KEYS FITNESS

ET5000

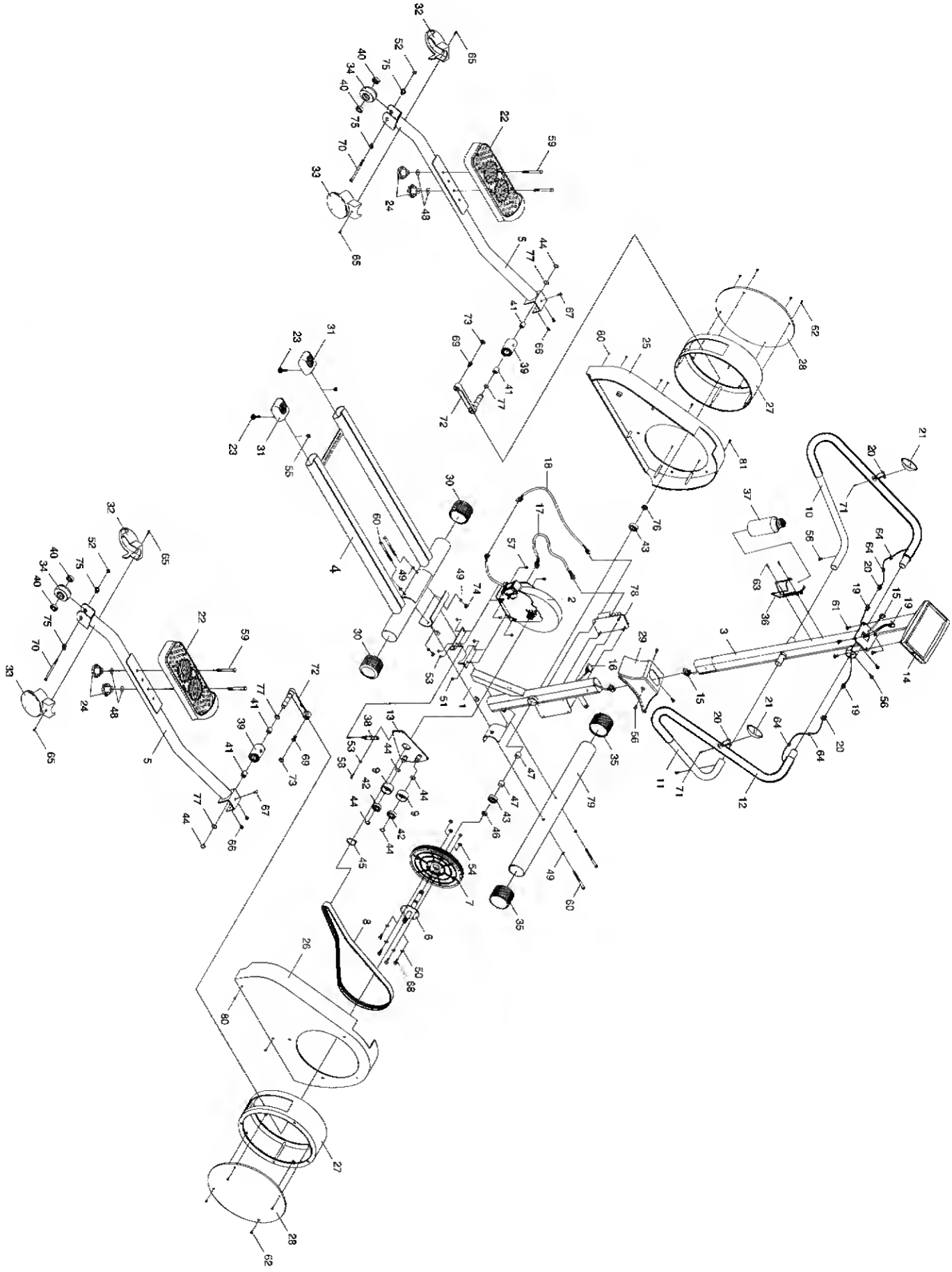
ELLIPTICAL EXERCISE TRAINER ET5000

OWNER'S MANUAL

KEYS FITNESS PRODUCTS, L.P.
P.O. BOX 551239
Dallas, Texas 75355

QUESTIONS?
DO NOT RETURN this product to the store where purchased CALL OUR TOLL FREE KEYS FITNESS HELPLINE FOR SERVICE
1-888-340-0482

