

# E866 - 16" OWNER'S MANUAL CONTENTS

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# DISCLAIMER

The information in this user manual is subject to change without prior notice.

Sports Art Industrial Co., Ltd. makes no representation or warranty of any kind, express or implied, regarding the marketability of this manual, the suitability for a special purpose, or any other matters.

SportsArt Industrial Co., Ltd. accepts no responsibility for any errors in this manual, or any damages incurred directly, indirectly, accidentally, or continually from the modification, display, or other use of this manual.

A. Internet function:

A1. This machine provides only a web page browsing method for web page and video browsing.

A2. For web page videos, we support only Youku and YouTube.

Note: Some videos may not be viewed due to restrictions resulting from country policies, internal server firewalls, or video formats, etc.

A3. Strongly recommend good browsing environment when using the internet, used wired network and the network bandwidth must be above 10Mbps.

B. IPTV:

1. Supports subnetwork streaming only, no external streaming.

2. Support wired network only, no wifi network.

3. This function is Open IPTV, unable to read any encrypted stream signals.

4. Supports HTTP and RTSP streaming only.

C. Standard USB audios and videos:

1. Not all USB flash drives can be read properly.

2. Not all audio and video formats can be played correctly.

D. Bluetooth functions:

D1. Bluetooth Music (AVRCP V1.5)

Due to the many varieties of, and rapid changes in, mobile phone models, failure of a mobile phone to connect indicates that we currently do not support that phone.

D2. Bluetooth BLE 4.0 Heart Rate Strap

We only support POLAR-compliant Bluetooth BLE 4.0 Heart Rate Straps.

E. TV:

E1. This machine only supports viewing local free TV.

E2. This machine may be affected by the local environment, climate, equipment, etc., which may cause poor quality in reception and definition.

F. This machine does not support the installation of 3rd party APP.

G. Standard USB charger:

Supports charging of GOOGLE-certified Android mobile phones, and Apple iPhone, iPad, iPad air, and iPad mini.

H. ANYCast:

ANYCast isn't available for all cellphones.

# SAFETY PRECAUTIONS

## IMPORTANT PRECAUTIONS

This product was designed and built for optimum safety. However certain precautions apply during the use of this product. Please note the following safety precautions.

### Precautions on the manual:

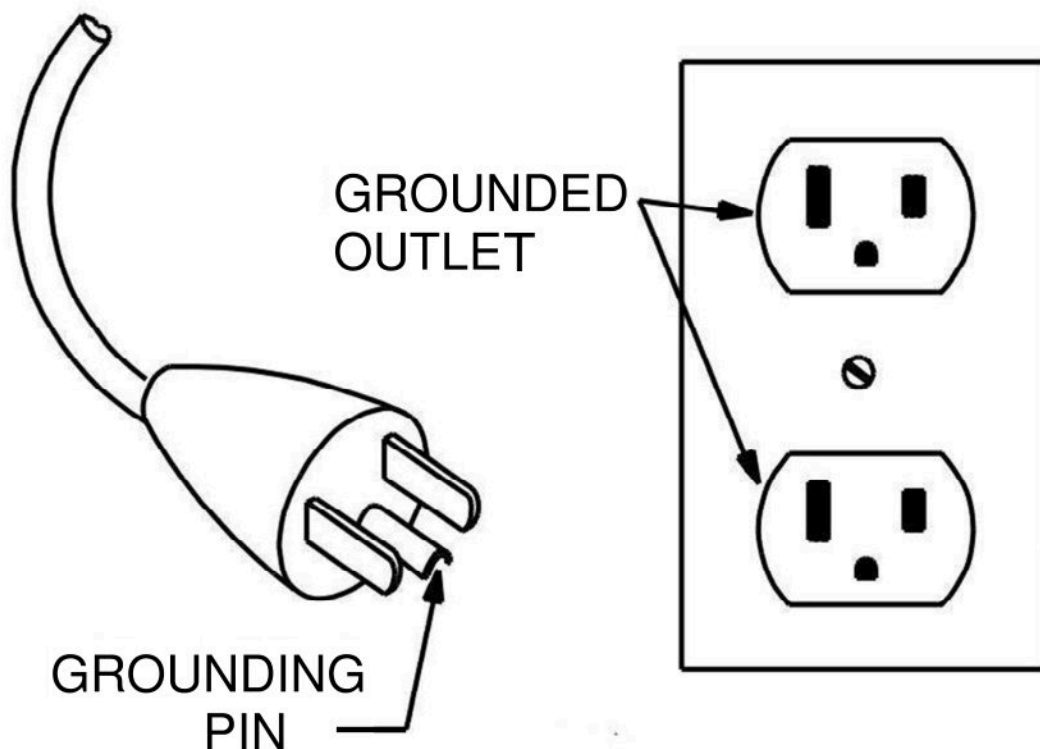
- To reduce the risk of personal injury, read and understand all the instructions before using this product.
- Make sure the product is installed and operated as instructed in this manual.
- Use this product only for the intended use described in this manual.

### Precautions on the machine:

- Check the product before every use. Make sure all parts are assembled, and all fasteners are tightened. Do not use the product if it is disassembled in any way.
- Never operate this product if it has been damaged in any way.
- If it is not working properly, if it has been dropped or damaged, or dropped into water, contact a service technician for repairs.
- Never drop or insert into any opening.
- Never place liquids of any type directly on the unit, except in a bottle holder or accessory tray. Lidded containers are recommended.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt). Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- Unpack and verify contents of boxes according to the list of parts to check if any parts are missing. If the product is damaged or missing, contact your SportsArt representative to find out all the materials that were damaged during shipping. (Note: Transport damage is the responsibility of the carrier.)
- Noise emission under load is higher than without load.
- **WARNING!** Only qualified technicians should be allowed to contact electrical components such as circuit boards.

## SAFETY PRECAUTIONS (CONT.)

- Some components carry an electrical charge even after use has been discontinued or the product has been unplugged. For products with power cords, turn off unit power, wait 10 minutes, then disconnect the power cord from the power socket. For products without power cords, let the unit sit without use for 10 minutes. Only after taking such precautions should covers be removed and electrical components be accessed.
- The product shall be disconnected from its power source during service and installed and when replacing parts.
- Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
- Do not attempt to drag or carry this unit by the power cord, and keep the power cord away from heat surfaces.
- Do not attempt to modify the plug provided with this product.
- Proper power supply must be provided. If the plug does not fit an outlet, contact a qualified electrician to inspect or modify power in the facility.
- This product must be grounded. If it should malfunction or breakdown, Improper grounding can increase the risk of electric shock. The product is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Check with a qualified electrician if you are in doubt as to whether the power outlet is properly grounded.
- For countries that do not use 120V as the standard for wall outlets, please comply with certain state and local regulations. Note that only qualified technicians should be allowed to do the wiring.
- If the product is used in a nominal 120V circuit and the rated current is less than 15A with a grounding plug, use a plug like the one shown below:



## **SAFETY PRECAUTIONS (CONT.)**

### **Precautions on the environment:**

- Do not use outdoors or near water (including swimming pools and saunas).
- Do not be used where aerosol (spray) products or oxygen are used.
- Do not operate on a blanket or near flammable materials.
- Assemble and operate the product on a solid, level surface.
- This equipment should be positioned away from walls to avoid injury due to falls.
- Be sure that the back of the equipment has at least six to seven feet of clearance from a ledge, wall or window.
- Keep all air ventilation areas free of blockage.
- The recommended minimum operating temperature is 15 degree Celsius.
- This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the user desires to correct the interference, it is at the user's own expense.
- The power supply and wiring should be located away from walking paths or taped to avoid tripping when getting on and off the machine.

### **Precautions for users:**

- Consult your physician before starting a workout or training program. It is recommended that you undergo a complete physical examination. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Before using this equipment to exercise, always do stretching exercises to properly warm up.
- Work within your recommended exercise level. Do not work to exhaustion.
- Do not leave your device unattended while in use.
- CAUTION : The heart rate system is for reference only, if you feel any pain or any abnormal feeling, please stop Exercise and consult your doctor immediately.
- Wear appropriate workout clothes, don't wear loose clothing, wear shoes with rubber or high traction soles, don't wear shoes with leather soles/high heels or barefoot use this product.
- Tie all long hair back.
- Be careful when mounting and dismounting the unit.
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- This product is not intended for use by persons (including children 14 or younger) with reduced physical, sensory, or mental capabilities, or by people who are otherwise deficient in product knowledge or experience. If such people use this product, they should be given training and be supervised at all times by someone responsible for their safety.
- Please refer to the product specification table in the Appendix for the maximum weight limit for users of this product.

# **SAFETY PRECAUTIONS (CONT.)**

## **WARNING LABELS**

### **CAUTION:**

- Read instruction manual before using.
- Do not let children on or near the product.

### **WARNING:**

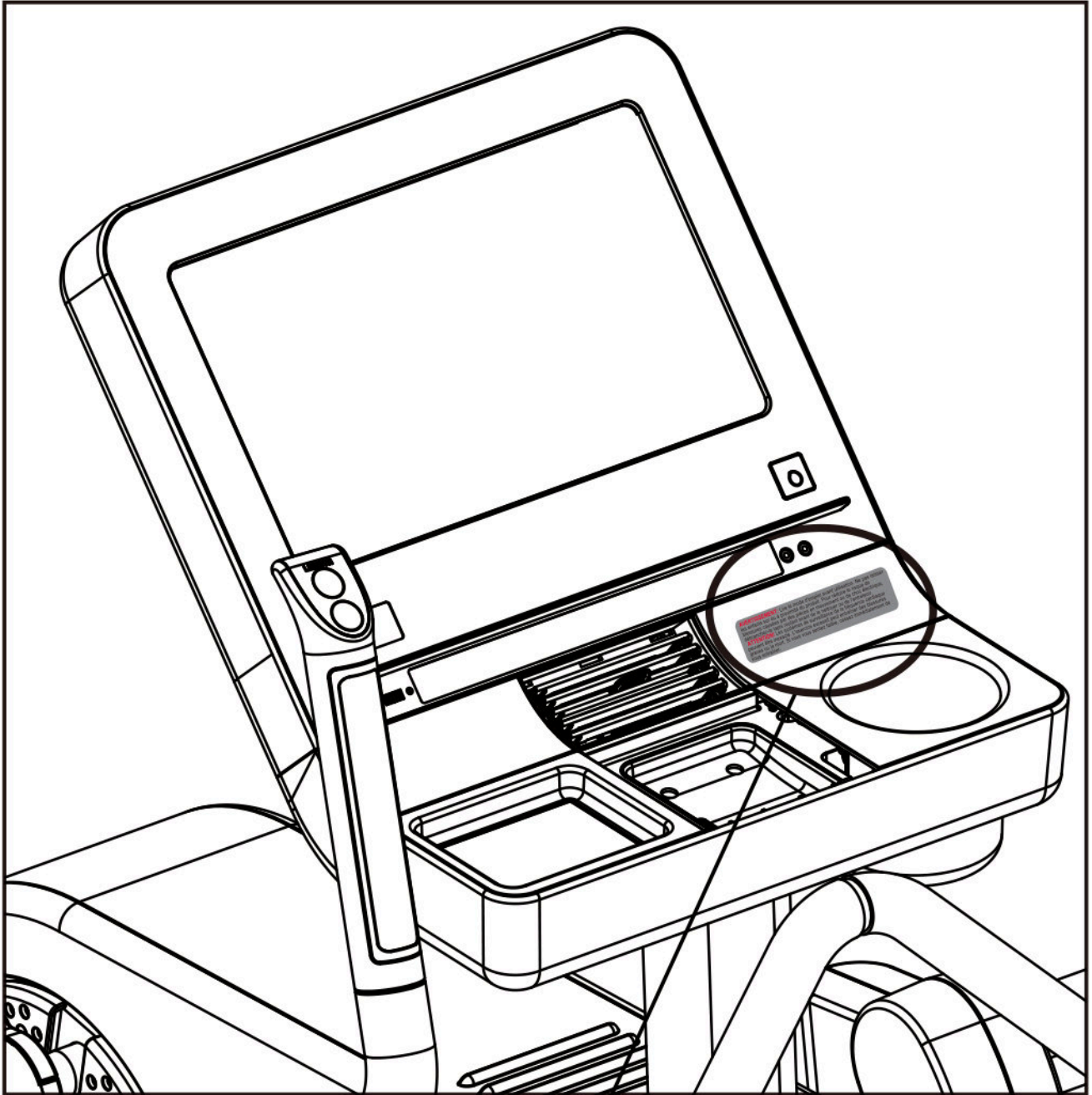
- Heart rate monitoring system may be inaccurate.
- Over exercise may result in serious injury or death.
- If you feel faint, stop exercising immediately.
- This stationary training equipment is not suitable for high accuracy purposes.

## SAFETY PRECAUTIONS (CONT.)

### WARNING LABEL POSITION

If you are in French-speaking areas in North America, display the warning label on console panel as shown below, or in an obvious location that is visible to the user.

NOTE: The label is available exclusively in French-speaking areas in North America.



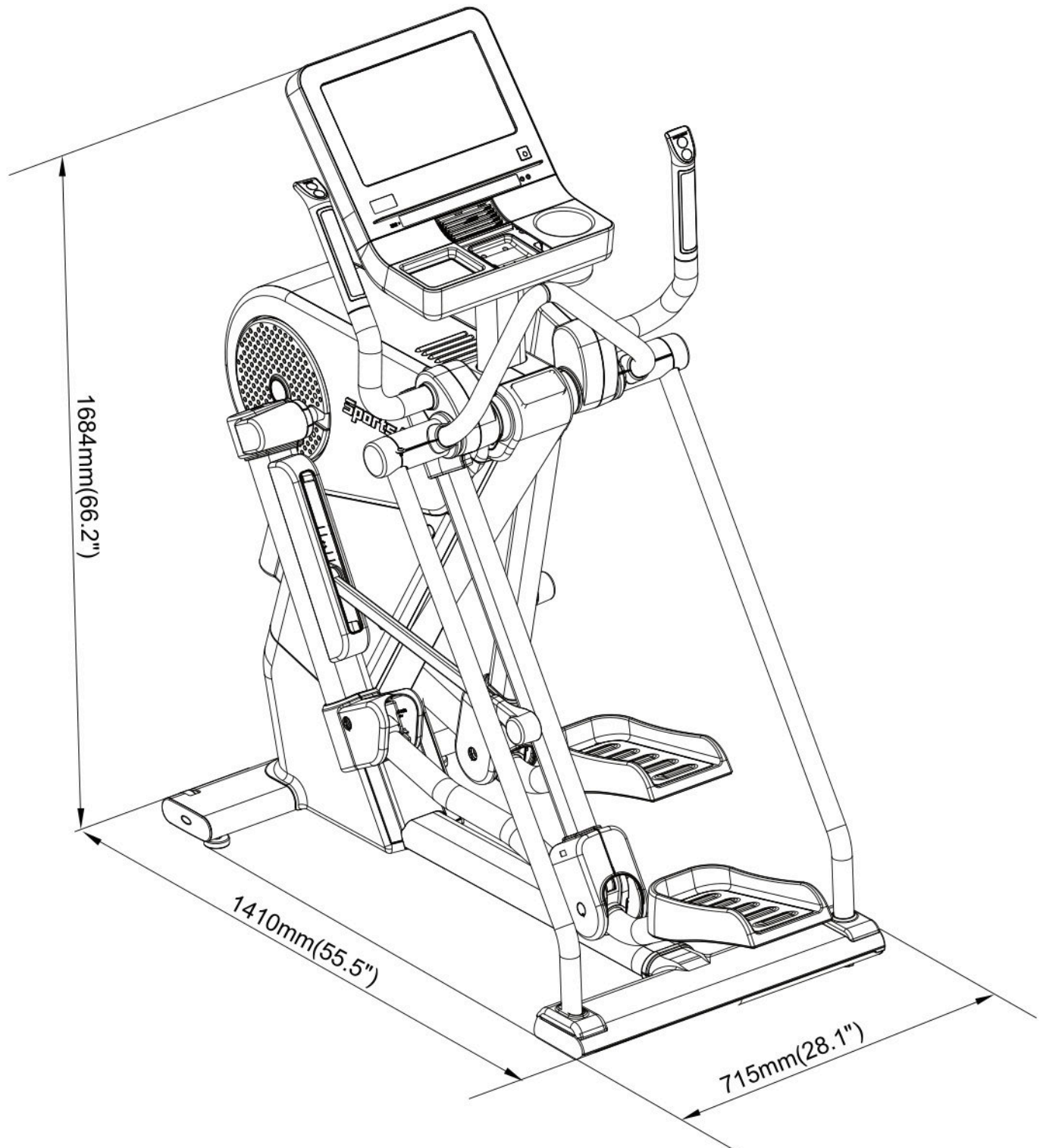
**AVERTISSEMENT:** Lire le mode d'emploi avant utilisation. Ne pas laisser les enfants sur ou à proximité du produit. Pour réduire le risque de blessures causées par des pièces en mouvement ou de choc électrique, débranchez-le tapis roulant avant de le nettoyer ou de l'entretenir.

**ATTENTION!** Les systèmes de surveillance de la fréquence cardiaque peuvent être inexacts. L'exercice excessif peut entraîner des blessures graves ou la mort. Si vous vous sentez faible, cessez immédiatement de vous entraîner.

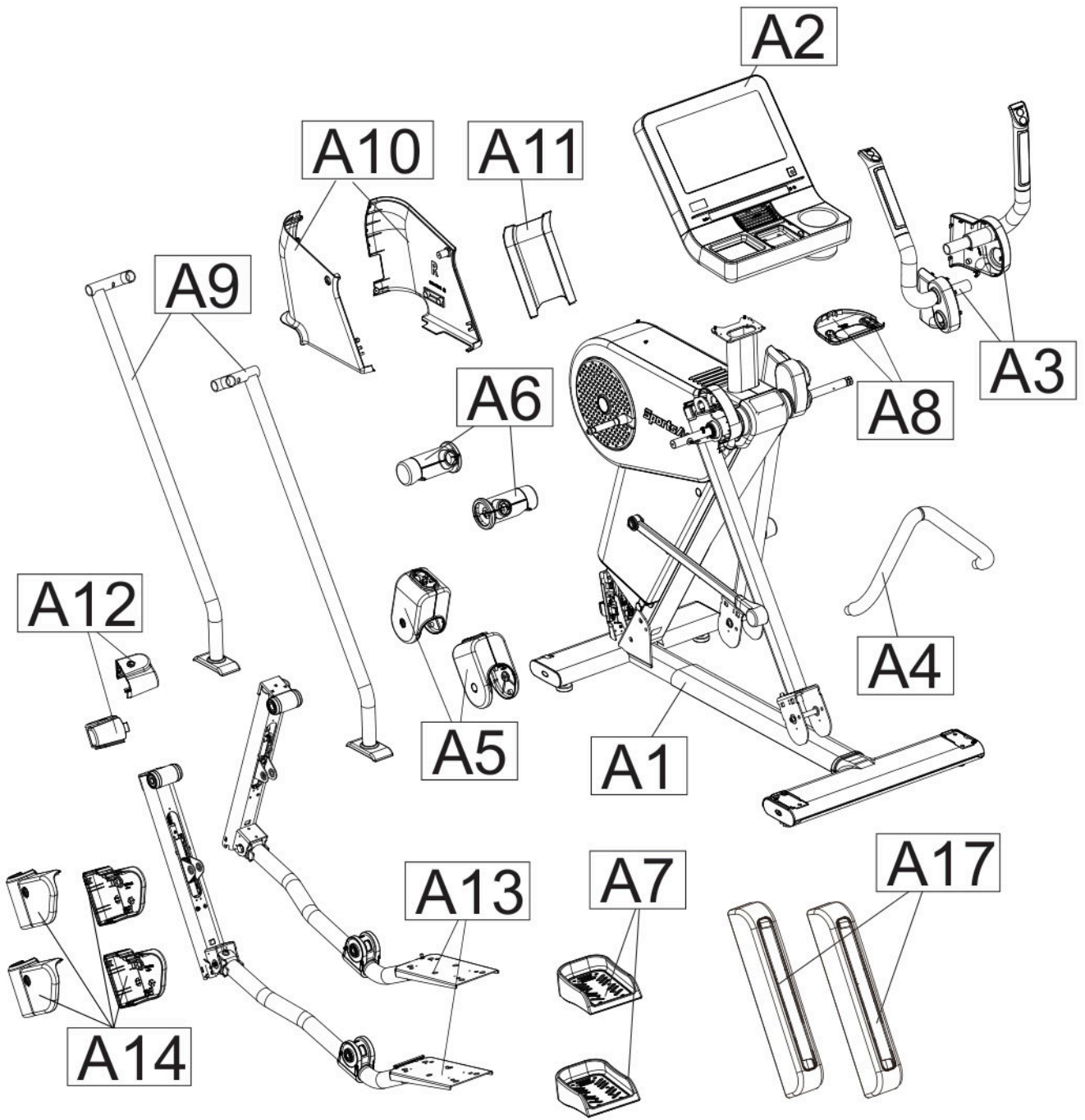
# 1. INTRODUCTION

Congratulations on your purchase of one of the finest exercise products on the market today, the SportsArt E866 16" Elliptical trainer. Constructed of high quality materials and designed for years of reliable usage, this product was made to become an integral part of your commercial fitness venue.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.



