

E874 LCD OWNER'S MANUAL CONTENTS

1. INTRODUCTION	3
2. SAFETY PRECAUTIONS	4
3. WARNING LABEL POSITION	7
4. LIST OF PARTS	8
5. ASSEMBLE THE PRODUCT	11
STEP 0 Preparation: Battery Instructions	11
STEP 1 Install the Main Frame	12
STEP 2 Install the Console	15
STEP 3 Install the Outer Link Pedal Arm Covers	16
STEP 4 Install the Front Base Cover.....	17
STEP 5 Install the Pedals	18
STEP 6 Precautions When Installing the Pedals	19
STEP 7 Move the Elliptical Trainer in Place	20
STEP 8 Level the Product	21
STEP 9 Ground Wire Installation Instructions	22
6. UNDERSTAND THE E874 LCD DISPLAY	23
DISPLAY Overview	23
DISPLAY Console Panel	23
DISPLAY Windows Display	24
DISPLAY Specifications	24
DISPLAY Button Functions	25
7. OPERATE THE PRODUCT	27
OPERATION Safe Operating Area	27
OPERATION Beware of Moving Parts	28
OPERATION Essential Functions Guide	29
OPERATION Safely Get On/Off	30
OPERATION Proper Workout Position	31
OPERATION Start Screen	32
OPERATION <GO>Mode	32
OPERATION User Setting Procedure	32
OPERATION Workout Programs	35
OPERATION During Exercise	38
OPERATION Cool Down	38
OPERATION Stop Exercise	38
OPERATION Workout Summary	38
OPERATION Idle Mode	39
OPERATION Auto Power Off Function	39
OPERATION User Parameter Setting	40
8. ABOUT HEART RATE DETECTION	42
HEART RATE Telemetry	42
HEART RATE Contact	42

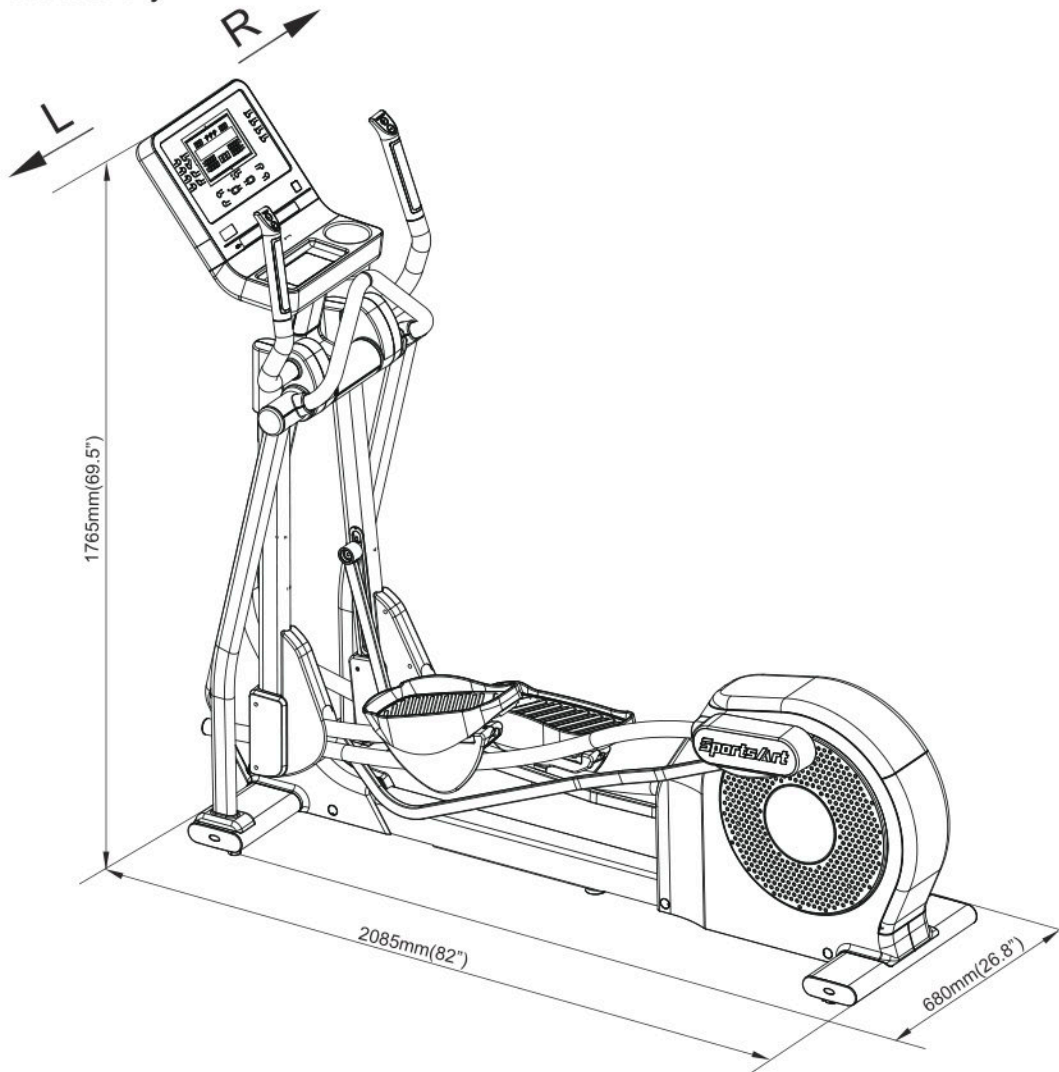
E874 OWNER'S MANUAL CONTENTS

9. GUIDELINES FOR EXERCISE	43
10. MAINTENANCE	44
MAINTENANCE Safety Precautions	44
MAINTENANCE Error Messages	45
MAINTENANCE Messages	46
MAINTENANCE Lubrication	46
MAINTENANCE Lubrication Procedure	47
MAINTENANCE Cleaning the Glide Rails	48
MAINTENANCE Schedule	49
11. ACCESSORIES	50
ACCESSORIES Standard	50
ACCESSORIES Option	51
12. APPENDIXES	53
APPENDIXES Specifications	53
APPENDIXES Electronics Block Diagram	54
APPENDIXES Exploded Diagrams.....	55
APPENDIXES Disassembly	56

1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the E874 Elliptical trainer. Constructed of high quality materials and designed for years of reliable performance, this product was made for full commercial use.

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. SAFETY 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:

- 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. Be careful when mounting and dismounting the unit.
- Use this product only for the intended use described in this manual.
- 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.
- Do not leave your device unattended while in use.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water (including swimming pools and saunas) and should not be used where aerosol (spray) products or oxygen are used. Do not operate on a blanket or near flammable materials.
- Keep all air ventilation areas free of blockage. Never drop or insert into any opening.
- The product should be positioned away from walls to avoid injury due to falls. Be sure that the back of the product has at least six to seven feet of clearance from a ledge, wall or window.
- Wear appropriate workout clothes, don't wear loose clothing, tie all long hair back, wear shoes with rubber or high traction soles, don't wear shoes with leather soles/high heels or barefoot use this product.
- Never place liquids of any type directly on the unit, except in a bottle holder or accessory tray. Lidded containers are recommended.
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- 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.
- 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.)
- This product is not intended for use by persons (including children 12 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.

2. SAFETY PRECAUTIONS (CONT.)

- **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.
- 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.
- **WORK** within your recommended exercise level. **DO NOT** work to exhaustion.
- Before using this equipment to exercise, always do stretching exercises to properly warm up.
- **WARNING!** Only qualified technicians should be allowed to contact electrical components such as circuit boards.
- Noise emission under load is higher than without load.
- 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 recommended minimum operating temperature is 15 degree Celsius.
- The user weight limit for this product is 205kg (450lb).

2. SAFETY PRECAUTIONS (CONT.)

MARKINGS

CAUTION:

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

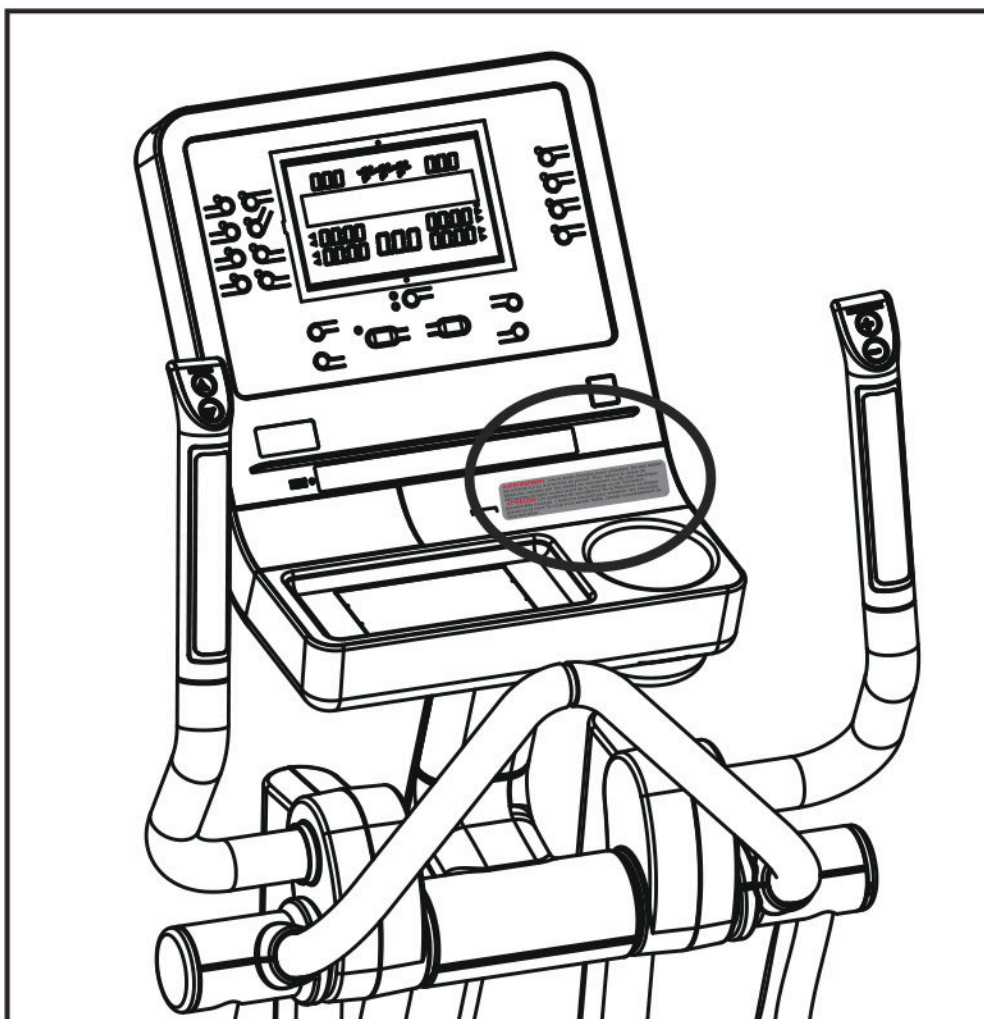
WARNING:

- 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.

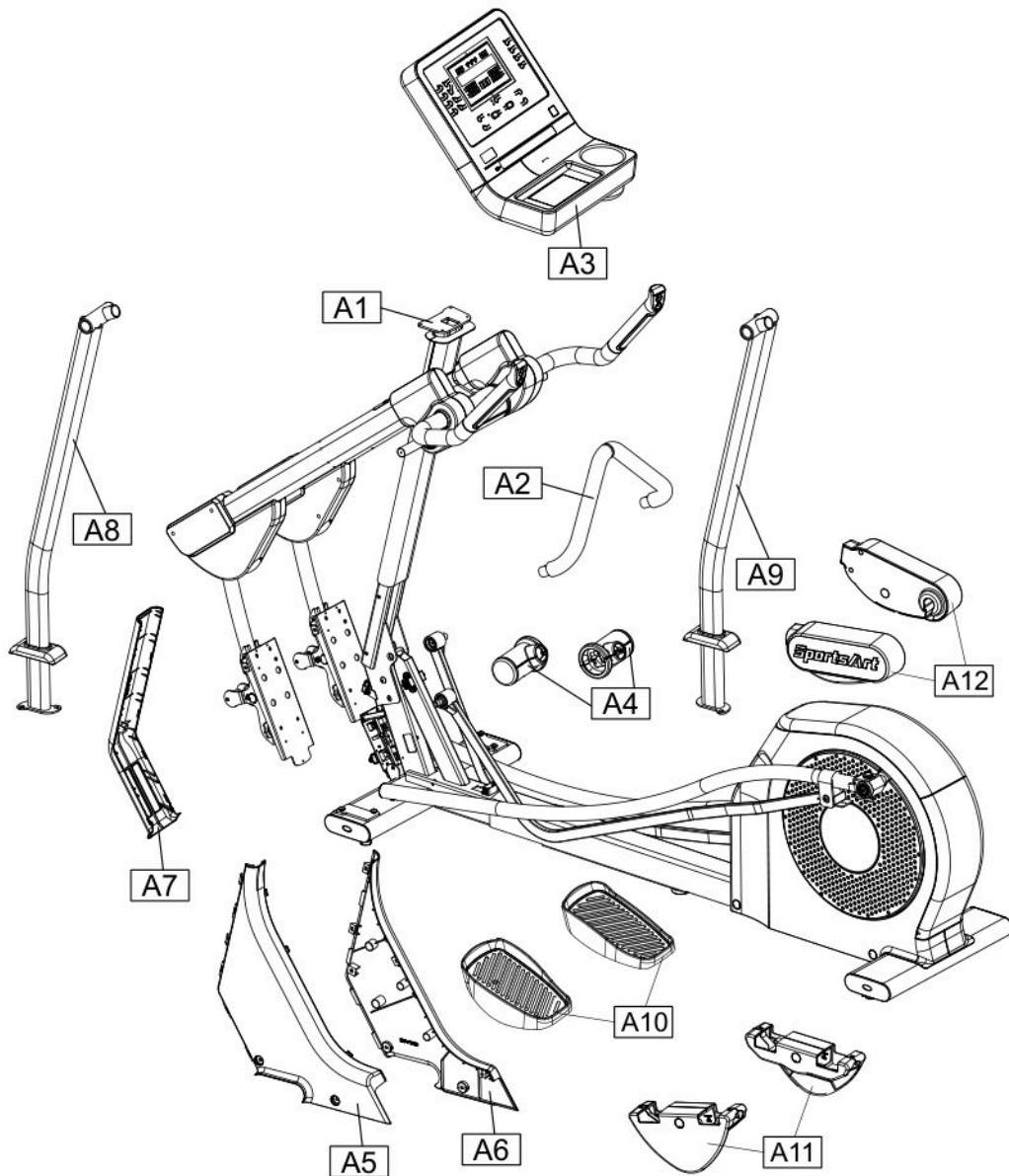
3. WARNING LABEL POSITION

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.



4. LIST OF PARTS



Assembly Parts					
No.	Name	Qty.	No.	Name	Qty.
A1	Main frame	1	A7	Front base cover	1
A2	Stationary handlebar	1	A8	Left support tube	1
A3	Console	1	A9	Right support tube	1
A4	Left/right joint covers	2	A10	Foot pedals	2
A5	Left pedestal cover	1	A11	Pedal bottom covers	2
A6	Right pedestal cover	1	A12	Outer link pedal arm covers	2

4. LIST OF PARTS (CONTINUED)

HARDWARE KIT				
No.	Name	Qty.	Specification	Notes
10	Inner hex screw	6	M10*P1.5*L20	
	Toothed lock washer	6	D20*d10.2*t2.0	
11	Secondary roller axle	2	D9.96*L54	
	self-lubricating bushing	4		
	Secondary roller	2		
12	Stride adjustment linkage cover	2		
13	Hex nut	2	M10*P1.5	
	Stopper	2	Ø30-30	
14	Round shaped screw cap	4		
15	Mushroom top philips screw	8	M4*L16	
	Round shaped screw cap	4		
16	Round head Philips screw	2	M5*P0.8*L12	
17	Mushroom top philips screw	4	M4*L12	
18	Round shaped screw cap	1		
	L-shaped Allen wrench	1	M4	
	L-shaped Allen wrench	1	M5	
	L-shaped Allen wrench	1	M6	
	L-shaped Allen wrench	1	M8	
	Outer Hexagon Wrench	1	13*15	
	Double open-end wrench	1	14*15	

4. LIST OF PARTS (CONTINUED)

Pre-Installed Hardware			
No.	Name	Specification	Notes
33	Hex socket flat head cap screw	M10*P1.5*L20	
34	Inner hex screw	5/16"*L2-1/4" Half tooth	
	Flat washer	D20*d8*t2.0	
35	Mushroom top inner hex screw	M8*P1.25*L15	
	Flat washer	D17*d8.3*t2	
36	Inner hex screw	M6*P1.0*L15	
	Handlebar washer	D20*d7*t2	
37	Mushroom top inner hex screw	M6*P1.0*L15	
	Flat washer	D13*d6*t1	
38	Mushroom top philips screw	M5*P0.8*L12	
39	Inner hex screw	M6*P1.0*L15	
	Flat washer	D13*d6*t2.0	
	Toothed lock washer	D20*d6.2*t2.0	
40	Mushroom top philips screw	M5*0.8*L8	
41	Mushroom top inner hex screw	M5*P0.8*L16	

5. ASSEMBLE THE PRODUCT

STEP 0 Preparation: Battery Instructions

Before start using the elliptical trainer, remove the protective cover (a) and turn the battery switch on.

