



SMOOTH FITNESS

CE-3.0DS

Owners' Manual



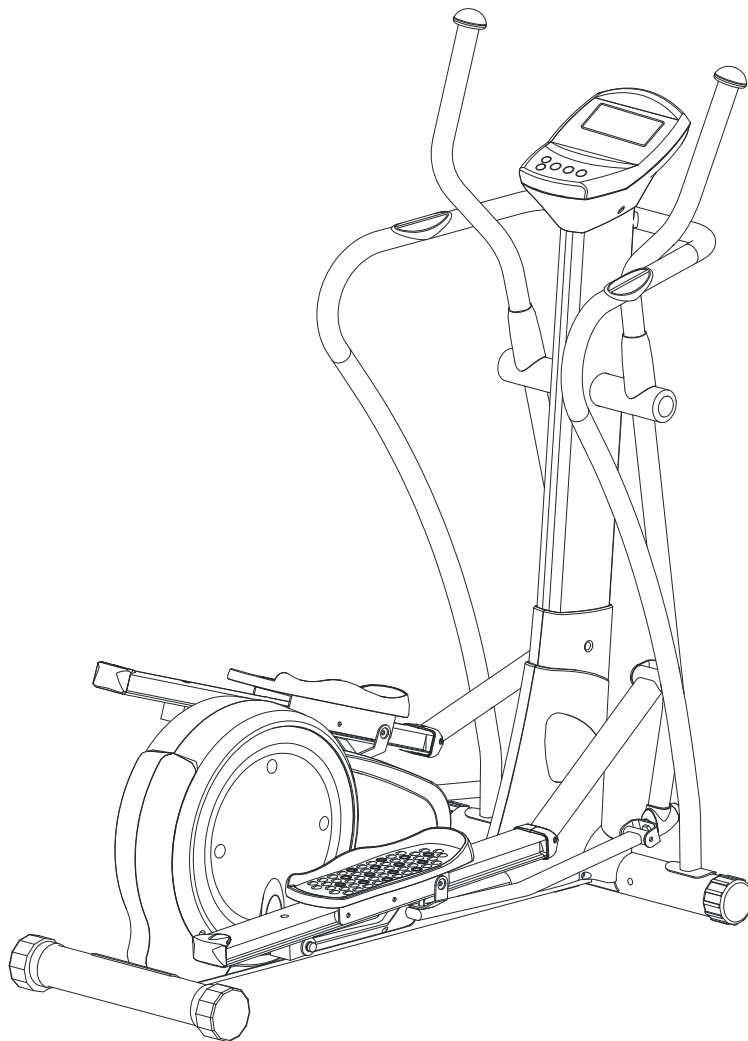
WARNING



Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment.

If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed.

Keep children and pets away from equipment. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.



**CAUTION: WEIGHT ON THIS PRODUCT
SHOULD NOT EXCEED 136KG / 300LBS.**

Product May Vary Slightly From Pictures



SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using CE-3.0DS.

1. Read all warnings posted on the equipment
2. Read this Owner's Manual and follow it carefully before using the equipment. Make sure that it is properly assembled and tightened before use
3. We recommend that two people be available for assembly of this product
4. Keep children and pets away from the equipment. Do not allow children and pets to use or play on the equipment. Always keep children and pets away from the equipment when it is in use
5. It is recommended that you place this exercise equipment on an equipment mat
6. Set up and operate the equipment on a solid and level surface. Do not position the equipment on loose rugs or uneven surfaces
7. Inspect the equipment for worn or loose components prior to each use
8. Tighten / replace any loose or worn components prior to using the equipment
9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician
10. Follow your physician's recommendations in developing your own personal fitness program
11. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising
12. Before using this product, please consult your personal physician for a complete physical examination.
13. Do not wear loose or dangling clothing while using the equipment
14. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the equipment loss of balance may result in a fall and serious bodily injury
16. Keep both feet firmly and securely on the Foot Pedals while exercising
17. The equipment should not be used by persons weighing over 300 pounds /136 kgs
18. The equipment should be used by only one person at a time
19. The equipment is for home use only.
20. Maintenance: Replace the defective components immediately and / or keep the equipment out of use until repair the equipment completely.
21. Make sure that adequate space is available for access to and passage around the equipment; keep at least a distance of 1 meter from any obstruction object while using the machine

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness



READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY

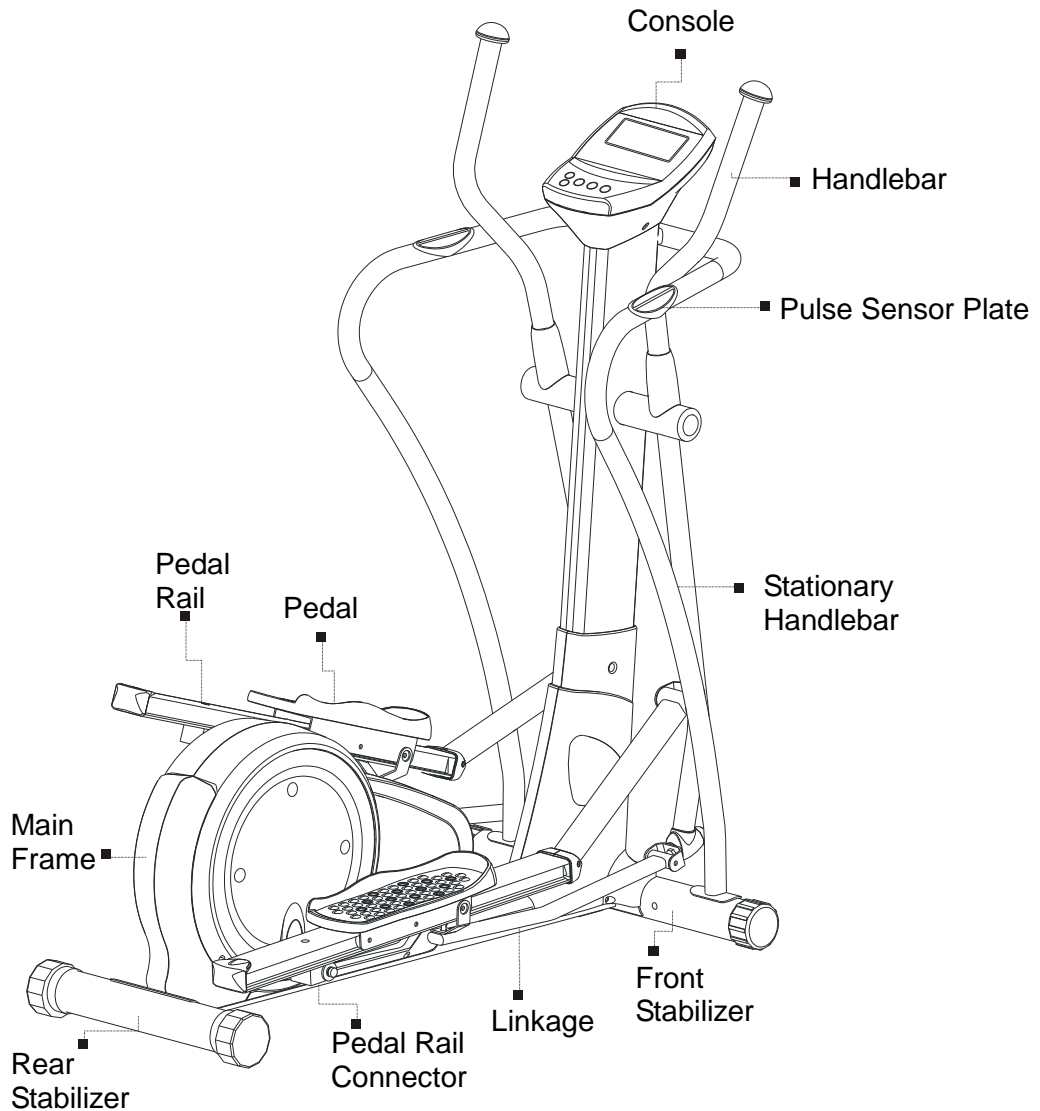
BEFORE YOU BEGIN

Thank you for choosing the CE-3.0DS. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

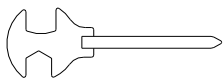
Yes, it's a proven fact that a regular exercise program can improve your physical and mental health.

Too often, our busy lifestyles limit our time and opportunity to exercise. The equipment provides a convenient and simple method to begin your journey on getting your body in shape and achieving a happier and healthier lifestyle.

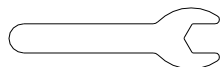
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Read this manual carefully before using the equipment.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



**MULTI WRENCH TOOL W/
PHILLIPS SCREWDRIVER**



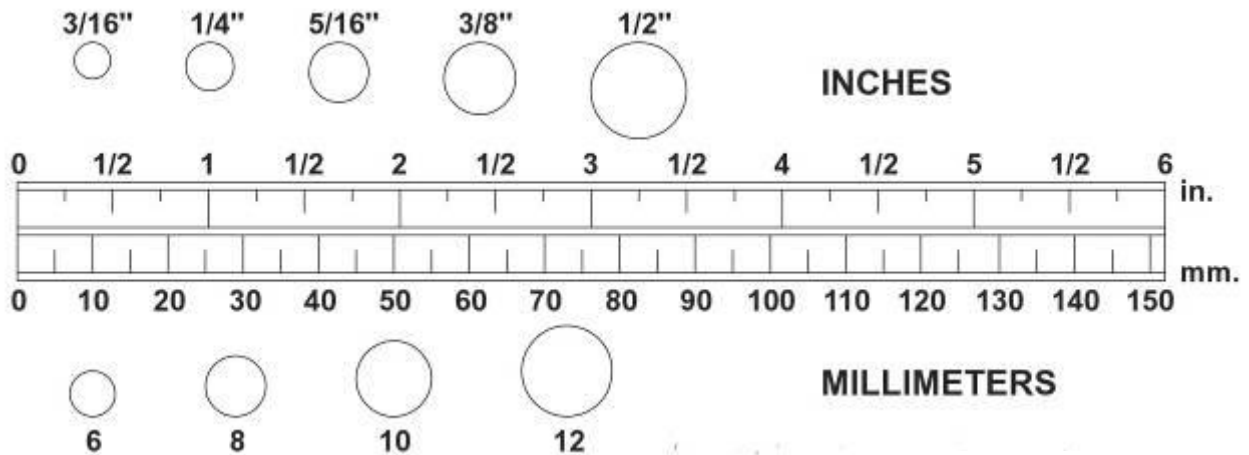
**HEX WRENCH
(10 & 17mm)**



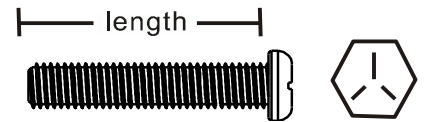
**ALLEN WRENCH
(5 & 6 mm)**









HARDWARE IDENTIFICATION CHART

Unpack the box in a clear area. Use the **List of Hardware** below to check the contents of the hardware kit. This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of bolts, or screws on the circles to check for the correct diameter. Use the ruler to check the length of the bolts and screws.

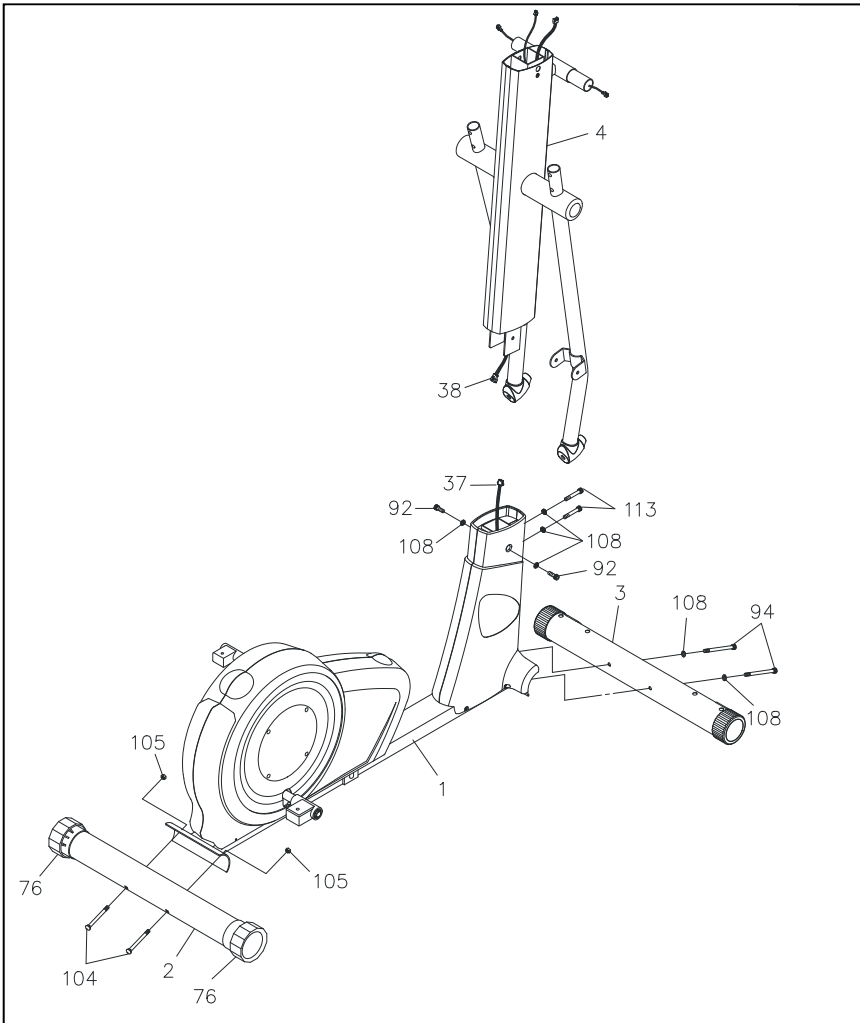


NOTICE: The length of all bolts and screws, except those with flat heads, are measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw



| | Part No. and Description | | Q'TY |
|---|--------------------------|------------------------------|------|
|  | 86 | Bolt, Round Head (M5x12mm) | 2 |
|  | 90 | Bolt, Socket Head (M6x35mm) | 4 |
| | 92 | Bolt, Socket Head (M8x25mm) | 4 |
| | 94 | Bolt, Socket Head (M8x90mm) | 2 |
| | 113 | Bolt, Socket Head (M8x50mm) | 2 |
|  | 97 | Bolt, Round Head (M8x16mm) | 4 |
|  | 100 | Bolt, Button Head (M8x90mm) | 2 |
| | 101 | Bolt, Button Head (M10x85mm) | 2 |
| | 114 | Bolt, Button Head (M6x12mm) | 2 |
| | 115 | Bolt, Button Head (M8x20mm) | 4 |
|  | 102 | Nylock Nut (M6) | 4 |
| | 105 | Nylock Nut (M8) | 4 |
| | 106 | Nylock Nut (M10) | 2 |
|  | 104 | Carriage Bolt (M8x85mm) | 2 |
|  | 110 | Washer (M10) | 2 |
|  | 108 | Lock Washer (M8) | 12 |
| | 117 | Lock Washer (M6) | 2 |

