

# Owner's Manual

## **GREEN** Series



**CIR-EL7000-G1**

**Full Commercial Elliptical**



Install Date: \_\_\_\_\_ Serial Number: \_\_\_\_\_

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# SAFETY PRECAUTIONS

## Location of the Elliptical

Before assembling the unit, verify the chosen site meets the following criteria:

- Area is well lit and well ventilated.
- Surface is structurally sound and properly leveled.
- Free area for access to the unit and emergency dismount. Minimum clearance is 24 inches (0.6 meters) on the sides of the unit and 78.7 inches (2.0 meters) behind the unit.
- Adjacent units may share the free area.
- Place in a location away from direct sunlight. The intense UV light can cause discoloration on the plastics.
- Locate your elliptical in an area with cool temperatures and low humidity.
- Do not install, use or store the elliptical in an area of high humidity, such as in the vicinity of a steam room, sauna, indoor pool, garage, covered patio, near water or outdoors. Exposure to extensive water vapor, chlorine and/or bromine could adversely affect the electronics as well as other parts of the unit.

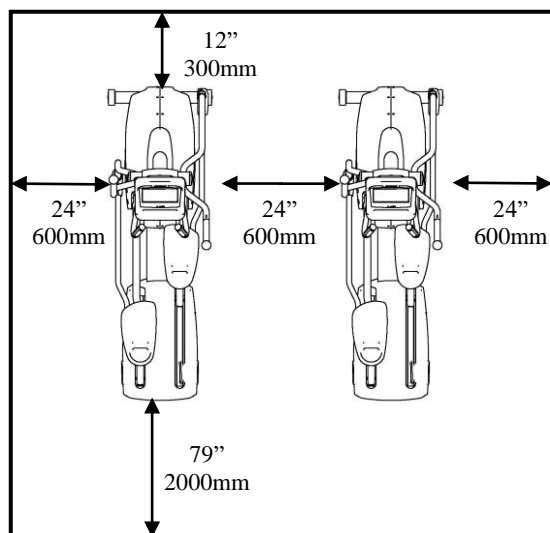
The below minimum spacing recommendations are based on a combination of the ASTM (U.S.) voluntary standards and EN (European) regulations as of October 1, 2012, for access, passage around, and emergency dismount:

ASTM standards are voluntary and may not reflect current industry standards. The actual area for access, passage around, and emergency dismount is the responsibility of the facility. The facility should consider the total space requirements for training on each unit, voluntary and industry standards, and any local, state, and federal regulations. Standards and regulations are subject to change at any time.

Careful consideration should be given to the requirements of the Americans with Disabilities Act (ADA), US Code 28 CFR (see Section 305).

In compliance with the ADA (American Disabilities Act) there must be clear floor space of at least 30 inches by 48 inches and be served by an accessible route for at least one of each type of exercise equipment. If the clear space is enclosed on three sides (e.g., by walls or the equipment itself), the clear space must be 36 inches by 48 inches.

**Important:** These spacing recommendations should be used when positioning equipment away from sources of heat, such as radiators, heat registers, and stoves. Avoid temperature extremes.



# SAFETY PRECAUTIONS

## Dear Customer,

Thank you for your purchasing our products. This product has been designed and manufactured for full commercial use, even though we go to great efforts to ensure the quality of each product, occasional error, and/or omissions do occur. In any event should you find this product to be defective or missing parts please contact us.

## **IMPORTANT: Read all instructions and warnings before assembly and operation.**

- Only one person at a time should use this equipment. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this elliptical, stop the workout at once.
- **Warning:** incorrect/ excessive training can cause health injuries. Stop using the elliptical when feeling uncomfortable.
- Consult your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Always use this upright bike on a clear and level surface. Do not use outdoors or near water.
- Don't insert any object into any openings.
- Before using this equipment to exercise, always do stretching exercises to properly warm up.
- Replace defective components immediately and keep the equipment out of use until repair.
- This product is designed for adults. Please ensure that children only use it under the supervision of an adult.
- Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.
- Close supervision is necessary when this equipment is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments, not recommended by the manufacture.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- The appliance is intended for commercial use.
- Maximum user weight: 500lbs (227 kg).
- **Environment**
- The unit is designed to function normally in an environment with a relative humidity range of 30% to 75%. The unit can be shipped and stored in a relative humidity range of 10% to 90%. Climatic dry air may cause static electricity. During a workout, a user may experience a shock due to a buildup of static electricity on the body and the discharge path of the unit. If static electricity is experienced, increase humidity to a comfortable level through the use of a humidifier.
- **Temperature**
- The unit is designed to function in an environment with an ambient temperature range of 50°F (10°C) to 104°F (40°C). The unit can be shipped and stored in an environment with an ambient temperature range of 32°F (0°C) to 140°F (60°C).

# SAFETY PRECAUTIONS

## CONSULT A PHYSICIAN IMMEDIATELY

**Warning:** before starting any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury damage sustained by or through the use of this treadmill.

## How often you exercise:

You should exercise three to four times a week to improve your cardiovascular and muscle fitness.

## How hard you exercise:

Intensity of exercise is reflected in your heart rate. Exercise must be sufficiently rigorous to strengthen your heart muscle and condition your cardiovascular system.

Only your doctor can prescribe the target training heart range for you. Before starting any exercise program consult your physician.

## How long you exercise:

Sustained exercise conditions your heart, lungs and muscles. The longer you are able to sustain exercise within your target heart range, the greater the aerobic benefits. To begin maintain 2~3 minutes of steady, rhythmic exercise, then check your heart rate.

# TECHNICAL SPECIFICATIONS

## The Serial Number of the products

The serial number contains of ten values. The location of the serial number shows as the figure.



## SPECIFICATIONS:

Length: 80" (203 cm)

Width: 27" (68 cm)

Height: 71" (180 cm)

Weight of product : 253lbs (115.2kg)

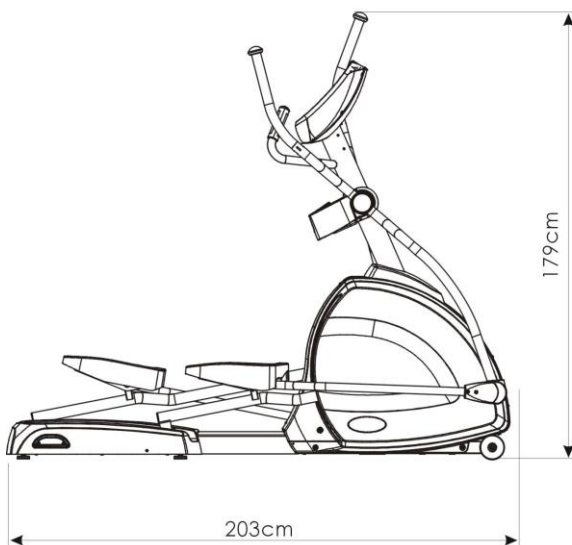
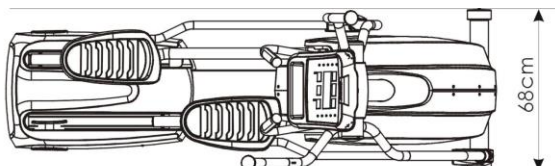
Program : 9 programs, 4 HRC

Standard features: 6 LED+8x32 dot matrix HR receive

Resistance System : Electromagnet

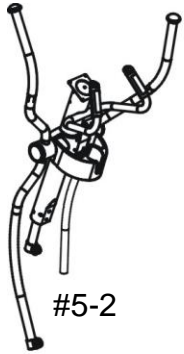
Stride Length : 20" (50 cm)

Power source : Built-in generator & rechargeable battery 12V-1.2AH



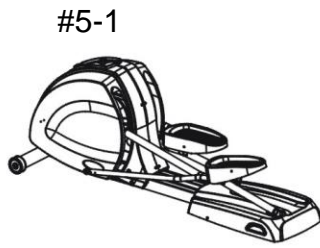
# UNPACKING & ASSEMBLY

## PARTS



#5-2

Handlebar Set



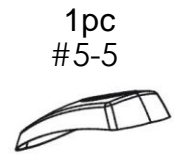
#5-1

Main Frame



#5-3

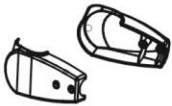
Console set



1pc  
#5-5

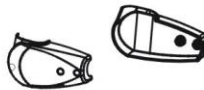
Console frame cover

#5-11  
#5-12




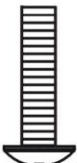
Left cover, right arm  
Right cover, right arm

#5-14  
#5-15



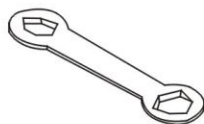
Left cover, left arm  
Right cover, left arm

## HARDWARE KIT

Step 6	 #5-7	 #5-4
	M4x12mm / 8pcs (Left / right cover)	M3x30mm / 2pcs (Left / right cover)



1pc



1pc



Allen wrench / 1pc  
(3mm)



Allen wrench / 1pc  
(5mm)

Allen wrench / 1pc  
(6mm)

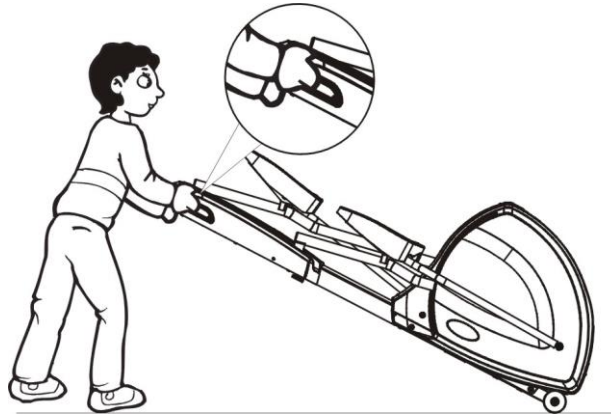


# UNPACKING & ASSEMBLY

To avoid components damage, please unpacking carton carefully, we suggest you to place a pad on the floor before you assemble the elliptical. Moving and assembly of this product may require 2 or more persons.

## **Step 1 Move the Elliptical**

1. Grab hold the rear of the elliptical and raise it up carefully. Using the rollers on the front of the elliptical will provide an aid in moving the elliptical into the desired location.

