

**OWNER'S MANUAL  
MODEL NO.  
164174535US**



- **Assembly**
- **Operation**
- **Trouble –Shooting**
- **Parts**
- **Warranty**



**CAUTION:**

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

***Keep this manual for future reference.***

***Serial number***

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***Write the serial number in the space above for reference. Serial number can be found at the front bottom section of the elliptical.***



## Manufacture's Limited Warranty

Dyaco Canada Inc. warrants all its home use elliptical parts for a period of time listed below, from the date of retail sale, as determined by a sales receipt or in the absence of a sales receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts, at Dyaco Canada Inc.'s option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Dyaco Canada Inc. directly to a consumer. The warranty period applies to the following components:

Home Use Limited WARRANTY	
Frame	Lifetime
All Other Components	2 Years
Labour	1 Year

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 Dyaco Canada Inc. 6050 DON MURIE STREET, NIAGARA FALLS, ONTARIO L2G 0B3. 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@dyaco.ca](mailto:customerservice@dyaco.ca). You can visit us at [www.dyaco.ca](http://www.dyaco.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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**IMPORTANT SAFETY INFORMATION**  
**THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY**  
**READ ALL INSTRUCTIONS BEFORE USING THIS ELLIPTICAL**

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 center.

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:

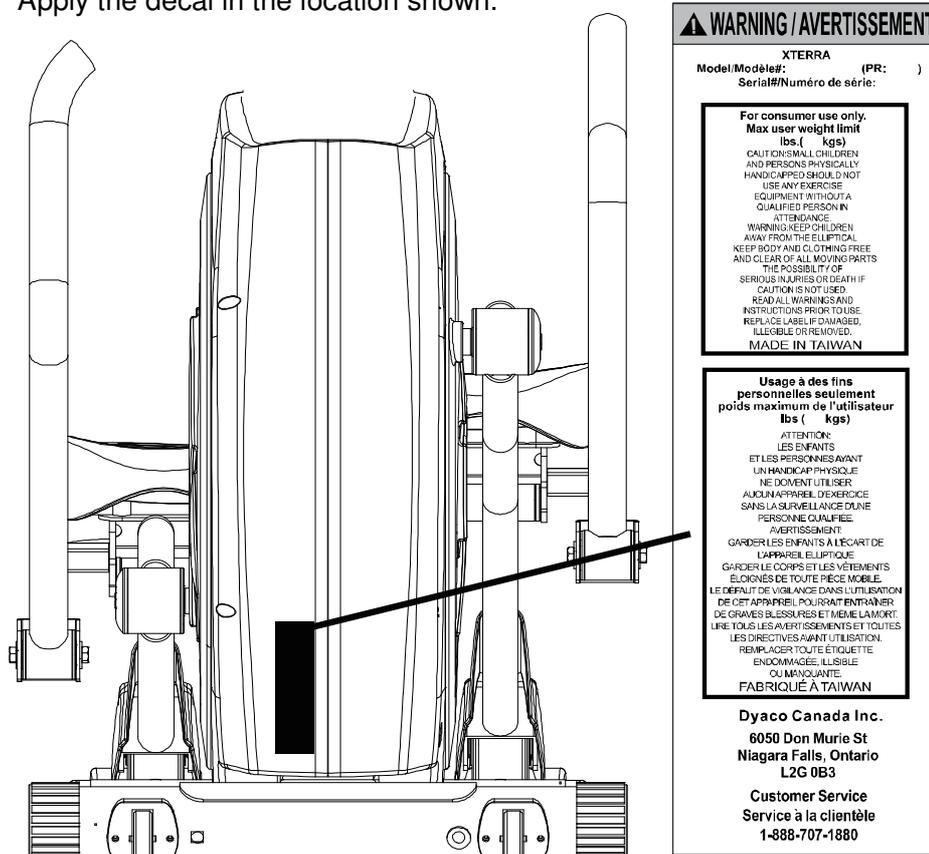
 **WARNING**

It is the responsibility of the owner to ensure that all users of this elliptical are adequately informed of all warnings and precautions. Read the OWNER'S OPERATING MANUAL and all warnings posted on the elliptical and follow it carefully before using your elliptical..

Review all warnings labels that affixed to the elliptical. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use. Functional and

1. Functional and visual inspection of the equipment shall be made after assembling your elliptical.
2. Never operate the elliptical if it is not working properly, if it has been dropped, damaged, or exposed to water.
3. Set up and operate the elliptical on a solid level surface. Do not use outdoors or near water. 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. It is recommended to have a minimum of 3 metres safe clearance on all sides of the elliptical while in use.
4. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage, covered patio or near water.
5. Do not operate the elliptical where aerosol products are used or where oxygen is being administered.
6. Do not insert any objects into any openings.
7. Inspect and properly tighten all parts of the elliptical regularly.
8. Keep children and pets away from this equipment at all times and while exercising.
9. Handicapped individuals should have medical approval and close supervision when using this elliptical.
10. Do not place hands or feet under the elliptical. Always keep hands and legs off of the elliptical when others are using it.
11. Always hold the handlebars when mounting, dismounting, or using the elliptical. Keep your back straight when using your elliptical, do not arch your back. When you stop exercising, allow the pedals to slowly come to a complete stop. The elliptical does not have a free wheel, the pedals will continue to move until the flywheel stops.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. Use the elliptical only for its intended use as described in this manual. Do not use any attachments that are not recommended by the manufacturer.
14. User weight should not exceed 325lbs (147 kgs).
15. Never allow more than one person on the elliptical at once.
16. 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 straining muscles.

17. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed. 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.
18. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
19. Start your program slowly and very gradually increase your speed and distance.
20. 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. Do not walk or jog barefoot, in stocking feet or loose fitting shoes or slippers.
21. Always hold on to a handlebar while making control changes
22. Use caution while participating in other activities while using your elliptical such as watching television, reading, etc. These distractions may cause you to lose balance, resulting in serious injury.
23. The decal shown below has been placed on the elliptical. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-707-1880 to order a replacement decal. Apply the decal in the location shown.



**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

# Important Safety Instructions

When using an electrical appliance, basic precautions should always be followed, including the following: Read all instructions before using this appliance.



**WARNING** - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before repairing or cleaning.
  2. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
  3. Do not carry this appliance by supply cord or use cord as a handle.
  4. Keep the cord away from heated surfaces or flames.
  5. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and things alike.
  6. Connect this appliance to a properly grounded outlet only.  
The use of an extension cord with this product is not recommended. If an extension cord is needed, use a short (less than 10 feet) heavy gauge (14 gauge or better) extension cord with a three prong (grounded) plug and receptacle
- **NEVER** remove any cover without first disconnecting AC power supply. If A.C. voltage varies by ten percent (10%) or more, the performance of your elliptical may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.
  - **NEVER** expose this elliptical to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. Maximum environmental ratings are 40-120 degrees Fahrenheit, 95% humidity non-condensing (no water droplets forming on surfaces).
  - **NEVER** use your elliptical during an electrical storm. Surges may occur in your household power supply that could damage elliptical components.

Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

**SAVE THESE INSTRUCTIONS - THINK SAFETY!**

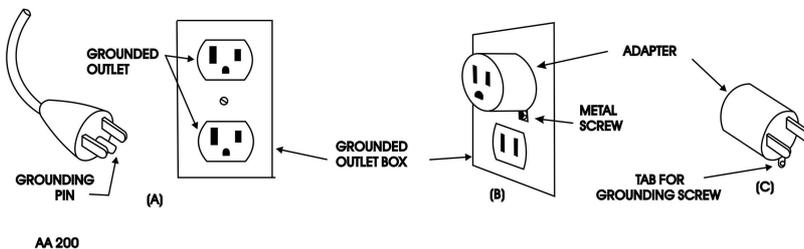
## Grounding Instructions

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. See diagram below for grounding methods.

