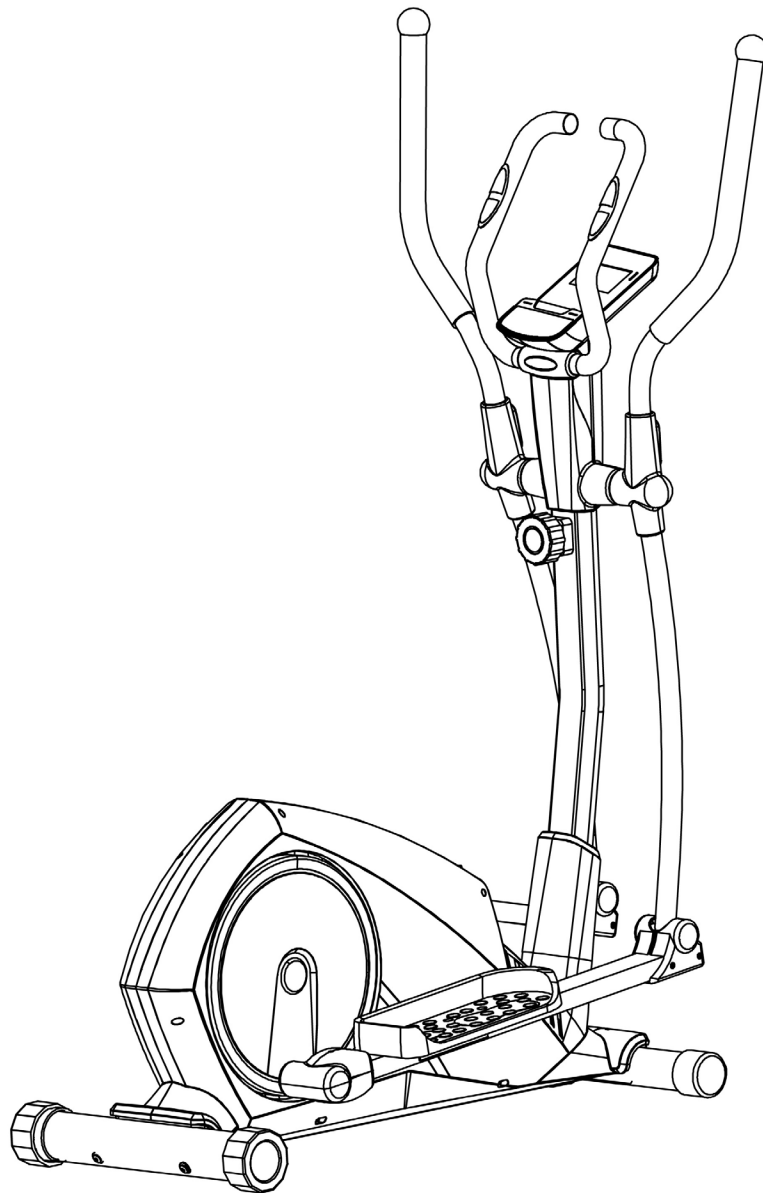
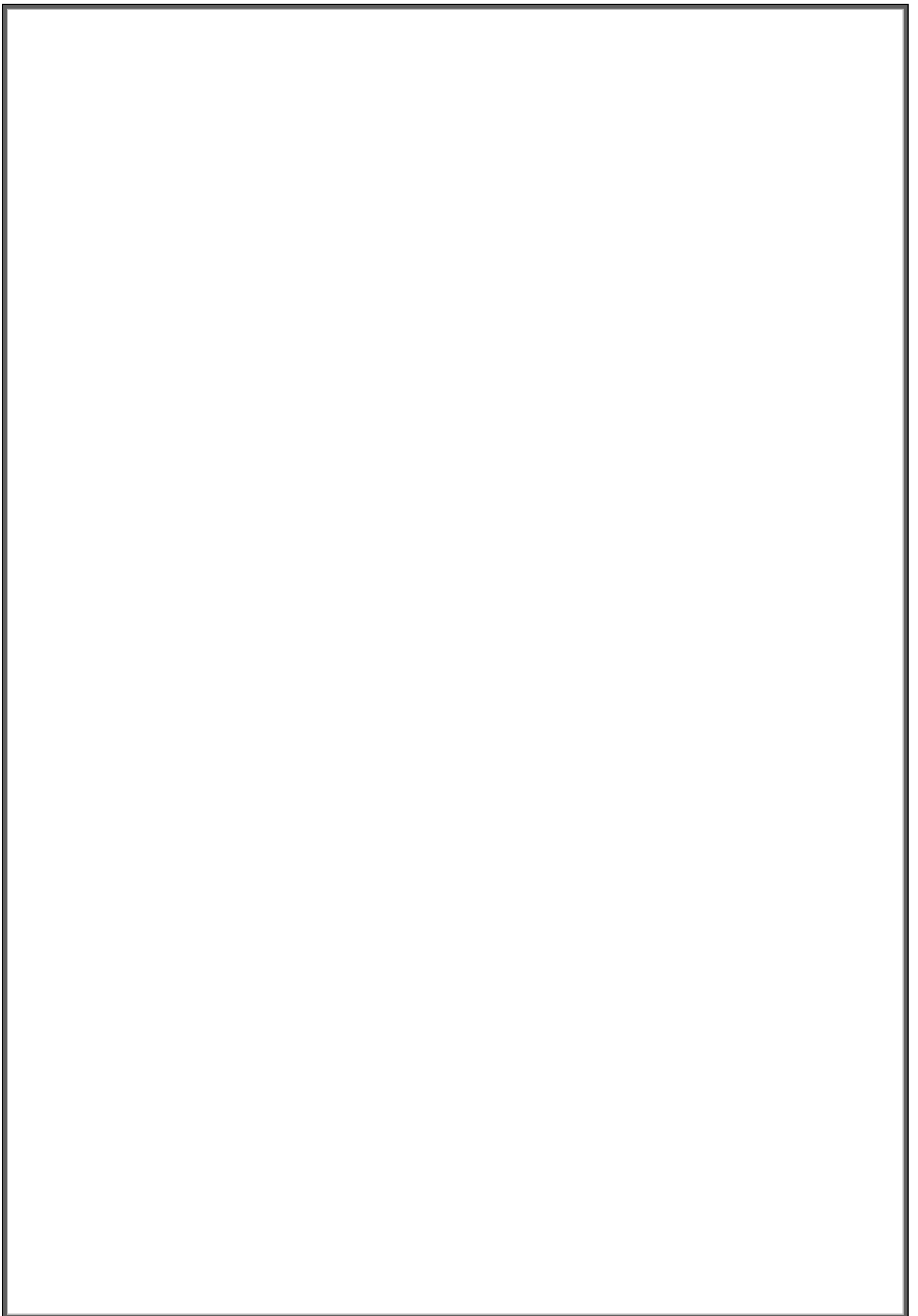


