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## **DISCLAIMER**

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

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

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

## **SAFETY PRECAUTIONS**

### **IMPORTANT PRECAUTIONS**

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

#### **Precautions on the manual:**

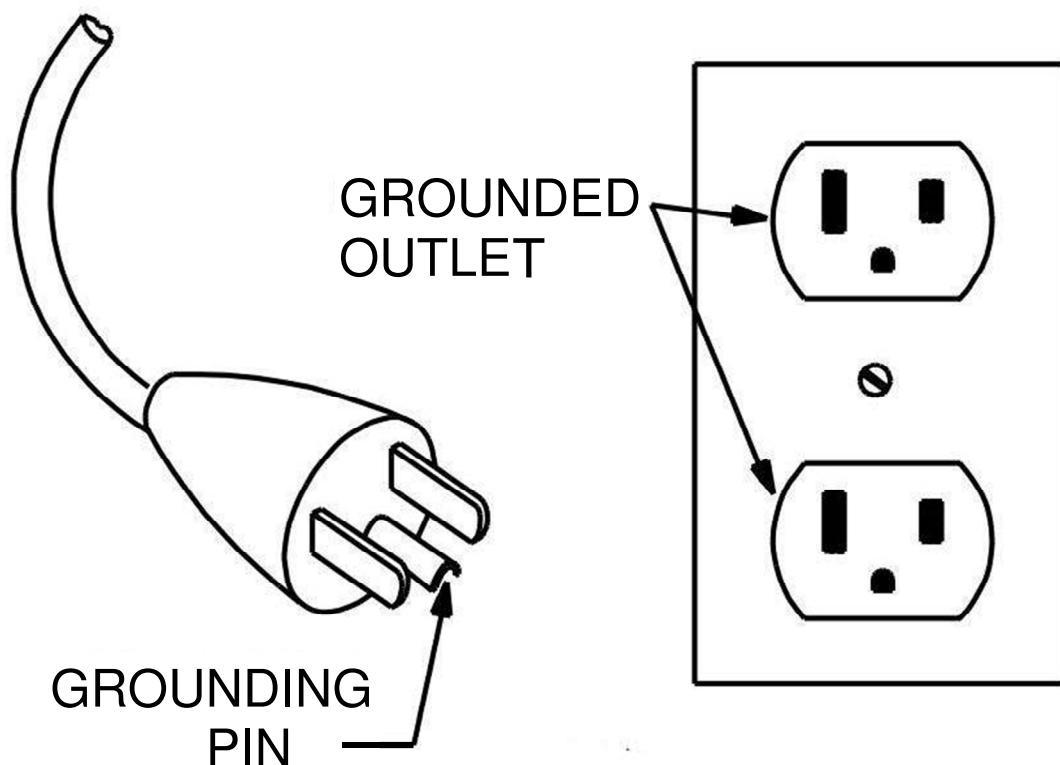
- To reduce the risk of personal injury, read and understand all the instructions before using this product.
- Make sure the product is installed and operated as instructed in this manual.
- Use this product only for the intended use described in this manual.

#### **Precautions on the machine:**

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

## SAFETY PRECAUTIONS (CONT.)

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



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

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

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

### **Precautions for users:**

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

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

### **WARNING LABELS**

#### **CAUTION:**

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

#### **WARNING:**

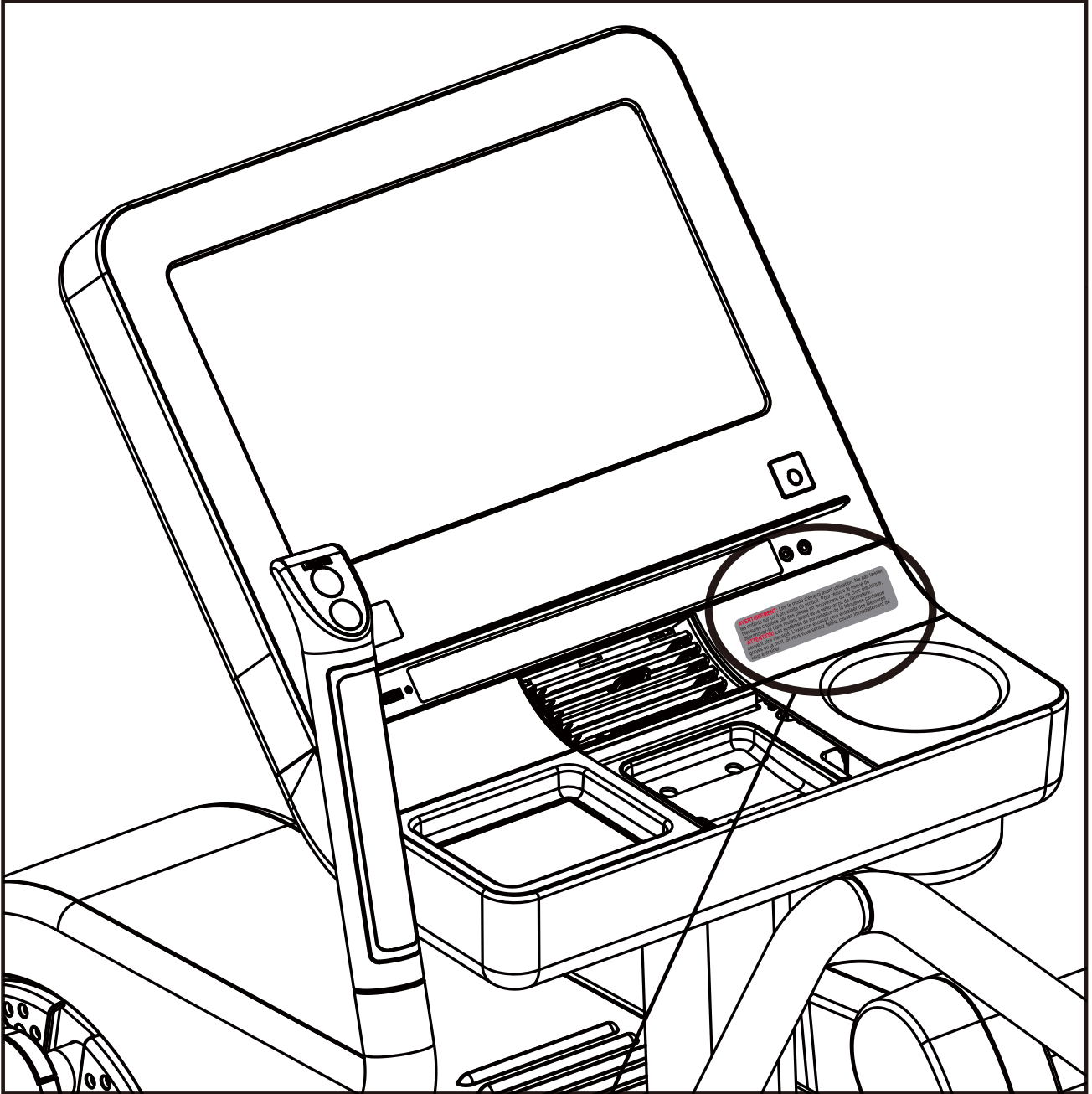
- Heart rate monitoring system may be inaccurate.
- Over exercise may result in serious injury or death.
- If you feel faint, stop exercising immediately.
- This stationary training equipment is not suitable for high accuracy purposes.

## SAFETY PRECAUTIONS (CONT.)

### WARNING LABEL POSITION

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

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



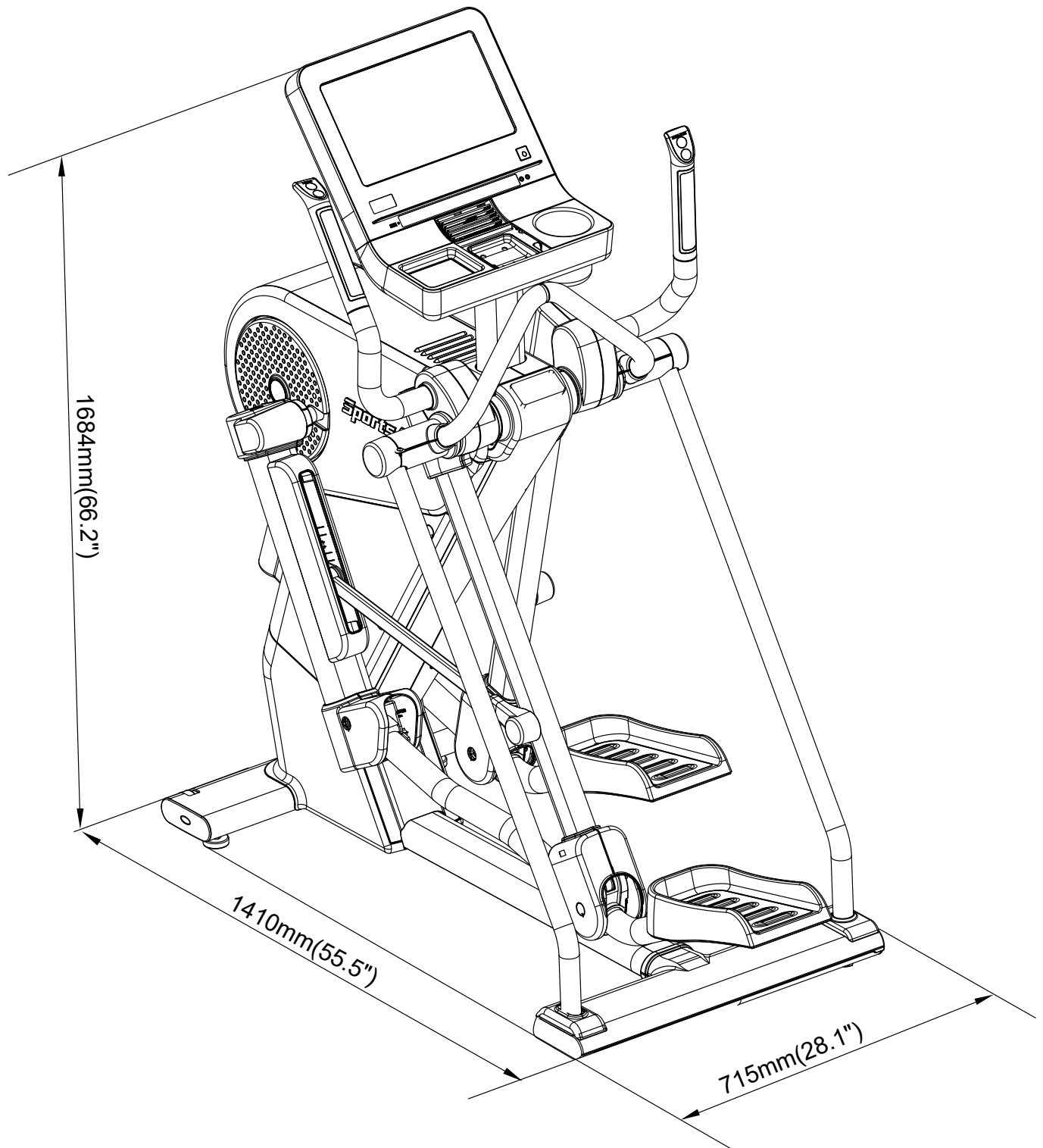
**AVERTISSEMENT:** Lire le mode d'emploi avant utilisation. Ne pas laisser les enfants sur ou à proximité du produit. Pour réduire le risque de blessures causées par des pièces en mouvement ou de choc électrique, débranchez-le tapis roulant avant de le nettoyer ou de l'entretenir.

