E835 OWNER'S MANUAL CONTENTS

*We reserve the right to revise this manual at any time without notice.

1. INTRODUCTION

Congratulations on your purchase of one of the finest exercise products on the market today, the SportsArt E835 Elliptical trainer. Constructed of high quality materials and designed for years of reliable usage, this product was made to become an integral part of your commercial fitness venue.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.
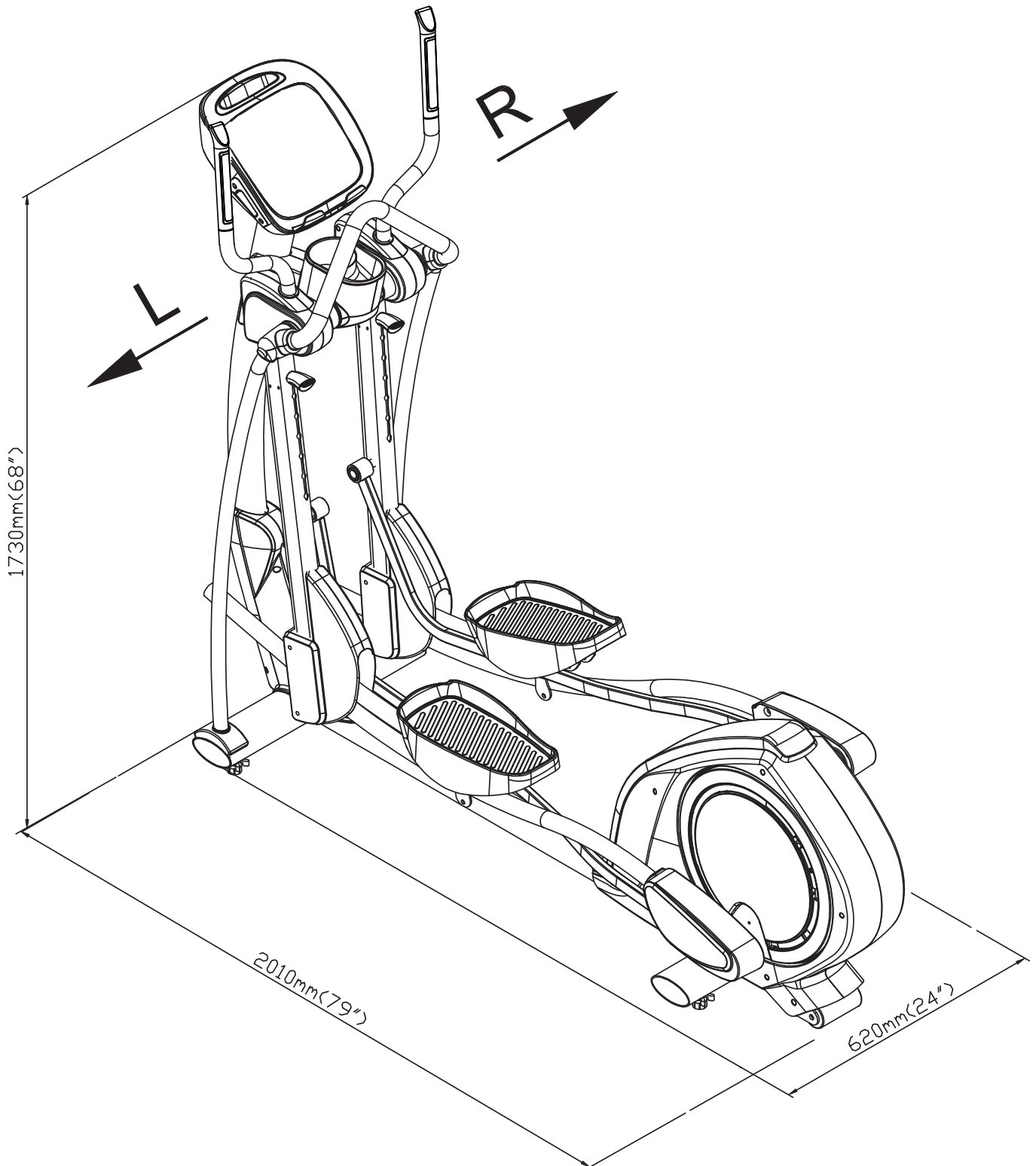
2. SAFETY PRECAUTIONS

Your SportsArt elliptical trainer was designed and built for optimum safety. However certain precautions apply whenever you use your elliptical trainer.

Please read the entire manual before assembly and operation. Also, please note the following safety precautions:

● Please read the instructions carefully and install the elliptical trainer as instructed.

● Assemble and operate the elliptical trainer on a solid, level surface. DO NOT use outdoors or near water.

● Check the elliptical trainer before every use. Make sure all parts are assembled, and all fasteners are tightened. DO NOT use the elliptical trainer if the unit is disassembled in any way.

● Keep your hands away from moving parts.

● Wear proper workout clothing; DO NOT wear loose clothing. DO NOT wear shoes with leather soles or high heels. Tie all long hair back. DO NOT go barefoot on this product.

● Be careful when mounting and dismounting the unit.

● The elliptical trainer may or may not stop immediately if an object becomes caught or impedes normal motion.

● Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt). Such parts might cause injuries or cause the unit to fail and void the warranty. We are not responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.

● Close supervision is necessary when this elliptical trainer is used by, on, or near children 14 or younger, invalids, or disabled persons.

● Use this elliptical trainer only for its intended use as described in this manual.

● Never operate this elliptical trainer if it has been damaged in any way. If it is not working properly, or has been dropped or damaged, contact your dealer.

● Keep all air ventilation areas free of blockage.

● Never drop or insert any object into any opening.

● DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.

● Please refer to the product specification table in the appendix for the user maximum weight.

● Contact your SportsArt representatives on all materials damaged in shipment. (Note: Shipping damages are the responsibility of the carrier.)

● Unpack and verify contents of boxes according to the list of parts to check if any parts are missing.

● This product is not equipped with a free wheel and therefore the moving parts cannot be stopped immediately.

● This elliptical trainer is not intended for use by persons (including children 14 or younger) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of this elliptical trainer by a person responsible for their safety.

● Children 14 or younger should be supervised to ensure that they do not play on or near the product.

● Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but may also may present a danger to the exerciser.

● Warning that any of the adjustment devices that could interfere with the user's movement should not be left projecting.

● To reduce the risk of injury from moving parts of electric shock, unplug before cleaning or servicing.

● WARNING — This stationary training equipment is not suitable for high accuracy purposes.

2. SAFETY PRECAUTIONS (CONT.)

Caution

If you feel any pain or abnormal sensation, STOP YOUR WORKOUT and consult your physician immediately. Work within your recommended exer-cise level. DO NOT work to exhaustion.

Before beginning any exercise program, you should consult with your doc-tor. It is recommended that you undergo a complete physical examination.

DO NOT step onto the highest footplate. While holding onto supports for stability, step onto the lowest footplate.

Note: This equipment has been tested and found to comply with the limits for a digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particu-lar installation. If the user desires to correct such interference, it is at the user's own expense.

Warning

Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, stop exercise immediately.

3. WARNING LABEL POSITION

If you are a French speaking person in North America, please place the following label contained in the owner's manual on the console as shown. Customers outside of North America will not receive this French warning label.

(Note: If there are any other warning labels contained in the owner's manual, please place them on the clearly displayed location on the console as well.)
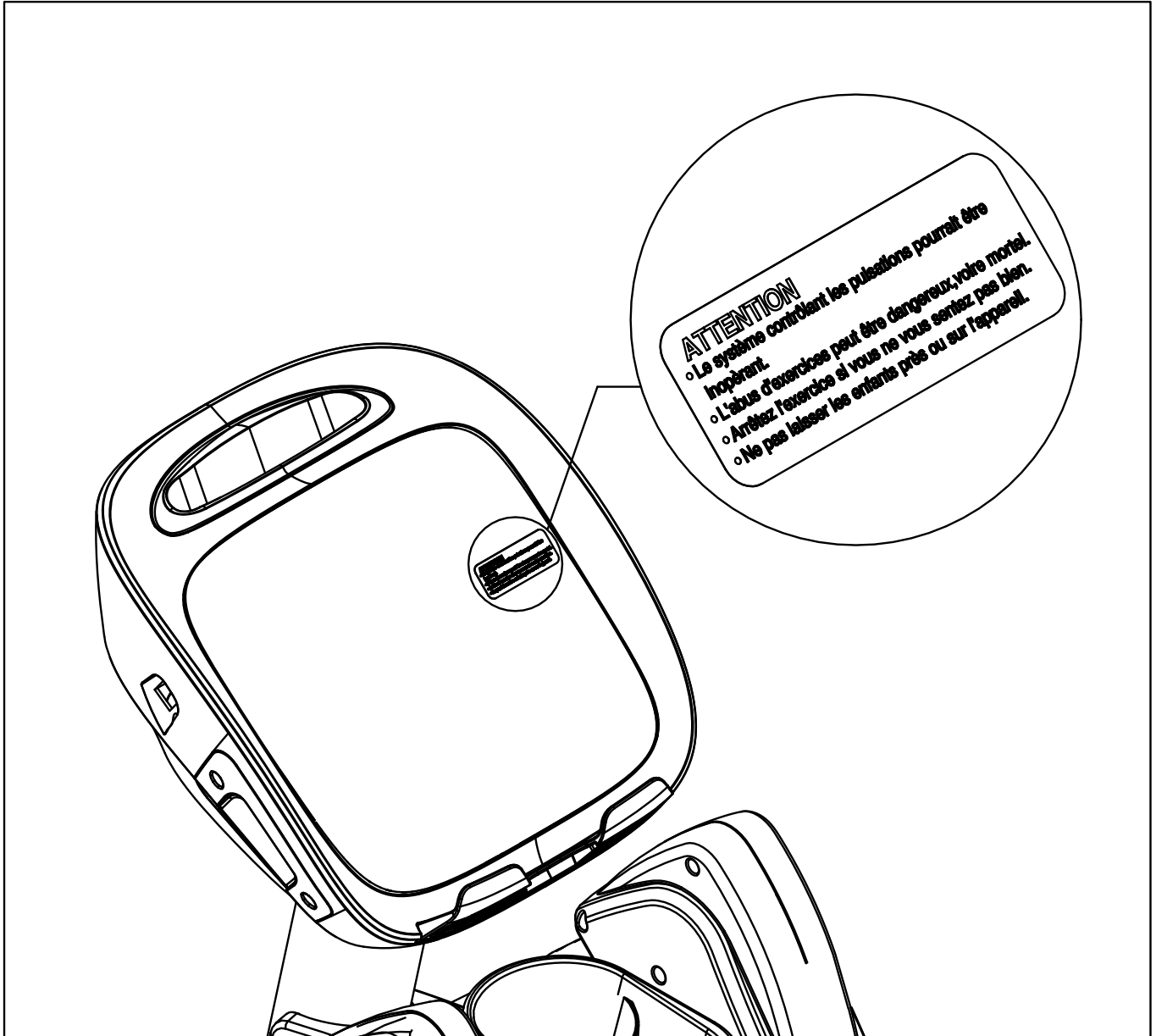
4. LIST OF PARTS

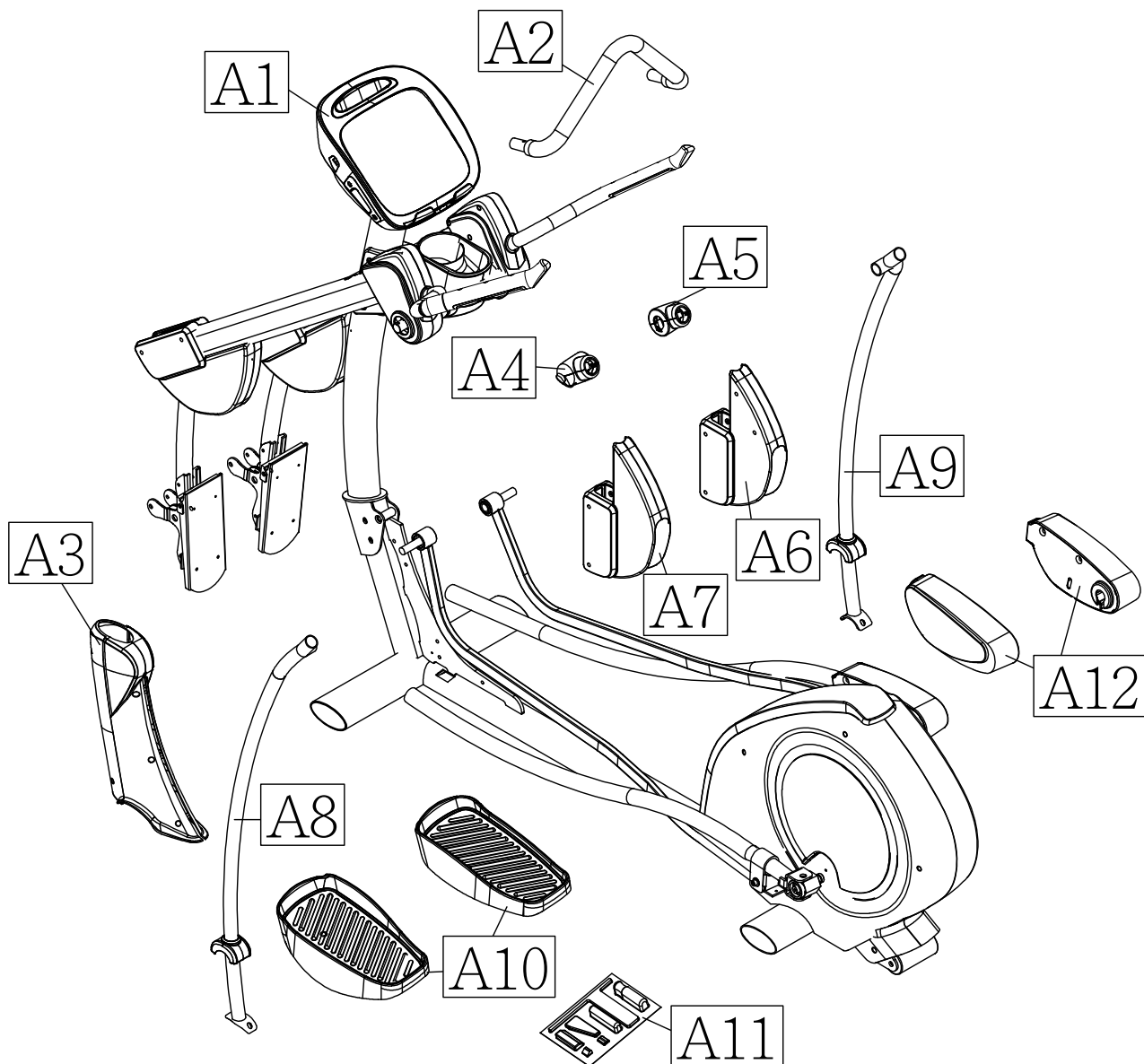| **Assembly Parts**					
No.	**Name**	**Qty.**	**No.**	**Name**	**Qty.**
A1	Main frame	1	A8	Support tube, left	1
A2	Stationary handlebar	1	A9	Support tube, right	1
A3	Pedestal covers, left	1	A10	Foot pedals	1
A4	Stationary handlebar cover, left	1	A11	Hardware kit	1
A5	Stationary handlebar cover, right	1	A12	Glide rail covers	2
A6	Right roller cover	2	A13	French Sticker (For USA)	1
A7	Left roller cover	2			

Components in the Hardware Kit				
No.	Name	Qty.	Specification	Notes
10	Mushroom top inner hex screw	6	M10*P1.5*L20	
	Serrated washer	6	D20*d10.2*t2.0	
11	Secondary guide roller bolt	2	D9.96*L54	
	Self-lubricating bushing	4		
	Secondary guide roller	2	D23*L45	
12	Stride adjustment linkage cover	2		
13	Hex nut	2	M10*P1.5	
	Stopper	2	Ø30-30	
14	Phillips screw	4	M4*P0.7*L12	
15	Mushroom top philips screw	9	M4*P0.7*L12	
16	Phillips screw	2	M5*P0.8*L12	
17	Phillips screw	2	M4*P0.7*L8	
	Ground wire	1	Yellow/Green L1500	
	L-shaped Allen wrench	1	M4	
	L-shaped Allen wrench	1	M5	
	T-shaped Allen wrench	1	M6	
	Hex Phillips wrench	1	13*15	
	Double open-end wrench	1	14*15	

| Components on the Product			
No.	Name	Specification	Notes
31	Beveled head hex screw	M10*P1.5*L20	
32	Phillips screw	M4*P0.7*L8	
33	Phillips screw	M4*P0.7*L14	
34	Inner hex screw	5/16"*L2-1/4" half	
	Flat washer	D20*d8*t2.0	
35	Mushroom top inner hex screw	M8*P1.25*L25	
	Handlebar washer	D18*d8.5*t2	
36	Inner hex screw	M6*P1.0*L15	
	Handlebar washer	D20*d7*t2	
37	Mushroom top inner hex screw	M6*P1.0*L15	
	Flat washer	D13*d6*t1	
38	Mushroom top philips screw	M5*P0.8*L16	

5. ASSEMBLE THE PRODUCT

Follow instructions below to assemble this product. Note that in this manual the words "left" and "right" are used to refer to the product and its parts. As such, these designations correspond to the "left" and "right" sides of a person in position to exercise on this product. Also, for brevity, the word "screws" is used where screws, washers, and other hardware may be involved.

