

OWNER'S MANUAL

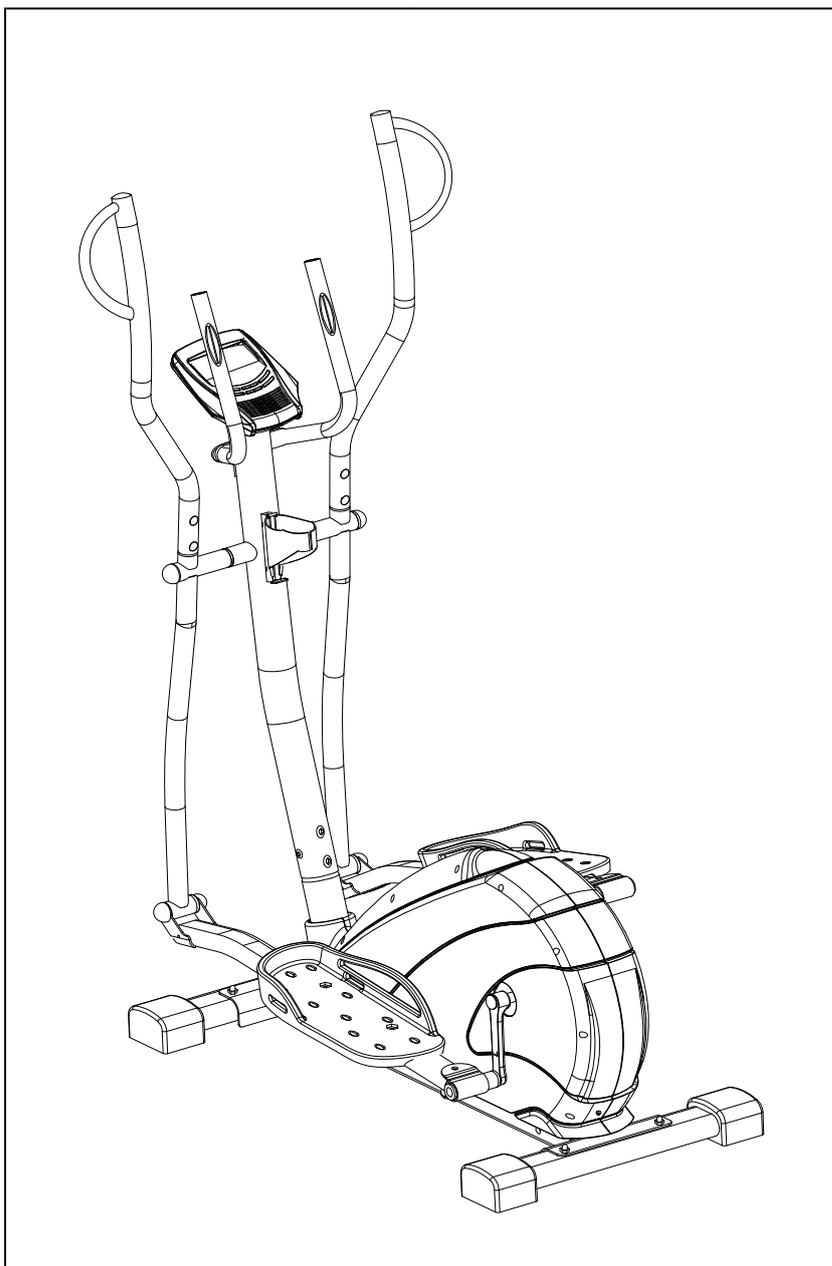
Model No.
16117902

Body Break Elliptical Trainer

- *Assembly*
- *Operation*
- *Exercise*
- *Parts*
- *Warranty*



Elliptical



Retain for Future reference

CAUTION: You must read and understand this owner's manual before operating unit.

Manufacture's One-Year Limited Warranty

Your Body Break Elliptical trainer is warranted for one year from the date of purchase against defects in material when used for the purpose intended, under normal conditions and provided it receives proper care. Any part found defective or missing will be sent at no cost when returned in accordance with the terms of this warranty.

This warranty is not transferable and is extended only to the original owner.

The warranty shall not apply to exercise units which are (1) used for commercial or other income producing purposes, or (2) subject to misuse, neglect, accident or unauthorized repair and alterations.

This warranty provided herein is lieu of all other express warranties, any implied warranties, including any implied warranties of merchantability of fitness for particular purpose, are limited in duration to the first 12 months from date of purchase. All other obligations or liabilities, including liability for consequential damages are hereby excluded.

REPAIR PARTS AND SERVICE

All of the parts for the elliptical shown in figure can be ordered from Maurice Pincoffs Canada Inc. 6050 DON MURIE STREET, NIAGARA FALLS, ONTARIO L2E 6X8. When ordering parts, the parts will be sent and billed at the current prices. Prices may be subject to change without notice. Check or money order must accompany all orders. Standard hardware items are available at your local hardware store.

To ensure prompt and correct handling of any errors, or to answer any questions, please call our Toll Free number: 1-888-707-1880, or local number 1-905-353-8955 or fax 1-905-353-8968 or email customerservice@pincoffs.ca or visit us at: www.pincoffs.ca. Office hours are from 8:30 AM to 5:00 PM Monday to Friday Eastern Standard Time.

Always include the following information when ordering parts

- Model number
- Name of each part
- Part number of each part

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SAFETY PRECAUTIONS

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and/or omissions do occur. In any event should you find this product to have either a defective or a missing part please contact us for a replacement.

This product has been designed for home use only. Product liability and guarantee conditions will not be applicable to products being subjected to professional use or products being used in a gym centre.

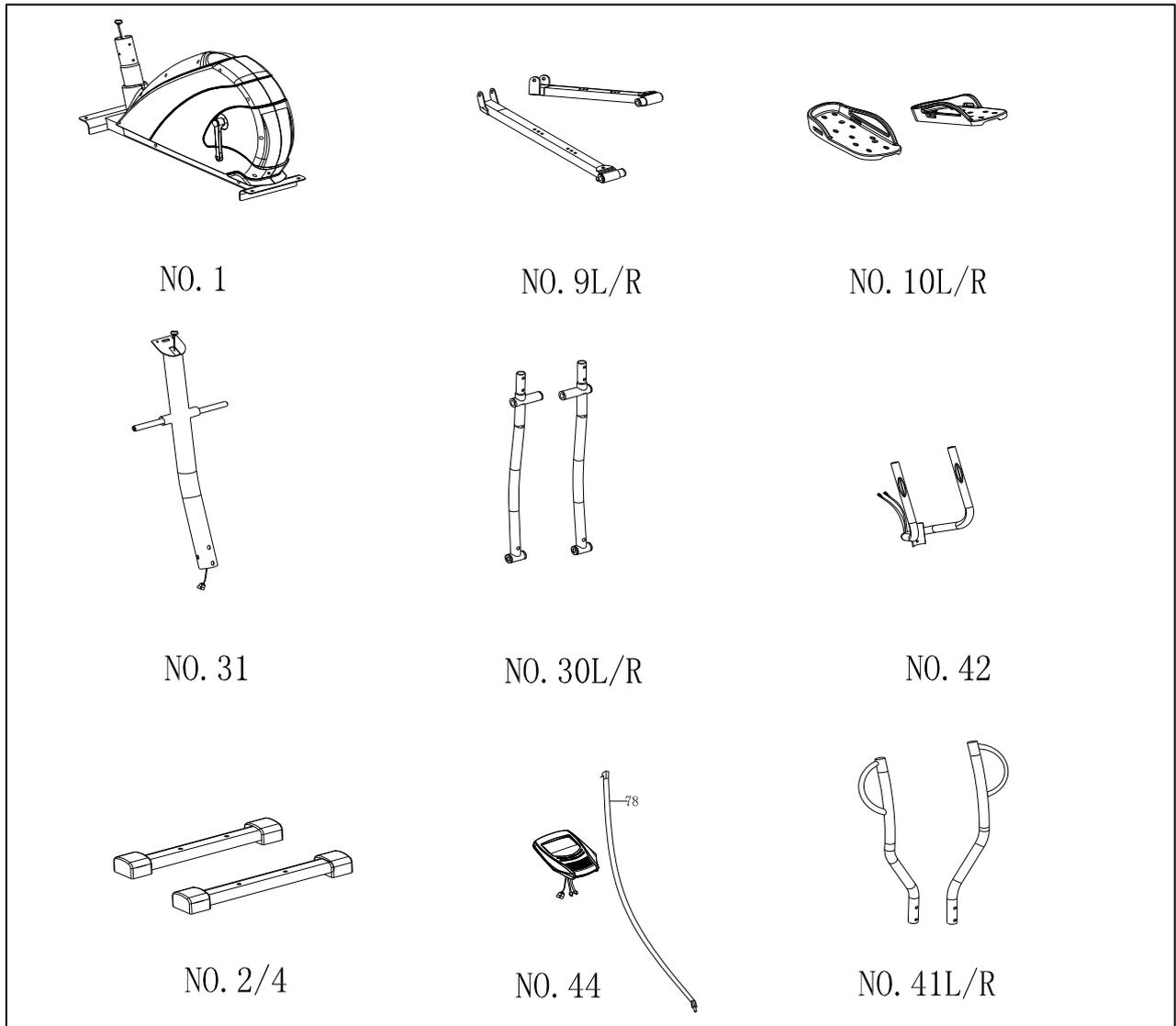
This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:

1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your elliptical.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
4. The elliptical must be regularly checked for signs of wear and damage. Any part found defective, the part must be replaced with new spare part from the manufacturer.
5. Fitness equipment must always be installed on a flat surface, do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor.
6. No changes must be made which might compromise the safety of the equipment.
7. It is recommended to have a minimum of 2' safe clearance around the exercise equipment while in use.
8. Keep children and pets away from this equipment at all times while exercising.
9. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward.
This allows your heart rate to gradually increase and decrease and will help prevent you from straining muscles.
10. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed
11. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your elliptical.
12. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques
13. User weight should not exceed 270 lbs.

▲ 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. We assume no responsibility from personal injury or property damage sustained by or through the use of this product.

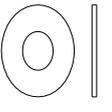
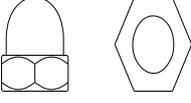
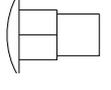
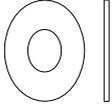
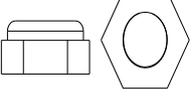
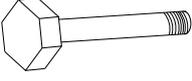
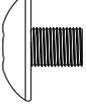
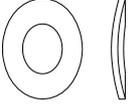
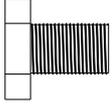
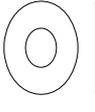
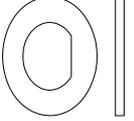
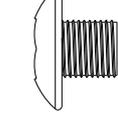
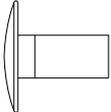
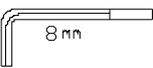
SAVE THESE INSTRUCTIONS

PRE-ASSEMBLY CHECK LIST



PART NO.	DESCRIPTION	Q'TY
1	Main frame	1
9	Pedal tube L&R	1/1
10	Pedal L&R	1/1
31	Upright	1
30	bottom handlebar L&R	1/1
42	Stationary handlebar	1
2	Rear stabilizer	1
4	Front stabilizer	1
44/78	Monitor w/audio cable	1/1
41	Top handlebar L&R	1/1
	Inner Box	1
	Manual	1

HARDWARE PACKING LIST

Part NO	Description	Q'ty	Drawings	
6	Carriage Bolt M10*55	4		
7	Washer $\Phi 10^* \Phi 22$	6		
8	Domed nut M10	4		
11	Lock knob	4		
12	Hex head bolt M8 x 45	4		
13	Hinge bolt L/R	1/1		
14	Wave washer	2		
15	Flat Washer	2		
16	Nylon Lock nut L/R	1/1		
17	PVC cap	6		
21	Hex head bolt M10*78	2		
22	Spacer	2		
23	Nylon Lock nut M10	2		
28	Allen screw M8*16	6		
29	Curve washer $\Phi 8^* \Phi 20$	6		
32	Hex head bolt M10*20	2		
33	Spring washer $\Phi 10$	2		
34	Flat washer $\Phi 10^* \Phi 32$	2		
35	D type washer	2		
39	Allen screw M6*12	4		
40	Carriage bolt M8*20	4		
79	Allen wrench S13,17	2		
80	Allen key L6	1		
81	Allen key L4	1		
82	Allen key L8	1		

ASSEMBLY INSTRUCTION

This manual is designed to help you easily assemble, adjust and use this machine. Please read this manual carefully. For the sake of familiarizing yourself with the parts identified in the instruction, first study the overview drawing.

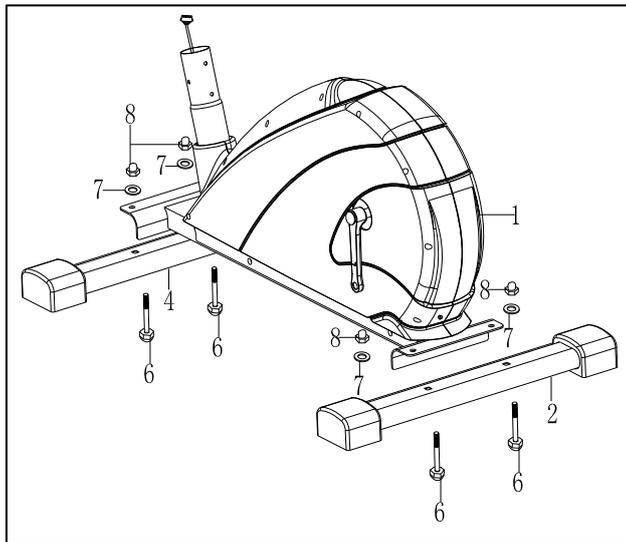
Set all parts in a clear area on the floor and remove the packing material. Refer to the parts list for help to identify the parts.

It will take two people to assemble your unit.

STEP 1

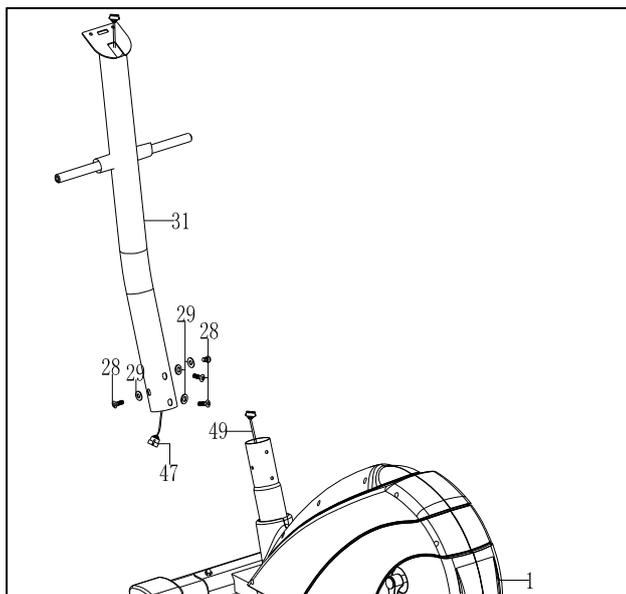
Attach the front stabilizer (4) to the main frame (1) securing with two carriage bolts (6), two washers (7), and two domed nuts (8).