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

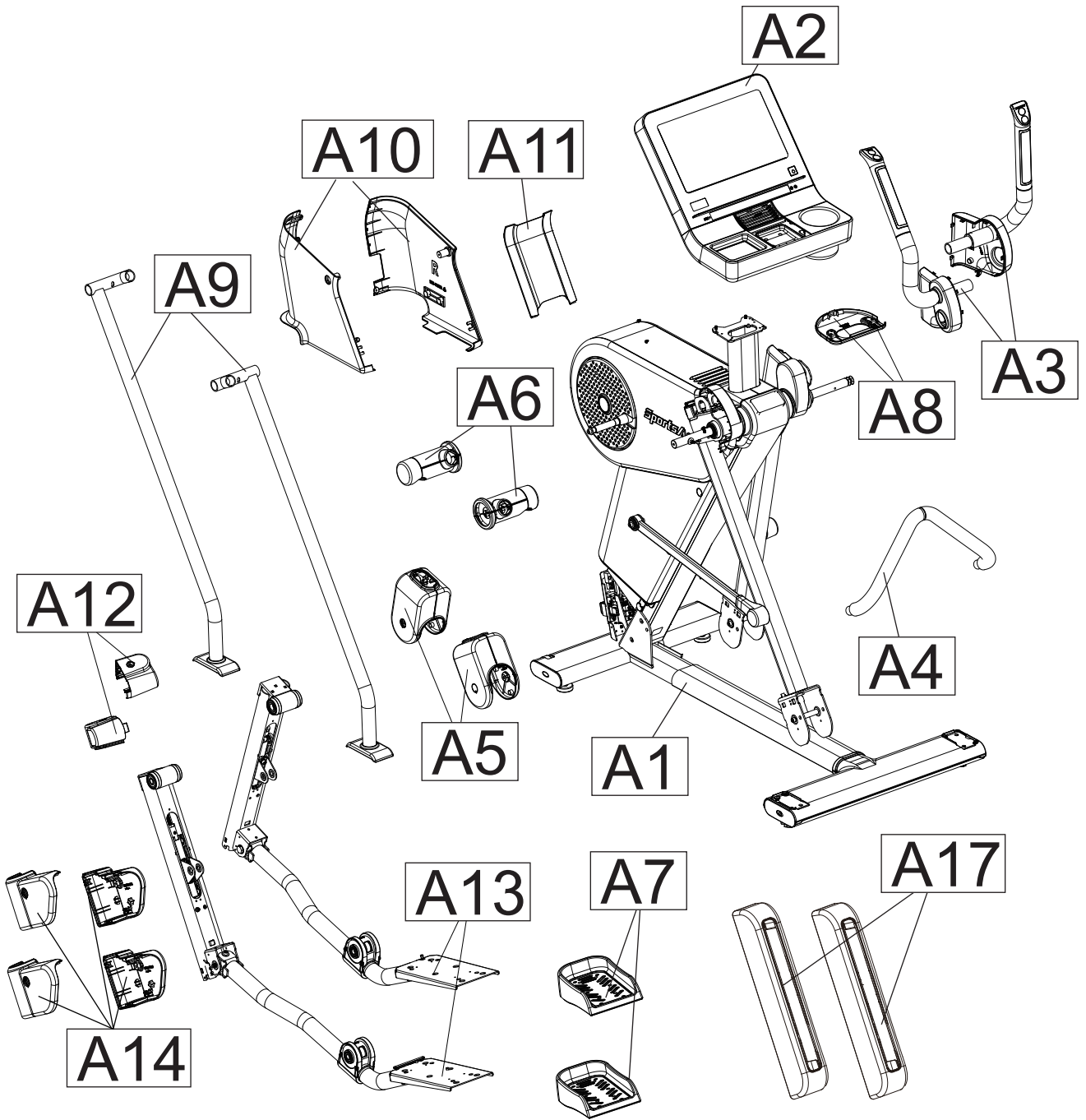
# 1. INTRODUCTION

Congratulations on your purchase of one of the finest exercise products on the market today, the SportsArt G866 Elliptical trainer. Constructed of high quality materials and designed for years of reliable usage, this product was made to become an integral part of your commercial fitness venue.

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



## 2. LIST OF PARTS



## 2. LIST OF PARTS (CONT.)

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

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

## 2. LIST OF PARTS (CONT.)

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

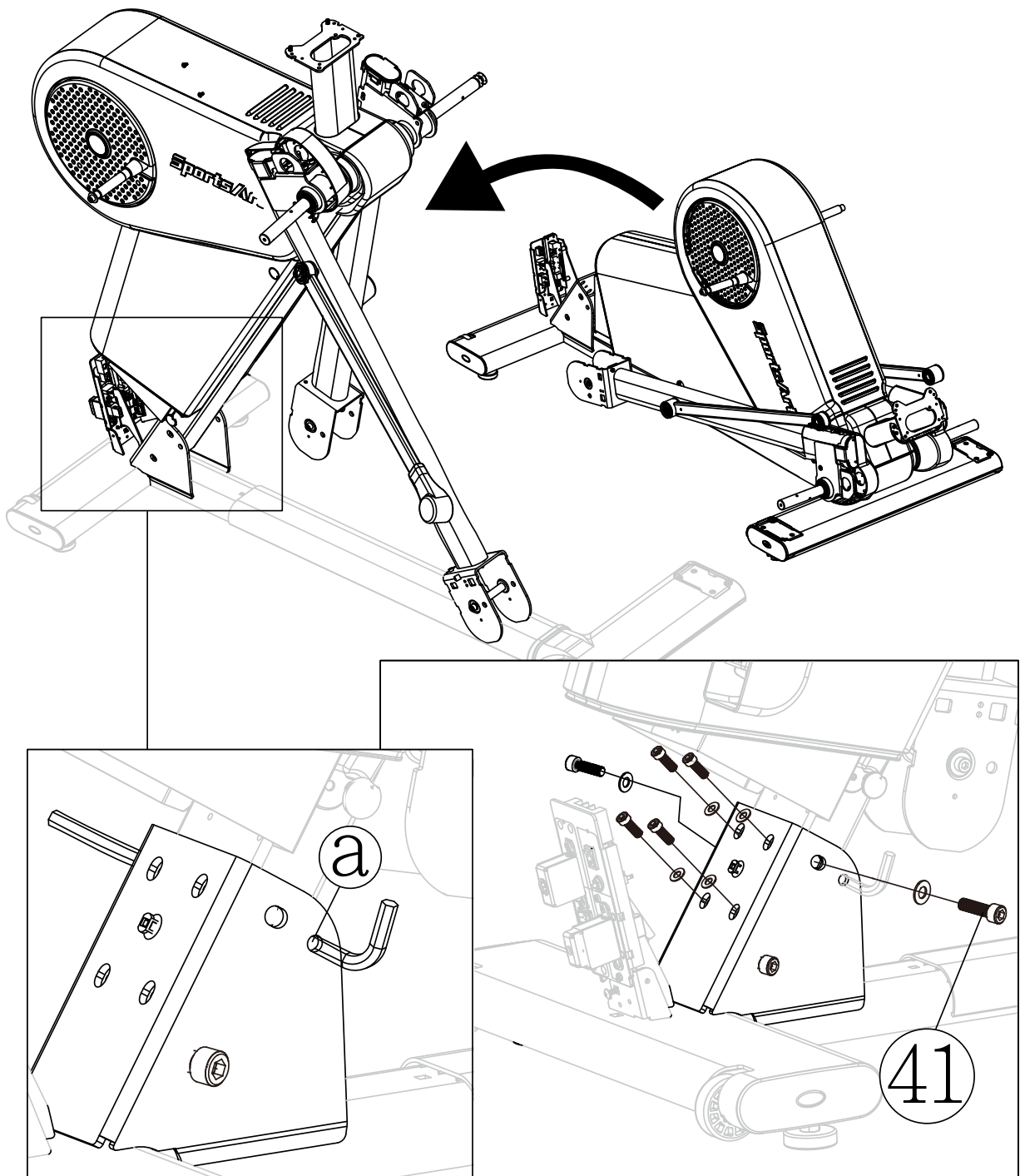
### 3. ASSEMBLE THE PRODUCT

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

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

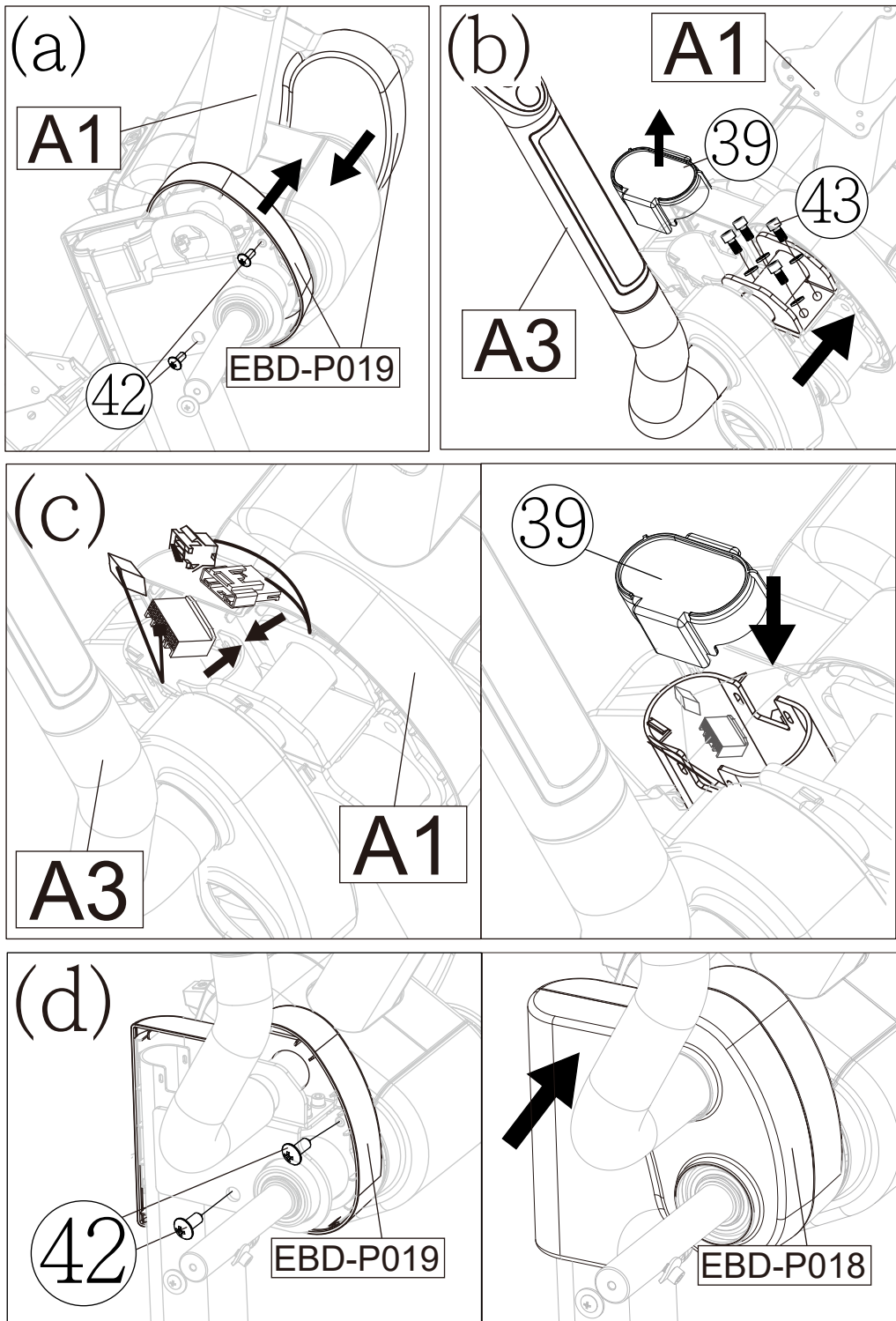
This machine must be assembled by at least 2 people.

