

Owner's Manual

GREEN Series™



CIR-EL6000-G1

This product is intended for use in light commercial applications. Use in any other applications without written consent from Green Series will void manufacturer's warranty.
(Please refer to the warranty details outlined in this manual for details)



Install Date: _____

Serial Number: _____

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SAFETY PRECAUTIONS

Location of the Elliptical

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

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

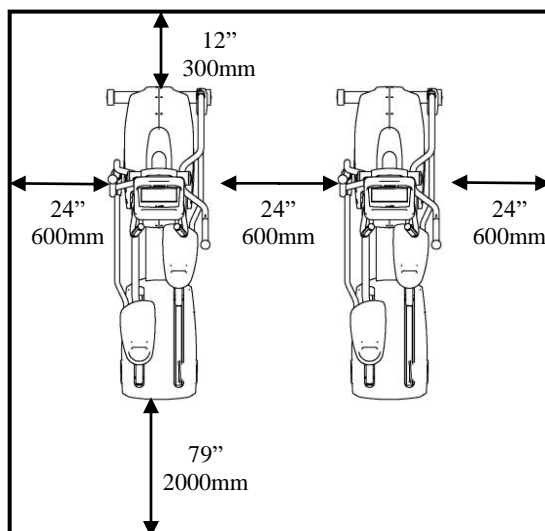
The below minimum spacing recommendations are based on a combination of the ASTM (U.S.) voluntary standards and EN (European) regulations as of October 1, 2012, for access, passage around, and emergency dismount:

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

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

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

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



SAFETY PRECAUTIONS

Dear Customer,

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

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

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

SAFETY PRECAUTIONS

CONSULT A PHYSICIAN IMMEDIATELY

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

How often you exercise:

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

How hard you exercise:

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

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

How long you exercise:

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

TECHNICAL SPECIFICATIONS

The Serial Number of the products

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



SPECIFICATIONS:

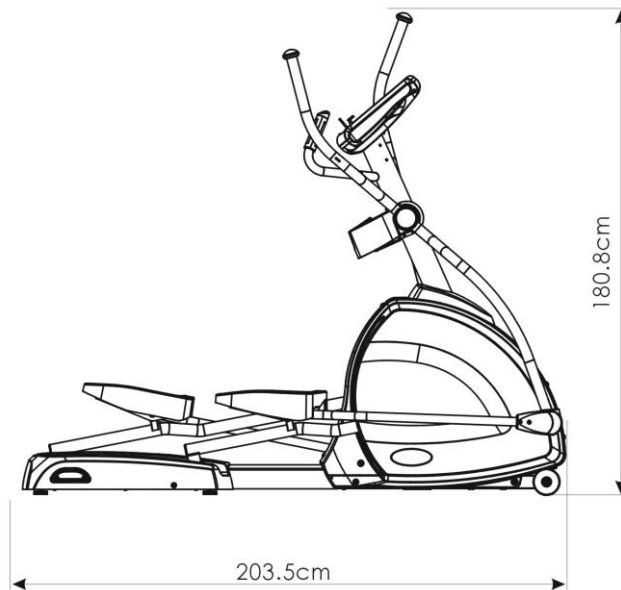
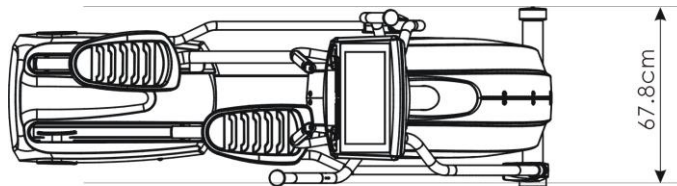
Length: 203 cm

Width: 68cm

Weight of product : 107kg

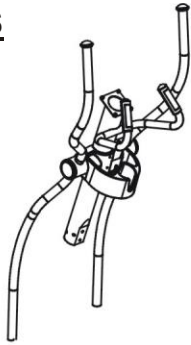
Program: 6 Preset Program, 3 Goal, 4 HRC, Physical Test, Virtual GO

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

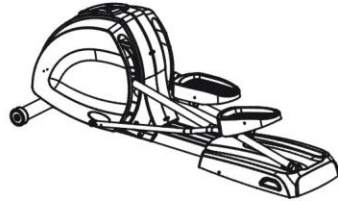


UNPACKING & ASSEMBLY

PARTS



Handle bar set



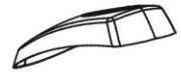
Housing

#5-3



Console set

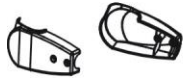
#5-5



Console frame cover

#5-12

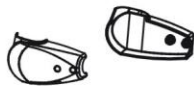
#5-13



Left cover, right arm
Right cover, right arm

#5-15

#5-16



Left cover, left arm
Right cover, left arm

HARDWARE KIT

#5-6



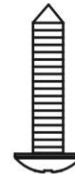
M5x15mm / 4pcs
(Console set)

#5-8



M4x12mm / 8pcs
(Left / right cover)

#5-4



M3x30mm / 2pcs
(Left / right cover)



1pc



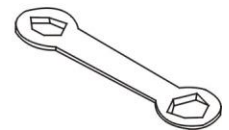
Allen wrench / 1pc
(3mm)



Allen wrench / 1pc
(5mm)



Allen wrench / 1pc
(6mm)



1pc

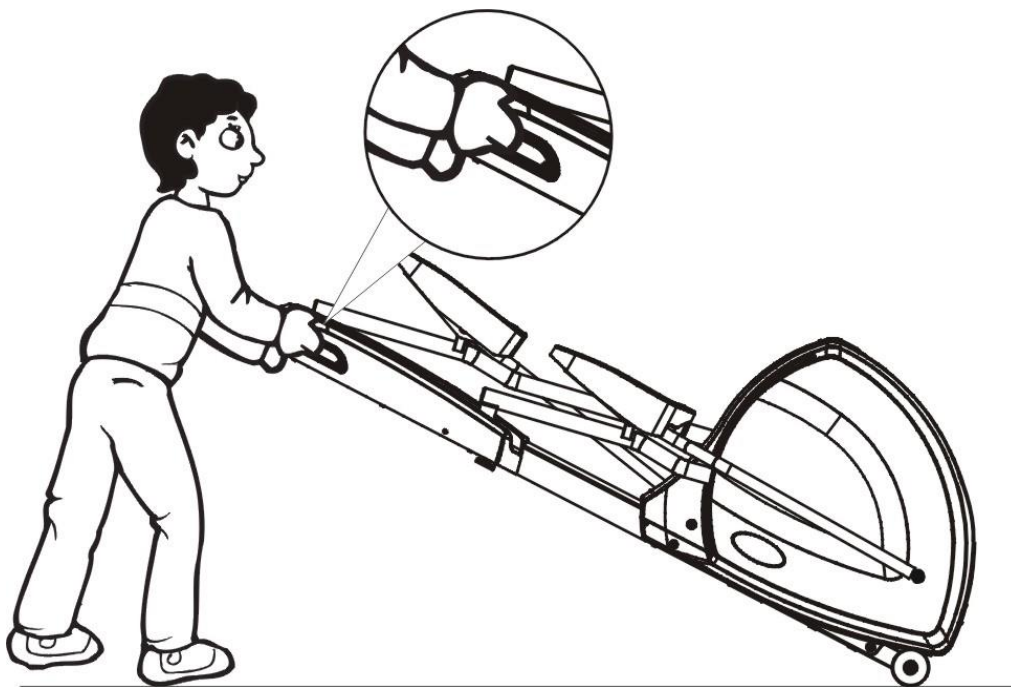
UNPACKING & ASSEMBLY

TO avoid components damage, please unpacking carton carefully, we suggest you to put a pad on the floor before you put the elliptical down.

NOTE! It might need 2~3 persons to assemble!

Step1 Move the Elliptical.