Elliptical **XFIT** INDOOR

User's Manual



* The specifications of this product may vary slightly from the illustrations and are subject to change without notice.



Before You Start

Thank you for purchasing this Upright Bike! For your safety and benefit, read this manual carefully before using the machine.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

IMPORTANT SAFETY NOTICE

PRECAUTIONS

BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS:

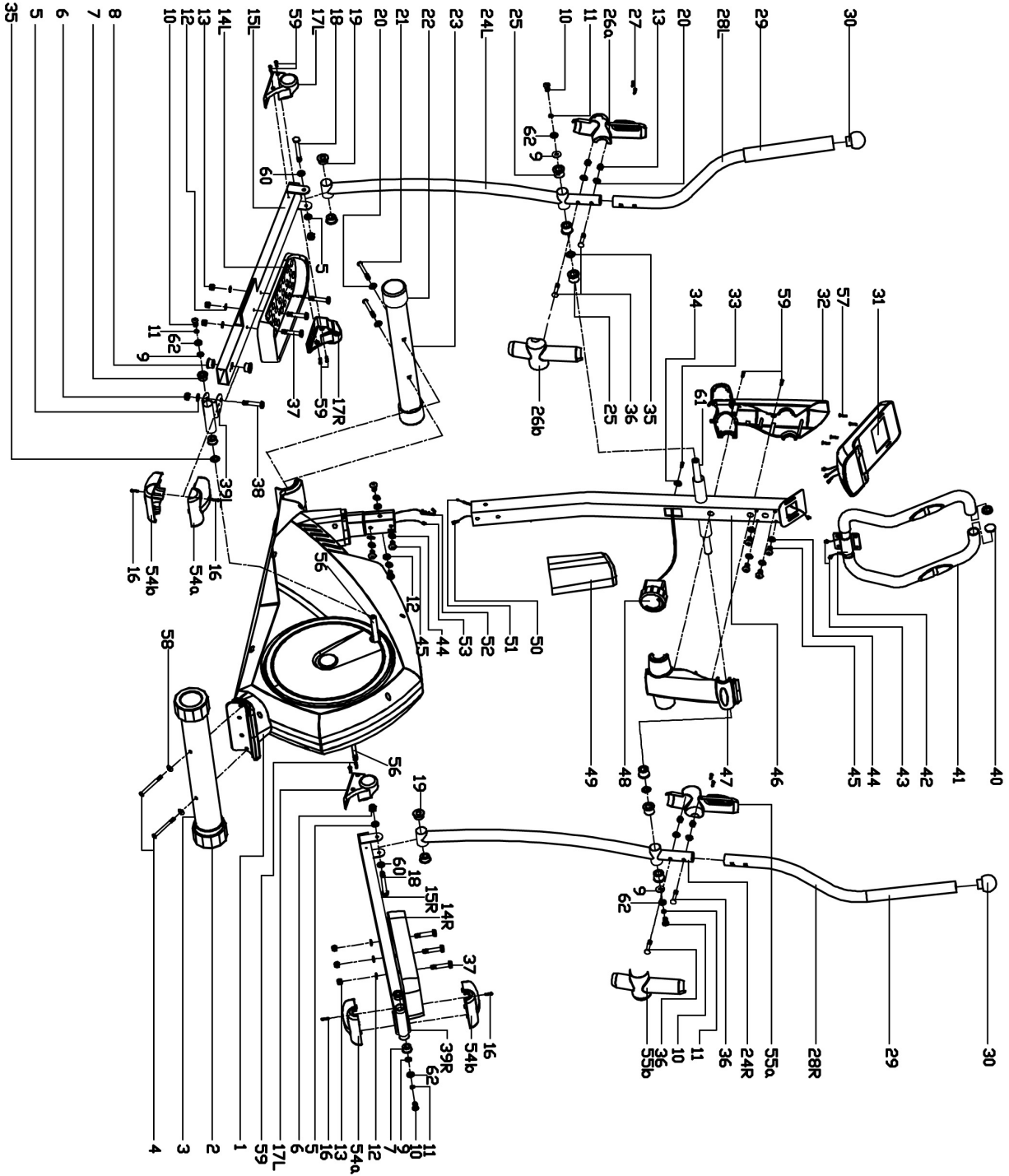
- 01- Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
- 02- Set up the machine in a dry level place and leave it away from moisture and water.
- 03- Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc..
- 04- Before beginning training, remove all objects within a radius of 2 meters from the machine.
- 05- DO NOT use aggressive cleaning articles to clean the machine. Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
- 06- Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
- 07- Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- 08- This machine can be used for only one person's training at a time.
- 09- Wear training clothes and shoes which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
- 10- If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor as soon as possible.
- 11- People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
- 12- The power of the machine increases with increasing the speed, and the reverse.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. SAVE THE INSTRUCTIONS FOR FUTURE REFERENCE.

