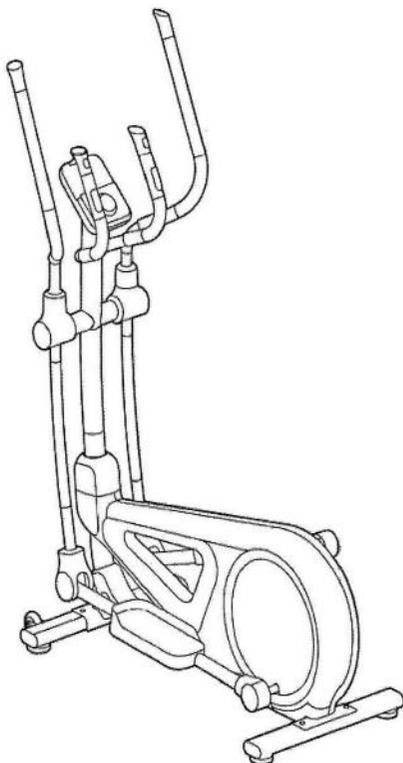


ELLIPTICAL TRAINER

USER MANUAL



MODLE No.: CT02

Dear Customer,

Please read this instruction very carefully before using this item. You will find important information regarding safety of your spinning bike.

IMPORTANT SAFETY NOTICE

Note the following precaution before assembling or operating the product.

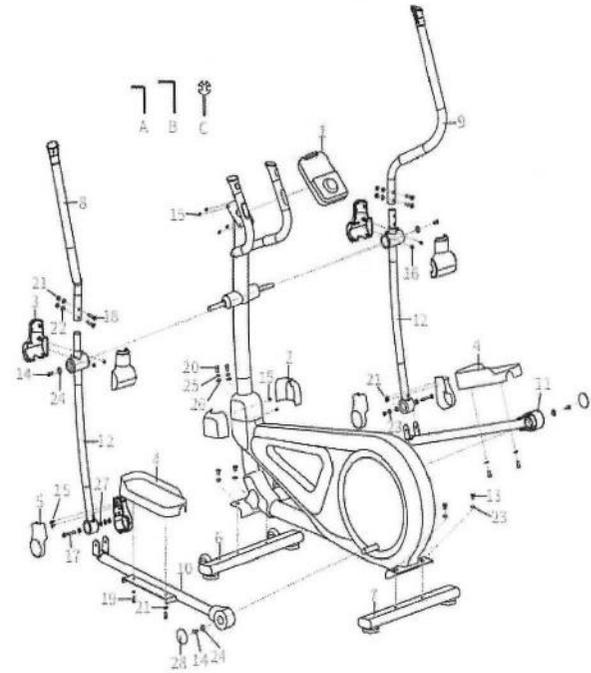
1. Keep children and pets away from the Elliptical trainer at all times. DO NOT leave unattended children in the same room with the machine.
2. Disabled persons should not use Elliptical trainers without qualified health professionals or qualified health experts or doctors present.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Before beginning training, remove all within a radius of 1 meters from the machine. DO NOT place any sharp objects around the Elliptical trainer.
5. Place the elliptical trainer on a clear, flat surface away from water and moisture. Place mat under the equipment to help keep it stable and to protect flooring.
6. Use the Elliptical trainer only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
7. Assemble the equipment exactly as the descriptions in the instruction manual.
8. Check all bolts and other connections before using the equipment for the first time and ensure that the trainer is in the safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the equipment until it is repaired well.
10. NEVER operate the Elliptical trainer if it is not functioning properly.
11. This machine can be used for only one person's training at a time.
12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the equipment immediately after finishing training.
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also

required.

14. Before exercising, always do stretching first.

WARNING: BEFORE USING THIS PRODUCT, CONSULT YOUR PHYSICIAN FIRST, THIS IS ESPECIALLY IMPORTANT FOR THE PEOPLE OVER THE AGE OF 35 OR PEOPLE WITH PRE-EXIST HEALTH PROBLEMS. IF NOT READ ALL INSTRUCTIONS BEFORE USING THE PRODUCT, WE TAKES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE .

