

E876 OWNER'S MANUAL CONTENTS

1. INTRODUCTION	3
2. SAFETY PRECAUTIONS	4
3. WARNING LABEL POSITION	6
4. LIST OF PARTS	7
5. ASSEMBLE THE PRODUCT	9
STEP 1 Install the Main Frame	9
STEP 2 Install the Moving Parts	10
STEP 3 Install the Support Tubes	12
STEP 4 Install the Stationary Handlebar	13
STEP 5 Install the Console	14
STEP 6 Install the Pedals	15
STEP 7 Install the Pedestal Covers	16
STEP 8 Move the Product into Place	17
STEP 9 Level the Product	18
STEP 10 Ground Wire	19
STEP 11 Beware of Moving Parts	20
STEP 12 Essential Functions Guide	21
STEP 13 Battery Switch	22
6. UNDERSTAND THE E876 DISPLAY	23
DISPLAY Overview	23
DISPLAY Console Panel	23
DISPLAY Windows Display	25
DISPLAY Specifications	26
7. OPERATE THE PRODUCT	27
OPERATION Safe Operating Area	27
OPERATION Safely Get On/Off	28
OPERATION Proper Workout Position	29
OPERATION Start Screen	30
OPERATION Quick Start	30
OPERATION User Setting Procedure	30
OPERATION Workout Programs	32
OPERATION During Exercise	34
OPERATION Cool Down	34
OPERATION Stop Exercise	35
OPERATION Workout Summary	35
OPERATION Idle Mode	35
OPERATION Energy Smart Function	35
OPERATION User Parameter Setting	36
8. ABOUT HEART RATE DETECTION	38
HEART RATE Telemetry	38
HEART RATE Contact	38

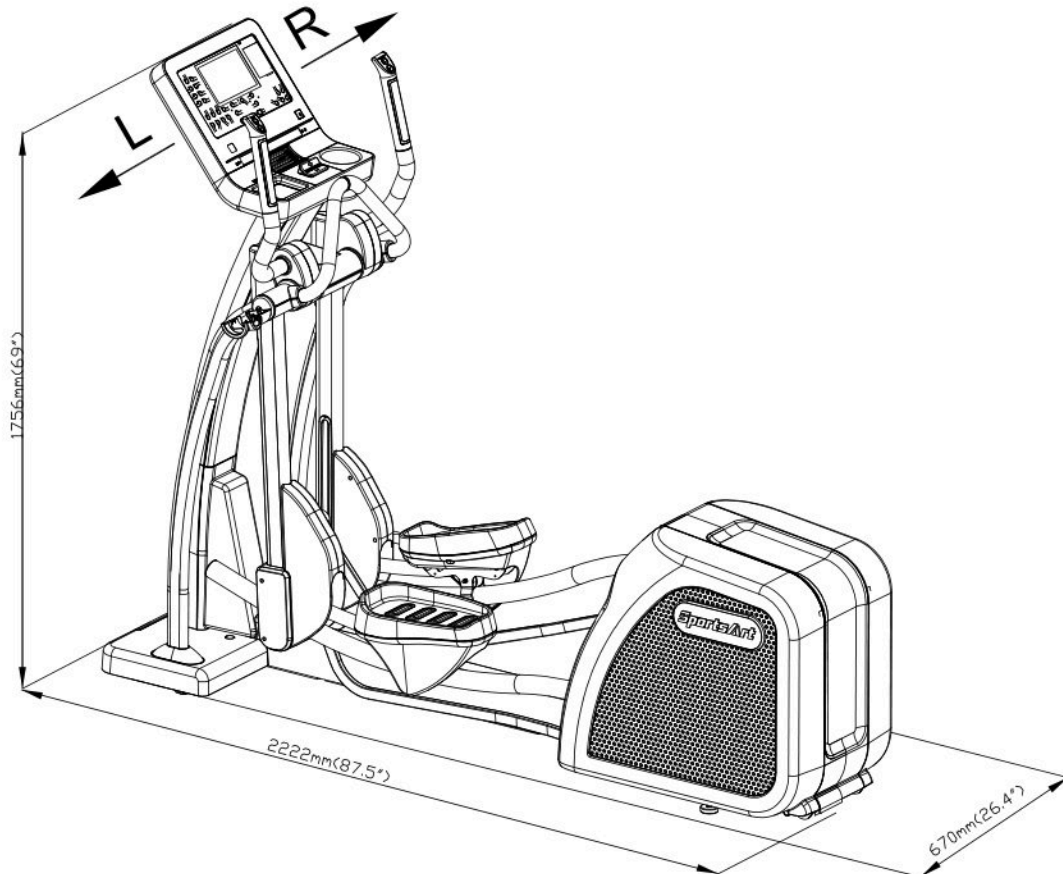
E876 OWNER'S MANUAL CONTENTS

9. GUIDELINES FOR EXERCISE	39
10. MAINTENANCE	40
MAINTENANCE Safety Precautions	40
MAINTENANCE Error Messages	41
MAINTENANCE Messages	42
MAINTENANCE Lubrication	42
MAINTENANCE Lubrication Procedure	43
MAINTENANCE Cleaning the Glide Rails	44
MAINTENANCE Schedule	45
11. ACCESSORIES	46
ACCESSORIES Standard	46
ACCESSORIES Option	47
ACCESSORIES MYE Wireless TV Audio_Channel Receivers	49
12. APPENDIXES	50
APPENDIXES Specifications	50
APPENDIXES Electronics Block Diagram	51
APPENDIXES Exploded Diagrams.....	52
APPENDIXES Disassembly	55

1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the E876 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

Your SportsArt elliptical trainer was designed and built for optimum safety. However certain precautions apply whenever you use your elliptical trainer. Please read the entire manual before assembly and operation. Also, please note the following safety precautions:

- Please read the instructions carefully and install the elliptical trainer as instructed.
- Assemble and operate the elliptical trainer on a solid, level surface. DO NOT use outdoors or near water.
- Check the elliptical trainer before every use. Make sure all parts are assembled, and all fasteners are tightened. DO NOT use the elliptical trainer if the unit is disassembled in any way.
- Keep your hands away from moving parts.
- Wear proper workout clothing; DO NOT wear loose clothing. DO NOT wear shoes with leather soles or high heels. Tie all long hair back. DO NOT go barefoot on this product.
- Be careful when mounting and dismounting the unit.
- The elliptical trainer may or may not stop immediately if an object becomes caught or impedes normal motion.
- 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 are not 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.
- Close supervision is necessary when this elliptical trainer is used by, on, or near children 12 or younger, invalids, or disabled persons.
- Use this elliptical trainer only for its intended use as described in this manual.
- Never operate this elliptical trainer if it has been damaged in any way. If it is not working properly, or has been dropped or damaged, contact your dealer.
- Keep all air ventilation areas free of blockage.
- Never drop or insert any object into any opening.
- DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
- The general user weight limit for this elliptical trainer is 150kg (330lb).
- Contact your SportsArt representatives on all materials damaged in shipment. (Note: Shipping damages are the responsibility of the carrier.)
- Unpack and verify contents of boxes according to the list of parts to check if any parts are missing.

2. SAFETY PRECAUTIONS (CONTINUED)

- This elliptical trainer is not intended for use by persons (including children 12 or younger) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of this elliptical trainer by a person responsible for their safety.
- Children 12 or younger should be supervised to ensure that they do not play on or near the product.
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but may also may present a danger to the exerciser.
- Warning that any of the adjustment devices that could interfere with the user's movement should not be left projecting.
- To reduce the risk of injury from moving parts of electric shock, unplug before cleaning or servicing.
- **WARNING** — This stationary training equipment is not suitable for high accuracy purposes.

Caution

If you feel any pain or abnormal sensation, **STOP YOUR WORKOUT** and consult your physician immediately. Work within your recommended exercise level. **DO NOT** work to exhaustion.

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination. **DO NOT** step onto the highest footplate. While holding onto supports for stability, step onto the lowest footplate.

Note: This equipment has been tested and found to comply with the limits for a 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 such interference, it is at the user's own expense.

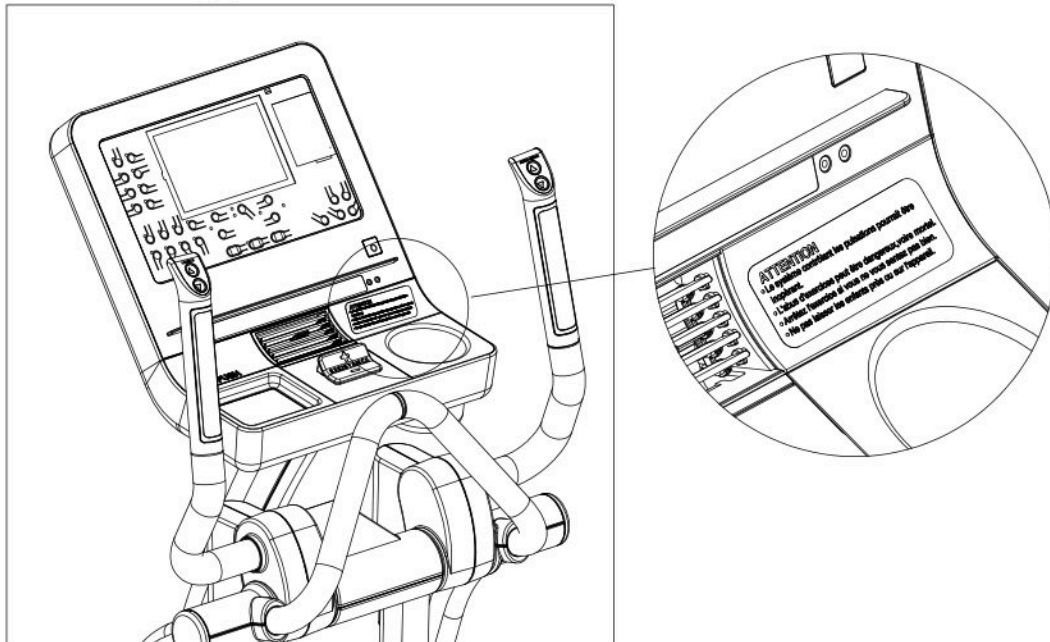
Warning

Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, stop exercise immediately.

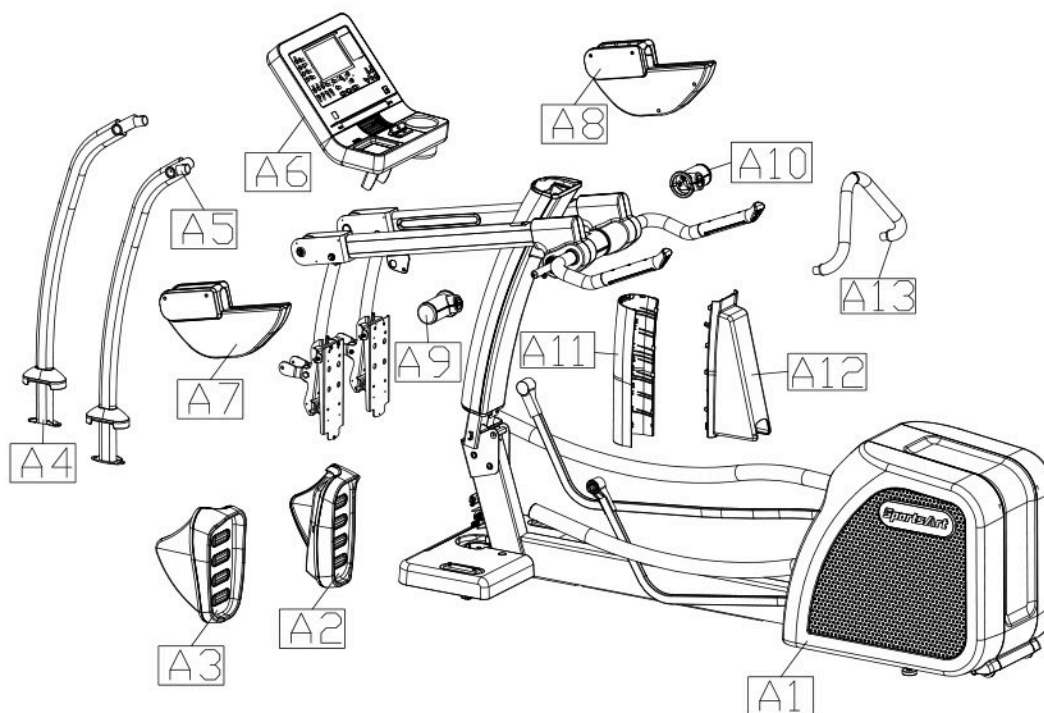
3. WARNING LABEL POSITION

If you are in a Non-English speaking country, you can attach the warning label to the console panel as shown, otherwise, you can also stick it on a place where is clear and obvious. (please use the French version label in French-Speaking areas in North America, and the label will not be included in the other regions.)

Note: Depending on the model, the appearance of the console is different, but the labeling position is the same.



4. LIST OF PARTS



Assembly Parts					
No.	Name	Qty.	No.	Name	Qty.
A1	Main frame	1	A8	Right roller cover	1
A2	Right pedal	1	A9	Left joint cover	1
A3	Left pedal	1	A10	Right joint cover	1
A4	Left support tube	1	A11	Pedestal cover B	1
A5	Right support tube	1	A12	Pedestal cover E	1
A6	Console	1	A13	Stationary handlebar	1
A7	Left roller cover	1			

4. LIST OF PARTS (CONTINUED)

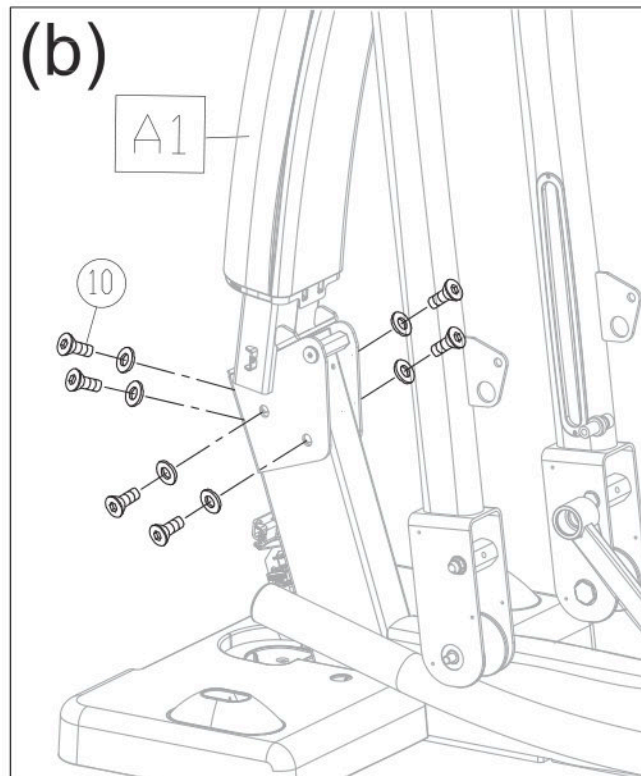
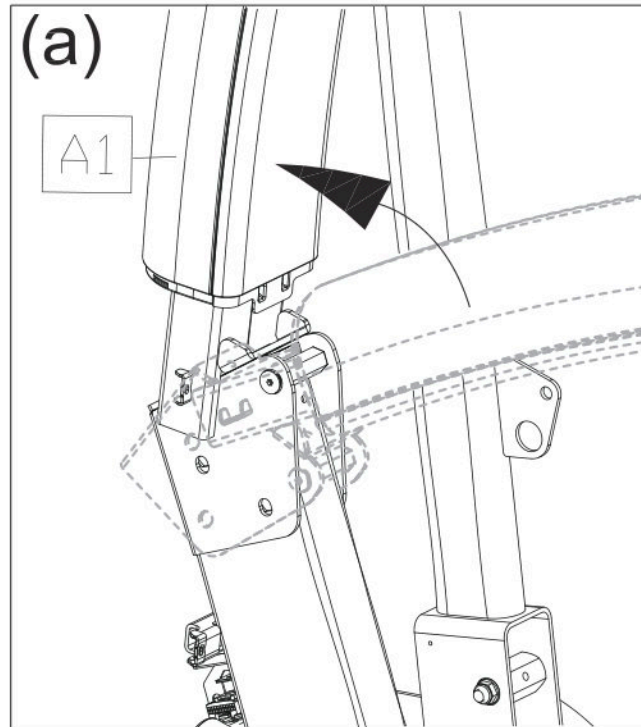
TOOLS KIT				
No.	Name	Qty.	Specification	Notes
10	Inner hex screw	6	M10*P1.5*L25	
	Spring washer	6	M10	
	Washer	6	D21*d10.5*t1.5	
11	Stride adjustment linkage cover	2		
12	Hex nut	2	M10*P1.5	
	Stopper	2	Ø30-30	
13	Secondary roller bolt	2	D9.96*L67	
	Self-lubricating bushing	4		
	Secondary roller	2	D58*t23	
	L-shaped Allen wrench	1	M4	
	L-shaped Allen wrench	1	M5	
	T-shaped Allen Wrench	1	M6*L108	
	Double Open-End Wrench	1	8mm*17mm	
	Double Open-End Wrench	1	14mm*15mm	
	Screwdriver handle	1	black	
	Screwdriver bit	1	Flat and Phillips	

