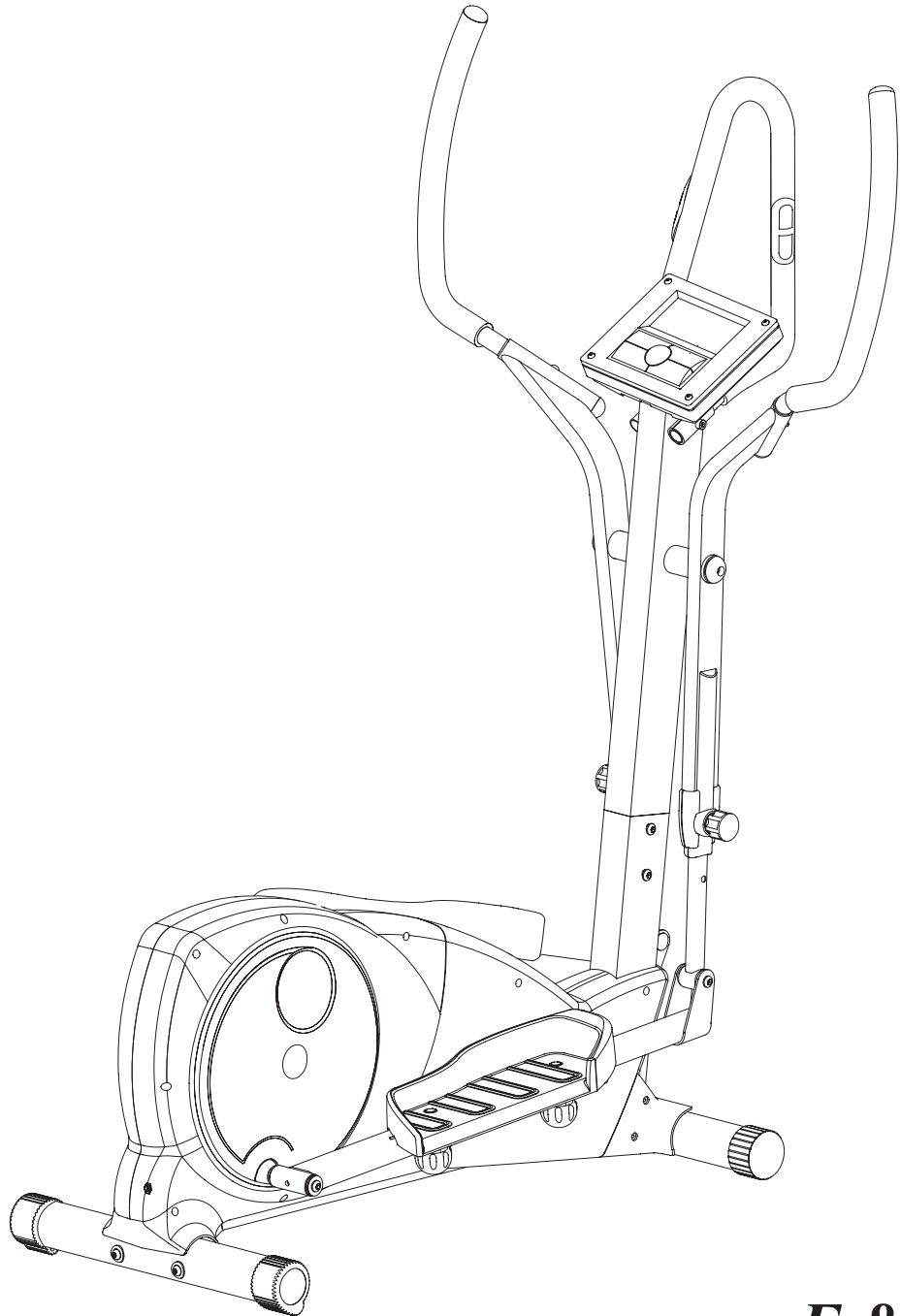


ELLIPTICAL TRAINER



MODEL: *E-860P*

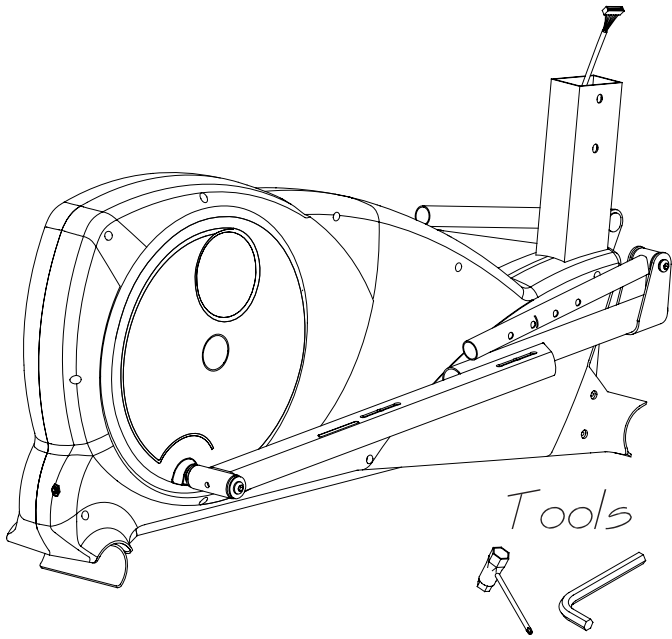
SPORTOP®

Owner's Operating Manual

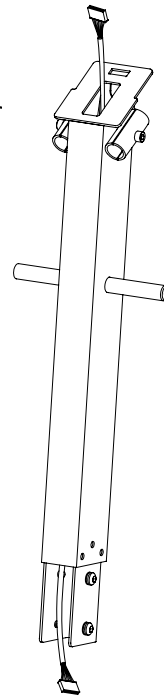
ENGLISH

Parts List

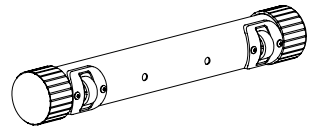
A Main frame



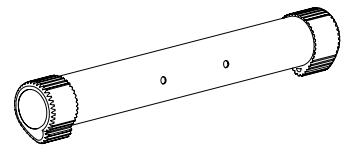
B Central support



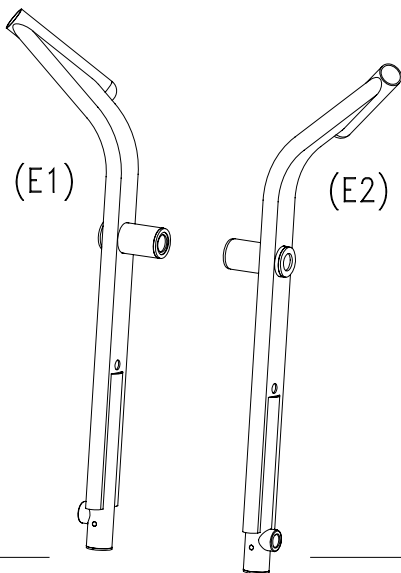
C Front tube



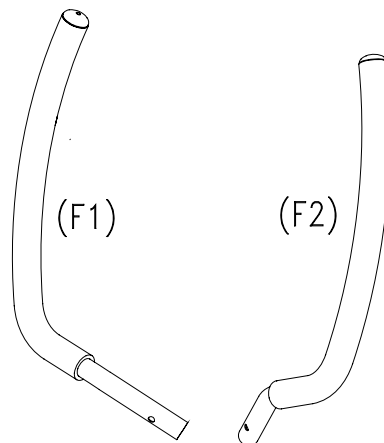
D Rear tube



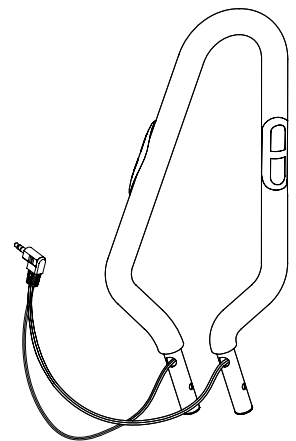
E Handle Bar Support



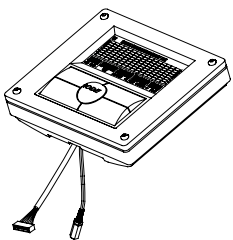
F Side Handle Bar



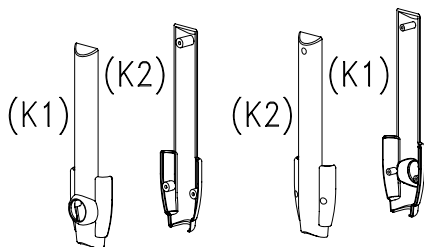
G Small handle bar



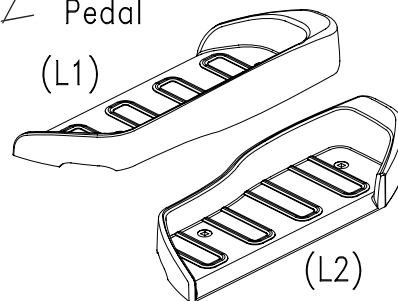
H Computer



K Decoration Cover



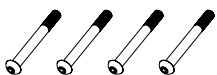
L Pedal (L1)



