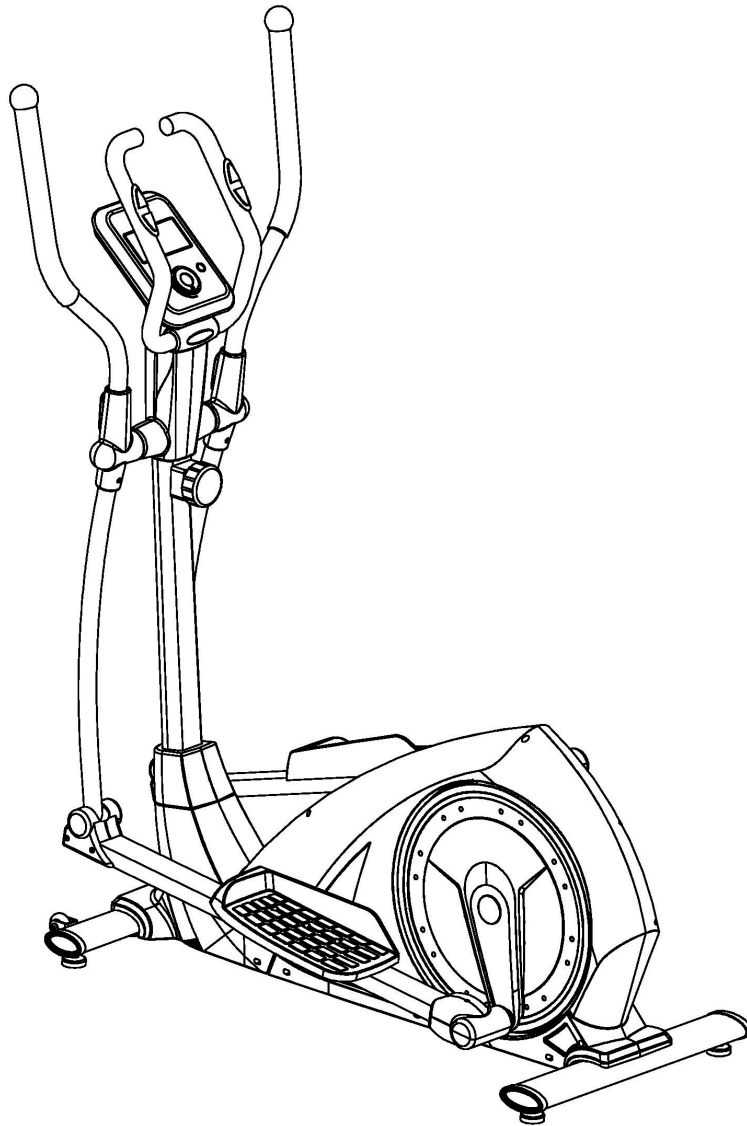


Elliptical **XFIT ELITE**

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.

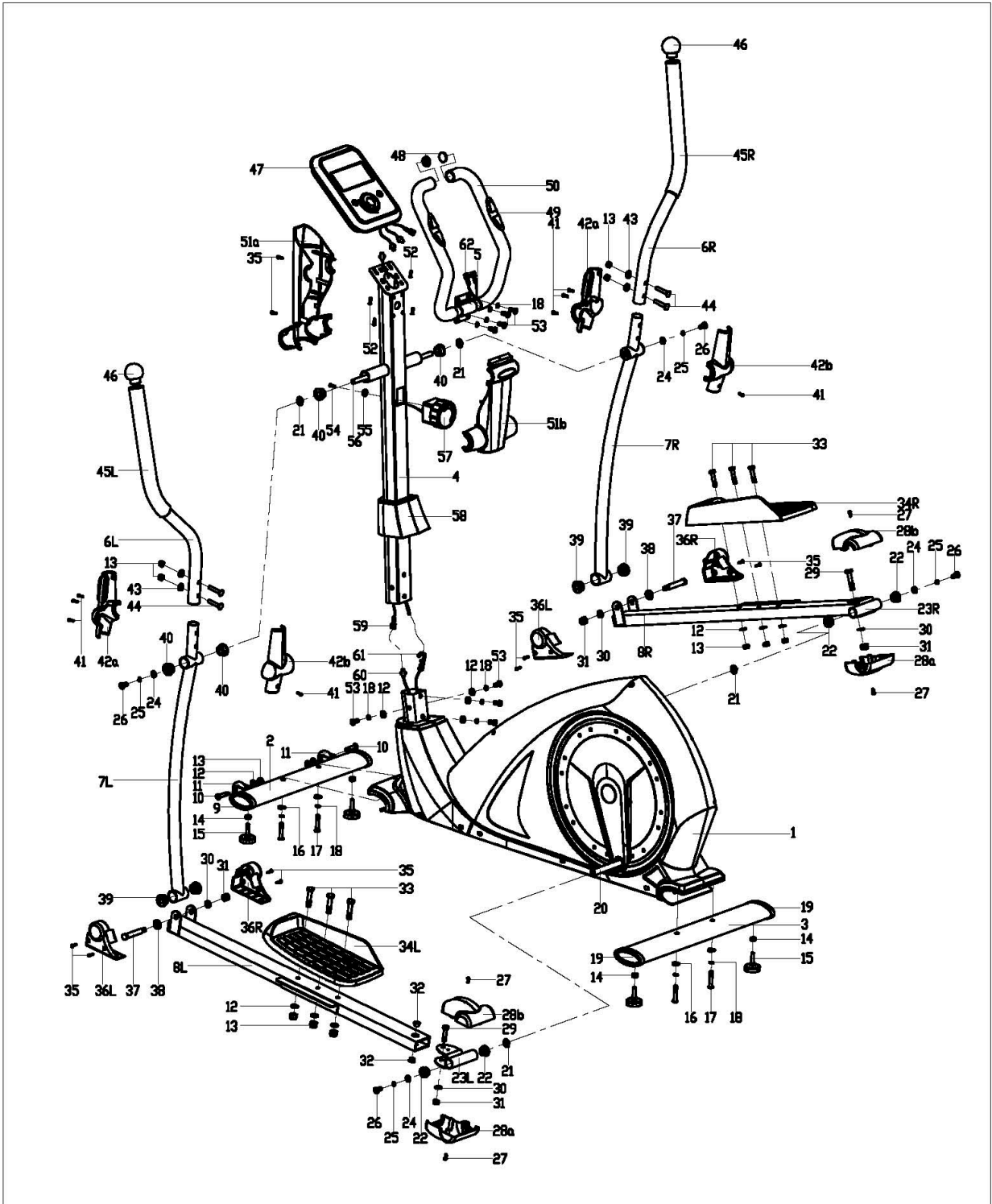
1. Assemble the machine exactly as the descriptions in the instruction manual.
2. Check all the bolts, nuts and other connections before using the machine for the first time to ensure the machine is in the safe condition.
3. Set up the machine in a dry level place and keep it away from moisture and water.
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 120kg.