Pre-Installed Hardware			
No.	Name	Specification	Notes
21	Phillips screw	M4*P0.7*L8	
22	Inner hex screw	5/16"*L2-1/4" half	
	Flat washer	D20*d8*t2.0	
23	Inner hex screw	M6*L15	
	Handlebar washer	D20*d7*t2.0	
24	Mushroom top inner hex screw	M8*L15	
	Flat washer	D17*d8.3*t2	
	Spring washer	M8	
25	Inner hex screw	M6*L15	
	Handlebar washer	D20*d7*t2.0	
26	Phillips screw	M5*P0.8*L15	
27	Mushroom top Phillips screw	M5*0.8*L16	
28	Pedestal cover		
29	Inner hex screw	M8	
30	Mushroom top philips screw	M4*L12	
31	Mushroom top Phillips screw	M5*0.8*L15	
32	Inner hex screw	M5*L16	

5. ASSEMBLE THE PRODUCT

STEP 1 Install the Main Frame

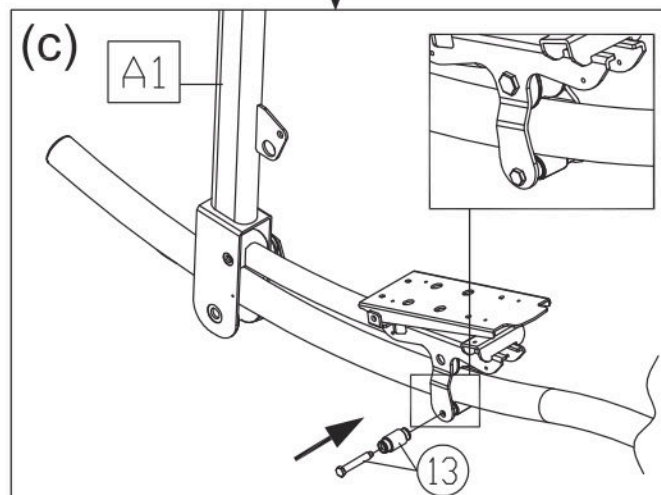
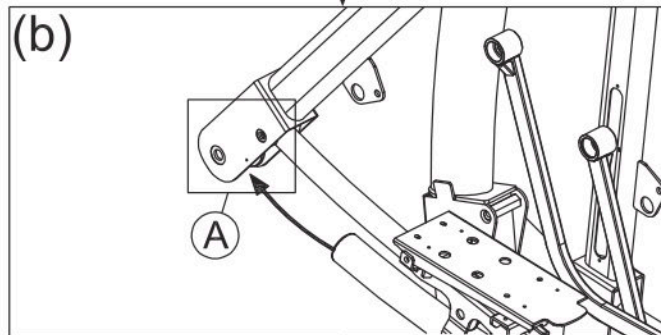
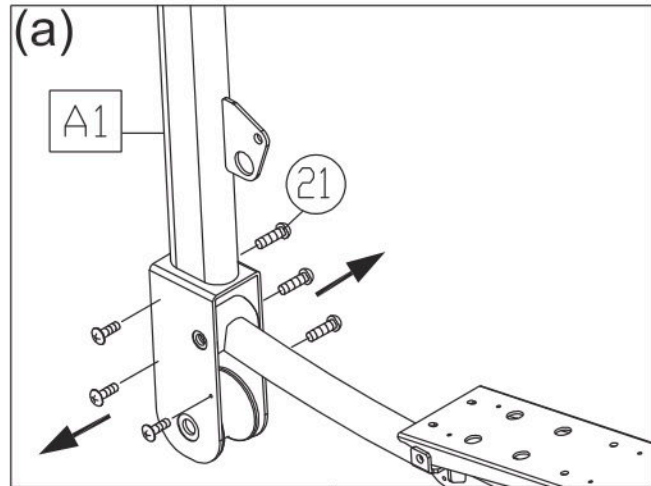
- (a) Unfold the main frame (A1) and make it stand.
- (b) Secure screws (10) to the main frame.



STEP 2 Install the Moving Parts

Follow instructions (a) through (f) to install the moving parts.

- (a) Remove screws (21) from the pedal arm attached to the main frame (A1).
- (b) Slip the glide rail into (area A), then gently place the pedal carriage on the glide rail support.
- (c) Connect the guide roller (13) on the bottom of the glide rail. (NOTE: insert the axle from the outside to the inside.)

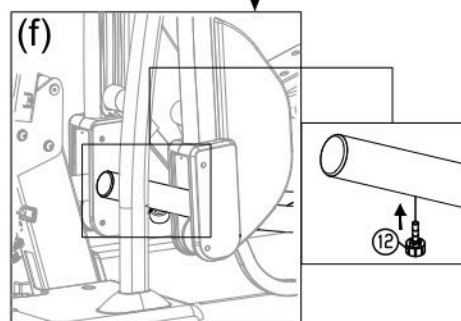
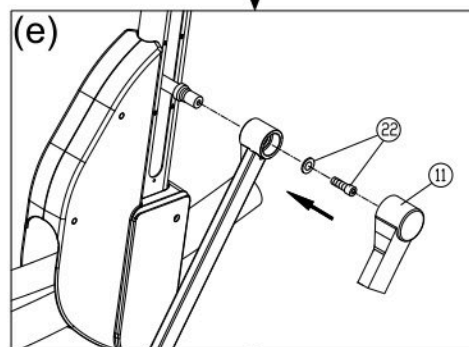
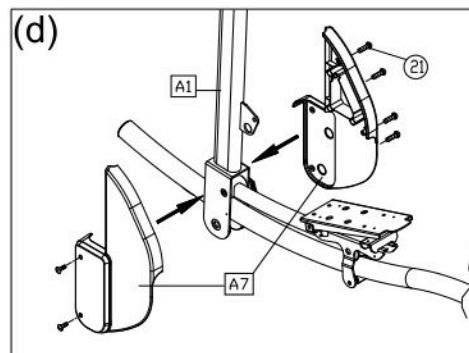


STEP 2 Install the Moving Parts (Continued)

- (d) Separate the roller covers (A7). Snap them together into place on the product. Then secure them with screws (21).
- (e) On the left side of the product, remove the screw (22) from the stride adjustment linkage. Place the stride adjustment linkage into place on the bushing, and use the screw (22) to secure it into place. Then press the stride adjustment linkage cover (11) into place. (Note: Carry out the same procedure on the right side of the product as well.)
- (f) Secure the stopper (12) to the front side of the glide rail on both sides of the product.



Consult the manual and follow all assembly instructions carefully. Please note that incorrect assembly may present a danger to the exerciser, will damage the elliptical and void the warranty.

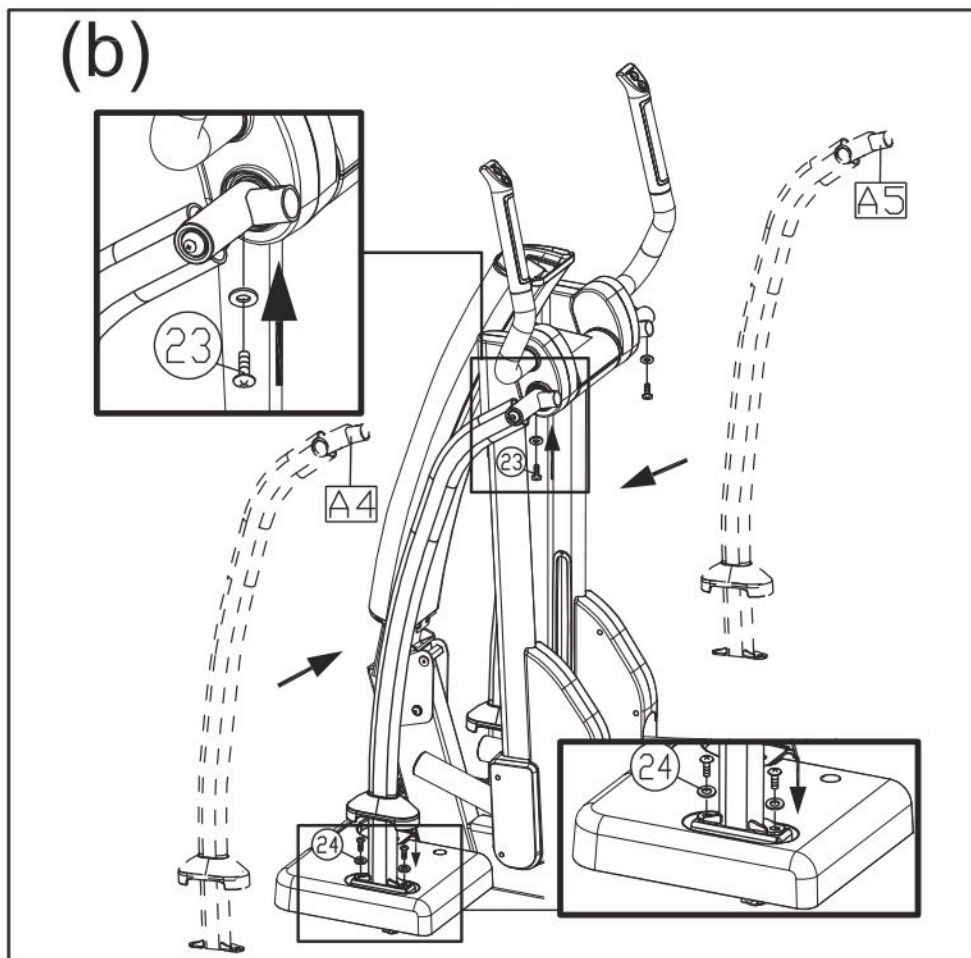
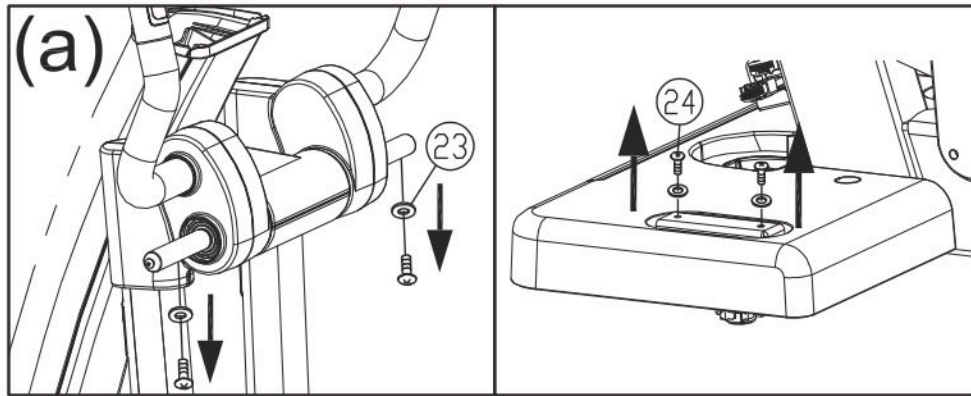


STEP 3 Install the Support Tubes

Follow steps (a) through (b) to install the support tubes.

(a) Remove support tube screws (23) (24) from the main frame (A1).

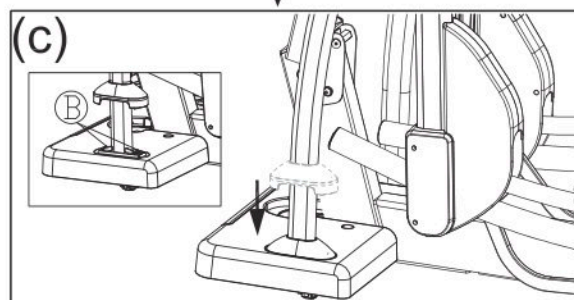
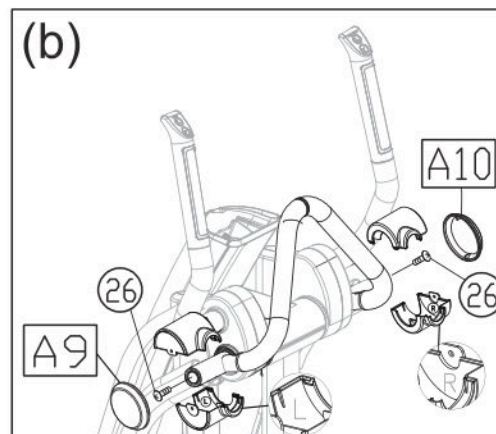
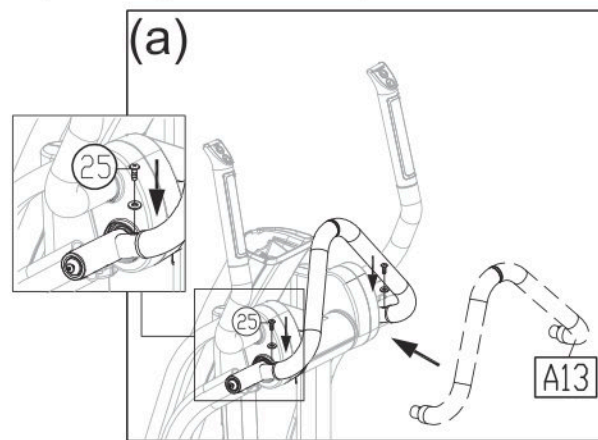
(b) Insert left and right support tubes (A4,A5) into the axle area and base, and loosely secure them into place with screws (23) (24)



STEP 4 Install the Stationary Handlebar

Follow instructions (a) through (c) to install the stationary handlebar and secure the support tubes.

- (a) Remove screws (25) from the stationary handlebar (A13). Insert the stationary handlebar (A13) into place on the support tubes, and secure them with screw (25).
- (b) Remove screws (26) from the sides of the left and right support tubes (A4) (A5). Snap joint covers (A9) (A10) together from top to bottom, and use screws (26) to secure them.
- (c) Tightly secure screws in (area B), and insert the support tubes into the base frame by a straight downward push.

