



BODYTONE
Empowering your lifestyle

EVOLUTION CARDIO

EVOE2 Elliptical



! CAUTION

Read all precautions and instructions in this manual before using this equipment.

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Important Safety Instructions

WARNING! The safety of the product can be maintained only if it is examined regularly for damage and wear. See preventive maintenance section for details.

WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

LOCATION

1. Keep the area around the product clear of any obstructions, including walls and furniture. Provide at least three feet of clearance behind the unit.
2. Do not use the product outdoors, near swimming pools, or in areas of high humidity.
3. Do not allow other people to interfere in any way with the user or equipment during workout.
4. Supervise closely any children or disabled persons using the product.
5. The product should only be used on a level surface and is with 0.5 meters space around the product.

OPERATION

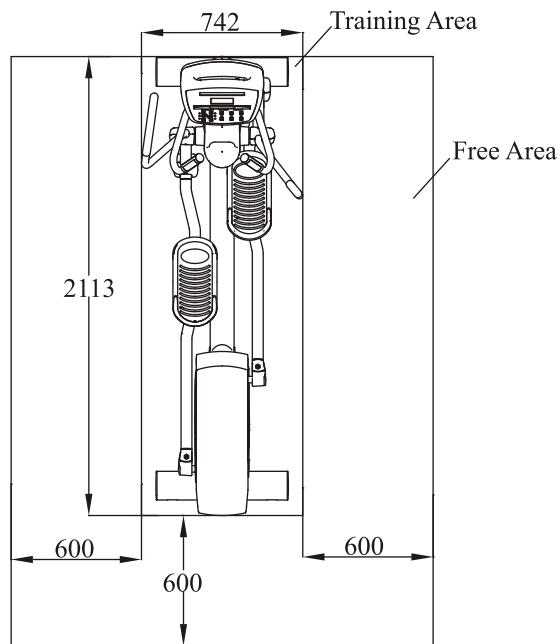
1. Always follow the console instructions for proper operation.
2. Do not reach into, or underneath, the unit, and do not tip the unit on its side during operation.
3. Never insert objects into any opening of the Bike. If any object fall into this equipment, carefully retrieve it while the unit is not in use. If the object can't be reached, please contact customer services.
4. Never place any containers filled with liquids on the unit, except in the accessory tray or water bottle holder. Containers should be covered with lids.
5. Wear shoes with rubber or high-traction soles. Do not wear shoes with high heels, leather shoes, slippers, or spikes. Make sure no sharp stuff is embedded in the soles.
6. Do not use the bike with bare feet.
7. Keep all loose clothing, shoelaces, and towels away from moving parts.

Important Safety Instructions

8. Take extra caution when stepping on or off the bike.
9. Never face backward while using the bike.

Save these instructions for future reference

Training Area and Free Area



Specifications

Class: SB

Maximum User Weight: 160kg/ 353lbs

Product Total Surface: 742*2113mm

Product Total Mass:

Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH

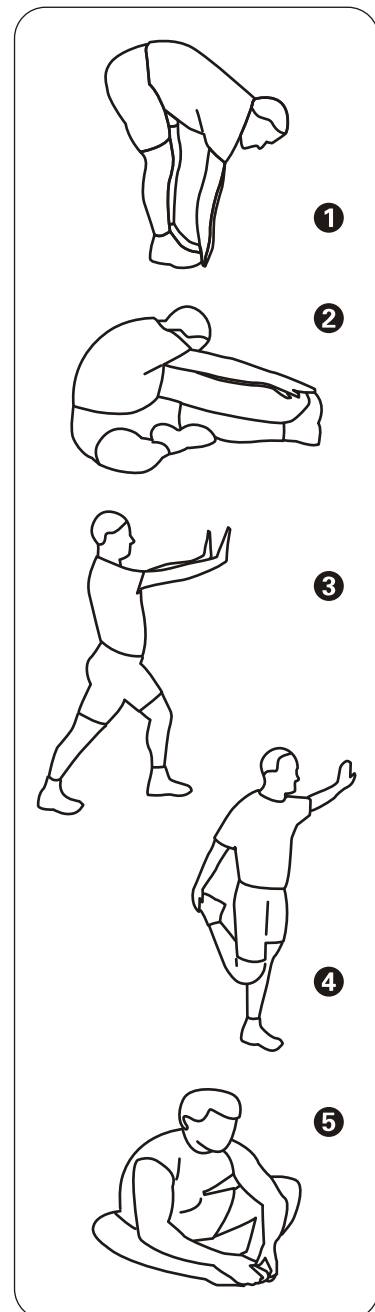
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the achilles tendon, bend your back leg as well. This will stretch your calves, achilles tendons, and ankles.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

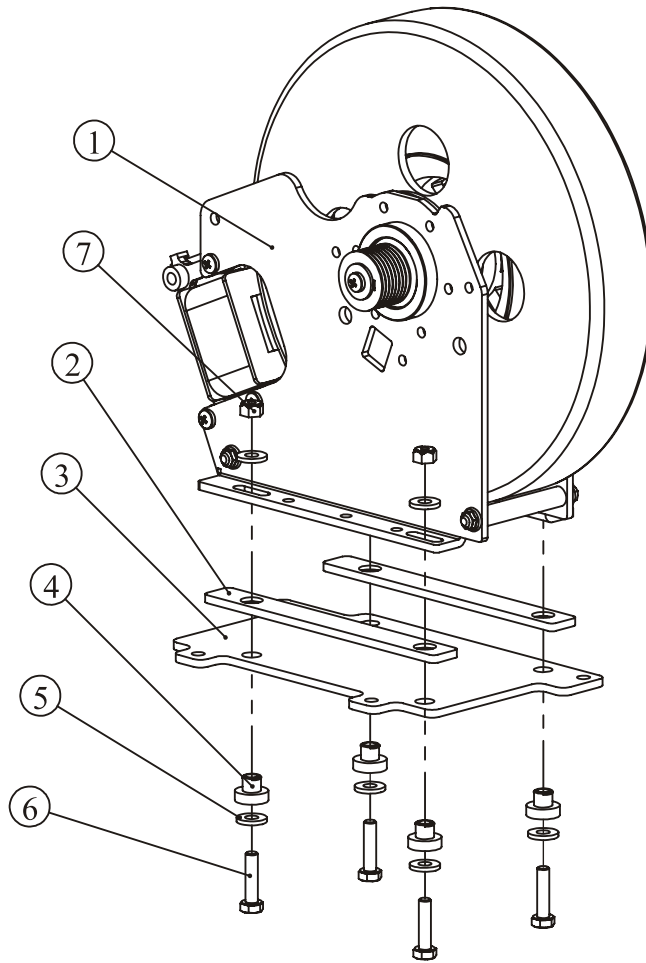
INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



