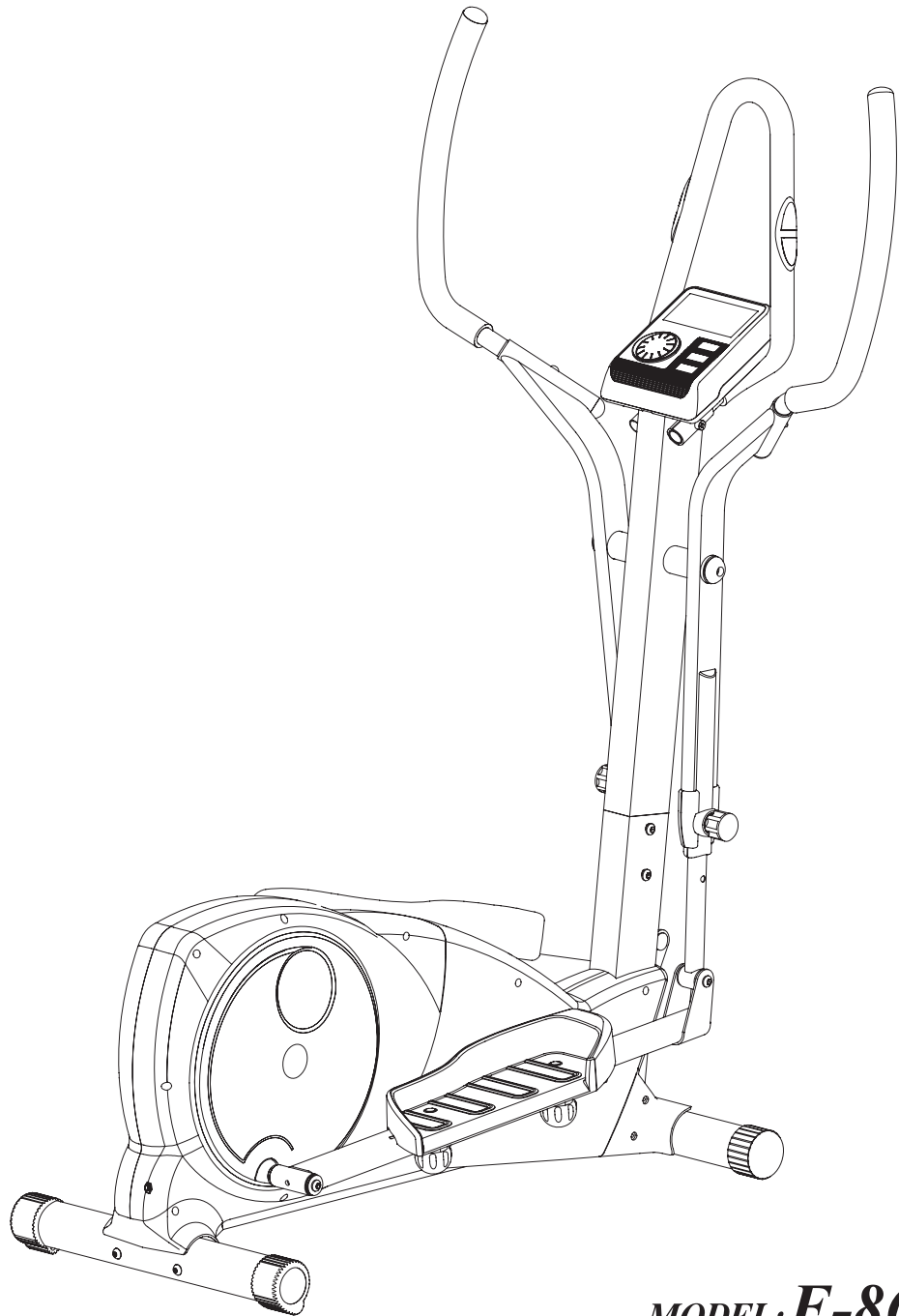# ELLIPTICAL TRAINER

MODEL: **E-860P**
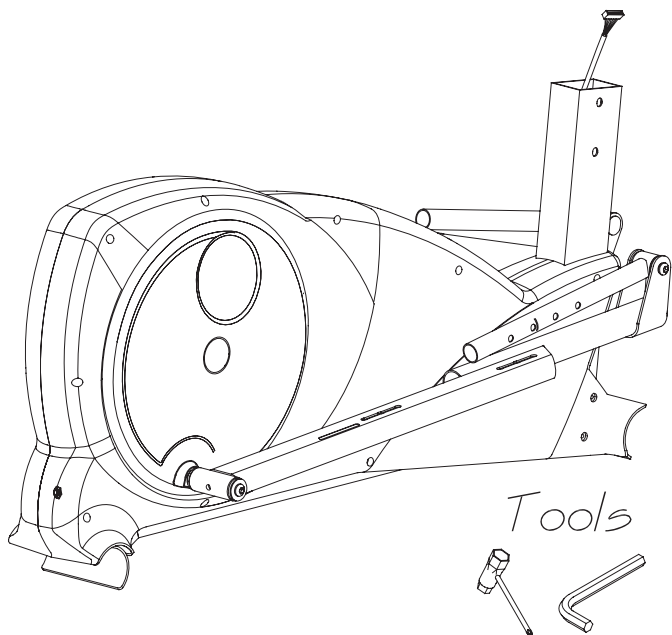
SPORTOP®

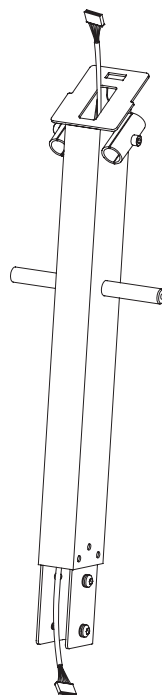Owner's Operating Manual   *ENGLISH*

Parts List

A Main frame

Tools

B Central support

C Front tube
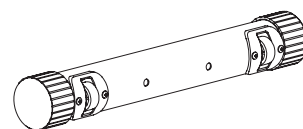
D Rear tube

E Handle Bar Support

(E1)   (E2)

F Side Handle Bar

(F1)   (F2)
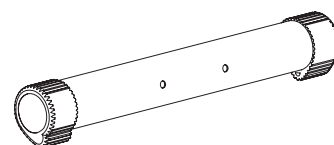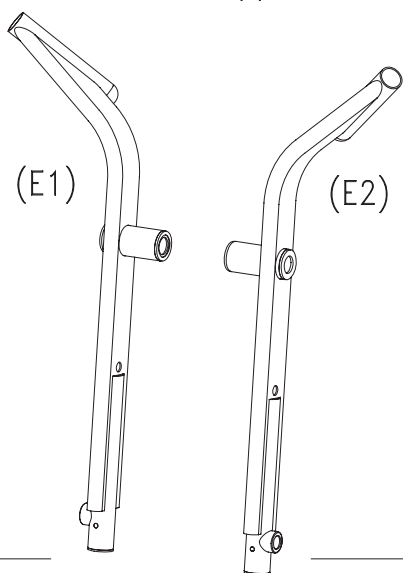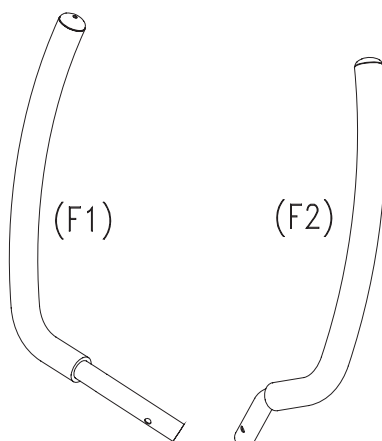
G Small handle bar
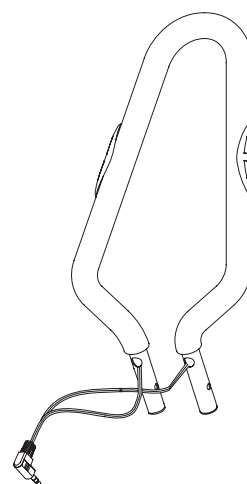
H Computer
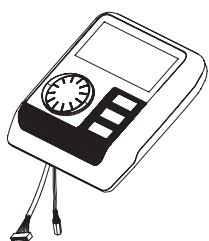
K Decoration Cover

