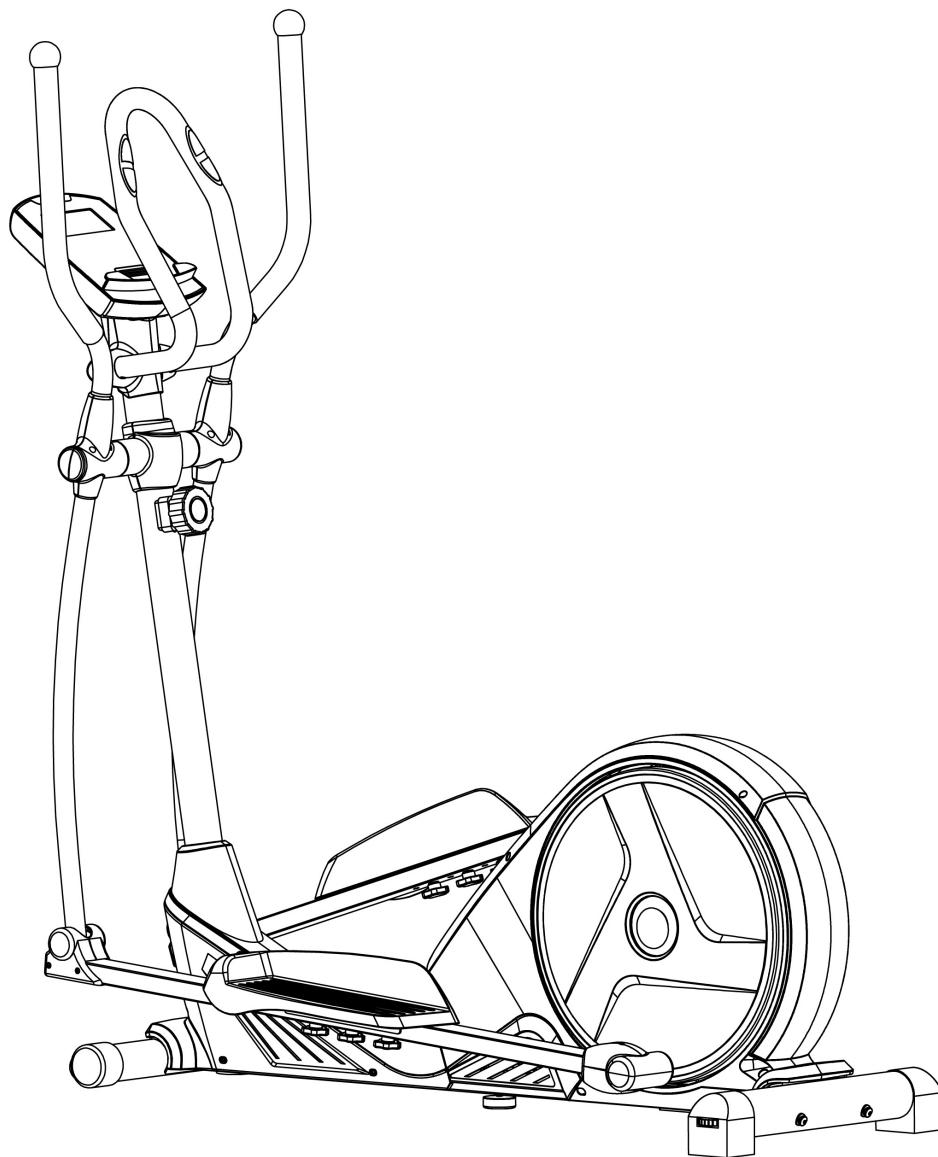


Magnetic Elliptical

XFIT RIDER

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 Fitness Product! 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

