

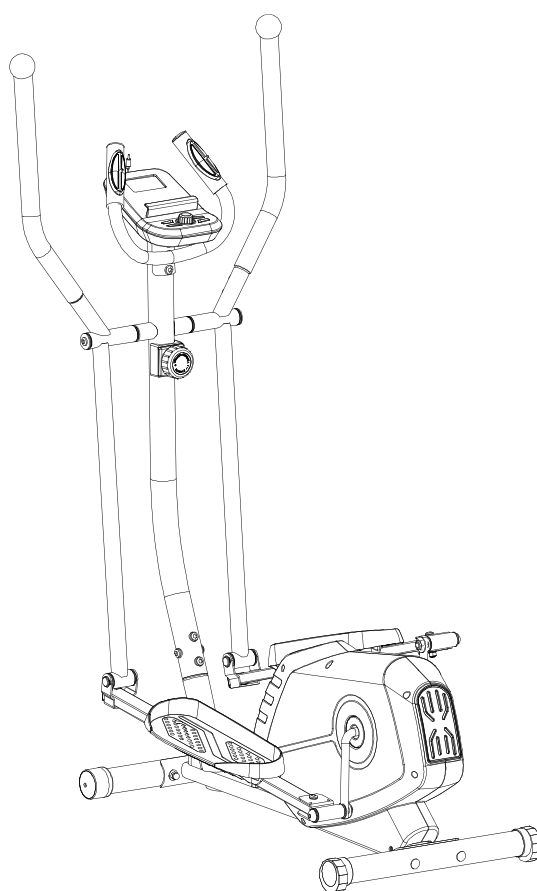


# ***ElliptiForce X7***

*Pro Magnetic Elliptical Machine*

EN

## **OWNER'S MANUAL**



## **FITNESS ELLIPTICAL MACHINE**

