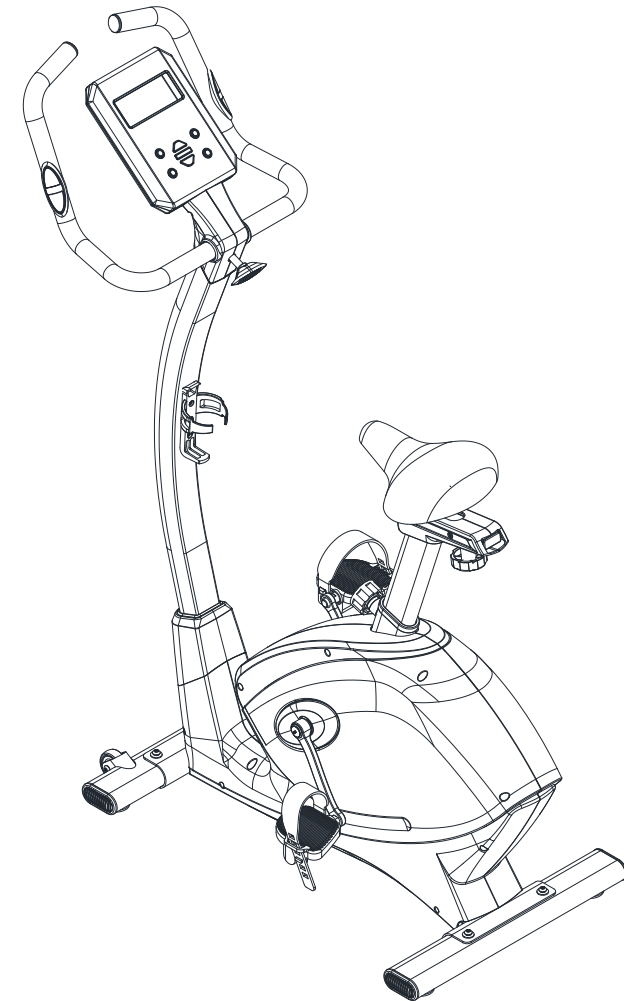


# ELLIPTICAL TRAINER OWNER'S MANUAL



Retain this owner's manual for future reference  
Read and follow all instructions in this owner's manual

## Precautions

**WARNING:** This elliptical trainer has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the elliptical trainer. The following safety precautions should also be observed:

- ◆ It is the responsibility of the owner to ensure that all users of the elliptical trainer are adequately informed of all precautions. Use the elliptical trainers only as described in this manual.
- ◆ Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this elliptical trainer is kept.
- ◆ Inspect and assemble all parts regularly. Replace and worm parts immediately.
- ◆ Place the elliptical trainer on a level surface, with at least 1.0 m of clearance on each side of elliptical trainer. To protect the floor or carpet from damage, place a mat under the elliptical trainer.
- ◆ Keep the elliptical trainer indoors, away from moisture and dust. Maintain the using place ventilation. DO NOT use it in the airless place.
- ◆ Don't put any sharp things around the elliptical trainer.
- ◆ Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical trainer. Always wear athletic shoes for foot protection while exercising.
- ◆ Do not use this product if more than 120 kg of weights. Please choose our other series of elliptical trainers.
- ◆ Do not put your hands on the moving parts to prevent injuries.
- ◆ Keep your pedaling speed in a controlled way.
- ◆ If you find your elliptical trainer works abnormal, do not use it immediately.
- ◆ No more than one person should operate the elliptical trainer at one time.
- ◆ If you feel pain or dizziness while exercising, stop exercising immediately and ask for a doctor.