Exploded View and Parts List

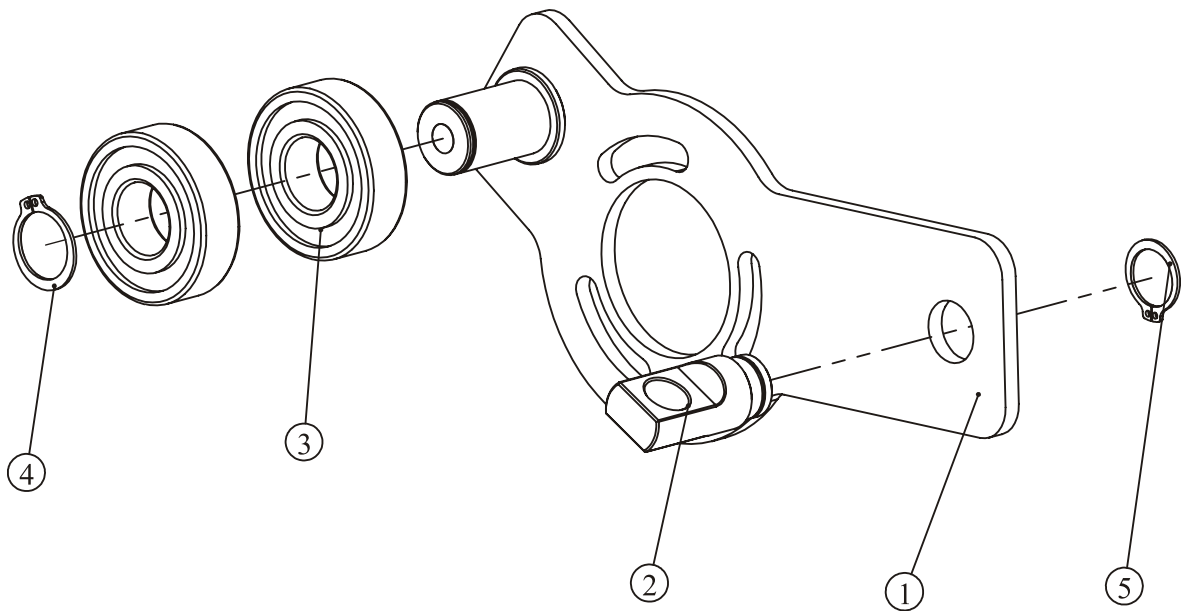
Brake ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.15.1	D75V1-1500	Brake	1
2	1.15.2	U7B3700	insulation plate: brake	2
3	1.15.3	PE350D9500	Transition Plate	1
4	1.15.4	U7B3800	insulation space: brake	4
5	1.15.5	DQ6DS2A	Washer $\Phi 6.6 * \Phi 15 * 2$	8
6	1.15.6	GB5781M6*25DS20	Hex Head Bolt M6*25	4
7	1.15.7	NM6DS2	Nylon Insert Lock Nut M6	4
8	1.15.8	L1500AL9396-3-3	Wire for Generator	1
9	1.15.9	L1500STDCY2F-AI9396-2	Wire for Braker	1

Exploded View and Parts List

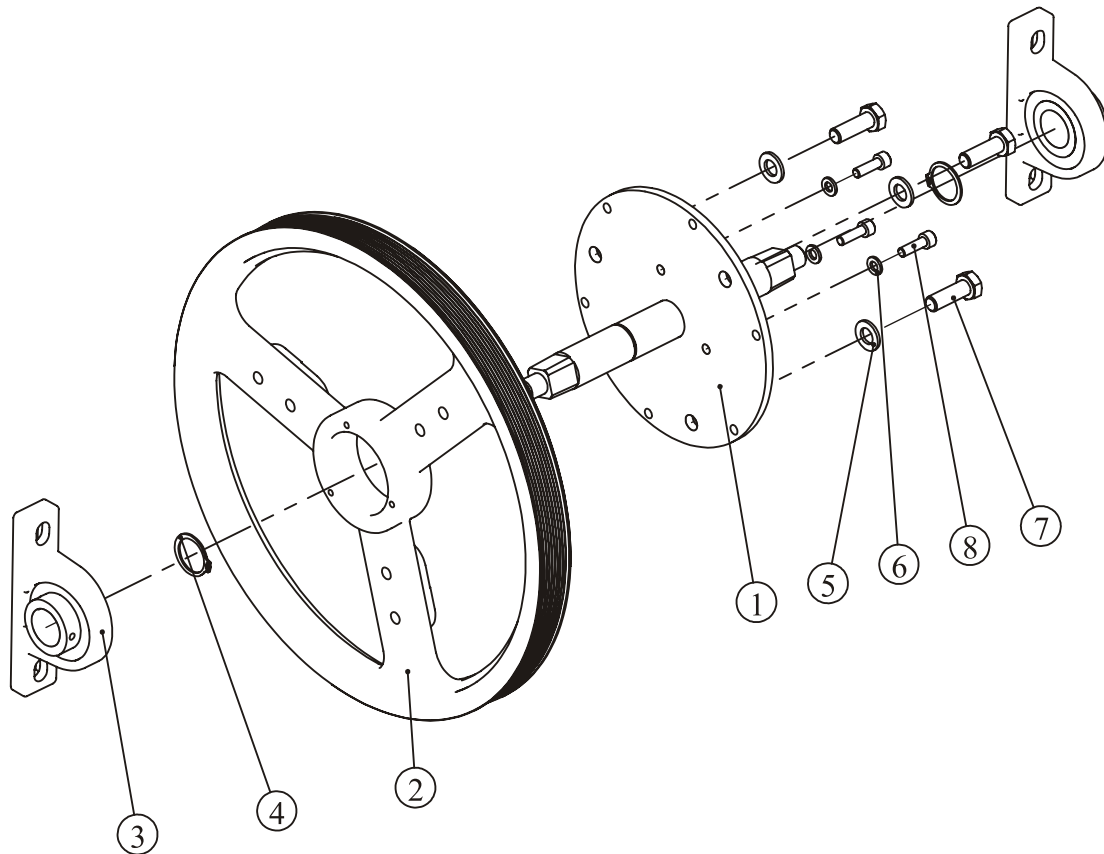
Tightener ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.21.1	RE500C1100	Tightener	1
2	1.21.2	PE350D10200	Tension Shaft Adjustable Axle	1
3	1.21.3	GB2766204-2RSC3TPI	Bearing 6204	2
4	1.21.4	GB894.120FH12	External Retaining Ring Φ 20	1
5	1.21.5	GB894.117FH12	External Retaining Ring Φ 17	1

Exploded View and Parts List

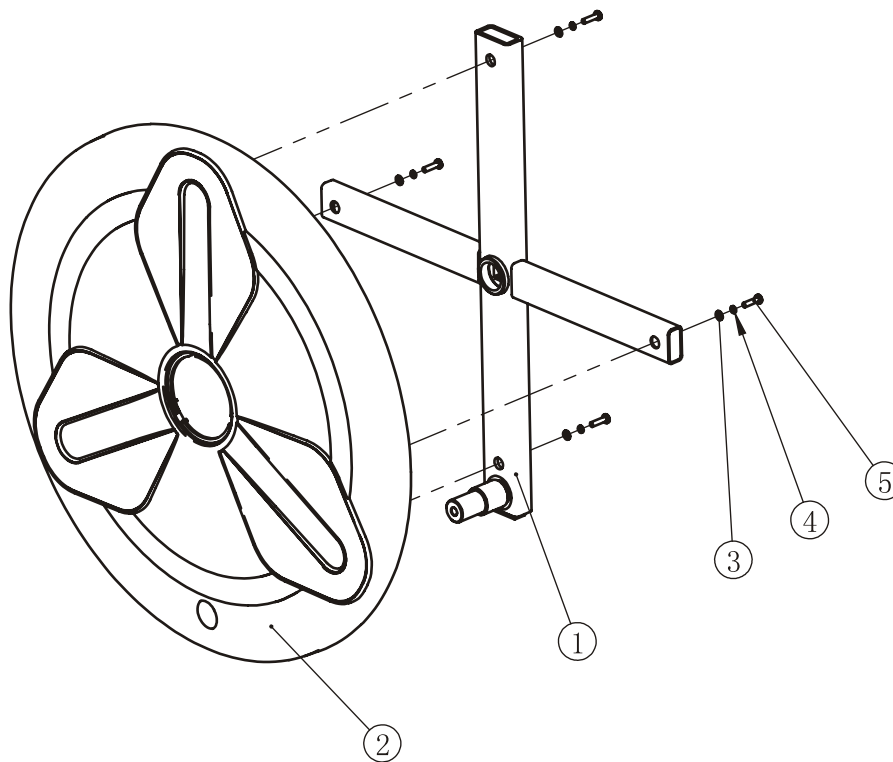
Shaft ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.25.1	RE7000800	Shaft	1
2	1.25.2	RE7001200	Belt Pully	1
3	1.25.3	UP205	Pillow Block Bearing	2
4	1.25.4	GB894.125FH12	External Retaining Ring Φ 25	2
5	1.25.5	GB9510DHS2	Washer Φ 11* Φ 20*2	3
6	1.25.6	GB956DS2	Washer Φ 6.6* Φ 12*1.6	3
7	1.25.7	GB5781M10*30DS20NL	Hex Head Bolt M10*30	3
8	1.25.8	GB70M6*20DS4NL	Socket Head Bolt M6*20	3

