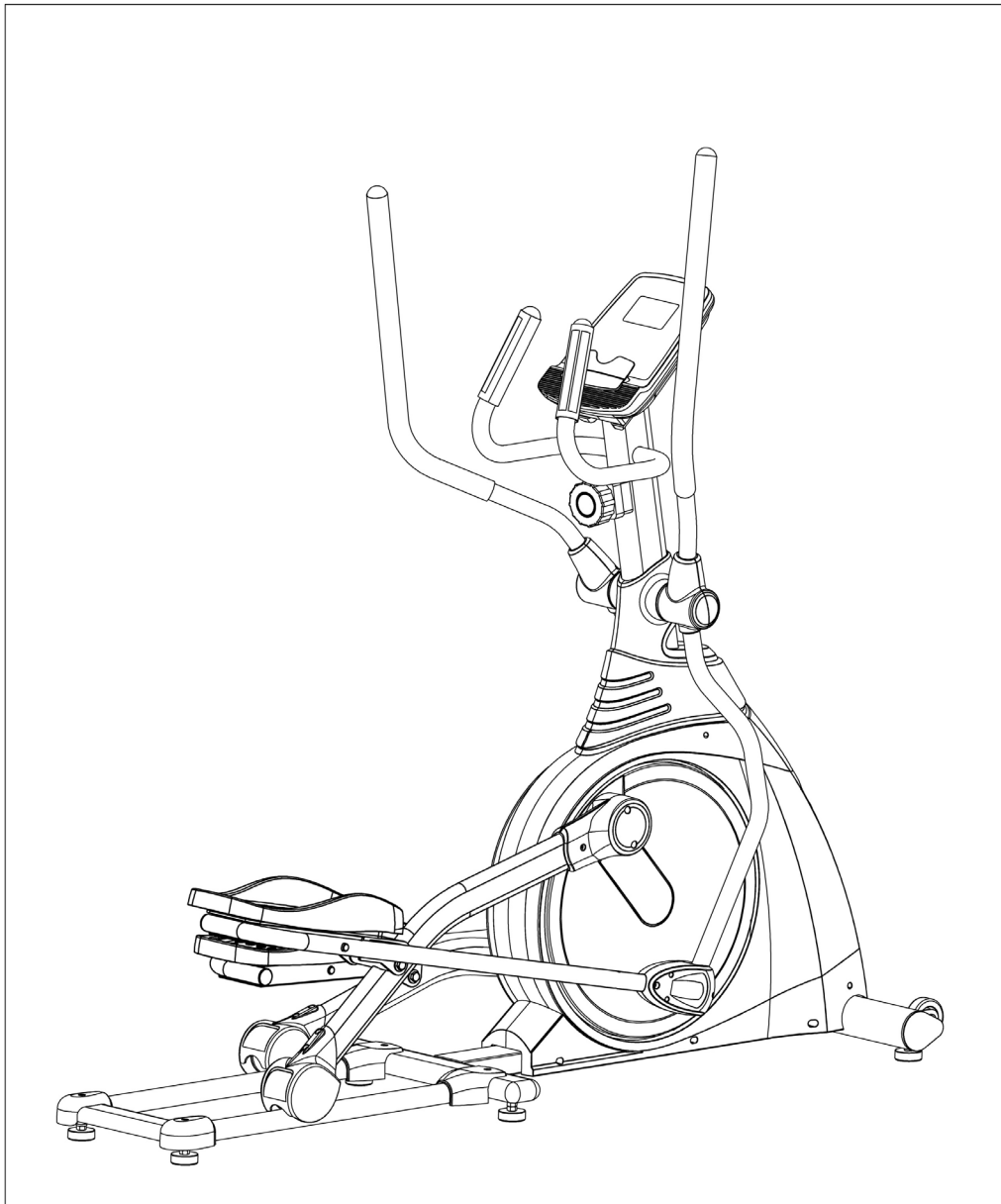


Elliptical **XFIT** RACER

User's Manual



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

Before You Start

Thank you for purchasing this Product! For your safety and benefit, read this manual carefully before using the machine.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

IMPORTANT SAFETY NOTICE

PRECAUTIONS

BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS:

