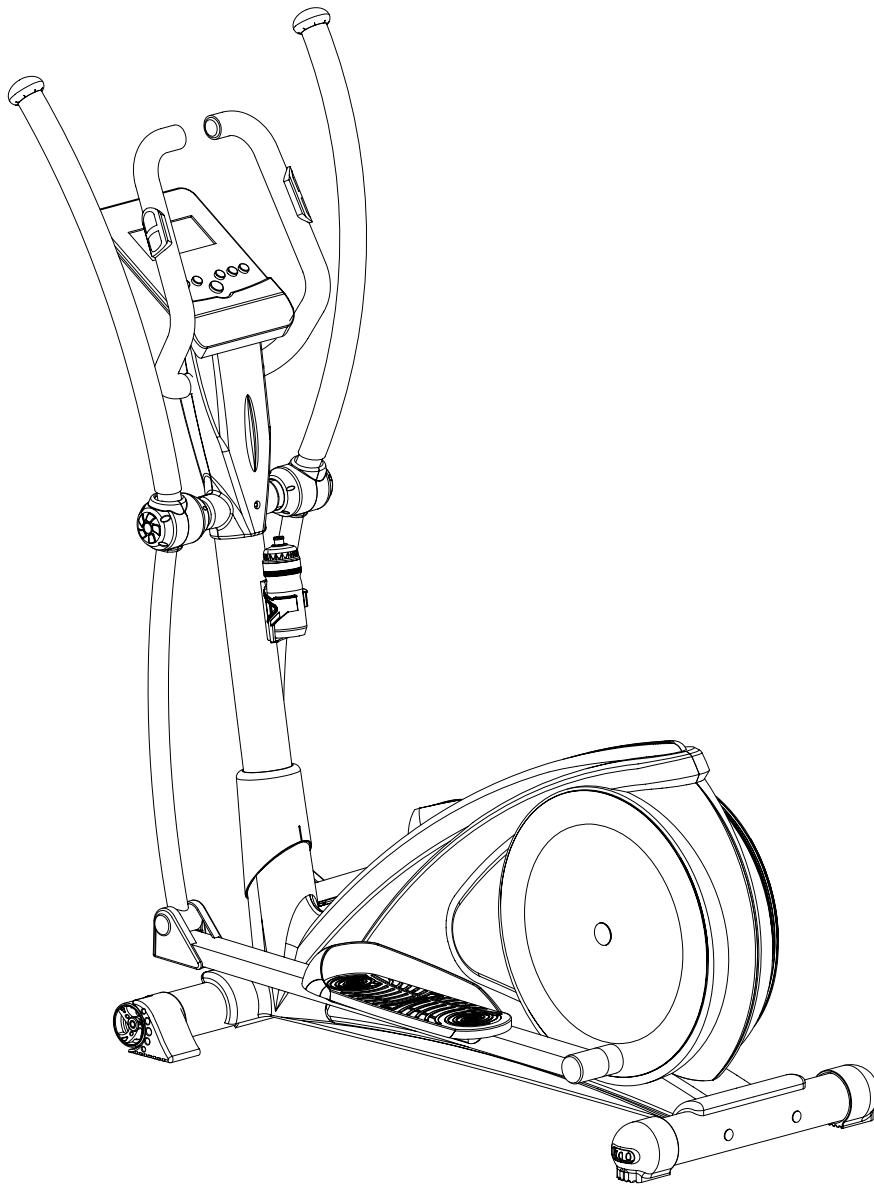




# Elliptical Owner's Manual

**Model No: E816**



**Retain this owner's manual for future reference  
Read and follow all instructions in this owner's manual**

**Version A**

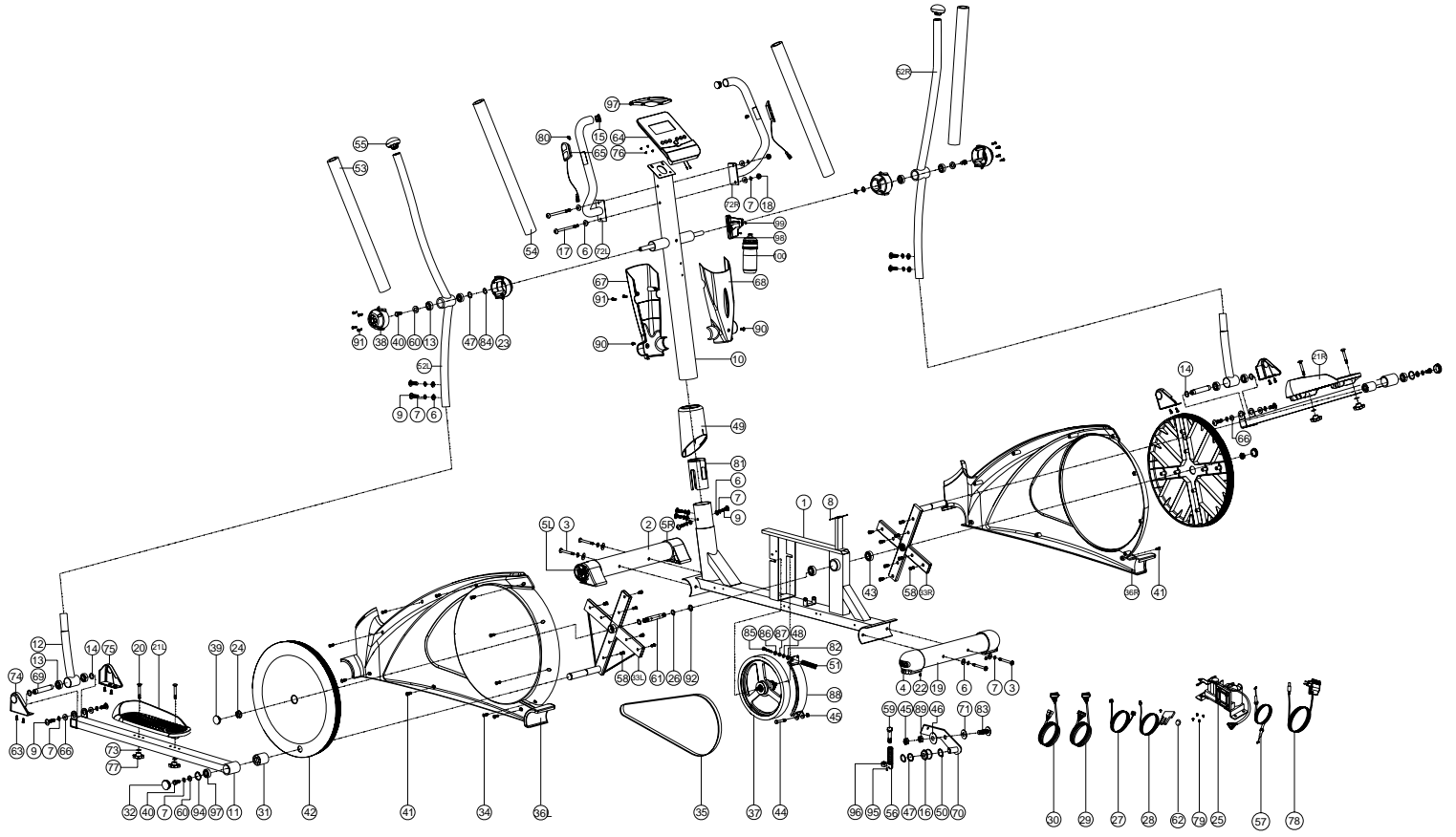
## Safety Instructions



- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should use the exerciser at a time.
- Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly seated.
- Before you start your work-out, remove all sharp-edged objects around the exerciser.
- Only use the exercise for your work-out if it works flawlessly.
- Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
- Parents and other supervisory persons should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to children's natural play instinct and interest in experimenting.
- If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development, and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
- Make sure there is sufficient free space around the exerciser when you set it up.
- To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use it in a way for which it is not intended due to their natural play instinct and interest in experimenting.
- Please note that an improper and excessive work-out may be harmful to your health.
- Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
- When setting up the exerciser, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.
- Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.
- Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you as well as to your work-out and sensible eating habits.

