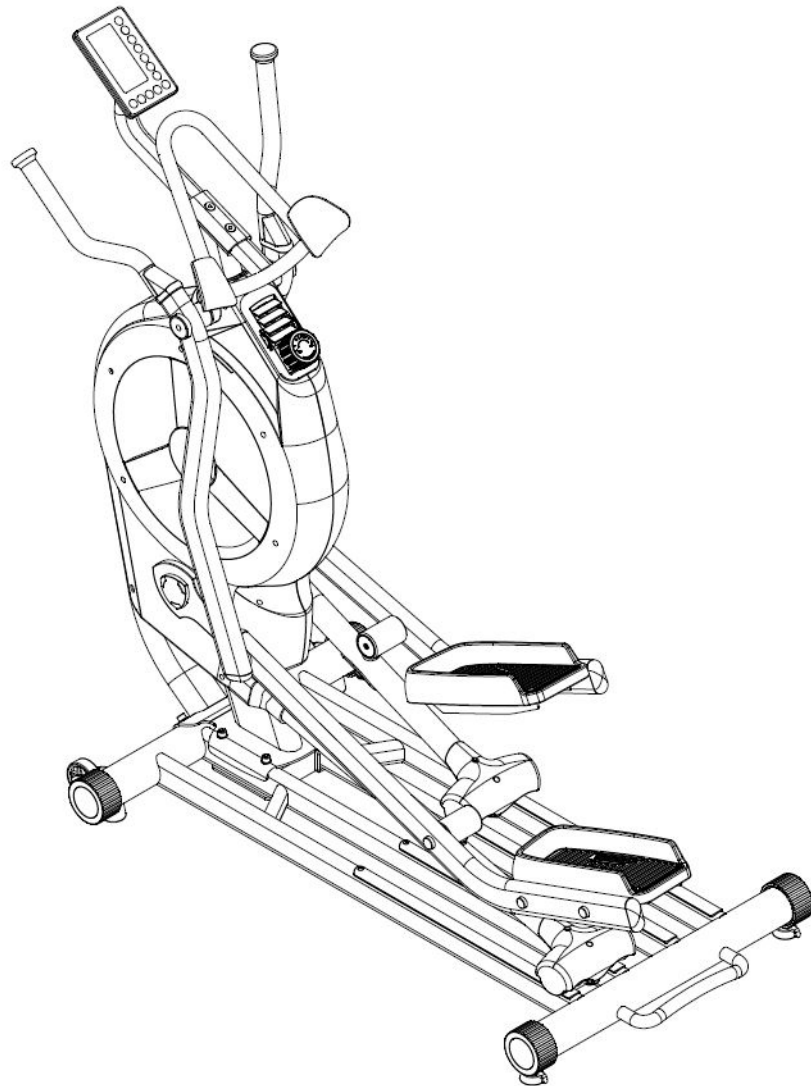


# Elliptical

# **XFIT** C.L.6000

## User's Manual



\* Product specifications may differ from the photo and are subject to change without notice.



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## INTRODUCTION / IMPORTANT INFORMATION

### A. Introduction

This user manual contains assembly, operation, maintenance, and safety information. Please read and retain this manual for future reference.

### B. Safety guidelines

- a. Read the user manual and all accompanying literature. Follow it carefully before using your machine.
- b. This machine is intended for indoor home or commercial location use only.
- c. Inspect your exercise machine prior to exercising to ensure that all parts are tightened.
- d. Make sure the trainer is stable on the floor. Avoid uneven surfaces.
- e. Keep children under age of 14 and pets away from the exercise trainer at all times.
- f. Exercise equipment has moving parts. Keep others, especially children, at a safe distance while exercise.
- g. Make sure all devices are fully adjusted before use to avoid injury.
- h. Remove all jewelry, including rings, chains and pins before exercising.
- i. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become caught in the moving parts of your exercise machine.
- j. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent muscle strain.
- k. Never hold your breath while exercising. You should breathe at a normal rate in conjunction with the level of exercise being performed.
- l. Rest adequately between workouts. Muscles tone and develop during these rest periods.

#### THE WARRANTY IS NOT VALID IF

The machine is placed outdoors or exposed to sun and dust.

**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.

**WARNING:**

Before commencing with any exercise program, please consult your family physician. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your family physician.

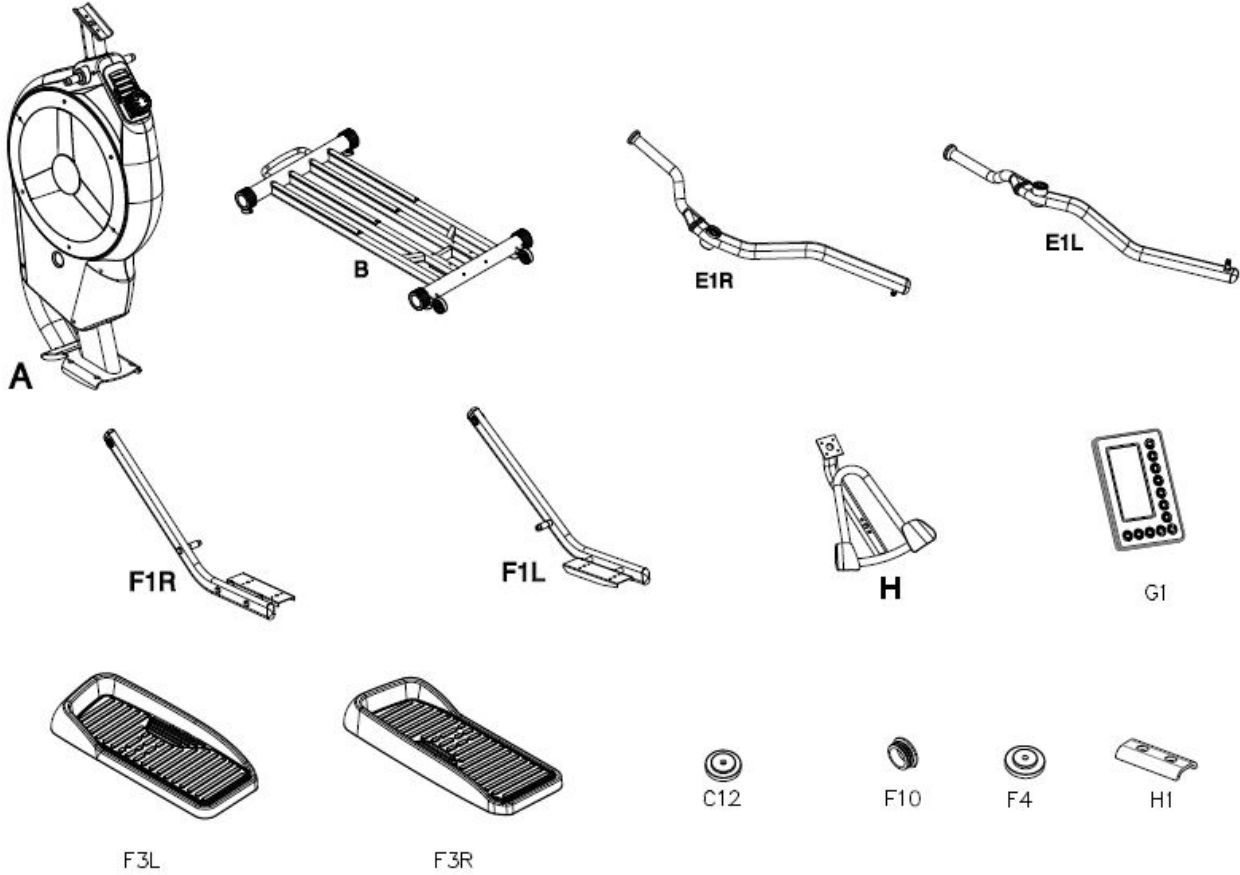
The safety level of the equipment can be maintained only if it is examined regularly for damaged and wear. The appliances are not for children under age of 14.

