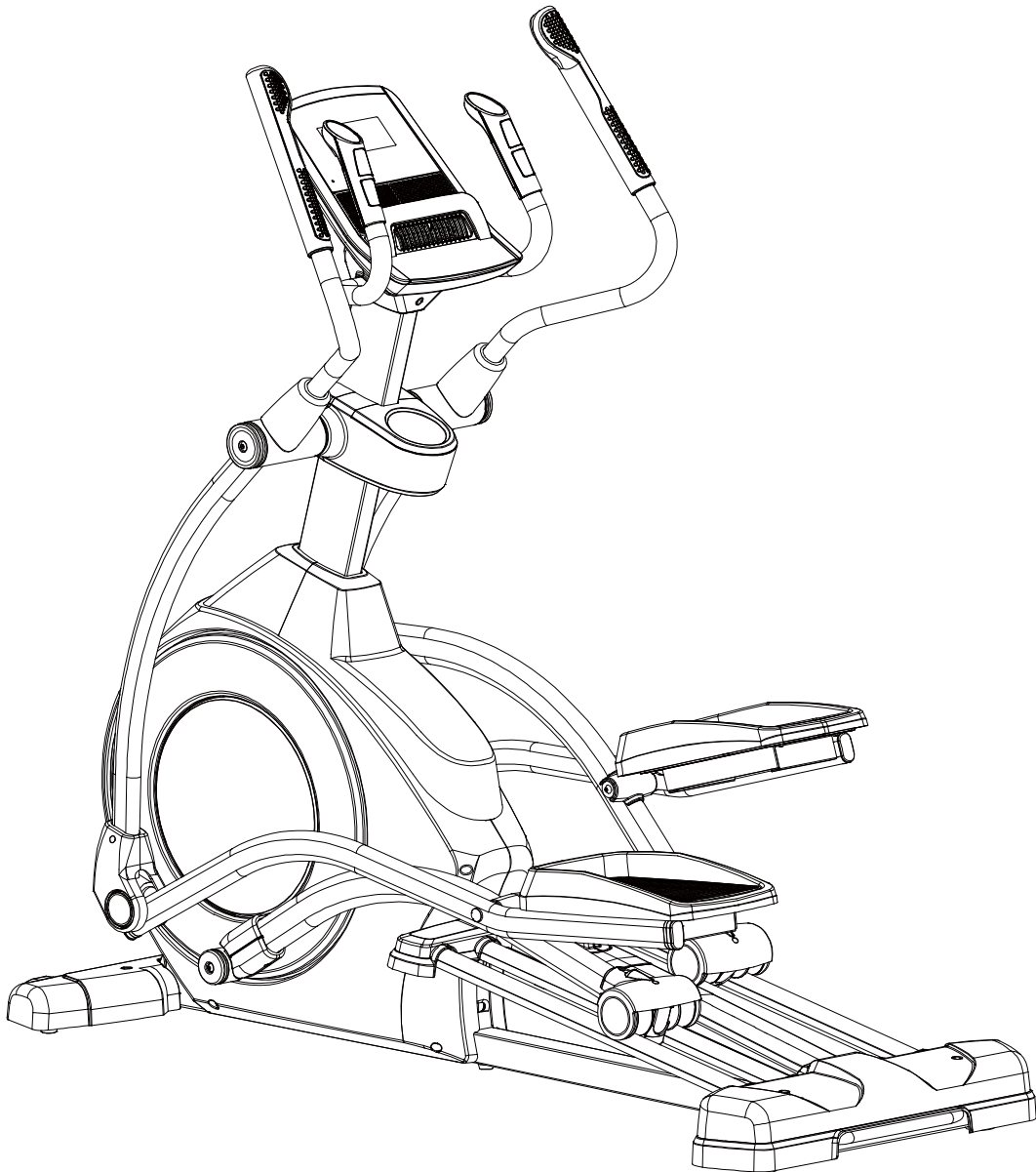


USER'S MANUAL

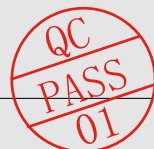


CERTIFICATE

Model : _____

Name : Elliptical

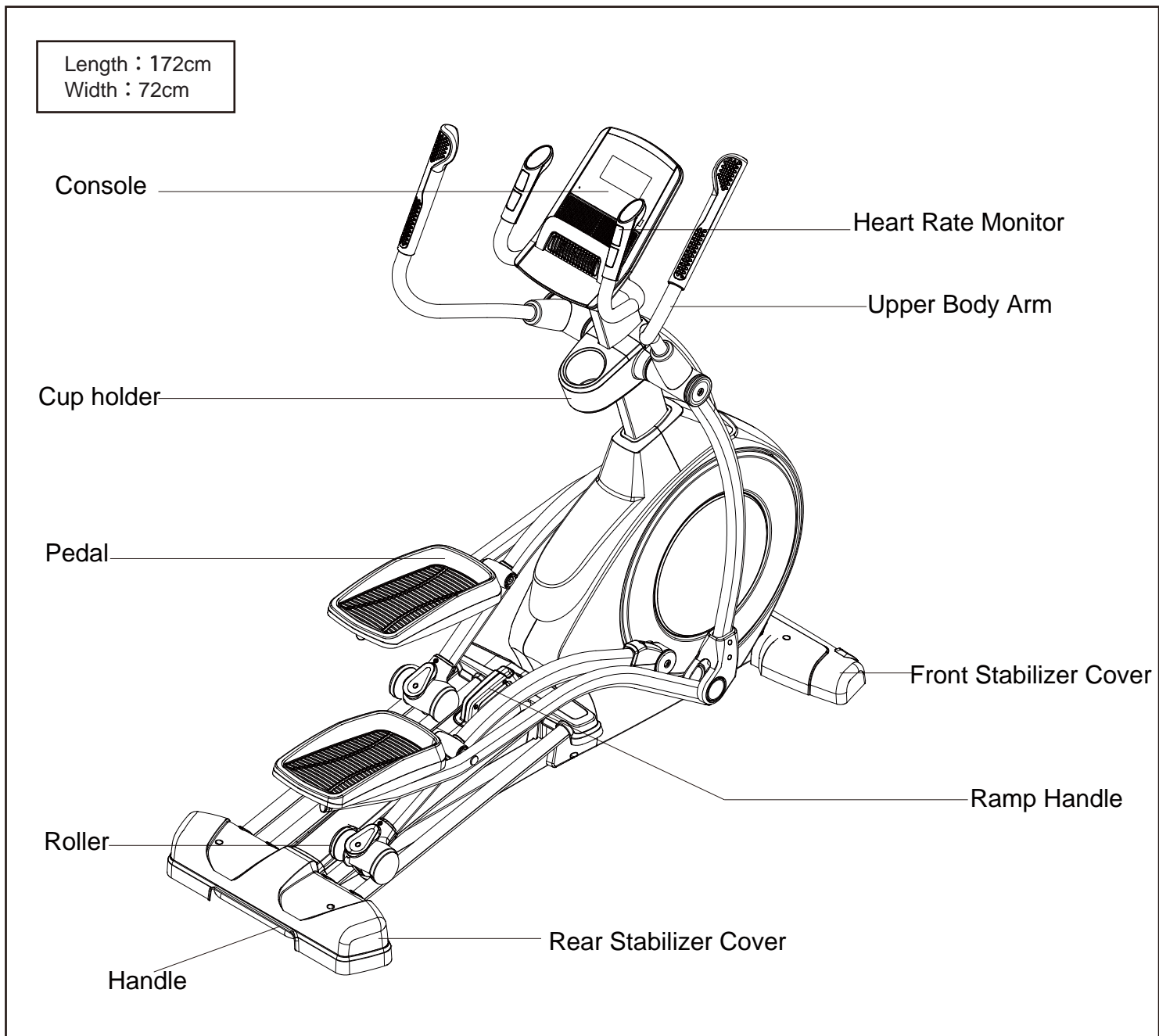
QC : _____



Shipment Date : _____

The user's manual's picture and structure is for reference only. Please be subject to the actual products.

Welcome to choose our fitness products, thank you for your trust. The purpose of creating a brand is to have a strong body for exercisers. We look forward to your suggestions, and our expertise and great efforts will provide you with better products and services. Every colleague of our company and every designer are looking forward for you feedback and suggestions about this series of products. We sincerely hope that you will enjoy doing exercises with our product.



Safety Guidelines

To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical.

- This product meets the relevant standards of fitness products for home uses only, and non-medical uses.
- This product is HB grade fitness equipment with an electrical RPM controller, so it cannot be used without being controlled by the system.
- Keep the elliptical indoors, away from high temperature, moisture, dust or near water.
- The advanced console offers 24 resistance level. If the pedals do not move for several minutes, the console will turn off.
- Please read this manual carefully before using.
- Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side.
- Incorrect exercise will get you hurt.
- The area around the elliptical cannot hinder the handlebars or the upper body arms or other mechanical parts during use of the product.
- Inspect and properly tighten all bolts and nuts each time the elliptical is used.
- Only the children whose intelligence and physical condition meet the standard can use the product under correct instruction.
- Do not use the elliptical as a toy or a game machine.
- The assembly, usage and exercise instruction will be provided when the components are ordered.
- It is the owner's responsibility to inform other users of the precautions to prevent danger.
- The product is designed for indoor use only, do not use it in an open area.
- Do not transport the product alone.
- If you want to disassemble the elliptical, please follow the assembly steps in this manual backward.
- Use the elliptical only as described in this manual.
- Never close your eyes when using the elliptical.
- The elliptical should not be used by persons weighing more than 330 lbs. (150 kg).
- **Keep children under age 13 and pets away from the elliptical at all times without adult supervision.**

ATTENTION

Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems. Read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

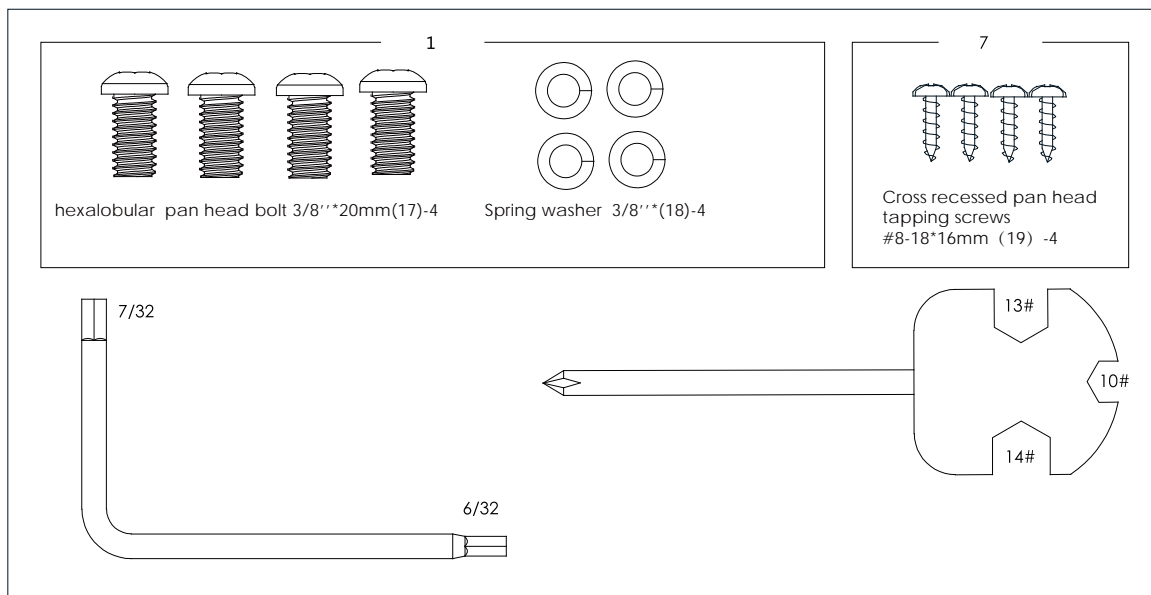
Packaging:

Environmentally friendly, recyclable materials.