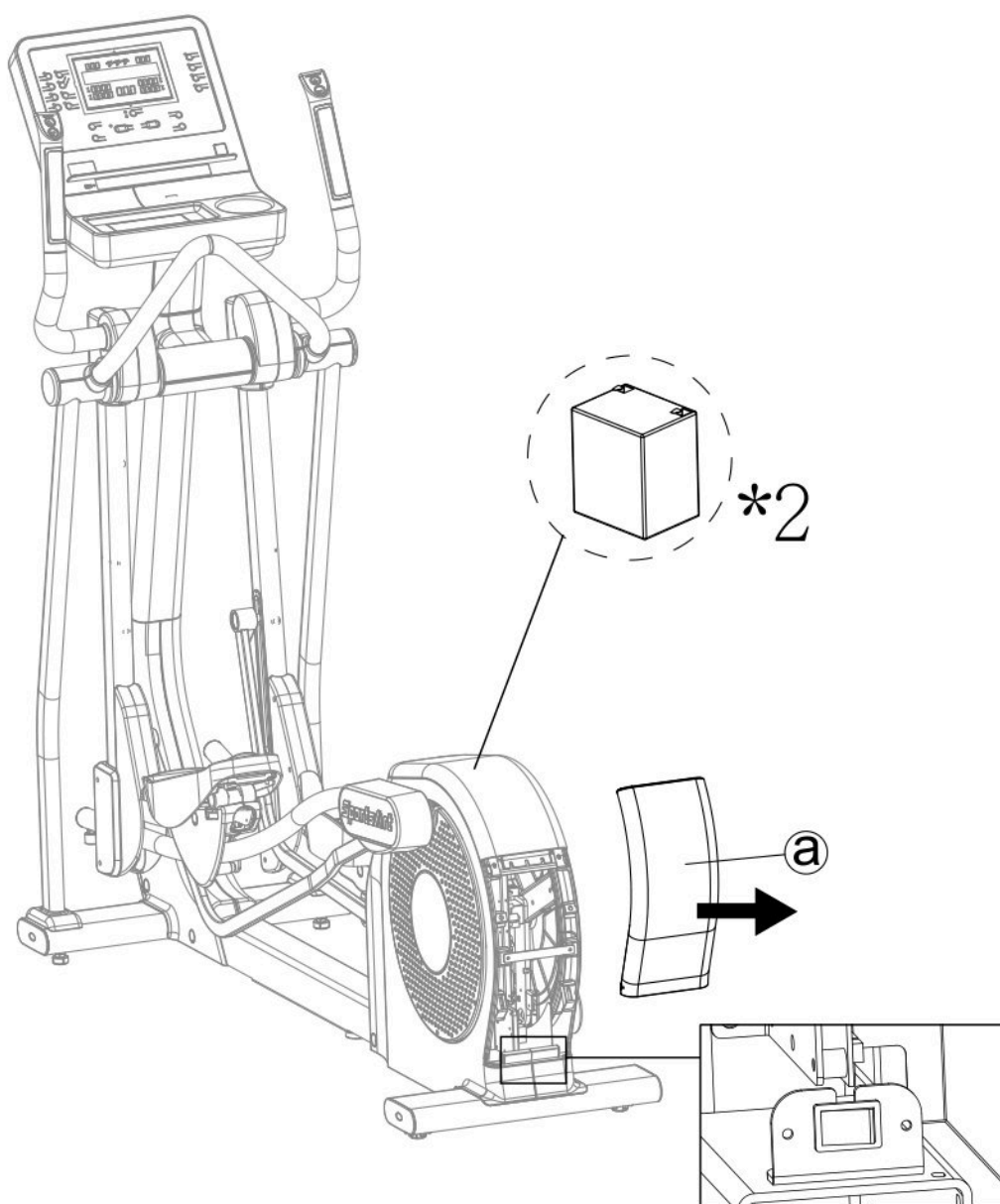
0-1 The unit can generate its own power. The battery provides backup power in case of insufficient power which may cause the unit fail to work.

0-2 After finishing assembly, be sure to turn on the battery switch.

0-3 The battery lasts 1.5 years after fully charged the first time. Battery life varies by use.

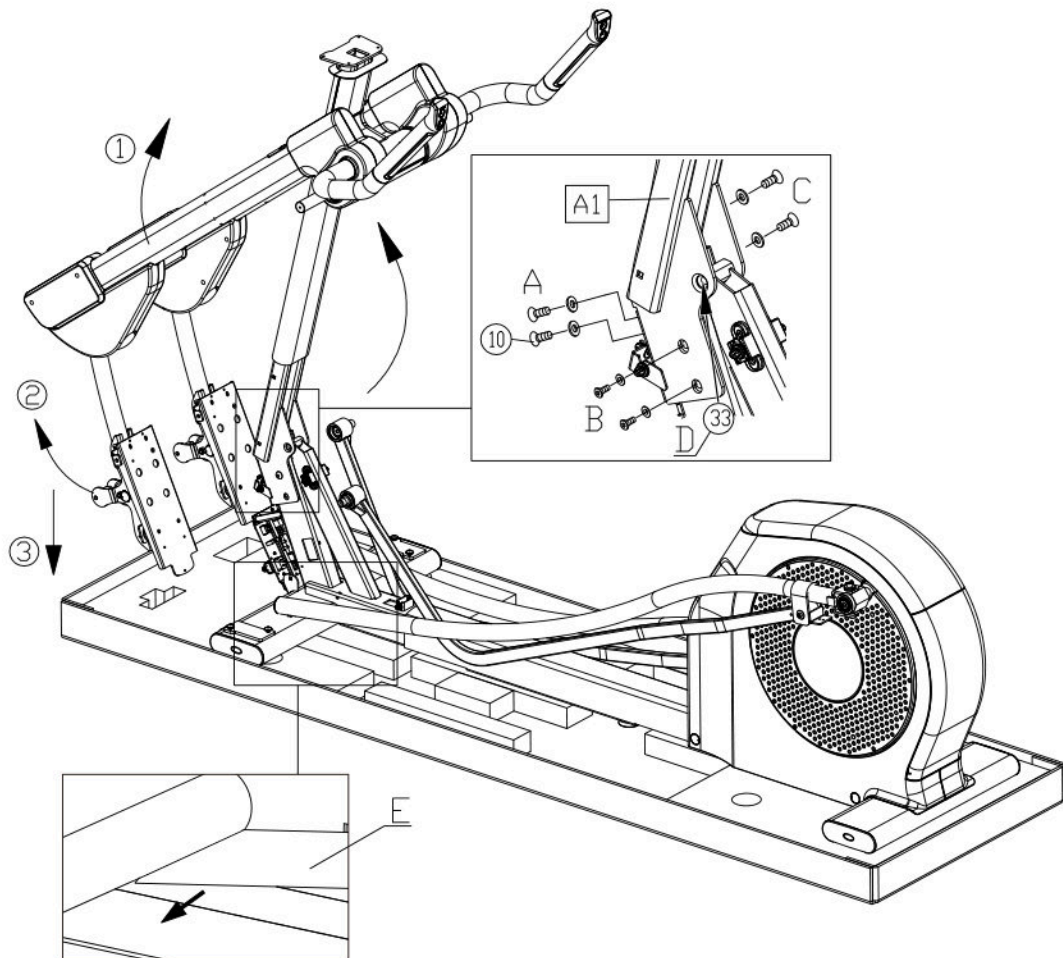
0-4 To prevent your battery from draining, turn the unit all the way off when not in use for an extended period of time.

0-5 If you need to charge the battery, identify the correct charger for the battery and make sure your charger is compatible.



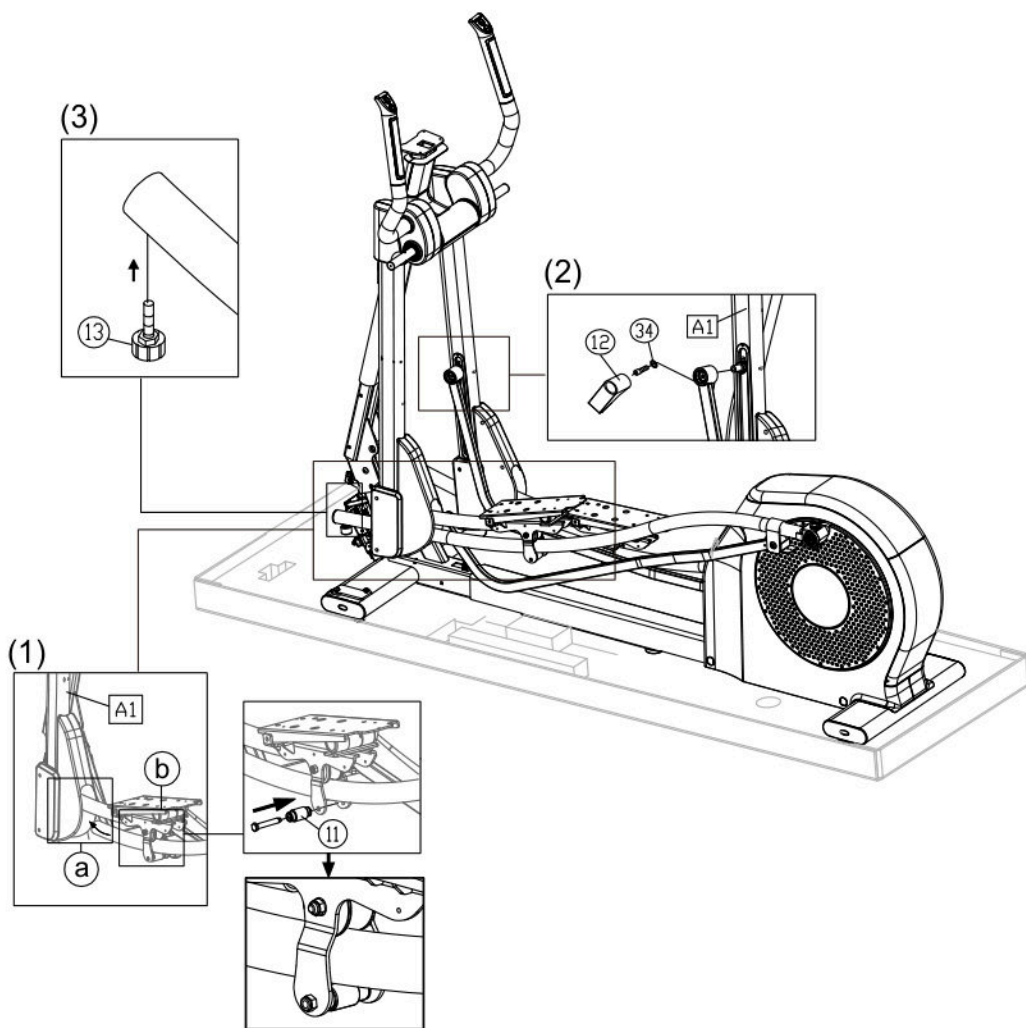
STEP 1 Install the Main Frame

- (1) Remove all packaging material and place the main frame on the carton base.
- (2) Lift the console mast into upright position, and then tighten the following screws in sequence: screw (33) in (area D), screw (10) in (area A), and screws (10) in (area B,C).
- (3) Lift left/right swing arms① and pedal arms② as shown in the figure below, and place the pedal carriages on the carton base.③
- (4) Carefully take out the glide rail (E) from the carton base while the swing arms and pedal arms are lifted.



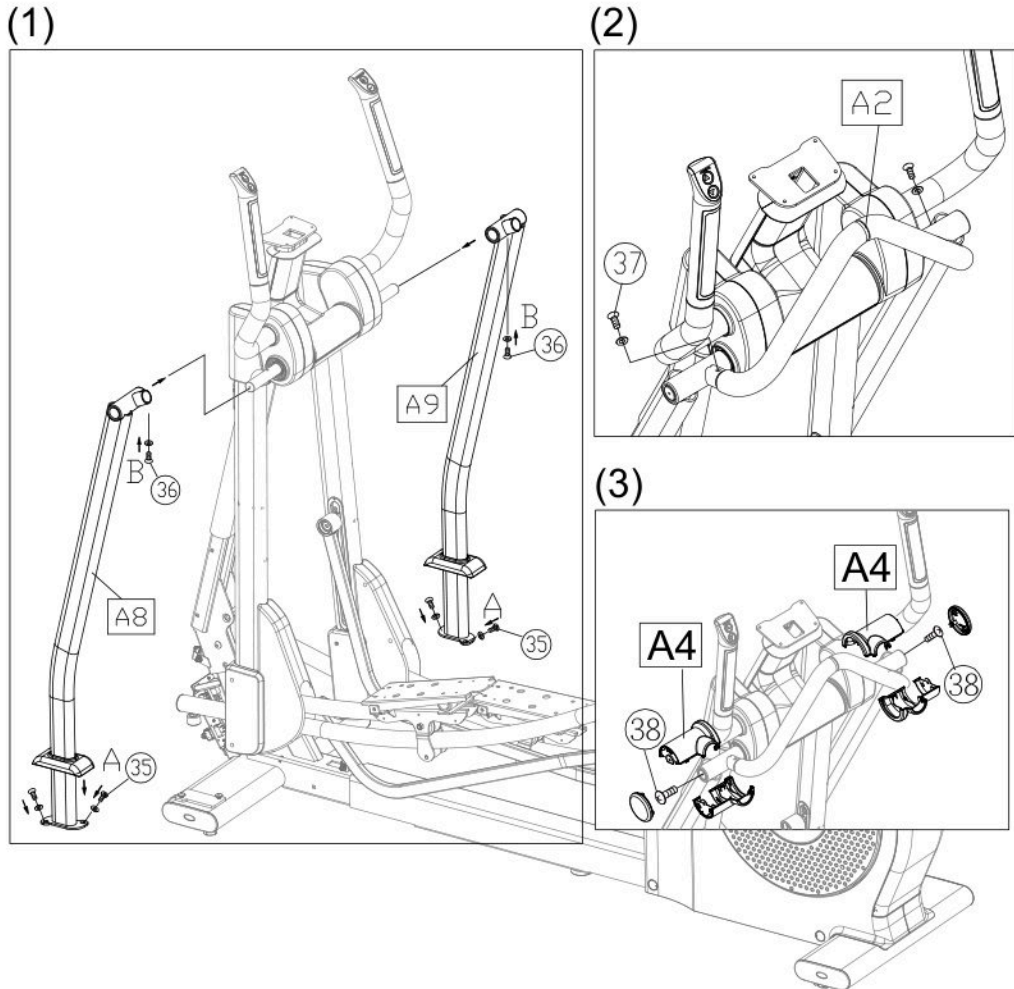
STEP 1 Install the Main Frame (Cont.)

- (5-1) (a) Slip the glide rail into the pedal carriage and lower swing arm. (b) Install the secondary roller (11) to the bottom of glide rail. (NOTE: Insert the axle toward inner side from outer side)
- (5-2) Insert the axle shaft into housing on the pedal arm, then tighten screw (34) to secure the assembly, and put the stride adjustment linkage cover (12) on. (NOTE: repeat on other side)
- (5-3) Secure the stopper (13) to the front side of the glide rail on both sides.
- NOTE: Read and follow all assembly instructions in this manual. Incorrect assembly may present a danger to the exerciser, damage the elliptical and void the warranty.



