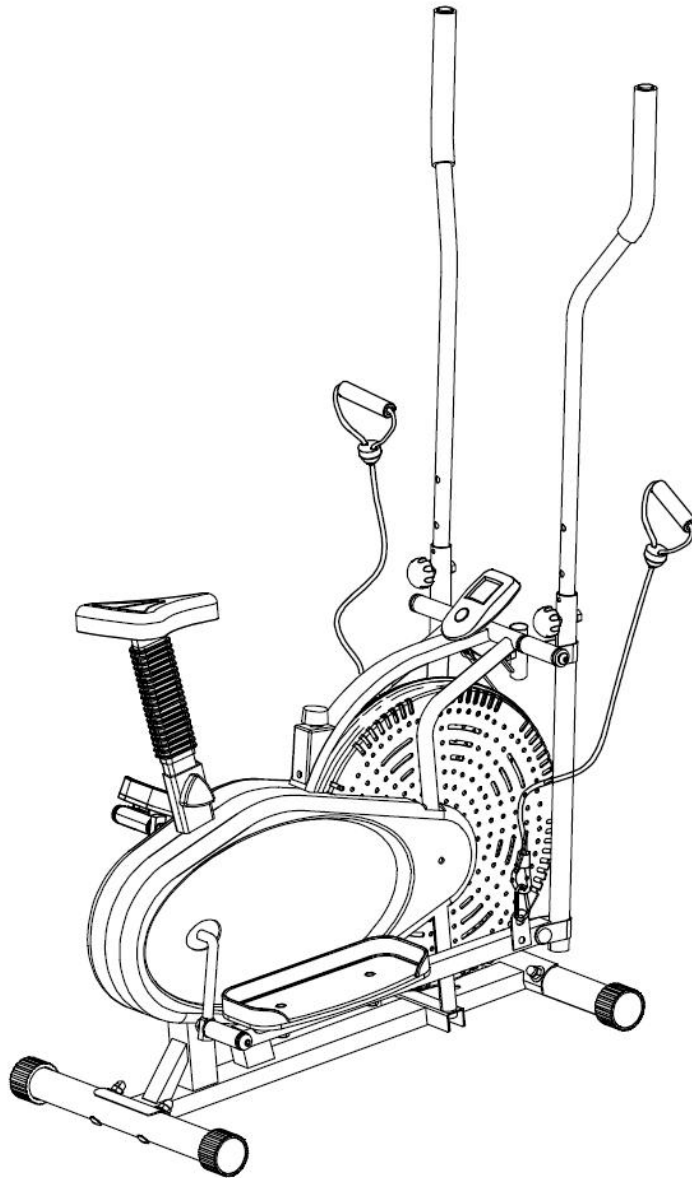


Everfit

ELLIPTICAL TRAINER

OWNER'S MANUAL



IMPORTANT !

Please read all instructions carefully before using this product.

Retain this manual for future reference.

The specifications of this product may vary slightly from the illustrations and are

