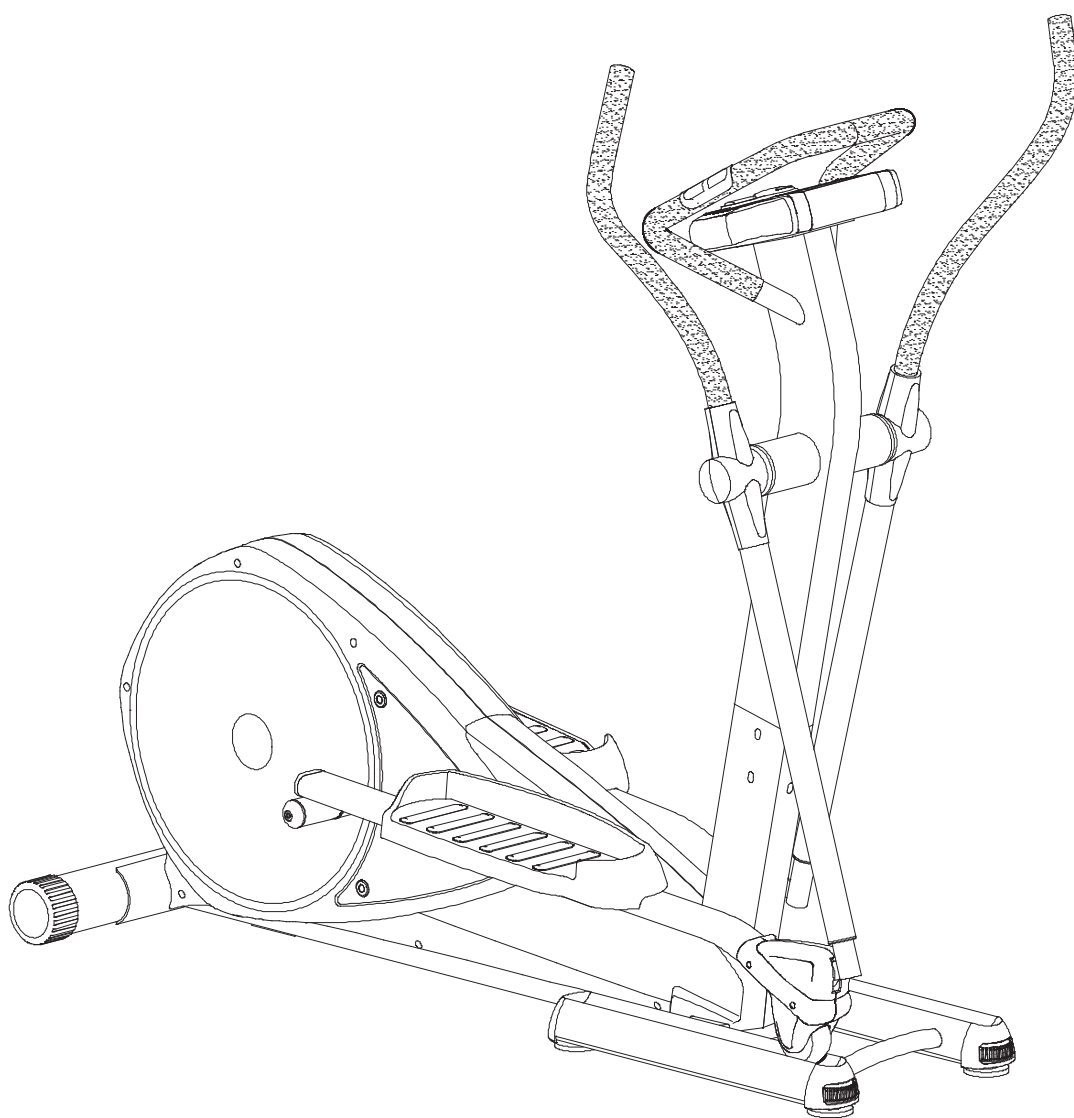


# ELLIPTICAL TRAINER



MODEL: E 8000P

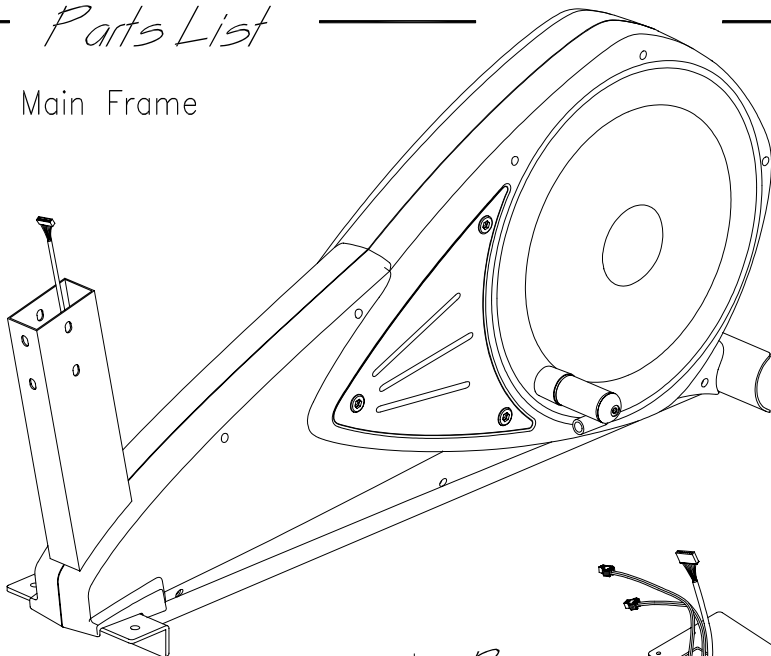
**SPORTOP®**

Owner's Operating Manual

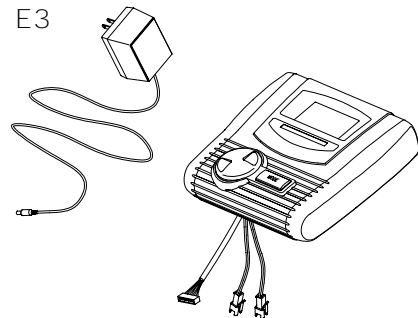
ENGLISH

# Parts List

## A Main Frame



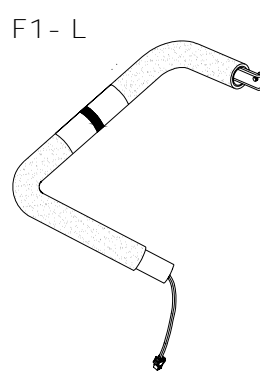
E3



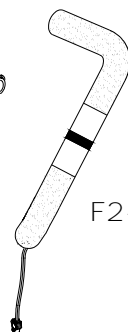
Monitor & Adaptor E

## F Front Handlebar

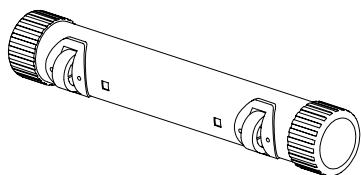
F1 - L



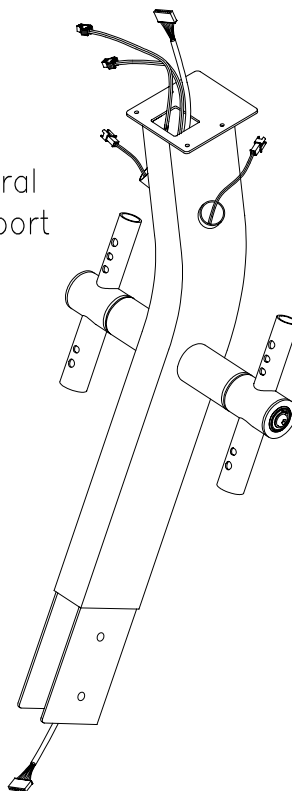
F2 - R



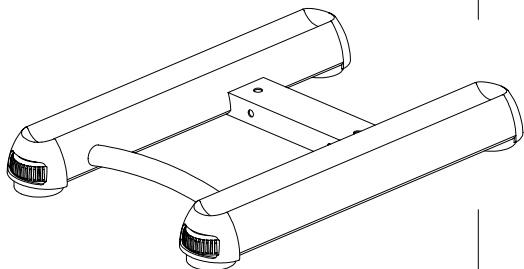
## C Rear Stabilizer



## B Central Support Tube

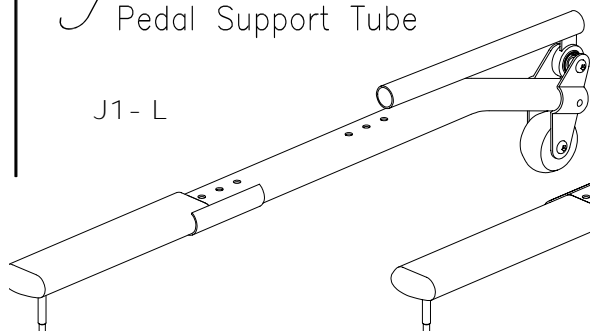


## D Front Stabilizer

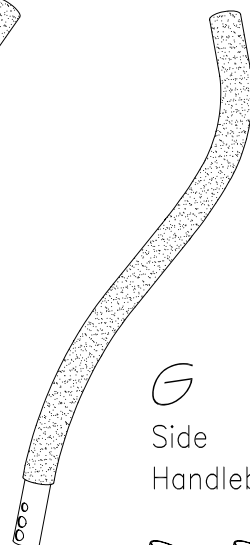
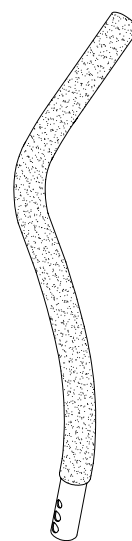
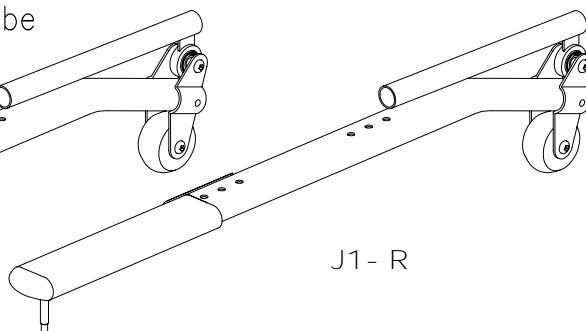


