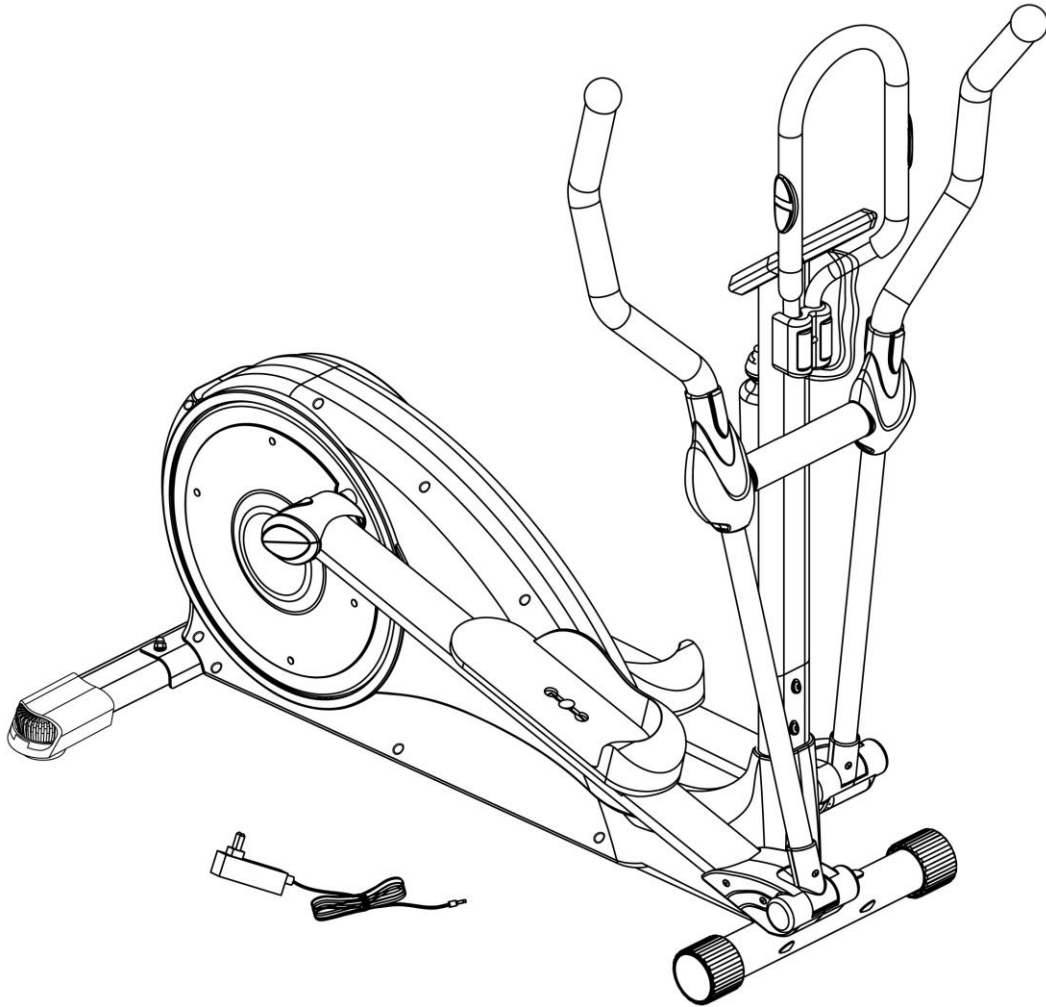# C9.1-E

Elliptical Trainer

Important Safety Information Please keep this manual in a safe place for reference.

1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.

3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.

4. Keep children and pets away from the equipment. The equipment is designed for adult use only.

5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 metre of free space all   around it.

6. Before using the equipment, check the nuts and bolts are securely tightened. Some parts like pedals, etc., It's easy to be wared away.

7. The safety level of the equipment can only be maintained if it is regularly examined   for damage and/or wear and tear.

8. Always use the equipment as indicated. If you find any defective components whilst   assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.

9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.

10. The equipment has been tested and certified to EN957 under class H.A. Suitable for domestic, home use only. Maximum weight of user, 150kg. Breaking is speedindependent.

11. The equipment is not suitable for therapeutic use.

12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

13. Technical assistance service:contact the establishment where you purchased the product,showingthe purchase receipt.

⚠️

Before assembly, please take out all individual parts from the packing and put them each on the solid and stable place. The main frames should be on a solid and stable protecting ground, since without a good installed condition you could be damaged or scratched. Make sure that you have sufficient movement free space (at least 1.5 m) during the assembly in each direction.

Step 1
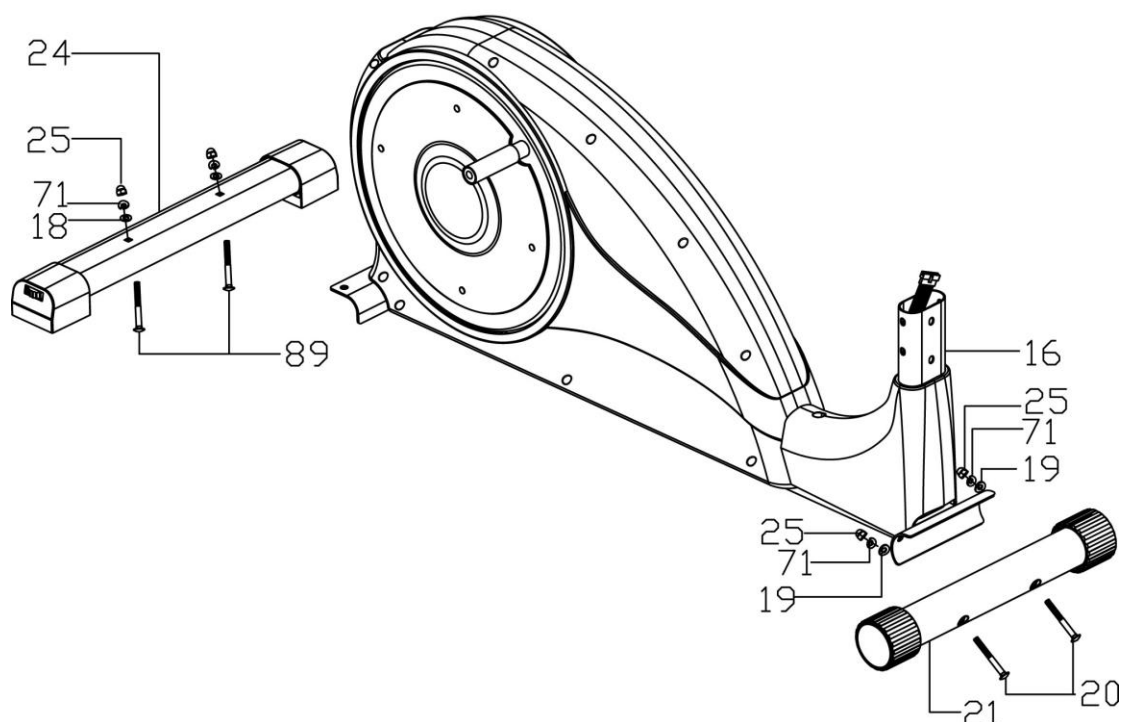
Fasten the rear stabilizer (24) with the carriage bolt M8*55L (89), flat washer (18), lock washer (71), and the Domed nuts M8(25) at the main frame (16). Fasten the front stabilizer (21) with the carriage bolt M8*70L (20), the curved washer (19), lock washer (71), and the Domed nuts M8 (25) to the main frame (16).