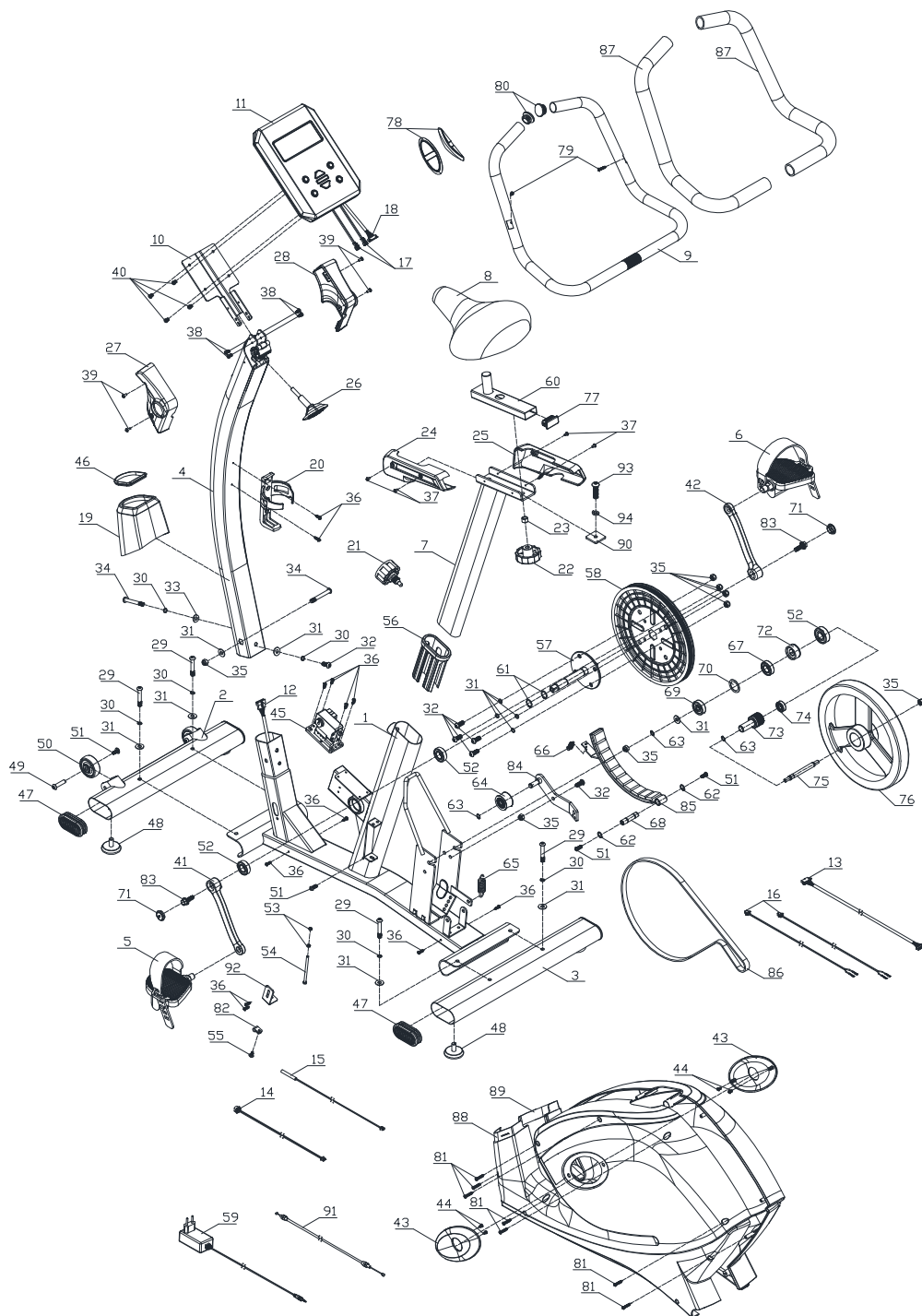
## Safety notice

When you are remedial or have below symptoms, after discussing with your doctor, then could use this elliptical trainer.

1. Waist pain now and leg, waist, neck hurt before, legs, waist, neck and hand numbly please do not use.
  2. Have anamorphic arthritis, rheumatic and gout.
  3. Have osteoporosis and other abnormality.
  4. Have perfunctory system obstacle (heart disease, blood obstacle, hypertension ).
  5. Have breath obstacle.
  6. Using the manpower pulse adjust machine or insert into the body machine.
  7. Have sarcomata.
  8. Have thrombus or other symptoms.
  9. Have diabetes or be caused by diabetes feeling obstacle.
  10. Have skin trauma.
  11. Hyperpyrexia caused by sick(38 °C or over 38 °C).
  12. Abnormal back bone or back bone bending.
  13. Pregnant or catamenia.
  14. Feel physical abnormality, need convalesce.
  15. Body condition is not very well.
  16. The aim is to healing.
  17. Except the upper symptoms, feel other physical abnormality.
- Maybe cause the accident or the poor body condition.

**Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems. To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical trainer before using your elliptical trainer.**

## 2. Explosive view



### 3. Spare parts list:

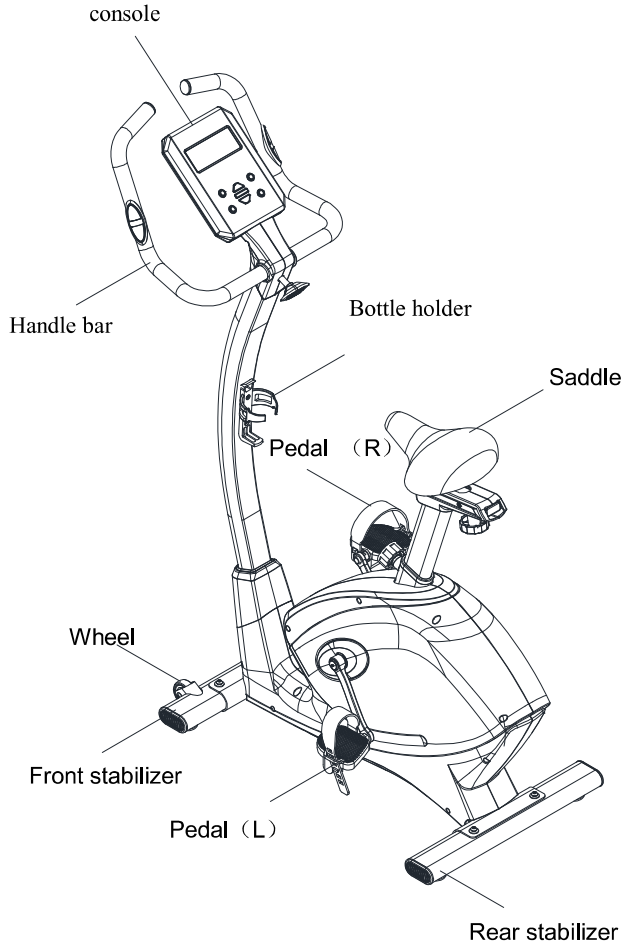
No.	Name	Specification	qty	No.	Name	Specification	qty
9	Main frame		1	34	Allen C.K.S. half thread screw	M8×63×20	2
2	Front stabilizer		1	35	Hex self-locking nut	M8	6
3	Rear stabilizer		1	36	Philips C.K.S. self-tapping screw	ST4×16	12
4	Upright post		1	37	Philips pan head full thread screw	M4×6	4
5	Pedal(L)		1	38	Philips pan head full thread screw	M5×10	4
6	Pedal(R)		1	39	Philips pan head full thread screw	M4×10	4
7	Saddle post		1	40	Philips pan head full thread screw	M5×10	4
8	Saddle		1	41	Crank(L)		1
9	Handlebars		1	42	Crank®		1
10	Console fixed piece		1	43	Crank cover		2
11	Console		1	44	Philips C.K.S. self-tapping screw	ST4×12	4
12	Magnetic sensor wire		1	45	Magnetic motor		1
13	Console communication wire		1	46	Upright post decoration strip		1
14	Power communication wire		1	47	End cap		4
15	Magnetic sensor		1	48	Feet pad	Φ47×10.5×M10×20	4
16	Handle pulse connection wire		2	49	Hex nut	Φ8×33×M6×15	2
17	Console outlet		2	50	Wheels	Φ55×25.8	2
18	Console connection wire		1	51	Allen C.K.S. full thread screw	M6×15	5
19	Upright post cover		1	52	Deep groove ball bearing	6203-2RS	3
20	Bottle holder		1	53	Hex nut	M5	2
21	Rotary hand bolt	Φ56×M16×P1.5	1	54	Allen C.K.S. full thread screw	M5×80	1
22	Handlebar rotary knob		1	55	Philips C.K.S. self-tapping screw	ST4×12	1
23	Bushing	Φ10.5×Φ14×10	1	56	Saddle post bushing		1
24	Saddle cover(L)		1	57	Crank axle	Φ17×154.3	1
25	Saddle cover(R)		1	58	Belt pulley	Φ263×19	1
26	T-shaped rotary knob	M8×30	1	59	Power adapter		1
27	Handlebar cover(L)		1	60	Saddle adjustment		1
28	Handlebar cover(R)		1	61	Circlip shaft	Φ17	2
29	Allen C.K.S. half thread screw	M8×50×20	4	62	Circlip shaft	Φ12	2
30	Spring washer	Φ8	6	63	Circlip shaft	Φ10	3
31	Flat washer	Φ8.5×Φ20×t1.5	7	64	Tension pulley	Φ38×22	1
32	Allen C.K.S. full thread screw	M8×20	6	65	Tension spring		1
33	Curved washer	Φ8.5×R25×t2.0	1	66	Brake tension spring		1

