

# **SportsArt** XT10 **FITNESS**

## **OWNER'S MANUAL** **ASSEMBLY INSTRUCTIONS**



**SPORTS ART COMMERCIAL GRADE XT20**  
**X-TRAINER**

**TABLE OF CONTENTS**

A. SAFETY GUIDELINES .....	1
B. INTRODUCTION.....	2
C. ASSEMBLING YOUR X-TRAINER	
List of parts.....	3
Step by step instructions.....	4
D. UNDERSTANDING THE XT20 DISPLAY CONSOLE	
Windows.....	10
Keypad.....	11
E. OPERATING YOUR X-TRAINER	
Power Up the X-Trainer.....	13
Quick Start.....	13
Entering User's Personal Information.....	14
Power Standby Mode.....	15
Turn Off the X-Trainer.....	15
F. OVERVIEW OF PROGRAMS	
Manual Mode.....	16
Random.....	17
WT Loss (HRC 65%) / CARDIO (HRC 80%).....	18
Conditioning and Advanced Conditioning.....	19
Cool Down.....	20
Stop.....	21
Displaying Workout Data.....	22
G. SYSTEM DEFAULT SETTING	
Setting Modify.....	23
Setting Weight Units.....	23
H. RANGES OF VARIOUS SETTINGS.....	23
I. SETTING RANGES.....	24
J. MAINTAINING THE X-TRAINER.....	24
K. GUIDELINES FOR EXERCISE	
How long should I exercise?.....	24
How often should I exercise?.....	24
L. TROUBLESHOOTING	
Load response issues.....	25
Appendix: Wiring Schematic.....	26

## **A. SAFETY GUIDELINES:**

Please read and follow the following safety guidelines:

- Keep this owner's manual for future use and reference.
- Read this owner's manual and follow the instructions.
- Assemble and operate the SportsArt XT20 Trainer on a solid, level surface.
- Never allow children on or near the machine.
- Check the machine before every use. Make sure all parts are assembled; all nuts and bolts are tightened. Do not use the machine if the unit is disassembled in any way.
- Keep your hands away from moving parts.
- Wear proper workout clothing. Do NOT wear loose clothing. Do not wear shoes with leather soles or high heels. Tie back all long hair.
- Don't rock the unit from side to side; take care when mounting and dismounting the unit.
- Do not use any accessories that aren't specifically recommended by the manufacturer as these might cause injuries or cause the unit to fail.
- Work within your recommended exercise level. Do NOT work to exhaustion.
- If you feel any pain or abnormal sensations, STOP YOUR WORKOUT. Consult your physician immediately.
- Allow sufficient space on both sides of the trainer for users to mount and dismount the machine.
- If any parts fail or are defective, please stop your workout immediately and contact your authorized dealer for repairs.

## **B. INTRODUCTION**

Congratulations on purchasing one of the finest pieces of commercial grade exercise equipment in the market today, the SportsArt XT20. Constructed of high quality materials and designed for years of trouble free usage, the XT20 will be an integral part of your fitness regimen.

Before using your trainer, we recommend that you familiarize yourself with this Owner's Manual. Whether you are a first time user of an X-trainer or a seasoned "pro," understanding the correct use of the equipment will enhance your ability to achieve your exercise goals safely and successfully.

## **C. ASSEMBLING YOUR X-TRAINER**

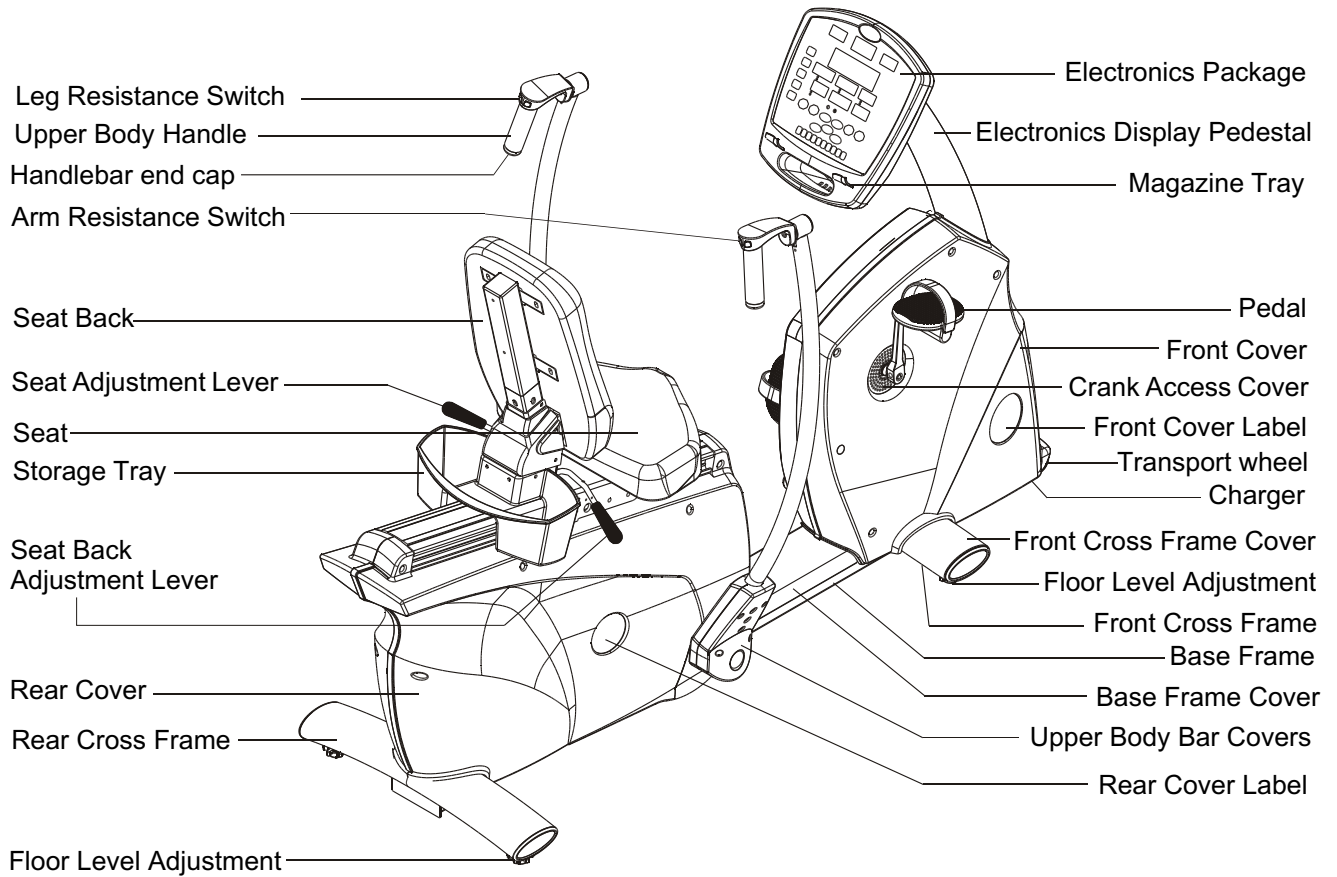
### **LIST OF PARTS:**

1. One Display Support Tube
2. One Left Pedal
3. One Right Pedal
4. One Seat Back
5. One Seat Bottom
6. One Left Upper Body Bar
7. One Right Upper Body Bar
8. Two Upper Body Bar Inner Covers
9. Two Upper Body Bar Exterior Covers
10. Three 5/16" L19 bolts for the Display Pedestal
11. Three 5/16" L19 bolts for the Seat Back
12. Three 5/16"D20\*t2.0 Flat Washers for the Seat Back
13. Four 5/16\*L19 Bolts for the Seat Bottom
14. Four Flat Washers 5/16\*D20\*t2.0 for the Seat Bottom
15. Eight 5/16\*L19 Bolts for Left and Right Upper Body Bars
16. Eight D18\*d8.5\*t2.0 Washers for Left and Right Upper Body Bars
17. Four Flat Washers D17\*d8.3\*t2.0 for Left and Right Upper Body Bars
18. Eight Spring Washers 5/16" \*t2.0 for Left and Right Upper Body Bars
19. Eight Phillips Head Screws M4\*L20 for Upper Body Bar Covers
20. One Screwdriver
21. One Hex Allen Wrench
22. One Open-ended Wrench
23. Three Fuses ( 2 AMP x 2 and 3 AMP or 3.15 AMP)

