

Owner's Manual

GREEN Series



CIR-UB7000E-G1

Full Commercial



Full Commercial



Light Commercial



Install Date: _____

Serial Number: _____

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SAFETY PRECAUTIONS

Location of the Upright 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 upright bike in an area with cool temperatures and low humidity.
- Do not install, use or store the upright bike 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.

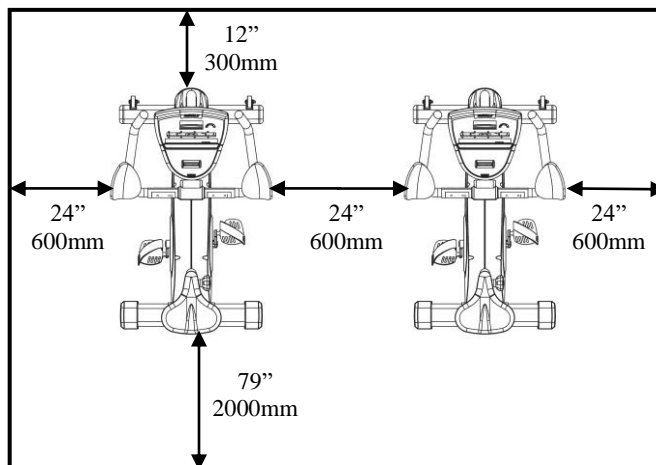
The below minimum spacing recommendations are based on a combination of the ASTM (U.S.) voluntary standards and EN (European) regulations as of October 1, 2012, for access, passage around, and emergency dismount:

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

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).

Electrical Power Requirements

The power requirements for this upright bike are a grounded circuit rated for the following:

- 115 VAC, 50/60 HZ, 15A



Shock and electrocution hazard.

- Connect unit to a grounded outlet.
- Do not use a voltage adapter or extension cord.

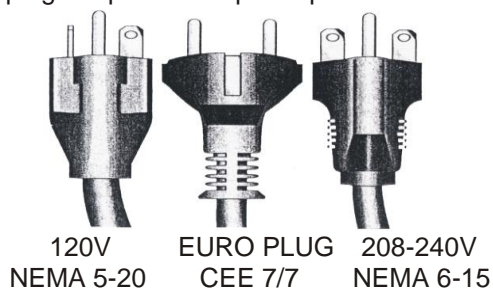
• Important Voltage Information

- Before plugging the power cord into an electrical outlet, verify that the voltage requirements for your area match the voltage of the upright bike that you have received. The power requirements for the upright bike include a grounded, dedicated circuit, rated for one of the following figure. See the serial number decal for the exact voltage requirements of your upright bike.
- **WARNING: Don't attempt to use this unit with an unapproved voltage adapter. All voltage adapters **MUST** be approved and supplied by Green Series Fitness prior to use.**
- Don't attempt to use this unit with an extension cord which does not meet Green Series Fitness criteria of the following: 12 gauge SO3, maximum of 25 foot length with a 20 amp rating.

Grounding Instructions

This equipment must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

This equipment is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Please make sure that the equipment is connected to an outlet having the same configuration as the plug. Do not use a ground plug adapter to adapt the power cord to a non-grounded outlet.



The power requirements for the equipment includes a grounded, dedicated circuit, rated for one of the following:

- 120 VAC 5%, 60HZ and 15 amps;
- 208/240 VAC, 60HZ, 15 amps
- 240 VAC 5%, 50HZ and 15amps.

SAFETY PRECAUTIONS

Waste Disposal

Products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).



- The running belt must be set up on firm even ground. Ensure that the power cable is not pinched and that one can trip over it.
- Never touch the moving belt with your hands. Also ensure that there are no objects close to the belt or the rollers which could be pulled into it thus causing injury or damaging the unit itself.
- Repairs on the electrical components in the unit should be carried out by qualified persons only.
- The upright bike has an emergency stop mechanism for your safety. Before starting your workout, fasten the cord of the safety key to your clothing. If the upright bike has been shut down by removing the safety key, restart it by reinserting the key. An automatic restart of the upright bike belt does not occur. Further instructions concerning the handling of the safety cut-out can be found in the operating instructions for the training computer.

Thank you for your purchasing our products. 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.

IMPORTANT SAFETY INSTRUCTIONS

When using equipment, basic precautions should always be followed, including the following:
Read all instructions before using the Upright bike.

DANGER - To reduce the risk of electric shock: Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. The equipment should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
2. Close supervision is necessary when the equipment is used by, on, or near children, invalids, or disabled persons.
3. Use the equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacture.
4. Never operate the equipment if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the equipment to a service center for examination and repair.
5. Do not carry the equipment by supply cord or use cord as a handle.
6. Keep the cord away from heated surfaces.
7. Never operate the equipment with the air openings blocked. Keep the air openings free of lint, hair, and the like.
8. Never drop or insert any object into any opening.
9. Do not use outdoors.
10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
11. To disconnect, turn all controls to the **OFF** position, then remove plug from outlet.
12. Connect the equipment to a properly grounded outlet only. See Grounding Instructions.
13. The equipment is intended for commercial use.
14. Store the safety key in a secured location while not in use and keep away from children.
15. Maximum user weight: 450lbs (204 kg) .

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 .

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.

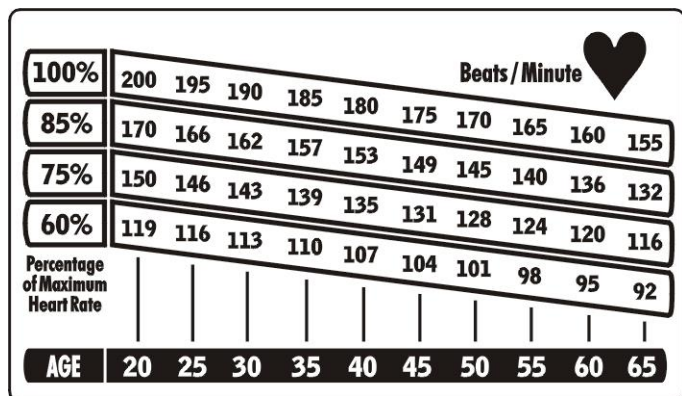
How long you exercise:

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.

BEGINNER UPRIGHT BIKE PROGRAM

	EXERTION LEVEL	DURATION
WEEK 1	Easy	6~12 minutes
WEEK 2	Easy	10~16 minutes
WEEK 3	Moderate	14~20 minutes
WEEK 4	Moderate	18~24 minutes
WEEK 5	Moderate	22~28 minutes
WEEK 6	Slightly higher or slightly lower	20 minutes
WEEK 7	Add interval training	3 minutes at moderate exertion with 3 minutes at higher exertion for 24 minutes

TARGET HEART RATE ZONE



You do not want to workout at your maximum heart rate. The recommended Heart Rate Zone is a percentage of your maximum heart rate. Between 65% and 80% of your maximum heart rate.

* Lower limit of Target Heart Rate Zone
=maximum heart rate X 0.6

* Upper limit of Target Heart Rate Zone
=Maximum heart rate X 0.8

(This is recommended by American Heart Association. Before starting exercise program, please consult your physician to understand your physical situation)

100% Increased Performance Range

85% Aerobic Training Range

75% Weight Loss Training Range

60% Heart Rate BPM

***This appliance is not intended for use by persons (including children) with reduced physical sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.**

220-your age = maximum heart zone

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:

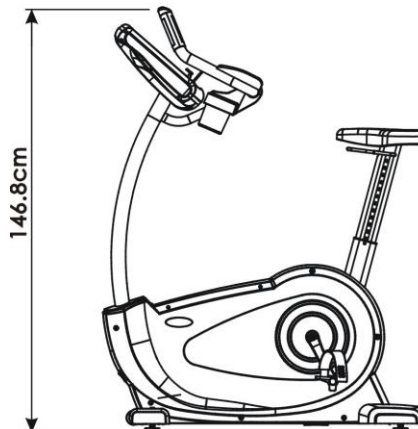
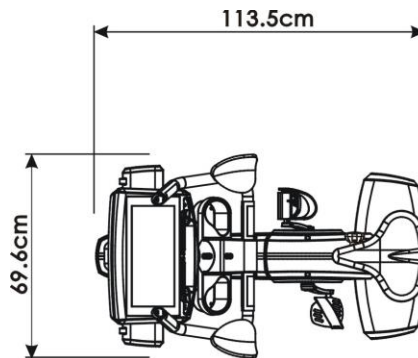
Length: 113 cm

Width: 69cm

Weight of product: 66 kgs (145 lbs)

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

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



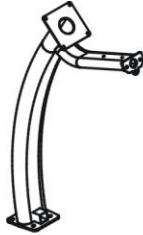
UNPACKING & ASSEMBLY

Parts



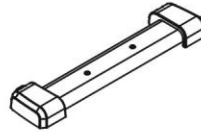
Main frame / 1pc

#3-6



Console upright Tube / 1pc

#5-1



Front base tube 1pc

#5-2



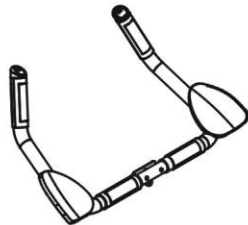
Rear base tube 1pc

#5-25



Console set 1pc

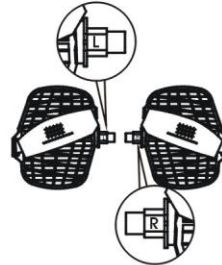
#5-15



Handlebar 1pc

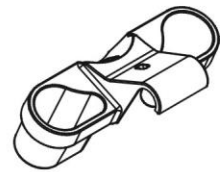
#5-9

#5-8



Pedal with strap 1set

#5-21



Upper water bottle holder cover 1pc

#5-22



Lower water bottle holder cover 1pc

#5-6



Rear base tube cover 1pc

#5-11


















#5-10

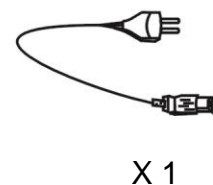
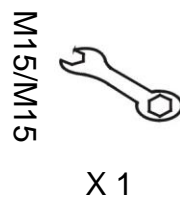
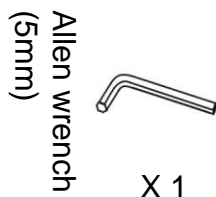
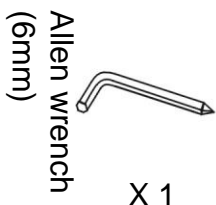