- Assemble the exerciser as per assembly instructions and be sure to only use the structural parts provided with the exerciser and designed for it. Prior to the assembly, make sure the contents of the delivery is complete by referring to the parts list of the assembly and operating instructions.
- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exercise
- The general rule is that exercisers and training devices are no toys. Therefore, they must only be used by properly informed or instructed persons.
  - Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.
  - Children, disabled and handicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.
  - Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.
  - When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.
- Do not work out immediately after meals!

# Exploded drawing

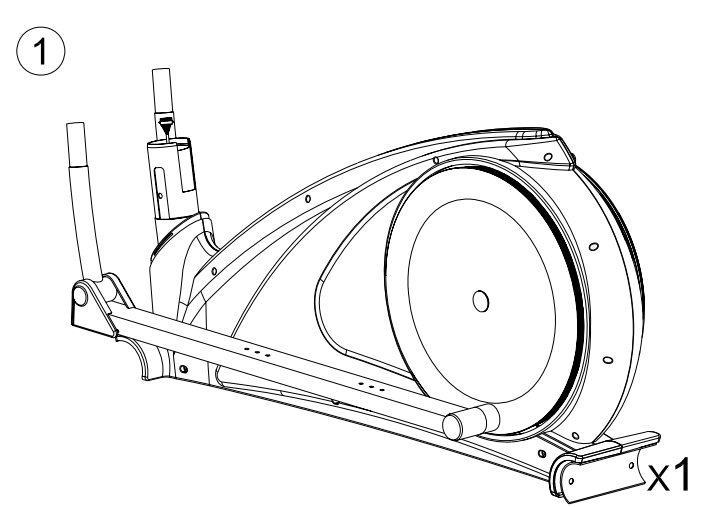
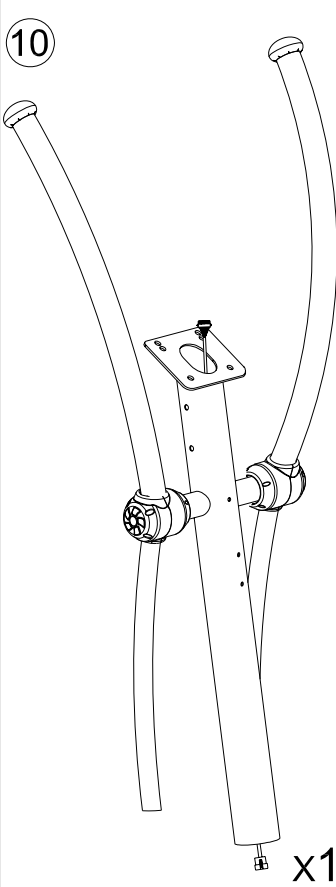
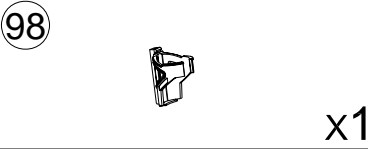

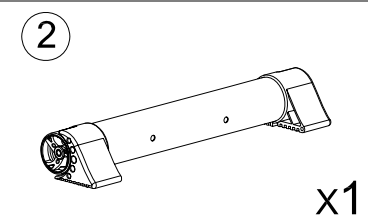
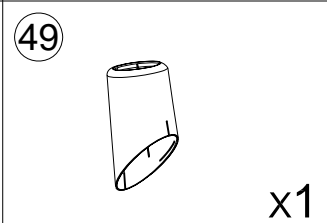
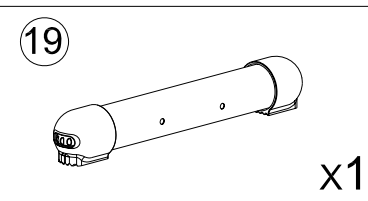
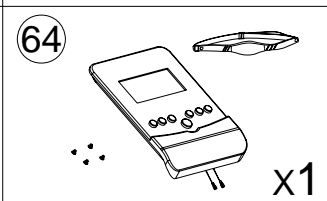
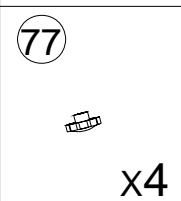
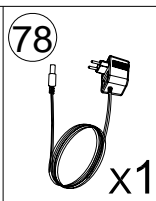
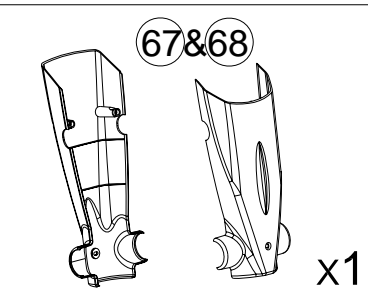
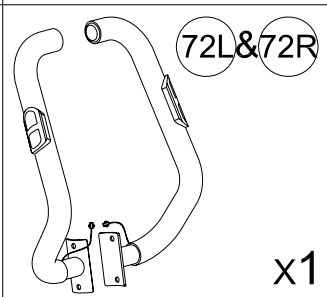
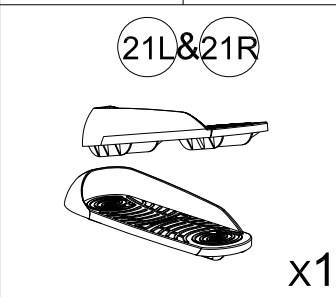
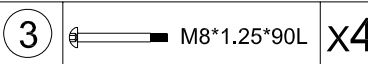
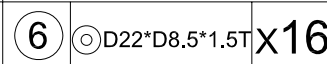
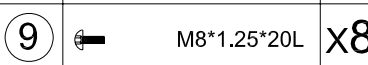
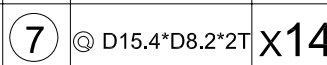
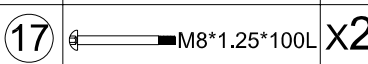
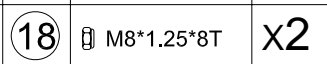
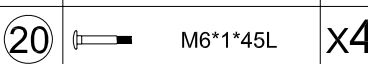
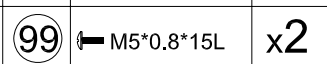