MAIN TECHNICAL FEATURES



| | |
|--------------|-----------------|
| MAX LOAD | 120KGS |
| N.W. | 52KGS |
| G.W. | 65KGS |
| Product Size | 1315*675*1760mm |
| Packing Size | 1352*464*718mm |
| Flywheel | 6KGS |
| Resistance | 1-36 LEVELS |

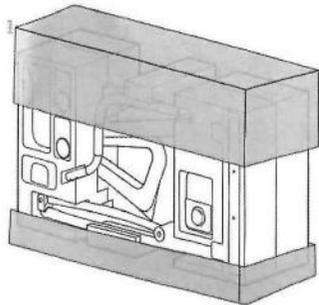
ASSEMBLY INSTRUCTION

1. PREPARATION:

- Before assembling make sure that you will have enough space for this product.
- Use the present tooling for assembling.
- Before assembling please check whether all needed parts are available (see below table)

| NO | NAME | IMAGE | QTY | NO | NAME | IMAGE | QTY |
|----|--------------------------|-------|-----|----|----------------------|-------|-----|
| 1 | MONITOR | | 1 | 13 | M8*16 | | 4 |
| 2 | COLUMN COVER R/L | | 2 | 14 | M8*16 | | 4 |
| 3 | HANDRAIL COVER R/L | | 2 | 15 | ST4*16 | | 10 |
| 4 | FOOT PAD R/L | | 2 | 16 | ST4*12 | | 4 |
| 5 | CONNECTING ROD COVER R/L | | 2 | 17 | M8*70 | | 2 |
| 6 | FRONT FOOT TUBE | | 1 | 18 | M8*45 | | 4 |
| 7 | BACK FOOT TUBE | | 1 | 19 | M8*20 | | 4 |
| 8 | LEFT HANDRAIL | | 1 | 20 | M10*20 | | 2 |
| 9 | RIGHT HANDRAIL | | 1 | 21 | M8 NUT | | 6 |
| 10 | LEFT FOOT PAD TUBE | | 1 | 22 | M8 CURVE WASHER | | 4 |
| 11 | RIGHT FOOT PAD TUBE | | 1 | 23 | M8 FLAT WASHER | | 10 |
| 12 | CONNECTING ROD | | 2 | 24 | M8 BIG WASHER | | 4 |
| | | | | 25 | M10 SPRING WASHER | | 2 |
| | | | | 26 | M10 FLAT WASHER | | 2 |
| | | | | 27 | GEAR WASHER | | 4 |
| | | | | 28 | STICKER | | 2 |
| | | | | A | 5mm WRENCH | | 1 |
| | | | | B | 6mm WRENCH | | 1 |
| | | | | C | 13-14-15 SCREWDRIVER | | 1 |
| | | | | | ● MANUAL | | |

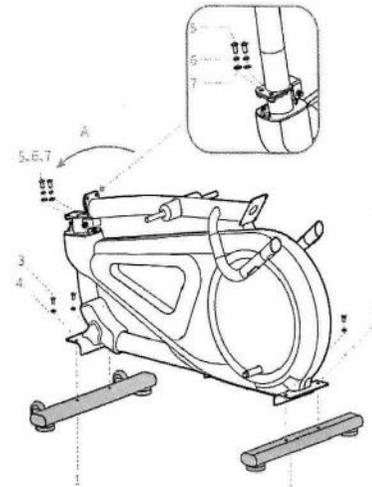
2. ASSEMBLY INSTRUCTION:



Step 1:

- Take the product out of the carton and place it on a flat ground.
- Remove the 4pcs foams and take out all the accessories and check carefully whether they are damaged.

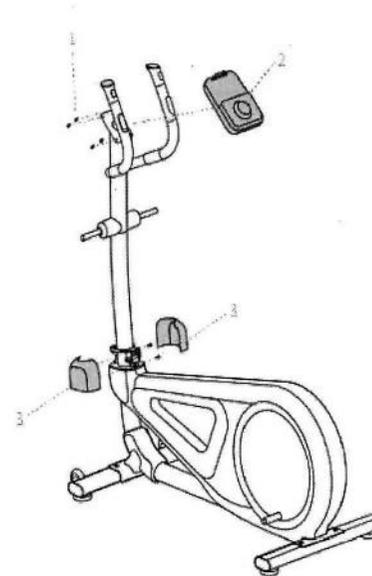
| NO | NAME | QTY |
|----|------|-----|
| 1 | Foam | 4 |



Step 2:

- Put the front and back foot tube at bottom, fasten them with 4pcs M8*16 screws and M8 flat washers by 5mm wrench.
- Rotate the column tube in the direction shown in Figure A, fasten it with 2pcs M10*20 screws, M10 spring washers and M10 flat washers by 6mm wrench.

