



# ECE5

# ELLIPTICAL

# OWNER'S MANUAL

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CAUTION! Read all precautions and instructions in this manual before using this equipment.

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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.

**WARNING!** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

### 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.
5. The product should only be used on a level surface and is with 0.5 meters space around the product.

### OPERATION

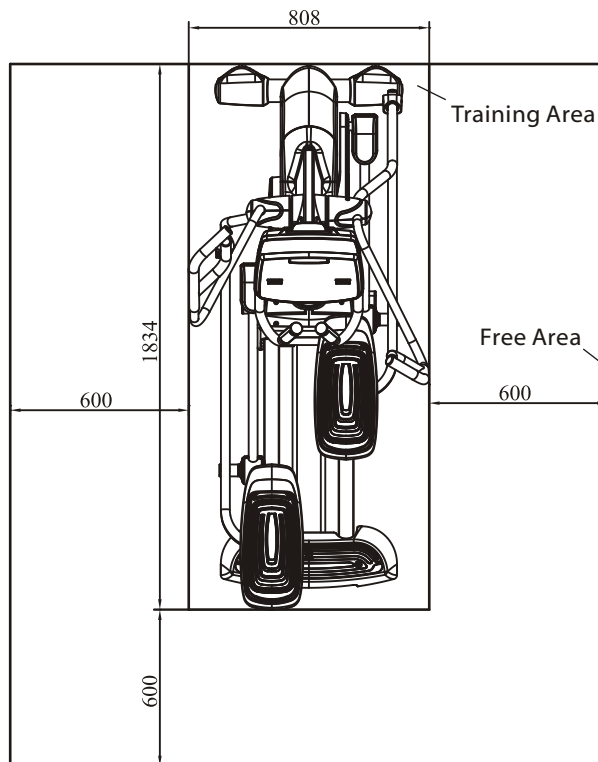
1. Always follow the console instructions for proper operation.
2. Do not reach into, or underneath, the unit, and do not tip the unit on its side during operation.
3. Never insert objects into any opening of the Bike. If any object fall into this equipment, carefully retrieve it while the unit is not 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.

## Important Safety Instructions

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**

### Training Area and Free Area



### Specifications

Class: S

Maximum User Weight: 150Kg/ 330lbs

Product Total Surface: 808\*1834mm

Product Total Mass: 127.5kg/ 280.5lbs

# 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

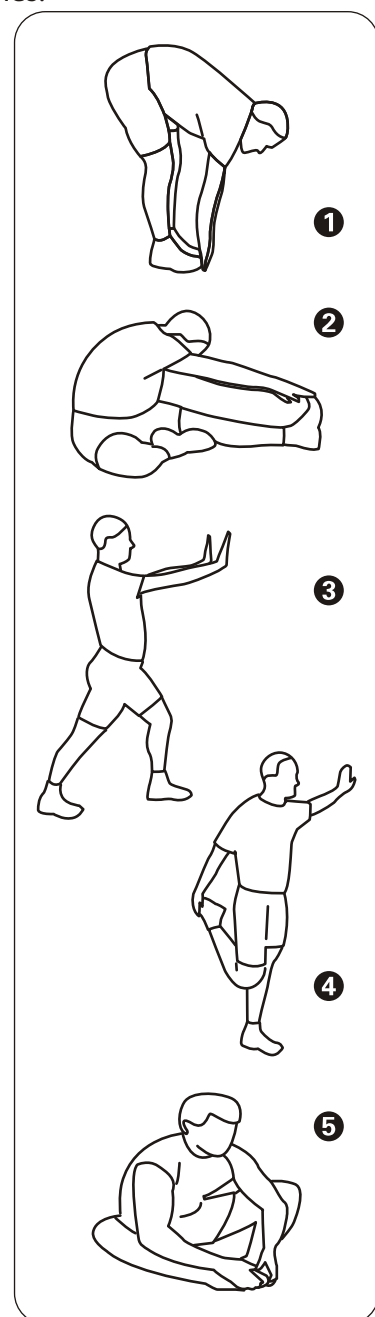
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the achilles tendon,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



# Console Panel Functions

## CONSOLE OVERVIEW



## PROGRAM BUTTONS

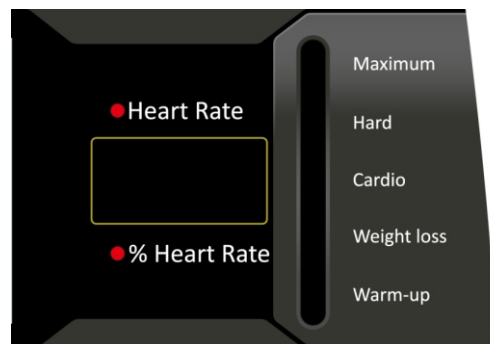
**Target:** Time, Calories, Distance, Steps