CAUTION! The company does not have no responsibility for causing damage due to misuse of the product and non-compliance with the instructions for use.

THE WARRANTY IS NOT VALID IF: The machine is placed outdoors or exposed to sun and dust.

EXPLODED DIAGRAM



PARTS LIST

No.	Description	QTY	No.	Description	QTY
1	Main frame	1	32	Protective guard	1
2	Rear end cap	2	33	Phillips pan head screw	1
3	Rear stabilizer	1	34	Arc washer	1
4	Allen bolt M8×90	2	35	Waved washer Φ20×Φ23×0.3	4
5	Flat washer D10×Φ20×2	4	36	Carriage bolt M8×45	4
6	Nylon nut M10	4	37	Hexagon bolt M8×45	6
7	Plastic bushing Φ28×16×Φ16.1	4	38	Hexagon bolt M10×55	2
8	Alloy bushing Φ18×Φ10×11	4	39L/R	Pedal tube joint	1 pr
9	D-shape washerΦ28×Φ16.2×14	4	40	End cap	2
10	Allen bolt M10x20	4	41	Foam grip	2
11	Spring washer d10	4	42	Fixed handlebar	1
12	Flat washer D8×Φ16×1.5	10	43	Pulse wire	2
13	Nylon nut M8	10	44	Spring washer d8	8
14L/R	Pedal	1 pr	45	Allen bolt M8x16	8
15L/R	Pedal support	1 pr	46	Handlebar post	1
16	Phillips pan head screw M5x10	4	47	Protective guard	1
17L/R	Protective guard	2 pr	48	Tension controller	1
18	Hex bolt Φ12×M10×80	2	49	Mast cover	1
19	Axle bushing3 Φ12×Φ32×15	4	50	Sensor extension wire	1
20	Arc washer D8×Φ19×1.5×R30	6	51	Upper tension cable	1
21	Allen bolt M8×72	2	52	Lower tension cable	1
22	Front end cap	2	53	Sensor wire	1
23	Front stabilizer	1	54a/b	Protective guard	2 pr
24L/R	Swing tube	1 pr	55a/b	Protective guard	1 pr
25	Axle bushin4 Φ16×Φ31×23	6	56L/R	Crank	1 pr
26a/b	Protective guard	1 pr	57	Phillips pan head screw	4
27	Phillips tapping screw ST3.5×13	4	58	Arc washer D8×2×Φ25×R39	2
28L/R	Handlebar	1 pr	59	Tapping screw ST4.2×18	10
29	Foam grip	2	60	Flat washer D12×Φ24×2	2
30	Mushroom end cap	2	61	Long axle	1
31	Computer	1	62	Flat washer D10×Φ20×2	4

