

# Owner's Manual

# **GREEN** Series



## **CIR-RB7000E-G1**

### **Full Commercial Recumbent Bike**



Full Commercial



Light Commercial



Install Date: \_\_\_\_\_

Serial Number: \_\_\_\_\_

[www.GreenSeriesFitness.com](http://www.GreenSeriesFitness.com)

©April 2017  
CIR-RB7000E-G1 Revision 1.0

Call Toll free at (800) 269-7130

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# SAFETY PRECAUTIONS

## Location of the Recumbent Bike

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.

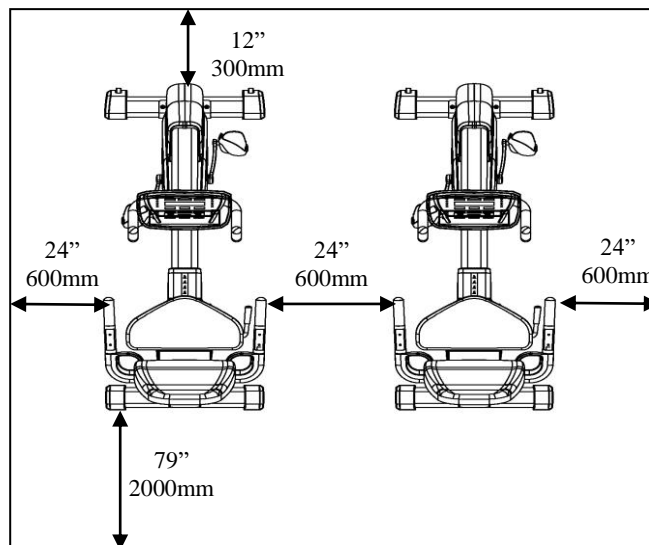
The below minimum spacing recommendations are based on a combination of the ASTM (U.S.) voluntary standards and EN (European) regulations as of October 1, 2012, for access, passage around, and emergency dismount:

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:**

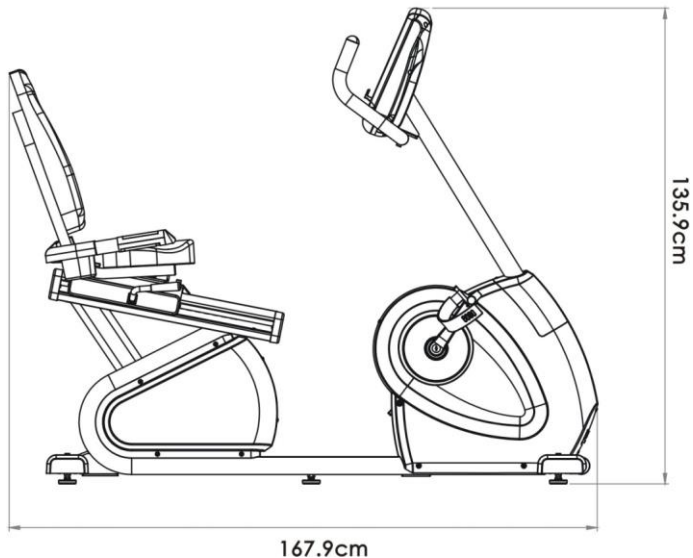
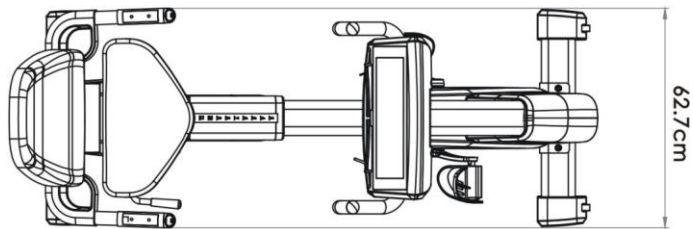
Length: 167.9 cm

Width: 62.7cm

Weight of product : 89kg

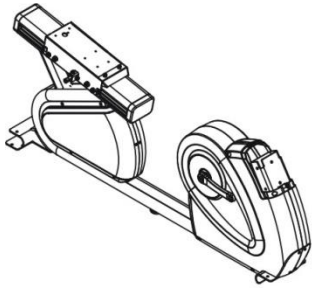
Program: 6 Preset Programs, 3 Goal, 4 HRC, Physical Test, Virtual GO

Standard features: Time, Speed, Incline, Heart Rate, Distance, Calories, Program Profile



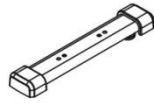
# UNPACKING & ASSEMBLY

## PARTS (Main Frame)



Main frame  
X 1pc

#5-1



Housing

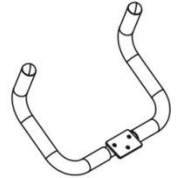
Rear base tube  
X 1pc

#5-2



Front base tube  
X 1pc

#5-12



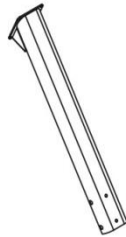
Upper handlebar  
X 1pc

#5-30



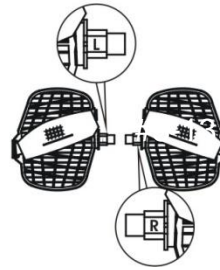
Console set  
X 1pc

#5-7



Console upright tube  
X 1pc

#5-6



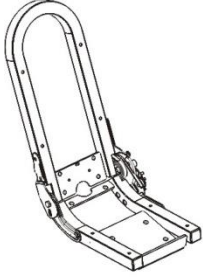
Pedal with strap  
X 1set

#5-5

# UNPACKING & ASSEMBLY

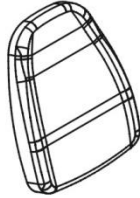
## Parts (Seat Set)

#5-33



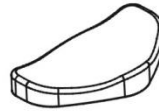
Adjustment seat back  
X 1pc

#5-19



Seat back cushion  
X 1pc

#5-16



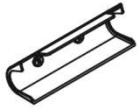
Seat  
X 1pc

#5-37



Seat frame cover  
X 1pc

#5-23



Backrest rear cover  
X 1pc

#5-26

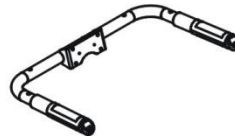


#5-25



Left/ Right track cover  
X 1pc

#5-20



Lower handlebar  
X 1pc

#5-21





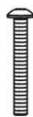




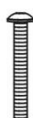




Water bottle holder  
X 1set



# UNPACKING & ASSEMBLY

## Hardware Kit

Step8	<p>#5-14 M8x65mm  X 2</p>	<p>#5-15 M8x15mm  X1</p>	<p>#5-16 M8 curve  X 2</p>	<p>M8 S washer #5-10  X 3</p>
Step11	<p>#5-18 M6x45mm  X 4</p>	<p>#5-19 M6 S washer  X 4</p>		
Step12	<p>#5-37  X 2</p>	<p>#5-19 M6 S washer  X 2</p>		
Step13	<p>#5-24 M4x12mm  X 2</p>			
Step14	<p>#5-18 M6x45mm  X 4</p>	<p>#5-19 M6 S washer  X 4</p>		
Step15	<p>#5-24 M4x12mm  X 4</p>			

# UNPACKING & ASSEMBLY

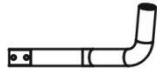
## Hardware kit

# 5-34 、 5-36



X 1  
Recline Lever

#5-27



X 1  
Adjust lever

#5-28



X 1  
Recline Handle

#1-10



X 1  
Adjust pad

#1-34



X 1  
Non-slip sticker

M10/M10



X 1

M15/M15



X 1

Allen wrench  
(8mm)



X 1

Allen wrench  
(6mm)



X 1

Allen wrench  
(5mm)



X 1

Allen wrench  
(4mm)



X 1

Allen wrench  
(3mm)



X 1

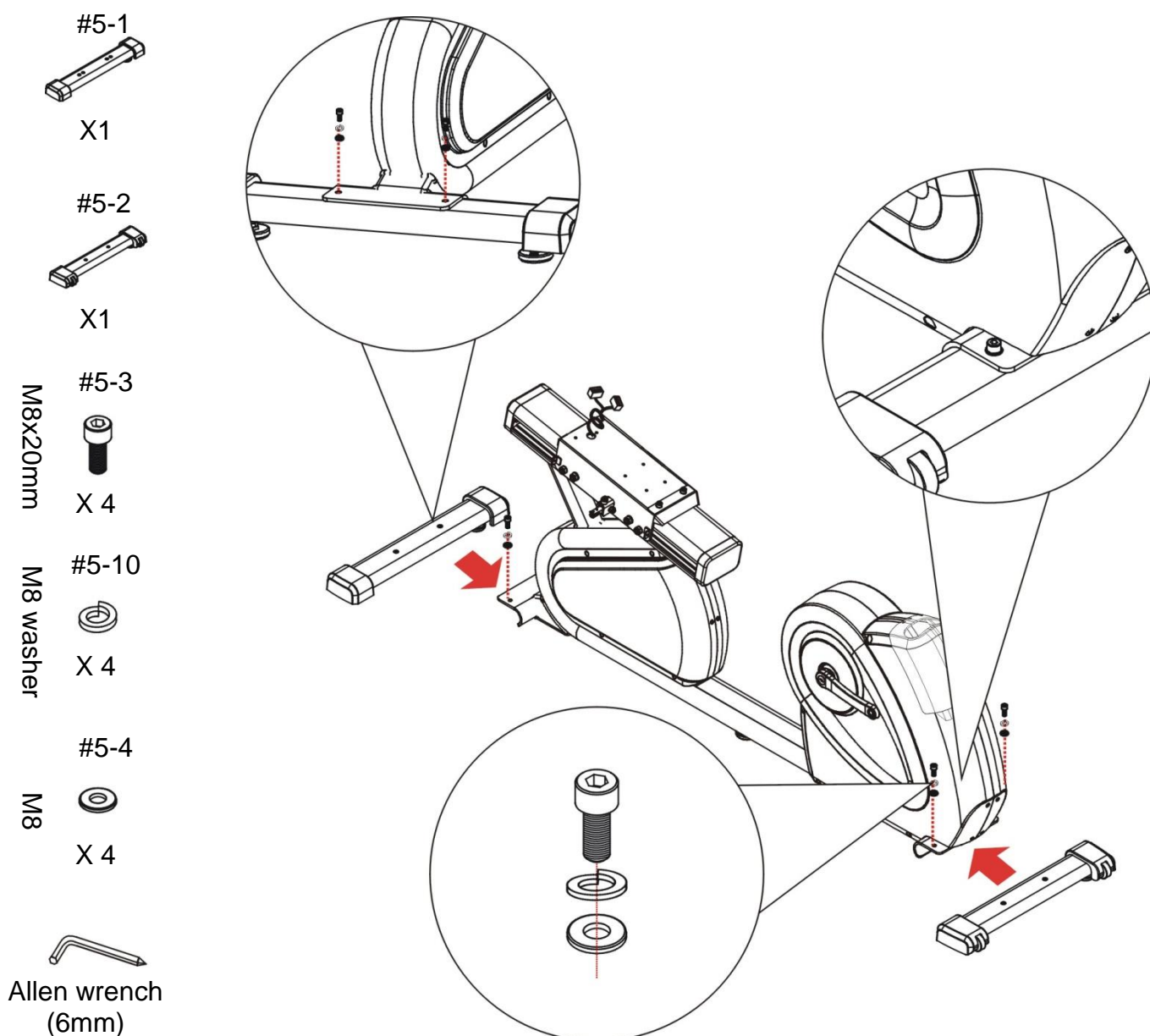
# UNPACKING & ASSEMBLY

Unpacking your recumbent bike where will be using it. Being careful not to damage. Place your recumbent bike on a level flat surface. It is recommended that you place a protective covering on your floor.

\*Notice: Because of heavy weight, please assemble this recumbent bike more than two people.

## Step1: Assembly Front/Rear Stabilizer with Main Frame.

- 1). Please remove the pre-lock screws on the front and back affixed poles.
- 2). Using (2) M8x20mm screws and washers, fix the front base tube with the main frame. (The wheel of front affixed poles should be forward.)
- 3). Using (2) M8x20mm screws and (2) and washers, fix the rear base tube with the main frame. (The wheel of the back affixed poles should not make any difference of forward or backward.)

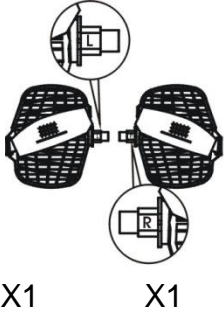


# UNPACKING & ASSEMBLY

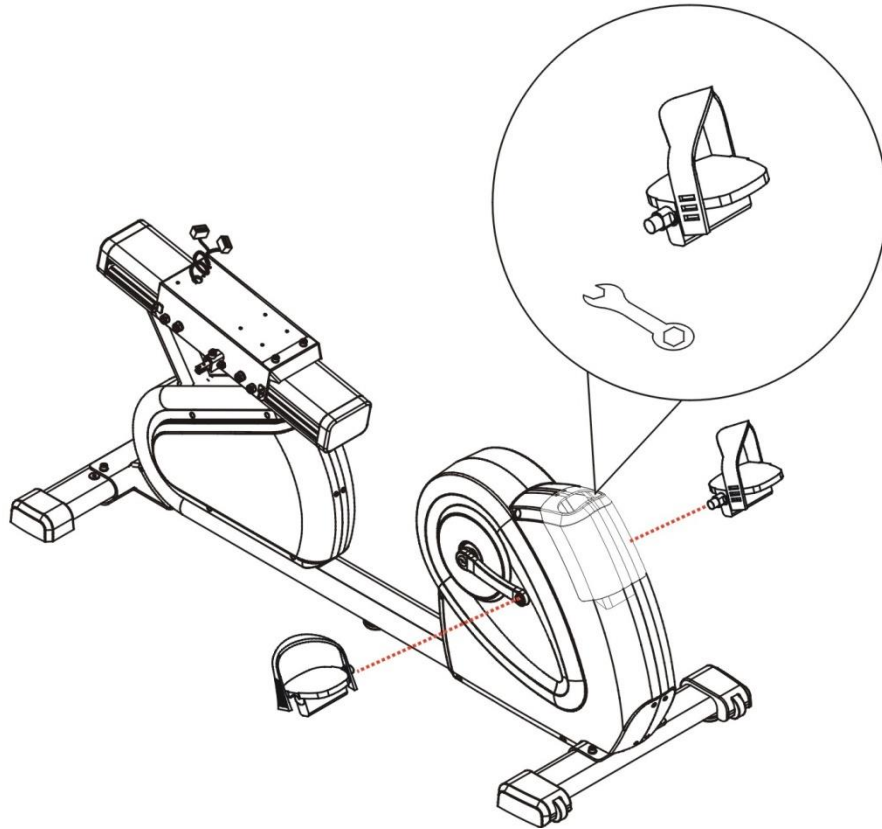
## Step2: Assembly Pedal Set on Crank

- 1). Use provided wrench(15mm) to clockwise fix right pedal set to crank set.
- 2). Use provided wrench(15mm) to counterclockwise fix left pedal set to crank set.