Upright tube cover, right / left 1 set

UNPACKING & ASSEMBLY

Hardware kit

Step 2	<p>#5-7 M4x12mm  X 2 (rear stabilizer)</p>						
Step 7	<table border="0"> <tr> <td data-bbox="326 611 730 966"> <p>#5-12 M8x20mm  X 1 (handlebar)</p> </td> <td data-bbox="730 611 974 966"> <p>#5-19 M8x65mm  X 2 (handlebar)</p> </td> <td data-bbox="974 611 1380 966"> <p>#5-13 M8 Lock Washer  X 1 (handlebar)</p> </td> </tr> <tr> <td data-bbox="326 966 730 1293"> <p>#5-14 M8 Flat Washer  X 3 (handlebar)</p> </td> <td data-bbox="730 966 1380 1293"> <p>#5-20 M8 curve  X 2 (handlebar)</p> </td> <td></td> </tr> </table>	<p>#5-12 M8x20mm  X 1 (handlebar)</p>	<p>#5-19 M8x65mm  X 2 (handlebar)</p>	<p>#5-13 M8 Lock Washer  X 1 (handlebar)</p>	<p>#5-14 M8 Flat Washer  X 3 (handlebar)</p>	<p>#5-20 M8 curve  X 2 (handlebar)</p>	
<p>#5-12 M8x20mm  X 1 (handlebar)</p>	<p>#5-19 M8x65mm  X 2 (handlebar)</p>	<p>#5-13 M8 Lock Washer  X 1 (handlebar)</p>					
<p>#5-14 M8 Flat Washer  X 3 (handlebar)</p>	<p>#5-20 M8 curve  X 2 (handlebar)</p>						
Step 8	<p>#5-24 M4x20mm  X 2 (lower water bottle holder cover)</p>						

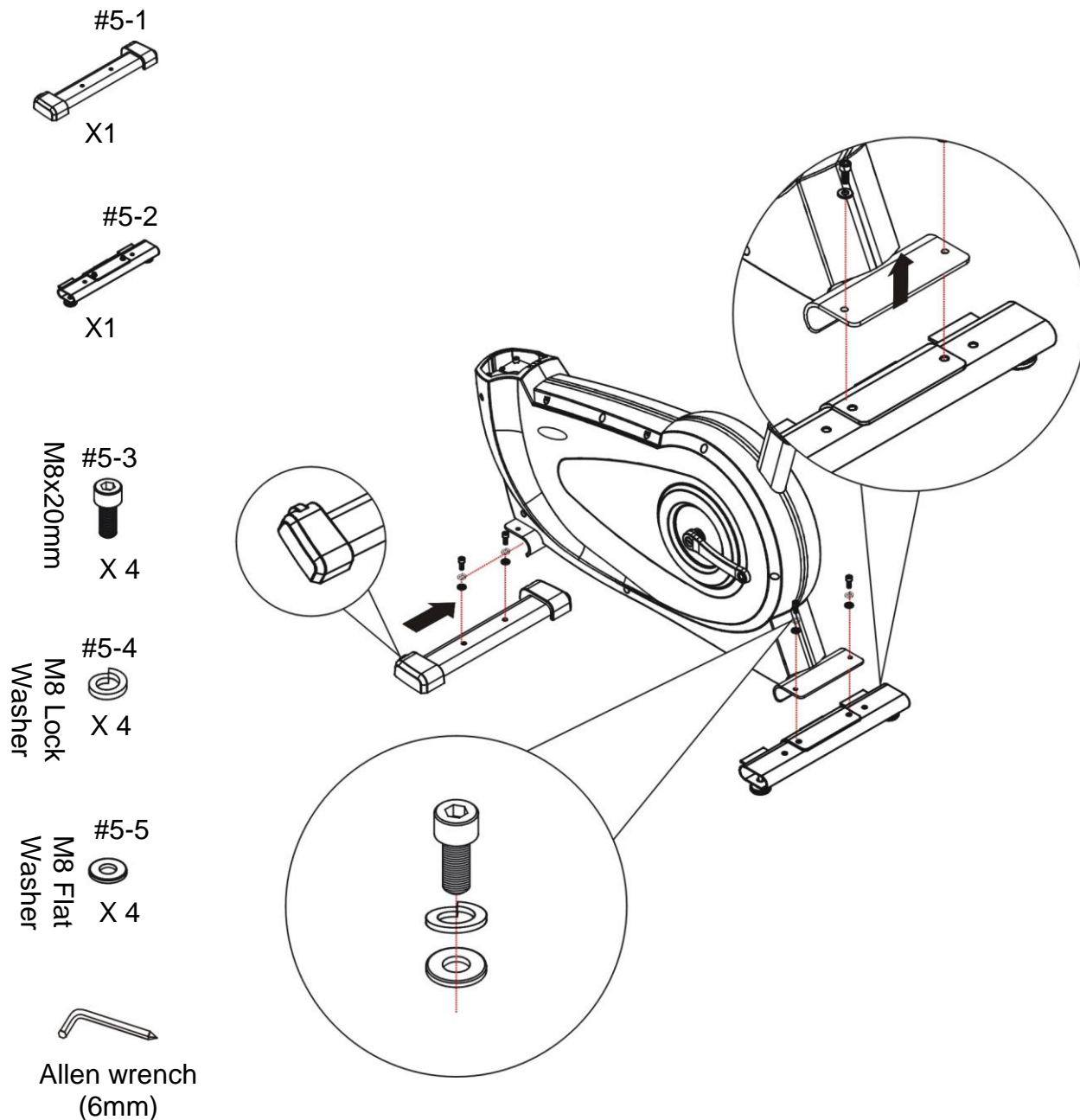


UNPACKING & ASSEMBLY

Unpack your bike where you plan to use it. Being careful not to damage the plastic pieces and other components. Place your bike on a level flat surface. It is recommended that you place a protective covering on your floor.

Step 1: Assemble Front/Rear Base Tube with Main Frame

- 1). Remove the pre-lock screws on the front and back base tube.
- 2). Using a Allen wrench (6mm), install the (2) M8x20mm screws, lock washers, and flat washers securing the front base tube to the main frame.
- 3). Using a Allen wrench (6mm), install the (2) M8x20mm screws, lock washers, and flat washers securing the back base tube to main frame.



UNPACKING & ASSEMBLY

Step 2: Assembling Rear Stabilizer Cover to the Main Frame

- 1). Using a Allen wrench (6mm) install the (2) M4x12mm screws to secure the housing of back base tube to main frame.