NOTE: Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

ASSEMBLY INSTRUCTIONS

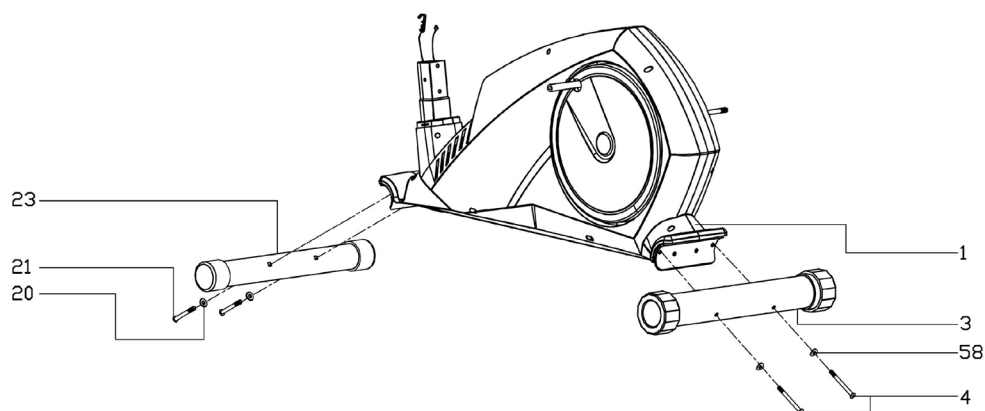
Note: Assembly requires 2 people.

PREPARATION: Before assembling, make sure that you will have enough space around the item; Use the present tooling for assembling; before assembling please check whether all needed parts are available.

It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

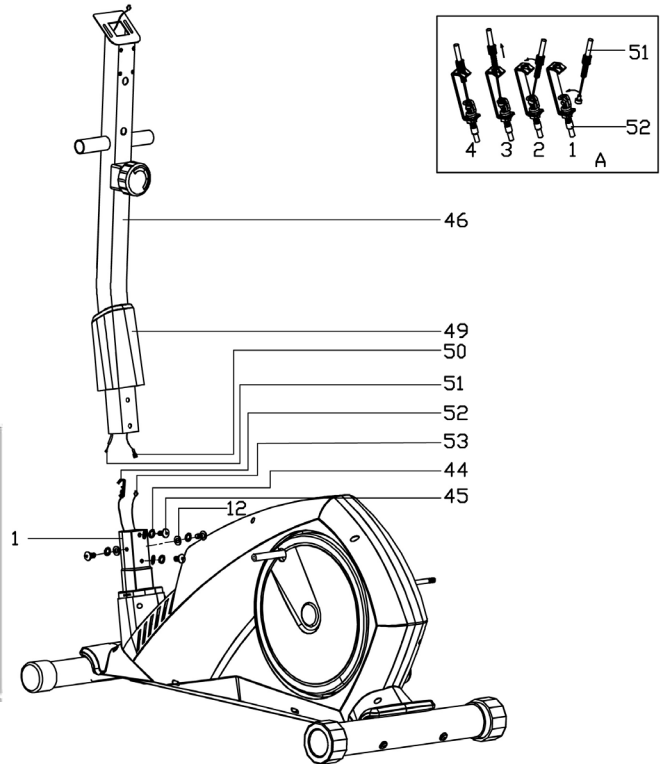
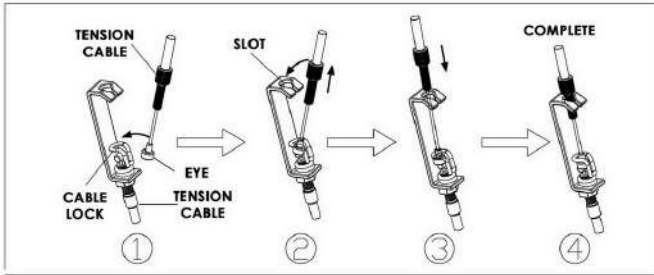
STEP 1:

1. Fix the front stabilizer (23) to the main frame (1) with Allen bolt (21) and arc washer (20).
2. Fix the rear stabilizer (3) to the main frame (1) with Allen bolt (4) and arc washer (58).



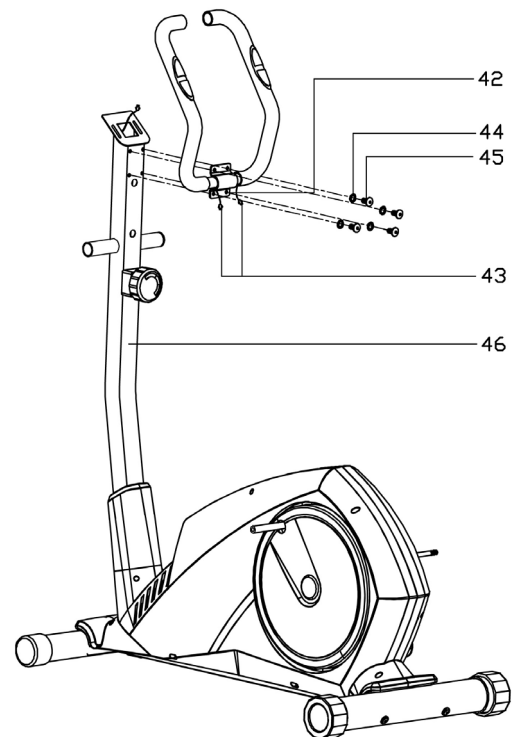
STEP 2:

1. Insert the mast cover (49) into handlebar post (46).
2. Connect the sensor wire (53) with sensor extension wire (50) properly. Then install the lower tension cable (52) to the cable from upper tension cable (51), ensured the Cable has been mounted correctly as shown.
3. Secure the handlebar post (46) to the main frame (1) with Allen bolt (45) and spring washer (44) and flat washer (12).



