

ELLIPTICAL TRAINER



MODEL: **E7000P PLUS**

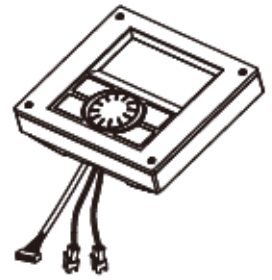
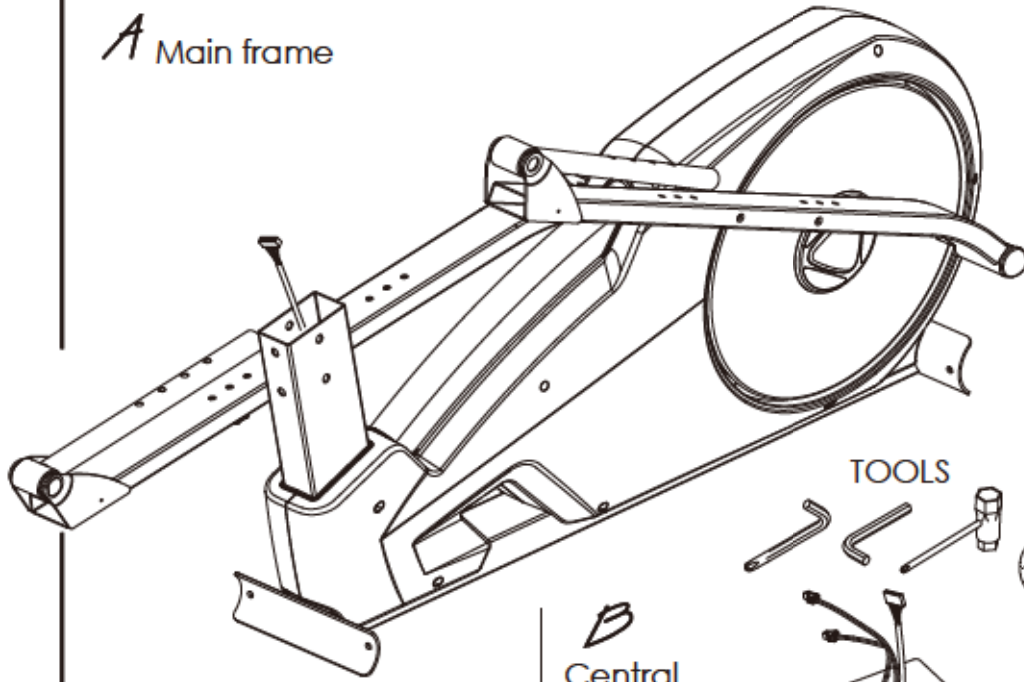
SPORTOP®

Owner's Operating Manual

ENGLISH

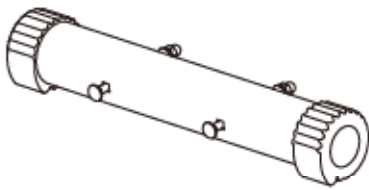
Parts List

A Main frame

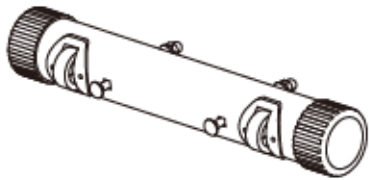


Monitor **E**

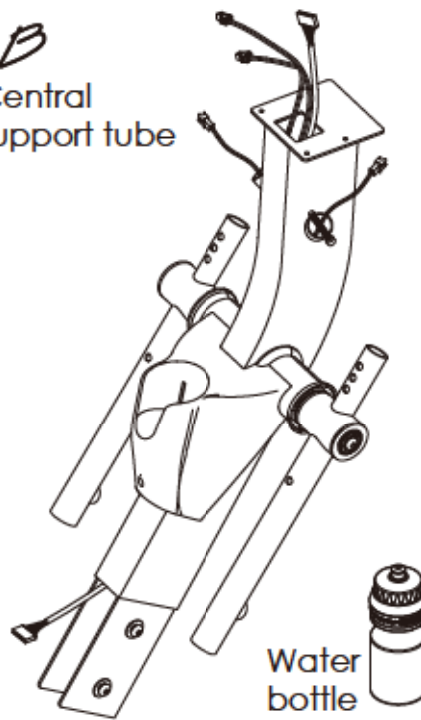
C Rear stabilizer



D Front stabilizer

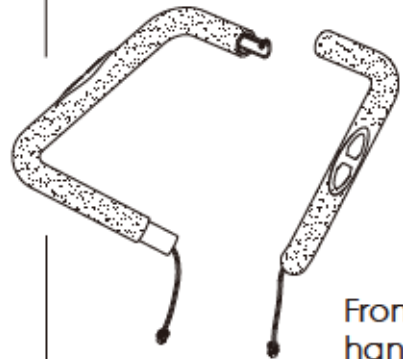


B Central support tube



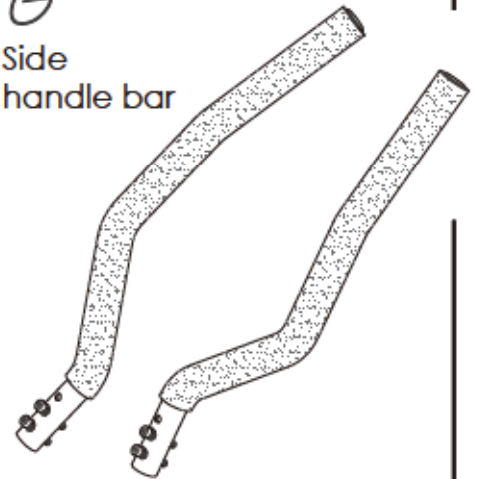
Water bottle

TOOLS



Front handlebar **F**

G Side handle bar



H Handlebar joint cover

(H1)



(H2)



Pedal tube joint cover

(H3)



(H4)



Pedal

(H5)



(H6)

