

# ELLIPTICAL TRAINER



MODEL: **E850P**

***SPORTOP***®

Owner's Operating Manual

**ENGLISH**

Parts List

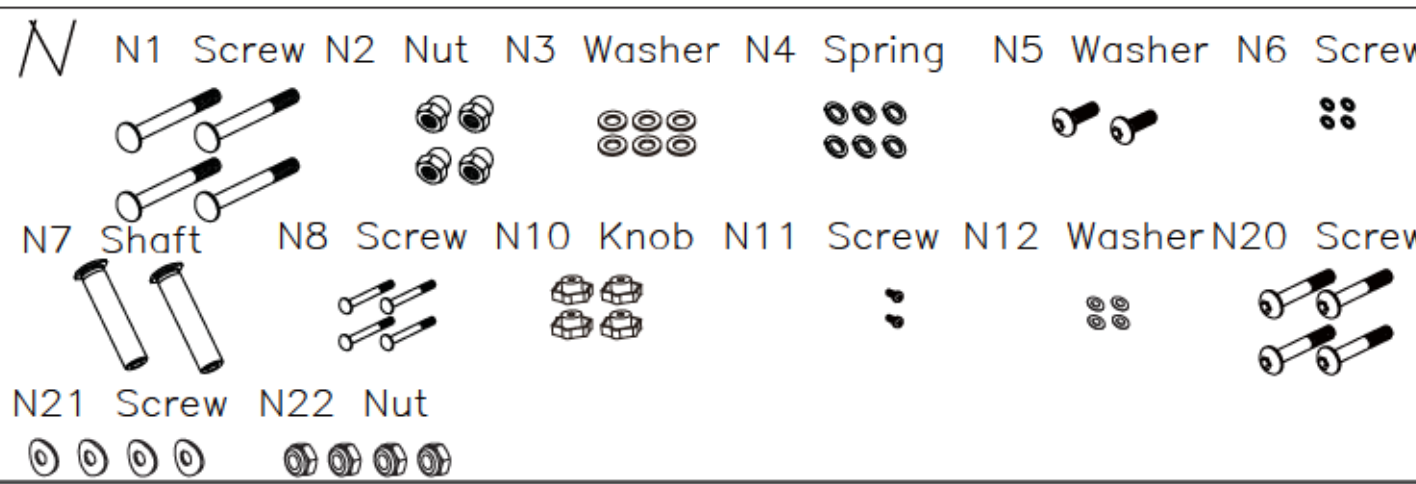
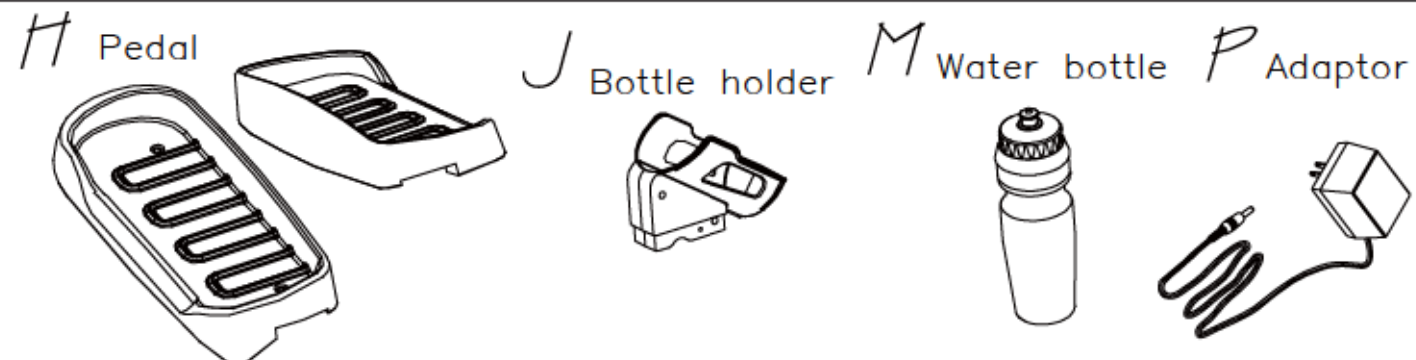
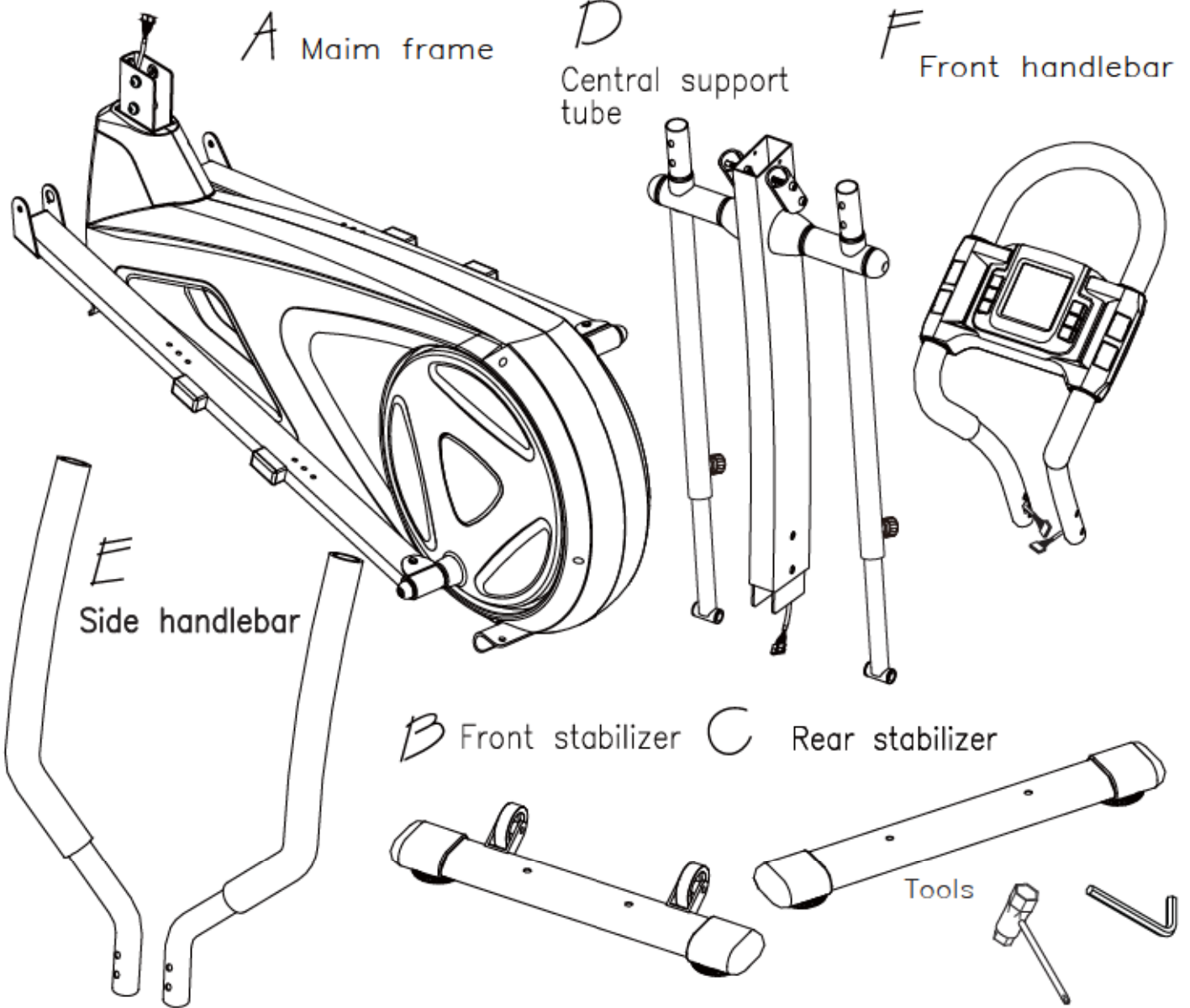