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



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

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

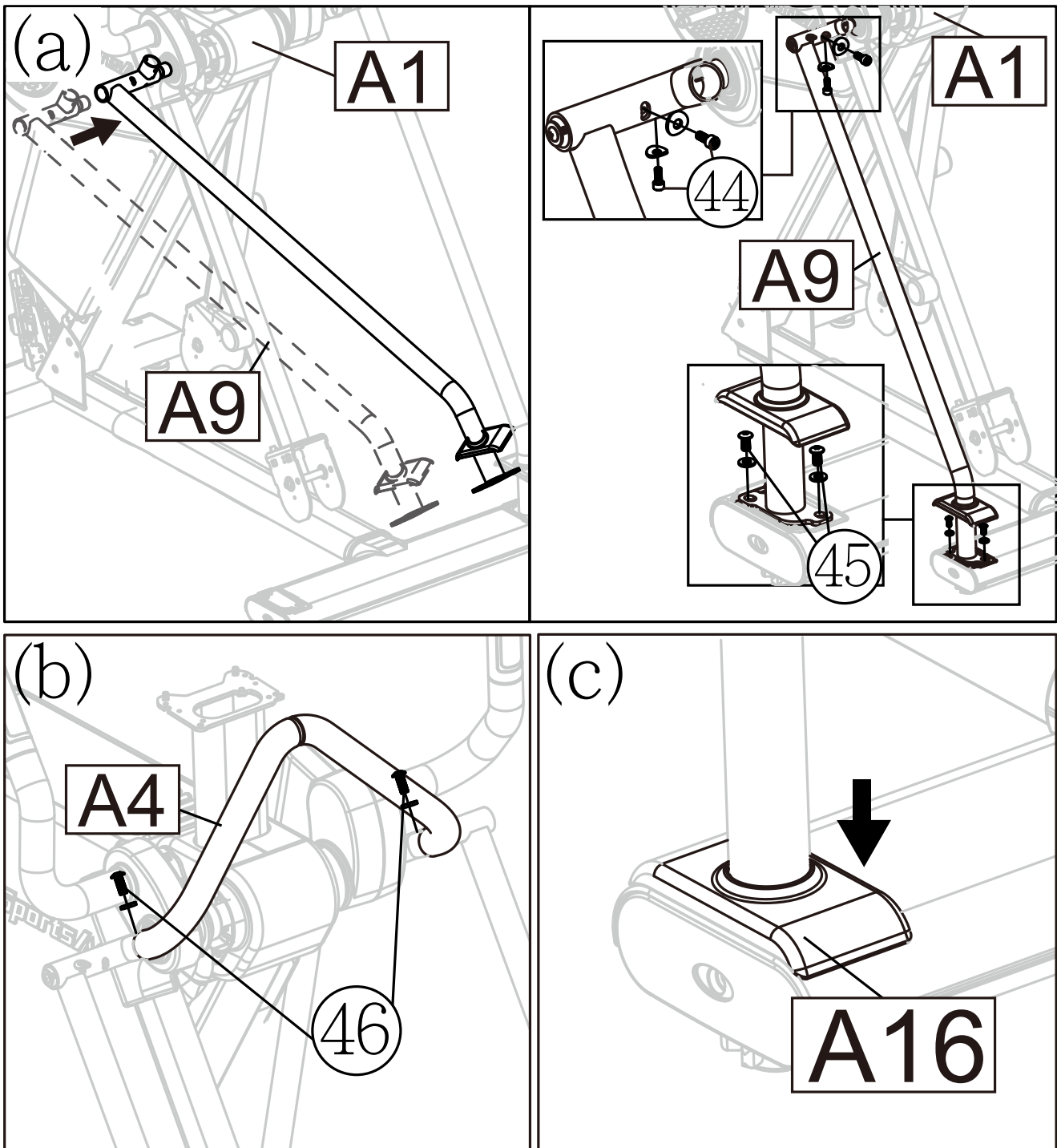


### STEP 3 Assembly of the Auxiliary Pipe (A9) & the Central Armrest (A4)

- (a) Remove the screws(58) from auxiliary pipe (A9) and then adjust the left auxiliary pipe (A9) to the proper angle and insert it into the main frame (A1) Then put the pipe down and fix it with the main frame with screws (44)(45) but don't fasten them tight.
- (b) Install the central armrest (A4) and fasten the screws (46) to secure it to the main frame and fasten tight the screws (44)(45) previously just used.
- (c) Put back the ornament cover (A16) on the auxiliary pipe.

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

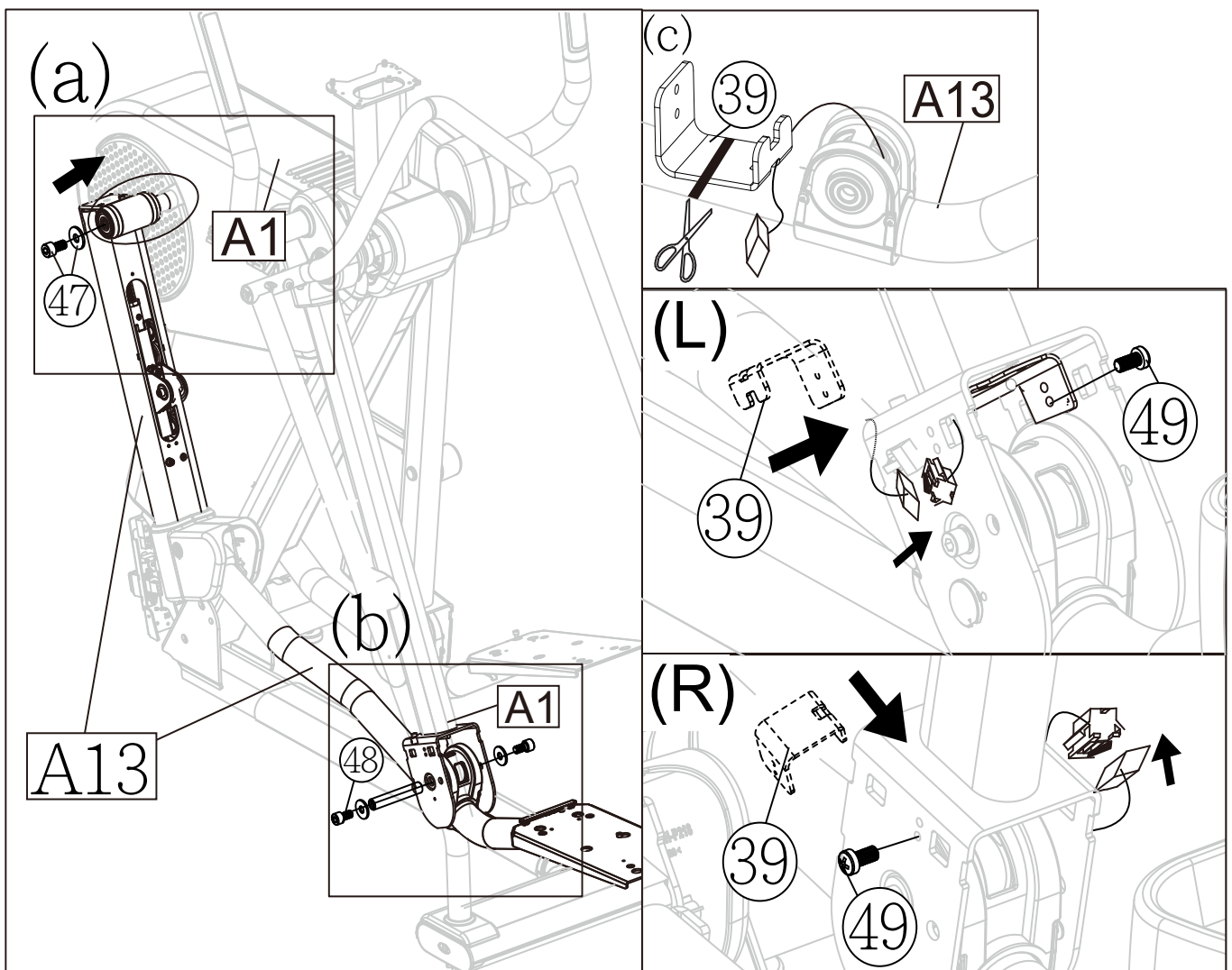
\*Once finished assembling the auxiliary pipe, tighten all the screws (41) previously used in Step 1.



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

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

\*Repeat the assembly method for the other side.



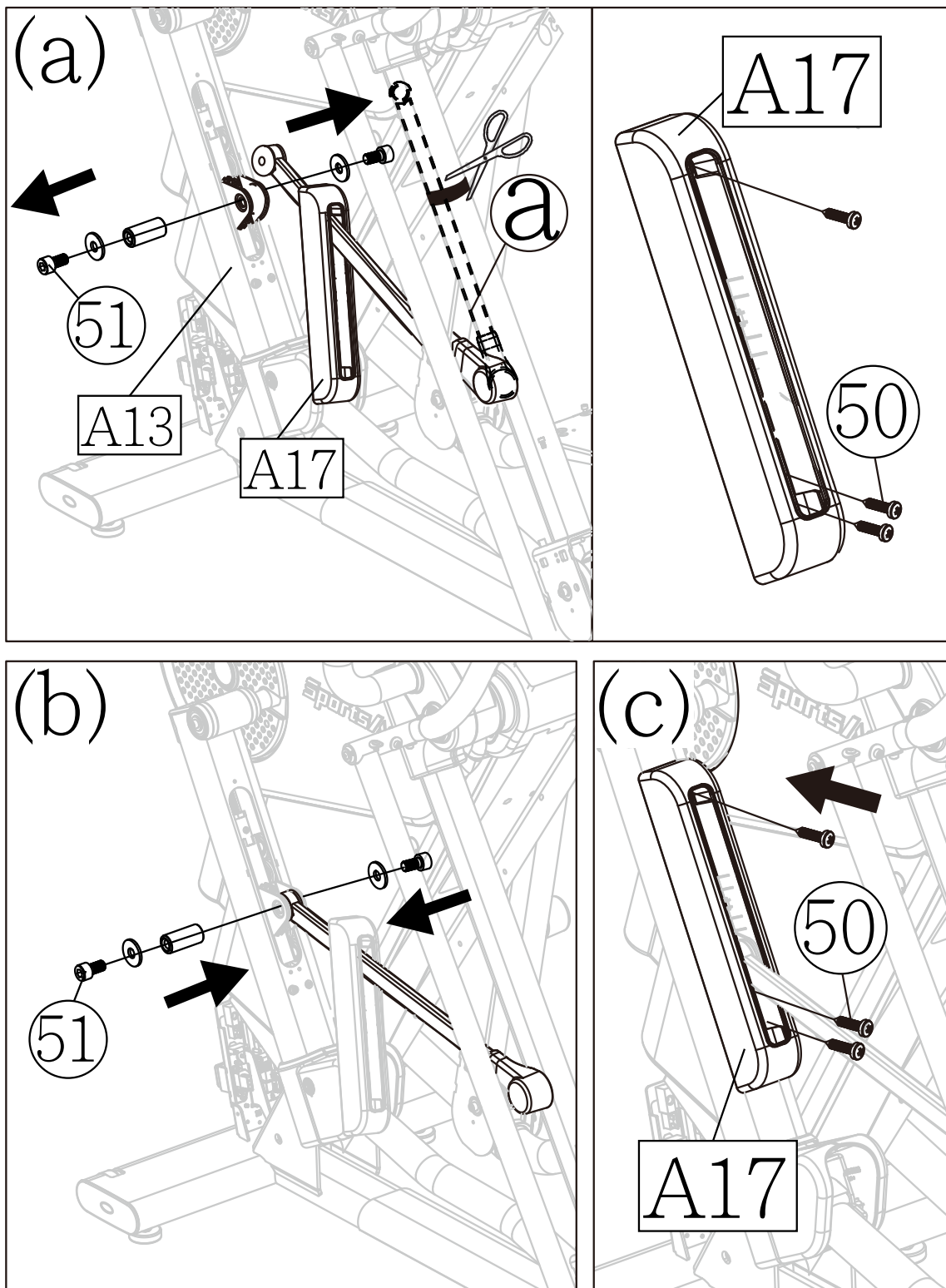
## STEP 5 Assembly of the Adjustment Lever on the Main Frame (A1)