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

Figure 1.  
Grounding methods

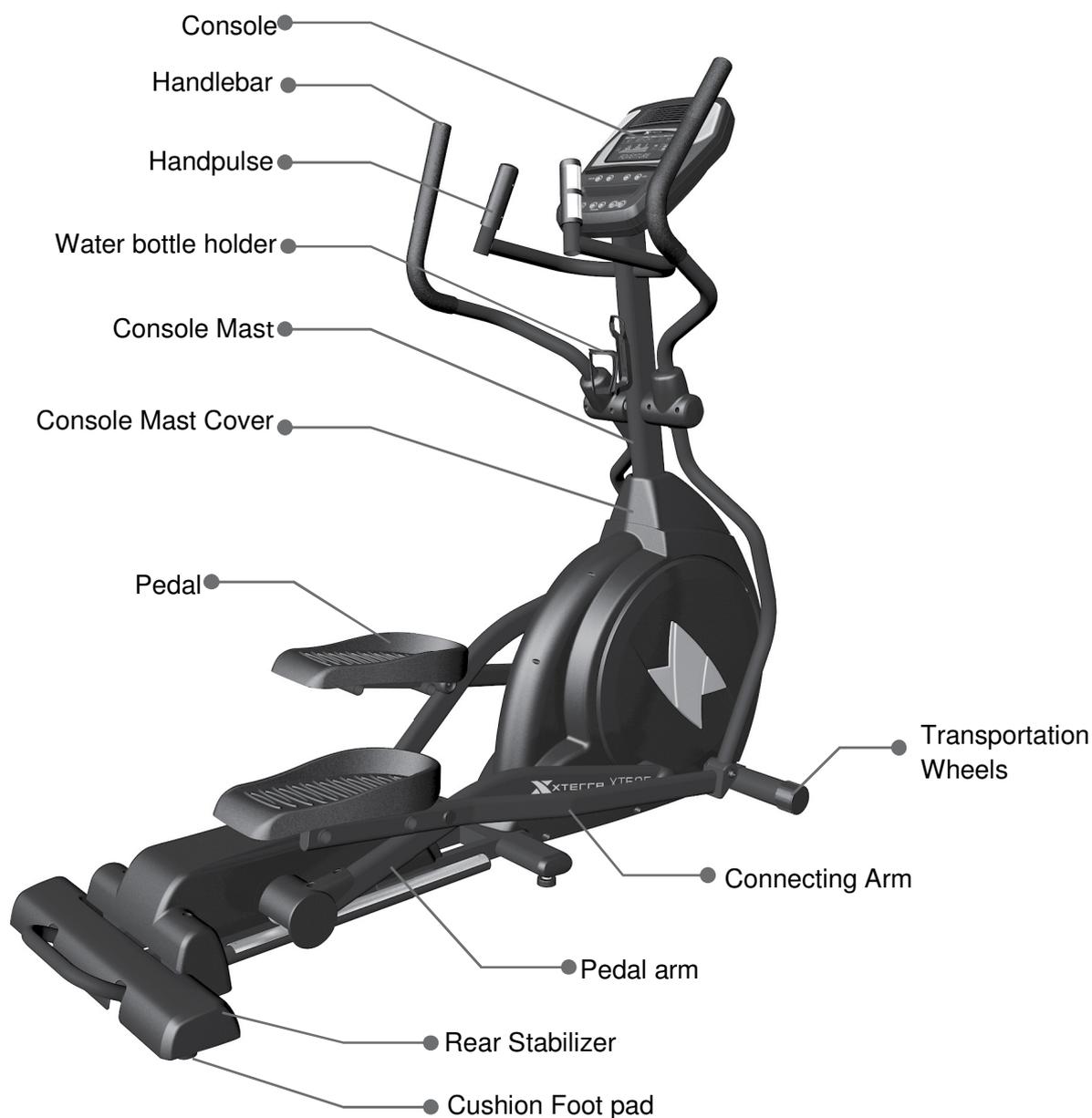


POWER CONNECTOR – FRONT, LEFT SIDE OF UNIT

## HOW THE ELLIPTICAL WORKS

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

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



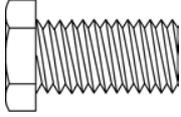
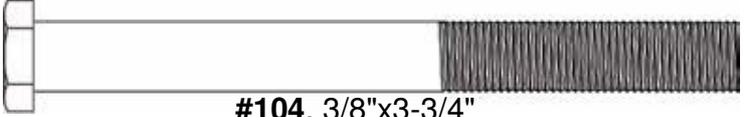
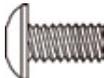
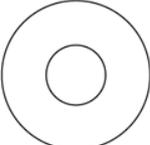
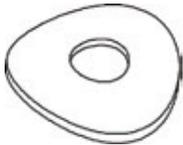
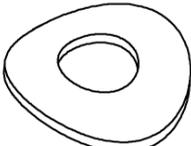
## Features

### Incline Adjustment

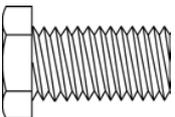
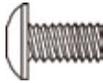
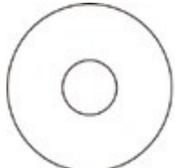
The elliptical has an exciting electronic incline feature that will increase the variety of your workouts. When the incline is at its lowest position you get a traditional elliptical workout. As the incline increases you will feel your knees rise higher with each step, which changes the emphasis of the muscles being used. The power incline is controlled by keys on the console and also automatically during the built-in workout programs.

# Assembly Pack Checklist

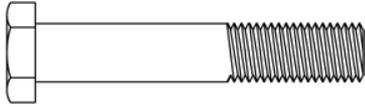
## Hardware Step 1 (not shown at actual size)

 <b>#102 – 5/16" x 15 Hex Head Bolt (6 pcs)</b>	 <b>#104. 3/8"x3-3/4" Hex Head Bolt (2 pcs)</b>	
 <b>#105. 3/8" x 3" Carriage Bolt (2 pc)</b>	 <b>#106. 3/8" Cap Nut (2 pcs)</b>	 <b>#115. M5 x 10mm Phillips Head Screw (4 pcs)</b>
 <b>#143. 5/16" x 20 x 1.5T Flat Washer (4 pcs)</b>	 <b>#146. 3/8" x 2 Split Washer (2 pc)</b>	 <b>#147. 5/16" x 23 x 2 Curved Washer (2 pcs)</b>
 <b>#148. 3/8" x 23 x 1.5 Curved Washer (4 pcs)</b>		

## Hardware Step 2

 <b>#102. 5/16" x 15mm Hex Head Bolt (2 pcs)</b>	 <b>#113. 5/16" x 15mm Button Head Socket Bolt (2 pcs)</b>	 <b>#122 ø8.5 x 26 x 2.0 Flat Washer(4 pcs)</b>
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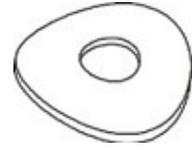
## Hardware Step 3