(K1) (K2)   (K2) (K1)

L Pedal

(L1)

(L2)
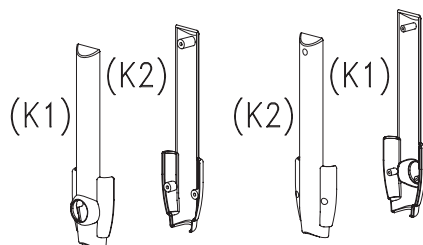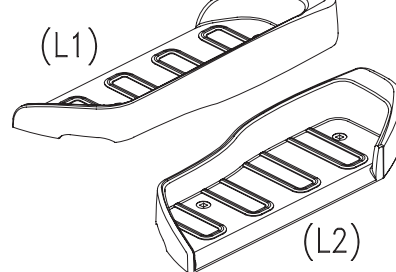
M (M1) Screw   (M2) Screw   (M3) POP PIN   (M4) Screw   (M5) Knob
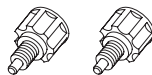
(M6) Screw   (M7) Washer   (M8) End Cap   (M9) Screw

FIGURE 1
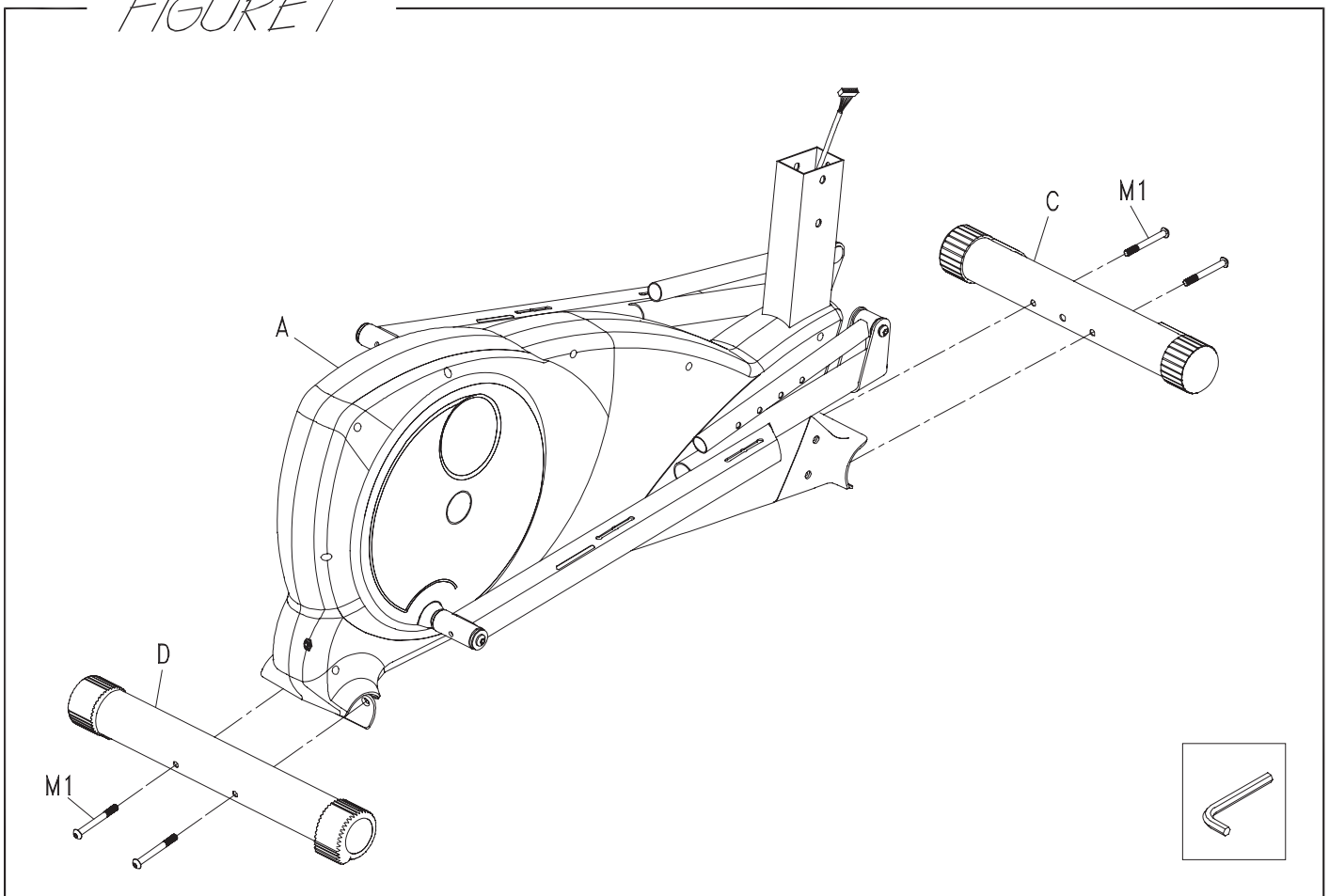
FIGURE 1__ ASSEMBLY FOR FRONT FOOT & REAR FOOT
STEP 1.
ASSEMBLE THE FRONT FOOT(C) WITH THE BASE FRAME(A) BY USING THE
BOLTS(M1).

STEP 2.
ASSEMBLY THE REAR FOOT(D) WITH THE BASE FRAME(A) BY USING THE
WASHER(M10) & BOLTS(M1).