- 01-** Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
- 02-** Set up the machine in a dry level place and leave it away from moisture and water.
- 03-** Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc..
- 04-** Before beginning training, remove all objects within a radius of 2 meters from the machine.
- 05-** 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.
- 06-** Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a 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.
- 07-** Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- 08-** This machine can be used for only one person's training at a time.
- 09-** Wear training clothes and shoes which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
- 10-** If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor asap.
- 11-** People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
- 12-** The power of the machine increases with increasing the speed, and the reverse.
- 13-** To reduce the risk of electrical shock, burns, fire or other possible injuries to the user, it is important to review this manual and the precautions before operation.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

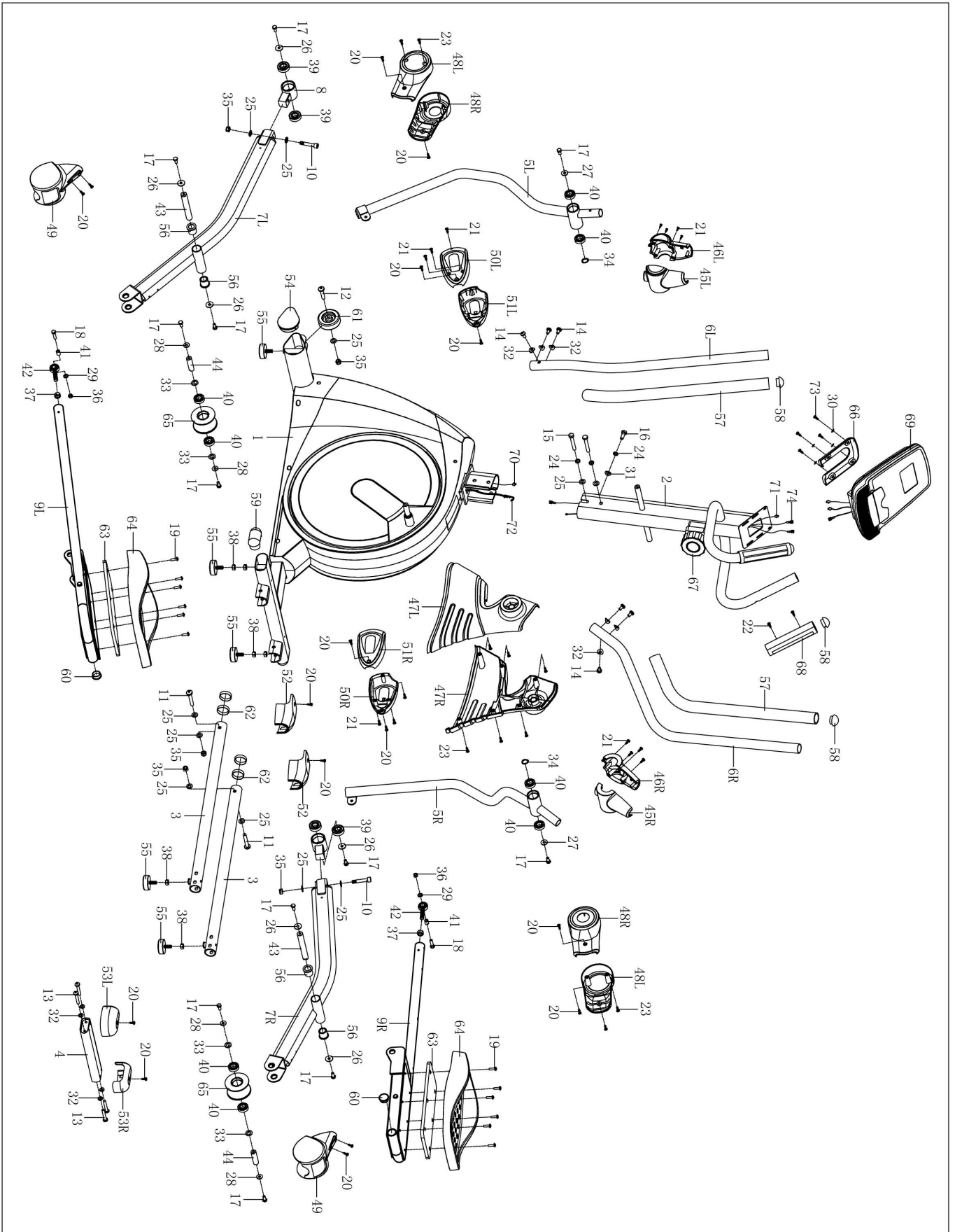
SAVE THESE INSTRUCTIONS

THE WARRANTY IS NOT VALID IF: The machine is placed outdoors or exposed to sun and dust. Dust and fluff enter the internal mechanical parts of the machine, causing serious damage. Keep the machine free of dust and fluff.

