

# **G575U OWNER'S MANUAL CONTENTS**

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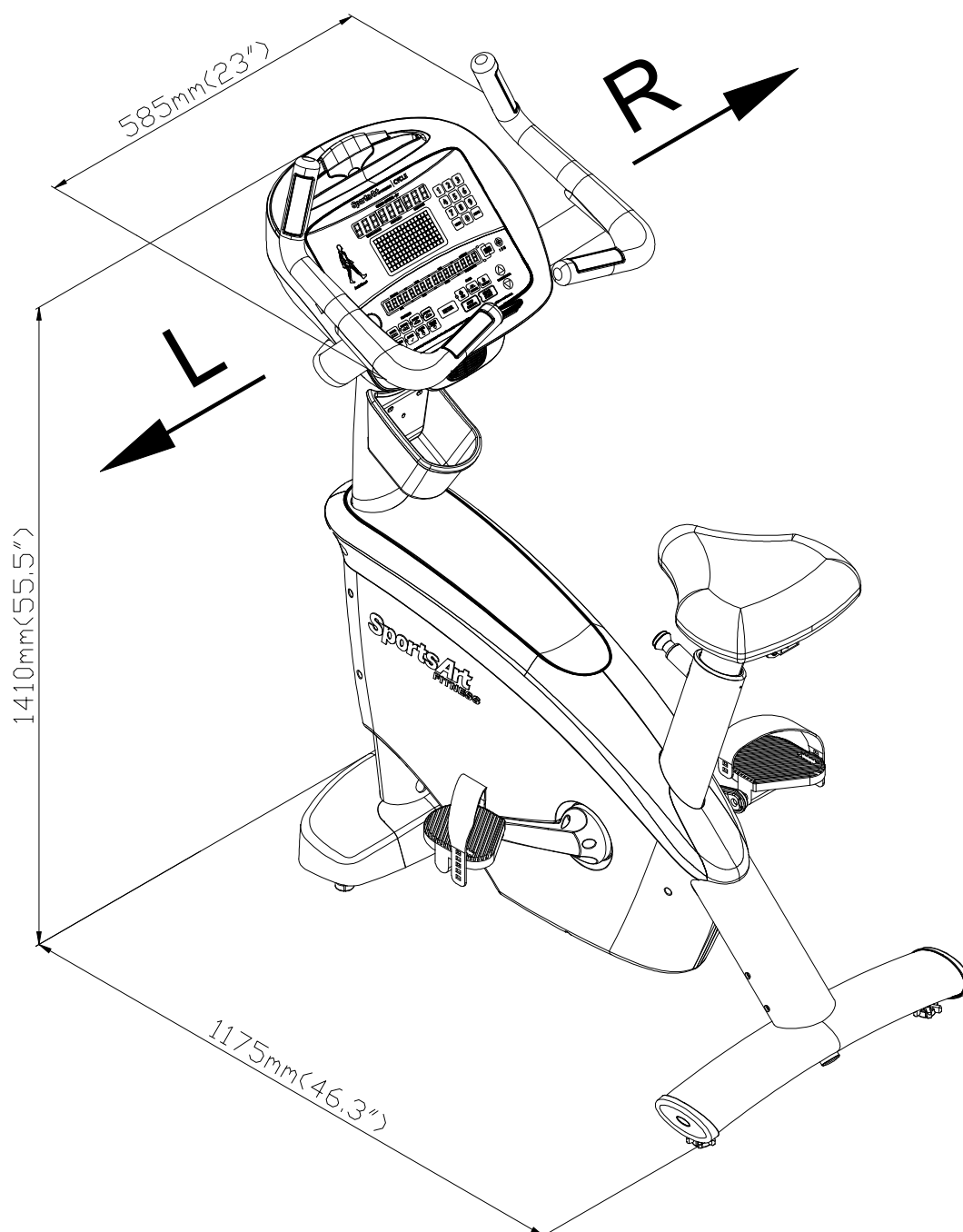
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# 1. INTRODUCTION

Congratulations on your purchase of one of the finest exercise products on the market today, the G575U upright exercise cycle. 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 bike was designed and built for optimum safety. However certain precautions apply whenever you use your bike.

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

- Read instruction manual before using.
- Please read the instructions carefully and install the bike as instructed.
- Assemble and operate the bike on a solid, level surface. DO NOT use outdoors or near water.
- Do not let children 12 or younger on or near the product.
- Check the bike before every use. Make sure all parts are assembled, and all fasteners are tightened. DO NOT use the bike 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 bike 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 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.
- Unplug from outlet before servicing or removing any parts.
- Close supervision is necessary when this bike is used by, on, or near children 12 or younger, invalids, or disabled persons.
- Use this bike only for its intended use as described in this manual.
- Never operate this bike if it has been damaged in any way. If it is not working properly, or has been dropped or damaged, contact your dealer.
- DO NOT carry this bike by the power cord or use the cord as a handle.
- Keep the power cord away from heated surfaces.
- 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.
- The general user weight limit for this bike is 227kg (500lb). Note that at resistance level 40 this product meets standards for users of up to 150kg (330lb).

## **2. SAFETY PRECAUTIONS (CONTINUED)**

- This bike is not intended for use by persons (including children 12 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 bike by a person responsible for their safety.
- Children 12 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.
- Warning that any of the adjustment devices that could interfere with the user's movement should not be left projecting.
- It is not suitable for therapeutic purposes.

### **Caution**

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

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

To reduce the risk of electric shock, always unplug this bike from the electrical outlet immediately after using and before cleaning.

Improper connection of the equipment grounding connector can result in a risk of electric shock. Check with a qualified electrical or service person if you are in doubt as to whether the bike is properly grounded. DO NOT modify the plug provided with the product; if it does not fit the outlet, have the proper outlet installed by a qualified technician.

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 particular installation. If the user desires to correct such interference, it is at the user's own expense.

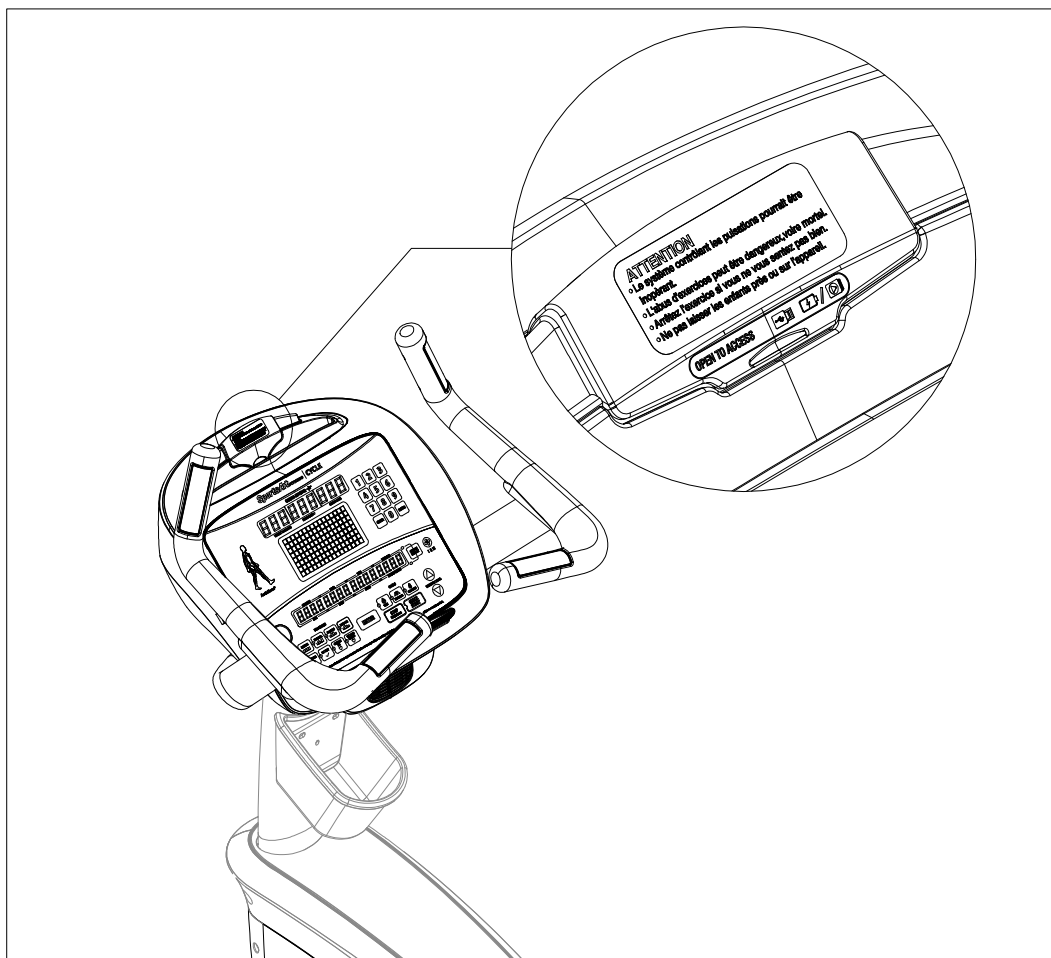
### **Warning**

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

## 2. SAFETY PRECAUTIONS (CONTINUED)

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.)*



## 2. CONSIGNES DE SÉCURITÉ

- Votre vélo SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre vélo de course.
- Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:
- Veuillez lire attentivement les instructions et installer le vélo de course selon les instructions.
- Assemblez et faites fonctionner le vélo sur une surface solide et plane; NE PAS l'utiliser à l'extérieur ou près de l'eau.
- En aucun cas, ne laissez des enfants à proximité ou sur le vélo.
- Vérifiez le vélo de course avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées, et que tous les éléments de fixation sont serrés. NE PAS utiliser le vélo de course si l'appareil est démonté de quelque façon.
- Gardez vos mains loin des pièces mobiles.
- Portez des vêtements d'entraînement appropriés; NE PORTEZ PAS de vêtements amples. NE PORTEZ PAS de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs. Ne marchez pas pieds nus sur l'appareil.
- Soyez prudent lors du montage et démontage de l'appareil.
- Le vélo peut s'arrêter ou ne s'arrêter pas immédiatement si quelque chose obstacle le mouvement.
- NE PAS utiliser d'accessoire non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.
- Une surveillance étroite est nécessaire quand le vélo est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Utilisez le vélo de course uniquement pour l'usage prévu dans ce manuel.
- N'utilisez jamais le vélo de course s'il a été endommagé de quelque façon que ce soit. S'il ne fonctionne pas correctement, ou s'il est tombé ou endommagé, contactez votre vendeur.
- Veillez à ce qu'aucun orifice de ventilation ne soit obstrué.
- Ne faites jamais tomber ou n'insérez jamais d'objet dans les orifices.
- NE PAS l'utiliser là où des produits aérosols (vaporisés) sont utilisés ou lorsque de l'oxygène est administré.
- La limite de poids de l'utilisateur pour cet vélo est de 227 Kgs (500 lbs). Remarquez que la résistance de 40 convient jusqu'à 150kgs (330 lbs).
- NE PAS transporter le vélo de course par le cordon d'alimentation et n'utilisez pas le cordon comme poignée.
- Maintenez le cordon éloigné de toute surface chaude.
- Débranchez l'appareil de la prise avant l'entretien ou la suppression de toute pièce.
- Pour diminuer le risque de choc électrique, débranchez toujours ce vélo de course de la prise de courant, immédiatement après utilisation et avant le nettoyage.

## 2. CONSIGNES DE SÉCURITÉ (SUITE)

Ce vélo n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de ce vélo par une personne responsable de leur sécurité. Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le vélo.

### ATTENTION

Si vous ressentez une douleur ou si vous avez une sensation anormale, **ARRÊTEZ VOTRE ENTRAÎNEMENT** et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. **NE PAS** s'entraîner jusqu'à l'épuisement.

Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet.

Remarque: Ce matériel a été testé et déclaré conforme aux normes des appareils digitaux de Classe B, conformément à la partie 15 du Règlement de la FCC. Ces limites sont conçues pour offrir une protection raisonnable contre les interférences nuisibles dans une installation résidentielle. Cet appareil génère, utilise, et peut diffuser des signaux radioélectriques, et, s'il n'est pas installé et utilisé conformément aux instructions, peut provoquer des interférences nuisibles aux communications radio. Cependant, il n'y a aucune garantie que des interférences ne se produiront pas dans une installation particulière.

Si l'utilisateur désire corriger les interférences, ces corrections seront à la charge de l'utilisateur.

Dans ce manuel, les mots "gauche" et "droit" sont utilisés en référence aux pièces et au produit. Comme tels, les mots "gauche" et "droit" font respectivement référence aux côtés gauche et droit de l'exerciseur. De même pour plus de concision, le mot est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

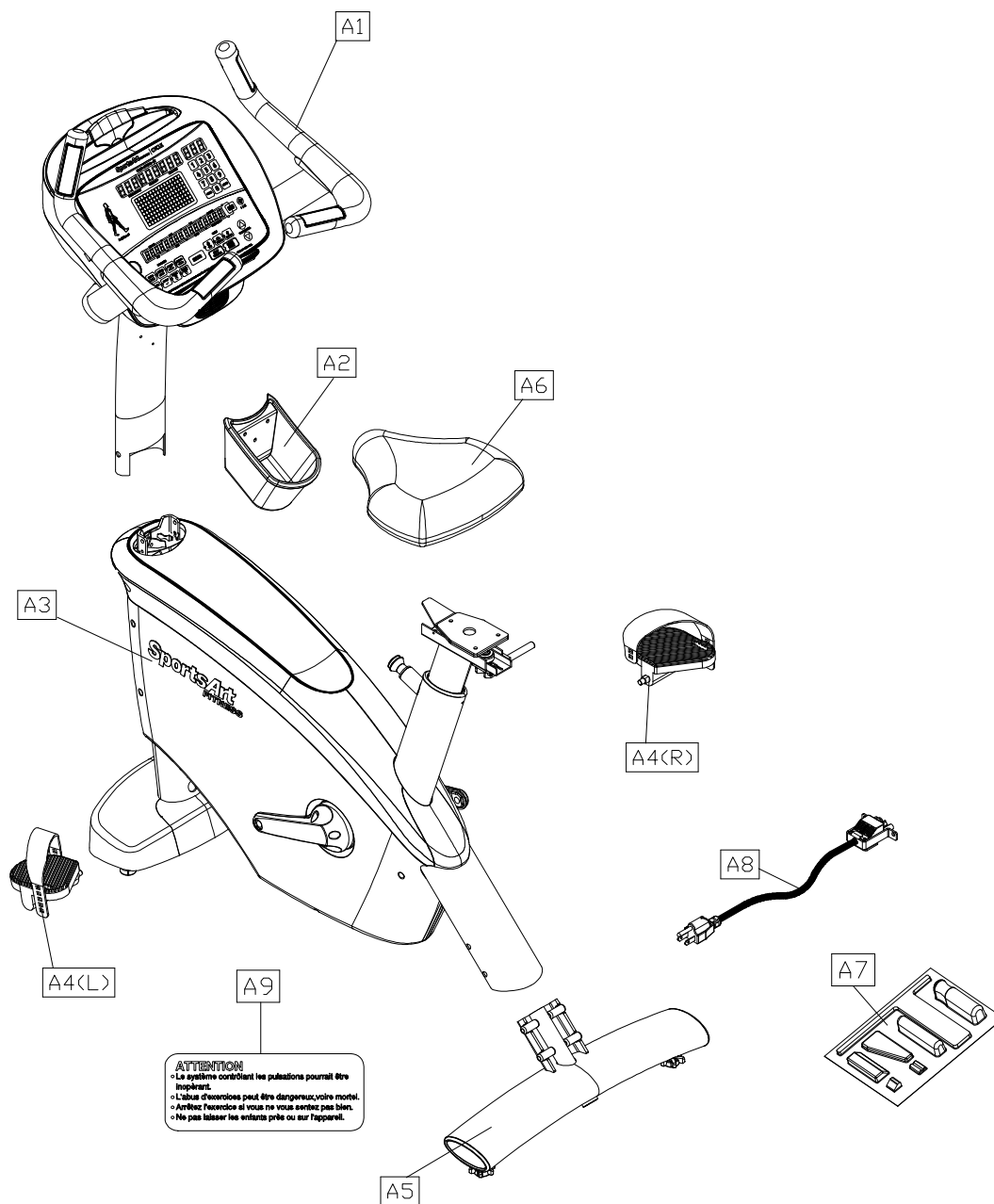
### ATTENTION!