ASSEMBLY INSTRUCTIONS



STEP 1 – Stabilizer Assembly

- Attach the **REAR STABILIZER(2)**, the one with **LEVELING CAP 76mm(76)**, onto the **MAIN FRAME(1)** with 2 x **CARRIAGE BOLTS(M8x85mm)(104)** and **Nylon lock Nut (M8)(105)**.
- Attach the **FRONT STABILIZER(3)** onto the **MAIN FRAME(1)** with **SOCKET HEAD BOLTS (M8x90mm)(94)** and **LOCK WASHERS(M8)(108)**.

NOTE: You can adjust the **LEVELING CAPS 76mm(76)** on the **REAR STABILIZER(2)** to level the machine.

STEP 2 – Upright Post Assembly

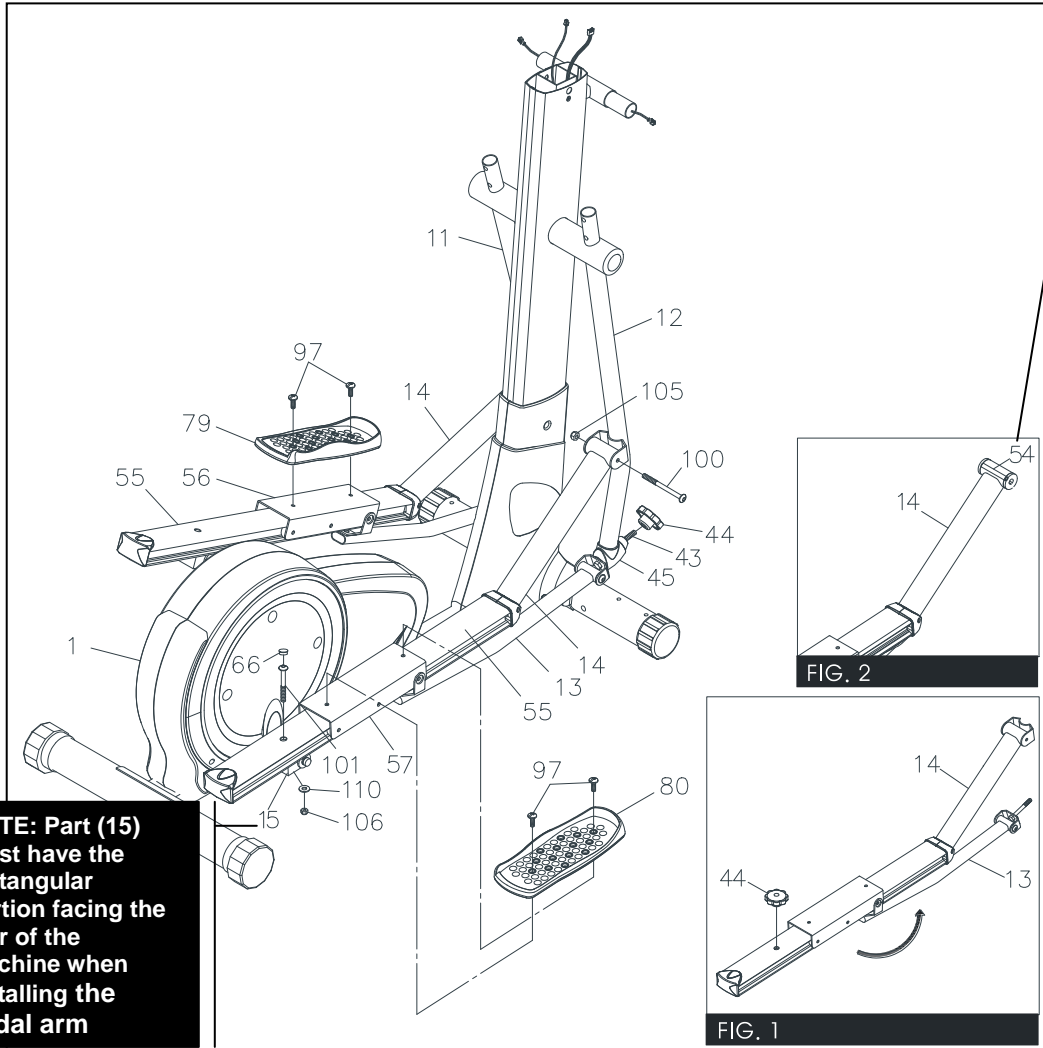
- Connect the **UPPER CONNECTION WIRE(37)** and **MIDDLE CONNECTION WIRE(38)**.

NOTE: After connecting the wires, verify the connection is properly made. **Caution: Incorrect connection may cause the computer to malfunction. Check that all pins in connector are not bent.**

- Gently insert the **UPRIGHT POST(4)** into the **MAIN FRAME(1)** and secure with 2 x **SOCKET HEAD BOLTS(M8x25mm)(92)**, 2 x **LOCK WASHERS(M8)(108)** and 2 x **SOCKET HEAD BOLTS(M8x50mm)(113)**, 2 x **LOCK WASHERS(M8)(108)**.

CAUTION Pinch Point: Be careful not to damage the wires when attaching the Upright post

ASSEMBLY INSTRUCTIONS



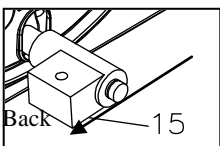
Prior to assembling check that Bolt (100) properly fits through Shaft Sleeve (54) located on the Right and Left Pedal Arm Assembly (14).

NOTE: Part (15) must have the rectangular portion facing the rear of the machine when installing the pedal arm

STEP 3 – Pedal Arm & Linkage Assembly

- Connect the **PEDAL ARM(14)** to the **RIGHT Action ARM(12)** with 1 x **BUTTON HEAD BOLTS(M8x90mm)(100)** and 1 x **NYLON LOCK NUTS(M8)(105)**.
- Refer to the inset drawing (**FIG.1**). Remove the **LOCKING KNOB(44)** from the **LINKAGE CONNECTOR(43)**. Then swing the **LINKAGE(13)** toward the front. Insert the **LINKAGE CONNECTOR(43)** through the **CONNECTOR(45)** and secure with the **LOCKING KNOB(44)**.

STEP 4 – Pedal Rail & Pedal Assembly



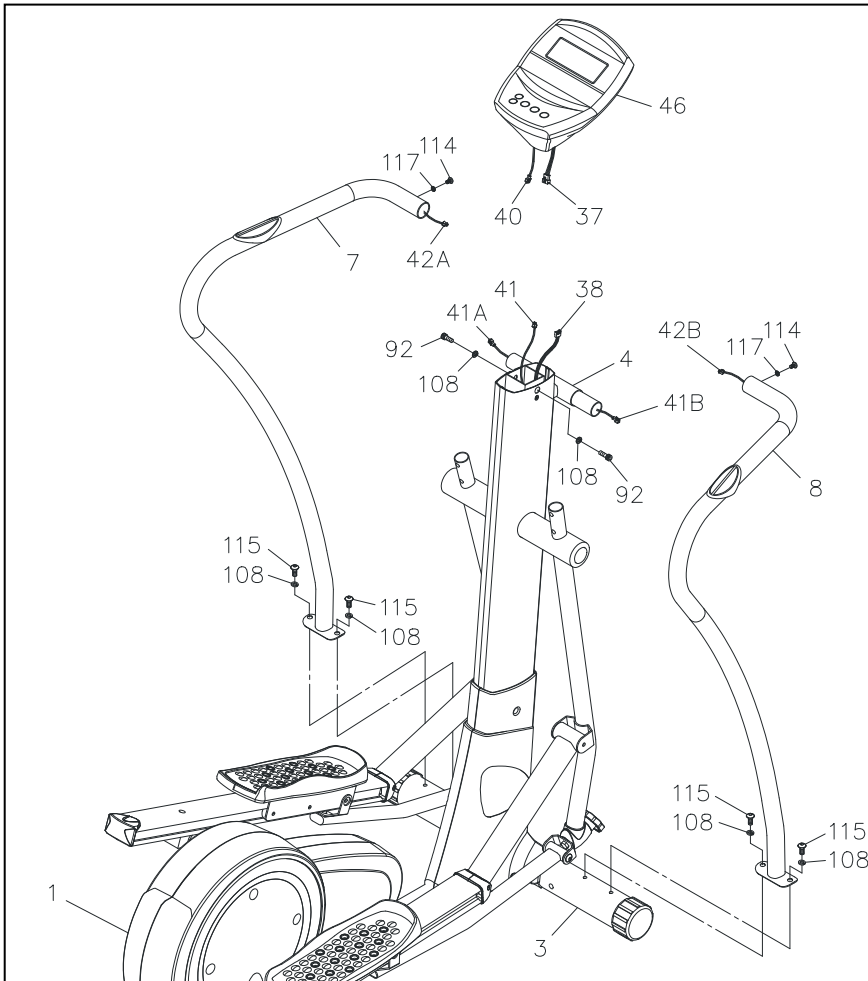
- Attach the **PEDAL RAIL(55)** to the **RIGHT PEDAL RAIL CONNECTOR(15)** with 1 x **BUTTON HEAD BOLT (M10x85mm)(101)**, 1 x **WASHER(M10)(110)**, and 1 x **NYLON LOCK NUT(M10)(106)**.

CAUTION: PEDAL RAIL CONNECTOR (15): The rectangular part should point to the rear of the machine as shown.

Press the **CRANK CAP(66)** into the hole on the **PEDAL (55)**

- There is a "L" mark on the **LEFT PEDAL (79)**, and a "R" mark on the **RIGHT PEDAL (80)**. Attach the **RIGHT PEDAL (80)** to the **RIGHT PEDAL SLIDER(57)** with 2 x **ROUND HEAD BOLTS(M8x16mm)(97)**.
- Repeat the above same procedure on the left side

ASSEMBLY INSTRUCTIONS



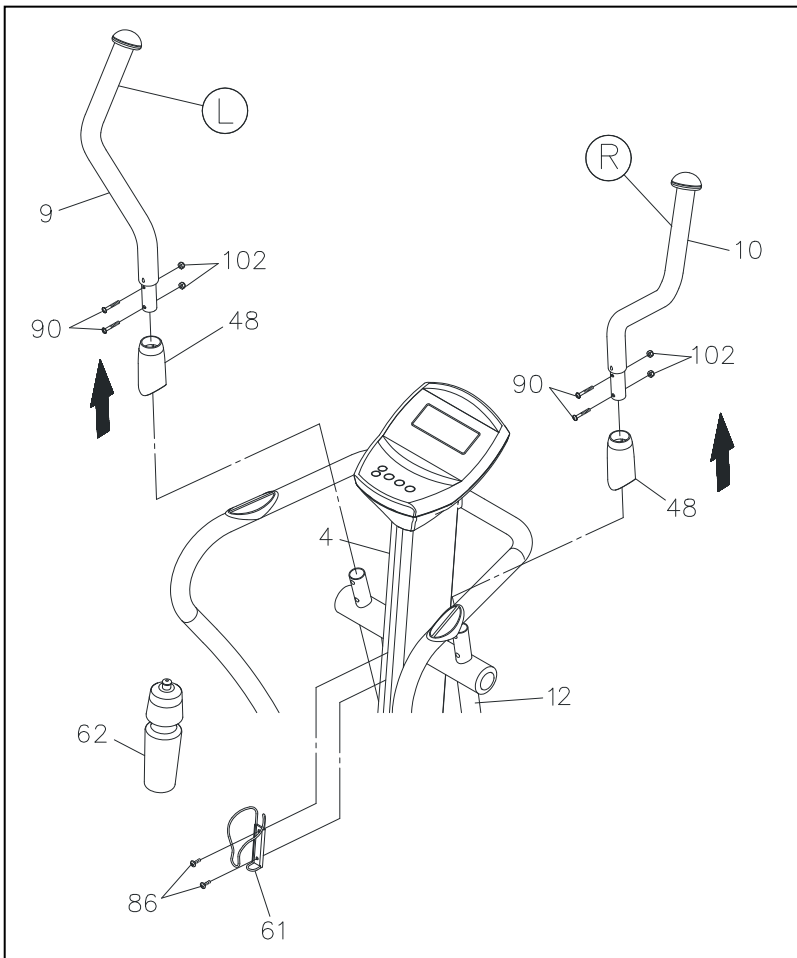
STEP 5 – Wire & Stationary Handlebar Assembly

