

CHANGEABLE STRIDE ELLIPTICAL



MODEL: **E770**

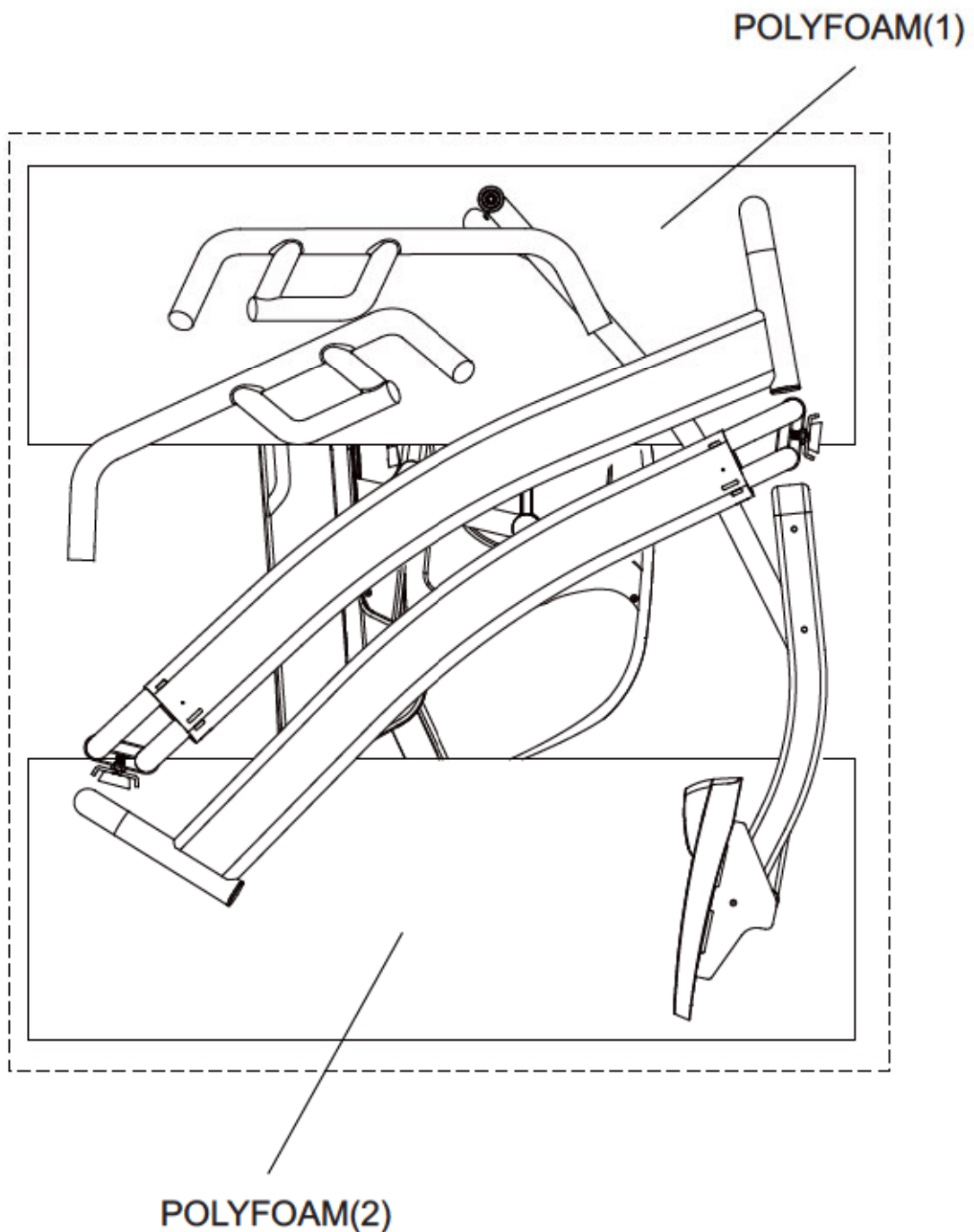
SPORTOP®

Owner's Operating Manual **ENGLISH**

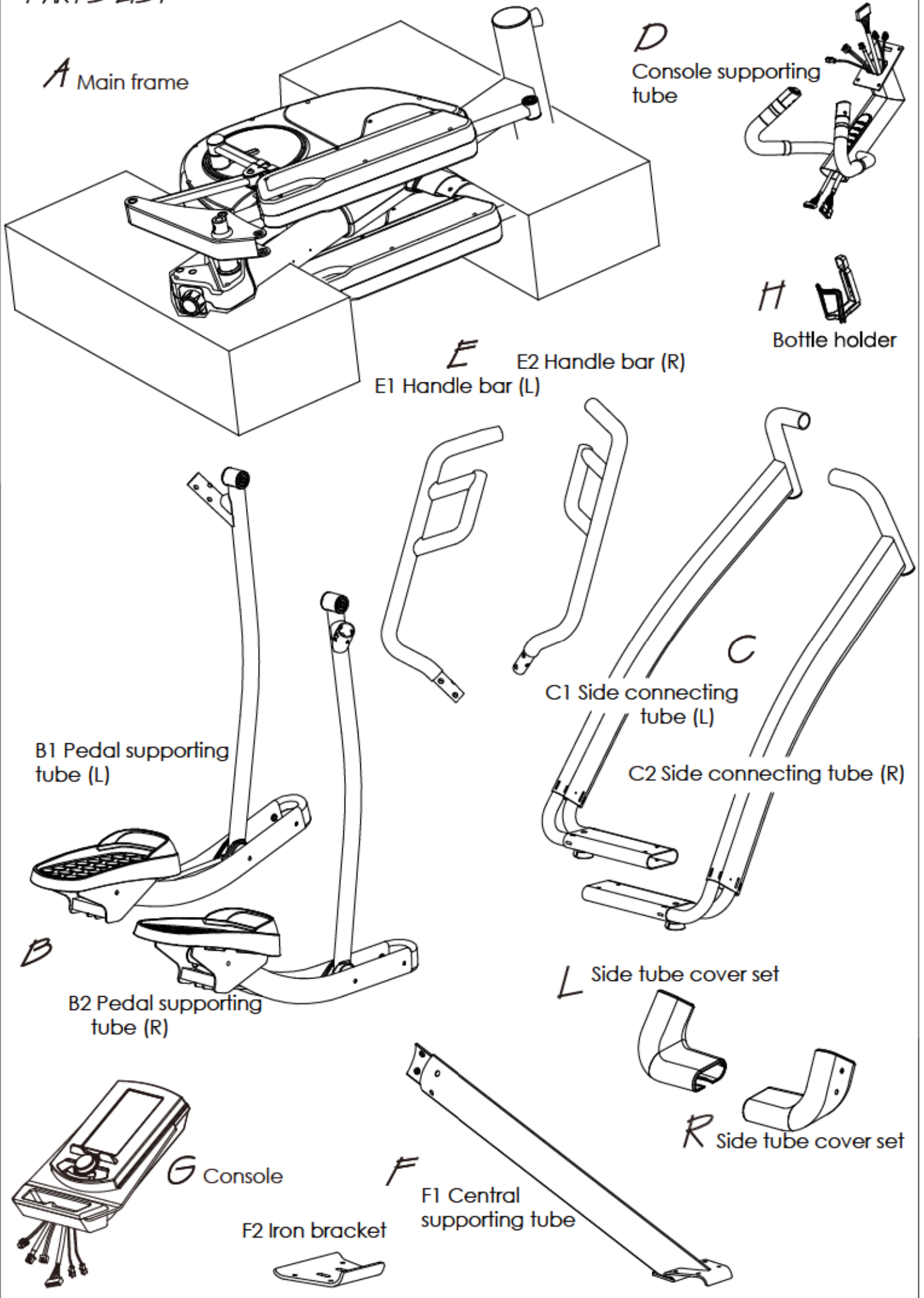
Warning:

Unpacking Caution:

- A. Lay the box down flat so that the lid is able to be lifted. Unpack the handle bars, side supporting tubes, pedal supporting tube and owners manual. Remove the top polyfoam pieces #1 & #2 and finish up packing the console, console supporting tube, central supporting tube, pedal supporting tube, and hardware bag, leaving the main frame(A) and bottom polyfoam pieces #3 & #4 inside the box until instructed to remove them.
- B. *Note: FOR SAFETY REASONS, DO NOT turn the pedal locking feature knob to the unlock position until instructed to do so at the end of the assembly.*



PARTS LIST



A Main frame

D Console supporting tube

H Bottle holder

E E2 Handle bar (R)
E1 Handle bar (L)

B1 Pedal supporting tube (L)

C1 Side connecting tube (L)

C2 Side connecting tube (R)

B B2 Pedal supporting tube (R)

