casall®

GRAVITY 1.2X CROSSTRAINER USER MANUAL

Dear Customer,

We are pleased that you have chosen a Casall Fitness Equipment. This quality product has been designed for in-home use and has been tested and certified according to the European Norm EN 957-1/6. Please carefully read the instructions prior to assembly and first use and be sure to keep the instructions for reference and maintenance.

We wish you lots of success and fun while training.

Warranty

Casall quality products have been designed and tested to meet the needs and requirements of a committed Fitness-Training of in-home use. This product is tested to the Standard EN 957.

Casall warrants to the original purchaser 1 Years against possible defects in material.

Excluded from warranty are wearing parts and damages caused by misuse of the product. In the case of claim please contact your specialist dealer.

The warranty period starts at the date the product was purchased (please carefully retain your sales receipt).

For more info contact: kundservice@casall.se

Customer Service

To best support you in case of problems with your product, we would ask you to please quote the product Model Name and Serial Number.

These can be found on the sticker underside your product.

Model name:

Serial number:

Waste Disposal

Casall products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local disposal sites).

Batteries and **accumulators** do not belong in the domestic waste. Please, dispose this article correctly (local refuse sites).

Contact

If you have questions you cannot resolve with the help of this manual or need to order replacement parts,

please call the outlet from where you purchased this machine or email kundservice@casall.se

Please have the product model name, number and serial number ready when you call.

Advice

The owner's manual is only for the customer reference. **Casall** cannot be held responsible for mistakes due to translation or changes in technical specification of the product.

Precautions

Before assembling or using the exercise cycle, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.

- **Product-Scope: This product is made for home use only and tested up to a maximum body weight of 150 kilograms.**
- **Product-Performance: This home trainer is tested to the European Standard EN 957-1/9 HA.**
- **Product-Performance: This home-trainer is speed independent, i.e. the performance is independent from pedal frequency.**
- **Product-Feature: The RESISTANCE can be changed by the computer.**

- Use-Scope: The exerciser may not be used by persons with a weight of over 150 kg.
- Use-Scope: This product is designed for physical exercise for adults. Please ensure that children only use it under the supervision of an adult.
- Use-Environment: Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Use-Environment: Ensure that sufficient space is available to use the home exerciser.
- Use-Environment: Place the home exerciser on an even, non-slippery surface.
- Use-Environment: Please ensure that liquids or perspiration never enter the machine or electronic parts.
- Use-Environment: Keep the equipment indoors, away from moisture and dust. Do not put the equipment in a garage or covered patio, or near water.
- Use-Environment: The product is made for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial purposes.
- User-Health: Consult your physician before starting with any exercise programs to receive advice on the optimal training.
- User-Health: Incorrect/excessive training can cause health injuries.
- User-Health: If you feel sickness, chest pain, fits of dizziness or breathlessness during your training, immediately stop the training and consult your physician.
- Product-Preparation: Ensure that training only starts after correct assembly, adjustment and inspection of the home exerciser.
- Product-Preparation: Follow the steps of the assembly instruction carefully.
- Product-Preparation: Only use suitable tools for assembly and ask for assistance if necessary.
- Product-Preparation: Only use original Casall parts as delivered (see checklist).
- Use-Preparation: Tighten all adjustable parts to prevent sudden movement while training.
- Use-Instruction: Please follow the advice to correct training as detailed in the training instructions.
- Use-Instruction: Do not use the home exerciser without shoes or loose shoes.

- Use-Safety: Be aware of non-fixed or moving parts whilst mounting or dismounting the home exerciser.
- Use-Safety: Use the height adjustment caps on the rear tube to ensure stable position of the home exerciser.
- Use-Safety: Make sure the front wheels are placed in the correct position: see assembly instruction.
- Product-Power-Safety: The unit requires a power supply of 220V – 230V / 50Hz. It should be connected to a safety socket with a single 10A fuse. Before commissioning the appliance pay attention to the fact that the correct plug-in power supply unit (observe marking) has been connected properly.
- Product-Maintenance: If the equipment is in regular use, check all its components thoroughly every 1 – 2 month. Pay particular attention to the tightness of bolts and nuts. This applies especially to the securing bolts for pedal and handlebars.
- Product-Maintenance: Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Product-Maintenance: Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done.
- Product-Maintenance: Only use original Casall spare parts.
- Product-Maintenance: Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician.
- Product-Maintenance: Disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.

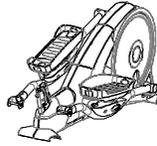| 101	102	114	124	202
1 x	1 x	1 x	1 x	1 x

203	205	208	215	401	425
1 x	2 x	2 x	1 x	1 x	2 x

427	431	433	901
2 x	2 x	2 x	1 x

805
M8X45mm
4 x

705
Ø10X67mm
2 x

801
M4X15mm
16 x

A
6 ▭
1 x

B
5 ▭
1 x

803
M6X10mm
4 x

807
8X17X1.5mm
6 x

816
8X23X2mm
2 x

817
8mm
6 x

818
8X15mm
6 x

812
6 mm
4 x

223
1 x

813
5x12mm
2 x

C
1 x

D
5▭
1 x

F
1 x

Action Handlebar

Hand pulse sensor

iPad frame

LCD

Loud Speaker

Foot Plate

Power switch

Foot Plate Tube

Rear Stabilizer tube

Front Foot Plate

Tube front Cover

Transportation wheel

Front Stabilizer tube

1.

805-2X
807-2X

805-2X
807-2X

2.

801-2X

801-2X

3.

4.

1

2

817-1X
818-1X

5.

6.

816-1X
817-1X
818-1X

816-1X
817-1X
818-1X

7.

1

801-2X

705-1X
812-2X
803-2X

801-2X
705-1X
812-2X
803-2X

8.

818-2x
817-2x
807-2x

9.

1

2 **223-1X**

10.