- Connect the **MIDDLE PULSE SENSOR WIRE(41A)** and the **LOWER PULSE SENSOR WIRE (42A)**.
- Connect the **MIDDLE PULSE SENSOR WIRE(41B)** and the **LOWER PULSE SENSOR WIRE (42B)**.
NOTE: Be careful not to pinch the wires
- Insert the **STATIONARY HANDLE BAR(7,8)** into the top tube on the **UPRIGHT POST(4)** with **2 x BUTTON HEAD BOLTS(M6x12mm)(114)** and **2 x LOCK WASHERS(M6)(117)**. **NOTE Do not tighten 114 until the end of step 5.**
- Attach the bottom of **STATIONARY HANDLEBAR(7,8)** onto the **FRONT STABILIZER(3)** with **4 x BUTTON HEAD BOLTS(M8x20mm)(115)** and **4 x LOCK WASHERS(M8)(108)**.
- Fully tighten (114) and (115) bolts now. **NOTE: Make sure the bolts are fully tightened before moving to the next step.**

STEP 6 – Wire & Console Assembly

- Plug the **MIDDLE CONNECTION WIRE(38)** into the **UPPER CONNECTION WIRE(37)**. Connect the **MIDDLE PULSE SENSOR WIRE(41)** and the **UPPER PULSE SENSOR WIRE(40)**. **NOTE:** Be careful not to pinch the wires
- Attach the **CONSOLE(46)** onto the **UPRIGHT POST(4)** with **2 x SOCKET HEAD BOLTS(M8x25mm)(92)** and **2 x LOCK WASHERS(M8)(108)**.

ASSEMBLY INSTRUCTIONS



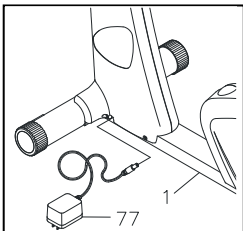
STEP 7 – Handlebar Assembly

- There is an “R” decal on the **RIGHT HANDLEBAR(10)** and an “L” decal on the **LEFT HANDLEBAR(9)**. Slide the **HANDLEBAR SLEEVE(48)** onto the **RIGHT HANDLEBAR(10)**.
- Attach the **RIGHT HANDLEBAR(10)** into the **RIGHT PIVOTING ARM(12)** with 2 x **SOCKET HEAD BOLTS(M6x35mm)(90)** and 2 x **NYLON LOCK NUTS(M6)(102)**. **NOTE: Assemble the SOCKET HEAD BOLTS(M6x35mm)(90) by following the direction as shown by the drawing**
- Slide the **HANDLEBAR SLEEVE(48)** down to the cover the bolts on the **RIGHT HANDLEBAR(10)**.
- Repeat the above step on the left side.

STEP 8 – Mounting Bracket & Water Bottle Assembly

Attach the **MOUNTING BRACKET(61)** onto the **UPRIGHT POST(4)** with 2 x **ROUND HEAD BOLTS(M5x12mm)(86)**. Place the **WATER BOTTLE(62)** into the **MOUNTING BRACKET(61)**.

STEP 9 – Adapter Assembly



Refer to the drawing on the left. Connect the **ADAPTER(77)** to the connector located on the base of the **MAIN FRAME(1)**. Plug the **ADAPTER(77)** into a 110V electrical outlet.

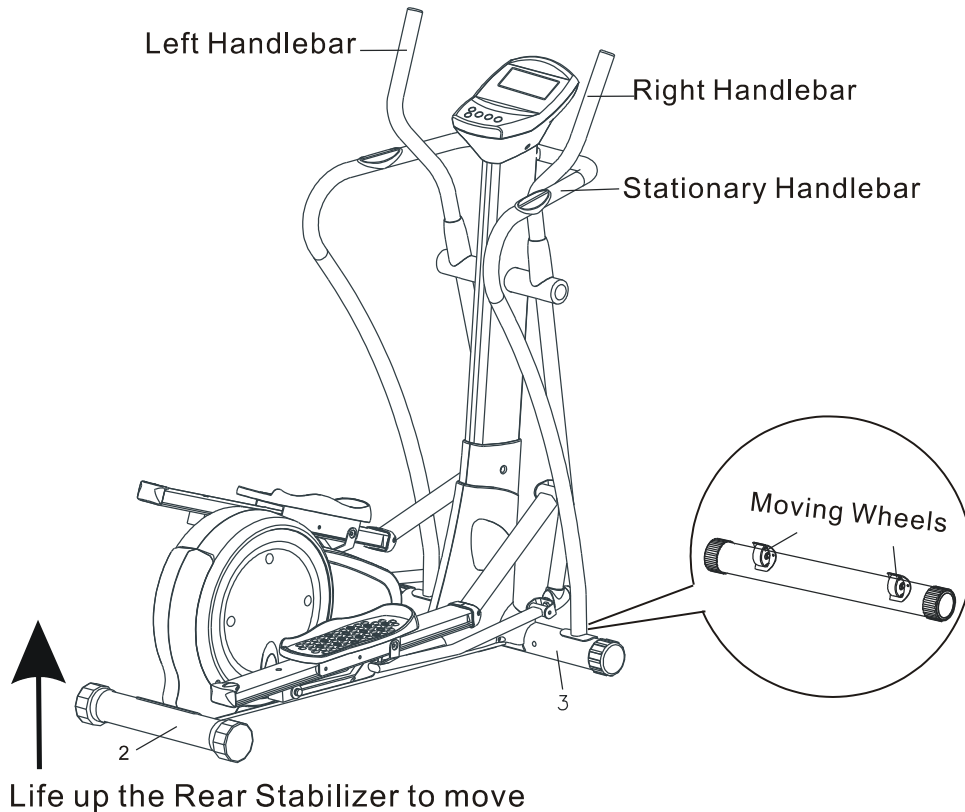
Finish the assembly, make sure that all parts are fully tightened before using the equipment.

SET UP & OPERATIONAL INSTRUCTIONS

LEVELING: Adjust the **LEVELING CAPS(76)** on the **REAR STABILIZER(2)** so that the item sets on the floor without rocking. Reposition the **LEVELING CAPS(76)** on the **REAR STABILIZER(2)** in order to level the item.

MOVING:

- Before moving the CE-3.0DS, Make sure the unit is in Elliptical Mode Pictured below.
- The unit has a pair of **MOVING WHEELS(75)** built into the **FRONT STABILIZER(3)**. It's recommended to hold the **REAR STABILIZER(2)** with two hands and carefully pull the item to the desired location.

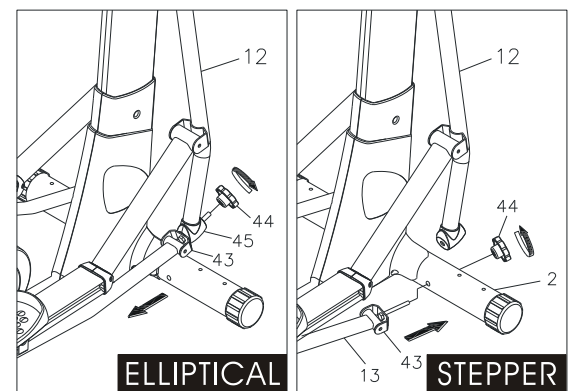


ELLIPTICAL MODE AND STEPPER MODE

Your CE-3.0DS can be used in the ELLIPTICAL mode or the STEPPER mode. Refer to the illustration on the right to setup the ELLIPTICAL mode or the STEPPER mode.

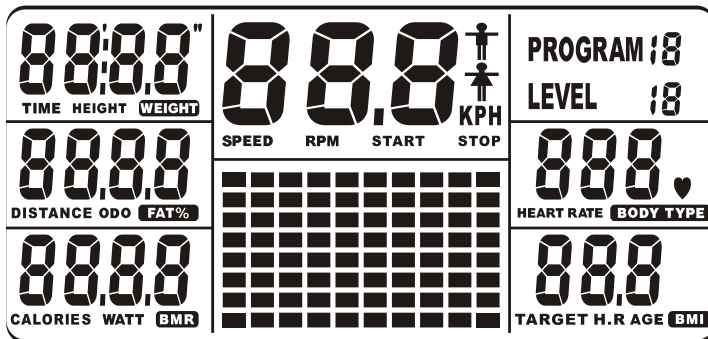
STEPPER MODE: Attach the **LINKAGE CONNECTORS(43)** to the **FRONT STABILIZER(3)**.

- ✘ It is recommended to hold the stationary handle bar when in stepper mode.
- ✘ **NOTE: STEPPER mode, works best with the crank rotating backward.**

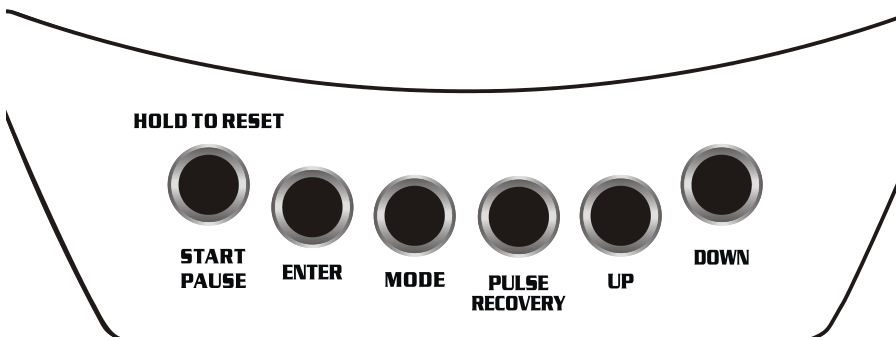


ELLIPTICAL MODE: Insert the **LINKAGE CONNECTOR(43)** through the **CONNECTOR(45)** and secure with the **LOCKING KNOB(44)**. **CAUTION:** Securely tighten both **LOCKING KNOBS(44)** before exercising.

CONSOLE INSTRUCTIONS



- ① MANUAL
- ② ROLLING
- ③ VALLEY
- ④ FAT BURN
- ⑤ RAMP
- ⑥ FITNESS TEST
- ⑦ RANDOM
- ⑧ FAT BODY FAT
- ⑨ T.H.R.
- ⑩ 60% MAX H.R.
- ⑪ 75% MAX H.R.
- ⑫ 85% MAX H.R.
- ⑬ **U 1** USER 1
- ⑭ **U 2** USER 2
- ⑮ **U 3** USER 3
- ⑯ **U 4** USER 4



Program List

- ① MANUAL
- ② ROLLING
- ③ VALLEY
- ④ FAT BURN
- ⑤ RAMP
- ⑥ FITNESS TEST
- ⑦ RANDOM
- ⑧ FAT BODY FAT
- ⑨ T.H.R.
- ⑩ 60% MAX H.R.
- ⑪ 75% MAX H.R.
- ⑫ 85% MAX H.R.
- ⑬ **U 1** USER 1
- ⑭ **U 2** USER 2
- ⑮ **U 3** USER 3
- ⑯ **U 4** USER 4

| | | | | | | | |
|-----|---------------------|-----|----------------------|-----|--------------------|-----|--------------------|
| P1 | MANUAL PROGRAM | P2 | ROLLING PROGRAM | P3 | VALLEY PROGRAM | P4 | FAT BURN PROGRAM |
| P5 | RAMP PROGRAM | P6 | FITNESS TEST PROGRAM | P7 | RANDOM PROGRAM | P8 | BODY FAT PROGRAM |
| P9 | TARGET H.R. PROGRAM | P10 | 60% H.R.C. PROGRAM | P11 | 75% H.R.C. PROGRAM | P12 | 85% H.R.C. PROGRAM |
| P13 | USER PROGRAM 1 | P14 | USER PROGRAM 2 | P15 | USER PROGRAM 3 | P16 | USER PROGRAM 4 |

- Take a few minutes to review the console layout. Below is an overview of the console's features and functions
- We recommend that you use the console to help vary your workout routine and keep you focused on your progress toward your fitness goals. The computer programs and user feedback is a great source of motivation often assisting you to take your workout to the next level

Power ON



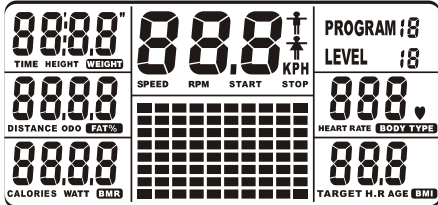

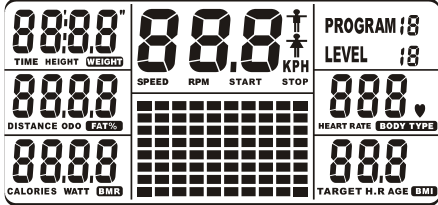

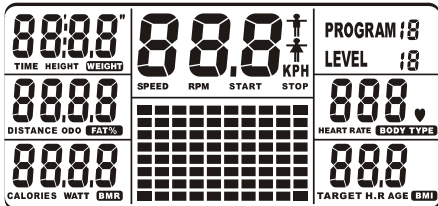
- Make sure the item's adaptor is correctly plugged into the socket
- Pedaling or pressing any keys will activate the console. The console display will then light up with a short beep sound, indicating the console is ready for use