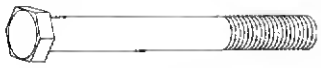
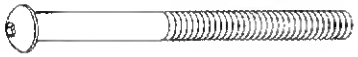
CAUTION !
Please read the precautions and instructions in this manual before using this equipment.
Please save this manual for future reference.



PART LIST

No.	DESCRIPTION	QNTY	No.	DESCRIPTION	QNTY
1	MAIN FRAME	1 PC	41	NEEDLE BEARING HK2020	4 PCS
2	ELECTROMOTOR SYSTEM	1 PC	42	ROUND BALL BEARING 6204 ZZ	2 PCS
3	COMPUTER POST	1 PC	43	ROUND BALL BEARING 6004 ZZ	2 PCS
4	TRACK	1 PC	44	"C - CLIP, S-20"	6 PCS
5	PEDAL FOOT	2 PCS	45	"C- CLIP, S-40"	1 PC
6	SHAFT	1 PC	46	"O- RING, φ24*7.2"	1 PC
7	BELT WHEEL	1 PC	47	"O-RING, φ24*18"	2 PCS
8	BELT	1 PC	48	"FLAT WASHER, 3/8"	4 PCS
9	DANCING WHEEL	2 PCS	49	"ARC WASHER, M8"	6 PCS
10	LEFT HANDLEBAR	1 PC	50	"SPRING WASHER, M8"	4 PCS
11	RIGHT HANDLEBAR	1 PC	51	"NYLON NUT, M6"	4 PCS
12	SPONGE 2 PCS	2 PCS	52	"NYLON NUT, M12"	2 PCS
13	DANCING PLATE FIXTURE	1 PC	53	"HEXAGONAL HEAD BOLT , M6"	2 PCS
14	COMPUTER	1 PC	54	"HEXAGONAL HEAD BOLT ,M8"	4 PCS
15	COMPUTER CABLE WIRE 1000m/m	1 PC	55	"HEXAGONAL HEAD BOLT , 3/8"	2 PCS
16	CONNECT CABLE WIRE 500m/m	1 PC	56	"ALLEY KEY BOLT, M8*16"	7 PCS
17	CONTROL CABLE WIRE 750m/m	1 PC	57	"ALLEY KEY BOLT, M6*16"	4 PCS
18	BRAKE CABLE WIRE 850m/m	1 PC	58	"HEXAGONAL HEAD BOLT, M6*25"	1 PC
19	PULSE SENSOR WIRE (UPPER)	1 PC	59	"HEXAGONAL BOLT, 3/8""-16*3 3/4"	4 PCS
20	PULSE SENSOR WIRE (LOW)	2 PCS	60	"ALLEY KEY BOLT, M8*95"	4 PCS
21	HAND PULSE	2 PCS	61	"MUSHROOM BOLT, M5*8"	4 PCS
22	PEDAL	2 PCS	62	"MUSHROOM SELF BOLT, M4*12"	8 PCS
23	"ADJUSTMENT BRACKET, 3/8"	2 PCS	63	"MUSHROOM BOLT, M5*20"	2 PCS
24	"KNOB SCREW , 3/8"	4 PCS	64	1/2 CAP	4 PCS
25	LEFT CHAIN COVER	1 PC	65	"MUSHROOM SELF BOLT, M4*19"	4 PCS
26	RIGHT CHAIN COVER	1 PC	66	"ALLEY KEY BOLT,M8*12"	4 PCS
27	ROUND OF PLASTIC COVER	2 PCS	67	"ALLEY KEY BOLT,M8*20"	2 PCS
28	490 ACRYLIC PLASTIC SHEET	2 PCS	68	"HEXAGONAL HEAD BOLT, M8*18"	4 PCS
29	PLASTIC COVER	1 PC	69	"HEXAGONAL BOLT,M8*20"	2 PCS
30	TRANSPORTATION ROLLER	2 PCS	70	"HEXAGONAL BOLT,M12*70"	2 PCS
31	HEIGHT ADJUSTMENT CAP	2 PCS	71	"MUSHROOM SELF BOLT, M4*12"	2 PCS
32	PLASTIC COVER FOR TRANSPORTATION ROLLER (L)	2 PCS	72	CRANK 2 PCS	2 PCS
			73	CRANK COVER	2 PCS
33	PLASTIC COVER FOR TRANSPORTATION ROLLER (R)	2 PCS	74	"NYLON NUT, M8"	2 PCS
			75	12 PUSHING 4PCS	4 PCS
34	ROLLER A235 2 PCS	2 PCS	76	"LOCKING NUT, M20"	1 PC
35	FC012B FOOT CAP	2 PCS	77	"FLAT WASHER, φ30*φ20.2*1.5t"	4 PC
36	BOTTLE FRAME	1 PC	78	CONTROL PLATE	1 PC
37	PLASTIC BOTTLE	1 PC	79	FRONT FOOT	1 PC
38	DANCING ANGLE PLATE FIXTURE	1 PC	80	MUSHROOM BOLT MS*8	6 PCS
39	FIXTURE TUBE	2 PCS	81	MUSHROOM SELF BOLT, M5*15	5 PCS
40	BALL BEARING 6201ZZ	4 PCS			

