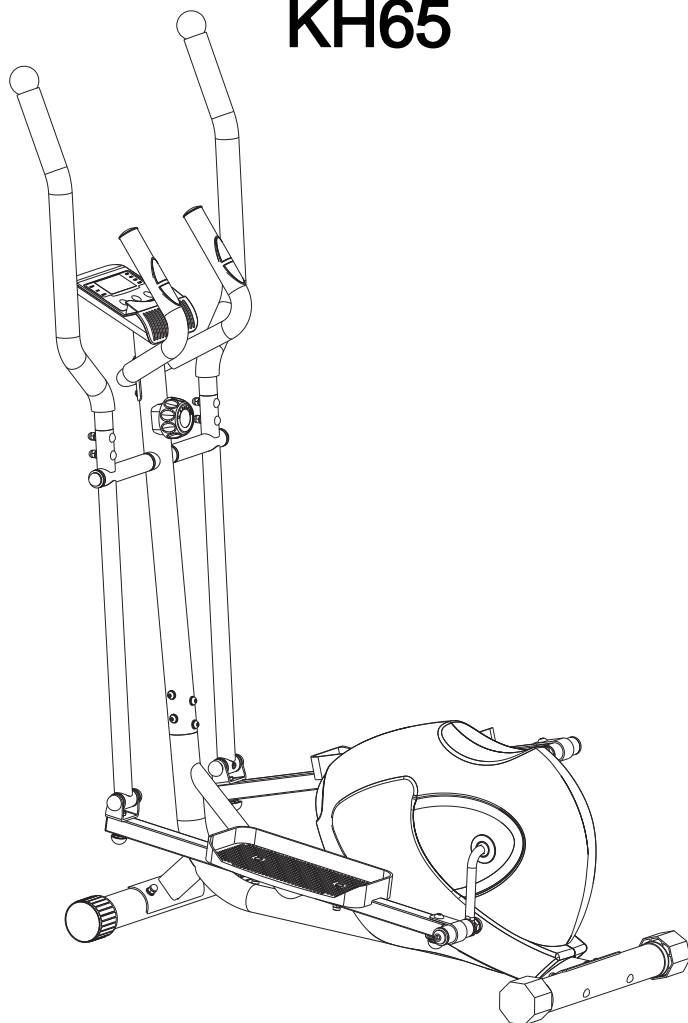


VIVA FITNESS

USER'S MANUAL

Elliptical Bike

KH65



Catalogue

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Feature introduction

The elliptical machine you've purchased is a kind of household aerobic fitness equipment, which can carry out combined training of upper and lower limbs, especially exercise muscles in various parts of lower limbs, and improve cardiopulmonary and brain balance function. Aerobic exercise can enhance the endurance of heart and lung circulation, blood circulation, burn fat effectively, and make bodybuilders feel happy physically and mentally, achieving the purpose of keeping fit, keeping slim and prolonging life.

The electronic watch is able to synchronously display the relevant parameters in your exercise, such as speed, time, calories and other data. Please read the instructions of the electronic watch carefully.

The design and manufacture of this machine fully comply with the National Safety Standard GB17498-2008, and the use safety and durability are guaranteed. Ergonomic trajectory design can achieve ideal fitness results. This machine has beautiful appearance, convenient operation, small floor space and smooth functions, and is an ideal fitness and sports equipment for modern families.