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.

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



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.

PARTS LIST

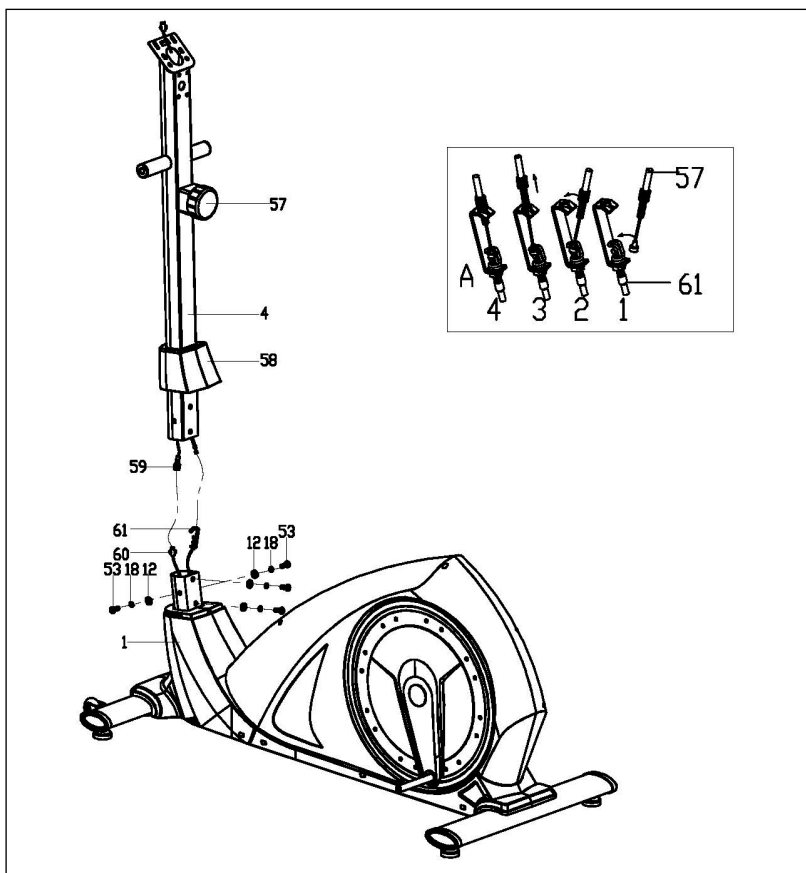
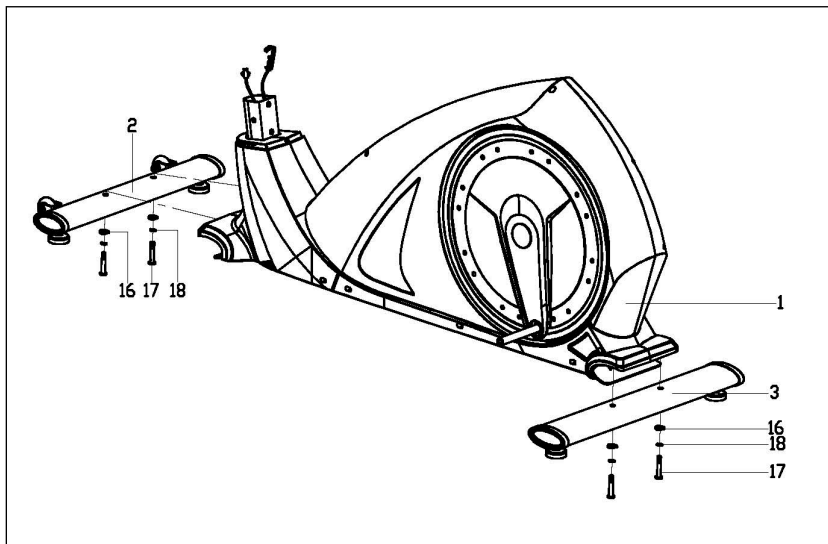
NO.	DESCRIPTION	Qty	NO.	DESCRIPTION	Qty
1	Main frame	1	32	Bushing Φ 18X Φ 10 X11	4
2	Front stabilizer	1	33	Hex bolt M8X45	6
3	Rear stabilizer	1	34L/R	Pedal (L/R)	1pr.
4	Handlebar post	1	35	Cross tapping screw ST4.2X18	10
5	Armrest	1	36L/R	Linkage shield	2pr.
6 L/R	Handlebar (L/R)	1pr.	37	Hex bolt Φ 12 XM10X80	2
7 L/R	Swing bar(L/R)	1pr.	38	Flat washer D12X Φ 24X1.5	2
8 L/R	Pedal support (L/R)	1pr.	39	Axle bushing Φ 12X Φ 32 X15	4
9	Oval end cap	2	40	Plastic axle bushing Φ 16X Φ 31 X23	6
10	Allen screw M8X40XL12	2	41	Cross tapping screw ST3.5X10	8
11	Transport wheel	2	42a/b	Swing bar shield	2pr.
12	Flat washer D8X Φ 16 X1.5	12	43	Arc washer D8X Φ 19 X1.5XR30	4
13	Nylon nut M8	12	44	Carriage bolt M8XL45	4
14	Hex bolt M10	4	45 L/R	Handlebar foam grip	1pr.
15	Adjusting foot pad	4	46	Mushroom end cap	2
16	Arc washer d8X2X Φ 25 XR39	4	47	Computer	1
17	Allen bolt M8XL58	4	48	Round end cap	2
18	Spring washer D8	12	49	Pulse sensor	2
19	Oval end cap	2	50	Armrest foam grip	2
20	Crank	2	51 a/b	Computer shield	1pr.
21	Waveform washer Φ 17X Φ 23 X0.3	4	52	Cross screw M4X10	4
22	Plastic bushing Φ 24X16X Φ 16.1	4	53	Allen screw M8X16	8
23 L/R	Connecting joint (L/R)	1pr.	54	Cross screw M5X55	1
24	D-shape washer Φ 28X Φ 16.2 X14XB5	4	55	Arc washer D5	1
25	Washer D10	4	56	Long axle	1
26	Allen bolt M10X20	4	57	Tension controller	1
27	Crossing screw M5X10	4	58	Post shield	1
28 a/b	Connecting joint cover	2pr.	59	Extension wire	1
29	Hex bolt M10X55	2	60	Sensor wire	1
30	Flat washer D10X Φ 20X2	4	61	Tension controller cable	1
31	Nylon nut M10	4	62	Pulse sensor wire	2