N Adapter



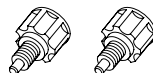
M (M1) Screw



(M2) Screw



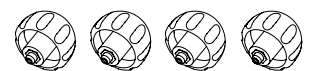
(M3) POP PIN



(M4) Screw



(M5) Knob



(M6) Screw



(M7) Washer



(M8) End Cap



(M9) Screw



FIGURE 1

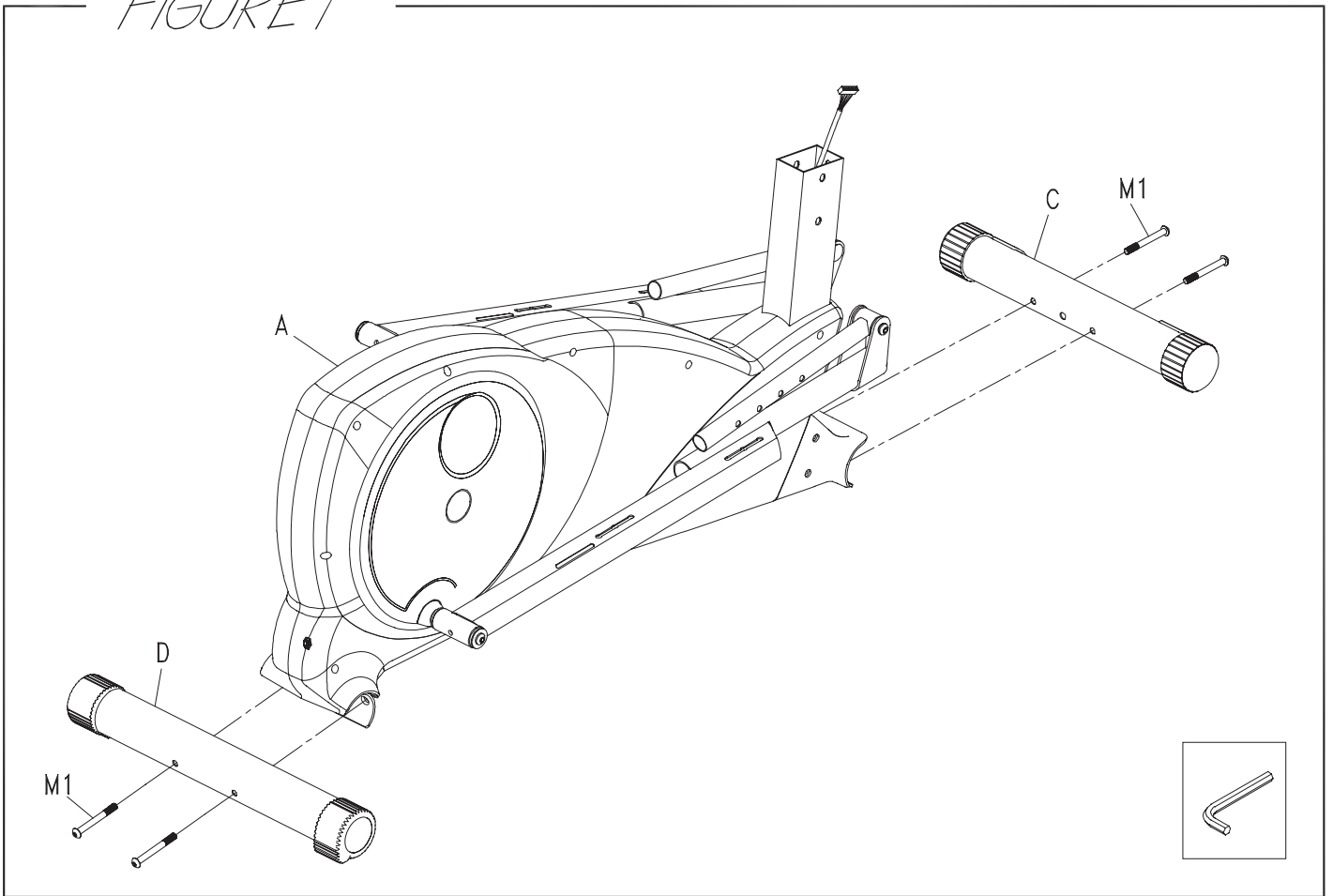


FIGURE 1__ ASSEMBLY FOR FRONT FOOT & REAR FOOT

STEP 1.

ASSEMBLE THE FRONT FOOT(C) WITH THE BASE FRAME(A) BY USING THE BOLTS(M1).

STEP 2.

ASSEMBLY THE REAR FOOT(D) WITH THE BASE FRAME(A) BY USING THE BOLTS(M1).

FIGURE 2

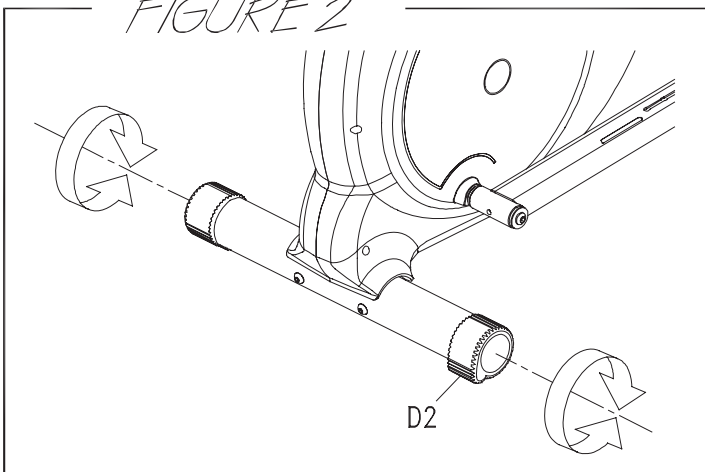


FIGURE 2__ LEVELING

AFTER COMPLETING FIGURE 1, IF THE FLOOR / EQUIPMENT IS NOT EVEN, TURN THE ADJUSTABLE- END CAP(D2) TO THE DESIRED LEVEL IN ORDER TO BALANCE THE FRAME.