**Program:** P1=Manual P2=Cardio P3=Interval P4=Burn Calories P5=Heart Rate  
P6=Random P7=Hill P8=Advanced

**My Workout:** 1 customized programs, can be modified by users.



## Heart Rate zone



# Console Panel Functions

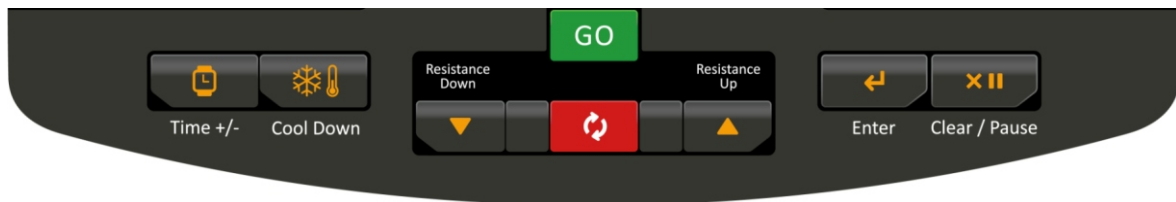
## Lower LED + display controls



## Upper LED



## User control buttons



## PROGRAMMING

### Welcome message:

When console turns on or after reset:

The lower LED windows scrolls "PRESS GO OR SELECT PROGRAM TO BEGIN".

The upper LED windows displays Logo for 3 seconds, then clear display.

### Target, Programs, My workout:

#### If TARGET is selected

Lower LED scrolls "CALORIES TARGET".

Lower LED scrolls "PRESS ADJUST KEYS TO LOOP OR PRESS ENTER TO SELECT."

User can use Resistance adjustment keys: "+" or "-" to loop through all 4 Target programs: "CALORIES TARGET, DISTANCE TARGET, TIME TARGET, STEPS TARGET". Press Enter to select.

## Console Panel Functions

### **If CALORIES TARGET is selected**

Lower LED scrolls "CALORIES TARGET: ENTER CALORIES".

Lower LED displays "100kcal".

"100kcal" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value by 20 kcal.

Press Enter to confirm.

Lower LED scrolls "ENTER WEIGHT".

Lower LED displays "70kg".

"70kg" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

Program starts.

### **If DISTANCE TARGET is selected**

Lower LED scrolls "DISTANCE TARGET: ENTER DISTANCE".

Lower LED displays "5km".

"5km" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

Program starts.

### **If TIME TARGET is selected**

Lower LED scrolls "TIME TARGET: ENTER TIME".

Lower LED displays "30mins".

"30mins" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

Program starts.



## Console Panel Functions

### **If STEPS TARGET is selected**

Lower LED scrolls "STEPS TARGET: ENTER STEPS".

Lower LED displays "8000".

"8000" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value by 500 steps.

Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

Program starts.

### **Programs**

Program: P1=Manual P2=Cardio P3=Interval P4=Burn Calories P5=Heart Rate  
P6=Random P7=Hill P8=Advanced

Press self to loop through 8 programs.

For all 8 programs:

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Upper LED Displays: "P1" or "P2"..... according to user selection.

Lower LED scrolls "MANUAL MODE" at P1, shows "CARDIO MODE" at P2.....

Lower LED scrolls "PRESS ADJUST KEYS TO LOOP OR PRESS ENTER TO SELECT."

Press Enter to select or GO to Begin.

### **If Manual (P1) is selected**

Lower LED scrolls "MANUAL MODE: ENTER WEIGHT".

Lower LED displays "70kg".

"70kg" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter to confirm.

Lower LED scrolls "ENTER TIME".

Lower LED displays "20mins".

"20mins" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

Program starts.

## Console Panel Functions

### **If Cardio (P2) is selected**

Lower LED scrolls "CARDIO MODE: ENTER WEIGHT".

Lower LED displays "70kg".

"70kg" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter to confirm.

Lower LED scrolls " ENTER TIME".

Lower LED displays "20mins".

"20mins" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

Program starts.

### **If Interval (P3) is selected**

Lower LED scrolls "INTERVAL MODE: ENTER WEIGHT".

Lower LED displays "70kg".

"70kg" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter to confirm.

Lower LED scrolls " ENTER TIME".

Lower LED displays "20mins".

"20mins" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter to confirm.

Lower LED scrolls "ENTER LOWER RESISTANCE LIMIT".

Lower LED displays "8".

"8" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter to confirm.

Lower LED scrolls " ENTER UPPER RESISTANCE LIMIT".

Lower LED displays "10".

"10" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

Program starts.

## Console Panel Functions

### **If Burn Calories (P4) is selected**

Lower LED scrolls "BURN CALORIES MODE: ENTER MAX RESISTANCE".

