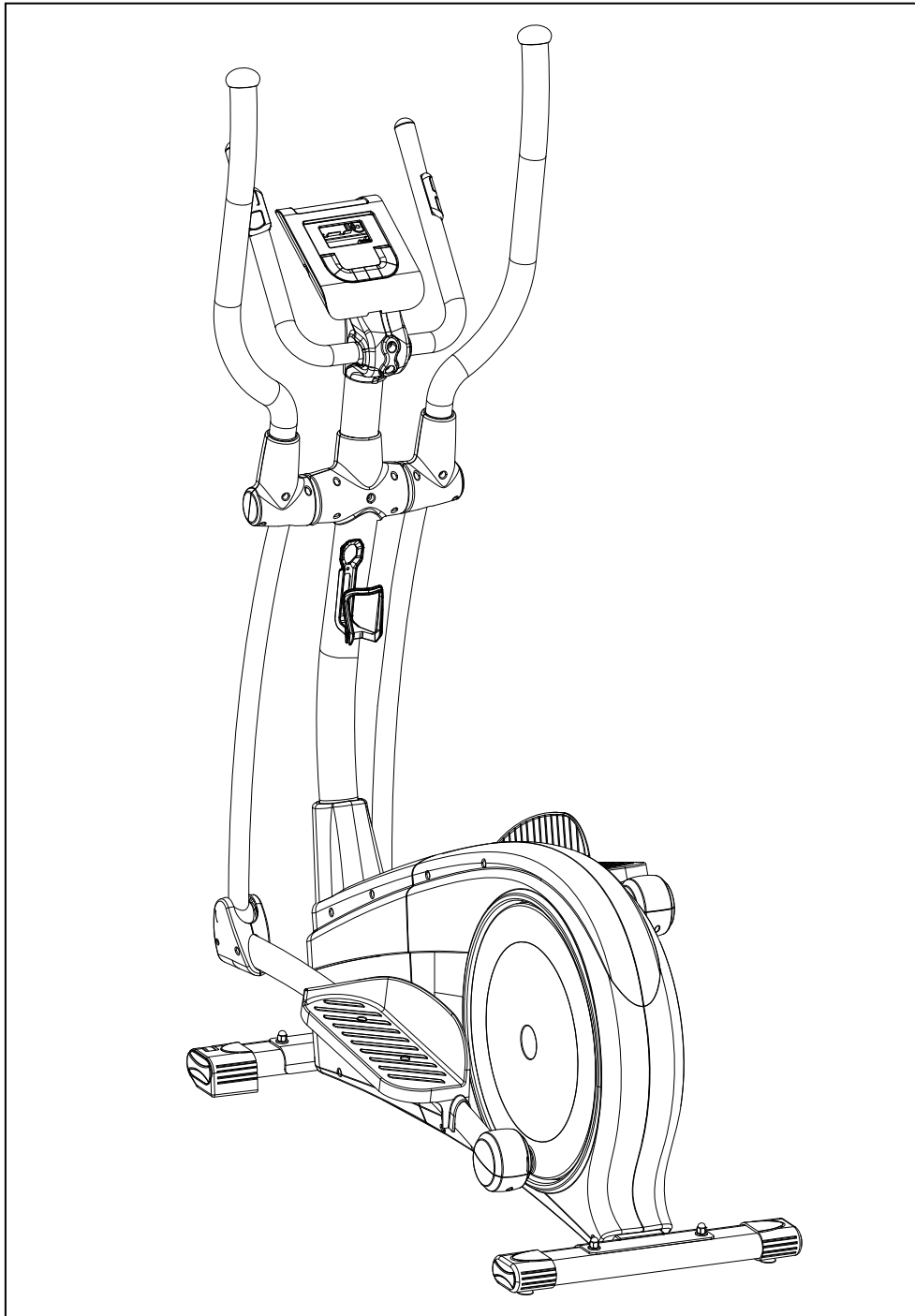
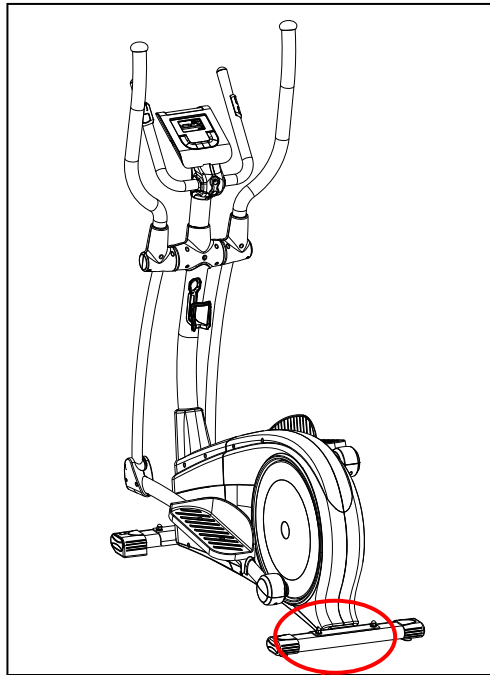


Casall X400 CROSSTRAINER 93002

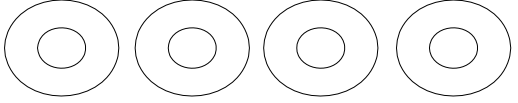
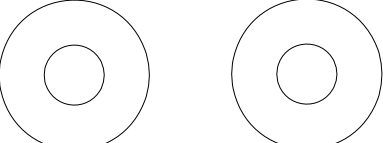
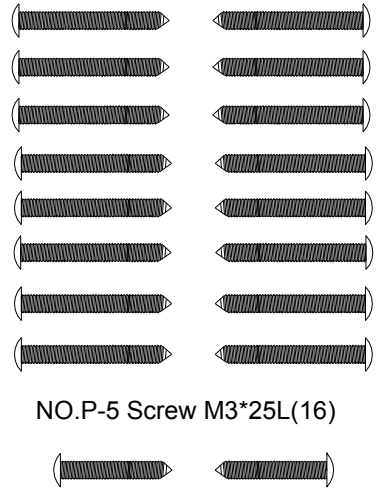
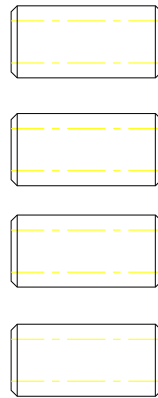
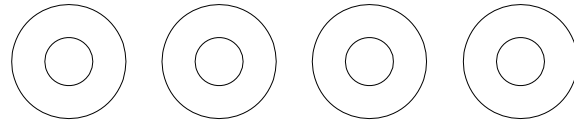
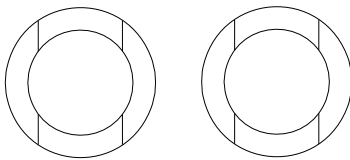
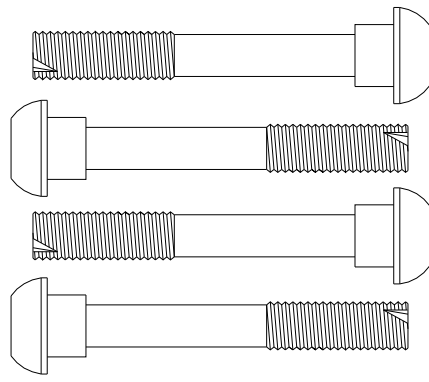
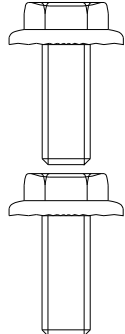
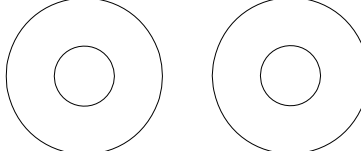
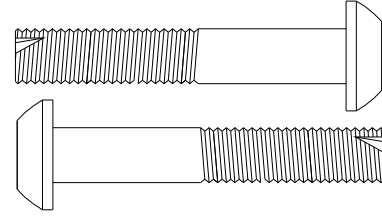
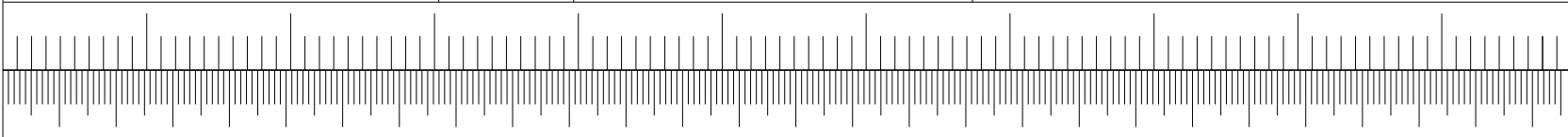


- Important: Please locate your serial number and record in the box below for service support purposes.