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.

Check and tighten the screws at regular intervals, as they may loosen due to vibrations. Damage that may be caused by a lack of maintenance is not covered by the warranty.

EXPLODED DIAGRAM



PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	38	Hex nut M10	6
2	Handlebar post	1	39	Bearing 6203RS	4
3	Guide rail	2	40	Bearing 6003Z	8
4	Rear supporting tube	1	41	Bushing	2
5L/R	Swing bar	1 pr	42	Universal joint	2
6L/R	Handlebar	1 pr	43	Short axleΦ19×126	2
7L/R	Roller bracket	1 pr	44	Short axleΦ17×59	2
8	Connecting joint	2	45L/R	Front cover of swing bar	1pr
9 L/R	Pedal bar	1 pr	46L/R	Rear cover of swing bar	1pr
10	Hexagon socket cap screws M10 X54	2	47L/R	Handlebar post cover	1pr
11	Inner hex screw M10 X60	2	48L/R	Connecting joint cover	2pr
12	Inner hex screw M10 X45	2	49	Roller cover	2
13	Inner hex screw M8 X50	4	50L/R	Pedal bar cover 1	1pr
14	Inner hex screw M8 X16	6	51L/R	Pedal bar cover 2	1pr
15	Hex bolt M10X67	2	52	Front cover of guide rail	2
16	Hex bolt M10X25	1	53L/R	Rear cover of guide rail	1pr
17	Hex bolt M8X16	12	54	End cap	2
18	Hex bolt M8X30	2	55	Adjustable pad	6
19	Cross screw M6X20	12	56	Axle bushing	4
20	Cross screw M5X12	16	57	Foam grip	2
21	Cross tapping screw ST3.5X16	14	58	End cap	4
22	Cross tapping screw ST3 X20	4	59	Oval cap	2
23	Cross tapping screw ST4.2X18	10	60	Round end cap	2
24	Spring washer D10	3	61	PU roller	2
25	Flat washer D10 X2	12	62	EVA pad	4
26	Flat washer D8 XD25 X2	6	63	Pedal bumper	2
27	Flat washer D8 XD22 X2	2	64	Pedal	2
28	Flat washer D8 XD20 X2	4	65	Roller of guide rail	2
29	Flat washer D8 X1.5	2	66	Console cover	1
30	Flat washer D4	4	67	Tension controller	1
31	Arc washer D10 XD25 X2	1	68	Grip canister	2
32	Arc washer D8 XD16 X1.5	10	69	Console	1

33	Flat washer D17 XD22 X1	4	70	Sensor wire	1
34	Waveform washer D17	2	71	Sensor extension wire	1
35	Nylon nut M10	6	72	Tension wire	1
36	Nylon nut M8	2	73	Cross screw	4
37	Hex nut M12	2	74	Pulse wire	2


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.

- ◆ Take time to review the manual and familiarize yourself with the entire assembly process before proceeding.
- ◆ Although this product can be assembled by one person, we recommend having the assistance of another individual. This is especially convenient when assembling multiple parts or moving the equipment.

Assembly Tip: It is always helpful to pre-stage the items needed for each assembly step.

SPECIFICATIONS	
Disc weight:	10 kg
Resistance:	15 levels
Resistance System:	Magnetic
Maximum user weight:	150 kg
Stride length:	46 cm
Bearings:	
Heart rate measurement:	On handles
Dimensions:	M: 189 cm x Π: 56 cm x Y: 161 cm
Machine weight:	84 kg
Packaging weight:	M: 197.5 cm x Π: 56 cm x Y: 87 cm
Other features:	Base for ipad / κινητό
Certification:	CE-ROHS-EN957