STEP 1 | Install the Frame

Please follow instructions (a) through (h) to secure the pedestal.

(a) Remove the upper box and all packing material but leave the main frame (A1) in the lower box for support.

(b) The screw A (10) is loosely attached before assembly. Raise the main post or pedestal into position. Secure the pedestal hardware in sequence, first D (31), then A (10), B and C (10) as shown below.

(c) Then, raise the stride support Assembly (1) and pedal carriage (2). Place the tip of the food pad surface on the ground (3). Do this step on the other side of the unit as well.

(d) Tip the frame slightly to access glide rail E.
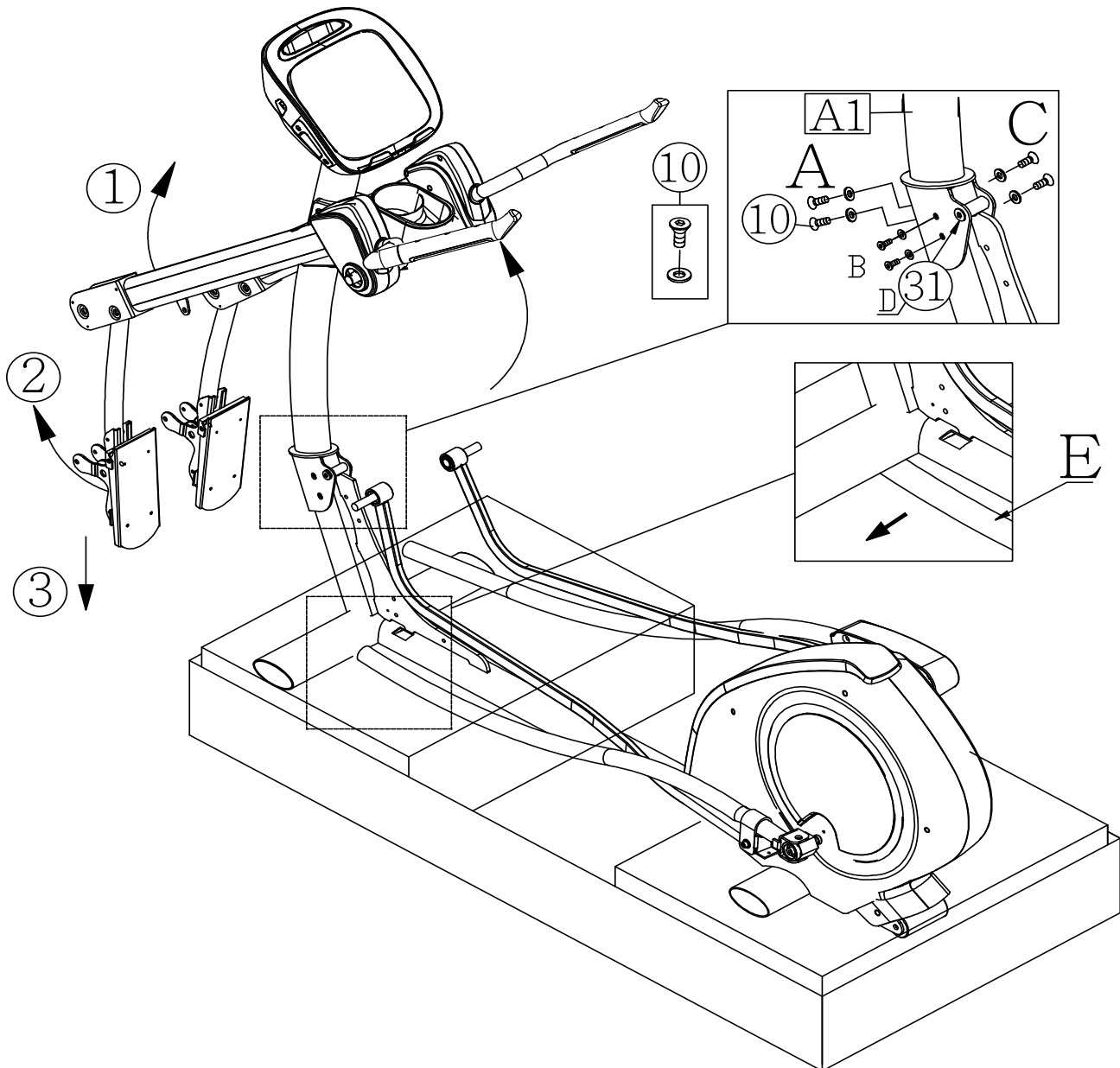
(e) A: Once slip the glide rail into (Part A) and then place the pedal carriage lightly on the glide
rail support (Part B). Connect the guide roller on the bottom of the glide rail. (Please note
the direction to insert the screw is from outside to inside)

B: Unsecure the bolts (32) (33) from the left/right roller covers (A6) (A7) and then put the left/
right roller covers (A6) (A7) place and secure them (32) (33) as shown below.

Warning: Consult the manual and follow all assembly nstructions carefully. Please note that
incorrect assembly may present a danger to the exercise, will damage the elliptical
and void the warranty.
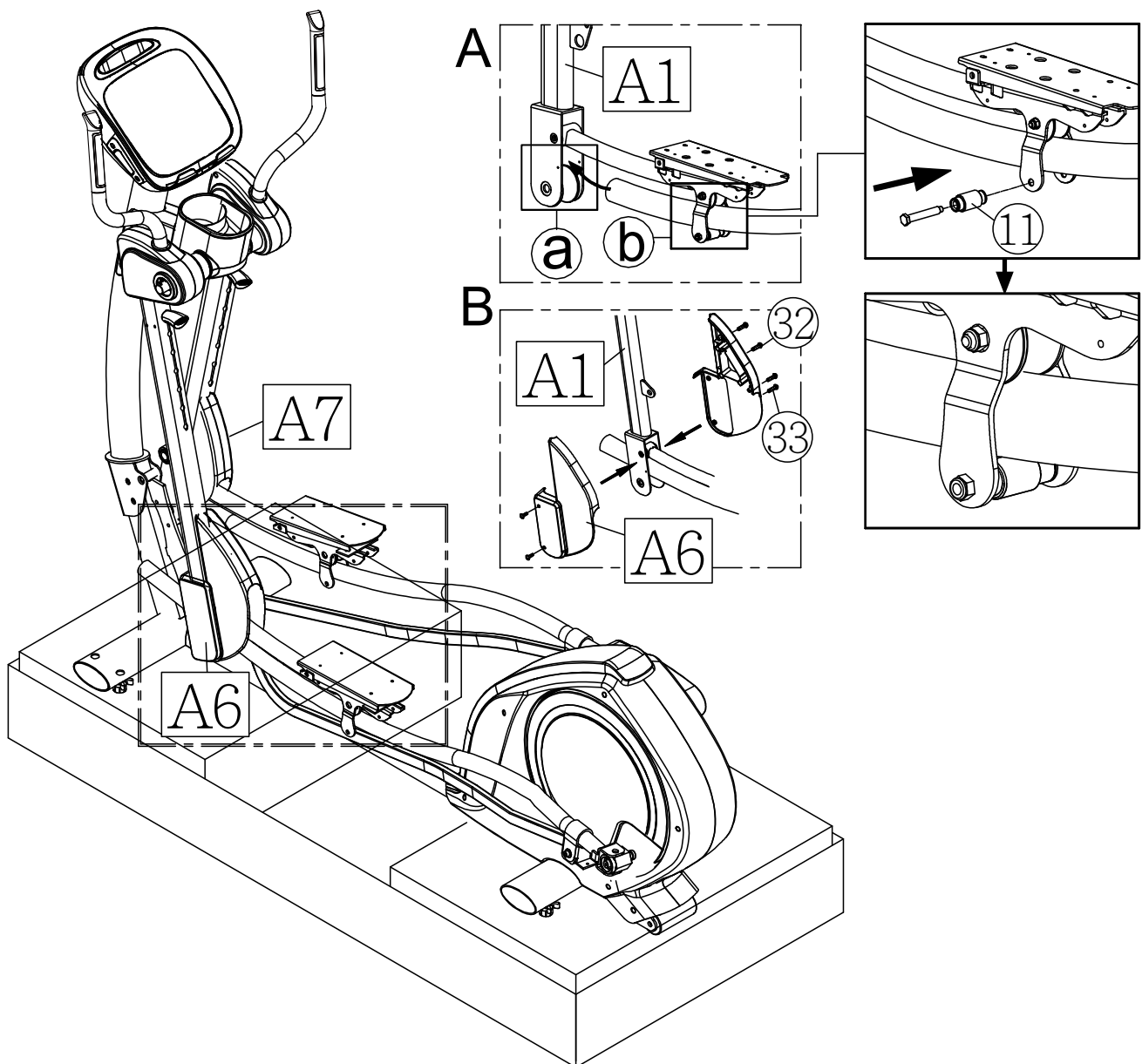
(f) Put the stride linkage in place and use the bolt (34) and washer to secure it onto the stride support assembly and then press the stride adjustment linkage covers (12) into place as shown below. Complete steps (d), (e), and (f) on the other side of the unit too.
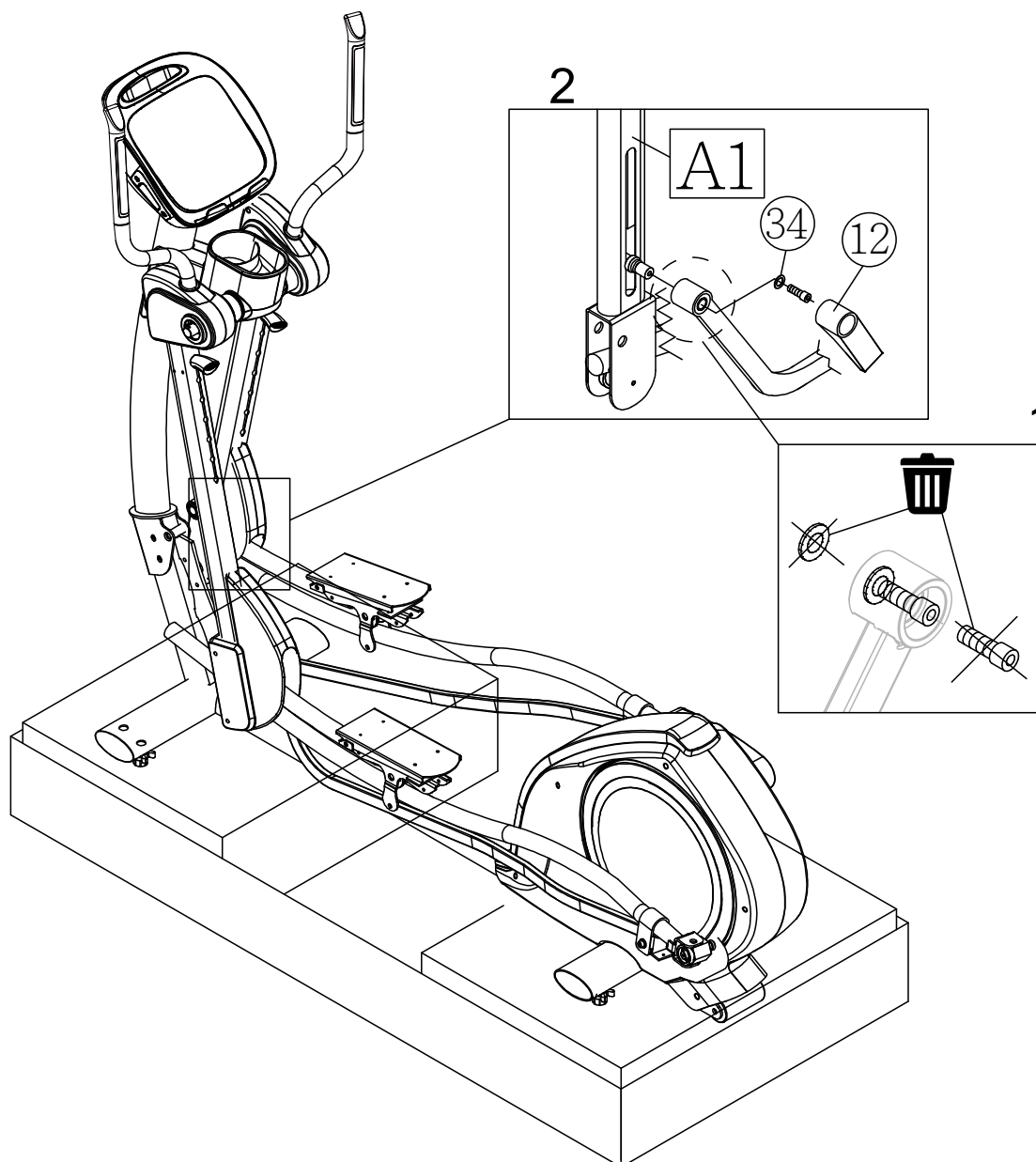
Install the Frame (CONT.)