J (J1) Knob



x 2pcs

(J2) Screw M5x8L



(J3) Screw M4x12L



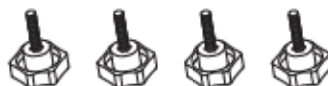
(J4) Washer M6



(J5) Spring washer M6



(J6) Knob



(J10) Iron bracket

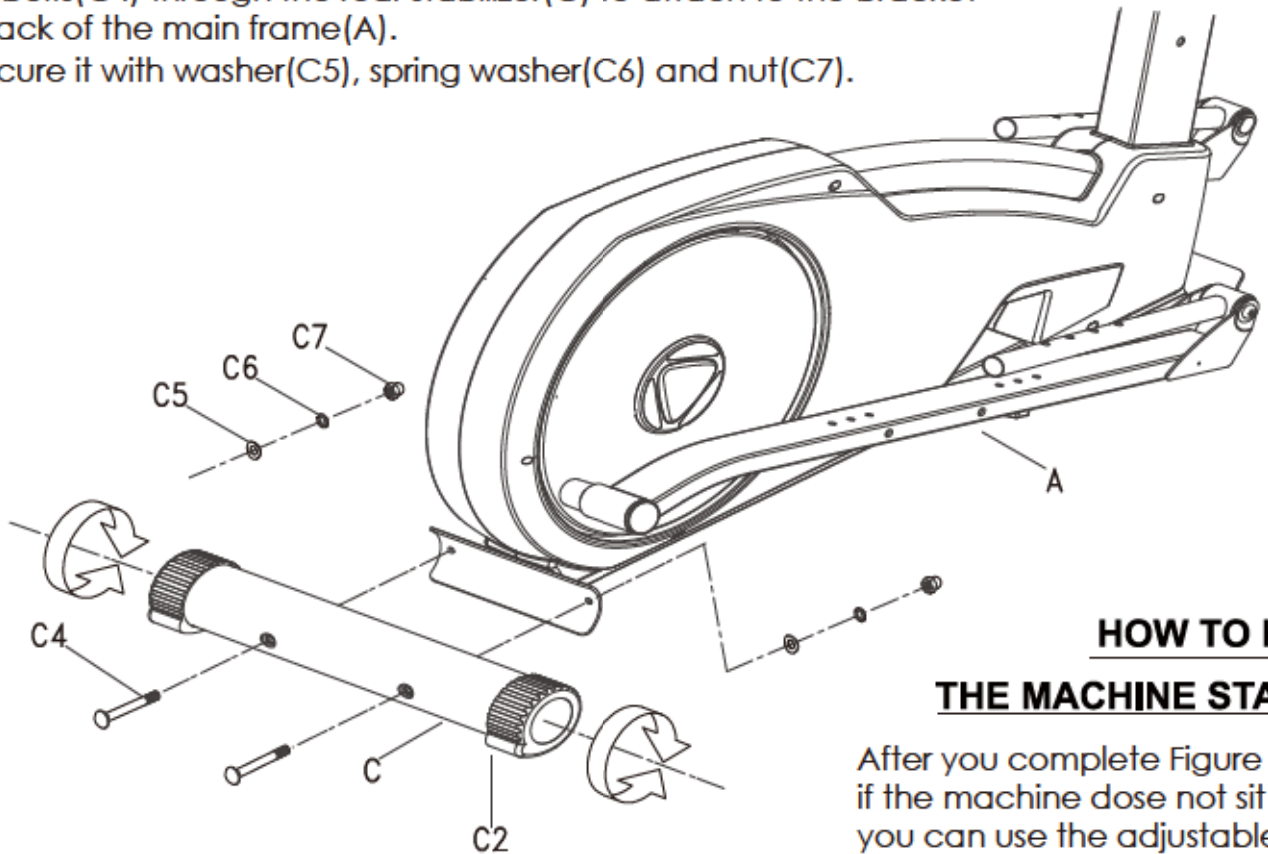


FIGURE 1

ASSEMBLY FOR REAR STABILIZER

First, remove the bolts(C4), washer(C5) and nuts(C6) from the rear stabilizer(C).
Use two bolts(C4) through the rear stabilizer(C) to attach to the bracket
at the back of the main frame(A).
Then, secure it with washer(C5), spring washer(C6) and nut(C7).

Use tool



**HOW TO KEEP
THE MACHINE STABLE**

After you complete Figure 1 & 2,
if the machine dose not sit level,
you can use the adjustable end
caps(C2) to compensate for
uneven floors.

FIGURE 2

ASSEMBLY FOR FRONT STABILIZER

First, remove the bolts(D7), washer(D8) and nuts(D9) from
the front stabilizer(D).
Use two bolts(D7) through the front stabilizer(D) to attach to the bracket
at the back of the main frame(A).
Then, secure it with washer(D8), spring washer(D9) and nut(D10).

