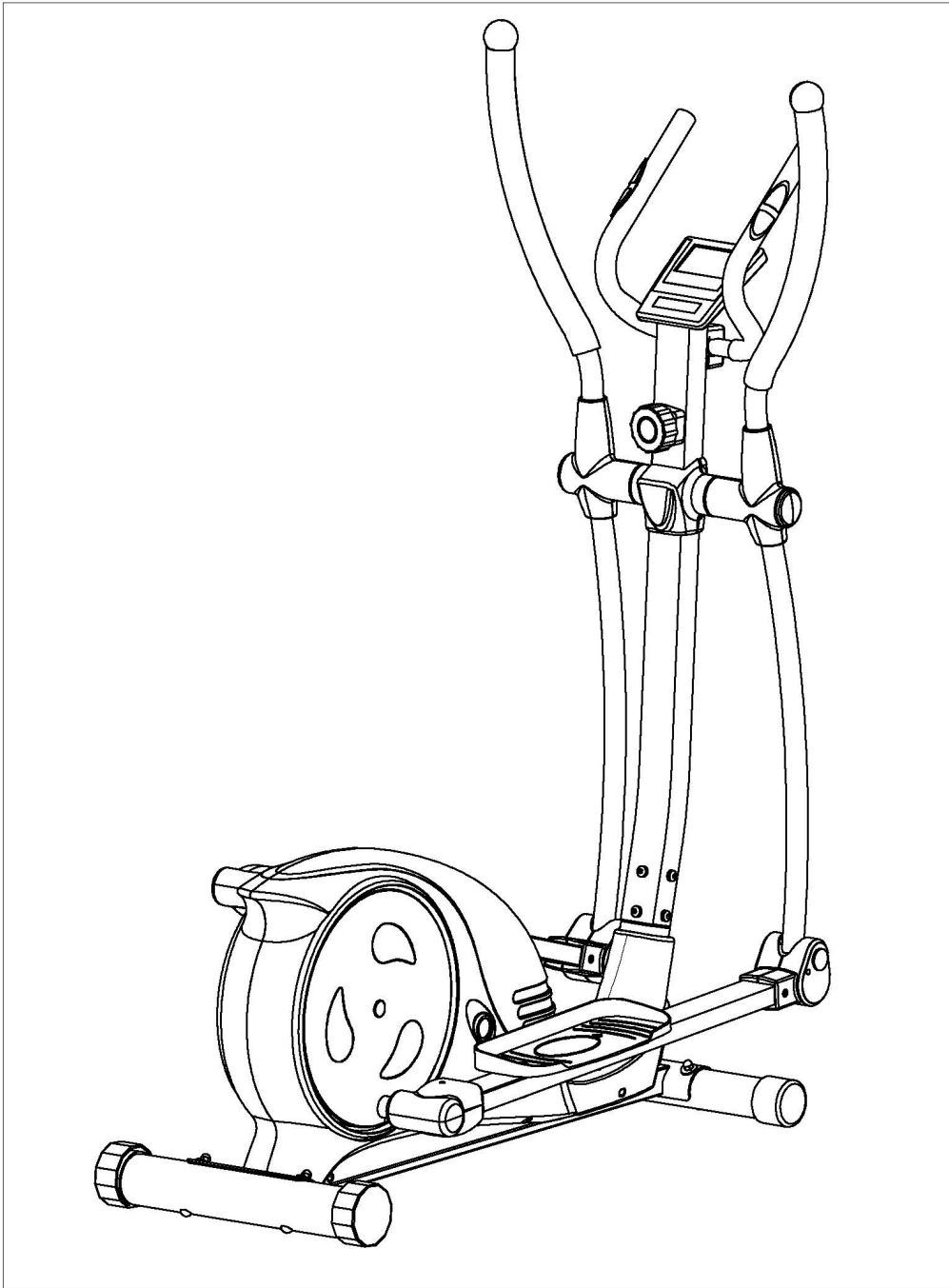


# Elliptical

# XFIT FLEXY

## User's Manual



\* The specifications of this product may vary slightly from the illustrations and are subject to change without notice.



# IMPORTANT SAFETY NOTICE

Note the following precaution before assembling and operating the machine.