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

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

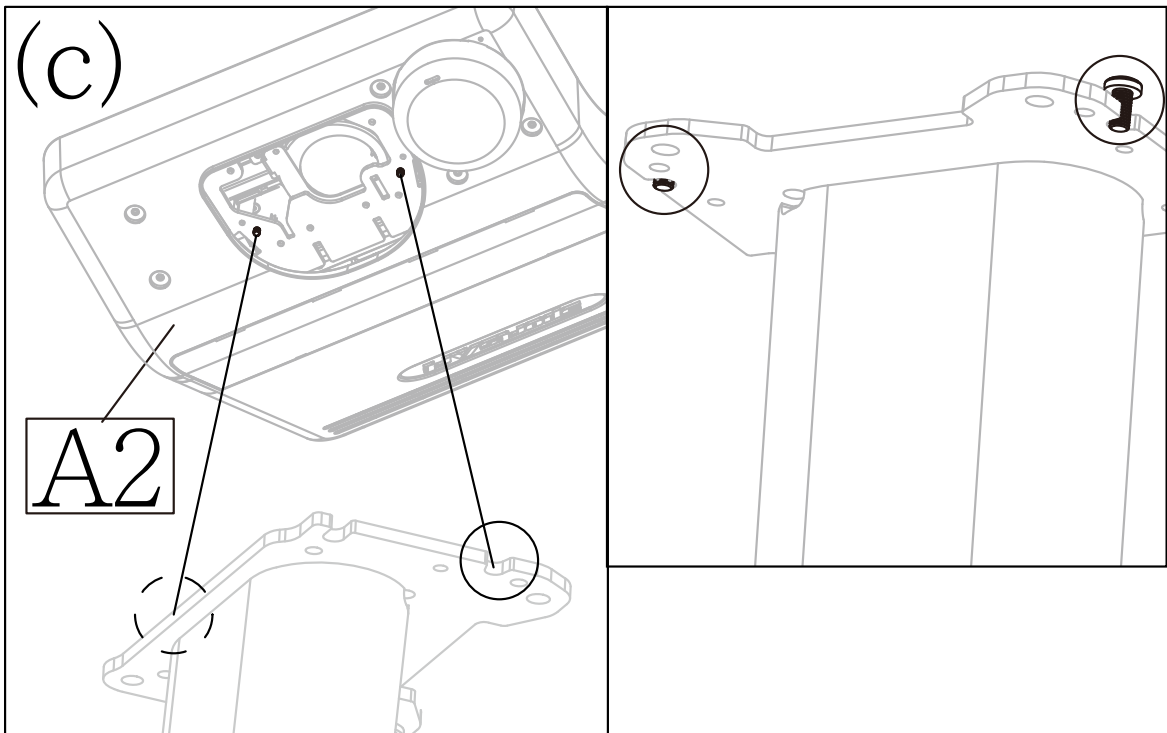
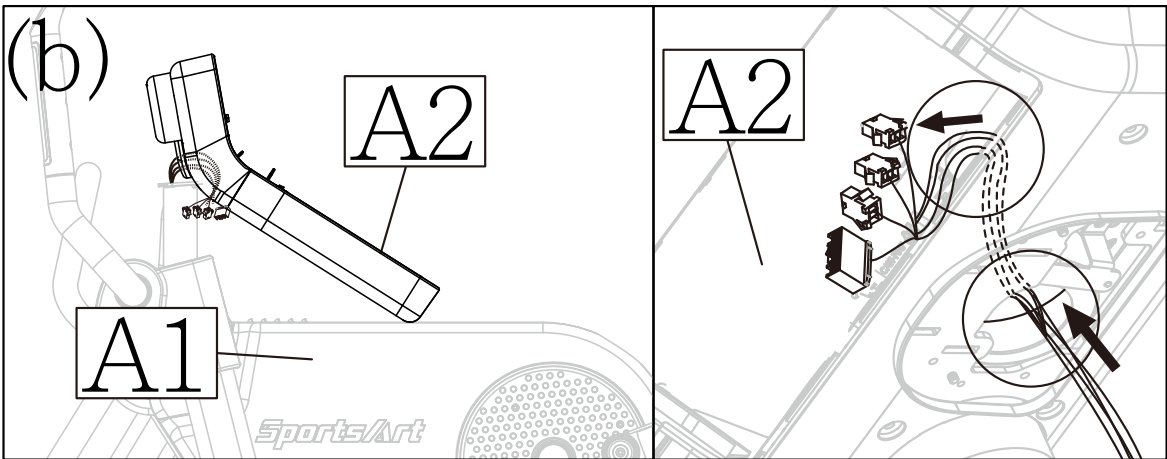
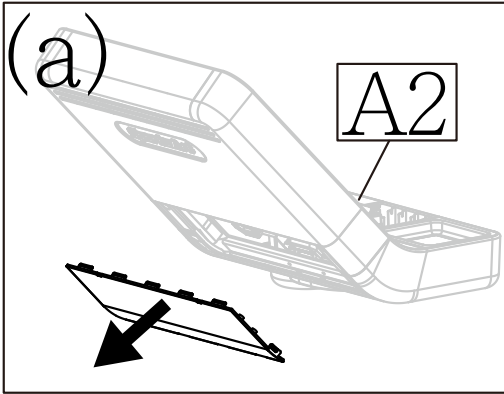
(c) At last, fasten the lift shaft cover (A17) with screws (50).

\*Repeat the assembly method for the other side.



## STEP 6 Assembly of the Panel (A2)

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



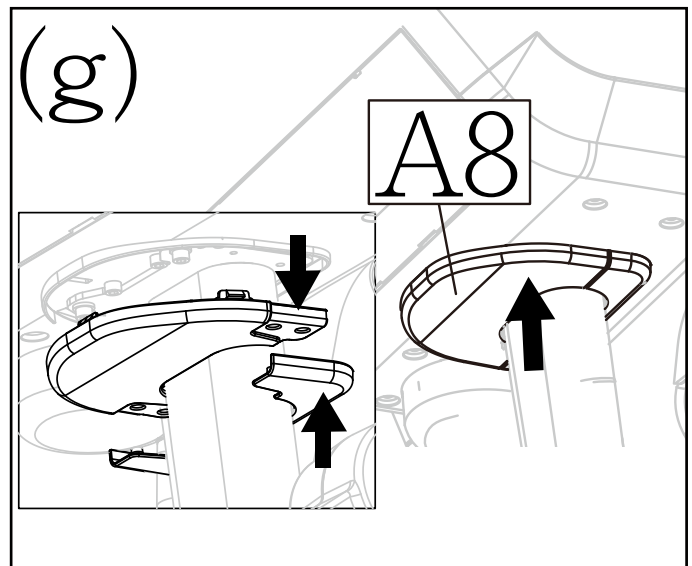
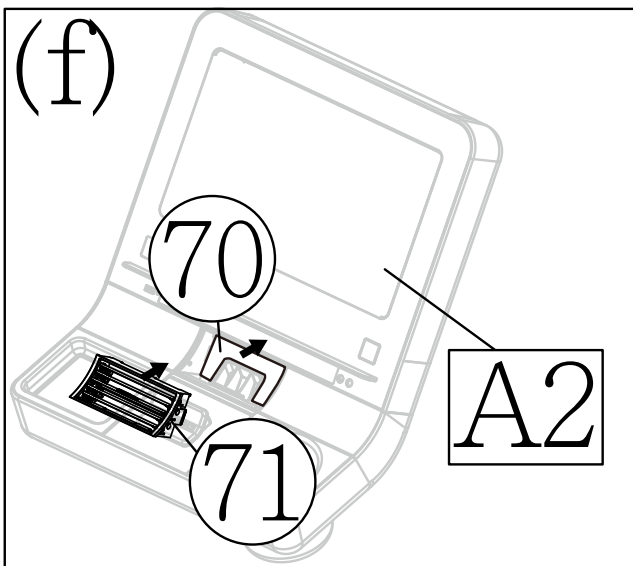
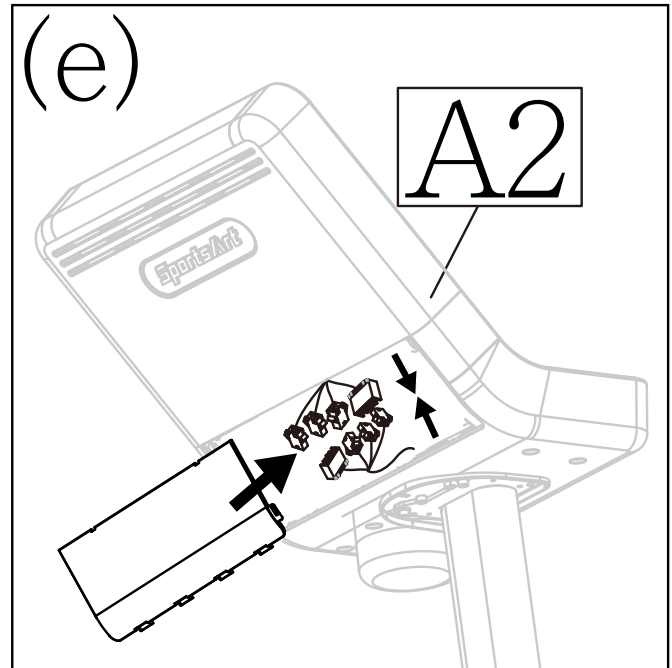
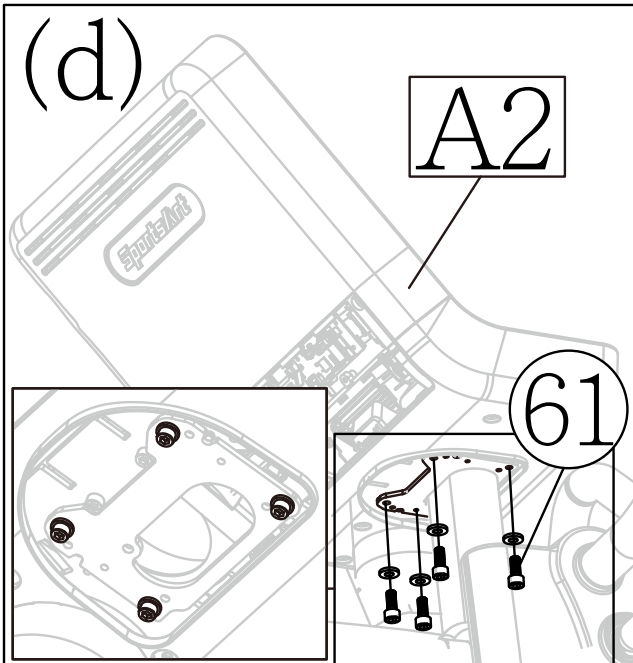
## STEP 6 Assembly of the Panel (A2) (CONT.)

