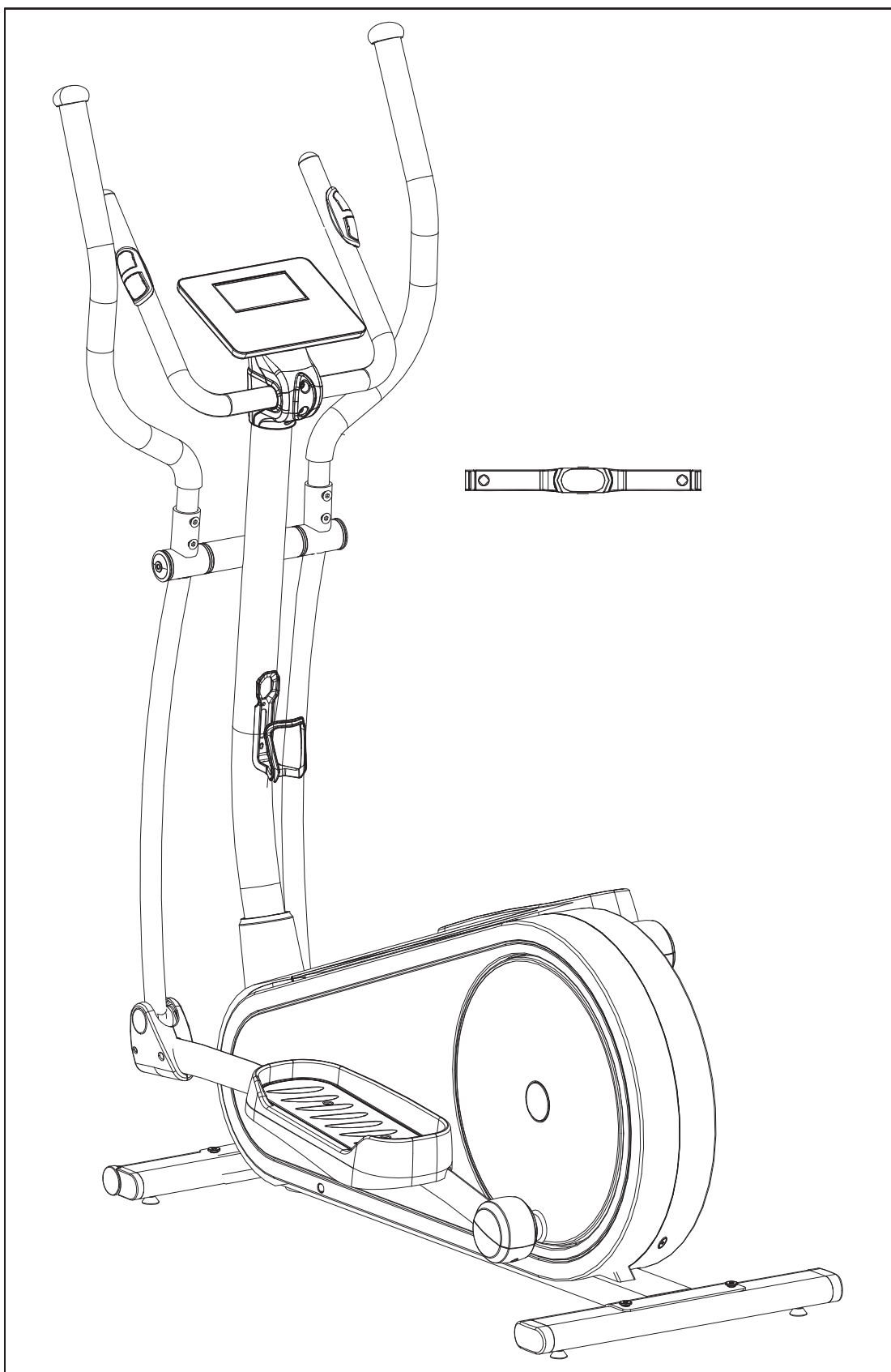
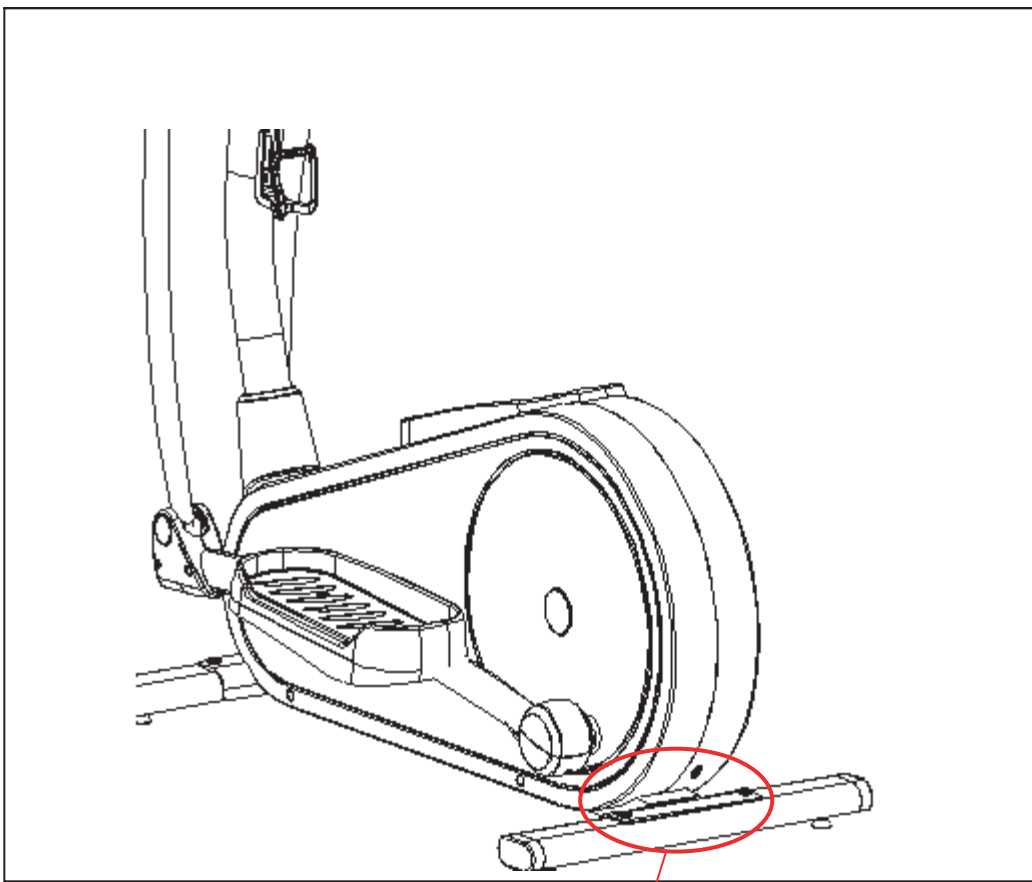