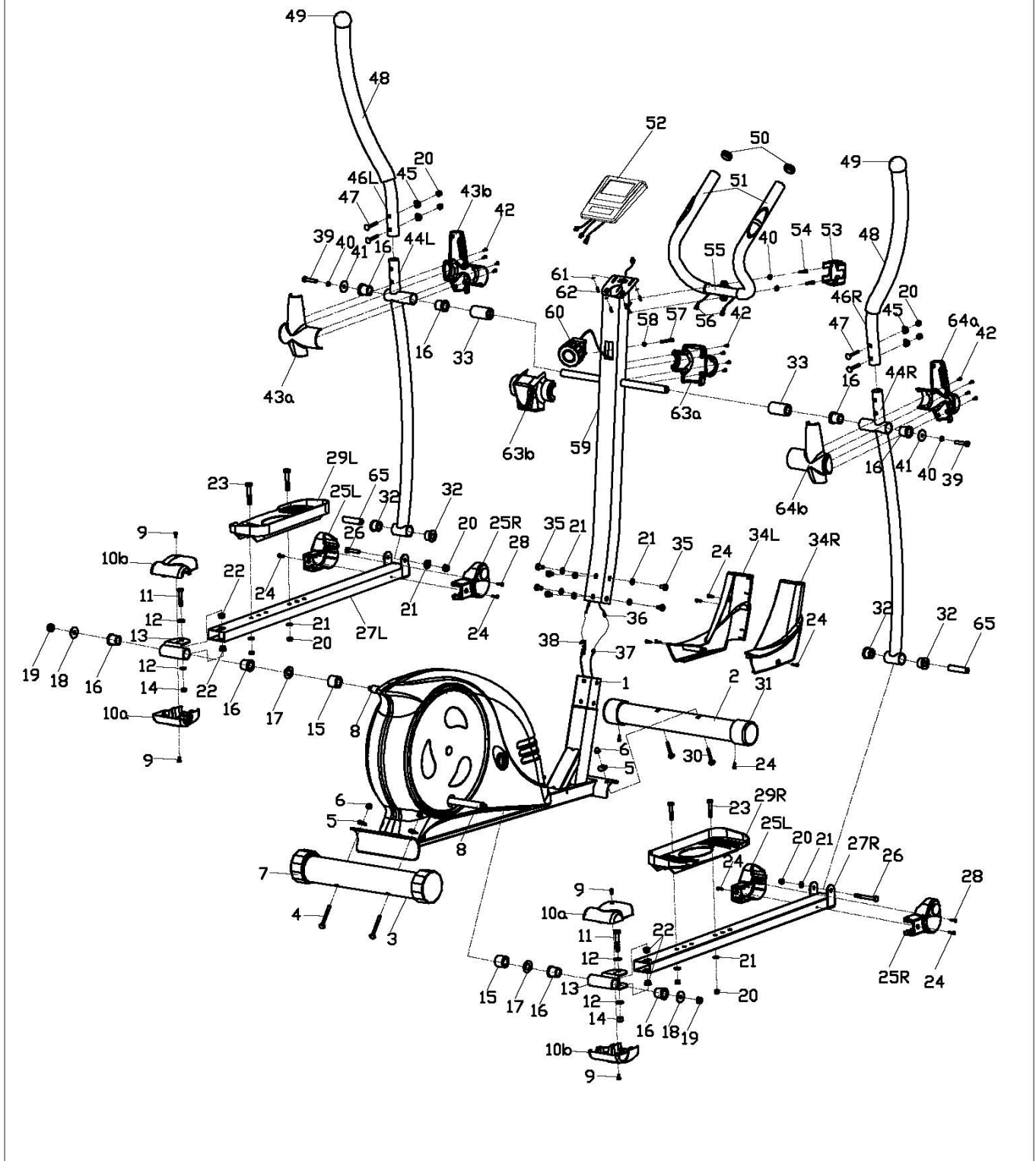
1. Assemble the machine exactly as the descriptions in the instruction manual.
2. Check all the bolts, nuts and other connections before using the machine for the first time to ensure the machine is in the safe condition.
3. Set up the machine in a dry level place and keep it away from moisture and water.
4. Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt.
5. Before beginning the training, remove all objects within a radius of 2 meters from the machine.
6. Do not use aggressive cleaning articles to clean the machine. Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
7. Your health can be affected by incorrect or excessive training. Consult a doctor before beginning the training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
8. Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
9. This machine can be used for only one person's training at a time.
10. Wear training clothes and shoes that are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
11. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.
12. People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
13. The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob that can adjust the resistance.
14. Maximum user's weight is 100Kgs.

**CAUTION!** The company does not have no responsibility for causing damage due to misuse of the product and non-compliance with the instructions for use.

**THE WARRANTY IS NOT VALID IF:** The machine is placed outdoors or exposed to sun and dust. Keep the machine free of dust and fluff.

**CAUTION!** During exercise, heavy sweating can cause mechanical and electrical damage to the machine. Like any other liquid substance, sweat can cause damage mainly to the electrical parts of the machine (dial, cables, etc.). The best solution is to use a towel during exercise and wipe the machine after each use to avoid any unwanted damage.