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

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

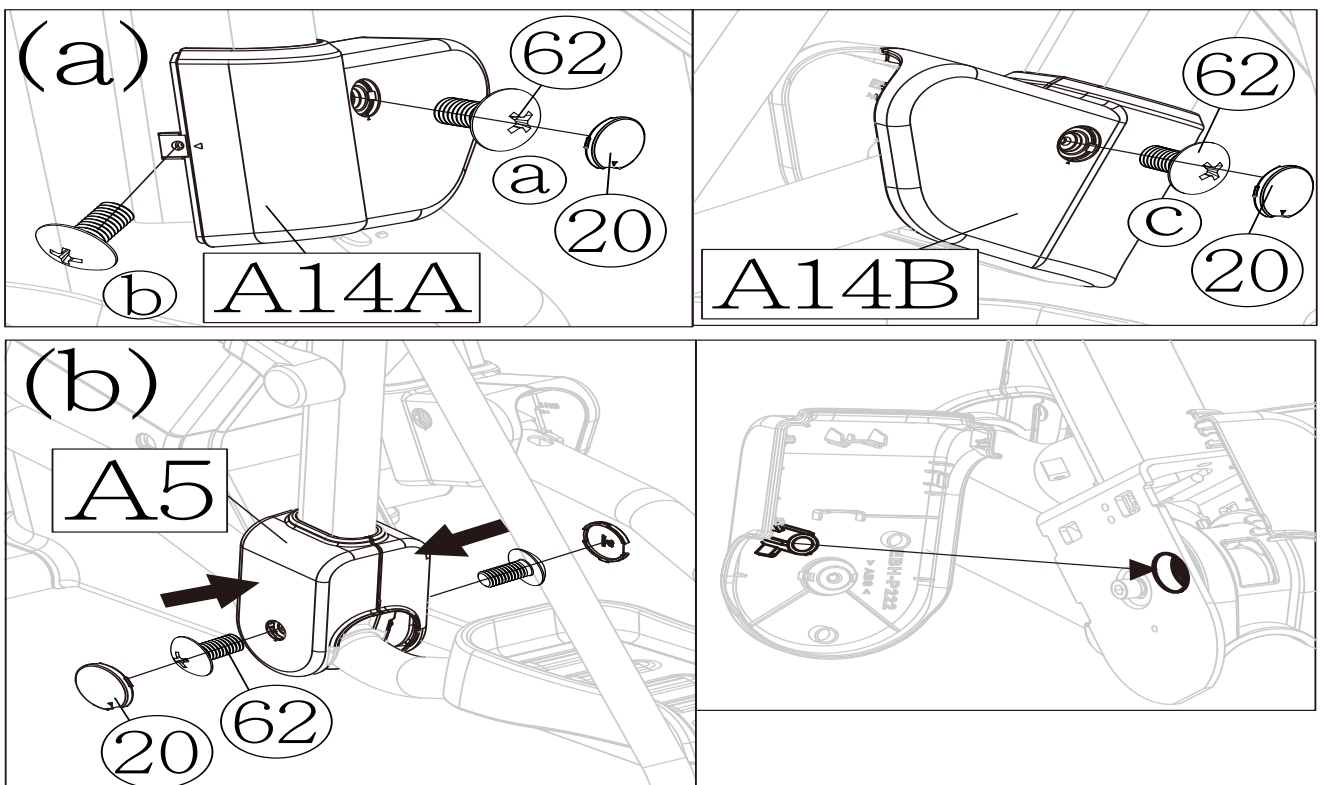
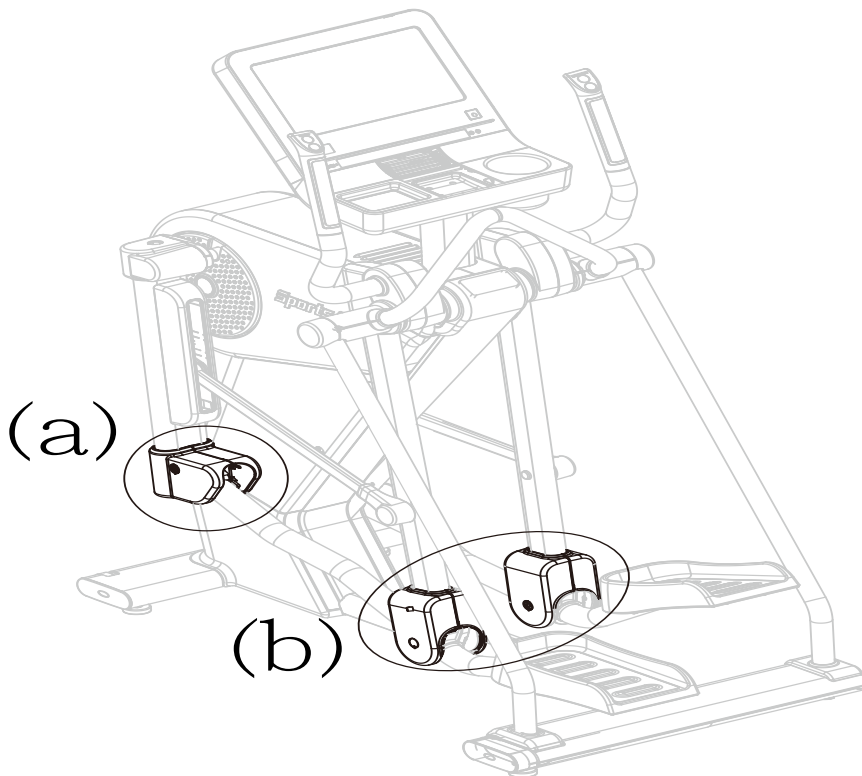
(f) Install the fan cover (70) and fan set (71) on the panel (A2) into the panel sequentially.

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



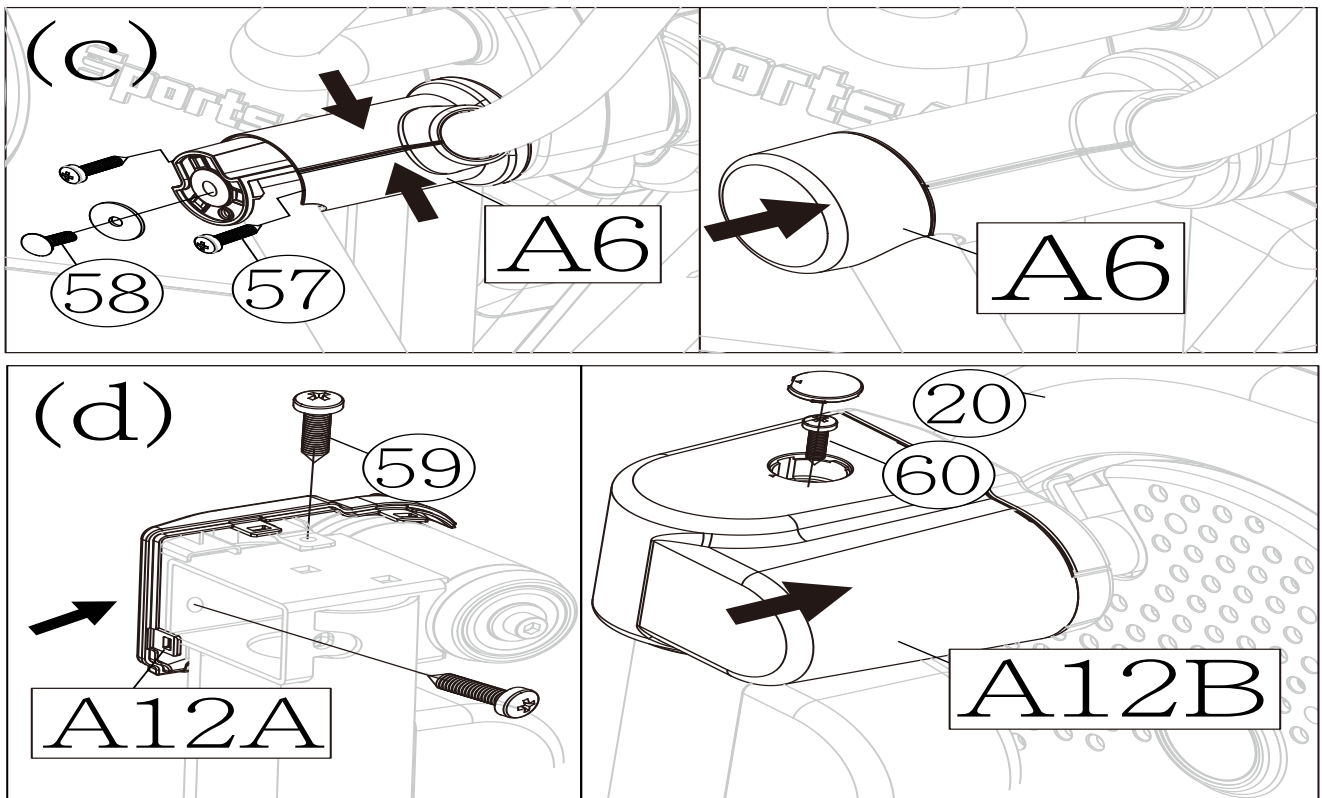
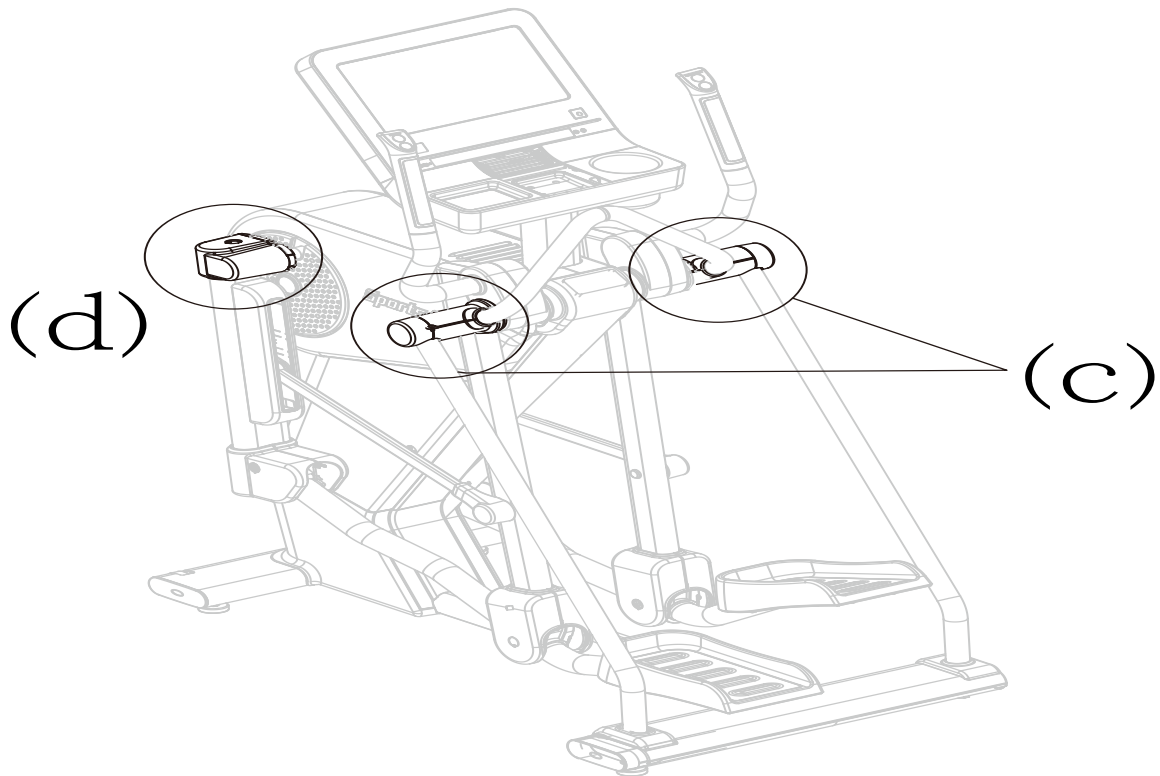
## STEP 7 Assembly of the Plastic Covers

- (a) Fix the bottom axle housing of the lift swing arm A(A14A) with screws (62) at a/b on the machine, then fix the other bottom axle housing B (A14B) with screws (62) at c, and then put on the circular hole cover (20).
- (b) Fasten the swing arm bottom axle housings of left and right armrests A/B (A5) with screws (56) on the machine and then put on the circular hole cover (20). Keep the big hole facing the front and take notice of the positioning holes of the plastic and the iron plate (see the picture).
- \*Repeat the assembly method for the other side.



