



LTD OWNER'S MANUAL



HealthCare International, Inc.
PO Box 1509, Langley, WA 98260

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SAFETY PRECAUTIONS

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine.

Also, please note the following **safety precautions**:

1. Read all instructions carefully before using the machine.
2. Consult your physician or other health care professional before beginning this or any type of exercise program.
3. Always wear proper exercise apparel when using the machine.
4. If at any time you feel faint, light-headed or dizzy while operating the machine, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
5. Keep children and pets away from the machine while in use.
6. Only one person can use the machine at a time.
7. Make sure your machine is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use and retighten periodically.
8. Do not operate this or any exercise equipment if it is damaged.
9. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
10. Keep clothes, jewelry or loose items away from moving parts.



Please note:

Maximum weight capacity for the PhysioStep is 330 lbs (150 kg)



WARNING

BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PEOPLE WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THIS FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

PhysioStep LTD – Recumbent Elliptical Cross Trainer

Thank you for your purchase!

At HealthCare International, our goal is to provide high-quality and affordable products for Health, Wellness, Fitness & Active Aging. Using the PhysioStep will give you an easy & effective low-impact total body workout. The unique design combines a stable and stress free recumbent sitting position, with the smooth and natural feel of an elliptical. The PhysioStep is easy to use, and will give you a cardiovascular workout while engaging your legs, arms and core. Whatever your fitness level may be, the PhysioStep will work for you. We wish you continued success in your journey towards optimum health and fitness!

We would love to hear from you! Please feel free to post a review with the dealer you purchased from or send it to us directly, sales@hcifitness.com.