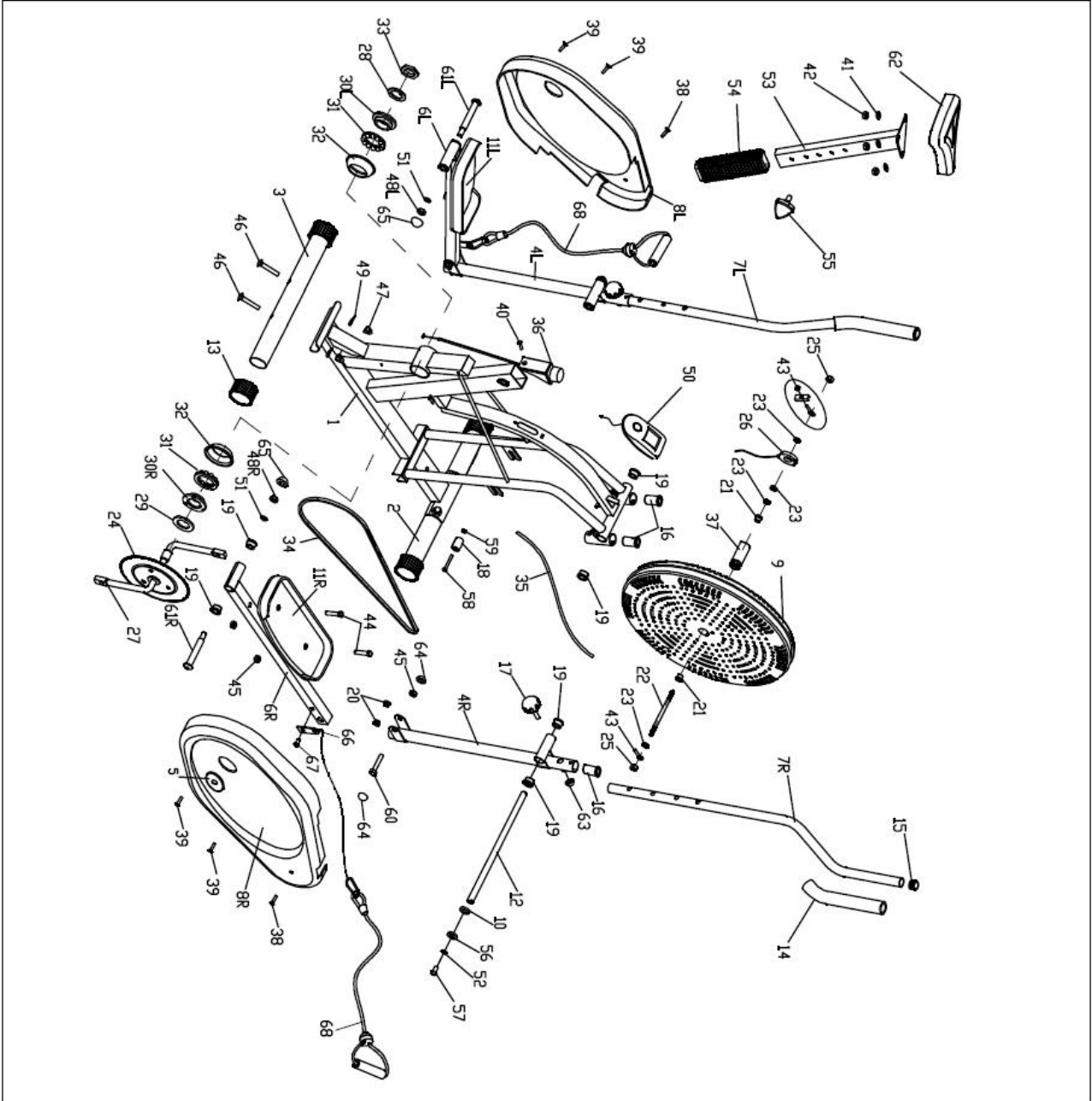
subject to change without notice.

IMPORTANT SAFETY NOTICE:

NOTE THE FOLLOWING PRECAUTION BEFORE ASSEMBLING OR OPERATING THE MACHINE.

1. Assemble the machine exactly as the descriptions in the instruction manual.
2. Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
3. Set up the machine in a dry level place and leave it away from moisture and water.
4. Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc...
5. Before beginning training, remove all objects within a radius of 2 meters from the machine.
6. DO NOT use aggressive cleaning articles to clean the machine, Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
7. Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
8. Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
9. This machine can be used for only one person's training at a time.
10. Wear training clothes and shoes which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
11. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor asap.
12. People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
13. The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob which can adjust the resistance. Reduce the resistance by turning the adjusting knob for the resistance setting towards stage -. Increase the resistance by turning the adjusting knob for the resistance setting towards stage +.
14. Please remove the tri-knob first, and then adjust the saddle post to the height that suitable for you. At last fix the saddle post with the tri-knob.
15. The STOP marking is printed on the left and right handlebars. When you adjust the handlebar, please pay attention to the marking.
16. The Maximum user's weight is 120KG.
17. Keep children and pets away from the machine, because they maybe get injured without properly fitted guarded.
18. Designed for adult use only.

