

PE350

Elliptical

OWNER'S MANUAL



! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

12P Rev C

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Important Safety Instructions

Warning

The safety of the product can be maintained only if it is examined regularly for damage and wear. See preventive maintenance section for details.

Location

1. Keep the area around the product clear of any obstructions, including walls and furniture. Provide at least three feet of clearance behind the unit.
2. Do not use the product outdoors, near swimming pools, or in areas of high humidity.
3. Do not allow other people to interfere in any way with the user or equipment during workout.
4. Supervise closely any children or disabled persons using the product.

Operation

1. Always follow the console instructions for proper operation.
2. Do not reach into, or underneath, the unit; and do not tip the unit on its side during operation.
3. Never insert objects into any opening of the Bike. If any object fall into this equipment, carefully retrieve it while the unit is not in use. If the object can't be reached, please contact customer services.
4. Never place any containers filled with liquids on the unit, except in the accessory tray or water bottle holder. Containers should be covered with lids.
5. Wear shoes with rubber or high-traction soles. Do not wear shoes with high heels, leather shoes, slippers, or spikes. Make sure no sharp stuff is embedded in the soles.
6. Do not use the bike with bare feet.
7. Keep all loose clothing, shoelaces, and towels away from moving parts.
8. Take extra caution when stepping on or off the bike.
9. Never face backward while using the bike.

Save these instructions for future reference

Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH

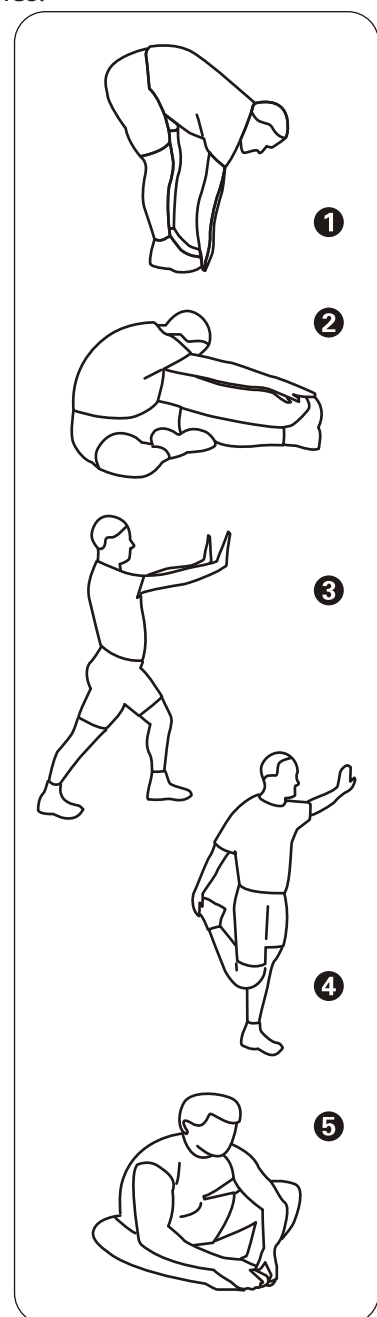
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the achilles tendon, bend your back leg as well. This will stretch your calves, achilles tendons, and ankles.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