(g) Secure stopper (13) on the front, bottom of both glide rails and then remove the unit from the lower box.
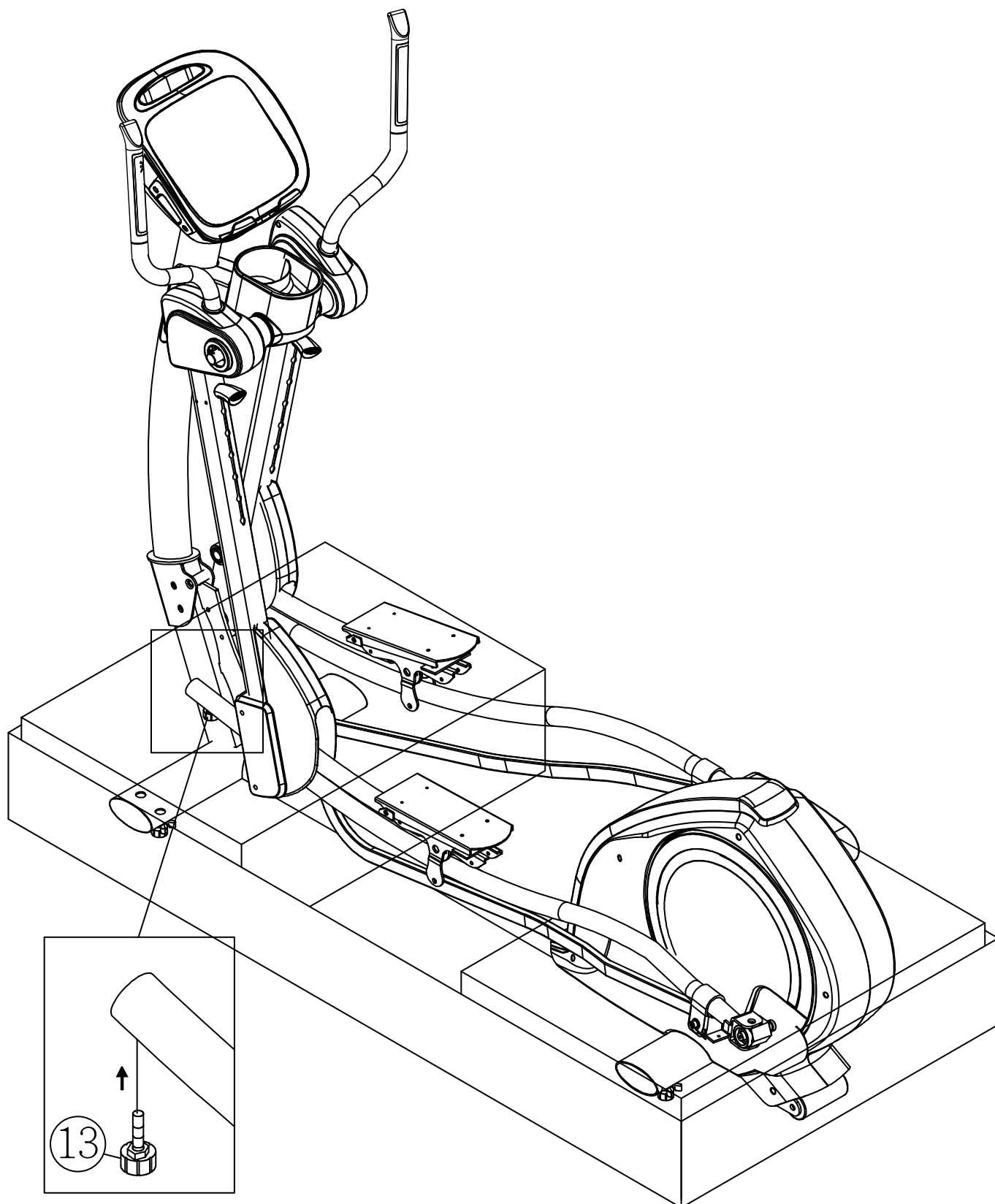
(h) (1) Loosely secure bolts (35) (36) A and B on both support tube (A8) (A9). At this point, do not tighten these bolts.

   (2) With hardware (37) shown in illustration I, secure the stationary handlebar (A2) at both sides and then tighten bolts (35) (36) at area A and B.

   (3) Secure the stationary handlebar covers (A4) (A5) with screws (14). When securing the handlebar, make sure direction of screws (14) are 90-degree to the stationar handlebar (A2).
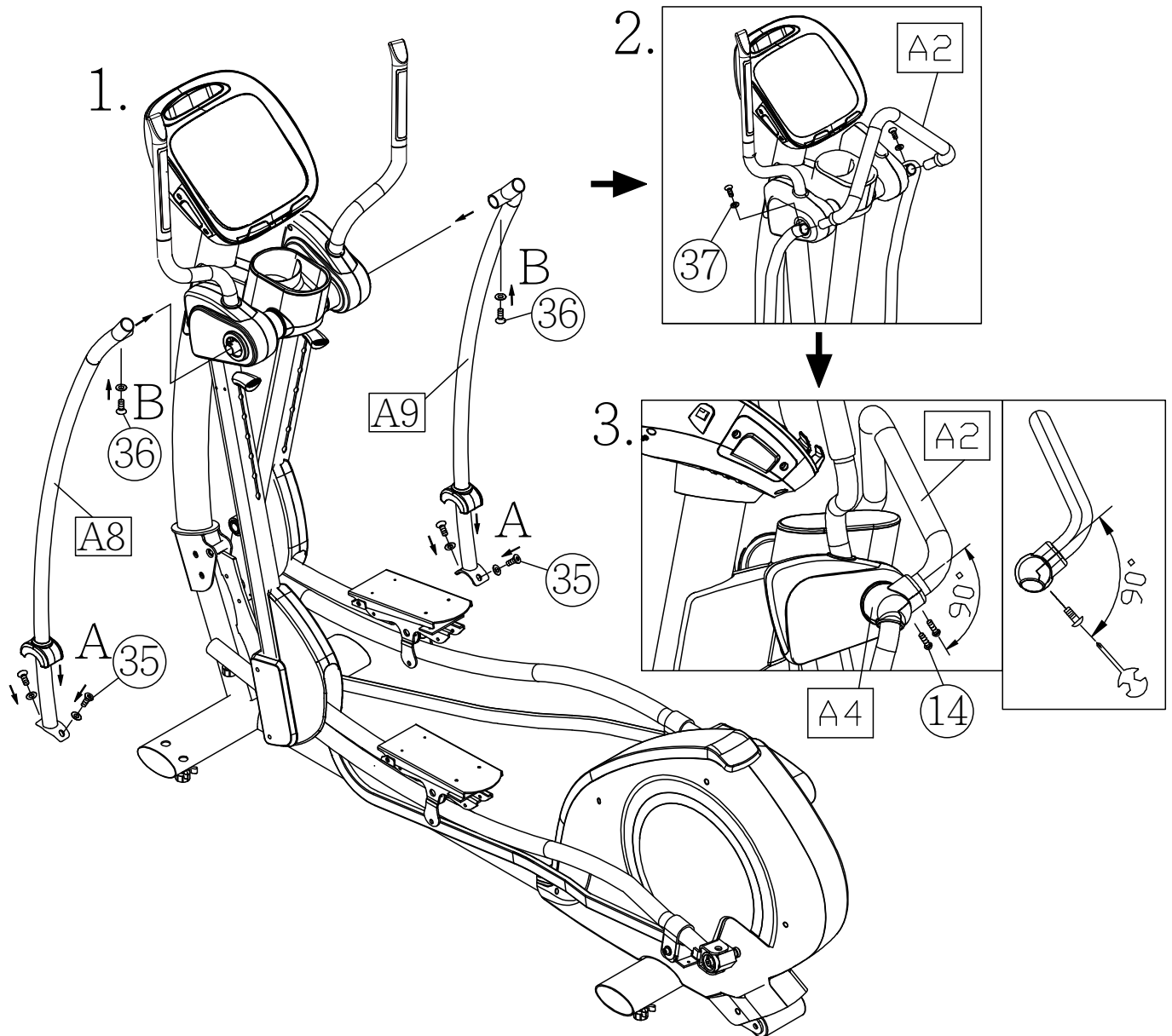
STEP 2   Install the Glide Rail

Follow instructions (a) through (c) to install the glide rail.

(a) Move part (A) of the glide rail to the upper left part of the flywheel within the 90-degree indication. Hook the part B onto the glide rail.

(b) Turn part B clockwise as shown to a nearly horizontal position of the glide rail covers (A12).

(c) Install part C onto part B. Use screws (15) (16) to fasten these parts together.
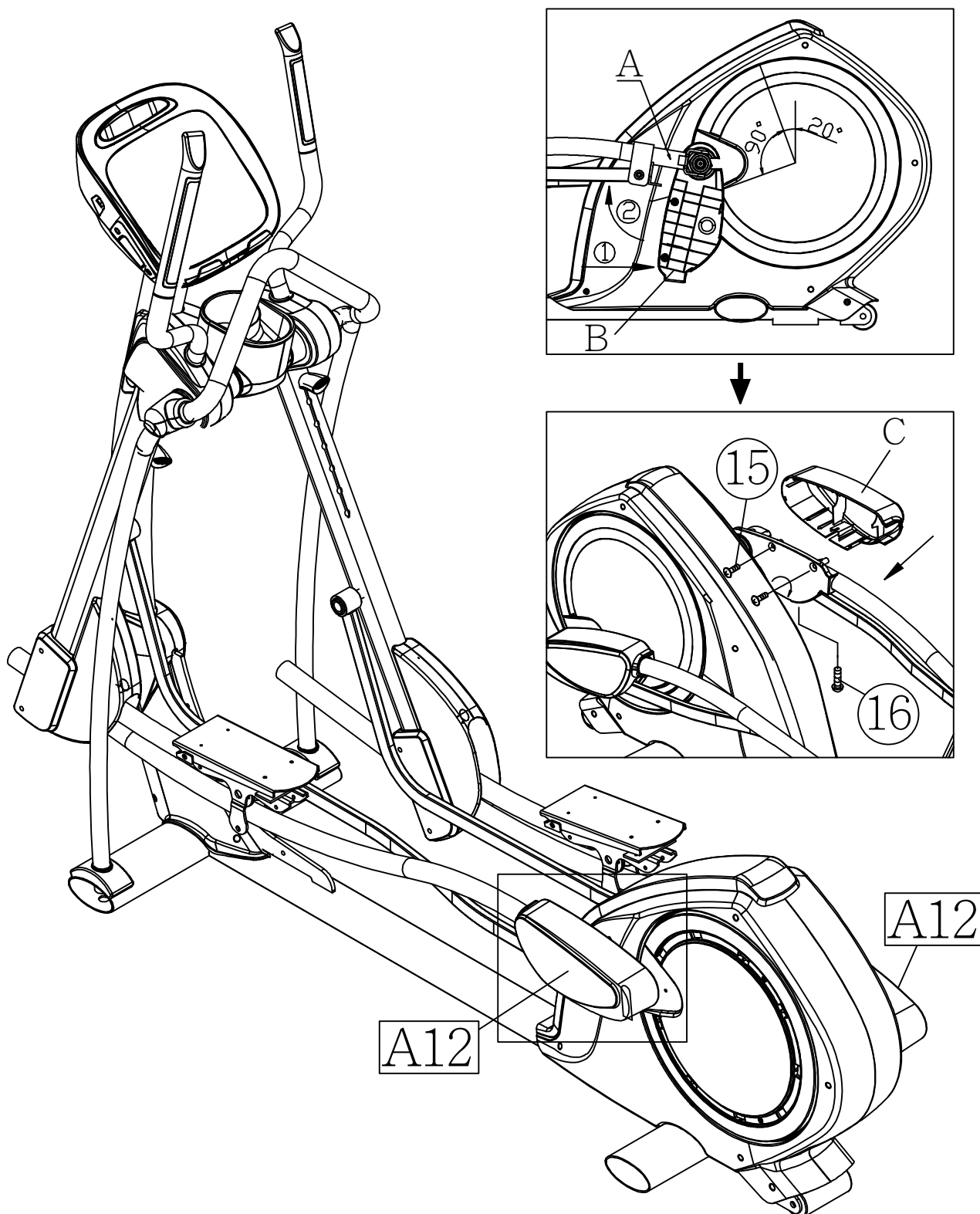
STEP 3   Install the Pedestal Covers

Hold the pedestal covers in place. Use the screw driver provided to tighten screws (15) into the pedestal covers (A3).
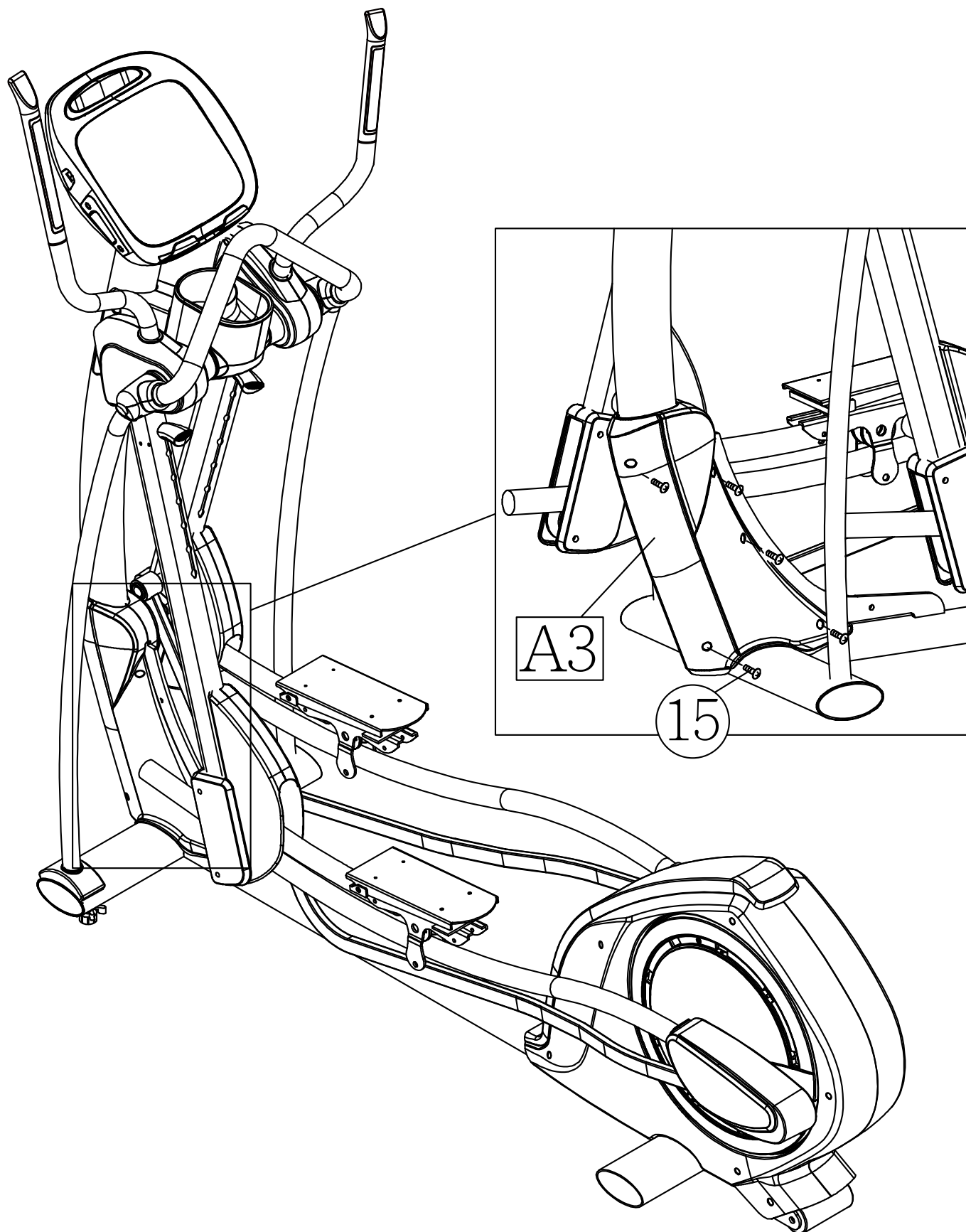
STEP 4   Install the Foot Pedals

Follow steps (a) through (b) to secure the support tubes.

(a) There are rubber pads (A) on the foot pedals (A10). Fold the rubber pad (A) up to access screws. Secure the foot pedals (A10) onto the plate of main frame with screws (38) as shown.

(b) Press the rubber pads (A) onto foot pedals (A10) firmly by Inserting the nibs on the rubber pads (A) through the holes in the foot pedals (A10). Make sure that the nibs protrude through the foot pedals (A10). (Please do not pull out the nibs in the middle.)

Follow instructions (a) through (c) to install the details of the foot pedals.

(a) Make sure the middle nibs on the foot pedals (A10) are firmly placed into the middle holes on the foot pedals (A10). Pull the nibs through the foot pedals (A10) until they fit snugly in place.

(b) Secure the front screws (shown as m1) on the foot pedals (A10). Insert the front nibs into the holes on the foot pedals (A10) (shown as M). Pull the front nibs in place securely.

