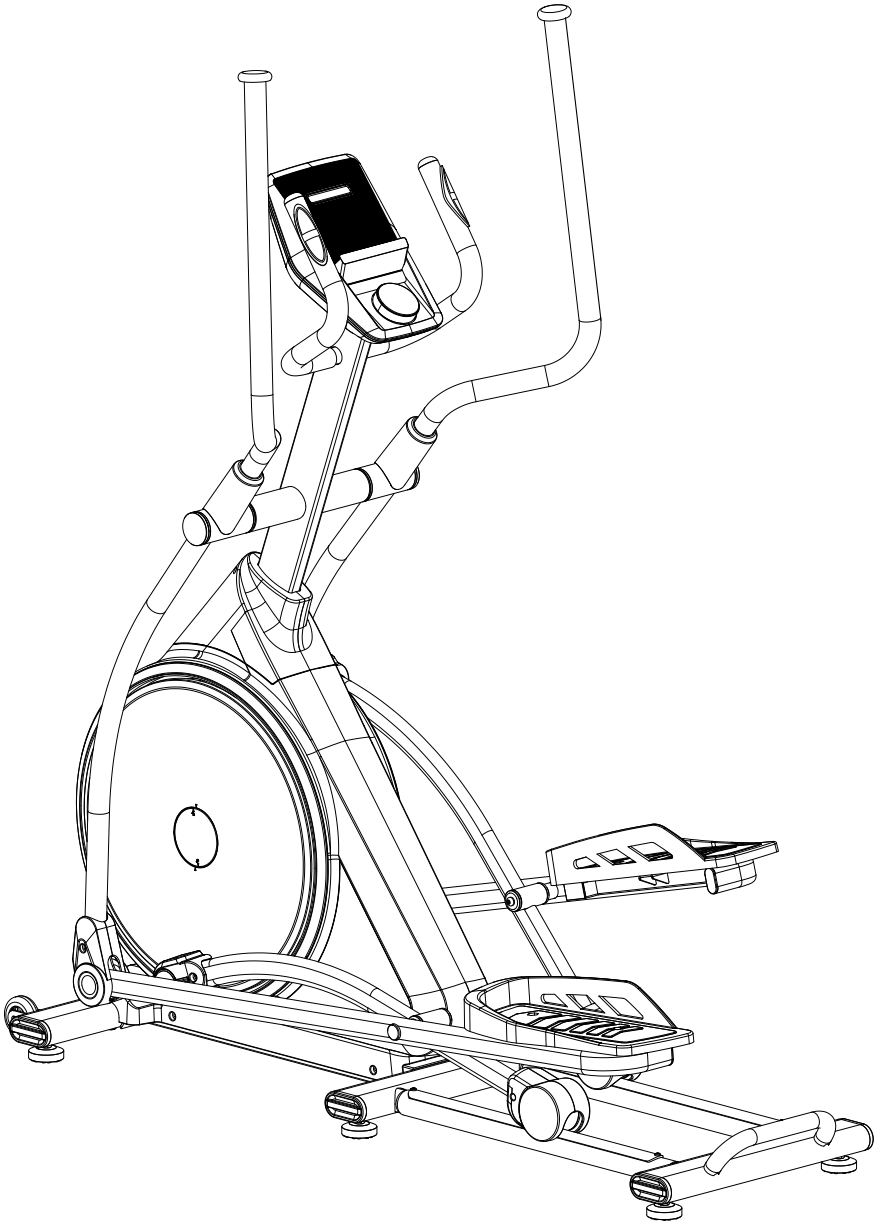
Instruction Manuals



Attention!

Please contact us promptly for any problems：

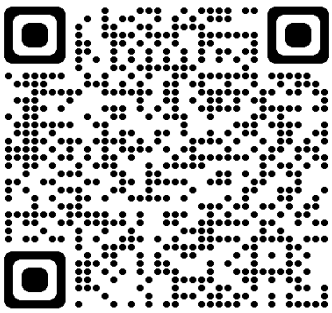
Contact email: **feierdun01@sina.com**

Please read this page carefully during use

1. This elliptical has been upgraded and has been tested to hold a maximum weight of 400 lbs.

2. Please contact our official email at the first time if you encounter any problem during installation, we will reply within 24 hours. (email: feierdun01@sina.com)

3. We provide detailed installation video, please scan the QR code to view the installation video



4. About the way to deal with the problems encountered:

a. E01 error processing: when the display appears E01 error, this is due to poor contact with the junction port, you need to disconnect the power supply, the console's junction port re-docking, immediately after connecting the power supply to adjust the middle of the block to see if it is normal to show. If you still can't deal with the problem, don't worr please contact us at the first time, we will provide parts replacement service.

b. The machine squeaks: you need to apply a layer of lubricant on the slide, if you still can not solve the problem, please contact us at the first time.