801-2x

801-2x
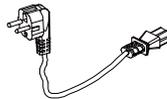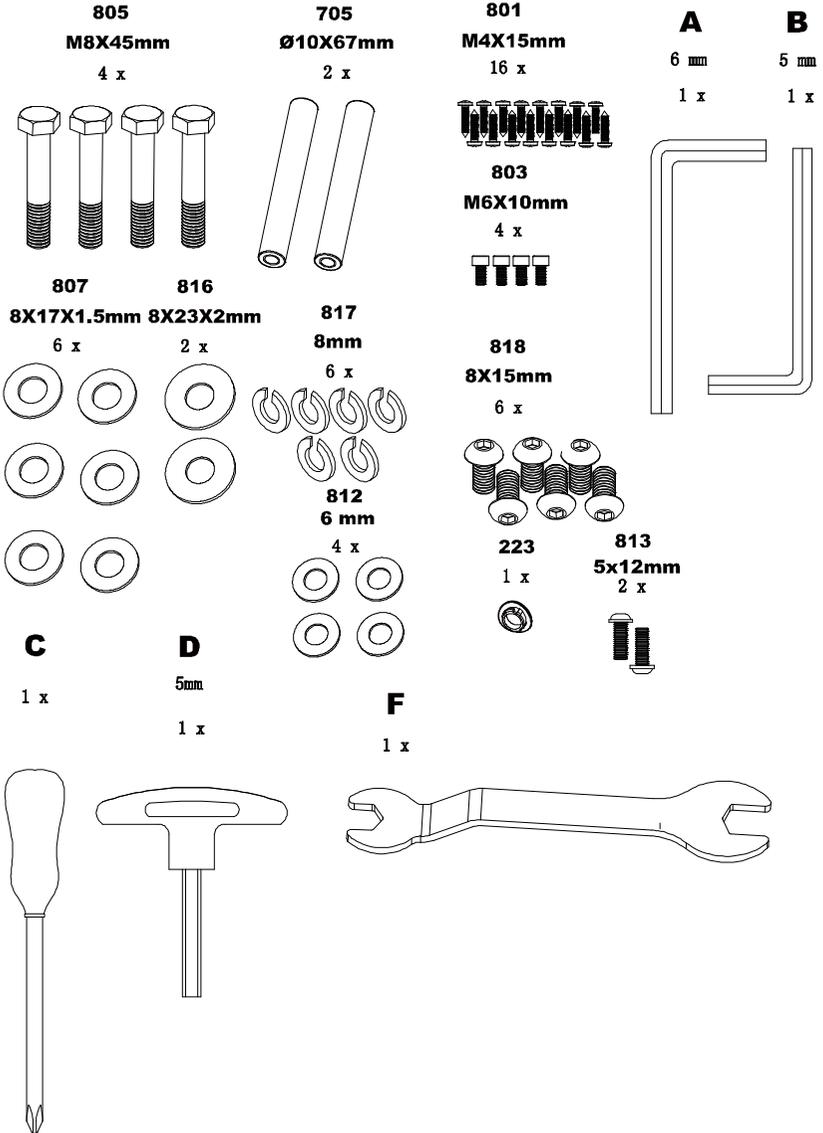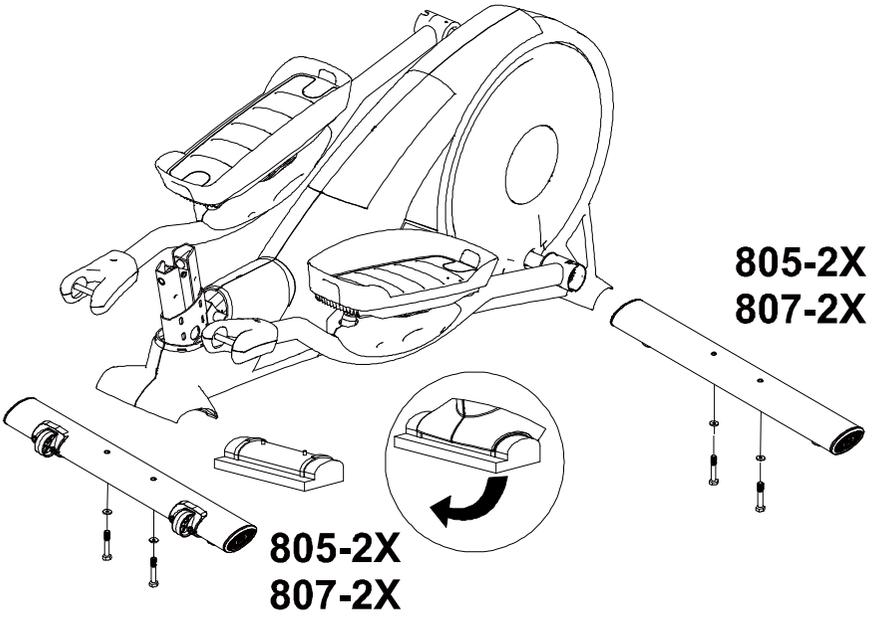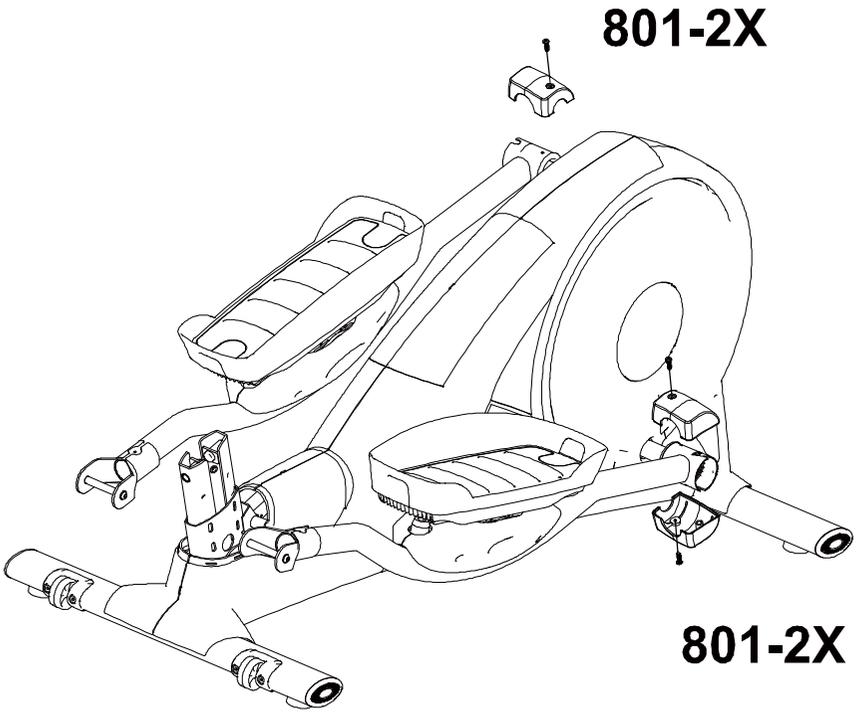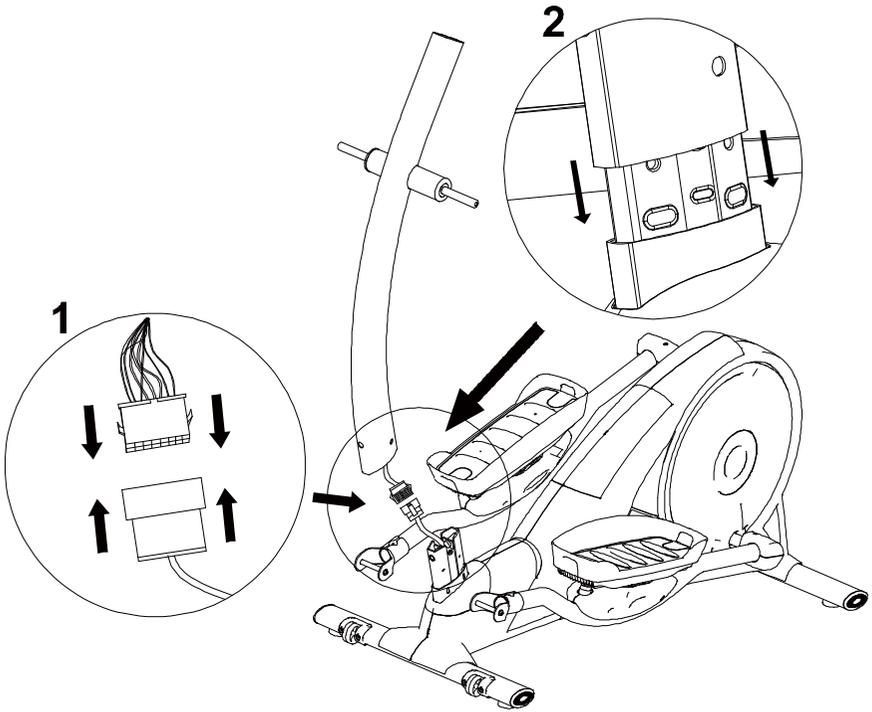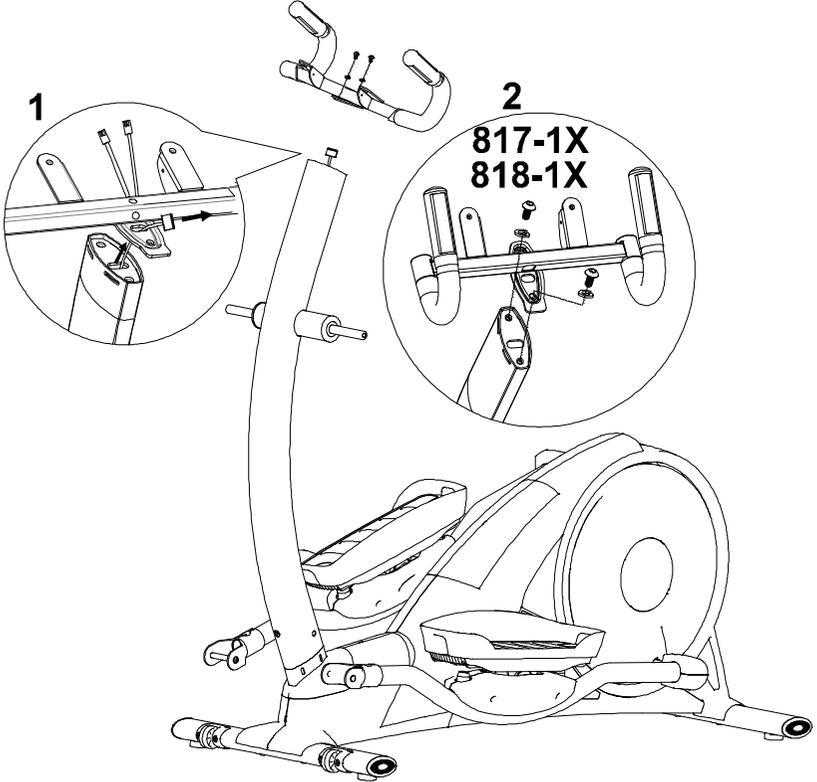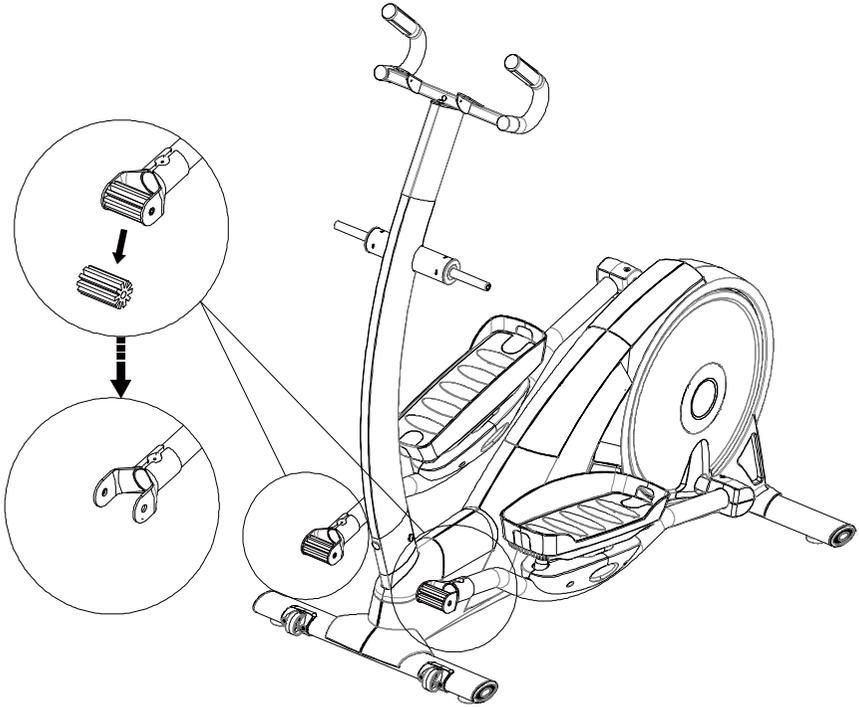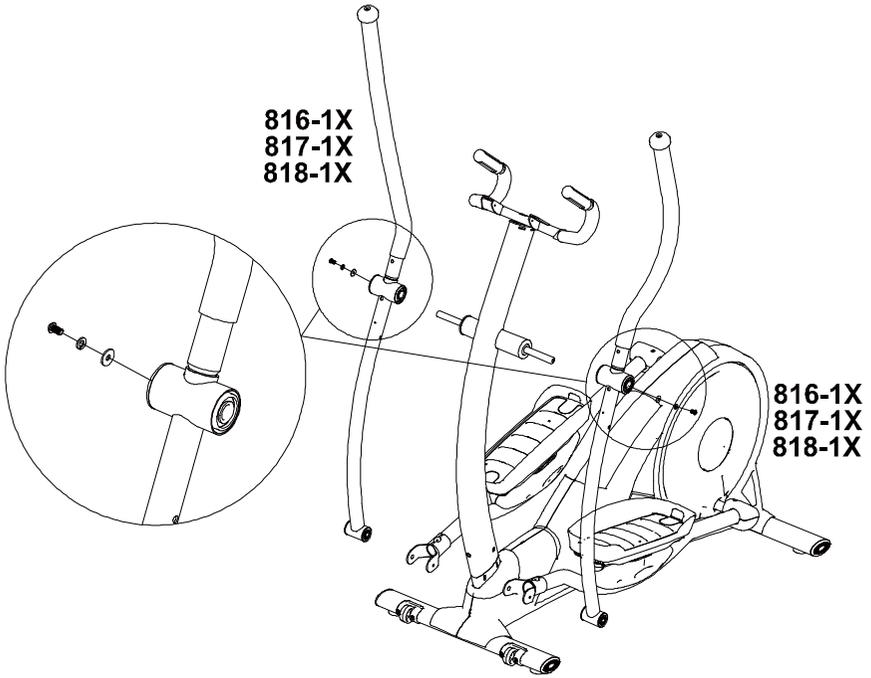