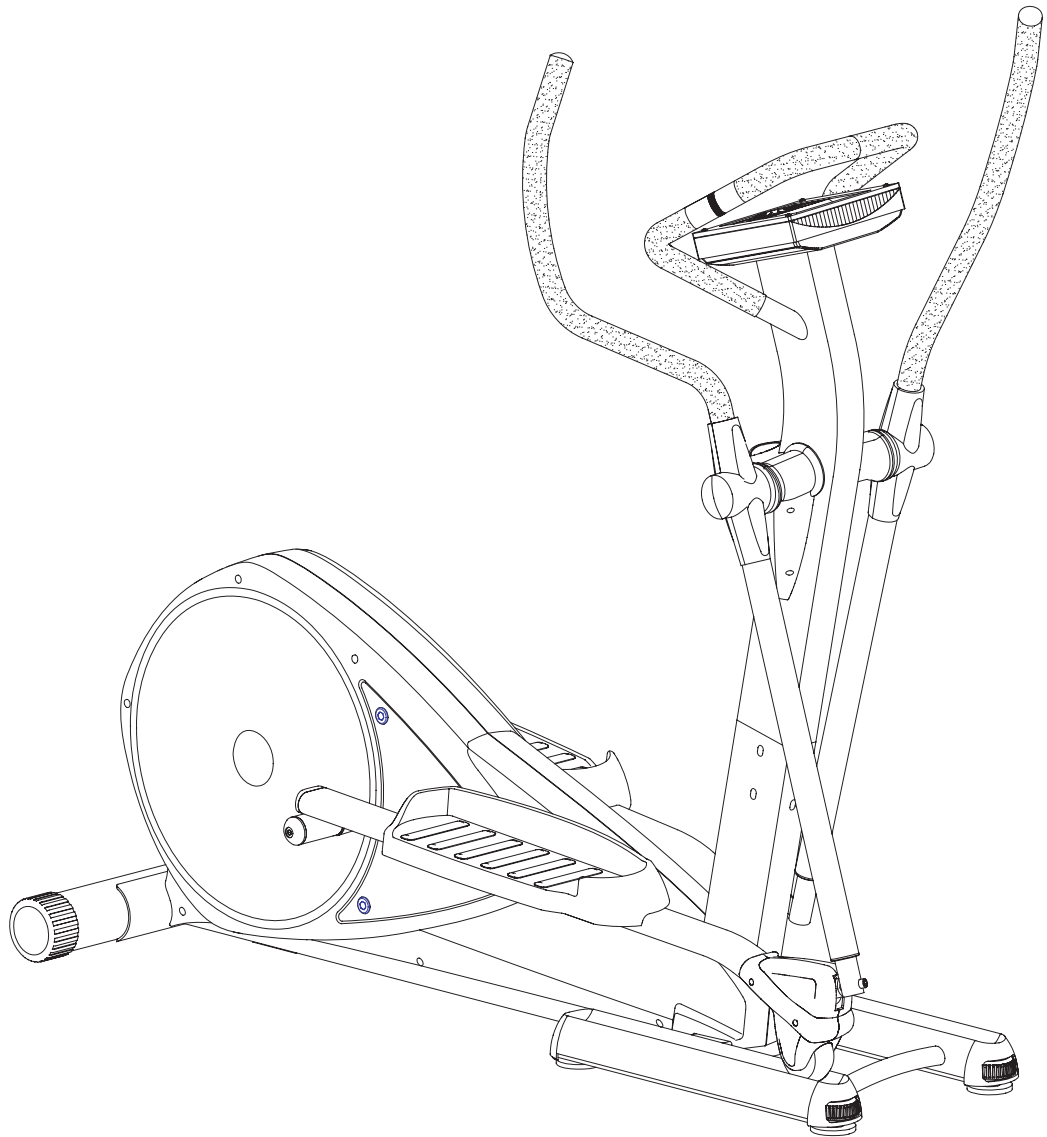


# ELLIPTICAL TRAINER



*MODEL: E 8000P*

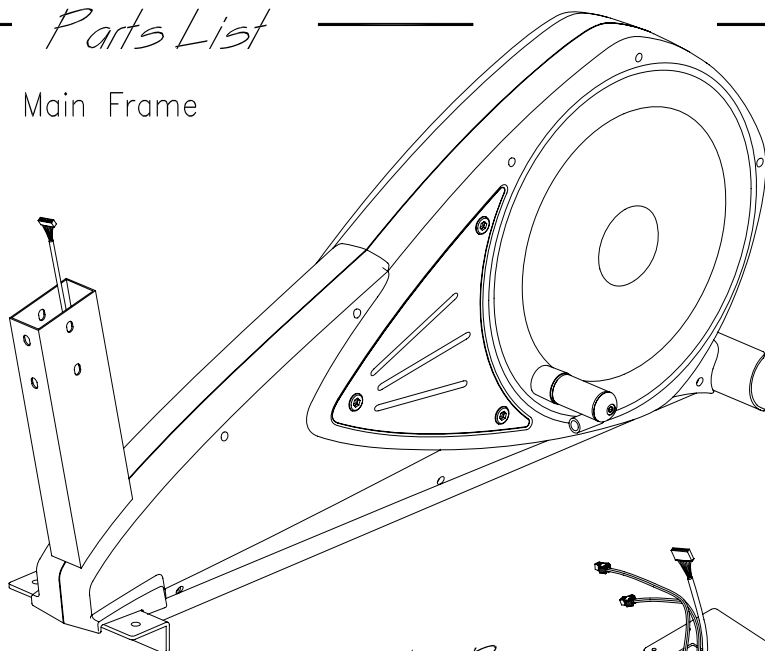
***SPORTOP***®

Owner's Operating Manual

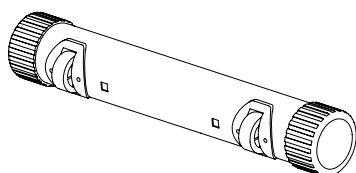
*ENGLISH*

# Parts List

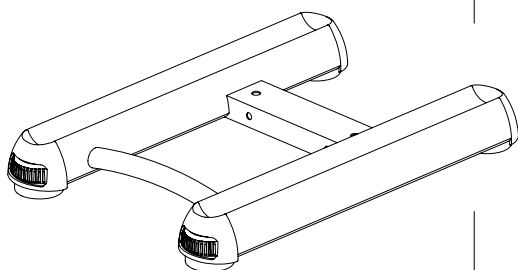
## A Main Frame



## C Rear Stabilizer

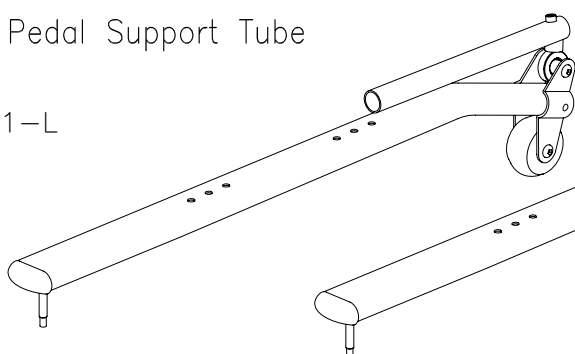


## D Front Stabilizer

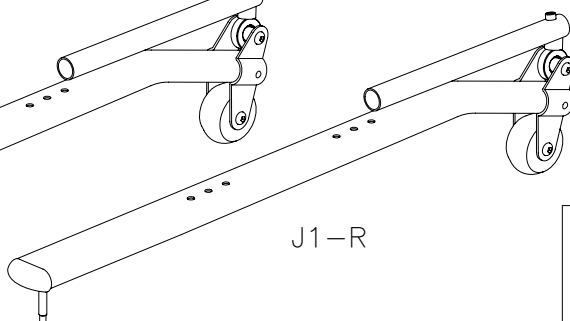


## J Pedal Support Tube

J1-L



J1-R



## H Handlebar Joint Cover

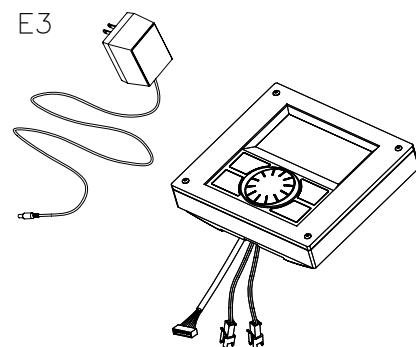
(H1)-Front



(H1)-Back



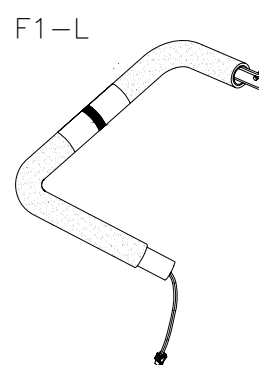
E3



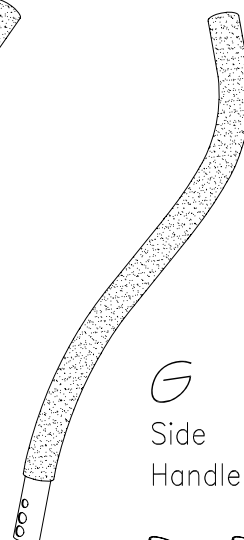
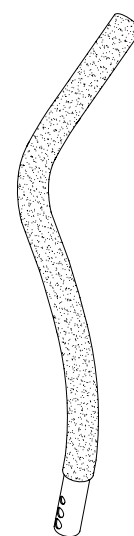
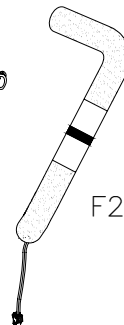
Monitor & Adaptor E

## F Front Handlebar

F1-L

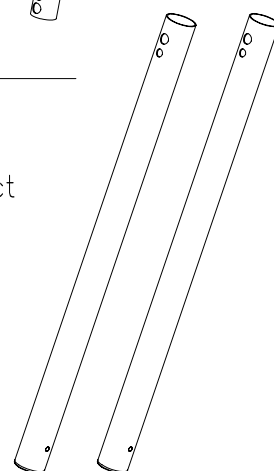


F2-R



G Side Handlebar

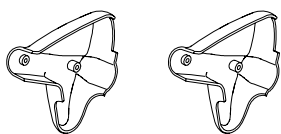
K Connect Tube



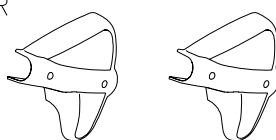
# Parts List

## H Pedal Tube Joint Covers

(H2)-L

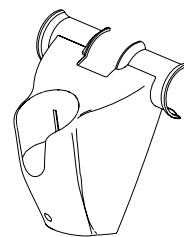


(H2)-R



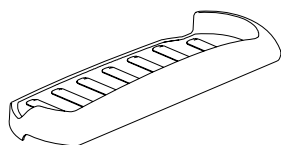
## Water Bottle Housing

(H4)

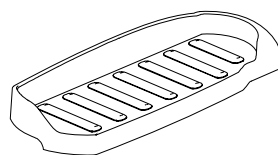


## Pedals

(H3)-L



(H3)-R



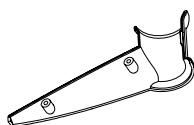
## Water Bottle

(H6)

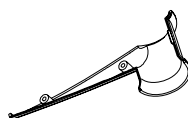


## Decoratation Bottle Housing

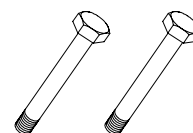
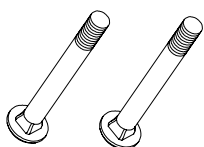
(H5)-L



(H5)-R



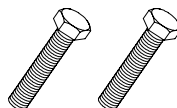
∠ (L1) Bolt 3/8"x89mm (L2) Arc Washer 3/8" (L3) Nut 3/8" (L4) Bolt 3/8"x70mm



(L5) Washer M8

(L6) Bolt 3/8"x50mm

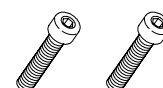
(L7) Washer 3/8"X Ø45X4.5t



(L8) Washer 3/8"X Ø23X2t

(L9) Bolt M8x16mm

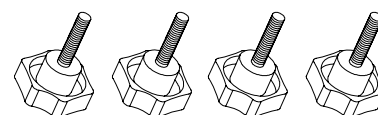
(L10) Bolt M8x45mm



(L11) Nut 3/8"

(L12) Bolt M5x10mm

(L13) Knob M8x40mm

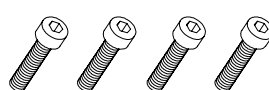
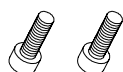


(L14) Bolt M8\*30mm

(L15) Bolt M6 \*40mm

(L16) Screw

(L17) Screw



(L20)Taper Washer M6

(L21)Nut M6



FIGURE 1

### **ASSEMBLY FOR REAR STABILIZER**

Attach the Rear Stabilizer (C) (the Rear Stabilizer will have wheels) to the bracket at the back of the Main Frame (A) Use two bolts (L1), two Arc Washers (L2) and two Nuts (L3.)