#5-6



X1

#5-7

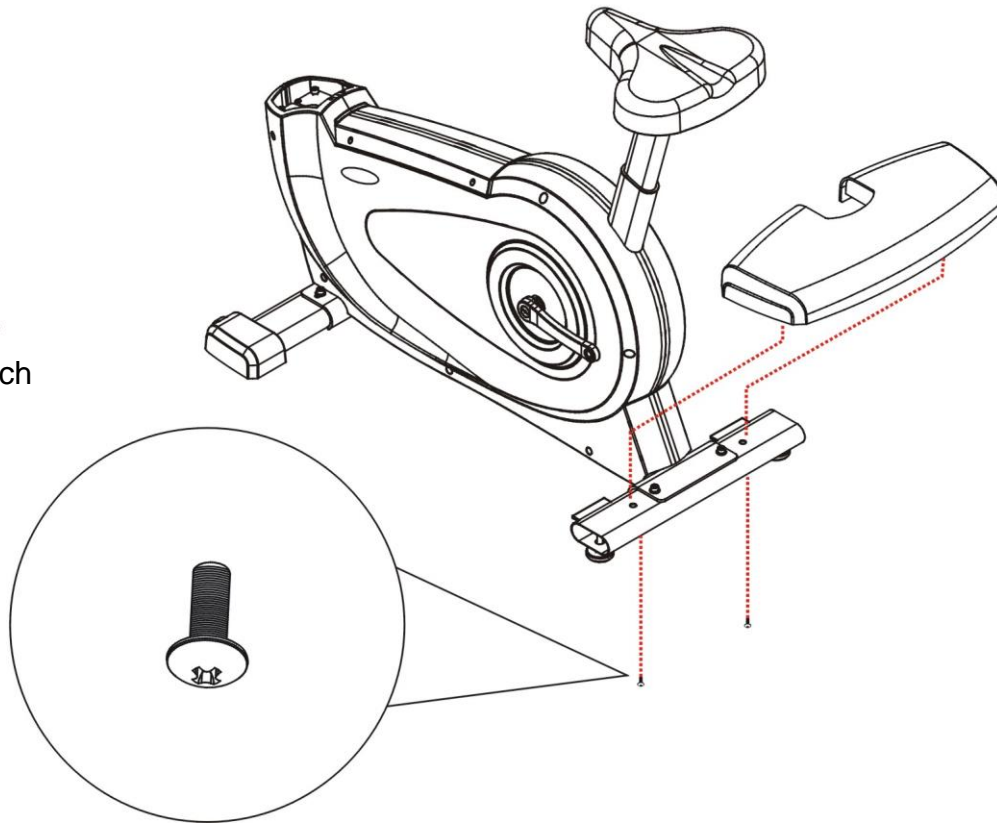
M4x12mm



X 2



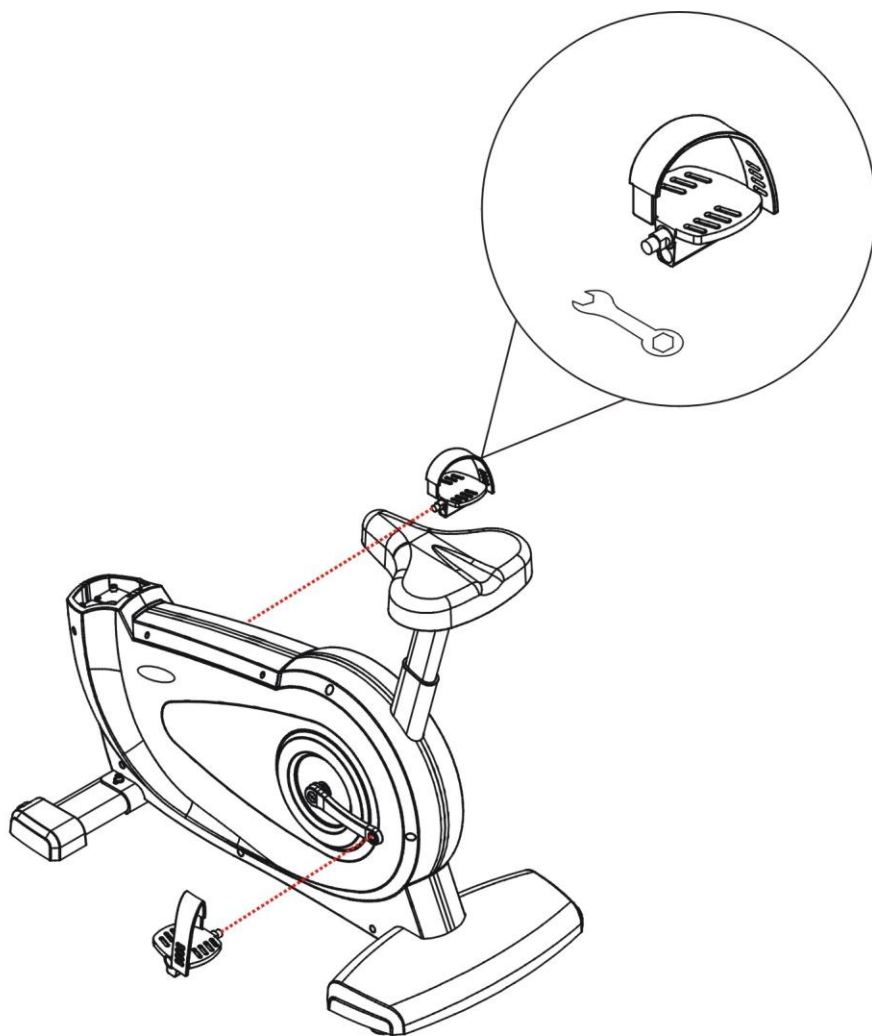
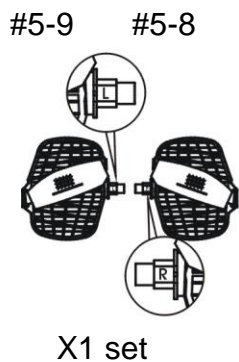
Allen wrench
(6mm)



UNPACKING & ASSEMBLY

Step 3: Assemble Pedal Set to the Crank

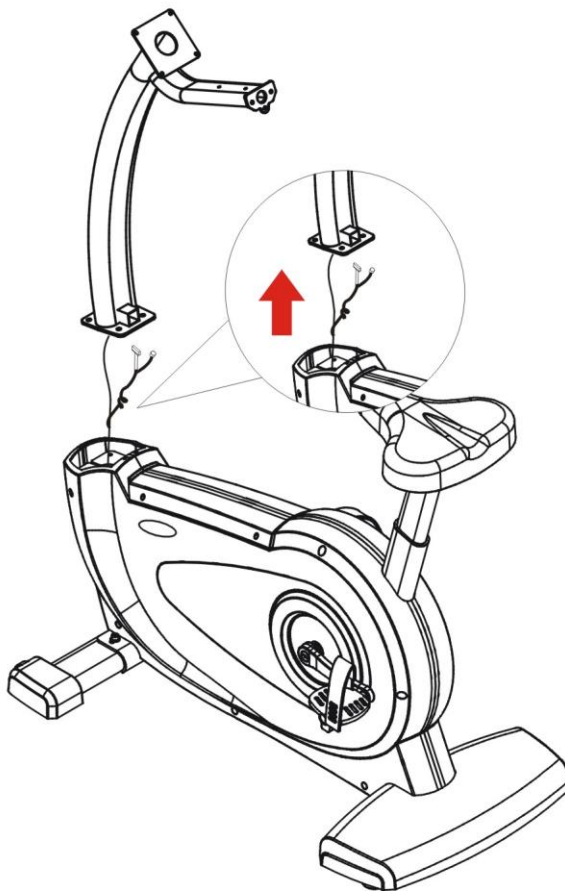
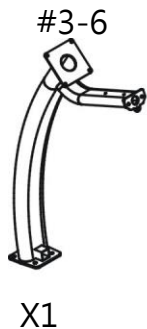
- 1). Use wrench to clockwise fix right pedal set to crank set.
- 2). Use wrench to counterclockwise fix left pedal set to crank set.



UNPACKING & ASSEMBLY

Step 4: Console Wire Routing

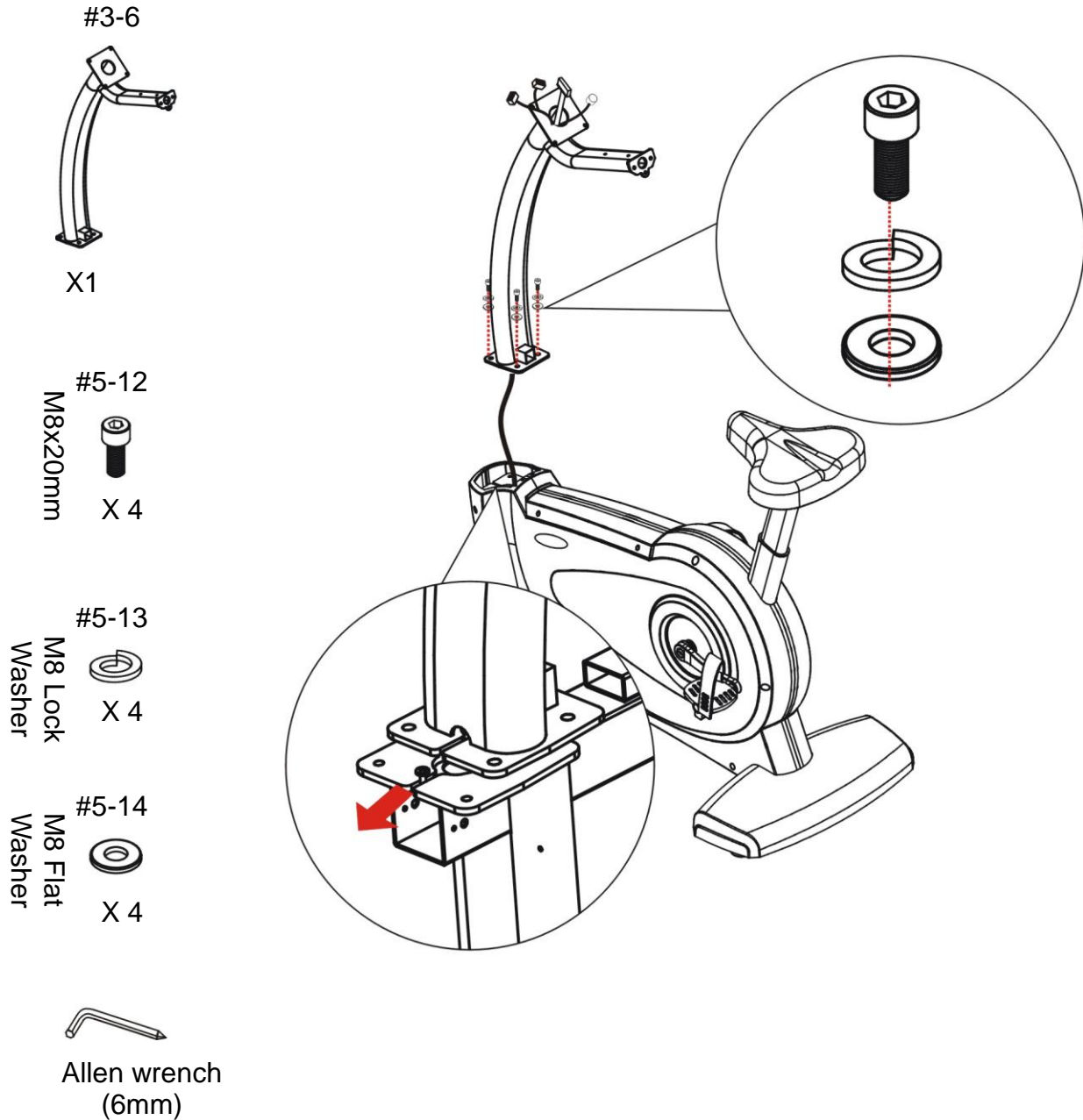
- 1). Remove the pre-lock screws on the main frame.
- 2). Use the guide wire to route the console wire and cable connector through the console upright tube. **Do not** remove the guide wire from the top of the console upright tube. Leave the guide wire secured to the top of the tube until **Step 9**.