Power Off

The console will automatically shut off after 4 minutes of inactivity

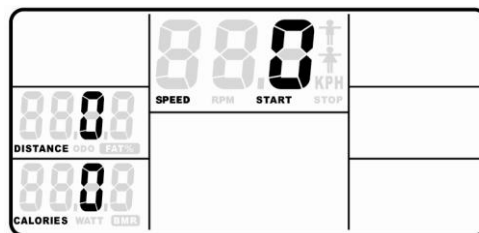
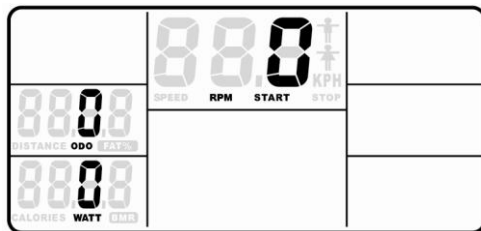
CONSOLE INSTRUCTIONS – CONSOLE BUTTONS

Console Buttons

| | |
|---|--|
| <p>HOLD TO RESET</p>  <p>START PAUSE</p> | <ol style="list-style-type: none"> Press START/PAUSE to begin your exercise Press START/PAUSE again to stop and pause all functions during your exercise program. All the data on the display will then freeze. Press START/PAUSE again to resume the program and all the data displayed will continue until the program has finished. HOLD TO RESET function: Press and hold the START/PAUSE button for 3 seconds, to rest the display and return to POWER ON status |
| <p>ENTER</p>  | <p>Press ENTER to confirm the program function (PROGRAM, TIME, HEIGHT, WEIGHT, DISTANCE, CALORIES, AGE, GENDER, TARGET H.R. and RESISTANCE LEVEL in each time interval)</p>  |
| <p>UP</p>  | <p>Press UP to increase the values of the program function (PROGRAM, TIME, HEIGHT, WEIGHT, DISTANCE, CALORIES, AGE, GENDER, TARGET H.R. and RESISTANCE LEVEL in each time interval)</p>  |
| <p>DOWN</p>  | <p>Press DOWN to decrease the values of the program function (PROGRAM, TIME, HEIGHT, WEIGHT, DISTANCE, CALORIES, AGE, GENDER, TARGET H.R. and RESISTANCE LEVEL in each time interval)</p>  |

CONSOLE INSTRUCTIONS – CONSOLE BUTTONS

During workout (after pressing **START/PAUSE**), pressing the mode button will scroll between Speed/Distance/Calories or RPM/ODO/Watts



MODE



RPM, ODO, WATT will be displayed simultaneously **SPEED, DISTANCE, CAL** will be displayed simultaneously

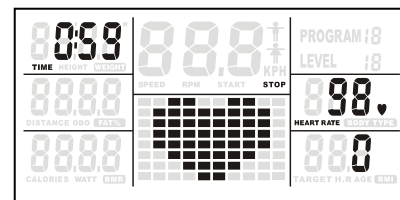
DISTANCE and **ODO (ODOMETER)** information:

- **DISTANCE:**
 - a. This measures the total distance from 0 to 999 km/Mile.
 - b. After pressing **START/PAUSE**, **DISTANCE** will count up. Press **START/PAUSE** again to pause all functions and **DISTANCE** value during your exercise program.
 - c. Press **START/PAUSE** again to resume the program and **DISTANCE** value will continue counting up until the program finish
 - d. The console would automatically shut off after 4 minutes of inactivity. The **DISTANCE** value will restart from zero after pedaling or pressing any keys to active the console again
- **ODO (ODOMETER):** Total distance traveled on the unit during its lifetime (odometer can be reset-See troubleshooting section).

PULSE RECOVERY

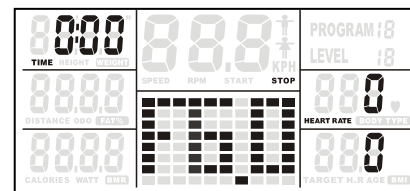


- a. **PULSE RECOVERY** button measures how quickly you return to a resting heart rate after exercising. You could use this button to measure improvement as you get into shape
- b. The console will monitor your pulse for 60 seconds and calculate a **HEART RATE RECOVERY** value from F1.0 to F6.0. **F1.0 is best; F6.0 is worst (For Reference Only)**
- c. The readout should only be used as a comparison between workouts. It's recommended to use right after any aerobic exercise. **Stop exercising before starting this function.**
- d. Your pulse will be displayed approximately few seconds after the heart symbol "♥" is displayed







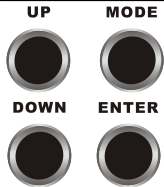
NOTE:

If you don't hold the **HEART RATE SENSORS** on the handrails with both hands properly, the console's HEART RATE value would show "0" and the main screen would show "F6.0" after the console counts down to zero, which means the HEART RATE SENSORS won't be able to pick up the signals. Press any keys to stop, the long beep will sound, then press **PULSE RECOVERY** button again and be sure to hold the **HEART RATE SENSORS** properly on the handrails with both hands.



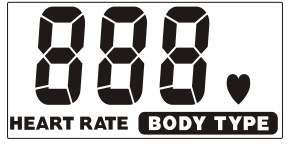


CONSOLE INSTRUCTIONS – CONSOLE FUNCTIONS

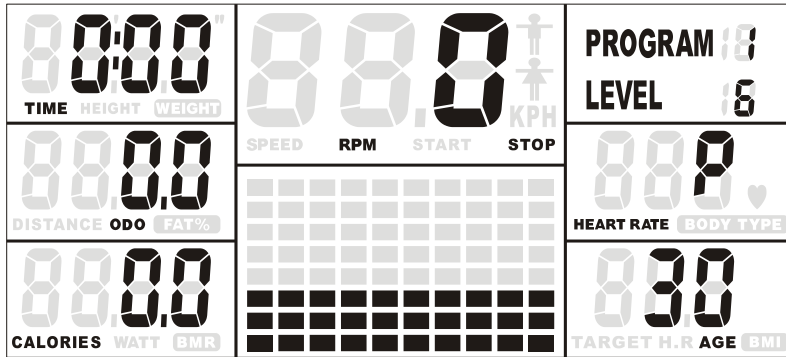
Console Functions

| | |
|---|--|
|  | <p>PROGRAM:</p> <ul style="list-style-type: none"> The console comes with <u>16 preset programs</u> Displays programs from P1 ~ P16 during set up Displays the selected program during exercise <p>LEVEL:</p> <ul style="list-style-type: none"> Displays resistance level of the current program, from <u>1 to 16 resistance levels in 1 level increments</u> |
|  <p>TIME HEIGHT WEIGHT</p> | <p>TIME:</p> <ul style="list-style-type: none"> Count Up: If a target time was not selected, TIME will count up from <u>0:00 to maximum 99:59 minutes</u> Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00 <p>HEIGHT:</p> <ul style="list-style-type: none"> Display range: <u>3'08" ~ 8' 00"</u>; 1 inch increment / 110 ~ 250cm; 0.5 cm increment ; this product is not recommended for use by children <p>WEIGHT:</p> <ul style="list-style-type: none"> Display range: <u>23 ~ 440 LBS; 0.5 LBS increment / 10 ~ 200KG; 0.2 KG increment; this product is not recommended for use by children</u> |
|  <p>DISTANCE ODO FAT%</p> | <p>DISTANCE:</p> <ul style="list-style-type: none"> Count Up: If a target distance was not selected, this would measure the total distance from <u>0:00 to 999 km/mile</u> Count Down: If you have set the target distance, the console will count down from that selected target distance down to 0 During workout (after pressing START/PAUSE), the user could press MODE button to select DISTANCE, or ODO (Odometer) |
|  <p>DISTANCE ODO FAT%</p> | <p>ODO:</p> <ul style="list-style-type: none"> Displays the total distance on the unit. <p>BODY FAT%:</p> <ul style="list-style-type: none"> During BODY FAT TEST, the result would display the percentage of body fat in BODY FAT PROGRAM (P8) Your body fat percentage is simply the percentage of the fat your body contains <div style="text-align: right;">  </div> |

CONSOLE INSTRUCTIONS – CONSOLE FUNCTIONS

| | |
|--|---|
|  | <p>CALORIES:</p> <ul style="list-style-type: none"> ● Count Up: If target calories were not selected, this measures total calories your body burned during exercise ● Count Down: If you have set the preference value of calories, the console will count down from that selected target calories down to 0 <p>BMR: (calculations are estimated)</p> <ul style="list-style-type: none"> ● During BODY FAT TEST, the result would display the value of BMR in BODY FAT PROGRAM (P8) ● BMR (BASAL METABOLIC RATE) is a rate at which the body burns calories to maintain normal body functions while at rest <p>WATT:</p> <ul style="list-style-type: none"> ● Display the current value of Watt during exercise |
|  | <p>TARGET H.R.:</p> <ul style="list-style-type: none"> ● Display range: 60 ~ 220 BPM (beats per minute) ; 1 BPM increment <p>AGE:</p> <ul style="list-style-type: none"> ● Display range: 10 ~ 99 years old; 1 year-old increment <p>NOTE: Although the console allows input for age beginning at 10 years old, this product is not recommended for use by children.</p> <p>BMI : (Calculations are estimated and are not intended for medical diagnosis)</p> <ul style="list-style-type: none"> ● During BODY FAT TEST, the result would display the value of BMI in BODY FAT PROGRAM (P8) ● BMI (BODY MASS INDEX) is a height/weight formula. From the value of your BMI, you can see whether you are underweight, normal weight, overweight or obese |
|  | <p>HEART RATE:</p> <ul style="list-style-type: none"> ● You must place both of your hands on the Pulse Sensors on the Handlebar. Your pulse will be displayed approximately few seconds after the heart symbol “♥” is displayed ● If you do not place your hands correctly and a few seconds passes without a pulse input, the console will turn off the pulse circuit. Place your hands back on the Pulse Sensors correctly, the pulse readout will appear again <p>BODY TYPE:</p> <ul style="list-style-type: none"> ● During BODY FAT TEST, the result would display the value of BODY TYPE in BODY FAT PROGRAM (P8) |

CONSOLE INSTRUCTIONS – MANUAL PROGRAM (P1)



1 Press any button on the console or begin pedaling to turn on the console

- Make sure that the power cord is properly plugged into the socket.
- The console would automatically shut off after 4 minutes of inactivity
- Press any button on the console or begin pedaling to turn on the console. After a few seconds, the console will then light up with a short beep sound, indicating the console will be ready for use

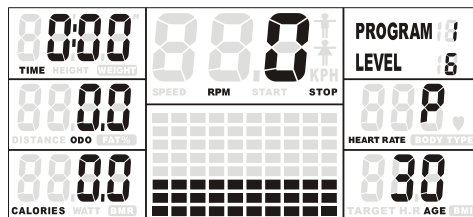
2 "HOLD TO RESET" button, an easy way to reset and enter into POWER ON status

START / PAUSE



HOLD TO RESET

Continue pressing **START/PAUSE** for 3 seconds, all the data will reset to the initial value and the console will return to **POWER ON** status



POWER ON status

3 MANUAL PROGRAM (P1)

A. ENTER MANUAL PROGRAM (P1)

ENTER button:

When the power is turned on, the manual program (P1) will be selected, press the **ENTER** button to confirm and enter the **MANUAL PROGRAM (P1)**

OR

- START/PAUSE** button: If you are currently in another program (P2~P16), Press **START/PAUSE** button to pause the current program.
- Press **UP** or **DOWN** button to select **MANUAL PROGRAM (P1)**
- Press **ENTER** button to confirm and enter **MANUAL PROGRAM (P1)**

CONSOLE INSTRUCTIONS – MANUAL PROGRAM (P1)

B. SET TIME or DISTANCE

To avoid confusion the user can only set time or distance in any one program.