Points for attention

1. Before use, you must read these operating instructions carefully and operate in strict accordance with the provisions.
2. Dress: Wear breathable sweat-absorbent sportswear and shoes and socks when using this machine.
3. Check whether each part is in good condition and installed firmly before use. Make sure the ground is flat and the base is stable. For safety, the floor where you exercise should have a flat carpet or covering.
4. Before doing various exercises, please consult your doctor to determine a suitable amount of exercise, which is especially important for people over 35 years old or with medical history. In order to achieve the ideal exercise effect, besides determining the appropriate amount of exercise, it is also very important to keep exercising every day.
5. Before exercise, warm-up exercises in all parts of the body are necessary to avoid muscle strain. After the exercise, take a gentle stretching exercise for about 5 minutes, and gradually calm down from the exercise state.
6. During exercise, fingers are not allowed to approach the rotating hinge of the instrument. Children and pets, in particular, are not allowed to approach its moving instruments. This design is for adults only, not for children.
7. Be very careful when stepping on or off the pedal. Hand the handle when going on the machine, so that the foot board on the machine side is at the lowest position. First step on the pedal on one side of the machine, and then step on the pedal on the other side across the machine. When exercising, you can walk the movable handle, and make the pedal pass the dead center position with force, and then coordinate hands and feet regularly to make the machine run. When getting off the machine, you can also stand firm on the lowest side of the pedal, first step down the other side foot, and then down the lowest side foot.
8. No exercise time: before and within half an hour after meals.
9. If you feel dizzy, chest pain or other discomfort during exercise, stop exercising immediately and relax until you return to normal.
11. Our company is not responsible for any harm to your health caused by incorrect operation or operation beyond the functions of the equipment.
12. The weight of human body carried by this machine does not exceed 100Kg.
13. The local braking system is non-speed-related.
14. The free movement space of this equipment should be larger than 100 (width) × 120 (length) × 200 (height) cm.

- 15. This machine is not suitable for medical use.
- 16. Children should be supervised to ensure that they don't play with instruments.
- 17. This appliance is not intended for people with weak physical ability, slow response or mental disorder (including children), unless it is used safely with the guidance or help of the person responsible for their safety.

Schematic diagram of installing standard parts and tools

For your assembly, we are going to provide you with the following illustrations of standard parts. According to the illustrations, you can easily find the parts you need for installation.