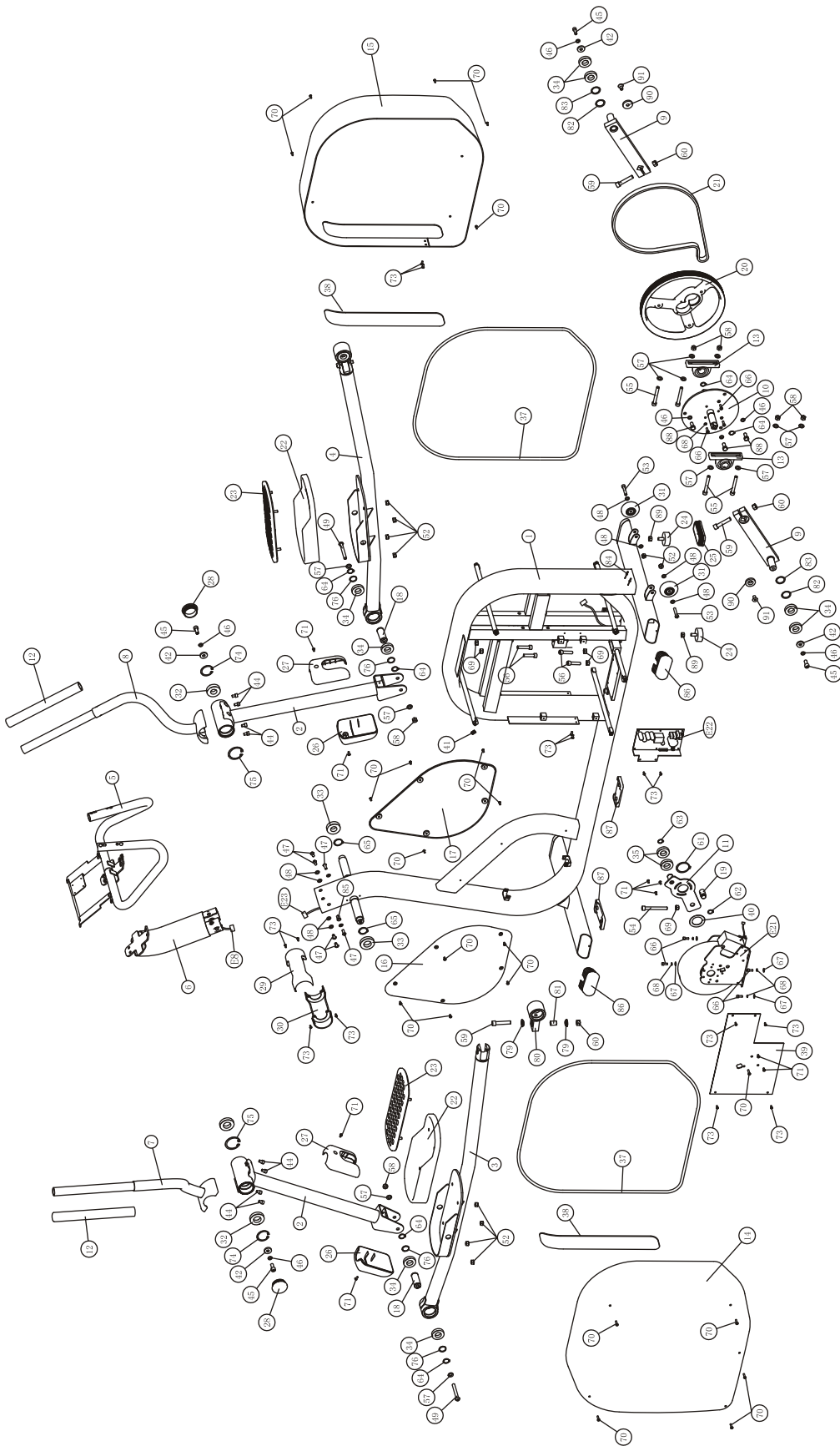
Parts List

Item No.	Description	Qty	Item No.	Description	Qty
1	Main Frame	1	28	End Cap	2
2	Moving Handrail	2	29	Cover 1	1
3	Left Pedal Frame	1	30	Cover 2	1
4	Right Pedal Frame	1	31	Pu Wheel	2
5	Console Frame	1	32	Bearing 6205	2
6	Upright Frame	1	33	Bearing 6006	2
7	Left Handle	1	34	Bearing 6005	8
8	Right Handle	1	35	Bearing 6204	2
9	Crank	2	37	Cover Regular 1	2
10	Shaft	1	38	Cover Regular 2	2
11	Tightener	1	39	Abs Board	1
12	Long Rubber Grip	2	40	Washer $\Phi 55 \times \Phi 45 \times 0.4$	1
13	Pillow Block Bearing	2	41	Screw Clip	14
14	Left Cover	1	42	Washer $\Phi 28 \times \Phi 10.5 \times 5$	4
15	Right Cover	1	44	Allen Bolt M8*15	8
16	Left Front Cover	1	45	Allen Bolt M10*25	4
17	Right Front Coner	1	46	Spring Washer $\Phi 10$	7
18	Pivot Shaft	2	47	Allen Pan Bolt M8*20	6
19	Tension Shaft	1	48	Washer $\Phi 9 \times \Phi 16 \times 1.6$	10
20	Big Wheel	1	49	Allen Pan Bolt M10*85	2
21	Belt	1	52	Nylon Lock Nut M8	10
22	Pedal	2	53	Allen Bolt M8*45	2
23	Pedal Rubber	2	54	Allen Bolt M10*145*145	1
24	Leveler Foot	2	55	Allen Bolt M10*80	4
25	End Cap Yj110*50	1	56	Hex Head Bolt M10*40	4
26	Front Cover	2	57	Washer $\Phi 11 \times \Phi 20 \times 2$	12
27	Rear Cover	2	58	Nylon Lock Nut M10	6