TO ENTER TIME:

UP or DOWN button:



- After entering the **MANUAL PROGRAM (P1)**, the **TIME** function mode will appear with the display flashing "0:00".
- Use **UP** or **DOWN** buttons to set the desired **TIME**. Press enter to confirm (**1:00 TO 99:00; 1 MINUTE INCREMENTS**)

NOTE for TIME:

- Count Up: If a target time was not selected, **TIME** will count up from 0:00 to maximum 99:59 minutes
- Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00

TO ENTER DISTANCE:

ENTER button and then UP or DOWN button:



- After entering the **MANUAL PROGRAM (P1)**, the **TIME** function mode will appear with the display flashing "0:00".
- Press the **ENTER** button again, the **DISTANCE** function mode will then appear with the display flashing "0.0"
- Use **UP** or **DOWN** buttons to set the desired **DISTANCE**. Press enter to confirm (**1 TO 999KM/MILE; 1 KM/MILE INCREMENTS**)

NOTE for DISTANCE:

- Count Up: If a target distance was not selected, this would measure the total distance from 0:00 to 999 km/mile
- Count Down: If you have set the target distance, the console will count down from the selected target time down to 0

C. SET CALORIES and AGE

1. Calories:



- After confirming the **TIME** or **DISTANCE**
- Use **UP** or **DOWN** buttons to set the desired **CALORIES** press enter to confirm (**10 TO 9990KCAL; 10 KCAL**

INCREMENT)

NOTE for CALORIES:

- Count Up: If target calories was not selected, this would measure total calories burned during exercise
- Count Down: If you have set the preference value of calories, the console will count down from that selected value down to 0

CONSOLE INSTRUCTIONS – MANUAL PROGRAM (P1)

2. Age Selection:



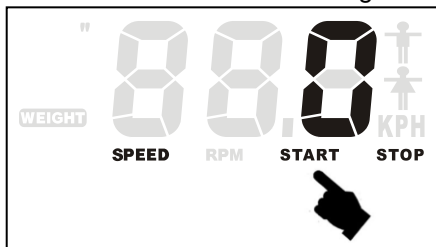
- Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **AGE**
- Use **UP** or **DOWN** buttons to set your **AGE**. Press **ENTER** to confirm (**10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT**)

NOTE for AGE:

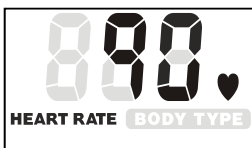
NOTE: Although the console allows input for age beginning at 10 years old, the product is not recommended for use by children

D. START EXERCISE

Press **START/ PAUSE** to begin exercise. “**START**” would then appear on the screen

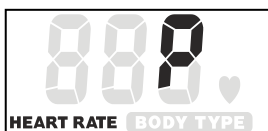


E. Monitoring Heart Rate

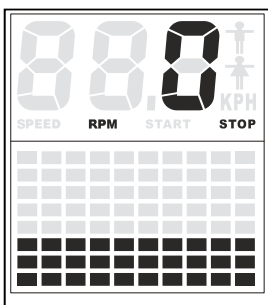


NOTE for HEART RATE:

- You must place both of your hands on the **Pulse Sensors** located on the **Stationary Handlebar**. Your pulse will be displayed approximately few seconds after the heart symbol “♥” is displayed
- If you do not place your hands correctly, and a few seconds pass without a pulse input, the console will turn off the pulse circuit. The console will then display an error message “P”. Remove your hands from the sensor then replace your hands back on the **Pulse Sensors** correctly, the pulse readout will appear again



F. CHANGING THE RESISTANCE LEVEL



Press the **UP** or **DOWN** button to change the resistance level (from 1 to 16 levels) at any time during the workout.

CONSOLE INSTRUCTIONS – MANUAL PROGRAM (P1)

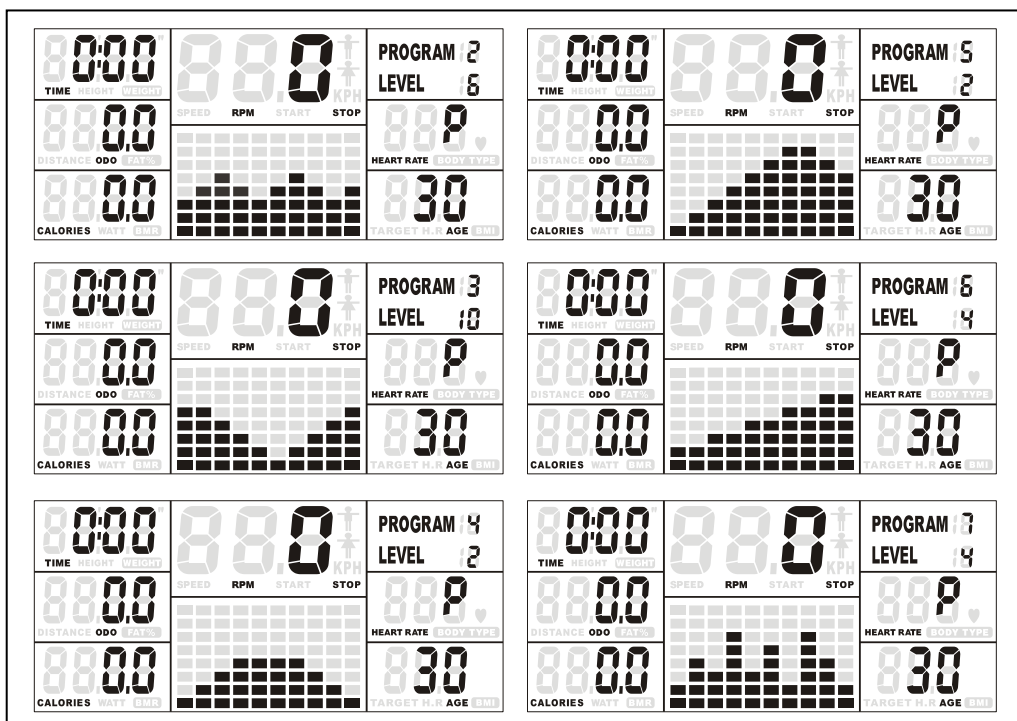
G. TARGET HEART RATE



- The target heart rate is based on the Age that is set into the computer during setup. The **TARGET HEART RATE calculation** is based on 85% of the maximum heart rate. For example: For a 30-year-old user, the max. user heart rate should be $161 = (220-30) \times 85\%$
- The console will monitor your pulse and compare the value of your pulse with **TARGET**

HEART RATE. The value of HEART RATE will keep flashing to warn you to slow down or lower the torque/resistance level if your pulse value is greater than TARGET HEART RATE

CONSOLE INSTRUCTIONS – PROGRAM (P2 ~ P7)



1 Press any button on the console or begin pedaling to turn on the console

- d. Make sure that the power cord is properly plugged into the socket.
- e. The console would automatically shut off after 4 minutes of inactivity
- f. Press any button on the console or begin pedaling to turn on the console. After a few seconds, the console will then light up with a short beep sound, indicating the console will be ready for use

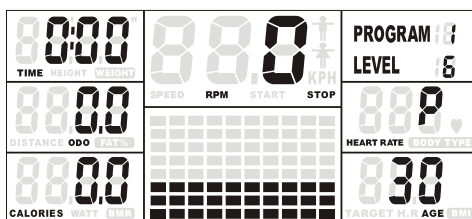
2 "HOLD TO RESET" button, an easy way to reset and enter into POWER ON status

START / PAUSE



HOLD TO RESET

Continue pressing **START/PAUSE** for 3 seconds, all the data will reset to the initial value and the console will return to **POWER ON** status



POWER ON status

3 MANUAL PROGRAM (P1)

A. ENTER MANUAL PROGRAM (P2 ~ P7)

ENTER button:

When the power is turned on, the manual program (P1) will be selected, press the **ENTER** button to confirm and enter **P2~P7**

or

- d. **START/PAUSE** button: If you are currently in another program (P2~P16), Press **START/PAUSE** button to pause the current program.
- e. Press **UP** or **DOWN** button to select **P2~P7**
- f. Press **ENTER** button to confirm and enter **P2~P7**

CONSOLE INSTRUCTIONS – PROGRAM (P2 ~ P7)

B. SET TIME or DISTANCE

To avoid confusion the user can only set time or distance in any one program.

TO ENTER TIME:

UP or DOWN button:



- c. After entering the **P2~P7** the **TIME** function mode will appear with the display flashing "0:00".
- d. Use **UP** or **DOWN** buttons to set the desired **TIME**. Press enter to confirm (**1:00 TO 99:00; 1 MINUTE INCREMENTS**)

NOTE for TIME:

- Count Up: If a target time was not selected, **TIME** will count up from 0:00 to maximum 99:59 minutes
- Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00

TO ENTER DISTANCE:

ENTER button and then UP or DOWN button:



- a. After entering the **P2~P7** the **TIME** function mode will appear with the display flashing "0:00".
- b. Press the **ENTER** button again, the **DISTANCE** function mode will then appear with the display flashing "0.0"
- c. Use **UP** or **DOWN** buttons to set the desired **DISTANCE**. Press enter to confirm (**1 TO 999KM/MILE; 1 KM/MILE INCREMENTS**)

NOTE for DISTANCE:

- Count Up: If a target distance was not selected, this would measure the total distance from 0:00 to 999 km/mile
- Count Down: If you have set the target distance, the console will count down from the selected target time down to 0

CONSOLE INSTRUCTIONS – PROGRAM (P2 ~ P7)

C. SET CALORIES and AGE

1. Calories:



a. After confirming the **TIME** or **DISTANCE**

b. Use **UP** or **DOWN** buttons to set the desired **CALORIES** press enter to confirm (**10 TO 9990KCAL; 10 KCAL**

INCREMENT)

NOTE for CALORIES:

- Count Up: If target calories was not selected, this would measure total calories burned during exercise
- Count Down: If you have set the preference value of calories, the console will count down from that selected value down to 0

2. Age Selection:



a. Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **AGE**

b. Use **UP** or **DOWN** buttons to set your **AGE**. Press **ENTER** to confirm (**10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT**)

NOTE for AGE:

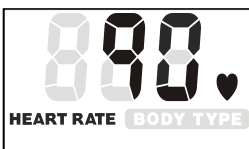
NOTE: Although the console allows input for age beginning at 10 years old, the product is not recommended for use by children

D. START EXERCISE

Press **START/ PAUSE** to begin exercise. “**START**” would then appear on the screen

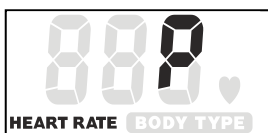


E. Monitoring Heart Rate



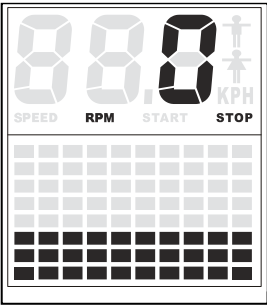
NOTE for HEART RATE:

- You must place both of your hands on the **Pulse Sensors** located on the **Stationary Handlebar**. Your pulse will be displayed approximately few seconds after the heart symbol “♥” is displayed
- If you do not place your hands correctly, if a few seconds pass without a pulse input, the console will turn off the pulse circuit. The console will then display an error message “P”. Remove your hands from the sensor then replace your hands back on the **Pulse Sensors** correctly, the pulse readout will appear again



CONSOLE INSTRUCTIONS – PROGRAM (P2 ~ P7)

F. CHANGING THE RESISTANCE LEVEL



Press the **UP** or **DOWN** button to change the resistance level (from 1 to 16 levels) at any time during the workout.

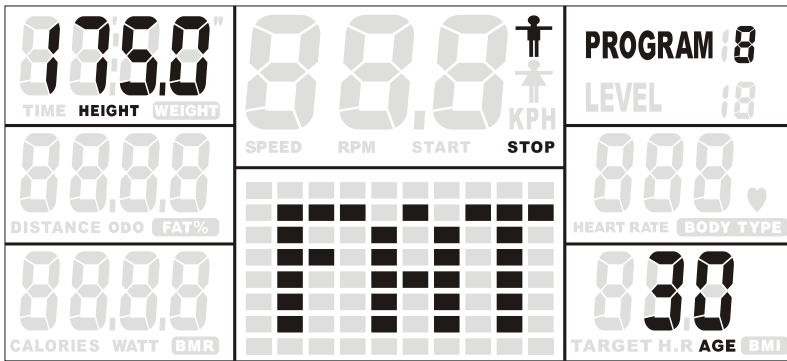
G. TARGET HEART RATE



- The target heart rate is based on the Age that is set into the computer during setup. The **TARGET HEART RATE calculation** is based on 85% of the maximum heart rate. For example: For a 30-year-old user, the max. user heart rate should be $161 = (220-30) \times 85\%$
- The console will monitor your pulse and compare the value of your pulse with **TARGET**

HEART RATE. The value of HEART RATE will keep flashing to warn you to slow down or lower the torque/resistance level if your pulse value is greater than TARGET HEART RATE

CONSOLE INSTRUCTIONS – BODY FAT PROGRAM (P8)



A. ENTER BODY FAT PROGRAM (P8)

- START/PAUSE** button:
- Press **UP** or **DOWN** button to select **BODY FAT PROGRAM (P8)**
- Press **ENTER** button to enter the **BODY FAT PROGRAM (P8)**

B. SET THE PERSONAL INFORMATION (GENDER, HEIGHT and AGE)



After pressing the **ENTER** button, the **GENDER** mode will appear with the display flashing "♂". Use **UP** or **DOWN** buttons to set your **GENDER**



- Press **ENTER** button to confirm your **GENDER** and enter the mode to set your **HEIGHT**
- Use **UP** or **DOWN** buttons to set your **HEIGHT (110 ~ 250CM; 0.5 CM INCREMENT / 3'08" ~ 8' 00"; 1 INCH INCREMENT)**

NOTE: The product is not recommended for use by children



- Press **ENTER** button to confirm your **HEIGHT** value and enter the mode to set your **WEIGHT**
- Use **UP** or **DOWN** buttons to set your **WEIGHT (10 ~ 200KG; 0.2 KG INCREMENT / 23 ~ 440 LBS; 0.5 LBS INCREMENT)**

NOTE: The product is not recommended for use by children



- Press **ENTER** button to confirm your **WEIGHT** value and enter the mode to set the **AGE**
- Use **UP** or **DOWN** buttons to set your **AGE (10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT)**

NOTE for AGE:

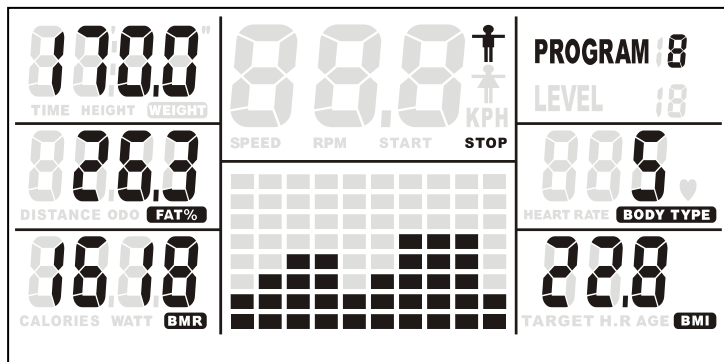
NOTE: Although the console allows input for ages beginning at 10 years old, the product is not recommended for use by children.