**IMPORTANT:**

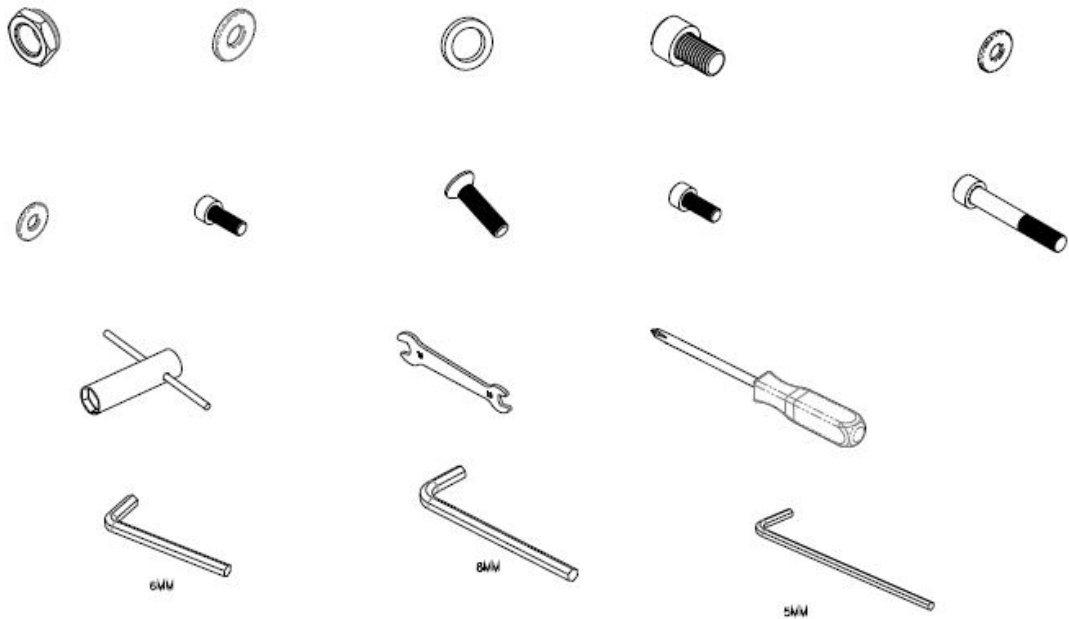
Read all instructions carefully. Assemble the unit in accordance with the steps in the manual. Lay out all parts on the floor and check if you have all the parts included completely before beginning assembly. In case of a discrepancy, please contact the customer service department.

| <b>SPECIFICATIONS</b>      |   |
|----------------------------|---|
| <b>Resistance</b>          | Double resistance system from magnet and air    |
| <b>Resistance levels</b>   | 8   |
| <b>Display</b>             | LCD, specially configured for HIIT programs     |
| <b>Display indications</b> | Time, speed, distance, calories, watt, programs |
| <b>Stride length</b>       | 51cm  |
| <b>Handles</b>             | Ergonomic on the arms                           |
| <b>Transport</b>           | With special wheels                             |
| <b>Machine weight</b>      | 114kg   |
| <b>Maximum user weight</b> | 150 kg  |
| <b>Dimensions</b>          | L: 163,3 cm x W: 75 cm x H: 155,2 cm            |