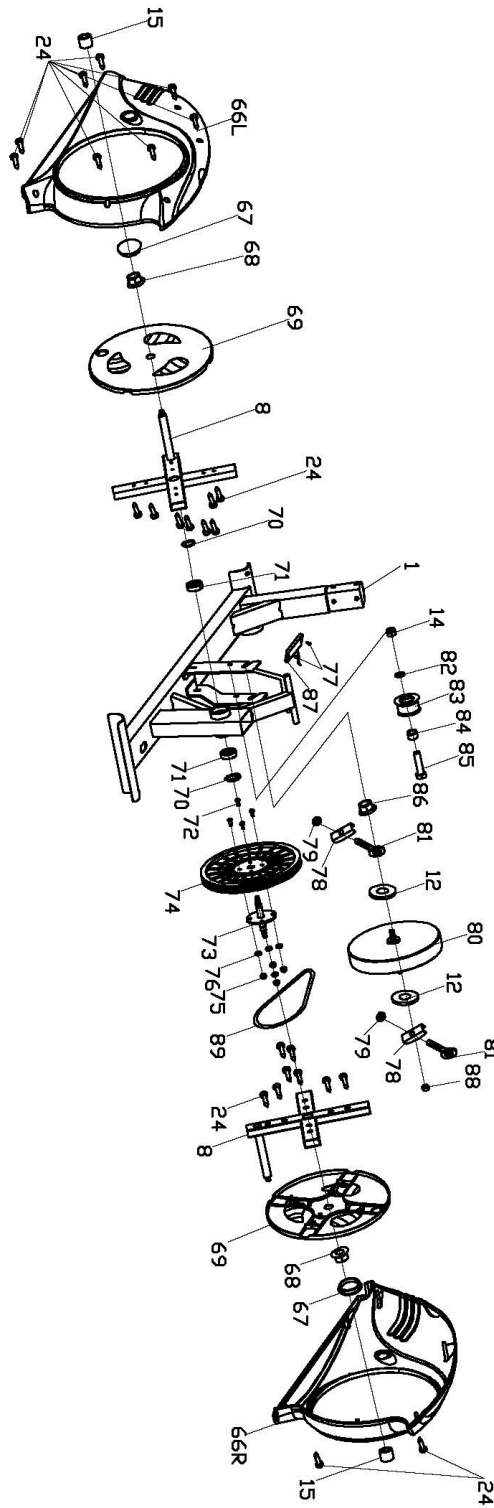
# EXPLODED DIAGRAM



## NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.



## SPECIFICATIONS

<b>Disc weight:</b>	8kg
<b>Resistance:</b>	Magnetic
<b>Resistance levels:</b>	8
<b>Maximum user weight:</b>	100 kg
<b>Machine weight:</b>	37kg
<b>Straddle length:</b>	30cm
<b>Heart rate measure:</b>	On handles
<b>Display LCD Indications:</b>	time, speed, distance, calories, heart rate, time, temperature
<b>Dimensions:</b>	L: 133cm, W: 51cm, H: 160cm

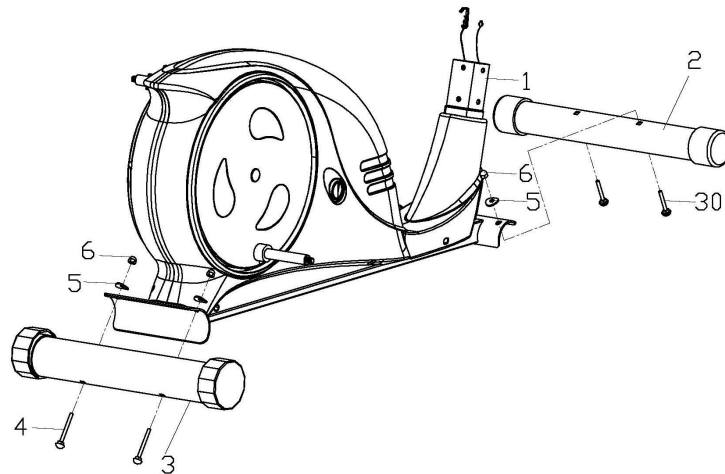
# PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main frame	1	46L/R	Handlebar	2
2	Front stabilizer	1	47	Carriage bolt M8*45	4
3	Rear stabilizer	1	48	Foam grip	2
4	Carriage bolt M8*90	2	49	Cap	2
5	Arc washer $\Phi 8*1.5*\Phi 25*R33$	4	50	Round cap	2
6	Cap nut M8	4	51	Handrail foam grip	2
7	End cap of rear stabilizer	2	52	Computer	1
8	Crank	2	53	Handrail cover	1
9	Screw M5*10	4	54	Screw M8X30	2
10a/b	Pedal tube link cover	1pr	55	Handrail	1
11	Bolt M10*55	2	56	Pulse wire	2
12	Washer $\phi 10.5*\phi 20*2$	4	57	Screw M5*55	1
13	Pedal tube link	2	58	Arc washer D5	1
14	Nylon nut M10	3	59	Vertical tube	1
15	Spacer $\Phi 32*26$	2	60	Tension controller	1
16	Spacer $\Phi 32*\Phi 26.8*\Phi 19*28$	8	61	Washer D5	2
17	Washer $\phi 21*\phi 27*0.3$	2	62	Screw M5*10	2
18	Washer $\Phi 10.5*\Phi 32*2$	2	63a/b	Vertical tube cover	1pr
19	Nylon nut M10*1.25	2	64a/b	Right swing tube cover	1pr
20	Nylon nut M8	10	65	Spacer $\Phi 14*\Phi 8.5*59$	2
21	Washer d8	12	66L/R	Chain cover	2
22	Alloy bushing $\Phi 10.1*\Phi 14*10$	4	67	Crank cap	2
23	Bolt M8*45	4	68	Flange nut M10*1.25	2
24	Screw ST4.2X18	37	69	Round disk	2
25L/R	Pedal tube cover	2prs	70	Circlip	2
26	Bolt M8*75	2	71	Bearing	2
27L/R	Pedal tube	1pr	72	Bolt M6*15	4
28	Screw ST4X20	2	73	Middle axle	1
29L/R	Pedal	1pr	74	Belt pulley	1
30	Carriage bolt M8*74	2	75	Nylon nut M6	4
31	End cap of front stabilizer	2	76	Spring washer D6	4
32	Bushing $\Phi 32*\Phi 26.8*\Phi 14*28$	4	77	Screw ST3X10	2
33	Spacer $\Phi 32*59$	2	78	Washer	2
34L/R	Front cover	1pr	79	Nut M6	2
35	Bolt M8X16	6	80	Flywheel	1
36	Upper sensor wire	1	81	Bolt	2
37	Sensor wire	1	82	Washer $\Phi 10*\Phi 14*1$	1
38	Tension cable	1	83	Idler wheel	1
39	Bolt M8*15	2	84	Spacer	1
40	Spring washer D8	4	85	Screw M10*40	1
41	Washer $\Phi 8.2*\Phi 32*2$	2	86	Flange nut M10*1	1
42	Screw ST3.5*13	12	87	Sensor	1
43a/b	Left swing tube cover	1pr	88	Nut M10*1	1
44L/R	Swing tube	1pr	89	Belt	1
45	Arc washer $\Phi 8.5*\Phi 20*R12.5$	4			