**#109.** 5/16" x 1-3/4"  
Hex Head Bolt  
(6 pcs)

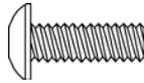


**#128.** 5/16" x 7  
Nyloc Nut (6 pcs)

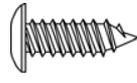


**##147.** 5/16" x 23 x 2  
Curved Washer  
(4 pcs)

## Hardware Step 4

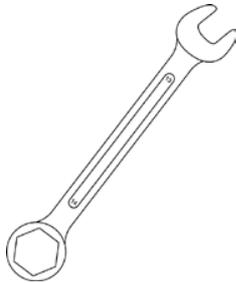


**#117.** M5 x 15mm  
Phillips Head Screw  
(6 pcs)

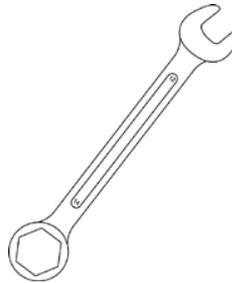


**#112.** 3.5 x 12mm  
Sheet Metal Screw  
(4 pcs)

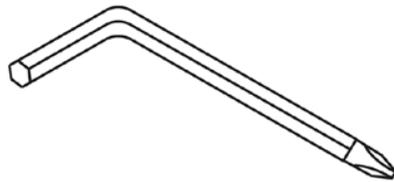
## Assembly Tools



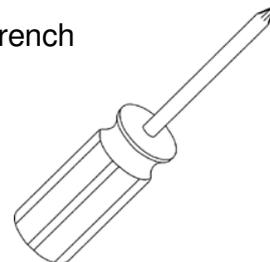
**#155.** 13/14mm Wrench



**#156.** 12/14mm Wrench



**#157.** Combination M5 Allen  
Wrench & Phillips Head  
Screw Driver (2 pcs)



**#158.** Phillips Head Screwdriver

# Assembly Instructions

## 1

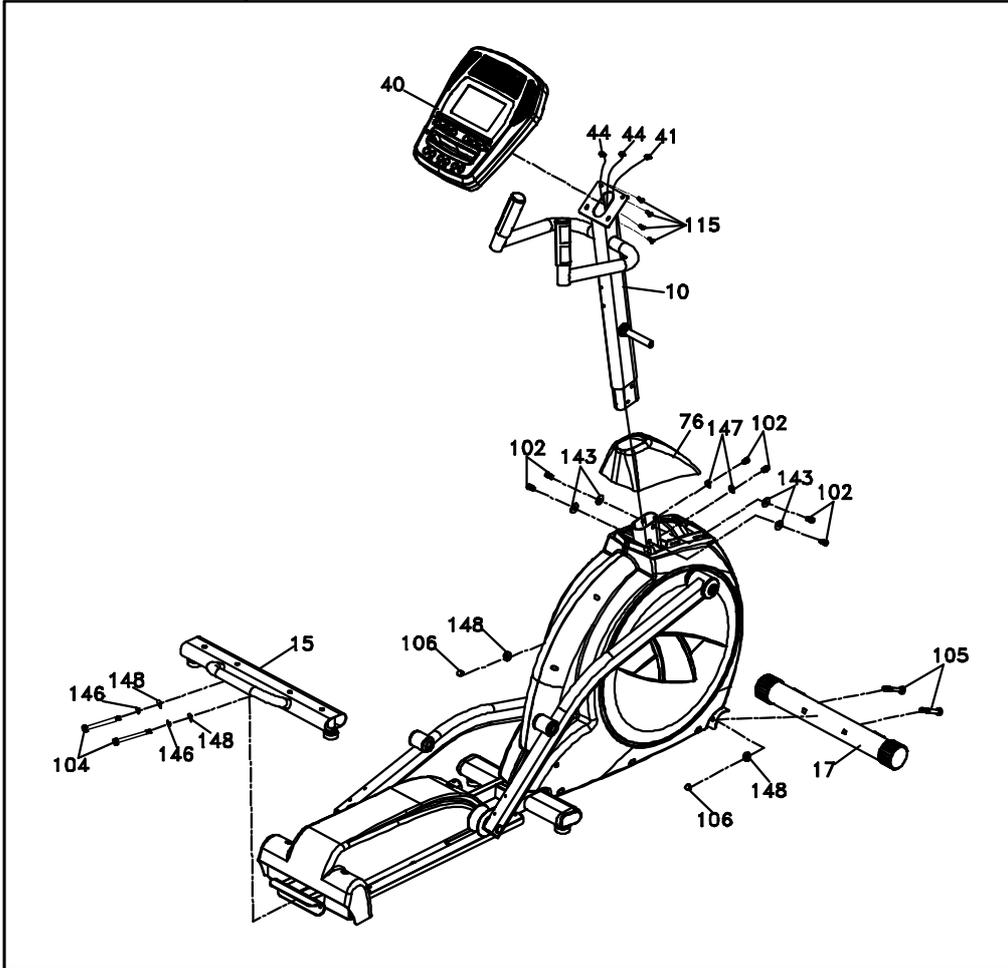
### Rear Rail, Console Mast & Console

1. Connect the Front Stabilizer (17) to the main frame with two Carriage Bolts (105), two Curved Washers (148), and two Cap Nuts (106). Tighten with the Wrench (156).
2. Connect the Rear Stabilizer (15) to the main frame with two Hex Head Bolts (104), two Split Washers (146) and two Curved Washers (148). Tighten with the Wrench (155).
3. Slide the Console Mast Cover (76) onto the bottom of the Console Mast (10). Take the wire tie that exits the bottom of the Console Mast and wrap it around the end of the Computer Cable (41) that is rolled up in the frame bracket. Slowly pull the wire tie up through the top of the Mast (10) and insert the bottom of the Mast (10) into the frame bracket. Secure the Mast (10) with four Hex Head Bolts (102) and four Flat Washers (143) to the sides of the Mast, and two Hex Head Bolts (102) and two Curved Washers (147) to the front of the Mast. Tighten all bolts with the Wrench (155).
4. Set the Console Mast Cover (76) into place over the Frame Covers.
5. Plug the Computer Cable (41) and the Hand Pulse Sensor Wires (44) into the back side of Computer Console. Attach the Computer Console to the Mast with four Screws (115). Tighten with the Screwdriver (158).

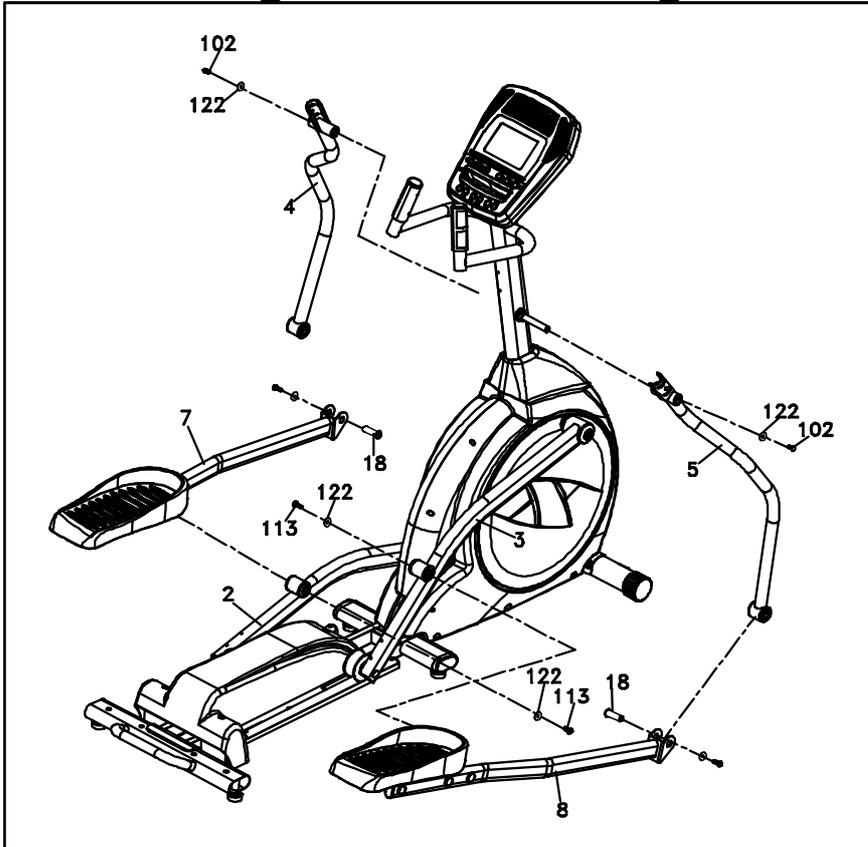
#### Hardware Step 1

#102. 5/16" x 15 Hex Head Bolt (6 pcs)
#104. 3/8"x3-3/4" Hex Head Bolt (2 pcs)
#105. 3/8" x 3" Carriage Bolt (2 pc)
#106. 3/8" Cap Nut (2 pcs)
#115. M5 x 10mm Phillips Head Screw (4 pcs)
#143. 5/16" x 20 x 1.5T Flat Washer (4 pcs)
#146. 3/8" x 2T Split Washer (2 pc)
#147. 5/16" x 23 x 2T Curved Washer (2 pcs)
#148. 3/8" x 23 x 1.5 Curved Washer (4 pcs)

# 1 Rear Rail, Console Mast & Console



# 2 Connecting & Lower Swing Arms

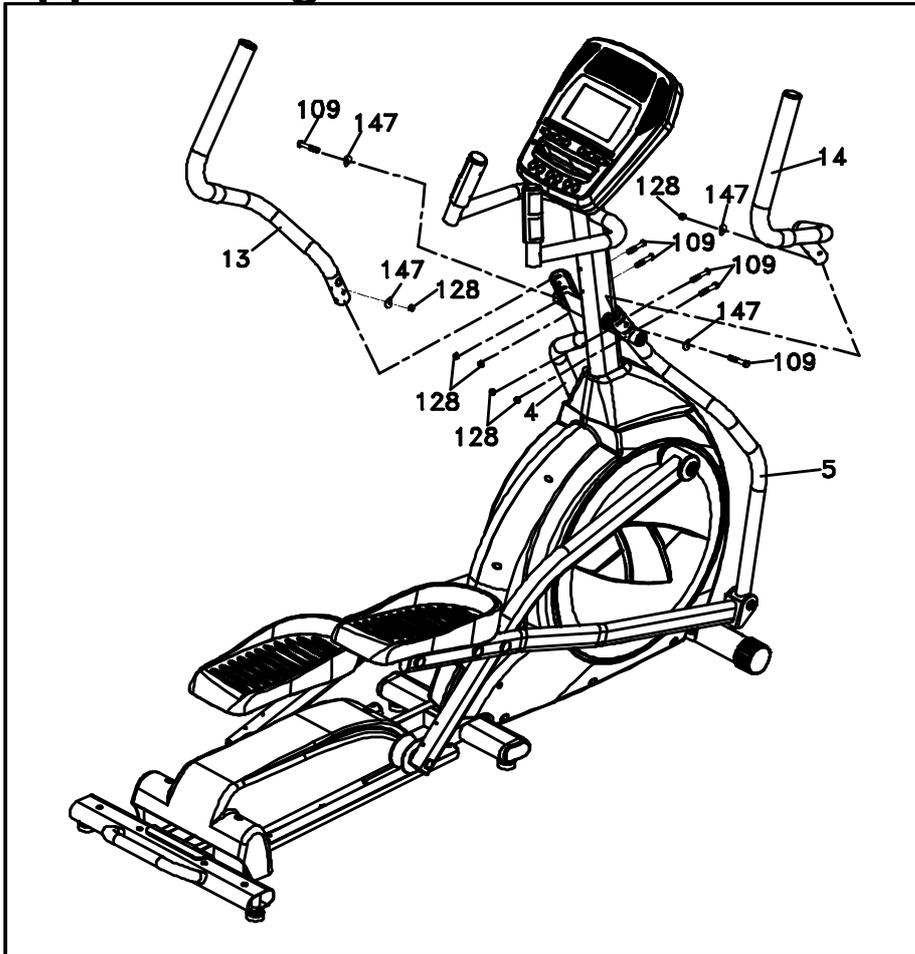


## Hardware Step 2

#102. 5/16" x 15mm  
Hex Head Bolt (2 pcs)  
#113. 5/16" x 15mm"  
Button Head Socket  
Bolt (2 pcs)  
#122. 8.5 x 26 x 2.0  
Flat Washer (4 pcs)

1. Slide the Lower Handle Bars (L) and (R), (4) and (5) onto each side of the Console Mast Axle. Secure each side with a Flat Washer (122) and a Hex Head Bolt (102). Tighten with the Wrench (156).
2. Insert the shaft of the left Connection Arm (7) through the bushing of the left Pedal Arm (2) and secure with a Flat Washer (122) and Button Head Bolt (113). Tighten with the M5 Allen Wrench (157). Repeat this step on the right side.
3. With the M5 Wench Allen (157) and the Screwdriver (158) remove the Rod End Shaft (18) from the Connecting Arm (7) held with two Hex Head Bolts (102) and two flat washers (142). Slide the bushing of the Lower Handle Bar (4) into the bracket end of the Connecting Arm (7). Secure in place with the Rod End Shaft (18), Washer and Screw that was removed earlier in this step. Tighten with the M5 Allen Wrench (157) and Screwdriver (158). Repeat this step on the right side.