L Side tube cover set

R Side tube cover set

G Console

F2 Iron bracket

F F1 Central supporting tube

PARTS LIST

✓

(J2) Screw M4X16



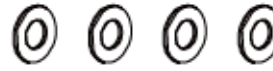
(J3) Screw M4X6



(J4) Screw M8X55



(J5) Washer M8



(J6) Screw M8X20



(J7) Screw M12X73



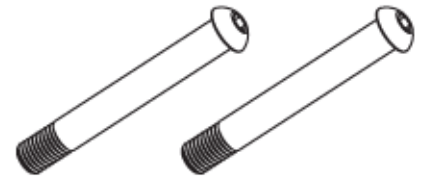
(J8) Washer M12



(J9) Nut M12



(J10) Screw M12X109



(J13) Screw M8X16



(J14) Screw M5

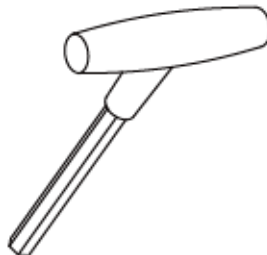


TOOL

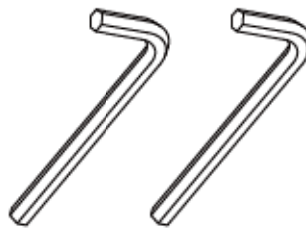
4m/m



5m/m



6m/m*2



#19



FIGURE 1
FIGURE 1 — CENTRAL SUPPORTING TUBE (F1) ASSEMBLY

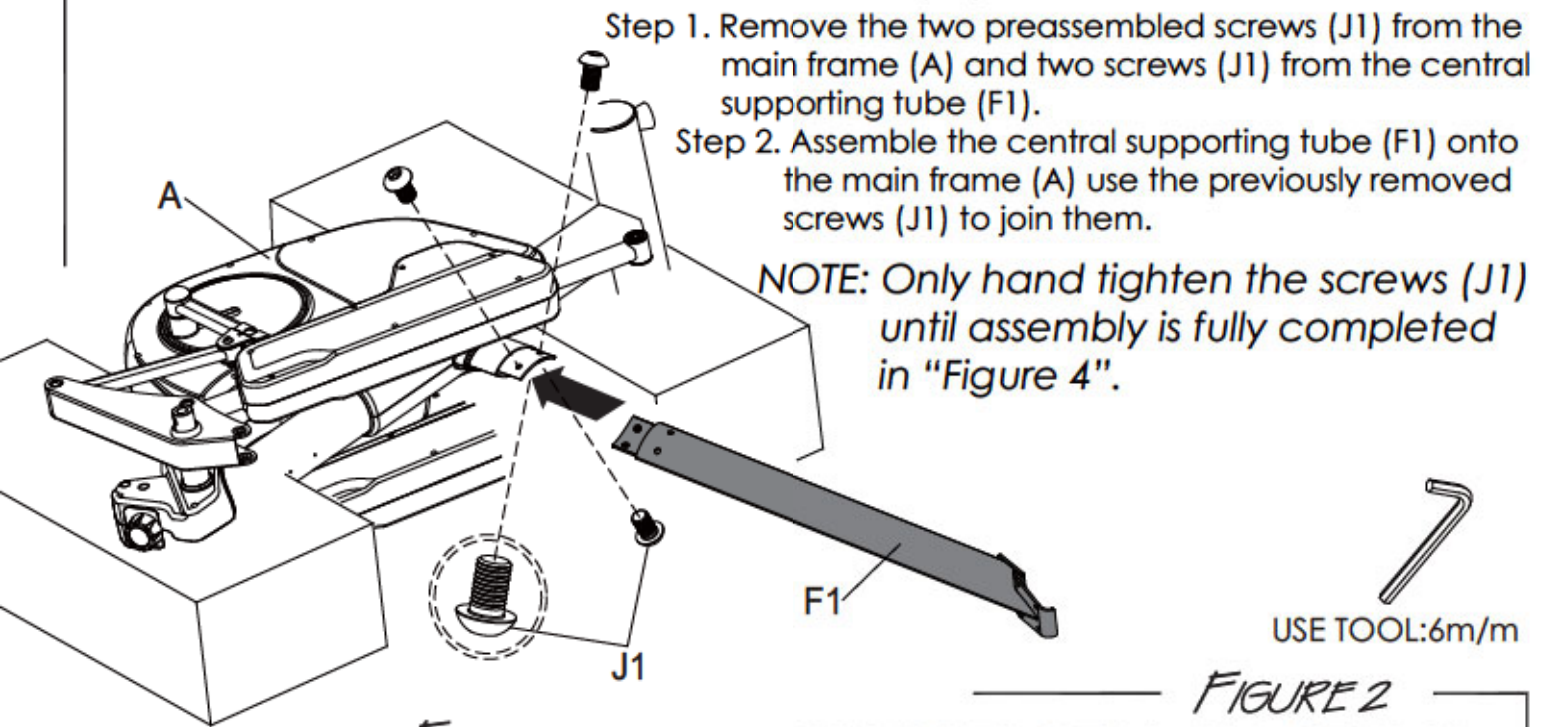


FIGURE 2
FIGURE 2 — SIDE TUBE COVER SETS (L+R) ASSEMBLY

- Step 1. Connect the right side tube cover (R2) onto the cover (R1) and secure by screw (J2).
- Step 2. Follow the step 2-1 to 2-4 to assemble the side tube cover sets.
- 2-1. Connect the covers (R1 & R2) onto the right side connecting tube (C2).
 - 2-2. Connect the cover (R3) onto the tube (C2).
 - 2-3. Connect the cover (R4) onto the tube (C2).
 - 2-4. Secure the cover set by screw (J3) first then two screws (J2) as the picture shown.
- Step 3. Repeat the previous same steps for the left side tube cover set (L) assembly.
- USE TOOL: 4m/m (Phillips Screw Driver)

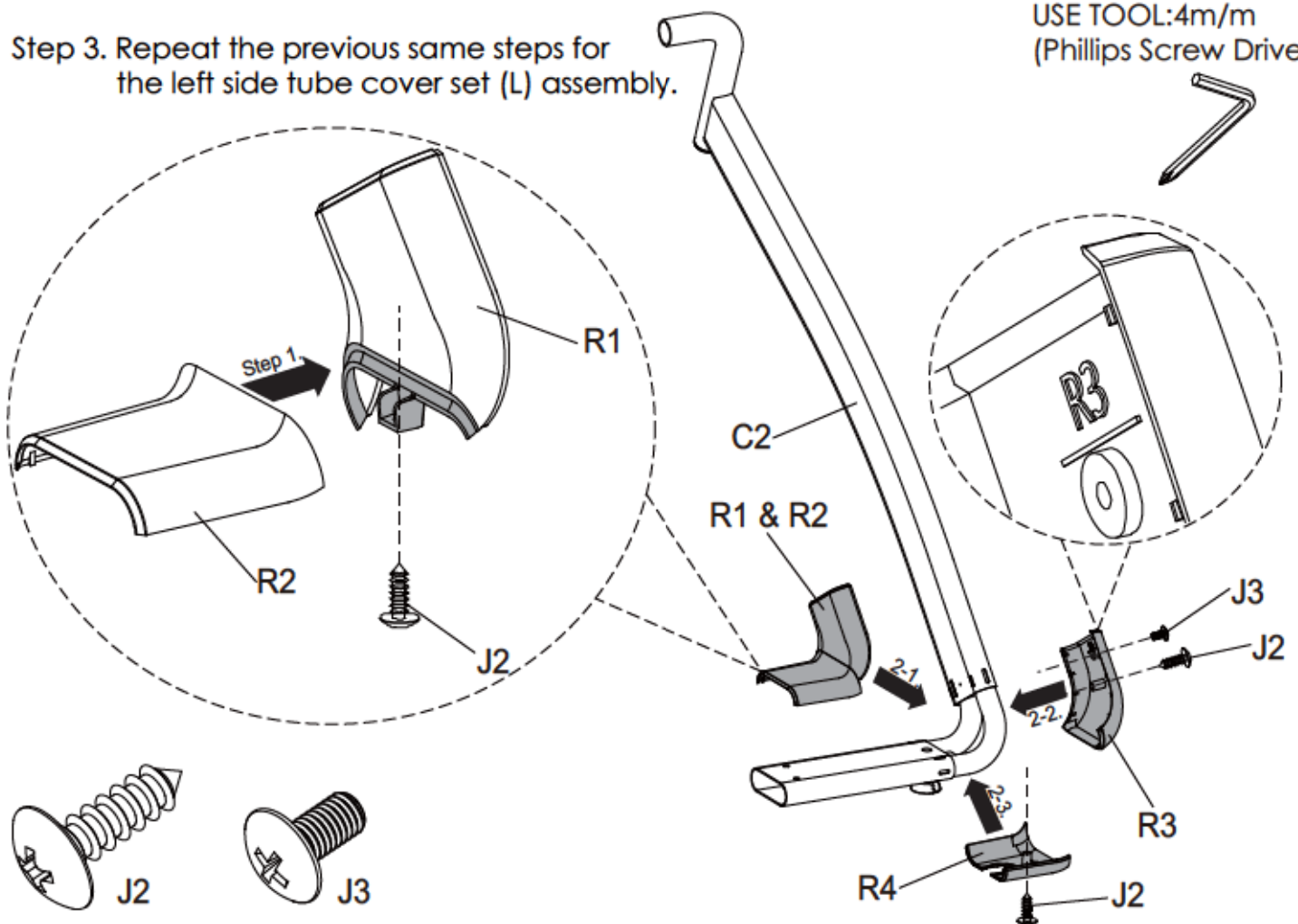


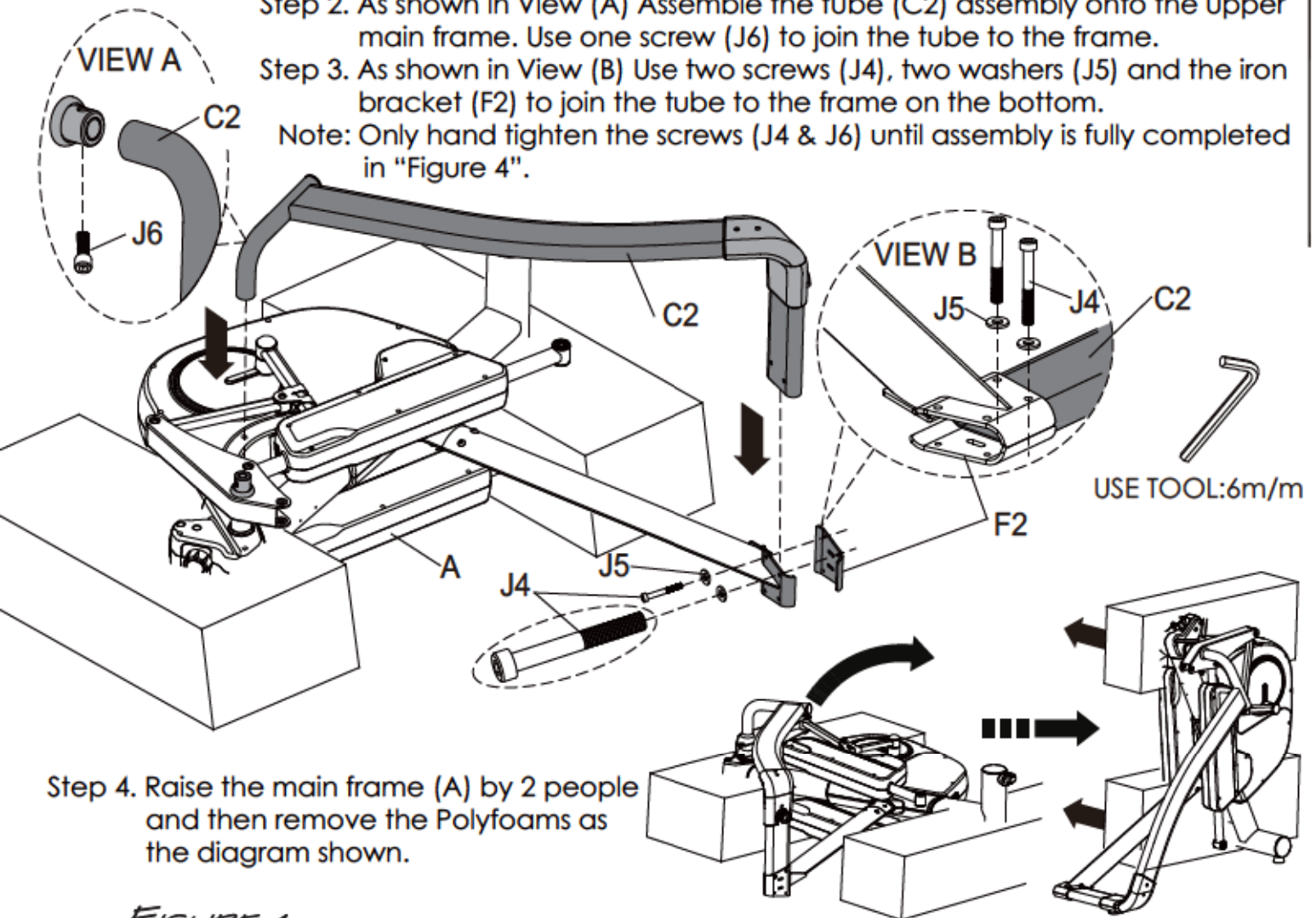
FIGURE 3 — RIGHT SIDE CONNECTING TUBE ASSEMBLY

Step 1. As shown in Views (A & B) Assemble the right side connecting tube (C2) assembly to the machine.

