

# ELLIPTICAL TRAINER



MODEL: **E80**

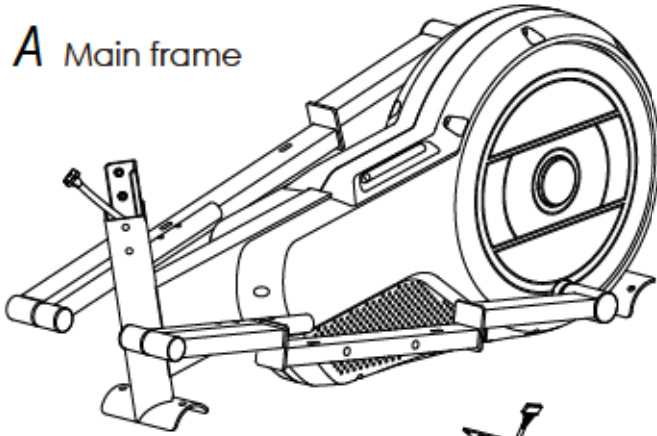
***SPORTOP***®

Owner's Operating Manual

**ENGLISH**

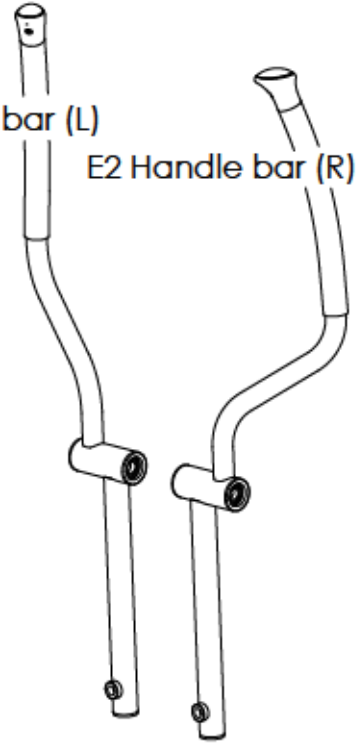
# Parts List

**A** Main frame

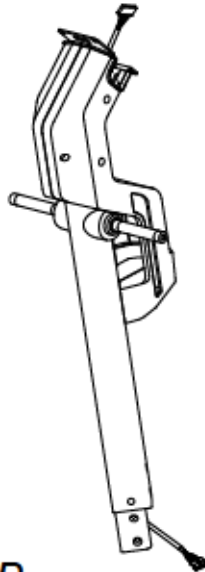
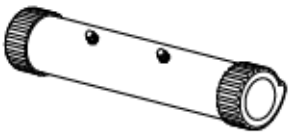


**E** E1 Handle bar (L)

E2 Handle bar (R)



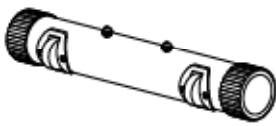
**C** Rear stabilizer



**G** Console



**D** Front stabilizer



**K** Water bottle

Reinforcing plate (A54)

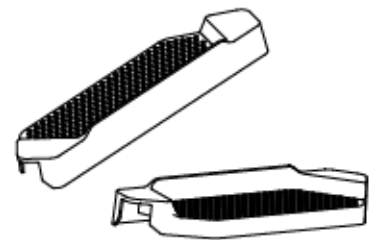


**B** Central supporting tube

**F** Small handle bar



**H** Pedal



**I** Adaptor



## J

(J7) Washer M8



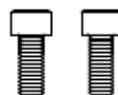
(J11) Washer M6



(J8) Wave washer D17



(N2) Screw M8x20L



(J10) Spring washer M6



## Tool

(H1) Knob



(E4) Knob



(N1) End cap



FIGURE 1

**ASSEMBLY FOR REAR STABILIZER**

First, remove the nuts(J1), spring washers(J2), washers(J3)and screws(J17) from the rear stabilizer(C).

Mount the rear stabilizer(C) to attach to the bracket at the back of the main frame(A). Then, secure it with nuts(J1), spring washers(J2), washers(J3)and screws(J17).

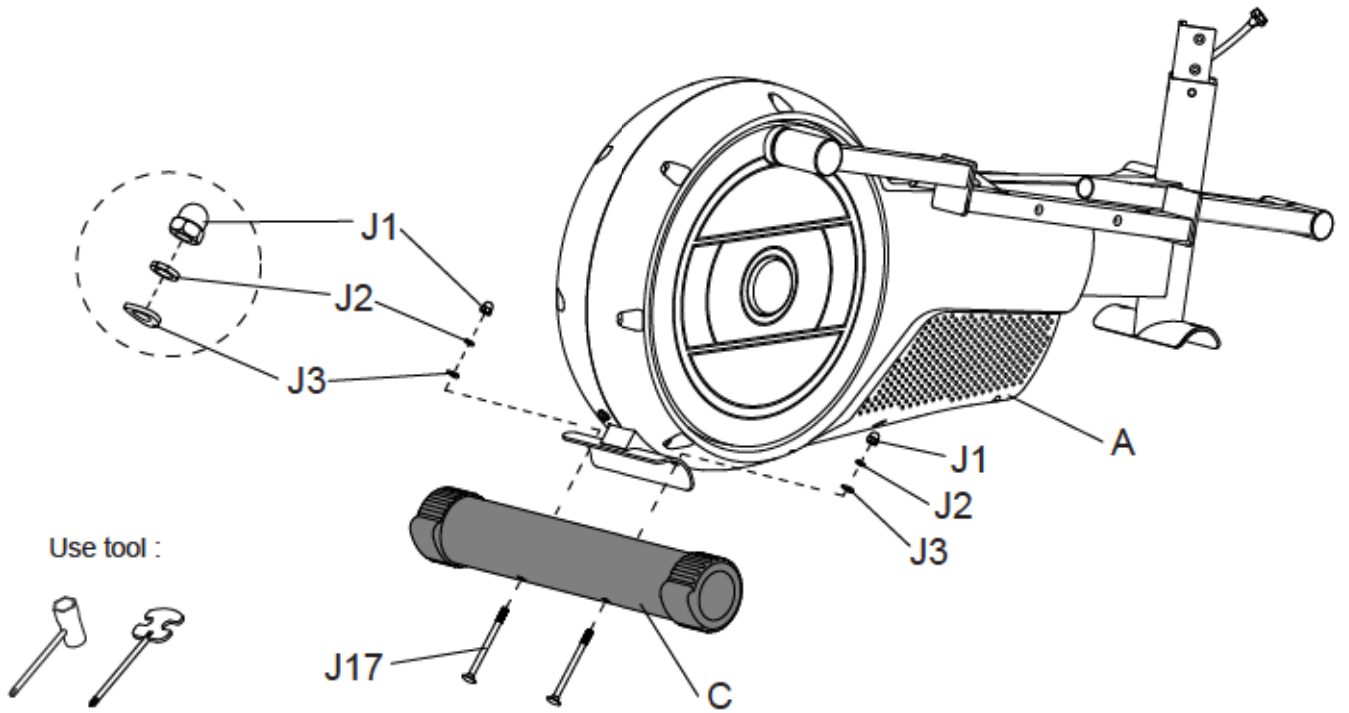


FIGURE 1

FIGURE 2

**ASSEMBLY FOR CENTRAL SUPPORTING TUBE**

Step1. First, remove the screws(J4), washers(J5) and spring washers(J15) from the main frame(A).

Step2. Connect the sensor wire(L1) with the sensor wire(L2).Then,assemble the central supporting tube(B) onto the main frame(A) with the screws(J4), washers(J5) and spring washers(J15).