Exploded View and Parts List

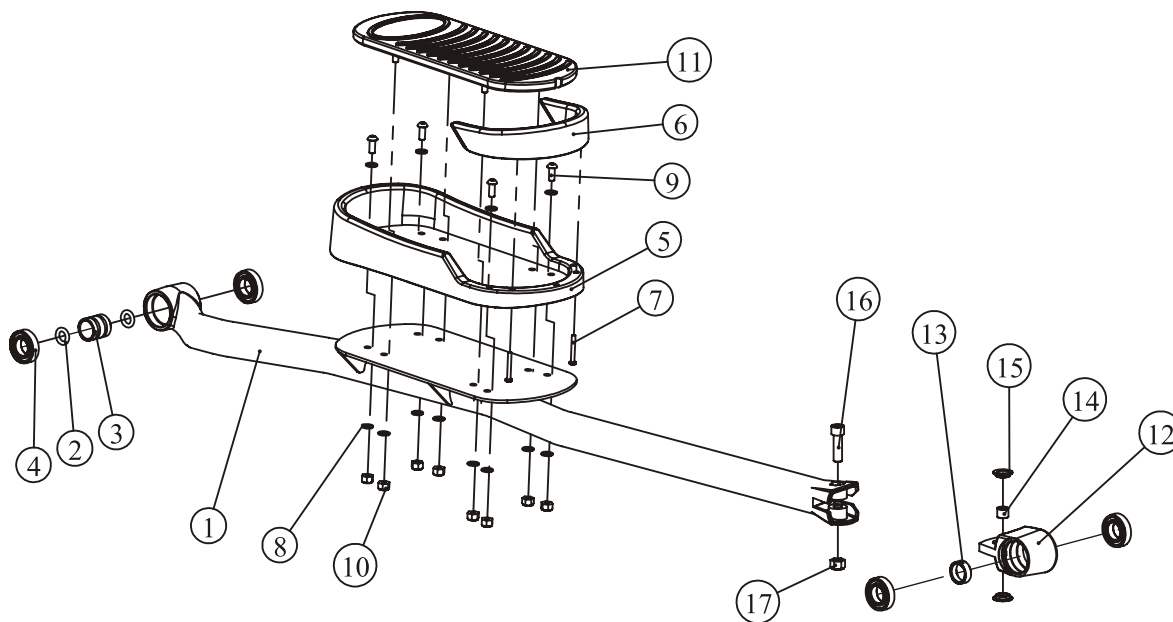
Cross Bracket ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.44.1	RE500C0900	Cross Bracket	1
2	1.44.2	EVOE20200	Disk Cover	1
3	1.44.3	GB955DS2	Washer $\Phi 5.3 * \Phi 10 * 1$	4
4	1.44.4	GB935DS12	Spring Washer $\Phi 5$	4
5	1.44.5	GB818M5*20DHS2	Screw M5*20	4

Exploded View and Parts List

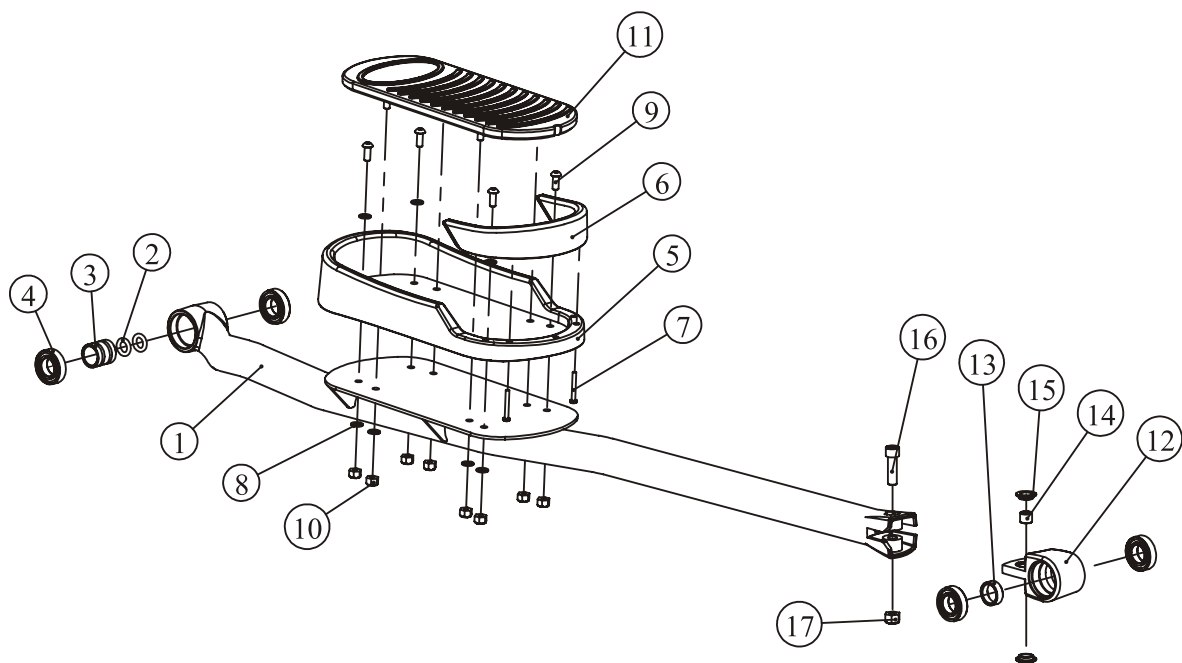
Left Pedal Bracket ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.50.1	RE3000300	Left Pedal Bracket	1
2	1.50.2	GB3452.125*5.3	Rubber Sealing Ring, $\Phi 25*5.3$	2
3	1.50.3	PE350D9700	Sleeve $\Phi 32*\Phi 26*34$	1
4	1.50.4	GB2766005-2RSC3TPI	Bearing 6005	4
5	1.50.5	RE7004200	Pedal	1
6	1.50.6	RE7004300PBC	Holder for Pedal	1
7	1.50.7	GB818M5*40DS2	Screw M5*40	2
8	1.50.8	GB958DS2	Washer $\Phi 9*\Phi 16*1.6$	12
9	1.50.9	PNLM8*20DS20	Button Head Bolt M8*20	4
10	1.50.10	NM8DS2	Nylon Insert Lock Nut M8	8
11	1.50.11	RE7005700	Pedal Forming	1
12	1.50.12	RE500C8100	Bearing Housing	1
13	1.50.13	RE500C8000	Sleeve, $\Phi 32*\Phi 26*11.3$	1
14	1.50.14	TBT1400	Bushing $\Phi 16*13$	1
15	1.50.15	TBT5500	Plastic Bushing	2
16	1.50.16	GB70M12*40DHS20	Socket Head Bolt M12*40	1
17	1.50.17	NM12DHS2	Nylon Insert Lock Nut M12	1

Exploded View and Parts List

Right Pedal Bracket ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.51.1	RE3000400	Right Pedal Bracket	1
2	1.51.2	GB3452.125*5.3	Rubber Sealing Ring, $\Phi 25*5.3$	2
3	1.51.3	PE350D9700	Sleeve $\Phi 32*\Phi 26*34$	1
4	1.51.4	GB2766005-2RSC3TPI	Bearing 6005	4
5	1.51.5	RE7004200	Pedal	1
6	1.51.6	RE7004300PBC	Holder for Pedal	1
7	1.51.7	GB818M5*40DS2	Screw M5*40	2
8	1.51.8	GB958DS2	Washer $\Phi 9*\Phi 16*1.6$	12
9	1.51.9	PNLM8*20DS20	Button Head Bolt M8*20	4
10	1.51.10	NM8DS2	Nylon Insert Lock Nut M8	8
11	1.51.11	RE7005700	Pedal Forming	1
12	1.51.12	RE500C8100	Bearing Housing	1
13	1.51.13	RE500C8000	Sleeve, $\Phi 32*\Phi 26*11.3$	1
14	1.51.14	TBT1400	Bushing $\Phi 16*13$	1
15	1.51.15	TBT5500	Plastic Bushing	2
16	1.51.16	GB70M12*40DHS20	Socket Head Bolt M12*40	1
17	1.51.17	NM12DHS2	Nylon Insert Lock Nut M12	1