# ASSEMBLY INSTRUCTION

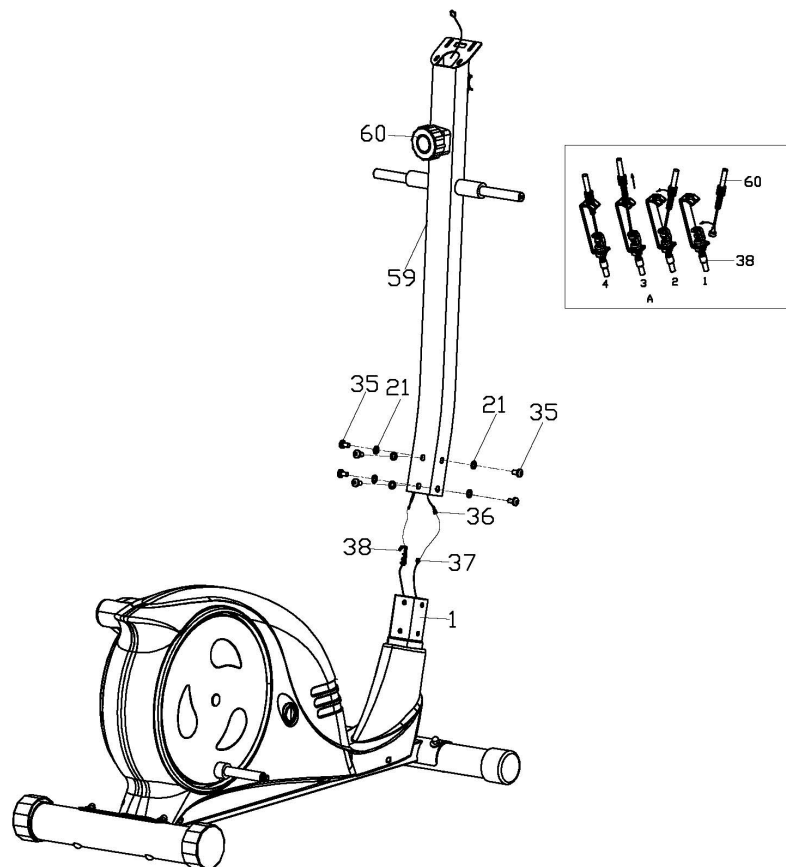
## Step 1

1. Fix the front stabilizer (2) onto the main frame (1) with carriage bolt (30), arc washer (5) and cap nuts (6).
2. Fix the rear stabilizer (3) onto the main frame (1) with carriage bolt (4), arc washer (5) and cap nuts (6).



