arm Bushing (32).  
Pedaling the pedals and let the Lubricating Oil sink in.

2. To store the **MAGNETIC ELLIPTICAL STEPPER** simply keep it in a clean dry place.  
3. Keep your **MAGNETIC ELLIPTICAL STEPPER** clean by wiping it off with an absorbent cloth after use.

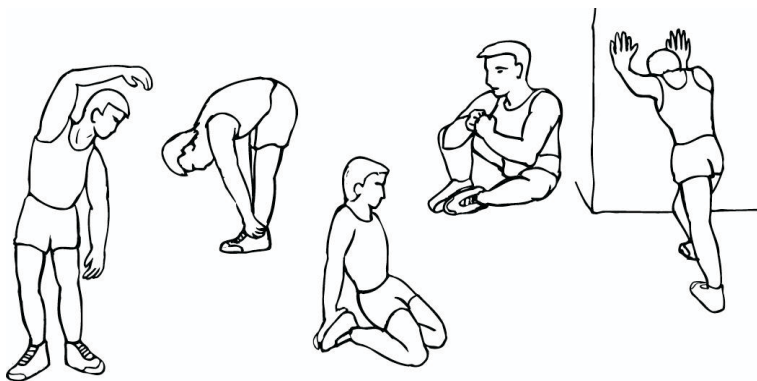
PLEASE NOTE: Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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 an exercise aid in determining heart rate trends in general.

Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life. The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart. So as you can see, the fitter you are, the healthier and greater you will feel.

#### Warm-up

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

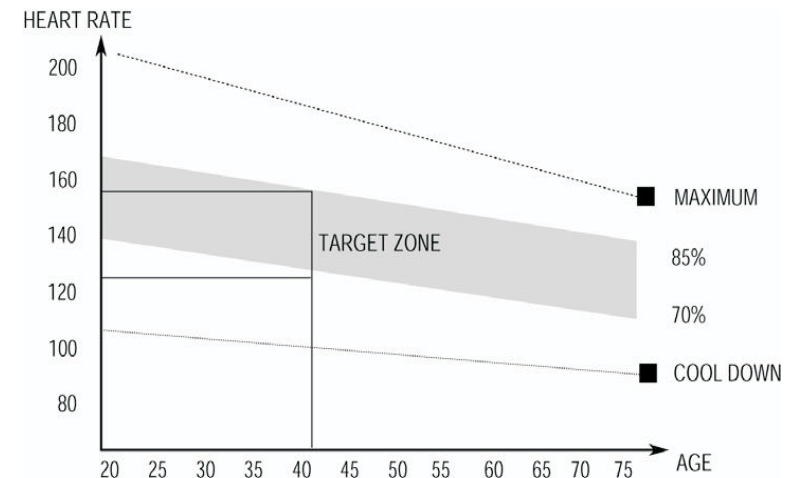


#### Training Zone Exercise

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath. Cool Down Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

#### Workout Guidelines

##### TARGET ZONE



THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE. REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

The most 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.