USER MANUAL – EN
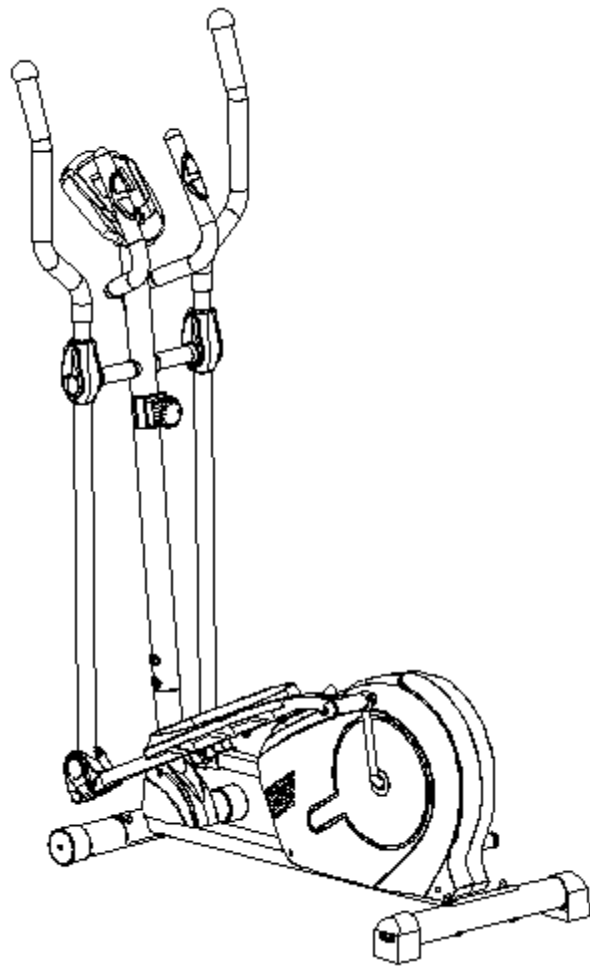
IN 5556 Elliptical Trainer inSPORTline Saratosa

SAFETY INSTRUCTIONS

• To ensure the best safety of the exerciser, regularly check it on damages and worn parts.

• If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.

• Only one person should use the exerciser at a time.

• Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly fixed.

• Before you start your work-out, remove all sharp-edged objects around the exerciser.

• Only use the exerciser for your work-out if it works without problem.

• Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.

• Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.

• Make sure there is sufficient free space around the exerciser when you set it up.

• Please note that an improper and excessive work-out may be harmful to your health.

• Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.

• Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.

• Be sure to consult a physician before you start any exercise program.

• Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exercise

• Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.

• Children, disabled and handicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.

• Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.

• When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.

• Do not work out immediately after meals!
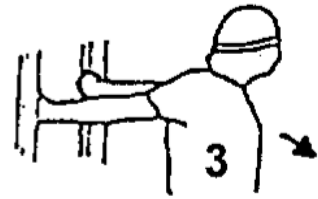
• Maximum user weight 100 KGS

Warming up:

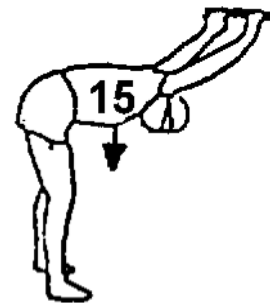|		
1	**2**	**3**
15 seconds for each	20 seconds	20 seconds
4	**5**	**6**
25 seconds	20 seconds	20 seconds
7	**8**	**9**
30 seconds	25 seconds for each leg	30 seconds
10	**11**	**12**
20 seconds	5 seconds x 3 times	20 seconds
13	**14**	**15**
20 seconds for each leg	5 times	15 seconds
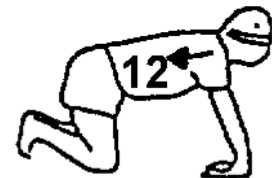
HARDWARE PACKING LIST
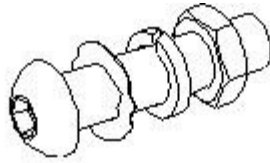
(93) Bolt for right U Shape
     Bracket 1/2"   1 PC
(94) Right Nylon Nut 1/2"   1 PC
(53) Wave Washer
     Ø28xØ17x0.3   1 PC
(54) Spring Washer
     Ø13xØ20x2   1 PC
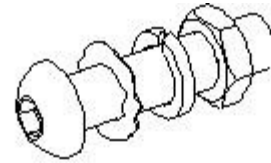
(52) Bolt for left U Shape
     Bracket 1/2"   1 PC
(55) Left Nylon Nut 1/2"   1 PC
(53) Wave Washer
     Ø28xØ17x0.3   1 PC
(54) Spring Washer
     Ø13xØ20x2   1 PC
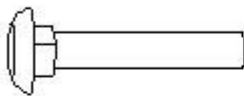
(61) Bolt M8x70
4 PCS