#5-6      #5-5



Wrench  
(15mm)



# UNPACKING & ASSEMBLY

**Step3:** Assemble main frame and handle bar post.

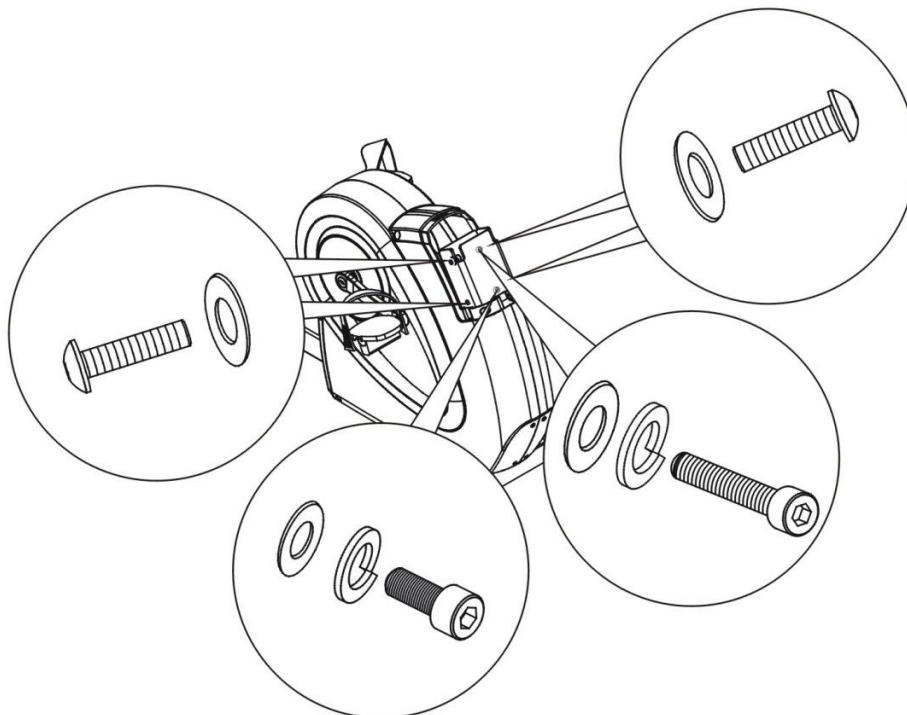
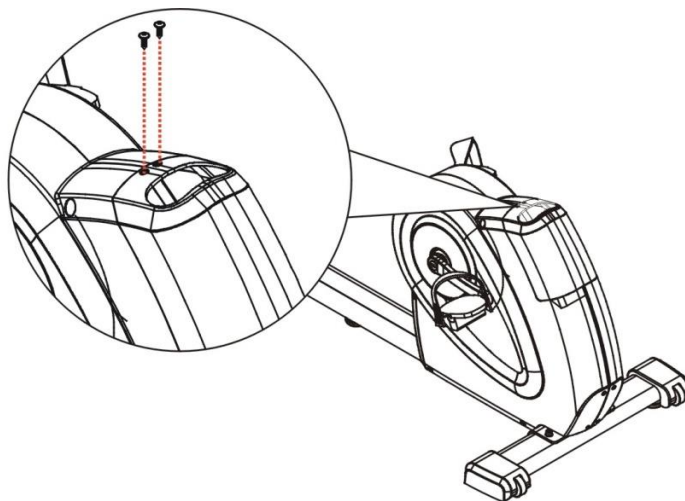
- 1). Please take off pre-lock screws on the mast cover.
- 2). Please take off pre-lock screws on the mast main frame.



Allen wrench  
(6mm)



Allen wrench  
(5mm)



# UNPACKING & ASSEMBLY

## Step 4: Assemble Main Frame and Handle Bar Post.

- 1). Take front cover joint into handle bar post.
- 2). Take the console wire, heart rate wire, AIR wire and CABLE wire through handle bar post.

#5-7

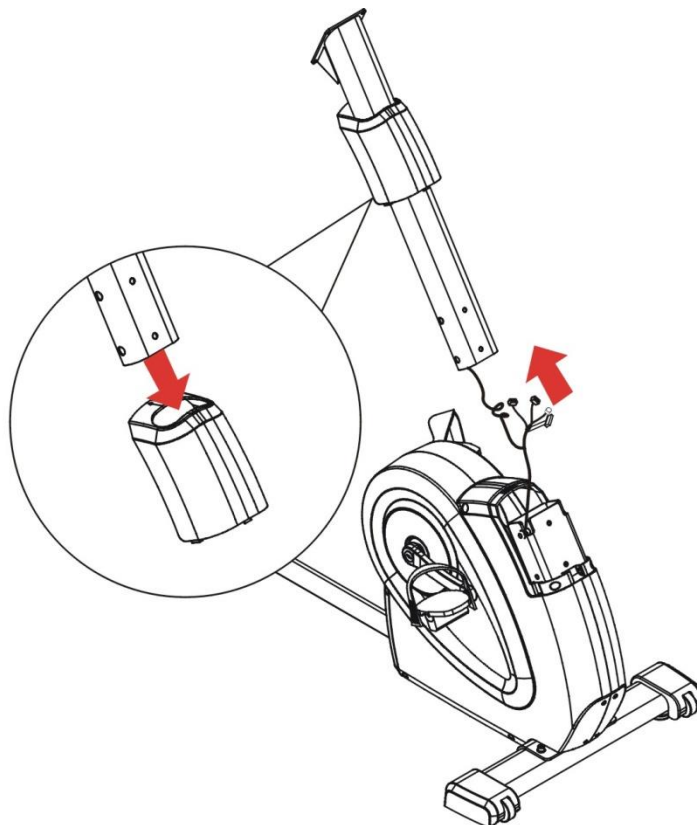


X1

#5-8



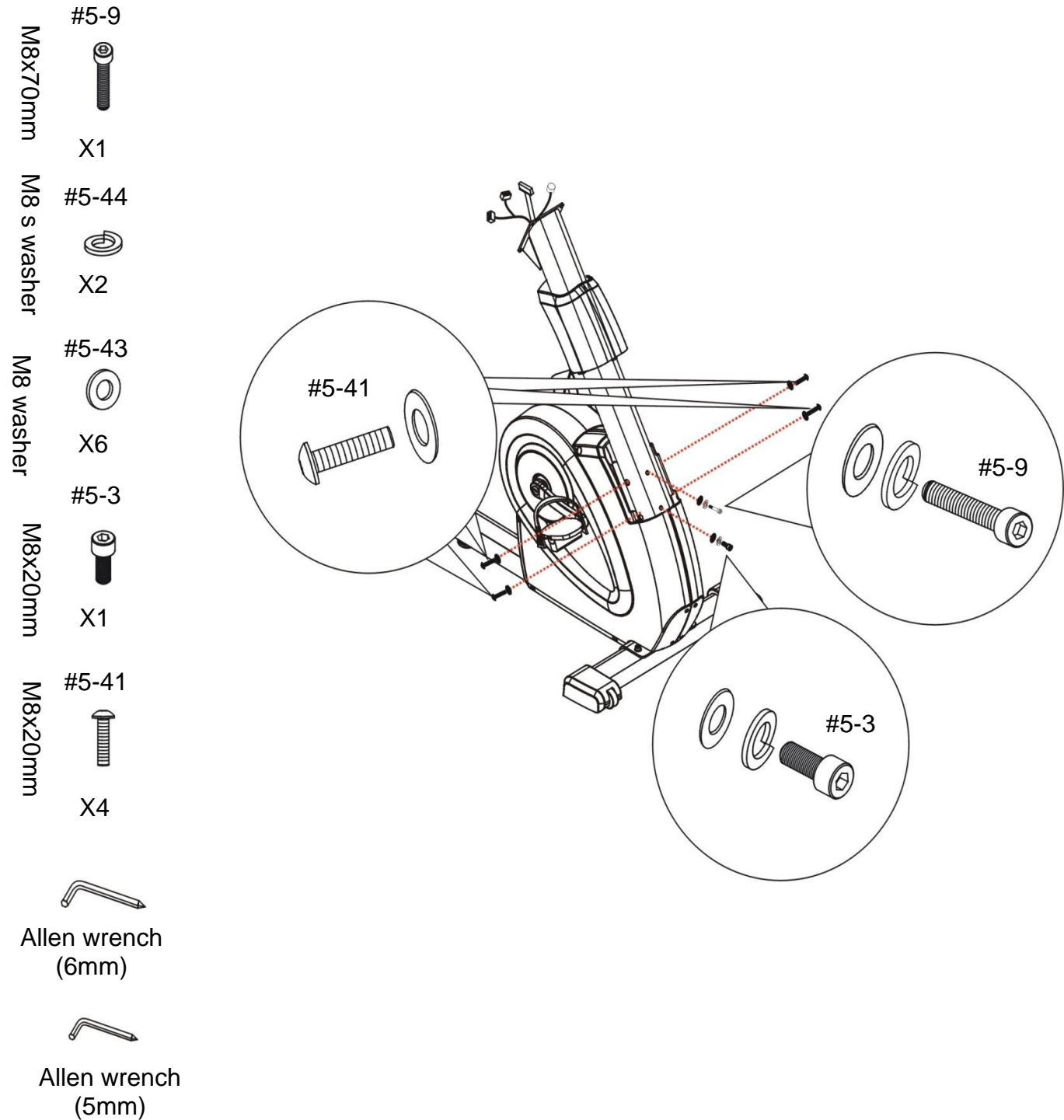
X1



# UNPACKING & ASSEMBLY

## Step 5: Assemble Main Frame and Handle Bar Post.

- 1). Put the mast into main frame and use Allen wrench (6mm) to lock on (1) M8x70mm screw, (1) M8x20mm screw and (2) M8 washers, (2) M8 flat washers.
- 2). Use Allen wrench (5mm) to lock (4) M8x20mm screws and (4) M8 flat washers on the both sides of mast.

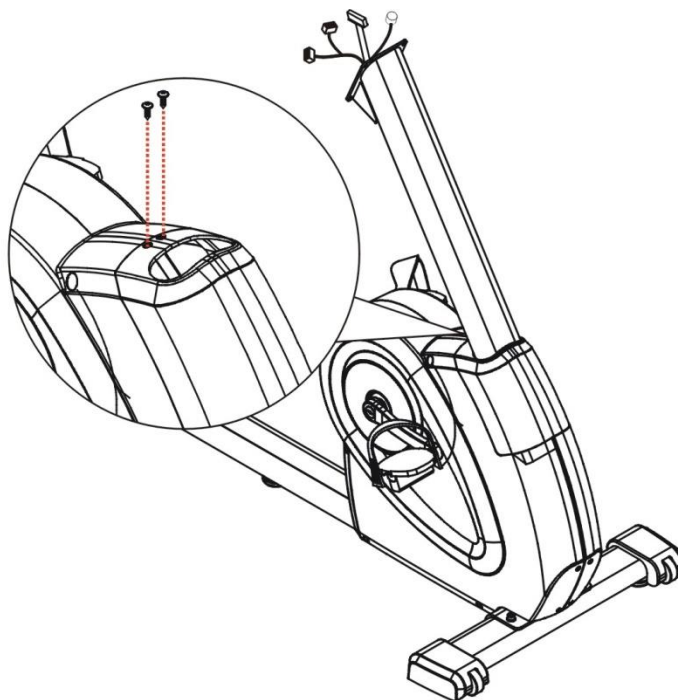


# UNPACKING & ASSEMBLY

## Step 6: Assemble Main Frame and Handle Bar Post.

1). Use Allen wrench (5mm) to lock (2) M4x15mm screws on the cover of mast.

#5-11  
M4x15mm  
X2  
Allen wrench  
(5mm)