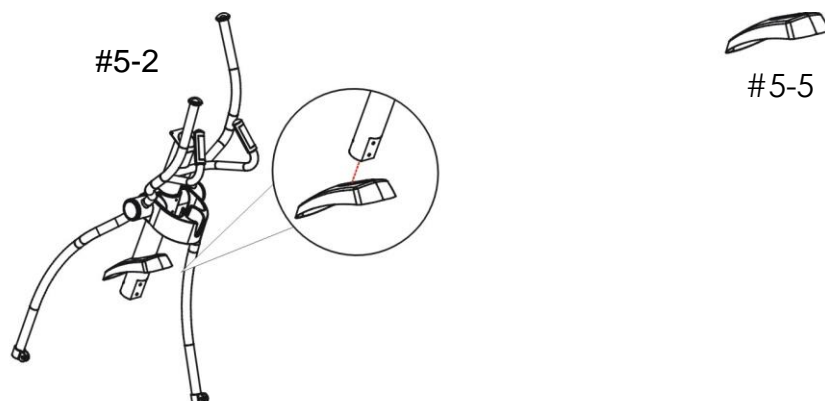




# UNPACKING & ASSEMBLY

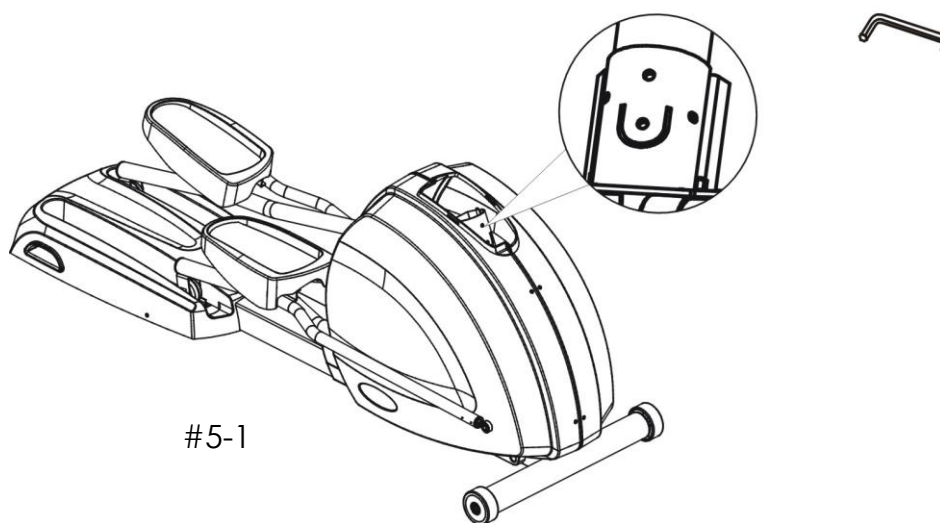
## **Step 2 Assemble the Console Frame Cover**

1. Slide the Console Frame Cover (#5-5) onto the Handlebar Set (#5-2) according to the illustration.



## **Step 3 Removal of the Pre-lock Screws**

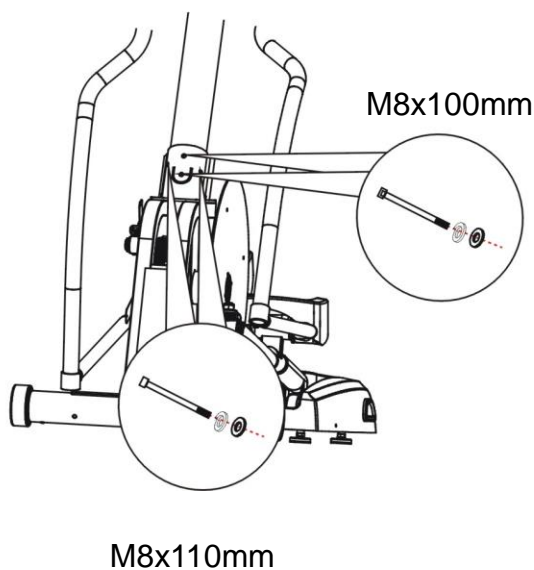
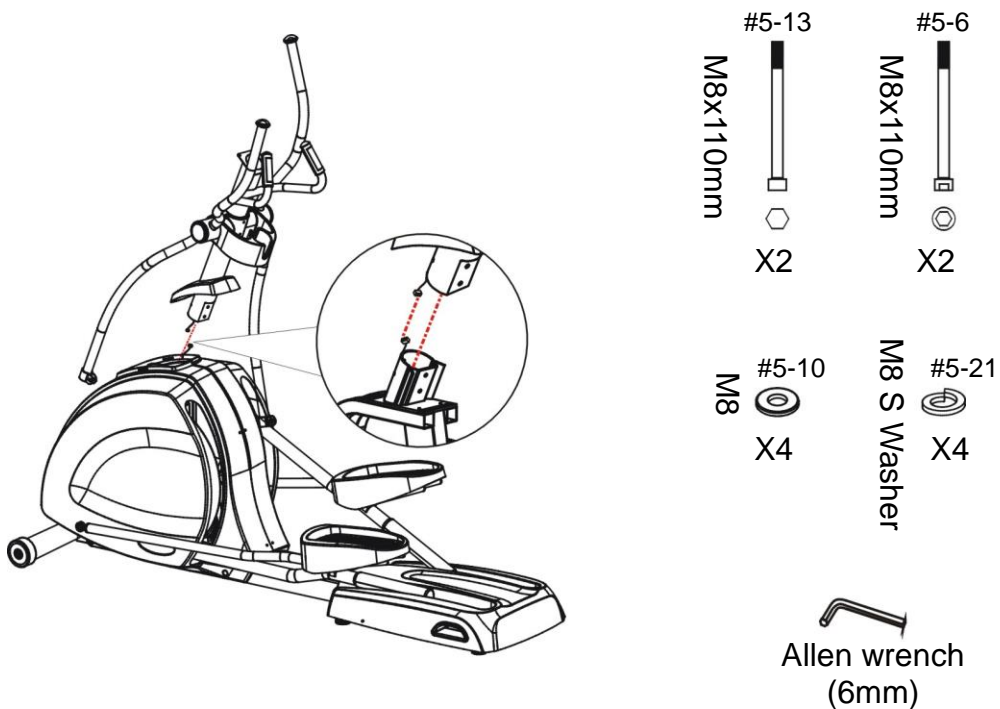
1. Using a 6mm Allen wrench, remove the (2) M8x100mm bolts, (2) M8x110mm, (4) 8mm S washers and (4) flat washers located on the Main Frame (#5-1).



# UNPACKING & ASSEMBLY

## Step 4 Handlebar Set to Main Frame Assembly

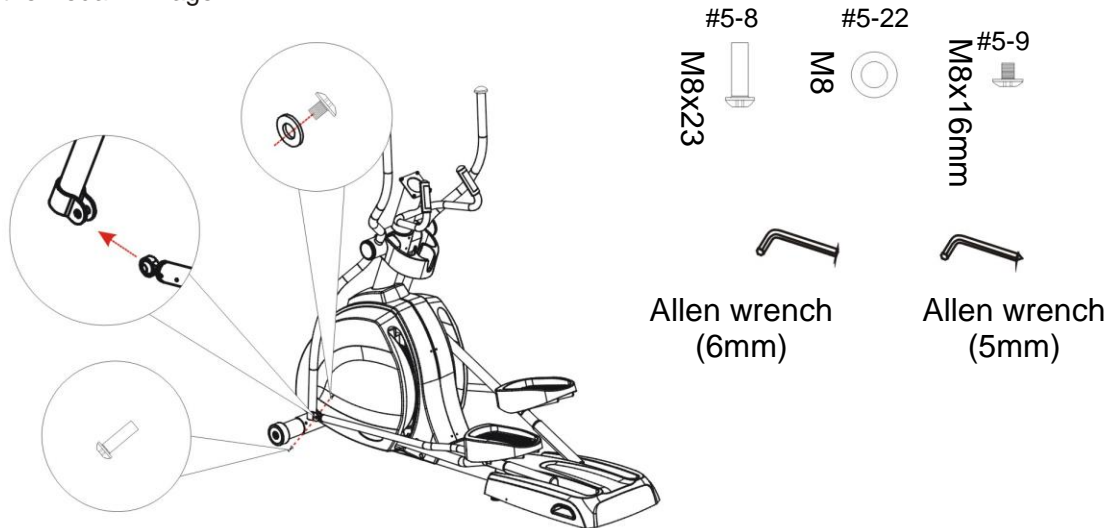
1. With the help of a second person holding the Handlebar Set, connect the console wire, located at the bottom of the Handlebar Set, to the mating connector located at the top of the Main Frame.
2. Carefully pull the console wire through the Handlebar Set using the guide wire attached to the top of the Handlebar Set while lowering the Handlebar Set into the Main Frame receiving tube. **Use caution while performing this operation as to not pinch or cut the console wire when lowering the Handlebar set onto the Main Frame.**
3. Using a 6mm Allen wrench, insert the (2) M8x100 bolts, (2) M8x110mm, (4) M8 S washers and (4) flat washers into the Handlebar Set and matted Main Frame and tighten.
4. Lower and snap into place the Console Frame Cover onto the Main Frame.