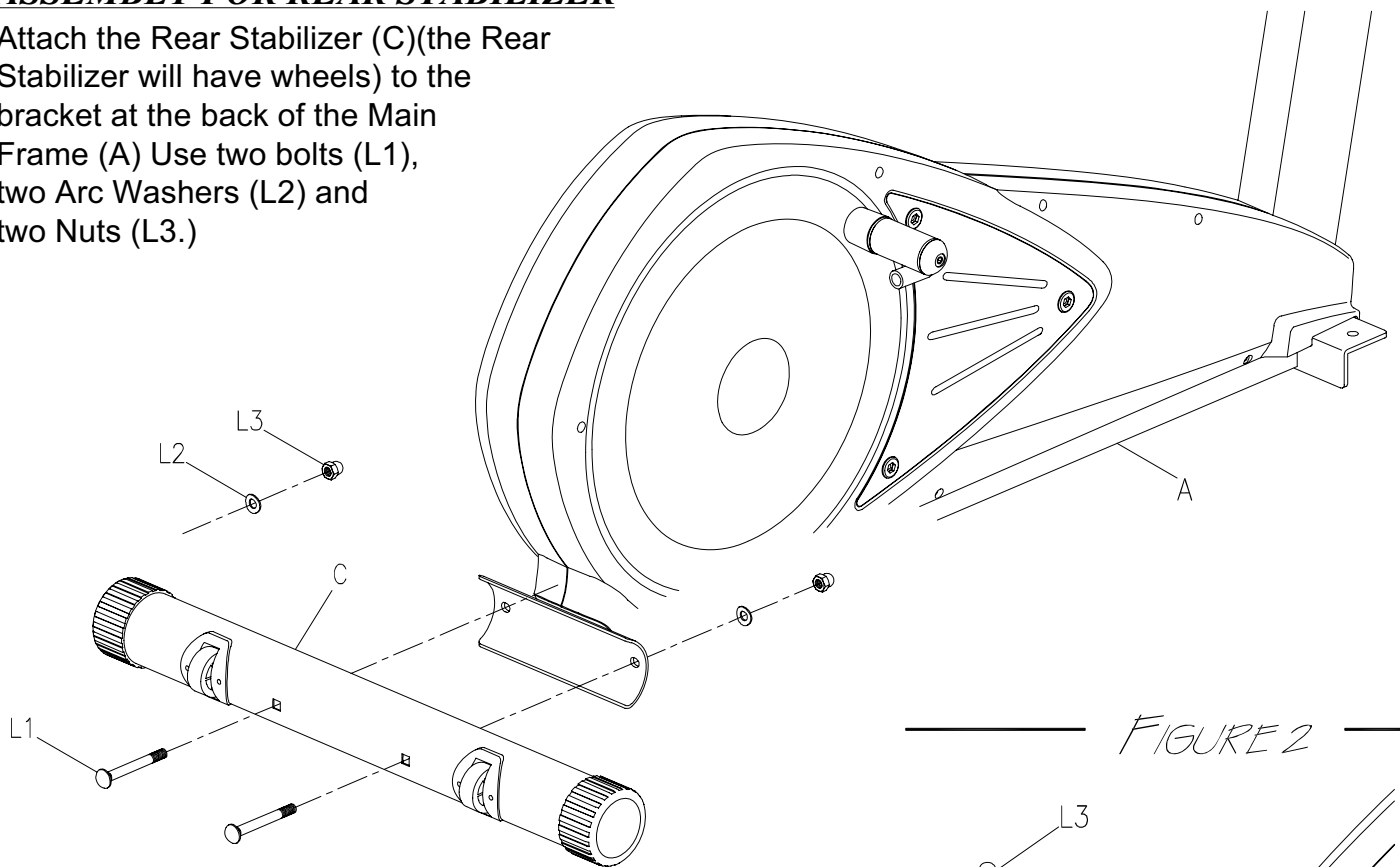
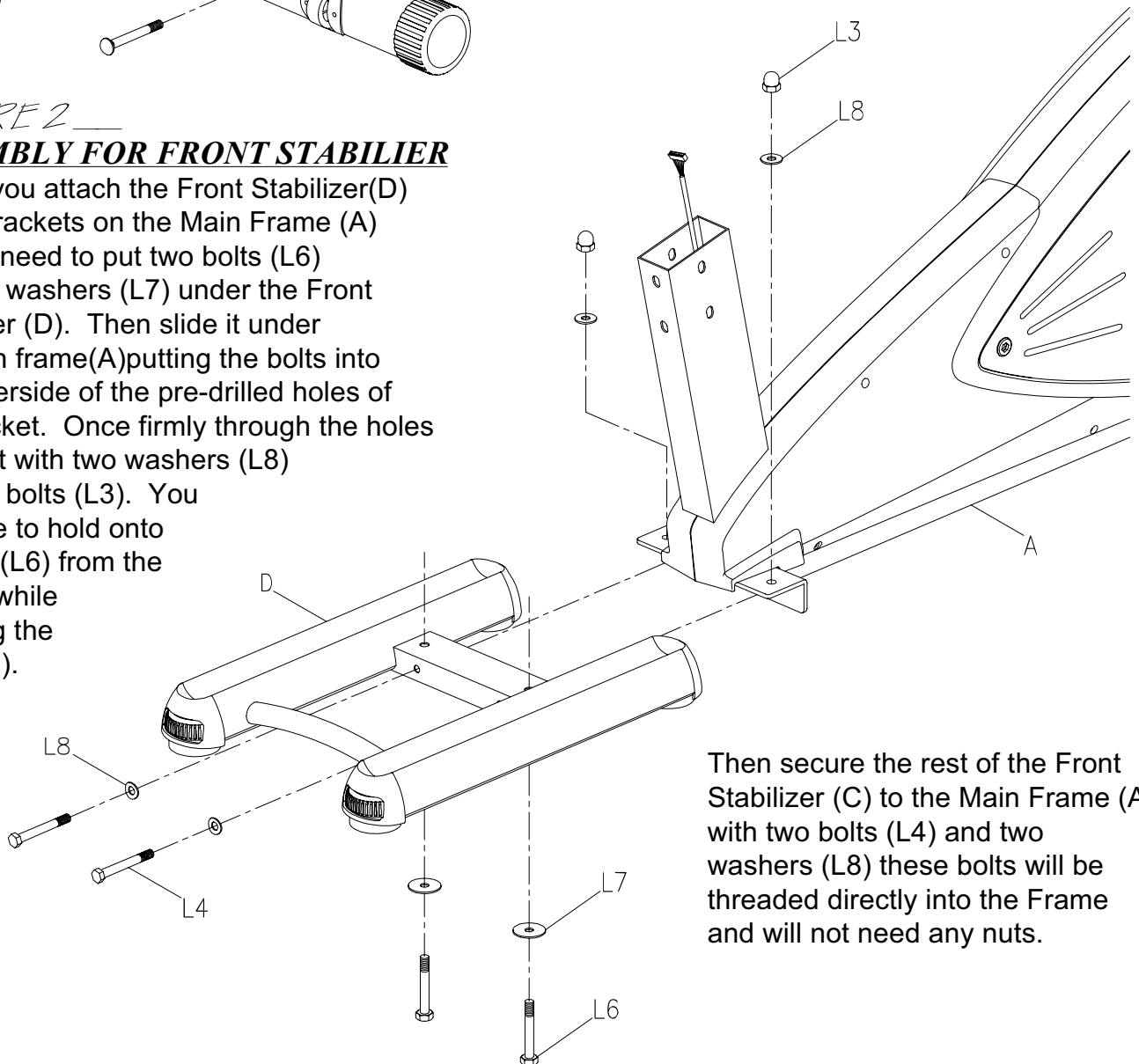


FIGURE 2

### **ASSEMBLY FOR FRONT STABILIER**

Before you attach the Front Stabilizer (D) to the brackets on the Main Frame (A) you will need to put two bolts (L6) and two washers (L7) under the Front Stabilizer (D). Then slide it under the main frame (A) putting the bolts into the underside of the pre-drilled holes of the bracket. Once firmly through the holes secure it with two washers (L8) and two bolts (L3). You will have to hold onto the bolt (L6) from the bottom while securing the nuts (L3).



Then secure the rest of the Front Stabilizer (C) to the Main Frame (A) with two bolts (L4) and two washers (L8) these bolts will be threaded directly into the Frame and will not need any nuts.

FIGURE 3

### ASSEMBLY FOR CENTRAL SUPPORT TUBE

Connect the Cable (A7) from the Main Frame(A) to the Cable (B11) coming out of the Central Support Tube(B). Once they are connected firmly, insert the Central Support Tube (B) into the Main Frame (A). Please make sure when attaching the two ends of the tube together that cables are not pinched. Then use six bolts (L9) and six washers (L5) to secure in place.

FIGURE 3

FIGURE 4

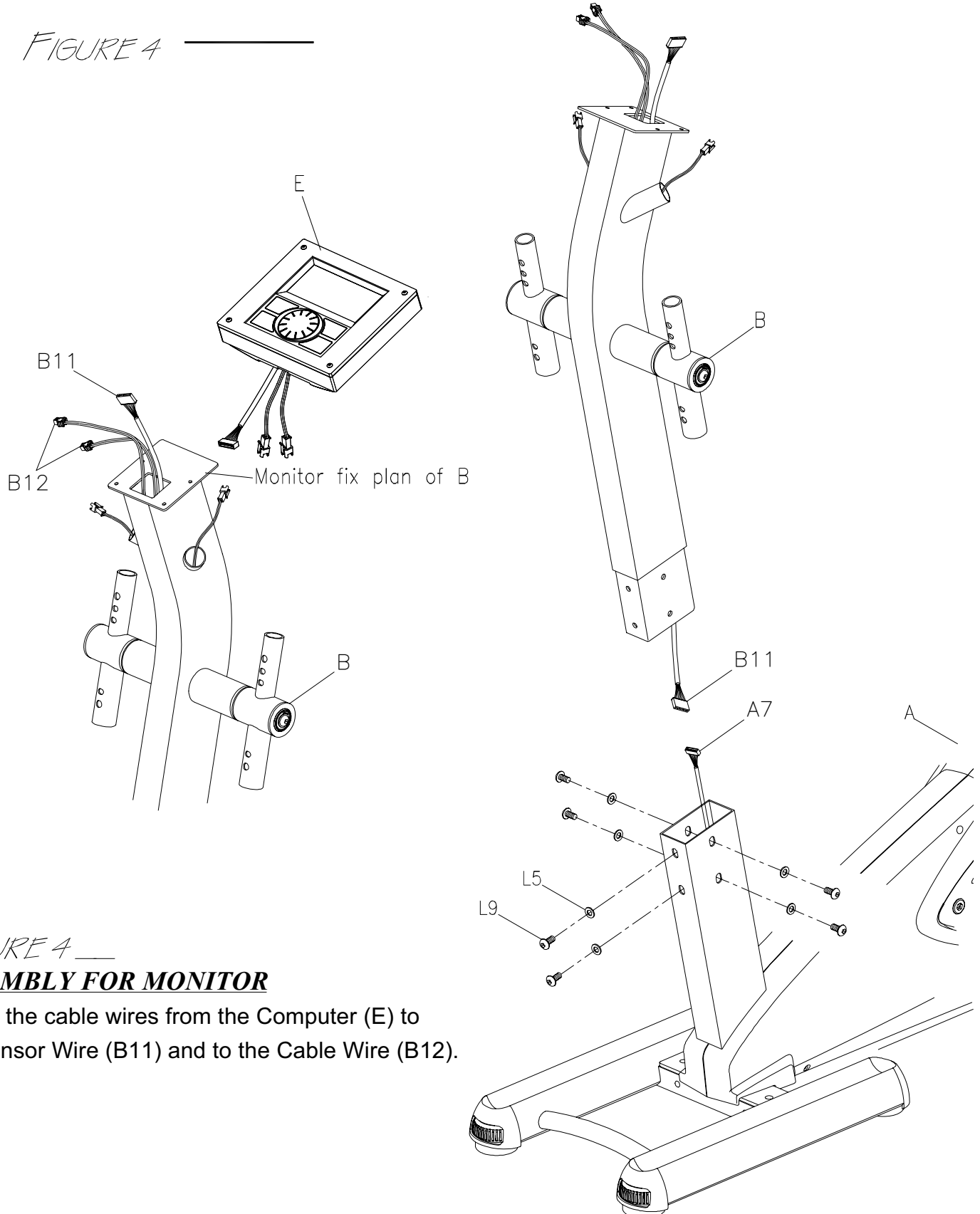


FIGURE 4

### ASSEMBLY FOR MONITOR

Attach the cable wires from the Computer (E) to the Sensor Wire (B11) and to the Cable Wire (B12).

FIGURE 5-1

# **ASSEMBLY FOR PEDAL SUPORT**

Start with the right side and take the Pedal Support Tube (J1-R) and pull up the connected tube (J11) into the straight position. Once in the upright position attach to the Connected Tube (K) making sure firmly clicking in place. Repeat steps above for the left side.