## 2. LIST OF PARTS



## 2. LIST OF PARTS (CONT.)

Assembly Parts					
No.	Name	Qty.	No.	Name	Qty.
A1	Main frame	1	A8	Panel Bottom Ornament Cover A/B	2
A2	Panel	1	A9	Auxiliary Pipe	2
A3	Left & Right Armrests	2	A10	Bottom Left & Right Covers of Main Frame	2
A4	Center Armrest	1	A11	Bottom Rear Cover of Main Frame	1
A5	Swing Arm Bottom Axle Housings of Left & Right Armrests A/B	4	A12	Top Axle Housings of Left & Right Lift Swing Arms A/B	4
A6	Axis Covers of Left & Right Swing Arms	6	A13	Lift Swing Arm Foot Bar	2
A7	Left & Right Pedals	2	A14	Lift Swing Arm Bottom Axle Housings A/B	4
			A17	Lift shaft cover	2

Assembly parts (Including hardware kit)			
*Hardware kit note A ; Components on the product note B			
No.	Name	Specification	Notes
	Double open-end wrench	8mm*17mm	A
	L-shaped Allen wrench	M5*L70mm	A
	L-shaped Allen wrench	M6*L120mm*W28	A
	L-shaped Allen wrench	M8*L105mm*W40	A
	L-shaped Allen wrench	M4*L105mm*W21	A
	Two Way Screwdriver + black shank	Screw set flathead & Phillips	A
	Screw socket	SGN-07	A
	Mushroom top philips screw	M4*L16	A
	Ground wire		A
20	Circular Hole Cover		A
33	Round head Phillips screw	M4*P0.7*L8	B
41	Inner hex screw	M10*P1.5*L30	A
	Flat washer	D25*d10.5*t2.0	
42	Mushroom top philips screw screw	M4*L10	B
43	Inner hex screw	M6*P1.0*L15	B
	Flat washer	D13*d6*t2.0	

## 2. LIST OF PARTS (CONT.)

Assembly parts (Including hardware kit)			
*Hardware kit note A ; Components on the product note B			
No.	Name	Specification	Notes
44	Inner hex screw	M6*P1.0*L15	B
	Curve Washer	D20*d7*t2.0(R15)	
45	Inner hex screw	M8*P1.25*L20	B
	Flat washer	D17*d8.3*t2	
46	Truss head inner hex screw	M6*P1.0*L15	B
	Flat washer	D13*d6*t2.0	
47	Hexagon Countersunk flat head screw	M8*P1.25*L15	B
	Countersunk washer	D22*d8.2*t5	
48	Hexagon Countersunk flat head screw	M8*P1.25*L15	B
	Countersunk washer	D22*d8.2*t5	
	Safe Washer	M14	
	Axis	Ø15*L79.5	
49	InnerHead Screw	M4*P0.7*L8	B
50	Mushroom Philip's Head Screw	M5*0.8*L12	A
	Flat washer	D11.3*d5.1*t1.0	
	Washers	D13*d4*0.25~0.35	
51	Hexagon Countersunk flat head screw	M8*P1.25*L15	B
	Countersunk washer	D22*d8.2*t5	
	Axis	Ø15*L32.5	
54	Mushroom top philips screw	M4*L16	B
55	Truss head inner hex screw	M5*L16	B
57	Mushroom top philips screw	M4*L10	A
58	Truss head inner hex screw	M6* L25	B
	Flat washer	ØD24*d6.2*t1.5	B
59	Mushroom top philips screw	M5*L12	A
60	Screw socket		A
61	Inner hex screw	M6*P1.0*L12	B
	Flat washer	D13*d6*t2.0	
	Toothed lock washer	D20*d6.2*t2.0	
62	Mushroom Philip's Head Screw	M5*L12	B
70	Install the fan cover		A
71	Fan set		A

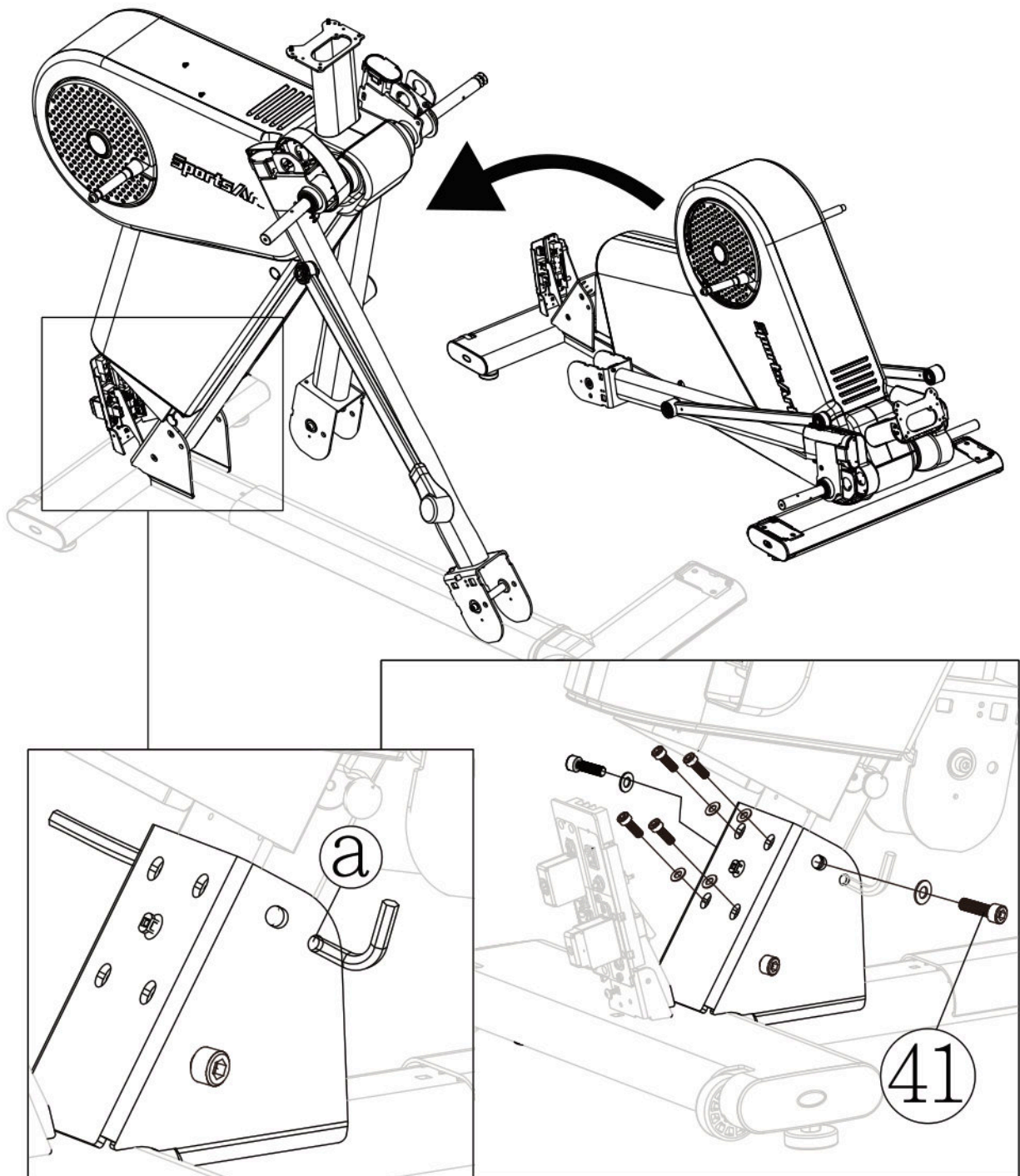
### 3. ASSEMBLE THE PRODUCT

Follow instructions below to assemble this product. Note that in this manual the words “left” and “right” are used to refer to the product and its parts. As such, these designations correspond to the “left” and “right” sides of a person in position to exercise on this product. Also, for brevity, the word “screws” is used where screws, washers, and other hardware may be involved.

#### STEP 1 Installation of the Main Frame (A1)

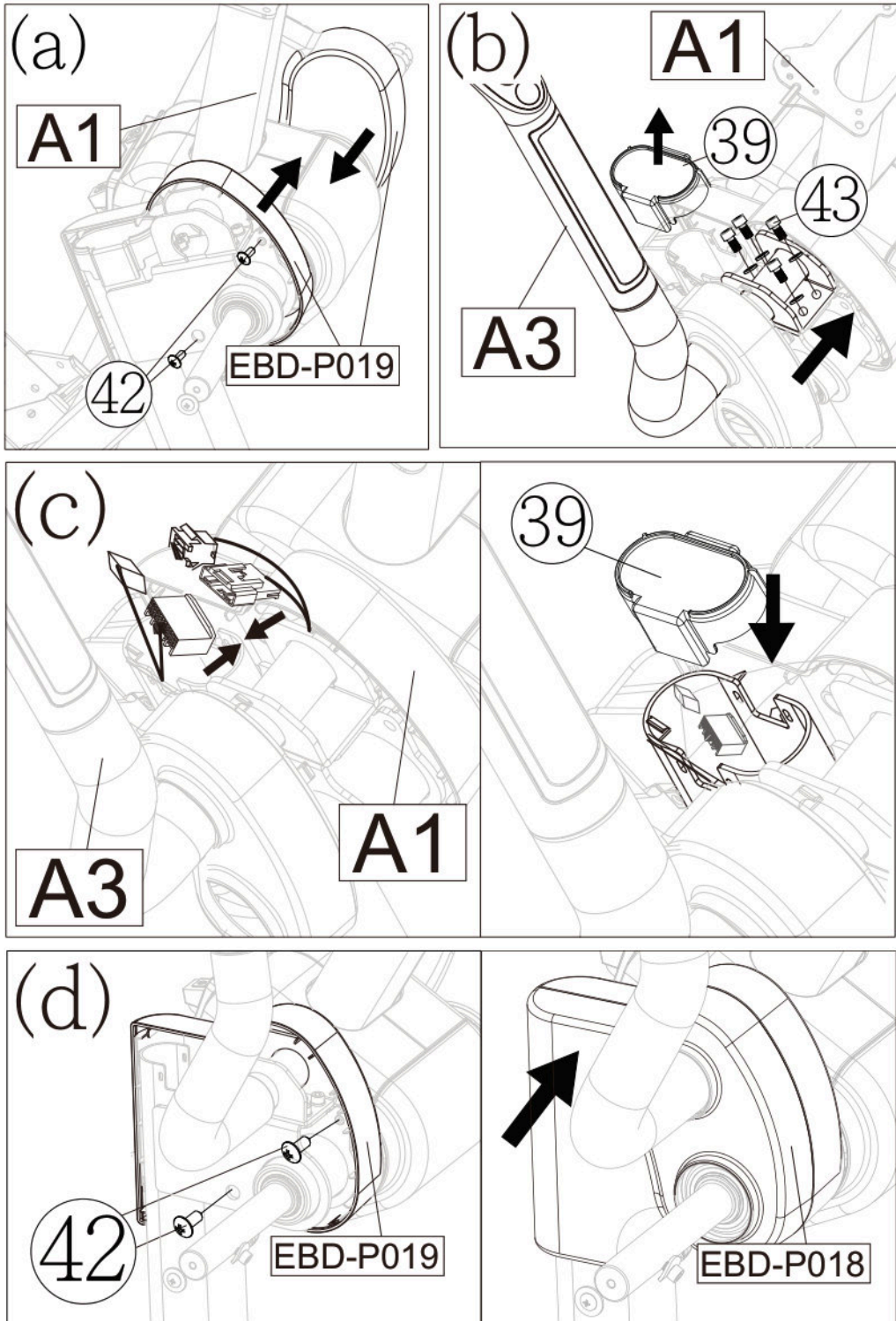
This machine must be assembled by at least 2 people.

After removing its package, lift up the main frame. It is suggested to insert a suitable tool (e.g., an L-shaped wrench) into the hole shown in the figure (a) below as assistance for supporting the machine. Then fix the machine with the screws (41) but do not fasten it tight.



## STEP 2 Assembly of the Left and Right Armrest (A3) assembly

- (a) Please remove the shoulder cover B (EBD-P109) screws (42) from the main frame (A1) and place it inward on the main frame.
  - (b) Remove the plastic cover (39) and the screws (43) from the swinging arm, fix the left armrest (A3) to the main frame (A1) with screws (43). (Take notice of the direction of the armrest.)
  - (c) Connect the left armrest (A3) with the flat cable of the main frame (A1) and insert it into the swinging arm pipe of the armrest and then put the plastic cover (39) back on.
  - (d) Put the left shoulder cover B (EBD-P109), which has just been removed, back with screws (42) and put back the shoulder cover A (EBD-P108) on the armrest.
- \*Repeat the assembly method for the other side.



### STEP 3 Assembly of the Auxiliary Pipe (A9) & the Central Armrest (A4)

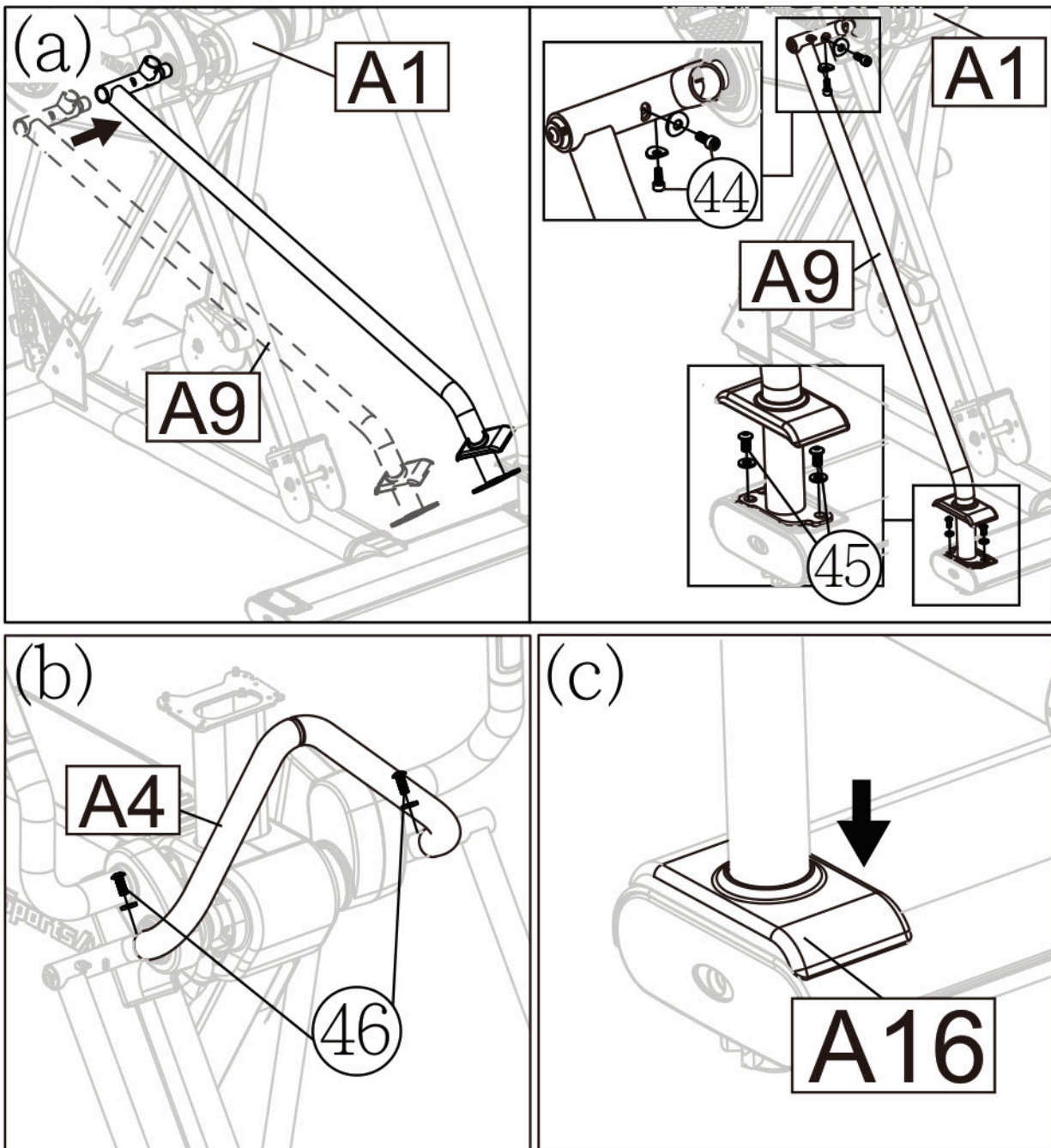
(a) Remove the screws(58) from auxiliary pipe (A9) and then adjust the left auxiliary pipe (A9) to the proper angle and insert it into the main frame (A1) Then put the pipe down and fix it with the main frame with screws (44)(45) but don't fasten them tight.

(b) Install the central armrest (A4) and fasten the screws (46) to secure it to the main frame and fasten tight the screws (44)(45) previously just used.

(c) Put back the ornament cover (A16) on the auxiliary pipe.

\*The assembly method is the same for the other side.

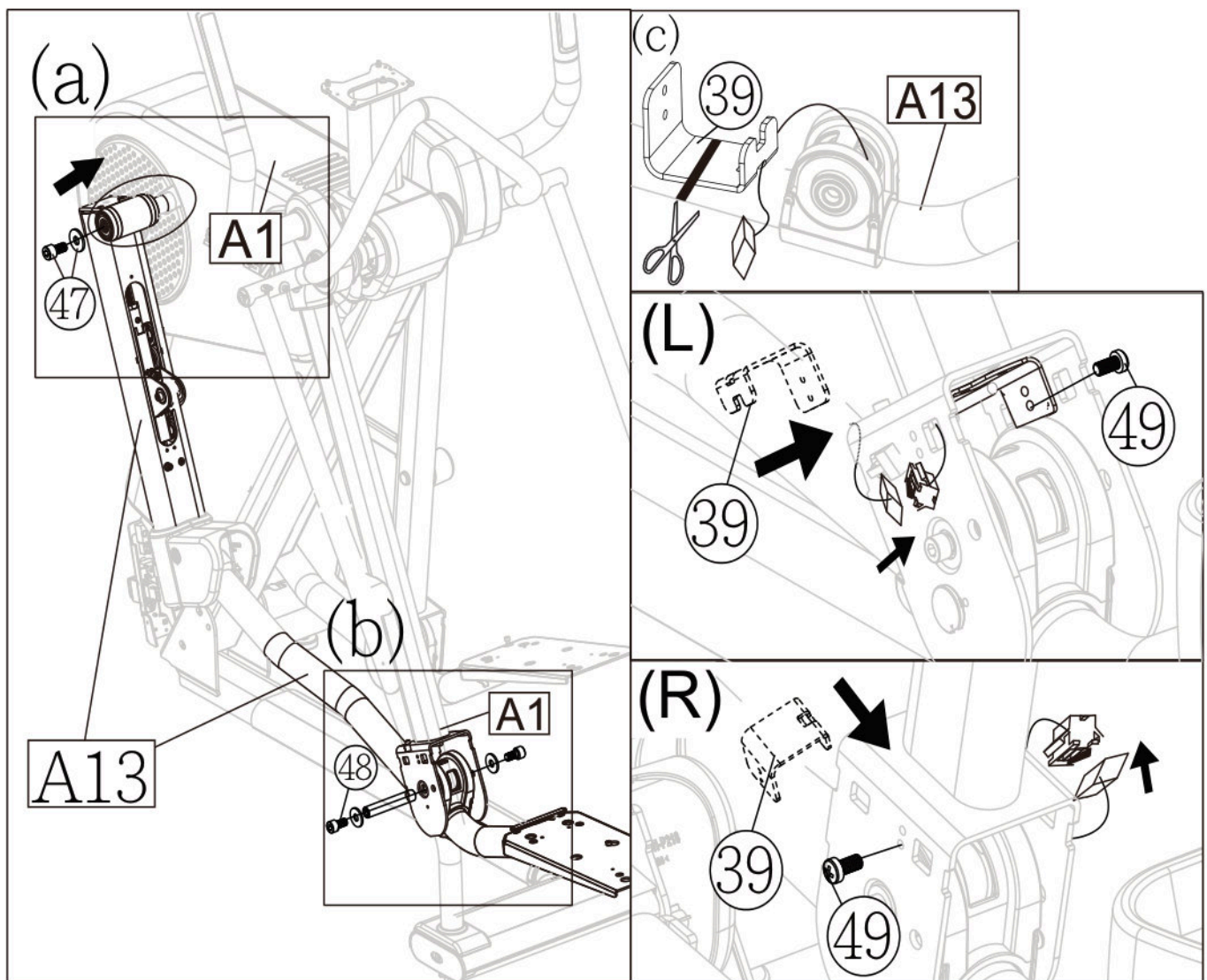
\*Once finished assembling the auxiliary pipe, tighten all the screws (41) previously used in Step 1.