(13)Nut capS=17
8pcs



(20) Nut capS=13
2pcs



(21)Nut cap S=19
2pcs



(16) Arc Spacer
2pcs



(43)Wave Washer
4pcs



(53)D-washer
2pcs



(59) Hexagon head bolt
M8*20 2pcs



(61) Hexagon head bolt
M8*45 4pcs



(55) Square Neck Screw
M8X45 4pcs



(54) Square Neck Screw
M8X75 4pcs



(67)Locknut M8
4pcs



(66)Locknut M10
6pcs



(52) Arc washerΦ8
16pcs



(71) flat washerΦ8
4pcs



(75) Spring washer Φ8
18pcs



(77) Spring washer Φ12
2pcs



(72) Large flat
washerΦ8 2pcs



(56) Half-Roundhead
Hex bolt M8X20 8pcs



(65)Cap nut M8
8pcs



(78) Wrench S=5
1pcs

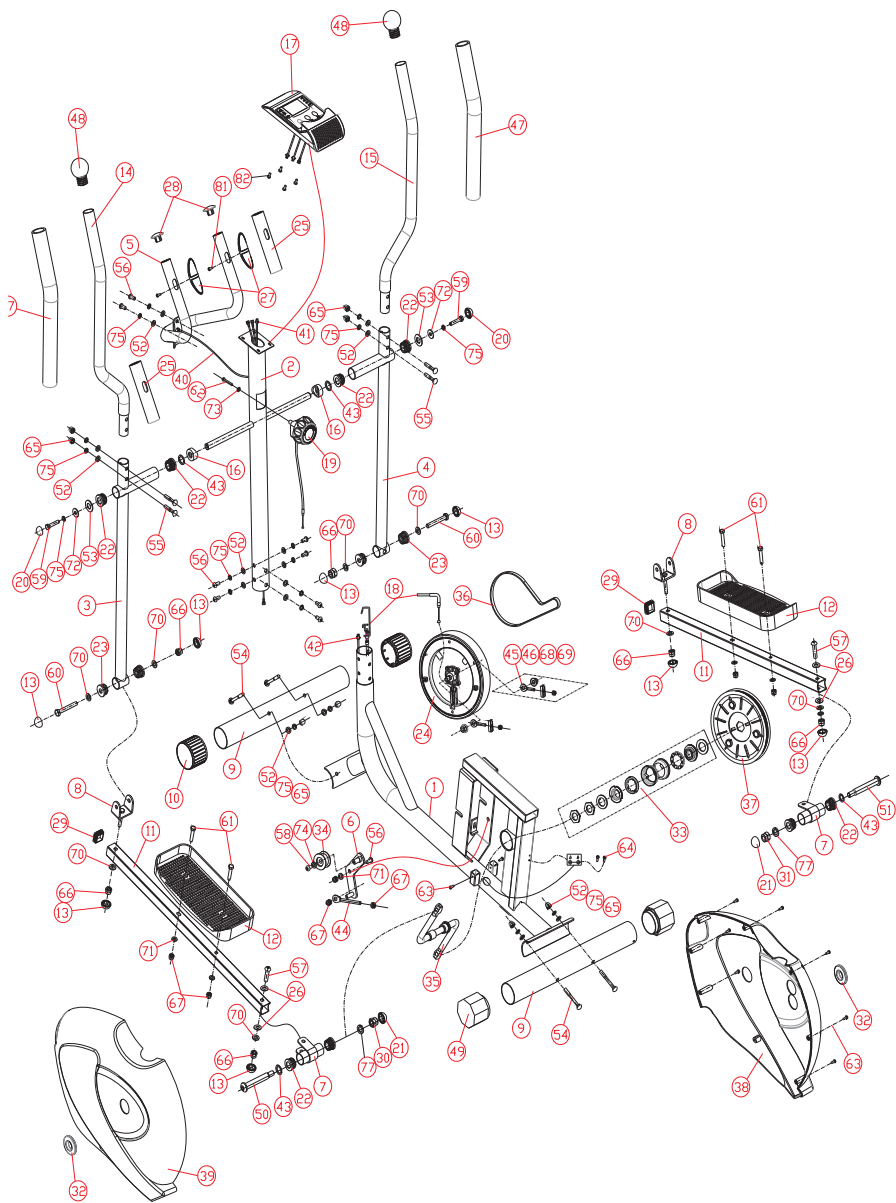


(79) Wrench S=8
1pcs



(80) Screw driver
1pcs

Installation diagram



Parts list

serial number	name	quantity	serial number	name	quantity
1	Frame weldment	1	48	Great round end plug	2
2	Front bracket weldment	1	49	off-centre foot cover	2
3	Left swing arm weldment	1	50	Left pedal shaft 1/2" (L)	1
4	Right swing arm weldment	1	51	Right pedal shaft 1/2" (R)	1
5	Hand held heart rate weldment	1	52	Arc washer Φ8	16
6	Roller frame weldment	1	53	D-shaped washer	2
7	Welded parts of rear clamp seat	2	54	Semi-round head square neck bolt M8X75	4
8	U-shaped seat weldment	2	55	Semi-round head square neck bolt M8X45	4
9	Foot tube	2	56	Hexagonal bolt cup head M8X20	9
10	Rotatable foot cover	2	57	Hexagonal bolt cup head M10X55	2
11	Pedal tube	2	58	Hexagonal bolt cup head M6X10	1
12	Footboard	2	59	Hexagonal-head bolt M8X20	2
13	Nut cap S=17	8	60	hexagonal-head bolt M10X65	2
14	Left hand handle tube	1	61	Hexagonal-head bolt M8X45	4
15	Right hand handle tube	1	62	Pan head screws with cross recess M5X35	1
16	Arc spacer	2	63	Cross recessed pan head tapping screws ST4X20	9
17	electronic watch	1	64	Cross recessed pan head tapping screws ST4X10	2
18	Power output fine tuning connection	1	65	Cap nut M8	8
19	Eight-section trimmer body	1	66	Locknut M10	6
20	Nut cap S=13	2	67	Locknut M8	4
21	Nut cap S=19	2	68	Hexagonal nutM6	2
22	Swing arm sleeve	8	69	Hexagon nuts with flange M10	2
23	Axle sleeve	4	70	Flat washer Φ10	8
24	Internal magnetic flywheel	1	71	Flat washer Φ8	4
25	Hold-on handle sleeve of heart rate tube in hand	2	72	Large washer Φ8	2
26	Nylon washer	4	73	Arc washer Φ5	1
27	Heart rate sensor	2	74	Spring washer Φ6	1
28	Large end plug of Φ29 pipe	2	75	Spring washer Φ8	18
29	F30 square plug	2	76		
30	Left lock nut 1/2" (L)	1	77	Spring washer Φ12	2
31	Right lock nut 1/2" (R)	1	78	Dual-purpose screwdriver s=5	1
32	Crank spacer	2	79	Hex wrench s=8	1
33	Nine bowls	1	80	Multi-mouth wrench	1

