



SMART FITNESS SOLUTIONS

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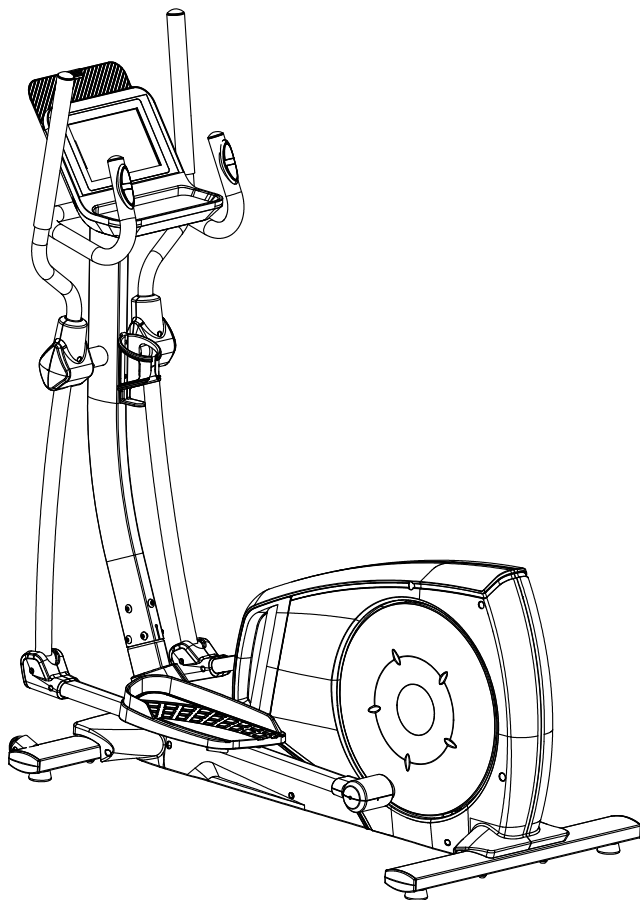
XC-200i

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DKN®

# Owner's Manual



Retain this owner's manual for future reference  
Read and follow all instructions in this owner's manual

Version A

Thanks for purchasing this product. The product will help you exercise your muscles in the correct way and to improve your fitness – and all this in a familiar environment.

## Precautions

**WARNING:** This elliptical trainer has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the elliptical trainer. The following safety precautions should also be observed:

- ◆ It is the responsibility of the owner to ensure that all users of the elliptical trainer are adequately informed of all precautions. Use the elliptical trainers only as described in this manual.
- ◆ Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this elliptical trainer is kept.
- ◆ Please make sure that the elliptical trainer has been assembled properly and all the screws are locked .
- ◆ Place the elliptical trainer on a level surface, with at least 1.0 m of clearance on each side of elliptical trainer. To protect the floor or carpet from damage, please place a mat under the elliptical trainer.
- ◆ Keep the elliptical trainer indoors, without moisture and dust. Maintain the using place ventilation. Do not use it in the airless place.
- ◆ Don't put any sharp things around the elliptical trainer.
- ◆ Wear proper clothes while exercising; do not wear loose clothes that could be tripped on the elliptical trainer. Always wear athletic shoes for foot protection while exercising.
- ◆ Do not use this product if you are over 150kg. Please choose our other series of elliptical trainers.
- ◆ Do not put your hands on the moving parts to prevent injuries.
- ◆ Keep your pedaling speed in control.
- ◆ If you find your elliptical trainer works not normal, do not use it immediately.
- ◆ No more than one person should use the elliptical trainer at the same time.
- ◆ If you feel pain or dizziness while exercising, stop exercising and ask for a doctor.

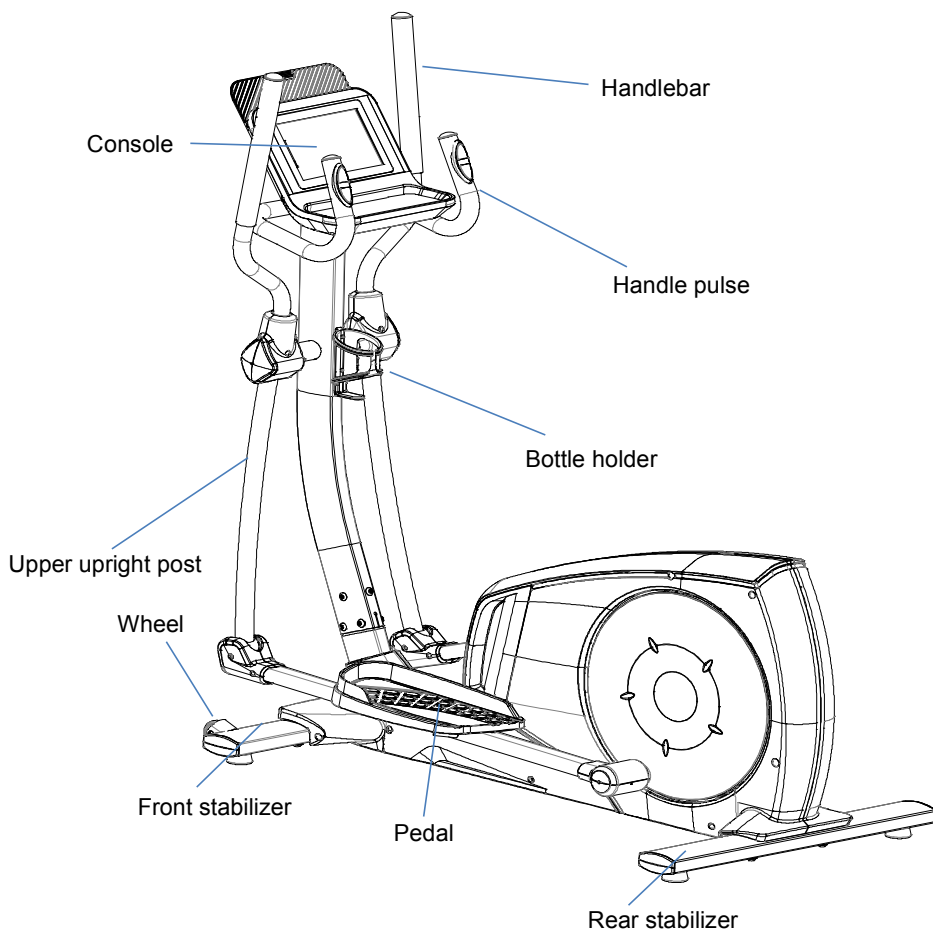
## Safety notice

When you are remedial or have below symptoms, after discussing with your doctor, then could use this elliptical trainer.