(c) Secure the back screws (shown as n1) on the foot pedals (A10). Insert the nibs into the holes on the foot pedals (A10) (shown as N). Pull the nibs securely into place.

Foot Pedals
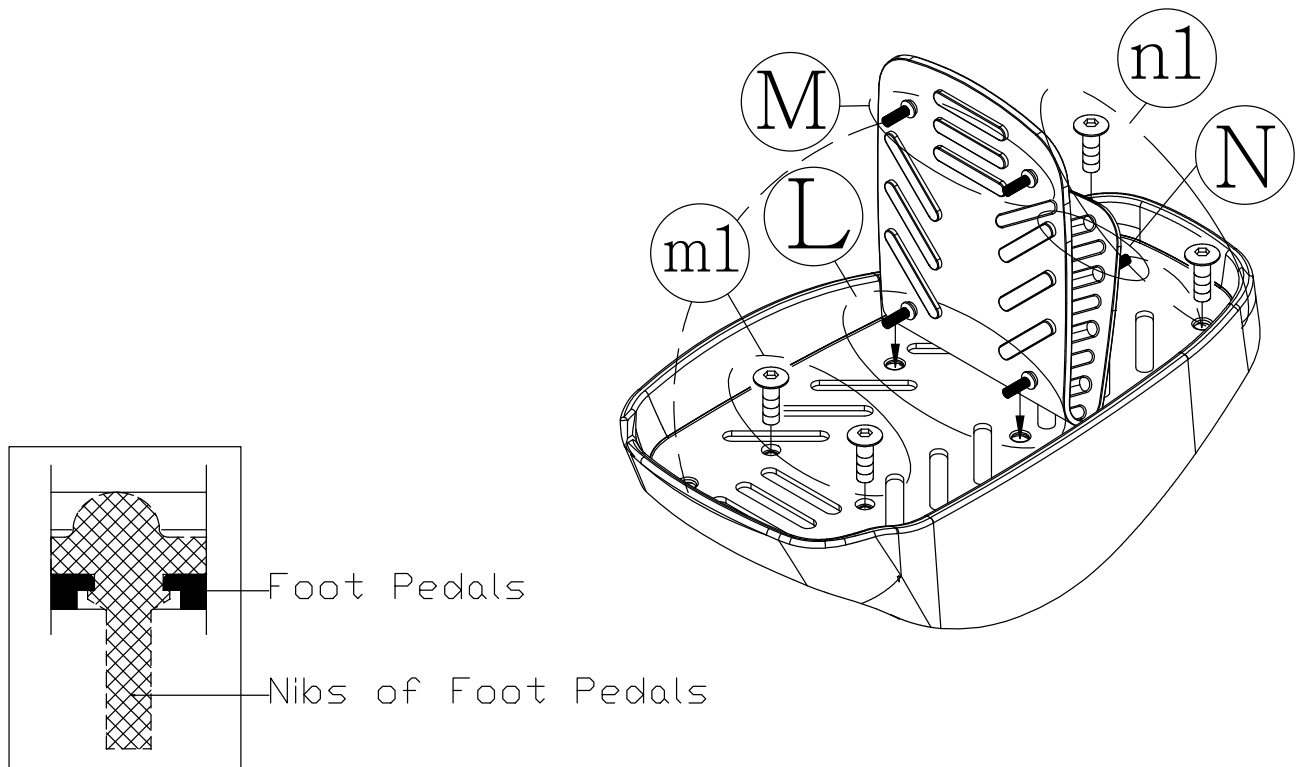
Nibs of Foot Pedals

NOTE: Make sure the nibs go through the Foot Pedals.

STEP 5   Level the Product

Please apply force to the end of the machine to check if the leveling knob is stable on the ground. If not, adjust the levelers as follows:

(a) Loosen the leveling knob.

(b) Rotate the leveling knob downward to the ground to make it steady.

(c) Tighten the leveling knob.

(d) After the machine is installed and positioned, perform the test again. If necessary, make adjustment to be sure the equipment works properly.

Space
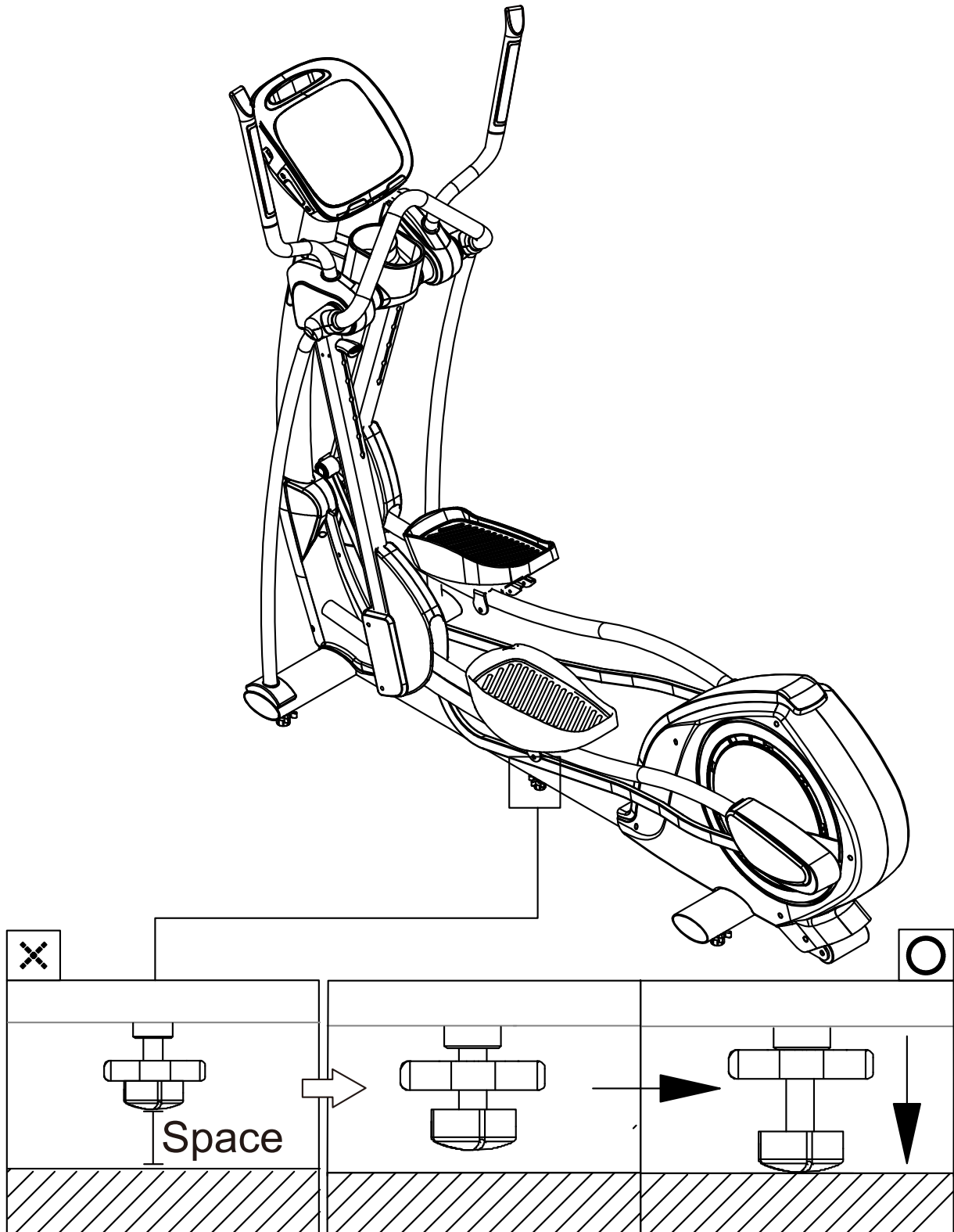
STEP 6 | Install the Ground Wire

Note: A ground wire and the following instructions are required by European safety standards. The ground wire is not required by North American safety standards.

To avoid electric shock and current leakage, this product has an exterior ground wire. For your safety, connect this ground wire to the unit and to the building ground. Installation instructions: Please use screws and washers to secure one end of the ground wire to the product frame as shown and the other end to the building electrical ground.
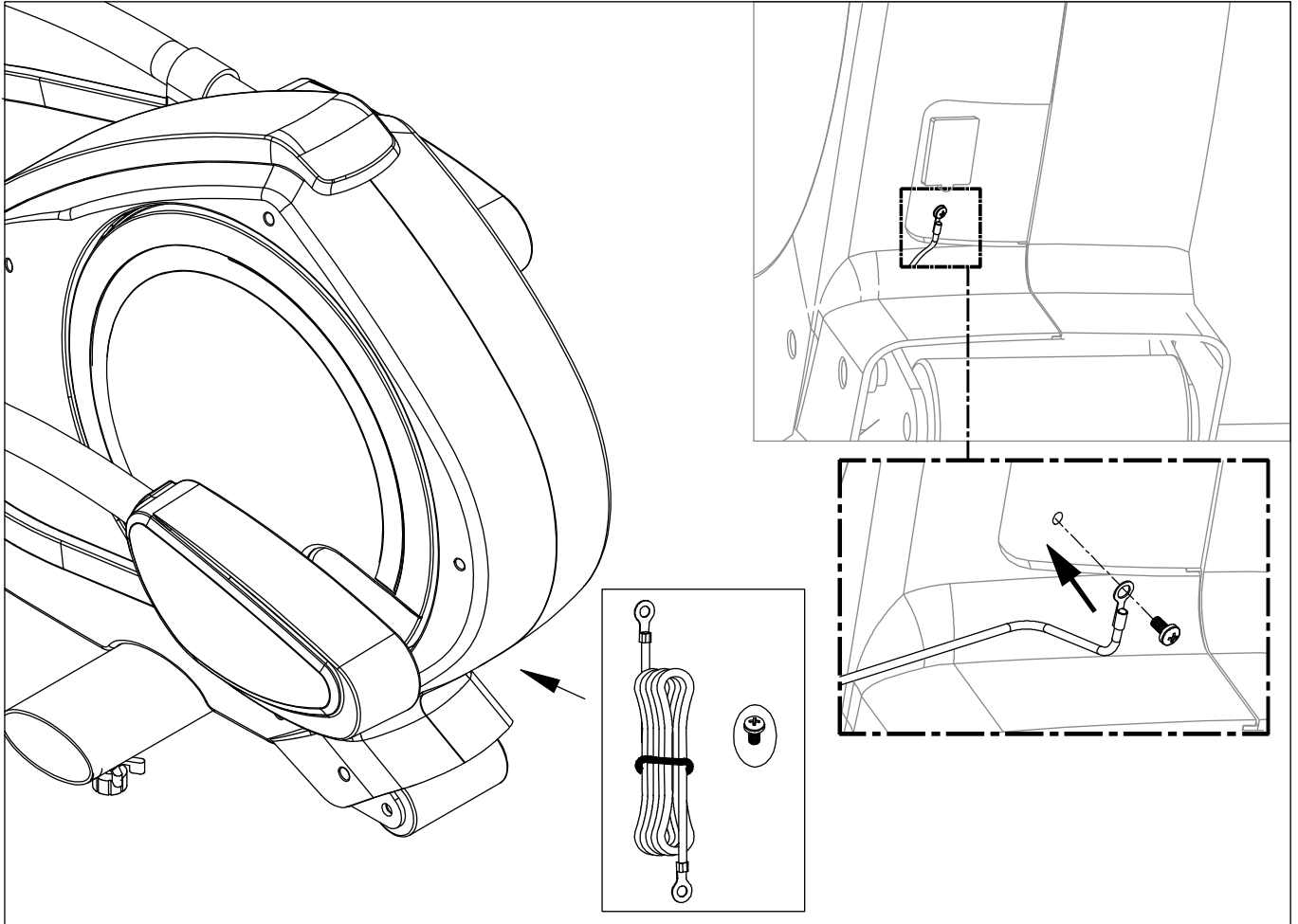
STEP 7 Unit Inspection

After completing the assembly, please follow instructions (a) through (b) below to inspect the unit.

(a) Before plugging the power cord, make sure the unit is steady and on a level surface. If the unit is not steady, make adjustments according to the instructions "Level the product" of this manual.

(b) After plugging the power cord, operate the control panel to test and ensure that the unit is working properly. If the unit cannot be operated after the power on, please check the connection and the fuse. Consult an experienced technician from SportsArt for help with any questions.
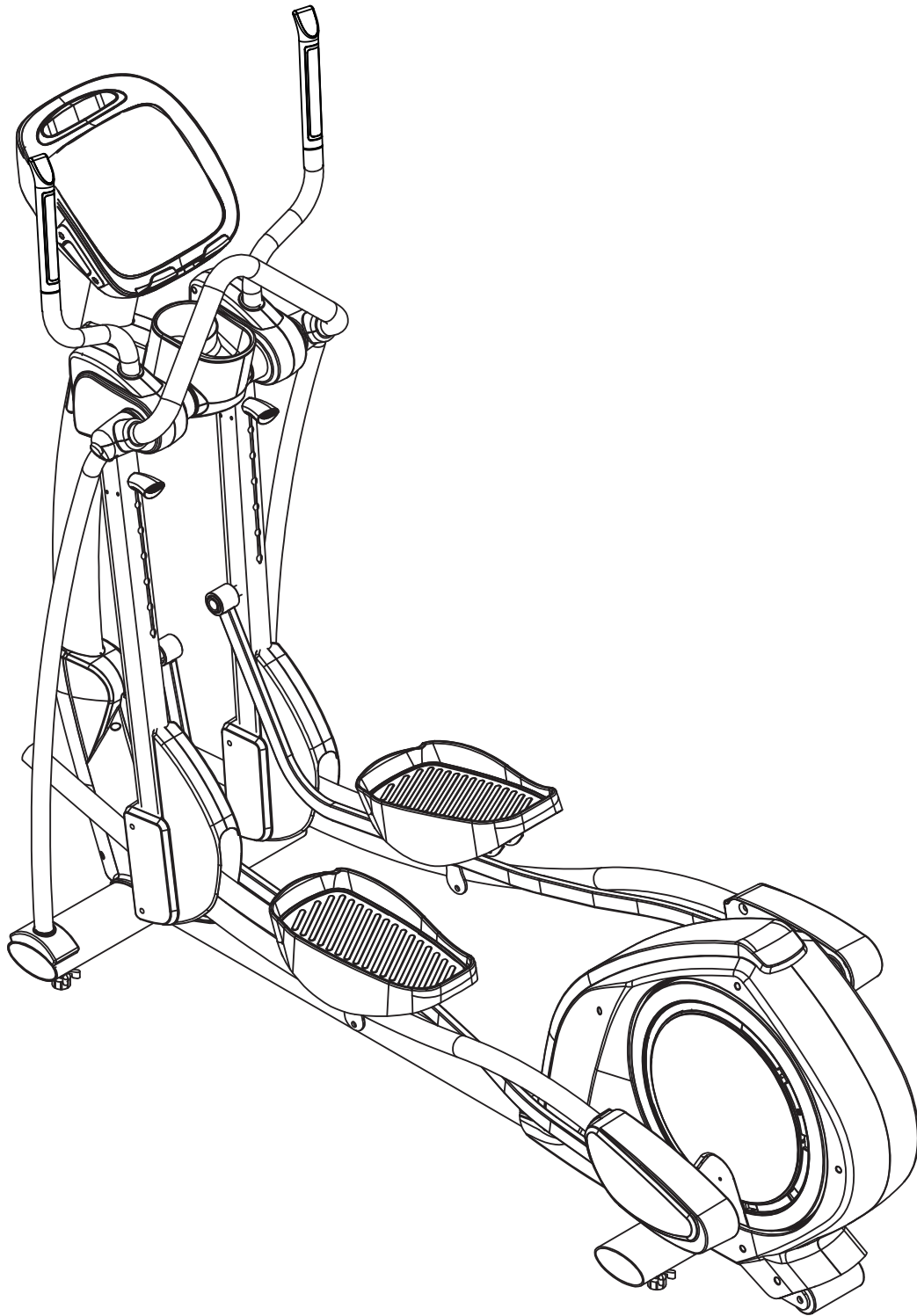
STEP 8 Beware of Moving Parts

