Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment.

If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed.

Keep children and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

**CAUTION: WEIGHT ON THIS PRODUCT SHOULD NOT EXCEED 300LBS.**
SAFETY INSTRUCTION

WARNING: To reduce the risk of serious injury, read the following safety instructions before using the 2 in 1 Recumbent Elliptical and Stepper

1. Read all warnings posted on the equipment
2. Read this Owner's Manual and follow it carefully before using the equipment. Make sure that it is properly assembled and tightened before use
3. We recommend that two people be available for assembly of this product
4. Keep children and pets away from the equipment. Do not allow children and pets to use or play on the equipment. Always keep children and pets away from the equipment when it is in use
5. It is recommended that you place this exercise equipment on an equipment mat
6. Set up and operate the equipment on a solid level surface. Do not position the equipment on loose rugs or uneven surfaces
7. Inspect the equipment for worn or loose components prior to each use
8. Tighten / replace any loose or worn components prior to using the equipment
9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician
10. Follow your physician's recommendations in developing your own personal fitness program
11. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising
12. Before using this product, please consult your personal physician for a complete physical examination.
13. Do not wear loose or dangling clothing while using the equipment
14. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the equipment. Loss of balance may result in a fall and serious bodily injury
16. The equipment should not be used by persons weighing over 300 pounds / 136 kgs
17. The equipment should be used by only one person at a time
18. The equipment is for semi-commercial, light-commercial and home usage
19. Maintenance: Replace the defective components immediately and / or keep the equipment out of use until repair the equipment completely
20. Make sure that adequate space is available for access to and passage around the equipment; keep at least a distance of 1 meter from any obstruction object while using the machine

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness

READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY
Unpack the box in a clear area. Follow the **List of Assembly Parts** below to check and make sure all assembly parts are present and in good condition. Do not dispose of the packing material until the assembly process is completed. Assembly tools and hardware kit have included for you to use when assembling the product.

<table>
<thead>
<tr>
<th>Handlebar Assembly</th>
<th>Connection Cover</th>
<th>Seat</th>
<th>Back Cushion</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Image" /></td>
<td><img src="image2.png" alt="Image" /></td>
<td><img src="image3.png" alt="Image" /></td>
<td><img src="image4.png" alt="Image" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Seat Handlebar Assembly</th>
<th>Seat Frame</th>
<th>Adjusting Handle</th>
<th>Front and Rear Stabilizer</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image5.png" alt="Image" /></td>
<td><img src="image6.png" alt="Image" /></td>
<td><img src="image7.png" alt="Image" /></td>
<td><img src="image8.png" alt="Image" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rail Decoration Cover</th>
<th>Square Stopper, Hex Head Bolt &amp; Nut (M8)</th>
<th>Pedal</th>
<th>Leveler</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image9.png" alt="Image" /></td>
<td><img src="image10.png" alt="Image" /></td>
<td><img src="image11.png" alt="Image" /></td>
<td><img src="image12.png" alt="Image" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Pedal Support Arm Assembly</th>
<th>Pedal Linkage Assembly</th>
<th>Seat Support Slider Assembly</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image13.png" alt="Image" /></td>
<td><img src="image14.png" alt="Image" /></td>
<td><img src="image15.png" alt="Image" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Seat Carriage Assembly</th>
<th>Main Frame Assembly</th>
<th>Rear Support Frame Assembly</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image16.png" alt="Image" /></td>
<td><img src="image17.png" alt="Image" /></td>
<td><img src="image18.png" alt="Image" /></td>
</tr>
</tbody>
</table>
Unpack the box in a clear area. Follow the List of Hardware Kit below. This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws. Do not dispose of the packing material until the assembly process is completed.

NOTICE: The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, you will notice that the package includes 3 bags of hardware (HARDWARE KIT A, HARDWARE KIT B and HARDWARE KIT C).

Assembly’s Step 1 ~ 5: Using HARDWARE KIT A
Assembly’s Step 6 ~ 10: Using HARDWARE KIT B
Assembly’s Step 11 ~ 12: Using HARDWARE KIT C

Note:
Please review below to know the content of each hardware kit (A, B and C).
Some small parts may have been pre-attached for shipping. If a part is not in the hardware bag, check to see if it has been pre-assembled.

