

# ELLIPTICAL TRAINER



MODEL: **E60**

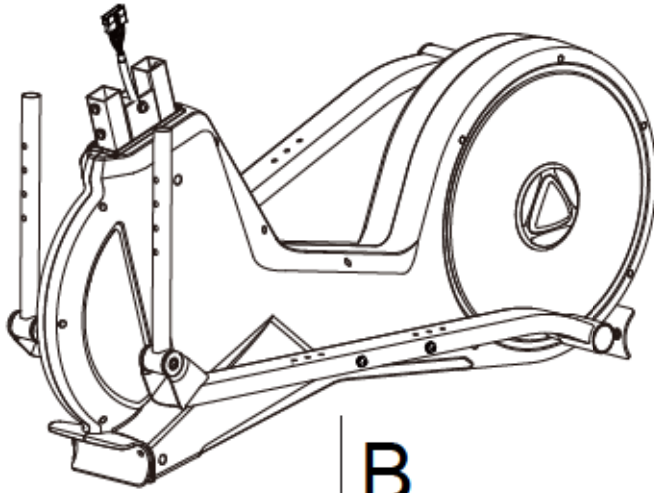
***SPORTOP***®

Owner's Operating Manual

**ENGLISH**

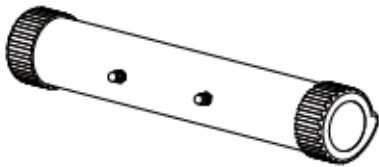
# Parts List

## A Main Frame

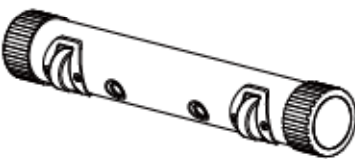


**E** Console

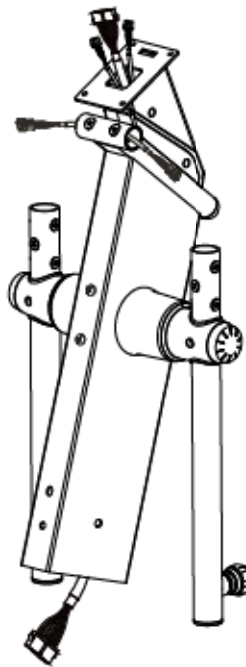
## C Rear Stabilizer



## D Front Stabilizer

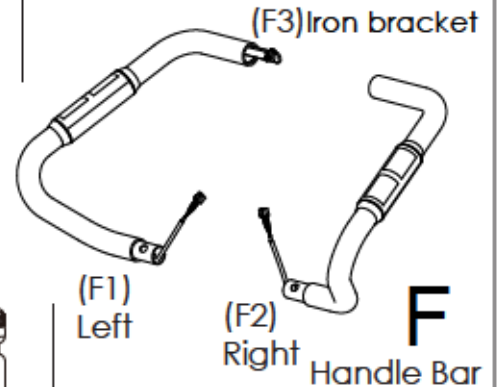


## B Central Support Tube



(H7) Water Bottle

(H6) Bottle Holder



**F**

Handle Bar

## H Pedal(L)



(H5) Adaptor

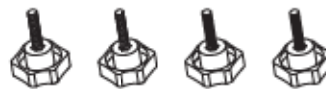
(H2) Pedal (R)



(H3) Iron bracket



(H4) Knob



## G

Side Handle Bar

(G1) Left Side



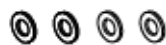
(G2) Right Side



## J (J1) Screw M8X90



## (J9) Washer M6



## (J11) Washer M6



## TOOL



## (J13) Washer M10



## (J14) Washer M10



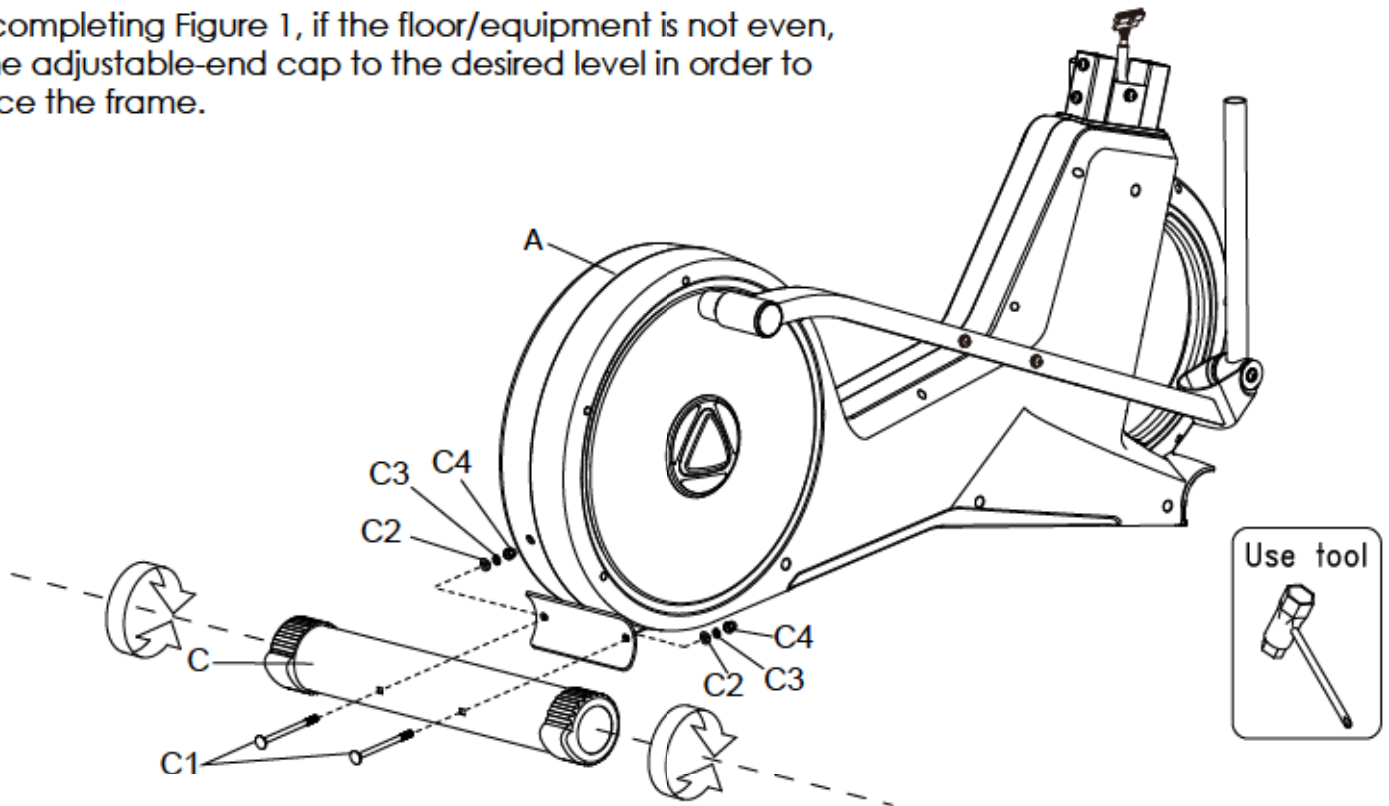
# FIGURE 1

## **ASSEMBLY FOR REAR STABILIZER**

First, remove the washers(C2), spring washers(C3) and nuts(C4) from the rear stabilizer(C). Use the two bolts (C1) through the rear stabilizer(C) to attach to the bracket at the back of the main frame(A).Then, secure it with washers(C2), spring washers(C3) and nuts(C4).

### **HOW TO KEEP THE MACHINE STABLE**

After completing Figure 1, if the floor/equipment is not even, turn the adjustable-end cap to the desired level in order to balance the frame.