**ST-X7**

<http://www.sporttronic.eu/>

# SAFETY INSTRUCTIONS

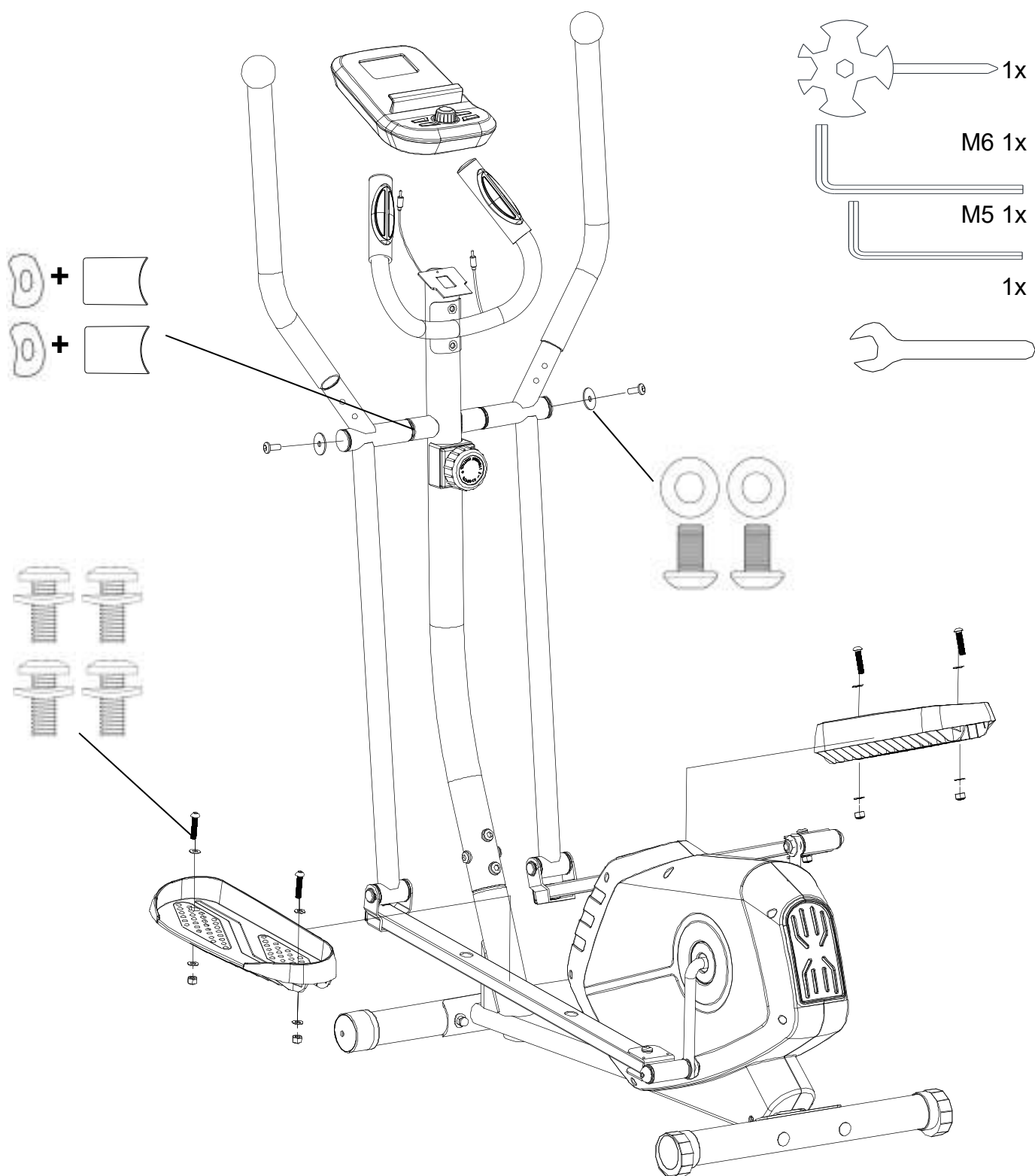
**Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.**