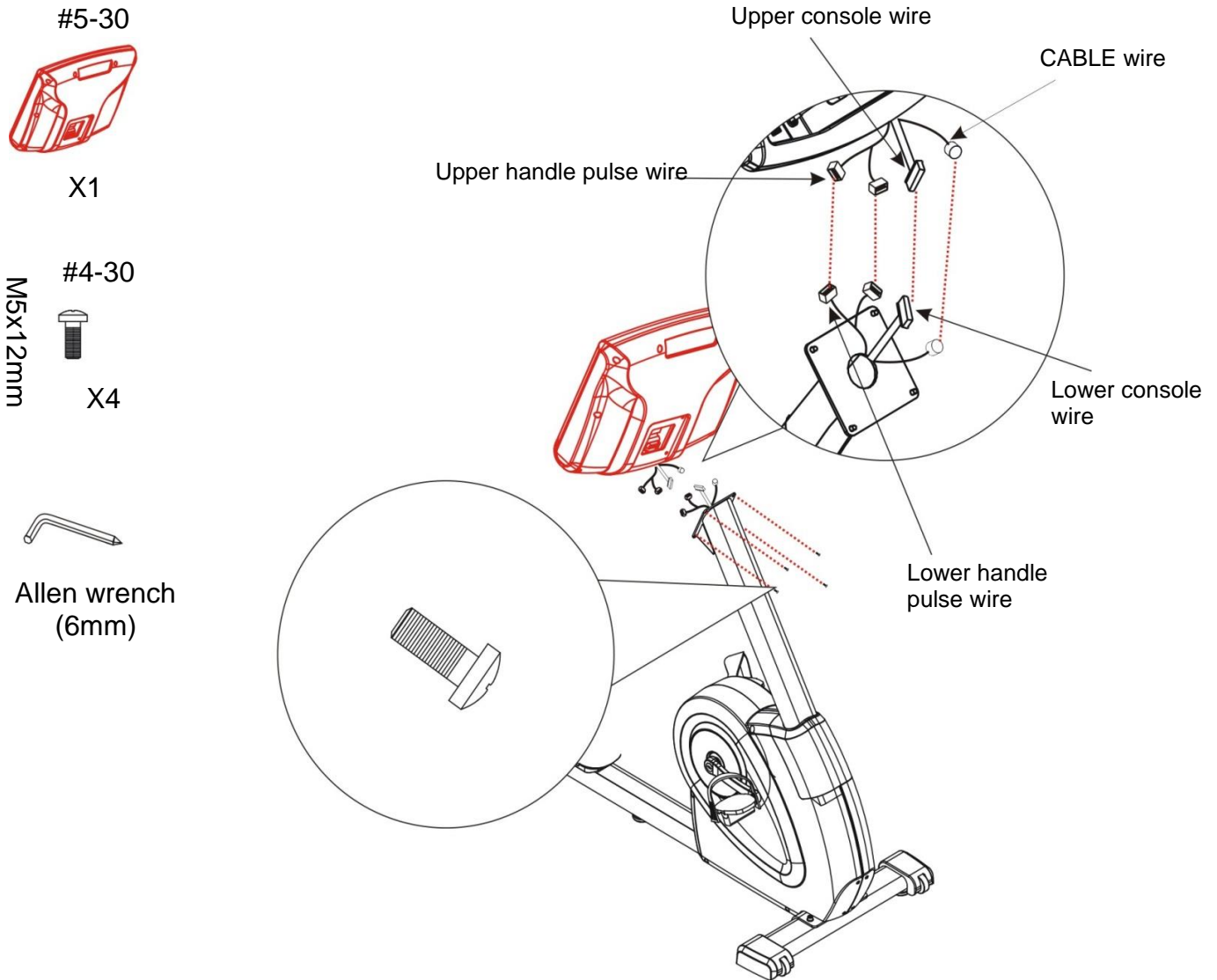




# UNPACKING & ASSEMBLY

## Step 7: Assembly Console with Handle Bar Post

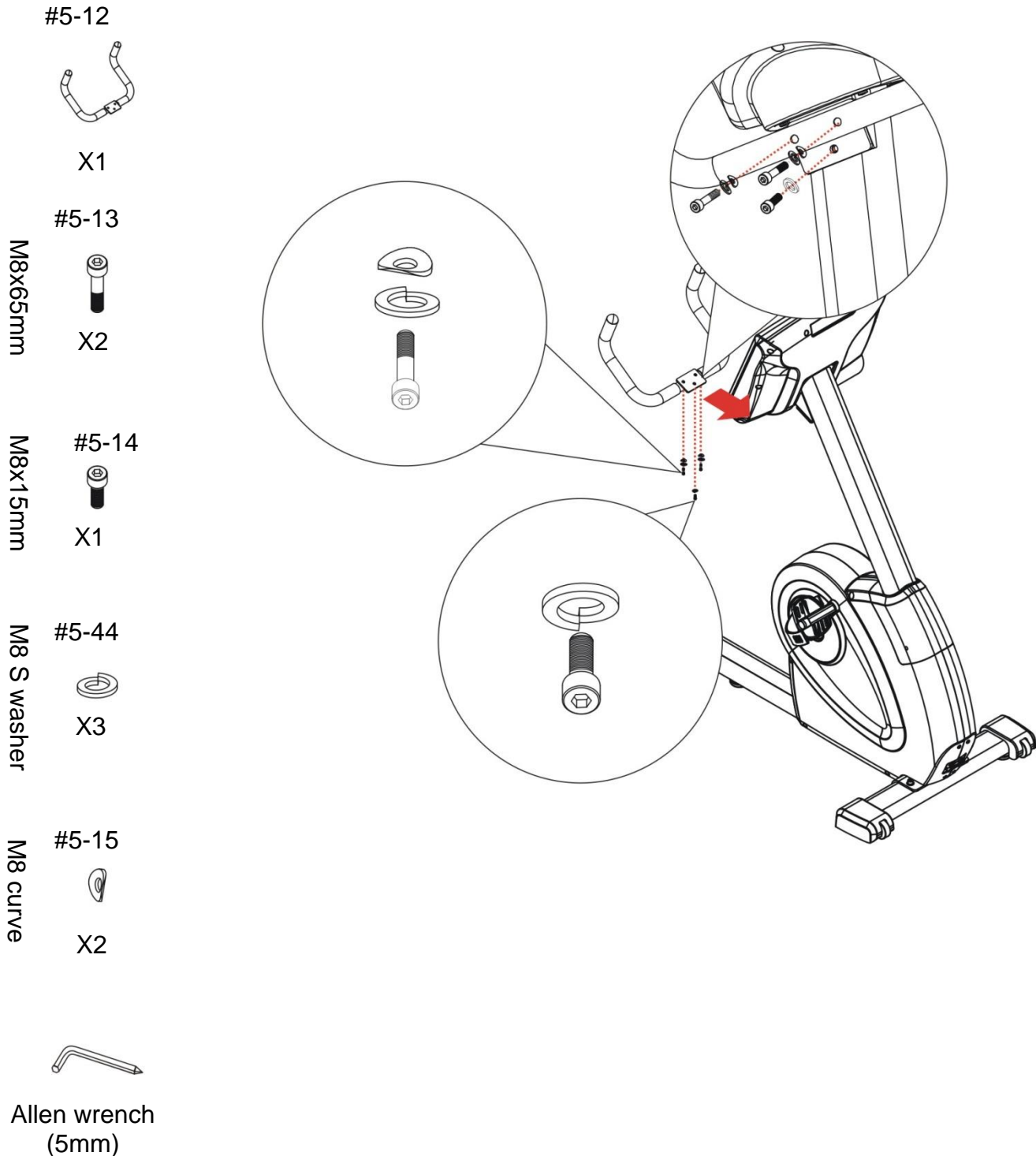
- 1). Please remove the pre-lock console screws on the mast.
- 2). Place the console into the mast and connect upper and lower wires, such as console wires, hand pulse wires and cable connector.
- 3). Use Allen wrench (6mm) to lock (4) M5x12mm screws on the console mast.



# UNPACKING & ASSEMBLY

## Step 8: Assembly Upper Handlebar with Console Mast

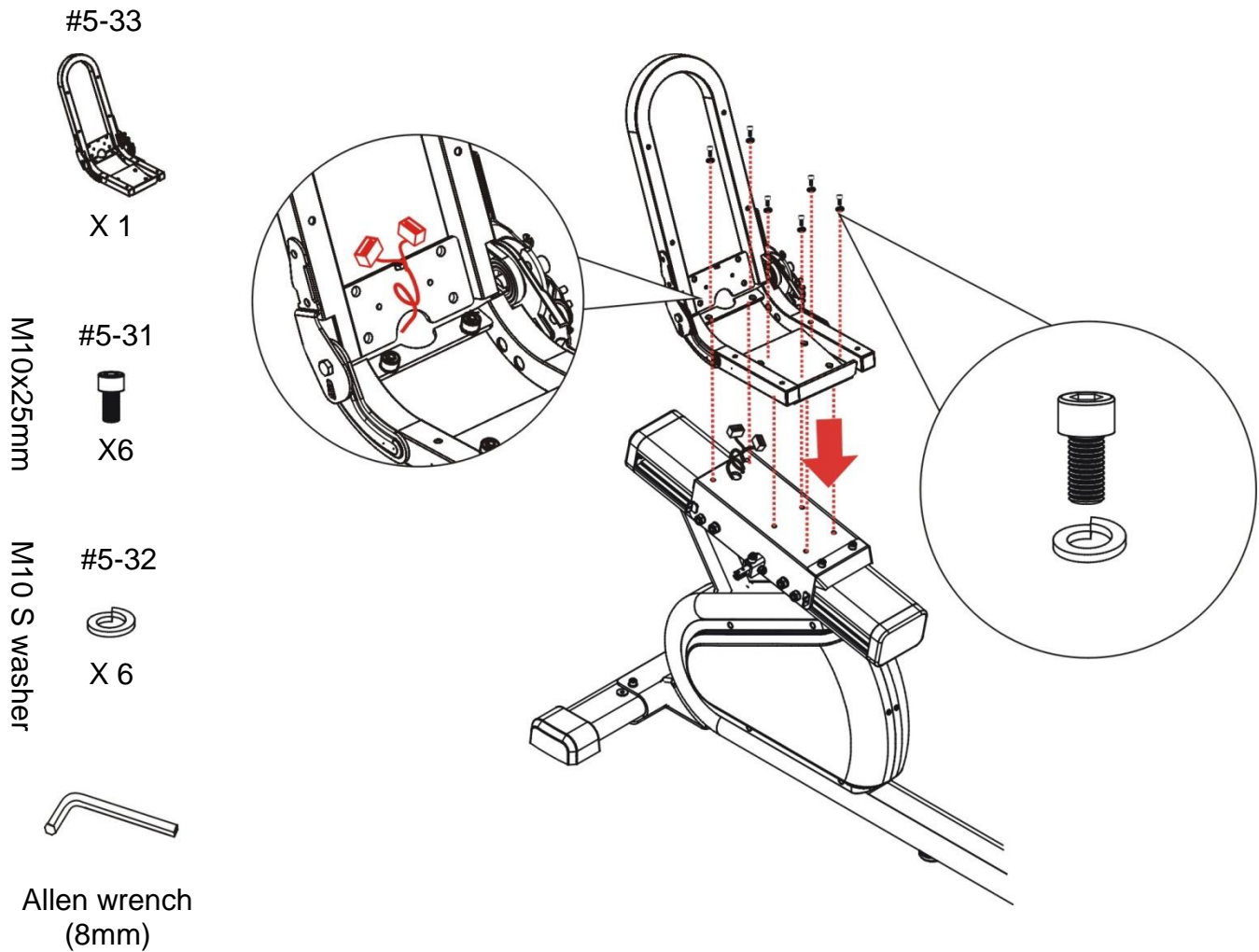
1).Place the handlebar to the mast using Allen wrench (5mm) to lock on (2) M8x65mm screws, (2) M8 S washers, (2) M8 arc washers, (1) M8x15mm screw, (1) M8 S washer for fixing the handlebar to the mast.



# UNPACKING & ASSEMBLY

## Step 9: Assemble Backrest Frame and Main Frame.

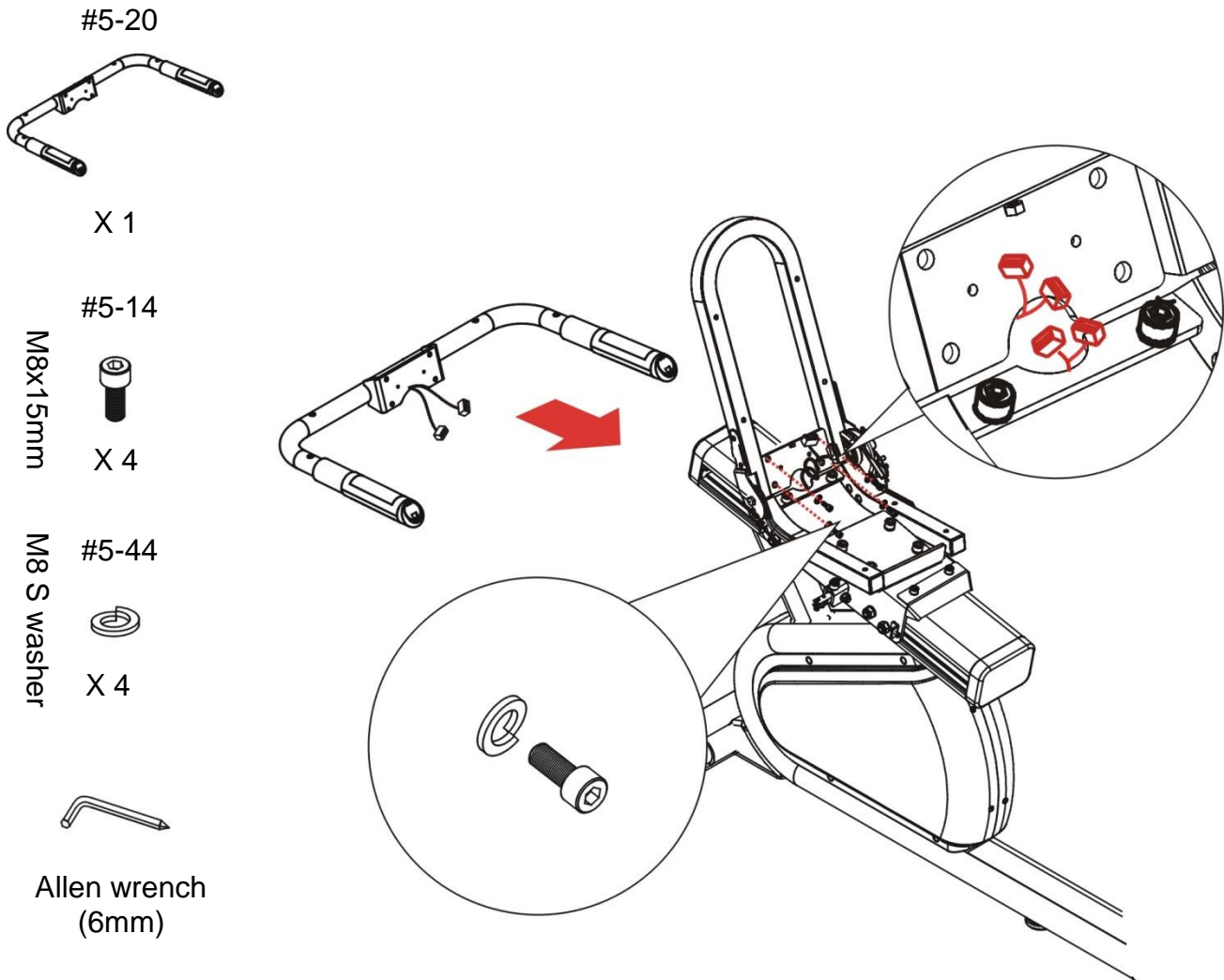
- 1). Please remove the pre-lock screws of the backrest on the main frame.
- 2). Place the backrest to the main frame, use Allen wrench (8mm) to lock on (6) M10x25mm screws, (6) M10 S washers for attaching the backrest to the main frame.