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

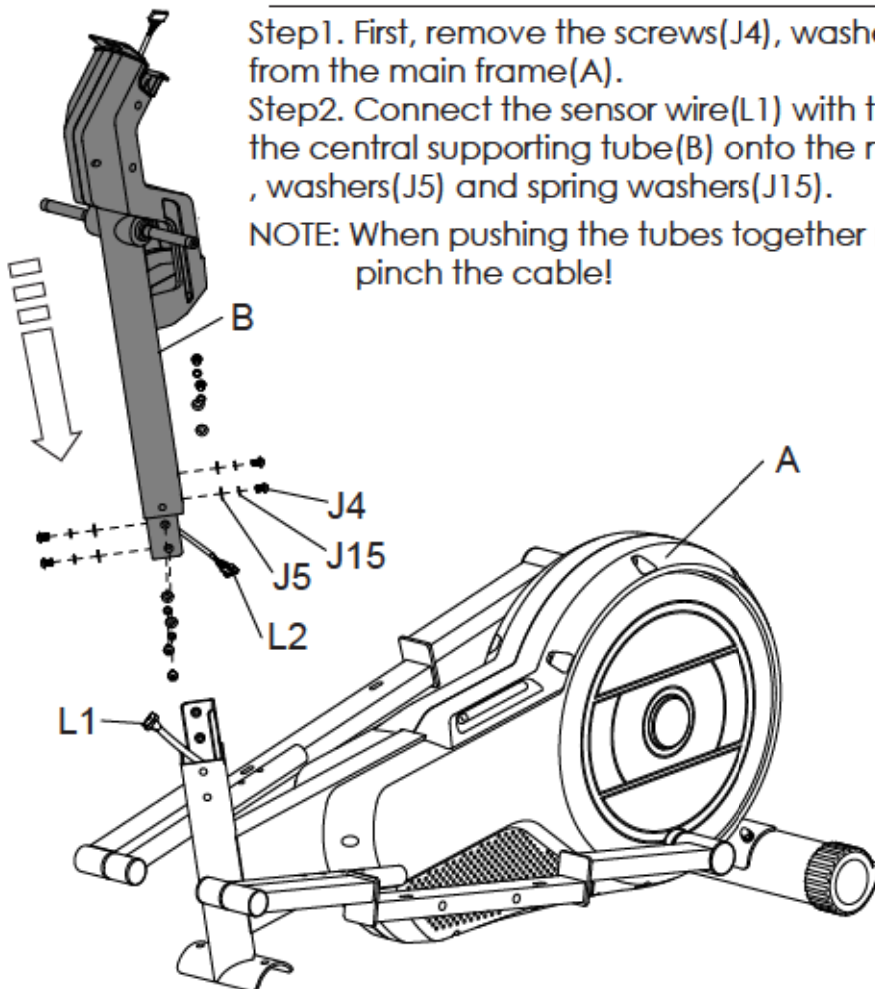
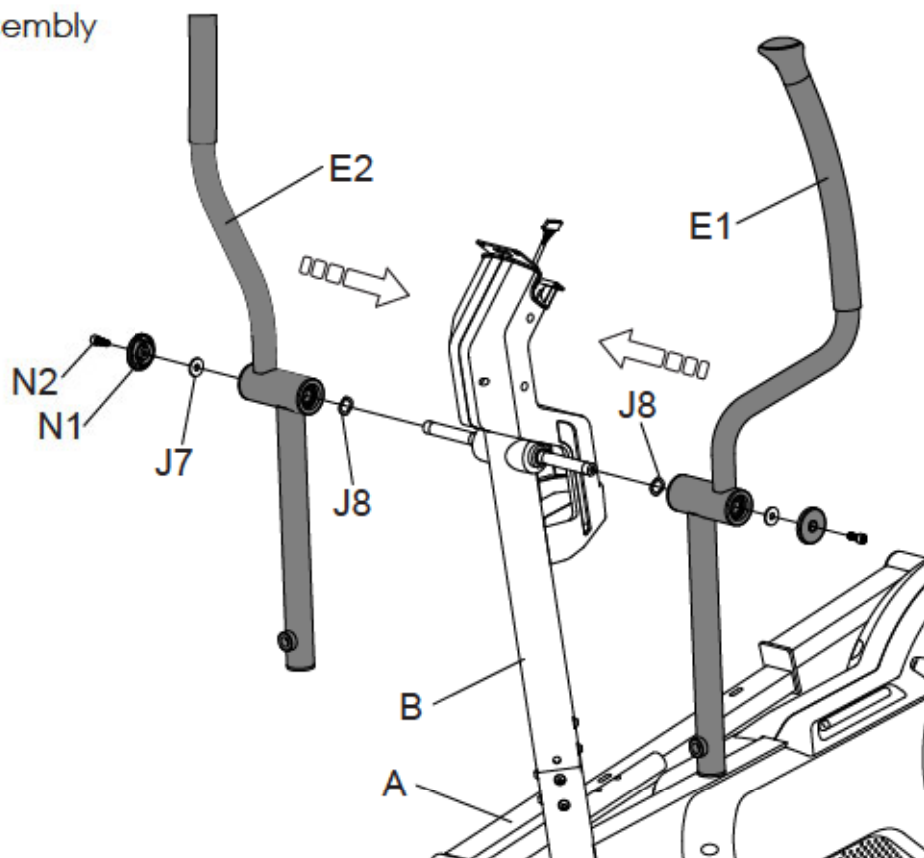


FIGURE 2

FIGURE 3

### ASSEMBLY FOR SIDE HANDLE BAR

Step1. Put the wave washers(J8) into the axle on the central supporting tube(B) both side first.  
Step2. Put the right side handle bar(E2) into the axle and secure it by the washer(J7), end cap (N1), and screw(N2).  
Step3. The left side handle bar(E1) assembly is the same as the right side.



Use tool :



FIGURE 3

FIGURE 4

### CONNECT THE PEDAL TUBE WITH THE SIDE HANDLE BAR

Pull up the pedal connect tube and turn the Knob(E4) into the hole on the side handle bar(E1 & E2). Adjust the suitable position which 4 holes are available when losing the pop-pin.

Attention: Please make sure the knob(E4) is turning tightly after choosing the position to avoid user falling down.

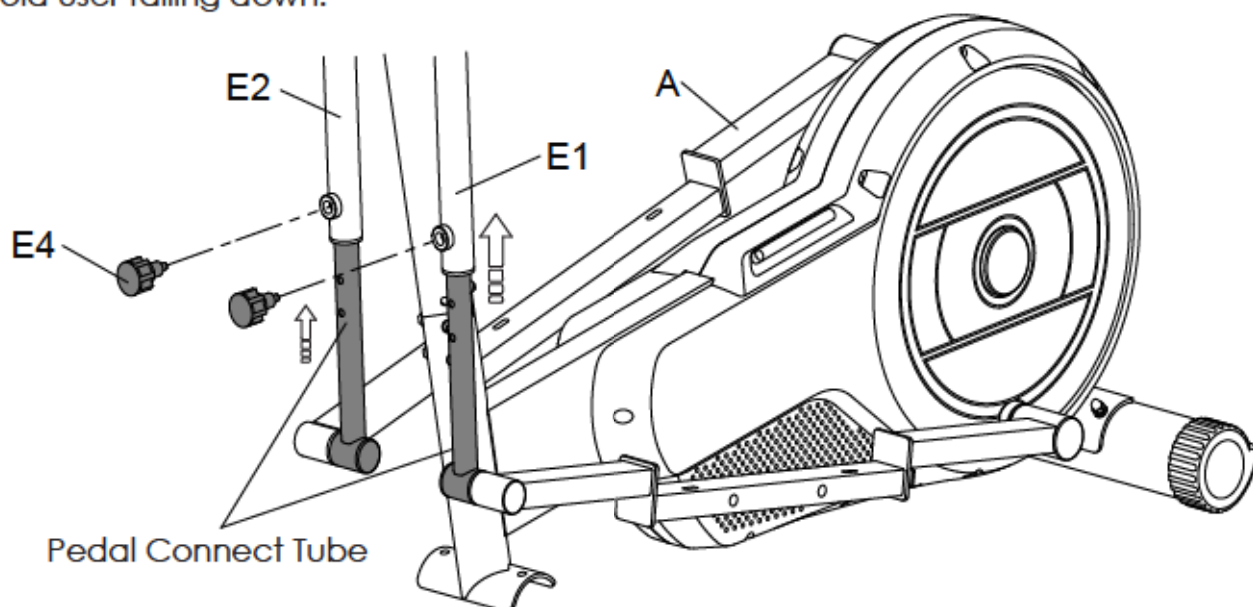


FIGURE 4

FIGURE 5

FIGURE 5

**ASSEMBLY FOR FRONT STABILIZER**

First, remove the screws(J9), spring washers(J2) and washers(J3) from the front stabilizer(D). Mount the front stabilizer(D) to attach to the bracket at the front of the main frame(A). Then, secure it with screws(J9), spring washers(J2) and washers(J3).