## **STEP BY STEP INSTRUCTIONS**

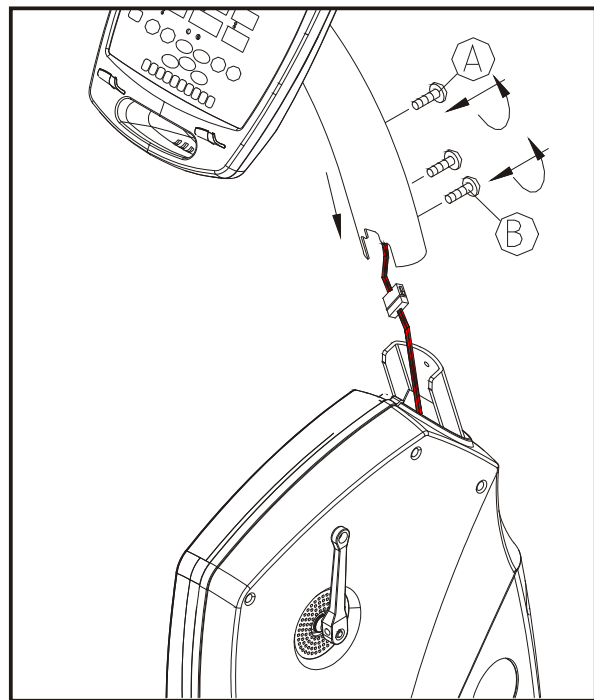
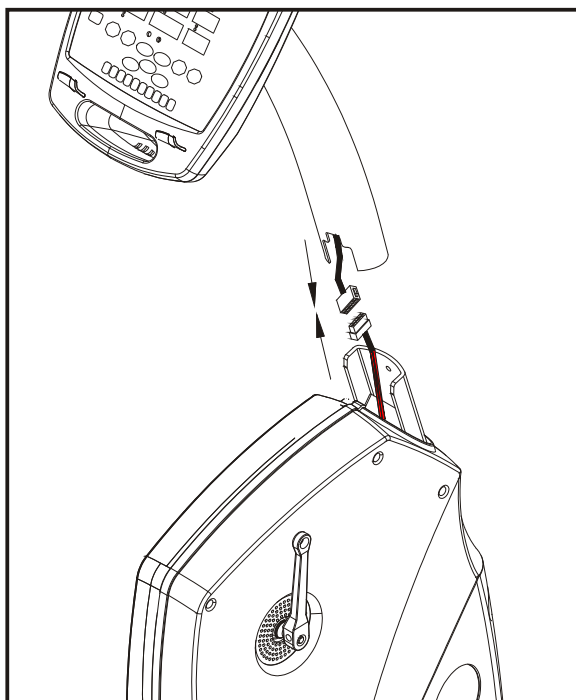
Before assembling your X-trainer, make sure that you have all parts listed on the previous page. Refer to the product illustration below.

### **Product Illustration**

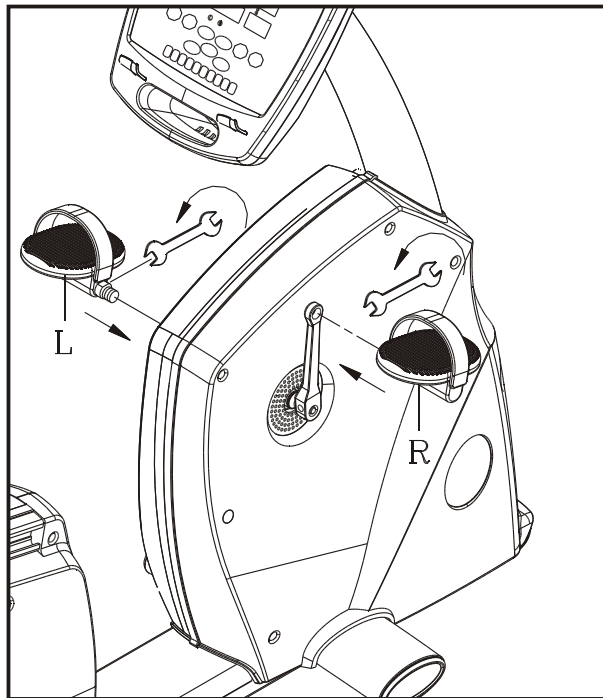


The following steps explain how to assemble your SportsArt XT20. Please read every step thoroughly. Follow the directions completely to ensure correct assembly.

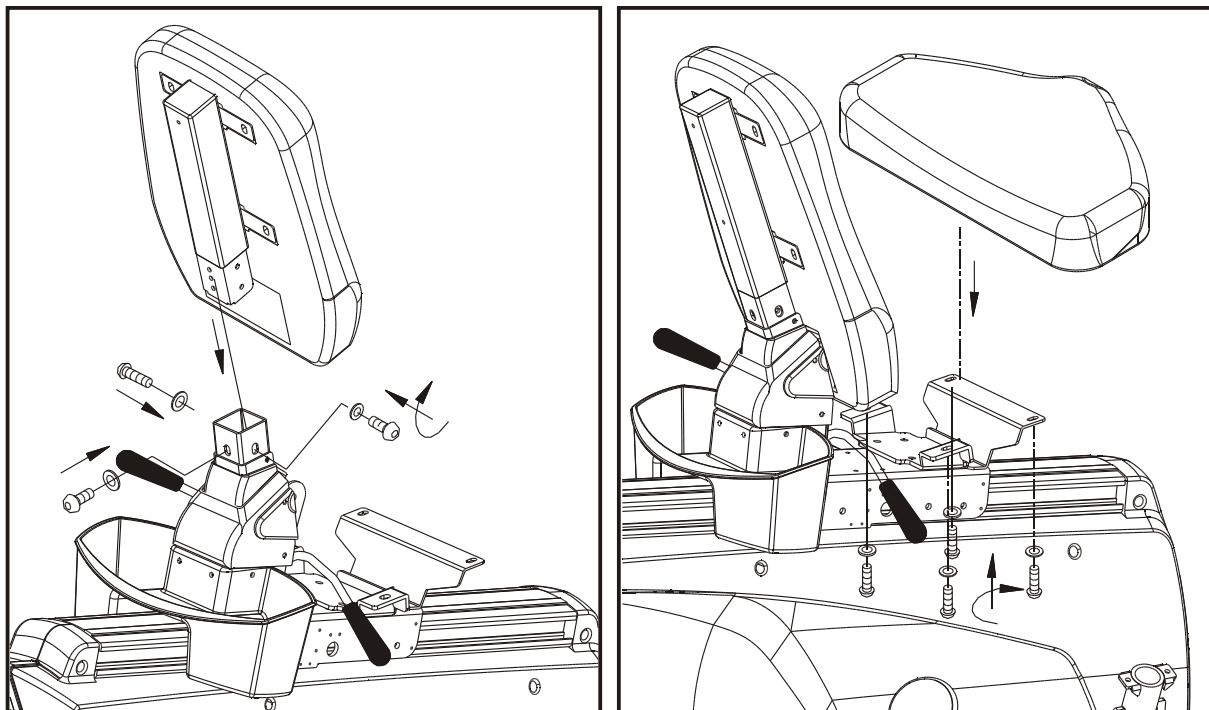
1. Remove the trainer from the box and separate packing material from the trainer parts.
2. Place all parts on a flat surface so that they can be found more easily.
3. Connect the data cables (female to male) between the pedestal and the trainer frame. Install the Pedestal to the trainer frame. Firstly attach the top bolt A provide, don't tighten yet. If it is a bit to insert the bolt A into the hole, please hold the pedestal to align the bole. Then attach two bolts B below as well, don't tighten either. Finally fasten bolt A, then bolt B clockwise to secure them completely.



4. Install right and left Pedals to right and left crank arms respectively, using the wrench provided. Be careful to distinguish “L” from “R”. “Left” is the user's left, as he or she exercises on the equipment. After installation, rotate pedals counterclockwise to secure them (see the following illustration).

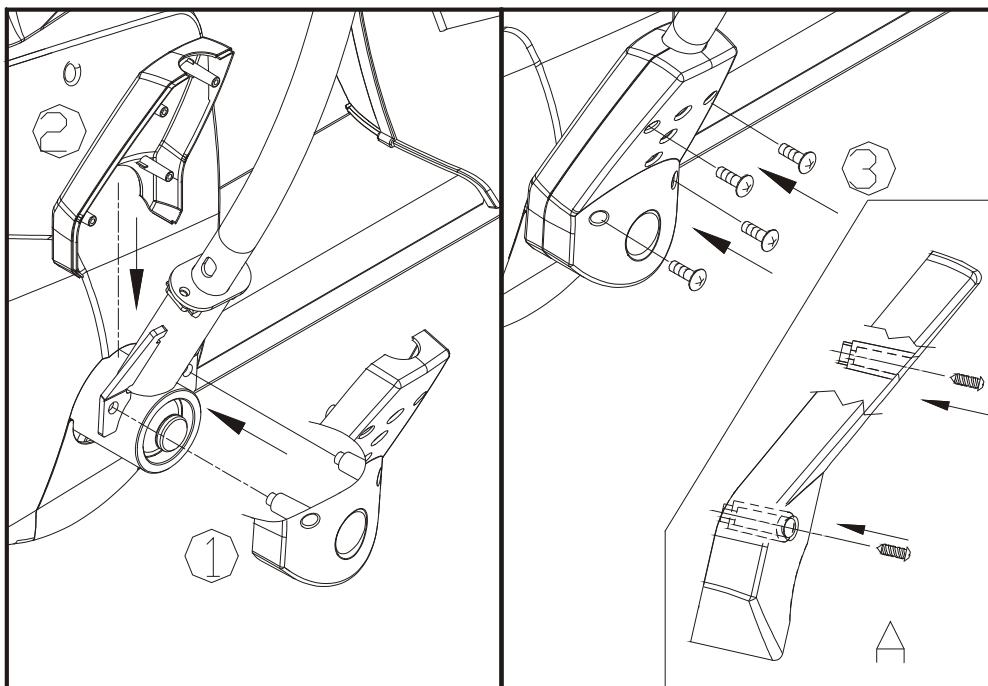
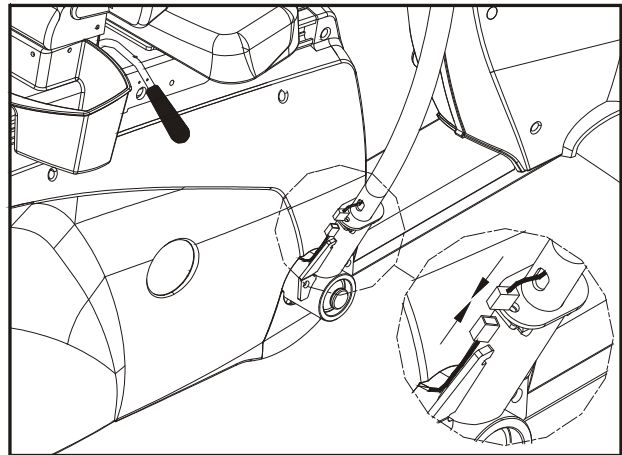
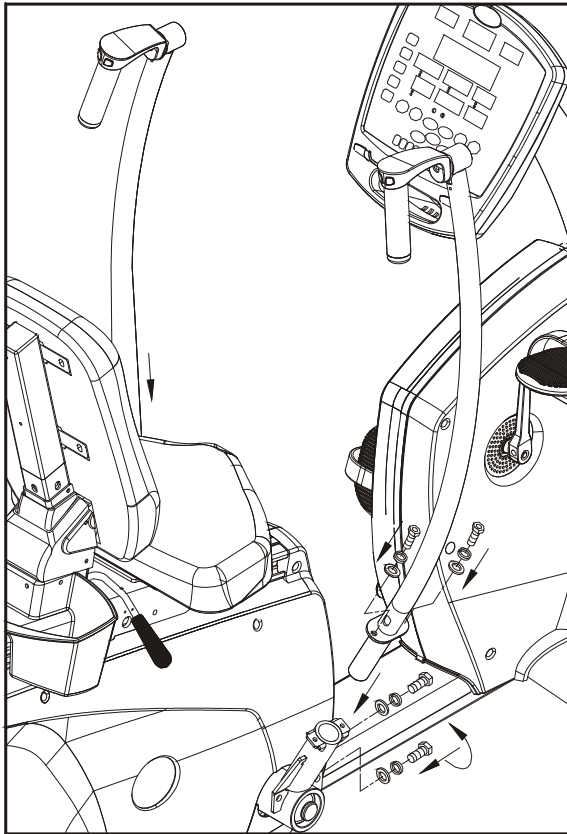