**HARDWARE KIT A**

<table>
<thead>
<tr>
<th>Part No. and Description</th>
<th>Q'TY</th>
</tr>
</thead>
<tbody>
<tr>
<td>121 Lock Washer (M8)</td>
<td>4 pcs</td>
</tr>
<tr>
<td>124 Washer (8x23x2.0t)</td>
<td>2 pcs</td>
</tr>
<tr>
<td>139 Screw, Round Head (M5x0.8x40mm)</td>
<td>1 pcs</td>
</tr>
<tr>
<td>154 Bolt, Button Head (M8x1.25x30mm)</td>
<td>2 pcs</td>
</tr>
<tr>
<td>162 Bolt, Socket Head (M8x1.25x70mm)</td>
<td>2 pcs</td>
</tr>
<tr>
<td>164 Carriage Bolt (M8x1.25x90mm)</td>
<td>2 pcs</td>
</tr>
<tr>
<td>171 Nylock Nut (M8x1.25)</td>
<td>2 pcs</td>
</tr>
</tbody>
</table>
### HARDWARE KIT B

<table>
<thead>
<tr>
<th>Part No. and Description</th>
<th>Q'TY</th>
</tr>
</thead>
<tbody>
<tr>
<td>58 Screw Cap</td>
<td>2 pcs</td>
</tr>
<tr>
<td>121 Lock Washer (M8)</td>
<td>14 pcs</td>
</tr>
<tr>
<td>123 Washer (8x16x2.0t)</td>
<td>14 pcs</td>
</tr>
<tr>
<td>131 Self-Tapping Screw, Truss Head (M4x20mm)</td>
<td>1 pcs</td>
</tr>
<tr>
<td>138 Screw, Round Head (M5x0.8x15mm)</td>
<td>2 pcs</td>
</tr>
<tr>
<td>153 Bolt, Button Head (M8x1.25x20mm)</td>
<td>4 pcs</td>
</tr>
<tr>
<td>155 Bolt, Button Head (M8x1.25x40mm)</td>
<td>2 pcs</td>
</tr>
<tr>
<td>159 Bolt, Socket Head (M8x1.25x16mm)</td>
<td>10 pcs</td>
</tr>
<tr>
<td>161 Bolt, Socket Head (M8x1.25x40mm)</td>
<td>4 pcs</td>
</tr>
<tr>
<td>163 Carriage Bolt (M8x1.25x50mm)</td>
<td>2 pcs</td>
</tr>
<tr>
<td>171 Nylock Nut (M8x1.25)</td>
<td>4 pcs</td>
</tr>
</tbody>
</table>

### HARDWARE KIT C

<table>
<thead>
<tr>
<th>Part No. and Description</th>
<th>Q'TY</th>
</tr>
</thead>
<tbody>
<tr>
<td>143 Bolt, Round Head (M8x1.25x16mm)</td>
<td>4 pcs</td>
</tr>
<tr>
<td>155 Bolt, Button Head (M8x1.25x40mm)</td>
<td>2 pcs</td>
</tr>
<tr>
<td>157 Bolt, Button Head (M8x1.25x90mm)</td>
<td>2 pcs</td>
</tr>
<tr>
<td>171 Nylock Nut (M8x1.25)</td>
<td>4 pcs</td>
</tr>
</tbody>
</table>
Thank you for choosing the PhysioCycle RXT. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

Yes, it's a proven fact that a regular exercise program can improve your physical and mental health.

Too often, our busy lifestyles limit our time and opportunity to exercise. The equipment provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Read this manual carefully before using the equipment.

THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:

- MULTI WRENCH TOOL W/ PHILLIPS SCREWDRIVER
- ALLEN WRENCH (5 & 6 mm)
STEP 1 – Front Stabilizer Assembly

a. Identify the correct direction of the Front Stabilizer (7), there is an “R” decal on the right side of the Front Stabilizer (7)

b. Attach the Front Stabilizer (7) to the Main Frame (1)

**NOTE: “Small Tip: Attach all screws and bolts to the assembly parts first before secure”**

To assemble the Front Stabilizer (7) to the Main Frame (1) with more efficient and easy way, it is suggested to attach two Lock Washers (M8)(121) and two Bolts, Socket Head (M8xp1.25x70mm)(162) to the Front Stabilizer (7) and the Main Frame (1) first before fully secure. **Please do not secure the bolts unless you make sure all Bolts go into screw holes of Front Stabilizer and Main Frame**

c. Fully secure two Lock Washers (M8)(121) and two Bolts, Socket Head (M8xp1.25x70mm)(162) that attach to the Front Stabilizer (7) to the Main Frame (1)