## STEP 4 Assembly of the Lift Swing Arm Foot Bar (A13)

- (a) Remove the screws and the washers (47) from the crank first, and install the lift swing arm set (with foot bar) (A13) into the crank of the main frame (A1) and secure with the screws (47).
- (b) Remove the screws and the Axis (48), And then align the foot bar set (A13) with the hole of the armrest swing arm hole and secure it with the axis and screws (48).
- (c) Cut the cable tie used to fix the iron plate (including the cable)(39) on the foot bar, the screws (49) from the iron plate (including the cable)(39) and then fix the iron plate to the armrest swing arm with the screw (49). Then pass the cable through the hole to connect with the flat cable connector attached to the bottom of the armrest swing arm. (\*Please take note of the location of the screws for locking the iron plate and that the cables on both the left and right sides are connected on the outside of the iron plate.)

\*Repeat the assembly method for the other side.



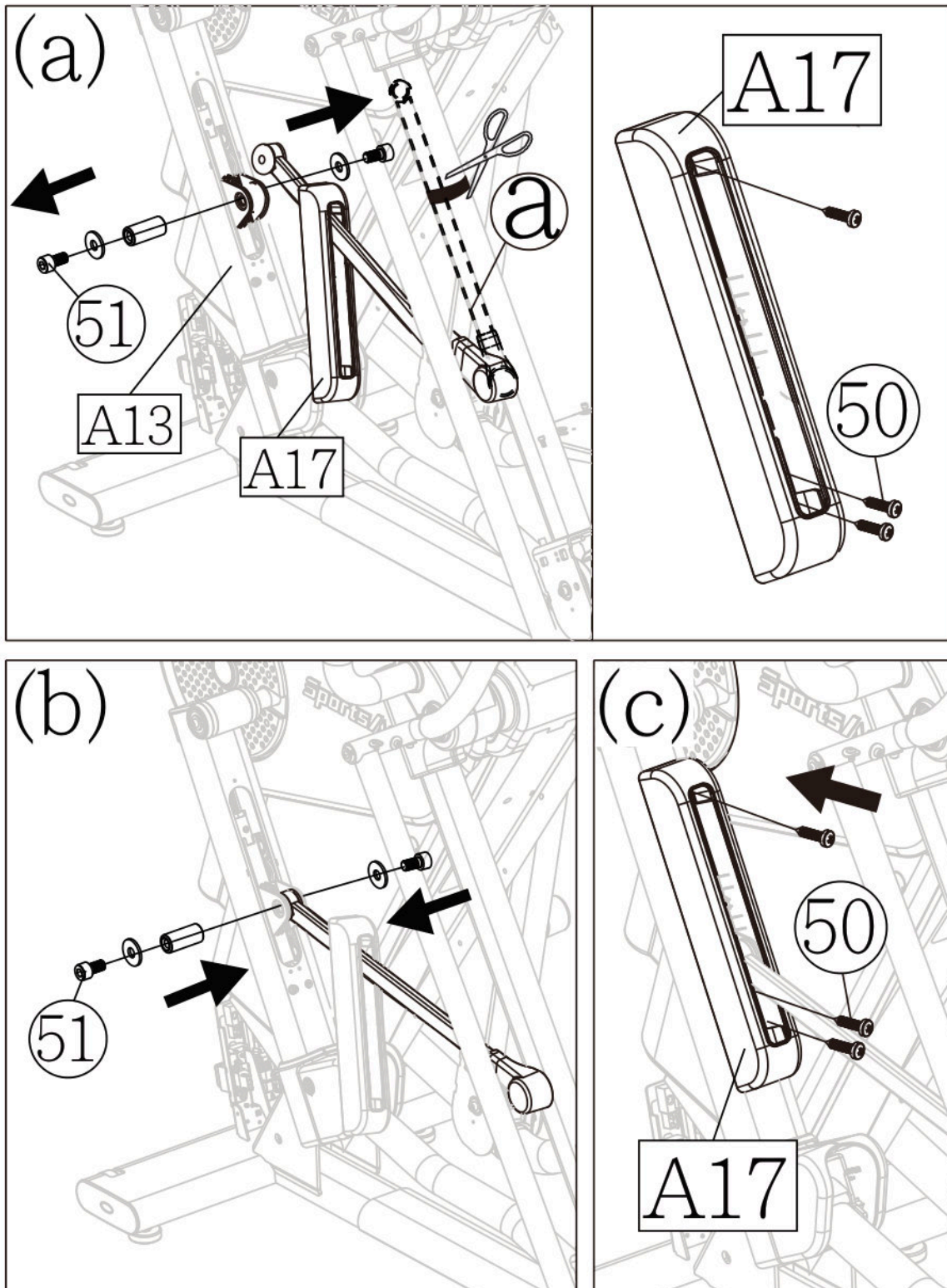
## STEP 5 Assembly of the Adjustment Lever on the Main Frame (A1)

(a) Remove the axis (51) secured on the lift swing arm (A13) (See the illustration); cut off the cable ties on the adjustment lever (a). Put down the adjustment lever and insert it into the lift shaft cover (A17). (Take note that there is one screw on the top of the cover and there are two screws on its bottom.)

(b) Fasten the adjustment lever with screws and the axis (51).

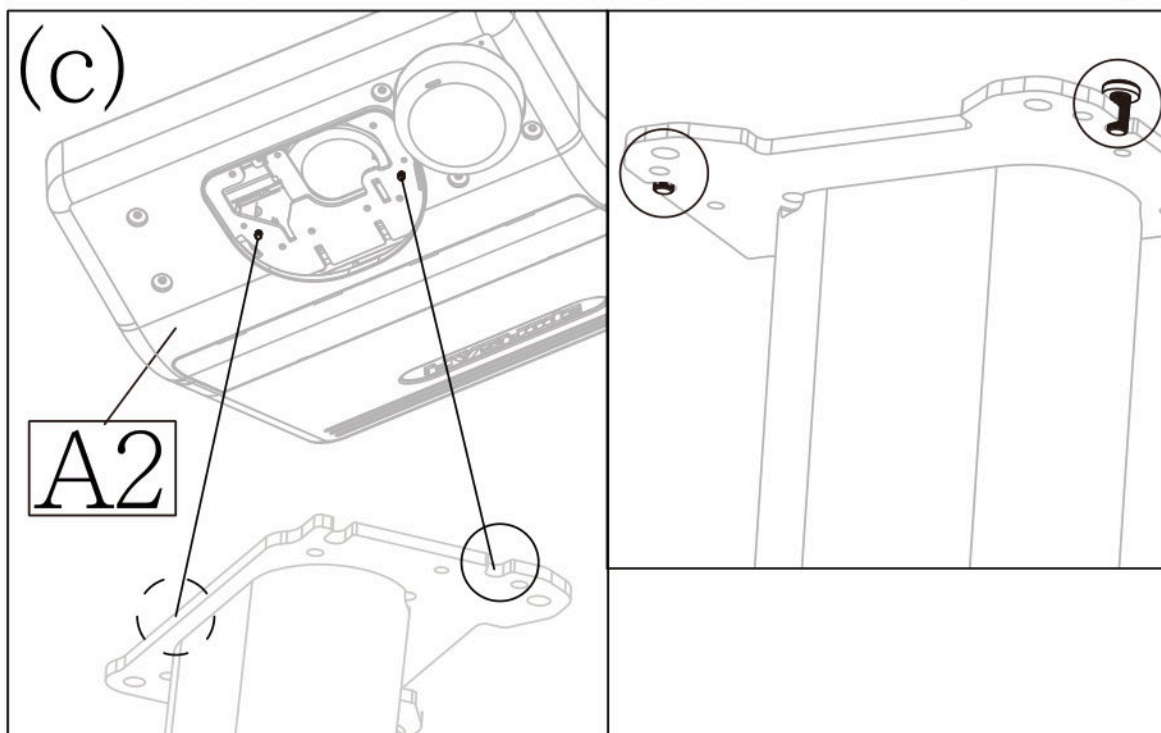
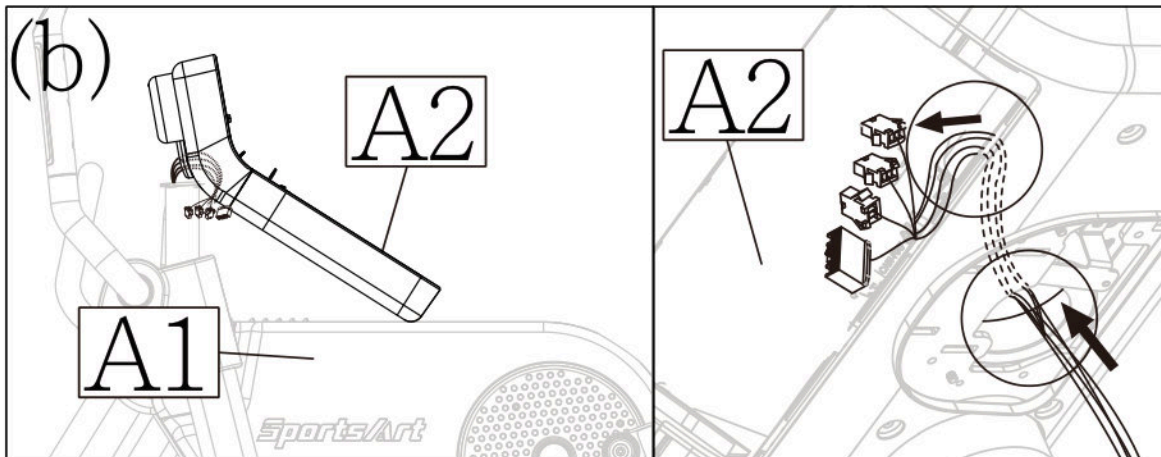
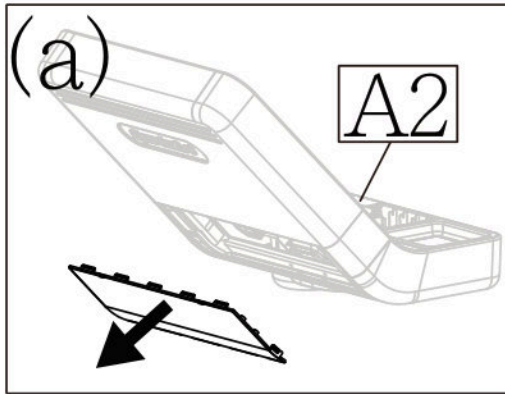
(c) At last, fasten the lift shaft cover (A17) with screws (50).

\*Repeat the assembly method for the other side.



## STEP 6 Assembly of the Panel (A2)

- (a) Please remove the maintenance cover of the panel (A2) first.
- (b) Tilt the panel (A2) on the machine (See the illustration), then thread the flat cables of the lever into the panel (A2) and pull them out from the maintenance cover to avoid compression of the cables during assembly.
- (c) Position the panel (A2) and the main frame together after threading the flat cables. Be sure to align the positioning screws of the panel (A2) with the grooves of the main frame.



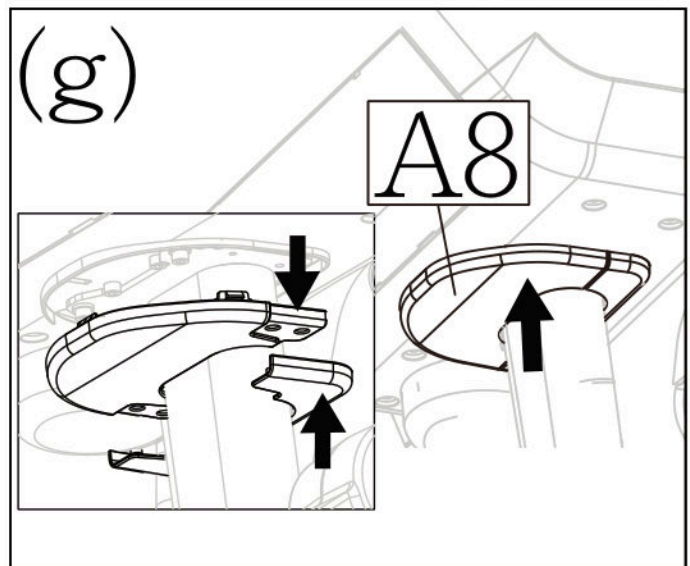
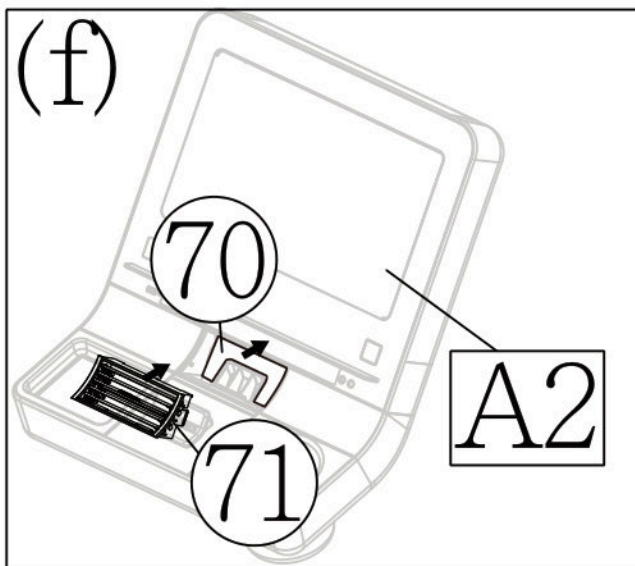
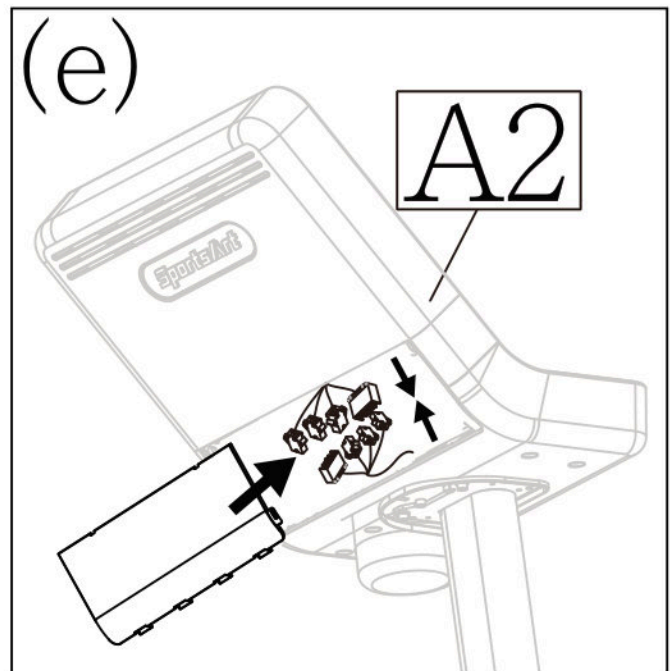
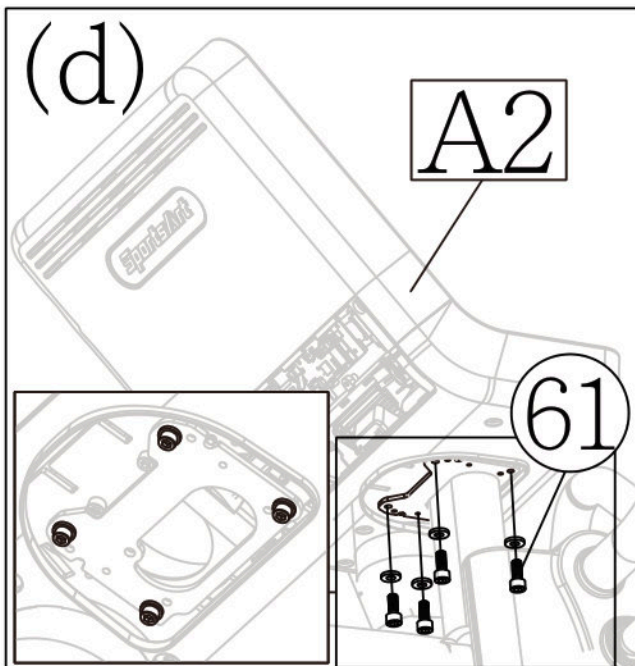
## STEP 6 Assembly of the Panel (A2) (CONT.)

(d) Fasten the panel(A2) to the machine with screws (61).

(e) Connect the flat cables at the maintenance cover and put the cover back on.

(f) Install the fan cover (70) and fan set (71) on the panel (A2) into the panel sequentially.

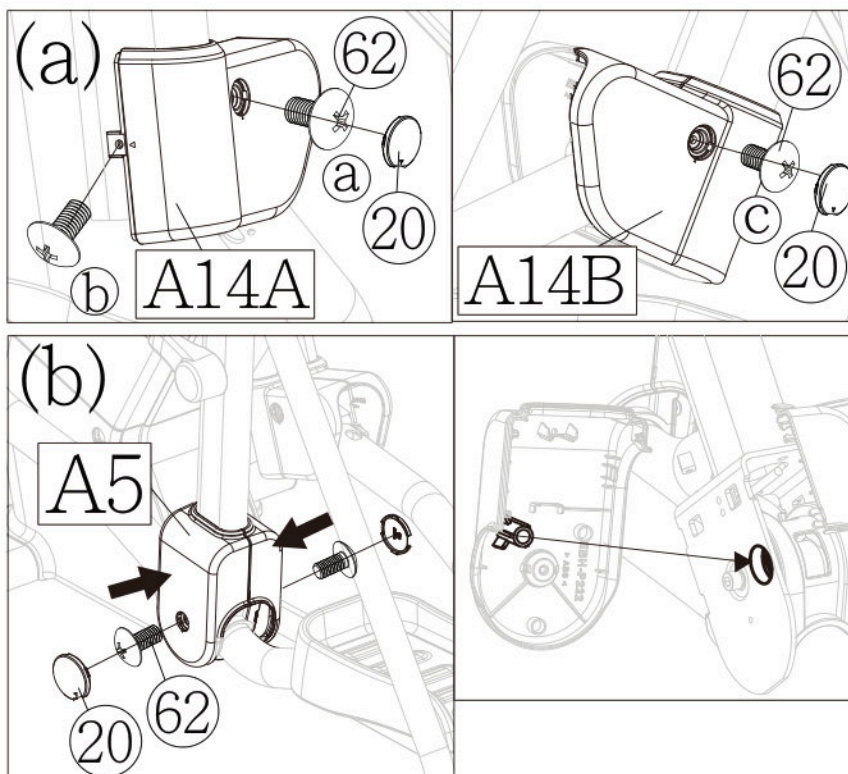
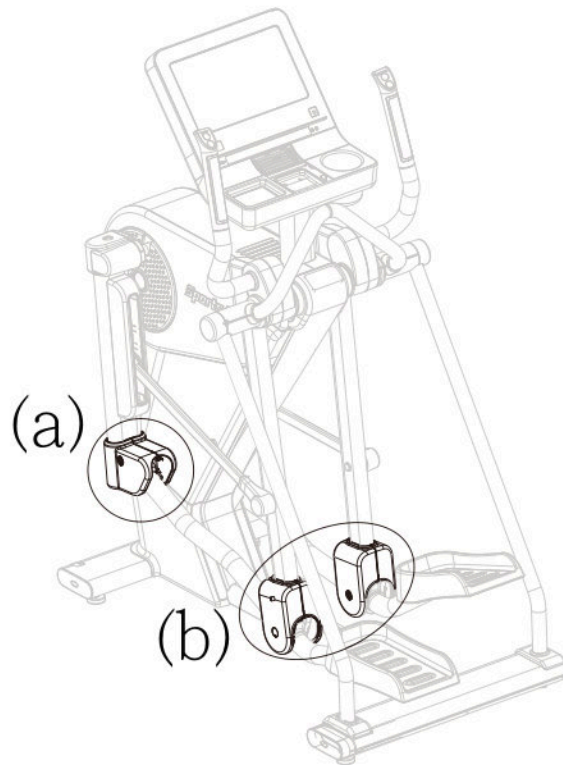
(g) At last, install the bottom ornament covers A/B (A8) on the panel onto the machine.