FIGURE 2

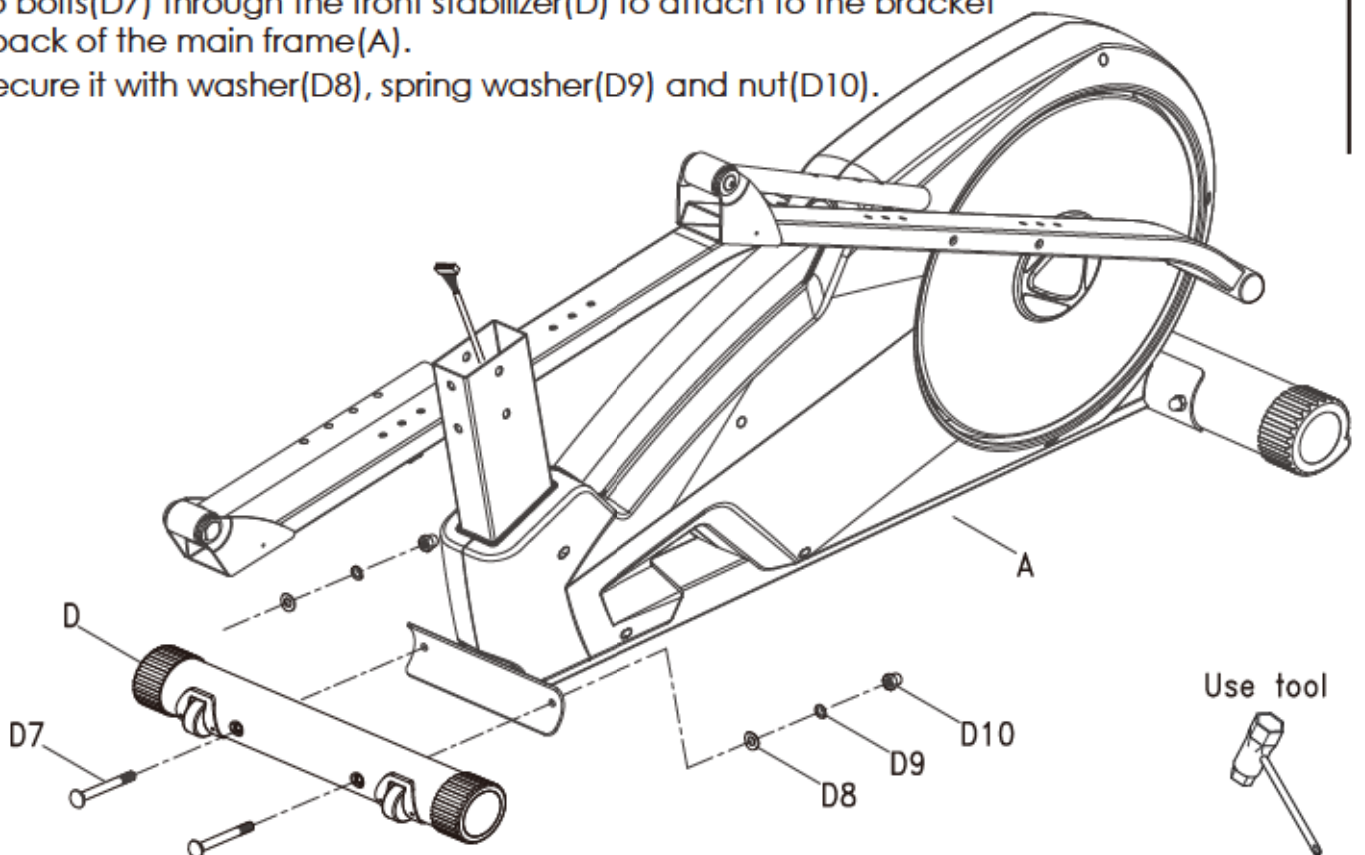


FIGURE 5

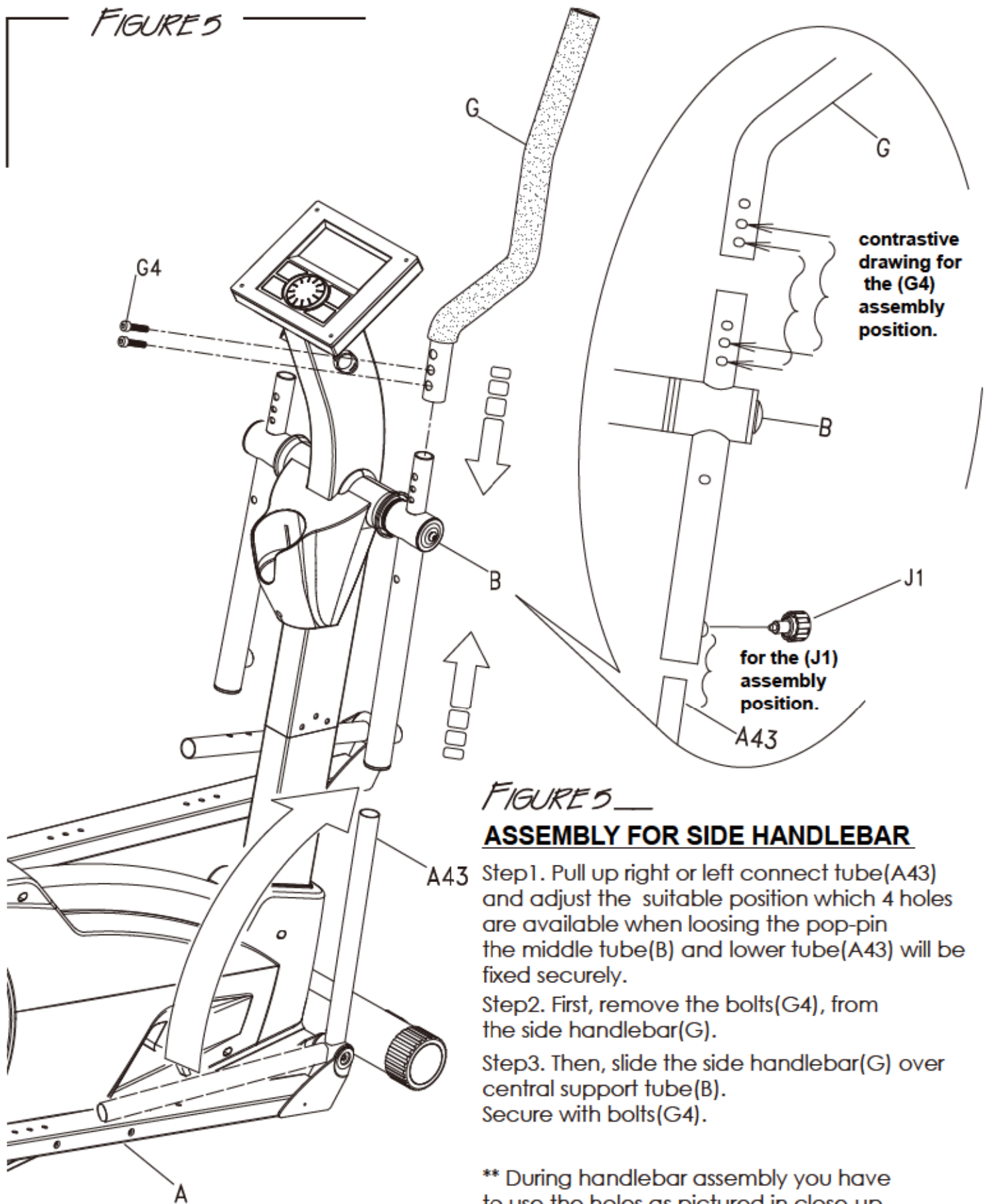


FIGURE 5

ASSEMBLY FOR SIDE HANDLEBAR

- A43 Step1. Pull up right or left connect tube(A43) and adjust the suitable position which 4 holes are available when losing the pop-pin the middle tube(B) and lower tube(A43) will be fixed securely.
- Step2. First, remove the bolts(G4), from the side handlebar(G).
- Step3. Then, slide the side handlebar(G) over central support tube(B). Secure with bolts(G4).

** During handlebar assembly you have to use the holes as pictured in close-up view.

Repeat step1 and 2 on left connect tube(A43).

Use tool



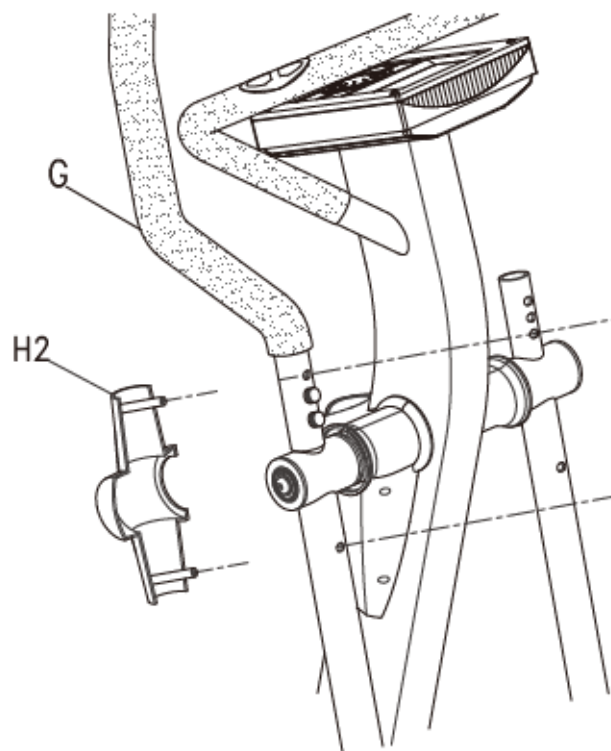


FIGURE 6

FIGURE 6

ASSEMBLY FOR SIDE HANDLEBAR JOINT COVERS

Step1. Connect right side handlebar joint covers (H1 & H2) onto side handlebar(G) and secure with screws(J3).

Repeat Step1 on left side handlebar joint covers.