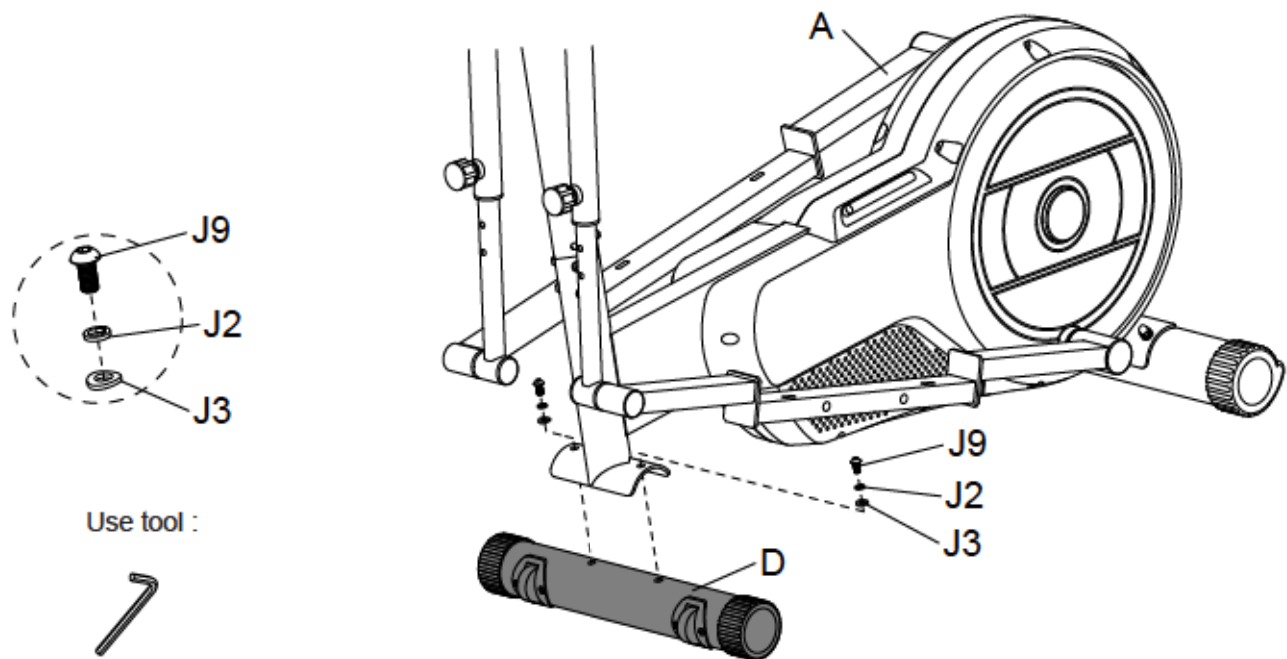
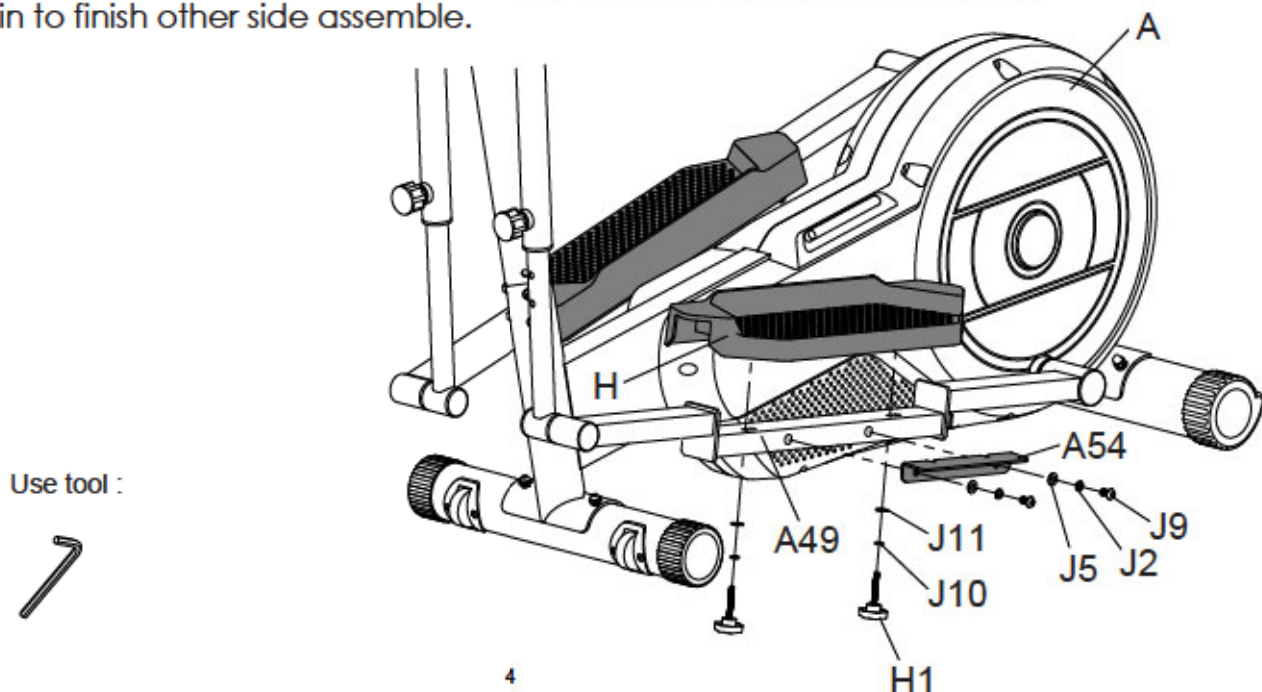


FIGURE 6

FIGURE 6

**ASSEMBLY FOR REINFORCING PLATE AND PEDAL**

Step1. First, remove the screws(J9), spring washers(J2), washers(J5) from the pedal tube-L (A49).  
Step2. Assemble the reinforcing plate(A54) with screws(J9), spring washers(J2), washers(J5).  
Step3. Assemble the pedal(H) with knobs(H1), spring washers(J10), washers(J11).  
Repeat again to finish other side assemble.

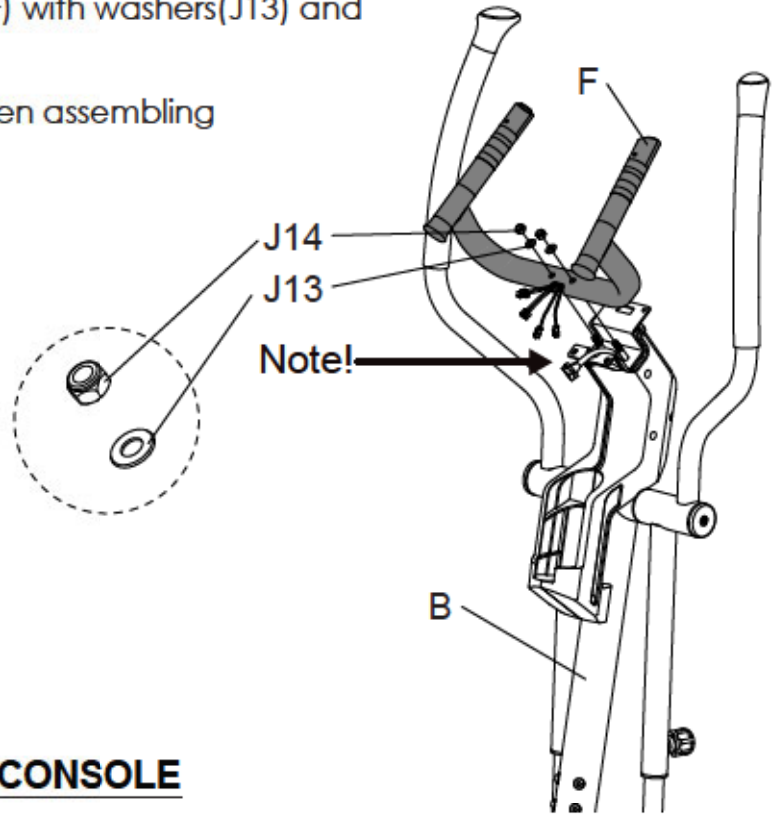


**FIGURE 1 ASSEMBLY FOR SMALL HANDLE BAR**

- Step1. Remove the preinstalled washers(J13) and nuts(J14) from the central supporting tube(B).
- Step2. Put the small handle bar(F) on the central supporting tube(B),
- Step3. Assembly the small handle bar(F) with washers(J13) and nuts(J14).