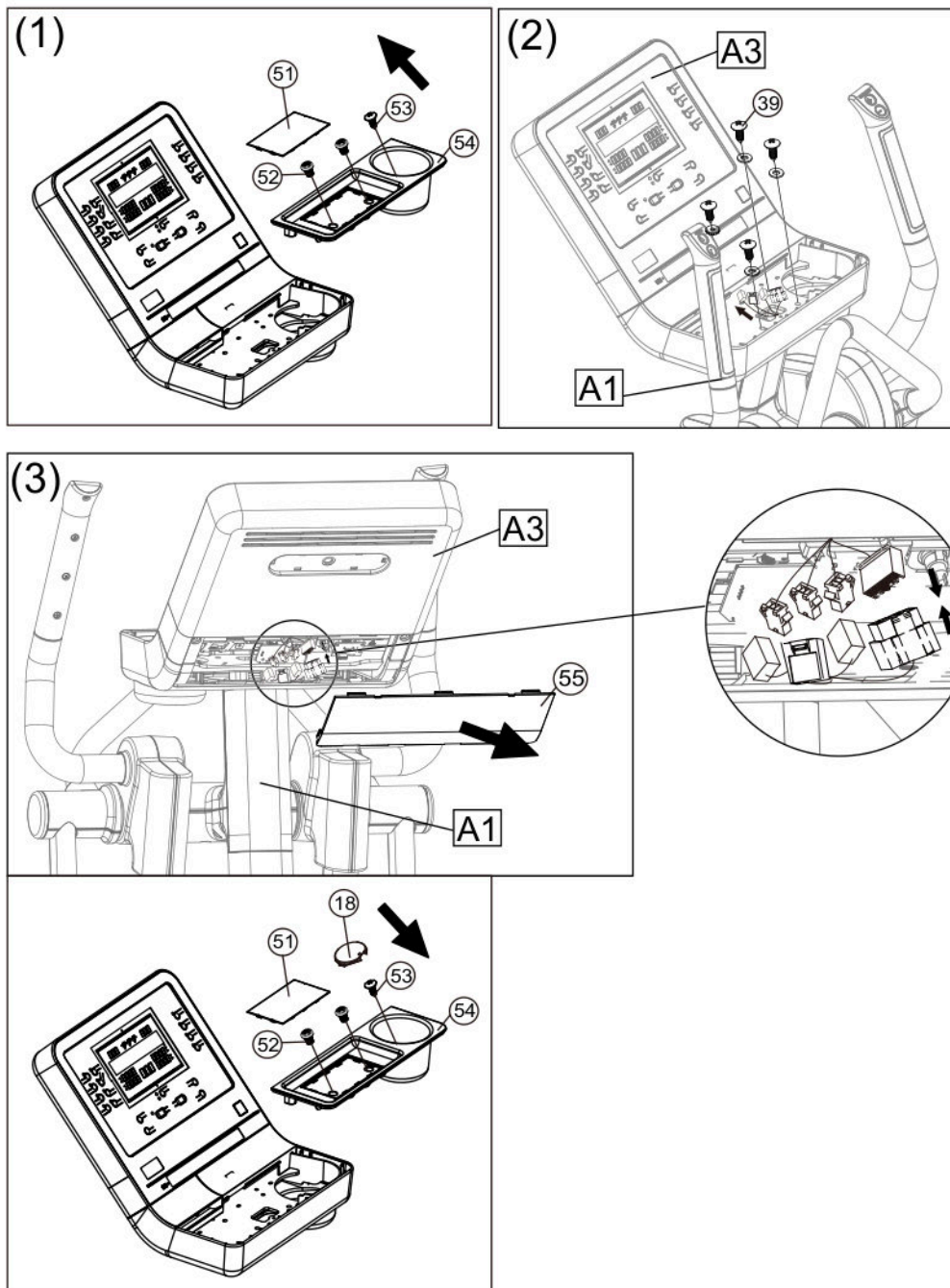
STEP 1 Install the Main Frame (Cont.)

- (6-1) Insert left and right support tubes (A8)(A9) into the axle area and base, and loosely secure them into place with screws (35) (36)
- (6-2) Install the stationary handlebar (A2) to the left/right support tube and using screw (37) to secure the assembly. Once you have finished, tighten the screws (35)(36) in (area A) and (area B).
- (6-3) Remove screw (38) from the side of the left/right support tube (A8) (A9). Snap joint covers (A4) together and secure them with screws (38), and then put the round cover on.



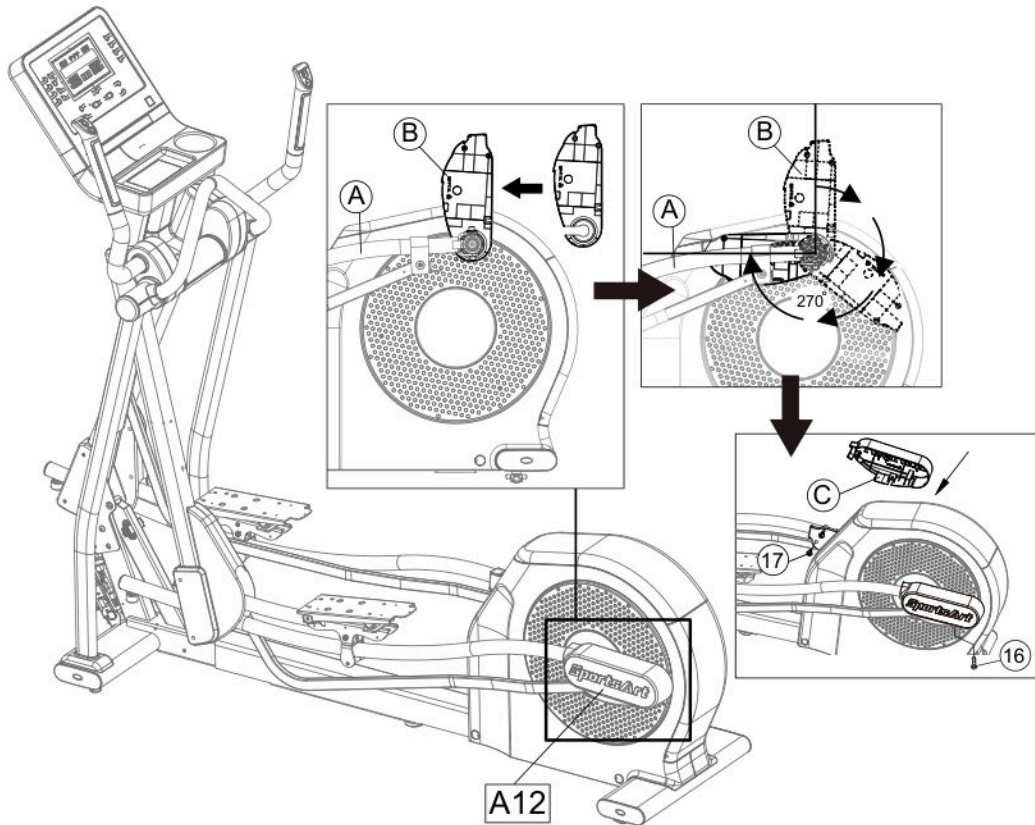
STEP 2 Install the Console

- (1) Remove the following parts from the console(A3): anti-slip pad (51), screws (52)(53), and bottle holder (54).
- (2) Secure the console (A3) to the main frame (A1) with pre-installed screw (39).
- (3) Remove the rear cover (55), and then connect the cables of the main frame (A1) to the cables of the console (A3). Tuck the cables away in the console for a cleaner look, and then put back the bottle holder (54) and secure it with screws (52)(53). After that, put on the anti-slip pad (51) and the round shaped screw cap (18).



STEP 3 Install the Outer Link Pedal Arm Covers

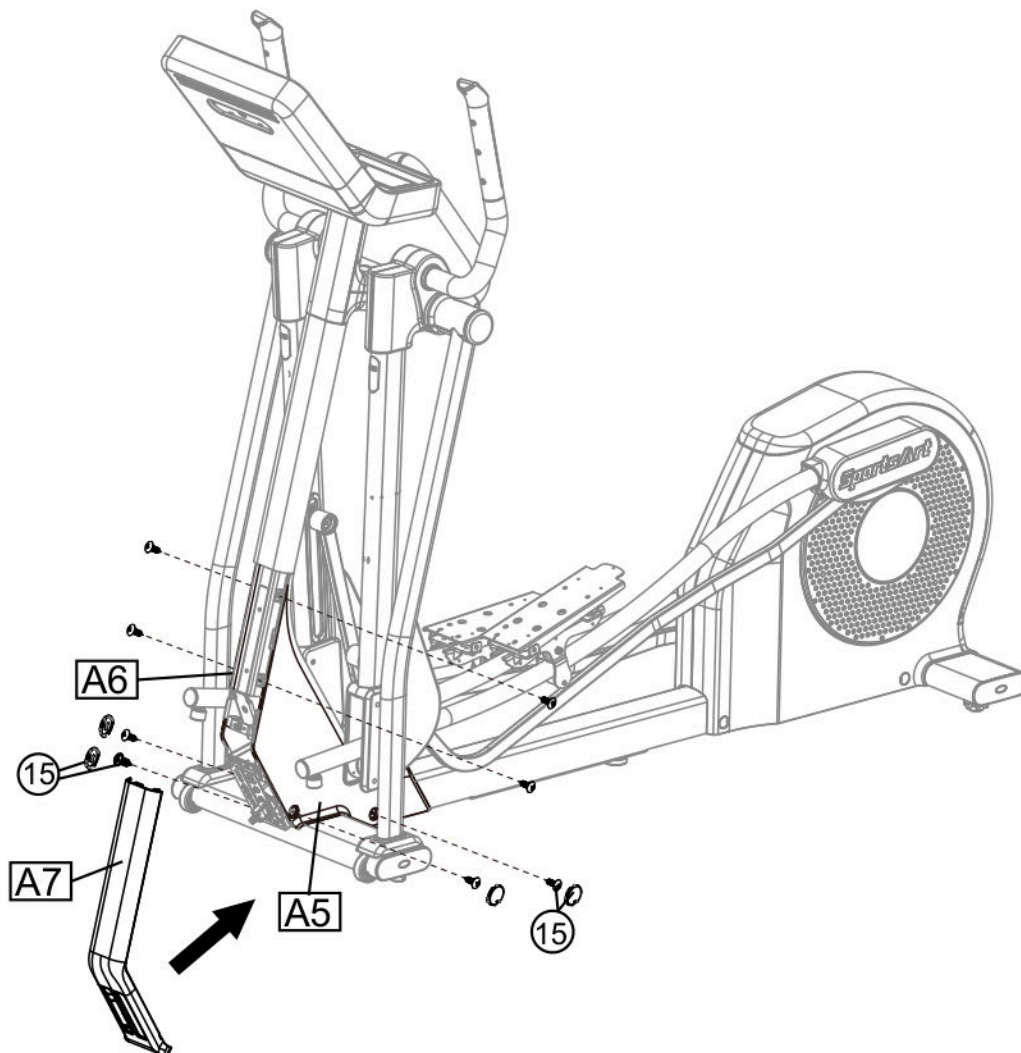
- (1) Rotate the pedal arm to the position shown in the figure below, then put on cover B and rotate it 270 degrees clockwise.
- (2) Snap cover B and cover C together, and rotate the pedal arm until (area A) is easily accessed, then tighten screws (16)(17). Repeat on other side.



STEP 4 Install the Front Base Cover

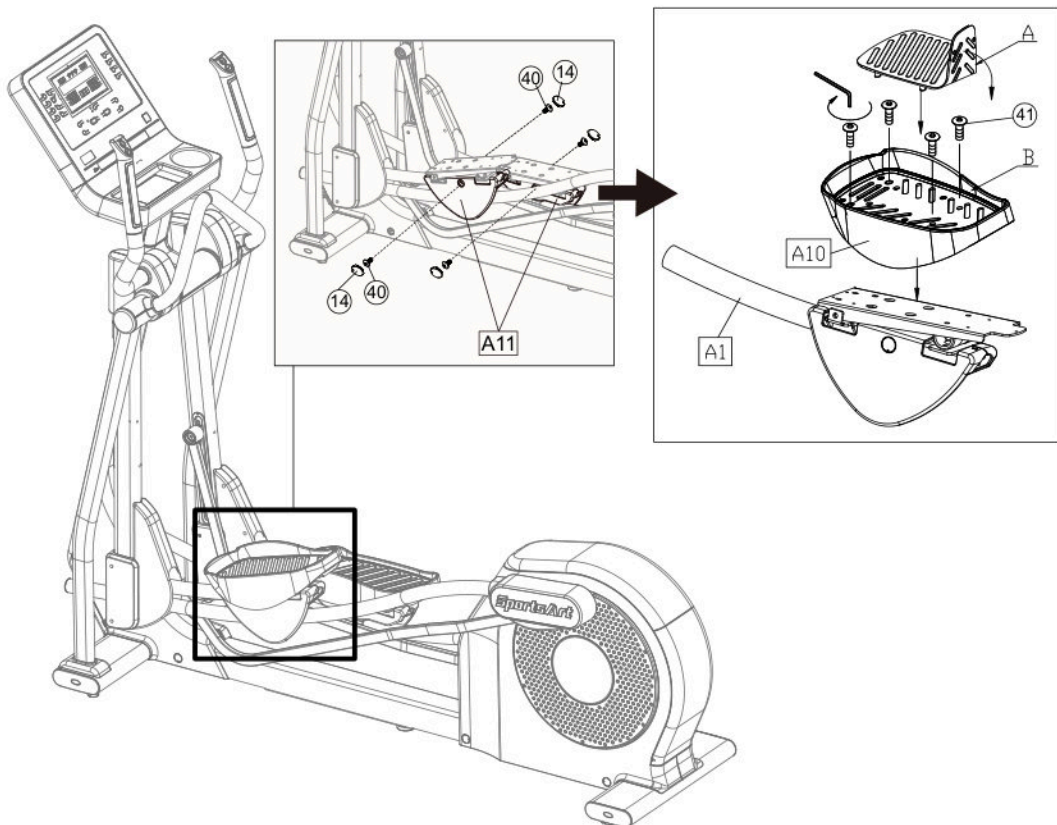
Secure left/right pedestal cover(A5)(A6) to the main frame using screw (15), then put on the round shaped screw cap (15) and the front base cover (A7).

NOTE: Install the ground wire first before putting the front base cover on.