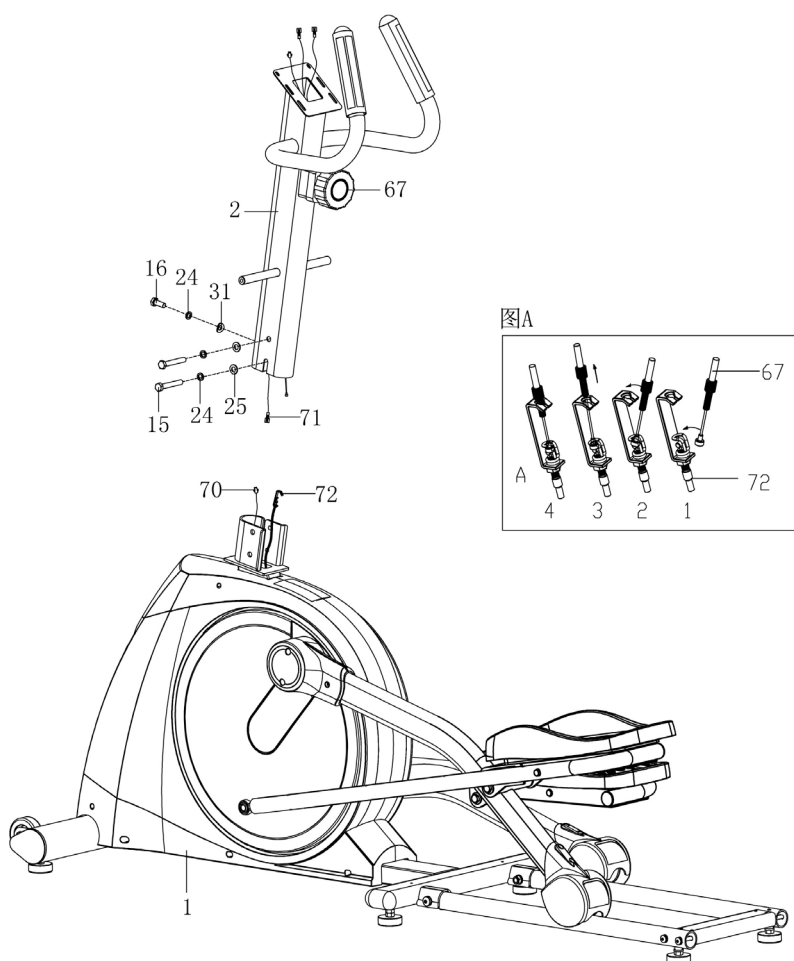
ASSEMBLY INSTRUCTIONS

Note: Assembly requires 2 people.

Step one:

A: Connect the sensor wire (70) and sensor extension wire (71) firstly. Then connect the wire of Tension controller (67) with Tension wire (72) as shown.

B: Insert the handlebar post (2) into the main frame (1) and lock it tightly with Hex bolt (15 & 16), spring washer (24), and flat washer (25).