## Part List

PART NO.	DESCRIPTION	Q'TY	PART NO.	DESCRIPTION	Q'TY
1	Main frame	1	30	Computer cable ( LOWER ) 100L	1
2	Front stabilizer	1	31	Pedal axle cover	2
3	Allen bolt M8x1.25x90L	4	32	Round end cap	2
4	Rear foot cap	2	33R	Right crank welding sets	1
5L	Front foot cap (left)	1	33L	Left crank welding sets	1
5R	Front foot cap (right)	1	34	Round cross screw ST4x1.41x20L	7
6	Curved washer D22*D8.5*1.5T	16	35	Poly belt	1
7	Spring washer D15.4*D8.2*2T	14+6	36L	Left rear chain cover	1
8	Buffer D9*D5.8*13	3	36R	Right rear chain cover	1
9	Allen bolt M8x1.25x20L	8+4	37	Flywheel	1
10	Handlebar post	1	38	Right upper foot cap	2
11	Pedal supporting tube	2	39	Screw cover	2
12	Movable supporting tube	2	40	Bolt M8x1.25x20	4
13	Bearing #99502ZZ	8	41	Cross screw ST4.2*20L	6
14	Flat washer D23*D17*1.2T	4	42	Round disc	2
15	Round end cap	2	43	Bearing #6004ZZ	2
16	Idle wheel	1	44	Bolt M8*52L	1
17	Allen bolt M8x1.25x100L	2	45	Nylon Nut M8*1.25*8T	2
18	Nylon nut M8*1.25*8T	2	46	Flat washer D50*D10*2.0T	1
19	Rear stabilizer	1	47	Waved washer D21xD16.2x0.3T	3
20	Square neck bolt M6*1*45L	4	48	Flat washer	1
21L	Left pedal	1	49	Upper protective cover	1
21R	Right pedal	1	50	C-ring S-15 (1T)	2
22	Cross screw ST4x1.41x10.L	2	51	Spring D1.0*55L	1
23	Upper foot cap	2	52L	Left Movable handlebar support	1
24	Anti-loose nut	2	52R	Right Movable handlebar support	1
25	Motor	1	53	Foam for moving handlebar	2
26	C-shape ring D22.5*D18.5*1.2T	2	54	Foam for fixed handlebar	2
27	Electric cable 800L	1	55	Mushroom cap	2
28	Sensor cable 1000L	1	56	Spring D3.5*D20*70L	1
29	Computer cable ( UPPER ) 1000L	1	57	Tension cable	1




58	Blot M6*15L	16	88	Fixing plate for magnet	1
59	Blot M8*50L	1	89	Nut M8*1.25*6T	1
60	Flat washer	4	90	Round cross screw	2
61	Crank axle	1	91	Screw ST4*1.41*15L	2+8
62	Magnet	1	92	Waved washer D27*D21*0.3T	1
63	Cross screw	8	93	Bearing #2203-2RS	2
64	Computer	1	94	C ring S-40 (1.8T)	2
65	Hand pulse	2	95	Plastic cover	1
	Pulse cable	2	96	Fixing nut	1
66	Flat washer D25xD8.5x2T	4	97	Chest belt	1
67	Rear computer cage	1	98	Blot M5*0.8*15L	2
68	Front computer cage	1	99	Bottle holder	1
69	Front pedal axle	2	100	Bottle	1
70	Fixing plate for idle wheel	1			
71	Flat washer D28*D8.5*3T	1			
72L	Left fixed handlebar	1			
72R	Right fixed handlebar	1			
73	Flat washer D14xD6.5x0.8T	4			
74	Left protective cover	2			
75	Right protective cover	2			
76	Cross screw M5*0.8*10L	4			
77	Knob	4			
78	Adaptor	1			
79	Cross screw	4			
80	Round cross screw ST4x1.41x20L	2			
81	Inner tube D71.5*100L	1			
82	Nylon nut M6*1*6T	1			
83	Allen bolt M8x1.25x25L	1			
84	c ring S-16(1T)	2			
85	Bolt M6*65L	1			
86	Nut M6*1*6T	1			
87	Nylon washer D6*D19*1.5T	1			

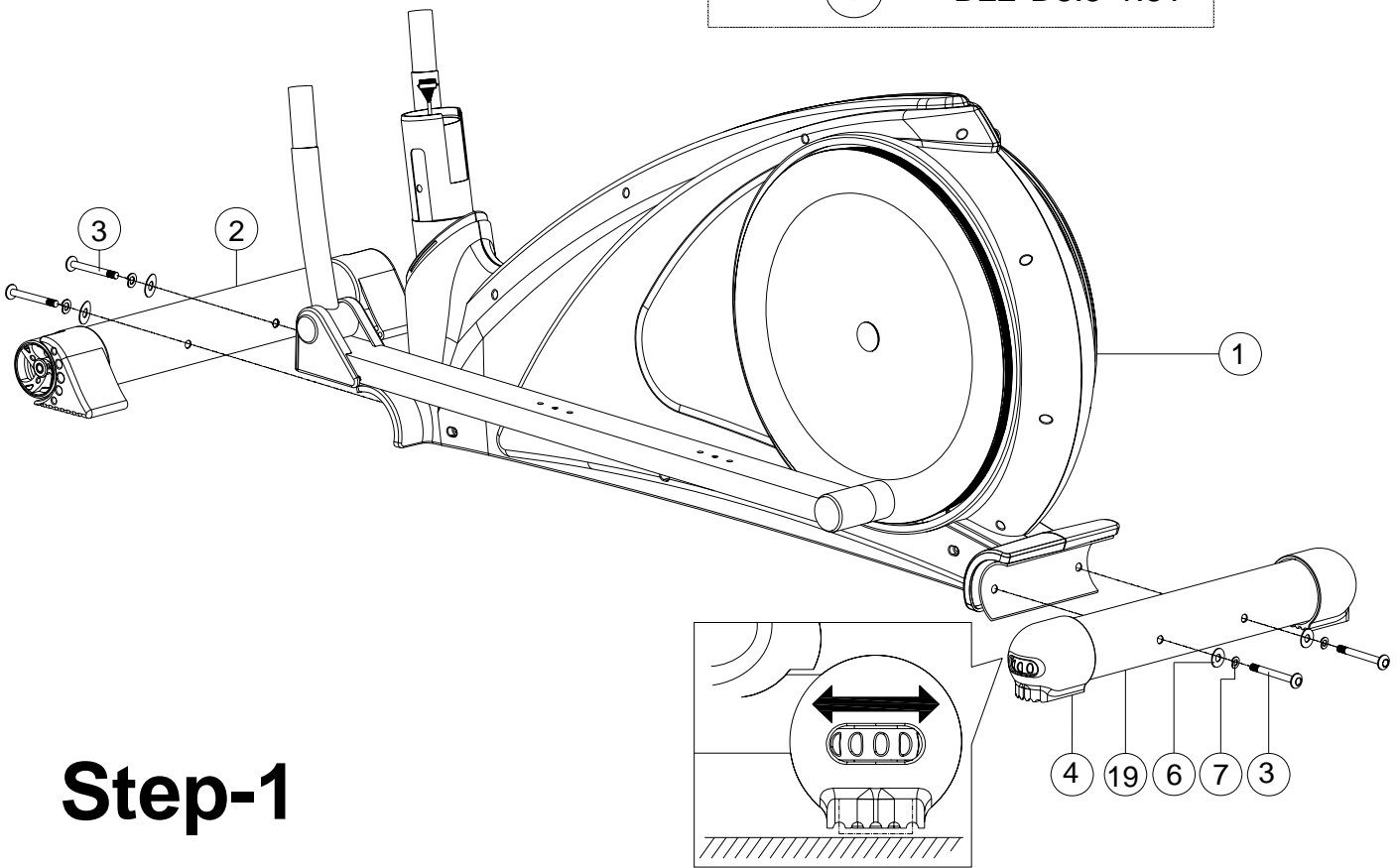
# CHECKLIST (CONTENTS OF PACKAGE)