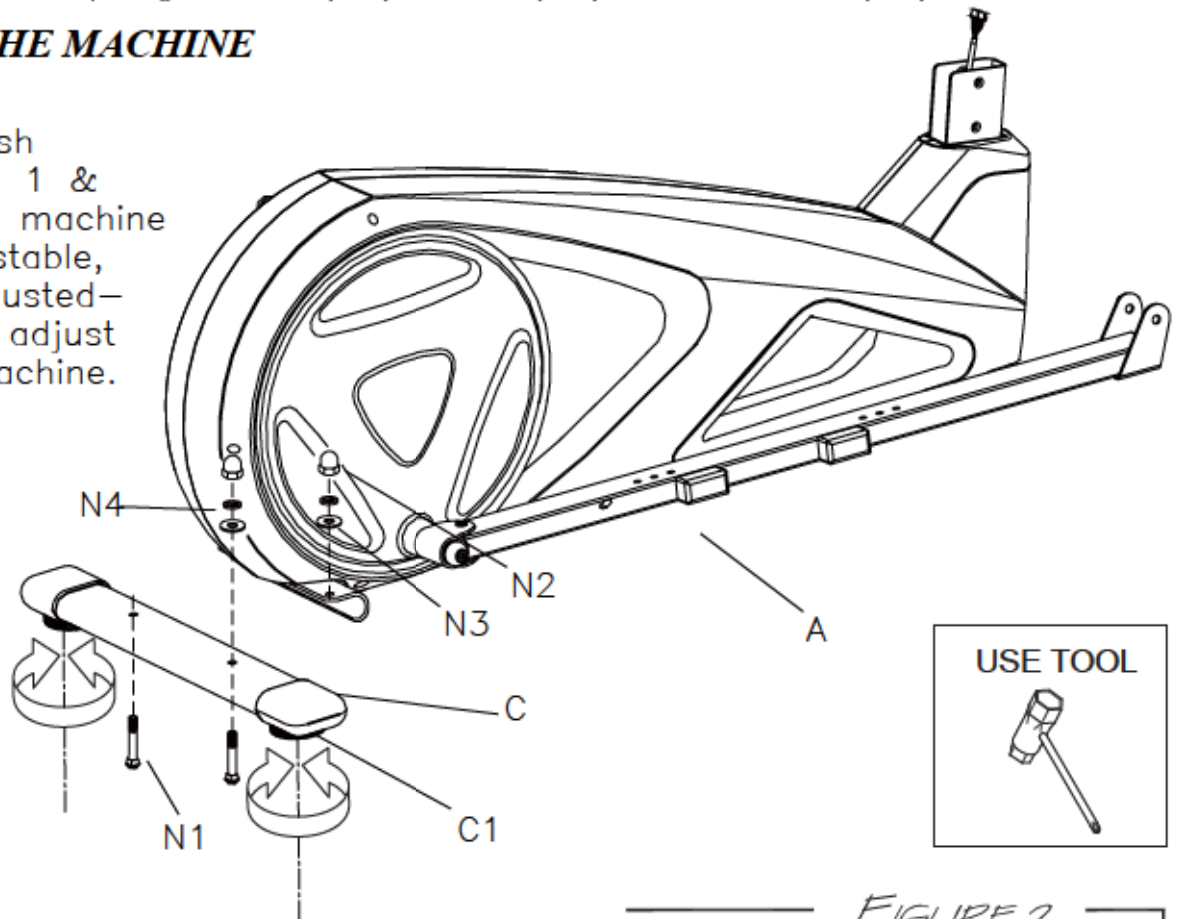
FIGURE 1

**FIGURE 1 ASSEMBLY FOR REAR STABILIZER**

Step1. Secure the rear stabilizer(C) to the main frame(A), using two screw(N1),two spring washer(N4),washer(N3) and two nut(N2).

**HOW TO KEEP THE MACHINE STABLE**

\*\* After you finish assembly (Figure 1 & Figure 3), if the machine can't be stand stable, you can use adjusted-end(C1) to adjust the machine.



**FIGURE 2 ASSEMBLY FOR CENTRAL SUPPORT TUBE**

FIGURE 2

First, remove the bolts(A3), spring washer(A4-1) and washer(A4) from the main frame(A)

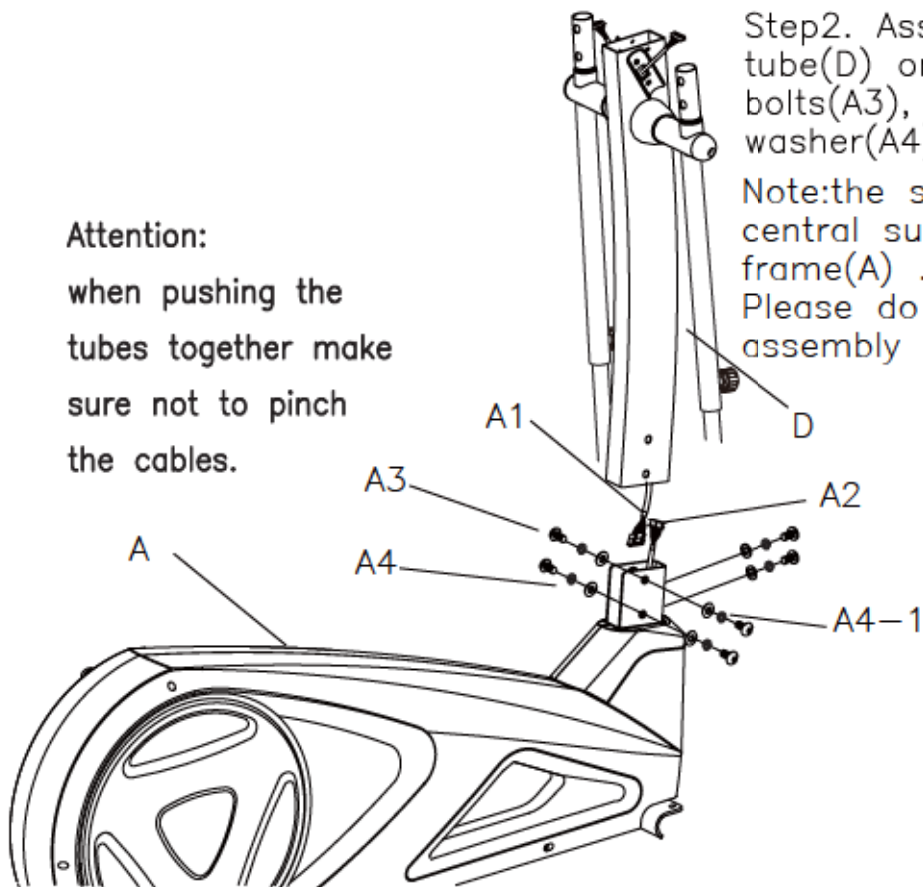
Step1. Connect the cable(A1) &(A2).

Step2. Assemble the central support tube(D) onto the main frame(A) with bolts(A3), spring washer (A4-1) and washer(A4).

Note:the screw(A3) is for fixing the central supporting tube(D) and the main frame(A) .

Please do not tighten it for the assembly of FIGURE 4 easily

Attention:  
when pushing the tubes together make sure not to pinch the cables.



USE TOOL



**FIGURE\_3 ASSEMBLY FOR FRONT STABILIZER**

FIGURE 3

Step1. Secure the front stabilizer(B) to the main frame(A). using two screw(N1),two spring washer(N4), washer(N3) and two nut(N2).