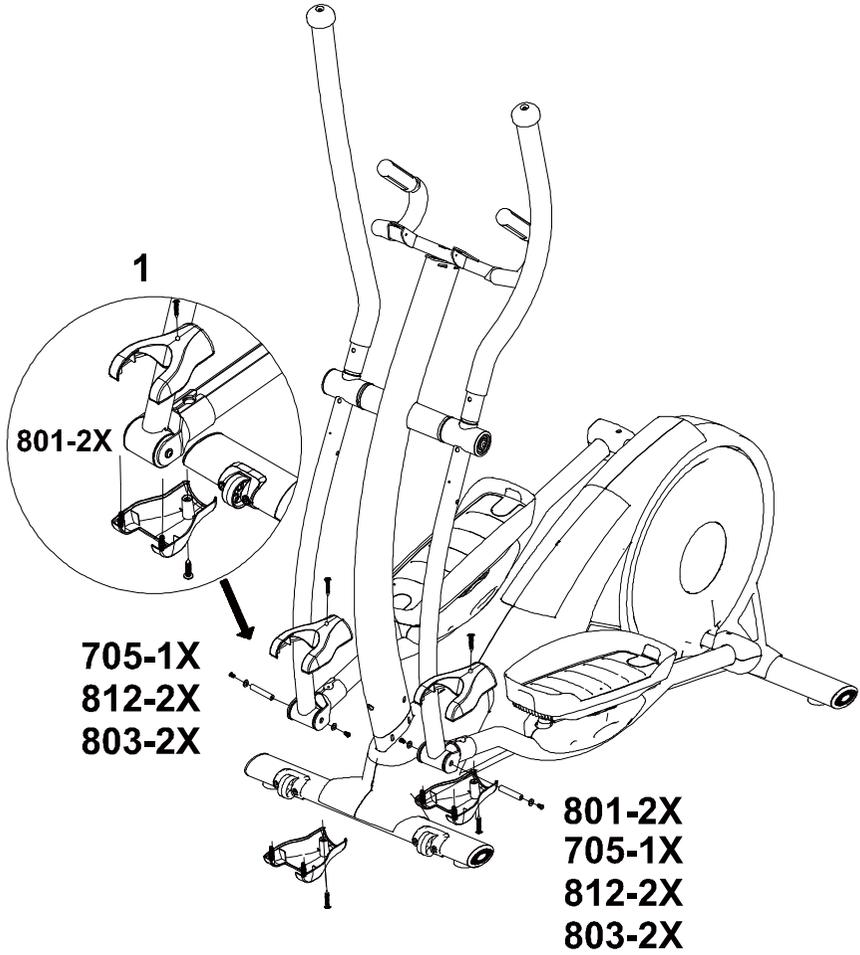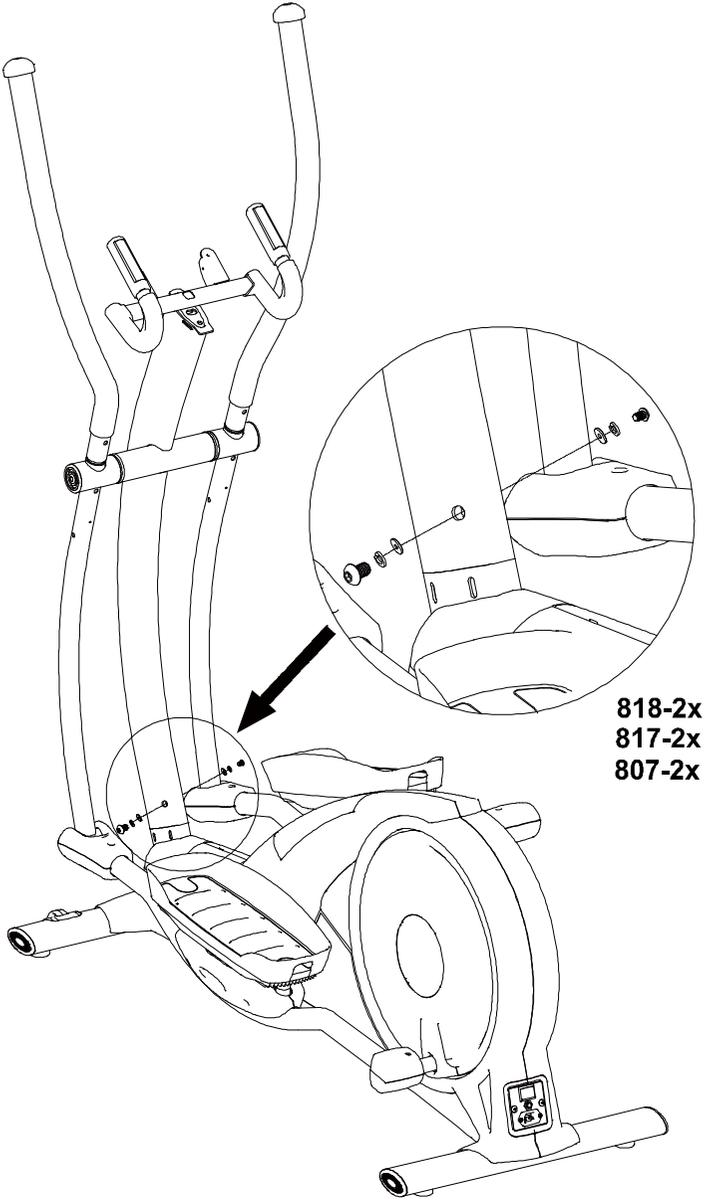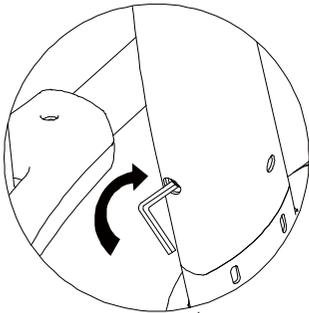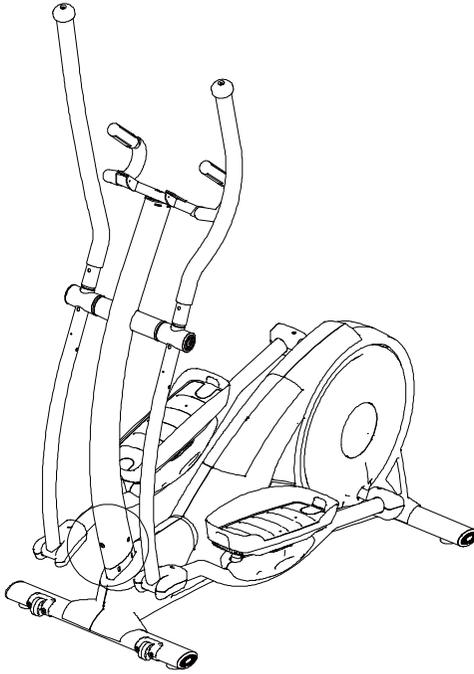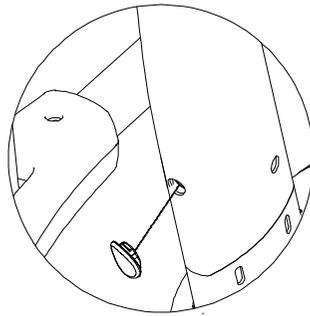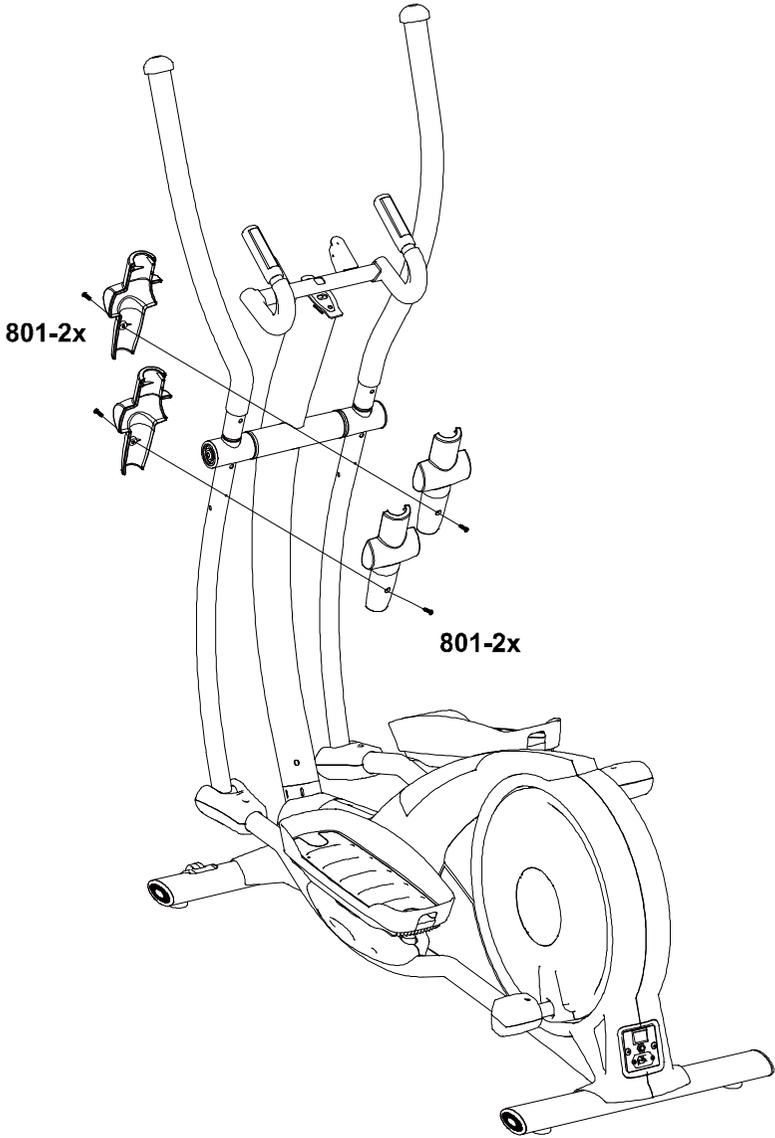
11.
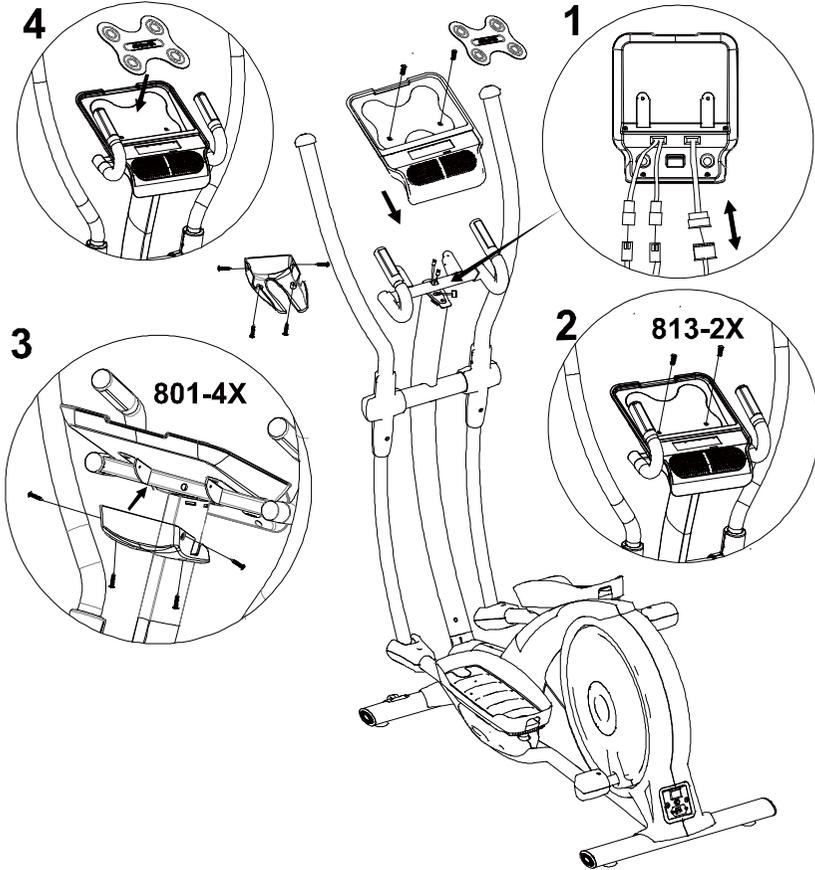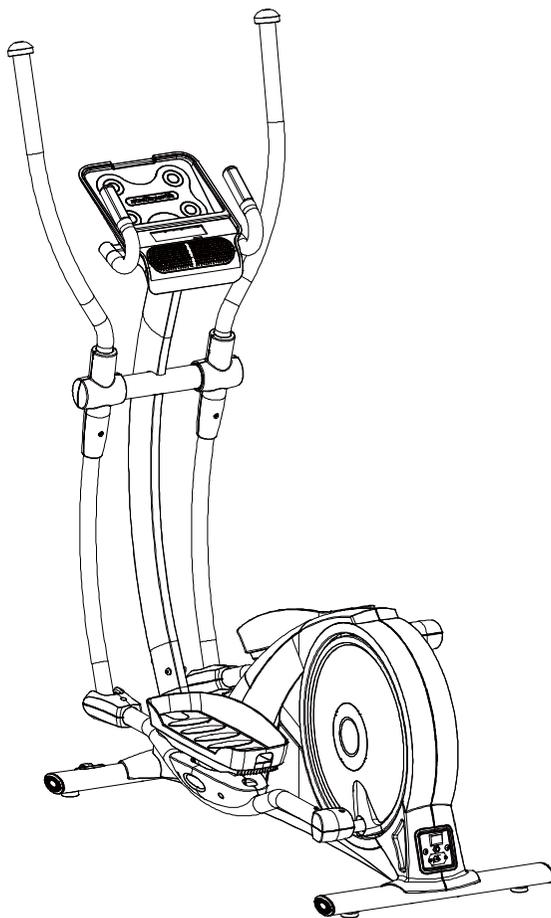
Assembly complete！