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine page. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
6. Do not use the equipment outdoors.
7. This equipment is for household use only.
8. Only one person should be on the equipment while in use.
9. Keep children and pets away from the equipment while in use. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. The maximum weight capacity for this product is 110kgs.

**WARNING:** Before beginning any exercise, program consult your physician. This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

**CAUTION:** Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

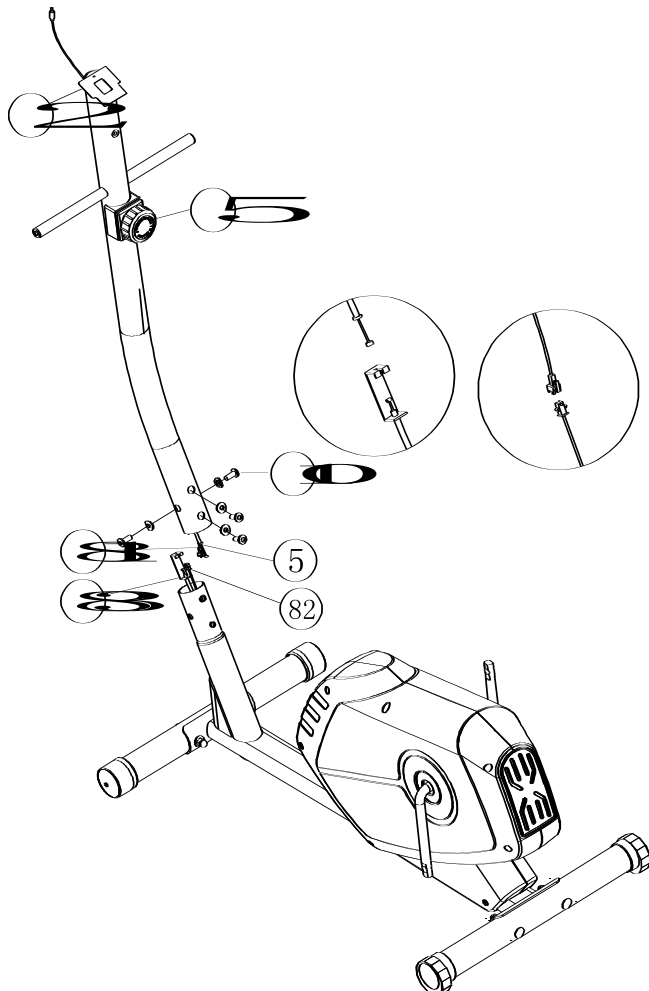
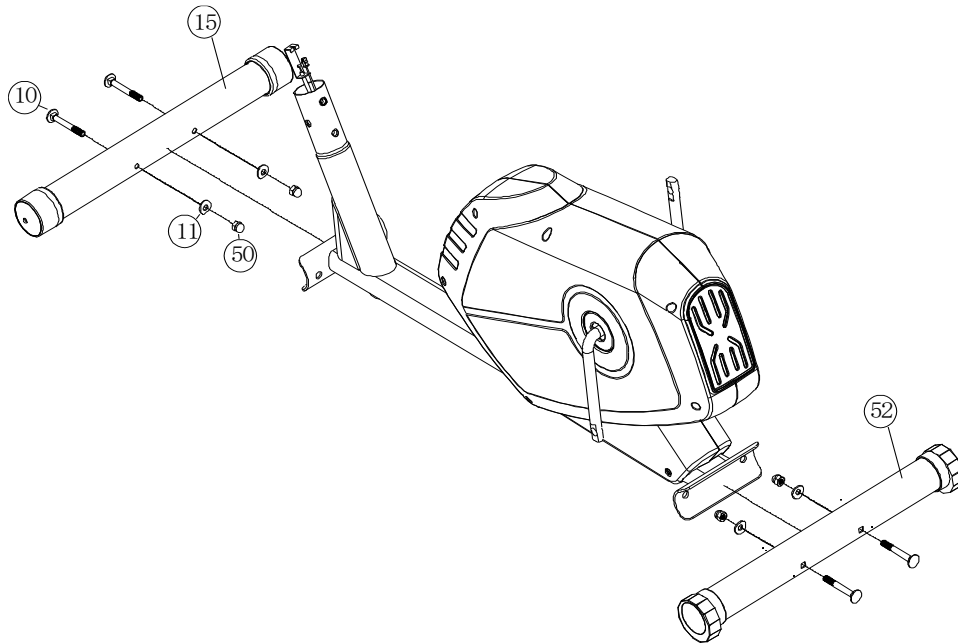
# HARDWARE LIST



# ASSEMBLY INSTRUCTIONS

## 1. Install the front and rear stabilizers

Loose the screws in the stabilizer (No.15 and 52), and insert them into the corresponding grooves and tighten with the nuts or bolts in each stabilizer.