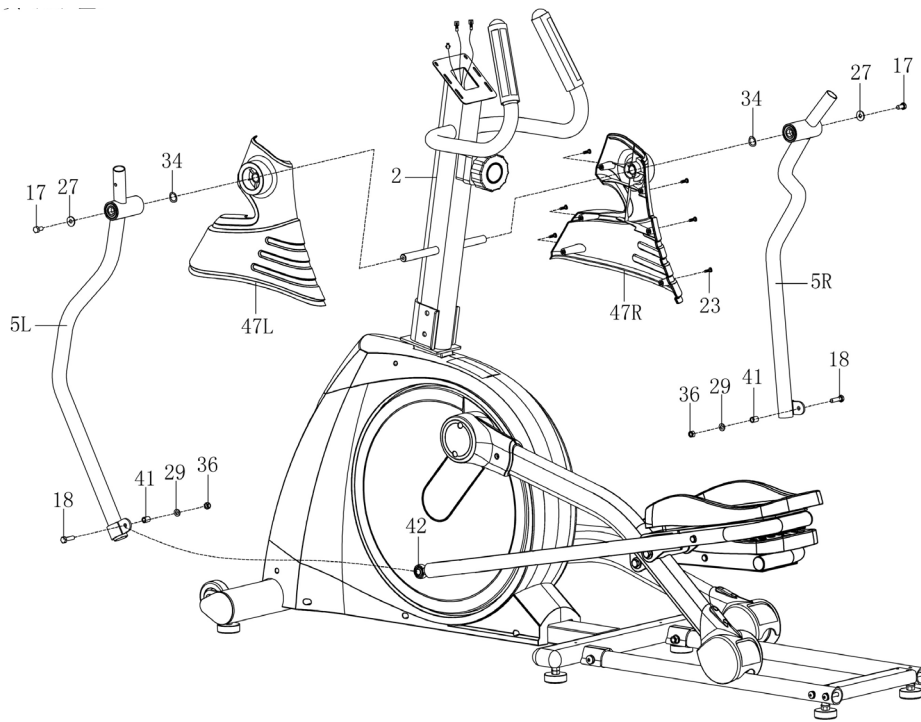


Step two:

A: Lock the handlebar post cover (47 L/R) to the handlebar post (2) with cross tapping screw (23)

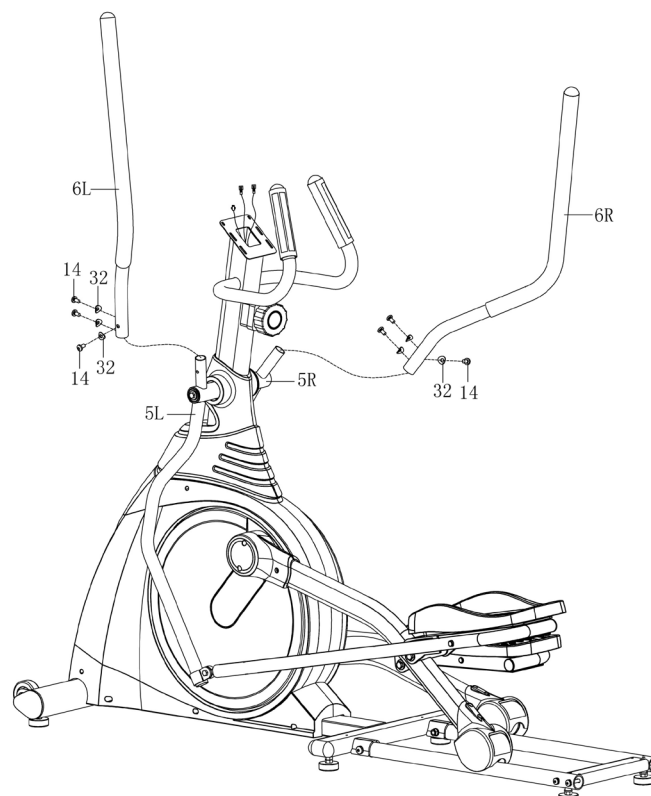
B: Lock the swing bar (5L/R) to the handlebar post (2) with hex bolt (17), flat washer (27) and waveform washer (34)

C: Lock the swing bar (5L/R) to the universal joint (42) with hex bolt (18), bushing (41), flat washer (29) and nylon nut (36).



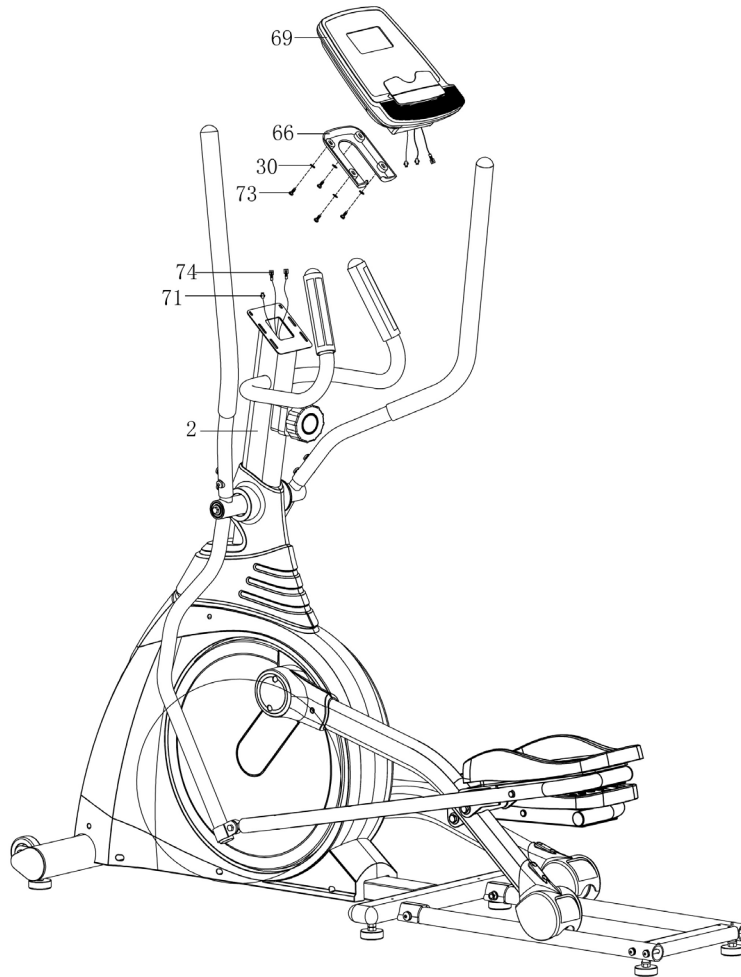
Step three:

Lock the handlebar (6L/R) to swing bar (5L/R) with inner hex screw (14) and Arc washer (32).



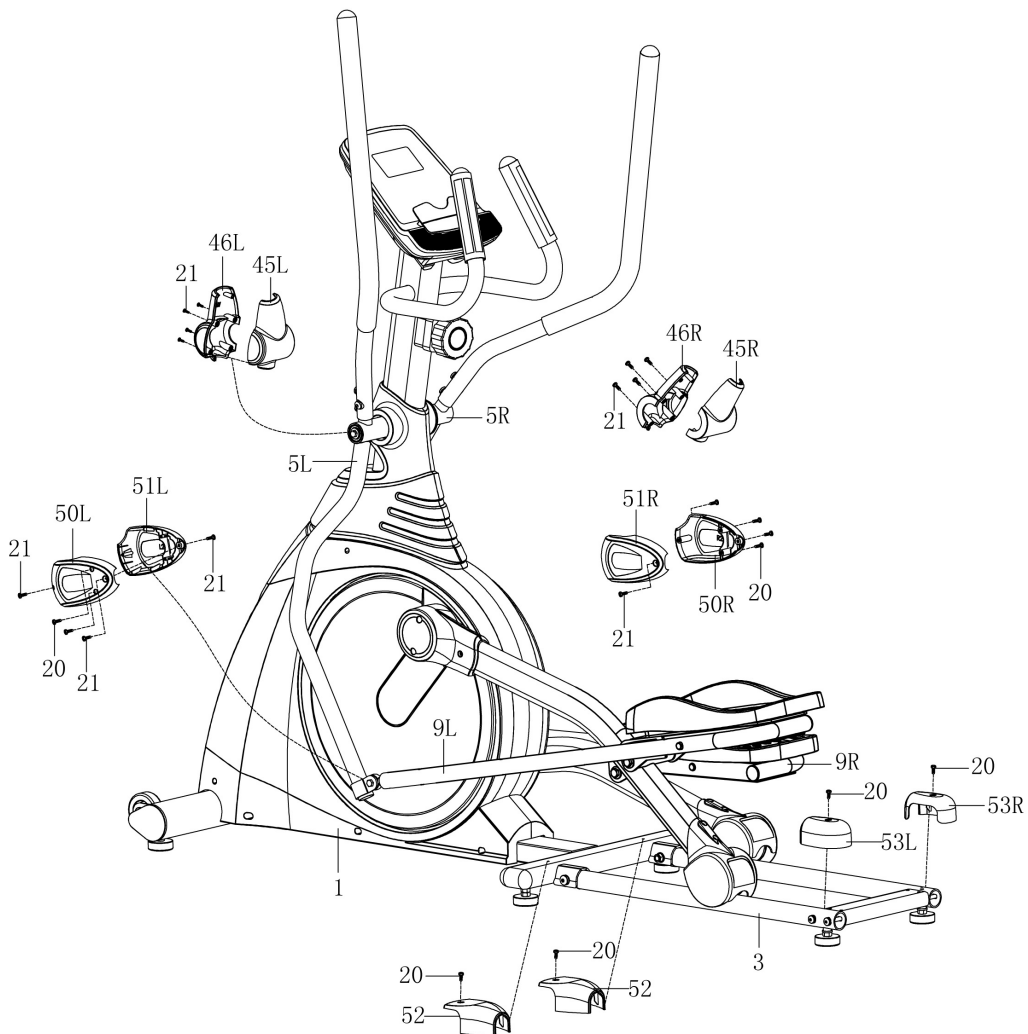
Step four:

Connect the pulse wire (74) and sensor extension wire (71) with the concerned wire of console (69) well. Then lock the console (69) and console cover (66) to the console bracket of handlebar post (2) with cross screw (73) and flat washer (30).