1. Waist pain now and leg, waist, neck hurt before, legs, waist, neck and hand numbly please do not use.
  2. Have an amorphous arthritis, rheumatic and gout.
  3. Have osteoporosis and other abnormality.
  4. Have perfunctory system obstacle (heart disease, blood obstacle, hypertension).
  5. Have breath obstacle.
  6. Using the manpower pulse adjust machine or insert into the body machine.
  7. Have sarcomata.
  8. Have thrombus or other symptoms.
  9. Have diabetes or be caused by diabetes feeling obstacle.
  10. Have skin trauma.
  11. Hyperpyrexia caused by sick (38 °C or over 38 °C).
  12. Abnormal back bone or back bone bending.
  13. Pregnant or catamenia.
  14. Feel physical abnormality, need convalesce.
  15. Body condition is not very well.
  16. The aim is to healing.
  17. Except the upper symptoms, feel other physical abnormality.
- Maybe cause the accident or the poor body condition.

Before beginning any exercise program, please consult your physician. This is especially important for person who are over thirty five years old ,pregnant or with no experience of exercise or have any health problem.To reduce the risk of serious injury, read all above important precautions and instructions in this manual and all warnings on your elliptical trainer before using.

## Product instruction

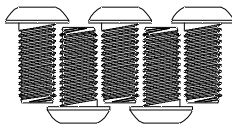
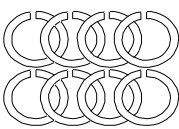

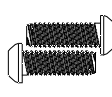

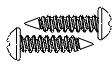

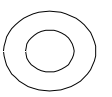

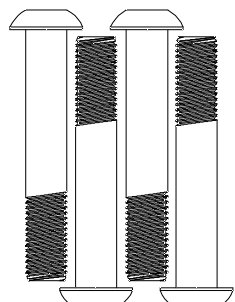
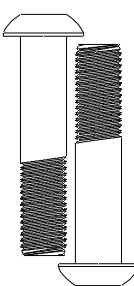
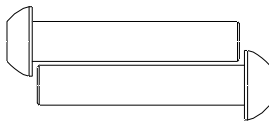
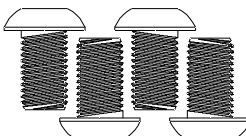
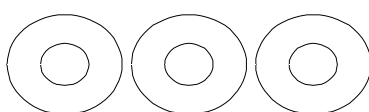

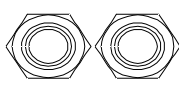
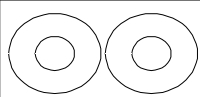


### Technical information:

DIMENSION	Unfold: 1660×720×1580mm
SPEED RATIO	10.3
FLYWHEEL	Double magnetic way, Φ280/9kg
RESISTANCE	1-32
STRIDE LENGTH	420×200

\*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

## Screw bag list

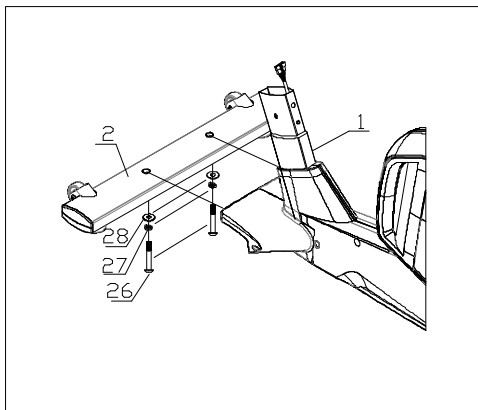
					
29 M8 × 20-6		27 ?10-8		34 M4 × 10-16	
					
37 M6 × 15-2	33 M4 × 16-2	38 ST4 × 16-2	36 Ø6-2	28 Ø10-6	103 Ø17-2
					
26 M10 × 70 × 20-4		102 M10 × 55 × 20-2		35 ?10 × 45 × M6 × 20-2	
					
				39 M10 × 20-4	
					
107 Ø10.5 × R100 × t2.0-6				101 Ø8-2	
					
32 M10-2				31 Ø8.5 × Ø20 × t1.5-4	

NO.	NAME	SPECIFICATION	QTY
26	Allen C.K.S. half thread screw	M10×70×20	4
27	Spring washer	Φ10	8
28	Flat washer	Φ10	6
29	Allen disc head full-threaded bolt	M8×20	6
31	Flat washer	Φ8.5×Φ20×t1.5	4
32	Hex lock nut	M10	2
33	Philips pan head full thread screw	M4x16	2
34	Philips pan head full thread screw	M4×10	16
35	Hexagon flat head hollow bolt	Φ10×45×M6×20	2
36	Flat washer	Φ6	2
37	Hexagon flat head full tread bolt	M6×15	2
38	Philips C.K.S. self-tapping screw	ST4×16	2
39	Allen disc head full tread bolt	M10×20	4
101	Flat washer	Φ8.0	2
102	Hexagon large flat-head half-thread bolt	M10×55×20	2
103	Curve elastic washer	Φ17	2
107	Curved washer	Φ10.5×R100×t2.0	6
	L shape wrench	5×80×80S	1
	open-end wrench	t4.0×38×145	1
	L shape wrench	5×40×100	1
	L shape wrench	6×40×120	1

## ASSEMBLY INSTRUCTIONS

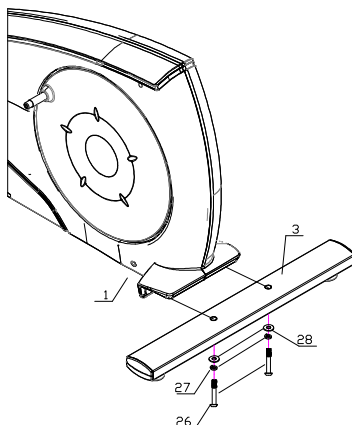
### Step 1:

1. Attach the front stabilizer (2) to the main frame (1) with curved washer(28), spring washer(27) and Allen C.K.S. half thread screw(26).



### Step 2:

1. Attach the rear stabilizer (3) to the main frame (1) with curved washer(28), spring washer(27) and Allen C.K.S. half thread screw(26)



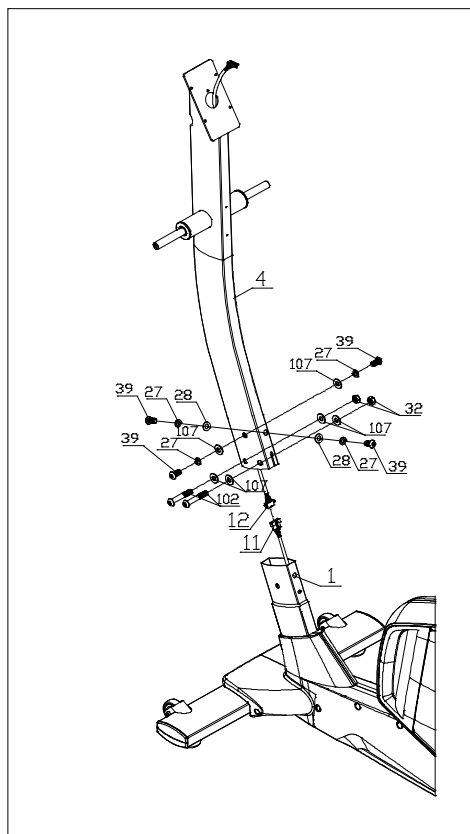


### Step 3:

1. Connect the communication wire(11) and upright post communication wire(12).
2. Install the upper riser group (4) on the main frame machine table (1), respectively, with flat washers (28), elastic washers (27), hexagonal large flat head full-threaded bolts (39); arc washers (107), elastic washers (27), hexagonal large flat head full-threaded bolts (39); hexagonal large flat head half-threaded bolts (102), curved washers (107), hexagonal lock nut (32) tighten.