Casall INFINITY 1.3X CROSSTRAINER 93009

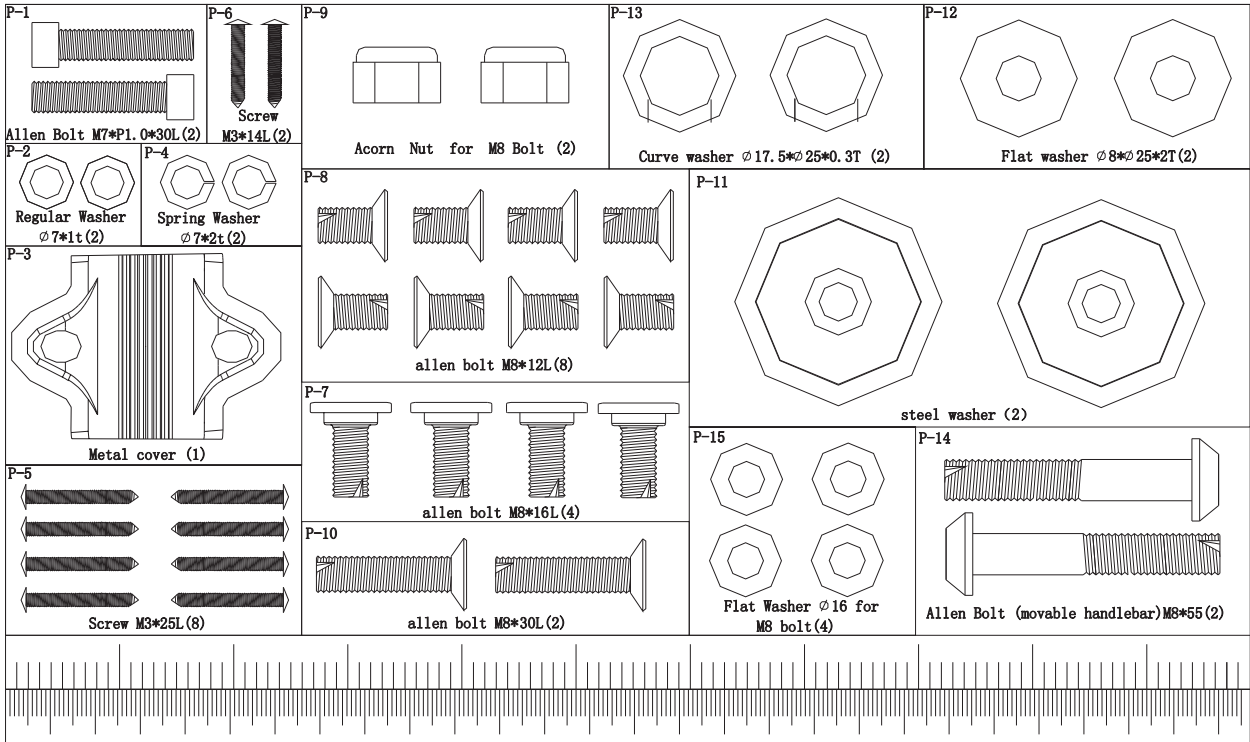


Important: Please locate your serial number and record in the box below for service support purposes.



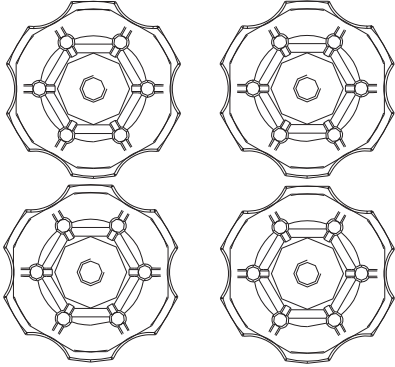
Serial number here:

INFINITY 1.3X



INFINITY 1.3X

P-16



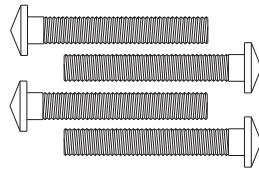
Knob (foot pedal)M6*P1.0 (4)

P-18



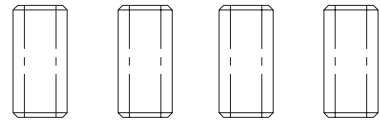
Spring Washer for handlebar bolt $\varnothing 6$ (black) (4)

P-17

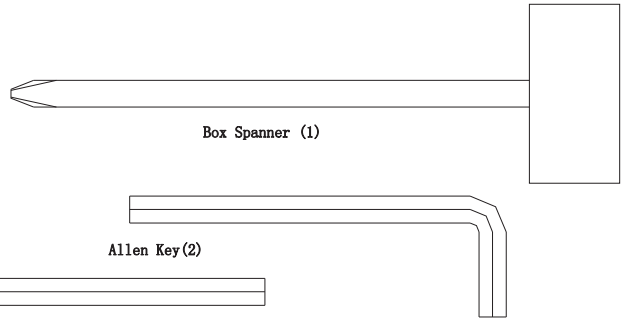


Carrage bolt M6*P1.0*40L (black) (4)

P-19

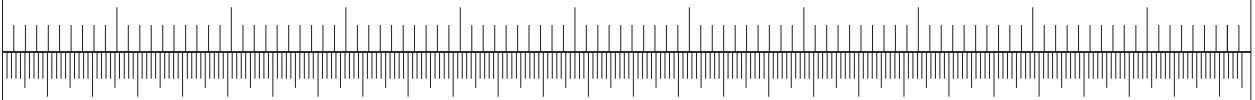


Pivot Tube (4)

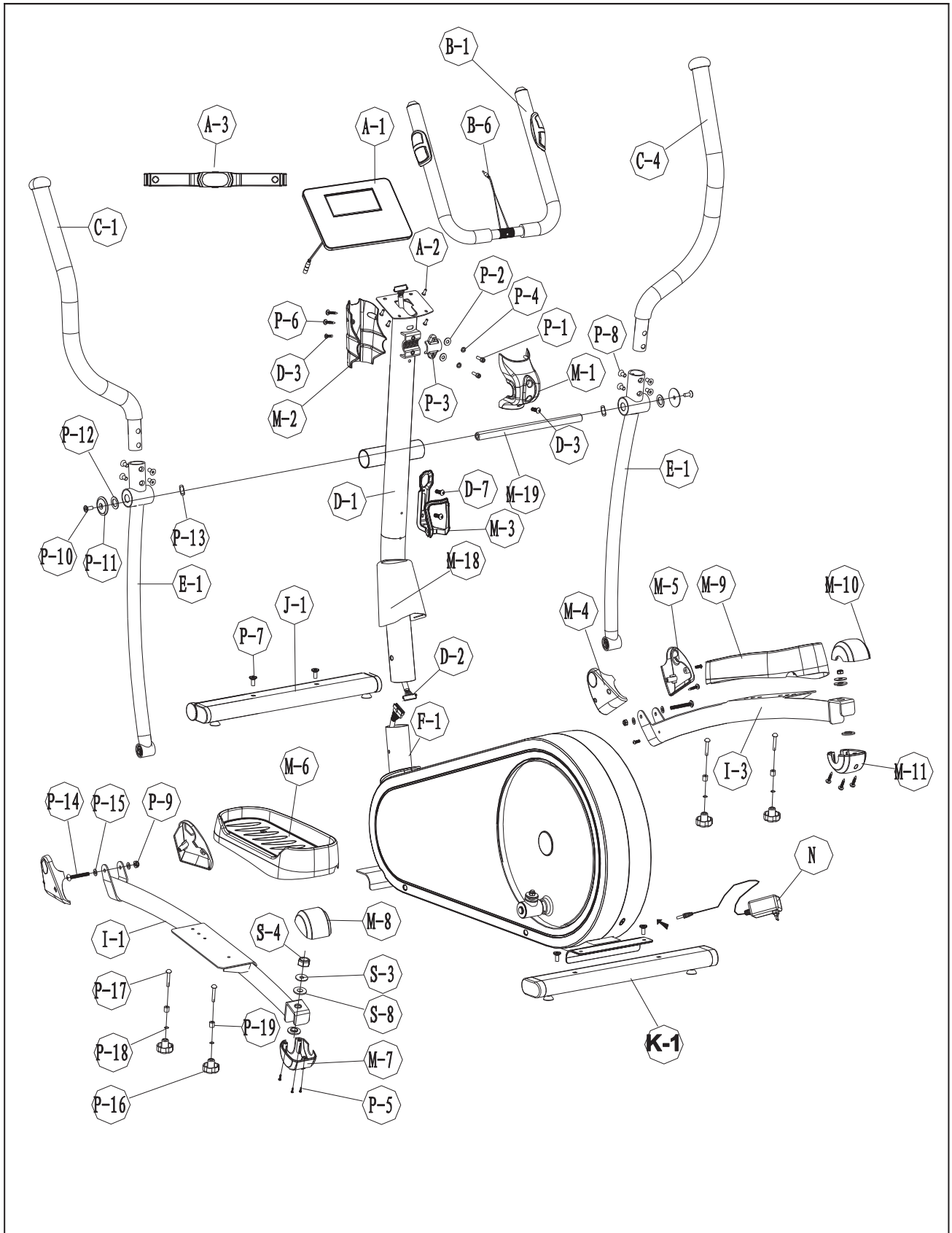


Box Spanner (1)