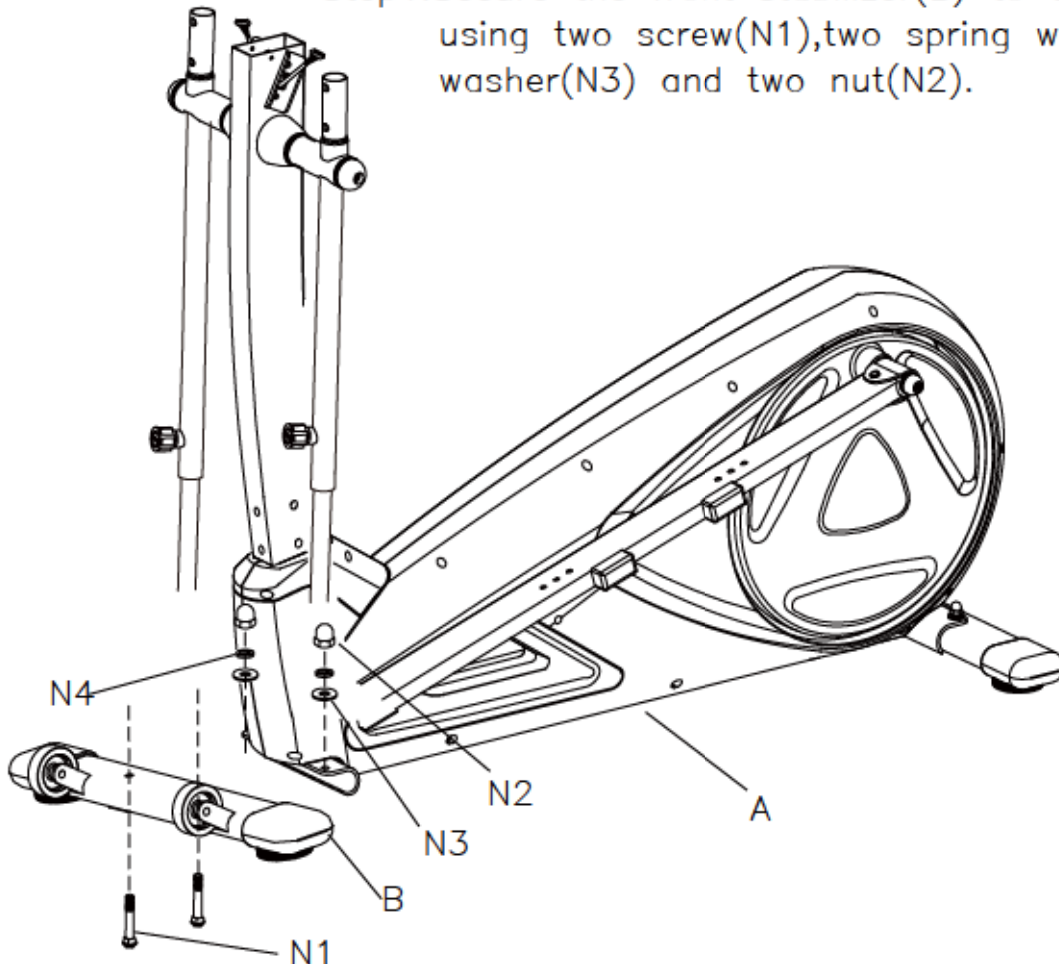


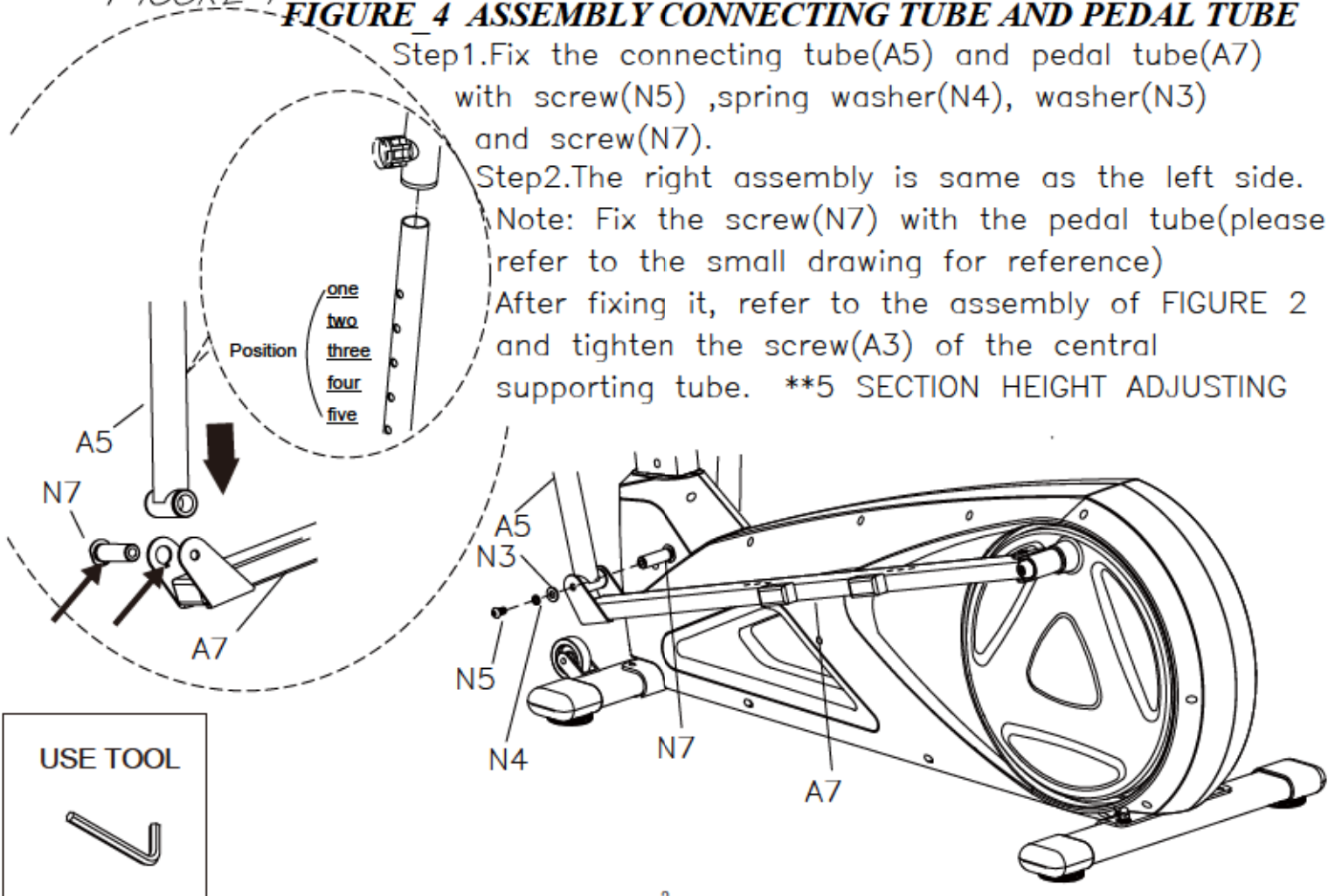
FIGURE 4

**FIGURE\_4 ASSEMBLY CONNECTING TUBE AND PEDAL TUBE**

Step1. Fix the connecting tube(A5) and pedal tube(A7) with screw(N5), spring washer(N4), washer(N3) and screw(N7).

Step2. The right assembly is same as the left side. Note: Fix the screw(N7) with the pedal tube (please refer to the small drawing for reference)