UNPACKING & ASSEMBLY

Step 5: Assemble Console Upright Tube to the Main Frame

- 1). Slide the console upright tube onto the main frame. Lock the console upright tube via round head phillips screw.
- 2). Use an Allen wrench (6mm) to secure the (4) M8x20mm screws, (4) M8 lock washers and (4) flat washers to the console upright tube to main frame.



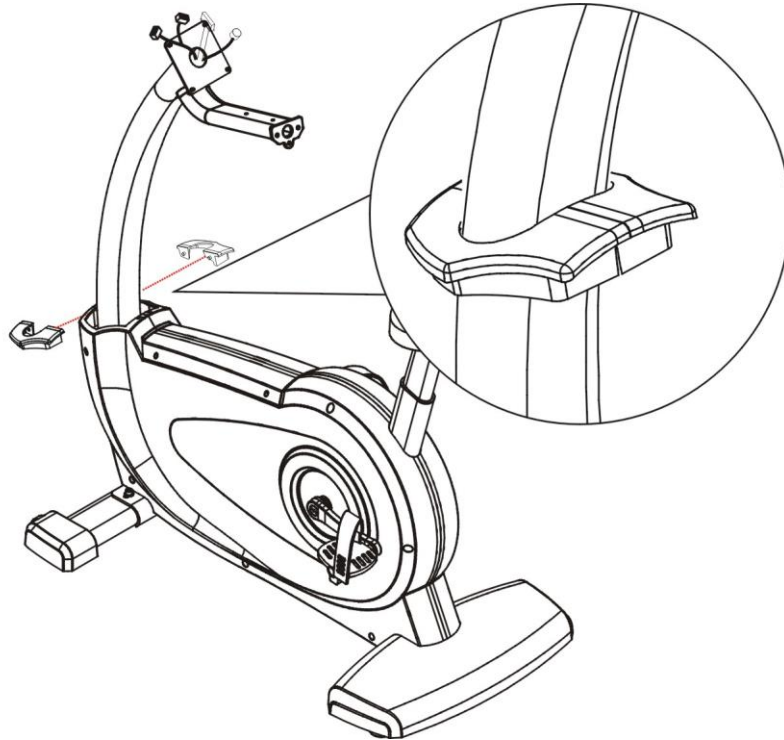
UNPACKING & ASSEMBLY

Step 6: Assemble the Upright Tube Covers, right and left, to the Console Upright Tube.

#5-11 #5-10



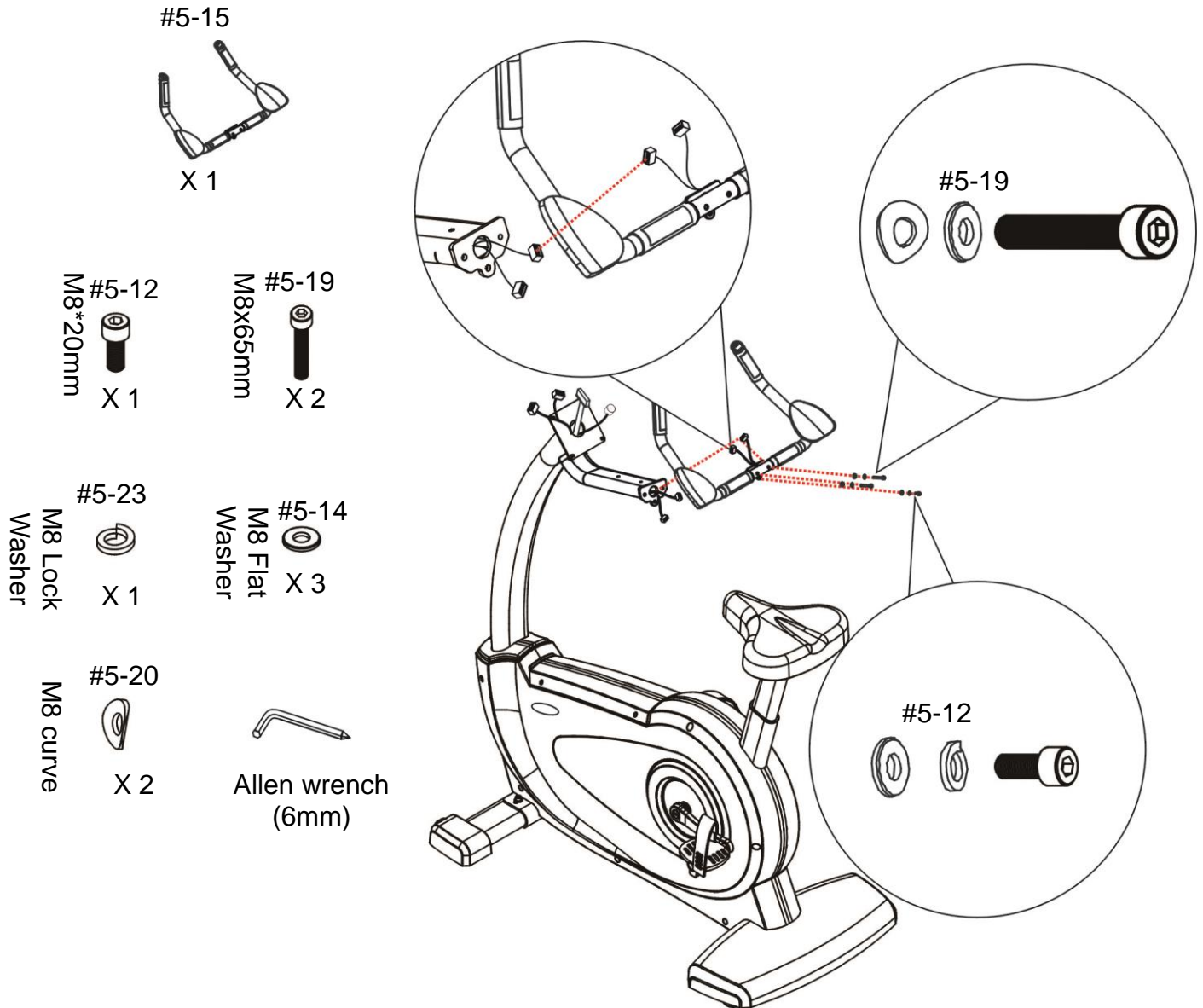
X1 set



UNPACKING & ASSEMBLY

Step 7: Assemble Handlebar Set to the Console Upright Tube

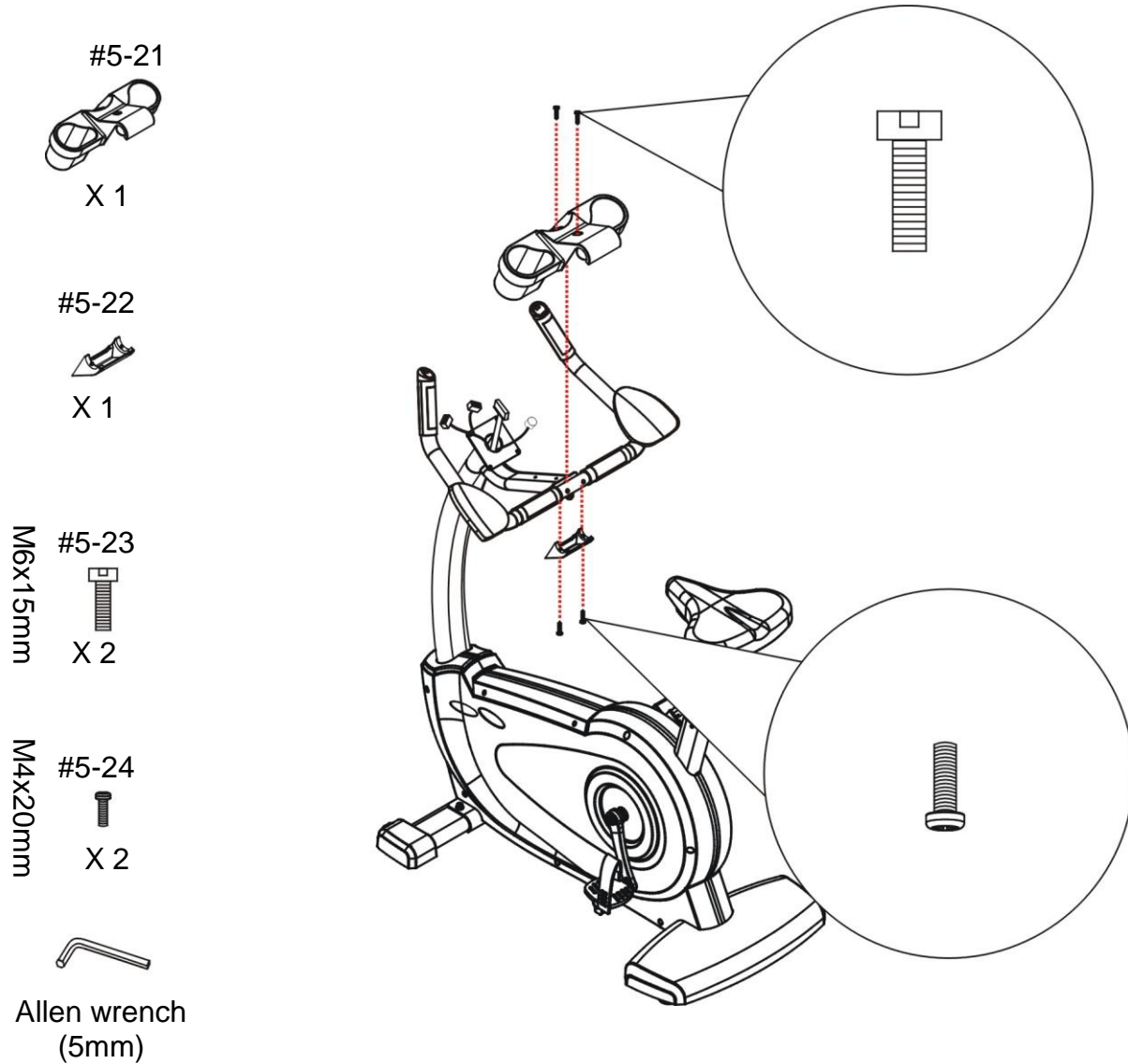
- 1). Connect the hand pulse wire.
- 2). Using an Allen wrench (6mm), secure (1) M8x20mm screw, (2) M8x65mm screws, (2) M8 Wave Washer, (3) M8 Washer, (1) M8 S Washer to attach the handlebar to console upright tube.