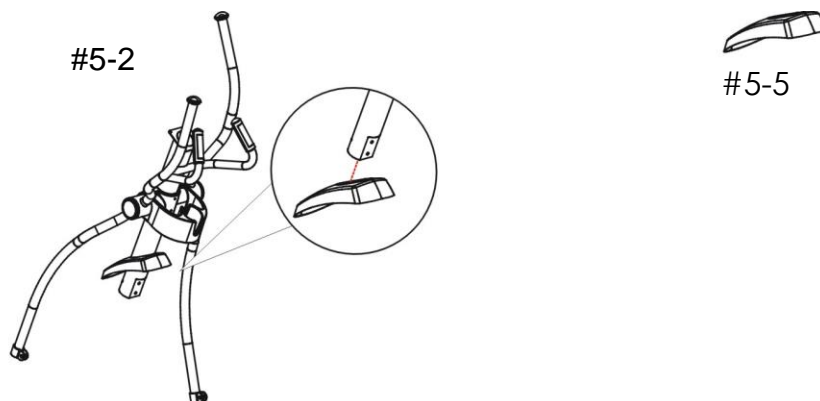
Please grab the grip back of the Elliptical and raise it up carefully, you may depend on the pair of the rollers to move it to the position you want.



UNPACKING & ASSEMBLY

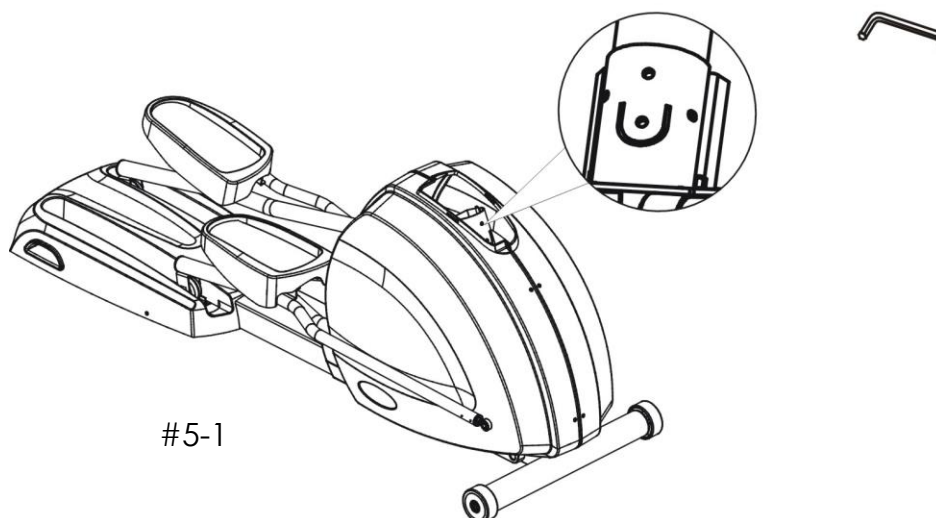
Step 2 Assemble the Console Frame Cover

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



Step 3 Removal of the Pre-lock Screws

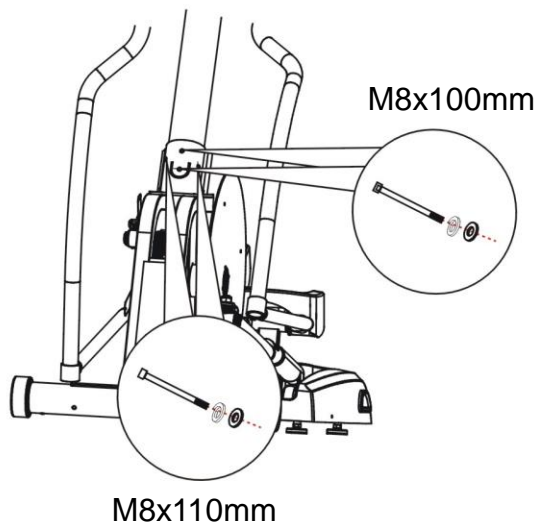
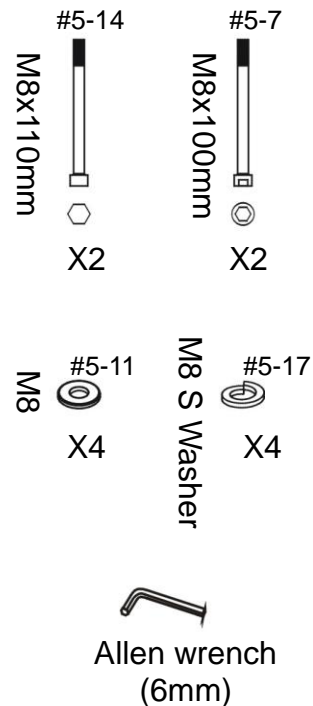
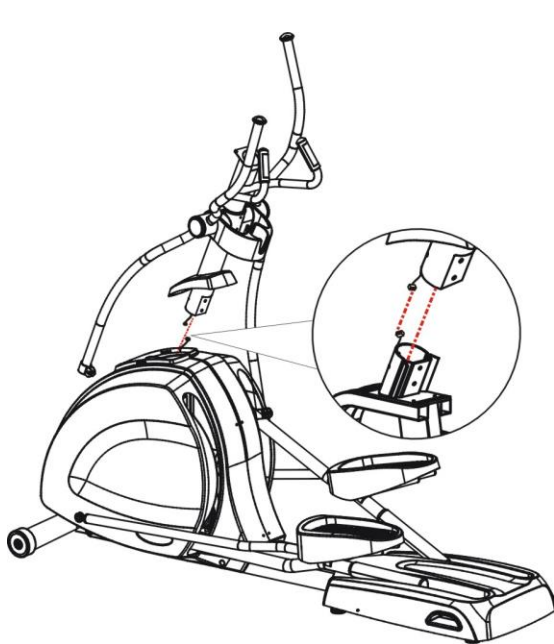
1. Using a 6mm Allen wrench, remove the (2) M8x100mm bolts, (2) M8x110mm, (4) 8mm S washers and (4) flat washers located on the Main Frame (#5-1).



UNPACKING & ASSEMBLY

Step 4 Handlebar Set to Main Frame Assembly

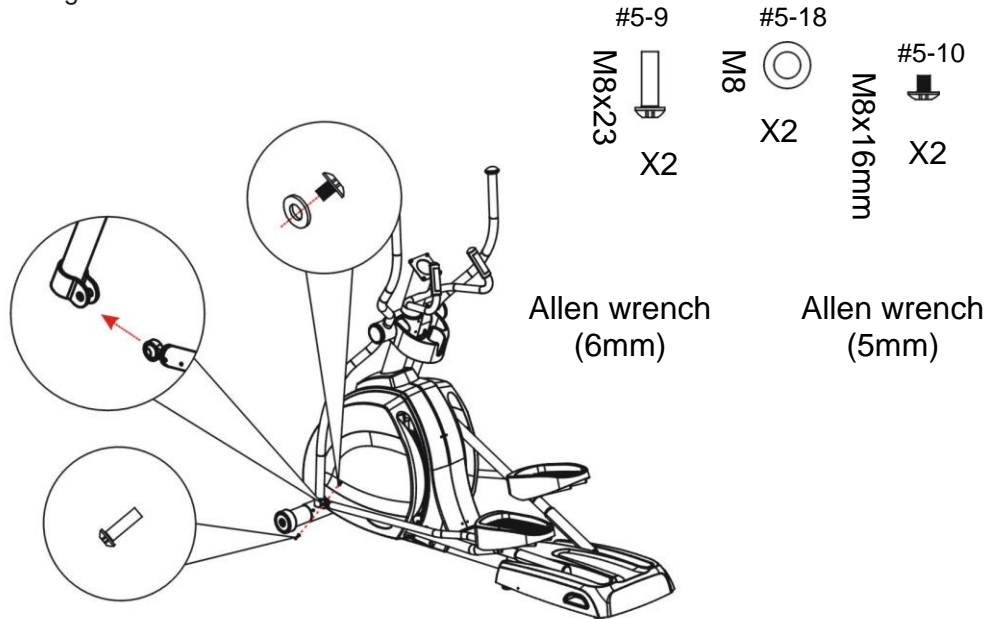
1. With the help of a second person holding the Handlebar Set, connect the console wire, located at the bottom of the Handlebar Set, to the matting connector located at the top of the Main Frame.
2. Carefully pull the console wire through the Handlebar Set using the guide wire attached to the top of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