Parts List

Item No.	Description	Qty	Item No.	Description	Qty
59	Allen Bolt M12*60	4	87	Rubber Mat	3
60	Nylon Lock Nut M12	4	88	Hex Head Bolt M10*25	3
61	Shaft Clip $\Phi 40$	1	89	Thin Nut M10	2
62	Shaft Clip $\Phi 17$	1	90	End Cover	2
63	Shaft Clip $\Phi 20$	1	91	Allen Screw M10*20	2
64	Shaft Clip $\Phi 25$	6	E1	Console	1
65	Shaft Clip $\Phi 30$	2	E2	Hand Pules Circuitry Board	1
66	Allen Bolt M6*15	7	E3	Pillip Screw St2.9*16	4
67	Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	4	E4	Plastic Bush	4
68	Spring Washer $\Phi 6$	4	E5	Heartbeat Receiver	1
69	Nut M10	5	E6	Handle Pules Line	2
70	Pillip Screw M5*20	21	E7	Stopwatch	1
71	Pillip Screw M5*12	9	E8	Console Line 1	1
73	Screw St4.2*13	14	E9	Hand Pulse	2
74	Clip $\Phi 52$	2	E10	Hand Pulse Cap	2
75	Clip $\Phi 55$	2	E11	Right Handle Adjusting Line	1
76	Washer $\Phi 25$	4	E12	Left Handle Adjusting Line	1
77	Allenwrench S=5	1	E13	Left Adjusting Line	1
78	Allenwrench S=6	1	E14	Right Adjusting Line	1
79	Bush	4	E15	Console Overlay	1
80	Link Group	2	E16	Adjusting Line	1
81	Spacer Bush	2	E17	Socket Head Cap Screw M8*25	4
82	Wave Spring Washer	2	E18	Washer $\Phi 9 \times \Phi 16 \times 1.6$	4
83	Adjusting Washer	2	E19	Spring Washer $\Phi 8$	4
84	Rivet	2	E21	Magnetic Force	1
85	Rivet Nut M8	6	E22	PCB	1
86	Plug	4	E23	Console Line 2	1