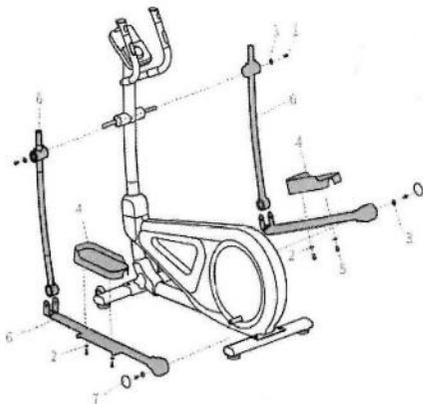
| NO | NAME | QTY |
|----|-------------------|-----|
| 1 | Front foot tube | 1 |
| 2 | Back foot tube | 1 |
| 3 | M8*16 screw | 4 |
| 4 | M8 flat washer | 4 |
| 5 | M10*20 screw | 2 |
| 6 | M10 spring washer | 2 |
| 7 | M10 flat washer | 2 |



Step 3:

- Fix the left column cover as figure 3 shows and fasten it with 2pcs ST4*16 screws, then fix the right cover to lock it.
- Connect the monitor wire with the one on column tube, and fasten it to the frame with 4pcs ST4*16 screws.

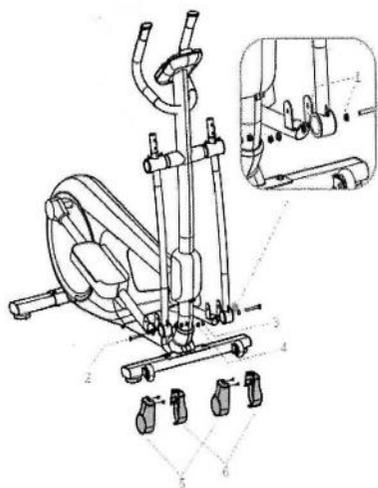
| NO | NAME | QTY |
|----|------------------|-----|
| 1 | ST4*16 screw | 6 |
| 2 | Monitor | 1 |
| 3 | Column cover R/L | 2 |



Step 4:

- (1) Fix the foot pad to tubes with 4pcs M8*20 screws and M8 flat washers.
- (2) Fix foot pad tube to machine with 2pcs M8*16 screws(with thread) and 2pcs M8 big washers.
- (3) Fix the connecting rod to machine with 2pcs M8*16 screws(with thread) and M8 big washers, and put the stickers to cover the wholes.

| NO | NAME | QTY |
|----|---------------------------|-----|
| 1 | M8*16 screws(with thread) | 4 |
| 2 | M8 flat washer | 4 |
| 3 | M8 big washer | 4 |
| 4 | Foot pad R/L | 2 |
| 5 | M8*20 screws | 4 |
| 6 | Connecting rod R/L | 2 |
| 7 | Sticker | 2 |

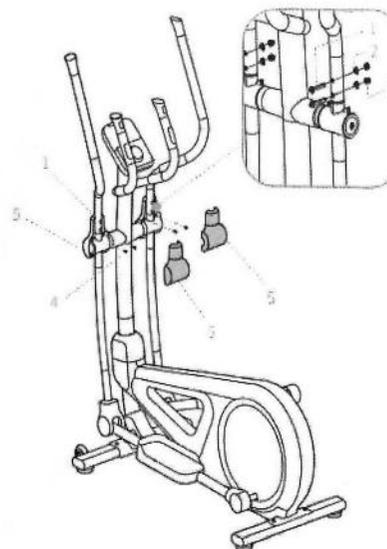


| NO | NAME | QTY |
|----|---------------|-----|
| 1 | M10*45 screws | 2 |
| 2 | M10 nut | 2 |

| NO | NAME | QTY |
|----|------------------------|-----|
| 1 | Gear washer | 4 |
| 2 | M8*70 screws | 2 |
| 3 | M8 flat washer | 2 |
| 4 | M8 nut | 2 |
| 5 | Connecting rod cover R | 2 |
| 6 | Connecting rod cover L | 2 |