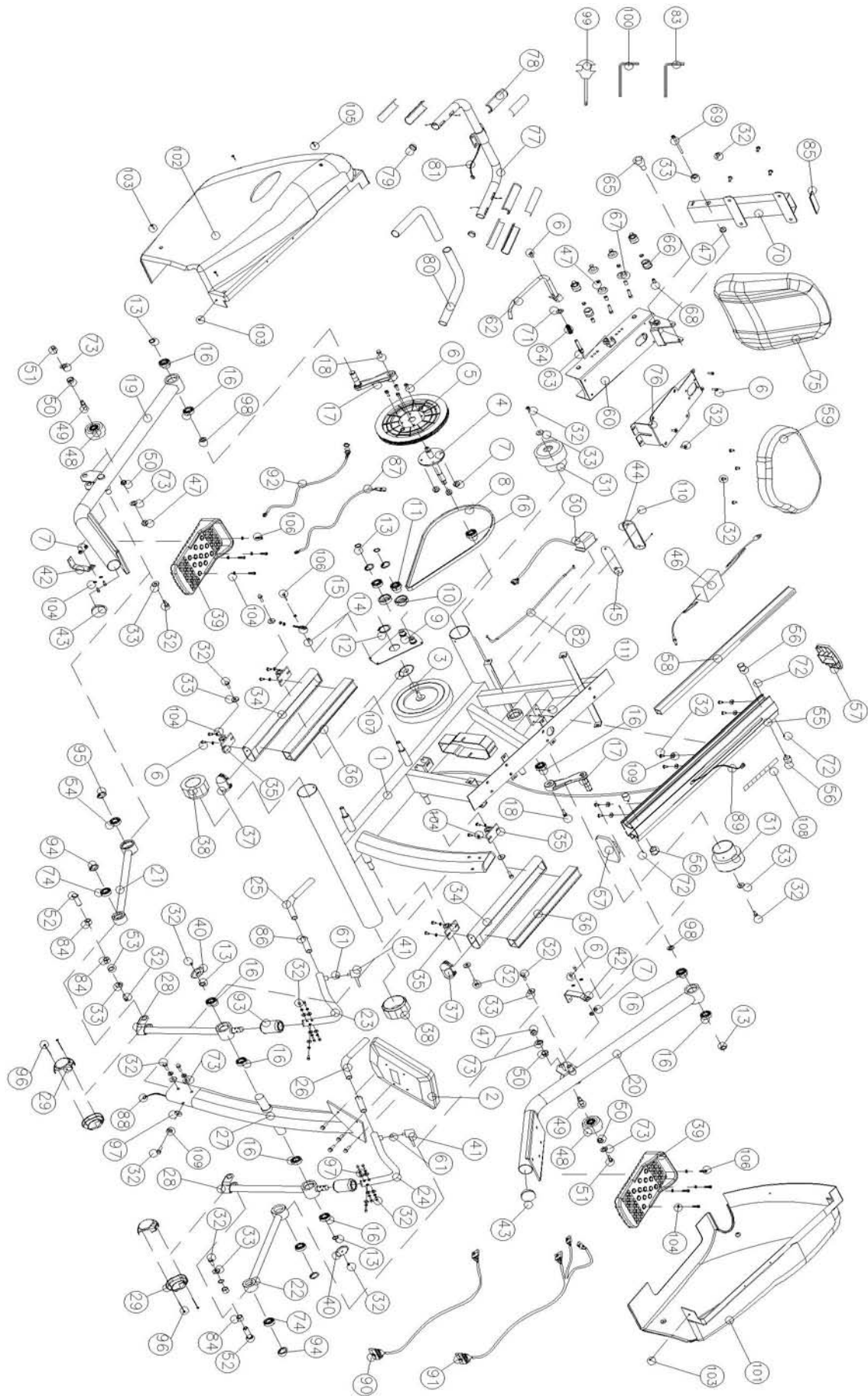
Assembly Overview

When you receive your PhysioStep, some assembly is required. As you can see, the base comes assembled. Assembly consists of putting on the seat, seat back, arms, and display. The following instructions explain the assembly. There are also detailed instructions on how to operate the display. If you need assistance during assembly please call us at 360.321.7090 or email us at service@hcifitness.com.

Before You Begin

Before you begin assembly, please take a moment to review the Hardware and Parts List on the following pages. Each part has been illustrated and numbered for easy identification.

EXPLODED DRAWING



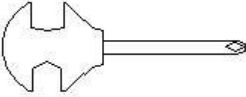


PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	30	DC Motor	1
2	Computer	1	31	Rear Leg Wheel	2
3	Magnetic Flywheel	1	32	Hexagonal Bolt M8*15L	46
4	Pedal Axle	1	33	Washer OD26*ID8.5*2T	11
5	Pulley	1	34	Aluminum Track Base 40*80*470L	2
6	Mushroom Screw-M6*15L	16	35	Aluminum Track Base Holder	4
7	Nylon Nut (M6)	8	36	Aluminum Track 348L	2
8	Belt-420-6J-PJ2505	1	37	Plastic Cover 40*80	2
9	Idler Set	1	38	Plastic Cover	2
10	Idler Wheel Ø53*Ø43*24	2	39	Pedals	2
11	Bearing-6204ZZ	2	40	Pedal Foot Cover	2
12	C-Ring-S40	1	41	Rotary hand	2
13	C-Ring-S20	6	42	Moving Leg Stopper	2
14	Screw Nuts (M6)	4	43	Moving Leg Cover	2
15	Metal Parts	1	44	Socket Cover	1
16	Bearing-6004ZZ	10	45	Input Socket	1
17	Crank	2	46	Adapter 6VDC/10000mA 110V	1
18	Screw M8*1.25*25L	2	47	Nylon Nut (M8)	8
19	Pedal Foot (R)	1	48	PU Wheel	2
20	Pedal Foot (L)	1	49	PU Wheel Axle ϕ 15* ϕ 12*ID8.1*52.5L	2
21	Connecting Parts (R)	1	50	Bushing ϕ 12.1*18*21*8.5L	4
22	Connecting Parts (L)	1	51	Screw for roller M8*65L	2
23	Moving Handle Set (R)	1	52	Axle ϕ 25*58.5L	2
24	Moving Handle Set (L)	1	53	Bushing	2
25	Moving Handle Set (R)	1	54	Bearing	2
26	Moving Handle Set (L)	1	55	Aluminum Track 783L	1
27	Computer Post	1	56	Rubber Cushion	4
28	Moving Handle Set	2	57	Aluminum Track Cover with HCI	2
29	Connecting Tube Cover	2	58	Aluminum Track Supporter	1