HARDWARE PACKING LIST

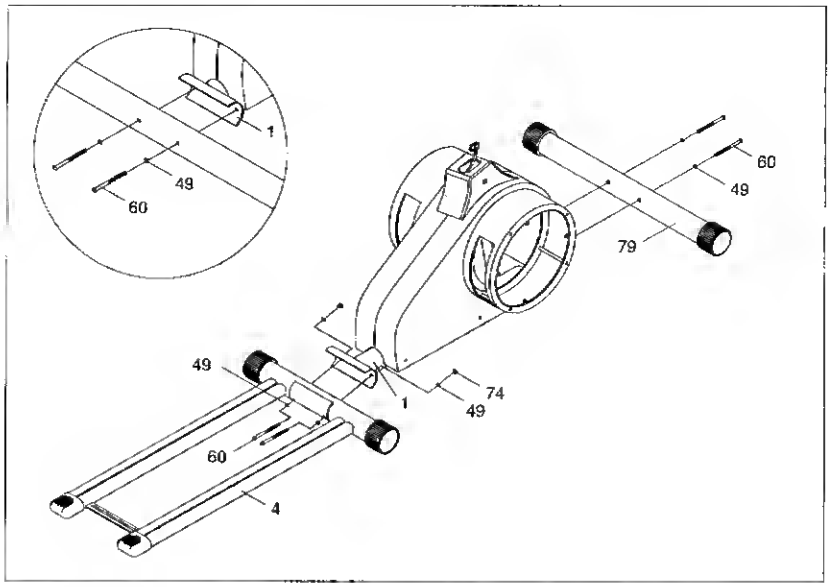
	(48) FLAT WASHER	3/8" * 4 pcs
	(49) ARC WASHER	M8 * 6 pcs
	(56) ALLEN KEY BOLT	M8 * 16mm * 7 pcs
	(59) HEXAGONAL BOLT	3/8"-16 * 3 3/4"mm * 4 pcs
	(60) ALLLEN KEY BOLT	M8 * 95mm * 4 pcs
	(61) MUSHROOM BOLT	M5 * 12mm * 4 pcs
	(62) MUSHROOM SELF BOLT	M4 * 12mm * 8 pcs
	(63) MUSHROOM BOLT	M5 * 20mm * 2 pcs
	(65) MUSHROOM SELF BOLT	M4 * 19mm * 4 pcs
	(66) ALLEN KEY BOLT	M8 * 12mm * 4 pcs
	(67) ALLEY KEY BOLT	M8 * 20mm * 2 pcs
	(74) NYLON NUT	M8 * 2 pcs

