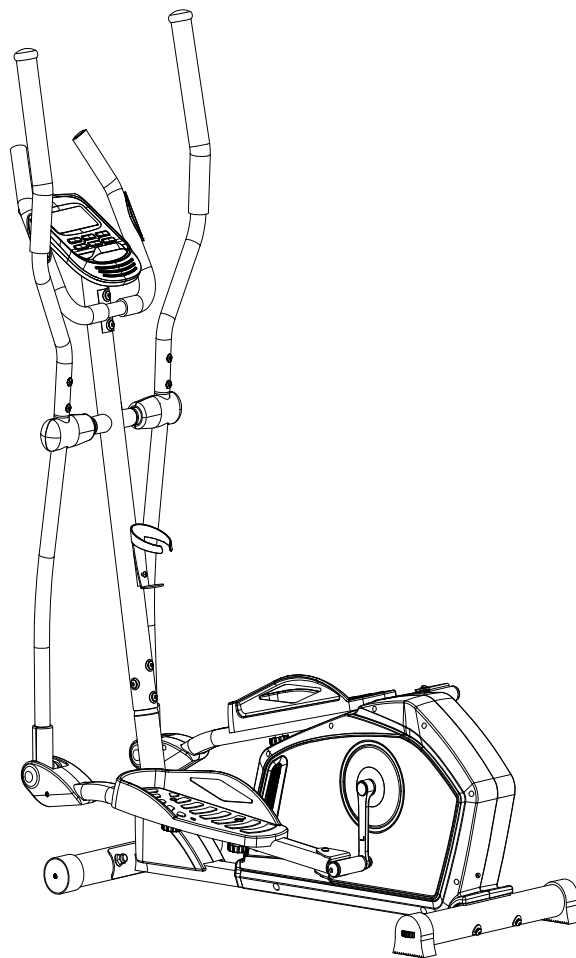




Model: 16604701500



FS150 ELLIPTICAL

OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW ELLIPTICAL

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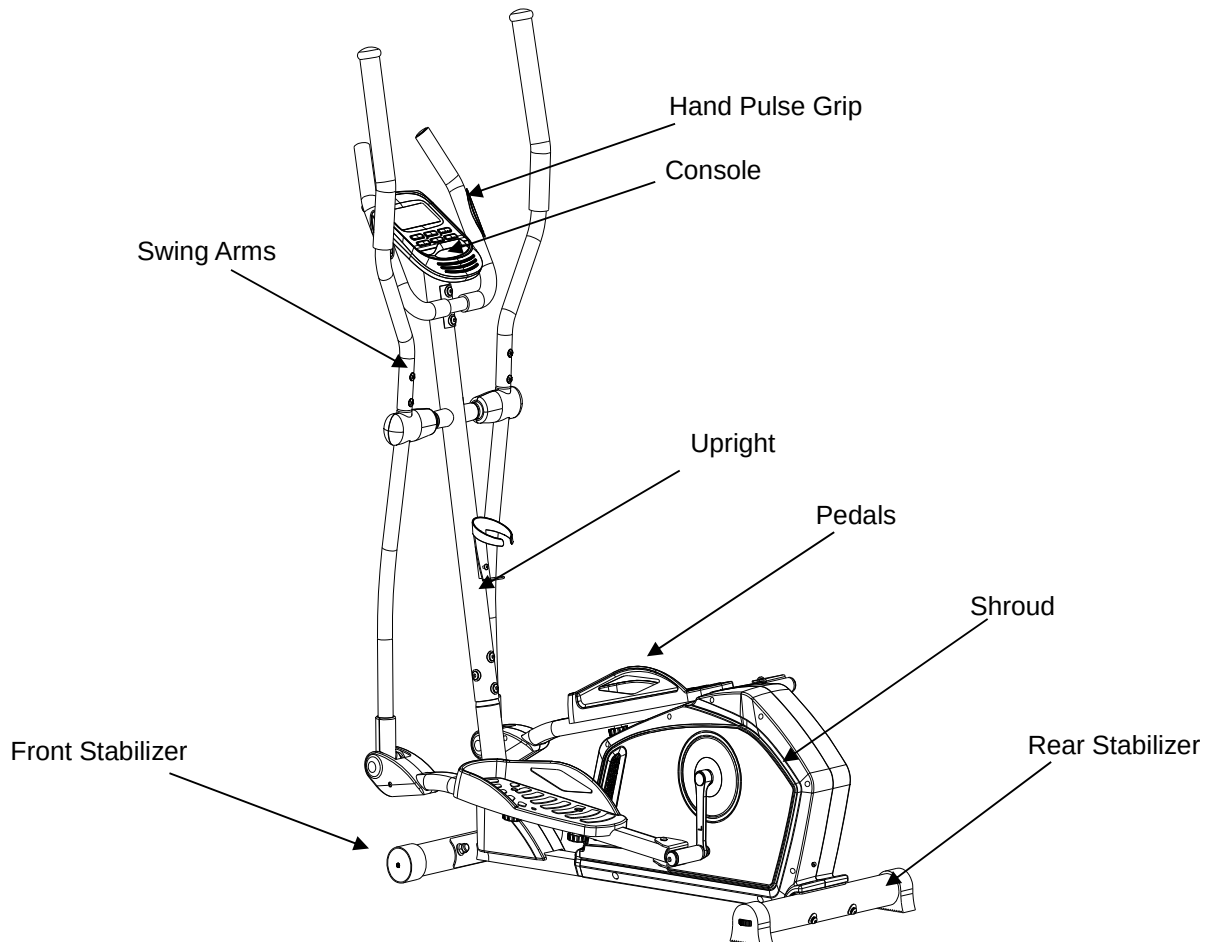
ATTENTION

THIS ELLIPTICAL IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

BEFORE YOU BEGIN

Thank you for choosing the Xterra FS150 Elliptical. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The Xterra FS150 Elliptical provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the Xterra FS150 Elliptical. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your Xterra FS150 Elliptical, please do not return the product. Contact us **FIRST!** If a part is missing or defective call us toll free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 5:00 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.



IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this equipment.

- Do not operate elliptical on deeply padded, plush or shag carpet. Damage to both carpet and elliptical may result.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Keep children under the age of 13 away from this machine. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the elliptical if it has a damaged cord or plug. If the elliptical is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, remove the plug from the outlet.
- The hand pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your elliptical. Quality athletic shoes are recommended to avoid leg fatigue or injury.
- This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
- User weight should not exceed: 265 lbs (120 kgs)

SAVE THESE INSTRUCTIONS - THINK SAFETY!

CAUTION!! Please be careful when unpacking the carton.

IMPORTANT ELECTRICAL INFORMATION

POWER

This product uses an external power supply. The adapter must be plugged into the power jack, located on the back of the unit near the stabilizer tube. Next, plug the adapter into the appropriate wall outlet. When not in use, it is recommended to unplug the power supply from the wall outlet.

IMPORTANT: If the product has been exposed to cold temperatures, allow the product sit in room temperature to warm up before plugging in the adapter. Failure to do so may result in damage to the display or electronic components.

IMPORTANT: Do not operate the product if the power supply, its plug, or its cord has been damaged.

WARNING!

NEVER remove any cover without first unplugging the adapter.

If 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.

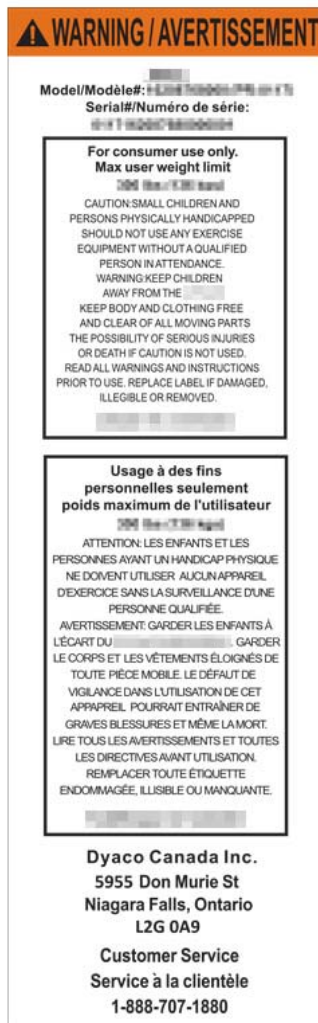
NEVER expose this elliptical to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).