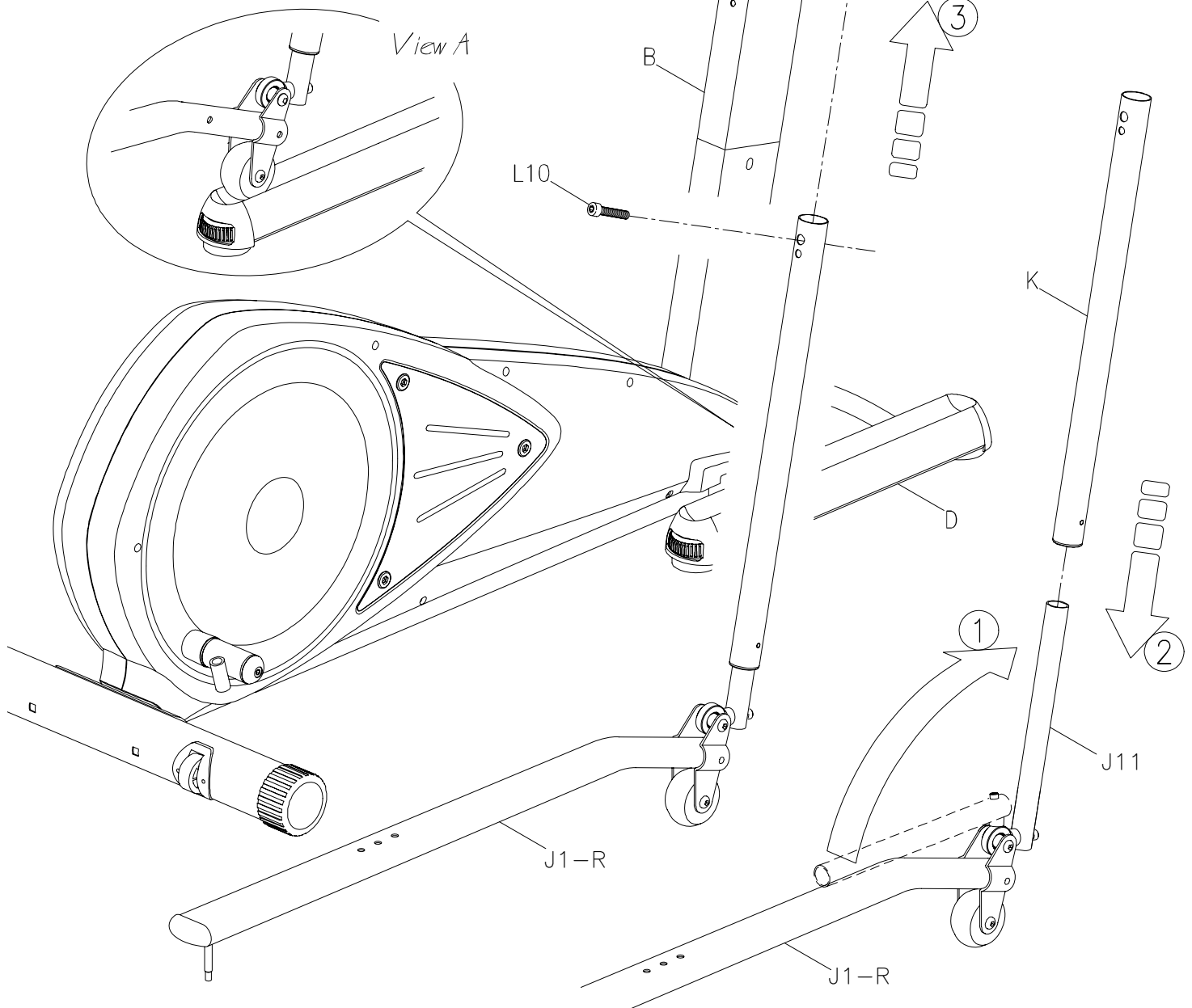


FIGURE 5-1

Once both sides of the lower and upper connected tube (K & J11) are attached to the pedal support tube (J1-R). It is now time to attach the upper portion of the connected tube (K) into the connected tube (B2). Then position the front moving wheels of the pedal support tube (J1-R) on the concave of the front stabilizer (D). Once this is securely in place use 1 bolt (L10) there will be a series of five holes for screws or bolts on the connected tube (B2) you must put bolt (L10) into the second from the bottom (see picture 3.)

FIGURE 5-2

**ASSEMBLY FOR PEDAL SUPPORT TUBE**

Slide the left side of the pedal support tube (J1-L) into the rear hole on the main frame (A). Attach using the nut (L11). Repeat the process on the right side.

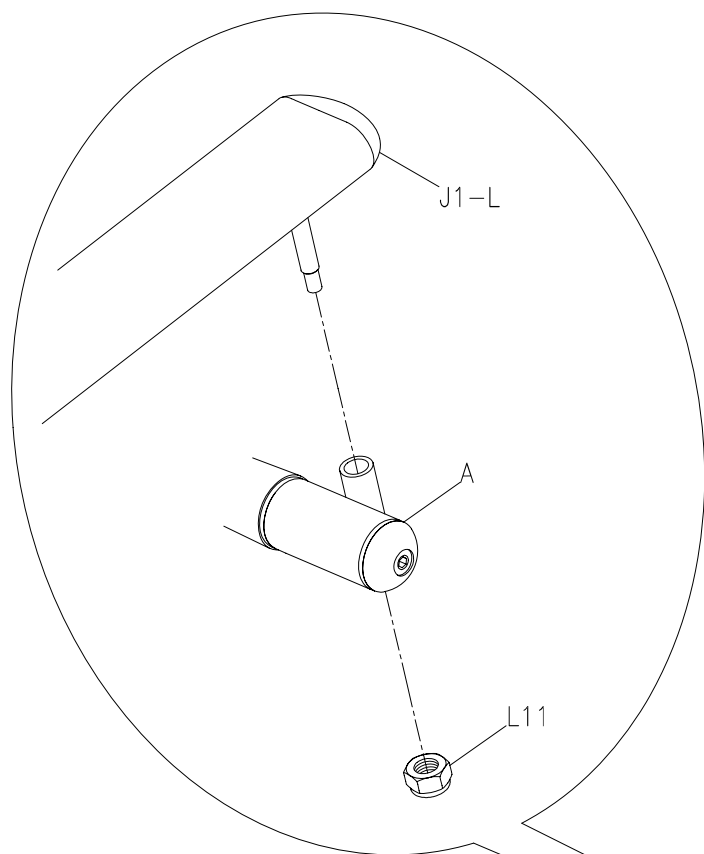
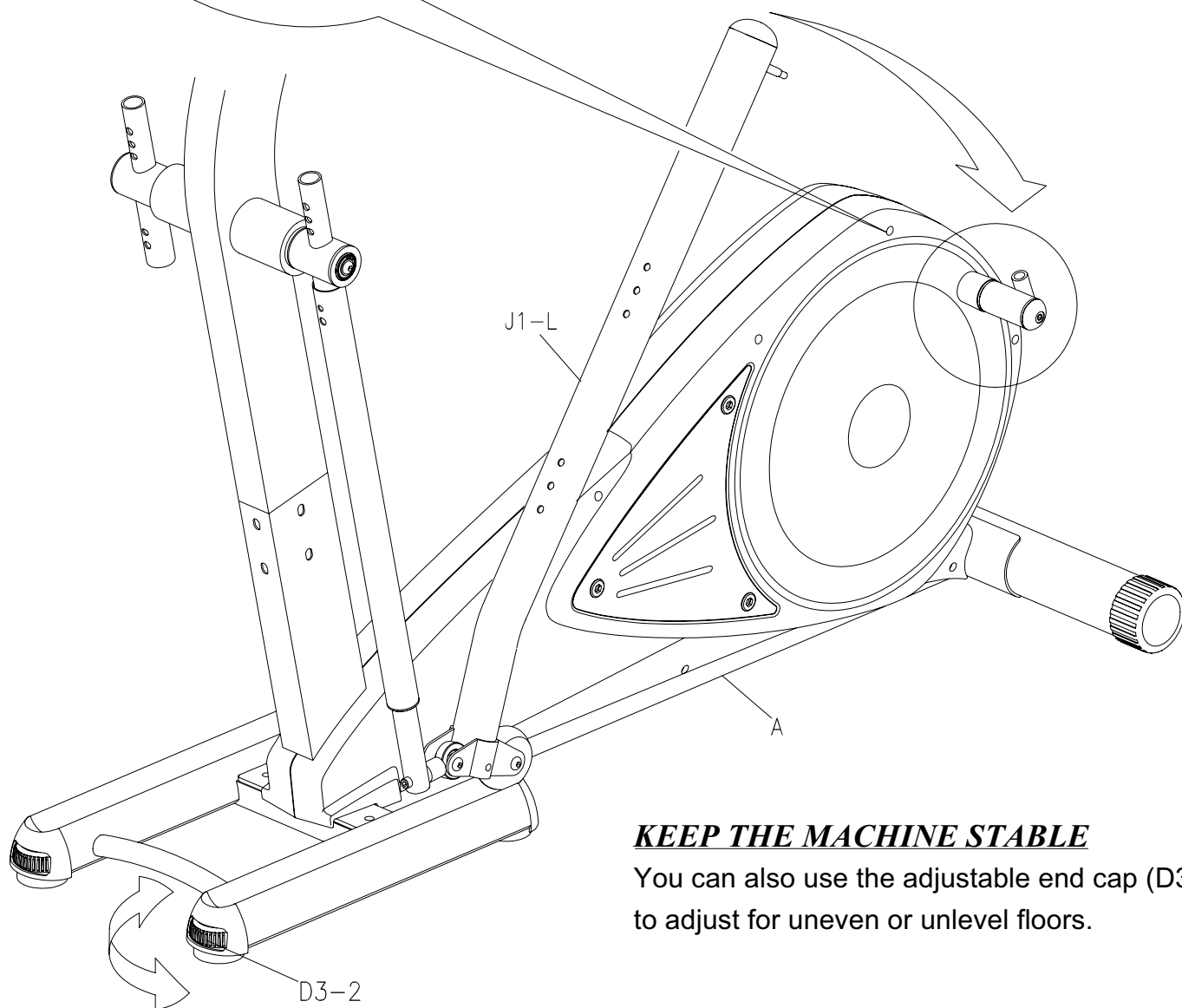


FIGURE 5-2



**KEEP THE MACHINE STABLE**

You can also use the adjustable end cap (D3-2) to adjust for uneven or unlevel floors.

FIGURE 6

### **ASSEMBLY FOR SIDE PEDAL JOINT COVERS**

Attach the right and left side of the Pedal Joint Cover (H2-R & H2-L) onto the Pedal Support Tube (J1-R), secure using four bolts (L12).

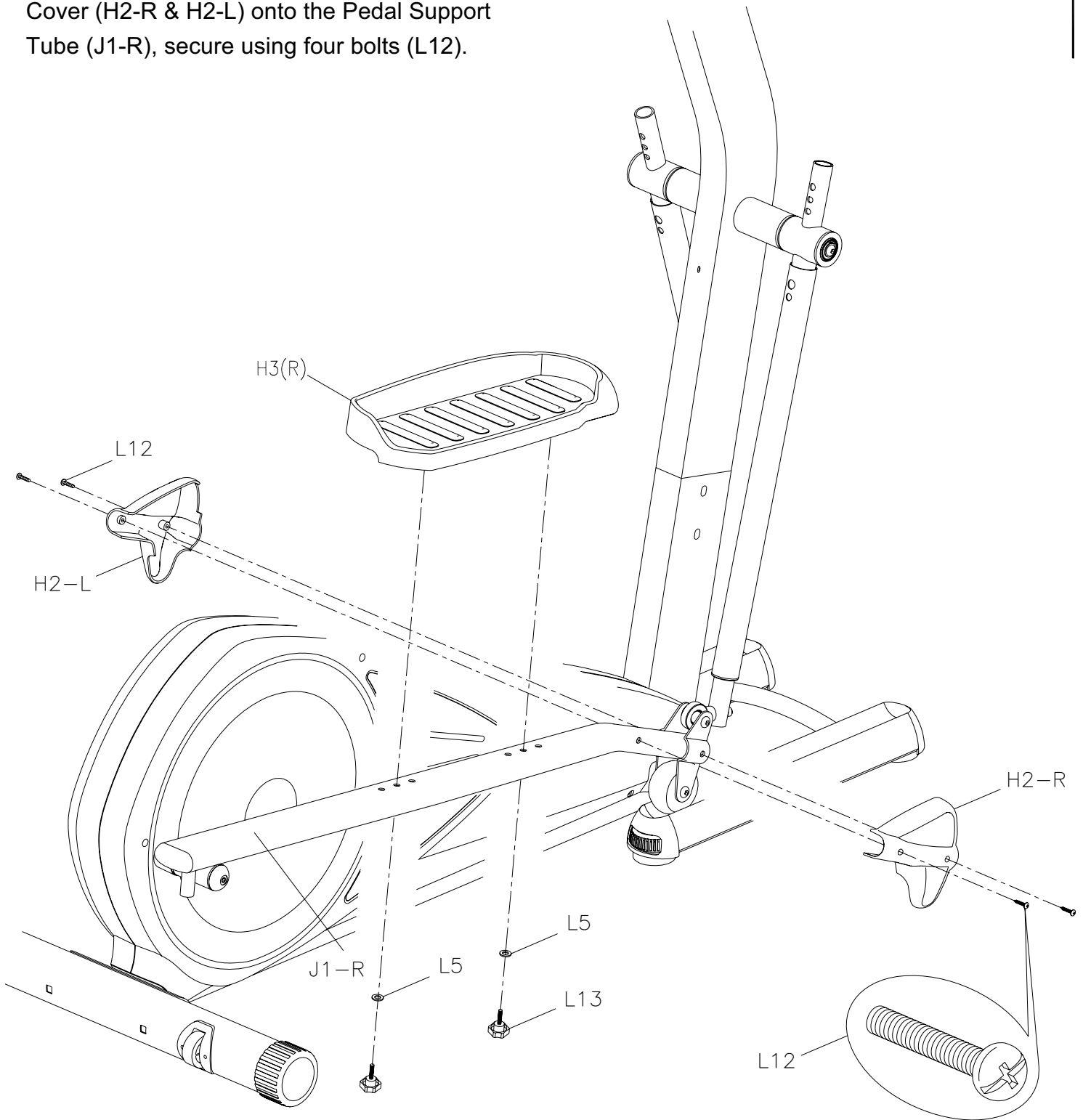


FIGURE 6

### **ASSEMBLY FOR PEDALS**

There are three positions to place the pedals. Starting with the right pedal (H3-R) on the Pedal Support Tube (J1-R) and using two washers (L5) and two Star Knobs (L13) attach firmly to one of the positions on the Pedal Support Tube (J1-R). Repeat the process above for the left side.