Les systèmes de surveillance de la fréquence cardiaque peuvent s'avérer imprécis. Un entraînement excessif risque de nuire sérieusement à la santé ou d'entraîner la mort. En cas d'étourdissement, arrêtez immédiatement l'entraînement.

- Un branchement incorrect du connecteur de mise à la terre de l'équipement risque d'entraîner un choc électrique. En cas de doute sur la mise à la terre correcte de vélo, faites appel à un technicien ou un électricien qualifié. **NE PAS** modifier la fiche fournie avec l'elliptique, si elle ne correspond pas à la prise, faites installer une prise adéquate par un technicien qualifié.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le vélo.



### 3. LIST OF PARTS



Assembly Parts					
No.	Name	Qty.	No.	Name	Qty.
A1	Pedestal and display	1	A6	Seat bottom	1
A2	Storage tray	1	A7	Hardware kit	1
A3	Main frame	1	A8	Power cord	1
A4	Pedals	1	A9	French Sticker (For USA)	1
A5	Rear support	1			

### 3. LIST OF PARTS (CONTINUED)

Components in the Hardware Kit				
No.	Name	Qty.	Specification	Notes
10	Cap	4		
	L-shaped Allen wrench	1	M5	
	L-shaped Allen wrench	1	M6	
	Double open-end wrench	1	(12*15)	
	Screwdriver handle	1	Green	
	Screwdriver bit	1	Flat and Phillips	

Components on the Product			
No.	Name	Specification	Notes
21	Mushroom top inner hex screw and washer	M8*L20	
22	Inner hex screw	M8* L25	
	Serrated washer	D18*d8.5*t2.0	
	Cushion washer	øD13*0.25~0.35	
23	Hex nut	M8	
	Flat washer	D20*d8*t1.0	
24	Mushroom top Phillips screw	M5*P0.8*L25	
25	Front cover	M6*P1.0*L10	
26	Phillips screw	M4*P0.7*L8	

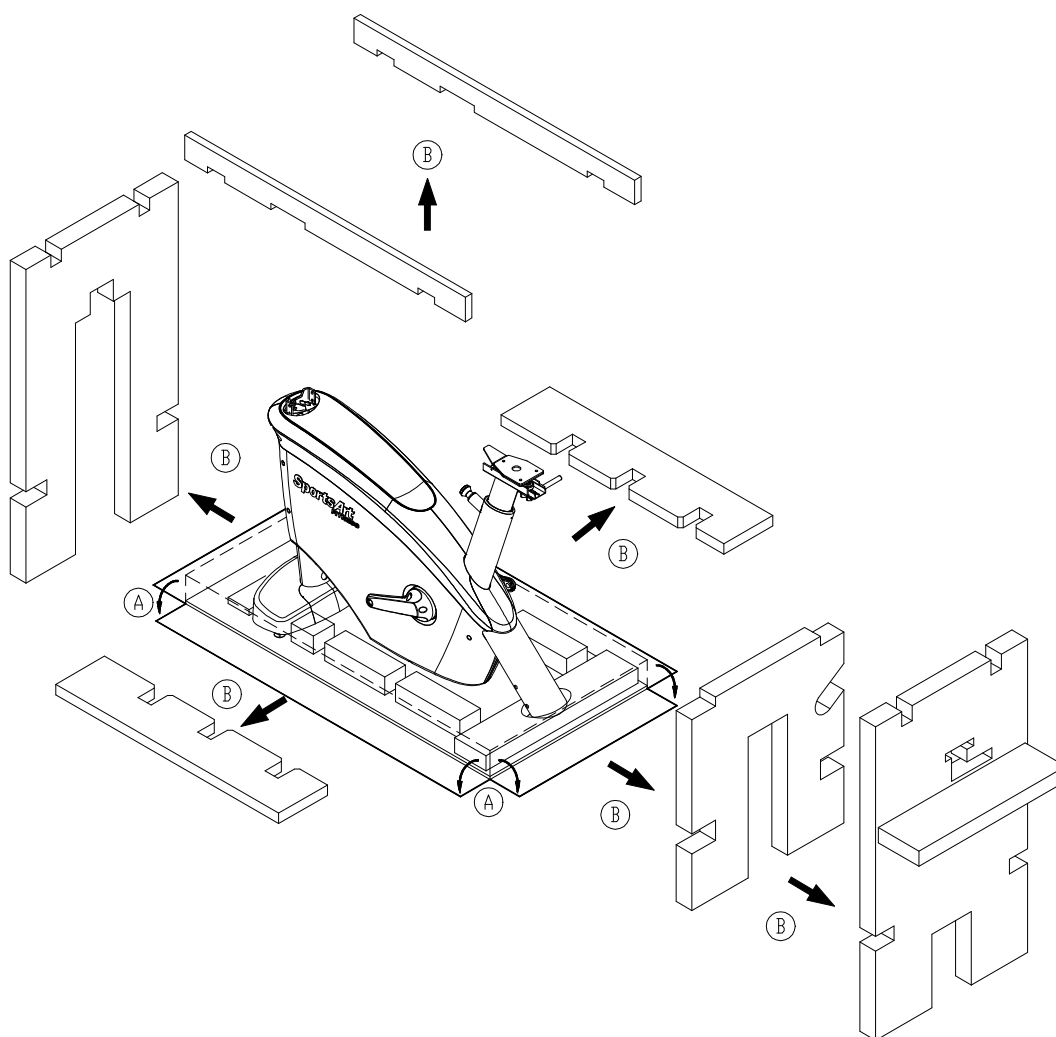
## 4. ASSEMBLE THE PRODUCT

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 Separate the Product from the Packaging

Remove packaging as shown to leave the product on a flat piece of cardboard.

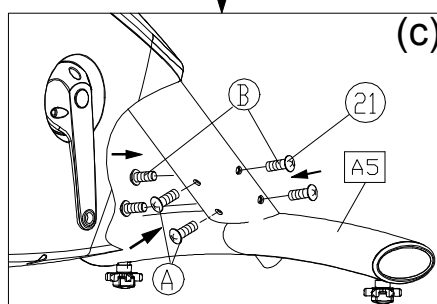
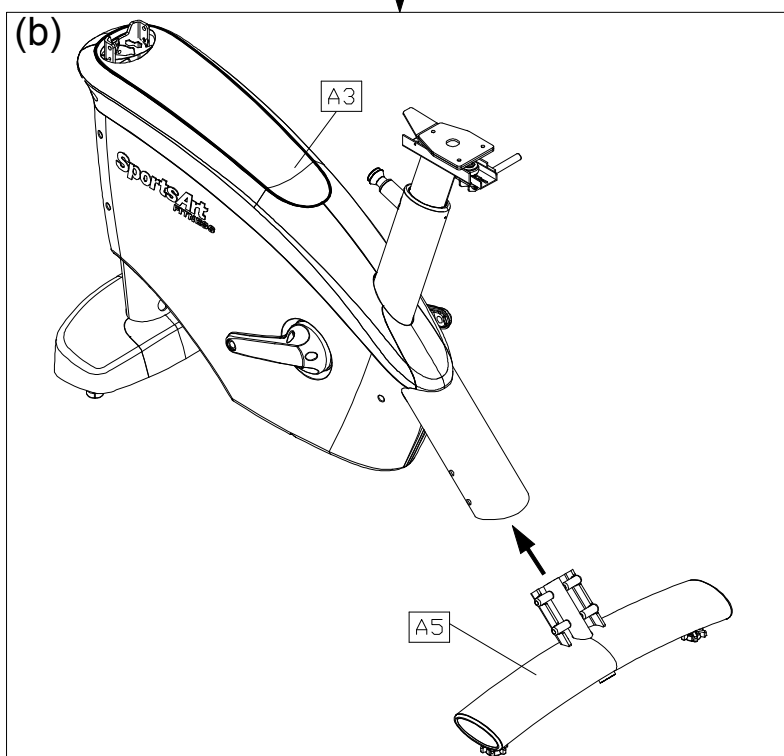
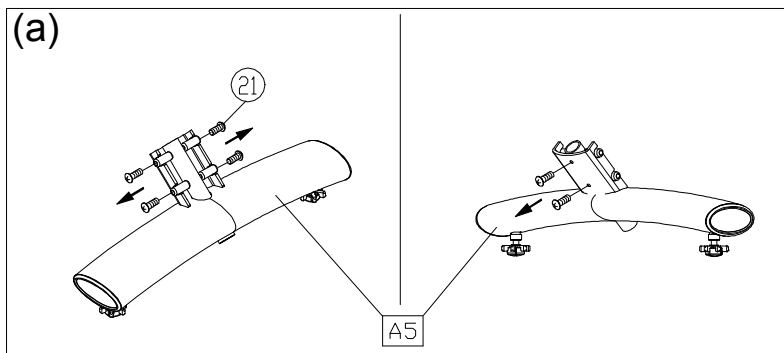
- Remove bike parts. Set them aside in a safe place. Cut the corners of the box to leave the main frame and body alone on a flat piece of cardboard.
- Remove the packaging material. Inspect all packaging material for parts, such as pedals, etc., before discarding the packaging material.



## STEP 2 Install the Rear Support

Please follow steps (a) through (c) to install the rear support.

- (a) Remove screws (21) from the rear support.
- (b) Insert the stem of the rear support (A5) into the rear tube of the main frame (A3). Align the holes in both places.
- (c) Install the screws (21) that had been removed from the rear support. First secure screws in area A, then secure screws in area B.

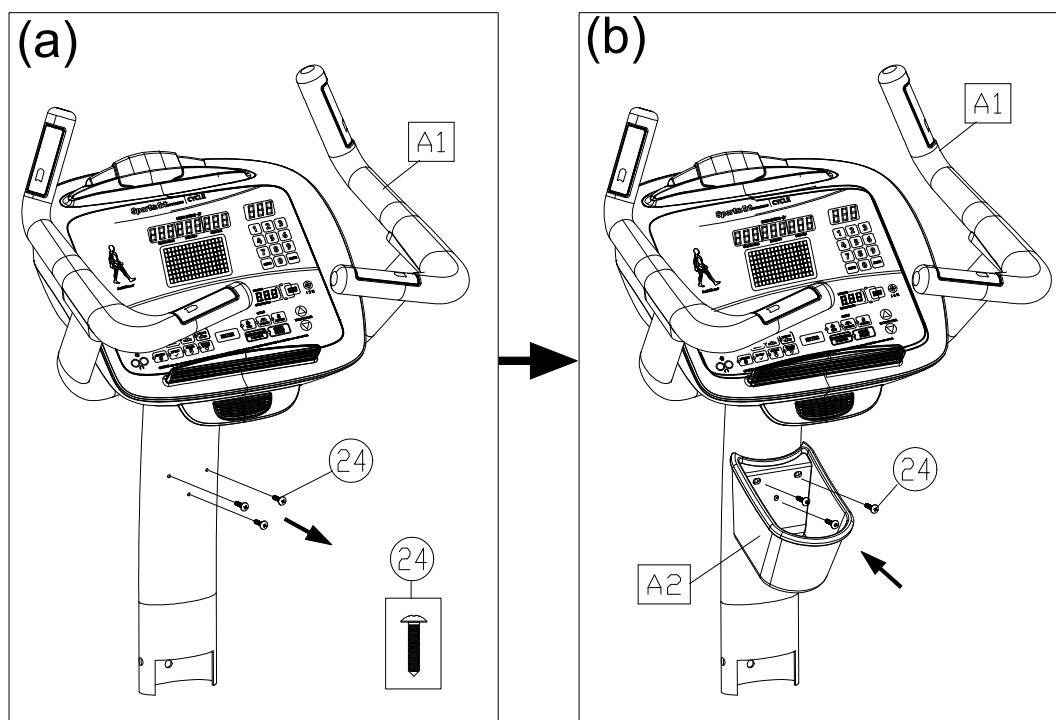


### STEP 3 Install the Storage tray

Please follow steps (a) through (b) below to install the storage tray.

(a) First remove screws (24) from the pedestal and display (A1).

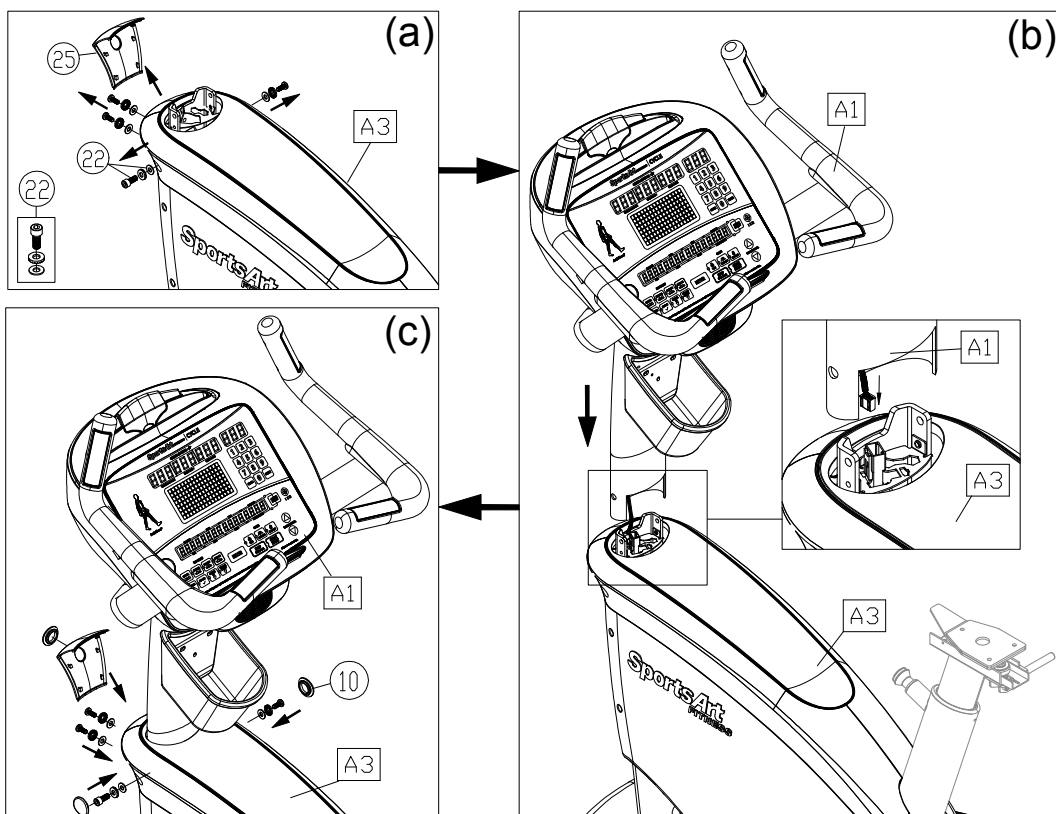
(b) Use these screws (24) to secure the storage tray (A2) onto the pedestal.