## J Pedal Support Tube

J1 - L

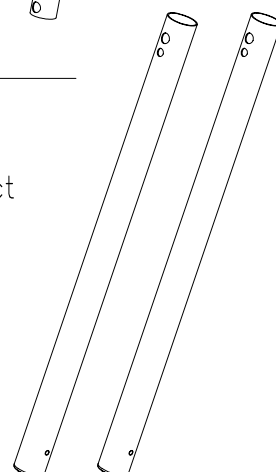


J1 - R



## G Side Handlebar

## K Connect Tube

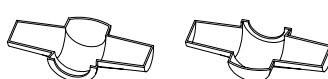


## H Handlebar Joint Cover

(H1)-Front



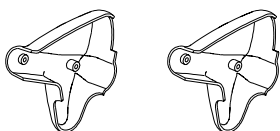
(H1)-Back



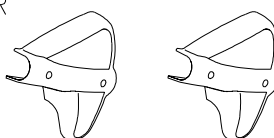
# Parts List

## H Pedal Tube Joint Covers

(H2)-L



(H2)-R



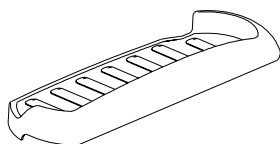
## Water Bottle Housing

(H4)

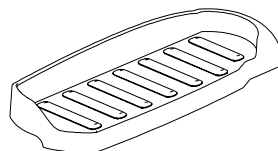


## Pedals

(H3)-L



(H3)-R



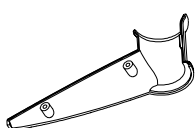
## Water Bottle

(H6)

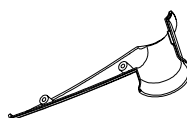


## Decortation Bottle Housing

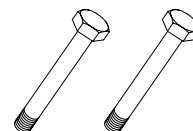
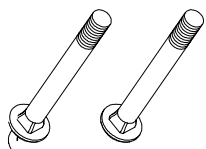
(H5)-L



(H5)-R



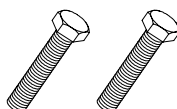
∠ (L1) Bolt 3/8"x89mm (L2) Arc Washer 3/8" (L3) Nut 3/8" (L4) Bolt M8x70mm



(L5) Washer 3/8"



(L6) Bolt 3/8"x50mm



(L7) Washer 3/8"X Ø45X4.5t



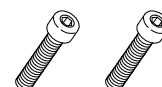
(L8) Washer 3/8"X Ø23X2t



(L9) Bolt M8x16mm



(L10) Bolt M8x40mm



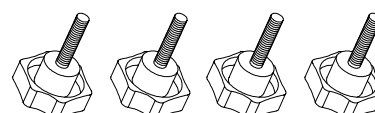
(L11) Nut 3/8"



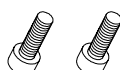
(L12) Bolt M5x10mm



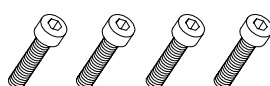
(L13) Knob M8\*35mm



(L14) Bolt M8\*30mm



(L15) Bolt M8\*35mm



(L16) Screw



(L17) Screw



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.)

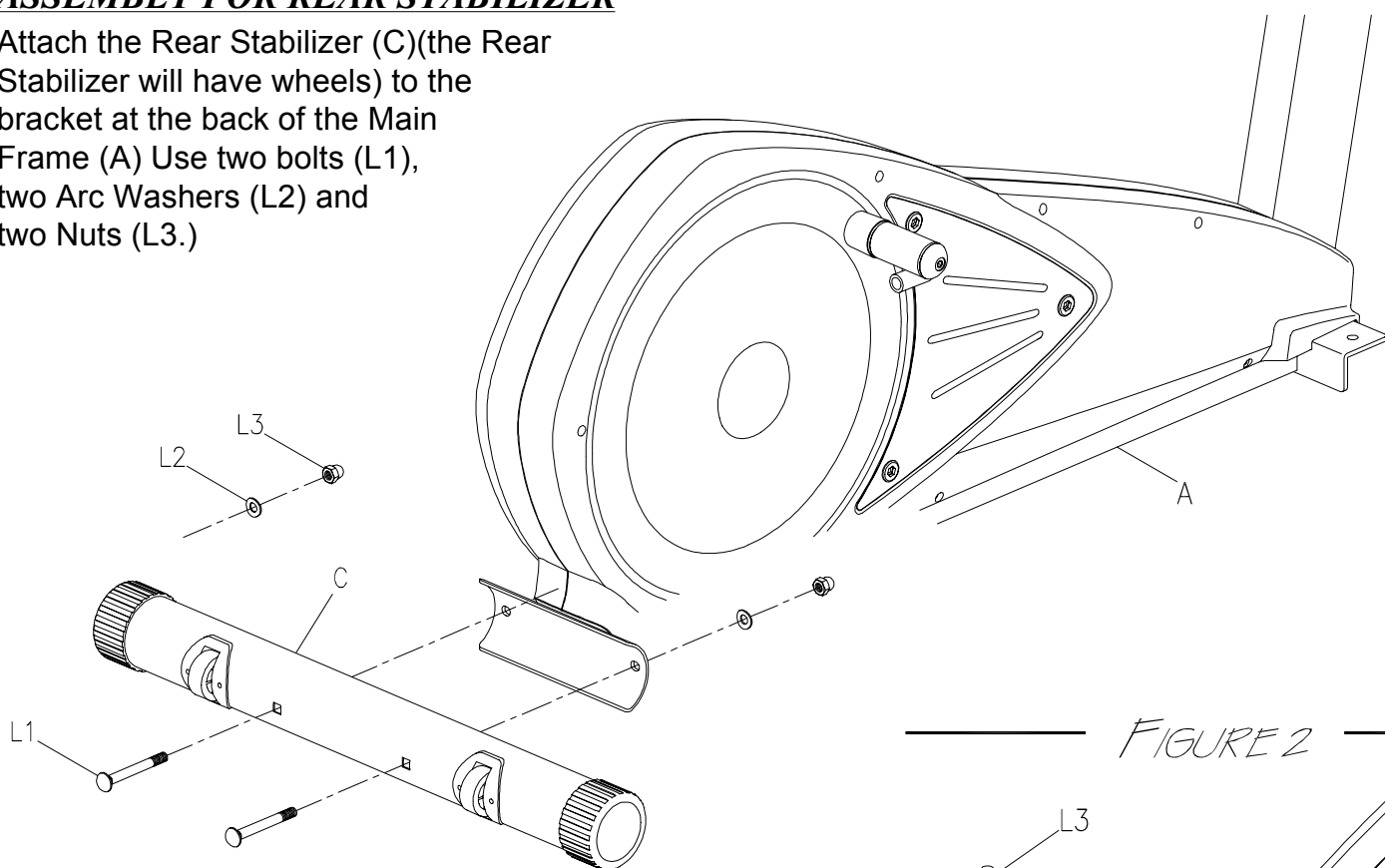
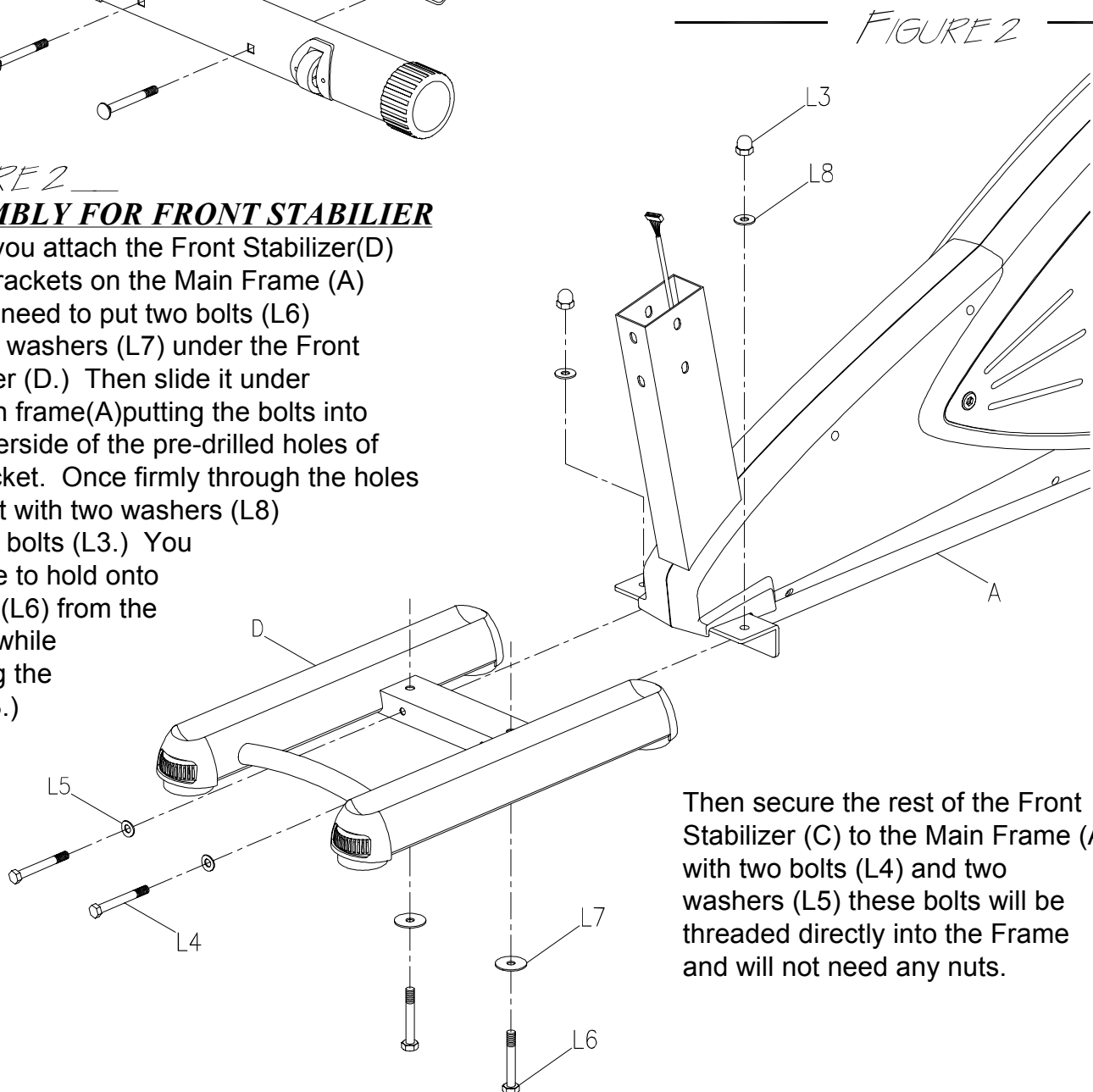