UNPACKING & ASSEMBLY

Step 8: Assembling Bottle Holder Cover to the Handlebar

- 1). Remove the pre-lock screws on the bottle holder.
- 2). Using an Allen wrench (5mm), secure the (2) M6x15mm screws to the Upper bottle holder cover to handlebar.
- 3). Using an Allen wrench (5mm), secure the (2) M4x20mm screws to the Lower bottle holder cover to handle bar.



UNPACKING & ASSEMBLY

Step 9: Assemble Console to the Handlebar Post

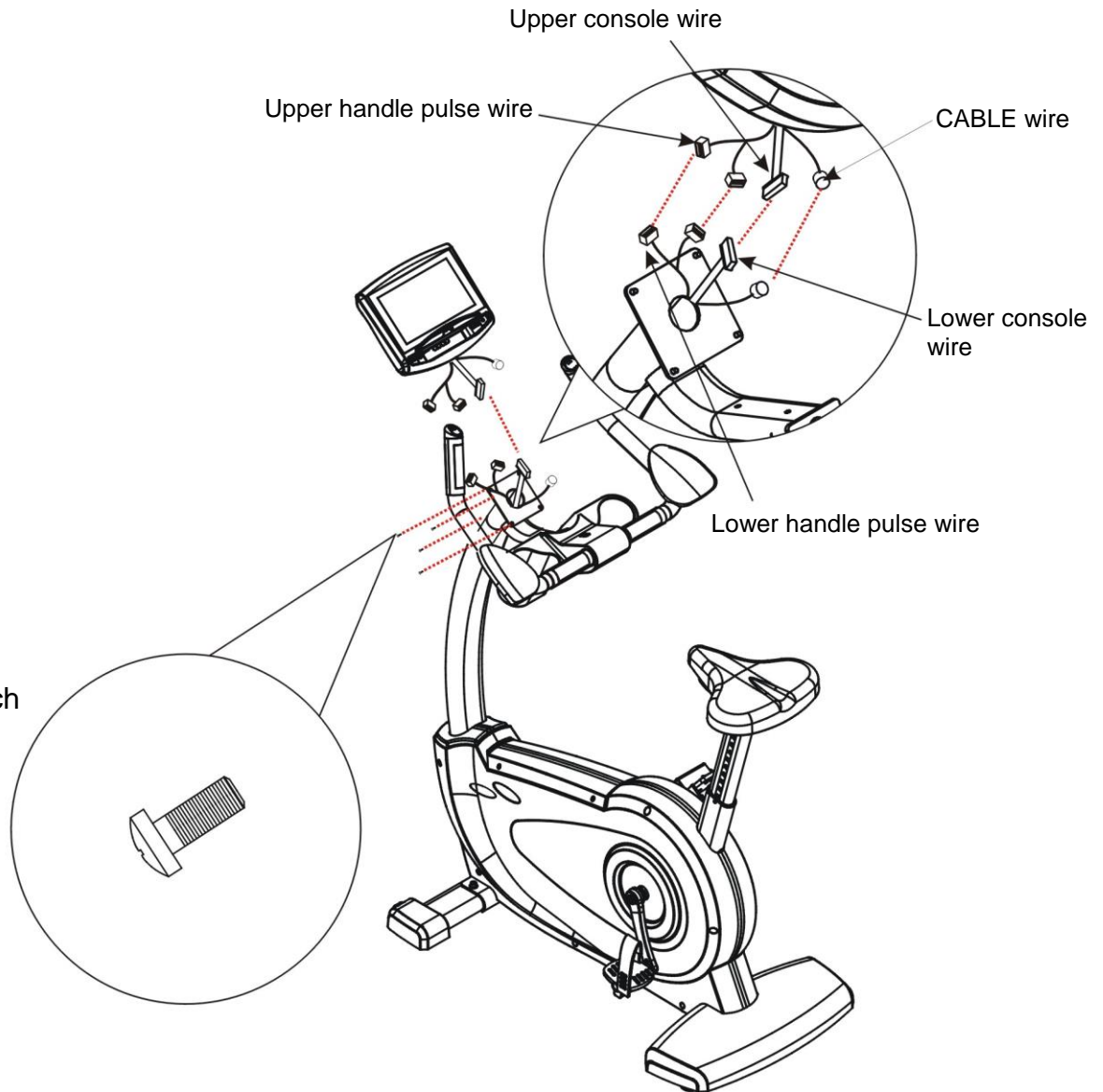
- 1). Remove the pre-lock screws from the back of the console.
- 2). Remove the guide wire from connecting upper and lower wires (console wires, hand pulse wires, cable connector).
- 3). Using an Allen wrench (6mm), secure the (4) M5x12mm screws to the console to console upright tube.



X 1



X 4



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.



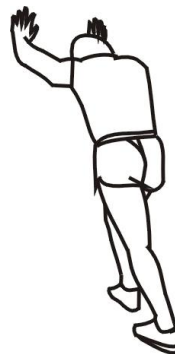
QUADRICEPS STRETCH

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

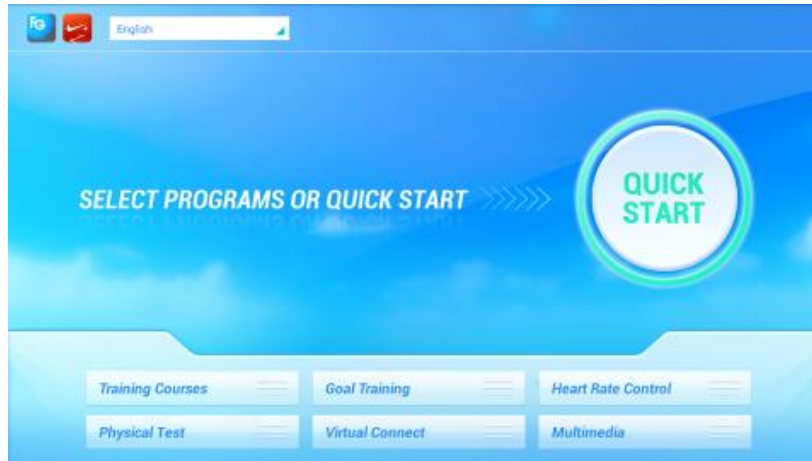
1. Connect WiFi before using multimedia Internet and Bulletin Board .
2. Press the Green Series logo for 5 seconds to enter engineering mode. Select Ethernet and choose **Enable WiFi: ON**. Press **SCAN** to scan available network, enter **Password** then press **APPLY** to connect. The Status column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




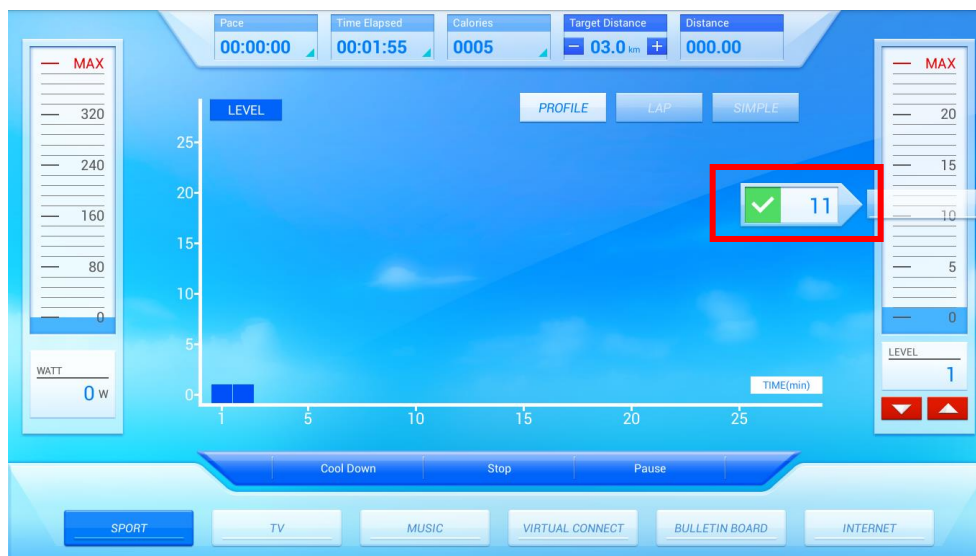
Please note, if you need to save your workout information, you will need a USB memory device at the conclusion of your workout.

- 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 supports FitGoal application. You may download FitGoal free from Apple Store or Google Play.
- 1.3. The Entertainment Plus supports Nike+: compatible iPod or i-Phone 30 Pin connector (see www.apple.com/nikeplus for more information).
Before syncing your Apple device to your computer, you must first create a free Nike+ account at www.nikerunning.com and download the latest iTunes software(www.apple.com/itunes).