# UNPACKING & ASSEMBLY

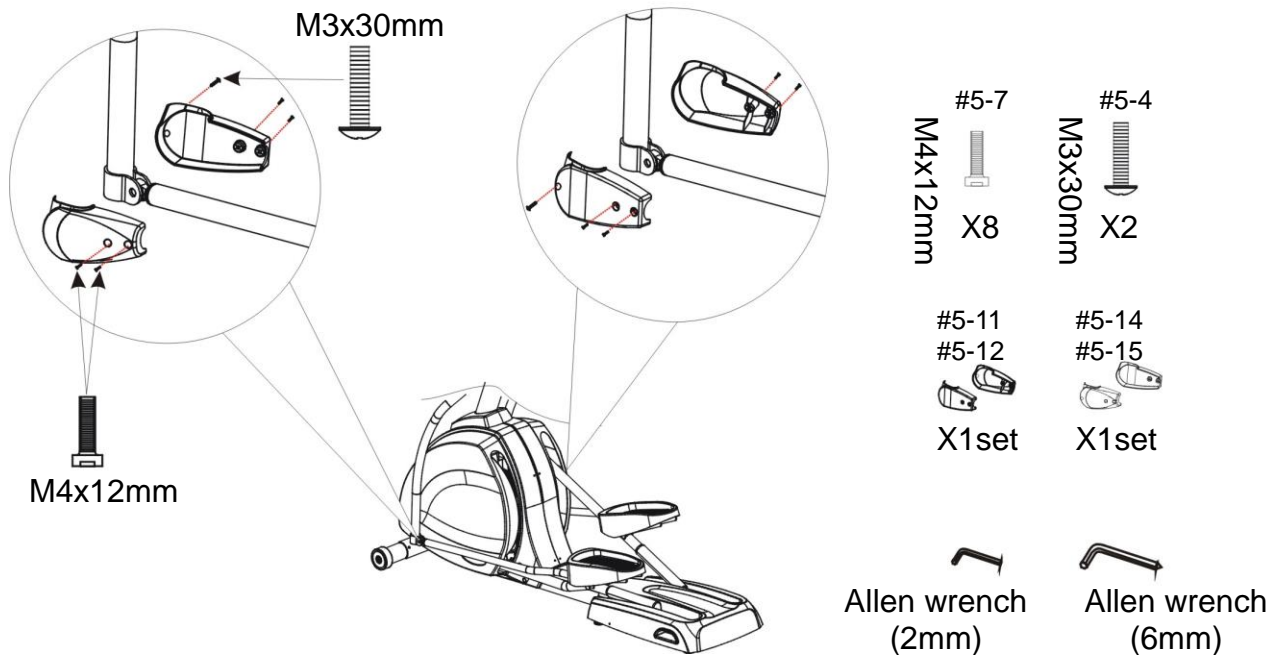
## Step 5 Handle Arm to Pedal Linkage Assembly

1. Using an Allen wrench, remove the Pre-Lock Screws located on the Pedal Linkage.
2. Using an Allen wrench, secure (2) M8x23mm bolts, (2) M8 washers and (2) M8x16mm screws to fasten the Handle Arm to the Pedal Linkage.



## Step 6 Left / Right Covers onto the Pedal Linkage

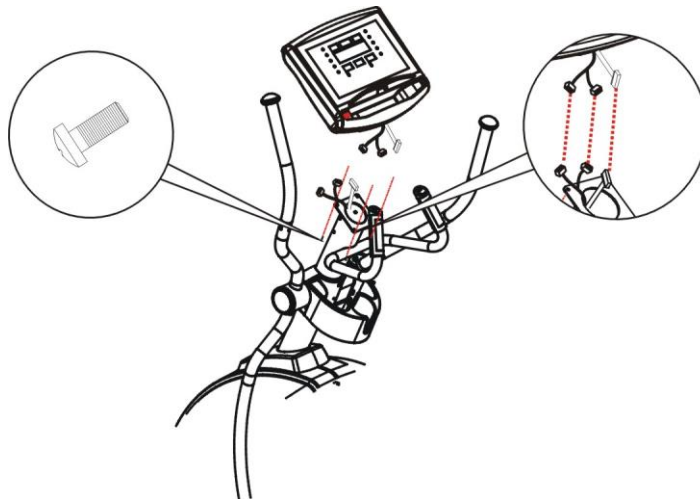
1. Assemble Right/Left Arm Cover with Pedal Arm.
2. You may push the Pedal Arm to the front of the Elliptical to make accessing and securing the covers easier.
3. Fasten (4) M4x12mm screws on Left/Right Arm Cover using a 5mm wrench.
4. Fasten (1) M3x30mm screw on Left/Right Arm Cover using a 3mm wrench.



# UNPACKING & ASSEMBLY

## Step 7 Console to Handlebar Set Assembly

1. Connect the Upper and Lower Console cables and the Hand Pulse cable.
2. Connect the Lower Cable connector.
3. Using a Phillips head screw driver, secure the Console to the Handlebar Set with (4) M5x12mm screws.



M5x12mm #6-13  
X4



# WARM UP & COOL DOWN

A successful exercise program consists of a warm up, aerobic exercise and a cool down. 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. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:



## **HEAD ROLLS**

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.

Repeat this action for several times.



## **SHOULDER LIFTS**

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.

Repeat this action for several times.



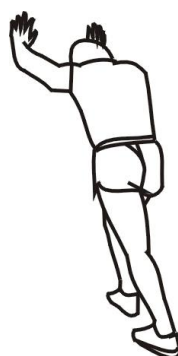
## **QUADRICEPS STRETCH**

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 seconds and repeat with left foot up.



## **SIDE STRETCHES**

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.



## **CALF/ACHILLES STRETCH**

Step your right foot in front of your body. Lean against a wall with your arms and stretch your left foot backward your body. Bend forwards your right foot, and slightly push your buttock toward to the wall for 15 seconds. Repeat the action with front left foot and rear right foot for another 15 seconds.



## **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 toward the floor. Hold for 15 seconds.

Repeat this action 3-5 times.



## **TOE TOUCHES**

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



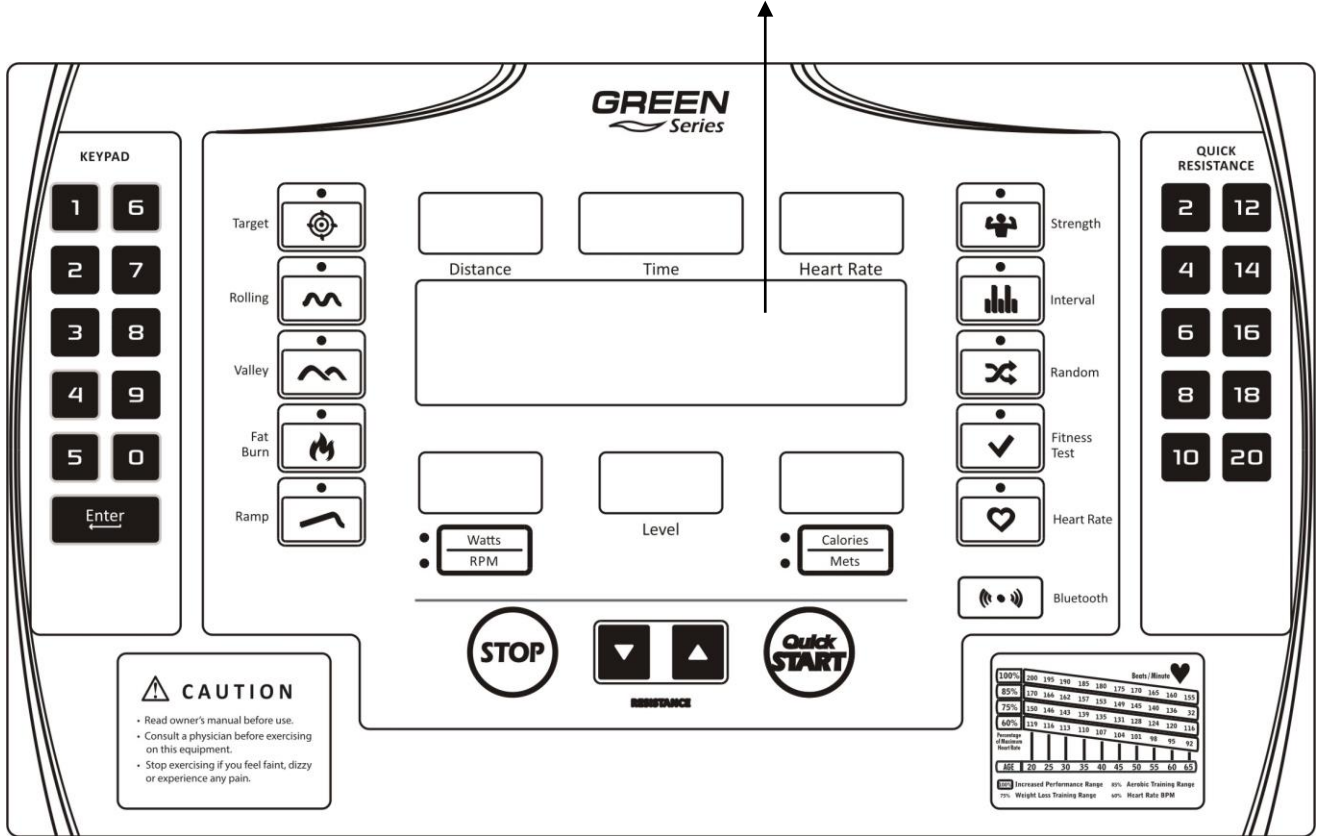
## **HAMSTRING STRETCHES**

Keep your right leg straight and the left foot on the floor; try to stretch your right hand toward the toe, hold this posture for 15 seconds. Relax, and then repeat the action for left leg.

# PANEL CONTROL

## Display & Keys

Message window, display program profiles & message



# PANEL CONTROL

## Display function

Display	Definition
<b>Distance</b>	Displays total distance KM/Mi.
<b>Time</b>	Displays time remaining or total time.
<b>Calories</b>	Displays calories burned.
<b>Heart Rate</b>	Displays hand grip and wireless Heart Rate reading.
<b>RPM</b>	Displays pedaling RPM.
<b>Watts</b>	Displays consuming watt.
<b>Mets</b>	Displays the multiple of rest.
<b>Level</b>	Displays current resistance level L1~L25

## Key function

Key	Function
<b>▲ / ▼</b>	Adjusts the resistance level while in use. Adjusts program types and program values.
<b>Watts / RPM</b>	Switch display Watts←→RPM
<b>Calories / Mets</b>	Switch display Calories←→Mets
<b>Keypad</b>	Set value.
<b>Enter</b>	Confirm value entered.
<b>Quick Start</b>	Quick start or program start.
<b>Reset / Clear</b>	Clear the setting value while setting. Reset back to idle mode while pause.
<b>Program keys</b>	Select program directly.
<b>Quick keys for level</b>	Adjusts level to a predetermined value. There are 10 level quick keys.
<b>Bluetooth</b>	Turn <b>ON</b> the Bluetooth function and search for the device to connect with the App.

# PROGRAM

## Program Operation:

### 1. 【Target】

1.1. Press 『Target』 key to select 【Target】 program.

1.1.1. Message window show 『SET BODYWEIGHT THEN PRESS ENTER』 · set body weight then press 『ENTER』 to next setting.

1.1.2. Set time : Message window show 『SET TIME THEN PRESS ENTER』 · set time then press 『ENTER』 to next setting.

1.1.3. Set distance : Message window show 『SET DISTANCE THEN PRESS ENTER』, set distance then press 『ENTER』 to next setting.

1.1.4. Set calories : Message window show 『SET CALORIES THEN PRESS ENTER』, set calories then press 『QUICK START』 to begin workout.