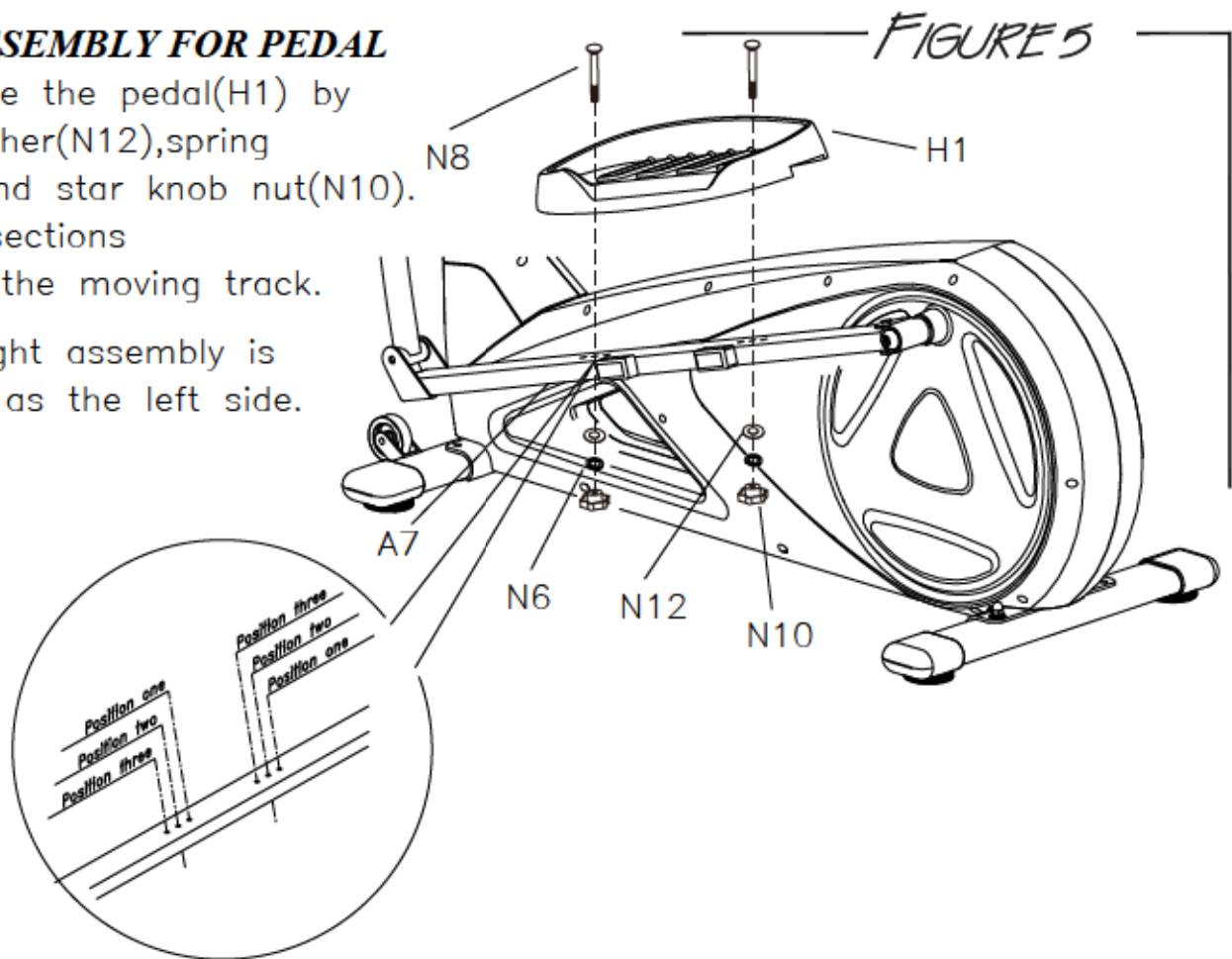
After fixing it, refer to the assembly of FIGURE 2 and tighten the screw(A3) of the central supporting tube. \*\*5 SECTION HEIGHT ADJUSTING



### FIGURE 5 ASSEMBLY FOR PEDAL

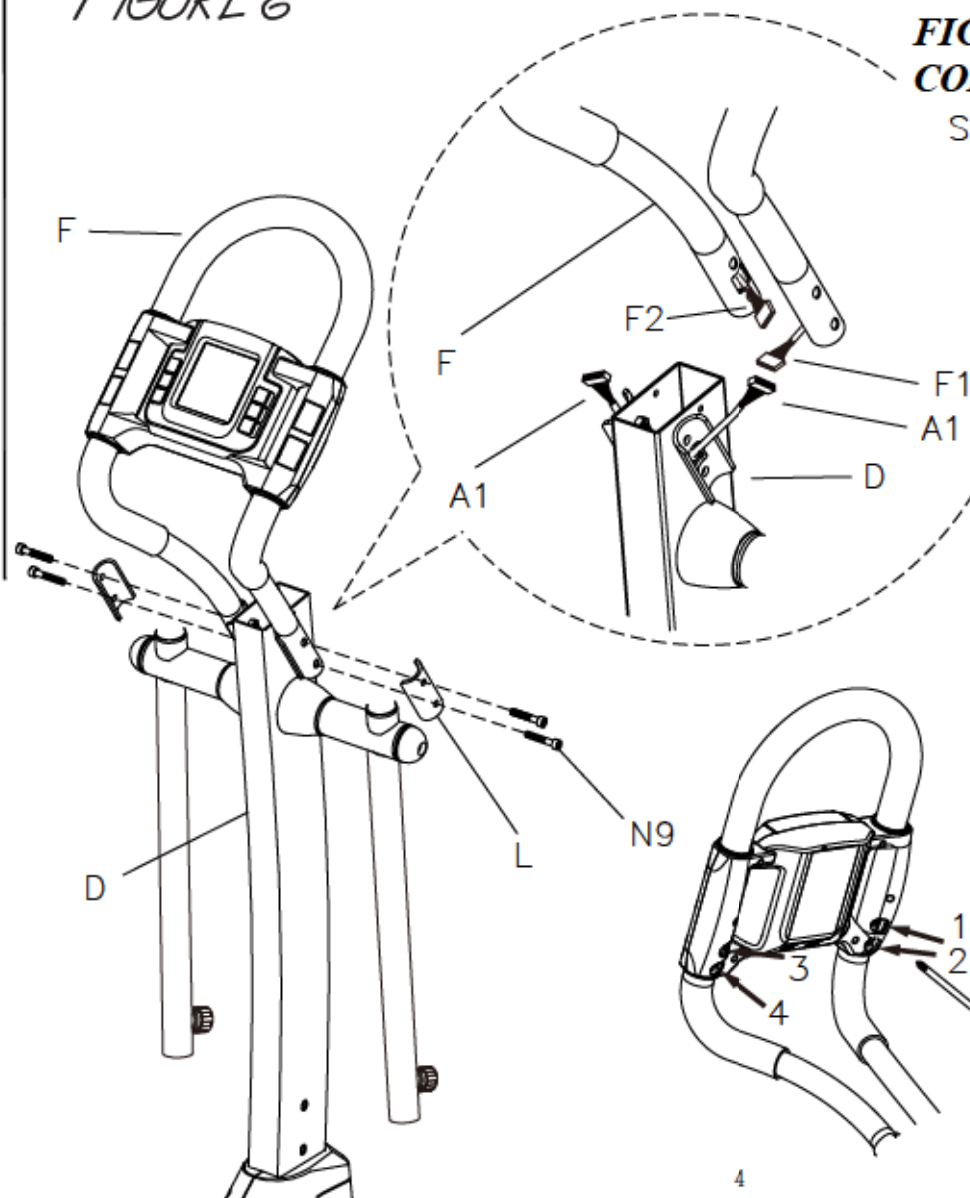
Step1. Assemble the pedal(H1) by screw(N8),washer(N12),spring washer(N6) and star knob nut(N10). there are 3 sections adjusting for the moving track.

Step2. The right assembly is same as the left side.



### FIGURE 5

### FIGURE 6



### FIGURE 6 ASSEMBLY FOR COMPUTER AND HANDLE BAR

Step1. Connect wire(A1) from central supporting tube with wire(F1&F2) from handle bar. See picture for reference.

Step 2. Assemble handle bar(F) with central supporting tube(D),fix both sides using handle bar bracket(L) and screw(N9).

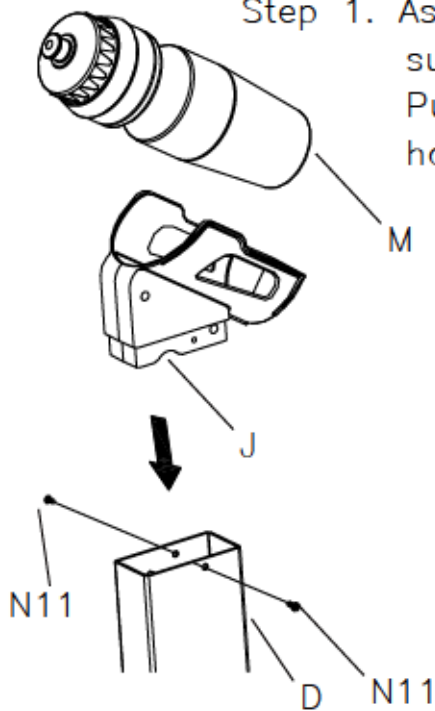
Step 3. After finishing the Step1 and 2 please tighten the 4pcs of screws as the arrow directs.