FIGURE 7-1

# **ASSEMBLY FOR FRONT HANDLEBAR**

Step1. Connect sensor wires(F7) and sensor wires(B12)

Step2. Insert the front handlebar(F1-L & F2-R)  
into the central support tube.

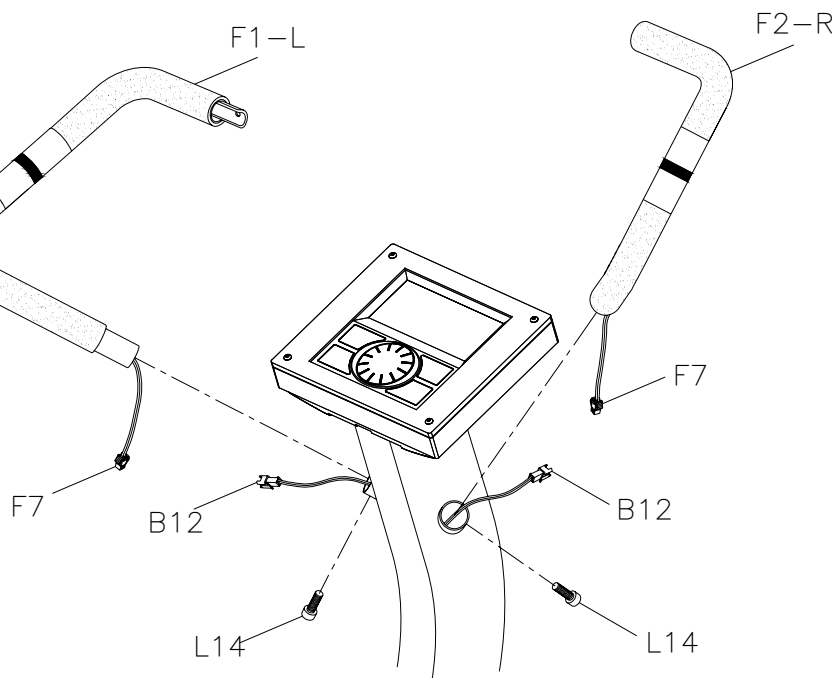


FIGURE 7-2

Step 3. Twist and connect the  
front handlebar (F1-L & F2-R)  
as shown on (Figure 8-2).

FIGURE 7-2

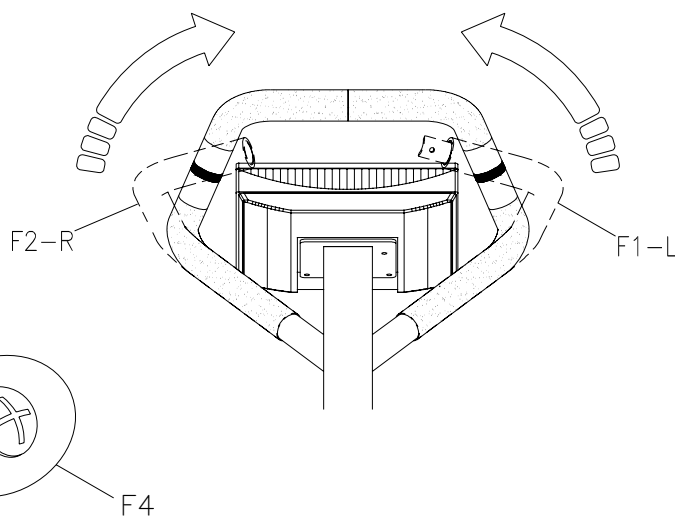


FIGURE 7-3

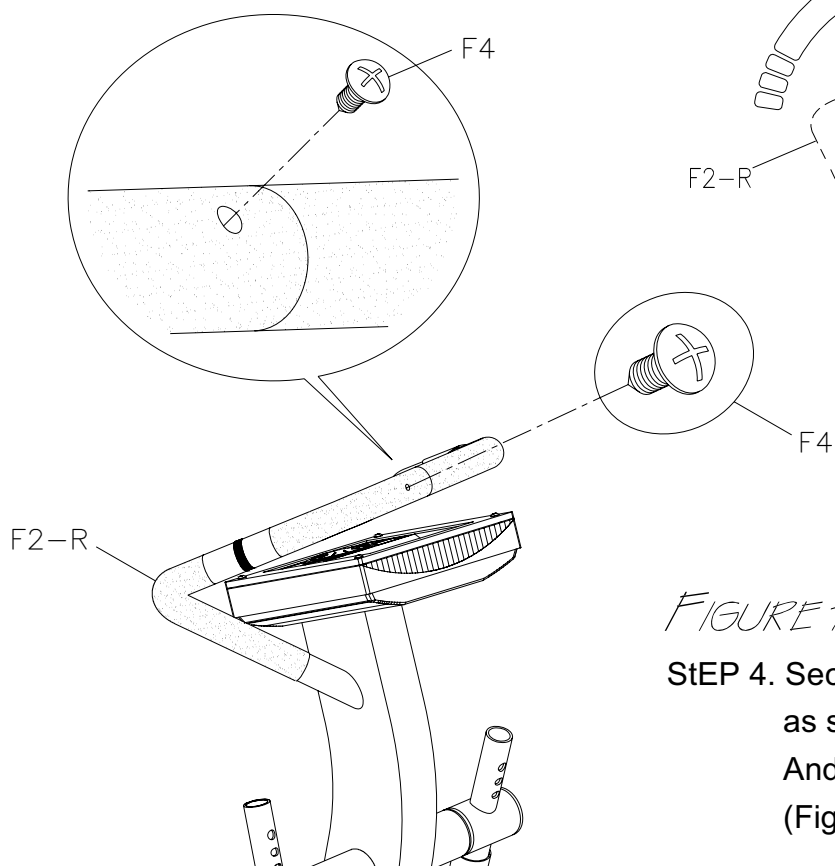


FIGURE 7-3

StEP 4. Secure the front handlebar by bolts(L14)  
as shown on (Figure 7-1).  
And one screw(F4) as shown on  
(Figure 7-3).

FIGURE 8

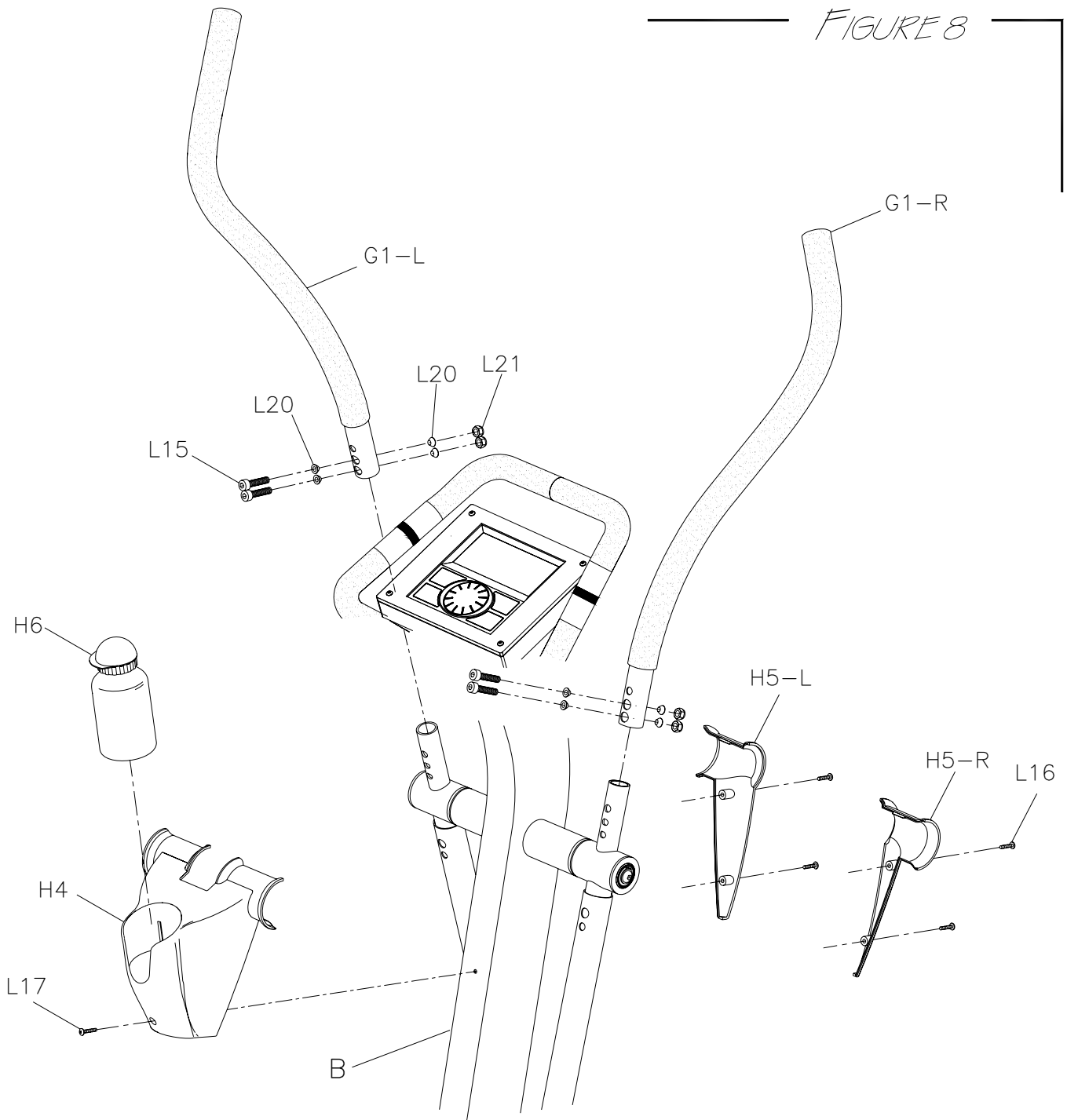


FIGURE 8

### **ASSEMBLY FOR SIDE HANDLEBAR**

Slide side handlebar(G1-L & G1-R) into connect tube and secure it by bolts(L15). taper washers(L20) and nuts(L21)

### **ASSEMBLY FOR WATTER BOTTLE HOUSING**

Step 1. Assembly the bottle housing(H4) with the central support tube and secure it by screw(L17).

Step 2. Assembly the decortation bottle housing (H5-L & H5-R) with the bottle housing and secure it by screws(L16).

Then, You can put the water bottle on the bottle housing.