Power

Connecting the power cord for Bike and turn on the power switch.
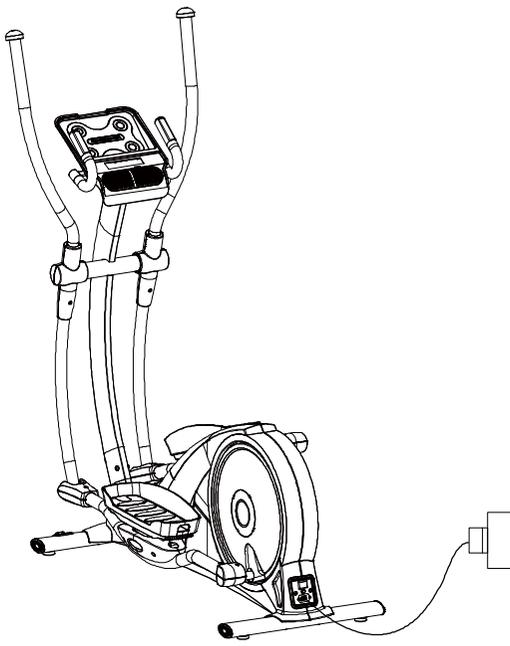
Play music

This home-trainer comes with loud speaker , connceting the MP3 audio data line for iPad or mobile device with MP3 audio output to enjoy music. There is an USB jack at the right side of console. It can charge electronic devices once connect the USB cable.

USB JACK
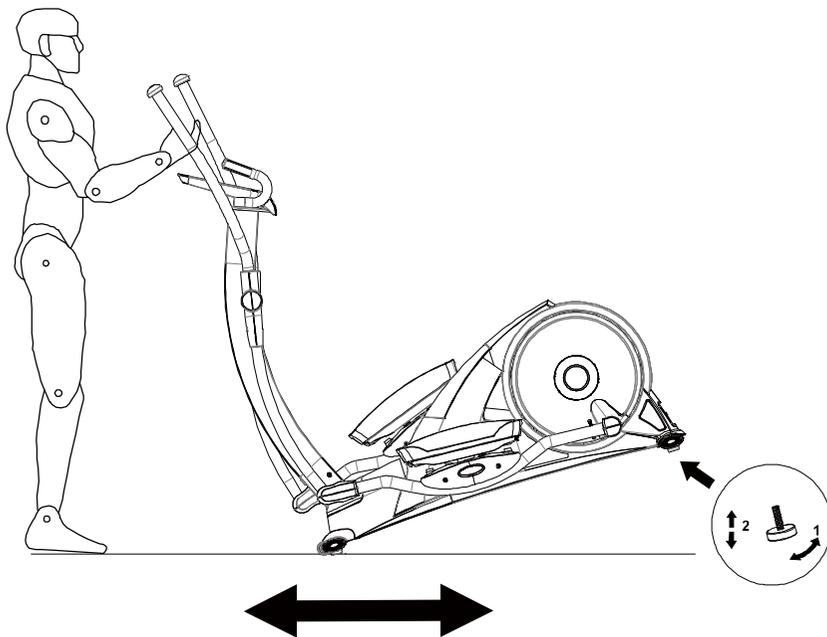
ATTENTION ⚠
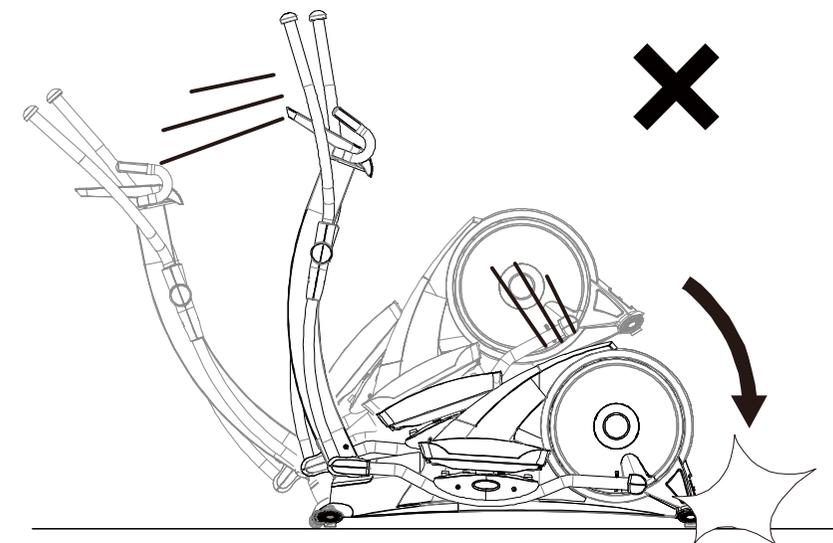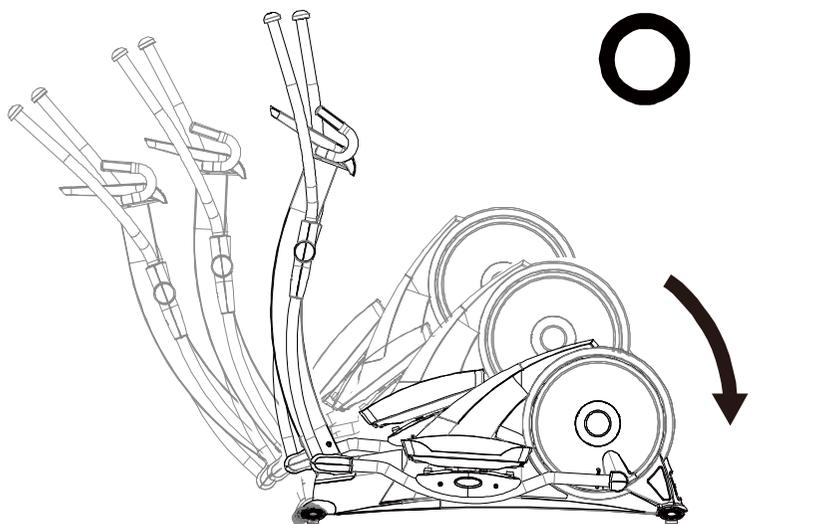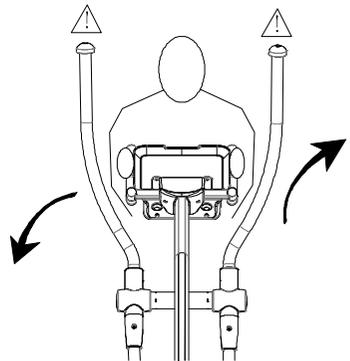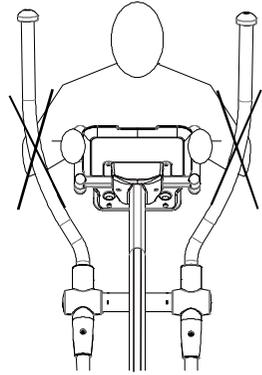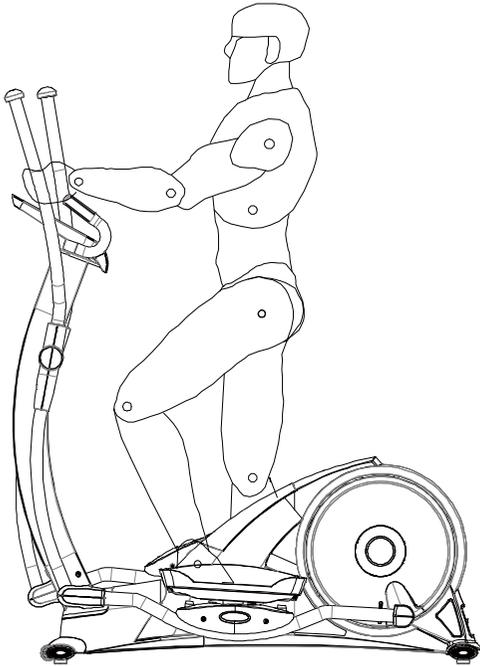
Proper Ergonomic Positioning: Please refer to the diagram to the left as indication of the proper training position.

Mount and dismount the equipment: Select any flank of the equipment, which flank you can easy and comfortable to move your foot to mount on or dismount from the equipment. Make sure you step on the pedal in the lowest position steadily and hold the handle bars firmly.

Major exercise type: This equipment focuses on your lower body, and can tone your thigh and shank muscles. You can also use the movable hand bar to train your upper at the same time.

Warning-1: Incorrect and/or excessive training can cause risk of injury.