Note : Do not pinch the sensor wire when assembling

Use tool :



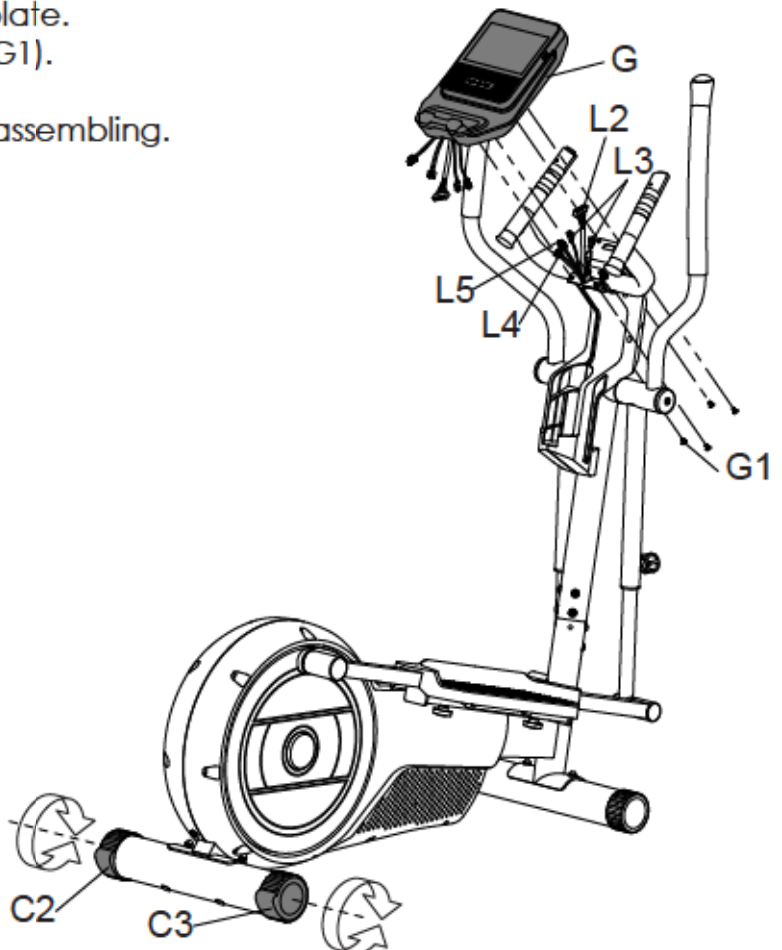
**FIGURE 8**

**FIGURE 8 ASSEMBLY FOR CONSOLE**

- Step1. Remove the preinstalled screws(G1) from the console(G).
- Step2. Connect the sensor wires(L2, L3, L4, L5) with console wires and put the console on the fixing plate.
- Step3. Assembly the console with screws(G1).

Note: Do not pinch the sensor wire when assembling.

Use tool :



NOTE:  
if the machine dose not sit level, you can use the two adjustable end caps(C2&C3) to compensate for uneven floors.

FIGURE 9

**FIGURE 9 INSTALL THE WATER BOTTLE**

Put the water bottle (K) on the main frame (A).

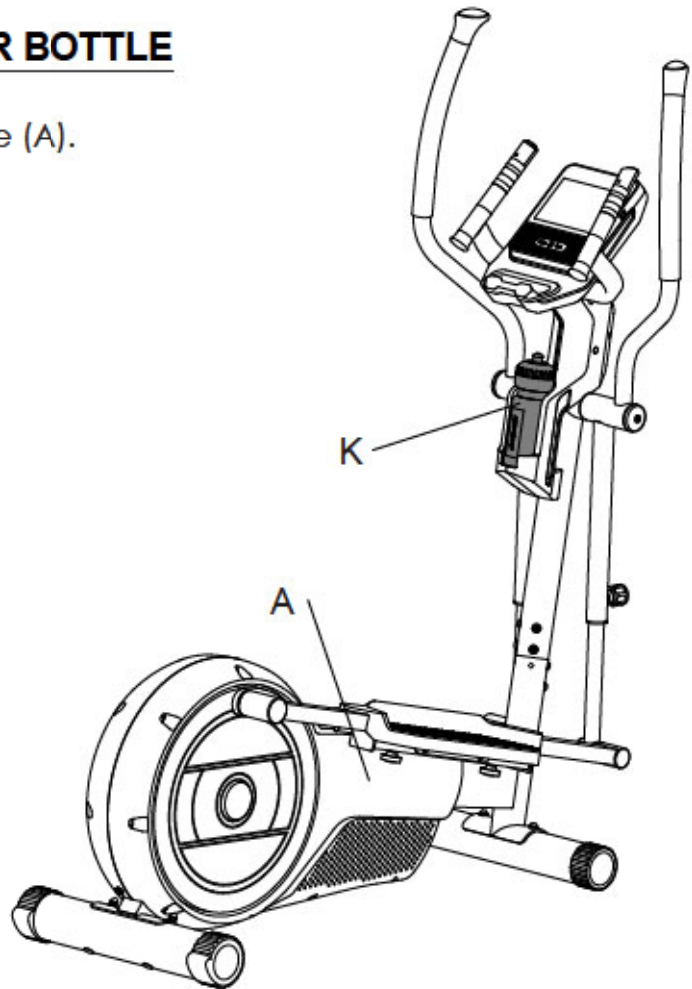


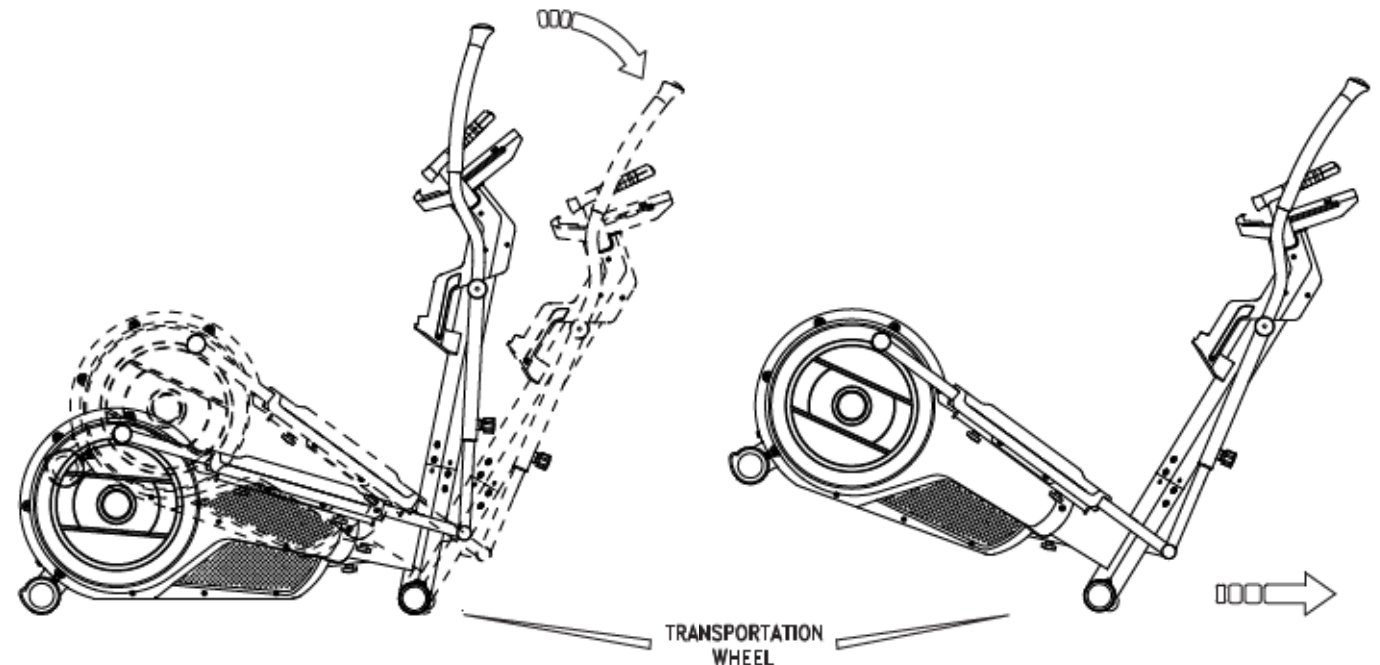
FIGURE 10

**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.



## CONSOLE DISPLAY



### Step-by-Step Instructions

- **Power-up**

Press the Quick Start Button to turn on the console.



Fig 1. TURN-ON DISPLAY

After a while, the display will turn into Home Screen. Please check Figure 2.