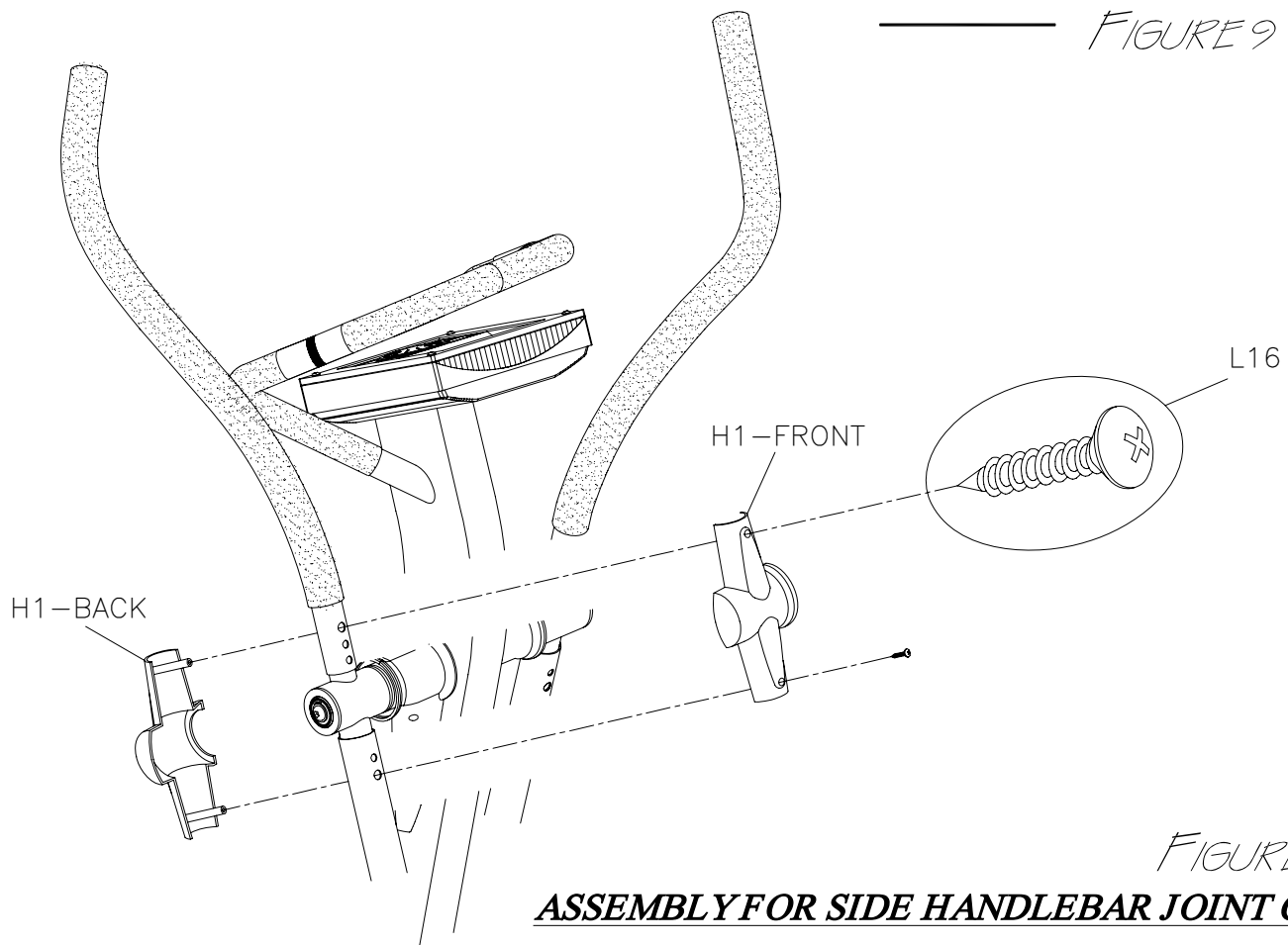


FIGURE 9

**ASSEMBLY FOR SIDE HANDLEBAR JOINT COVER**

Starting on the right side connect the front of the Handlebar Joint Covers (H1-Front) to the back of the Handlebar Joint Covers (H1-Back) using two screws (L16). Repeat the steps above for the left hand side of the Handlebar Joint Covers (H1-Front & Back).

FIGURE 10

**ASSEMBLY FOR ADAPTOR**

On the Main Frame (A) there will be a female receptacle for an A/C adaptor. Plug in the Adaptor (E3) to the female receptacle and plug the other end into your electricity outlet. This will keep your batteries from running down too quickly.

FIGURE 10

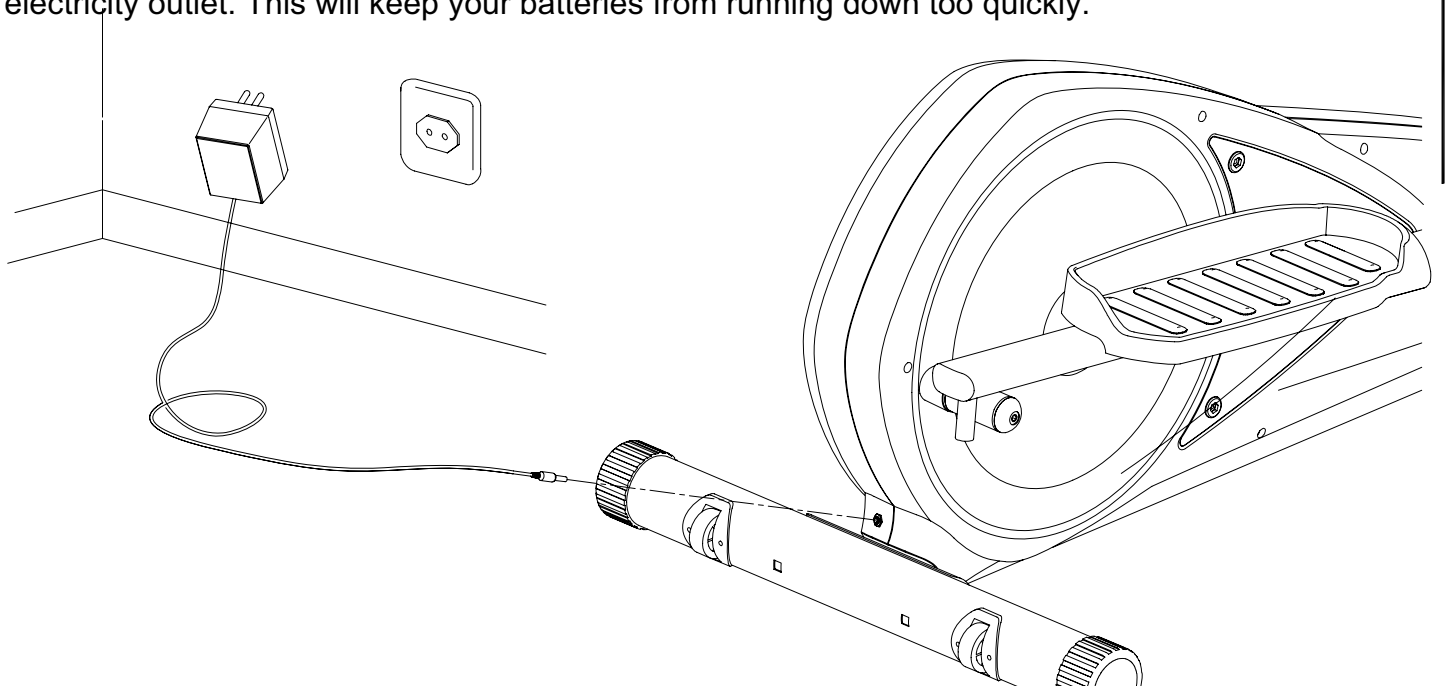


FIGURE 11

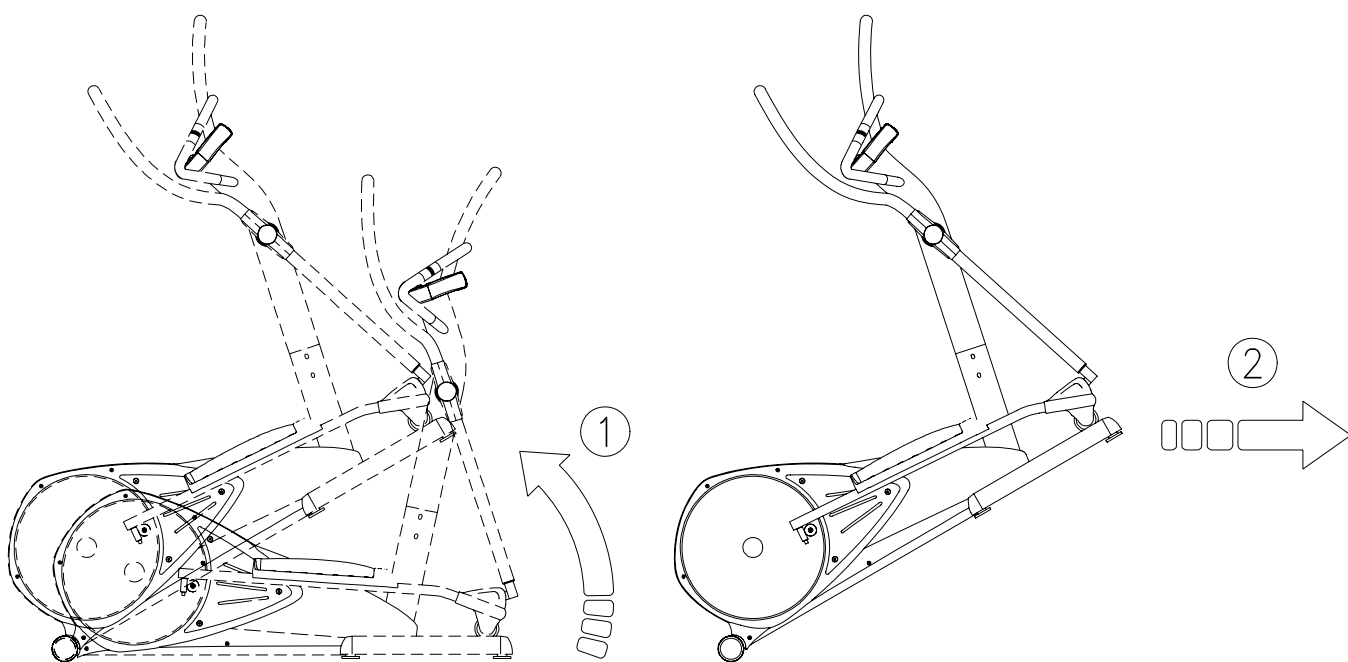
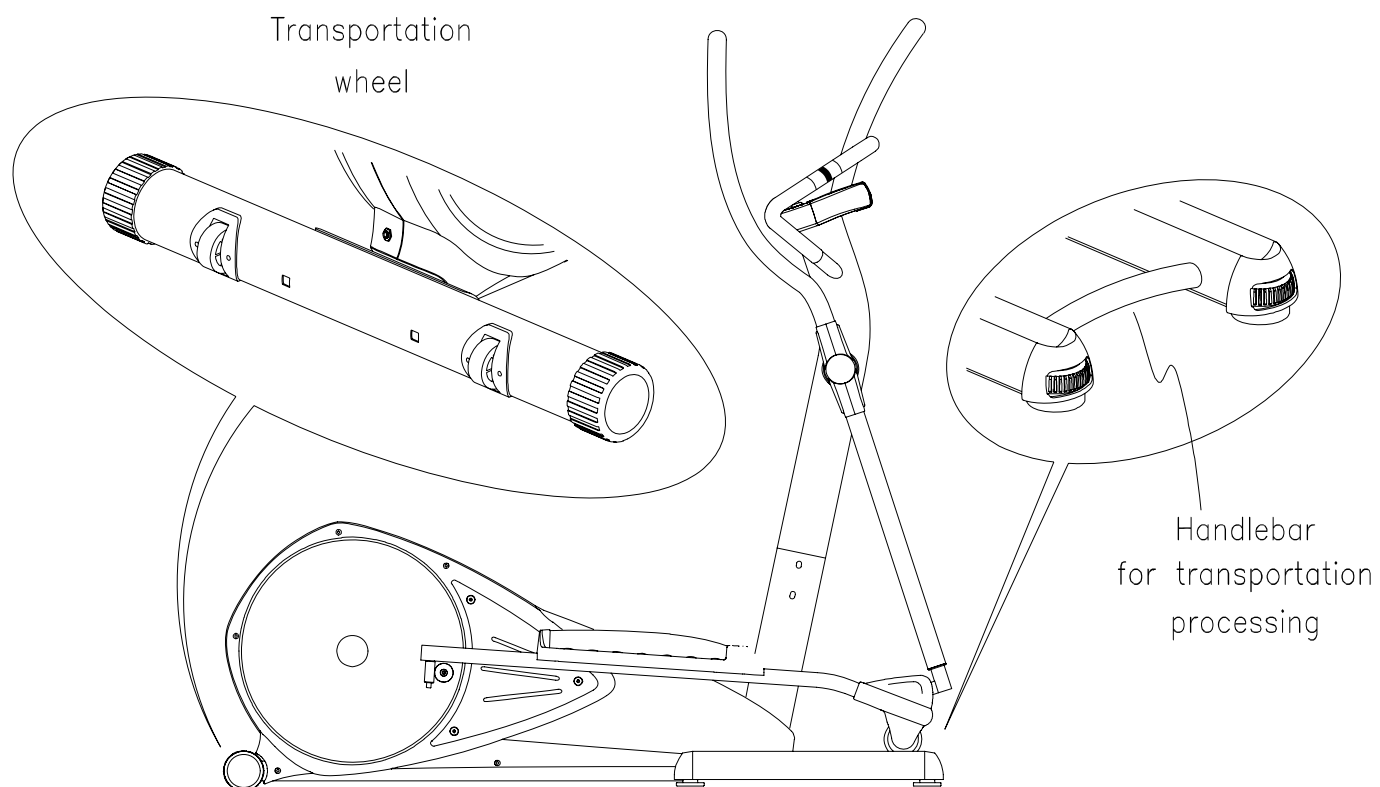
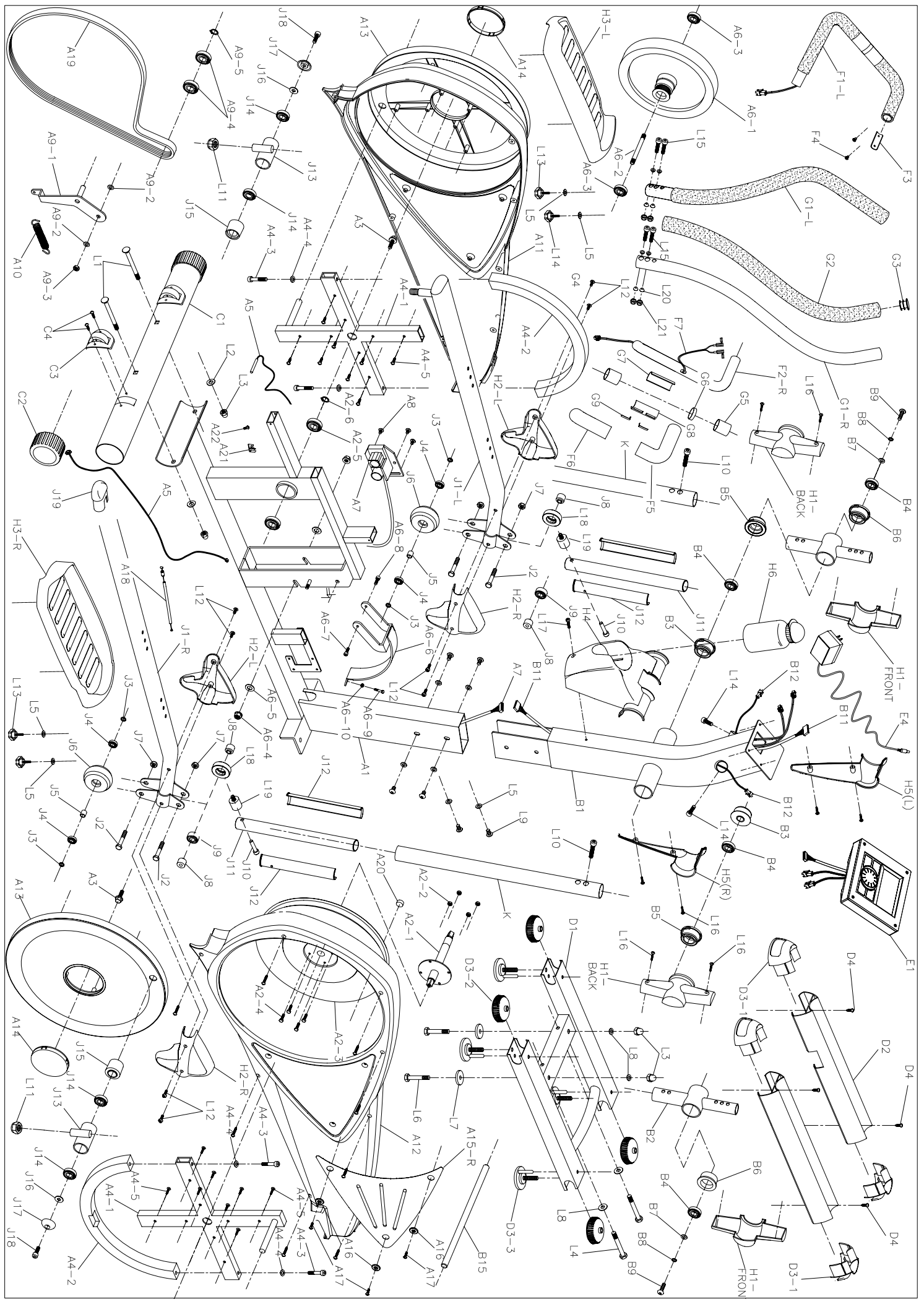