Lower LED displays "10".

"10" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

Program starts.

### **If Heart Rate (P5) is selected**

Lower LED scrolls "HEART RATE TRAINING: 65%HR".

Lower LED scrolls: "PRESS ENTER TO SELECT. USE RESISTANCE ADJUSTMENT KEY TO SEE OTHER PROGRAMS".

User can use Incline keys or Resistance adjustment keys: "+" or "-" to loop through all 3 HR programs: 65%, 75%, 85%.

Press Enter to select:

If 65% is selected

Lower LED scrolls "65%HR: ENTER WEIGHT".

Lower LED displays "70kg".

"70kg" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter to confirm.

Lower LED scrolls "ENTER TIME".

Lower LED displays "20mins".

"20mins" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter to confirm.

Lower LED scrolls "ENTER AGE".

Lower LED displays "40".

"40" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

Program starts.

## Console Panel Functions

Lower LED scrolls "HEART RATE TRAINING 75%HR".

If 75% is selected.

Lower LED scrolls "75%HR: ENTER WEIGHT".

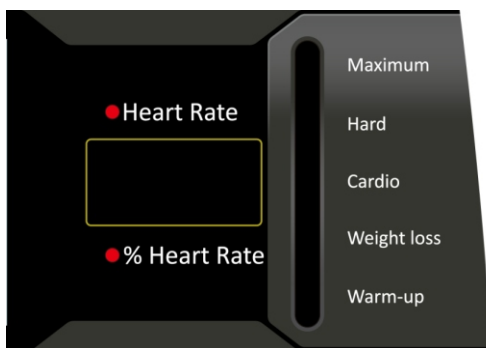
Same as above.

Lower LED scrolls "HEART RATE TRAINING 85%HR".

If 85% is selected.

Lower LED scrolls "85%HR: ENTER WEIGHT".

Same as above.



There are totally 10 lamps from warm-up to Maximum.

*When user's current heart rate less than 55% of user's HRmax, the 1st lamp is lighting.*

*When user's current heart rate up to 55% of user's HRmax, the 2nd lamp starts to light up.*

*When user's current heart rate up to 60% of user's HRmax, the 3rd lamp starts to light up.*

*When user's current heart rate up to 65% of user's HRmax, the 4th lamp starts to light up.*

*When user's current heart rate up to 70% of user's HRmax, the 5th lamp starts to light up.*

*When user's current heart rate up to 75% of user's HRmax, the 6th lamp starts to light up.*

*When user's current heart rate up to 80% of user's HRmax, the 7th lamp starts to light up.*

*When user's current heart rate up to 85% of user's HRmax, the 8th lamp starts to light up.*

*When user's current heart rate up to 90% of user's HRmax, the 9th lamp starts to light up.*

*When user's current heart rate up to 95% of user's HRmax, the 10th lamp starts to light up.*

### **If Random (P6) is selected**

Lower LED scrolls "RANDOM MODE: PRESS ENTER OR GO TO BEGIN".

Upper LED displays "3", "2", "1".

Program starts.

## Console Panel Functions

### **If Hill (P7) is selected**

Lower LED scrolls "HILL MODE: ENTER WEIGHT".

Lower LED displays "70kg".

"70kg" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter to confirm.

Lower LED scrolls " ENTER TIME".

Lower LED displays "20mins".

"20mins" flash once and holds.

Press Enter or GO to confirm.

Upper LED displays "3","2","1".

Program starts.

### **If Advanced (P8) is selected**

Advanced Program: 6K steps, 8K steps, Fat burn

Lower LED scrolls "ADVANCED MODE: 6K STEPS".

Lower LED scrolls: "PRESS ADJUSTMENT KEY TO LOOP, OR PRESS ENTER TO SELECT."

If pressed adjust key Lower LED scrolls "ADVANCED MODE: 8K STEPS".

If pressed adjust key Lower LED scrolls "ADVANCED MODE: FAT BURN".

Press adjust key to loop through 3 programs, press Enter to select.

For all 3 programs:

If 6K Steps is selected

Upper LED displays "3","2","1".

Program Starts.

If 8K Steps is selected

Upper LED displays "3","2","1".

Program Starts.

If Fat burn is selected:

Lower LED scrolls "FAT BURN MODE: ENTER WEIGHT".

Lower LED displays "70kg".

"70kg" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter to confirm.

## Console Panel Functions

Lower LED scrolls " ENTER AGE".

Lower LED displays "40".

"40" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Lower LED scrolls " ENTER TIME".

Lower LED displays "20mins".

"20mins" flash once and holds.

User can use Resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

Program starts.

### **My workouts**

If My workouts is selected

Lower LED scrolls "MY WORKOUTS - DESIGN YOUR OWN WORKOUT".