 <p>1</p>		 <p>10</p>			
 <p>98</p>	x1	 <p>100</p>	x1		
 <p>2</p>	x1	 <p>49</p>	x1		
 <p>19</p>	x1	 <p>64</p>	x1		
 <p>77</p>		x4	 <p>78</p>	x1	
 <p>67&amp;68</p>		x1	 <p>72L&amp;72R</p>	x1	
 <p>21L&amp;21R</p>		x1			
 <p>3</p>	M8*1.25*90L	x4	 <p>6</p>	⊙D22*D8.5*1.5T	x16
 <p>9</p>	M8*1.25*20L	x8	 <p>7</p>	⊙D15.4*D8.2*2T	x14
 <p>17</p>	M8*1.25*100L	x2	 <p>18</p>	⊙M8*1.25*8T	x2
 <p>20</p>	M6*1*45L	x4	 <p>99</p>	⊙M5*0.8*15L	x2
					

# STEP 1



<b>A</b> (x4)	
	M8*1.25*90L
	D15.4*D8.2*2T
	D22*D8.5*1.5T

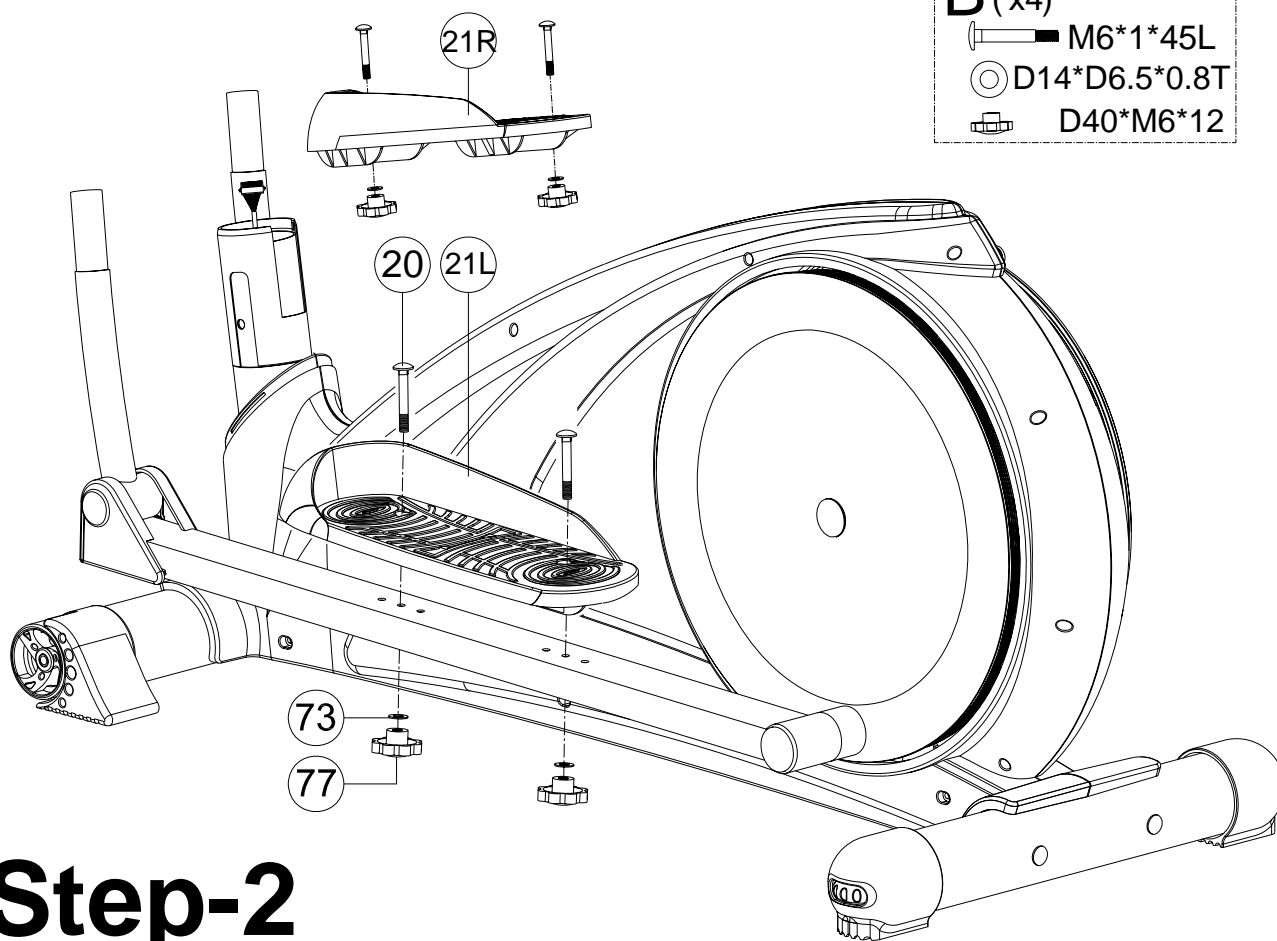
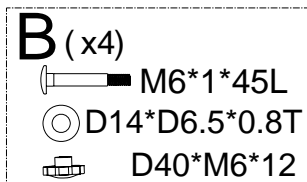
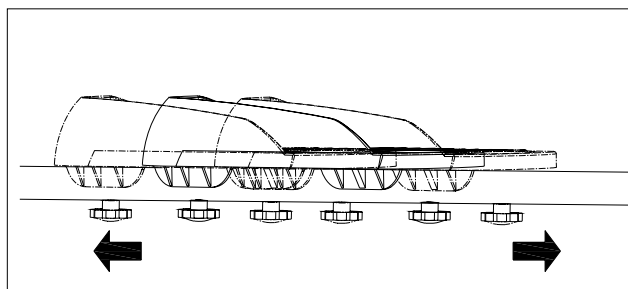


## Step-1

- 1) Assemble the front stabilizer (2) and rear stabilizer (19) onto the main frame (1) by using the square neck bolt (3), the curved washer (6) and the spring washer (7).
- 2) Adjust the proper height by turning the wheel of rear foot cap (4).