FIGURE 11

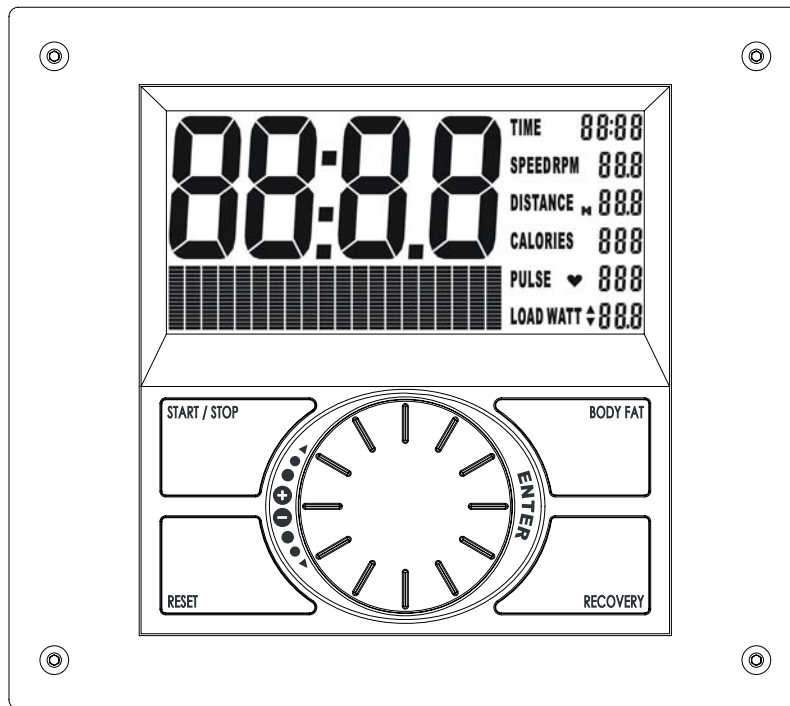
### **HOW TO MOVE THE MACHINE**

Stand at the front of the machine and lift it up until the weight of the machine is transferred to the transport wheel (located on the Rear Stabilizer (C.) Now the machine can be rolled to a new location if necessary.



## PARTS LIST

P/N	DESCRIPTION	Q'TY	P/N	DESCRIPTION	Q'TY	P/N	DESCRIPTION	Q'TY
A1	MAIN FRAME	1	B1	CENTRAL SUPPOR	1	H3-R	PEDAL (R)	1
A2-1	PULLEY AXLE	1	B2	CONNECT TUBE	2	H4	WATER BOTTLE HOUSING	1
A2-2	NUT	4	B3	BUSHING	2	H5(L)	BACK COVER(L)	1
A2-3	BELT PULLEY	1	B4	BEARING	4	H5(R)	BACK COVER(R)	1
A2-4	HEXAGON WASER	4	B5	BEARING HOUSING	2	H6	WATER BOTTLE	1
A2-5	BEARING	2	B6	BEARING HOUSING	2	J1-L	PEDAL TUBE (L)	1
A2-6	C-CLIP	1	B7	FLAT WASHER	2	J1-R	PEDAL TUBE (R)	1
A3	HEXAGON WASHER	2	B8	SPRING WASHER	2	J2	HEXAGON SCREW	4
A4-1	PEDAL SUPPORT	2	B9	HEXAGON WASHER	2	J3	CLIP	4
A4-2	ARC PLATE	2	B10	SHAFT	1	J4	BEARING	4
A4-3	SCREW	4	B11	CABEL (MIDDLE)	1	J5	PIPE	2
A4-4	FLAT WASHER	4	B12	HAND PULSE SENSOR	2	J6	PU WHEEL	2
A4-5	CROSS SCREW	16	C1	REAR STABILIZER	1	J7	NYLON NUT	4
A5	DC CORD	1	C2	END CAP	2	J8	BUSHING	4
A6-1	MAGNETIC	1	C3	TRANSPORTATION	2	J9	BEARING	2
A6-2	SHAFT	1	C4	WASHER SCREW	4	J10	SCREW	2
A6-3	BEARING	2	D1	FRONT STABILIZER	1	J11	CONNECT PIPE	2
A6-4	FLAT WASHER	2	D2	ALUMINUM SLIDER	2	J12	PLSATIC BUSHING	4
A6-5	NUT	2	D3-1	ADJUSTED END-CAP	4	J13	SHAFT FOR PEDAL	2
A6-6	MAGNETIC	1	D3-2	ADJUSTED-WHEEL	4	J14	BEARING	4
A6-7	SCREW	2	D3-3	ADJUSTED END-CAP	4	J15	TAPER BUSHING	2
A6-8	SCREW	1	D4	CROSS SCREW	4	J16	FLAT WASHER	2
A6-9	SCREW	1	E1	MONOTIR	1	J17	DECORTATION COVER	2
A6-10	NUT	1				J18	SCREW	2
A7	MOTOR SET	1	F1-L	FRONT HANDLE BAR (L)	1	J19	END CAP	2
A8	CROSS WASHER	3	F2-R	FRONT HANDLE BAR(R)	1	K	CONNECT PIPE	2
A9-1	TENSION PULLEY	1	F3	U-BRACKET	1	L1	SCREW (3/8"x89mm)	2
A9-2	FLAT WASHER	2	F4	CROSS SCREW	2	L2	ARC WASHER (3/8")	2
A9-3	HEAXGON WASHER	1	F5	SPONGE	2	L3	BOLT (3/8")	4
A9-4	BEARING	2	F6	SPONGE	2	L4	HEXAGON	4
A9-5	C-CLIP	1	F7	HAND PUSLE SENSOR	2	L5	FLAT WASHER(3/8")	10
A10	SPRING	1	F8	SENSOR CLIP	4	L6	HEXAGON	2
A11	CHAIN CVOER(L)	1	F9	SPACER	2	L7	FLAT WASHER(3/8")	2
A12	CHAIN COVER(R)	1	F10	SENSOR HOUSHING	2	L8	FLAT	4
A13	CICLE PLATE	2	F11	SENSOR HOUSHING	2	L9	HEXAGON	6
A14	DECORTATION	2	F12	CLIP	4	L10	HEXAGON	2
A15-L	SIDE COVER	1	G1-L	SIDE HANDLE BAR (L)	1	L11	NYLON NUT(3/8")	2
A15-R	SIDE COVER	1	G1-R	SIDE HANDLE BAR (R)	1	L12	CROSS	4
A16	CHROMED SCREW	6	G2	SPONGE	2	L13	KNOB (M8x40mm)	4
A17	HEXAGON SCREW	6	G3	ROUND END CAP	2	L14	HEXAGON	2
A18	TENSION CABLE	1	H1-F	DECORTATION COVER	2	L15	HEXAGON	4
A19	BELT	1	H1-B	DECORTATION COVER	2	L16	CROSS SCREW	8
A20	MAGNET	1	H2-L	PEDAL JOINT COVER (L)	2	L17	CROSS	1
A21	SENSOR HOUSHING	1	H2-R	PEDAL JOINT COVER(R)	2	L18	BEARING HOUSHING	2
A22	SCREW	1	H3-L	PEDAL(L)	1	L19	SCREW	2
						L20	TAPER WASHER (M6)	8
						L21	NUT(M6)	4



## **FUNCTIONS :**

**TIME :** Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 second.

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 1:00 to 99:00.

**SPEED :** Display current training speed from 0.0 to maximum 99.9 km or ml.

**RPM :** Display current training rotation per minute.

**DISTANCE :** Count up - No preset target, Distance will count up from 0.00 to maximum 99.90 with each Increment 0.1 KM

Count down - If training with preset target, Distance will count down from preset to 0.00. Each preset increment or decrement is 0.1 KM (or ML) between 0.00 to 99.90.

**CALORIES :** Count up - No preset target, Calories will count up from 0 to maximum 990 with each 1 cal increment.

Count down - If training with preset target, Calories will count down from preset time to 0. Each preset increment or decrement is 10 cal from 0 to 990 cal.

**PULSE :** To display your current heart beat figures as soon as the pulse sensor has been touched.

The monitor will detect your heart best through handgrip sensors once you hold on both hands.