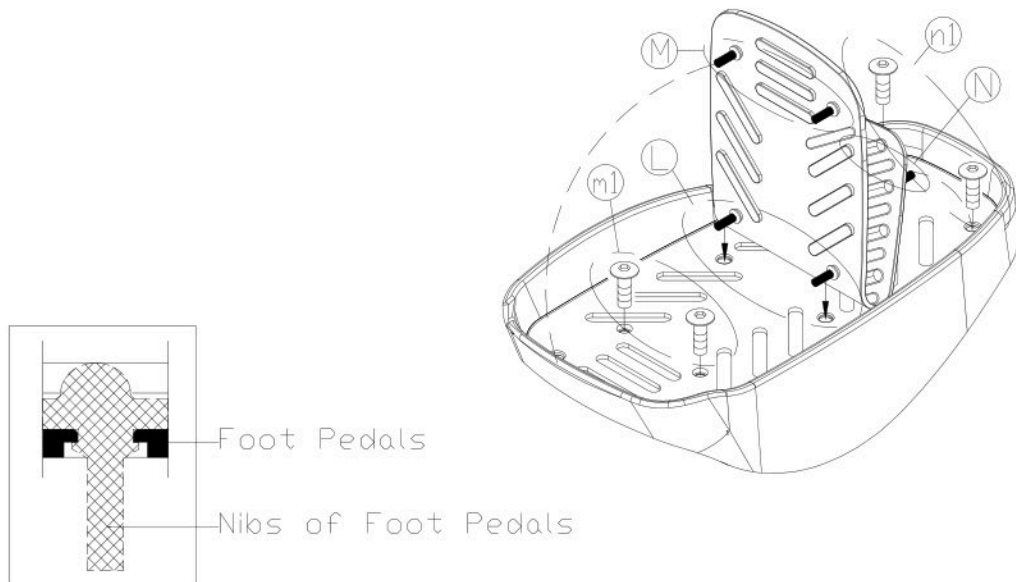
STEP 5 Install the Pedals

- (1) Secure the pedal bottom cover (A11) to the main frame using screws (40), and then put on the round shaped screw cap (14).
- (2) Pull up part A, and then secure the foot pedal (A10) onto its mount on the pedal carriage (A1) using screw (41).
- (3) Press fit part A and part B together. (NOTE: do not pull put the 2 pins in the middle)



STEP 6 Precautions When Installing the Pedals

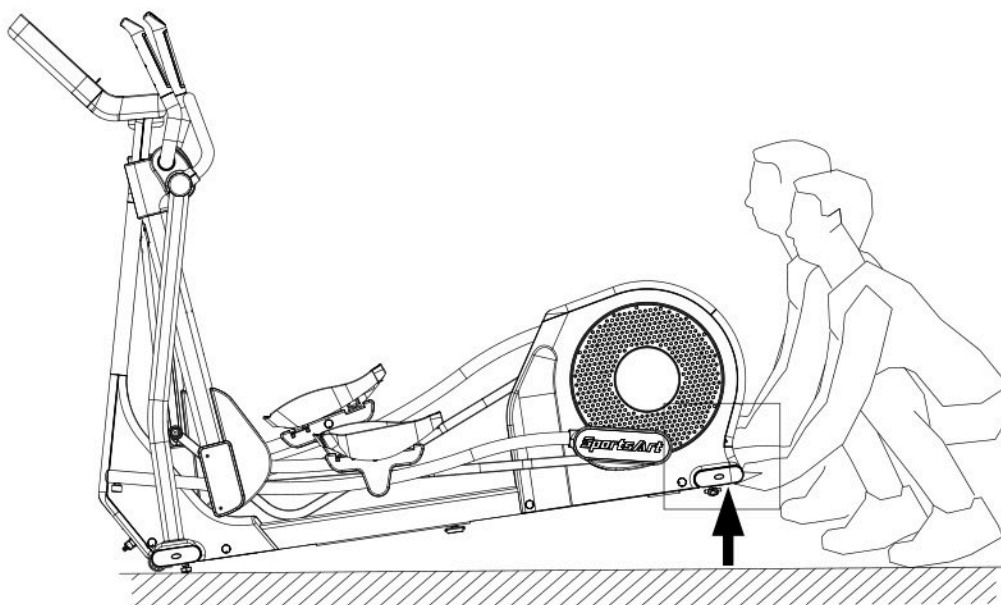
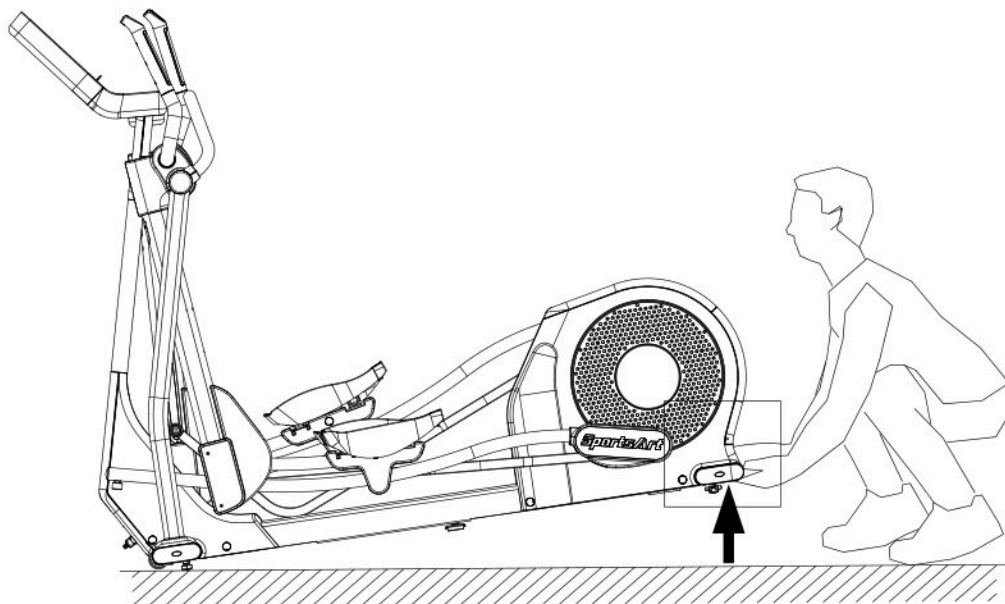
- (1) Make sure the 2 nibs in (area L) are pushed into the holes on the foot pedal.
- (2) Tighten screws (m1), then push the 2 nibs in (area M) into the holes on the foot pedal.
- (3) Tighten screws (n1), then push the 2 nibs in (area N) into the holes on the foot pedal.



NOTE: Make sure the nibs go through the Foot Pedals.

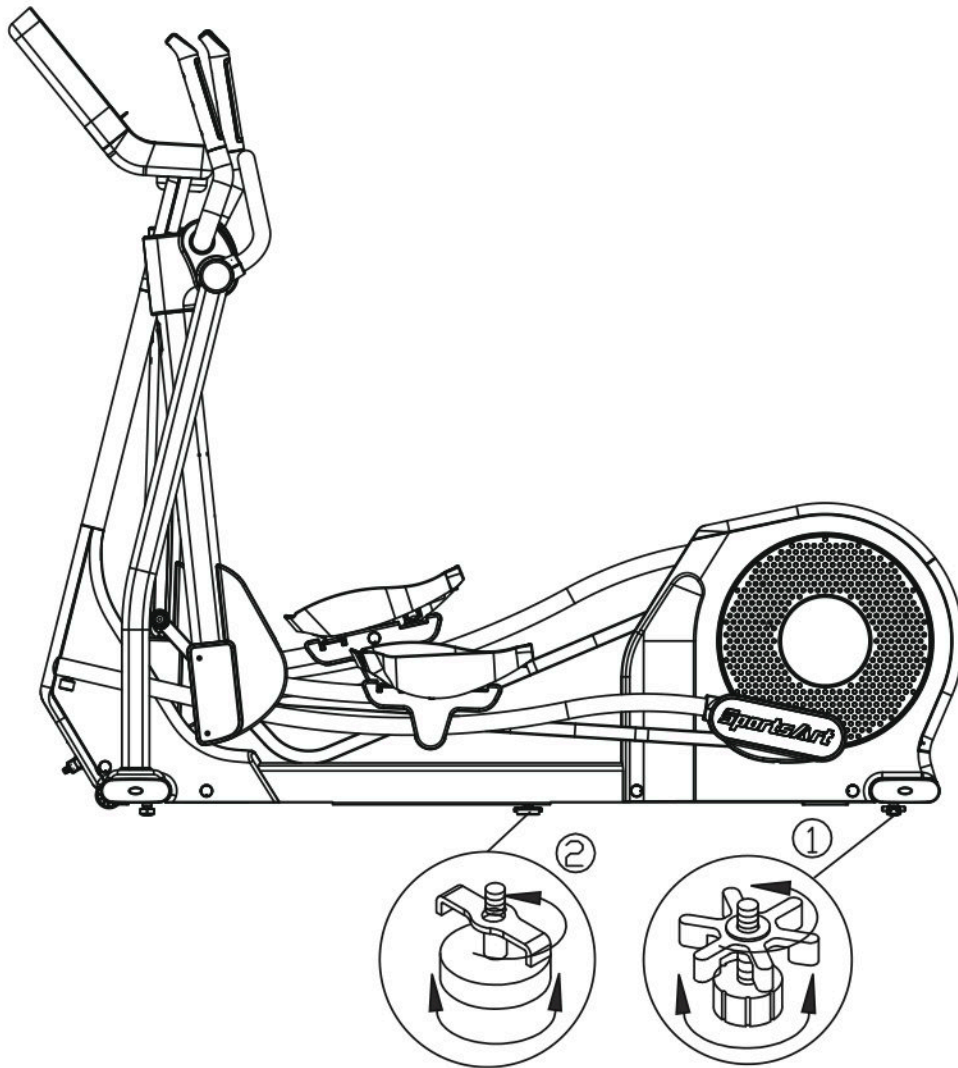
STEP 7 Move the Elliptical Trainer in Place

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 8 Level the Product

- (1) If your workout area is uneven, or if the rail assembly is slightly off the floor, loosen the locking nut at the back of the equipment and adjust the leveler until it is evenly balanced in contact with the floor, then tighten up the locking screw. (as shown in figure 1)
- (2) Loosen the locking nut in the middle-bottom of the equipment and adjust the leveler until it is evenly balanced in contact with the floor, then tighten up the locking screw. (as shown in figure 2)



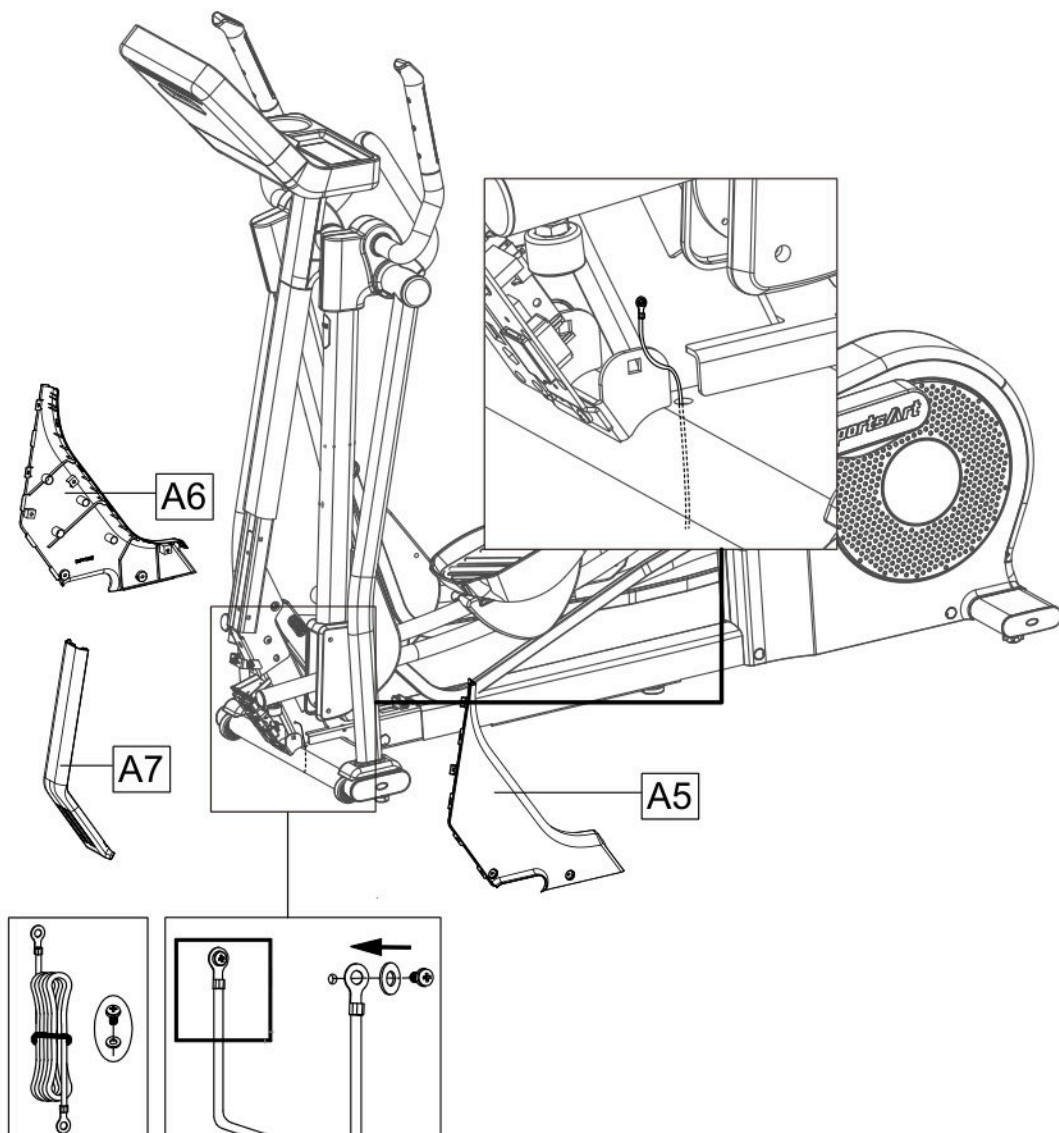
STEP 9 Ground Wire Installation Instructions

In order to avoid electric shock and current leaking, an additional ground wire is provided enclosed with the product.

For safety reasons, be sure to connect the ground wire to the equipment.

Assembly Instructions: Remove the pedestal covers (A5)(A6) and the front base cover (A7) first , and then thread the ground wire through the hole in the tube. Secure one end of the ground wire to the base frame with screws (as shown in the following figure) while the other end connected to the earth ground. Once finished, put the removed covers back into place.

The figure below is for reference purposes only.



6. UNDERSTAND E874 LCD DISPLAY

DISPLAY Overview

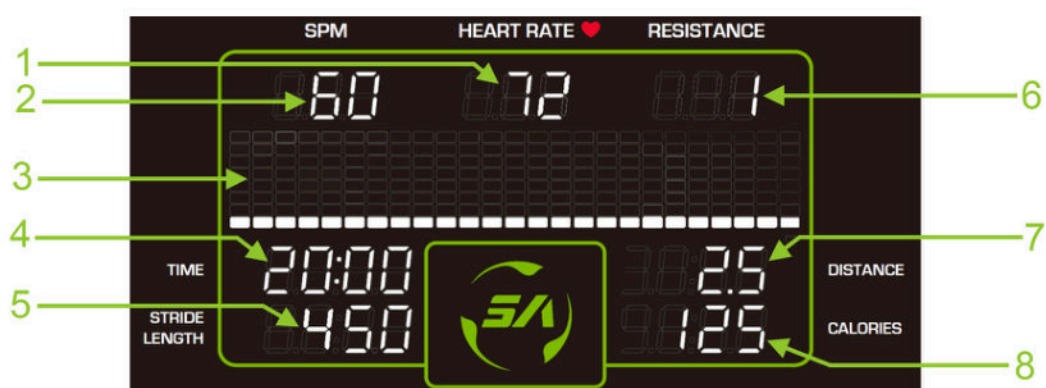
In this chapter, you will learn how to use and set up the console of your elliptical trainer. Please read the entire manual prior to using the elliptical trainer to get the best exercise efficiency and enjoy your workout.

DISPLAY Console Panel



No.	Description	No.	Description
1	LCD window	8	GOAL
2	PROGRAMS	9	RESISTANCE+ -
3	LENGTH▲▼	10	STOP key
4	GO/ENTER		
5	QR Code \ NFC tag		
6	USB port		
7	SA WELL+		

DISPLAY Window Display



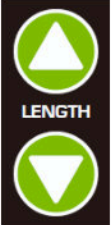






No.	Description
1	Display the data of your heart rate value. (Displayed when BOTH HANDS hold on the sensor.)
2	Display your steps per minute (SPM).
3	Display the messages or the illustration.
4	Display the total time covered or the remaining time.
5	Display your stride length.
6	Display your resistance level.
7	Display the total distance covered or the remaining distance.
8	Display the calories you have burned during the exercise.