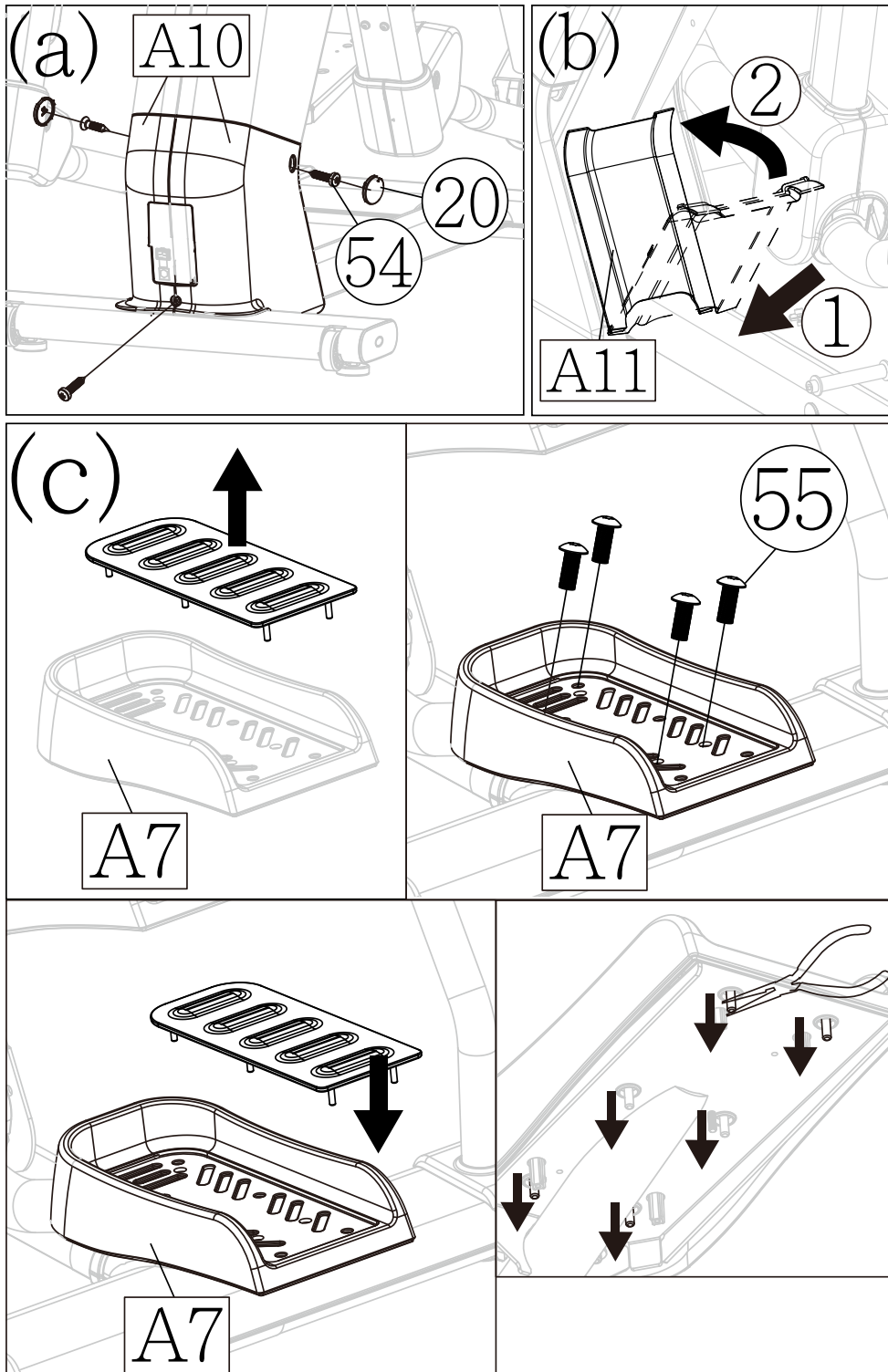
## STEP 7 Assembly of the Plastic Covers (CONT.)

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



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

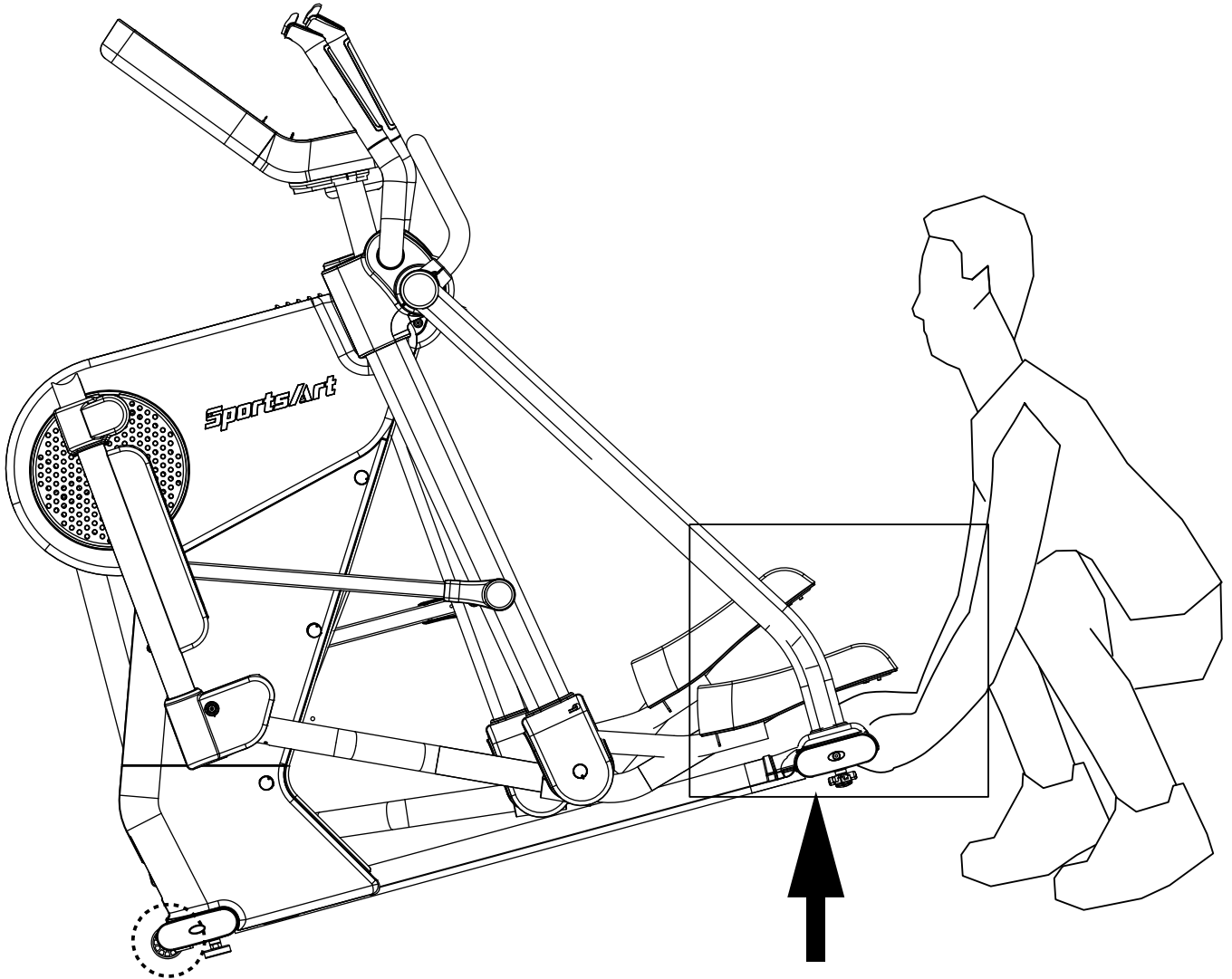
- (a) Please install the bottom left and right covers (A10) of the main frame and fasten with the screws (54) then put on the circular hole cover (20).
- (b) Fasten the bottom left and right covers (A10) tight and then install the bottom rear cover (A11).
- (c) Please pick up the cushion on the pedal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



## STEP 9 Instruction of Moving the Machine

### Move the Elliptical Trainer in Place

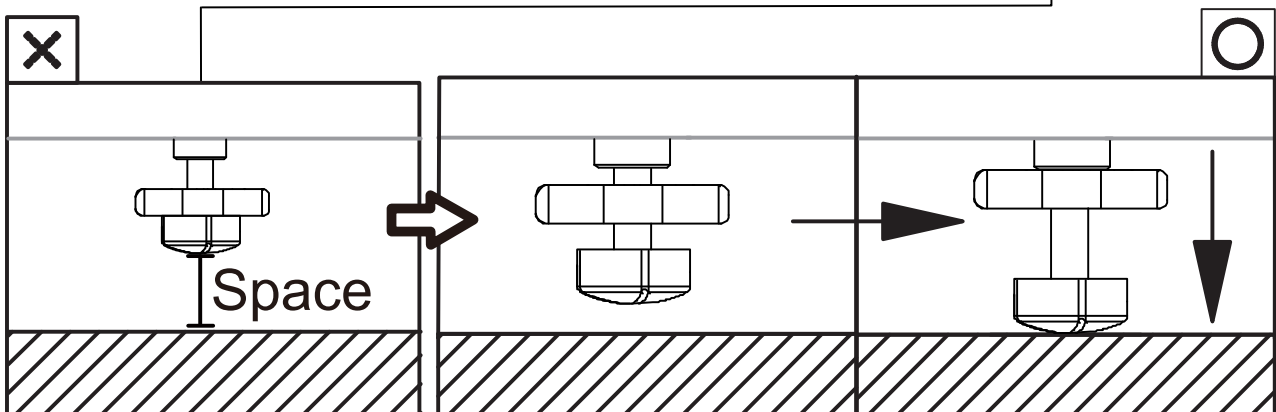
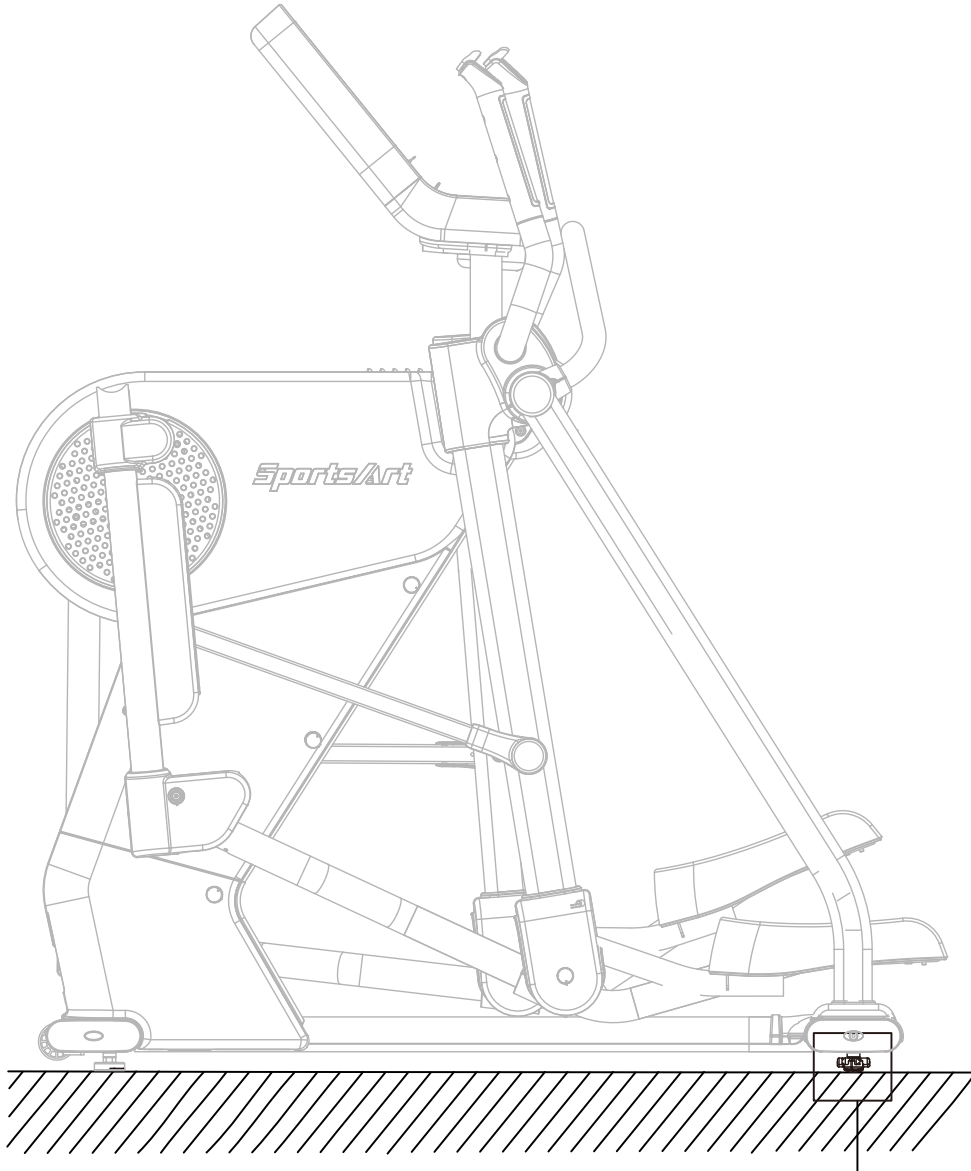
Grip and lift the main base of the elliptical trainer, and then move it to the desired location. Be careful not to pinch your fingers when you put down the elliptical trainer.