## PACKING LIST



## HARDWARE PACKING LIST

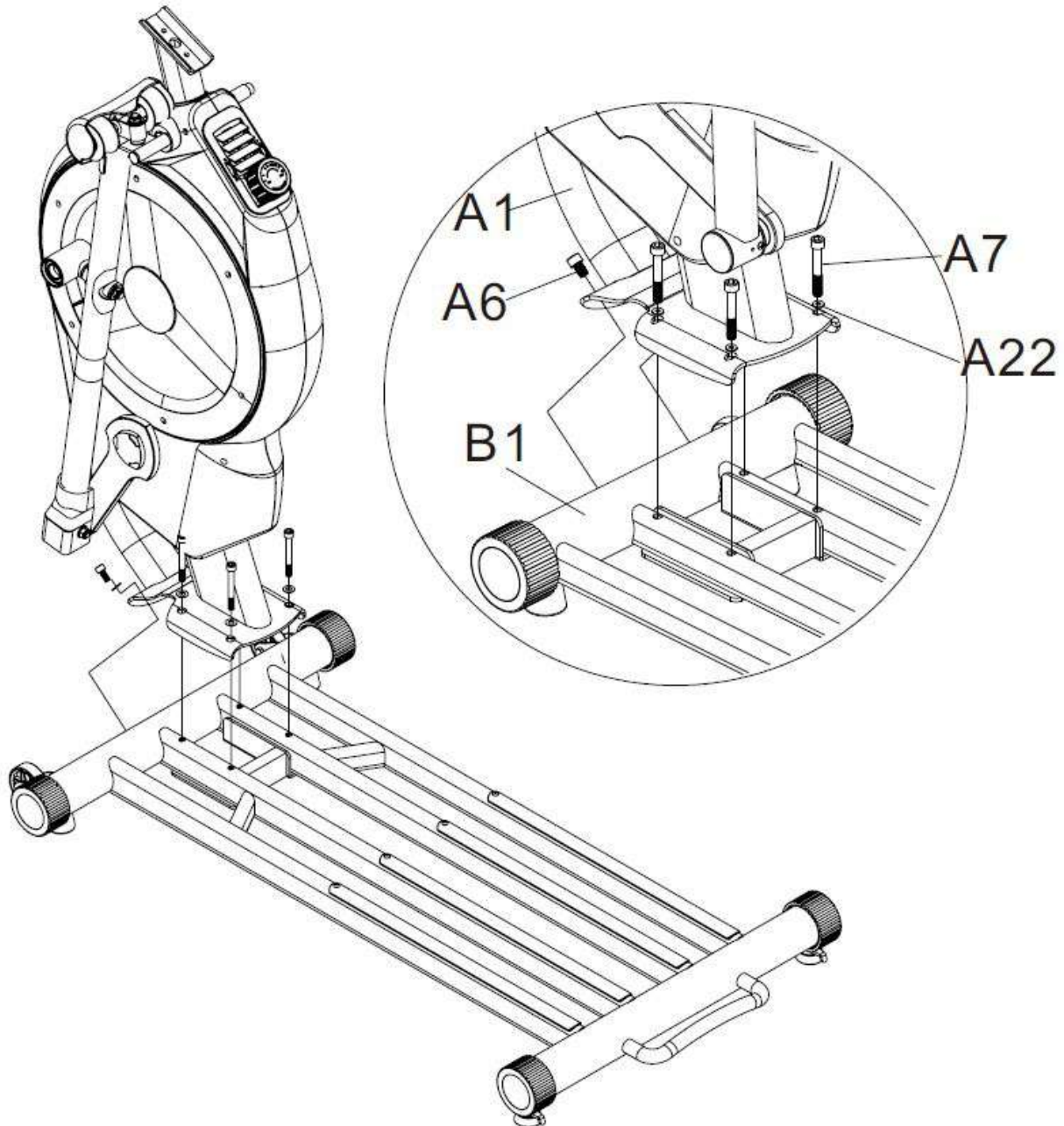


## ASSEMBLY INSTRUCTIONS

**Note:** Assembly requires 2 people.

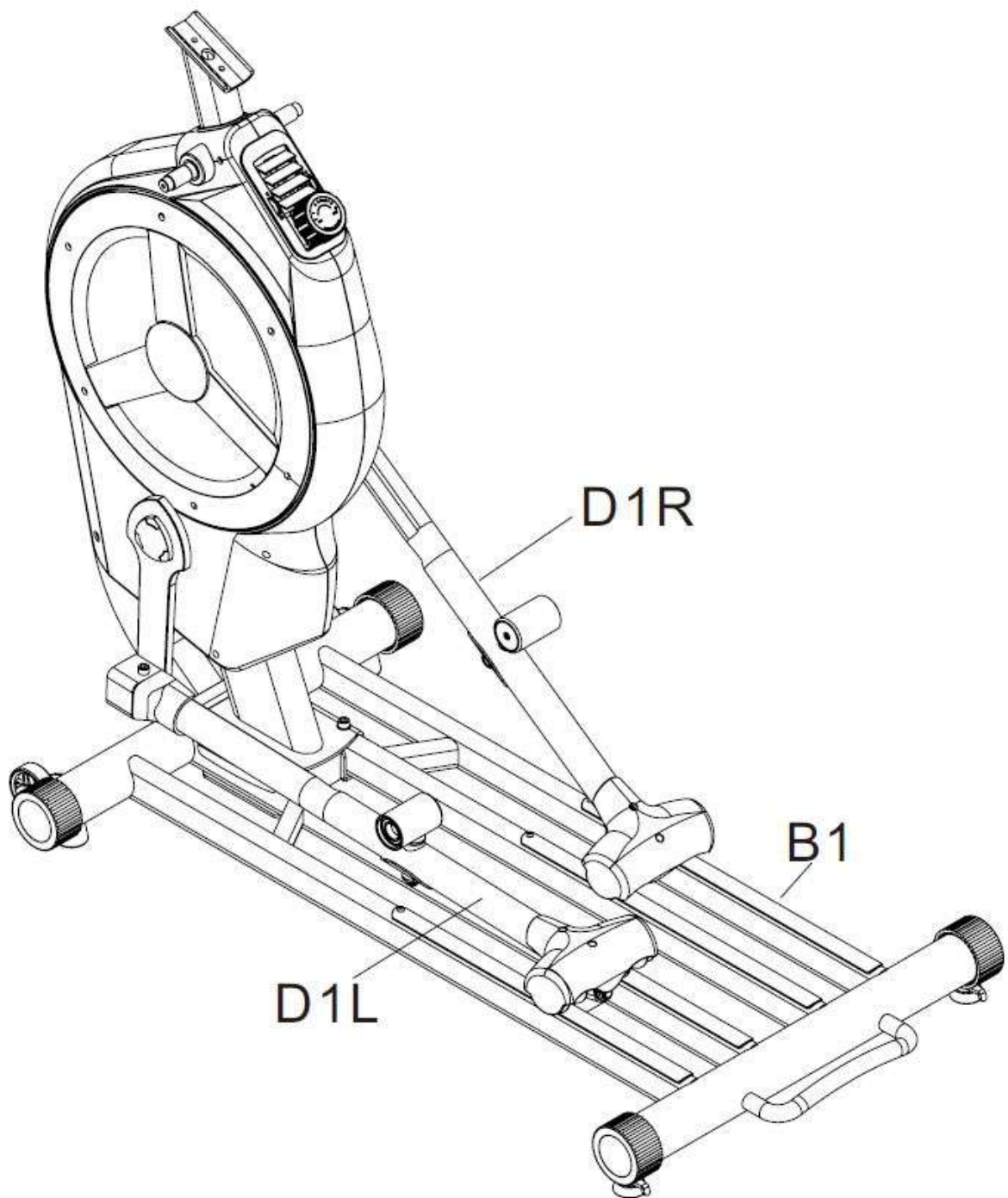
### STEP 1

Attach the **MAIN FRAME (A1)** to the **GUIDE RAIL (B1)** with **4 SCREWS (A7, M10\*65)**, **4 WASHERS (A22)** and **2 SCREWS (A6, M10\*16)**.