(62) Big Curve Washer
Ø8xØ25
4 PCS
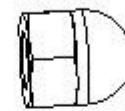
(63) Cap Nut M8
4 PCS

(29) Nylon Nut M6
6 PCS

(50) Washer Ø6xØ12x1
6 PCS

(49) Bolt M6x40
6 PCS

(59) Cap S13
2 PCS
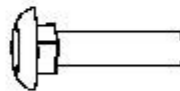
(31) Bolt M6x35
4 PCS

(30) Curve Washer
Ø6xØ12x1
4 PCS
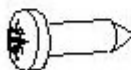
(24) Screw ST2.9x12
8 PCS

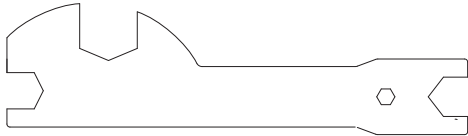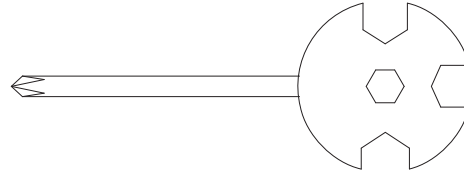(27) Cap Nut M6
4 PCS
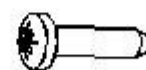
(82) Phillips Self Tapping Screw
ST4.2x20
4 PCS
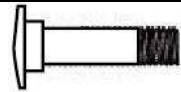
TOOLS