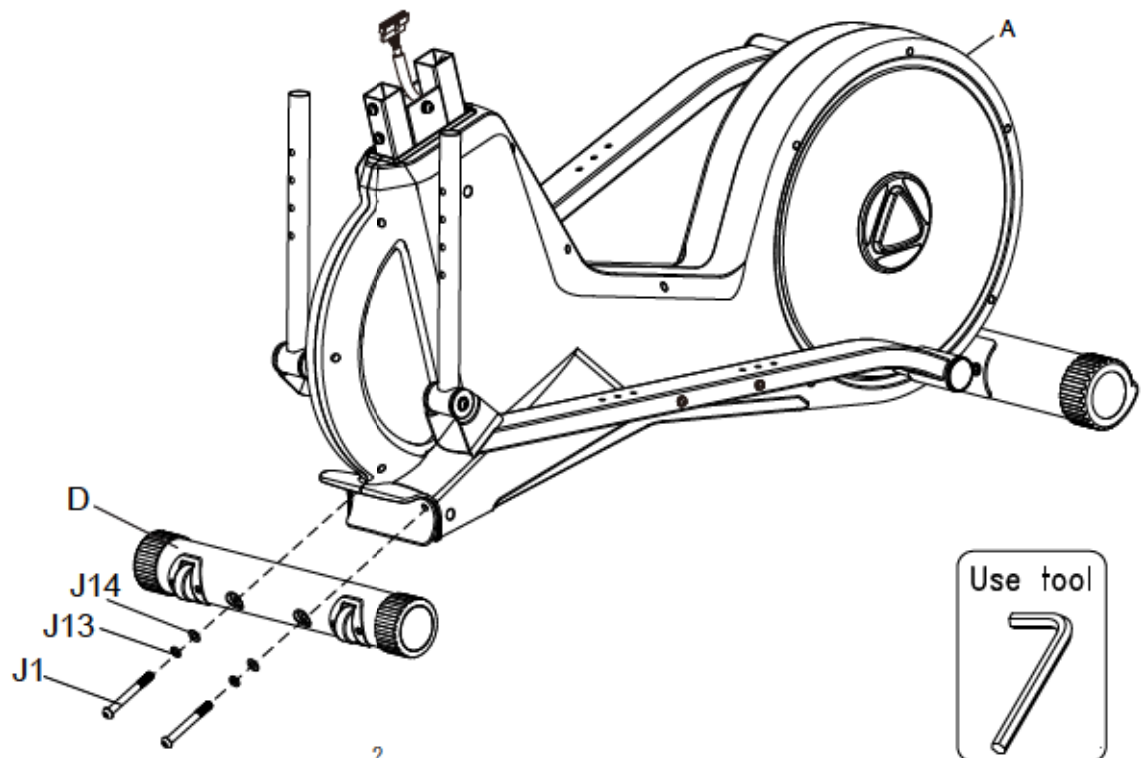


# FIGURE 1

# FIGURE 2

## **ASSEMBLY FOR FRONT STABILIZER**

Secure the front stabilizer (D) to the main frame (A) using two bolts (J1), spring washers (J13), and washers (J14)



# FIGURE 2

FIGURE 3

**FIGURE 3  
ASSEMBLY FOR CENTRAL SUPPORTING TUBE**

First, remove the screws(J4), spring washers(J2) and washers(J3) from the main frame(A).

Connect the sensor wire(A1) with the sensor wire(B1). Then, assemble the central supporting tube(B) onto the main frame(A) with the screws(J4), spring washers(J2) and washers(J3) .

NOTE: When pushing the tubes together make sure not to pinch the cable!

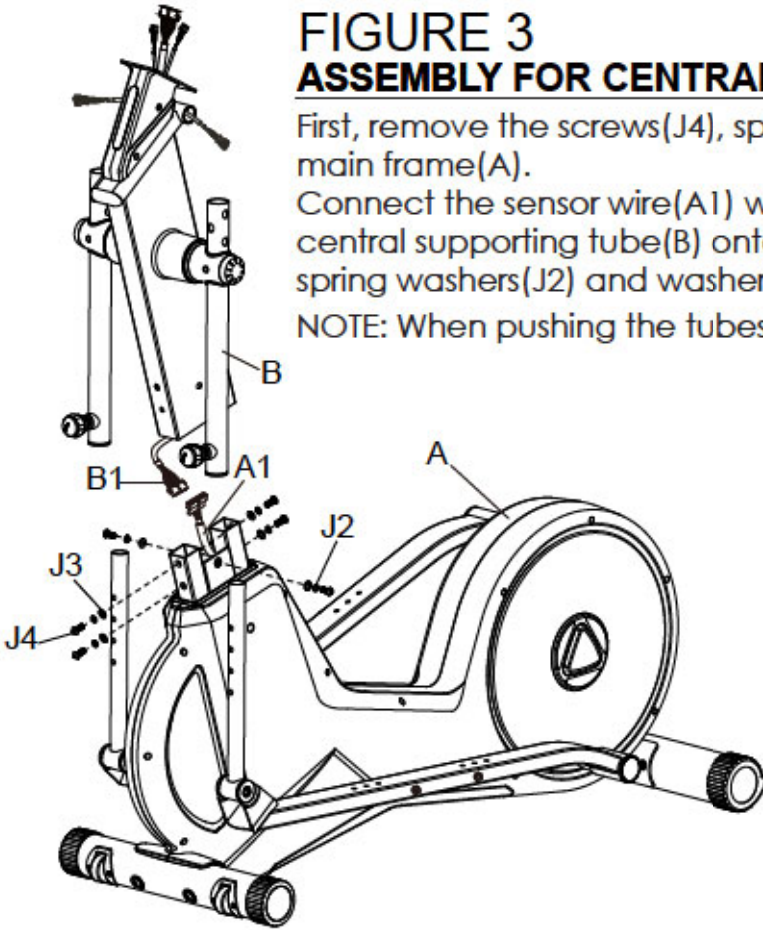
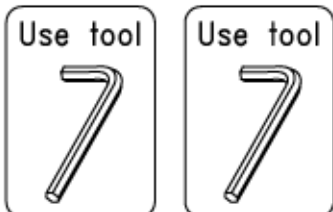
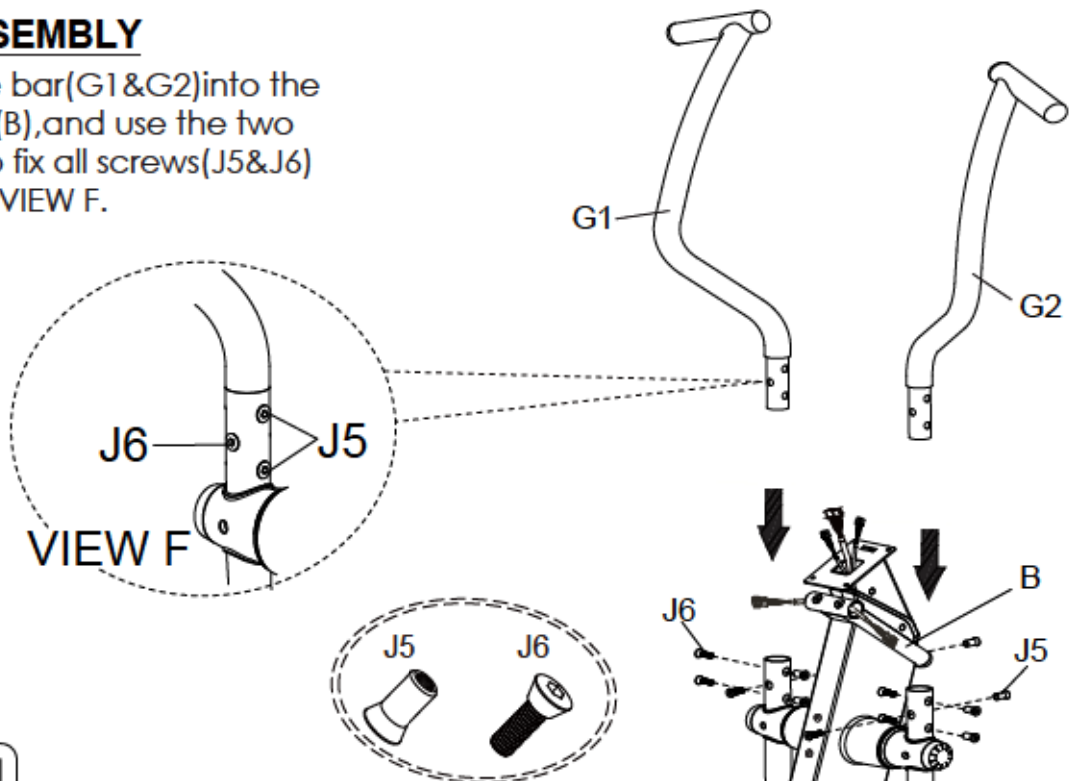


FIGURE 4

**FIGURE 4  
HANDLE BAR ASSEMBLY**

Assemble the handle bar(G1&G2)into the central support tube(B),and use the two 8mm Allen wrench to fix all screws(J5&J6) refer to the shown in VIEW F.



**FIGURE 5****ASSEMBLY FOR PEDAL IRON BRACKET AND  
CONNECT THE PEDAL TUBE WITH THE CENTRAL SUPPORTING TUBE**

Step 1. Remove the preinstalled screws(J7), spring washers(J2) and washers(J3). Assemble the iron bracket(H3) on the right pedal tube and secure it by screws(J7), spring washers(J2) and washers(J3).

Step 2. Repeat again on the left side iron bracket(H3).

Step 3. Equip the pedal tube with the side handle bar G1 & G2. Adjust the suitable positions which are 4 holes available when loosening the knob (G3). Tight it once the proper position is found.

Attention: Please make sure the knob(G3) is turning tightly after choosing the position to avoid user falling down.

NOTE: for your safety, make the left side and right side handle bar at the SAME position.