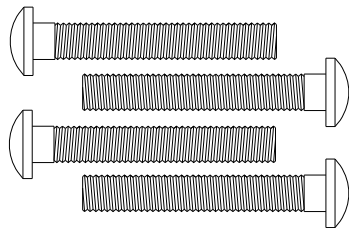
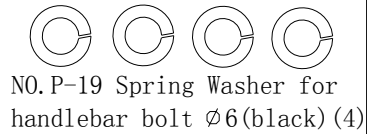


- Serial number here:

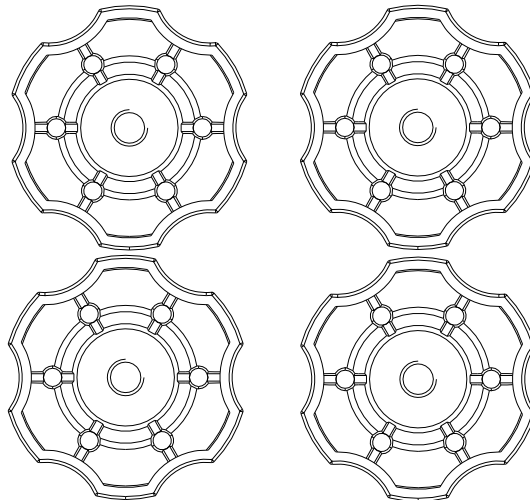
X 4 0 0

 <p>NO.P-10 Curved washer for $\varnothing 8 \times \varnothing 19 \times 2T$ bolt (4)</p>	 <p>NO.P-21 Plastic washer $\varnothing 10 \times \varnothing 25 \times 0.5t$ (2)</p>	 <p>NO.P-5 Screw M3*25L (16)</p> <p>NO.P Screw M3*14L (2)</p>	 <p>NO.P-20 Pivot Tube (4)</p>
 <p>NO.P-13 Flat washer for $\varnothing 8 \times \varnothing 19 \times 2T$ bolt (4)</p>	 <p>NO. P-8 Curve washer $\varnothing 17.5 \times \varnothing 25 \times 0.3T$ (2)</p>		
 <p>NO:P-14 Allen Bolt M8*1.25*55L (4)</p>	 <p>NO.P-7 Hex bolt M8X20L (movable handlebar) (2)</p>	 <p>NO.P-6 Flat washer $\varnothing 10 \times \varnothing 26 \times 2T$ (2)</p>	 <p>NO.P-15 Allen Bolt (movable handlebar) M8*55 (2)</p>
			

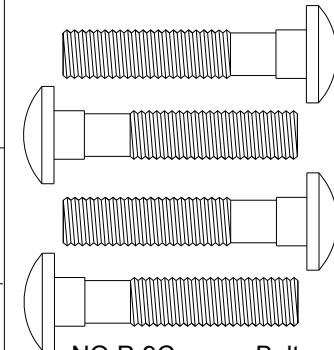
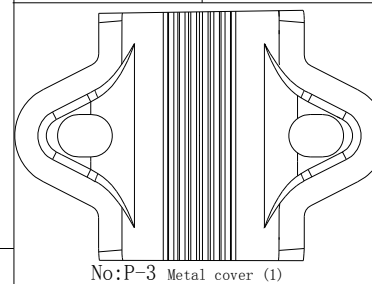
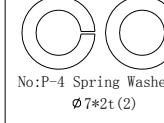
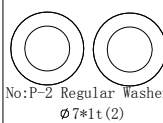
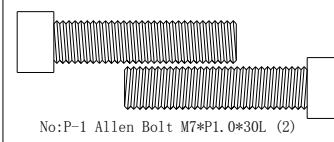
X 4 0 0



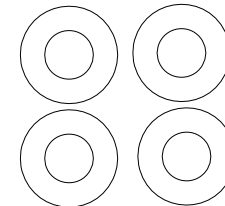
NO.P-17 Carrage bolt M6*P1.0*40L (black) (4)



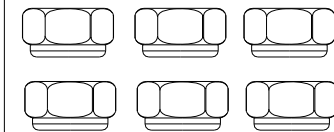
NO.P-18 Knob (foot pedal) M6*P1.0 (4)



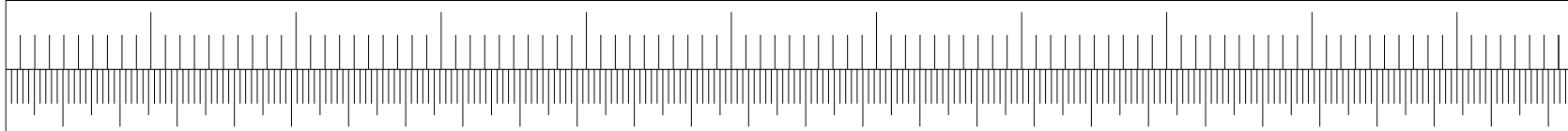
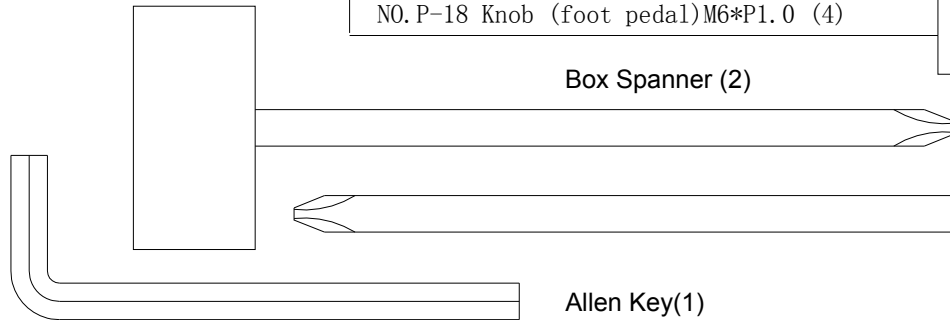
NO.P-9 Carrage Bolt M8x40mm (4)