UNPACKING & ASSEMBLY

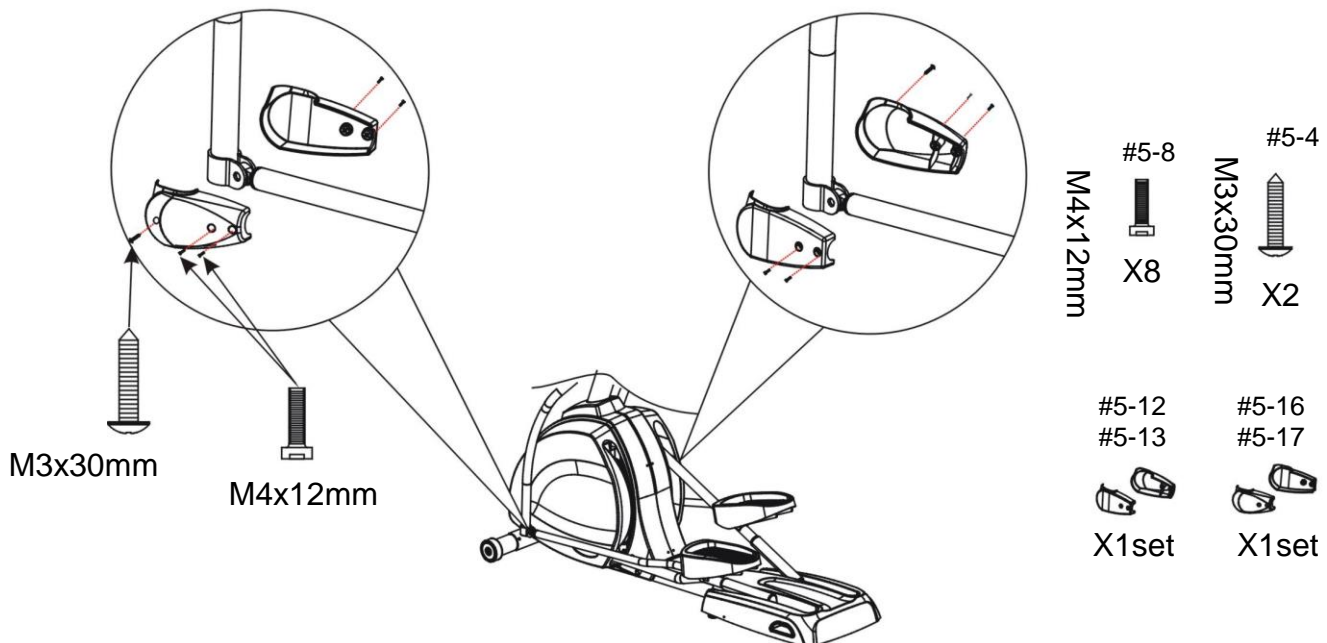
Step 5 Handle Arm to Pedal Linkage Assembly

- Using an Allen wrench, remove the Pre-Lock Screws located on the Pedal Linkage.
- Using an Allen wrench, secure (2) M12x40mm bolts, (2) M8x23 washers and (2) M8x16mm screws to fasten the Handle Arm to the Pedal Linkage.



Step 6 Left / Right Covers onto the Pedal Linkage

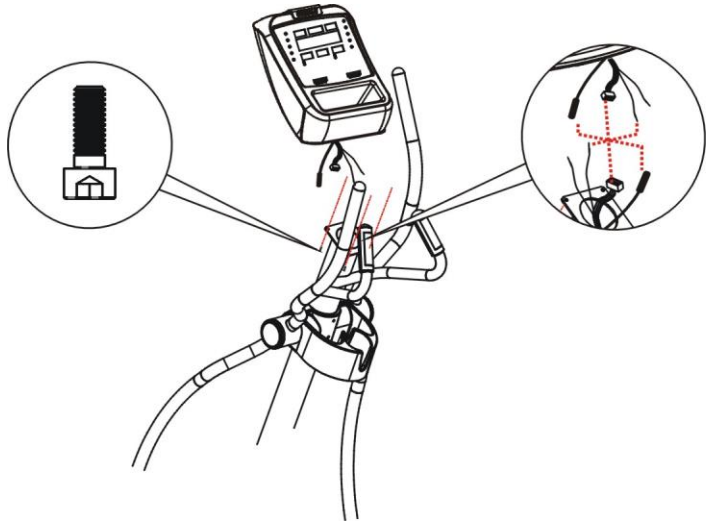
- Assemble Right/Left Arm Cover with Pedal Arm.
- You may push the Pedal Arm to the front of the Elliptical to make accessing and securing the covers easier.
- Fasten (4) M4x12mm screws on Left/Right Arm Cover using a 5mm wrench.
- Fasten (1) M3x30mm screw on Left/Right Arm Cover using a 3mm wrench.



UNPACKING & ASSEMBLY

Step 7 Console to Handlebar Set Assembly

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



M5x15mm
#5-6
X4

WARM UP & COOL DOWN

A successful exercise program consists of a warm up, aerobic exercise and a cool down. Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:



HEAD ROLLS

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



SHOULDER LIFTS

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder. Repeat this action for several times.



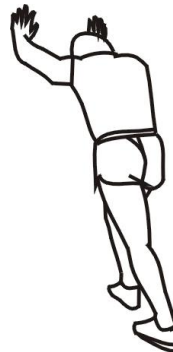
QUADRICEPS STRETCH

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



SIDE STRETCHES

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



CALF/ACHILLES STRETCH

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



INNER THIGH STRETCH

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 seconds. Repeat this action 3-5 times.



