

CHANGEABLE STRIDE ELLIPTICAL



MODEL: **E7**

SPORTOP®

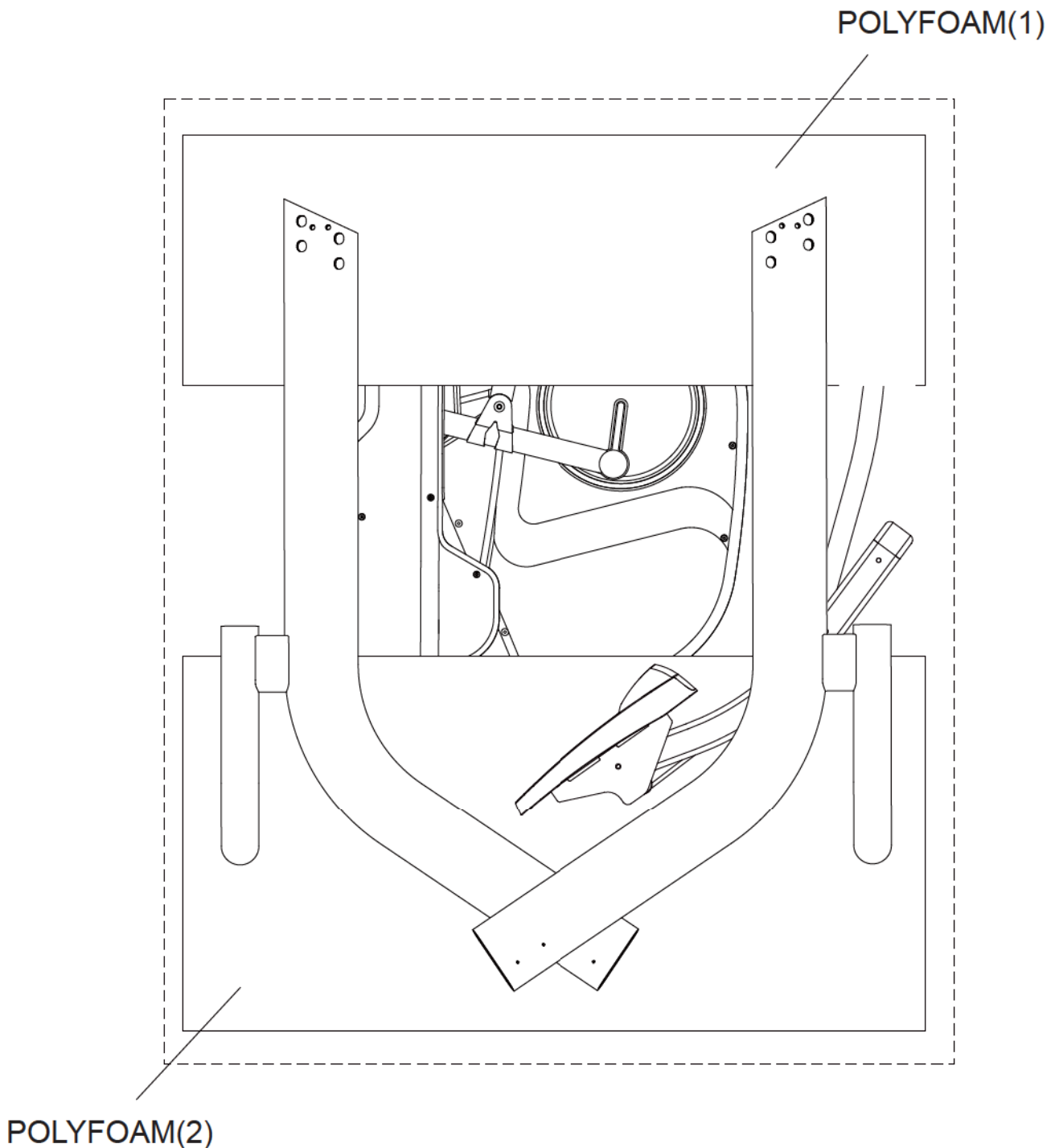
Owner's Operating Manual

ENGLISH

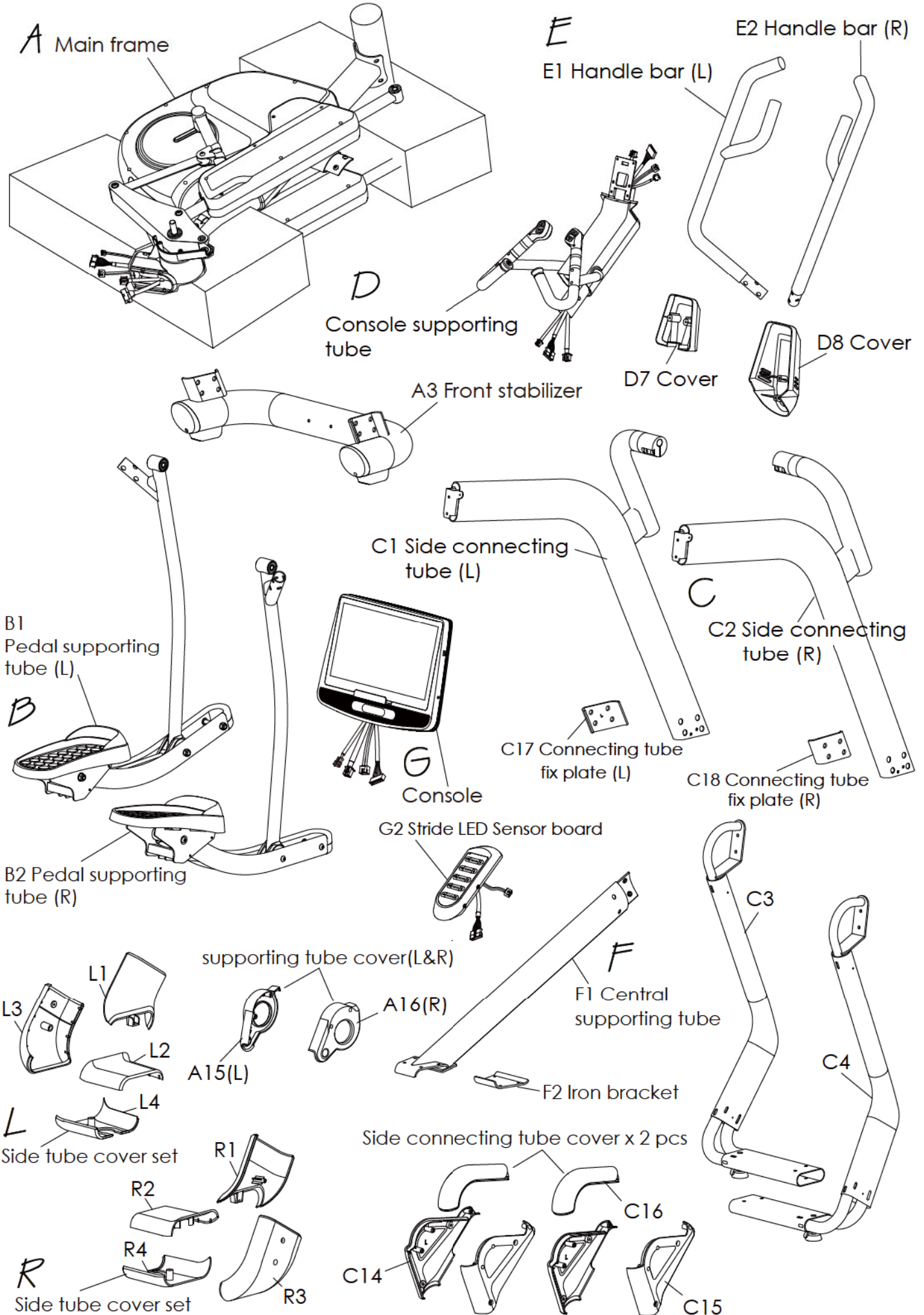
Warning:

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.*



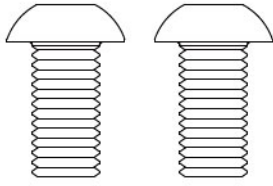
PARTS LIST



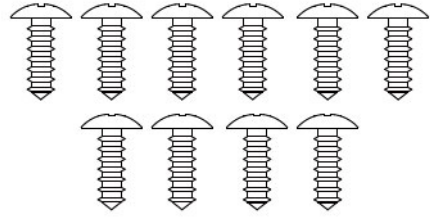
PARTS LIST

J

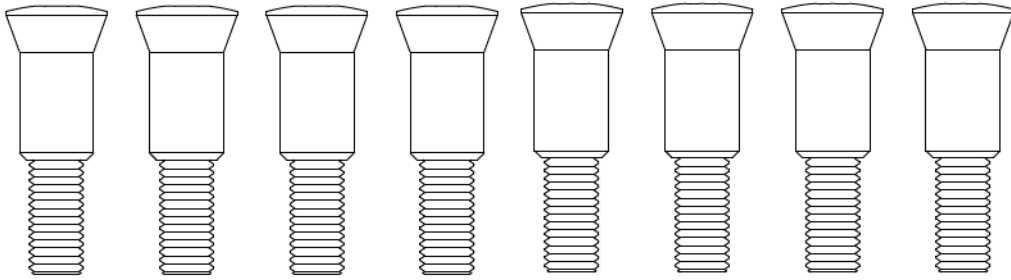
(J2) Screw M10X20



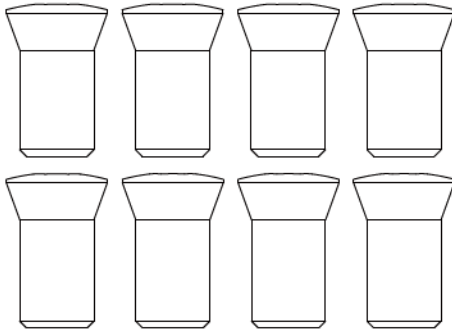
(J4) Screw M4X12



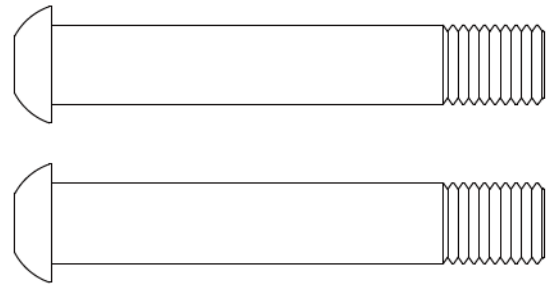
(J5) Screw M8X40



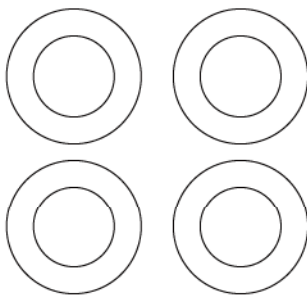
(J6) Nut M8



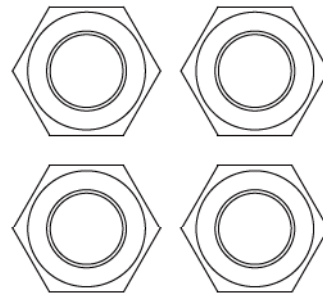
(J7) Screw M12X73



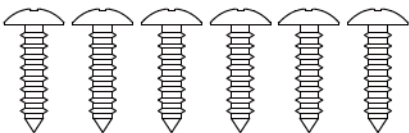
(J8) Washer M12



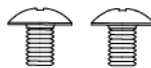
(J9) Nut M12



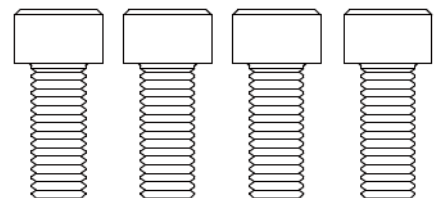
(J10) Screw M4X15



(J11) Screw M4X6

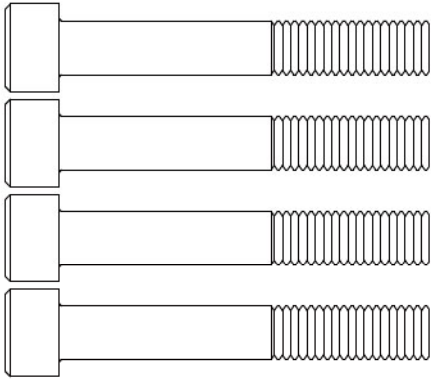


(J1) Screw M8X20

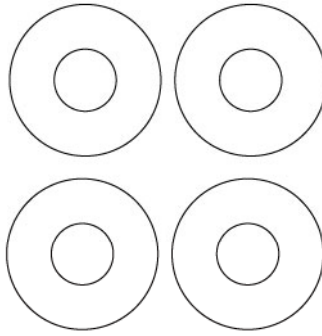


PARTS LIST

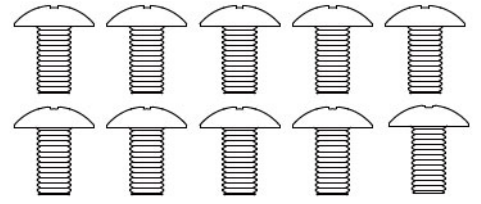
(J13) Screw M8X55



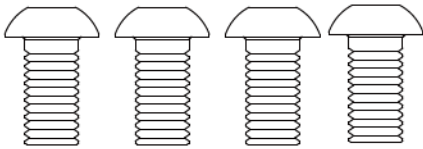
(J14) Washer M8



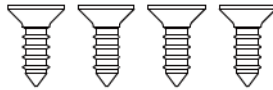
(J15) Screw M5X10



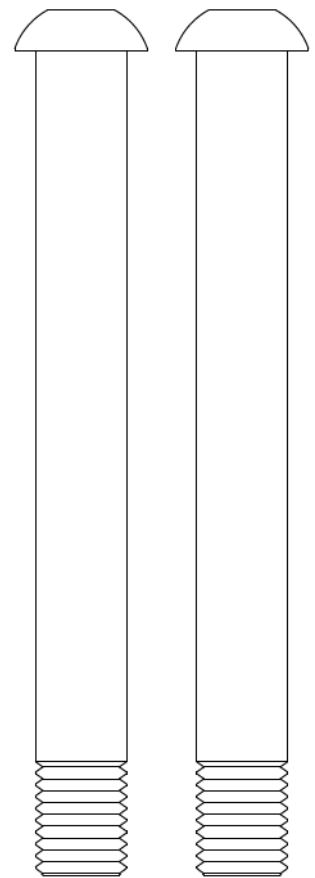
(J16) Screw M8X16



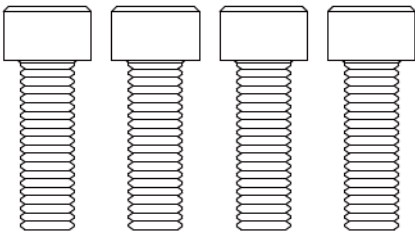
(J17) Screw M4X12



(J19) Screw M12X109

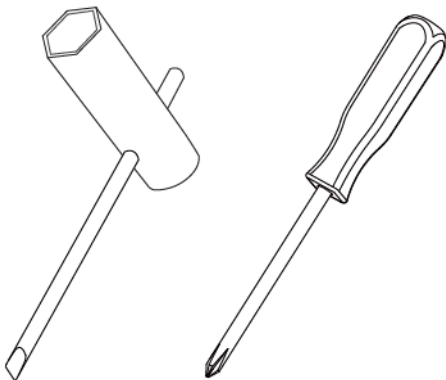


(C8) Screw M8X25

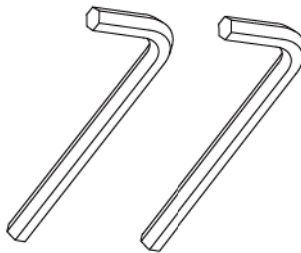


TOOL

19m/m



6m/m



5m/m

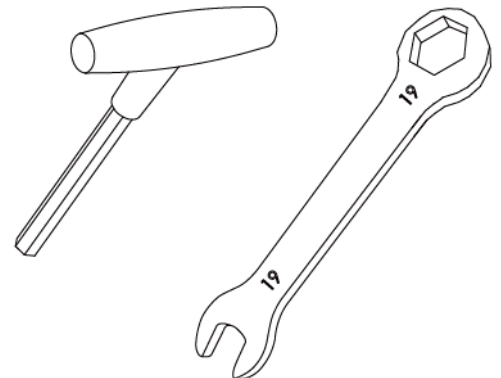


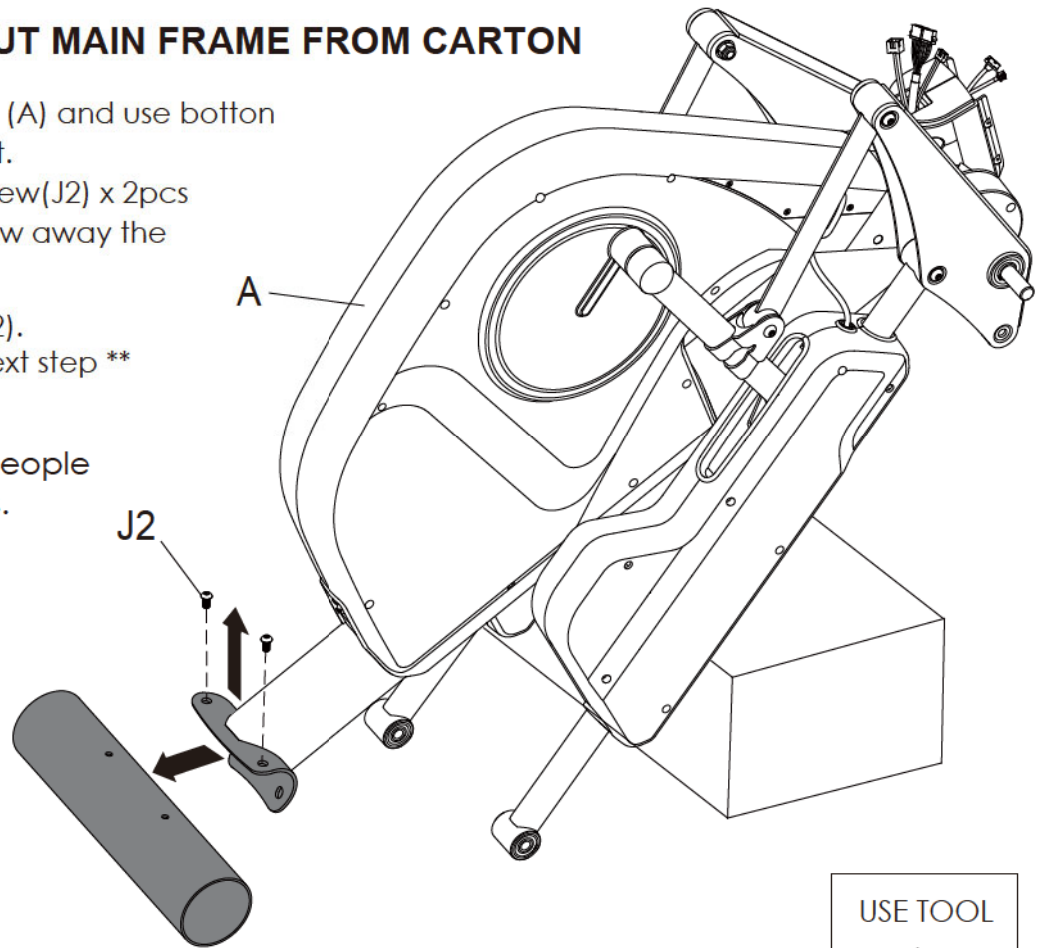
FIGURE 1

FIGURE 1 _ TAKE OUT MAIN FRAME FROM CARTON

Move out the main frame (A) and use bottom polyfoam pieces to hold it.
Remove pre-assembly screw(J2) x 2pcs from paper tube and throw away the paper tube.

****Keep the 2 pcs screw(J2). They will be used in the next step ****

ATTENTION:
There are at least two people required for the process.



USE TOOL



FIGURE 2

FIGURE 2 _ FRONT STABILIZER ASSEMBLY

Equip front stabilizer(A3) with main frame (A) and pre-locked with 4pcs screws (J2).

****Please don't lock the 4pcs screws (J2) too hard at this stage.****

ATTENTION:
There are at least two people required for the assembly process.

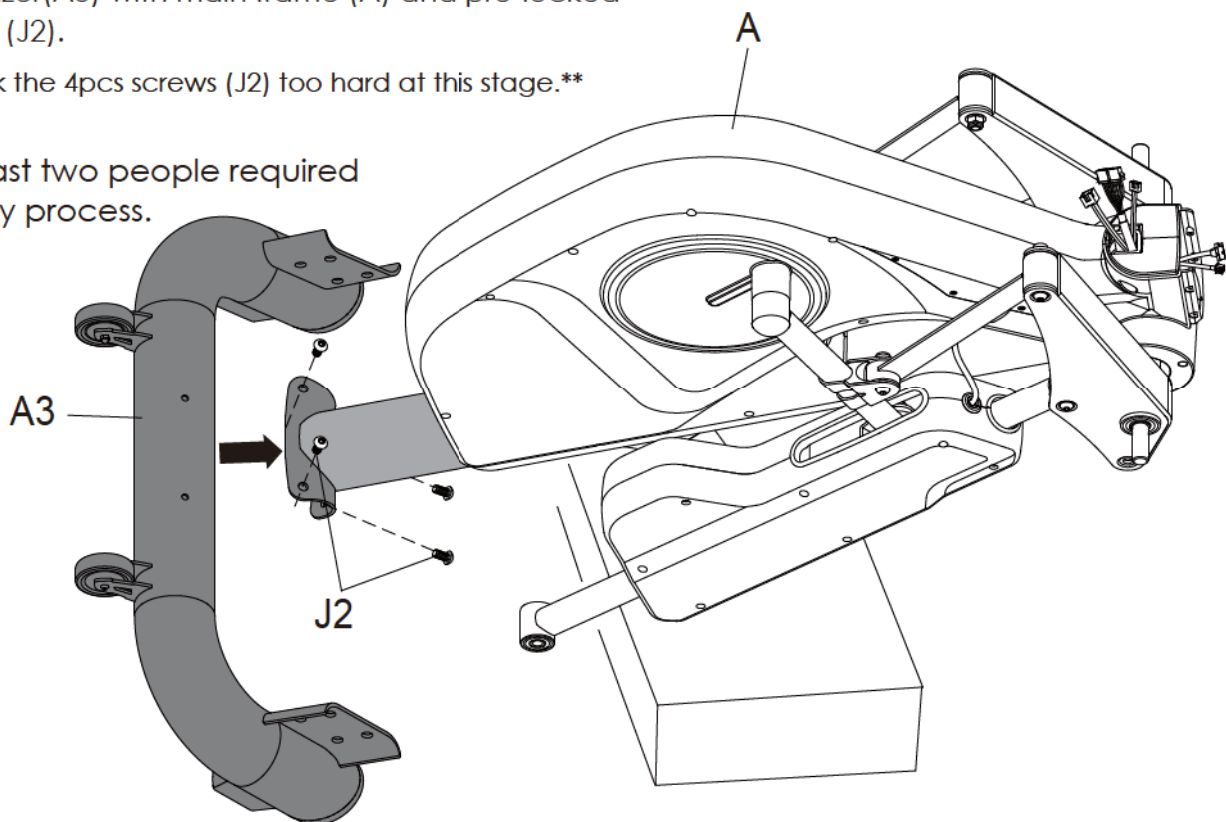


FIGURE 3

FIGURE 3_
CENTRAL SUPPORTING TUBE (F1)
ASSEMBLY

Step 1. Remove the two preassembled screws (J3) from the main frame (A) and two screws (J3) from the central supporting tube (F1).

Step 2. Two people righting the machine, then one person hold the machine, another person equip the Central Support Tube (F1) onto main frame (A).

ATTENTION:
There are at least two people required for assembly process.

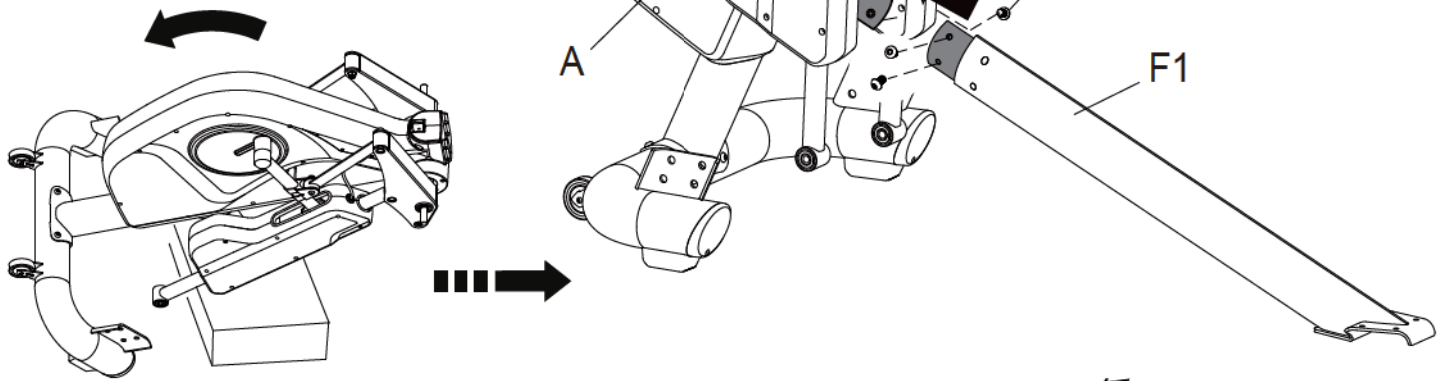


FIGURE 4

FIGURE 4_
CENTRAL SUPPORTING TUBE (F1) ASSEMBLY

Step 1. Assemble the central supporting tube (F1) onto the main frame (A) use the previously removed screws (J3) to pre-locked.

Please don't lock the 4pcs screws (J3) too hard at this stage.

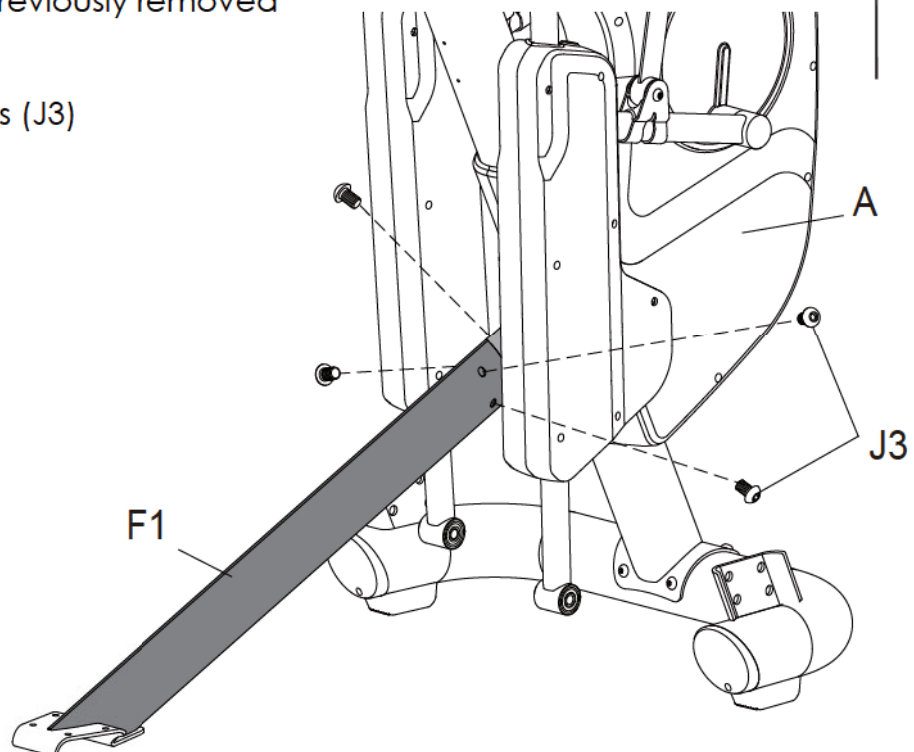


FIGURE 5_ ASSEMBLY FOR SUPPORTING TUBE COVER

Equip supporting tube cover (A15 & A16) onto Main frame (A) and using screw (J4) to tight it.