PREPARATION: Before assembling, make sure that you will have enough space around the item; Use the present tooling for assembling; before assembling, please check whether all needed parts are available. It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

ASSEMBLY INSTRUCTION

Step 1:

Fix the Front stabilizer (2) and Rear stabilizer (3) to the Main frame (1) with Allen bolt (17), Spring washer (18) and Arc washer (20).



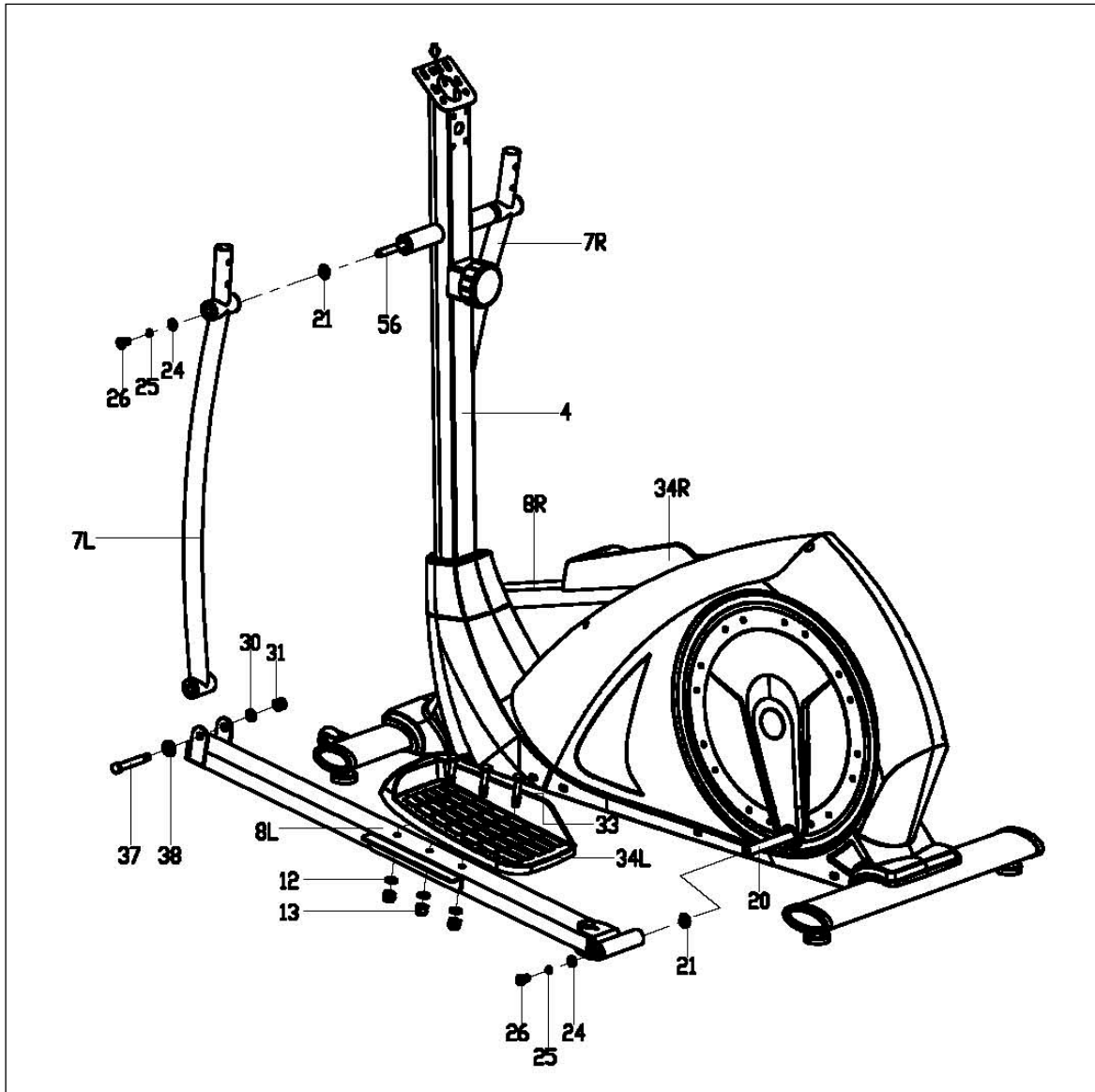
Step 2:

A: Insert the Post shield (58) into the Handlebar post (4).

B: Connect the Sensor wire (60) well with Extension wire (59) and then connect the Tension wire from Tension controller (57) well with Tension controller cable (61) as Picture A shown. Finally fix the Handlebar post (4) to the Main frame (1) with Allen screw (53), Spring washer (18) and Flat washer (12) and then slid down the Post shield (58).