FIGURE 2

### 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 (L5) 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

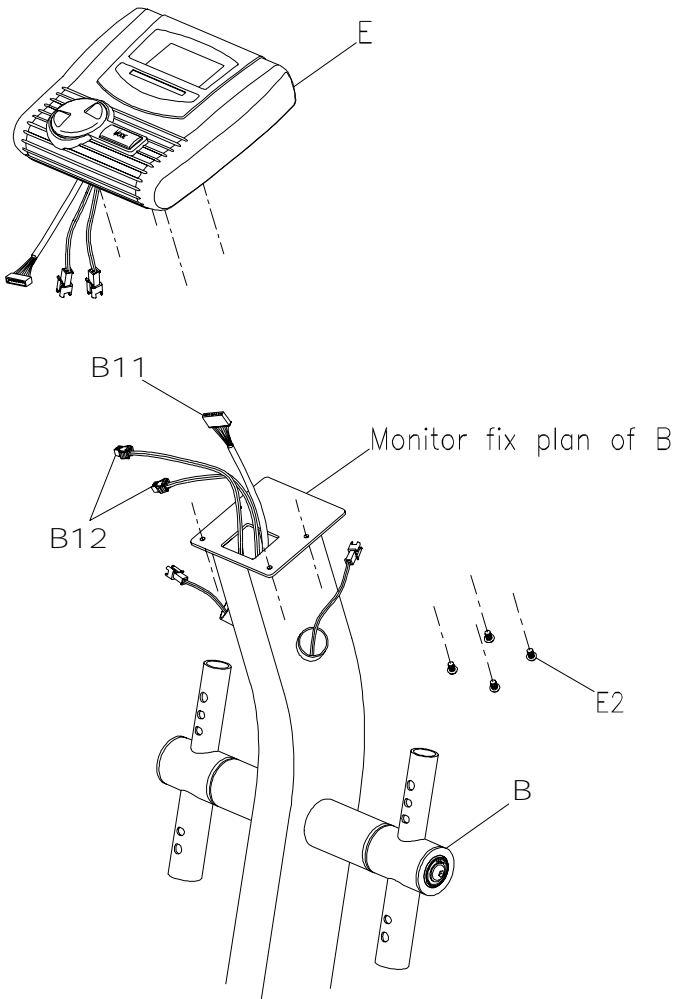


FIGURE 4

### ASSEMBLY FOR MONITOR

Attach the cable wires from the Computer (E) to the Sensor Wire (B11) and to the Cable Wire (B12.) Once attached place the Computer on the fixing plate and secure it with the screw (E2).