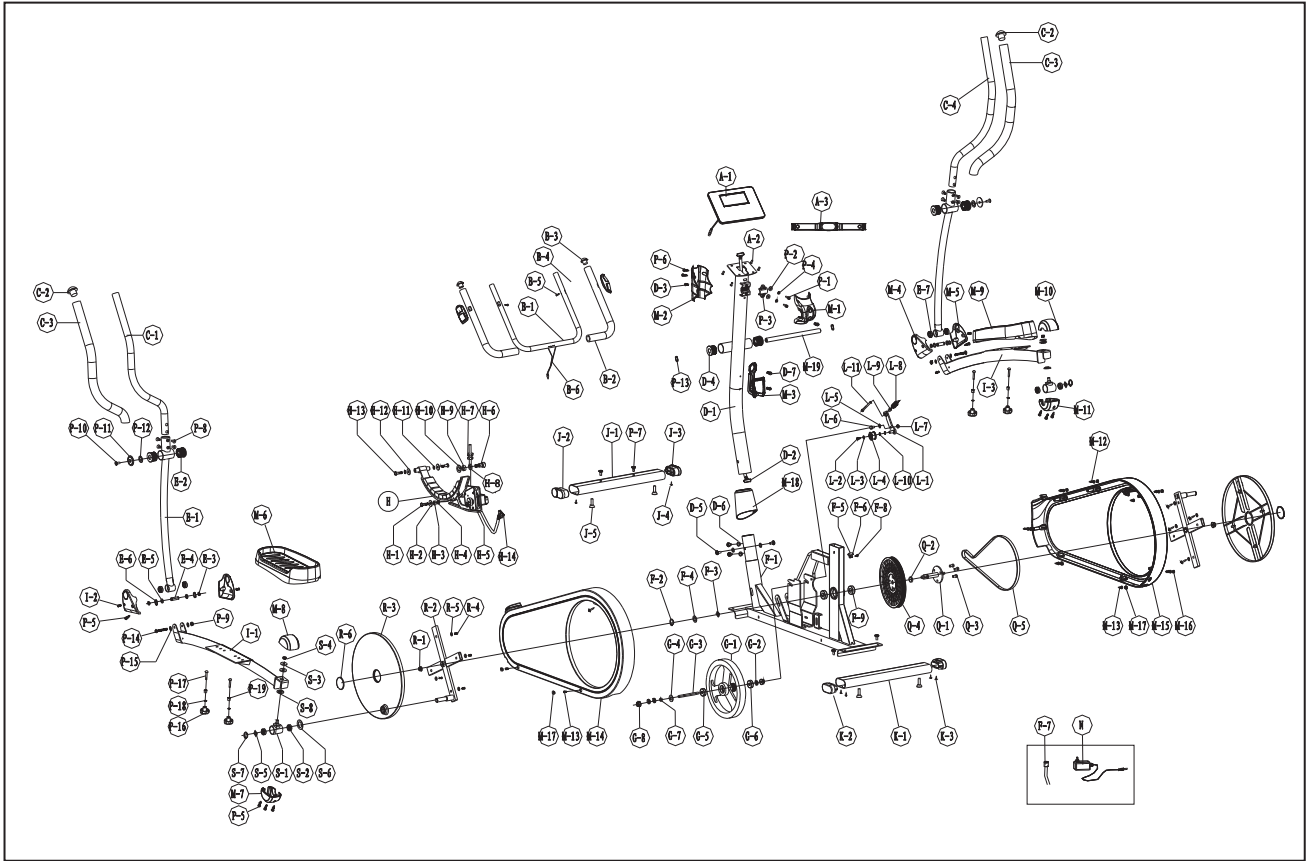
Allen Key (2)



Assembly Diagram



EXPLODED DIAGRAM



PARTS LIST

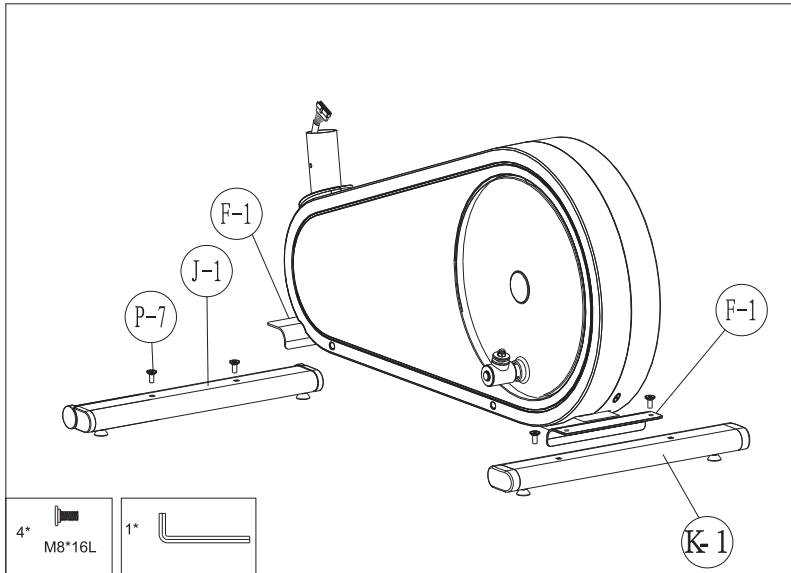
No.	Item	spec.	Q'ty
A , A-1	Computer & Screw for computer		1SET
A-3	transmitter belt		1PC
B-1	Front handlebar		1PC
B-2	Foam grip for front handlebar		2PCS
B-3	End cap for foam grip	φ 7/8"	2PCS
B-4	Hand pulse	WP1007-33B	1SET
B-5	Screw	M3x20L	2 PCS
B-6	Wire for hand pulse		1 PC
C-1	Upper handlebar (L)		1SET
C-2	End cap for upper handlebar (R&L)	φ1 1/4"	2PCS
C-3	Foam grip for upper handlebar		2PCS
C-4	Upper handlebar (R)		1PC
D-1	Handlebar post		1PC
D-2	Upper computer cable		1PC
D-3	Screw for computer cover	M5x14L	2PCS
D-4	Bushing		2PCS
D-5	Allen bolt	M8x16	4PCS
D-6	Flat washer	φ 12xφ19x1t	4PCS
D-7	Screw for bottle holder	M5x20L	4PCS
E-1~E7	First-lower handlebar (R& L)		1SET
F-1	Main frame		1SET
F-2	C-type ring	φ 12	1PC
F-3	Wave washer	φ 20xφ30x0.3t	1PC
F-4	Flat washer	φ 20.3xφ30x1t	1PC
F-5	Sensor box		1PC
F-6	Sensor holder		1PC
F-7	DC cable		1PC
F-8	Screw	M4x10L	1PC
F-9	Bearing	6004RS	2PC
G1~G-8	Flywheel set		1SET
H	Magnetic set & Gear box		1SET
I-1	Pedal post (Left)		1PC
I-2	Screw	M5x14L	4PC
I-3	Pedal post (Right)		1PC
J-1~J-3	Front stabilizer set		1SET

K-1~K-3	Rear stabilizer set		1SET
L-1~L-11	Idler wheel set		1SET
M-1	Front cover for computer		1PC
M-2	Rear cover for computer		1PC
M-3	Bottle holder		1PC
M-4	Front cover (Left) for pedal post		2PCS
M-5	Front cover (Right) for pedal post		2PCS
M-6	Pedal (Left)		1PC
M-7,M8	Left rear cover (upper/down) for pedal post		1SET
M-9	Pedal (Right)		1PC
M-10,M-11	Right rear cover (upper/down) for pedal post		1SET
M-12	Screw for chain cover	M4x50L	5PCS
M-13	Screw for chain cover	M5x16L	6PCS
M-14	Left chain cover		1PC
M-15	Right chain cover		1PC
M-16	Cap for chain cover screw holes	Oval	5PC
M-17	Cap for chain cover screw holes	Round	4PC
M-18	Cover for handlebar post		1PC
M-19	Axle for first-lower handlebar		1PC
N	Adaptor		1PC
P-1~P-19	Bolts & nuts pack		1SET
Q-1	Shaft		1PC
Q-2	Bushing	φ 20.5xφ25x7.5mmL	1PC
Q-3	Hexagonal screws	M8xP1.25x12Lx5t	3PCS
Q-4	Big pulley		1PC
Q-5	Belt	J6 1219m/m	1PC
R-1	Nut	M10xP1.25x10T	2PC
R-2	Cross disc		2PCS
R-3	Round disc		2PCS
R-4	Screw	M4x14L	8PCS
R-5	Flat washer	φ 5xφ16x1t	9PCS
R-6	Cap for round disc		2PCS
S-1~S-8	Crank connation set		2SET