# 3 Upper Swing Arms

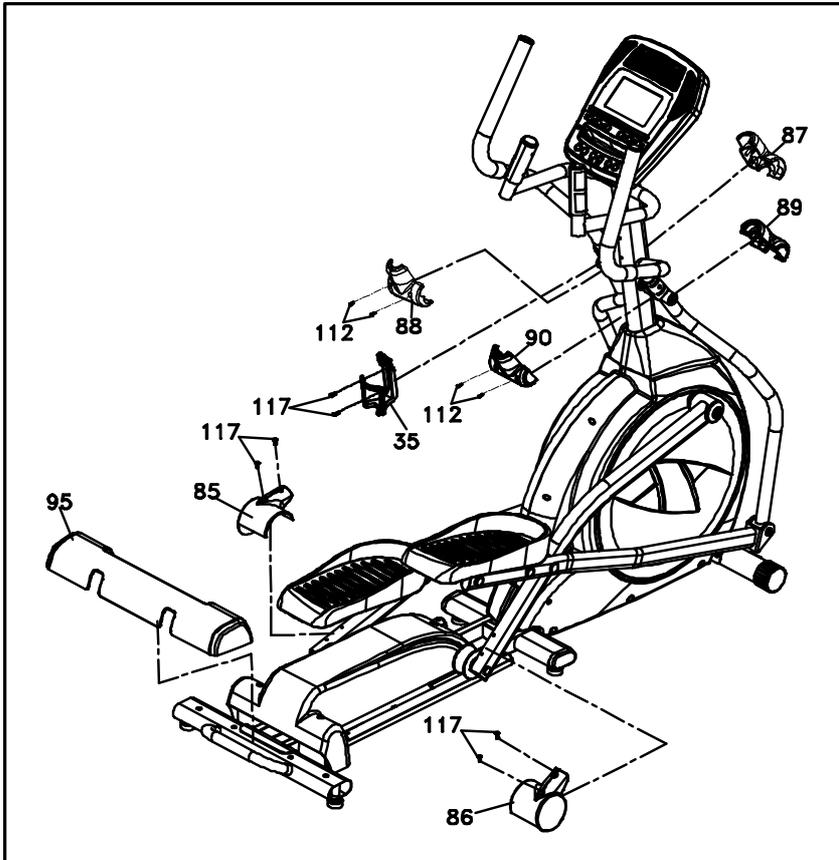


## Hardware Step 3

- #109. 5/16" x 1-3/4" Hex Head Bolt (6 pcs)
- #128. 5/16" x 7" Nyloc Nut (6 pcs)
- #147. 5/16" x 23 x 2 Curved Washer (4 pcs)

1. Connect the left and right Upper Hand Grips, (13) and (14) to the left and right Lower Handle Bars (4) and (5). Secure with two Hex Head Bolts (109) and two Nyloc Nuts (128) to the front of each arm. Secure with one Hex Head Bolt (109), Curved Washer (147) and one Nyloc Nut (128) to the side of each arm. Tighten all nuts with the Wrenches (155 and 156).

# 4 Plastic Covers



## Hardware Step 4

#117. M5 x 15mm  
Phillips Head Screw  
(6 pcs)  
#112. 3.5 x 12mm  
Sheet Metal Screw  
(4 pcs)

**Note:** Use the Phillips Head Screw Driver (158) to tighten the hardware in this step.

1. Bring the front (87) and rear (88) Handle Bar Covers together on the left Lower Handle Bar shaft and secure using two Sheet Metal Screws (112) and a Screwdriver (158). Repeat this step on the right side with the front (89) and rear (90) Handle Bar Covers.
2. Attach the Slide Wheel Cover (85) to the left Pedal Arm (2) with two Phillips Head Screws (117). Tighten with the Screwdriver (158). Repeat this step on the right side with Slide Wheel Cover (86).
3. Line up the Rear Bar Cover (95) to the holes in the rear of the Incline Rail Assembly and snap into place.
4. Use Phillips head screw driver to secure the Drink Bottle Holder (35) on the console mast with two Phillips head screws (117).

Your unit is now fully assembled. Ensure all nuts and bolts are firmly tightened prior to use.

# Operation of Your Console

## Console



## Power Up

Power the elliptical on by plugging it into an appropriate wall outlet. When power is connected to the elliptical and the switch is on, the console will automatically power up. If there is no input to the console for 30 minutes, the console will go to stand-by mode to save energy. To turn the console on press any key.

When initially powered on the console will perform an internal self-test. During this time all the lights will turn on. When the lights go off the dot matrix display will show a software version (i.e.: VER 1.0) and the time and distance windows will display an odometer reading. The odometer reading displays how many hours the elliptical has been used and how many virtual miles the elliptical has gone.

The odometer will remain displayed for only a few seconds then the console will go to the start up display. The dot matrix display will be scrolling through the different workout profiles of the programs and operating instructions. You may now begin to use the console.

**NEVER** operate this elliptical without reading and completely understanding the results of any operational change you request from the computer.

Understand that changes in resistance do not occur immediately. Set your desired level on the computer console and release the adjustment key. The computer will obey the command gradually.

# Console Operation

## Quick Start Mode

This is the quickest way to start a workout. After the console powers up, press the **Start** key to begin. In Quick Start the time will count up from zero and the Resistance and Incline may be adjusted manually by pressing the **Level ▲/▼** and **Incline ▲/▼** keys.

## Basic Information and Functions:

### Display:

The dot matrix display will show the Resistance profile. If you press the **Start** key during a program, the dot matrix will switch to the Incline profile. Pressing the **Start** key again will switch to a Lap track.

Pressing the **Enter** key will switch the data displayed in the Message Window. Initially, the Message Window shows the program name. Each time the **Enter** key is pressed the data will change to the following: INCLINE LEVEL, SPEED, WATTS, LAPS, Altitude (elevation gain), Current Level/Max Level, Scan, and repeat sequence. To the left of the dot matrix is a number that indicates your Resistance or Incline level.

### Data Displayed:

- Calories show an accumulation of calories burned (Kcal). This is an estimate that takes into account the type of exercise, the resistance level, the pace and body weight.
- Time shows elapsed time if counting up from zero, or time remaining if counting down.
- Seg Time counts down the time left in the current segment (column) of the profile.
- Pulse indicates your heart rate if you are grasping the hand pulse sensors.
- RPM displays your pedaling speed in revolutions per minute.
- Speed shows your speed in miles per hour or kilometers per hour if 'Km' is displayed.
- Incline/Ramp Shows incline level from 1 to 20.
- Distance displays accumulated mileage.

The elliptical has a built in Heart Rate Monitoring System. Simply grasping the hand pulse sensors on the stationary handlebars or by wearing the chest strap will start the heart icon blinking (this may take a few seconds). The Pulse Display Window will display your heart rate, or pulse, in beats per minute.

### Pause/Reset Functions:

The **Stop/Reset** key actually has several functions. Pressing the **Stop/Reset** key once during a program will pause the program for five minutes. If you need to get a drink, answer the phone or any of the many things that could interrupt your workout, this is a great feature. To resume your workout after pausing just press the **Start** key. If the **Stop/Reset** key is pressed twice during a workout, the program will end and a summary of your workout will be displayed. If the **Stop/Reset** key is held down for three seconds, the console will perform a complete reset.

### Audio System:

There is an Audio Input Jack on the front of the console, and built-in speakers. You may plug any low-level audio source signal into this port. Audio sources include: MP3 player, iPod, portable radio, CD player or even a TV or computer.

## Programming The Console

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for during programming is necessary to ensure the readouts are correct. You will be asked for your age and weight. Entering your age is necessary during the Heart Rate Program to ensure the correct settings are entered in the program. Entering your Weight helps calculate a more accurate calorie reading; although we cannot provide an exact calorie count we do want to be as close as possible.