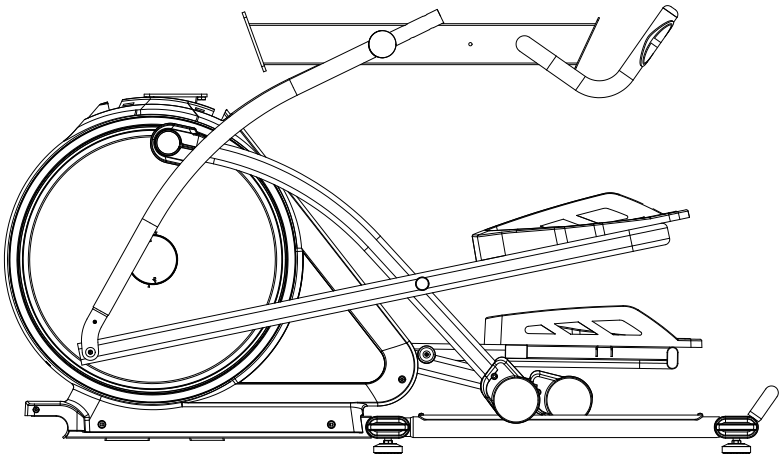
c. Part of the product accessories are damaged: do not worry, please contact us at the first time, we will provide suitable accessories replacement service.

Safety Instructions For Use

Thank you for purchasing our products, please read the following carefully before using this equipment:

1. It is very important to read through the manual completely before installation and use! Only by properly installing, maintaining and using this equipment can the exercises become safe and effective.
2. Before you start an exercise program, please consult your doctor to determine your current physical condition and see if you are using this equipment for exercise, whether it will cause any harm to your health. If you are undergoing some treatment regarding heart rate, blood pressure and cholesterol, then your doctor's advice is very necessary.
3. Pay attention to some of your own body's signals. Improper and excessive exercise will harm your health. If you experience any of the following symptoms: pain, chest tightness, rapid heartbeat, shortness of breath, light-headedness, dizziness and nausea, stop practicing immediately. If you want to continue your exercise program, please consult with your doctor first.
4. Make sure that children and pets are kept away from this equipment, which is designed for adults.
5. Use a solid, flat material on the bottom of the equipment to protect your floor, carpet. For safety reasons, please ensure that the product in the up and down process to have enough free space, in the movement of the surrounding to ensure that there is 0.6 meters of space distance, so that the movement will not appear collision.
6. Please make sure that the screws and nuts are tightly locked before use. Please use this equipment carefully. If you find any defects in the installation or use of equipment, or hear any abnormal sound, please stop practicing immediately. Please do not continue to use before the problem is not solved.
7. Electronic watch has a number of functions to display, it will reflect the corresponding value according to the amount of different degrees of human movement, here to warmly remind you that the heart rate value of the electronic watch may not be accurate, can only give you some reference.
8. When exercising, wear clothes that fit well to prevent loose clothes from being tripped by the equipment or limiting the movement. Please note that incorrect and excessive exercise and may cause harm to the body.
9. This equipment is only suitable for indoor and home use.
10. When moving this equipment should be as careful as possible to avoid causing unnecessary injuries.
11. Please keep this manual and installation tools.
12. This product can not be used as medical equipment.

Accessories and tools:



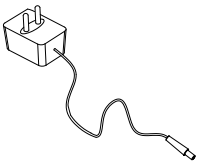
Main Frame



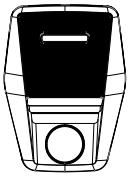
Covers



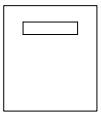
Front Stabilizer



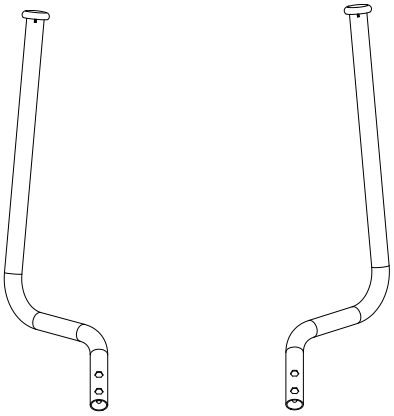
Adapter



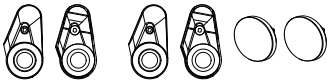
Computer



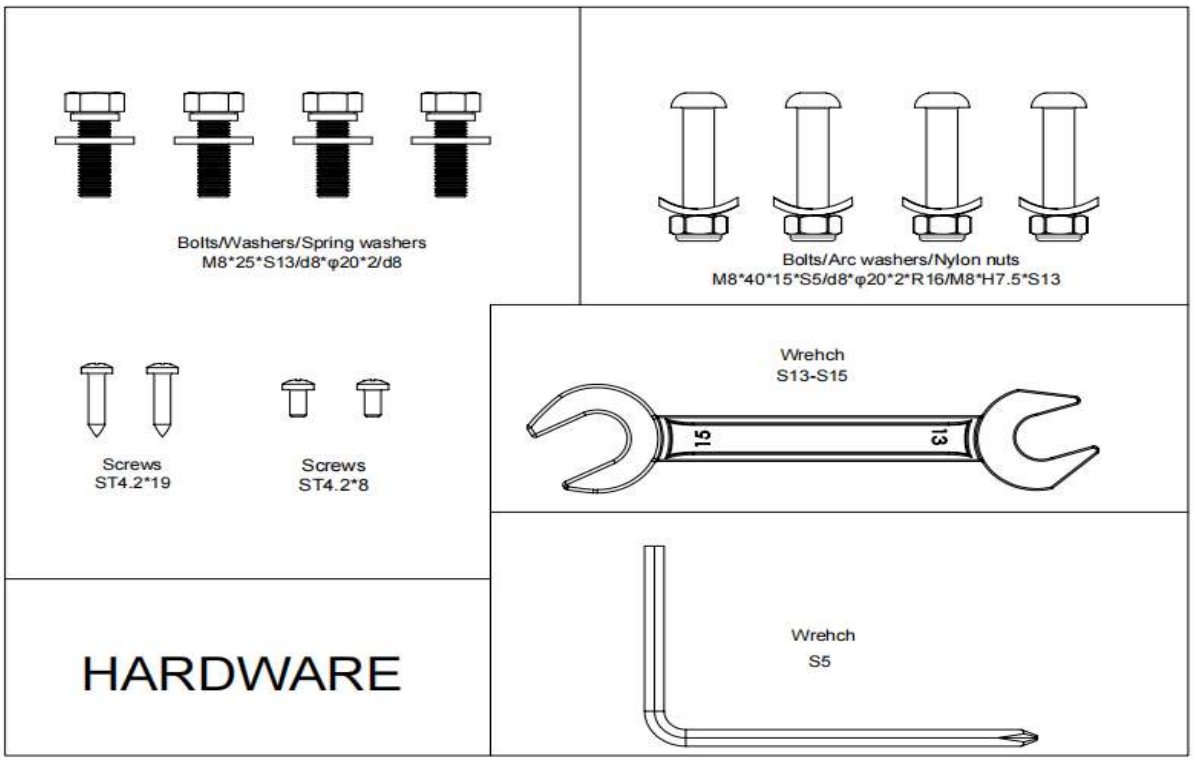
Manual



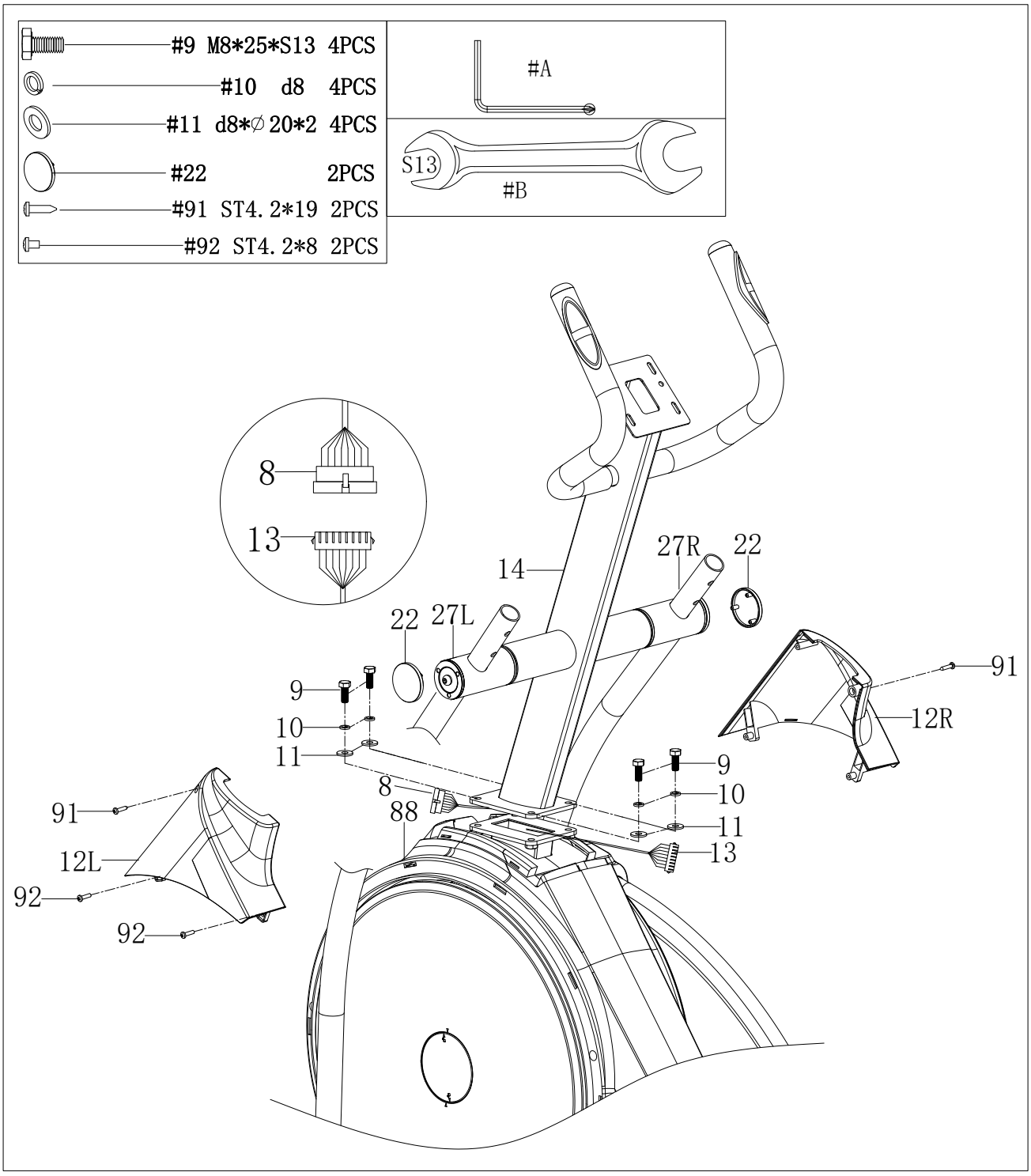
L/R Hanedlebar



Covers



Step 1:



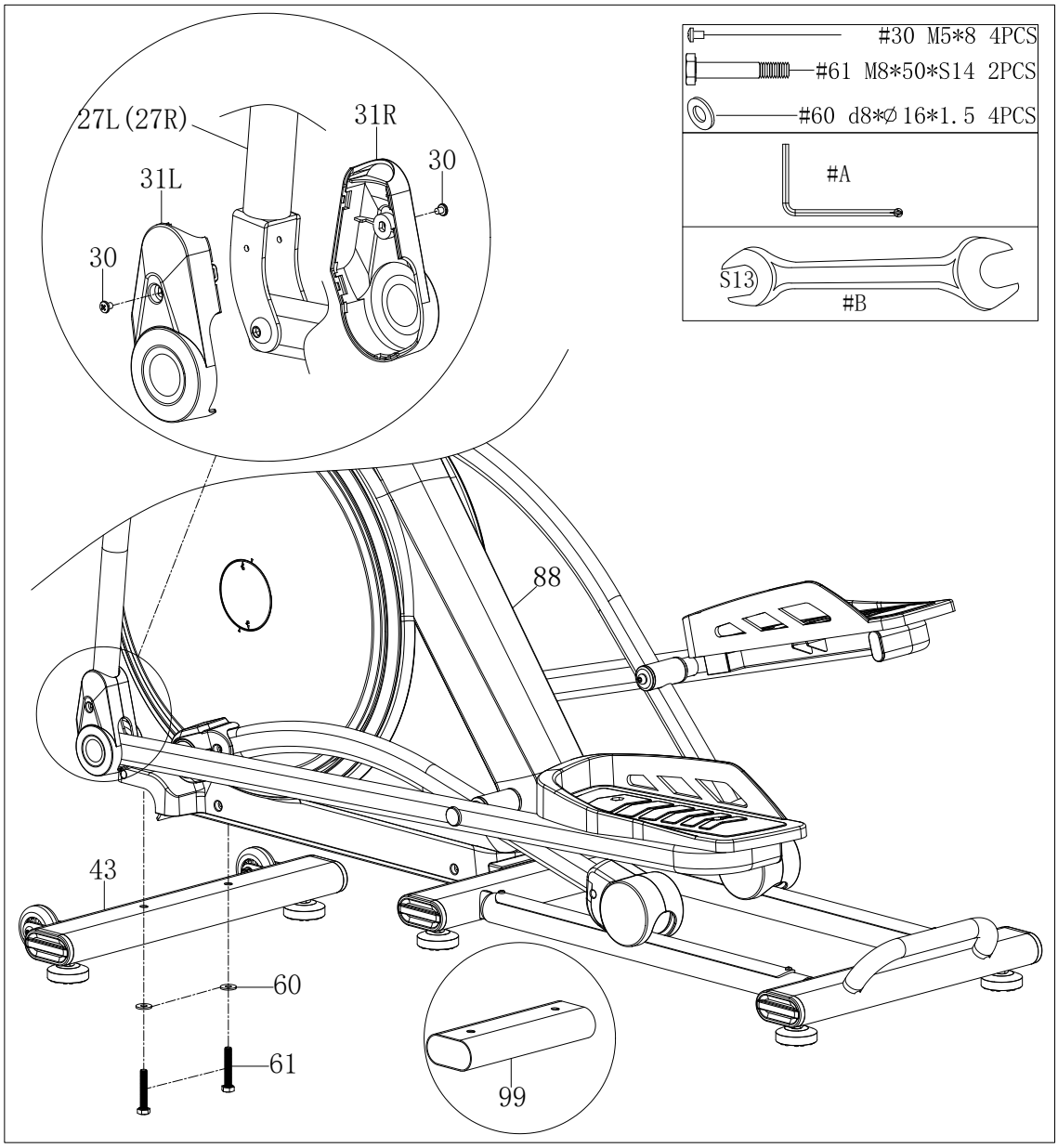
1. Docking of relay (8) and relay (13).