Allen Wrench S6
1 PC

Allen Wrench S8
1 PC

Multi Hex Tool
1 PC

Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15
1 PC

ASSEMBLY INSTRUCTION

<u>**STEP 1.**</u>

#61	#62	#63	**X4**
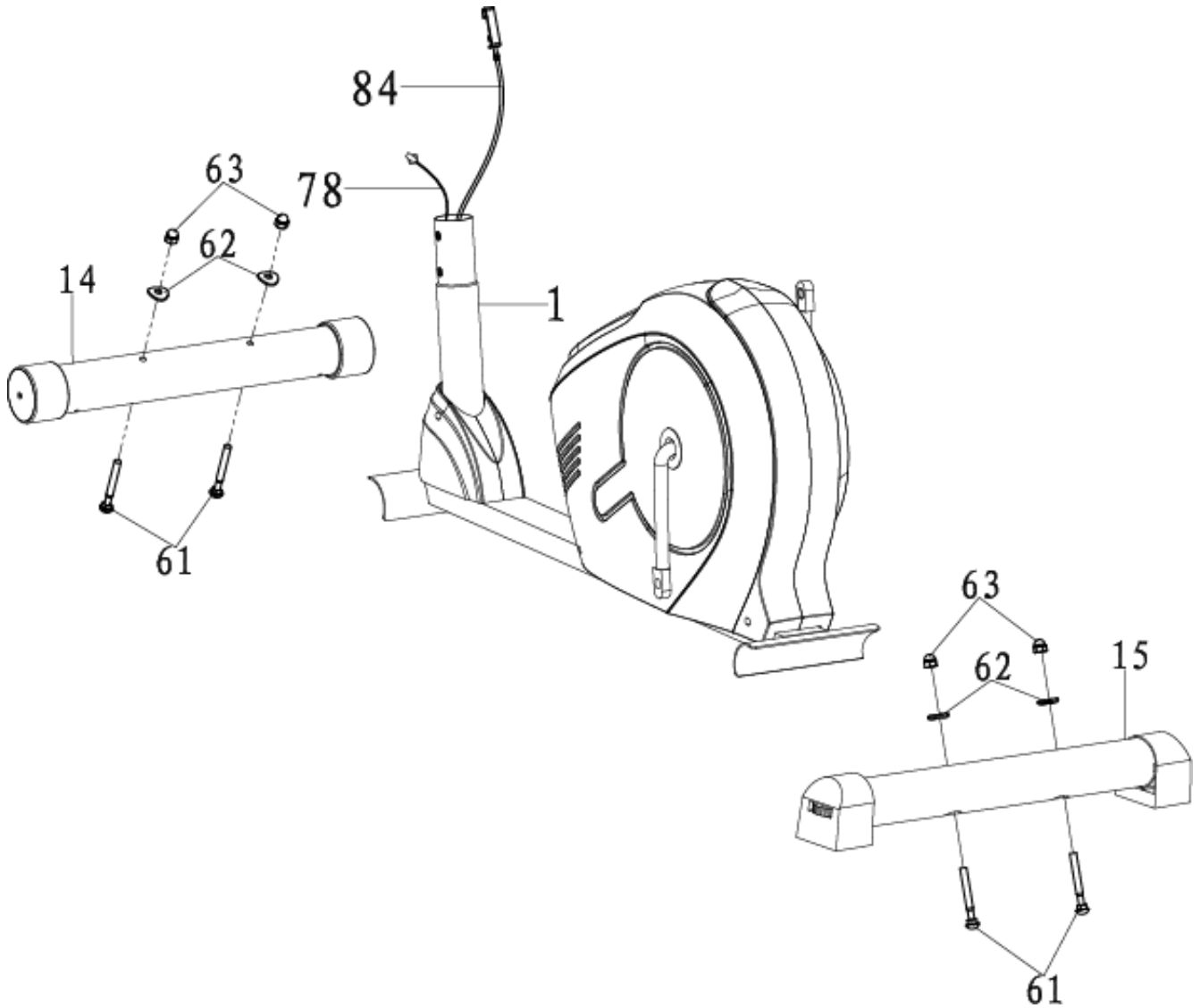
ASSEMBLY INSTRUCTION

STEP 2.

#91	#43	**X6**
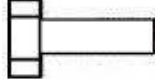
#38	#39	**X1**
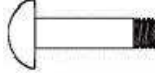
STEP 3.

#32	#33	#95	#35	#37	**X4**

#49	#50	#29	**X6**	#82	**X4**

#52	#53	#54	#55	**X2**
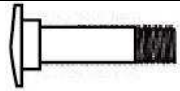
STEP 4.

#31	#30	#27	**X4**

ASSEMBLY INSTRUCTION

STEP 5.

#24	X8

STEP 6.

#91	#13	**X2**

#97	**X4**

OPERATING THE COMPUTER
RD-93225

SPECIFICATIONS:

TIME -- 0:00-99:59 MIN: SEC

SPEED --- 0.0-999.9 KM/H

DIST (DISTANCE) ---------------------------------- 0.0-999.9 KM
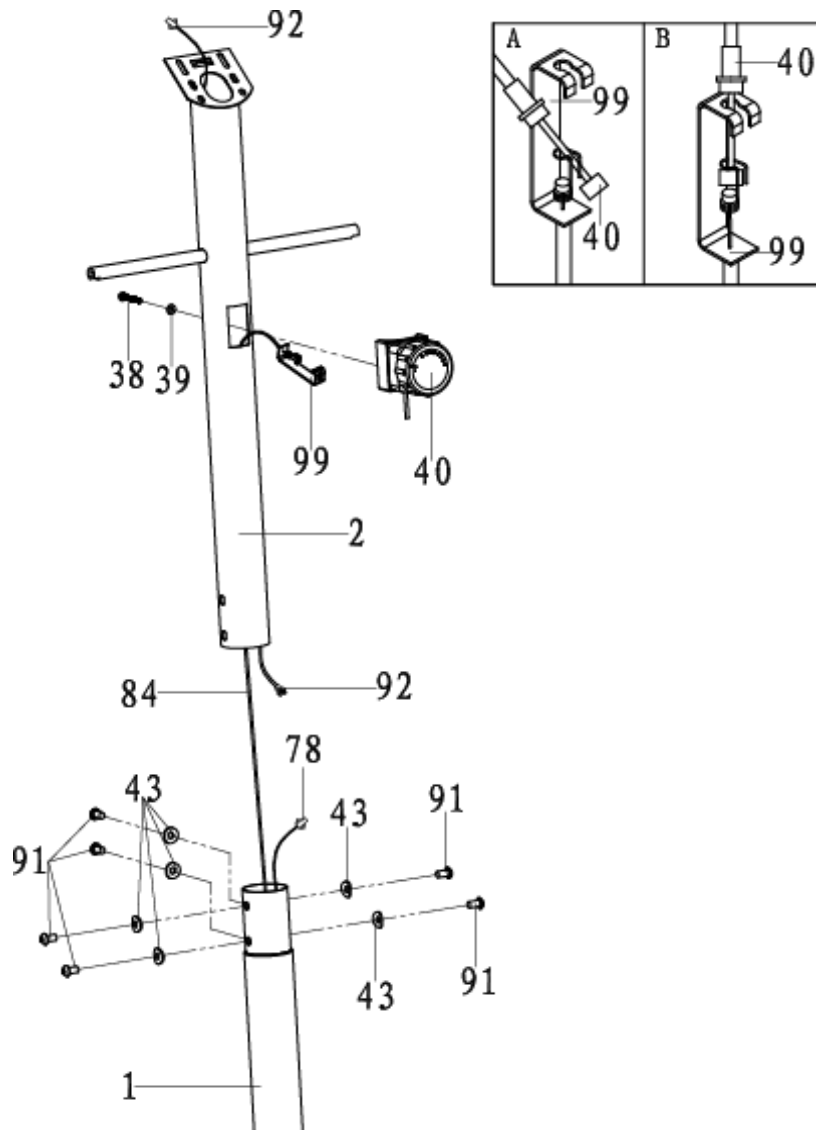
CAL (CALORIES) ----------------------------------- 0.0-999.9 KCAL

ODO (ODOMETER) ------------------------------- 0.0-9999 KM

♡ (PULSE) --- 40-240 BEATS/MIN

BUTTON FUNCTIONS:

MODE: Press the MODE button to select each function of computer.

Press and hold the MODE button for 3 seconds, all data values will clear to zero except the

ODO (ODOMETER) data values.

SET: Press the SET button to set data values of TIME, DISTANCE, CALORIES, or Pulse for target pre-setting.

RESET: Press the RESET button to clear data values of TIME, DISTANCE, or CALORIES to zero.

Press the RESET button to clear data values of TIME, DISTANCE, CALORIES, or Pulse to zero for target pre-setting.

Press and hold the RESET button for 3 seconds, all data values will clear to zero except the

ODO (ODOMETER) data values.

COMPUTER FUNTIONS:

AUTO ON/OFF: When you start to exercise or press any key on the computer, the computer will turn on. If you leave the equipment for 256 seconds, the power will turn off automatically.

SCAN: Press the MODE button until the screen displays SCAN; the computer will automatically scan the function of TIME, SPEED, DIST (DISTANCE), CAL (CALORIES),

ODO (ODOMETER), and ♡ (PULSE) every 6 seconds.