IMPORTANT OPERATION INSTRUCTIONS

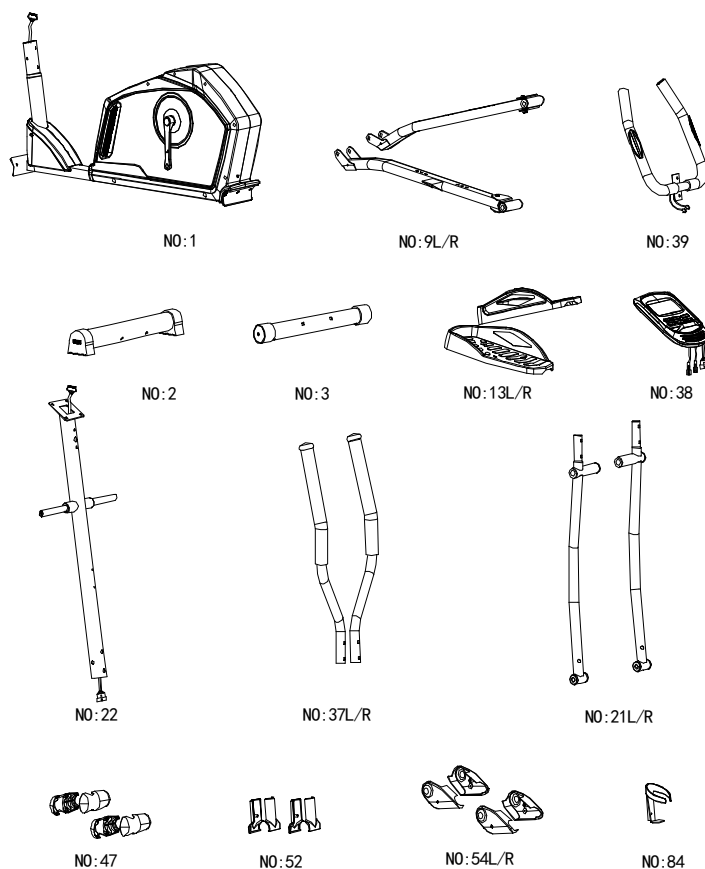
- **NEVER** operate this elliptical without reading and completely understanding the results of any operational change you request from the computer.
- **NEVER** use your elliptical during an electrical storm. Surges may occur in your household power supply that could damage elliptical components. Unplug the elliptical during an electrical storm as a precaution.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. If you feel the buttons are not functioning properly with normal pressure contact Dyaco Canada Inc.

WARNING DECAL REPLACEMENT

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.



FS150PRE-ASSEMBLYCHECK LIST



Part No.	Description	Q'ty
1	Main Frame	1
9L/R	Pedal Tube (L/R)	1/1
39	Stationary Handlebar	1
2	Rear Stabilizer	1
3	Front Stabilizer	1
13L/R	Pedal (L/R)	1/1
38	Computer	1
22	Front Post	1
37L/R	Top Handlebar (L/R)	1/1
21L/R	Bottom Handlebar (L/R)	1/1
47	Cover for Cross Bar	2 pair
52	Cover for Dual Handle Bar	2
54L/R	Cover for Pedal Tube (L/R)	2/2
84	Water bottle holder	1
	Hardware Bag	1
	Manual	1

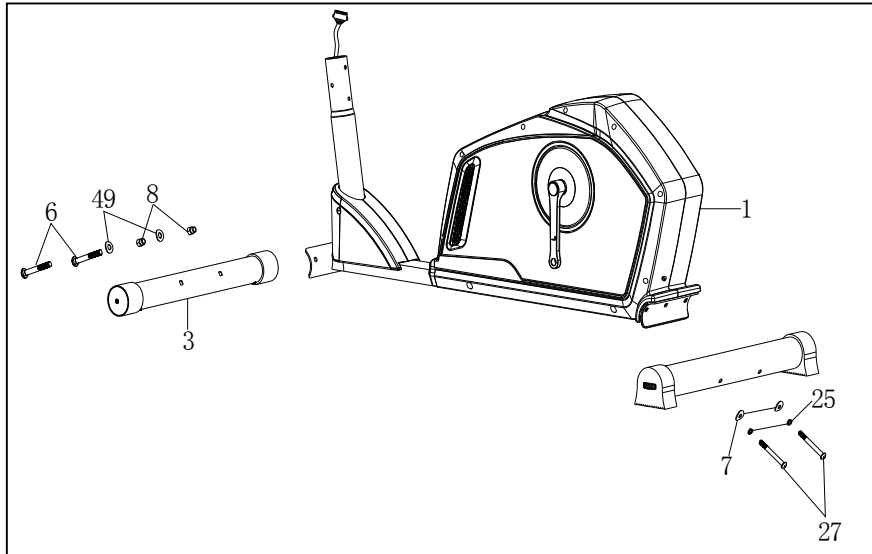
FS150 ASSEMBLY PACK CHECKLIST

Part No.	Description	Q'ty
6	Carriage Bolt M10*75	2
7	Curved Washer $\Phi 8 \times 20 \times 1.5$	8
8	Domed Nut M10	2
10	Hinge Bolt (L&R)	1/1
11	Wave Washer	2
12	Flat Washer	2
14	Hex Head Bolt M8*45	4
15	Lock Knob	4
16	Nylon Nut M10	2
17	Flat Washer $\Phi 22 \times \Phi 10 \times 1.5$	2
18	Sleeve	2
20	Hex Head Bolt M10*78	2
23	Allen Bolt M8*16	6
29	Hex head bolt M10*20	2
30	Spring washer $\Phi 10$	2
31	Washer $\Phi 32 \times \Phi 10 \times 1.5$	2
32	D type washer	2
35	Allen Bolt M6*12	4
36	Carriage Bolt M6*20	4
51	Nylon Lock Nut L/R	1/1
25	Spring Washer $\Phi 8$	2
27	Allen Bolt M8*75	2
49	Curved Washer $\Phi 10 \times \Phi 22$	2
87	Box Wrench	2
88	Allen Key 4mm	1
89	Allen Key 6mm	1
90	Allen Key 8mm	1

Note: Above parts are all the parts needed to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.

FS150 ASSEMBLY INSTRUCTIONS

1 FRONT STABILIZER AND REAR STABILIZER

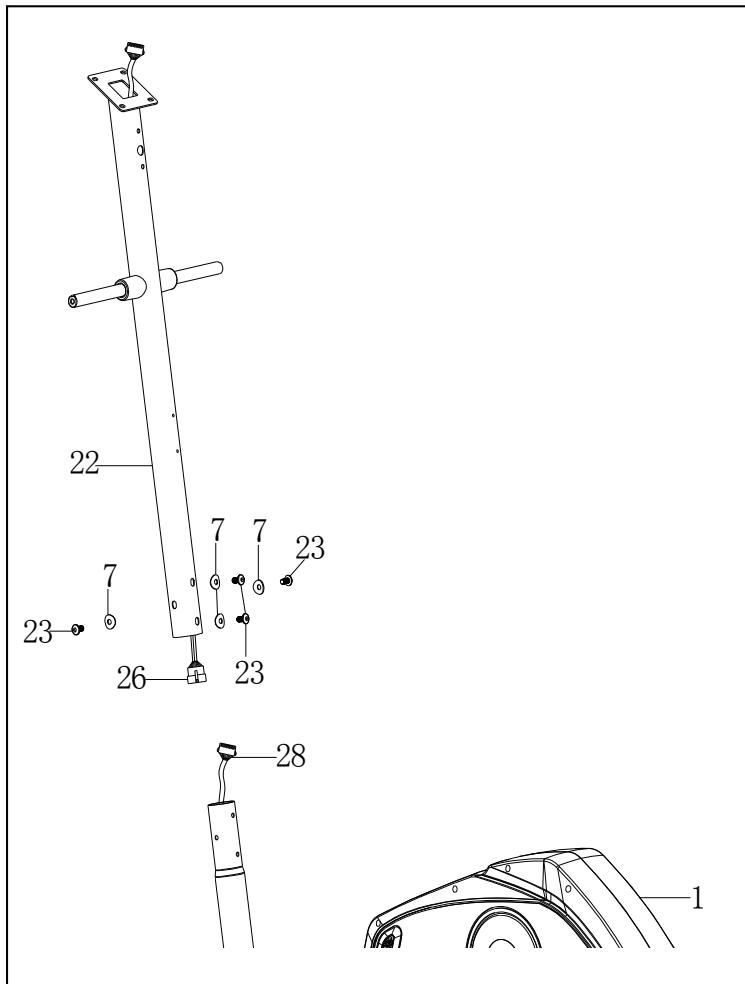


Hardware Step 1

2 Carriage Bolts (#6)
2 Curved Washers (#49)
2 Domed Nuts (#8)
2 Allen Bolts (#27)
2 Spring Washers (#25)
2 Curved Washers (#7)

1. Attach the front stabilizer (3) to the front of the main frame (1), fasten with two carriage bolts (6), two curved washers (49) and two domed nuts (8).
2. Attach the rear stabilizer (2) to the rear of the main frame (1), fasten with two Allen bolts (27), two spring washers (25) and two curved washers (7).