2. Use open-end wrench (B) to lock the riser union (14) to the main frame (88) with hexagonal bolt (9), spring pad (10) and washer (11).

3. Lock the left/right riser cover (12L/R) on the riser union (14) with cross slotted pan head self-tapping nails (91) and cross slotted pan head self-tapping nails (92) using a cross dummy wrench (A).

4. Attach covers (22) in the two sides of the left/right swing union (27L/R).

Step 2:



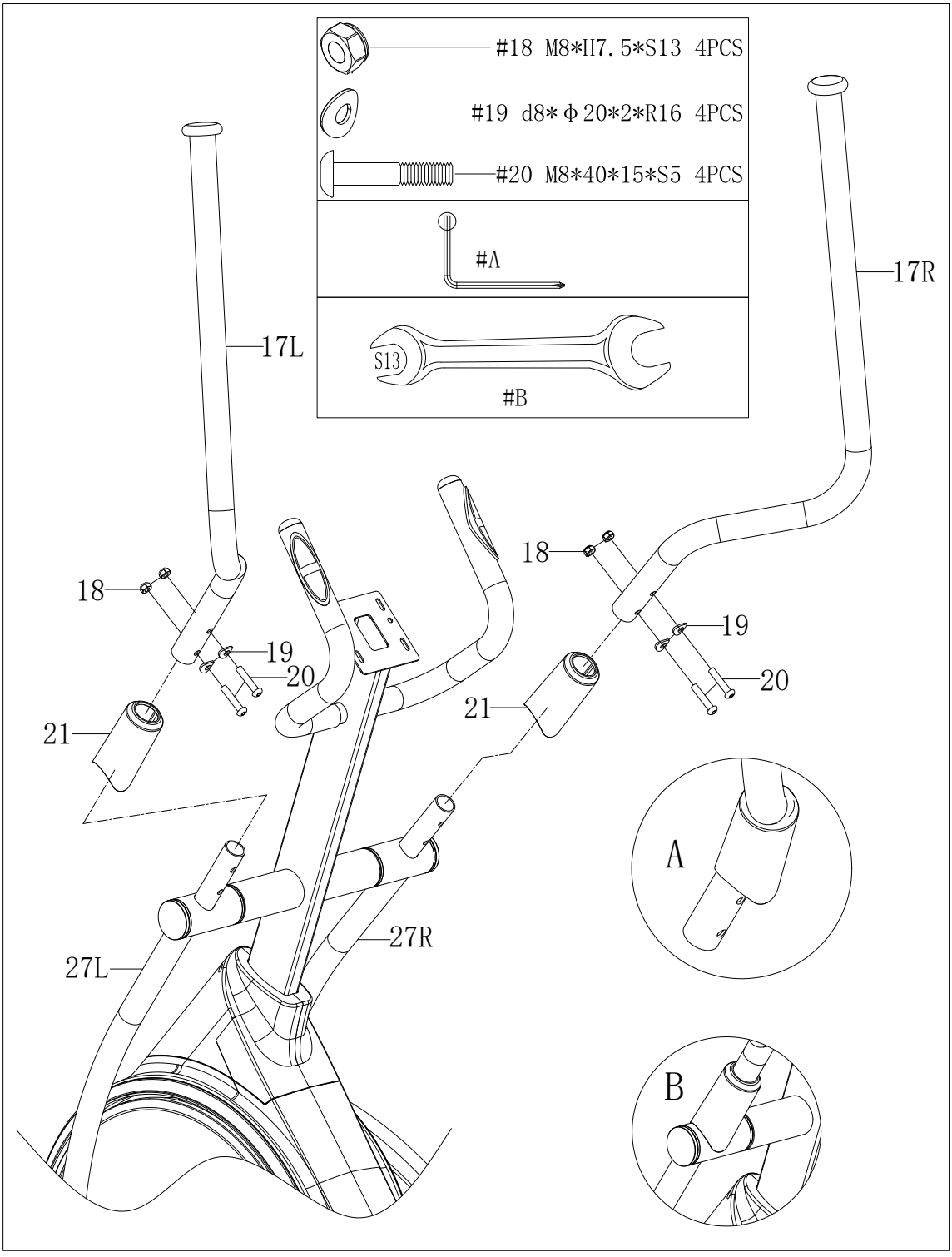
1. Removing hexagonal bolts (61), washers (60), packing tubes (99) pre-installed on the main frame union with an open-end wrench (B);