## STEP 4 Install the Pedestal and Display

Please follow steps (a) through (c) below to install the pedestal and display.

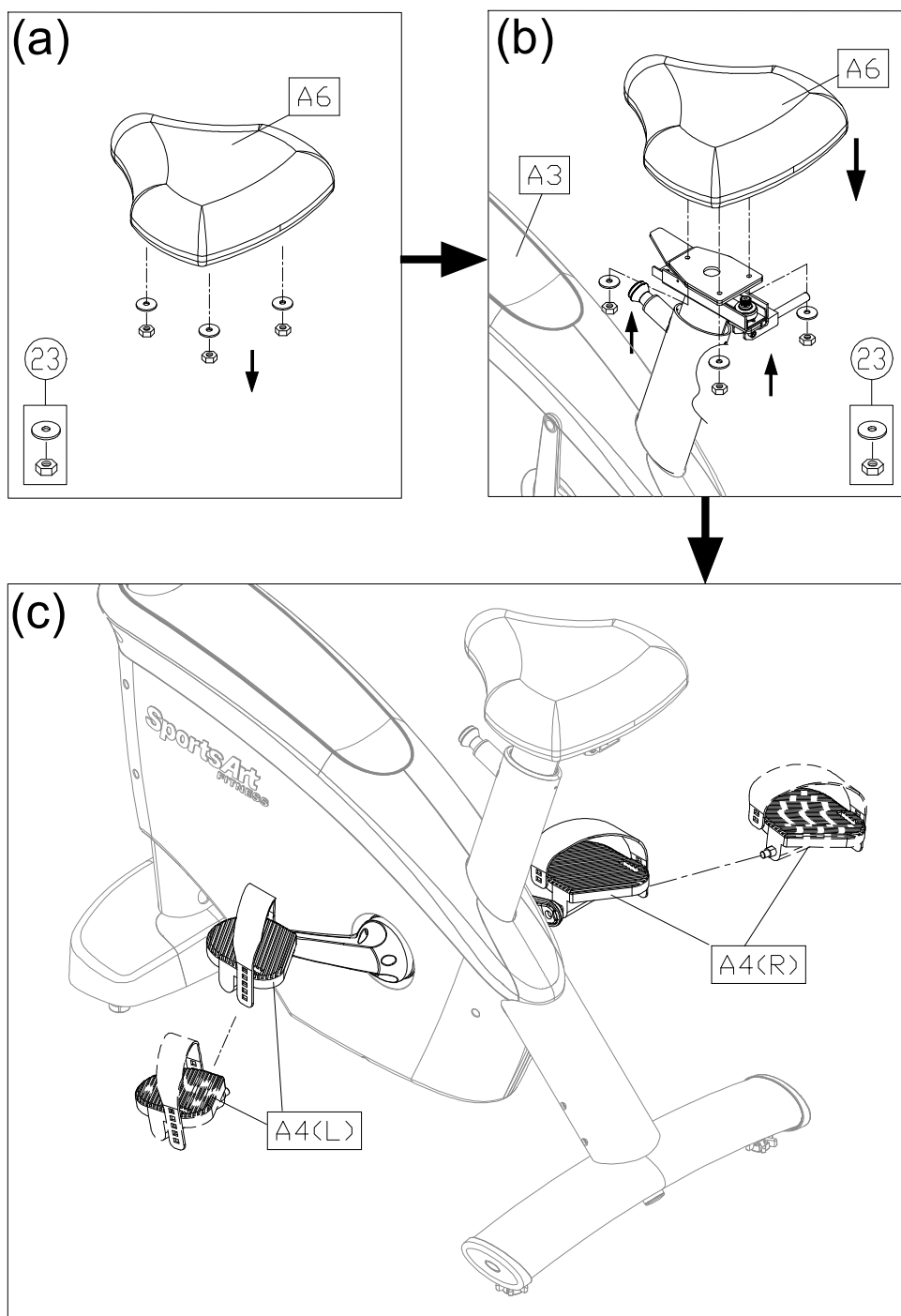
- (a) First pull the front cover (25) off the main frame and then remove screws (22) from the main frame (A3).
- (b) Connect the cable in the pedestal and display (A1) to the cable in the main frame (A3).
- (c) Tuck the cable out of the way. Insert the pedestal and display (A1) into the mount piece on the main frame (A3). Use screws (22) to secure the pedestal and display (A1) into the mount piece on the main body, and then place the front cover (25) back into place from top. From the hardware kit remove the soft caps. Insert caps (10) onto the screws.



## STEP 5 Install the Seat Bottom and Pedals

Please follow steps (a) through (c) to install the seat bottom and the pedals.

- (a) First remove screws (23) from the seat bottom (A6).
- (b) Place the seat bottom (A6) onto its mount on the main frame and then use screws (23) to secure the seat bottom (A6) to the main frame.
- (c) Note that pedals (A4) are marked either “L” for left or “R” for right. Each pedal must be installed on the appropriate side. The stem of the right pedal screws in clockwise. The stem of the left pedal screws in counterclockwise. Start securing pedals by hand to ensure proper threading, and then use the wrench to fully secure the pedals into place.



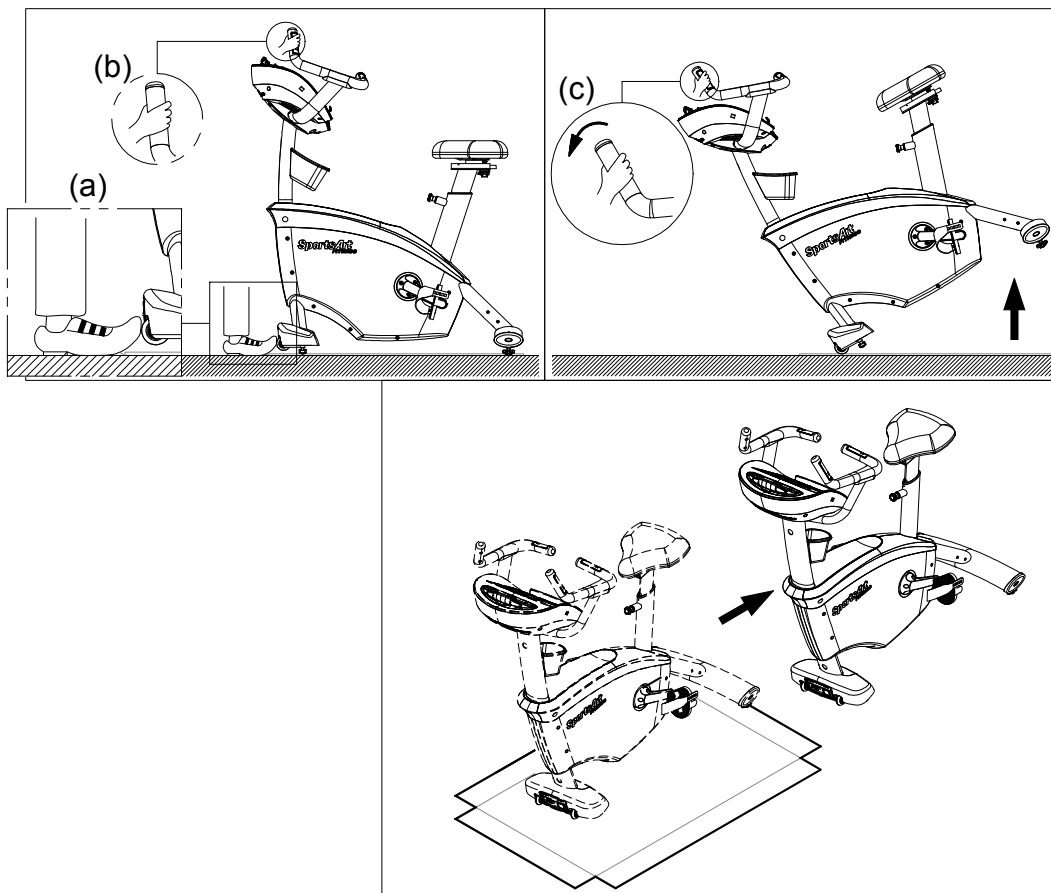
## STEP 6 Move the Product

Lift the rear support and push, rolling the bike into place for use by following instructions (a) through (c) below.

(a) Stand in front of the bike, press one foot on the roller.

(b) Put both hands onto the handlebars.

(c) Tilt the bike and roll it into place.

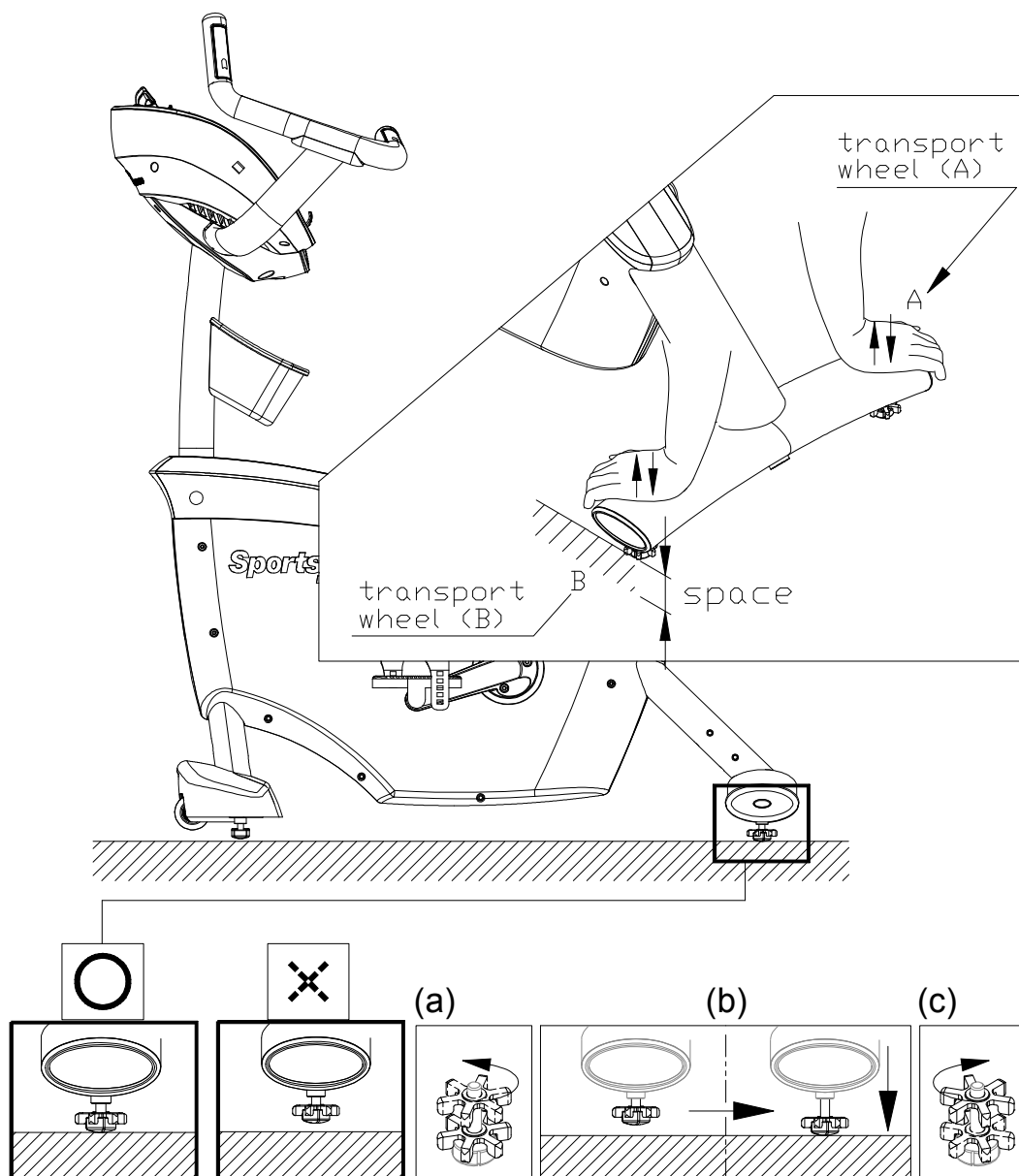




## STEP 7 Level the Bike

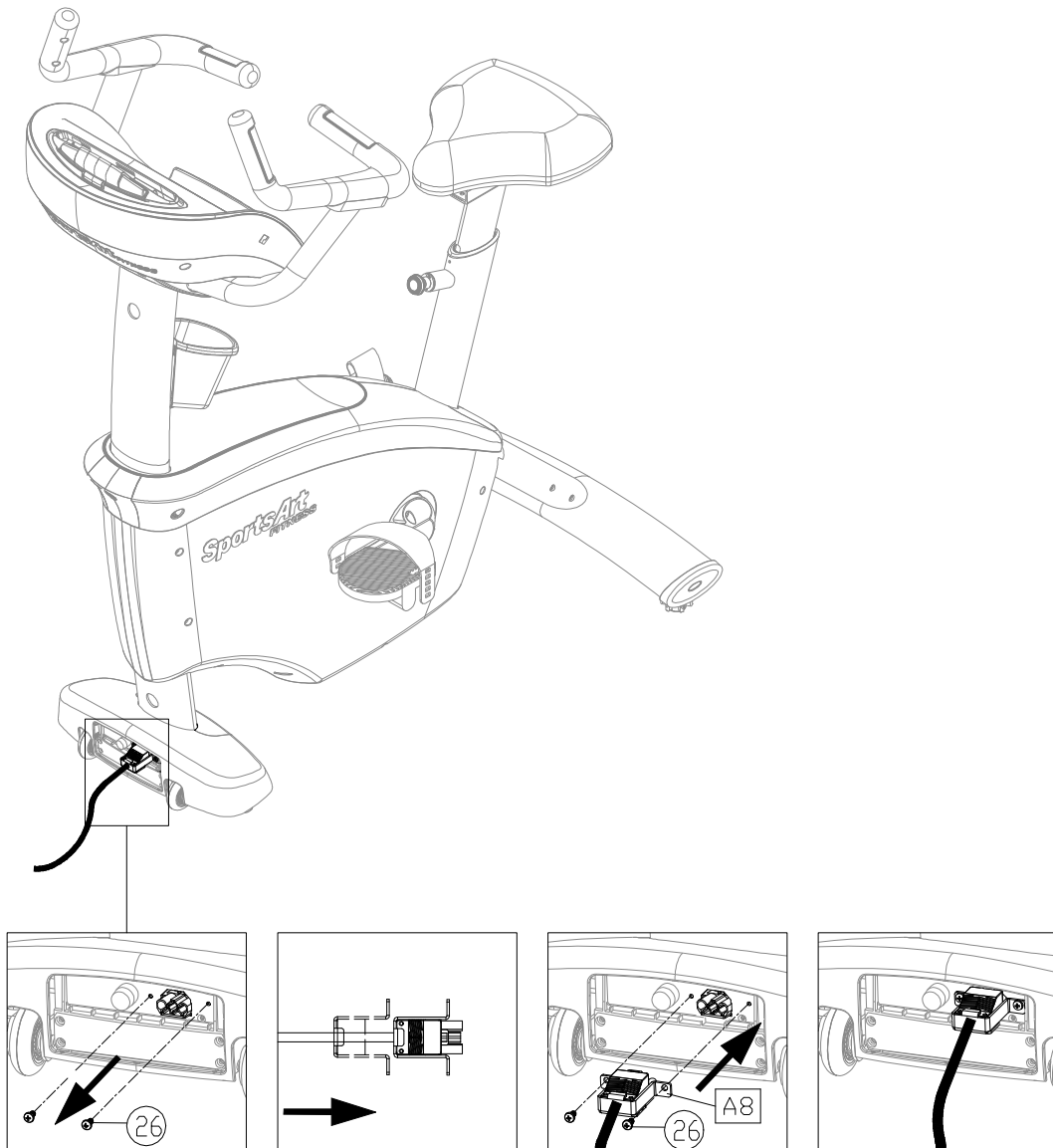
For the user's safety and the proper functioning of the product, this bike must sit level on a flat floor. If necessary, adjust the levelers by following instructions (a) through (c) below.