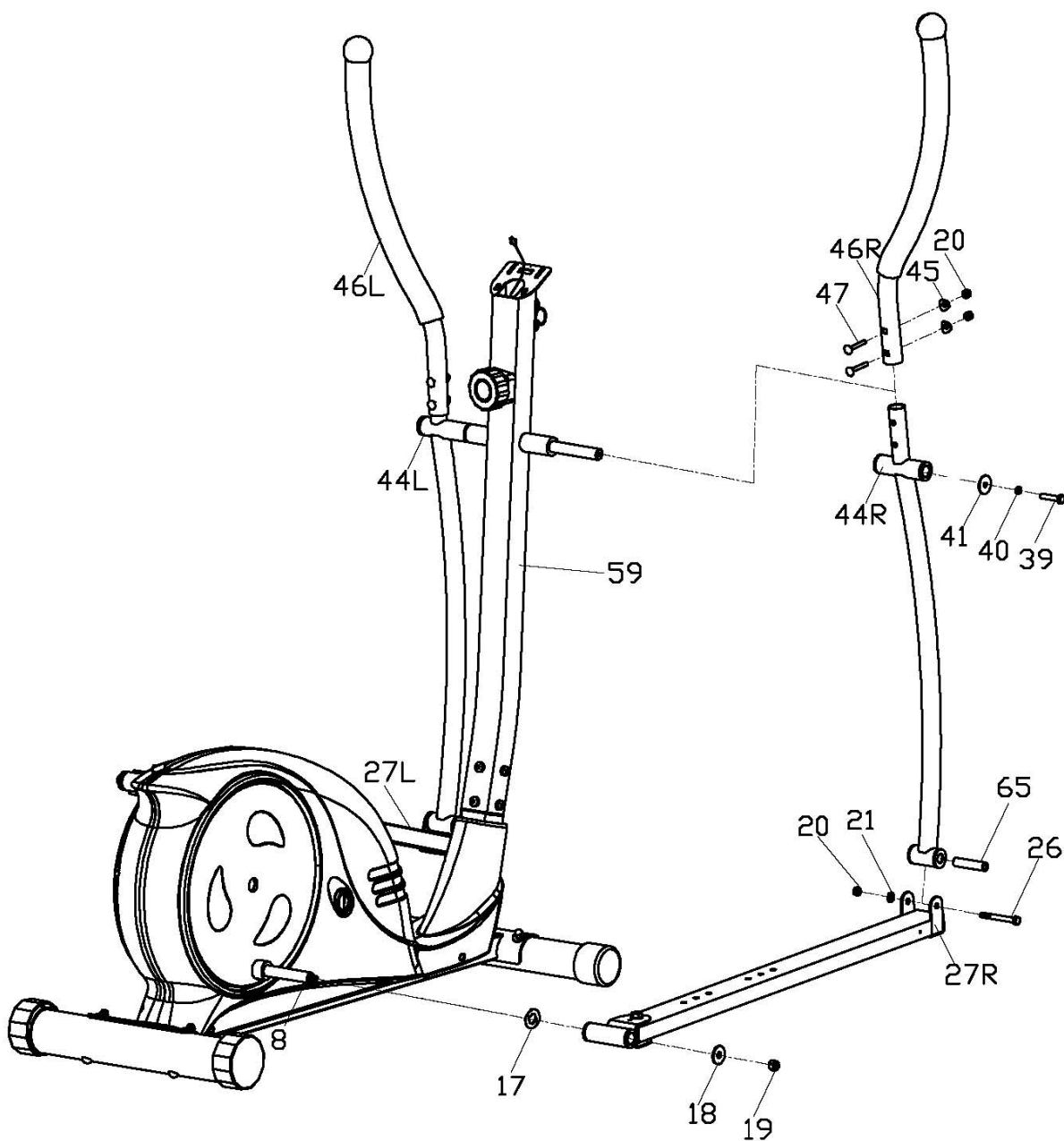
## Step 2

First, connect upper sensor wire (36) with the sensor wire (37), and then connect the wire of tension controller (60) with tension cable (38) as shown in the picture. Finally, fix the vertical tube (59) in the main frame (1) with the bolt (35) and washer (21).



### Step 3

1. Fix the right handlebar (46R) in the right swing tube (44R) with the carriage bolt (47), arc washer (45) and nylon nut (20). Don't lock the nylon nut (20) tightly first.
2. Fix the right swing tube (44R) in the vertical tube (59) with the bolt (39), spring washer (40) and washer (41). Don't lock the bolt (39) tightly first.
3. Fix the right pedal tube (27R) in the crank (8) with the nylon nut (19), washer (18) and the washer (17). Don't lock the nylon nut (19) tightly first.
4. Fix the right swing tube (44R) in the right pedal tube (27R) with the bolt (26), spacer (65), washer (21) and nylon nut (20). Now lock the nylon nut (20), bolt (39), nylon nut (19) and the bolt (26) tightly separately.
5. Fix the left handlebar (46L), left swing tube (44R), left pedal tube (27R) in the vertical tube (59) and the crank (8) with the same assemble way of the right ones.