5. Install the Seat Back onto the seat post by using the bolts and washers provided. Make sure the bolts and washers are tightened to secure the Seat Back. Install the seat to the handlebar mounting plate; fix the seat with the bolts and washers provided. Secure the bolts from underneath the seat, with two bolts in front and two in back, through the handlebar mounting plate. Tighten the bolts (see the following illustration).



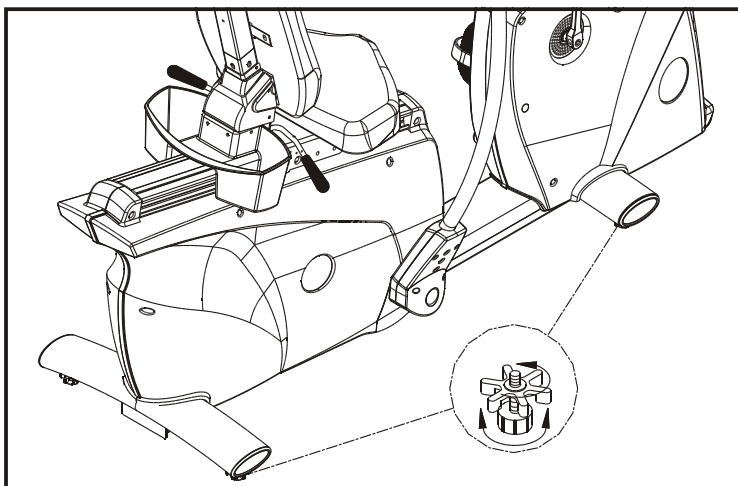


6. Insert right and left upper body bars into their respective connector tubes. Secure the bars with the four bolts attached. Connect the wires in the upper body bars. Attach the exterior enclosure firstly that two ribs on it go into the holes on the bottom of upper body bars as step ①, then put the interior enclosure in placement as step ②. Finally tighten 4 bolts provided as step ③. (Please fasten the top right or left bolt firstly and keep the bolt to align the rib for easy assembly. See Fig. A)



## 7. Floor Level Adjustment

If the trainer is unsteady on the floor, turn the levelers on the front and rear feet. Raise or lower the levelers to steady your trainer on the floor. Secure the adjustment level with the washers attached, as illustrated below:

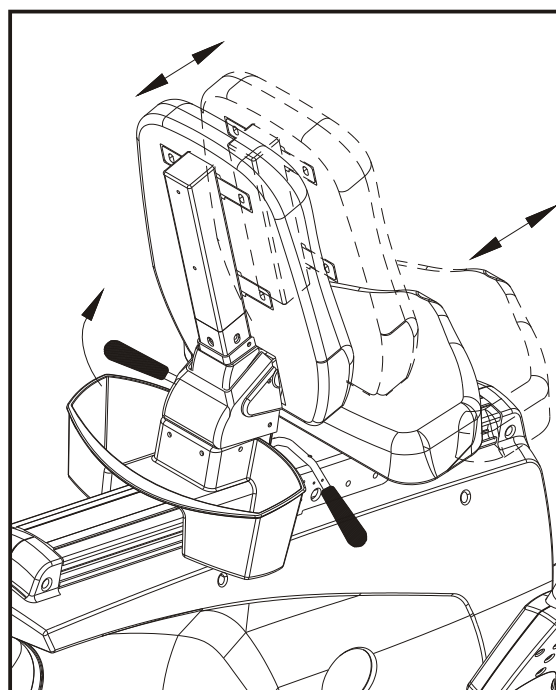
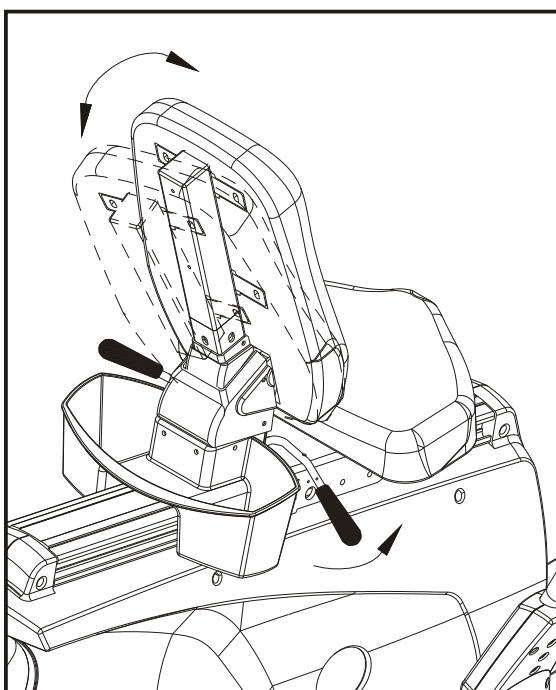


## 8. Seat Back/ Seat Bottom Adjustment

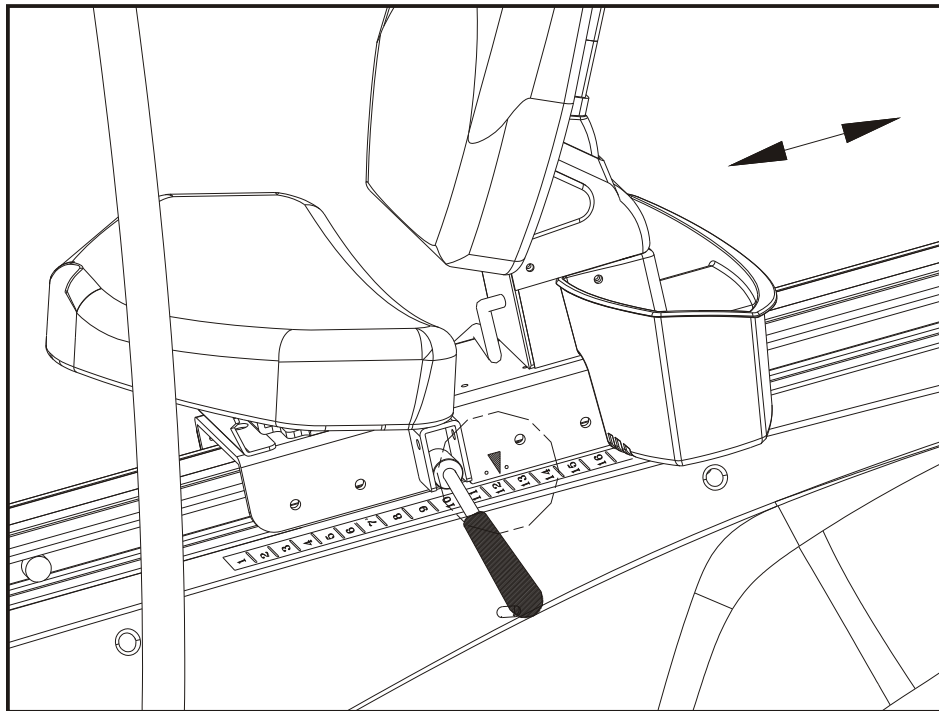
The XT20 is equipped with a two-piece seat, allowing you to adjust the angle of the seat back and bottom. To adjust the seat back, pull the right lever by the seat and press the seat back backwards to find the most comfortable position for you. Then release the lever.