## STEP 7 Assembly of the Plastic Covers

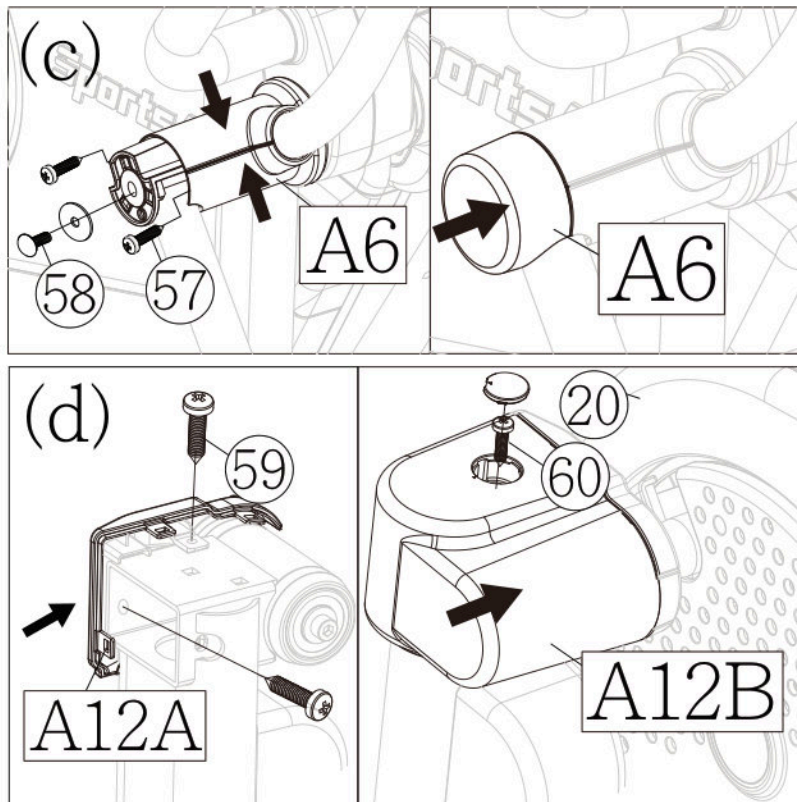
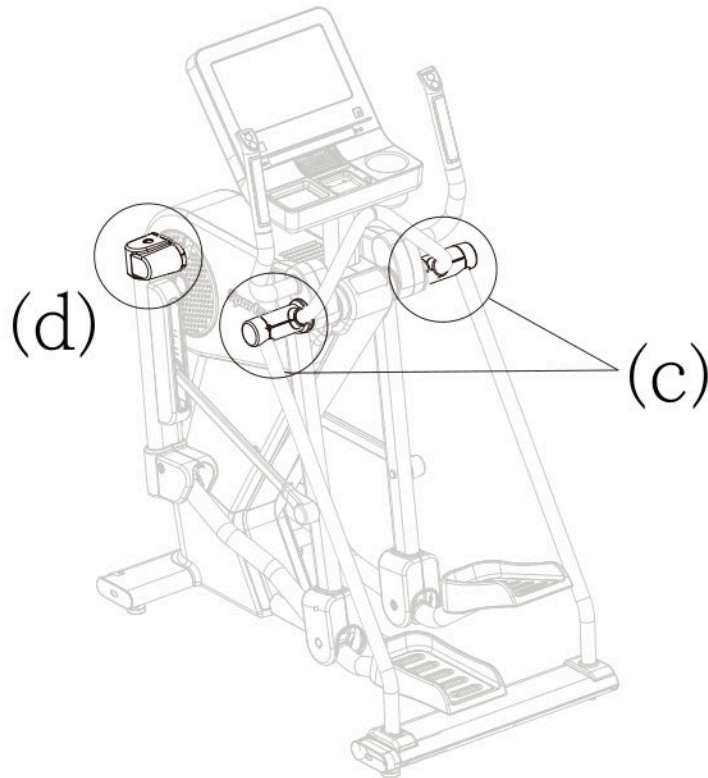
- (a) Fix the bottom axle housing of the lift swing arm A(A14A) with screws (62) at a/b on the machine, then fix the other bottom axle housing B (A14B) with screws (62) at c, and then put on the circular hole cover (20).
- (b) Fasten the swing arm bottom axle housings of left and right armrests A/B (A5) with screws (62) on the machine and then put on the circular hole cover (20). Keep the big hole facing the front and take notice of the positioning holes of the plastic and the iron plate (see the picture).

\*Repeat the assembly method for the other side.



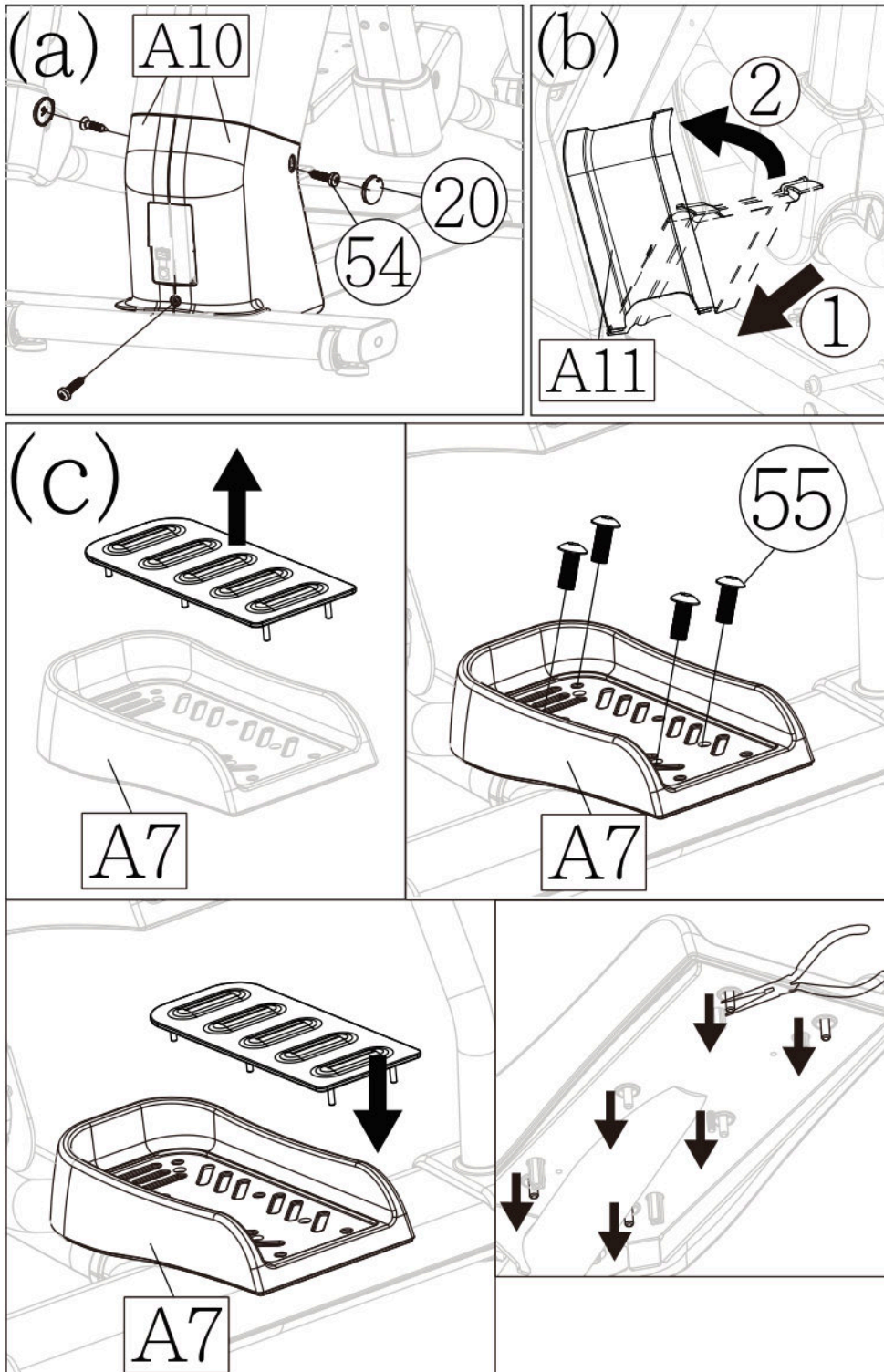
## STEP 7 Assembly of the Plastic Covers (CONT.)

- (c) Fasten the top and bottom covers of the left and right swing arm axis (A6) with screws (57), then fasten these two covers to the machine with screws and washers (58), and at last put on the side covers of the left and right swing arm axis.
- (d) Fasten the top axle housing A (A12A) of the left and right lift swing arms to the machine with screws (59), and then fasten the top axle housing B (A12B) of the left and right lift swing arm to the machine with screws (60) and then put on the circular hole cover (20).
- \*Repeat the assembly method for the other side.



## STEP 8 Assembly of the Plastic (A7, A10, A11)

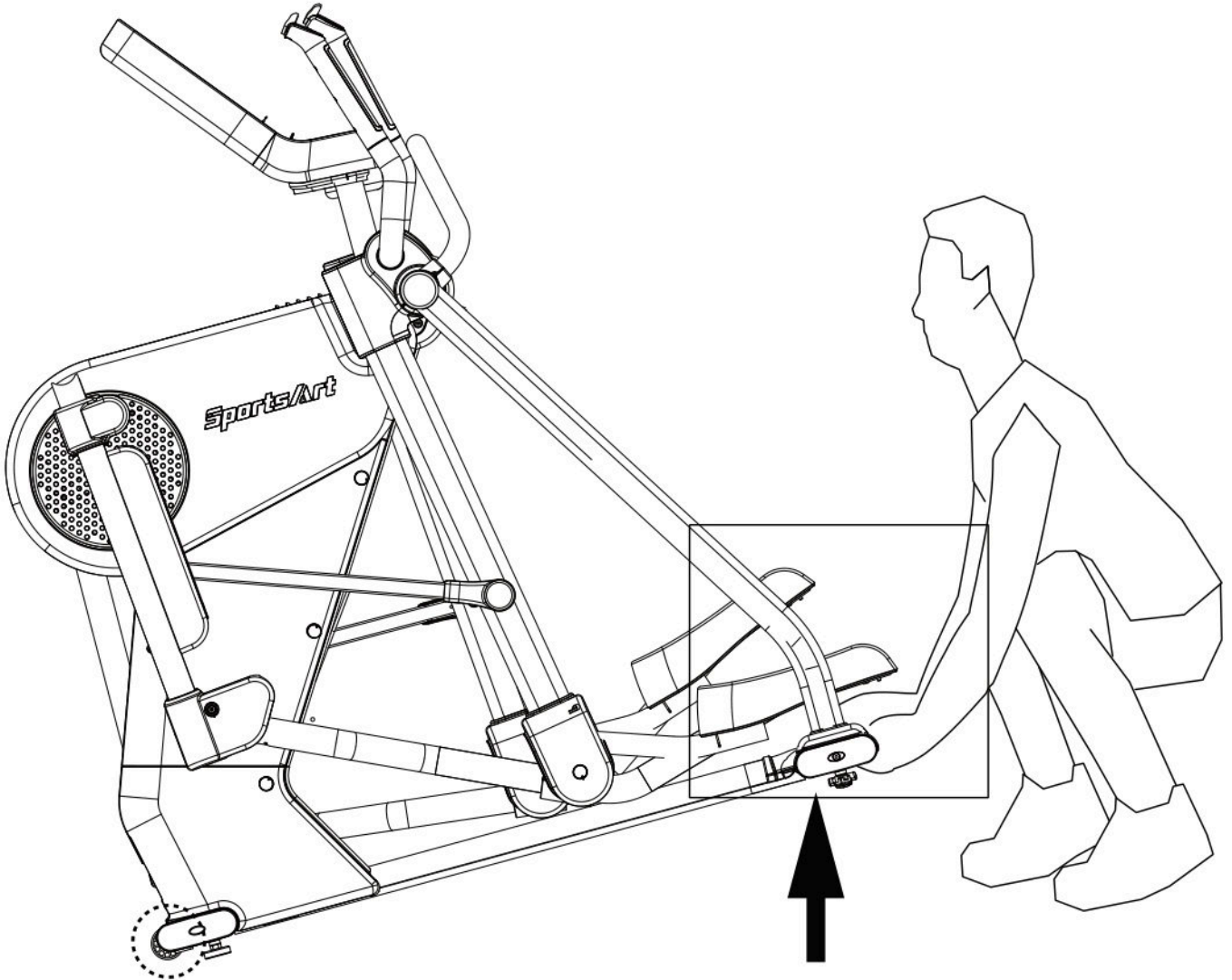
- (a) Please install the bottom left and right covers (A10) of the main frame and fasten with the screws (54) then put on the circular hole cover (20).
- (b) Fasten the bottom left and right covers (A10) tight and then install the bottom rear cover (A11).
- (c) Please pick up the cushion on the pedal plastic (A7) and remove the screws (55) from the foot bar first and secure the foot plastic (A7) to the machine with screws (55). Then install the cushion back. Please take notice that when installing the cushion back, you can use a pointed pincer to hold the cushion cylinder as assistance to pull down. Repeat the assembly method for the other side.



## STEP 9 Instruction of Moving the Machine

### Move the Elliptical Trainer in Place

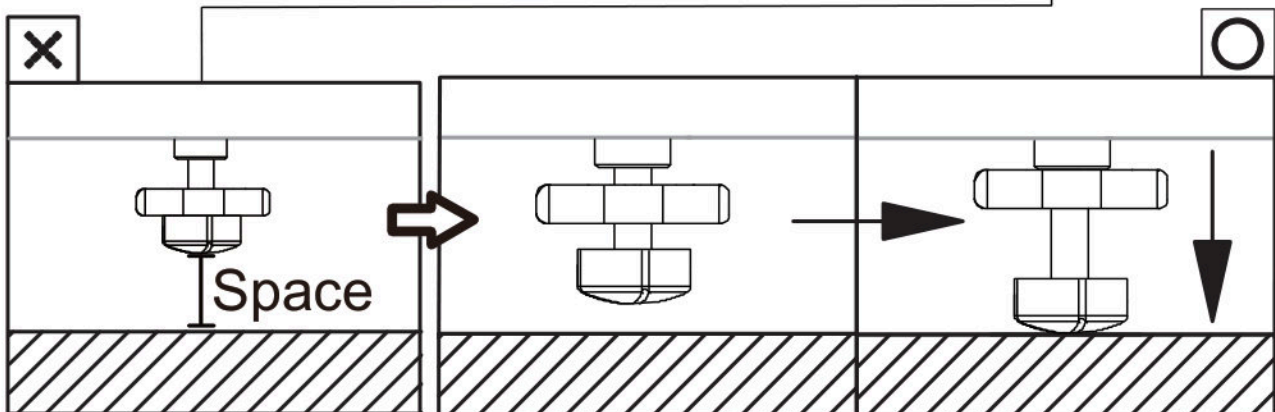
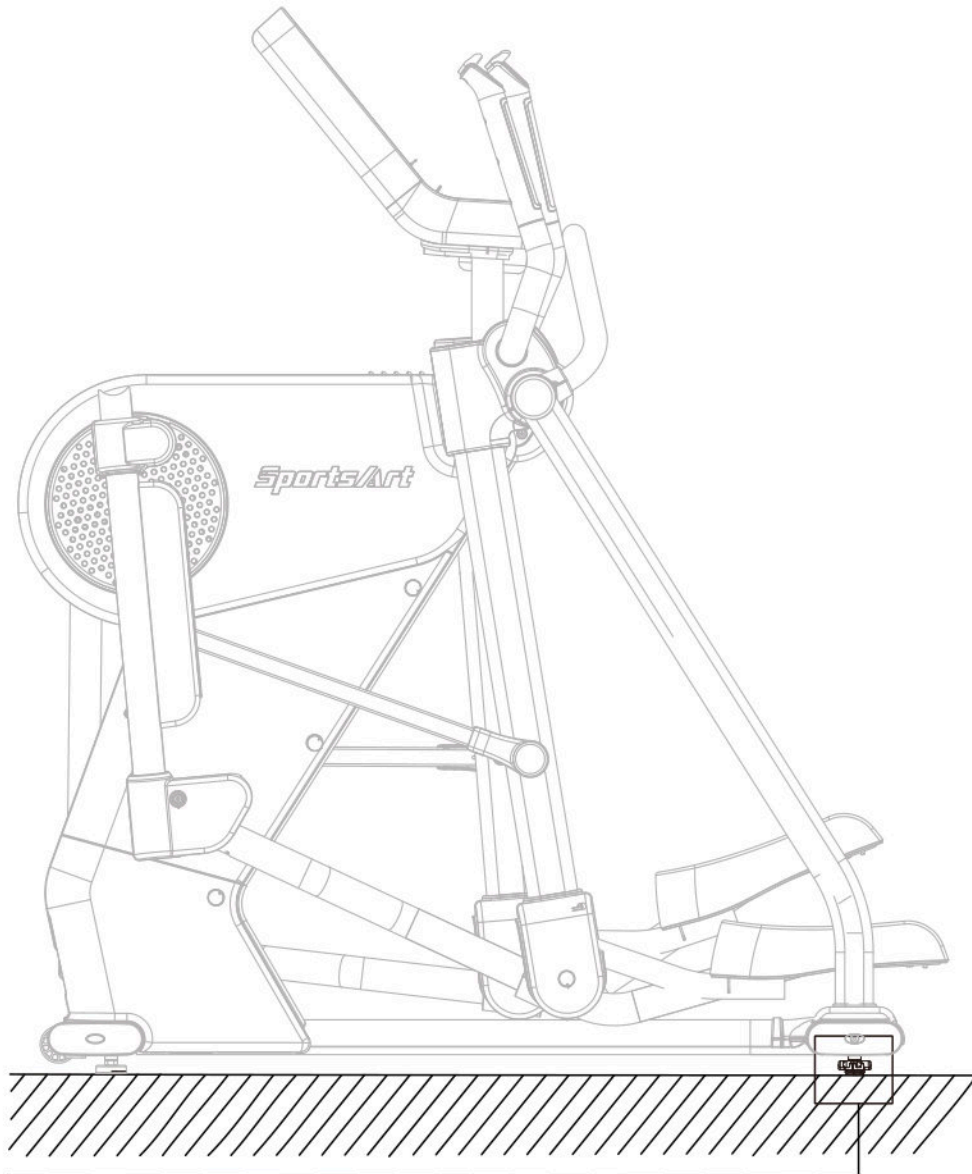
Grip and lift the main base of the elliptical trainer, and then move it to the desired location. Be careful not to pinch your fingers when you put down the elliptical trainer.



## STEP 10 Level the Machine

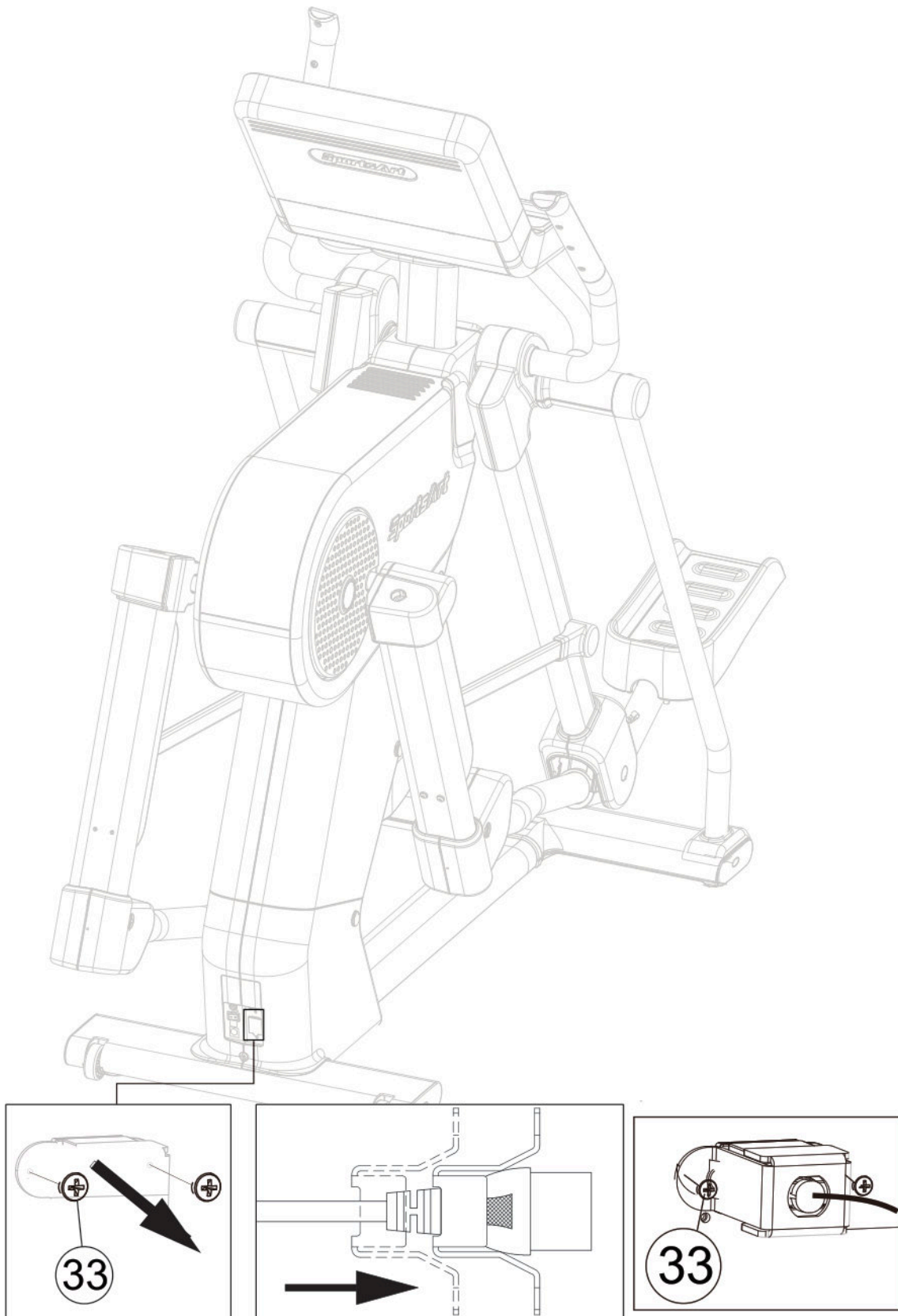
Please apply force to the end of the machine to check if the leveling knobs are stable on the ground. If not, adjust the levelers as follows:

- (a) Loosen the leveling knob.
- (b) Rotate the leveling knob downward to the ground to make it steady.
- (c) Tighten the leveling knob.
- (d) After the machine is installed and positioned, perform the test again. If necessary, make adjustment to be sure the equipment works properly.