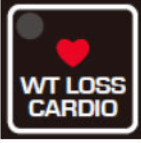



DISPLAY Specifications

Parameter	Spec.
HEART RATE	35 - 220 bpm
SPM	5 - 150
TIME	0:00 - 99:59 ; 100 - 9999 min
LENGTH	17-29 inch (450-730mm)
RESISTANCE	1-40
DISTANCE	0.00 - 9999 Mile/Km (display maximum of 2 decimal places)
CALORIES	0 - 9999 K-CAL
PROGRAM	MANUAL · INTERVAL · FIT TEST · VARI STRIDE · RANDOM · WT LOSS/CARDIO

DISPLAY Button Function

Illustration	Description
	<p>The button has two functions :</p> <p>(1) Skip the user input, program selection, and start training instantly.</p> <p>(2) After the parameter settings are complete, press the key to confirm your selection.</p>
	<p>Press to stop the workout program Hold down to go back to start screen and reset it to factory settings</p>
	<p>Press this key to change stride length. Stride length changes by one unit each time the key is pressed. Hold down the key to change stride length quickly.</p>
	<p>Press this key to change resistance level. Resistance changes by one level each time the key is pressed. Hold down the key to change resistance quickly.</p>
	<p>Press this key to enter Manual mode. the notification LED will light on steadily.</p>
	<p>Press this key to enter vari-stride mode. User can set max. stride length in this program. The notification LED will light on steadily.</p>
	<p>Press this key to select one of three interval programs: 1:1, 1:2, 2:2. Numbers represent minutes. The notification LED will light on steadily.</p>

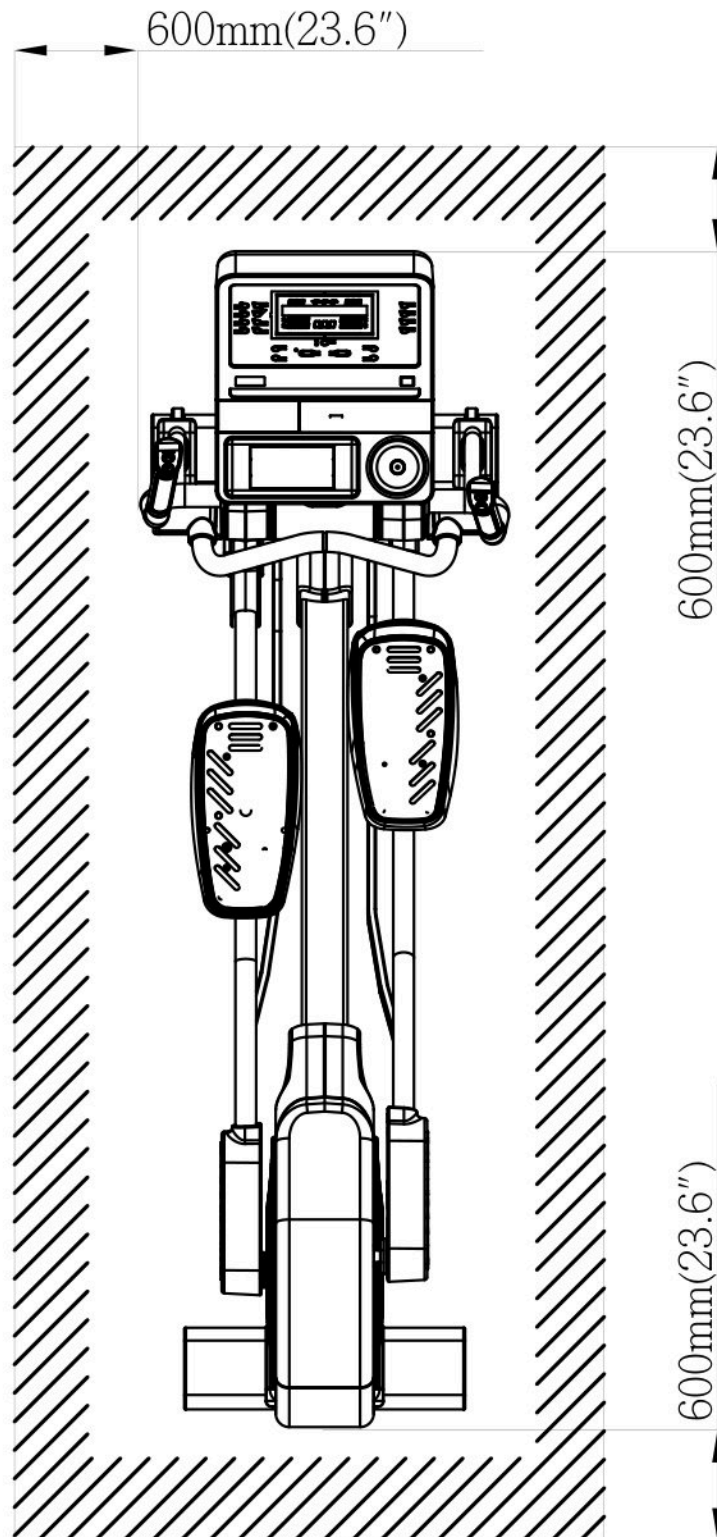
DISPLAY Button Function (Cont.)

Illustration	Description
	Press this key to select one of an almost endless number of randomly generated workout programs. Each key press, the console will randomly generate a different program. the notification LED will light on steadily.
	Press this key to enter FIT TEST mode. The notification LED will light on steadily.
	Press this key to select <WT LOSS> or <CARDIO>. *<WT LOSS> uses the following formula to evaluate target heart rate: $(220-AGE) \times 0.65$. *<CARDIO> uses the following formula to evaluate target heart rate: $(220-AGE) \times 0.8$. the notification LED will light on steadily.
	Press this key to select <TIME> as your workout goal. the notification LED will light on steadily.
	Press this key to select <DISTANCE> as your workout goal. the notification LED will light on steadily.
	Press this key to select <CALORIES> as your workout goal. the notification LED will light on steadily.

7. OPERATE THE PRODUCT

OPERATION Safe Operating Area

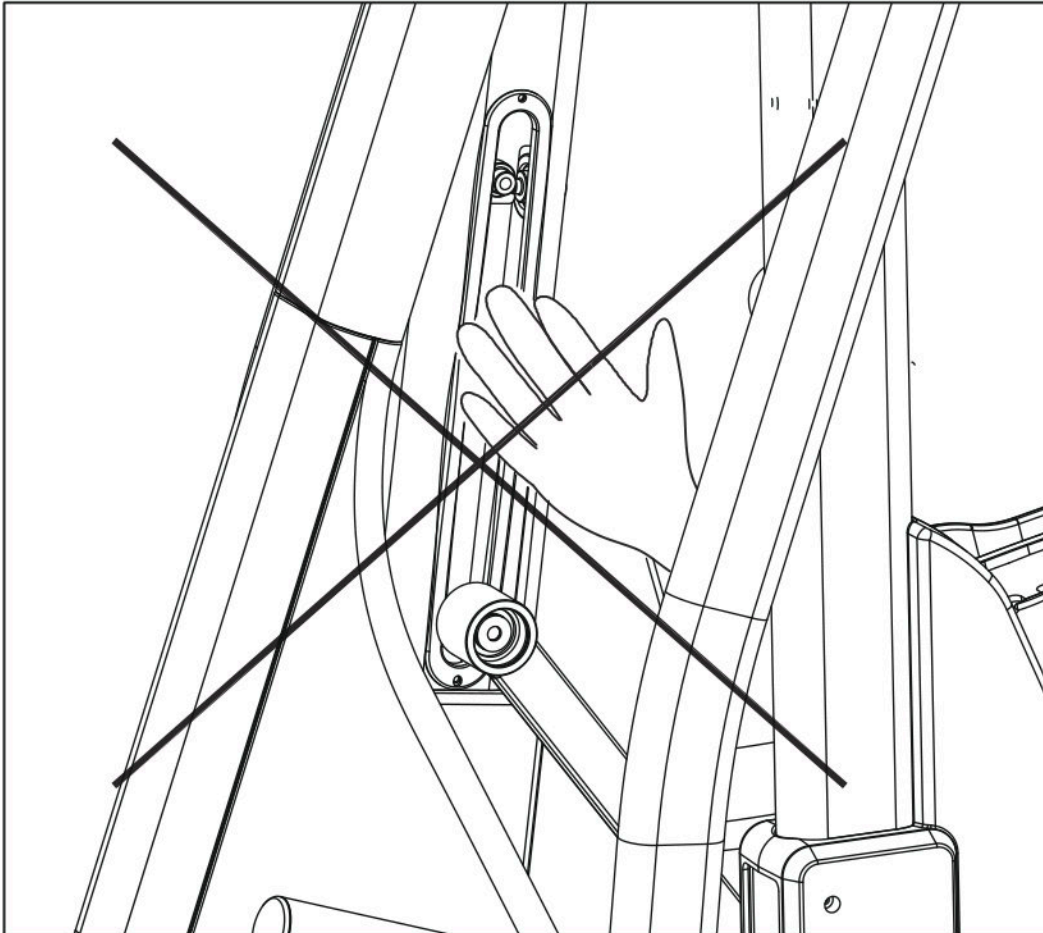
- (a) Safety clearance required as shown below. Do not allow people to be near this area when operating.
- (b) Noise emission under load is higher than without load.



OPERATION Beware of Moving Parts

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

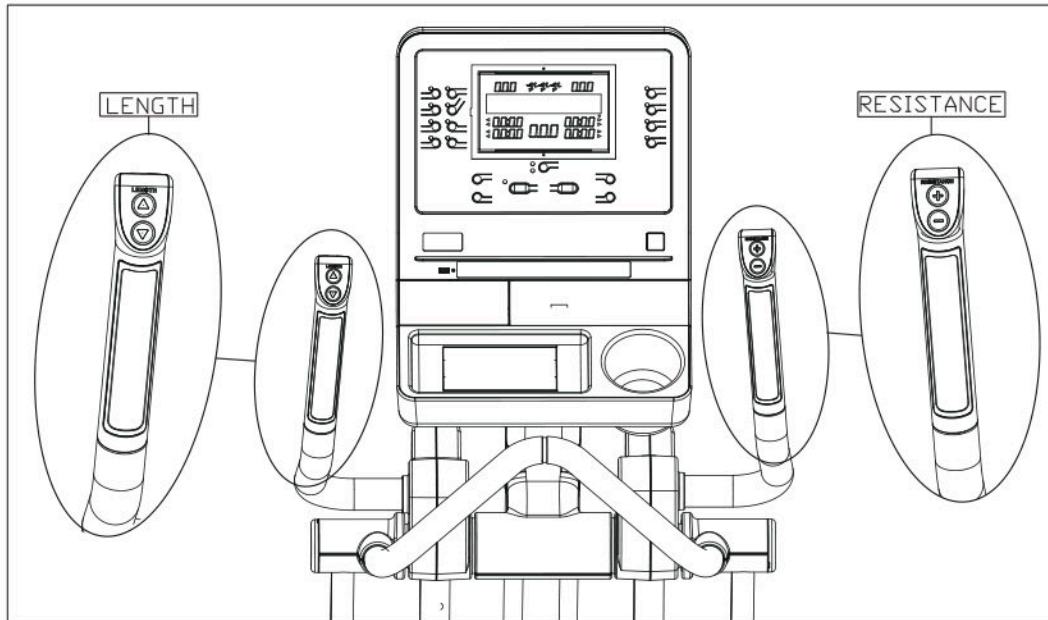
During use, do not put hands or other objects into the stride adjustment slot, the rear cover opening, or other areas in which such action might present a hazard.



OPERATION Essential Functions Guide

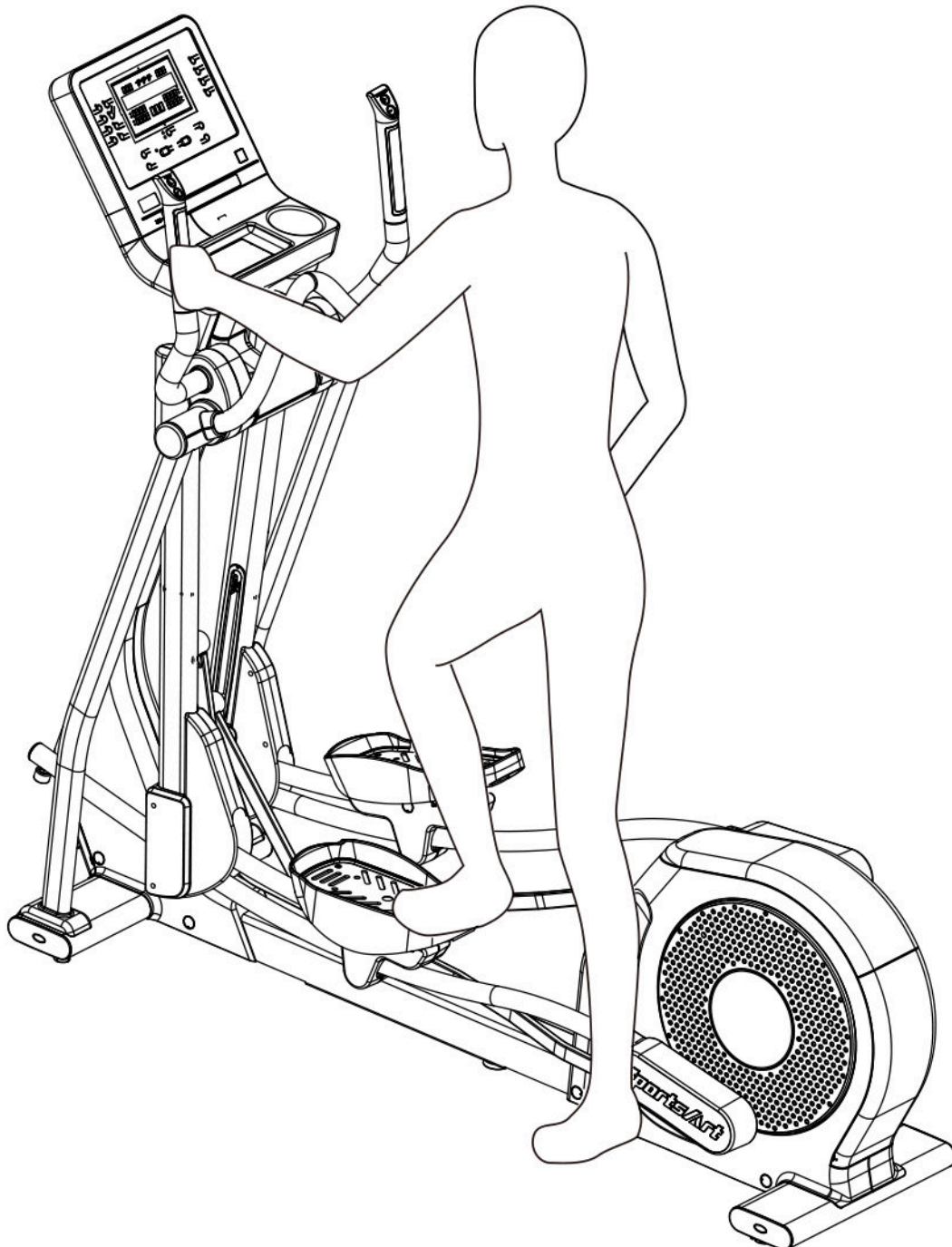
LENGTH: Adjust the distance between two successive placements of the same foot.

RESISTANCE: Adjust the weight or force you need to place on the pedals to push them.



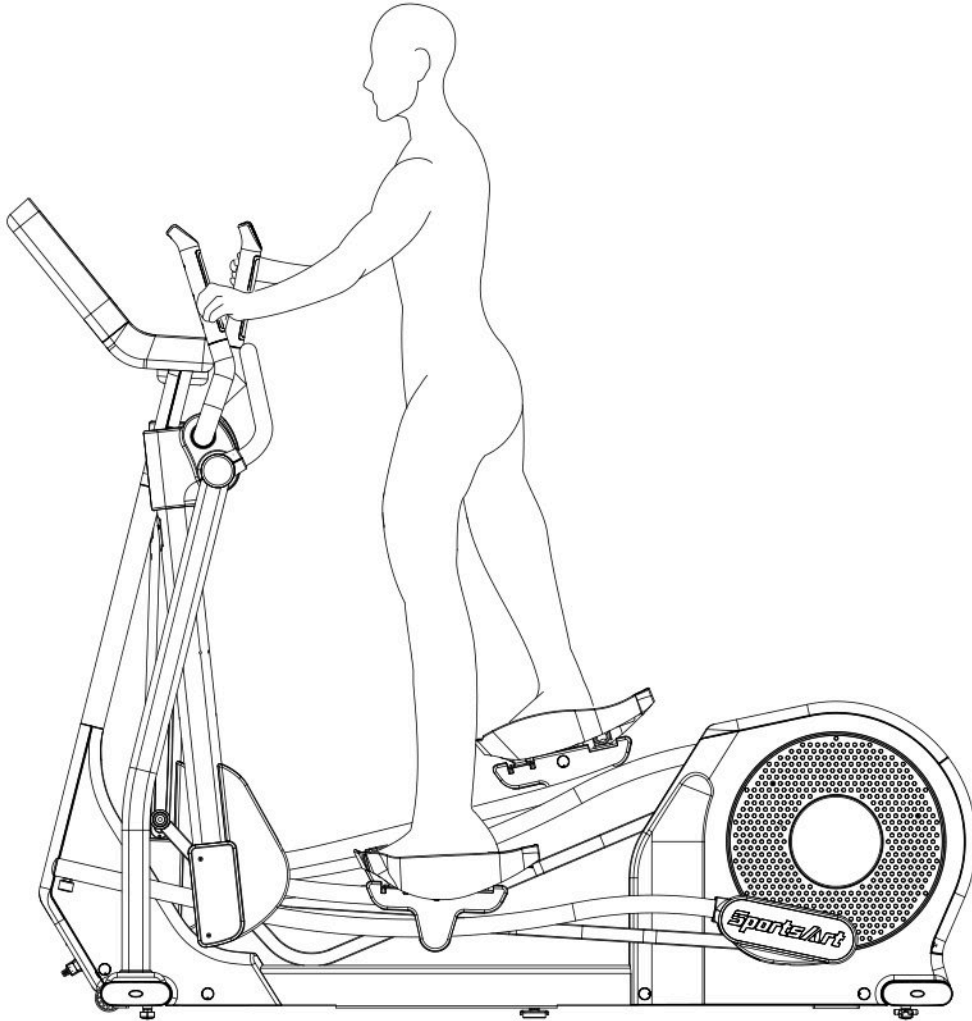
OPERATION Safely Get On/Off

- (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.