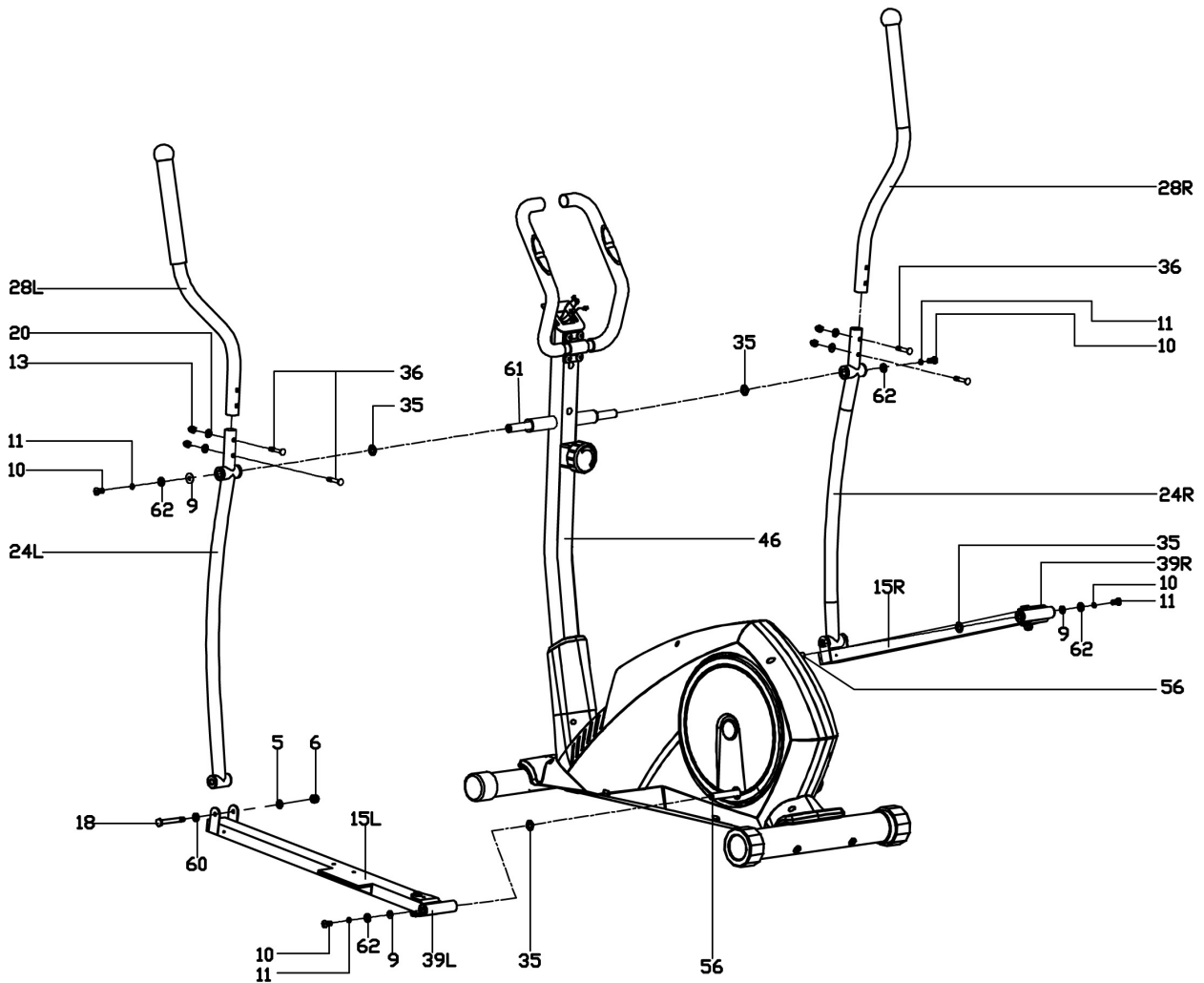
STEP 3:

Pull out the pulse wires (43) from the meter bracket of the handlebar post (46), and then attach the fixed handlebar (42) to handlebar post (46) with Allen bolt (45) and spring washer (44).



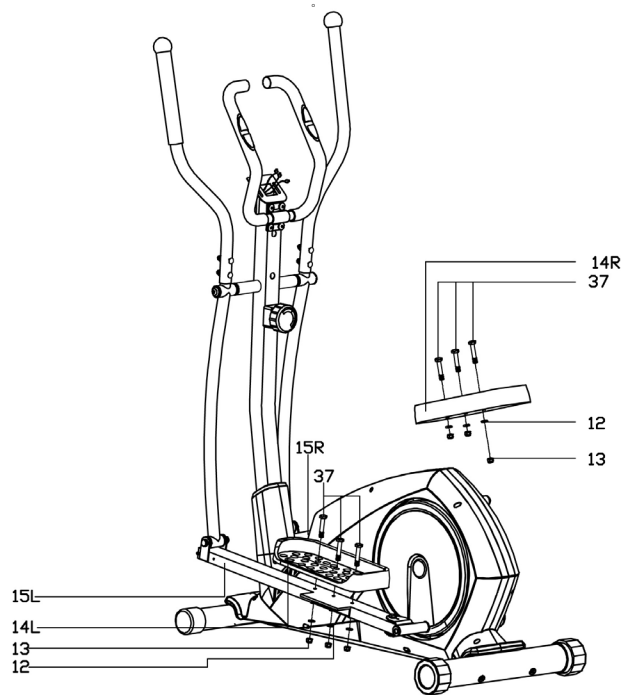
STEP 4:

1. Attach the swing tube (24L/R) to the long axle (61) of handlebar post (46) with Allen bolt (10), spring washer (11), flat washer (62), D shape washer (9) and Waved washer (35). (NOTE: **DO NOT Tighten** via this step.)
2. Attach the pedal tube joint (39L/R) to the crank (56L/R) with Allen bolt (10), spring washer (11), flat washer (62), D shape washer (9) and Waved washer (35). (NOTE: **DO NOT Tighten** via this step.)
3. Connect the swing tube (24L/R) to the pedal support (15L/R) with Hex bolt (18), flat washer (5), flat washer (60) and nylon nut (6), and then tighten Allen bolt (10), Hex bolt (18) and nylon nut (6).
4. Secure the handlebar (28L/R) to swing tube (24L/R) with carriage bolt (36), arc washer (20) and nylon nut (13).



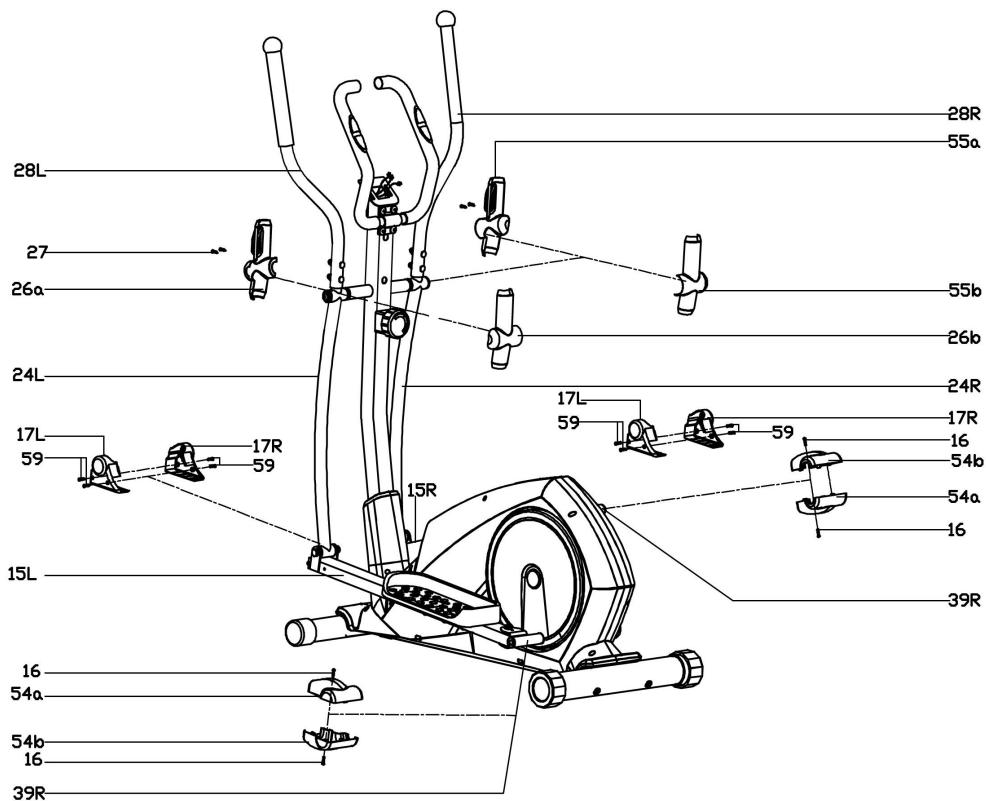
STEP 5:

Attach the pedal (14L/R) to pedal support (15L/R) with hexagon bolt (37), flat washer (12) and nylon nut (13).