Step 5:

1. Fix 4pcs gear washers to connecting rods, and fasten them with 2pcs M8*70 screws, M8 flat washers and M8 nuts.



Step 6:

- (1) Insert the L/R handrails as figure shows, and fasten them with 4pcs M8*45 screws and M8 curve washers and nuts.
- (2) Fix the L/R handrail covers as the figure shows, fasten them with 4pcs ST4*12 screws, fix the other parts to lock them.

| NO | NAME | QTY |
|----|-----------------|-----|
| 1 | M8*45 screws | 4 |
| 2 | M8 curve washer | 4 |
| 3 | M8 nut | 4 |
| 4 | ST4*12 | 4 |
| 5 | Handrail cover | 4 |

EXERCISE INSTRUCTIONS

Using your **Elliptical trainer** provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

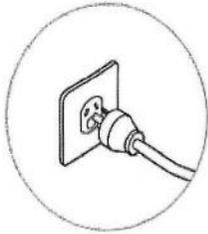
The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.

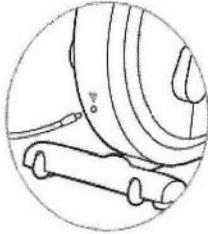


OPERATION INSTRUCTIONS

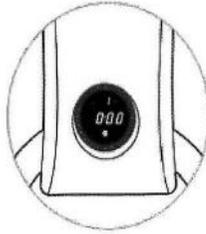
1. BEFORE EXERCISE:



Plug into electricity



Connect to elliptical trainer



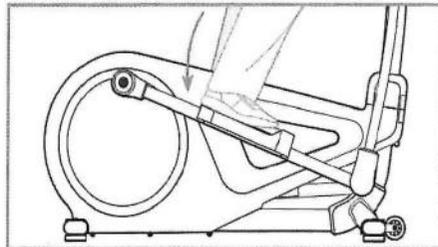
Rotary knob light on

2. ROTARY KNOB DISPLAY:



3. HOW TO USE THE ROTARY KNOB:

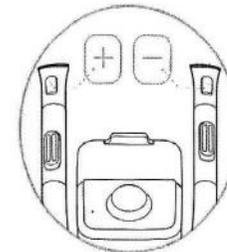
(1) Press the knob or step on pedals to turn on the display.



(2) Press 2s to finish the exercise

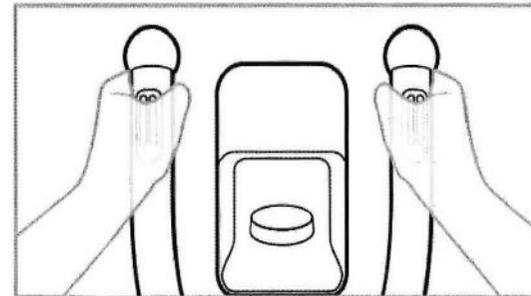


(3) Turn clockwise to increase the resistance 1-36 levels, turn anticlockwise to decrease resistance.or press keys at handrail to adjust resistance.



4. HEART RATE TEST:

Put hands on hand pulse, the heart rate will show on display.



5. BLUETOOTH APP:

Download Bluetooth app "SPAX", after logging in the  will light on display.



ERROR CODE

| NO | ERROR | REASON | SOLUTION | REMARK |
|----|-------|--------------------------------------------|------------------------------------------|--------|
| 1 | E01 | 1.signal wire not well connected or broken | Re-connect signal wire or change new one | |
| | | 2.monitor failure | Change new monitor | |
| | | 3.driver failure | Change new driver | |
| 2 | E02 | 1.battery low voltage | Connect TYPE-C to charge power | |
| | | 2.battery low voltage | Ride more times to charge power | |
| | | 2.monitor failure | Change new monitor | |