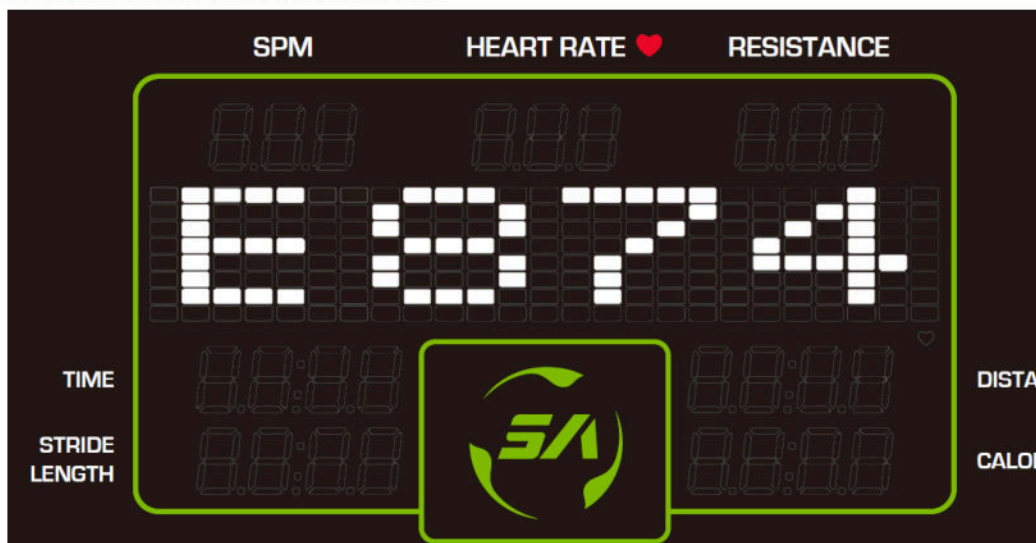
OPERATION Proper Workout Position

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



OPERATION Start Screen

Step on the pedal to start the machine. After started, you will hear the BEEP sound and see the start screen.



OPERATION <GO> Mode

GO mode is preset based on user 35 years old and weighs 75 kilograms (165 pounds). The program is preset at manual, and the resistance is preset at 1. You can press the GO/ENTER key to start exercise directly or reset the parameters to your preference.

OPERATION User Setting Procedure

The elliptical trainer measures your calories burned (based on weight), target heart rate (based on age), total time, and total distance based on your personal information that you have entered.

1. PROGRAM/GOAL Setting

(1) Press <PROGRAM> key and then press <GO/ENTER> key will take you to the "SELECT GOAL" screen. For details about setting workout goals, please refer to "WORKOUT GOAL Setting".

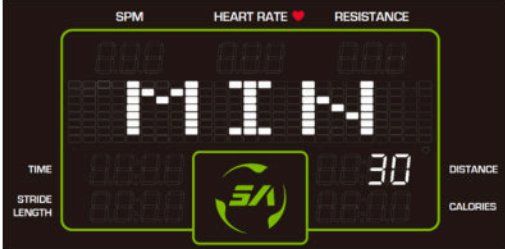
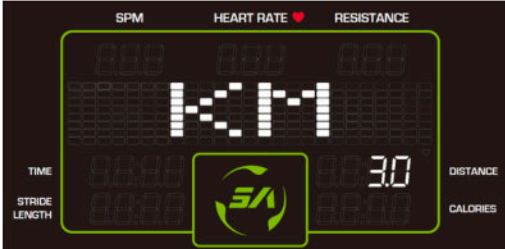

NOTE: In VARI-STRIDE mode and FIT TEST mode, the workout goal is fixed at "TIME" and cannot be altered in any way

(2) Press <GOAL> key will take you to the workout goal setting screen and the program is preset at manual. For details about setting workout goals, please refer to "WORKOUT GOAL Setting".

2. WORKOUT GOAL Setting

After entered goal-setting, the words "SELECT GOAL" will pop up on the display. Select one of the following options to set as your target goal.

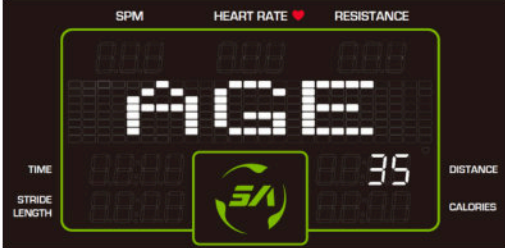
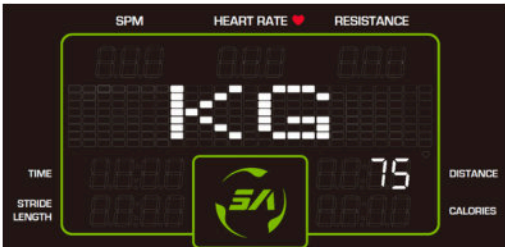
OPERATION User Setting Procedure (Continued)

Parameter Window	Description
	<p>Setting a TIME workout goal: Select <TIME> as your workout goal, the <TIME> notification LED light will stay on and then proceed to time settings. The range is 5 - 300 minutes with the default of 30 minutes. If TIME set is below the adjustment range due to certain program requirement, the time limit will be assigned a lower value accordingly.</p> <p>(a) Press <LENGTH ▲/▼> key or <RESISTANCE +/-> key to adjust the time. (b) Press <GO/ENTER> key to confirm the time setting.</p>
	<p>Setting a DISTANCE workout goal: Select <DISTANCE> as your workout goal, the <DISTANCE> notification LED light will stay on and then proceed to distance settings. The range is 0.1 - 99.9 miles/kilometers with the default of 2.0 miles(3.0 kilometers). If there's a time limit in the workout program selected, the DISTANCE workout goal will be disabled.</p> <p>(a) Press <LENGTH ▲/▼> key or <RESISTANCE +/-> key to adjust the distance. (b) Press <GO/ENTER> key to confirm the distance setting.</p>
	<p>Setting a CALORIES workout goal: Select <CALORIES> as your workout goal, the <CALORIES> notification LED light will stay on and then proceed to calories settings. The range is 100 - 9999 kCal with the default of 100 kCal. If there's a time limit in the workout program selected, the CALORIES workout goal will be disabled.</p> <p>(a) Press <LENGTH ▲/▼> key or <RESISTANCE +/-> key to adjust the distance. (b) Press <GO/ENTER> key to confirm the calories settings.</p>

OPERATION User Setting Procedure (Continued)

3. AGE and WEIGHT

Having finished the GOAL settings, proceed to AGE and WEIGHT setting. Refer to the following instructions for details.

Parameter Window	Description
	<p>AGE Setting: The range is 10 - 99 years old with the default of 35 years old.</p> <p>(a) Press <LENGTH ▲/▼> key or <RESISTANCE +/-> key to adjust the age. (b) Press <GO/ENTER> key to confirm the age setting and proceed to weight settings.</p>
	<p>WEIGHT Setting: The range is 50-450 lb. (20-205 kg) with the default of 165 lb /75 kg.</p> <p>(a) Press <LENGTH ▲/▼> key or <RESISTANCE +/-> key to adjust the weight. (b) Press <GO/ENTER> key to confirm the age setting and proceed to workout program settings.</p>

OPERATION Workout Programs

You can choose the desired program from the PROGRAM menu. The following information provide details about the programs.

MANUAL:

The general mode. Users can set their desired workout program. The resistance and stride length can be adjusted according to your own preference.

VARI-STRIDE :

- (1) Stride length can be adjusted according to your own preference. Default set workout goal will be set TIME (20min/30min/40min).
- (2) Each time the VARI-STRIDE key is pressed, one of the three programs will appear: VARI-STRIDE 20/ VARI-STRIDE 30/ VARI-STRIDE 40. Press <GO/ENTER>key to confirm your selection.
- (3) Be sure to set AGE and WEIGHT first, and then set max. stride length before start to exercise. The words "MAX STRIDE -- MM" will pop up on the display, and the adjusting range is 630 - 730mm (25 - 29inch) with the default setting at 630mm (25inch).
 - a. Press <LENGTH ▲/▼> or <RESISTANCE +/-> key to adjust age, weight, and max. stride length.
 - b. Press <GO/ENTER> key to confirm your settings and start with an exercise program.
- (4) During exercise, press <LENGTH ▲/▼> to adjust max. stride length. The max. stride length will display in the parameter window.

INTERVAL:

Regularly alternate between high-intensity and low-intensity exercises.

- (1) The program is a two-stage exercise (REST/WORK) and each has different parameters of the time and the resistance. According to the time ratio, there are three options in 1:1, 1:2 and 2:2.
(For example: " 1 : 2" means one minute for resting and 2 minutes for workout.)
- (2) The program changes between INTERVAL 1:1/ INTERVAL 1:2/ INTERVAL 2:2 each time the <INTERVAL>key is pressed. Press <GO/ENTER> key to confirm your selection.
- (3) Since it is a two-stage training, you can change the REST resistance and memorize it when the program is executed, same as for WORK. Next time, when work to the corresponding segment, it will operate according to the last setting.

OPERATION Workout Programs (Continued)

RANDOM:

The graphic pattern in RANDOM PROGRAM are generated randomly, and the illustration shows differently each time

- (1) Press the <RANDOM> key to select the desired graphic pattern.
- (2) During exercise, you can press the <RANDOM> key to change the graphic pattern.

FIT TEST:

The FIT TEST program is designed for physical fitness assessments. The program is set with a time limit; therefore it is not restricted by the program time limit setting at the engineering mode.

- (1) Be sure to set AGE and WEIGHT first before entering this mode.
- (2) After you start to exercise, the words "STARTING TEST" will pop up on the display.
- (3) The test is divided into 4 segments (3 minutes for each segment); it will compare the actual Watts and the preset Watts in each segment and adjust the resistance accordingly.
- (4) If you keep pedaling, a red dot will appear on the display representing the target SPM while an orange dot representing the actual SPM. Overlap between the two dots indicating that you've reached the target speed.
- (5) The best SPM range during test is between 40SPM to 70SPM with the default of 50SPM.
 - a. If the actual SPM is below 40SPM for more than 5 seconds, the words "SPEED UP" will pop up on the display.
 - b. If the actual SPM is below 70SPM for more than 5 seconds, the words "SPEED DOWN" will pop up on the display.
- (6) The programs come to an end if the following events occur:
 - a. The STOP key is pressed
 - b. All the exercise programs are finished.
 - c. Actual Heart Rate is $> (220 - \text{Age}) \times 0.8$ for more than 15 seconds.
 - d. No heart rate detected for more than 30 seconds.
 - e. The speed is slower than 40SPM or faster than 70SPM for more than 15 seconds.
- (7) Once you finished the test, the display will show your score. (0-100)

OPERATION Workout Programs (Continued)

WT LOSS , CARDIO:

The programs take control of resistance, keeping your heart rate within the target zone.

- (1) Before entering this mode, press <WT LOSS/CARDIO> key to toggle between WT LOSS and CARDIO. The words "♥ 120" shown on the display represent WT LOSS mode, and the words "♥ 148" represent CARDIO mode.
- (2) During exercise, if the machine cannot read your heartbeat signal, it will display "NO HEART RATE READING, PLEASE CHECK TRANSMITTER" on your screen, and the resistance can be only adjusted manually.
- (3) When heart rate is detected, the heart pattern in the parameter window will blink.
- (4) The value on the right side of the heart pattern represents the target heart rate in WT LOSS or CARDIO mode. The target heart rate is calculated according to the following formulas:
WT LOSS: $(220 - \text{AGE}) \times 65\%$
CARDIO: $(220 - \text{AGE}) \times 80\%$
Note that if no AGE data is entered, the target heart rate will be calculated by default (35y/o).
- (5) The default resistance level /SPM is level1 / 50SPM. User's heart rate is simultaneously monitored.
- (6) If you keep pedaling, a dot will appear on the parameter window (just below the heart pattern), which represents the target SPM. The line below represents the actual SPM. Overlap between the dot and line indicating that you've reached the target speed.
- (7) If the actual SPM is 5SPM less than target speed, lasting for more than 25 seconds, the words "SPEED UP" will pop up on the display.

OPERATION During Exercise

During exercise, you can switch to a different program using the same WORKOUT GOAL(TIME/DISTANCE/CALORIES) by pressing a different program key.

Please note it is not allowed to switch directly in the situation as below, and the window will display the message " SWITCHING NOT ALLOWED".

(1) During MANUAL、INTERVAL、PLATEAU、RANDOM、VARI-STRIDE、CUSTOM HR、WT LOSS、CARDIO program, it cannot be switched to FIT TEST program.

(2) It is not allowed to switch to other programs during FIT TEST program.

OPERATION Cool Down

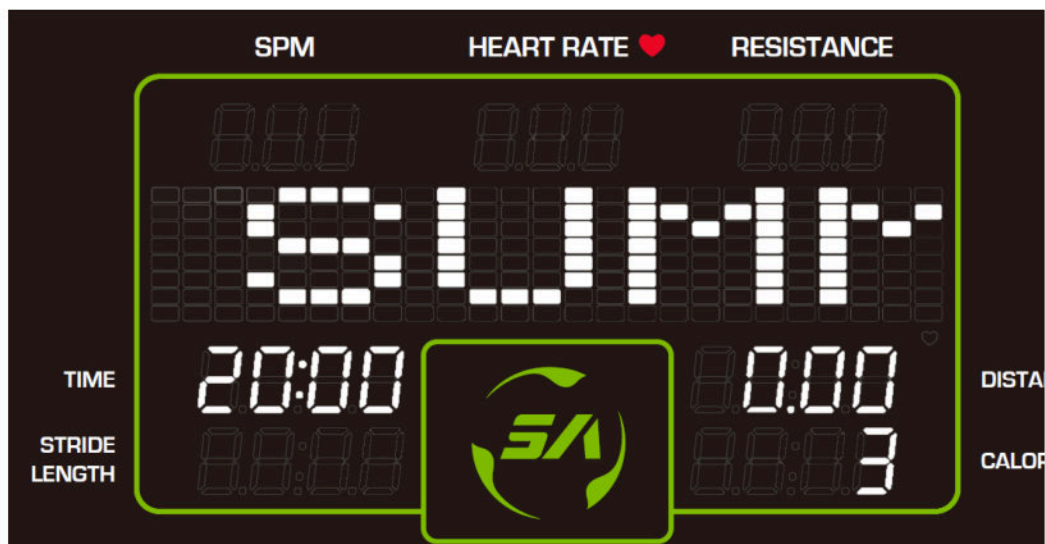
Once the goal(TIME、DISTANCE、CALORIES) has been achieved, it will show the message" COOL DOWN " on your screen. The machine will enter a two-minute cool down period and count down from 2:00 to 0:00.

OPERATION Stop Exercise

Press <STOP> during exercise, all the exercise data will stop accumulating and keep the current value.