CONSOLE INSTRUCTIONS – BODY FAT PROGRAM (P8)

C. START TESTING YOUR BODY FAT

Press **START/ PAUSE** to start the test. The testing time takes about 10 seconds, please review the information below that corresponds to the test results.

D. THE BODY FAT RESULT INFORMATION



The illustration on the left is just an example to show you what the results should look like, each person has different body fat content depending on the user's current health condition.

1. BMI (BODY MASS INDEX):

(The results of this test are estimates and are not meant to diagnose any medical conditions. For more accurate testing please see your physician.)

Body Mass Index is a height / weight formula used by health and weight professionals around the world to assess a person's body weight, measuring the level of body fatness in an individual. From your body mass index number you can see if you are underweight, normal weight, overweight or obese

| THE RESULT | THE VALUE OF BMI |
|-----------------|-------------------------|
| Underweight | Under 20 (19 for women) |
| Normal Weight | Between 20 and 24.99 |
| Overweight | Between 25 and 29.99 |
| Obese 1 | Between 30 and 34.99 |
| Obese 2 | Between 35 and 39.99 |
| Extreme Obesity | 40 and above |

BMI conclusion very slightly according to gender. Here is a general summary of weight-status based on BMI

2. BMR (BASAL METABOLIC RATE):

(The results of this test are estimates and are not meant to diagnose any medical conditions. For more accurate testing please see your physician.)

Basal Metabolic Rate is the rate at which the body burns calories to maintain normal body functions while at rest. BMR is the largest factor in determining overall metabolic rate and how many calories you need to maintain, lose or gain weight.

3. BODY FAT%:

(The results of this test are estimates and are not meant to diagnose any medical conditions. For more accurate testing please see your physician.)

Your body fat percentage is simply the percentage of fat your body contains. If you are 150 pounds and 10% fat, it means that your body consists of 15 pounds fat and 135 pounds lean body mass, such as bone, muscle, organ tissue, blood, etc...

CONSOLE INSTRUCTIONS – BODY FAT PROGRAM (P8)

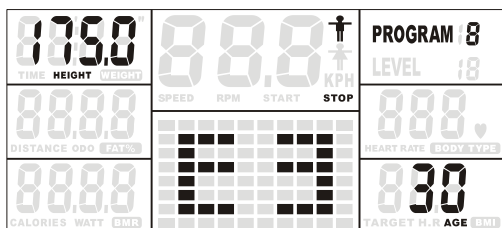
D. THE BODY FAT RESULT INFORMATION

4. BODY TYPE:

Refer to the following list to determine what your body type is:

| Type 1 | 5% ~ 9% (fat %) | Underweight | Type 2 | 10% ~ 14% (fat %) | Slim Class 1 |
|--------|----------------------|-----------------|--------|----------------------|---------------|
| | | | | | |
| Type 3 | 15% ~ 19% (fat %) | Slim Class 2 | Type 4 | 20% ~ 24% (fat %) | Slim Class 3 |
| | | | | | |
| Type 5 | 25% ~ 29% (fat %) | Standard | Type 6 | 30% ~ 34% (fat %) | Overweight |
| | | | | | |
| Type 7 | 35% ~ 39% (fat %) | Obese Class 1 | Type 8 | 40% ~ 44% (fat %) | Obese Class 2 |
| | | | | | |
| Type 9 | 45% ~ 50% (fat %) | Extreme Obesity | | | |
| | | | | | |

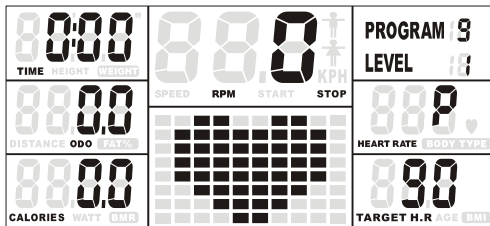
5. ERROR INFORMATION:



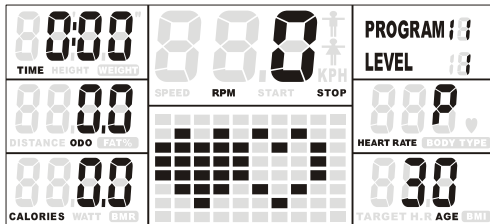
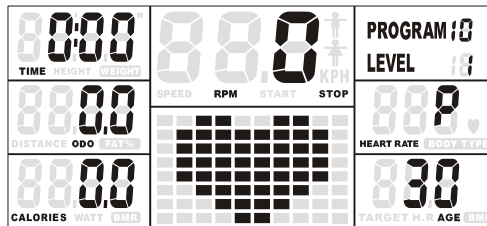
If you do not place your hands on the **Pulse Sensors** correctly, the **Pulse Sensors** won't be able to pick up the signals. The console would then display an error message "E3". To test it again, be sure to place your hands back on the **Pulse Sensors** correctly.

CONSOLE INSTRUCTIONS – H. R. C. PROGRAM (P9 ~ P12)

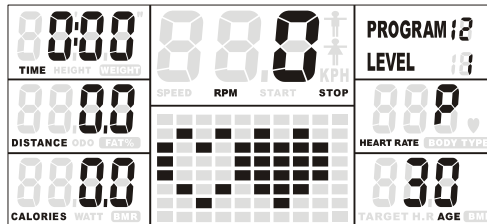
T.H.R.



60% H.R.C.



75% H.R.C.



85% H.R.C.

3 H.R.C. PROGRAM (P9~P12)

A. ENTER H.R.C. PROGRAM (P9~P12)

- Press **START/PAUSE** button to activate the computer.
- Press **UP** or **DOWN** button to select **H.R.C. PROGRAM (P9 ~ P12)**
- Press **ENTER** button to confirm and enter **H.R.C. PROGRAM (P9 ~ P12)**
- Enter you Time or distance stated above

D. SET THE TARGET HEART RATE or YOUR AGE

If you have selected PROGRAM 9, select **TARGET HEART RATE:**



- Press the **ENTER** button to confirm the **CALORIES** value then set the **TARGET H.R.**
- Use the **UP** or **DOWN** buttons to set the desired **TARGET H.R. (60 ~ 220 BPM (BEATS PER MINUTE) ; 1 BPM INCREMENTS)**

If you have selected PROGRAM 10~12, select **your AGE:**



- Press the **ENTER** button to confirm the **CALORIES** value then set the **AGE**
- Use the **UP** or **DOWN** buttons to set your **AGE (10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENTS)**

NOTE for AGE:

NOTE: Although the console allows input for ages beginning at 10 years old, the product is not recommended for use by children

CONSOLE INSTRUCTIONS – H. R. C. PROGRAM (P9 ~ P12)

E. MUST-KNOWN HEART RATE PROGRAM INFO.

a. FORMULA OVERVIEW:

BEGINNER: 60% of maximum heart rate; 60% of (220 – your age)

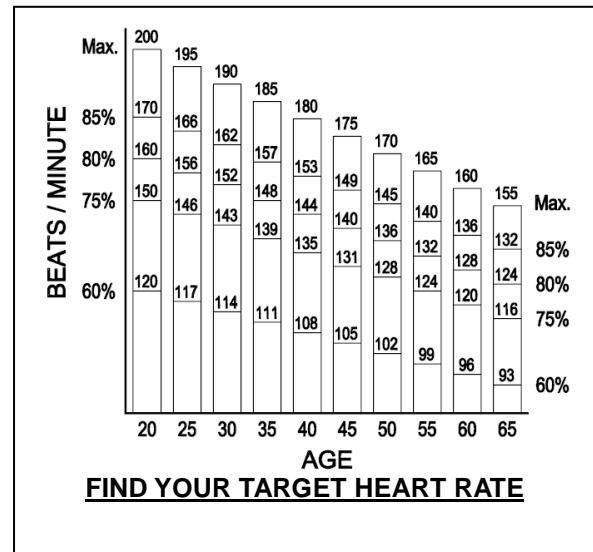
TRAINER: 75% of maximum heart rate; 75% of (220 – your age)

ACTIVE TRAINER: 85% of maximum heart rate; 85% of (220 – your age)

b. Heart Rate Control Function

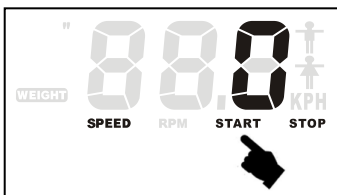
- The console will monitor your actual pulse and adjust the resistance level automatically to keep your pulse within your **TARGET HEART RATE ZONE**.
- If your current pulse > (the value of the TARGET HEART RATE ± 5), the console would decrease one resistance level automatically
- If you current pulse < (the value of the TARGET HEART RATE ± 5), the console would increase one resistance level automatically

For example: if your age is 30, 60% of your max. heart rate is 114. To determine your **HEART RATE ZONE**, the minimum number in your zone is 109 (114 – 5) and your maximum number in your zone is 119 (114 + 5), so you **TARGET HEART RATE ZONE** in this example is 109 to 119. The program will monitor your pulse and adjust the resistance level automatically to keep your pulse within the **HEART RATE ZONE** (109 – 119) during workout

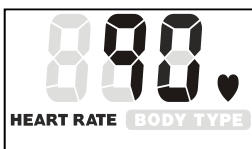


F. START TO EXERCISE

START/ PAUSE button: Press **START/ PAUSE** to begin exercise. “**START**” would then appear on the screen



G. Monitoring Heart Rate

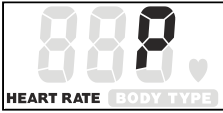


NOTE for HEART RATE:

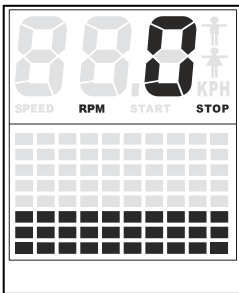
- You must place both of your hands on the **Pulse Sensors** located on the **Stationary Handlebar**. Your pulse will be displayed approximately few seconds after the heart symbol “♥” is displayed

CONSOLE INSTRUCTIONS – H. R. C. PROGRAM (P9 ~ P12)

- If you do not place your hands correctly, and a few seconds pass without a pulse input, the console will turn off the pulse circuit. The console will then display an error message “P”. Remove your hands from the sensor then replace your hands back on the **Pulse Sensors** correctly, the pulse readout will appear again

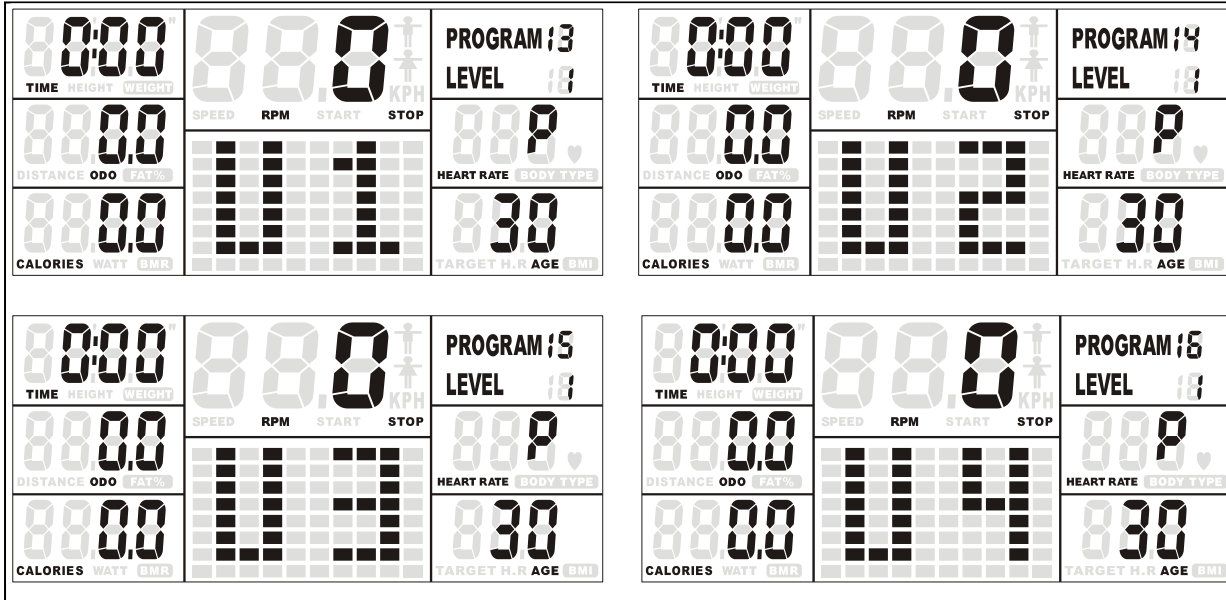


H.CHANGING THE RESISTANCE



Press the **UP** or **DOWN** button to change the resistance level (from 1 to 16 levels) at any time during the workout.