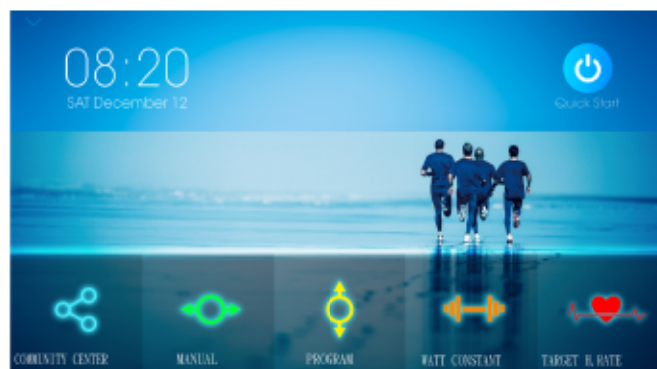


Fig 2. Home Screen

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

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

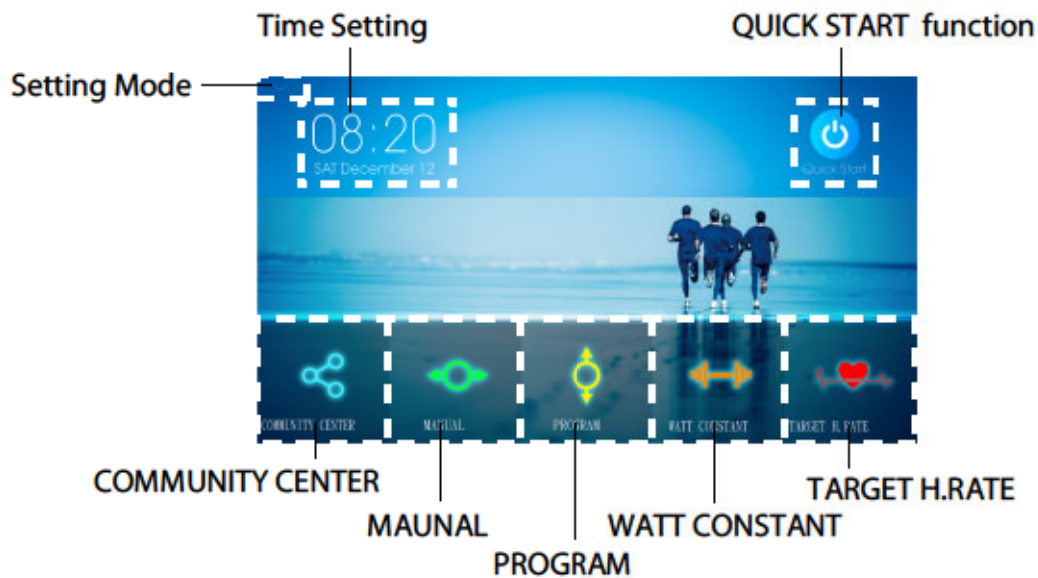


Fig. 3 Functions on the Home Screen

- **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.

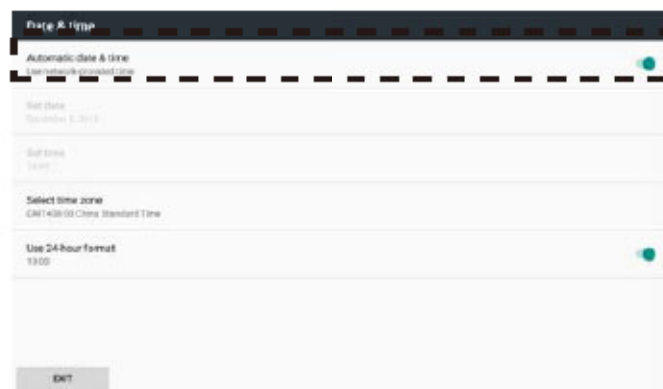


Fig.4 'Automatic date & time' can help the console adjust the time automatically while the console connect with WIFI.

3. Choose the correct time zone where you locate.



Fig.5 Time Zone Selection

➤ **SETTING MODE**

Press the icon on the upper left corner of the home screen. (Fig.3)

You can enter the SETTING MODE. Please check Figure 6.

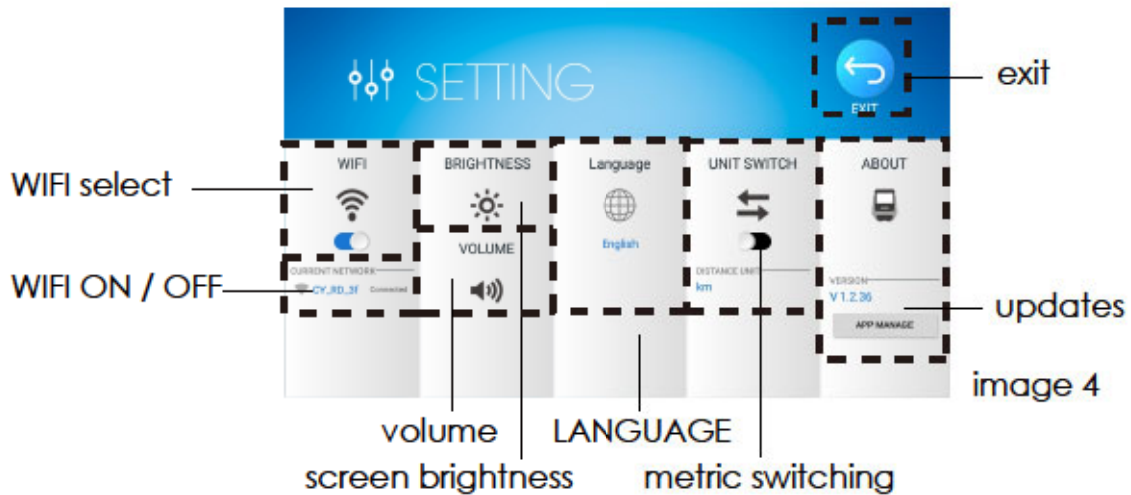


Fig.6 SETTING MODE

✧ **WIFI CONNECTION**

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

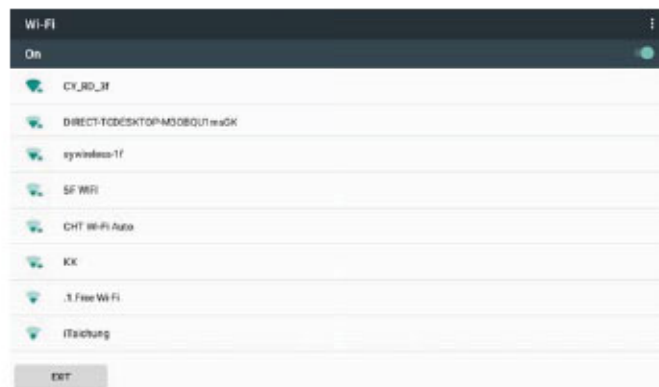


Fig.7 WiFi Selection (You can also turn on Wifi by )

3. After connection, please press 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. 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)

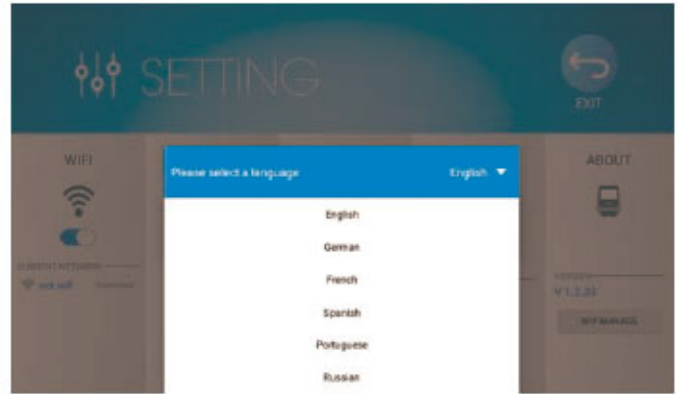
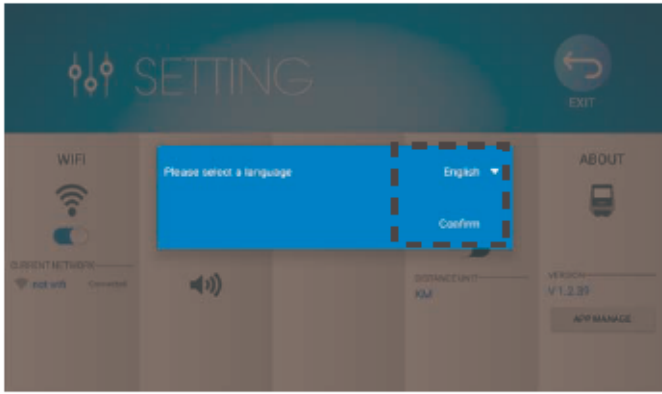


Fig.9 Language Selection (a)

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.