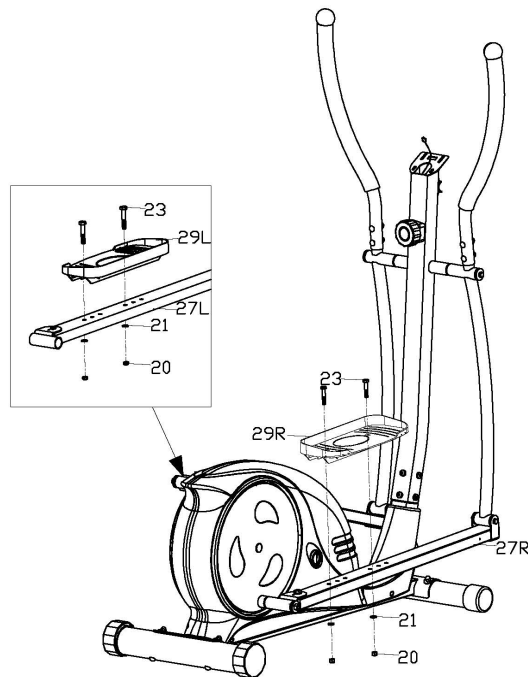




## Step 4

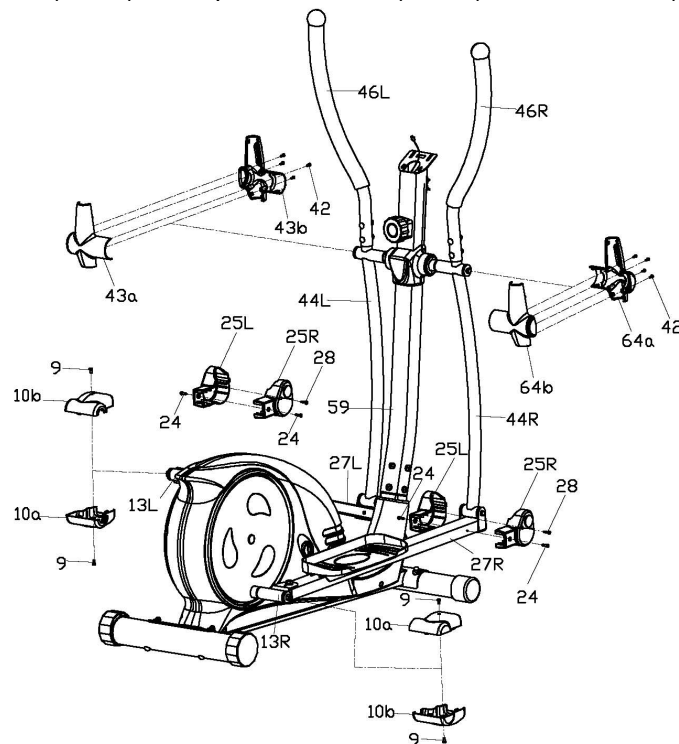
Fix the pedal (29L/R) in the pedal tube (27L/R) with the bolt (23), washer (21) and the nylon nut (20).

**Note:** The holes of the pedal tube (27L/R) is adjustable, you can adjust the position your demand.



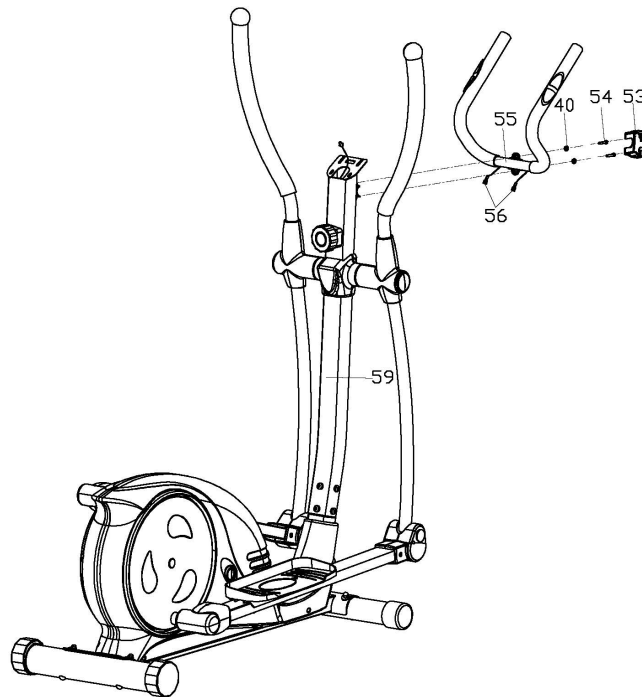
## Step 5

1. Put the left swing tube cover (43a/b) and the right swing tube cover (64a/b) on between the handlebar (46L/R) and the swing tube (44L/R), tightened with the screw (42) separately.
2. Fix the pedal tube cover (25L/R) in the pedal tube (27L/R) with the screw (24) (28) .
3. Fix the pedal tube link cover (10a/b) in the pedal tube link (13L/R) with the screw (9)