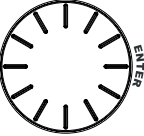

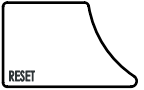



**RECOVERY :** After exercising for a period of time, keep holding on handgrips and press “RECOVERY” button. All function display will stop except “TIME” starts counting down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1, F2, ..., to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)

**TEMPERATURE :** Screen will display room temperature in sleep mode.

**CALENDAR :** Screen will display year/month/day in sleep mode.

**CLOCK :** Screen will display time in sleep mode.

## Button Functions

	ENTER	To set function value for TIME , DIST , CAL , PULSE in sleep mode.
	ENCODER UP ENCODER DOWN	To select training mode and adjust function value up. To select training mode and adjust function value down .
	RESET	Return to main function mode in STOP mode and clean all preset
	START/STOP	To start or stop training
	BODY FAT	To start or stop body fat testing.
	RECOVERY	To test heart rate recovery status

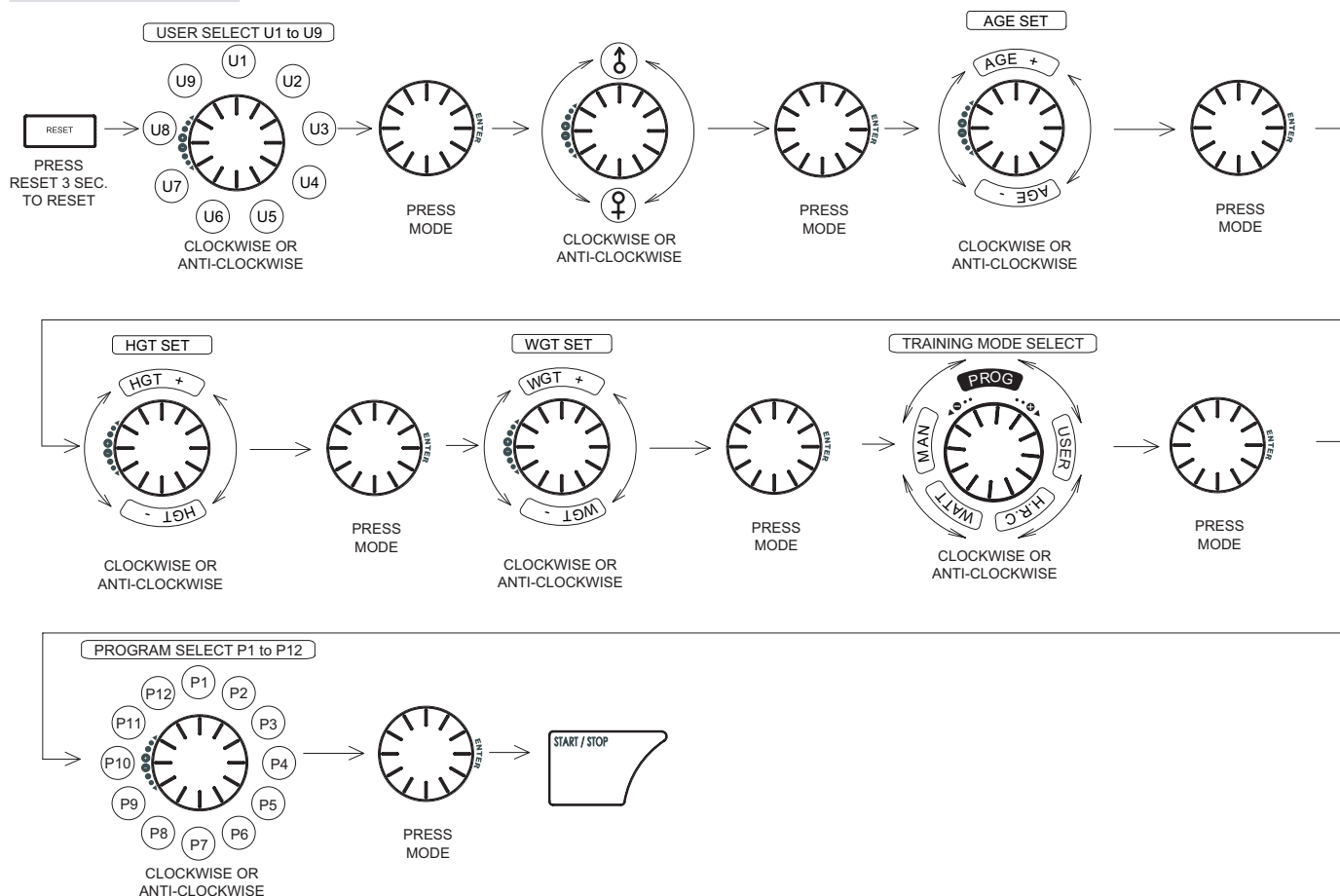
1. Power on, LCD will display segment for 2 seconds with long beep sound. Use UP or DOWN buttons to select U1 (User number 1) to U9 (User number 9) as the user's identification, then, Input personal data: Sex, Age, Height, Weight. You may use UP or DOWN to select and adjust the data, then press MODE/ENTER.
2. Press ENTER · UP · DOWN buttons to set year / month / day / clock; screen will enter standby mode.
3. Manual is glittering in the sleep mode, you may turn UP and DOWN to select training mode MANUAL / PROGRAM / USER PROGRAM / H.R.C. / WATT and press ENTER/MODE for confirmation. The monitor will enter MANUAL mode for training without selection.

#### 4. Training in PROGRAM mode :

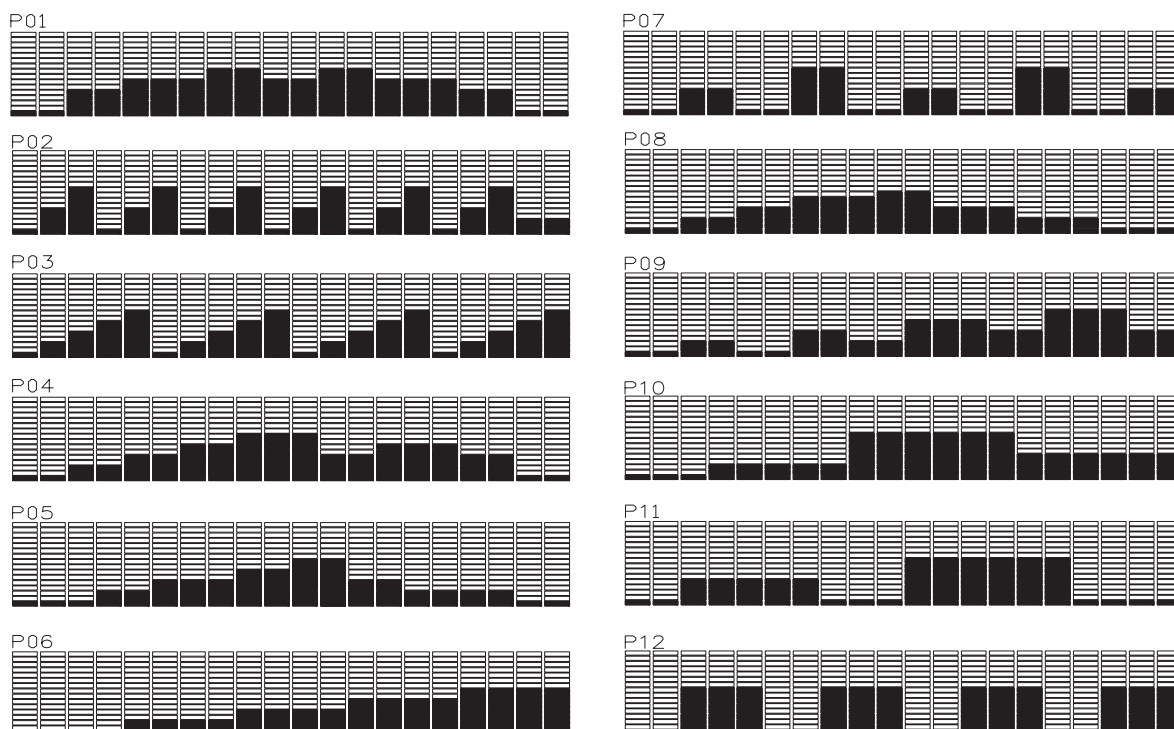
- 4-1 In the PROGRAM mode, you may turn UP/DOWN button to select program P01,P02,P03...~P12, the selected program will be show on screen for 2 seconds then display program profile accordingly.
- 4-2 LOAD 1 (preset value) is glittering after training program selected, you may turn UP/DOWN button to select level from 1 to 16 and ENTER/MODE button for confirmation. Load level can be adjusted during training.



## PROGRAM mode



## The PROGRAM includes 12 profiles



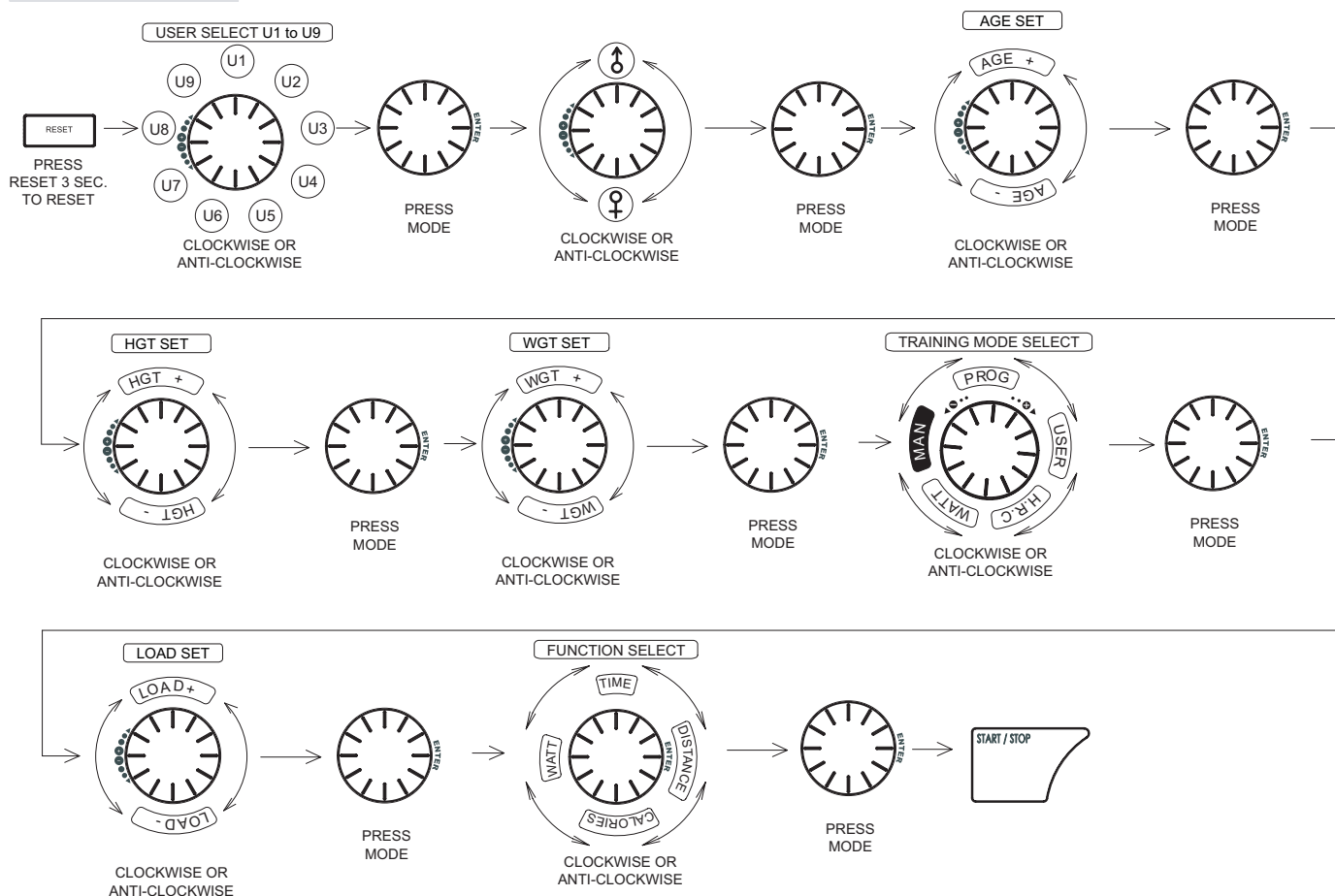
## 5. Training in MANUAL mode

5-1 In the MANUAL mode, you may turn UP/DOWN button to select load level from 1 to 16, the preset level is 1.

5-2 After load level selected, you may preset function values for TIME, DISTANCE, CALORIES, and PULSE by turning UP/DOWN button and press ENTER confirmation.

5-3 Pressing START button to start training.

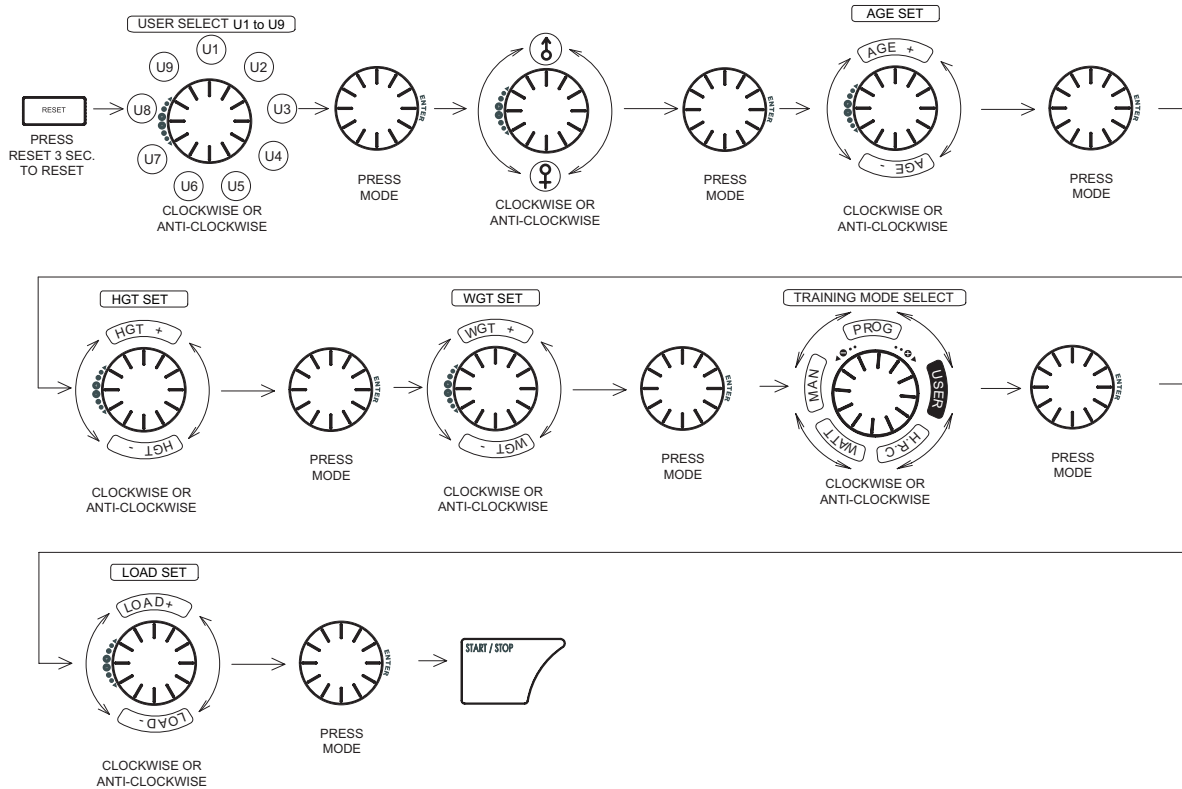
### MANUAL mode



## 6. Training in USER PROGRAM :

6-1 After USER PROGRAM selected, you may set prefer program profile by turning UP, DOWN and ENTER button for each flashing column. There are 20 segments for setting, if you want to quit during setting, you may hold on ENTER button for 2 seconds to quit, the previous setting profile will be saved for unfinished segment.