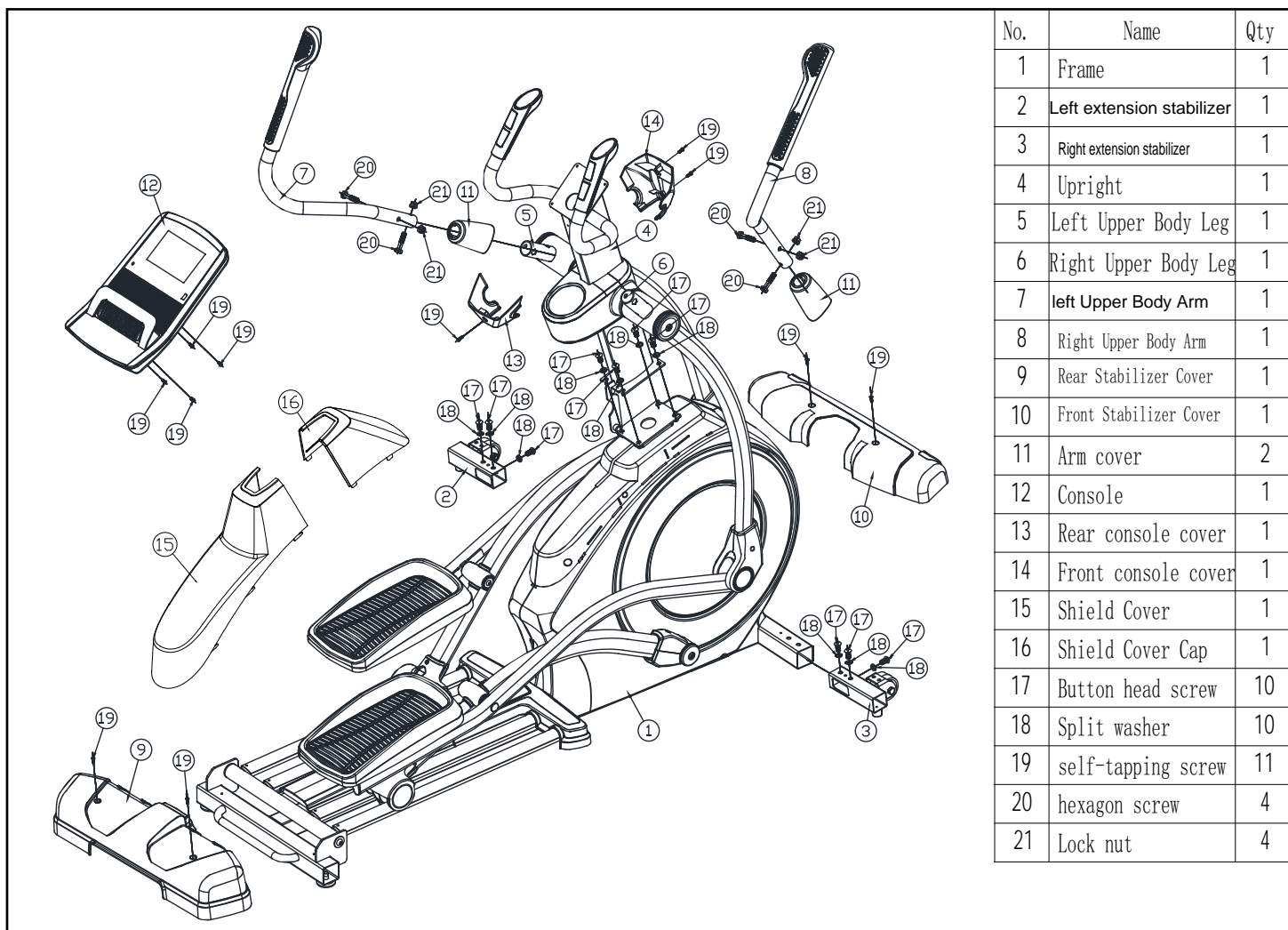
- Cardboard for outer main boxes
- Plastic foam and cardboard for inner packaging protection.
- PE bag
- PP packing belt.

PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly (screwdriver, bolt and nuts, ect.) , The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.



Before assembly, please refer to below drawing, so that you can assemble correctly according to the numbers indicated in the drawing.



Assembly:

For your convenience, some important parts has been pre-assembled. Before assembly, please read this manual. then follow the manual step by step to assemble the elliptical.

Please check everything in the packaged box.

(1) Take all the parts out of the box and remove the package bag, and place them on the floor in order one by one.

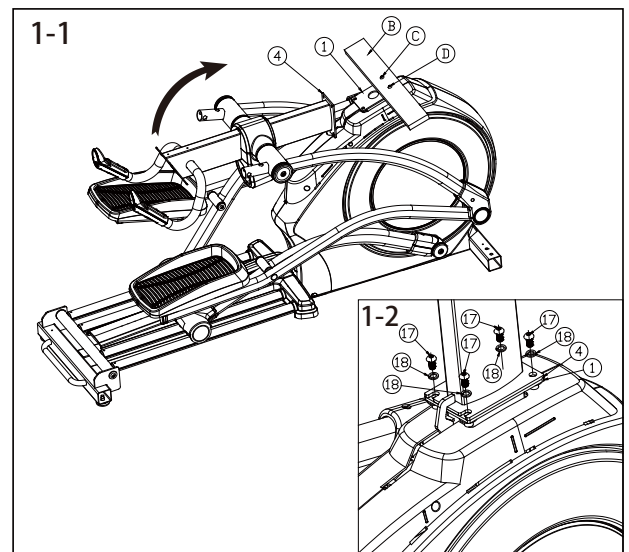
(2) Please make sure to leave enough clearance (1.5 meter at least) all around the product.

1 , Upright assembly(need two persons)

Remove the wood board(B) and two screws(C) which were pre-attached on the frame(1). Discard it.

As the drawing (1-1) shows, rotate the upright (4) forward as the direction of the arrow until the installation metal sheet on upright(4) near to the installation metal sheet on base frame.(Avoid pinching the wires in the upright tube)

As the drawing(1-2) shows, match the metal sheet holes on upright(4) to the metal sheet holes on the base frame(1), locking them by 4 pcs 3/8" *20mm hexalobular pan head bolt(17) with 3/8" spring washers(18) .

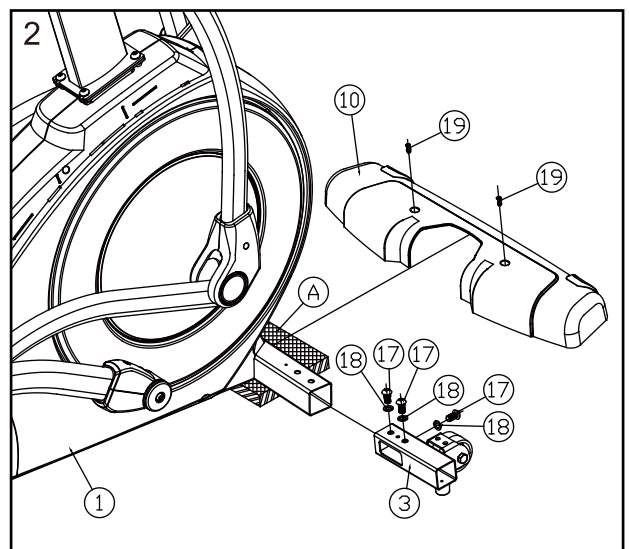


2.Assembly for Left and right extension stabilizer andFront Stabilizer Cover:

As drawing (2) shows, put the packing material (A) under the frame (1) to raise it higher 10-20mm. Remove the screws (17) ,washers (18) which were pre-assembled on extension stabilizer, and the screw (19) which was pre-assembled on frame (1). **Do not discard it.**

Slide the right extension stabilizer(3) onto the tube of the frame (1). Attache the right extension stabilizer with 3 3/8"x20mm screws and 3 split washers (18). Repeat these actions for the right extension stabilizer(2).

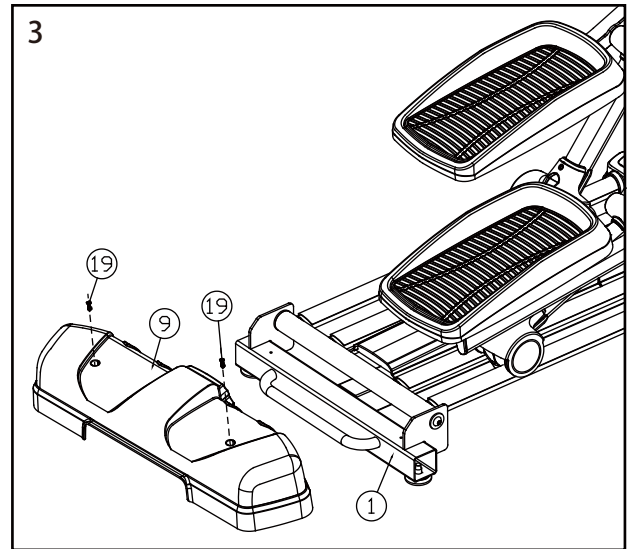
Then remove the packing materials (A) from under the front of the Frame (1).