Exploded View

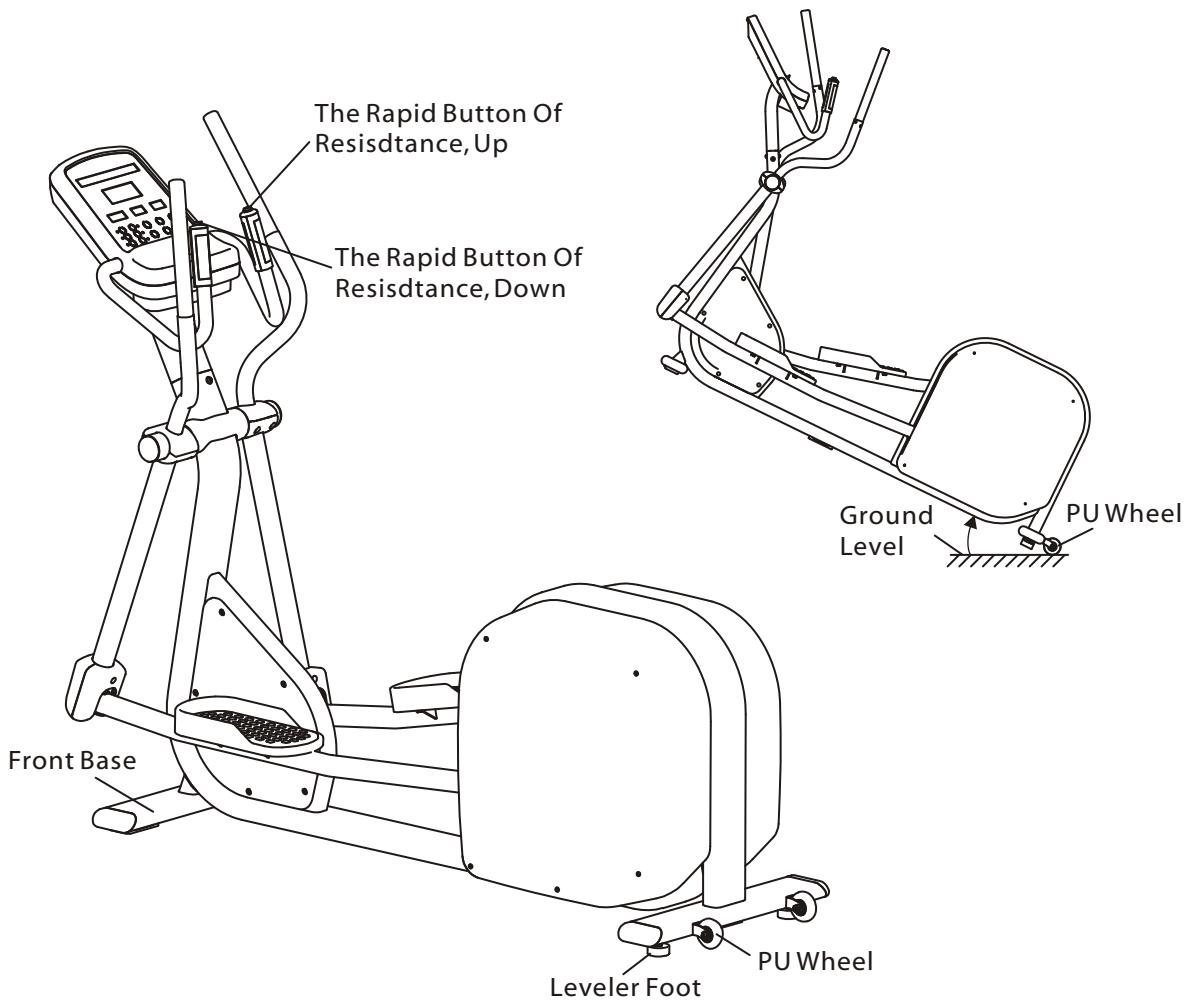


Exploded View

This exploded view diagram illustrates the assembly of a portable electronic device, likely a handheld calculator or small terminal. The components are labeled with callouts as follows:

- E1.1**: Main device housing (top).
- E1.2**: Main device housing (bottom).
- E1.3**: Screws for the top housing.
- E1.4**: Screws for the bottom housing.
- E1.5**: Screws for the keypad assembly.
- E1.6**: Screws for the internal frame.
- E1.7**: Screws for the internal frame.
- E1.8**: Screws for the internal frame.
- E2**: Internal component (possibly a battery or display unit).
- E3**: Internal component (possibly a battery or display unit).
- E4**: Internal component (possibly a battery or display unit).
- E5**: Internal component (possibly a battery or display unit).
- E6**: Internal component (possibly a battery or display unit).
- E7**: Internal component (possibly a battery or display unit).
- E8**: Internal component (possibly a battery or display unit).
- E9**: Internal component (possibly a battery or display unit).
- E10**: Internal component (possibly a battery or display unit).
- E11**: Internal component (possibly a battery or display unit).
- E12**: Internal component (possibly a battery or display unit).
- E13**: Internal component (possibly a battery or display unit).
- E14**: Internal component (possibly a battery or display unit).
- E15**: Internal component (possibly a battery or display unit).
- E16**: Internal component (possibly a battery or display unit).
- E17**: Internal component (possibly a battery or display unit).
- E18**: Internal component (possibly a battery or display unit).
- E19**: Internal component (possibly a battery or display unit).
- E20**: Internal component (possibly a battery or display unit).