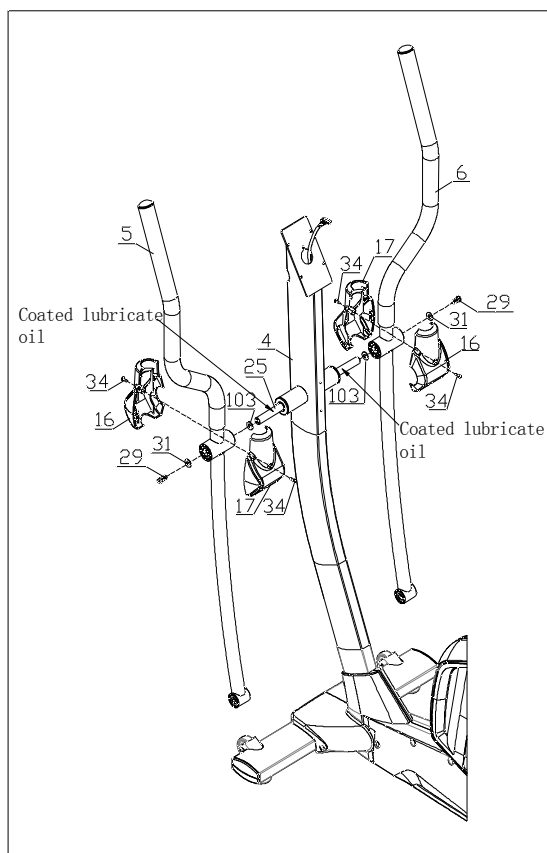
Attention: After connecting the communication cable, it needs to be inserted into the riser to avoid getting the cable caught.

\*When installing the screws, place all the screws in the screw holes firstly, and then tighten them.



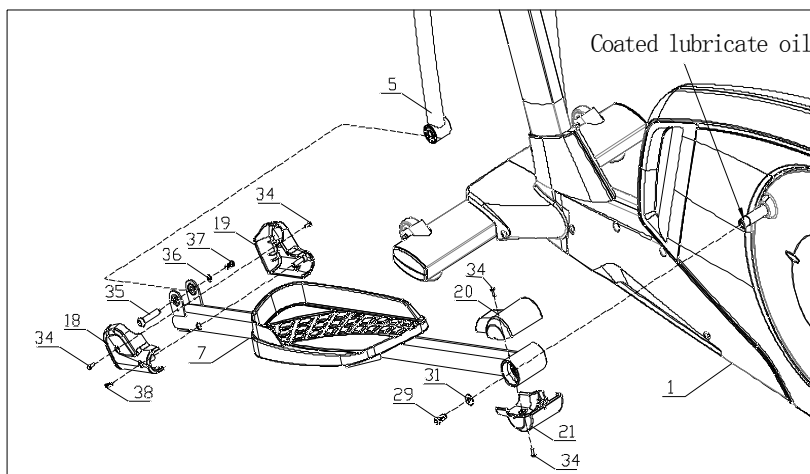
### Step 4:

1. Assemble of Body arm L/R, First, lubricate both ends of the axis, set the curve washer (103) to the both side of the Axle (25). Then assemble Bodyarm-L(5) to the left of Axle(25). Bodyarm-R(6) to the right of Axle(25). Lock with flat washer(31) and Allen C.K.S. full thread screw(29).
2. Assemble Body arm cover (17) and Body arm cover (16) to the Body arm-left(5) with Phillips pan head full thread screw(34).
3. Same as above way to assemble Body arm cover (17) and Body arm cover (16) to the Body arm-right(6)



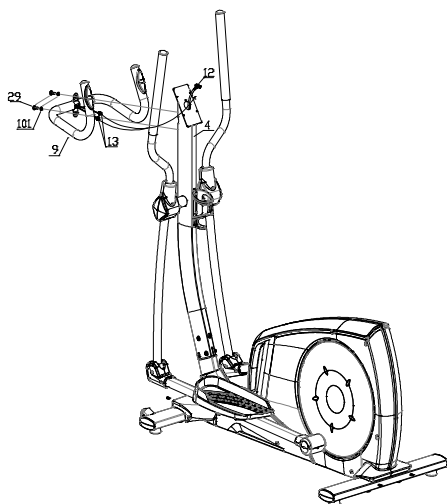
### Step 5:

- 1.First, lubricate both ends of the axis, then Attach the axle sleeve of left rear pedal supporter (7) to the axle of main frame(1) with Flat washer (31) and Allen C.K.S. half thread screw (29).
- 2.Attach the axle sleeve of left front pedal supporter(7)to left body arm(5)with Allen C.K.S. hollow screw(35), flat washer(36) and Allen C.K.S. full thread screw(37).
- 3.Attach the rear cover of pedal supporter(20/21) to left pedal supporter(7) with Philips pan head full thread screw(34). Attach the front cover of pedal supporter(18/19) to left pedal supporter(7) with Philips pan head full thread screw(34) and Philips C.K.S. self-tapping screw(38).
4. Install the Pedal supporter(R) (8)with same way.



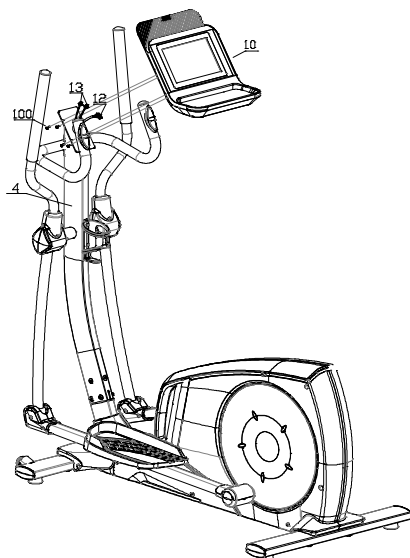
### Step 6:

Pass the heart-pulse connection line (13) through the riser assembly (4), and use the hexagonal large flat-head full-threaded bolt (29) together with the flat washer (101) to lock the handle pipe assembly (9) onto the riser assembly (4).



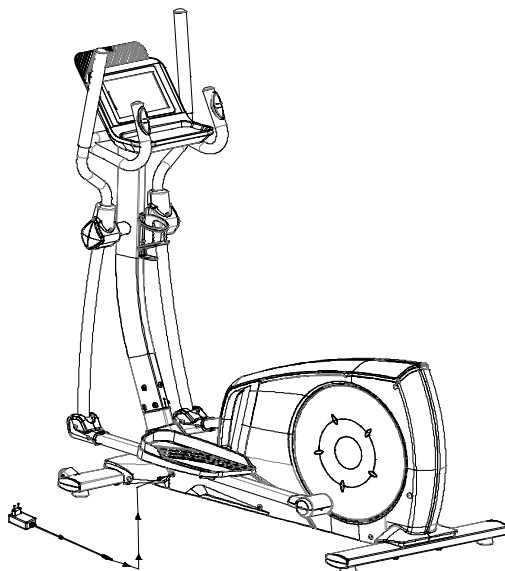
### Step 7:

1. Connect the console communication cable (12) and the pulse connection cable (13) to the console.
2. Attach console(10) to upper upright post(4) with Philips C.K.S. full thread screw(100).

