

ELLIPTICAL TRAINER



MODEL: E 7000P

SPORTOP®

Owner's Operating Manual Manual

Parts List

A Main Frame



Monitor & Adaptor E



F Front Handlebar

C Rear stabilizer



B

Central Support Tube



G

Side Handlebar



D Rear stabilizer



Tools

H

Handlebar Joint Cover

(H1)



(H2)



Pedal Tube Joint Cover

(H3)



(H4)



Pedal

(H5)



(H6)



J

(J1)Bolts M8x40L



(J2)Screws M5x8L



(J3)Screws M4x12L



(J4)Bolts M6x45L



(J5)washers M6



(J6)Spring Washers M6



(J7)Knobs



FIGURE 1

ASSEMBLY FOR REAR STABILIZER

First, Remove the bolts(C4), washers(C5) and nuts(C6) from the rear stabilizer(C).

Attach the the rear stabilizer(C) to the bracket at the back of the main frame(A).

Use two bolts(C4) through the rear stabilizer(C) to attach to the bracket at the back of the main frame(A). Then, secure it with washers(C5), spring washwres(C6) and nuts(C7).

FIGURE 2

ASSEMBLY FOR FRONT STABILIZER

First, Remove the bolts(D7), washers(D8) and nuts(D9) from the front stabilizer(D).

Attach the front stabilizer(D) to the bracket at the front of the main frame(A).

Use two bolts(D7) through the front stabilizer(D) to attach the bracket at the front of the main frame(A). Then, secure it with washers(D8), spring washers(D9) and nuts(D10).

FIGURE 1

**HOW TO KEEP
THE MACHINE STABLE**

After you complete Figure1 & 2, if the machine does not sit level, you can use the adjustable end caps (C2) to compensate for uneven floors.