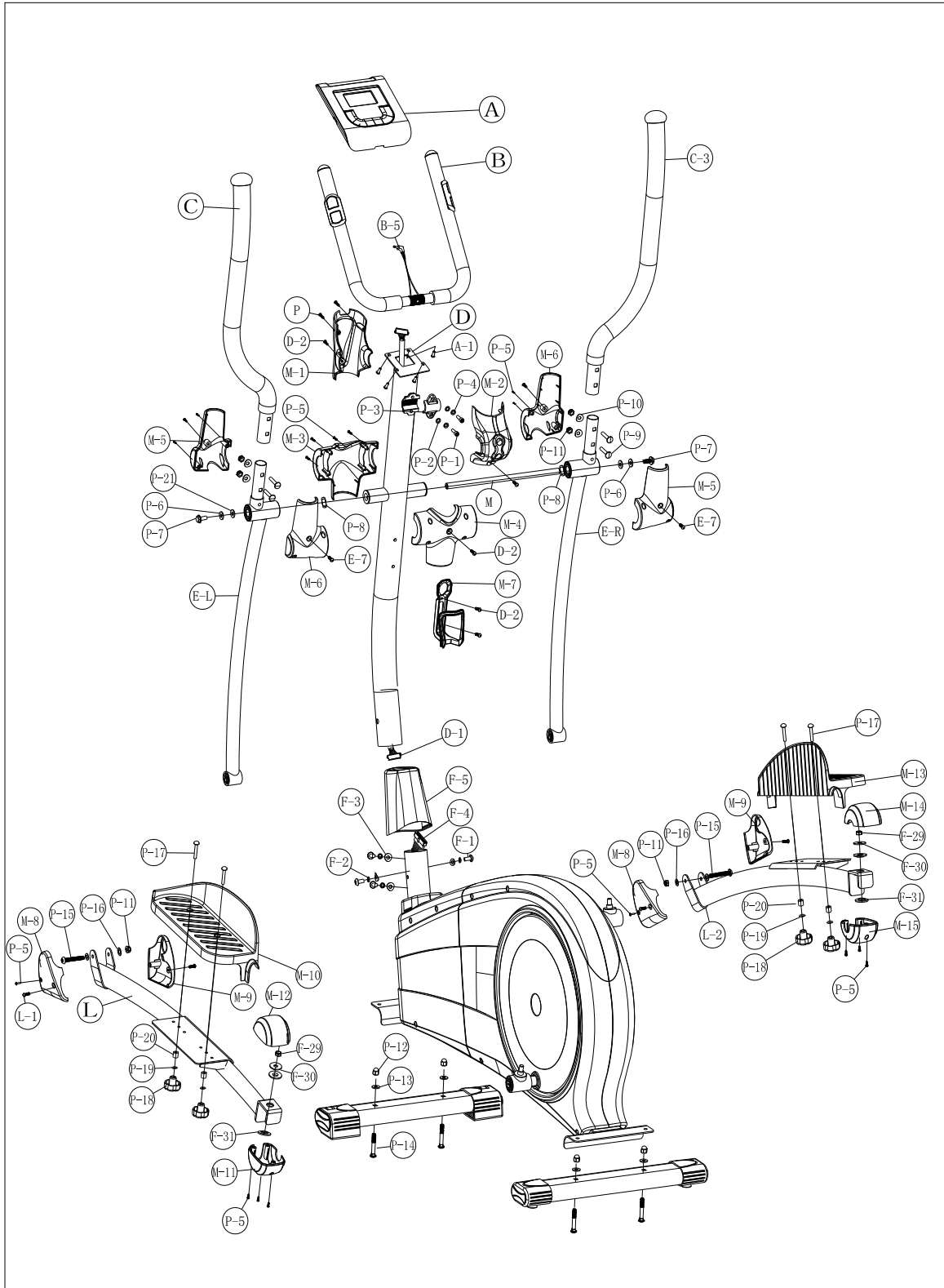
NO.P-16 Flat Washer $\varnothing 16$ for M8 bolt(2)



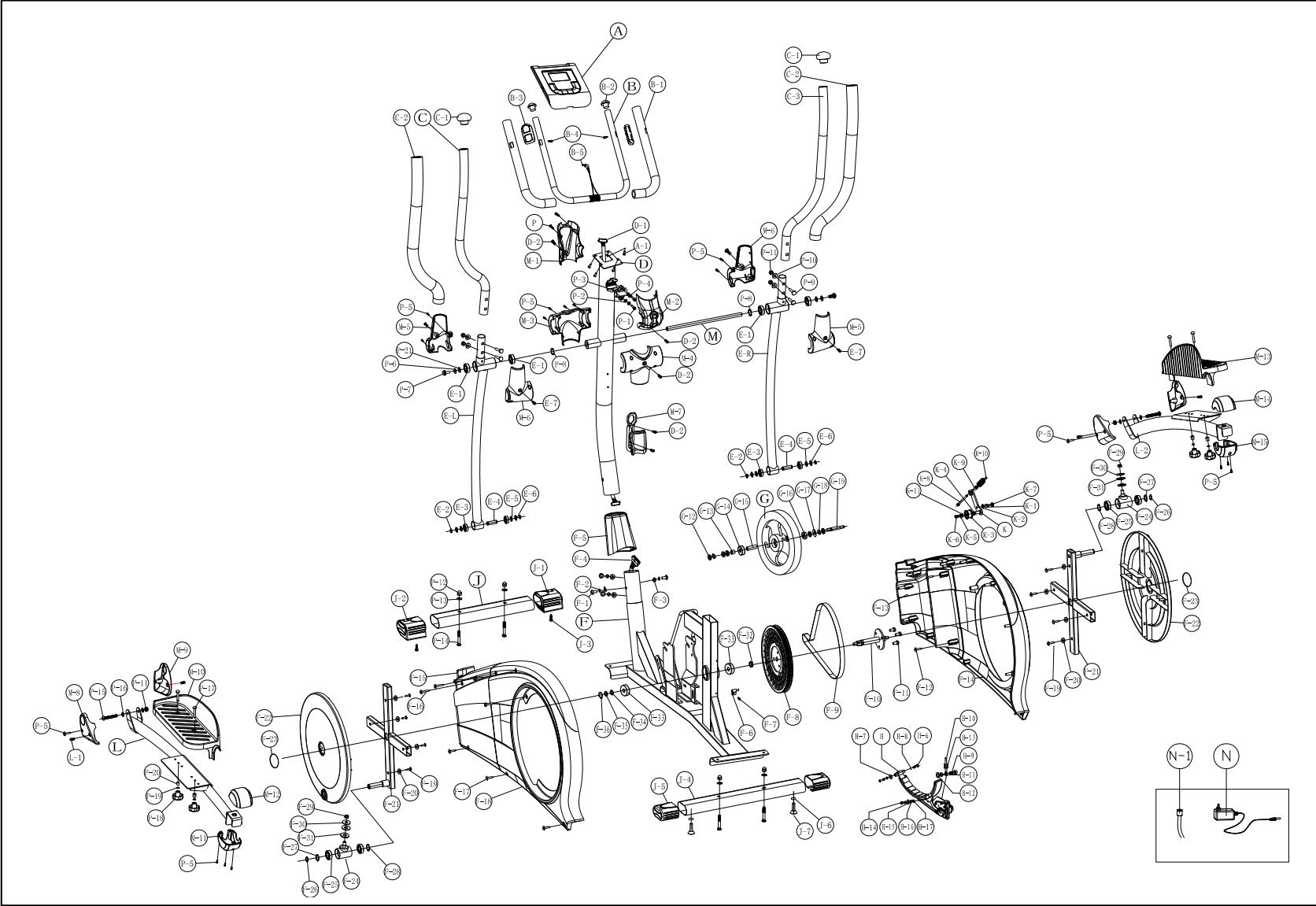
NO.P-11 lock nut for M8 bolt (6)