2. Contents :

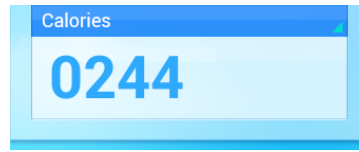
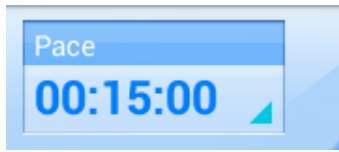
2.1. Explanation about function :

- 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.

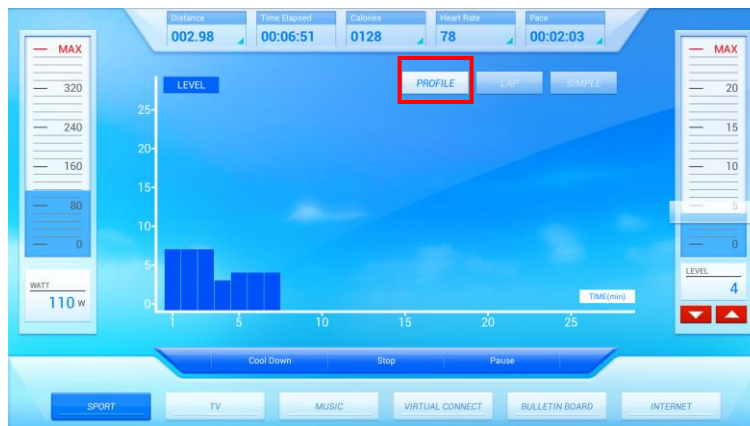


Display	Function
Distance	Indicate accumulative traveled distance.
Time Elapsed	Indicate time you workout.
Time Remaining	Indicate workout time left from setting.
Calories	Indicate estimated calories burned.
Calories/ Hour	Estimated calories burned per hour
Heart Rate	Measure current heart rate.
Max 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.

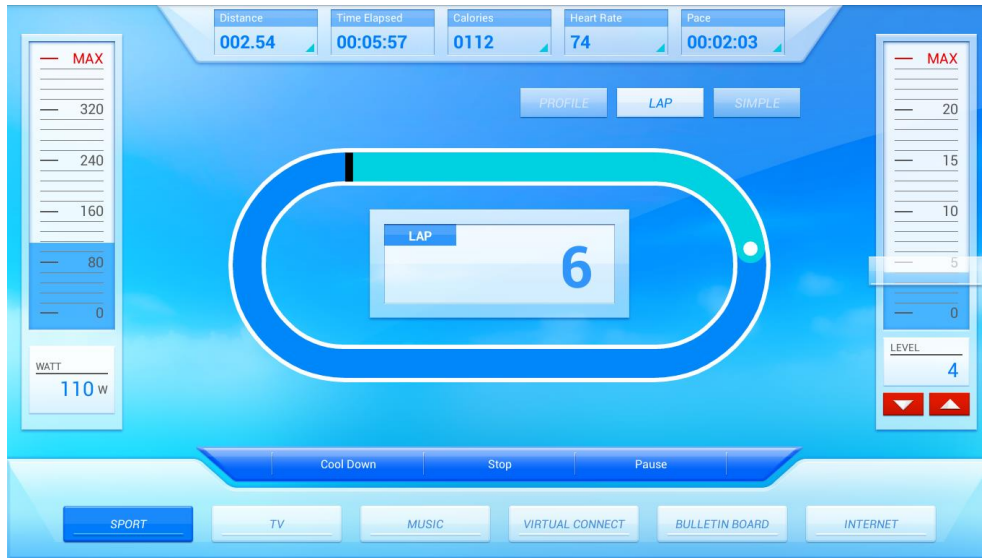
2.1.1. SPORT Mode :

2.1.1.1. PROFILE : shows workout information and graphic

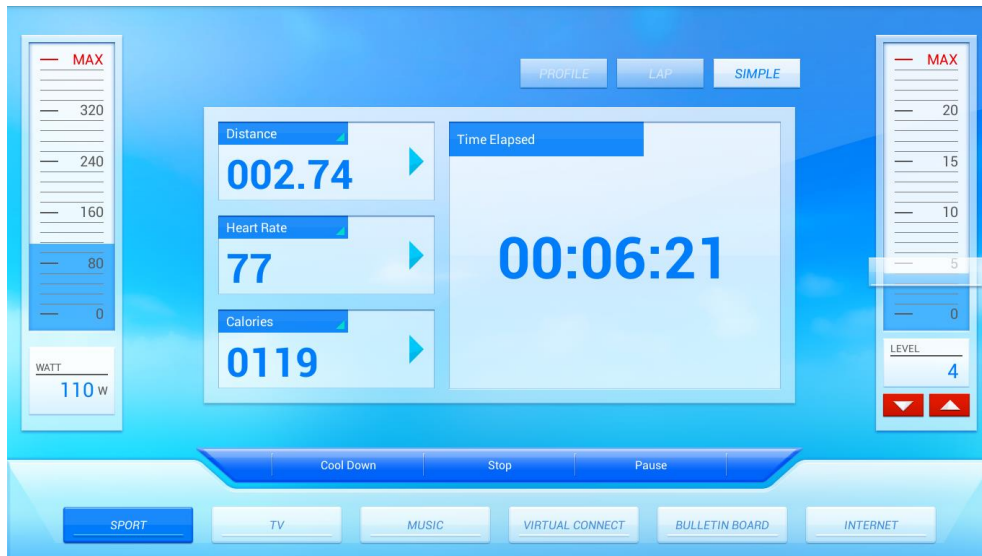


PROGRAMS

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:

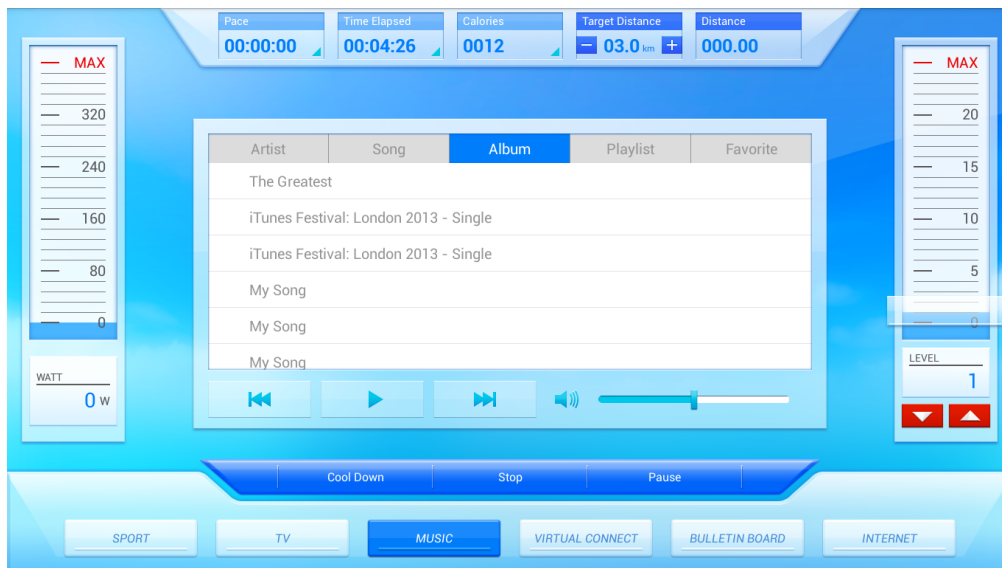
- 2.1.2.1 CHANNEL: Allows for easy TV channel selection by NUMBER KEYPAD or CHANNEL UP/DOWN.
- 2.1.2.2 VOLUME UP/DOWN: Adjust the volume output through the headphone jock of integrated console TV or iPod output.
- 2.1.2.3 FAVORITE CHANNEL: Add or delete favorite channel into list by press STAR.
- 2.1.2.4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

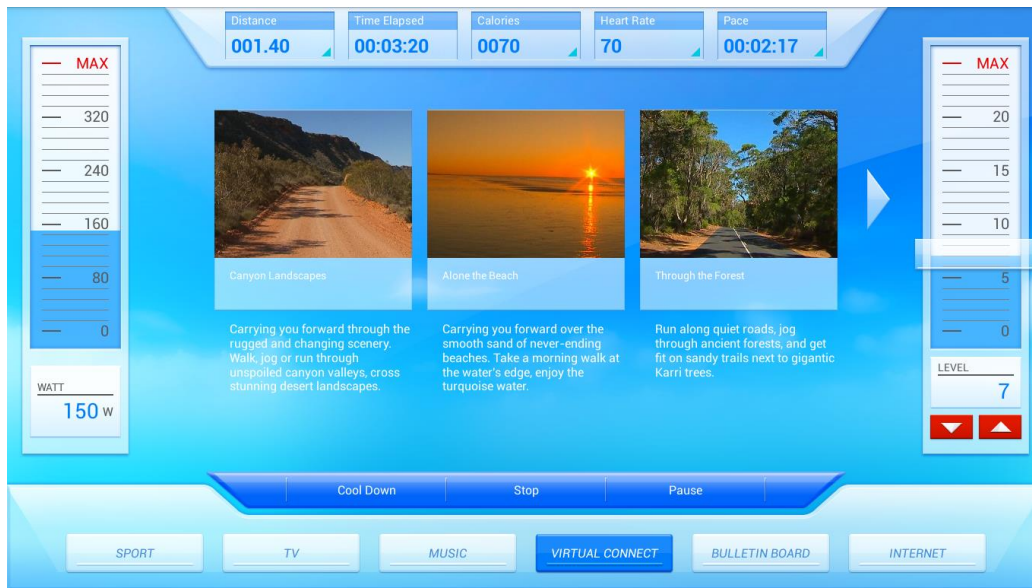
Note 1. Support Apple device 30 Pin connector. Available to use transformer for 8Pin-Lightning, but some function may not able to operate.