Attach the Front Stabilizer Cover (10) to the tube of the frame (1) with 2 #8-18x16mm screws (19) as drawing shows.

3.Rear Stabilizer Cover :

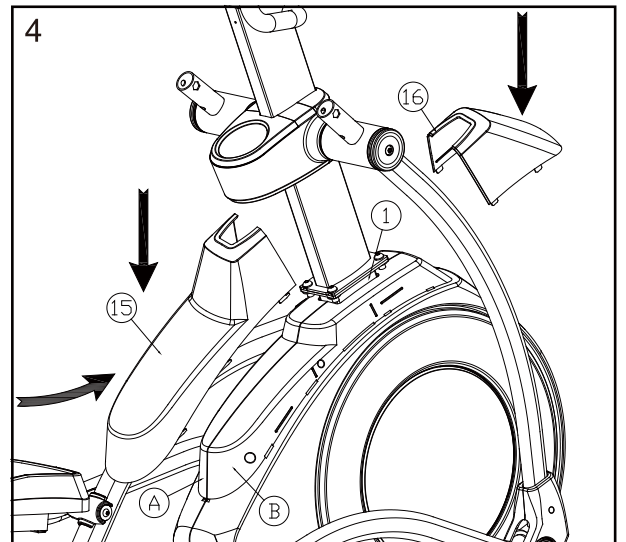
As drawing (3) shows, remove the screws (19) which were pre-assembled on rear tube of the frame (1). Do not discard it. Attache the rear stabilizer cover (9) to the rear tube of the frame (1) with the 2 removed screws (19).



4.Shield Cover、 Shield Cover Cap assembly :

Orient the Shield Cover Cap (16) and the Shield Cover (15) as drawing (4) shows. First, press the tabs on the Shield Cover Cap (16) into the Left and Right Shields (A,B). Press down the Shield Cover Cap (16) as indicated by the arrow.

Then, press the tabs on the Shield Cover (15) into the Left and Right Shields (A,B). Press down and push forward the Shield Cover as indicated by the arrow until it flushes with Shield Cover Cap (16).



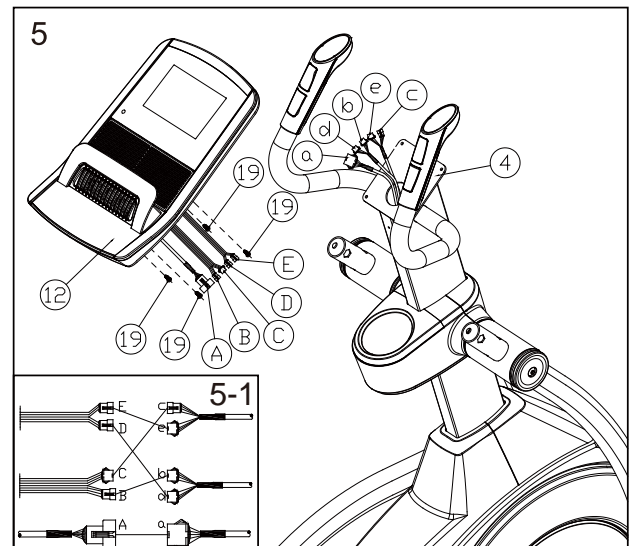
5.Console assembly :

While a second person holds the Console (12) near the Upright (4). As drawing (5) shows, connect the wires (A) and (a), connect the pulse sensor wires (B) and (b), (C) and (c), (D) and (d), and (E) and (e).

Attention: The connectors should slide together easily and snap into place. If they do not, turn one connector and try again.

Insert the connectors and excess wire into the Upright (4).

Tip: Avoid pinching the wires. Attach the Console (12) to the Upright (4) with four #8-18x16mm (19); start all of the Screws, and then tighten them.



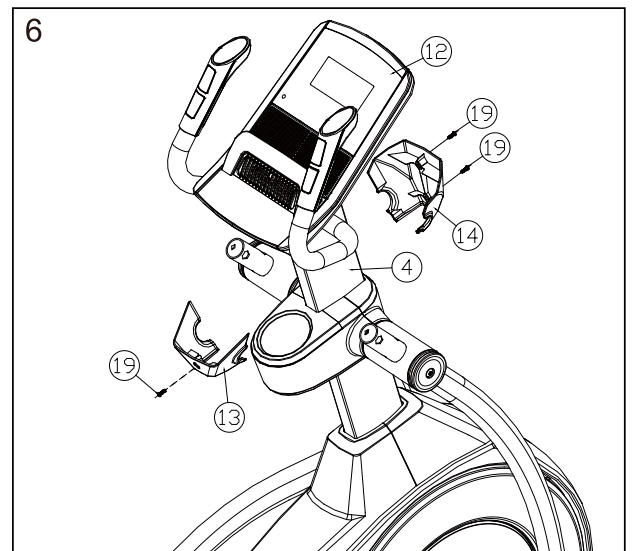
6. Rear console cover and Front console cover assembly:

Remove the 3 pre-assembled #8-18x16mm screws (19) from upright (4) as drawing (6) shown. Do not discard it.

Orient the Rear Console Cover (13) as shown. Attach the Rear Console Cover (13) to the Upright (4) with 1 #8-18x16mm screw (19).

Orient the Front Console Cover (14) as shown. Attach the Front Console Cover (14) to the Upright (4) with 2 #8-18x16mm screw (19).

(Note: both the front and rear console covers are facing the upright assembly (4) with their openings).



7. Left and Right Upper Body Arm assembly:

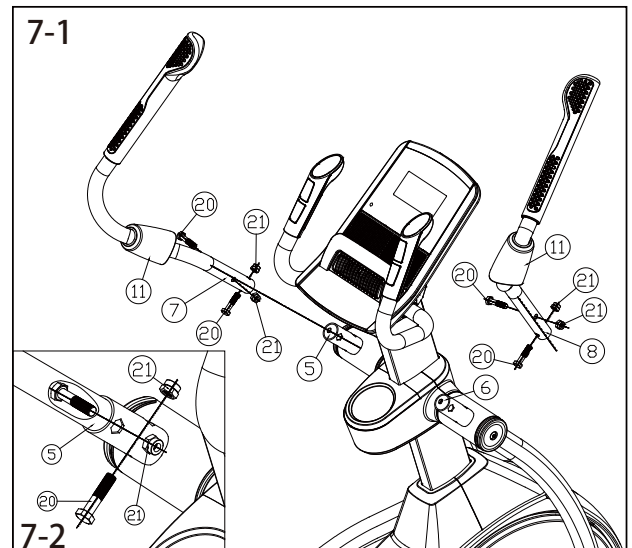
Remove the 4 3/8"x44mm screw(20) and 4 3/8"-16 lock nuts (21) from Left and Right Upper Body Arm (7),(8) as drawing (7-1) shown. Do not discard it.