# UNPACKING & ASSEMBLY

## Step 10: Assemble Lower Hand Pulse and Backrest Frame.

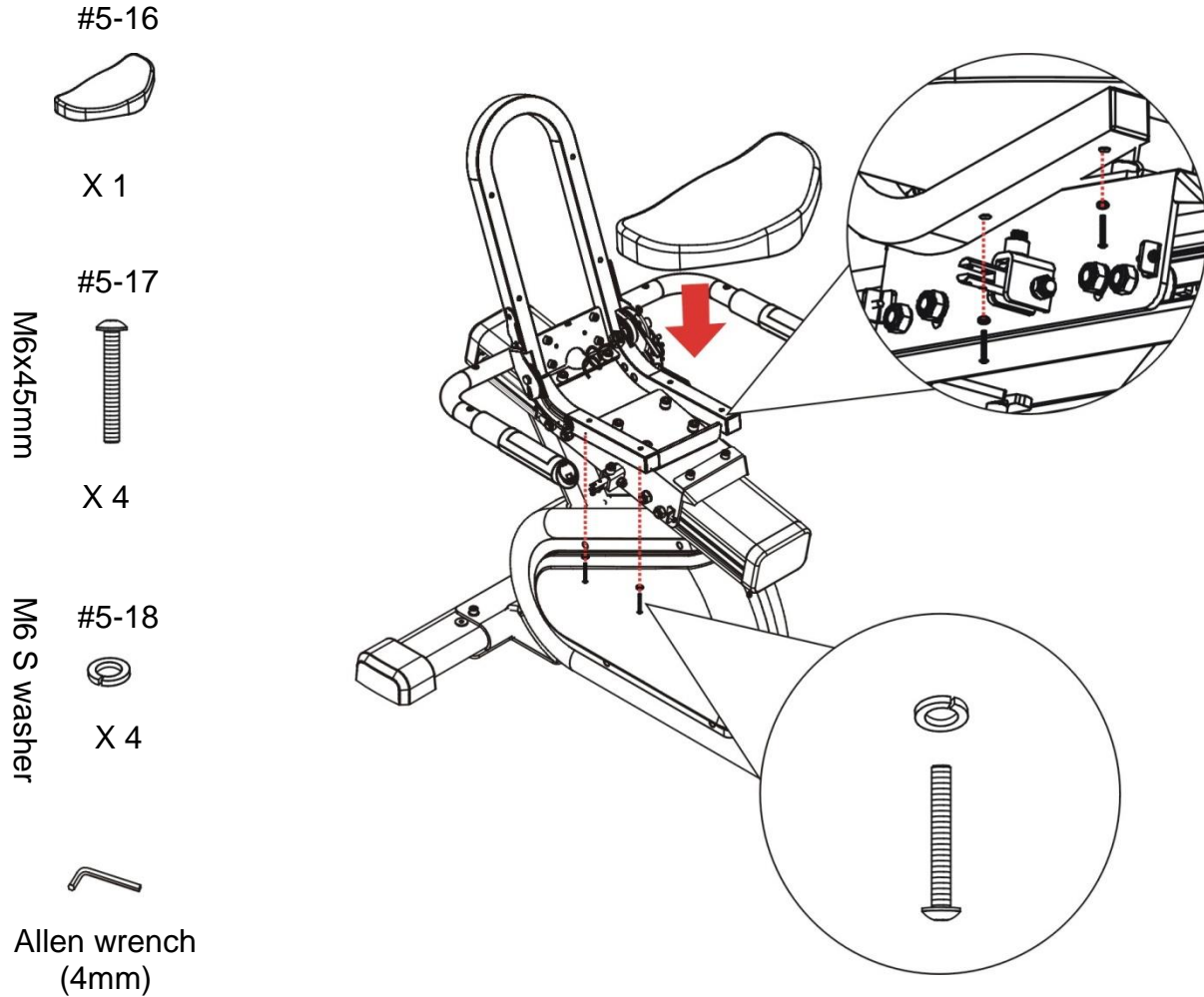
- 1). Please remove the pre-lock screws of the lower handlebar on the backrest.
- 2). Place the lower handlebar to the backrest, use Allen wrench (6mm) to lock on (4) M8x15mm screws, (4) M8 S washers for attaching the lower handlebar to the backrest.
- 3). Place the hand pulse wire of lower handlebar through the hole and connect to the one on the backrest frame.



# UNPACKING & ASSEMBLY

## Step 11: Assemble Seat Bottom and Backrest.

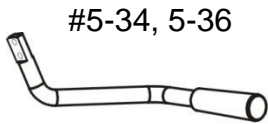
- 1). Place the seat bottom to the backrest, use Allen wrench (6mm) to lock on (4) M6x45mm screws, (4)pcs M6 S washers for attaching the seat cover to the backrest.



# UNPACKING & ASSEMBLY

## Step 12: Recline Adjustable Lever and Seatback Assembly.

- 1) Use Allen wrench (4mm) and wrench (10mm) to lock on (2) M6 nuts, (2) M6 S washers for attaching the Adjustable Lever to the Seatback.



#5-34, 5-36

X 1

#5-35

M6 Nut



X 2

M6 S washer

#5-18



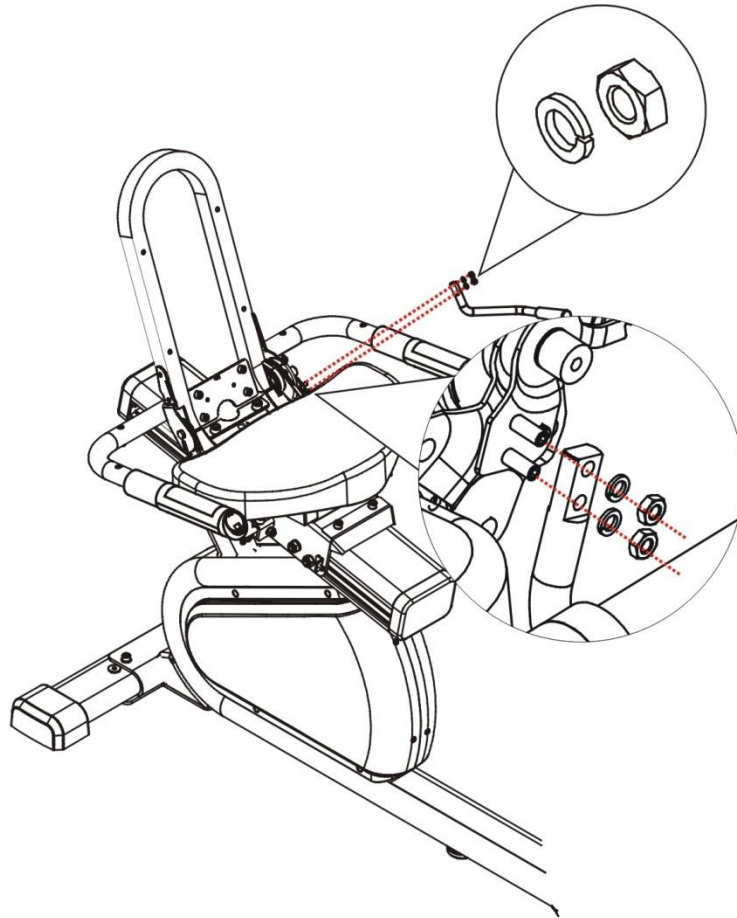
X 2



Allen wrench  
(4mm)



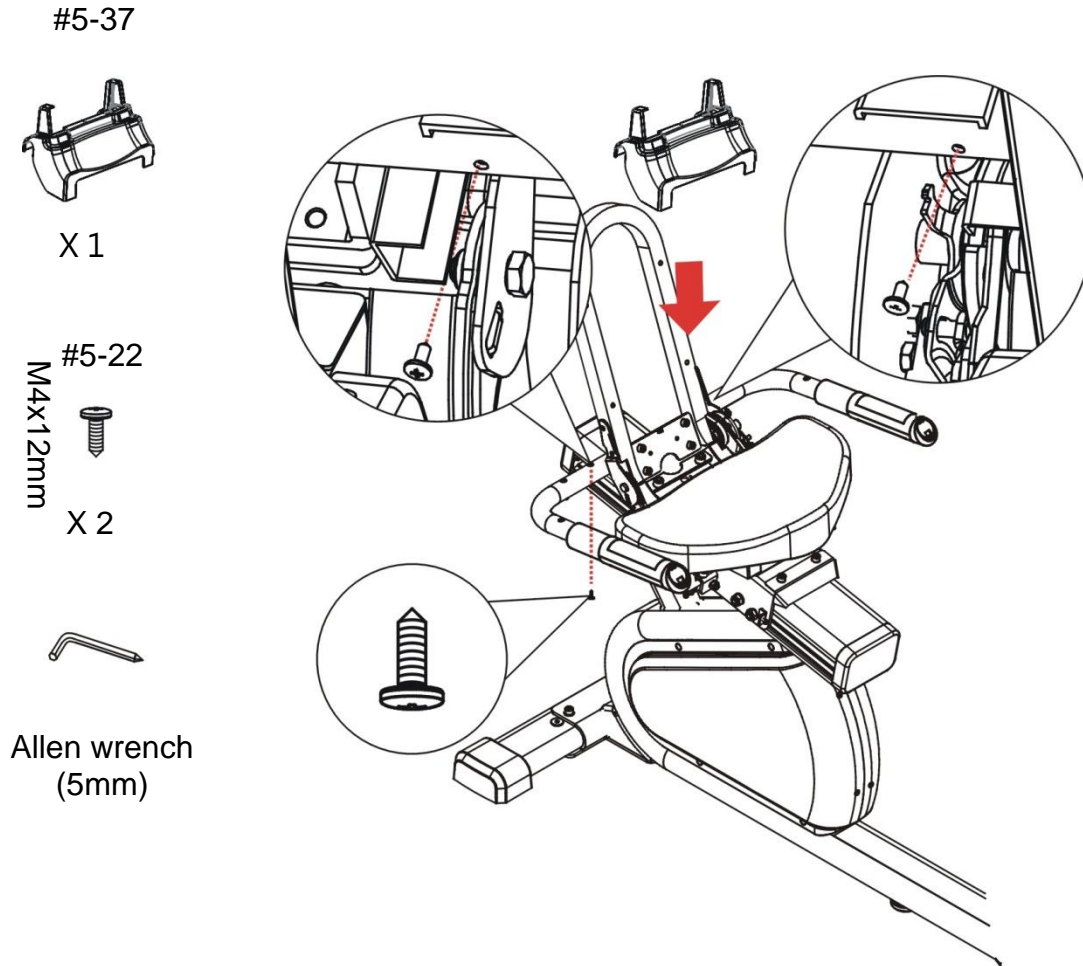
Wrench  
(10mm)



# UNPACKING & ASSEMBLY

## Step 13: Seat Frame Cover and Lower Handlebar Assembly.

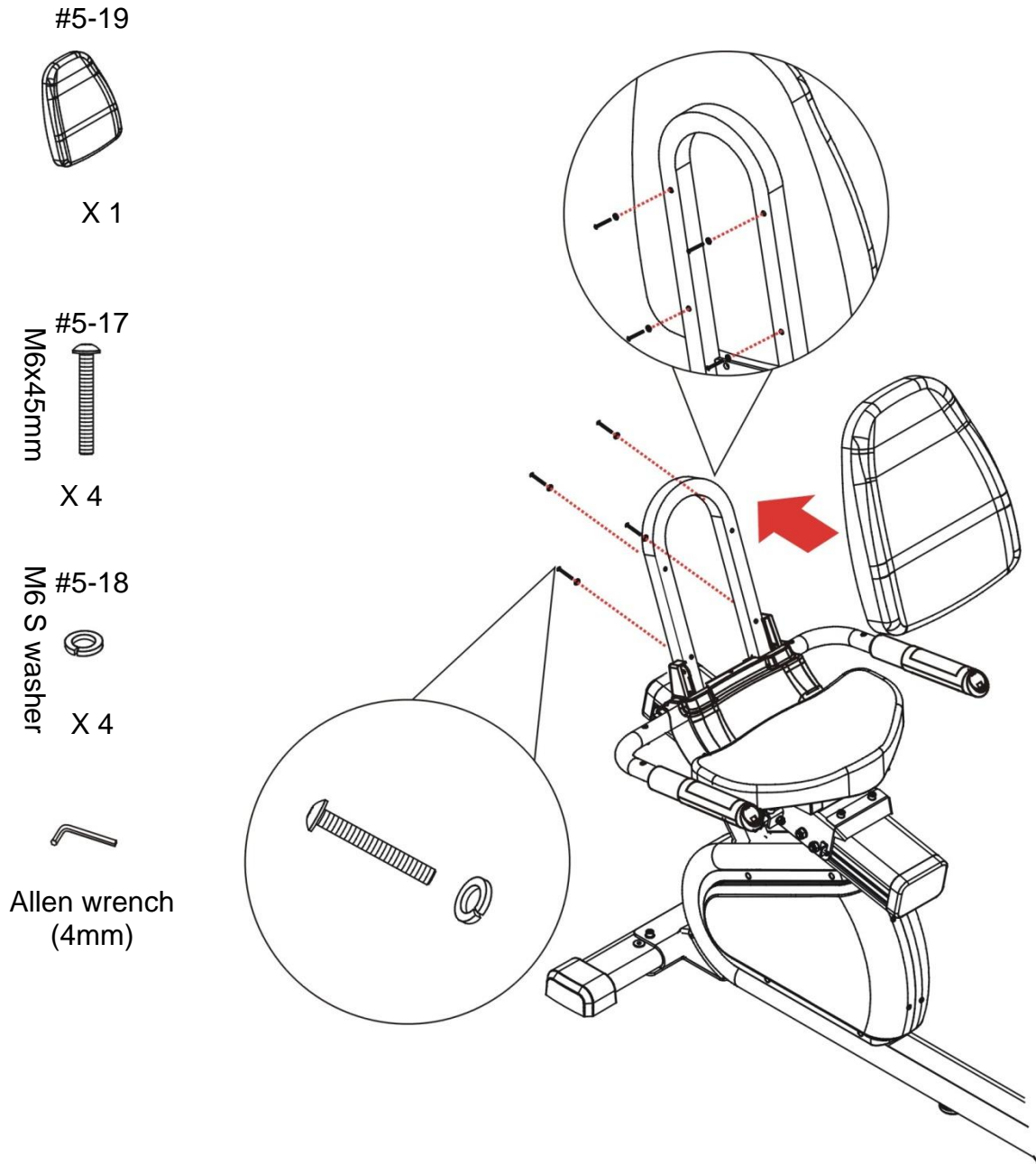
- 1) Assemble the seat frame cover to the lower handlebar, use Allen wrench (5mm) to lock on (2) M4x12mm screws, first lock the upper one and then lower one.



# UNPACKING & ASSEMBLY

Step 14: Assemble Seatback Cushion and Backrest Frame.

- 1). Put the seatback cushion to the backrest frame, use Allen wrench (4mm) to lock on (4) M6x45mm screws and (4) M6 S washers for fixing the seatback cushion to the backrest frame.





# UNPACKING & ASSEMBLY

Step 15: Assemble Water Bottle Holder and Lower Hand Pulse.

- 1). Put the left bottle holder into the lower handlebar, use Allen wrench (5mm) to lock on (2) M4x12mm screws for fixing the left bottle holder to the lower handlebar.
- 2). Put the right bottle holder into the lower handlebar, use Allen wrench (5mm) to lock on (2) M4x12mm screw for fixing the right bottle holder to the lower handlebar.