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 upright bike 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 KEYPAD and press **ENTER**.

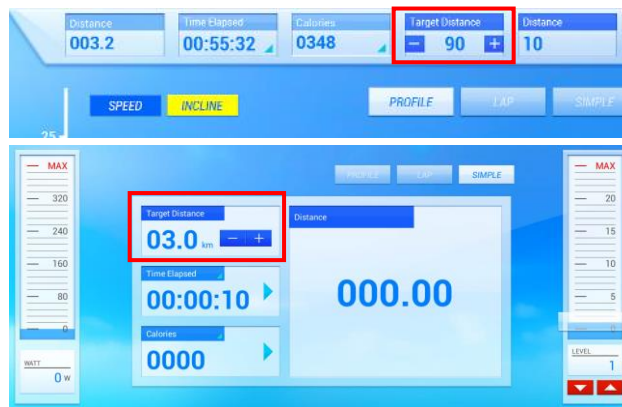
2.4.2. Choose desired goal: Time/ Distance/ Calories

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

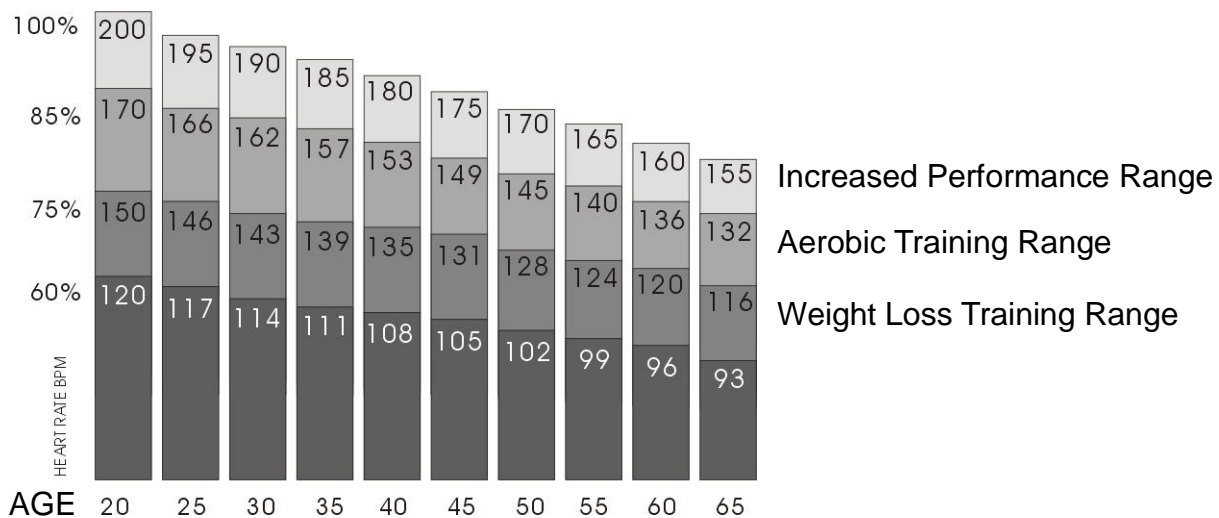
2.9. MULTIMEDIA OPERATION

- 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 upright bike, 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.

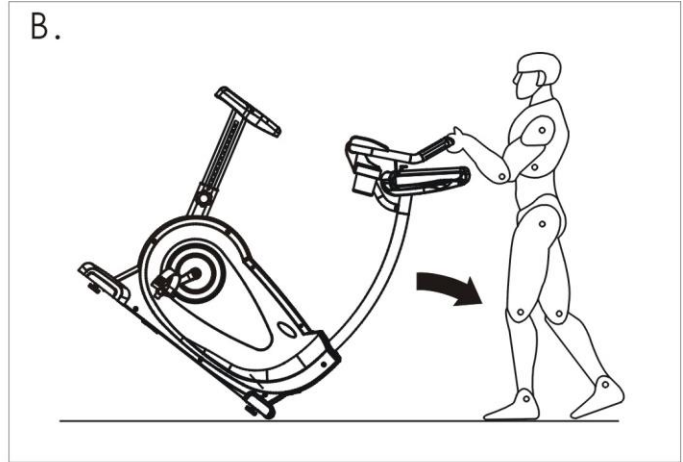
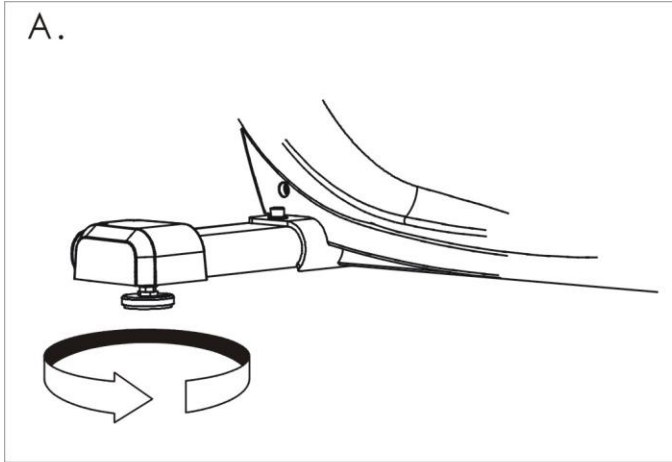
•Body position

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

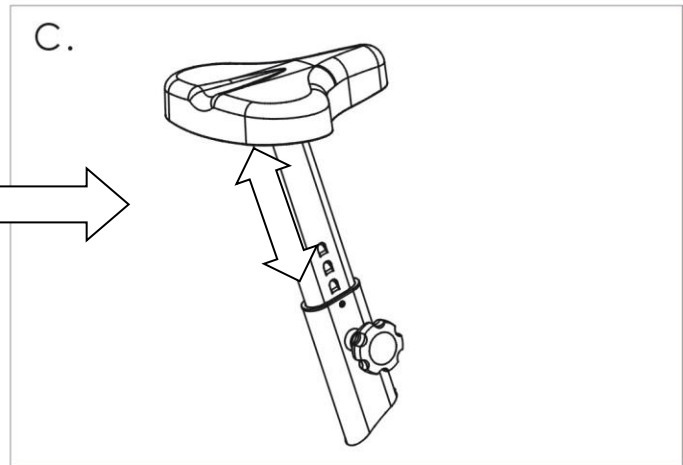
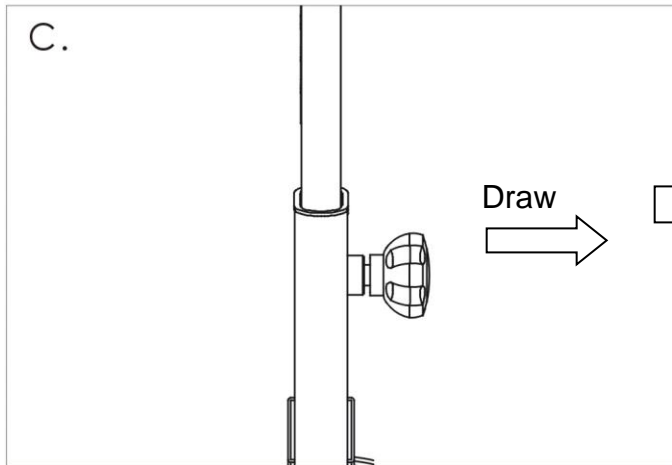


OPERATION

- 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.

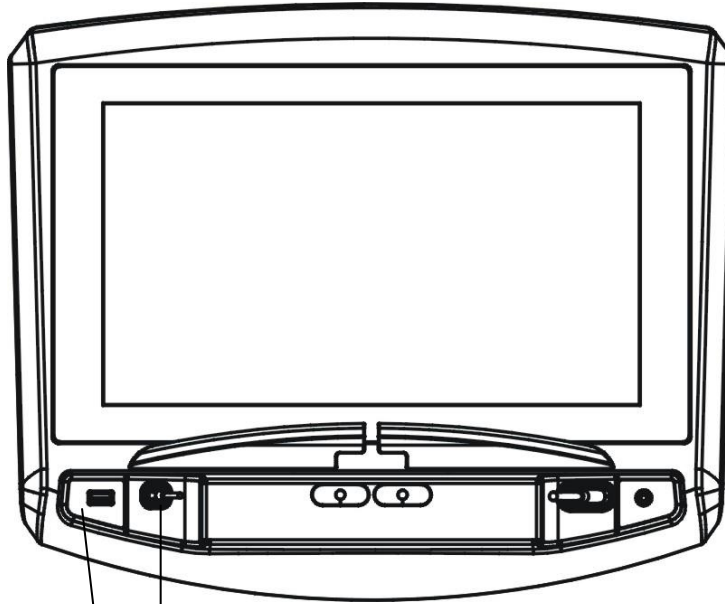


- C. The handle bar can be adjusted to personal preference. Loosen the handle bar fixing tube. Retighten the fixing tube.



OPERATION

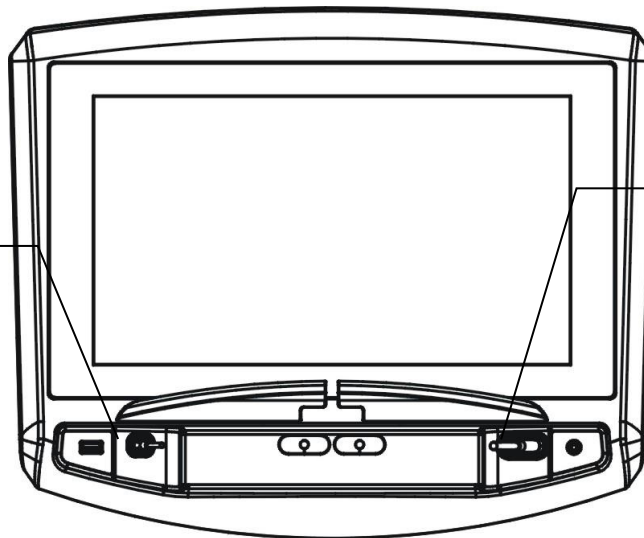
1. Headphone jack and USB Port



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 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 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 exercise bike 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.