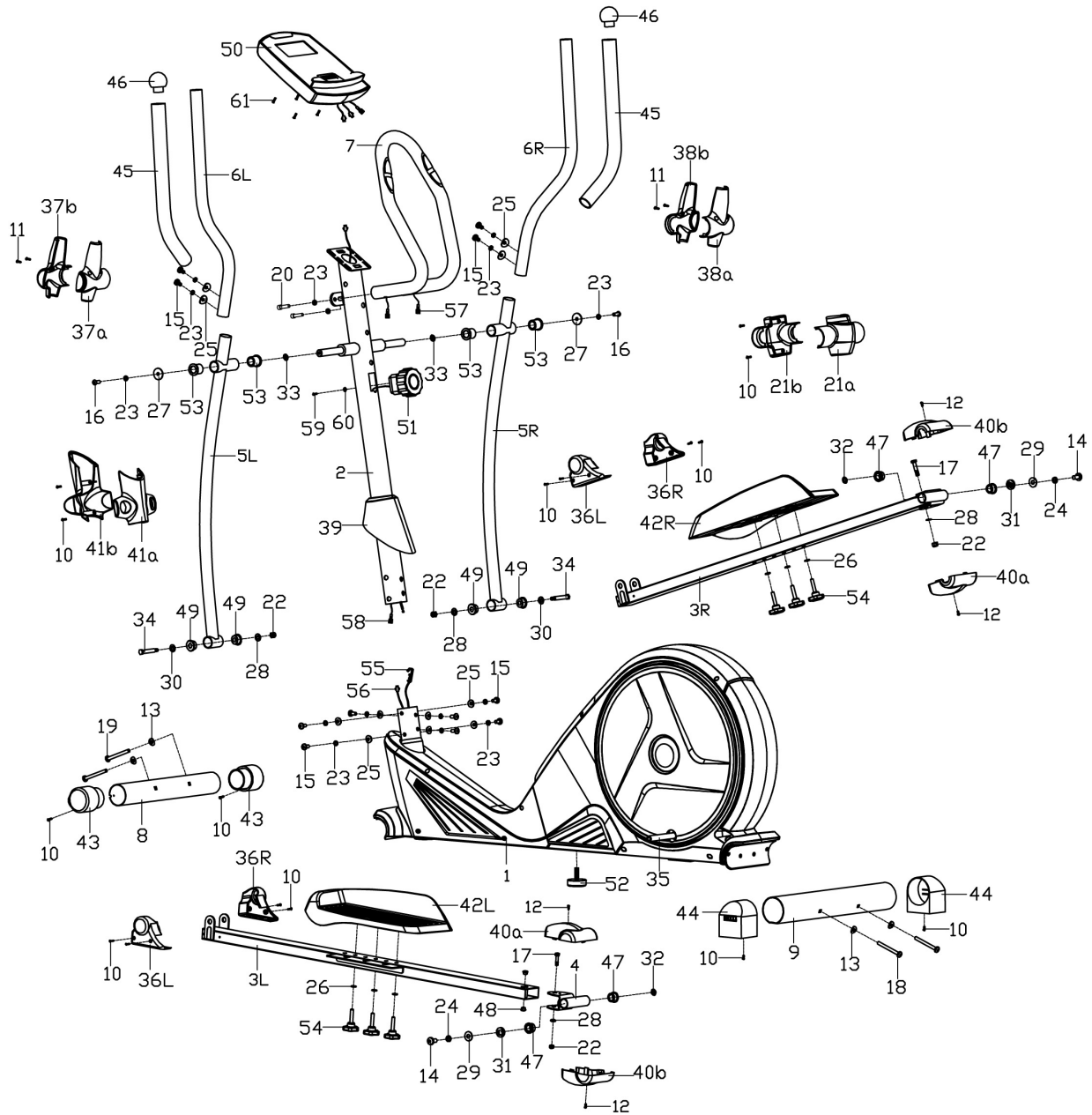
BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS:

- 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- our 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 asap.
- 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. The machine is equipped with adjustable knob which can adjust the resistance. Reduce the resistance by turning the adjusting knob for the resistance setting towards stage 1. Increase the resistance by turning the adjusting knob for the resistance setting towards stage 8.

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 THESE INSTRUCTIONS / Maximum user's weight: 130 kg