FIGURE 7

**FIGURE\_7 ASSEMBLY FOR WATER BOTTLE HOUSING AND WATER BOTTLE**

Step 1. Assemble the water bottle housing(J) with central supporting tube(D) and use screw(N11) to fix. Put the water bottle(M) on the water bottle housing(J).

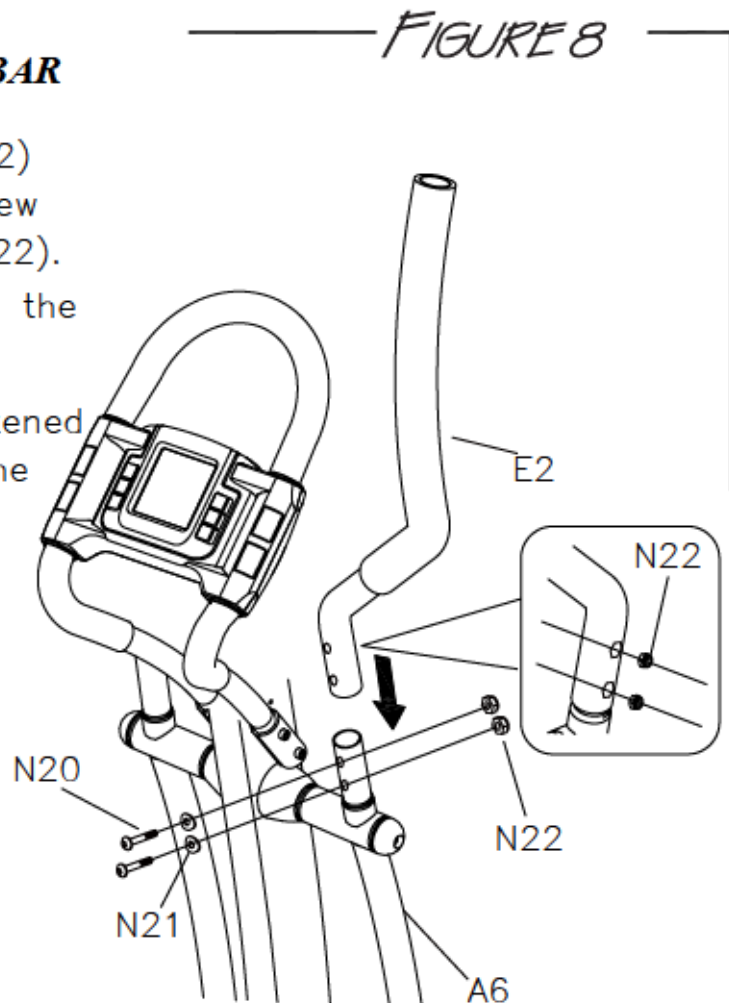


**FIGURE\_8 ASSEMBLY FOR HANDLE BAR**

Step 1. Assemble the handle bar(R)(E2) with A6 and fix them with screw (N20) and washer(N21), nut(N22).

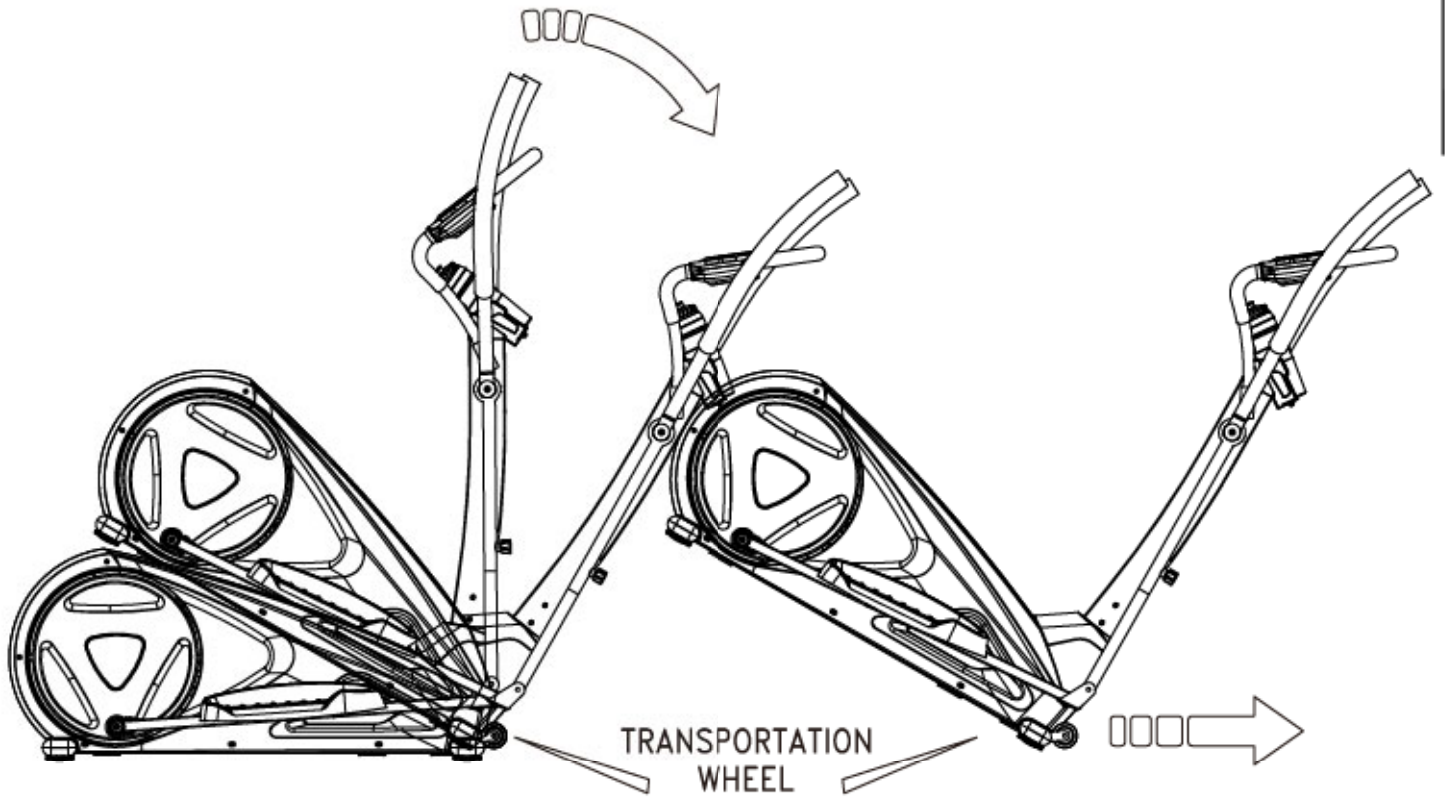
Step 2. The left assembly is same as the right side.