FIGURE 3

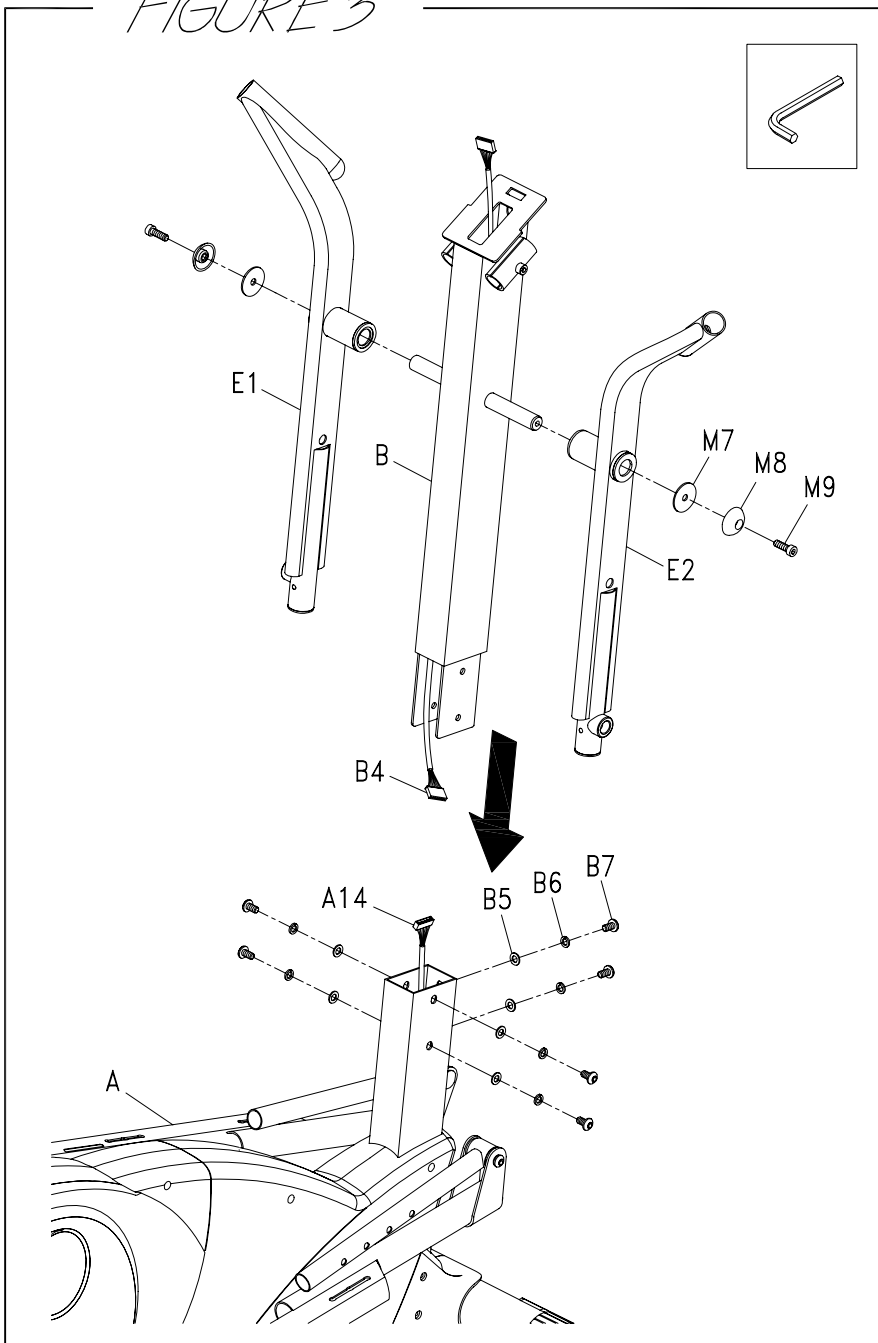


FIGURE 3__ ASSEMBLY FOR CENTRAL TUBE

STEP 1.CONNECT THE SENSOR WIRE(A14) AND THE COMPUTER CABLE(B4)

STEP 2 .ASSEMBLE SUPPORT TUBE(B) WITH THE BASE FRAME(A) BY BOLTS(B7),
SPRING WASHERS(B6) AND M8 WASHERS(B5).

STEP 3 .EQUIP HANDLE BAR SUPPORT(E1) WITH CENTRAL SUPPORT(B) AND USE
WASHER(M7), END CAP(M8) AND SCREW(M9) TO FIX IT. THE SAME WAY
TO EQUIP E2.

ATTENTION:TAKE CARE WHEN PUSHING THE TUBES TOGETHER THAT THE CABLES
AND WIRES ARE NOT PINCHED.

FIGURE 4

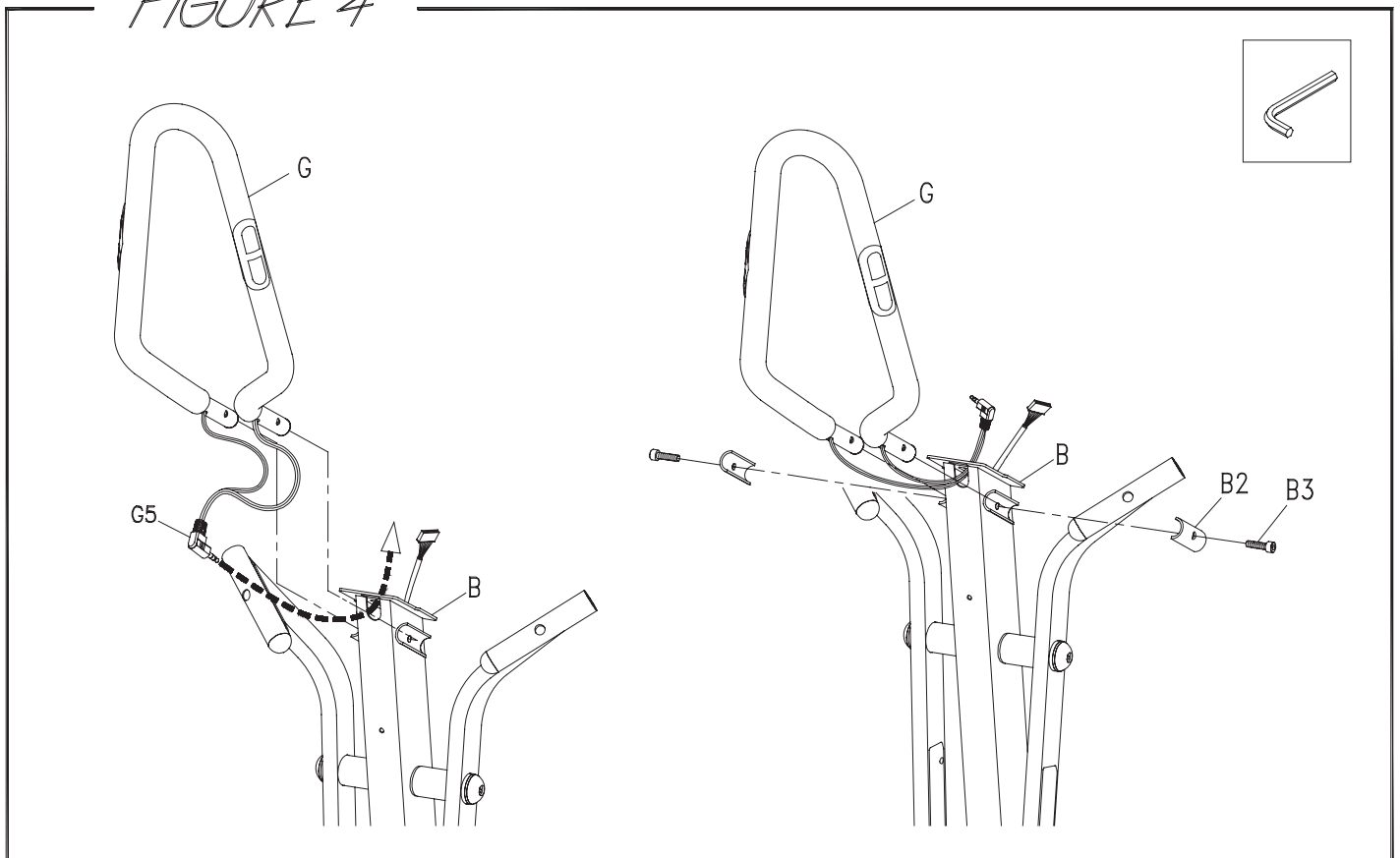


FIGURE 4__ ASSEMBLY FOR SMALL HANDLE BAR

STEP 1.SLIDE THE HAND PULSE SENSORS(G5) THROUGH THE HOLE OF SUPPORT TUBE(B) AND GETTING OUT FROM THE TOP OF THE SUPPORT TUBE.

STEP 2.ASSEMBLY THE SMALL HANDLE BAR(G) WITH SMALL HANDLEBAR BRACKET (B2), & SCREWS(B3).