ASSEMBLY STEPS

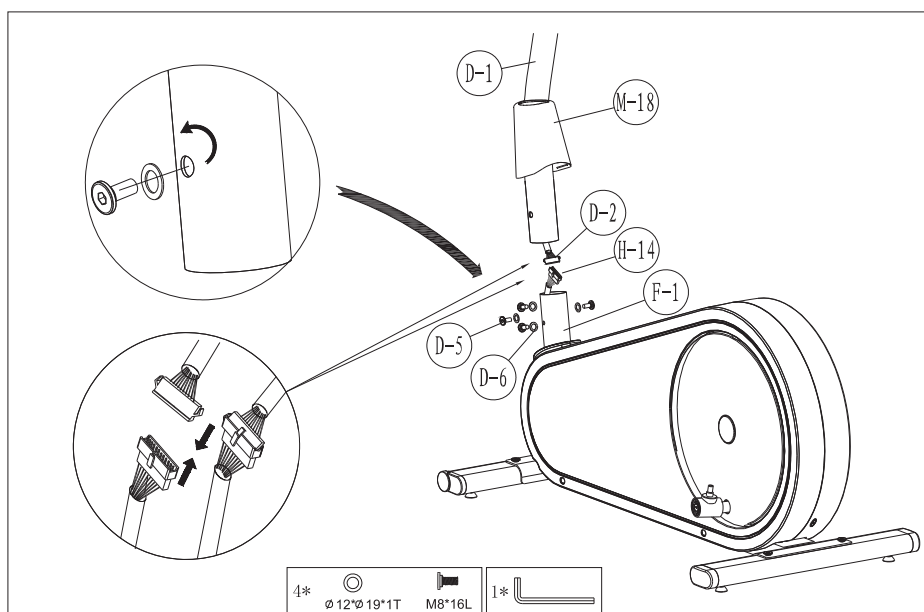
STEP 1

Attach the Front Stabilizer (pt.J-1) to the Main Frame (pt.F-1) using two Allen bolt (pt.P-7)
Attach the Rear Stabilizer (pt.K-1) to the Main Frame (pt.F-1) using two Allen bolt (pt.P-7).



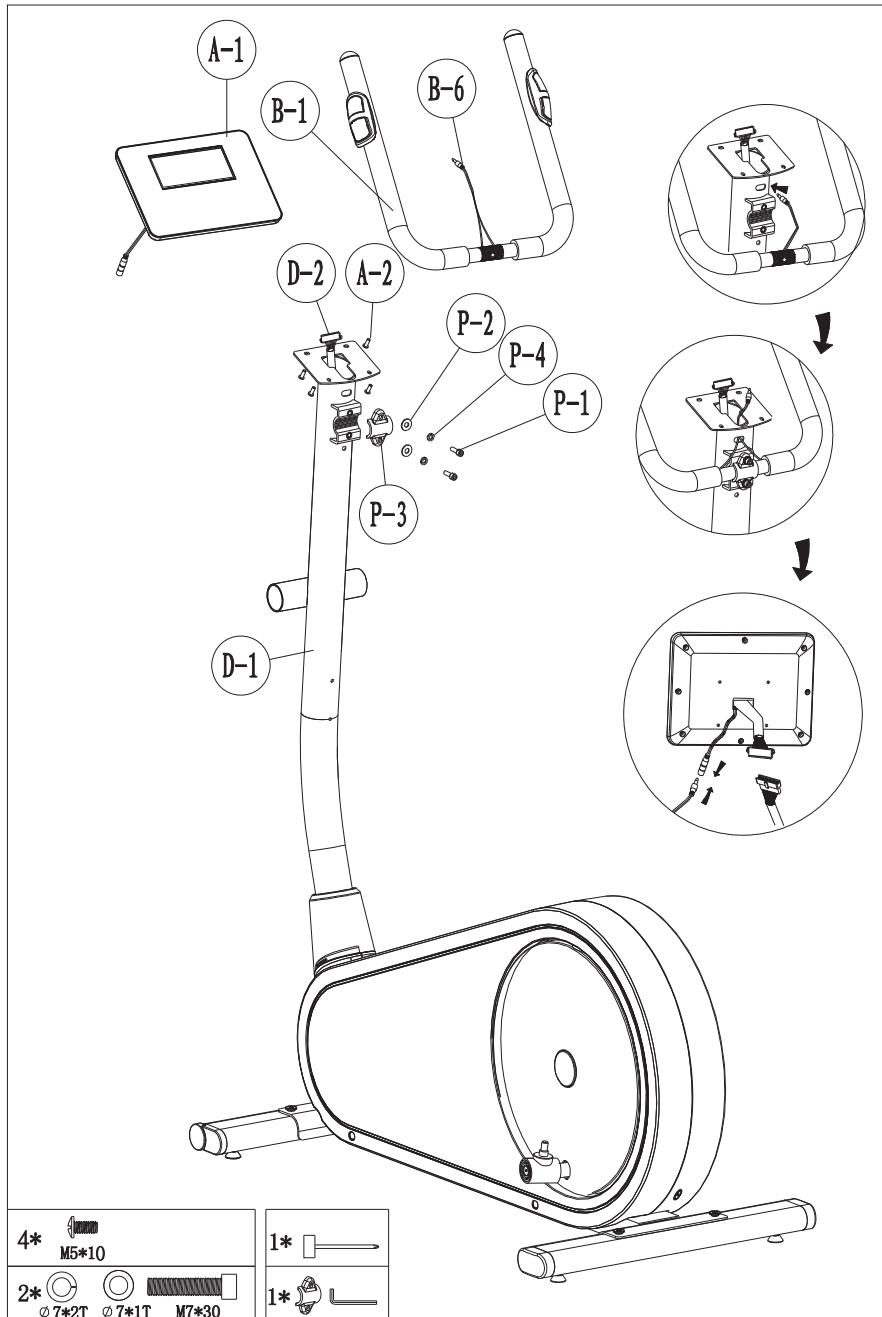
STEP 2

1. Please remove four sets of the M8x16 Allen bolt (pt.D-5) and Flat Washer (pt.D-6) from the Main Frame (pt.F-1)
2. Take the Handlebar post (pt.D-1) and pass it through the Handlebar post cover (pt.M-18).
3. Hold the Handlebar Post (pt.D-1) and connect the Lower Computer Cable (pt.H-14) and the Upper Computer Cable (pt. D-2)
4. Slide the Handlebar Post (pt.D-1) into the Main Frame then fix with four sets of M8x16 Allen bolt (pt.D-5) and Flat Washers (pt.D-6).