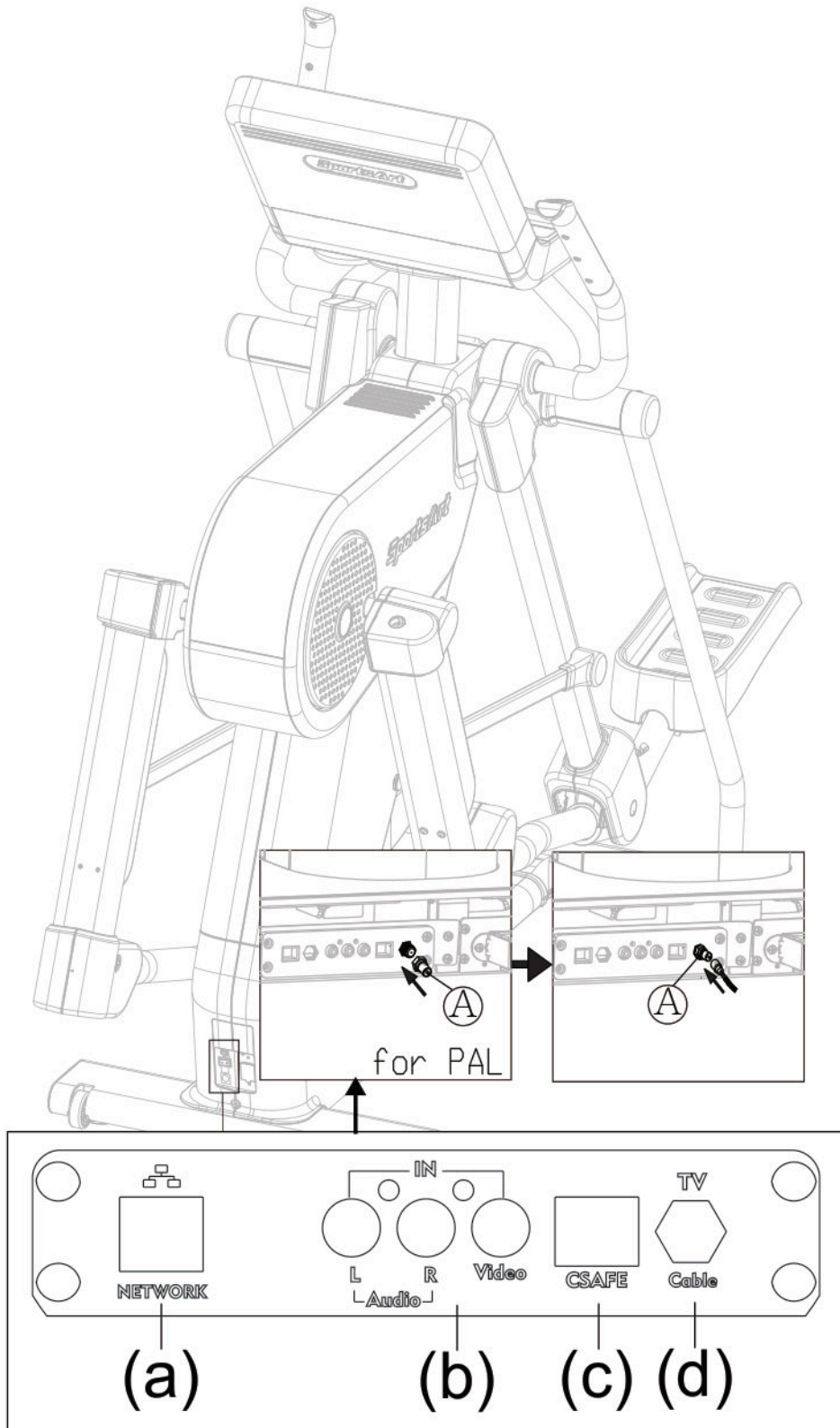
## STEP 11 Power Supply Protection

- (1) Please remove the pre-installed screws (33) from the machine prior to assembly.
  - (2) Push the plug cover of the power cord toward and against the plug.
  - (3) Plug in the power cord and secure it with the screws (33).
- The picture below is for your reference.



## STEP 12 TV Terminal and Network

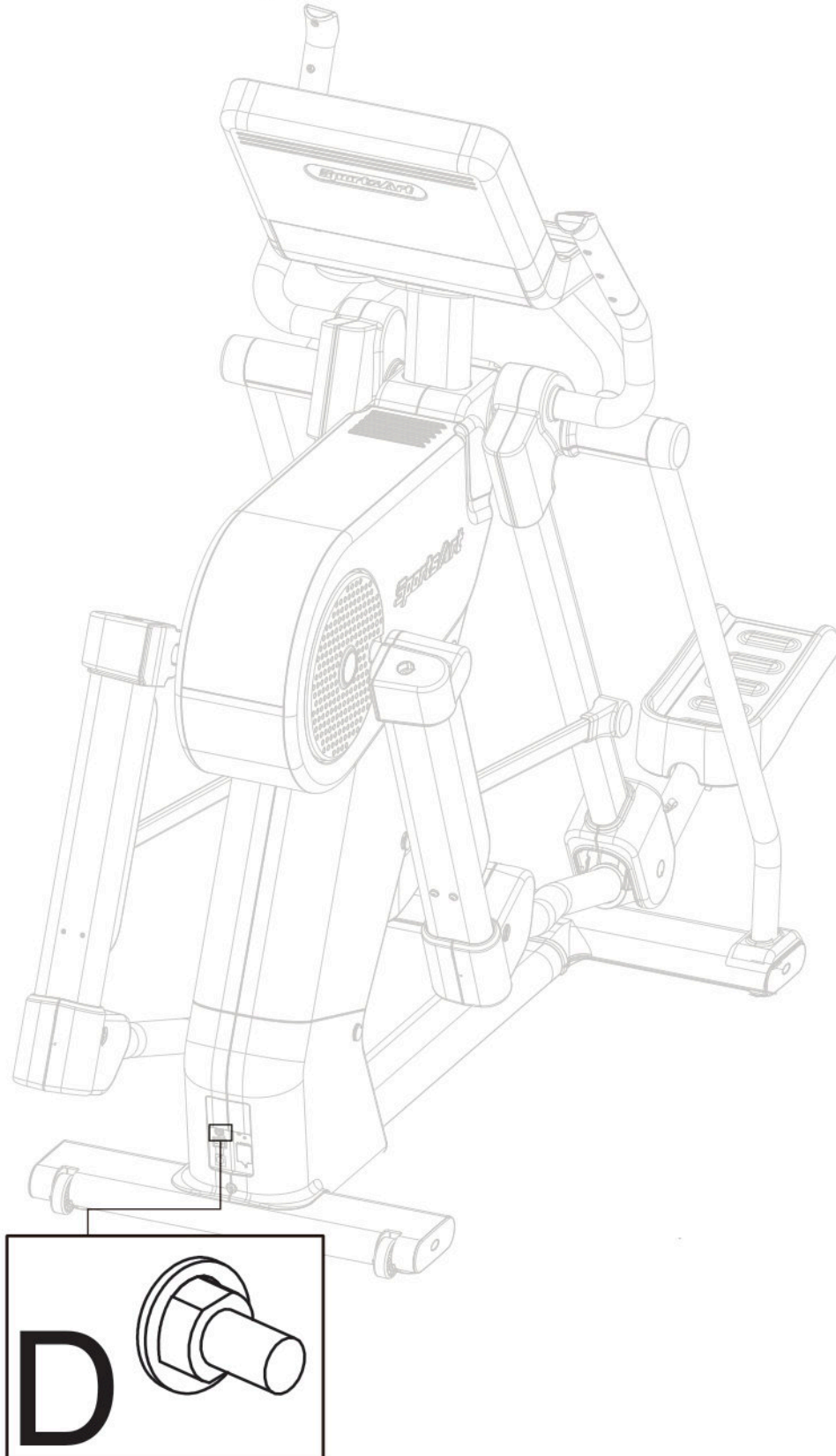
- (a) NETWORK: Connect to Ethernet.
- (b) AV Terminal: Connect to DVD Player or Media Player.
- (c) The equipment supports MYE Wireless TV Audio\_Channel Receivers and is fully compatible with CSAFE protocols
- (d) TV: Convert any PAL/NTSC signal from any AV source to selectable output of PAL or NTSC. For PAL regions, please connect the composite video cable to video input of the television and video output of your equipment to convert the input PAL signal to any specified output source.



## STEP 13 Circuit Protection

When there is an overload circuit, the round button will trip to disconnect the supply automatically, shown as point D in figure below. Wait 5-10 minutes before pressing the button. If an abnormality is still present, turn off the power supply and make an inspection by maintenance personnel, and then follow the boot procedure to resume normal operation.

The picture below is for reference only.

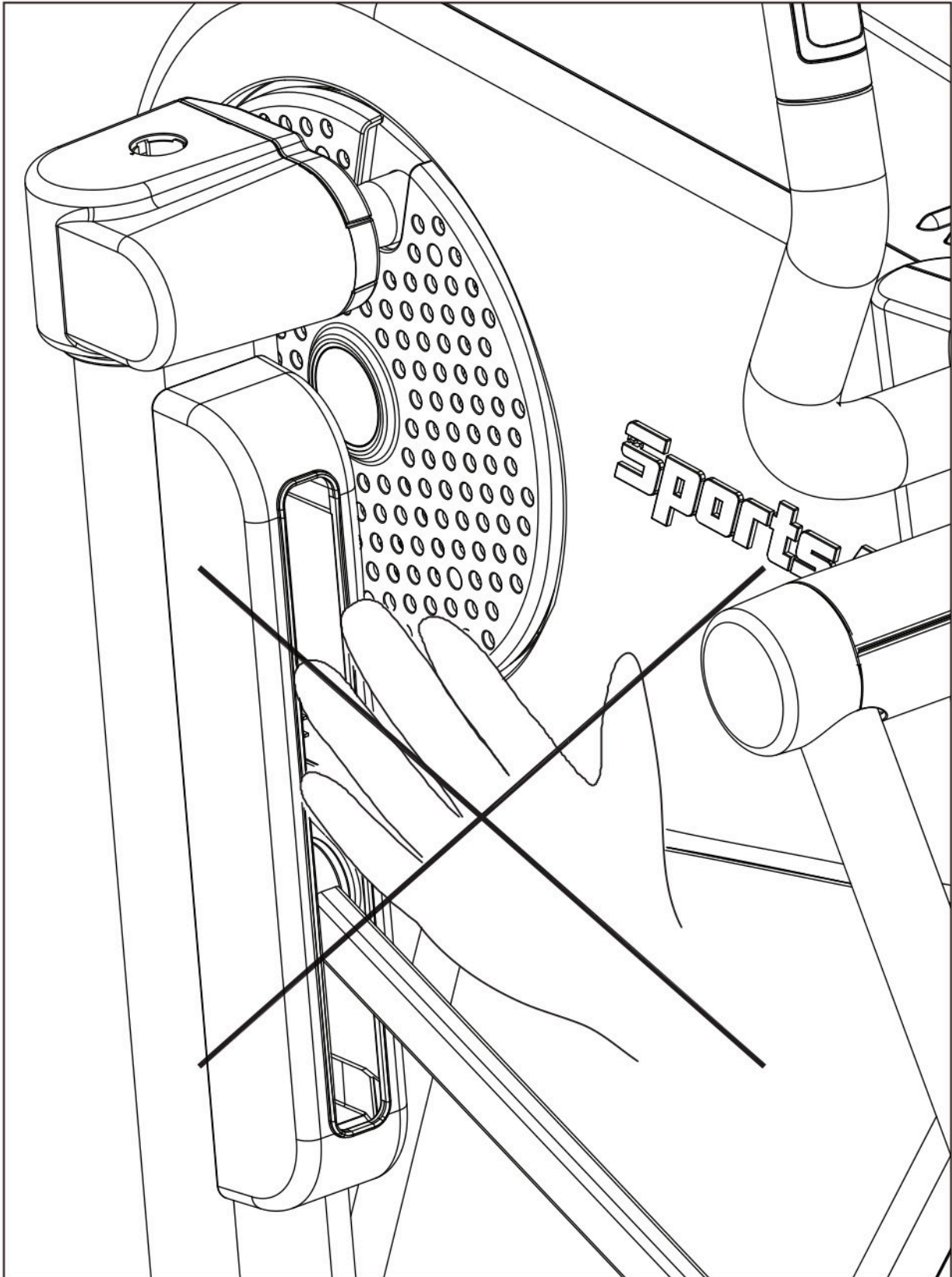


## **STEP 14** Beware of Moving Parts

Before use, please make sure that no foreign objects are in or around the machine that may affect the safety of use. Then operate the machine.

This product has moving parts that could be a danger to people and animals.

During use, do not put hands or other objects into the stride adjustment slot, the rear cover opening, or other areas in which such action might present a hazard.



## 4. UNDERSTAND THE SENZA CONSOLE

### DISPLAY Overview

E866 Series 16" Senza Console is designed to help users obtain their fitness goals in a simple and convenient way. Before using the elliptical trainer, please familiarize yourself with the functions of this display console to obtain optimum benefits and enjoyment from this product.

### DISPLAY Console Panel




No.	Description	No.	Description
1	QR Code · NFC tag	4	Wake Button
2	USB port	5	Headphone Port
3	SA WELL+		

## DISPLAY Specifications

Parameter	Spec.
RESISTANCE	1-40
Stride Length	1-13
Total Stride	0-9999 steps
SPEED	0.0-99.9 MPH or 0.0-99.9 KPH
TIME	0:00 - 600:00 min
HEART RATE	35 - 220 bpm
DISTANCE	0.00 - 9999 Mile/Km
CALORIES	0 - 9999 Cal
SPM	5-150 steps/ min
Calories /Hour	0-9999 Cal/Hour
Mets	0-99.99
PROGRAM	QUICK START, GOALS, PLATEAU, INTERVAL, SENZA JOURNEYS, FAT BURN, VARI STRIDE, HEART RATE, FITNESS TEST

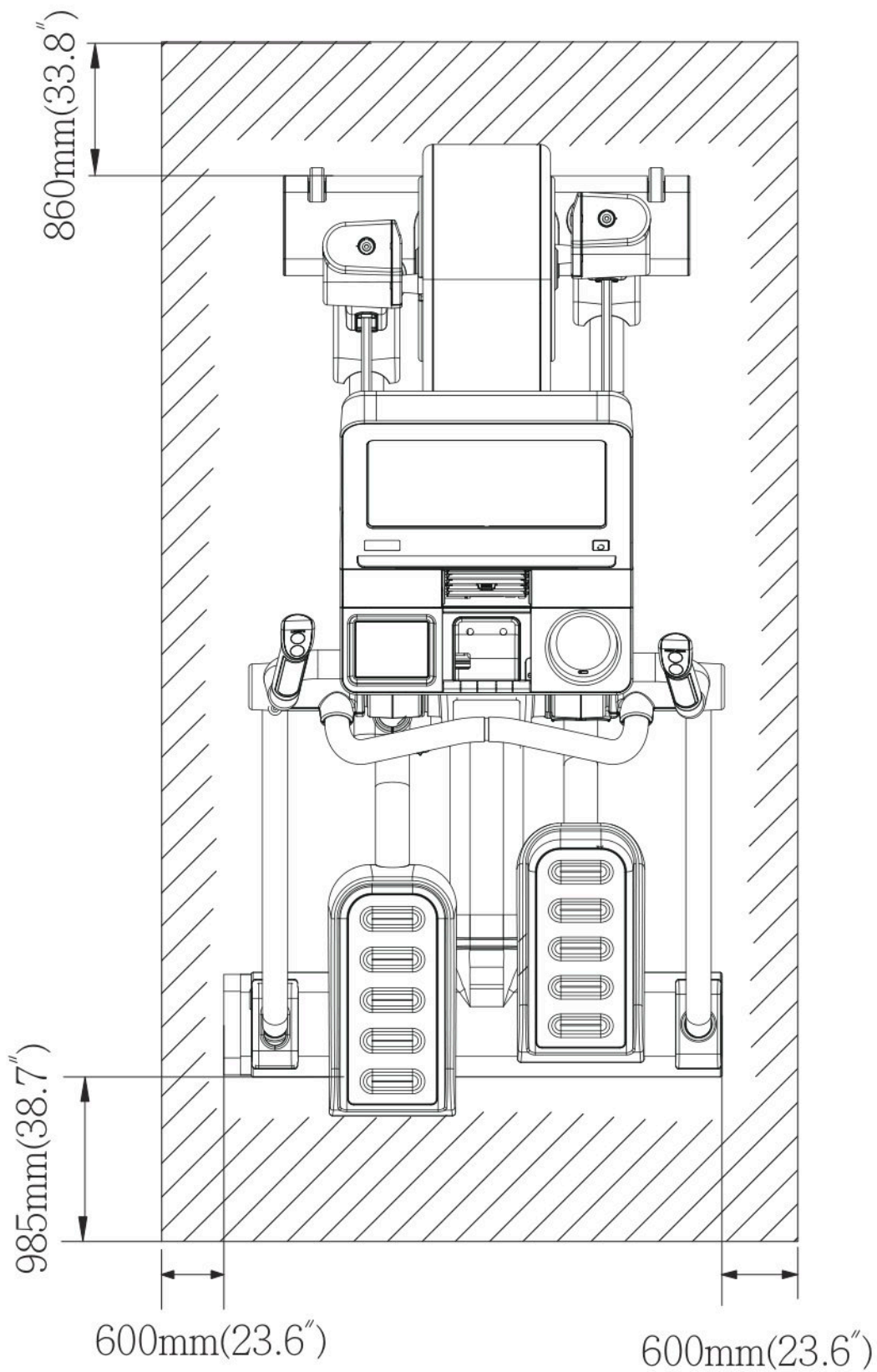
## DISPLAY Button Function

Illustration	Description
	Wake up the display from sleep mode.

## 5. OPERATE THE PRODUCT

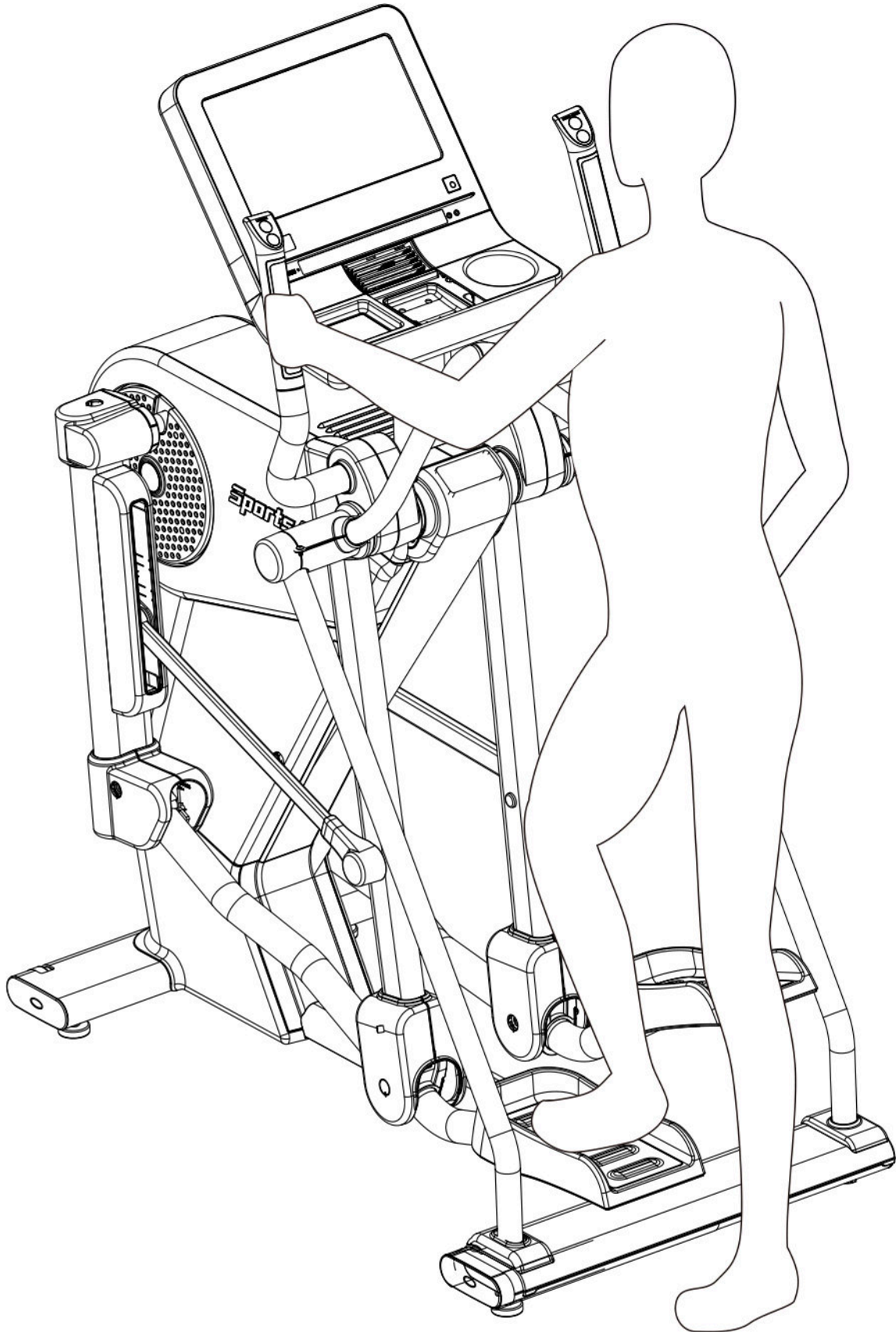
### OPERATION Safe Operating Area

- (a) Safety clearance required as shown below. Do not allow people to be near this area when operating.
- (b) Noise emission under load is higher than without load.