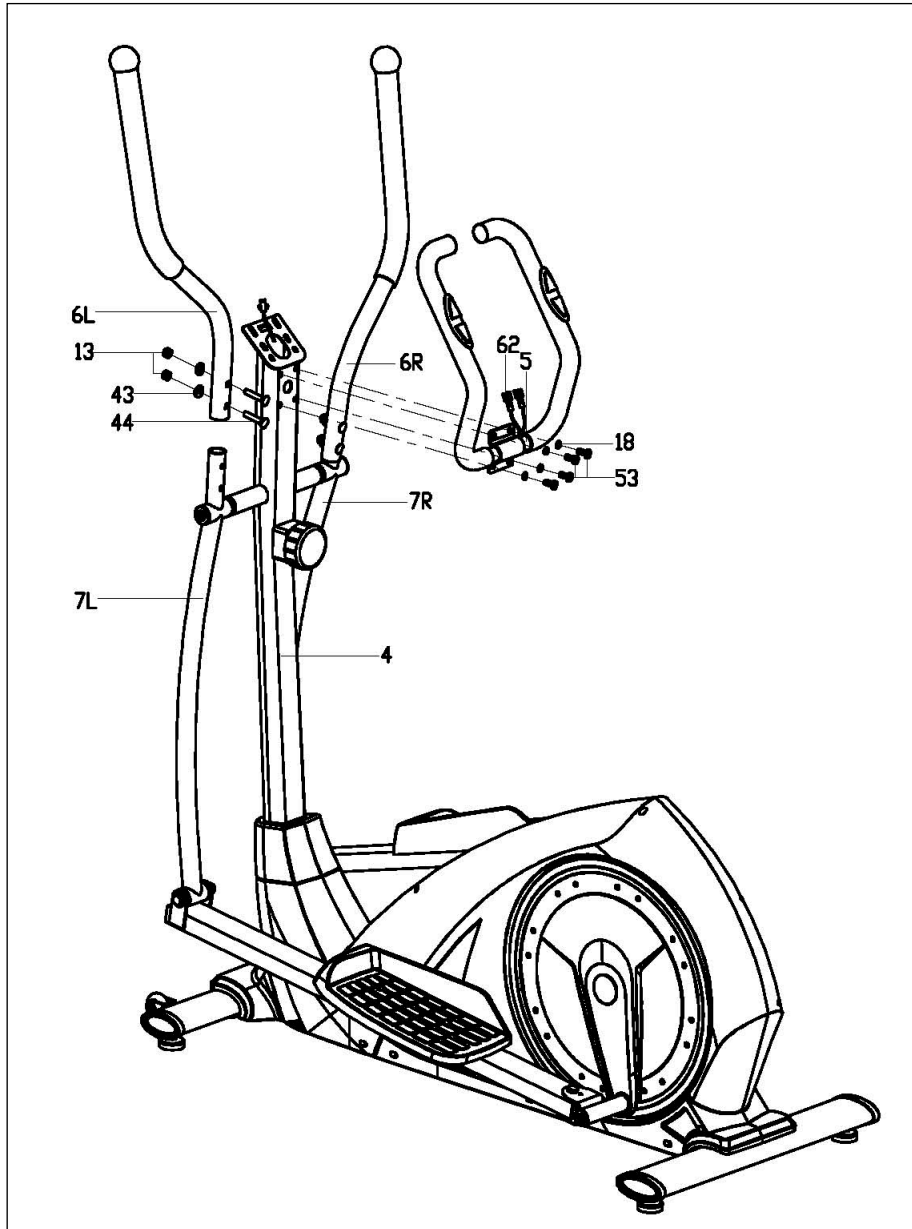
Step 3:

- A:** Fix the Swing bar (7L/R) on the long axle of the Handlebar post (4) with Allen screw (26), Spring washer (25), D-shape washer (24), Waveform washer (21) and Long axle (56) as shown. Please do not tighten them this time.
- B:** Attach the Pedal support (8L/R) with connect joint to the Crank (20) using Allen bolt (26), Spring washer (25), D-shape washer (24) and Waveform washer (21) as shown.
- C:** Attach the Swing bar (7L/R) to Pedal support (8L/R) using Hex bolt (37), Flat washer (38) (30) and Nylon nut (31). Then tighten Allen screw (26), Hex bolt (37) and Nylon nut (31).
- D:** Fix the Pedal (34L/R) to the Pedal support (8L/R) with Hex bolt (33), Flat washer (12) and Nylon nut (13).



Step 4:

- A:** Fix the Handlebar (6L/R) onto the Swing bar (7L/R) using Carriage bolt (44), Arc washer (43) and Nylon nut (13).
- B:** Pull the Pulse sensor wire (62) through the Handlebar post (4) and then out of the hole of the computer bracket. Fix the Armrest (5) on the Handlebar post (4) with Allen screw (53) and Spring washer (18).



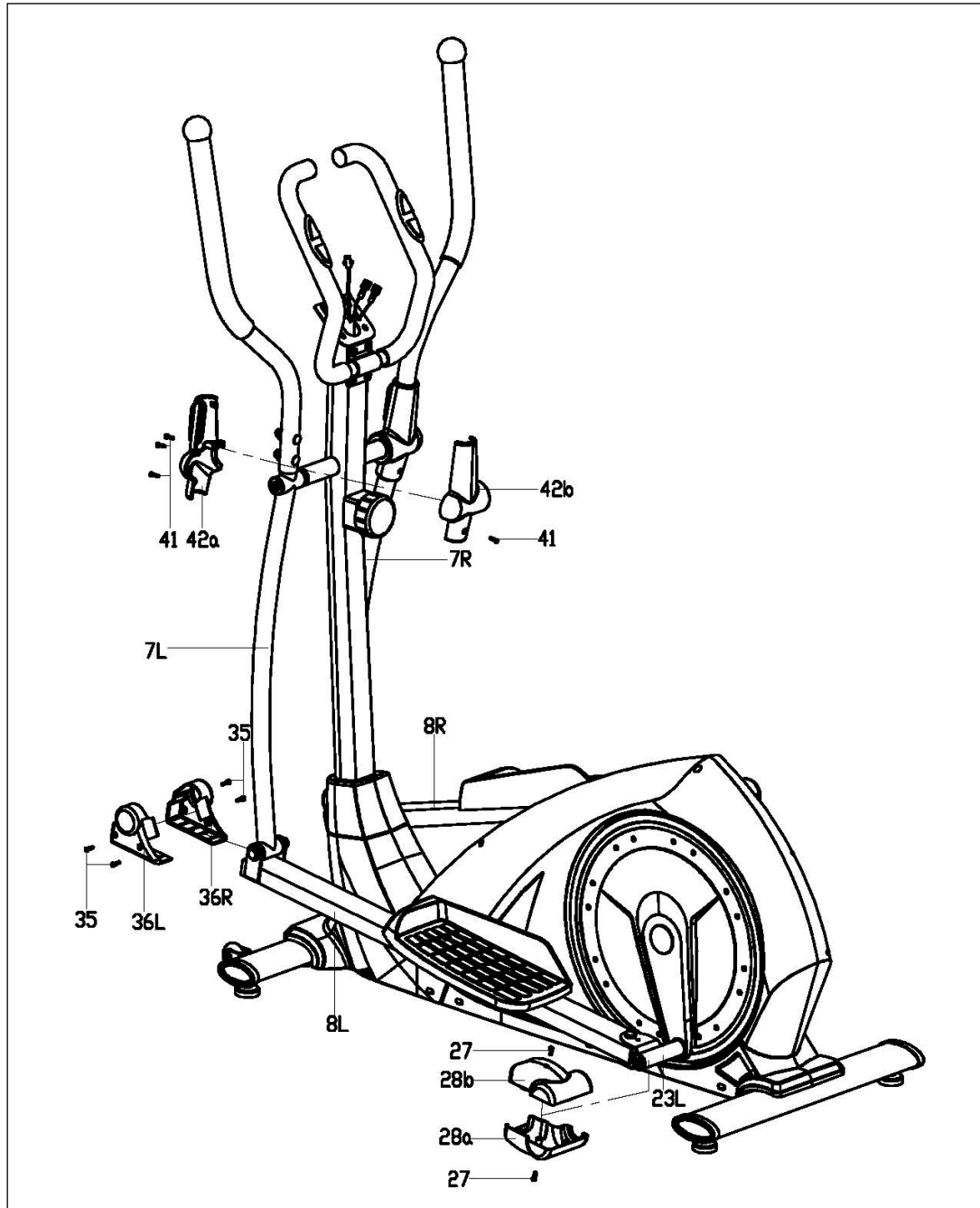
CAUTION! During exercise, heavy sweating can cause mechanical and electrical damage to the machine. Like any other liquid substance, sweat is capable of causing damage mainly to the electrical parts of the machine (dial, cables, etc.). The best solution is to use a towel during exercise and wipe the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