EXPLODED DIAGRAM



PARTS LIST

Parts No.	Description	Quantity	Parts No.	Description	Quantity
1	Main Frame	1	35	Friction Belt	1
2	Front Stabilizer	1	36	Tension Controller	1
3	Rear Stabilizer	1	37	Gear	1
4 L/R	Rocking Arm	1 each	38	Phillips Tapping Screw M5x15	2
5	Plastic Seal Cover	2	39	Phillips Tapping Screw M5x45	7
6 L/R	Pedal Arm	1 each	40	Countersunk Head Screw	1
7 L/R	Handlebar	1 each	41	Flat Washer	3
8 L/R	Chain Cover	1 pair	42	Nylon Nut	3
9	Fan Wheel	1	43	Chain Adjusting Kit	2
10	Flat washer	1	44	Hex Bolt	4
11 L/R	Pedal	1 pair	45	Nylon Nut	6
12	Handlebar Shaft	1	46	Carriage Bolt	4
13	Stabilizer End Cap	4	47	Acorn Nut	4
14	Foam Grip	2	48	Nylon Nut	2
15	Round Cap $\phi 1''$	6	49	Arc Washer	4
16	Handlebar Bushing	4	50	Monitor	1
17	Umbrella Knob	2	51	Spring Washer	2
18	Transport Roller	2	52	Spring Washer $13\phi \times 8.5\phi \times 2.5$	2
19	Alloy Bushing $\phi 5/8''$	10	53	Seat Post	1
20	Alloy Bushing $\phi 3/8''$	4	54	Seat Post Sleeve	1
21	Brass Bushing	2	55	Tri-Locking Knob	1
22	Fan Wheel Axle	1	56	D-Shaped Washer	2
23	Hex Thin Nut	4	57	Allen Bolt	2
24	Sprocket	1	58	Hex Bolt	2
25	Flange Nut	2	59	Nylon Nut	2
26	Sensor	1	60	Hex Bolt	2
27	Crank	1	61 L/R	Pedal Hinge Bolt	1 pair
28	Washer	1	62	Saddle	1
29	Flat Washer	1	63	Nut Cap s13	2
30 L	2-Slot Nut	1	64	Nut Cap s16	4
30 R	3-Slot Nut	1	65	Nut Cap s18	2
31	Collar Ball	2	66	Connecting plate	2
32	Collar Housing	2	67	Allen bolt	2
33	Hex Nut	1	68	Rope	2
34	Chain	1			

NOTE:

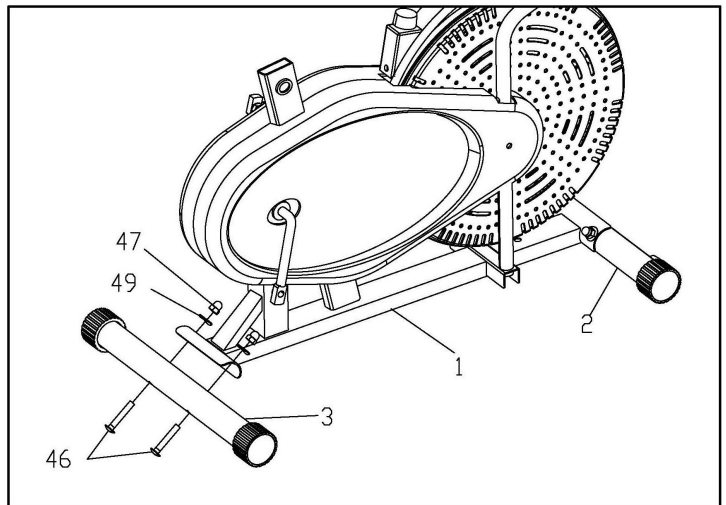
Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

ASSEMBLY INSTRUCTION

STEP 1.

Attach the Front Stabilizer (2) and the Rear Stabilizer (3) to the Main Frame (1), secured with the Carriage Bolts (46), Arc Washers (49), and Nylon Nuts (47) as shown.



STEP 2.