Step 2
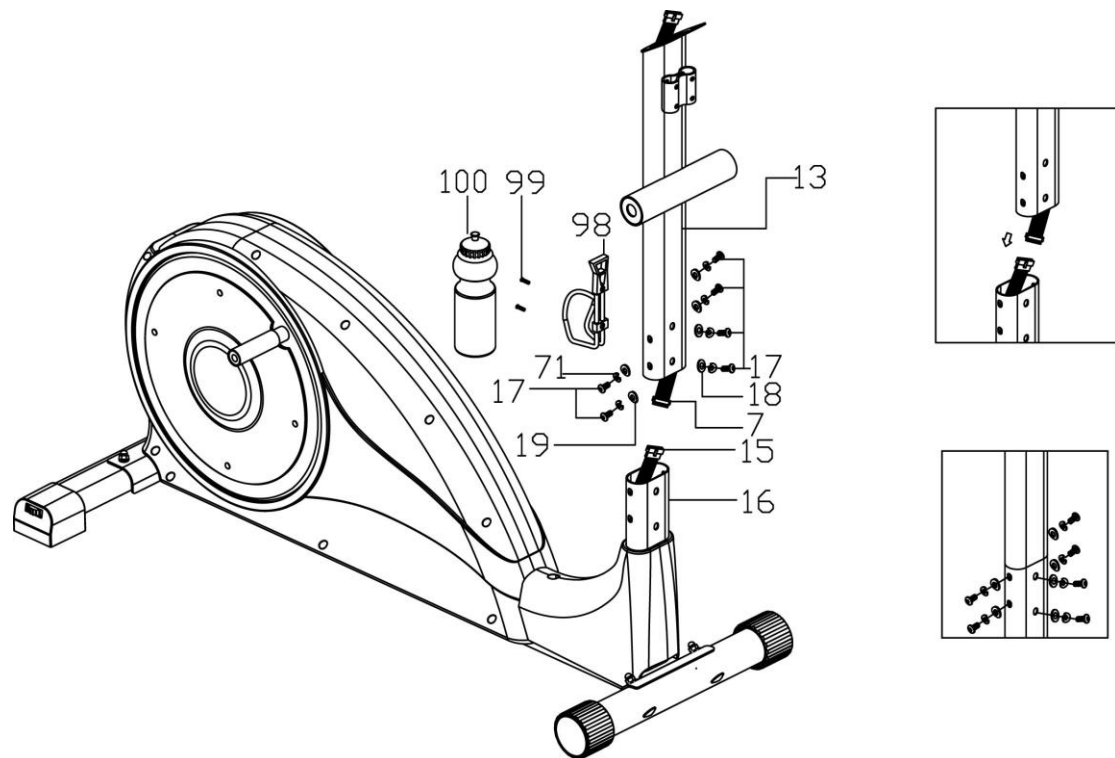
Hold on the handlebar post (13) at the best with support of a second person! Connect the lower plug for upper computer wire (7) with the lower computer wire plug (15).

Insert the handlebar post (13) into the hole of the main frame (16).

Fix the handlebar post (13) with four allen key bolts M8 (17), four flat washer (18) and four curved washer (19).Tighten these connections firmly. Use by the hexagon key.
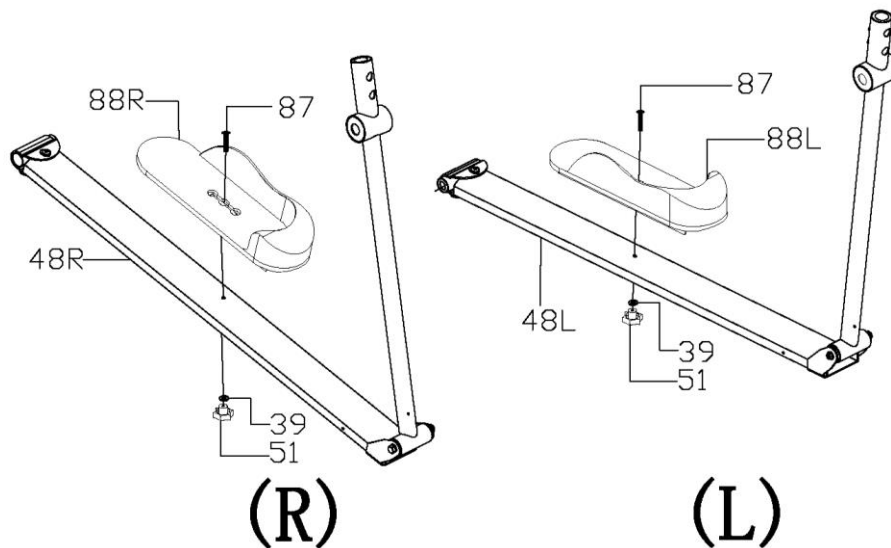
Fasten now the drinking bottle owner (98) with the help of the two cross-notched screws (99) to the handlebar post (13). Insert the drinking bottle (100) into the bottle rack (98).
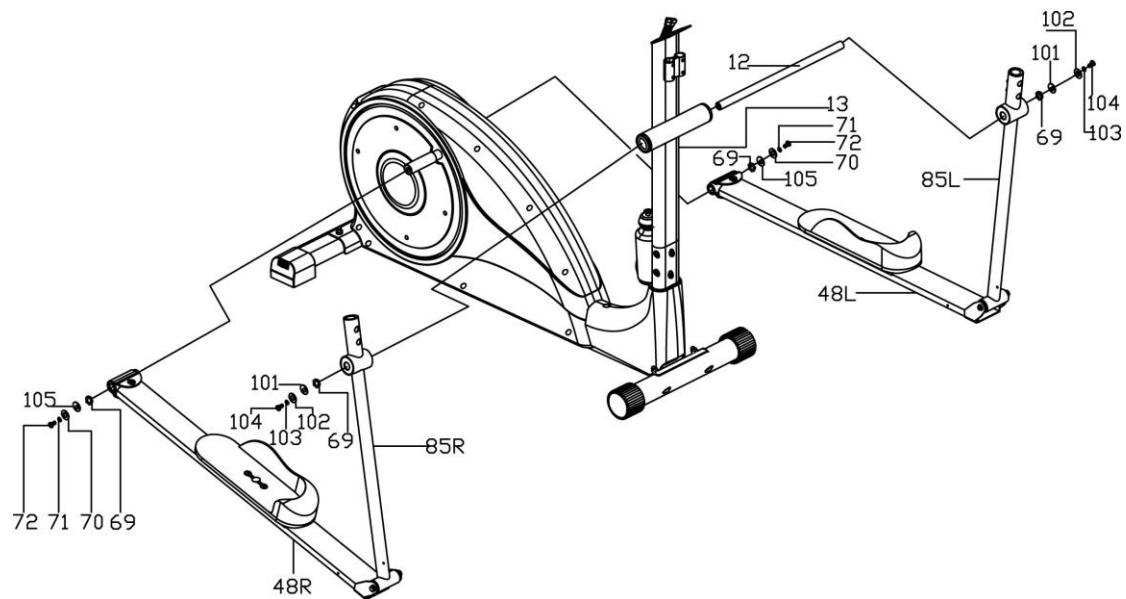
Step 3