## STEP 2

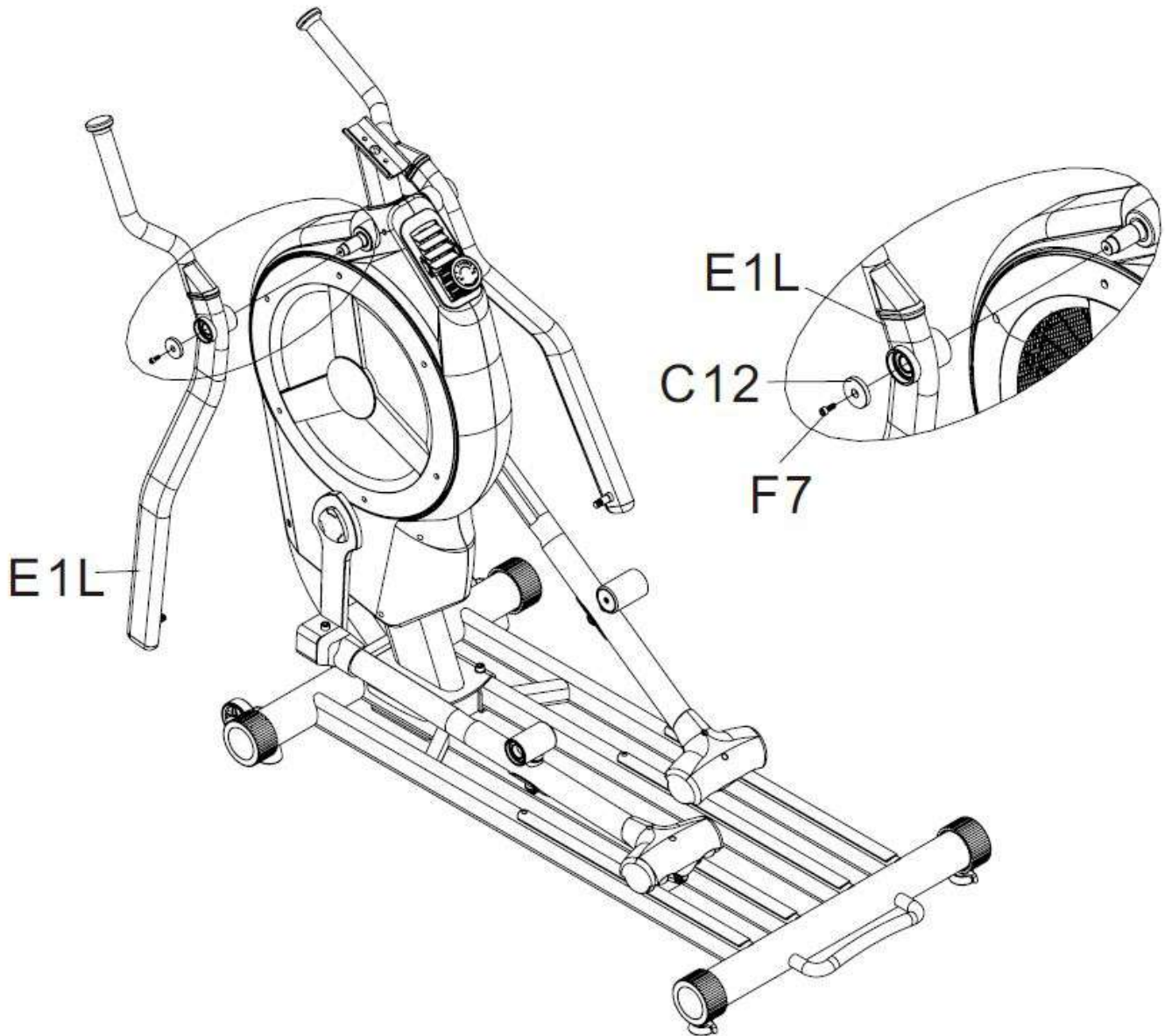
Remove the ties from both **PEDALS (D1L & D1R)** and place them on top of the **GUIDE RAIL (B1)**.





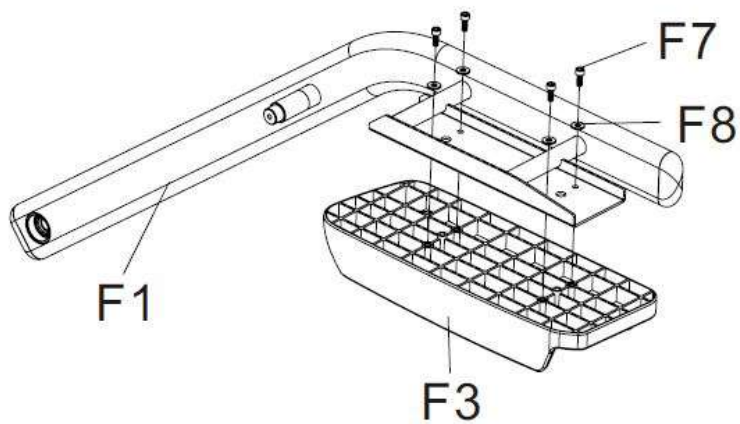
### STEP 3

1. Attach the **LEFT HANDLEBAR (E1L)** to the **MAIN FRAME (A1)** with a **CAP (C12)**, a **SCREW (F7, M6\*16)**.
2. Repeat the above steps for the other side.