TOE TOUCHES

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



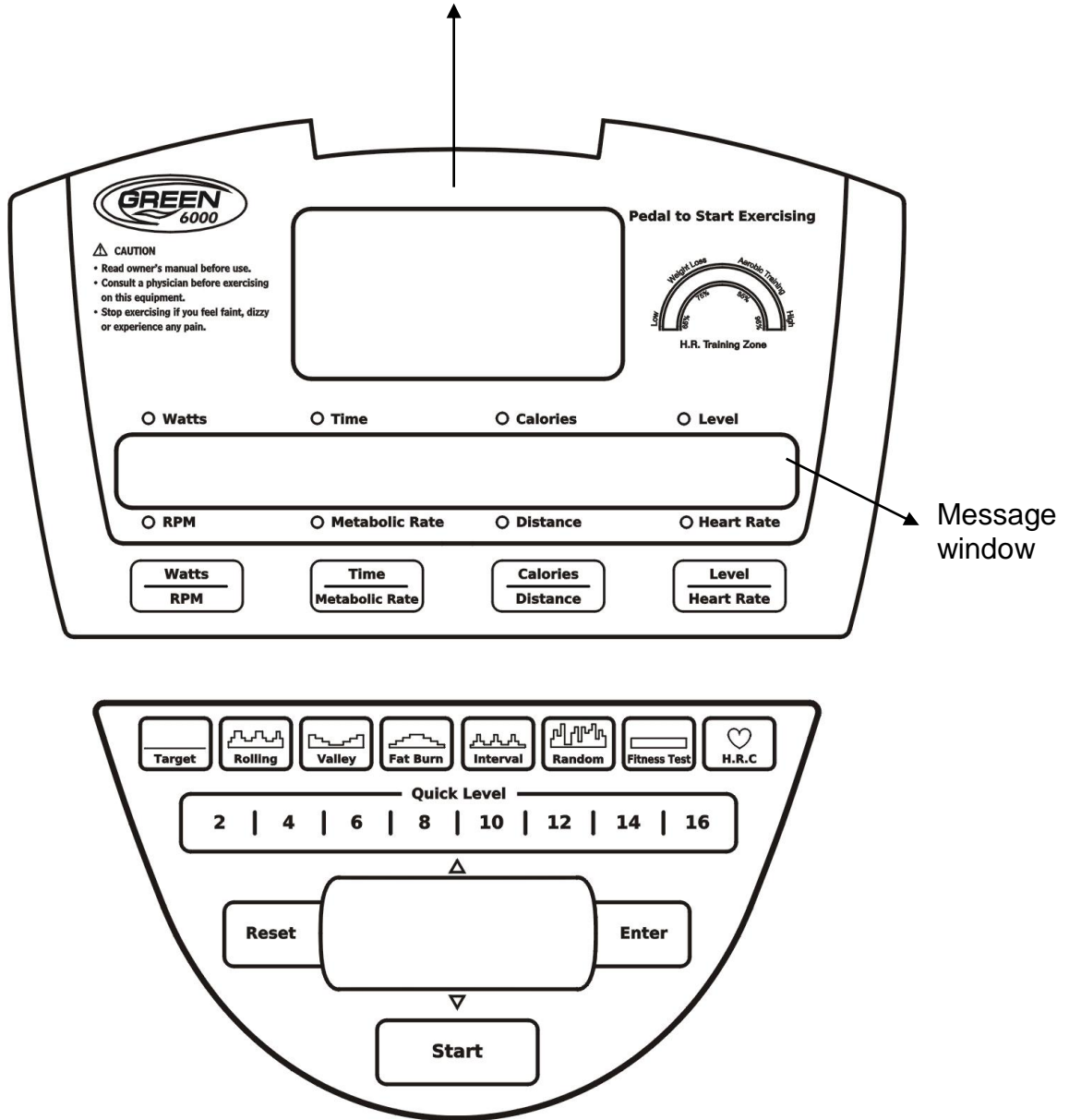
HAMSTRING STRETCHES

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

PANEL CONTROL

Display & Keys

Dot-matrix, display program profiles & message



PANEL CONTROL

Display function

Display	Definition
Time	Displays time remaining or total time.
Calories	Displays calories burned.
Heart Rate	Displays hand grip and wireless Heart Rate reading.
Distance	Displays total distance KM/Mi.
RPM	Displays pedaling RPM.
Watts	Displays consuming watt.
Metabolic Rate (Mets)	Displays the multiple of rest.
Level	Displays current resistance level L1~L16

※ Calories & Heart Rate for reference only.

Key function

Key	Function
Start	Quick start or program start.
▲	Adjust workload up. Adjust value when program setting. Select program
▼	Adjust workload down. Adjust value when program setting. Select program
Display	RPM←→Watt Calories←→Distance Time←→Mets Level←→Heart Rate
Enter	Confirm value entered.
Rest	Reset back to idle mode while pause
Program	Select program directly

Keypad

Set value

PROGRAM

PROGRAMS DESCRIPTION

1. QUICK START

- 1.1 To pedal over 30 rpm to wake up and initial the system to idle mode, press 『 **START** 』 to begin quick start.
- 1.2 Press shift **UP** or **DOWN** to exercise level by 1 level or press **Quick Level Key** to change level.
- 1.3 Stop pedaling will pause the system, stop pedaling over 30 seconds system will auto shut down.

2. Target

- 2.1. Press 『 **Target** 』 key to enter the program.

- 2.1.1. Set time: use shift up or down device to set time then press 『 **ENTER** 』 to next settings.
- 2.1.2. Set weight: use shift up or down device to set weight then press 『 **ENTER** 』 to next settings.
- 2.1.3. Set age: use shift up or down device to set age then press 『 **ENTER** 』 to next settings.
- 2.1.4. Set distance: use shift up or down device to set distance then press 『 **ENTER** 』 to next settings.
- 2.1.5. Set calories: use shift up or down device to set calories then press 『 **START** 』 to begin workout.

- 2.2. Beginning the workout:

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

3. Preset program :

- 3.1. There are 5 preset programs, ROLLING, VALLEY, FAT BURN, INTERVAL, RANDOM. Press their own program key to enter the program.

- 3.1.1. Set time: use shift up or down device to set time then press 『 **ENTER** 』 to next settings.
- 3.1.2. Set weight: use shift up or down device to set weight then press 『 **ENTER** 』 to next settings.
- 3.1.3. Set age: use shift up or down device to set age then press 『 **ENTER** 』 to next settings.
- 3.1.4. Set workout level: use shift up or down device to set level 1~5(For RANDOM program will change the profile randomly. Press 『 **START** 』 to begin workout.

- 3.2. Beginning the workout:

- 3.2.1. The resistance level will change automatically according to the program settings, the resistance level will change every 2 minutes per segment if the time is in count up mode, if time is entered during setup then the segment time=set time / 16. You can use any speed or incline key to change speed or incline during your workout.
- 3.2.2. The program will end when the counter reaches 0.
- 3.2.3. Preset program profiles:
P1=ROLLING, P2=VALLEY, P3=FAT BURN, P4=INTERVAL, P5= RANDOM

PROGRAM

P	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	LEVEL 1	4	6	8	8	6	4	4	6	8	8	6	4	4	6	8	6
	LEVEL 2	5	6	8	9	9	8	6	6	7	9	8	7	6	6	7	8
	LEVEL 3	7	8	9	10	10	8	8	6	8	10	10	9	8	6	8	10
	LEVEL4	9	10	11	13	10	8	11	13	10	9	8	10	11	13	10	9
	LEVEL5	11	13	15	15	13	11	11	13	15	15	13	11	11	13	15	12
P2	LEVEL 1	8	8	6	6	4	4	2	2	2	2	4	4	6	6	8	8
	LEVEL 2	9	6	5	4	3	2	2	4	6	6	7	10	10	11	11	12
	LEVEL 3	11	10	10	8	7	6	5	4	3	3	5	5	7	10	10	13
	LEVEL4	13	12	12	10	9	8	6	6	6	7	8	9	10	12	12	14
	LEVEL5	15	15	12	12	10	10	8	8	8	8	10	10	12	12	15	15
P3	LEVEL 1	2	2	4	4	6	6	8	8	8	8	6	6	4	4	2	2
	LEVEL 2	3	5	5	7	8	9	10	10	11	12	10	10	7	6	3	3
	LEVEL 3	5	6	7	7	9	10	10	12	12	12	10	10	8	8	5	5
	LEVEL4	6	6	8	8	11	11	13	14	14	12	10	10	9	8	6	6
	LEVEL5	8	8	10	10	12	12	15	15	15	15	12	12	10	10	8	8
P4	LEVEL 1	2	4	8	4	2	2	4	8	4	2	2	4	8	4	2	2
	LEVEL 2	3	5	8	6	1	1	5	7	6	3	3	3	6	6	4	3
	LEVEL 3	5	7	9	9	6	5	4	4	4	6	7	8	10	8	6	6
	LEVEL4	7	8	10	10	12	12	10	10	8	8	10	12	12	10	8	8
	LEVEL5	8	10	15	10	8	8	10	15	10	8	8	10	15	10	8	8

PROGRAM

4. HRC(Heart Rate Control)

- 4.1. Press 『H.R.C』 key to enter the program.
- 4.2. Set time: use shift up or down device to set time then press 『ENTER』 to next settings.
- 4.3. Set weight: use shift up or down device to set weight then press 『ENTER』 to next settings.
- 4.4. Set age: use shift up or down device to set age then press 『ENTER』 to next settings.
- 4.5. Set workout mode: There are 3 types of HRC mode. 『WEIGHT LOSS MODE』, 『AEROBIC MODE』, 『TARGET MODE』, use shift up or down device to select the desired HRC type then press 『ENTER』 to next settings.
- 4.6. Set target heart rate: use shift up or down device to set Target Heart Rate (WEIGHT LOSS MODE default value=MHR 70%, setting range=MHR 66%~75%. AEROBIC MODE default value=MHR 80%, setting range=MHR 76%~85%, TARGET HEART RATE default value=130, setting range=100~180) then press 『ENTER』 to next settings.
- 4.7. Set begin resistance level: use shift up or down device to set LEVEL then press 『START』 to begin workout.
- 4.8. Beginning the workout:
 - 4.8.1 The program will compare the real time and preset target heart rate every 30 seconds to adjust resistance level until the actual heart rate is reaches with in + or – 5 beats of the preset target heart rate.
 - 4.8.2 During the program, if the actual pulse rate \leq target workout heart rate minus 5, the resistance level will be increased one level every 30 seconds until the max. level.
 - 4.8.3 During the program, if the actual pulse rate \geq target workout heart rate plus 5, the resistance level will be decreased one level every 30 seconds until the min. level.
 - 4.8.4 You can use any resistance level key or device to change the resistance level during your workout.
 - 4.8.5 The program will end when the counter reaches 0.