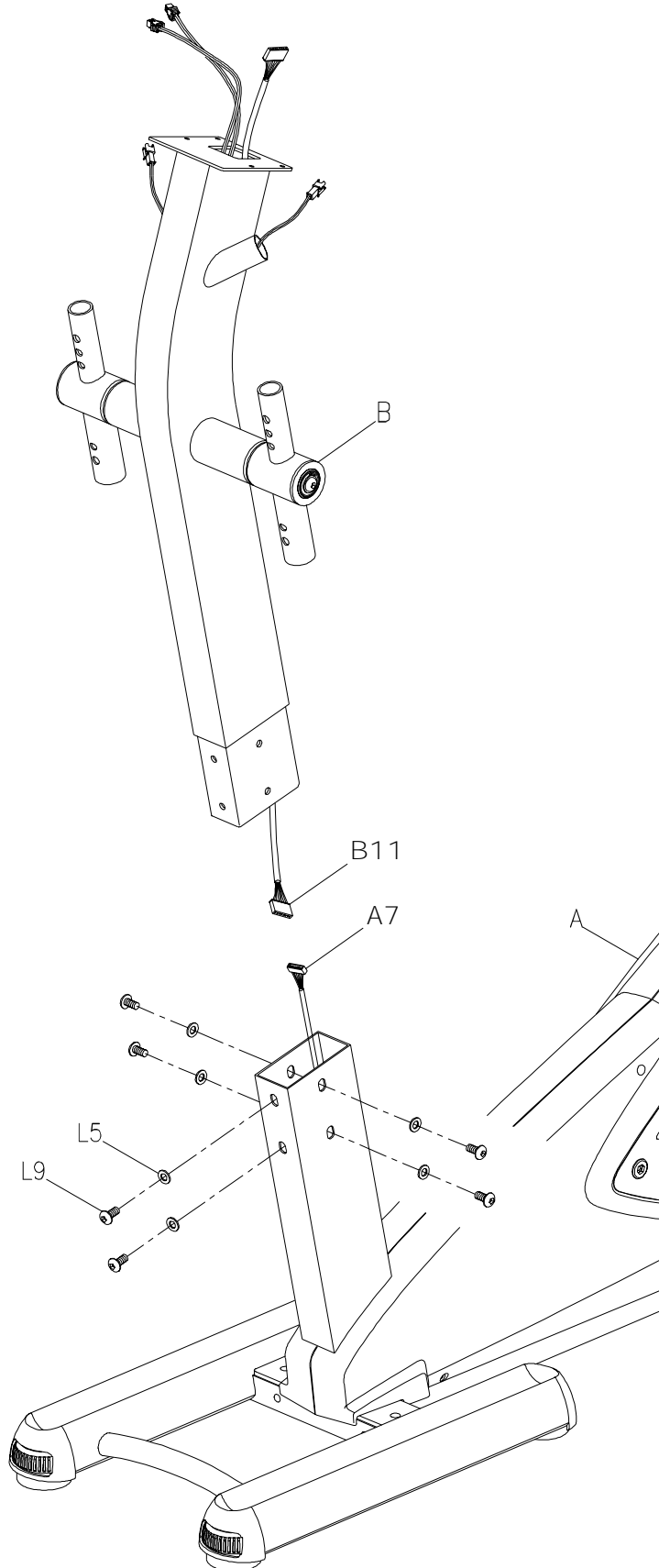


FIGURE 5-1

# **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.

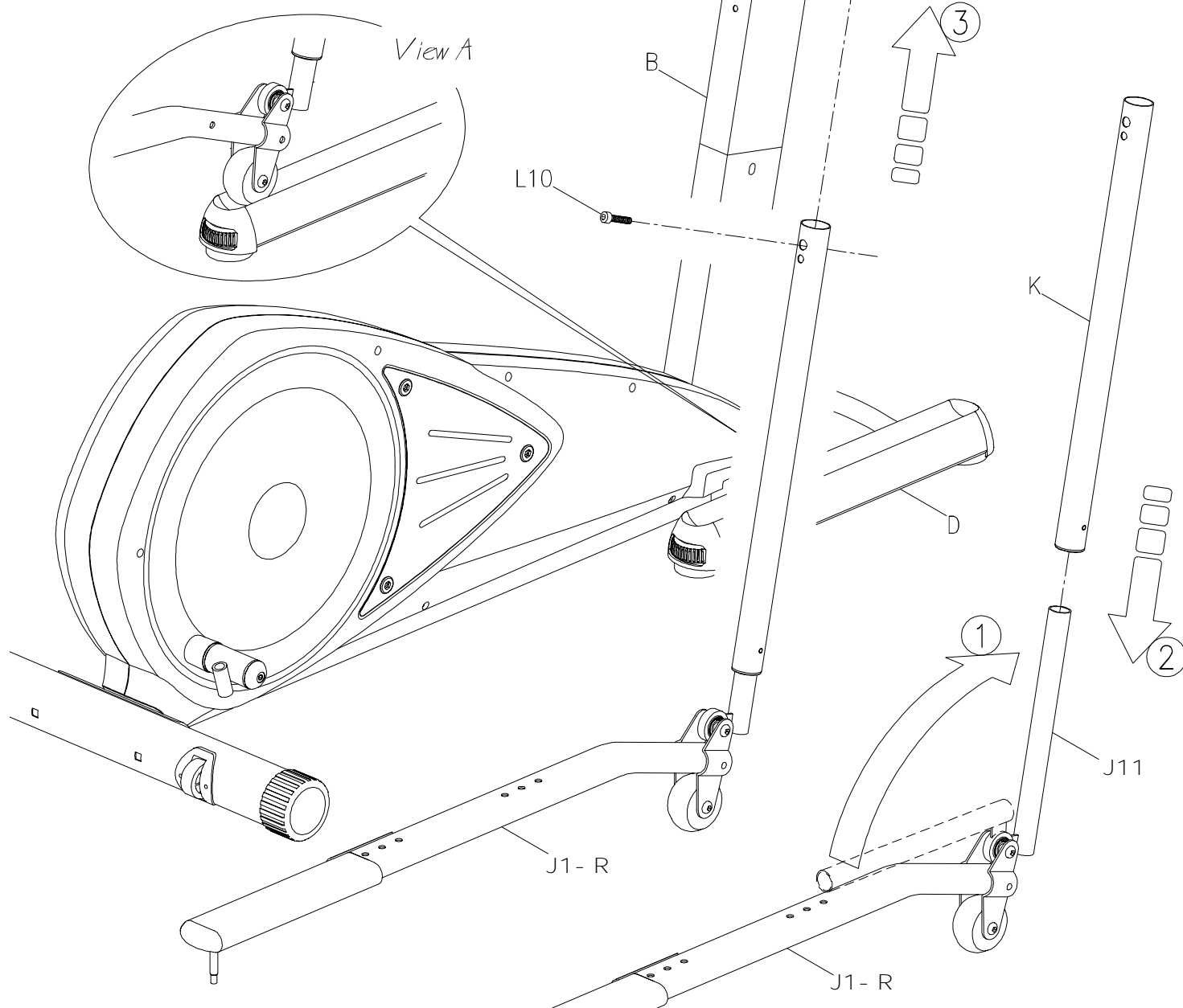


FIGURE 5-1

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.

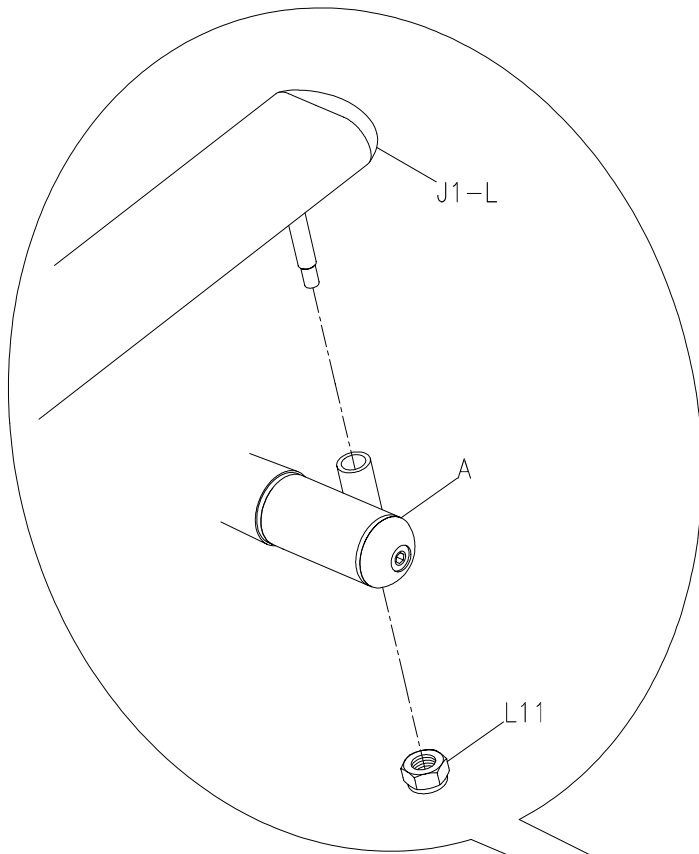
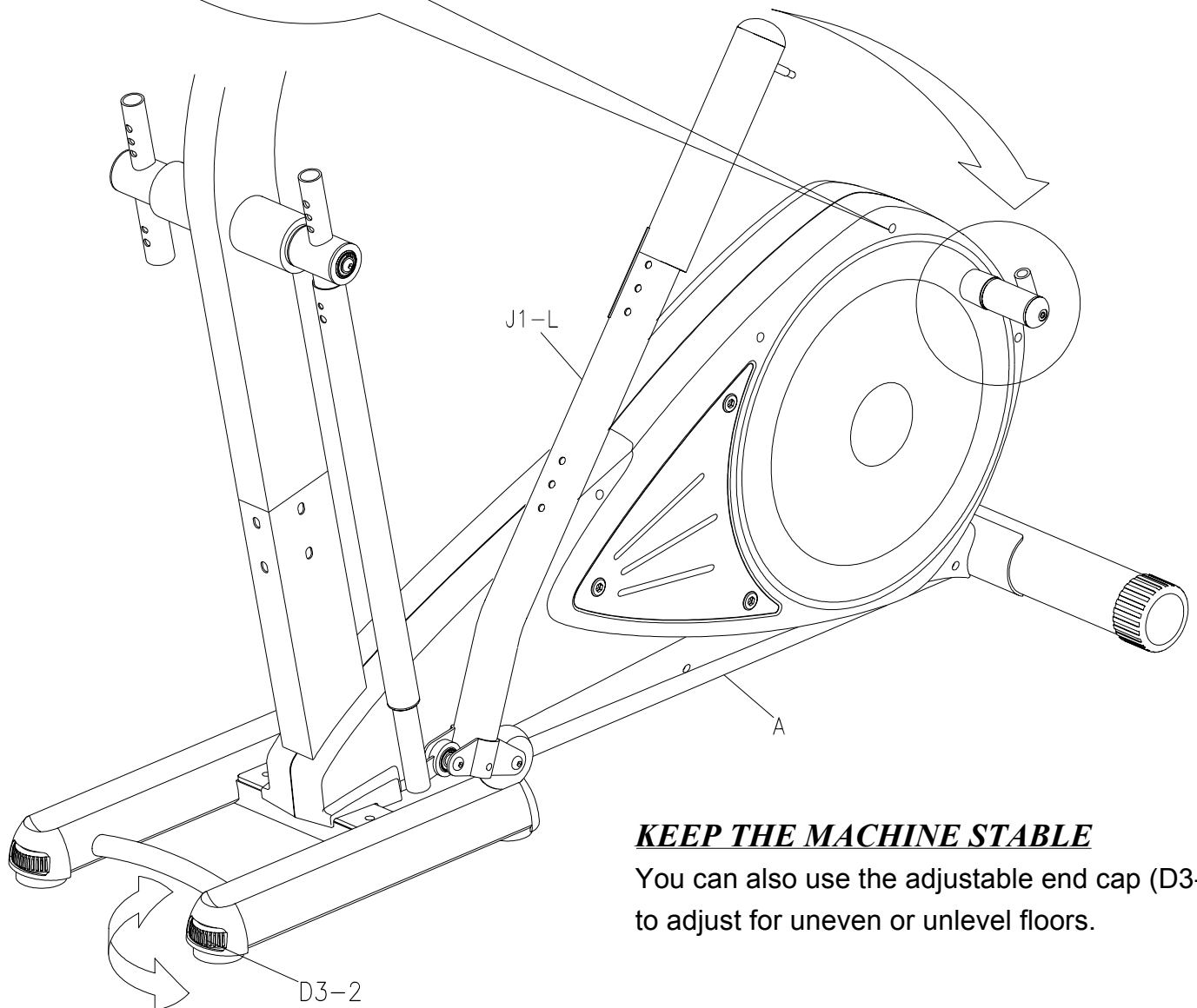