TIME: Displays your elapsed workout time in minutes and seconds. When you start to exercise, time starts counting

up from 0:00 to 99:59 minutes per 1 second increment. You may also pre-set target time in STOP mode before training. To set TIME press the MODE button until you see the TIME on the screen. Press the SET button, TIME begin blinking. Press the SET button to change the time, each time you press the SET button TIME should change by 1 minute. Press the RESET button to clear the target time to zero. The pre-set target time range is from 00:00 to 99:00 minutes. Once you pre-set target time and then start to exercise, time starts counting down from pre-set target time to 0:00 per 1 second backward. When the pre-set target time counts down to 0:00, time will start to count up immediately and the computer will begin beeping to remind you.

SPEED: Display the current training speed.

DIST (DISTANCE): Displays the accumulative distance traveled during workout. When you start to exercise, distance starts counting up from 0.0 to 999.9 km per 0.1km increment. You may also pre-set target distance in STOP mode before training. To set DISTANCE press the MODE button until you see the DIST on the screen. Press the SET button, DIST begin blinking. Press the SET button to change the distance, each time you press the SET button DISTANCE should change by 1.0 km. Press the RESET button to clear the target distance to zero. The pre-set target distance range is from 0.0 to 999.0 km. Once you pre-set target distance and then start to exercise, distance starts counting down from pre-set target distance to 0.0. When the pre-set target distance counts down to 0.0, distance will start to count up immediately and the computer will begin beeping to remind you.

CAL (CALORIES): Displays the total accumulated calories burned during workout. When you start to exercise, calories start counting up from 0.0 to 999.9 calories. You may also pre-set target calories in STOP mode before training. To set CALORIES press the MODE button until you see the CAL on the screen. Press the SET button, CAL begin blinking. Press the SET button to change the calories, each time you press the SET button CALORIES change by 1.0 calorie. Press the RESET button to clear the target calories to zero. The pre-set target calories range is from 0.0 to 999.0 calories. Once you pre-set target calories and then start to exercise, calories start counting down from pre-set target calories to 0.0. When the pre-set target calories count down to 0.0, calories will start to count up immediately and the computer will begin beeping to remind you. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

ODO (ODOMETER): Displays the total accumulative distance traveled. The data values of ODO can not be clear to zero by pressing and holding the MODE or RESET button for 3 seconds. If you take out the batteries from the computer, the ODO data values will clear to zero.

♡ **(PULSE):** Displays your current heart rate figures after you grip the handlebar sensors with both your hands during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures. You may also pre-set target heart rate in STOP mode before training. To set PULSE press the MODE button until you see the P on the screen. Press the SET button, target heart rate begin blinking. Press the SET button to pre-set target heart rate. Press the RESET button to clear the target heart rate to zero. The pre-set heart rate range is from 40 to 240 beats per minute. Once you pre-set target heart rate and then start to exercise, please grip the handlebar sensors with both your hands during exercise. If the heart rate detected greater than the target heart rate, the computer will begin beeping to remind you.

MAINTENANCE

Cleaning

The elliptical trainer can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the elliptical trainer after each use. Be careful not get excessive moisture on

the computer display panel as this might cause an electrical hazard or electronics to fail. Please keep the elliptical trainer, specially, the computer console, out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

Store the elliptical trainer in a clean and dry environment away from children.

TROUBLESHOOTING

PROBLEM	SOLUTION
The elliptical trainer wobbles when in use.	Turn the rear stabilizer end cap on the rear stabilizer as needed to level the elliptical trainer.
There is no display on the computer console.	1. Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the front post. 2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries. 3. The batteries in the computer console may be dead. Change to new batteries.
There is no heart rate reading or heart rate reading or is erratic / inconsistent.	1. Make sure that the wire connections for the hand pulse sensors are secure. 2. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures. 3. Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.
The elliptical trainer makes a squeaking noise when in use.	The bolts may be loose on the elliptical trainer, please inspect the bolts and tighten the loose bolts.