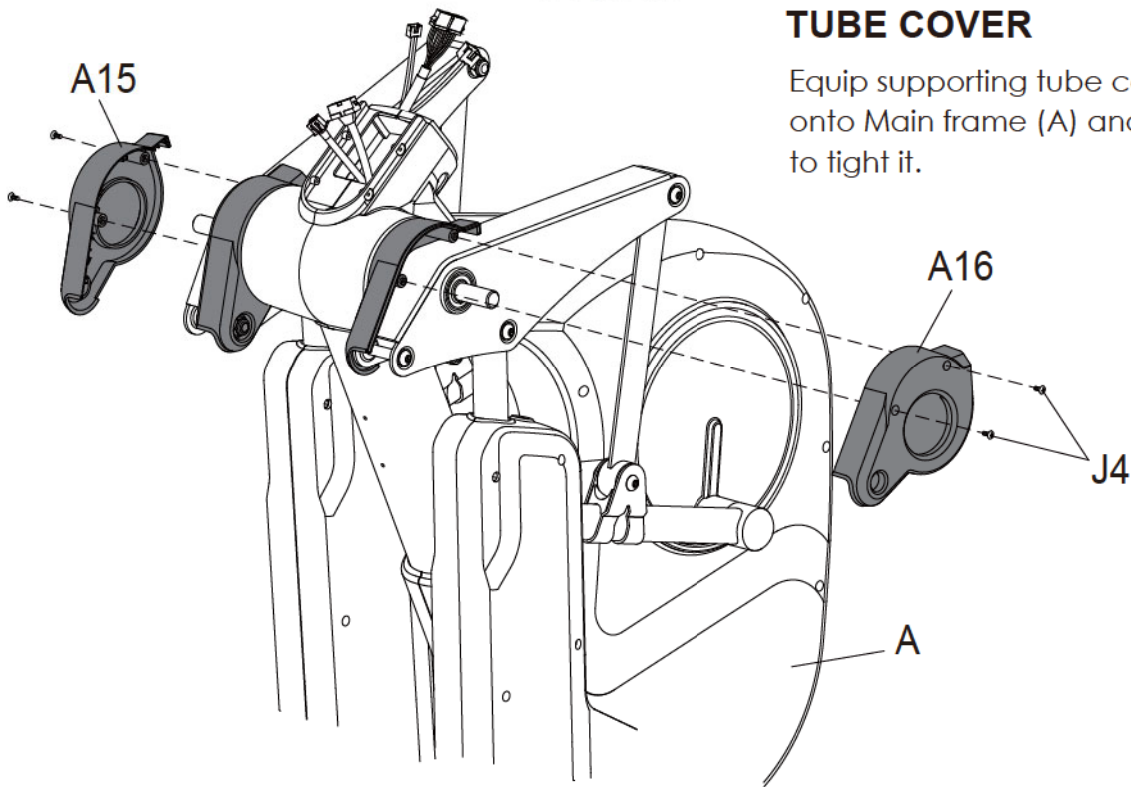


FIGURE 6

FIGURE 6 _ ASSEMBLY FOR SIDE CONNECTING TUBE

Step 1. Equip side connection tube (C2) onto main frame(A) and front stabilizer (A3) using fix plate (C18), screw (J5), nut (J6) & screw (C8) to pre-locked, Please refer to View A & A-1 shown
 Step 2. Use the fix plate (C17) to equip the other side connection tube (C1) in the same way. Please refer to View B & B-1 shown.

Please don't lock the 12pcs screws (J5, C8) too hard at this stage.

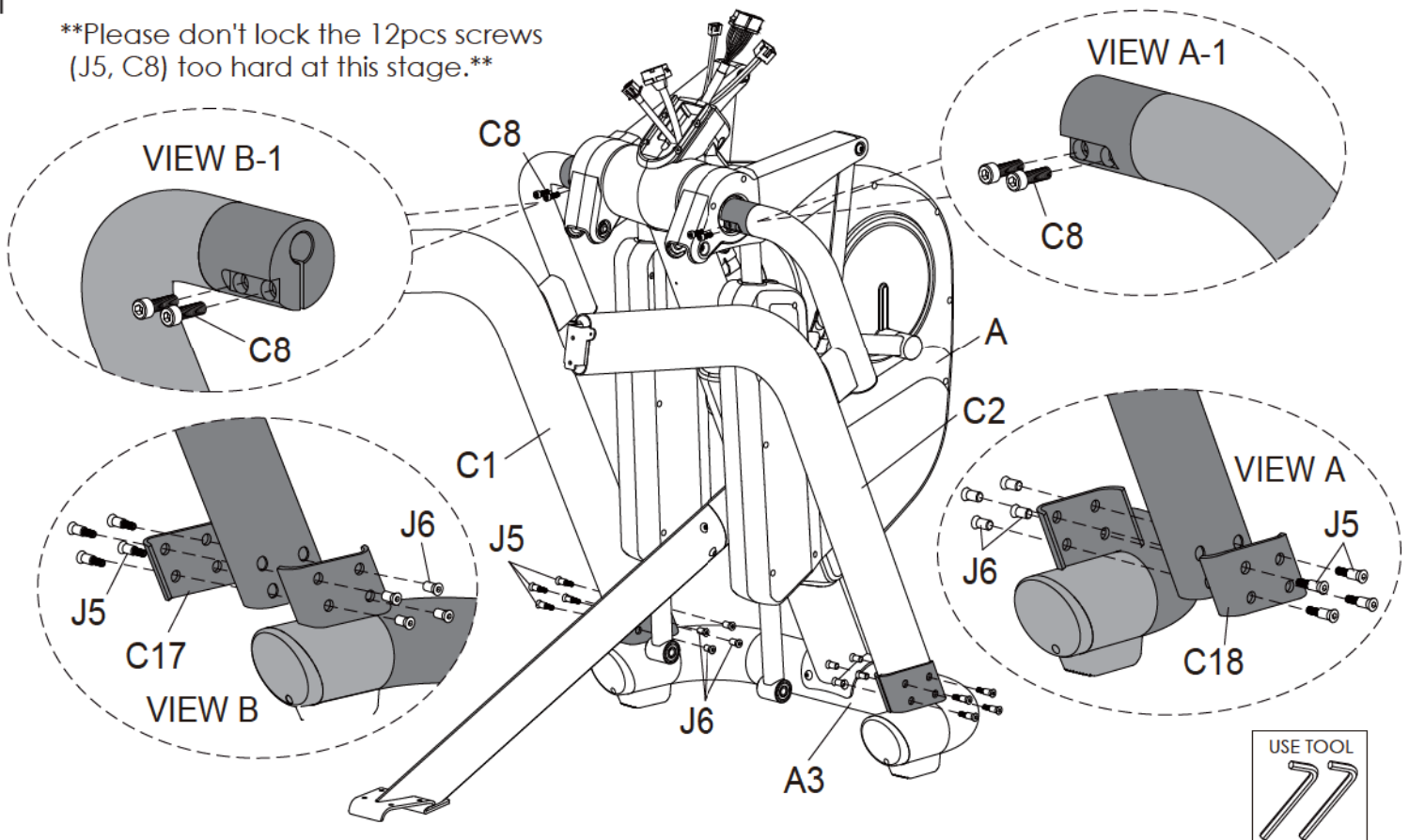


FIGURE 7

PEDAL SUPPORTING TUBE ASSEMBLY

- Step 1. As shown in View (B&B-1) 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 (C) 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 (J19), washer (J8) and nut (J9).
- Step 3. As shown in View (D) Tighten the preinstalled screw (J19) and nut (J9) firm.
- Step 4. Repeat the previous same steps for the left pedal supporting tube (B1) assembly.

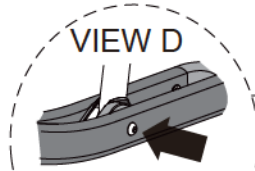
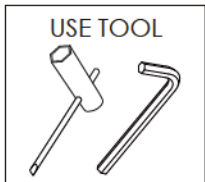
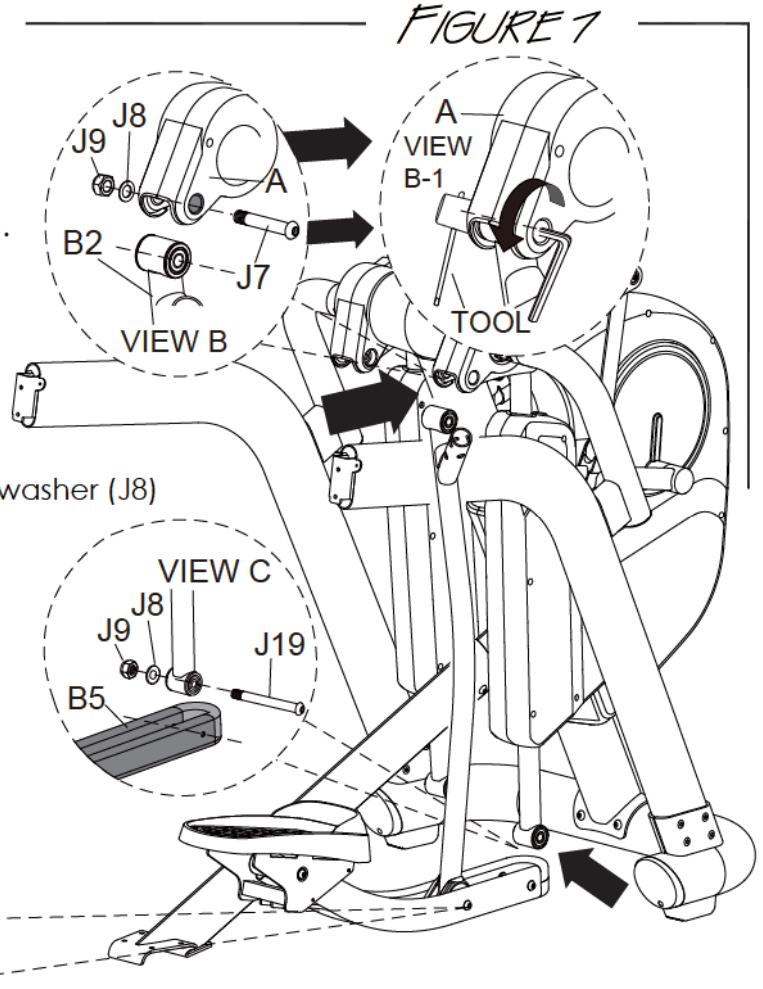


FIGURE 8

FIGURE 8 _ SIDE TUBE COVER SETS (L+R) ASSEMBLY

- Step 1. Connect the right side tube cover (R2) onto the cover (R1) and secure by screw (J10).
- 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 (C4).
 - 2-2. Connect the cover (R3) onto the tube (C4).
 - 2-3. Connect the cover (R4) onto the tube (C4).
 - 2-4. Secure the cover set by screw (J11) first then two screws (J10) as the picture shown.
- Step 3. Repeat the previous same steps for the left side tube cover set (L) assembly.

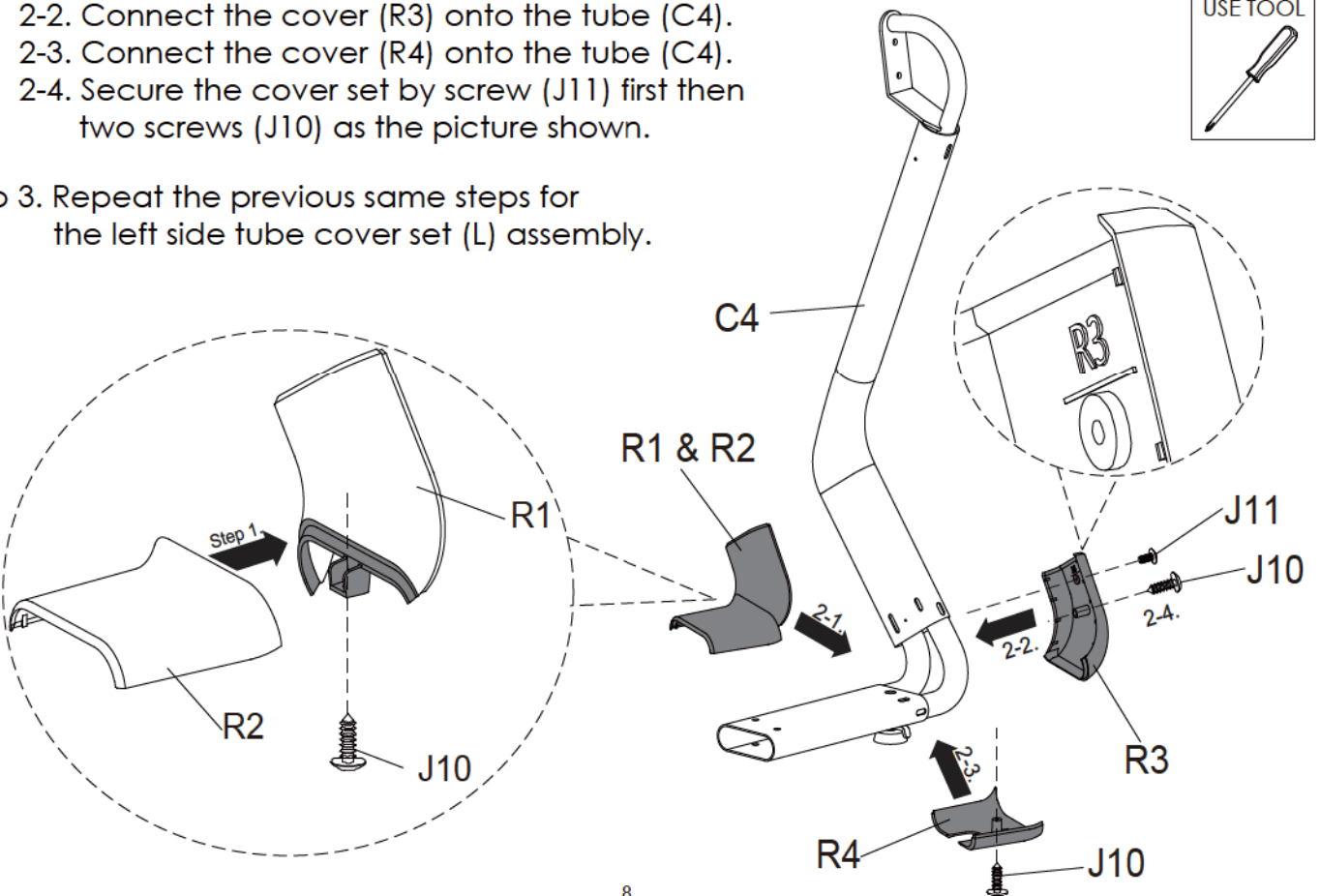


FIGURE 9_ RIGHT SIDE CONNECTING TUBE ASSEMBLY

Attention

Using polyfoam to hold the central supporting tube.