- (a) Loosen the leveler nut.
- (b) Rotate the leveler foot downward so it firmly touches the floor.
- (c) To secure this position, secure the leveler nut against the product frame.



## STEP 8 Install the Power Cord

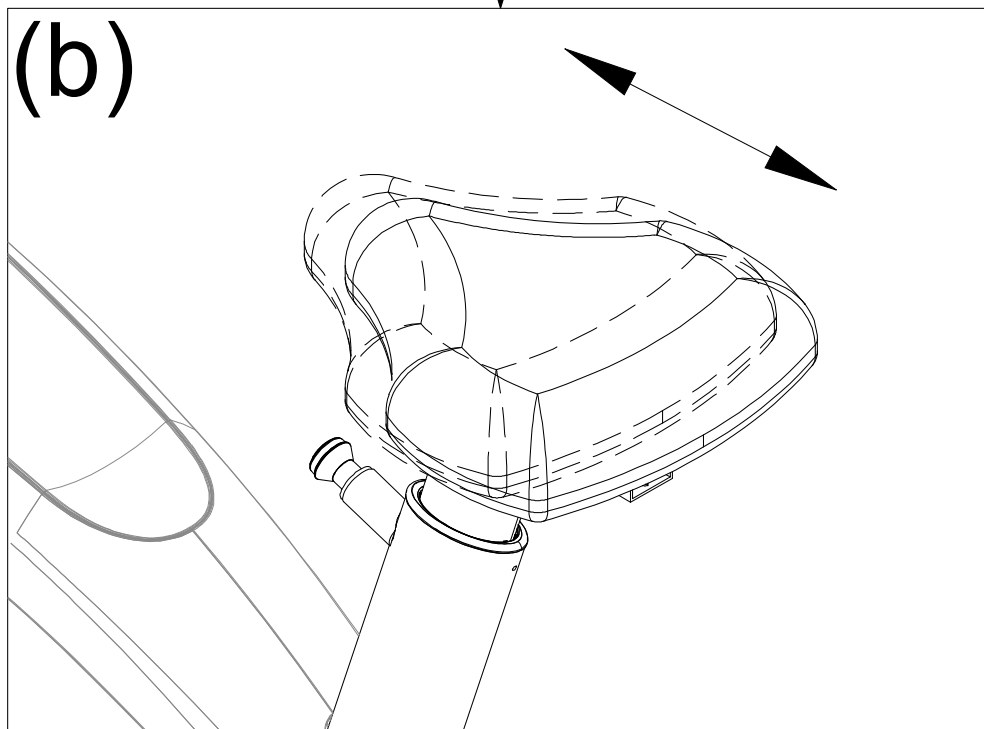
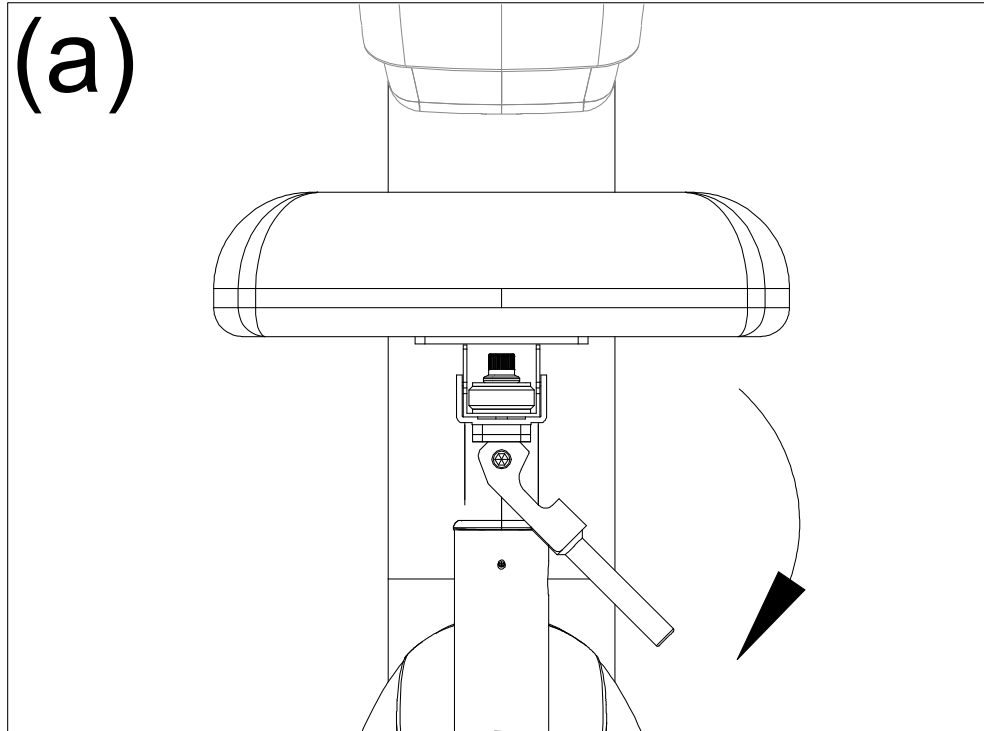
- (a) First remove screws (26) from the power cord socket on the product.
- (b) Insert the power cord into place on the product.
- (c) Secure power cord connector screws (26) and then insert the other end of the power cord (A8) into the appropriate power supply socket in the wall.



## **STEP 9**   **Seat Fore and Aft Adjustment**

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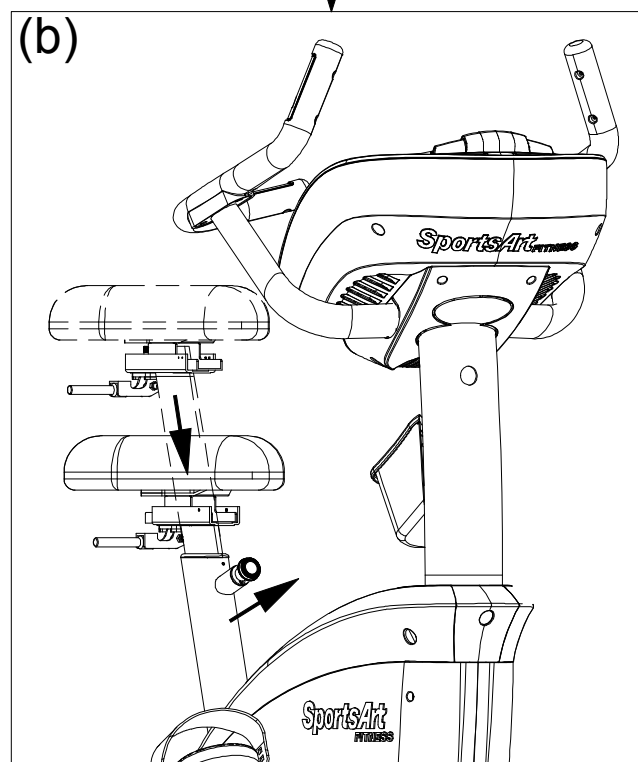
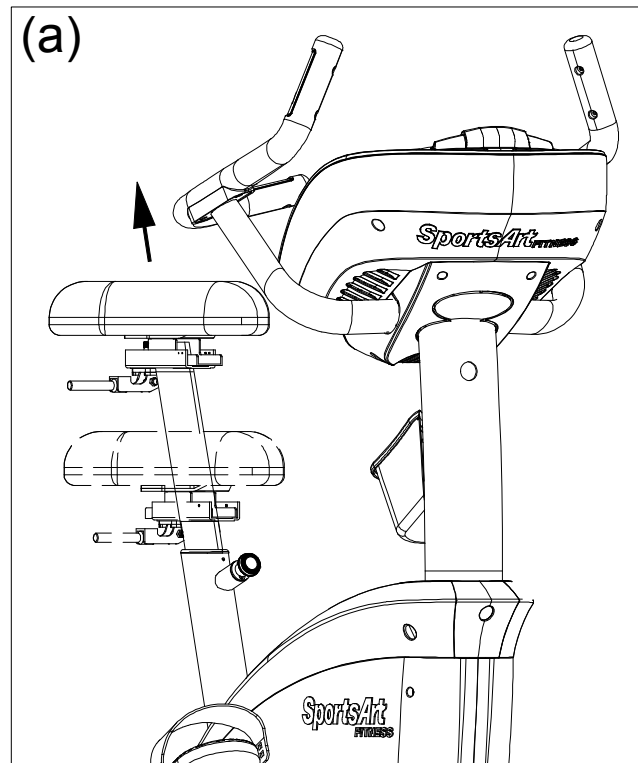
- (a) Push the seat adjustment level down to loosen the seat.
- (b) Push the seat to a suitable position toward the front or toward the back of the unit. Then lift the lever up to secure the seat into place.



## **STEP 10** Seat Height Adjustment

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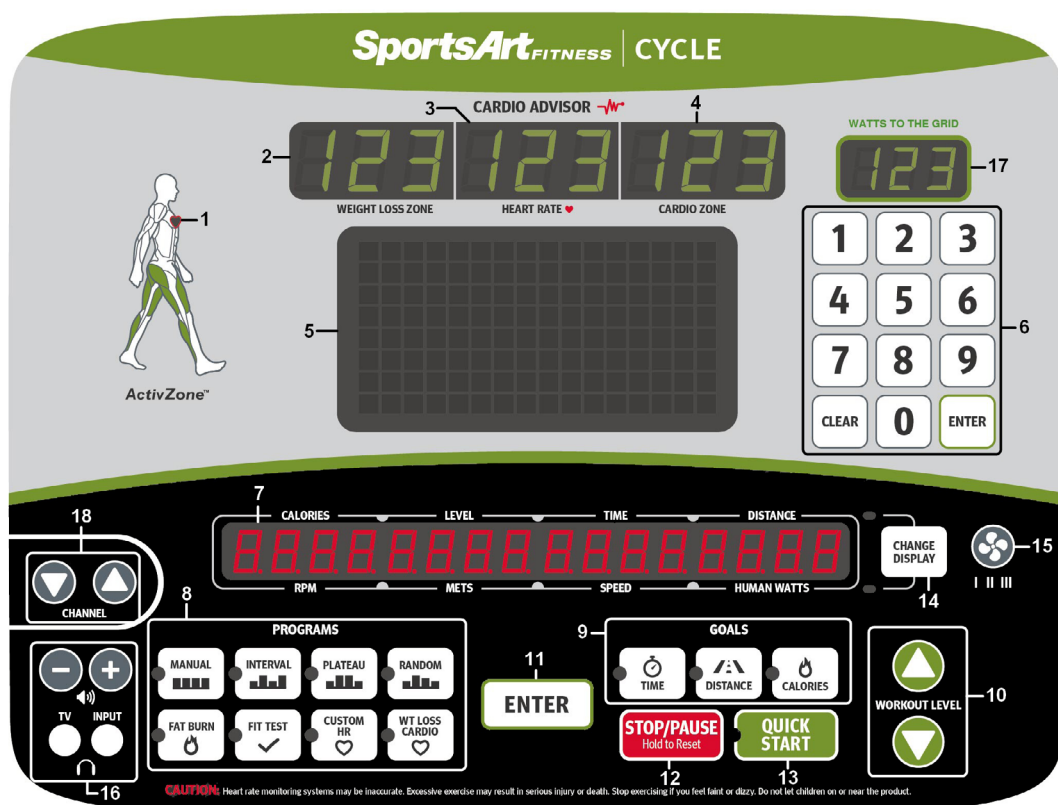
- (a) To adjust the seat upward, simply pull the seat upward.
- (b) To adjust the seat downward, lift the seat adjustment knob and push the seat downward to a suitable position. Then release the knob to secure the seat in place.



## 5. UNDERSTAND THE G575U DISPLAY

### DISPLAY Overview

The G575U upright cycle 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.



- |                                      |  |
|--------------------------------------|--|
| 1. Pulse LED                         | 11. Enter Key                                    |
| 2. Weight Loss 65% Target Heart Rate | 12. Stop/Pause/Reset Key                         |
| 3. Actual Heart Rate                 | 13. Quick Start Key                              |
| 4. Cardio 80% Target Heart Rate      | 14. Change Display Key                           |
| 5. Dot Matrix Screen                 | 15. Fan Speed Key                                |
| 6. Numeric Keys                      | 16. Volume Adjustment Keys and Headphone Jack    |
| 7. Exercise Feedback Screen          | 17. Transient Power Output Screen                |
| 8. Workout Program Keys              | 18. MYE Wireless TV Audio Channel Receivers Keys |
| 9. Workout Goals                     |  |
| 10. Workout Level Keys               |  |

## **DISPLAY Specifications**

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- Workout level (resistance level): 1 - 40
- METS: 0.0 - 99.0
- Time: 0:00 - 300:00
- Distance: 0.00 - 9999 km or mile
- Calories: 0 - 9999 kcal
- RPM: 5 – 150 (Range shown)
- Speed: 0.1mph (kph)
- Human Watts: 0 – 9999
- Heart Rate range: 35 - 255bpm
- Generator output: 0 - 270 watts
- Programs: MANUAL, INTERVAL, PLATEAU, RANDOM, FAT BURN, FIT TEST, CUSTOM HR and CARDIO/WT LOSS.

## **DISPLAY Windows**

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- Cardio Advisor™ shows heart rate goals, WT LOSS 65% and CARDIO 80%, and actual heart rate (center).
- The exercise feedback window shows workout usage prompts and workout information.
- The workout illustration window shows workout program illustrations.
- The transient power output of generator screen shows the transient power output of generator in watts.

## **DISPLAY Keys**

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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 pause mode, press this key to resume the workout. 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 one minute 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.

## **DISPLAY Keys (Continued)**

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**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.

**FAT BURN** – This workout program provides 1 - 20 different difficulties 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  $(220 - \text{AGE}) \times 0.65$ .

**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  $(220 - \text{AGE}) \times 0.8$ .

**TIME** – Press this key to make time your workout goal.

**DISTANCE** – Press this key to make distance your workout goal.

**CALORIES** – Press this key to make calories your workout goal.

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

**WORKOUT LEVEL ▲/▼** – Press this key to change resistance settings. Settings change by one level each time the key is pressed.

**STOP/PAUSE/HOLD TO RESET** – In Workout mode, press this key to pause the program. During pause mode, 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.

**0 – 9 numeric keys** – Press these keys to directly input numbers, rather than pressing ▲/▼ keys.

**CLEAR** – When inputting setting values, press this key to delete previous setting values back to 0.

**FAN** – Press this key to activate the fan. There are settings: low, medium, high, and off.

## **DISPLAY Keys (Continued)**

---

**CHANGE DISPLAY** – This key controls the exercise feedback window, which has two rows: The top row shows CALORIES, LEVEL, TIME, DISTANCE; the bottom row shows RPM, METS, SPEED, 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.