No.	Description	Qty	No.	Description	Qty
59	Seat	1	86	Place control	2
60	Seat Moving Set	1	87	Sensor Wire	1
61	Hand fixed block	2	88	Upper HR Sensor Wire 800mm L	1
62	Dipping Handle	1	89	Lower HR Sensor Wire 2460mm L	1
63	Pin ϕ 16*67L	1	90	Upper Computer Sensor Wire	1
64	Spring ϕ 2.0* ϕ 18.5*36	1	91	Lower Computer Sensor Wire	1
65	Knob M16*P1.5*25L	1	92	Power inlet=800L	1
66	Metal Wheel	4	93	Rubber Cover 32.4*54*80	2
67	Bearing 608ZZ	4	94	C-Ring-S35	2
68	Bushing- ϕ 8.3* ϕ 12.7*15.5L	8	95	C-Ring-S42	2
69	Hexagonal Bolt M8*100L	1	96	Mushroom Screw ST4.5*50L	4
70	Back Seat Support	1	97	Curved Washer M8	14
71	Washer ϕ 8.5* ϕ 26*1T	1	98	Washer ϕ 20* ϕ 30*1T	2
72	+ Bolt (ST3.5*8)	4	99	13*15 Tool	1
73	Washer ϕ 8.2* ϕ 16*2T	14	100	5m/m L Type Tool	1
74	Bearing 6003ZZ	2	101	Back Plastic Cover L	1
75	Back Seat	1	102	Back Plastic Cover R	1
76	Seat Support	1	103	Screw ST3/8"*25L	4
77	Seat Handle	1	104	Washer OD6.2*ID13*1.2T	20
78	HR Hands Cover	2	105	Mushroom Screw ST4.5*20L	14
79	Tube Cover ϕ 31.8mm	4	106	Inside Hexagonal Screw M6*20	9
80	Sponge Cover ϕ 31.8*250L	2	107	Retaining Washer	1
81	HR Sensor	1	108	Stick of Number	1
82	Tension Cable	1	109	Spring Washer SW8	24
83	6m/m L Type Tool	1	110	Screw M5*15L	2
84	Bushing 20L	4	111	Screw M4*10L	4
85	Side tube stopper	1			

SCREW SET:

	(100) 5m/m L Type Tool	1pc
	(83) 6m/m L Type Tool	1pc
	(99) 13*15 Tool	1pc

NOTE

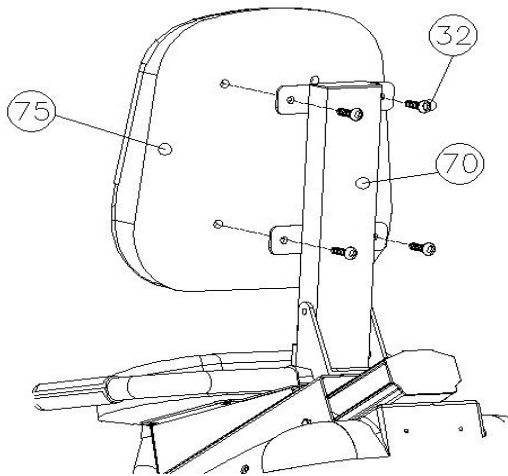
Before you start to assemble this unit, please check to be sure you have the correct quantity of parts that are listed above.

NOTE

Some of the parts and screws needed for assembly are already in place on the unit.

ASSEMBLY

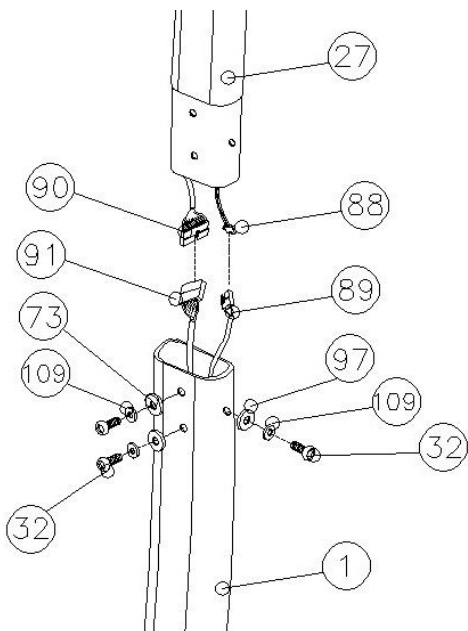
Step 1



Assembling the Seat Back

Remove Bolts (No.32) from the seat back (No.75). Attach seat back (No.75) to seat back support (No.70) using bolts (No.32). Secure bolts tightly. Check tightness periodically.

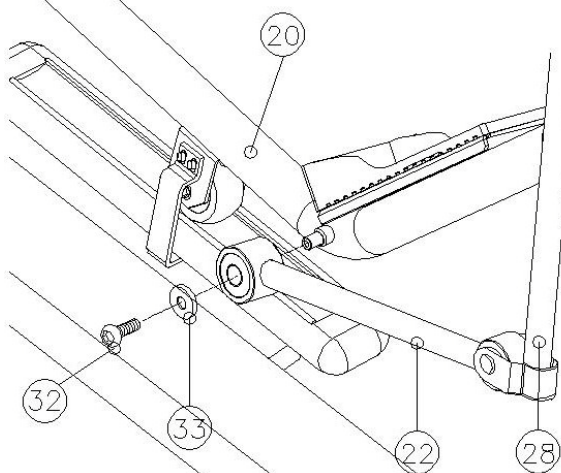
Step 2



Wire Connection

Connect Upper Computer Sensor Wire (90) and Lower Computer Sensor Wire (91), Upper HR Sensor Wire (88) and Lower HR Sensor Wire (89). After that, insert Computer Post (27) to the Main Frame (1) using the bolts (32) closet it.