Warning-2: Please watch out for the movable handle bar!
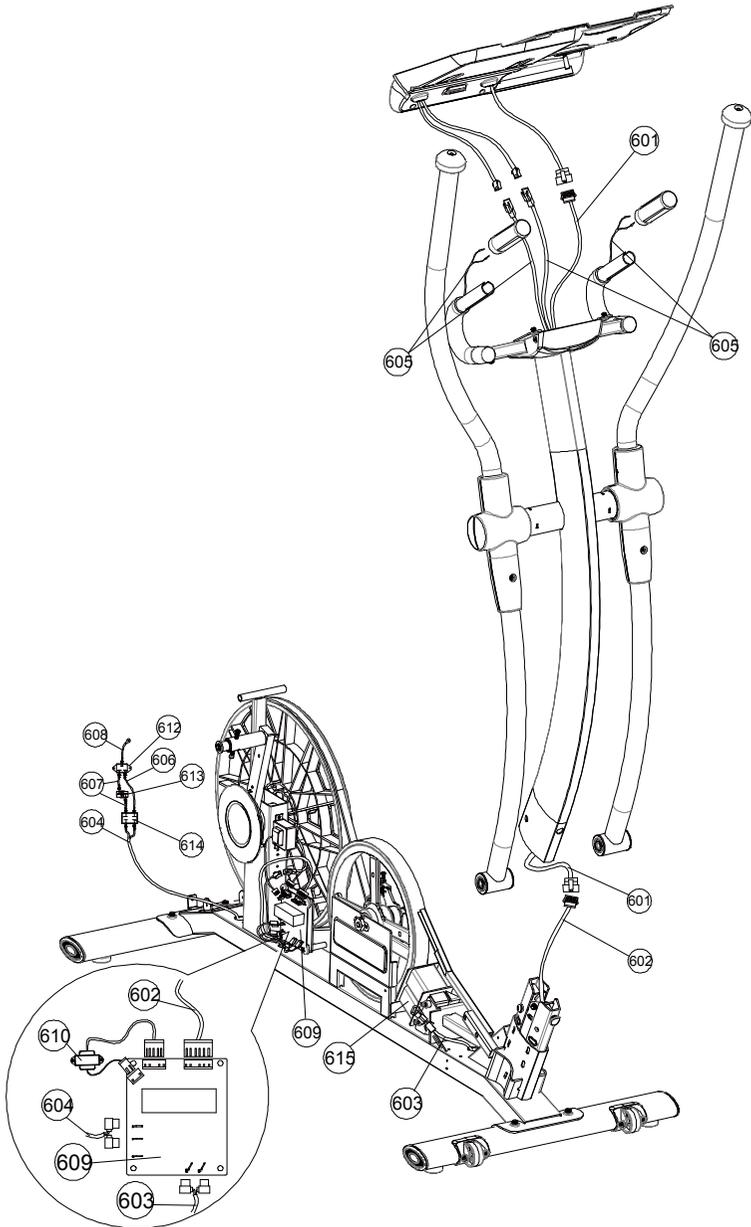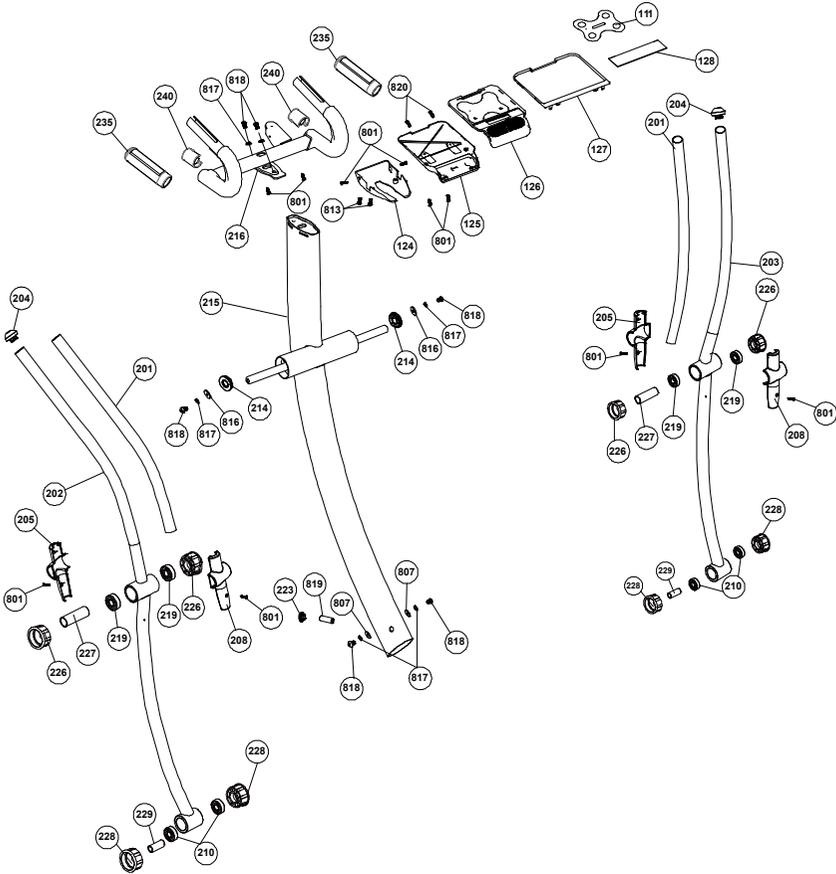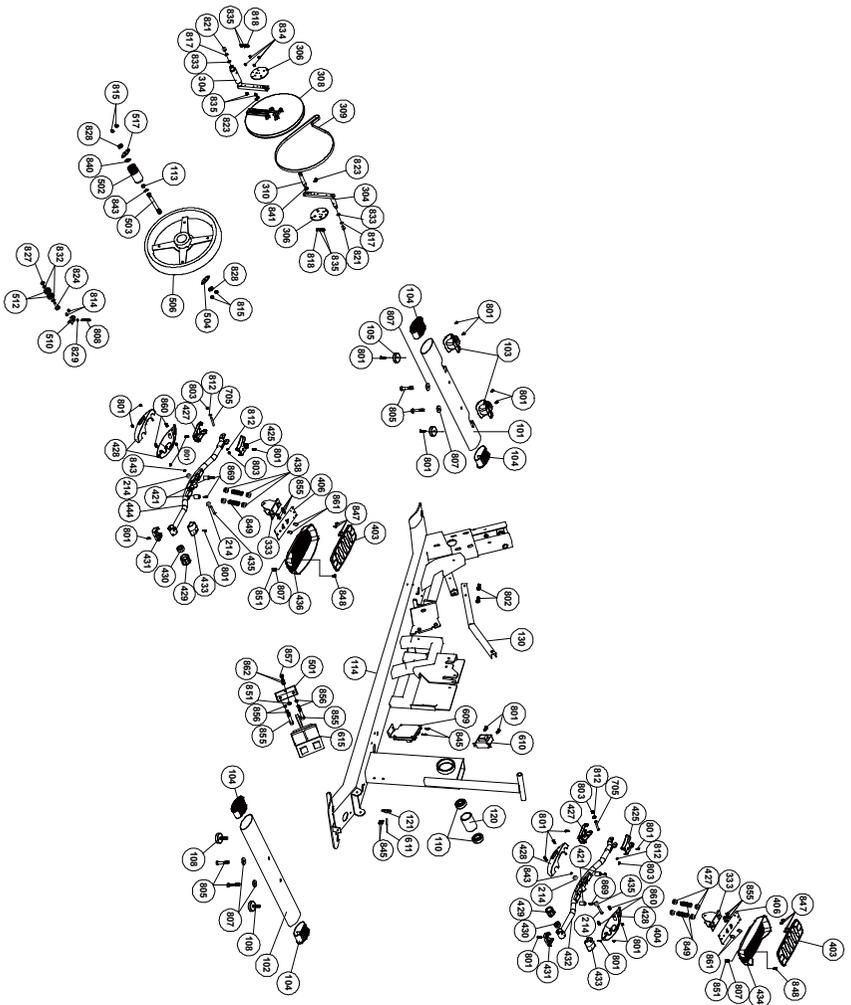
Spare Part List

Part No.	DESCRIPTION	Q'ty per unit
101	Front Stabilizer tube	1
102	Rear Stabilizer tube	1
103	Transportation Wheel set	2
104	Front Stabilizer Tube End Cap	4
105	Front Stabilizer Tube Foot	2
108	Rear Stabilizer Tube Adjustment Foot	2
110	6004 Bearing	2
113	Crank shaft bushing	1
114	Main frame	1
120	Bushing Ø21X29X33.5	1
121	Speed sensor Holder-OD6X40X10 T-2.0	2
124	Console rear cover	1
125	Console housing-Lower	1
126	Console housing-Upper	1
130	Chain cover support tube-12X12XL297XT1.0	1
201	Foam Grip- 33-34X3X740	2
202	Action Handlebar –Left	1
203	Action Handlebar –Right	1
204	Action Handlebar End Cap Ø35	2
205	Handlebar Cover- Front	2
208	Handlebar Cover- Rear	2
210	6300 WN Bearing	4

214	Upright Axle Bushing	2
215	Upright tube	1
216	Console support tube	1
219	6203 Bearing	4
223	Console Upright Insert	1
226	Bearing holder- ID22XOD47XT20	4
227	Bushing-ID18XOD21X64.5	2
228	Bearing holder-ID26XOD47XT23	4
229	Bearing bushing	2
235	Hand Pulse cover	2
240	Console support tube end cap	2
304	Foot Plate Crank	2
306	Crank Shaft Plate	2
308	Driving Belt large pulley	1
309	Driving Belt-630J-6	1
310	Crank Shaft	1
333	Pedal buffer	1
403	Pedal soft cushion	2
406	Pedal support base	2
409	Left side Chain Cover- Front	1
410	Main Chain Cover- Left	1
411	Front Chain Cover- Left	1
412	Left side Chain Cover- Rear	1
413	Upright lower Cover	1
414	Right Side Chain Cover-Front	1

415	Main Chain Cover- Right	1
416	Front Chain Cover- Right	1
417	Side cover-outside	2
418	Switch Board plastic cover	1
419	Switch Board	1
421	Buffer set sleeve-10X63.4	2
423	Right side Chain Cover- Rear	1
424	Crank disk	2
425	Front Foot Plate Tube front Cover- Upper	2
427	Front Foot Plate Tube front Cover-Lower	2
428	Foot Plate side cover	4
429	Bearing Holder-ID40XOD47X39	2
430	Adjustable Bearing 2203	2
431	Rear Foot Plate Tube Rear Cover-Lower	2
432	Foot Plate Tube –Right	1
433	Rear Foot Plate Tube Rear Cover-Upper	2
434	Foot Plate – Right	1
436	Foot Plate tube-Left	1
437	Chain cover Clip □1.2X28	1
444	Foot Plate Tube –Left	1
501	Electromagnet bracket base	1
502	Flywheel driving belt pulley	1
503	Flywheel axle M10X100.8	1
504	Flywheel ring-shaped Holder- 48X24XT2.5	1
506	Flywheel-ID35XOD200X46	1

510	Tension Bracket Adjustment Base	1
512	6300 Bearing	2
517	Flywheel D-shaped Holder-48X24XT2.5	1
555	Spring Nut	8
601	7 PIN cable-Upper	1
602	7 PIN cable-Lower	1
604	Power cable-500mm	1
606	Single wire-red-80mm	1
607	Single wire-white-50mm	2
608	Grounding wire-150mm	1
609	Control board	1
610	Transformer	1
611	Speed sensor wire	1
612	Electric outlet	1
613	Power switch	1
614	Electric protector	1
615	Electromagnet	1
705	Foot Plate Tube Sleeve M10x67mm	2
801	M4X15 Screw	44
802	M4X19 Screw	2
805	Outer hexagon screw M8X45x25	4
806	Plastic insert-OD6X12-9X3	4
807	Washer□8X17X1.5	8
808	Button head inner hexagon screw M4X45	1
812	Washer□ 10X16X1	8