## **OPERATION** Safely Get On/Off

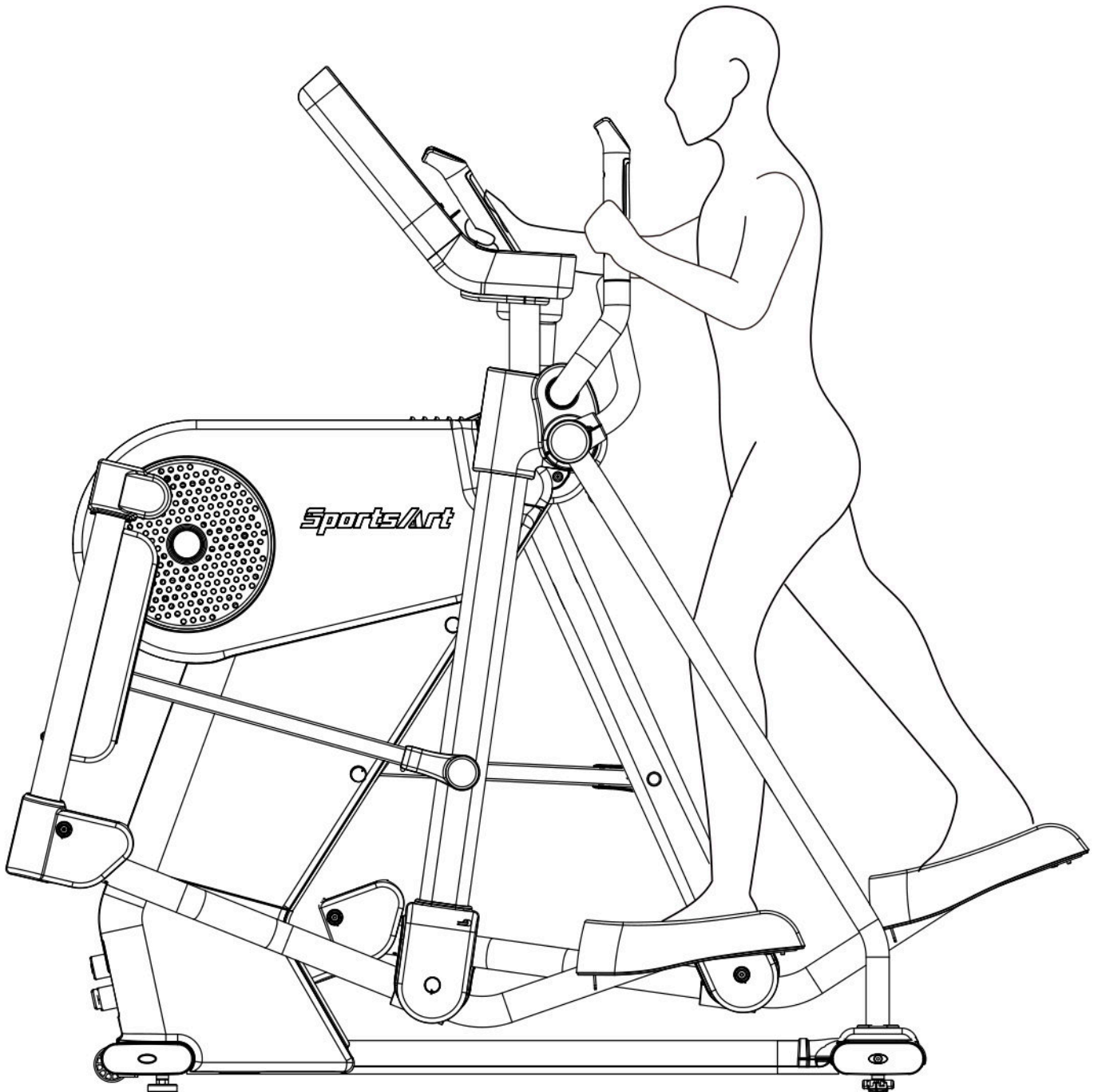
- (a) Place your feet on floor and then hold the handles to steady self while stepping on the pedals as shown below.
- (b) Wait until pedals come to a complete stop and then hold onto handles for stability while carefully stepping off the elliptical.



## **OPERATION** Proper Workout Position

---

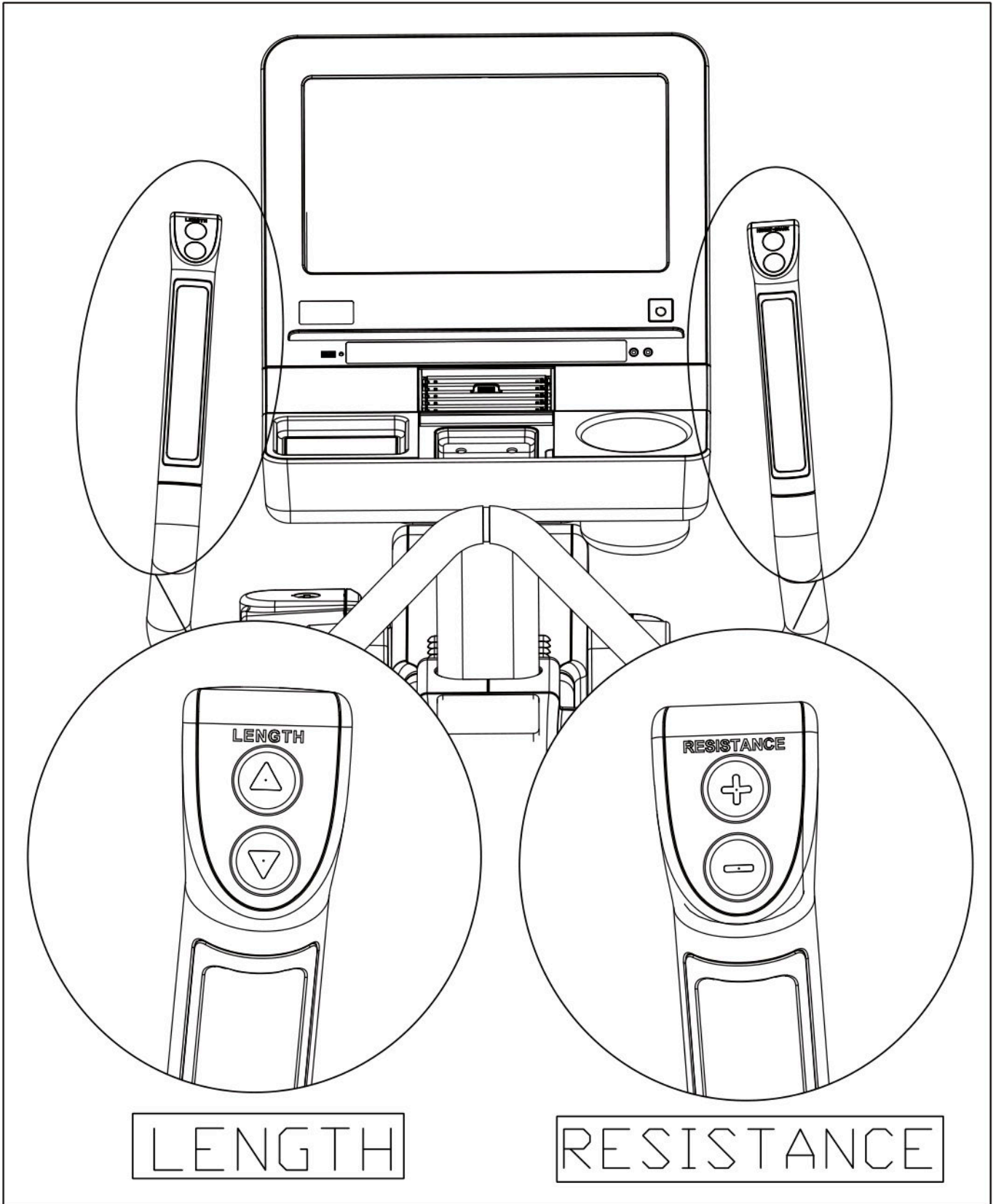
- (a) Over exercising or improper workout form may result in serious injury.
- (b) User can hold onto handles for stability when getting on or getting off from the right/left side of the elliptical.
- (c) This product is intended for exercising arms and legs.



## **OPERATION** Function Description of the Armrest Buttons

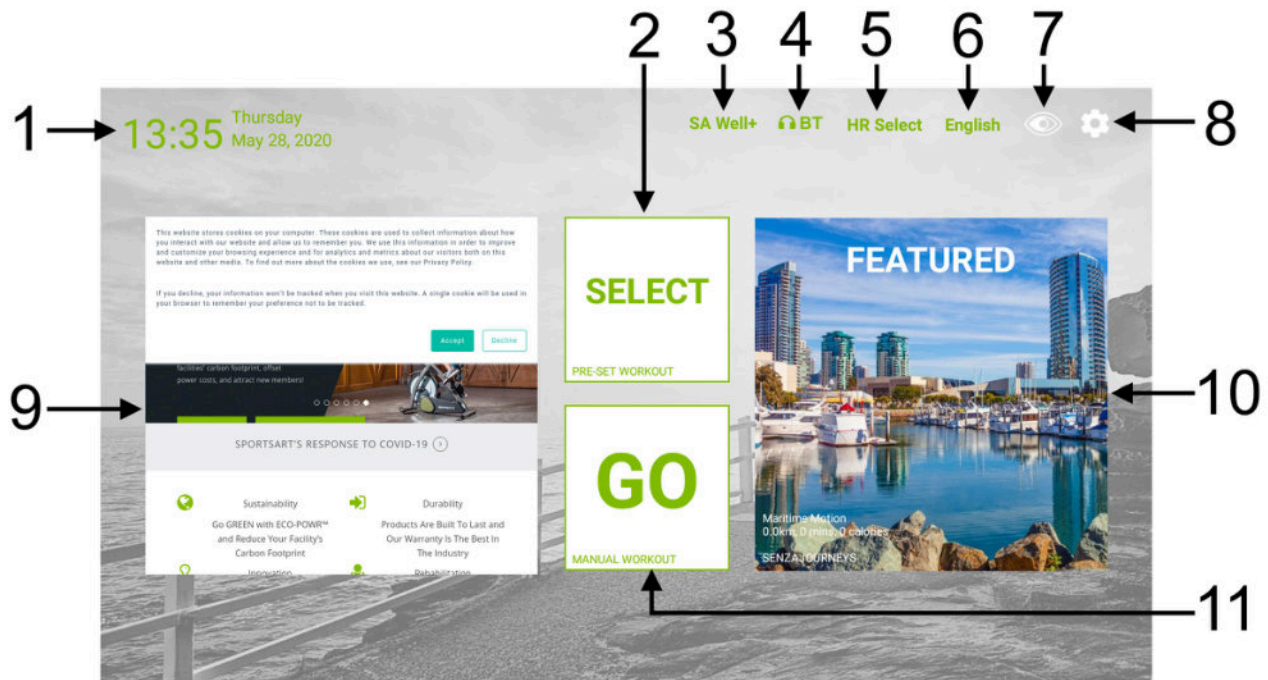
This product has moving parts that could be a danger to people and animals.

During use, do not put hands or other objects into the stride adjustment slot, the rear cover opening, or other areas in which such action might present a hazard.



## OPERATION Start Screen

Turn on the power or press the wake-up key to go to start screen.

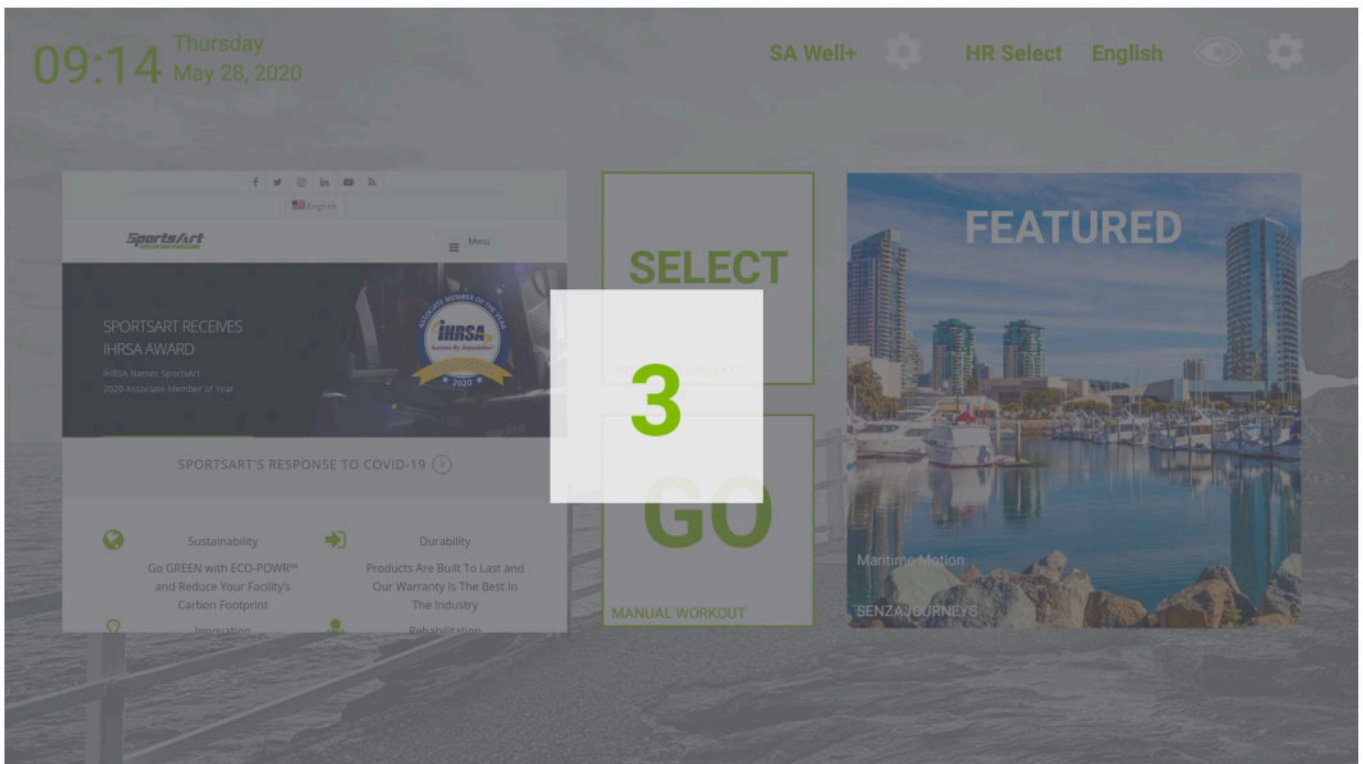


### Description of start screen buttons:

No.	Name of button	Function
1	Date and Time	Displays the current time and date
2	SELECT	Touch this button to access workout program selection
3	SA WELL+	Touch to login into the SA WELL+ system
4	BT	Touch it to pair with Bluetooth earphone.
5	HR SELECT	Touch for pairing with Bluetooth or ANT+ heart rate strap
6	LANGUAGE SETTING	Touch to select your preferred language by country
7	DISPLAY MODE	Touch to switch screen to black and white display (with high contrast). Touch again, the screen will switch back to color display
8	ENGINEERING SETTING	Touch to access the engineering mode. This is the maintenance setting for use by technicians. Password input is required to perform the actions of the related settings
9	CUSTOMIZED WEB PAGE WINDOW	Web page status display for browsing and operation
10	FEATURE	Displays various virtual realities. Touch this screen to access the virtual reality training mode
11	GO	Touch this button to start workout

## OPERATION GO mode

Press <GO>key, then the screen will start counting down by showing 3,2,1,0,GO on the display. The product will start with the default setting of 35 years old, weight 75 kg (165 lbs) and the PROGRAM will start in quick start – time mode, with resistance level 1. You can use these default settings to complete your workout or change the settings yourself.

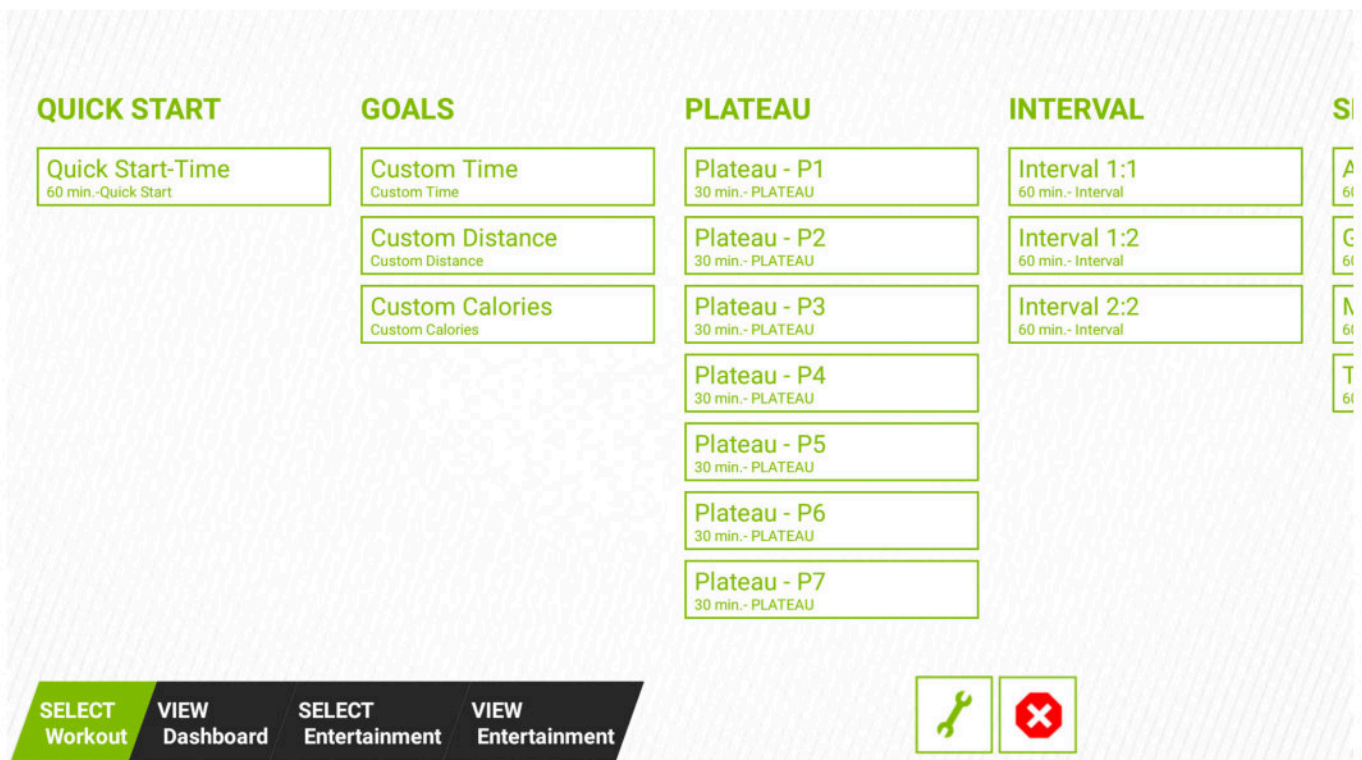


## OPERATION Workout Selection



1. At start screen, touch the Select icon to access "SELECT WORKOUT". Select workouts on the screen:

By swiping with your fingers, you can move between the workout options on the screen. The workout options are as follows: QUICK START, GOALS, PLATEAU, INTERVAL, SENZA JOURNEYS, FAT BURN, VARI STRIDE, WATT, HEART RATE and FITNESS TEST. You can switch among these options while exercising. After you choose an option, the workout will start right after a 3 second countdown timer. You can also change to different options while working out.

Description: GOALS, HEART RATE and Fitness Test won't start right after you choose it, they will need to set up some options before starting workout.



Description of icons on the "Select" screen:

ICON	Description
	Tap to return to startup screen. During exercising, tap it to stop or resume workout.
	Quick Tools

## **OPERATION** Workout Selection (CONT.)

---

2. Workout selection can choose your own workout programs, here are some details explained below.

### **QUICK START**

A workout mode option based on time, distance and calories that allows user to start a workout immediately.

### **GOALS**

Set your own time, distance, and calorie goal.

### **PLATEAU**

Various workout mode options are provided to achieve workout goal.

### **INTERVAL (1:1, 1:2, 2:2)**

Interval Training is alternating periods of high intensity aerobic exercise and low intensity aerobic exercise.

Workout time ratios have 3 options, namely 1:1, 1:2 and 2:2.