Attach the rear stabilizer (2) to the main frame (1) securing with two carriage bolts (6), two washers (7), and two domed nuts (8).



STEP 2

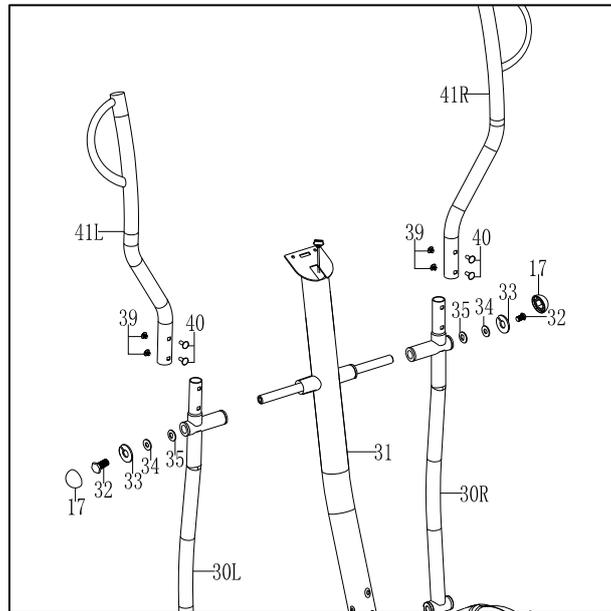
Connect the extension sensor wire (47) from the upright (31) to the bottom sensor wire (49). Insert the upright (31) into the main frame (1). Secure using four allen screws (28) and four curve washers (29).



STEP 3

Attach the left bottom handlebar (30L) to the left side axle of the upright (31). Secure using D type washer (35), one flat washer (34), one spring washer (33), one hex head bolt (32). Attach the PVC cap (17) onto the hex head bolt (32). Repeat for the right bottom handlebar (30R).

Attach the left top handlebar (41L) to the left bottom handlebar (30L). Secure using two carriage bolts (40) and two allen screw (39). Repeat for the right top handlebar (41R).

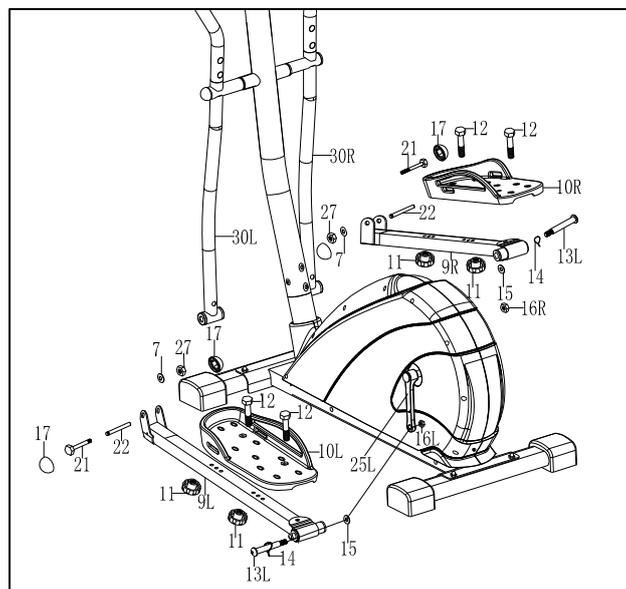


STEP 4

Attach the left pedal tube (9L) to the left bottom handlebar (30L). Slide the spacer (22) into the left pedal tube and the left bottom handlebar. Secure using one hex head bolt (21), one washer (7), one nylon lock nut (27) and two PVC caps (17). Repeat for the right side.

Attach the left pedal tube (9L) to the left crank arm (25L). Secure using the left hinge bolt (13L), one wave washer (14), one flat washer (15) and one nylon lock nut (16L). Repeat for the right side.

Attach the left pedal (10L) to the left pedal tube (9L). Secure in your desired position using two hex head bolts (12) and two lock knobs (11). Repeat for the right side.



STEP 5

Attach the stationary handlebar (42) to the back of the upright (31). Secure using two allen screws (28) and two curve washers (29).

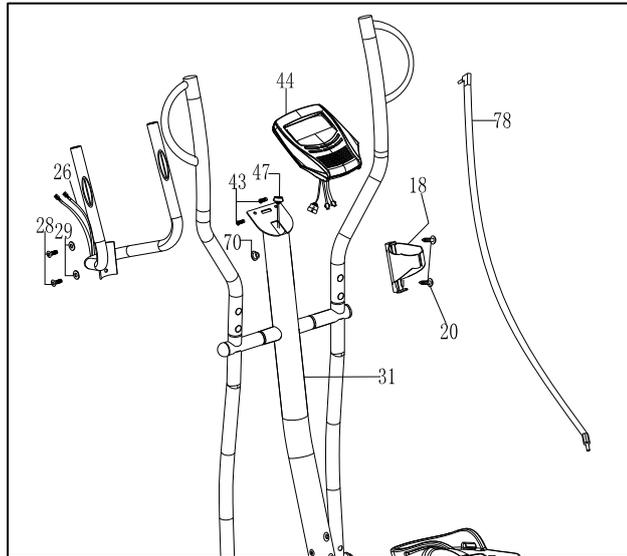
Attach the water bottle bracket (18) to the upright (31). Secure using two self-tapping screws (20). Insert the hand pulse wires (26) through the insert cap for handpulse wire (70) and slide up through the opening of the upright (31).

Connect the extension sensor wire (47) to the back of the monitor (44).

Connect the handpulse wire (26) to the back of the monitor (44).

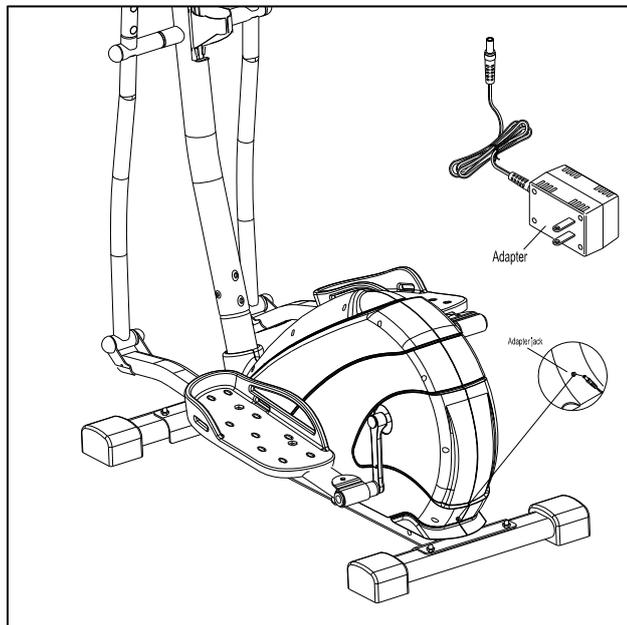
Attach the monitor (44) to the bracket of the upright (31). Secure using two screws (43).

To listen to an MP3 during your workout, connect the audio wire (78) to the MP3 and the wire at the back of the monitor (44).



STEP 6

Plug adapter into adapter jack.