2. Locking the front bottom tube union (43) to the main frame (88) with hexagonal bolts (61), and washers (60) with an open-end wrench (B);

3. Removing cross slotted pan head screws (30) pre-installed on the left/right swing cover (31L/R) with a cross dull wrench (A) ;

4. Use a cross dull wrench (A) to tighten the left/right swing cover (31L/R) on the left/right swing union (27L/R) with cross slotted pan head screws (30), locking.

Step 3:

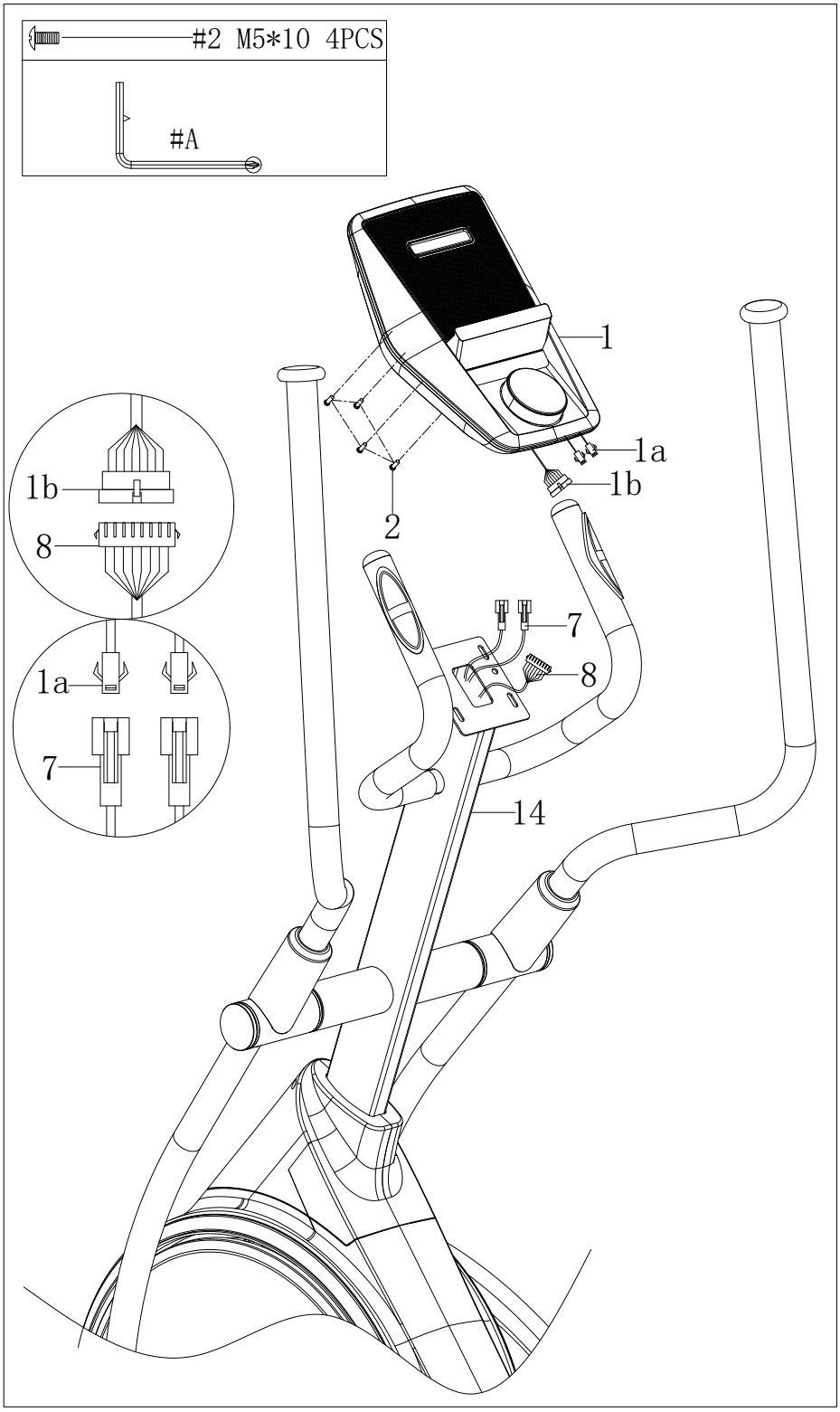


1. As shown in Fig A : put the armrest cover (21) onto the left/right armrest;

2. Lock the left/right armrest (17L/R) with an open-end wrench (B) onto the left/right swing combination (27L/R) with hexagonal pan head bolts (20), curved washers (19) and nylon nuts (18);