#5-21



X 1      X 1

#5-22

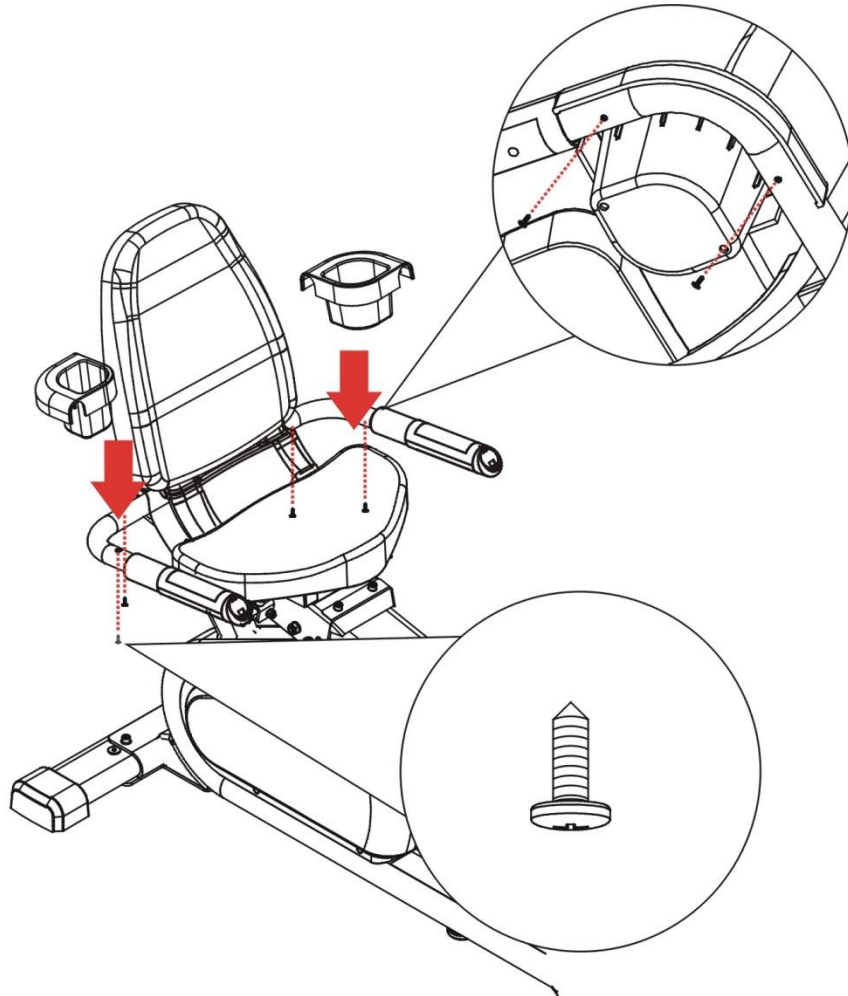


M4x12mm

X 4



Allen wrench  
(5mm)



# UNPACKING & ASSEMBLY

Step 16: Assemble Backrest Rear Cover with Seat Set.

- 1). Use Allen wrench (5mm) to lock on (2) M4x10mm screw for fixing the backrest rear cover to the seat set.

#5-23



X 1

#5-24

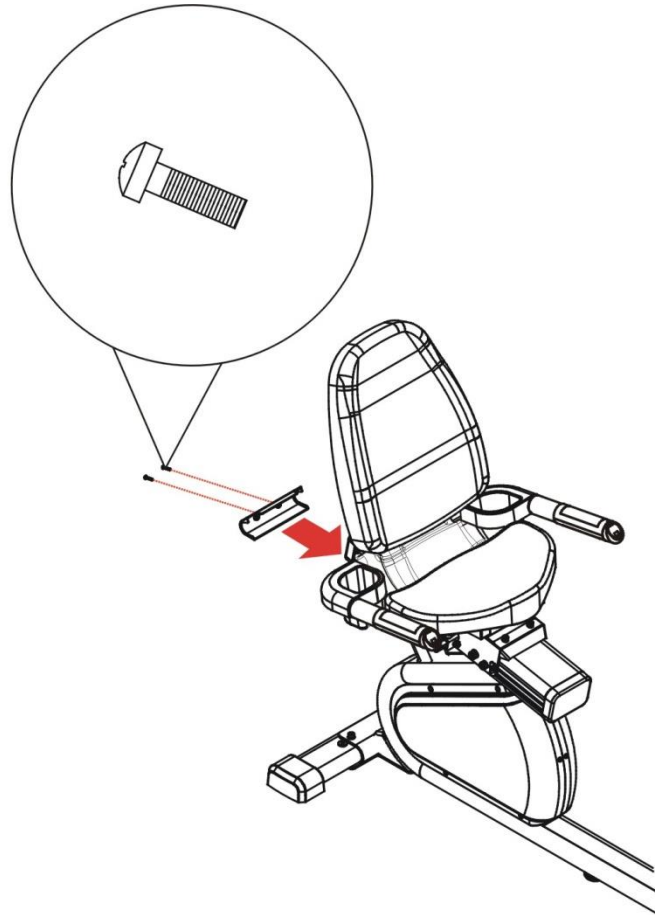


X 2

M4x10mm



Allen wrench  
(5mm)



# UNPACKING & ASSEMBLY

## Step 17: Assemble Left/Right Track Cover on the Seat Set.

- 1). Use Allen wrench (5mm) to lock on (2) M4x10mm screws for fixing the left track cover to the seat set.
- 2). Use Allen wrench (5mm) to lock on (2) M4x10mm screws for fixing the right track cover to the seat set.

#5-26 #5-25



X 1 X 1

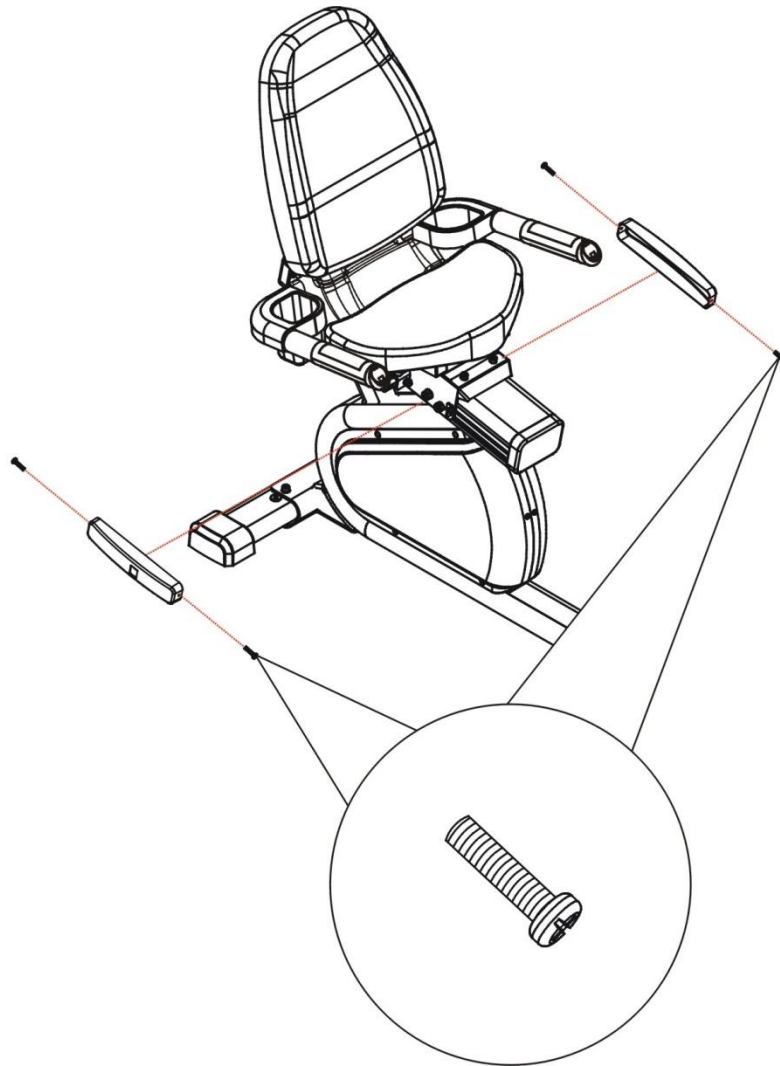
M4x10mm #5-24



X 4



Allen wrench  
(5mm)

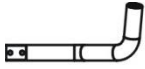


# UNPACKING & ASSEMBLY

## Step 18: Assemble Seat Adjust Lever and Seat Set.

1). Use Allen wrench (3mm) to lock on (2) M4x18mm screws for fixing the adjust lever to the seat set.

#5-27



X 1

#5-28



X 1

#5-29

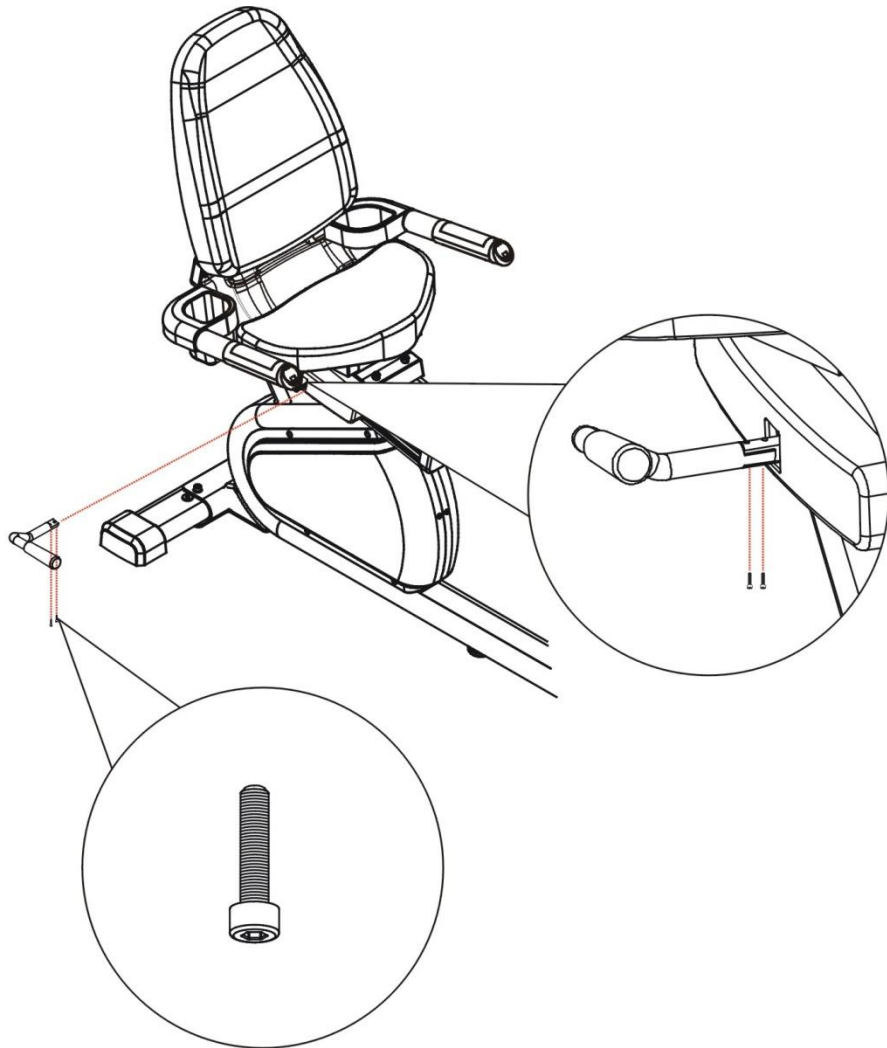
M4x18mm



X 2



Allen wrench  
(3mm)



# UNPACKING & ASSEMBLY

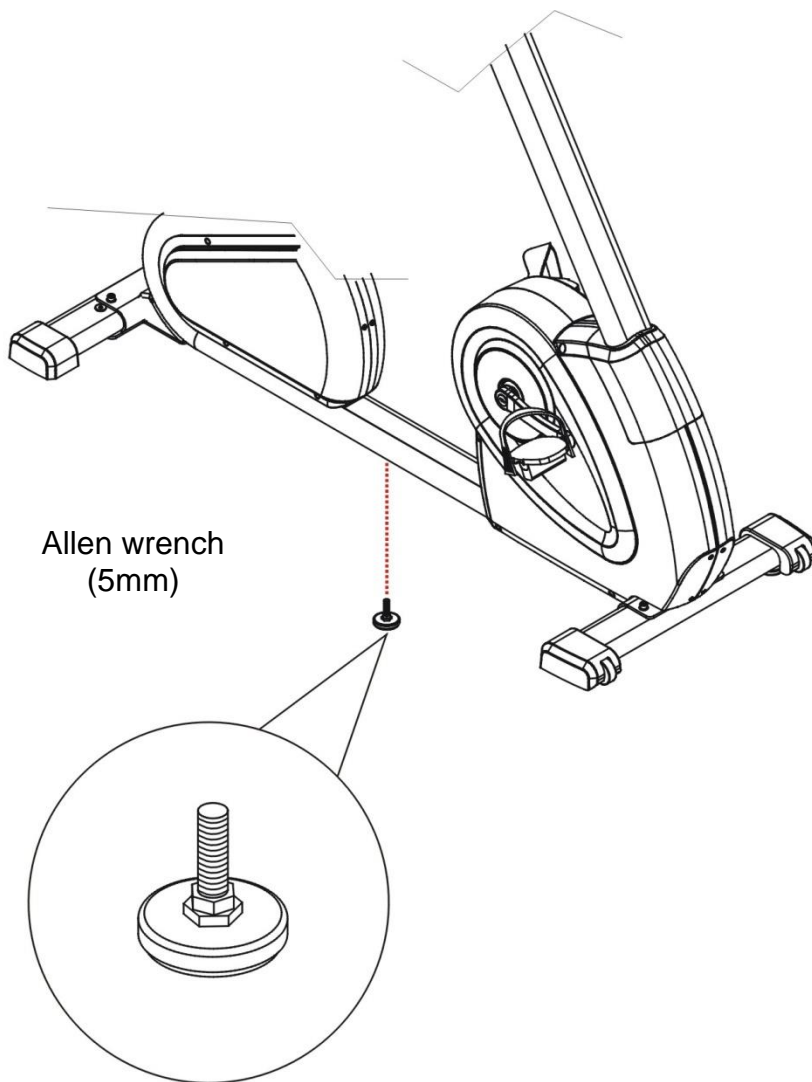
## Step 19: Assemble Adjust Pad and Main Frame.

- 1). Left up the main frame.
- 2). Fasten the adjust pad under the main frame.

#1-10



X 1



# UNPACKING & ASSEMBLY

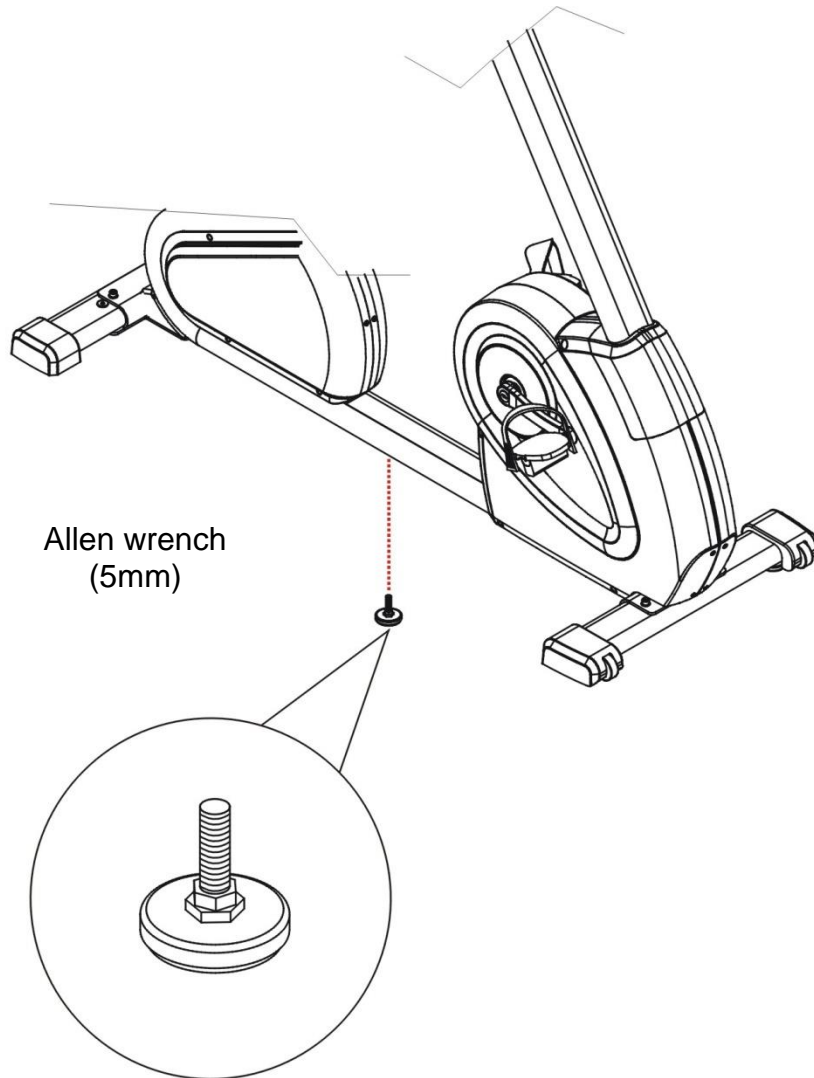
## Step 19: Assemble Adjust Pad and Main Frame.