Step 5:

A: Fix the Swing bar shield (42 a/b) to swing bar (7L/R) with Cross tapping screw (41) as shown.

B: Attach the Linkage shield (36L/R) to the joint between the Pedal support (8L/R) and Swing bar (7L/R) using cross tapping screw (35) as shown.

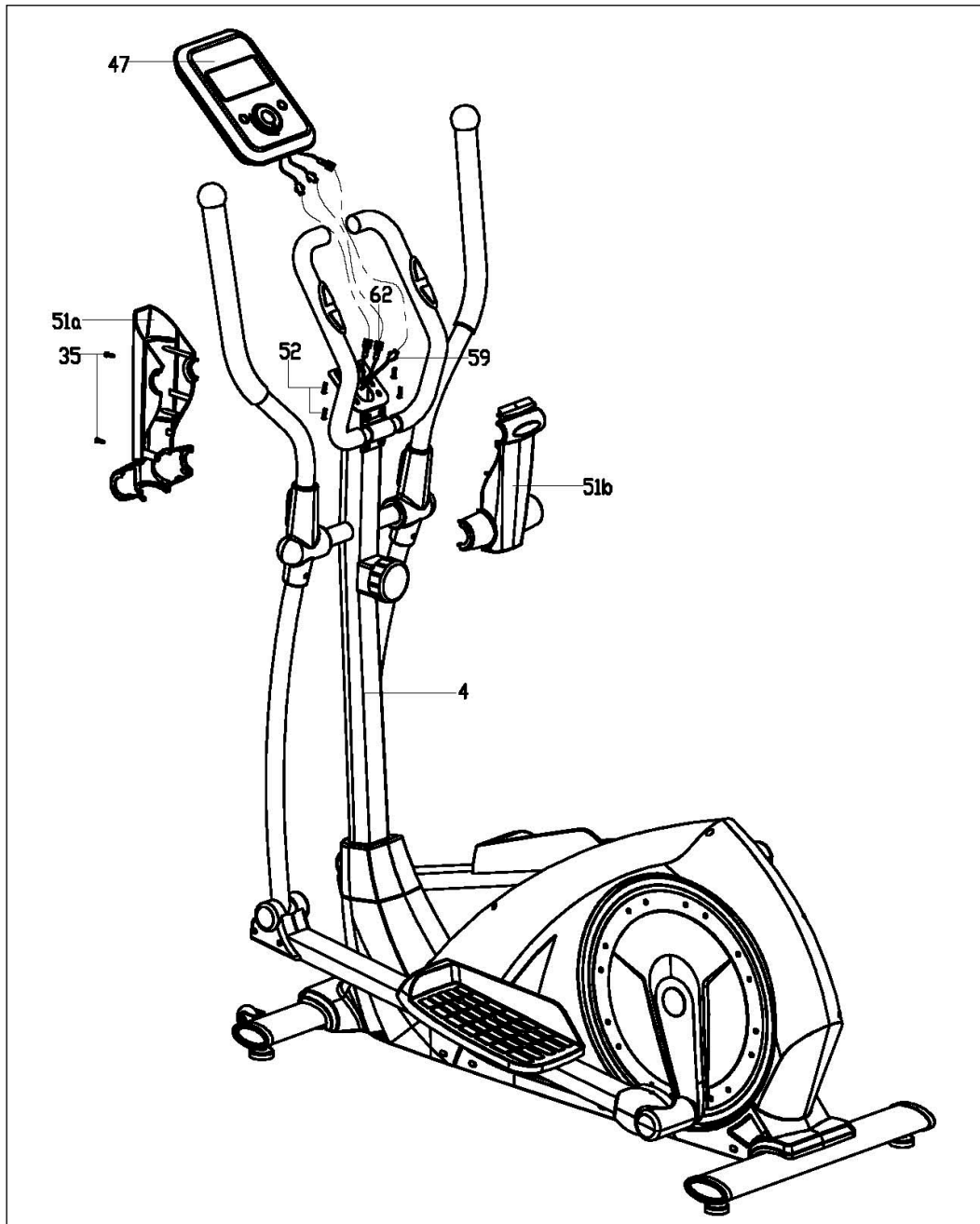
C: Fix the connecting joint cover (28a/b) on the connecting joint (23L/R) with cross screw (27) as shown.