Identify the Left upper Body Arm (7) and Right Upper Body Arm (8) as shown. There is L decal on Left Upper Body Arm (7) and R decal on Right Upper Body Arm(8).

Orient the Arm Cover (11) as shown and slid it onto Left and Right Body Arm (7), (8).

Slide the Left Upper Body Arm (7) onto the Left Upper Body Leg (5). Attach the Left Upper Body Arm (7) with two 3/8" x44mm screw(20) and two 3/8"-16 lock nuts(21). Make sure that the Locknuts are in the hexagonal holes as drawing (7-2) shown. Slip down the Arm Cover (11). The curve of the Arm Cover (11) is facing the round tube of the Left Upper Body Arm (7).

Repeat this step for the Right Upper Body(8).



How to use incline handle?

Introduction: incline adjustment is for choosing resistance level.

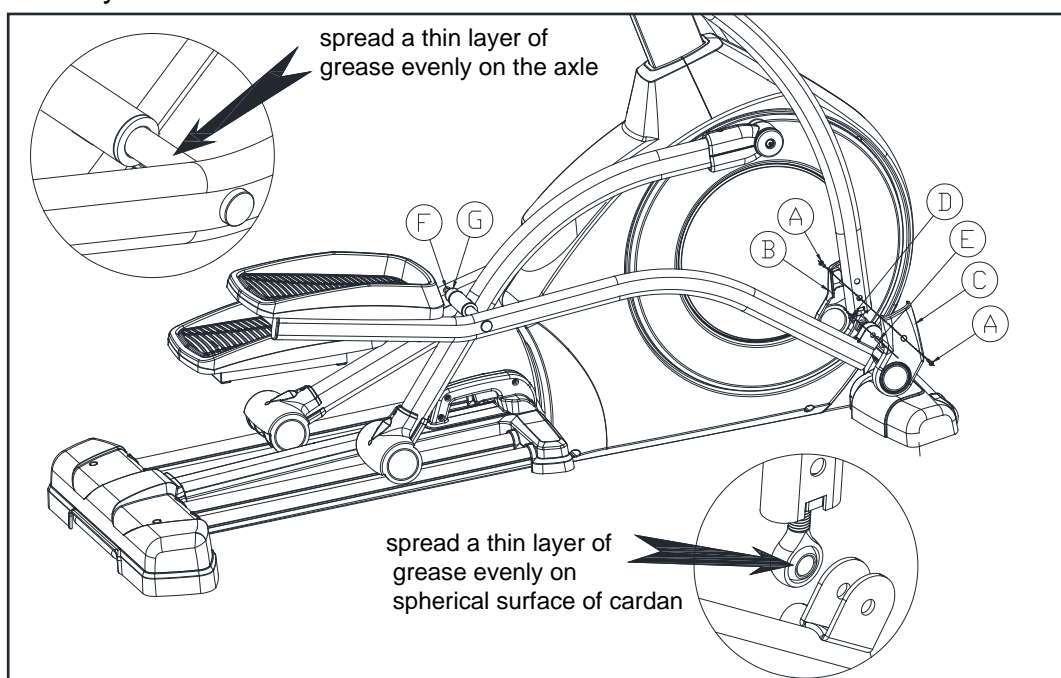
Method, as the following picture shows, stand at left side of equipment, using right hand to hold the handle bar, press the red key in the handle bar by your forefinger and middle finger. Pull up the handle till proper resistance level, then release forefinger and middle finger, you'll hear a crack sound. Attention: If you don't hear the crack sound, please pull up the handle higher or put it lower a little bit.



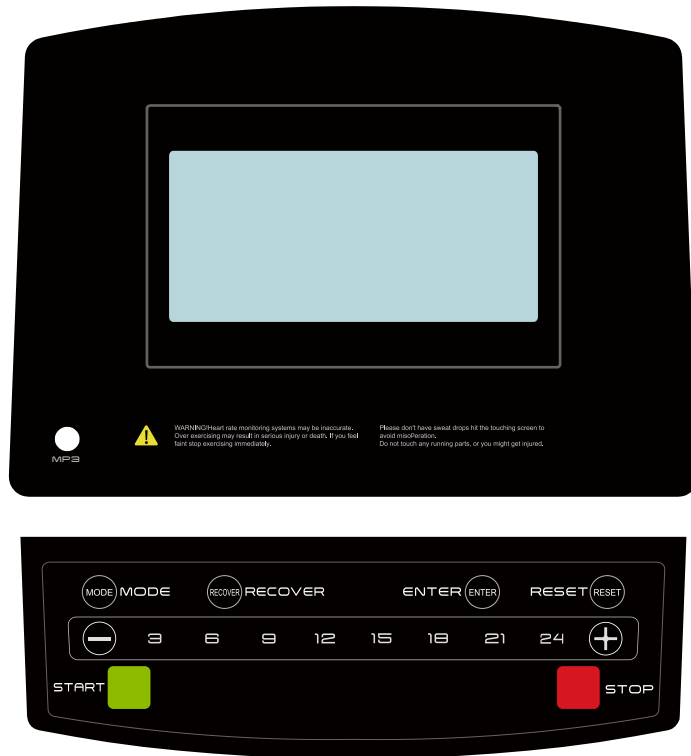
How to apply grease:

The grease needs to be applied to ramp, axle and cardan. After use the elliptical for long time, if the rollers squeak when moving on the Ramp, apply a small amount of the included grease to a paper towel. Next, spread a thin layer of grease evenly along the Ramp where the Rollers move. Then, wipe off any excess grease.

If the noise comes from the axle and cardan, remove the screw (A) and the two covers (B) and (C). Remove the bolt and nut (D), (E). Then remove the bolt and washer (F), (G). Do not discard these. Remove the pedal leg. Next, spread a thin layer of grease evenly on the axle and spherical surface of cardan as below drawing shows. After applying the grease, assemble the pedal leg with the bolt (F) and washer (G). Then assemble the cardan onto the U bracket with the bolt (D) and nut (E). Attach the two covers (B) and (C) with two screws (A). If necessary, apply the grease with the same way on other side.



Console function :
Display :



I. Button Summary

MODE : press this button to select MANUAL/PROGRAMS/WATT CONSTANT/PERSONAL /H.R.C

RECOVERY : this is the heart rate recovery button, for the console to test the user's physical status F1-F6 after 1 min count-down

ENTER : press this button to confirm after value set

RESET : press this button to reset each value

- Decrease : decrease each value (time/distance/calorie/heart rate)

3/6/9/12/15/18/21/24 Resistance short-cut key : press the key to reach corresponding resistance level during exercise

+Increase : increase each value (time/distance/calorie/heart rate)

START : press this button start the console

STOP : press this button stop the console

Hand-bar resistance short-cut key +/- : press hand-bar short-cut key +/- to increase /decrease resistance.