NOTE :

1. Above described parts are all the parts you need to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.

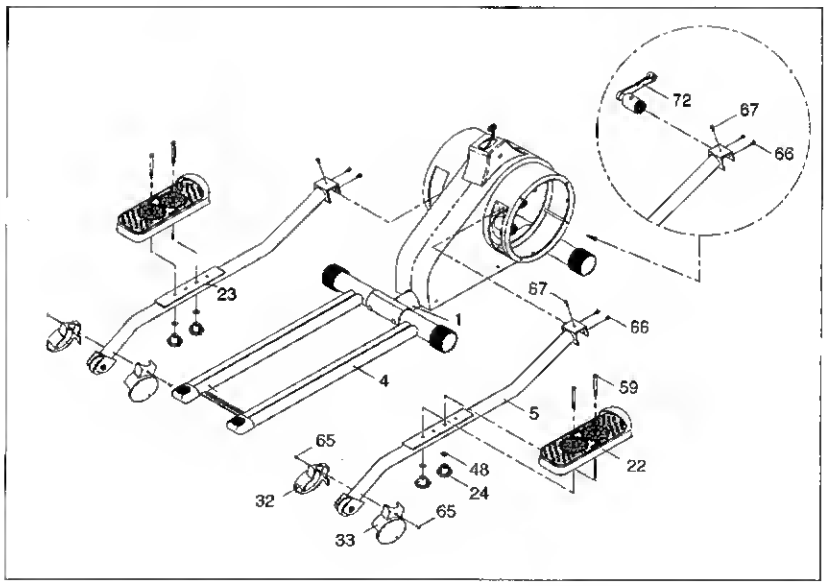
ASSEMBLY INSTRUCTION

Place the shipping carton in a clear area. Tear down the sides of the carton and remove all packing materials. Do not dispose of the packing materials until assembly is completed!



STEP 1

Attach the Main Frame (1) and Track (4) Using Alley Key Bolt (60), Nylon Nut (74) And Arc Washer (49) Insert the Allen key (60) with Arc Washer (49) to the Front Foot (79)



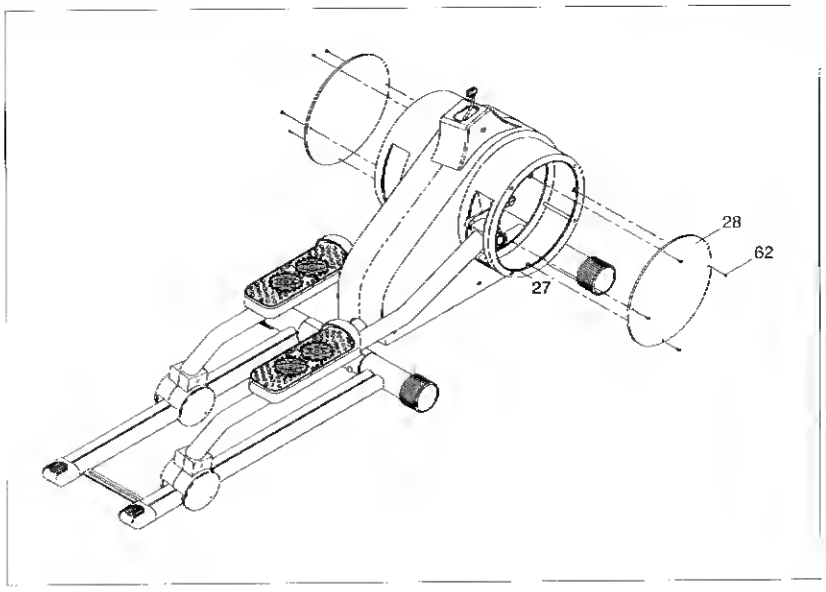
STEP 2

Connect the Pedal (22) with Hexagonal Bolt (59). Knob Screw (24) and Flat Washer (48) onto the Pedal Foot (5)Tighten Firmly.

Connect the Plastic Cover for Transportation Roller (L) (32) with the Plastic Cover for Transportation Roller (R)(33), using the Mushroom Self Bolt (65) onto the Pedal Foot (5).Tighten Firmly.