**NOW FIRMLY TIGHTEN ALL NUTS AND BOLTS
YOUR UNIT IS NOW FULLY ASSEMBLED**

Your elliptical is equipped with adjustable end caps. If the unit is wobbly, please turn the adjusting knob on the levelling caps on the rear stabilizer to level the unit.

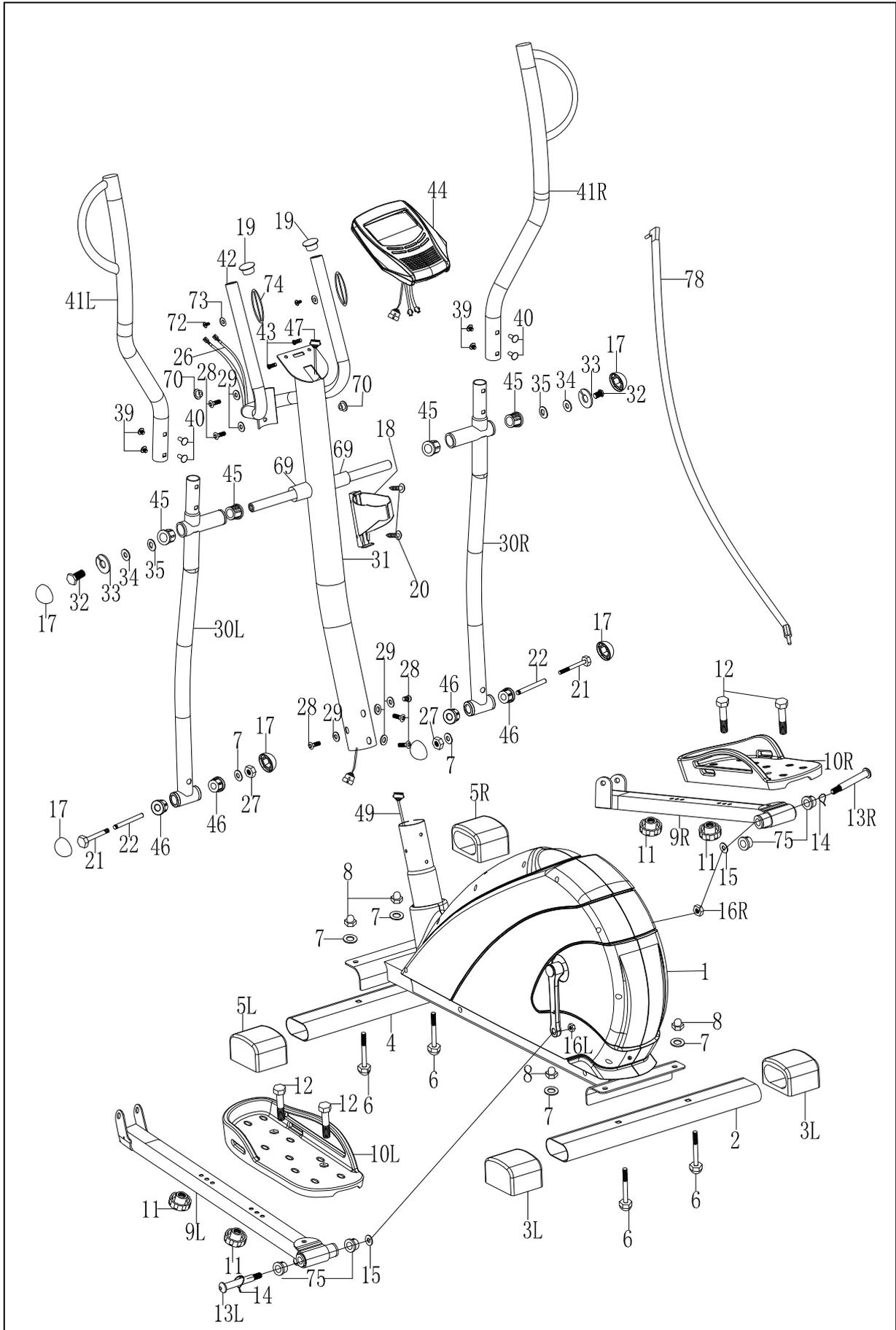
PART LIST

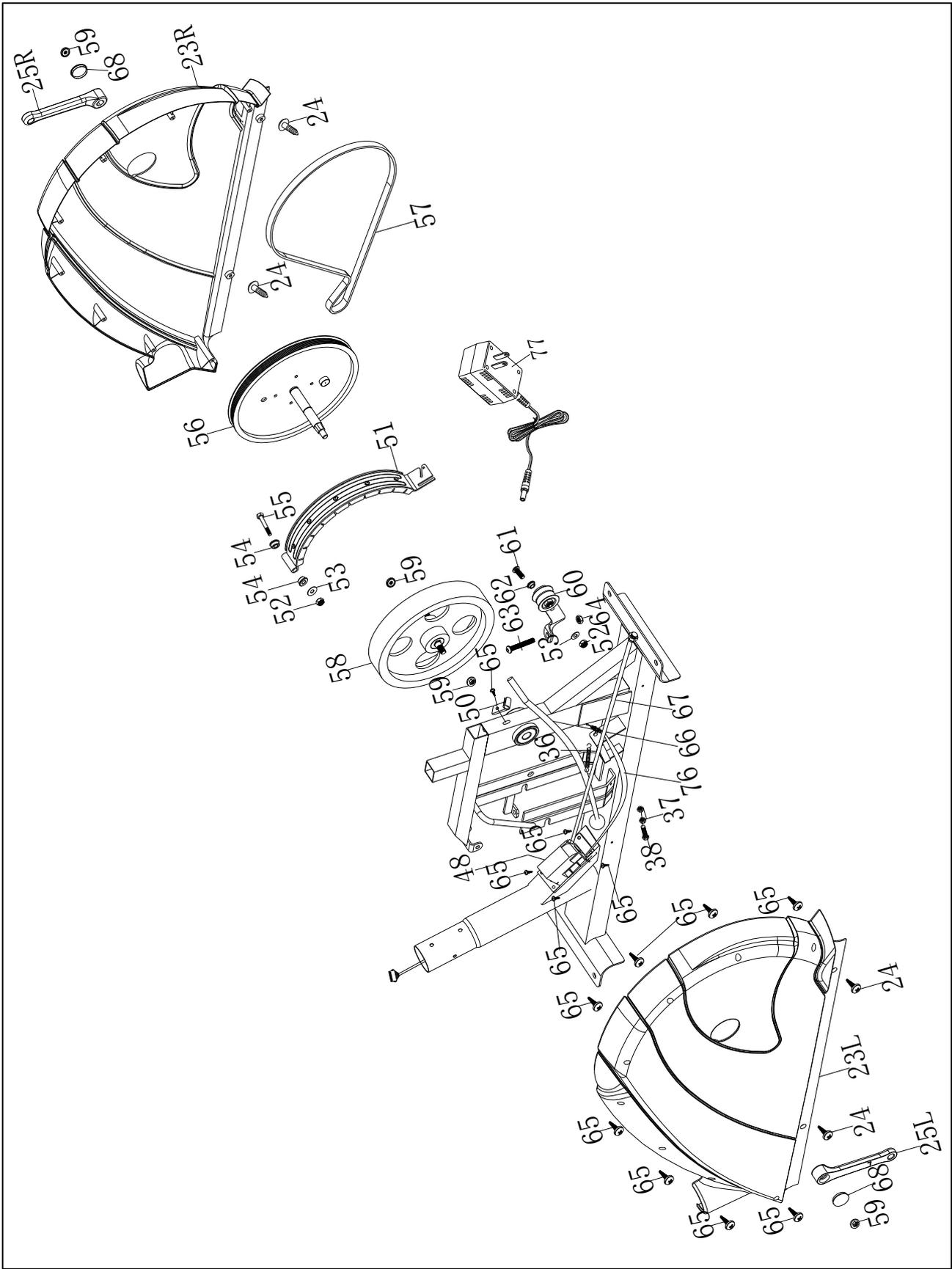
KEY NO.	PART	DESCRIPTION	QTY
1	1790201	Main frame	1
2	1790202	Rear stabilizer	1
3L	1790203L	Leveling end cap Left	1
3R	1790203R	Leveling end cap Right	1
4	1790204	Front stabilizer	1
5L	1790205L	Transportation wheel Left	1
5R	1790205R	Transportation wheel Right	1
6	1790206	Carriage bolt M10x 55	4
7	1790207	Washer $\phi 10 \times \phi 22$	6
8	1790208	Doomed nut M10	4
9L	1790209L	Pedal tube Left	1
9R	1790209R	Pedal tube Right	1
10L	1790210L	Pedal Left	1
10R	1790210R	Pedal Right	1
11	1790211	Lock knob	4
12	1790212	Hex head bolt M8 x 45	4
13L	1790213L	Hinge bolt Left	1
13R	1790213R	Hinge bolt Right	1
14	1790214	Wave washer	2
15	1790215	Flat washer	2
16L	1790216L	Nylon Lock nut left	1
16R	1790216R	Nylon Lock nut Right	1
17	1790217	PVC cap	6
18	1790218	Water bottle bracket	1
19	1790219	End cap of stationary handlebar	2
20	1790220	Self-tapping screw ST5 x 15	2
21	1790221	Hex head bolt M10 x 78	2
22	1790222	Spacer	2
23L	1790223L	Chain cover Left	1
23R	1790223R	Chain cover Right	1
24	1790224	Self-tapping screw ST5 x 15	4
25L	1790225L	Crank Left	1
25R	1790225R	Crank Right	1
26	1790226	Hand pulse wire	2
27	1790227	Nylon lock nut M10	2
28	1790228	Allen screw M8 x 16	6
29	1790229	Curve washer $\phi 8 \times \phi 20$	6