PROGRAM

5. Fitness Test:

- 5.1. Press 『Fitness Test』 key to enter the program.
- 5.2. Set weight: use shift up or down device to set weight then press 『ENTER』 to next settings.
- 5.3. Set age: use shift up or down device to set age then press 『START』 to begin workout.
- 5.4. Beginning the workout:
 - 5.4.1. There are 10 stages at most, 3 minutes per stage, first stage(0~3 min) the wattage preset value=55W, the preset wattage value from stage 2~10 depend on average heart rate value of first stage, shown as below:

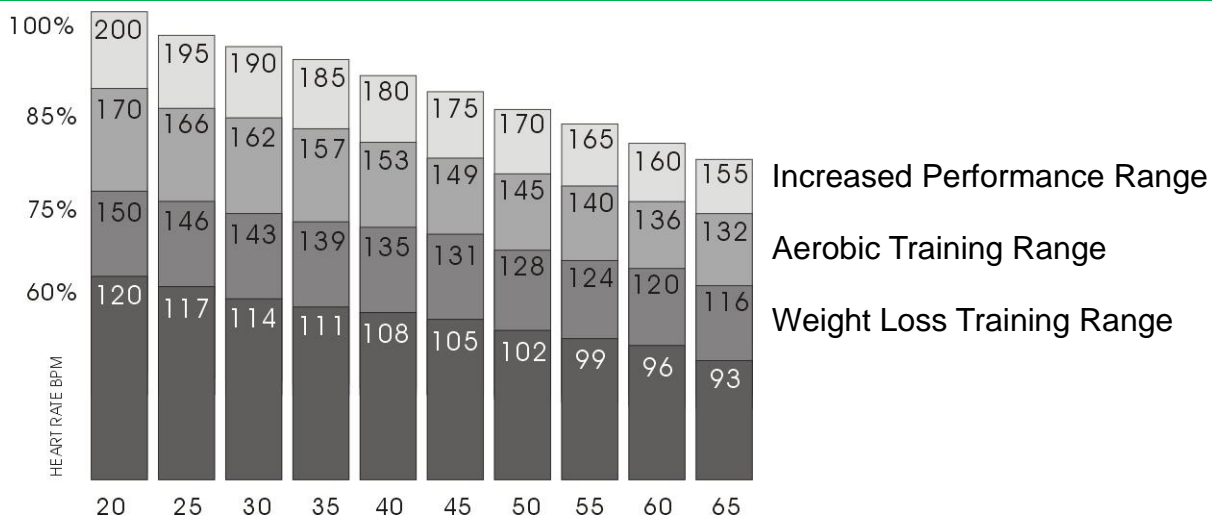
2:01-3:00 AVG. HR Stage	< 80bpm	80-89bpm	90-100bpm	>100bpm
2 – (3:01~6:00)	125W	100W	75W	55W

3 – (6:01~9:00)	150W	125W	100W	75W
4 – (9:01~12:00)	175W	150W	125W	100W
5 – (12:01~15:00)	200W	175W	150W	125W
6 – (15:01~18:00)	225W	200W	175W	150W
7 - (18:01~21:00)	250W	225W	200W	175W
8 - (21:01~24:00)	-----	250W	225W	200W
9 - (24:01~27:00)	-----	-----	250W	225W
10 - (27:01~30:00)	-----	-----	-----	250W

- 5.4.2. Cannot adjust the resistance level manual, program will auto change the level according to the preset rules.
- 5.4.3. The program will end while heart rate value reach or over MHR 85% - 10 for 10 seconds. The program will show you the VO2 MAX value.

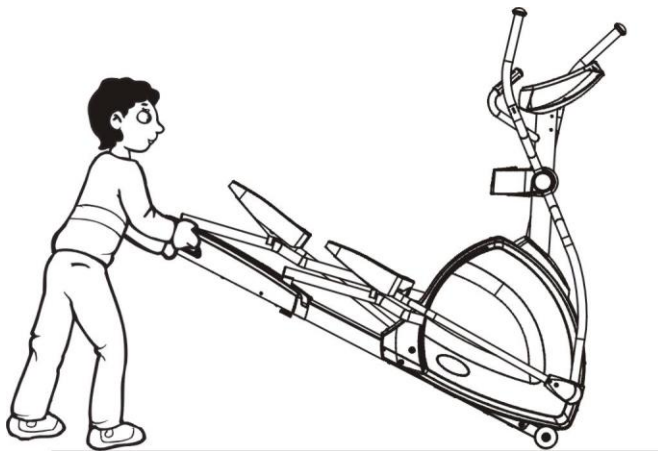
PROGRAMS

Target Heart Rate Chart



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

MOVING



PREVENTATIVE MAINTENANCE

HOW TO CARE FOR YOUR ELLIPTICAL

The Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. If maintenance is required, keep the equipment out of use until defective parts are repaired or replaced.

www.GreenSeriesFitness.com

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Call Toll free at 800-269-7130

CIR-EL6000-G1 Revision 1.3

Pay special attention to parts that are subject to wear as outlined in the *Preventative Maintenance Schedule*.

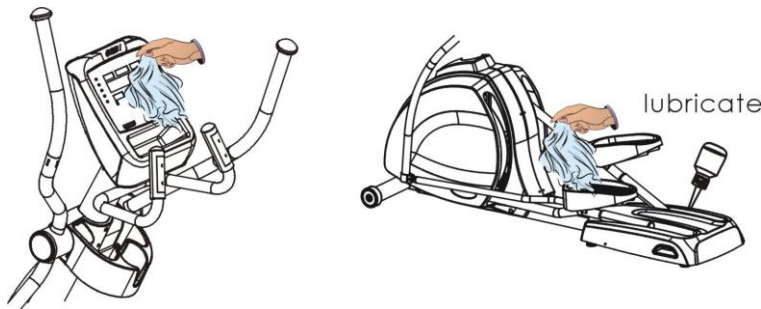
The following preventive maintenance will keep the exercise elliptical operating at peak performance:

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

NOTE:

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

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



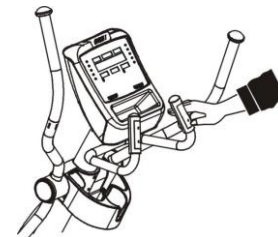
Preventative Maintenance Schedule

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

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

Hand pulse

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



ELLIPTICAL TRAINER PART LIST

ITEM	Part No.	DESCRIPTION	Q'TY	ITEM	Part No.	DESCRIPTION	Q'TY
1-1	F500289-005	Center Post / K90	1	2-52	H022830-001	Nut	2
1-2	F300341-000	Hand Pulse upper cover	2	2-53	H020611-000	Bolt M10x60mm	2
1-3	F300281-000	Hand pulse lower cover	2	2-54	F060011-001	T-type bushings	4
1-4	F270271-000	Hand pulse plate	4	2-55	F500263-000	Crank joint guide	2
1-5	F300364-000	Hand pulse cap	2	2-56	H050063-000	Ball bearing	4