STEP 2 – Handlebar Assembly

a. Attach the Left Handlebar Assembly (85) to the Mounting Bracket (83) of the right side Console and secure with one Washer (8x23x2.0t)(124), one Lock Washer (M8)(121) and one Bolt, Button Head (M8xp1.25x30mm)(154)

b. Repeat the above same procedure on the left side

**Make sure the above parts are tightened before moving on to the next page**
**ASSEMBLY INSTRUCTIONS**

**STEP 3 – Rear Stabilizer Assembly**

a. Attach the Rear Stabilizer (8) to the Rear Support Frame Assembly (2)

**NOTE: “Small Tip: Attach all screws and bolts to the assembly parts first before secure”**

To assemble the Rear Stabilizer (8) to the Rear Support Frame Assembly (2) with more efficient and easy way, it is suggested to attach two Carriage Bolt (M8xP1.25x90mm)(164) to the Rear Stabilizer (8) and the Rear Support Frame Assembly (2) first before fully secure. **Please do not secure the bolts unless you make sure all Bolts go into screw holes of Rear Stabilizer and Rear Support Frame Assembly**

b. Fully secure two Carriage Bolt (M8xP1.25x90mm)(164) that attach to the Rear Stabilizer (8) to the Rear Support Frame Assembly (2)

**STEP 4 – Leveler Assembly**

Thread the Leveler (38) tightly into the Rear Support Frame Assembly (2). **To make the Leveler (38) rest firmly on the floor, please review page 14 on the manual**

**STEP 5 – Rear Support Frame Assembly**

a. Connect the Pulse Sensor Wire 3 (182) to the Pulse Sensor Wire 2 (181). Be careful not to pinch the wires.

**NOTE: After connecting the wires’ pins, slightly and gently pull two sides of wires to test and make sure whether the wires are fully connected.**

**NOTE: Four Nylock Nut (M8xP1.25)(171) will be pre-attached on the front of the Rear Support Frame Assembly (2)**

b. Remove four Nylock Nut (M8xP1.25)(171) from the front of the Rear Support Frame Assembly (2)

c. Attach the Rear Support Frame Assembly (2) to the Main Frame (1) by securing four Nylock Nut (M8xP1.25)(171). Be careful not to pinch the wires

d. Attach the Connection Cover (27) to the Main Frame (1) by securing Screw, Round Head (M5xP0.8x40mm) (139).

**Make sure the above parts are tightened before moving on to the next page**
Slide the Seat Support Slider Assembly (5) into the Outer Seat Support Slider (4) and slightly attaches four Washers (8x16x2.0t)(123), four Lock Washers (M8)(121), four Bolts, Button Head (M8xp1.25x20mm)(153) to them NOTE: Please do not secure the above washers, lock washers and bolts until Step. d of STEP 7.

**STEP 7 – Seat Carriage Assembly**

**a.** The Hole 1 of the Seat Carriage Assembly (9):
Follow the figure on the left, slide Seat Carriage Assembly (9) into the Rail Pivot (3) and secure one Square Stoppers (44) and one Bolt, Hex Head (M8xp1.25x115mm)(148) through the Hole 1 of the Seat Carriage Assembly (9) with one Square Stopper (44) and one Nut (M8xp1.25)(168).

**b.** The Hole 2 of Seat Carriage Assembly (9):

Then move on to slightly secure one Washer (8x16x2.0t)(123), one Lock Washer (M8)(121) and one Bolt, Socket Head (M8xp1.25x16mm)(159) through the Hole 2 of Seat Carriage Assembly (9) with one Washer (8x16x2.0t)(123), one Lock Washer (M8)(121) and one Bolt, Socket Head (M8xp1.25x16mm)(159). Do not tighten bolts until Step d.

**c.** Secure the bottom of the front Seat Carriage Assembly (9) and the bottom of the Rail Pivot (3) with four Washers (8x16x2.0t)(123), four Lock Washers (M8)(121) and four Bolts, Socket Head (M8xp1.25x16mm)(159) as the figure shows on the left. Do not tighten until Step d.

**d.** Follow the figure on the right to place the rear side of Seat Carriage Assembly (9) onto the Seat Support Slider Assembly (5) and tightly secure with four Washers (8x16x2.0t)(123), four Lock Washers (M8)(121) and four Bolts, Socket Head (M8xp1.25x16mm)(159). Start to tightly secure all the bolts, screws on the front side of the Seat Carriage Assembly (9). Make sure all bolts and screws related to STEP 6 and 7 are tightened before moving on to the next page
**STEP 8 – Short Extension Pulse Wire & Rail Decoration Assembly**

a. Follow FIG. 1 to plug the Short Extension Pulse Wire (183) into the connector located on the front bottom side of the Seat Rail (91)

b. Attach the Left Rail Decoration Cover (41) and the Right Rail Decoration Cover (42) to the rear side of the Seat Rail (91) and secure with one Self-Tapping Screw, Truss Head (M4x20mm)(131) and two Screws, Round Head (M5x0.8x15mm)(138)