This product has moving parts that could be a danger to people and animals. During use, do not insert hands or other objects into the stride adjustment slot, the opening in the rear cover, or other areas in which such action might present a hazard.
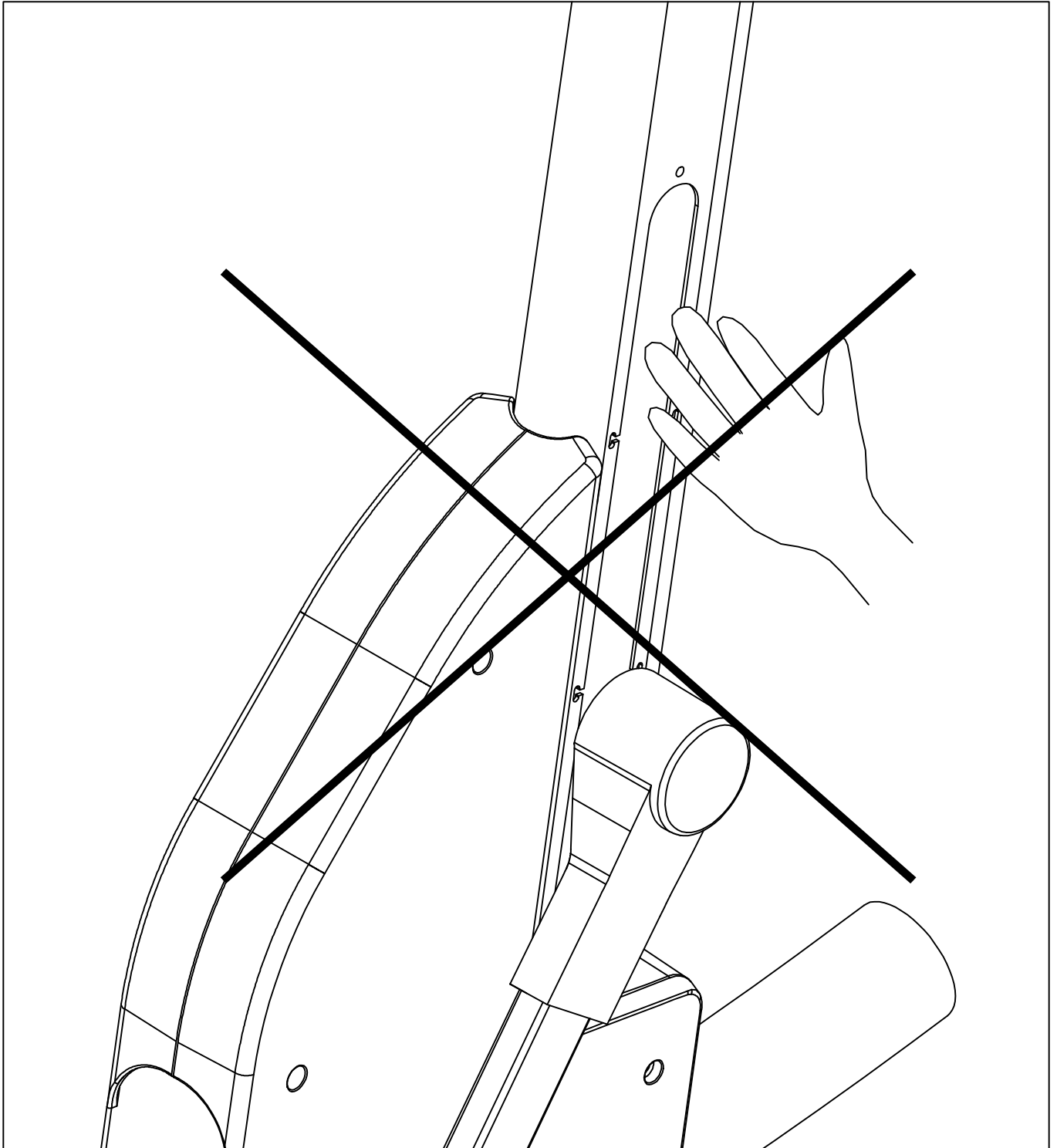
6. UNDERSTAND E835 LED DISPLAY

DISPLAY Overview

The E835 elliptical trainer is designed for user convenience. With better feedback about your workout, you get better results. The following explains the display key and window functions. Please read this manual, understand the display functions, and thereby get optimum enjoyment and benefit from this product.
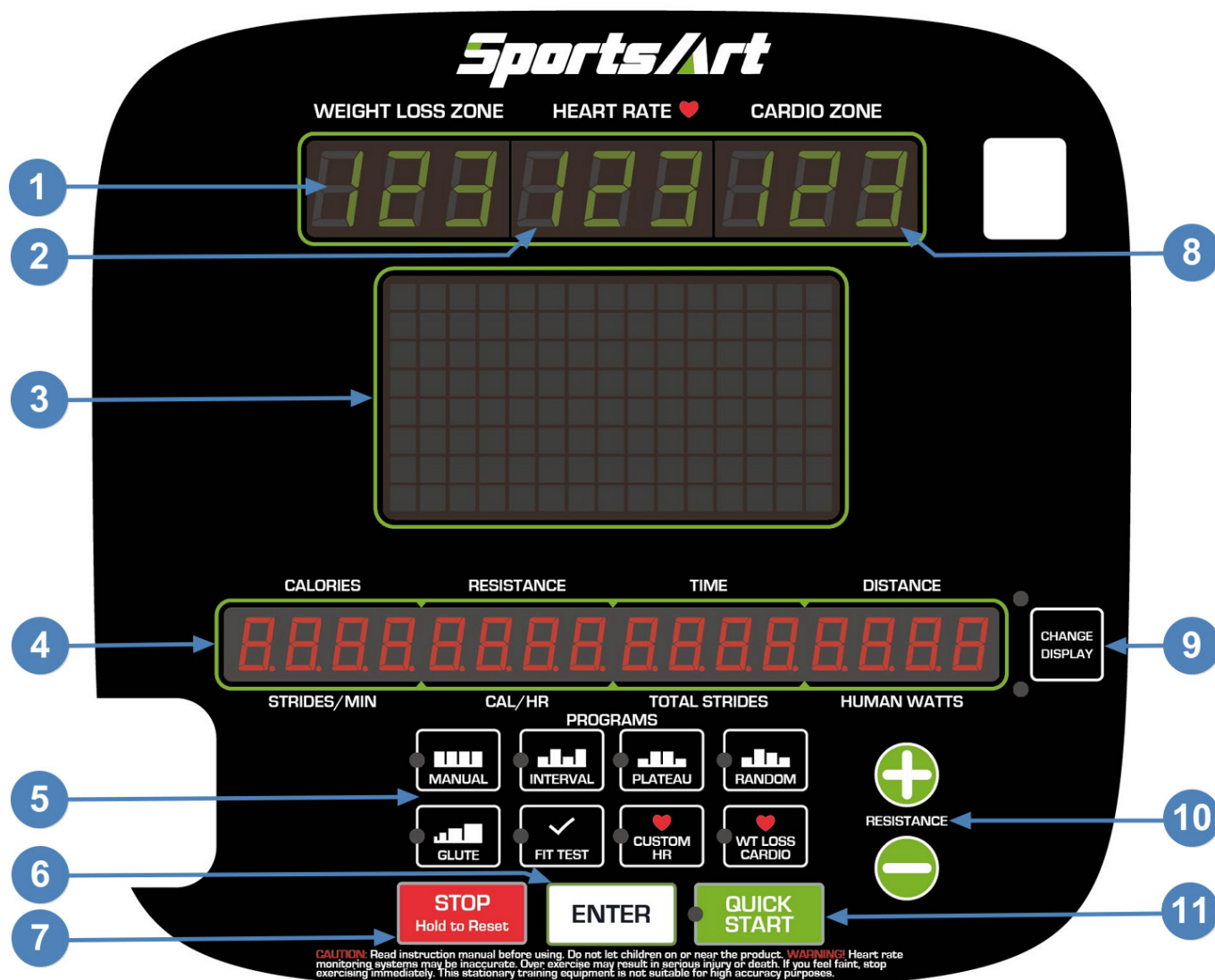
No.	Description	No.	Description
1	Weight loss 65% target heart rate	7	Stop/Reset Key
2	Actual heart rate	8	Cardio 80% target heart rate
3	Dot Matrix Screen	9	Change Display Key
4	Exercise feedback screen	10	RESISTANCE +/-
5	Workout program keys	11	Quick Start key
6	Enter key		

6. UNDERSTAND E835 LED DISPLAY(CONT.)

DISPLAY Specifications

● Workout level (resistance level): 1 - 40

● Time: 0:00 - 300:00

● Distance: 0.00 - 9999 km or mile

● Calories: 0.0 - 9999 kcal

● Heart Rate range: 35 -255bpm

● Stride per minute (SPM): 5 – 120 (Range shown)

● Human Watts: 0 – 9999

● Total strides (accumulated stride count): 0 - 9999

● METS: 0.0 - 99.0

● Programs: MANUAL, INTERVAL, PLATEAU, RANDOM, GLUTE, FIT
   TEST, CUSTOM HR and CARDIO/WT LOSS.

DISPLAY Windows

● Cardio Advisor™ shows heart rate goals, WT LOSS 65% and CARDIO80%,
   and actual heart rate (center).

● The exercise feedback window shows workout usage prompts and workout information.

● The workout illustration window shows workout program illustrations.

DISPLAY Keys

Display key functions are introduced briefly below.

QUICK START – Press this key to start exercising without first entering age, weight,
and other user information. During program set up, press this key to start using the selected
program.

MANUAL – This key allows you to directly control resistance, via resistance keys.

INTERVAL – Press this key to select one of three interval programs: 1:1, 1:2, 2:2.
Numbers represent minutes. For example, the 1:1 interval program consists of
oneminute of rest, followed by one minute of work.

PLATEAU – This workout program gradually increases in difficulty, plateaus, then
tapers off, in a 20-60-20 pattern.

RANDOM – Press this key to select one of an almost endless number of randomly
generated workout programs. Each key press, the console will randomly generate
a different program.

6. UNDERSTAND E835 LED DISPLAY(CONT.)

GLUTE – This workout program is designed to train the gluteal muscle group. There are 3 programs to select from.

FIT TEST – Press this key to enter a FIT TEST program and start the fitness test.

CUSTOM HR – This heart rate control program allows you to set your own target heart rate.

WT LOSS – A heart rate control program, the weight loss workout is designed to keep the exerciser's pulse at the optimum rate for losing weight. Resistance settings change automatically to maintain a target heart rate calculated by the formula (220-AGE)*0.65.

CARDIO – A heart rate control program, the cardio conditioning workout is designed to keep the exerciser's pulse at the optimum rate for cardio conditioning. Resistance settings change automatically to maintain a target heart rate calculated by the formula (220-AGE)*0.8.

ENTER – After making a selection, press this key to confirm your choice.

RESISTANCE +/- – Press this key to change resistance settings. Settings change by one level each time the key is pressed.

STOP/HOLD TO RESET – During a workout, or Cool Down mode, press this key to display the workout information such as time, distance and calories. At workout summary display mode, press this key to end this program and return to idle and the display will show: SELECT A PROGRAM. At any time of a program, press and hold this key for 2 seconds, it will reset the console and return to idle mode.

CHANGE DISPLAY – This key controls the exercise feedback window, which has two rows: The top row shows CALORIES,RESISTANCE, TIME, DISTANCE; the bottom row shows STRIDES/MIN, CAL/HR TOTAL STRIDES, HUMAN WATTS. Corresponding LEDs light to indicate the active row of exercise feedback. Press the CHANGE DISPLAY key to toggle between top and bottom feedback row views.

7. OPERATE THE PRODUCT

OPERATION Safe Operating Area

(a) Safety clearance required as shown below. Do not allow people to be near this area when operating.

(b) Noise emission under load is higher than without load.

Safe Operating Area
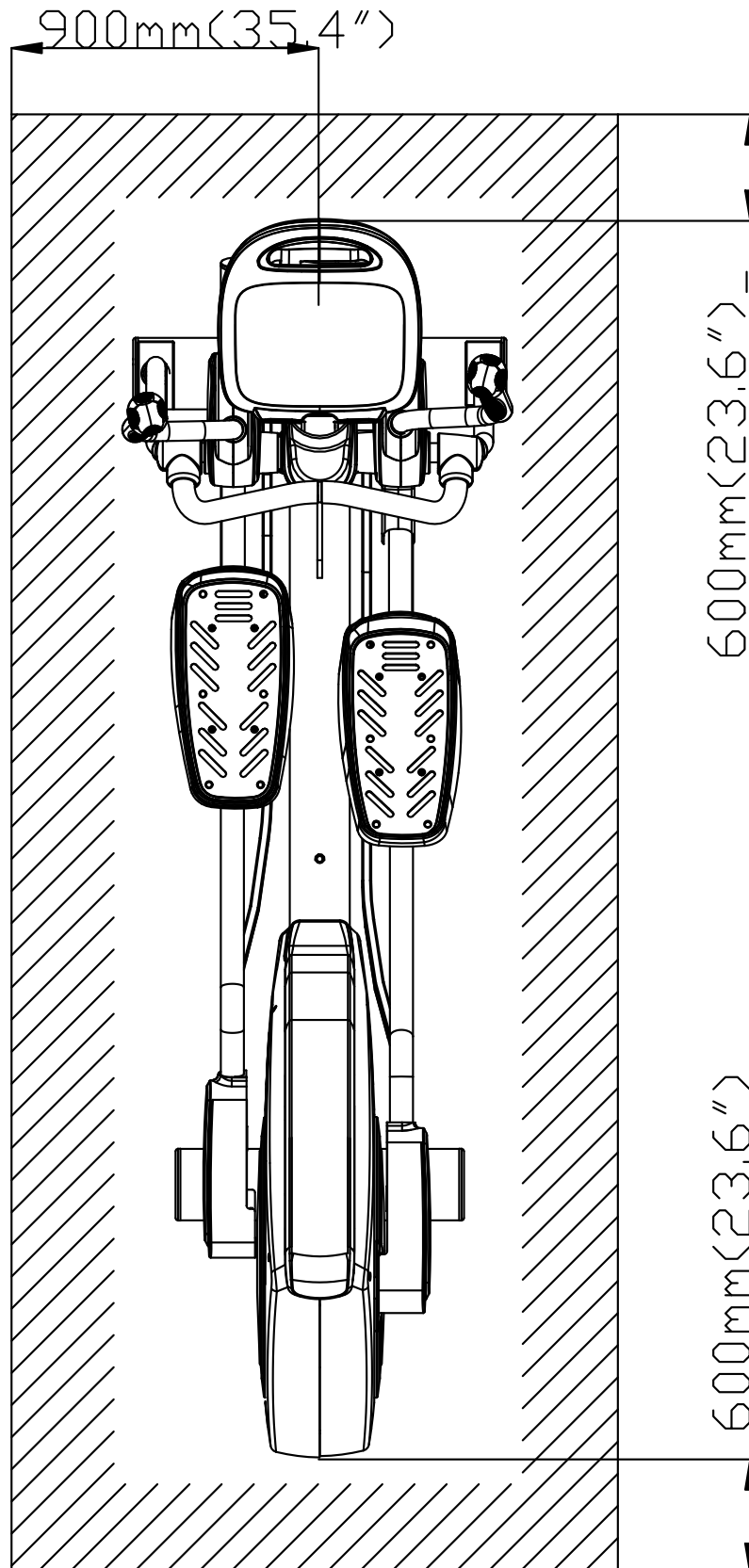
OPERATION Safely Get On/Off

(a) Place your feet on floor and then hold the handles to steady self while stepping on the pedals as shown below.