No.	Name	Specification	qty	No.	Name	Specification	qty
67	Deep groove ball bearing	6003-2RS	1	80	Round end cap	Φ25×t1.5	2
68	Magnetic control fixed axle	Φ12×50	1	81	Philips C.K.S. self-tapping screw	ST4×25	7
69	Deep groove ball bearing	6300-2RS	1	82	Fixed magnet set		1
70	Flat washer	Φ34×Φ25×t1.0	1	83	Allen C.K.S. full thread screw	5/16-18UNC-1"	2



71	Crank cover		2	84	Tension pulley		1
72	Unidirectional needle bearing	Φ35×Φ17×16	1	85	Magnetic control fixed axle		1
73	Small belt pulley set	Φ30×64	1	86	Motor belt	440PJ6	1
74	Deep groove ball bearing	6000-2RS	1	87	Foam grip	Φ22×t3.0×680	2
75	Flywheel axle	Φ10×109.5	1	88	Motor cover (L)		1
76	Flywheel	Φ280/6 kg	1	89	Motor cover (R)		1
77	Square end cap	20×40×t1.5	1	90	Saddle locking piece		1
78	Handle pulse set		2	91	Brake wire		1
79	Philips C.K.S. self-tapping screw	ST4×20	2	92	Sensor wire fixed piece		1

Product instruction

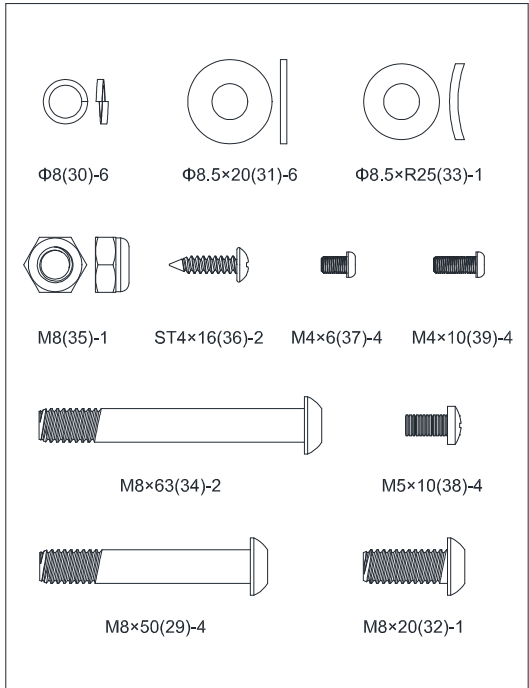


Specification:

Model No,	B51
DIMENSION	Fold: 1100x530x1400mm
Max. upload	120KG
RESISTANCE FRAGMENT	8

FLYWHEEL	Single way, Φ280/6kg
UP&DOWN	6 level ,152.4 distance
FRONT&BACK	70mm distance

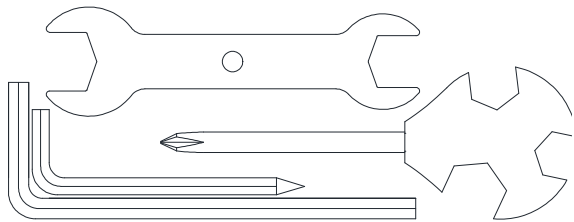
\*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.