CONSOLE INSTRUCTIONS – USER SETTING PROGRAM (P13 ~ P16)



A. ENTER USER MODE PROGRAM (P13~P16)

- Press **START/PAUSE** button to activate the computer
- Press **UP** or **DOWN** button to select **USER MODE PROGRAM (P13 ~ P16)**
- Press **ENTER** button to confirm and enter **USER MODE PROGRAM (P13 ~ P16)**

B. SET THE DESIRED TIME or DESIRED DISTANCE

To avoid confusion the user can only set time or distance in any one program.

CONSOLE INSTRUCTIONS – USER SETTING PROGRAM (P13 ~ P16)

TO ENTER TIME:

UP or DOWN button:



- e. After entering the **User Program** the **TIME** function mode will appear with the display flashing “0:00”.
- f. Use **UP** or **DOWN** buttons to set the desired **TIME**. Press enter to confirm (**1:00 TO 99:00; 1 MINUTE INCREMENTS**)

NOTE for TIME:

- Count Up: If a target time was not selected, **TIME** will count up from 0:00 to maximum 99:59 minutes
- Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00

TO ENTER DISTANCE:

ENTER button and then UP or DOWN button:



- a. After entering the **User Program** the **TIME** function mode will appear with the display flashing “0:00”.
- b. Press the **ENTER** button again, the **DISTANCE** function mode will then appear with the display flashing “0.0”
- c. Use **UP** or **DOWN** buttons to set the desired **DISTANCE**. Press enter to confirm (**1 TO 999KM/MILE; 1 KM/MILE INCREMENTS**)

NOTE for DISTANCE:

- Count Up: If a target distance was not selected, this would measure the total distance from 0:00 to 999 km/mile
- Count Down: If you have set the target distance, the console will count down from the selected target time down to 0

C. SET CALORIES and AGE

3. Calories:



- a. After confirming the **TIME** or **DISTANCE**
- b. Use **UP** or **DOWN** buttons to set the desired **CALORIES** press enter to confirm (**10 TO 9990KCAL; 10 KCAL**

INCREMENT)

NOTE for CALORIES:

- Count Up: If target calories was not selected, this would measure total calories burned during exercise
- Count Down: If you have set the preference value of calories, the console will count down from that selected value down to 0

4. Age Selection

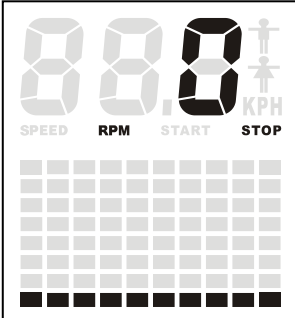


- a. Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **AGE**
- b. Use **UP** or **DOWN** buttons to set your **AGE**. Press **ENTER** to confirm (**10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT**) Press enter to confirm.

NOTE: Although the console allows input for age beginning at 10 years old, the product is not recommended for use by children

CONSOLE INSTRUCTIONS – USER SETTING PROGRAM (P13 ~ P16)

E. SET THE RESISTANCE LEVEL

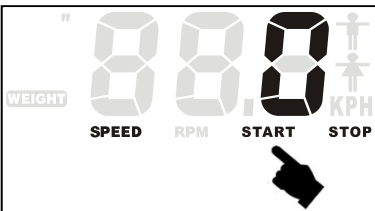


The **USER SETTING PROGRAM** allows the user to manually set the resistance level, the console will divide the time into 10 intervals.

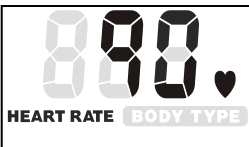
- Enter the program to set the **EACH TIME INTERVAL RESISTANCE LEVEL (1 TO 16 RESISTANCE LEVELS)**, then press **ENTER** button to confirm and move to the next interval
- Continue following the above process to finish setting the next 9 intervals.
- The program profile will be storied in the memory after setup all 10. You can modify the profile anytime by pressing **STOP**.

F. START EXERCISE

Press **START/ PAUSE** to begin exercise. “**START**” would then appear to the screen

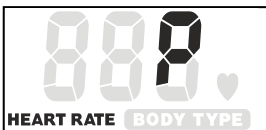


G. Monitoring Heart Rate



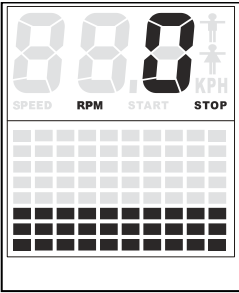
NOTE for HEART RATE:

- You must place both of your hands on the **Pulse Sensors** located on the **Stationary Handlebar**. Your pulse will be displayed approximately few seconds after the heart symbol “♥” is displayed
- If you do not place your hands correctly, and a few seconds pass without a pulse input, the console will turn off the pulse circuit. The console will then display an error message “P”. Remove your hands from the sensor then replace your hands back on the **Pulse Sensors** correctly, the pulse readout will appear again



CONSOLE INSTRUCTIONS – USER SETTING PROGRAM (P13 ~ P16)

H.CHANGING THE RESISTANCE



Press the **UP** or **DOWN** button to change the resistance level (from 1 to 16 levels) at any time during the workout.

I. TARGET HEART RATE



- The target heart rate is based on the Age that is set into the computer during setup. The **TARGET HEART RATE calculation** is based on 85% of the maximum heart rate. For example: For a 30-year-old user, the max. user heart rate should be $161 = (220-30) \times 85\%$
- The console will monitor your pulse and compare the value of your pulse with **TARGET**

HEART RATE. The value of HEART RATE will keep flashing to warn you to slow down or lower the torque/resistance level if your pulse value is greater than TARGET HEART RATE

CONSOLE TROUBLE SHOOTING GUIDE

| PROBLEM | POSSIBLE CAUSE | SOLUTION | |
|---|---|--|--|
| E1 | No Motor signal | 1. Motor Malfunction | Replace Motor |
| | | 2. Magnetic System Malfunction or got stuck | Replace Magnetic System/Flywheel |
| | | 3. Connection Wires are not well-connected or broken | Check whether the wires are well-connected or replace the broke wires with the new wires |
| | | 4. Console Malfunction | Replace Console |
| E2 | The Computer cannot make contact with the IC Chip | 1. Disconnect the Adaptor or Batteries. Reconnect the Adaptor or Batteries to REBOOT the system. Wait two minutes then verify that the system works correctly | |
| | | 2. If IC Chips is not well-assembled. Remove and reinsert the IC Chip | |
| | | 3. If the above solutions couldn't solve the problem, replace the IC chip with a New IC Chip | |
| E3 | No heart rate signal after Body Fat testing result when in Body Fat Program (P8) | If you do not place your hands on the Pulse Sensors correctly, the Pulse Sensors won't be able pick up the signals. The console would then display an error message "E3". To test it again, be sure to place your hands back on the Pulse Sensors correctly | |
| E5 | Motor couldn't return to the initial setup value/zero point | 1. Check whether the wires are broken or well-connected | Replace the broken wires with new wires or re-connected the wires |
| | | 2. Check whether the motor is broken (has struggle to adjust the resistance and will make an abnormal noise) | Replace Motor |
| | | | Replace Magnetic System |
| No Hand Pulse Signal or incorrect Hand Pulse Signal | The Computer is NOT receiving a Pulse Signal | Verify that the Hand Pulse Sensor Wire Plugs are connected FIRMLY and correctly | |
| | The Computer is receiving a faint or intermittent Pulse Signal | The Hand Pulse Sensors will NOT operate correctly if your skin is extremely dry. Moisten your hands with a little water and try again. | |
| | | Grasp the Hand Pulse Sensors firmly and avoid moving your hands while exercising. The computer will need a few seconds to detect and display your correct pulse rate. If this does not work, try relaxing your grip on the Hand Pulse Sensors | |
| | | Clean the Hand Pulse Sensors to ensure a good contact between your body and the Pulse Sensors | |
| | | The problem still exists, replace the Hand Pulse Sensors. | |
| The LCD Screen does not display anything | The Adaptor is not plugged in (item power supply from Adaptor) | Check that the Adaptor is correctly connected to an electrical outlet and plugged into the socket on the machine correctly | |
| | The Computer is faulty | Replace the Computer | |

CONSOLE TROUBLE SHOOTING GUIDE

| PROBLEM | POSSIBLE CAUSE | SOLUTION |
|--|--|---|
| The Speed Display Show "0" | The Computer isn't receiving a signal from the Speed Sensor? | Verify the gap between Speed Sensor and the Magnet is 5mm or less |
| | | Verify that all the Wire Plugs are connected FIRMLY, correctly and are not damaged |
| | | Verify that the sensor Magnet is installed correctly |
| | The Sensor is faulty | Replace the Speed Sensor |
| | The Computer is faulty | Replace the Computer |
| The LCD Screen Partially Displays | <ol style="list-style-type: none"> 1. The connection between the Circuit Board and the LCD Membrane is loose. 2. Gently press down on the LCD Screen, if the partial display disappears, then it is a connection problem | Verify that the Circuit Board is securely fastened to the Computer Case. Retighten the Screws. Take care NOT to over tighten the Screws as this may destroy the Circuit Board. You just need to keep the Circuit Board firm, STOP tightening screw when you meet resistance |
| | The Rubber Membranes between the Circuit Board and the LCD Screen is misaligned/not in a same line. You might be able to see that the LCD Screen is on a slight angle and NOT inline or parallel with the Console Cover | <ol style="list-style-type: none"> 1. Open the Console. 2. Remove the Circuit Board's Screws, gently remove the Circuit Board, Re-align the LCD screen and the Rubber Membrane. 3. Reassemble the Circuit Board and taking care not to bump or knock the Rubber Membrane out of alignment before the Circuit Board Screws are tight. You just need to keep the Circuit Board firm, STOP tightening screws when you meet resistance |
| | The Computer is faulty | Replace the Computer |
| | Recalibrate tension motor reset Odometer | <u>Press and hold up, down, mode, and enter the motor will recalibrate and the odomerter will reset to 0</u> |

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must slowly and increase your time on the item gradually: a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
- Set up your item on a flat, even surface at least 3 feet from walls and furniture.

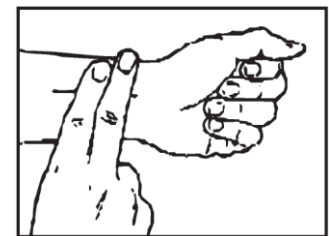
EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below. Target zones are listed for both unconditioned and conditioned persons according to age.

| Age | Target Heart Rate Zone (55% ~ 90% of Max. Heart Rate) | Average Max. Heart Rate 100% |
|-----|---|------------------------------|
| 20 | 110-180 beats per minute | 200 beats per minute |
| 25 | 107-175 beats per minute | 195 beats per minute |
| 30 | 105-171 beats per minute | 190 beats per minute |
| 35 | 102-166 beats per minute | 185 beats per minute |
| 40 | 99-162 beats per minute | 180 beats per minute |
| 45 | 97-157 beats per minute | 175 beats per minute |
| 50 | 94-153 beats per minute | 170 beats per minute |
| 55 | 91-148 beats per minute | 165 beats per minute |
| 60 | 88-144 beats per minute | 160 beats per minute |
| 65 | 85-139 beats per minute | 155 beats per minute |
| 70 | 83-135 beats per minute | 150 beats per minute |

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate manually, stop exercising but continue moving your legs or



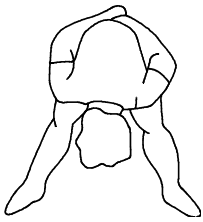
walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.

WARM-UP AND COOL-DOWN

Warm-up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

Suggested Stretching Exercises



Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.

DO NOT BOUNCE!

When the pull on the back of the legs lessen, try a lower position gradually.



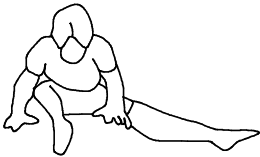
Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.

DO NOT BOUNCE!

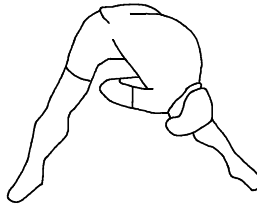
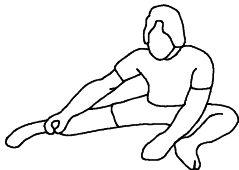
Do this stretch 10 times.

Repeat the stretch with the left leg.