**VOLUME +/-** : iPod, iPhone analog audio volume adjustment. (Note: this is an option feature and it is only compatible with Apple 30 pin connector.) MYE wireless TV audio channel receivers volume adjustment. **(MYE Wireless TV Audio\_Channel Receivers and module not provided.)**

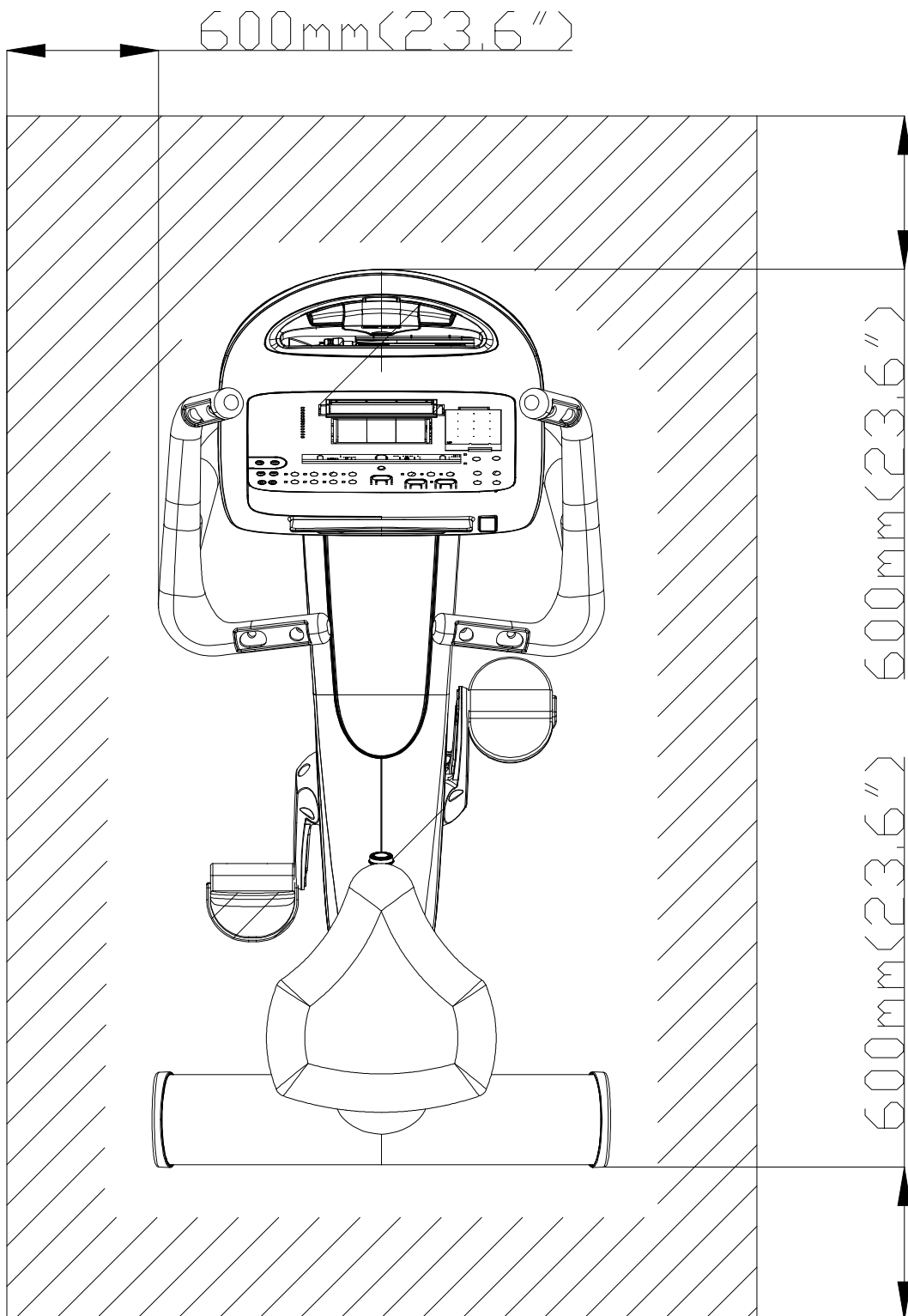
**CHANNEL ▲/▼** – Press this key to change MYE wireless TV audio channel receivers channel settings. **(MYE Wireless TV Audio\_Channel Receivers and module not provided.)**



## 6. OPERATE THE PRODUCT

### OPERATION Safety Operating Area

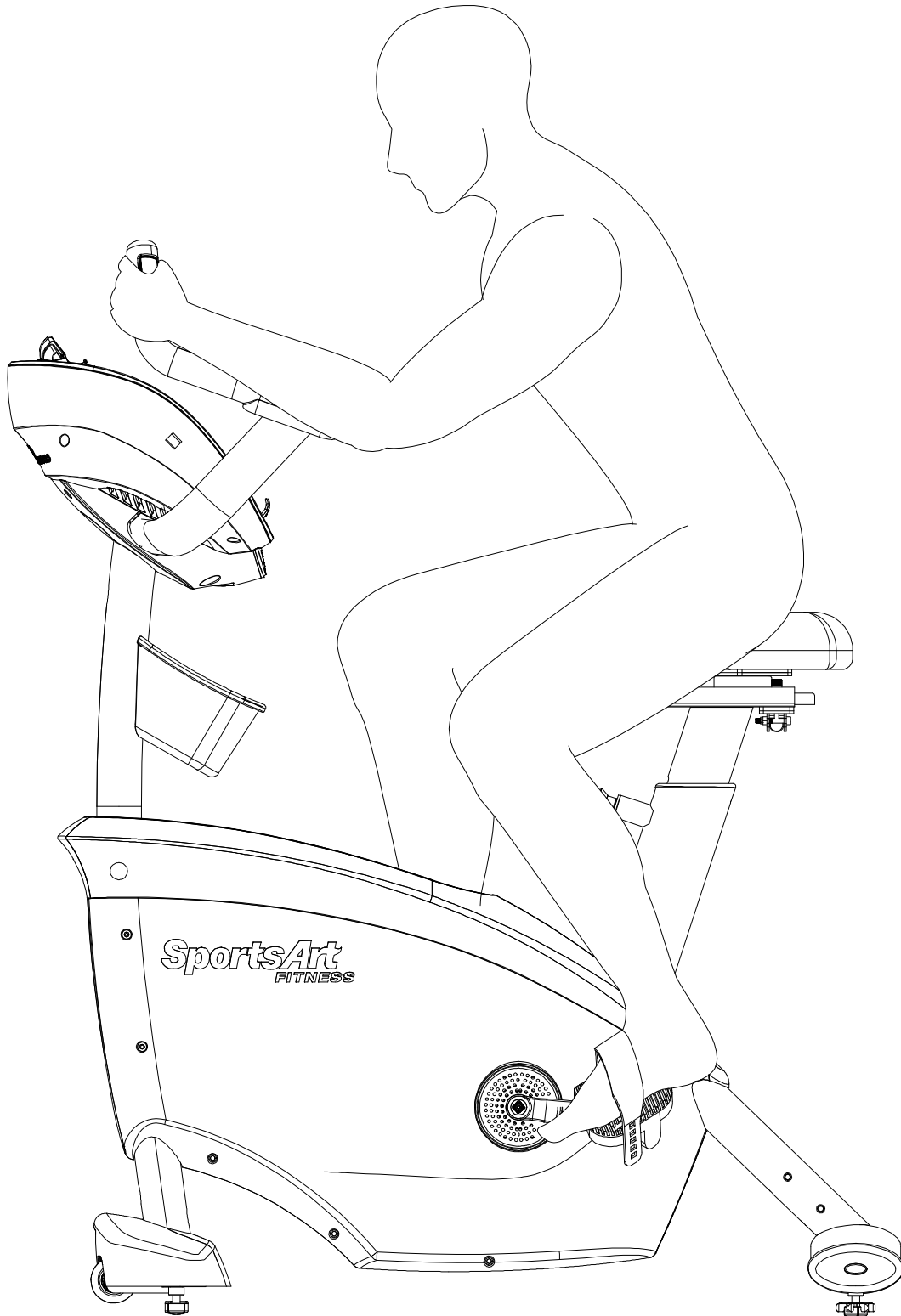
- (a) Safety clearance required as below shown. Do not allow people to be near this area when operating.
- (b) Noise emission under load is higher than without load



## **OPERATION** Proper Workout Position

---

- (a) User proper workout position as below shown.
- (b) Over exercise or improper workout position 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 bike.
- (d) This product is intended for exercise legs.



## **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, FAT BURN, FIT TEST, CUSTOM HR, CARDIO/WEIGHT LOSS) to select a workout or press a goal key (TIME, DISTANCE, CALORIES) to select a goal program. Press ENTER to confirm the program selection.
2. If you select a program key, then "SELECT GOAL" will appear on the exercise feedback window. There are three types of workout goals: TIME, DISTANCE, and CALORIE. Press the key of your preferred workout goal. Its indicator LED will light up.

If you select a goal program, its LED indicator will light up. Follow the instruction below to set up the goal and start the program. Once the program is started, resistance and stride 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 or numeric keys (0-9) to make your selection. 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 ▲/▼ keys or numeric keys (0-9) 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 or numeric keys (0-9) to make your selection. 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.

## **OPERATION** Start a Workout Program (Continued)

---

3. The age setting range is from 10 to 90, with a default value of 35 years old. Use ▲/▼ keys or numeric keys (0-9) to make your selection. 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 500 lb. (20 to 227 kg), with a default setting of 165 lb. (75 kg). Use ▲/▼ keys or numeric keys (0-9) to make your selection. 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 WORKOUT LEVEL ▲/▼ 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. The transient power output of generator screen shows the transient power output of generator in watts.

4. 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, FAT BURN, 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** Pause

---

In Workout mode, press <STOP/PAUSE/HOLD TO RESET> key to pause the program. The data display will show messages "PAUSED" and "PRESS QUICK START TO RESUME". All the workout data will stop accumulating and remain at the current values. If no operations in 50 second, enter idle mode. Press <QUICK START> key to resume to Workout mode or press <STOP/PAUSE/HOLD TO RESET> key to display the workout information such as time, distance and calories.

## **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.

## **OPERATION Review Summary**

---

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, calorie expenditure and energy. Press the STOP key to return to idle mode which the “SELECT A PROGRAM” prompt will appear.

## **OPERATION Idle Mode**

---

- When the bike is stop running and no other activity for 50 seconds, the console will enter Idle mode and the display will show the following:
- The dot matrix display will show “SA” and the LED color will change from Green too Orange to Red and so forth.
- The message window will display: WELCOME TO SPORTSART FITNESS.....”
- After entering idle mode for 70 seconds, press any key, it will return to Banner page and waiting for a program selection. If no key pressed continuously and reaches the energy smart conservation timer, the power will be turn off and console will turn dark.

## **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 WORKOUT LEVEL ▲/▼ 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.)

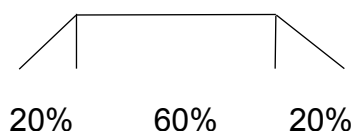
Each time the INTERVAL key is pressed, one of the three interval programs will appear. When your preferred interval program appears, press the ENTER key to activate that program. Then follow prompts to set the interval segment resistance settings. After you begin exercising, the resistance level of any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

## **OPERATION** Workout Programs (Continued)

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### **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.

### **FAT BURN**

In this program, there are 1-20 different difficulty profiles to select from. During program setting, before entering program mode, you must first select the PROFILE, range from 1 - 20 (default value is PROFILE 5). The display will show "PROFILE - XX", press ▲/▼ keys or numeric (0-9) key to select the profile. Then press the ENTER key to confirm your choice and start exercise.

During program setting, you may press QUICK START to start the program right away. The difficulty profile can be adjusted during exercising by pressing WORKOUT LEVEL ▲/▼ keys.

### **FIT TEST**

#### **1. Before Use**

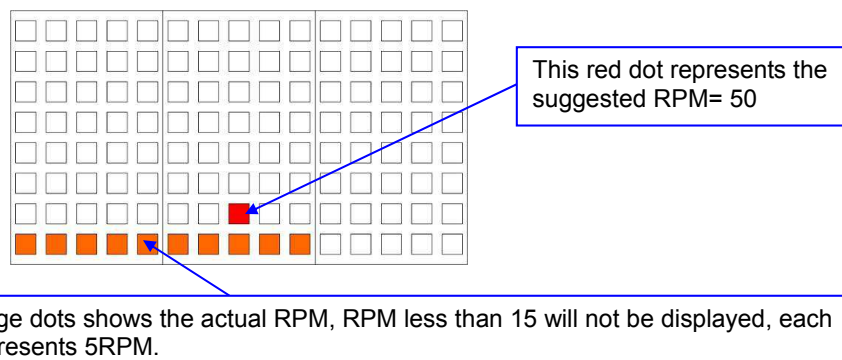
- (1) Fit Test Mode workout requires a heart rate signal to work correctly. The signal can be from either a compatible heart rate transmitter belt or contact heart rate grips located on the unit. For the most accurate test, it is recommended that you use a Polar compatible transmitter belt.
- (2) Test time will vary depending on the user's workout.
- (3) The program will end immediately under the following conditions:
  - a. No heart rate detected for more than 30 seconds.
  - b. Speed is slower than 45RPM or faster than 55RPM for more than 15 seconds.
  - d. Actual heart rate is greater than or equal to  $(220 - \text{Age}) \times 0.85$ .
  - e. Program test time ends.

#### **2. Fit Test**

- (1) When the user selects Fit Test Program, the TIME button lights up; settings are not displayed (skip the time settings and enter age and weight).

## OPERATION Workout Programs (Continued)

- (2) Gender settings (default: MALE)
  - a. console display "GENDER- MALE" or "GENDER- FEMALE"
  - b. press <WORKOUT LEVEL ▲/▼> to select gender
  - c. press <ENTER> to start program
- (3) The console shows "STARTING TEST" and 2 seconds later the FIT TEST begins. The console displays as follows:



- (4) The best RPM range during test is 45 to 55RPM with targeted 50RPM. If the actual RPM is below 45RPM or above 55RPM, the console will show "MAINTAIN RPM- 50" for 5 seconds. If the actual RPM is below 45RPM or above 55RPM for more than 10 seconds, the fit test will end immediately.
- (5) When the program ends, the console shows "END OF FIT TEST" and the user's score "YOUR SCORE- XXX", then enters COOL DOWN mode.  
Note: XXX represents user's score, 0 to 90.

### 3. Fit Test Stages

Heart rate and workload during different stages

Heart Rate Stage	< 80BPM	80-89BPM	90-100BPM	> 100BPM
1	25W (150kgm/min)			
2	125W (750kgm/min)	100W (600kgm/min)	75W (450kgm/min)	50W (300kgm/min)
3	150W (900kgm/min)	125W (750kgm/min)	100W (600kgm/min)	75W (450kgm/min)
4	175W (1050kgm/min)	150W (900kgm/min)	125W (750kgm/min)	100W (600kgm/min)
Additional Stages	Additional stages are required to achieve within 10 bpm of 85% heart rate $((220 - \text{age}) * 0.85 - 10)$ . Each additional stage increases 25w to previous workload.			

- (1) The workload of each stage changes depending on the detected heart rate of the user. Average test time for each stage is 3 minutes, but test time can be extended if the user does not meet certain criteria.

#### (2) Stage Description:

##### Stage 1:

The program starts with a fixed workload of 25w for 3 minutes. The user's heart rate during the last minute of this stage will decide the workload of the consecutive stages.