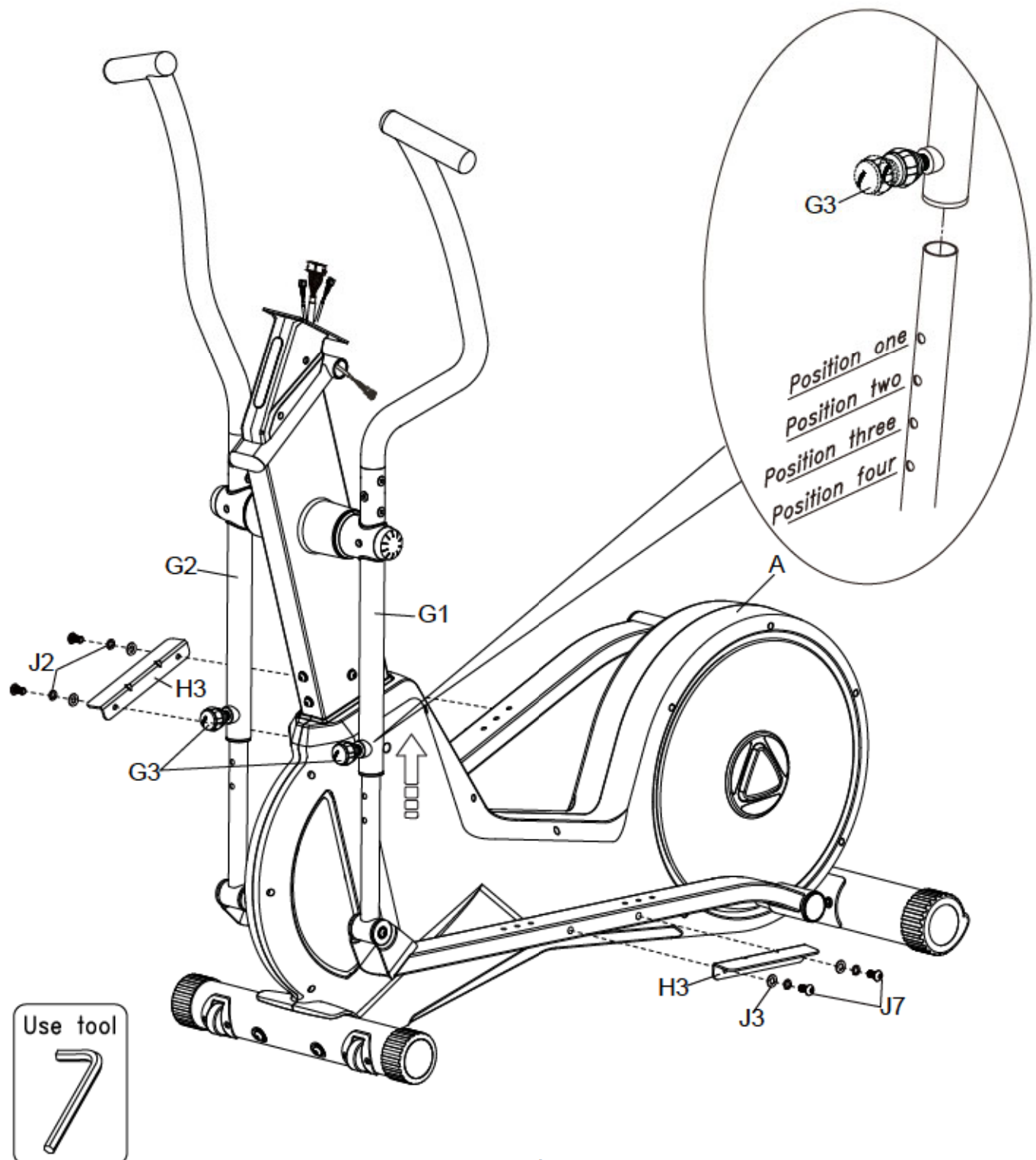
**FIGURE 5**

FIGURE 6

**FIGURE 6 ASSEMBLY FOR PEPEDAL**

Assemble the right pedal(H2) with washers(J9), spring washers(J11) and star knobs(H4). There are 3 positions for moving track.

Repeat again on the left pedal(H1).

Attention: Please make sure the knob(H4) is turning tightly after choosing the position to avoid user falling down.

Left(H1) Right(H2)

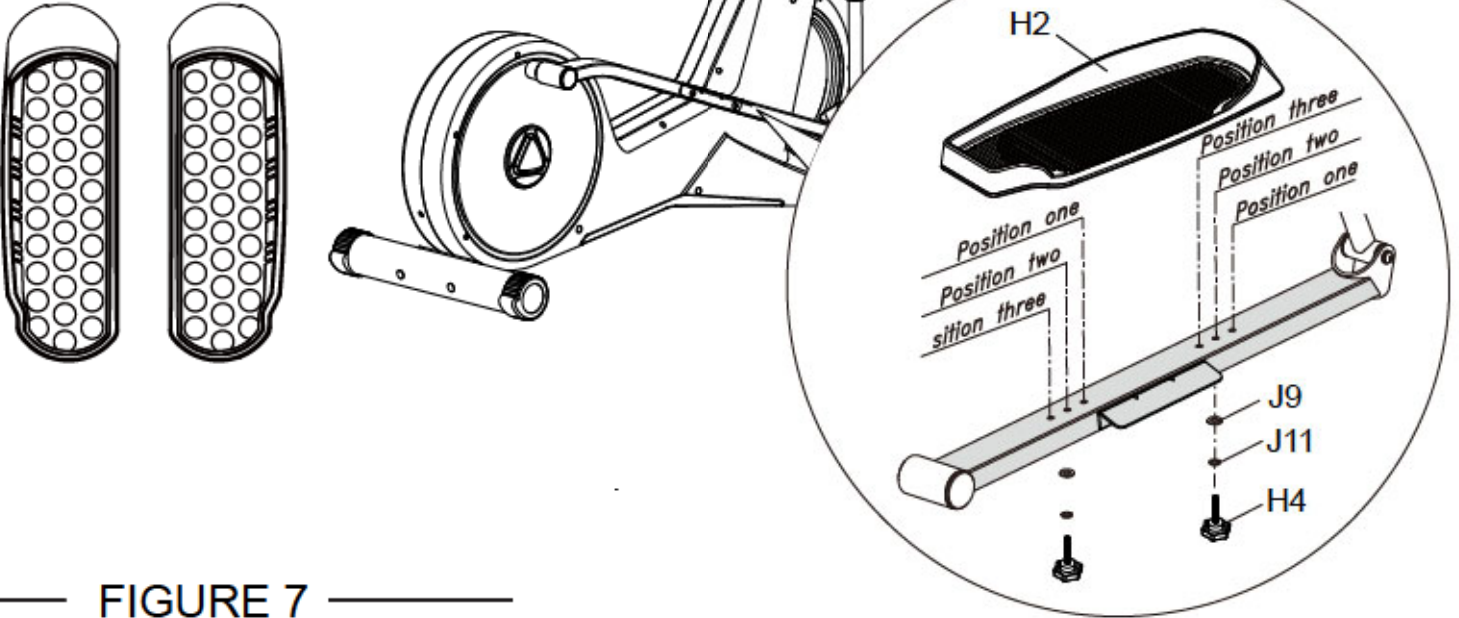


FIGURE 7

**FIGURE 7 ASSEMBLY FOR CONSOLE AND THE WATER BOTTLE HOLDER**

Step1. Locate console(E), and connect sensor(B1 & B2) to the wires from the console.

Step2. Put the small handle bar(F1 & F2) into the handle bar housing for screw it(J10) and Iron bracket(F3) screw(J12)

Step3. Remove the preinstalled screws(B4) first. Assemble the water bottle holder(H5) with the central supporting tube(B) by the screws (B4) Put the water bottle (H6) in to the water bottle holder(H5).

NOTE: Make sure not to pick the cable!

NOTE: The console angle can be adjusted according to users demand to have the best view