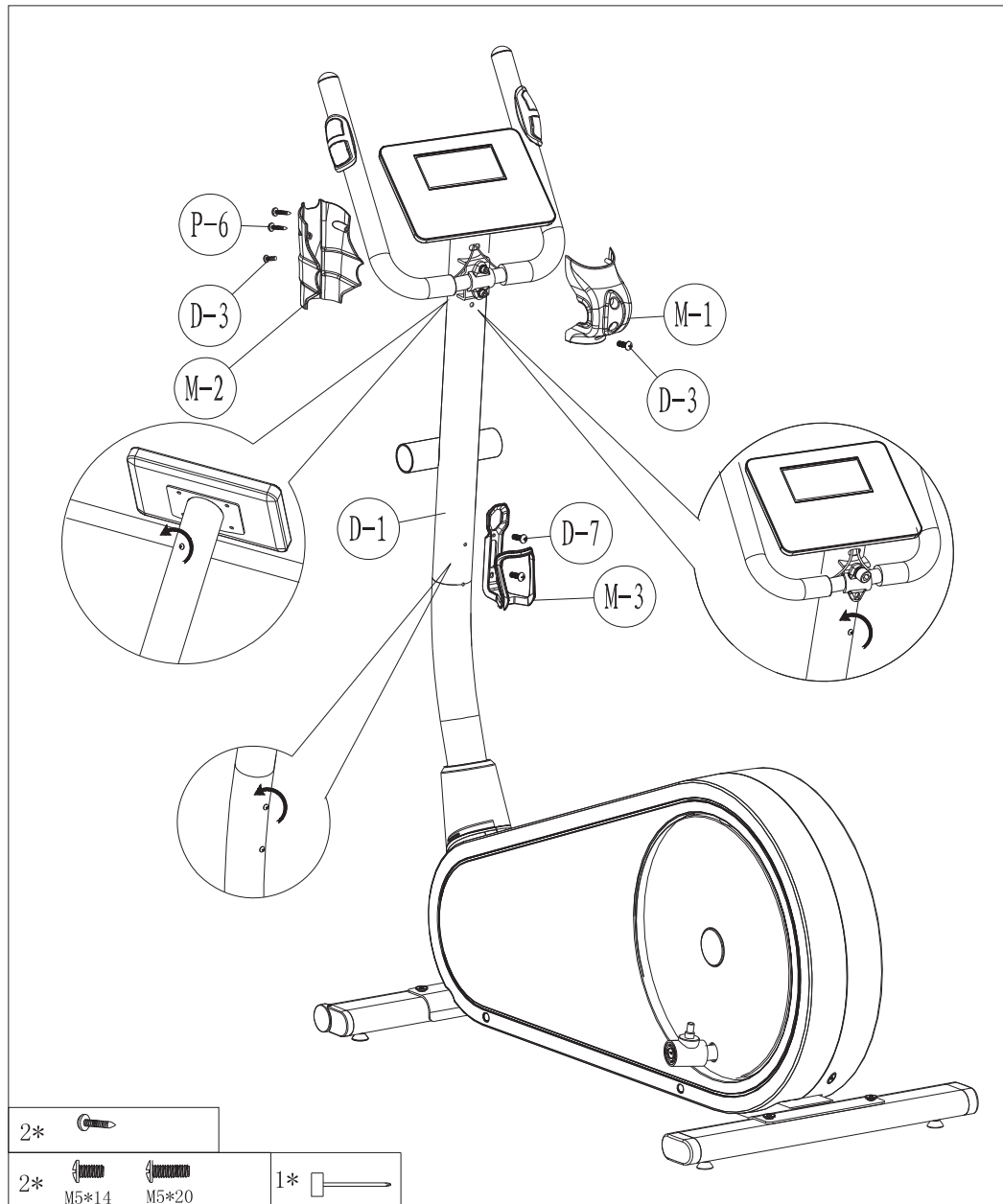
STEP 3

1. Attach the Front handlebar (pt.B-1) to the Handlebar post (pt.D-1) 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).
2. Pass the hand-pulse wire (pt.B-6) through the hole.
3. Connect the Computer cables (pt .D-2) and connect the Hand pulse wire (pt.B-6), then attach the Computer (pt .A-1) to the Computer bracket with the enclosed Screws (pt .A-2).



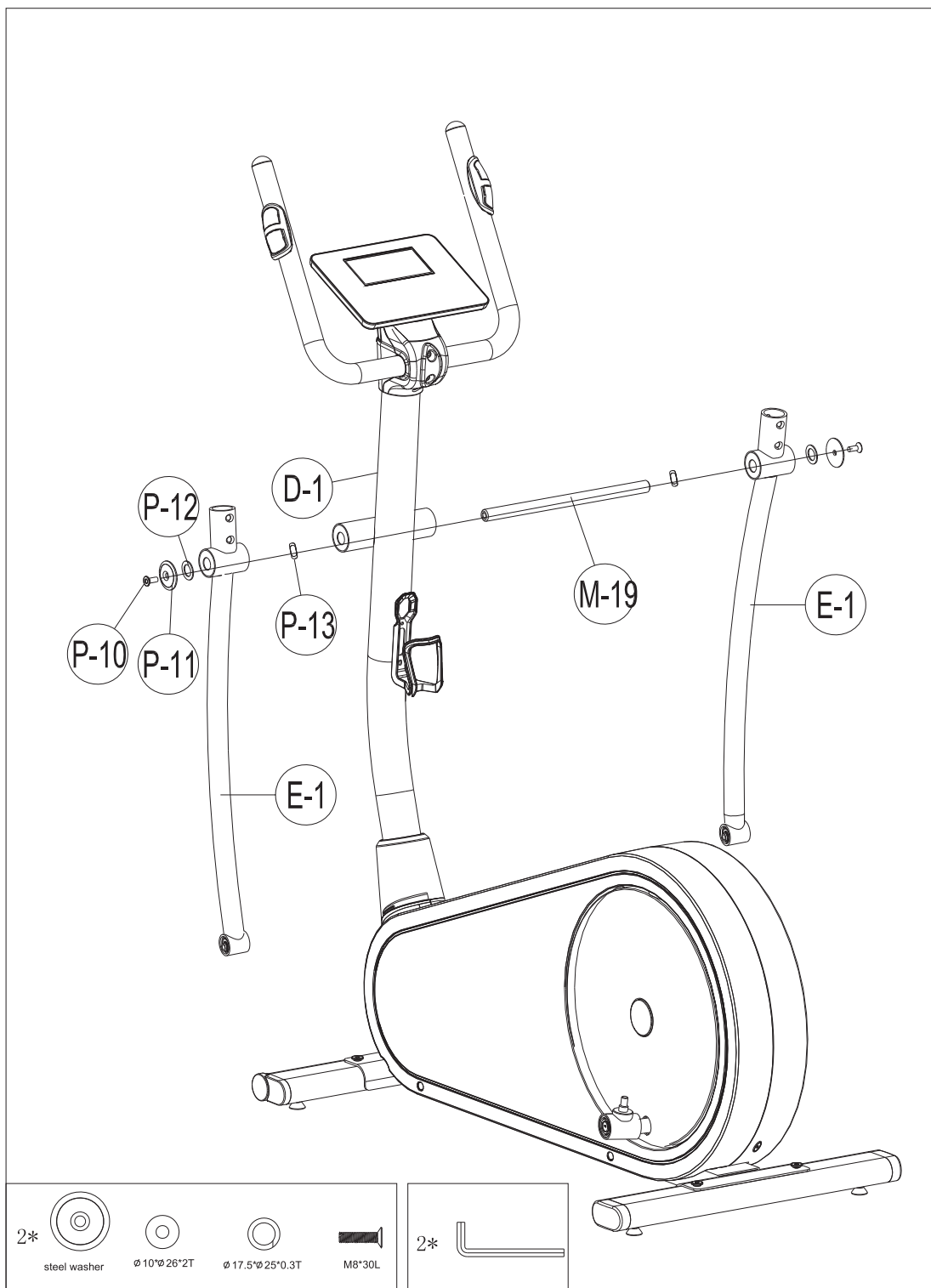
STEP 4

1. Remove the pre-installed Screws (pt.D-3) on the handlebar post first.
2. Attach the Rear cover (pt.M-2) using two of Screws (pt.P-6) and one of Screws (pt.D-3) .
3. Attach the Front cover (pt.M-1) using Screws (pt.D-3)
4. Remove the pre-installed Screws (pt.D-7) on the handlebar post, and then assemble the Bottle holder (pt.M-3) by Screw (pt. D-7).



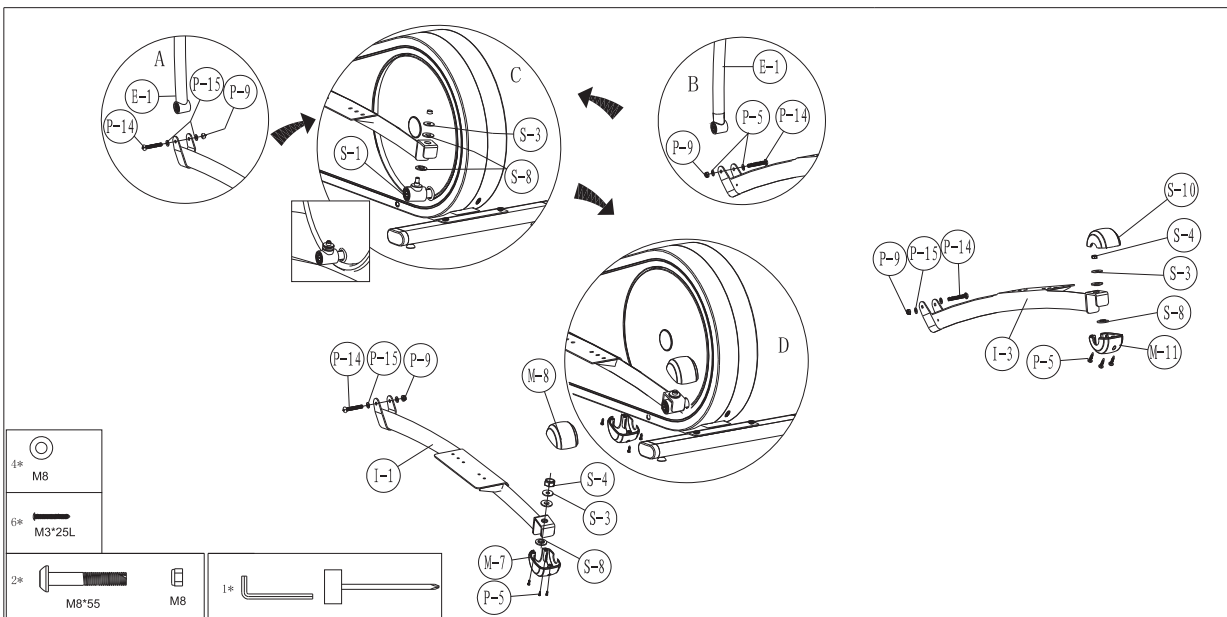
STEP 5 Fix the two Lower handlebar (pt.E-1) to the Handlebar Post (pt.D-1) with one Axle (pt.M-19), two sets of Wave washer (pt.P-13), Flat washers (pt.P-12) and Gasket (pt.P-11) and Allen bolt (pt.P-10).