1.2. Beginning the workout:

1.2.1. If either, Time, Distance and Calories are set the program will count down. Once the preset value reaches 0 the program will end. If no goal is set the program will not end unless manually stopped.

### 2. 【Preset Programs】:

2.1. Press program key to select a preset program, there are 7 preset program keys (ROLLING, VALLEY, FAT BURN, RAMP, STRENGTH, INTERVAL、RANDOM).

2.1.1. Message window show 『SET BODYWEIGHT THEN PRESS ENTER』 · set body weight then press 『ENTER』 to next setting.

2.1.2. Set time: Message window show 『SET TIME THEN PRESS ENTER』 · set time then press 『ENTER』 to next setting.

2.1.3. Set level : Message window show 『SET LEVEL』 once then show program profile · press ▲ or ▼ to set level 1~5(if select RANDOM program, Message window show 『CHANGE PROFILE BY PRESS ARROW KEY』 once, press ▲ or ▼ to change the profile randomly), press 『QUICK START』 to begin workout.

2.2. Beginning the workout:

2.2.1. The resistance level will change automatically according to the program settings, if time is entered during setup then the segment time=time set / 32. You can use any resistance level key to change resistance level during your workout.

2.2.2. The program will end when the counter reaches 0.

# PROGRAMS



2.3. Preset program profiles:

P1=ROLLING, P2=VALLEY, P3=FAT BURN, P4=RAMP, P5=STRENGTH, P6=INTERVAL,  
P7=RANDOM

Prog	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	LEVEL 1	3	4	4	5	6	6	7	7	6	6	5	4	4	3	3	4
	LEVEL 2	5	6	6	8	8	9	9	9	8	8	7	7	6	6	5	6
	LEVEL 3	7	8	9	10	10	11	11	11	10	10	10	9	9	8	8	9
	LEVEL 4	9	10	10	11	12	12	13	13	12	12	11	10	10	9	9	10
	LEVEL 5	11	12	13	12	12	13	14	15	14	13	12	11	11	10	9	11
P2	LEVEL 1	9	9	8	7	6	6	5	5	4	4	3	3	2	2	2	1
	LEVEL 2	11	11	10	9	9	8	8	7	7	6	5	4	3	2	2	1
	LEVEL 3	12	12	11	10	9	9	8	8	7	7	6	6	4	3	3	1
	LEVEL 4	14	14	11	11	10	10	9	8	8	7	7	6	4	3	3	1
	LEVEL 5	15	15	13	13	12	11	10	10	9	8	7	6	5	4	3	1
P3	LEVEL 1	1	1	3	3	3	5	5	5	6	7	7	8	8	9	9	10
	LEVEL 2	1	1	5	5	5	7	7	7	8	9	9	10	10	11	11	12
	LEVEL 3	1	2	5	6	6	7	8	8	9	10	10	11	12	12	13	13
	LEVEL 4	2	3	6	6	7	8	9	9	10	10	10	11	12	12	13	14
	LEVEL 5	3	4	7	7	8	8	9	9	10	10	11	12	12	13	14	15
P4	LEVEL 1	1	1	1	2	2	2	3	3	3	4	4	4	5	5	5	6
	LEVEL 2	1	1	2	2	3	3	3	3	5	5	5	6	6	7	7	7
	LEVEL 3	1	2	2	3	3	4	4	5	5	6	6	7	7	8	8	9
	LEVEL 4	2	2	2	3	3	4	5	5	5	6	6	7	7	8	9	9
	LEVEL 5	2	2	3	3	4	4	5	5	6	6	7	7	8	8	9	9
P5	LEVEL 1	2	2	2	3	3	3	4	4	4	5	5	5	6	6	6	7
	LEVEL 2	3	3	3	4	4	4	5	5	5	6	6	6	7	7	7	8
	LEVEL 3	3	3	4	4	5	5	6	6	6	6	7	7	7	8	8	9
	LEVEL 4	4	4	4	5	5	6	6	6	7	7	8	8	9	9	9	10
	LEVEL 5	4	4	5	5	6	6	6	7	7	8	8	9	9	9	10	10
P6	LEVEL 1	1	2	3	4	6	3	4	7	3	4	8	3	4	9	3	4
	LEVEL 2	3	4	5	6	8	5	6	9	5	6	10	5	6	11	5	6
	LEVEL 3	4	5	6	7	10	5	7	10	5	7	11	5	7	12	5	7
	LEVEL 4	4	5	7	8	11	6	8	11	6	8	11	6	8	12	6	8
	LEVEL 5	5	6	7	8	12	7	9	12	7	9	12	7	9	13	7	9

## PROGRAMS

Prog	SEG	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
P1	LEVEL 1	4	5	6	6	7	7	6	6	5	4	4	3	4	5	6	6
	LEVEL 2	6	7	7	8	9	9	8	8	7	6	5	6	6	7	7	8
	LEVEL 3	10	10	11	11	10	11	10	9	8	8	7	7	6	7	8	9
	LEVEL 4	10	11	12	12	13	13	12	12	11	10	10	9	10	11	12	12
	LEVEL 5	12	13	14	14	15	15	14	13	13	12	11	10	12	13	14	14
P2	LEVEL 1	1	2	2	2	3	3	4	4	5	5	6	6	7	7	8	8
	LEVEL 2	1	2	3	3	4	5	6	7	7	8	8	8	9	9	9	10
	LEVEL 3	1	2	3	4	5	6	7	7	8	8	9	9	10	10	11	11
	LEVEL 4	1	3	3	4	6	7	7	8	8	9	10	10	11	11	14	14
	LEVEL 5	1	3	4	5	6	7	8	9	10	11	11	12	13	14	15	15
P3	LEVEL 1	10	9	9	8	8	7	7	6	5	5	5	3	3	3	1	1
	LEVEL 2	12	11	11	10	10	9	9	8	7	7	7	5	5	5	1	1
	LEVEL 3	13	12	12	11	10	10	9	8	8	7	6	6	5	5	3	1
	LEVEL 4	13	12	13	11	10	10	10	9	9	8	7	6	6	5	4	2
	LEVEL 5	15	14	13	12	12	11	10	10	9	9	8	8	7	7	4	3
P4	LEVEL 1	6	7	7	7	8	8	8	8	6	5	4	4	3	2	1	1
	LEVEL 2	8	8	9	9	10	10	11	11	11	9	9	8	8	7	7	6
	LEVEL 3	9	9	10	10	10	11	12	13	12	11	9	9	8	8	7	7
	LEVEL 4	9	9	10	11	12	13	13	14	14	12	10	9	9	8	8	7
	LEVEL 5	10	10	11	12	13	14	15	15	14	14	13	12	10	10	9	8
P5	LEVEL 1	7	7	8	8	8	9	9	9	10	10	10	11	11	11	12	12
	LEVEL 2	8	8	9	9	9	10	10	10	11	11	11	12	12	12	13	13
	LEVEL 3	9	9	9	10	10	10	11	11	11	12	12	12	13	13	14	14
	LEVEL 4	10	10	11	12	12	12	13	13	13	14	14	14	14	15	15	15
	LEVEL 5	10	11	11	12	12	13	13	14	14	14	15	15	15	16	16	16
P6	LEVEL 1	6	4	8	3	4	9	3	4	6	4	2	7	6	4	1	1
	LEVEL 2	8	6	10	5	6	11	5	6	8	6	4	9	8	6	3	3
	LEVEL 3	10	6	11	5	7	12	5	7	9	7	5	11	9	7	4	4
	LEVEL 4	11	7	12	6	8	13	6	8	11	8	6	12	11	9	6	4
	LEVEL 5	12	8	12	9	11	15	11	9	11	9	8	12	11	10	7	5

## PROGRAMS

### 3. 【HRC】

- 3.1. HRC operate with chest belt only · will be reset to idle mode if no any heart rate signal input after 60 seconds.
- 3.2. Press **【HRC】** key to select the program, message window show **【THR】** ,press **▲** or **▼** Key to select **【HRC 60 %】** · **【HRC 75%】** or **【HRC 85%】** ,press 『ENTER』 to confirm and starting to settings.(HRC 60%=(220-Age)x 60% / 75%=(220-Age)x 75% / 85%=(220-Age)x 85%)
- 3.2.1. Selected **【THR】** :
- 3.2.1.1. Target heart rate setting : Message window show 『SET THR THEN PRESS ENTER』 · set Target heart rate then press 『ENTER』 to next setting.
  - 3.2.1.2. Message window show 『SET BODYWEIGHT THEN PRESS ENTER』 · set body weight then press 『ENTER』 to next setting.
  - 3.2.1.3. Set time: Message window show 『SET TIME THEN PRESS ENTER』 · set time then press 『ENTER』 to next setting.
- 3.2.2. Selected **【HRC 60%】** or **【HRC 75%】** or **【HRC 85%】** :
- 3.2.2.1. Set age: Message window show 『SET AGE THEN PRESS ENTER』 · set age then press 『ENTER』 to next setting.
  - 3.2.2.2. Message window show 『SET BODYWEIGHT THEN PRESS ENTER』 · set body weight then press 『ENTER』 to next setting.
  - 3.2.2.3. Set time: Message window show 『SET TIME THEN PRESS ENTER』 · set time then press 『ENTER』 to next setting.
- 3.2.3. Set beginning Level: Message window show 『SET BEGIN LEVEL THEN PRESS ENTER』 ,press **▲** or **▼**Key to set begin level, press 『QUICK START』 to begin workout.
- 3.3. Beginning the workout:
- 3.3.1. The program will compare the real time and preset target heart rate every 30 seconds to adjust resistance level until the actual heart rate is reaches within + or – 5 beats of the preset target heart rate.
  - 3.3.2. During the program, if the actual pulse rate  $\leq$  target workout heart rate minus 5, will be increased one level every 30 seconds until the max. level.
  - 3.3.3. During the program, if the actual pulse rate  $\geq$  target workout heart rate plus 5, will be decreased one level every 30 seconds until the min. level.
  - 3.3.4. You can use any level key to change the level during your workout.
  - 3.3.5. The program will end when the counter reaches 0, then enter cool down.