Step 2. As shown in View (A) Assemble the tube (C2) assembly onto the upper main frame. Use one screw (J6) to join the tube to the frame.

Step 3. As shown in View (B) Use two screws (J4), two washers (J5) and the iron bracket (F2) to join the tube to the frame on the bottom.

Note: Only hand tighten the screws (J4 & J6) until assembly is fully completed in "Figure 4".



Step 4. Raise the main frame (A) by 2 people and then remove the Polyfoams as the diagram shown.

FIGURE 4

FIGURE 4 — LEFT SIDE CONNECTING TUBE ASSEMBLY

Step 1. Equip the left side connecting tube (C1) onto the main frame (A).

Step 2. Secure it by using the screw (J6) on the top and the two screws (J4), two washers (J5) with the iron bracket (F2) on the bottom as the right side tube (C2) in "Figure 3".

Step 3. Now you can tighten all the screws (J1, J4, and J6) in "Figure 1" to "Figure 4".

Note: Make sure the central supporting tube assembled in a position parallel with the main frame tube, to avoid the pedals hit central supporting tube.



FIGURE 5

PEDAL SUPPORTING TUBE ASSEMBLY

- Step 1. As shown in View (C) Connect the right pedal supporting tube (B2) to main frame (A). Use the tools provided to tighten screw (J7), washer (J8) and nut (J9).
- Step 2. As shown in View (D) Connect and align the right lower pedal supporting tube (B5) to the front pedal supporting tube on the main frame (A). Use the tools provided to tighten screw (J10), washer (J8) and nut (J9).
- Step 3. As shown in View (E) Tighten the preinstalled screw (J10) and nut (J9) firm.
- Step 4. Repeat the previous same steps for the left pedal supporting tube (B1) assembly.

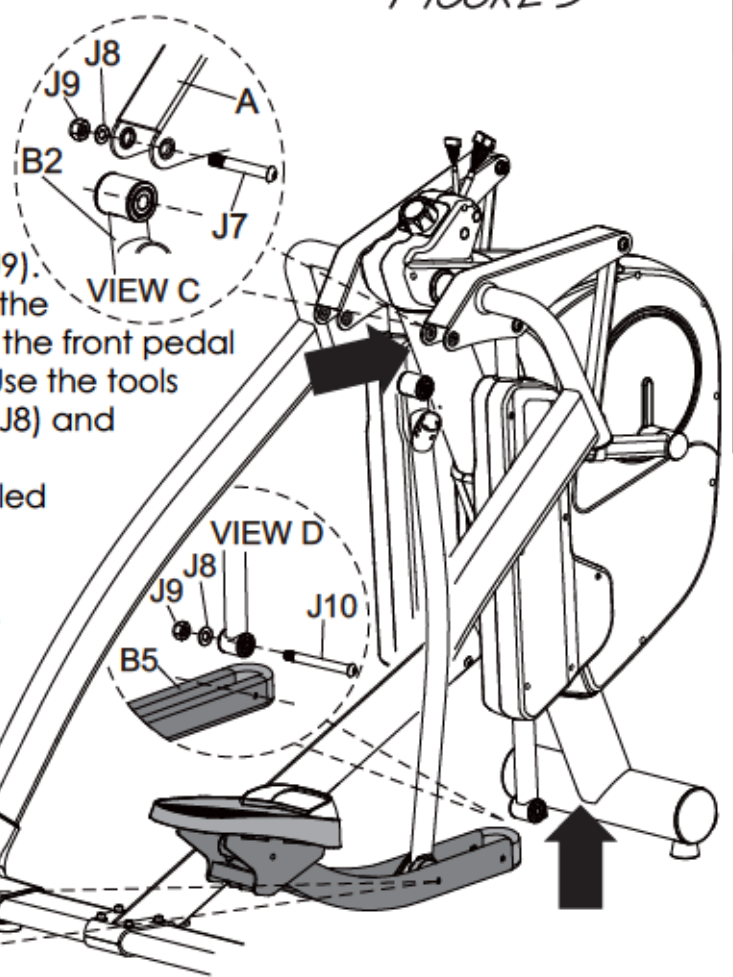


FIGURE 6

FIGURE 6 — HANDLE BAR ASSEMBLY

- Step 1. Remove the six preinstalled screws (J11 & J12) from the left handle bar (E1) .
- Step 2. As shown in View (F) Assemble the left handle bar (E1) into the main frame (A). Using the two 6mm allen wrench to tighten the six screws (J11 & J12).
- Note: Make sure to tighten handle bar screws tight to prevent a clicking noise in the handle bars. Wiggle the handle bars to help seat screws in place and then retighten.
- Step 3. Repeat the same steps for the right handle bar (E2).

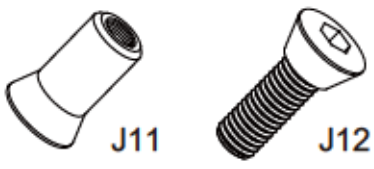
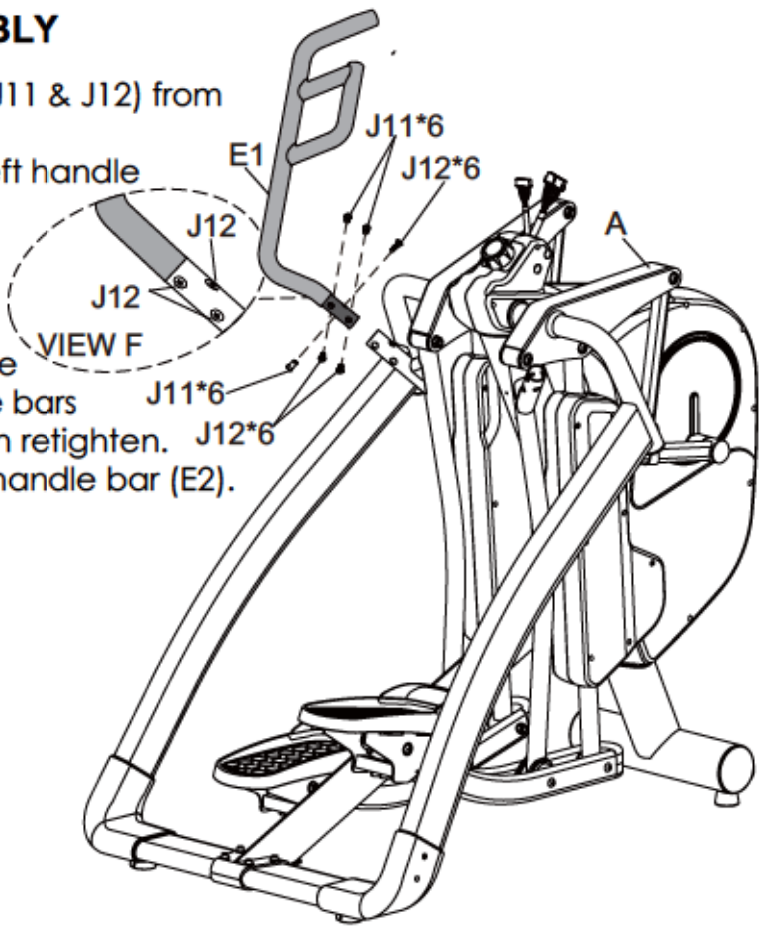
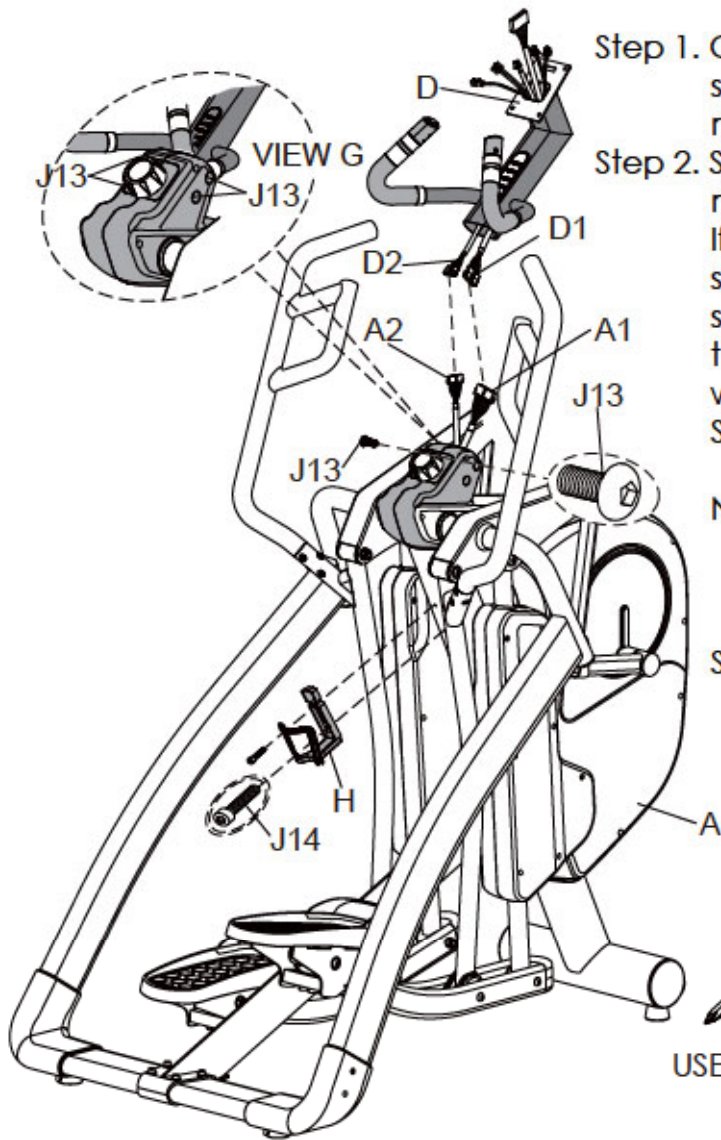