To adjust the seat bottom to the appropriate position for you, sit on the trainer with both feet in the pedals, extend one leg as far as possible, and pull the left lever by the seat. Move the seat forward or backward until you find yourself comfortable with your position. Then release the lever.

Please see the following illustration.



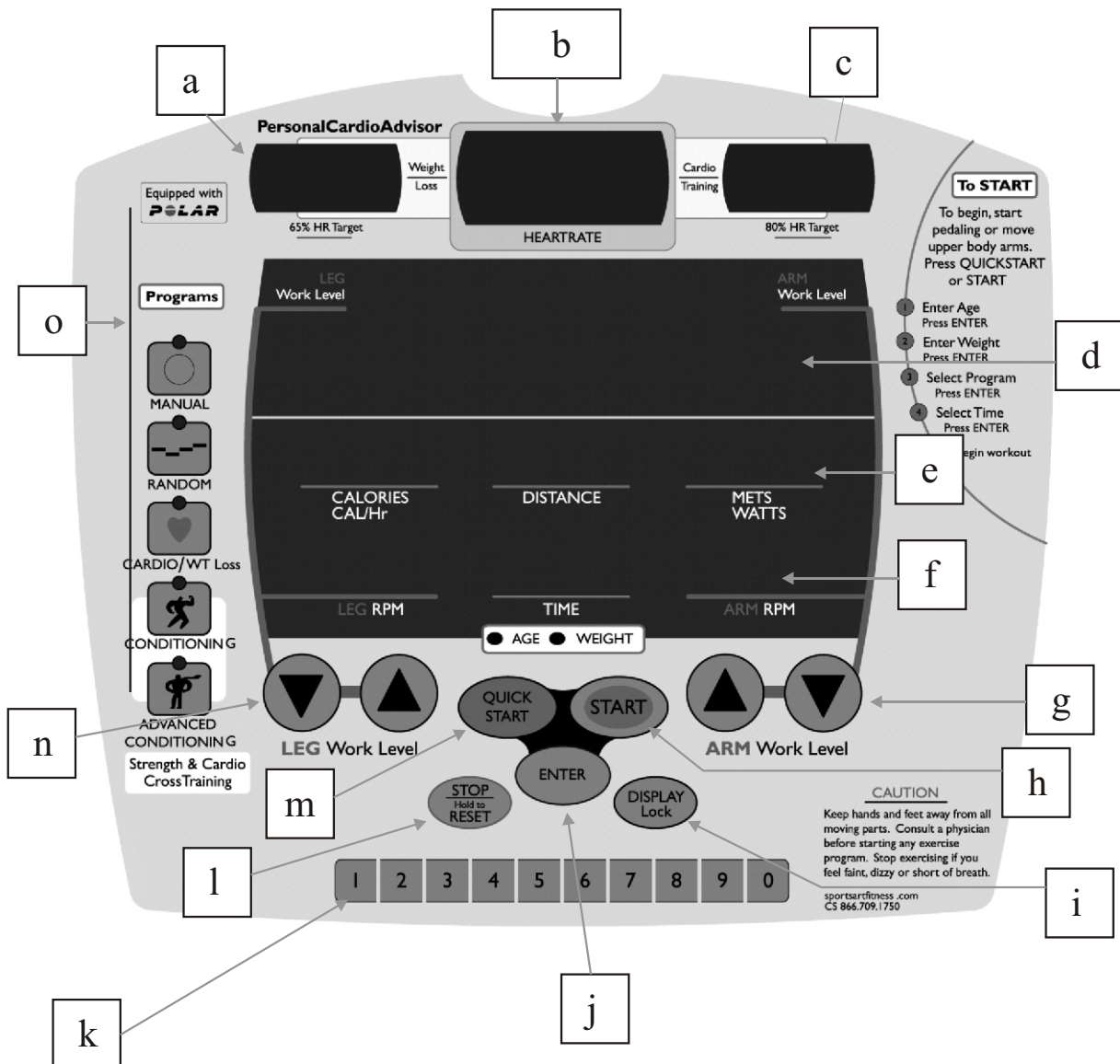
9. The marking on the seat rail is there to assist the user to record his or her favorite position (as shown in the following illustration).



The XT20 Trainer is now assembled and ready for use.

## D. UNDERSTANDING THE XT20 DISPLAY CONSOLE:

The SportsArt XT20 display console provides user-friendly control of all X-trainer functions.



## OVERVIEW OF THE DISPLAY CONSOLE

### • WINDOWS

a. 65% HR Target. The weight loss program adjusts resistance to keep the user's heart rate at 65% of the maximum heart rate. This provides the optimum weight loss workout.

b. HEART RATE shows the user's current heart rate.

- c. 80% HR Target. The cardio training program adjusts resistance to keep the user's heart rate at 80% of the maximum heart rate. This provides the optimum cardio training workout.
- d. DOT MATRIX WINDOW shows operating instructions and workout feedback.
- e. CALORIES or CAL/HR. When lit, the CALORIES indicator shows the total amount of calories burnt since the beginning of the workout. When lit, the CAL/HR indicator shows the average number of calories burnt per hour during the workout.

DISTANCE shows the accumulated distance covered during this workout.

METS/WATT. When the METS indicator is lit, the METS window shows the user's workout level in METS (metabolic equivalents). One MET equals the consumption of oxygen per 3.5 ml/kg/min. When the WATT indicator is lit, this window shows the user's workout level in watts. WATT is the unit of measurement for power output.

- f. LEG RPM shows the speed at which the user pedals as revolutions per minute.

TIME shows the remaining time in the present workout, or, in QUICK START mode, the accumulated workout time.

ARM RPM shows the speed at which the user strokes as revolutions per minute.

When the ARM RPM keeps below 40 RPM for a period of time, the message "FOR GOOD BATTERY LIFE, PLEASE MOVE OVER 40 RPM" will be prompted across the main display to remind the user to speed up.

- KEYPAD

- g. UP & DOWN (ARM WORK LEVEL). Press these buttons to input user information, workout time, and arm resistance values.
- h. START. Press this button to turn on the display. When the unit is powered, press START to begin a workout. Press START anytime during a workout to input the user's personal information.
- i. DISPLAY LOCK. Press DISPLAY LOCK to constantly view CALORIES & METS or CAL/HR & WATTS. If this button is not pressed, the feedback message will alternate every four seconds from CALORIES to CAL/HR, CAL/HR to CALORIES, METS to WATTS, or WATTS to METS.
- j. ENTER. Press this button to confirm a selection.
- k. NUMERIC KEYPADS. Press numeric keypads to input the user's personal information or to set up the desired workout time length.

- I. STOP/RESET. In any preset exercise program, press this button to end that program. When this button is pressed, the dot matrix panel will show "STOP" for 3 seconds and beep for 0.5 second. "TOTAL TIME + AVERAGE HR" will appear. Total CALORIES consumed and total DISTANCE accumulated will appear in their respective windows. Total workout time will appear in the TIME window. The HEARTRATE window will show the average heart rate measured during this workout.

In cool down mode, hold the STOP/RESET button to end the COOL DOWN period. The message "SELECT PROGRAM OR PRESS START" will scroll across the dot matrix window. Program indicators will blink simultaneously. Select one program to start that workout.

Hold the STOP/RESET button for 2 seconds to reset the display and see the initial banner. The display cannot be reset if the system is in POWER STANDBY MODE.

- m. QUICK START. Press this button to start a workout promptly without entering the user's personal information.
- n. UP & DOWN (LEG WORK LEVEL). Press these buttons to input user personal information, workout time, and pedal resistance level values.
- o. PRESET PROGRAM SELECTIONS. Press MANUAL, RANDOM, WT Loss/CARDIO CONDITIONING, or ADVANCE CONDITIONING buttons to start a preset workout.

## E. OPERATING YOUR X-TRAINER

### a. POWER UP THE X-TRAINER

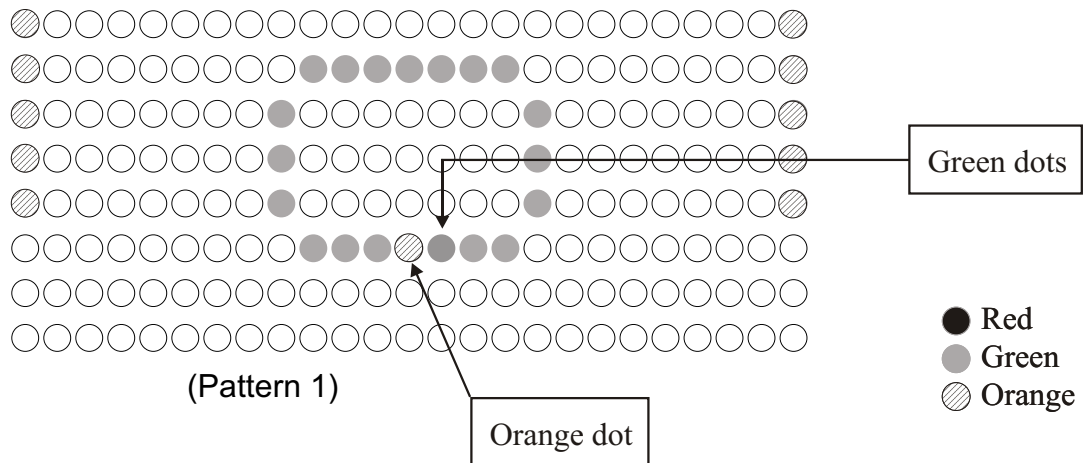
Either press the <START> button, start pedaling, or start moving the arm conditioner bars to activate the unit. "XT20" will appear on the dot matrix window. No other messages will be shown on other windows at this time.