Step 3

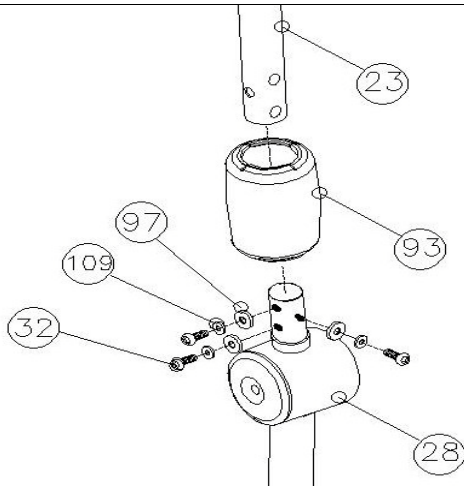


Connection Level Fixing 1

Fix the Connecting Parts (L) (22) to the Pedal Foot (L) (20) using the bolt (32). Fix the other side in the same way.

ASSEMBLY

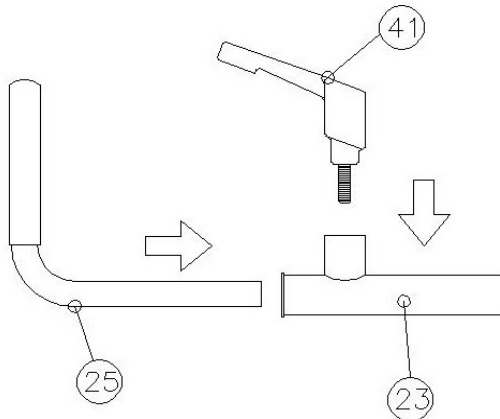
Step 4



Connection Level Fixing 2

Insert the Rubber Cover (93) to the Moving Handle Set (R) (23) and fix the Moving Handle Set (R) (23) to the Moving Handle Set (28) using the bolt (32).

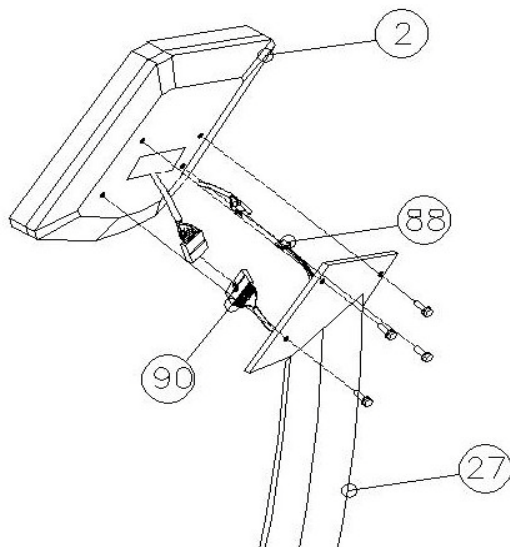
Step 5



Stabilizing the Handle Bar

Insert the Moving Handle Set (25) to the Moving Handle Set (23) using the Rotary hand (41) to lock it.

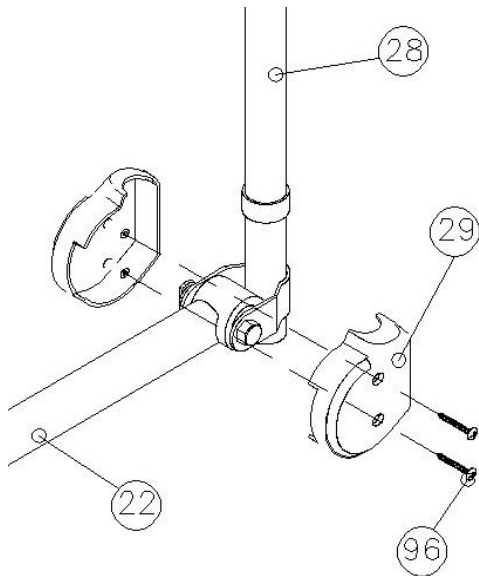
Step 6



Stabilizing the console

Connect the Upper HR Sensor Wire (88) and the Upper Computer Sensor Wire (90) to the same connection from the Computer (2). Attaching the Computer (2) to the Computer Post (27) using the screws locking.