(b) Wait until pedals come to a complete stop and then hold onto handles for stability while carefully stepping off the elliptical.
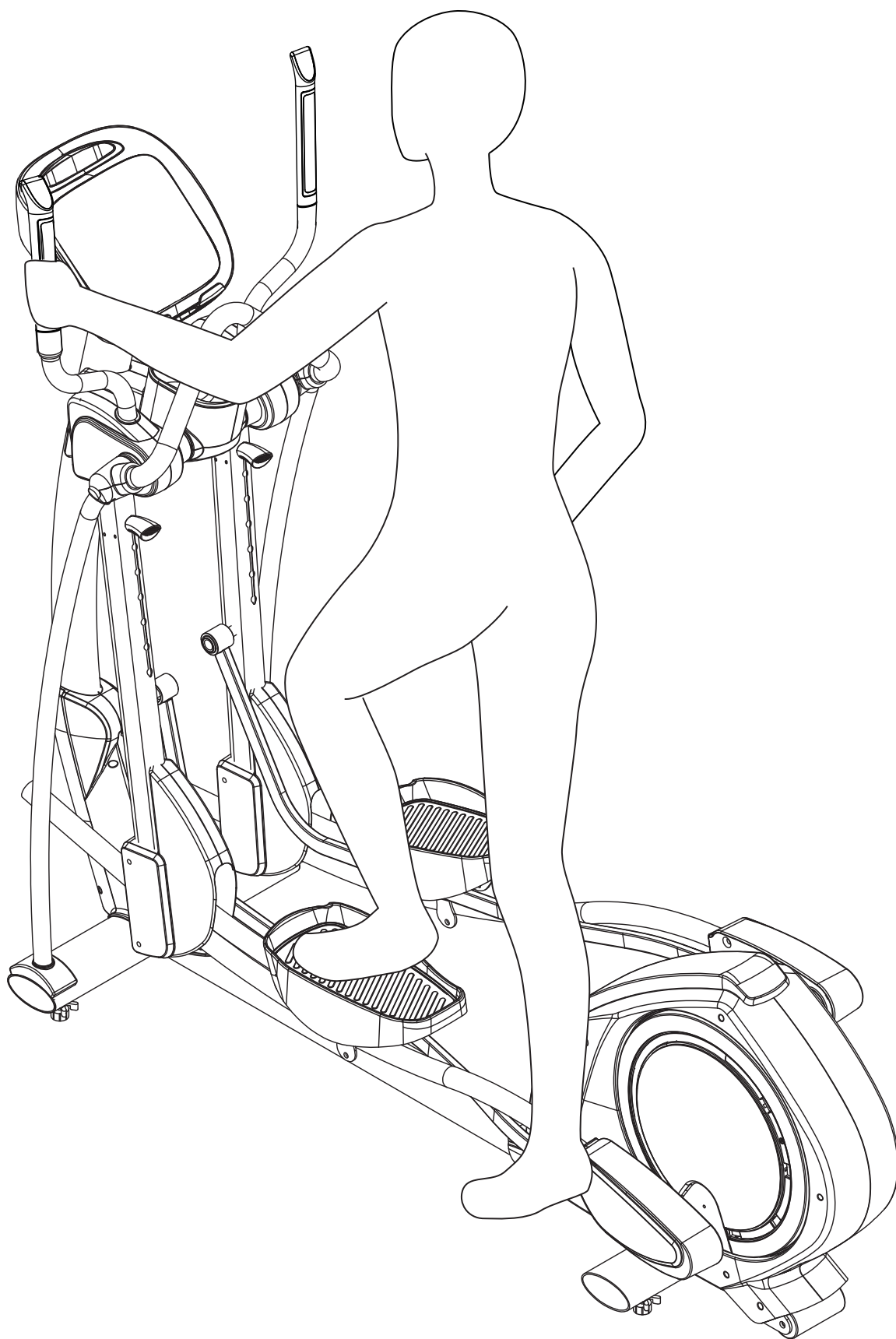
OPERATION Proper Workout Position

(a) Proper workout position for user is shown below.

(b) Over exercising or improper workout form may result in serious injury.

(c) User can hold onto handles for stability when getting on or getting off from the right/left side of the elliptical.

(d) This product is intended for exercise arms and legs.
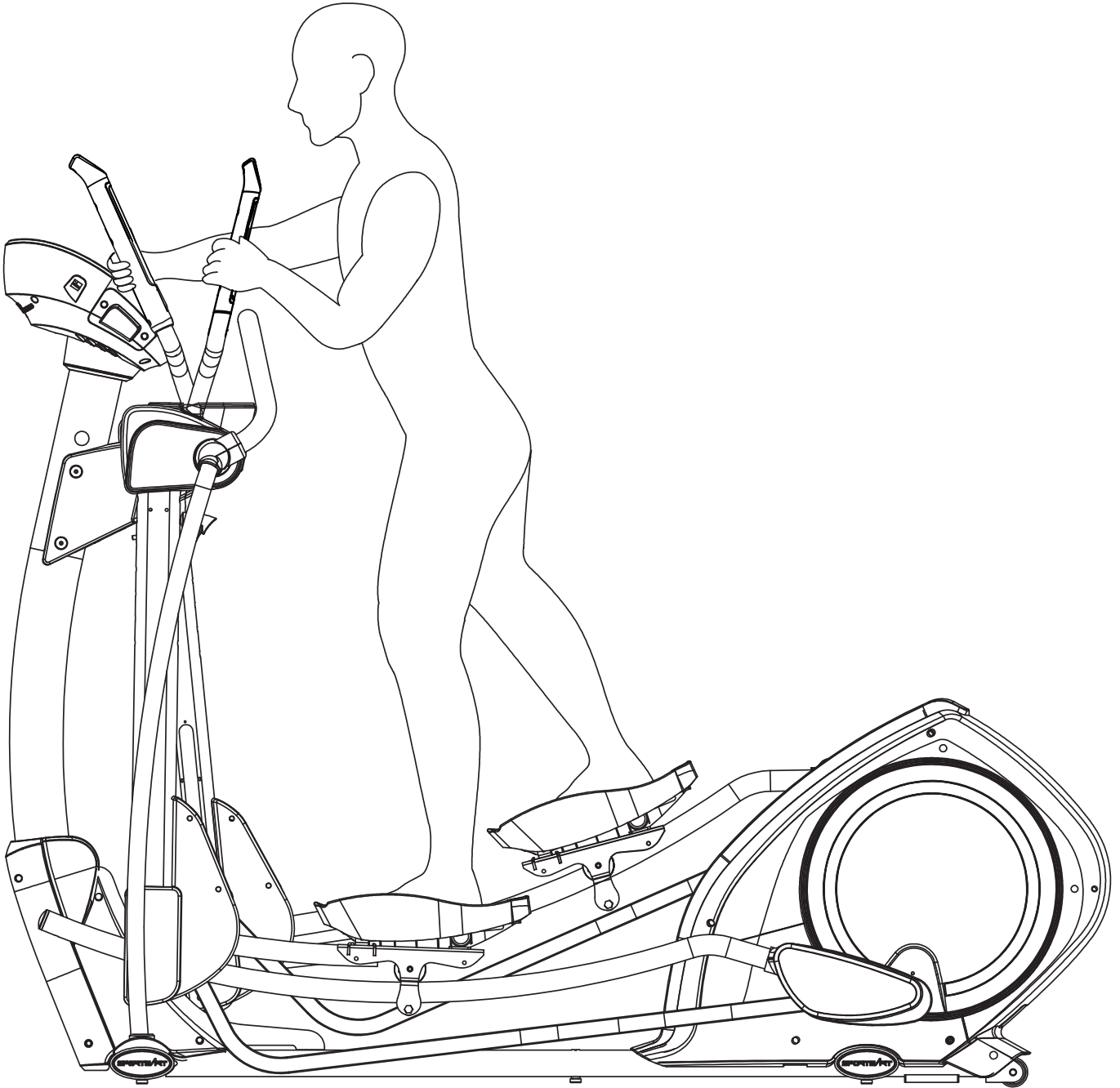
OPERATION   Adjust Stride Length and Resistance Level

Resistance level(1~40) and stride length (457mm~647mm) (18"~25.5") can be adjusted as desired.When the stride length adjustment handle is in position, make sure that the front end of handle (indicated as A) goes through the bar. Resistance level can be made via keys on the display as shown.
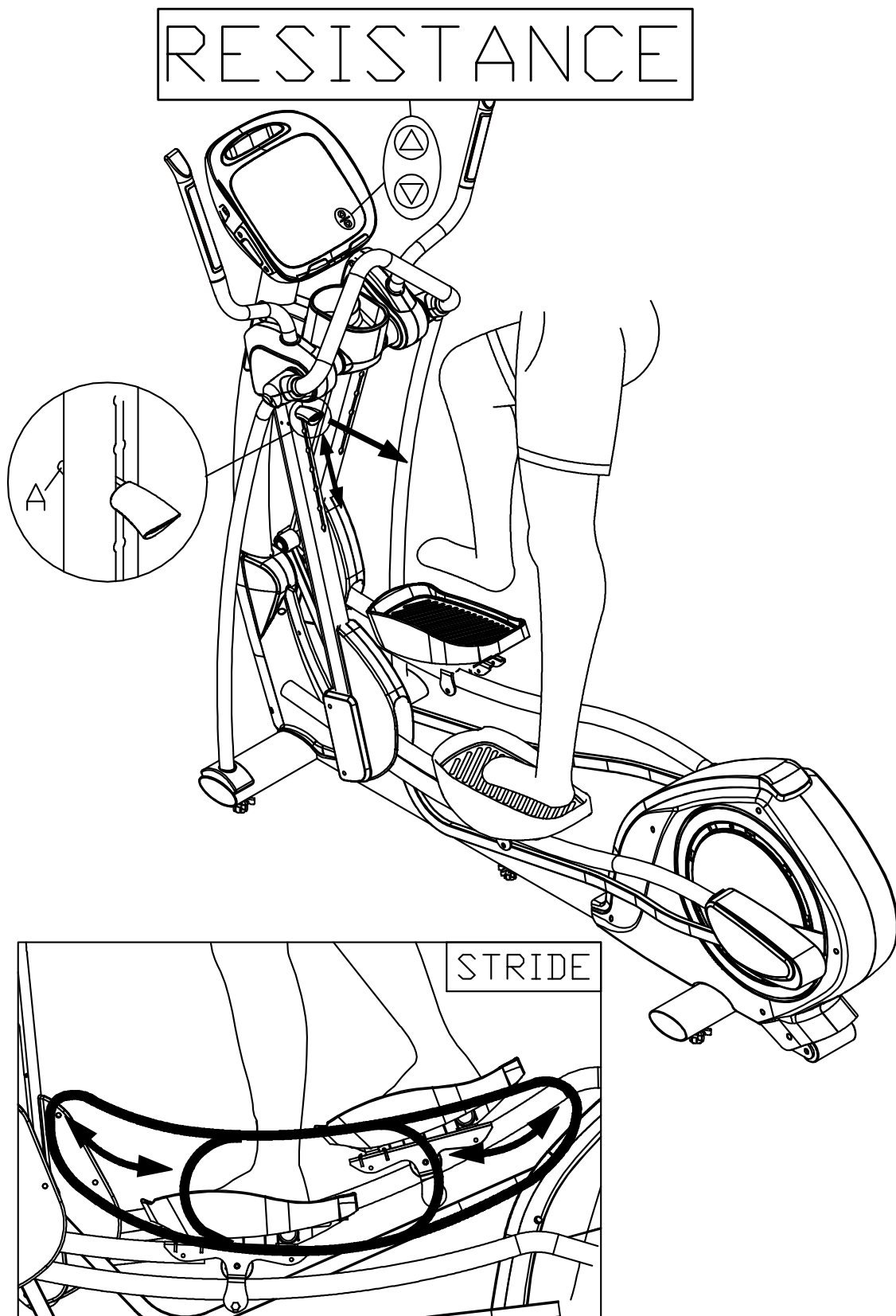
OPERATION Quick Start

There are two ways to start operating this product, either through the QUICK START mode or through a workout program/goal.

Time, distance and calories will count up. If a workout time limit is activated, time will count down, but distance and calories will count up continuously. In QUICK START mode, resistance begins at level 1; calorie and other information is based on a 35 year old and 165 lb. (75 kg) user. Both QUICK START and MANUAL LEDs are lit up to indicate QUICK START program is in session. In QUICK START mode, resistance settings can be modified at any time.

OPERATION Start a Workout Program

To obtain more accurate calorie counts and target heart rates, operate the product via a workout program as follows:

1. Press a workout program key (MANUAL, INTERVAL, PLATEAU, RANDOM, GLUTE, FIT TEST, CUSTOM HR, CARDIO/WEIGHT LOSS) to select a workout program. Press ENTER to confirm the program selection.

2. If you select a program key, then "SELECT GOAL" & then "TIME" will appear on the exercise feedback window. There are three types of workout goals: TIME, DISTANCE, and CALORIE. Press +/- keys to select the desired goal and ENTER key to confirm. Once the program is started, resistance setting can be modified at any time.

   ● The TIME setting range is from 5:00 to 300:00, with a default value of 30:00. If the program time limit is activated in engineering mode, the max time can be entered will change accordingly. Use +/- keys to adjust the setting. Press the ENTER key to confirm your setting and proceed to input your age. Or press QUICK START key to start this program right away with default age and weight.

   ● The DISTANCE setting range is from 0.1 to 99.9 miles or kilometers, with a default value 2.0 miles (3.0 kilometers). If the program time limit is activated at the engineering mode, then the DISTANCE goal will be deactivated. Use +/- key to adjust the setting. Press the ENTER key to confirm your setting and proceed to input your age. Or press QUICK START key to start this program right away with default age and weight.

   ● The CALORIE setting range is from 100 to 9999 kCal, with a default value of 100 kCal. Use +/- keys to adjust the setting. Press the ENTER key to confirm your setting and proceed to the age setting. Or press QUICK START key to start this program right away with default age and weight.

3. The age setting range is from 10 to 90, with a default value of 35 years old. Use +/- keys to adjust the setting. Press the ENTER key to confirm your setting and proceed to the weight setting. Or press QUICK START key to start this program right away with default weight.

4. The weight setting range is from 50 to 400 lb. (20 to 180 kg), with a default setting of 165 lb. (75 kg). Use +/- keys to adjust the setting. Press the ENTER or QUICK START key to confirm your setting and start exercising. Follow prompts to begin your workout. Please refer to OPERATION Workout Programs for information about specific workout programs.
Note that a different workout program can be activated simply by pressing the other workout program key. The workout goal will remain the same, and progress toward the workout goal will continue to accrue.

OPERATION **Display**

1. If the feedback window is at lower row, press RESISTANCE +/- key to adjust the resistance, the display will temporary switch to top row to show the adjustment. In 4 seconds, it will return to lower row.

2. Heart Rate display: it will display the actual heart rate bpm.

3. During workout, user can switch to a different workout program using the same goal by pressing a different program key. There are some exceptions, listed below:

   ● During MANUAL, INTERVAL, PLATEAU, RANDOM, GLUTE, CUSTOM HR, WT LOSS & CARDIO workout, it can't be switched to FIT TEST program.

   ● Switch program is not allowed during FIT TEST program.

OPERATION Cool Down

Once the workout goal (time, distance, or calorie expenditure) has been obtained, the product will enter a two-minute cool down period. The display will count down from two to zero.

When the countdown reaches zero, the cool down period will end. The message "REVIEW SUMMARY" will appear, along with accumulated workout information, including total time, distance and calorie expenditure. Press the STOP key to return to idle mode which the "SELECT A PROGRAM" prompt will appear.