## **OPERATION** Workout Programs (Continued)

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For example: If the heart rate during stage 1 is 92 bpm, the workload for stage 2 will be 75w. (Please refer to the chart above)

Stage 2, Stage 3, Stage 4:

Actual heart rate will be measured during the second and third minute of each stage. When the stage ends, the difference of these heart rates will be calculated. (Third minute heart rate minus second minute heart rate)

- a. If the difference is less than or equal to 5bpm, and heart rate is greater than or equal to  $[(220 - \text{age}) \times 0.85] - 10$ , the fit test ends.
- b. If the difference is less than or equal to 5bpm, and heart rate is less than  $[(220 - \text{age}) \times 0.85] - 10$ , the user enters the next stage.
- c. If the difference is greater than 5bpm, the stage will be extended for one minute until the heart rate stabilized.

The difference in heart rate between the extended minute and the previous minute is subject to conditions a, b, and c to determine how the test proceeds.

Additional Stages: Results are determined according to a, b and c conditions of Stage 2, 3 and 4.

- (3) When entering a new stage, Level will be adjusted according to the actual RPM to meet the expected workload (Watt).

Example: The workload at Stage 2 is 100W, actual RPM is 51; Level will be automatically adjusted to 7 to generate a workload more than 100W

### 4. Calculation

The oxygen cost (VO<sub>2</sub> max) of the user will be calculated using the following equation. The calculated values will indicate the user's score according to the chart below.

$$SM1 = (\text{Stage 2 Watt/kg} \times 10.8) + 3.5 + 3.5$$

$$SM2 = (\text{Last Stage Watt/kg} \times 10.8) + 3.5 + 3.5$$

$$HR1 = (\text{Stage 2 second to last minute HR} + \text{Stage 2 last minute HR}) / 2$$

$$HR2 = (\text{Last Stage second to last minute HR} + \text{Last Stage last minute HR}) / 2$$

$$b = (SM2 - SM1) / (HR2 - HR1) \quad \text{Note: } b = \text{slope}$$

$$HR_{\text{max}} = (220 - \text{age})$$

$$VO2_{\text{MAX}} = sm2 + (b \times (HR_{\text{max}} - HR2))$$

$$*HR1 = (\text{Sum of last two minutes' HR for stage 2}) / 2$$

$$= (\text{Average of stage 2's last two minutes' HR measures})$$

$$HR2 = (\text{Sum of last two minutes' HR for last stage}) / 2$$

$$= (\text{Average of last stage's last two minutes' HR measures})$$



## OPERATION Workout Programs (Continued)

Percentile Values For Maximal Aerobic Power( $\text{ml.kg}^{-1}.\text{min}^{-1}$ )--Men					
Percentile	Age				
	20-29	30-39	40-49	50-59	60+
90	51.4	50.4	48.2	45.3	42.5
80	48.2	46.8	44.1	41.0	38.1
70	46.8	44.6	41.8	38.5	35.3
60	44.2	42.4	39.9	36.7	33.6
50	42.5	41.0	38.1	35.2	31.8
40	41.0	38.9	36.7	33.8	30.2
30	39.5	37.4	35.1	32.3	28.7
20	37.1	35.4	33.0	30.2	26.5
10	34.5	32.5	30.9	28.0	23.1

Percentile Values For Maximal Aerobic Power( $\text{ml.kg}^{-1}.\text{min}^{-1}$ )--Women					
Percentile	Age				
	20-29	30-39	40-49	50-59	60+
90	44.2	41.0	39.5	35.2	35.2
80	41.0	38.6	36.3	32.3	31.2
70	38.1	36.7	33.8	30.9	29.4
60	36.7	34.6	32.3	29.4	27.2
50	35.2	33.8	30.9	28.2	25.8
40	33.8	32.3	29.5	26.9	24.5
30	32.3	30.5	28.3	25.5	23.8
20	30.6	28.7	26.5	24.3	22.8
10	28.4	26.5	25.1	22.3	20.8

If the user fails to complete at least 3 stages or terminated the fit test under any conditions, the test result will be 0.

5. Example: Male, 20 years old, weighs 62 kg

At Stage 3, third minute (last minute) actual heart rate is more than  $((220 - \text{age}) \times 0.85) - 10$ , the test ends. Please refer to the chart below for Watt and Heart rate of Stage 3.

Stage	Watt	Time(Minutes)	HR(bpm)
1	25W	0-1	86
		1-2	90
		2-3	92
2	75W	3-4	120
		4-5	135
		5-6	139
3	100W	6-7	151
		7-8	159
		8-9	163

## **OPERATION** Workout Programs (Continued)

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VO2max value and score calculation:

$$SM1 = (75/62 \times 10.8) + 3.5 + 3.5 = 20.06 \text{ ml} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$$

$$SM2 = (100/62 \times 10.8) + 3.5 + 3.5 = 24.42 \text{ ml} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$$

$$HR1 = (135 + 139) / 2 = 137 \text{ bmp}$$

$$HR2 = (159 + 163) / 2 = 161 \text{ bmp}$$

$$b = (24.42 - 20.06) / (161 - 137) = 0.182$$

$$HR_{\text{max}} = (220 - 20) = 200$$

$$VO2_{\text{max}} = 24.42 + (0.18 \times (200 - 161)) = 31.5 \text{ ml} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$$

According to VO2max chart, score = 10

### **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:  $(220 - \text{age}) \times 65\%$ . The cardio target heart rate is calculated at 80% of the maximum heart rate:  $(220 - \text{age}) \times 80\%$ . 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  $\blacktriangle/\blacktriangledown$  key or numeric keypads 0-9 to adjust the setting. Press ENTER key to confirm and start the program. You may press QUICK START at anytime 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 an orange line will appear on the lower part of the screen. The red dot represents the recommended RPM; the orange line represents actual RPM. Try to maintain an RPM even with the red dot.

Resistance will start at level 1. The default RPM is 50. If the actual RPM 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 Preferences and Component Versions

---

Basic settings determine units of measure and show total distance and time, along with display and drive board program version numbers. To access this information, at the startup banner screen, hold the CHANGE DISPLAY key for two seconds.

### **UNITS**

The display will show "UNIT – MILE" or "UNIT – KM" depending on the original distance unit setting. Press ▲/▼ keys to toggle between the two settings. When your preference appears, press the ENTER key to make your selection.

### **PROGRAM TIME LIMIT**

The display will show "TIME LIMIT - YES" or "TIME LIMIT - NO", press ▲/▼ key to turn this function On/Off. Press ENTER to make your selection. When "YES" is selected, it will prompt the message of "TIME - XX:00" for you to set the time limit. Setting range is from 5:00 to 60:00, with a default value of 30:00. Press ▲/▼ key to adjust the value. Press ENTER to confirm the setting.

### **LANGUAGE**

a. 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)

b. Press ▲/▼ keys to change the country.

c. Press the ENTER key to confirm the selection.

### **TOTAL DISTANCE**

According to the speed unit setting, total distance will appear as either "DIST – XXXXXX MILE" or "DIST – XXXXXX KM", where XXXXXX represents a number. Press the ENTER key to view total time.

### **TOTAL TIME**

Total time of use will appear as "TIME – XXXXXX HOUR", where XXXXXX represents a number. Press the ENTER key to view watt hours produced.

### **WATT HOURS PRODUCED**

Total energy production will appear as "WATTS - XXXX.XX KWH". Note that the units of measure are kilowatt hours. Press the ENTER key to proceed to view the product serial number.

## **OPERATION** User Preferences & Component Version (Cont.)

### **PRODUCT SERIAL NUMBER**

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

### **DISPLAY PROGRAM VERSION**

The display program version will appear as "CTL SA\_5 – XX", where XX represents either letters or numbers. Press the ENTER key to view the micro inverter drive board program version.

### **MICRO INVERTER DRIVE BOARD PROGRAM VERSION**

The micro inverter drive board program version will appear as "DRV MI - XX-YYYY", where XX and YYYY represent either a letter or a number. Press the ENTER key to finish the review and return to Banner mode.

You may press and hold STOP key at any time during this process to resent the console and back to Banner state.

## 7. 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.

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.

## 8. 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.

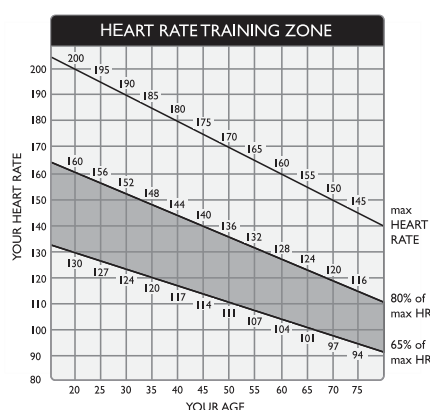
### HOW LONG SHOULD I EXERCISE?

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.



## 9. MICRO INVERTER MI-250

### MICRO INVERTER Important Safety Instructions

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#### CAUTION

These servicing instructions are for use by qualified personnel only. To reduce the risk of electric shock, do not perform any servicing other than that specified in the operating instructions unless you are qualified to do so.

#### PRUDENCE!

Ces instructions d'entretien sont uniquement destinées à un personnel qualifié. Pour réduire le risque de choc électrique, ne pas effectuer un autre service que celui spécifié dans les instructions de fonctionnement, à moins que vous soyez qualifié pour le faire.

To lower the risks involved in the assembly and operation of this inverter, please carefully note the meaning of the following warning symbols, abide by their messages, and thoroughly read these instructions.



This WARNING symbol indicates a risk of electric shock. Please use extreme caution when processing the procedure.



This CAUTION symbol identifies an improper operation that could result in critical safety issue or damage to the user or devices.

### MICRO INVERTER Cautionary Messages

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To lower the risks involved in the assembly and operation of this inverter, please follow the intent of these messages.



#### CAUTION

Plates are live. Disconnect unit before servicing. No user serviceable parts inside. Refer servicing to qualified service personnel.

#### ATTENTION!

Les plaques sont à nu. Débrancher l'appareil avant son entretien. Aucune pièce n'est réparable par l'utilisateur. Faire appel à un réparateur qualifié pour toute intervention de dépannage.

## **MICRO INVERTER** Cautionary Messages (Continued.)

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### **WARNING**

Power fed from more than one source. Each circuit must be individually disconnected before servicing. Do not remove cover until 5 minute after disconnecting all sources of supply.

### **AVERTISSEMENT!**

L'alimentation provient de plus d'une source. Chaque circuit doit être coupé avant toute intervention de dépannage. Attendre 5 minutes avant de retirer le couvercle une fois toutes les sources d'alimentation coupées.



### **CAUTION**

Perform all electrical installations in accordance with all applicable local electrical codes and the National Electrical Code (NEC), ANSI/NFPA 70.

### **PRUDENCE!**

Effectuer toutes les installations électriques en conformité avec les règlements locaux en vigueur et du Code National de l'Electricité (NEC), ANSI/NFPA 70.



## MICRO INVERTER Electronic Specifications

Input Data(3 Phase AC)	
Input power source	3 Phase permanent-magnet generator
Maximum input voltage	140V(line-to-line voltage)
Nominal operating voltage range	55-125V(line-to-line voltage)
Maximum input current	7A(line current)
Output Data(single phase AC)	
Maximum continuous output power	220W
Output power factor rating	>0.9
Nominal voltage(Operating range)	120VAC(105.6-132.0V) (for USA) 230VAC(184.1-245.0V) (for EU)
Maximum continuous output current	2.0A(fro 120V) (for USA) 1.3A(fro 230V) (for EU)
Normal output frequency(Operating frequency range)	60Hz(59.3~60.5Hz) (for USA) 50Hz(47.4~50.1Hz) (for EU)
Utility interconnection voltage and Frequency trip limits and trip times	0.16s (for USA) 0.2s(for EU)
Maximum units per branch	7 (for USA, 15A branch system) 9 (for EU, 10A branch system)
Output controlling method	The LEVEL command of panel controller
Others	
Normal operation temperature range	+5°C~+35°C
Storage temperature range	+5°C~+40°C
Enclosure Rating	Type 1:"indoor use only"
Application	For SportsArt device only

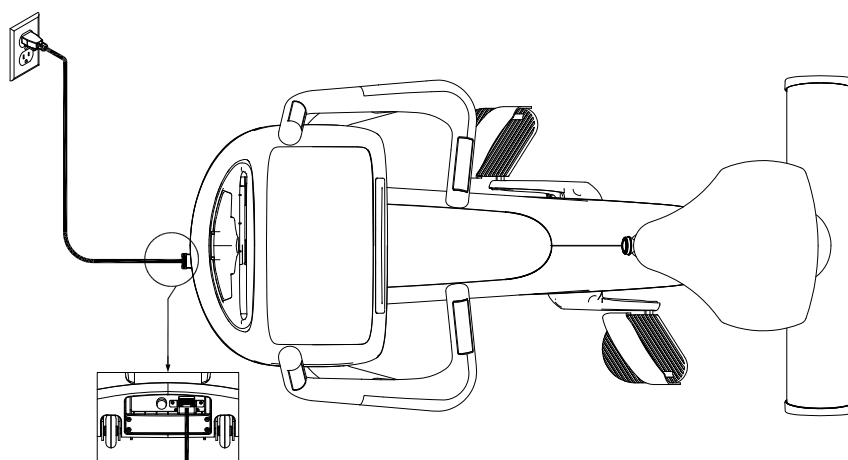
## **MICRO INVERTER** Circuit Board & Product Settings

### **Frequency setting:**

MI-250 can detect the frequency automatically without setting.

### **Connecting to grid power:**

After MI-250 is installed into Green System products, the power can be linked to grid power through product power cord, as shown in the following figure. Attention: it is necessary to cover the power cord and Green system connecting area with a metal cover. Turn the product power switch to OFF and unplug the power cord from the wall outlet before pulling the plug from the product. If the plug is pulling while it is connecting to the power grid, it might cause the electric arc and damage the plug



**The number of products can be linked to a branch circuit of the grid power:** the max wattage output of MI-250 is 250W. Pay attention to the electricity capacity limit (the rating of overcurrent protective device) to avoid overload. Different grid powers voltage limits are shown as the following table.

Grid power voltage	The rating of a branch circuit	Number of products
230V	10A	9
220V	10A	8
120V	15A	7
110V	15A	6

### **Power on:**

Start running the bike with 40RPM or above for more than 6 seconds to turn on the unit. Start operating the bike when the display enter Banner page.

If the bike cannot be turned on or the display turns dark or shows "PLUG IN SOCKET". Insert the power cord into the power supply socket and start running the bike.

When the bike is stop running and no other activity for 2 minutes, the bike will shut down. Start running the bike to restart the unit.

## 10. MAINTENANCE

Maintenance topics are presented below in the following order: error messages, lubrication the seat carriage, 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.
- Must be performed by trained service personnel only.
- 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.
- Maintenance and repair must be performed by trained service personnel only.

## **MAINTENANCE** Error Messages

---

**ERROR\_1\_x, ERROR\_2\_x, ERROR\_3\_x, ERROR\_4\_x, ERROR\_5\_x, ERROR\_6\_x, ERROR\_7\_x and ERROR\_8\_x.**

Error messages will appear on the display when the Micro Inverter detects an abnormality.

### **Error code explanations follow:**

ERROR\_1\_1\_ : System starting error

ERROR\_1\_6\_ : Power cord is plugged into incorrect voltage and the unit will automatically set up the voltage as current voltage and turn off after 3 seconds.

ERROR\_2\_1\_ : IGBT over current (DC bus over current).

ERROR\_2\_2\_ : IGBT too hot.

ERROR\_3\_1\_ : AC power lost or power up after power off time is too short (If any of these two situations occurs, namely the island effect).

ERROR\_3\_2\_ : AC power supply error.

ERROR\_3\_3\_ : AC power frequency error.

ERROR\_3\_4\_ : (reference error) AC neutral point error.

ERROR\_3\_5\_ : (ground fault) AC ground failure.