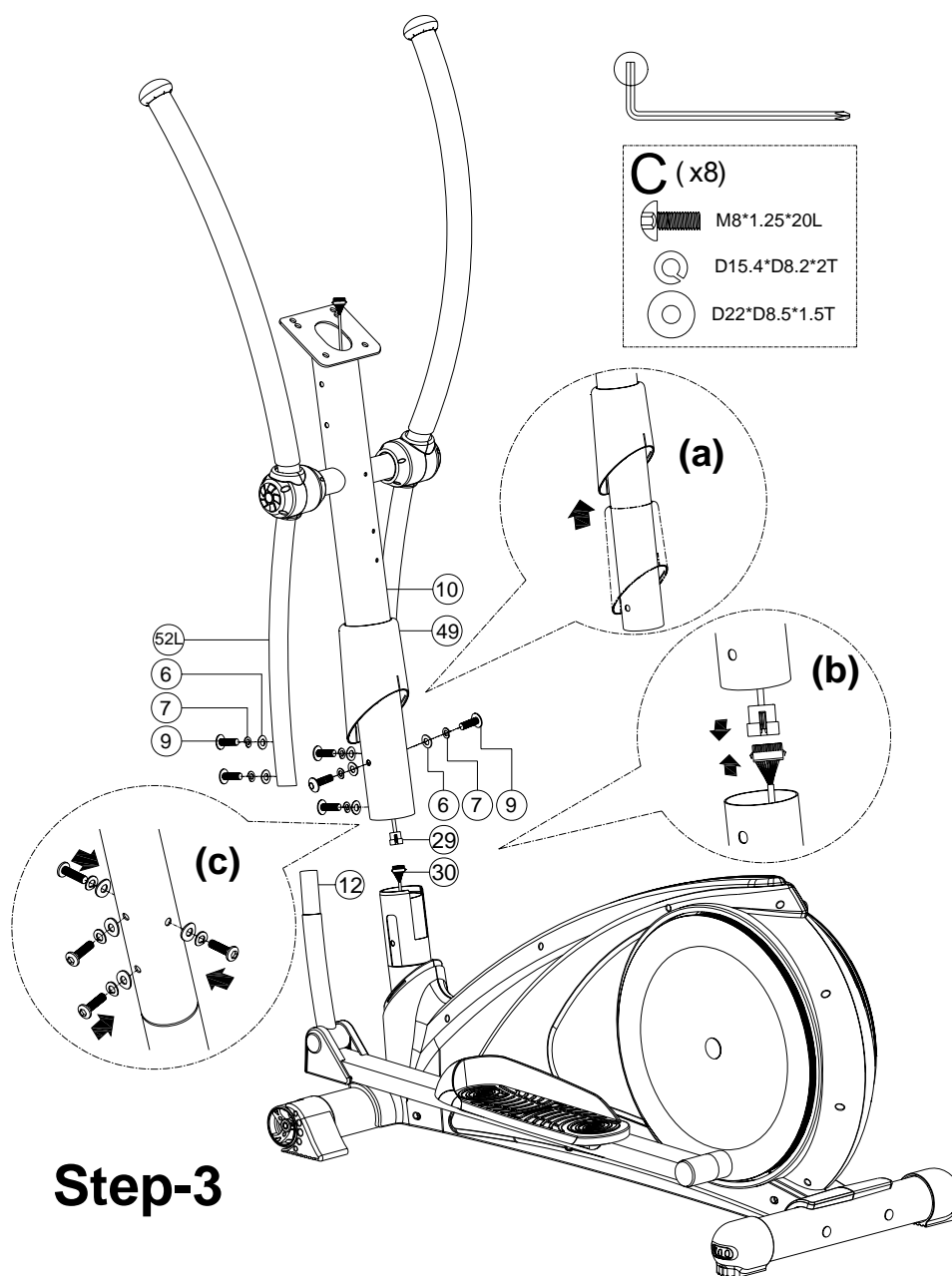
## STEP 2



## Step-2

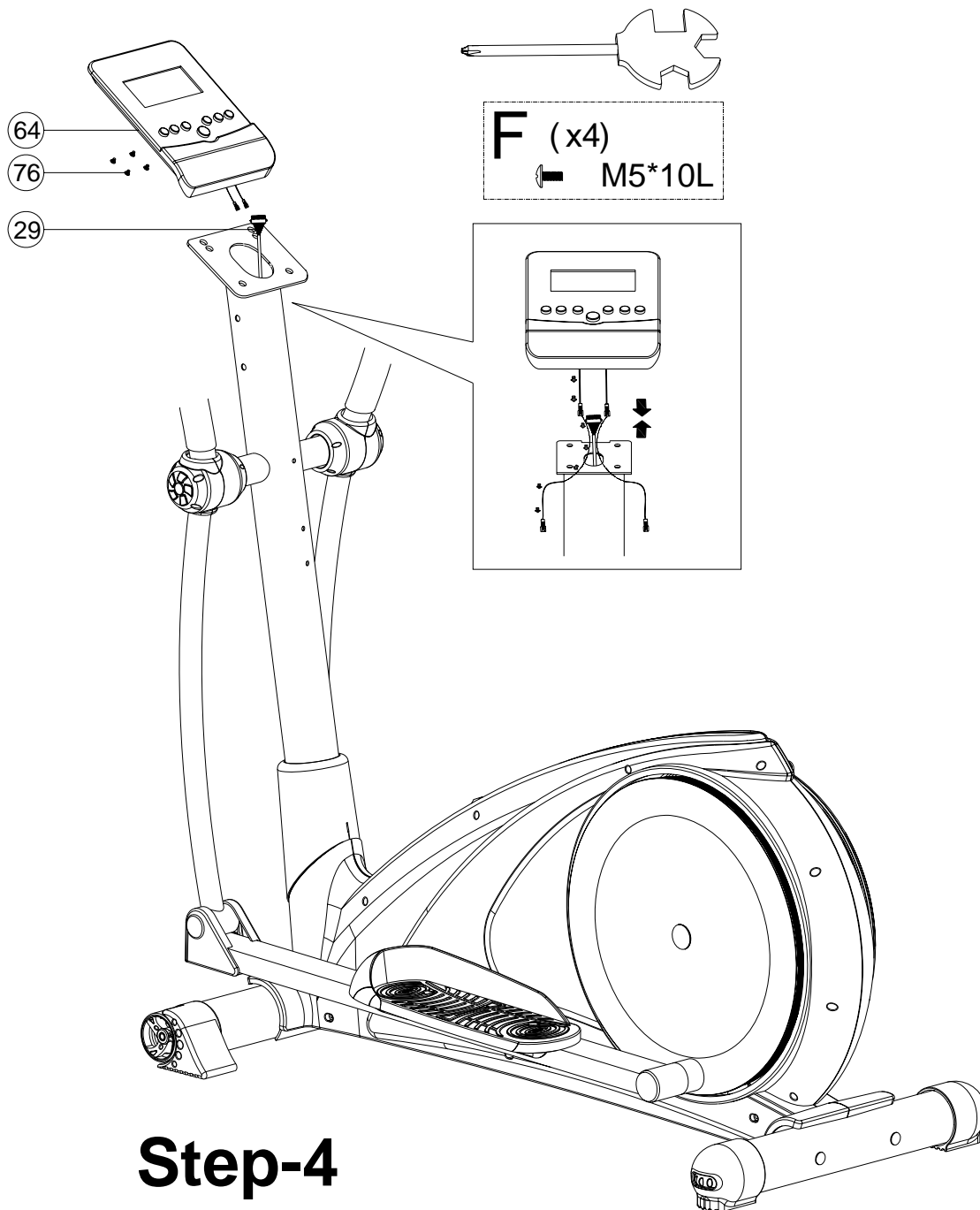
- 1) Assemble the left and right pedal (21L&21R) on the pedal supporting tube (11) by using the screw (20), flat washer (73) and knob (77).
- 2) 3 optional positions for the pedals