II. Operation Summary

1. The console enter the power-on mode when plugged to power supply: the buzzer beep for 1 second, and the screen full-display for for 2 seconds at the same time, then display bluetooth address, 1 second later enter the U0 mode window.

2. User setting

●Set user: Power on (or press RESET for 2 seconds) full display→display U0 after full display, press +/- to select from U0~U4,and press ENTER to confirm, then could set sex, age, height and weight, press ENTER to confirm.

●Set sex: Press +/- to select sex  , then press ENTER to confirm

●Set age: Press +/- to select age 10-25-99, then press ENTER to confirm

●Set height: Press +/- to select height 100-160-200cm, then press ENTER to confirm

●Set weight: Press +/- to select weight 20-50-150kg, then press ENTER to confirm

3. Select function (MANUAL,PROGRAM,FITNESS,WATT,PERSONAL,HRC)

Enter function selection window after user setting, press +/- or MODE to select function, then press ENTER to confirm. Again press +/- to set all the function value (TIME、DIST、CAL、PULSE), and then press START to start exercise, during which could press +/- and hand-bar +/- to adjust resistance.

If select Manual function, and press ENTER to confirm, then press +/- to set value. When set all function value (TIME、DIST、CAL、PULSE), press START to start exercise, during which could press +/- and hand-bar resistance +/- to adjust resistance.

If select PROGRAM function, and press ENTER to confirm, then press +/- to set value.

When set all function value (TIME、DIST、CAL、PULSE), press START to start exercise, during which could press +/- and hand-bar resistance +/- to adjust resistance.

If select FITNESS function, and press ENTER to confirm, other setting not able to set, and press START to start exercise, during which resistance is not able to adjust.

If select other function (WATT,PERSONAL,HRC), same as Manual/PROGRAM as above.

☰ : Description of display

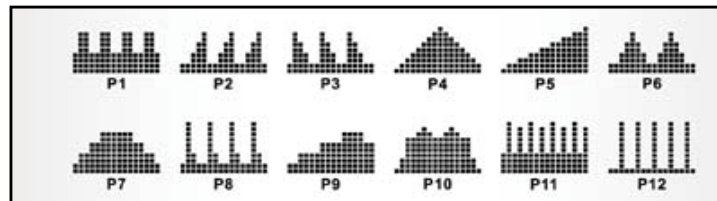
1	TIME	0:00~99:59m s m s	0:00~99:00 ±1 min cycle	Yes	Yes	1. Count upwards in cycle when no setting. 2. When set count down to 0 and system stop (STOP blink in 1HZ), TIME value blink
2	SPEED	0:00~99:59KMH (MLH)	No	No	Yes	At START status: 1. Display 3s after there is speed sensor signal input. 2. Value reset to 0 4s after no speed sensor signal input.
3	RPM	0~15~999	No	No	Yes	At START status: 1. Display 3s after there is speed sensor signal input. 2. Value reset to 0 4s after no speed sensor signal input.
4	WATT	0~999	No	No	Yes	At START status: 1. Display 3s after there is speed sensor signal input. 2. Value reset to 0 4s after no speed sensor signal input.
5	DISTANCE	0.00~99.99 KM(ML)	0.00~99.50 ±0.5 cycle	Yes	Yes	1. Count upwards in cycle when no setting. 2. When set count down to 0 and system stop (STOP blink in 1HZ), DISTANCE value blink
6	CALORIES	0~999 CAL	0~990 ±10 cycles	Yes	Yes	1. Count upwards in cycle when no setting. 2. When set count down to 0 and system stop (STOP blink in 1HZ), CALORIES value blink
7	TEMPERATURE	0~60℃	No	Yes	Yes	When the console sleeps, it show temperature.
8	SEX			Yes	No	1. When in setting mode, "BOY" blink in 1 Hz, select GIRL OR BOY.
9	AGE	10-25-99	±1	Yes	No	1. When in setting mode, "AGE" blink in 1 Hz, press matrix to display the preset value of 25.
10	HEIGHT	100-160-200 (CM)	±1	Yes	No	1. When in setting mode, "H.T" blink in 1 Hz, press matrix to display the preset value of 160CM. 2. Set the exerciser's height for FAT% calculation.
11	WEIGHT	20-50-150 (KG)	±1	Yes	No	1. When in setting mode, "W.T" blink in 1 Hz, press matrix to display the preset value of 50KG. 2. Set the exerciser's weight for FAT% calculation.
12	PULSE	P, 30~240	0→30~240	Yes	Yes	How to calculate formula D
13	MANUAL		1~24 LEVEL (±1LEVEL)	Yes	No	1. When setting, press the matrix, and the first column blink. 2. After setting, press the matrix and the first column light on. 3. Then press the matrix to manually adjust, and the motor rotate according to the height in the matrix.
14	INCLINE	0-10	±1	No	Yes	When exercise could press the button to adjust value.

IV. Function summary

1. Could pre-set user U1-U4 personal information (sex/age/height/weight) User input the real information (sex/age/height/weight) for the console's basis for other function calculation.
2. Could select MANUAL/PROGRAMS/FITNESS/WATT CONSTANT/PERSONAL/H.R.C User could select different control mode to exercise, please refer to the specification for each major control mode below.

MANUAL – enter this mode to set 1~24 resistance level in the matrix, and user could directly set each exercise value TIME/DISTANCE/CALORIES/PULSE, then press “START/STOP” to start/stop.

PROGRAM)- console provides 12 different resistance graph to simulate 12 different mountain resistance situation, to let the user challenge him/herself. Use +/- to select the proper mountain resistance graph, and the selected graph would blink, press ENTER to confirm.



FITNESS)- Select “FITNESS”, and ENTER to confirm, and time set to 12 min, resistance 6, and could press START to start. When time count-down to 0, the console display the corresponding level F1-F5 based on the exercise.

WATT CONSTANT-User could set the watt value according to his/her physical status from 10~350. After set the watt value, press START/STOP. Use fixed watt value as a training method.

User press +/- to set watt value after enter the WATT mode, then press ENTER to confirm. When exercise, console would operate according to the set WATT value, and during exercise could press +/- to adjust WATT value (different WATT corresponds to different resistance, adjusting WATT is same as adjusting resistance, and this function uses the fixed WATT value to change resistance).

PERSONAL PROGRAM- User U1~U4 could create their own resistance program by set the resistance at each time interval. The 4 resistance program could be saved in the console for the user's repeated use. User enter PERSONAL mode, press +/- to create resistance program based on personal requirement, after creation press ENTER to confirm. When user exercise, console would operate according to the created program.