2 SUPPORT TUBE



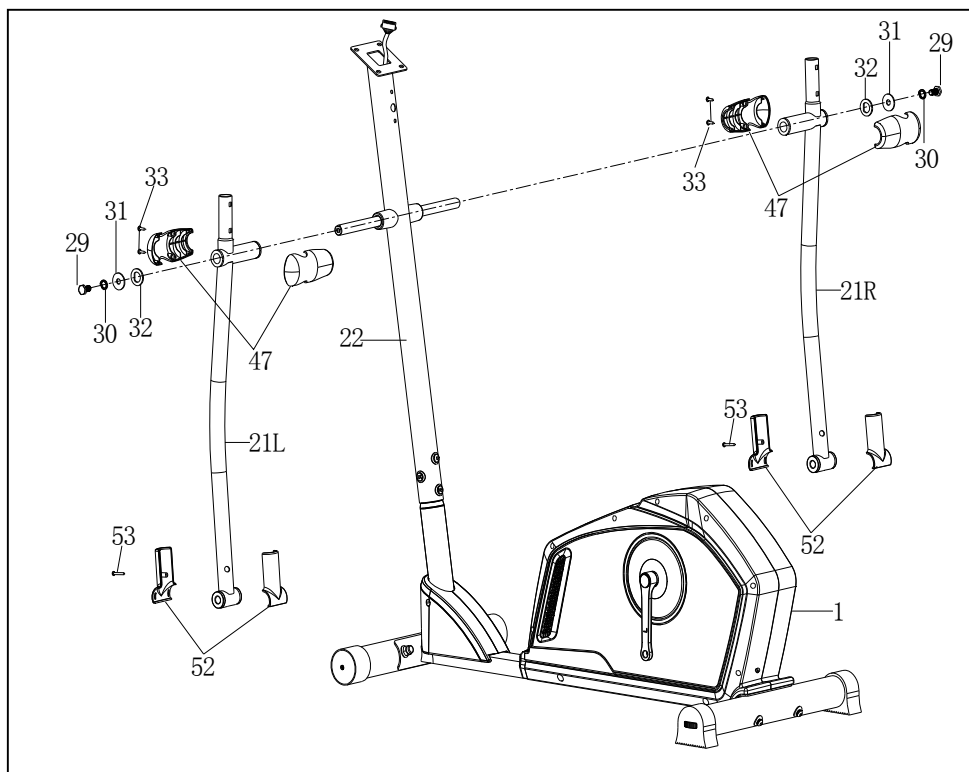
Hardware Step 2

4 Allen Bolts (#23)
4 Curved Washers (#7)

1. Connect the computer wire (26) from the front post (22) to the lower computer wire (28). Insert the front post (22) into the main frame (1). Secure using four Allen screws (23) and four curved washers (7).

FS150 ASSEMBLY INSTRUCTIONS

3 BOTTOM HANDLEBARS



Hardware Step 3

2 D Type Washer (#32)
2 Flat Washer (#31)
2 Spring Washer (#30)
2 Hex Head Bolt (#29)

Pre-assembled on Covers:

2 Self Tapping Screws (#33)
1 Self Tapping Screws (#53)

1. Attach the left bottom handlebar (21L) to the left side axle of the front post (22). Secure using one D type washer (32), one flat washer (31), one spring washer (30) and one hex head bolt (29). Attach the cover for cross bar (47) onto the left bottom handlebar (21L), secure using two self-tapping screws (33). Attach the cover for dual handle bar (52), to the bottom of the left bottom handlebar (21L), secure using one self-tapping screw (53).
2. Repeat for the right bottom handlebar (21R) to the right side axle of the front post (22).

4 PEDAL TUBES

Hardware Step 4

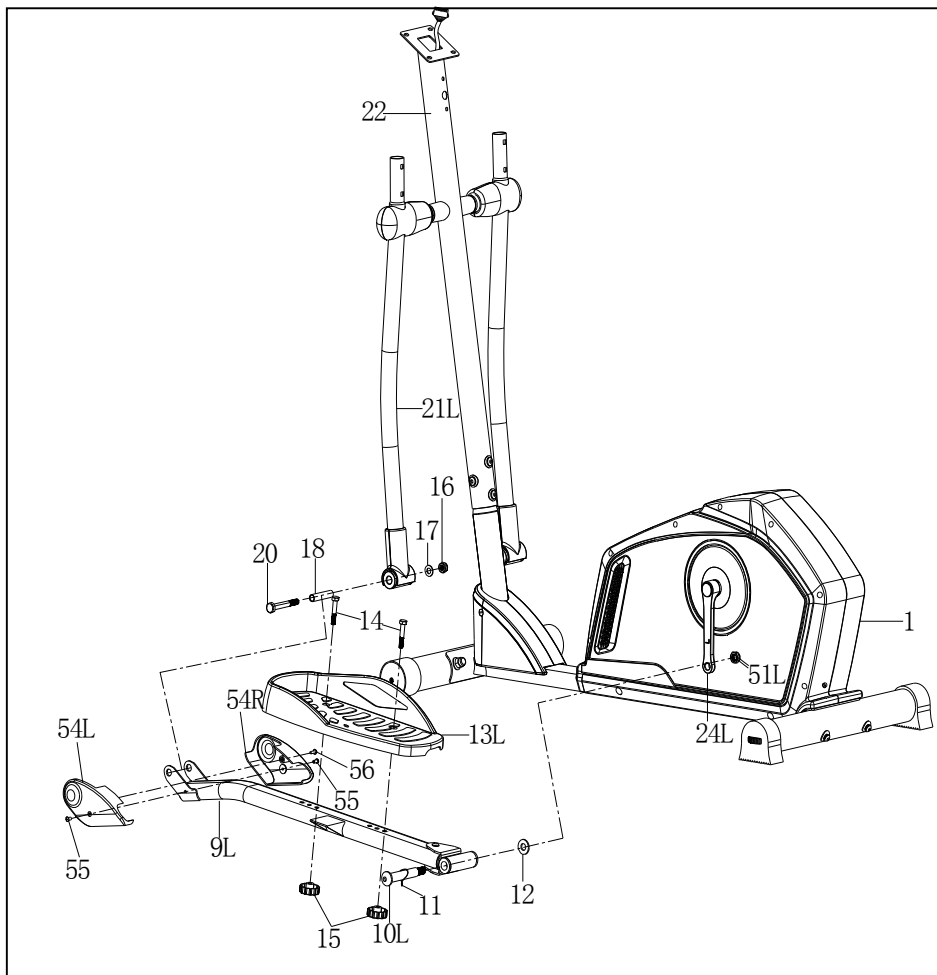
1/1 Hinge Bolt (#10L/R)
2 Wave Washer (#11)
2 Flat Washer (#12)
1/1 Nylon Lock Nut
(#51L/R)
2 Hex Head Bolt (#20)
2 Washer (#17)
2 Nylon Nut (#16)
2 Lock Knob (#15)
2 Sleeve (#18)

Pre-assembled on Covers:

2 Screws (#55)

Pre-assembled on Tubes:

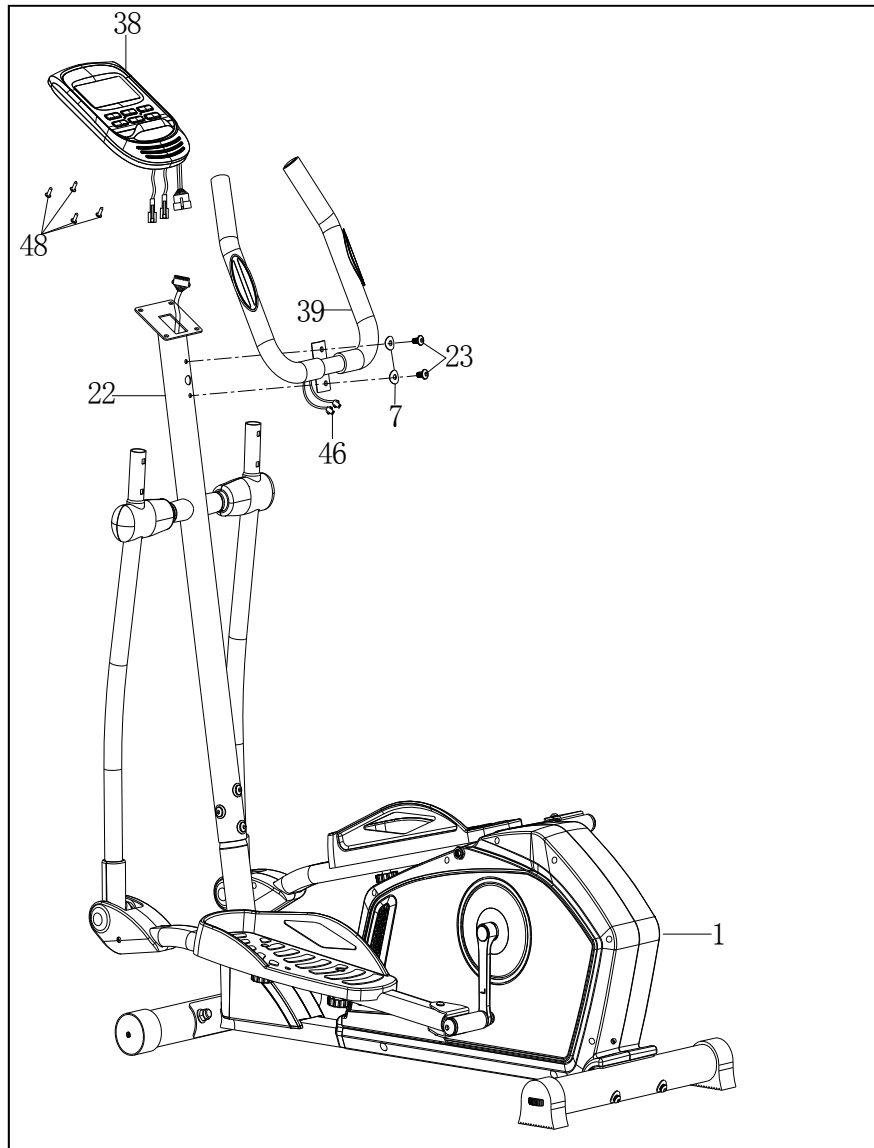
1 Self Tapping Screws
(#56)



1. Attach the left pedal tube (9L) to the left crank arm (24L). Secure using one left hinge bolt (10L), one wave washer (11), one flat washer (12) and one nylon lock nut (51L).
2. Repeat for the right pedal tube (9R) to the right crank arm.
3. Attach the left pedal tube (9L) to the left bottom handlebar (21L). Slide the sleeve (18) into the left pedal tube (9L) and the left bottom handlebar (21L). Secure using one hex head bolt (20), one washer (17), one nylon nut (16). Attach the cover for pedal tube (54L/R) to the pedal tube, secure using two screws (55) and one self-tapping screw (56). Attach the left pedal (13L) to the left pedal tube (9L), secure using hex head bolts (14) and two lock knob (15).
4. Repeat for the right pedal tube (9R) to the right bottom handlebar (21R).

FS150 ASSEMBLY INSTRUCTIONS

5 HANDLEBARS AND CONSOLE



Hardware Step 5

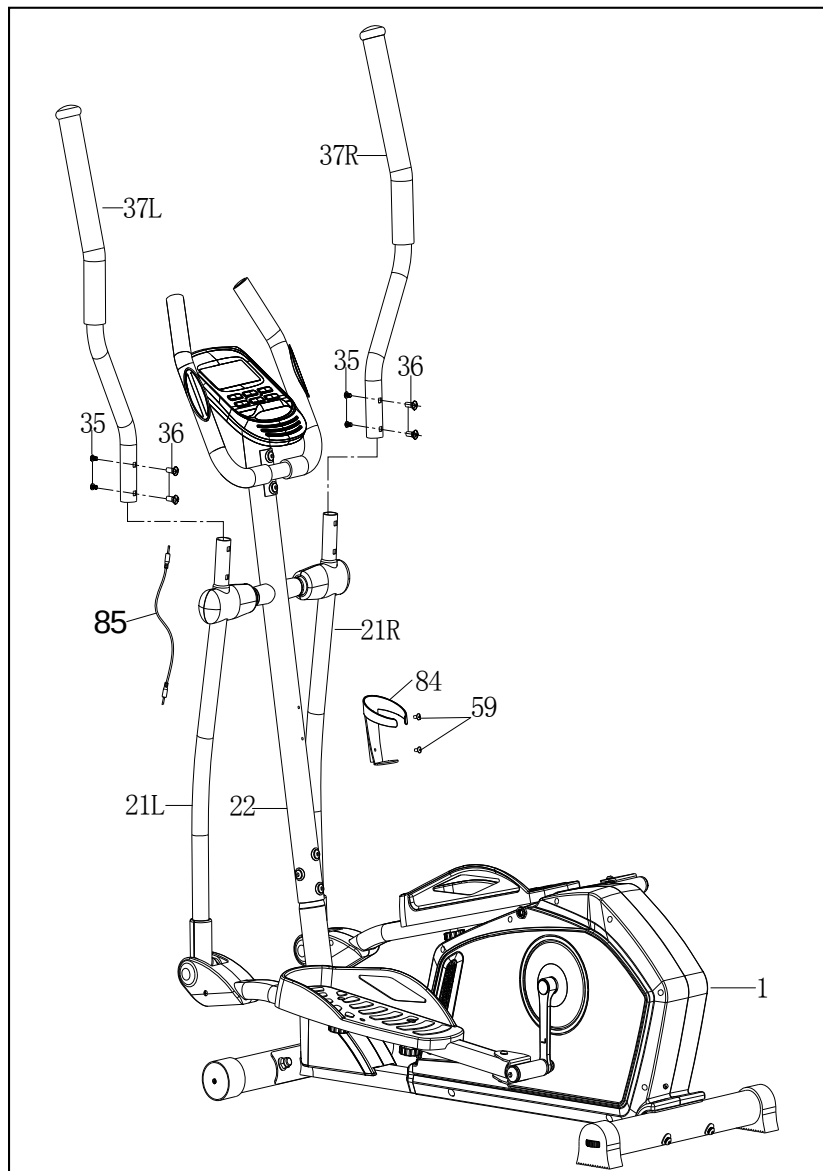
2 Allen Bolts (#23)
2 Curved Washers (#7)

Pre-assembled on Console:
4 Screws (#48)

1. Attach the stationary handlebar (39) to the front post (22). Secure using two Allen bolts (23) and two curved washers (7).
2. Insert the hand pulse wires (46) through the hole on the front post (22), and then pull it out from the top of the front post (22). Connect computer wire & hand pulse wire with computer (38) accordingly.
3. Attach the computer (38) to the front post (22) and fasten with four screws (48).