(R) (L)
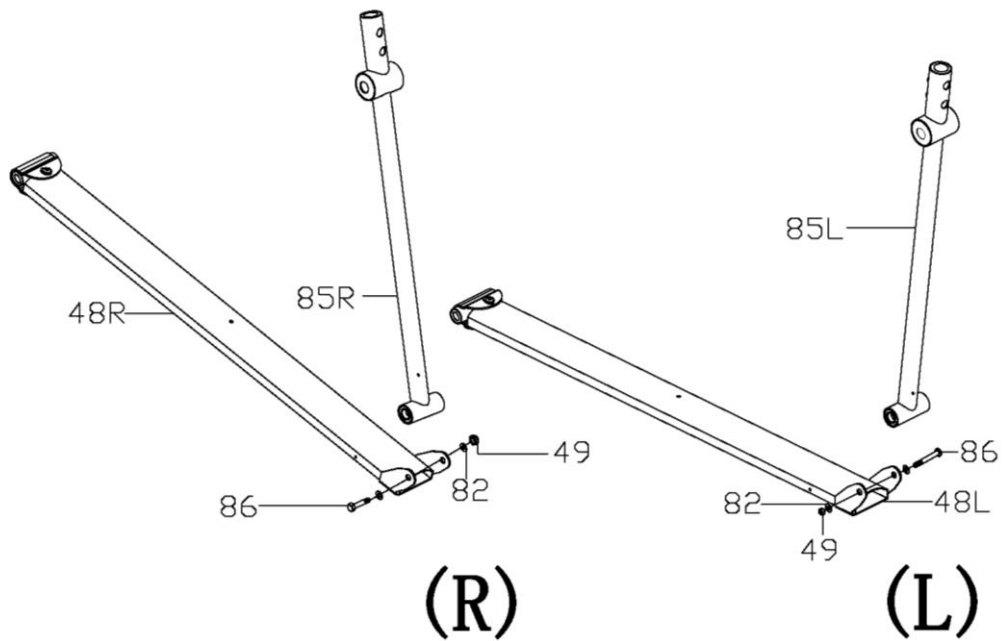
Fix connecting arm (86L&R) on the pedal arm (48L&R) with Lock nut M10 (49), Flat washer (82) and Socket head screw M10 (86).

Step 4

(R) (L)

Install the pedal (88L&R) on the pedal arms (48L&R) with Lock screw for pedal M6 (87), Flat washer (39) and Grasp nut (51). You have the possibility of installing the pedal in three different positions.

Step5

Fasten right pedal arm (48R) at the rear end of the rotation steel disk with the help of the wave washer (69), the D-washer (105), flat washer (70), the lock washer (71) and the socket head screw (72).

Afterwards you fold the left connecting arm (85R) upward and push the upper ends of the connecting arm onto the axle (12), which you push before into the handlebar post (13). The connecting arm (85R) need be fasten with the help of wave washer (69), a D-washer (101), a flat washer (102), a lock washer (103) and a socket head screw (104). Proceed in the same way with the left pedal arm (85L).
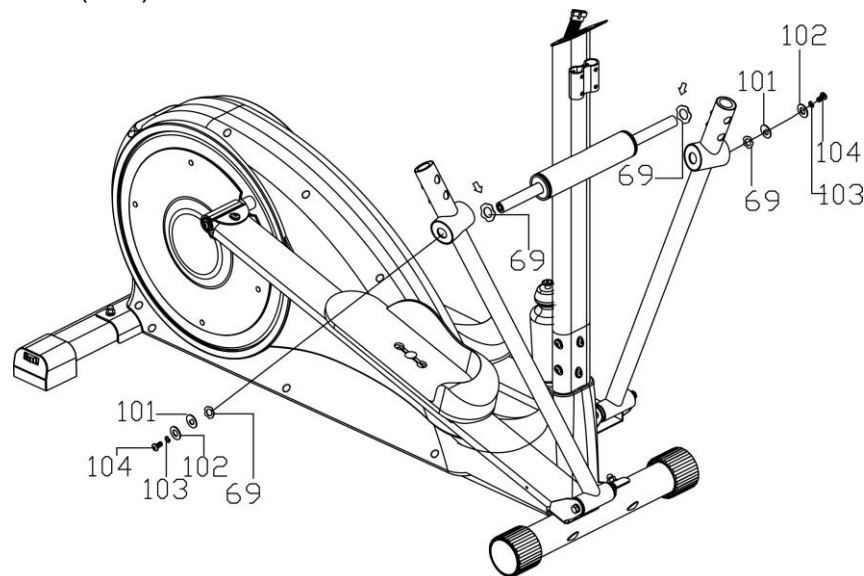
You may use 2 wave washers (69) into the handlebar axle (12) if the space between connecting arm (85) and handbar post (13) is large. (This is optional advise)

Step 6
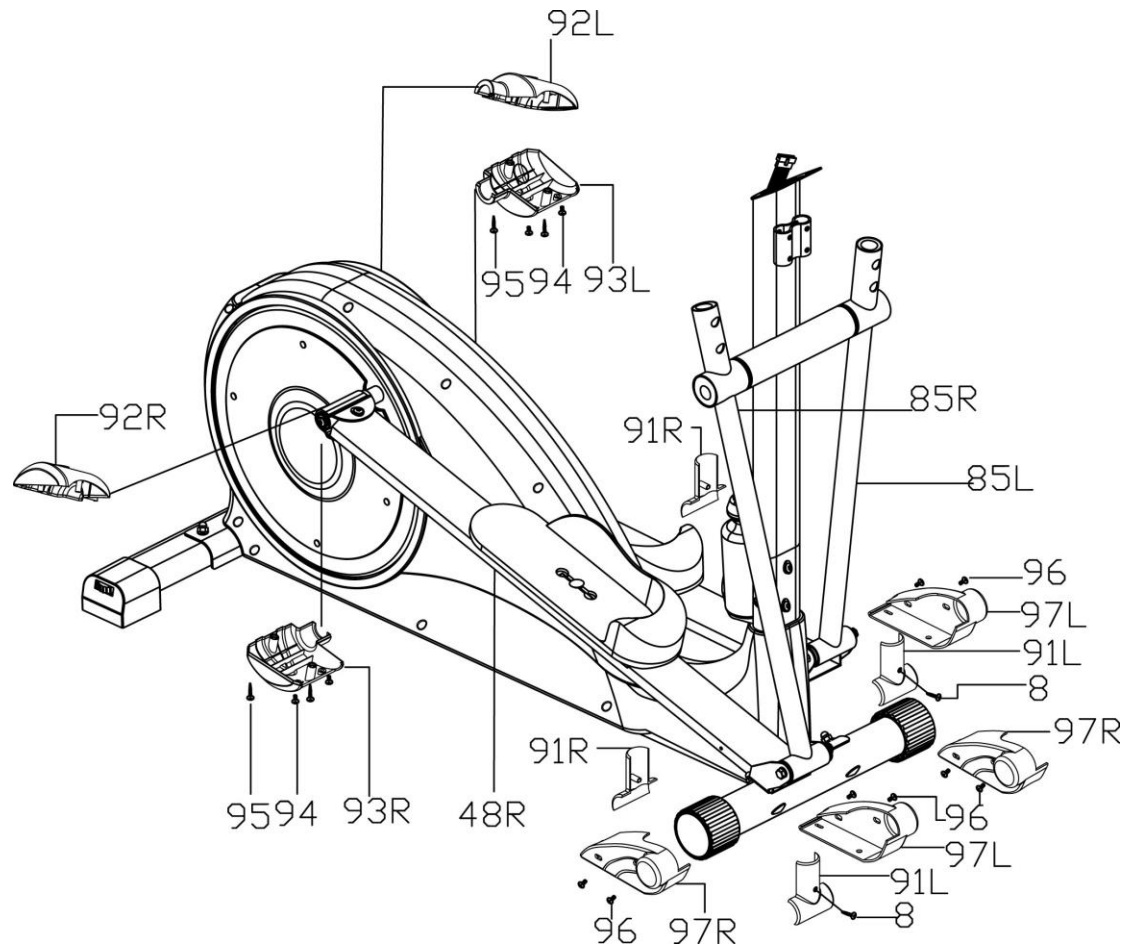
Fasten the rear upper pedal arm covers (92R, 92L) with the associated lower part (93R, 93L) with in each case two cross-notched screws (94, 95) at the rear end of the pedal arms (48R, 48L).