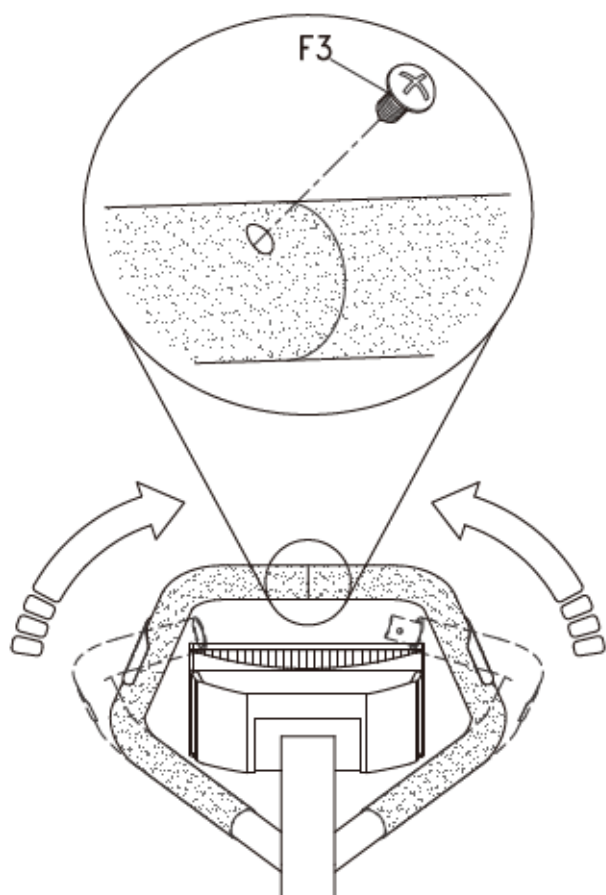
FIGURE 7

ASSEMBLY FOR FRONT HANDLEBAR

First, remove the bolts(B7), from the central support tube(B) and remove the screw(F3) from the handlebar clip of the front handlebar(F).

Step1. Connect cables(F5) to sensor wires(B6).

Step2. Connect the front handlebars(F) to central support tube(B) and twist the bars together. Secure them with two bolts(B7) and one screw(F3).