**Calorie Note:** Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are estimates. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting. This is because each individual is different and burns calories at a different rate.

## Entering a Program/Changing Settings

Press the program keys to scroll through the program selections. The profile for each program will be displayed in the dot matrix window. Press the **Enter** key to select a program and begin customizing the settings. If you want to workout without entering new settings, press the **Start** key. This will bypass the programming of data and take you directly to the start of your workout. If you want to change the personal settings, follow the instructions in the message window. If you start a program without changing the settings, the default settings will be used.

**Note:** Age and Weight default settings will change when you enter a new number. The last age and weight entered will be saved as the new default settings. If you enter an age and weight the first time you use the elliptical you will not have to enter it every time you work out unless either your age or weight changes or someone else enters a different age and weight.

## Manual Program

The Manual program allows you to adjust your workload throughout the workout to meet your personal fitness needs.

1. Press the **Program ▲/▼** key until the message window shows MANUAL. Press the **Enter** key to continue.
2. The message window will ask you to enter your Age. Adjust the Age setting using the **Level ▲/▼** keys. Press **Enter** to continue.
3. The message window will ask you to enter your weight. Adjust the weight setting using the **Level ▲/▼** keys. Press the **Enter** key to accept the new number and proceed on to the next screen.
4. Next is the Time. Adjust the Time and press **Enter** to continue.
5. Now you are finished editing the settings and can begin your workout by pressing the **Start** key.
6. Once the program starts the elliptical will be set to level one for both Incline and Resistance. If you want to increase the work load at any time press the **Level ▲** key on the console; the **Level ▼** key will decrease the workload. You can also change the Incline at any time by pressing the **Incline ▲/▼** keys on the console.
7. During the Manual program you will be able to switch data displayed in the message window by pressing the **Enter** key.
8. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time before the console returns to the start-up display.

## Programming Preset Programs

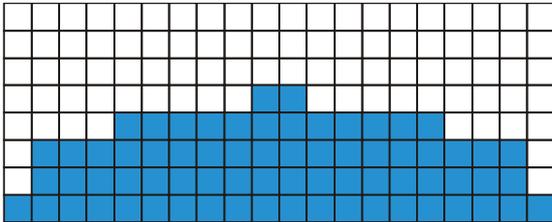
1. Using the **Program ▲/▼** keys, select the desired program then press the **Enter** key.
2. The Message Window will ask you to enter your age. Adjust the age setting, using the **Level ▲/▼** keys. Press the **Enter** key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your weight. Adjust the weight setting using the **Level ▲/▼** keys. Press **Enter** to continue.
4. Next is Time. Adjust the Time setting using the **Level ▲/▼** keys. Press **Enter** to continue.
5. Now you are asked to adjust the Max Level. This is the peak exertion level you will experience during the program (work level at the top of the hill). Adjust the level and then press **Enter**.
6. Use the **Incline ▲/▼** keys to adjust the Max Incline for the program, and then press **Enter**.
7. Now you are finished editing the settings and can begin your workout by pressing the **Start** key.
8. If you want to increase or decrease the workload at any time during the program, press the **Level ▲/▼** keys. This will change only the work level during the current segment.
9. During the program you will be able to switch the data displayed by pressing the **Enter** key.
10. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time before the console returns to the start-up display.

# Preset Programs

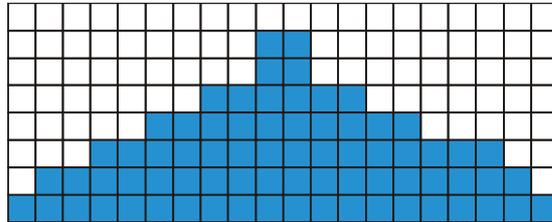
The elliptical has seven different programs that have been designed to provide a variety of workouts. These programs have factory preset profiles for achieving different goals.

## Ascent

### Incline Profile

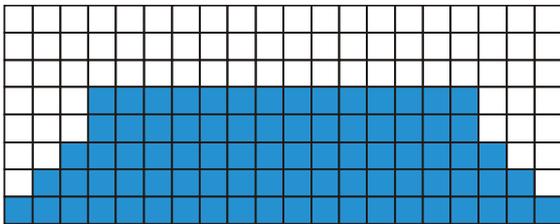


### Work Profile

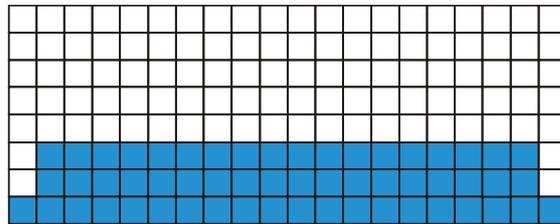


## Fat Burn

### Incline Profile

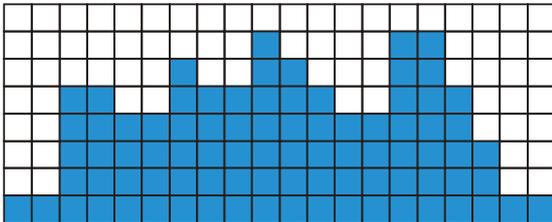


### Work Profile

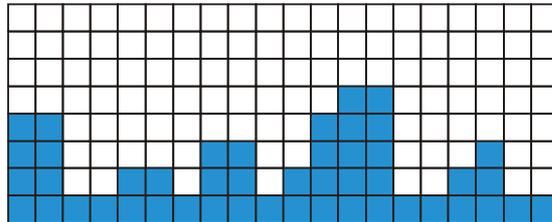


## Blast

### Incline Profile

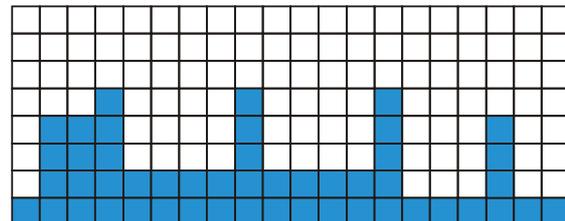


### Work Profile

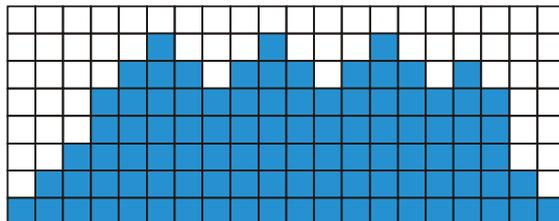


## Adventure

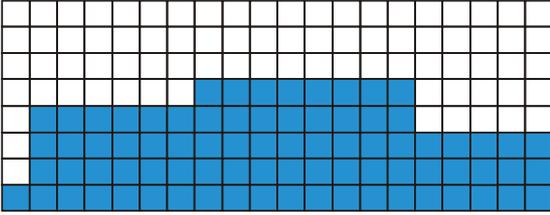
### Incline Profile



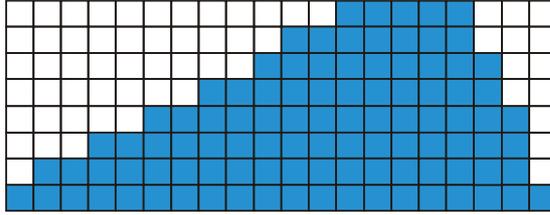
### Work Profile



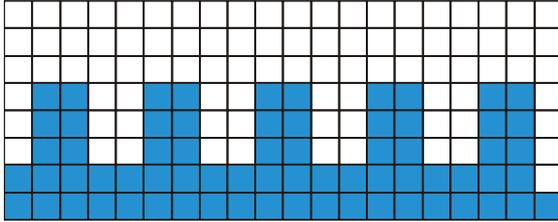
**Xtreme  
Incline Profile**



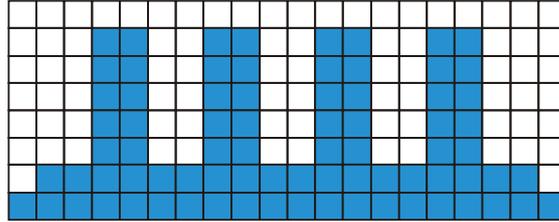
**Work Profile**



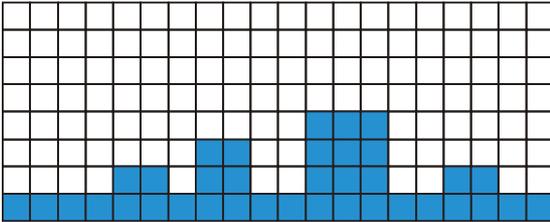
**Interval  
Incline Profile**



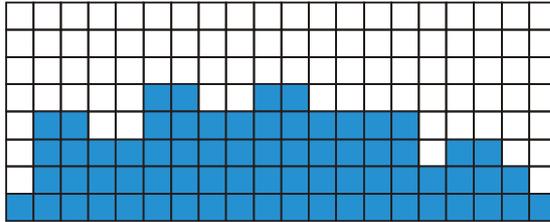
**Work Profile**



**X Country  
Incline Profile**



**Work Profile**



## User Programs

The User Programs allow you to build and save your own workout. You can build your own custom program by following the instructions below.