## PROGRAMS

### 4. Fitness Test:

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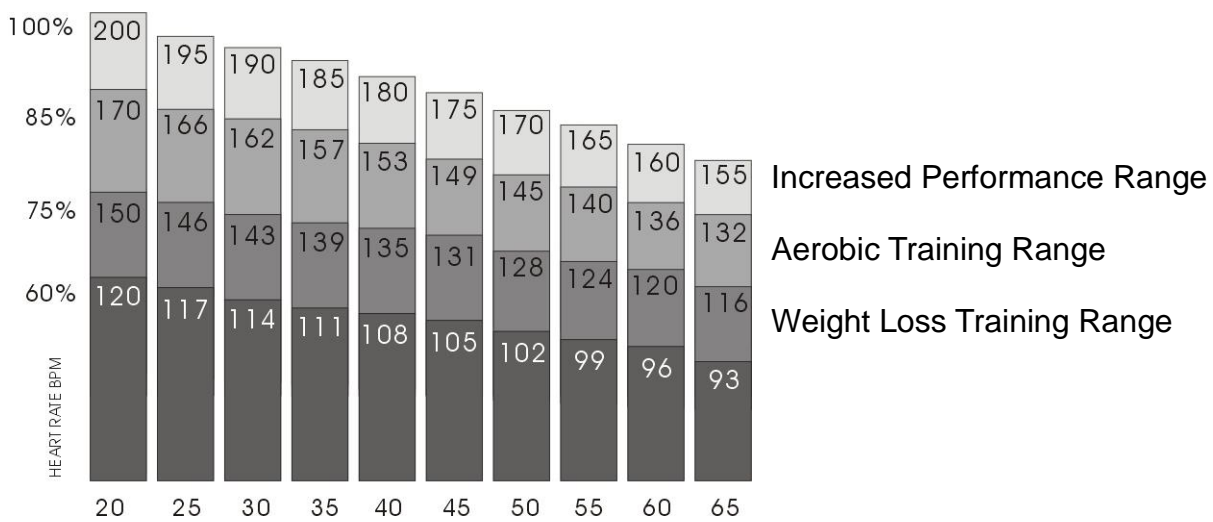
- 4.1. Press 『 **Fitness Test** 』 to select the program.
- 4.2. Message window show 『 **SET BODYWEIGHT THEN PRESS ENTER** 』 · set body weight then press 『 **ENTER** 』 to next setting.
- 4.3. Set age, message window show 『 **SET AGE THEN PRESS ENTER** 』, set age then press 『 **Quick Start** 』 to begin workout.
- 4.4. Beginning the workout:
  - 4.4.1. 3 minutes workout per stage, first stage(0~3 minute), the WATT preset value is 50W, second begin watt depends on average heart rate of 2~3 minute of first stage show as below:

HR Stage \ 2:01~3:00 Ave.	< 80bpm	80~89bpm	90~100bpm	> 100bpm
2 - (3:01~6:00)	125W	100W	75W	50W
3 - (6:01~9:00)	150W	125W	100W	75W
4 - (9:01~12:00)	175W	150W	125W	100W
5 - (12:01~15:00)	200W	175W	150W	125W
6 - (15:01~18:00)	225W	200W	175W	150W
7 - (18:01~21:00)	250W	225W	200W	175W
8 - (21:01~24:00)	275W	250W	225W	200W
9 - (24:01~27:00)	300W	275W	250W	225W
10 - (27:01~30:00)	-----	300W	275W	250W

- 4.4.2. The program will end when heart rate reaches MHR 85%-10 over 10 seconds, message window will show 『 **VO2 MAX = XX** 』, press 『 **Reset/Clear** 』 key back to idle mode.

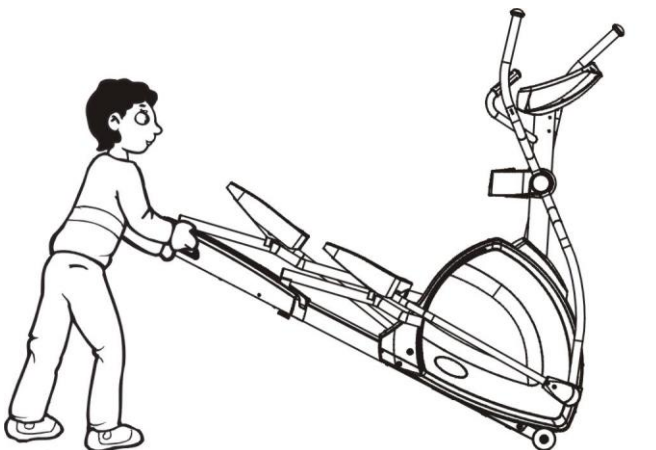
## PROGRAMS

## Target Heart Rate Chart



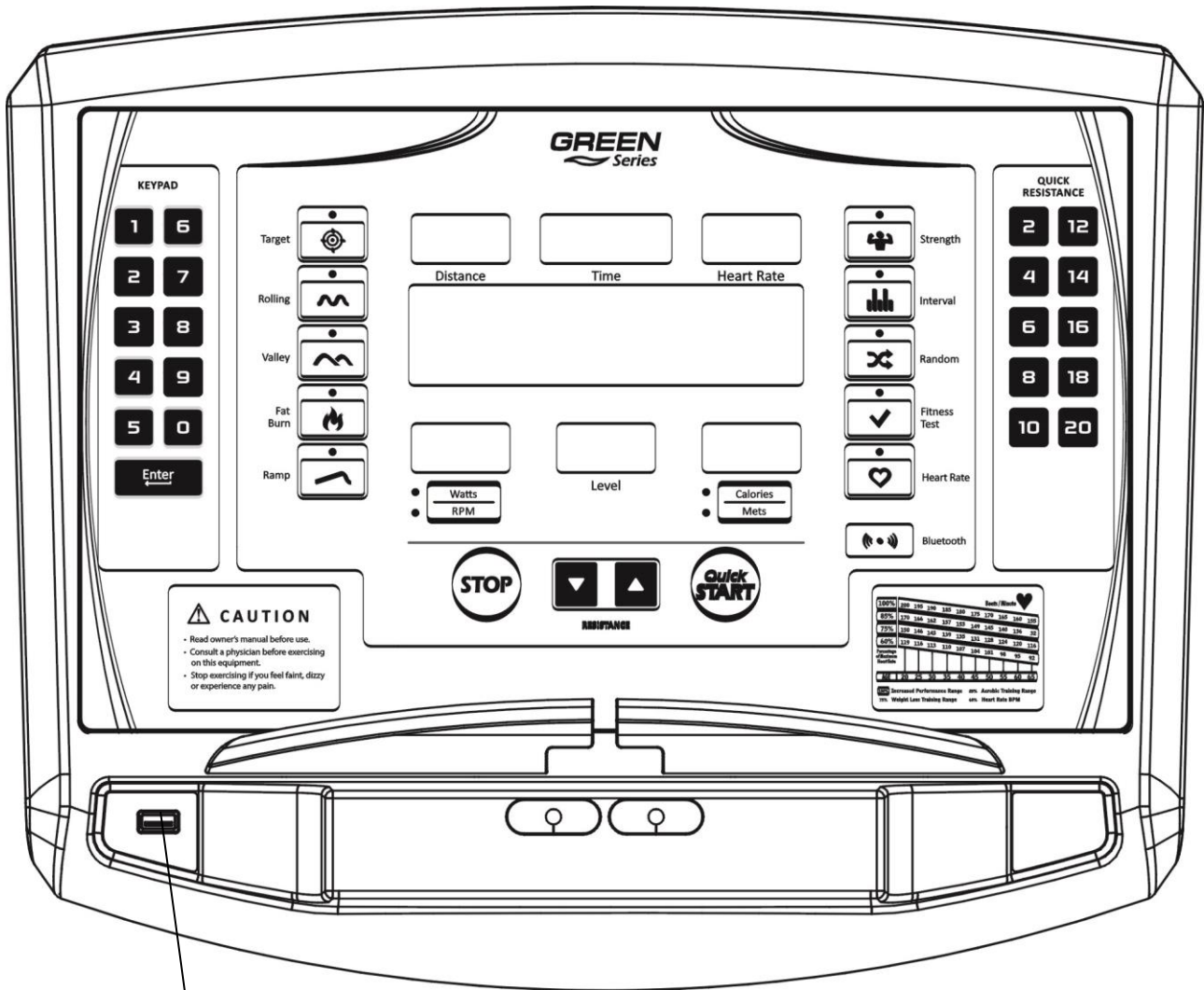
**Please consult your physician to find your optimal heart rate and Watt setting**

## MOVING



## OPERATION

# Headphone jack and USB Port



USB : For Workout Summary Data Saving and Software Updated

## PREVENTATIVE MAINTENANCE

# HOW TO CARE FOR YOUR ELLIPTICAL

The Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. If maintenance is required, keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear as outlined in the *Preventative Maintenance Schedule*.

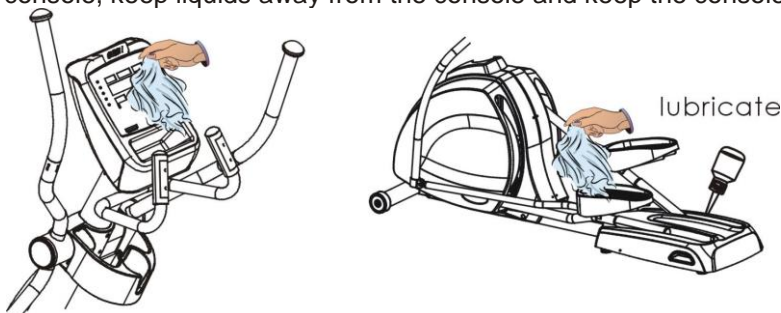
The following preventive maintenance will keep the exercise elliptical operating at peak performance :

- Locate the exercise elliptical in a cool, dry place.
- Clean the top surface of the pedals regularly.
- Keep the display console free of fingerprints and salt build-up caused by sweat.
- Use a 100% cotton cloth, lightly moistened with water and mild liquid cleaning product, to clean the exercise elliptical other fabrics, including paper towels, may scratch the surface. Do not finger to press the selection buttons on the console.
- Clean the housing thoroughly on a regular basis.

**NOTE :**

Before use the elliptical, please make sure the Aluminum tracks are cleaned and lubricated, this is to prevent the damage and noise on tracks when you are exercising.

The exercise elliptical can be wiped clean with a soft cloth and mild detergent. **Do not use abrasives or solvents.** To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.



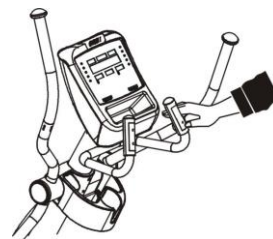
## Preventative Maintenance Schedule

Follow the schedule below to ensure proper operation of the product.