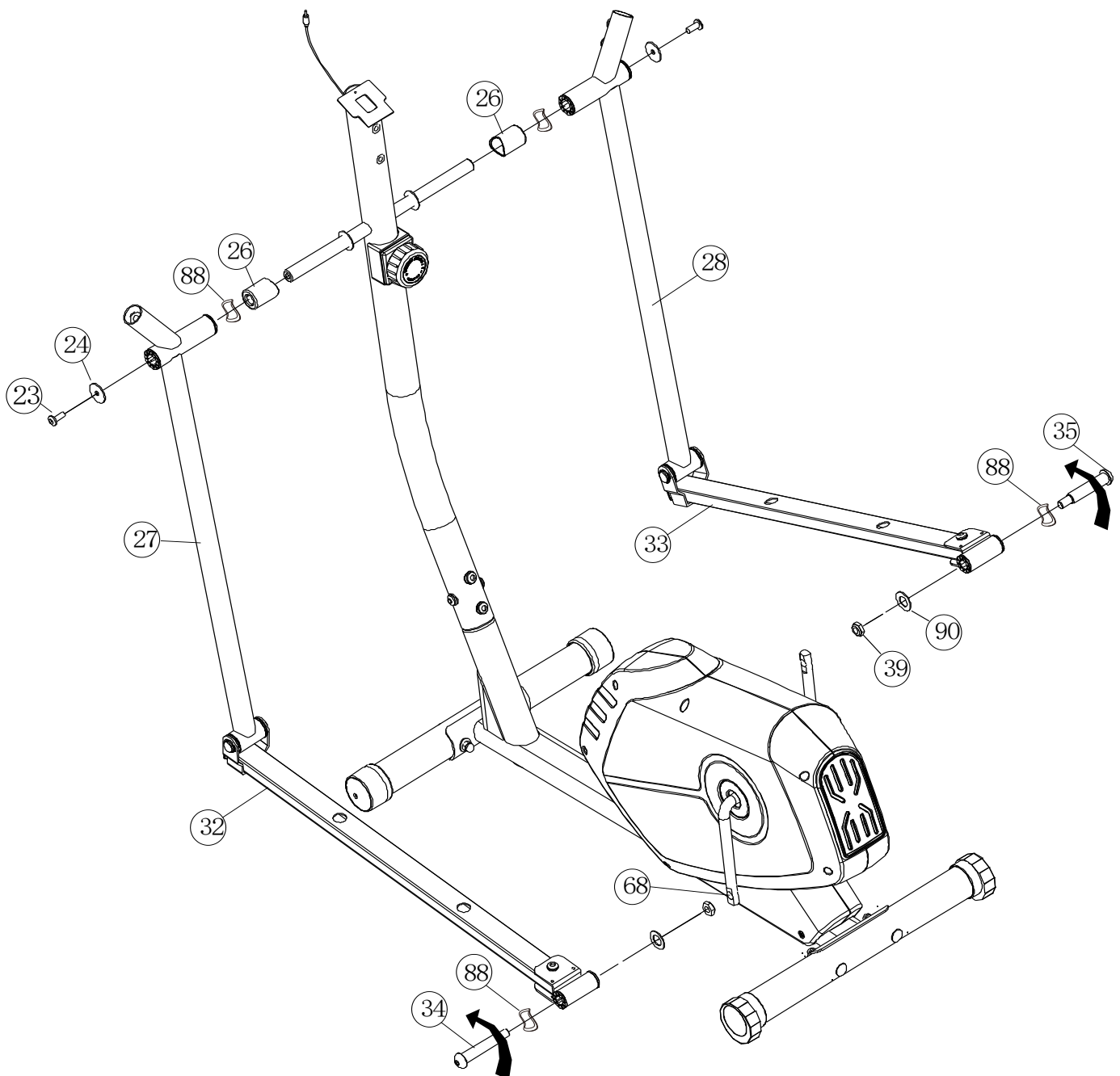


## 2. Install the stand tube

Loose the screws in the stand tube (No.2). Connecting the adjustor (No.5) with its wire (No.83), and upper sensor wire (No.81) and lower sensor wire (No.82), and then place the stand tube onto the main frame and fasten.