813	M5X12 screw/washer	2
814	M4X15 Screw	2
815	Round head cross- screw M6X6	4
816	Washer□8X23X2	2
817	Spring washer □8X 14 X2	8
818	Button head inner hexagon screw M8X15-	8
819	Inner hexagon M12X50	1
820	Round head cross- screw M3X12	2
821	Flange outer hexagonal screws M6X14	2
823	Cylinder -head inner hexagon screws M8X30	2
824	Flat-head inner hexagon screws M10X39	1
827	Locknut M10	1
828	Thin Nut M10	2
829	Thin Nut M4	1
832	Washer□10X20X1.5	2
833	Washer□ 6.5X22X2	2
834	M5X30 Screw /washer	4
835	M6X15 Screw /washer	6
838	M4X12 screw/washer	8
840	Flang nut M10	1
841	Washer□ 20X30X2	1
843	Circlip M10	5
845	Round head cross- screw M5X14	4
847	Button head inner hexagon screw M6X12	8
848	M8X17 Bolt	2

849	Spring □4.5x □25 x74.47	4
850	Button head inner hexagon screw MM8X12	8
851	Locknut M8	5
852	Round head cross- screw M4X12	2
853	Cylinder -head inner hexagon screws M6X10	4
855	Cylinder -head inner hexagon screws M8X50	2
856	Nut M8	2
857	Round head cross- screw M8X20	1
860	Plastic insert-OD6X12-9X3	8
861	Shrapnel 21X13X0.7	6
862	Thin Nut M8	2
863	Cross screw M8X25	4
901	Power cord	1
902	Hardware set	1

Computer operation instructions

Before assembling or using your fitness equipment, please carefully read the precautions included in the assembly instruction.

DISPLAY
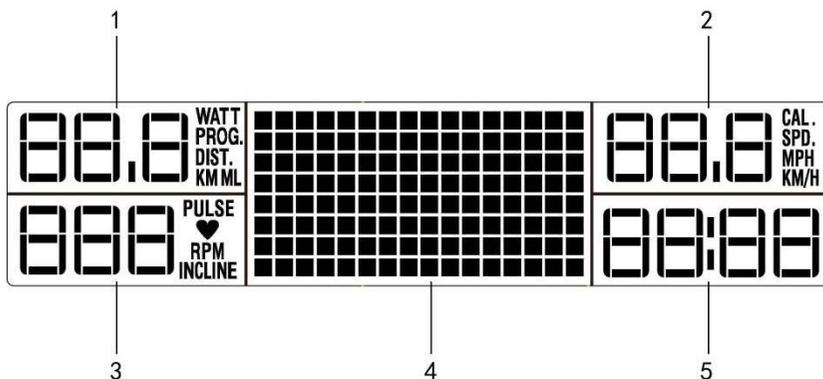
(1)WATT/ PROGRAM/ DISTANCE
The display range of the WATT is from 10 to 400.
Program display from Program 1 to Program 8.
The DISTANCE display range is from 0.0 to 99.9 kilometres.

(2) CALORIES/SPEED
The calories display range is from 50 to 990.
SPEED display means LCD display current actual speed.

(3) PULSE/RPM
The range of the PULSE display is from 0 to 199 BPM.
The RPM indicator display from 0 to 150.

(4) DOT MATRIX PROFILE (RESISTANCE)
The dot matrix means that RESISTANCE level will be presented with graphic form.

(4)USER CODE
Press the UP/DOWN button to select the USER CODE from U1 to U6.

(4) GENDER
Press the UP/DOWN button to select your gender.

(4) AGE
The range of AGE is from 10 to 99. The initial AGE is 30.

(4) HEIGHT

HEIGHT display range is from 50 to 220 cm. the initial HEIGHT is 160 cm.

(4) RECOM. WEIGHT

The recommended body weight based on standard BMI.

(5) TIME

The TIME display range is from 0:00 to 99:00. The initial TIME is "32:00".

BUTTONS AND FUNCTIONS

START button

Press START to begin your exercise.

STOP button

Press STOP button to pause the functions during your exercise program.

Press STOP button twice the program will return to power on mode.

RESISTANCE up button

Press the button to increase the RESISTANCE level or set up the program.

RESISTANCE down button

Press the button to reduce the RESISTANCE level or set up the program.

ENTER button

Press ENTER button to confirm the program set up.

Mode button

Press the button to switch the computer display screen display during exercise.

Attention!

Do not operate the computer where the fluorescent lamp point-blank.

POWER ON

Connecting the power cable and turning on the power switch at the rear of machine. The LCD screen will
light up.
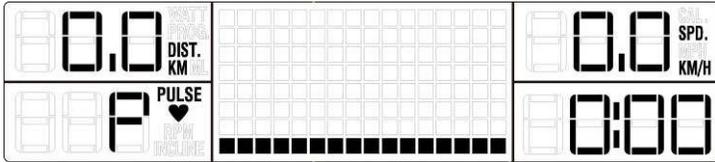
QUICK START

When the computer is in the POWER ON STATUS, press the start button to activate the QUICK START
program, the TIME, DISTANCE and CALORIES will count up from zero when you start exercising.
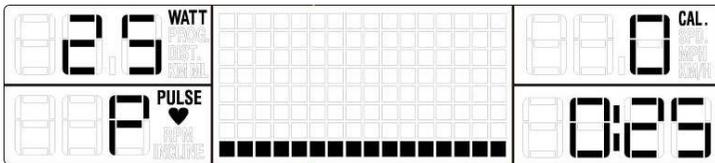
SLEEP MODE

When the power is ON the computer will automatically enter SLEEP MODE if it is left idle for 3 minutes

without receiving any input, press any button to return to power on status when the computer is in the

SLEEP MODE.

PAUSE MODE

While in the PROGRAM without pedalling the machine for 30 seconds, the speed sensor located inside the

machine will not detect any RPM signal. The console will enter PAUSE MODE. During PAUSE MODE, if you

start pedalling the machine or press the START button, the console will return to the PROGRAM MODE and

continue the original program. Press the STOP button to PAUSE the program, press STOP button twice and

the LCD will return to POWER ON status.

Program Selecting Procedure

POWER ON. After computer Bluetooth receiver has successfully linked the App, touch the "other program"

icon on the App or press the "ENTER" button on the computer key board. The "IWM" will be shown and flashing on the computer LCD screen. Press the RESISTANCE UP/DOWN button to select one of the program. Then computer LCD screen will show "IWM→P1→P2→P3→P4→P5→P6→P7→P8" (Scan), there is no IWM program display when App has been linked successfully.

Program operation introduction

Short introduction of the IWM

IWM is a customized exercise program. It calculates the calories needed to be burned by the user to maintain proper weight. This calculation is based on food intake and weight in contrast with standard body mass index (BMI). It is just like having a personal training consultant.

The lWM console obtains user weight through wireless transmission from the provided IWM scale. It then displays current user weight and information on ideal weight of the user. This weight is based on standard BMI data and the IWM system will generate a personal exercise program automatically. This custom exercise program is based on the difference between actual weight and the weight of standard BMI for the user size, gender and age.

IWM is not only for people who are overweight, but is also perfect for people who understand weight loss, diet and exercise.

If the actual measured user weight is lower than the standard BMI, the smart IWM program-would also suggest an exercise program to reinforce muscle building (to help reach standard BMI).

The good news is that the IWM can be implemented on various categories of CV equipment ranging from Treadmills to Stationary bikes and cross trainers.

IWM works as your own personal trainer that guides you in a customized workout with proper intensity, time, distance and calories burning.

The Body Mass Index Introduction:

Body Mass Index (BMI) is used to assess how much an individual's body weight departs from what is normal or desirable for his or her height. This weight excess or deficiency may, in part be accounted for by body fat. Although other factors such as muscularity also effect BMI significantly.

The World Health Organization (WHO) regards a BMI of less than 18.5 as underweight and may indicate malnutrition, an eating disorder, or other health problems. While a BMI greater than 25 is considered overweight and one above 30 is considered obese. The ranges of BMI values are only as statistical guide when applied to adults. They are not a prediction of health.

The Body mass index (BMI) is a heuristic proxy for human body fat based on an individual's weight and height. BMI does not actually quantify the percentage of body fat. The BMI is defined as the individual's body weight divided by the square of his height. The formula is universally used in medicine.

Intelligent Weight Management (IWM) Program Operation Procedures:

POWER ON the computer, press the ENTER button, "IWM" will be show and flashing on the computer LCD screen, then press the "ENTER" button to operate the IWM program. Before selecting and starting the IWM program, you have to set up your personal basic data, including the WEIGHT, USER, GENDER, AGE, HEIGHT, RECOMMENDATION BODY WEIGHT.

USER WEIGHT

When the IWM displays on the dot matrix area, press the ENTER button, the figure "0.0", "WEIGHT" will be flashing.

There are two possibilities for setting the user weight. You can input the weight by manual or by wireless transmission from IWM weight scale (Please follow the description on the next page - IWM – Program Operation Procedures). For the manual input press the ENTER button and select with UP/DOWN button the weight. Press ENTER to confirm.

USER " ID "

After the USER WEIGHT has been confirmed, "USER" display will blink. You will need to select the USER CODE first, press the UP/DOWN button to select the USER CODE from U1 to U6. This is shown in the SPEED display. Press the ENTER button to confirm the USER CODE. After setting the USER, profile will convert to next goal.

USER "GENDER "

After assigning your user ID, the GENDER icon will display the initial value "MEN" on the LCD. Press the UP/DOWN button to switch between MEN and WOMEN icon, then press ENTER button to select your GENDER.

USER "AGE "

After the GENDER has been confirmed the SPEED's display will show AGE initial value "30" or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user age information, then press ENTER to confirm.

USER "HEIGHT "

After the USER AGE has been confirmed the HEIGHT display will show 160CM or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user height information, and then press ENTER to confirm.

RECOMMENDATION WEIGHT

After finish user HEIGHT set up, the RECOM. display will show the recommend user weight on "RECOM." weight numbers that calculated through user height based on standard BMI. You can also press the up/down button to adjust the recommend body weight, and then press ENTER to confirm.

After finishing user profile set up, the console will display the recommend user weight on "RECOM." weight numbers that calculated through user height based on standard BMI. You can compare the exact body weight and recommend body weight. Console would also automatically generate the personalized workout program with target calories. All you need to do now is press START button and enjoy your workout. After start the exercise program, the target calories would countdown till zero. IWM automatically adjusts the intensity of your work out to help you achieve and maintain your ideal weight.

You can adjust the RESISTANCE intensity by pressing related buttons during exercise and the workout time would be changed accordingly. For example, when you increase RESISTANCE manually then the workout time will be shortened because it will require less time to consume the same amount of calories.

All exercise figures will be displayed on the computer display screen when you start to do exercise, and the figures will be scan automatically during exercise.