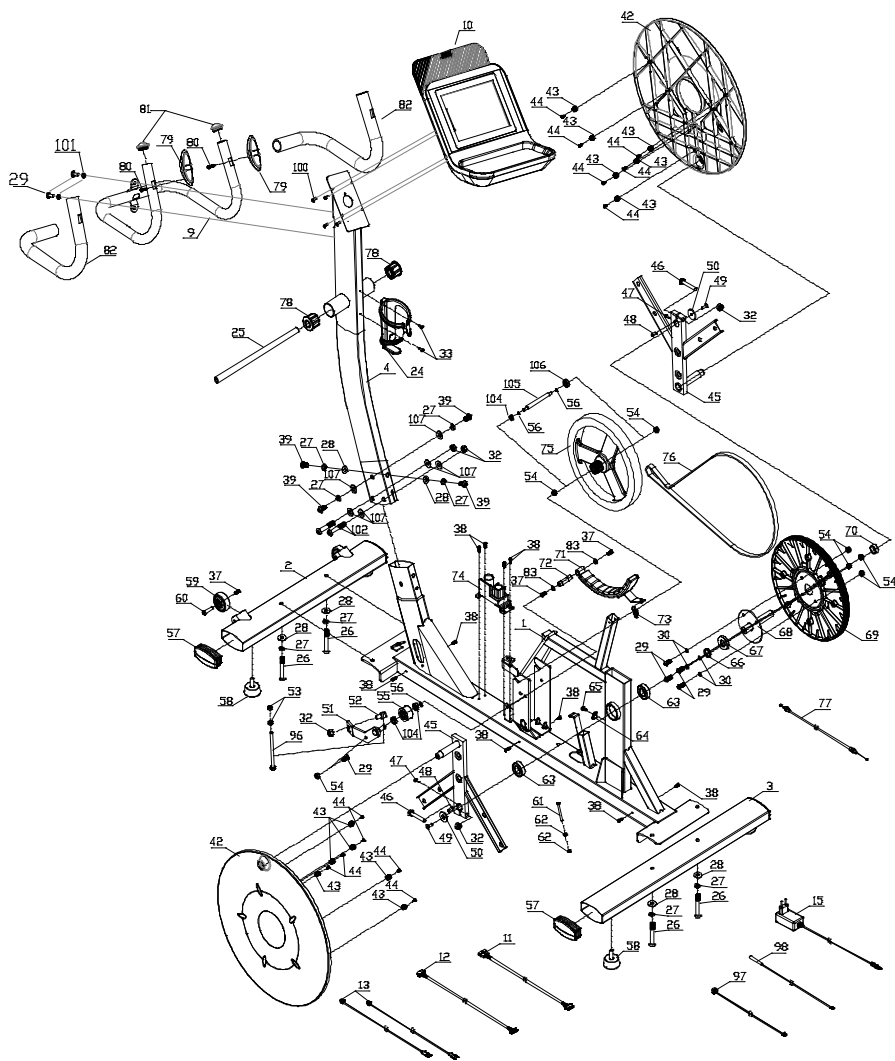


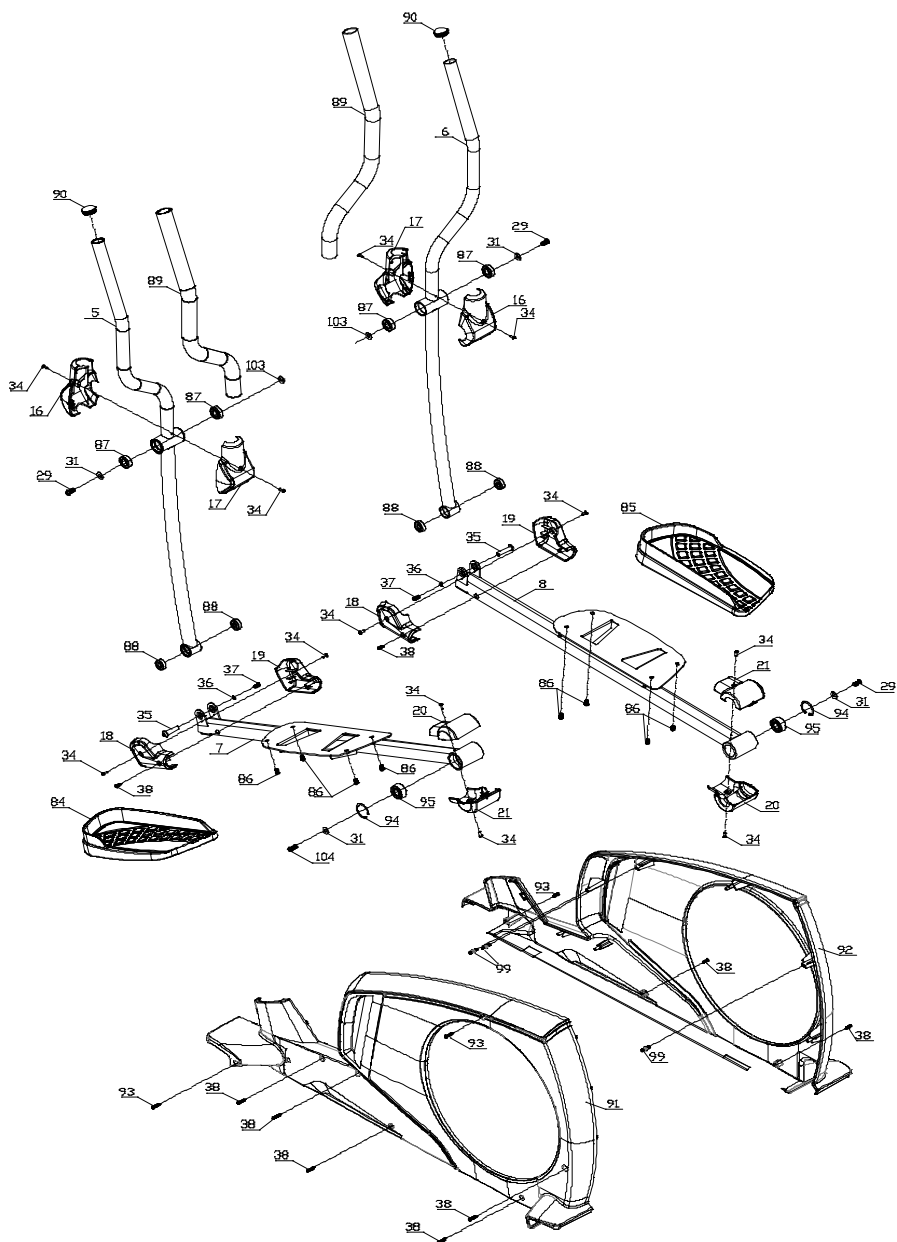
### Step 8:

As shown in the picture, insert the power plug into the power socket, and the machine is completed.