**Screw bag list:**

NO.	NAME	SPECIFICATION	QTY
29	Allen C.K.S. half thread screw	M8×50×20	4
30	Spring washer	Φ8	6
31	Flat washer	Φ8.5×Φ20×t1.5	6
32	Allen C.K.S. full thread screw	M8×20	1
33	Curved washer	Φ8.5×R25×t2.0	1
34	Allen C.K.S. half thread screw	M8×63×20	2
35	Hex self-locking nut	M8	1
36	Philips C.K.S. self-tapping screw	ST4×16	2
37	Philips pan head full thread screw	M4×6	4
38	Philips pan head full thread screw	M5×10	4
39	Philips pan head full thread screw	M4×10	4

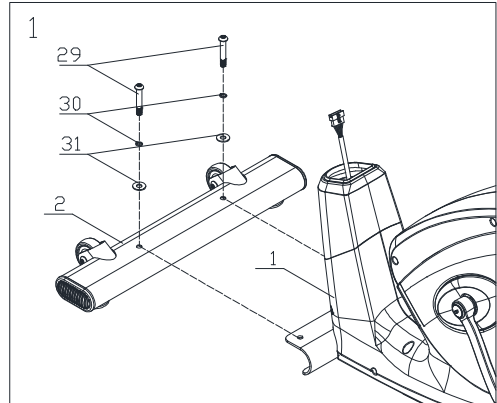
**Hardware list:**



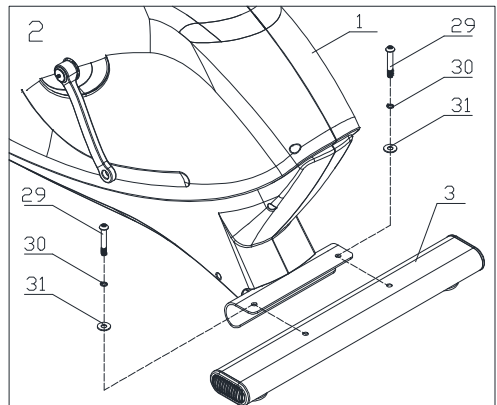
NAME	SPECIALIZED	QTY
L-shape wrench	5×35×80S	1
L-shape wrench	6×40×120	1
wrench	15#&17#	1
wrench		1

## 4. Assembly instruction

**Step 1:** Attach the front stabilizer (2) to the main frame (1) with flat washer(31), spring washer(30) and Allen C.K.S. half thread screw(29).

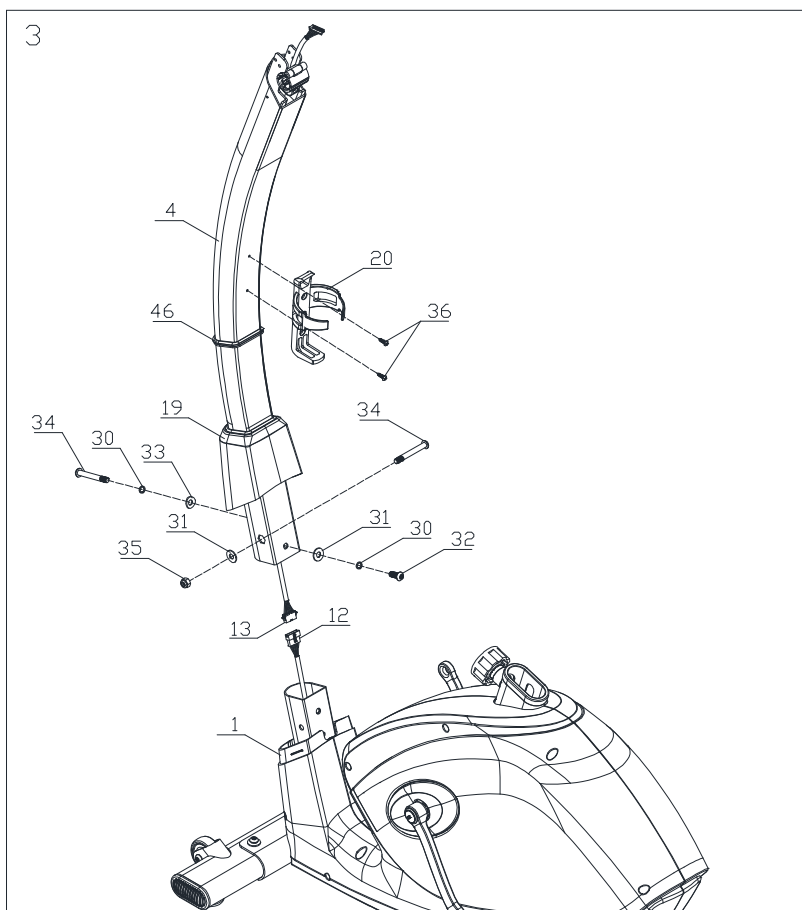


**Step 2:** Attach the rear stabilizer (3) to the main frame (1) with flat washer(31), spring washer(30) and Allen C.K.S. half thread screw(29).



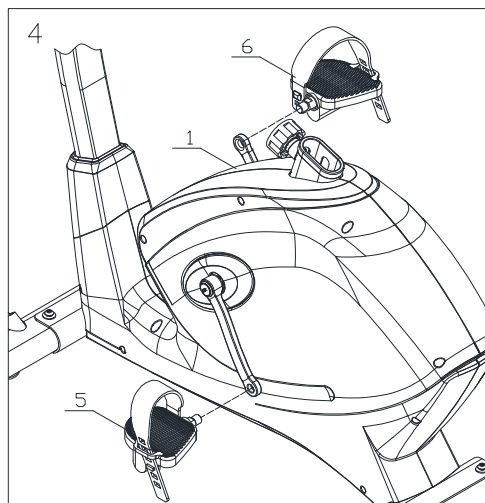
**Step 3:**

1. Attach the Upright post decoration strip(46) to the upper upright post(4), take upright post cover(19) off from the main frame(1) and cover it on the upper upright post.(4)
  2. Connect Motor communication wire (12) and Console communication wire (13).
  3. Attach upper upright post(4) to the main frame(1) with Curved washer(33), spring washer(30), Allen C.K.S. half thread screw(34) and flat washer(31), spring washer(30), Allen C.K.S. full thread screw(32) and flat washer(31), Allen C.K.S. half thread screw(34), Hex self-locking nut(35).
  4. Attach upright post cover(19) and Upright post decoration strip(46) to the main frame(1).
  5. Attach bottle holder(20) to upper upright post(4) with Philips pan head full thread screw(36).
- Tip: Put the communication wires and resistance adjust knob wire into the upright post, and make sure all screws are in the hexagonal hole before tighten all the bolts.