To switch the screen display while exercising, press the "MODE" button to switch the "(WATT / DIST.) , (PULSE / RPM) , (CAL. / SPD.)" .

Press the "MODE" button first, the WATT, PULSE and CAL. will be shown on the computer display screen and be present all the time.

Press the "MODE" button again, the (DIST.) , (RPM) and (SPD.) will be shown on the computer display screen and be present all the time.

Press the "MODE" button for the third time, computer display screen figures will come back to scan status automatically.

To pause the program while exercising, press the "STOP" button. To quit the program, press the "STOP button" twice. At the end of the program when the target has been achieved, the computer will beep.

Program

P1: Target time program

Power on the computer, press the ENTER button, then the IWM will be flashing. Press the RESISTANCE UP/DOWN button to select the P1(Program 1) , then press the ENTER button again, computer will go to P1 procedure.

Weight setting

When the P1 display on the computer display screen dot matrix area, users press the ENTER button, the figure"0.0" and the dot will be flashing at WEIGHT. Press the RESISTANCE "UP /DOWN" button to input the weight and press the ENTER button to confirm.

Time setting

After inputting weight, press the ENTER button to confirm.

After you have selected "P1-Target time program" press the "ENTER" button. The "TIME "display will show the time of "32:00", press the RESISTANCE "UP /DOWN" button to adjust target time, then press the "ENTER" button to confirm. Press the "START" button to begin the exercise program. To increase or decrease the RESISTANCE while exercising, press the "UP /DOWN" button. The program will count down the preset time and "DISTANCE and CALORIES" will count up.

All exercise figures will be displayed on the computer display screen when you start to do exercise, and the figures will be scanned automatically during exercise. And the resistance will show the watt "25"

To switch the screen display while exercising, press the "MODE" button to switch the "(WATT / DIST.) , (PULSE / RPM) , (CAL. / SPD.)" .

Press the "MODE" button first, the WATT, PULSE and CAL. will be shown on the computer display screen and present all the time.

Press the "MODE" button again, the (DIST.) , (RPM) and (SPD.) will be shown on the computer display screen and present all the time.

Press the "MODE" button the third time, computer display screen figures will come back to scan status automatically.

To pause the program while exercising, press the STOP button. To resume exercising, press the "START" button. The time counts down at the end of the program the computer will "beep".

P2: Target distance program

Power on the computer, press the ENTER button, then the IWM will be flashing. Press the RESISTANCE UP/DOWN button to select the P2(Program 2) , then press the ENTER button again, computer will go to P2 procedure.

Weight setting

When the P2 display on the computer display screen dot matrix area and user press the ENTER button, the figure"0.0" and the dot will be flashing at WEIGHT. Press the RESISTANCE "UP /DOWN" button to input the weight and press the ENTER button to confirm.

Distance setting

After inputting weight, press the ENTER button to confirm,

After you have selected "P2- Target distance program", the "DISTANCE" display will show the DISTANCE setting of 5.0KM. Press the RESISTANCE UP/DOWN button to adjust target DISTANCE, then press "ENTER" to confirm. Press the "START" button to begin the exercise program. To increase or decrease the RESISTANCE while exercising, press the "UP and DOWN" button. The "DISTANCE" will count down the preset DISTANCE, the "TIME and CALORIES" will count up from 0.

All exercise figures will be displayed on the computer display screen when you start to do exercise, and the figures will be scan automatically during exercise.

To switch the screen display while exercising, press the "MODE" button to switch the "(WATT / DIST.) , (PULSE / RPM) , (CAL. / SPD.)".

Press the "MODE" button first, the WATT , PULSE and CAL. will be shown on the computer display screen

and present all the time.

Press the "MODE" button again, the (DIST.) , (RPM) and (SPD.) will be shown on the computer display

screen and be present all the time.

Press the "MODE" button for the third time, computer display screen figures will come back to scan status

automatically.

To pause the program while exercising, press the "STOP" button. If the "STOP" button is pressed after

pausing the program, the computer will return to POWER ON status. The "DISTANCE" counts down at the

end of the program the computer will "beep".

P3: Target calories program

Power on the computer, press the ENTER button, then the IWM will be flashing. Press the RESISTANCE

UP/DOWN button to select the P3(Program 3) , then press the ENTER button again, computer will go to P3

procedure.

Weight setting

When the P3 display on the computer display screen dot matrix area and the user press the ENTER button,

the figure"0.0" and the dot will be flashing at WEIGHT. Press the RESISTANCE "UP /DOWN" button to input

the weight and press the ENTER button to confirm.

Calories setting

After inputting weight, press the ENTER button to confirm.

After you have selected "P3- Target calories program", the CALORIES display will show the calories setting

"50", press the RESISTANCE "UP/DOWN" button to adjust target calories, then press "ENTER" to confirm.

Press the "START" button to begin the exercise program. To increase or decrease the RESISTANCE while

exercising, press the "UP and DOWN" button.   The target calories will count down the preset calories and

the TIME, DISTANCE will count up from 0.

All exercise figures will be displayed on the computer display screen when you start to do exercise, and the figures will be scan automatically during exercise.

To switch the screen display while exercising, press the "MODE" button to switch the "(WATT / DIST.) , (PULSE / RPM) , (CAL. / SPD.)".

Press the "MODE" button first, the WATT , PULSE and CAL. will be show on the computer display screen and present all the time.

Press the "MODE" button second, the (DIST.) , (RPM) and (SPD.) will be show on the computer display screen and present all the time.

Press the "MODE" button third, computer display screen figures will come back to scan status automatically.

To pause the program while exercising, press the "STOP" button. To quit the program, press the "STOP" button twice. At the end of the program when the preset target has been achieved, the computer will "beep".

P4: RANDOM program

Power on the computer, press the ENTER button, then the IWM will be flashing. Press the RESISTANCE UP/DOWN button to select the P4 (Program 4) , then press the ENTER button again, computer will go to P4 procedure.

Weight setting

When the P4 display on the computer display screen dot matrix area and user press the ENTER button, the figure"0.0" and the dot will be flashing at WEIGHT. Press the RESISTANCE "UP /DOWN" button to input the weight and press the ENTER button to confirm.

Time setting

After inputting weight, press the ENTER button to confirm.

After you have selected "P4-Random program" press the "ENTER" button. The TIME will show the workout time setting of "32:00". Press the RESISTANCE "UP /DOWN" button to adjust workout time, then press the "ENTER" to confirm. Press the "START" button to begin the exercise program. The RESISTANCE graphic will be displayed in accordance with the internal random selection procedure on the dot matrix profile.

The RESISTANCE level display will show minimum RESISTANCE intensity. To increase or decrease the RESISTANCE while exercising, press the RESISTANCE "UP/DOWN" button. The target time will count down, the DISTANCE and CALORIES will count up from 0.

All exercise figures will be displayed on the computer display screen when you start to do exercise, and the figures will be scan automatically during exercise.

To switch the screen display while exercising, press the "MODE" button to switch the " (WATT / DIST.) , (PULSE / RPM) , (CAL. / SPD.)" .

Press the "MODE" button first, the WATT , PULSE and CAL. will be shown on the computer display screen and present all the time.

Press the "MODE" button again, the (DIST.) , (RPM) and (SPD.) will be shown on the computer display screen and present all the time.

Press the "MODE" button for the third time, computer display screen figures will come back to scan status automatically.

To pause the program while exercising, press the "STOP" button. To quit out the program, press the "STOP" button twice. At the end of the program when the target has been achieved, the computer will beep.

P5: Fat burning program

Power on the computer, press the ENTER button, then the IWM will be flashing. Press the RESISTANCE UP/DOWN button to select the P5 (Program 5), then press the ENTER button again, computer will go to P5

procedure.

Weight setting

When the P5 display on the computer display screen dot matrix area, please press the ENTER button, the figure"0.0" and the dot will be flashing at WEIGHT. Press the RESISTANCE "UP /DOWN" button to input the weight and press the ENTER button to confirm.

Time setting

After inputting weight, press the ENTER button to confirm.

After the user has selected "P5 Fat burning program ", the TIME display will show the workout time setting of "16:00", press the "UP /DOWN " button to adjust workout time then press "ENTER" to confirm. Press the "START" button to begin the "Fat burning program ". The RESISTANCE will be changed automatically in accordance with resistance graphic on the dot matrix profile.

The aim of a FAT BURNING program is to exercise for a longer period of time at a reduced level of intensity. This will allow you to burn more calories than if you were using a program that has higher levels of RESISTANCE over a shorter period of time.

To increase or decrease the RESISTANCE while exercising, press the "UP/DOWN" button. The target time will count down, the DISTANCE, CALORIES display will count up from 0.

RESISTANCE DIAGRAM															
WATT	25	50	75	100	100	100	100	100	100	100	100	100	100	75	50	25

All exercise figures will be displayed on the computer display screen when you start to do exercise, and the figures will be scan automatically during exercise.

To switch the screen display while exercising, press the "MODE" button to switch the "(WATT / DIST.) , (PULSE / RPM) , (CAL. / SPD.)".

Press the "MODE" button first, the WATT , PULSE and CAL. will be shown on the computer display screen and present all the time.

Press the "MODE" button again, the (DIST.) , (RPM) and (SPD.) will be shown on the computer display screen and present all the time.

Press the "MODE" button for the third time, computer display screen figures will come back to scan status automatically.

To pause the program while exercising, press the "STOP" button. To quit the program, press the "STOP" button twice. At the end of the program when the target has been achieved, the computer will beep.

P6: INTERVAL program

Power on the computer, press the ENTER button, then the IWM will be flashing. Press the RESISTANCE UP/DOWN button to select the P6 (Program 6), then press the ENTER button again, computer will go to P6 procedure.

Weight setting

When the P6 display on the computer display screen dot matrix area, please press the ENTER button, the figure"0.0" and the dot will be flashing at WEIGHT. Press the RESISTANCE "UP /DOWN" button to input the weight and press the ENTER button to confirm.

Time setting

After inputting weight, press the ENTER button to confirm.

After the user has selected "P6 Interval program ", the TIME display will show the workout time setting of "16:00", press the RESISTANCE "UP /DOWN " button to adjust workout time then press "ENTER" to confirm.

Press the "START" button to begin the "Interval program ". The RESISTANCE will be changed automatically in accordance with resistance graphic on the dot matrix profile.

To increase or decrease the RESISTANCE while exercising, press the RESISTANCE "UP/DOWN" button. The

time will count down to the end. The DISTANCE and CALORIES display will count up from 0.

All exercise figures will be displayed on the computer display screen when you start to do exercise, and the figures will be scan automatically during exercise.

To switch the screen display while exercising, press the "MODE" button to switch the "(WATT / DIST.) , (PULSE / RPM) , (CAL. / SPD.)".

Press the "MODE" button first, the WATT, PULSE and CAL. will be shown on the computer display screen and present all the time.

Press the "MODE" button again, the (DIST.) , (RPM) and (SPD.) will be shown on the computer display screen and present all the time.

Press the "MODE" button the third time, computer display screen figures will come back to scan status automatically.