Exploded View and Parts List

Main Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	1.1	EVOE20100	Main Frame	1
2	1.2	ECU7P3500	Nut,PA6	11
3	1.3	CG60007700	Foot	3
4	1.4	GB41M10DS2	Nut M10	4
5	1.5	PE3001700	Adjustbale Foot	2
6	1.6	RE3004800	Wheel	2
7	1.7	GB70M10*50DS20	Socket Head Bolt M10*50	2
8	1.8	RE7002600PBC	Plug 1	2
9	1.9	RE7002700PBC	Plug 2	2
10	1.10	L35000XHB-SMA-12	Lower Cable of Console	1
11	1.11	RE7005200	Square Nut	2
12	1.12	GB9510DS2	Washer $\Phi 11 * \Phi 20 * 2$	10
13	1.13	GB5781M10*15DS20NL	Hex Head Bolt M10*15	2
14	1.14	GB5781M10*40DS20	Hex Head Bolt M10*40	2
15	1.15	D75V1-1500ASSY	Brake ASSY	1
16	1.16	08-0077	Magnet Cord	1
17	1.17	GB126183.2*15N11	blind rivets	2
18	1.18	GB956DS2	Washer $\Phi 6.6 * \Phi 12 * 1.6$	4
19	1.19	GB936DS12	Spring Washer $\Phi 6$	4
20	1.20	GB70M6*15DS4	Socket Head Bolt M6*15	4
21	1.21	RE500C11ASSY	Tightener ASSY	1
22	1.22	RU7004800	Busing	3
23	1.23	GB935DS12	Spring Washer $\Phi 5$	3
24	1.24	GB70M5*20DS20	Socket Head Bolt M5*20	3
25	1.25	RE30005ASSY	Shaft ASSY	1
26	1.26	DXD510J8A	Poly-v Belt 510J8	1
27	1.27	GB70M10*80DHS20	Socket Head Bolt M10*80	4
28	1.28	NM10DS2	Nylon Insert Lock Nut M10	4
29	1.29	TBT0800	Tightening Nut	1

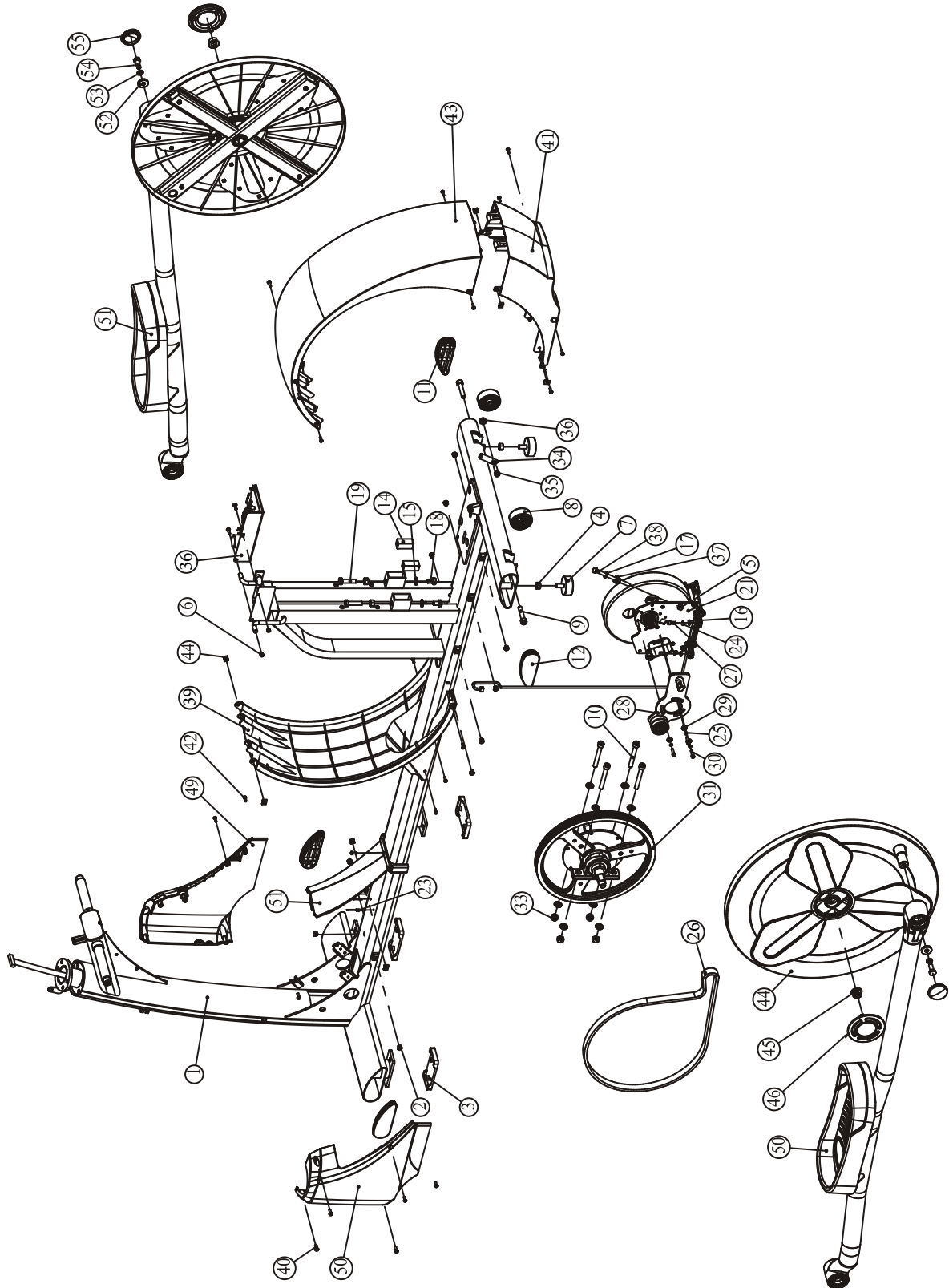
Exploded View and Parts List

Main Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
30	1.30	GB70M8*25DS20	Socket Head Bolt M8*25	1
31	1.31	NM8DS2	Nylon Insert Lock Nut M8	1
32	1.32	GB41M8DS2	Nut M8	1
33	1.33	U7B4000	insulation space	1
34	1.34	GB958DS2	Washer $\Phi 9 * \Phi 16 * 1.6$	1
35	1.35	GB5780M8*120*45DS20	Hex Head Bolt M8*120	1
36	1.36	C66	Controller	1
37	1.37	GB818M5*15DHS2	Screw M5*15	8
38	1.38	GB41M5DS2	Nut M5	2
39	1.39	RE7003600PBC	Mid Rear Cover 3	1
40	1.40	GB845ST4.2*16DHS	Screw ST4.2*16	19
41	1.41	RE7003500PBC	Mid Rear Cover 2	1
42	1.42	B306700	Screw Clip	8
43	1.43	RE7003400PBC	Mid Rear Cover 1	1
44	1.44	EVOE202ASSY	Cross Bracket ASSY	2
45	1.45	GB6187M14DY2	Flange Nut M14*1.5	2
46	1.46	EVOE22100	Little Disk Cover	2
47	1.47	RE7003900PBC	Right Front Bottom Cover	1
48	1.48	RE7003800PBC	Left Front Bottom Cover	1
49	1.49	RE3002400PBC	Bottom Cover	1
50	1.50	EVOE203ASSY	Left Pedal Bracket ASSY	1
51	1.51	EVOE204ASSY	Right Pedal Bracket ASSY	1
52	1.52	DQ10DHS2E	Washer $\Phi 28 * \Phi 10.5 * 5$	2
53	1.53	GB9310DS12	Spring Washer $\Phi 10$	2
54	1.54	GB5781M10*25DS20NL	Hex Head Bolt M10*25	2
55	1.55	RE7004100PBC	Plug	2