ERROR\_4\_2\_ : DC BUS voltage too high.

ERROR\_4\_3\_ : DC BUS error.

ERROR\_5\_1\_ : Force warm up.

ERROR\_5\_2\_ : (Eng Stop) Force jump.

ERROR\_6\_1\_ : Generator over current.

ERROR\_6\_2\_ : Generator voltage error.

ERROR\_6\_3\_ : Generator too hot.

Only when Error \_3\_1 occurs, it will be shown for 4 seconds, then return to Banner display; other errors will force the equipment to shut down and not operational. Turn off the power and follow the troubleshooting procedures to repair the equipment and resume its normal operation.

### **ERROR\_8\_x**

Error messages will appear on the display when the Micro Inverter or stride-length drive board communication is abnormal.

### **Error code explanations follow:**

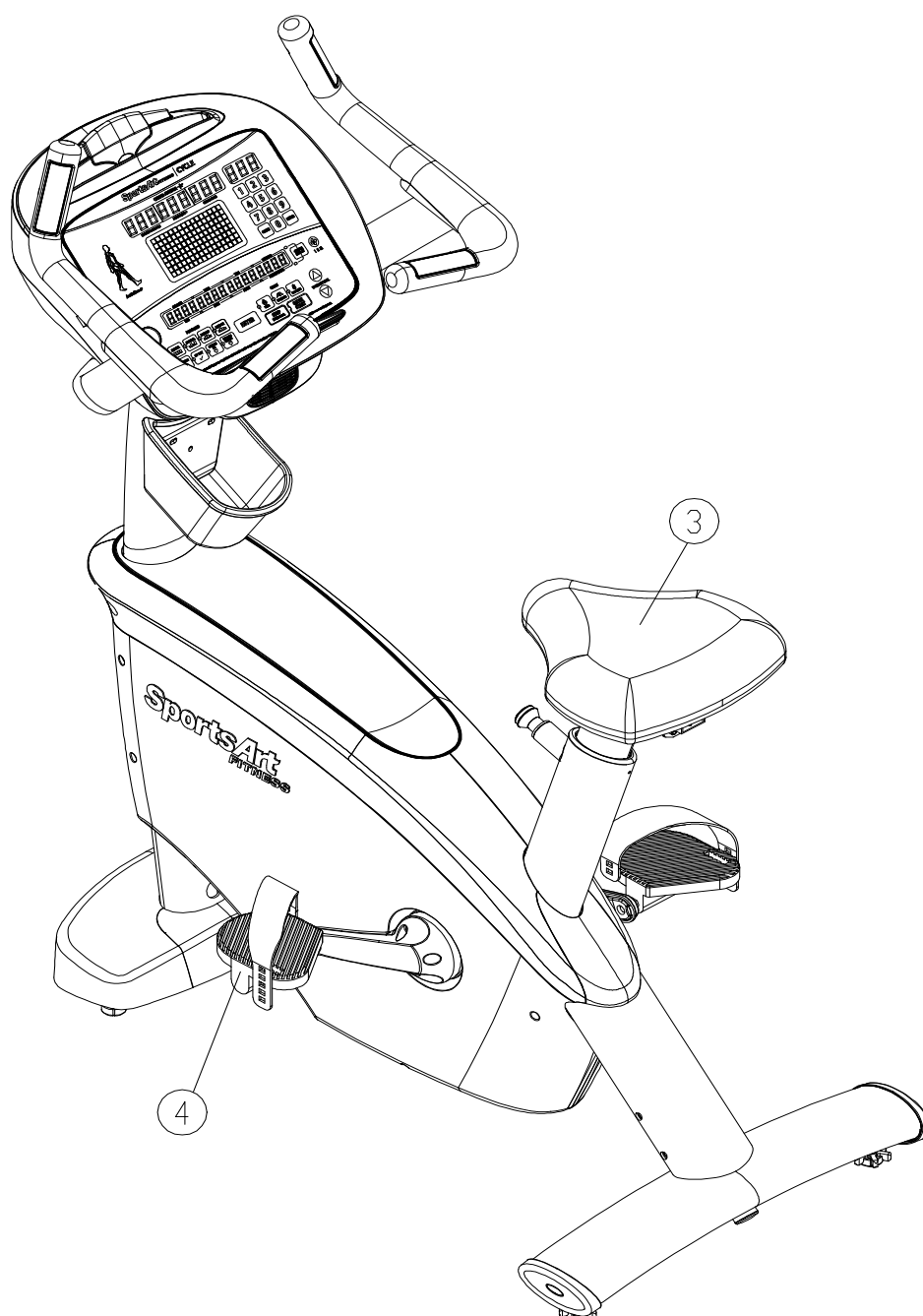
ERROR\_8\_1\_ : When power on, the communication to the Micro Inverter is abnormal.

ERROR\_8\_2\_ : When power on, the communication to the Micro Inverter is normal, however an abnormality occurs during operation.

These two errors will disappear once the communication recovered.

## MAINTENANCE Schedule

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	•					Clean
2	Screws	•					Inspect and secure loose parts
3	Seat bottom	•					Wipe clean with a slightly damp towel.
4	Pedals	•					Inspect and secure loose parts



## **MAINTENANCE Task List (Cycles)**

---

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.
4. Inspect pedals and secure them if necessary.

### **Caution**

- 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 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.
- 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	Weeks 1-7							Weeks 8-14							Weeks 15-21							Week 22-28						
Completed																												

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

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

Weekly Tasks	Weeks 29-35							Weeks 35-42							Weeks 43-49							Weeks 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.

### **USB CHARGER (Standard)**

The USB charger will provide 5V 1A voltage for devices charging.

### **CSAFE PORT (Standard)**

Compatible with CSAFE (Communications Specification for Fitness Equipment) Protocol. It works with optional Netpulse Personal Entertainment System as well as ECOFIT System and MYE Wireless TV Audio\_Channel Receivers.

### **iPod/iPhone/iPad 30 pin connector (Option)**

When connecting the device to the 30pin connector, user can listen to music via headphone jack and adjust the audio volume thru the on board volume control keys.

### **SA WELL+ Member System (Option)**

This is a system designed specially by SportsArt to assist user managing his/her workout history. There are three ways to get connected with the member site:

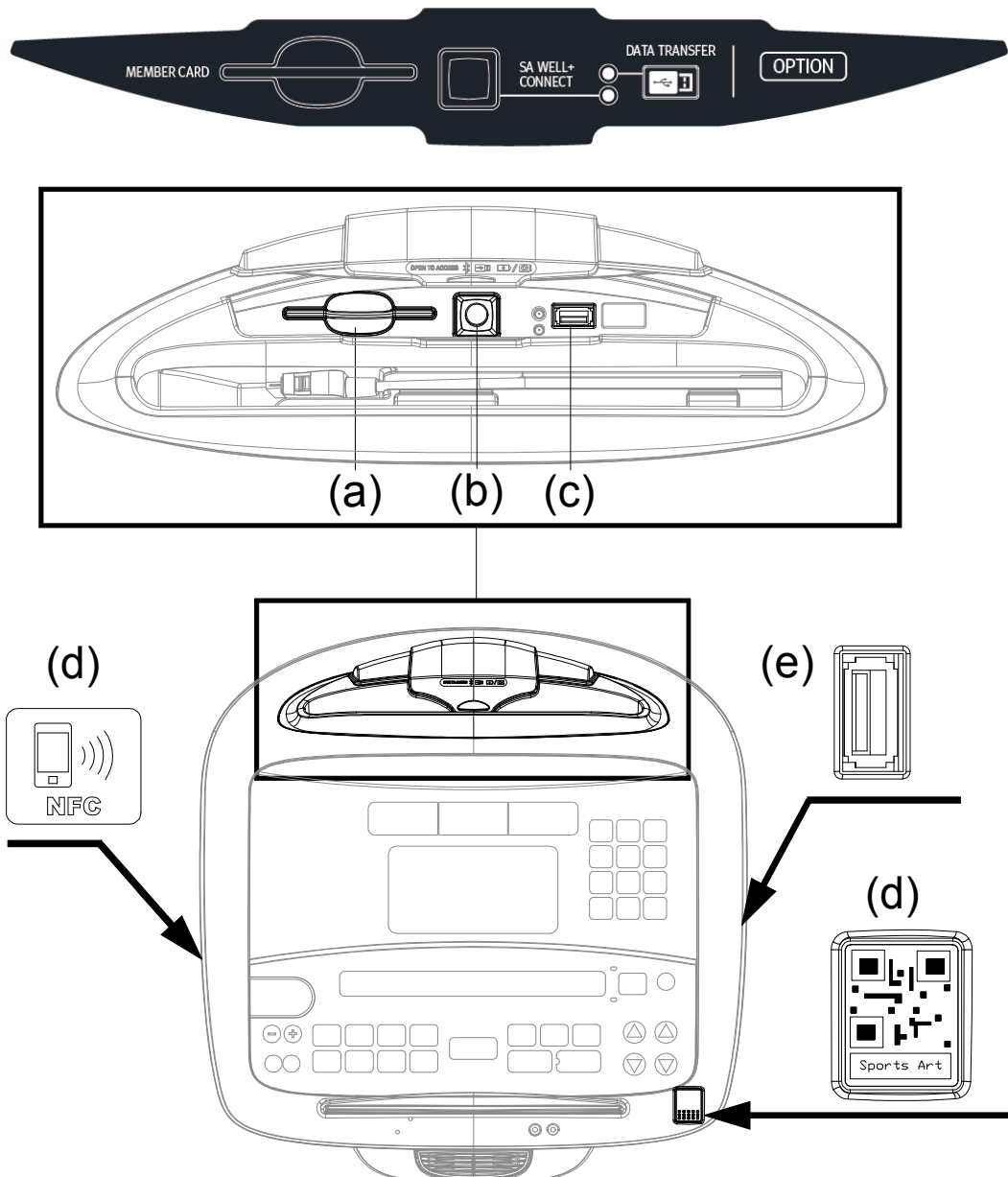
1. Use Bluetooth/WIFI in the smart phone and SA WELL+ App. The App is available for downloading in the App stores.
2. Use USB Flash Drive to store the workout data.
3. Use member card to access user profile and workout tracking. (Not available yet.)

Visit SA WELL+ website for more information about this feature.



## ACCESSORIES Entertainment Cap

- (a) RFID member card slot: Work with both optional SA WELL+ and ECOFIT member cards. (Not available yet.)
- (b) Bluetooth/WIFI button: When a smart phone is connected with equipment, press this button to disconnect. Scan the QR code or touch the NFC tag on the console to connect to the equipment again if necessary. (Available with optional SA WELL+.)
- (c) USB port: This port is used for device charging as well as optional data transferring. (Available with optional SA WELL+.)
- (d) QR code and NFC tag: Use smart phone App to scan the QR code or tap the NFC tag on the console to connect with equipment. (Available with optional SA WELL+.)
- (e) USB port: this port is used for device charging and software updates.

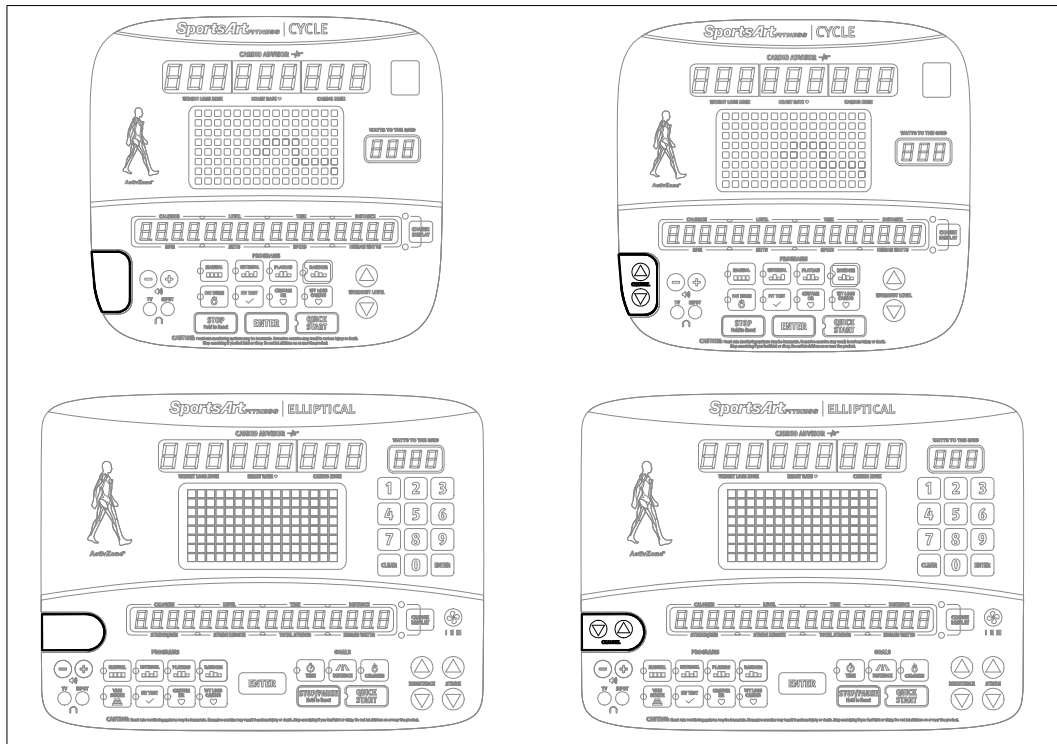


## ACCESSORIES MYE Wireless TV Audio\_Channel Receivers

If your equipment is equipped with MYE, there will be Channel Keys on the display. Please make sure the equipment has the correct label as shown below.

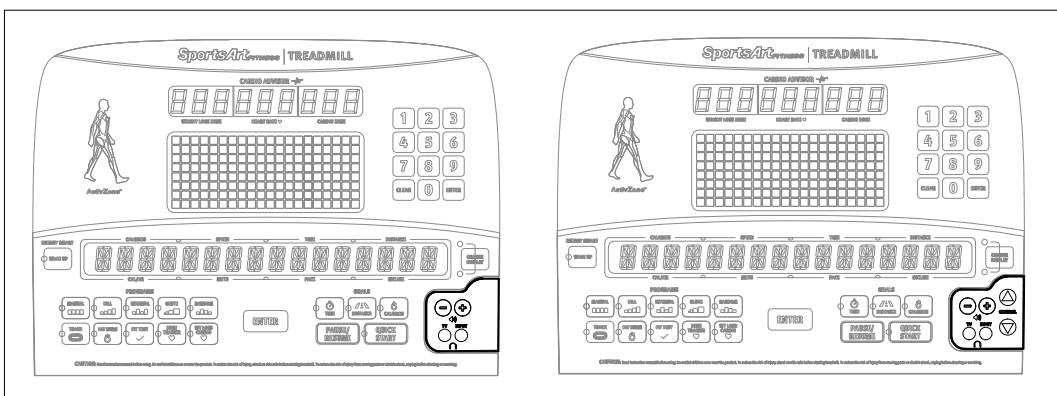
### (a) None Treadmill Series (Bike, Elliptical and Stepper...etc.)

Left display: **Without** Channel Keys.      Right display: **With** Channel Keys.



### (b) Treadmill Series

Left display: **Without** Channel Keys.      Right display: **With** Channel Keys.



## **ACCESSORIES** MYE Wireless TV Audio\_Channel Receivers(Cont.)

[To purchase, please contact MYE Inc. <http://www.myclubtv.com/>]

Multiple TV and audio channels receiving and volume adjustment enabled.