- 1). Left up the main frame.
- 2). Fasten the adjust pad under the main frame.

#1-10



X 1



# 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.



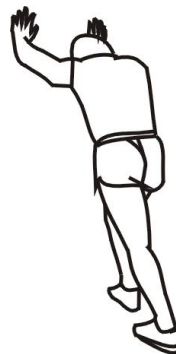
## **QUADRICEPS STRETCH**

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.

# SETTINGS

## WiFi Setting

1. Connect WiFi before using multimedia Internet and Bulletin Board .
2. Press the Green Series logo for 5 seconds to enter engineering mode. Select Ethernet and choose **Enable WiFi: ON**. Press **SCAN** to scan available network, enter **Password** then press **APPLY** to connect. The Status column will show connection status.

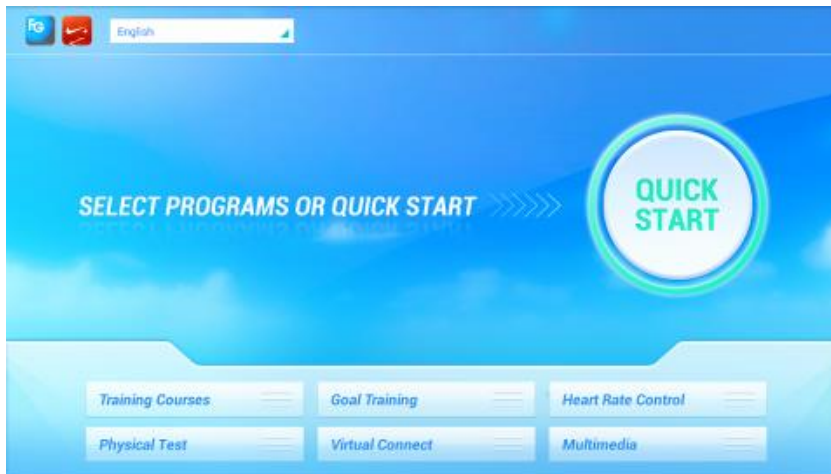
## TV Setting.

1. Scan TV channel after connecting TV cable.
2. Press the Green Series logo for 5 seconds to enter engineering mode. Select **TV** and choose **MENU**, press the **UP/Down** button to **AUTO TUNING** then press **OK** to start **SCAN TV** channel. (For European Countries, before scan please choose your located country).



# PROGRAMS

## 1. Main Page :




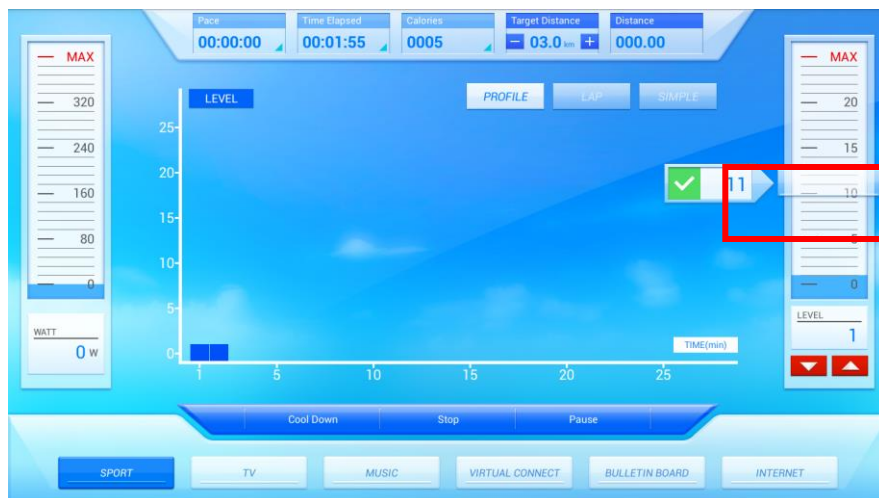
**Please note, if you need to save your workout information, you will need a USB memory device at the conclusion of your workout.**

- 1.1. The Entertainment Plus has a full integrated touch screen display. All information required for workouts is explained on screen. Programs included Quick Start/ Training Courses/ Goal Training/ Heart Rate Control/ Physical Test/ Virtual Connect/ Multimedia.
- 1.2. The Entertainment Plus support FitGoal application, please free download FitGoal from Apple Store or Google Play.
- 1.3. The Entertainment Plus support Nike+: compatible iPod or i-Phone 30 Pin connector (see [www.apple.com/nikeplus](http://www.apple.com/nikeplus) for more information).  
Before syncing your Apple device to your computer, you must first create a free Nike+ account a [www.nikerunning.com](http://www.nikerunning.com) and download the latest iTunes software([www.apple.com/itunes](http://www.apple.com/itunes)).

## 2. Contents :

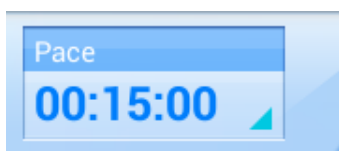
### 2.1 Explanation about function :

- 2.1.1 Resistance adjustment: Use slide bar or handle button to adjust resistance. Touch screen again and showing  to confirm resistance. Or change by **UP/DOWN** button.



# PROGRAMS

Display window can switch in Sport Mode : Press arrow of Display window to change information.



Display	Function
Distance	Indicate accumulative traveled distance.
Time Elapsed	Indicate time you workout.
Time Remaining	Indicate workout time left from setting.
Calories	Indicate estimated calories burned.
Calories/ Hour	Estimated calories burned per hour
Heart Rate	Measure current heart rate.
Max Heart Rate	Indicate Max Heart Rate during workout
Ave. Heart Rate	Indicate Average Heart Rate during workout
Pace	Indicate time per km under current speed.
Best Pace	Indicate shortest time per km during workout
Ave. Pack	Indicate average time per km during workout.
Target Heart Rate	Indicate target heart rate, only showing in HRC program
Target Time	Indicate target time, only showing in Goal Training program
Target Distance	Indicate target distance, only showing in Goal Training program
Target Calories	Indicate target calories, only showing in Goal Training program
RPM	RPM level
SPEED	SPEED km/h

Buttons	Function
Pause	Press Pause to stop temperately
Resume	Pause button change to resume after press pause
Stop	Ends workout and shows workout summary data.
Cool Down	Puts elliptical into Cool Down mode. Cool Down time is dependent on the length of the workout. After 5 min end of cool down.

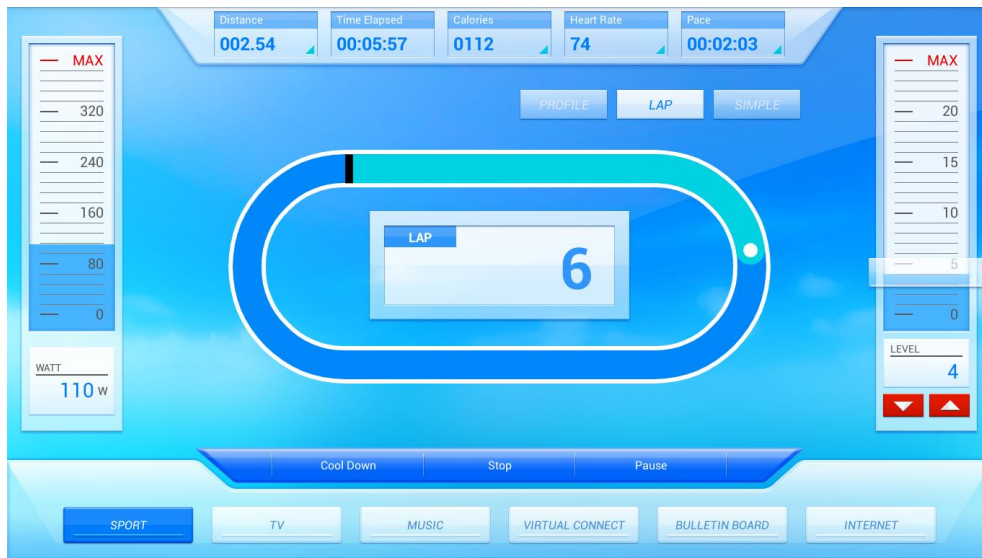
## 2.1.1. SPORT Mode :

### 2.1.1.1. PROFILE : shows workout information and graphic

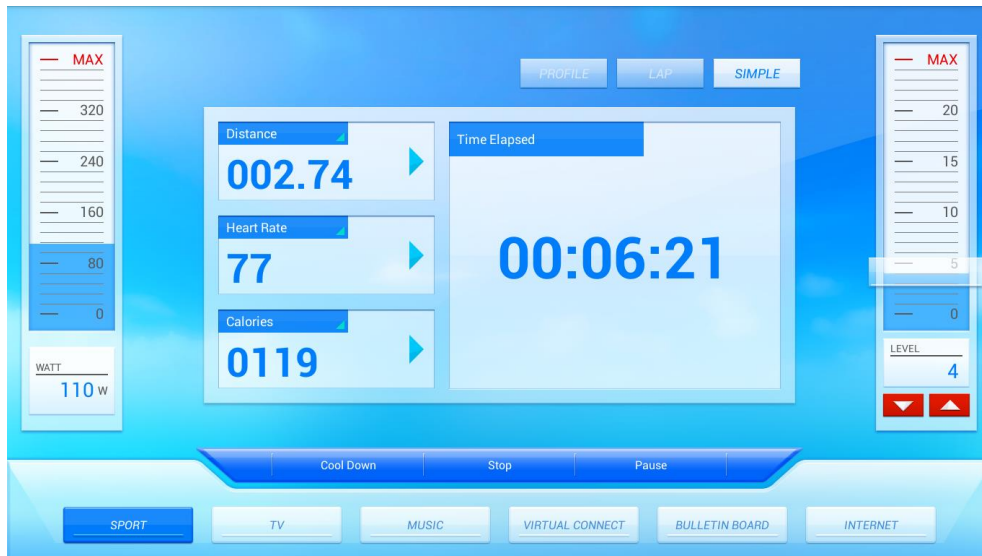


# PROGRAMS

2.1.1.2. LAP: Shows workout information via Lap



2.1.1.3. SIMPLE: Shows simple workout information. Press arrow to change display from side to main display.



# PROGRAMS

## 2.3.1. TV Mode:

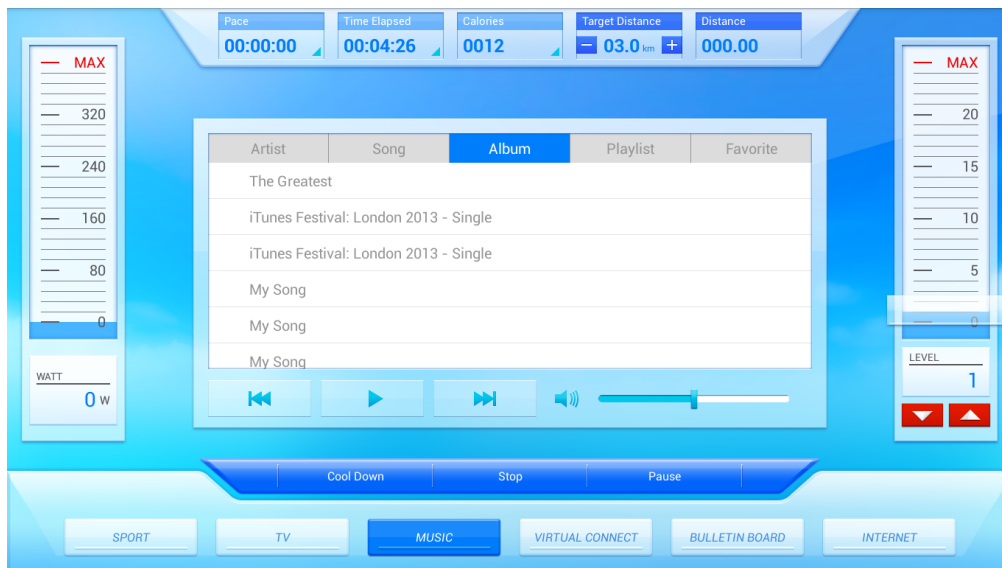
- 2.1.2.1 CHANNEL: Allows for easy TV channel selection by NUMBER KEYPAD or CHANNEL UP/DOWN.
- 2.1.2.2 VOLUME UP/DOWN: Adjust the volume output through the headphone jock of integrated console TV or iPod output.
- 2.1.2.3 FAVORITE CHANNEL: Add or delete favorite channel into list by press STAR.
- 2.1.2.4 FULL SCREEN: Touch screen central to show FULL SCREEN.