NO.	PART NO.	DESCRIPTION	QTY
30L	1790230L	Bottom handlebar Left	1
30R	1790230R	Bottom handlebar Right	1
31	1790231	Upright	1
32	1790232	Hex head bolt M10 x 20	2
33	1790233	Spring washer ϕ 10	2
34	1790234	Flat washer ϕ 10 x ϕ 32	2
35	1790235	D type washer	2
36	1790236	Spring	1
37	1790237	Nut M6	2
38	1790238	Hex head bolt M6 x 25	1
39	1790239	Allen screw M6 x 12	4
40	1790240	Carriage bolt M8 x 20	4
41L	1790241L	Top handlebar Left	1
41R	1790241R	Top handlebar Right	1
42	1790242	Stationary handlebar	1
43	1790243	Screw M5 x10	2
44	1790244	Monitor	1
45	1790245	Bushing	4
46	1790246	Bushing	4
47	1790247	Extension sensor wire	1
48	1790248	Motor	1
49	1790249	Bottom sensor wire	1
50	1790250	Sensor bracket	1
51	1790251	Magnetic assembly	1
52	1790252	Nylon nut M8	2
53	1790253	Washer ϕ 8 x ϕ 17	2
54	1790254	Plastic spacer	2
55	1790255	Allen screw M8 x 55	1
56	1790256	Pulley	1
57	1790257	Belt	1
58	1790258	Flywheel	1
59	1790259	France nut	4
60	1790260	Idler assembly	1
61	1790261	Allen screw M8 x 20	1
62	1790262	Powder bushing	1
63	1790263	Allen screw M8 x 45	1
64	1790264	Nut M8	1

NO.	PART NO.	DESCRIPTION	QTY
65	1790265	Self-tapping screw ST5 x 15	9
66	1790266	Lower sensor wire 2	1
67	1790267	Power wire	1
68	1790268	Crank cover	2
69	1790269	Plastic spacer	2
70	1790270	End cap for wire	2
72	1790272	Self-tapping screw ST4 x 15	2
73	1790273	Washer $\phi 4 \times \phi 12$	2
74	1790274	Hand pulse sensor	2
75	1790275	Bushing	4
76	1790276	Motor Wire	1
77	1790277	Adapter	1
78	1790278	Audio Wire	1
79	1790279	Allen wrench S13,17	2
80	1790280	Allen key L6	1
81	1790281	Allen key L4	1
82	1790282	Allen key L8	1

DIAGRAM





MONITOR INSTRUCTIONS



- A. **Input Power**
Plug in the adaptor to the equipment then the computer will produce a beep sound and turn on the computer at the Manual mode.
- B. **Program select and setting value**
1. Use the UP or DOWN keys to select program mode and then press ENTER to confirm your exercise mode.
 2. At the Manual mode, the computer will use the UP or DOWN keys to set up your exercise TIME, DISTANCE, CALORIES, PULSE.
 3. Press the START/STOP key to start exercise.
 4. When you reach the target, the computer will produce beep sounds and then stop.
 5. If you set up more than one target and you would like to reach next target, press START/STOP key to keep on exercise.
- C. **Wake-Up Function**
The monitor will enter SLEEP mode (LCD off) when there is no signal input and no key be pressed after 4 minutes. Press the screen to start the monitor.
- D. **Your monitor is equipped with a speaker.**
Plug the audio cable (included with the monitor) into the back of the monitor and into an MP3 player. You need to turn the speaker on. The switch is found on the back of the monitor.

Functions and Features:

1. **TIME:** Displays your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You can also program your computer to count down from a set value by using the UP and DOWN keys. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and reset itself to the original time set, letting you know your workout is done.
2. **DISTANCE:** Displays the accumulative distance traveled during each workout up to a maximum of 99.9KM/MILE.
3. **RPM:** Displays your pedal cadence.
4. **WATT:** Displays the amount of mechanical power the computer is receiving from your exercise.
5. **SPEED:** Displays your workout speed value in KM/MILE per hour.
6. **CALORIES:** Your computer will estimate the cumulative calories burned at any given time during your workout.
7. **PULSE:** Your computer displays your pulse rate in beats per minute during your workout.
8. **AGE:** Your computer is age-programmable from 10 to 99 years. If you do not set an age, this function will always default to age 35.
9. **TARGET HEART RATE (TARGET PULSE):** The heart rate you should maintain is called your Target Heart Rate in beats per minute.
10. **PULSE RECOVERY:** During the START stage, leave the hands holding on grips then press "PULSE RECOVERY" key, time starts counting from 00:60 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1.0 to F6.0.

1.0 means OUTSTANDING
1.0 < F < 2.0 means EXCELLENT
2.0 ≤ F ≤ 2.9 means GOOD
3.0 ≤ F ≤ 3.9 means FAIR
4.0 ≤ F ≤ 5.9 means BELOW AVERAGE
6.0 means POOR

Note: If no pulse signal input then the computer will show "P" on the PULSE window. If the computer shows "ERR" on the message window, please re-press the PULSE RECOVERY key and please make sure your hands are on the handpulse grips.

11. **TEMPERATURE:** Displays the current temperature.