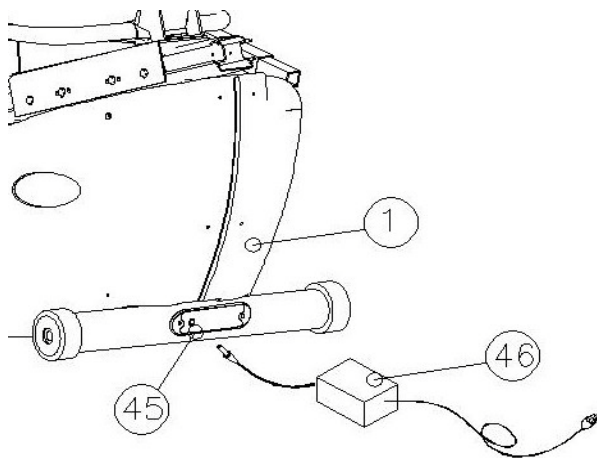
Step 7



Attaching the Joint Cover

Attaching the Connecting Tube Cover (29) to the joint from the Moving Handle Set (28) and the Connecting Parts (22) using the screws (96).

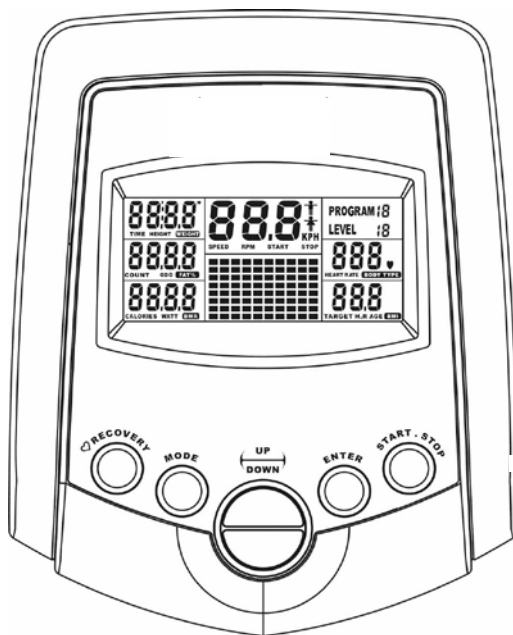
Step 8



Connecting the Power

Put the end of the Adapter (No.46) in the input socket (No.45) on the back of the Main frame (No.1), then put the other end of the adapter (No.46) in the power outlet.

PhysioStep LTD - Display/Monitor Manual



This manual covers the following categories:

- Key Functions
- Display
- Operating Ranges
- Operating Instructions
- Additional Information

Key Functions

There are a total of 6 keys on the monitor; UP, DOWN, ENTER, START/STOP, PULSE AND MODE.

- UP (▲):** Selects or increases the values of PROGRAMS, GENDER, TIME, HEIGHT, WEIGHT, WATT, CALORIES, TARGET HEART RATE, AGE, COUNT
- DOWN (▼):** Selects or decreases the values of PROGRAMS, GENDER, TIME, HEIGHT, WEIGHT, WATT, CALORIES, TARGET HEART RATE, AGE, COUNT.
- ENTER:** Selects the functions from PROGRAMS, GENDER, TIME, HEIGHT, WEIGHT, WATT, CALORIES, TARGET HEART RATE, AGE, COUNT and 10 columns. The selected function will flash. Please note that not all of the functions can be selected in every program.
- START/STOP:** Starts or stops the program that was selected. Pressing this button for 2 seconds will reset the monitor.
- PULSE RECOVERY:** Starts the function of PULSE RECOVERY.
- MODE:** Changes the display of the values between CALORIES or WATTS. The values of RPM and WATTS show at the same time.

Display/Monitor

A. START: Indicates the program selected has started.

START

B. STOP: Indicates the program selected has stopped.

STOP

C. PROGRAM: Indicates the programs selected from PROGRAM 1 to PROGRAM 18.

PROGRAM 18

D. LEVEL: Indicates the level of resistance selected from LEVEL 1 to LEVEL 16.

E. GENDER: Indicates the gender (Male or Female) selected.



F. TIME/HEIGHT/WEIGHT Display: Indicates only 1 value of TIME, HEIGHT, or WEIGHT displayed depending on the program.



G. COUNT/FAT%: Indicates only one value of COUNT or FAT% displayed depending on the program.



H. RPM: Indicates the value of RPM.



I. CAL/WATT/BMR Display: Indicates only one value of CAL, WATT, or BMR displayed depending on the program.



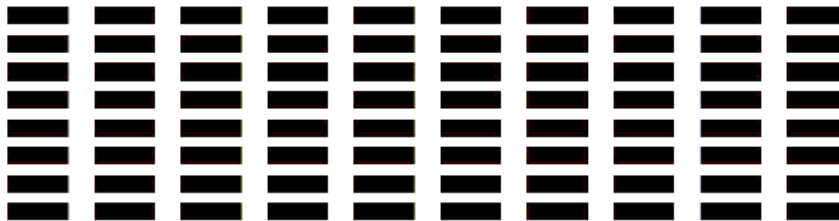
J. TARGET H.R./BMI/AGE Display: Indicates only one value of TARGET HEART RATE, BMI, or AGE displayed depending on the program.