Step 6:

A: Connect the Pulse sensor wire (62) and Extension wire (59) with the wires coming from the Computer (47), and then fix the Computer (47) onto the computer bracket of the Handlebar post (4) with cross screw (52).

B: Fix the Computer shield (51a/b) on the handlebar post (4) with cross tapping screw (35) as shown.



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.

INSTRUCTION MANUAL OF ST8900-67

BUTTON FUNCTIONS

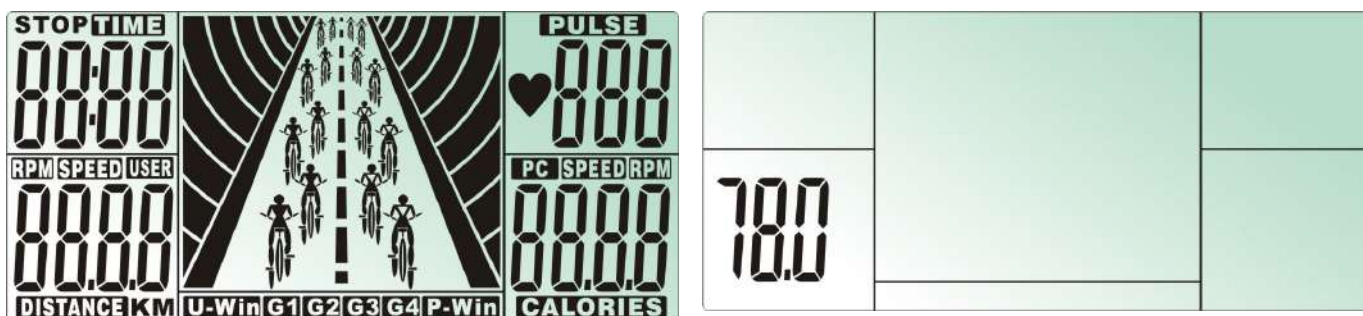
MODE	To confirm all setting.
SET	To set up each exercise value of TIME, DISTANCE, CALORIES and PULSE. Hold on pressing the button to speed up setting.
RESET	To clear settings of TIME, DISTANCE, CALORIES and PULSE. Hold on pressing the button to power on the console again.
RECOVERY	To test heart rate recovery status.

DISPLAY FUNCTIONS

RPM	Displays the Rotation Per Minute. Display range 0~15~999
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
TIME	Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 minute. Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 minute between 01:00 to 99:00.
DISTANCE	Accumulates total distance from 00:00 up to 99.99 KM or ML. The user may preset target distance data by pressing UP/DOWN button. Each incensement is 0.5KM or ML.
CALORIES	Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatment.)
PULSE	User may set up target pulse from 30 to 199, and computer buzzer will beep when actual heart rate is over the target value during workout.