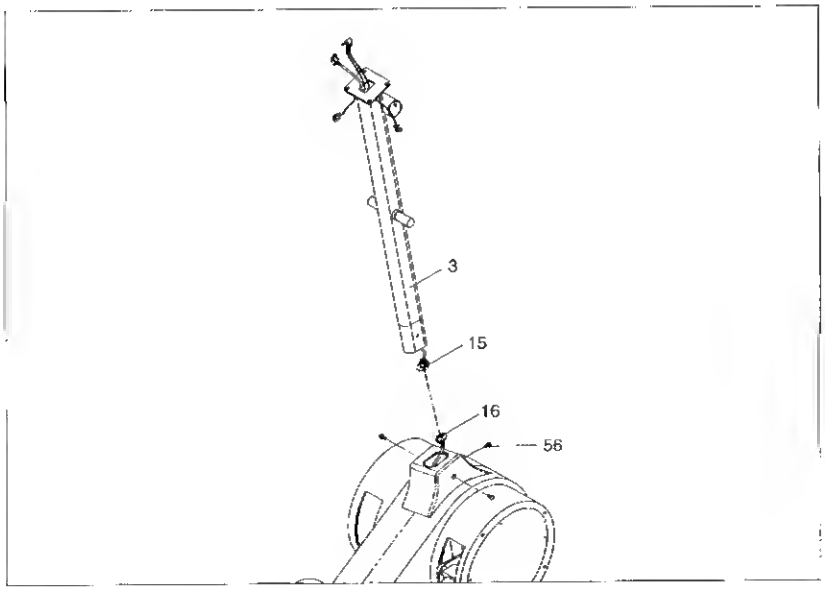
NOTE : The Mushroom Self Bolt (65) is locked onto Pedal Foot (5). Please take out the Mushroom Self Bolt (65) form Pedal Foot (5). before you connect the Plastic Cover for Transportation Roller (L) (32) with the Plastic Cover for Transportation Roller (R) (33), using the Mushroom Self Bolt (65) onto the Pedal Foot (5).

Connect the Crank (72) with Alley Key Bolt (66) and Alley Key Bolt (67) onto the pedal foot.



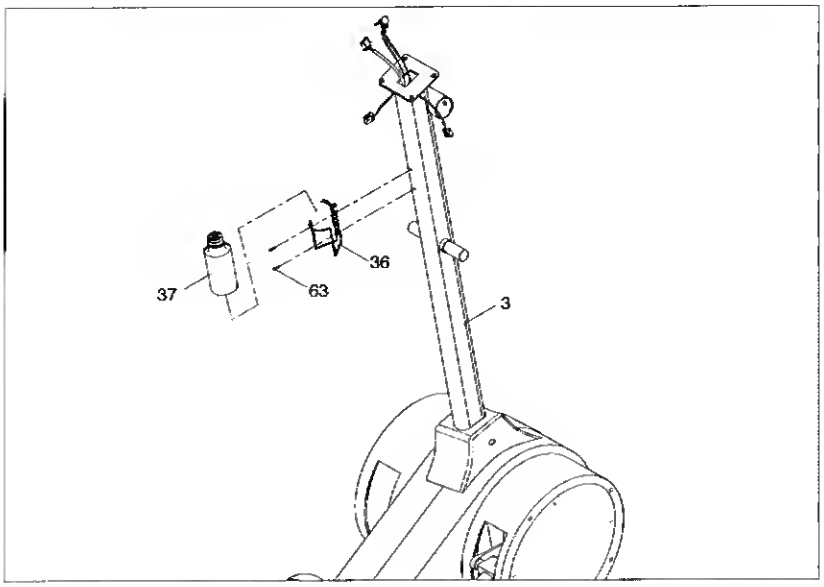
STEP 3

Insert the 490 Acrylic Plastic Sheet (28)into the Round of Plastic Cover (27) , using Mushroom Self Bolt (62).