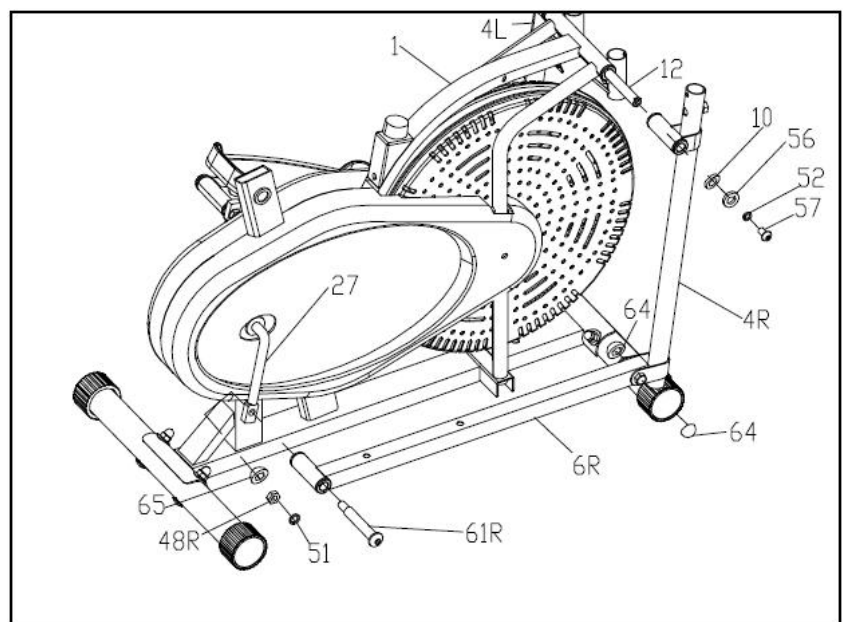
A: Tighten Rocking Arm (4 L/R) to the Main Frame (1) with Handlebar Shaft (12), Allen Bolt (57), Spring Washer (52), D-shaped Washer (56) and Flat washer (10) as shown.

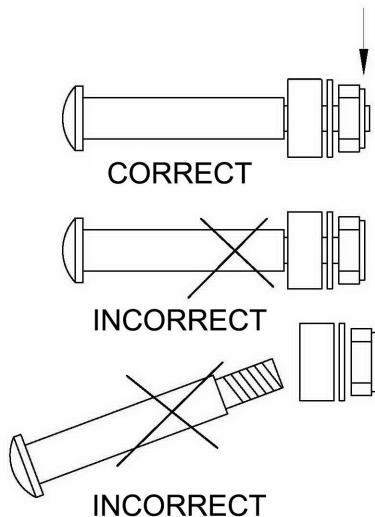
B: Fit the Pedal Arms (6L/R) to the Crank (27), secured with the Pedal Hinge Bolts (61L/R), Spring Washers (51) and Nylon Nuts (48 L/R), and then cover the Nut Caps (65 & 64).

Note: Both Pedal Hinge Bolts are labeled L FOR LEFT and R FOR RIGHT.

To tighten turn the left bolt COUNTERCLOCKWISE and the right bolt CLOCKWISE.

Move the Crank to a proper angle for easily tightening the Bolts.





ATTENTION:

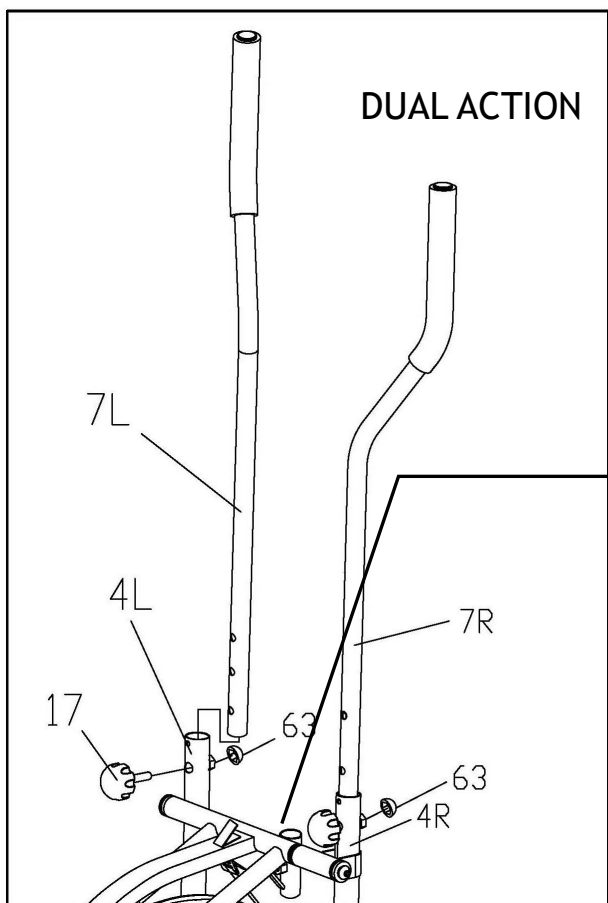
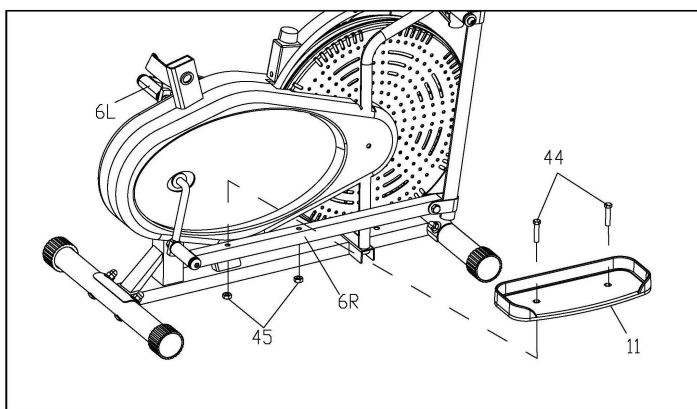
The Right and Left Hinge Bolt (No.61R/L) must fully penetrate the nylon ring inside the Pedal Arm Joint and the Crank. This will ensure the stability and durability of your Elliptical Trainer.

In order to install hinge bolt properly, keep it perfectly straight as the bolt goes through the pedal arms and the crankshaft. If the hinge bolt is connected to the crankshaft at an angle, damage to both the hinge and the crankshaft may occur.

STEP 3.

Tighten the both sides of Pedal Hinge Bolts (61L/R) before assembling the pedals. Attach the Pedals (11) to their respective Pedal Arms (6L/R) using the Hex Bolts (44) and Nylon Nuts (45).

Note: Both Pedals are labeled L FOR LEFT and R FOR RIGHT.



STEP 4.

Attach the Handlebar (7L/R) to the Rocking Arm (4L/R) respectively, select a height setting that is comfortable to the user and make sure both Handlebars are set at the same height.

Lock each Handlebar in place with Umbrella-Knobs (17), and then cover the Nut Caps (63) as shown.

ATTACH HERE
FOR FIXED MODE

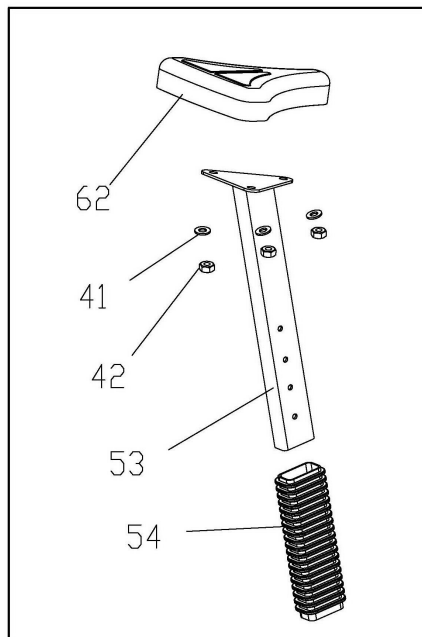
Note: You can easily switch your Handlebars (7L/R) between the dual-action mode and the fixed mode during your workout.

DUAL ACTION MODE: To allow the handlebars to move along with the pedals.

FIXED MODE: To keep the handlebars stationary while you workout.