FIGURE 5-2



**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)

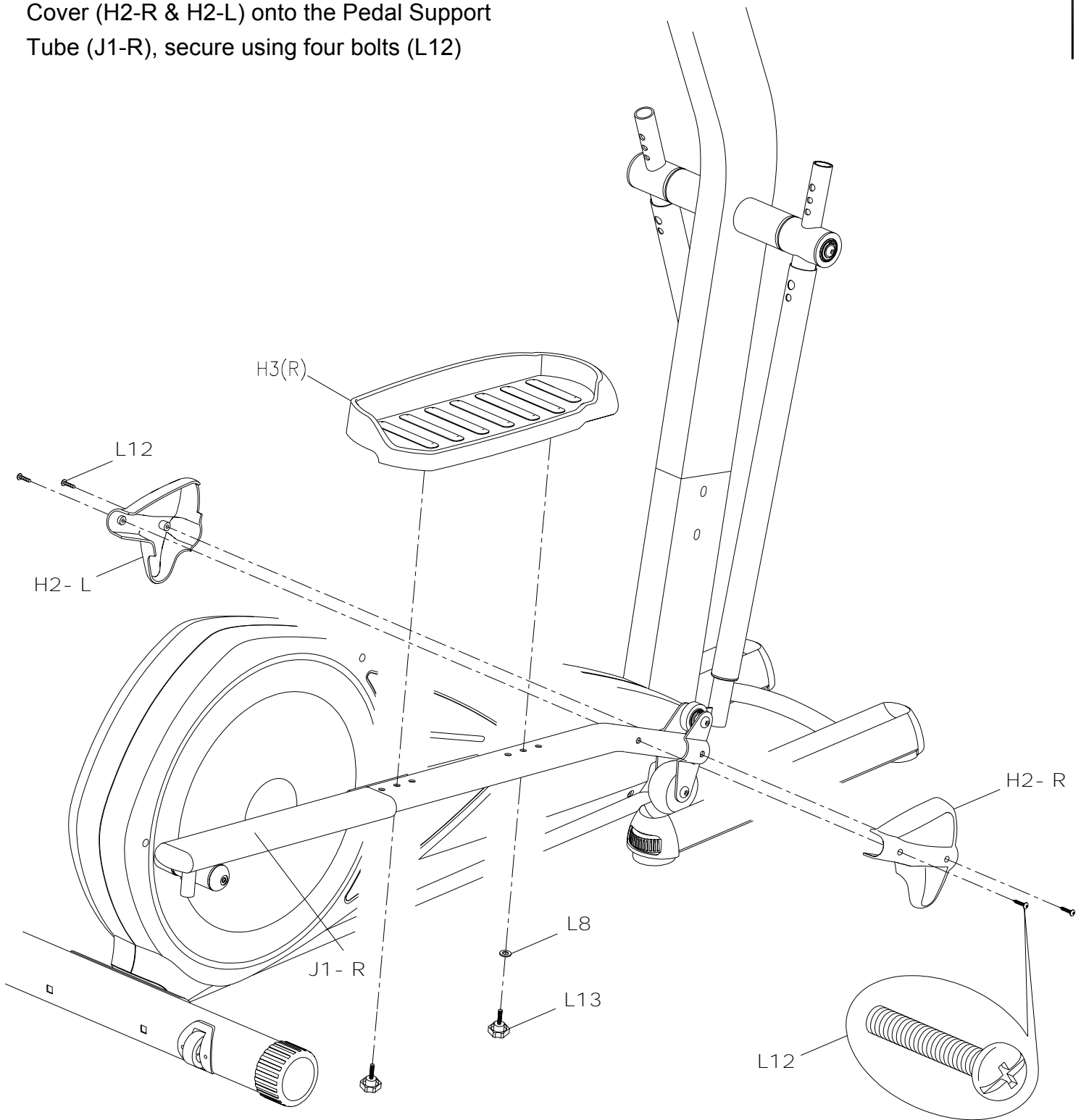


FIGURE 6

### **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 washers (L8) 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.