### 3. Install the lower left/right handrail, and left/right pedal tube

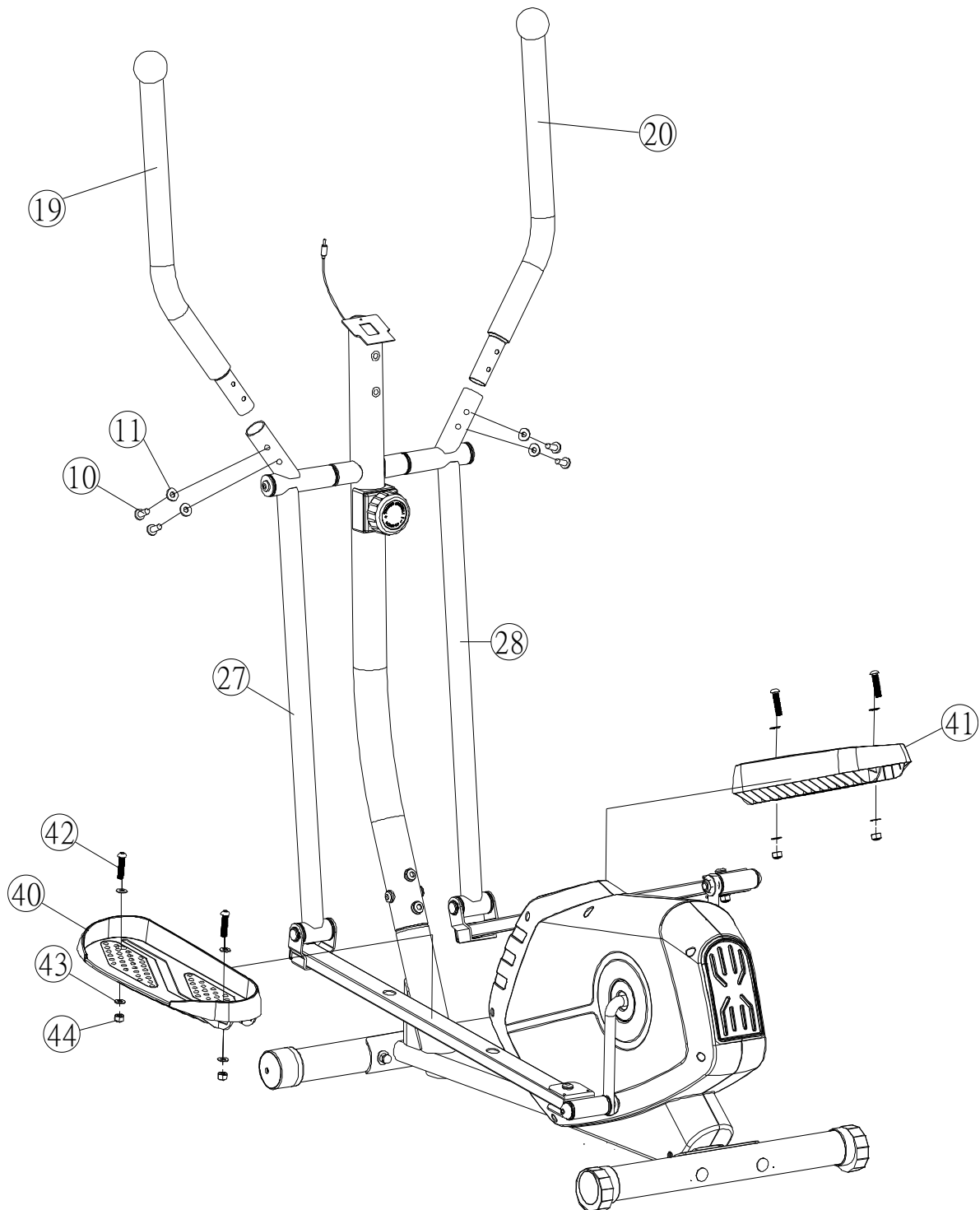
Place the axle (No.26) and wave washer (No.88) onto the stand tube (No.2), then place the left/ right handrail tube (No.27 and 28) onto the stand tube and tighten.  
Attach the left/right pedal tube (No.32 and 33) onto corresponding handrail tube, and tighten with the nuts or bolts (left with left-hand thread, right with right-hand thread).