FIGURE 2

FIGURE 3

FIGURE 3

FIGURE 3

FIGURE 3

FIGURE 3



FIGURE 3

FIGURE 3

FIGURE 3

FIGURE 3

FIGURE 3



FIGURE 5

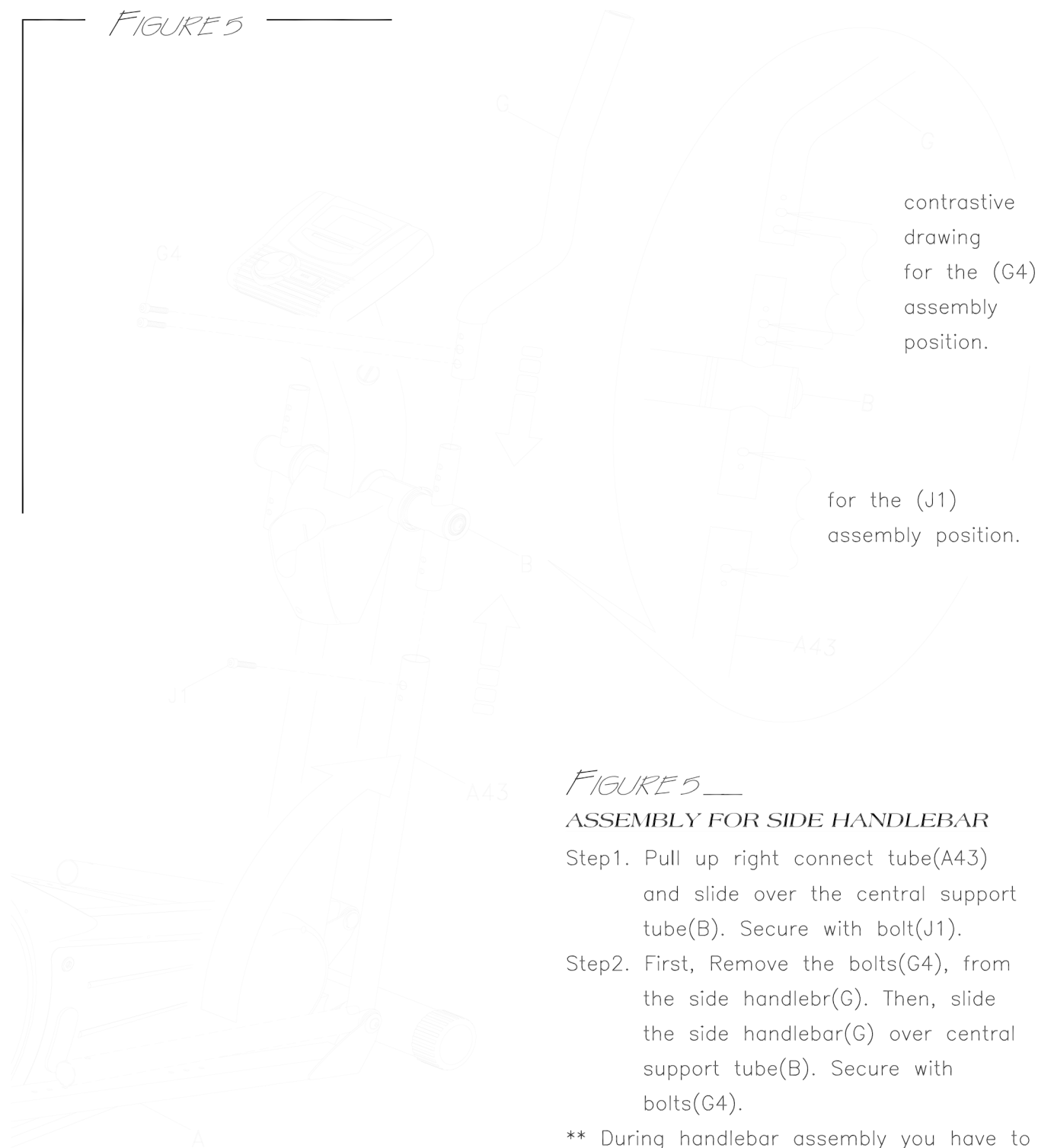


FIGURE 5

ASSEMBLY FOR SIDE HANDLEBAR

- Step1. Pull up right connect tube(A43) and slide over the central support tube(B). Secure with bolt(J1).
- Step2. First, Remove the bolts(G4), from the side handlebr(G). Then, slide the side handlebar(G) over central support tube(B). Secure with bolts(G4).

** During handlebar assembly you have to use the holes as pictured in close-up view.

Repeat Step 1 and 2 on left connect tube(A43).

Use tool





FIGURE 6

FIGURE 6
ASSEMBLY FOR
SIDE HANDLEBAR JOINT COVERS

Step1. Connect right side handlebar joint covers (H1 & H2) onto side handlebar(G) and secure with screws(J3).

Repeat Step 1 on left side handlebar joint covers.

FIGURE 7

ASSEMBLY FOR FRONT HANDLEBAR

First, Remove the bolts(B7), from the central support tube(B) and remove the screw(F3) from the handlebar clip of the front handlebar(F).

Step1. Connect cables(F5) to sensor wires(B6).

Step2. Connect the front handlebars(F) to central support tube(B) and twist the bars connected together. Secure them with two bolts(B7) and one screw(F3).



FIGURE 7

FIGURE 8



FIGURE 8

SIDE PEDAL JOINT COVERS

Connect right side pedal covers(H3 & H4) onto pedal joints and secure with screws(J2). Repeat again on left side pedal covers.

ASSEMBLY FOR PEDAL

Assemble the left & right pedals(H5, H6) with bolts(J4), washers(J5), spring washers(J6) and star knobs(J7). There are 3 positions for moving track.

Use tool



FIGURE 9

ASSEMBLY FOR ADAPTOR

The machine can be operated using the electricity adaptor.



FIGURE 10

HOW TO MOVE THE MACHINE

The front stabilizer has built-in transport wheels.

To move the machine, stand at the rear and lift it up until the weight of the machine is transferred to the transport wheels.

You can now easily move the machine to a new location.

FIGURE 10



Programmable Training Computer



FUNCTION BUTTON

START/STOP To start or stop monitor counting.

MODE To enter all functions, age, and training programs

UP/DOWN To adjust and set all functions, personal data, and training programs

RESET To have the monitor jump to initial display for training mode selection. If you hold on pressing the button for 2 seconds, the monitor will reset previous training and jump to user code selection.

FUNCTIONS

RPM To display current training rotations per minute.

SPEED To display current training speed.

TIME **Count up** - To accumulate training time from 0:00 to 99:59 with one second increment when the training starts. (No preset target)

Count down - The monitor will start to count from preset time down to 0:00 with one second decrement when the training starts. As soon as the preset time is achieved, the monitor starts to alarm, and TIME will start to count up immediately from 0:00.

DISTANCE **Count up** - To accumulate training distance from 0.00 to 999.9 with 0.01 km (ml) increment when the training starts. (No preset target)

Count down - The monitor will start to count from preset distance down to 0.00 with 0.01 km (or ml) decrement when the training starts. As soon as the preset distance is achieved, the monitor starts to alarm, and DISTANCE will start to count up immediately from 0.00.

CALORIE **Count up** - To accumulate calorie consumption from 0 to 9999 cal with one cal increment when the training starts. (No preset target)

Count down - The monitor starts to count from preset calories down to 0 with 1 cal decrement when the training starts. As soon as the preset calories are achieved, the monitor starts to alarm, and CALORIES will start to count up immediately from 0.

WATT To display the workout effort in figures.

PULSE The monitor will display your current heart rate figures in a few seconds after you hold two hands on handle bar grip sensors.