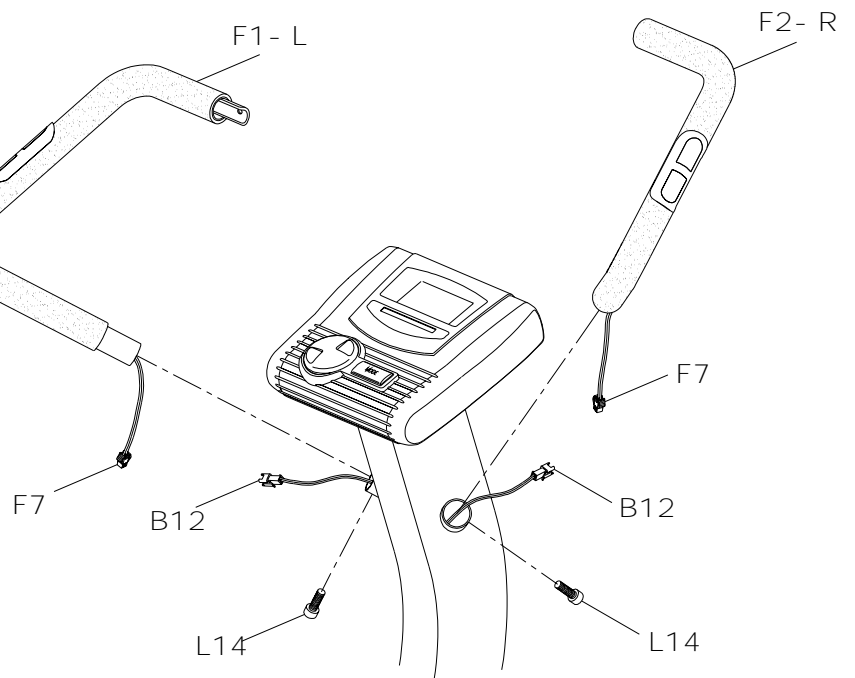


FIGURE 7-2

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

FIGURE 7-2

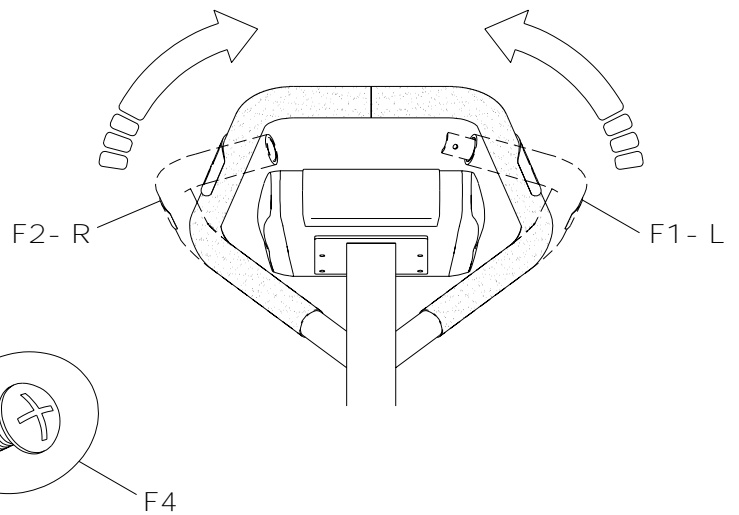


FIGURE 7-3

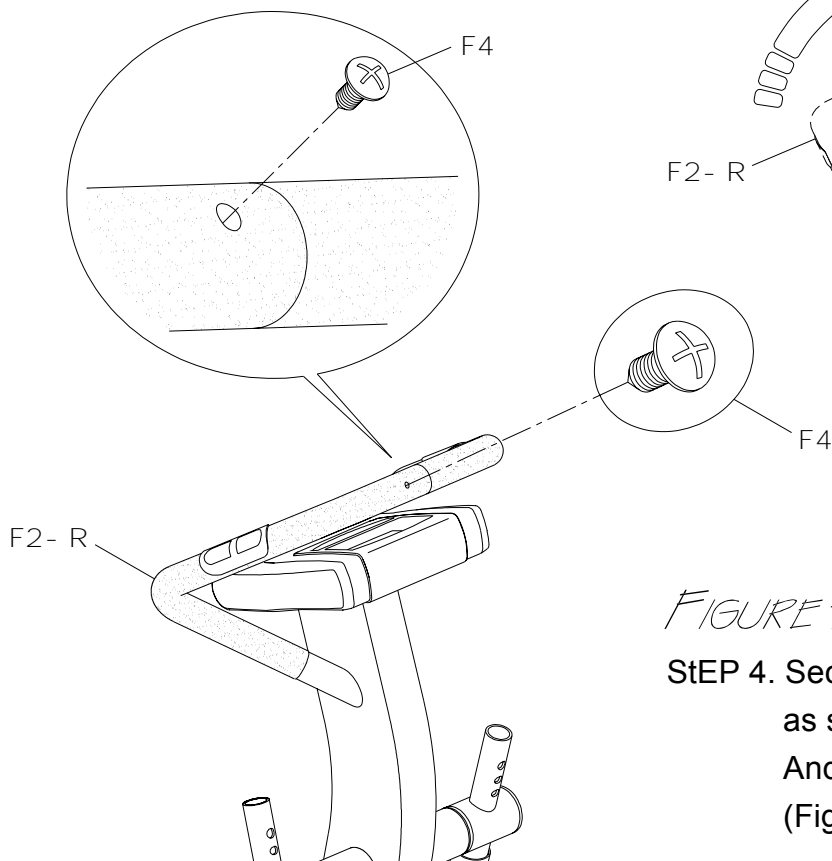


FIGURE 7-3

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

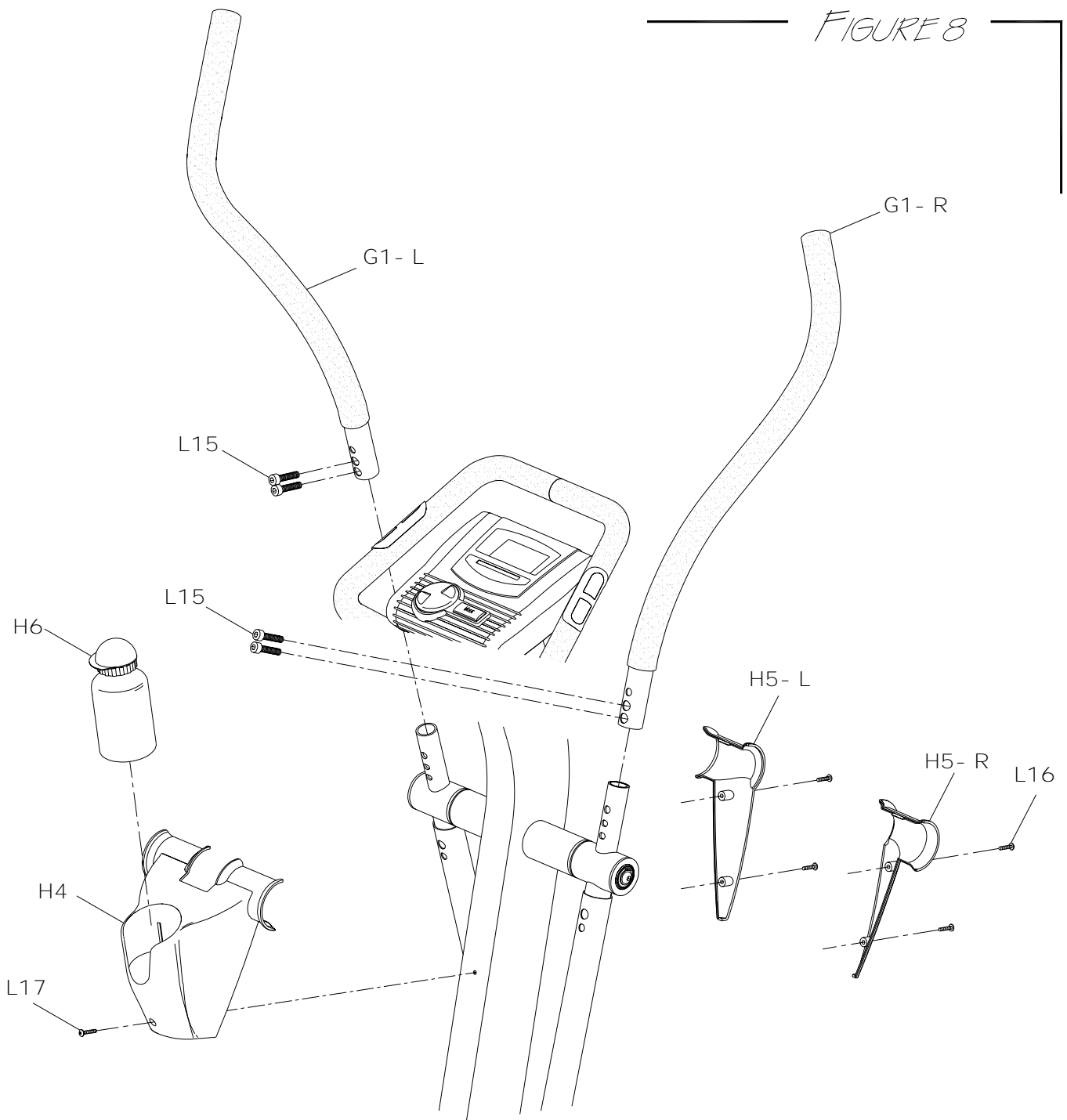


FIGURE 8

### **ASSEMBLY FOR SIDE HANDLEBAR**

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

### **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.

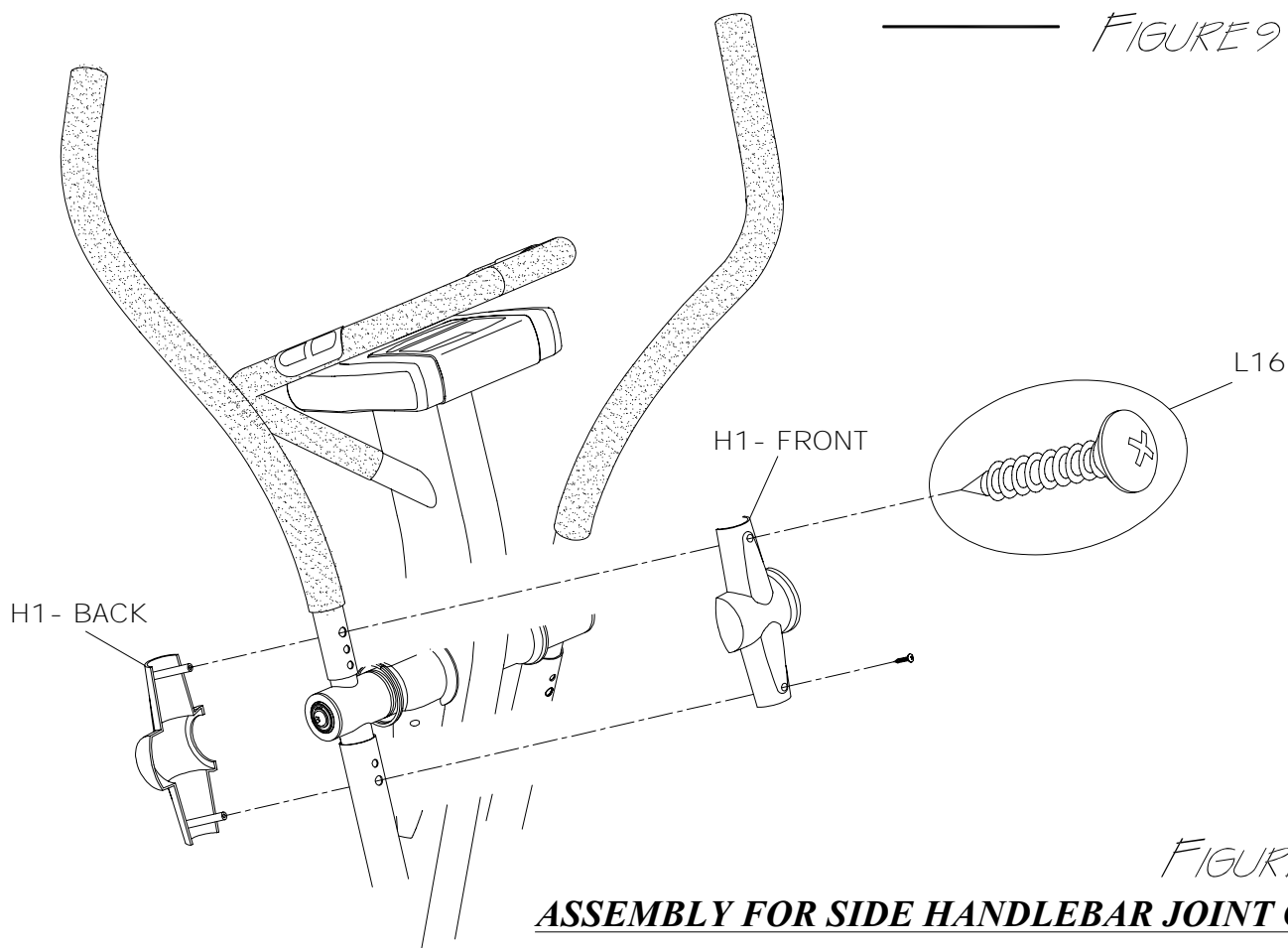


FIGURE 9  
**ASSEMBLY FOR SIDE HANDLEBAR JOINT COVER**

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.