### **SENZA JOURNEYS**

Built-in or customized landscape films allow the user to watch a video of scenery while exercising.

### **FAT BURN**

Provides 20 kinds of fat burn modes. Quickly burn out fats in your body by working out with the fat burn mode.

### **VARI STRIDE**

This workout program automatically changes stride.

### **HEART RATE**

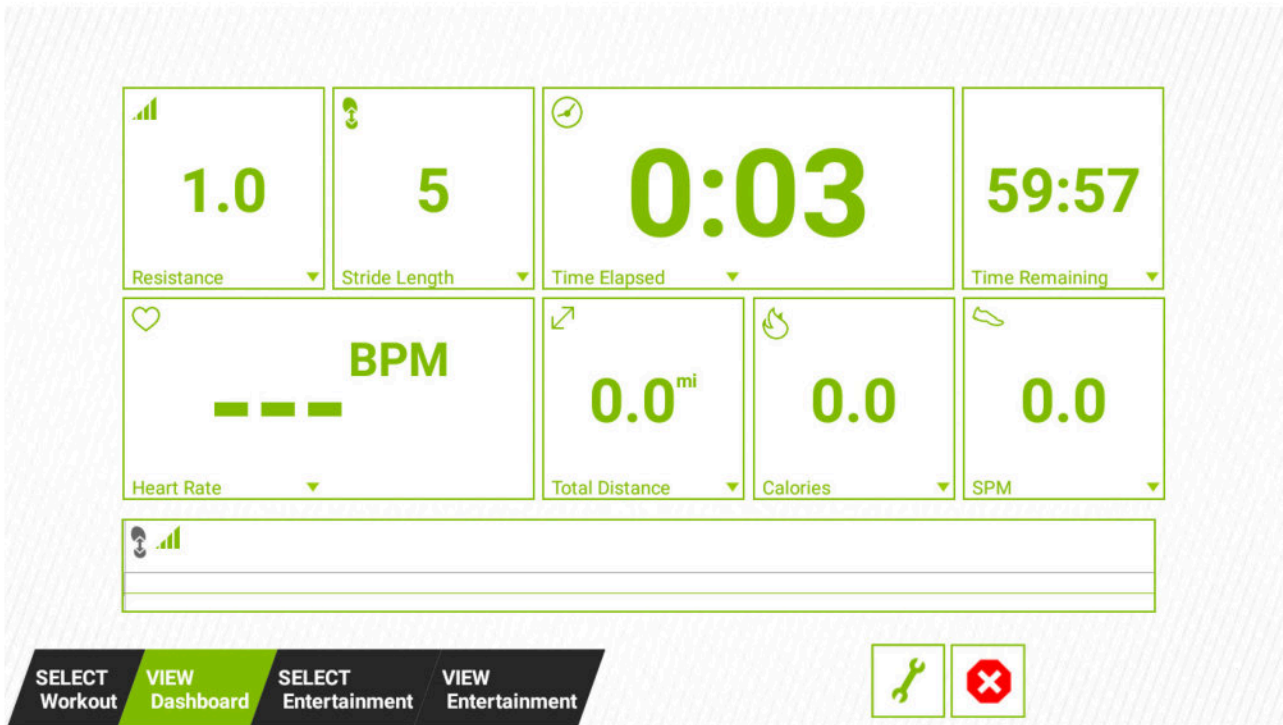
A workout mode using heart rate as the target value.

### **FITNESS TEST**





Provides different professional fitness test modes.

## OPERATION Workout Status




During the workout, you can select the “VIEW Dashboard” page below the screen to check the exercise status of your workout process. There are a total of 9 status windows for various information views, and you can modify the information display format in the status windows by touching the ▼ symbol below the status windows. A drop down menu for information display format will be opened for selection.



### Drop down menu introduction:

Symbol	Drop down Menu items	
	Default	Other Options
	Resistance	Average Resistance Watts Change Resistance
	Stride Length	Total Stride Speed Pace Average Speed Change Stride Length
	Time Elapsed (ex. 0:00 means 0 minute and 00 second)	Time Remaining Clock Segment Duration Target Duration
	Segment Remaining (ex. 0:00 means 0 minute and 00 second)	----
	Heart Rate	Average Heart Rate Max Heart Rate

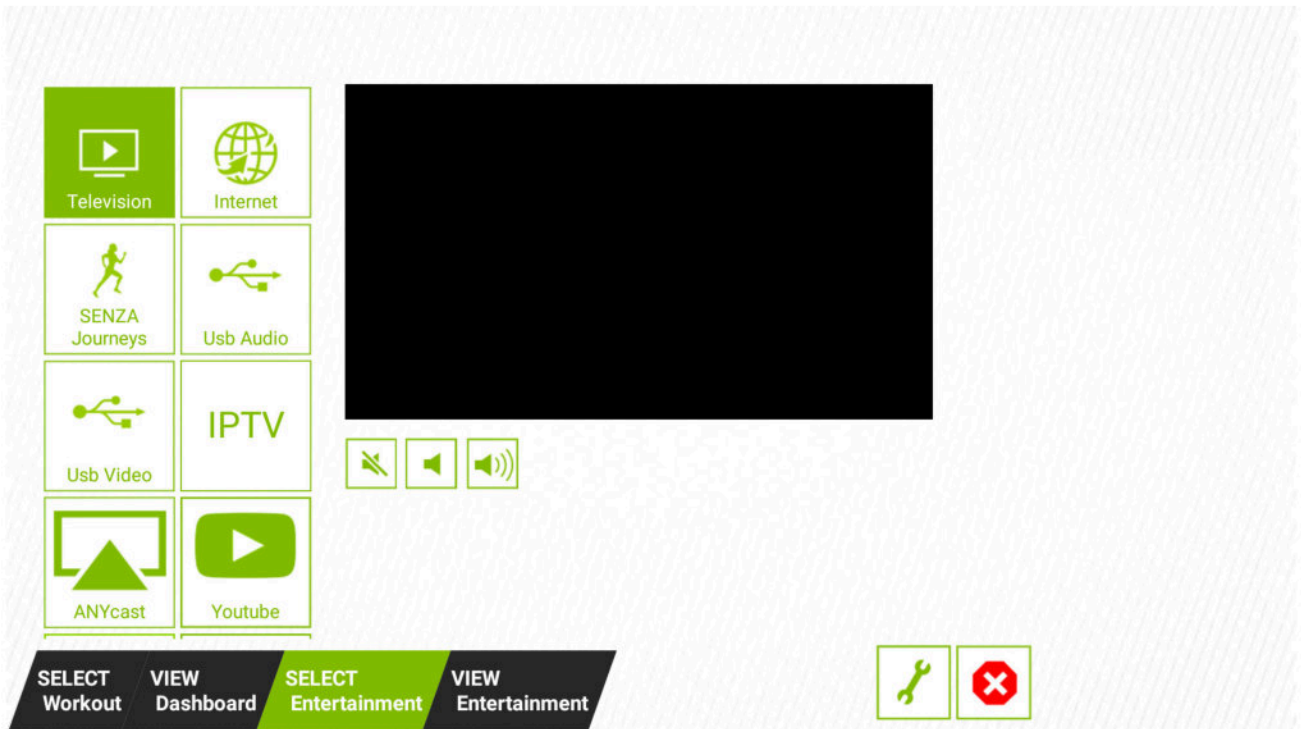
**OPERATION** Workout Status (CONT.)

Symbol	Drop down Menu items	
	Default	Other Options
	Total Distance	Distance Remaining
	Calories	Calories/Min Calories/Hour Mets Set Target Calories
	SPM	Average SPM Change Speed







## OPERATION Select Entertainment

You can select the “Select Entertainment” page below the screen, and the available multimedia features will be displayed. The features include TV, Internet, SENZA Journeys, Bluetooth Audio, USB Audio, USB Video, IPTV and AVIN, ANYCast, Youtube, Netflix, HDMI(optional) etc.: the small central window will display the selected multimedia screen immediately.

Note: A good browsing environment is strongly recommended when using the internet. Wired connection preferred. Network bandwidth must be above 10Mbps.

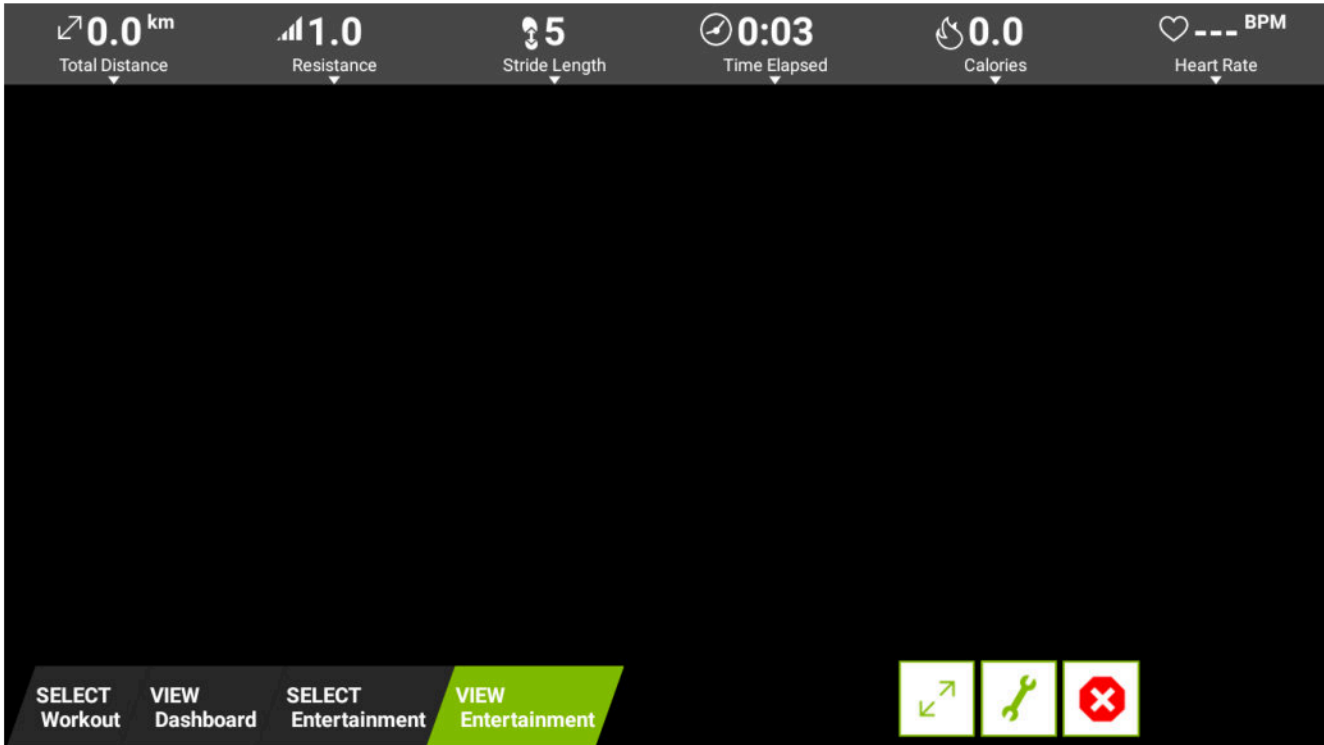


### Description of icons in the “SELECT Entertainment” screen:



ICON	Description
	Mute
	Lower volume
	Raise volume
	Previous
	Play
	Next

## OPERATION View Entertainment

The console displays the media window in maximum frame size. If you want to check your workout status, simply tap the taskbar at the bottom of the screen. That way, you can evaluate your training status and adjust the workload accordingly.



### Description of icons in the “Entertainment” screen:

ICON	Description
	Full Screen (Exit full screen mode by tapping screen.)
	1. This button appears when choosing SENZA Journeys workout program. 2. Press this button for fast forward 20% journeys.

## OPERATION Workout Summary

At the end of a workout or when you press the stop button, the workout summary screen will appear. The screen shows your current workout status.



## OPERATION COOL DOWN

When finishing your target program (time, distance, calories) or when pressing the key “CoolDown Workout”, display will pop up “GOING TO COOL DOWN”, then the machine will enter a two-minute cool down period and count down from 2:00 to 0:00.

## OPERATION Idle Mode

When the elliptical trainer stops running with no other activity for 2 minutes, the machine will enter the idle mode and the display will show the standby picture. Touch anywhere on the screen to enter the Home page.

Note:

1. The standby picture can be changed and set by the user.
2. Standby time for idle mode can be changed in the engineering mode.

## OPERATION Energy Smart Function

There is a default Energy Smart timer setting feature in the engineering mode. When the elliptical trainer is not in use and the set up time for power saving is reached, the system will automatically enter the power saving mode, and the elliptical trainer will turn off for maximum power saving. Press the Wake Up button to turn the power back on.

## OPERATION Precautions

1. Turning the product on and off every day will make your software system refresh and stable. Please wait 5 minutes before turning the product back on when restarting.
2. SanDisk USB (Fat32, MAX 32GB) is recommended for updating the program.

## OPERATION SA WELL+

Tap SA WELL+ to enter SA WELL+ Login page.

First time user must create a user account with SA WELL+ App. After signing up, user information will be saved into the account.

Login to your SA Well+ account to track your workouts. This will also allow you to download a created custom workout to the machine.

There are two ways to login:

1. Without mobile device on hands, please manually enter SA WELL+ ID and password.
2. With mobile device on hands, please follow up below steps.

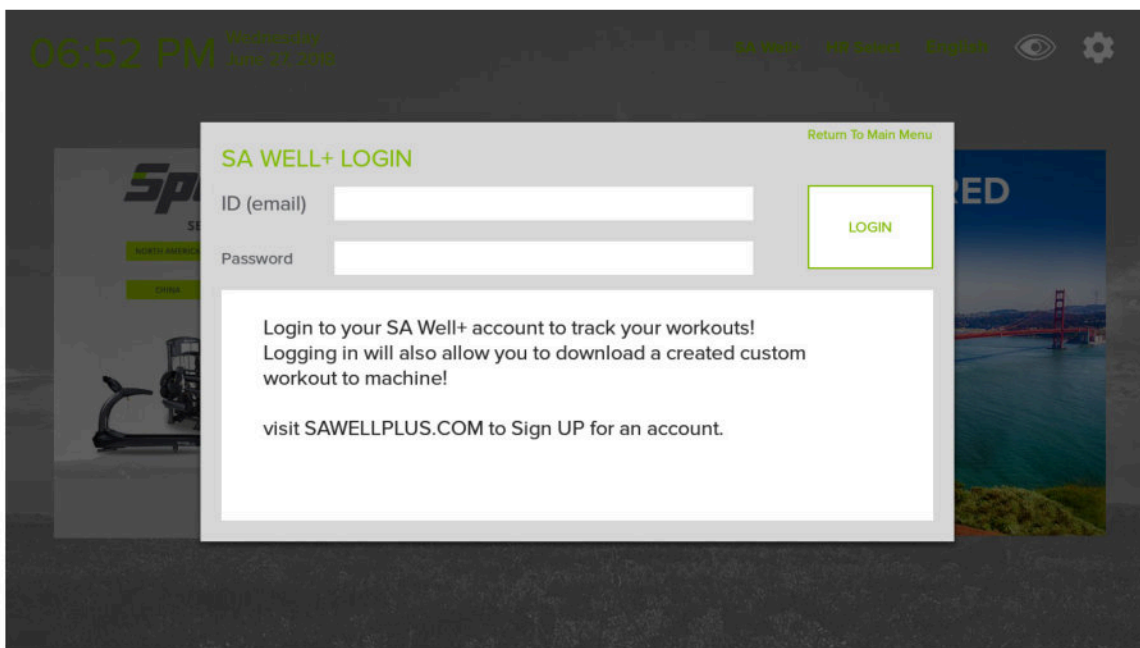
The instant information is shown on the cell phone.

2-1. Open SA WELL+ APP

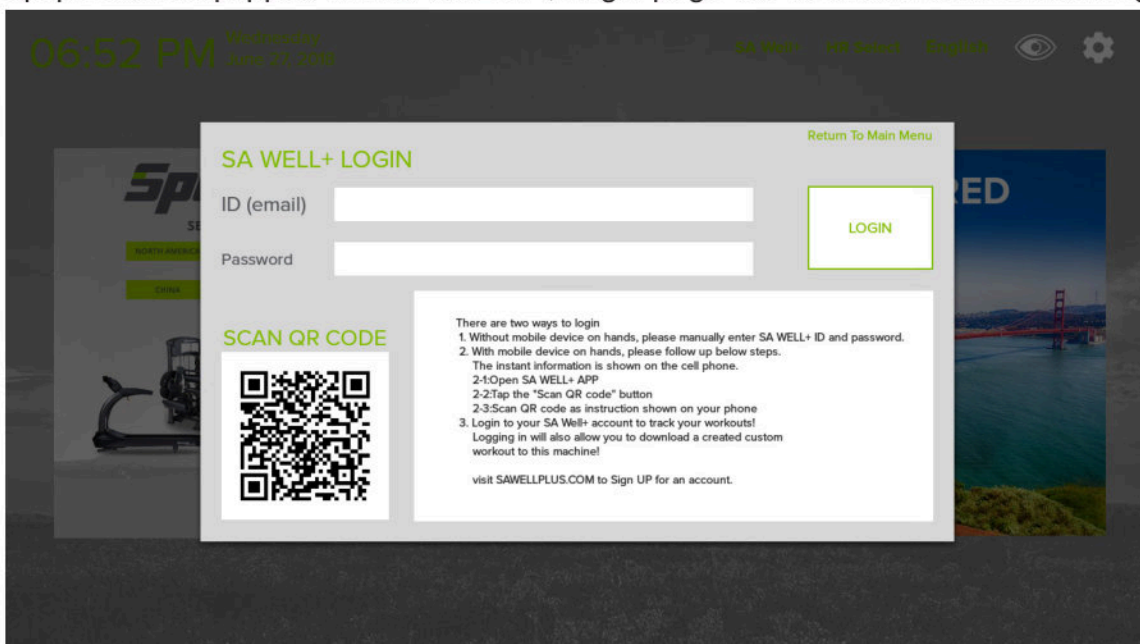
2-2. Tap the "Scan QR code" button

2-3. Scan QR code as instruction shown on your phone.

If your equipment is not equipped with SA WELL+, Login page will be shown as the following figure.



If your equipment is equipped with SA WELL+, Login page will be shown as the following figure.



## 6. ABOUT HEART RATE DETECTION

Heart rate detection functions are selected at the time of purchase. Not every product has every type of heart rate detection. The following explains factors that influence the performance of two of the most common types of heart rate detection devices.

### HEART RATE Telemetry

---

The words “telemetry heart rate” refer to the detection of heart rate via a device worn on the exerciser and transmitted over the air to a circuit board built into the product. Telemetry heart rate devices are commonly worn on the exerciser’s chest, where the pulse is strongest and relatively easy to detect.

The following explains conditions that affect the performance of the telemetry heart rate function in all products.

- Telemetry heart rate devices and the heart rate sensor belt are paired with Bluetooth.
- If the battery is too low, the receiving distance may be shortened or there will be no reception.
- Secure the heart rate sensor belt on your chest so that it stays in place without making you feel uncomfortable.
- Each fitness equipment can only be paired with one Bluetooth heart rate sensor belt. Please choose the correct Bluetooth heart rate sensor belt to prevent receiving heart rate value from exercisers appear on neighboring products.

### HEART RATE Contact

---

The words “contact heart rate” refer to the detection of the heart rate via sensors on the product. By holding the sensors, the exerciser can view his or her heart rate on the product display. Like telemetry heart rate, contact heart rate can be influenced by several factors. The following list includes some of these factors.

- A weak pulse makes it difficult to detect heart rate.
- Low systolic blood pressure makes it difficult to detect heart rate.
- Dry, course palms impede heart rate detection. For best results, moisten your palms. But do not apply hand lotion immediately prior to your workout, because hand lotion can gum up the contact pads.

Heart rate devices built into this product are not medical devices. Heart rate values are for reference only. Do not use them for medical diagnostic or treatment work.

**CAUTION:** Heart rate detection and transmission devices have been known to interfere with the operation of pacemakers, possibly endangering human life. If you have a pacemaker, exercise under your doctor’s supervision; take a test to ensure your safety during the simultaneous use of the pacemaker and heart rate detection devices. The use of such devices must be undertaken at your own risk.

Note that in dry areas in particular, static electricity can interfere with unit operation and shock people. To discharge static electricity from your body, touch something else before touching metal on the product.

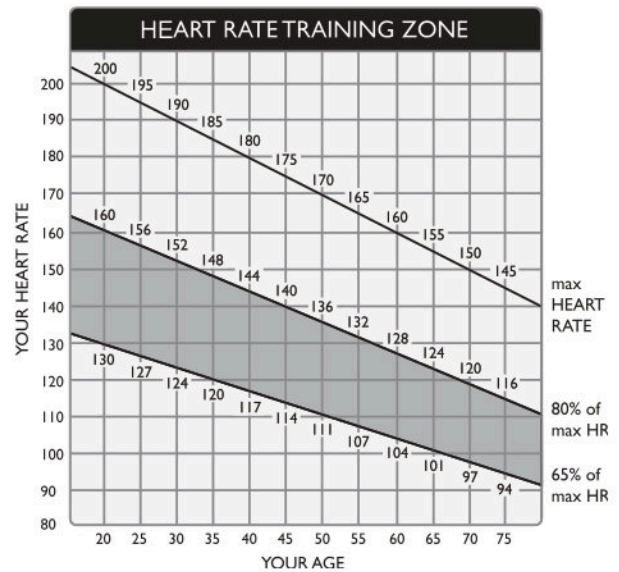
## 7. GUIDELINES FOR EXERCISE

### HOW HARD SHOULD I EXERCISE?

Studies show that to benefit from aerobic exercise, people need to maintain a certain heart rate during their workouts. Your heart rate training zone depends on your age and fitness level.