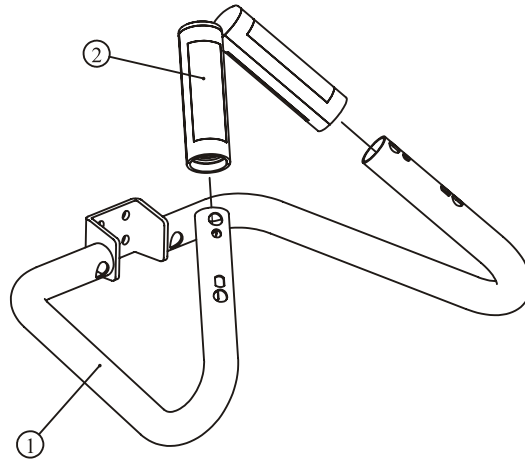
Exploded View and Parts List

Main Frame ASSY



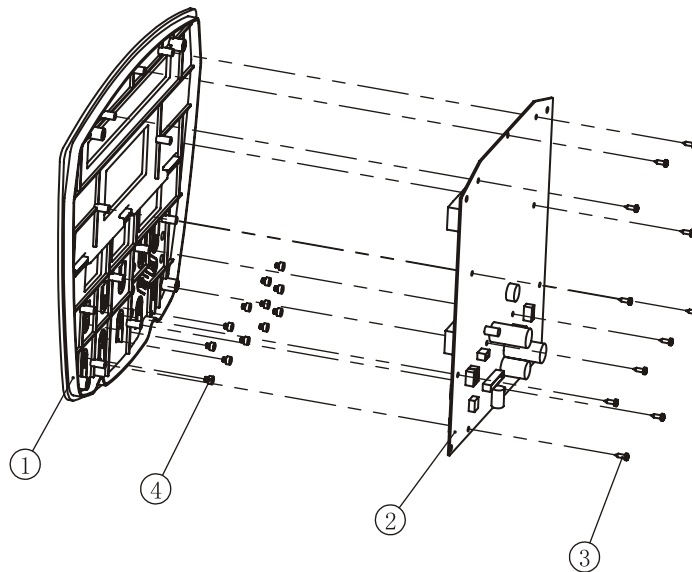
Exploded View and Parts List

Handle Bracket ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	2.5.1	RE500B0800	Handle Bracket	1
2	2.5.2	X05	Pulse Plate	2
3	2.5.3	L750ST0-SMA-4	Handle Pulse Cable	1

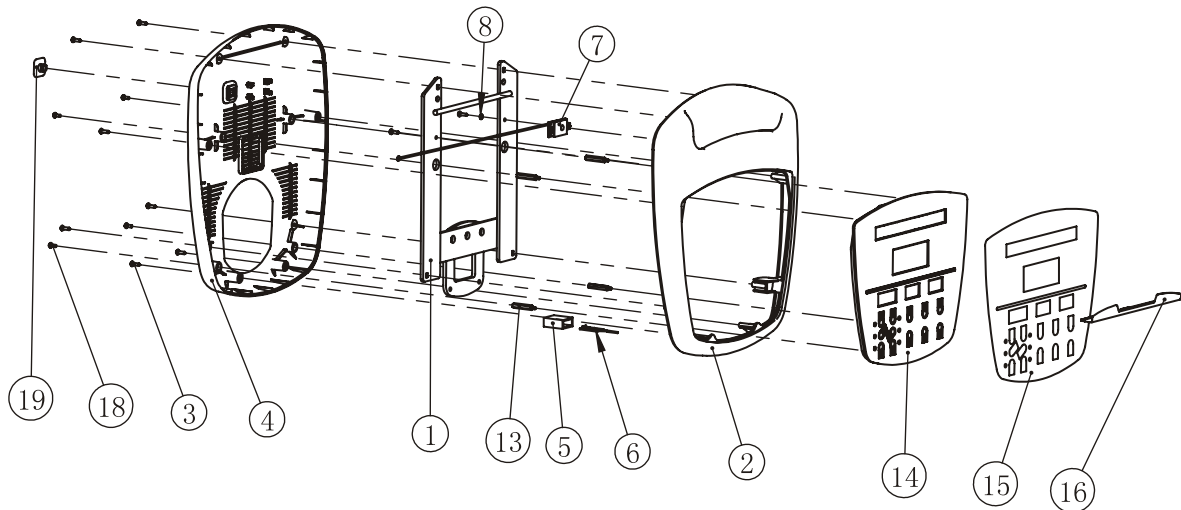
Circuit Board Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	2.9.14.1	EVOE2DZB03	Circuit Board Frame	1
2	2.9.14.2	B142-B	PCB:console	1
3	2.9.14.3	GB845ST2.9*9.5DS	Screw ST2.9*9.5	11

Exploded View and Parts List

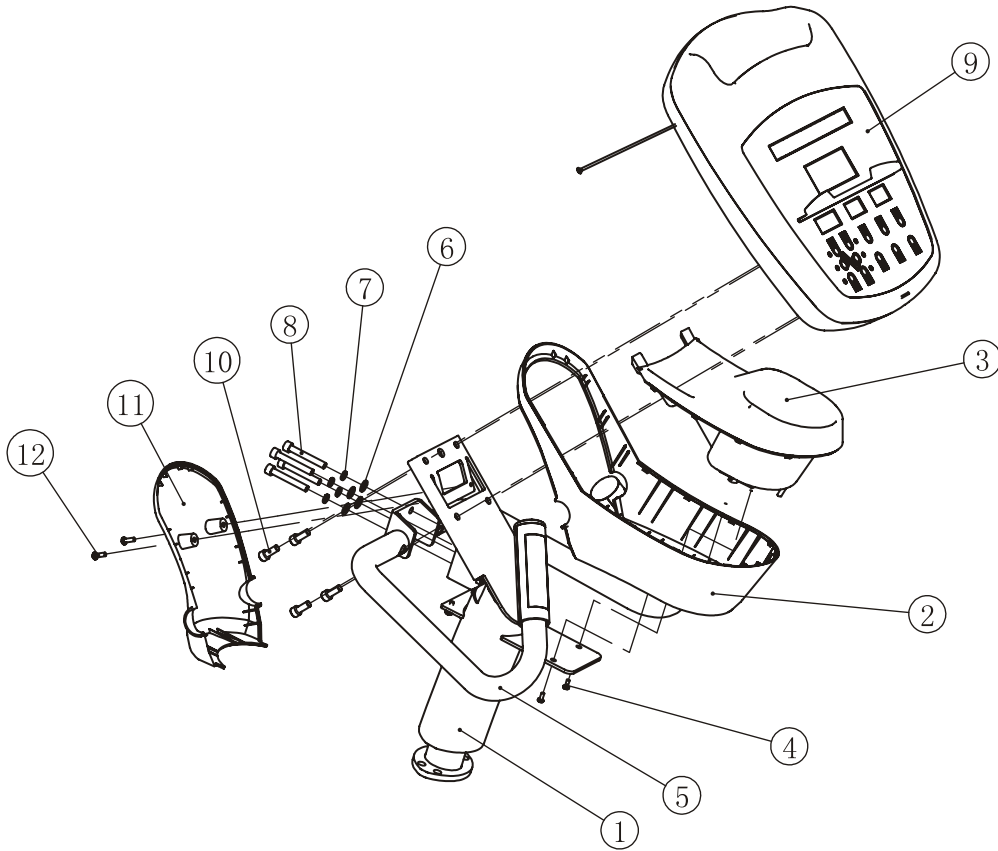
Console



Item No.	Grade No.	Part No.	Description	QTY
1	2.9.1	EVOE20500	Fixed Frame:Console	1
2	2.9.2	EVOE2DZB01	Upper shell:console	1
3	2.9.3	GB845ST4.2*16DHS	Screw ST4.2*16	10
4	2.9.4	EVOE2DZB02	Lower shell:console	1
5	2.9.5	RU5004400	Acceptor Cover	1
6	2.9.6	DQXTJS01	PCB:Heart Rate	1
7	2.9.7	DQSWXT01-S	PCB:Hand Pulse	1
8	2.9.8	GB862.24DS12	Washer Φ 4	1
9	2.9.9	L350XHB_XHB-3	Cable:Connecting Handle Pluse & Cons	
10	2.9.10	L800XHB_SMY-12A	Upper Cable:Console	1
11	2.9.11	08-0077	Magnet Ring	2
12	2.9.12	K1NF-55(N)	Magnet Ring	3
13	2.9.13	PR3003000	Support Pillar	4
14	2.9.14	EVOE2DZB03ASSY	Circuit Board Frame ASSY	1
15	2.9.15	EVOE2MM01	Mask:console	1
16	2.9.16	RU700DZB03PBC	Support frame: newspaper & magazin	
17	2.9.17	L350XHB-SMY-4	Handle Pulse Cable	1
18	2.9.18	GB818M4*10DHS2	Screw M4*10	4
19	2.9.19	ECU7DZB06	Plug,Console	1