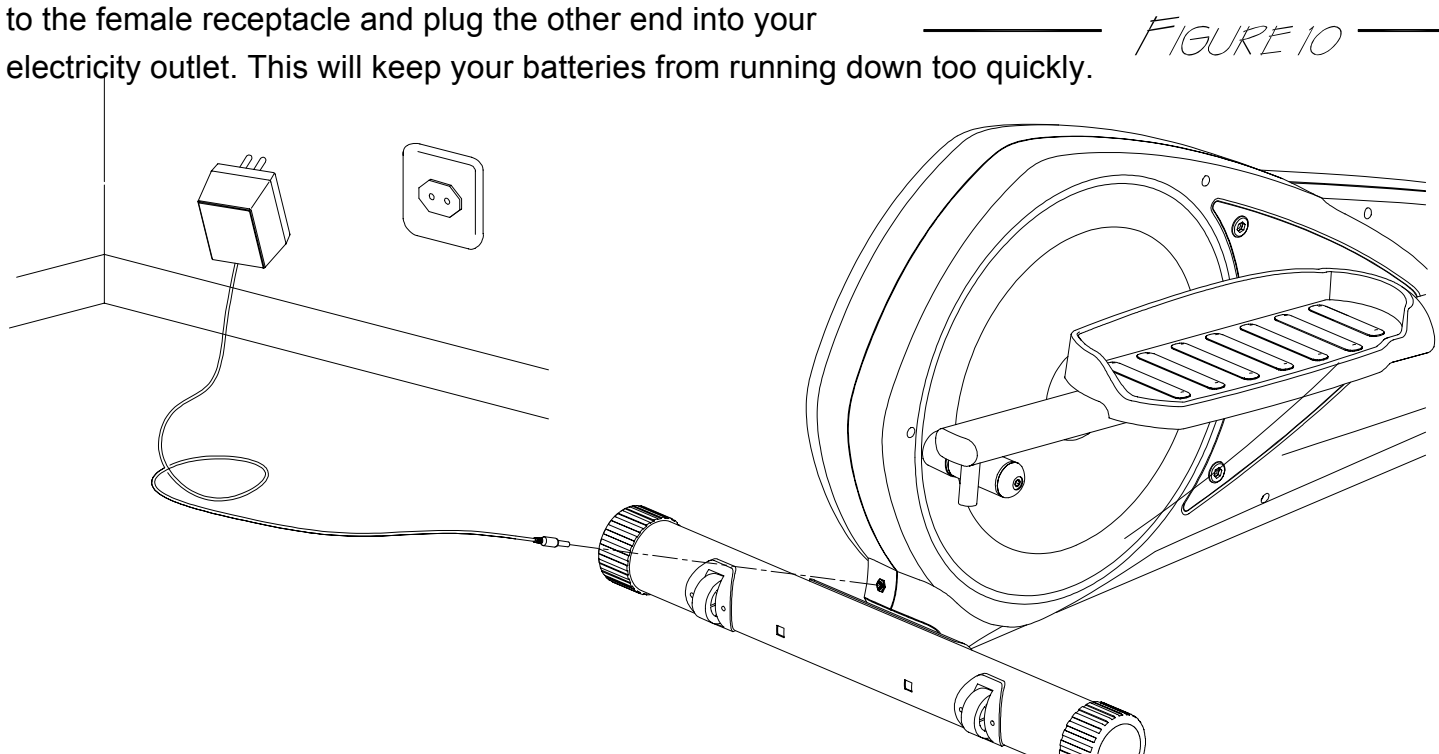


FIGURE 11

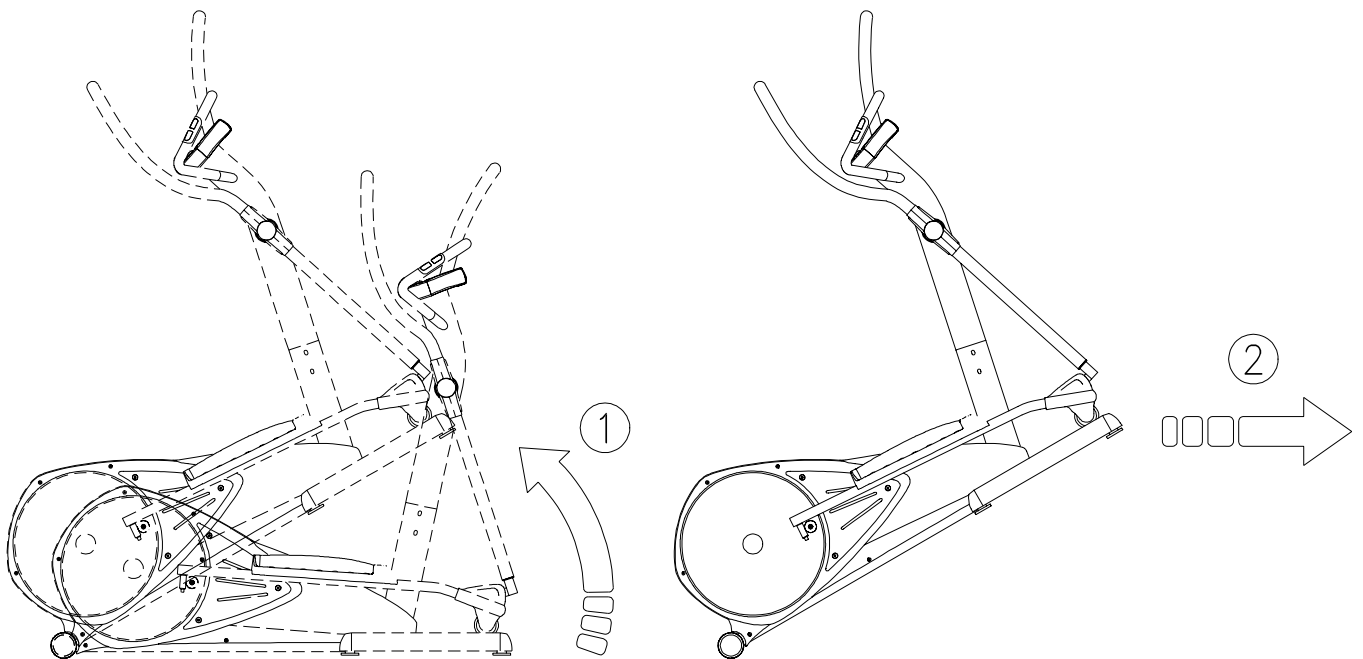
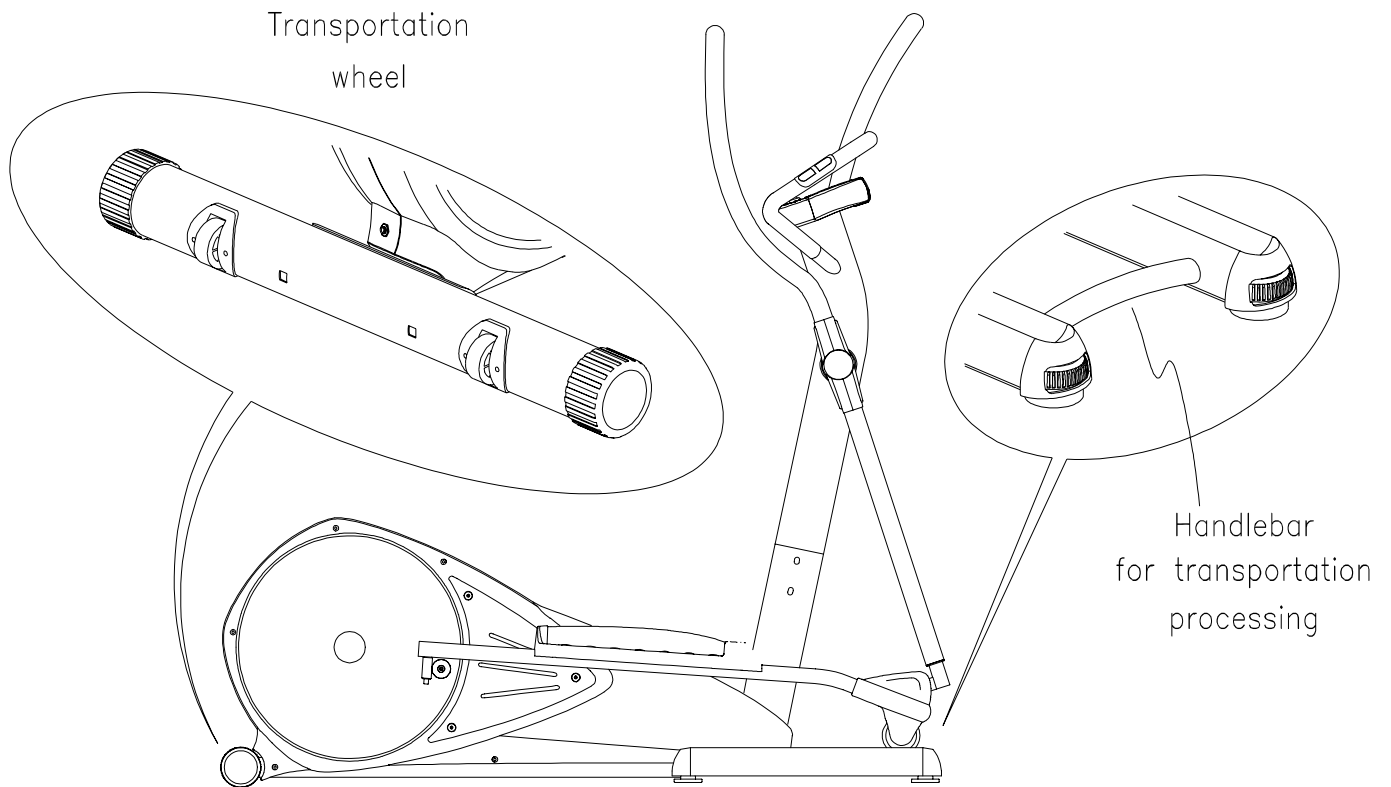