#### 4. Install the upper left/right handrail and left/right pedal

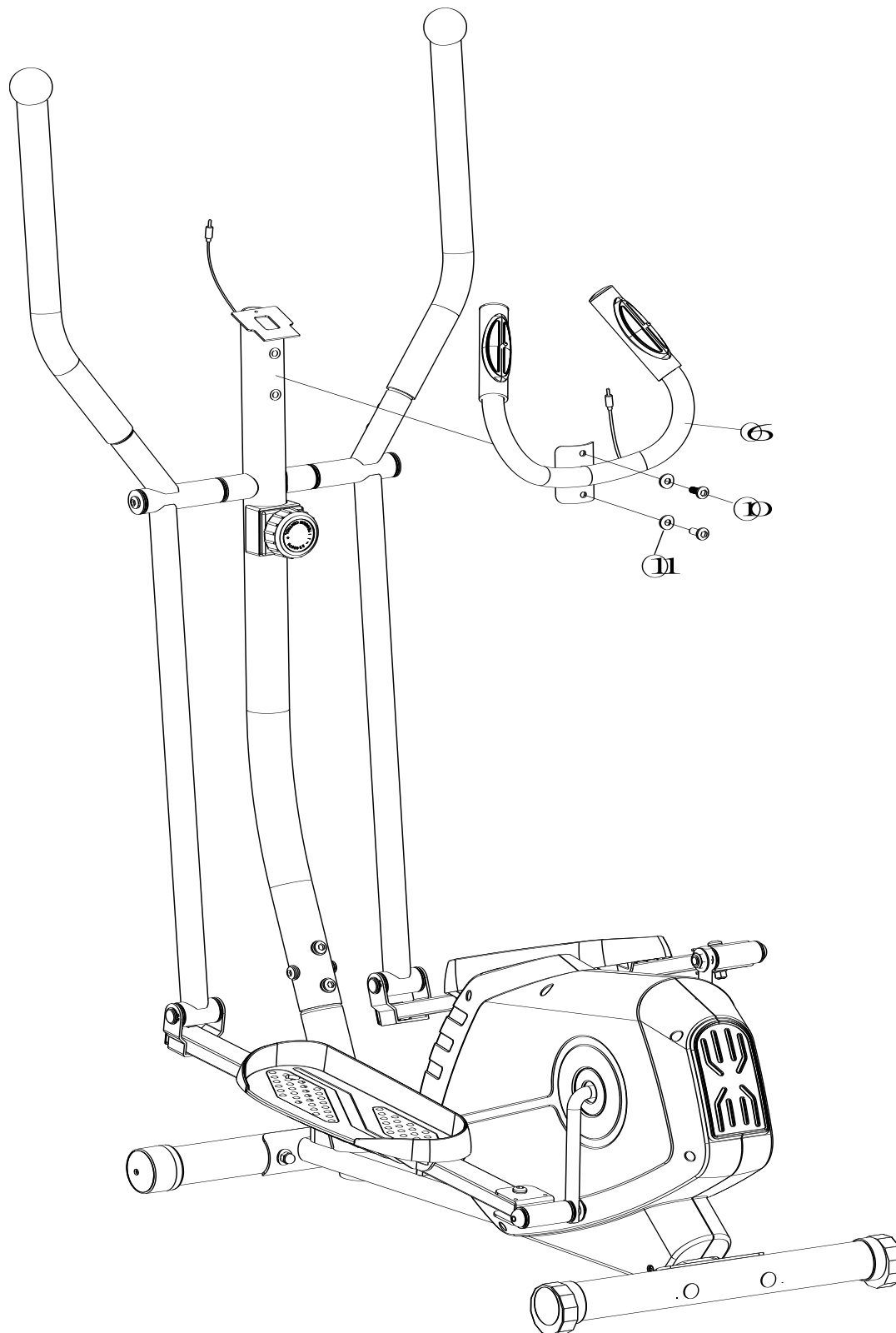
Place the left/right upper handrail (No.19 and 20) onto the left/right handrail tube (No. 27 and 28) and fasten.

Attach the left/right pedal (No. 40 and 41) onto the corresponding pedal tube (No.32/33) and tighten with lock nut.