Exploded View and Parts List

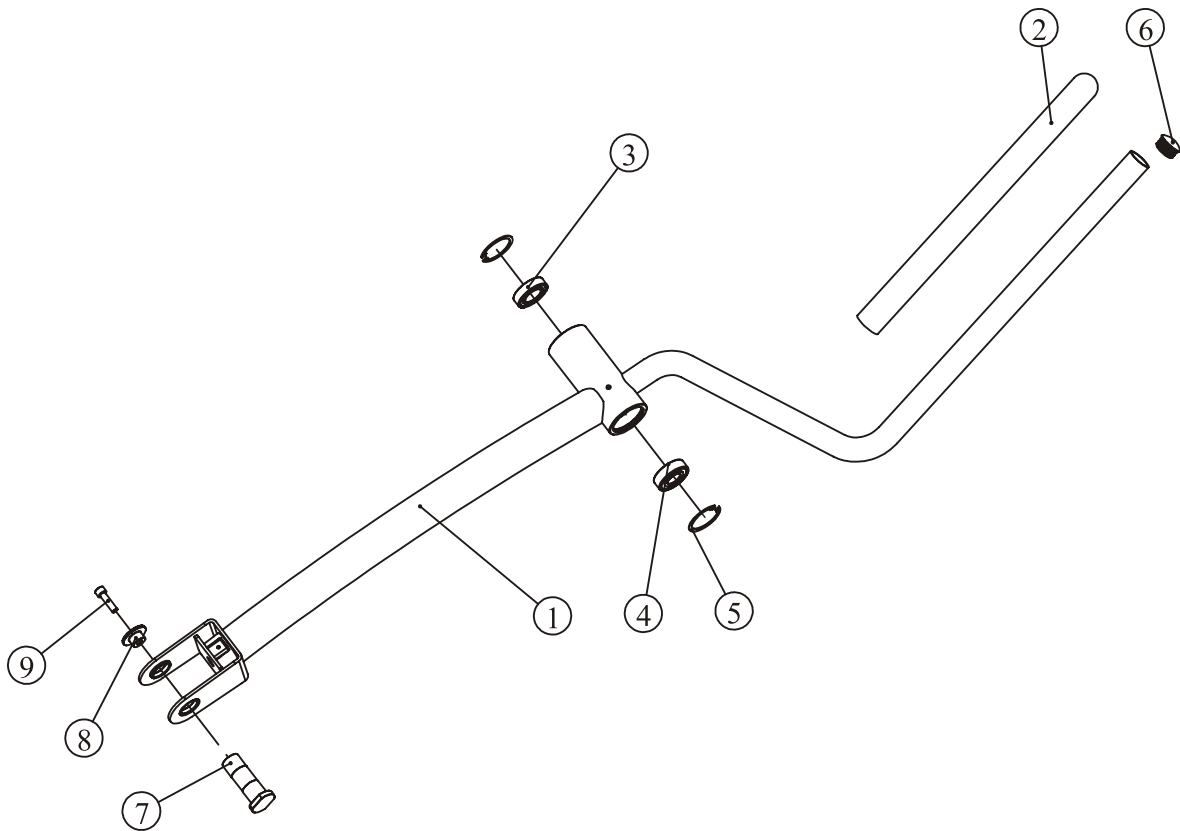
Console ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	2.1	RE900B0200	Upright Frame	1
2	2.2	RE3002600PBC	Water Bottle Holder Bracket	1
3	2.3	RE3002500PBC	Water Bottle Holder	1
4	2.4	GB818M4*10DHS2	Screw M4*10	2
5	2.5	EVOE206ASSY	Handle Bracket ASSY	1
6	2.6	GB958DS2	Washer $\Phi 9 * \Phi 16 * 1.6$	8
7	2.7	GB938DS12	Spring Washer $\Phi 8$	4
8	2.8	GB70M8*55DS20	Socket Head Bolt M8*55	4
9	2.9	EVOE2DZBASSY	Console	1
10	2.10	GB70M8*20DS20	Socket Head Bolt M8*20	4
11	2.11	RE3002700PBC	Cover for Water Bottle Holder	1
12	2.12	GB818M5*15DHS2	Screw M5*15	4

Exploded View and Parts List

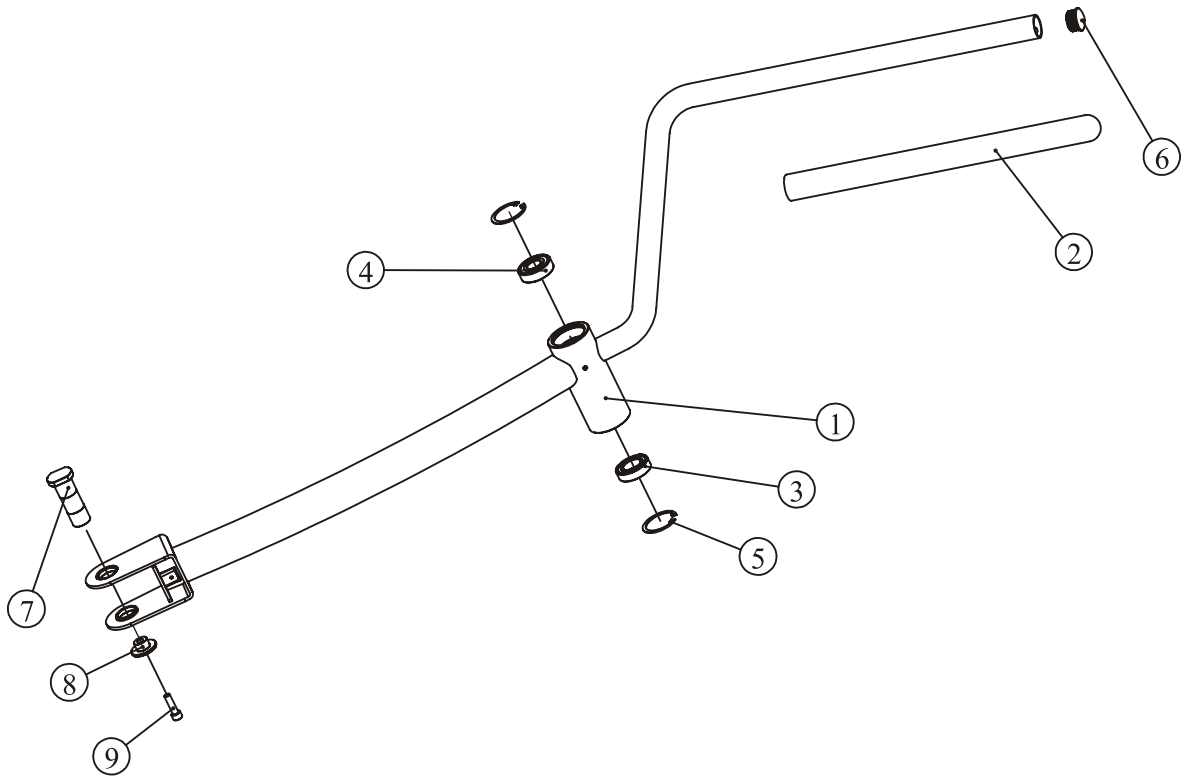
Left Handle Bracket ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	6.1	RE500C0600	Left Handle Bracket	1
2	6.2	HF49623100	Grip	1
3	6.3	GB2766005-2RSC3TPI	Bearing 6005	1
4	6.4	GB2766204-2RSC3TPI	Bearing 6204	1
5	6.5	GB893.147FH12	Internal Retaining Rings $\Phi 47$	2
6	6.6	V30906	Plug	1
7	6.7	PE350D9800	Shaft	1
8	6.8	PE350D9900	Bushing	1
9	6.9	GB70M8*30FH21NL	Socket Head Bolt M8*30	1

Exploded View and Parts List

Right Handle Bracket ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	7.1	RE500C0700	Right Handle Bracket	1
2	7.2	HF49623100	Grip	1
3	7.3	GB2766005-2RSC3TPI	Bearing 6005	1
4	7.4	GB2766204-2RSC3TPI	Bearing 6204	1
5	7.5	GB893.147FH12	Internal Retaining Rings $\Phi 47$	2
6	7.6	V30906	Plug	1
7	7.7	PE350D9800	Shaft	1
8	7.8	PE350D9900	Bushing	1
9	7.9	GB70M8*30FH21NL	Socket Head Bolt M8*30	1