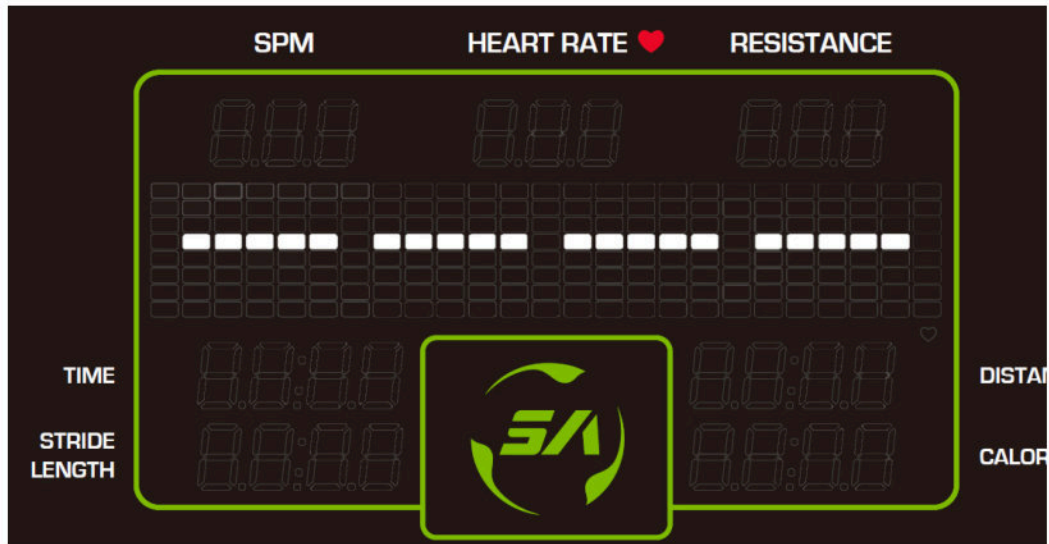
OPERATION Workout Summary

Press <STOP> or after cool down , it will show the message "REVIEW SUMMARY" and your current workout status on the screen lasting for 15 seconds, then press <STOP> once again to return to start screen.



OPERATION Idle Mode

The machine will turn into power saving mode when there is no stepping on the pedal or not been operated to the buttons for 30 seconds, and the window will display “- - -” and continue to flash. To restart the machine, please step on the pedal or press any button to return to start screen.



OPERATION Auto Power Off Function

The machine will shut off automatically when there is no stepping on the pedal or not been operated to the buttons for 2 minutes.

OPERATION User Parameter Setting

Hold the <RESISTANCE - > for 3 seconds to enter the user parameter setting procedures; press the <STOP> key at any time to return to the start screen.

Please refer to the following setting procedures:

(1) Metric System / Imperial Units Setting

The window will display KM or MILE, press <LENGTH ▲/▼> or <RESISTANCE +/- > to select the metric system or the imperial units, then press <GO/ENTER> key to confirm your setting and go to the next step.

(2) Display the Program Version

The window will show the version of each program, press <LENGTH ▲/▼> or <RESISTANCE +/- > to view each program version, then press <GO/ENTER> and go to the next step.

Program Version Items:

- (a) CTL SA_6 - xx → The program version of the control board.
- (b) DRV E875_SG - xx → The program version of the drive board.
- (c) SA WELL+ x.x.x → The program version of the SA WELL+ adapter.
(This function is only available if you purchase SA WELL+.)

(3) Display the Mileage

The window will show the message of DIST- xxxxxx KM or DIST- xxxxxx MILE, press <GO/ENTER > and go to the next step.

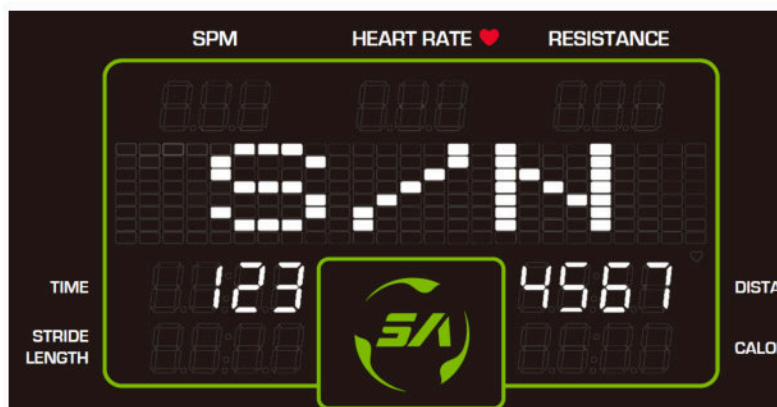
(4) Display the Total Time

The window will show the message of TIME- xxxxxx HOURS, press <GO/ENTER > and go to the next step.

(5) Product Serial Number

The Window will show the message of “S/N xxxxxxxx” (as shown below), press <GO/ENTER > and go to the next step.

※ The number “1234567” in the picture represents the machine serial number.



OPERATION User Parameter Setting (Continued)

(6) Language Setting

The window will show the options of the countries, press <LENGTH ▲/▼> or <RESISTANCE +/- > key to select your language, then press <GO/ENTER > to confirm and go to the next step.

(7) Time Limit Setting

The window will show the message of "TIME LIMIT", press <LENGTH ▲/▼> or <RESISTANCE +/- > key to set the time, then press <GO/ENTER> to confirm and go to the next step.

※ If the time limit is set less than 5 minutes, this function is deactivated. The setting range is 5-60 minutes or OFF.

(8) Turn on/off the Buzzer

The window will show the message of "BZ", press <LENGTH ▲/▼> or <RESISTANCE +/- > key to turn on/off the buzzer, press <GO/ENTER> to confirm and go back to the start screen.

(9) Enable/ disable USB Charge Function

When the message "USB" displays in the window, press <LENGTH ▲/▼> or <RESISTANCE +/- > key to enable /disable USB charge function, then press the CONFIRM key and go back to start screen.

※ If USB charge function is disabled, it is only available when you workout. If USB charge function is enabled, it is available both when you workout or not.

8. 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.

- The telemetry heart rate transmitter emits a wireless 5 kHz signal that is harmless to the human body. Keep a distance within 60cm between the heart rate receptor and the transmitter to achieve stable connection.
- If the battery is too low, the receiving distance may be shortened or there will be no reception.
- Secure the telemetry heart rate transmitter on your chest so that it stays in place without making you feel uncomfortable. Moisten the skin for better contact.
- Because the telemetry heart rate signal varies in strength from 20 Hz to 20 KHz, environmental interference can block signal reception. Physical vibration and electronic devices, including stereos, TVs, and even fluorescent lights, can interfere with signal reception. For best results, install the product in an area free from such interference.
- Space the product apart by at least 39 inches (100 cm) to avoid having the heart rate value from one exerciser appear on a neighboring product.

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.

9. GUIDELINES FOR EXERCISE

HOW HARD SHOULD I EXERCISE?

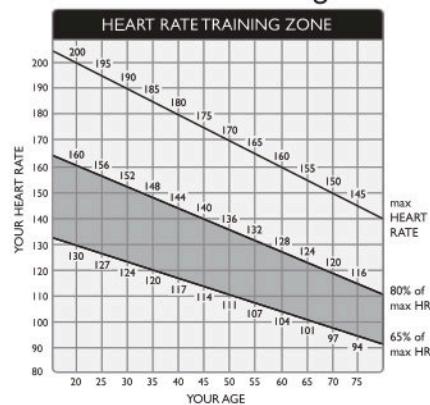
Studies show that to benefit from aerobic exercise, people need to maintain a certain heart rate during their workouts. Your heart rate training zone depends on your age and fitness level.

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.

10. MAINTENANCE

Maintenance topics are presented below in the following order: error messages, lubrication of the shoulder area, lubrication of the stride area, glide rail cleaning, maintenance schedule, task list, one-year maintenance log, and electronics block diagram.

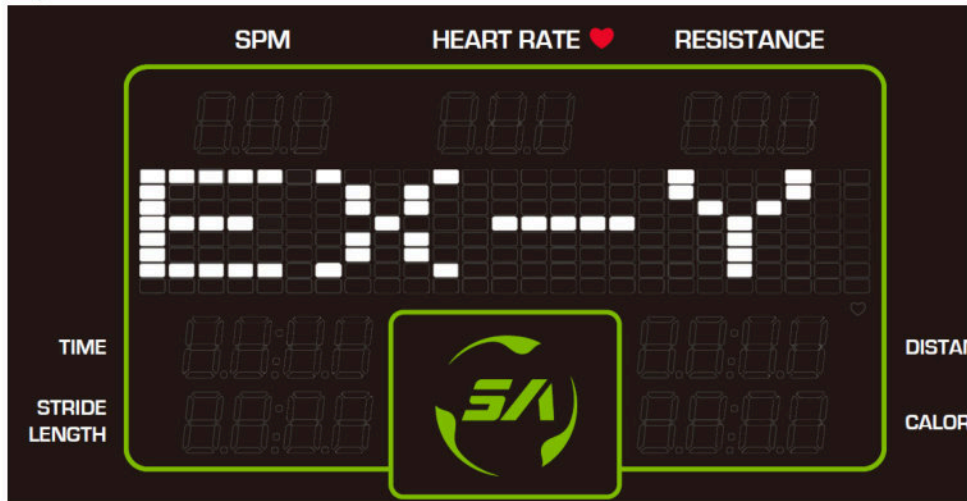
MAINTENANCE Safety Precautions

- 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 window will show the error message when an unusual situation occurs on the machine.

(Shown as illustration below, X is for the main code, Y is for the secondary code.)



Error Code Description:

Main Code X	Secondary Code Y	Error message	Note
7	1	L/R stride motor over current or positioning error being detected while the motor is running in exercise mode.	The stride motor stops, but other functions of the elliptical trainer still work. Turn off the main power, switch off the motor and its driver circuit .
7	2	Right stride length error	The "SELECT PROGRAM" screen will show ERROR_7_4 when detecting abnormal situations on L/R stride motor.
7	3	Left stride length error	
7	4	L/R stride motor abnormality being detected when power on.	
8	1	When start up, communication with the drive board is abnormal.	Will restore when the communication is back to normal.
8	2	When start up, communication with the driver board is normal, but an abnormality occurs during use.	

MAINTENANCE Messages

SERVICE BATTERY

The flashing light signals battery is near depletion (this signal appears when adjusting stride length, with a pedal speed less than 30 SPM), please charge the battery in one of the following ways:

- a. Charge the battery by pedaling.
- b. Use a battery charger (optional accessory)

NO STRIDE ADJUST UNDER 30SPM

Indication: stride length cannot be adjusted due to speed is under 30 SPM. It appears when <LENGTH ▲/▼> key is pressed to adjust the stride but the actual speed is under 30 SPM.

MAINTENANCE Lubrication

To enter Lubrication function, first you must set the console to the Lubrication state. During Banner mode, the message shows "SELECT A PROGRAM", press <LENGTH ▲> and <LENGTH ▼> and <STOP> keys at the same time for 3 seconds to activate this procedure. Once Lubrication procedure is activated, the stride motor will move to the correct position and the message will display "LUBRICATION". At this time, it is ready for lubrication. Please follow the lubrication procedure listed on the following page to start lubricating.

Once the lubrication procedure is completed, please follow below instruction to return the stride length to 29"/730mm.

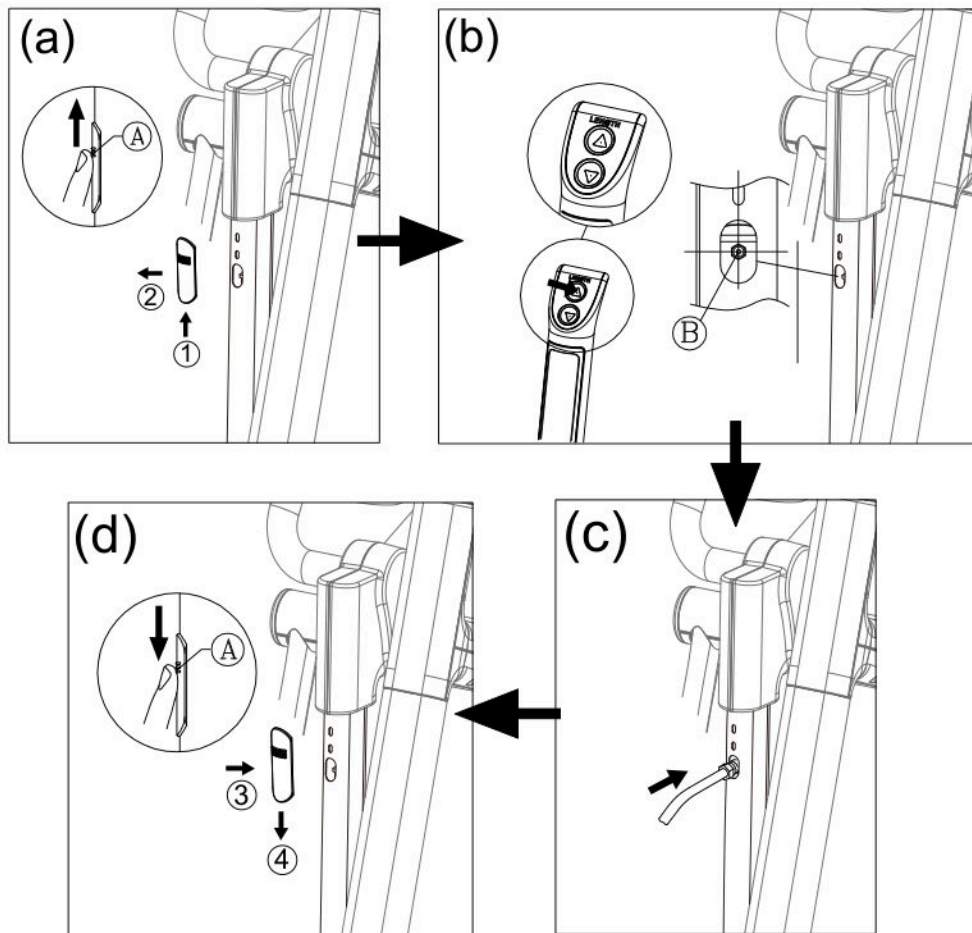
1. When the power is off, pedaling the elliptical to turn on the power.
2. Press and hold the <STOP> key for 2 seconds to reset.

The lubrication process is now completed.

MAINTENANCE Lubrication Procedure

- (a) Push in at point A, and slide upward to remove the lubrication cover.
- (b) Press the stride up key to adjust the stride to its longest point. Note the grease fitting at area B.
- (c) Use an automobile grease gun with red lithium grease. Apply the grease to the nozzle on the product.
- (d) Put the cover back into place. Push it in the directions indicated by arrow 3 & 4 shown in figure (d).

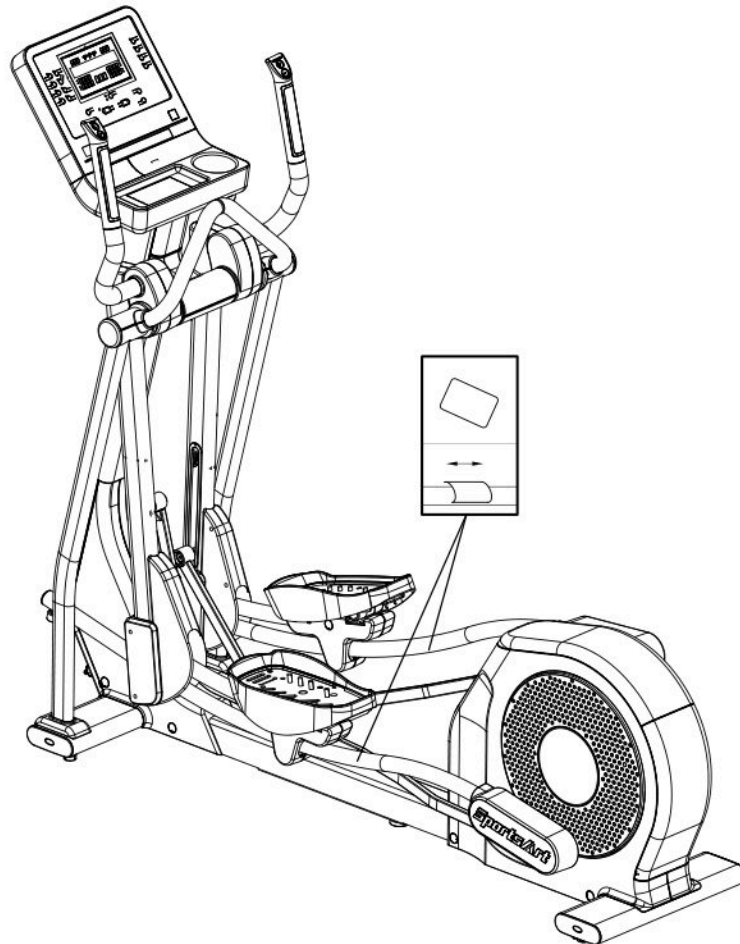
Note that point A provides the best contact surface on the lubrication cover.