34	Pinch roller	1	81	Cross recessed pan head tapping screws ST4X25	2
35	A section of crank	1	82	Pan head screws with cross recess M5X12	4
36	6V belt	1			
37	Large pulley	1			
38	Right shield	1			
39	Left shield	1			
40	Heart rate line	2			
41	Sensing line 1	1			
42	Sensing line 2	1			
43	Wave elastic washer	4			
44	Adjusting pull rod	1			
45	Adjusting pull gear	2			
46	Adjusting drawing	2			
47	Handl sleeve of handle pipe	2			

Installation guide

Note:

- (1) Please refer to the schematic diagram and install it step by step.
- (2) All plugs, foot pads and shields have been installed before leaving the factory. The swing arm, U-shaped clamp, pedal tube and rear clamp seat have been assembled to form a swing rod assembly.
- (3) When connecting parts with bolts and nuts, assemble them directly by hand. After all parts are assembled, use tools to tighten them in place one by one when making final adjustment.
- (4) Open the packing box, take out the parts and put them in different categories, and carry out the following installation with reference to the installation diagram and parts list.

1, Install the rear bottom pipe

Install the rear bottom pipe (9) on the rear connecting plate of the frame (1) with two sets of semicircular head square neck bolts M8×75(54), arc washer ϕ 8 (52), spring washer ϕ 8 (75) and cap nut M10(65). (see fig,1)

2, Install the front bottom pipe

Use two sets of semicircular head square neck bolts M8×75(54), arc washer ϕ 8 (52), spring washer ϕ 8 (75) and cap nut M8(65) to install the front foot pipe (9) on the front connecting plate of the frame (1). (see fig,2)

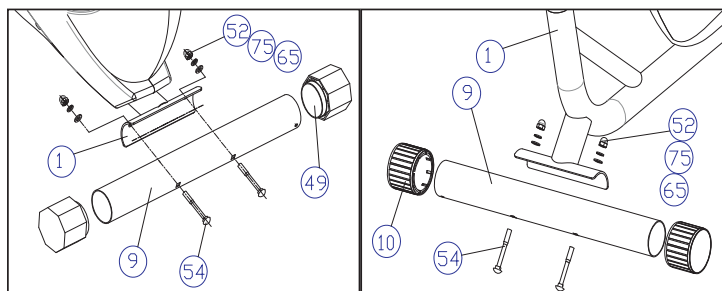


Figure 1

Figure 2

3. Installing front bracket

- a. Connect the terminal at the lower end of the eight-section trimmer body (19) firmly with the output fine adjustment connecting line (18). (Note: firstly, turn the output trimmer knob all the way to the "-" direction (at this time, the connector terminal of the output trimmer body extends to the longest), tighten the connector terminal on the connecting hook of the output trimmer connecting wire connector as shown in the figure, and pull it up hard to clamp the upper end of the output trimmer body into the groove of the adjusting frame. In case that the upper end of the output fine adjustment body line cannot be just clamped into the groove of the adjusting frame, please screw
- b. Connect the sensor line 2(41) joint at the lower end of the front bracket (2) and the sensor line 1(42) joint at the upper end of the frame (1) firmly. (see fig,3-D)
- c. Set the front bracket (2) on the frame (1) and lock it with 6 sets of hexagon socket head bolts M8×16(56), spring washers ϕ 8 (75) and arc washers ϕ 8 (52). (see fig,3-D)