Upper LED displays "70kg".

"70kg" flash once and holds.

User can use resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter to confirm.

Lower LED scrolls "ENTER AGE".

Lower LED displays "40".

"40" flash once and holds.

User can use resistance adjustment keys: "+" or "-" to adjust the default value.

Lower LED scrolls "ENTER TIME".

Lower LED displays "20mins".

"20mins" flash once and holds.

User can use resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter to confirm.

User can use resistance adjustment keys: "+" or "-" to adjust the default value.

Press Enter to confirm and go into the next segment. User can set the 16 segments.

Finished setting the 16th segment.

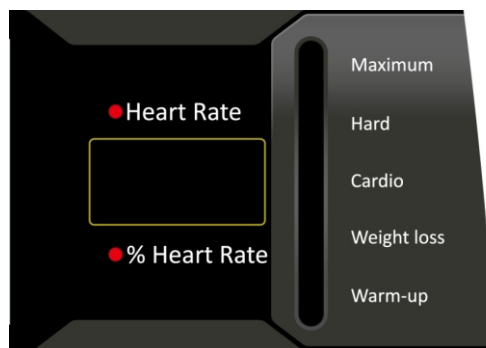
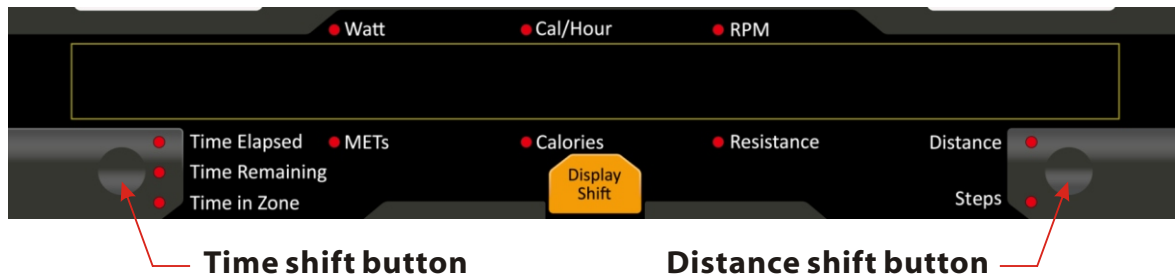
Press Enter or GO to confirm.

Upper LED displays "3", "2", "1".

Program starts.

## Console Panel Functions

### Lower LED + display controls



The default display for above windows is always: Time Elapsed, METs, Calories, Resistance, Distance.

If user pressed the "Display shift".

Then 3 windows in the middle + Heart rate window, will change to other displays.

METS -> Watt

Calories -> Cal/Hour

Resistance -> RPM

Heart Rate -> % HeartRate

If user pressed the "Time shift button"

Time elapsed -> Time Remaining -> Time in zone loop through per press.

Time Elapsed: time passed since workout started.

Time Remaining: remaining time of a workout program.

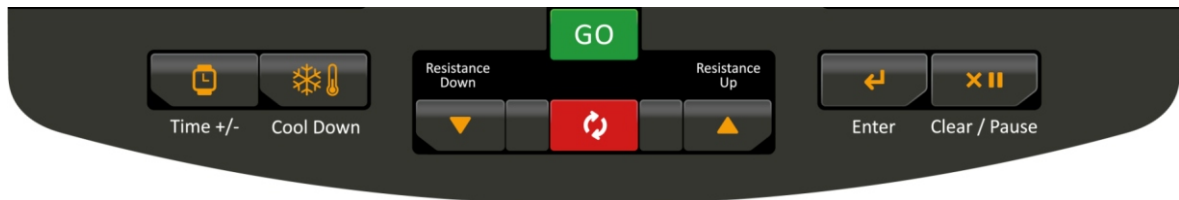
Time in Zone: Time passed in a specific target heart rate zone, only active when heartrate program is activated.

If user pressed the "Distance shift button"

Distance -> Steps loop through per press.

## Console Panel Functions

### User control buttons



#### **TIME +/-**

During workout: Press once, Time window flashes, user can use Resistance adjustment keys to change the value and press Enter to save.

#### **COOL DOWN**

Press once, enter "COOL DOWN" mode.

#### **GO**

Press once when outside of a program.

Upper LED displays "3", "2", "1".

Program starts.

#### **Reset**

Press once, Console resets.

#### **RESISTANCE ADJUSTMENT**

Press up arrow and down arrow buttons to adjust the resistance by 1.

#### **ENTER**

Data entering, start programs.

#### **CLEAR/ PAUSE**

Clear the value entered. Console value is not changed, Lower LED scrolls "PAUSE, PRESS GO TO RESUME". Upper LED displays "II".



## 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 bike a few inches away from the probable cause, or move the probable cause a few inches away from the bike, 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).	