Step five:

- A.** Lock left cover for swing bar (45L) and left cover for swing bar (46L) to the left swing bar (5L) with cross tapping screw (21). Lock right cover for swing bar (45R) and right cover for swing bar (46R) to the right swing bar (5R) in the same way.
- B.** Lock the left pedal bar cover 1 (50L) and left pedal bar cover 2 (51L) to the left pedal bar (9L) with cross screw (20) and cross tapping screw (21). Lock the right pedal bar cover 1 (50R) and right pedal bar cover 2 (51R) to the right pedal bar (9R) in the same way.
- C.** Lock the front cover of guide rail (52) to the rear stabilizer of main frame (1) with cross screw (20).
- D.** Lock the rear cover of guide rail (53L/R) to the guide rail (3) with cross screw (20).



MONITOR INSTRUCTION MANUAL

WITH BODYFAT & PULSE RECOVERY

BUTTONS

1. MODE

Press this button to changeover display or choose the window needs to be set.

2. RECOVERY / UP

- i. In setting status, press this button to increase setting value in relevant flashing window for TIME, DIST, CAL and TEMP (°C or °F)
- ii. In non-exercise or non-setting status, press this button to enter/exit pulse recovery function.

3. DOWN

In setting status, press this button to decrease setting value in relevant flashing window for TIME, DIST, CAL and TEMP (°C or °F).

4. RESET/GO

- i. In setting status, press this button to reset the value in relevant flashing window for TIME, DIST and CAL.
- ii. In parameters setting status for body fat, press this button to enter body fat test.
- iii. In monitor status, hold this button for 3 seconds to reset all value to zero.

5. BODYFAT

In non-exercise status, press this button to enter/exit body fat parameters set-up.

FUNCTIONS

1. SPEED/BODYFAT RATIO/RPM (IF HAVE)

- i. Display instantaneous speed and the range is 0.0~99.9KM/H. Or, if the monitor showing M, the range will be 0.0~99.9MILE/H. The max. pickup signal is 1500rpm.
- ii. Display current repetition per minute (RPM) during exercise. It reflects the pedal frequency. The range is 0~1500 rate per minute. (IF HAVE)
- iii. Display Body fat ratio.

2. TIME/BMI

- i. Count the total time from exercise start to the end and the range is 0 ~ 99M59S.
- ii. Exercise time can be set in advance, when it approaches the preset time, the monitor will alarm 10 seconds. The maximum pre-set time is 99 minutes.
- iii. Display Body Mass Index (BMI).

3. DISTANCE/BMR

- i. Count the total distance from exercise start to the end and the range is 0.00 ~ 9.99 ~ 99.9KM. Or, if the meter showing M, the range will be 0.00 ~ 9.99 ~ 99.9 MILE.
- ii. Exercise distance can be set in advance, when it approaches the preset distance, the monitor will alarm 10 seconds. The maximum pre-set distance is 99.9KM or MILE (if the monitor showing M).
- iii. Display Basal Metabolic Rate (BMR).

4. CALORIES/TEMPERATURE

- i. Count the total calories consumed from exercise start to the end and the range is 0.0 ~ 99.9 ~ 999KCAL.
- ii. The calorie value can be set in advance, when it approaches the preset calorie, the monitor will alarm 10 seconds.
- iii. Display room temperature (TEMP).

5. PULSE

- i. Measure the heart rate per minute. The range is 40 ~ 240bpm.
- ii. It will display "P" to pause the pulse test if there is no pulse signal over 60 seconds. You can press UP or DOWN to enter the pulse test again.

CAUTION! The heart rate sensor and calorie counter are not medical devices. Several factors can affect the accuracy of the indications. The heart rate sensor is only intended as an aid during exercise to monitor your heart rate in general.