FIGURE 2
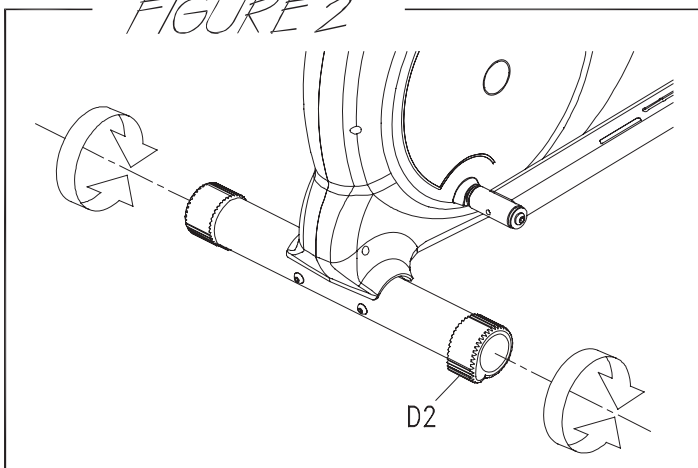
FIGURE 2__ LEVELING
AFTER COMPLETING FIRURE 1, IF THE
FLOOR / EQUIPMENT IS NOT EVEN,
TURN THE ADJUSTABLE—END CAP(D2)
TO THE DESIRED LEVEL IN ORDER TO
BALANCE THE FRAME.
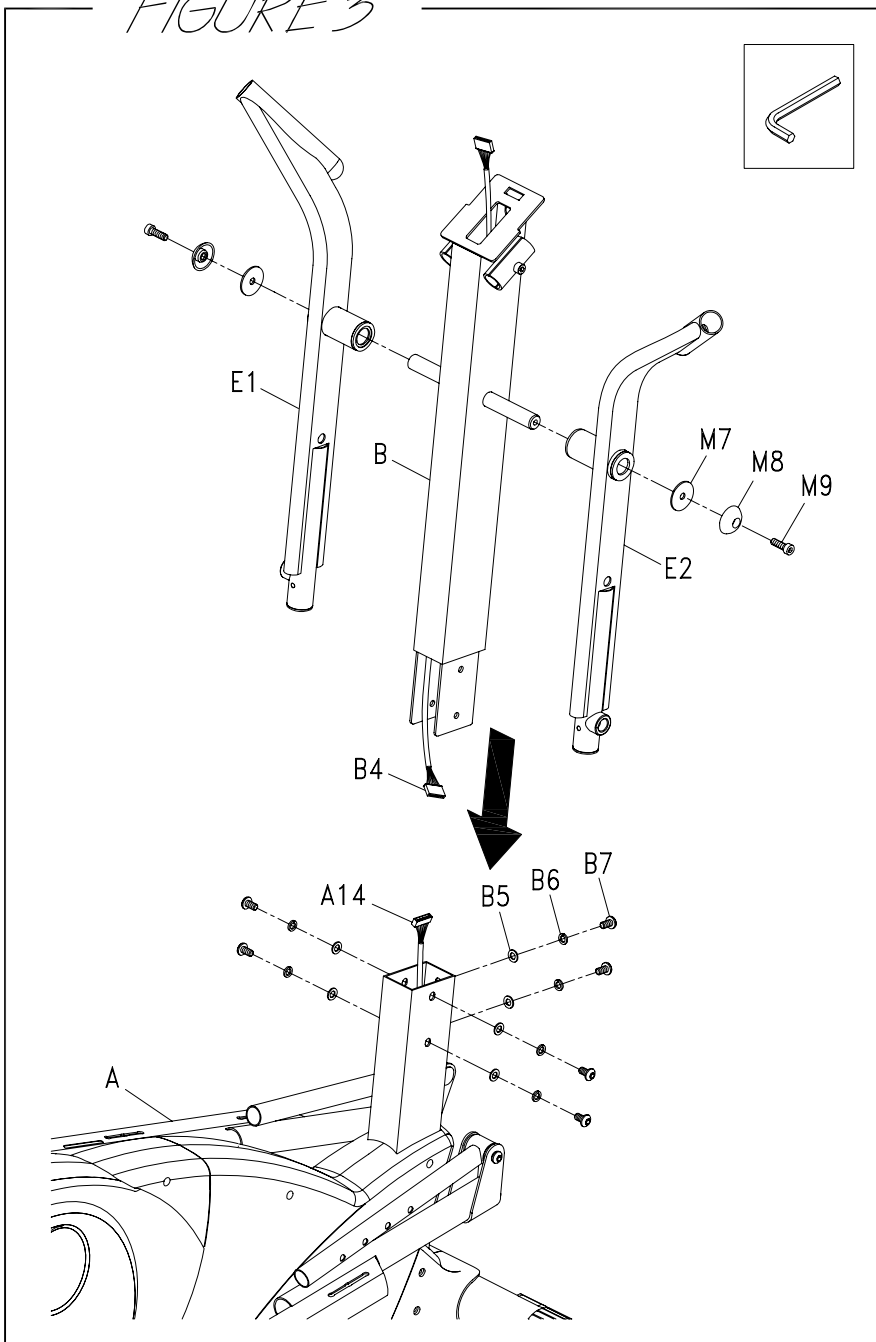
FIGURE 3__ ASSEMBLY FOR CENTRAL TUBE

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.
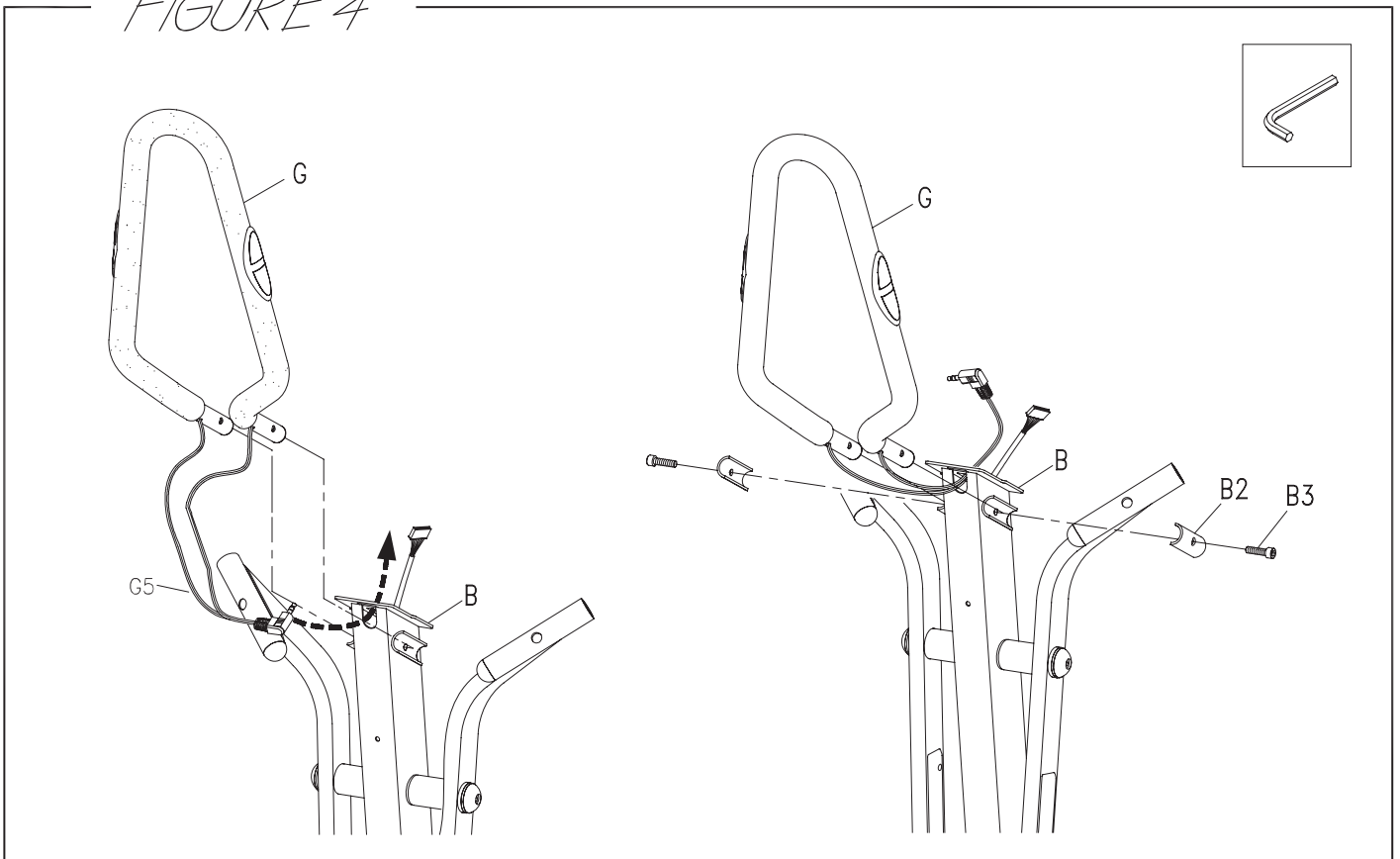
FIGURE 4__ ASSEMBLY FOR SMALL HANDLE BAR