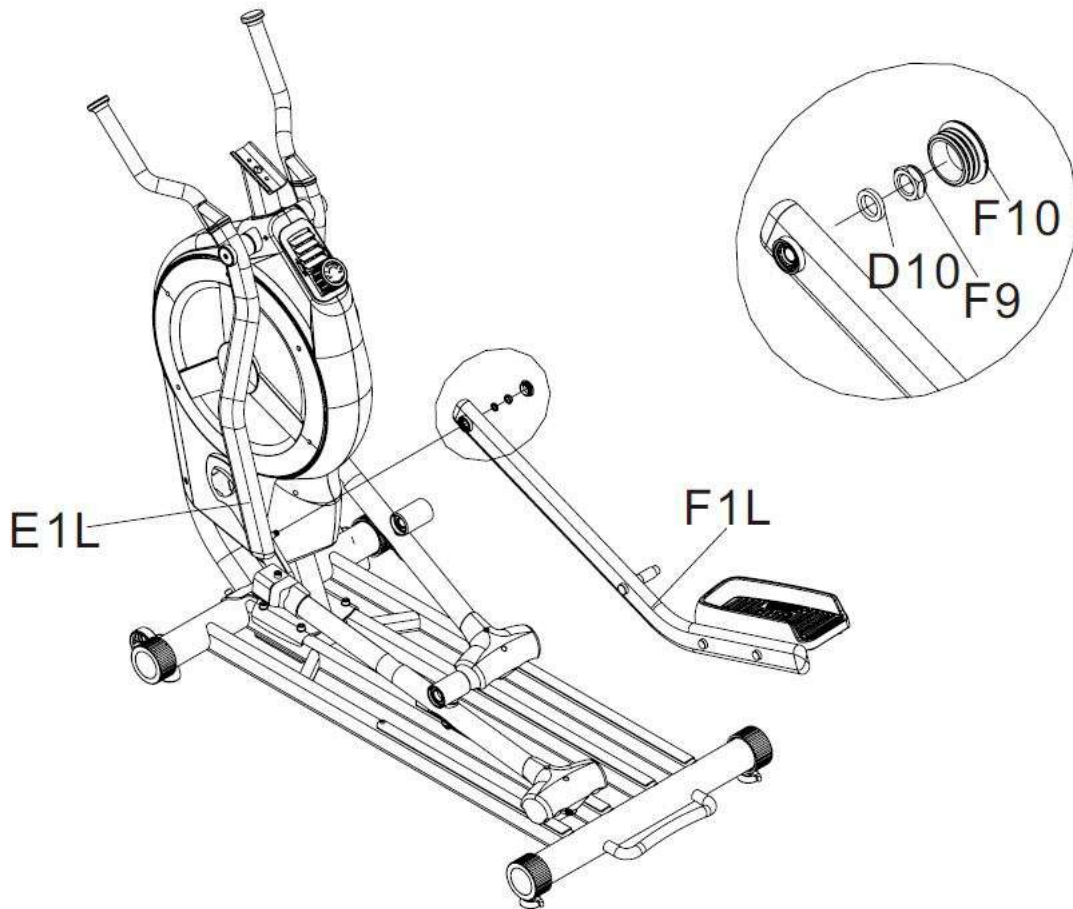
#### STEP 4

1. Attach the **PEDAL (F3)** to the **PEDAL FIXED ASSEMBLY (F1)** with 4 **WASHERS (F8)** and 4 **SCREWS (F7, M6\*16)**.
2. Repeat the above step for the other side.



## STEP 5

1. Attach the **LEFT PEDAL FIXED ASSEMBLY (F1L)** to the **LEFTHANDLEBAR (E1L)** with a **WASHER (D10)**, a **NUT (F9)** and a **PLUG (F10)**.
2. Repeat the above steps for the other side.

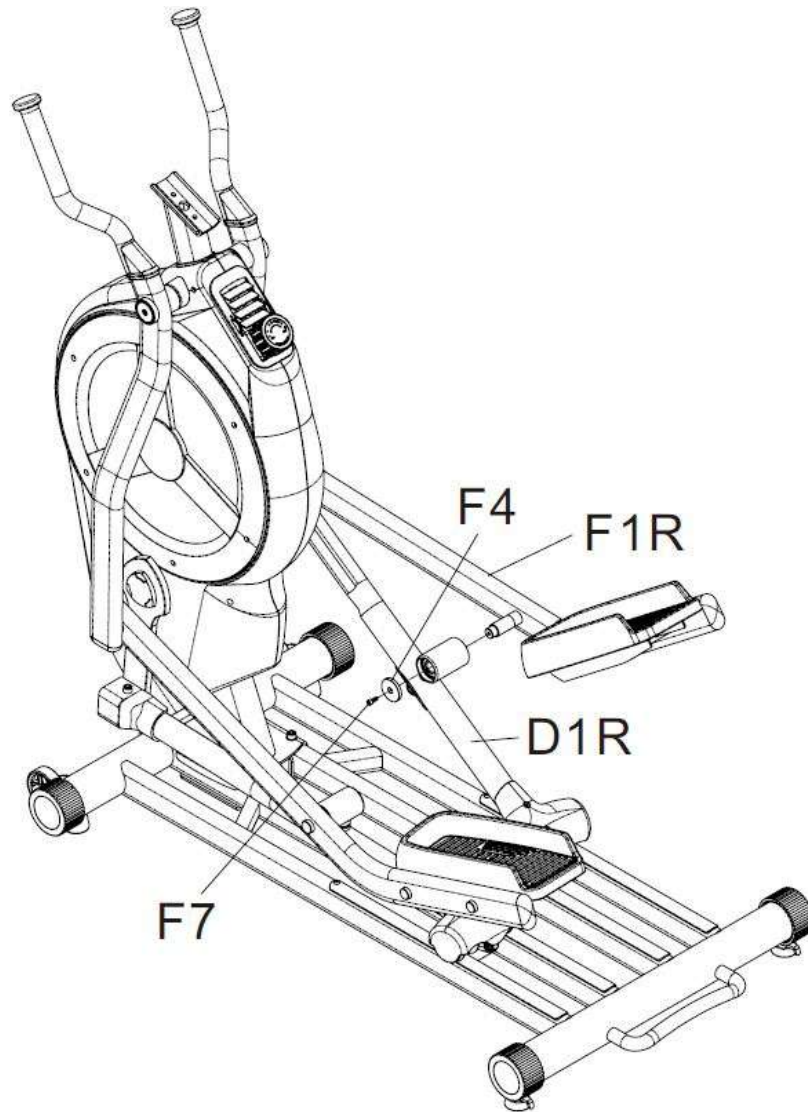


Check and tighten the screws at regular intervals, as they may loosen due to vibrations. Damage that may be caused by a lack of maintenance is not covered by the warranty.