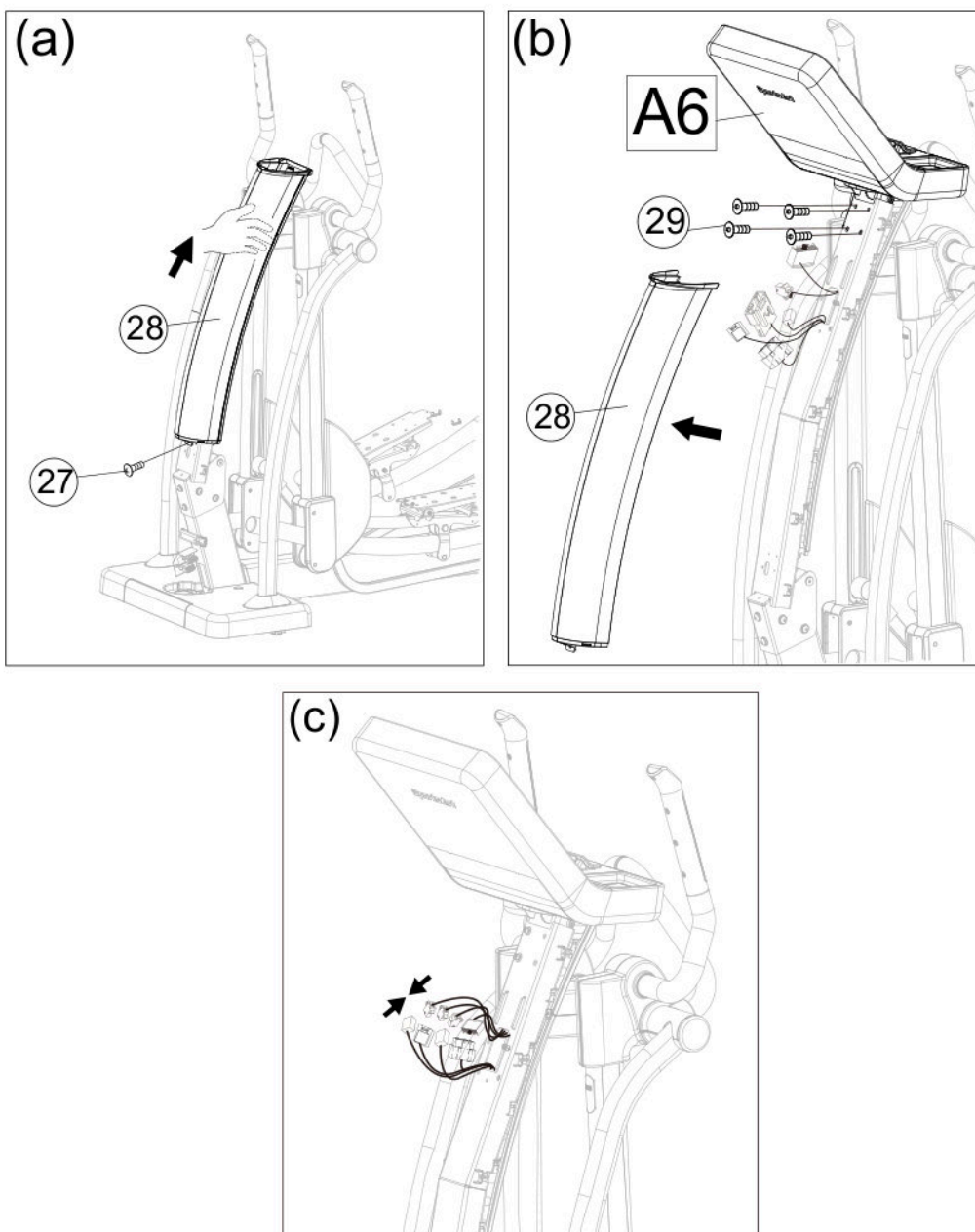


STEP 5 Install the Console

Follow instructions (a) through (c) to install the console.

- (a) Remove screws (27), then pull the pedestal cover (28) upward and remove it.
- (b) Connect the cables of the console to the pedestal, and then secure the console into place with screw (29).
- (c) Connect the cables of the main frame to the cables of the console (A6), and then tuck the cables back into the pedestal.

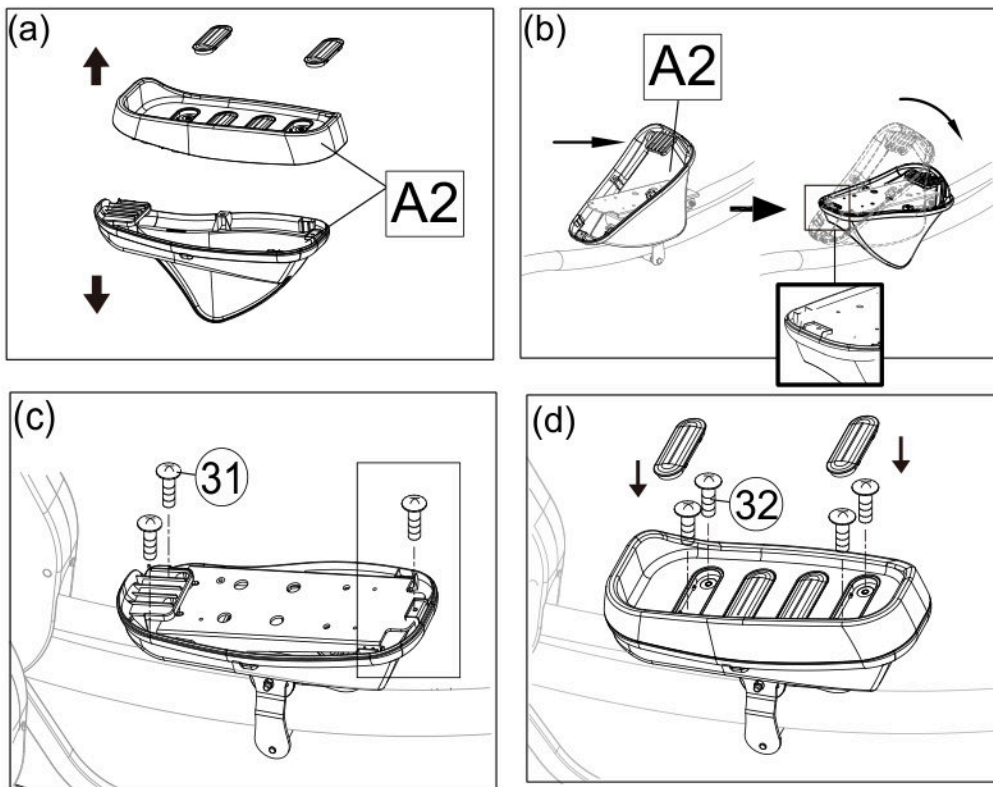
NOTE: Do not unpack the cables if the console is not secured.



STEP 6 Install the Pedals

Follow instructions (a) through (d) to install the pedals.

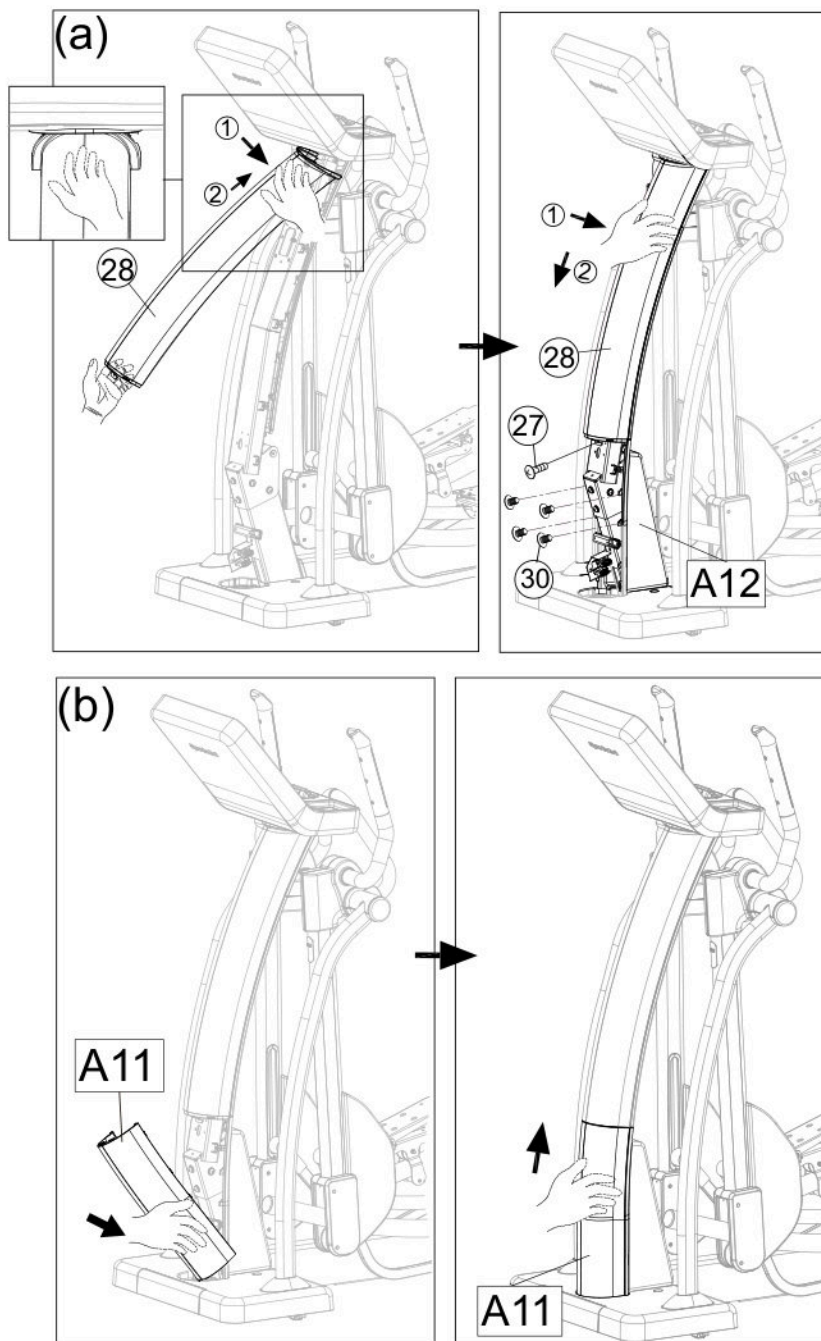
- (a) Vertically split the right pedal (A2) with upper and lower halves, and then remove the non-slip pads on it. Repeat the same step with the left pedal.
- (b) Install the lower half of the right pedal (A2) at a tilt angle as shown below, and then press it into place. Repeat the same step with the left pedal.
- (c) Secure the lower half of the right pedal with screw (31), and be sure to secure the screws in the rectangular frame shown in figure (c) first. Repeat the same step with the left pedal.
- (d) Align the upper half of the right pedal to the lower half, and secure them with screw (32), then install the non-slip pads to the upper half of the right pedal. Repeat the same step with the left pedal.



STEP 7 Install the Pedestal Covers

Follow instructions (a) through (b) to install the pedestal covers.

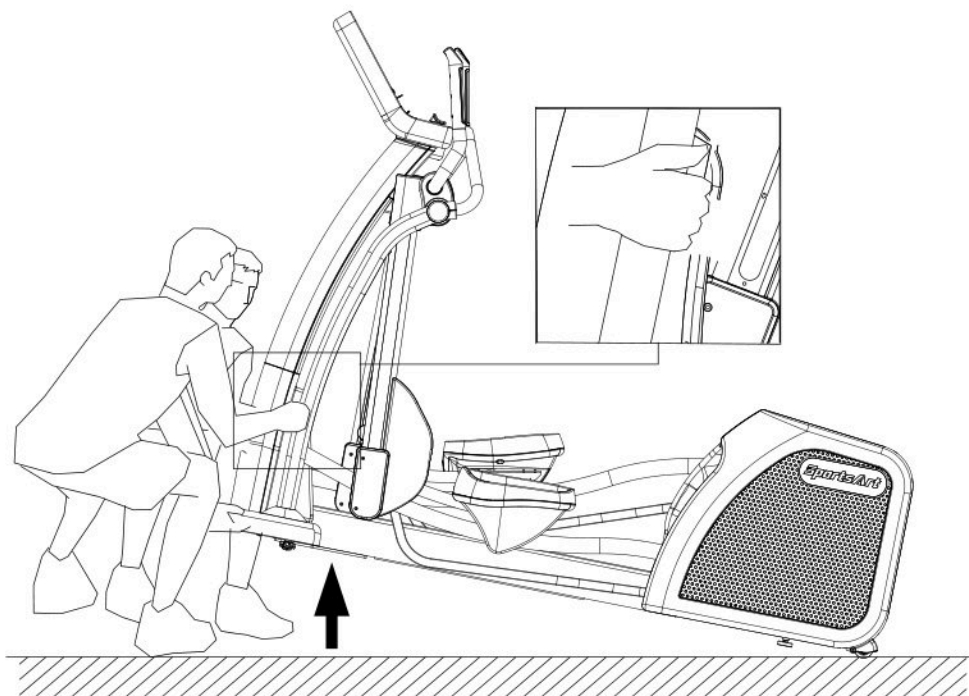
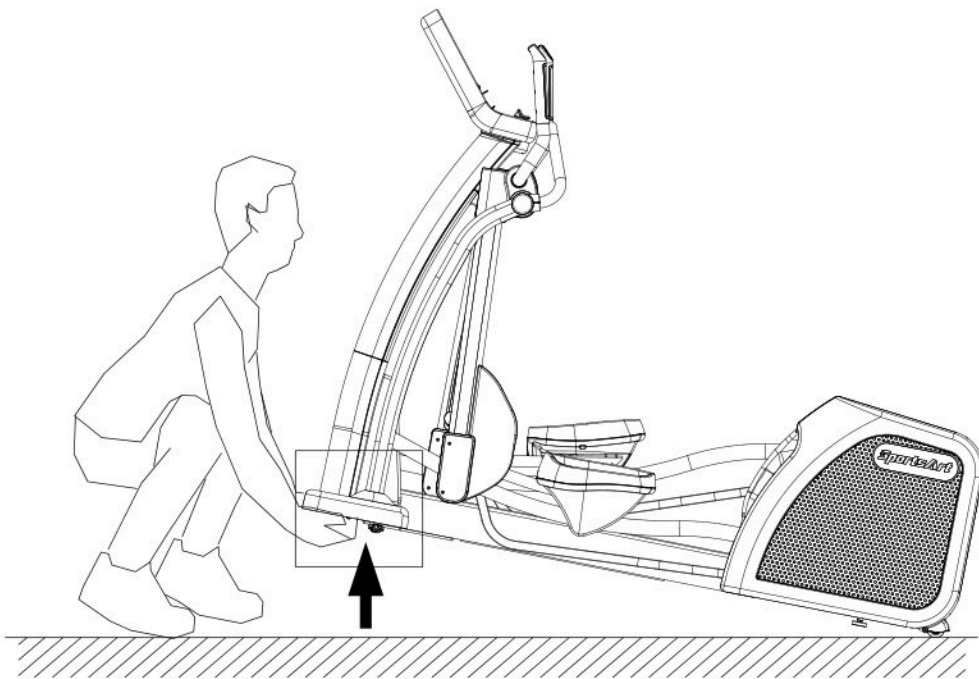
- (a) Insert the pedestal cover (28) to the console at a tilt angle as shown in figure (a), and then place the pedestal cover onto the mount by a downward push. Once it is locked completely, secure it with screw (27), and then secure the pedestal cover E (A12) with screw (30).
- (b) Insert the pedestal cover B (A11) to the base frame at a tilt angle as shown in figure (b), and then engage the pedestal cover B with pedestal cover E (A12). Once it is locked completely, fix it firmly in position by an upward push.