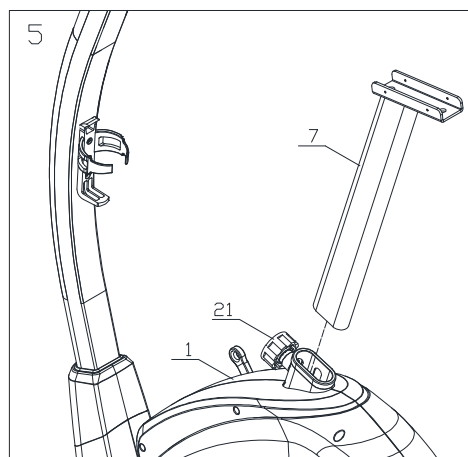


**Step 4:**

Attach the Pedal(L)(5) and Pedal(R)(6) to the Main frame(1),then tighten the bolts.

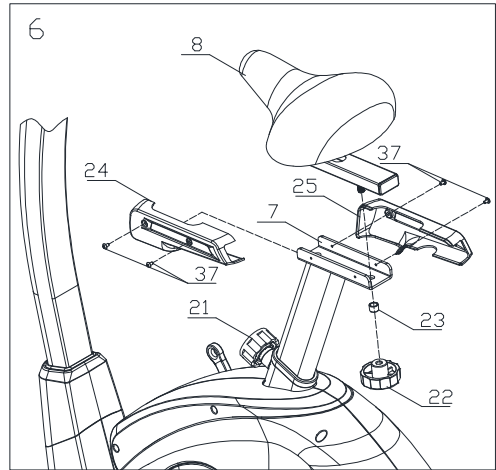
**Step 5:**

1.Loose the Rotary hand bolt(21),attach the Saddle post (7) to the Main frame(1),then tighten the Rotary hand bolt(21).



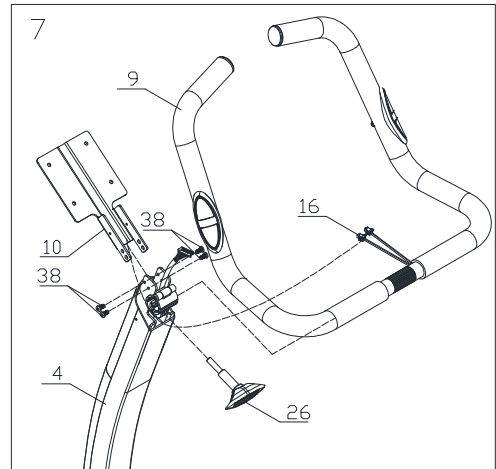
**Step 6:**

1. Attach the saddle(8) to the saddle post(7), use the handlebar rotary knob(22) and bushing(23) to tighten, but do not lock it.
2. Adjust the saddle(8) to the correct position, then attach the saddle cover(L)(24) and saddle cover(R)(25) to the saddle post(7), and use Philips pan head full thread screw(37) to tighten them.
3. Finally lock the knob (22).

**Step 7:**

1. Handle pulse connection wire (16) through the Upright post(4), and attach the Handlebars(9) to Upright post(4), tighten with T-shaped rotary knob(26).
2. Attach Console fixed piece(10) to the Upright post(4), tighten with Philips C.K.S. full head screw(38).

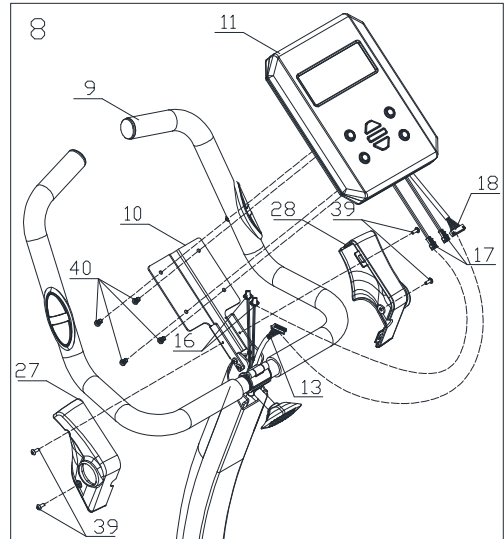
Tip: Make sure all screws are in the hexagonal hole before tighten all the bolts.