**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.

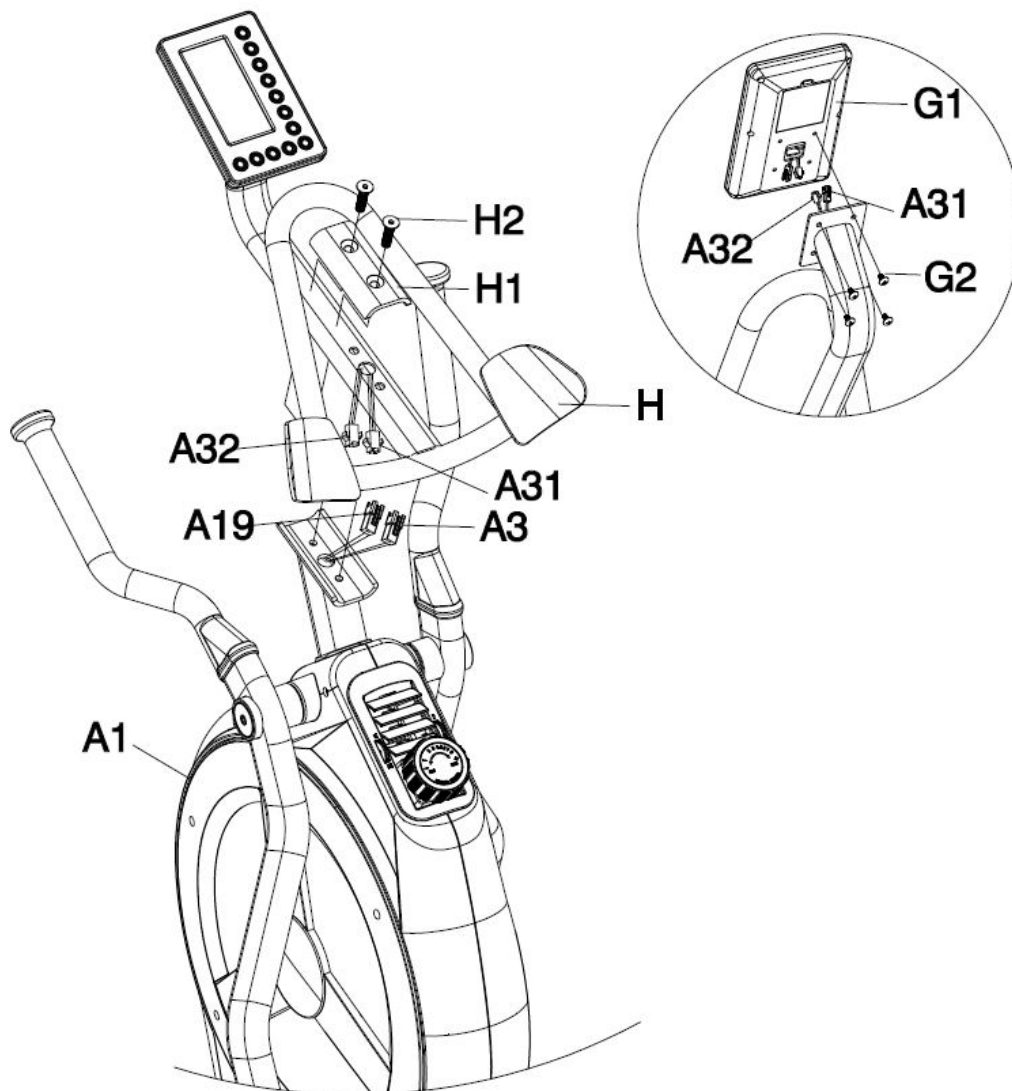
## STEP 6

1. Attach the **LEFT PEDAL FIXED ASSEMBLY (F1L)** to the **LEFT PEDAL ARM ASSEMBLY (D1L)** with a **WASHER (F4)** and a **SCREW (F7)**.
2. Repeat the above steps for the other side.

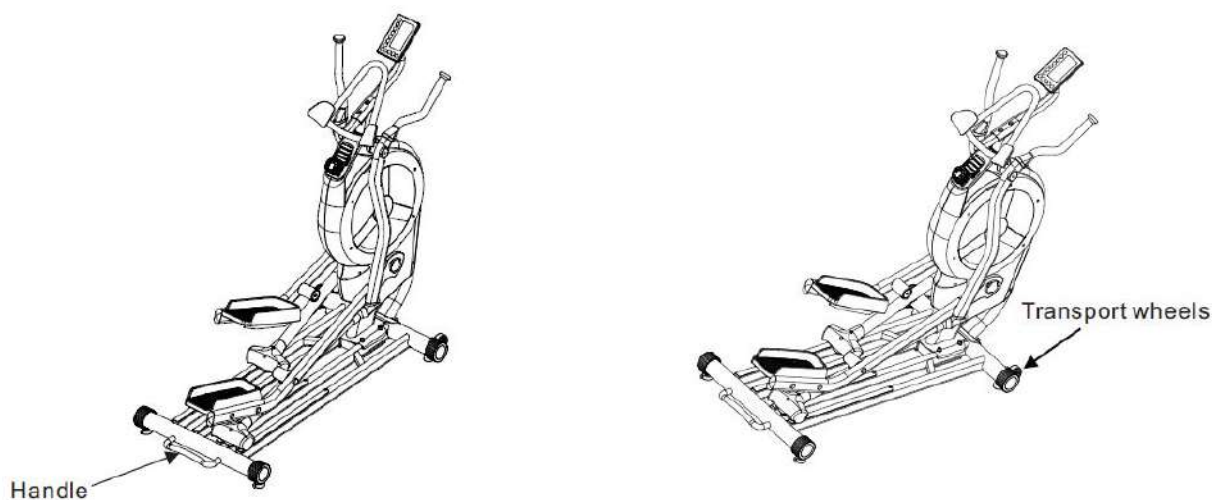


## STEP 7

1. Connect the **WIRES (A31, A32 to A3, A19)**.
2. Attach **FIXED HANDLEBAR (H)** to the **MAIN FRAME (A1)** with **2 SCREWS (H2)**.
3. Connect the **WIRES (A31, A32)** to the **CONSOLE (G1)**
4. Attach the **CONSOLE (G1)** to the **CONSOLEBRACKET** with **4 PRE-INSTALLED SCREWS (G2)**.