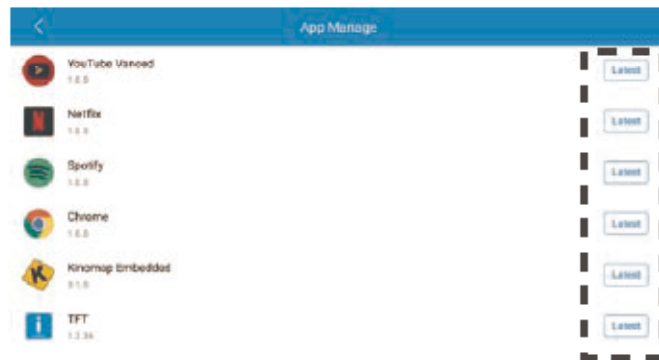


Fig.10 App Manage List

• **How to Start Your Training?**

➤ **QUICK START**

1. **How to start the 'QUICK START'?**

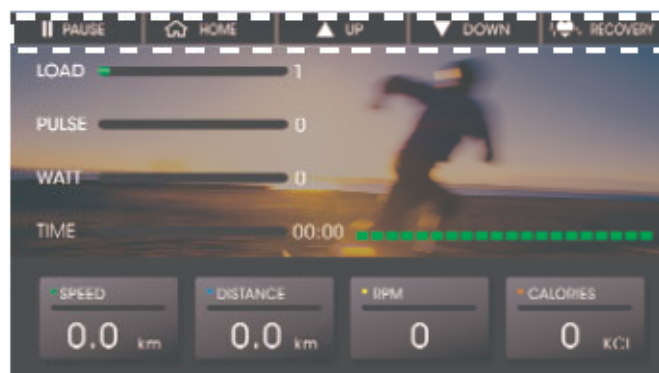


Fig.11 Quick Start Function

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)




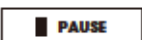

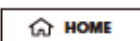
- SPEED, DISTANCE, RPM and Calories will change if the RPM is larger than 15.
- Press  or  to adjust the load. The load adjustment will be demonstrated by the amount of the green square bar. (Fig.11)
- Press  to stop the training and go back to the Home Screen
- Press  to pause the training.



Fig.13 Paused Training

- ✧ Press  to continue (Fig.13)
- ✧ Press  to stop the training and go back to the Home Screen
- ✧ If you would like to keep going on the Entertainment with your training remained, please follow the instructions in the **“Entertainment with Training”** section

## 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

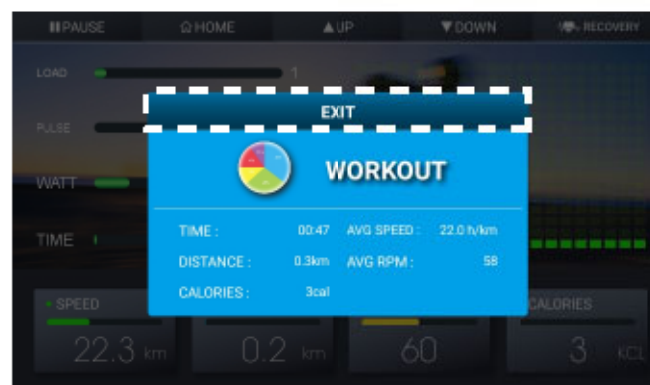



Fig. 14 WORKOUT DATA DISPLAY(I)

Press  to go back to the Home Screen

## ➤ **MANUAL**

### **1. How to start Manual?**

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

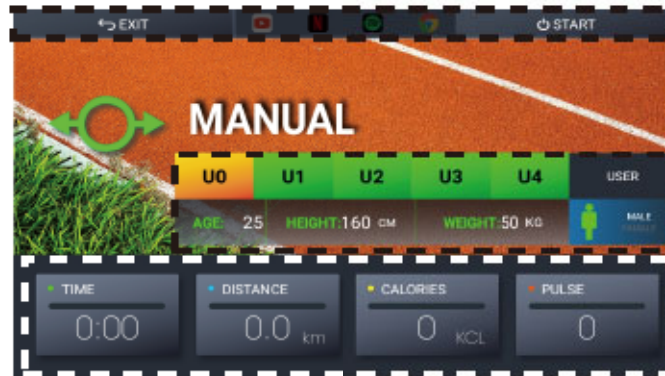




Fig. 15 Manual Mode

#### ◆ **Set-up Users' Information**

There are five users 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 to put.

\*\*\* Notice that only U1~U4 will be memorized 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.

#### ◆ **Train along with Entertainment**

Please check the instruction in the “Entertainment with Training” section.

### **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 Your Training? — Quick Start — After Using QUICK START”

## ➤ PROGRAM

### 1. How to start Program?

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

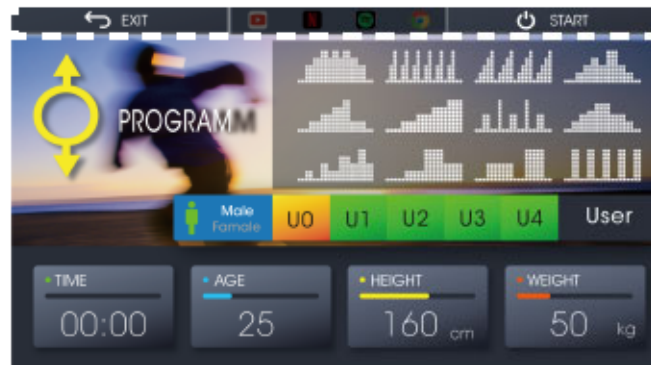




Fig. 16 Program Mode

#### ◆ 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 to put.

\*\*\* Notice that only U1~U4 will be memorized 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.

#### ◆ Train along with Entertainment

Please check the instruction in the "Entertainment with Training" section.

### 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 the training with targeted Watt. Please check Figure 17.

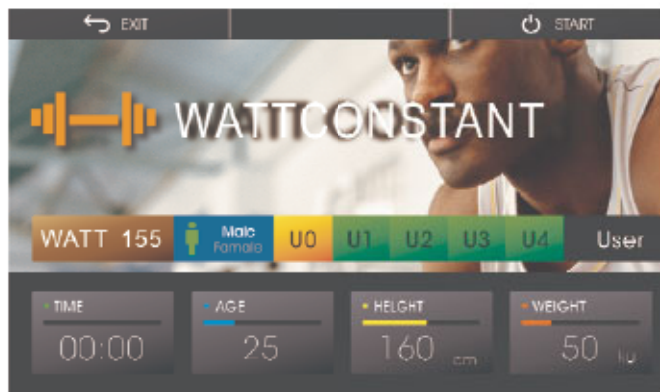


Fig. 17 Program Mode

#### ◆ Set-up Users' Information

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

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

4. Press U0 to choose the user.

5. Press Age, Height, Weight and USER respectively to insert the user's information.

6. Choose the   to select the gender you want to put.

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

#### ◆ 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
- Target watt you set and real watt you are in will be shown on the left side of the screen.
- Don't need to change the load by yourself. The console will automatically adjust the load in order to let your real watt be closer to your Target watt.(Deviation  $\pm 25\%$ )  
By the way, you can also speed up or down to control the watt.
- 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

### 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

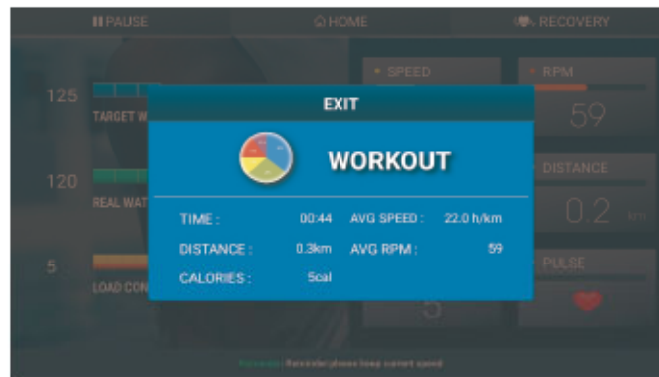


Fig. 20 Workout Data Display (II)

## ➤ 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  to start the training.



Fig. 22 TARGET H.RATE TRAINING

- During the training, it will show out the SPEED, RPM, TIME, DISTANCE, CALORIES and Watt on the right side of the screen. Please check Figure 21
- Target H. Rate you set and real H. Rate you are in will be shown on the left side of the screen.
- Don't need to change the load by yourself. The console will automatically adjust the load in order to let your real H. Rate be closer to your target heart rate. By the way, you can also speed up or down to control the heart rate.
- If the heart rate is larger or smaller than the target rate over 30 seconds, it will stop the training and return to the home screen.
- If there is no the heart rate received after START, the message will be shown immediately for reminder. Please check figure 23.