EXPLODED DIAGRAM



PARTS LIST

| Part No. | Description | Qty | Part No. | Description | Qty |
|----------|---|-----|----------|----------------------------------|-----|
| 1 | Main frame | 1 | 32 | Waveform washer Φ17.5xΦ24x0.6 | 2 |
| 2 | Handlebar post | 1 | 33 | Wave washer Φ19.5xΦ26.5x0.6 | 2 |
| 3L/R | Pedal support | 1pr | 34 | Hex boltΦ12XM10 x80 | 2 |
| 4 | Connecting joint | 2 | 35 | Crank | 2 |
| 5L/R | Swing tube | 1pr | 36L/R | Protective guard | 2pr |
| 6L/R | Moving Handlebar | 1pr | 37a/b | Protective guard | 1pr |
| 7 | Fixed handlebar | 1 | 38a/b | Protective guard | 1pr |
| 8 | Front stabilizer | 1 | 39 | Mast cover | 1 |
| 9 | Rear stabilizer | 1 | 40a/b | Protective guard | 2pr |
| 10 | Cross tapping Screw <small>ST4.2x18</small> | 16 | 41a/b | Computer cover | 1pr |
| 11 | Cross tapping Screw <small>ST4.2x12</small> | 4 | 42L/R | Pedal | 1pr |
| 12 | Phillips Screw M5x12 | 4 | 43 | Front end cap | 2 |
| 13 | Arc washer Φ8XΦ25x1.5 | 4 | 44 | Rear end cap | 2 |
| 14 | Allen bolt M10x20 | 2 | 45 | Foam grip | 2 |
| 15 | Allen bolt M8x16 | 11 | 46 | Handlebar Round cap | 2 |
| 16 | Allen bolt M8x20 | 2 | 47 | Plastic bushing | 4 |
| 17 | Hex bolt M10x55 | 2 | 48 | BushingΦ18xΦ10 x11 | 4 |
| 18 | Allen bolt M8XL90 | 2 | 49 | BushingΦ12xΦ32 x15 | 4 |
| 19 | Allen bolt M8X72 | 2 | 50 | Computer | 1 |
| 20 | Allen bolt M8x30 | 2 | 51 | Tension controller | 1 |
| 21a/b | Handle post guard | 1pr | 52 | Adjustable pad | 1 |
| 22 | Nylon nut M10 | 4 | 53 | Bushing | 4 |
| 23 | Spring washer D8 | 15 | 54 | Adjustable bolt | 6 |
| 24 | Spring washer D10 | 2 | 55 | Tension cable | 1 |
| 25 | Arc washer Φ8XΦ20x1.5 | 11 | 56 | Sensor wire | 1 |
| 26 | Flat washer D8xd16x1.5 | 6 | 57 | Pulse wire | 2 |
| 27 | Flat washer D8XD32x2 | 2 | 58 | Extension wire | 1 |
| 28 | Flat washer D10xΦ20 x2 | 4 | 59 | Phillips Screw M5x55 | 1 |
| 29 | Flat washer D10xΦ20 x2 | 2 | 60 | Arc washer D5 | 1 |
| 30 | Flat washer D12xΦ24x1.5 | 2 | 61 | Phillips Screw M4x10 | 4 |
| 31 | D-shaped washer Φ26XΦ16x14 | 2 | | | |

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.

◆ Take time to review the manual and familiarize yourself with the entire assembly process before proceeding.

◆ Although this product can be assembled by one person, we recommend having the assistance of another individual. This is especially convenient when assembling multiple parts or moving the equipment.

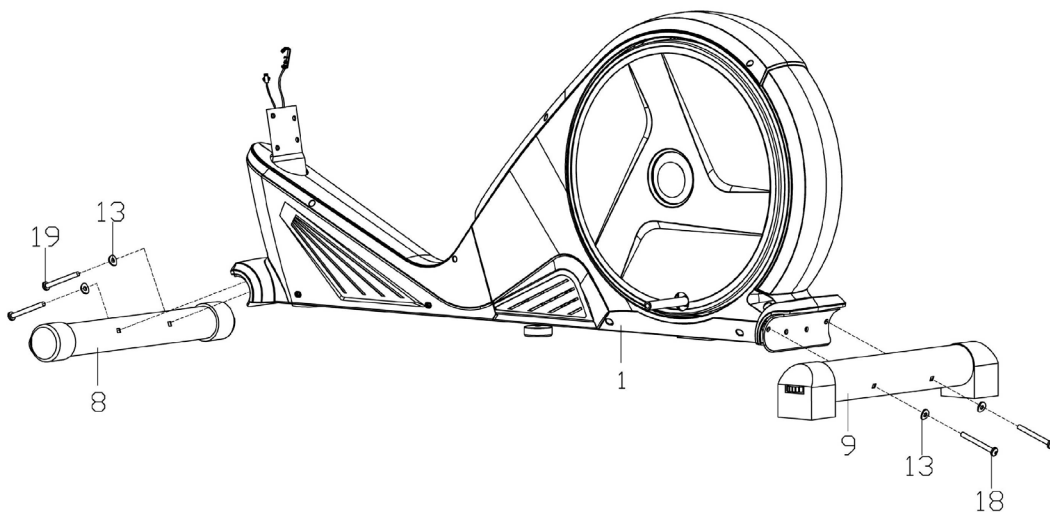
Assembly Tip: It is always helpful to pre-stage the items needed for each assembly step.

ASSEMBLY INSTRUCTIONS

Step 01:

A: Install the Front stabilizer (8) to the Main frame (1) with the Allen bolt (19) and the Arc washer (13).

C: Install the Rear stabilizer (9) to the Main frame (1) with the Allen bolts (18) and the Arc washer (13).