Connecting right side connection tube (C4) with right side supporting tube (C2) and using screw (J1) to pre-locked.

Please don't lock the 4pcs screws (J1) too hard at this stage.

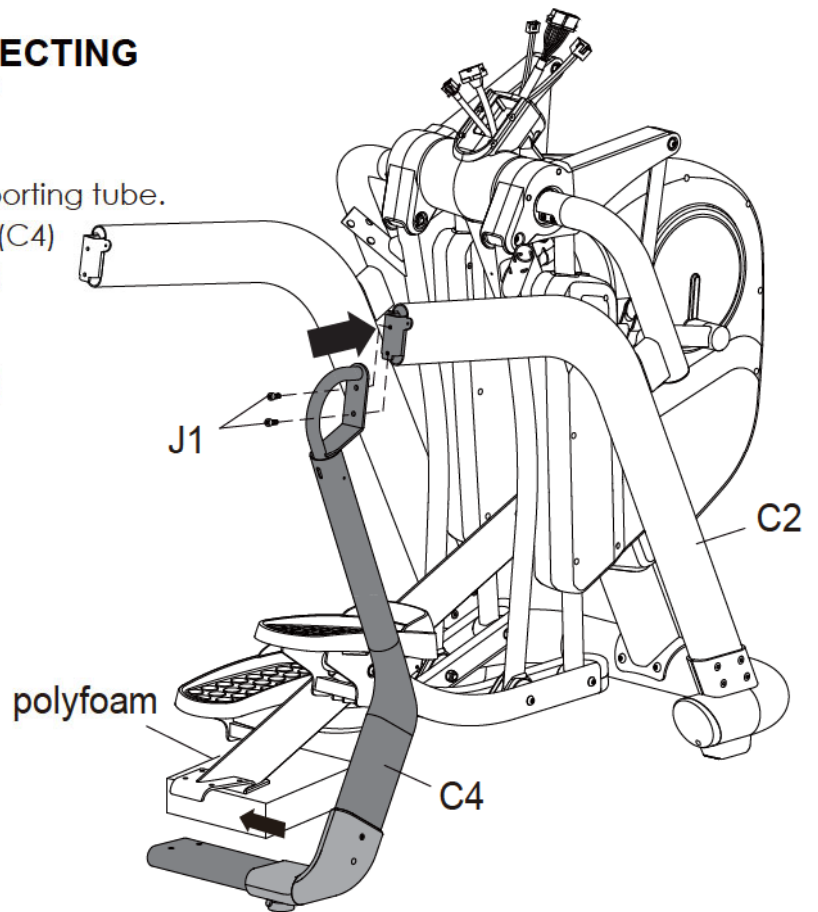


FIGURE 10

FIGURE 10_ LEFT SIDE CONNECTING TUBE ASSEMBLY

Step 1. Left side tube(C3) As shown in the right side tube (C4) in "Figure 9".

Step 2. As shown in View (E) Use four screws (J13), four washers (J14) and the iron bracket (F2) to join the tube to the frame on the bottom.

ATTENTION:

When all the screws are pre-locked, all the pre-locked screws in FIGURE 2,4,6,9,10 can be all tight it.

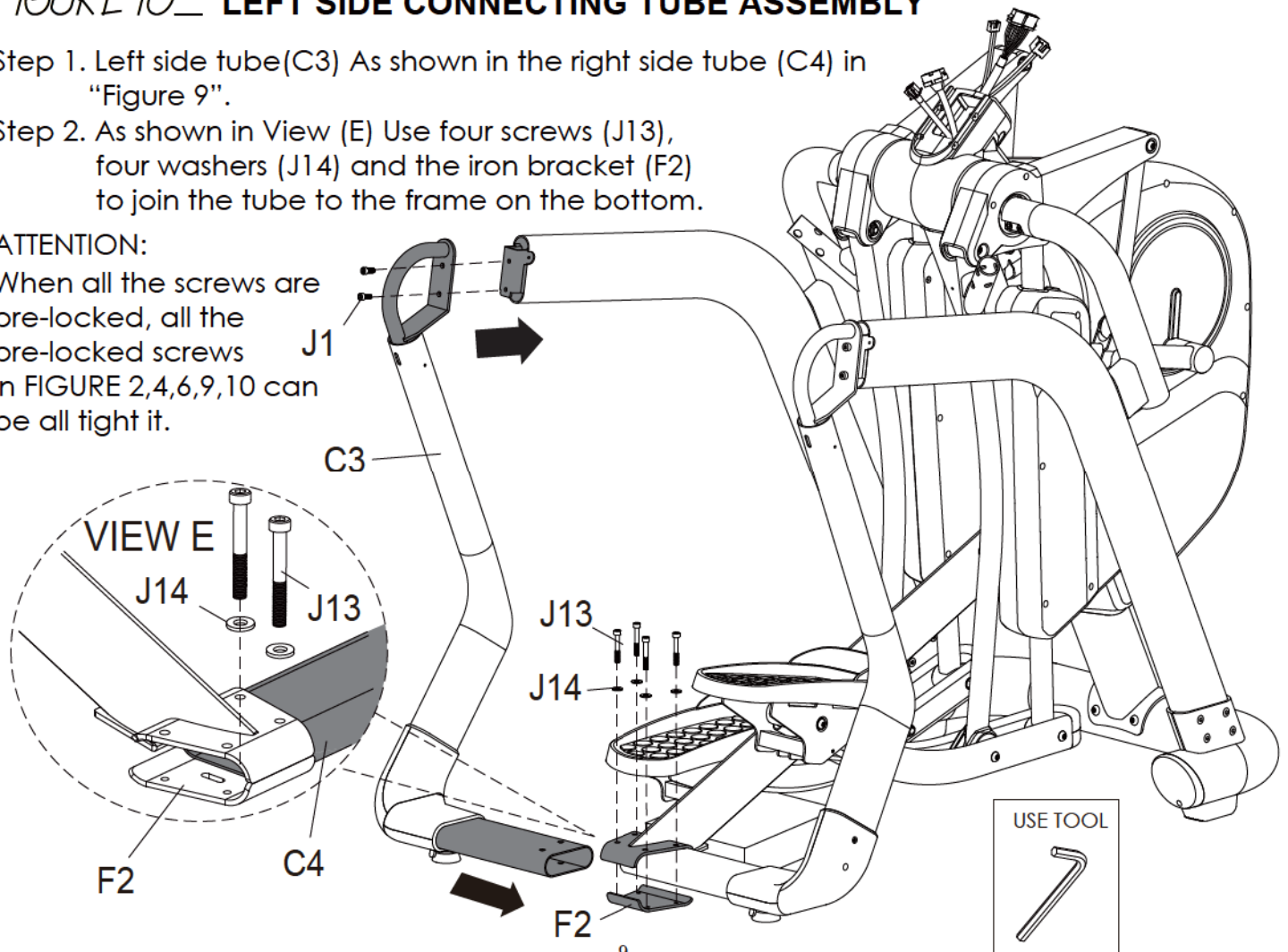


FIGURE 11

FIGURE 11_ ASSEMBLY FOR R & L PLASTIC COVER

Step 1. Connect the left side covers (C14) onto the covers (C16) and secure by screw (J15), onto the left side supporting tube (C).

Step 2. Follow the step 1-1 to 1-2 to assemble the side supporting tube cover sets.

1-1. Connect the covers (C14 & C16) onto the left side supporting tube (C).

1-2. Connect the cover (C15) onto the left side supporting tube (C).

1-3. Secure the cover set by screw (J15) first then three screws (J4) as the picture shown.

Step 3. Repeat the previous same steps for the right side tube cover set (L) assembly.

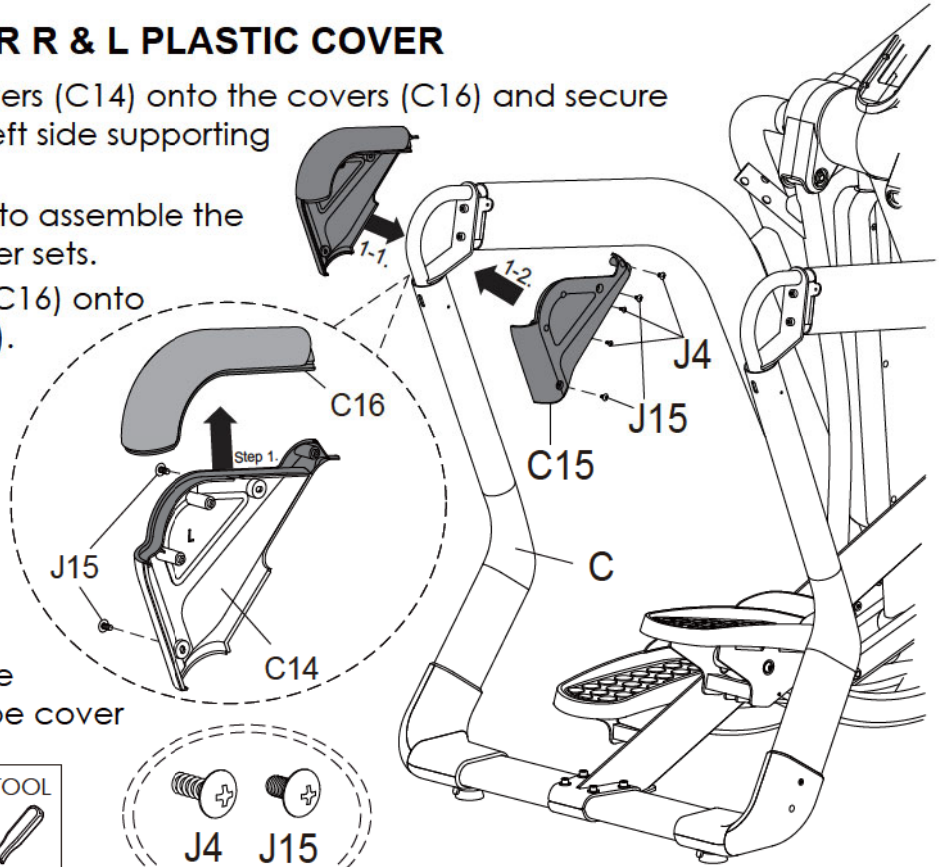
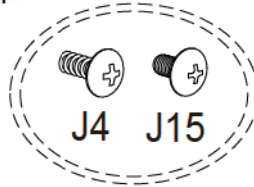


FIGURE 12

FIGURE 12_ CONSOLE SUPPORTING TUBE ASSEMBLY

Step 1. Connect wires (D1 & D3 & D4) from the console supporting tube (D) to wires (H1 & H2 & H3) from the main frame (A).

Step 2. Slide the console supporting tube (D) onto the main frame (A). Store excess wires into the tube.

Step 3. Using (J16) screw of 2pcs to fix it. (View F-1 shown.)

Step 4. Using (J16) to fix with console supporting tube (D). (View F shown.)

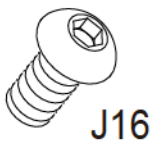
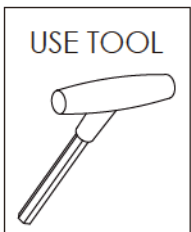
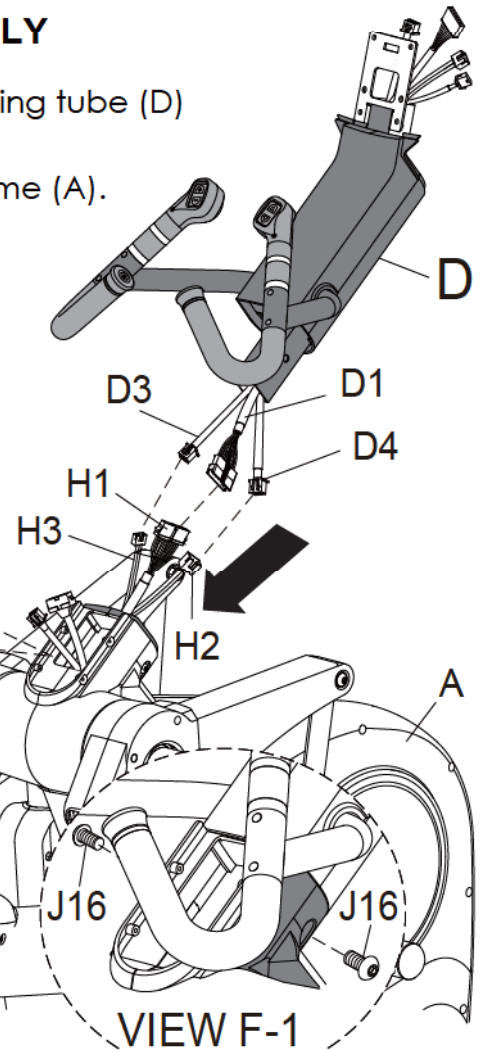
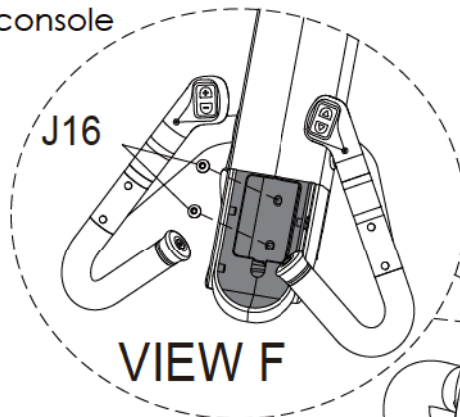


FIGURE 13

FIGURE 13_
STRIDE LED SENSOR BOARD ASSEMBLY

Step 1. Connect wires (D22 & D23) from the Stride LED Sensor board (G2) to wires (H3 & H2) from the main frame (A).

Step 2. Please refer to shown VIEW G, Using 4pcs screw (J17) to tight LED Sensor board.