ITEM	WEEKLY	MONTHLY	BI-ANNUALLY	ANNUALLY
Display Console	C	I		
Console Mounting Bolts			I	
Accessory Tray	C	I		
Frame	C			I
Plastic Covers	C	I		
Pedals and Straps	C	I		
KEY : C=Clean; I=Inspect				

### Hand pulse

Before/after running, to put your feet separately on each side rein, then hold the hand grip, so as to avoid any shaking. If the heart beat is too high or irregular, please have your hands out of the hand grip until the pulse display returns to " 0 ", then redoing the test. Don't do this test while running.



## PARTS LIST

ITEM	Part No.	DESCRIPTION	Q'TY	ITEM	Part No.	DESCRIPTION	Q'TY
1-1	F500289-005	Center Post /K90	1	3-1	F290060-000	Shaft of Pedal	2
1-2	F300341-000	Center Post	2	3-2	F500262-004	Pedal Linkage, right /K90	1set

1-3	F300281-000	Hand Pulse upper cover	2	3-3	H021423-000	Wave spring washer	4
1-4	F270271-000	Hand pulse lower cover	4	3-4	H020602-005	Bolt M8x50mm	2
1-5	F300630-000	Hand pulse plate	2	3-5	H021209-000	S washer	2
1-6	H020109-014	Bolt M3x20mm	4	3-6	F340021-000	Plate	4
1-7	H021424-001	Washer	2	3-7	H022142-000	Nut M12	2
1-8	F500303-003	Right handle arm /K90	1	3-8	F300278-000	Pu wheel	2
1-9	F500302-003	Left handle arm /K90	1	3-9	H050062-000	Ball bearing	4
1-10	H050063-000	Ball bearing	4	3-10	F290016-000	Wheel assembly	2
1-11	H021120-001	Washer	2	3-11	H023101-001	C-ring	4
1-12	H020603-003	Bolt M8x16mm	2	3-12	H020603-003	Bolt M8x16mm	4
1-13	F300361-000	Link end cap	2	3-13	F300499-000	End cap	2
1-14	F300275-102	Water bottle holder /K90	1	3-14	F500288-003	Right pedal arm/K90	1set
1-15	F300276-102	Water bottle holder cover /K90	1	3-15	H022302-000	Nut M8	2
1-16	H020116-001	Bolt M5x25mm	2	3-16	H055002-000	Shaft	2
1-17	H020202-003	Bolt M4x12mm	4	3-17	F500287-003	Left pedal arm /K90	1
1-18	F300366-000	Hand pulse cap	2	3-18	F500261-004	Pedal Linkage, left /K90	1
1-19	F300648-100	Resistance button holder	2	3-19	F803700-009	Styrofoam	2
2-1	F500301-000	Front base frame	1				
2-2	F300367-000	Sleeve	2				
2-3	F300362-000	Rear wheel	2				
2-4	H021117-000	Washerϕ16	3	4-1	F300273-000	Left rear grip cover	1
2-5	H020603-003	Bolt M8x16mm	2	4-2	F300274-000	Right rear grip cover	1
2-6	F300368-000	Wheel cover	2	4-3	H020600-004	Bolt M6x15mm	8
2-7	F373164-000	Magnet Generator	1	4-4	H021101-001	M6 Washer	8
2-8	H022401-001	Nylon nut M6	1	4-5	F300271-000	Left pedal	1
2-9	H020600-004	Bolt M6x15mm	4	4-6	F300272-000	Right pedal	1
2-10	F900303-000	Shaft, Main Shaft Assembly	1	4-7	F300427-000	Protector cover	1
2-11	F300251-000	Flywheel	1	4-8	F300255-005	Left housing cover /K90	1
2-12	H041007-000	Drive belt-1	1	4-9	F300256-005	Right housing cover /K90	1
2-13	F900304-000	Shaft, Secondary Shaft Assembly	1	4-10	F270220-000	Housing cover fixer	5
2-14	F300252-000	Pulley, drive	1	4-11	H020803-001	Bolt M4x10mm	20
2-15	H041008-000	Drive belt-2	1	4-12	H020202-003	Bolt M4x12mm	2
2-16	F900264-000	Spindle	1	4-13	F270383-000	Rear grip cover plate (left)	1
2-17	H022102-004	Nut M10	1	4-14	F270384-000	Rear grip cover plate (right)	1
2-18	H020302-003	Bolt M10x40mm	1	4-15	F300267-101	Rear housing /K90	1
2-19	F373331-000	Motor control	1	4-16	H020801-002	Bolt M5x12mm	4
2-20	H020803-001	Bolt M4*10mm	2	4-17	H020208-000	Bolt M4x12mm	5
2-21	F371001-000	Lead-Acid Battery	1	4-18	F916246-024	logo	2
2-22	F080087-000	Brake wire	1	4-19	H020205-000	Bolt M4x25mm	2
2-23	F080132-000	Control wire	1	4-20	F916273-153	Right side rail sticker	1
2-24	F080115-000	Lead-Acid Battery Wire	1	4-21	F916273-154	Left side rail sticker	1
2-25	F080116-000	Lower console wire	1				
2-26	F379001-000	Iron cord	1				
2-27	F500284-001	Rear base frame	1				
2-28	H020602-004	Bolt M8x25mm	5				
2-29	H021209-000	S washer	5				
2-30	H021100-000	Washer	10				
2-31	F205010-000	Ramp Sleeve	2				
2-32	H020617-000	Bolt M5x40mm	12				
2-33	H021605-001	S washer	12				
2-34	H021107-001	Washer	12				
2-35	F300359-000	Adjust pad	5				
2-36	F270378-000	Housing set plate	1				
2-37	H020803-001	Bolt M4x10mm	1				
2-38	F500158-000	Crank arm	2				
2-39	H021424-001	Wave spring washer	4				
2-40	H022830-001	Nut	2				
2-41	H020611-000	Bolt M10x60mm	2				
2-42	F060011-001	T-type bushings	4				
2-43	F500263-000	Crank joint guide	2				
2-44	H050063-000	Ball bearing	4				
2-45	H023121-001	C-ring	2				
2-46	H022303-002	Nut M10	2				
2-47	H020208-000	Bolt M4x12mm	2				
2-48	H021111-006	M16 washer	2				
2-49	H021401-000	M16 curve washer	2				
2-50	H022302-000	Nut	5				
2-51	H028312-000	Bolt	1				
2-52	H020602-002	Bolt M8x15mm	1				
2-53	H033401-000	Ditch the eyes screws	1				
2-54	H021101-001	M6 washer	4				

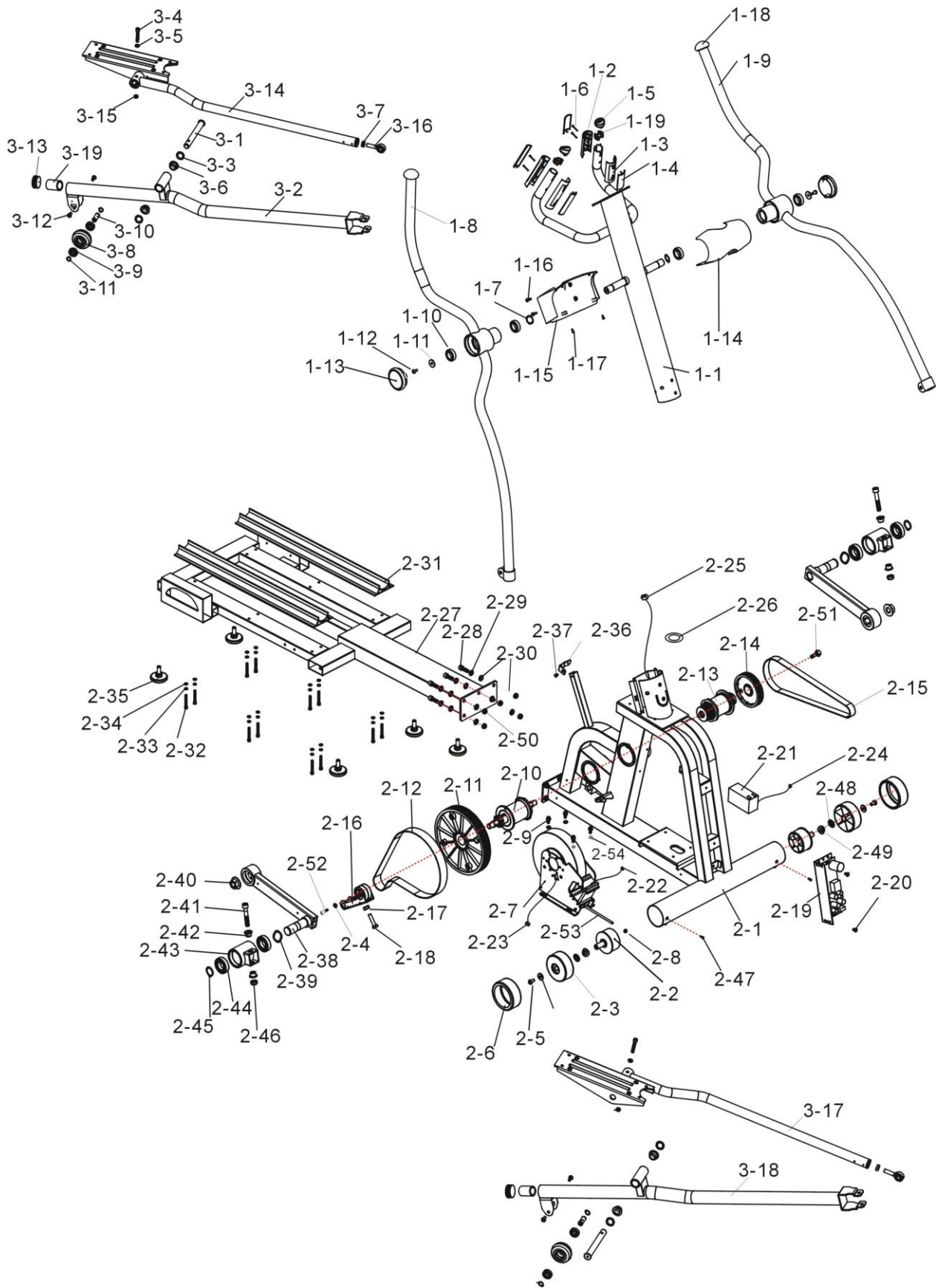
## PART LIST

ITEM	Part No.	DESCRIPTION	Q'TY	ITEM	Part No.	DESCRIPTION	Q'TY
5-1	F900738-004	Housing /K90	1	6-1	F300637-101	Upper console cover /K90	1
5-2	F900455-006	Handle bar set /K90	1	6-2	F300625-102	Right Reading Rack /K90	1