## 2.1.3. MUSIC MODE: Connect smart phone or i-Pod to display your music list, select favorite music on favorite list.

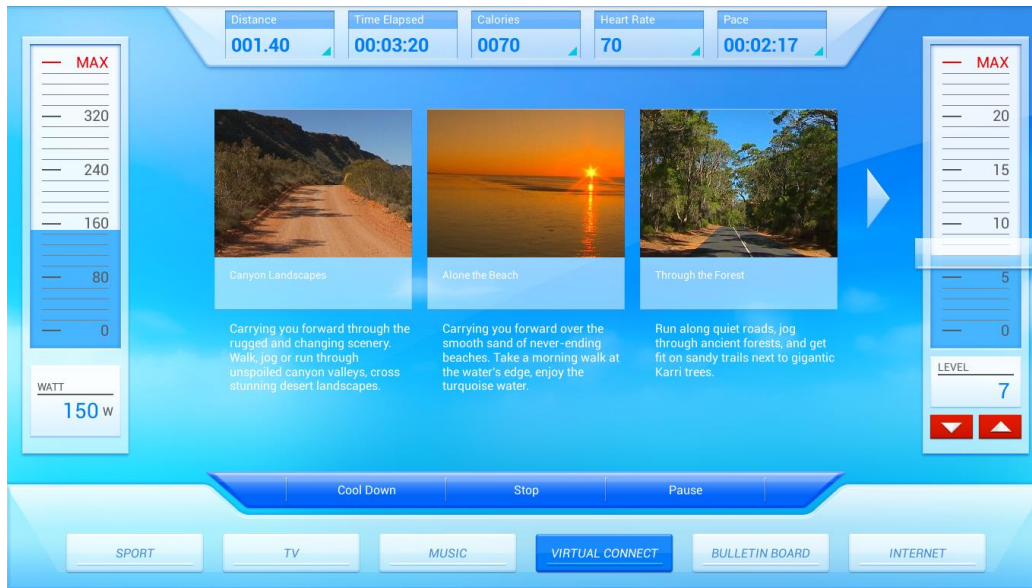
Note 1. Support Apple device 30 Pin connector. Available to use transformer for 8Pin-Lightning, but some function may not able to operate.

Note 2 . Few Android device do not support music select function but able to charging. Un-locked Android device before connecting.



# PROGRAMS

2.1.4. VIRTUAL CONNECT: 10 virtual videos embedded, video resistance changes according to pedal speed. Press touch screen center to display full screen or touch screen center to return back to original. At Full Screen, press button on top of the screen to show workout information. Information will disappear after 3 seconds. Also able to adjust Resistance and Watts from Handle Bar Resistance Level Control or Slide Bar.



2.1.5. BULLETIN BOARD : Information about club news and courses.



# PROGRAMS

## 2.1.6. INTERNET : Preset website link



2.2. QUICK START OPERATION: Press **Quick Start** button and the treadmill will enter into a manual mode of operation. All energy expenditure values will be calculated using the default weight measurement.

## 2.3. Training Courses:

### 2.3.1. Choose Training Courses



2.3.2. Choose a program and enter desired intensity then press **GO** to start workout.

2.3.1.1. Enter user weight (user weight is used to calculate the caloric expenditure value-providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the NUMBER KEYPAD and press **ENTER**.

2.3.1.2. Enter the desired workout length using the NUMBER KEYPAD and press **ENTER**.

2.3.1.3. Enter the desired intensity level using the QUICK KEY choose **EASY, MEDIUM, HARD**.



# PROGRAMS

## 2.4. Goal Training Program Setting

2.4.1. Enter user weight (user weight is used to calculate the caloric expenditure value-providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the NUMBER KEPAD and press **ENTER**.

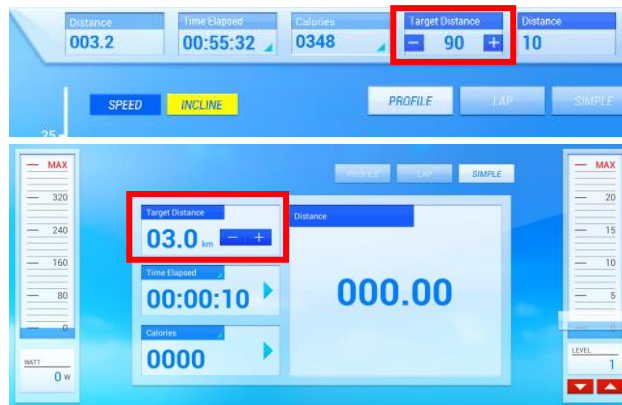
2.4.2. Choose desired goal: Time/ Distance/ Calories

2.4.3. Enter the desired workout target using the NUMBER KEYPAD and press **ENTER**.

2.4.4. Press **GO** to begin the workout.



## 2.5. Adjust target setting during workout at SPORT MODE:



## 2.6. HEART RATE CONTROL WORKOUT OPERATION

2.6.1. Choose **TARGET HEART RATE** by selecting the **TARGET HEART RATE** workout button.

2.6.1.1. **FAT BURN**: Set 65% of your maximum heart rate, program will adjust the intensity to reach the target heart rate.

2.6.1.2. **AEROBIC**: Set 75% of your maximum heart rate, program will adjust the intensity to reach the target heart rate.

2.6.1.3. **PERFORMANCE**: Set 85% of your maximum heart rate, program will adjust the intensity to reach the target heart rate.



# PROGRAMS

- 2.6.2. Choose **TARGET HEART RATE** by selecting the target heart rate workout button and press **GO** to begin the workout.
- 2.6.2.1. Weight : Enter user weight by NUMBER KEYPAD
- 2.6.2.2. Age : Enter user age by NUMBER KEYPAD
- 2.6.2.3. Time : Enter the desired workout length by NUMBER KEYPAD.
- 2.6.2.4. Press **GET MY HEAT**; system will calculate MAX TARGET HEART RATE automatically. Press **EDIT** to adjust TARGET HEART RATE.



## 2.7. PHYSICAL TEST OPERATION

- 2.7.1. Choose **PHYSICAL TEST** by selecting the **PHYSICAL TEST** workout button
- 2.7.1.1 VO2 MAX



- 2.7.2. Choose **Physical Test** by selecting the physical test workout button and press **GO** to begin the workout.
- 2.7.2.1. Weight : Enter user weight by NUMBER KEYPAD
- 2.7.2.2. Age : Enter user age by NUMBER KEYPAD
- 2.7.2.3. Gender: Select gender by press MALE or FEMALE.





# PROGRAMS

## 2.8. VITRUAL CONNECT OPERATION

2.8.1. Choose Virtual Connect video by selecting the video:



2.8.2. Set up information then press **GO** to begin the workout.

2.8.2.1 Weight : Enter user weight by NUMBER KEYPAD.

2.8.2.2 Time : Enter desired workout length by NUMBER KEYPAD.

2.8.2.3 INTER ACTIVE set up: INTER ACTIVE ON - elevation change according to video/ INTER ACTIVE OFF - elevation adjust manually.

Note: Change video during workout, inter active set up will turn INTER ACTIVE **OFF**.



# PROGRAMS

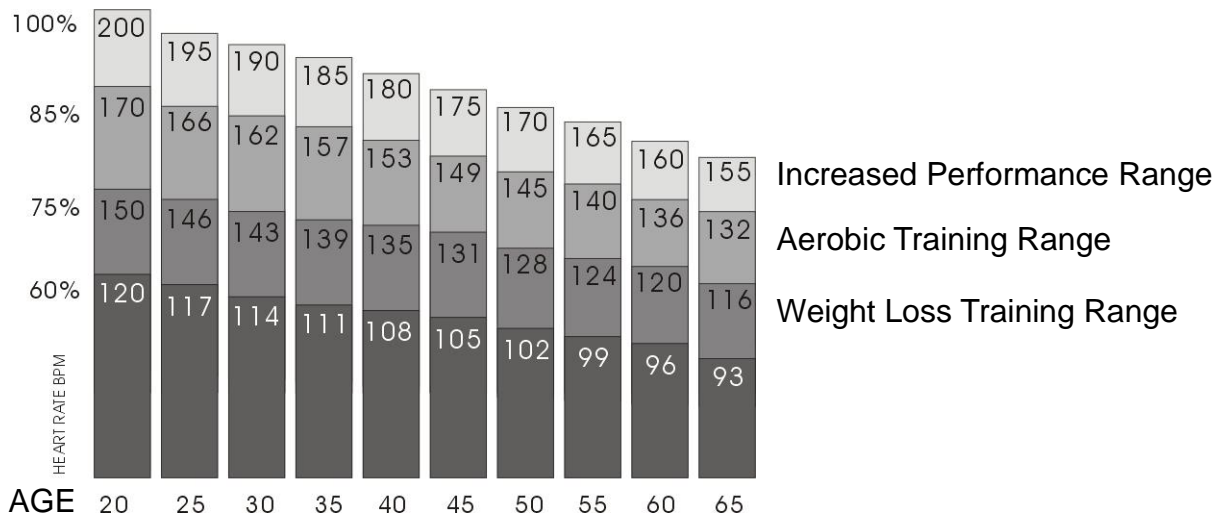
## 2.9. MULTIMEDIA OPERATION

- 2.9.1. TV: Preset favorite TV channel and volume. Same as TV function in Quick Start Mode.
- 2.9.2. Music: Connect smart phone and set up volume. Same as Music function in Quick Start Mode.
- 2.9.3. Bulletined Board: Review AD and Classes information. Same as Bulletined Board in Quick Start Mode.
- 2.9.4. Internet ICONs : Preset webpage link from treadmill, press the ICON and directly open the webpage. Same function as INTERNET at QUICK START MODE.



# PROGRAMS

## Target Heart Rate Chart



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

### Equipment adjustments

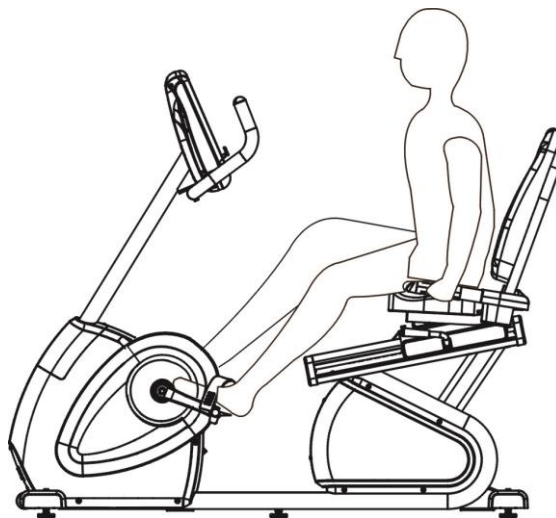
An optimal seating position is crucial for comfortable cycling.

#### • **Height of seat**

As a general rule you should be able to reach the pedal with your heel when straightening your leg and aligning it with the pipe supporting the seat.

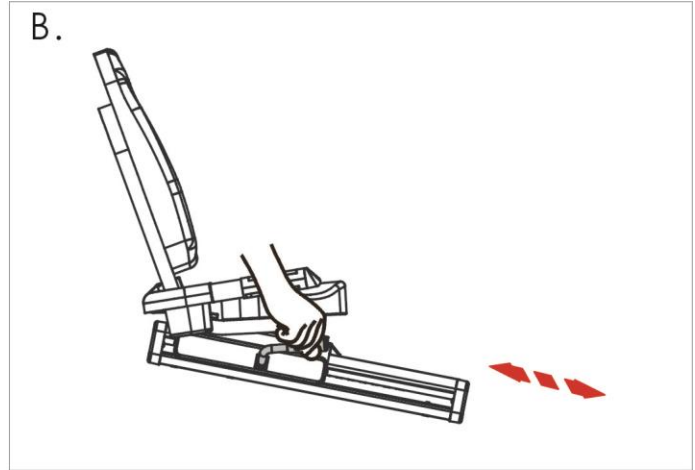
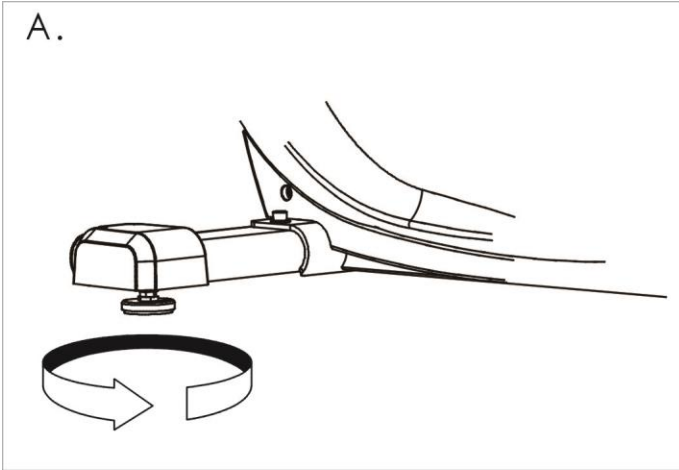
#### • **Body position**

Your handlebars should be set to a position in which you can reach them with slightly bent arms.

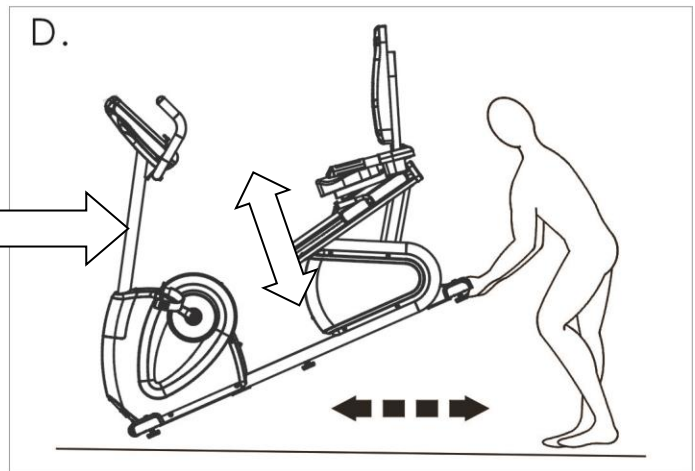
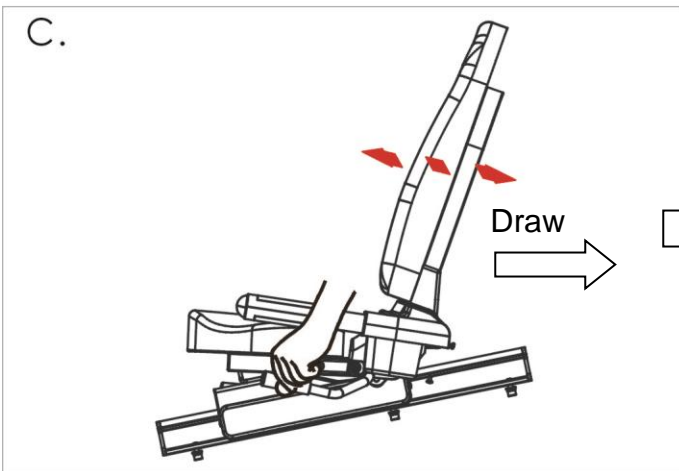


# OPERATION

- A. After assembly, the rear stabilizer can be adjusted to accommodate slightly uneven ground. Turn the adjustment knobs on the ends of the rear foot caps to level the rear stabilizer to the floor.
- B. The transportation wheels on the front foot caps allow for easy maneuvering. Simply pull back on the handle bars until the wheels touch the floor. Then roll the unit to a desired location.