FIGURE 7 — CONSOLE SUPPORTING TUBE AND BOTTLE HOLDER ASSEMBLY



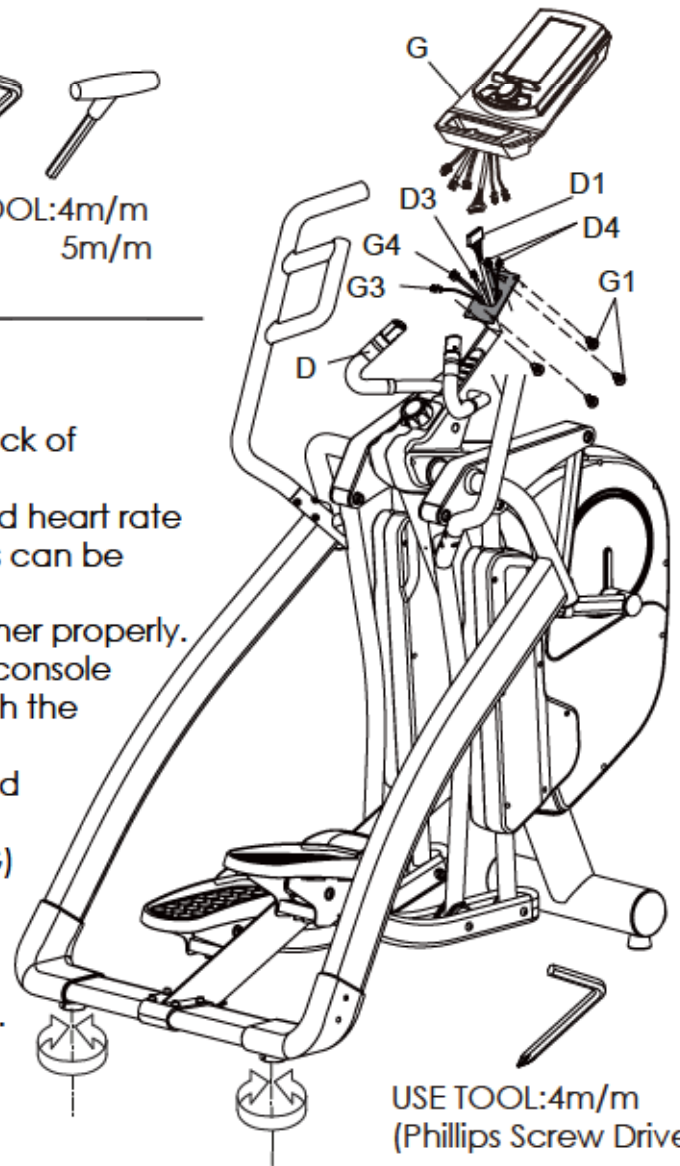
- Step 1. Connect wires (D1 & D2) from the console supporting tube (D) to wires (A1 & A2) from the main frame (A).
- Step 2. Slide the console supporting tube (D) onto the main frame (A). Store excess wires into the tube. If needed, loosen the preinstalled screw (J13) slightly in the main frame (A) to help slide console supporting tube down or to help align holes for the screws (J13). Be careful not to pinch the wires while assembling the tube.
- Step 3. Using the 5mm Allan wrench tighten the four screws (J13) firm.
- Note : Make sure that all wires are connected together properly; all screws (J13) are tight to prevent a loose console support tube.
- Step 4. Use the two screws (J14) located in the water bottle holder bag to join the water bottle holder (H) to the main frame (A).

USE TOOL: 4m/m
5m/m

FIGURE 8

FIGURE 8 — CONSOLE ASSEMBLY

- Step 1. Remove the four screws (G1) from the back of console (G).
- Step 2. Connect console wires (D1, D3, G3, G4) and heart rate wires (D4) to the console. Heart rate wires can be interchangeable.
- Note : Make sure the wires are connected together properly. Push and store excess wires back into the console supporting tube (D). Be careful not to pinch the wires while assembling the console.
- Step 3. Hand tighten the four screws (G1) first, and then use the screw driver to tighten the four screws (G1) to secure the console (G) onto the console supporting tube (D).
- Step 4. Adjust the levelers on the bottom rear of supporting tubes to stabilize the machine.



USE TOOL: 4m/m
(Phillips Screw Driver)

FIGURE 9

FIGURE 9 — POWER CORD ASSEMBLY

Attach the power cord jacket into the power socket on the main frame before plugging the power cord plug into the wall outlet.

Turn the AC power switch on.

Flip the ON/OFF switch to the ON position.

"0" sign is for OFF; "I" sign is for ON.

Note: The Overload switch is for device over loading protection. Overload switch will pop-up when the machine is electrically over loaded. Turn off the AC power switch and turn it back on to restart the machine.

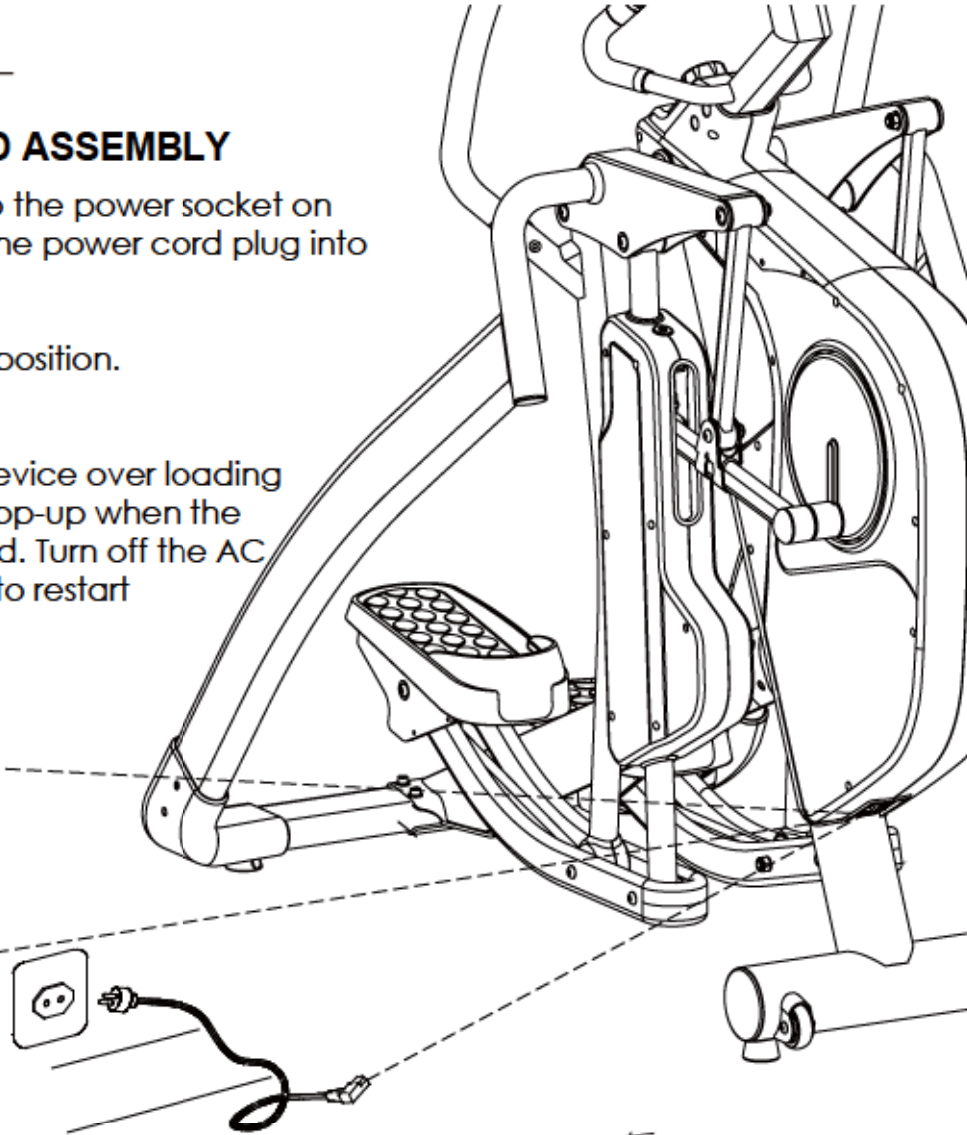
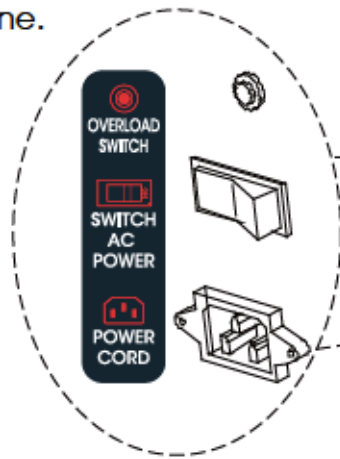


FIGURE 10

FIGURE 10 — Pedal Locking Feature

FOR YOUR SAFETY, this machine is equipped with a pedal locking feature. The pedals can be manually disabled so that it cannot be moved accidentally. Turn the knob left or right one click until you see the arrow point to the "LOCK OR UNLOCK" symbol. While the machine is in idle; NEVER in motion, turn the knob (A3) to "LOCK" to disable the pedals or turn the knob to "UNLOCK" to release the pedals. The machine should always be at the "LOCK" position when NOT in use. It would prevent the children or user from being hurt.

WARNING: FOR YOUR SAFETY, never lock the pedal locking feature while the machine is in motion, only when it is at a full complete stop it is safe to move the knob.

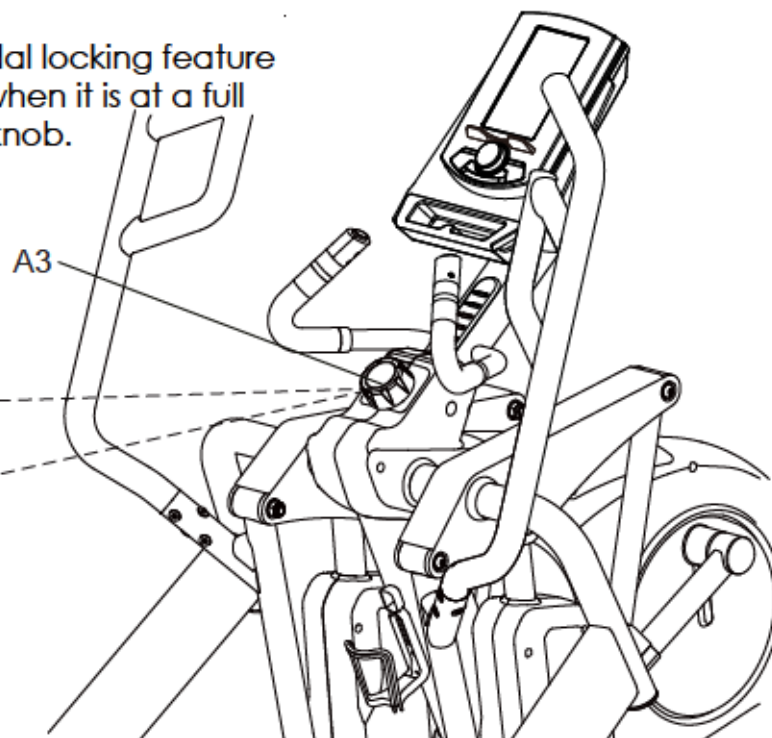
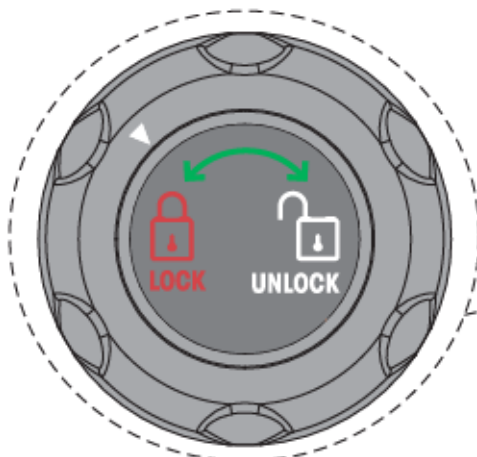


FIGURE 11 — HOW TO TRANSPORT THE MACHINE

If the machine needs to be transported to a different location, make sure that the pedal lock knob is at "LOCK" position. Lift up both sides of the rear supporting tubes until the front transportation wheels are touching the ground. You may now move the machine to the desired location. After the move, gently set the machine down at its new location and adjust the levelers on the bottom rear of supporting tubes to stabilize the machine if needed.