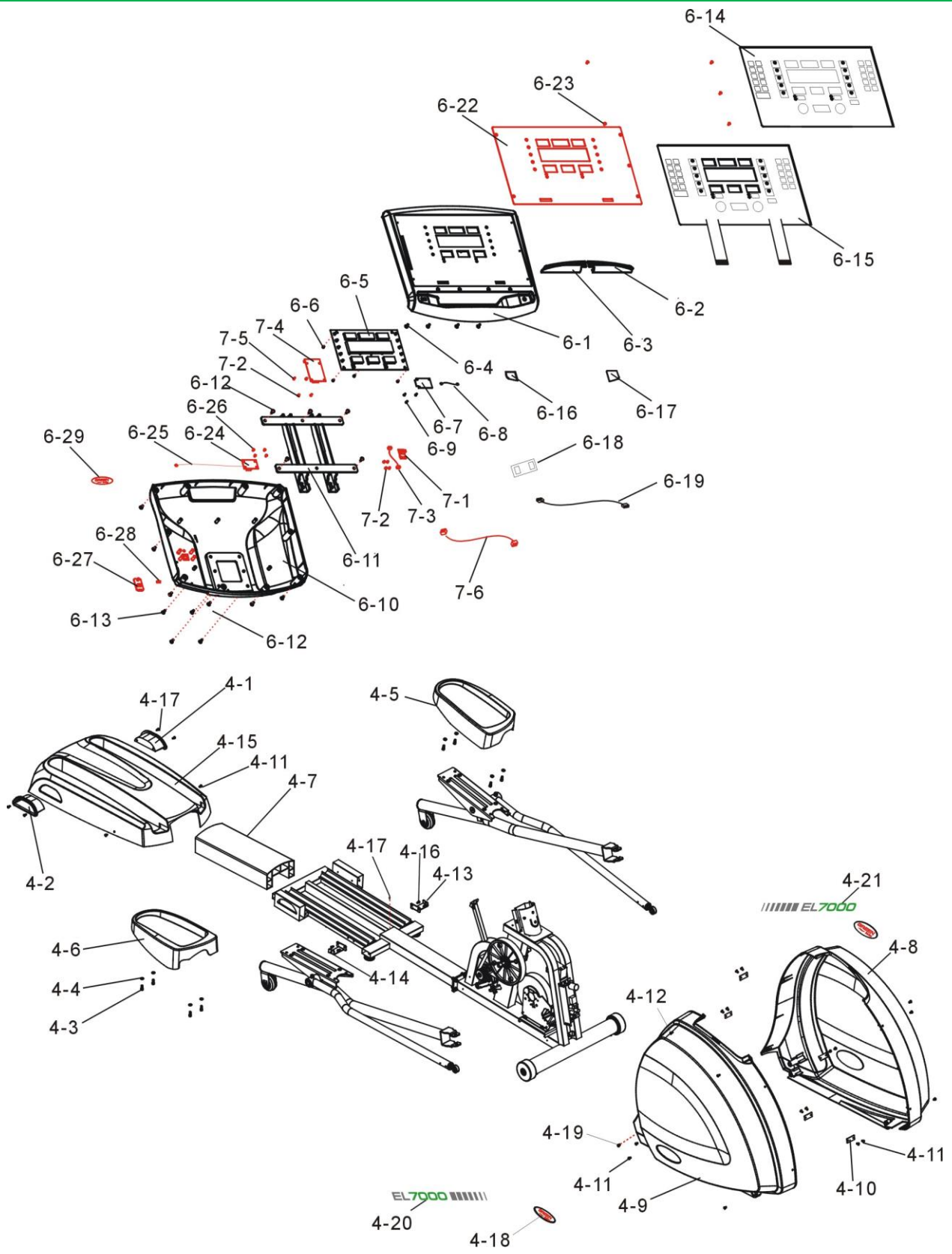


5-3	F970249-004	Console set /K90	1	6-3	F300626-102	Left Reading Rack /K90	1
5-4	H020201-005	Bolt M3x30mm	2	6-4	H020173-000	Bolt M4x12mm	4
5-5	F300266-000	Console frame cover	1	6-5	F373413-000	Panel, console	1
5-6	H020602-021	Bolt M8x100mm	2	6-6	H020172-001	Bolt M3x8mm	5
5-7	H020659-000	Bolt M4x12mm	8	6-7	F373387-000	BT board	1
5-8	H020623-000	Bolt M8x23 mm	2	6-8	F080198-000	BT cable	1
5-9	H020603-003	Bolt M8x16mm	2	6-9	H020220-000	Bolt M2x5mm, BT board	3
5-10	H021100-000	M8 Washer	4	6-10	F300634-102	Lower console cover /K90	1
5-11	F300424-103	Left cover, right armt /K90	1	6-11	F500439-000	Console metal frame	1
5-12	F300423-103	Right cover, right armt /K90	1	6-12	H020202-003	Bolt M4x12mm	15
5-13	H020301-010	Bolt M8x110mm	2	6-13	H020801-002	Bolt M5x12mm /K90	4
5-14	F300268-103	Left cover, left armt /K90	1	6-14	F916434-018	Overlay /K90	1
5-15	F300422-103	Right cover, left armt /K90	1	6-15	F340062-000	Membrane	1
5-16	F916407-000	Handle Button (UP)	1	6-16	F916405-010	Stickers(Left) /K90	1
5-17	F916407-001	Handle Button (DOWN)	1	6-17	F916405-009	Stickers(Right) /K90	1
5-18	F340061-000	Handle Button Membrane	2	6-18	F373405-000	Heart Rate PCB	1
5-19	F080236-000	Hand Pulse Cable(4P Male)	1	6-19	F080221-002	Transfer Cable, 410mm	1
5-20	F080240-000	Hand Pulse Cable(4P Female)	1	6-20	F080117-001	Upper Console Wire 250mm	1
5-21	H021209-000	S washer	4	6-21	F080234-001	Upper Hand Pulse Cable 400mm	1
5-22	H021117-000	M8 Washer	2	6-22	F270776-000	Display Support	1
5-23	H022813-000	Rivet nut	1	6-23	H020841-000	Bolt M3x8L	5
5-24	F300607-100	Cover for TV bracket / K90	1	6-24	F373424-000	Csafe PCB	1
	F300607-101	Cover for TV bracket / 8C		6-25	F083132-000	Csafe power	1
5-25	F916438-000	Green Series Logo	1	6-26	H020201-002	Bolt M3x6L	4
				6-27	F300646-100	Csafe cover	1
				6-28	F346007-000	Cooper Tube	1
				6-29	F916303-013	Logo	1

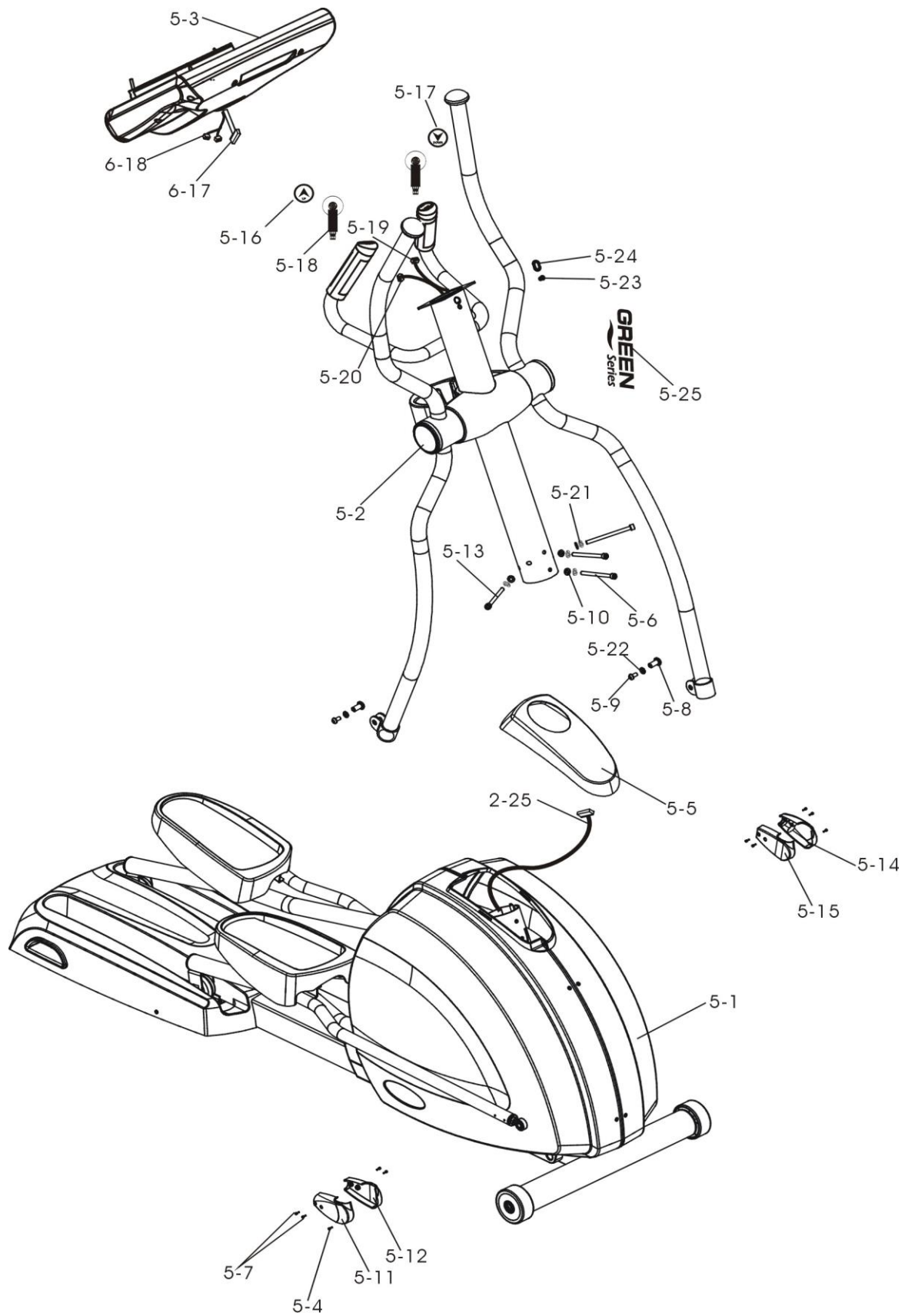
## EXPLODED DRAWING



**EXPLODED DRAWING (CONSOLE SET)**



# EXPLODED DRAWING (CONSOLE SET)





## Limited Warranty

### 6000 SERIES LIGHT COMMERCIAL WARRANTY

The Green Series™ 6000 light commercial warranty is intended for non-dues-paying facilities where equipment use is generally up to eight (8) hours per day.