STEP 8 Move the Product into Place

There are two techniques for moving this product.

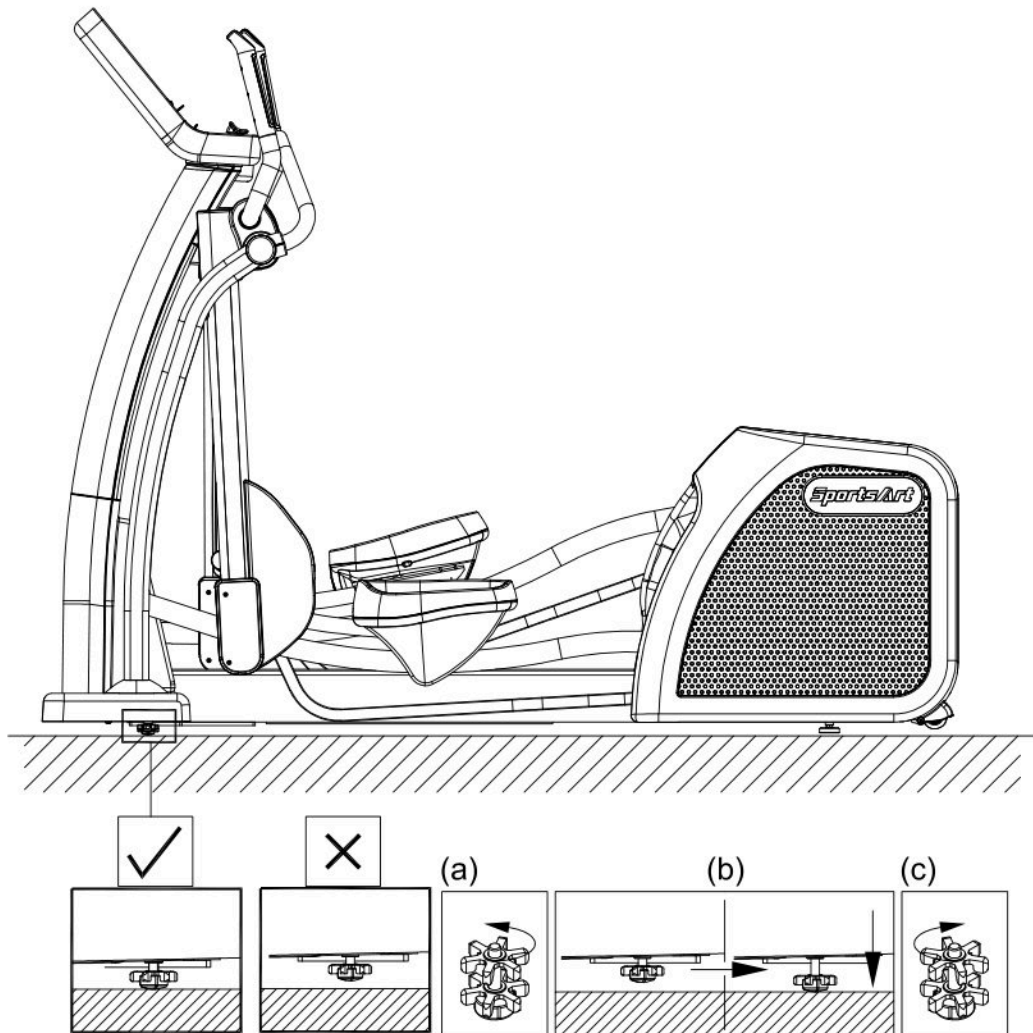
- (a) One person: Grip the front base of the product and lift upward, then push the product into location for use. Be careful to avoid pinching fingers when setting the product down.
- (b) Two people: Have one person grip the front base of the product while the other person grips the support tubes. With both people lifting and stabilizing the unit, roll it into place for use. Be careful to avoid pinching fingers when setting the product down.



STEP 9 Level the Product

For the user's safety and the proper functioning of the product, this elliptical trainer must sit level on a flat floor. If necessary, adjust the levelers by following instructions (a) through (c) below.

- (a) Loosen the leveler nut.
- (b) Rotate the leveler foot downward so it firmly touches the floor.
- (c) To secure this position, secure the leveler nut upward against the product frame.



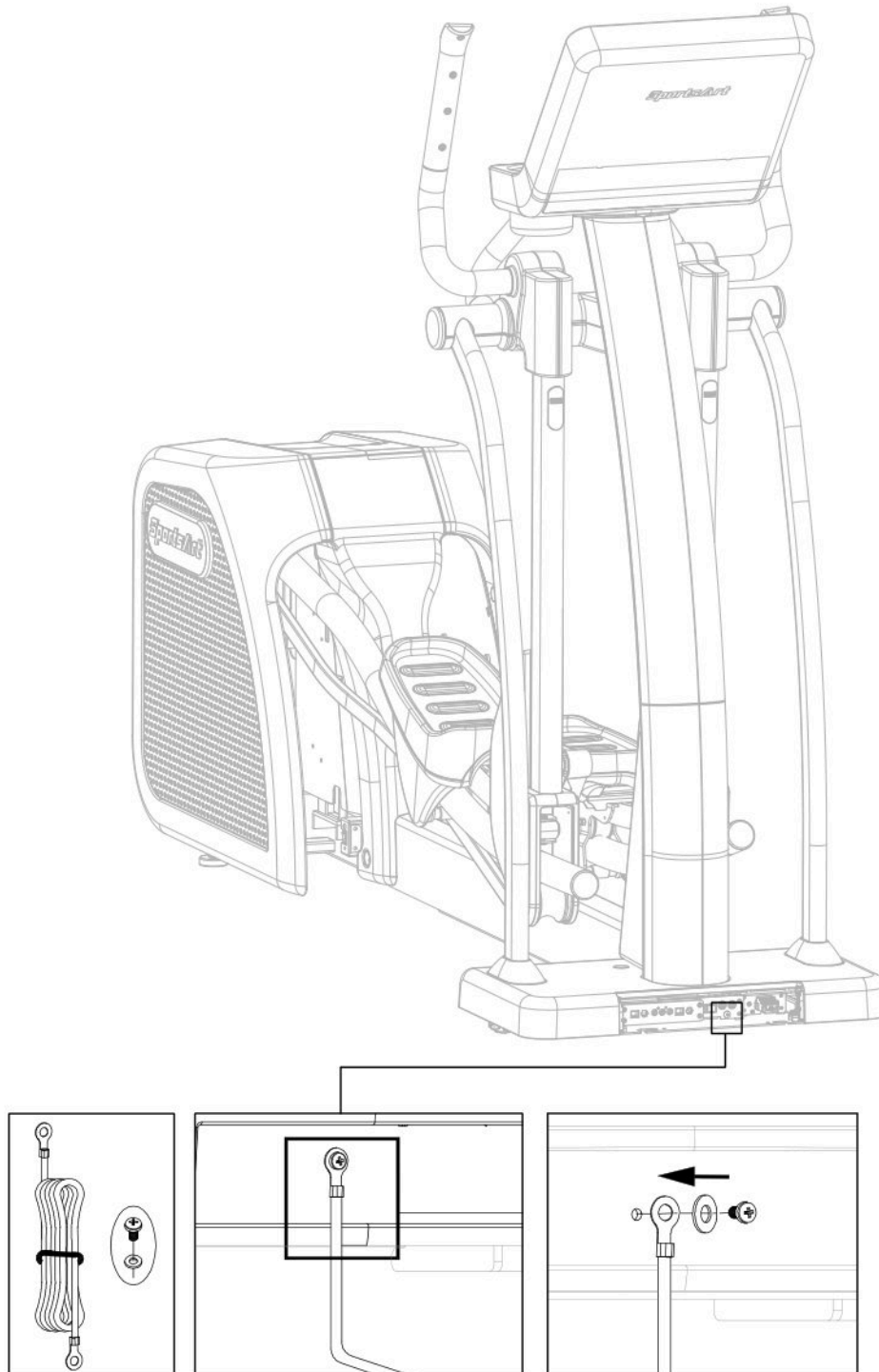
STEP 10 Ground Wire

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

For safety, please connect this wire between the machine and the ground actually.

Assembly Instruction: As shown in the picture, please screw the ground wire to the frame and the other end to the ground of the room.

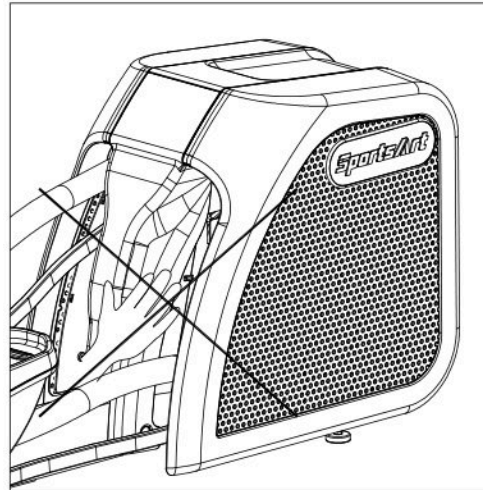
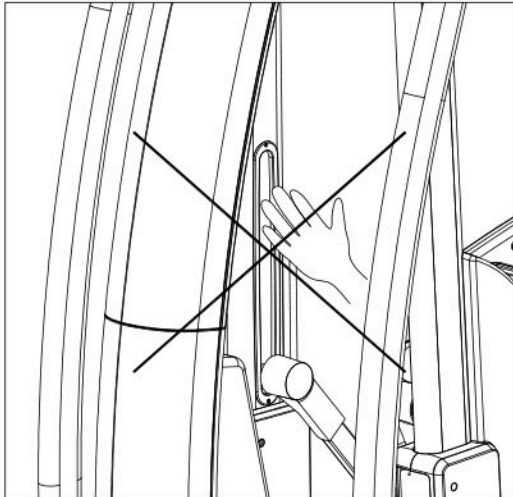
The picture below is for your reference.



STEP 11 Beware of Moving Parts

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

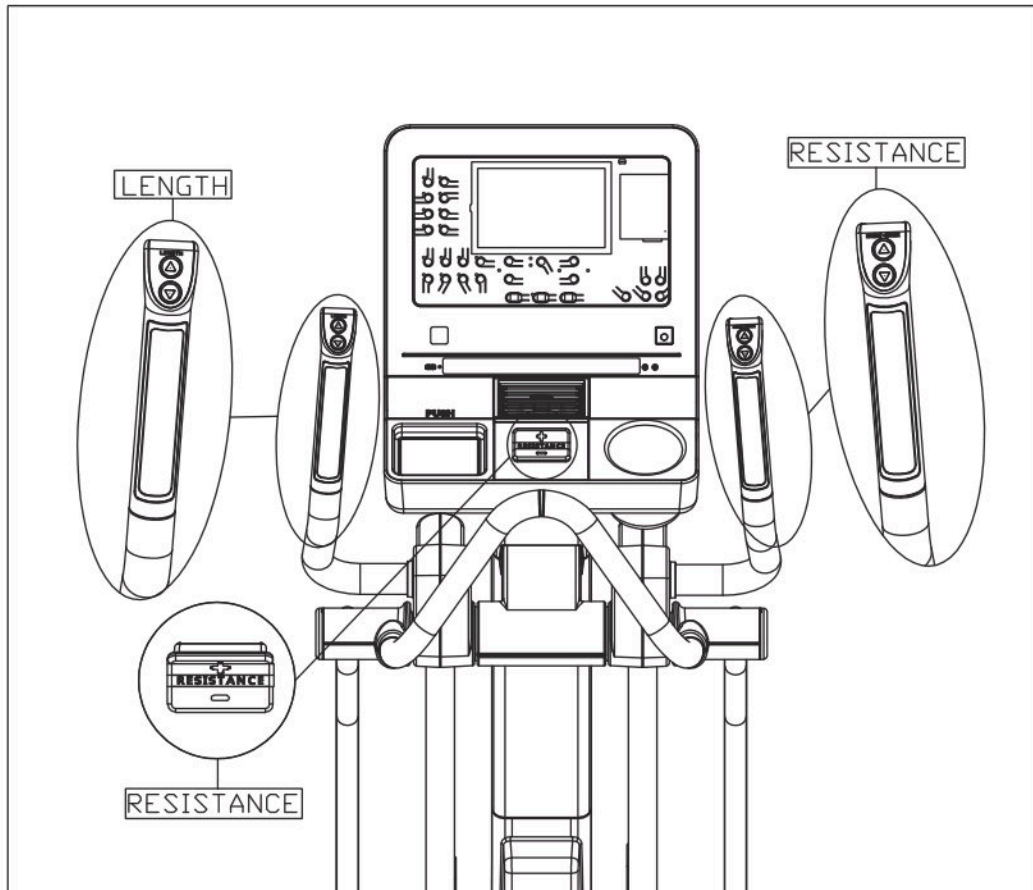
During use, do not put hands or other objects into the stride adjustment slot, the rear cover opening, or other areas in which such action might present a hazard.



STEP 12 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.



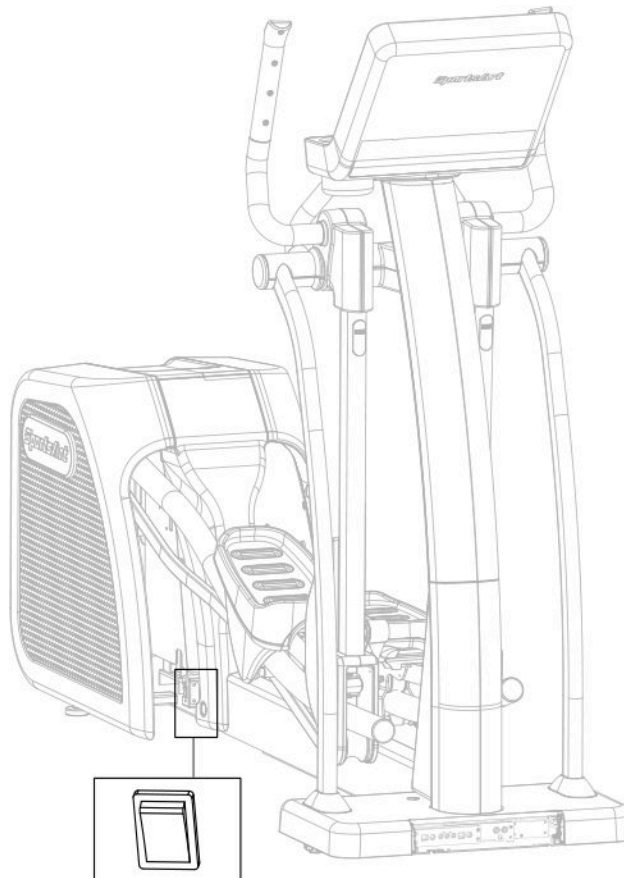
STEP 13 Battery Switch

Before start using make sure that the battery switch on the unit is turned on.

- 0-1. The unit can generate its own power. The battery is a backup powersource in case of insufficient power which may cause the unit fail to work.
- 0-2. Give E876 a proper charge for a minimum of 2 hours before using it for the first time after finished assembling the unit.
- 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.

Specification of Battery Charger:

- (1) Input voltage: AC100-240V, 50/60Hz
- (2) Output voltage: 33 V
- (3) Rated Output Current: 1.9A
- (4) Output connector: DC:2.1,
- (5) Diameters & specifications of the plug:
Outside diameter: 5.5mm / inside diameter: 2.1mm.
Potential: positive inside, negative outside.