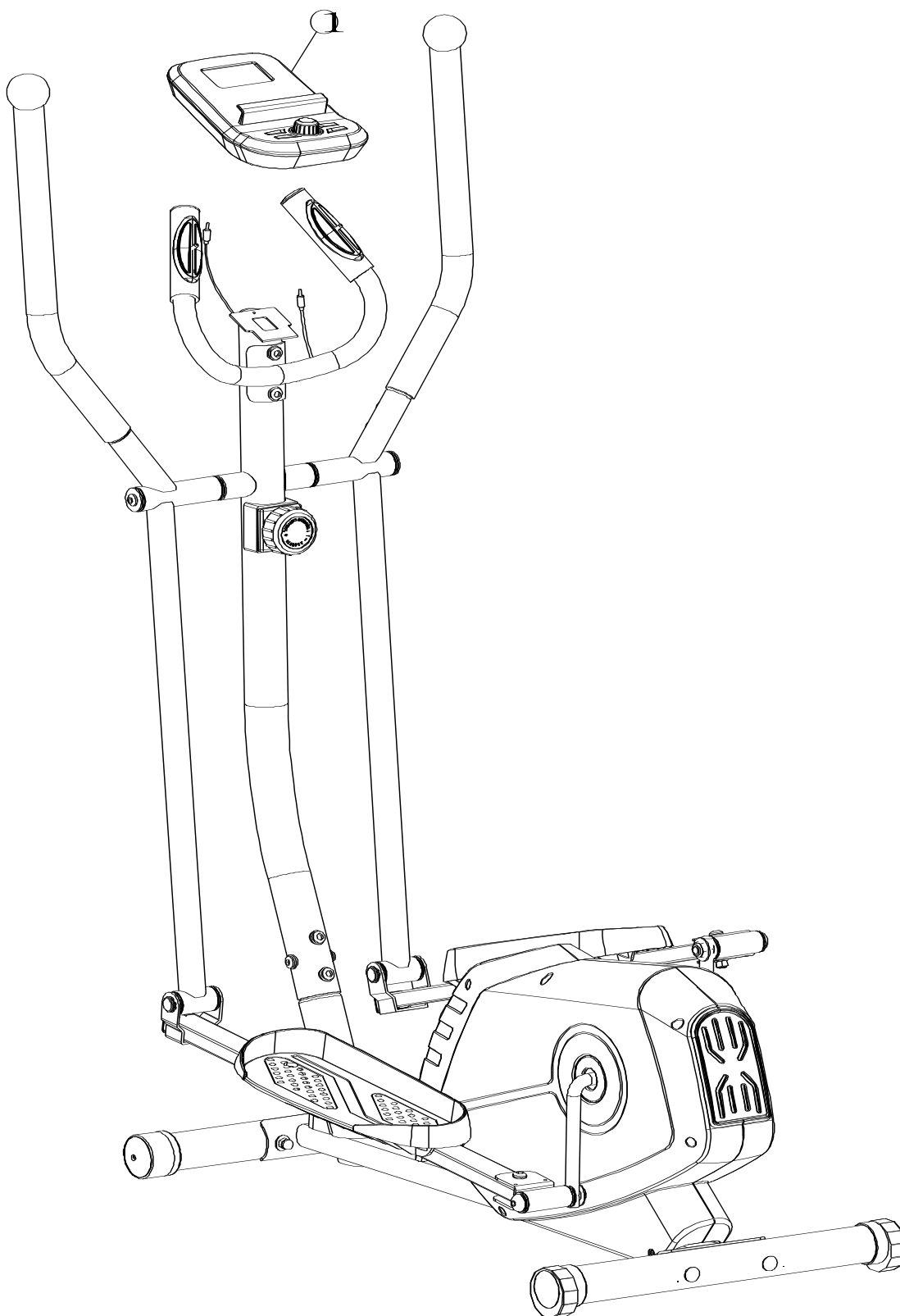
## 5. Install the front handrail

Across the sensor wire through the hole of the stand tube and fasten the front handrail



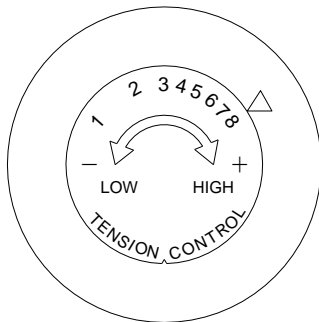
## 6. Install the monitor

Connecting three sensor wires with the wires on the stand tube, then place the monitor (No. 1) onto the stand tube and fasten.





## OPERATING INSTRUCTIONS



### TENSION ADJUSTMENT

For tension adjustment, simply use the tension adjustment knob (18) found beneath the Computer. To increase tension, turn clockwise (+), to decrease tension, turn anti-clockwise (-).

It sets the lowest magnetic force on the level 1

It sets the highest magnetic force on the level

## SPECIFICATIONS:



### BUTTONS:

MODE	To confirm all settings
JOGGLEWHEEL UP	Rotate right (or press it) to select training mode and adjust function value up. Rapidly rotate to increase the value fast
JOGGLEWHEEL DOWN	Rotate left (or press it) to select training mode and adjust function value down. Rapidly rotate to decrease the value fast
RESET	To clear the set-up value. Press RESET key and hold for 2 seconds to reset all function figures
TOTAL RESET	To power on the console again
RECOVERY	To test heart rate recovery status
BODY FAT	To start or stop body fat testing