WARNING: Never attempt to lift the machine by yourself, ask for additional help if needed and never attempt to lift the machine if you have any medical issues.

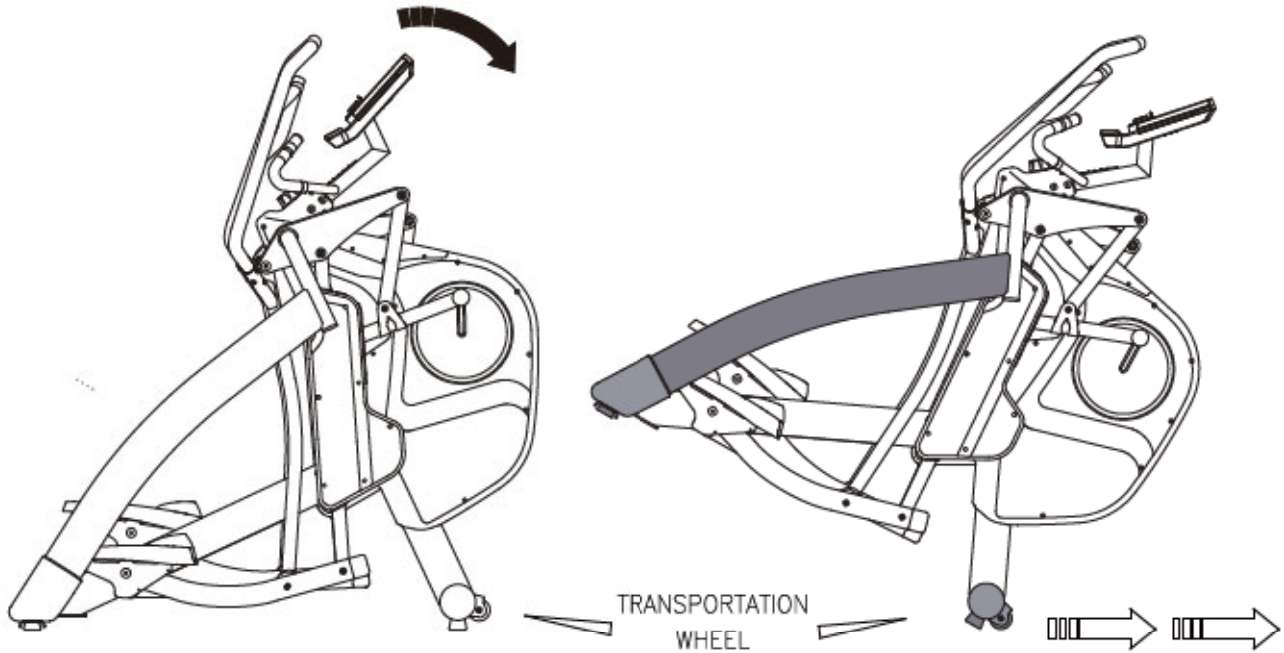
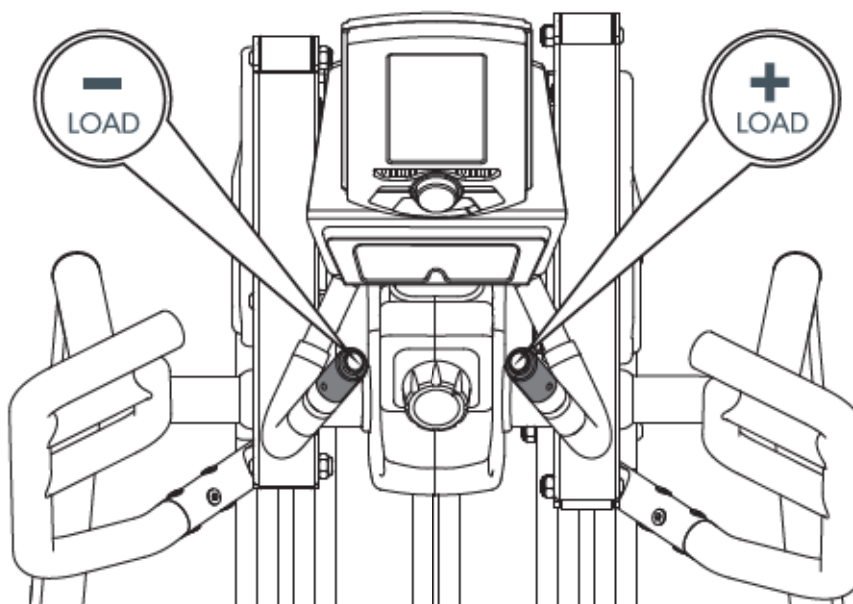


FIGURE 12 — HOW TO USE TOGGLE SWITCH TO ADJUST THE RESISTANCE

When the console is working out, you may press the toggle buttons on the small handlebar to slightly adjust the resistance: press "+LOAD" button on the right side to increase resistance; or press "-LOAD" button on the left side to decrease resistance.



HOW TO ADJUST STRIDE BY INCLINE MOTORIZED

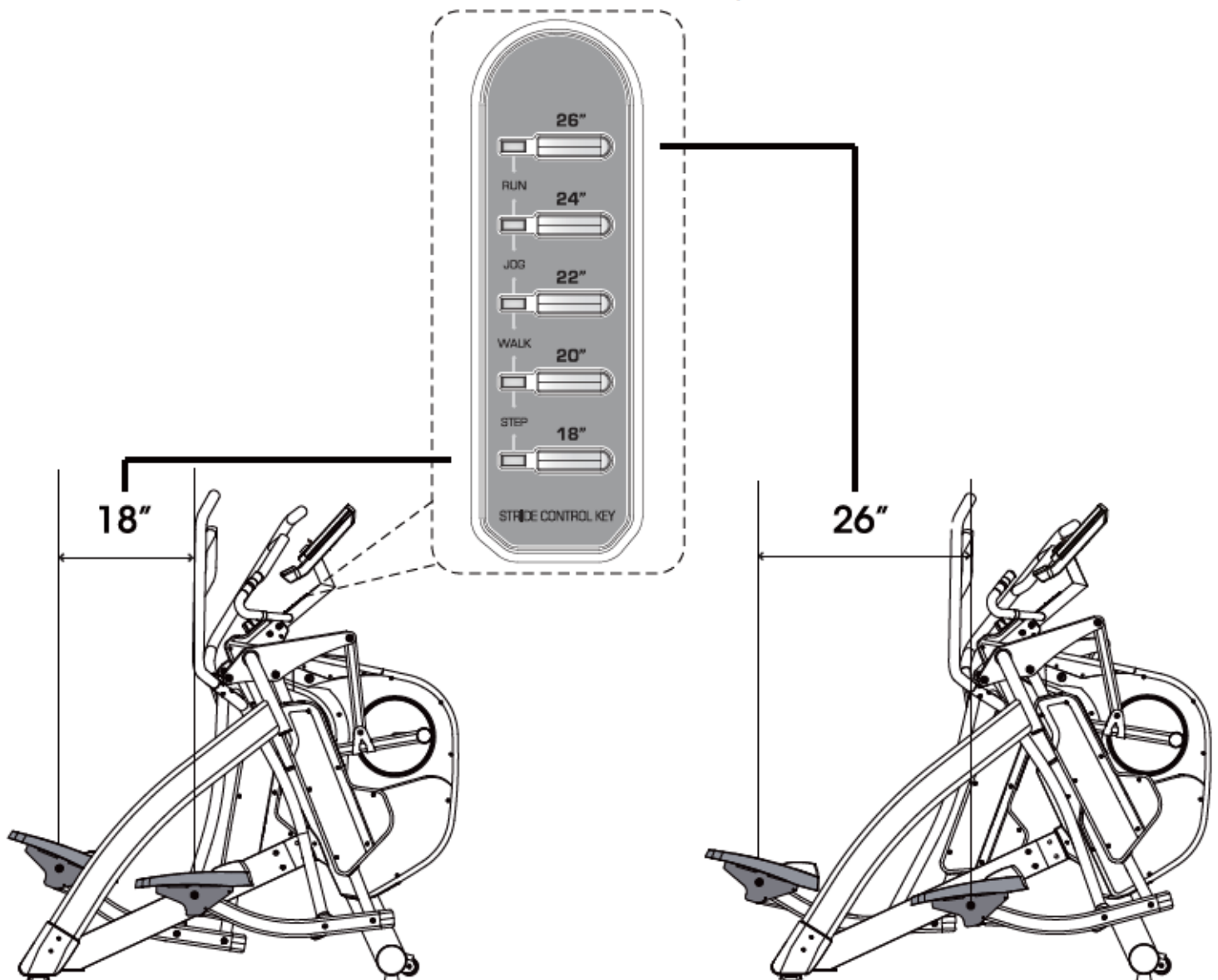
Depending on the personal demand to change the stride in different distance 18", 20", 22", 24", and 26" as the LED sensor displayed. There are 5 stride control quick keys, press one of the 18" – 26" keys to adjust to desired stride length. You may change the stride length anytime during a workout. Selected stride length will be shown on the stride length blue LED sensor.

A user will want to adjust the stride length for a few reasons. First reason is for height, a user at or below 5'5" may feel more comfortable with 18" to 22" stride and a user at or above 5'5" may feel more comfortable with 22" to 26" stride to compensate for their normal step/walking stride. In addition, as a user increases speed, they may need to adjust the stride length to compensate for his or her normal jog/run stride. Next reason why a user may want to adjust the stride length during a workout is to work different muscle groups; a shorter stride length will work different muscles in your legs and body than a longer stride length. An 18" stride can be comparable to a shorter stepping motion and 26" stride can be compared to a lunge workout without the high impact as the same workouts performed on a flat surface. While working out, adjusting resistance and or squatting while holding on to the handlebars can also help to isolate these muscles further.

Note: There is no right or wrong stride length for any user, choose any length according to what feels most comfortable.





Note: Always consult a local personal trainer for more in depth work out details.

Note: When the stride motor is activated, you will hear the motor unlock and adjust, once motor is to desired stride, the motor will click to lock position.





【BUTTON FUNCTIONS】

	UP	To make upward adjustment to each function data or increase training resistance.
	DOWN	To make downward adjustment to each function data or decrease training resistance.
	ENTER	To confirm all settings.
	START / STOP	To start or stop workout. Turn the START/ STOP joggle wheel under standby mode, it can be a quick start key to the Manual Program.
	RESET	To reset current setting and have the monitor switch to initial training mode for selection. Press the RESET button for 2 seconds under standby mode for a Total Reset.
	RECOVERY	To active RECOVERY function.