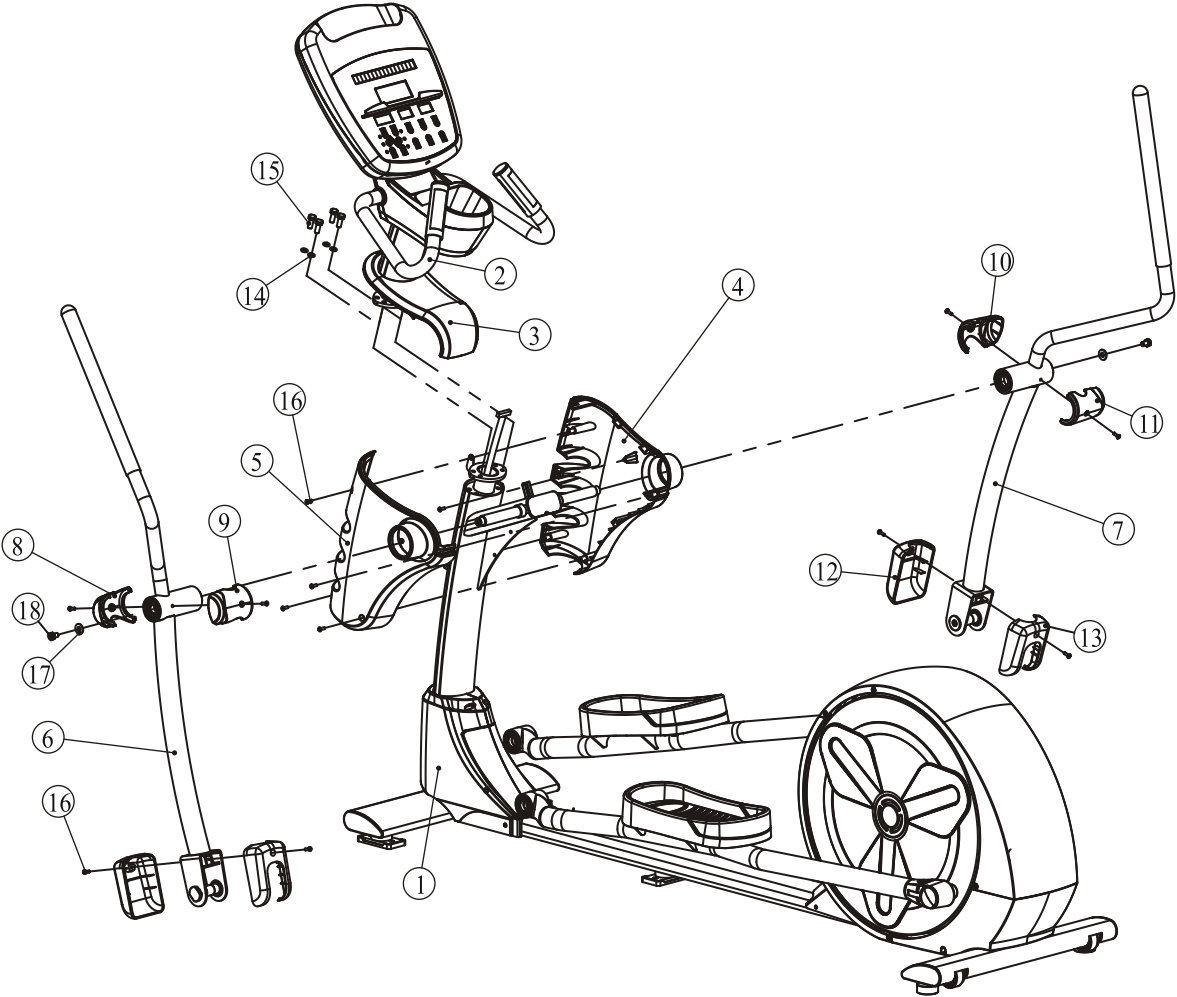
Exploded View and Parts List

Overall

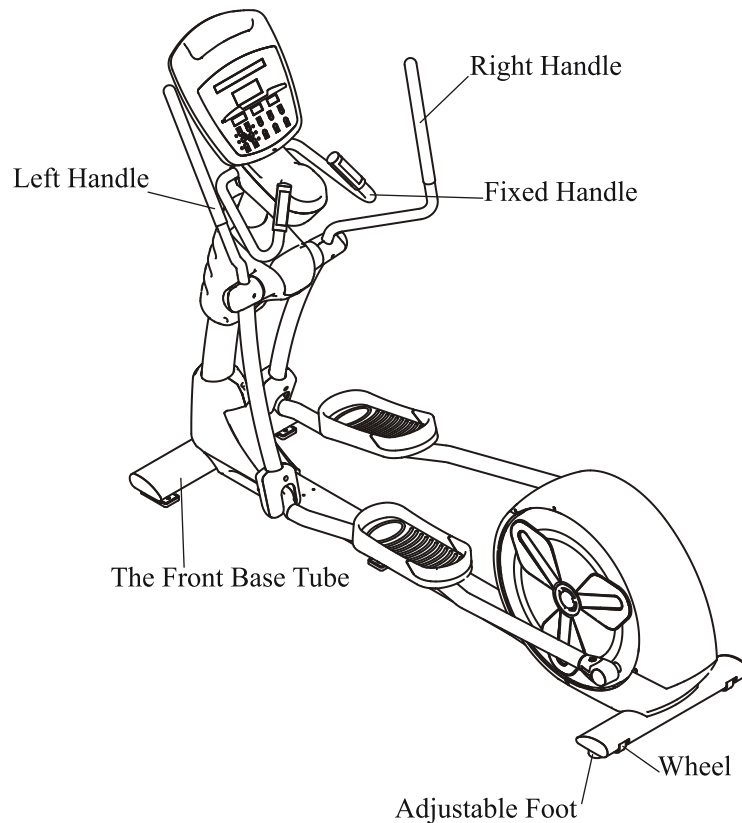
Item No.	Part No.	Description	QTY
1	EVOE201ASSY	Main Frame ASSY	1
2	EVOE205ASSY	Console ASSY	1
3	EVOE21700	Front Top Cover	1
4	EVOE21900	Right Top Cover	1
5	EVOE21800	Left Top Cover	1
6	RE500C06ASSY	Left Handle Bracket ASSY	1
7	RE500C07ASSY	Right Handle Bracket ASSY	1
8	RE3002000P375C	Left Rotating Cover1	1
9	RE3002100P375C	Left Rotating Cover2	1
10	RE3002200P375C	Right Rotating Cover1	1
11	RE3002300P375C	Right Rotating Cover2	1
12	RE3002800P375C	Front Cover	2
13	PE3502700P375C	Rear Cover	2
14	GB9310DS12	Spring Washer Φ 10	4
15	GB5781M10*25DS20	Hex Head Bolt M10*25	4
16	GB818M5*15DHS2	Screw M5*15	13
17	DQ10DS2B	Washer Φ 11* Φ 25*2	2
18	GB5781M10*15DS20NL	Hex Head Bolt M10*15	2

Exploded View and Parts List

Overall



Usage And Maintenance



Instruction

1. When moving the machine, you can grasp the front base tube, and pull it up. Then you can move it.
2. When using the machine, you must ensure it stand steadily on the grand. If it isn't steady, you must adjust the Adjustable Foot.
3. The machine has self-generating system (no power required).

Maintenance

1. Tighten the pedals every 3 months.
2. If the Bolts and Screws have the trend of losing, please lock them timely.

Console Panel Functions



Console Panel Functions

CONSOLE PANEL FUNCTION

1. DISTANCE WINDOW

Indicates Kilometers or Miles traveled, Range 0.01---999.

2. WATT WINDOW

Indicates user's current to make power (Watt).

3. CALORIES WINDOW

Indicates estimated calories used based on 70Kg person at the indicated speed, incline, and time.

4. HEART RATE WINDOW

Indicates user's current heart rate (BPM).



5. TIME WINDOW

Indicates elapsed time after pressing start in minutes and seconds (0-99minutes, 0-59seconds).



TIME

6. RESISTANCE WINDOW

Indicates workout in resistance L1—L20 in 1 increments.



RESISTANCE

7. RPM WINDOW

Indicates workout laps per minute on pedal.