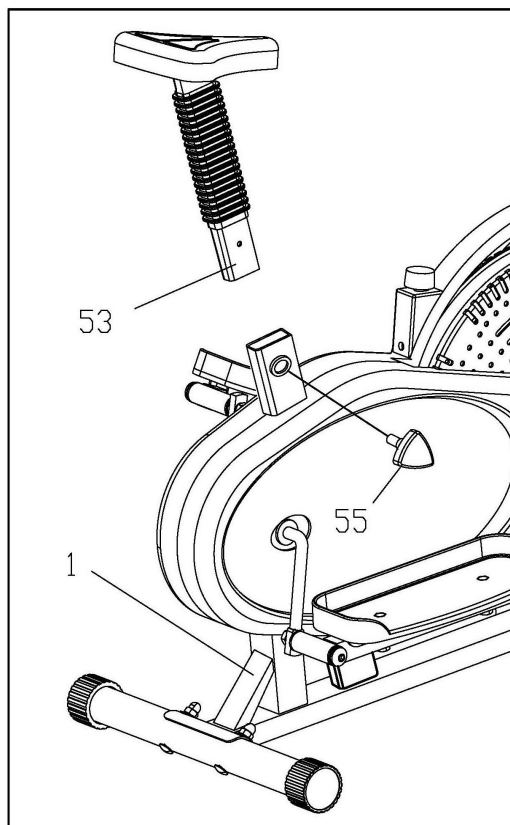
STEP 5.

Attach the Saddle (62) to the Seat Post (53) with Flat Washers (41) and Nylon Nuts (42) provided; Slide the Sleeve (54) onto the Seat Post (53).



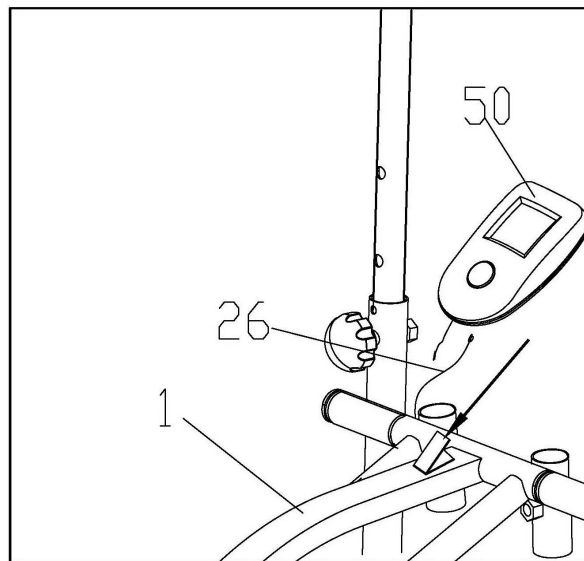
STEP 6.

Insert the Seat Post (53) with Saddle into the Frame Section (1) and lock at desired height with Tri-Locking Knob (55).



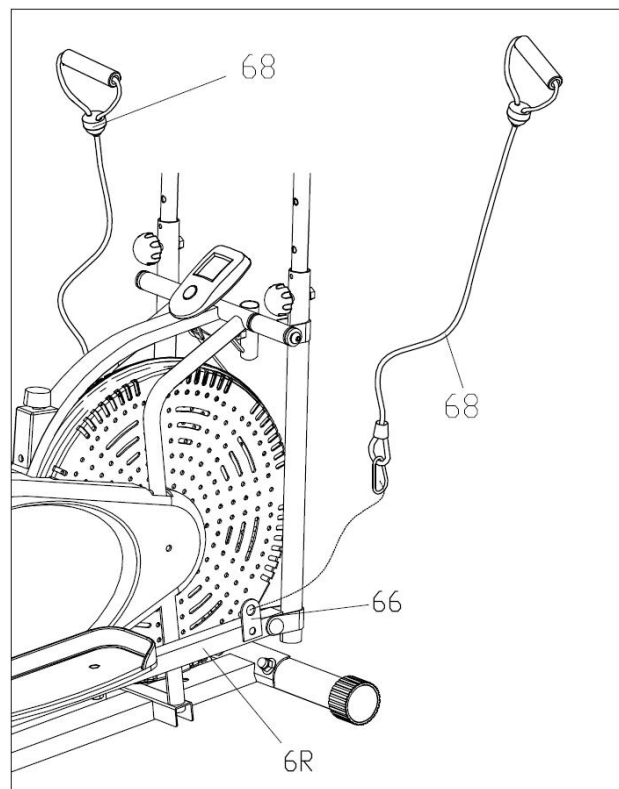
STEP 7.

Connect the Sensor Wire (26) to the Monitor (50), and then insert the Monitor onto the Bracket as shown.