Key Functions:

1. START/STOP key:
 - a. Quick Start function: Allows you to start the computer without selecting a program. Manual workout only. Time automatically begins to count up from zero
 - b. During the exercise mode, press the key to STOP exercise.
 - c. During the stop mode, press the key to START exercise.
2. UP key:
 - a. Press the key to increase the resistance during exercise mode.
 - b. During the setting mode, press the key to increase the value of Time, Distance, Calories, Age and select Gender and Program.
3. DOWN key:
 - a. Press the key to decrease the resistance during exercise mode.
 - b. During the setting mode, press the key to decrease the value of Time, Distance, Calories, Age and select Gender and Program.
4. ENTER key:
 - a. During the setting mode, press the key to accept the current data entry.
 - b. At the stop mode, by holding this key for over two seconds the user can reset all values to zero or default value.
 - c. During setting the Clock, press this key can accept the setting hour and setting minute.
5. BODY FAT key: Press the key to input your HEIGHT, WEIGHT, GENDER and AGE then to measure your body fat ratio,
6. PULSE RECOVERY key: Press the key to activate heart rate recovery function.

Program Introduction & Operation:

Manual Program: Manual

P1 is a manual program. User can start exercise by pressing START/STOP key. The default resistance level is 5. Users may exercise in any desirable of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

- Operations:**
1. Use UP/DOWN keys to select the MANUAL (P1) program.
 2. Press the ENTER key to enter MANUAL program.
 3. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.
 4. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
 5. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
 6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
 7. Press the START/STOP key to begin exercise.

Preset Program: Steps, Hill, Rolling, Valley, Fat Burn, Ramp, Mountain, Intervals, Random, Plateau, Fartlek, Precipice Program

PROGRAM 2 to PROGRAM 13 is the preset programs. Users can exercise with different level of tension in different intervals as the profiles show. You can adjust the tension by using the UP/DOWN keys during the workout for a period of time or a number of calories burned or a certain distance travelled.

- Operations:**
1. Use UP/DOWN keys to select one of the above programs from P2 to P13.
 2. Press the ENTER key to enter your workout program.
 3. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.
 4. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
 5. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
 6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
 7. Press the START/STOP key to begin exercise.

User Setting Program: User 1, User 2, User 3, User 4

Program 14 to 17 is the user setting program. Users are free to create the values in the order of TIME, DISTANCE, CALORIES and the resistance level in 10 columns. The values and profiles will be stored in the

memory after setup. Users may also change the ongoing loading in each column by UP/DOWN keys, and they will not change the resistance level stored in the memory.

- Operations:**
1. Use UP/DOWN keys to select the USER program from P14 to P17.
 2. Press the ENTER key to enter your workout program.
 3. The column 1 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your first column of exercise profile. The default level is load 1.
 4. The column 2 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your second column of exercise profile.
 5. Follow the above description 5 and 6 to finish your personal exercise profiles. Press ENTER to confirm your desired exercise profile.
 6. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.
 7. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
 8. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
 9. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
 10. Press the START/STOP key to begin exercise.

Heart Rate Control Program: 55% H.R.C., 65% H.R.C., 75% H.R.C., 85% H.R.C., Target H.R.C.

Program 18 to Program 22 is the Heart Rate Control Programs and Program 22 is the Target Heart Rate Control program.

Program 18 is the 55% Max H.R.C. - - Target H.R. = $(220 - \text{AGE}) \times 55\%$

Program 19 is the 65% Max H.R.C. - - Target H.R. = $(220 - \text{AGE}) \times 65\%$

Program 20 is the 75% Max H.R.C. - - Target H.R. = $(220 - \text{AGE}) \times 75\%$

Program 21 is the 85% Max H.R.C. - - Target H.R. = $(220 - \text{AGE}) \times 85\%$

Program 22 is the Target H.R.C. - - Workout by your target heart rate value.

Users can exercise according to your desired Heart Rate program by setting your AGE, TIME, DISTANCE, CALORIES or TARGET PULSE. In these programs, the computer will adjust the resistance level according to the heart rate detected. For example, the resistance level may increase every 20 seconds while the heart rate detected is lower than the TARGET H.R.C. Also the resistance level may decrease every 20 seconds while the heart rate detected is higher than the TARGET H.R.C.

- Operations:**
1. Use UP/DOWN keys to select one of the heart rate control program from P18 to P22.
 2. Press the ENTER key to enter your workout program
 3. The AGE will flash at P18 to P21 programs and you can press UP or DOWN keys to set your AGE. The default age is 35.
 4. At program 22, the TARGET PULSE will flash and you can press UP or DOWN keys to set your TARGET PULSE between 80 to 180. The default TARGET PULSE is 120.
 5. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.
 6. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
 7. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
 8. Press the START/STOP key to begin exercise.

Operation guide:

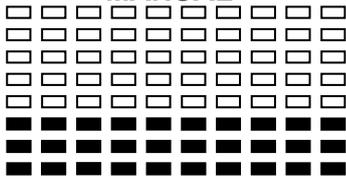
1. **Sleep Mode:**
The computer will enter the sleep mode when there is no signal input and no keys be pressed after 4 minutes. You can press any key to wake up the computer.
2. **BMI (Body Mass Index):** BMI is a measure of body fat based on height and weight that applies to both adult men and women.
3. **BMR (Basal Metabolic Rate):** Your Basal Metabolic Rate (BMR) shows the number of calories your body needs to operate. This doesn't account for any activity, it's simply the energy needed to sustain a heartbeat, breathing and normal body temperature. It measures the body at rest, not sleep, at room temperature.

LCD Workout Graphics

PRESET PROGRAM PROFILES:

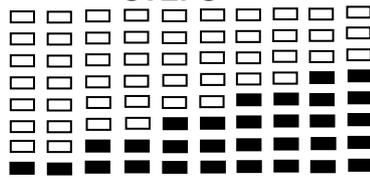
PROGRAM 1

MANUAL



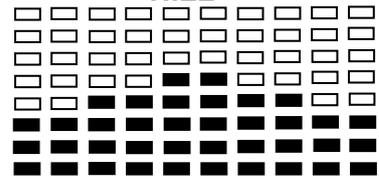
PROGRAM 2

STEPS



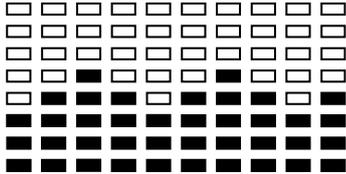
PROGRAM 3

HILL



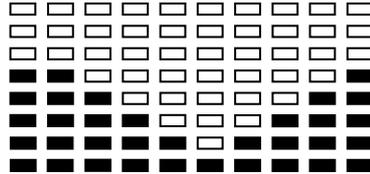
PROGRAM 4

ROLLING



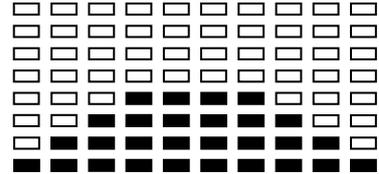
PROGRAM 5

VALLEY



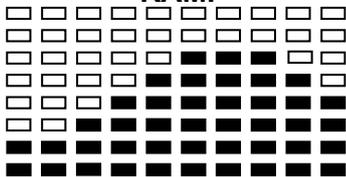
PROGRAM 6

FAT BURN



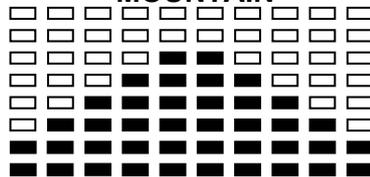
PROGRAM 7

RAMP



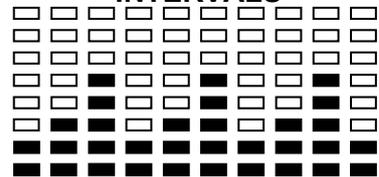
PROGRAM 8

MOUNTAIN



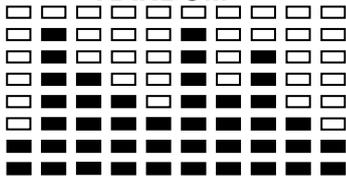
PROGRAM 9

INTERVALS



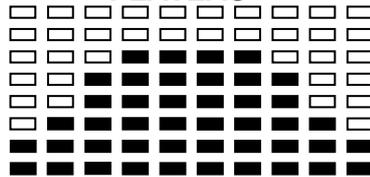
PROGRAM 10

RANDOM



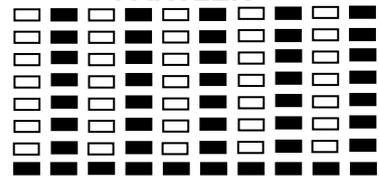
PROGRAM 11

PLATEAU



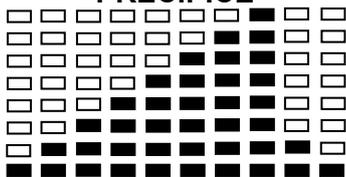
PROGRAM 12

FARTLEK



PROGRAM 13

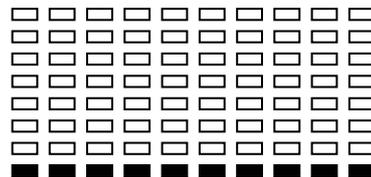
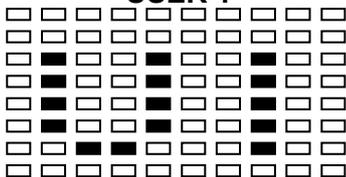
PRECIPICE



USER SETTING PROGRAM

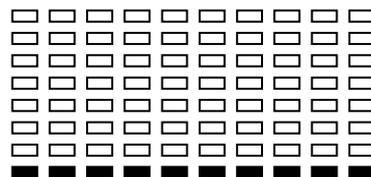
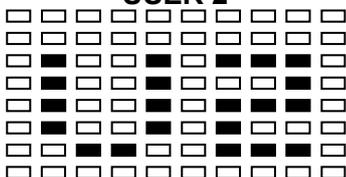
PROGRAM 14

USER 1



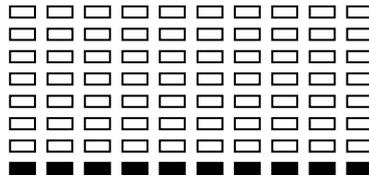
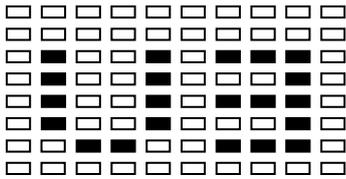
PROGRAM 15

USER 2



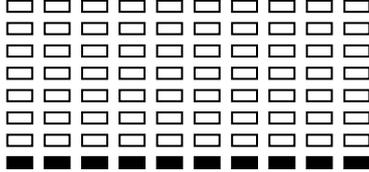
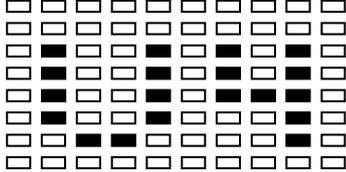
PROGRAM 16

USER 3



PROGRAM 17

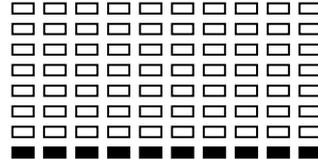
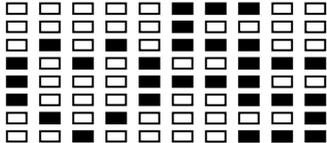
USER 4



HEART RATE PROGRAM PROFILES:

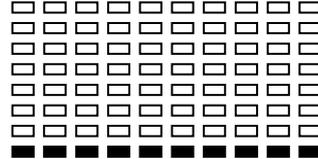
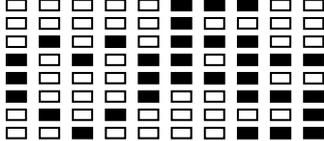
PROGRAM 18

55% H.R.C.



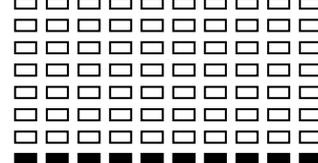
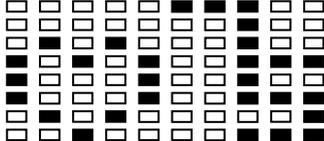
PROGRAM 19

65% H.R.C.



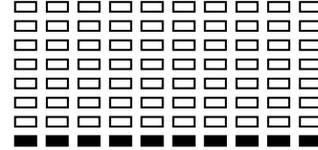
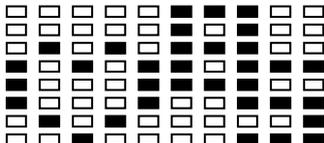
PROGRAM 20

75% H.R.C.



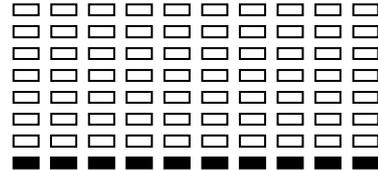
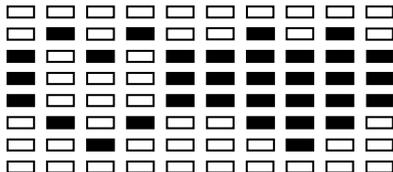
PROGRAM 21

85% H.R.C.



PROGRAM 22

TARGET H.R.C.