The darkened area in the chart to the right represents the recommended heart rate training zone for people of various ages. It was calculated by taking 220 minus age in years, multiplied by 65% and 80%. The area between those values is the heart rate training zone.

**CAUTION:** Heart rate training zones are generalizations and may not suit every person. Always check with your physician to understand what heart rate goal would be appropriate for you.



### HOW LONG SHOULD I EXERCISE?

The duration of your workout must depend on your fitness level. In general, it is recommended that you maintain a heart rate within your training zone for at least 15 to 20 minutes to experience the benefits of aerobic exercise. Beginners should always start out slowly and gradually increase the duration and intensity of their workouts. As your fitness level improves, you will be able to maintain a heart rate within the training zone for longer periods of time.

When you begin your workout, use the first several minutes to warm up. Then slowly increase the intensity of your workout to bring your heart rate into your training zone. At the end of your workout, gradually decrease your workload. Then exercise lightly to cool down.

### HOW OFTEN SHOULD I EXERCISE?

Research indicates that to achieve the greatest benefit, people should exercise three to five times per week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

## 8. MAINTENANCE

Maintenance topics are presented below in the following order: Safety Precautions, error messages, Product Disassembly, Schedule, Task List (Elliptical Trainers), one-year maintenance log

### MAINTENANCE Safety Precautions

---

- Please follow standard safety precautions when servicing on this product.
- Electronic components can carry an electrical charge even after the product has been turned off. For safety, turn off unit power. Wait five minutes to allow capacitors to discharge. Then disconnect the power cord from the wall socket (if applicable.) Only after such steps have been completed should covers be removed and electronic components accessed.
- Do NOT use a damp towel to clean the product and do perform the following maintenances.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner, to thoroughly clean the handlebar and the console.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt) . Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- The unit shall be disconnected from its power source during service and when replacing parts.
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but also may present a danger to the exerciser.
- Keep this product out of use until maintenance is completed.
- If you need to remove the cover for repair or maintenance, be sure to contact the service station or dealer to deal with, do not operate on their own.

## **MAINTENANCE** Error Messages

---

The following messages can appear on this product for diagnostic purposes.

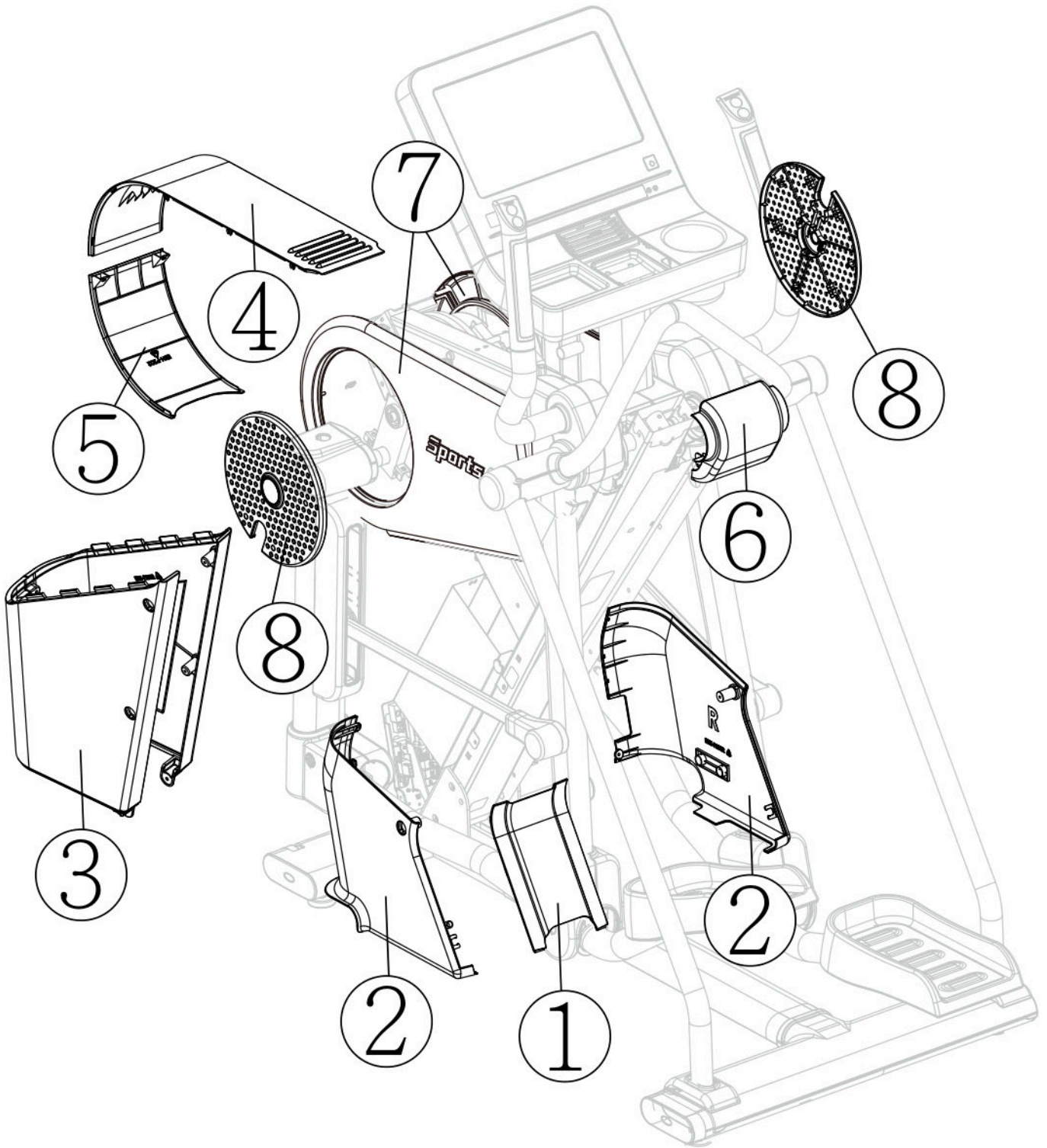
**ERROR 7 L, ERROR 7 R & ERROR 7 R/L** - Indication: the stride mechanism is not calibrated properly. Contact a certified SportsArt technician. The technician will need to either inspect the stride motor or the driver.

**ERROR\_8\_1, ERROR\_8\_2** - Indication: There is a communication error between control board and its driver. Contact a certified SportsArt technician. The technician will need to either inspect the stride motor or the driver.

**Machine Model Unidentified** - The machine model couldn't be identified.

## MAINTENANCE Product Disassembly

Follow sequence of index numbers 1 through 4 assigned to the figure below to disassemble the product and be sure to remove all the retaining screws before performing disassembly.



## MAINTENANCE Schedule

If there is a need for maintenance of components, please visit the SportsArt website.

cleaning requirements

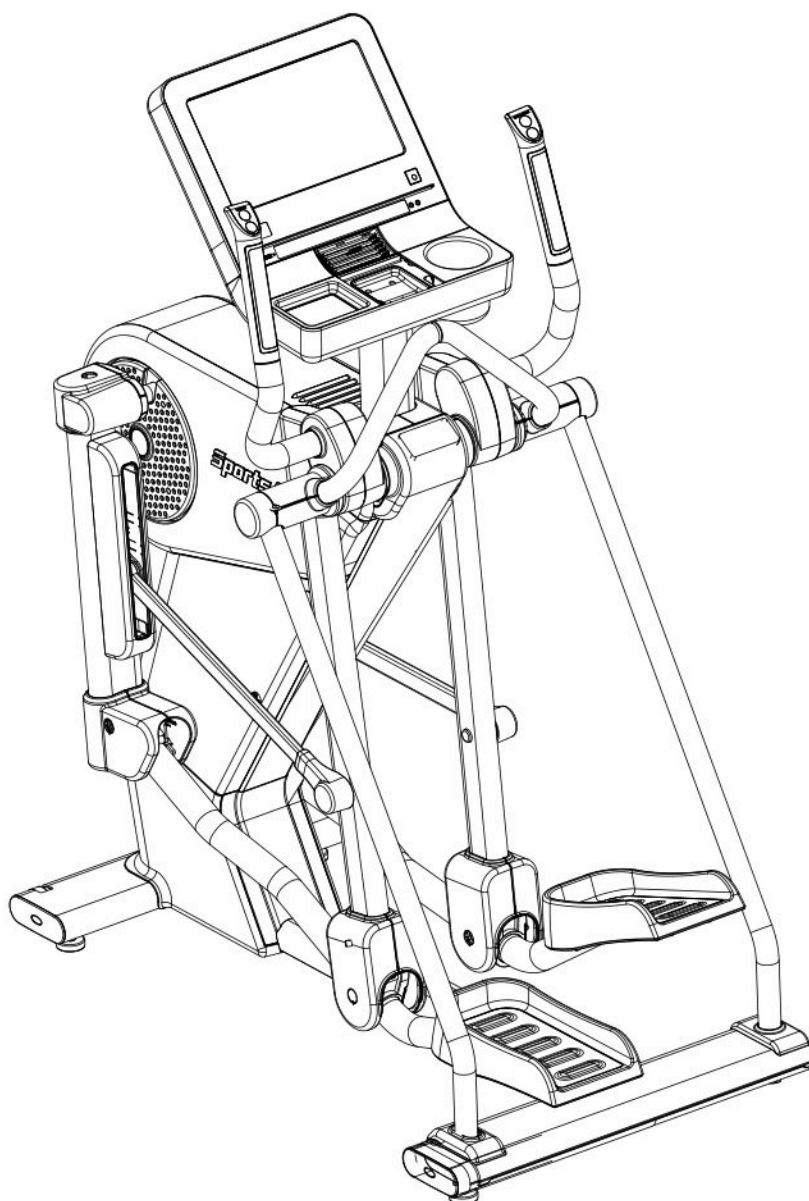
1.directive 93/42/CEE

2.directive biocide 98/8/CEE

The disinfectant has to be in compliance with Medical Device Directive 93/42/EEC (MDD) and Biocidal Products Directive 98/8/EC (BPD).

It is suited for sensitive synthetic surfaces such as synthetic leather, polycarbonate (PC), acrylic glass and polysulfone, and for the keyboards and control panels.

	Area	Day	Week	Month	Quarter	Year	Notes
1	Appearance of the machine	●					Clean
2	Screws of the machine	●					Check if they are loose.
3	Leveling the equipment			●			Check whether the equipment is flat



## **MAINTENANCE** Task List (Elliptical Trainers)

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Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

### **Daily tasks**

1. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water, to thoroughly clean the product exterior.
2. Inspect parts for looseness, and secure all loose screws. Make sure that the product is safe for operation. If safety issues arise, place an "Out of Order" sign on the product, and call for service.
3. Wipe dirt and debris off the glide rails. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water.

### **Weekly tasks**

1. Clean rollers. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water. Apply a small amount of silicone lubricant onto the rollers.

### **Yearly tasks**

1. Apply grease to the stride mechanism.
2. Apply SportsArt 66A lubricant to the cushion.

### **Caution**

1. Please follow standard safety precautions when servicing this product.
2. Electronic components can carry an electrical charge even after the product has been turned off. For safety, turn off unit power. Wait five minutes to allow capacitors to discharge. Then disconnect the power cord from the wall socket (if applicable.) Only after such steps have been completed should covers be removed and electronic components accessed.
3. Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
4. This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.

# MAINTENANCE One-Year Maintenance Log

Facility: \_\_\_\_\_

Supervisor: \_\_\_\_\_

Product model number: \_\_\_\_\_

Serial number: \_\_\_\_\_

Start date: \_\_\_\_\_

End date: \_\_\_\_\_

Daily Tasks	Week 1-7							Week 8-14							Week 15-21							Week 22-28									
Completed																															

Daily Tasks	Week 29-35							Week 36-42							Week 43-49							Week 50-52									
Completed																															

Weekly Tasks	Week 1-7							Week 8-14							Week 15-21							Week 22-28									
Completed																															

Weekly Tasks	Week 29-35							Week 36-42							Week 43-49							Week 50-52									
Completed																															

Monthly Tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed												

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed				

Yearly Tasks	Year 1
Completed	

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 9. ACCESSORIES

### ACCESSORIES Standard

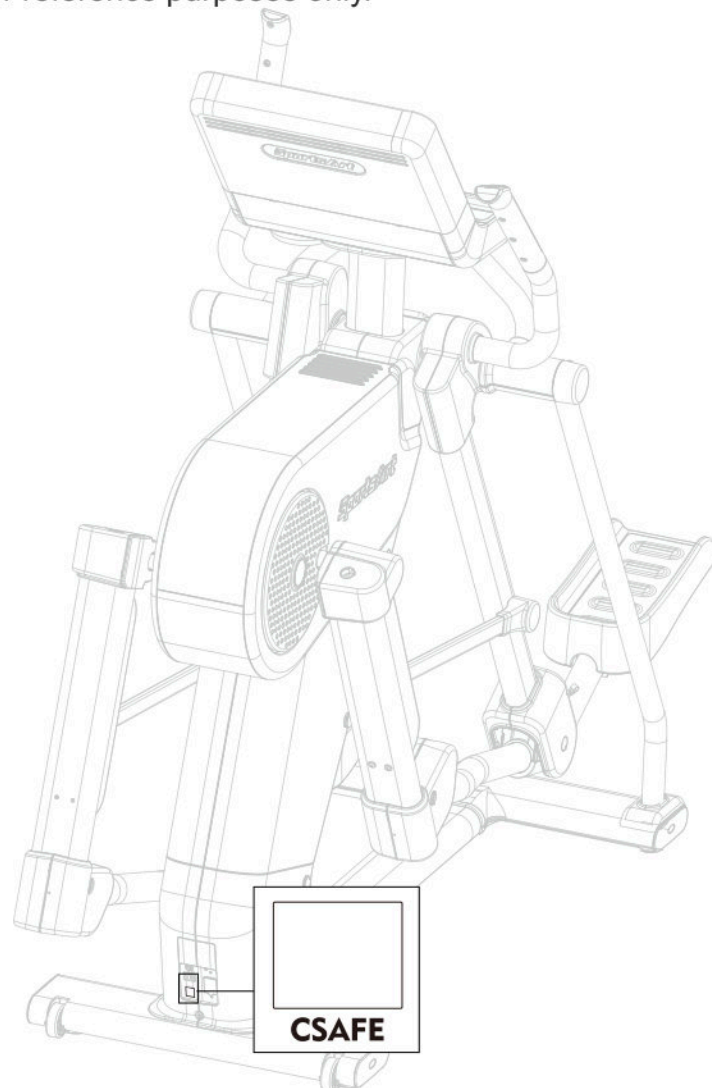
#### USB CHARGER

1. Provides up to 5V, 1.5A of power for charging
2. Lets you update all required software drivers for the product.
3. When plugging in a USB flash drive that contains music or video files in MP3/MP4 format, the media player will be activated and the playlist will be displayed. Follow the playlist menu to control the player. (Note: This function is not available for smart phones using USB connection to play audio and video. Recommend using sandisk usb that can be compatible with the machine format [Fat32, MAX 32GB])

#### CSAFE PORT

Compatible with CSAFE (Communications Specification for Fitness Equipment) Protocol.

\*The figure below is for reference purposes only.



#### QR code and NFC tag

1. Without SA WELL+: Scanning the QR code and tapping the NFC tag will only display the SPORTSART website.
2. With SA WELL+: Using our SA WELL+ app, you can scan the QR code or tap the NFC tag on the console to connect with the product.
3. NFC tag is now only available to Android cellphone.

## ACCESSORIES Option

### SA WELL+ Member System

This is designed specially by SportsArt to assist the user in managing their workout history. There are three ways to get connected with the member site:

1. Using a smartphone, connect to the unit via Bluetooth/WIFI and use the SA WELL+ App. The App is available for download in the App Store and Google Play.
2. Manage user information and workout data

Visit “[www.gosportsart.com](http://www.gosportsart.com)” for more information about this feature.



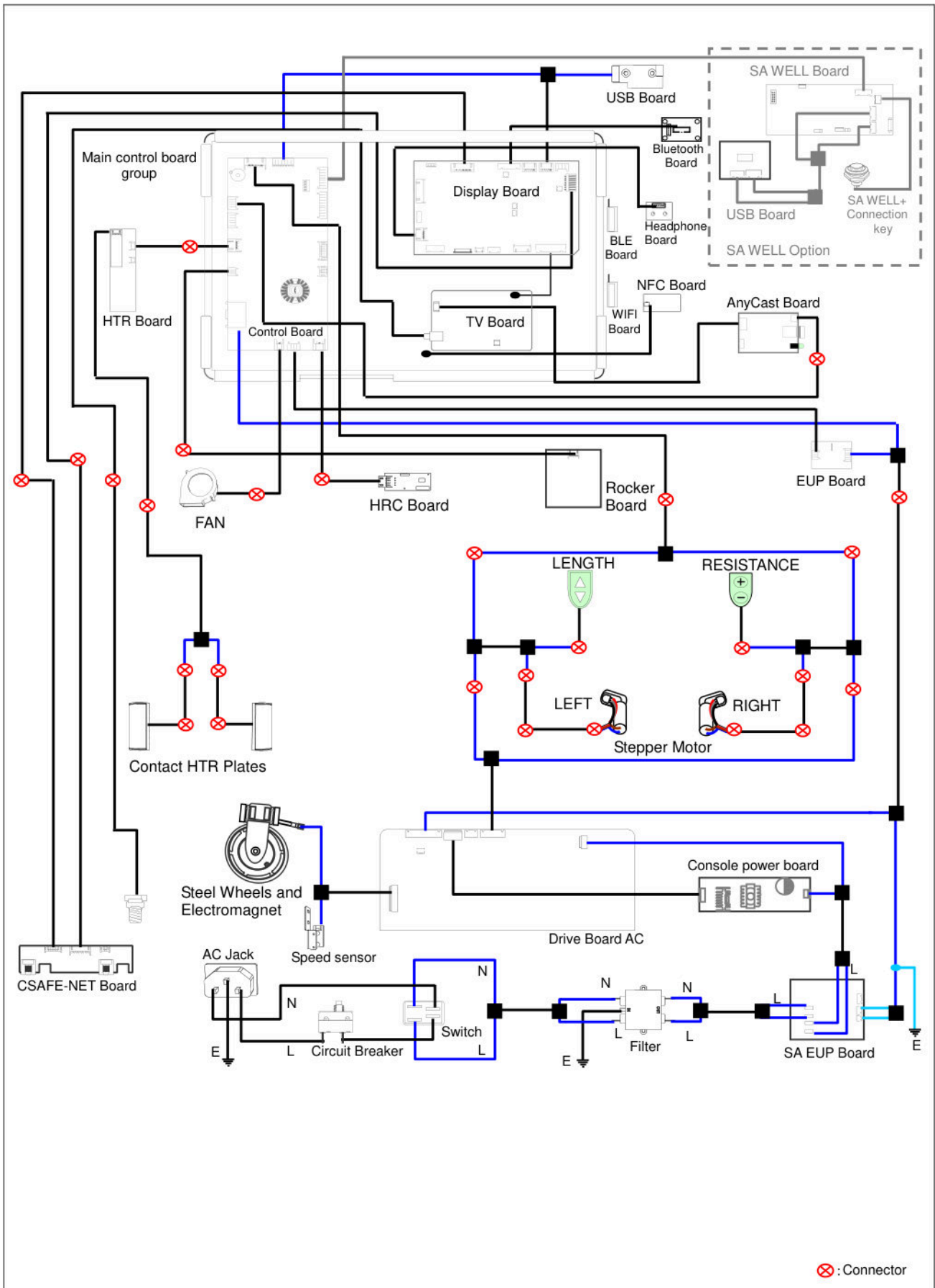
No.	Name of button	Function
a	USB port	For SA WELL+ software updates.
b	Bluetooth/WIFI button	When a smart phone is connected wirelessly to the unit, press this button to disconnect. Scan the QR code or tap the NFC tag on the console to connect to the equipment again.

## 10. APPENDIXES

### APPENDIXES Specifications

<b>Model</b>	<b>E866 16"</b>
<b>Dimensions</b>	L : 1410 mm (55.5") W : 715 mm (28.1") H : 1684 mm (66.2")
<b>Overall Weight</b>	149 kg (328 lbs)
<b>Maximum User Weight</b>	227 kg (500 lbs)
<b>Power Requirement</b>	100 - 120 V , 60Hz , 0.7A (USA) 200 - 240 V , 50Hz , 0.35A (EUROPE)
<b>Circuit Breaker Current Rating</b>	125/250Vac , 3A
<b>Braking System</b>	Speed-Independent

# APPENDIXES Wiring Diagram



**Your Authorized Distributor**