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).
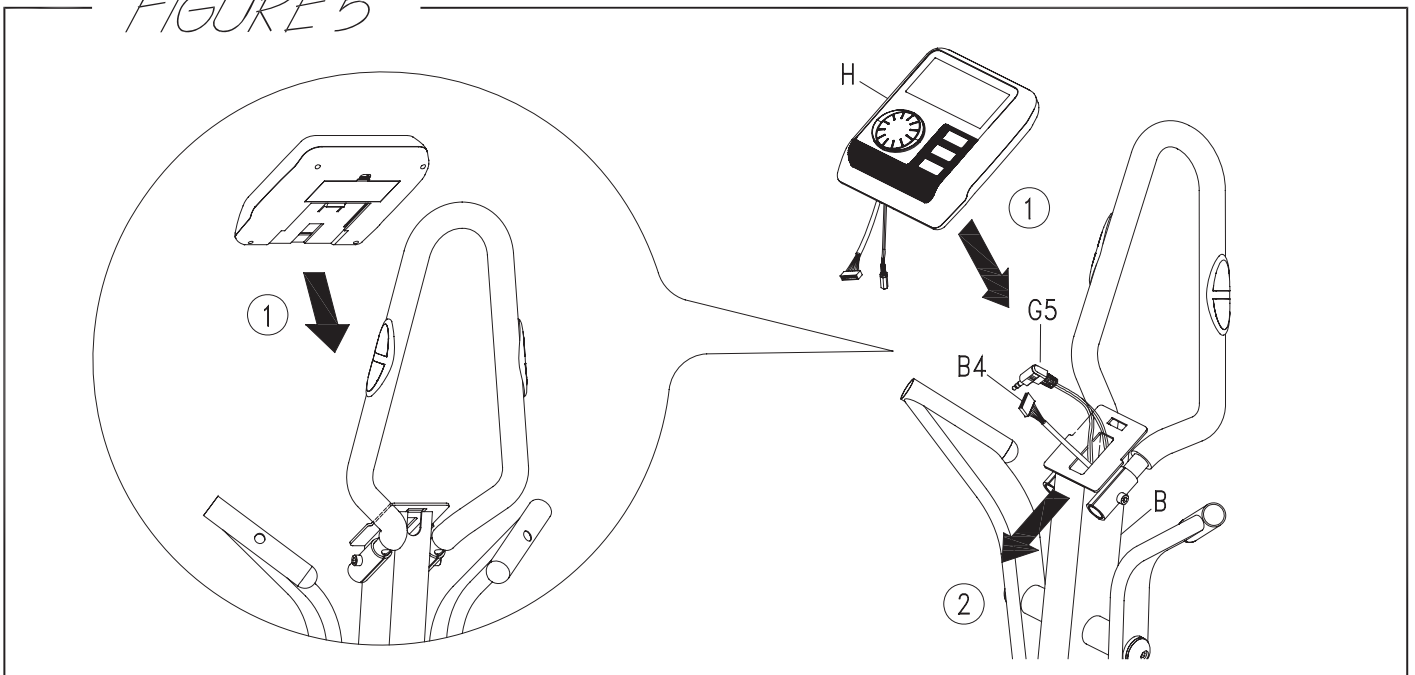
FIGURE 5__ ASSEMBLY FOR COMPUTER

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.

FIGURE 6
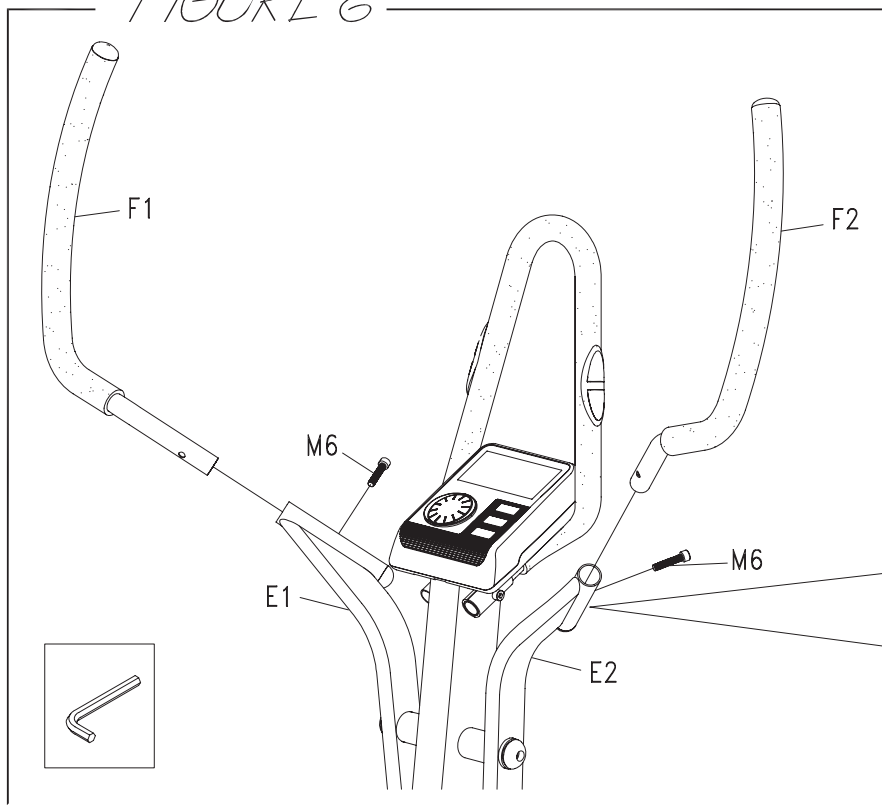
FIGURE 6__HANDLE BAR ASSEMBLY

ASSEMPLE HANDLE BAR(F1 & F2) WITH HANDLE BAR SUPPORT(E1 & E2) BY SCREW(M6 & M3) AND WASHER (M12) &WASHER(M11).

FIGURE 7__CONNECTING TUBE ASSEMBLY

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).

STEP 2.THE SAME PROCEDURE AS LEFT SIDE.