### 7000 SERIES FULL COMMERCIAL WARRANTY

The Green Series™ 7000 full commercial warranty is intended for facilities where equipment use is regularly in excess of eight (8) hours per day. All dues-paying facilities fall into the category of a full commercial warranty as well as many non-dues-paying facilities.

Please note that any warranty services or questions must be accompanied by the model number and serial number from the transaction through which the warranted product was purchased. **The serial number serves as your warranty number and must be retained.** GREEN SERIES™ cannot provide warranty service without this number.

**GREEN SERIES™ Cardio Machines** warrant this product and its parts against defects in materials or workmanship for **ten (10) years frame, five (5) years motor, three (3) years parts, two (2) years wearables and one (1) year labor** from the initial install date. During this period, GREEN SERIES™ will repair or replace defective parts or equipment with new or reconditioned parts at GREEN SERIES™ option, without charge to customer. This limited warranty extends only to the original purchaser and is non-transferable. *(Excluding Indoor Cycling Bikes)*

**GREEN SERIES™ Indoor Cycling Bikes** warrant this product and its parts against defects in materials or workmanship for **five (5) years frame, two (2) years parts, one (1) year wearable and no labor** from the initial install date. During this period, GREEN SERIES™ will repair or replace defective parts or equipment with new or reconditioned parts at GREEN SERIES™ option, without charge to customer. This limited warranty extends only to the original purchaser and is non-transferable.

Shipping fees incurred from returns for under-warranty service in the warranty time-line will be paid by GREEN SERIES™. All shipping fees both to and from GREEN SERIES™ following this warranty time-line period must be paid by the customer. All returns, both during and following the warranty time-line period, must be affected via the Procedures for Obtaining Warranty Service described below.

All original parts (parts installed by GREEN SERIES™ at the original system build) replaced by GREEN SERIES™, its authorized service center or authorized service technician, become the property of GREEN SERIES™. Any after-market additions or modifications void all warranties. The original purchaser is responsible for the payment, at current rates, for any service or repair outside the scope of this limited warranty.

GREEN SERIES™ makes no other warranty, expressed or implied, including but not limited to implied warranties of merchantability, fitness for a particular purpose, or conformity to any representation or description, with respect to this warranty other than as set forth below. GREEN SERIES™ makes no warranty or representation, either expressed or implied, with respect to any other manufacturer's product or documentation, its quality, performance, merchantability, fitness for a particular purpose, or conformity to any representation or description.

Except as provided below, GREEN SERIES™ is not liable for any loss, cost, expense, inconvenience or damage that may result from use or inability to use the equipment. Under no circumstances shall GREEN SERIES™ be liable for any loss, cost, expense, inconvenience or damage exceeding the purchase price of the equipment.

The warranty and remedies set forth below are exclusive and in lieu of all others, oral or written, expressed or implied. No reseller, agent or employee is authorized to make any modification, extension or addition to this warranty.

### Warranty Conditions and Restrictions

The above Limited Warranty is subject to the following conditions:

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1. This warranty extends only to products distributed and/or sold by **GREEN SERIES™**. It is effective only if the products are purchased and operated in the USA, (Within the USA including US 48 States, Alaska and Hawaii), Puerto Rico, Canada and Mexico. All countries outside the USA for warranty service do not include labor rates.
2. This warranty covers only normal use of the equipment. **GREEN SERIES™** shall not be liable under this warranty if any damage or defect results from (i) misuse, abuse, neglect, improper shipping or installation; (ii) disasters such as fire, flood, lightning or improper electric current; or (iii) service or alteration by anyone other than an authorized **GREEN SERIES™** representative; (iv) damages incurred through irresponsible use, including those resulting from equipment placed into humid environments, unfinished structures, structures under construction or remodel or placed in an outdoors setting, or other non-recommended practices.
3. **GREEN SERIES™** shall not be held liable or responsible for any damages to the units caused during the install of any product.
4. **GREEN SERIES™** shall not be held liable or responsible for any structural or cosmetic damages to facilities caused by the placement or operation of any equipment sold and installed by a **GREEN SERIES™** authorized service technician or installer.
5. Changes in the cosmetic appearance of components and parts within the unit that do not affect its performance will not be covered by any part of this warranty.
6. Damage due to normal wear and tear as defined by items subject to normal use and/or exposure, consumables, and cosmetic items, including, but not limited to the following: grips, seats, paint scratches, and labels.
7. Travel costs associated with service more than 100 miles or two hours outside the service area of **GREEN SERIES™** service technicians shall be the responsibility of the customer.
8. Any and all shipping damages, visible or hidden, shall be the responsibility of the shipper. Note: Damage caused by common carrier is, by federal law, the carrier's responsibility and must be claimed with the carrier at the time of delivery. The recipient who signed for the equipment is responsible for the filing of the damage claim and notification to **GREEN SERIES™**.
9. The end user of the equipment shall ensure that the facility has proper height, width and length clearances, including ADA requirements, for the product(s) being placed into operation. **GREEN SERIES™** will not be held liable or responsible for the fitment of equipment sold to the customer.
10. Customer must retain bill of sale or other proof of purchase and register equipment within thirty (30) days of installation to receive warranty service. Registration of the equipment ensures **GREEN SERIES™** the ability to provide prompt and complete service.
11. No warranty extension will be granted for any replacement part(s) furnished to the purchaser in fulfillment of this warranty.
12. **GREEN SERIES™** and its Authorized Service Center, dealers or authorized technicians accept no responsibility for any parts of any products returned for repair to **GREEN SERIES™**.
13. **GREEN SERIES™** makes no warranty either expressed or implied regarding third-party (**non-GREEN SERIES™**) installed parts, accessories or modifications.
14. All **GREEN SERIES™** equipment shall be properly cleaned and cared for in accordance to the procedures outlined the in the owner's manual.

#### Return of Non-Defective Products

A non-defective product may be returned to **GREEN SERIES™** within thirty (30) days of the invoice or installation date for a refund of the original purchase price, not including shipping fees, under the following conditions/fees:

1. **GREEN SERIES™** will refund the cost of equipment only. Customer is responsible for shipping and handling fees incurred to and from the product(s) return.
2. No refund will be granted for equipment which has been opened, used, or tampered with in any way which jeopardizes **GREEN SERIES™** ability to remarket or resell the product. **GREEN SERIES™** maintains full discretion in decisions regarding product returns.
3. Any non-defective returns are subject to a twenty-five percent (25%) restocking fee. This fee will be deducted from the equipment purchase price refund less any shipping or handling charges.

To return a defective product, please contact the selling dealer or Green Series Customer Service Department for a Return Merchandise Authorization (RMA) number and follow the Return of Products Instructions below. The RMA is valid for thirty (30) days from date of issuance. **Returns will not be accepted without an RMA.** Manufacturer restrictions do apply. Any item missing the UPC on the original packaging may not be returned.

#### **Procedures for Obtaining Warranty Service**

RMA (Return Merchandise Authorization) Policy:

The customer must obtain an RMA number and provide proof of purchase. RMA and services are rendered by **GREEN SERIES™** only. Any shipping costs after the for-mentioned warranty lengths (starting from the original date of install) on any item returned for repair or replacement is the customers' responsibility. All returned parts and equipment must have an RMA number written clearly on the outside of the package along with a letter detailing the problems and a copy of the original proof of purchase. No COD packages will be accepted. No package will be accepted without a RMA number written on the outside of the package. RMA numbers are only valid for thirty (30) days from the date of issue.

Should you have any problems with your equipment, please follow these procedures to obtain the service:

1. If the equipment must be repaired, contact our Customer Care Department and a **Service Order Number** will be issued by Customer Care for dispatch of an authorized technician.
2. Upon receiving the technician service report, **GREEN SERIES™** will repair or replace your defective parts and will ship replacement parts to the location specified (dependent on parts availability) via UPS.
3. **GREEN SERIES™** will pay for shipping to and from the customer only within the time allocated under the warranty time-line following the original product installation date. Following this period all shipping fees for post warranty repairs are the sole responsibility of the customer. The customer also assumes full liability for losses or damages resulting from shipping as well as all responsibility to pursue remuneration for such issues with their selected carrier.

#### **After Warranty – Post Warranty Repair**

For post warranty repair, the procedure is the same as outlined above for service and shipping. However, customer is responsible for shipping charges both ways, labor, trip charges and the current price of part(s) needed to repair the product(s).

#### **WARRANTY EXCLUSIONS**

**GREEN SERIES™** does not offer technical support for any product or parts installed by other manufacturers. Technical support should be pursued through channels offered by the equipment's individual technician support. **GREEN SERIES™** accepts no liability for problems caused by after-market hardware modifications or additions. **GREEN SERIES™** is not responsible for giving any technical support concerning the installation or integration of any component the customer did not pay **GREEN SERIES™** to install. **GREEN SERIES™** is not responsible for loss of time, even with hardware failure. **GREEN SERIES™** is not responsible for any loss of work ("down time") caused by a product requiring service. This warranty is null and void if the defect or malfunction was due to damage resulting from operation not within manufacturer specifications. It will also be null and void if there are indications of misuse and/or abuse. **GREEN SERIES™** has the option of voiding the warranty if anyone other than a **GREEN SERIES™** authorized technician attempts to service the product. **GREEN SERIES™** will not warrant any problems arising from an act of God (lighting, flooding, tornado, etc.), electrical spikes or surges, or problems arising out of hardware or additional devices added to complement any system/component bought at **GREEN SERIES™**. Under no circumstances will **GREEN SERIES™** be responsible for any refund or remuneration exceeding the original purchase price of the product less any shipping fees. **GREEN SERIES™** will not be held responsible for typographical errors on sales receipts, repair tickets, or on our websites. **GREEN SERIES™** makes every effort to ensure all information on our websites, owner's manuals, marketing and other published materials is accurate.

- **By using this product, I indicate that I understand and agree to the terms of this warranty.**