## STEP 10 Level the Machine

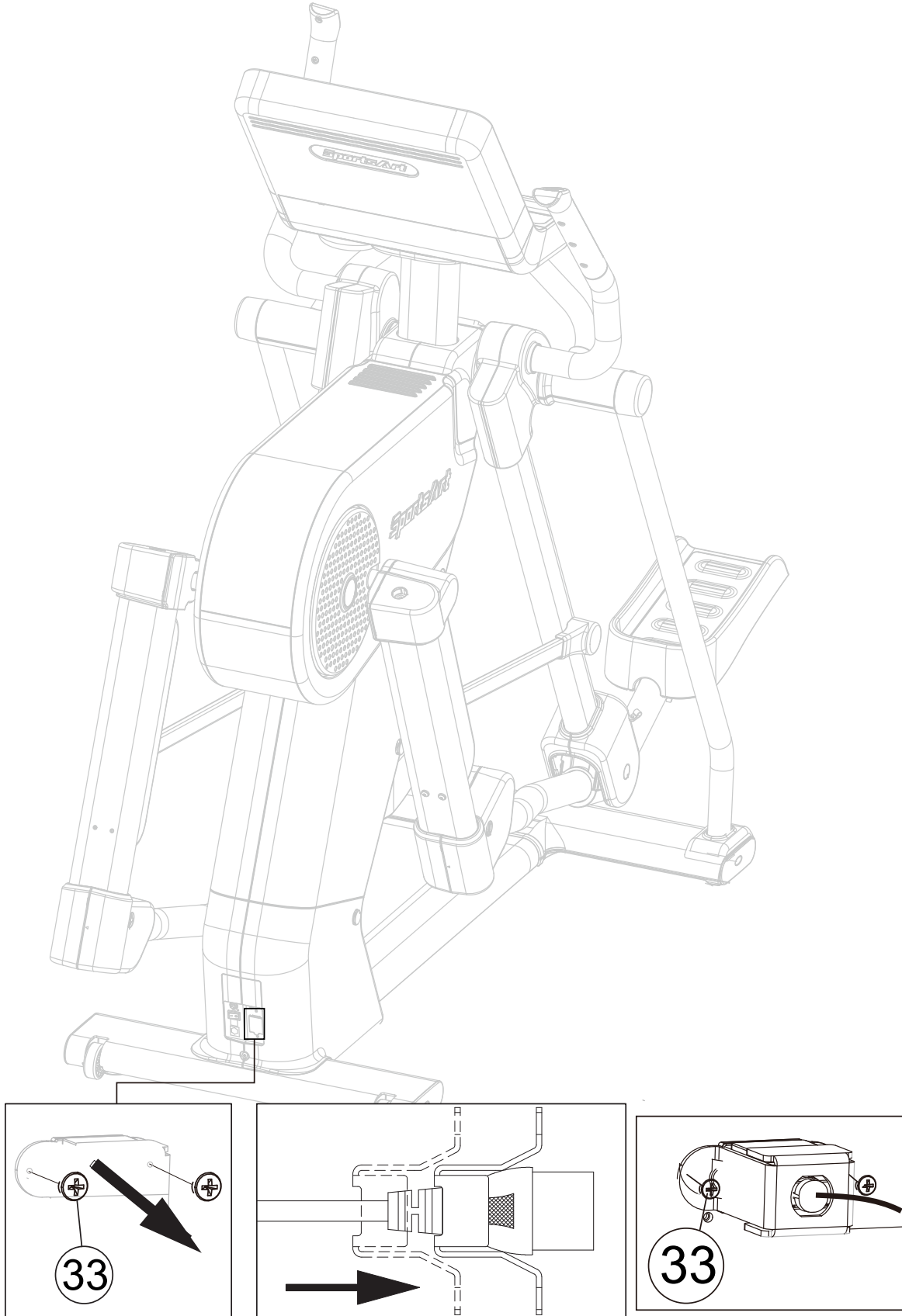
Please apply force to the end of the machine to check if the leveling knobs are stable on the ground. If not, adjust the levelers as follows:

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



## STEP 11 Power Cord Assembly

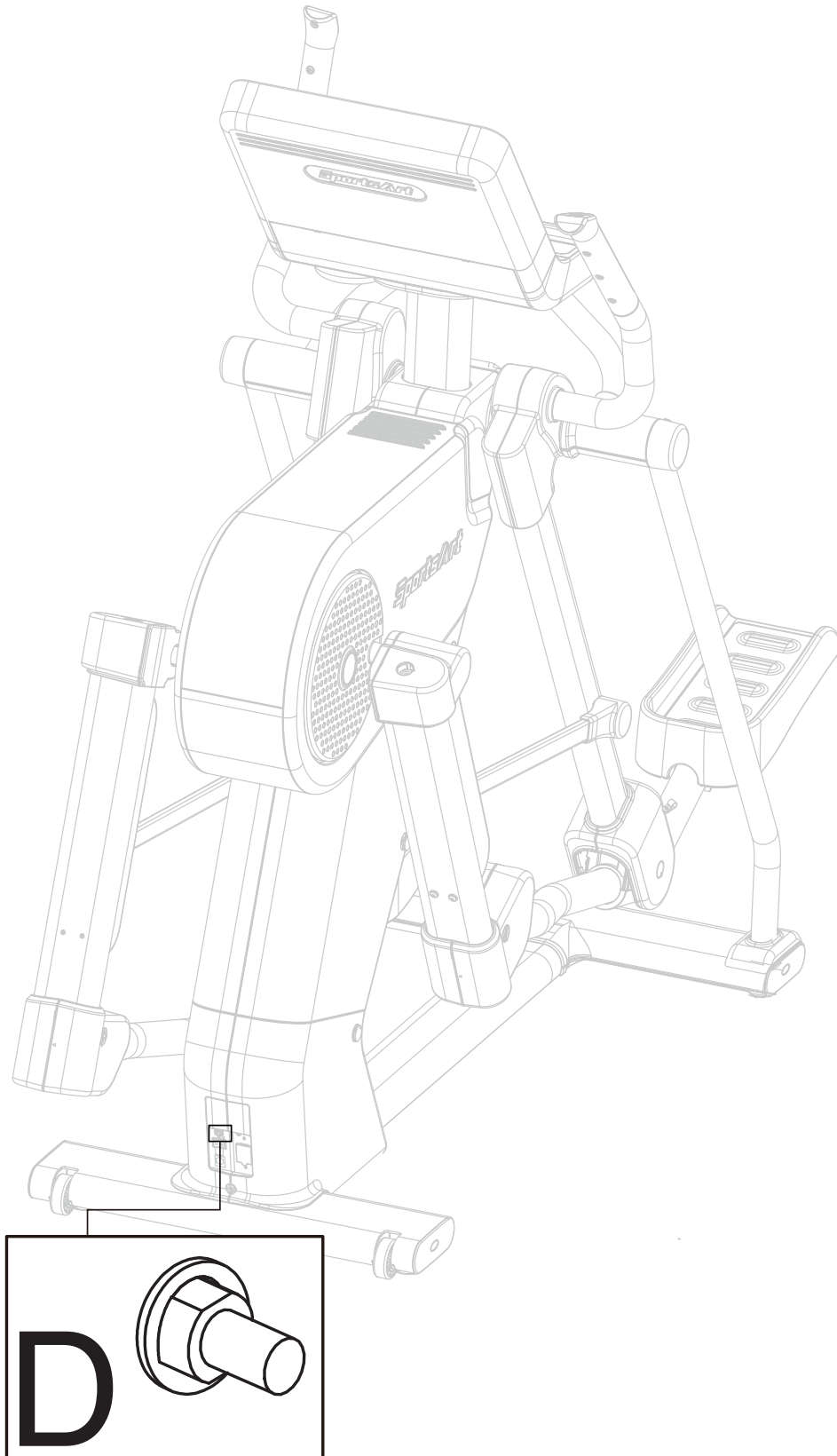
- (a) Please remove the pre-installed screws (33) from the machine prior to assembly.
  - (b) Push the plug cover of the power cord toward and against the plug.
  - (c) Tighten the leveling knob.
  - (d) Plug in the power cord and secure it with the screws (33).
- The picture below is for your reference.



## STEP 12 Circuit Protection

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

The picture below is for reference only.