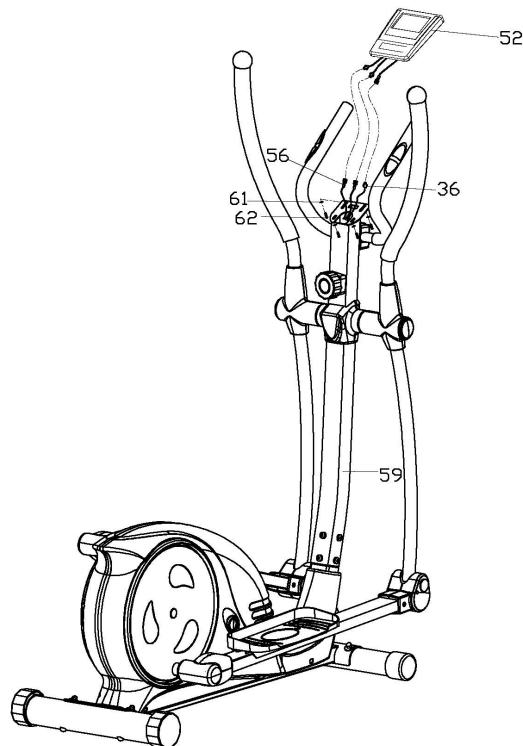
## Step 6

Pull out the pulse wire (56) from the hole of the vertical tube (59). And then fix the handrail (55) in the vertical tube (59) with the screw (54) and spring washer (50). Finally, put on the handrail cover.



## Step 7

Connect the upper sensor wire (36), pulse wire (56) with the computer (52), and then fix the computer (52) in the bracket of the vertical tube (59) with the screw (62) and the flat washer (61).



# Exercise Meter Instruction TZ-2162



## FUNCTION BUTTONS

### MODE

1. Press the button to select hour, minute, year, month, and date for setting.
2. Press the button to select TIME, DISTANCE, CALORIES and PULSE to preset.
3. Press the button for selection function display on main LCD or enter after setting.
4. Press the button to confirm setting value of gender, age, height and weight.
5. Press the button and hold for 2 seconds to reset all value to zero and into current data adjusting mode. (When the user replaces batteries, all the values will reset to ZERO automatically.)

### SET

1. To set up the hour, minute, year, month and date.
2. To set up the target value of Time, Distance, Calories and Pulse. You can hold the button to increase the value fast. (The computer must be in stop condition.)
3. To set up the personal data of gender, age, height and weight for Body fat test.

### RESET

1. Press the button to reset function value when setting.
2. Press the button and hold for 2 seconds to reset all value to zero and into current data adjusting mode. (When the user replaces batteries, all the values will reset to ZERO automatically.)

### MEASURE

Press this button to enter Body Fat measure function, then press MODE key to enter the setting mode of your personal data of Gender, Age, Height and Weight. After finished setting, press it again to measure your Body fat ration (FAT%) and BMI.

### RECOVERY

To act the heart rate recovery function after pulse signal in. Press any button to return to the main display.

## LCD full display:



## FUNCTIONS

**SCAN** Automatically scan through each mode in sequence every 6 seconds. The display loop is RPM – Speed – Time – Distance – Calorie - Pulse on the main screen.

**TIME** Accumulates total time from 0:00 up to 99:59. The user may preset target time by pressing SET & MODE button. Each increase is 1 minute.

**RPM** Displays the Rotation per Minute (RPM). The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.

**SPEED** Displays current training speed. Maximum speed is 99.9 km/h or mile/h.

**DISTANCE** Accumulates total distance from 0.00 up to 99.99 km or mile. The user may preset target distance data by pressing SET & MODE button. Each increase setting is 0.5 km or mile.

**CALORIES** Accumulates calories consumption during training from 0 to max. 999 calories. The user may also preset the target calorie before training by press SET & MODE button. Each setting increase is 10 cal.

**Note : This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatment.**

**PULSE** The monitor will display the user's heart rate in beats per minute during training. You may set the target heart rate by press the SET & MODE button.

**CALENDAR** The monitor will display date, month, and year when the monitor is in sleep mode.

**CLOCK** The monitor will display current clock time when the monitor is in sleep mode.

**TEMPERATURE** Displays current room temperature from 10°C to 60°C when the monitor is in sleep mode.

## OPERATION ORDER:

1. Power on –  
Installs 2 pieces of 1.5V UM-3 or AA batteries. The monitor start to segment test with a long beep sound. (Whenever batteries are removed, all the functions values will be reset to zero or default value.)
2. Set current data –  
Press the SET and MODE buttons to set up current clock time, year, month, and date. After the first setting till batteries be replaced next time, those preset data will be updated automatically.

3. Select and preset target value –

Get access to the setting function of Time, Distance, Calories and Target Pulse. When you are in each setting mode. For instance, the Time setting, when the time value is glitter, you can press the SET button to adjust the value. Press the MODE button for confirmation and skip to next setting. The setting of Distance & Calories is the same as Time setting.