Bent Torso Pulls

While sitting on the floor, have legs apart one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



Bent Over Leg Stretch

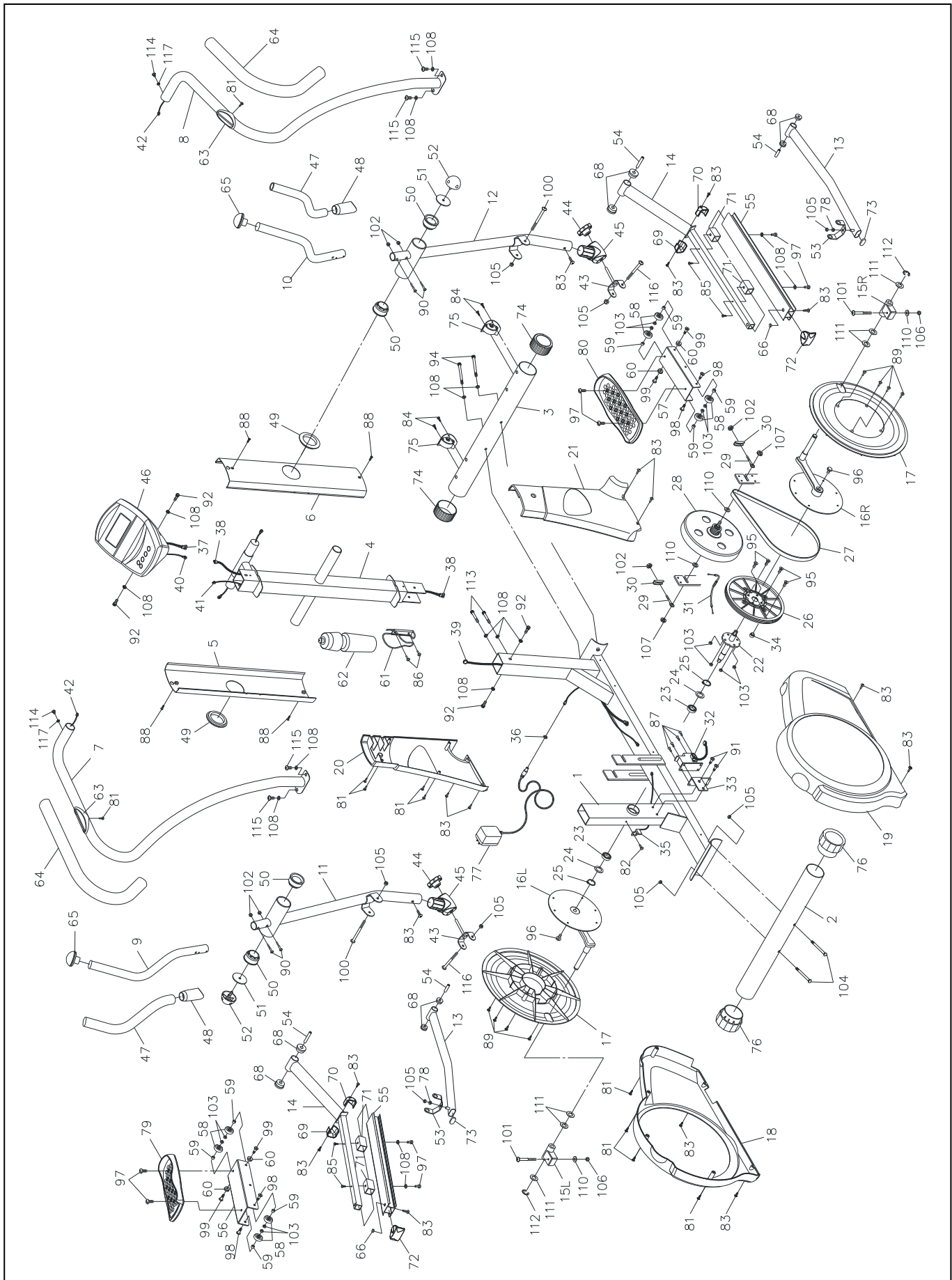
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds.

Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember always to check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength-training session.

PRODUCT PARTS DRAWING



PARTS LIST

| NO. | PART NAME | QTY |
|-----------|----------------------------|-----|
| CE-3.0-1 | Main Frame | 1 |
| CE-3.0-2 | Rear Stabilizer | 1 |
| CE-3.0-3 | Front Stabilizer | 1 |
| CE-3.0-4 | Upright Post | 1 |
| CE-3.0-5 | Left AL Upright | 1 |
| CE-3.0-6 | Right AL Upright | 1 |
| CE-3.0-7 | Left Stationary Handlebar | 1 |
| CE-3.0-8 | Right Stationary Handlebar | 1 |
| CE-3.0-9 | Left Handlebar | 1 |
| CE-3.0-10 | Right Handlebar | 1 |
| CE-3.0-11 | Left Pivoting Arm | 1 |
| CE-3.0-12 | Right Pivoting Arm | 1 |
| CE-3.0-13 | Linkage | 2 |
| CE-3.0-14 | Pedal Arm | 2 |
| CE-3.0-15 | Pedal Rail Connector | 2 |
| CE-3.0-16 | Crank | 2 |
| CE-3.0-17 | Crank Cover | 2 |
| CE-3.0-18 | Left Cover | 1 |
| CE-3.0-19 | Right Cover | 1 |
| CE-3.0-20 | Left Upright Cover | 1 |
| CE-3.0-21 | Right Upright Cover | 1 |
| CE-3.0-22 | Shaft | 1 |
| CE-3.0-23 | Bearing (6004Z) | 2 |
| CE-3.0-24 | Washer M20 | 2 |
| CE-3.0-25 | C Ring 20mm | 2 |
| CE-3.0-26 | Pulley | 1 |
| CE-3.0-27 | V-Ribbed Belt | 1 |
| CE-3.0-28 | Magnetic System | 1 |
| CE-3.0-29 | Eye Bolt | 2 |
| CE-3.0-30 | Tension Bracket | 2 |
| CE-3.0-31 | Cable | 1 |
| CE-3.0-32 | Control Motor | 1 |
| CE-3.0-33 | Motor Bracket | 1 |
| CE-3.0-34 | Magnet | 1 |
| CE-3.0-35 | Sensor Wire | 1 |
| CE-3.0-36 | Plug Nut | 1 |
| CE-3.0-37 | Upper Connection Wire | 1 |
| CE-3.0-38 | Middle Connection Wire | 1 |
| CE-3.0-39 | Lower Connection Wire | 1 |
| CE-3.0-40 | Upper Pulse Sensor Wire | 1 |
| CE-3.0-41 | Middle Pulse Sensor Wire | 1 |

| NO. | PART NAME | QTY |
|-----------|--------------------------------|-----|
| CE-3.0-42 | Lower Pulse Sensor Wire | 2 |
| CE-3.0-43 | Linkage Connector | 2 |
| CE-3.0-44 | Locking Knob | 2 |
| CE-3.0-45 | Connector | 2 |
| CE-3.0-46 | Console | 1 |
| CE-3.0-47 | Foam Grip | 2 |
| CE-3.0-48 | Handlebar Sleeve | 2 |
| CE-3.0-49 | Hollow Cap | 2 |
| CE-3.0-50 | Pivot Bar Bushing | 4 |
| CE-3.0-51 | Large Washer M8x60mmx3t | 2 |
| CE-3.0-52 | Securing Knob | 2 |
| CE-3.0-53 | U-Shaped Bracket | 2 |
| CE-3.0-54 | Shaft Sleeve | 4 |
| CE-3.0-55 | Pedal Rail | 2 |
| CE-3.0-56 | Pedal Slider (L) | 1 |
| CE-3.0-57 | Pedal Slider (R) | 1 |
| CE-3.0-58 | Roller | 8 |
| CE-3.0-59 | Spacer ϕ 8x7.5mm | 8 |
| CE-3.0-60 | Spacer ϕ 8.2x ϕ 25mm | 4 |
| CE-3.0-61 | Mounting Bracket | 1 |
| CE-3.0-62 | Water Bottle | 1 |
| CE-3.0-63 | Upper Pulse Sensor Plate | 2 |
| CE-3.0-64 | Long Foam Grip | 2 |
| CE-3.0-65 | Hand-held Plug | 2 |
| CE-3.0-66 | Crank Cap | 2 |
| CE-3.0-68 | Bushing 38mm | 8 |
| CE-3.0-69 | Front Rail Cap (L) | 2 |
| CE-3.0-70 | Front Rail Cap (R) | 2 |
| CE-3.0-71 | Sleeve | 4 |
| CE-3.0-72 | Rear Rail Cap | 2 |
| CE-3.0-73 | Oval Cap | 2 |
| CE-3.0-74 | Round Endcap 76mm | 2 |
| CE-3.0-75 | Moving Wheel | 2 |
| CE-3.0-76 | Leveling Cap 76mm | 2 |
| CE-3.0-77 | Adapter | 1 |
| CE-3.0-78 | Spacer ϕ 8.2x ϕ 16mm | 2 |
| CE-3.0-79 | Left Pedal | 1 |
| CE-3.0-80 | Right Pedal | 1 |
| CE-3.0-81 | Screw, M4x20mm | 10 |
| CE-3.0-82 | Screw, M5x12mm | 1 |
| CE-3.0-83 | Screw, Round Head M5x20mm | 15 |

PARTS LIST

| NO. | PART NAME | QTY |
|------------|----------------------------|------------|
| CE-3.0-84 | Screw, M4x16mm | 4 |
| CE-3.0-85 | Screw, M4x20mm | 4 |
| CE-3.0-86 | Bolt, Round Head M5x12mm | 2 |
| CE-3.0-87 | Screw, M5x10mm | 4 |
| CE-3.0-88 | Screw, M5x20mm | 4 |
| CE-3.0-89 | Screw, M6x10mm | 8 |
| CE-3.0-90 | Bolt, Socket Head, M6x35mm | 4 |
| CE-3.0-91 | Screw, M8x16mm | 2 |
| CE-3.0-92 | Bolt, Socket Head M8x25mm | 4 |
| CE-3.0-94 | Bolt, Socket Head M8x90mm | 2 |
| CE-3.0-95 | Bolt, M8x16mm | 4 |
| CE-3.0-96 | Bolt, M8x25mm | 2 |
| CE-3.0-97 | Bolt, Round Head M8x16mm | 8 |
| CE-3.0-98 | Bolt, M8x25mm | 4 |
| CE-3.0-99 | Bolt, M8x30mm | 4 |
| CE-3.0-100 | Bolt, Button Head M8x90mm | 2 |
| CE-3.0-101 | Bolt, Button Head M10x85mm | 2 |
| CE-3.0-102 | Nylock Nut, M6 | 6 |
| CE-3.0-103 | Nut, M8x6mm | 12 |
| CE-3.0-104 | Carriage Bolt, M8x85mm | 2 |
| CE-3.0-105 | Nylock Nut, M8 | 8 |
| CE-3.0-106 | Nylock Nut, M10 | 2 |
| CE-3.0-107 | Flange Nut, M10 | 2 |
| CE-3.0-108 | Lock Washer M8 | 16 |
| CE-3.0-109 | Screw, M5x15mm | 1 |
| CE-3.0-110 | Washer, M10 | 4 |
| CE-3.0-111 | Washer, M17 | 6 |
| CE-3.0-112 | E Ring (17mm) | 2 |
| CE-3.0-113 | Bolt, Socket Head M8x50mm | 2 |
| CE-3.0-114 | Bolt, Button Head M6x12mm | 2 |
| CE-3.0-115 | Bolt, Button Head M8x20mm | 4 |
| CE-3.0-116 | Bolt, Button Head M8x75mm | 2 |
| CE-3.0-117 | Lock Washer, M6 | 2 |

LIMITED HOME USE WARRANTY – SMOOTH FITNESS Ellipticals and DMTs Warranty

Warranty Coverage: Smooth Fitness, Inc. ("Smooth Fitness") warrants to the original owner that each new product to be free from defects in workmanship and material, under normal use and conditions.

Period of Coverage: The Warranty on this product runs from the date of original purchase using the following schedule:

| Model Name | Frame | Resistance Assembly | Parts & Electronics | Labor |
|------------|----------|---------------------|---------------------|--------|
| CE-3.0DS | Lifetime | 2 years | 2 years | 1 year |

Labor: Smooth Fitness will reimburse for labor costs for One (1) year. Smooth Fitness reserves the right to either:

Hire and reimburse an independent service technician, who will come into the home for the repair,

OR

In the event that there is not an available certified Smooth Fitness service technician, Smooth will send the part directly to the consumer and will pay \$75 US per occurrence for the labor costs of such repair. If multiple repair attempts must be made for one reported problem, Smooth will only reimburse once per occurrence. Smooth Fitness reserves the right to inspect damaged parts for misuse. Your Original Receipt is proof of purchase and should be kept with the product manual. You may be required to show proof of purchase prior to warranty service being initiated.

Remedy Provided by Smooth Fitness: Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. Smooth Fitness may at its discretion, choose to provide any of following parts or repair options. In the event that a part is determined in need of replacement, upon receipt of the part by Smooth Fitness, Smooth Fitness may send out the part by UPS ground or another such carrier directly to the customer’s home.

Any redemption may be by repair or replacement of the affected parts and/or product at the sole discretion of Smooth Fitness, by personnel approved by Smooth Fitness.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Smooth Fitness products is furnished without charge and on the basis that it represents Smooth Fitness’ best judgment under the circumstances but that the advice is used at your sole risk.

Procedure for Obtaining Your Remedy Under This Warranty: To obtain service on a Smooth Fitness product, call Smooth Fitness. In the instance that service is not available in an area, Smooth Fitness, at its discretion, can either 1) find a service technician in your area to perform warranty service, 2) have a local dealer perform warranty service, or 3) send the warranty parts to you and reimburse as described above. To help the technician assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and the order number.

Limitations on Warranty: This Warranty does not cover any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, power grid failures or spikes from your local electricity provider, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility. In order for this warranty to be valid, all Smooth Fitness and EVO Fitness exercise equipment must be stored and used in a fully finished and livable room within the residence (not including an indoor swimming pool room and areas with excessive humidity).

This Warranty shall terminate if you sell or otherwise transfer this product. This Warranty does not apply to any product shipped or handled outside of the United States or Canada. This Warranty does not apply if the product is used as a rental product or in commercial use. Consequential and incidental damages are not recoverable under this Warranty. (Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.)

THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE EFFECTIVE DATE OF THIS WARRANTY. SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. SMOOTH FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.