OPERATION PROCEDURE

1. Install batteries to power on the computer, LCD will display all segments for 2 seconds with long beep sound.

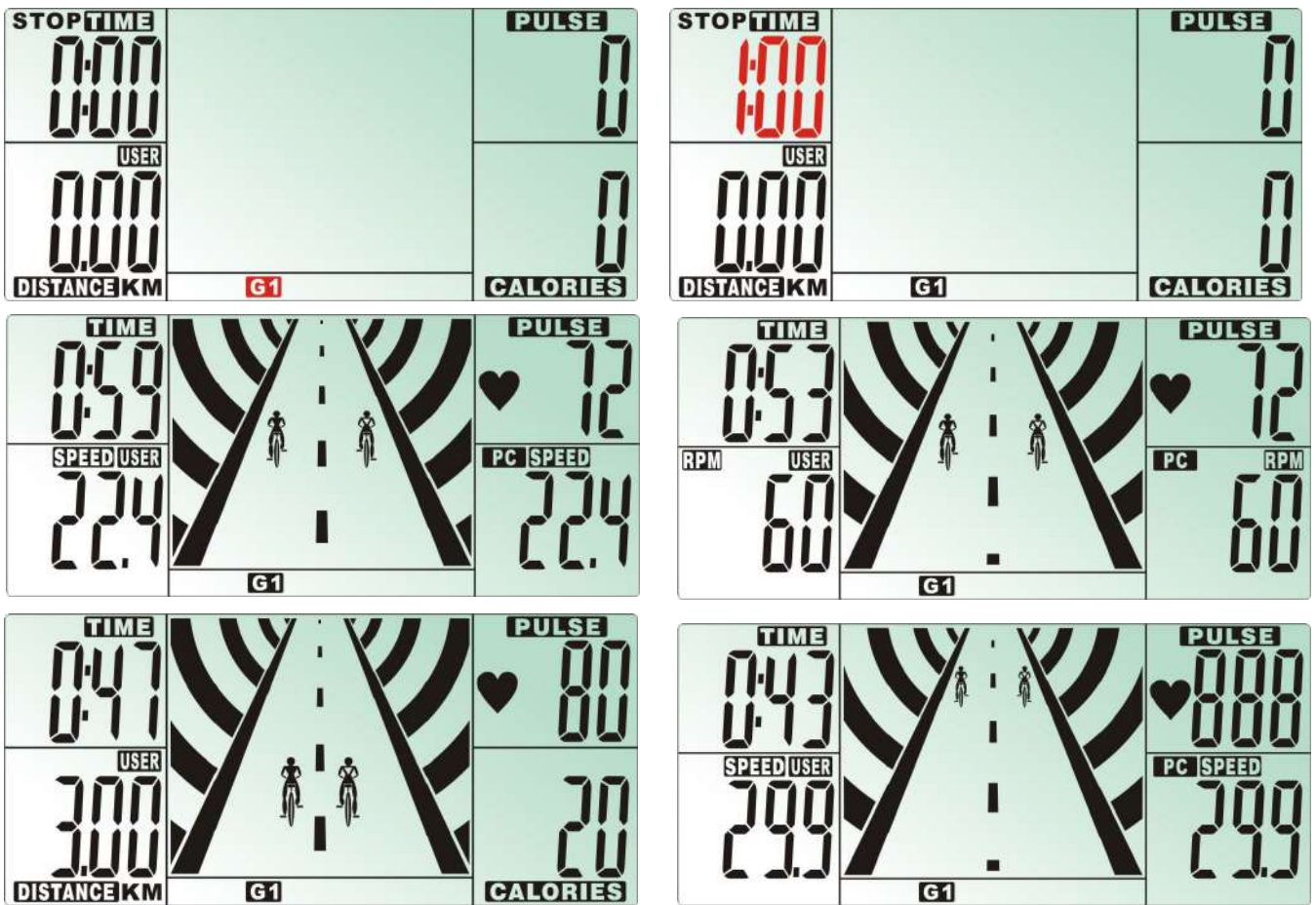


2. User may press SET to select 4 workout modes from G1, G2 to G4, and press MODE to enter.

3. Workout in G1 mode:

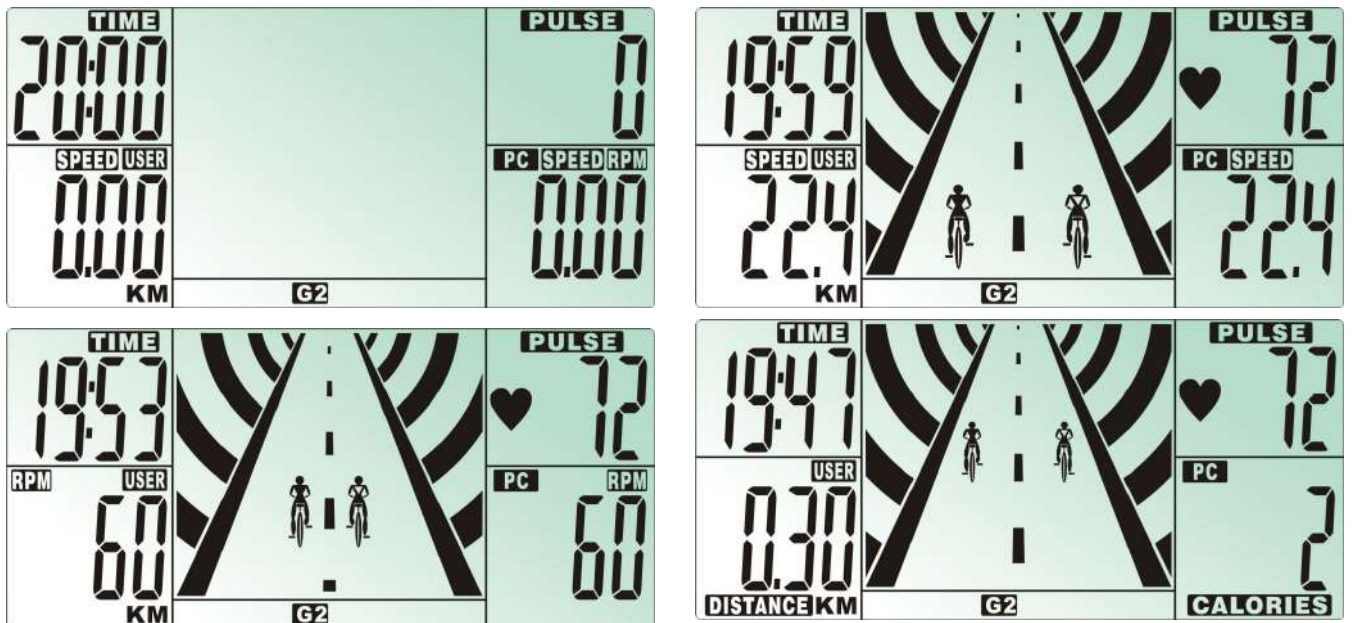
In G1 mode, user may preset TIME, DISTANCE, CALORIES and PULSE by pressing SET button and MODE for confirmation. User may start workout after setup exercise value, and "STOP" sign will disappear, all values will count down to zero. Once one of 4 values count to zero, computer buzzer will beep for 8 seconds, press any button may stop buzzer.

Biking animation will move forward every 3 km, and PC speed will be the same as user.



Workout in G2, G3 and G4 racing modes:

In G2, G3 and G4 racing modes, TIME preset is fixed in 20 minutes, the biking icon will move forward for total 8 steps. Different racing modes have different preset speed in PC side. During workout, user needs to follow up PC's speed in order to win the racing game.



When time countdown to 0:00, STOP symbol will illuminate, and console will beep for 8 seconds. If user can follow up with PC speed for at least 60%, console will define that user win the game and show up "U-Win"; on the contrary, the console will show "P-Win".

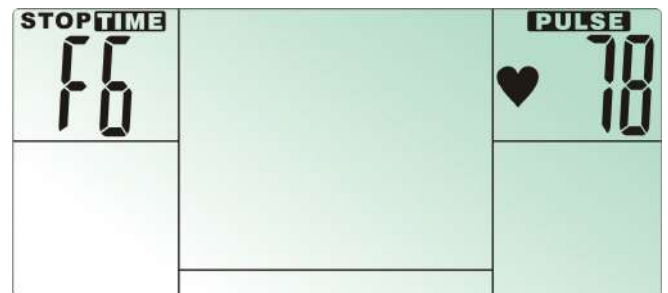
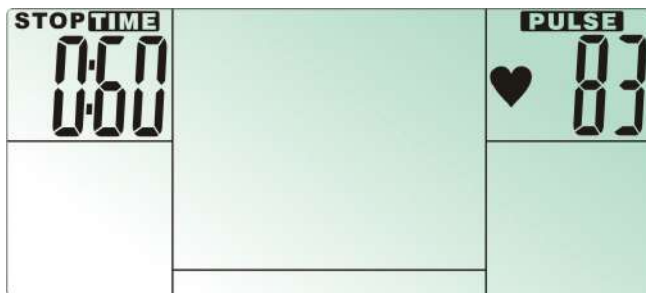


4. RECOVERY

After workout for a period of time user may press RECOVERY button in standby mode with pulse signal input (hold on both hands-on hand grips) to test heart rate recovery status. All functions will turn off, console will display PULSE value and TIME counting down from 0:60.

As soon as 00:00 is reached, the bottom area of display will show your heart rate recovery status with the grade F1, F2,... F6. F1 is the best, and F6 is the worst. You may keep exercising to improve the heart rate recovery status day by day from F6 up to F1.

** Press the RECOVERY button again to return the main display.



NOTE :

1. The console requires power supply for SUM3 AA (1.5V) batteries X 2pcs.
2. Without RPM or PULSE signal input for 4 minutes, computer will enter into sleep mode (for power-saving). User may start workout t or press any button to wake the console up.