Use tool

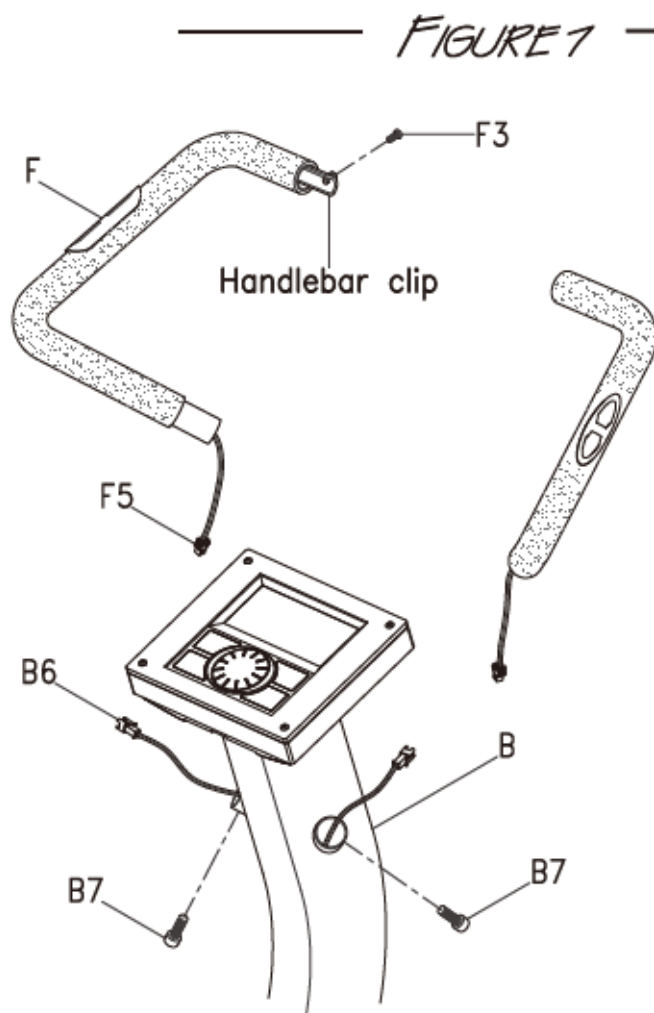


FIGURE 7

FIGURE 8

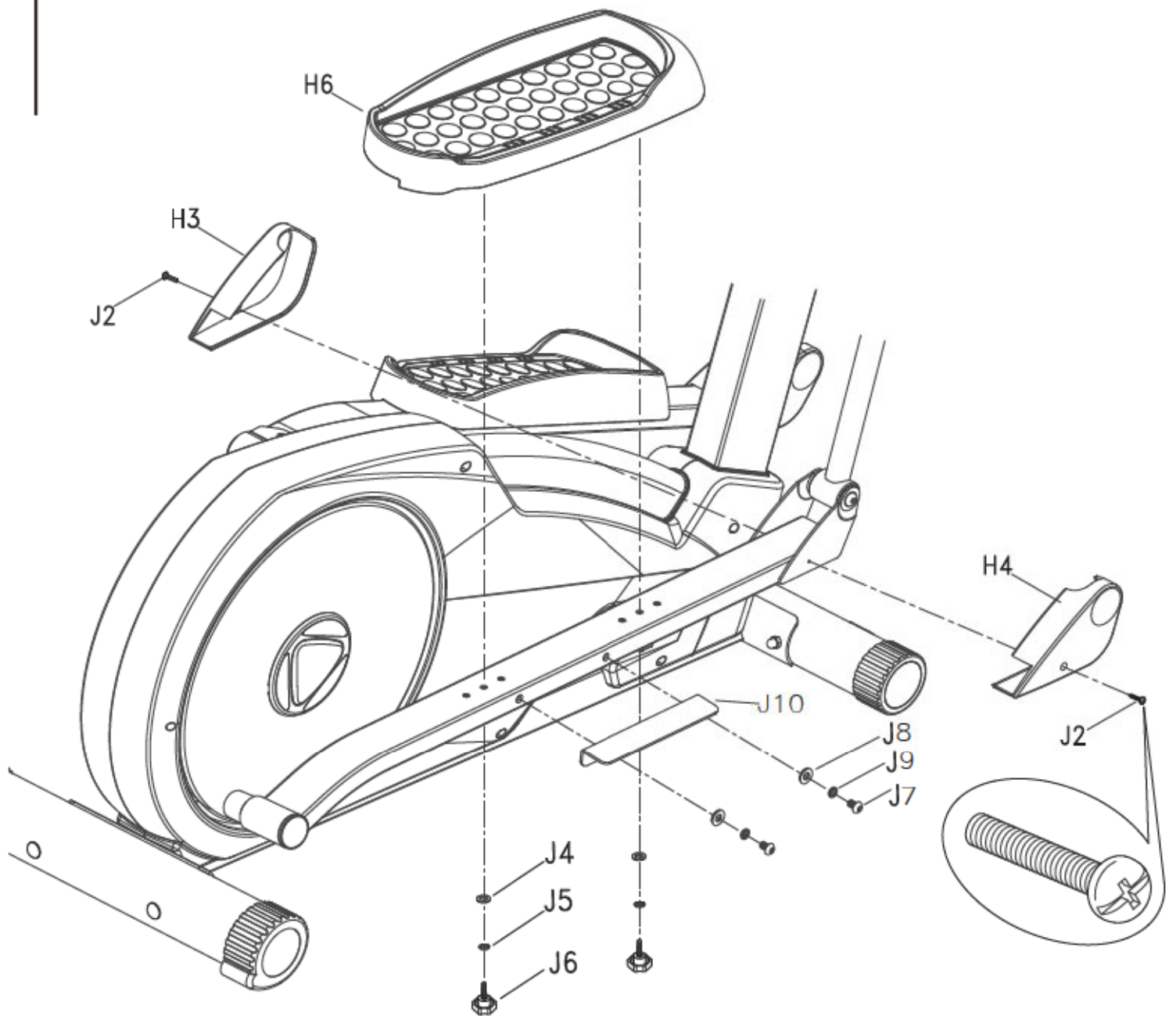


FIGURE 8

SIDE PEDAL JOINT COVERS

Connect right side pedal tube joint covers(H3 & H4) onto pedal joints and secure with screws(J2).

Repeat again on left side pedal tube joint covers.

ASSEMBLY FOR PEDAL

Assemble the iron bracket(J10) on the pedal tube and secure it by screw(J7), spring(J9) and washer(J8).

Repeat again on left iron bracket(J10).

Assemble the right pedal(H6) with washer(J4), spring washer(J5) and star knobs(J6).

There are 3 positions for moving track.

Repeat again on left pedal(H5).

Use tool



FIGURE 9

FIGURE 9

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.