To have more precise heart rate readout and detection, please always hold two hands instead of one hand only.

NOTE

1. When you stop training and do not press any button for 4 minutes, the monitor will shut off automatically. All previous training data (Time, Distance and Calories) will be stored. You may press any button or start training again to wake up the monitor display.
2. You may have the monitor reset all function data by pressing the RESET button for 4 seconds.
3. The monitor requires power supply with AC adaptor input. (Output 500mA, 6V)

MONITOR INSTRUCTION MANUAL

1. Plug in the power supply (AC adaptor).
2. The monitor displays all segments for 2 seconds. [If you press RESET button for over 2 seconds, the monitor will display all segment for 2 seconds for a new start.]
3. Press UP or DOWN to select training mode in MANUAL, PROGRAM (P1~P12), USER, TARGET.H.R., and press MODE to confirm setting.
4. Different training modes:

MANUAL

1. Once you select MANUAL training mode, the LED bar below the monitor display will light up to show your current level position. You may increase or decrease training level by pressing UP or DOWN.
2. Press START/STOP to start training in Manual mode. (**STOP** symbol will disappear from the monitor)
3. Press UP/DOWN/MODE to set target function data of Time, Distance, Calories, Watt, and Pulse.
Each preset function (except Watt and Pulse) will count down from preset target as soon as training starts.
4. You may adjust training resistance level (1~16) by pressing UP/DOWN during training. (Except the Watt data has been preset)
[Preset Watt data for training] - If you have preset Watt data, the training resistance level will be adjusted automatically according to the training speed and RPM. If you see the symbol ▼ on the monitor, it means your training speed is slow that the resistance level will be increased automatically to maintain the preset watt. If you see the symbol ▲ on the monitor, it means the speed is fast that the resistance will be decreased automatically to maintain the preset watt. If you see the symbol ▼ on the monitor, it means your current speed is too slow and the resistance has been achieved to the maximum level. At that moment, the monitor alarms "bi-b-bi" per second to remind you to increase training speed. If you maintain the same training speed for 1 minute, the monitor will alarm "bi-bi-bi-bi-bi-bi" (per second) for 30 seconds and stop the system automatically [The resistance level will be dropped to level 1 at that moment] as a protection implement. If you see the symbol --- and ▲ on the monitor, it means your current speed is too fast and the resistance has been dropped to the minimum level. At the moment, the monitor alarms "bi-b-bi" per second to remind you to decrease training speed. If you maintain same training speed for 1 minute, the monitor will alarm "bi-bi-bi-bi-bi-bi" (per second) for 30 seconds and stop the system automatically [The resistance level will be dropped to level 1 at that moment] as a protection implement.
5. The monitor will alarm "bi-bi-bi" to remind you and stop as soon as one of each preset function target has counted down to zero.

PROGRAM

1. Once you select Program training mode, the LED bar below the monitor display will light up to show your current level position. You may increase or decrease training level by pressing UP/DOWN.
2. Press START/STOP to start training in Program mode. (**STOP** symbol will disappear from the monitor)
3. Press UP/DOWN/MODE to select preferred training program profiles from P1 to P12.
4. Press UP/DOWN to adjust resistance level of the profile from level 1 to level 16. (You may adjust training resistance level by pressing UP/DOWN buttons during training)
5. Press UP/DOWN/MODE to set target function data of Time, Distance, Calories, and Pulse. Each preset function will count down when the training starts. (Except Pulse)

6. Press START/STOP to start your training with PROGRAM mode.

7. The monitor will alarm "bi-bi-bi" to remind you and stop as soon as one of each preset function target has counted down to zero.(Except Pulse)

USER

1. Once you select User training mode, the LED bar below monitor display will light up to show your current level position. You may increase or decrease training level by pressing UP/DOWN.

2. Press UP/DOWN/MODE to preset your own Profiles for training. You may quit profile setting mode by pressing MODE button for over 2 seconds.

3. Press UP/DOWN/MODE to set target function data of Time, Distance, Calories, and Pulse. Each preset function will count down when the training starts. (Except Pulse)

4. Press START/STOP to start your training with USER mode.

5. During training, you may press UP/DOWN to adjust resistance level.

6. The monitor will alarm "bi-bi-bi" to remind you and stop as soon as one of each preset function target has counted down to zero.(Except Pulse)

TARGET H.R.

1. When you select User training mode, the LED bar below monitor display will light up to show your current level position. You may increase or decrease training level by pressing UP/DOWN.

2. Once you select TARGET H.R. for training, the monitor requests that you to input your AGE. Press UP/DOWN/MODE to set age. This data is the key point for the proper target heart rate data calculation by the monitor.

3. Press UP/DOWN/MODE to select different percentages of target heart rate figures you would like to achieve for training. There are 55%, 75%, 90% for selection, or you may input manually a target heart rate figure for training.