**STEP 9 – Adjusting Handle Assembly**

a. Attach the Adjusting Handle (55) to the Adjusting Handle Stand to the proper desired position.

b. To fully secure the Adjusting Handle (55) by rotating the Nut (M8)(168) in counterclockwise direction until completely reach to the Adjusting Handle (55). NOTE: For clear assembly purpose, please notice that the Nuts (M8)(168) has been pre-assembled on the Adjusting Handle Stand as the figure shows on the right

**Make sure the above parts are tightened before moving on to the next page**
**STEP 10 – Seat and Seat Handlebar Assembly**

a. **NOTE:** Four Nylock Nuts (M8x1.25)(171) will be pre-attached on the Seat Carriage Assembly (9)’s Seat Fixed Stand as the figure shows on the right.

b. Remove four Nylock Nuts (M8x1.25)(171) from the Seat Fixed Stand first and place them in the safe place for the following assembly process.

c. Locate and secure the Seat Handlebar (11) on the Seat Frame (10) with two Carriage Bolts (M8x1.25x50mm)(163) and two Nylock Nuts (M8x1.25)(171).

**NOTE:** Be careful not to pinch the Pulse Sensor Wire 4 (184).

d. Attach the Seat Frame (10) to the Seat Carriage Assembly (9)’s Seat Fixed Stand and secure with four Nylock Nuts (M8x1.25)(171).

**NOTE:** After assembling the Seat Frame, slightly and gently shake the Seat Frame to test and make sure the Seat Frame are secured tightly.

e. Place the Seat (56) on the Seat Frame (10) and secure with four Bolts, Socket Head (M8x1.25x40mm)(161).

f. Attach the Back Cushion (57) to the Seat Frame (10) and secure with two Bolt, Button Head (M8x1.25x40mm)(155), two Nylock Nut (M8x1.25)(171) and two Screw Caps (58).

g. Follow **FIG. 3** to plug the Pulse Sensor Wire 4 (184) into the **connector A** located on the left side of the Seat Carriage Assembly (9). **NOTE:** Be careful not to pinch the Pulse Sensor Wire 4 (184).

**MAKE SURE THE ABOVE PARTS ARE TIGHTENED BEFORE MOVING ON TO THE NEXT PAGE**
**STEP 11 – Pedal Support Arm Assembly**

a. **NOTE:** Two Washers (6x19x2.0t)(122) and two Bolts, Hex Head (M8xp1.25x16mm)(146) will be pre-attached on the Rotation Stand (17) as the figure shows on the right.

b. Remove two Washers (6x19x2.0t)(122) and two Bolts, Hex Head (M8xp1.25x16mm)(146) from the Rotation Stand (17).

c. Slide the front side of the Right Pedal Support Arm Assembly (14) into the Rotation Stand (17) and secure with two Washers (6x19x2.0t)(122) and two Bolts, Hex Head (M8xp1.25x16mm)(146).

d. Attach the rear side of the Right Pedal Support Arm Assembly (14) to the Right Pivoting Arm (13) and secure with one Bolt, Button Head (M8xp1.25x90mm)(157), one Shaft Sleeve (106) and one Nylock Nut (M8xp1.25)(171).

**NOTE:** Please be sure that Bolt (157) would screw through the Shaft Sleeve (106) inside the rear end of the Right Pedal Support Arm Assembly (14) during assembly.

e. Repeat the above same procedure on the left side.

**Make sure the above parts are tightened before moving on to the next page**
**ASSEMBLY INSTRUCTIONS**

**STEP 12 – Pedal Linkage and Pedal Assembly**

a. Identify the Right Pedal Linkage (19), there is an “R” decal on the Right Pedal Linkage (19)

b. Attach the Right Pedal Linkage (19) to the Pedal Arm Connector (20) and secure with one Bolt, Button Head (M8xp1.25x40mm)(155) and one Nylock Nut (M8xp1.25)(171). In order to let Pedal Linkage (19) function smoothly, please do not over-tighten Bolt, Button Head (M8xp1.25x40mm)(155) and Nylock Nut (M8xp1.25)(171). After fully securing Bolt, Button Head (M8xp1.25x40mm)(155) and Nylock Nut (M8xp1.25)(171), slightly loosen the Bolt (155) with 1/4 circle in counter-clockwise direction

c. **NOTE:** For clear assembly purpose, please notice that Locking Knob (68) and Pedal Linkage Assembly have been pre-assembled together as the figure shows on the right