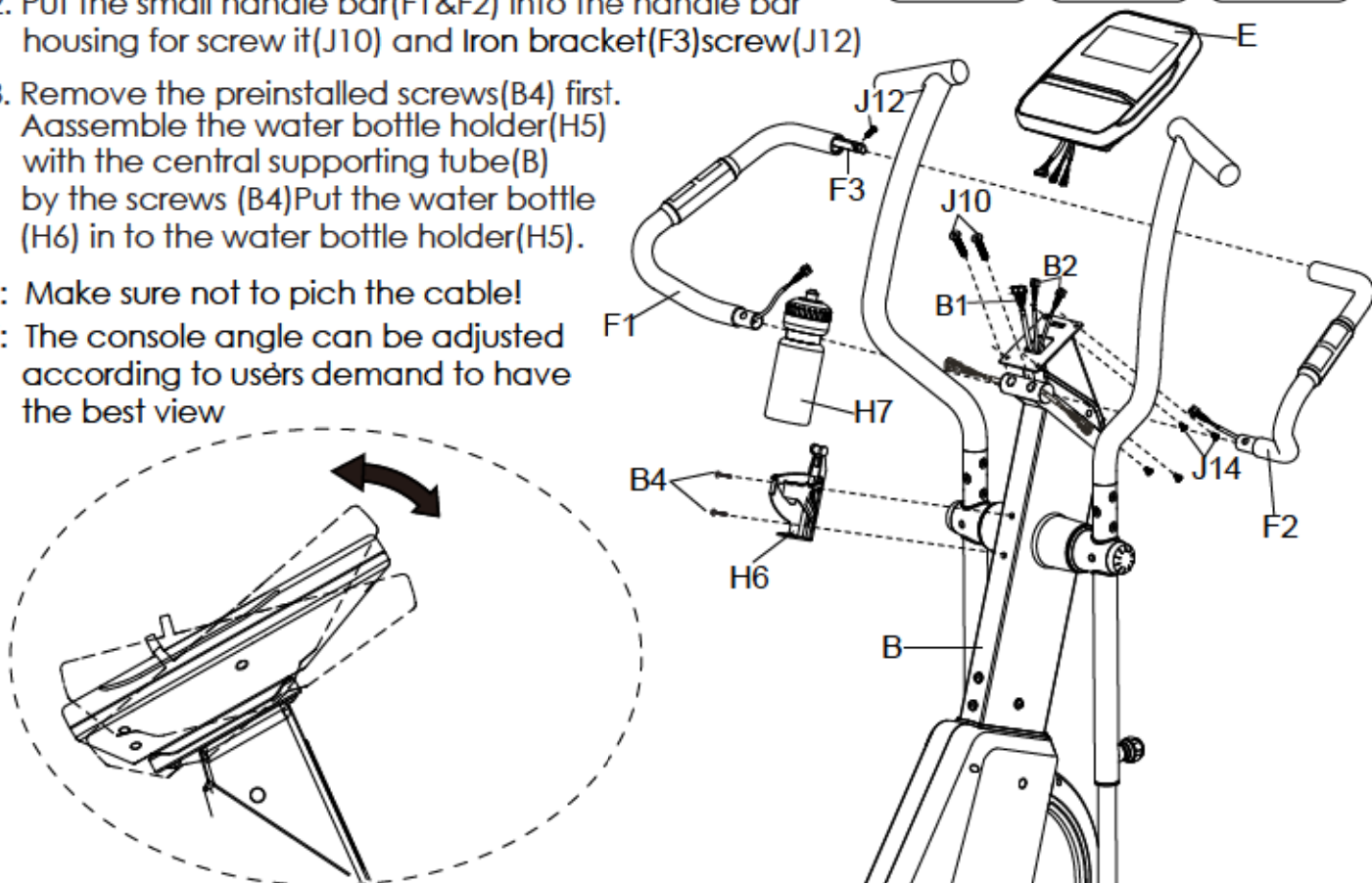
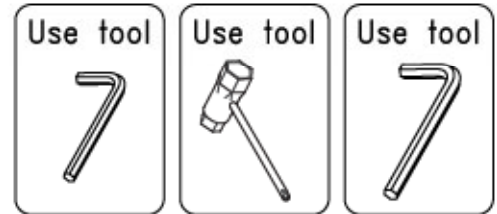


FIGURE 7

**HOW TO MOVE THE MACHINE**

The front stabilizer has built-in transport wheels.

To move the machine, stand at the front 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.

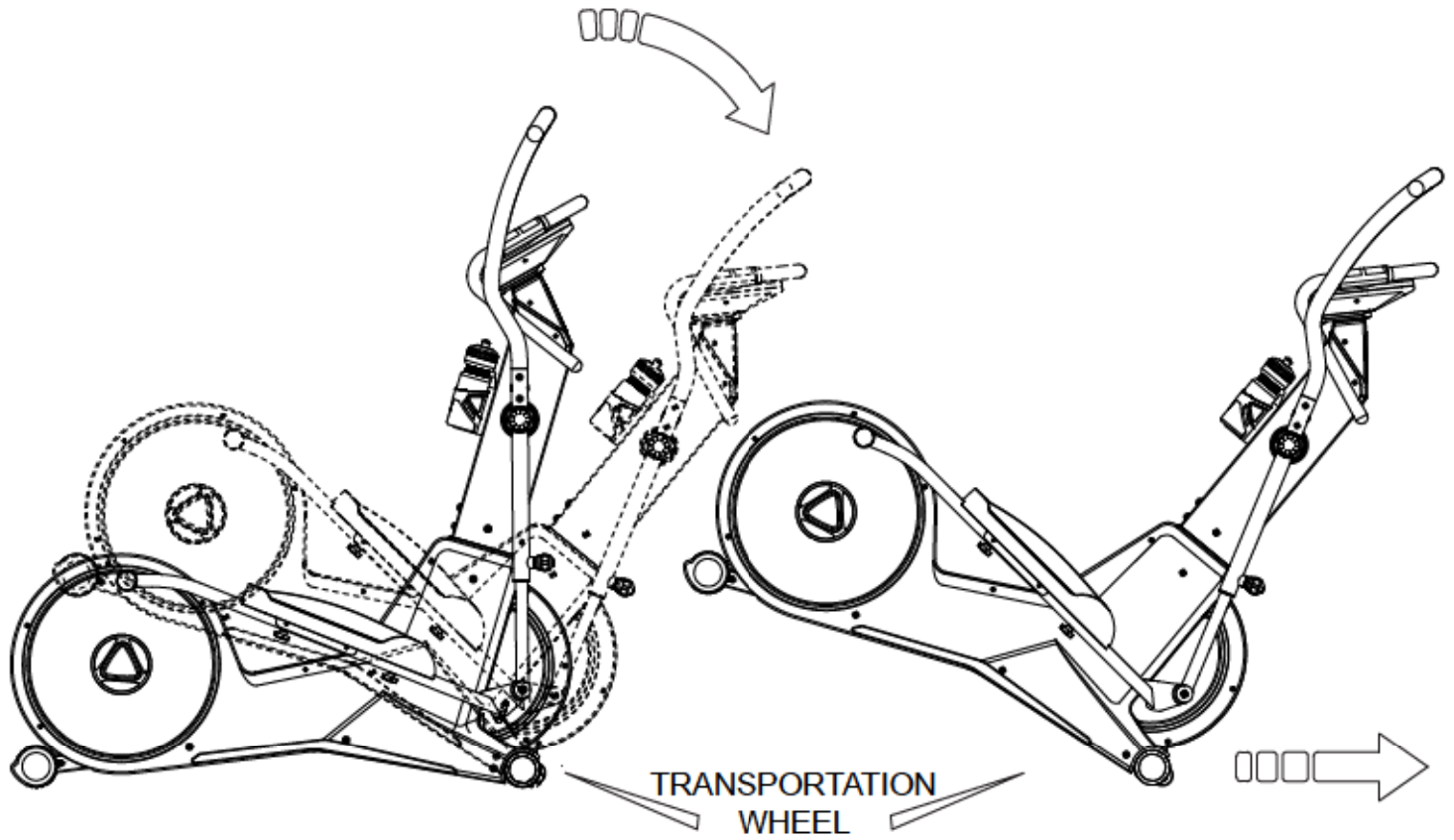


FIGURE 7

FIGURE 8

**HOW TO USE THE ADAPTOR**

adaptor(H5), there is one adaptor hole located at the rear of the machine.

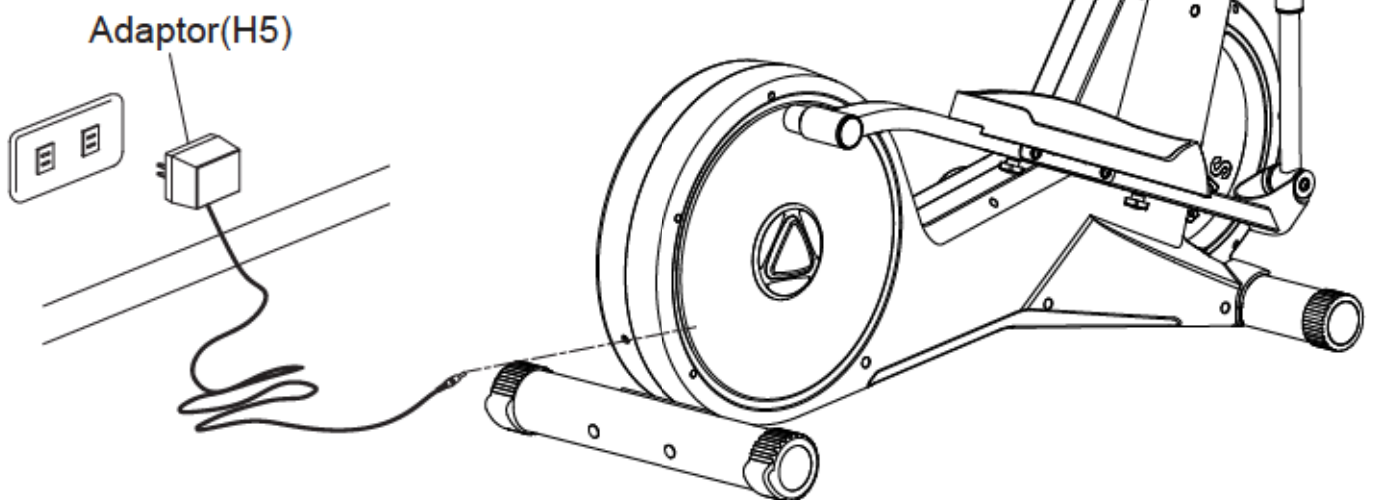


FIGURE 8



### **FUNCTION BUTTONS:**

- |            |   |
|------------|---|
| START/STOP | To start or stop training   |
| RECOVERY   | To test the heart rate recovery status  |
| + (PLUS)   | To select training mode or adjust function value up                                     |
| - (MINUS)  | To select training mode or adjust function value down                                   |
| RESET      | In stop mode, press the button back to main menu  |
| QUICK KEY  | To quickly select preferred settled programs (12 program)                               |
| MODE       | To start workout.   |
| USB        | Only use your phone or tablet charge (please with the individual's USB charging cable). |