## STEP 3



- 1) Suggest assembling this step by two persons.
- 2) First, lift up the cover for handlebar post (49) like fig. (a), then connect computer cable (29 & 30) like fig.(b)
- 3) Insert the handlebar post (10) on the main frame and tighten it like fig. (c) by using the curved washer (6), the spring washer (7) and the Allen bolt (9). Place down the cover for handlebar post (49) and make it tight on the main frame.
- 4) Assemble the left and right movable handlebar (52L&52R) on the movable handlebar support (12) by using the curved washer (6), the spring washer (7) and the Allen bolt (9) like fig.

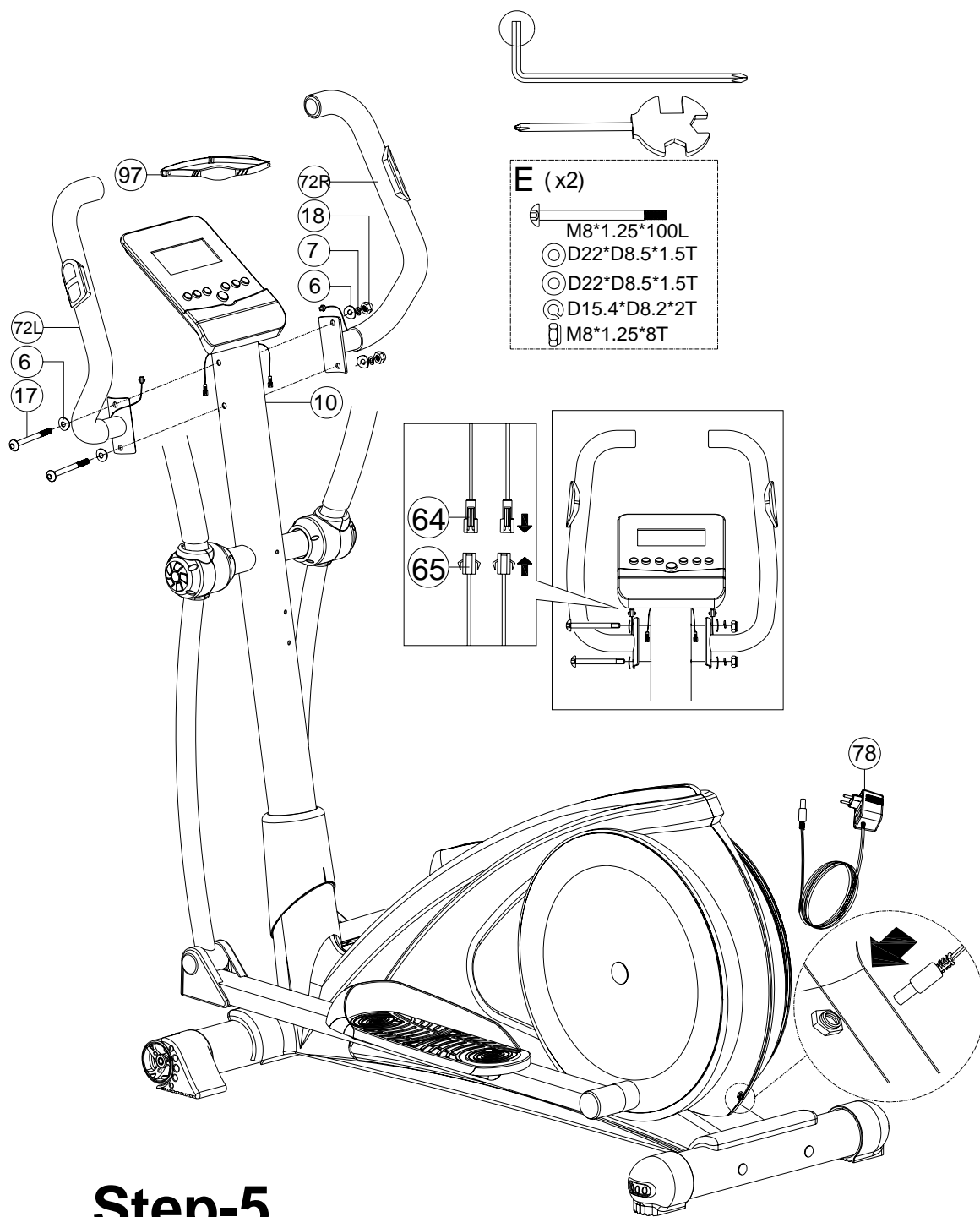
## STEP 4



### Step-4

- 1) Connect the upper computer cable (29) with the computer (64), then fix the computer (64) on the handlebar post (10) by using the screws(76).