RPM

8. DOT MATRIX

8.1 When console turns on, the LED screen scrolls "START PEDALLING OR SELECT PROGRAM TO BEGIN".

8.2 Indicates message when enter value.

8.3 Indicates workout curve in Program mode.



CONSOLE BUTTONS

1. QUICK START

This button is used to start the current program.



QUICK START

2. STOP

Press once, Resistance drop to 0, every other window remains un-changed.

Hold for 3 seconds, console resets.



STOP

Console Panel Functions

3. + and -

3.1 These buttons are used to adjust the degree of force of the machine during workout.

3.2 These buttons are also used to adjust the values when setting up your workout.

4. TARGET

This button is used to cycle through to the desired program (time countdown, calories countdown, distance countdown mode).

5. ENTER

Used for entering user info.

6. MANUAL ONE TOUCH

This button is used to select workout "manual mode".

7. FAT BURN ONE TOUCH

This button is used to select workout "fat burn mode".

8. RANDOM ONE TOUCH

This button is used to select workout "random mode".

9. CARDIO ONE TOUCH

This button is used to select workout "cardio mode".

10. HEART RATE ONE TOUCH

This button is used to select workout "heart rate mode".

11. ADVANCED ONE TOUCH

This button is used to select workout "advanced mode".



TARGET



ENTER



MANUAL



CARDIO



FATBURN



HEART RATE



RANDOM



ADVANCED

CONSOLE OPERATION

1. QUICK START

1.1 Start the pedal.

1.2 When console turns on, the LED screen scrolls "START PEDALLING OR SELECT PROGRAM TO BEGIN".

1.3 If press QUICK START button through Quick Start mode.

1.4 If press STOP button will stop the current program.

2. PROGRAM MODE

When console turns on, the LED screen scrolls "START PEDALLING OR SELECT PROGRAM TO BEGIN".

Console Panel Functions

2.1 If Manual is selected:

- 2.1.1 LED scrolls "MANUAL MODE: ENTER WEIGHT", LED displays "70".
- 2.1.2 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.1.3 Press ENTER to confirm.
- 2.1.4 LED scrolls "ENTER TIME", LED displays "20".
- 2.1.5 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.1.6 Press ENTER or QUICK START to confirm.
- 2.1.7 LED displays "START PEDALLING".

2.2 If Cardio is selected:

- 2.2.1 LED scrolls "CARDIO MODE: ENTER WEIGHT", LED displays "70".
- 2.2.2 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.2.3 Press ENTER to confirm.
- 2.2.4 LED scrolls "ENTER TIME", LED displays "20".
- 2.2.5 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.2.6 Press ENTER or QUICK START to confirm.
- 2.2.7 LED displays "START PEDALLING".

2.3 If Fatburn is selected:

- 2.3.1 LED scrolls "FATBURN MODE: ENTER WEIGHT", LED displays "70".
- 2.3.2 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.3.3 Press ENTER to confirm.
- 2.3.4 LED scrolls "ENTER TIME", LED displays "20".
- 2.3.5 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.3.6 Press ENTER or QUICK START to confirm.
- 2.3.7 LED displays "START PEDALLING".

2.4 If Heart Rate is selected:

LED scrolls HEART RATE TRAINING 1 = 65%HR, 2 = 75%HR, 3 = 85%HR, Uses resistance keys.

2.4.1 If 1 is selected

- 2.4.1.1 LED scrolls 65%HR: "ENTER WEIGHT", LED displays "70".
- 2.4.1.2 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.4.1.3 Press ENTER to confirm.



Console Panel Functions

2.4.1.4 LED scrolls "ENTER TIME", LED displays "20".

2.4.1.5 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.

2.4.1.6 Press ENTER to confirm.

2.4.1.7 LED scrolls "ENTER AGE", LED displays "40".

2.4.1.8 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.

2.4.1.9 Press ENTER or QUICK START to confirm.

2.4.1.10 LED displays "START PEDALLING".

2.4.2 If 2 is selected

2.4.2.1 LED scrolls 75%HR: ENTER WEIGHT.

2.4.2.2 Same as above.

2.4.3 If 3 is selected

2.4.3.1 LED scrolls 85%HR: ENTER WEIGHT.

2.4.3.2 Same as above.

2.5 If Random is selected:

2.5.1 LED scrolls "RANDOM MODE: ENTER WEIGHT", LED displays "70".

2.5.2 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.

2.5.3 Press ENTER to confirm.

2.5.4 LED scrolls "ENTER TIME", LED displays "20".

2.5.5 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.

2.5.6 Press ENTER or QUICK START to confirm.

2.5.7 LED displays "START PEDALLING".

2.6 If Advanced is selected:

LED scrolls "ADVANCED TRAINING 1 = EVENTS 2 = BURN CALORIES 3 = HILL", Uses resistance keys.

2.6.1 If 1 is selected, LED scrolls "1= 2KM WALK 2= 5KM WALK 3=CUSTOM DISTANCE".

2.6.1.1 If 1 is selected, LED displays "START PEDALLING".

2.6.1.2 If 2 is selected, LED displays "START PEDALLING".

2.6.1.3 If 3 is selected, LED scrolls "CUSTOM DISTANCE: ENTER DISTANCE", LED displays "2KM".

2.6.1.3.1 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.

2.6.1.3.2 Press ENTER or QUICK START to confirm.

2.6.1.3.3 LED displays "START PEDALLING".



Console Panel Functions

2.6.2 If 2 is selected, LED scrolls "BURN CALORIES MODE: ENTER MAX RESISTANCE".

2.6.2.1 LED displays "10".

2.6.2.2 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.6.2.3 Press ENTER OR QUICKSTART to confirm.

2.6.3 If 3 is selected, LED scrolls "HILL MODE: ENTER WEIGHT".

2.6.3.1 LED displays "70".

2.6.3.2 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.

2.6.3.3 Press ENTER to confirm.

2.6.3.4 LED scrolls "ENTER TIME", LED displays "20".

2.6.3.5 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.

2.6.3.6 Press ENTER or QUICK START to confirm.

2.6.3.7 LED displays "START PEDALLING".

2.7 If Target is selected:

LED scrolls TARGET TRAINING 1 = CALORIES TARGET 2 = DISTANCE TARGET 3 = TIME TARGET, Uses resistance keys.

2.7.1 If 1 is selected

2.7.1.1 LED scrolls CALORIES TARGET: ENTER CALORIES, LED displays "100".

2.7.1.2 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.

2.7.1.3 Press ENTER to confirm.

2.7.1.4 LED scrolls ENTER WEIGHT, LED displays "70".

2.7.1.5 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.

2.7.1.6 Press ENTER or QUICK START to confirm.

2.7.1.7 LED displays "START PEDALLING".

2.7.2 If 2 is selected

2.7.2.1 LED scrolls DISTANCE TARGET: ENTER DISTANCE, LED displays "5KM".

2.7.2.2 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.

2.7.2.3 Press ENTER or QUICK START to confirm.

2.7.2.4 LED displays "START PEDALLING".

Console Panel Functions

2.7.3 If 3 is selected

2.7.3.1 LED scrolls TIME TARGET: ENTER TIME, LED displays "30".

2.7.3.2 Uses Resistance adjustment keys: "+" or "-" to adjust the default value.

2.7.3.3 Press ENTER or QUICK START to confirm.

2.7.3.4 LED displays "START PEDALLING".

Troubleshooting Guide

Malfunction	Causations and Adjustment
1. Belt slips or is not on the centered on rear roller	a. Adjust the tension spring
	b. Regulate the tension board
	c. Replace the belt
	d. Call customer service
2. Noise	a. Check hybrid
	b. Check bolt and bearing
	c. Check driver
	d. Call customer service
3. The console no power	a. Check all cable if loose or deflection
	b. Replace the console PCB
	c. Replace the controller
	d. Replace hybrid
	e. Call customer service
4. Small resistance or without resistance	a. Check all belt if loose or deflection
	b. Check all cable if loose or deflection
	c. Replace the console PCB
	d. Replace the controller
	e. Replace hybrid
	f. Call customer service
5. Pedal become flexible	a. Tighten the pedal with spanner
	b. Replace the pedal
	c. Replace the crank
	d. Call customer service
6. No time delay on the console	a. Replace the console PCB
	b. Call customer service

Electrical Connection