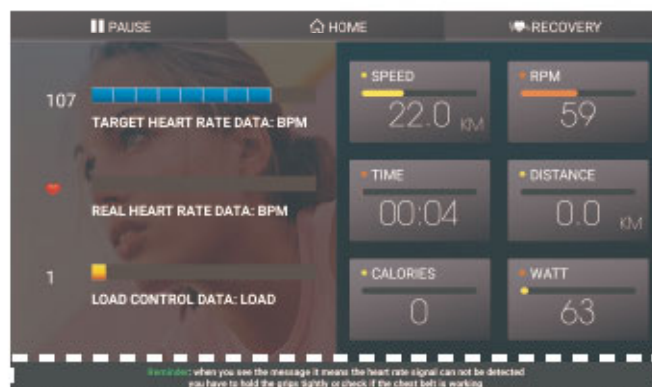


Fig.23 Reminder Without Heart Rate Signal





- Press  to stop the training and go back to the Home Screen
- Press  to pause the training.



Fig.24 Paused Training

- ✧ Press  to continue (Fig.24)
- ✧ Press  to stop the training and go back to the Home Screen

### 3. After using TARGET H. RATE

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

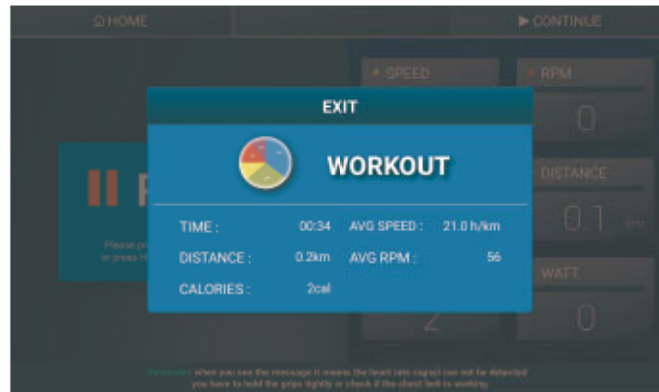


Fig. 25 Workout Data Display (III)

### ➤ Recovery Function

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

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

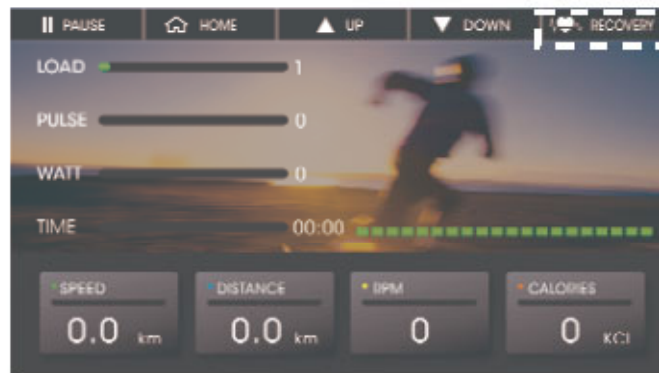


Fig.26 Recovery Function

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

Please 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.

Notice that this is just a reference evaluation.

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

- **How to Enjoy the Community Center?**

- **Press the Community Center button on Fig.3 to enter.**

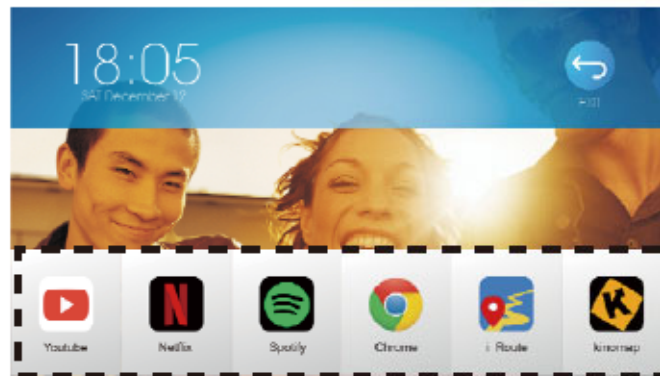








Fig. 27 Community Center

- **Six Apps**

**Press the icon of the Apps then Enjoying the Apps.**

- ✦ **Youtube** 
- ✦ **Netflix** 
- ✦ **Spotify** 
- ✦ **Chrome** 
- ✦ **iRoute** 
- ✦ **Kinomap** 

- **Update of the Apps**

During using the Apps, these apps will sometimes automatically notify that they need to be updated. For example, please check Figure 29.

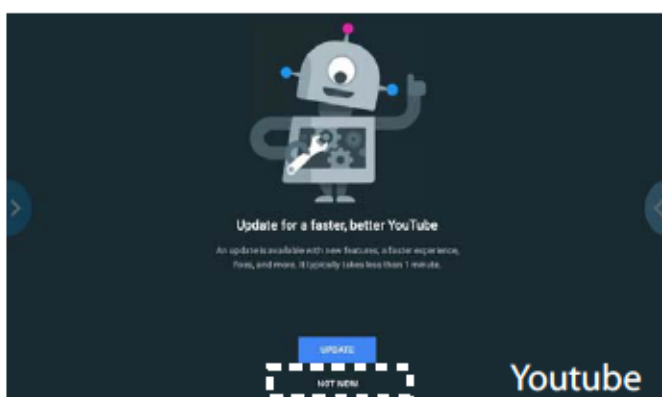


Fig.29 Update Notification in Apps

**Please don't update the Apps here.**

**About the Update, please check the instructions in the section of "How to Update the Apps and the System in the Console"**

- **Entertainment Apps with Training**

There are two ways that can let you enjoy Youtube, Netflix, Spotify and Chrome (Entertainment Apps).

- **How can we start training directly when using entertainment Apps?**

1. Press the icon on the left border of the screen. Please check Figure 30.

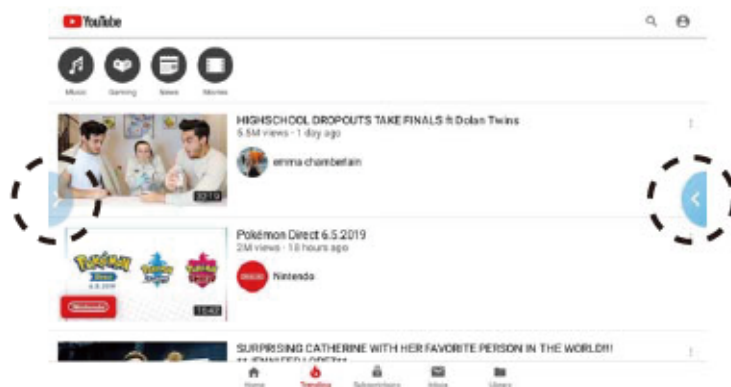


Fig. 30 Functional Button in Entertainment Apps (Left)

2. Press the Quick start Button, then press the icon on the right border of the screen to check if the Quick Start works.