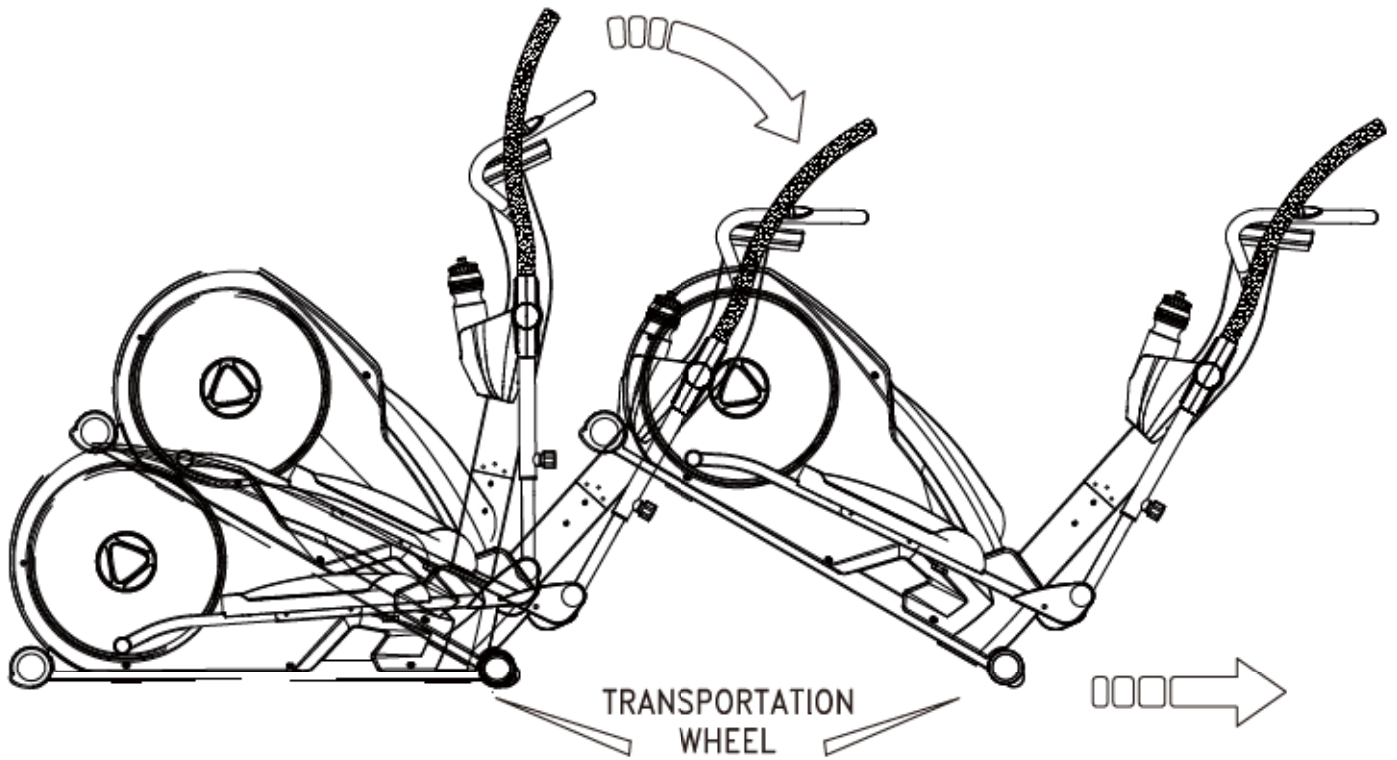


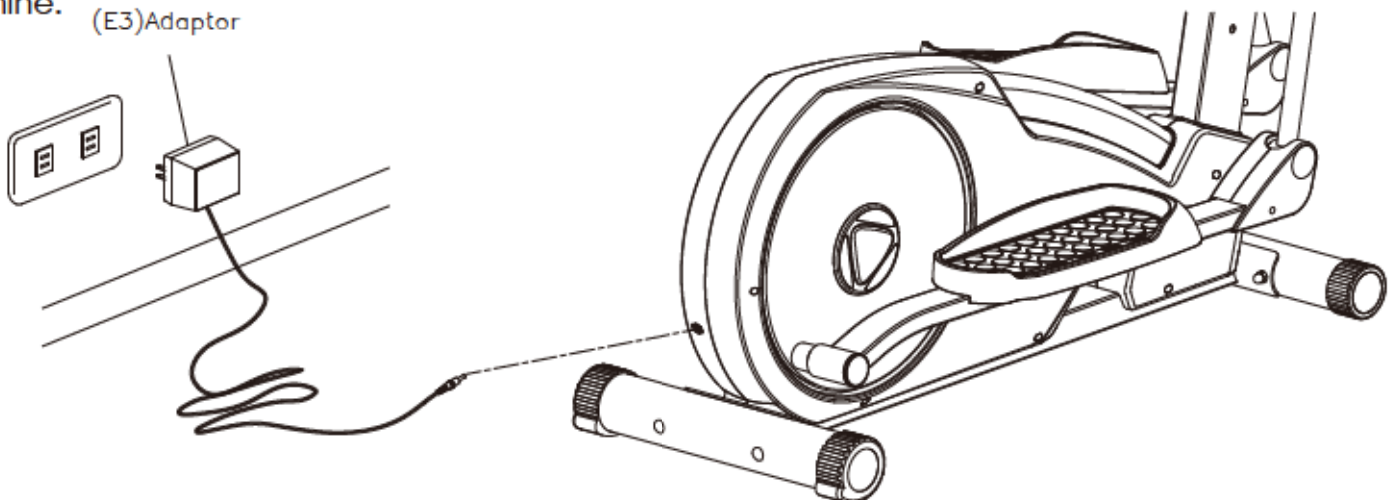
FIGURE 10

FIGURE 10

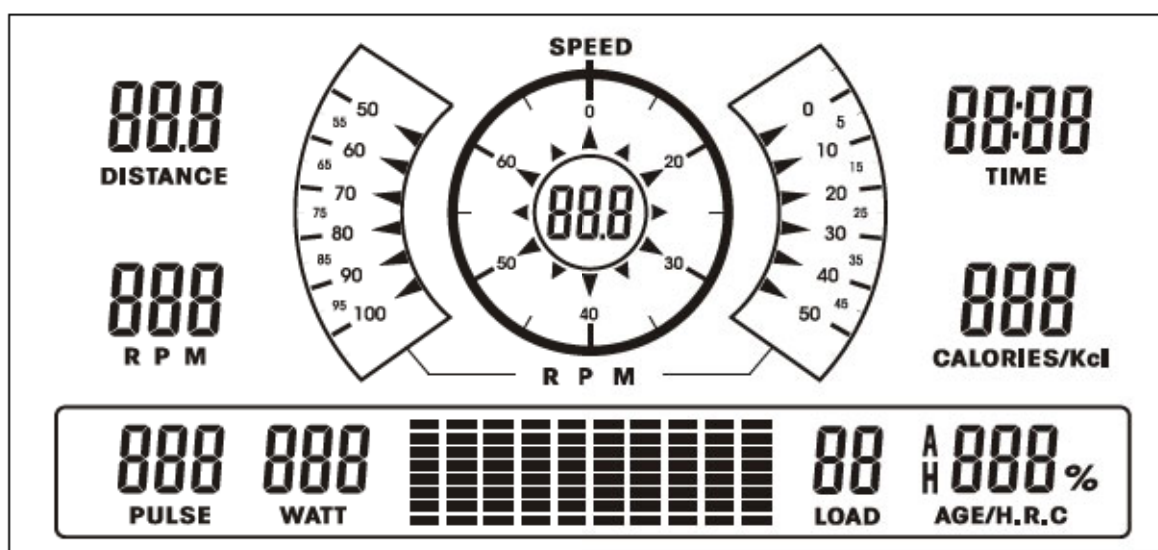
HOW TO USE THE ADAPTOR

Position Machine on consideration for convenience, using the adaptor(N), there is one adaptor hole located at the rear of the machine.

(E3)Adaptor



1. LCD display (with all segments):



2. BUTTON functions:

	MODE	In stop mode, the mode is to confirm all exercise data setting, and enter into program.
	ENCODER UP ENCODER DOWN	To select training mode and adjust function value up. To start or stop exercise. To select training mode and adjust function value down.
	RESET	In stop mode, press the button back to main menu.
	START/STOP	To start or stop training
	TOTAL RESET	To power on the computer again.
	RECOVERY	To test heart rate recovery status

3. DISPLAY function list:

Item	Display range
TIME	0:00 ~ 99:00
SPEED	0.0~99.9 KMH 0.0~99.9 MLH
RPM	0~999
DISTANCE	0.0~99.0 KM (ML)
CALORIES	0~990 CAL
PULSE	0 -30~230 BPM
WATTS	0~999

4. Operation Procedure:

4-1 Power on: Install power supply and computer will have long beep sound and display all segments for 2 seconds, then show wheel diameter. (as figure 1)
Console will ask user to set up clock first and then enter into standby mode.

User may turn UP and DOWN button to select exercise program from P1 to P12, and press MODE to confirm. (as figure 2 to 3)

4-2 Power off: With no signal input for over 4 minutes, LCD will off and resistance level shall return to level 1. Console will display CLOCK and TEMP. as figure 4.

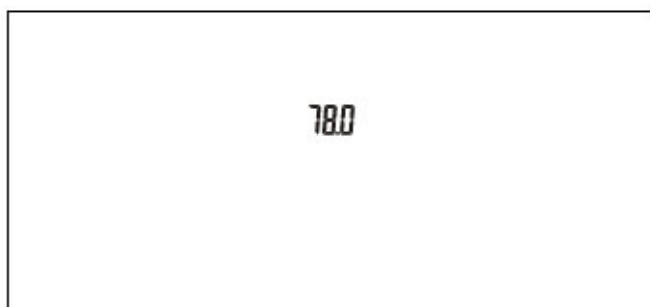


Figure 1

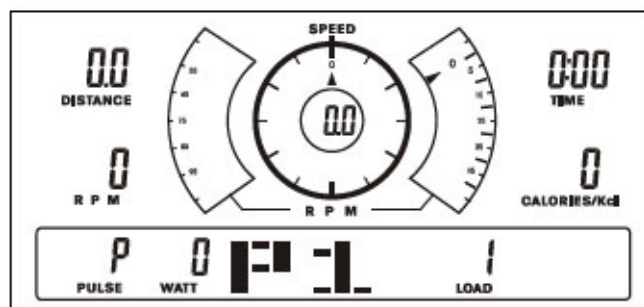


Figure 2

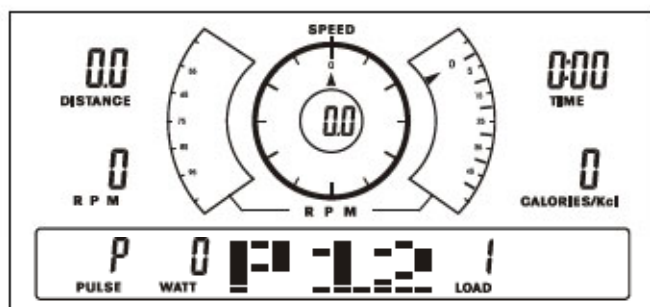


Figure 3



Figure 4

5. Select workout program P1~P12:

In standby mode, turn UP and DOWN button to select workout program from P1 → P2 to P12.
User may also press START button to start workout in P1 mode (Manual).

3-1 After select preferred program, user may press MODE to enter.

In P1 (manual mode), user shall preset TIME, DISTANCE, CALORIES and PULSE value and press START. STOP to start workout. Resistance level may adjust during workout by turning UP and DOWN.