FIGURE 11

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

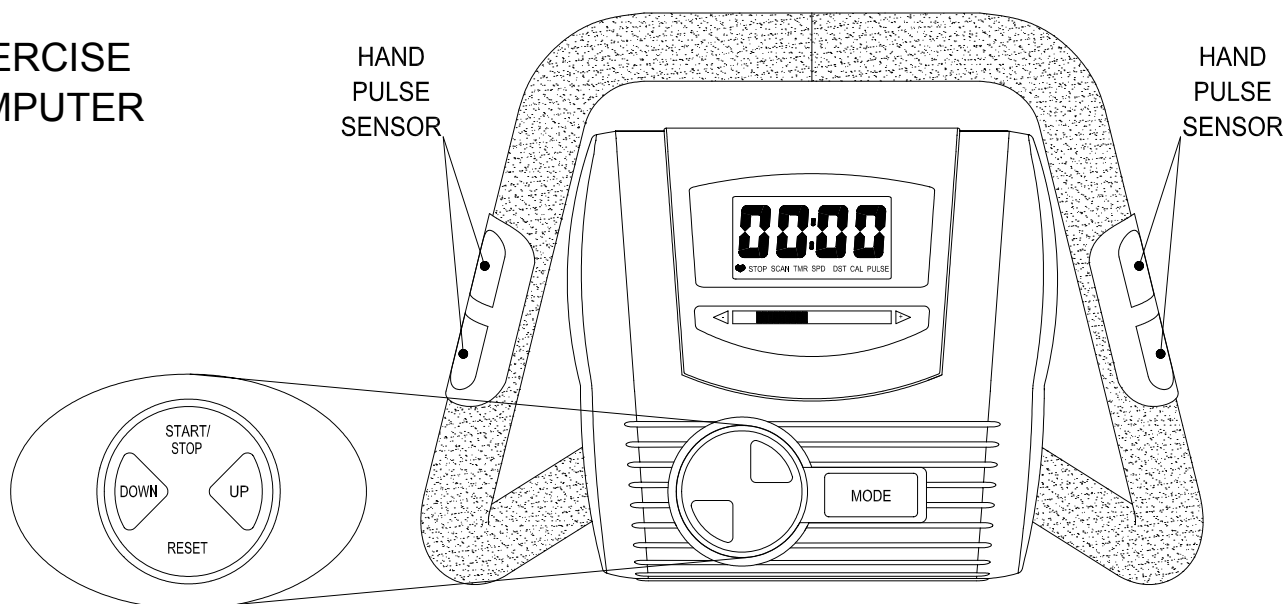
Stand at the front of the machine and lift it up until the weight of the machine is transferred to the transport wheel (located on the Rear Stabilizer (C.) Now the machine can be rolled to a new location if necessary.



## PARTS LIST

P/N	DESCRIPTION	Q'TY	P/N	DESCRIPTION	Q'TY	P/N	DESCRIPTION	Q'TY
A1	MAIN FRAME	1	B3	BUSHING	2	H3- R	PEDAL (R)	1
A2- 1	PULLEY AXLE	1	B4	BEARING	4	H4	WATER BOTTLE HOUSING	1
A2- 2	NUT	4	B5	BEARING HOUSING	2	H5(L)	BACK COVER(L)	1
A2- 3	BELT PULLEY	1	B6	BEARING HOUSING	2	H5(R)	BACK COVER(R)	1
A2- 4	HEXAGON WASER	4	B7	FLAT WASHER	2	H6	WATER BOTTLE	1
A2- 5	BEARING	2	B8	SPRING WASHER	2	J1- L	PEDAL TUBE (L)	1
A2- 6	C- CLIP	1	B9	HEXAGON WASHER	2	J1- R	PEDAL TUBE (R)	1
A3	HEXAGON WASHER	2	B10	SHAFT	1	J2	HEXAGON SCREW	4
A4- 1	PEDAL SUPPORT	2	B11	CABEL (MIDDLE)	1	J3	CLIP	4
A4- 2	ARC PLATE	2	B12	HAND PULSE SENSOR	2	J4	BEARING	4
A4- 3	SCREW	4	C1	REAR STABILIZER	1	J5	PIPE	2
A4- 4	FLAT WASHER	4	C2	END CAP	2	J6	PU WHEEL	2
A4- 5	CROSS SCREW	16	C3	TRANSPORTATION	2	J7	NYLON NUT	4
A5	DC CORD	1	C4	WASHER SCREW	4	J8	NYLON BUSHING	4
A6- 1	MAGNETIC	1	D1	FRONT STABILIZER	1	J9	BEARING	2
A6- 2	SHAFT	1	D2	ALUMINUM SLIDER	2	J10	SCREW	4
A6- 3	BEARING	2	D3- 1	ADJUSTED END- CAP	4	J11	CONNECT PIPE	2
A6- 4	FLAT WASHER	2	D3- 2	ADJUSTED- WHEEL	4	J12	PLSATIC BUSHING	4
A6- 5	NUT	2	D3- 3	ADJUSTED END- CAP	4	J13	SHAFT FOR PEDAL	2
A6- 6	MAGNETIC	1	D4	CROSS SCREW	4	J14	BEARING	4
A6- 7	SCREW	2	E1	MONOTIR	1	J15	TAPER BUSHING	2
A7	MOTOR SET	1	E2	SCREW	4	J16	FLAT WASHER	2
A8	CROSS WASHER	3	F1	FRONT HANDLE BAR (L)	1	J17	DECORTATION COVER	2
A9- 1	TENSION PULLEY	1	F2	FRONT HANDLE BAR(R)	1	J18	SCREW	2
A9- 2	FLAT WASHER	2	F3	U- BRACKET	1	J19	END CAP	2
A9- 3	HEAXGON WASHER	1	F4	CROSS SCREW	2	K	CONNECT PIPE	2
A9- 4	BEARING	2	F5	SPONGE	2	L1	SCREW (3/8"x89mm)	2
A9- 5	C- CLIP	1	F6	SPONGE	2	L2	ARC WASHER (3/8")	2
A10	SPRING	1	F7	HAND PUSLE SENSOR	2	L3	BOLT (3/8")	4
A11	CHAIN CVOER(L)	1	F8	SENSOR CHIP	4	L4	HEXAGON	4
A12	CHAIN COVER(R)	1	F9	SPACER	2	L5	FLAT WASHER(3/8")	8
A13	CICLE PLATE	2	F10	SENSOR HOUSHING	2	L6	HEXAGON	2
A14	DECORTATION	2	F11	SENSOR HOUSHING	2	L7	FLAT	2
A15	SIDE COVER	2	F12	CLIP	4	L8	FLAT	4
A16	CHROMED SCREW	6	G1- L	SIDE HANDLE BAR (L)	1	L9	HEXAGON	6
A17	HEXAGON SCREW	6	G1- R	SIDE HANDLE BAR (R)	1	L10	HEXAGON	2
A18	TENSION CABLE	1	G2	SPONGE	2	L11	NYLON NUT(3/8")	2
A19	BELT	1	G3	ROUND END CAP	2	L12	CROSS	8
A20	MAGNET	1	H1- F	DECORTATION COVER	2	L13	KNOB (M8x35mm)	4
A21	SENSOR HOUSHING	1	H1- B	DECORTATION COVER	2	L14	HEXAGON	2
A22	SCREW	1	H2- L	PEDAL JOINT COVER (L)	2	L15	HEXAGON	4
B1	CENTRAL SUPPOR	1	H2- R	PEDAL JOINT COVER(R)	2	L16	CROSS SCREW	8
B2	CONNECT TUBE	2	H3- L	PEDAL(L)	1	L17	CROSS	1

## EXERCISE COMPUTER



### **Monitor instruction manual**

1. Plug 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 segments 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 mode :

#### **MANUAL-**

1. Once you select MANUAL 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 or DOWN.
2. Press START/STOP to start training in Manual mode.(STOP symbol disappear from the monitor)
3. Press UP/DOWN/MODE to set target function datas 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 datas has been preset)

**[Preset Watt datas for training]** - If you have preset Watt datas, 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 maxium level. At the moment, the monitor alarms "bi-b-bi" per second to remind you increasing 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 the moment] as a proection 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 minium level. At the moment, the monitor alarms "bi-b-bi" per second to remind you decreasing 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 level 1 at the moment] as a proection implement.

5. The monitor will alarm "bi-bi-bi" to remind you and stop as soon as one of each preset function target has count down to zero.

### **PROGRAM**

1. Once you select Program 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 START/STOP to start training in Program mode.(STOP symbol 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 datas 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 count 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 adjust increas 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 datas 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 count 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 adjust increas or decrease training level by pressing UP/DOWN.
2. Once you select TARGET H.R. for training, the monitor requests you to input the AGE. Press UP/DOWN/MODE to set age. This data is the key point for the proper target heart rate datas calculation by the monitor.
3. Press UP/DOWN/MODE to select different percentage 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



heart rate figures for training.

- 3-1 The training resistance level is not available to be adjusted by buttons 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 figures is under preset, the resistance level will be increased 1 level per 30 seconds till level 16 or the target heart rate figures is achieved. If your current heart rate figure is exceed preset target figures, the resistance level will be decreased on level immediately. The resistance level will be keeping decreased by one level per 15 seconds till level one. If your current heart rate figure is still exceed the target when the resistance level is dropped to level one for 30 seconds, the monitor will stop and keep alarm to remind you.
- 4. Press UP/DOWN/MODE to set target function datas of Time, Distance, Calories. Each preset function will count down when the training starts.
- 5. Press ST/STOP to start your training with TARGET H.R. mode.

### **Function buttons**

START/STOP To start or stop monitor counting.

MODE To enter all functions, age, and training programs setting.

UP/DOWN To adjust and set all functions, personal datas, and training programs setting.

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.

CALORIES Count up - To accumulate calories 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 is 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 can detect both chest pulse and hand pulse, the chest pulse is priority. It means if you hold both hands on handlebar grip sensors and wear on the chest belt together, the monitor will display chest pulse only. If you would like to have hand pulse readout, please do not wear on the chest belt when you hold on handgrip sensors. The monitor start beep when your heart rate figure is exceed the target.

**Note**

1. When you stop training and did not press any button for 4 minutes, the monitor will shut off automatically. All previous training datas (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 datas by hold on pressing the RESET button for 4 seconds.
3. The monitor requires power supply with AC adaptor input.(Out put 500mA, 6V)