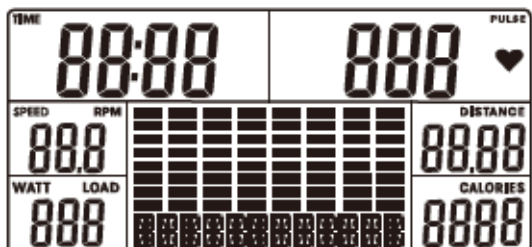


**POWER ON**

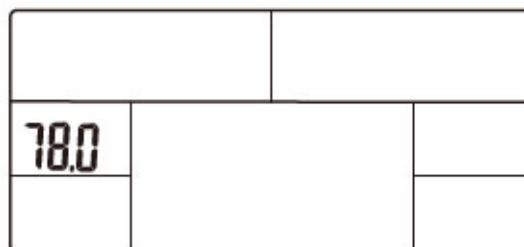
1. Connect power supply to the monitor or press the RESET button for 3 seconds, the LCD will display all segment with a long-beep sound for 1 second and display 78.0 in below (FIGURE 1 & 2).

2. User may turn the +/- joggle wheel to select User 0~4 and press MODE for confirmation (FIGURE 3~4).

And then preset user information for SEX, AGE, HEIGHT WEIGHT, pressing +/- to adjust the value (FIGURE 5~8).



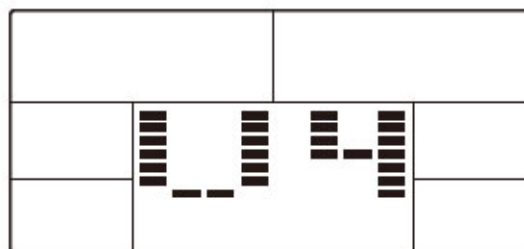
(FIGURE 1)



(FIGURE 2)



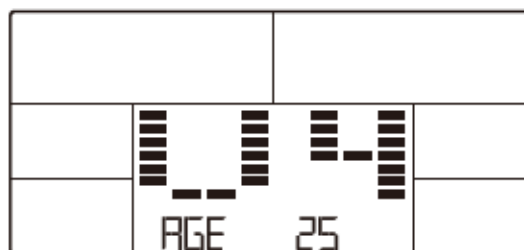
(FIGURE 3)



(FIGURE 4)



(FIGURE 5)



(FIGURE 6)



(FIGURE 7)



(FIGURE 8)

### Range of User's data

Item/Description	Range
SEX	Male / Female
AGE	10~99
HEIGHT	100~200
WEIGHT	20~150

### MODE

After setting user's data, press Mode button for operation, pressing +/- to choose mode: MANUAL → PROGRAM → FITNESS → WATT → USER PROGRAM → HRC

Item	Range
TIME	0:00~99:00
SPEED	0.0~99.9
DISTANCE	0.00~99.95
CALORIES	0~990
PULSE	60~220
RPM	15~999
WATT	10~350
LOAD	1~16

### MANUAL MODE

- (1) Press and hold the Reset button for 3 seconds, choosing User and setting data.  
or, press Reset only.
- (2) Select MANUAL mode by +/- buttons, and press Mode button for settling.(FIGURE 8)
- (3) Set load level and press Mode button for confirmation.(FIGURE 9)
- (4) Pre-set the value of TIME, DISTANCE, CALORIES, and target PULSE.(FIGURE 10~13)
- (5) Press Start button to start training. You may press +/- to adjust load level.(FIGURE 14)
- (6) Press Stop button to pause training. Press Reset button to go back to chosen mode;  
or press and hold Reset button for 3 seconds to go back to main menu.(FIGURE 15)



(FIGURE 8)



(FIGURE 9)



(FIGURE 10)



(FIGURE 11)



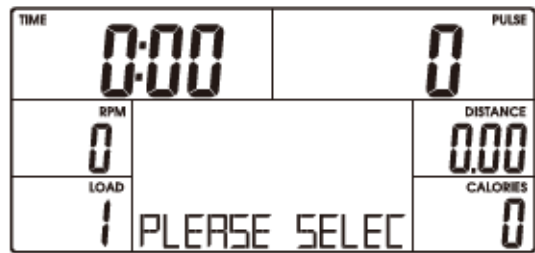
(FIGURE 12)



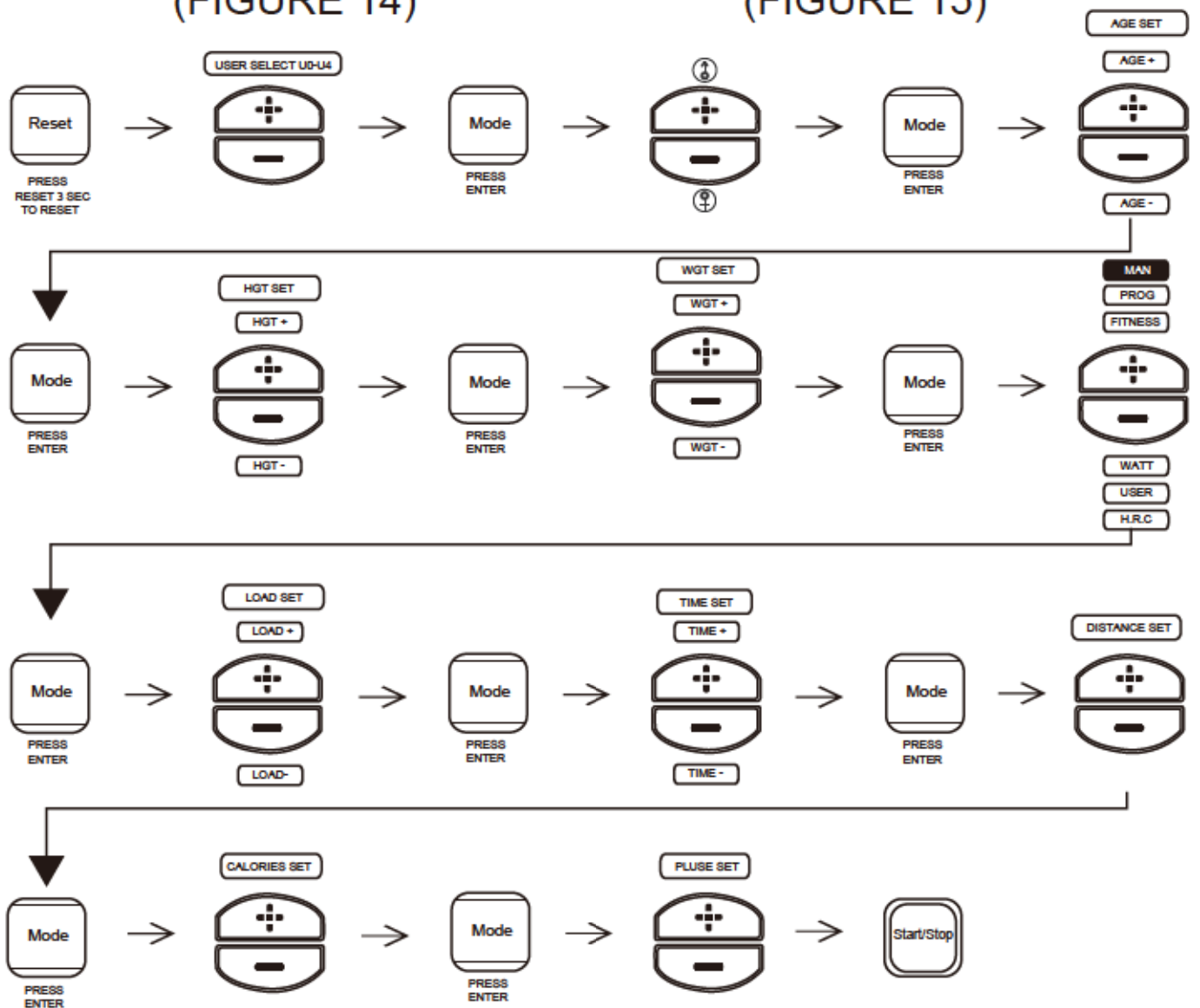
(FIGURE 13)



(FIGURE 14)



(FIGURE 15)



## PROGRAM MODE

- (1) Press and hold the Reset button for 3 seconds, and select User and set the data; or only press Reset to main menu.
- (2) Select PROGRAM mode by +/- buttons, and press Mode button to confirm.(FIGURE 16)  
Press +/- button to select program 1~program 12(FIGURE 17); or press quick keys "P1"~"P12" for quick selection.(FIGURE 18)
- (3) You may adjust load level by +/- button, and press Mode button to confirm.(FIGURE 19)
- (4) Set up TIME, DISTANCE, CALORIES, and target PULSE.(FIGURE 20 ~ 23)
- (5) Press Start button to start training. You may adjust load level by +/- buttons.
- (6) Press Stop to pause training. Press Reset button back to main menu, or hold it for 3 seconds to standby mode.