K. HEART RATE/BODY TYPE Display: Indicates only one value of HEART RATE or BODY TYPE displayed depending on the program.



L. Resistance Profiles: There are 10 columns of resistance bars, and 8 bars in each column. Each column represents 3 minutes of your workout (without the change of TIME value), and each bar represents 2 levels of resistance.



Operating Ranges

Values	Range (Count up)	Count down	Preset	Increment (Decrement)
PROGRAM	1 ~ 17	17 ~ 1	1	1
LEVEL	1 ~ 16	16 ~ 1	N/A	1
GENDER	Male, Female	N/A	Male	N/A
TIME	0:00 ~ 99:59	99:00 ~ 5:00	0:00	1:00
HEIGHT (ft)	3'7" ~ 6'5"	6'5" ~ 3'7"	5'10"	0.5
WEIGHT (lbs)	22 - 440	440 - 22	154	0.2
COUNT	0 ~ 9999	9990 ~ 10	0	1
WATT	30 ~ 300	300 ~ 30	100	10
CALORIES	0 ~ 9999	9990 ~ 10.0	0	0.1
TARGET H.R.	60 ~ 220	220 ~ 60	90	1
AGE	10 ~ 99	99 ~ 10	30	1

Operating Instructions

A. Exercising With a Specific Goal:

1. TIME Control: Set your workout duration for a specific amount of time. (Except in Program 8)
2. COUNT Control: Set your workout duration for a specific "Count" of workout cycles. (Except in Program 8)
3. BODY FAT Control: The display computer will design various programs for people according to their body fat ratio.
4. WATT Control: Set the WATTS for a workout and the display computer will make adjustments to maintain the selected WATTS level.
5. CALORIE Control: Set your workout duration to burn a specific number of calories (Except in Program 8 & 17)
6. Heart Rate Control: Keeps users exercising under a safe heart rate.

B. Pulse Rate:

Use the contact heart rate handles that are on the sides of the seat. The correct way to have your heart rate detected is to gently hold both metal parts in each hand. When the signal is picked up by the display, the heart icon in the HEART RATE/BODY TYPE Display will flash.

C. Manual Program:

PROGRAM 1 is a manual program. Press "ENTER" key to select TIME, COUNT, CALORIES and AGE. Then, press ▲ or ▼ key to adjust the values. The default level of loading is 6. After pressing "START/STOP" key to exercise, please also apply the heart rate detector appropriately. Users may exercise in any desire level (by pressing ▲ or ▼ during the workout) with a period of time or a certain count. With the input of age, the computer may suggest a target heart rate to exercise. The suggested heart rate is 85% (220 – age). So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing. **Please note that the flashing heart icon is a warning for users to slow down or decrease the resistance.**

D. Preset Programs:

PROGRAMS 2 through PROGRAM 7 are the preset programs. Press "ENTER" key to select TIME, COUNT, CALORIES and AGE. Then, press ▲ or ▼ key to adjust the values. Users may exercise at the selected level of resistance for selected intervals as the profiles show. After pressing "START/STOP" key to begin exercising, please place your hands on the contact heart rate handles. Users may adjust the resistance level by pressing ▲ or ▼ during the workout. When you input your age, the computer may suggest a target heart rate. The suggested heart rate is 85% (220 – age). So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing. **Please note that the flashing heart icon is a warning for users to slow down or decrease the resistance.**

E. Body Fat Program:

Program 8 is designed to calculate users' body fat ratio and to design a specific workout profile for users. Press "ENTER" key to select GENDER, HEIGHT, WEIGHT, and AGE. Then, press ▲ or ▼ key to adjust the values. Press the "START/STOP" key to calculate your estimated body fat percentage, at this time place your hands on the contact heart rate handles. If the heart rate sensors are unable to pick up the signal, an error message "E3" will show up in the profile display. If this happens, press the "START/STOP" key to calculate again and adjust the placement of your hands. The display computer will calculate the FAT%, BMR, BMI, BODY TYPE, and a designed workout profile will show up shortly. Press "START/STOP" key to exercise. The profile shown in the display is specially designed for your body type.