Pay attention : Please use two allen key tools to fix bolt (P-10) on both side at the same time.



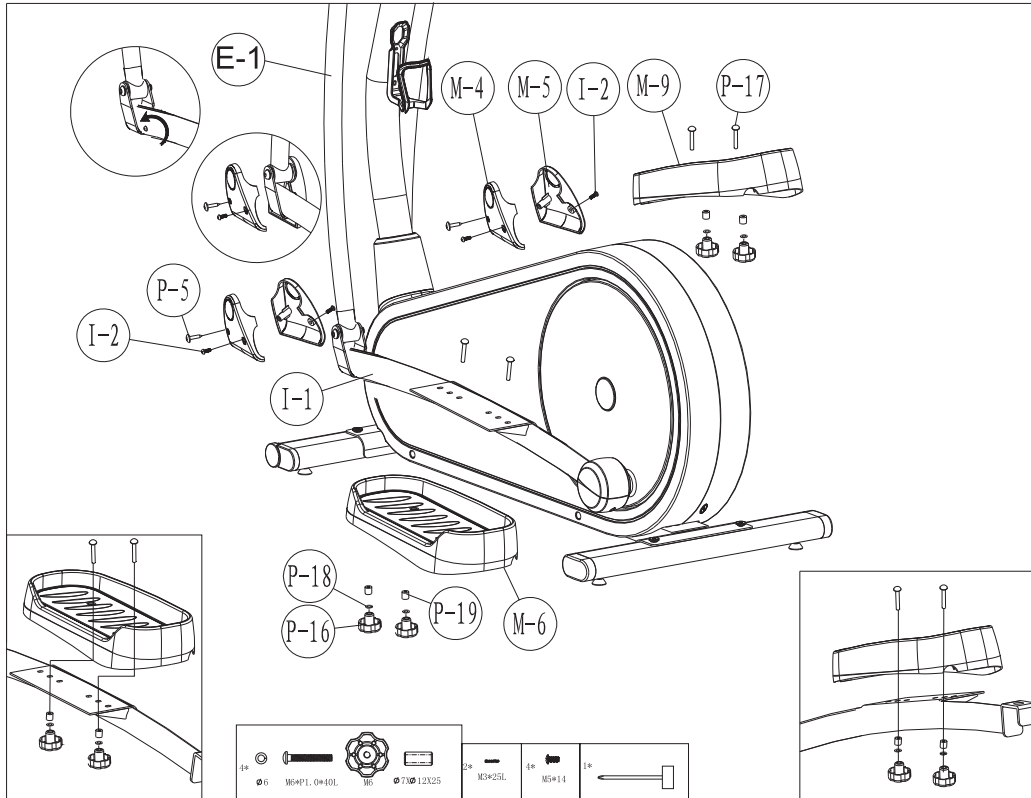
STEP 6

1. Attach the Left and Right lower Handlebar (pt.E-1 L/R) to the Left and Right pedal post (pt.I-1 & I-3) using two Allen bolt (pt.P-14), four Flat washers (pt.P-15) and two Nylon nuts (pt.P-9). --- **Figure A**
2. Attach the Pedal post (pt.I-1 & I-3) onto the Crank connotation set using one of Nylon nuts (pt.S-4), Flat washers (pt.S-3) and Plastic washers (pt.S-8). --- **Figure B**
3. Connect the Right rear cover (upper) (pt.M-8) and Right rear cover (lower) (pt.M-7) to the Left pedal post (pt.I-1) using screw (pt.P-5). --- **Figure C**
4. Connect the Left rear cover (upper) (pt.M-10) and Left rear cover (lower) (pt.M-11) to the Right pedal post (pt.I-3) Using screw (pt.P-5).

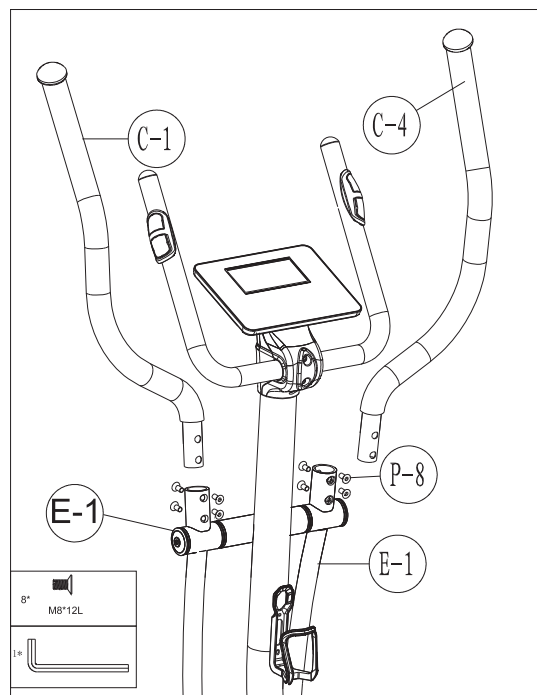


STEP 7

1. Remove the pre-installed screws (pt.I-2) on the Pedal post first.
2. Attach the Lower handlebar (E-1 R/L) to the left and right pedal post (I-1), and then close the cover (M-4 & M-5) using screws (pt.P-5 & I-2).
3. Assemble the Right pedal (pt.M-9) onto the Pedal post (pt. I-3) with 2 Knobs (pt. P-16), 2 Spring washers (pt.P-18),2 Bushings (pt.P-19) and 2 Carriage bolts (pt.P-17).
4. Assemble the Left pedal (pt.M-6) onto the Pedal post (pt. I-3) with 2 Knob (pt. P-16), 2 Spring washers (pt.P-18),2 Bushings (pt.P-19) and 2 Carriage bolts (pt.P-17).