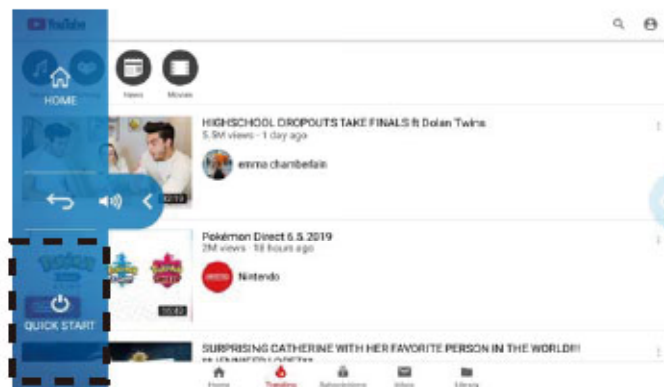


Fig. 31 Quick Start Function in Entertainment Apps

- **How can we start enjoying Entertainment Apps when using training programs, Quick Start, Program and Manual?**

- ◇ When using Quick Start, Program and Manual

1. Press the
2. Choose the Apps you want to continue with  
Please check Figure 32.

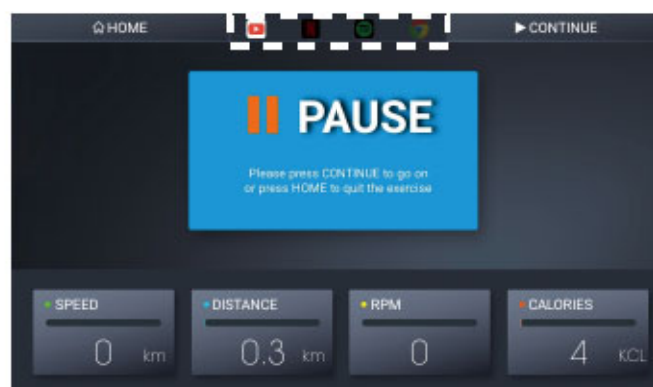



Fig. 32 Pause with Youtube Chosen

3. Press  to continue
  4. After entering the App, please follow the instructions in the section of **“Entertainment Apps with Training”—“How can we start training directly when using entertainment Apps?”** Then, you can keep training.
- ✧ Before using Program and Manual  
Take Manual Mode for example.
1. Follow the instructions in the section of **“How to Start Your Training?”—“Manual” —“How to start Manual?”**
  2. Choose the Apps you want to continue with.

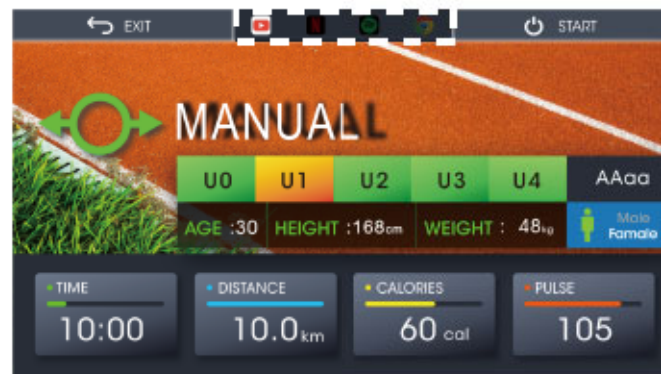



Fig.31 Youtube Chosen before starting training with Manual Mode

3. Press  to start the training with Entertainment Apps. (Fig.15)
4. Press the icon on the left border of the screen. (Fig. 30)
5. Press the Quick Start Button, then press the icon on the right border of the screen if the Quick Start works.(Fig.31)

- **How to Update the Apps and the System in the Console?**

Start from the Home Screen. Enter the Setting Mode. Press the App Manage button. Check if there is Update button on the App manage list.

If yes, please press it to update.

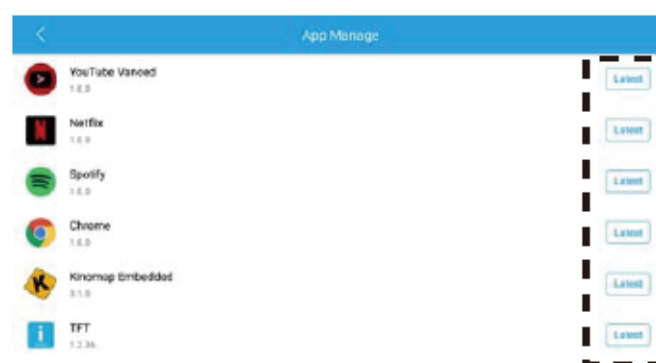


Fig. 33 Update or Latest for App Manage list

Press Download. Please check Figure 34.



Fig. 34 Update Process 1

Press Install. Please check Figure 35.

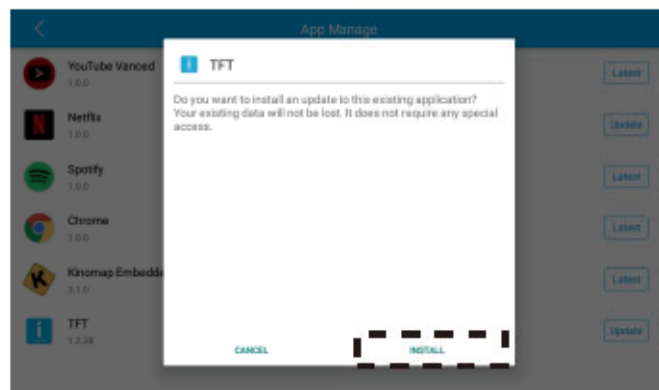


Fig. 35 Update Process 2

Press Done. Please check Figure 36.

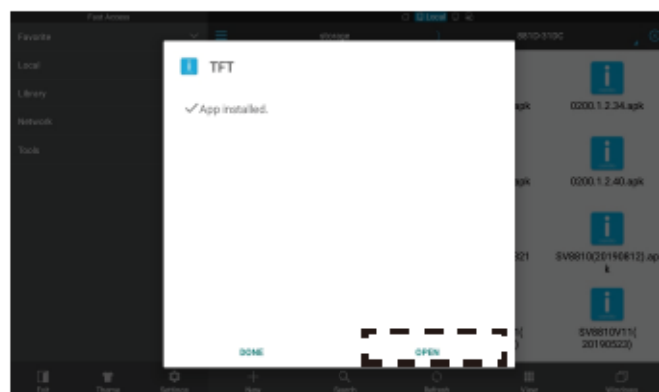



Fig. 36 Update Process 3

Update is finished.

## \*\* NOTICE

When long pressing  for 2 seconds, you will see a message "POWER OFF" (Like below).  
If pressing the white area, you will turn off the console.  
If pressing others, you will do nothing.  
To power on the console, you have to replug the DC line.

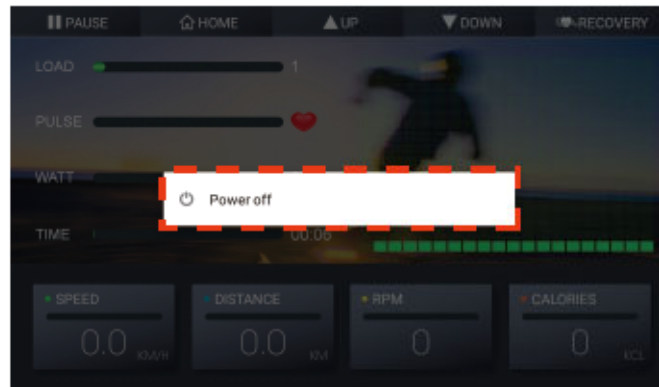
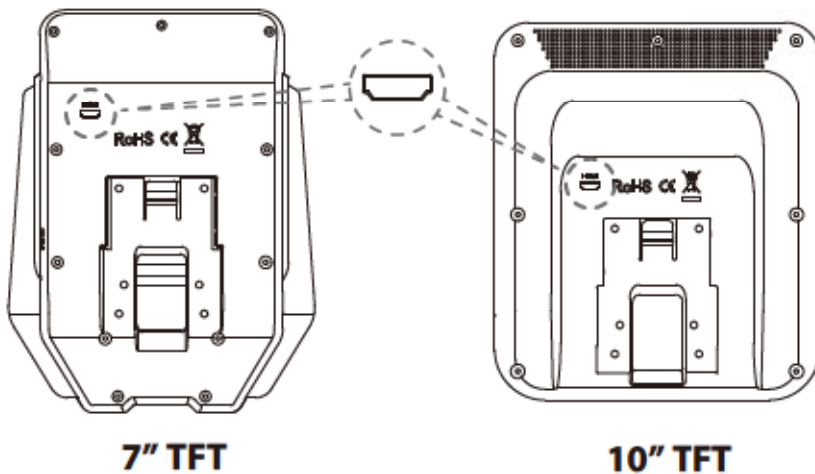


Fig. 37

## Optional Spec-How to Mirror the Console Display to Your TV?

Please check whether there is HDMI plug at the back of your console like below.  
If yes, please find the following manual.  
If not, please skip this part.



1. Prepare a HDMI line.
2. Connect the console and the TV through your HDMI line.  
You can find the HDMI plug at the back of the console.
3. Start enjoying your workout with big display!

**\*\* Please check whether your TV has HDMI plug first.**  
**\*\* Our HDMI plug is compatible with HDMI A Type connector.**