【DISPLAY FUNCTIONS】

TIME	Time will count up from 00:00 to maximum 99:00 with each increment is 1 minute.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
RPM	Displays the Rotation Per Minute. Display range 0~100 RPM
DISTANCE	Accumulates total distance from 00:0 up to 99.9 KM or ML. The user may preset target distance data by turning the UP/DOWN joggle wheel. Each incensement is 0.1KM or ML.

CALORIES	Accumulates calories consumption during training from 0 to maximum 990 calories. Each unit for increase or decrease is 10 KCL. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
PULSE	User may set up target pulse from 0 - 30 to 230
WATTS	Display current workout watts. Display range 0~999.

POWER ON

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

2. User may turn the UP/DOWN joggle wheel to select User 1~4 and press ENTER for confirmation (FIGURE 3~4).

And then preset user information for SEX, AGE, HEIGHT and WEIGHT. (FIGURE 4~7)



FIGURE 1

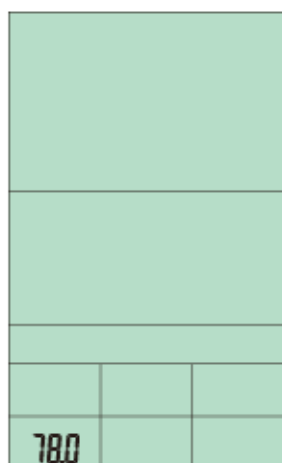


FIGURE 2



FIGURE 3



FIGURE 4



FIGURE 5



FIGURE 6

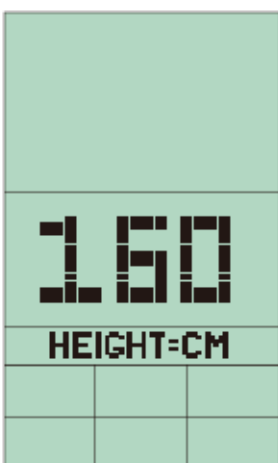


FIGURE 7

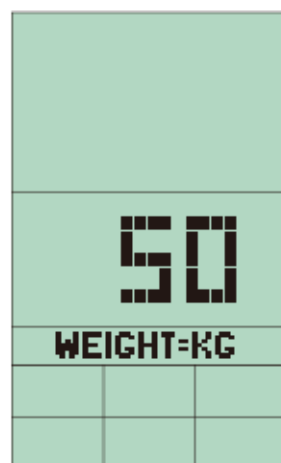


FIGURE 7

PROGRAMMING MODE

1. Program selections are MANUAL → PROGRAM → USER PROGRAM → H.R.C. → WATT (FIGURE 8~12)

2. Use UP/DOWN joggle wheel to select the program you want and press ENTER to confirm. Or press START/STOP button to start MANUAL mode immediately.



FIGURE 8



FIGURE 9



FIGURE 10

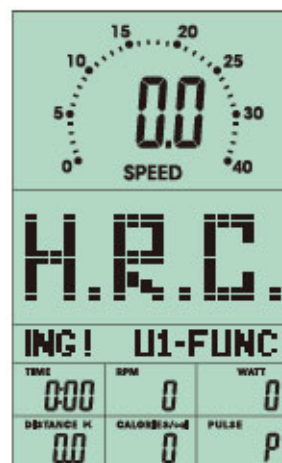


FIGURE 11

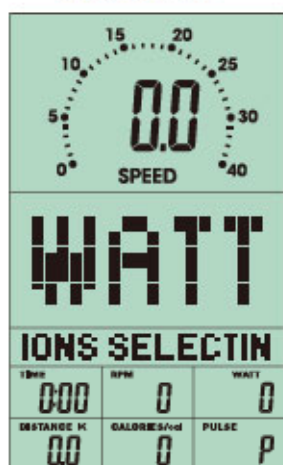


FIGURE 12

QUICK START IN MANUAL

1. Press ENTER to enter MANUAL program, and the screen is blinking (FIGURE 13).
2. Press START/STOP to start exercising. The resist level is adjustable during exercising (FIGURE 14).
3. User can press START/ STOP to stop exercising

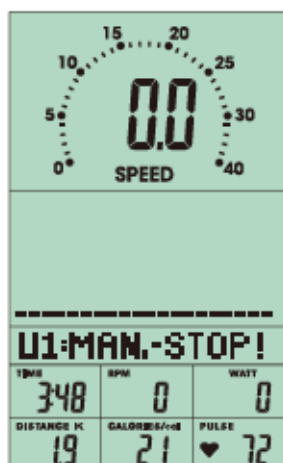


FIGURE 13

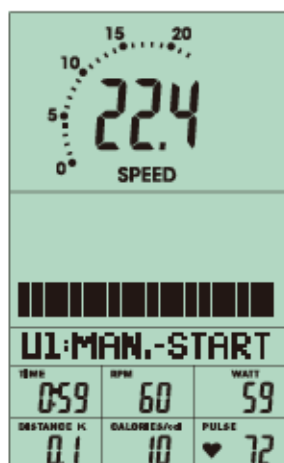


FIGURE 14

MANUAL MODE

1. After selecting MANUAL mode (FIGURE 13), user can use UP/DOWN joggle wheel to increase or decrease level (from 1 to 16) and press ENTER to confirm.
2. User may preset exercise data (TIME, DISTANCE, CALORIES, PULSE), and press START/STOP to start exercise.

User can press RESET to return to the MANUAL setting

3. Level is adjustable during training.

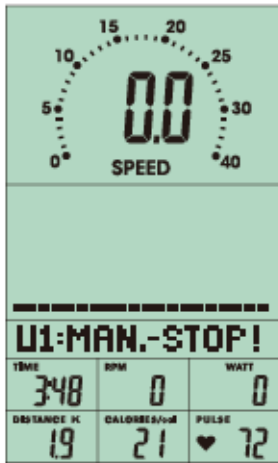


FIGURE 13

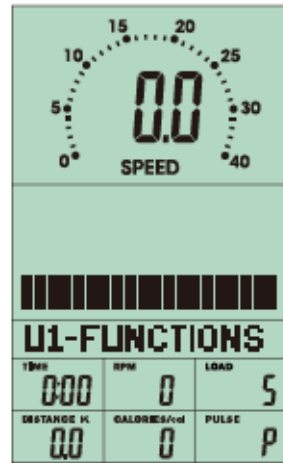


FIGURE 14

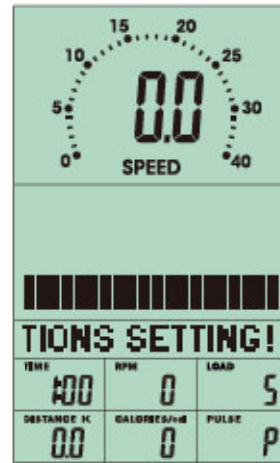


FIGURE 15

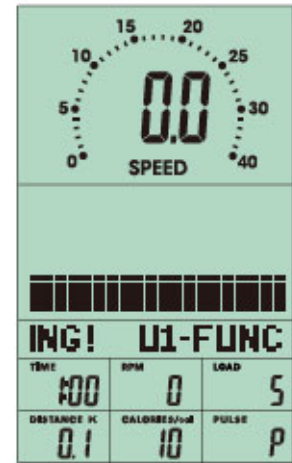


FIGURE 16

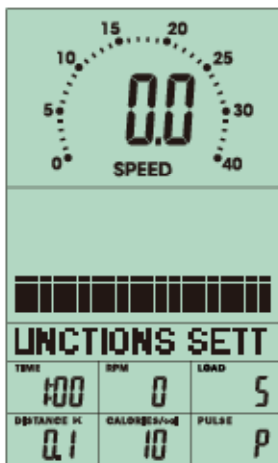


FIGURE 17

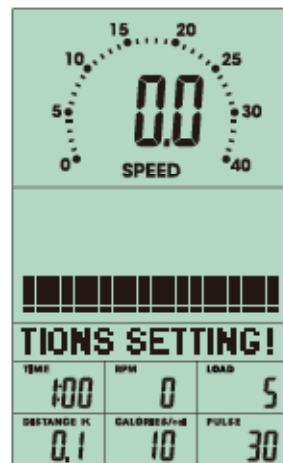


FIGURE 18



FIGURE 19

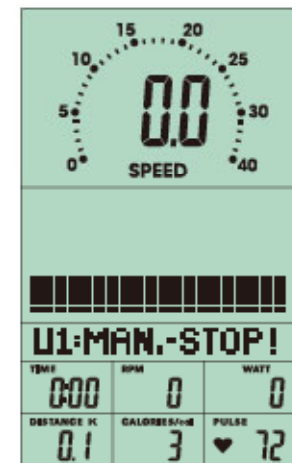
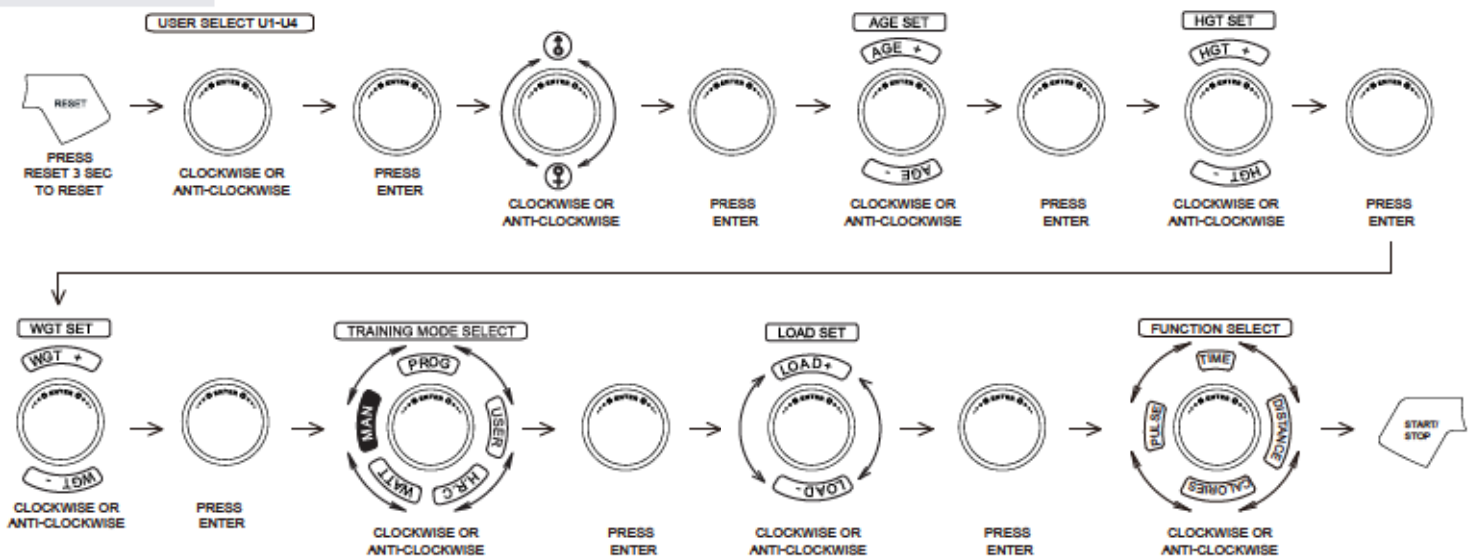


FIGURE 20

MANUAL mode



PROGRAM MODE

1. After enter PROGRAM mode, user can turn the UP/DOWN joggle wheel to select program profile from P1 to P12, then press ENTER to confirm.
2. User can preset the TIME data then press START/STOP to start exercise.
3. After start training, TIME will be counted down. When the TIME is counted to 0, the screen is flashing and the alarm is ringing. User can press any button to stop the alarm.