EXPLODED DRAWING
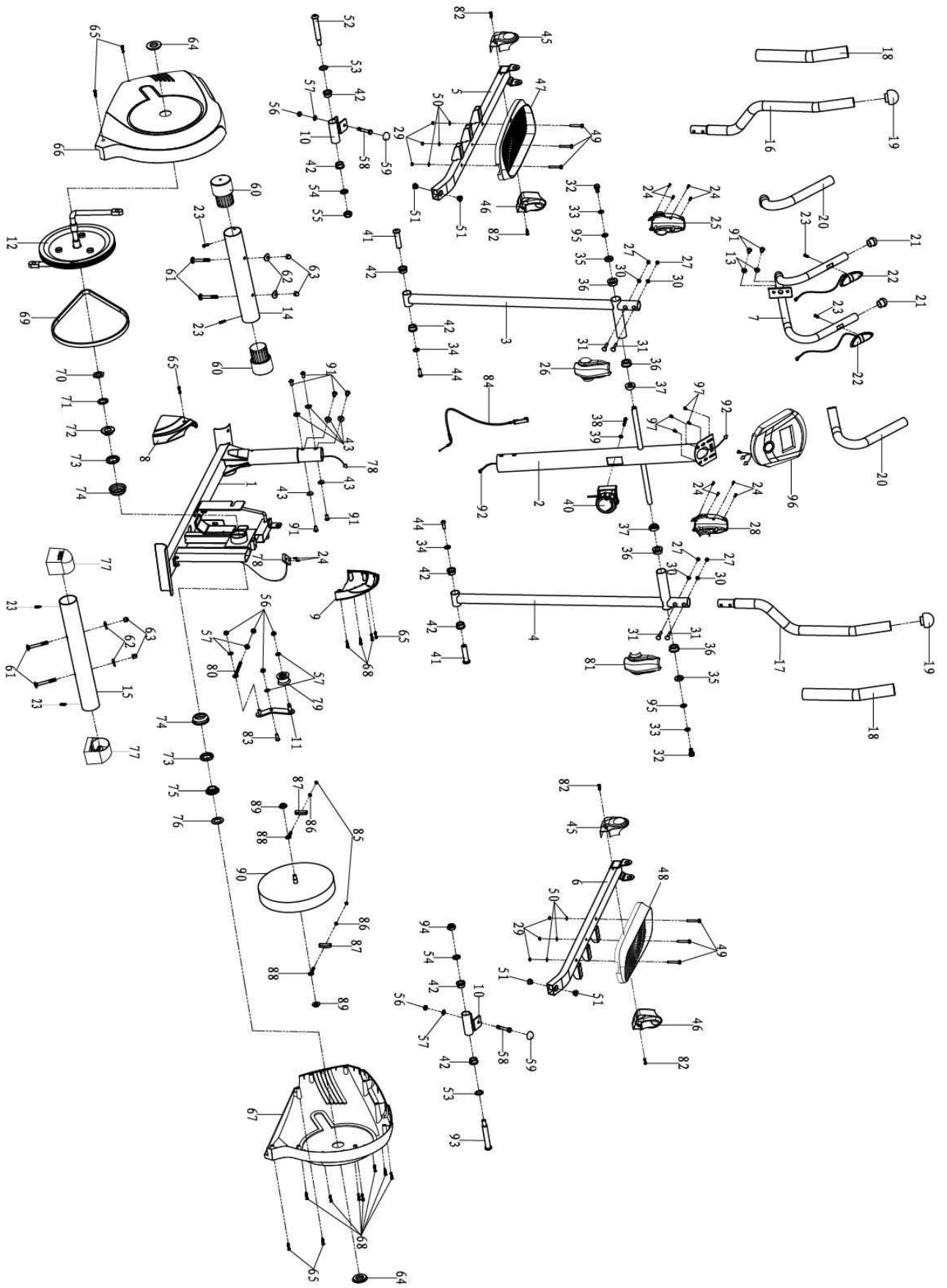
PART LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	032	Bolt M10x18	2
002	Front Post	1	033	Spring Washer Ø10	2
003	Left Handrail Arm	1	034	Big Washer Ø8xØ20x2.0	2
004	Left Handrail Arm	1	035	Washer Ø28x5	2
005	Left Foot Bar	1	036	Powder Metal Bushing Ø33xØ29xØ16x14x3	4
006	Right Foot Bar	1	037	Plastic Bushing Ø32xØ16x5xØ50	2
007	Handlebar	1	038	Bolt M5x45	1
008	Left Decorative Cover	1	039	Washer Ø5	1
009	Right Decorative Cover	1	040	Tension Control Knob	1
010	U Shape Bracket	2	041	Bolt Ø15.8x62	2
011	Idle Wheel Bracket	1	042	Powder Metal Bushing Ø24.5xØ16x14	8
012	Crank with Belt Pulley	1	043	Big Curve Washer Ø8xØ20x2.0	6
013	Curve Washer Ø8xØ16x1.5	2	044	Bolt M8x20	2
014	Front Stabilizer	1	045	Foot Bar Cover-A	2
015	Rear Stabilizer	1	046	Foot Bar Cover-B	2
016	Left Handrail	1	047	Left Foot Pedal	1
017	Right Handrail	1	048	Right Foot Pedal	1
018	Handrail Foam Grip	2	049	Bolt M6x40	6
019	Handrail End Cap Ø32x1.5	2	050	Washer Ø6xØ12	6
020	Handrail Foam Grip	2	051	Powder Metal Bushing Ø18xØ8	4
021	Handlebar End Cap Ø28.6x1.5	2	052	Bolt for left U Shape Bracket 1/2"	1
022	Hand Pulse Sensor with Wire L=750	2	053	Wave Washer Ø28xØ17x0.3	2
023	Screw ST4.2x20	4	054	Spring Washer Ø13xØ20x2	2
024	Screw ST2.9x12	10	055	Left Nylon Nut 1/2"	1
025	Left Handrail Arm Cover-A	1	056	Bolt M8	6
026	Left Handrail Arm Cover-B	1	057	Washer Ø8xØ16x1.5	6
027	Cap Nut M6	4	058	Bolt M8X50	2
028	Right Handrail Arm Cover-A	1	059	Cap S13	2
029	Nylon Nut M6	6	060	Front Stabilizer End Cap	2
030	Curve Washer Ø6xØ12x1.0	4	061	Bolt M8X70	4
031	Bolt M6x35	4	062	Curve Washer Ø25X Ø8	4