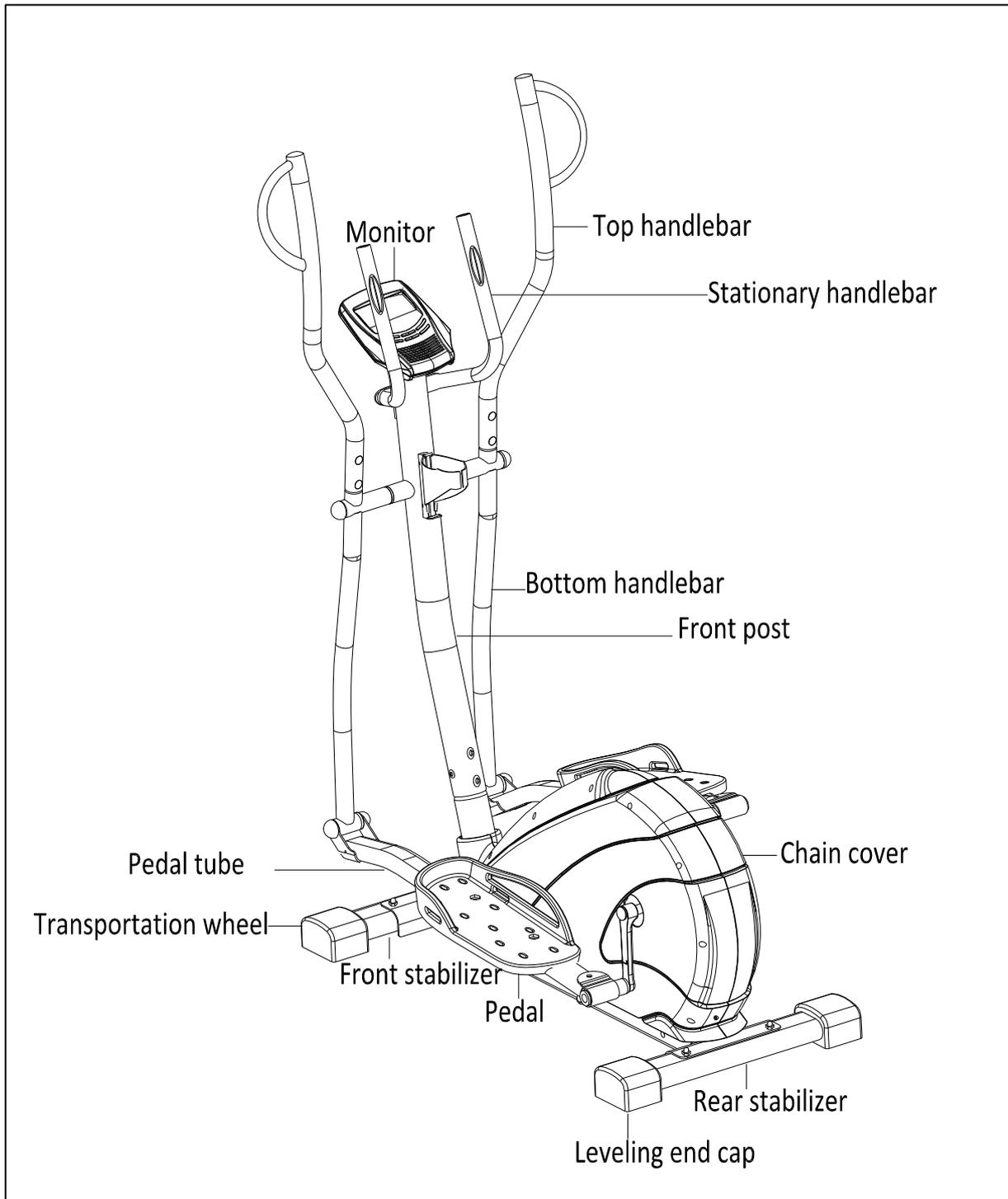


HOW THE ELLIPTICAL WORKS

The elliptical allows your feet to move in a natural elliptical path, minimizing the impact on your knees and ankles.

The elliptical provides smooth, quiet and variable exercise capabilities with:

- Dual Action Handles for total body workout
- Stationary handlebar for stability



TROUBLE SHOOTING

Problem	Cause	Correction
Monitor does not display	Adaptor not plug in	Plug in adaptor
No speed or distance displays on the monitor	Sending unit not connected	Securely plug sending unit into extension wire and the back of the monitor
	Sending unit not working properly	Replace sending unit
	Monitor not working properly	Replace monitor
No tension	Tension control cable not connected	Securely plug tension control cable into the extension tension control cable
	Magnetic wheel not working properly	Replace magnetic wheel
Heart rate not displaying	Pulse wire not connected not connected	Securely plug wires into the back of the monitor
	Hand pulse defective	Replace hand pulse grip or ear clip
	Monitor not working properly	Replace monitor
Grinding	Crank bearing defective	Replace crank bearings
	Idler pulley defective	Replace idler pulley
	Mag wheel defective	Replace magnetic wheel
Squealing	V-belt slipping	Adjust v-belt

TRAINING GUIDELINES

Exercise

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

Basic Components of Physical Fitness

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs

Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your **maximum oxygen uptake** (MVo₂). This is often referred to as your **aerobic capacity**.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO₂ indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, 100 meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As your become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised.

Working through your program and gradually increasing the overload factor is important.

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

Warm Up

Every exercise program should start with a **warm up** where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.

Stretching should be included in both your **warm up** and **cool down**, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles

Heart Rate

As you exercise, so the rate at which your heart beat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are "starting fitness".

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it.

Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

Endurance Circuit Training

Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Body Building

Is often used synonymously with strength training The fundamental principal here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

Patronization

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting "stale", bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something.

Stop exercising and consult your doctor.

What to Wear

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

Breathing during Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

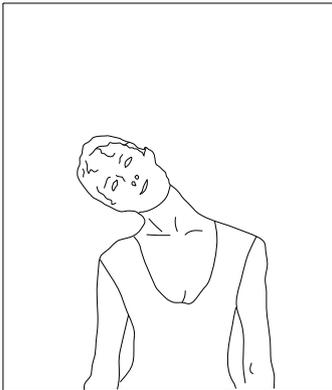
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods

STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

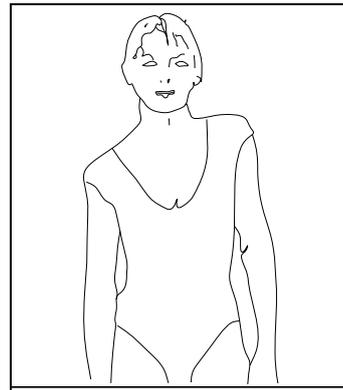
HEAD ROLLS

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.



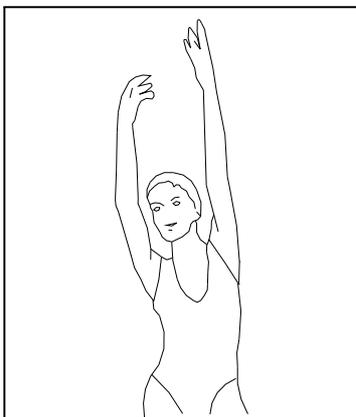
SHOULDER LIFTS

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.



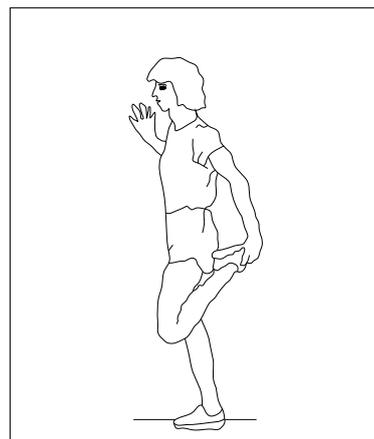
SIDE STRETCHES

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.



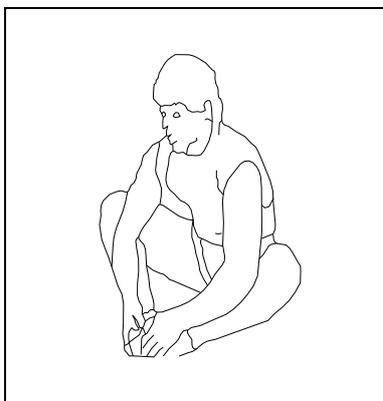
QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



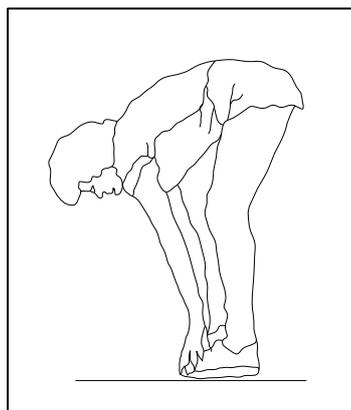
INNER THIGH STRETCH

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.



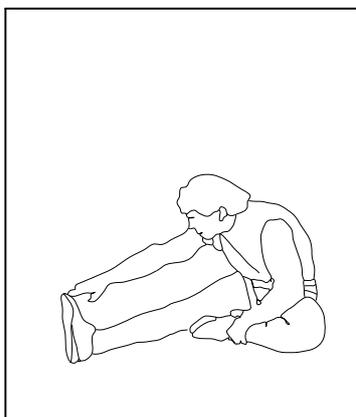
TOE TOUCHES

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.



HAMSTRING STRETCHES

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



CALF / ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep toward 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.