(FIGURE 16)



(FIGURE 17)



(FIGURE 18)



(FIGURE 19)



(FIGURE 20)



(FIGURE 21)



(FIGURE 23)

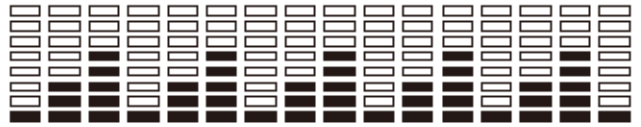


(FIGURE 23)

**P1**



**P2**



**P3**



**P4**



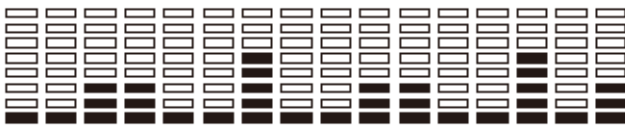
**P5**



**P6**



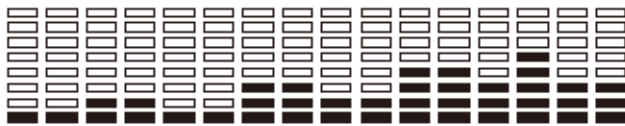
**P7**



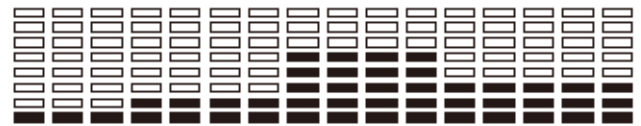
**P8**



**P9**



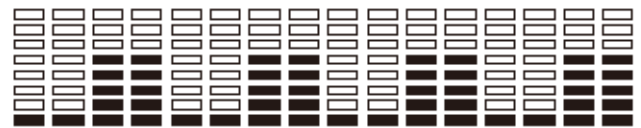
**P10**

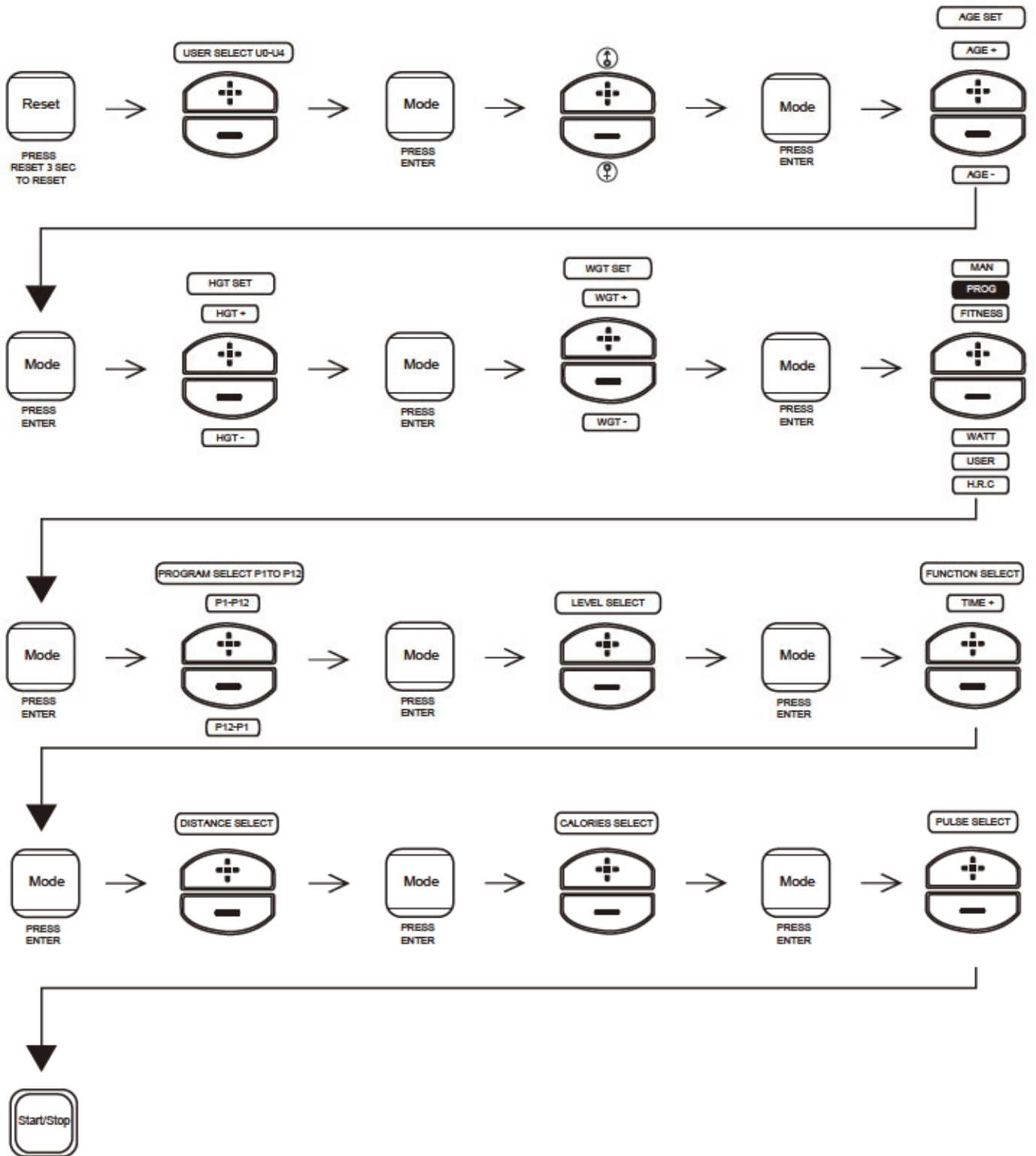


**P11**



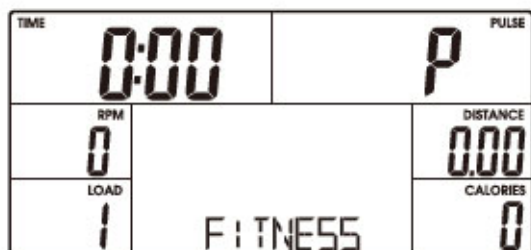
**P12**





## FITNESS MODE

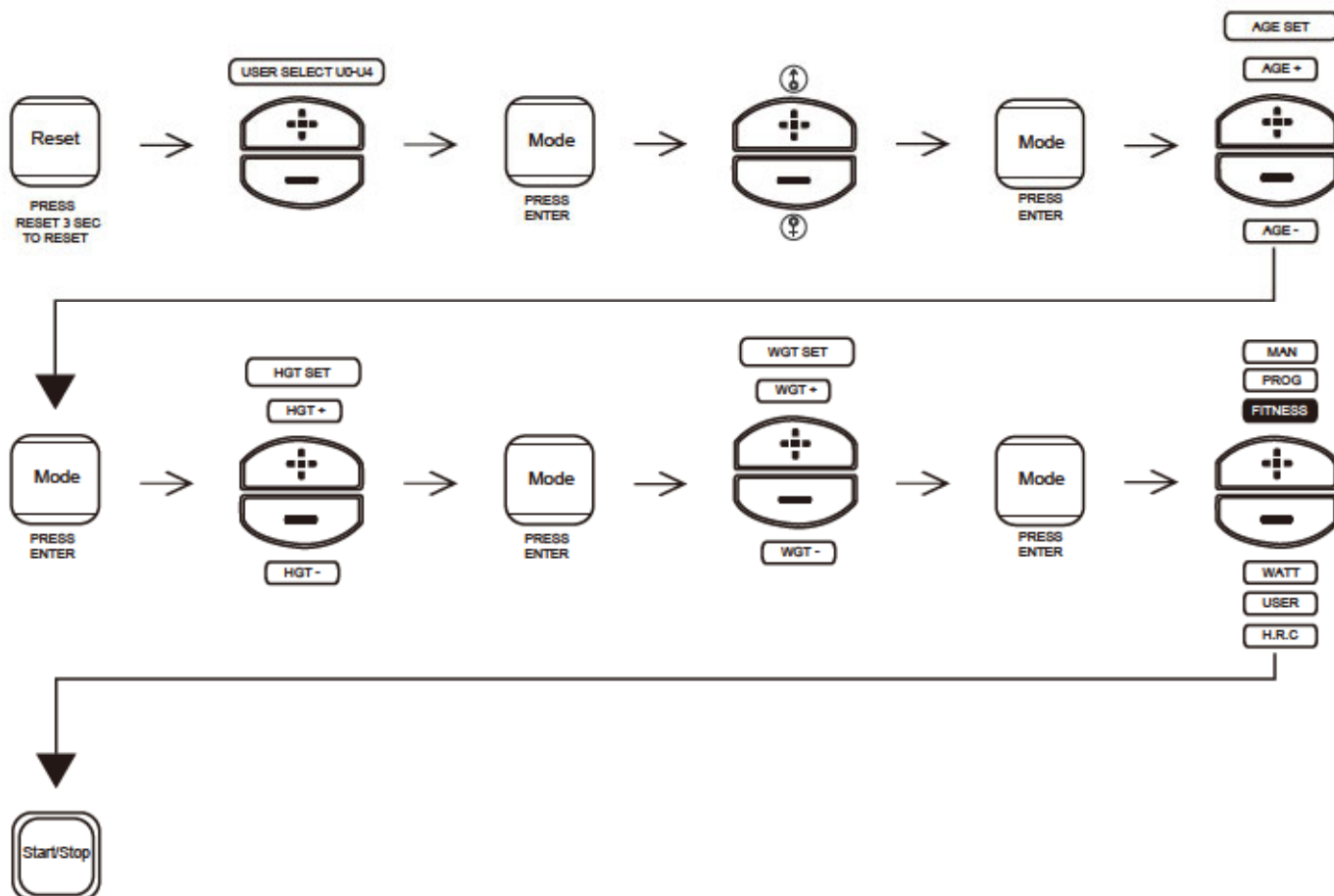
- (1) Press and hold Reset button for 3 seconds, selecting User and set up the data; or, press Reset to back to main menu.
- (2) Select FITNESS mode by +/- buttons, and press Mode button to confirm. (FIGURE 24~25)
- (3) Press Start to start training. You may adjust load level by +/- buttons.
- (4) After 12 minutes, the display will automatically show the workout result.
- (5) Press Stop to pause training. Press Reset button back to main menu, or hold it for 3 seconds to standby mode.