FIGURE 5

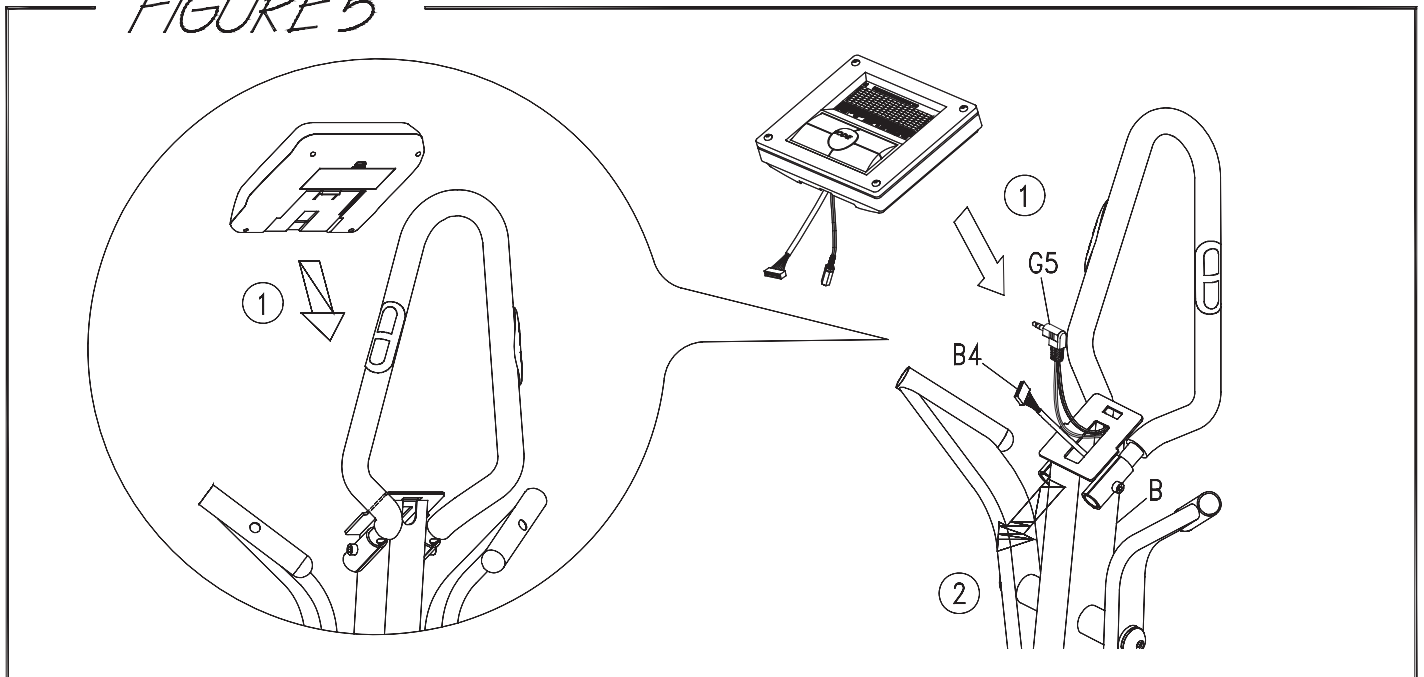


FIGURE 5__ ASSEMBLY FOR COMPUTER

STEP 1.CONNECT THE SENSOR WIRES(B4 & G5) WITH THE COMPUTER(H).

STEP 2.ATTACH THE COMPUTER ON THE TOP OF THE SUPPORT TUBE AND THEN, PUSH THE COMPUTER DOWNWARD AS DIRECTION 2.

STEP 1.EQUIP THE CONNECTION TUBE(A12) WITH THE HANDLE BAR SUPPORT (E2) .ASSEMBLE THE HANDLE BAR SUPPORT WITH THE DECORATION (K1 & K2) WITH THE SCREWS (M2) AND THEN FIX BY POP- PIN (M3).

**4 SECTION HEIGHT ADJUSTING.

THERE ARE 4 POSITION OF SIDE HANDLE BAR FOR DIFFERENT HEIGHT ADJUSTING CHOICE BY POP- PIN(M3).

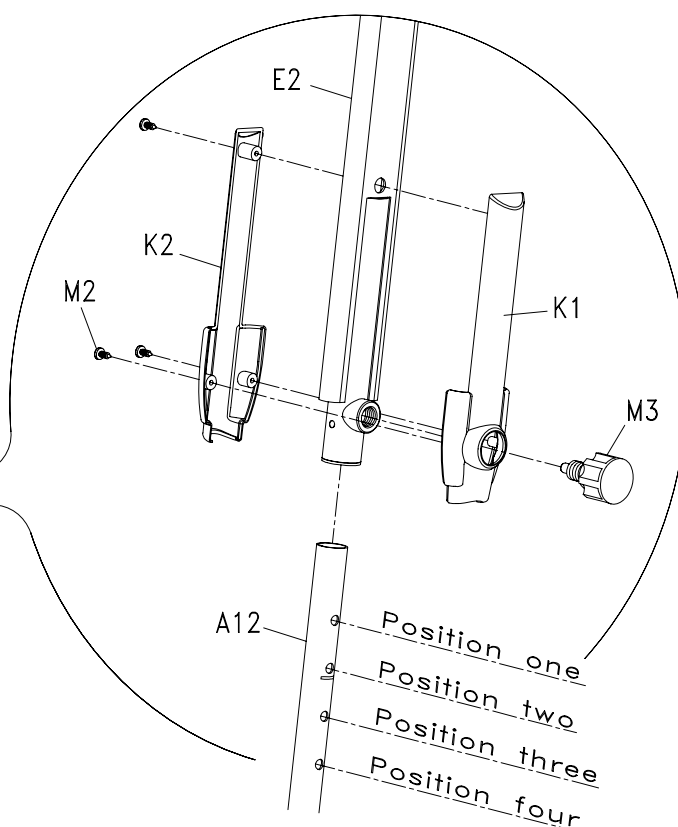
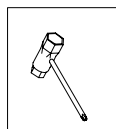
[illegible]