3. Place the armrest cover (21) to the position as shown in Figure B.

Step 4:



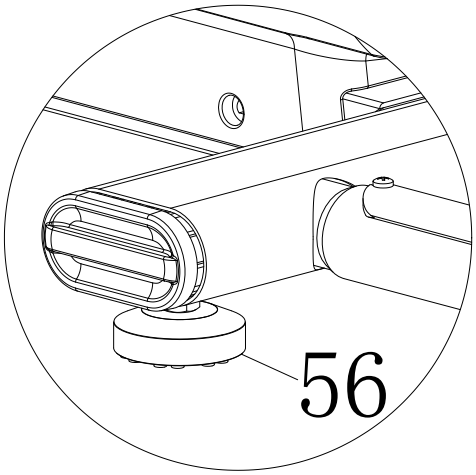
1. Connect the e-meter protrusion line (1a) to the heart rate line (7) and the e-meter protrusion line (1b) to the relay line (8) ;

2. Remove the cross-slotted pan head screws (2) pre-installed on the electronic meter (1) with a cross-drag wrench (A);

3. Use the cross wrench (A) to lock the electronic meter (1) with the removed cross slot pan head screws (2) on the riser combination (14).

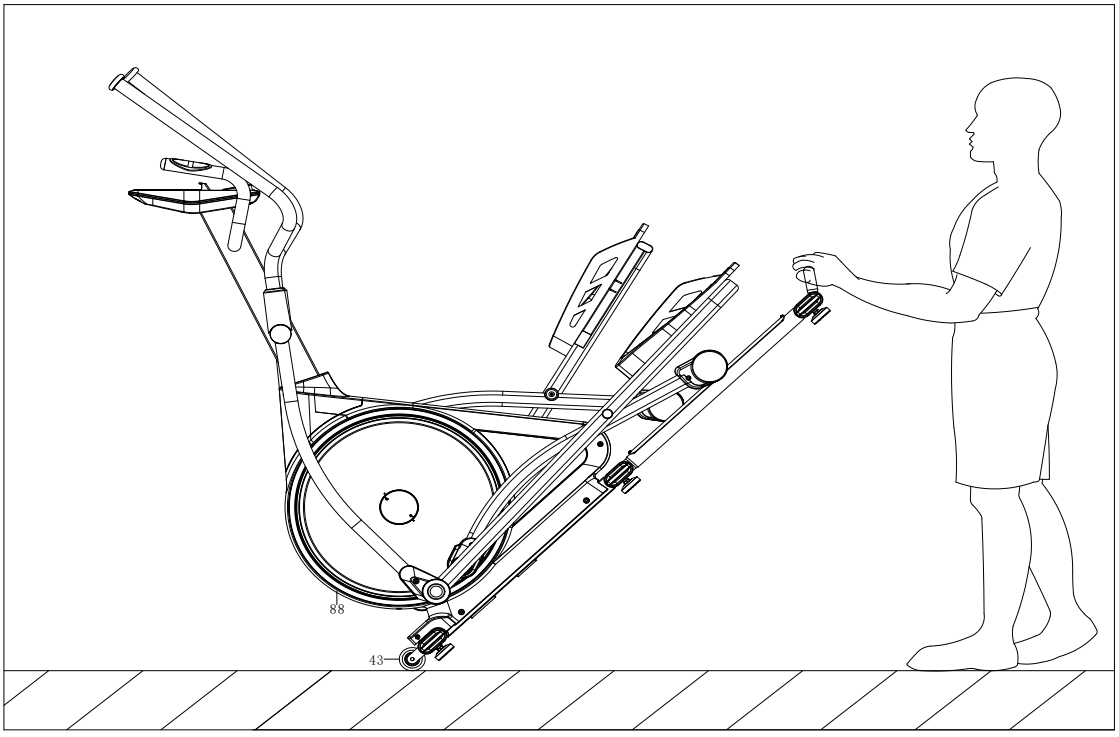
Installation complete!