### b. QUICK START

b-1. Press "QUICK START" on the console to start exercising promptly without entering user personal information. "00:00" shows up in the TIME window. Time starts counting once you pedal.

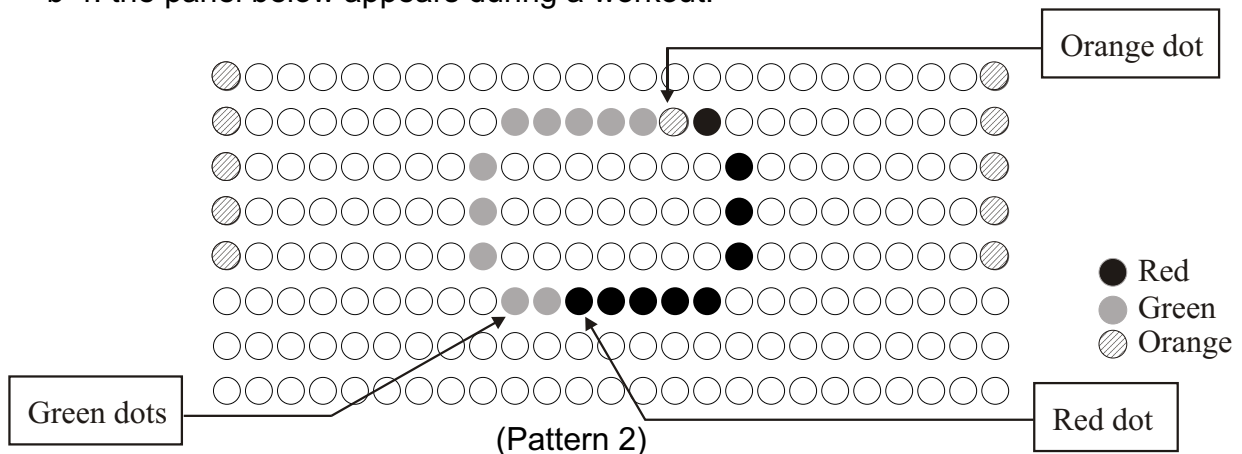
b-2. Preset values will show up as below: Age 35; Weight 75 kg or 165 lb. Arm and leg resistance are both preset at level 1.

b-3. The following panel shows up:



- : Green dots represent segments that have not yet been exercised.
- : The orange dot represents segments started or now in motion.

b-4. the panel below appears during a workout:



- : Red dots represent segments that have already been exercised.

- NOTES: 1. The blinking dot moves only when you pedal. It does not move if you only exercise your arms.  
2. The distance exercised per dot cycle is 0.25 mile or 0.4 km.

- b-5. While exercising, press <▲> <▼> buttons to change pedal or arm resistance. The values shown for LEG WORK LEVEL & ARM WORK LEVEL (in upper left and right corners of the dot matrix window) will also change according to your setting.
- b-6. When a workout is completed, the display windows appear as they do when you first start up the machine (See E. OPERATING YOUR TRAINER).
- b-7. You can switch from QUICK START to a preset PROGRAM simply by pressing any PROGRAM button. When you select one program, the related LED indicator lights, and the workout time automatically shows 30:00 minutes. Press <▲> <▼> buttons or the numeric keypad to adjust the workout time length. Press ENTER to confirm your choice and begin your workout.

### **c. ENTERING PERSONAL INFORMATION**

If you prefer to enter personal information, do not press "QUICK START" ; Press the <START> button. The display prompts the user to input personal information. Follow the prompts.

#### **c-1. Setting Age**

Press the <START> button. The dot matrix window prompts the user to "ENTER AGE". Then "AGE" appears. The TIME window shows "35". The AGE indicator lights up.

- Use <▲><▼> buttons or numeric keys to set user age, then press the <ENTER> button.
- If the entry exceeds this age range, "WRONG NUMBER" will scroll across the display. (The age value can range from 12 to 99.)
- After the user age is entered, corresponding 65% and 80% target heart rates appear in the Personal Cardio Advisor area of the display.

#### **c-2. setting Weight**

After the user age is set, the dot matrix window prompts the user to "ENTER WEIGHT". Then "LB" or "KG" appears. The TIME window shows either "165" if the unit is preset in pounds or "75" if preset in kilos. The WEIGHT indicator under the TIME window lights up.

- Use <▲><▼> buttons or numeric keys to set user weight; then press the <ENTER> button.



- If the weight entry exceeds the weight range, "WRONG NUMBER" will scroll across the display. (Weight values can range from 20 to 150 kgs or from 50 to 330 lbs.)

#### c-3. Setting the Program

After the weight is set, "SELECT PROGRAM" scrolls across the dot matrix window.

- All program indicators on the left side of the display illuminate. Press the desired program button to activate the program then press <ENTER> to set workout time.
- Time for CONDITIONING & ADVANCED CONDITIONING is preset (please refer to descriptions of CONDITIONING & ADVANCED CONDITIONING 2). The workout can be started now after you complete setting required workout mode.

#### c-4. Setting Time

"ENTER TIME" scrolls across the dot matrix window, then "TIME" appears. The time value appears as "30:00".

- Use <▲><▼> buttons or numeric keys to set workout time. Press the <ENTER> button to confirm your choice.
- If the exercise time value is not entered properly, "WRONG NUMBER" will scroll across the dot matrix window. The minimum time setting is 5 minutes. (The time value range is from 05:00 to 99:00.)
- The time value counts down when the user starts to pedal. If the user does not pedal, "PEDAL TO START" scrolls across the dot matrix window.

#### **d. POWER STANDBY MODE**

When the user has stopped pedaling for more than 30 seconds, or when no buttons are pressed for 30 seconds, the trainer automatically enters standby mode. Only two green dots move on the display. Press <START>, pedal, or exercise your arms to resume workout operation.

#### **e. TURN OFF THE TRAINER**

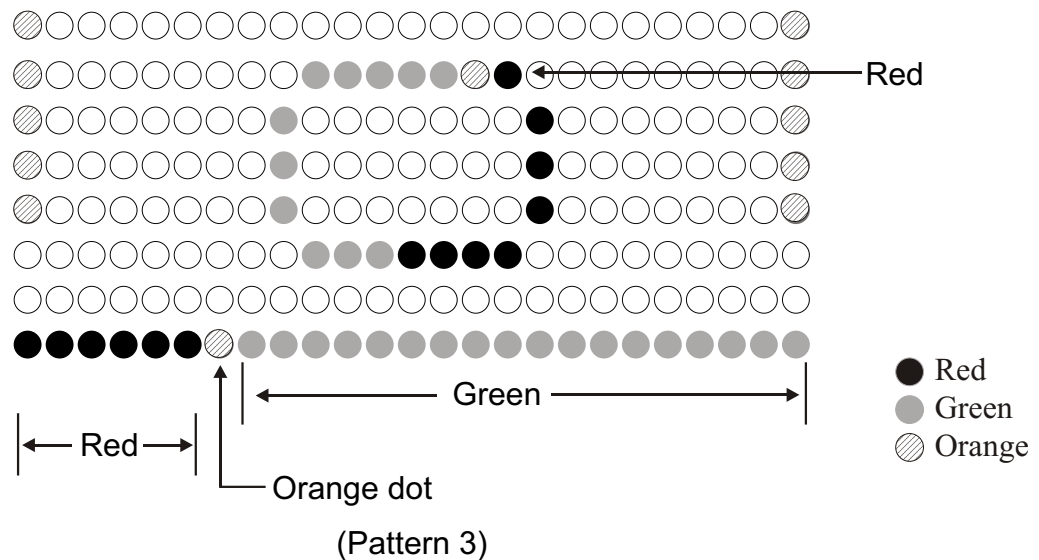
Automatic: To turn off the trainer, do not pedal, exercise your arms, or press any button. In two to three minutes, the trainer automatically shuts off.

Manual: Stop pedaling; simultaneously press and hold LEG WORK Level <▼> + <ENTER> or ARM WORK Level <▼> + <ENTER> for one second. The trainer will shut off.