## Drawing for assembly





## Part list

NO.	NAME	SPECIFICATION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Upper Upright post		1
5	Body arm(L)		1
6	Body arm(R)		1
7	Pedal supporter(L)		1
8	Pedal supporter(R)		1
9	Handlebars		1
10	Console		1
11	Motor communication wire	L-550mm	1
12	Console communication wire	L-1100mm	1
13	Handle pulse connection wire	L-650mm	2
14	Console outset		2
15	Power adapter		1
16	Body arm cover 2		2
17	Body arm cover 1		2
18	Front pedal supporter cover 1		2
19	Front pedal supporter cover 2		2
20	Rear pedal supporter cover 1		2
21	Rear pedal supporter cover 2		2
24	Bottle holder	Φ93×150	1
25	Axis	Φ17×339.5	1
26	Allen C.K.S. half thread screw	M10×70×20	4
27	Spring washer	Φ10	8
28	Flat washer	Φ10	6
29	Allen C.K.S. Full thread screw	M8×20	11
30	Spring washer	Φ8	4

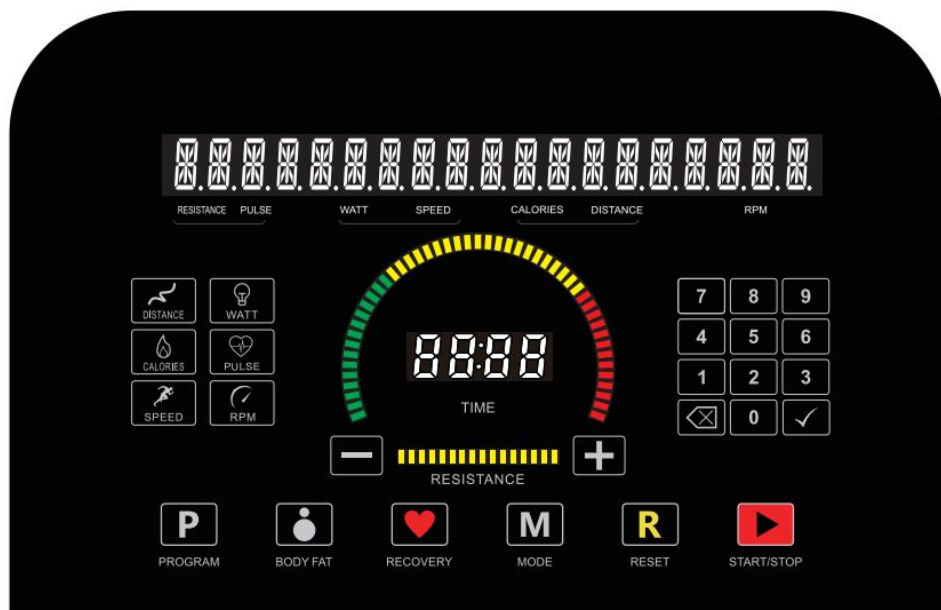


31	Flat washer	Φ8.5×Φ20×t1.5	6
32	Hex self-locking nut	M10	5
33	Philips pan head full thread screw	M4×16	2
34	Philips pan head full thread screw	M4×10	12
35	Allen C.K.S. hollow screw	Φ10×45×M6×20	2
36	Flat washer	Φ6	2
37	Allen C.K.S. full thread screw	M6×15	6
38	Philips C.K.S. self-tapping screw	ST4×16	17
39	Allen full thread bolt	M10×20	4
42	Turntable	Φ466.6×24.1	2
43	Turntable rubber buckle	Φ12.4×13	12
44	Phillips C.K.S. Tail cutting self-tapping screw	ST4×10	12
45	Crank square iron		2
46	Hex half thread screw	M10×55×20	2
47	Hex full thread screw	M4×20	2
48	Flat key	5×5×15	2
49	Allen countersunk head full thread screw	M6×15	2
50	Flat washer	Φ8×Φ30×t3.0	2
51	Fixed idler wheel		1
52	Idler adjustment connecting shaft	Φ15×30	1
53	Hex nut	M8	2
54	Hex locking nut	M8	7
55	Idler wheel	Φ38×22	1
56	Circlip for shaft	Φ10	1
57	End cap	45×90×t1.5	4
58	Feet pad	Φ49×22×M10×26	4
59	Wheel	Φ54.5×23.5	2
60	Allen C.K.S. hollow screw	Φ8×33×M6×15	2
61	Hex full thread screw	M5×60	1
62	Hex nut	M5	2
63	Deep groove ball bearing	6004-2RS	2











64	Fixed magnetic induction		1
65	Philips washer head end-cutting self-tapping	ST4×12	1
66	Crank axle sleeve 1	Φ25×Φ20.1×4.6	1
67	Crank axle sleeve 3	Φ40×Φ20.1×7.7	1
68	Crank axle	Φ20×115	1
69	Belt pulley	Φ308×22	1
70	Crank axle sleeve 2	Φ25×Φ20.1×10.2	1
71	Fixed magnet set		1
72	Magnetic control fixed axle	Φ12×50	1
73	Brake tension spring		1
74	Magnet motor		1
75	Double flywheel		1
76	Motor belt	540PJ6	1
77	Brake line		1
78	Rail plastic cap	Φ42.5×30	2
79	Handle pulse		2
80	Philips C.K.S. self-tapping screw	ST4×20	2
81	Pipe plug	Φ28×t1.5	2
82	Foam grip		2
83	Elastic retainer for shaft	Φ12	2
84	Pedal(L)	406×187×74	1
85	Pedal(R)	406×187×74	1
86	Allen C.K.S. full thread screw	M6×12	8
87	Deep groove ball bearing	6003-2RS	4
88	Deep groove ball bearing	6200-2RS	4
89	Foam grip		2
90	Pipe plug		2
91	Motor cover(L)		1
92	Motor cover(R)		1
93	Philips C.K.S. Self-tapping screw	ST4×25	2
94	Circlip for holes	Φ40	2
95	Self-aligning ball bearing		2
96	Hex full thread screw	M8×120	1
97	Power communication wire		1








98	Magnetic sensor		1
99	Plastic bolt	$\Phi 9 \times \Phi 6.1 \times 27$	3
100	Phillips C.K.S. full thread screw	M5×20	4
101	Flat washer	$\Phi 8.0$	2
102	Allen full thread bolt	M10×55×20	2
103	Curve washer	$\Phi 17$	2
104	Deep groove ball bearings	6000ZZ	4
105	Flywheel axis	$\Phi 10 \times 109.5$	1
106	Deep groove ball bearings	6300ZZ	1
107	Curved Washers	$\Phi 10.5 \times R100 \times t2.0$	6

## CONSOLE OPERATION INSTRUCTIONS:



## Button function:

RECOVERY 	-Test the heart rate recovery function.
MODE 	-Press this button in stop mode to select a function or confirm all set values.
PROGRAM 	-Select the program.
BODY FAT 	-Test the body fat percentage and body mass index.
+ 	-Increase the resistance, select the program or increase the function value.
- 	-Reduce resistance, select a program or increase the function value.
RESET 	In Pause or setting mode, press this key to return to the main menu. Long press for 2 seconds , console restart and began to user profile setting mode.
START/STOP 	When press the key to stop movement, console will retain all the set value. In running and pause mode, long press this key for 2 seconds, all movement data reset.
	The numeric keypad is used to input one to three digits when setting the values.
	When a digit key is entered incorrectly, press the "x" key to clear the previous input value.