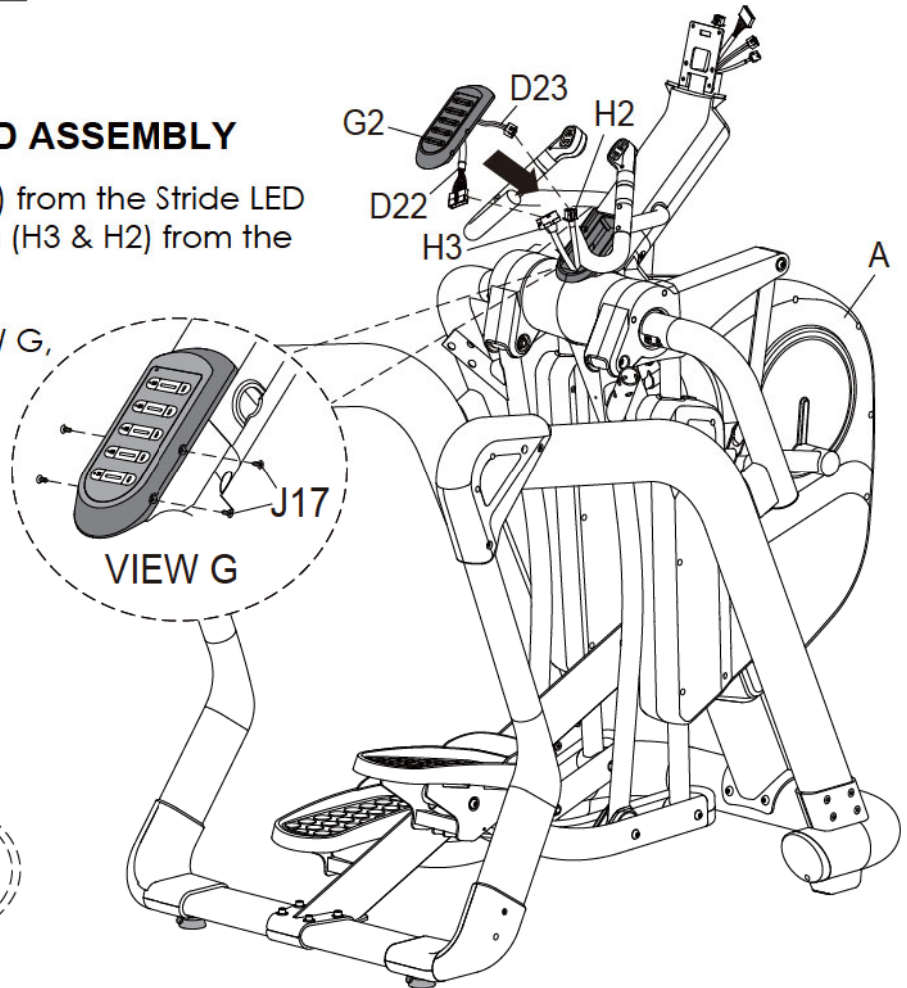


FIGURE 14

FIGURE 14_ CONSOLE ASSEMBLY

Step 1. Remove the 4pcs preassembled screw (G3) at the back of the console (G). Keep the 4pcs screws (G3) first. They will be used in the next few steps.

Step 2. As shown in View (J) Connect the sensor wire(D1,D2,D3&D4)with console wires and put the console on the console housing.

Step 3. Equip console(G) onto console supporting tube (D) and using 2pcs preassembled screw (G3) to tight it from back side hole of D. (View J shown)

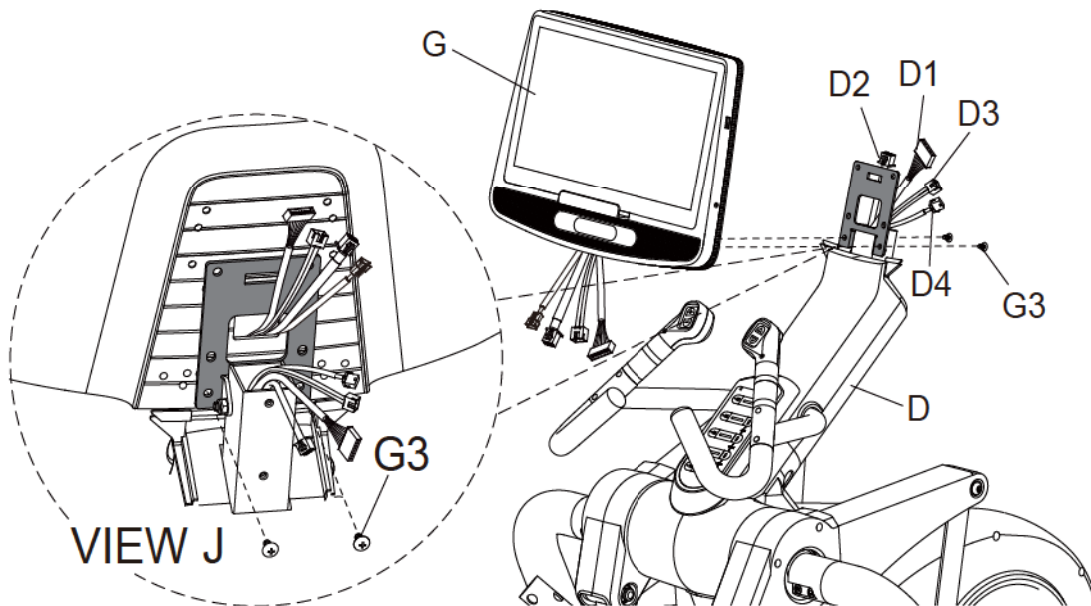


FIGURE 14-1

FIGURE 14-1_CONSOLE COVER ASSEMBLY

Step 1. equip console cover (D7) and console supporting tube (D), using 2pcs preassembled screw (G3) to tight it from upper hold.
(View K shown)

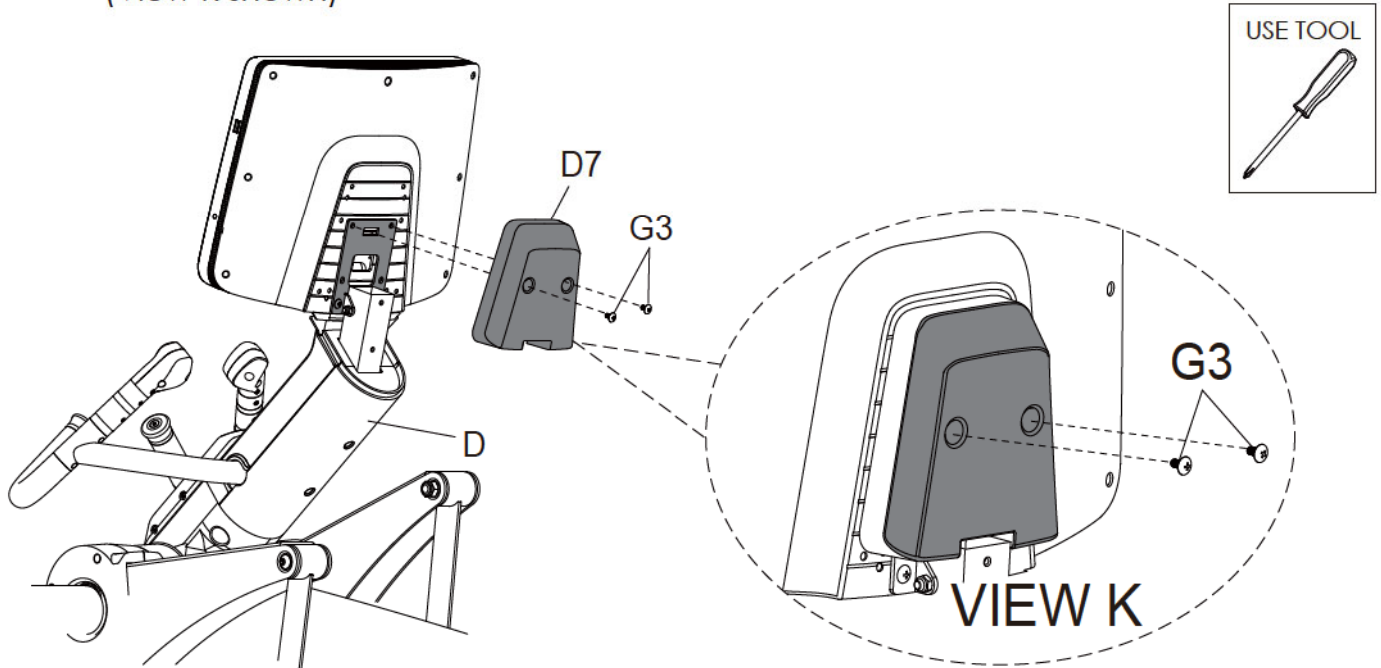


FIGURE 14-2

FIGURE 14-2_CONSOLE COVER ASSEMBLY

Step 1. Equip cover (D8) with console supporting tube (D), using 2pcs screw (G3) to tight it.
(View L shown)

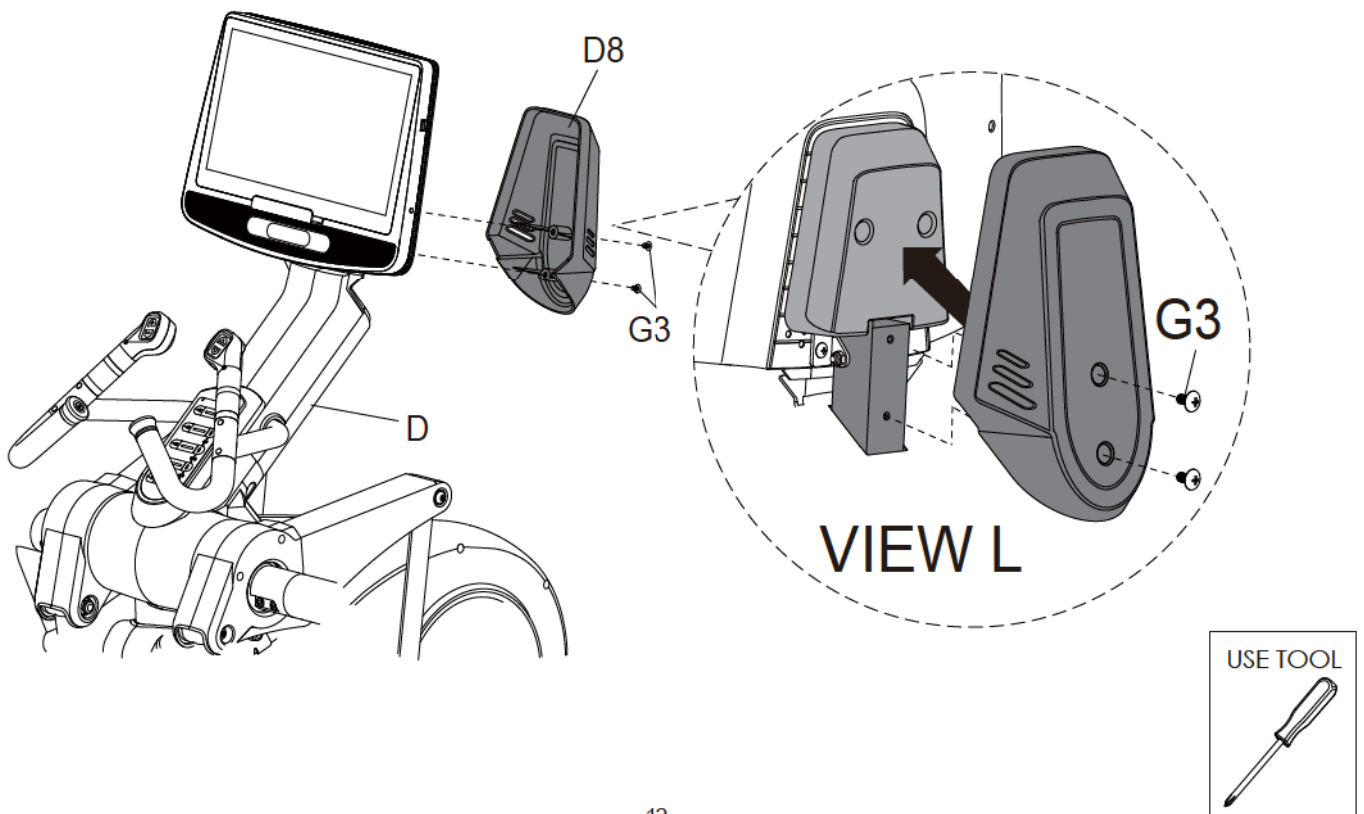


FIGURE 15

FIGURE 15_ HANDLE BAR ASSEMBLY

Step 1. Remove the six preinstalled screws (J6 & J18) from the left handle bar (E1) .

Step 2. As shown in View (H) Assemble the left handle bar (E1) into the main frame (A).

Using the two allen wrench to tighten the six screws (J6 & J18).

Step 3. Repeat the same steps for the right handle bar (E2).

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.

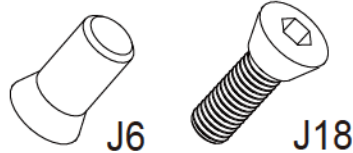
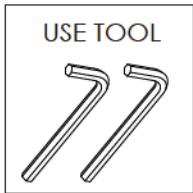
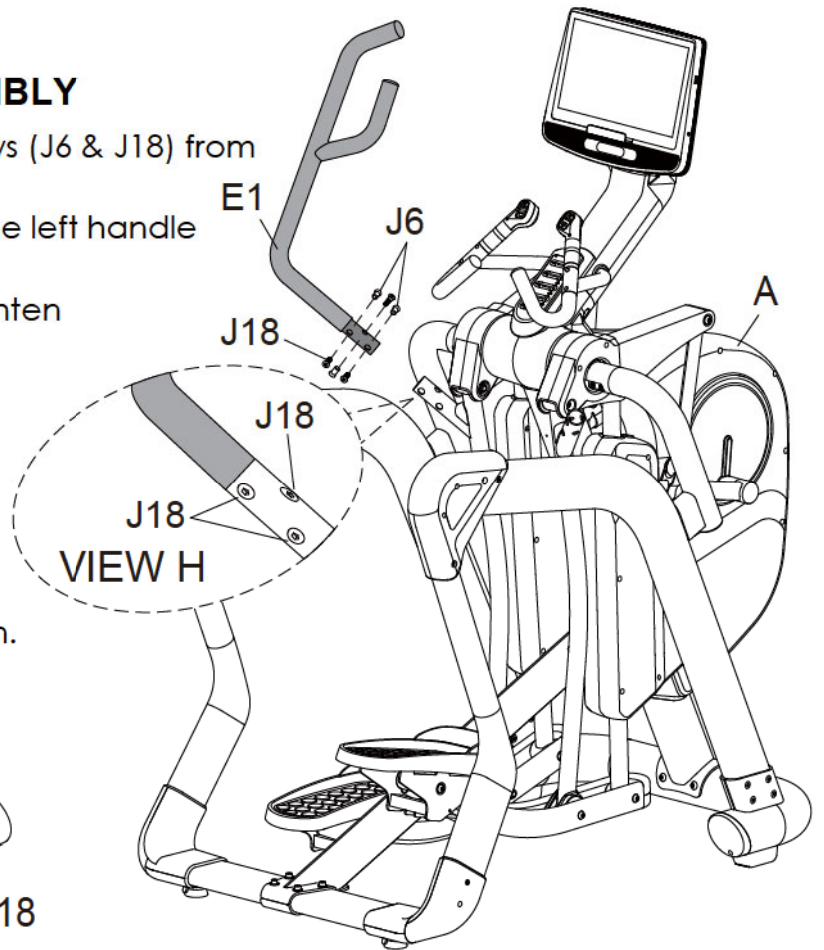


FIGURE 16

FIGURE 16_ HOW TO TRANSPORT THE MACHINE

If the machine needs to be transported to a different location, 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.