USING YOUR BIKE

Using your bike will provide you with several benefits. It will improve your physical fitness, tone your muscles and in conjunction with a calorie-controlled diet, help you lose weight.

WARM-UP PHASE

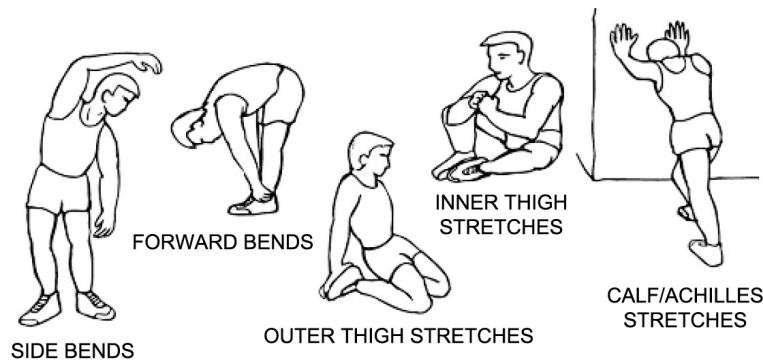
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks,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

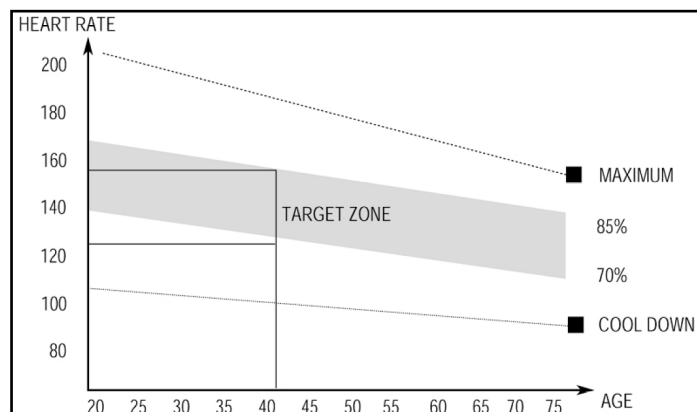
DO NOT BOUNCE.

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



EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



COOL-DOWN PHASE

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.

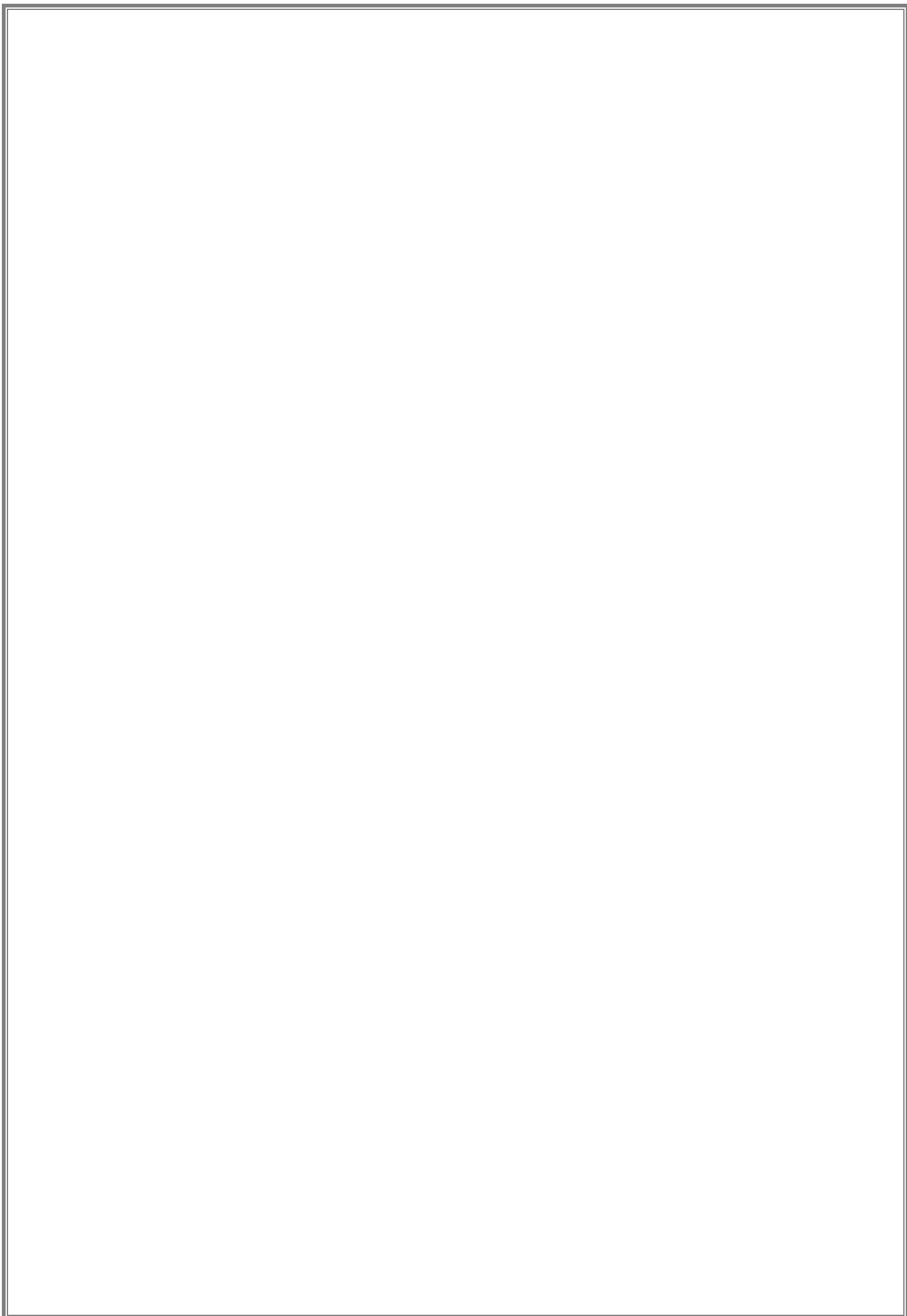


TERMS OF WARRANTY

- 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, damaged belt with improper adjustment, incorrect or incomplete lubrication, damage when moving the machine.
- 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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