Fasten the front and back of the front pedal arm cover (91R, 91L) at the lower surface of the connecting arms (85R, 85L) with a cross-notched screw (8).

Afterwards fasten the respective two side parts of the front pedal arm cover (97R, 97L) with in each case two cross-notched screws (96).

Step7
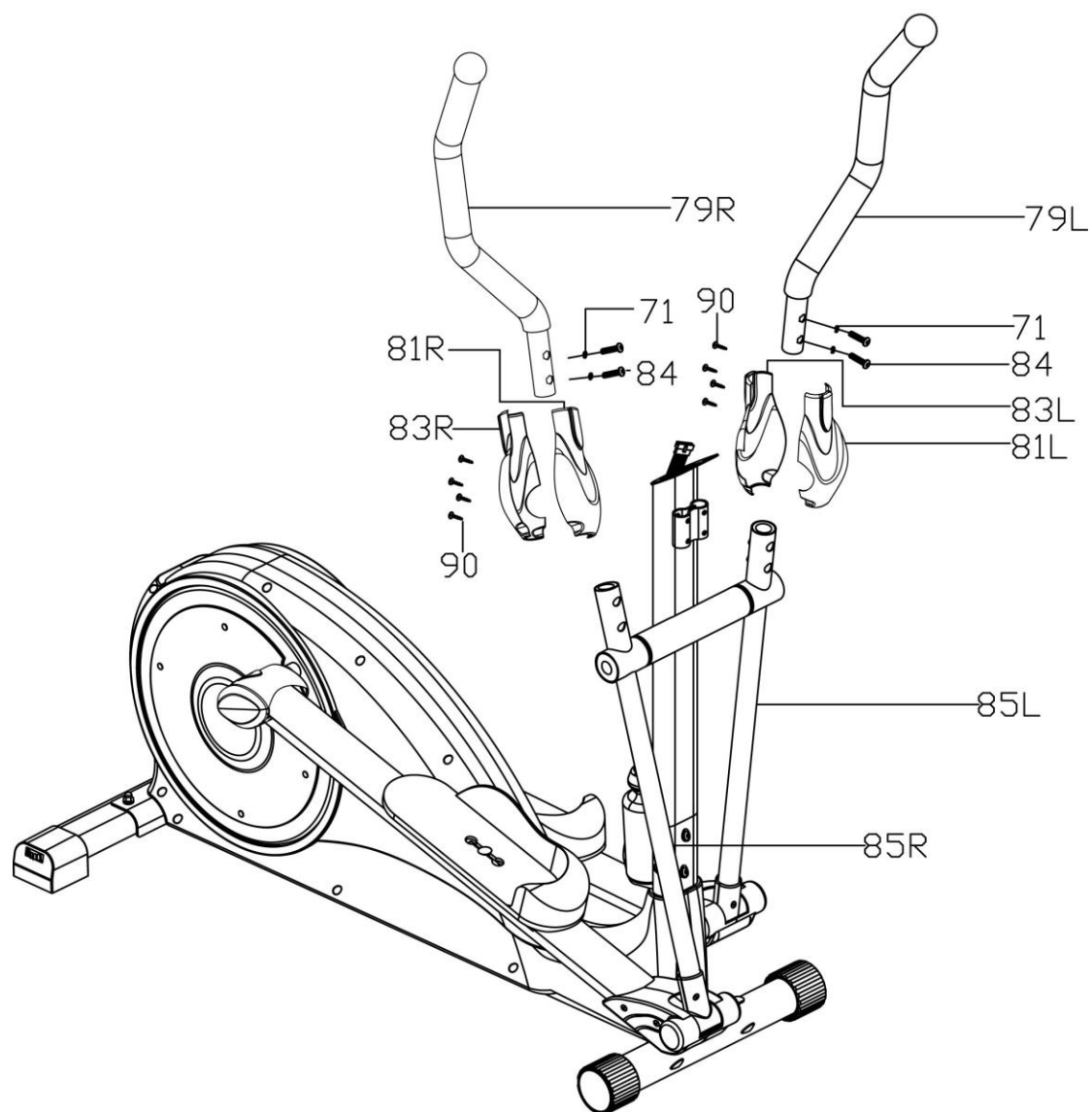
Insert the left and right hand grip (79L, 79R) to the openings of the two connecting arms (85L, 85R). Fasten these with help of two socket head screws (84) and two curved lock washer (71). Fasten the two covers (81L, 81R, 83L, 83R) by previous plugging together with the help of the four cross-notched screws (90).

Step8
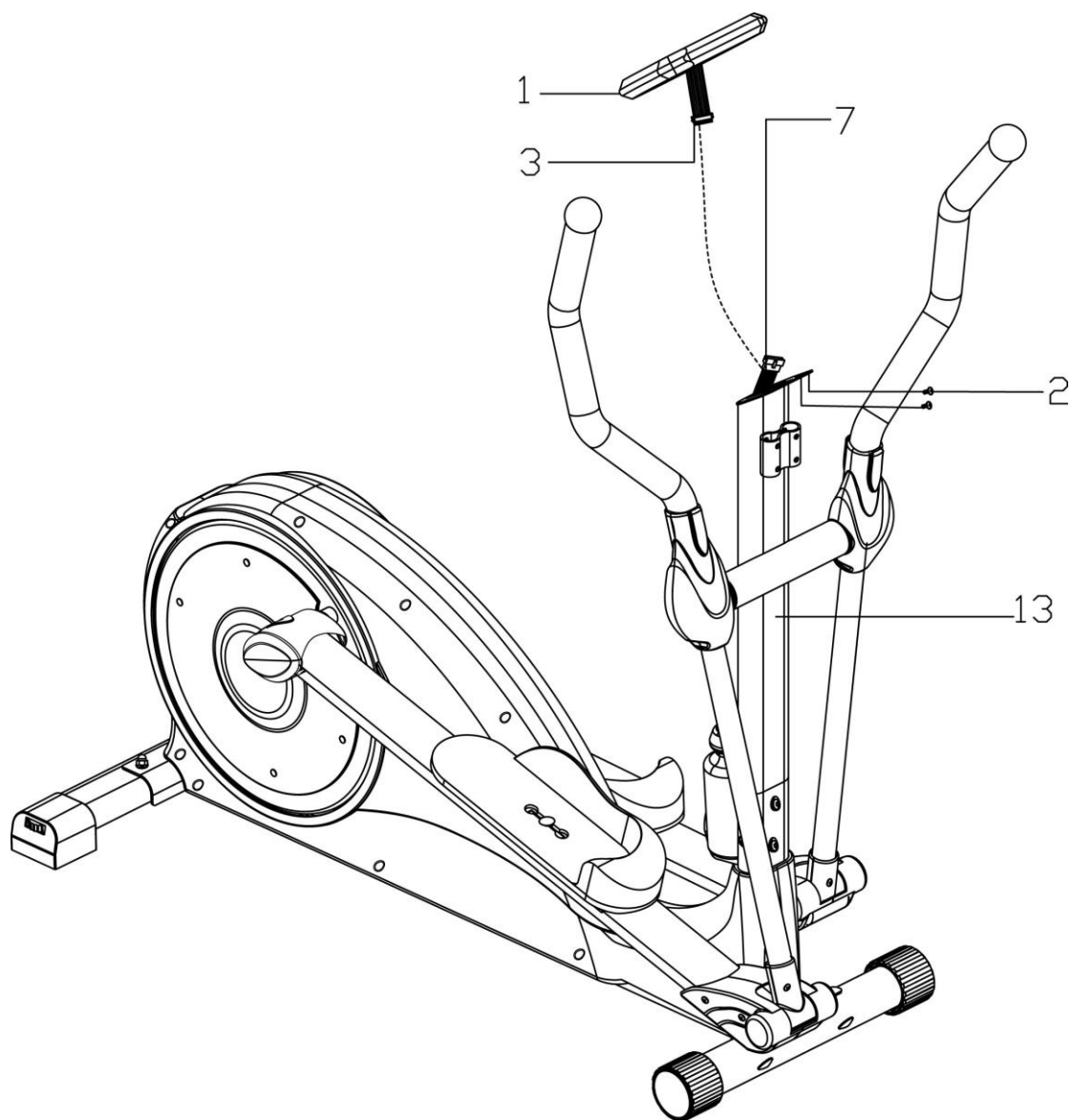
Unscrew the two cross-notched screws (2) from the computer back (1). Put the upper sensor cable (7) into the associated socket/cables on the computer back, and you push now the computer (1) onto the mounting plate at the handlebar post (13). Then you fasten the computer (1) to the mounting plate with the two cross-notched screws (2),