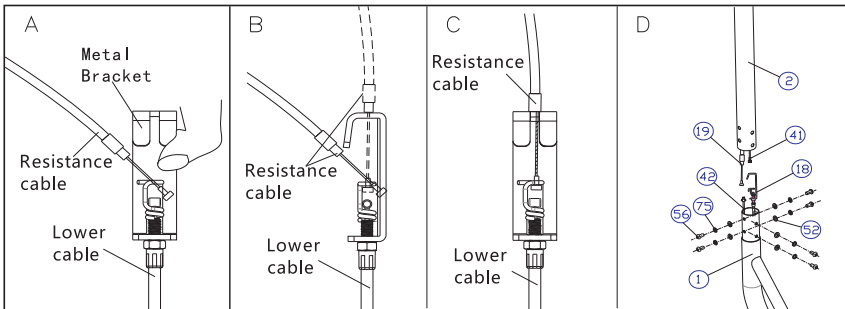


Figure 3

4. Install the hand-held heart rate tube

Pass the heart rate wire (40) through the small hole on the back of the upper end of the front bracket (2), and then pass out from the upper port, Then align the hand-held heart rate tube weldment (5) with the screw hole on the front bracket (2), and lock it with two sets of hexagon socket head bolts M8×20(56), spring washers ϕ 8 (75) and arc washers ϕ 8 (52). (see fig,4)

5. Installing electronic watch

- a. Connect the heart rate line (40) and the sensing line 2(41) with the corresponding connectors of the electronic watch (17) and insert the redundant lines into the tube.
- b. Align the hole position of the electronic watch (17) with the hole on the instrument panel on the front bracket (2). And locked with four corner bolts M5×12(82). (see fig,5)

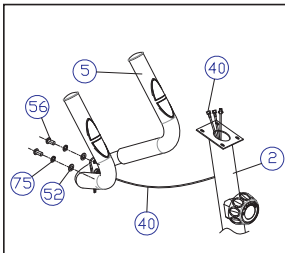


Figure 4

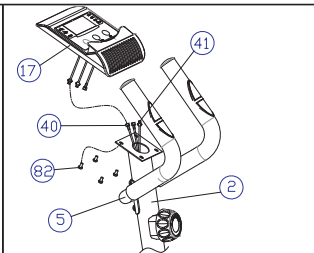


Figure 5

6. Install the left and right swing arm assemblies

Two arc spacers (16) are respectively sleeved on both ends of the swing rod shaft on the front bracket (the arc mouth is inward), then a wave elastic washer (43) is sleeved on the swing rod shaft on the front bracket (one end of the long sleeve is inward). Put on plastic flat washer ϕ 8 (53), large flat pad ϕ 8 (72), spring washer ϕ 8 (75), lock hexagon bolt M8 \times 20(59), and then fasten nut cap (20), At this time, the swing rod should be able to swing freely. (see fig,6)

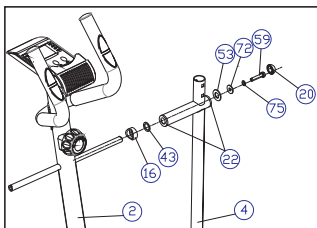


Figure 6

7. Pedal shaft installation (same left and right)

Pass the pedal shaft (50) on the wave elastic washer (43) through the foot tube rear clamp weldment (7), then screw the pedal shaft (50) into a section of crank (35), and set the pedal shaft. Tighten it and use the spring washer ϕ 8 (77), lock the lock nut (30), and then clamp the nut cap (21). (As shown in Figure 7)

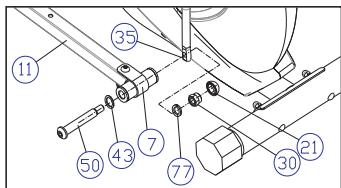


Figure 7

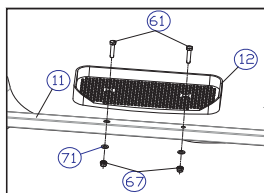


Figure 8

Note: The left and right threads must be installed in a matching way, and there are left and right marks on the corresponding spare parts: left thread "L" and right thread "R".