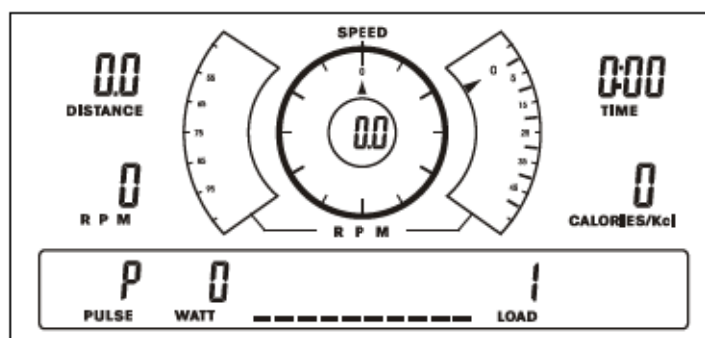
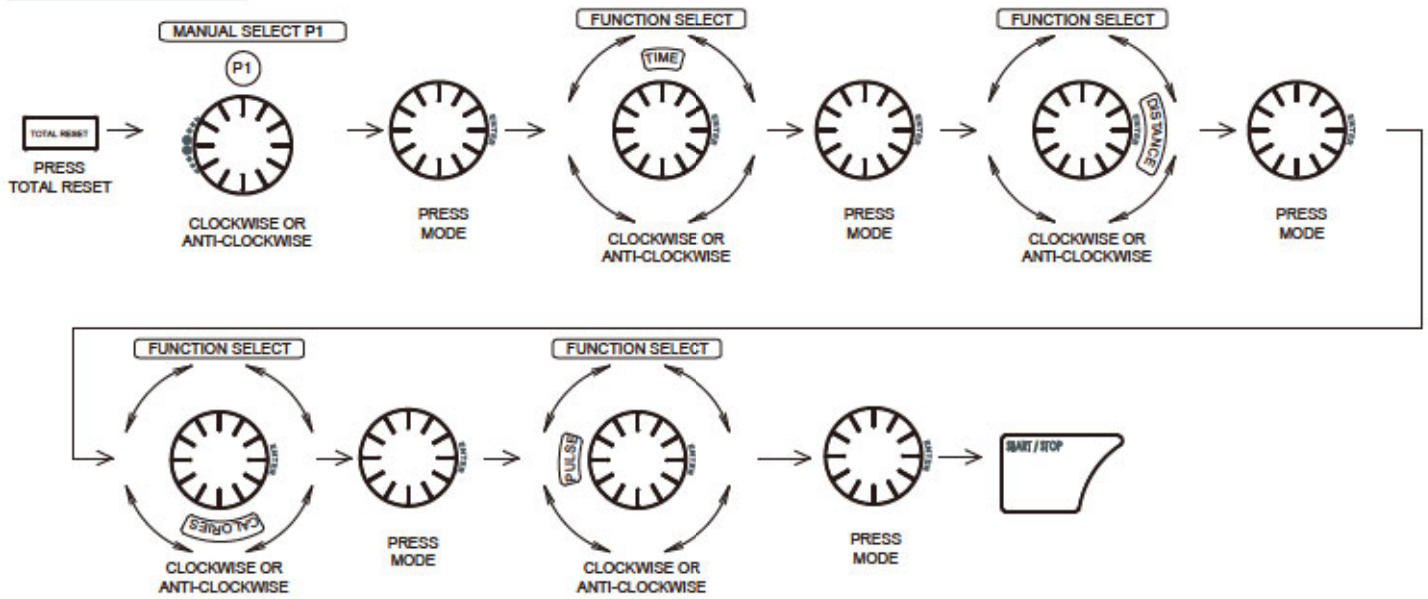


Figure 5

MANUAL mode



A3-2 In P2 to P11 program mode, gridyard will show corresponding profile, press MODE to ENTER. User shall preset TIME and press START to start workout. Resistance level can be adjusted during workout by turning UP and DOWN.

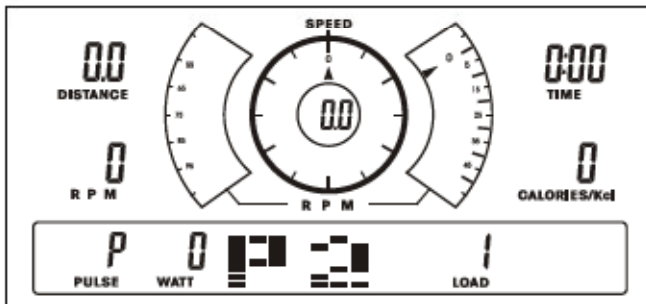


Figure 6

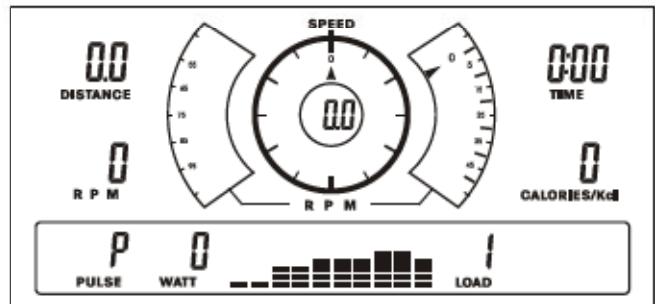
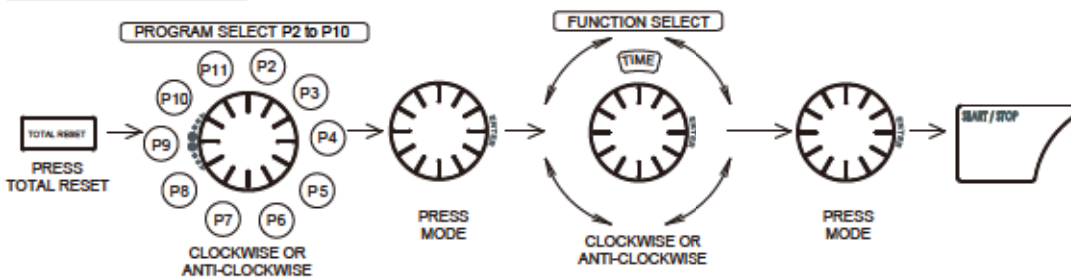
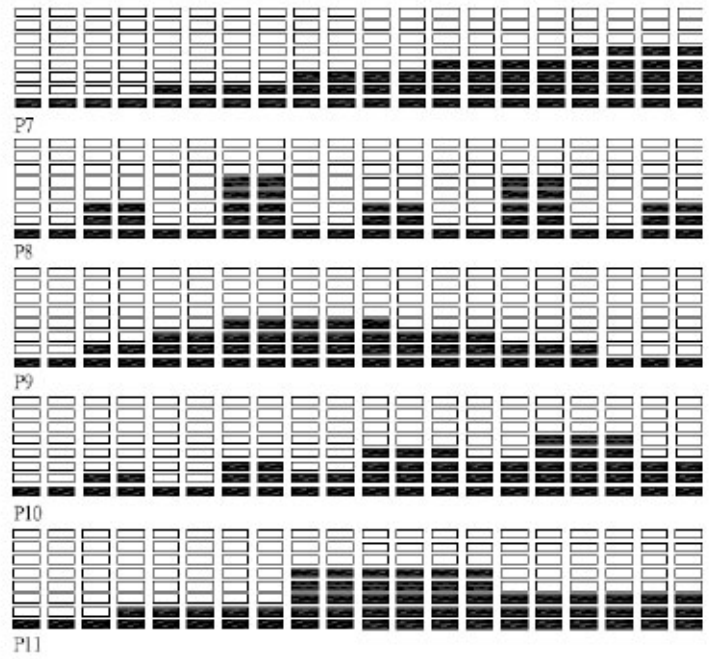
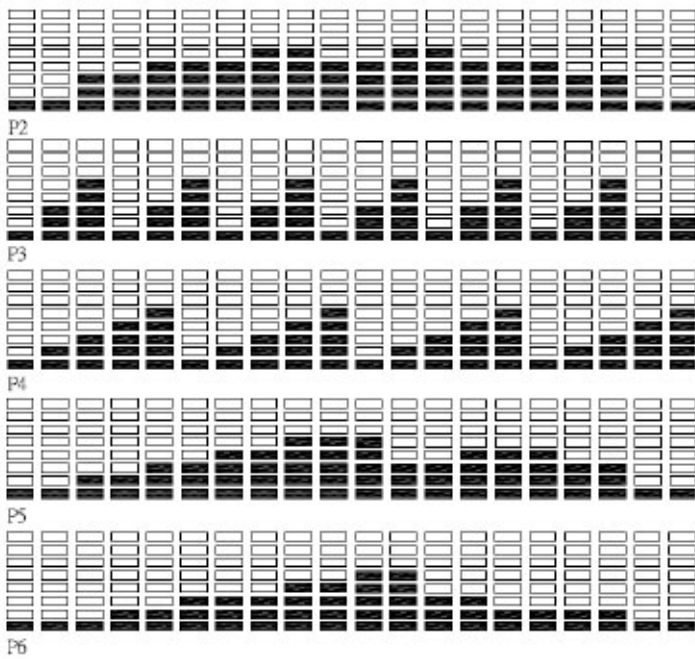