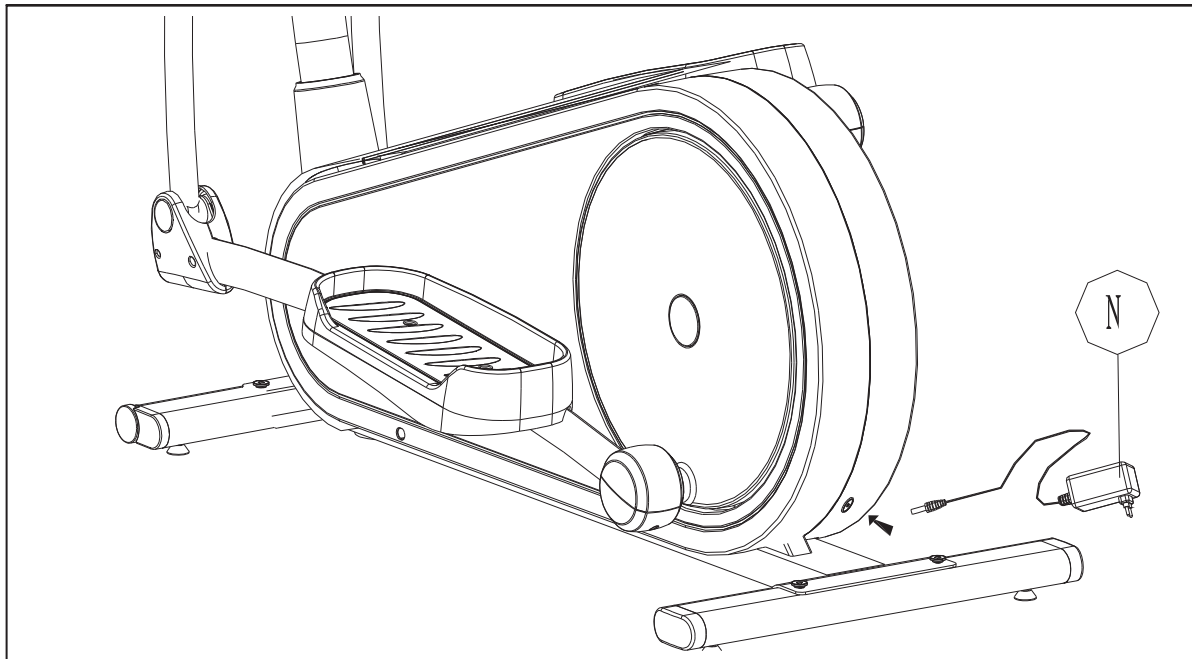


- STEP 8** Slide the Upper handlebar post (C-1,C-4) (R/L) into the Lower handlebar (E-1) and then fix with the eight Allen bolts (P-8)



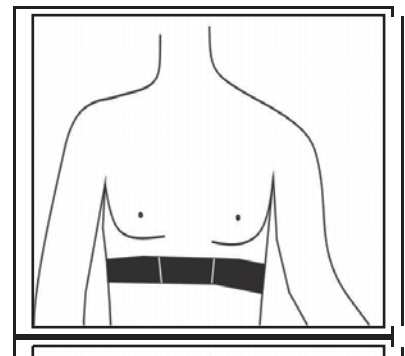
STEP 9

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

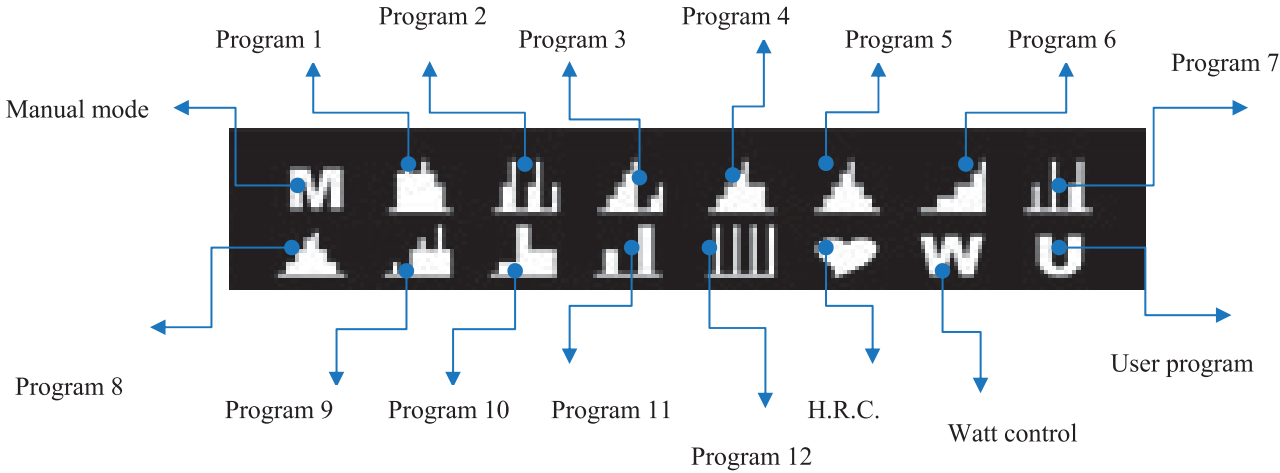


Instruction manual of the transmitter belt fitting

1. Tightly Wrap the transmitter belt around the chest area.
(The belt would only work with direct contact to the skin).
2. Adjust the belt to the position shown on the sketch.
3. The distance between the belt and the monitor should be 80cm to maximum of 100cm. Make sure user is directly in front of the monitor at all times.



INSTRUCTIONAL MANUAL FOR CASALL INFINITY 1.3X CONSOLE



【BUTTON FUNCTION】

UP	<ul style="list-style-type: none"> • Increase resistance level • Setting selection.
DOWN	<ul style="list-style-type: none"> • Decrease resistance level • Setting selection.
ENTER	<ul style="list-style-type: none"> • Confirm setting or selection.
RESET	<ul style="list-style-type: none"> • Press and hold for 2 seconds to reboot the computer and start from user setting. • Return to main menu during preset 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.
BODY FAT	<ul style="list-style-type: none"> • Test body fat% and BMI.

【DISPLAY FUNCTION】

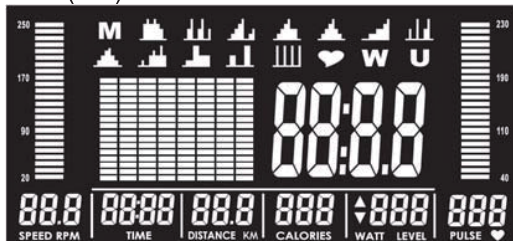
ITEM	DESCRIPTION
TIME	.Current workout time. .Range 0:00 ~ 99:59
SPEED	.Current workout speed. .Range 0.0 ~ 99.9 KM/Hour
DISTANCE	.Current workout distance. .Range 0.0 ~ 99.9 KM
CALORIES	.Current calories burned. . Display Range 0 ~ 999 Cals . Setting Range 0~990 Cals * Calorie count on the display only serves as a general guideline. For detail calorie consumption for each individual please consult a physician or a nutritionist.
PULSE	.Pulse beats per minute (bpm) during workout. .Pulse alarm will sound when current workout pulse is over target pulse value.
RPM	.Rotation (of flywheel) per minute . Range 0 ~ 999 *RPM may fluctuate up and down when workout intensity changes.
WATTS	.Workout power consumption .Display watt range 0 ~ 999 .Setting range in Watt control program 0 ~ 350

【OPERATING PROCEDURE】

(1) POWER ON –

1-1 Plug in adaptor to power on console, system will have buzzer beeping as a cue.

1-2 LCD will have all segments displaying for two seconds along with “78.0” (wheel diameter), “E” (EU), and “K” (KM) for one second.

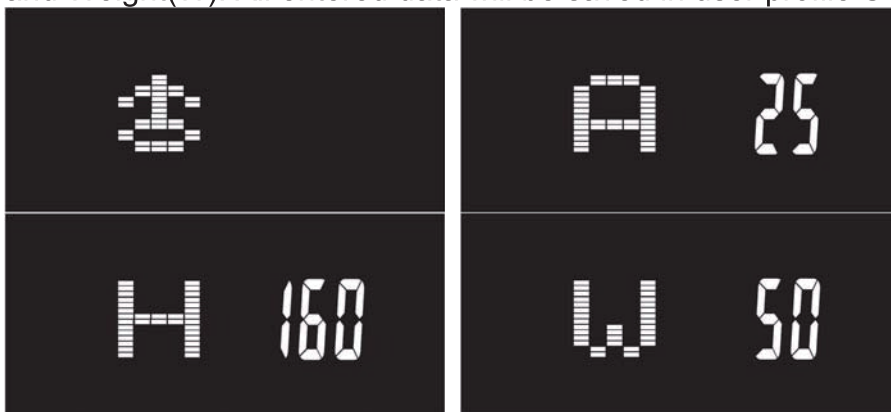


(2) USER PROFILE SET UP –

2-1 Use UP (▲) and DOWN (▼) key to select a user profile from U1~U4. Press “ENTER” to confirm when a user profile is chosen.



2-2 Press “ENTER” each time when data is determined for Sex(♀♂), Age(A), Height(H), and Weight(W). All entered data will be saved in user profile U1~U4.



(3) WORKOUT SELECTION –

3-1 Programs are displayed on LCD screen in sequence the of MANUAL→12 PROGRAMS→H.R.C.→WATT→USER PROGRAM→MANUAL



3-2 Use UP (▲) and DOWN (▼) key to select a program and press “ENTER” to confirm.

Manual mode

Adjust resistance during workout manually.