8. Install foot pedals

Align the pedals (12) (one on the left and one on the right) back and forth, and fix them on the pedal tube (11) with four sets of hexagon-head bolts M8 \times 50(61), flat washers ϕ 8 (71) and locknuts M8(67). (see fig,8)

9. Left and right hand handle

Use four sets of hexagon-head bolts M8 \times 45(55), arc washers ϕ 8 (52), spring washers ϕ 8 (75) and cap nuts M8(65) to connect the two handle tubes (14, 15) to the upper ends of the left and right swing arms (3). (see fig,9)

Note: Hexagon head bolts must be inserted into hexagonal holes of swing arms.

10. Install the nut cover

After the whole machine is installed and adjusted, the nut cap (13) is clamped at the joints of the U-shaped seat weldment (8), the swing arm (3) and the pedal tube (11). (see fig,10)

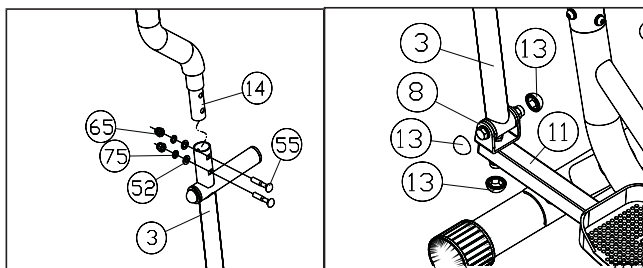


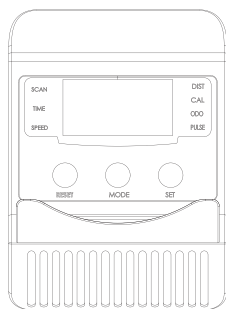
Figure 9 Figure 10

Useage adjustments

This machine is an aerobic fitness equipment, and the exercise load should be gradually increased.

1. When in use, the knob of the output trimmer can be adjusted, and the magnetic damper can change the resistance to increase or decrease the exercise load.
2. After long-term use, if it is found that the internal transmission parts of the machine are worn and loose, the shield can be disassembled under the guidance of the mechanic, and the belt tension can be adjusted. The belt should not be too loose or too tight, subject to smooth rotation without slipping.

Electronic watch operating instructions



■ Key function

●MODE key:

1. In the stopped state: switch the setting display of each mode in the order: time setting → speed setting → distance setting → calorie setting → total distance setting → heart rate setting.

2. Working status. Switch the contents of the main display window in the order: scan → time → speed → distance → calorie → total distance → heart rate.

3. Long press the MODE key: all values except the total distance are displayed as zero.

●SET key: in the setting mode, adjust the target value of each mode, and the display of the set mode will change to countdown.

●RESET key: press this key, and all values except the total distance will be displayed as zero.

■ display (sleep and wake-up)

After the movement stops for 4 minutes, enter the body sleep mode, at which time the display goes out. When the movement starts, the display automatically lights up.

■ Detailed description of functions

1. Scanning: when the mode is scanning, the values of each mode are displayed cyclically in the main window, and each item is displayed for 6 seconds.
2. Time: displays the time from the beginning to the end of the movement. If the middle movement is paused, the time is also paused. Time range: 0:00-99:59 minutes.
3. Speed: measure the moving speed. The measuring range is 0.0 ~999.9KM/H or mile/h.
4. Distance: displays the distance from the beginning to the end of the movement. Range: 0.0 ~9999KM (ML).
5. Calories: measure the calories consumed from the beginning of exercise to the end of exercise. Measuring range: 0.0 ~9999 cal.
6. Total distance: record the total distance of movement, After replacing the battery, this value returns to 0, and the measuring range is 0.0 ~9999KM/H or mile/h.
7. The heart rate (if any) is measured by holding the heart rate sensor in hand, and the measurement range is 40 ~240 beats/min.

Note: the polarity of the battery should be placed correctly; 15 seconds after battery replacement; after replacing the battery, all the memory data disappears; the normal service life of the battery is 1 year.