1. Select the User Program (User 1 or User 2) using the **Program ▲/▼** arrows then press **Enter**. The message will ask "Run Program?" if there is already a program stored. Use the **Level ▲/▼** key to change between "Yes" or "NO". If you want to run the program as it is, go to "Yes" and press **Enter** or **Start** to begin stored program. If No is selected, you have the option to cancel the stored program and create your own program. Press **Enter** to cancel and create your own.
2. If you cancel the stored program or there isn't a program stored, the letter "A" will be flashing. Use the **Level ▲/▼** keys to select the first letter of your name. Press **Enter**. Repeat this process until the last letter of your name is flashing. Press **Stop** to accept your User name.
3. The message window will ask you to enter your age. Enter your age using the **Level ▲/▼** keys. Press the **Enter** key to accept the new number and proceed on to the next screen.
4. You are now asked to enter your weight. Adjust the weight setting using the **Level ▲/▼** keys. Press **Enter** to continue.
5. Next is Time. Adjust the total program time using the **Level ▲/▼** keys. Press **Enter** to continue.
6. Now you are asked to adjust the TOP level. This is the peak exertion level you will experience during the program. Adjust the level and then press Enter.
7. Now the message window will ask you to adjust the first segment level for Resistance; use the **Level ▲/▼** keys to adjust. When you finish adjusting the first segment, or if you don't want to change it, then press **Enter** to continue to the next segment.
8. The next segment will show the same level as the previously adjusted segment. Repeat the same process as the last segment then press **Enter**. Continue this process until all twenty segments have been set.
9. Repeat the same process for Incline segments. For the Incline segments you will use the **Incline ▲/▼** keys.
10. The message window will ask you to press **Enter** to save the program. After saving the program, press **Start** to begin.
11. If you want to adjust the Resistance or Incline at any time during the program, press the **Level** or **Incline ▲/▼** keys.
12. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

## Heart Rate Programs

**Note:** You must grasp the contact heart rate grips with both hands or use the telemetric heart rate strap when using these programs. Both programs operate the same. The only difference is that HR1 is set to 60% and HR2 is set to 80% of your maximum heart rate.

To start a Heart Rate Program, follow the instructions below.

1. Press the **Program ▲/▼** keys until message window displays HR1 or HR2. Press **Enter** to select.
2. The message window will ask you to enter your age. Enter your age using the **Level ▲/▼** keys then press the **Enter** key to accept the new number and proceed.
3. You are now asked to enter your weight. Adjust the weight setting using the **Level ▲/▼** keys.
4. Next is time. Adjust the Time setting using the **Level ▲/▼** keys. Press **Enter** to continue.
5. You are now asked to select the Target Heart Rate **Level**. Adjust the target level and then press **Enter**. During the workout the product will adjust resistance to keep you near this heart rate.
6. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Stop** key to go back one level, or screen.
7. If you want to increase or decrease the target heart rate at any time during the program press the **Level ▲/▼** keys.

# Heart Rate

The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your predicted Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the predicted Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage of your MHR. Your heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat, while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their predicted target heart rate zone is calculated:

$$220 - 40 = 180 \text{ (maximum heart rate)}$$

$$180 \times .6 = 108 \text{ beats per minute}$$

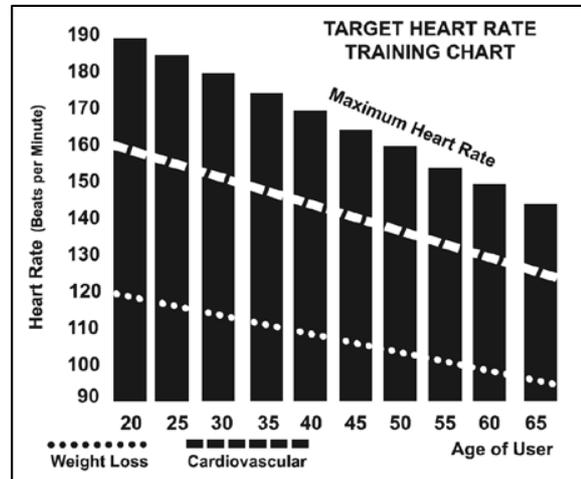
(60% of maximum)

$$180 \times .8 = 144 \text{ beats per minute}$$

(80% of maximum)

So for a 40 year old the training zone would be 108 to 144 beats per minute.

If you enter your age during programming the console will perform this calculation automatically. After calculating your MHR you can decide upon which goal you would like to pursue.



The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

## Rate of Perceived Exertion

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate all contribute to the intensity at which you should workout. If you listen to your body it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of Effort

6 Minimal

7 Very,very light

8 Very,very light +

9 Very light

10 Very light +

11 Fairly light

12 Comfortable

13 Somewhat hard

14 Somewhat hard +

15 Hard

16 Hard +

17 Very hard

18 Very hard +

19 Very,very hard

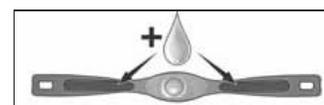
20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending on the factors discussed earlier. If your body is strong and rested, you will feel strong and your pace will feel comfortable. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel difficult. Again, this will show up in your RPE and you will train at the proper level for that day.

# Using A Heart Rate Transmitter<sup>(OPTIONAL)</sup>

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter immediately below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.



*Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.*

## Erratic Operation

**Caution!** Do not use this elliptical for Heart Rate Control unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference which may cause erratic heart rate:

1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the logo is right side up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

# General Maintenance and Troubleshooting

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops, the main cause is most likely one of two reasons:
  - i. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. The majority of calls to the service department for noise issues can be traced to loose hardware or the rear rails being dirty.
  - ii. Dirt build-up on the rear rails and polyurethane wheels are also a source of noise. Noise from build-up on the rails can cause a thumping sound that you would swear is coming from inside the main body of the machine because noise travels and is amplified in the tubing of the frame. Clean the rails and wheels with a lint free cloth and rubbing alcohol. Stubborn build-up can be removed with your thumbnail or a non-metallic scraper, like the back edge of a plastic knife. After cleaning, apply a small amount of lubricant on the rails with your fingers or a lint free cloth. You only need a thin coat of lubrication, wipe off any excess.
3. If squeaks or other noises persist, check that the unit is properly leveled before calling the service department.

## Elliptical Noises

Your new elliptical is engineered and manufactured to the strictest industry standards and tolerances. All elliptical trainers, no matter who the manufacturer, have a multitude of moving linkages and parts. Be aware that even with the tightest mechanical tolerances there still could be a slight amount of play between some parts. This inherent play can result in slight noises during use such as clicks and small thumps. Please expect that the elliptical will not be completely silent.

## Engineering Mode

The console has built in maintenance/diagnostic software. The software will allow you to make changes to the console settings such as changing units from English to Metric or turning off the console beeps (if they are waking your family during your early morning workouts). To enter the Maintenance Menu (may be called Engineering Mode, depending on version) press and hold down the **Start**, **Stop** and **Enter** keys. Keep holding the keys down for about five seconds and the message window will display "Engineering Mode". Press the **Enter** key to access the menu below. Press the **Level ▲/▼** keys to navigate the menu.

- a. Key Test - Allows you to test all the keys to make sure they are functioning
- b. LCD Test - Tests all the display functions.
- c. Functions - Press Enter to access settings, use Level ▲/▼ keys to navigate.
  - i. Sleep Mode - On; when turned on the console will darken after 30 minutes of no use. When turned off the console will remain lit as long as the power is on
  - ii. Motor Test - Continually runs the tensioning gear motor
  - iii. Manual - Allows stepping of the gear motor
  - iv. Key Tone - Turns off the speaker so no beeping sound is heard
  - v. Units - Set to English or Metric display readings
  - vi. Odometer Reset - Reset the odometer
  - vii. Pause mode – On; when turned off, pressing Stop once ends the program; when turned on, the console retains data for five minutes before switching to the startup screen
  - viii. Safety – Off; when turned on the machine automatically goes to Level 20 of Resistance to prevent unauthorized use by a child
- d. Security - Allows you to lock the keypad so no unauthorized use is allowed. When the child lock is enabled, the console will not allow the keypad to operate unless you press and hold the Start and Enter keys for three seconds to unlock the console.
- e. Factory Set
- f. Exit - Select to exit engineering mode.