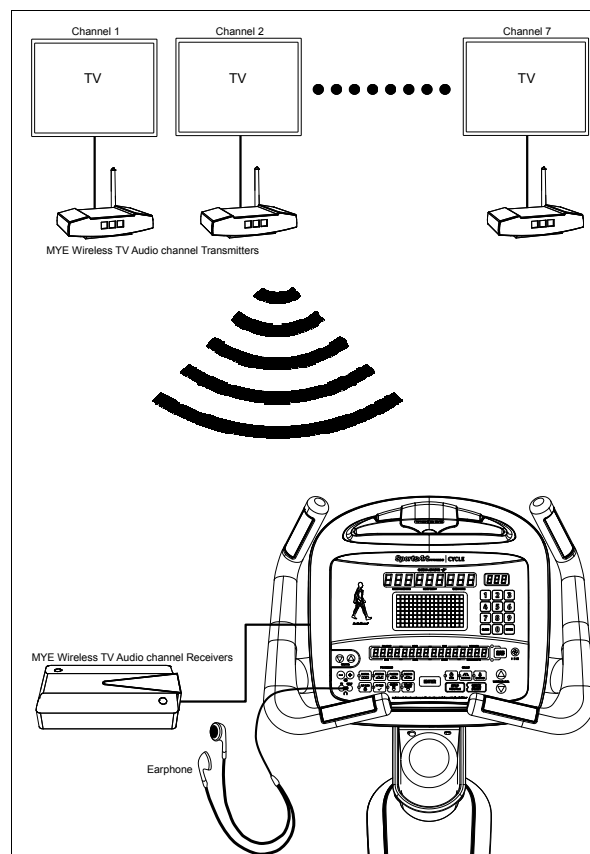
- The following two modules are available for this receiver (to be purchased by client)

1. MC3R-9(900MHZ), which has to be used with a MYE Wireless TV Digital Audio Channel Transmitter MWTD-S9.
2. MC3R-8(863MHZ), which has to be used with a MYE Wireless TV Digital Audio Channel transmitter MWTD-S8.

Choose a suitable module according to country of location. (Please contact MYE Inc. for detail specification and technical information)

For example: Wireless TV transmission frequency in America is 900MHZ. Wireless TV transmission frequency in Europe is mostly 863MHZ (or nominally 800MHZ).

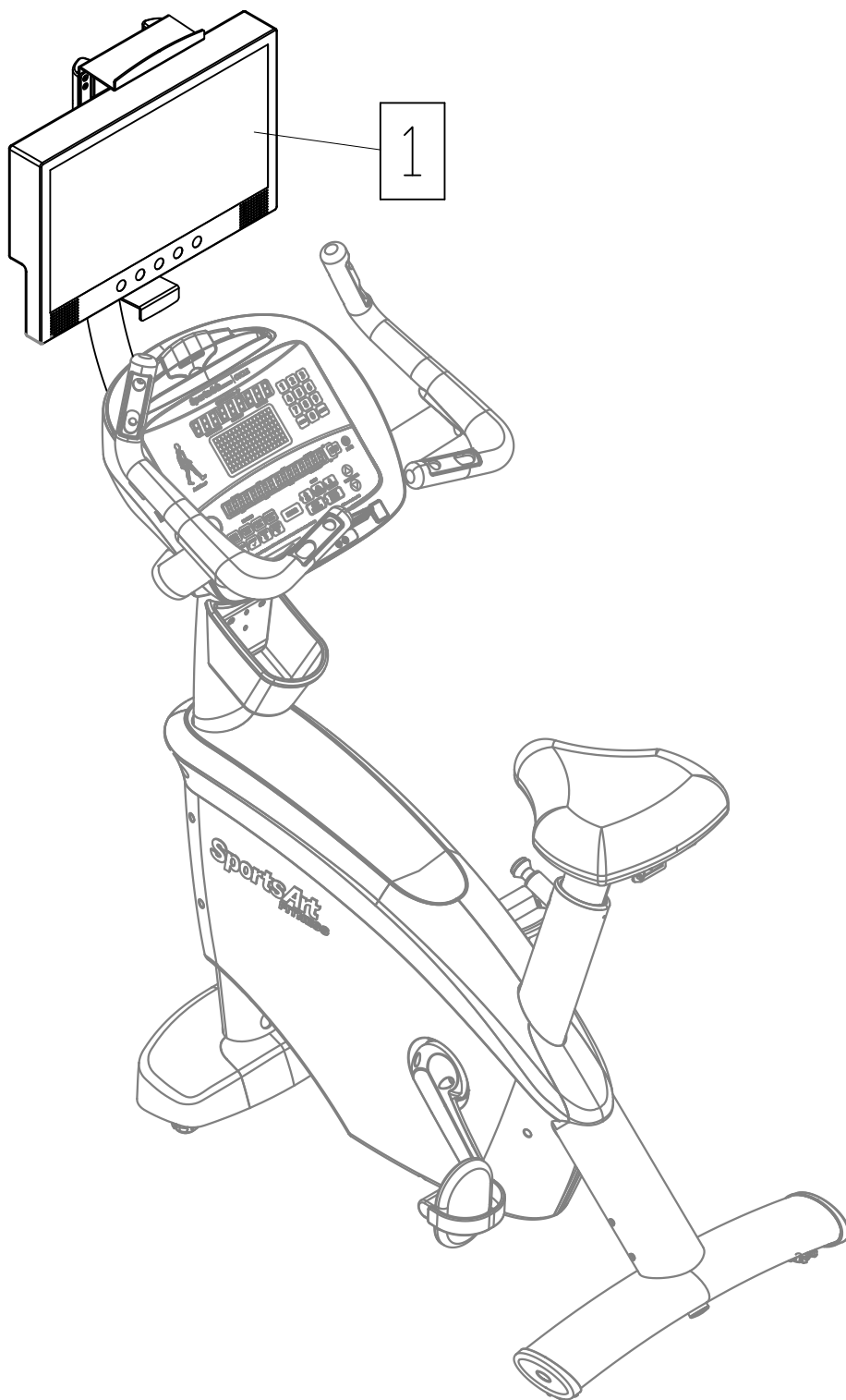
- Operation instruction: Turn off treadmill power, plug the receiver into the CSAF port located at left of display and then turn on the power.
- The VOLUME +/- keys and CHANNEL ▲/▼ keys will be activated once the receiver is plug into the unit. Press VOLUME +/- keys to adjust volume settings. The volume setting range is from 0 to 15, with a default setting of 5. Press CHANNEL ▲/▼ keys to change channel settings. The channel setting range is from 1 to 32, with a default setting of 1. The display will show "CHANNEL - XX" during setting.
- Note: Do not unplug the receiver from unit before turning off the power to avoid receiver being damaged.
- The following is a schematic diagram of the connection:



## ACCESSORIES Options

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### 1. External Mount TV Bracket

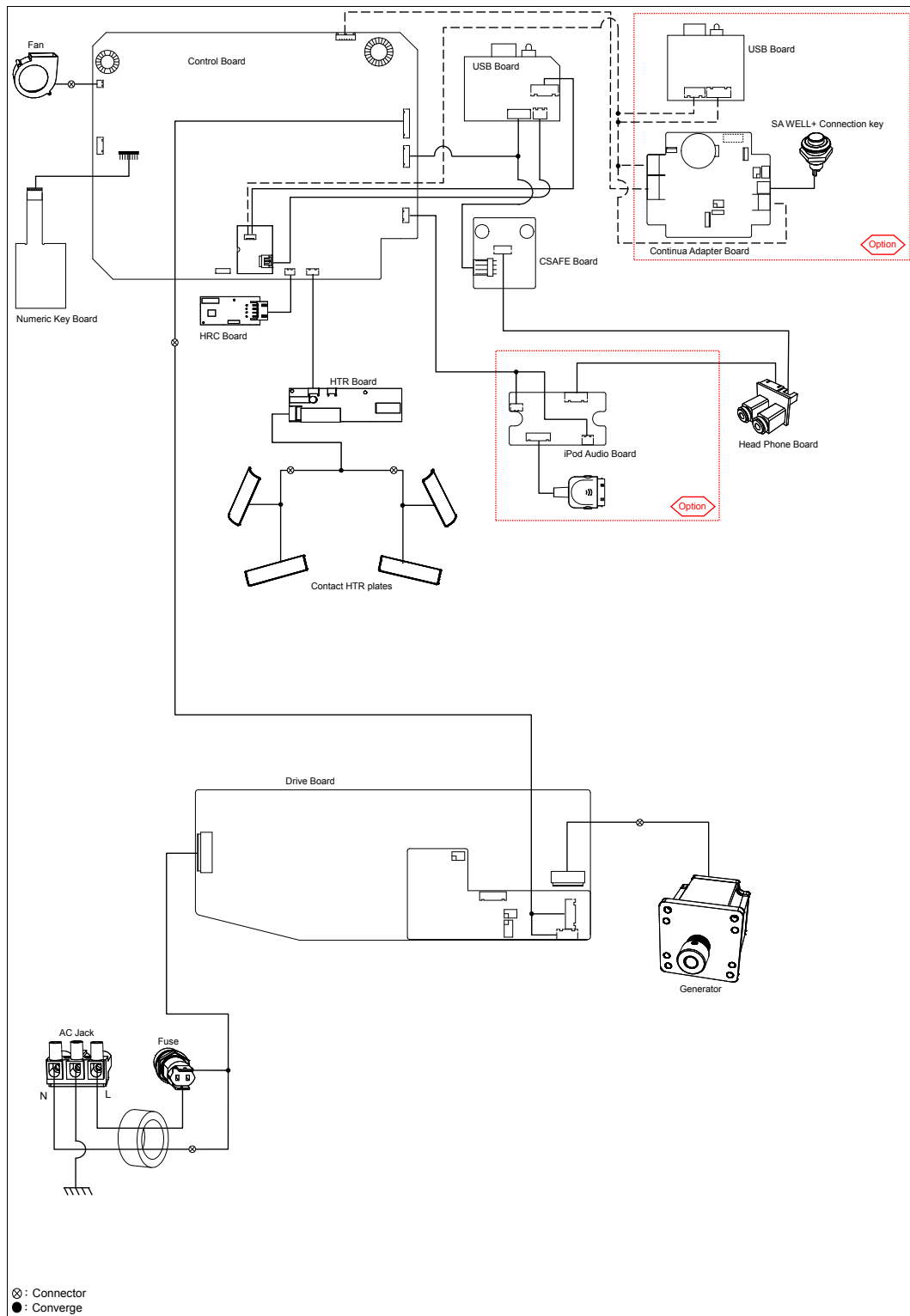


## 12. APPENDIXES

### APPENDIXES Specifications

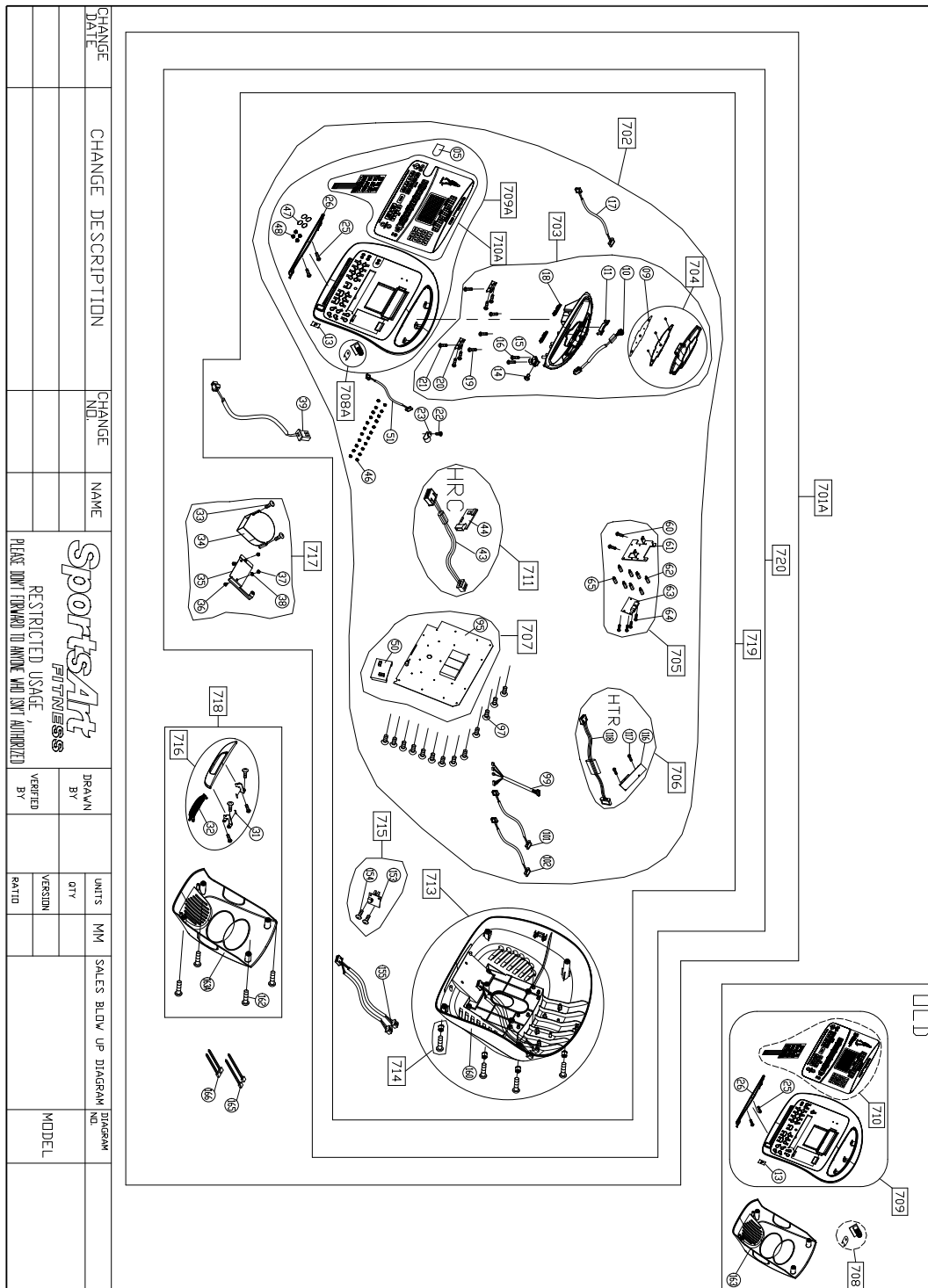
Model	G575U
Dimensions	L : 1175 mm (46.3") W : 585 mm (23") H : 1410 mm (55.5")
Overall Weight	73 kg (161 lbs)
Maximum User Weight	150 kg (330 lbs)
Power Requirement	100 – 120 V / 60 Hz (USA) 220 – 240 V / 50 Hz (EUROPE)
Braking System	Adjustable

## APPENDIXES Electronics Block Diagram



## APPENDIXES Exploded Diagrams

*Note: We reserve the right to revise the following diagrams at any time without notice to notify any person of such revisions. Please visit our official website [www.gosportsart.com](http://www.gosportsart.com) for the latest version.*



# APPENDIXES Exploded Diagrams (Continued)

For old models (S/N:004641~031049)

Please also read 735 if you use old models and also read 736 First time to change #753A.

**SPORTSART**  
FITNESS

RESTRICTED USAGE,  
PLEASE DON'T FORWARD TO ANYONE WHO DON'T AUTHORIZED

CHANGE DATE	CHANGE DESCRIPTION	CHANGE NO.	NAME	DRAWN BY	CHECKED BY	UNITS	SALES BLOW UP DIAGRAM	MODEL
						MM	1	XXX
						VERSION	C0	
						RATIO	1:1.4	
								CAO-F102C-C



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