HEART RATE CONTROL)- this function is to use user's heart rate to control resistance, and in general there are 4 status based on exercise purposes:

i.55% -- diet effect program

ii.75% -- healthy effect program

iii.90% -- exercise effect program

Target heart rate —self train heart rate value

3. Could preset TIME/DISTANCE/CALORIES/WATTS/HEART RATE

Set and input user's function value as above, and the function value could count down to 0; when reach 0 the buzzer beeps for 8 times, then function value return to set value, or the user do not need to preset, and the console would increase each function value from 0 to the limit value after start exercise.

4. Heart rate recovery

When PULSE detection is on, press HRC to start heart rate recovery function, and the detection time count down from 1:00 to 0, and the heart sign keeps blinking until reaches 0. Please hold your hand firmly onto the sensor during the 1 min detection, keep the heart sign blinking, and when time goes back to 0, the console would determine the user's heart rate and return F1~F6 level.

Heart rate recovery F1~F6 level explanation chart

Heart rate recovery level	User heart rate recovery condition	Heart rate detection difference(before and after test)
F1	Excellent	50
F2	Very good	40-49
F3	Normal	30-39
F4	Not bad	20-29
F5	Need to exercise more	10-19
F6	Not adequate exercise	<10

V. Auto Start and Off

When user start or press any button, the console would auto start. If user does exercise or does not use the console for 4 min, the console would auto power off and enter sleep mode to display temperature.

VI. Other function summary

1.MP3 function

Connect the audio device to console via audio cable to play music.

2.error message

Error code	Code description	Checking method	Trouble shooting method
ERR1	RECOVERYcheck the operating error during user handling	RECOVERY check if user grasp the hand grip or wear wireless chest strap	Quit RECOVERY to check interface, both hand grasp hand grip, or wear wireless chest press again.
ERR4	There's broken in 8 PIN control cable for Motor holder	Check if there's broken or damage or connection well for 8PIN control wire between Console and motor holder	1. Switch on Console to check if the error is removed; 2. Replace Console to check the error is removed; 3. If there's still an error happen, replace 8 PIN upper control wire to check if the error is removed; 4. If there's still an error, replace 8PIN lower control wire of motor holder to check if the error is removed.

Note :

1. Please plug to AC rectifier before use.
2. Need to avoid the console from humidity.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

1. Toe Touch Stretch

Stand with your knees bent 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. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. 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. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

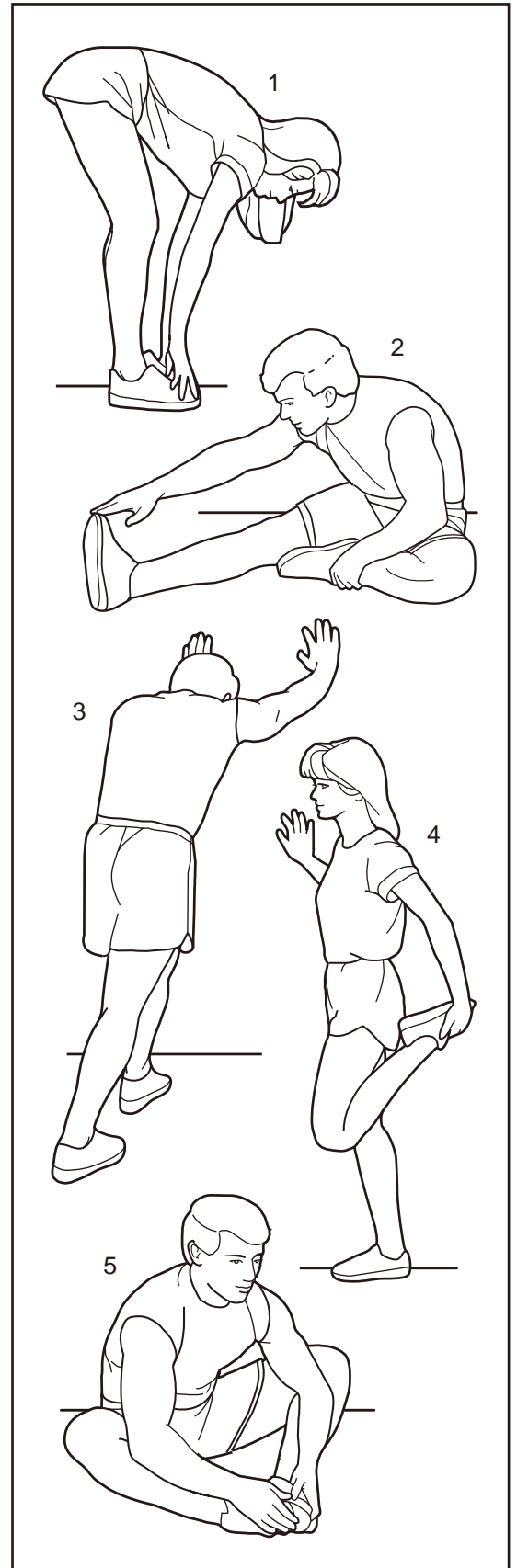
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. 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. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

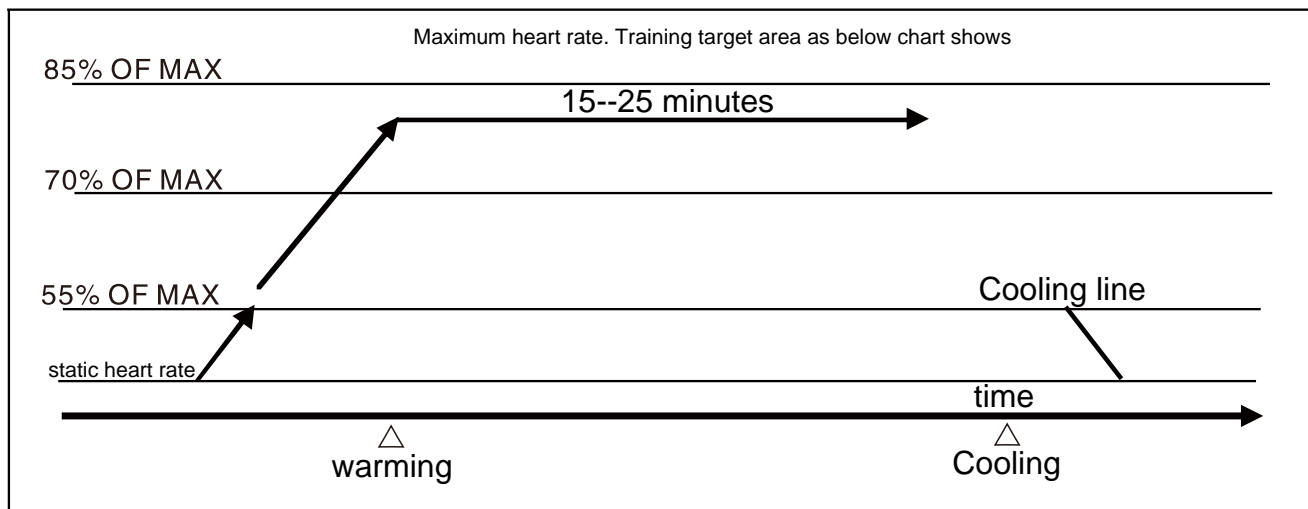
Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



How to improve the effect of exercise

As with muscle exercise, aerobic exercise also requires more blood flow and a higher heart rate, which improves cardiovascular function. Use your pulse reading as your heart rate. If your pulse reading is under the maximum exercising target level, it will be safe and effective, between 87% and 72% of the maximum heart rate is called training target area. The exercising target should be progressively improved through training programs. At least 3-4 times a week for 15-20 minutes.