6. UNDERSTAND E876 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

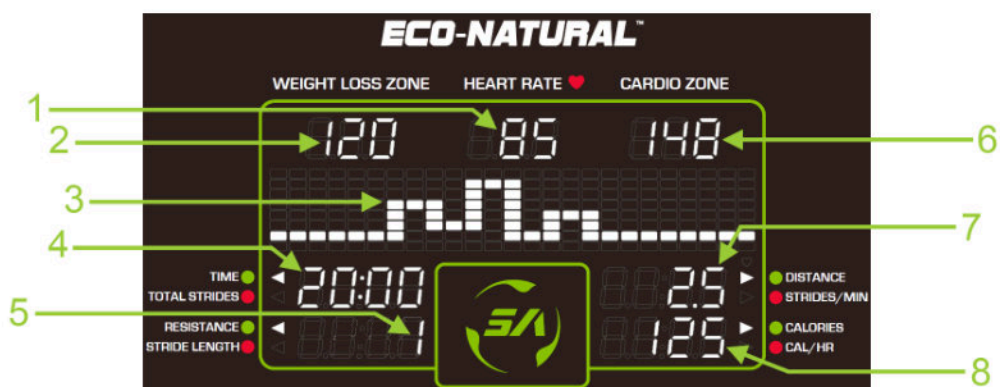


No.	Title	Function
1	LCD Window	Display the data of " RESISTANCE,TIME, DISTANCE, HEART RATE, CALORIES ".
2	GOAL Select Area	Options: TIME, DISTANCE,CALORIES.
3	STRIDE▲/▼	Press this key to change stride settings. Settings change by one value each time the key is pressed
4	PROGRAMS Select Area	MANUAL, INTERVAL, PLATEAU, RANDOM, VARI-STRIDE, FIT TEST, CUSTOM HR, WT LOSS CARDIO.
5	ENTER	After entering data, press <ENTER> to confirm.
6	QUICK START	Skip the program selection and setting to start training instantly.

DISPLAY Console Panel (Continued)

No.	Title	Function
7	QR code and NFC tag	(1) Without the SA WELL+: Only link to SPORTSART website when scanning the QR CODE and NFC label. (2) With the SA WELL+: Use the APP on your mobile scanning the QR CODE and NFC label to connect to the elliptical trainer to your personal exercise records.
8	USB Port	Used for software updates but can also be used as a charging port.
9	SA WELL+ Device	Data management(This function is only available if you purchase SA WELL+)
10	RESISTANCE+ -	Press <RESISTANCE +/-> to set the resistance.
11	Numeric Keypad	Press these keys to directly input numeric values.
12	CHANGE DISPLAY	Press this key to switch the message on the LCD display window.
13	Fan Speed Switching	Cycles thru 3 different fan speeds.
14	TV WIRELESS AUDIO RECEIVER Control Area	Change volume and TV audio channel (in conjunction with MYE option)
15	Wake Button	Press this key to wake-up the console panel.
16	Headphone Port	Plug in the headphone to hear the sound from the TV WIRELESS AUDIO RECEIVER.
17	STOP	Press this key to stop the elliptical trainer; Hold this key to return to the start screen.

DISPLAY Window Display



No.	Function
1	Display the data of your heart rate value. (Displayed when BOTH HANDS hold on the sensor.)
2	The WT LOSS 65% heart rate value.
3	Display the messages or the illustration.
4	TIME : Display the total time of the workout or the remaining time to exercise. TOTAL STRIDES : Display your total strides.
5	RESISTANCE : Display your current resistance. STRIDE LENGTH : Display your current stride length.
6	The CARDIO 80% heart rate value.
7	DISTANCE : Display the total distance of the workout or the remaining distance to exercise. STRIDES/MIN : Displays your current SPM.
8	CALORIES : Display the calories you have burned during the exercise. CAL/HR : Display the calories that you have burned per hour.

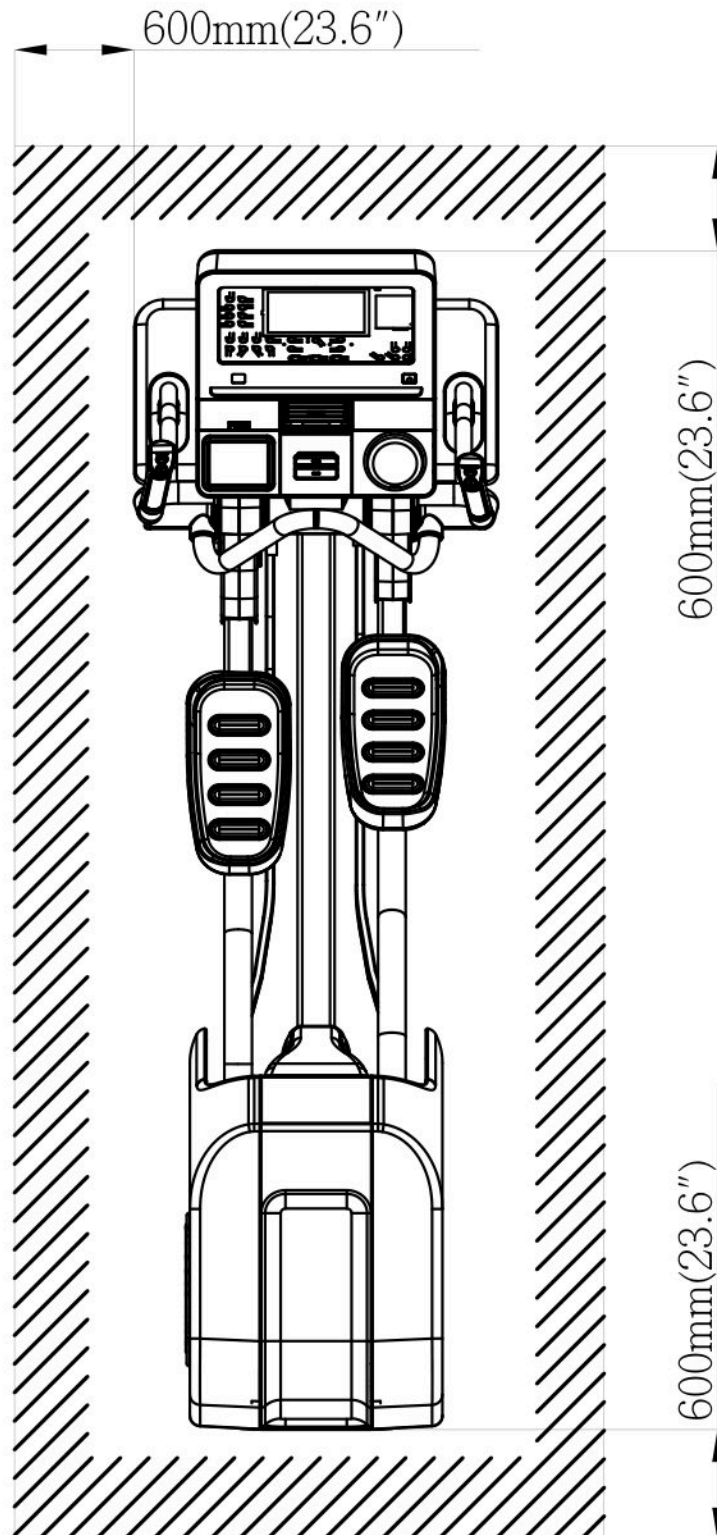
DISPLAY Specifications

Parameter	Spec.
RESISTANCE	1-40
STRIDE LENGTH	17 - 29 inch (450 - 730mm)
CAL/HR	0-9999 K-CAL
TIME	0:00-99:59 , 100-9999
DISTANCE	0.00-9999 Mile/KM (display maximum of 2 decimal places)
CALORIES	0-9999 K-CAL
SPM	5-150
HEART RATE	35-255 bpm

7. OPERATE THE PRODUCT

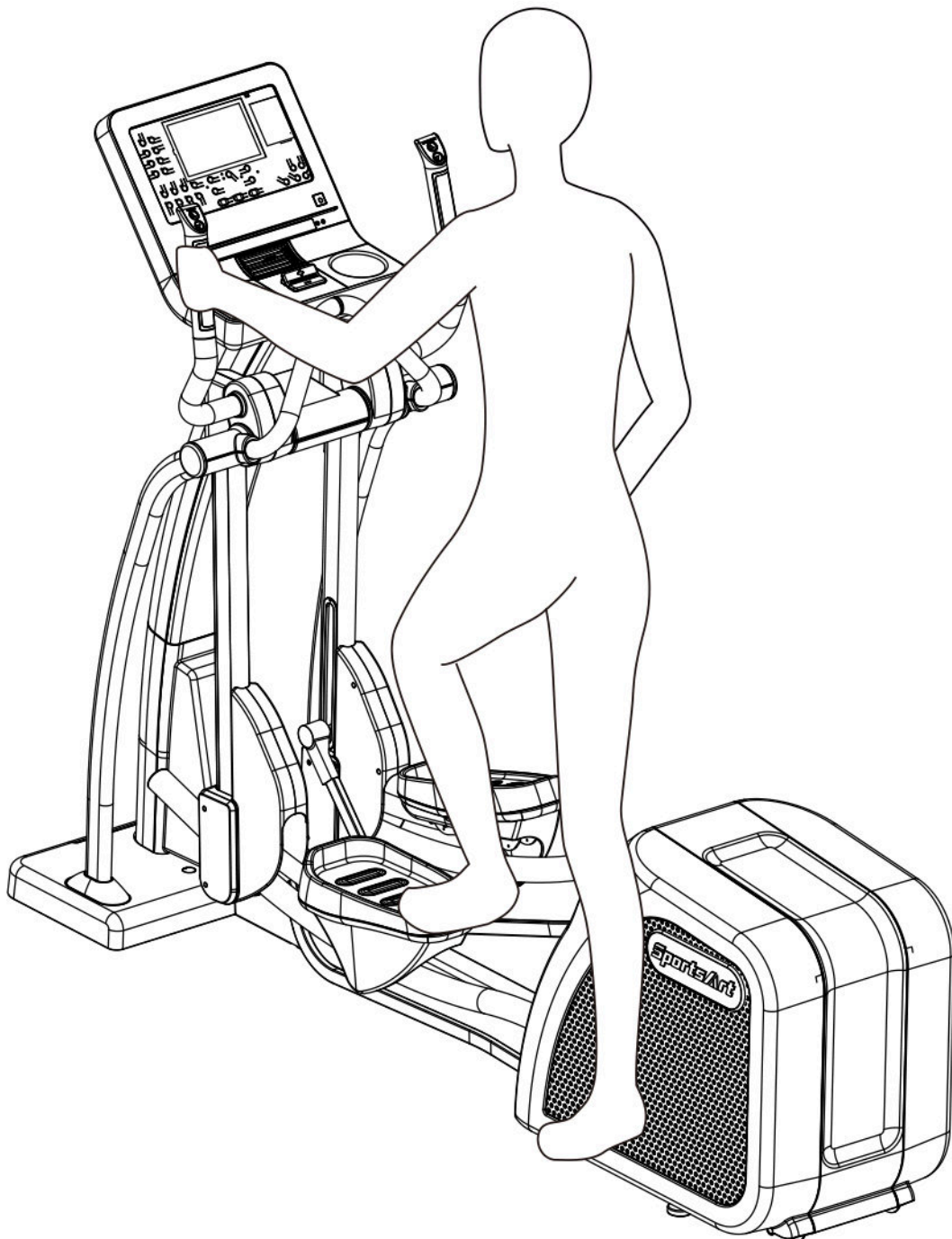
OPERATION Safe Operating Area

- (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.



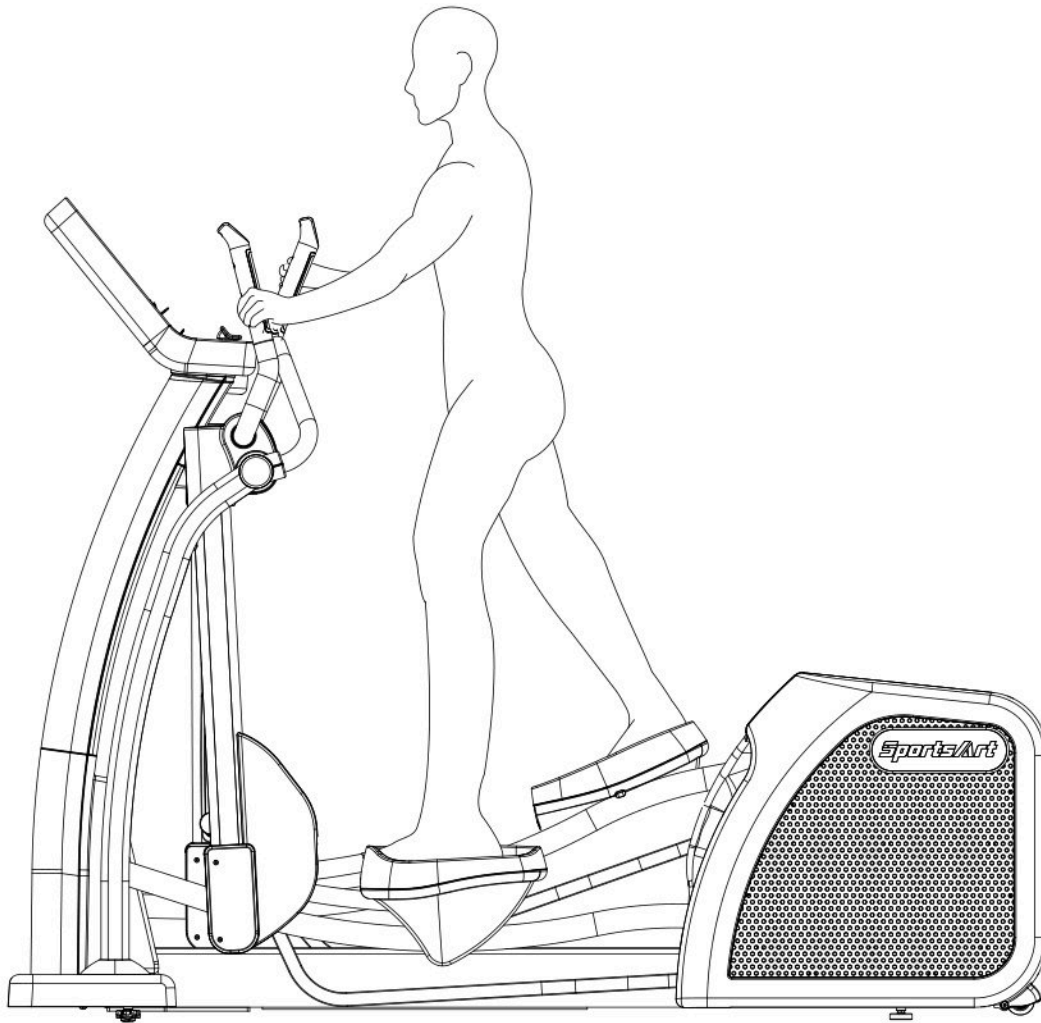
OPERATION **Safely Get On/Off**

- (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.