3-1 The training resistance level is not available to be adjusted by button operation if you are training in TARGET H.R. mode.

3-2 The resistance level will be auto adjusted by the monitor according to your actual heart rate figure. If your current heart rate figure is under preset, the resistance level will be increased 1 level per 30 seconds until level 16 or the target heart rate figure is achieved. If your current heart rate figure is exceeding the preset target figure, the resistance level will be decreased on level immediately. The resistance level will keeping decreased by one level per 15 seconds until level one. If your current heart rate figure is still exceeding the target when the resistance level is dropped to level one for 30 seconds, the monitor will stop and alarm to remind you.

4. Press UP/DOWN/MODE to set target function data of Time, Distance, Calories. Each preset function will count down when the training starts.

5. Press START/STOP to start your training with TARGET H.R. mode.



P/N	DESCRIPTION	Q'TY		P/N	DESCRIPTION	Q'TY
A1	MAIN FRAME	1		B1	CENTRAL SUPPORT TUBE	1
A2	MAGNETIC FLYWHEEL	1		B3	WATER BOTTLE	1
A3	FLAT WASHER	2		B5	SENSOR WIRE	1
A4	NUT	2		B6	HAND PULSE SENSOR WIRE	1
A5	TENSION PULLEY	1		B7	BOLT	2
A6	PIPE	3		B8	BUSHING	2
A7	FLAT WASHER	3		B9	SHAFT	1
A8	SCREW	3		B10	BEARING	4
A9	BEARING	4		B11	BUSHING	4
A10	E CLIP	3		B12	CONNECT TUBE	2

A11	MAGNETIC HOUSING	1	B13	FLAT WASHER	6
A12	NUT	1	B14	SPRING WASHER	8
A13	SCREW	1	B15	SCREW	2
A14	SPRING	1	B16	BOTTLE HOUSING	1
A15	TENSION CABLE	1	B17	SCREW	1
A16	SPRING WASHER	2	B18-B19	DECORATION BOTTLE HOUSING	2
A17	SPRING FIXING HOUSING	1	B20	SCREW	4
A18	SCREW	1	B21	SCREW	6
A19	FIXING HOUSING	1	B22	FLAT WASHER	2
A20	SCREW	2			
A21	SPRING	1	C1	REAR STABILIZER	1
A22	BELT	1	C2	END CAP	2
A23	BELT PULLEY	1	C3	END CAP COVER	2
A24	PULLEY AXLE	1	C4-D7	BOLT	4
A25	SCREW	4	C5-D8	FLAT WASHER	4
A26	PLANE	1	C6-D9	SPRING WASHER	4
A27	NUT	5	C7-D10	NUT	4
A28	MAGNET	1			
A29	TURNING PLATE	2	D1	FRONT STABILIZER	1
A30	SCREW	2	D2	END CAP	2
A31	DECORATION COVER	2	D3	END CAP COVER	2
A32	PIPE	2	D4	TRANSPORT WHEEL HOUSING	2
A33	BEARING	4	D5	SCREW	4
A34	FLAT WASHER	2	D6	TRANSPORTATION WHEEL	2
A35	SCREW COVER	2			
A36	SCREW	2	E1	MONITOR	1
A37	PEDAL TUBE(RIGHT)	1	E2	SCREW	2
A38	PEDAL TUBE(LEFT)	2	E3	ADAPTOR	1
A39	SCREW	2	F1	FRONT HANDLEBAR(L&R)	2
A40	FLAT WASHER	2	F2	HANDLEBAR CLIP	1
A41	FLAT WASHER	2	F3	SCREW	2
A42	SCREW	2	F4	FOAM GRIP	2
A43	CONNECT PIPE	2	F5	SENSOR	2
A44	SCREW	1	F6	SCREW	2
A45	SENSOR WIRE	1			
A46	FIXING HOUSING	1	G1	SIDE HANDLE BAR	2
A47	RIGHT COVER	1	G2	FOAM GRIP	2
A48	DECORATION COVER	1	G3	END CAP	2
A49	LEFT COVER	1	G4	SCREW	4
A50	DECORATION COVER	1			
A51	SCREW COVER	8	H1-H2	DECORATION COVER	1
A52	SCREW	8	H3-H4	PEDAL JOINT COVER	1

A53	SCREW	3		H5-H6	PEDAL	1
A54	TAPPING SCREW	6				
A55	POWER CORD SENSOR	1		J1	BOLT	2
A56	SCREW	4		J2	SCREW	4
A57	TENSION CABLE	1		J3	SCREW	4
A58	FIXING HOUSING	1		J4	BOLT	4
A59	SCREW	2		J5	SPRING WASHER	4
				J6	FLAT WASHER	4
				J7	KNOB	4