STEP 8.

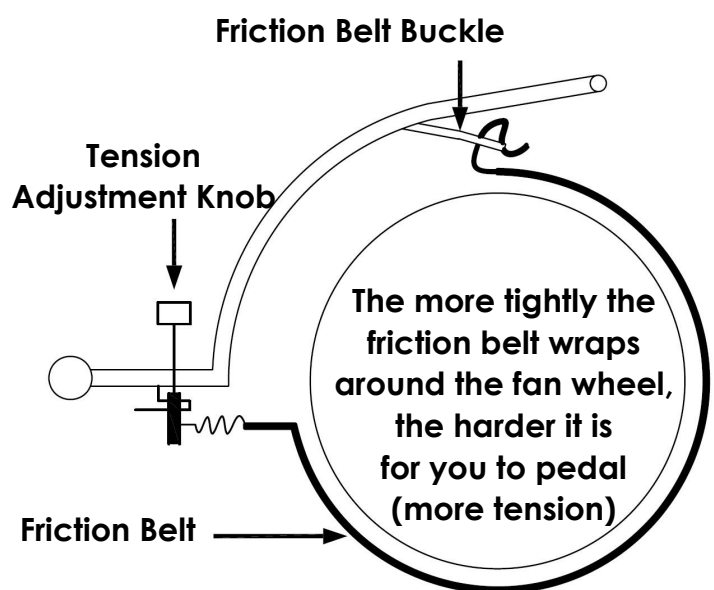
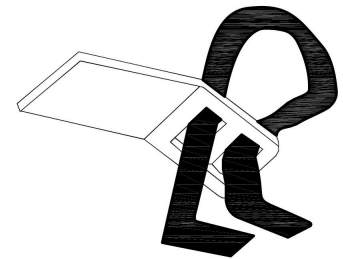
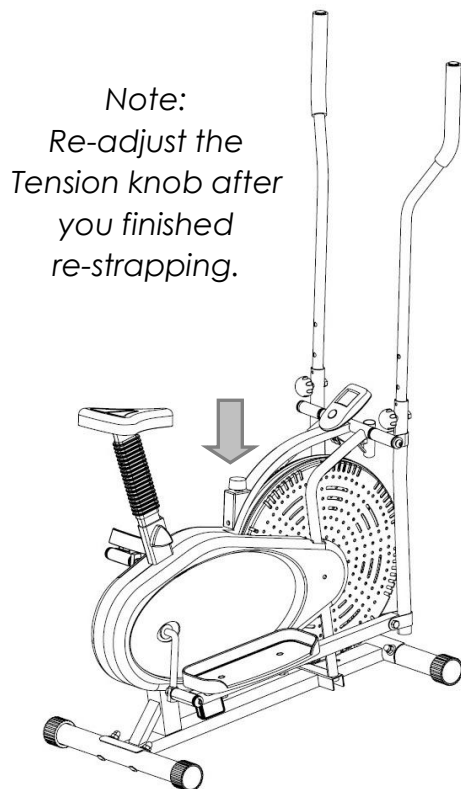
Attach the Rope (68) to the connecting plate (66) of the Pedal Arm (6L/R)



Tension adjustment

The assembly of your Elliptical Trainer is now complete. As you try your exercises for the first time, you should adjust the tension to the correct level before you begin your full workout. Turning the adjustment knob allows you to change the tension level and vary the intensity of your workout as you exercise.

To increase tension turn the tension knob to the right and to decrease tension turn the tension knob to the left.



Reversible movement

Remember, your Elliptical Trainer has REVERSIBLE movement!

Forward pedaling exercises your quadriceps (front thigh muscles), while backward pedaling targets your hamstrings (back thigh muscles). Take advantage of these facts to make your workout less fatiguing and more fun.

CAUTION: MAKE SURE YOU HAVE TIGHTENED ALL THE BOLTS AND NUTS WELL BEFORE BEGINNING YOUR WORKOUT!

USING YOUR ELLIPTICAL TRAINER

Using your Elliptical Trainer will provide you with several benefits. It will improve your physical fitness, tone your muscles and in conjunction with a calorie controlled diet, help you lose weight.