d. Remove the Locking Knob (68) from the Pedal Linkage Assembly

e. Insert the Right Pedal Linkage (19) through the Right Pivoting Arm Connection (67) and secure with the Locking Knob (68)

f. Place the Right Pedal (78) onto the Right Pedal Slider (16) and fully secure with the two Bolts, Round Head (M8xp1.25x16mm)(143)

g. Repeat the above assembly process on the left side

**STEP 13 – AC Adaptor**

a. Connect the Adaptor (185) to the connector located on the front left side of the Main Frame (1)

b. Plug the Adaptor (185) into an electrical outlet to light up the console
HOW TO ADJUST THE ADJUSTING ENDCAPS OF THE REAR STABILIZER

a. After placing the equipment in the intended location for use, check the stability of the equipment
b. If it’s the one of the Adjusting Rear Stabilizer EndCaps (37) on rear end of the Rear Stabilizer (8) causes a slight rocking motion. To level the equipment, turn one or both of the Adjusting Rear Stabilizer EndCaps (37) in clockwise or counter-clockwise direction until the equipment sets on the floor without rocking

HOW TO ADJUST MAIN FRAME’S LEVELER

a. After placing the equipment in the intended location for use, make sure the Adjusting Rear Stabilizer EndCaps (37) are well adjusted for leveling the item
b. The purpose of the Leveler (38) is to support the middle Main Frame, adjust Leveler (38) under the Main Frame (1) until it rests firmly on the floor
c. To make the Leveler (38) rests firmly on the floor, turn the Leveler (38) counter-clockwise until the Leveler (38) touches the floor without rocking

HOW TO TOW THE ITEM SAFELY

Hold the Rear Stabilizer (8) up with two hands and tow the item to the desired place carefully
◆ Make sure the floor is level while towing the item
a. To adjust the seat distance, it’s suggested to place your feet properly on each pedal

b. Use your right hand to lift up the Adjusting Handle (A) while using your feet to slide the seat distance forward or backward until the seat reaches to the proper position

c. Release and secure the Adjusting Handle (A). To make sure the seat is well-adjusted and tightened, after release the Adjusting Handle (A), gently adjust the seat until hearing the “click” sound
OPERATION INSTRUCTIONS

INFORMATION ABOUT EXCHANGE ELLIPTICAL MODE WITH STEPPER MODE

STEPPER MODE:
• The item can be used in the ELLIPTICAL mode or the STEPPER mode.
• Refer to the following process to set up the ELLIPTICAL mode or the STEPPER mode.

a. Before exchanging the ELLIPTICAL mode with the STEPPER mode, make sure the changing side’s pedal is in the lowest position as the figure shows below

b. Remove the Locking Knob (68) from the Right Pivoting Arm (13)
c. Attach the Right Pedal Linkage (19) to the Rear Stabilizer (8) and fully secure with the Locking Knob (68)
d. Repeat the above process on the left side

CAUTION: Make sure both Locking Knob (68) are tightened before exercising

ELLlPTICAL MODE:
※ To change to ELLIPTICAL mode, make sure the Pedal Linkage (19) is attached to the Pivoting Arm (13)
CONSOLE INSTRUCTIONS

CONSOLE BUTTONS

- **ENTER/MODE**: Press “ENTER/MODE” to confirm desired program and the setting values.
- **UP**: 1. Press “UP” to select the programs from MANUAL and PROGRAM 1 to PROGRAM 6. 2. Press “UP” to increase the setting value of TIME, DISTANCE, CALORIES, TARGET HEART RATE, and RESISTANCE LEVEL.
- **DOWN**: 1. Press “DOWN” to select the programs from PROGRAM 6 to PROGRAM 1 and MANUAL. 2. Press “DOWN” to decrease the setting value of TIME, DISTANCE, CALORIES, TARGET HEART RATE, and RESISTANCE LEVEL.
- **ST/SP**: Press “ST/SP” to start or stop exercising. Continue pressing “ST/SP”, all the data will return to zero and the console will return to POWER ON status.
- **RECOVERY**: a. **PULSE RECOVERY** button measures how quickly you return to a resting heart rate after exercising. You could use this button to measure improvement as you get into shape. b. The console will monitor your pulse for 60 seconds and calculate a **HEART RATE RECOVERY** value from F1.0 to F6.0. **F1.0 is best; F6.0 is worst (For Reference Only)**. c. The readout should only be used as a comparison between workouts. It’s recommended to use right after any aerobic exercise. **Stop exercising before starting the function**. d. If you hold the **HEART RATE SENSORS** on the handrails with both hands properly, your pulse will be displayed approximately few seconds after the heart symbol -❤️- is displayed.