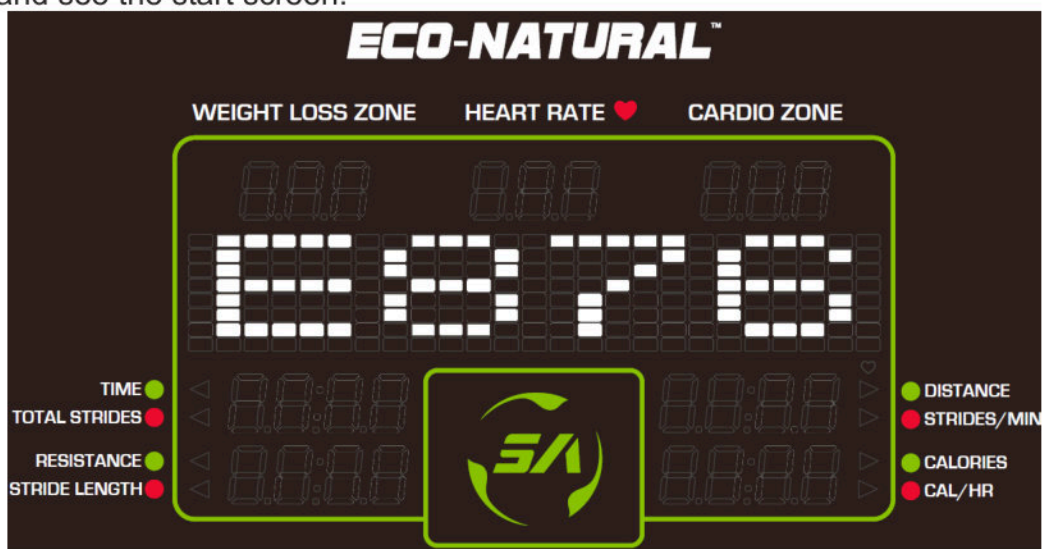
OPERATION **Proper Workout Position**

- (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

Press the wake button (at the bottom right of the panel) or step on the pedal to start the machine. After started, you will hear the BEEP sound and see the start screen.



OPERATION Quick Start

QUICK START key 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.

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) Select your desired program from PROGRAM menu and press <ENTER>, and then proceed to workout goal setting.

(2) Select your target goal from GOAL menu and press <ENTER>, and then proceed to set the goal values. (The program is preset at MANUAL)

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.

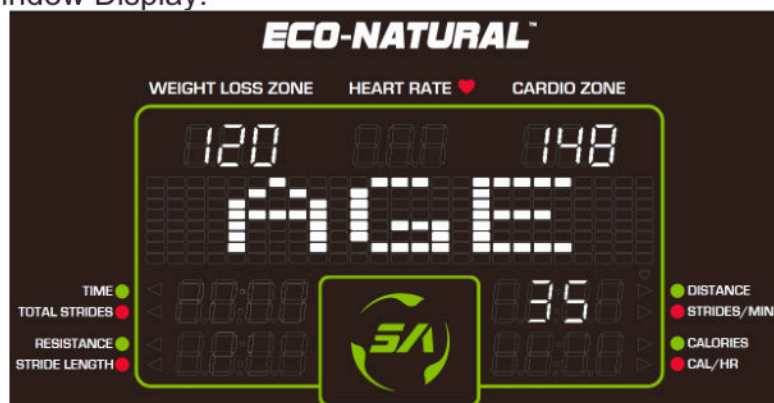
OPERATION User Setting Procedure (Continued)

Pattern	Instruction
	Select <TIME> as your workout goal, the <TIME> button light will stay on and then proceed to time settings. The range is 5 - 300 minutes with the default of 30 minutes.
	Select <DISTANCE> as your workout goal, the <DISTANCE> button 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).
	Select <CALORIES> as your workout goal, the <CALORIES> button light will stay on and then proceed to calories settings. The range is 100 - 9999 kCal with the default of 100 kCal.

3. Age and Weight Setting

(1) AGE : The range is 10 - 99 years old with the default of 35 years old.

a. Window Display:



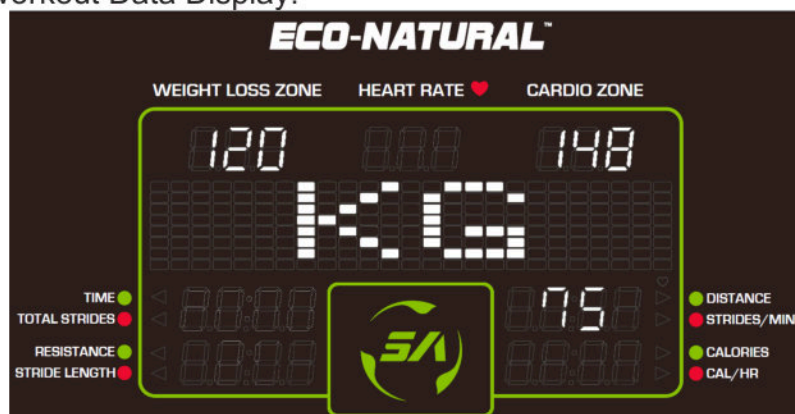
b. Press <RESISTANCE +/-> or number <0-9> to set your age.

c. Press <ENTER> to confirm and proceed to the weight settings.

d. You can also press <QUICK START> to start exercise directly with the preset workout values or the system default.

(2) WEIGHT : The range is 50-500 lb. (20-227 kg) with the default of 165 lb. / 75 kg.

a. Workout Data Display:



OPERATION User Setting Procedure (Continued)

- b. Press <RESISTANCE +/-> or number <0–9> to set your weight.
- c. Press <ENTER> to confirm and enter PROGRAM settings.
- d. You can also press <QUICK START> to start exercise directly with the preset workout values or the system default.

OPERATION Workout Programs

You can choose the desired program from the PROGRAM menu located at the bottom left corner of the display.

MANUAL:

The general mode. The resistance can be adjusted according to your own preference.

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) 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.

PLATEAU:

This program is to simulate to workout on the plateau, the change in resistance is shown in the picture below. The first and the last segment each accounts for 20% of the workout. The middle segment accounts for 60% of the workout.



RANDOM:

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

OPERATION Workout Programs (Continued)

VARI-STRIDE:

In this program, stride length changes automatically during a 20-minute, 30-minute, or 40-minute workout session. There are three programs: VARI-STRIDE 20; VARI-STRIDE 30; VARI-STRIDE 40.

Each time the VARI-STRIDE key is pressed, one of the three programs will appear. Press ENTER to select the desired program.

After selection, press ▲/▼ keys to set your maximum stride length when display shows "MAX STRIDE - XXX". Range is 25 - 29 inch (630 - 730mm), with a default setting of 25 inch (630mm). Then press the ENTER key to confirm your choice.

During program setting, you may press QUICK START to start the program right away. The maximum stride length can be adjusted during exercising by pressing STRIDE ▲/▼ keys.

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.

After you press the FIT TEST key, the display will show "STARTING TEST" to begin this program. The test is divided into 4 segments of 3 minutes; it will compare the actual Watts and the preset Watts in each segment and adjust the resistance accordingly.

During the test, the Red dot in the dot matrix window represents the target SPM and the orange dot represents the actual SPM. You want to match the actual SPM to the targeted value. The best SPM range during test is between 40SPM to 70SPM with targeted 50SPM. If the actual SPM is below 40SPM for more than 5 seconds, the display will ask you to "SPEED UP" and if it is above 70SPM for more than 5 seconds, it will ask you to "SPEED DOWN".

Following conditions occurs will end this test program:

1. STOP key is pressed.
2. Program time ends.
3. Actual Heart Rate is $> (220 - \text{Age}) \times 0.8$ for more than 15 seconds.
4. No heart rate detected for more than 30 seconds.
5. The speed is slower than 60SPM or faster than 90SPM for more than 5 seconds.

The message will display "END OF FIT TEST" and "YOUR SCORE - XXX". (The max score is 100 and min is 0)

OPERATION Workout Programs (Continued)

CUSTOM HR / WT LOSS / CARDIO:

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

- (1) The target heart rate for each program is set as follows:
 - a. The user determine his/her target heart rate. The calculation does not take into account of his/her age.
 - b. In this program, the resistance changes automatically to maintain the target heart rate that is calculated by the formula $(220 - \text{AGE}) * 0.65$.
 - c. In this program, the resistance changes automatically to maintain the target heart rate that is calculated by the formula $(220 - \text{AGE}) * 0.80$.
- (2) If you choose CUSTOM HR, the target heart rate value will need to be set first. The range is 84-200 bpm with the default of 120 bpm.
- (3) 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.
- (4) Resistance will start at level 1, and the default is 50 RPM, your actual heartbeat is detected at all times.
- (5) During exercise, if the RPM is 5 revolutions below the recommended step rate for 25 seconds, the window will show the message "SPEED UP", please speed up your steps to return to the previous screen.

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.

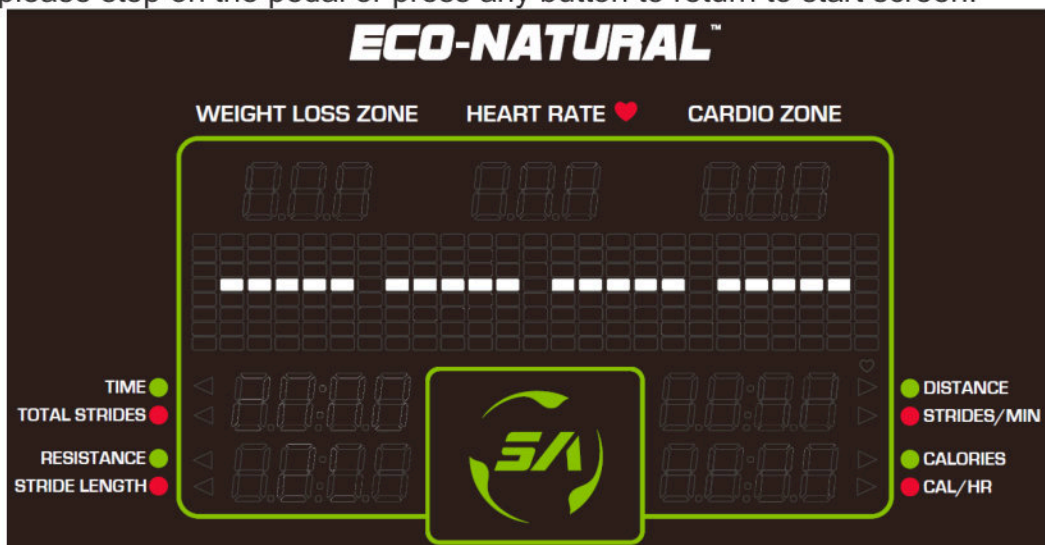
OPERATION Workout Summary

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 Energy Smart 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 <Change display > 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 KPH or MPH, press <RESISTANCE +/–> to select the metric system or the imperial units, then press <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 <RESISTANCE +/–> to view each program version, then press <ENTER > and go to the next step.

Program Version Items:

- (a) CTL SA_6 - xx → The program version of the control board.
- (b) DRV C575_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 <ENTER > and go to the next step.

(4) Display the Total Time

The window will show the message “TIME- xxxxxx HOURS”, press <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 <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 <RESISTANCE +/-> key to select your language, then press <ENTER > to confirm and go to the next step.

(7) Time Limit Setting

The window will show the message of "LIMIT", press <RESISTANCE +/-> key or numeric keypad to set the time, then press <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.

(8) Turn on/off the Buzzer

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

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?

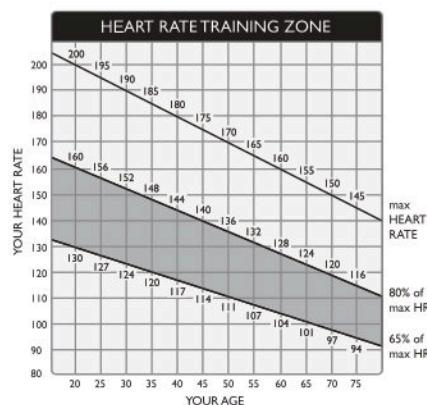
Studies show that to benefit from aerobic exercise, people need to maintain a certain heart rate during their workouts. Your heart rate training zone depends on your age and fitness level.

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

This section covers maintenance topics, including instructions on replacing a fuse and lubricating the walk belt, along with the presentation of a maintenance schedule, maintenance 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.
- Unplug product and wait ten minutes before performing maintenance.
- 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

Charge the battery

The flashing light signals battery is near depletion (this signal appears when adjusting stride length or stride height, with a pedal speed less than 25 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 25SPM

Indication: stride length cannot be adjusted due to speed is under 25SPM. It appears when STRIDE ▲/▼ key is pressed to adjust the stride but the actual speed is under 25SPM.

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 STRIDE ▲ and STRIDE ▼ and STOP keys at the same time for 2 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.

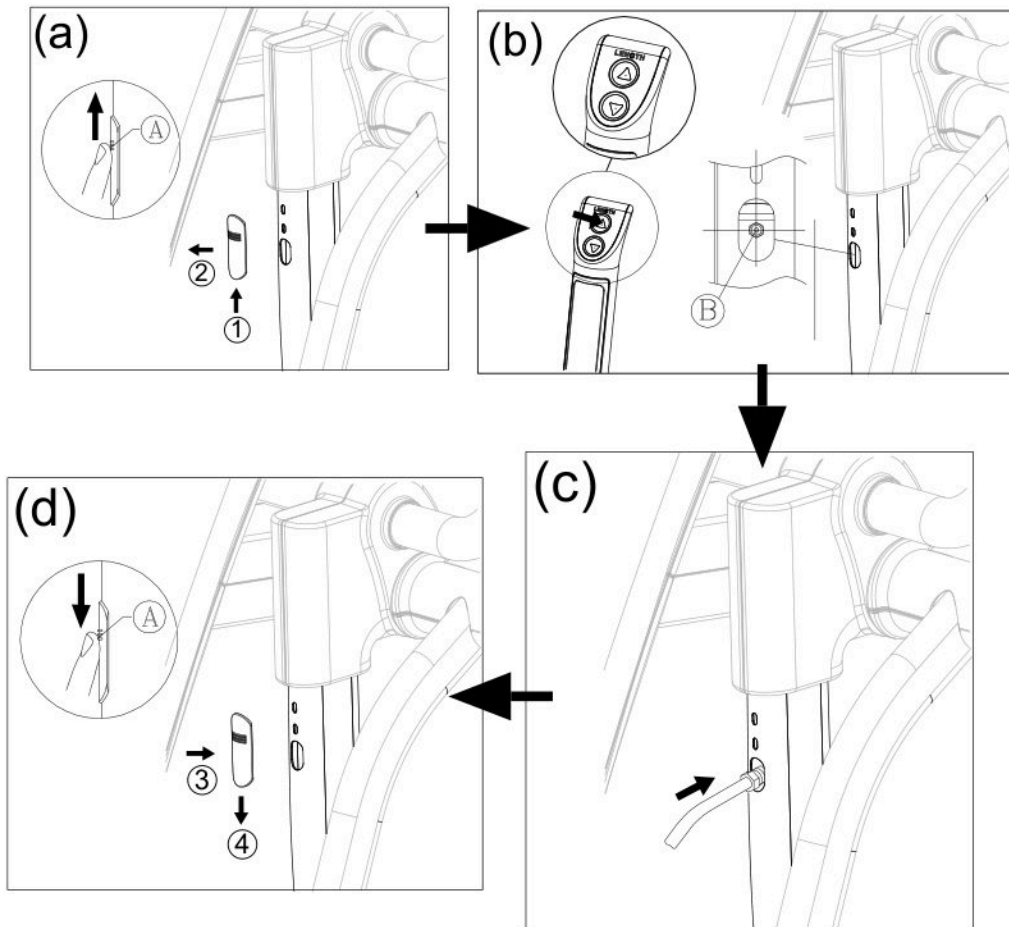
Once the lubrication procedure is completed, please follow below instruction to return the stride length to 29"/730mm.

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, pushing inward at step 3 and downward at step 4, as shown below. Note that point A provides the best contact surface on the lubrication cover.