1. Press UP or DOWN to select workout program. Choose **M** (Manual) and press ENTER to confirm.
2. Press UP or DOWN to set LEVEL, TIME, DISTANCE, CALORIES, and PULSE. Press ENTER to confirm.
3. Press START/STOP button to start workout. Press UP or DOWN to adjust resistance level.
4. Press START/STOP button to pause workout. Press RESET to return to main menu.

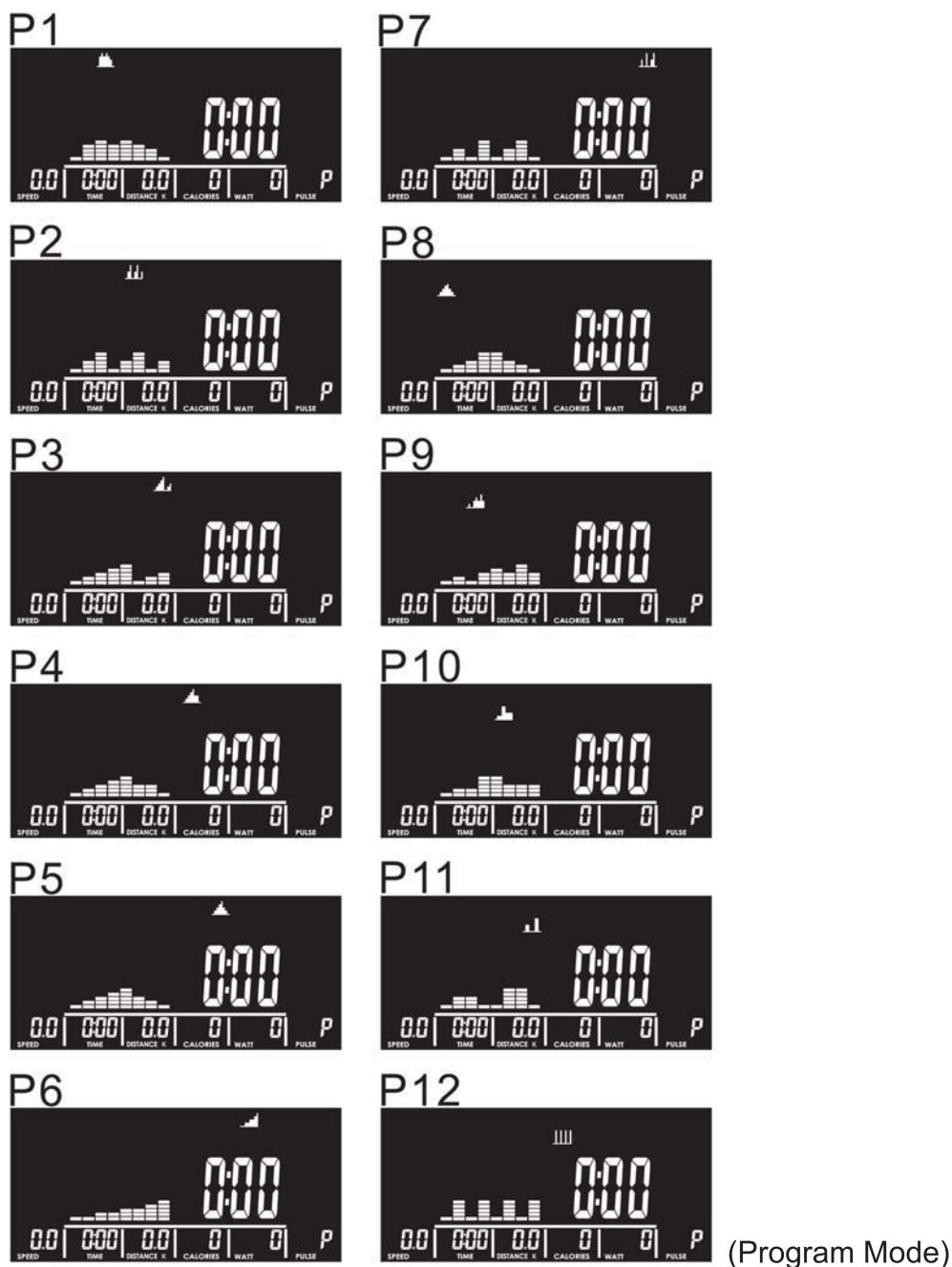


(Manual Mode)

Program Mode


Choose a preset workout program.

1. Press UP or DOWN to select workout program. Choose  (Program) and press ENTER to confirm.
2. Press UP or DOWN to set workout LEVEL and TIME.
3. Press START/STOP button to start workout. Press UP or DOWN to adjust resistance level.
4. Press START/STOP button to pause workout. Press RESET to return to main menu.



H.R.C mode

Target a heart rate for the workout.

1. Press UP or DOWN to select workout program, choose  (H.R.C.) and press ENTER to confirm.
2. Press UP or Down to select 55%.75%.90% or TA (Target heart rate.). (default: 100).

*Formula: $(220 - \text{Age}) \times ___\%$

*Example: Age 25 choosing 75%, you will target your heart rate to $(220 - 25) \times 75\% = 146/\text{min}$

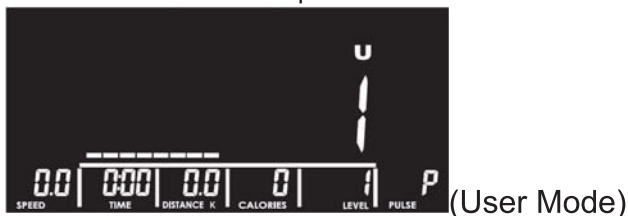
3. Press UP or DOWN to set workout TIME.
4. Press START/STOP button to start or stop workout.



User Mode

Preset your own workout profile.

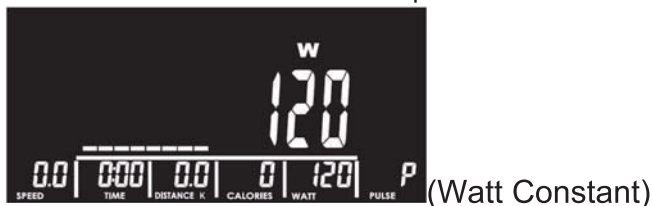
1. Press UP or DOWN to select workout program. Choose **U** (User) and press ENTER to confirm.
2. Press UP or DOWN to set resistance of each column, and press ENTER to move to the next column. Press and hold MODE to finish the setting.
3. Press UP or DOWN to set workout TIME.
4. Press START/STOP button to start workout. Press UP or DOWN to adjust resistance level.
5. Press START/STOP button to pause workout. Press RESET to return to main menu.



Watt Constant

Monitor the energy output of workout.

1. Press UP or DOWN to select workout program. Choose **W** (Watt) and press ENTER to confirm.
2. Press UP or DOWN to set WATT target.
3. Press UP or DOWN to set TIME.
4. Press START/STOP button to start or stop workout.



Body Fat Mode

Determine body fat and BMI

1. When workout stops, press BODY FAT key.
2. Hold on to the handgrips for 8 seconds and computer will show BMI (B) and FAT% (F) value.

*Please see reference Body Fat chart below to determine body fat range.

*Please see reference BMI chart below to determine the BMI range.

3. Press BODY FAT key again to return to main menu.

“E-1”-- Occurs when there is no heart rate signal input detected; or
 “E-4” – Occurs when FAT% is below 5 or exceeds 50 and BMI result is below 5 or exceeds 50.



(Body Fat Mode)

<REFERENCE>

B.M.I. (Body mass index) integrated

B.M.I SCALE	LOW	LOW/MED	MEDIUM	MED/HIGH
RANGE	<20	20-24	24.1-26.5	>26.5

BODY FAT:

FAT% SCALE	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE	<13%	13%-25.9%	26%-30%	>30%
FEMALE	<23%	23%-35.9%	36%-40%	>40%

Recovery Mode

Monitor heart rate recovery status.

1. When pulse value displays on the computer (hold handgrip or wear chest strap), press RECOVERY button.
2. TIME shows "0:60" (seconds) and begin countdown.
3. Computer will show heart rate recovery levels from F1 to F6 after countdown.

*Please see the F level chart below to determine the recovery level.



(Recovery Mode)

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

Attention! All preset data will be lost when unplug the power (adaptor) from the "machine".

The console is designed for single workout usage only. Apart from User Profile U1-U4, no workout profile can be saved in all modes.