Step9
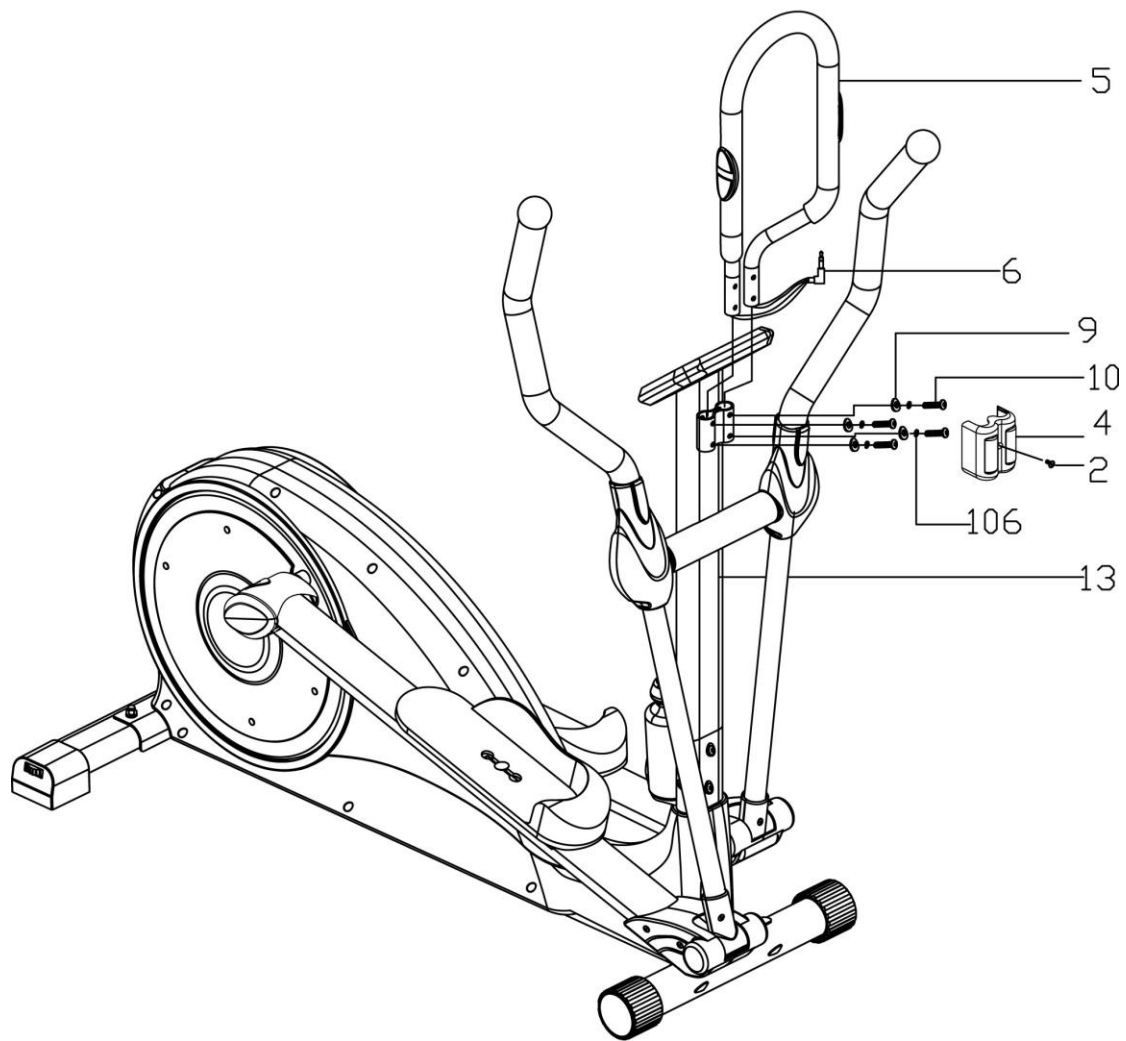
Fasten the handlebar with pulse sensor (5) to the rear end of the handlebar post(13) in the plate already pre-mounted with both Allen key bolt M6 (10) the curved washer (9) and the lock washer (106).