OPERATION Workout Programs

The following explains features of the workout programs.

MANUAL

This program allows you to manually control resistance. In manual mode, simply press RESISTANCE +/- keys to control resistance.

INTERVAL

There are three interval programs: INTERVAL1:1, INTERVAL1:2, INTERVAL 2:2. Each interval program includes two segments, a work segment and a rest segment. (Example: Interval 1:1 indicates one segment of one minute in duration, followed by a second segment of one minute in duration.)

Each time the INTERVAL key is pressed, one of the three interval programs will appear. When your preferred interval program appears, press the ENTER key to activate that program. Then follow prompts to set the interval segment resistance settings. After you begin exercising, the resistance level of any segment can be changed. Simply press RESISTANCE +/- keys during the segment to do so. The new resistance level will then become the resistance level each time that segment is activated.

PLATEAU

Resistance levels in this workout gradually increase, level off, then gradually decrease. The first and last segments of this workout each occupy 20% of the workout. The middle segment occupies 60% of the workout. Follow prompts to establish your workout goal.
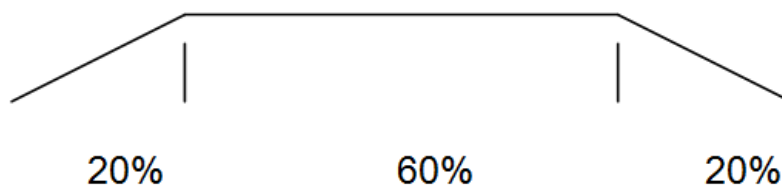
RANDOM

This program provides a near infinite number of randomly generated workouts. A new workout illustration appears each time the RANDOM key is pressed.

GLUTE

This program is designed for the gluteal muscle group training. There are 3 programs built in. Each time GLUTE program button is pressed, one of the programs will appear: GLUTE 1, GLUTE 2, GLUTE 3. Press ENTER to select the desired program.

During program setting, you may press QUICK START to start the program right away.

FIT TEST

The FIT TEST program is designed for physical fitness assessments. The program is set with a time limit; therefore it is not restricted by the program time limit setting at the engineering mode.

After you press the FIT TEST key, the display will show "STARTING TEST" to begin this program. The test is divided into 4 segments of 3 minutes; it will compare the actual Watts and the preset Watts in each segment and adjust the resistance accordingly.

During the test, the Red dot in the dot matrix window represents the target SPM and the orange dot represents the actual SPM. You want to match the actual SPM to the targeted value. The best SPM range during test is between 40SPM to 70SPM with targeted 50SPM. If the actual SPM is below 40SPM for more than 5 seconds, the display will ask you to "SPEED UP" and if it is above 70SPM for more than 5 seconds, it will ask you to "SPEED DOWN".

Following conditions occurs will end this test program:

1. STOP key is pressed.
2. Program time ends.
3. Actual Heart Rate is > (220-Age) x 0.8 for more than 15 seconds.
4. No heart rate detected for more than 30 seconds.
5. The speed is slower than 40SPM or faster than 70SPM for more than 5 seconds.

The message will display "END OF FIT TEST" and "YOUR SCORE - XXX". (The max score is 100 and min is 0)

CARDIO/WEIGHT LOSS/CUSTOM HR

In these heart rate control programs, the resistance level will automatically change to keep the exerciser's pulse at the optimum rate for achieving his or her fitness goals. Target heart rates are calculated based on a standard "maximum" heart rate for the exerciser's age. The weight loss target heart rate is calculated at 65% of the maximum heart rate: (220 – age)*65%. The cardio target heart rate is calculated at 80% of the maximum heart rate: (220 – age)*80%.Custom target heart rate is set by user.

If CUSTOM HR is selected, the target heart rate will need to be set first. The range is 84 - 199bpm with default value of 120bpm. The display will show "TARGET HR - XXX" for setting. Press +/- keys to adjust the setting. Press ENTER key to confirm and start the program. You may press QUICK START at any time to begin the program right away using default values.

After a heart rate control workout is activated, a heart illustration will appear on the dot matrix screen. When the actual heart rate signal is detected, the color of the heart illustration will alternate between red and green. Otherwise, it will maintain with green color. Orange color represents the 65% or 80% of max HR or target heart rate entered.

Once the exerciser begins to exercise, a red dot and a orange line will appear on the lower part of the screen. The red dot represents the recommended SPM; the orange line represents actual SPM. Try to maintain an SPM even with the red dot.

Resistance will start at level 1. The default SPM is 50. If the actual SPM is 5 revolutions below the recommended step rate for 25 seconds, "SPEED UP" will appear on the exercise feedback window.

A telemetry heart rate transmitter must be worn during heart rate control programs. If no heart rate signal is received at the display, the message "NO HEART RATE READING, PLEASE CHECK TRANSMITTER" will appear, and then resistance will start decrease slowly to Level 1.

OPERATION — User Information and User Preference Setting

User preference settings allow you to change default settings and review some historical data of this product. To access user preference settings, press the CHANGE DISPLAY key for 2 seconds during Banner page.

Exit User Information/User Preference Settings and Change Display

You may press and hold STOP key can be pressed to end the setting and return to Banner page.

You may press QUICK START key to change display.

User Information:

● Total distance will appear: "DIST - xxxxxx MILE" or "DIST - xxxxxx KM".
   Press ENTER to review total time.

● Total time will appear: "TIME - xxxxxx HOUR".
   Press ENTER to review product serial number of this product.

● The product serial number will appear as "S/N - xxxxxxx".
   Press ENTER key to view display program version.

● Display program version will appear: "CTL SA_5-xx".
   Press ENTER to review drive board version.

● Drive board version will appear: "DRV C575_SG-xx".
   Press ENTER to exit the user Information and return to Banner page.

Default Settings

● Unit setting: the default unit is English. On the message window, "UNIT–MILE"or "UNIT–KM"will appear. Press +/- keys to toggle between English and metric units of measure. While your preference appears, press the ENTER key to confirm your choice and proceed to the next setting.

● Program Time setting: this setting is to limit how much time a program can be used. The message window shows "TIME LIMIT - YES" or "TIME LIMIT - NO". Press +/- keys to toggle between Yes or No setting.
   Press ENTER on YES to set the timer or NO to de-activate and bypass this setting.

   If ENTER key is pressed during YES message, then the message will show "TIME - xx : 00". Press +/- keys to adjust the timer from 5 - 60 minutes (the default time is 30 minutes).
   Press ENTER to confirm the setting and proceed to the next setting.

● Language setting: the display will show the current country selected, such as "US".
  Note: After 4 seconds, it will display "XX MILE H>H" or "XX KM H>H" (XX represents the
  country code). Press +/- keys to change the country.
  Press the ENTER key to confirm the selection.

● Beep sound setting: the message window shows "BEEP SOUND- OFF" or
  "BEEP SOUND- ON". Press ▲/▼ keys to change the setting.
  Press the ENTER key to confirm the selection and return to Banner page.

8. ABOUT HEART RATE DETECTION

Heart rate detection functions are selected at the time of purchase. Not every product has every type of heart rate detection. The following explains factors that influence the performance of two of the most common types of heart rate detection devices.

HEART RATE Telemetry

The words "telemetry heart rate" refer to the detection of heart rate via a device worn on the exerciser and transmitted over the air to a circuit board built into the product. Telemetry heart rate devices are commonly worn on the exerciser's chest, where the pulse is strongest and relatively easy to detect.

The following explains conditions that affect the performance of the telemetry heart rate function in all products.

● The telemetry heart rate transmitter emits a wireless 5 kHz signal that is harmless to the human body. Inside the transmitter is a 3 V battery (CR2032). If the battery voltage is too low, either the reception distance shortens or there will be no reception whatsoever.

● Secure the telemetry heart rate transmitter on your chest so that it stays in place without making you feel uncomfortable. Moisten the skin for better contact.

● Because the telemetry heart rate signal varies in strength from 20 Hz to 20 KHz, environmental interference can block signal reception. Physical vibration and electronic devices, including stereos, TVs, and even fluorescent lights, can interfere with signal reception. For best results, install the product in an area free from such interference.

● Space the product apart by at least 39 inches (100 cm) to avoid having the heart rate value from one exerciser appear on a neighboring product.

HEART RATE Contact

The words "contact heart rate" refer to the detection of the heart rate via sensors on the product. By holding the sensors, the exerciser can view his or her heart rate on the product display. Like telemetry heart rate, contact heart rate can be influenced by several factors. The following list includes some of these factors.

● A weak pulse makes it difficult to detect heart rate.

● Low systolic blood pressure makes it difficult to detect heart rate.

● Dry, course palms impede heart rate detection. For best results, moisten your palms. But do not apply hand lotion immediately prior to your workout, because hand lotion can gum up the contact pads.

8. ABOUT HEART RATE DETECTION(CONT.)

Heart rate devices built into this product are not medical devices. Heart rate values are for reference only. Do not use them for medical diagnostic or treatment work.

CAUTION: Heart rate detection and transmission devices have been known to interfere with the operation of pacemakers, possibly endangering human life. If you have a pacemaker, exercise under your doctor's supervision; take a test to ensure your safety during the simultaneous use of the pacemaker and heart rate detection devices. The use of such devices must be undertaken at your own risk.

Note that in dry areas in particular, static electricity can interfere with unit operation and shock people. To discharge static electricity from your body, touch something else before touching metal on the product

9. GUIDELINES FOR EXERCISE

HOW HARD SHOULD I EXERCISE?

Studies show that to benefit from aerobic exercise, people need to maintain a certain heart rate during their workouts. Your heart rate training zone depends on your age and fitness level.

The darkened area in the chart to the right represents the recommended heart rate training zone for people of various ages. It was calculated by taking 220 minus age in years, multiplied by 65% and 80%. The area between those values is the heart rate training zone.

CAUTION: Heart rate training zones are generalizations and may not suit every person. Always check with your physician to understand what heart rate goal would be appropriate for you.
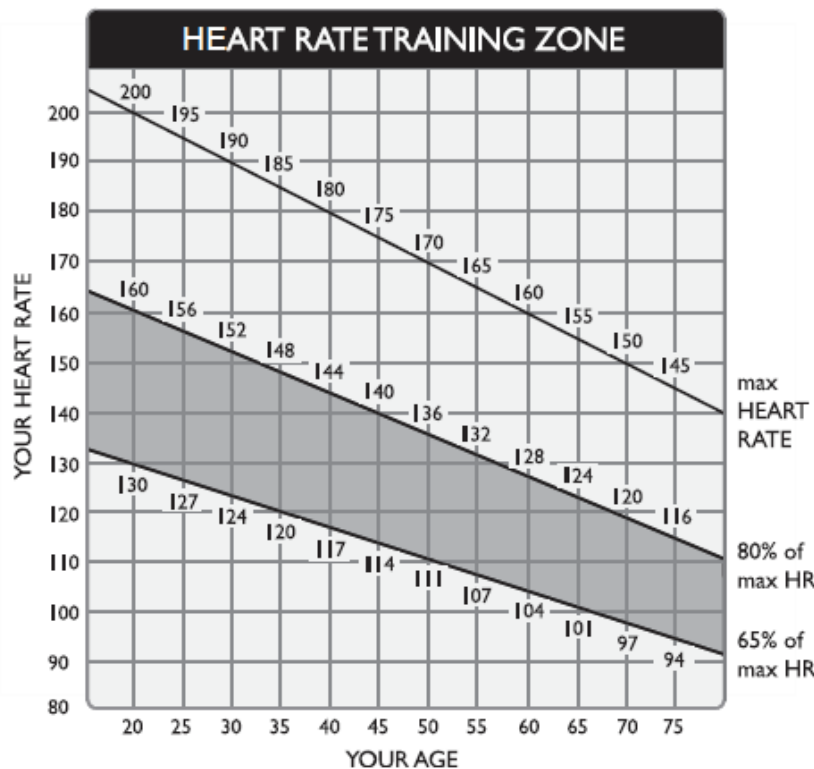
HOW LONG SHOULD I EXERCISE?

The duration of your workout must depend on your fitness level. In general, it is recommended that you maintain a heart rate within your training zone for at least 15 to 20 minutes to experience the benefits of aerobic exercise. Beginners should always start out slowly and gradually increase the duration and intensity of their workouts. As your fitness level improves, you will be able to maintain a heart rate within the training zone for longer periods of time.

When you begin your workout, use the first several minutes to warm up. Then slowly increase the intensity of your workout to bring your heart rate into your training zone. At the end of your workout, gradually decrease your workload. Then exercise lightly to cool down.

HOW OFTEN SHOULD I EXERCISE?

Research indicates that to achieve the greatest benefit, people should exercise three to five times per week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

10. MAINTENANCE

Maintenance topics are presented below in the following order: error messages, lubrication of the shoulder area, lubrication of the stride area, glide rail cleaning, maintenance schedule, task list, one-year maintenance log, and electronics block diagram.

MAINTENANCE   Safety Precautions

- Please follow standard safety precautions when servicing on this product.
- Electronic components can carry an electrical charge even after the product has been turned off. For safety, turn off unit power. Wait five minutes to allow capacitors to discharge. Then disconnect the power cord from the wall socket (if applicable.) Only after such steps have been completed should covers be removed and electronic components accessed.
- Do NOT use a damp towel to clean the product and do perform the following maintenances.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner, to thoroughly clean the handlebar and the console.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt) . Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- The unit shall be disconnected from its power source during service and when replacing parts.
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but also may present a danger to the exerciser.
- Keep this product out of use until maintenance is completed.
- If you need to remove the cover for repair or maintenance, be sure to contact the service station or dealer to deal with, do not operate on their own.

MAINTENANCE   Messages

ERROR_8_x

Error messages will appear on the display when the drive board

communication is abnormal.

Error code explanations follow:

ERROR_8_1 - Indication: When power on, the communication to the drive

board is abnormal.

ERROR_8_2 - Indication: When power on, the communication to the drive

board normal, however an abnormality occurs during operation.

These two errors will disappear once the communication recovered.

- - - - (four flashing lines) - Indication: The unit is entering the energy saving mode.The main

display will shut off, and keys will remain lit. To reactivate the unit, press a key or exercise on it.

MAINTENANCE   Lubrication Procedure

Please follow instructions (a) through (d) to lubricate the product.

(a) Remove the cap that covers the lubrication hole.

(b) Use an automobile grease gun to apply red lithium bearing grease into the nozzle on the product.

(c) After applying lubricant, detach and remove the grease gun.

(d) Insert the cap back into place.