1. Foot pad adjustment instructions for use



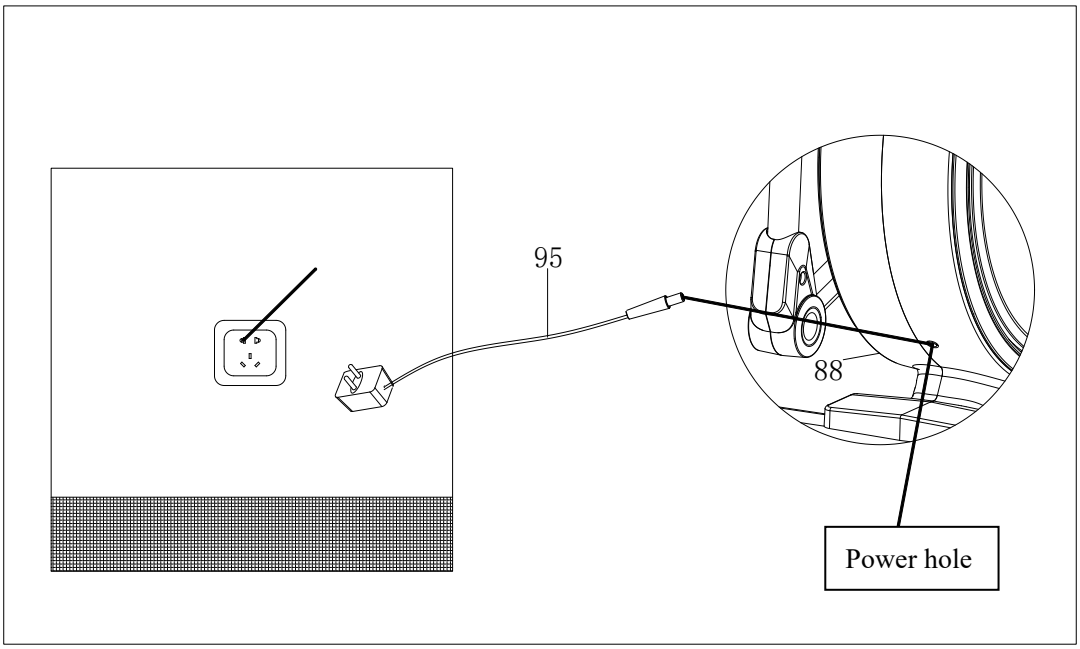
When the ground is uneven, rotate the adjusting foot pad (56) under the bottom tube to adjust the frame height, as shown in the figure.

2.Frame movement instructions



The front bottom tube of this exercise bike (43) has installed rollers, when you hand hold the main frame (88) at the handle and make the rollers touch the ground, you can move the frame to the position you want, as shown in the figure

3.Connecting power



When in use, plug one end of the power adapter (95) into the machine and connect the other end to the power supply; when you stop using it, please put away the power adapter (95) for next use.

4.Care and Maintenance

①Regular cleaning

Platform: Wipe the body with a clean cloth and clean the sweat stains on the surface in time

Aluminum rails: Please wipe and clean the track regularly, and use the silicone oil that comes with the package to apply an appropriate amount on the track for equipment maintenance.

②Check regularly

Power cord: Check that the power cord is tightly plugged in.

Bolts and nuts: Check all the bolts and nuts before use, tighten the loose parts to make sure there is nothing loose, and check regularly.

Control knob if it does not display properly: If you find that the control knob does not display during use, please check to make sure that the bicycle power cord is plugged in tightly and the power switch is turned on.

Note!

1. After-sales time will be calculated from the day after signing the receipt, after-sales time is not stacked, not cumulative.

2. Product packaging boxes are retained for at least 15 days after receipt, in order to be used in the return business for the old machine packaging; if the user packaging boxes are lost or damaged, the user is required to purchase the corresponding product packaging box foam and other materials to ensure the safety of the transport of goods.

Finally wish you a happy use for this machine! If you have questions, please contact us: feierdun01@sina.com