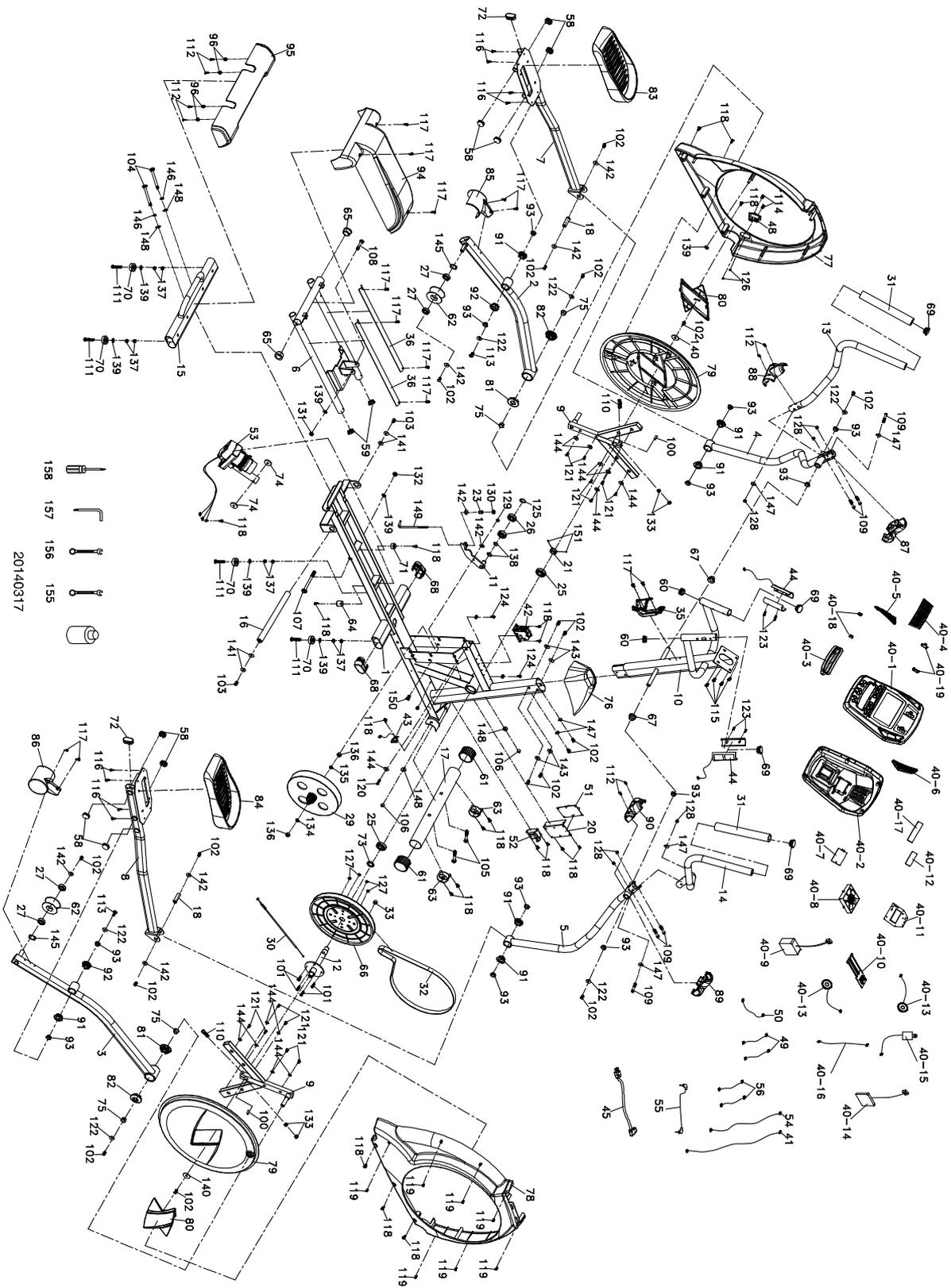
**Incline Calibration:** If there is a problem with the incline, try running the calibration. Press the **Incline ▲** key and the **Start** key at the same time. Hold them down for five seconds and the Incline calibration will start and run automatically. If the problem persists, contact Fitness service department.

## ■ Elliptical Lubrication

1. Pour 2c.c of the lubricant on the top surface of the rail. You must be lubricate the rails every three months.
2. If you feel the exercise is not smooth or you hear noise during your exercise, lubricate the middle rail with 2 c.c.of the lubricant.



# Exploded View Diagram



# Parts List

KEY NO.	PART NO.	Description	Q'TY
1	17453501	Main Frame	1
2	17453502	Pedal Arm (L)	1
3	17453503	Pedal Arm (R)	1
4	17453504	Lower Handle Bar (L)	1
5	17453505	Lower Handle Bar (R)	1
6	17453506	Rear Rail Assembly	1
7	17453507	Connecting Arm (L)	1
8	17453508	Connecting Arm (R)	1
9	17453509	Cross Bar	2
10	17453510	Console Mast	1
11	17453511	Idler Wheel Assembly	1
12	17453512	Crank Axle	1
13	17453513	Left Handgrip (Upper)	1
14	17453514	Right Handgrip (Upper)	1
15	17453515	Inclinable Rail Assembly	1
16	17453516	Locking Tube Assembly	1
17	17453517	Front Stabilizer	1
18	17453518	Rod End Shaft	2
20	17453520	Controller Back Plate	1
21	17453521	Axle Stopper	1
23	17453523	Rod End Sleeve	1
25	17453525	6005_Bearing	2
26	17453526	6203_Bearing	2
27	17453527	6003_Bearing	4
29	17453529	Flywheel	1
30	17453530	Steel Cable	1
31	17453531	Handgrip Foam	2
32	17453532	Drive Belt	1
33	17453533	Magnet	1
35	17453535	Drink Bottle Holder	1
40	17453540	Console Assembly	1
41	17453541	1150m/m_Computer Cable	1
42	17453542	Gear Motor	1
43	17453543	500m/m_Sensor W/Cable	1
44	17453544	850m/m_Handpulse W/Cable Assembly	2
45	17453545	Power Cord	1
48	17453548	AC Electronic Module	1
49	17453549	300m/m_Connecting Wire, Controller(Red)	2
50	17453550	200m/m_Ground Wire	1
51	17453551	Incline Controller	1
52	17453552	Incline Adaptor	1
53	17453553	Incline Motor	1
54	17453554	500m/m_Computer Cable	1
55	17453555	400m/m_Audio Cable	1

KEY NO.	PART NO.	Description	Q'TY
56	17453556	80m/m_Connecting Wire (White)	2
58	17453558	Ø25.4 × 2.0T_Round Cap	8
59	17453559	32 × 2.5T_Round Cap	2
60	17453560	Ø32 × 2.0T_Round Cap	2
61	17453561	Ø60_Round End Cap	2
62	17453562	Ø78_Slide Wheel , Urethane	2
63	17453563	Ø60_Transportation Wheel	2
64	17453564	Ø25 × 25mm_Rubber Foot Pad	1
65	17453565	Ø38 × Ø34 × Ø26 × 4 + 16T_Bushing	2
66	17453566	Ø330_Drive Pulley	1
67	17453567	Ø30 × 19m/m_Upright Bushing	2
68	17453568	Ø40 × Ø80_Oval End Cap	2
69	17453569	Ø32(1.8T)_Button Head Plug	4
70	17453570	Ø35 × 10m/m_Rubber Foot	4
71	17453571	Ø25 × Ø25 × 15T_Rubber Foot Pad	1
72	17453572	Ø25 × 50 × 2.0T_Oval End Cap	2
73	17453573	Spacer Bushing	1
74	17453574	3/8" × 35 × 5T_Nylon Washer	2
75	17453575	WFM-1719-12_Bushing	4
76	17453576	Console Mast Cover	1
77	17453577	Side Case(L)	1
78	17453578	Side Case(R)	1
79	17453579	Round Disk	2
80	17453580	Round Disk Cover	2
81	17453581	Ø56 × Ø19 × 15L_Bushing(Flat)	2
82	17453582	Ø56 × Ø19 × 21L_Bushing(Curved)	2
83	17453583	Pedal (L)	1
84	17453584	Pedal (R)	1
85	17453585	Slide Wheel Cover (L)	1
86	17453586	Slide Wheel Cover (R)	1
87	17453587	Front Handle Bar Cover (L)	1
88	17453588	Rear Handle Bar Cover (L)	1
89	17453589	Front Handle Bar Cover (R)	1
90	17453590	Rear Handle Bar Cover (R)	1
91	17453591	Ø42 × Ø19 × 15L_Bushing(Flat)	6
92	17453592	Ø42 × Ø19 × 21L_Bushing(Curved)	2
93	17453593	J4FM-1719-09_Bushing	12
94	17453594	Incline Cover	1
95	17453595	Rear Bar Cover	1
96	17453596	End Cap Stopper	4
100	174535100	Woodruff Key	2
101	174535101	1/4" × 3/4" _Hex Head Bolt	4
102	174535102	5/16" × 15m/m _Hex Head Bolt	18
103	174535103	5/16" × 25m/m _Hex Head Bolt	2
104	174535104	3/8" × 3-3/4" _Hex Head Bolt	2
105	174535105	3/8" × 3" _Carriage Bolt	2
106	174535106	3/8" _Cap Nut	2