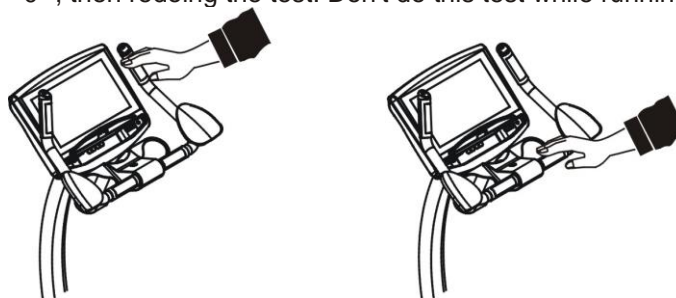
Preventative Maintenance Schedule

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

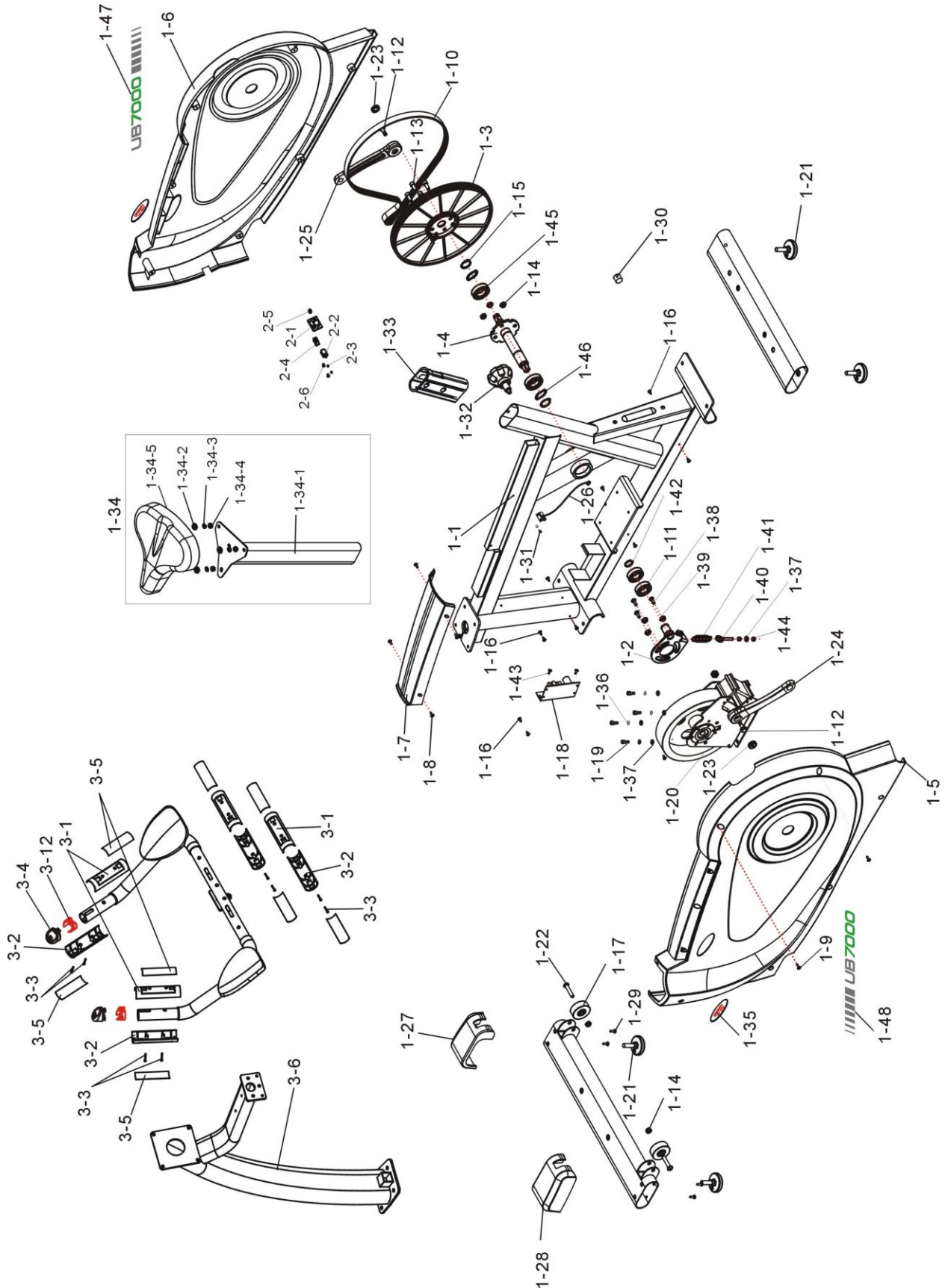
ITEM	WEEKLY	MONTHLY	BI-ANNUALLY	ANNUALLY
Display Console	C	I		
Console Mounting Bolts			I	
Accessory Tray	C	I		
Frame	C			I
Plastic Covers	C	I		
Pedals and Straps	C	I		
KEY : C=Clean; I=Inspect				

Hand pulse

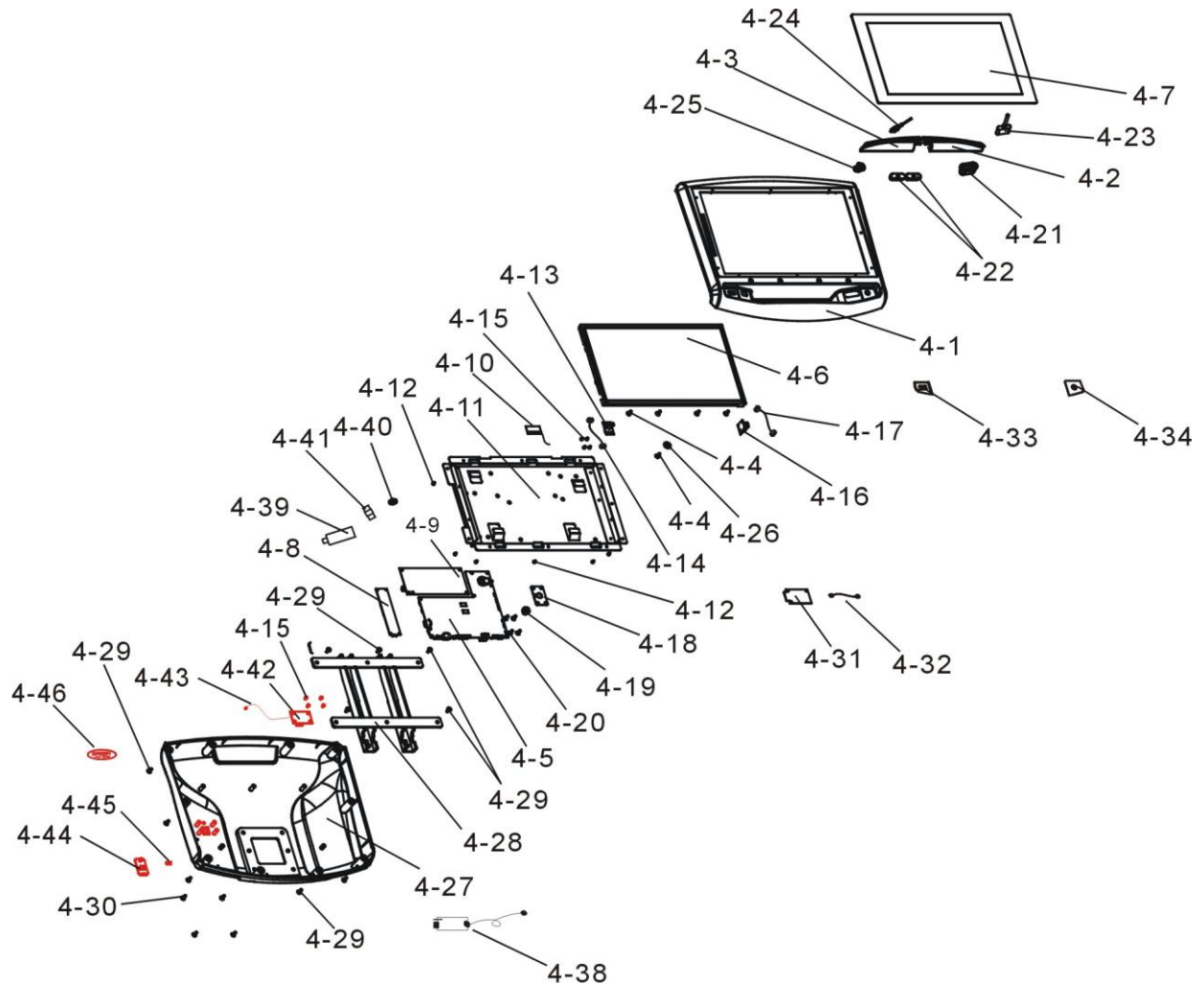
Before/after running, to put your feet separately on each side rein, then hold the hand grip, so as to avoid any shaking. If the heart beat is too high or irregular, please have your hands out of the hand grip until the pulse display returns to " 0 ", then redoing the test. Don't do this test while running.



EXPLODED DRAWING



EXPLODED DRAWING





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:

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.**