**4 SECTION HEIGHT ADJUSTING.

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

FIGURE 7

FIGURE 8

M4

L2

Position three
Position two
Position one

Position three
Position two
Position one

A3

M5
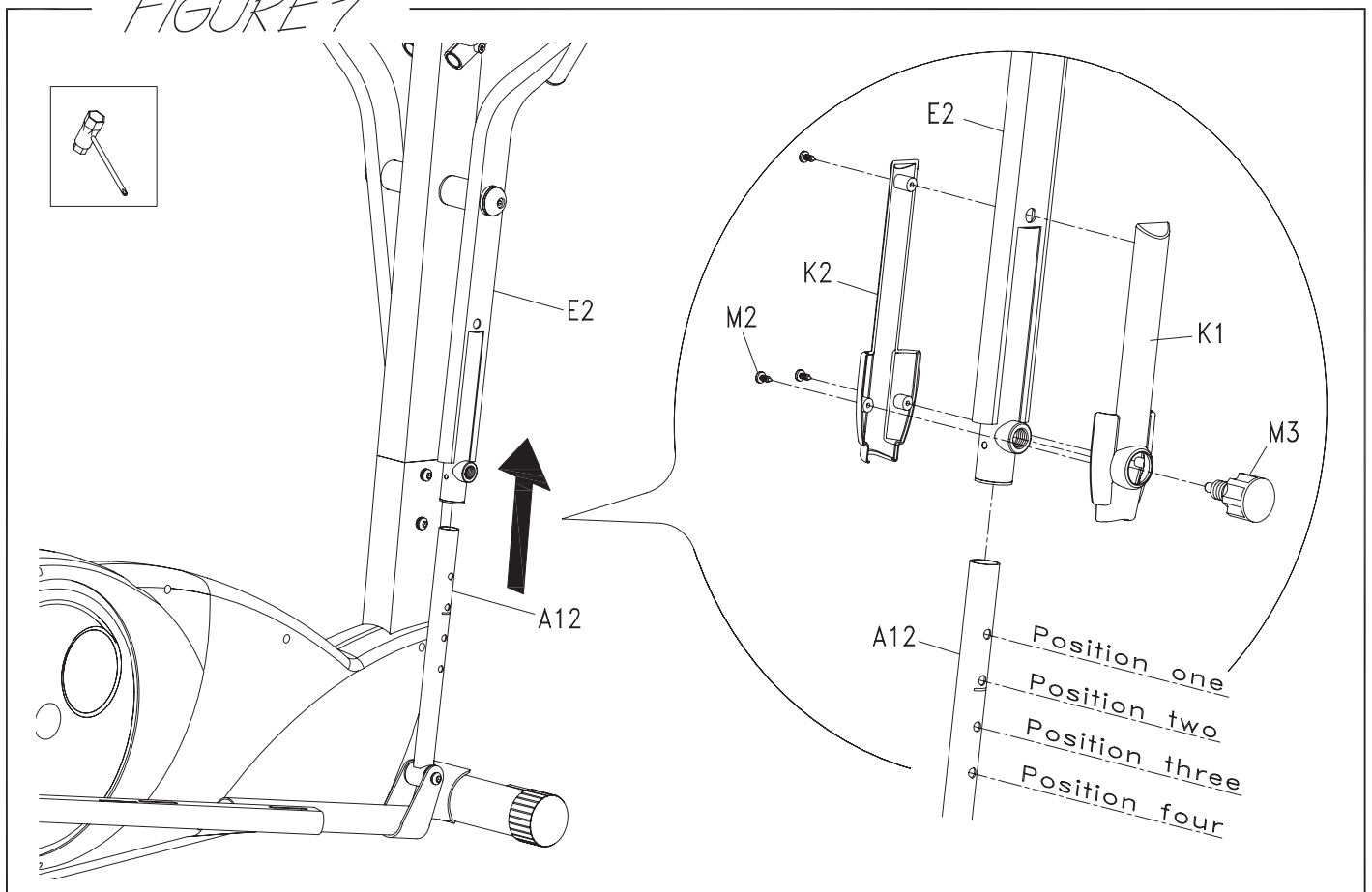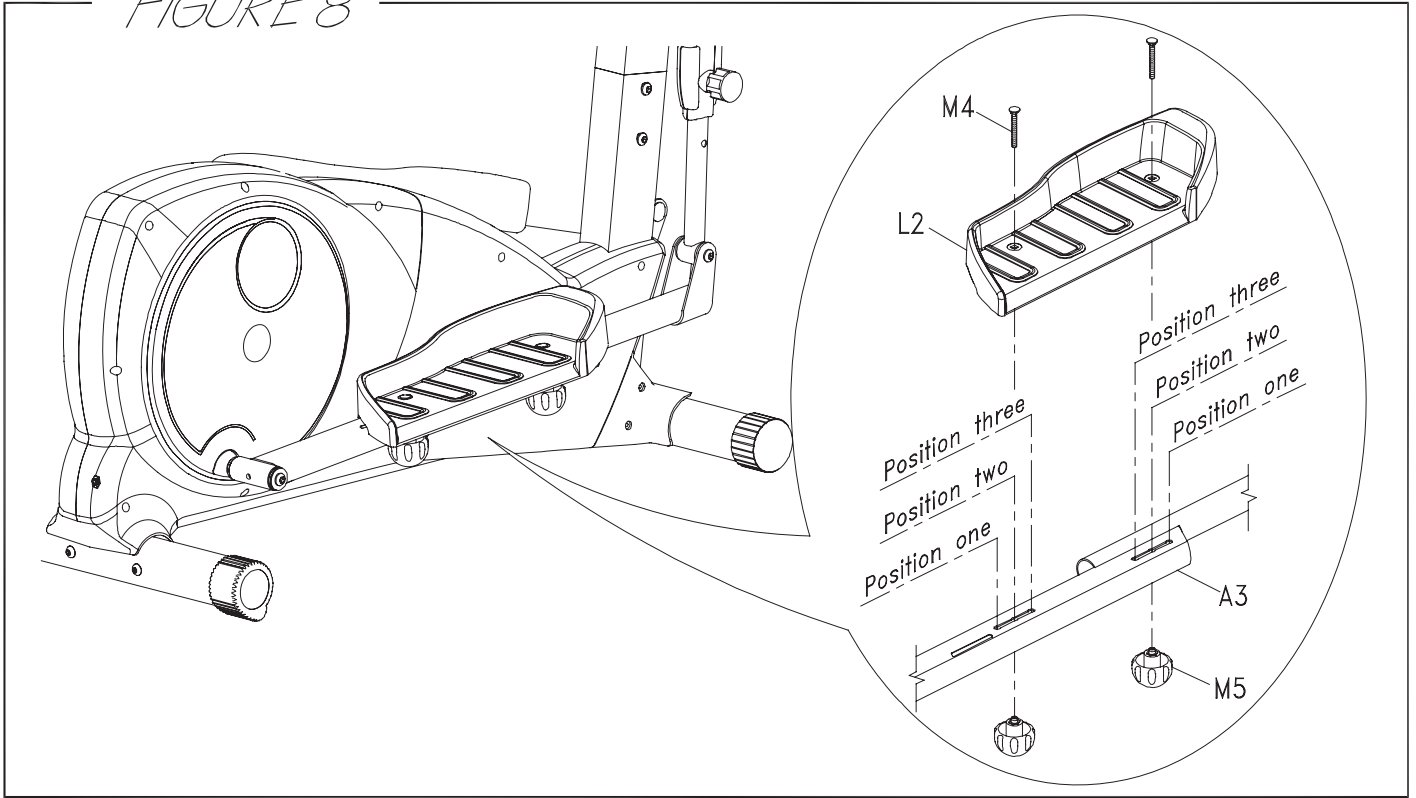
FIGURE 8__FOOT REST ASSEMBLY