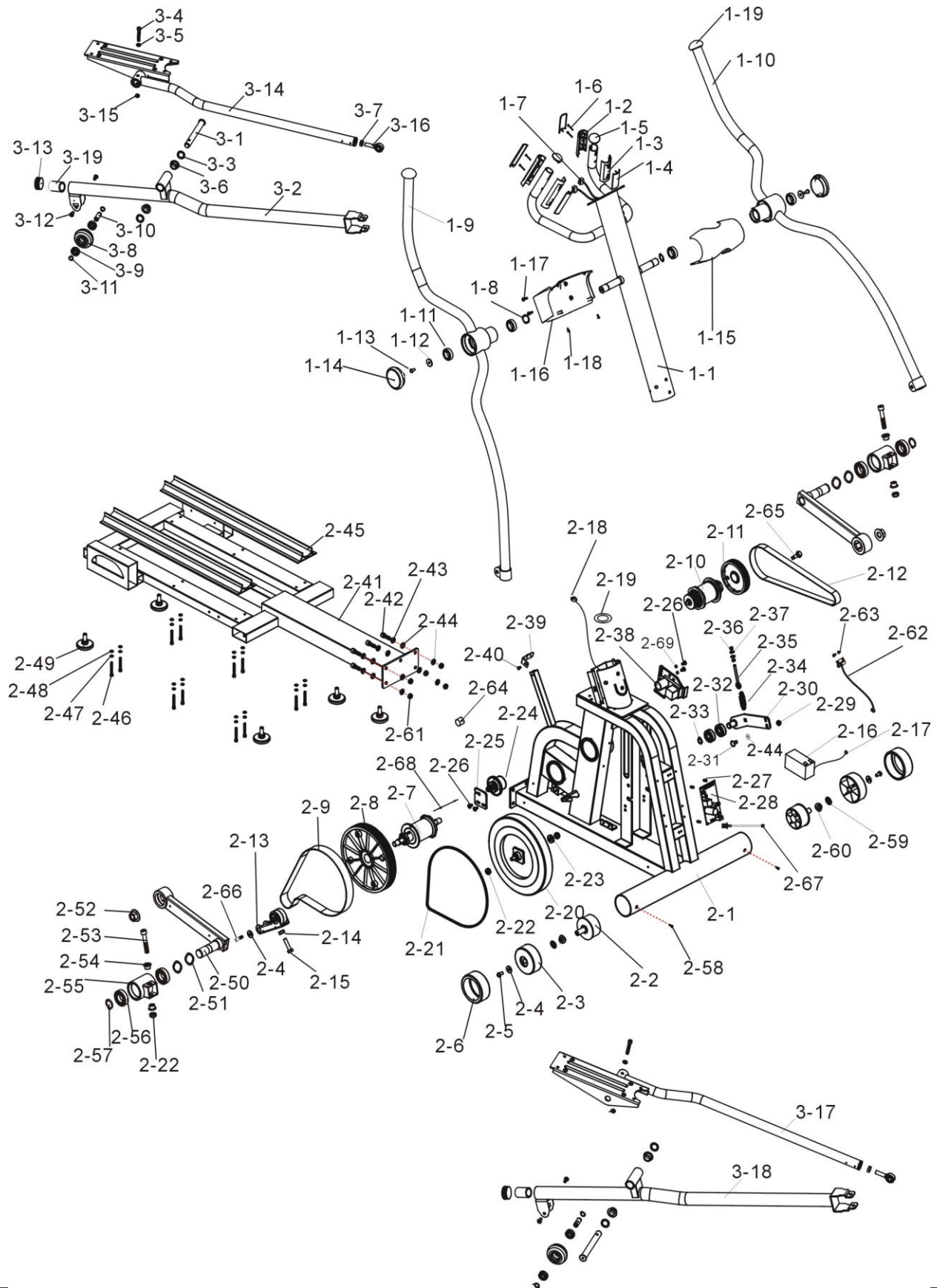
1-6	H020109-014	Bolt M3x20mm	4	2-57	H023121-001	C-ring	2
1-7	F080104-000	Handle pulse wire	2	2-58	H020208-000	Bolt M4x12mm	2
1-8	H021424-001	Wave spring washer	2	2-59	H021111-006	M16 Washer	2
1-9	F500303-003	Right handle arm / K90	1	2-60	H021401-000	Wave spring washer	2
1-10	F500302-003	Left handle arm / K90	1	2-61	H022302-000	Nut M8	5
1-11	H050063-000	Ball bearing	4	2-62	F080000-000	Sensor	1
1-12	H021120-001	Washer	2	2-63	H020825-003	Bolt M3x8mm	2
1-13	H020603-003	Bolt M8x16mm	2	2-64	F419009-000	Magnet	1
1-14	F300361-000	Link end cap	2	2-65	H028312-000	Bolt M8x14mm	1
1-15	F300275-102	Water bottle holder / K90	1	2-66	H020602-002	Bolt M8x15mm	1
1-16	F300276-102	Water bottle holder cover / K90	1	2-67	F083118-000	Adaptor Power Cord	1
1-17	H020116-001	Bolt M5x25mm	2	2-68	F419012-000	Cable	1
1-18	H020202-003	Bolt M4x12mm	4	2-69	H021609-000	Rubber Washer	2
1-19	F300366-000	Hand pulse cap	2				
				3-1	F290060-000	Shaft of Pedal	2
2-1	F500412-000	Front base frame	1	3-2	F500262-004	Pedal Linkage, right /K90	1set
2-2	F300367-000	Sleeve	2	3-3	H021423-000	Wave spring washer	4
2-3	F300362-000	Rear wheel	2	3-4	H020602-005	Bolt M8x50mm	2
2-4	H021117-000	Washer M8.4x2mm	3	3-5	H021209-000	S washer	2
2-5	H020603-003	Bolt M8x16mm	2	3-6	F340021-000	Plate	4
2-6	F300368-000	Wheel cover	2	3-7	H022142-000	Nut M12	2
2-7	F900303-000	Shaft, Main Shaft Assembly	1	3-8	F300278-000	Pu wheel	2
2-8	F300251-000	Flywheel	1	3-9	H050062-000	Ball bearing	4
2-9	H041007-000	Drive belt-1 (380J12 (960J))	1	3-10	F290016-000	Wheel assembly	2
2-10	F900304-000	Shaft, Secondary Shaft Assembly	1	3-11	H023101-001	C-ring	4
2-11	F300601-000	Pulley, drive	1	3-12	H020603-003	Bolt M8x16mm	4
2-12	H041030-000	Drive belt-2 (340J8 (864J))	1	3-13	F300499-000	End cap	2
2-13	F900264-000	Spindle	1	3-14	F500288-003	Right pedal arm/K90	1set
2-14	H022102-004	Nut M10	1	3-15	H022302-000	Nut M8	2
2-15	H020302-003	Bolt M10x40mm	1	3-16	H055002-000	Shaft	2
2-16	F371001-000	Lead-Acid Battery	1	3-17	F500287-000	Left pedal arm /K90	1
2-17	F080115-000	Lead-Acid Battery Wire	1	3-18	F500261-004	Pedal Linkage, left /K90	1
2-18	F080191-000	Lower console wire	1	3-19	F803700-009	Styrofoam	2
2-19	F379001-000	Iron cord	1				
2-20	F373336-000	Flywheel	1	4-1	F300273-000	Left rear grip cover	1
2-21	H041021-000	Drive belt-3 (370PJ2 (938))	1	4-2	F300274-000	Right rear grip cover	1
2-22	H022303-002	Nut M10	4	4-3	H020600-004	Bolt M6x15mm	8
2-23	H021123-000	Washer M25 x5mm	1	4-4	H021101-001	M6 Washer	8
2-24	F411000-001	Small generator	1	4-5	F300271-000	Left pedal	1
2-25	F270482-001	Small generator adjustment plate	1	4-6	F300272-000	Right pedal	1
2-26	H020801-002	Bolt M5x12mm	4	4-7	F300427-000	Protector cover	1
2-27	F300556-000	PC Plate isolation	4	4-8	F300255-005	Left housing cover /K90	1
2-28	F373385-000	Control PCB	1	4-9	F300256-005	Right housing cover /K90	1
2-29	H022402-001	Nut M8	1	4-10	F270220-000	Housing cover fixer	5
2-30	F500384-000	Spindle frame	1	4-11	H020803-001	Bolt M4x10mm	20
2-31	H020907-000	Carriage Bolt M8x15mm	1	4-12	H020202-003	Bolt M4x12mm	2
2-32	H050015-000	Ball Bearing	2	4-13	F270383-000	Rear grip cover plate (left)	1
2-33	H023103-001	C-ring	1	4-14	F270384-000	Rear grip cover plate (right)	1
2-34	H029400-000	Spring	1	4-15	F300267-101	Rear housing /K90	1
2-35	H033401-002	Thumb ScrewM6x65mm	1	4-16	H020801-002	Bolt M5x12mm	4
2-36	H022111-006	Hex. Nut	2	4-17	H020208-000	Bolt M4x12mm	5
2-37	H021101-001	Washer M6x1.5mm	2	4-18	F916246-023	logo	2
2-38	F990004-000	Resistance regular	1	4-19	H020205-000	Bolt M4x25mm	2
2-39	F270378-000	Housing set plate	1	4-20	F916273-145	Right side rail sticker	1
2-40	H020803-001	Bolt M4x10mm	1	4-21	F916273-146	Left side rail sticker	1
2-41	F500284-001	Rear base frame	1				
2-42	H020602-004	Bolt M8x25mm	5				
2-43	H021209-000	S washer	5				
2-44	H021100-000	Washer	11				
2-45	F205010-000	Ramp Sleeve	2				
2-46	H020617-000	Bolt M5x40mm	12				
2-47	H021605-001	S washer	12				
2-48	H021107-001	Washer	12				
2-49	F300359-000	Adjust pad	5				
2-50	F500158-000	Crank arm	2				
2-51	H021424-001	Wave spring washer	4				