FIGURE 8

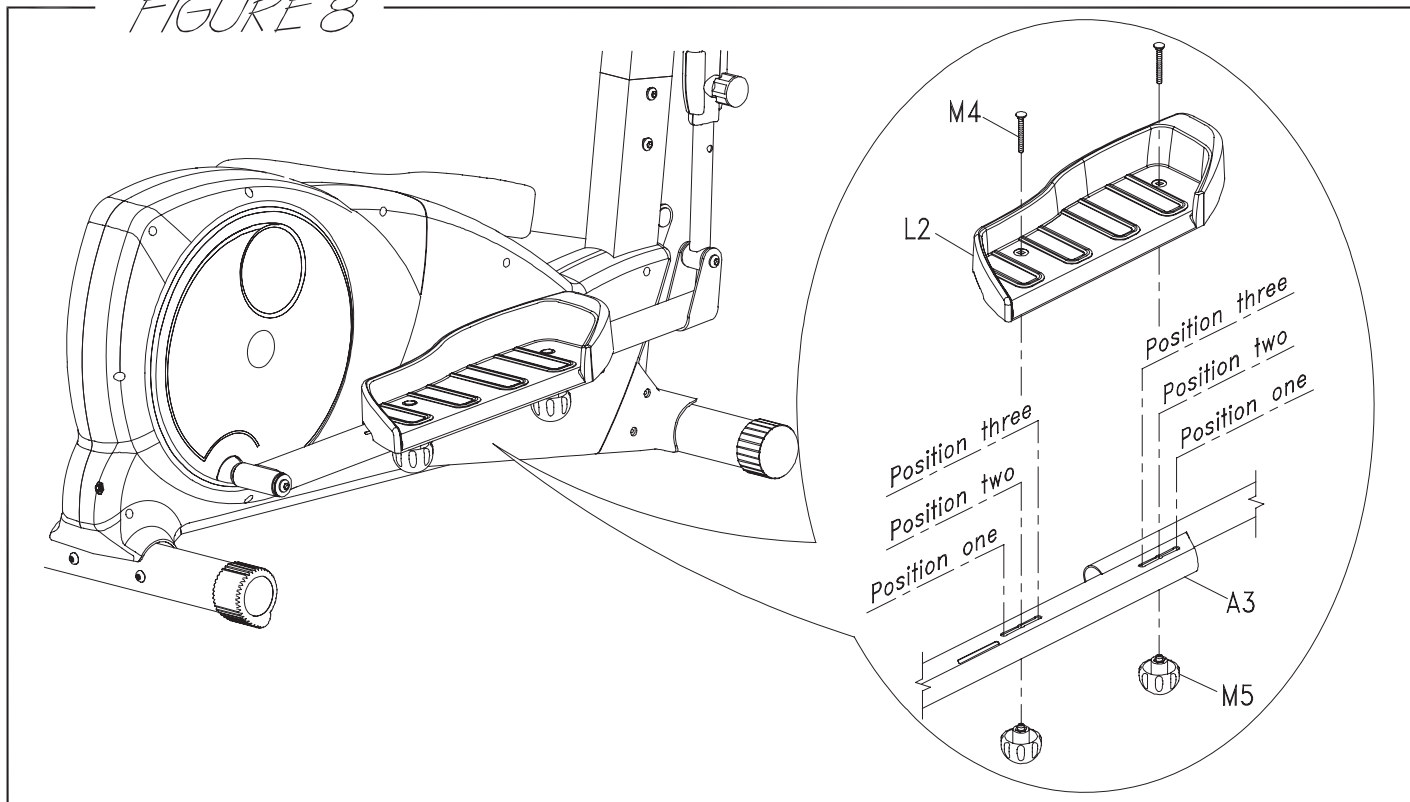
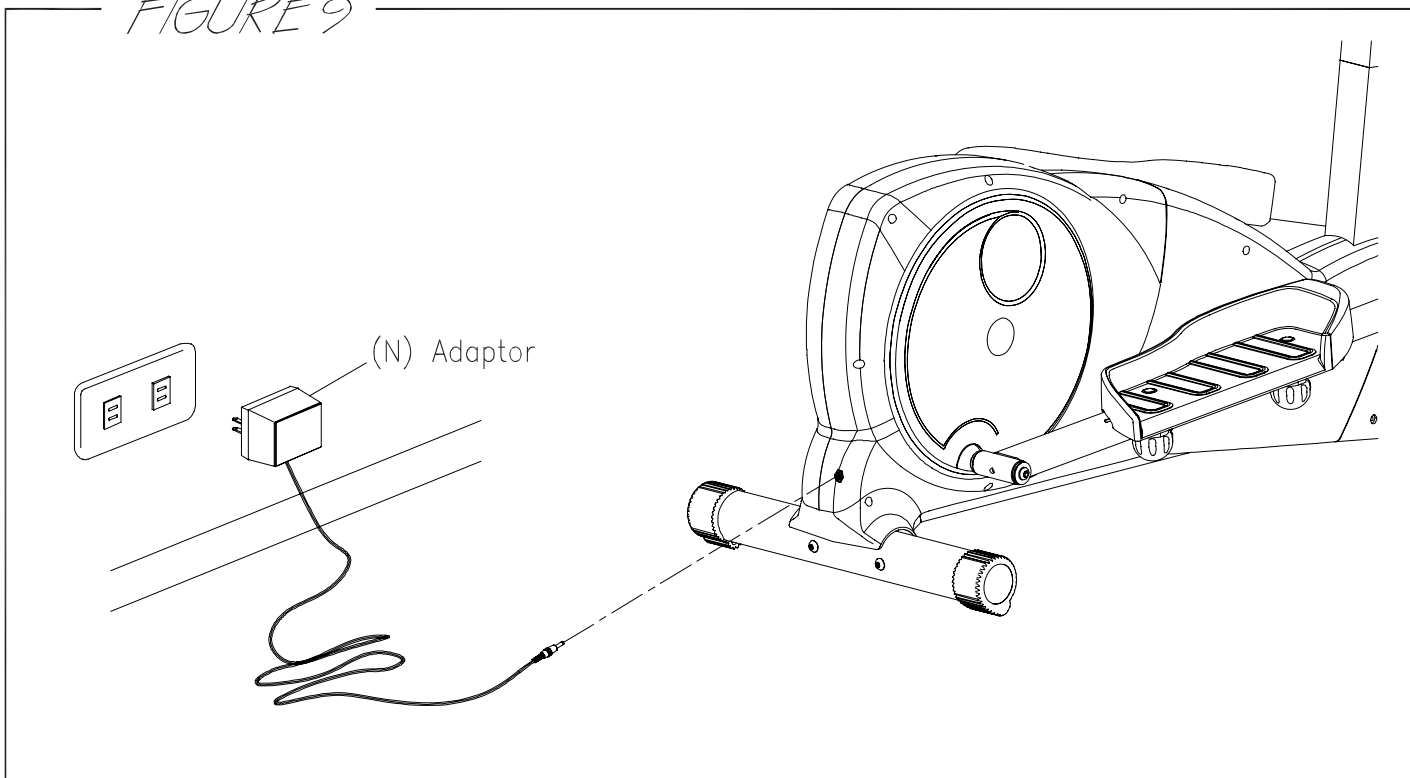


FIGURE 8__FOOT REST ASSEMBLY

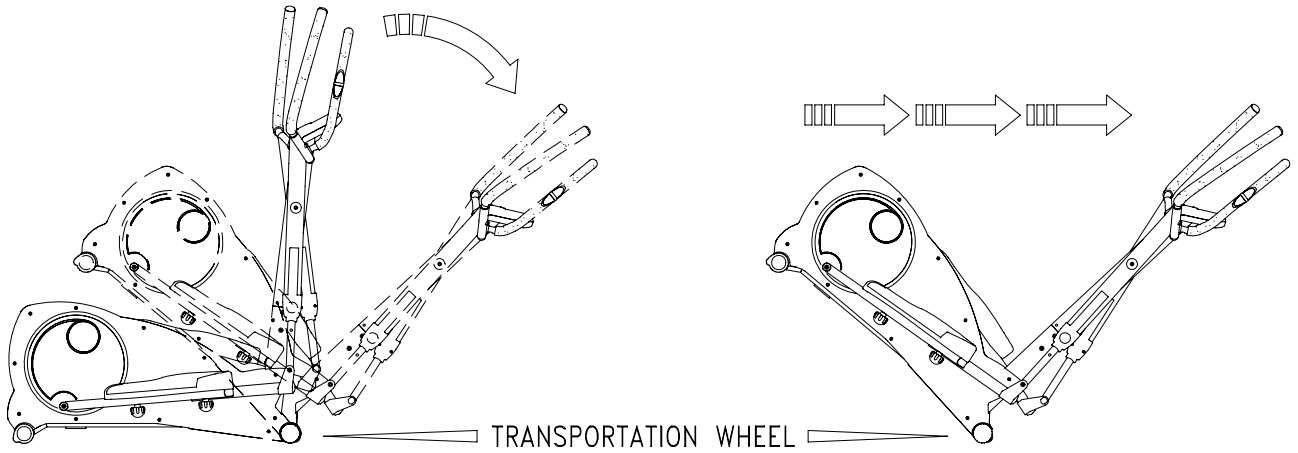
ASSEMBLE THE FOOTREST(L2) BY SCREW(M4) & NUT(M5). THERE ARE 3 SECTIONS ADJUSTING FOR THE MOVING TRACK. IF YOU FIND THE END CAP OF THE FRONT TUBE AND REAR TUBE ARE NOT NESTLE AGAINST THE GROUND, YOU CAN CHANGE THE ANGLE OF THE END CAP OF REAR TUBE(D2).