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

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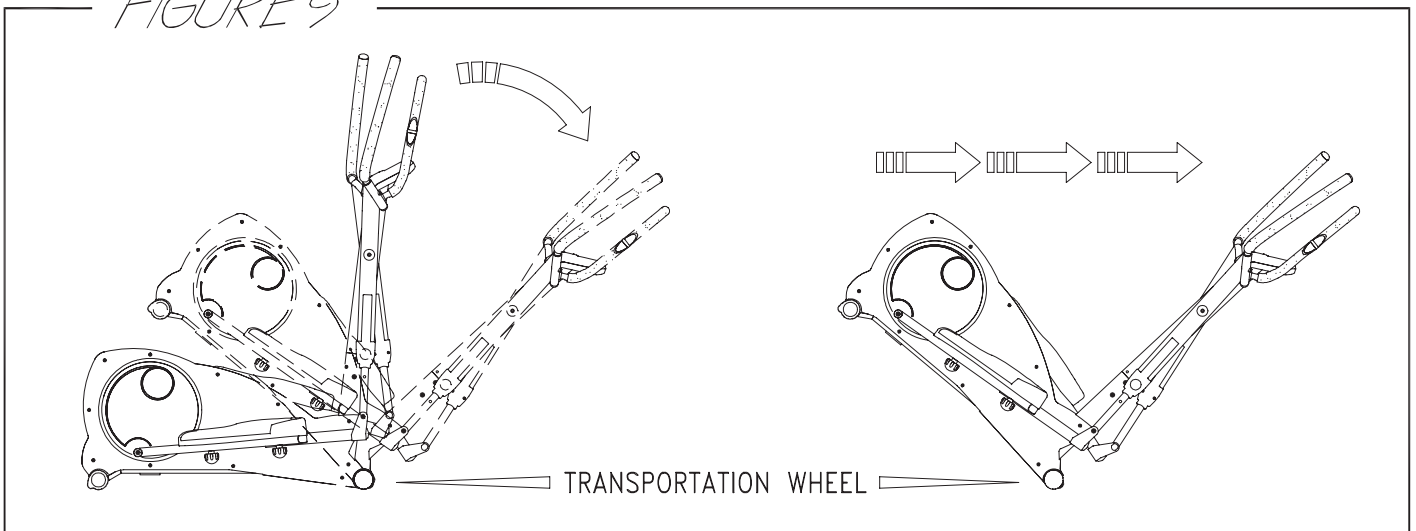
STEP 1.HOLD THE SMALL HANDLE BAR AND PUSH DOWNWARD AS DIRECTION 1.
STEP 2.MOVE THE MACHINE BY THE TRANSPORT ROLLER ATTACHING ON THE
FRONT FOOT.

A53 A52 A50
A51
A56 A55
A54

A41 A40 A39 A38 A37 A36
A37 A39 A40
A45 A44 A41
A44 A42
A43

A64 A62
A14
A15

A35

A17 A16 A58
A59
A57 A16 A47 A19 A21
A17 A48 A20 A22
A61 A18 A49
A60 A17

A63

A34 A30
A28
A24
A23
A23
A25 A26
A27
A29
A34

- 8 -
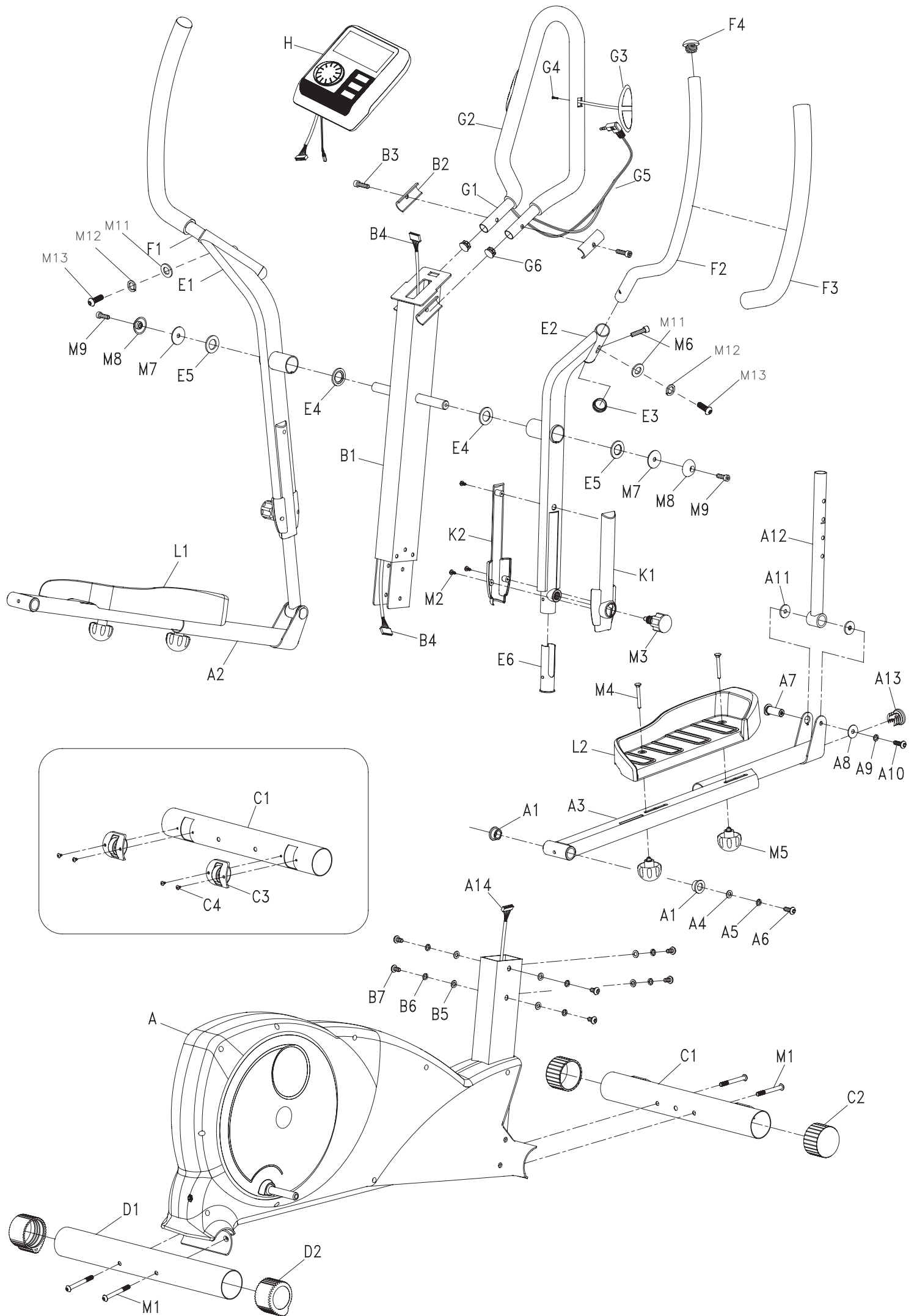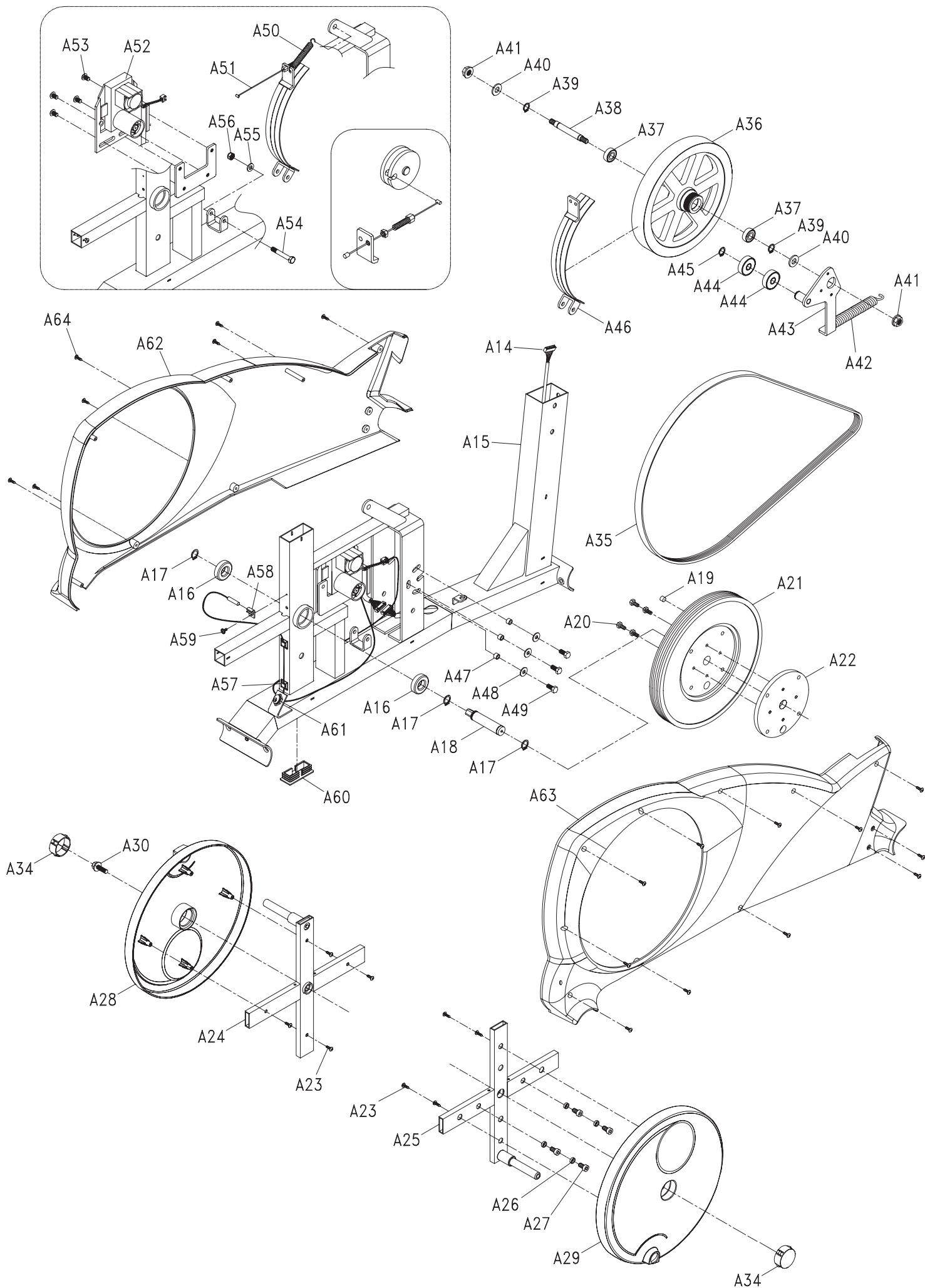
PARTS LIST