Assembly Diagram



EXPLODED DIAGRAM



PARTS LIST

No.	Item	spec.	Q'ty
A , A-1	Computer & Screw for computer		1SET
B	Front handlebar		1PC
B-1	Foam grip for front handlebar		2PCS
B-2	End cap for foam grip	φ 7/8"	2PCS
B-3	Hand pulse	WP1007-33B	1SET
B-4	Screw	M3x20L	2 PCS
B-5	Wire for hand pulse		1 PC
C	Upper handlebar (L)		1PC
C-1	End cap for upper handlebar (R&L)	φ1 1/4"	2PCS
C-2	Foam grip for upper handlebar		2PCS
C-3	Upper handlebar (R)		1PC
D	Handlebar post		1PC
D-1	Upper computer cable		1PC
D-2	Screw for computer cover	M5xP0.8x14L	5PCS
E-L,E-R~E7	First-lower handlebar (R& L)		1SET
F	Main frame		1SET
F-1	Allen bolt for handlebar post	M8xP1.25x16L	4PCS
F-2	Spring washer for handlebar post	φ 8.1*φ12.9*2.4T	4PCS
F-3	Semicircle washer for handlebar post	φ 8xφ19x2t	4PCS
F-5	Cover for handlebar post		1PCS
F-6	Sensor box		1PC
F-7	Screw for sensor box	M4x10L	1PC
F-8	Big pulley		1PC
F-9	Belt J6 1168m/m		1PC
F-10	Shaft		1PC
F-11	Hexagonal screws	M8xP1.25x12Lx5t	3PC
F-12	Screw for chain cover	M4x20L	4PCS
F-13	Right chain cover for front		1PC
F-14	Right chain cover for rear		1PC
F-15	Left chain cover for front		1PC
F-16	Screw for chain cover	M4x50L	8PCS
F-17	Screw for chain cover	3/16 "	8PCS
F-18	Left chain cover for rear		1PC
F-19	Screw for cross disc	M4x14L	8PCS
F-20	Flat washer	φ 5xφ16x1t	8PCS

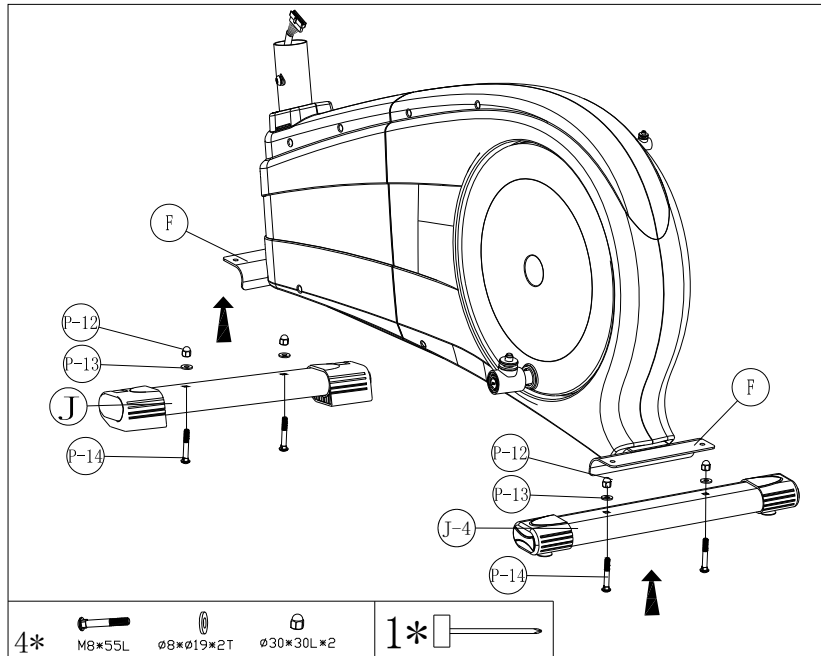
F-21	Cross disc		2PCS
F-22	Round disc		2PCS
F-23	Cap for round disc		2PCS
F-24~F-31	Crank connection set		2PCS
F-32	Bushing	φ 20.5xφ25x7.5mm	1PC
F-33	Bearing	6004RS	2PCS
F-34	Wave washer	ø20xø30x0.3t	1PC
F-35	Flat washer	ø20.3xø30x1t	1PC
F-36	C-type ring	ø20	1PC
G,G-12~G-19	Flywheel set		1SET
H,H-6 ~H17,F-4	Magnetic set & Gear box		1SET
J	Front stabilizer		1PC
J-1	Front transportation wheel (Right)		1PC
J-2	Front transportation wheel (Left)		1PC
J-3	Screw	3/16"	2PC
J-4	Rear stabilizer		1PC
J-5	End cap for rear stabilize		2PCS
J-7	Adjustment cap for rear stabilizer		2PCS
K~K-11	Idler wheel set		1SET
L	Pedal post (Left)		1PC
L-1	Screw	M5xP0.8x14L	4PCS
L-2	Pedal post (Right)		1PC
M	Axle for handlebar post		1PC
M-1	Front cover for front post		1PC
M-2	Rear cover for front post		1PC
M-3	Front cover for handlebar post		1PC
M-4	Rear cover for handlebar post		1PC
M-5	Cover for first-lower handlebar		2PCS
M-6	Cover for first-lower handlebar		2PCS
M-7	Bottle holder		1PC
M-8	Front cover (for Left) pedal post		2PCS
M-9	Front cover (Right) for pedal post		2PCS
M-10	Pedal (Left)		1PC
M-11,M-12	Left rear cover (upper/down) for pedal post		1SET
M-13	Pedal (Right)		1PC
M-14,M-15	Right rear cover (upper/down) for pedal post		1SET
N	Adaptor		1PC
N-1	DC Cable		1PC

P~P-21	Bolts & nuts pack		1SET
--------	-------------------	--	------

ASSEMBLY STEPS

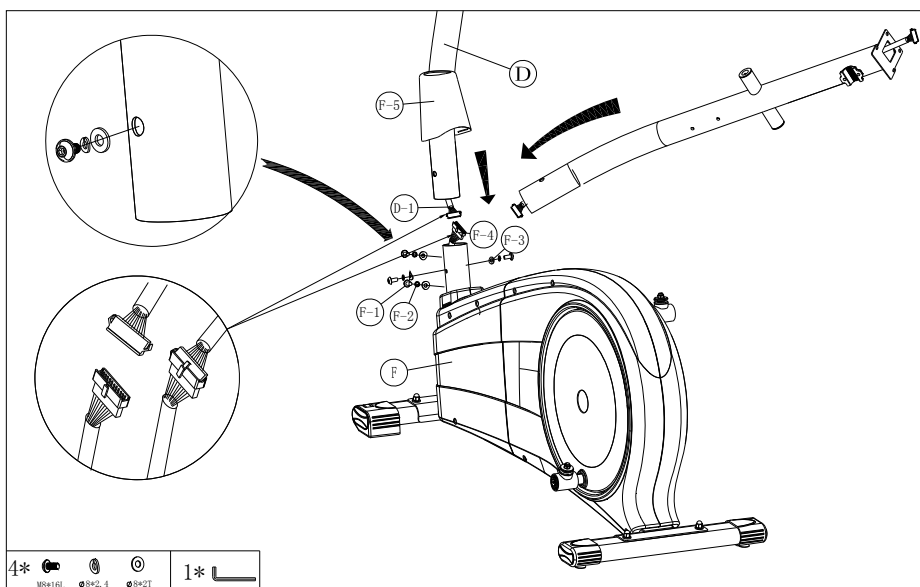
STEP 1

1. Attach the Front Stabilizer (pt.J) to the Main Frame (pt.F) using two M8x55L carriage bolts (pt.P-14), Flat washer (pt.P-13) and nuts (pt.P-12).
2. Attach the Rear Stabilizer (pt.J-4) to the Main Frame (pt.F) using two M8x55L carriage bolts (pt.P-14), Flat washer (pt.P-13) and nuts (pt.P-12).