F. Heart Rate Control Programs:

Programs 9 through 12 are the Heart Rate Control Programs. In program 9, press "Enter" key to select TIME, COUNT, CALORIES and TARGET H.R. Users may setup a target heart rate to exercise in a period of time or a certain distance. In Program 10 to Program 12, press "Enter" key to select TIME, COUNT, and AGE. Then, press▲ or ▼ key to adjust the values. Users may exercise in a period of time or a certain count with 60% Max Heart Rate in Program10, 75% Max Heart Rate in Program 11, and 85% Max Heart Rate in Program 12. After pressing "START/STOP" key to exercise, please also apply the heart rate detector appropriately. In these programs, the computer will adjust the level of loading according to the heart rate detected. For example, the level of loading may increase while the heart rate detected is lower than TARGET H.R. Also, the level of loading may decrease while the heart rate detected is higher than TARGET H.R. As a result, the user's heart rate will be adjusted to close the TARGET H.R. in the range of TARGET H.R. -5 and TARGET H.R. +5.

G. Creating User Profile Programs:

Programs 13 through 16 are the user profile programs. When setting up your program, select the TIME, COUNT, CALORIES, AGE and resistance level. The values selected for your profile will be stored the memory after setup. Press the "START/STOP" key to begin exercise, and place your hands on the contact heart rate sensors. You can change the resistance level during your workout at anytime by pressing ▲ or ▼ key. Please note, this will not store the change in the profile memory. The computer may suggest a target heart rate to exercise. The suggested heart rate is 85% (220 – age). So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing. **Please note that the flashing heart icon is a warning for users to slow down or decrease the resistance.**

H. Watt Independent Program:

Program 17 is a Watt Independent Program. Press the “ENTER” set the TIME, COUNT, WATT, and AGE. Press the “START/STOP” key to begin exercise, and place your hands on the contact heart rate sensors. During exercise, the level of resistance is not adjustable. In this program, the display computer will adjust the level of resistance according to the preset WATT value. The level of resistance may increase if speed is too slow in order to maintain the watts. Also, the level of resistance will automatically decrease if the speed is too fast. As a result, the calculated WATTS will remain close to the WATTS preset. The suggested heart rate is 85% (220 – age). So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing. **Please note that the flashing heart icon is a warning for users to slow down or decrease the resistance.**

I. Pulse Recovery:

To check your heart rate during recovery this program scales your progress from 1.0 to 6.0. 1.0 is “the best” and 6.0 is “the worst”, increments are 0.1. In order to rate your recovery correctly, perform this test right after your workout is finished, by pressing the “PULSE” key. After the key is pressed, place your hands on the contact heart rate sensors. The test will last for 1 minute and the result will show in the display.

Things You Should Know Before Exercising

A. The values calculated or measured by the computer are for exercise purpose only, **not for medical purpose.**

B. Variables by Program:

Programs	Variables
P1 ~ P7	TIME, COUNT, CALORIES, AGE
P8	GENDER, HEIGHT, WEIGHT, AGE
P9	TIME, COUNT, CALORIES, TARGET H.R.
P10 ~ P12	TIME, COUNT, CALORIES, AGE
P13 ~ P16	TIME, COUNT, CALORIES, AGE, 10 Intervals
P17	TIME, COUNT, WATT, AGE

Please note that only either the TIME or COUNT can be adjusted. Both adjustments cannot be made at the same time. For example, the value of COUNT is “0” while the value of TIME is adjusted to be any number except “00:00”.

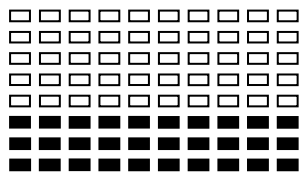
C. Programs Selection:

There are 17 workout programs and 1 Recovery program. Programs include: 1 Manual Program, 6 Preset Programs, 1 Body Fat Program, 4 Heart Rate Control Programs, 4 User Setting Programs, 1 WATTS Control Program, and 1 Pulse Recovery Program.

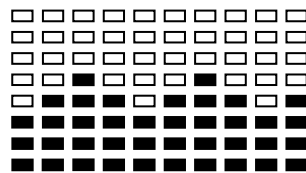
D. Program Graph:

Each graph shows the level of resistance during each program interval.

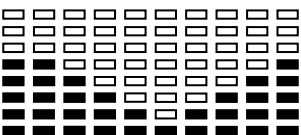
Program 1 (Manual)



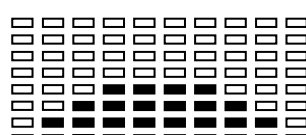
Program 2 (Rolling)



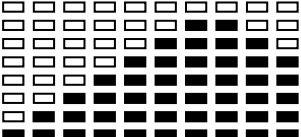
Program 3 (Valley)



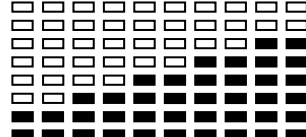
Program 4 (Fat Burn)