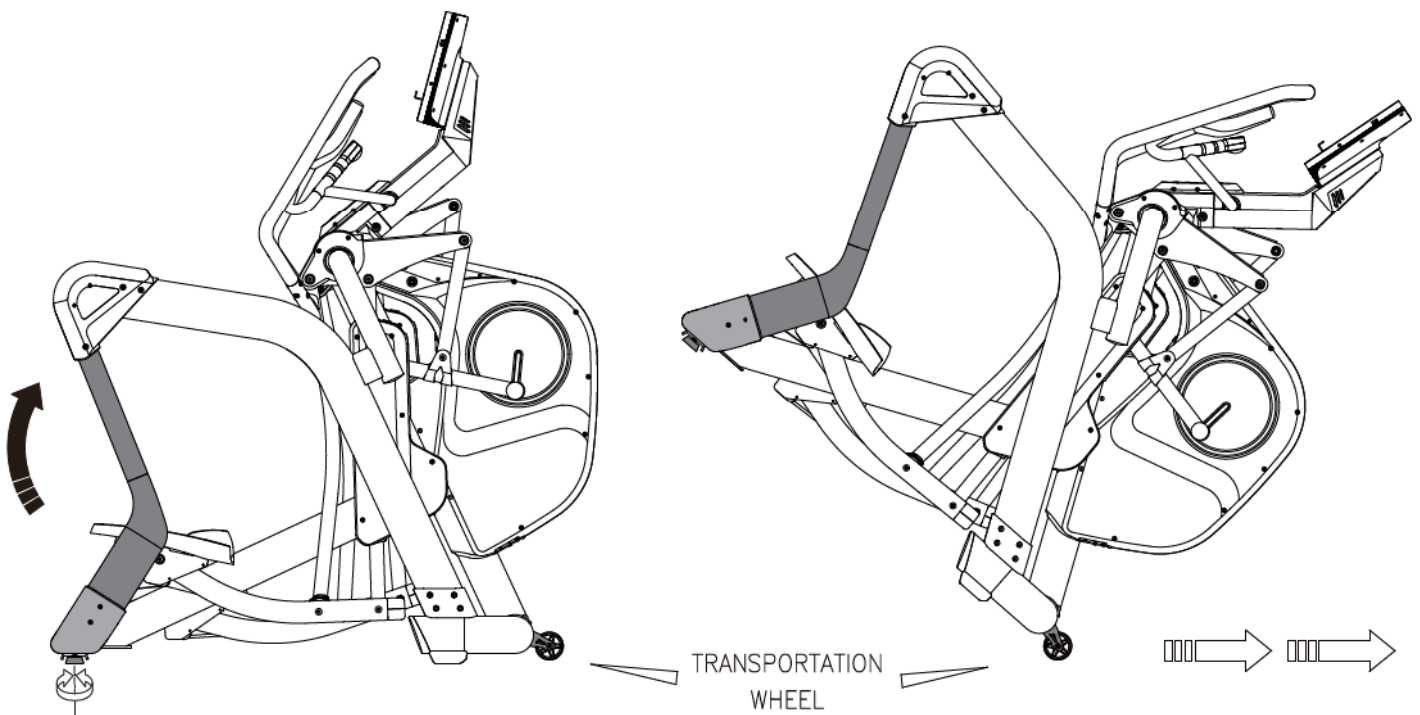


FIGURE 17_ HOW TO USE TOGGLE SWITCH TO ADJUST THE RESISTANCE

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 left side to increase resistance and decrease resistance ; or press "STRIDE" button and repeat the previous same on the right side to decrease and increase the stride length.

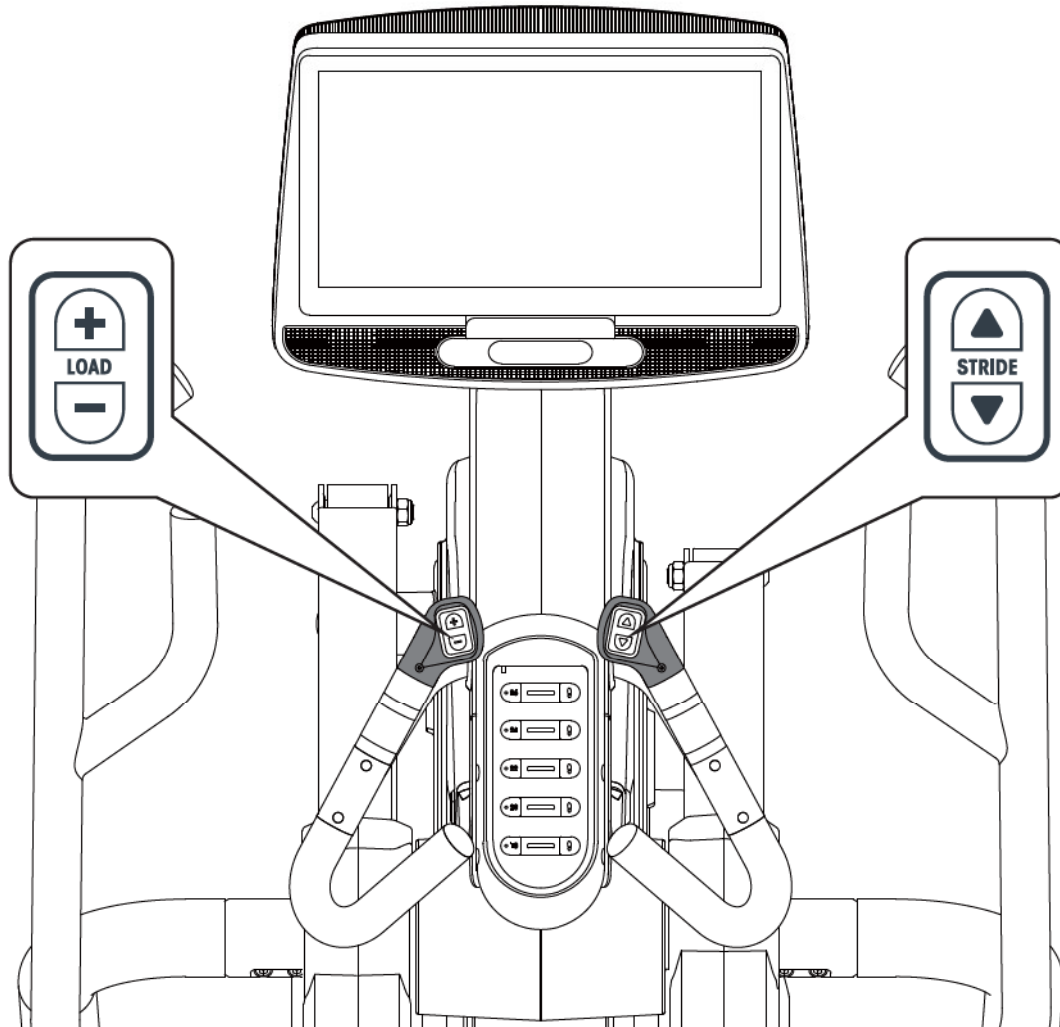


FIGURE 18

FIGURE 18 _ 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.

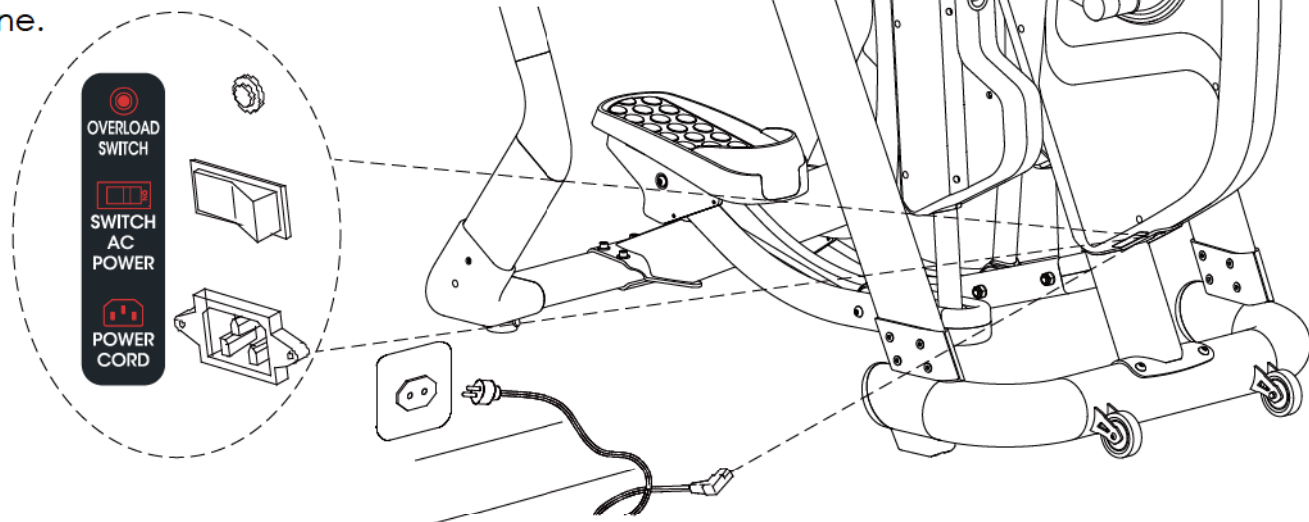


FIGURE 19

FIGURE 19 _ CONSOLE ANGLE ADJUSTMENT

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

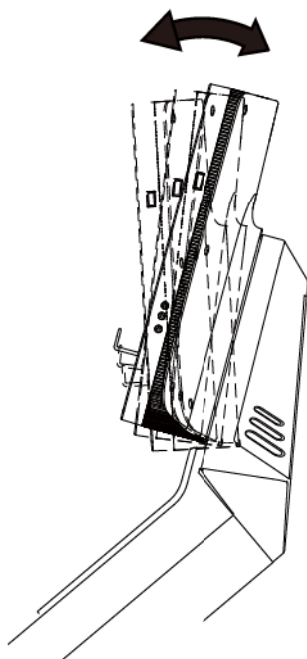


FIGURE 20_ HOW TO ADJUST STRIDE BY INCLINE MOTORIZED

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 or "ⓘ" 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.

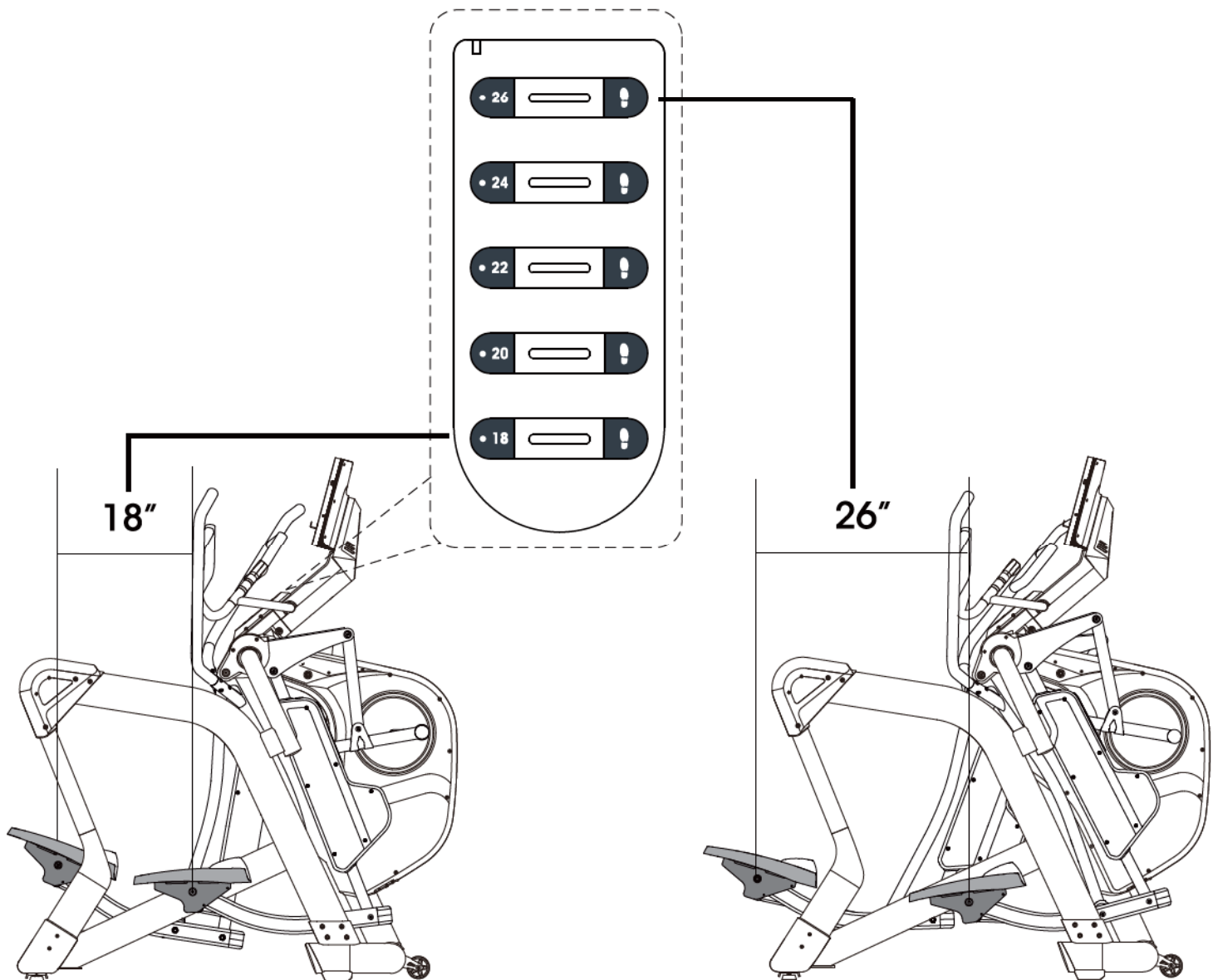
A user will want to adjust the stride length for a few reasons. First reason is for height, a user at or below 5'5" may feel more comfortable with 18" to 22" stride and a user at or above 5'5" may feel more comfortable with 22" to 26" stride to compensate for their normal step/walking stride. In addition, 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.