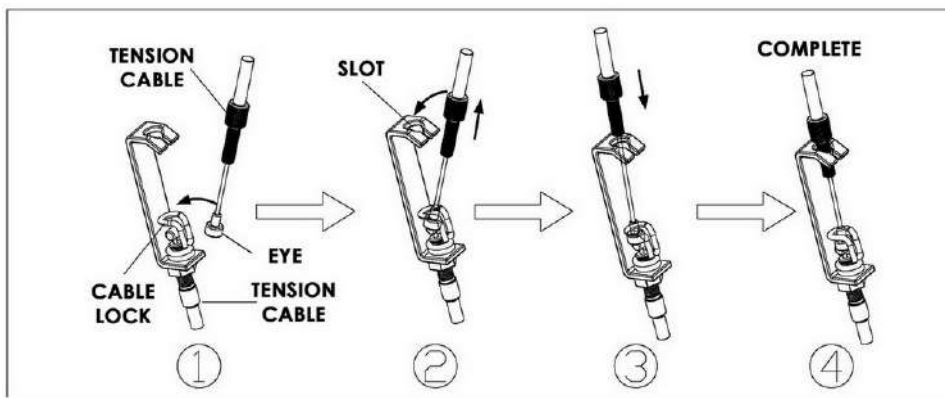
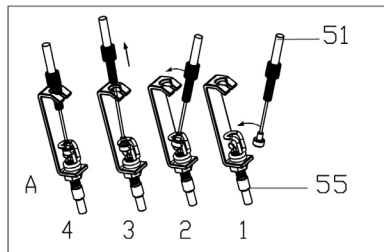
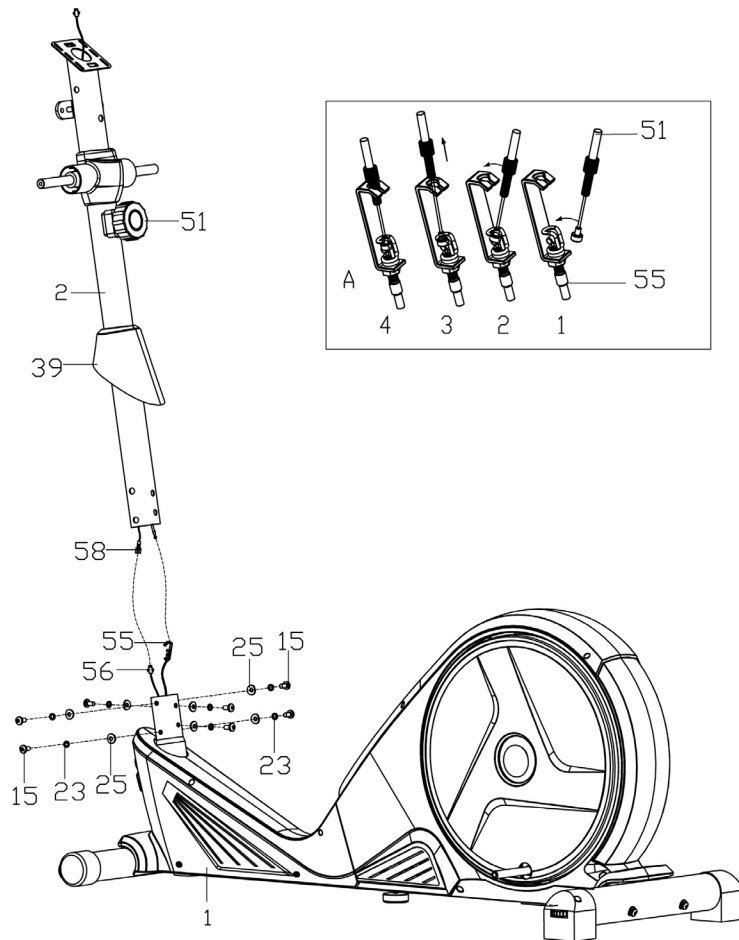
Step 02:

A: Sleeve the Mast cover (39) onto the Handlebar post (2);

B: Connect the Extension wire (58) to the Sensor wire (56) properly;

C: Put the cable end of Resistance cable of Tension controller(51) into the spring hook of Lower Tension cable (55). Pull the Upper resistance cable of Tension controller(51) up and force it into the gap of metal bracket of Lower Tension cable (55) as shown;

D: Secure the Handlebar post (2) onto the Main frame (1) with the Allen bolts (15), Spring washers (23) and Arc washer (25) tightly. And then sleeve down the Mast cover (39).