Note: Please do lubricate the product once per year.
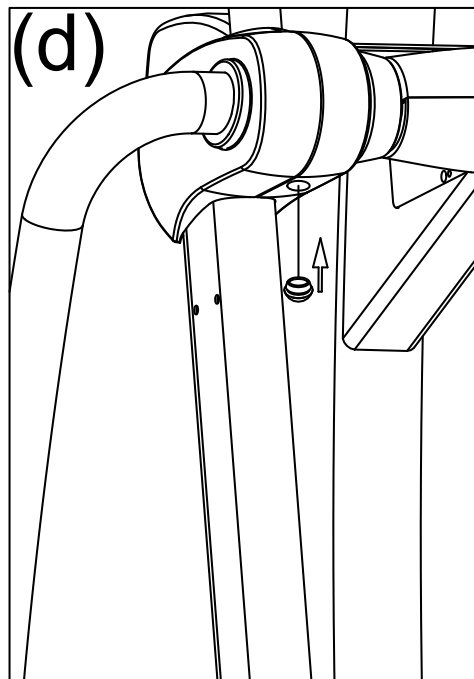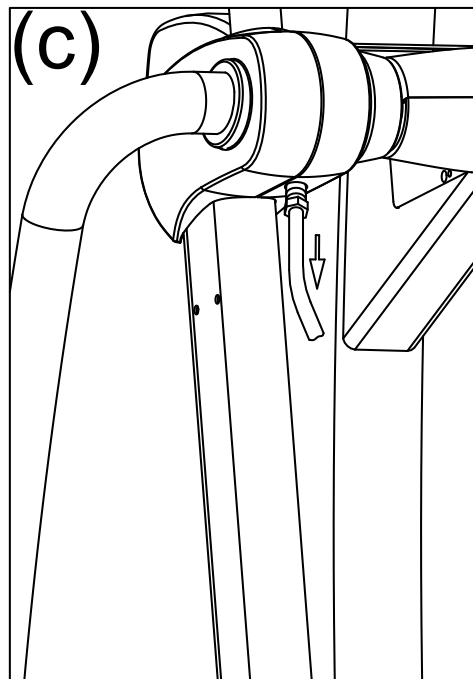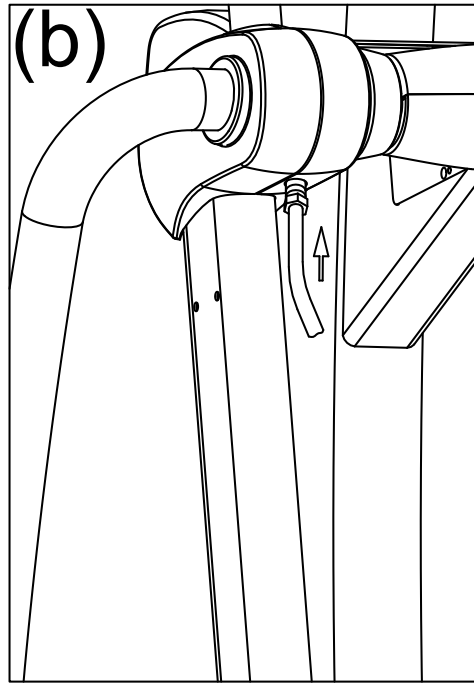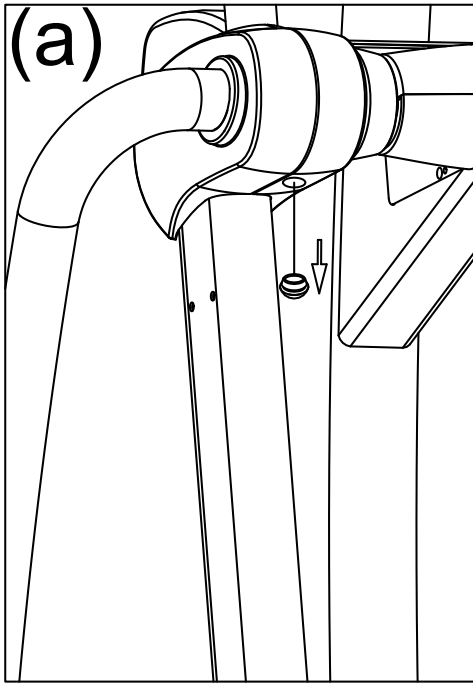
MAINTENANCE Schedule

If there is a need for maintenance of components, please visit the SportsArt website.

cleaning requirements

1.directive 93/42/CEE

2.directive biocide 98/8/CEE

The disinfectant has to be in compliance with Medical Device Directive 93/42/EEC (MDD) and Biocidal Products Directive 98/8/EC (BPD).

It is suited for sensitive synthetic surfaces such as synthetic leather, polycarbonate (PC), acrylic glass and polysulfone, and for the keyboards and control panels.

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	●					Cleanliness inspection
2	Screws	●					Inspect and secure loose parts
3	Glide rail	●					Wipe away dirt and debris.
4	Rollers		●				Apply silicone lubricant..
5	Stride motor						Apply bearing grease
6	Cushion						Lubricate with original 66A lubricant.
7	Leveling the equipment						Check whether the equipment is flat
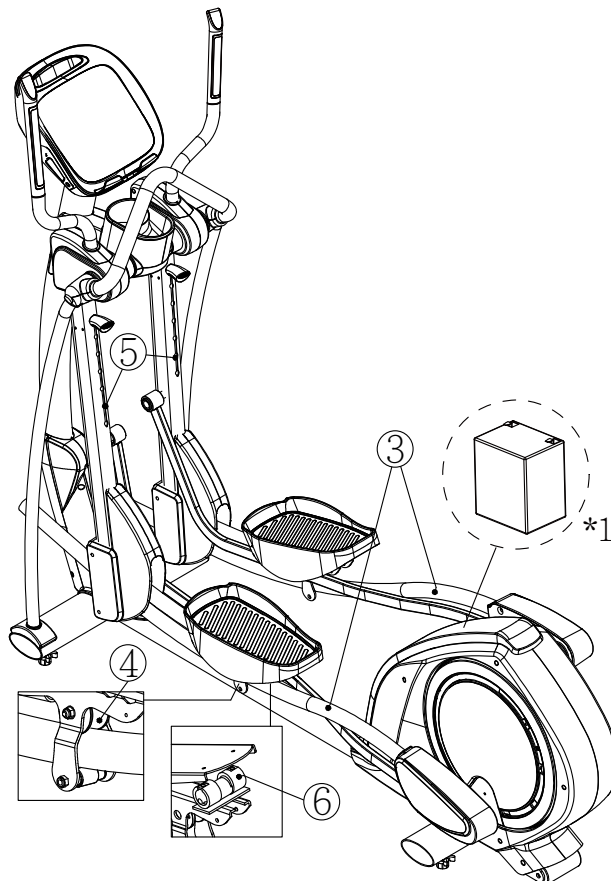
MAINTENANCE Task List (Elliptical Trainers)

Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

Daily tasks

1. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water, to thoroughly clean the product exterior.
2. Inspect parts for looseness, and secure all loose screws. Make sure that the product is safe for operation. If safety issues arise, place an "Out of Order" sign on the product, and call for service.
3. Wipe dirt and debris off the glide rails. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water.

Weekly tasks

1. Clean rollers. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water. Apply a small amount of silicone lubricant onto the rollers.

Yearly tasks

1. Apply grease to the stride mechanism.
2. Apply SportsArt 66A lubricant to the cushion.

Caution

1. Please follow standard safety precautions when servicing this product.
2. Electronic components can carry an electrical charge even after the product has been turned off. For safety, turn off unit power. Wait five minutes to allow capacitors to discharge. Then disconnect the power cord from the wall socket (if applicable.) Only after such steps have been completed should covers be removed and electronic components accessed.
3. Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
4. This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.

MAINTENANCE One-Year Maintenance Log

Facility: _____   Supervisor: _____

Product model number: _____   Serial number: _____

Start date: _____   End date: _____

Daily Tasks	Week 1-7	Week 8-14	Week 15-21	Week 22-28
Completed				

Daily Tasks	Week 29-35	Week 36-42	Week 43-49	Week 50-52
Completed				

Weekly Tasks	Week 1-7	Week 8-14	Week 15-21	Week 22-28
Completed				

Weekly Tasks	Week 29-35	Week 36-42	Week 43-49	Week 50-52
Completed				

Monthly Tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed												

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed				

Yearly Tasks	Year 1
Completed	

Notes:_____

_____

_____

_____

11. ACCESSORIES

There are accessories attached to this console; some are standard and some are optional. The following explains the details of each accessory and its function.
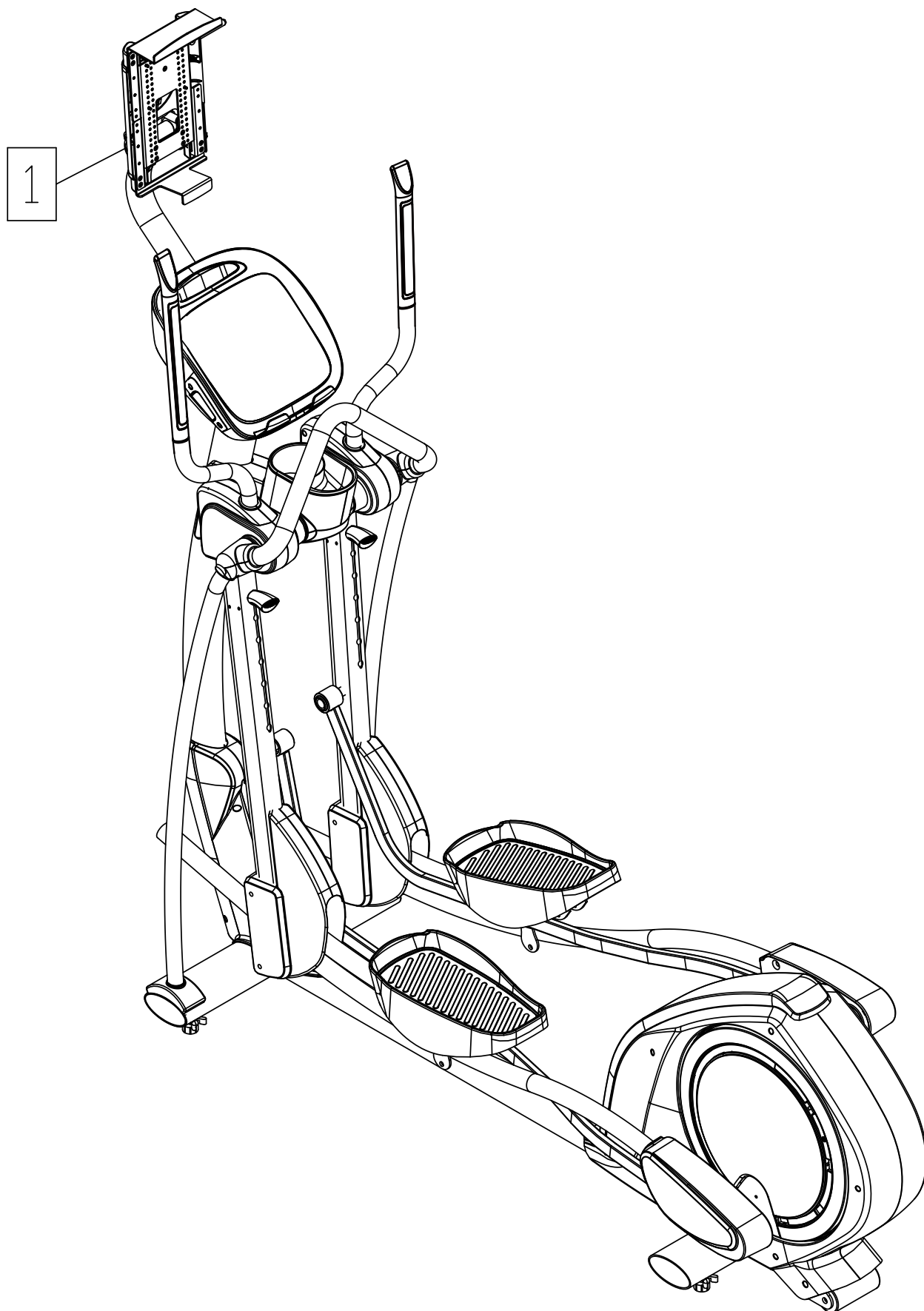
ACCESSORIES   Standard

USB CHARGER

The USB charger will provide 5V 500mA voltage for the smart phone or other devices charging. However it is not compatible with tablet PC, such as iPad. Check the device for charging details.

CSAFE PORT

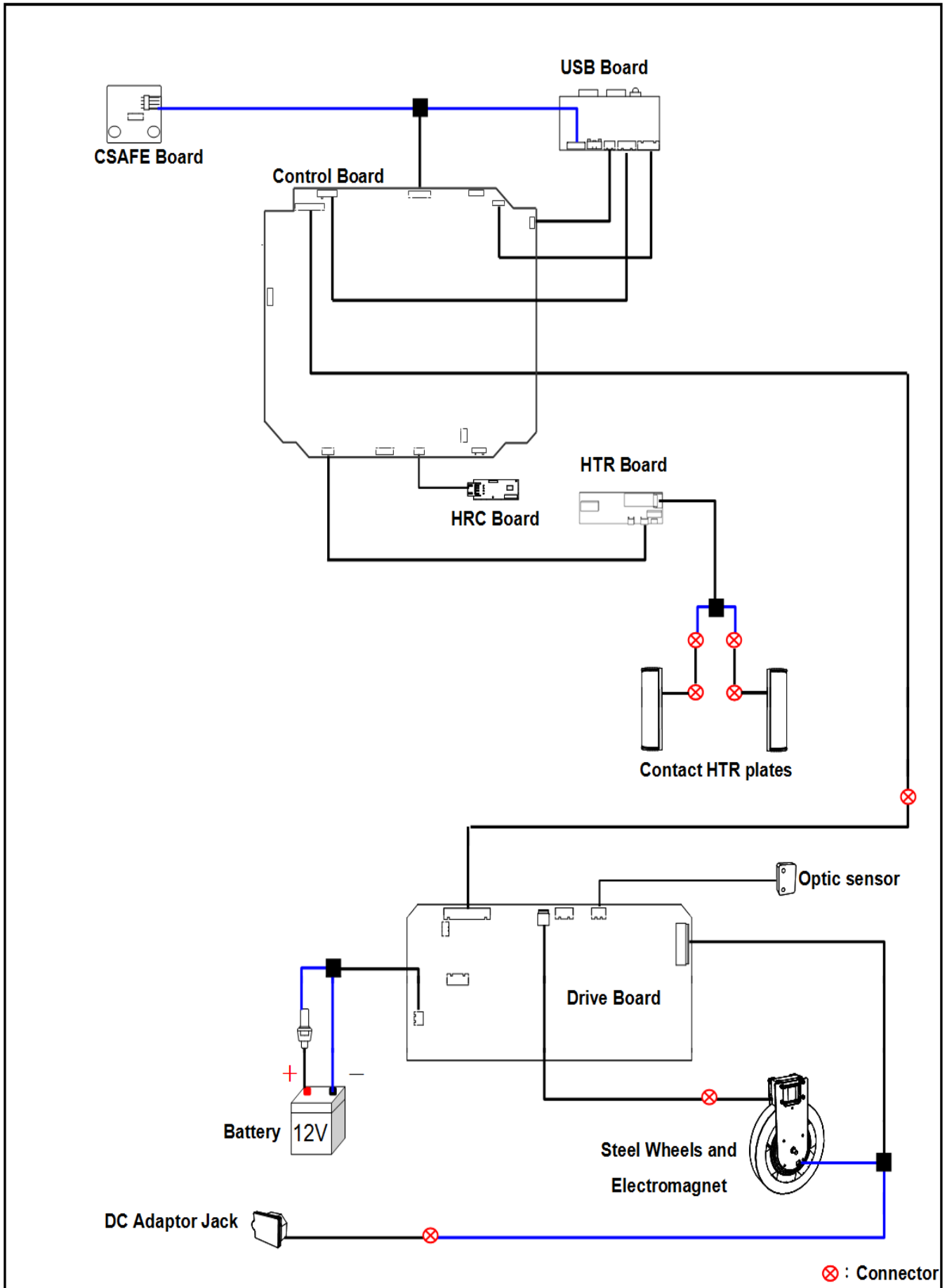Compatible with CSAFE (Communications Specification for Fitness Equipment) Protocol.

1. External Mount TV Bracket

1

12. APPENDIXES

APPENDIXES   Specifications

Model	E835
Dimensions	L : 2010 mm (79") W : 620 mm (24") H : 1730 mm (68")
Overall Weight	123 kg (271 lbs)
Maximum User Weight	180 kg (400 lbs)
Power Requirement	DC 12V 4.0 Ah
Braking System	Speed-Independent

USB Board

CSAFE Board

Control Board

HTR Board

HRC Board

Contact HTR plates

Optic sensor

Drive Board

Battery 12V

Steel Wheels and Electromagnet

DC Adaptor Jack

⊗ : Connector