Usage And Maintenance



Instruction

1. Max. User Weight is 150 Kg.
2. When moving the machine, grasp the Front Base, you can move it by the PU Wheel.
3. When using the machine, you must ensure it stand steadily on the ground. If it isn't steady, you must adjust the Leveler Foot.
4. The machine has self-generating system (no power required).

Maintenance

1. Tighten the pedals every 3 months.
2. If the Bolts and Screws have the trend of losing, please lock them timely.

Console Panel Functions



Console Panel Functions

CONSOLE PANEL FUNCTION

1. TIME WINDOW

Indicates elapsed time after pressing start in minutes and seconds (0-99minutes, 0-59seconds).

2. SPEED WINDOW

Indicates workout laps per minute on pedal.

3. LEVEL WINDOW

Indicates workout in degree of force L1—L20 in 1 increments.

4. HEART RATE WINDOW

Indicates user's current heart rate (BPM).

5. DISTANCE WINDOW

Indicates Kilometers or Miles traveled in 0.01 increments up to 9.99 and 0.1 increments starting at 10.0 (Range 0.01---999).

6. CALORIE WINDOW

Indicates estimated calories used based on 68 Kg person at the indicated speed, degree of force and time.

7. WATT WINDOW

Indicates user's current to make power (Watt).

8. DOT MATRIX

8.1 Indicates ENTER WEIGHT KGS (or Lbs) when turn on power.

8.2 Indicates message when enter value.

8.3 Indicates workout curve in Program mode.

CONSOLE BUTTONS

1. START

This button is used to start the current program.

2. STOP

This button is used to stop the current program.

3. LEVEL + and LEVEL -

These buttons are used to adjust the degree of force of the machine during workout.

These buttons are also used to adjust the values when setting up your workout.

4. MODE

This button is used to cycle through to the desired program (time countdown, calories countdown, distance countdown mode).



Console Panel Functions

5. ENTER



This button is used to enter value of program mode.

6. MANUAL ONE TOUCH



This button is used to select workout "manual mode".

7. FAT BURN ONE TOUCH



This button is used to select workout "fat burn mode".

8. RANDOM ONE TOUCH



This button is used to select workout "random mode".

9. CARDIO ONE TOUCH



This button is used to select workout "cardio mode".

10. HEART RATE ONE TOUCH



This button is used to select workout "heart rate mode".

11. USER ONE TOUCH



This button is used to select workout "user mode".

CONSOLE OPERATION

1. QUICK START / MANUAL MODE

1.1 Start the pedal

1.2 Indicates "ENTER WEIGHT KGS" in dot matrix, "68" will be flash in degree of force window, Use level of force + or – button to adjust user weight.

1.3 Press "ENTER", Indicates "PRESS START OR SELECT PROGRAM" in dot matrix.

- (1) If press START button through manual mode;
- (2) If press FAT BURN button through fat burn mode;
- (3) If press RANDOM button through random mode;
- (4) If press CARDIO button through cardio mode;
- (5) If press HEART RATE button through heart rate mode;
- (6) If press USER button through user mode.

1.4 If press MODE button to cycle through to time countdown, distance countdown, calories countdown mode.

1.5 If press STOP button will be reset.

Console Panel Functions

2. PROGRAM MODE

2.1 TIME COUNTDOWN MODE

Press MODE button to cycle through time countdown mode After enter weight.

- (1) Indicates TIME COUNTDOWN in dot matrix, Time window will be flash 30:00, Use level + or – button to adjust value;
- (2) Indicates ENTER TIME in dot matrix after 5 seconds;
- (3) Indicates PRESS START in dot matrix after press ENTER button.

2.2 DISTANCE COUNTDOWN MODE

Press MODE button to cycle through distance countdown mode After enter weight.