FS150 ASSEMBLY INSTRUCTIONS

6 HANDLEBARS



Hardware Step 6

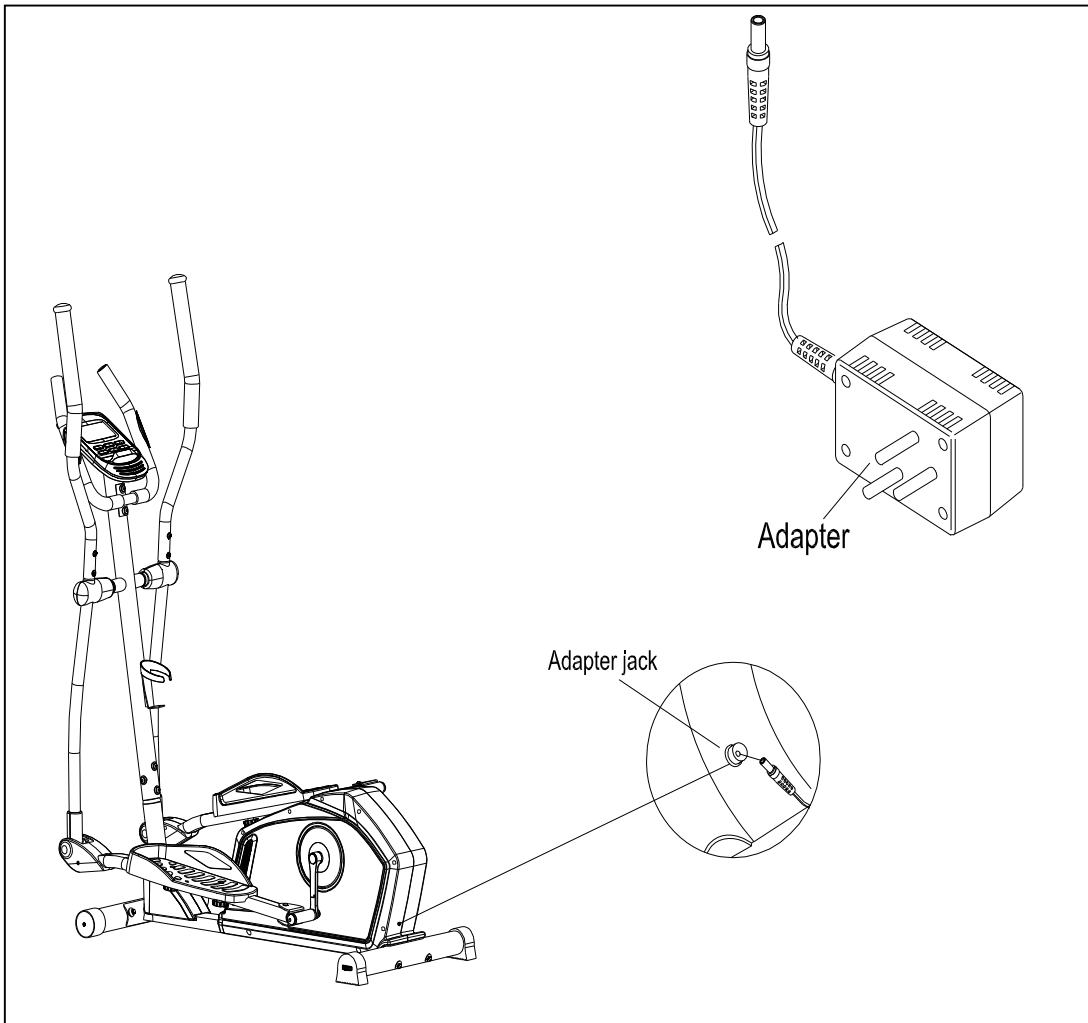
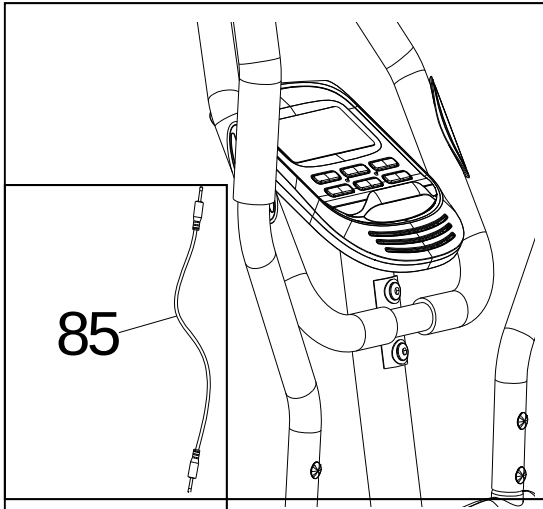
2 Allen Bolts (#35)
2 Carriage Bolts (#36)

**Pre-assembled on
Front Post:**

2 Self Tapping Screws (#59)

1. Connect the left top handlebar (37L) to the left bottom handlebar (21L). Secure using two allen bolts (35) and two carriage bolts (36).
2. Repeat for the right top handlebar (37R) to the right bottom handlebar (21R).
3. Attach the bottle holder (84) to the front post, secure using two self-tapping screws (59).
4. To listen to an MP3 during your workout, connect the MP3 with the computer by using the audio wire (85).

7 POWER ADAPTER AND MP3



1. To listen to an MP3 during your workout, connect the MP3 with the computer (38) by using the audio wire (85)
2. Plug adapter into the power receptacle.

OPERATION OF YOUR **ELLIPTICAL**

GETTING FAMILIAR WITH THE CONTROL PANEL

FS150 CONSOLE



Key Functions

- START/STOP:** Press to start or stop your exercise program.
Press to start body fat measurement.
- UP:** Press UP to increase the target values.
Press UP to increase the tension level while you are exercising.
Press UP to select your desired program.
- DOWN:** Press DOWN to decrease the preset target values.
Press DOWN to decrease the tension level.
Press DOWN to select your desired program.
- ENTER:** Press to accept the desired program.
Press to accept the target value.
Press and hold for four seconds to reset all values to zero when the unit is stopped.
- Body Fat:** Press to have your body fat measurement.
- Pulse RECOVERY:** Press to have the recovery grade of F1 to F6

FUNCTIONS

Time:	Shows your elapsed workout time up to 99:00. Counts down from your preset target time to 0:00 during your workout.
Speed:	Displays between the current speed up to 99.9 KM/H or MILE/H.
Distance:	Displays the cumulative distance traveled during your workout up to 99.99 KM or MILE. Counts down from your preset target time to 0 KM or MILE during your workout.
RPM:	Displays the current rotation per minute.
Calories:	Displays between the cumulative calories burned at any given time during your workout up to 9990. Counts down from your preset target calorie to 0

Note: *This is a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.*

Body fat:	Hand on the pulse grip, press the body fat key, the monitor will be measure the data of fat% , bmi, bmr.
Gripped pulse	Display's the user's current heart rate in beats per minute during the workout. Both hands must hold the gripped pulse for a heart rate reading during your workout. You may preset your target pulse. The computer will alarm to remind you as soon as your current heart rate has achieved at the preset figure.

Note: This data is a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

Pulse Recovery:	Your computer is equipped with a recovery program to monitor your heart rate recovery. After your workout, press the recovery button and keep both hands on the gripped pulse. The computer will cease monitoring all functions except time which will commence Count down from 00:60 to 00:00. Once zero is reached the pulse function will display a grade between F1 to F6. F1 being the best and F6 being the worst reading you can receive. Press the recovery button to return to the main display.
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Note: If no pulse signal input then the computer will show "P" on the PULSE window. If the computer shows "ERR" on the message window, please re-press the PULSE RECOVERY key and please make sure your hands are keeping well on the grips.

DISTANCE BAR:	Every bar indicates 0.1 KM or MILE.
SPEAKER:	To listen to an MP3 during your workout, connect the MP3 to the monitor (38) by using the audio wire (85). Volume is controlled by the MP3 player.
PROGRAM:	Displays the program level from P1 to P23 P1 –Manual you can control the tension level P2 to P13 programs are preset at the factory. P14 to P17 programs are user setting P18 to P22 programs are heart rate control programs P23 body fat program

Remarks

The monitor will turn on automatically by pressing any key or when you start to pedal. The monitor will shut off automatically if no signal is detected for four minutes and will keep all function values. You may press Start button or start to pedal to have the computer resume.

PROGRAM INTRODUCTION & OPERATION

Manual Program: Manual

P1 is a manual program. User can start exercise by pressing START/STOP key. The default resistance level is 3. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

Operations:

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

Preset Program:

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

PROGRAM 2 to PROGRAM 13 is the preset programs. Users can exercise with different level of loading in different intervals as the profiles show. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

Operations:

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

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

Program 14 to 17 is the user setting program. Users are free to create the values in the order of TIME, DISTANCE, CALORIES and the resistance level in 10 columns. The values and profiles will be stored in the memory after setup. Users may also change the ongoing loading in each column by UP/DOWN keys, and they will not change the resistance level stored in the memory.

Operations:

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

Heart Rate Control Program:

55% H.R.C., 65% H.R.C., 75% H.R.C., 85% H.R.C., Target H.R.C.

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

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

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

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

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

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

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

Operations:

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

6. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
7. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
8. Press the START/STOP key to begin exercise.

Body Fat Program: Body Fat

Program 23 is a special program design to calculate users' body fat ratio and to offer a specific loading profile for users. There are 3 body types divided according to the FAT% calculated.

Type1: BODY FAT% > 27

Type2: $27 \geq \text{BODY FAT\%} \geq 20$

Type3: BODY FAT % < 20

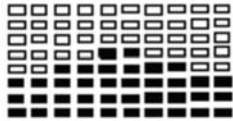
The computer will show the test results of FAT PERCENT

Operations:

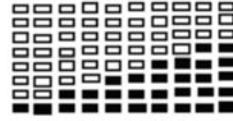
1. Use the UP/DOWN keys to select the BODY FAT (P23) program.
2. Press the ENTER key to enter your workout program.
3. The HEIGHT will flash and you can press the UP or DOWN keys to set your HEIGHT. Press ENTER key to confirm your HEIGHT. The default HEIGHT is 170cm or 5'07" (5feet 7 inches).
4. The WEIGHT will flash and you can press UP or DOWN keys to set your WEIGHT. Press ENTER key to confirm your WEIGHT. The default WEIGHT is 70kgs or 155lbs.
5. The GENDER will flash and you can press UP or DOWN keys to select your sex. The number 1 means male and 0 means female. Press ENTER key to confirm your Gender. The default sex is set as 1 (Male).
6. The AGE will flash and you can press the UP or DOWN keys to set your AGE. Press the ENTER key to confirm your AGE. The default AGE is 35.
7. Press the START/STOP key to begin body fat measurement. If the window shows "E" on the window, please make sure your hands are holding the grips well or that the chest belt is touching your body properly. Then press the START/STOP key again to begin body fat measurement.
8. After finishing your measurement, the computer will show the values of FAT PERCENT on the LCD display.
9. Press START/STOP key to begin exercise.