KEY NO.	PART NO.	Description	Q'TY
107	174535107	M10 × 130m/m_Hex Head Bolt	1
108	174535108	3/8" × 2-1/2" Hex Head Bolt	1
109	174535109	5/16" × 1-3/4" Hex Head Bolt	6
110	174535110	M8 × 35m/m_Socket Head Cap Bolt	2
111	174535111	3/8" × 2" Flat Head Socket Bolt	4
112	174535112	Ø3.5 × 12m/m_Sheet Metal Screw	8
113	174535113	5/16" × 15m/m_Button Head Socket Bolt	2
114	174535114	M4 × 12m/m_Phillips Head Screw	2
115	174535115	M5 × 10m/m_Phillips Head Screw	4
116	174535116	M5 × 10m/m_Phillips Head Screw	8
117	174535117	M5 × 15m/m_Phillips Head Screw	13
118	174535118	5 × 19m/m_Tapping Screw	20
119	174535119	3.5 × 16m/m_Sheet Metal Screw	7
120	174535120	4.8 × 38m/m_Sheet Metal Screw	1
121	174535121	5 × 16m/m_Tapping Screw	12
122	174535122	Ø8.5 × 26 × 2.0T_Flat Washer	6
123	174535123	Ø3 × 20m/m_Tapping Screw	4
124	174535124	3.5 × 16m/m_Tapping Screw	2
125	174535125	Ø17_C Ring	1
126	174535126	M4 × 5T_Nyloc Nut	2
127	174535127	1/4" Nyloc Nut	4
128	174535128	5/16" × 7T_Nyloc Nut	6
129	174535129	M8 × 7T_Nyloc Nut	1
130	174535130	M8 × 9T_Nyloc Nut	1
131	174535131	3/8" × 7T_Nyloc Nut	1
132	174535132	M10 × 8T_Nyloc Nut	1
133	174535133	M8 × 6.3T_Nut	4
134	174535134	3/8" -UNF26 × 4T_Nut	1
135	174535135	3/8" -UNF26 × 6T_Nut	1
136	174535136	3/8" -UNF26 × 11T_Nut	2
137	174535137	3/8" × 7T_Nut	8
138	174535138	Ø17 × 23.5 × 1T_Flat Washer	2
139	174535139	3/8" × 19 × 1.5T_Flat Washer	7
140	174535140	5/16" × 35 × 1.5T_Flat Washer	2
141	174535141	5/16" × 35 × 2.0T_Flat Washer	4
142	174535142	5/16" × 23 × 1.5T_Flat Washer	8
143	174535143	5/16" × 20 × 1.5T_Flat Washer	4
144	174535144	1/4" × 19m/m_Flat Washer	13
145	174535145	Ø17_Wave Washer	2
146	174535146	3/8" × 2T_Split Washer	2
147	174535147	5/16" × 23 × 2T_Curved Washer	6
148	174535148	3/8" × 23 × 1.5T_Curved Washer	4
149	174535149	M8 × 170m/m_J Bolt	1
150	174535150	M8 × 20m/m_Carriage Bolt	1
151	174535151	M5 × 5m/m_Slotted Set Screw	2
155	174535155	13/14m/m_Wrench	1

<b>KEY NO.</b>	<b>PART NO.</b>	<b>Description</b>	<b>Q'TY</b>
156	174535156	12/14m/m_Wrench	1
157	174535157	Combination M5 Allen Wrench & Phillips Head	1
158	174535158	Phillips Head Screw Driver	1

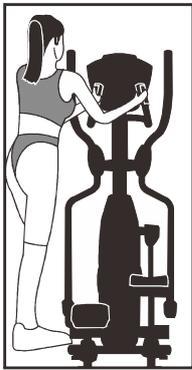
## Getting on / off your elliptical

### IMPORTANT

The elliptical comes with two Dual Action Handles and a Stationary Handlebar. Always hold the Stationary Handlebar when getting on and off the elliptical. First time users should familiarize themselves with using the elliptical by using the Stationary Handlebar first and then progressing to the Dual Action Handles.

Once you have familiarized yourself with using the elliptical, you can progress to using the Dual Action Handles to provide a total body workout. Hands can be positioned on the Dual Action Handles at the most appropriate position for your height and arm length.

***Caution should always be taken when getting on and off any exercise machine. Please follow the safety steps below.***



***Ensure the left Foot Pedal is in the lowest position and grasp the Stationary Handlebar with both hands.***

***Place your left foot on the left Foot Pedal and get secure.***

***Lift your right foot over machine and place on right Foot Pedal. Get balanced and begin your workout.***



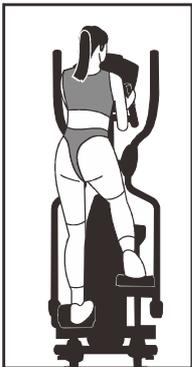
**Important**

***To get off, come to a complete stop and reverse the procedure.***

***Always wear rubber-soled shoes, such as tennis shoes.***

***It is recommended that you keep at least one hand on the Stationary Handlebar at all times, especially when getting on or off. If you are performing a walking action with your arms, or doing upper body strength training exercises, ensure you are well balanced.***

***All equipment should be set-up and operated on solid, level surfaces.***



## **Correct Position**



*Your body should be in an upright position so that your back is straight. Keep your head up to minimize neck and upper back strain. Always try and use the elliptical in a rhythmical and smooth motion. If you find yourself feeling uncomfortable, or experience a surging type feeling, there is probably too much tension.*



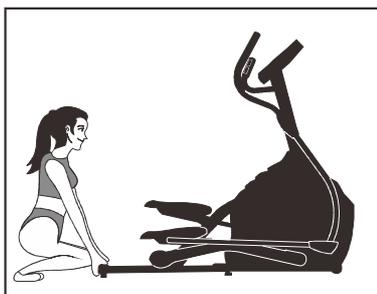
*The elliptical can be used in forward or reverse motion.*



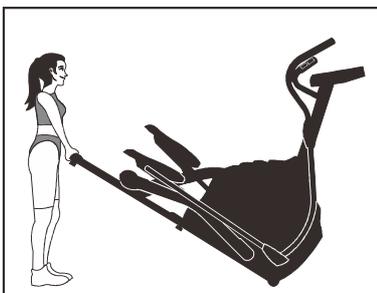
*When going in reverse, bend your knees slightly more. More emphasis is on the buttocks and hamstrings in the reverse motion.*

## **MOVING YOUR ELLIPTICAL**

*The elliptical can be easily moved from room to room.*



**1. Move to the front of the machine and ensure swing arms are even (one foot pedal at top of Elliptical Disk and other at bottom).**



**2. Grasp both Dual Action Handles together and pulling back on handles, tip machine towards you.**

## **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 (MVo<sub>2</sub>). 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 MVO<sub>2</sub> 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 you 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.

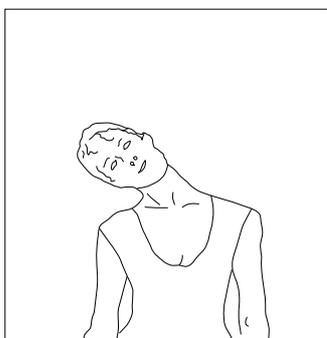
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute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

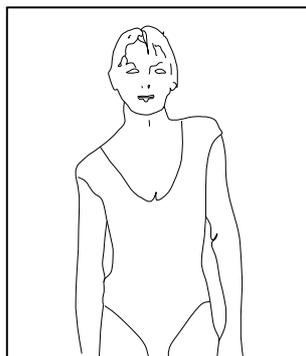
### **HEAD ROLLS**

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.



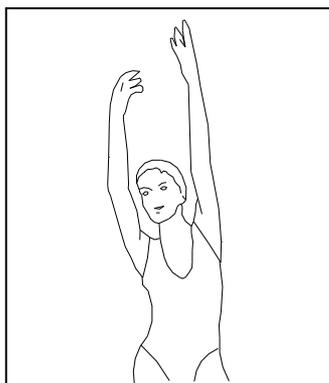
### **SHOULDER LIFTS**

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.



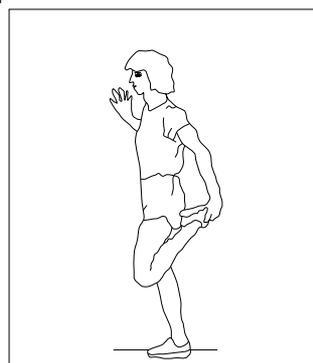
### **SIDE STRETCHES**

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.



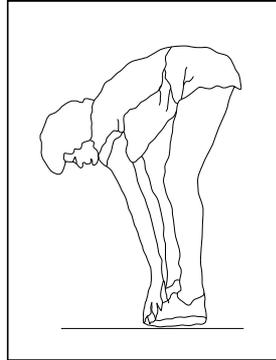
### INNER THIGH STRETCH

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.



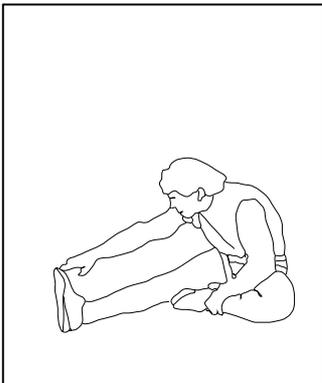
### TOUCHES

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 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 toe as far 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.