MAINTENANCE Cleaning the Glide Rails

Follow the steps below to clean left and right glide rails on a daily basis:

- (a) Use a clean, lint-free cloth to wipe dust and debris off the glide rails.
 - (b) Test the glide rails to ensure they move easily and smoothly.
 - (c) Repeat steps (a) and (b) two or three times to ensure smooth movement.
- (Note: make sure to use a lint-free cloth)



MAINTENANCE Schedule

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

cleaning requirements

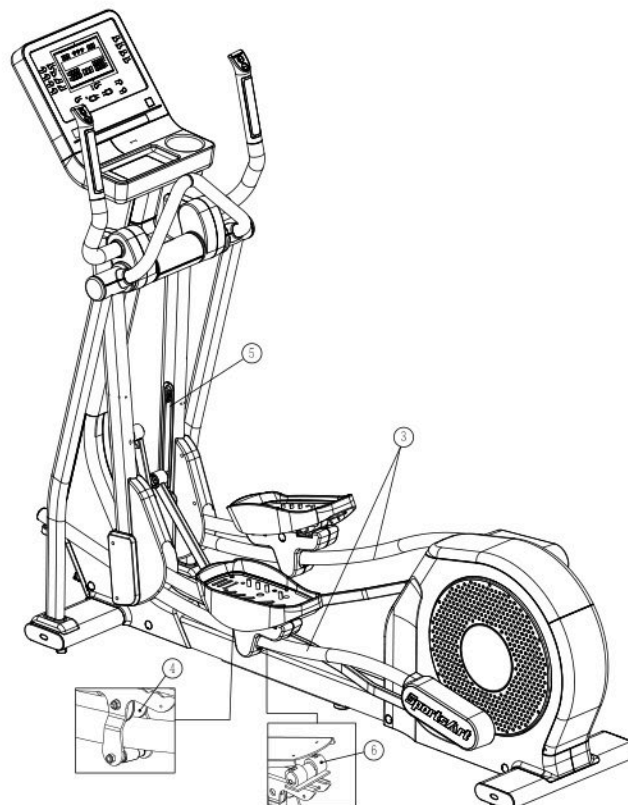
1.directive 93/42/CEE

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	Exterior	●					Cleanliness inspection
2	Screws	●					Inspect and secure loose parts
3	Glide rail	●					Wipe away dirt and debris.
4	Rollers		●				Apply silicone lubricant..
5	Stride motor					●	Apply bearing grease
6	Cushion					●	Lubricate with original 66A lubricant.



11. ACCESSORIES

ACCESSORIES | Standard

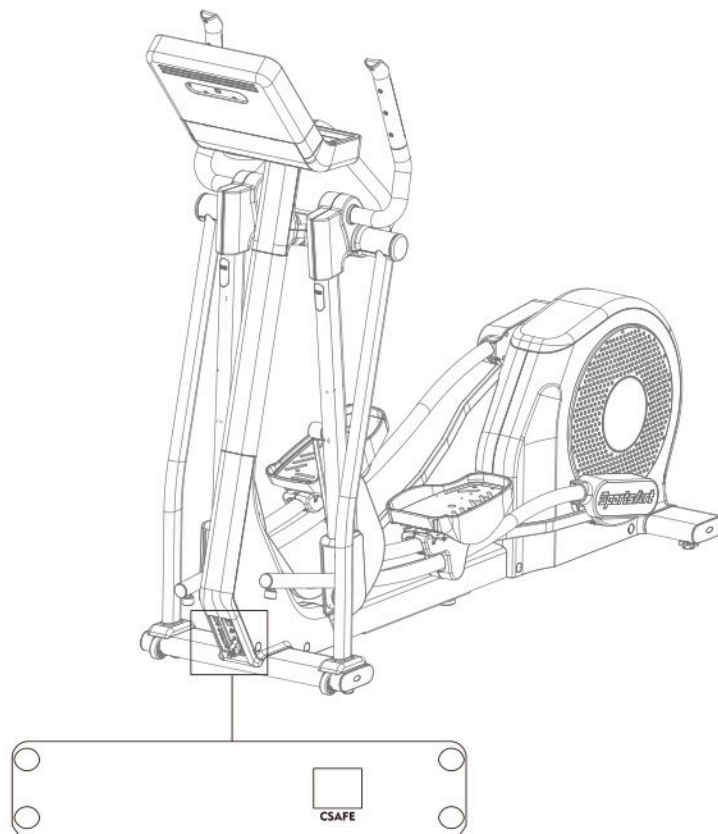
USB PORT

1. Provides up to 5V, 0.5A of power for charging
2. Let you update all required software drivers for the product.

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.

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. Use USB Flash Drive to store the workout data.
3. Manage user information and workout data

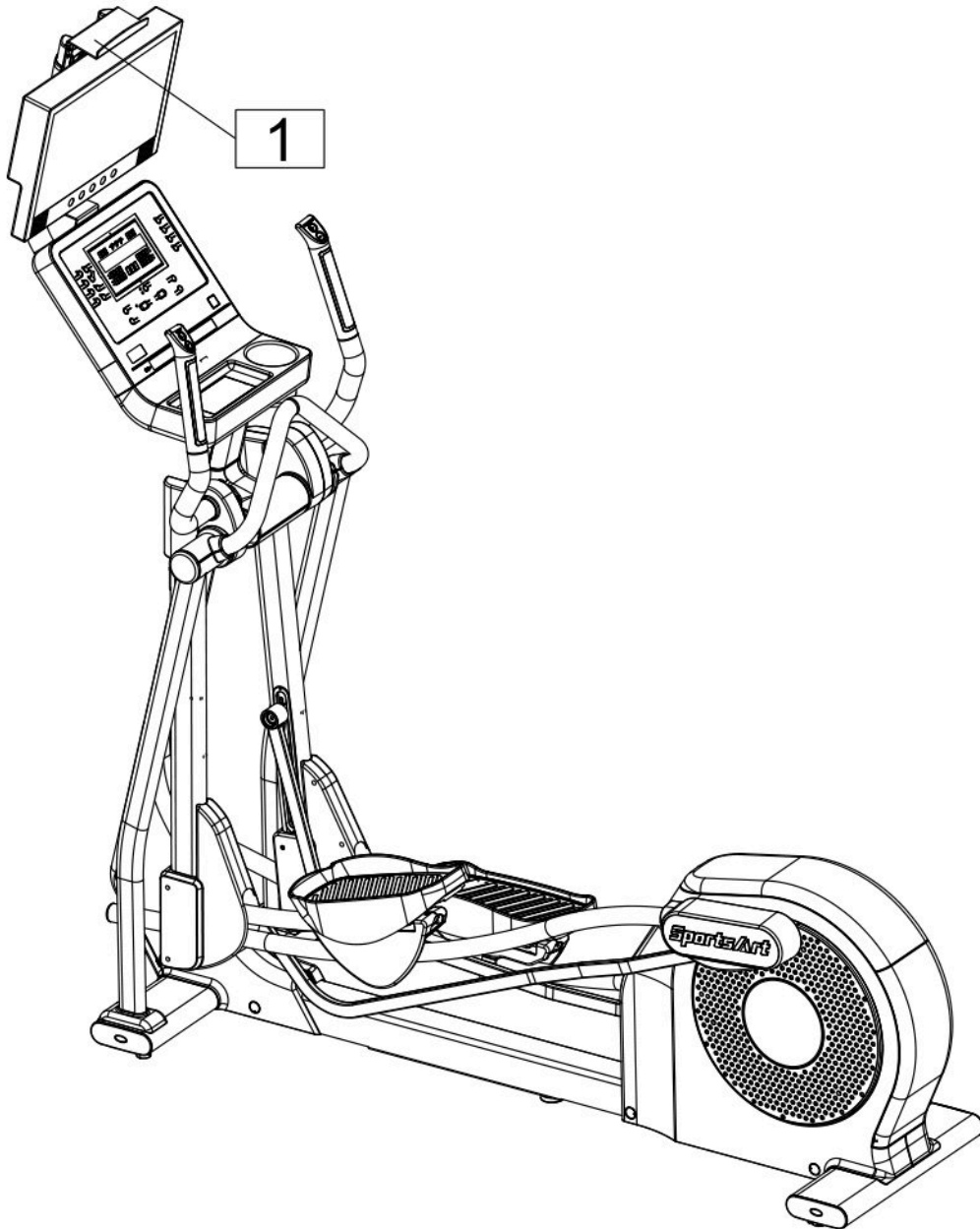
Visit “www.gosportsart.com” for more information about this feature.



No.	Name of button	Function
a	USB port	This port is used for optional data transferring.
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.

ACCESSORIES Option (Continued)

TV Mount Bracket

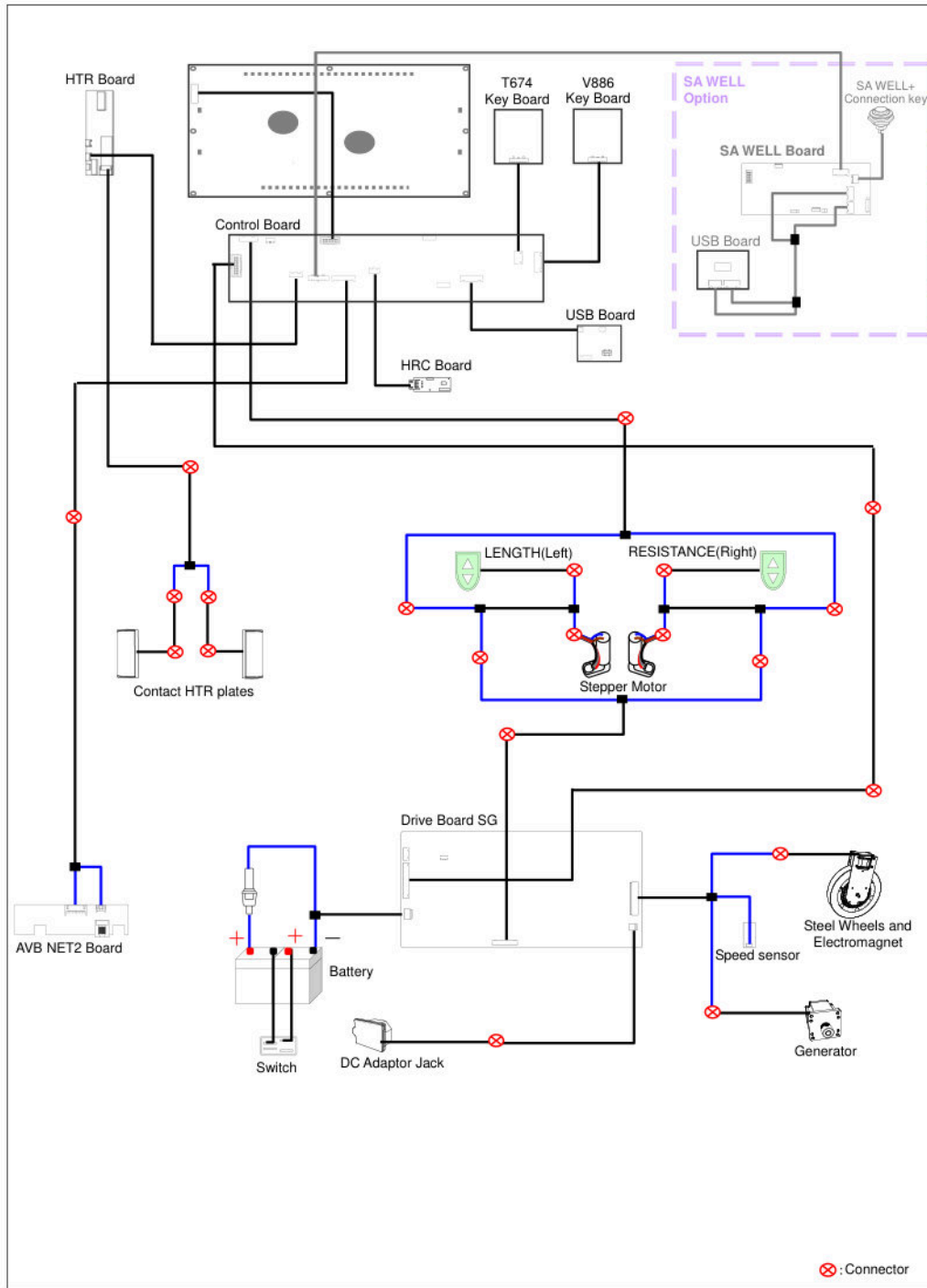


12. APPENDIXES

APPENDIX Specifications

Model	E874
Dimensions	L : 2085 mm (82") W : 680 mm (26.8") H : 1765 mm (69.5")
Overall Weight	151 kg (333 lbs)
Maximum User Weight	205 kg (450 lbs)
Power Requirement	Self-generating

APPENDIX Electronics Block Diagram

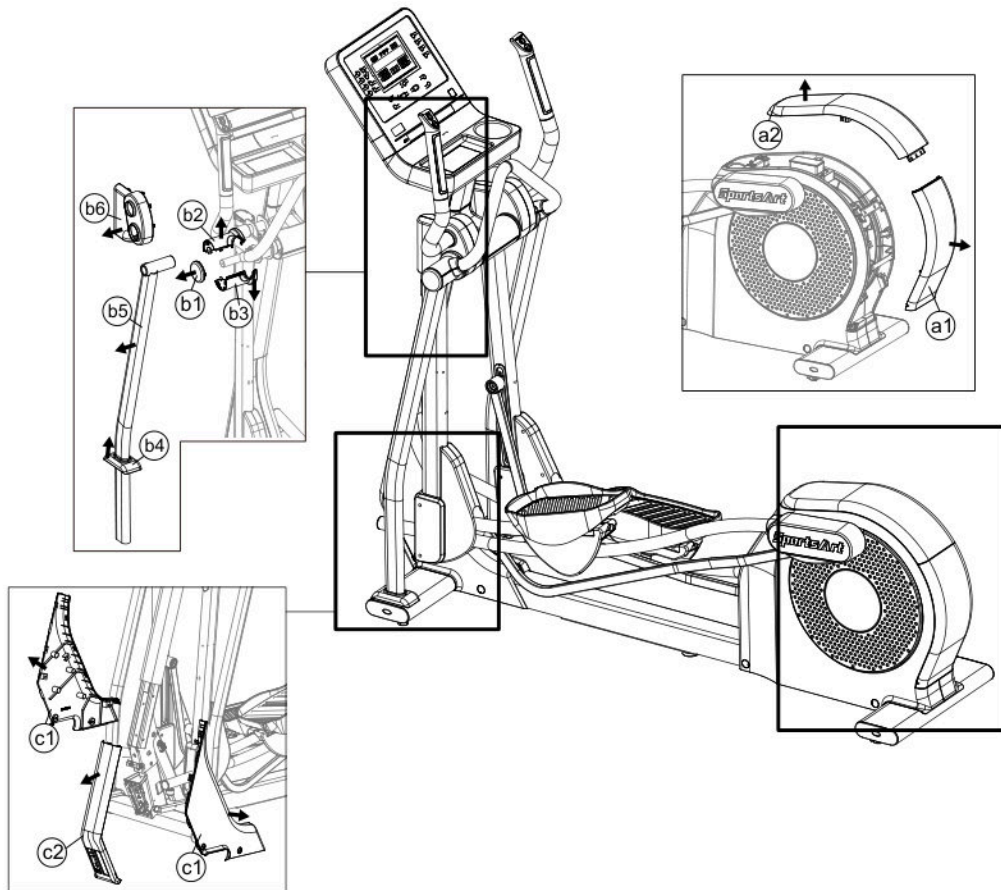


APPENDIX Exploded Diagrams

Note: We reserve the right to revise the following diagrams at any time without notice to notify any person of such revisions. Please visit our official website www.gosportsart.com for the latest version.

APPENDIX Disassembly

- (a) Main Frame
- (b) Lift Motor Assembly
- (c) Front Base Cover



Your Authorized Distributor