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	B1	SUPPORT TUBE	1
A9	SPRING WASHER M8	2	B2	SMALL HANDLEBAR BRACKET	2
A10	ALLEN HEAD BOLT M8x25mm	2	B3	SCREW	2
A11	WASHER	4	B4	COMPUTER CABLE	1
A12	CONNECTION TUBE	2	B5	WASHER	6
A13	END CAP	2	B6	SPRING WASHER	6
A14	SENSOR WIRE	1	B7	SCREW	6
A15	BASE FRAME	1	C1	FRONT FOOT	1
A16	BEARING	2	C2	FRONT FOOT COVER	2
A17	CLIP	3	C3	TRANSPORT ROLLER UNIT	2
A18	WHEEL AXLE	1	C4	SCREW	4
A19	MAGNET	1	D1	REAR FOOT	1
A20	SCREW	4	D2	REAR FOOT COVER	2
A21	DRIVING PULLEY	1	E1	HANDLE BAR BRACKET (L)	1
A22	ROUND PLATE	1	E2	HANDLE BAR BRACKET (R)	1
A23	SCREW	8	E3	END CAP	2
A24	CRANK (L)	1	E4	BUSHING	2
A25	CRANK (R)	1	E5	FLAT WASHER	2
A26	BUSHING	4	E6	PLASTIC INSERT	2
A27	SCREW	4	F1	HANDLE BAR (L)	1
A28	TURING PLATE (L)	1	F2	HANDLE BAR (R)	1
A29	TURING PLATE (R)	1	F3	HANDLE BAR FOAM GRIPS	2
A30	SCREW	1	F4	END CAP	2
A34	TURNING PLATE COVER	2	G1	SMALL HANDLE BAR	1
A35	DRIVING BELT	1	G2	HANDLE BAR FOAM GRIPS	1
A36	FLY WHEEL	1	G3	HANDLE PULSE	2
A37	BEARING	2	G4	SCREW	2
A38	WHEEL AXLE	1	G5	HAND PULSE SENSOR	1
A39	CLIP	2	G6	END CAP	2
A40	WASHER	2	H	COMPUTER	1
A41	NUT	2	K1	DECORATION (R)	2
A42	SPRING	1	K2	DECORATION (L)	2
A43	PRESSING SPRING	1	L1	FOOT REST (L)	1
A44	BEARING	2	L2	FOOR REST (R)	1
A45	CLIP	1	M1	SCREW	2
A46	HOUSING FOR MAGNET	1	M2	SCREW	6
A47	BUSHING	3	M3	POP-PIN	2
A48	FLAT WASHER	3	M4	SCREW	4
A49	SCREW	3	M5	KNOB	4
A50	SPRING	1	M6	SCREW	2
A51	TENSION CONNECTOR	1	M7	WASHER	2
A52	MOTOR	1	M8	END CAP	2
A53	SCREW	4	M9	SCREW	2
A54	SCREW	1	M11	WASHER	2
A55	FLAT WASHER	1	M12	WASHER	2
A56	NUT	1	M13	SCREW	2
A57	FIXING PLATE	3			

The console is installed receiver system which
can be corresponded with polar system.

Initial operating process: (After the computer is power on)

Step One   Turn the "MODE" button to clockwise or anti-clockwise direction to select training mode
            in MANUAL, PROGRAM (12 profiles), USER (user defined profile), or TARGET HEART RATE control
            (4 different ratings).

Step Two   Turn the "MODE" button to clockwise or anti-clockwise direction to adjust training LOAD/
            DIFFICULTY level from 1 to 16 in MANUAL, PROGRAM and USER mode . (Exclude TARGET HEART
            RATE CONTROL mode)

Step Three Turn the "MODE" button to clockwise or anti-clockwise direction to set function datas. When
            each function data has been preset, press "MODE" to enter setting.
            Presetting training function datas available :
            TIME: Preset area is from 00:00 to 99:00, each increment is 1:00 (minute).
            DISTANCE: Preset area is from 0.00 to 99.90, each increment is 0.10 km or ml.
            CALORIE: Preset area is from 0 to 990, each increment is 10 cal.
            WATT: Preset area is from 10 to 350, each increment is 10 watt. (In MANUAL mode only)
            PULSE: Preset area is form 30 to 240, each increment is 1 BPM. (Not available in TARGET
                        H.R. training mode)

Step Four   Press "START/STOP" button to start training.