PRESET PROGRAM PROFILES:

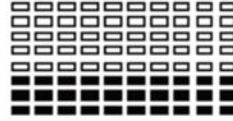
PROGRAM 1 MANUAL



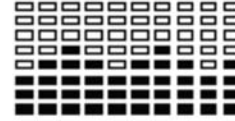
PROGRAM 2 STEPS



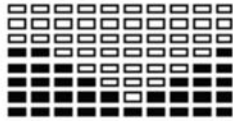
PROGRAM 3 HILL



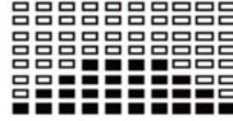
PROGRAM 4 ROLLING



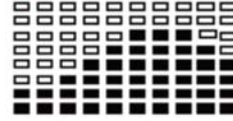
PROGRAM 5 VALLEY



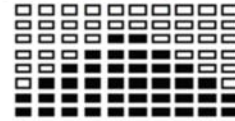
PROGRAM 6 FAT BURN



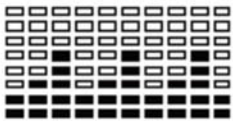
PROGRAM 7 RAMP



PROGRAM 8 MOUNTAIN



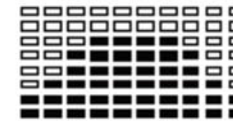
PROGRAM 9 INTERVAL



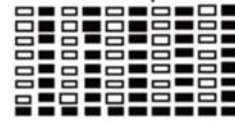
PROGRAM 10 SRANDOM



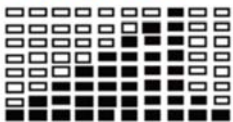
PROGRAM 11 PLATEAU



PROGRAM 12 FARTLEK

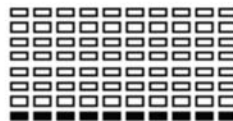


PROGRAM 13 PRECIPICE

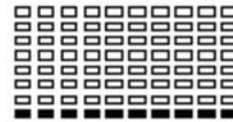
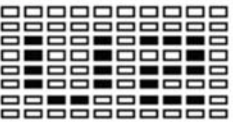


USER SETTING PROGRAM

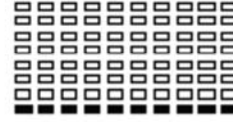
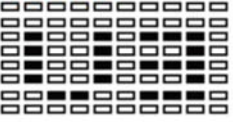
PROGRAM 14 USER 1



PROGRAM 15 USER 2



PROGRAM 16 USER 3



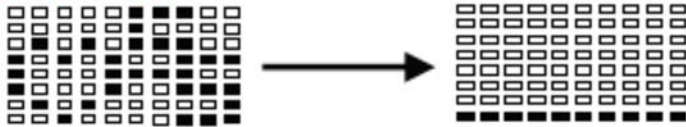
PROGRAM 17 USER 4



HEART RATE PROGRAM PROFILES:

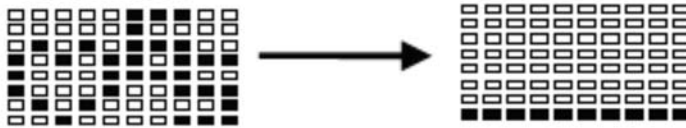
PROGRAM 18

55% H.R.C.



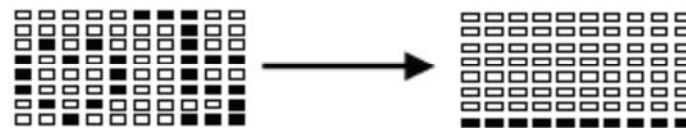
PROGRAM 19

65% H.R.C.



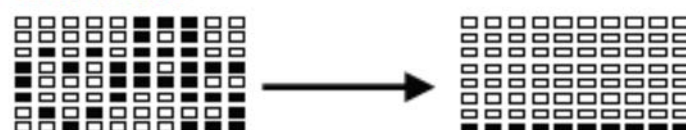
PROGRAM 20

75% H.R.C.



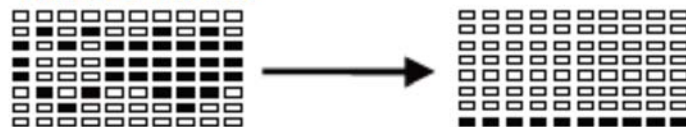
PROGRAM 21

85% H.R.C.



PROGRAM 22

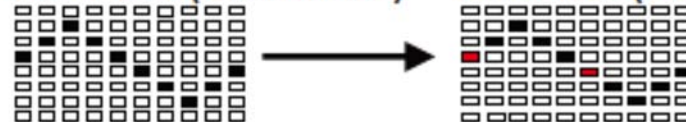
TARGET H.R.C.



BODY FAT TEST PROGRAMS:

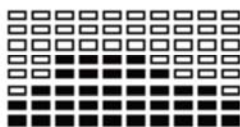
PROGRAM 23

BODY FAT (STOP MODE)

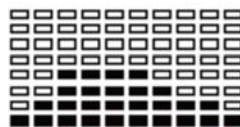


BODY FAT (START MODE)

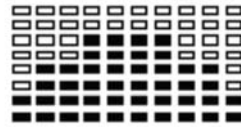
One of the Following Six Profiles Will Display Automatically after Measuring Your BODY FAT:



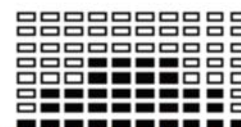
Workout Time: 40 minutes



Workout Time: 40 minutes



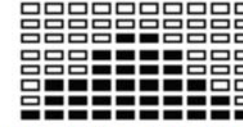
Workout Time: 40 minutes



Workout Time: 40 minutes



Workout time: 20 minutes



Workout time: 20 minutes

USER DIRECTION

HOW TO MOVE THE ELLIPTICAL

To move the elliptical, grasp the stationary handlebar and pull back on the handle until the Elliptical can be moved on the front wheels.

Carefully move the elliptical to the desired location and then lower it.

Before moving the machine, please make sure that the top handlebars are on same position.

HOW TO LEVEL THE ELLIPTICAL

The elliptical is equipped with adjustable end caps. If the unit is wobbly, please turn the leveling caps on the rear stabilizer to level the unit.

HOW TO CHANGE MILES TO KM

Two people are needed for this. Unplug the adaptor from the elliptical.

Press the start/stop button, the enter button and the up button all at the same time and connect the adaptor.

Screen will beep and turn on.

Press the enter button until the miles or km is flashing.

Press the up button to change to km

Press enter button until the monitor resets.

Your elliptical is now in km.

GENERAL MAINTENANCE

The safety of this product can be maintained only if regular periodic checks are made. Most checks can be performed once a week. However some checks should be made before each workout, and are indicated as such below.