	-Press the $\sqrt{\quad}$ key to confirm the final numerical value entered on the numeric keypad. It can also be used for selection functions.
	-During operation, pressing the button can switch to the distance display.
	-During operation, pressing the button can switch to the watt display.
	-During operation, pressing the button can switch to the calorie display.
	-During operation, pressing the button can switch to the heart rate display.
	-During operation, pressing the button can switch to the speed display.
	-During operation, pressing the button can switch to the speed display.

## DISPLAY FUNCTIONS :

Project	Description
TIME	Without setting, time start counting from 00:00, Countdown - When a preset target value is set, the time will return from the preset value to 0, and the system will stop running. Additionally, the system alarm will ring 4 times per second for 4 seconds. Display range: 0:00 - 99:59; Set range: 0:00 - 99:0
SPEED	In the start mode, when there is an input signal, the display shows the running speed for 5 seconds; When there is no input signal, the speed value is 0. - Display range: 0.0 - Maximum value 99.9 KM/H. - The speed and watt values are displayed every 10 seconds.

RPM	In the start mode, the rotational speed is displayed every 5 seconds when there is induction. The rotational speed is 0 per minute without induction.
DISTANCE	Add up the total distance from 0.00. Countdown - When a preset target value is set, the distance will return from the preset target value to 0, and the system will stop its operation mode. At the same time, the system alarm will ring 4 times/s for 4 seconds. - Display range: 0.0 - 99.9 km; Set range: 0.0 - 99.0 km
PULSE	When there is pulse signal input, the user's heart rate will be displayed 8 seconds later; when no signal, the value displayed in the heart rate will be 0. - Display range: P-30 to 230; Set range: 0 - 30 to 230
WATTS	Displays the energy consumption value during the movement. When there is an input signal, the wattage value will be displayed 5 seconds later; when there is no input signal, the wattage window will display a value of 0. Display range: 0 - 999.
MANUAL	Manual operation mode (Manual adjustment of the number of running segments and resistance levels)
PROGRAM	Program operation mode; The system offers 12 pre-set programs for users to choose from (P1 to P12).
USER	Users can customize their own program operation patterns.
Heartrate target	Target heart rate mode (heart rate target value). - There are 4 modes available for users to choose from: 55%, 75%, 90%, TAG.
WATT PROGRAM	Watt constant (120) training mode.

## OPERATION:

### POWER ON

After powering on, the buzzer emits a beep sound and the LED lights up for 2 seconds. Above the resistance and speed window, the wheel diameter data and "E" are displayed. In the RPM window, the version number is shown. Then, the user setting mode is entered.

## User profile settings

The default user group is U1. Press the "+" or "-" key to select U1-U4, then press the "MODE" key to confirm and enter.

Press the "+" or "-" key to set the gender, and press the "MODE" key or the "√" key to confirm.

Press the "+" or "-" key or use the numeric keypad to set the age (default 25 years old), range: 10-99. Press the "MODE" key or the confirmation "√" key to confirm.

Press the "+" or "-" key or use the numeric keypad to set the height (default 170CM), range: 100-220CM. Press the "MODE" key or the confirmation "√" key to confirm.

Press the "+" or "-" key or use the numeric keypad to set the weight (default 75KG), range: 20-150KG. Then press the "MODE" key or the confirmation "√" key to confirm and enter the function selection page. After the settings are completed, the system enters the function selection page.

## Power off

There is no movement during the 4 minutes and 30 seconds of stepping, the system will enter a sleep mode. Once you step again, the system will resume operation. If there is continuous stepping, the console will remain in operation all the time.

## Training mode

After setting the user data, return to the main menu. The user presses the "P" (PROGRAM) or "+/-" key to select the function: MANUAL - manual selection.

-> PROGRAM - program -> USER - user -> H.R.C - heart rate control. -> WATT - watts.

The LED in the middle window lights up. Press the "MODE" key to confirm and enter.

When in the main menu, the user can directly press "START/STOP" to enter the manual selection operation mode.

## Manual mode

Press the "P" (PROGRAM) or "+" or "-" keys to select "MANUAL", then press "MODE" to enter the manual selection mode.

Before starting the training, the user needs to adjust the following values:

**Time:** When flashing, the user can press the "+" or "-" keys or use the numeric keypad to set the training time (range: 00:00 to 99:00). The default is 30 minutes. Press the "MODE" key or confirm the "√" key to confirm the setting.

**Distance:** When flashing, the user can press the "+" or "-" keys or use the numeric keypad to set the target distance (range: 0.0 to 99.0). The default is 1KM. Press the "MODE" key or confirm the "✓" key to confirm the setting.

**Calories:** When flashing, the user can press the "+" or "-" keys or use the numeric keypad to set the target calorie value (range: 0 to 990). The default is 100KCal. The increment is 10. Press the "MODE" key or confirm the "✓" key to confirm the setting.

During the setting process, the time/distance/calories light up, and the values flash at a frequency of 1HZ, waiting for the adjustment of the settings. Press the "+" or "-" key or use the numeric keypad to adjust the values. Pressing the "+" or "-" key for a long time will continue to increase or decrease the values.

When the training starts, the heart rate LED indicator light turns on and displays the heart rate value; when no heart rate signal is input, the heart rate window displays "P".

Press the "START/STOP" key to start the training.

During the training, the user can adjust the resistance level by pressing the "+" or "-" keys.

The user can also stop the training by pressing "START/STOP". Press "RESET" to return to the main menu.

## Program mode

Press the "RESET" button to return to the main menu. Press the "+" or "-" keys to select the "P" program mode, and press the "MODE" button to enter the program mode. When in the program mode, there are 12 program files (P1 to P12) that users can choose from. Press the "+" or "-" keys to select the program you need, then press the "MODE" button or the "Confirm ✓" button to confirm and enter. Before starting the training, the user needs to adjust one of the following values:

**Time:** While the screen is flashing, the user can press the "+" or "-" keys or use the numeric keypad to set the target time (range: 00:00 to 99:00)

Press "START/STOP" to start the training.

In the training mode, the user can also adjust the resistance by pressing the "+" or "-" keys. Once the preset target number of rotations reaches 0, the console will automatically stop running.