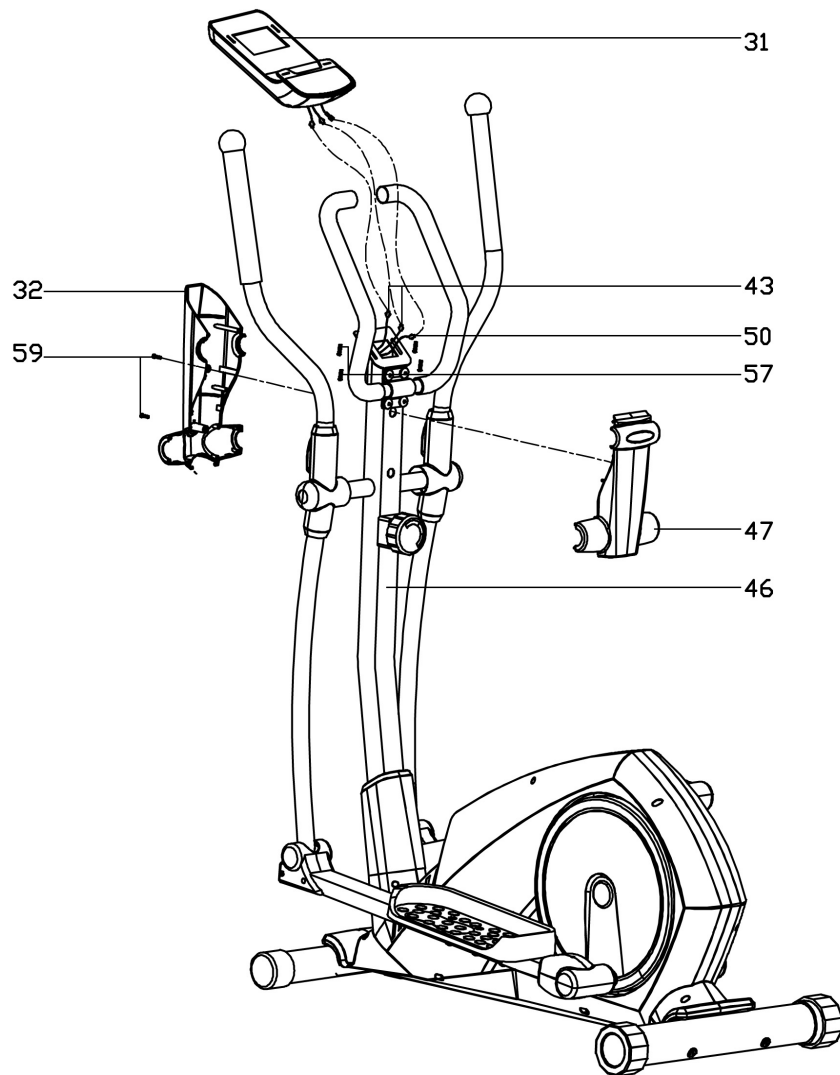
STEP 6:

1. Attach the protective guard (26a/b) and protective guard (55a/b) to the joint of handlebar (28L/R) and swing tube (24L/R) and then secure with Phillips tapping screw (27).
2. Attach the protective guard (17L/R) to the pedal tube (15L/R) with the cross-tapping screw (59).
3. Fix the protective guard (54/b) to the pedal tube joint (39L/R) with Phillips pan head screw (16).




STEP 7:

1. Connect the pulse wires (43) and upper sensor extension wire (50) with the wires come from the computer (31). And then fix the computer (31) to the bracket of handlebar post (46) with Phillips pan head screw (57) .
2. Finally, attach the protective guard (32&47) to handlebar post (46) and then fix with tapping screw (59).



Check and tighten the screws at regular intervals, as they may loosen due to vibrations. Damage that may be caused by a lack of maintenance is not covered by the warranty.

Specifications	
Disc Weight:	8 kg
Resistance setting:	Manual in 8 levels
Resistance system:	Magnetic
Maximum user weight:	110 kg
Stride Length:	32 cm
Ball bearing:	
Heart rate measurement:	with palm sensors
Dimensions:	135x67x167 cm
Package weight:	52 kg
Net weight:	45 kg
Console Mode:	Distance, time, calories, speed, special case for mobile phone and tablet.
Certification:	CE-ROHS-EN957

CAUTION! During exercise, heavy sweating can cause mechanical and electrical damage to the machine. Like any other liquid substance, sweat can cause damage mainly to the electrical parts of the machine (dial, cables, etc.). The best solution is to use a towel during exercise and wipe the machine after each use to avoid any unwanted damage.

EXERCISE MONITOR INSTRUCTION MANUAL

SPECIFICATIONS:

TIME.....	00:00-99:59
SPEED(SPD).....	0.0-99.9KM/H (ML/H)
DISTANCE.....	0.00-9999KM (ML)
CALORIES.....	0.0-9999KCAL
※ODOMETER(ODO).....	0.0-9999KM (ML)
※RPM.....	0-9999
※PULSE (PUL)	0, 40~240BPM

KEY FUNCTIONS:

MODE: This key lets you to select and lock on to a particular function you want.

※**SET:**Can to proceed the data establish for TIME、DISTANCE、CALORIES、PULSE.

CLEAR(RESET):The key to reset the value to zero by pressing the key.

※**ON/OFF(START/STOP):**The key to pause the signal input by pressing the key.

OPERATION PROCEDURES:

1. AUTO ON/OFF:

- ◆ The system turns on when any key is pressed or when it sensor an input from the speed sensor.
- ◆ The system turns off automatically when the speed has no signal input or no key are pressed for approximately 4 minutes.

2. **RESET:** The unit can be reset by either changing battery or pressing the MODE key for 3 seconds.

3. **MODE:** To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.