Warning: please do not try to do exercise exceeding the target heart rate. You have to do it step by step. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35-40 or persons with pre-existing health problems. Please keep in mind to have several minutes to warm up and cool down (as the following drawing B).



Drawing B

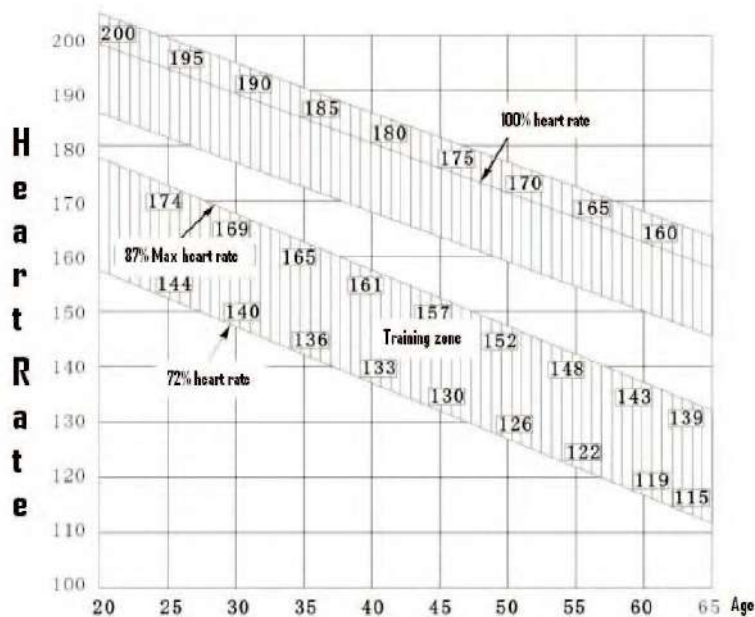
MAINTENANCE AND TROUBLESHOOTING

1. Regular check if all bolts, nuts and knobs are tightened, pivot parts are freely and if there are any worn parts. It is important for optimal performance and to reduce wear.
2. Replace any worn parts immediately.
3. To clean the elliptical, use a damp cloth and a small amount of mild soap. Never use acid, alkaline and organic solution to clean elliptical.

Troubleshooting

Trouble	Cause	Elimination methods	Remark
Wobbling frame	1. The floor is not flat, or sundries under frame. 2. The leveling foot was not adjusted to the same height.	1. Clean the sundries 2. Adjust the leveling foot on the front and rear stabilizer.	User
Unstable handlebar	Screw are not tightened	Tighten the bolt.	User
Rotating parts noise	Gap issue between the parts	Adjust side shields	Service center
The rotary powerless.	1. Distance between magnet and flywheel is bigger. 2. The trimmer is damaged.	1. remove the side shields and adjust it. 2. replace it. 3. Remove the side shields and adjust it.	Service center

Heart rate management



Heart Rate Target Chart

Please see the chart above and find out your age section and then find out your heart rate target section. For example: for the people aged 40, 72% of the maximum heart rate level is 133 heart beats/minute; 87% level is 161 heart beats/minute.

The heart rate target must be maintained in this best section

- (1) If heart rate is low, increase the intensity of your exercise.
- (2) If heart rate is high, decrease the intensity of your exercise.
- (3) If heart rate is still a long way from the target, and fell hard, you should shorten the exercise time.
- (4) If heart rate cannot back to normal within 5-10min, if it's not an accident, you should decrease the intensity of your exercise.

Notice: The above heart rate management is for reference only. Please consult your physician for specific data and methods!!

(5) How to extend exercise time

1. For the correct aerobics exercise. You must maintain your heart rate in the training section for at least 12 minutes.
2. If exercise time is over 60min, the effect will be reduced and the risk of serious injury will be increased.
3. If you want to intensify the exercising, you are suggested to extend for at least 12 minutes every week. If you feel you can extend the exercising time, the extended time should not exceed 10% every week.
4. Do not impatient to increase exercise intensity, otherwise you will feel tired after doing the exercise.

(6) Check your health conditions and progress.

You can check your exercise intensity and progress by checking heart rate. The time that your heart rate recover to normal level, In the one minute of reduce speed, your heart rate will be lower, in the next few minutes the heart rate will be fully recovered.

(7) Check your exercise effect.

1. Measure the heart rate when the exercise is finished.
2. Start to reduce the speed and cooling down.
3. Record the heart rate after 60 seconds.
4. The time of heart rate fully recovered.
5. Check exercise intensity every few weeks.

warranty card

Product information	Model number:		Product name:	
user profile	User name:	Phone number:		postalcode:
	Company/Organization:			
	Home address(or work address):			
Dealer fill in	Dealer name:			Phone number:
	Purchase Address:			postalcode:
	Sales date:			Date of installation debugging:

mai nte- nan- ce rec ord	Date of delivery for repair	Overhaul	Overhaul result	maintainer	date of inspection and receipt	User signature

mark the correct product attribute with “ ✓ ” ,without validity if altered

product attribute	Home use	commercial

maintenance period:

The product is qualified for inspection, it provided free service for home use products and commercial products within 12 months from the date of purchase

Maintenance service description:

1. This product provides free maintenance services during the warranty period.
2. Please keep the maintenance card and related purchase certificate properly. In the need for maintenance, if unable to provide valid vouchers, the company refused to assume free maintenance obligations.
3. Please follow the instructions for installation and use. Company is not responsible (or provide free maintenance) for damage or accident caused by misinstallation or improper use.
4. If product is damaged as a consequence of an irresistible cause, and if it needs to be repaired, the customer will be responsible for a charge for repair and parts according to uniformly established charging standards of company.
5. If product is damaged due to customer disassemble and assemble by himself (or by person who is not certified maintainer by company) , and if it needs to be repaired, the customer will be responsible for a charge for repair and parts according to uniformly established charging standards of company.

Handling instructions

1. Ensure that the power cord of the product has been pulled out;
2. When moving, please pay attention to the sliding of the seat to avoid the hand injury caused by sliding.
3. Because the machine is heavy, it is suggested to operate by two or more persons.
4. The product is recommended to be placed in a room temperature and dry place, not in a place where balcony lamps are prone to sunshine and rain for a long time.

Saintenance Guide

Cleaning

The spinning bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the bike after each use.

Please inspect all assembly bolts and pedals on the machine for proper tightness every week.



After-sales service and limited warranty.

If you need after-sales service, such as maintenance, consultation and complaint, please contact the authorized dealer.

To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the serial number decal or outer box)
- the name of the product (see the serial number decal or outer box)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this