Then you set the plastic Cover for handlebar with pulse sensor (4) on the plate of handlebar post and fasten these with the cross-notched screw (2). Put the hand pulse cable (6) into the associated socket on the computer back.
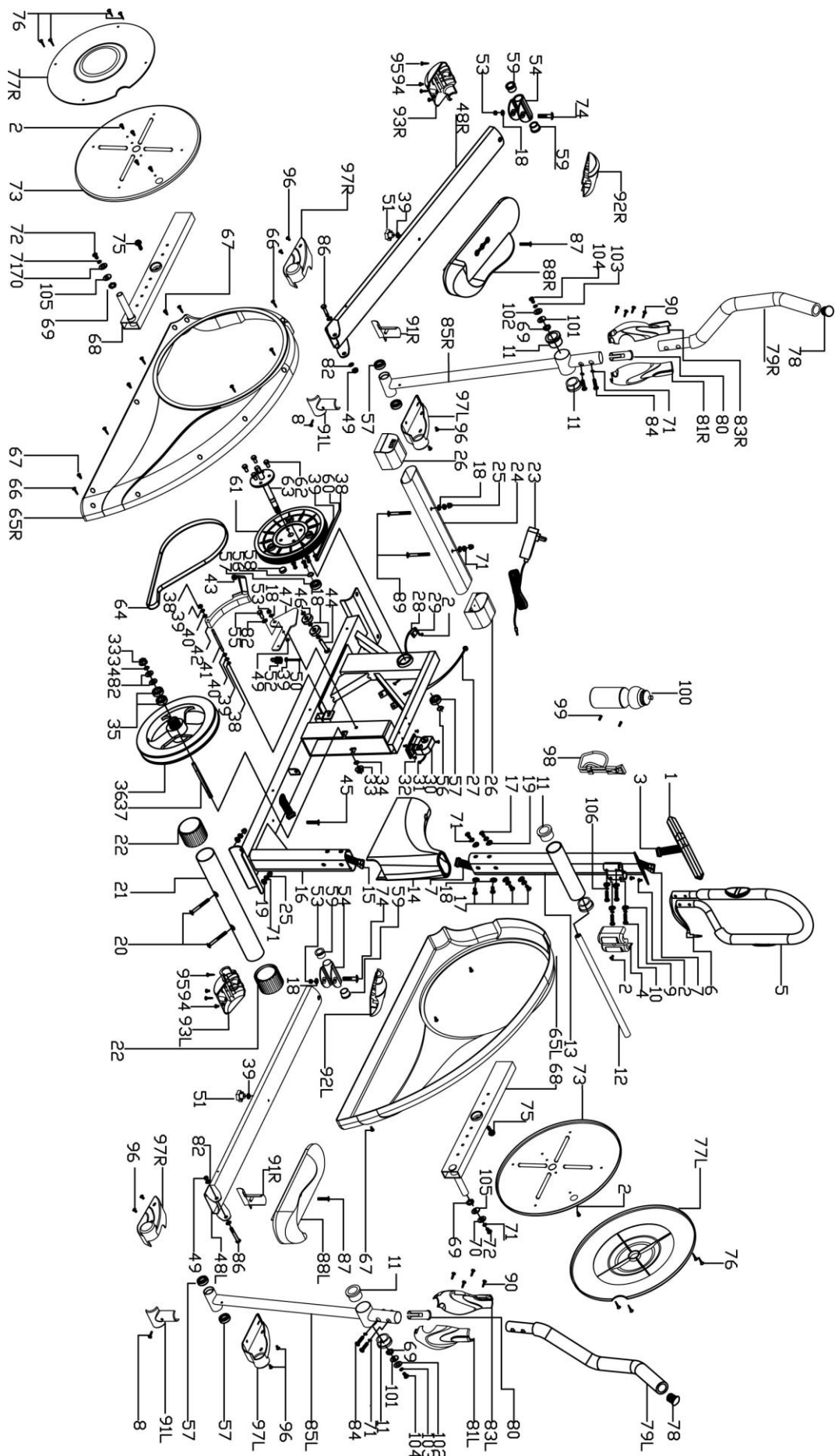
Part number	Name	Specification	Quantity
1	Computer		1PC
2	Screw M5	M5*10L	12PCS
3	Computer wire or hole		1PC
4	Cover for handlebar with pulse sensor		1PC
5	Handlebar with pulse sensor		1PC
6	Pulse sensor wire		1SET
7	Upper plug for upper computer wire		1PC
8	Screw M4	M4*30L	2PCS
9	Curved washer	Φ18*Φ6*1.0T	4PCS
10	Allen key bolt M6	M6*50L	4PCS
11	Metal bushing (or Powder metallurgy)	Inside hole Φ48	6PCS
12	Handlebar axle		1PC
13	Handlebar post		1SET
14	Front small plastic chain cover		1PC
15	Lower plug		1PC
16	Main frame		1SRT
17	Allen key bolt M8	M8*16L	6PCS
18	Flat washer	Φ20*Φ8*1.2T	10PCS
19	Curved washer	Φ20*Φ8*1.2T	6PCS
20	Carriage bolt M8	M8*70L	2PCS
21	Front stabilizer		1PCS
22	Front stabilizer cap		2PCS
23	Adaptor		1PC
24	Rear stabilizer		1PCS
25	Domed nut M8	M8	4PCS
26	Rear stabilizer cap		2PCS
27	Wire of motor		1PC
28	Sensor fixer		1PC
29	Sensor		1PC
30	Motor		1SET
31	Screws of motor		1PCS
32	Cross-notched screw M5	M5*40L	1PCS
33	Flange nut M10	3/8″	2PCS
34	φ12 Snap ring		2PCS
35	Bearing	6000zz	2PCS
36	Flywheel	Φ260	1PCS
37	Flywheel axle		1PCS
38	Locknut M6		6PCS
39	Flat washer	Φ18*Φ6.2*1.0T	9PCS

40	Nut M6		2PCS
41	Threaded rod (double-end)	Φ6*75L	1PCS
42	Magnet mounting plate with magnet	Φ273	1SET
43	Spring		1PCS
44	Hexagon screw M8	M8*40L	1PCS
45	Cross-notched screw M5	M5*40L	1PCS
46	Bearing	6300zz	2PCS
47	Fixing plate for idle wheel		1PC
48	Pedal arm (L&R)		1SET
49	Lock nut M10	M10	3PCS
50	Hexagon screw M6	M6*75L	1PCS
51	Grasp nut	M6	2PCS
52	Spring		1PCS
53	Locknut M8		3PCS
54	Mounting plate for pedal arms		2SET
55	Hexagon screw M10	M10*40L	1PCS
56	Lock washerφ17		1PCS
57	Bearing	6203RS	4PCS
58	Magnet sensor		2PCS
59	Metal bushing (or Powder metallurgy)		4PCS
60	Spring washer	Φ6.0	4PCS
61	Drive pulley	Φ320	1PC
62	Hexagon screw M6	M6*15L	4PCS
63	Axle for drive pulley		1SET
64	Belt	590J 4F	1PC
65	Chain cover (L&R)		1SET
66	Cross-notched screw M5	M5*25L	7PCS
67	Cross-notched screw M5	M5*20L	6PCS
68	Support frame for pedal		2SET
69	Wave washer	Φ16	6PCS
70	Flat washer	Φ28*Φ8*2.0T	2PCS
71	Lock washer	Φ8	16PCS
72	Socket head screw M8	M8*25L	2PCS
73	Rotation steel disk		2PC
74	Socket head screw M8	M8*45L	2PCS
75	Hexagonal screw M8	M8*20L	2PCS
76	Cross-notched screw		8PCS
77	Plastic cover for steel rotation disk (L&R)		1SET
78	End cap for hand grip		2PC
79	Hand grip (L&R)		1SET
80	Plastic socket		2PC
81	Cover for hand grip, front (L&R)		1SET
82	Flat washer	Φ20*Φ10*1.5T	4PCS

83	Cover for hand grip, rear (L&R)		1SET
84	Socket head screw M8	M8*45L	4PCS
85	Connecting arm (L&R)		1SET
86	Socket head screw M10	M10*100L	2PCS
87	Lock screw for pedal M6	M6*45L	2PCS
88	Pedal (L&R)		1SET
89	Carriage bolt M8	M8*55L	2PCS
90	Cross-notched screw M4	M4*16L	8PCS
91	Cover for connecting arm, in front (L&R)		2SET
92	Cover for pedal arm in the back, top side, right (L&R)		1SET
93	Cover for pedal arm in the back, lower surface, right (L&R)		1SET
94	Cross-notched screw M5	M5*10L	4PCS
95	Cross-notched screw M4	M4*16L	4PCS
96	Cross-notched screw M5	M5*10L	8PCS
97	Cover for connecting arm, laterally (L&R)		2SET
98	Drinking bottle rack		1SET
99	Cross-notched screw M5	M5*14L	2PCS
100	Drinking bottle		1PC
101	D-washer	Φ28*Φ16*4.5T	2PCS
102	Flat washer	Φ28*Φ10*2.0T	2PCS
103	Lock washer	Φ10	2PCS
104	Socket head screw M10	M10*25L	2PCS
105	D-washer	Φ28*Φ16*2.0T	2PCS
106	Lock washer Φ6	Φ6	4PCS