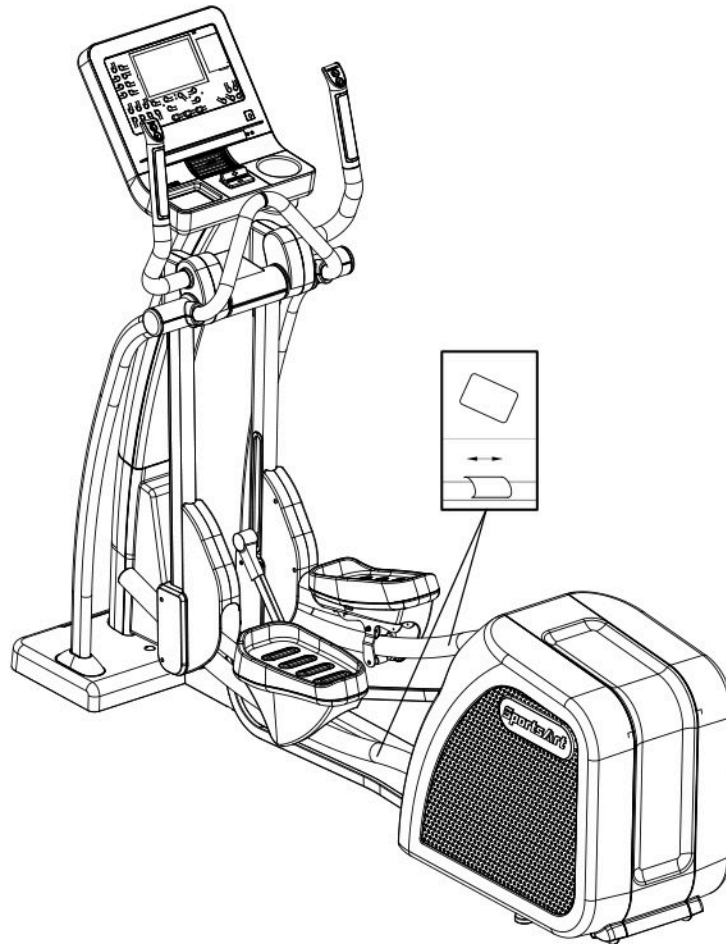


MAINTENANCE Cleaning the Glide Rails

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

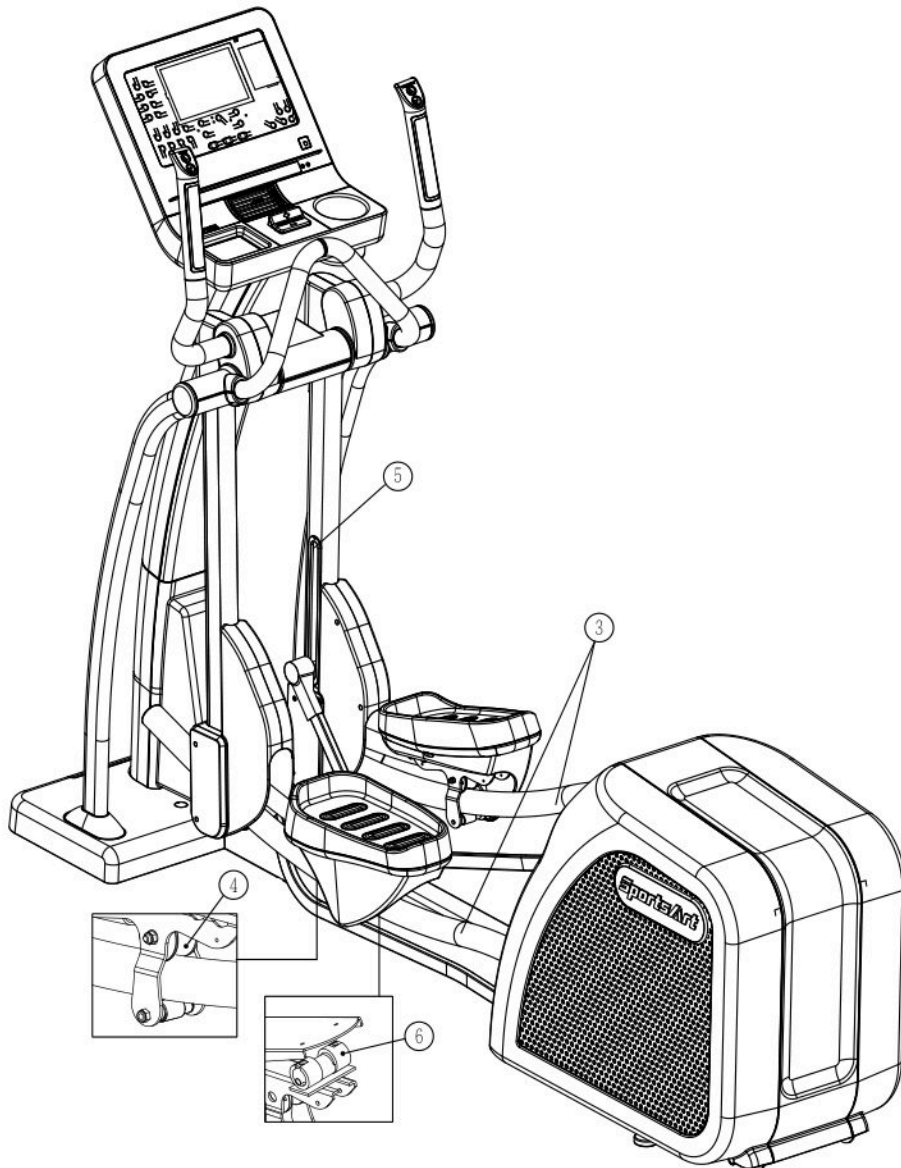
- (a) Use a clean, lint-free cloth to wipe dust and debris off the glide rails.
- (b) Test operate the product to determine where dirt might remain on the glide rails.
- (c) Repeat steps (a) and (b) two or three times to ensure smooth movement.

(Note: make sure to use a lint-free cloth)



MAINTENANCE Schedule

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	•					Clean.
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

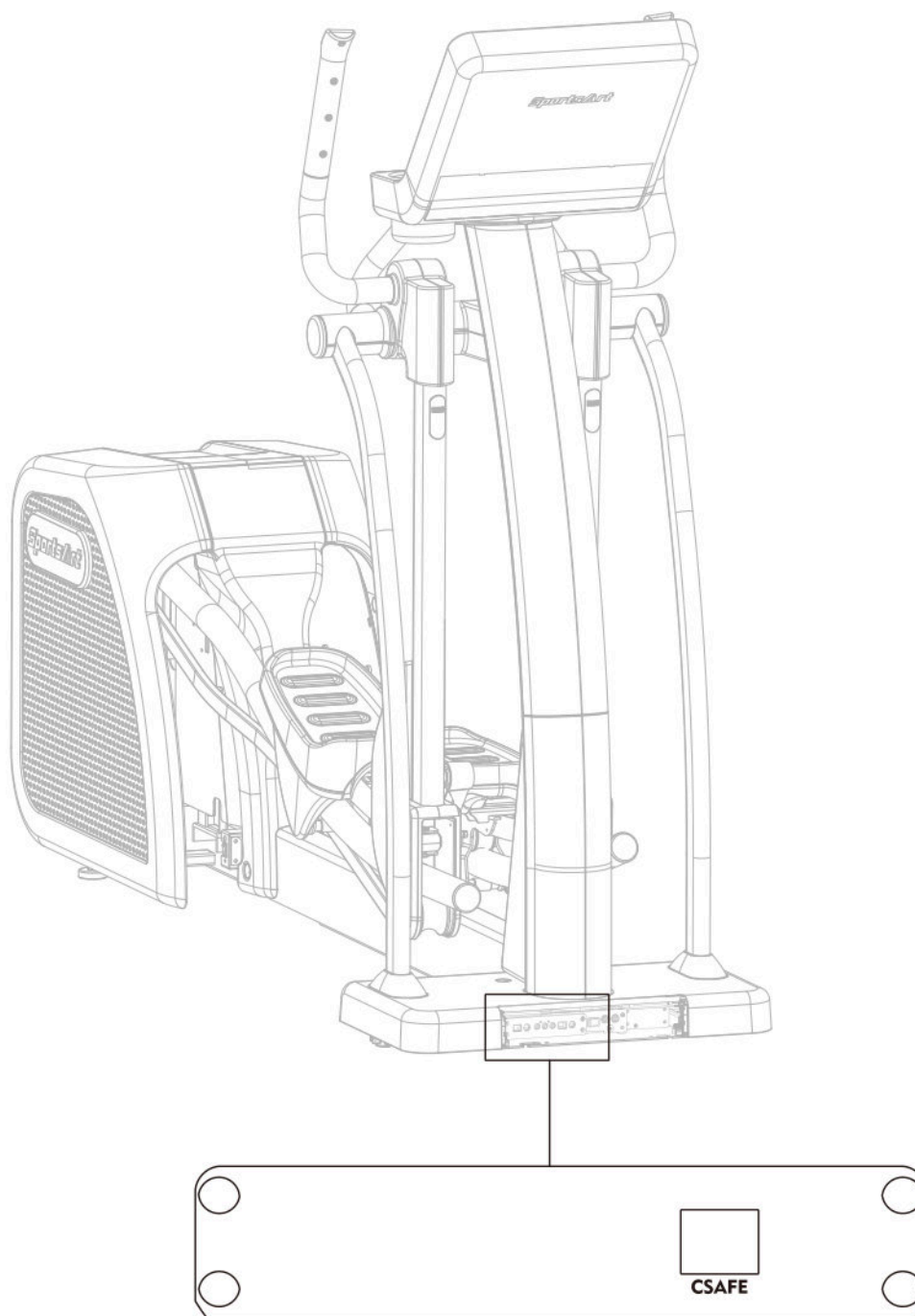
USB CHARGER

The USB port provides up to 5V, 1A of power for charging.

CSAFE PORT

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

To support MYE Wireless TV Audio_Channel Receiver, and the other equipment that conform to the CSAFE specification.



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

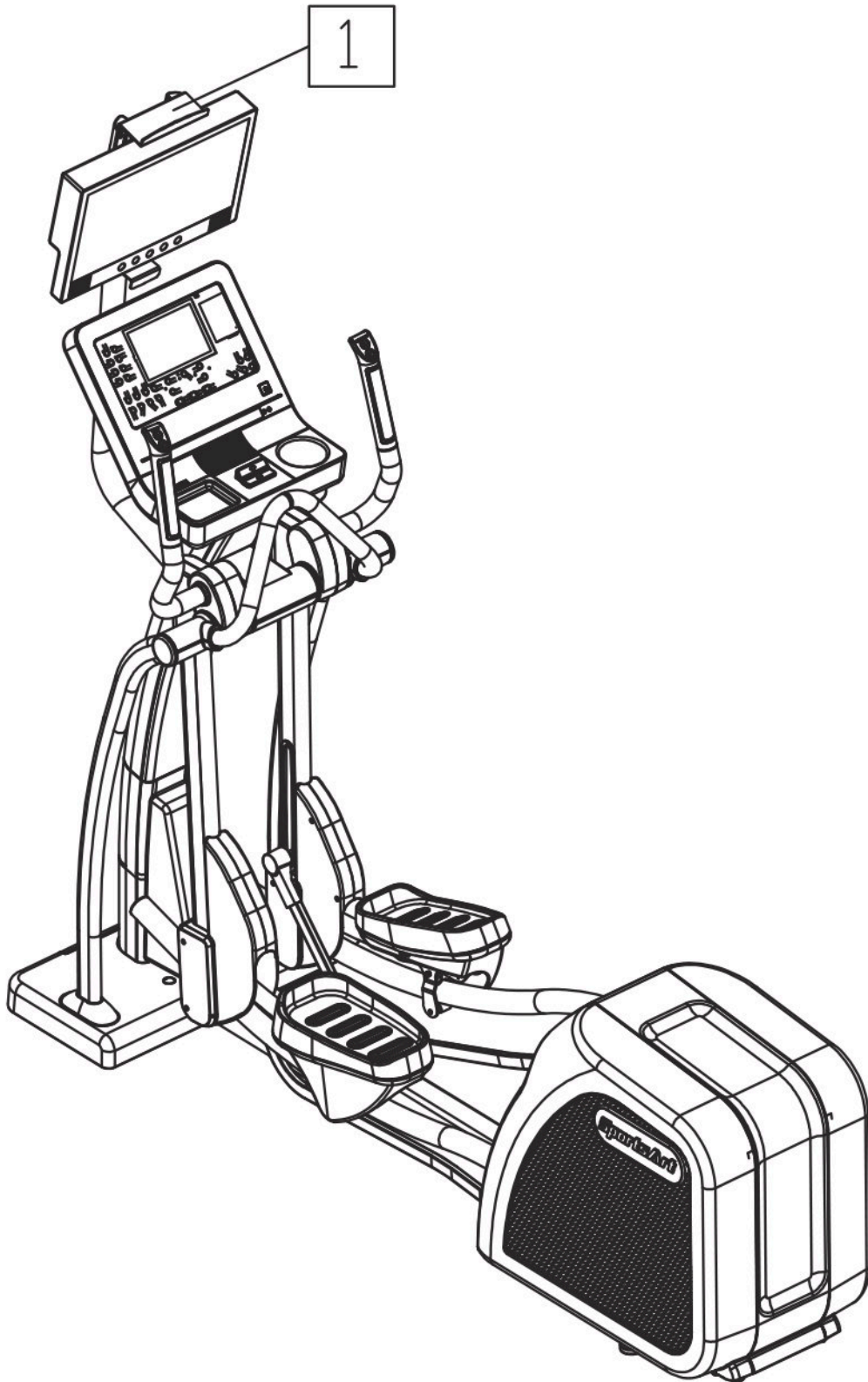
Visit “www.gosportsart.com” for more information about this feature.



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)

1: External TV Mount



ACCESSORIES MYE Wireless TV Audio_Channel Receivers

[To purchase, please contact MYE Inc. <http://www.myclubtv.com/>]

Multiple TV and audio channels receiving and volume adjustment enabled.

- The following two modules are available for this receiver (to be purchased by client):
 1. MC3R-9(900MHZ), which has to be used with a MYE Wireless TV Digital Audio Channel Transmitter MWTD-S9.
 2. MC3R-8(863MHZ), which has to be used with a MYE Wireless TV Digital Audio Channel transmitter MWTD-S8.

Choose a suitable module according to country of location. (Please contact

MYE Inc. for detail specification and technical information)

For example: Wireless TV transmission frequency in America is 900MHZ.

Wireless TV transmission frequency in Europe is mostly 863MHZ (or nominally 800MHZ).

- Operation instruction: Turn off unit power, plug the receiver into the CSAFE port located at left of display and then turn on the power.
- The VOLUME +/- keys and CHANNEL ▲/▼ keys will be activated once the receiver is plug into the unit.

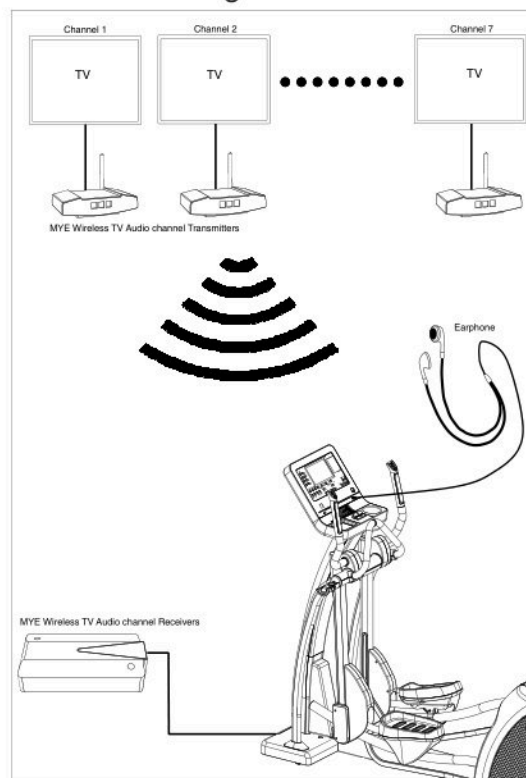
Press VOLUME +/- keys to adjust volume settings. The volume setting range is from 0 to 15, with a default setting of 5.