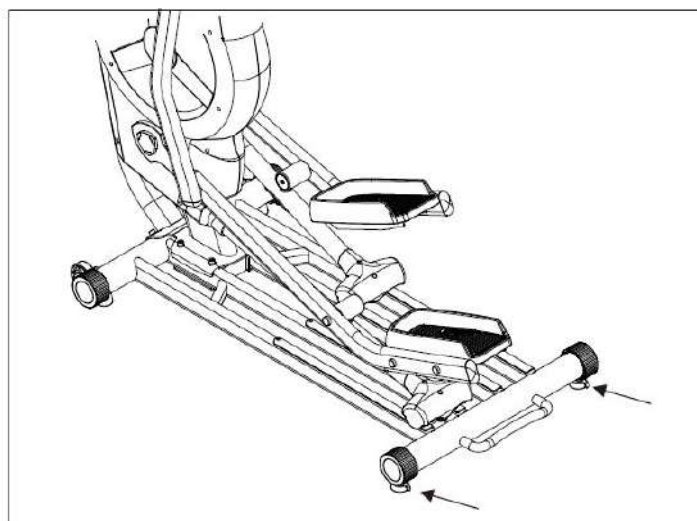


## HOW TO MOVE TRAINER



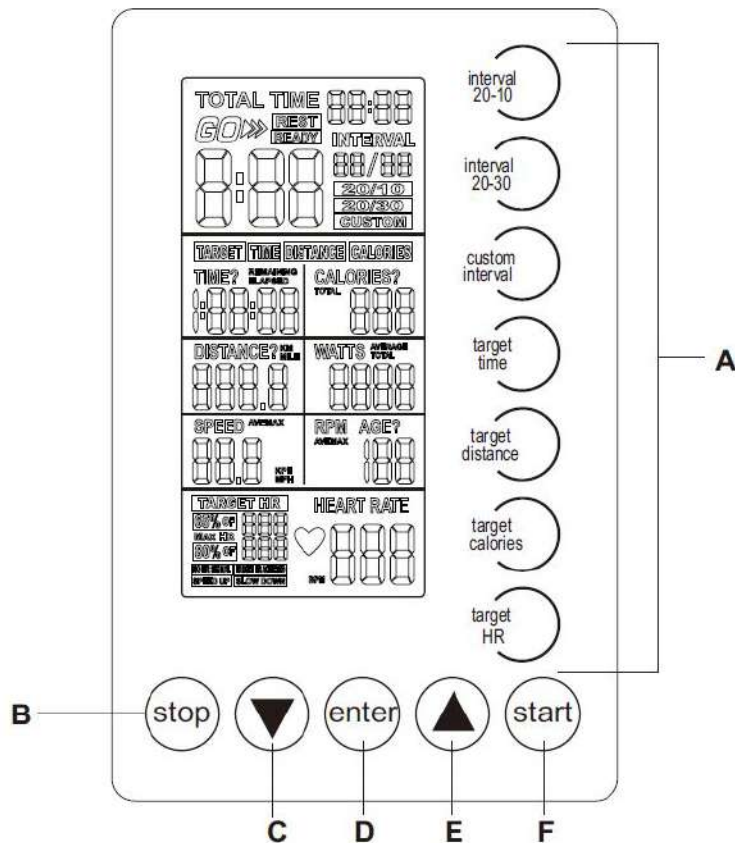
1. Hold the handle and lift the trainer up, so the transport wheels touch the floor.
2. Move the trainer to your designated position while lifting the trainer.
3. Carefully let down the trainer.

## HOW TO ADJUST THE BALANCE OF THE TRAINER



Make sure the trainer is placed on the flat floor and rotate the leveling foot clockwise or counter-clockwise, so the leveling foot touches the floor.

## CONSOLE DESCRIPTION



### A. “INTERVAL” and “TARGET” PROGRAM KEY

Immediately take you to the corresponding program.

### B. STOP KEY

1. Press the STOP key to stop your workout in any programs.
2. Press and hold the STOP key to reset the console.

### C. DOWN KEY

Press the DOWN key to decrease values; press and hold for rapid value change.

### D. ENTER KEY

Press the ENTER key to confirm settings.

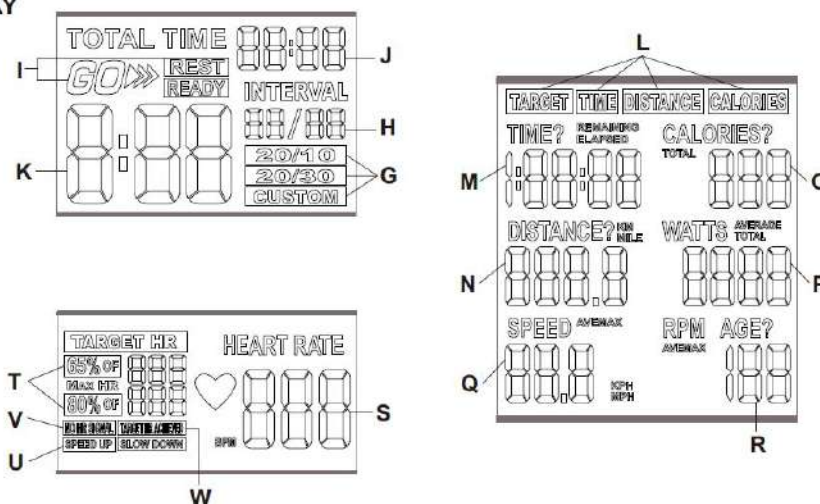
### E. UP KEY

Press the UP key to increase values; press and hold for rapid value change.

### F. START KEY

Press the START key to begin a workout or restart a paused workout.

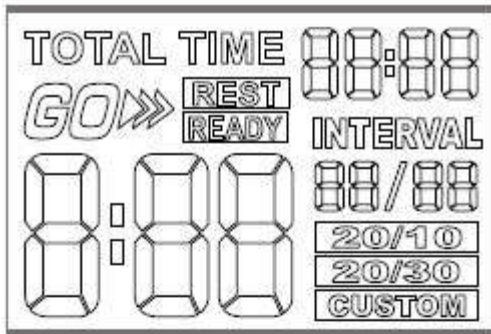
**DISPLAY**



- G. Display the type of interval programs that is being selected and used.
- H. 88/88 shows the current interval and the total sections of intervals in the program.
- I. Shows the current workout period in an interval program.
- J. The time elapsed in an interval program.
- K. The time remaining in the current work or rest periods in an interval program.
- L. Display the type of target programs that is being selected and used.
- M. The time elapsed or the time down remaining in your workout.
- N. The total distance traveled or the distance remaining since the start of the workout.
- O. The approximate calories burned or the calories remaining since the start of the workout (WARNING!! DO NOT USE FOR MEDICAL PURPOSE).
- P. An estimation of the average and the total power generated since the start of the workout.
- Q. An estimation of average and maximum speed since the start of the workout.
- R. Display the average and the maximum revolutions per minute.
- S. Feedback of your current heart rate during the workout.
- T. Display the type of targeted heart rate programs that is being selected and used.
- U. The need for your pedaling speed to reach the target heart rate.
- V. No heart rate signal is being detected.
- W. Target heart rate is achieved.



## USING INTERVAL PROGRAMS



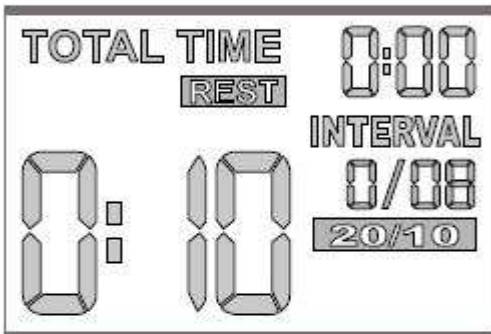
### INTERVAL PROGRAM OVERVIEW

This console features 3 interval programs: **interval 20/10**, **interval 20/30** & **interval custom**. **Interval 20/10** and **interval 20/30** programs offer users a series of eight high-intensity workout intervals with presetime segments. These High Intensity Interval Training (H.I.I.T.) programs provide sound and visual signals at the start of each **WORK** & **REST** interval.