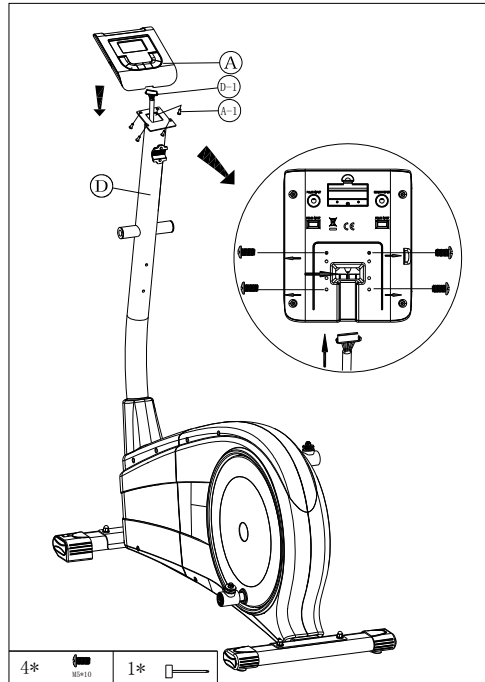
STEP 2

1. Please remove four sets of the M8x16 Allen bolt (pt.F-1) and Semicircle washers (pt.F-3) and Spring washers (pt.F-2) from the Main Frame (pt.F)
2. Take the Handlebar post (pt.D) and pass it through the Handlebar post cover (pt.F-5).
3. Hold the Handlebar Post (pt.D) and connect the Lower Computer Cable (pt.F-4) and the Upper Computer Cable (pt. D-1)
4. Slide the Handlebar Post (pt.D) into the Main Frame then fix with four sets of M8x16 Allen bolt (pt.F-1) and Semicircle washers (pt.F-3) and Spring washers (pt.F-2) from the Main Frame (pt.F).



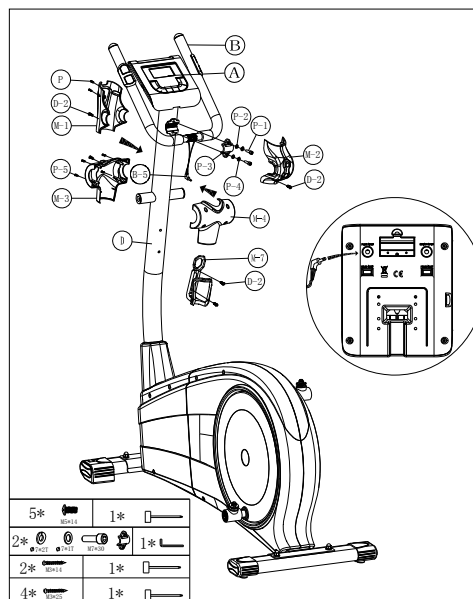
STEP 3

1. Connect the Computer cables (pt .D-1) to the Computer (pt.A). Then attach the Computer (pt .A) to the Computer bracket with the enclosed Screws (pt. A-1).



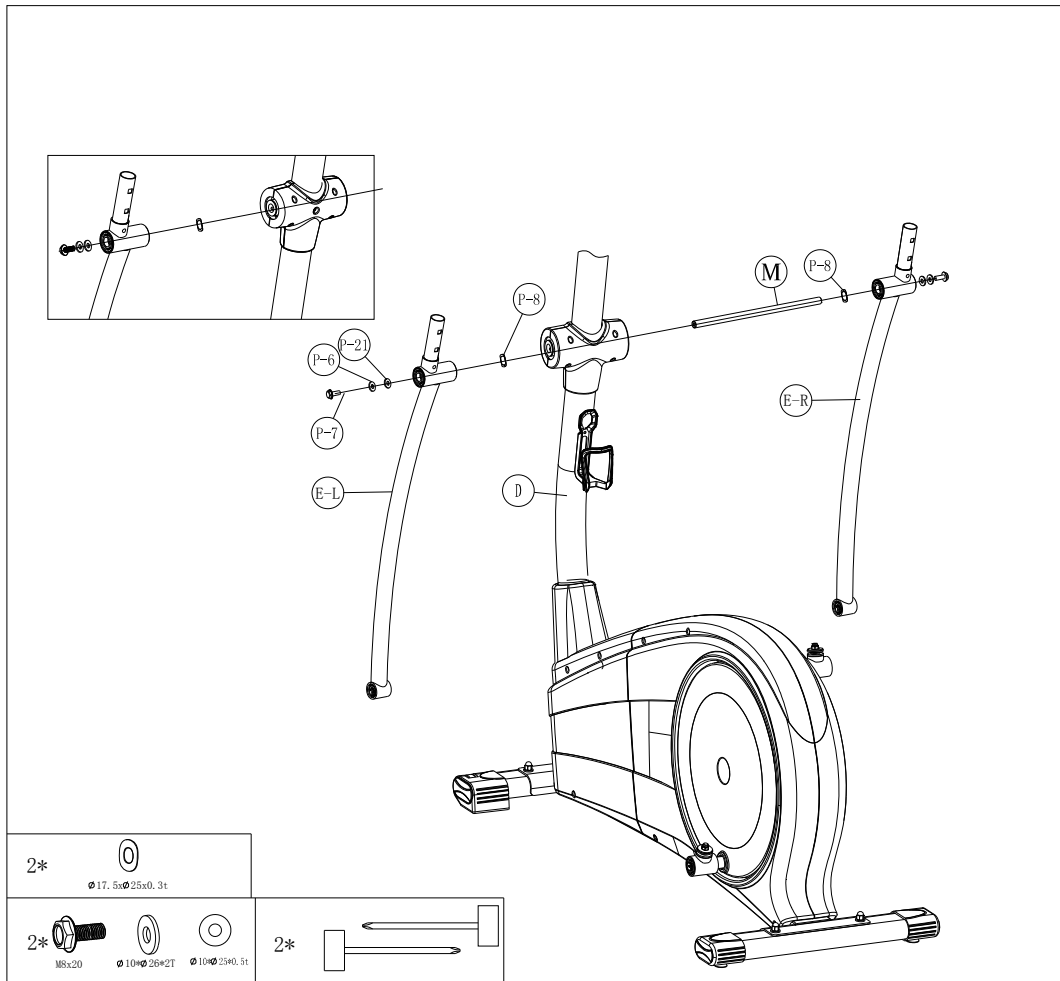
STEP 4

1. Remove the pre-installed Screws (pt.D-2) on the handlebar post first.
2. Attach the Front handlebar (pt.B) to the Handlebar post (pt.D) using the clamp cover (pt.P-3), and then fix with two Flat Washers (pt.P-2), two Spring Washers (pt.P-4), two Fixing Bolt (pt.P-1).
3. Connect the Wire (pt .B-5) to the Computer (pt.A).
4. Assemble the Front post cover (Front & Rear) (M-1 & M-2) to the handlebar post using Screw (M5x14L) (D-2), Screw (M3*25) (P).
5. Attach the Cover (Front & Rear) (M-3 & M-4) to the handlebar post (pt.D) using Screw (M3x14L) (D-2), Screw (M3*25) (pt.P-5).
6. Remove the pre-installed Screws (pt.D-2) on the handlebar post (pt.D), and then assemble the Bottle holder (pt.M-7) by Screw (pt. D-2).