PART LIST

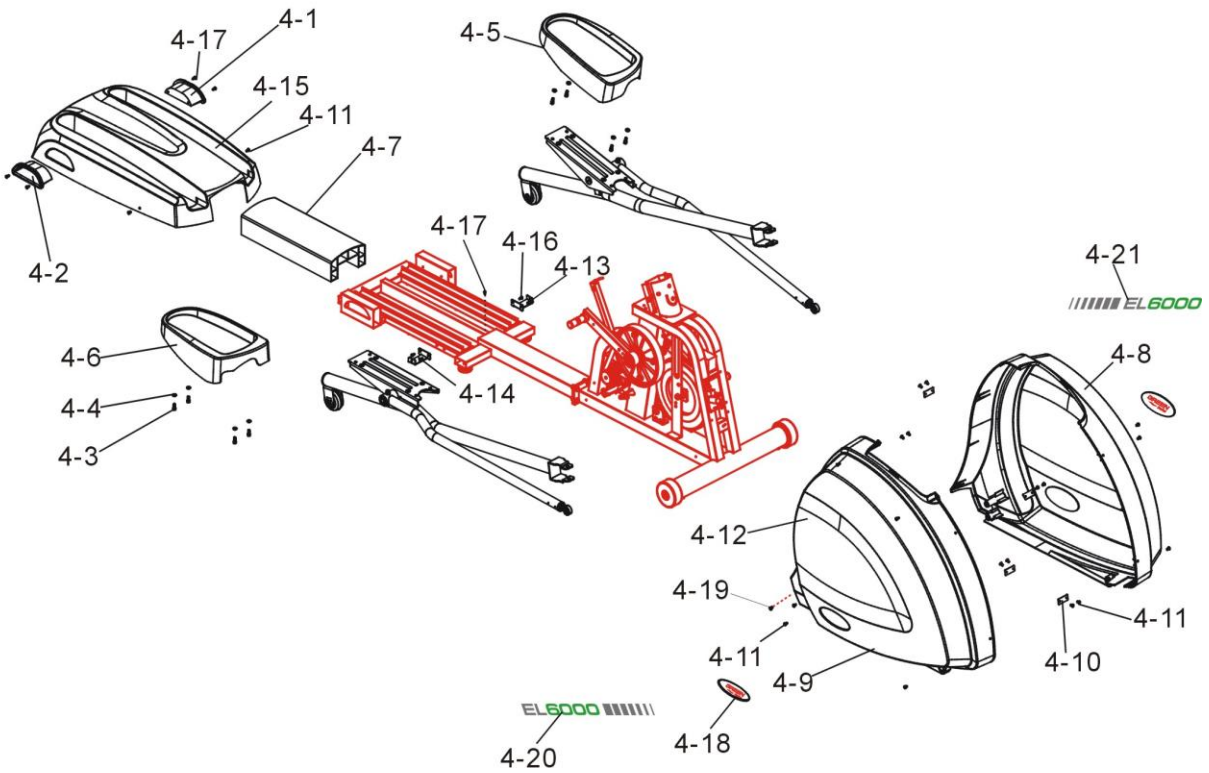
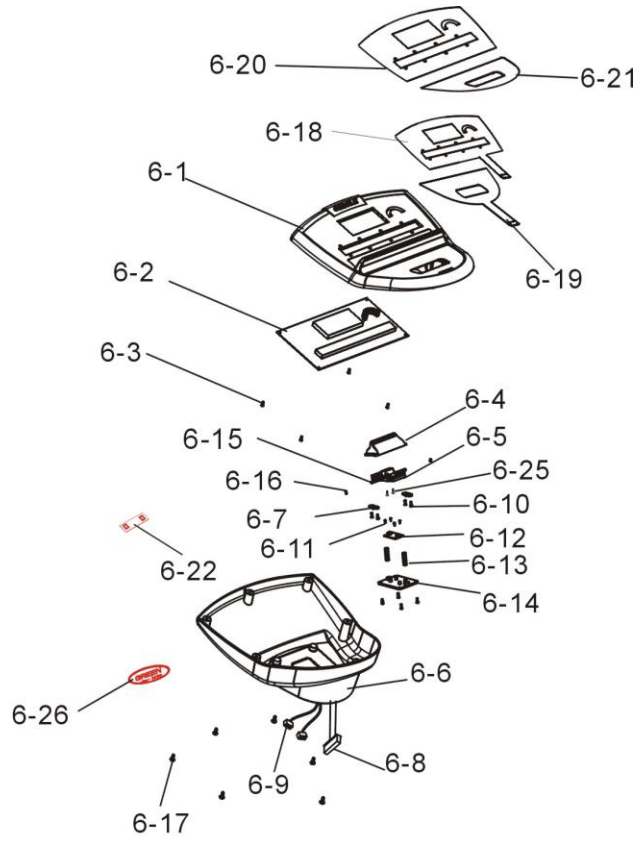
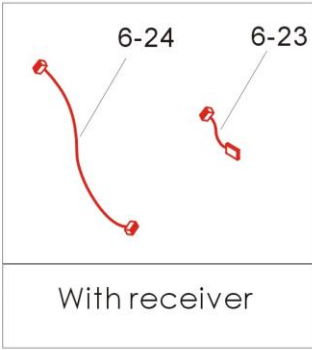
ITEM	Part No.	DESCRIPTION	Q'TY	ITEM	Part No.	DESCRIPTION	Q'TY
5-1	F970213-002	Housing / K90	1				
5-2	F900455-006	Handle bar set / K90	1				
5-3	F970212-002	Console set / K90	1				
5-4	H020201-005	Bolt M3x30mm	2				
5-5	F300266-000	Console frame cover	1				
5-6	H020801-004	Bolt M5x15mm	4				