- (1) Indicates DISTANCE COUNTDOWN in dot matrix, Distance window will be flash "0.00", Use level + or – button to adjust value;
- (2) Indicates ENTER DISTANCE in dot matrix after 5 seconds;
- (3) Indicates PRESS START in dot matrix after press ENTER button.

2.3 CALORIES COUNTDOWN MODE

Press MODE button to cycle through calories countdown mode After enter weight.

- (1) Indicates CALORIES COUNTDOWN in dot matrix, Distance window will be flash "000", Use level + or – button to adjust value;
- (2) Indicates ENTER CALORIES in dot matrix after 5 seconds;
- (3) Indicates PRESS START in dot matrix after press ENTER button.

2.4 PROGRAM

2.4.1 FAT BURN

Press FAT BURN button

- (1) Indicates FAT BURN MODE in dot matrix, Time window will be flash "30:00", Use level + or – button to adjust value;
- (2) Indicates workout curve in dot matrix after 5 seconds;
- (3) Indicates ENTER TIME ENTER TIME in dot matrix after 5 seconds;
- (4) Indicates PRESS START in dot matrix after press ENTER button.

2.4.2 RANDOM

Press RANDOM button

- (1) Indicates RANDOM MODE in dot matrix, Time window will be flash "30:00", Use level + or – button to adjust value;
- (2) Indicates workout curve in dot matrix after 5 seconds;

Console Panel Functions

(3) Indicates ENTER TIME ENTER TIME in dot matrix after 5 seconds;

(4) Indicates PRESS START in dot matrix after press ENTER button.

2.4.3 CARDIO

Press CARDIO button

(1) Indicates CADIO MODE in dot matrix, Time window will be flash "30:00", Use level + or – button to adjust value;

(2) Indicates workout curve in dot matrix after 5 seconds;

(3) Indicates ENTER TIME ENTER TIME in dot matrix after 5 seconds;

(4) Indicates PRESS START in dot matrix after press ENTER button.

2.4.4 HEART RATE

User must wear chest belt when through HEART RATE mode

HR1: Target pulse is 65% of Max. pulse;

HR2: Target pulse is 75% of Max. pulse;

HR3: Target pulse is 85% of Max. pulse.

2.4.4.1 HR1

Press HEART RATE button to cycle through HR1, HR2, HR3

(1) Indicates HEART RATE 1 in dot matrix, Time window will be flash "30:00", Use level + or – button to adjust value;

(2) Indicates ENTER TIME in dot matrix after 5 seconds;

(3) Indicates ENTER AGE in dot matrix after press ENTER button, Pulse window will show target pulse;

(4) Indicates PRESS START after press ENTER button.

2.4.4.2 HR2-HR3

Press HEART RATE button to cycle through HR1, HR2, HR3, the same HR1

2.4.5 USER

Press USER button

(1) Indicates USER PROGRAM in dot matrix, Time window will be flash "30:00", Use level + or – button to adjust value;

(2) Indicates workout curve after 5 seconds;

(3) Indicates ENTER TIME after 5 seconds;

(4) Indicates ENTER RESISTANCE in dot matrix after press ENTER button, Level window will be flash;

(5) First segment will be flash, Using level + or – button to adjust value;

(6) Press ENTER through next segment;

(7) Finished 20 segments, Indicates PRESS START after press ENTER button.

Troubleshooting Guide

Malfunction	Probable Cause	Corrective Action
Heart rate reading is erratic or absent entirely	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes.
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin.
	Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Belt transmitter is not within 3 feet (one meter) of the heart rate receiver.	Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver.
	Chest strap battery is depleted.	Contact Customer Support Services for instructions on how to have the chest strap replaced.
Abnormally elevated heart rate readings	Electromagnetic interference from cell phones.	Move the cross-trainer a few inches away from the probable cause, or move the probable cause a few inches away from the cross-trainer, until the heart rate readings are accurate.
	Electromagnetic interference from computers.	
	Electromagnetic interference from cars.	
	Electromagnetic interference from high voltage power lines.	
	Electromagnetic interference from motor driven exercise equipment.	
	Electromagnetic interference from another heart rate transmitter within three feet (one meter).	