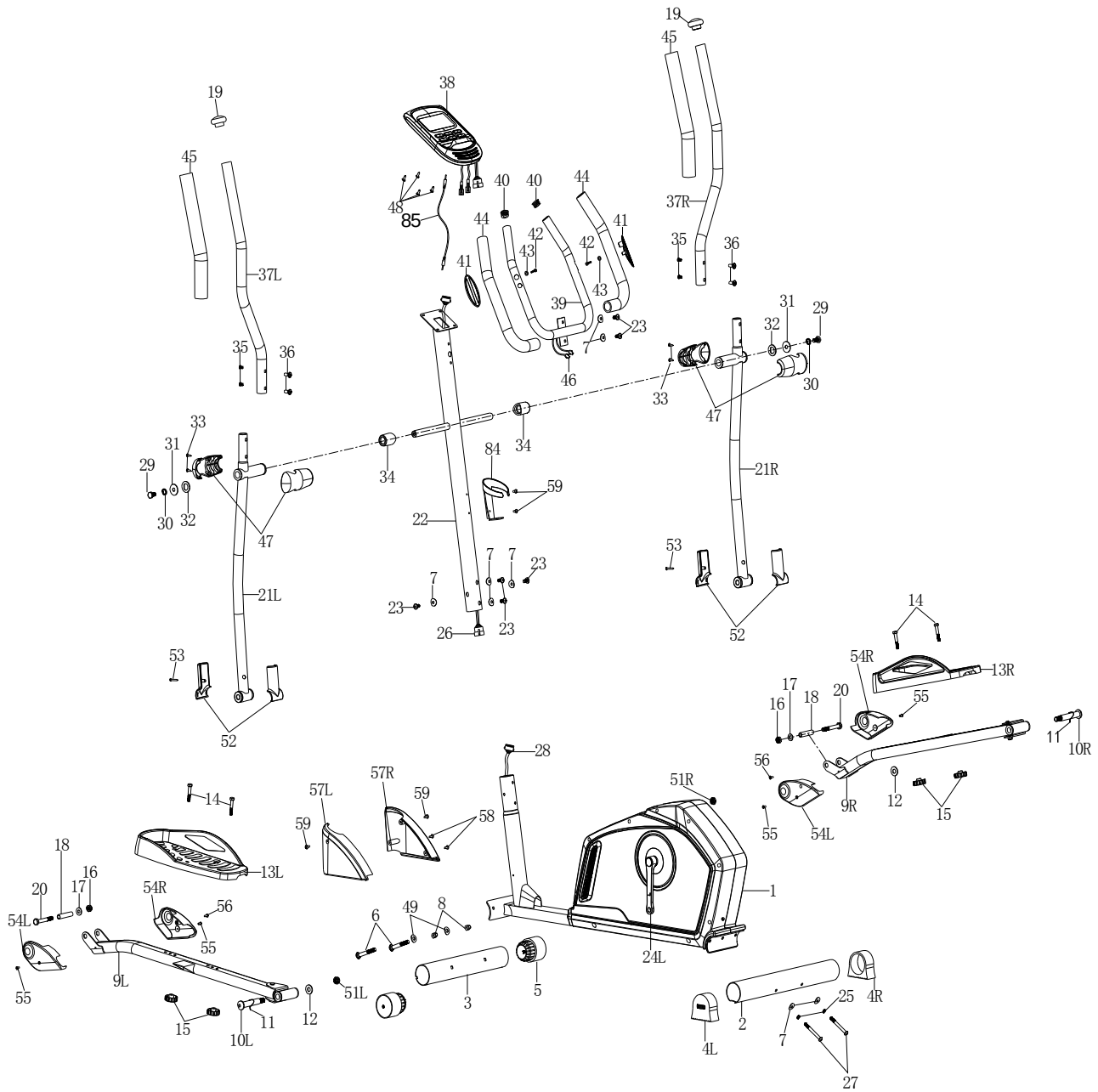
Checks

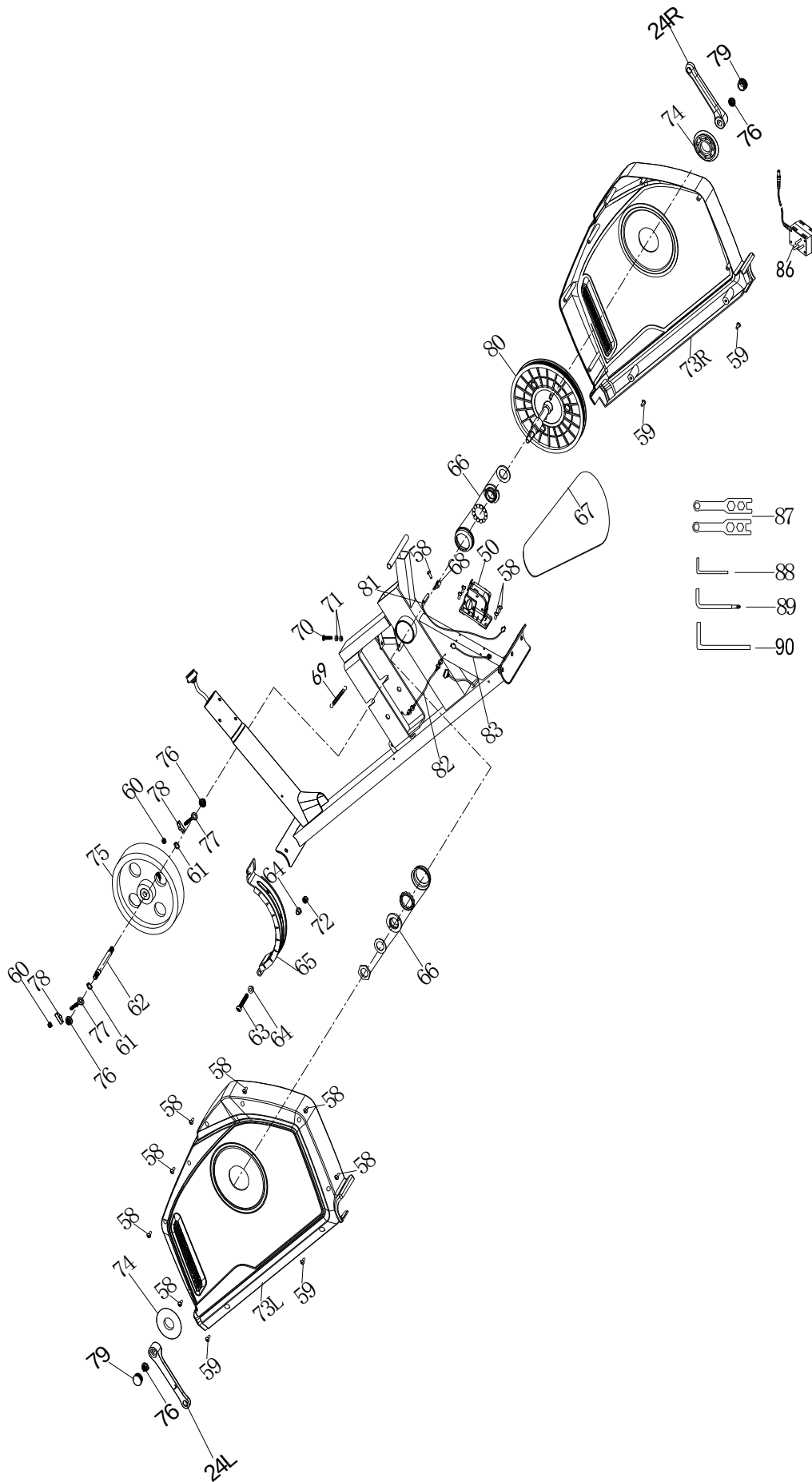
- Check that bolts and nuts are secure, check before each workout.
- Check that pedals are tight, pedals can work loose over time.
- Check that stabilizer bolts are tight, check before each workout.
- Check that handlebar is secure, if not, tighten, check before each workout.
- Should a part become defective, replace it immediately. Do not allow use of the equipment until it has been repaired.

Cleaning

A damp cloth is sufficient to clean most surfaces of this unit. Be careful not to drip water on the monitor. A mild liquid soap may be added if needed.

EXPLODED VIEW DIAGRAM





PARTS LIST

Key	Part Number	Description	Q'ty
1	7015001	Main Frame	1
2	7015002	Rear stabilizer	1
3	7015003	Front stabilizer	1
4	7015004	Leveling end cap	2
5	7015005	Transportation wheel	2
6	7015006	Carriage bolt M10*75	2
7	7015007	Curved washer $\Phi 8 \times \Phi 20$	8
8	7015008	Domed nut M10	2
9 L	7015009L	Pedal tube Left	1
9 R	7015009R	Pedal tube Right	1
10 L	7015010L	Hinge bolt Left	1
10 R	7015010R	Hinge bolt Right	1
11	7015011	Wave washer	2
12	7015012	Flat washer	2
13 L	7015013L	Pedal Left	1
13 R	7015013R	Pedal Right	1
14	7015014	Hex head bolt M8 x 45	4
15	7015015	Lock knob	4
16	7015016	Nylon nut M10	2
17	7015017	Washer $\Phi 22 \times \Phi 10$	2
18	7015018	Sleeve	2
19	7015019	End cap for dual handle bar	2
20	7015020	Hex head bolt M10 x 78	2
21 L	7015021L	Bottom handlebar Left	1
21 R	7015021R	Bottom handlebar Right	1
22	7015022	Front Post	1
23	7015023	Allen bolt M8*16	6
24 L	7015024L	Crank Left	1
24 R	7015024R	Crank Right	1
25	7015025	Spring washer $\phi 8$	2
26	7015026	Computer wire	1
27	7015027	Allen bolt M8*75	2
28	7015028	Lower computer wire	1
29	7015029	Hex head bolt M10*20	2
30	7015030	Spring washer $\phi 10$	2
31	7015031	Washer $\Phi 32 \times \Phi 10$	2
32	7015032	D type washer	2
33	7015033	Self-tapping screw ST4*15	4
34	7015034	Spacer	2