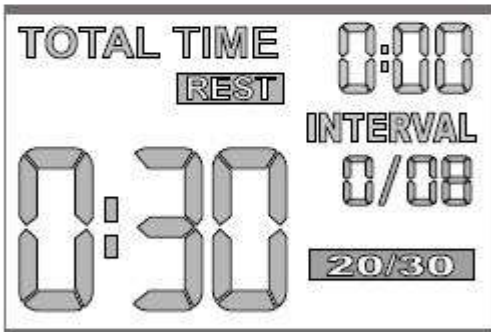
When you reach the last “**REST**” segment the console makes an alarm and end the workout by coming to a stop.

### INTERVAL 20/10 & 20/30 PROGRAMS

1. Press the “**interval 20/10**” or “**interval 20/30**” key to select the program.
2. The default interval number of “**0/08**” is displayed in the “**INTERVAL**” window.
3. The default time segment of “**REST 0: 10**” or “**REST 0: 30**” is displayed in the “**INTERVAL**” window.
4. Press “**ENTER**” to confirm your setting.



5. Press “**START**” to begin the workout and then start pedaling. The program will not start until you begin pedaling. **NOTE:** You can press the “**STOP**” key to end the program at any time. The workout summary will display on the screen.

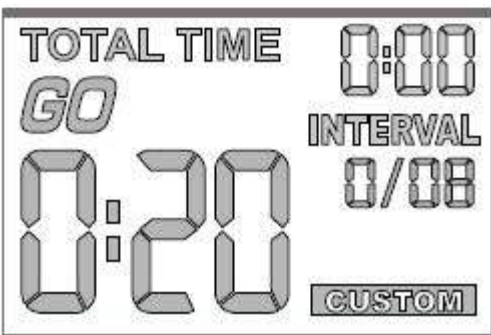


### INTERVAL CUSTOM PROGRAM

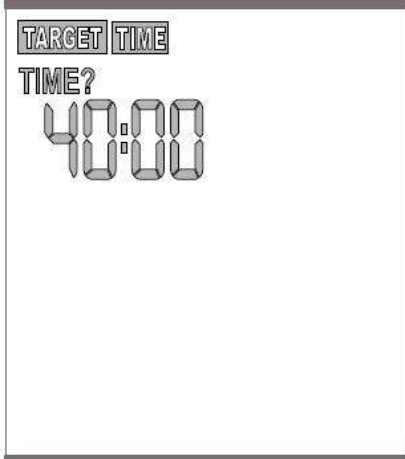
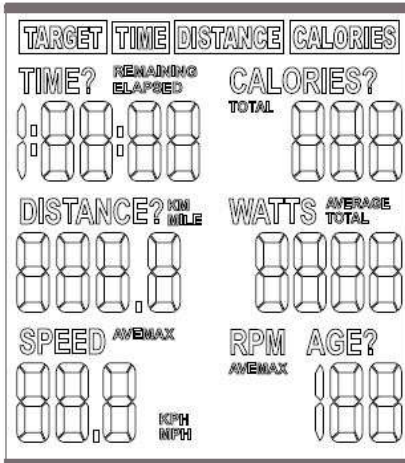
1. Press the “**interval custom**” to select the program.
2. Use the “**▲/▼**” keys to set up your **WORK** period time (0:01~9:59 minutes).
3. Press “**ENTER**” to confirm your setting.
4. Use the “**▲/▼**” keys to set your **REST** period time (0:01~9:59 minutes).
5. Press “**ENTER**” to confirm your setting.
6. Use the “**▲/▼**” keys to set your total interval numbers (1~99).
7. Press “**ENTER**” to confirm your setting.
8. Press “**START**” to begin the workout and then start pedaling. The program will not start until you begin pedaling.

**NOTE:** You can press the “**ENTER**” key twice to save the setting of this program after you complete the workout.

**NOTE:** You can press the “**STOP**” key to end the program at any time. The workout summary will display on the screen.



## USING THE TARGET GOAL PROGRAMS



### TARGET GOAL PROGRAM OVERVIEW

This console features 4 target programs: **Target Time, Target Distance, Target Calories & Target Heart Rate.**

When you reach your target goal the console will make an alarm and end the workout by coming to a stop.

### TARGET TIME, DISTANCE, CALORIES PROGRAMS

1. Press “**target time**”, “**target distance**”, or “**target calories**” to select the program.
2. Use the “▲/▼” keys to set your target goal.
3. Press “**ENTER**” to confirm your setting.
4. Press “**START**” to begin the workout and then start pedaling. The program will not start until you begin pedaling.

**NOTE:** You can press the “**STOP**” key to end the program at any time. The workout summary will display on the screen.

## WARM UP / COOL DOWN

### Suggested Stretches

The following stretches provide a good warm-up and cool-down. Move slowly as you stretch.

#### Ham String Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs. Stretches: Hamstring, Lower Back and Groin.



#### Inner Thigh Stretch

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times. Stretches: Quadriceps and Hip Muscles.



#### Toe Touches

Stand with your knees bend slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times. Stretch: Hamstring, Back of Knees, Back.



### **Quadriceps Stretch**

Stand on one foot with one hand hold onto the wall to balance, raise the other foot behind you, and pull up your foot as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat three times. Stretch: Quadriceps muscles, Hip muscle.



### **Calf/Achilles Stretch**

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching the Achilles tendons, slightly bend back leg as well. Stretch: Lower legs, Achilles tendons, and Ankles.



## WARRANTY TERMS

### General Exceptions

- Causing damage to the finish of any part of the machine.
- Damage due to negligence, abuse, incorrect assembly or use of the machine. Any damage or loss in transit of any kind.
- Any labor costs associated with a warranty claim.
- When the damage is the result of misuse, conversions, poor connection, poor maintenance.
- Parts that have been damaged by the fault of the user such as broken plastic parts, worn belt due to improper adjustment, incorrect or insufficient lubrication, damages during the movement of the machine.
- Accessories such as side rails, cushion protectors and straps are considered consumables and are covered by a 6-month warranty.
- When the machine is opened or repaired by third parties.
- When the damage comes from the buyer's negligence & the instructions in the instructions for use have not been followed.
- When the machine is placed outdoors or exposed to the sun or dust.
- When damage has been caused to electronic components (console) due to heavy perspiration or other liquid substance that has come into contact or penetrated inside them.

### General terms

- X-Treme Stores reserves the right to examine any part where replacement is requested under warranty.
- The warranty period applies only to the original purchaser from the date of purchase and is not transferable.
- X-Treme Stores makes no warranty other than that stated herein and expressly disclaims all warranties not stated in this warranty. X-Treme Stores is not responsible for incidental or consequential damages.
- The warranty begins automatically when the product is sold to the end user or after one (1) year has passed from the month of manufacture, whichever occurs first.

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

# NOTES

Lined area for writing notes, consisting of 20 horizontal rows separated by dotted lines.





34 koupi Avenue, Koropi

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