FIGURE 9

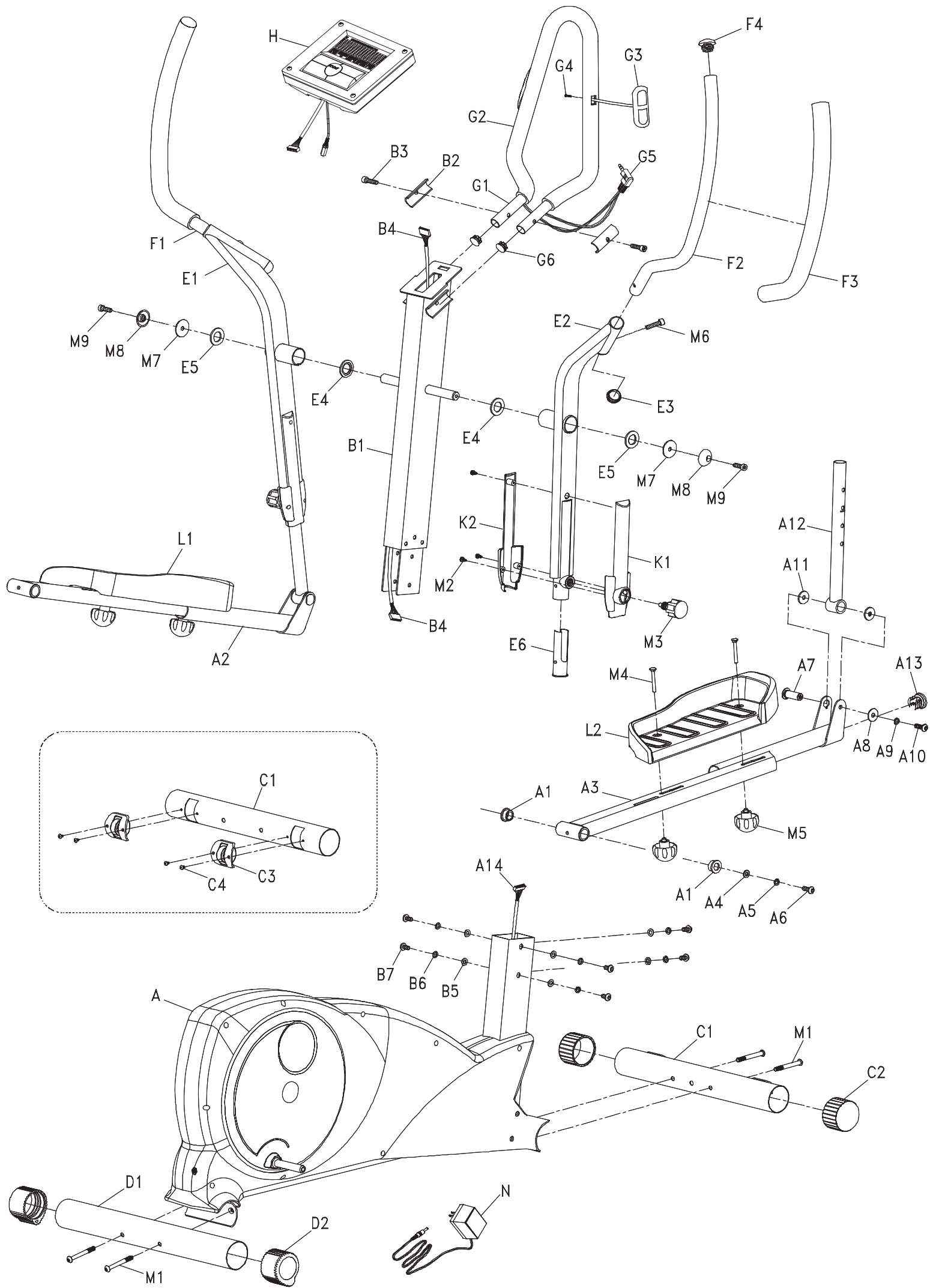


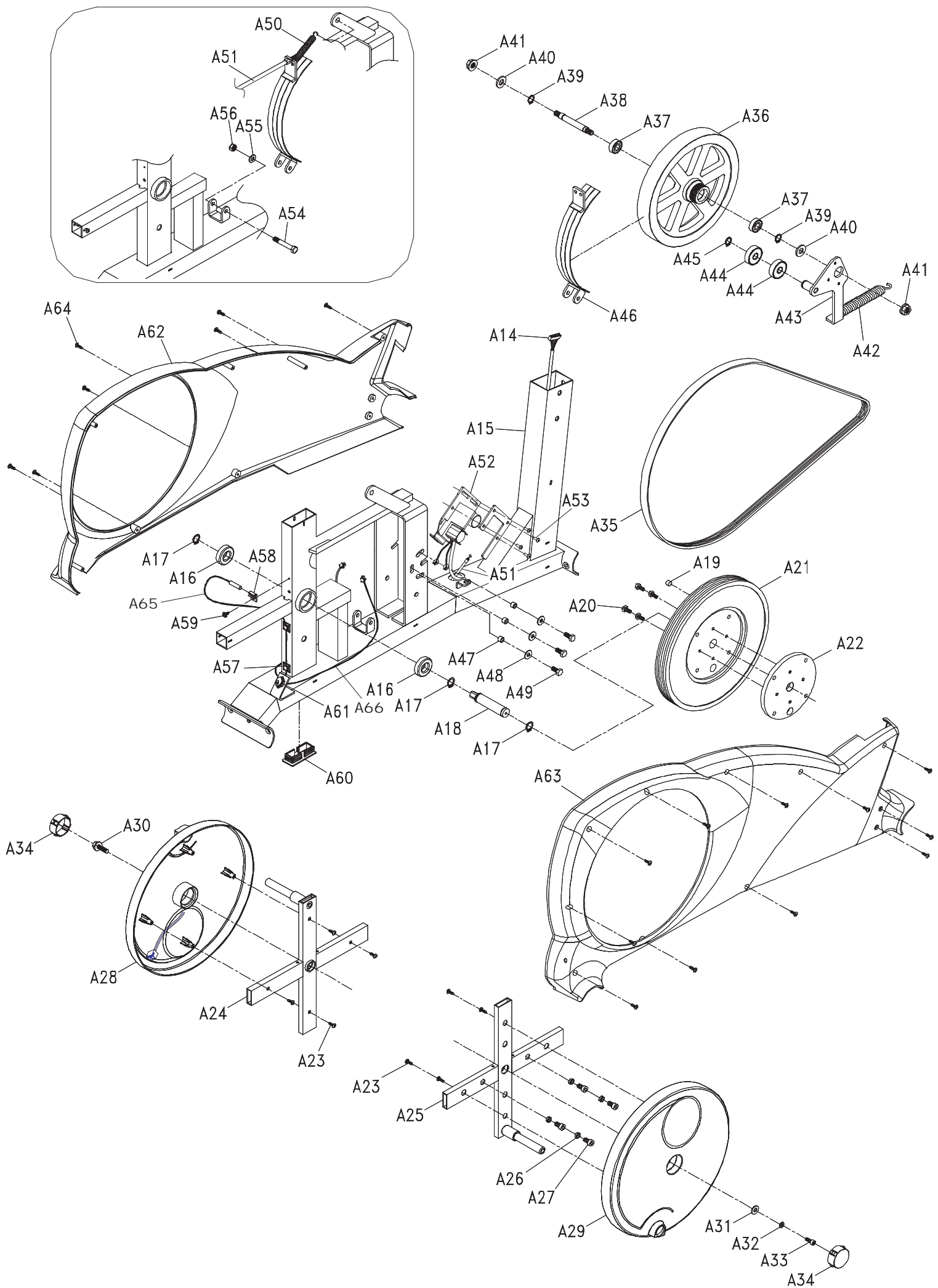
TO AVOID THE BATTERY LIFE FROM BEING EXHAUSTED EASILY, THERE IS 1 PC ADAPTER PROVIDED. PLEASE PLUG IT AS SHOWN ABOVE.

FIGURE 10



STEP 1.HOLD THE SMALL HANDLE BAR AND PUSH DOWNWARD AS DIRECTION 1.
STEP 2.MOVE THE MACHINE BY THE TRANSPORT ROLLER ATTACHING ON THE
FRONT FOOT.