Press CHANNEL ▲/▼ keys to change channel settings. The channel set

ting range is from 1 to 32, with a default setting of 1. The display will show

“CH XX” during setting.

- Note: Do not unplug the receiver from unit before turning off the power to avoid receiver being damaged.
- The following is a schematic diagram of the connection:

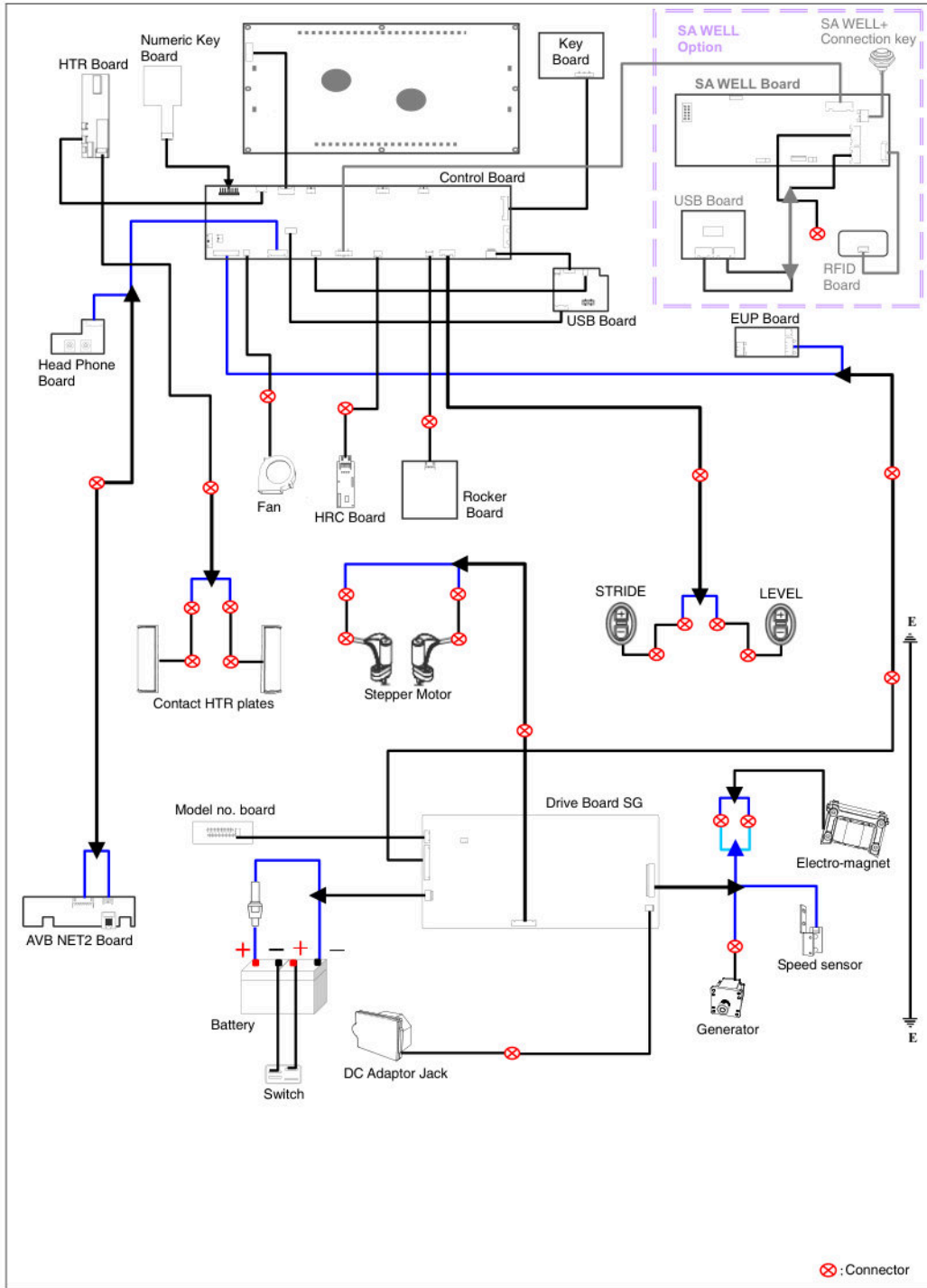


12. APPENDIXES


APPENDIX Specifications

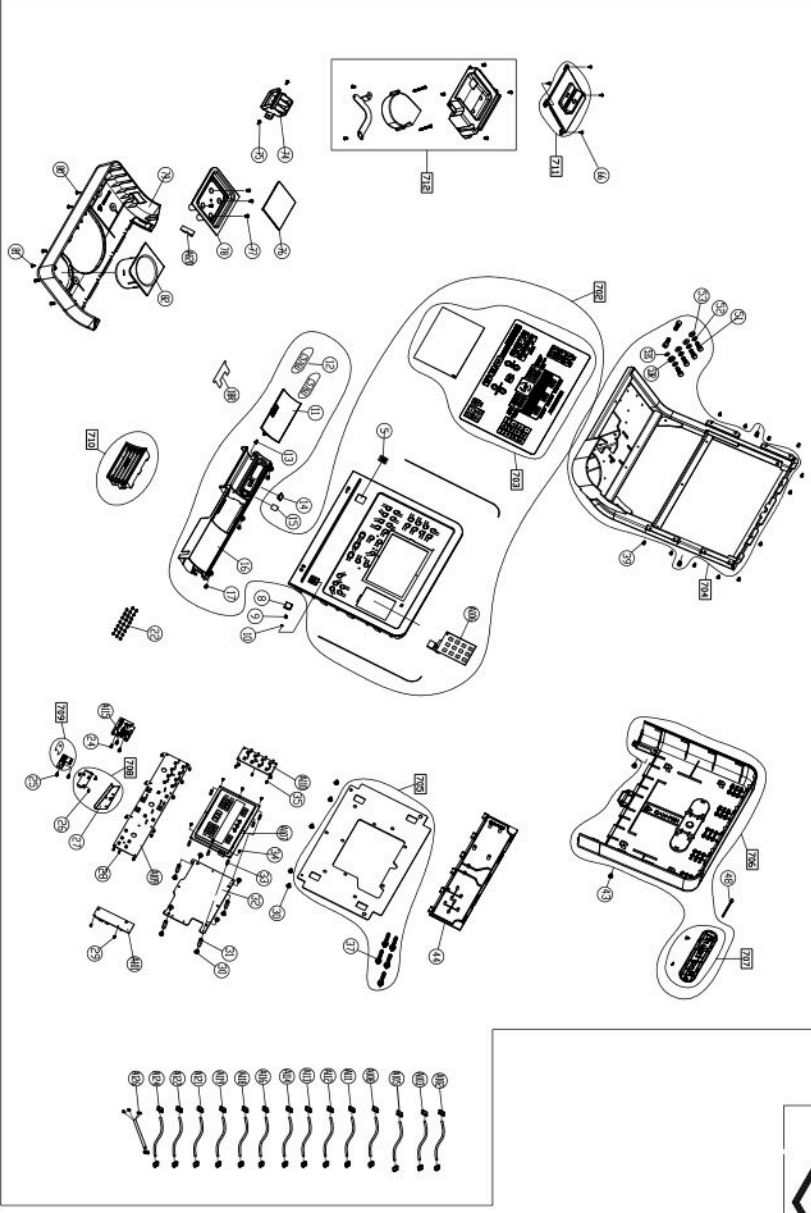
Model	E876
Dimensions	L : 2222 mm (87.5") W : 670 mm (26.4") H : 1750 mm (69")
Overall Weight	185 kg (407 lbs)
Maximum User Weight	150 kg (330 lbs)
Power Requirement	DC 12V 4.0 Ah
Braking System	Speed-Independent

APPENDIX Electronics Block Diagram



APPENDIX Exploded Diagrams

CHANGE DATE	CHANGE DESCRIPTION	CHANGE NO.	NAME	 <p>RESTRICTED USAGE, PLEASE DON'T FORWARD TO ANOTHER PART AUTHORITY</p>	DRAWN BY	VERIFIED BY	UNITS QTY	VERSION	SALES BLDW UP	DIAGRAM NO.	MODEL
							MM 1	AO	XX		EBD-F101B-A E876 LCD



The diagram shows an exploded view of the EBD-F101B-A device. Key components include:

- 701**: The main device housing.
- 702**: The LCD screen.
- 703**: The keypad.
- 704**: The battery pack.
- 705**: The internal main board.
- 706**: The internal display board.
- 707**: The internal keypad board.
- 708**: The internal battery board.
- 709**: The internal antenna board.
- 710**: The internal antenna.
- 711**: The internal antenna connector.
- 712**: The internal antenna shield.
- 713**: The internal antenna shield cover.
- 714**: The internal antenna shield cover cap.
- 715**: The internal antenna shield cover cap screw.
- 716**: The internal antenna shield cover cap nut.
- 717**: The internal antenna shield cover cap washer.
- 718**: The internal antenna shield cover cap gasket.
- 719**: The internal antenna shield cover cap seal.
- 720**: The internal antenna shield cover cap O-ring.
- 721**: The internal antenna shield cover cap gasket.
- 722**: The internal antenna shield cover cap seal.
- 723**: The internal antenna shield cover cap O-ring.
- 724**: The internal antenna shield cover cap gasket.
- 725**: The internal antenna shield cover cap seal.
- 726**: The internal antenna shield cover cap O-ring.
- 727**: The internal antenna shield cover cap gasket.
- 728**: The internal antenna shield cover cap seal.
- 729**: The internal antenna shield cover cap O-ring.
- 730**: The internal antenna shield cover cap gasket.
- 731**: The internal antenna shield cover cap seal.
- 732**: The internal antenna shield cover cap O-ring.
- 733**: The internal antenna shield cover cap gasket.
- 734**: The internal antenna shield cover cap seal.
- 735**: The internal antenna shield cover cap O-ring.
- 736**: The internal antenna shield cover cap gasket.
- 737**: The internal antenna shield cover cap seal.
- 738**: The internal antenna shield cover cap O-ring.
- 739**: The internal antenna shield cover cap gasket.
- 740**: The internal antenna shield cover cap seal.
- 741**: The internal antenna shield cover cap O-ring.
- 742**: The internal antenna shield cover cap gasket.
- 743**: The internal antenna shield cover cap seal.
- 744**: The internal antenna shield cover cap O-ring.
- 745**: The internal antenna shield cover cap gasket.
- 746**: The internal antenna shield cover cap seal.
- 747**: The internal antenna shield cover cap O-ring.
- 748**: The internal antenna shield cover cap gasket.
- 749**: The internal antenna shield cover cap seal.
- 750**: The internal antenna shield cover cap O-ring.

APPENDIX Exploded Diagrams

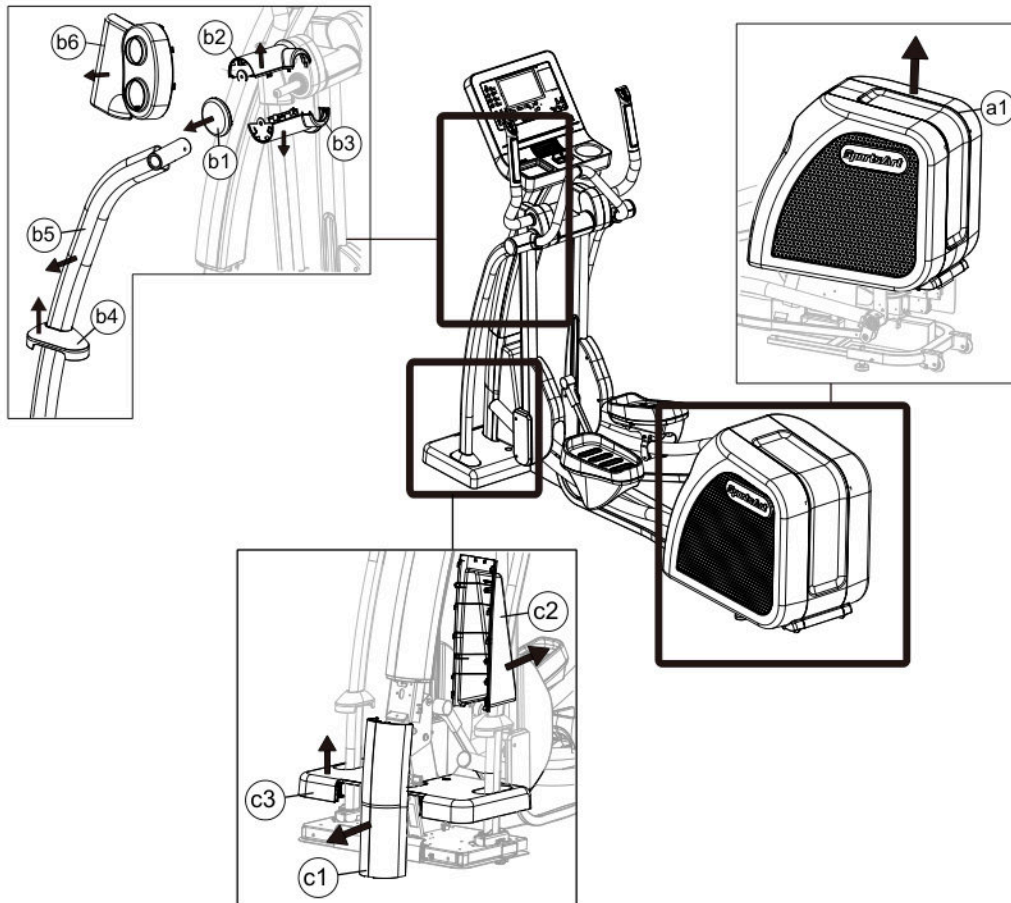
CHANGE DATE	CHANGE DESCRIPTION	CHANGE NO.	NAME	
<p>SportsArt FITTINGS RESTRICTED USAGE, PLEASE DON'T FORWARD TO ANYONE WHO IS NOT AUTHORIZED</p>				
DRAWN BY	UNITS	MM	SALES BLDW LP	DIAGRAM NO.
VERIFIED BY	QTY	1	XX	MODEL
	VERSION	A0		E876
	RATIO	1:1.3		G876

APPENDIX Exploded Diagrams (Continued)

CHANGE DATE CHANGE DESCRIPTION CHANGE NO. NAME	SportsArt FITNESS RESTRICTED USAGE, PLEASE DON'T FORWARD TO PEOPLE WHO DON'T AUTHORIZE	DRAWN BY VERIFIED BY	UNITS MM QTY 1 VERSION A0 RATIO 1:20	SALES BLD' UP DIAGRAM NO. MODEL E876 16"		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">F</td> <td style="width: 15%;">E</td> <td style="width: 15%;">D</td> <td style="width: 15%;">C</td> <td style="width: 15%;">B</td> <td style="width: 15%;">A</td> </tr> <tr> <td style="width: 15%;">F</td> <td style="width: 15%;">D</td> <td style="width: 15%;">E</td> <td style="width: 15%;">D</td> <td style="width: 15%;">B</td> <td style="width: 15%;">A</td> </tr> <tr> <td colspan="6" style="text-align: center;">16"</td> </tr> </table>	F	E	D	C	B	A	F	D	E	D	B	A	16"					
F	E	D	C	B	A																			
F	D	E	D	B	A																			
16"																								

APPENDIX Disassembly

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



Your Authorized Distributor