## FUNCTIONS :

SCAN	Displays all function TIME→DISTANCE →CALORIES →PULSE→RPM/SPEED in sequence
RPM	Displays the pedaling Rotation Per Minute. The RPM and SPEED will switch to another display in every 6 seconds after exercise starts
SPEED	Displays the user's exercise speed
TIME	1. You can use joggle wheel to set target time between 0:00 to 99:00 for count down function. 2. It can be set up by the user or accumulated automatically for count up function.
DISTANCE	1. You can use joggle wheel to set target distance between 0.00 to 99.50 for count down function. 2. It can be set up by the user or accumulated automatically for count up function.
BODY FAT	In STOP mode, press the BODY FAT button to start body fat measurement. During measuring, user has to hold both hands on the handgrip. And the LCD will display “-” “--” “---” “----” for 8 seconds until computer finish measuring. LCD will display BMI, FAT% by turn every 3 seconds.

## OPERATION PROCEDURE:

1. Installs 2 pieces of 1.5V #3 batteries, then the screen will display as following “Drawing A” and have “Bi” sound at the same time, then enter to the personal data setting and press “MODE” button for confirmation. After that, it goes to the next step to the main menu as “Drawing B”.



Drawing A



Drawing B

2. Get access to the set-up mode of TIME/DISTANCE/CALORIES/PULSE. When you are in each set-up mode, for example in the time set-up mode, time value is blinking, you can use joggle wheel to adjust the value and press “MODE” for confirmation. The set-up of DISTANCE, CALORIES & PULSE is the same.

3. With any signal been transmitted into the monitor, the value of TIME, DISTANCE, CALORIES start to count up as Drawing C. When there is any function has been preset the target (TIME or DISTANCE or CALORIES), the function will be counting down from the preset to zero while the training starts. Once the target is achieved to zero, the monitor start to beep

for 8 seconds, and the function will be counting up from zero directly if the training is going. Press “MODE” button for confirmation and skip to next set-up.

4. In SCAN mode shown as “Drawing C”. RPM/SPEED/TM/DIST/CAL/PULSE will skip to display in every 6 seconds. The order is as follows.



Drawing C

5. You can also press “MODE” button to select single function display except RPM & SPEED function. The RPM & SPEED function will switch display.

#### 6. RECOVERY

(1) When the user presses “RECOVERY” button, the RECOVERY function is active. At this time only PULSE and TIME is working, other functions will not be displayed, and the Sensor Input is not available. TIME starts to count down from “0 : 60”, Pulse signal will be blinking according user’s heart rate BPM. When Time counts down to “0”, it will show F1~F6 (F1 is the best, F6 is the worst).

(2) LCD display as follows: (RECOVERY start condition & end condition).



(3) If the countdown action to 0:00 is not completed and there is no pulse signal, the countdown action has to be done and shown F6.

(4) If you press the RECOVERY button prior to count down to 0:00, it will be end and return to the main menu.

## TROUBLE SHOOTING GUIDE

1. Verify that all the bolts and nuts are locked properly and the turning parts should be turned freely without damaged parts.
2. Clean the equipment with soap and slightly damp cloth only. Please do not use any solvent to clean the equipment.

Problem	Potential Cause	Corrections
Base is unstable.	<ol style="list-style-type: none"><li>1. Floor is not flat or there is small object under the front or rear stabilizer.</li><li>2. The rear stabilizer end caps have not been leveled when adjusting.</li></ol>	<ol style="list-style-type: none"><li>1. Remove the object.</li><li>2. Adjust the rear stabilizer end caps.</li></ol>
Handlebar is shaking.	The Bolts are loose.	Tighten the Bolts.
Loud noise from the moving parts.	The interval of the parts is improper tighten.	Open the covers to adjust.
No resistance when riding the bike.	<ol style="list-style-type: none"><li>1. The interval of the magnetic resistance increases.</li><li>2. Tension control knob is damaged.</li><li>3. Belt slips.</li><li>4. The bearing set is damaged.</li></ol>	<ol style="list-style-type: none"><li>1. Open the covers to adjust.</li><li>2. Change the tension control knob.</li><li>3. Open the covers to adjust.</li><li>4. Change the bearing set.</li></ol>

# Warm Up Exercises

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

## Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



## Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

## Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.





## Shoulder Lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

## Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



## Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

## Side Stretch

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