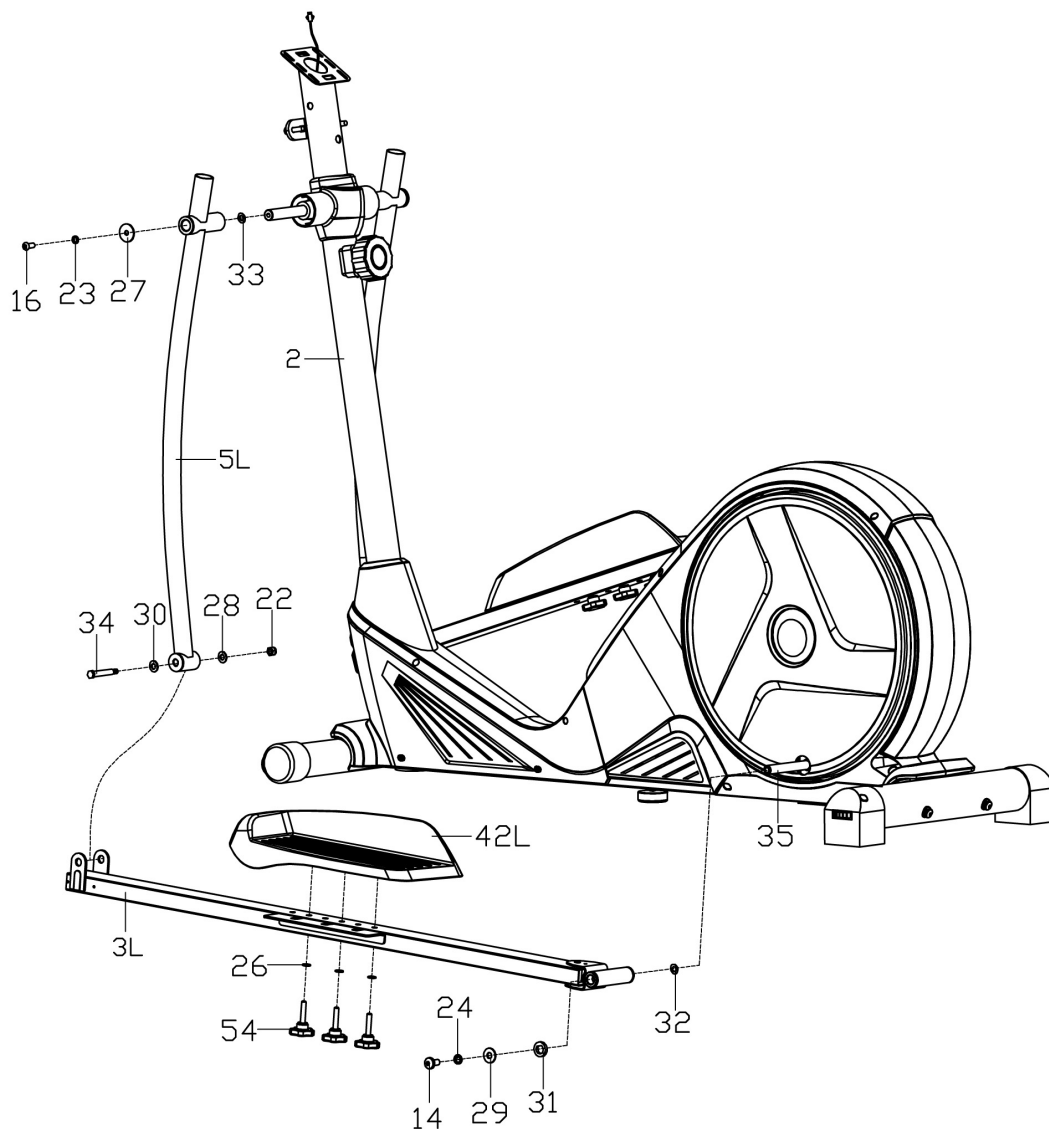
Step 03:

A: Attach the Swing tube (5L/R) on the Handlebar post (2) with Allen bolt (16), Spring washer (23), Flat washer(27) and Wave washer (33). Don't tighten till now.

B: Attach the Pedal support (3L/R) on the Crank (35) with Allen bolt (14), Spring washer (24), Flat washer(29), D-shaped washer (31) and Waveform washer(32). Don't tighten till now.

C: Connect the Swing tube (5L/R) and Pedal support (3L/R) together with the Hex bolt (34), Flat washer (30), Flat washer (28) and Nylon nut (22) as shown. And then lock the above mentioned Allen bolt (16), Allen bolt (14), Hex bolt (34) and Nylon nut (22) tightly.

D: Lock the Pedal (42L/R) on the Pedal support (3L/R) tightly with Adjustable bolt (54), Flat washer (26) .