## F. OVERVIEW OF PROGRAMS

### a. MANUAL

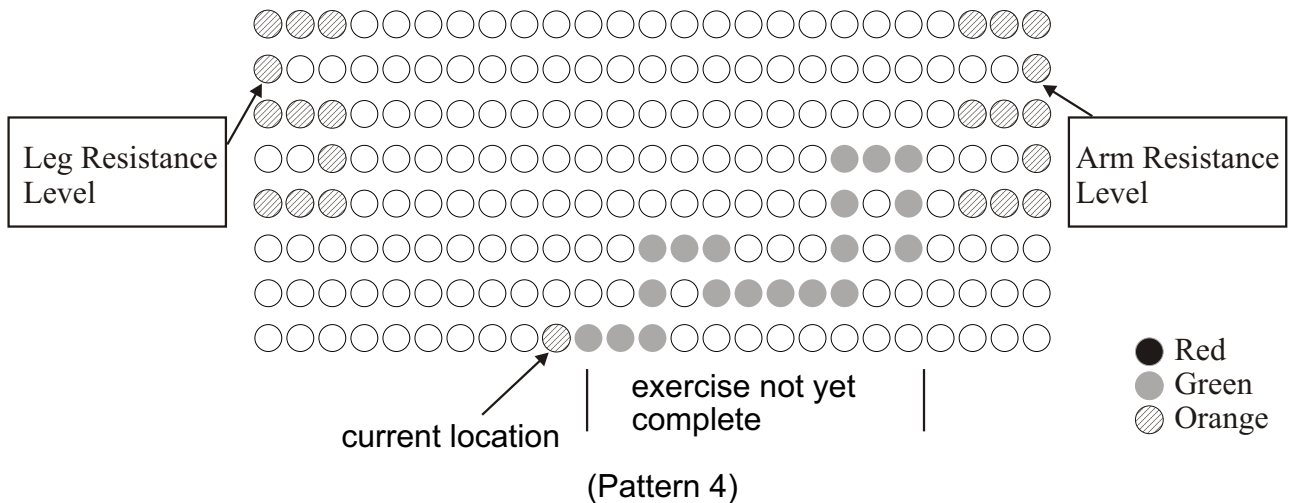
- a-1. The first time you enter the Manual Mode, both upper body resistance and lower body resistance are preset at LEVEL 1.
- a-2. Press the MANUAL button to enter Manual Mode. This is the default setting. Once the manual mode program is selected, the dot matrix window displays the following pattern (see Pattern 3), which is similar to the pattern seen in Quick Start Mode. The dots at the bottom line of the dot matrix window represent the user's current position in respect to the whole workout. Orange dots will start to blink once you exercise your arms or pedal. Dots turn red when that segment of the workout is completed. Green dots represent the area which has yet to be completed.



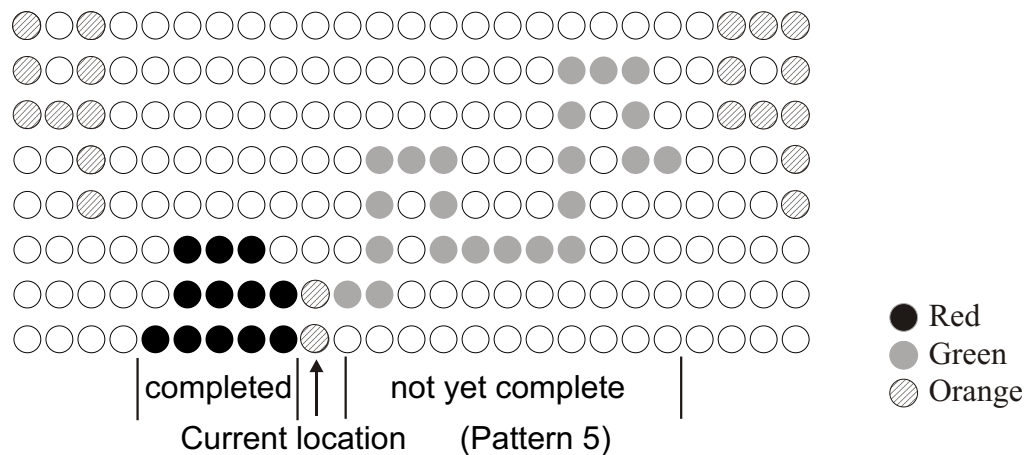
- a-3. Pedal and arm resistance levels can be adjusted anytime during the workout by pressing corresponding <▲> <▼> buttons. LEG WORK LEVEL & ARM WORK LEVEL values (shown in upper left and right corners of the dot matrix window) will change according to the setting.
- a-4. The time bar is located at the bottom of the dot matrix window. The time represented by each dot is the <preset total workout time/ 25>.
- a-5. After one cycle, the illustration in the middle of dot matrix window reverts to that of the initial screen.
- a-6. Time starts to count down in the TIME window. The COOL DOWN procedure begins when the workout time reaches 0 (zero).
- a-7. To stop, press <STOP/RESET> anytime during a workout.

**b. RANDOM**

b-1. The first time you enter the Random Mode, the arm resistance is preset at LEVEL 3 and the pedal resistance is preset at LEVEL 5. In this mode, the workout always starts from column 10, as shown in the following illustration.



b-2. The orange dot starts to blink once you exercise your arms or legs. Dots turn red to represent the completed part of the workout. Green dots represent areas of the workout which have yet to be completed.



The base value of lower body resistance is LEVEL 4; the base value of upper body resistance is LEVEL 9. The current location as illustrated above shows lower body resistance at LEVEL 5 and upper body resistance at LEVEL 10.

b-3. Pedal and arm resistance base values can be adjusted anytime during the workout by pressing <▲> <▼> buttons. The range that can be shown on the display is from <BASE VALUE ~ BASE VALUE+7> as illustrated in Pattern 5.

- b-4. The workout illustration moves one column to the left every 10 seconds. The dot at the current location blinks only when you pedal or exercise your arms. The dot will be lit constantly if no action is taken.
- b-5. Time starts to count down in the TIME window. The program begins the COOL DOWN procedure when the time is 0 (zero).
- b-6. To stop the workout, press the <STOP/RESET> button at any time.
- b-7. During this mode, if the <RANDOM> button is pressed repeatedly, the resistance levels will change randomly. The matrix display will be reset as well.

**c. WT Loss ( HRC 65% ) / CARDIO ( HRC 80% )**

Note: Some models of XT20 do not include the Heart Rate Control (HRC) function explained below.

- c-1. The Heart Rate Control function includes two settings: one for cardio conditioning and another for weight loss conditioning. Press <CARDIO/WT> to select the HRC function you desire, then press the <ENTER> button to confirm your choice.
- c-2. Once you enter the HRC program, “65% HR Target” and “80% HR Target” windows will show maximum Heart Rate values which are calculated according to the age input by the user. Once you begin the workout, the center of the dot matrix window will show the Target Heart Rate, which is obtained by the following calculation:

Maximum Heart Rate    WT Loss:  $[(220-AGE)\times 65\%]$   
  CARDIO:  $[(220-AGE)\times 80\%]$

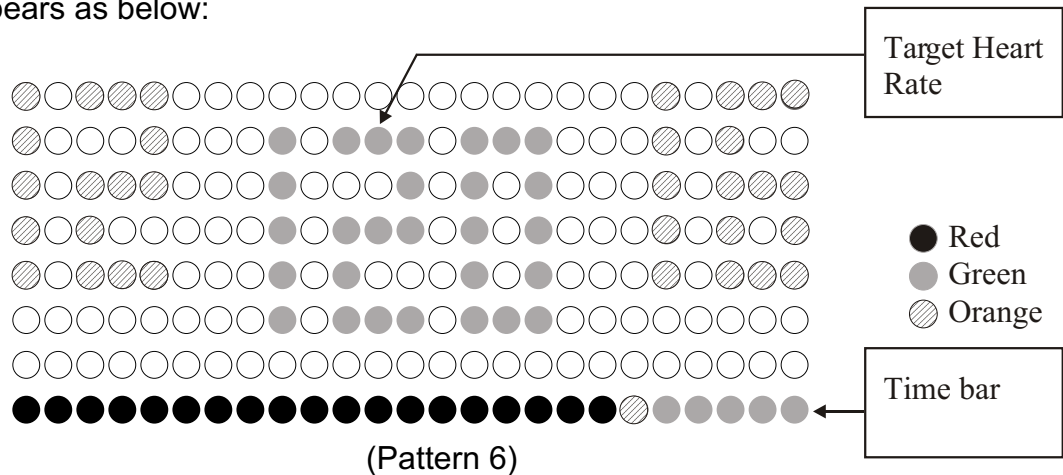
Target Heart Rate    WT Loss:  $[(220-AGE)\times 65\%]-25$  (Minimum value is 84)  
  CARDIO:  $[(220-AGE)\times 80\%]-25$  (Minimum value is 84)

Note: If no age has been input, the dot matrix window prompts the user to input his/her age so that a correct target heart rate can be obtained. Press <ENTER> to confirm your choice and proceed to the next step.

- c-3. If the parameter for MODIFY is preset to YES, the words “MODIFY YOUR HEART RATE LIMIT” will scroll across the dot matrix window. Then “MDFY” appears. The target heart rate will appear constantly in the TIME window. Press <▲> <▼> to adjust the target heart rate. The target heart rate cannot be greater than the maximum heart rate or less than the minimum heart rate, 84. Press <ENTER> to confirm your choice.

Note: If the parameter for MODIFY is preset to NO, the procedure described above will not be implemented.