The user can also press the "START/STOP" button to stop the training. Press the "RESET" button to return to the main menu.



## Program Schedule:

Each program consists of 20 program segments. There are 12 fixed programs, and the running time for each program segment is evenly distributed.

Time Prog		SETTING TIME/20 =THE RUNNING TIME OF EACH SECTION																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	Resis	3	6	6	3	6	6	3	6	6	3	6	6	3	6	6	3	6	6	3	6
P2	Resis	1	2	3	4	6	1	2	3	4	6	1	2	3	4	6	1	2	3	4	6
P3	Resis	6	4	3	2	1	6	4	3	2	1	6	4	3	2	1	6	4	3	2	1
P4	Resis	1	1	2	2	3	3	4	4	5	5	5	5	4	4	3	3	2	2	1	1
P5	Resis	1	1	1	2	2	2	3	3	3	4	4	4	5	5	5	6	6	6	7	7
P6	Resis	2	3	4	5	6	6	5	4	3	2	2	3	4	5	6	6	5	4	3	2
P7	Resis	1	1	3	3	4	4	6	6	6	6	6	6	6	6	4	4	3	3	1	1
P8	Resis	1	2	4	6	6	3	1	1	2	4	6	6	3	1	1	2	4	6	6	3
P9	Resis	1	1	1	1	3	3	3	3	4	4	4	4	5	5	5	5	6	6	6	6
P10	Resis	1	2	4	4	5	5	6	7	5	4	4	5	7	6	5	5	4	4	2	1
P11	Resis	2	6	2	6	2	6	2	6	2	6	2	6	2	6	2	6	2	6	2	6
P12	Resis	1	6	1	1	6	1	1	6	1	1	6	1	1	6	1	1	6	1	1	6

## User (Program) Mode

Press the "RESET" button to return to the main menu. Press the "+" or "-" keys and the "MODE" key to enter the USER program. In this mode, users can create their own profiles. The resistance window starts to flash, indicating that the resistance can be adjusted. Then press the "+" or "-" keys or use the numeric keypad to adjust the resistance value. Press the "MODE" key or the confirm "√" key to confirm. The calorie window displays the current segment number, with a total of 20 set values. (The default resistance value is 1). Press and hold the "MODE" key for 2 seconds to complete the setting. Then adjust the following values:

Time: It is flashing. Users can press the "+" or "-" keys or use the numeric keypad to set the target training time (set range: 00:00 - 99:00). Press the "START/STOP" key to start training.

In the training mode, users can also adjust the resistance by pressing the "+" or "-" keys. Once the target data is set to 0, the console will automatically stop running. Users can press the "START/STOP" key to restart the training. Other pre-set data will count down from the previous data. Users can press the "RESET" key to return to the main menu.

### Heartrate target mode

Press the "RESET" button to return to the main menu. Press the "+" or "-" keys and "MODE" to enter the heart rate control mode. In the heart rate control mode, press the "+" or "-" keys to select: 55%, 75%, 90% or TAG. The LED lights up. Users can choose different target heart rates. The heart rate window will display the target heart rate automatically based on the user's input age, which is:  $(220 - \text{AGE}) \times \text{percentage}$ . Press the "MODE" key to confirm and enter. If the user selects H.R.C TAG, the screen will display the pre-set value 100. Press the "+" or "-" keys or use the numeric keypad to adjust the target heart rate (set range: 00:00 to 99:00). Press the "MODE" key or the confirm "\n" key to confirm and enter. Then adjust the following values:

Time: flashing. Users can press the "+" or "-" keys or use the numeric keypad to set the training time (set range: 00:00 to 99:00).

Press the "START/STOP" key to start the training.

During the training process, the resistance value will be automatically adjusted according to the user's current heart rate.

Press the "START/STOP" button to stop the training. Press the "RESET" button to return to the main menu.

※ H.R.C 55% - Diet mode; H.R.C 75% - Health mode; H.R.C 90% - Exercise mode

During operation, when the user's heart rate is lower than the target heart rate, the system will automatically increase one resistance level every 30 seconds until the maximum resistance level of 32 is reached; when the user's heart rate is higher than the target heart rate, the system will automatically decrease one resistance level every 30 seconds.

### Watt Mode

In any mode, press "START/STOP", then press the "RESET" button to return to the main menu.

Press the "+" or "-" key and the "MODE" key to enter the WATT constant training mode. When entering the WATT mode, the preset value is 120W. The user can adjust the watt value by pressing the "+" or "-" key or using the numeric keypad (set range: 10 - 350),

increasing or decreasing the frequency value by 5W. Press the "MODE" key or the " $\sqrt{\quad}$ " key to confirm entry. Then adjust the following values:

**Time:** When flashing, the user can press the "+" or "-" key or use the numeric keypad to set the target training time (set range: 00:00 - 99:00), press the "START/STOP" key to start training.

The system will automatically adjust the WATT level based on the pre-set watt data and the current RPM and training speed. If the training speed is fast, the resistance will decrease. Otherwise, the resistance will increase. When training stops, the user can press the "RESET" key to return to the main menu.

During operation, the actual watt is less than the target watt, increase the resistance by 1 level every 30 seconds. If the actual watt is greater than the target watt, decrease the resistance by 1 level every 30 seconds. When the running time reaches the target time, the exercise ends.

In the WATT mode operation, the resistance is automatically adjusted and cannot be manually adjusted. The "+"/- keys are used to adjust the target watt.

### Heartrate Recovery Mode

In running, paused, and standby states. Pressing the "RECOVERY" button is effective. Pressing the "RECOVERY" button initiates the test. If no heart rate is input, a 10-second countdown window will appear, the heart rate indicator will flash, and a three-line heart rate window will show up. During the 10-second countdown, if a heart rate is detected, the heartbeat recovery mode will be entered; otherwise, it will return to the previous state.

Hold both hands in the hand grip (or fasten the chest strap properly). The time starts counting from 60 seconds, and all other display functions stop, and the heartbeat signal light turns on. When the countdown reaches 00:00, the screen will display the heart rate recovery status.

If a heartbeat is detected within 10 seconds, the TIME window will display a 60-second countdown; when the 60-second countdown is completed, the TIME window will display "RECOVERY test result Fx".

The RECOVERY test result  $P = P_0 - P_1$ ;  $P_0$  is the heart rate detected when the RECOVERY button is pressed for a 10-second countdown, and  $P_1$  is the heart rate detected when the 60-second countdown is completed. The result table is as follows:

$P \geq 50$	F1	EXCELLENT
$P \geq 40$	F2	VERY GOOD
$P \geq 30$	F3	GOOD
$P \geq 20$	F4	SATISFACTORY
$P \geq 10$	F5	POOR
$P < 10$	F6	VERY POOR

Press the "RECOVERY" button again to return to the previous operating state. If the user presses the "RECOVERY" button when the countdown timer reaches 00:00, the heart rate recovery mode will be invalid, and the electronic watch will return to the main menu.