How to improve the exercise effects

Like muscle exercise, aerobic exercise also needs more blood flow and higher heart rate, which will improve the function of cardiovascular system. Heart rate is generally judged by your pulse reading, and it is safe and effective if your pulse is below the maximum training target level. The training target area is called between 87% and 72% of the maximum heart rate, and the training target should be gradually improved by making a training plan, at least 3-4 times a week, each time for 15-20 minutes.

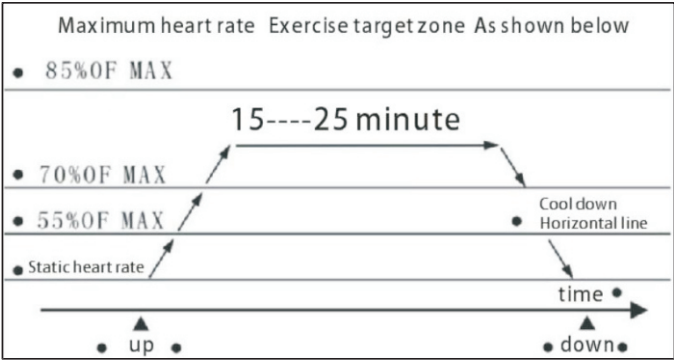
The accurate method to measure heart rate is to press your fingers on the carotid artery or

wrist artery between trachea and big neck muscle on the side of neck, count the number of beats every 10 seconds, and multiply it by 6, that is, the number of beats per minute. The electronic watch of this machine has hand-held heart rate display function, which can be used for reference during training.

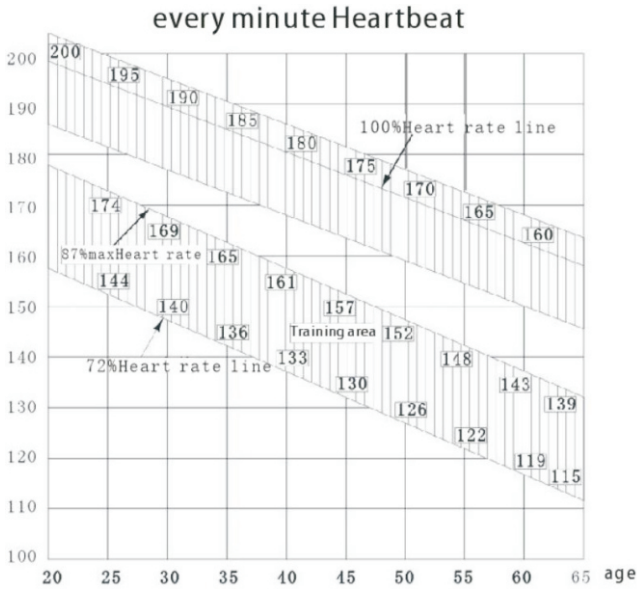


WARN

Don't try to exercise beyond the target heart rate, you must step by step; If there is a medical history, it must be carried out under the guidance of a doctor; When you are over 35-40 years old and do not have normal training, we advise you not to go beyond the doctor's warning. It is important to keep in mind that there are several minutes to warm up and cool down (Figure B below).



Attached figure b



Heart rate management:

Attached figure c: Heart rate target interval map

Look at figure c to find your age on the horizontal coordinates, and then look up for your target heart rate

interval.

For example, at the age of 40, the maximum heart rate of 72% was 133 beats/min, and that of 87% was 161 beats/min.

The heart rate target should be kept within this optimal range.

(1) If your heart rate is too low, speed up your exercise or increase your load.

(2) If your heart rate is too high, reduce your exercise speed or load.

(3) If your heart rate is near the end and you feel very hard because of the long time, you should shorten it.

(4) If your heart rate cannot return to normal within 5-10 minutes, if it is not an accident, you should reduce the exercise load.



WARN

When the heart rate is normal, you can increase the exercise time or maintain the original time. Incorrect exercise posture and training intensity may bring harm to your health.