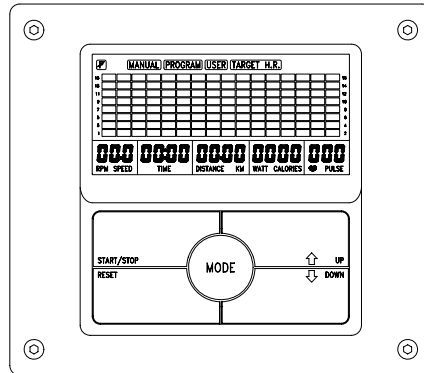




PARTS LIST

P/N	DESCRIPTION	Q'TY	P/N	DESCRIPTION	Q'TY
A1	BUSHING	4	A58	FIXING BRACKET	1
A2	FOOTREST SUPPORT(L)	1	A59	SCREW	1
A3	FOOTREST SUPPORT(R)	1	A60	END CAP	1
A4	WASHER	2	A61	DC CORD	1
A5	SPRING WASHER	2	A62	CHAIN COVER (L)	1
A6	ALLEN HEAD BOLT M8x20mm	2	A63	CHAIN COVER (R)	1
A7	PEDAL TUBE WELDMENT SHAFT	2	A64	SCREW	18
A8	WASHER	2	A65	SENSOR WIRE	1
A9	SPRING WASHER M8	2	A66	DC WIRE	1
A10	ALLEN HEAD BOLT M8x25mm	2	B1	SUPPORT TUBE	1
A11	WASHER	4	B2	SMALL HANDLEBAR BRACKET	2
A12	CONNECTION TUBE	2	B3	SCREW	2
A13	END CAP	2	B4	COMPUTER CABLE	1
A14	SENSOR WIRE	1	B5	WASHER	6
A15	BASE FRAME	1	B6	SPRING WASHER	6
A16	BEARING	2	B7	SCREW	6
A17	CLIP	3	C1	FRONT FOOT	1
A18	WHEEL AXLE	1	C2	FRONT FOOT COVER	2
A19	MAGNET	1	C3	TRANSPORT ROLLER UNIT	2
A20	SCREW	4	C4	SCREW	4
A21	DRIVING PULLEY	1	D1	REAR FOOT	1
A22	ROUND PLATE	1	D2	REAR FOOT COVER	2
A23	SCREW	8	E1	HANDLE BAR BRACKET (L)	1
A24	CRANK (L)	1	E2	HANDLE BAR BRACKET (R)	1
A25	CRANK (R)	1	E3	END CAP	2
A26	BUSHING	4	E4	BUSHING	2
A27	SCREW	4	E5	FLAT WASHER	2
A28	TURING PLATE (L)	1	E6	PLASTIC INSERT	2
A29	TURING PLATE (R)	1	F1	HANDLE BAR (L)	1
A30	SCREW	1	F2	HANDLE BAR (R)	1
A34	TURNING PLATE COVER	2	F3	HANDLE BAR FOAM GRIPS	2
A35	DRIVING BELT	1	F4	END CAP	2
A36	FLY WHEEL	1	G1	SMALL HANDLE BAR	1
A37	BEARING	2	G2	HANDLE BAR FOAM GRIPS	1
A38	WHEEL AXLE	1	G3	HANDLE PULSE	2
A39	CLIP	2	G4	SCREW	2
A40	WASHER	2	G5	HAND PULSE SENSOR	1
A41	NUT	2	G6	END CAP	2
A42	SPRING	1	H	COMPUTER	1
A43	PRESSING SPRING	1	K1	DECORATION (R)	2
A44	BEARING	2	K2	DECORATION (L)	2
A45	CLIP	1	L1	FOOT REST (L)	1
A46	HOUSING FOR MAGNET	1	L2	FOOR REST (R)	1
A47	BUSHING	3	M1	SCREW	2
A48	FLAT WASHER	3	M2	SCREW	6
A49	SCREW	3	M3	POP-PIN	2
A50	SPRING	1	M4	SCREW	4
A51	TENSION CONNECTOR	1	M5	KNOB	4
A52	MOTOR	1	M6	SCREW	2
A53	SCREW	4	M7	WASHER	2
A54	SCREW	1	M8	END CAP	2
A55	FLAT WASHER	1	M9	SCREW	2
A56	NUT	1	N	ADAPTER	1
A57	FIXING PLATE	3			

PROGRAMMABLE COMPUTER INSTRUCTIONS



FUNCTION BUTTONS

MODE: Press **MODE** to enter one of the following programs: MANUAL, PROGRAM, USER, or TARGET HEART RATE; press **MODE** to choose a tension level; or press **MODE** to preset numbers in TIME, DISTANCE, CALORIE, WATT and PULSE.

START/STOP: To **START** or **STOP** computer

UP: To select the next program; to increase tension level; or to increase the preset number

DOWN: To select the previous program; or to reduce tension level; or to decrease the preset number.

RESET: To reselect an exercise program and a tension level or to reset number in TIME, DISTANCE, CALORIE, WATT and PULSE.

FUNCTIONS

RPM: Displays current rotation per minute.

SPEED: Displays current speed in miles per hour.

TIME: Accumulates total workout time or the computer will count down from the preset time.

DISTANCE: Accumulates total distance in miles or the computer will count down from the preset distance.

CALORIES: Accumulates current calorie consumption or the computer will count down from the preset Calories.

WATT: Displays current watt count. (WATT can be preset in MANUAL mode only.)

PULSE: Hold both hands on the grips for 30 seconds, the current heart rate in Beats Per Minute (BPM) will be displayed on the computer. When using a preset target pulse the alarm will beep when the heart rate reaches the preset BPM. (The heart rate information is a comparison guide for exercise and should not be used for medical purposes.)

COMPUTER OPERATION

- Step 1 Start pedaling or press **MODE** to start computer. If there is no motion for 4 minutes, the computer will shut off.
- Step 2 Use **UP** or **DOWN** to select exercise program in MANUAL, PROGRAM (12 profiles), USER or TARGET HEART RATE (4 options), then press **MODE**.
- Step 3 Use **UP** or **DOWN** to adjust the tension level from 1 to 16 in MANUAL, PROGRAM or USER program, then press **MODE**.
- Step 4 Use **UP** or **DOWN** to preset function number, when each function number has Been preset, press **MODE**.

Available preset functions:

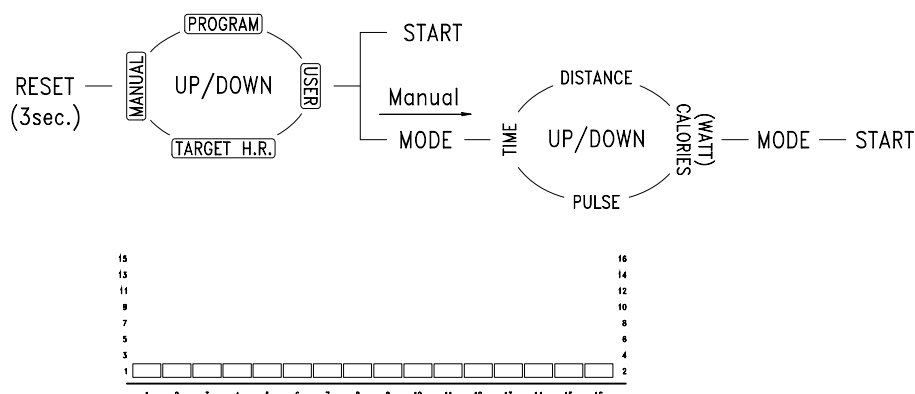
- TIME: In 1:00 minute increments.
- DISTANCE: In 0.10 Miles increments.
- CALORIE: In 10 calories increments.
- WATT: In 10 watts increments. (MANUAL mode only.)
- PULSE: In 1 BPM increments from 30 to 240. (Exclude TARGET H.R. mode.)

- Step 5 Press **START/STOP** to begin exercise.