FIGURE 21

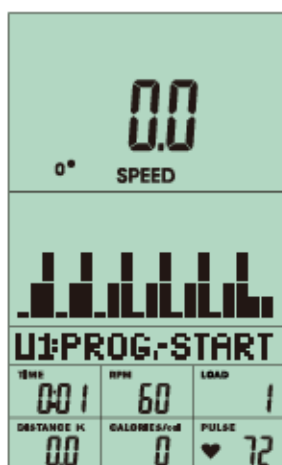


FIGURE 22



FIGURE 23

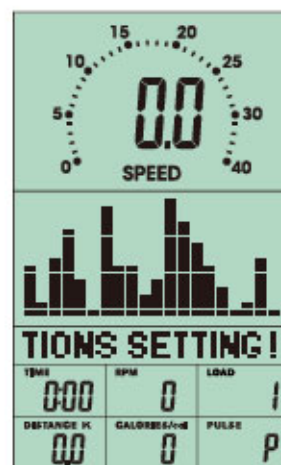
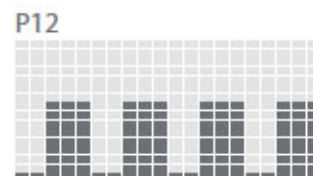
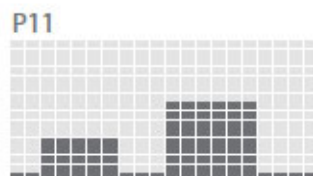
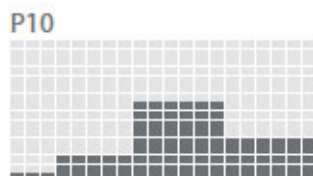
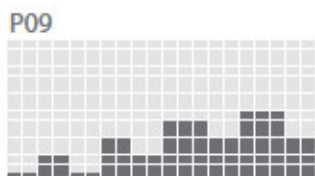
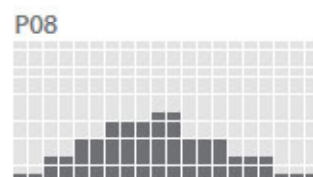
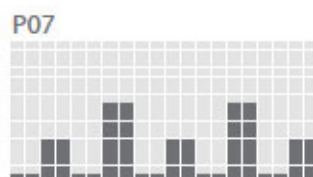
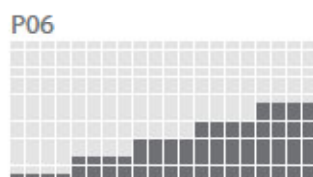
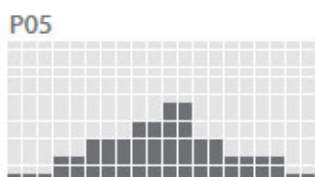
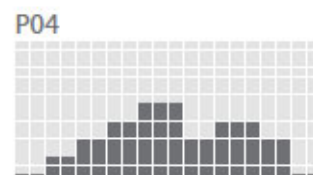
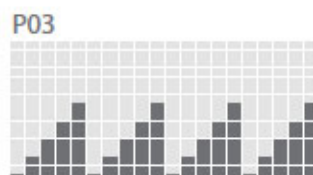
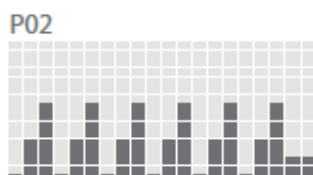
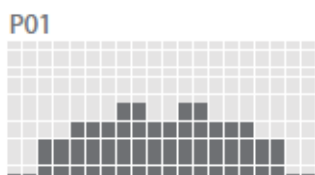
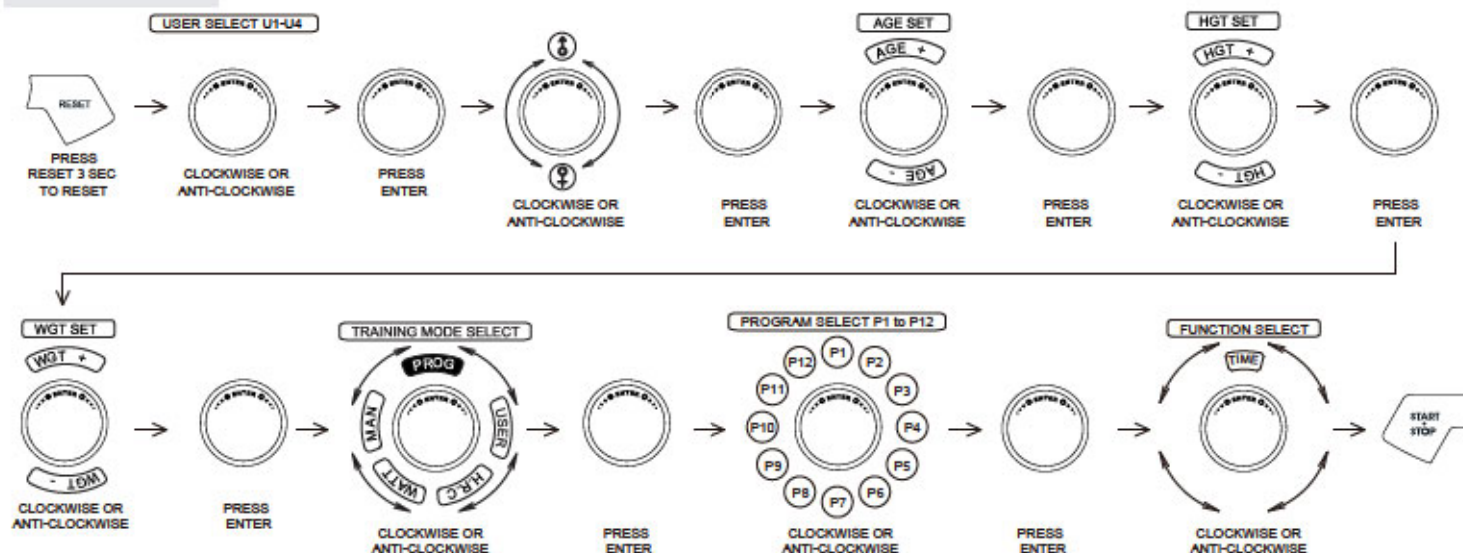


FIGURE 24



PROGRAM mode



USER PROGRAM

1. After enter USER PROGRAM mode, the first column of the profile is blinking (FIGURE 25). User may turn the joggle wheel to adjust the resistance level (FIGURE 26) to create his / her own profile.
2. After setting (from column 1 to column 20), user may hold on pressing MODE button for 2 seconds to quit profile setting and enter TIME setting.
3. While making the profile setting, user can press RESET and return to the menu.
4. After start training (FIGURE 27~29), TIME will be counted down. When TIME is counted to 0, the screen is flashing and the alarm is ringing. User can press any button to stop the alarm.

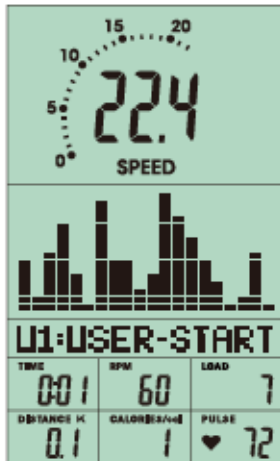


FIGURE 25

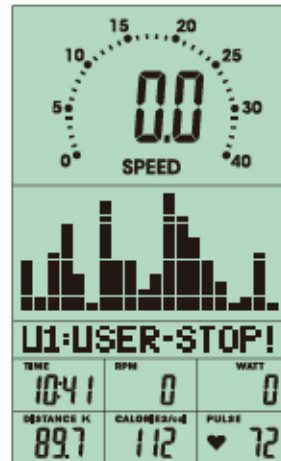


FIGURE 26

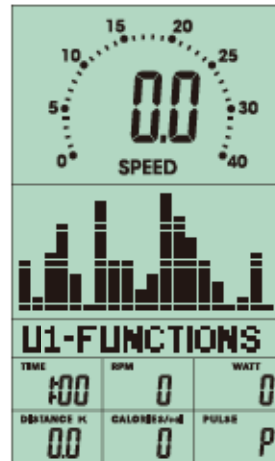


FIGURE 27

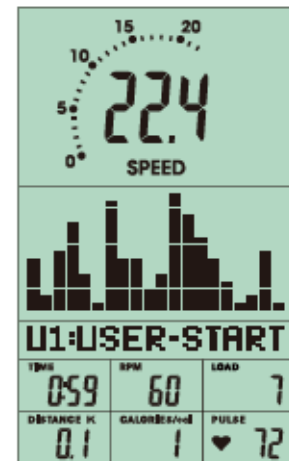


FIGURE 28

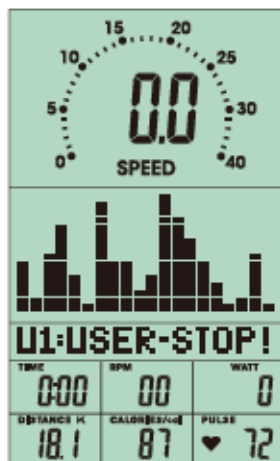
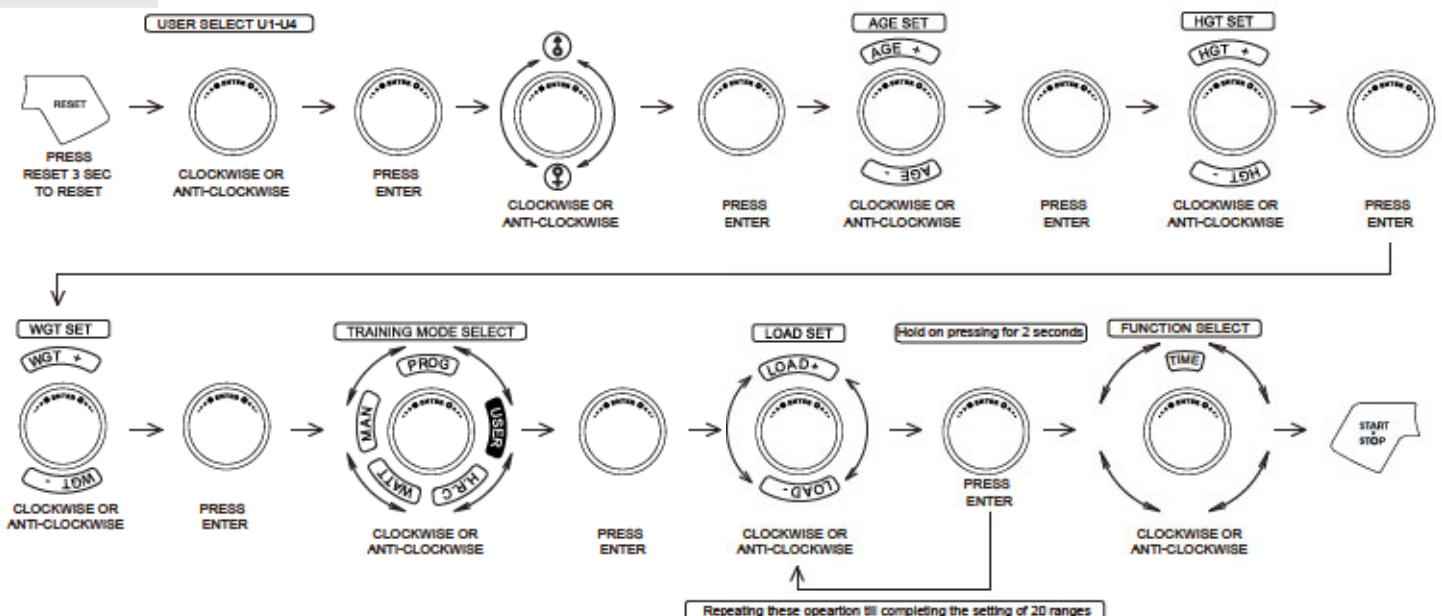