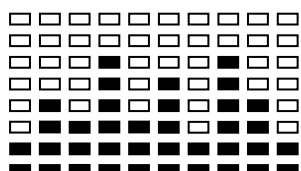
Program 5 (Ramp)



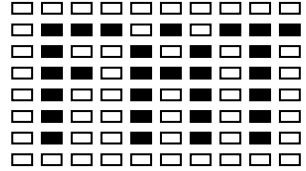
Program 6 (Mountain)



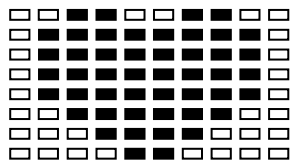
Program 7 (Intervals)



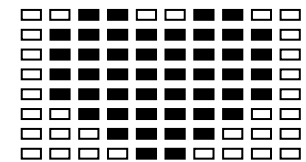
Program 8 (Body Fat)



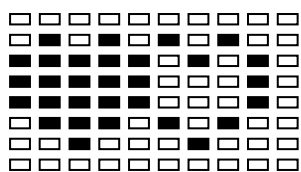
Program 9 (Target H.R.)



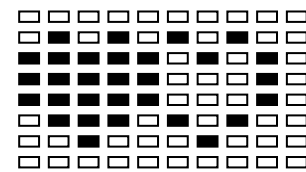
Program 10 (60% H.R.C.)



Program 11 (75% H.R.C.)



Program 12 (85% H.R.C.)



E. Body Types:

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

Type 7 is from 35% to 39%. Type 8 is from 40% to 44%. Type 9 is from 45% to 50%. BMR: Basal Metabolism Rate and BMI: Body Mass Index

MAINTENANCE AND TECHNICAL DATA

1.1 Maintenance Tips

- Keep the PhysioStep well maintained to ensure peak performance and safety.
- Clean the display console and all exterior surface parts routinely. Use a soft cotton cloth and a soft cleaner for best results. Do not use Ammonia or acid based cleaners.
- Vacuum the area directly surrounding and under the unit regularly.
- Keep the Pedal Straps fastened securely when using the PhysioStep.

1.2 Routine Maintenance Schedule

Clean the following items daily:

- Console and Overlay, Hand Contact Sensors, Chain Cover, Pedals and Straps, End Caps and all other exterior parts, Handle Bar, Seat.

Routinely inspect the following items weekly and adjust or tighten if necessary:

- Hand Contact Sensors, Leg Levelers, End Caps, Seat Adjust Position Knob, Seat Upright Adjust Knob, Crank Shaft and Pedals, Display, all Nuts and Bolts and the Console Control Wire.
- Crank, Seat Adjust Position Knob, Upright Post Adjust Knob, Drive Belt.
- Hardware for console.
- Hardware for Handlebar and Frame, Handle Bar, Electronic Compartment, Drive Belt, Crank Axle.

Trouble Shooting Guide for the PhysioStep LTD

Malfunction	Cause	Solution
The Display does not turn on when pedaling lightly.	<ol style="list-style-type: none"> 1. Console wire is disconnected or connected improperly. 2. Low Batteries in the Display 3. Damaged Console Control Wire 4. Damaged Generator, Console PCB or Control PCB 5. Unit not plugged into wall outlet 	<ol style="list-style-type: none"> 1. Detach and Re-connect console wires to make sure they are connected properly. 2. Replace the Batteries in the Display 3. Replace any damaged Wires, Control Panels or Generators
Console Works well but resistance value is zero	<ol style="list-style-type: none"> 1. Brake Control Wire is improperly connected or damaged. 2. The Console PCB or Low Control PCB may also be damaged. 	<ol style="list-style-type: none"> 1. Detach and Re-connect brake control wires to make sure they are connected properly 2. Replace Damaged Power Board if needed.
Meter does not display the RPM Value.	<ol style="list-style-type: none"> 1. Damaged Generator or Lower Control PCB 	<ol style="list-style-type: none"> 1. The component will need to be repaired or replaced by a qualified technician.
Heavy resistance when you begin pedaling	<ol style="list-style-type: none"> 1. Remove the Console Control Wires, if there is now less resistance it may be caused by a wrong VR Default Value. 2. Remove the Console Control Wires, If it still has heavy resistance when pedaling it may be a damaged Lower Control PCB 	<ol style="list-style-type: none"> 1 and 2. In both cases, this component will need to be repaired or replaced by a qualified technician.

Warranty Information:

**Designed for home or Institutional Settings where usage is less than 5 hours per day.*

Serial # (Printed on Original Box): _____

Purchase Date: _____ **Purchased From:** _____

3 Year Parts Warranty, One Year Labor, Lifetime Frame