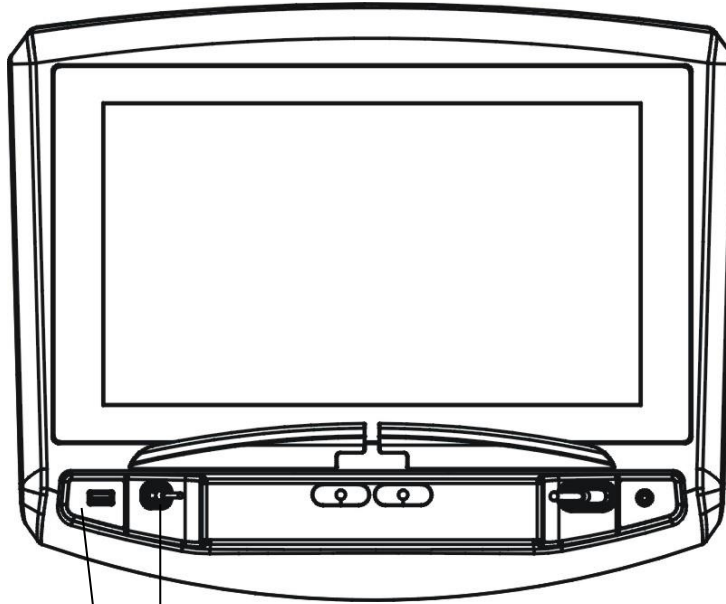


- C. The handle bar can be adjusted to personal preference. Loosen the handle bar fixing tube. Retighten the fixing tube.
- D. The transportation wheels on the front foot caps allow for easy maneuvering. Simply pull back on the handle bars until the wheels touch the floor. Then roll the unit to a desired location.



# OPERATION

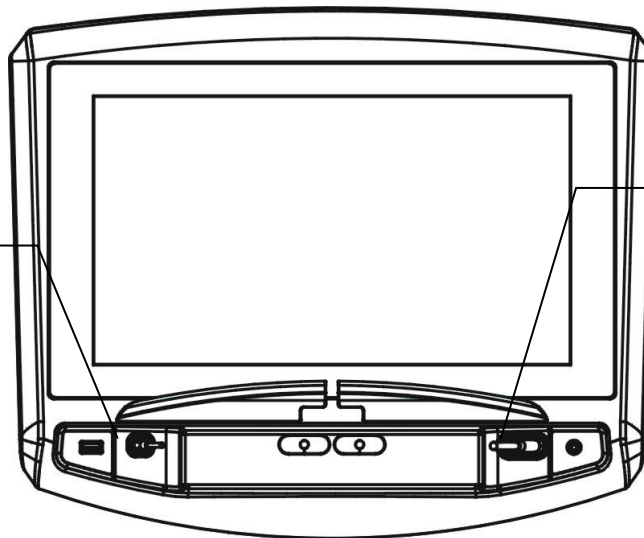
## 1. Headphone jack and USB Port



Headphone jack (3.5mm)

USB : For Workout Summary Data Saving and Software Updated

## 2. Cell Phone Music



Android compatible:  
Cell Phone support  
MTP

iOS Compatible:  
Supported i -Phone 4S,  
i -Phone 4,  
i -Phone 3GS  
i -Pod touch Generation  
1~4

# PREVENTATIVE MAINTENANCE

## HOW TO CARE FOR YOUR RECUMBENT BIKE

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 recumbent bike 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 :**

The 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.



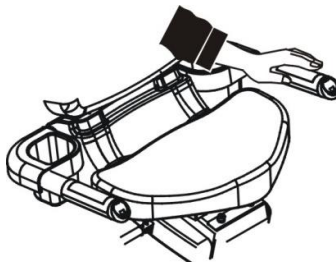
## Preventative Maintenance Schedule

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				

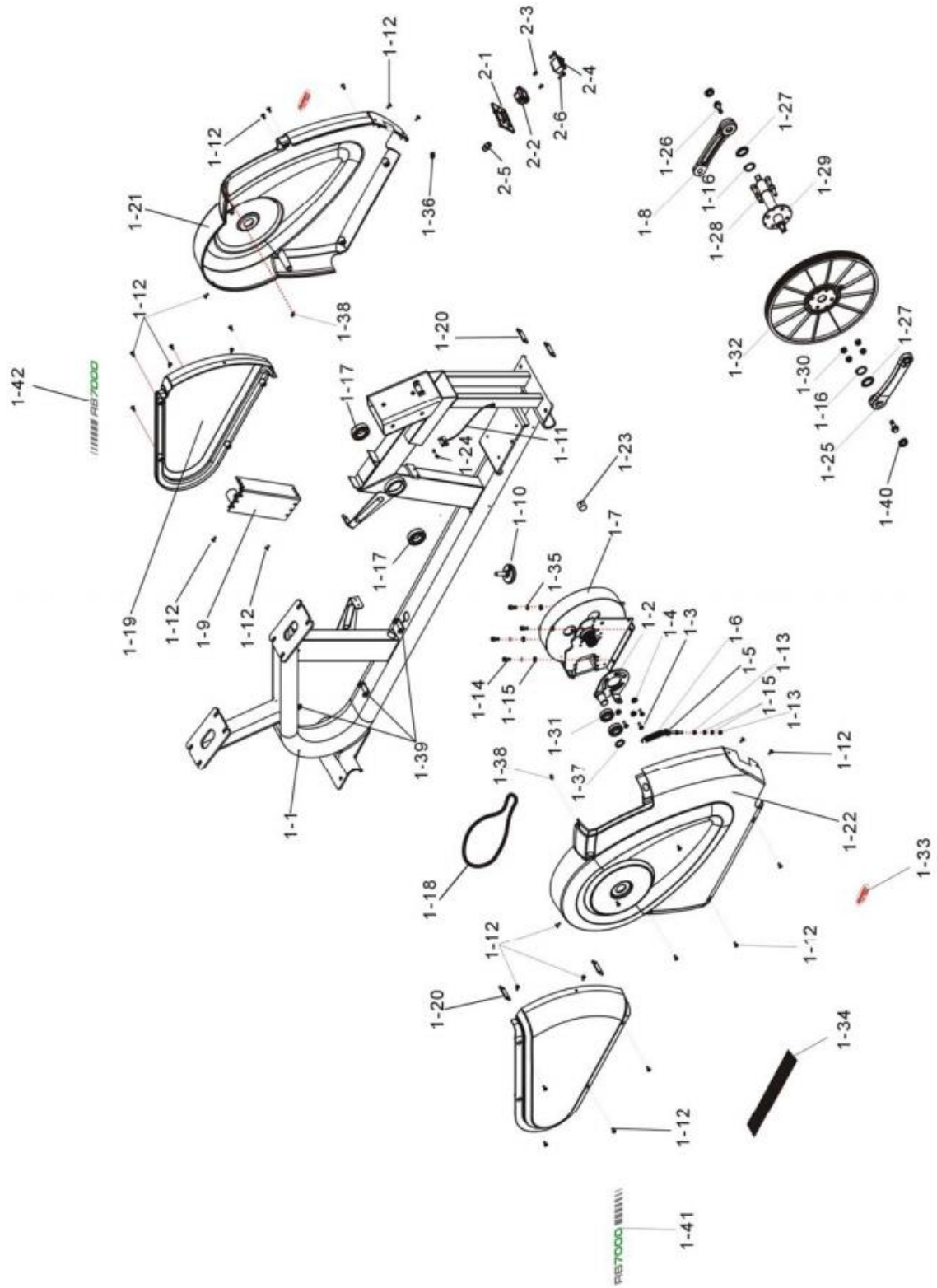
### Hand pulse

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.



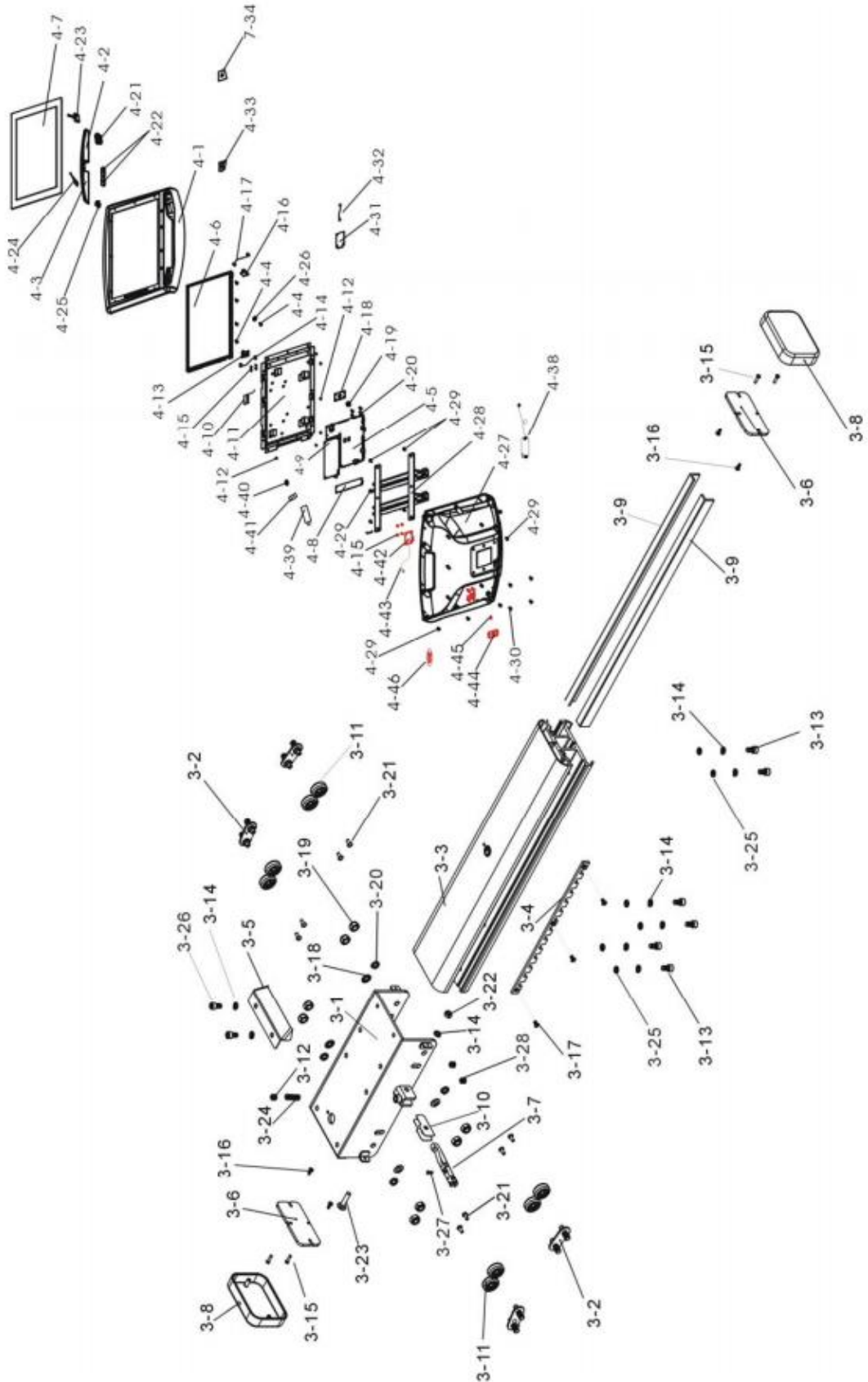


# EXPLODED DRAWING

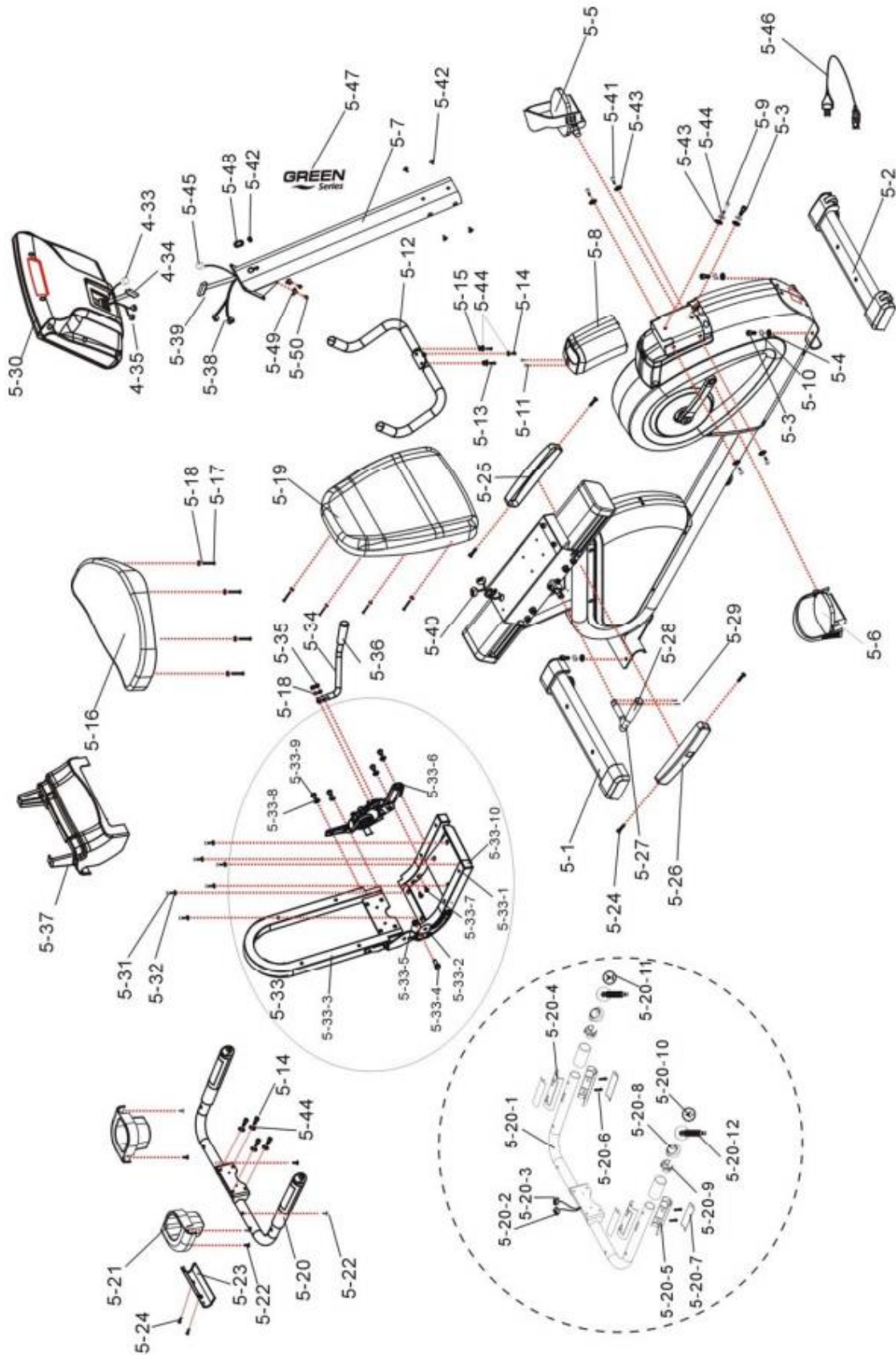




# EXPLODED DRAWING (CONSOLE SET)



# EXPLODED DRAWING (CONSOLE MAST 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 **six (6) 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:

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 filling 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.**