5-7	H020602-021	Bolt M8x100mm	2			
5-8	H020659-000	Bolt M4x12mm	8			
5-9	H020623-000	Bolt M8x23 mm	2			
5-10	H020603-003	Bolt M8x16mm	2			
5-11	H021100-000	M8 Washer	4			
5-12	F300424-103	Left cover, right arm / K90	1			
5-13	F300423-103	Right cover, right arm / K90	1			
5-14	H020301-010	Bolt M8x110mm	2			
5-15	F300268-103	Left cover, left arm / K90	1			
5-16	F300422-103	Right cover, left arm / K90	1			
5-17	H021209-000	S washer	4			
5-18	H021117-000	M8 Washer	2			
5-19	H022813-000	Rivet nut	1			
5-20	F300607-100	Cover for TV bracket / K90	1			
6-1	F300555-103	Upper console cover / K90	1			
6-2	F373335-006	Panel, console	1			
6-3	H020172-001	Bolt M3x8mm	4			
6-4	F303009-100	Upper rotate key	1			
6-5	F303012-100	Under rotate key	1			
6-6	F300248-105	Lower console cover / K90	1			
6-7	F303010-100	Rotate key fixer	2			
6-8	F080192-000	Upper console wire	1			
6-9	F080103-000	Upper handle pulse wire	1set			
6-10	H020118-001	Bolt M3x8mm	10			
6-11	H020220-000	Bolt M2x5mm	4			
6-12	F373338-000	Key board	1			
6-13	H029110-000	Spring	2			
6-14	F303011-100	Micro switch	1			
6-15	F290089-000	Press the fixed axis	1			
6-16	H023102-001	C-ring	2			
6-17	H020202-003	Bolt M4x12mm	6			
6-18	F340055-000	Operational button (Upper)	1			
6-19	F340056-000	Operational button (Lower)	1			
6-20	F916344-000	Upper Overlay	1			
6-21	F916348-000	Lower Overlay	1			
6-22	F373337-000	Hand pulse PCB	1			
6-23	F373354-000	Receiver	1			
6-24	F080138-001	Receiver wire	1			
6-25	H020828-001	Bolt M3x10mm	2			
6-26	F916346-013	Logo	1			

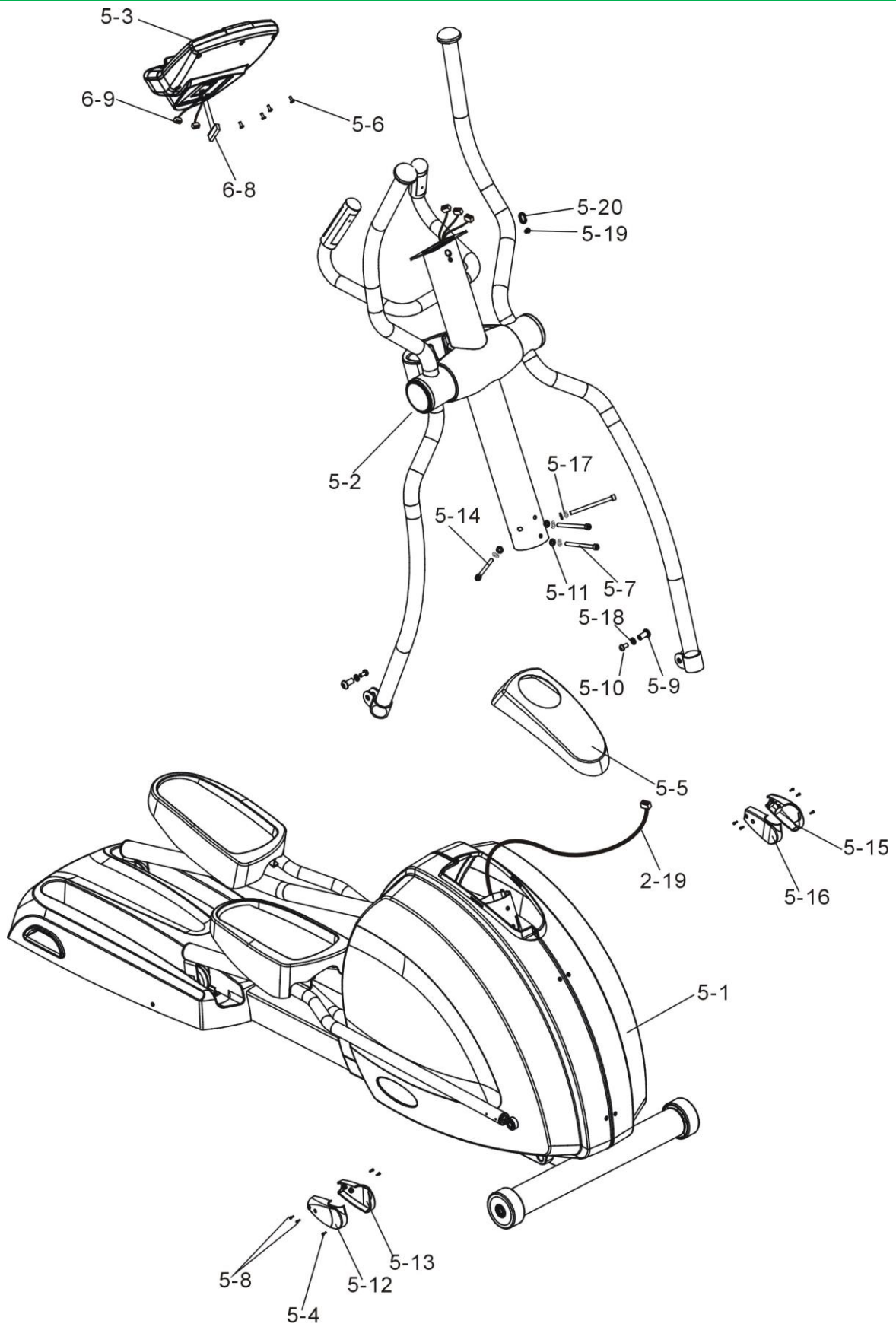
EXPLODED DRAWING



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:

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1. This warranty extends only to products distributed and/or sold by **GREEN SERIES™**. It is effective only if the products are purchased and operated in the USA, (Within the USA including US 48 States, Alaska and Hawaii), Puerto Rico, Canada and Mexico. All countries outside the USA for warranty service do not include labor rates.
2. This warranty covers only normal use of the equipment. **GREEN SERIES™** shall not be liable under this warranty if any damage or defect results from (i) misuse, abuse, neglect, improper shipping or installation; (ii) disasters such as fire, flood, lightning or improper electric current; or (iii) service or alteration by anyone other than an authorized **GREEN SERIES™** representative; (iv) damages incurred through irresponsible use, including those resulting from equipment placed into humid environments, unfinished structures, structures under construction or remodel or placed in an outdoors setting, or other non-recommended practices.
3. **GREEN SERIES™** shall not be held liable or responsible for any damages to the units caused during the install of any product.
4. **GREEN SERIES™** shall not be held liable or responsible for any structural or cosmetic damages to facilities caused by the placement or operation of any equipment sold and installed by a **GREEN SERIES™** authorized service technician or installer.
5. Changes in the cosmetic appearance of components and parts within the unit that do not affect its performance will not be covered by any part of this warranty.
6. Damage due to normal wear and tear as defined by items subject to normal use and/or exposure, consumables, and cosmetic items, including, but not limited to the following: grips, seats, paint scratches, and labels.
7. Travel costs associated with service more than 100 miles or two hours outside the service area of **GREEN SERIES™** service technicians shall be the responsibility of the customer.
8. Any and all shipping damages, visible or hidden, shall be the responsibility of the shipper. Note: Damage caused by common carrier is, by federal law, the carrier's responsibility and must be claimed with the carrier at the time of delivery. The recipient who signed for the equipment is responsible for the 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:

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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.**