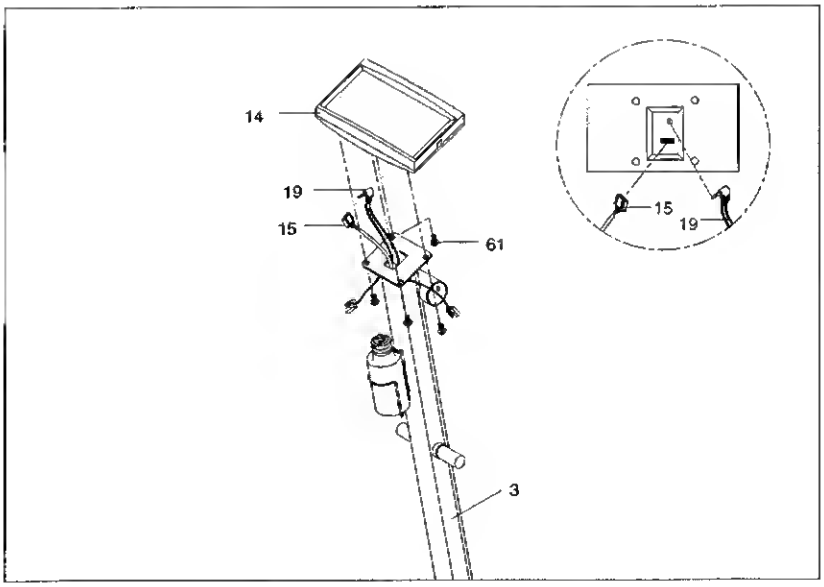
STEP4

Connect the computer Cable Wire 1000 m/m (15) with the computer Cable Wire 500 m/m (16) then insert the Plastic Cover (29)



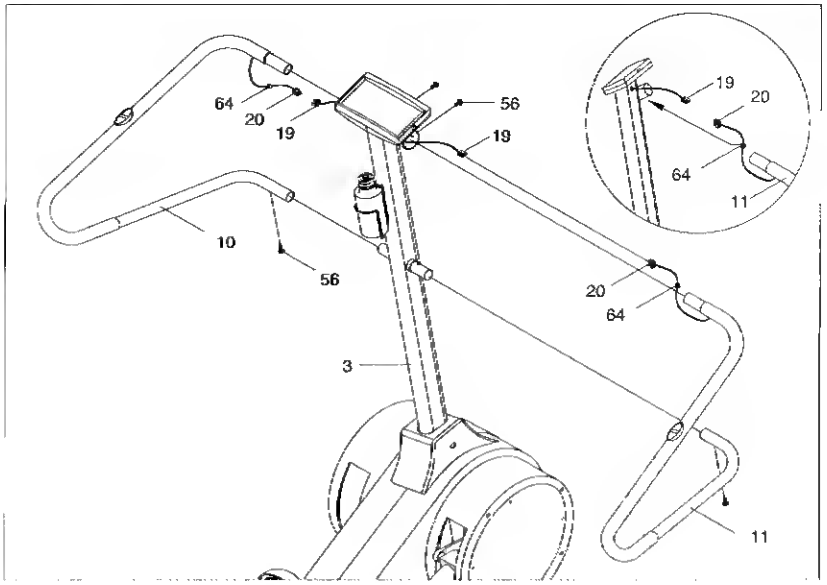
STEP 5

Attach the Bottle Frame (36) onto Computer Post (3), using Mushroom Bolt(63), then put the Plastic Bottle (37) on.



STEP 6

Connect the Computer Cable Wire 1000m/m (15) and Pulse Sensor Wire (upper) (19) from the Computer Post (3) to theComputer (14). Then attach the Computer (14) onto the computer post (3) with four Mushroom Bolt (61).



STEP7

Connect the Pulse Sensor Wire (upper) (19) and the Pulse Sensor Wire (Low) (20) from computer post (3) to the Right Handlebar (11). Then insert the superfluous cable wire to the computer post (3) hole. As drawing marked.