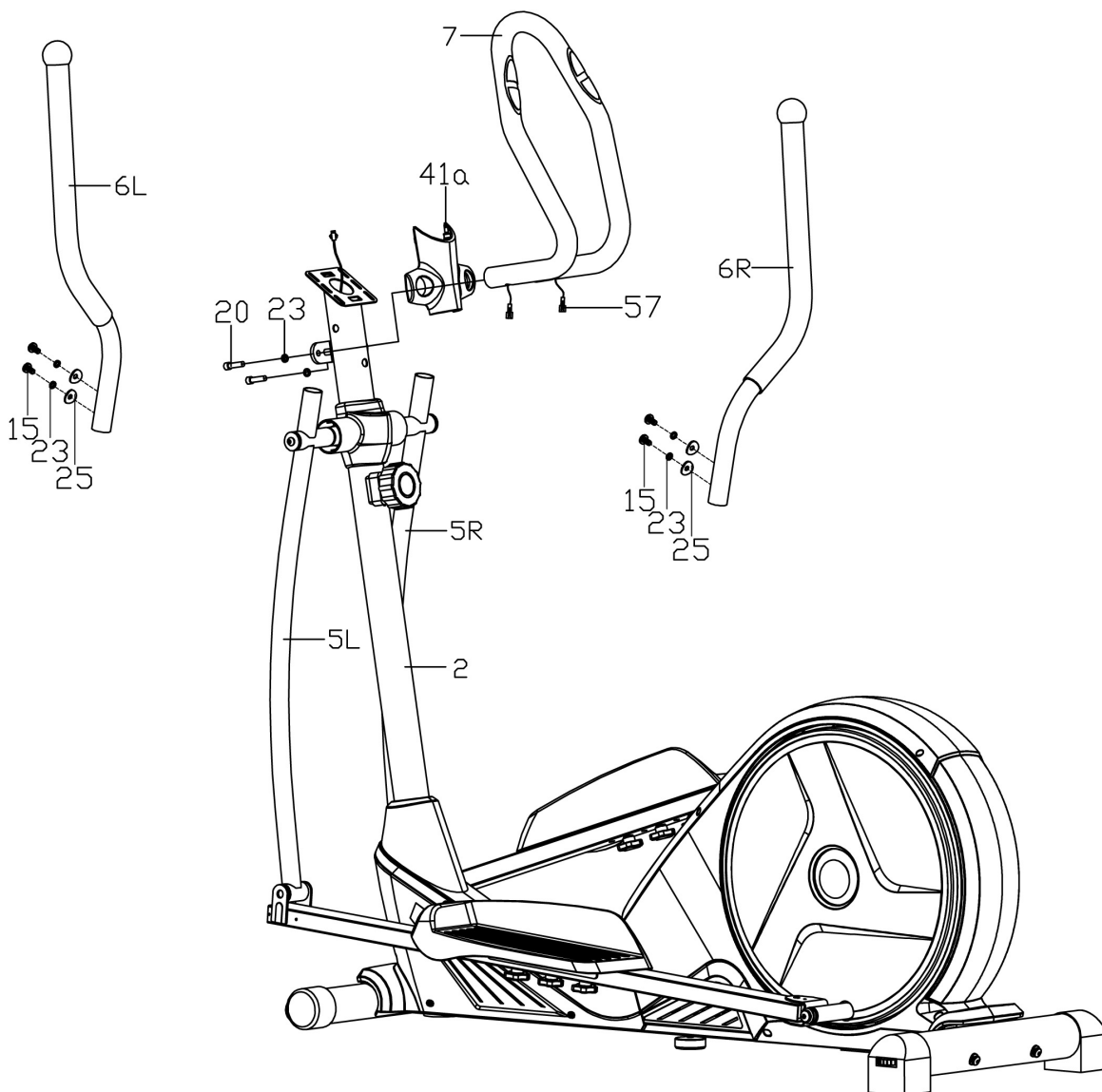


Step 04:

A: Thread the Fixed handlebar (7) into the hole of front Computer cover (41a), then lock the Fixed handlebar (7) onto the Handlebar post (2) tightly with the Allen bolts (20) and Spring washers (23)

B: Thread the hand Pulse wires (57) into the hole of Handlebar post (2) and then takes it out from the computer bracket on top as shown.