**Power ON**
- a. Make sure the item’s adaptor is correctly plugged into the socket.
- b. Pedaling or pressing any keys to activate the console. Then light up with a short beep sound, indicating the console will be ready for use.

**Power Off**
The console would automatically shut off after 4 minutes of inactivity.

**Cautions:**
Consult physician before using this equipment. Stop exercising if you feel dizzy, faint or short of breath.
## Console Instructions
### Console Functions

#### SCAN
Automatically scans **TIME, SPEED, CALORIE, PULSE, and DISTANCE** in sequence with a change every five seconds. Press and release the **MODE** button until the arrow points to "SCAN".

#### TIME
**TIME:**
- **Count Up:** If a target time was not selected, **TIME** will count up from 0:00 to maximum 99:59 minutes.
- **Count Down:** If you have set the target time, the console will count down from that selected target time down to 0:00.

#### SPEED
Displays the current speed.

#### DISTANCE
- **Count Up:** If a target distance was not selected, this value would measure the total distance from 0:00 to 999 miles.
- **Count Down:** If you have set the target distance, the console will count down from that selected target distance down to 0.

#### CALORIES
**CALORIES:**
- **Count Up:** If target calories were not selected, this value measures total calories your body burned during exercise.
- **Count Down:** If you have set the preference value of calories, the console will count down from that selected target calories down to 0.

#### PULSE
**HEART RATE:**
- You must place both of your hands on the **Pulse Sensors** on the **Handlebar**. Your pulse will be displayed approximately few seconds after the heart symbol "❤️" is displayed.
- If you do not place your hands correctly and a few seconds passes without a pulse input, the console will turn off the pulse circuit. Place your hands back on the Pulse Sensors correctly, the pulse readout will appear again.

#### TENSION LEVEL
You can change the torque/tension level (from 1 to 8 levels) at any time during workout by pressing **UP** or **DOWN** button.

### Program Descriptions

#### MANUAL
**P1** is a manual program allowing the user to have full manual control of the workload. Use the **"UP"** button to increase the Tension Level. Use the **"DOWN"** button to decrease the Tension Level.

#### PROGRAMS 1-5
**P1** to **P5** are preset automatic programs. The profiles are shown on the face of the console. Use the **"UP"** button to increase the tension level of the program. Use the **"DOWN"** button to decrease the tension level of the program.

#### PROGRAM 6 (TARGET H.R.)
Program 6 allows you to select the **TARGET HEART RATE** you desire, from 90 to 220 BPM (beats per minute) ; 1 BPM increment
- If your **current pulse** > *(the value of the **TARGET HEART RATE**)*, the console would **decrease** one resistance/torque level automatically
- If your **current pulse** < *(the value of the **TARGET HEART RATE**)*, the console would **increase** one resistance/torque level automatically
# Console Trouble Shooting Guide

<table>
<thead>
<tr>
<th>Problem</th>
<th>Possible Cause</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>E1</td>
<td>No Motor signal</td>
<td>1. Motor Malfunction</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Magnetic System Malfunction or got stuck</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. Connection Wires are not well-connected or broken</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4. Console Malfunction</td>
</tr>
<tr>
<td>E2</td>
<td>The Computer cannot make contact with the IC Chip</td>
<td>1. Disconnect the Adaptor or Batteries. Reconnect the Adaptor or Batteries to REBOOT the system. Wait two minutes then verify that the system works correctly</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. If IC Chips is not well-assembled. Remove and reinsert the IC Chip</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. If the above solutions couldn’t solve the problem, replace the IC chip with a New IC Chip</td>
</tr>
<tr>
<td>No Hand Pulse Signal or incorrect Hand Pulse Signal</td>
<td>The Computer is NOT receiving a Pulse Signal</td>
<td>Verify that the Hand Pulse Sensor Wire Plugs are connected FIRMLY and correctly</td>
</tr>
<tr>
<td></td>
<td>The Computer is receiving a faint or intermittent Pulse Signal</td>
<td>The Hand Pulse Sensors will NOT operate correctly if your skin is extremely dry. Moisten your hands with a little water and try again.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Grasp the Hand Pulse Sensors firmly and avoid moving your hands while exercising. The computer will need a few seconds to detect and display your correct pulse rate. If this does not work, try relaxing your grip on the Hand Pulse Sensors</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Clean the Hand Pulse Sensors to ensure a good contact between your body and the Pulse Sensors</td>
</tr>
<tr>
<td></td>
<td></td>
<td>The problem still exists, replace the Hand Pulse Sensors.</td>
</tr>
<tr>
<td>The LCD Screen does not display anything</td>
<td>The Adaptor is not plugged in (item power supply from Adaptor)</td>
<td>Check that the Adaptor is correctly connected to an electrical outlet and plugged into the socket on the machine correctly</td>
</tr>
<tr>
<td></td>
<td>The Computer is faulty</td>
<td>Replace the Computer</td>
</tr>
<tr>
<td>The Speed Display Show &quot;0&quot;</td>
<td>The Computer isn't receiving a signal from the Speed Sensor?</td>
<td>Verify the gap between Speed Sensor and the Magnet is 5mm or less</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Verify that all the Wire Plugs are connected FIRMLY, correctly and are not damaged</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Verify that the Sensor Magnet is installed correctly</td>
</tr>
<tr>
<td></td>
<td>The Sensor is faulty</td>
<td>Replace the Speed Sensor</td>
</tr>
<tr>
<td></td>
<td>The Computer is faulty</td>
<td>Replace the Computer</td>
</tr>
</tbody>
</table>
### Console Trouble Shooting Guide