4. After entering speed signal, each function of SPEED-RPMTIME-DISTANCE-CALORIES- PULSE will skip to display in every 6 seconds.
5. You can also press the MODE button to select single function display on the main screen except RPM & SPEED. The RPM & SPEED function will switch display in 6 seconds.
6. If you have preset any function target before, the function starts to count down from the target when the training starts. Once the target is achieved, the monitor will beep and the function will count up from zero automatically if the training is still going.

7. Pulse measurement –

After you hold on two handgrip sensors in a few seconds, the monitor will show up your current heart rate in beats per minute. To ensure the heart rate readout precisely, please do not hold one hand only. You may preset target pulse before training starts. Once your current heart rate is achieved to the target, the value of pulse will beep to remind you.

8. Recovery –

When the PULSE is working, you can press “RECOVERY” button to start the recovery test function. The monitor will count down from 0:60 second to 0:00 and the heartbeat symbol will be glitter till counting down to “0:00”. During 60 seconds counting period, please keep heart rate sensor is attached. Then the screen will display “F1 to F6” to show your recovery status. F1 is the best, and the F6 is the worst. You may keep exercising to improve your heart rate recovery status and check it by using Recovery function.

9 Body Fat -

9-1.Press BODY FAT key to enter body fat measurement.

9-2.Press MODE and SET buttons to input your personal data. Each personal data available setting area is described as the following:

AGE:	10 ~ 99 years
HEIGHT:	100 ~ 250 cm
WEIGHT:	10 ~ 200 kg

9-3.After all personal data have been input, you can press BODY FAT button and hold on grip conductors to start the body fat testing.

9-4.It takes few seconds to test the body fat. If you did not hold on the conductor during the testing procedure, the LCD will show the error sign Err after 10 seconds period.

9-5.After the testing is finished, you will see fat advice in percentage and BMI figure (body mass Index) display on the main LCD in sequence by scan mode.

BODY FAT % : Calculate from your personal data to show the value from 5%~50%.

BMI : Calculate from your personal data to show the value from 1.0~99.99.

9-6.Press any key to return to the main display.

**Note**

1. Stop training for 4 minutes, the screen will show up room temperature, clock, and calendar display automatically.
2. If the computer displays abnormally, please re-install the battery and try again.
3. Battery Spec: 1.5V UM-3 or AA (2PCS).
4. The batteries must be removed from the appliance before it is scrapped and that they are disposed of safety.

**Note :**

1. Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities.
2. Contact your local government for information regarding the collection systems available.
3. If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being.
4. When replacing old appliances with new once, the retailer is legally obligated to take back your old appliance for disposal at least for free of charge.





## TERMS OF WARRANTY

- Warranty period is 2 years for mechanical, electrical / electronic parts and 5 years for the metal frame.
- X-TREME STORES S.A. undertakes to repair the machine free of charge in the event of damage due solely to a manufacturing fault. The warranty covers the cost of the spare parts. Replacement of spare parts or not is up to the company technicians. The customer is responsible for the control and adjustment of the machine.
- This warranty note is only valid if it is accompanied by legal proof of purchase (invoice or retail receipt). The warranty period is not extended for any reason and the transfer of it to a third party is excluded.
- Any damage is repaired as soon as possible and any claim for damages due to lack of spare parts and delay in repairing the damage is excluded. The costs of transporting the machine to or from the dealership will be borne by the customer after 6 months of purchase.
- The warranty conditions are set by the manufacturers of machinery and are governed by European regulations.
- Upon expiry of the warranty, any replacement part is covered by a 6-month warranty.


## THE WARRANTY SHALL NOT APPLY:

- When the machine is used for any purpose other than home use (gyms, clubs, institutes, hotels, studios, etc.).
- When the fault is the result of misuse, alterations, poor connection, poor maintenance, voltage fluctuations in the PPC network.
- Components damaged by user fault such as broken plastic parts, damaged belt with improper adjustment, incorrect or incomplete lubrication, damage when moving the machine.
- Components such as side pads and cushions are considered consumables and are covered by a 6-month warranty.
- When the machine is opened or repaired by third parties.
- When the damage is caused by the buyer's negligence & the instructions for use have not been followed.
- When the machine is outdoors or exposed to sun or dust.
- When electronic components (console) are damaged by intense sweating or other liquid that has come into contact with or penetrated inside them.

**Tel.:** 210 66 20 921 -2 – **Fax:** 210 66 20 923 – **e-mail:** [service@xtr.gr](mailto:service@xtr.gr)





34 koupi Avenue, Koropi  
P.C.:19441 - P.O. Box 6201  
**Tel.:** 210 66 20 921 -2 - **Fax:** 210 66 20 923  
**E-mail:** [info@xtr.gr](mailto:info@xtr.gr) • [f/xtrstores](https://www.facebook.com/xtrstores) •  [@xtr.gr](https://www.instagram.com/xtr.gr)

**Tel. for all of Greece:**  
**801.11.15.100**

**[www.xtr.gr](http://www.xtr.gr)**