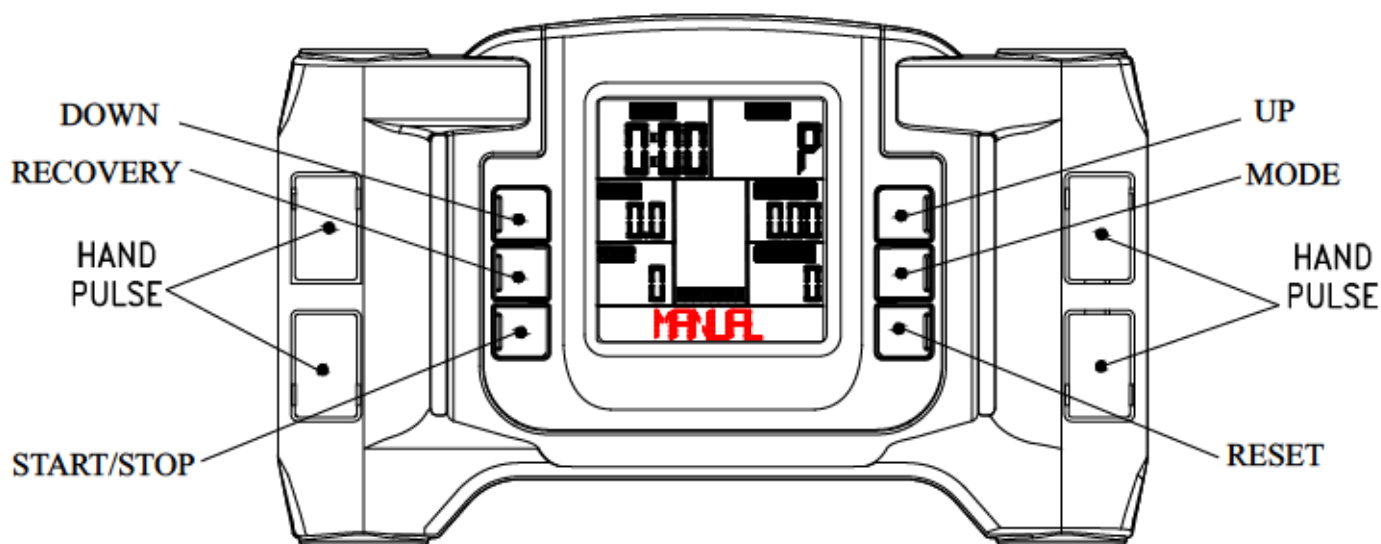
Remark, The nut(N22) has to be tightened on the handle bar(E2) according to the hexagonal hole as the shown.









**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.





**BUTTON FUNCTION:**

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

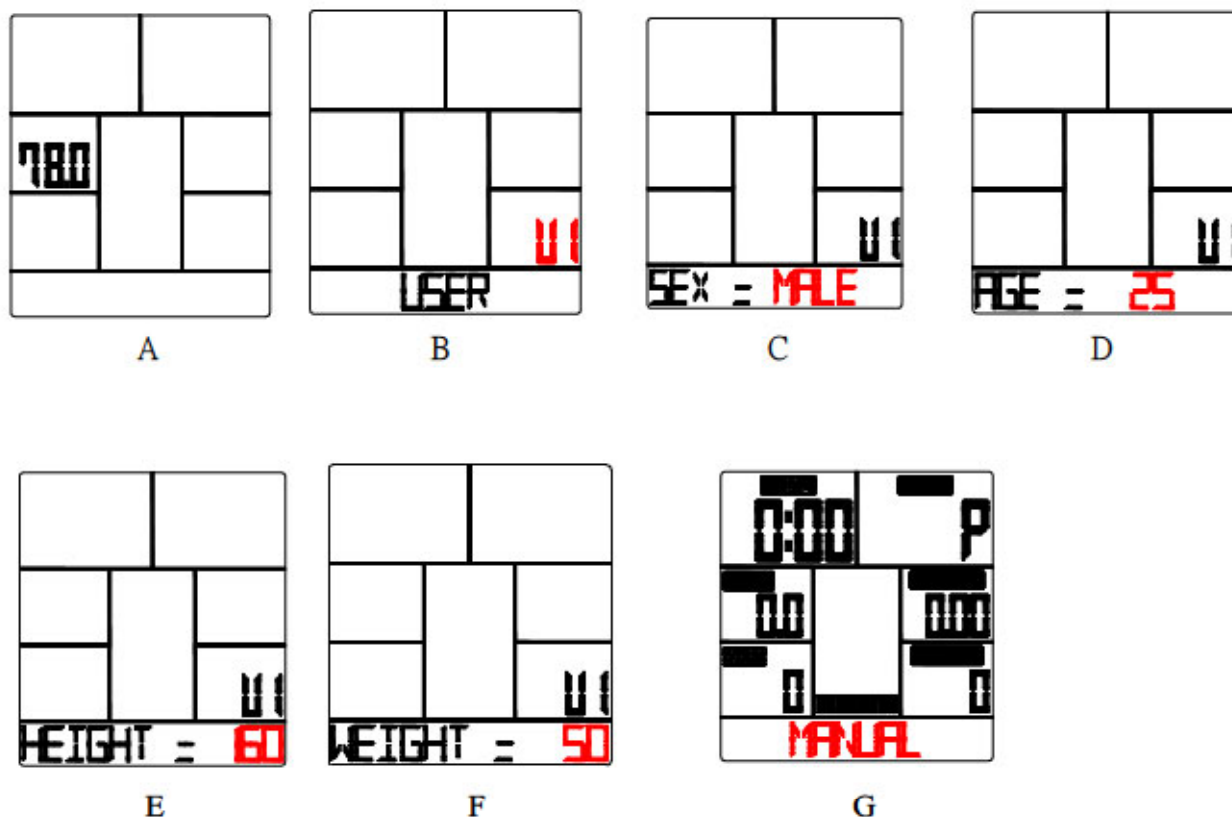
**DISPLAY EXERCISE DATA:**

TIME	Display range 0:00~99:59 ; Setting range 0:00~99:00
DISTANCE	Display range 0.00~99.99 ; Setting range 0.00~99.90km
CALORIES	Display range 0~9999 ; Setting range 0~9990
PULSE	Display range P-30~230 ; Setting range 0-30~230
WATT	Display range 0~999 ; Setting range 10~350
SPEED	0.0~99.9km
RPM	0~999



## OPERATION PROCEDURE

1. Connect power supply and computer will power on with a long beep sound, LCD display all segments for 2 seconds and enter into personal data setting mode (gender, age, height and weight) for U1~U4. (drawing A~F)
2. After user data set up, computer will display main menu (drawing G).



3. In main menu, first exercise program **MANUAL** will flash, user may press UP and DOWN button to select **MANUAL** → **PROGRAM** (12 profiles) → **USER PROGRAM** → **HRC** → **WATT**. (Drawing H~K)



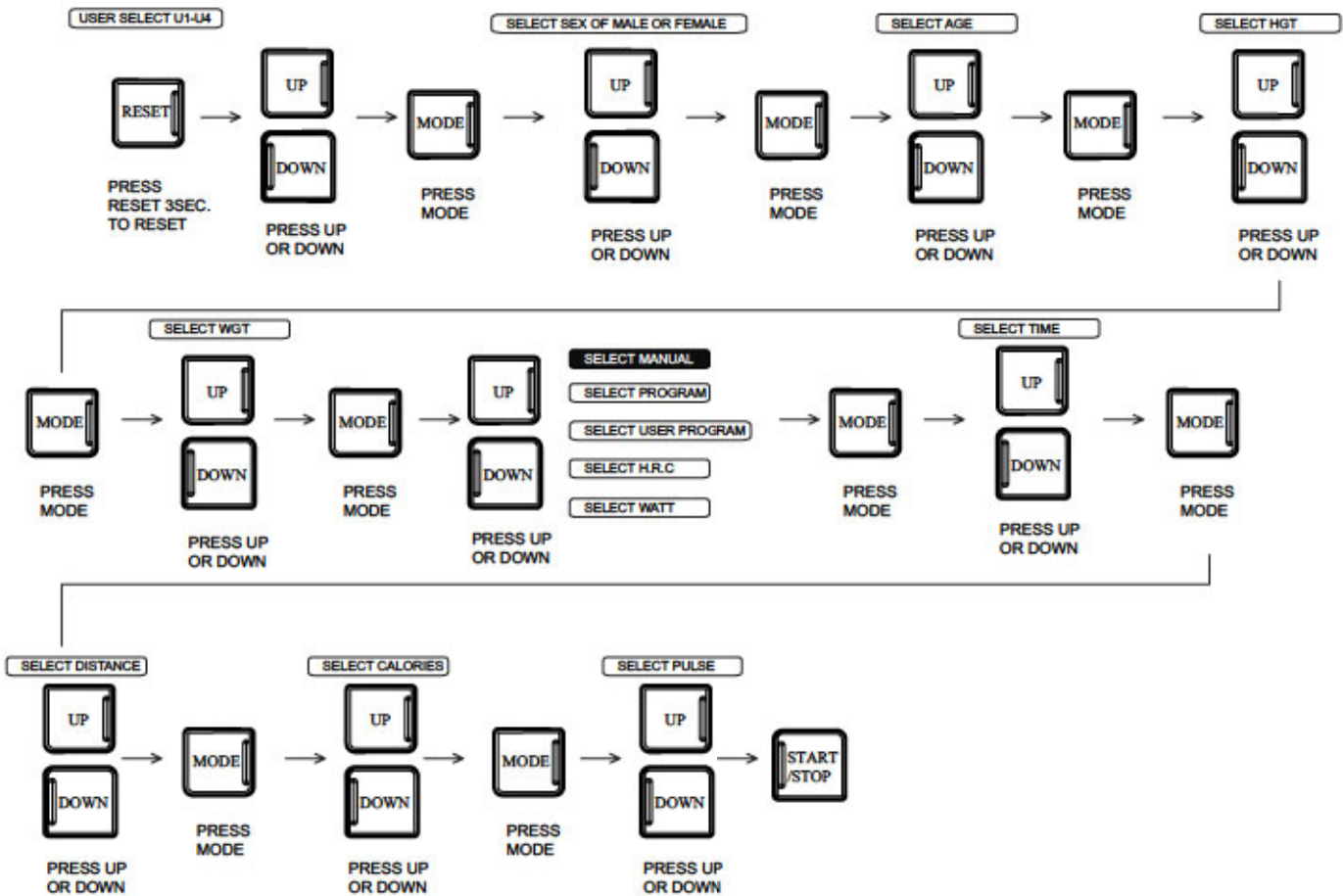
4. Quick Start and Manual :