- c-4. It is not necessary to reset the target heart rate if you switch from a weight loss to a cardio conditioning program. Simply press WT Loss/CARDIO, then press <ENTER> to confirm your choice.
- c-5. At the beginning of the cardio conditioning program, the preset arm resistance level is 3, and the preset pedal resistance level is 5. The pedal speed is preset at 50 RPM.
- c-6. Once you enter the WT Loss/CARDIO program, the dot matrix window appears as below:

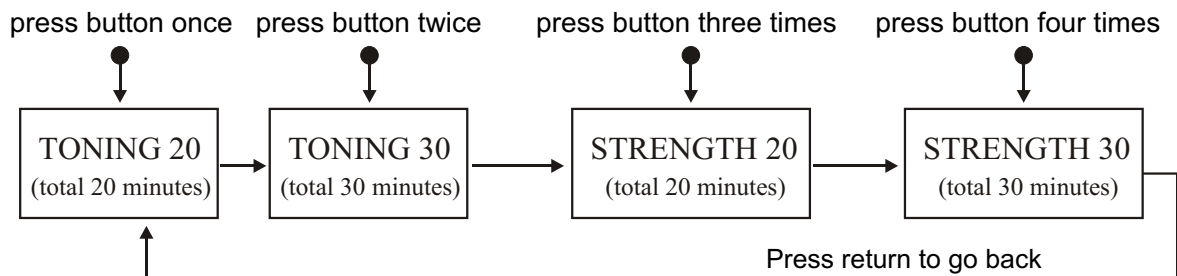


- c-7. In this mode, if the user's heart rate lags below the target heart rate, "SPEED UP" will scroll across the dot matrix window.
- c-8. If the user doesn't exercise his arms or pedal for more than five seconds, the display will prompt "PEDAL TO START" twice. If no further action is taken, resistance levels go back to preset values (pedal resistance is 5; arm resistance is 3).
- c-9. If no POLAR signal is received, the words "NO HEART RATE READING , PLEASE CHECK TRANSMITTER" will scroll in the dot matrix window to remind the user to wear the POLAR transmitter strap properly. Once the user's heart rate is detected, the message will stop scrolling and the HRC program will continue.
- c-10. Once the user's heart rate reaches the target zone, the heart rate control procedure begins. The message "HEART RATE CONTROL STARTING" appears, and resistance adjusts automatically according to the Heart Rate Control Program.
- c-11. The time bar is located at the bottom of the dot matrix window. Once you exercise your arms or pedal for a period of time (preset total workout time/25), the blinking dots will move one column to the right as shown in Pattern 6.
- c-12. In the time window, the time starts to count down, and the COOL DOWN procedure begins when the count down reaches zero.
- c-13. Press <STOP/RESET> to stop at anytime during the workout.

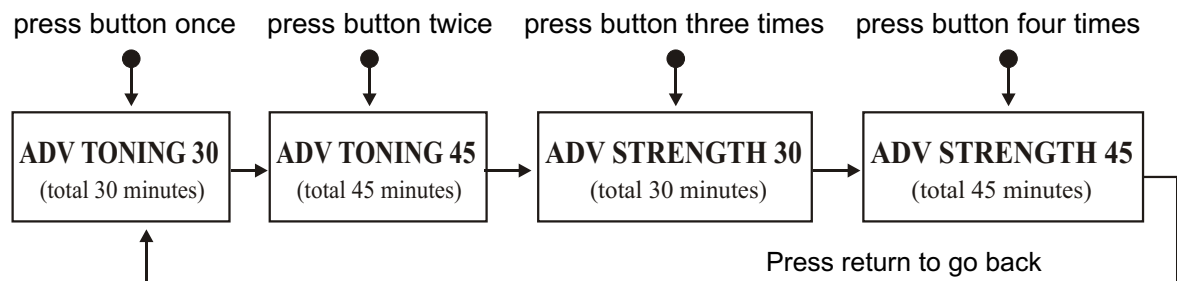
**d. CONDITIONING and ADVANCED CONDITIONING**

d-1. CONDITIONING and ADVANCED CONDITIONING programs each contain four preset workout programs. Please refer to the following illustration.

Starting point of CONDITIONING:



Starting point of ADVANCED CONDITIONING:

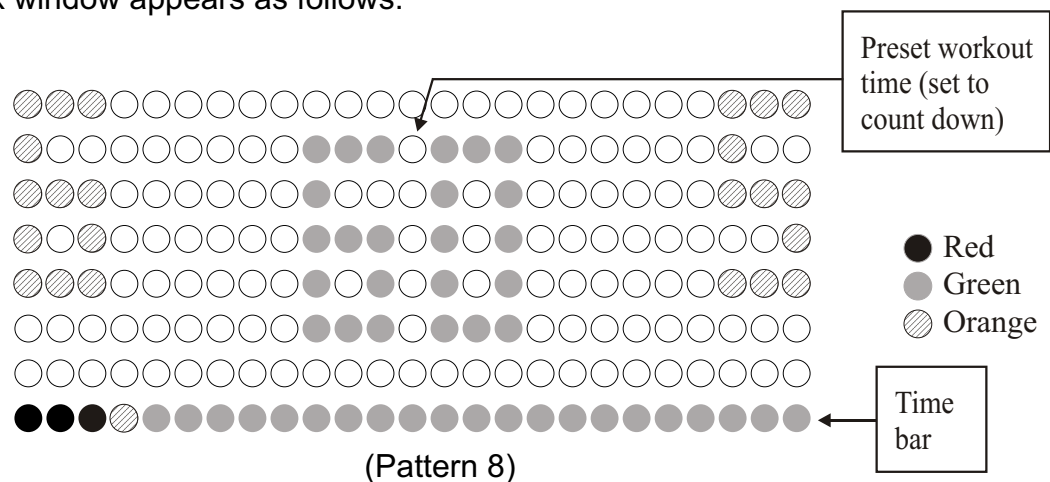


d-2. During this mode, workout time and resistance are preset, but can be changed for the currently active segment once the workout begins.

d-3. Once the workout begins, the message “WARM UP” scrolls across the display. Then the remaining time in WARM UP appears (time is counting down in seconds). The Time Bar does not blink at this time; it starts to blink only after the WARM UP period ends and the program enters the next phase.

Note: The warm up mode lasts for two minutes. During that time, the arm resistance is fixed at three and pedal resistance is fixed at five.

d-4. After the warm up is completed, the workout procedure begins. The dot matrix window appears as follows:



- d-5. The time bar is located at the bottom of the dot matrix window. Every dot stands for <total workout time/25>.
- d-6. In the time window, the time starts to count down, and the COOL DOWN procedure begins when the countdown reaches zero.
- d-7. Press <STOP/RESET> to stop anytime during a workout.

#### **e. COOL DOWN**

- e-1. Once the workout time counts down to zero, the message, “TOTAL TIME + AVERAGE HR,” scrolls across the dot matrix window. Other workout feedback, including TIME, HEARTRATE, CALORIES, DISTANCE, stay on screen. After that, the program enters a two-minute cool down period.

#### **e-2. COOL DOWN**

The message “GOING TO COOL DOWN” scrolls across the main window. At this point, time counts down in the dot matrix window. And resistance decreases by one level every ten seconds until arm resistance is at level 3 and pedal resistance is at level 5. Resistance is then maintained at that level without further change.

NOTES: In COOL DOWN mode, press <▼> to lower the resistance LEVEL for either the upper or lower body.

- e-3. When the COOL DOWN mode is completed, or when the <STOP/RESET> button is pressed, the message “SELECT PROGRAM OR PRESS START” scrolls across the dot matrix window. The PROGRAMS indicators will blink to prompt the user to select one workout program.

#### **f. STOP**

In either workout mode, press <STOP/RESET> to stop the workout. The main window shows “STOP” and the display beeps once. The message “TOTAL TIME + AVERAGE HR” scrolls across the display. Other workout feedback appears in other windows, including TIME, HEARTRATE, CALORIES, DISTANCE. After that, the message “SELECT PROGRAM OR PRESS START” scrolls across the display, and the program indicators blink to prompt the user to select a program.

### **g. Displaying Workout Data**

To display workout data, press the <STOP/RESET> button any time during a workout. The dot matrix window shows the prompt "STOP". The display shows workout data as follows:

HEART RATE	: average heart rate
DOT MATRIX	: "XT20"
SPEED/DISTANCE	: total workout distance
CALORIES/CAL HR	: total calories burnt
TIME	: total workout time

Pressing the <STOP/RESET> button terminates a workout program. A new workout program can then be selected, but previous workout data is retained. The message "SELECT PROGRAMS OR PRESS START" scrolls across the dot matrix window. Simply press the desired PROGRAM for a new workout, or press the <START> button to alter user information, and then press the <ENTER> button before selecting a new workout.



## **G. SYSTEM DEFAULT SETTING**

In the initial screen, where the display shows "XT20", press LEG Work LEVEL <▲> + <▼> simultaneously for more than one second to enter the system default setting. Please refer to the following procedure to determine default settings.

### **a. CHANGING DEFAULT SETTINGS THROUGH "MODIFY"**

The preset parameter of the SETTING MODIFY is NO. The message "PRESS ▼▲ TO SELECT MODIFY HRC TARGET HR, PRESS ENTER" scrolls across the dot matrix window. Then "MDFY" appears. Press either <▲> or <▼> to alter the default setting. The HEARTRATE window will show "no" or "yes" at this time. Press "ENTER" to confirm your setting and proceed to the weight unit default setting.

### **b. UNIT of WEIGHT**

Upon entering this function, the message "PRESS ▼▲ TO SELECT LB/KG" scrolls across the main window, and the previously set weight unit appears (LB or KG). Press either <▲> or <▼> to alter the setting. Press <ENTER> to confirm your choice and return to the initial banner.

Note: Press <RESET> at any time to go back to the initial banner if you do not wish to alter default settings.

## **H. DISPLAYING RANGES**

Work Level ( arm and leg ) :1 ~ 20

Time: 00 : 00 ~ 99 : 59 ( mm:ss )

Distance: 0.0 ~ 9999 km or 0.0 ~ 9999 miles (relates to pedals only, not arm Movements)

Cal/Hr (Calories): 0.0 ~ 9999 K-CAL

Calories: 0.0 ~ 9999

METS: 0.0 ~ 99.9

WATTS: 0.0 ~ 999

Weight: 20 ~ 150KG or 50 ~ 330LB

Age: 10 ~ 99

Arm RPM: 0 ~ 250

Leg RPM : 0 ~ 250

Heart Rate: 0 or 40-250

## **I. SETTING RANGES**

Work Level ( arm and leg ) : 1 ~ 20  
Time: 5:00 ~ 99:00  
Weight: 20 ~150 KG or 50 ~ 330 LB  
Age: 10~99

## **J. MAINTAINING THE TRAINER XT20**

The Sports Art XT20 requires little maintenance. But smooth operation does require some cleaning.