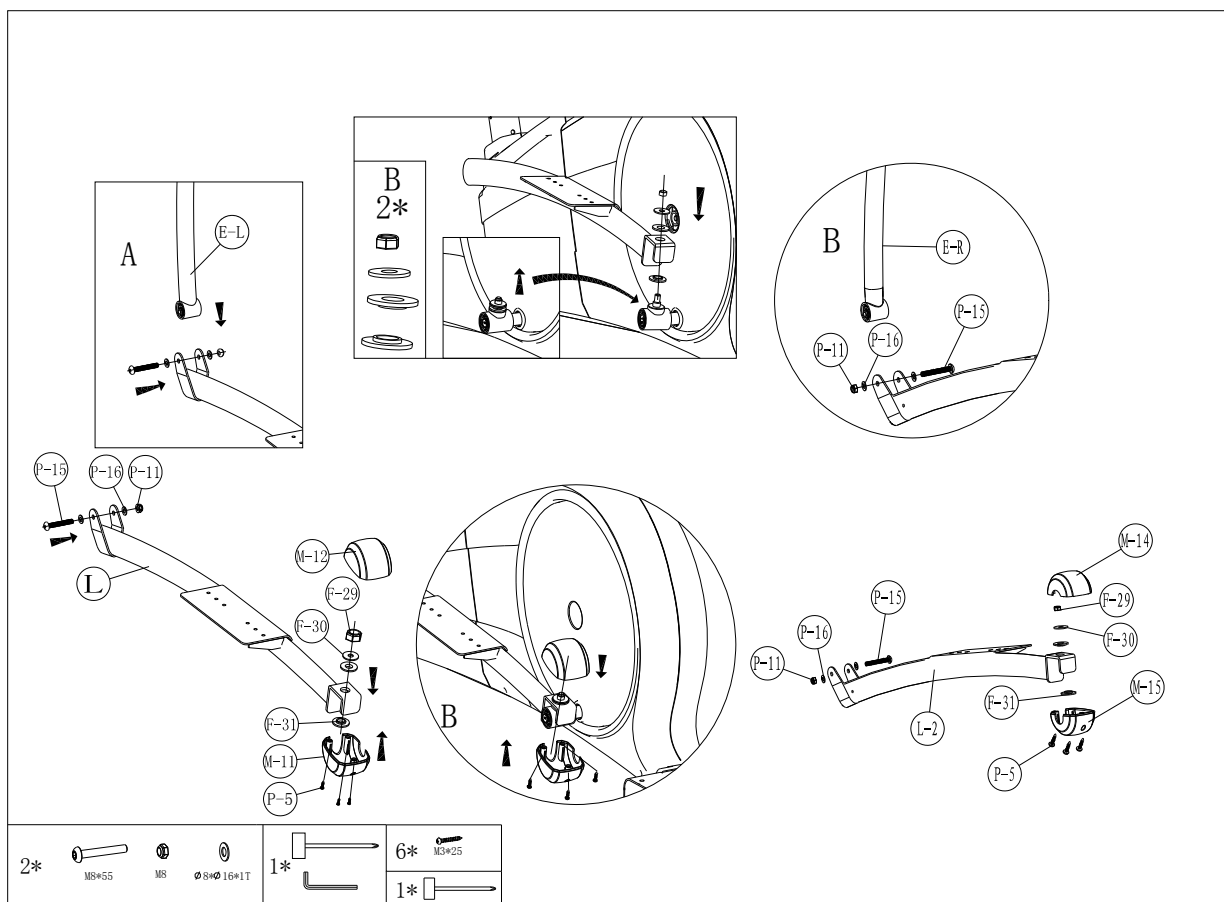
STEP 5

Fix the Left and Right lower handlebar (pt.E & E-8) to the Handlebar Post (pt.D) with one Axle (pt.M), two sets of Wave washer (pt.P-8), Gasket (pt.P21) and Flat washers (pt.P-6) and Allen bolt (pt.P-7).



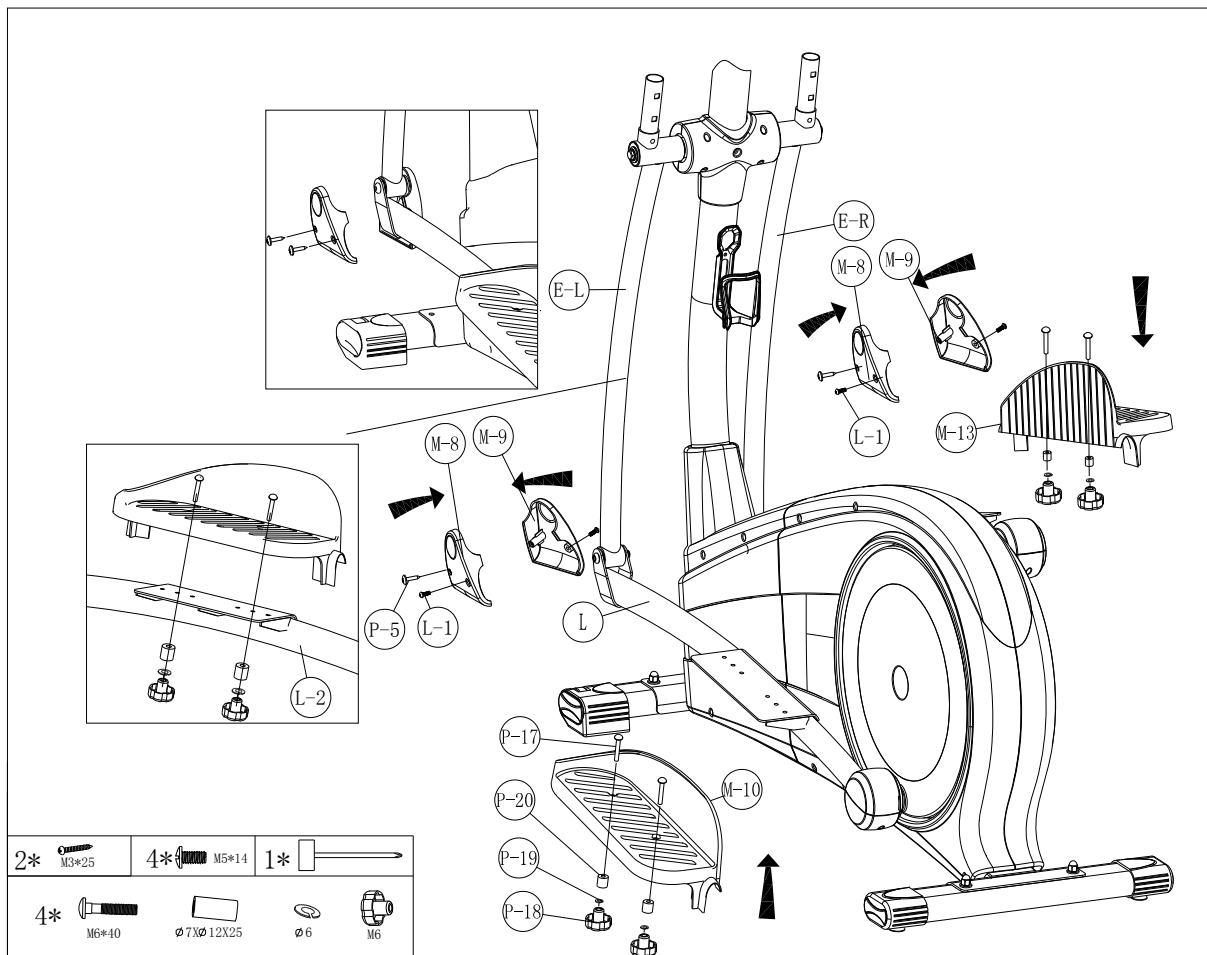
STEP 6

1. Attach the Left and Right lower Handlebar (pt.E-L & E-R) to the Left and Right pedal post (pt.L & L-2) using two Allen bolt (pt.P-15), four Flat washers (pt.P-16) and two Nylon nuts (pt.P-11). --- **Figure A,B**
2. Please remove of the Nylon nuts (pt.F-29), Flat washers (pt.30) and Plastic washers (pt.F-31) from the Crank connection ----Figure C
3. Attach the Pedal post (pt.L & L-2) onto the Crank connection set using Nylon nuts (pt.F-29), Flat washers (pt.30) and Plastic washers (pt.F-31). --- **Figure C**
4. Connect the Right rear cover (upper) (pt.M-14) and Right rear cover (lower) (pt.M-15) to the Left pedal post (pt.L) using screw (pt.P-5). --- **Figure D**
5. Connect the Left rear cover (upper) (pt.M-12) and Left rear cover (lower) (pt.M-11) to the Right pedal post (pt.L-2) using screw (pt.P-5). --- **Figure D**