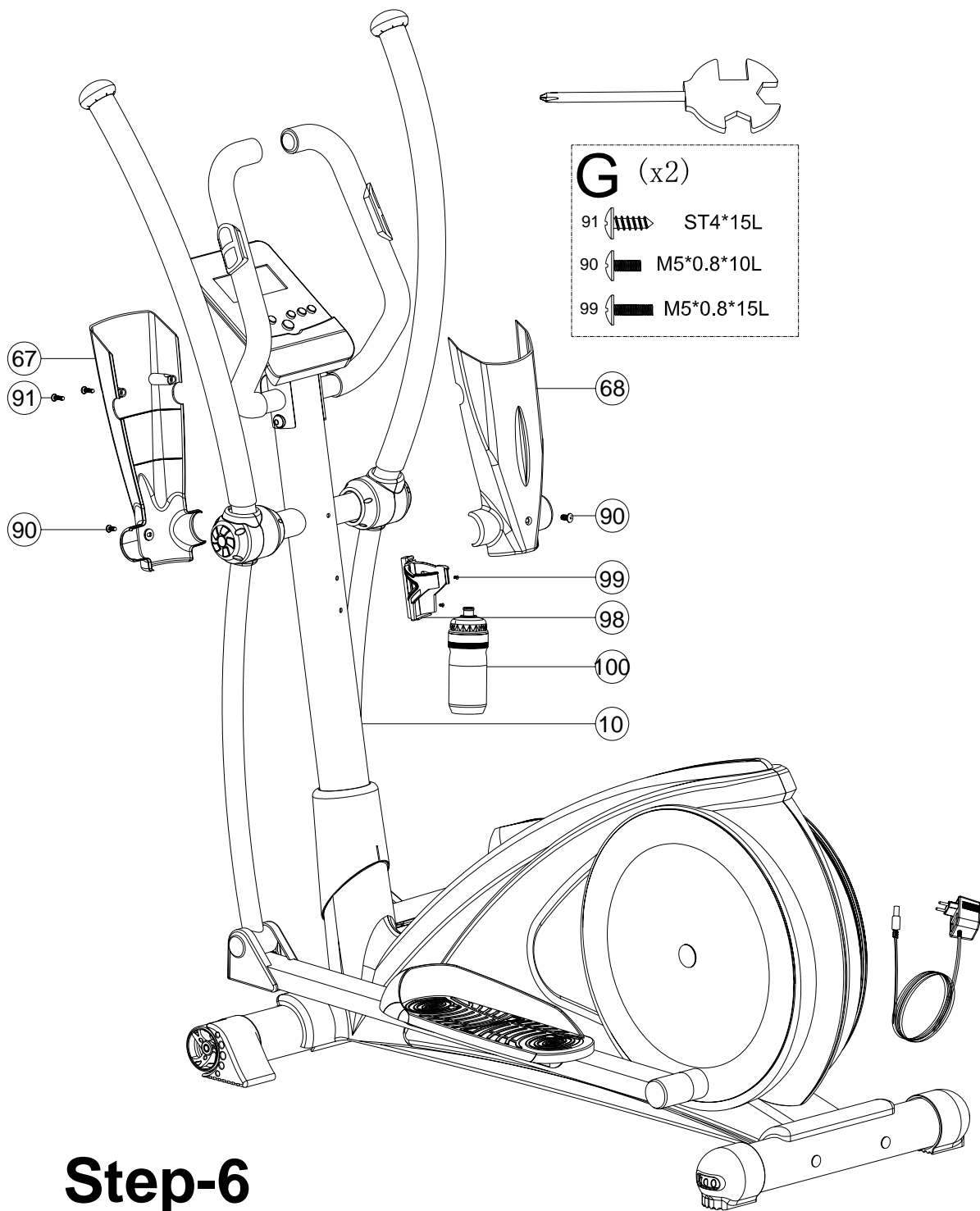
## STEP 5



### Step-5

- 1) Assemble the left and right fixed handlebar (72L & 72R) on the handlebar post (10) by using the Allen bolt (17), the curved washer (6), the spring washer (7).
- 2) Insert the adaptor (78) into the electric socket when exercise

## Step 6

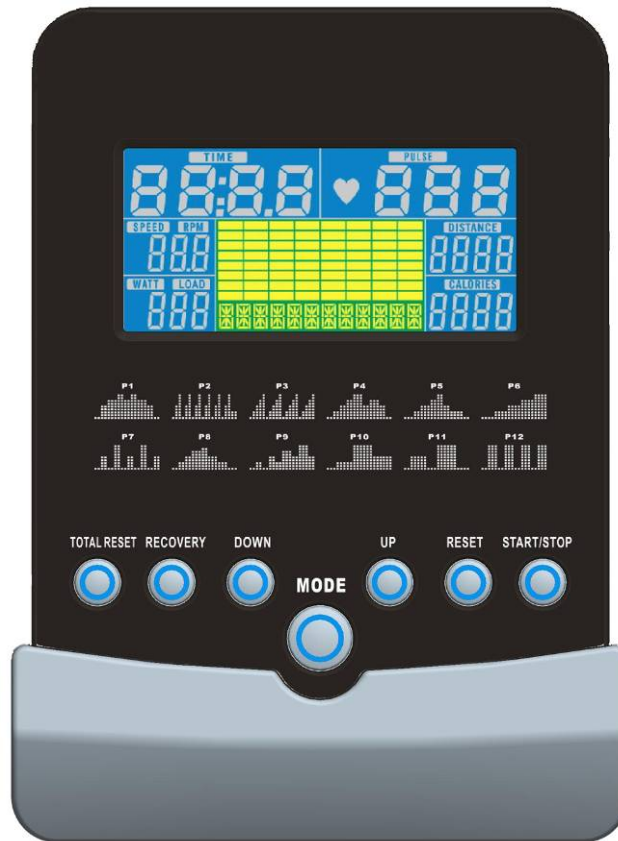


## Step-6

- 1) Fix the front computer cage (68) & rear computer cage (67) on the front post (10) Using screws (90&91).
- 2) Fix the holder of bottle(99) by using screw(98)

# Computer Operation Instructions

## SM-2780-71



### **BUTTON FUNCTION:**

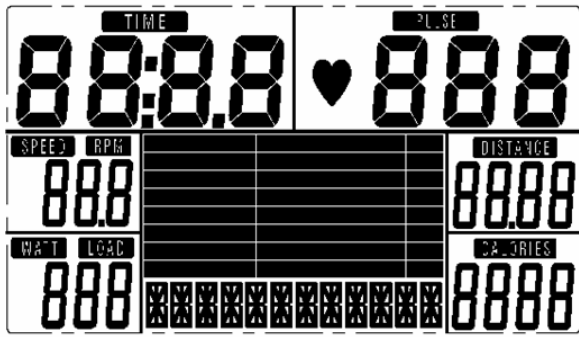
- MODE/ENTER :** In stop mode, the mode is to confirm all exercise data setting, and enter into program.
- RESET :** In stop mode, press the button back to main menu.
- START/STOP :** To start or stop exercise.
- RECOVERY :** To test hear rate recovery status.
- UP :** To select training mode and adjust function value up.
- DOWN :** To select training mode and adjust function value down.
- BODY FAT :** For body fat measurement

### **DISPLAY EXERCISE DATA:**

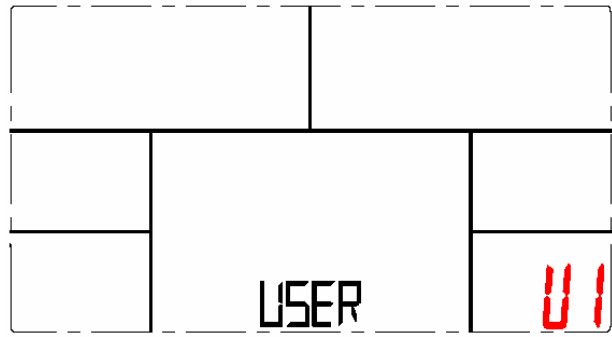
- TIME :** Display range 0:00~99:99 ; Setting range 0:00~99:00
- DISTANCE :** Display range 0.00~99.99 ; Setting range 0.00~99.90km
- CALORIES :** Display range 0~9999 ; Setting range 0.00~9990
- PULSE :** Display range P-30~240 ; Setting range 0-30~240
- WATT :** Display range 0~999 ; Setting range 10~350
- SPEED :** 0~99.9km
- RPM :** 0~999

### **OPERATION PROCEDURE**

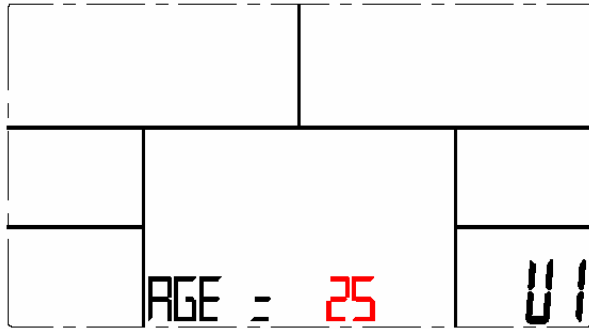
1. Connect power supply and computer will power on with a long beep sound, LCD display all segments (drawing A) for 2 seconds and enter into personal data setting mode (gender, age, height and weight) for U1~U4. (drawing B~C)
2. After user data set up, computer will display main menu (drawing D).