To pause the program while exercising, press the "STOP" button. To quit the program, press the "STOP" twice. At the end of program count when the target has been achieved the computer will beep.

RESISTANCE DIAGRAM															
WATT	75	150	150	75	75	150	150	75	75	150	150	75	75	150	150	75

P7: ENDURANCE program

Power on the computer, press the ENTER button, then the IWM will be flashing. Press the RESISTANCE UP/DOWN button to select the P7 (Program 7), then press the ENTER button again, computer will go to P7 procedure.

Weight setting

When the P7 display on the computer display screen dot matrix area, please press the ENTER button, the figure"0.0" and the dot will be flashing at WEIGHT. Press the RESISTANCE "UP /DOWN" button to input the

weight and press the ENTER button to confirm.

Time setting

After inputting weight, press the ENTER button to confirm.

After the user has selected "P7 Endurance program ", the TIME display will show the workout time setting of "16:00", press the "UP /DOWN " button to adjust workout time then press "ENTER" to confirm. Press the "START" button to begin the "Interval program " . The RESISTANCE will be changed automatically in accordance with resistance graphic on the dot matrix profile.

To increase or decrease the RESISTANCE while exercising, press the "UP/DOWN" button. The time will count down to the end. The DISTANCE and CALORIES display will count up from 0.

All exercise figures will be displayed on the computer display screen when you start to do exercise, and the figures will be scanned automatically during exercise.

To switch the screen display while exercising, press the "MODE" button to switch the " (WATT / DIST.) , (PULSE / RPM) , (CAL. / SPD.)" .

Press the "MODE" button first, the WATT , PULSE and CAL. will be shown on the computer display screen and present all the time.

Press the "MODE" button again, the (DIST.) , (RPM) and (SPD.) will be shown on the computer display screen and present all the time.

Press the "MODE" button the third time, computer display screen figures will come back to scan status automatically.

To pause the program while exercising, press the "STOP" button. Press the "STOP" button twice, the program will return to POWER ON status. At the end of the program when the target has been achieved, the computer will beep.

RESISTANCE DIAGRAM

WAT	7	7	10	10	10	12	12	12	15	15	15	17	17	17	10	10
T	5	5	0	0	0	5	5	5	0	0	0	5	5	5	0	0

P8: Heart Rate Control program

Power on the computer, press the ENTER button, then the IWM will be flashing. Press the RESISTANCE

UP/DOWN button to select the P8 (Program 8) , then press the ENTER button again, computer will go to P8

procedure.

Weight setting

When the P8 display on the computer display screen dot matrix area, please press the ENTER button, the

figure"0.0" and the dot will be flashing where point at WEIGHT. Press the RESISTANCE "UP /DOWN" button

to input the weight and press the ENTER button to confirm.

Age setting

After inputting weight, press the ENTER button to confirm. The AGE display will show the default setting of

"30", press the RESISTANCE "UP /DOWN " button to adjust your real age then press "ENTER" to confirm.

Preset target workout Max. pulse rate setting

After inputting the age, press "ENTER" button to confirm, the "PULSE" display will show a default

figure"161" and flashing.

Press the RESISTANCE "UP /DOWN" button to adjust the PULSE, after setting the PULSE, press the "ENTER"

button to continue the program setting.

Please note that the default Max. Pulse is based on the age input. If user changes the age ,the default Max.

Pulse will be calculated automatically.

Time setting

After inputting the default Max. Pulse, press the ENTER button to confirm. The TIME display will show the

workout time setting of "30:00", press the "UP /DOWN " button to adjust workout time then press "ENTER"

to confirm. Press the "START" button to begin exercise program. If the pulse is not detected by hand pulse sensor, the "PULSE" display will show the "P" and flashing. The RESISTANCE display will show the Level the user has set. To increase or decrease the RESISTANCE while exercising, press the RESISTANCE "UP/DOWN" button. The time will count down to the end. The DISTANCE and CALORIES display will count up from 0.

 All exercise figures will be displayed on the computer display screen when you start to do exercise, and the figures will be scan automatically during exercise.

To switch the screen display while exercising, press the "MODE" button to switch the " (WATT / DIST.) , (PULSE / RPM) , (CAL. / SPD.)" .

Press the "MODE" button first, the WATT , PULSE and CAL. will be shown on the computer display screen and present all the time.

Press the "MODE" button again, the (DIST.) , (RPM) and (SPD.) will be shown on the computer display screen and present all the time.

Press the "MODE" button for the third time, computer display screen figures will come back to scan status automatically.

To pause the program while exercising, press the "STOP" button. Press the "STOP" button twice, the program will return to POWER ON status. At the end of the program when the target has been achieved, the computer will beep.

The computer will detect the user's pulse and compare it with the preset estimate normal pulse every 30 seconds. (The pulse figure doesn't show on the computer LCD screen when the actual pulse is lower than 40) The 3 minutes warm up program will count down from the pre-set time. If the actual PULSE does not reach the target workout pulse, the RESISTANCE will increase one level every 30 seconds automatically.

WARM UP –Heart rate program

After completing the TIME set up and starting the program, there is a total 3 minute warm up section. The WARM UP section will help you reach the target workout PULSE. The RESISTANCE will start from 25 WATTS. When the "warm up" section starts, the LCD display will show the words "warm up".

When the user uses the "Warm up and Target pulse" program, the "DISTANCE and CALORIES" will count up from 0. The computer will detect the user pulse and compare it with the "preset estimate normal pulse" every 30 seconds. The 3 minutes warm up program will count down from the pre-set time. If the actual PULSE does not reach the target workout pulse, the RESISTANCE will increase one level (20 watt) every 30 seconds automatically. " The preset estimate normal pulse" is equal to Default Max. Pulse/0.85 *0.65. For example, the Preset target workout Max. pulse rate is 161, then the preset estimate normal pulse will be "161/0.85*0.65=123".

If the computer does not detect the user actual PULSE, the computer will pause the compare function and stop increasing the RESISTANCE. Program RESISTANCE will decrease 20 WATTS every 30 seconds automatically.

The LCD "PULSE" display will show "P" and flashing three times .When the computer detects the actual pulse rate has reached the Preset target workout Max. pulse rate twice in the "warm up" section, the RESISTANCE will stop increasing and continue at the same RESISTANCE until the 3 minute warm up is completed and then go into the Target pulse main program.

If you cannot reach the preset target workout pulse in 3 minutes, the program will continue the second 3 minutes WARM UP section. If during the second WARM UP the user still cannot reach the preset target workout heart rate, the computer will continue to the third WARM UP section for 3 minutes. If the third WARM UP section still cannot bring up the actual pulse rate to the preset target workout pulse, the computer will sound a beep, meanwhile the program will STOP, and TIME display will show "FAIL". 10 seconds later, the program will return to power on status.

Heart rate main program

After the actual pulse rate reaches the preset target workout Max. pulse rate and completes the warm up

section, the computer will go into the main program and the time will count down from the pre-set time.

During the main program, the computer will detect the user pulse rate every 30 seconds. The time will count down to the end. The DISTANCE, CALORIES will continue to count up from the "Warm up" section into the Target pulse Program. To increase or decrease the selected Pulse rate while exercising, press the RESISTANCE "UP and DOWN" button.

If the computer does not detect the user actual pulse rate, the computer will pause the compare function and stop increasing the RESISTANCE. The LCD "PULSE" display will show "P" and flashing three times.

If the actual pulse rate cannot reach the maximum target workout pulse rate minus 10, the RESISTANCE level will be increased by 20 watts every 30 seconds, at most increased to 400 watts.

If the actual pulse is higher than the maximum target workout pulse rate, then the RESISTANCE will be reduced 1 level every 30seconds until the actual pulse rate meets the maximum target workout pulse rate.

If the actual pulse is higher than the maximum target pulse rate for 3 minutes or over, the preset time counts down to the end, the computer will stop the Target pulse program and then begin the COOL DOWN function.

COOL DOWN –Heart rate program

After completing the Target pulse and the TIME counts down to zero there is a one-minute COOL DOWN program. The TIME display will show "COOL" for 10 seconds and start flashing. The RESISTANCE will return to 20 watts as the time counts down from 1:00 (including the 10 seconds 'COOL' display time).

When the computer starts the COOL DOWN program, the RESISTANCE will return to the "1" Level, the "DISTANCE and CALORIES" will continue in the "Target pulse" program display and count up continue.

To pause the program while exercising, press the "STOP" button. Press the "STOP" button twice and the program will return to POWER ON.

The "UP, DOWN, START, ENTER" buttons do not work in the "COOL DOWN " program.

Heart Rate Operation

The Cross trainer comes with EKG hand pulse sensors which can be found on the handlebars. To operate pulse rate function, place the palms of your hands over the sensors. It will take a few seconds for your pulse rate to be displayed on the console. To keep monitoring, keep gripping the sensors. If the readings are intermittent you may not have full contact with the sensors or not enough of your palm on the sensor. Remove your hand and place it over the sensor again.
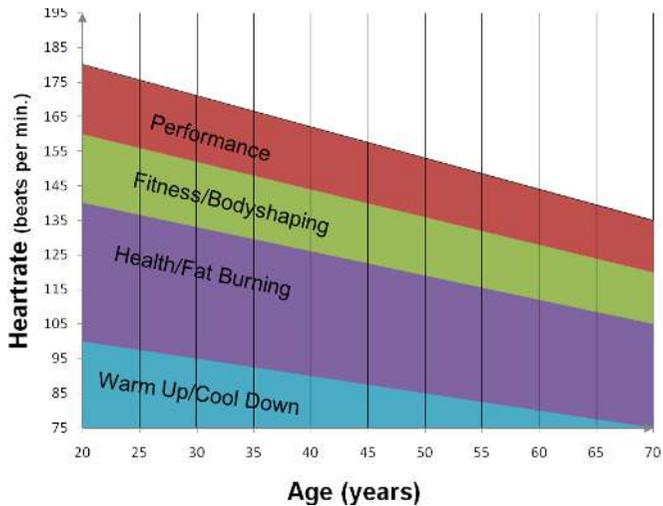
Heart Rate Training

To maximize your results from training it is essential to monitor the intensity of your workout through your heart rate.

It is imperative that you accurately determine the target pulse rate within which to train in order that you may improve your fitness at a safe, comfortable and sustainable level.

The following table is a rough guide to determine the level at which you should be exercising based upon your maximum heart rate (MHR).

Heart Rate diagram

You can calculate the target-heart rate for your training as follows:

Maximum heart rate = 220 minus age

For the different training targets you should train with the following percentage of your maximum heart rate:

Health/Fat Burning: **50 – 70% of your max. heart rate**

Fitness/Body shaping: **70 – 80% of your max. heart rate**

Performance: **80 - 90% of your max. heart rate**

Example:

You are 25 years old and want to train for the target Fitness:

220 – 25 = 195

70% of 195 = 136,5

80% of 195 = 156

Your target-heart rate should be between 136,5 and 156 beats per minute.

This information is for your reference only. To determine your individual training intensity or in case you should have health restrictions please consult your physician before starting exercising