Before exercise in Manual mode, user may set up TIME, DISTANCE, CALORIES and PULSE target.

After power on, user may press START/STOP button to start exercise in MANUAL immediately without any setting.

Level can be adjusted during exercise by press UP or DOWN.

## MANUAL mode



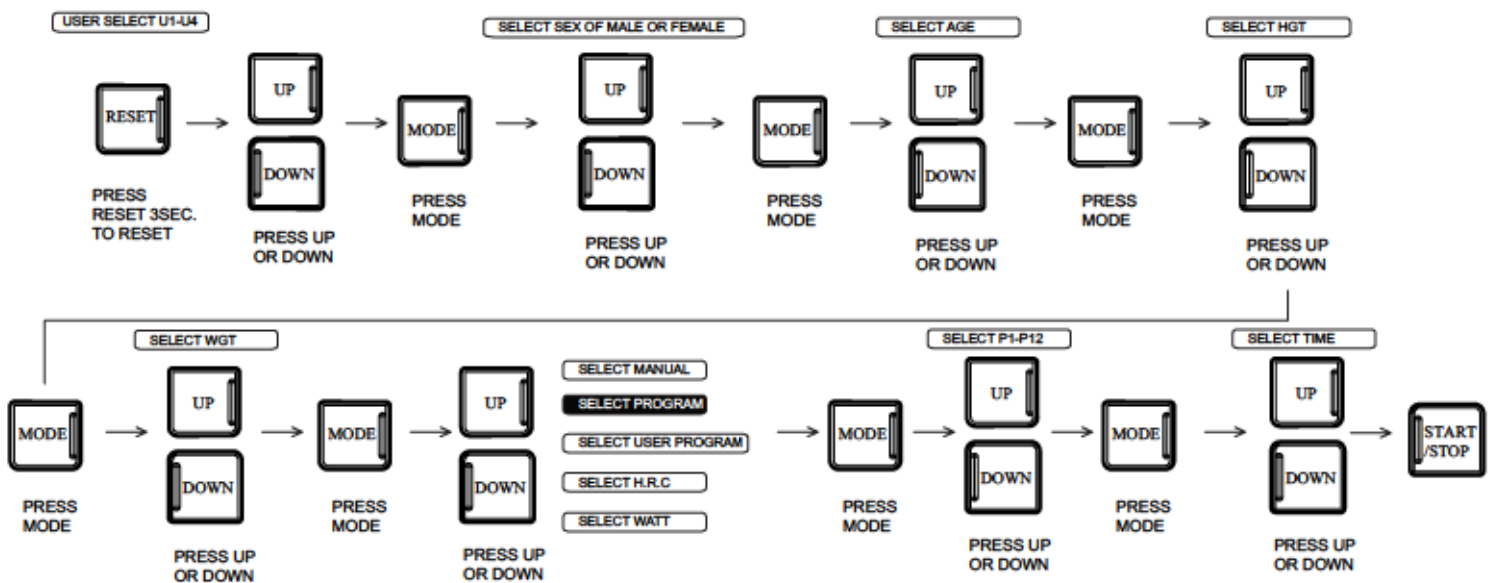
### 5. PROGRAM :

Before exercise in Program mode, user may set up TIME target.

Press UP and DOWN to select Program with 12 profiles and press ENTER/MODE to confirm.

Level can be adjusted during exercise by press UP or DOWN.

## PROGRAM mode

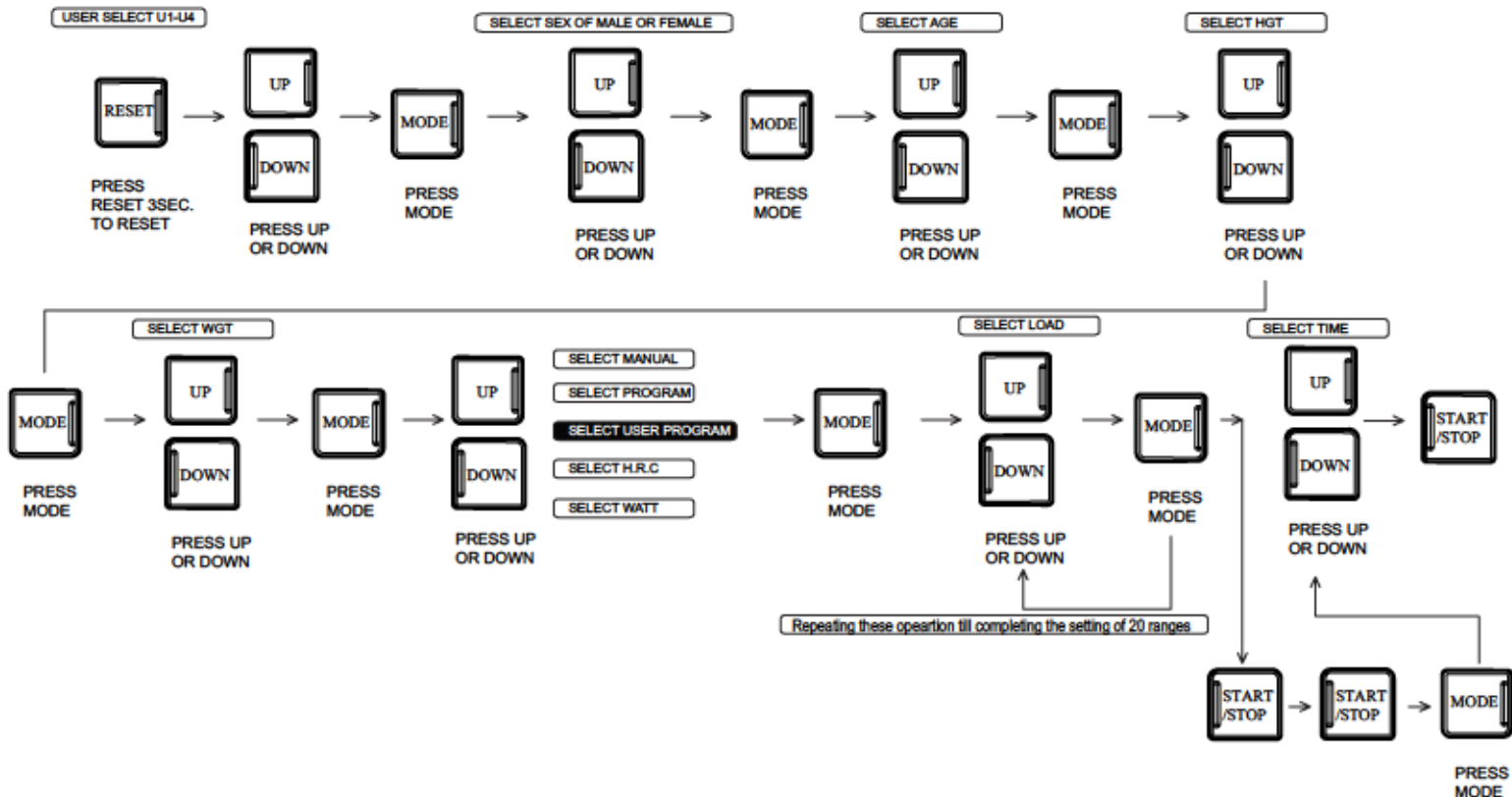


## 6. USER PROGRAM :

User may press UP, DOWN and then press MODE to create his own profile. (from column 1 to column 20)

User may hold on pressing MODE button for 2 seconds to quit profile setting.