<table>
<thead>
<tr>
<th>Problem</th>
<th>Possible Cause</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>The LCD Screen Partially Displays</td>
<td>1. The connection between the Circuit Board and the LCD Membrane is loose.</td>
<td>Verify that the Circuit Board is securely fastened to the Computer Case. Retighten the Screws. Take care NOT to over tighten the Screws as this may destroy the Circuit Board. You just need to keep the Circuit Board firm, STOP tightening screw when you meet resistance.</td>
</tr>
<tr>
<td></td>
<td>2. Gently press down on the LCD Screen, if the partial display disappears, then it is a connection problem.</td>
<td></td>
</tr>
<tr>
<td>The Rubber Membranes between the Circuit Board and the LCD Screen is misaligned/not in a same line. You might be able to see that the LCD Screen is on a slight angle and NOT inline or parallel with the Console Cover.</td>
<td>1. Open the Console.</td>
<td>2. Remove the Circuit Board’s Screws, gently remove the Circuit Board, Re-align the LCD screen and the Rubber Membrane.</td>
</tr>
<tr>
<td>The Computer is faulty</td>
<td>Replace the Computer</td>
<td></td>
</tr>
</tbody>
</table>
How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must slowly and increase your time on the 2 in 1 Elliptical / Stepper gradually: a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
- Set up your 2 in 1 Elliptical / Stepper a flat, even surface at least 3 feet from walls and furniture.

**EXERCISE INTENSITY**

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below. Target zones are listed for both unconditioned and conditioned persons according to age.

<table>
<thead>
<tr>
<th>Age</th>
<th>Target Heart Rate Zone (55% ~ 90% of Max. Heart Rate)</th>
<th>Average Max. Heart Rate 100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>110-180 beats per minute</td>
<td>200 beats per minute</td>
</tr>
<tr>
<td>25</td>
<td>107-175 beats per minute</td>
<td>195 beats per minute</td>
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<tr>
<td>30</td>
<td>105-171 beats per minute</td>
<td>190 beats per minute</td>
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<tr>
<td>35</td>
<td>102-166 beats per minute</td>
<td>185 beats per minute</td>
</tr>
<tr>
<td>40</td>
<td>99-162 beats per minute</td>
<td>180 beats per minute</td>
</tr>
<tr>
<td>45</td>
<td>97-157 beats per minute</td>
<td>175 beats per minute</td>
</tr>
<tr>
<td>50</td>
<td>94-153 beats per minute</td>
<td>170 beats per minute</td>
</tr>
<tr>
<td>55</td>
<td>91-148 beats per minute</td>
<td>165 beats per minute</td>
</tr>
<tr>
<td>60</td>
<td>88-144 beats per minute</td>
<td>160 beats per minute</td>
</tr>
<tr>
<td>65</td>
<td>85-139 beats per minute</td>
<td>155 beats per minute</td>
</tr>
<tr>
<td>70</td>
<td>83-135 beats per minute</td>
<td>150 beats per minute</td>
</tr>
</tbody>
</table>

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate manually, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.
**WARM-UP AND COOL-DOWN**

**Warm-up** The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

**Suggested Stretching Exercises**

**Lower Body Stretch**
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. DO NOT BOUNCE! When the pull on the back of the legs lessen, try a lower position gradually.

**Floor Stretch**
While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. DO NOT BOUNCE! Do this stretch 10 times. Repeat the stretch with the left leg.