Figure 7

PROGRAM mode



PROGRAM Profile for P2 to P11:



A3-3 In P12 mode (HR control), AGE information is required to be entered. User may press UP and DOWN button to set up AGE (default is 25), and press MODE to enter. After AGE is setted, user need to select HR level from 55%, 75%, 90% or target pulse. (as figure 8 and 9)

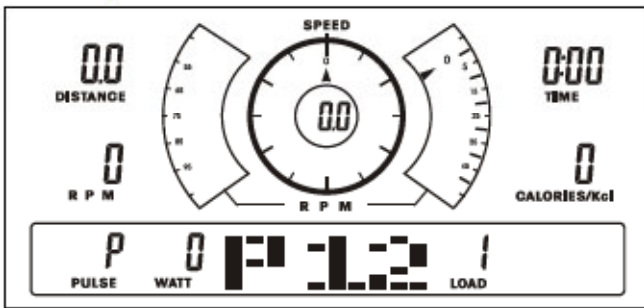


Figure 8

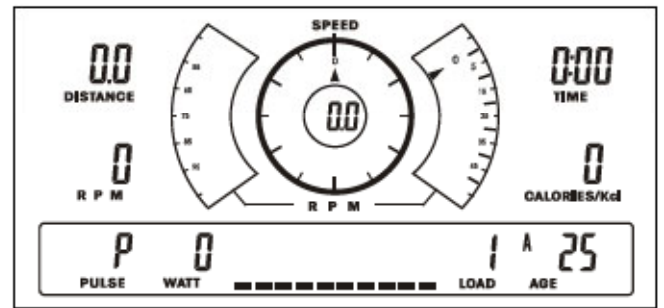
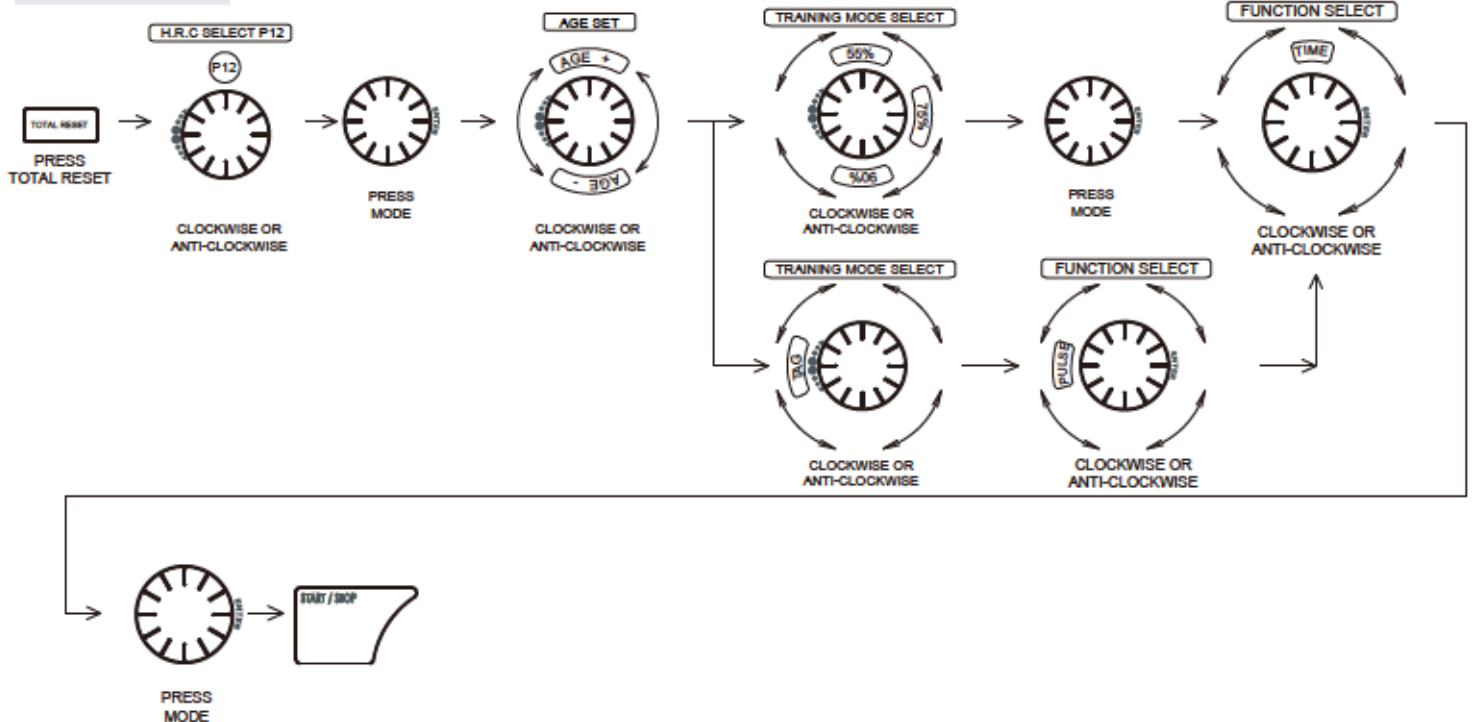


Figure 9

H.R.C mode



4. 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.)

NOTE:

1. This computer require #2 batteries X 4pcs or 9V, 500mA adaptor for power supply.
If console display follow battery symbol, please do plug in adaptor or change batterie
2. When user stop pedaling for 4 minutes, computer will enter into power save mode, all setting and exercise data will stored until user start exercise again.
3. When computer act abnormal, please plug out the adaptor and plug in again.