FIGURE 29

USER mode



HEART RATE CONTROL

1. After enter HEART RATE CONTROL mode, the screen will show heart rate percentage 55%, 75%, 90% and TARGET. User may select heart rate percentage by turning UP/ DOWN joggle wheel for training.
2. User can preset the TIME data then press START/ STOP to start exercise.
3. After start training, TIME will be counted down. When the TIME is counted to 0, the screen is flashing and the alarm is ringing. User can press any button to stop the alarm. If there is no HR input for 5 seconds, LCD will display  until HR signal input.

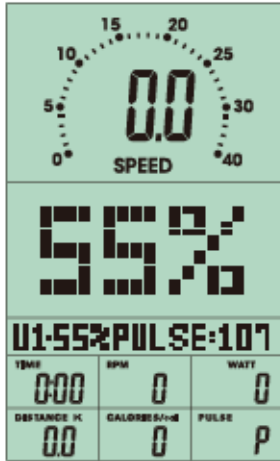


FIGURE 29

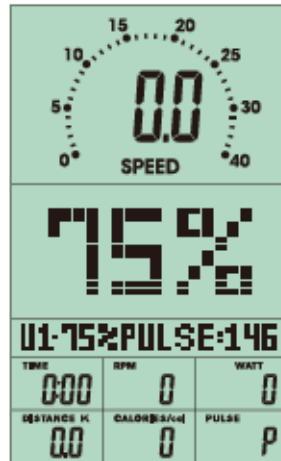


FIGURE 30

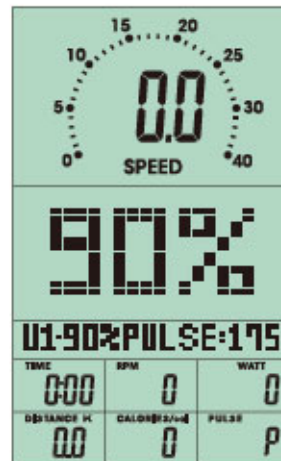


FIGURE 31



FIGURE 32



FIGURE 33



FIGURE 34



FIGURE 35

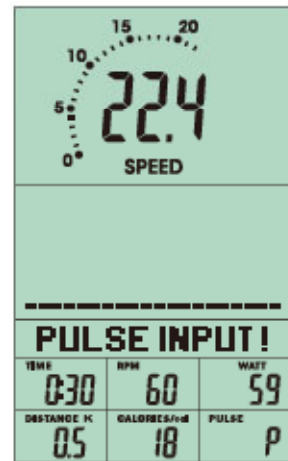
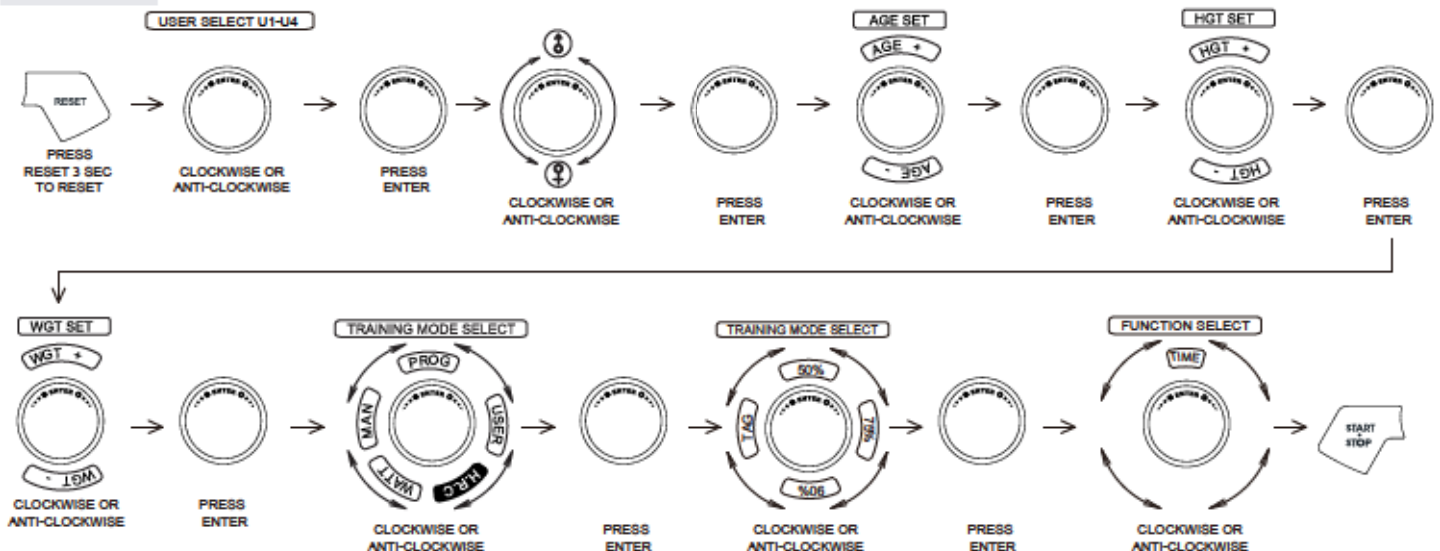


FIGURE 36

H.R.C. mode



WATT CONSTANT

1. In standby mode, select WATT and press ENTER to enter.
2. The preset watt value 120 is flashing on screen, use UP/ DOWN joggle wheel to set target value from 10 to 350. Pressing START button to start training.
3. User can preset the TIME data then press START/STOP to start exercise.
4. After start training, TIME will be counted down. When the TIME is counted to 0, the screen is flashing and the alarm is ringing. User can press any button to stop the alarm.
5. Watt value is adjustable during training. User can turn the joggle wheel to adjust the Watt according to the instruction:

▲ : Watt value > Setting value 25% --- User should show down

● : Watt value in the Setting value 25% ---User should keep the same speed

▼ : Watt value < Setting value 25% --- User should ride faster

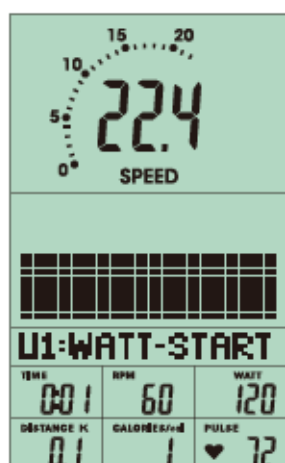


FIGURE 37

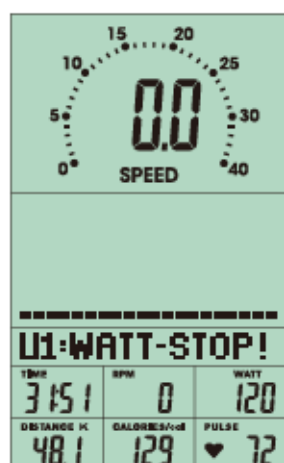
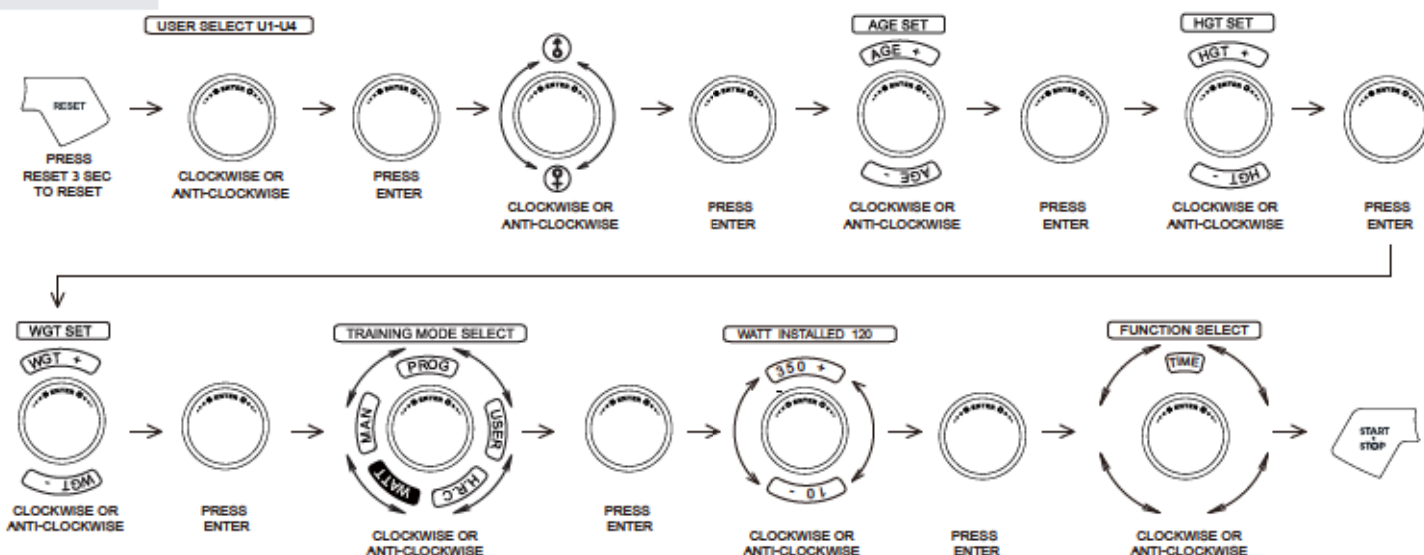


FIGURE 38

WATT mode



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 39



FIGURE 40

NOTE:

1. 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.
2. This computer requires 9V, 1A adaptor.
3. When computer act abnormal, please plug out the adaptor and plug in again.