CONSOLE DISPLAY



Step-by-Step Instructions

- **Power-up**

Press the Quick Start Button to turn on the console.



Fig 1. TURN-ON DISPLAY

Once warmed up, the display will turn on the Home Screen. Please check Figure 2.

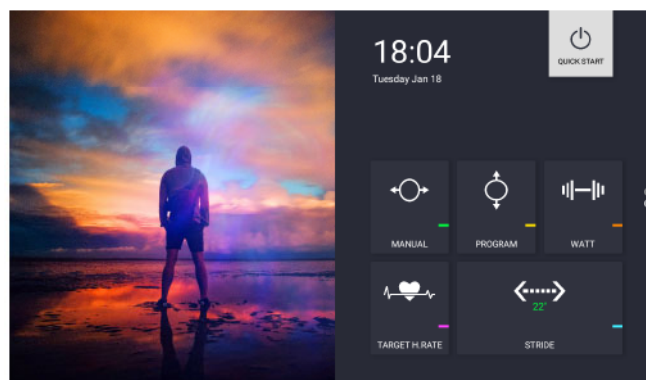


Fig 2. Home Screen

*** Notice that if the console has already been started, it will turn from a black screen into the Home screen directly after you press the Quick Start Button.

- **How to Set-up Your Console?**

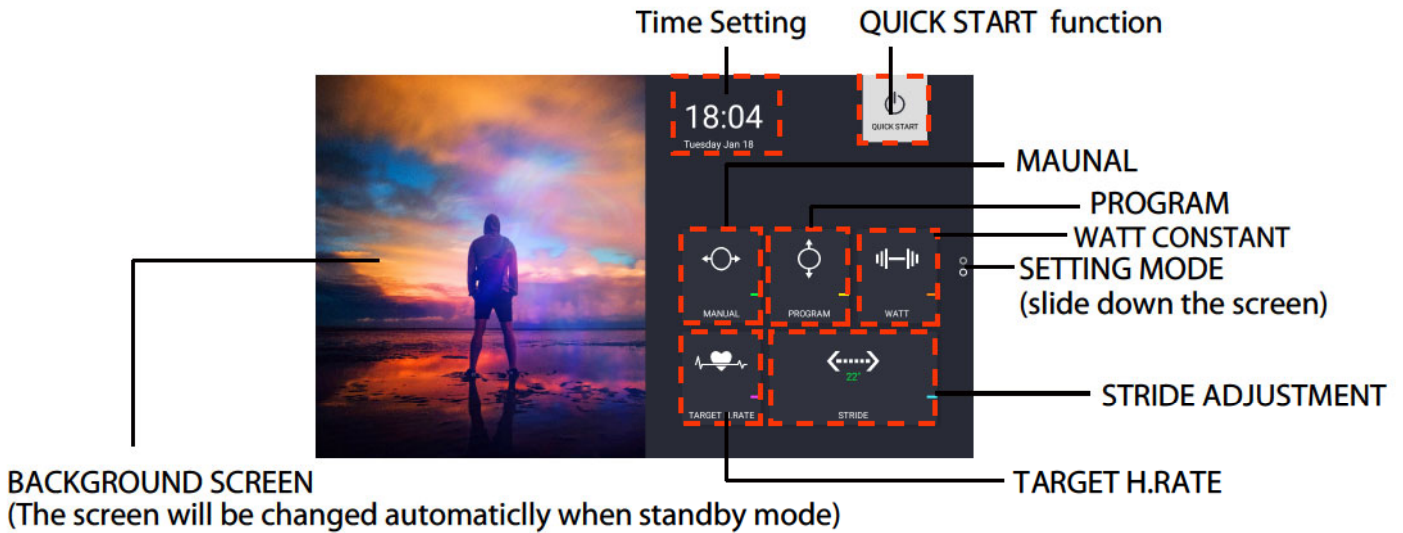


Fig. 3 Functions on the Home Screen

- **Time Setting**

1. Press Time Setting to set-up the time and date of the console.
 2. Turn on the 'Automatic date & time.'
- Please check Figure 4.

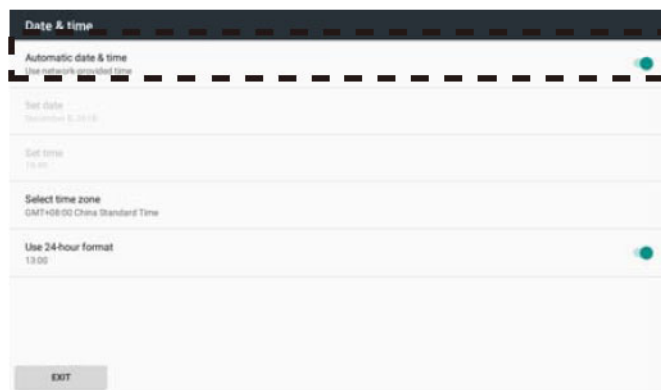


Fig.4 'Automatic date & time' can help the console adjust the time automatically while the console connects with WIFI.

3. Choose the correct time zone where you are located.



Fig.5 Time Zone Selection

➤ **SETTING MODE**

AT Home page, slide down the screen, You can enter the SETTING MODE. Please check Figure 6.

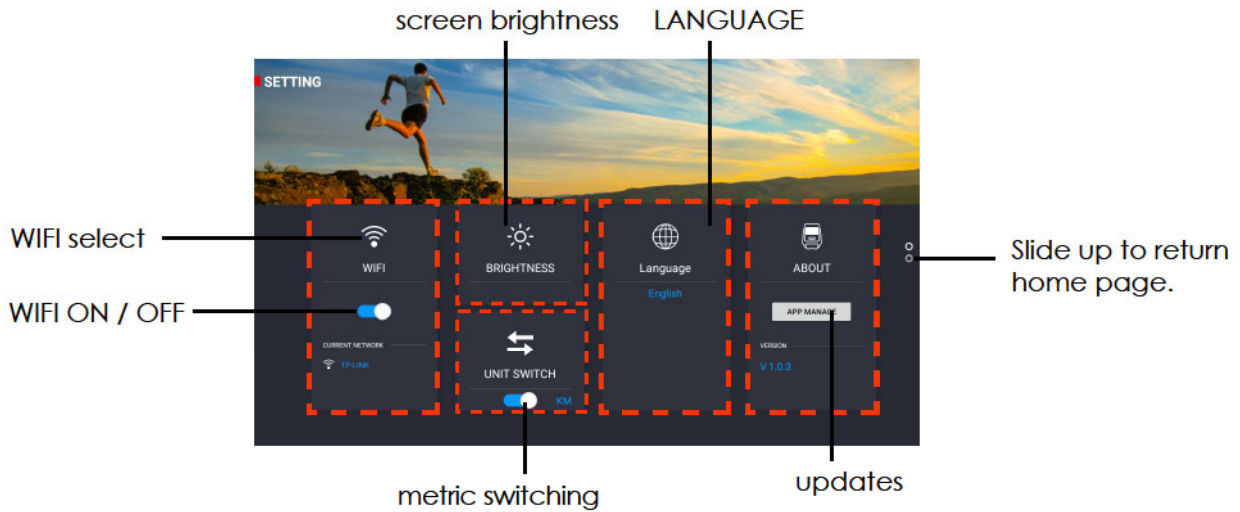


Fig.6 SETTING MODE

✧ **WIFI CONNECTION**

1. Turn on the Wifi, then press the Wifi icon. (Fig.6)
2. Choose the available network you would like to connect to. Please check Figure 7 for demonstration.

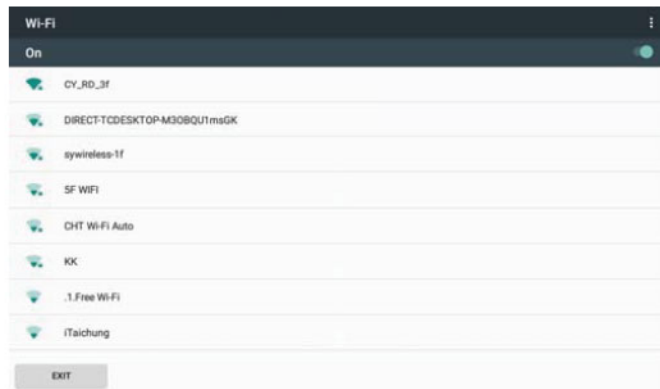


Fig.7 WiFi Selection (You can also turn on Wifi by)

3. After connection, press the exit function at the left bottom corner of the screen. Check the WiFi name to make sure that it is the one you would like to connect to. Fig.6)

✧ **BRIGHTNESS AND VOLUME**

Press the icon of Brightness and Volume to adjust them with the sliding bar. Please check Figure 8.

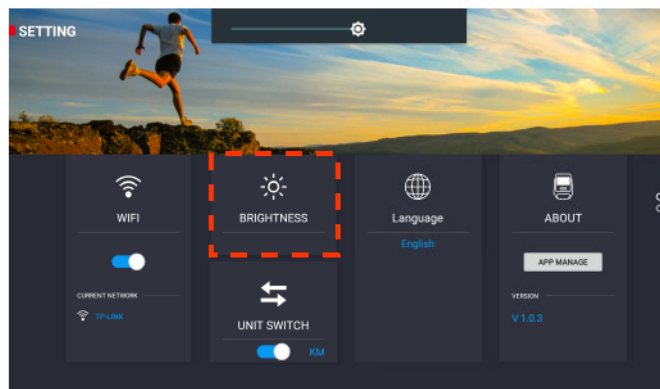


Fig. 8 Brightness Adjustment

✧ LANGUAGE

1. Press the  (Fig.6 & Fig.9a)

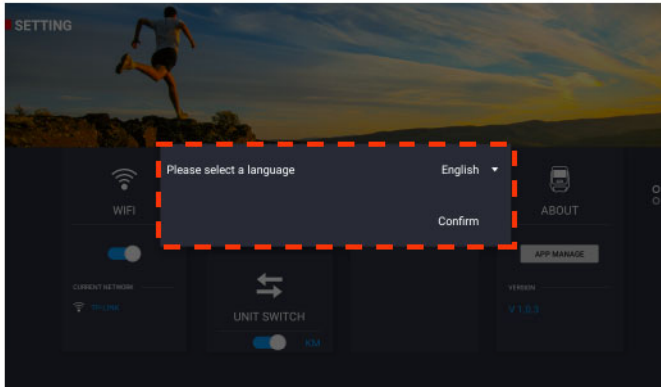


Fig.9 Language Selection (a)

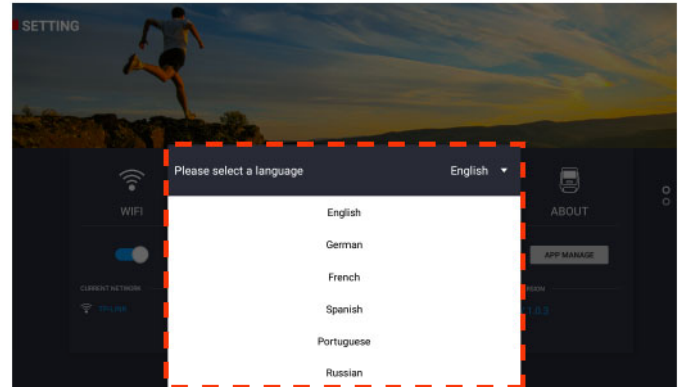


Fig.9 Language Selection (b)

2. Press the recent language and then choose the language you want.
3. Press Confirm to change the language of the console. (Fig. 9b)

✧ UNIT SWITCH

Choose the unit, KM or ML, you want to display. (Fig.6)

✧ ABOUT

1. Press the APP MANAGE Button (Fig.6)
2. The APPs installed in the console are listed with their version.
Please check Figure 10.

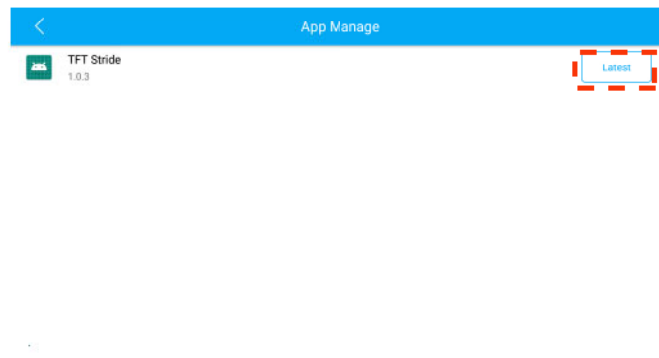


Fig.10 App Manage List

• How to Start Your Training?

➤ QUICK START

1. How to start the 'QUICK START'?

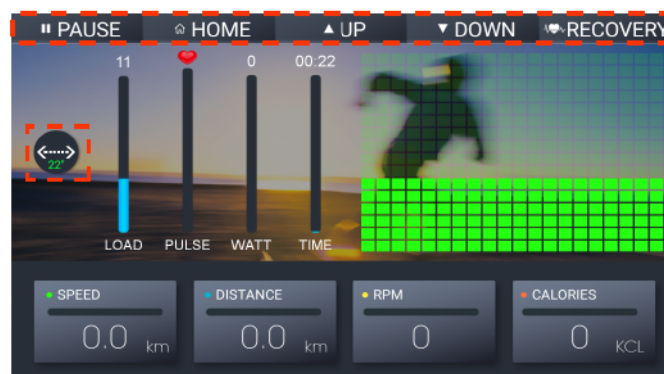


Fig.11 Quick Start Function

If you would like to directly start your training without any training schedule (Fig.11), please follow these two instructions

- Press the Quick Start Button on the Home Screen (Fig.3)
- Press Quick Start Button on the console (Fig.12) when the display is at Home Screen.

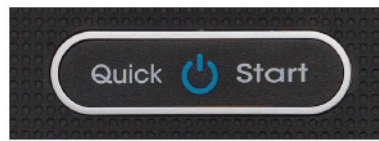






Fig.12 Quick Start Button on the Console

2. While Using QUICK START (Fig.11)

- SPEED, DISTANCE, RPM and Calories will change if the RPM is larger than 15.
- Press  or  to adjust the load. The load adjustment will be demonstrated by the amount of the green square bar. (Fig.11)
- Press
- Press  to stop the training and go back to the Home Screen
- Press  to pause the training.