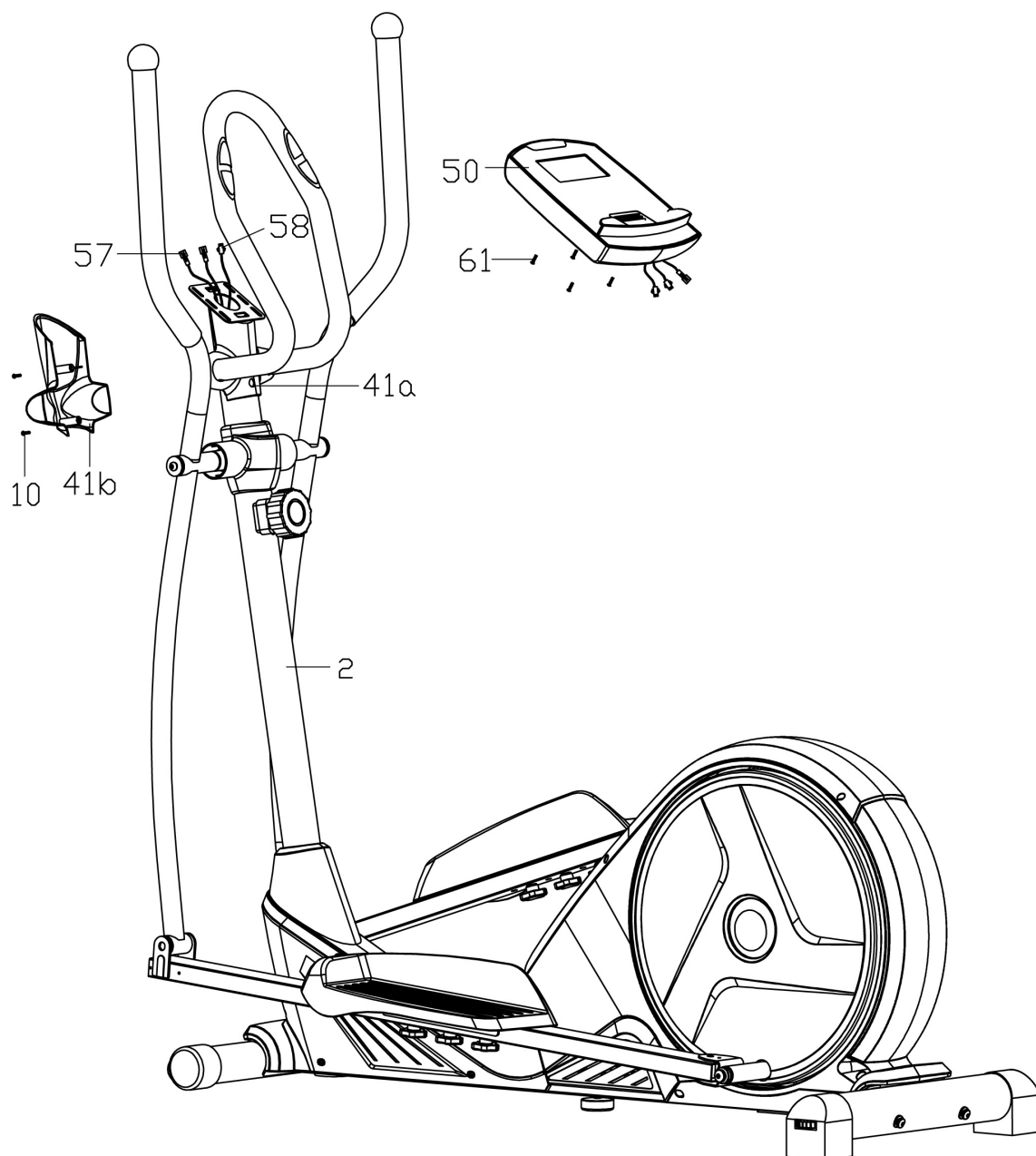
C: Lock the Moving Handlebar (6L/R) onto the Swing tube (5L/R) tightly with Allen bolt (15), Arc washers (25) and Spring washers (23).



Step 05:

A: First, connect the Extension wire (58), Pulse wire (57) with the connecting wire from the Computer (50) properly, then fix the Computer (50) on the bracket of the Handlebar post (2) with Phillips Screw (61);

B: Lock the Protective guard (41a/b) on the Handlebar post (2) with the Cross tapping Screw (10) as shown;