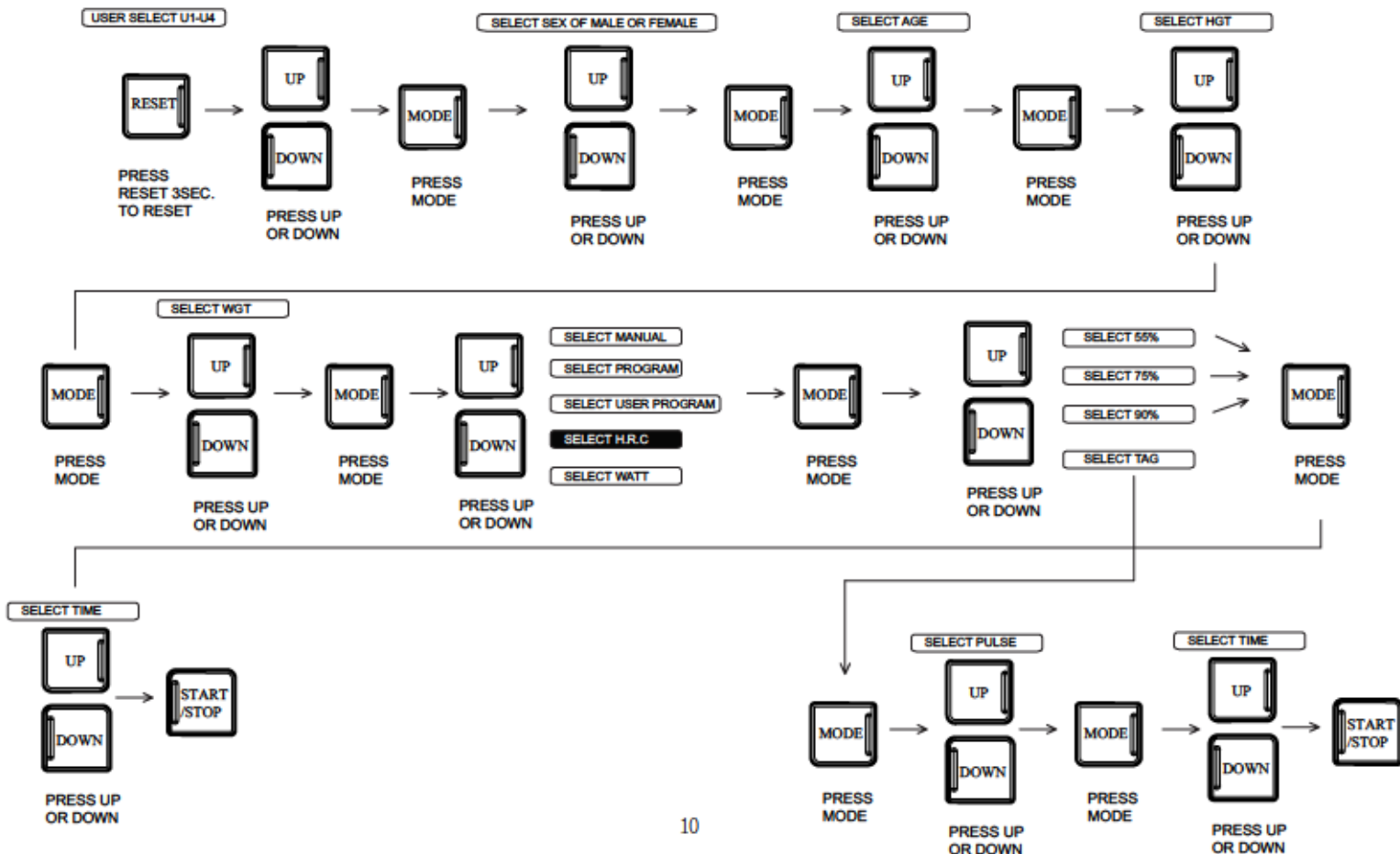
### USER. mode



## 7. H.R.C. :

Before exercise, computer will ask for user AGE first to calculate TARGET pulse. User may still press UP and DOWN to change target pulse from 30 to 230.

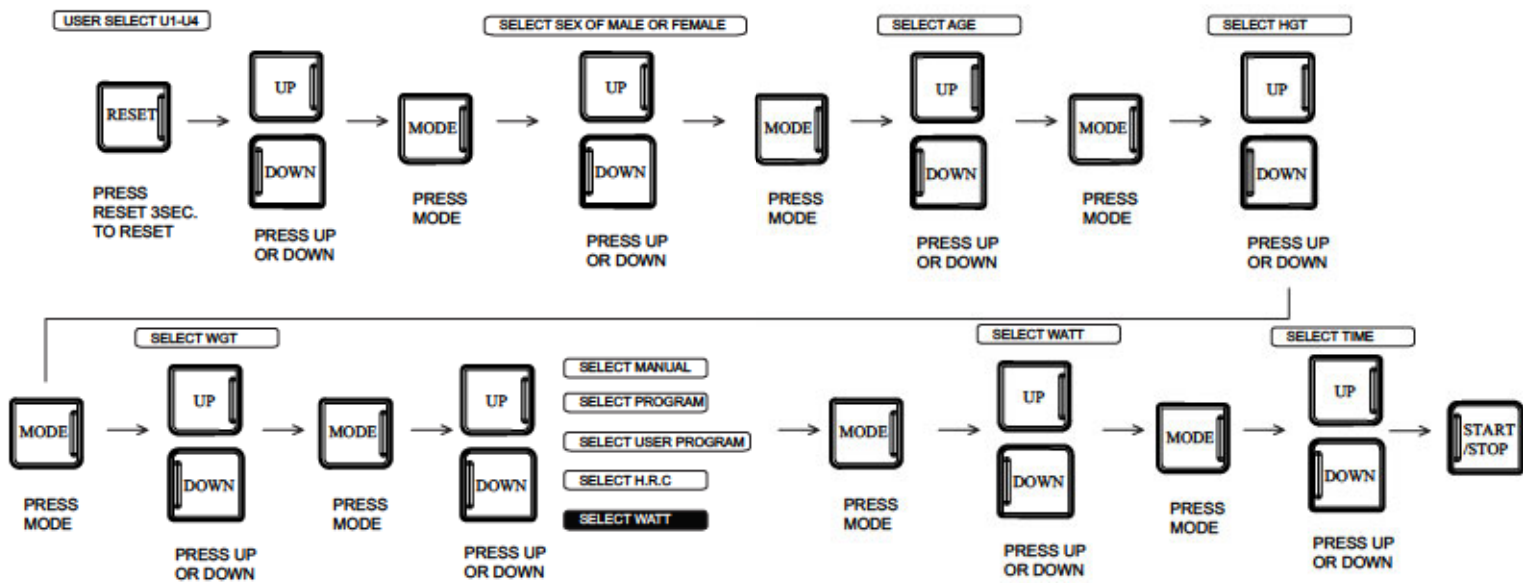
### H.R.C. mode



## 8. WATT :

The preset watt value 120 is flashing on screen in WATT setting mode. User may use UP, DOWN button to set target value from 10 to 350. Press MODE button for confirm.

### WATT mode



### NOTE:

1. This computer require 9V, 500mA adaptor.
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.