### **BMI test mode**

In the stop mode, press the "BODY FAT" key to start the body fat test. The system will begin the test. During the test, the user must hold the hand grip with both hands. The screen will display a bar until the test is completed. After the test is finished, the screen will display the body fat percentage - F and the body mass index - B. Press the "BODY FAT" key again to return to the previous running state.

※ During the test, the RPM window error code is as follows:

E-1 --- Indicates that the user has not correctly held the hand grip.

### **Notes:**

The user holds down the "RESET" button for 2 seconds to enter the total reset mode. The console enters the start mode, and the buzzer emits a beep sound. All the LED are illuminated for 2 seconds before entering the setting mode. The resistance is 1.

### **General fitness tips**

#### **Warm-up**

5-10 minutes warm up exercise is necessary before operating.

#### **Breathe**

Do not hold your breath during operation, usually when you are ready to restore the movement with a nasal inhalation, breathe out the air forcefully with the mouth, breathing with the movement should be coordinated, if breathing is too fast, should stop the workout immediately.

#### **Frequency**

The exercise which in the same muscles should have a 48-hour break. In other words, you can train the same body part every two days.

#### **Load**

According to individual physical condition to decide the amount of exercise, then according to the principle of asymptotic load to practice. The muscle soreness is normal phenomenon during the initial training, so as long as the practice continues, the pain can be eliminated.

## Relax

After practice, you should do 5 minutes reduction action, especially the stretching of the foot muscles, so as to avoid the long-term congealing of the muscles and keep the muscles elastically.

## Diet

In order to protect the digestive system, please do exercise an hour after meals ,take food should be at least half an hour after the training, drink less water, especially avoid drinking lots of water during exercise, so as not to increase the burden of heart and kidney.

## Stretching exercises

No matter how fast you walk, it's best to stretch. Warm muscles are easier to stretch, so take 5 ~10 minutes to warm up. Then stop and do stretching exercises as follows - do five times, each leg for 10 seconds or more. Do it again after the workout.

### Downward stretch

Bend your knees ,lean forward, letting your back and shoulders relax, and try to touch your toes as much as possible. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see figure 1).

### Hamstring stretch

Sit on a clean seat and straighten your leg. Take the other leg inward and make it close to the inside of the straight leg. Try to touch your toes with your hands. Hold for 10 to 15 seconds, then relax. Repeat with each leg 3 times (see figure 2).

### The calf and heel tendons stretch

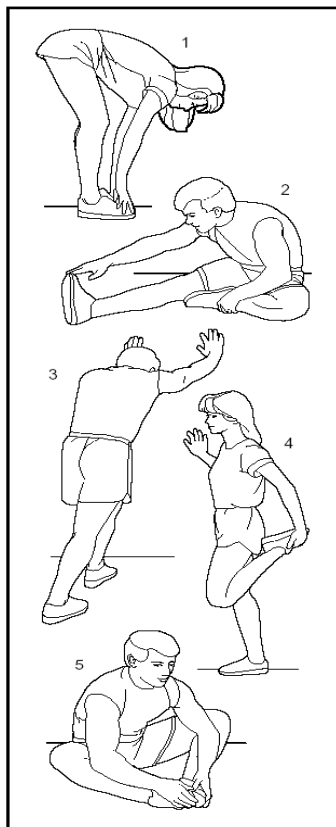
Stand with your hands on a wall or a tree. Keep your hind legs upright and heel trike, leaning toward the wall or tree. Hold for 10 to 15 seconds, then relax. Repeat with each leg 3 times (see figure 3).

### Quadriceps stretch

Hold the wall or table with your left hand to keep balance, then reach back with your right hand and hold your right ankle slowly toward the hip until you feel a tense muscle in front of your thigh. Hold for 10 to 15 seconds, then relax. Repeat with each leg 3 times (see figure 4).

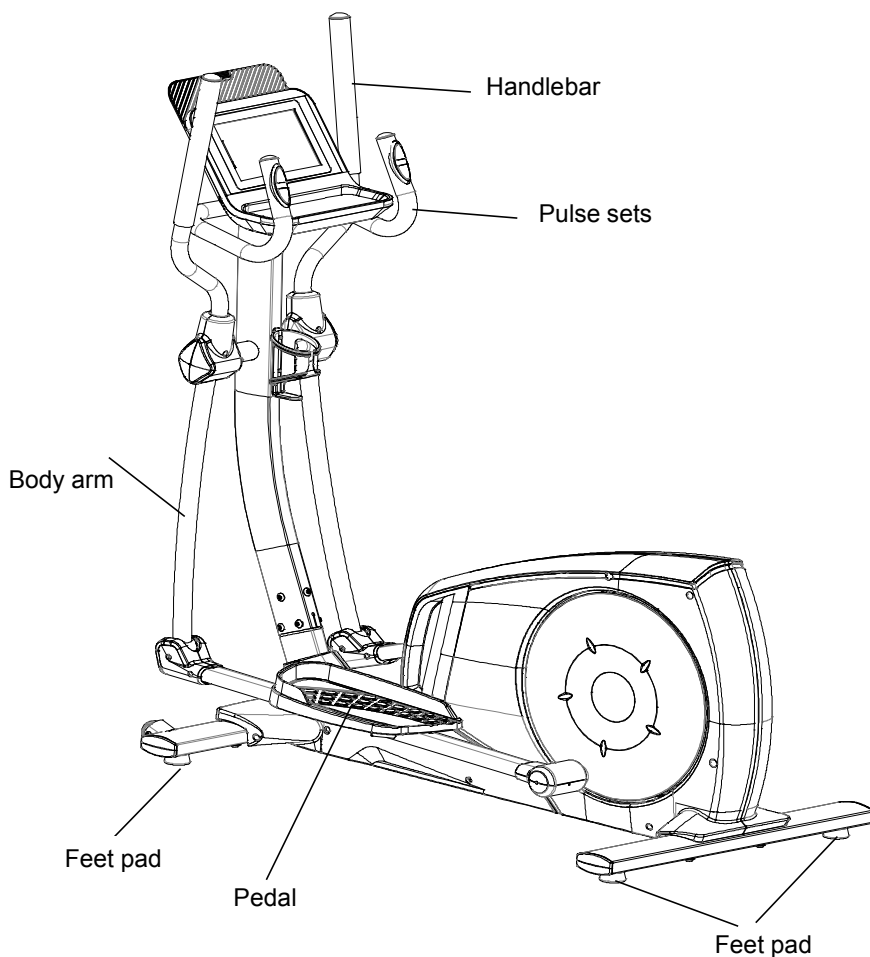
### The Sartorius muscle (muscle on the medial side of the thigh) stretches

The soles of the feet, the knees outside. Hands grab both feet to the groin direction. Hold for 10 to 15 seconds, then relax. Repeat it 3 times (see figure 5).



## Use instructions

1. Workout-----Please stands on the pedal platform, holds the pulse tube group or the handrail tube group tightly, and performs elliptical movements by stepping on the pedals.
2. Adjust the foot pad-----If the elliptical machine is unstable, adjust the four foot pads at the bottom.





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