(FIGURE 24)

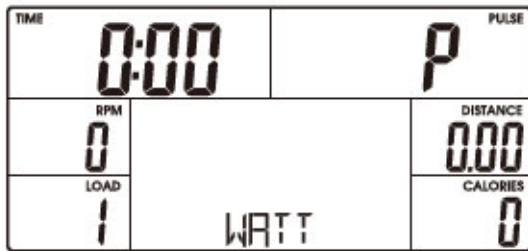


(FIGURE 25)



## WATT MODE

- (1) Press and hold Reset button for 3 seconds, selecting User and set up the data; or, press Reset to back to main menu.
- (2) Select WATT mode by +/- buttons, and press Mode button to confirm.(FIGURE 26)
- (3) Set up your target value of watt but +/- button, and press Mode button to confirm. (FIGURE 27)
- (4) Set up TIME, DISTANCE, CALORIES, and target PULSE value.(FIGURE 28~31)
- (5) Press Start button to start training. You may adjust watt by +/- buttons.
- (6) Press Stop to pause training. Press Reset button back to main menu, or hold it for 3 seconds to standby mode.



(FIGURE 26)



(FIGURE 27)



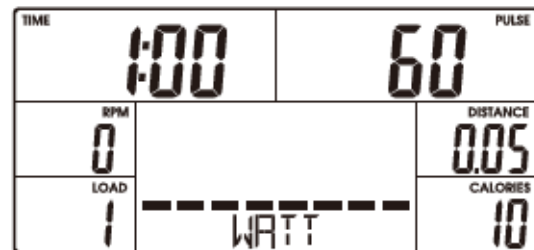
(FIGURE 28)



(FIGURE 29)

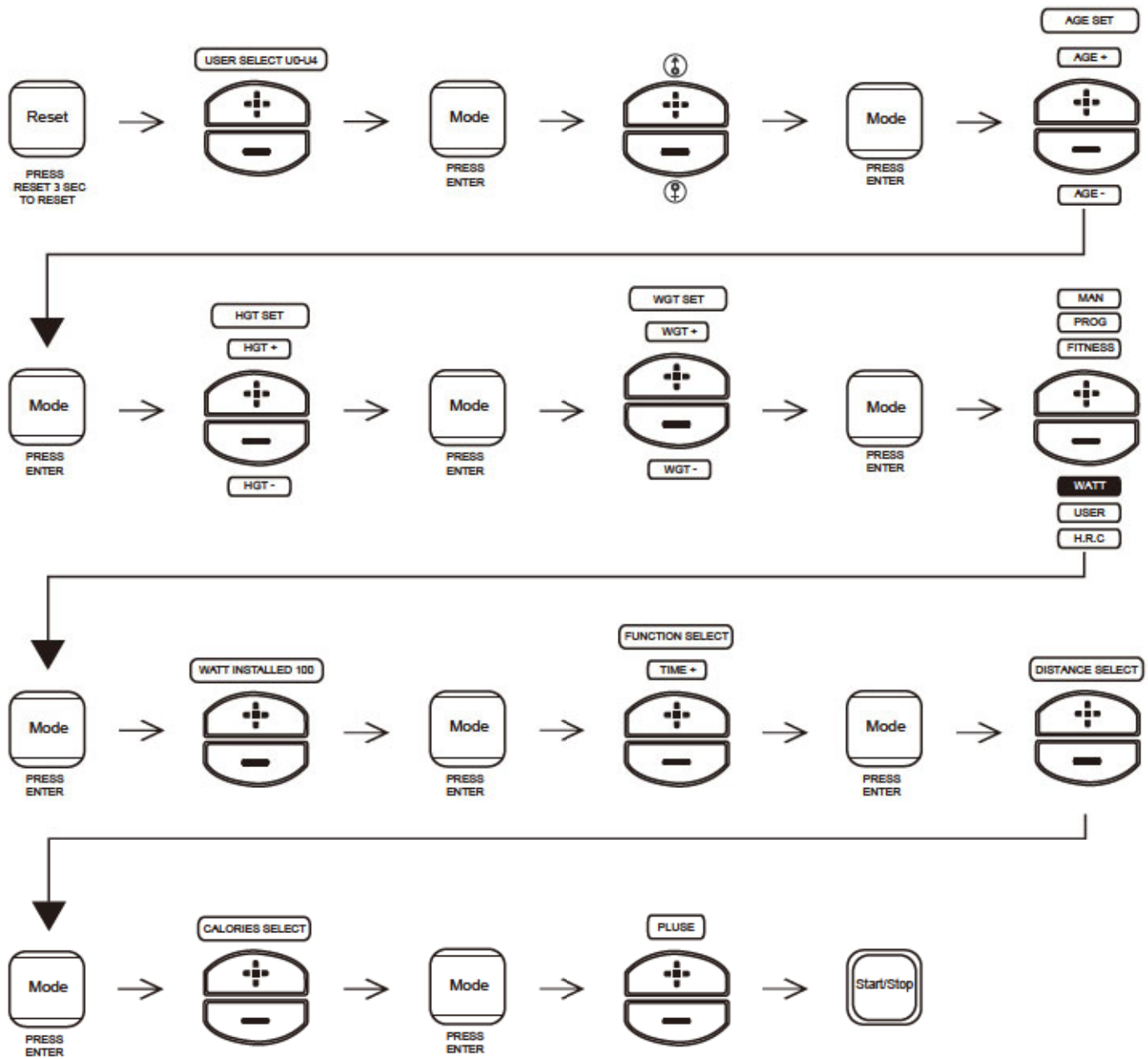


(FIGURE 30)



(FIGURE 31)





## USER MODE

- (1) Press and hold Reset button for 3 seconds, selecting User and set up the data; or, press Reset to back to main menu.
- (2) Select USER mode by +/- buttons, and press Mode button to confirm.(FIGURE 32)
- (3) Set up each column of load level by +/- buttons. Press Mode button to switch to next column.(FIGURE 33)  
When done, press and hold Mode button for 3 seconds to confirm.
- (4) Set up TIME, DISTANCE, CALORIES, and target PULSE.(FIGURE 34~37)
- (5) Press Start button to start training. You may adjust load level by +/- buttons.
- (6) Press Stop to pause training. Press Reset button back to main menu, or hold it for 3 seconds to standby mode.