EXERCISE INSTRUCTIONS

Using your EXERCISE CYCLE will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.
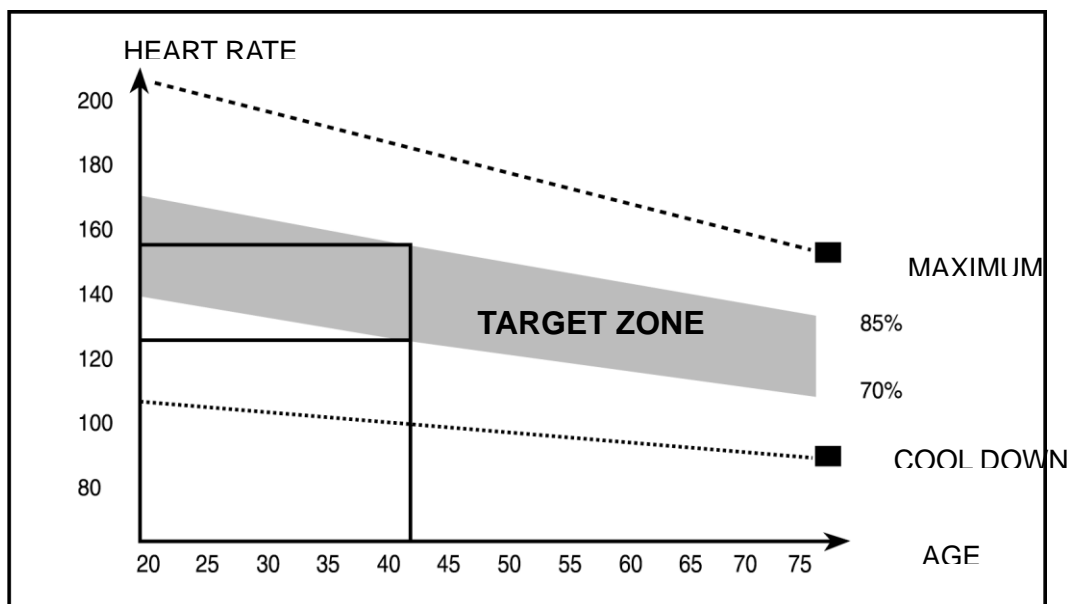
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.

SIDE BENDS FORWARD BENDS OUTER THIGH INNER THIGH CALF / ACHILLES
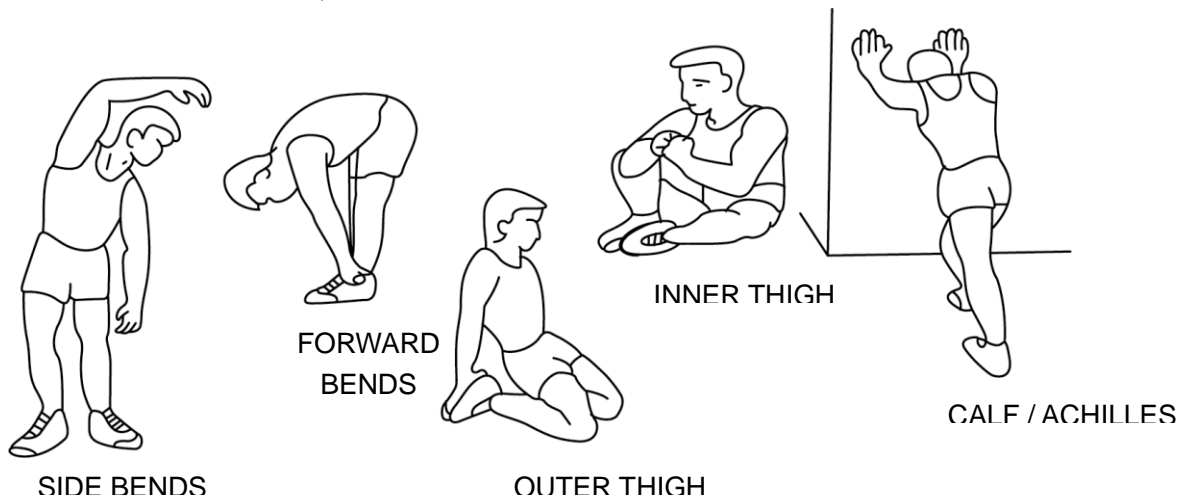
2. The Exercise Phase

This is the stage where you put the effort in. After regular use , the muscles in your legs will become more flexible. Work to your own pace but it is very important to maintain a   steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.

This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

4. Fault Finder

1. If you do not receive numbers appearing on your computer, please ensure all connections are correct.

MUSCLE TONING

To tone muscle while on your EXERCISE CYCLE you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program.   You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

INSTRUCTION MANUAL FOR TZ-6159
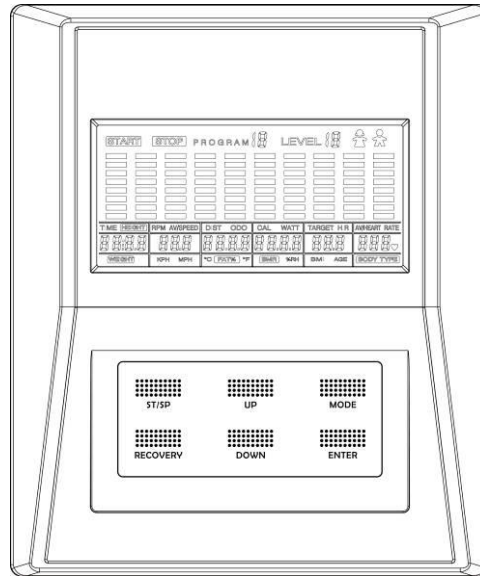
Key Functions

START/STOP: 1. Start & Pauses   workouts.

2. Start body fat measurement.

3.Operates only when in stop mode. Holding key for 3 seconds will reset all function value to be zero.

DOWN: Decrease value of selected workout parameter: TIME, DISTANCE, etc. During the workout, it will decrease the resistance load.

UP : Increases value of selected workout parameter. During the workout, it will increase the resistance load.

ENTER: To input desired value or work out mode.

RECOVERY: Press to enter into Recovery function when computer has   the heart rate value. Recovery is Fitness Level 1-6 after 1 minute.F1 is the best, and F6 is the worst.

MODE: Press to switch display form RPM to SPEED, ODO to DIST , WATT to CALORIES   during workout.

Workout Selection

After power-up using UP   or DOWN keys   to select   then pressing   ENTER   to enter the desired mode.

There are 7 basic workout modes:
Manual,   Pre- programs, Watt Program ,Body Fat Program, Target Heart Rate program, Heart Rate Control program and User Program.

Functions:

1.   SPEED: Display current training speed. Maximum speed is 99.9 KM/H or MILE/H.

2.   RPM: Display current rotation per minute.

3.   TIME: Accumulate the workout time from 00:00 to 99:59. Or users can preset the target time they want.

4.   DIST: Accumulate the workout distance form 0.00 up to 999.9 KM or Mile. Or users can preset the target distance they wan to reach.

5. ODO: Display the total accumulated distance from 0.0 to 999.9KM or Mile
6. CAL: Accumulate the calories consumption from 0 to 9999. Or users can preset the target Calories they want to consume.
7. WATT: Display current watt.
8. HEART RATE: Display the current heart rate in beats per minute.
9. TARGET .H. R.: Users can preset their Target Heart Rate.
10. PROGRAM: There are 24 different programs to choose for training.
11. LEVEL: The program has 16 columns of loading bars and 8 bars in each column. Each column represents 1 minute workout (without the change of time value) and each bar represents 2 levels loading.