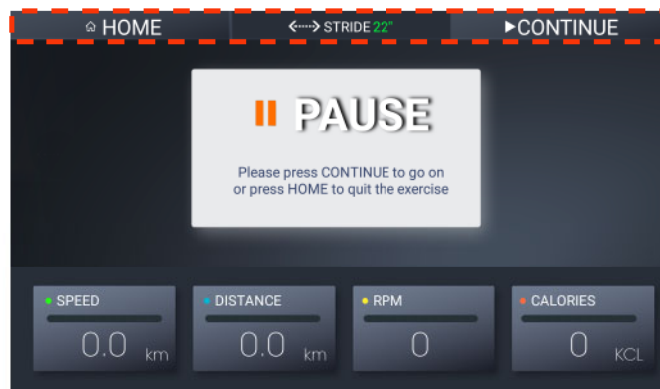




Fig.13 Paused Training

- ✧ Press  to continue (Fig.13)
- ✧ Press  to stop the training and go back to the Home Screen

3. After Using QUICK START

Before going back the Home Screen, it will show out the Workout Data if your training time is over 30 Seconds. Please check Figure 14

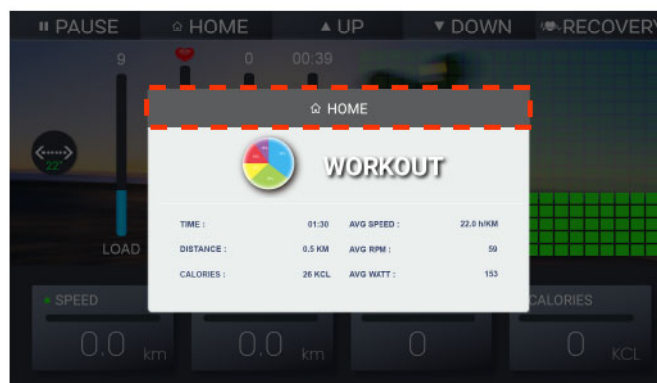



Fig. 14 WORKOUT DATA DISPLAY(I)

Press  to go back to the Home Screen

➤ MANUAL

1. How to start Manual?

Press Manual on the Home screen (Fig. 3) to start exercising with several training goals like Time, Distance and Calories. Please check Figure 15.

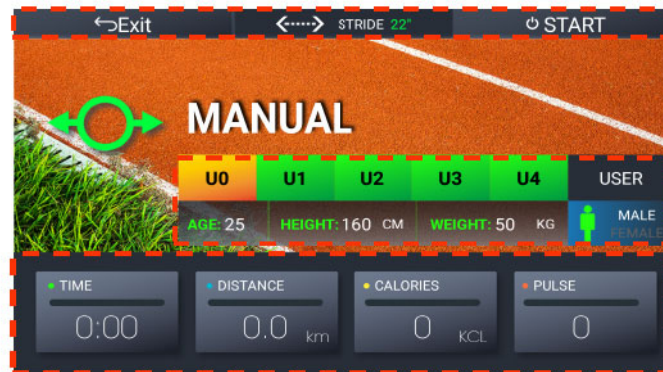




Fig. 15 Manual Mode

◆ Set-up Users' Information

There are five users that can be chosen, From U0~U4.

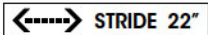
Here we take U0 as an example of set-up.

1. Press U0 to choose the user.
2. Press Age, Height, Weight and USER respectively to insert the user's information.
3. Choose the   to select the gender you want.


*** Notice that only U1~U4 will be saved after the training. All the information about U0 will be deleted after your training.

◆ Set-up Training Goals

Press TIME, DISTANCE AND CALORIES to setup the training goals. Notice that if the time isn't set, the training time will count up. If the time is set, the training time will count down from the time you set.

- ◆ Press  To change the stride length

2. While using Manual mode

After setting up the information, press  to start the training.

Then, check the section of **“How to Start Your Training? — Quick Start — While Using QUICK START”**

3. After using Manual mode.

Please check the section of **“How to Start You Training? — Quick Start — After Using QUICK START”**

➤ PROGRAM

1. How to start Program?

Press Program on the Home screen (Fig. 3) to start training with 12 different programs so that the load will be changed automatically along with time. Please check Figure 16.

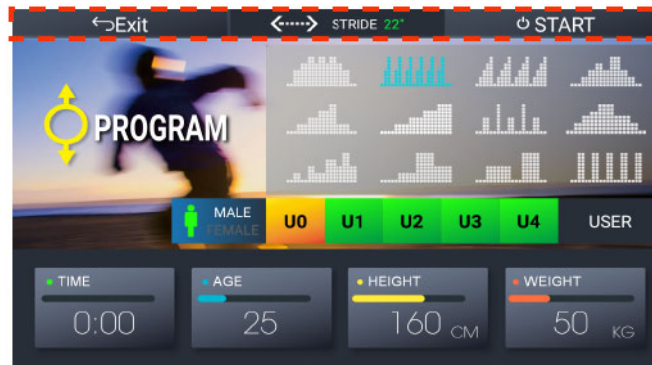




Fig. 16 Program Mode

◆ Set-up Users' Information

There are five users can be chosen, From U0~U4.

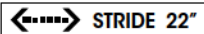
Here we take U0 as an example of set-up.

1. Press U0 to choose the user.
2. Press Age, Height, Weight and USER respectively to insert the user's information.
3. Choose the   to select the gender you want.


*** Note that only U1~U4 will be saved after the training. All the information about U0 will be deleted after your training.

◆ Set-up Training Schedule

Press the schedule you want to train with.

- ◆ Press  To change the stride length

2. While Using Program Mode

After setting up the information, press  to start the training.

Then, check the section of **“How to Start Your Training? — Quick Start — While Using QUICK START”**

3. After Using Program Mode

Please check the section of **“How to Start Your Training? — Quick Start — After Using QUICK START”**

➤ WATT CONSTANT

1. How to start WATT CONSTANT

Press WATT CONSTANT on the Home screen (Fig. 3) to start training with targeted Watt. Please check Figure 17.





Fig. 17 Program Mode

◆ Set-up Users' Information

There are five users can be chosen, From U0~U4.


Here we take U0 as an example of set-up.

1. Press U0 to choose the user.
2. Press Age, Height, Weight and USER respectively to insert the user's information.
3. Choose the   to select the gender you want.

*** Note that only U1~U4 will be saved after the training. All the information about U0 will be deleted after your training.

- ◆ Press
- ◆ Set-up Target Watt - Press WATT and insert the target you want to train with.

2. While using WATT CONSTANT

After setting up the information, press  to start the training.

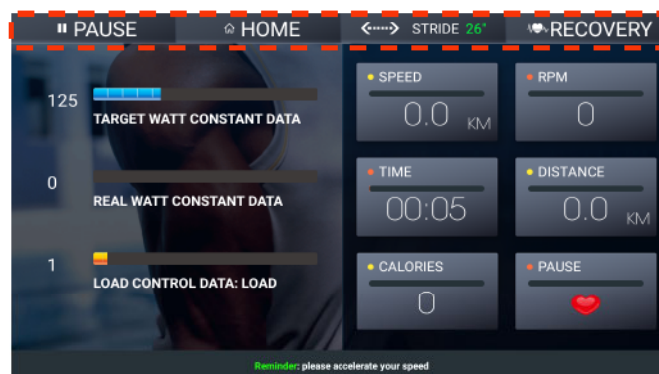



Fig. 18 WATT CONSTANT TRAINING

- During the training, it will show out the SPEED, RPM, TIME, DISTANCE, CALORIES and Pulse on the right side of the screen. Please check Figure 18
- The Target watt you set and the real time watt will be shown on the left side of the screen.
- You do not need to change the load by yourself. The console will automatically adjust in order to keep you on your Target watt setting.
- Press
- Press  to stop the training and go back to the Home Screen

- Press  to pause the training.

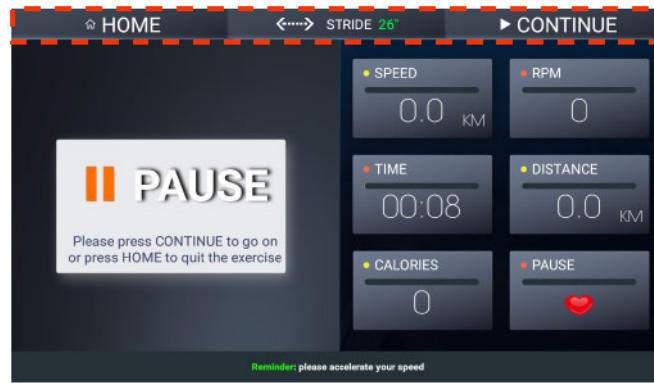





Fig.19 Paused Training

- ✧ Press  to continue (Fig.19)
- ✧ Press  to stop the training and go back to the Home Screen
- ✧ Press  To change the stride length

3. After using WATT CONSTANT

Before going back the Home Screen, it will show out the Workout Data if your training time is over 30 Seconds. Please check Figure 20

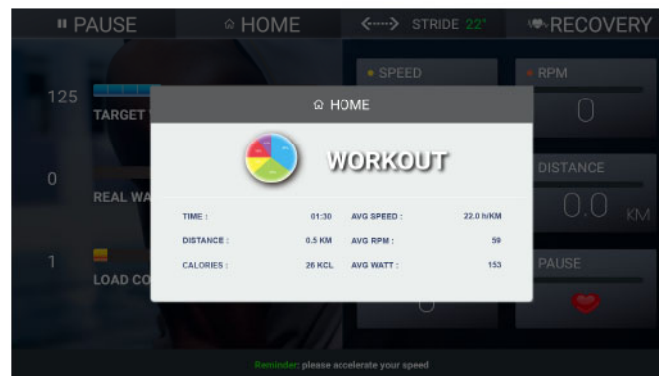


Fig. 20 Workout Data Display (II)

➤ TARGET H. RATE

1. How to start TARGET H. RATE

Press TARGET H. RATE on the Home screen (Fig. 3) to start the training with targeted Heart Rate. Please check Figure 21.

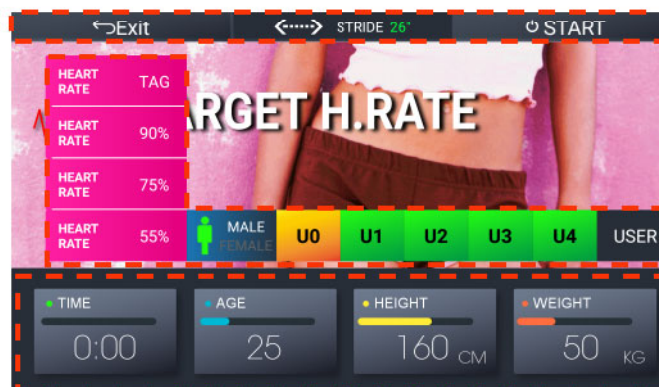


Fig. 21 TARGET H. RATE

2. While using TARGET H. RATE

After setting up the information, press **START** to start the training.



Fig. 22 TARGET H.RATE TRAINING

- During the training, it will show the SPEED, RPM, TIME, DISTANCE, CALORIES and Watts on the right side of the screen. Please check Figure 22
- The Target H. Rate you set and real time H. Rate will be shown on the left side of the screen.
- You do not need to change the resistance. The console will automatically adjust the resistance in order to let your H. Rate stay close to your target heart rate.
- If there is no the heart rate received after START, a message will be shown immediately. Please check figure 23.



Fig.23 Reminder Without Heart Rate Signal

- ✧ Press **PAUSE** to pause the training.



Fig.24 Paused Training

- ✧ Press **HOME** to stop the training and go back to the Home Screen
- ✧ Press **STRIDE 22"** To change the stride length
- ✧ Press **CONTINUE** to continue (Fig.24)

3. After using TARGET H. RATE

Before going back to the Home Screen, it will show the Workout Data if your training time was over 30 Seconds. Please check Figure 25

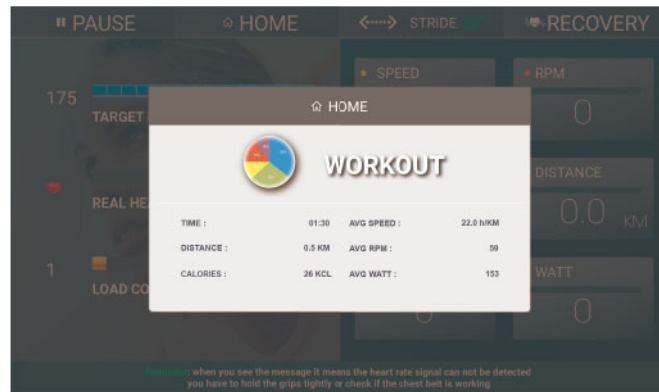


Fig. 25 Workout Data Display (III)

➤ Recovery Function

There is **RECOVERY** function button on every kind of training modes when you are exercising.

Take Quick Start as an example, please check figure 26.



Fig.26 Recovery Function

If you want to check your heart rate performance when slowing down, press this button and it will start to count down from 60 seconds.

Keep holding the grips and let the console evaluate your heart rate performance. Please check Figure 27.

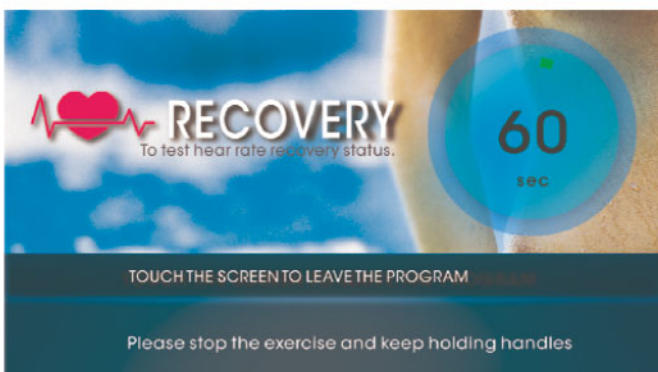


Fig. 27 Recovery Function (a)



Fig. 27 Recovery Function(b)

There are six levels of performance, from F1 to F6.

Note: This is just an evaluation for reference.

According to research, if your heart rate slows down faster after you exercise, you have a better performing cardiovascular system. F1 is the best, and F6 is the worst.