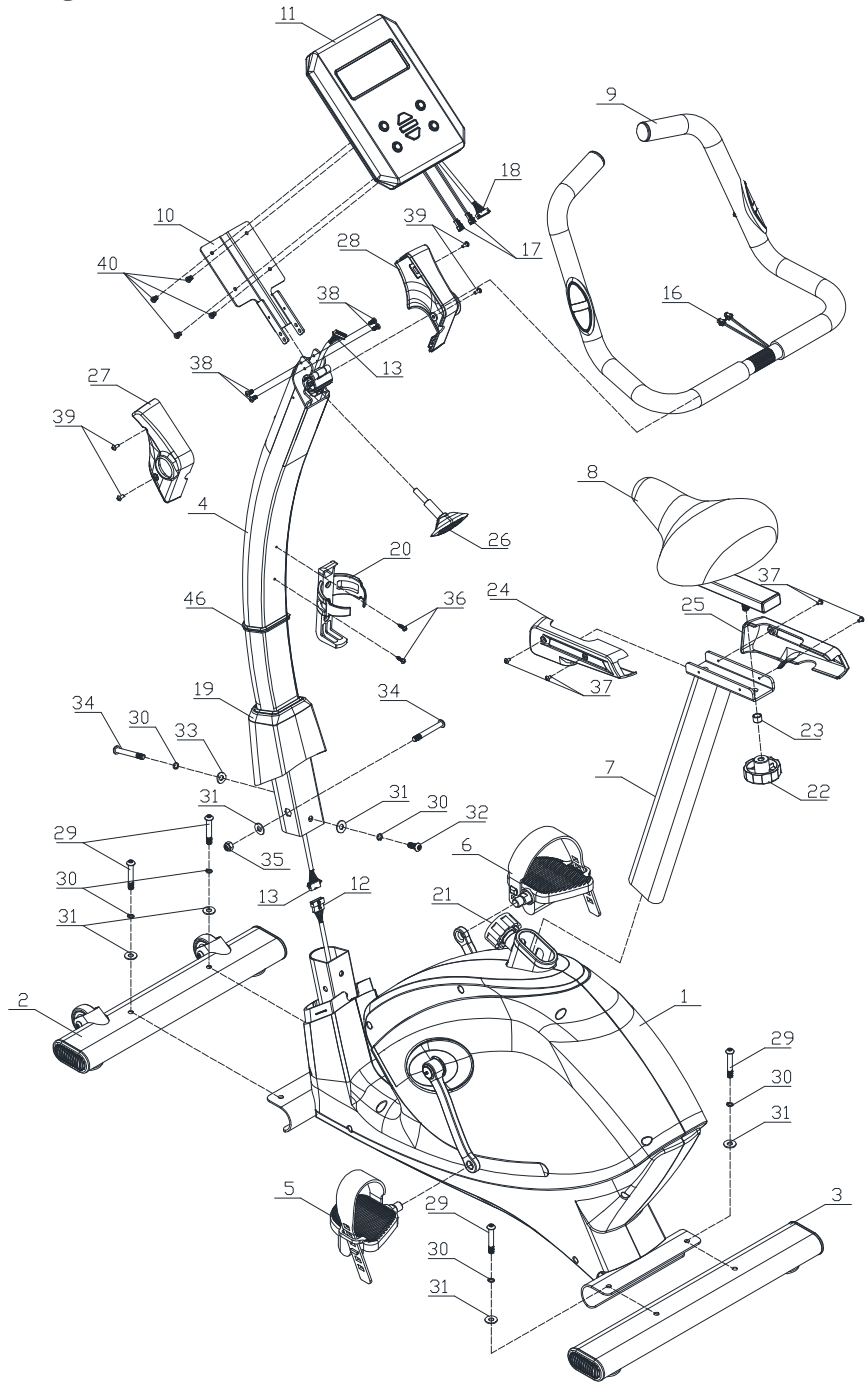
**Step 8:**

1. Connect the Console communication wire(13) and Console connection wire(18),connect the Handle pulse connection wire(16) and Console outset(17).
2. Attach the Console(11) to the Console fixed piece(10),tighten with Philips C.K.S. full head screw(40).
3. Attach the Handlebar cover(L)(27) and Handlebar cover(R)(28) through the Handlebars(9) to the Upright post(4),tighten with Philips C.K.S. full head screw(39).

Tip: Make sure all screws are in the hexagonal hole before tighten all the bolts.



# 5. Half drawing and list





## Part list:

NO.	NAME	SPECIFICATION	QTY	NO.	NAME	SPECIFICATION	QTY
1	Main frame		1	23	Bushing	Φ10.5×Φ14×10	1
2	Front stabilizer		1	24	Saddle cover(L)		1
3	Rear stabilizer		1	25	Saddle cover(R)		1
4	Upright post		1	26	T-shaped rotary knob	M8×30	1
5	Pedal(L)		1	27	Handlebar cover(L)		1
6	Pedal(R)		1	28	Handlebar cover(R)		1
7	Saddle post		1	29	Allen C.K.S. half thread screw	M8×50×20	4
8	Saddle		1	30	Spring washer	Φ8	6
9	Handlebars		1	31	Flat washer	Φ8.5×Φ20×t1.5	6
10	Console fixed piece		1	32	Allen C.K.S. full thread screw	M8×20	1
11	Console		1	33	Curved washer	Φ8.5×R25×t2.0	1
12	Magnetic sensor wire		1	34	Allen C.K.S. half thread screw	M8×63×20	2
13	Console communication wire		1	35	Hex self-locking nut	M8	1
16	Handle pulse connection wire		2	36	Philips C.K.S. self-tapping screw	ST4×16	2
17	Console outlet		2	37	Philips pan head full thread screw	M4×6	4
18	Console connection wire		1	38	Philips pan head full thread screw	M5×10	4
19	Upright post cover		1	39	Philips pan head full thread screw	M4×10	4
20	Bottle holder		1	40	Philips pan head full thread screw	M5×10(镀黑锌)	4
21	Rotary hand bolt	Φ56×M16×P1.5	1	46	Upright post decoration strip		1
22	Handlebar rotary knob		1				

## Exercise Recommendations and guidelines

### Warm-up

5-10 minutes warm-up is required before exercising.