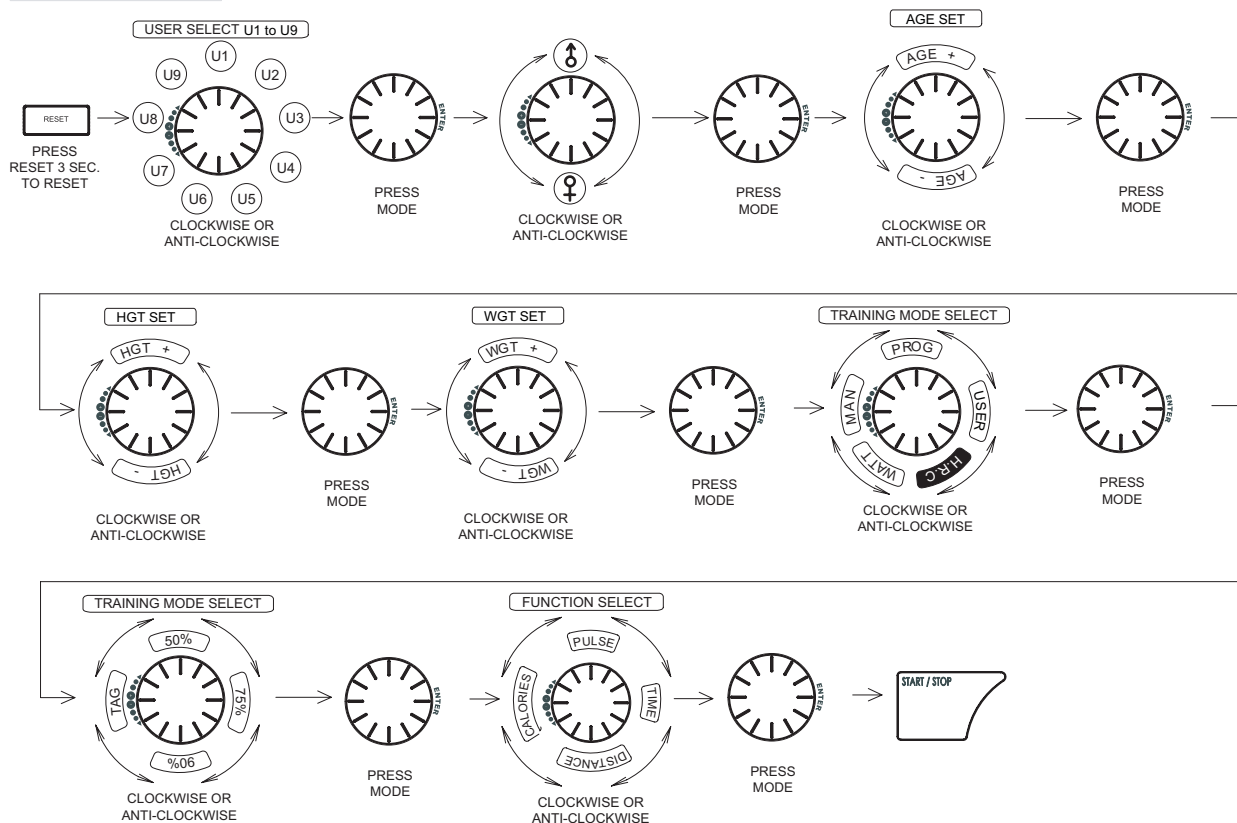
## USER mode



## 7. Training in H.R.C. mode :

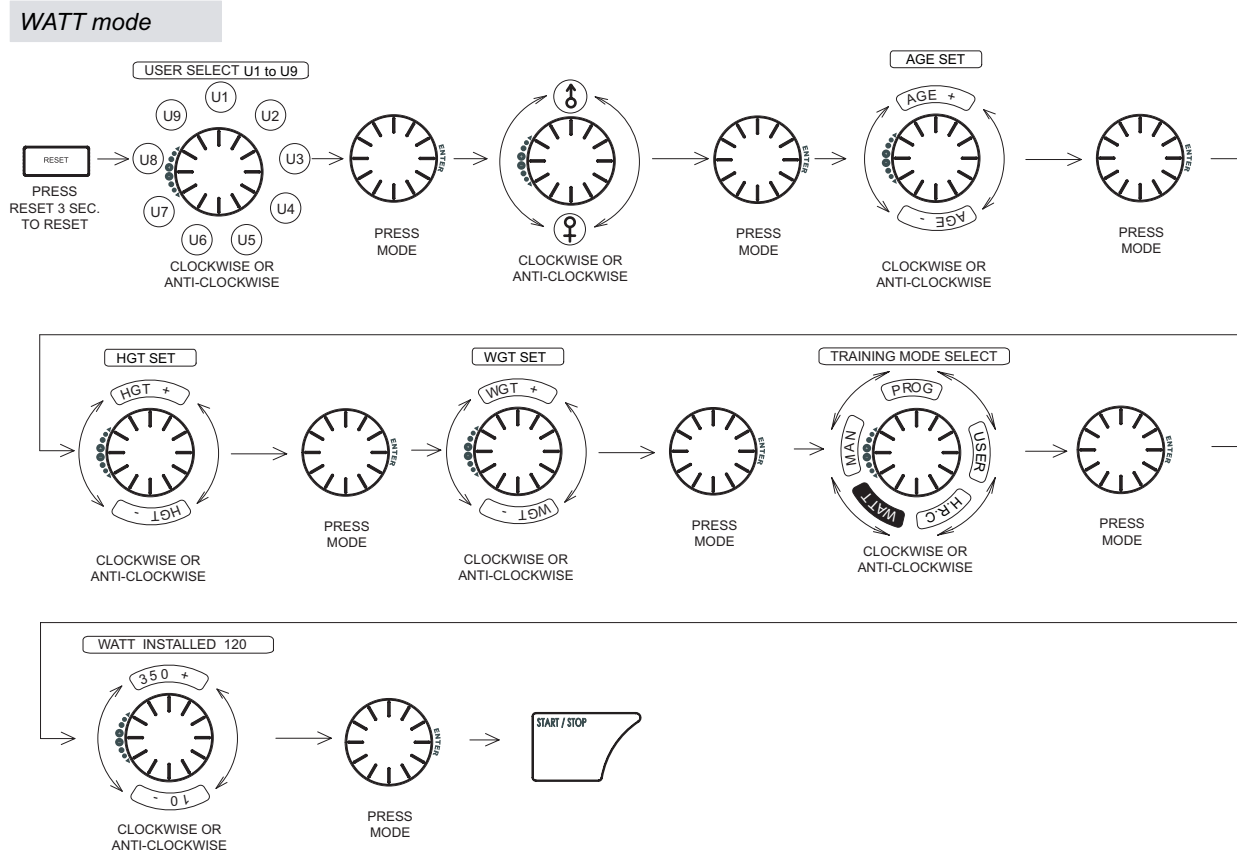
AGE 25 is flashing after enter H.R.C. mode, you may set your age by turning UP/DOWN/ENTER button. The monitor will calculate preset heart rate value automatically according to your age setting. Screen will heart rate percentage 55%, 75%, 90% and TARGET. You may select heart rate percentage by UP/DOWN/ENTER button for training.

## H.R.C mode



## 8. Training in WATT mode :

The preset watt value 120 is flashing on screen in WATT setting mode, select UP/DOWN/ENTER to set target value from 10 to 350. Pressing



## 9. Training in BODY FAT mode :

You may test and have the BODY FAT advice when the computer is in STOP mode. Please follow the steps as below:

Step I - Make sure the personal datas have been input and correct.

Step II - Press BODY FAT button, and hold on handgrip to start body fat testing.

Step III - The symbol "- - - - -" will display while testing period in 8 seconds. After 8 seconds, you will see the BODY FAT advice in percentage(\*1) and BMI(\*2) and the fat advice in different symbol. It would be possible to display other indication if you have the following situation:

1. "E-1" - When you see this indication, it means you did not put your thumb properly on the conductor. Please try again.
2. "E-4" - When you see this indication, it means the BODY FAT advice is exceeded the available area which is fixed in the program.

After BODY FAT testing, press BODYFAT button to have the computer back to working continues from the previous datas before testing. The BODY FAT advice figure and BMI will disappear.

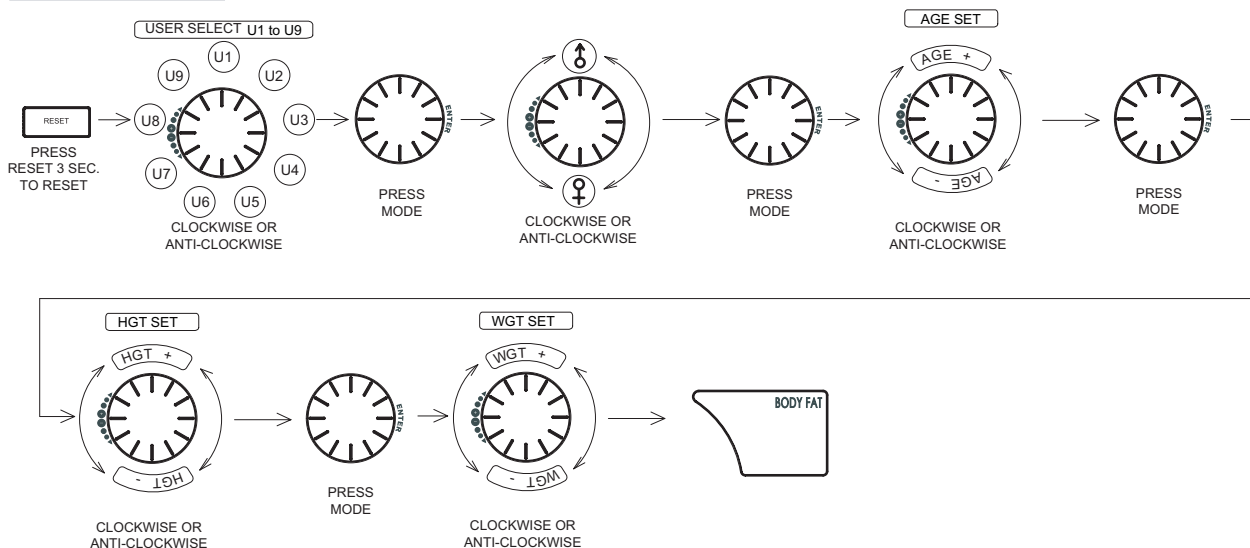
The computer may allow the other people to test BODY FAT under STOP mode. The user may press RESET button for 4 seconds to select new user identification and input new personal datas. Then follow each step as above to have the new testing.

\* 1 - BODY FAT - This is a figure comes out from all the personal datas you input and the signal transferred through the conductor when you put the thumb. The computer will calculate the signal and your personal datas to figure out the FAT percentage of your body.

\* 2 - BMI - Body Mass Index : This is a figure comes out from your height and weight which can be calculated out to show how your body is fat or not.

All the BMI & BODY FAT advice figures are the rough guid for you to take care your health, which are not for the medicate treatment use purpose.

#### BODY FAT mode



#### Note:

1. When there is no signal been transferred into the computer for 4 minutes, the LCD display will shut off automatically, and all previous training datas will be stored. You may press any button to have the computer restart working.
2. The monitor can store 4 user's (U1-U4) presetting function datas. When the monitor is power on, the LCD will display the previous (before power off) user's identification. If previous user is U1 or U2, or U3, or U4, the previous presetting function datas of Time, Distance, Calories, Watt (if training in manual), or Pulse values will display out, if previous user is U5 to U9, the LCD will display user's identification only.
3. The monitor has the same result as abovementioned point 2 if you press and hold on RESET button for 4 seconds.
4. If the LCD display is improper, please remove the battery and reinstall again.
5. The monitor can be power on with AC adaptor input.
6. Body fat advice and symbol indication table:

SYMBOL		□	+	△	◇
SEX \	FAT%	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE		<13%	13%-25.8%	26%-30%	>30%
FEMALE		<23%	23%-35.8%	36%-40%	>40%

### **Battery Installation:**

The computer needs 4 size “C” batteries to be installed in both compartments located on the back of the computer, as shown below.