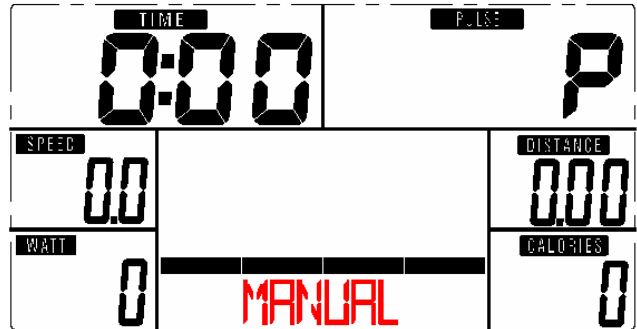
Drawing A



Drawing B

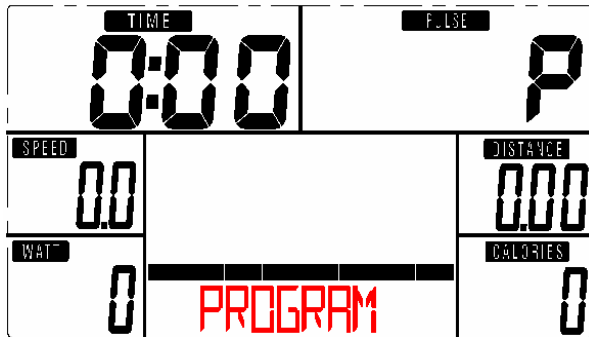


Drawing C

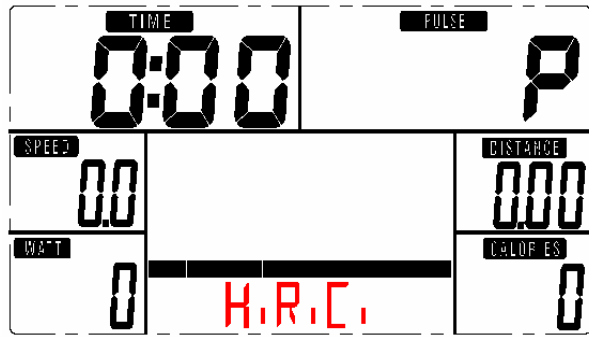


Drawing D

3. In main menu, first exercise program MANUAL will flash, user may press UP and DOWN button to select MANUAL →PROGRAM (12 profiles) (drawing E)→PROGRAM→USER PROGRAM→ HRC→WATT.



Drawing E

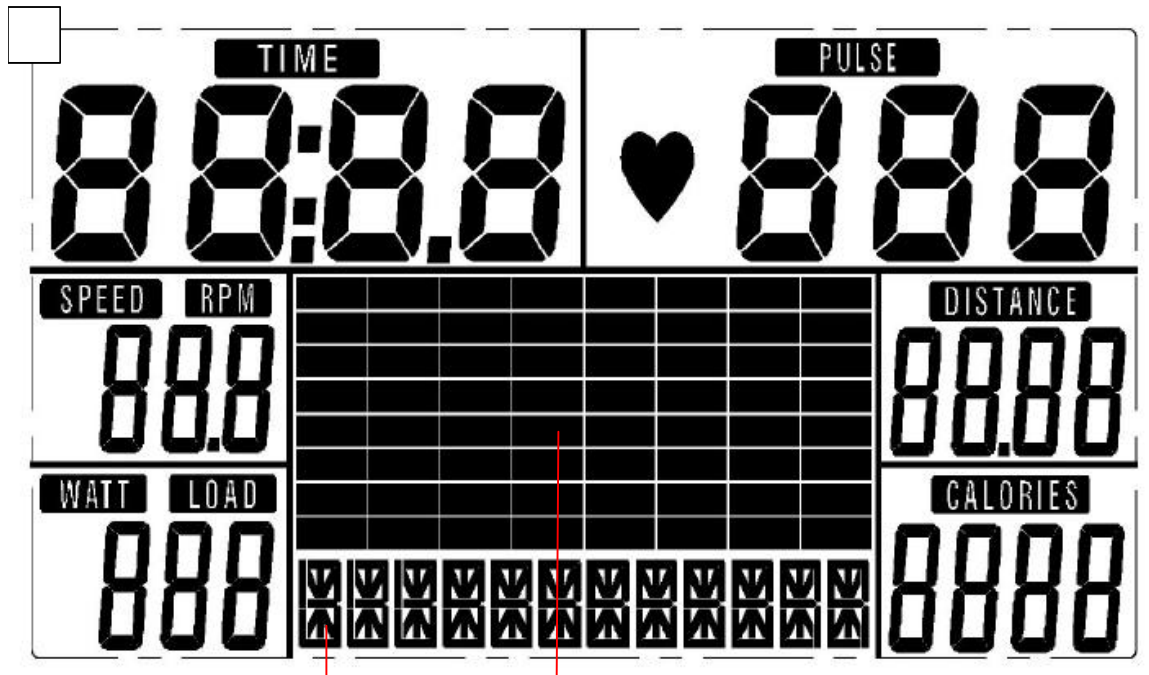


Drawing F

4. Quick Start and Manual :  
 Before exercise in Manual mode, user may set up TIME, DISTANCE, CALORIES and PULSE target.  
 After power on, user may press START/STOP button to start exercise in MANUAL immediately without any setting.  
 Level can be adjusted during exercise by press UP or DOWN.
5. PROGRAM :  
 Before exercise in Program mode, user may set up TIME target.  
 Press UP and DOWN to select Program with 12 profiles and press ENTER/MODE to confirm. Level can be adjusted during exercise by press UP or DOWN.
6. H.R.C. :  
 Before exercise, computer will ask for user AGE first to calculate TARGET pulse. User may still press UP and DOWN to change target pulse from 30 to 240.
7. USER PROGRAM :  
 User may press UP, DOWN and then press MODE to create his own profile. (from column 1 to column 20) User may hold on pressing MODE button for 2 seconds to quit profile setting.

8. WATT :

The preset watt value 120 is flashing on screen in WATT setting mode. User may use UP, DOWN button to set target value from 10 to 350. Press MODE button for confirm.



Brick area display total 8 rolls and every profile are composing of 20 rolls. While exercise, profile display shall rolling for every rolls until user finish exercise for it selected profile.

Alpha-numeric display user's selected program name (Manual→Program→User→HRC→WATT) to remind user he/she is under which workout program.

**NOTE:**

1. This computer require 9V, 0.5mA adaptor.
2. When user stop pedaling for 4 minutes, computer will enter into power save mode, all setting and exercise data will stored until user start exercise again.
3. When computer act abnormal, please plug out the adaptor and plug in again.





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