No.	Description	Qty	No.	Description	Qty
063	Cap Nut M8	4	081	Right Handrail Arm Cover-B	1
064	Cover Cap	2	082	Phillips Self Tapping Screw ST4.2x20	4
065	Phillips Self Tapping Screw ST4.2x25	6	083	Bolt M8X20	1
066	Left Chain Cover	1	084	Tension Cable L=1800	1
067	Right Chain Cover	1	085	Nut M6	2
068	Screw ST4.2X25	10	086	Spring Washer Ø6	2
069	Belt PJ370 J6	1	087	U Bracket	2
070	Crank Nut 7/8"	1	088	Eyebolt M6X36	2

071	Washer Ø34.5xØ23x2.5	1	089	Nut M10x1	2
072	Slotted Bearing Nut 7/8"	1	090	Flywheel Ø230	1
073	Bearing	2	091	Bolt M8X15	8
074	Bearing Cup	2	092	Sensor Wire I L=1100	1
075	Notched Bearing Nut 15/16"	1	093	Bolt for right U Shape Bracket 1/2"	1
076	Washer Ø40xØ24x2.5	1	094	Right Nylon Nut 1/2"	1
077	Rear Stabilizer End Cap	2	095	Washer Ø10xØ20x2.0	2
078	Sensor Wire II L=1600	1	096	Computer	1
079	Press Wheel	1	097	Screw M5X10	4
080	Eyebolt M8x85	1			