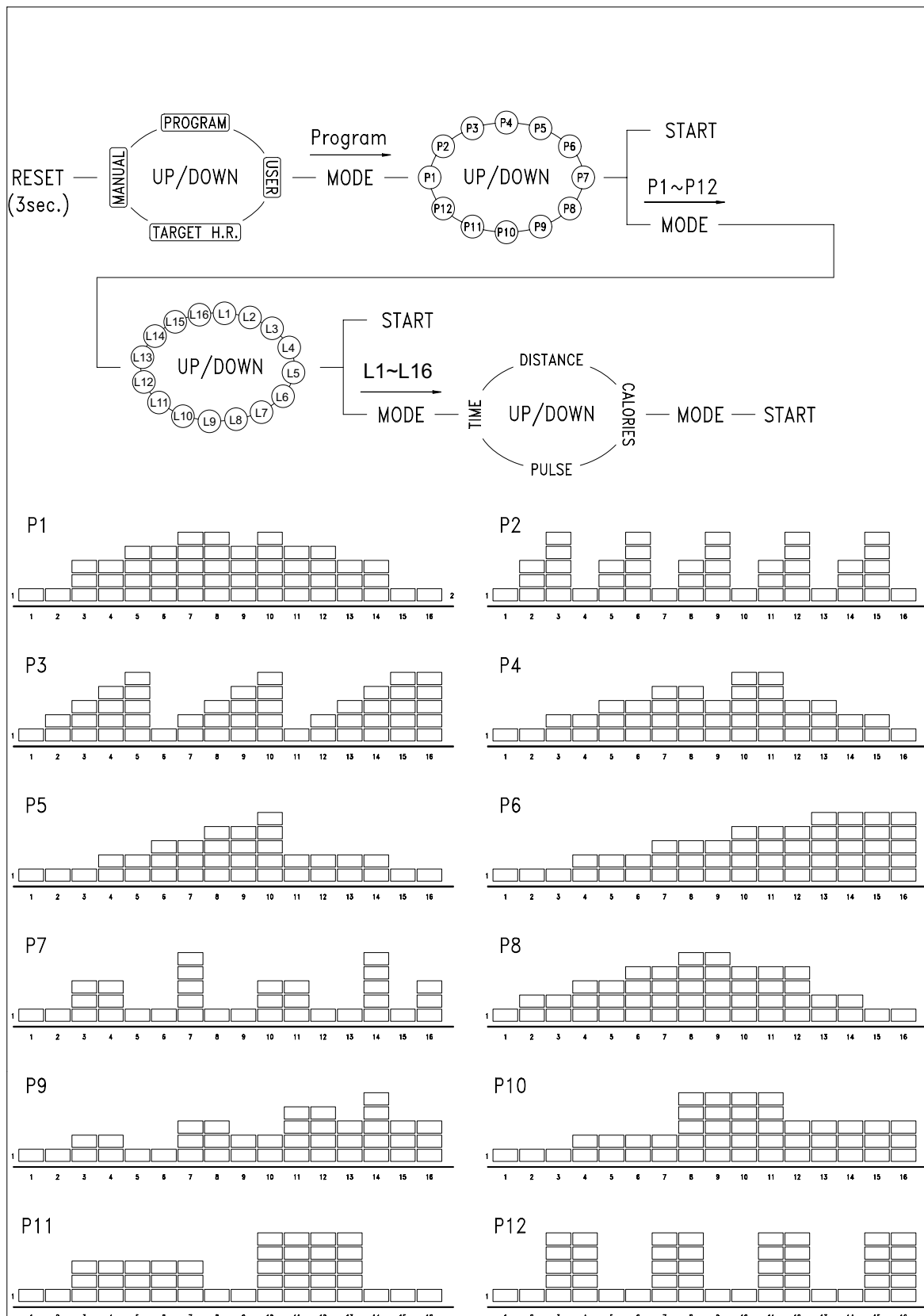
PROGRAM DETAILS

MANUAL PROGRAM Use **UP** or **DOWN** to select a desired tension level (1 to 16), then press **MODE**. Enter preset numbers by **UP** or **DOWN**, and **MODE** for TIME, DISTANCE, CALORIE, WATT and/or PULSE. Then press **START/STOP** to start.

If a WATT value has been preset the tension level will auto-adjust to reach the preset WATT values, to compensate the various pedaling speed. Or when current WATT value is over the preset value, a "-----" symbol will show and suggest to slow down pedaling speed. If the current WATT continues to be over the preset value for over 3 minutes, the alarm will sound for 30 seconds, and the computer will stop automatically and the tension will be lowered to level 1 with the preset WATT at zero.

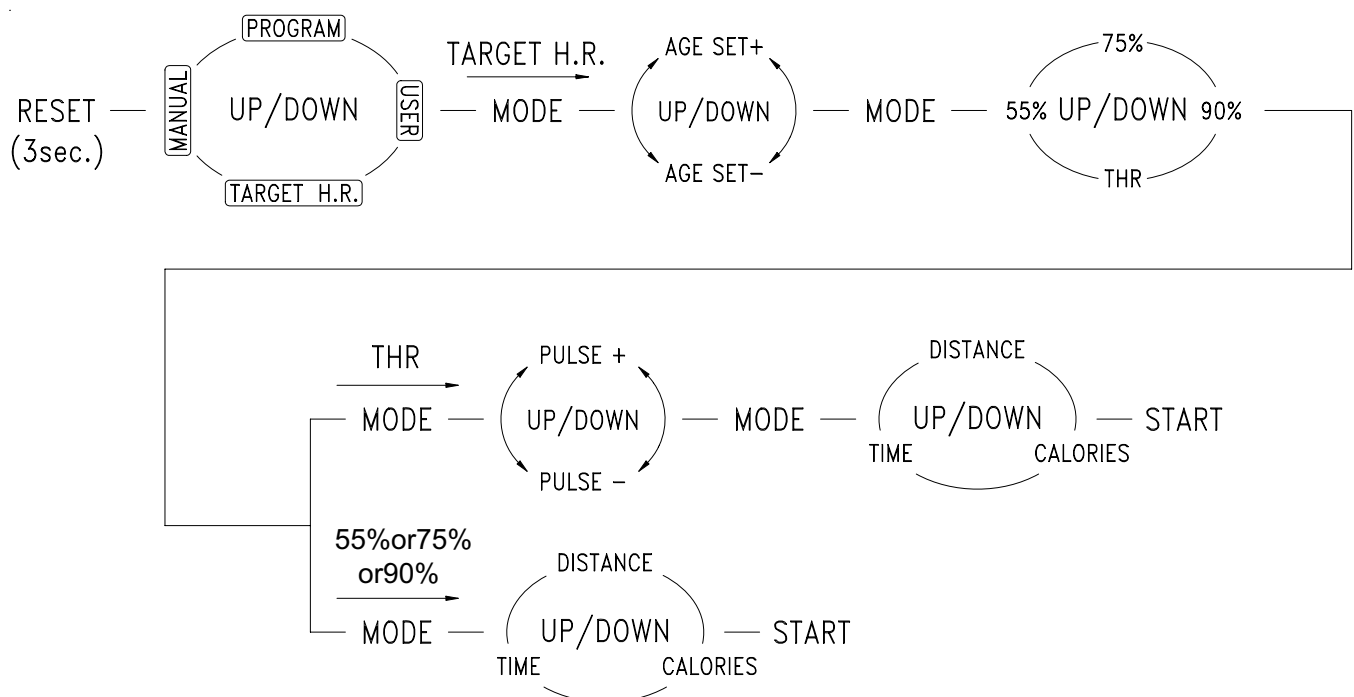


P1 – P12 PROGRAM The PROGRAM includes 12 profiles (P1-P12) as shown below. Once a profile has been selected the tension level can be adjusted before or during exercise. Select one of P1-P12 program by using **UP** and **DOWN** and press **MODE**. Then select a tension level by using **UP** and **DOWN** and press **MODE**. Press **MODE** to select the values on TIME, DISTANCE, CALORIE and/or PULSE and use **UP** and **DOWN** to make changes.



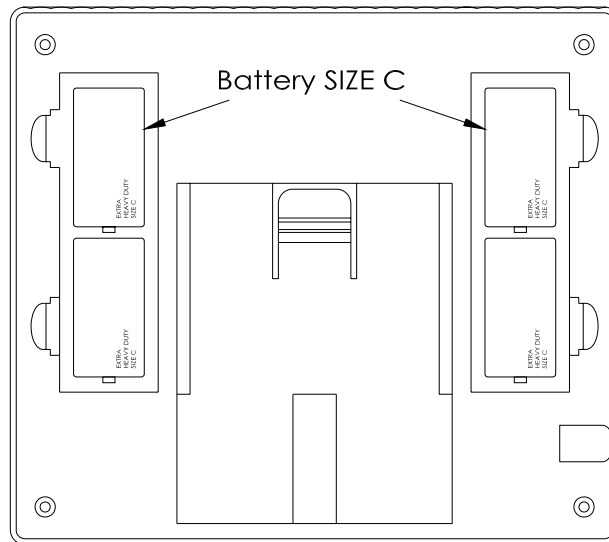
The diagram illustrates the experimental design. The top part shows a sequence of events: RESET (3sec.) leads to a manual control phase (MANUAL) where the subject can press UP/DOWN to change the PROGRAM or TARGET H.R. The manual phase leads to a user control phase (USER) where the subject can press UP/DOWN to change the MODE. The user phase leads to the START of the experiment. The bottom part shows a timing diagram with 16 time points. The vertical axis represents the number of subjects (1 to 5). The horizontal axis represents time points (1 to 16). The diagram shows the number of subjects present at each time point, with a peak of 5 subjects at time point 4.

Computer will adjust tension level according to the current heart rate. If the current heart rate is lower than the target heart rate, the tension will be adjusted up one level every 30 seconds up to level 16. If the heart rate reaches the target heart rate, the tension will immediately be adjusted down one level. If the current heart rate is over the target heart rate, the tension will be adjusted down one level every 15 seconds until level 1. In case the user's current heart rate continues to be higher (or equal to) the target heart rate at level 1 for 30 seconds, the computer will STOP and ALARM will sound as a warning to STOP EXERCISING IMMEDIATELY.



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.



Note:

1. When there is no signal being transmitted into the computer for 4 minute, the display will shut off automatically, and previous data will be stored. Press any button to restart the computer.
2. Remove the batteries and re-install when the LCD displays improperly.