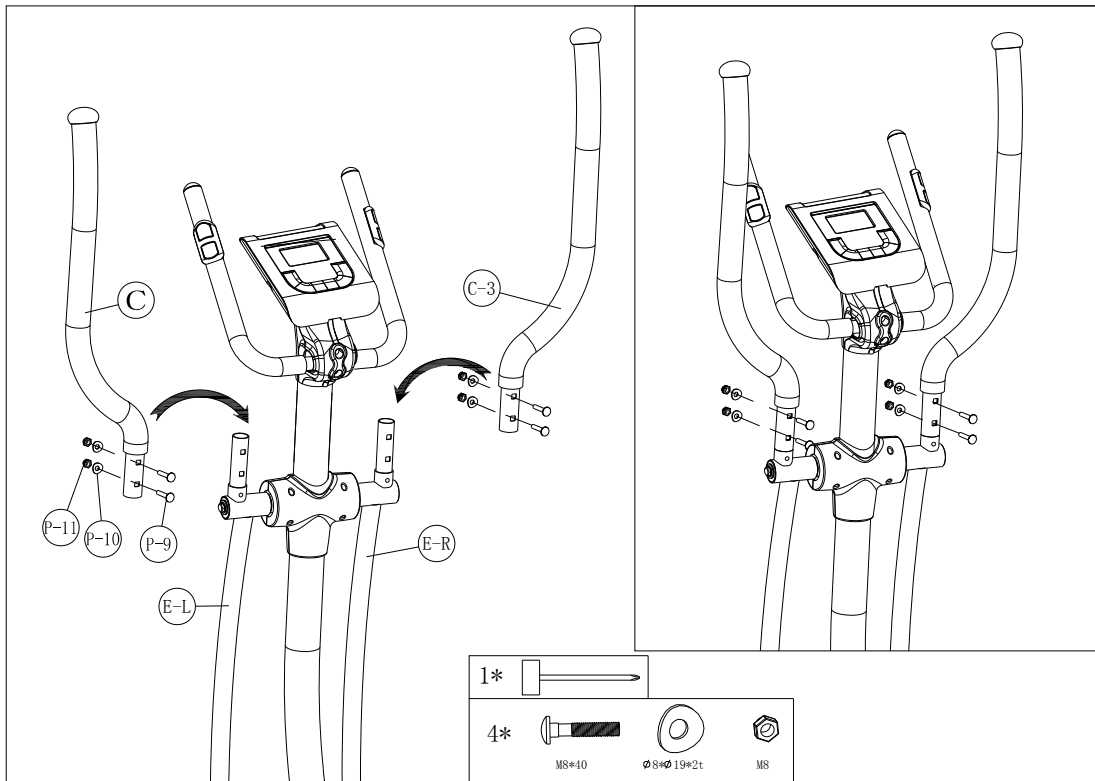


STEP 7

1. Remove the pre-installed screws (pt.L-1) on the Pedal post first.
2. Attach the Lower handlebar (pt.E-R/L) to the left and right pedal post (pt.L & L-2), and then close the cover (pt.M-8 & M-9) using screws (pt.P-5 & L-1).
3. Assemble the Right pedal (pt.M-13) onto the Right pedal post (pt.L-2) with 2 Knobs (pt. P-18), 2 Spring washers (pt.P-19), 2 Bushings (pt.P-20) and 2 Carriage bolts (pt.P-17).
4. Assemble the Left pedal (pt.M-10) onto the Left pedal post (pt. L) with 2 Knobs (pt.P-18), 2 Spring washers (pt.P-19), 2 Bushings (pt.P-20) and 2 Carriage bolts (pt.P-17).

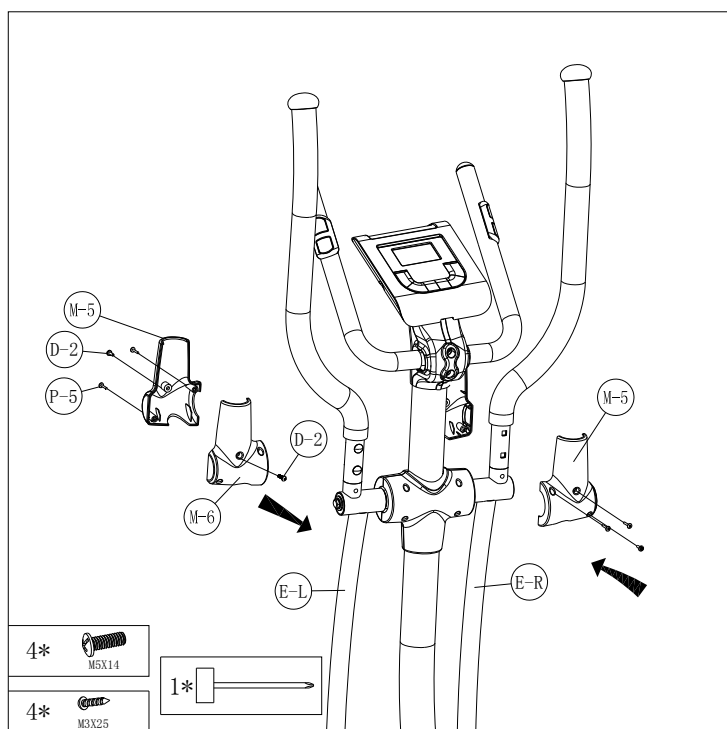


STEP 8 Slide the Upper handlebar post (pt.C,C-3) (R/L) into the Lower handlebar (pt.E-R/L) and then fix with the four Carriage bolts (pt.P-9), Semicircle washers (pt.P-10), and Nuts (pt.P-11).



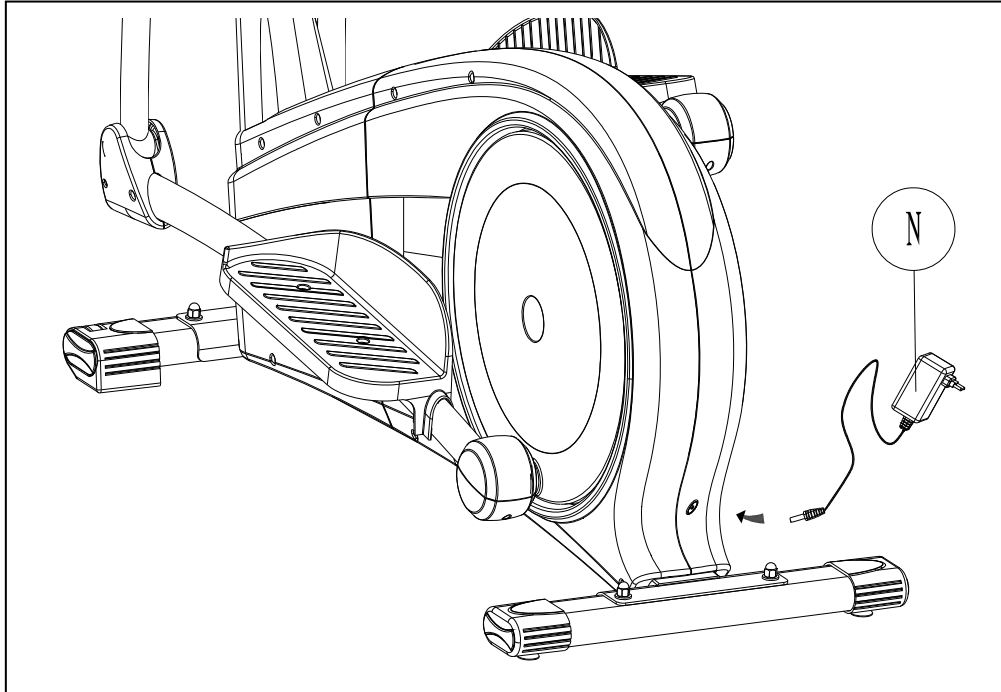
STEP 9

1. Remove the pre-installed screws (pt.E-7) on the Lower handlebar (pt.E-R/L).
2. Assemble the Cover (pt.Rear & Front) (pt.M-5 & M-6) to the Lower handlebar (L/R) using Screw (M3x25L) (pt.P-5), Screw (M5x14L) (pt.E-7).