Regular cleaning is recommended to keep your trainer XT20 at peak performance. Before your workout, use a dry cloth to clean the surface of the display.

NOTE: NEVER POUR LIQUIDS ON THE DISPLAY.

To clean plastic parts, use a mild detergent, and make sure the unit is completely dry before operating.

It is recommended that you keep all liquids away from the unit during operation. Spillage of liquids onto or into the machine will void the warranty.

## **K. GUIDELINES FOR EXERCISE**

### **How long should I exercise?**

The duration of your exercise session is dependent on your fitness level. In general, it is recommended that you maintain your heart rate in the training zone for at least 10 minutes to realize an aerobic benefit. As your fitness level increases, you will be able to maintain your heart rate in the training zone for longer periods: usually between 20 and 30 minutes.

When starting your workout, use the first several minutes to warm up, then slowly increase your workload to bring your heart rate into your specific training zone. At the end of your workout, gradually decrease your workload and exercise lightly as a "cool down".

### **How often should I exercise?**

To achieve the greatest benefits, aerobic exercises should be performed three to five times per week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

## **L. TROUBLESHOOTING:**

### **If the REMOTE CONTROL UNIT does not function properly:**

1. Replace the two "AAA" 1.5V batteries (see Fig. A. B. C. D. as below):

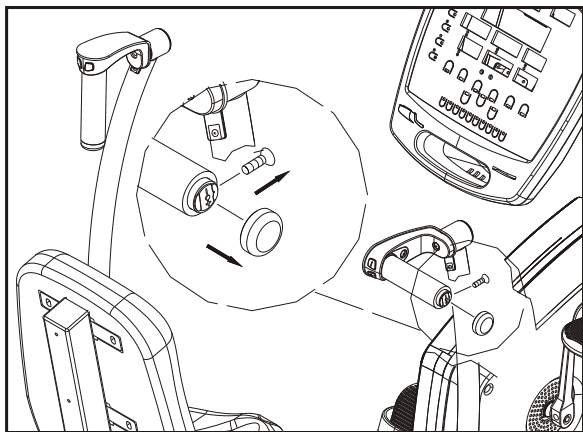


Fig. A: loosen the screws located inside the handlebar and remove the end cap of handlebar.

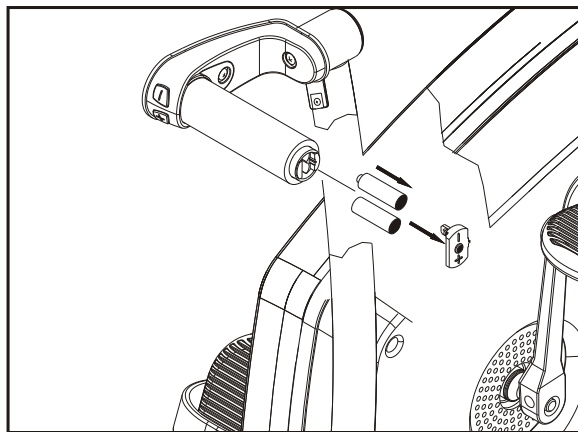


Fig. B: Remove the bottom cap of battery set and then remove old batteries.

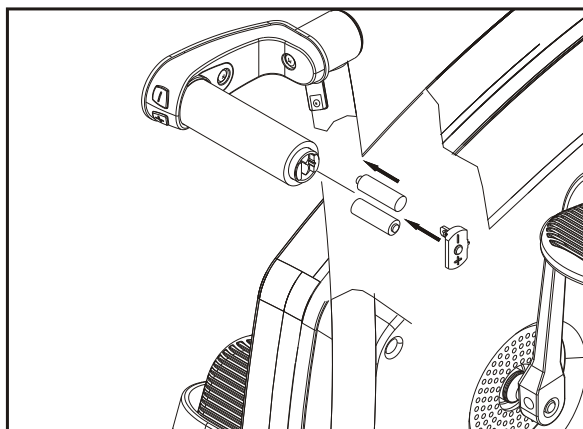


Fig. C: Place two new 1.5V "AAA" size batteries into the battery set (pay attention to positive end (+) and negative end (-) according to the indications). Press the battery bottom cap back.

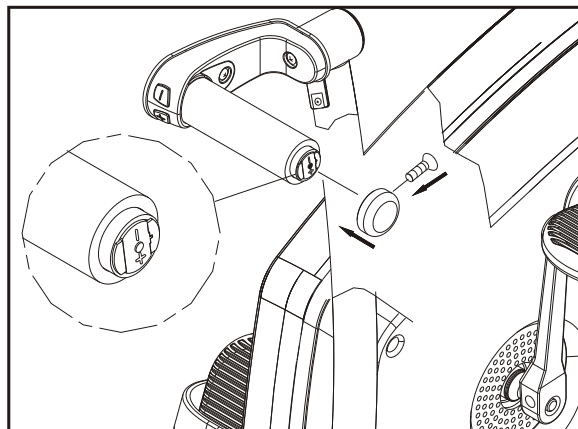
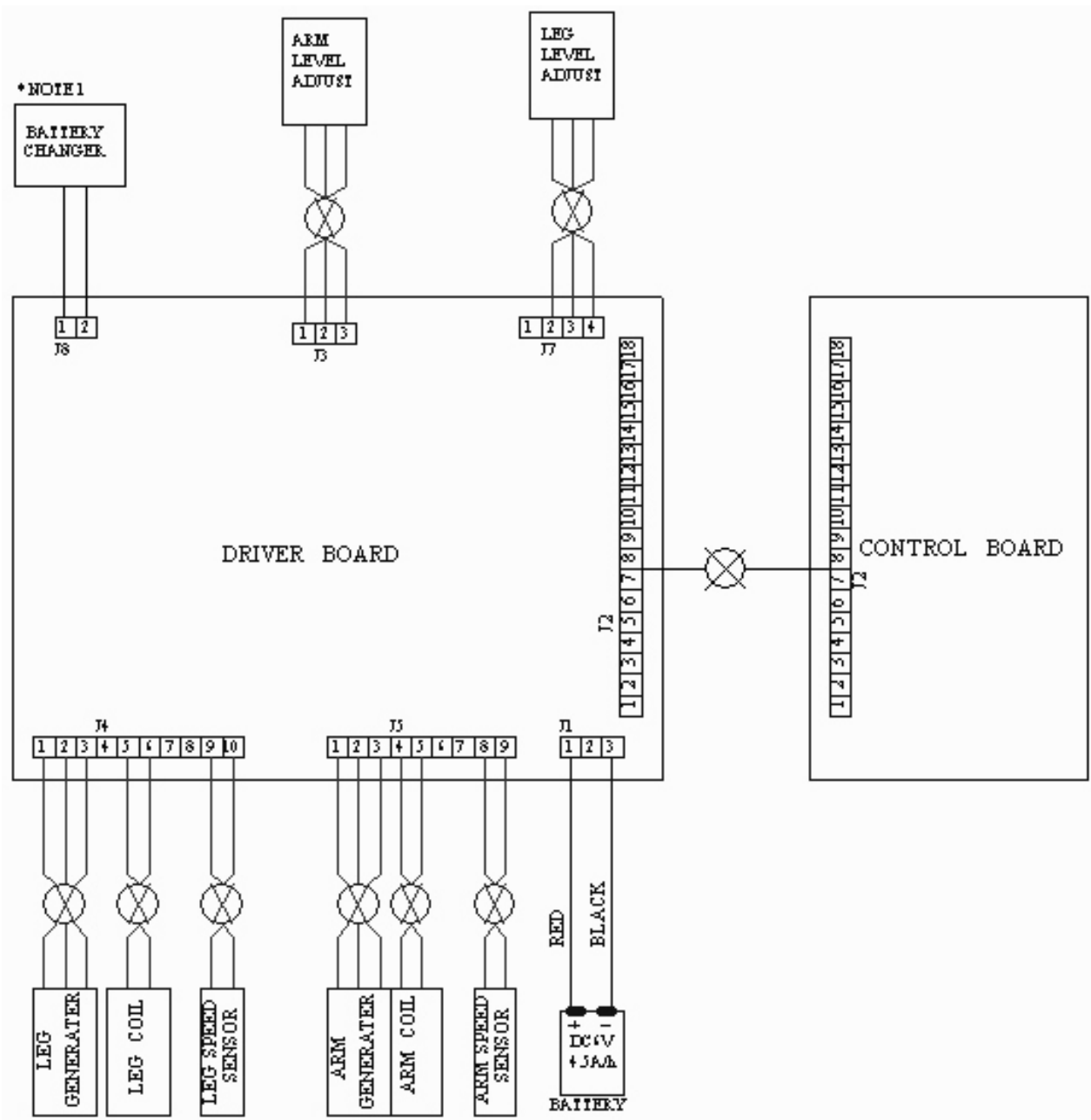


Fig. D: Place the handlebar end cap back to its original location and tighten it with screws.

2. If the unit still does not function properly after replacing the batteries, please contact your authorized Sports Art dealer.

## Appendix: Wiring Schematic:



Note: the specification of Battery Charger is DC 16~20V/2A. The Battery Charger is not shipped along with the trainer. Please buy the Battery Charger directly from your market.