6. WHEEL DIAMETER

The wheel perimeter has been set according to client's requirements.

7. ALARM

The monitor will "Beep" when press "MODE" "RECOVERY/UP" "DOWN", RESET/GO or "BODYFAT" buttons.

8. AUTO ON/OFF & AUTO START/STOP

- i. Without any signal of exercise or operation for 8 minutes, the power will turn off automatically and all the memory will be cleared off except body fat parameters and temperature.
- ii. Once receive exercise or operation signal, the monitor will turn on automatically.

OPERATION

1. SET

Press MODE to choose the display window that needs to be pre-set, and the value in relevant window will flash. Then press UP/DOWN to increase/decrease the value to reach your want alarm time, alarm distance, or alarm calorie. Hold UP/DOWN to increase/decrease the value rapidly. Press RESET to reset value in relevant flashing window.

2. PULSE RATE

Before measuring your pulse rate, press any button to change "P" into "0" in the window, then enter pulse mode. Please place both your palms on the contact pads and the monitor will show your current heart beat rate in beats per minute (BPM) on the LCD after 3~4 seconds.

Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value cannot be regarded as the basis of medical treatment.

Note: If the computer is equipped with wireless heart rate measuring via the transmitter belt, before measuring your pulse rate, please wet the conductive pads on the underside of the transmitter with water, sweat or a conductive gel to ensure a good contact. then wear the belt across the chest. Adjust the belt until the transmitter sits snugly below the pectoral muscles for an accurate heart rate signal.

3. PULSE RECOVERY

In non-setting and non-exercising status, first test your pulse as above mentioned. Then press RECOVERY/UP to enter pulse recovery function. The display will show 1 minute count-down as well as your pulse rate. Hold on the pulse sensor or wear the transmitter belt (IF HAVE) until it counts down to zero. Then, it will pop up your pulse recovery level from F1 to F6, that is, from the fastest recovery to slowest. The fastest recovery F1 show the best. Press RECOVERY/UP again to exit pulse recovery function.

4. BODYFAT, BMI & BMR

In non-exercising status, press BODYFAT to enter body fat parameters settings. You can set from the below sequence: exerciser No.(1 ~ 8), weight(KG), height(CM), age (YEAR), gender. But, if the meter showing M, the weight will show "lb", while height will show "in". Press MODE to proceed to next parameter setting. Press RECOVERY/UP to increase the setting value while press DOWN to decrease. When you finish setting, hold the pulse sensor and press RESET/GO. Then the display will show your body fat in 6 seconds.

Press BODYFAT again to exit body fat test.

Remark:

- i. During parameters setting, it will exit body fat test automatically if detects no operation signal over 10 seconds.
- ii. During body fat test, it will display Er.1 if sense no test target over 10 seconds.

AUDIO AMPLIFIER AND SPEAKER [IF HAVE]

Connect the audio input plug to the audio player, the turn on the audio switch that in right side of the computer. In that case, the audio can be in play.

WARM-UP and COOL-DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-UP

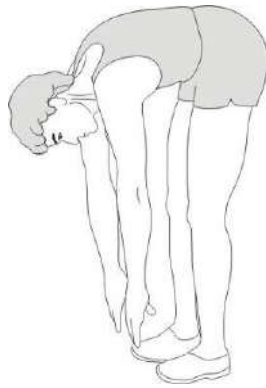
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE.**



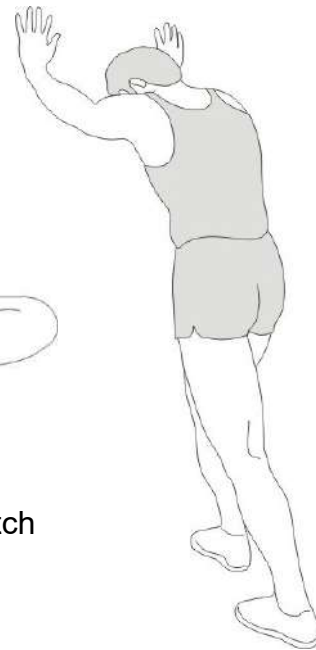
Side Stretch



Toe
Touch



Inner Thigh Stretch



Calf-Achilles Stretch



Hamstring Stretch

Remember always to check with your physician before starting any exercise program.

COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

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, 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.



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