STEP 10

Connect the adaptor (N) to the DC hole (located on the back of the chain cover).



**INSTRUCTIONAL MANUAL FOR
CASALL X400 CONSOLE**



DISPLAY FUNCTIONS :

ITEM	DESCRIPTION
TIME	.Workout time displayed during exercise. .Range 0:00 ~ 99:59
SPEED	.Workout speed displayed during exercise. .Range 0.0 ~ 99.9 KM/Hour
DISTANCE	.Workout distance displayed during exercise. .Range 0.00 ~ 99.90 KM
CALORIES	.Burned calories during workout display. .Range 0 ~ 990 Cals * Calorie count on the display only serves as a general guideline. For detail calorie consumption for each individual please consult a physician or a nutritionist.
PULSE	.Pulse bpm displayed during exercise. .Pulse alarm when over preset target pulse.
RPM	.Rotation (of flywheel) per minute .Range 0 ~ 999 *RPM may fluctuate up and down when workout intensity changes.
WATT	.Workout power consumption .Watt program is under Manual mode. User may preset watt value in Manual mode. . Please note, if watt is preset in Manual mode, resistance level shall adjust automatically according to workout power consumption. . Setting range 0~350
MANUAL	.Manual mode workout.
PROGRAM	.12 PROGRAM selection.
USER	.User creates resistance level profile.
Target HR	.Target HR training mode.

KEY FUNCTION:

ITEM	DESCRIPTION
UP	<ul style="list-style-type: none"> • Increase resistance level • Setting selection.
DOWN	<ul style="list-style-type: none"> • Decrease resistance level • Setting selection.
MODE	<ul style="list-style-type: none"> • Confirm setting or selection.
RESET	<ul style="list-style-type: none"> • Hold on pressing for 2 seconds, computer will reboot and start from user setting. • Reverse to main menu during presetting workout value or stop mode.
START/ STOP	<ul style="list-style-type: none"> • Start or Stop workout.
RECOVERY	<ul style="list-style-type: none"> • Test heart rate recovery status.

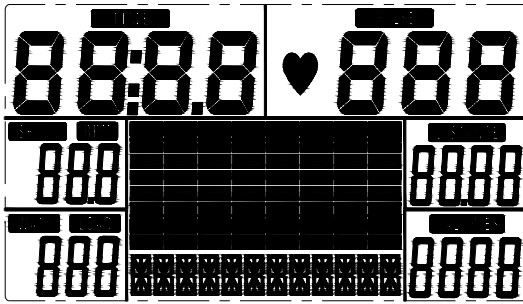
OPERATION:

POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds.

After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

Press any key may wake the console up.



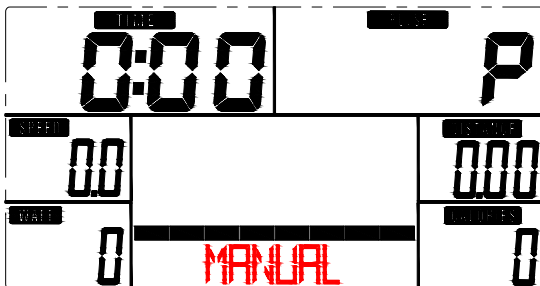
Manual Mode

Adjust resistance during workout manually.

Press START in main menu may start workout in manual mode.

You can also choose to into Mode function with following steps

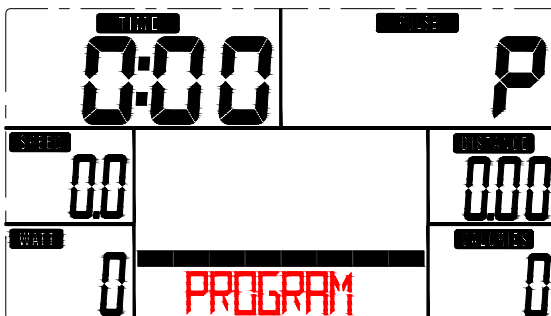
1. Press UP or DOWN to select workout program, choose Manual and press MODE to enter.
2. Press UP or DOWN to preset TIME, DISTANCE, CALORIES, PULSE and press MODE to confirm.
3. Press START/STOP keys to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.



Program Mode

Choose a preset workout program.

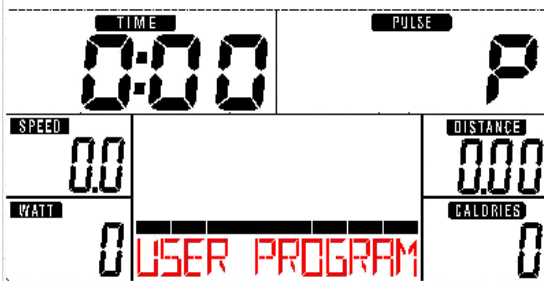
1. Press UP or DOWN to select workout program, choose the Program and press MODE to enter. (Total Program = 12)
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout. Press RESET to reverse to main menu.



User Program Mode

Preset your own workout profile.

1. Press UP or DOWN to select workout program, choose User and press MODE to enter.
2. Press UP or DOWN to set load level of each column, and press MODE to next one.
3. Hold on pressing MODE to finish or quit setting.
4. Press UP or DOWN to preset workout TIME.
5. Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
6. Press START/STOP key to pause workout. Press RESET to reverse to main menu.



H.R.C. mode

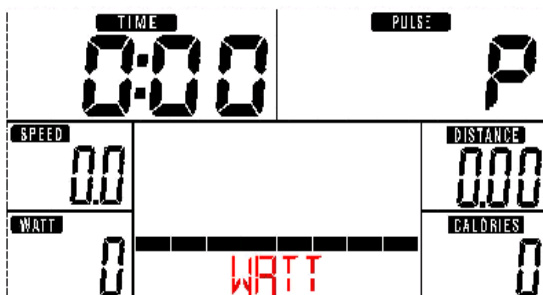
H.R.C. for the workout.

1. Press UP or DOWN to select workout program, choose H.R.C. and press MODE to enter.
2. Press UP or Down to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).
3. Press UP or DOWN to preset workout TIME.
4. Press START/STOP key to start or stop workout. Press RESET to reverse to main menu.



Watt program Mode (under Manual mode)

1. Preset UP or DOWN to preset WATT and press MODE to confirm.
2. During workout, resistance level will adjust according to workout power consumption.
User may not press UP or DOWN to change resistance level.
3. Press UP or DOWN to preset TIME.
4. Press START/STOP keys to start workout.
5. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.



Recovery

Monitor heart rate recovery status.

1. User must be holding the handgrip. When the pulse value is displayed on the computer, press on the RECOVERY key.
2. TIME shows "0:60" (seconds) and count down.
3. Computer will show F1 to F6 after count down to 0 to test heart rate recovery status.



1.0	OUTSTANDING
$1.0 < F < 2.0$	EXCELLENT
$2.0 < F < 2.9$	GOOD
$3.0 < F < 3.9$	FAIR
$4.0 < F < 5.9$	BELOW AVERAGE
6.0	POOR

<Trouble shooting>

When computer act abnormal, please plug out the adaptor and plug in again.