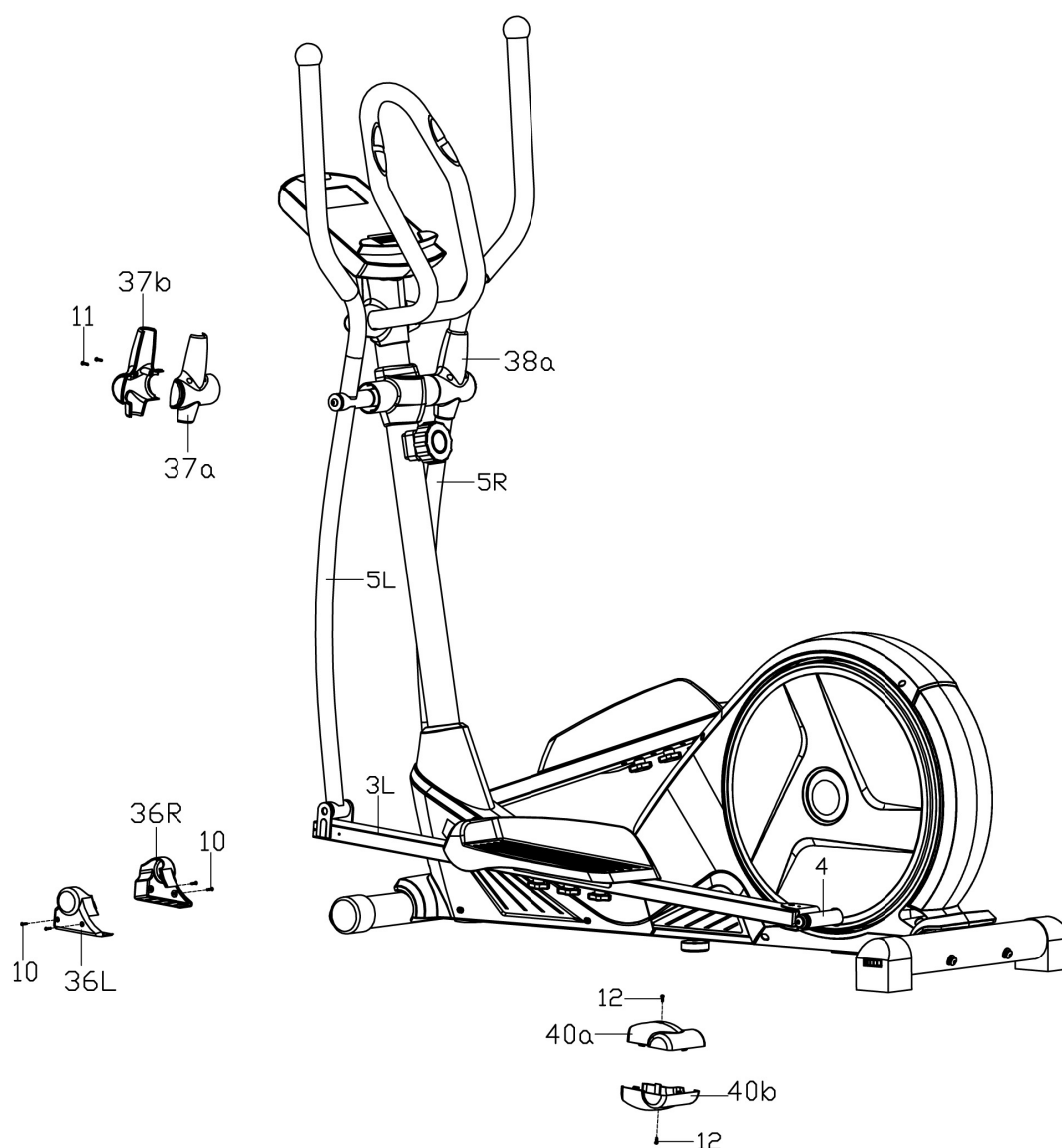


Step 06:

A: Fix the Protective guard (37a/b) and (38a/b) onto the Swing tube (5L/R) with the Cross tapping Screws (11) respectively;

B: Fix the Protective guard (36L/R) onto the joint of Swing tube (5L/R) and Pedal support (3L/R) with the Cross tapping Screws (10);

C: Fix the Protective guard (40a/b) onto the Pedal support joint (4) with the Phillips Screws (12) as shown.



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.

EXERCISE MONITOR INSTRUCTION MANUAL

| | |
|------------------------|---------------------|
| SPECIFICATIONS: | N0:SMS_402 |
| 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 its 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 locks 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 locks 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 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

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably 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.

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.**



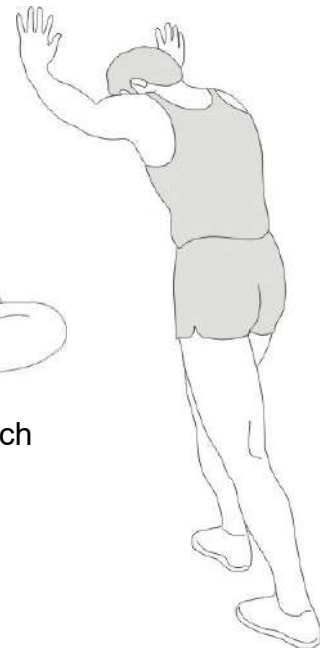
Side Stretch



Toe
Touch



Inner Thigh Stretch



Calf-Achilles Stretch




Hamstring Stretch

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 slowly lowers your heart rate and allows blood to return to the heart.

| SPECIFICATIONS | |
|--------------------------------|---|
| Disc weight: | 10 Kg |
| Resistance adjustment: | Manual 15 levels |
| Resistance system: | Magnetic |
| Maximum user weight: | 130 kg |
| Straddle length: | 46 cm |
| Bearing: |  |
| Heart rate measurement: | With palm sensors |
| Dimensions: | 170 x 67 x 170 cm |
| Packaging Dimensions: | 145x38x75 cm |
| Package weight: | 62 kg |
| Net Weight: | 55 kg |
| Console function: | Distance, time, calories, speed, special case for mobile and tablet. |
| Certification: | CE-ROHS-EN957 |

THE WARRANTY IS NOT VALID IF:

The machine is placed outdoors or exposed to sun and dust.

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.

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 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.

Τηλ.: 210 66 20 921 -2 – **Fax:** 210 66 20 923 – **e-mail:** service@xtr.gr



Koupi Avenue 34, Koropi P.C. 19441 P.O.Box 6201

Tel.: 210 66 20 921 -2 - **FAX:** 210 66 20 923

E-mail: info@xtr.gr • [f/xtrstores](https://www.facebook.com/xtrstores) •  [@xtr.gr](https://www.instagram.com/xtrstores)

Tel for all Greece:

801.11.15.100

www.xtr.gr