Operating Instructions

Thank you for purchasing a Keys ET5000 Elliptical Exercise Trainer! Below you will find operating instructions for your new Elliptical Exercise Trainer. Before Beginning, please read the Safety Information and all other information in this manual.

- To Operate -

" Quick-Start"

1. Begin pedaling, maintain at least 80 STRIDES/MIN.

2. Enter age, using △ Up or ▽ Down .
   Press Enter

3. Enter weight, using △ Up or ▽ Down .
   Press Enter

4. Enter Pro level (P1L/1-6), Using △ Up or ▽ Down.
   Press Enter.

5. Enter time, using △ Up or ▽ Down.
   Press Start.

" Auto Program"

1. Begin pedaling, maintain at least 80 Strides/Min.

2. Press Select program to choose desired : Program Profile"
   Press Enter

3. Enter age, using △ Up or ▽ Down.
   Press Enter.

4. Enter weight, using △ Up or ▽ Down.
   Press Enter

5. Enter Pro level (P1L/1-6), USING △ Up or ▽ Down.
   Press Enter

6. Enter time, using △ Up or ▽ Down.
   Press Start.

Important Safety Information

WARMING :

Before starting any exercise program, it is recommended that you consult your physician. Before using your new Elliptical Exercise Trainer, please review this manual to learn about the unit's features, functions, and safe operation.

SAFETY TIPS and PRECAUTIONS :

1. It is the owner's responsibility to ensure that all users of this equipment are thoroughly informed of all warnings and precautions. Use this recumbent bike only for its intended use as described in this manual.

2. The Elliptical Exercise Trainer should be used on a level surface.

3. Never leave children unsupervised near this Elliptical Exercise Trainer.

4. Your Elliptical Exercise Trainer is designed for indoor use only.

5. Never use your Elliptical Exercise Trainer around water or while your are wet. Using the unit around a pool, hot tub, or sauna will void the warranty is potentially hazardous.

6. Appropriate clothing should be worn while using the Elliptical Exercise Trainer. Never wear loose clothing that could be caught in moving parts. It is recommended that athletic support clothing be worn for both men and women. Athletic shoes should always be worn. Do not use the Elliptical Exercise Trainer with bare feet, wearing sandals, or wearing socks or stockings.

7. No more than one person should ever operate the Elliptical Exercise Trainer at one time.

8. Always examine your Elliptical Exercise Trainer before using to ensure all parts are in good working order.

9. To avoid any possibility of being struck by or caught between moving parts, by-standers should not be within reach of the Elliptical Exercise Trainer while it is motion.

10. Pets should not be allowed on or near your Elliptical Exercise Trainer.

ELLIPTICAL TRAINER

ET5000

Model NO.

QUESTIONS?

- If you need assistance about operating your **ELLIPTICAL ET 5000**
- If a part is missing.

If parts become worn or need to be replaced, call:
1-888-340-0482
Monday - Friday
8:30 - 5:30 Central Time

When requesting service please have the following information available ;

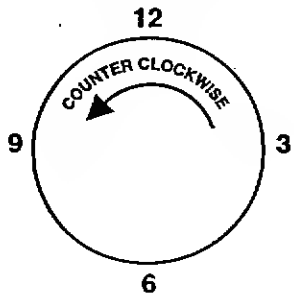
- The NAME:
- The MODEL
- The PART NUMBER
- The DESCRIPTION