Workout Parameters:

TIME / DISTANCE / CALORIES /AGE/WATT/TARGET HEART RATE

Setting Workout Parameters
After selecting desired workout mode: Manual, Pre-set Programs, Watt Program ,Body Fat, Target Heart Rate, Heart Rate Control and User Program. You may pre-set several workout parameters for desired results.

Note: **Some parameters are not adjustable in certain programs.**
          Time and Distance can not be set up at the same time.
Once a program has been selected, pressing   ENTER,   will make "Time" parameter   flash.
Using   UP OR DOWN KEY you may select desired time value. Press   ENTER KEY   to input value.
Flashing prompt will move to the next parameter. Continue use of UP OR DOWN KEY . Press START/STOP   to start workout.

More About Workout Parameters

Field	Setting Range	Default Value	Increment/ Decrement	Description
Time	0:00~ 99:00	00:00	± 1:00	1.When display is 0:00, Time will count up. 2.When time is 1:00-99:00, It will count down to 0.
Distance	0.00~999.0	0.00	±1.0	1.When display is 0.0, Distance will count up. 2.When Distance is 1.0~9990, it will count down to 0.
Calories	0~9995	0	±5	1.When display is 0, Calories will count up. 2.When Calories is 5~9995, it will count down to 0.
Watt	45~250	100	±5	User can set watt value only in Watt control program.
Age	10~99	30	±1	Target HR will be based on Age. When Heart Rate exceeds Target H.R, the number of Heart Rate will flash
Pulse	60~220	90	±1	Setting Parameters for Target heart rate

Program Operation

Manual（P1）
Selecting "*Manual*"   using UP OR DOWN KEY   then pressing ENTER KEY   . 1St parameter "Time"

will flash so value can be adjusted using   UP OR DOWN KEY .Press ENTER KEY   to save value &
move to next
parameter to be adjusted.
****(If user sets up the target time to workout, then the next parameter of Distance can not be
adjusted)**

 Continue through all desired parameters, pressing START/STOP   to start workout.

**Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the
        workout automatically. Press START KEY   to continue   the workout to reach   the
        unfinished workout parameter.**

Pre-programs (P2~P13)

**There are 12 program profiles ready for use：ROLLING 、VALLEY、FAT BURN、RAMP 、
STEPS 、OBSTACLE、INTERVALS、PLATEAU 、CLIMBING、OFF ROAD、HILL 、FARTLEK.
All program profiles have 16 level of resistance.**

Setting Parameters for Pre-programs
Selecting   one of pre-programs   using UP OR DOWN KEY   then pressing ENTER KEY   . 1St
parameter "Time"
will flash so value can be adjusted using   UP OR DOWN KEY .Press ENTER KEY   to save value &
move to next
parameter to be adjusted. Continue through all desired parameters, pressing START/STOP   to start
workout.

Workout in any pre-program

Users can exercise with different level of loading in different intervals as the profiles flash.

Users may exercise in any desirous of resistance level adjusting by UP/DOWN keys during the

workout.

**Note: If user sets up the target time to workout, then the next parameter of Distance can not be
        adjusted.One of workout parameters counts down to be zero, it will have bi sounds and
        stop the workout automatically. Press START KEY   to continue   the other unfinished
        parameter will   continue counting down.**

Watt control program(P14)

Setting Parameters for Watt control program
Selecting   "*Watt control program*"   using UP OR DOWN KEY   then pressing ENTER KEY   . 1St
parameter "Time"
will flash so value can be adjusted using   UP OR DOWN KEY .Press ENTER KEY   to save value &
move to next
parameter to be adjusted.
****(If user sets up the target time to workout, then the next parameter of Distance can not be
adjusted)**

 Continue through all desired parameters, pressing START/STOP   to start workout.

**Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the
        workout automatically. Press START KEY   to continue   the workout to reach   the
        unfinished workout parameter.**

**Computer will adjust the resistance load automatically depends on the speed to maintain the
        constant watt value. User can use up down key to adjust the watt value during workout.**

BODY FAT PROGRAM
Setting Data for   Body Fat
Selecting "*BODY FAT Program "*   using UP OR DOWN KEY   then pressing ENTER.

"Male " will flash so Gender can be adjusted using UP OR DWON KEY, press ENTER to save gender & move to next data.

  " 175" of Height will flash so Height can be adjusted to use UP OR DOWN KEY , press ENTER KEY save value & move to next data.

" 75 "of Weight will flash so Weight can be adjusted to use UP OR DOWN KEY , press ENTER KEY to save vale & move to next data.
"30" of Age   will flash so Age can be adjusted using UP OR DOWN KEY , press ENTER to save value.

Press START/STOP to start measurement, please also grasp hand pulse grips.

After 15 seconds the display will show out Body Fat %, BMR, BMI & BODY TYPE.

NOTE: Body Types:

There are 9 body types divided according to the FAT% calculated. Type 1 is from 5% to 9%. Type 2 is from 10% to 14%. Type 3 is from 15% to 19%. Type 4 is from 20% to 24%. Type 5 is from 25% to 29%. Type 6 is from 30% to 34%. Type 7 is from 35% to 39%. Type 8 is from 40% to 44%. Type 9 is from 45% to 50%.

BMR: Basal Metabolism Ratio

BMI: Body Mass Index

Press START/STOP KEY to return the main Display.

TARGET HEART RATE Program
Setting Parameters for TARGET H.R

Selecting "**TARGET H.R.**" using UP OR DOWN KEY then pressing ENTER KEY . 1St parameter "Time"

will flash so value can be adjusted using UP OR DOWN KEY .Press ENTER KEY to save value & move to next
parameter to be adjusted.
**(If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)

 Continue through all desired parameters, pressing START/STOP to start workout.

Note: If Pulse is above or below ($\pm$ 5) the set TARGET H.R, computer will adjust the resistance load automatically. It will check Every 20 seconds approx. I resistance load will increase or decrease (Note: each resistance load represents 2 level of loading)

  One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP to continue the workout to reach unfinished workout parameter.

HEART RATE CONTROL Program

There are 4 selection for target pulse:

HRC- 55%   TARGET H.R= 55% of (220-AGE)
HRC - 65%   TARGET H.R= 60% of (220-AGE)
HRC - 75%   TARGET H.R= 75% of (220-AGE)
HRC - 85%   TARGET H.R= 85% of (220-AGE)

Setting Parameters for HEART RATE CONTROL
Selecting "**One of Heart Rate Control Program .**" using UP OR DOWN KEY then pressing ENTER KEY . 1St parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY .Press

ENTER KEY   to save value & move to next   parameter to be adjusted.
**(If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)

 Continue through all desired parameters, pressing START/STOP   to start workout.

Note: If   Pulse is above or below ($\pm$ 5) the   TARGET H.R,   computer will adjust the resistance load automatically. It will check Every 20 seconds approx. I resistance load will increase or decrease (Note: each resistance load represents 2 level of loading)

   One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP KEY   to continue the workout to reach unfinished workout parameter.

User Program
4 User program allow user to set their own program that can be used immediately.

Setting Parameters for User Program
Selecting   user   using UP OR DOWN KEY   then pressing ENTER KEY   . 1St parameter "Time" will flash so value can be adjusted using   UP OR DOWN KEY .Press ENTER KEY   to save value & move to next   parameter to be adjusted.
**(If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)
 Continue through all desired parameters .

After finished set up desired parameter, the level 1 will flash, use UP OR DOWN KEY to adjust then pressing ENTER until   finished. (There are 10 times total). Press START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP KEY   to continue   the workout to reach unfinished workout parameter.