(5) How to prolong the exercise time

1 For correct aerobic training, you must keep your heart rate within the training interval for at least 12 minutes;

2 If the training time exceeds 60 minutes, the effect will decrease and the risk or injury will increase;

3 If you must strengthen the exercise program, it is recommended that you continue for at least 12 minutes per week. When you feel that you can increase the exercise time, it should not exceed 10% per week;

④ Don't rush to increase the difficulty, or you will feel tired after exercise.

(6) Check your health level and progress

You can measure the intensity and progress of your exercise through your heart rate. When your heart rate returns to the standard condition, your heart rate will fall back within one minute of deceleration and fully recover in the next few minutes.

(7) check your training effect

① At the end of aerobic training, measure your heart rate.

② Start to slow down and cool down.

③ Remember the heart rate after 60 seconds.

④ Time to restore normal heart rate.

⑤ Check your exercise intensity every few weeks.

Maintenance and troubleshooting methods

- 1、 Regularly check whether the bolts and nuts of each part are fastened, whether the adjusting knob is locked, whether the rotating part is flexible, and whether there are worn or damaged parts. Only when these parts are in good condition can the safety of the equipment be guaranteed;
- 2、 After discovering worn or damaged parts, they should be eliminated immediately or sent to the repair center for replacement, and can only be used after repair;
- 3、 Keep the equipment clean, but do not wipe it with acidic, alkaline or organic solution.

4、 Faults and troubleshooting methods:

Causal barrier	Original cause	Exclusion method	Reserve note
Uneven frame	1. uneven ground or sundries 2. The base is not leveled when the frame is assembled	1. Eliminate sundries 2. Loosen the frame connecting bolts, level the base, and then tighten the bolts 3. Adjust the eccentric foot sleeve of the rear bottom pipe	user
Unstable handle	Loose threads	Tighten bolts	user
Rotating parts have abnormal noise	Gap imbalance	Open the shield adjustment	service centre
Rotational weakness	1. the magnetoresistance gap increases 2. The trimmer is damaged 3. The belt slips	1. Open the guard to adjust 2. Replace 3. Open the guard to adjust	service centre

※ If the machine is slightly changed, no further notice will be given.

Warming-up

The preparation before each exercise is very important, which makes your body gradually warm up, muscles stretch out, increase blood circulation and heart rate, and transmit more oxygen to muscles. Repeat these actions after exercise to slow down heart rate and reduce muscle soreness. We recommend the following actions:

Thigh extension and flexion: Sit on the ground with your feet opposite, knees outward, pull your feet inward as much as possible, and gradually push your knees to the ground for 15 times.



Stretch your hamstring: Sit on the ground, straighten your right leg, support the inner side of your right leg with your left palm, point your finger forward as much as possible, do it 15 times, relax, and repeat the stretching of your left leg.



Head rotation: turn your head to the right once, feel the left neck stretch, turn your head back once next time, make your chin face the ceiling, open your mouth, then turn your head to the left once, and finally lower your head to your chest once. Repeat several times.



Raise your shoulder: Raise your right shoulder to your ear once, lower your right shoulder, raise your left shoulder once again, and repeat.



Leg extension: brace your hands on the wall with your left leg in front and your right leg behind, keep your right leg in a straight line, stick your left foot on the ground, bend your left leg, press your hips toward the wall for 15 times, and then repeat it with the other leg.



Touch toes: bend your waist forward slowly, straighten your legs, relax your shoulders, press your fingers toward your toes, and try to press them down 15 times.



Lateral stretch: stretch your arms and lift up to the vicinity of your head, bending your right arm to the ceiling, feel your right side stretched, and then stretch your left side.



Statement

Our limited warranty is only valid for the original buyer, and the liability is limited to: we can choose to replace or repair the products through the authorized repair center. All repair services must be authorized in advance by our company, and we will not be liable for the damage of products caused by non-delivery, abuse, misuse, improper or abnormal use, or repair by a repair center not authorized by our company. We are not responsible for commercial use, lease use or products used for displaying models in stores, and our company is not responsible for any guarantee other than the above guarantee liability. Our company is not responsible for indirect, special or joint damages caused by or related to the use and performance of products, or damages related to personal safety, economy, property income and profits, or other indirect losses