OWNER'S MANUAL

KEYS FITNESS PRODUCTS, L.P.
P.O. BOX 551239
Dallas, Texas 75355

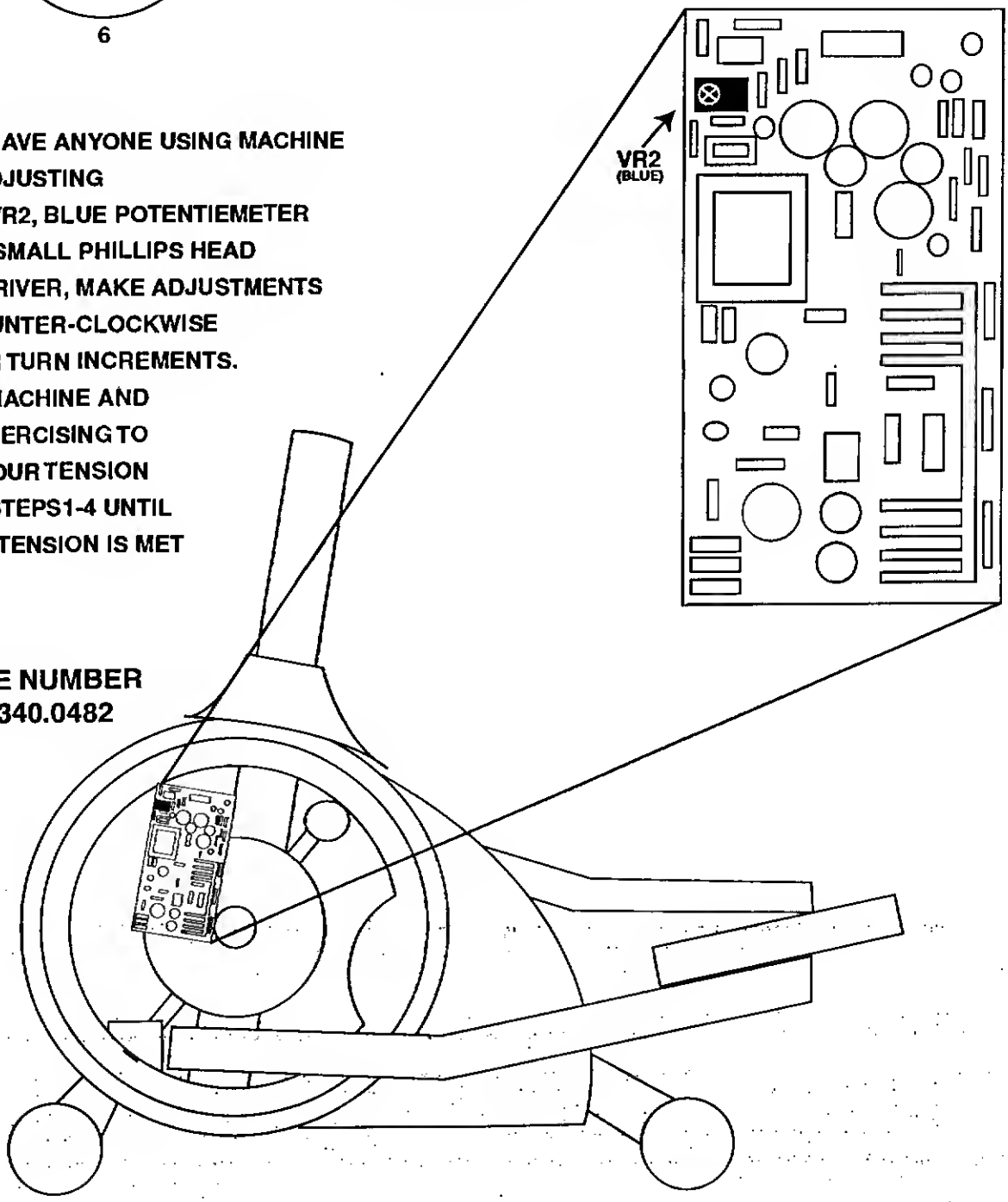
ELLIPTICAL 5000

FINE TUNE ELECTRONIC TENSION REDUCTION ADJUSTMENT



TURN POT, VR2, COUNTER CLOCKWISE TO REDUCE TENSION

1. DO NOT HAVE ANYONE USING MACHINE WHILE ADJUSTING
2. LOCATE VR2, BLUE POTENTIEMETER
3. USING A SMALL PHILLIPS HEAD SCREWDRIVER, MAKE ADJUSTMENTS WITH COUNTER-CLOCKWISE QUARTER TURN INCREMENTS.
4. GET ON MACHINE AND BEGIN EXERCISING TO CHECK YOUR TENSION
5. REPEAT STEPS1-4 UNTIL DESIRED TENSION IS MET



SERVICE NUMBER
1.888.340.0482