### Breath

Do not hold your breath when exercising. Sniffing with nose and breathing out with mouth when doing relaxation exercises. Action should be coordinated with breathing. If breathing too rapidly, exercise should be stopped.

### Frequency

The same parts of the muscle exercise should have 48 hours of rest. In other word, the same parts of muscle should be trained in every other day.

### Body Load

Physical training should be determined by individual state. Then exercise step by step. Muscle soreness is normal during the first period of exercising. Pain will eased if keep exercising.

### Relaxation exercises

5-minutes relaxation exercises are needed after exercising, especially relaxation exercises on leg muscle to avoid long-term muscle condensation situation and to maintain muscle elasticity.

**Diet**

To protect the digestive system, exercise should be taken one hour after meal. and at least half an hour before eating. Less water during training, especially avoid drinking a lot of water, so as not to increase the heart and kidney burden.

**Stretching exercises**

No matter how fast you walk, it is supposed to do stretching exercises at first. Warm-up muscles are more easily to stretch. Walking for 5 to 10 minutes to warm up and then do stretching exercises as the figure shows for 5 times, each leg for ten seconds or more. Do it again after finishing training.

**1. Stretch downwards**

Bending the knees slightly and bending the body forward slowly to relax the back and shoulder. Try to touch the toes with your hands. Keep for 10 to 15 seconds then relax. Repeat 3 times. (see Figure 1)

**2. Hamstring stretching**

Sitting on a clean seat. Keep one leg straight and the other inward. Try to touch the toes with your hands, Keep for 10 to 15 seconds then relax. Repeat 3 times for each leg. (see Figure 2)

**3. Leg and Achilles tendon stretching**

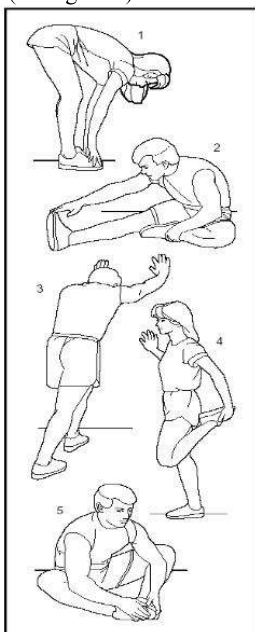
Two hand on the wall or tree, one foot on the back and keep the heel on floor then lean over the wall. Keep for 10 to 15 seconds then relax. Repeat 3 times for each leg. (see Figure 3)

**4. Quadriceps stretching**

Keep balance with left hand on the wall or desk. Stretch your right hand backwards then seize the right ankle and slowly pull it towards your hips until you feel your thigh muscles are tense. Keep for 10 to 15 seconds then relax. Repeat 3 times for each leg. (see figure 4)

**5. Sartorius (the inner thigh muscles) stretching**

Sit down with knees outward and sole facing against sole. Hands grasp feet and pull feet toward groin. Keep for 10 to 15 seconds then relax. Repeat for 3 times. (see figure 5)



## Computer operation

### Display function

ITEM	DESCRIPTION
TIME	Display the time numerical value during exercise. Range 0:00 ~ 99:59
SPEED	Display the speed numerical value during exercise. Range 0.0 ~ 99.9
DISTANCE	Display the distance numerical value during exercise. Range 0.0 ~ 99.9
CALORIES	Display the burned calories during exercise. Range 0 ~ 999
PULSE	Display the pulse numerical value during exercises. Sound the alarm when over preset target pulse.
RPM	No group of rotation. Range 0 ~ 999
WATTS	Display the consumed power rate during exercise. Range 0 ~ 350
MANUAL	Manual Setting Mode
PROGRAM	Application Mode (12 programs for your choice.)
USER	User exercising mode. User set the resistance graphics.
H.R.C.	Target heart rate training mode.
WATT	Watt control training mode.

### Button function:

ITEM	DESCRIPTION
<b>Reset</b>	. Press the button in 2 seconds, computer will reboot and start from user setting. Press the button to return to the main menu in stop mode or setting the exercising numerical value.
<b>Body fat</b>	Test the body fat percentage, body mass index (BMI)
<b>Up</b>	Select the training mode, and increase numerical value
<b>Recovery</b>	Test heart rate recovery status.
<b>Down</b>	Select the training mode, and decrease numerical value
<b>Mode</b>	Confirm the setting value or choice.
<b>Start/ Stop</b>	Start or stop working.

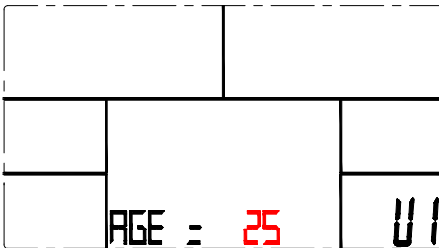
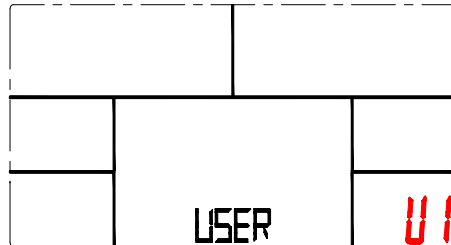
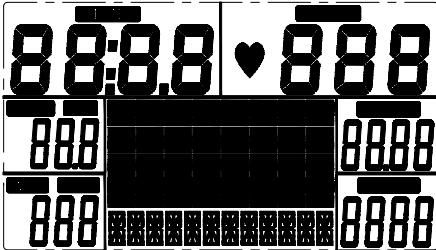
## Operation

Power on-

1. Plug in, speed meter will boot and LCD display for 2 seconds. Then show the wheel diameter value, and then enter the user setting mode (set U1 ~ U4 user group, age, gender, height, body weight).