Key	Part Number	Description	Q'ty
35	7015035	Allen bolt M6*12	4
36	7015036	Carriage bolt M6*20	4
37 L	7015037L	Top handlebar Left	1
37 R	7015037R	Top handlebar Right	1
38	7015038	Computer	1
39	7015039	Stationary handlebar	1
40	7015040	End cap of handlebar	2
41	7015041	Hand pulse sensor	2
42	7015042	Self-tapping screw	2
43	7015043	Washer $\Phi 6 \times \Phi 12$	2
44	7015044	Foam grip for handlebar	2
45	7015045	Foam grip for top handlebar	2
46	7015046	Pulse wire	2
47	7015047	Cover for cross bar	2 pair
48	7015048	Screw M5 x12	4
49	7015049	Curved washer $\Phi 10 \times \Phi 22$	2
50	7015050	Motor	1
51 L	7015051L	Nylon lock nut Left	1
51 R	7015051R	Nylon lock nut Right	1
52	7015052	Cover for dual handle bar	4
53	7015053	Self-tapping screw ST4*30	2
54 L	7015054L	Cover for pedal tube Left	2
54 R	7015054R	Cover for pedal tube Right	2
55	7015055	Screw M5*10	4
56	7015056	Self-tapping screw ST4*15	2
57 L	7015057L	Small cover Left	1
57 R	7015057R	Small cover Right	1
58	7015058	Self-tapping screw ST5*15	14
59	7015059	Self-tapping screw ST5*16	8
60	7015060	Nylon nut M6	2
61	7015061	C-clip	2
62	7015062	Axle for flywheel	1
63	7015063	Hex head bolt M8*105	1
64	7015064	Bushing	2
65	7015065	Magnet assembly	1
66	7015066	Bearing assembly	1
67	7015067	Belt	1
68	7015068	Sensor bracket	1
69	7015069	Spring	1

Key	Part Number	Description	Q'ty
70	7015070	Hex head bolt M6*25	1
71	7015071	Hex head nut M6	2
72	7015072	Nylon nut M8	1
73 L	7015073L	Chain cover Left	1
73 R	7015073R	Chain cover Right	1
74	7015074	End cap for chain cover	2
75	7015075	Flywheel	1
76	7015076	France nut	4
77	7015077	Eye bolt	2
78	7015078	Adjustor	2
79	7015079	End cap for crank	2
80	7015080	Pulley + axle	1
81	7015081	Sensor wire	1
82	7015082	Motor wire	1
83	7015083	Power wire	1
84	7015084	Bottle holder	1
85	7015085	Audio wire	1
86	7015086	Adaptor	1
87	7015087	Box wrench	2
88	7015088	Allen key 4mm	1
89	7015089	Allen key 6mm	1
90	7015090	Allen key 8mm	1

TROUBLE SHOOTING

Problem	Cause	Solution
Monitor does not display	Adapter not plugged in	Plug adapter in
	Computer Wires not connected	Ensure the computer wires are connected properly at the upright and computer
No speed or distance displays on the monitor	Sensor wire not connected	Ensure the computer wires are connected properly at the upright and the computer
	Sensor wire not working properly	Replace sensor wire
	Monitor not working properly	Replace monitor
No tension	Magnetic wheel not working properly	Replace magnetic wheel
	Computer wires not connected properly	Ensure the computer wires are connected properly at the upright and the computer
Heart rate not displaying	Pulse wire not connected	Secure plug wires together
	Hand pulse defective	Replace hand pulse grip
	Monitor not working	Replace Monitor
Grinding Noise	Crank bearing defective	Replace crank bearings
	Idler pulley defective	Replace idler pulley
	Flywheel defective	Replace flywheel
Squealing	V-belt slipping	Adjust v-belt
E1 Monitor cannot read the signal change (level change or Level change cannot reach target position) from the gear motor	Monitor has a problem	Replace monitor
	The connection cables from monitor to gear motor are damaged or disconnected. Pins of the connector are bent or not fix well.	Check all computer plugs and wires are connected firmly.
	Gear Motor damage or circuit on the gear motor is abnormal.	Replace gear motor
	Wire cable from gear motor to magnetic system is too short to drive the magnetic system or position is not correct.	Adjust the length of motor wire to make sure there are enough space to drive the motor.
E2 The computer cannot interface with the IC chip.	EEPROM has problem (EEPROM is installed incorrect)	Replace monitor
E3	The gear motor cannot read the signal change from the level one within 4 seconds after press the start button.	Replace gear motor

TRAINING GUIDELINES

EXERCISE

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

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

BASIC COMPONENTS OF PHYSICAL FITNESS

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

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

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

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

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

AEROBIC FITNESS

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

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

Anaerobic Training

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

The Training Threshold

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

Progression

As 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.

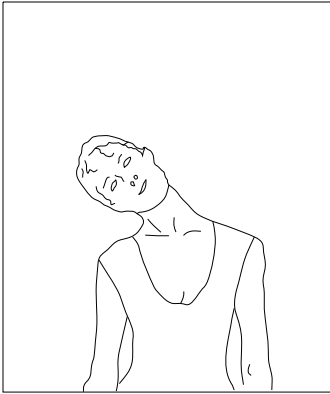
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute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

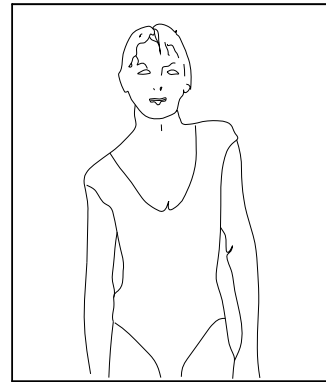
HEAD ROLLS

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.



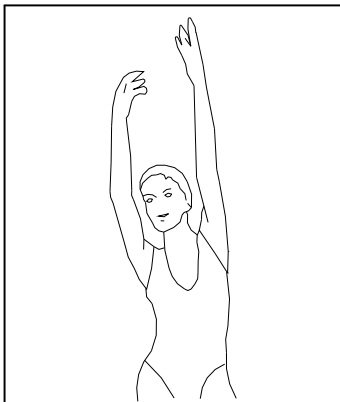
SHOULDER LIFTS

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.



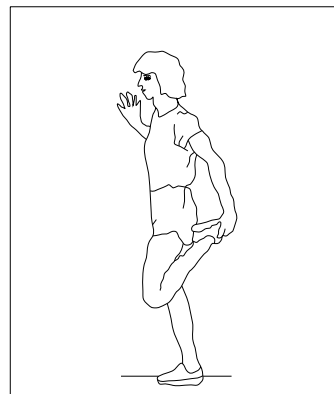
SIDE STRETCHES

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.



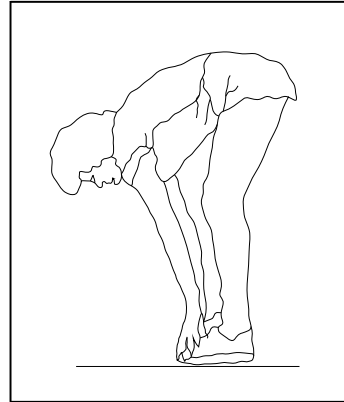
INNER THIGH STRETCH

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.



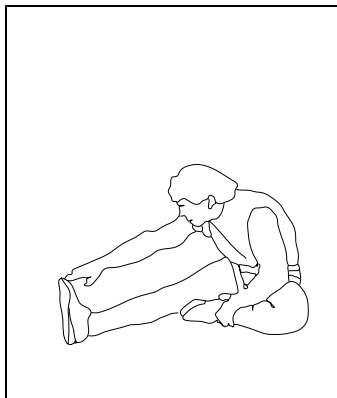
TOUCHES

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.



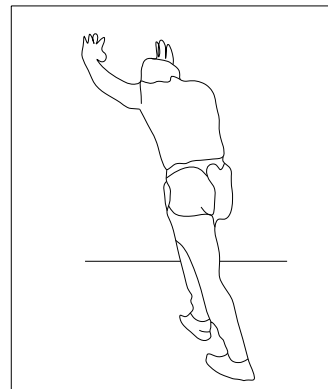
HAMSTRING STRETCHES

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



CALF / ACHILLES STRETCH

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



MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its elliptical parts for a period of time listed below from the date of retail sale, as determined by sale receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts, at Dyaco Canada Inc.'s option. The warranty period applies to the following components:

Limited Warranty	
Frame	1 Year
Parts	1 Year

The consumer is responsible for the items listed below:

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase.
2. Proper use of the elliptical in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the elliptical and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house wiring.
5. Damages to the elliptical finish during shipping, installation or following installation.
6. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.

Note: Some areas do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.

2. Damages caused by users; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance. or acts of God.
3. Products with original serial numbers that have been removed or altered.
4. Products that have been: sold, transferred, bartered, or given to a third party.
5. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
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1. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
2. For any further information, or to contact our service department by mail, send your correspondence to:

Dyaco Canada Inc.
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L2G 0A9

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