FUNCTIONS:

1. **TIME:** Press the MODE key until pointer lock on to TIME. The total working time will be shown when starting exercise.

2. **SPEED:**Press the MODE key until the pointer advance to SPEED. The current speed will be shown.

3. **DISTANCE:**Press the MODE key until the pointer advance to DISTANCE. The distance of each workout will be displayed.

4. **CALORIE:** Press the MODE key until pointer lock on to CALORIE. The calorie burned will be displayed when starting exercise.

5. **ODOMETER(IF HAVE):** Press the MODE key until the pointer advance to ODOMETER. The total accumulated distance will be shown.

6. **RPM(IF HAVE):**Measure the average number of times.

7. **PULSE(IF HAVE):** Press the MODE key until the pointer advance to PULSE .User's current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the contact pads(or put ear-clip to ear) and wait for 30 seconds for the most accurate reading.

CAUTION! The heart rate sensor and calorie counter are not medical devices. Several factors can affect the accuracy of the indications. The heart rate sensor is only intended as an aid during exercise to monitor your heart rate in general.

SCAN: Automatically display changes every 4 seconds.

BATTERY: If improper display on monitor, please reinstall the batteries to have a good result.

WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

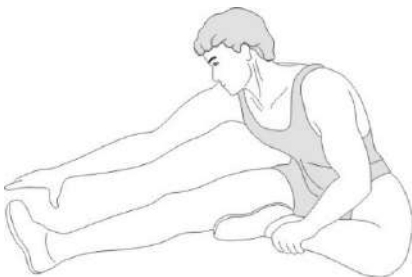
The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

WARM UP EXERCISES

Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

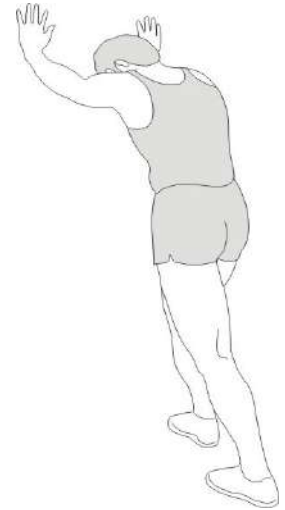


Shoulder Lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

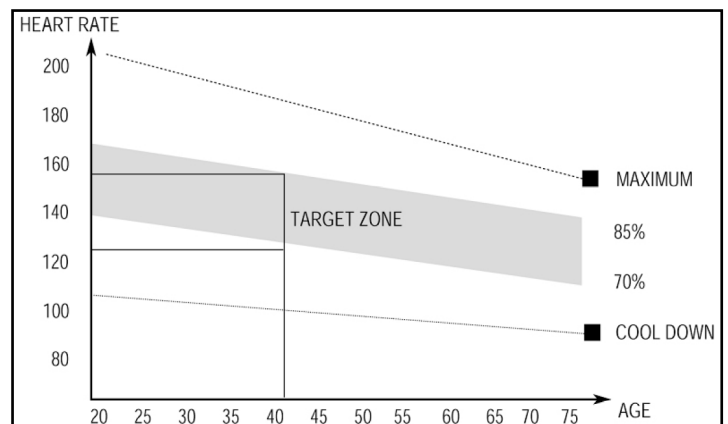
Side Stretch

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.





TERMS OF WARRANTY


- Warranty period is 2 years for mechanical, electrical / electronic parts and 5 years for the metal frame.
- X-TREME STORES S.A. undertakes to repair the machine free of charge in the event of damage due solely to a manufacturing fault. The warranty covers the cost of the spare parts. Replacement of spare parts or not is up to the company technicians. The customer is responsible for the control and adjustment of the machine.
- This warranty note is only valid if it is accompanied by legal proof of purchase (invoice or retail receipt). The warranty period is not extended for any reason and the transfer of it to a third party is not excluded.
- Any damage is repaired as soon as possible and any claim for damages due to lack of spare parts and delay in repairing the damage is excluded. The costs of transporting the machine to or from the dealership will be borne by the customer after 6 months of purchase.
- The warranty conditions are set by the manufacturers of machinery and are governed by European regulations.
- Upon expiry of the warranty, any replacement part is covered by a 6-month warranty.

THE WARRANTY SHALL NOT APPLY:

- When the machine is used for any purpose other than home use (gyms, clubs, institutes, hotels, studios, etc.).
- When the fault is the result of misuse, alterations, poor connection, poor maintenance, voltage fluctuations in the PPC network.
- Components damaged by user fault such as broken plastic parts, damaged belt with improper adjustment, incorrect or incomplete lubrication, damage when moving the machine.
- Components such as side pads and cushions are considered consumables and are covered by a 6 month warranty.
- When the machine is opened or repaired by third parties.
- When the damage is caused by the buyer's negligence & the instructions for use have not been followed.
- When the machine is outdoors or exposed to sun or dust. (Dust and lint on the inside of the machine (motor roller) cause serious damage. Keep the machine clean!).
- When electronic components (console) are damaged by intense sweating or other liquid that has come into contact with or penetrated inside them.

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