4 minutes without pedals or heartbeat signal input, speed meter will enter power saving mode.

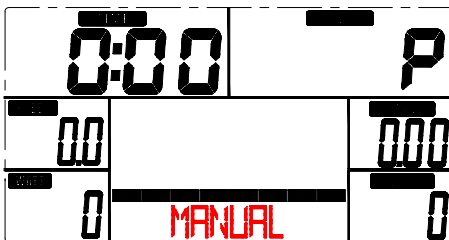
Press any key to wake up the speed meter.



## Manual Setting Mode

Under the main screen, press START/STOP button, it will enter into manual setting mode directly.

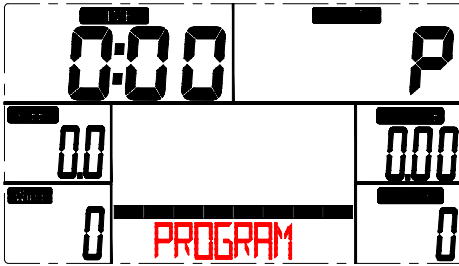
1. Press UP or DOWN to select sports program, select MANUAL and press MODE button to enter.
2. Press button to set TIME, DISTANCE, CALORIES, PULSE value, press MODE button to confirm.
3. Press START/STOP button to start.
4. During the exercise, press UP or DOWN button to resistance values (1 to 32).
5. Press START/STOP button again to suspend movement. Press RESET button to return to the main display.



## Application training mode

1. Press UP or DOWN button to select exercising program, select the PROGRAM and press MODE button to enter. Choose P01 ~ P12 graphics, then press MODE button to confirm.
2. Press UP or DOWN button to set the time numerical value.
3. Press START/STOP button to start.
4. Press UP or DOWN button to set resistance values (1 to 32) during exercise.

5. Press START/STOP button again to suspend movement. Press RESET button to return to the main display.



### User Program Training Mode

1. Press UP or DOWN button to select exercising program, select the USER PROGRAM and press MODE button to enter.
2. Press UP or DOWN button set resistance values of each field, press MODE button to enter the next set. (a total of 20 field need to set)
3. Press MODE button for 2 seconds to complete or exit.
4. Press UP or DOWN button to set the time value.
5. Press START/STOP button to start.
6. Press START/STOP button again to suspend movement. Press RESET button to return to the main display.
7. Press UP or DOWN button to set resistance values (1 to 32).

### Heart Rate Control Training Mode

1. Press UP or DOWN button to select exercising program, select H.R.C. and press MODE button to enter.
2. Press UP or Down button to select: H.R.C. 55% H.R.C. 75% H.R.C. 90% or H.R.C.T AG (H.R.) (default: 100).
3. Press UP or DOWN button to set the time value.
4. Press START/STOP button to start or stop the setting. Press RESET button to return to the main display.
- 5.If there is no heartbeat signal during exercise, speed meter will stop and alarm to remind.



### WATT Control Training Mode

1. Press UP or DOWN button to select exercising program, select WATT and press MODE button to enter.

2. Press UP or DOWN button to set the target WATT value (the default value is 120). Press MODE button to confirm.
3. Press UP or DOWN button to set the time value during exercise.
4. Press START/STOP button to start or stop moving. Press RESET button to return to the main screen.
5. User can press UP or DOWN button to adjust WATT value during exercising.

### Heart Rate Recovery Status Test

1. After a period of time of exercising, the user needs to keep holding the hand grip, and press RECOVERY button to test.
2. All function display will stop except "TIME" starts counting down from 00:60 to 00:00.
3. The LCD will display the heart rate recovery status by F1, F2... F6. F1 is the best status, and F6 is the worst. Then press RECOVERY button to return to the main display.
4. During the test, press RECOVERY button again, the console will return to the previous display.

1.0	Best
$1.0 < F < 2.0$	Better
$2.0 < F < 2.9$	Good
$3.0 < F < 3.9$	normal
$4.0 < F < 5.9$	worse
6.0	worst

### BODY FAT Mode

1. User can press BODY FAT button for BODY FAT testing when the bike doesn't work. Hold the handgrip tightly.
2. The LCD will display "- - - - -". And then it will display body fat percentage, body mass index, obesity symbols after 8 seconds.
3. It will show other symbols in following situations:

"E-1" shows that users do not put the thumb on the right position of the handgrip.

"E-4" shows that the body fat percentage and body mass index are beyond the range of the system setting.

1. After the test, press BODY FAT button to return to the former setting and continue to exercise.

#### B.M.I.:

B.M.I	Low	Low/Mid	Mid	Mid/High
Range	<20	20-24	24.1-26.5	>26.5

#### BODY FAT:

Symbol	—	+	▲	◆
body fat percentage	Low	Low/Mid	Mid	Mid/High
Sex				
Male	<13%	13%-25.9%	26%-30%	>30%
Female	<23%	23%-35.9%	36%-40%	>40%

Note:

1. This speed meter requires the use of 9V, 500 mA or 9V, 1000 mA transformer.
2. 4 minutes after stop moving, speed meter will enter into power saving mode. All the settings and exercise values will be saved until next time.
3. The speed meter display abnormal, please pull out the transformer and insert again.

**Warranty applies only while the following conditions:**

It remains in the possession of the original purchaser and proof of purchase is demonstrated.

It has been subject to accident, misuse, abuse, improper service or unauthorized modifications.

Claims are made within 12 months manufacturer's warranty period.

This warranty is for home use only. Under no circumstances is this elliptical warranted for commercial use.

If your product needs service, please contact your local distributor. The entire product is guaranteed for 1 year.