(FIGURE 32)



(FIGURE 33)



(FIGURE 34)



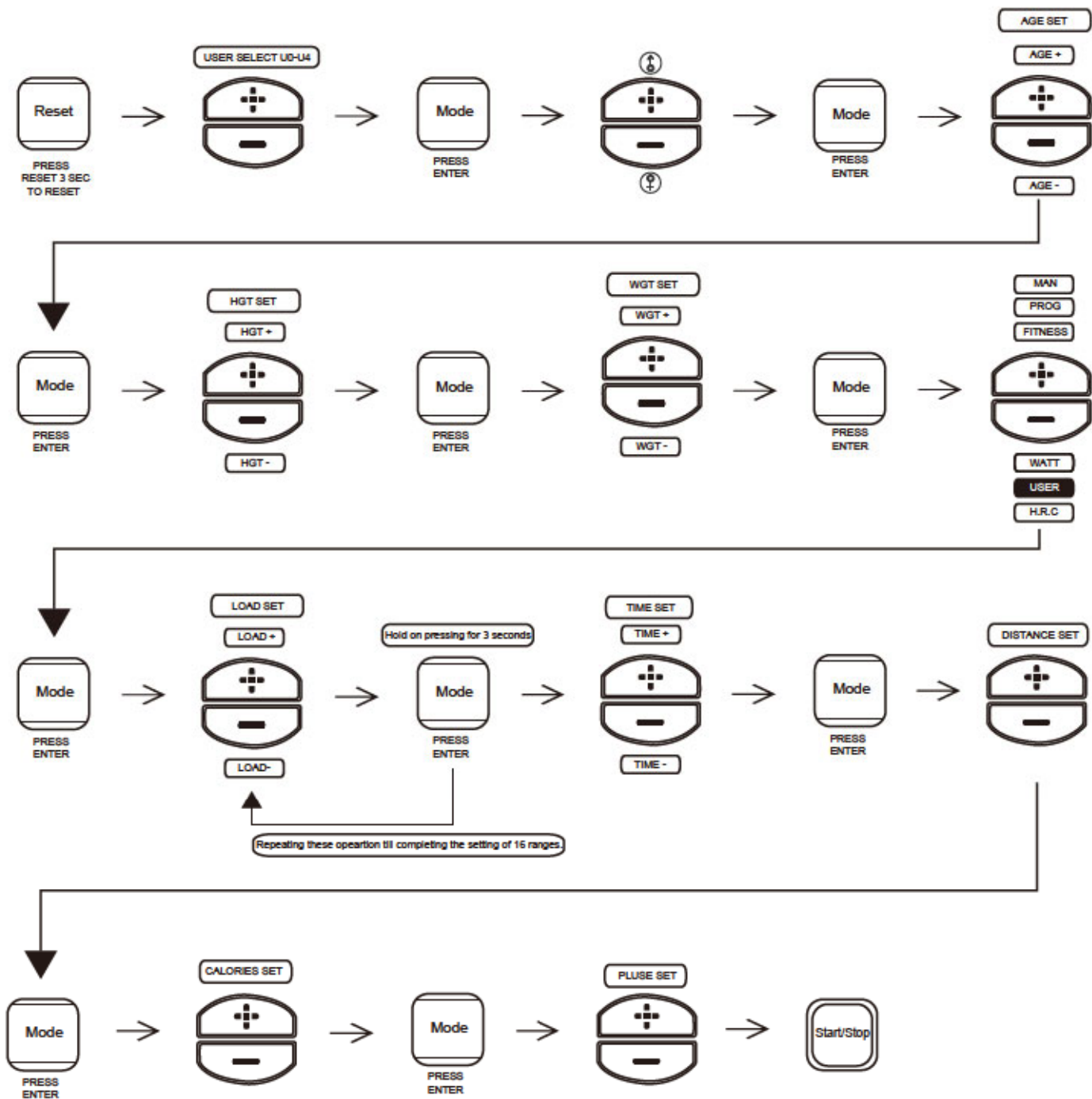
(FIGURE 35)



(FIGURE 36)



(FIGURE 37)



## HRC

- (1) Press and hold Reset button for 3 seconds, selecting User and set up the data; or, press Reset to back to main menu.
- (2) Select HRC mode by +/- buttons, and press Mode button to confirm.(FIGURE 38)
- (3) Select different heart rate from 55% / 75% / 90% or Target by +/- buttons.  
(FIGURE 39~42) The gear rate value will be different depending on the setting of age.
- (4) If choosing Target, you may set up your target heart rate by pressing +/- buttons.
- (5) Set up TIME, DISTANCE, CALORIES, and target PULSE value.(FIGURE 43~45)
- (6) Press Start button to start training. The load level will adjust according to your current heart rate.
- (7) Press Stop to pause training. Press Reset button back to main menu, or hold it for 3 seconds to standby mode.



(FIGURE 38)



(FIGURE 39)



(FIGURE 40)



(FIGURE 41)



(FIGURE 42)



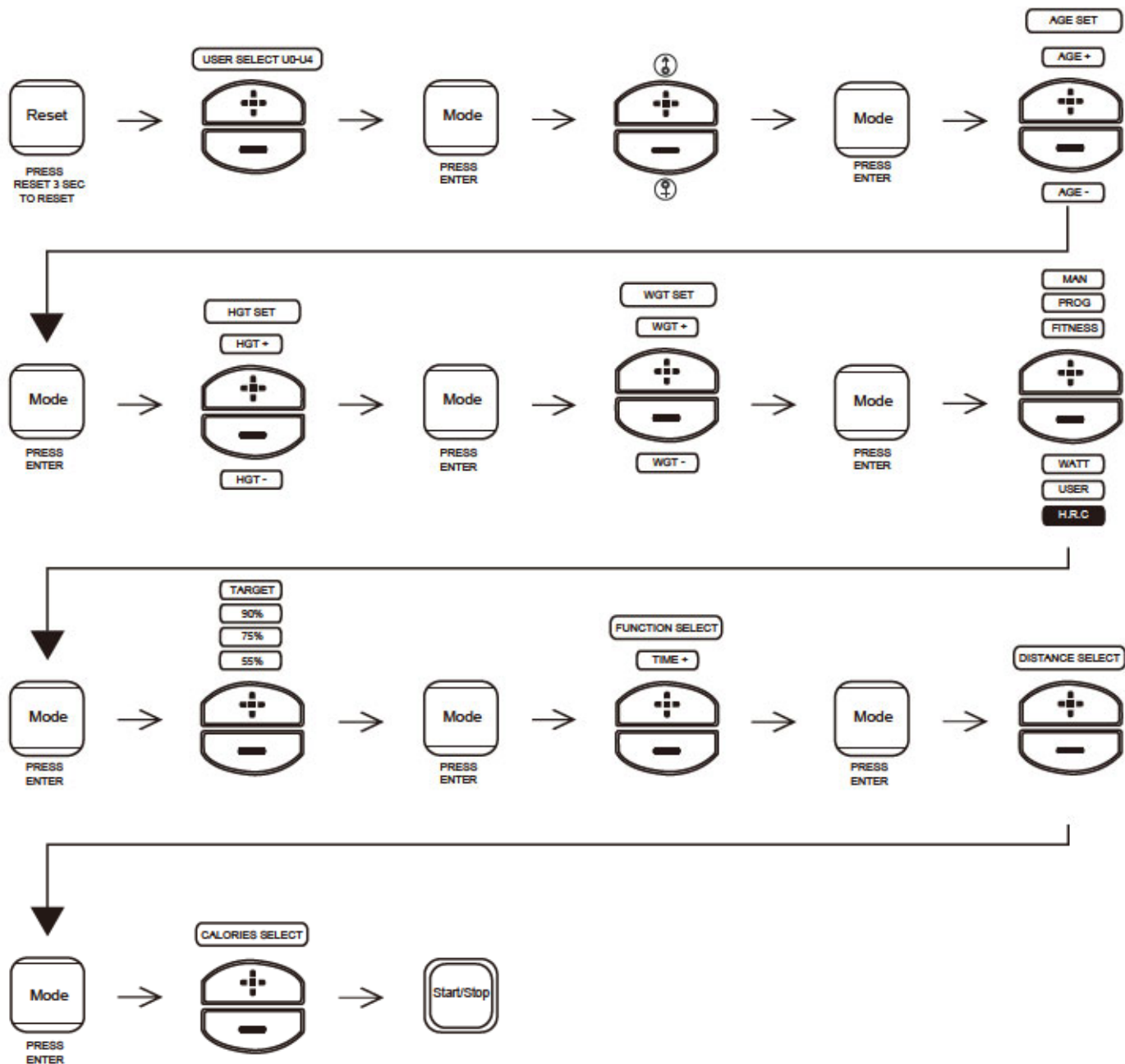
(FIGURE 43)



(FIGURE 44)



(FIGURE 45)

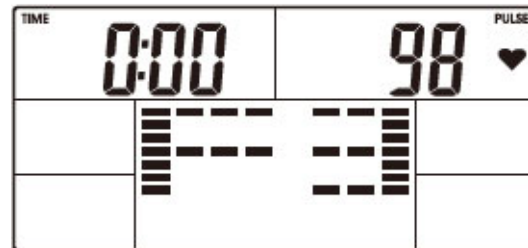


## RECOVERY

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.)



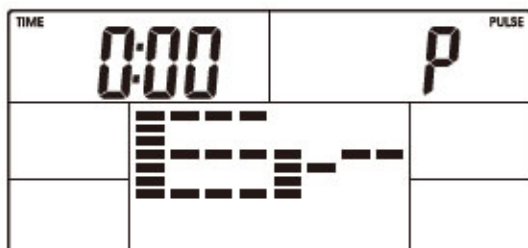
(FIGURE 46)



(FIGURE 47)

### NOTE:

If the heart rate is undetected or shown intermittently, the display will show out "Er"(error). (FIGURE 48)



(FIGURE 48)