Training Mode Instruction:

To start your training :

Training in MANUAL mode -

As soon as you press START/STOP button without any presetting (functions and programs), the monitor starts working in Manual mode.

Training without preset Time:

Each unit of the profile switches forth to another per 0.1 km or ml of counting up (no preset DISTANCE) or counting down (has preset DISTANCE).

Training with preset Time:

Ech unit of the profiles switches forth to another per preset TIME divided by 16.

Tension difficulty adjustment:

During training in Manual mode, you may adjust tension difficulty from 1 to 16 if you did not preset WATT funciton data.

If you have preset WATT, tension level will be auto-adjusted depends on current speed and Watt values you are working out.

There will be three different symbols showe up to help your training:

▲   You need to slow down the training speed.

▼   You need to speed up the training.

-------   This is to remind you current WATT is OVER SPEC, and you need to speed up or slow down training speed accordingly.

        ** When the WATT is over spec, monitor has Bi-Bi-Bi/second to remind you. If you keep training in this mode for over 1 minute,the monitor has an ALARM with Bi-Bi-Bi-Bi-Bi-Bi sounds for 30 seconds, and the monitor will STOP automatically. The tension level is dropped to 1 now, and preset WATT data is zero.

Training with 12 profiles -

Turn the "MODE" button to clockwise or anti-clockwise direction to select training profiles from P1 - P12. After selection, press MODE to enter setting.

Training without preset Time:

Each unit of the profile switches forth to another per 0.1 km or ml of counting up (no preset DISTANCE) or counting down (has preset DISTANCE).

Training with preset Time:

Ech unit of the profiles switches forth to another per preset TIME divided by 16.

Tension difficulty adjustment:

During training in Program mode, you may adjust tension difficulty to the seletece program profile.

Training with USER -

Turn the "MODE" button to clockwise or anti-clockwise direction to select USER for training mode. You may use the "MODE" button to set your profile. After setting, press MODE for over 2 seconds to quit setting mode.

Training without preset Time:

Each unit of the profile switches forth to another per 0.1 km or ml of counting up (no preset DISTANCE) or counting down (has preset DISTANCE).

Training with preset Time:

Ech unit of the profiles switches forth to another per preset TIME divided by 16.

Tension difficulty adjustment:

During training, you may also adjust tension difficulty to the current trining profile unit.

Training in TARGET H.R. control -

The tension difficulty will be auto-adjusted according to your current heart rate figures. If your heart rate figures is less the target, the tension difficulty will be adjusted upward one level per 30 seconds, up to the maximum level 16. If your heart rate figures is achieved at the target or higher, tension difficulty will be dropped one level immediately. And, tension difficulty will keep dropped one level per 15 seconds until level 1 if your current heart rate figures is still over (or equal to) the target. If the tension difficulty has dropped to level one and your heart rate figures is still higher (or equal to) the target for 30 seconds, the system will STOP immediately, and ALARM for 6 beeps to remind you as the protection action.

Target Pulse with different percentage selected -

You may turn the "MODE" button to clockwise or anti-clockwise direction to select different heart rate target percentage for training. There are 3 fixed percentage of the maxiumu heart rate which is calculated by the monitor according to the input AGE data. (Age is required to be input in training with this mode if you did not preset personal datas initially). Three heart rate target percentage : 55% , 75%, 90%. Before setting target percentage or figures, please refer your body and healty condition and take your doctor's advice to select a proper one. *Example*   - If you input age of 30, the target figure will be 104, this figure is 55% of the max. heart rate figure which is 190. The proper figure calculated by the monitor compared to age of 30. The same formula and calculation on 75%, and 90%.

Target Pulse figures input by yourself -

Turn the "MODE" button to set target heart rate figures.

After heart rate target is preset, press START/STOP to start training. The tension difficulty will be fixed on level one initially, and adjust itself compares your actual heart rate figures during all the training.

To stop your training:

Training with PRESET function datas:

As soon as one of the preset function datas (Time, or Distance, or Calories)counts down to zero, (pulse figures excluded) the monitor has 8 beeps sound to remind you. The monitor will stop working immediately. You may press START/STOP button to start monitor working. The function which has been zero achieved will count from zero, others will count from previous datas before stop.

Interupt training:

You may press START/STOP button to stop computer working during training any time.

To reset program:

You may press RESET button to reset the PROGRAM and select the training mode and tension load or difficulties under STOP mode. If you hold on pressing RESET button for over 2 seconds, all function datas will be delete to zero.

Function Buttons:

START/STOP   To start or stop training.

MODE   1. To select each function of Time, Distance, Pulse, Watt for preseting.

2. To enter all personal datas and function datas setting.

UP/DOWN   Turn the MODE button clockwise or anti-clockwise to have upward or backward setting.

RESET   1. To reset each function of Time, Distance, Pulse, Watt function figures.

2. To reset program setting and back to initial selection mode with Manual, Program, User, or Target Heart Rate all blinking display.

RECOVERY To act pulse recovery function work.

Functions:

TIME   *Count Up* - The monitor starts counting up from 00:00 up to 99:59 during training.

            Count Down - The monitor will count down from the preset Time to 00:00.

SPEED   Displays the current SPEED from 0.0 to maximum 99.9 km or ml.

DISTANCE   *Count Up* - The monitor accumulates total workout distance from 0.00 to the max. 99.90 km or ml during training.

            Count Down - The monitor will count down from the preset Distance to 0.00.

CALORIES   *Count Up* - The monitor accumulates the calories consumption from 0 to the max. 990 cal, during training.

            Count Down - The monitor will count down from the preset Calories to 0. This data is a rough guide for comparison of different exercise sessions that can not be used for medical treatment purpose.

PULSE   The user may have heart rate figures display after holding both hands on handgrip sensors. The heart rate figure displays area is from 0 to 240 BPM. You may set target pulse to assist training in Manual, Program, or User mode. Or, you may select fixed target heart rate percentage for training.

            Alarm -   Training in Manual, Program, or User mode, if you have set target, when current heart rate figures is exceed to the target, the monitor will start to beep to remind you.

            Load tension adjustment - Please refer the paragraph of *Training in Target H.R. control mode* for more clear understanding.

RECOVERY After exercising for a period of time, keep holding on handgrip sensor or wearing on the chest transmitter, and press "RECOVERY button, all function display will stop except "Time" which will count down from 00:60 - 00:59 - 00:58 - to 00:00. As soon as 00:00 is achieved, the monitor display will show your heart rate recovery status with grade F1, F2, F3 ….F6. F1 is the best, and F6 is the worst. You may keep training toimprove your heart rate recovery status day by day from from F6 up to F1.

            ** Press the RECOVERY button again to return the main display.

Note:

1. When there is no signal been transferred into the monitr for 4 minutes, the monitor display will shut off automatically, and all previous training datas will be stored. You may press any button to wake up the monitor display.

2. If the monitor display is improper, please remove power supply and re-plug again.

3. The monitor can be power on with AC adaptor input only.