**Bent Torso Pulls**
While sitting on the floor, have legs apart one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.

**Bent Over Leg Stretch**
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hand down. DO NOT BOUNCE! Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

**Remember always to check with your physician before starting any exercise program.**

**Cool-Down** The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength-training session.
<table>
<thead>
<tr>
<th>NO.</th>
<th>Item Name</th>
<th>Q'TY</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Main Frame</td>
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<tr>
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<td>Rear Support Frame</td>
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<tr>
<td>3</td>
<td>Rail Pivot</td>
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<td>4</td>
<td>Outer Seat Support Slider</td>
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<tr>
<td>5</td>
<td>Inner Seat Support Slider</td>
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<tr>
<td>6</td>
<td>Handlebar (L&amp;R)</td>
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<tr>
<td>7</td>
<td>Front Stabilizer</td>
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</tr>
<tr>
<td>8</td>
<td>Rear Stabilizer</td>
<td>1</td>
</tr>
<tr>
<td>9</td>
<td>Seat Carriage</td>
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<tr>
<td>10</td>
<td>Seat Frame</td>
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<td>Left Pivoting Arm</td>
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<td>Rotation Stand</td>
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<td>Right Pedal Linkage</td>
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<td>23</td>
<td>Right Chain Cover</td>
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<td>Decoration Cover for Carriage</td>
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<td>Slider</td>
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<td>26</td>
<td>Right Rear Chain Cover</td>
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<tr>
<td>27</td>
<td>Connection Cover</td>
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<tr>
<td>28</td>
<td>Top Front Decoration Cover</td>
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<tr>
<td>29</td>
<td>Top Rear Decoration Cover</td>
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<tr>
<td>30</td>
<td>Long Timing Belt</td>
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<tr>
<td>31</td>
<td>V-Ribbed Belt for Pulley</td>
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<tr>
<td>32</td>
<td>Pulley</td>
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<tr>
<td>33</td>
<td>Magnet</td>
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<td>34</td>
<td>Bearing Housing</td>
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<tr>
<td>35</td>
<td>Transportation Wheel (L&amp;R)</td>
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<tr>
<td>36</td>
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<td>37</td>
<td>Adjusting Rear Stabilizer EndCap</td>
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<td>Leveler</td>
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<tr>
<td>39</td>
<td>Bushing (60x10mm)</td>
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<tr>
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<tr>
<td>41</td>
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<tr>
<td>42</td>
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<tr>
<td>43</td>
<td>Rail Connection Cap</td>
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</tr>
<tr>
<td>44</td>
<td>Square Stopper</td>
<td>4</td>
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<tr>
<td>45</td>
<td>Console Upper Cover</td>
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<tr>
<td>46</td>
<td>Console Bottom Cover</td>
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<tr>
<td>47</td>
<td>Round Plug</td>
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<tr>
<td>48</td>
<td>Handlebar Foam Grip (L&amp;R)</td>
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<td>Seat Fixed Wheel</td>
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<td>Seat</td>
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<td>Back Cushion</td>
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<td>58</td>
<td>Screw Cap</td>
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<td>Round Plug (25.4mm)</td>
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<td>Button Plug (31.8mm)</td>
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<td>Hand Pulse Sensor (L&amp;R)</td>
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<td>Seat Handlebar Foam Grip (L&amp;R)</td>
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<td>64</td>
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<td>Pivoting Arm Pushing (B)</td>
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<td>Locking Knob (L&amp;R)</td>
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<td>69</td>
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<td>Bushing (25.4x16.5mm)</td>
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<td>Bushing (38.5x12mm)</td>
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<tr>
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<td>Right Rail Connection Cap</td>
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<td>Rail Sleeve</td>
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<td>Motor Cable</td>
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<td>88</td>
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<td>89</td>
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<td>92</td>
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<tr>
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<tr>
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<td>Spring for Adjusting Handle Stand</td>
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<tr>
<td>102</td>
<td>Bushing for Seat Wheel</td>
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<tr>
<td>103</td>
<td>Spacer (8x12x6.5mm)</td>
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<tr>
<td>104</td>
<td>Spacer (8x12x7.5mm)</td>
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<td>105</td>
<td>Spacer (8.2x12x59mm)</td>
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<td>Shaft Sleeve (8.2x12x74mm)</td>
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<td>Spacer (10x14x21mm)</td>
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<td>108</td>
<td>Key (6x6x16mm)</td>
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<tr>
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<td>Internal Retaining Ring</td>
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<td>C-Ring</td>
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<tr>
<td>113</td>
<td>E-Ring</td>
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</tr>
<tr>
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