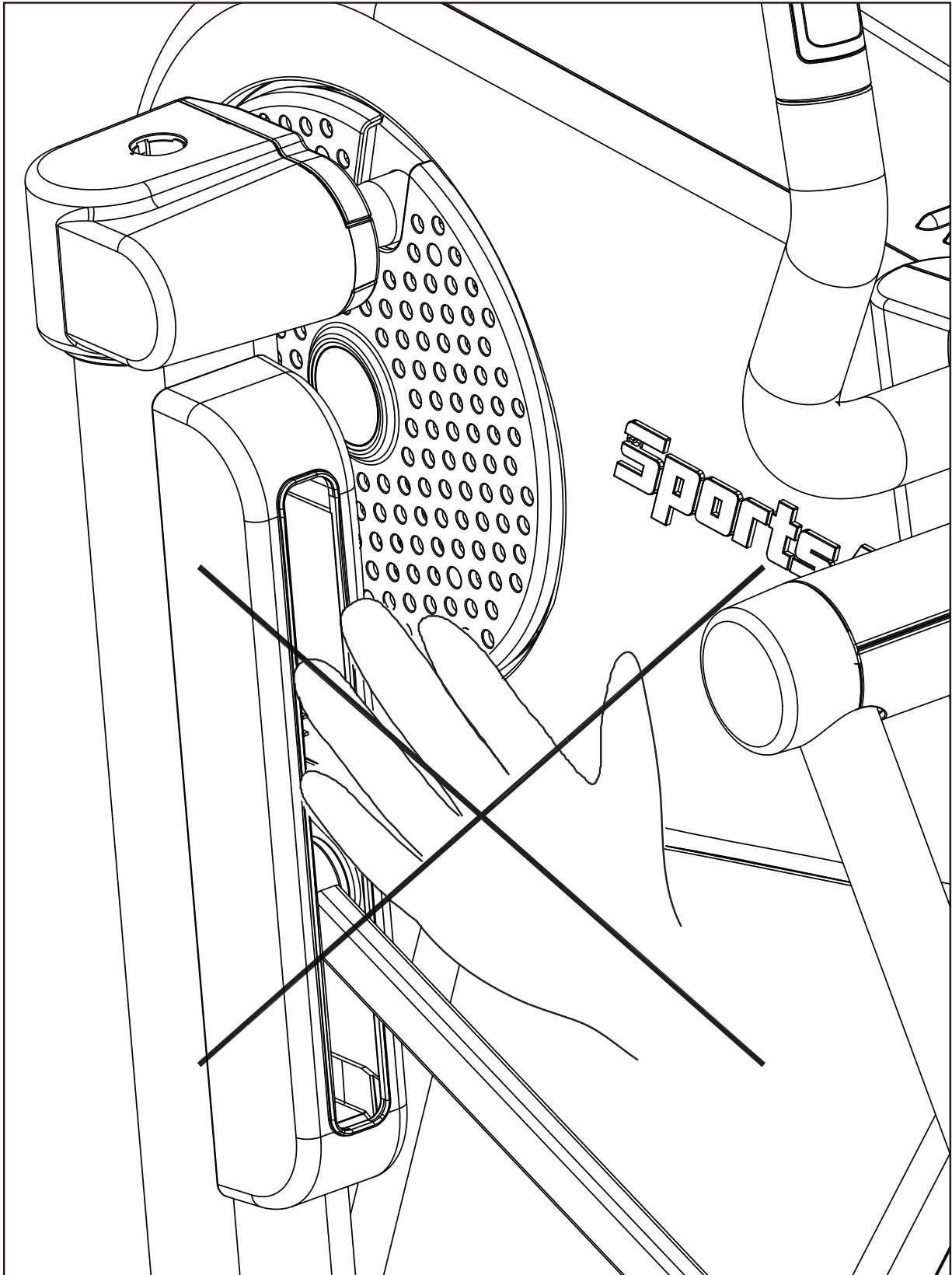


## **STEP 13** Beware of Moving Parts

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

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

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

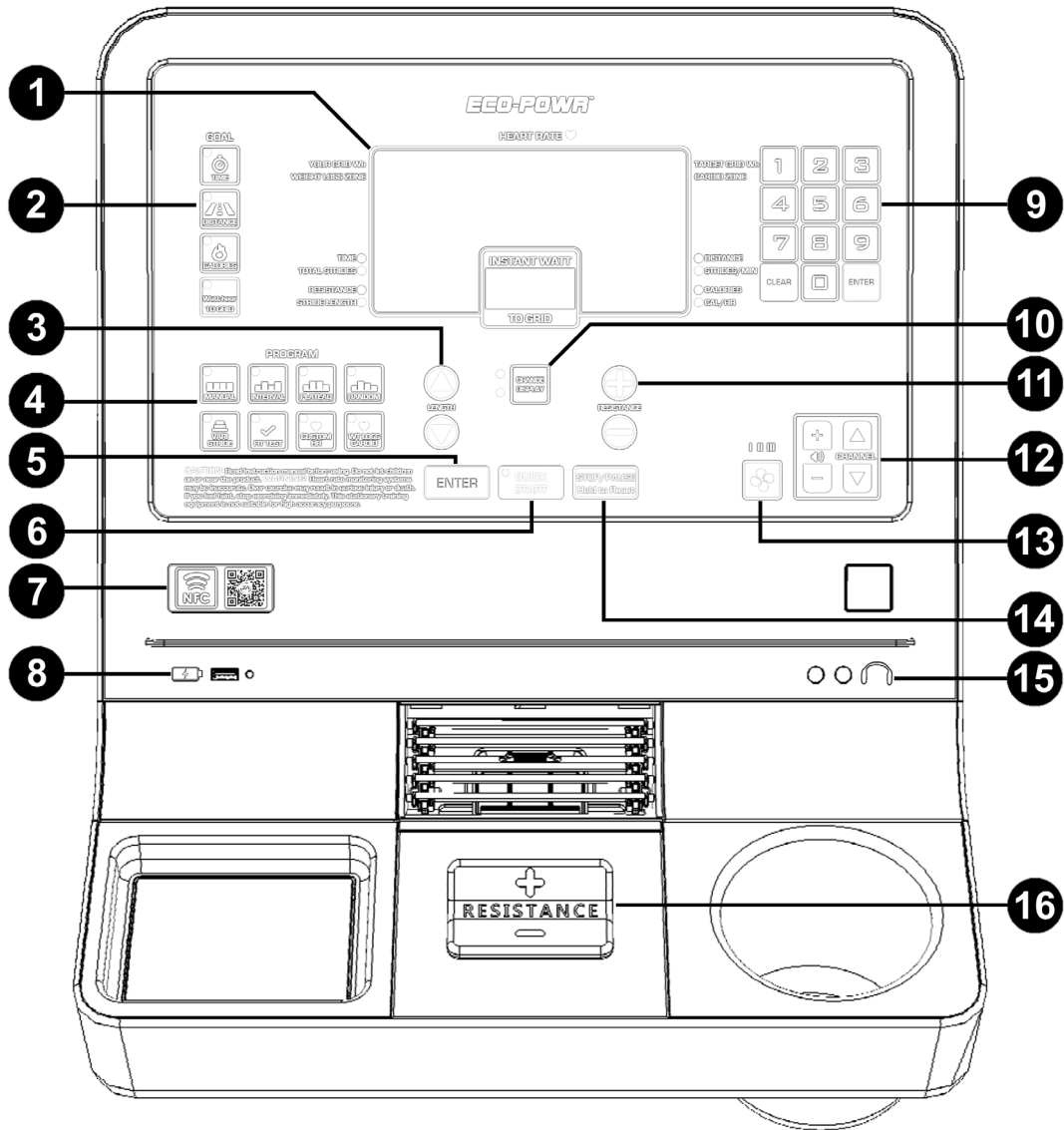


# 4. UNDERSTAND G866 LCD DISPLAY

## DISPLAY Overview

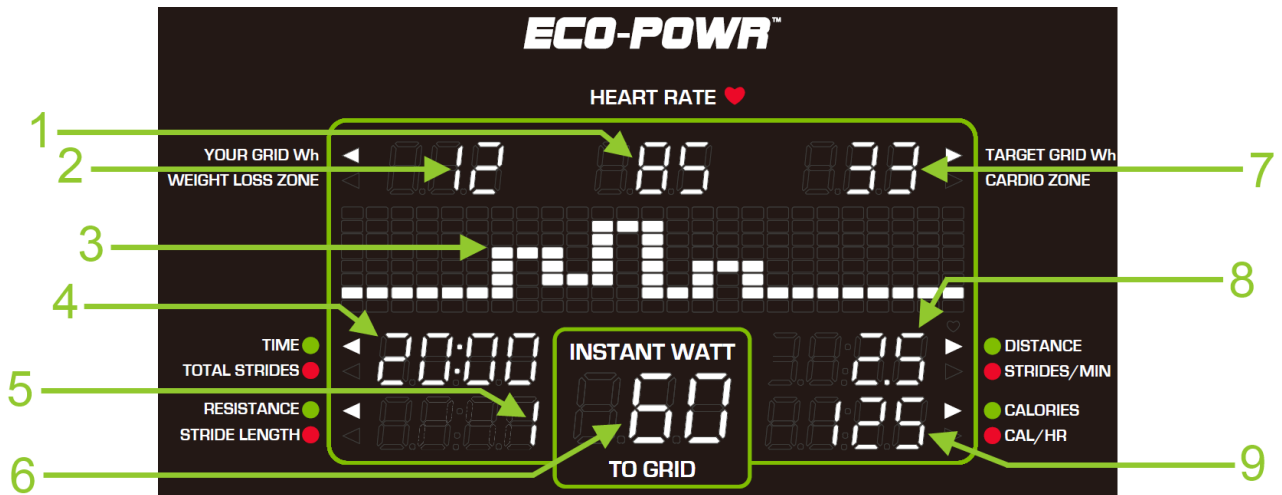
In this chapter, you will learn how to use and set up the console of your elliptical trainer. Please read the entire manual prior to using the elliptical trainer to get the best exercise efficiency and enjoy your workout.

## DISPLAY Console Panel



No.	Description	No.	Description
1	LCD window	9	Numeric Keypad
2	GOAL	10	CHANGE DISPLAY
3	LENGTH▲/▼ key	11	RESISTANCE +/- key
4	PROGRAMS	12	TV WIRELESS AUDIO RECEIVER Control Area
5	ENTER key	13	Fan Speed Switching
6	QUICK START key	14	STOP / RESET key
7	QR Code, NFC tag	15	Headphone Port
8	USB port	16	RESISTANCE +/- key

## DISPLAY Window Display




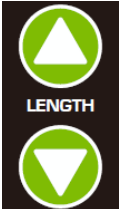







No.	Description
1	Display the data of your heart rate value. (Displayed when BOTH HANDS hold on the sensor.)
2	YOUR GRID Wh : Display your current accumulated GRID Wh value. WEIGHT LOSS ZONE : The WT LOSS 65% heart rate value.
3	Display the messages or the illustration.
4	TIME : Display the total time 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 Instant Watt to GRID during exercise.
7	TARGET GRID Wh : Display the target value of the Watt-hour To GRID that you have set. CARDIO ZONE : The CARDIO 80% heart rate value.
8	DISTANCE : Display the total distance of the workout or the remaining distance to exercise. STRIDES/MIN : Displays your current SPM.
9	CALORIES : Display the total calories of the workout or the remaining calories to exercise. CAL/HR : Display the calories that you have burned per hour.










**DISPLAY Specifications**

<b>Parameter</b>	<b>Spec.</b>
RESISTANCE	1-40
STRIDE LENGTH	1-13
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
STRIDES/MIN	5-150 SPM
HEART RATE	35-255 bpm
Instant Watt To GRID	0-270
YOUR GRID Wh	0.00-9999 Wh
TARGET GRID Wh	5-100 Wh

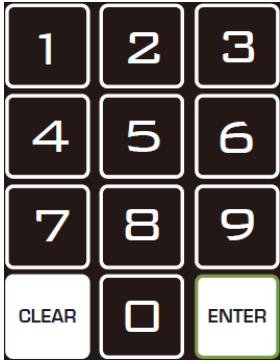


## DISPLAY Button Function

Illustration	Description
	<p>Skip the user input, program selection, and start training instantly.</p>
	<p>Press to stop the workout program. Hold down to go back to start screen and reset it to factory settings.</p>
	<p>After the parameter settings are complete, press the key to confirm your selection.</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 switch the message on the LCD display window.</p>
	<p>Press this key to enter Manual mode. 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>
	<p>Press this key to enter PLATEAU mode. This workout program gradually increases in difficulty, plateaus, then tapers off, in a 20-60-20 pattern. The notification LED will light on steadily.</p>

## DISPLAY Button Function (CONT.)

Illustration	Description
	<p>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.</p> <p>The notification LED will light on steadily.</p>
	<p>Press this key to enter vari-stride mode.</p> <p>User can set max. stride length in this program.</p> <p>The notification LED will light on steadily.</p>
	<p>Press this key to enter FIT TEST mode.</p> <p>The notification LED will light on steadily.</p>
	<p>Press this key to enter CUSTOM HR mode.</p> <p>His heart rate control program allows you to set your own target heart rate.</p> <p>The notification LED will light on steadily.</p>
	<p>Press this key to select &lt;WT LOSS&gt; or &lt;CARDIO&gt;.</p> <p>*&lt;WT LOSS&gt; uses the following formula to evaluate target heart rate:  <math>(220 - \text{AGE}) \times 0.65</math>.</p> <p>*&lt;CARDIO&gt; uses the following formula to evaluate target heart rate:  <math>(220 - \text{AGE}) \times 0.8</math>.</p> <p>The notification LED will light on steadily.</p>
	<p>Press this key to select &lt;TIME&gt; as your workout goal.</p> <p>The notification LED will light on steadily.</p>
	<p>Press this key to select &lt;DISTANCE&gt; as your workout goal.</p> <p>The notification LED will light on steadily.</p>
	<p>Press this key to select &lt;CALORIES&gt; as your workout goal.</p> <p>The notification LED will light on steadily.</p>
	<p>Press this key to select &lt;Watt-hour TO GRID&gt; as your workout goal.</p> <p>The notification LED will light on steadily.</p>

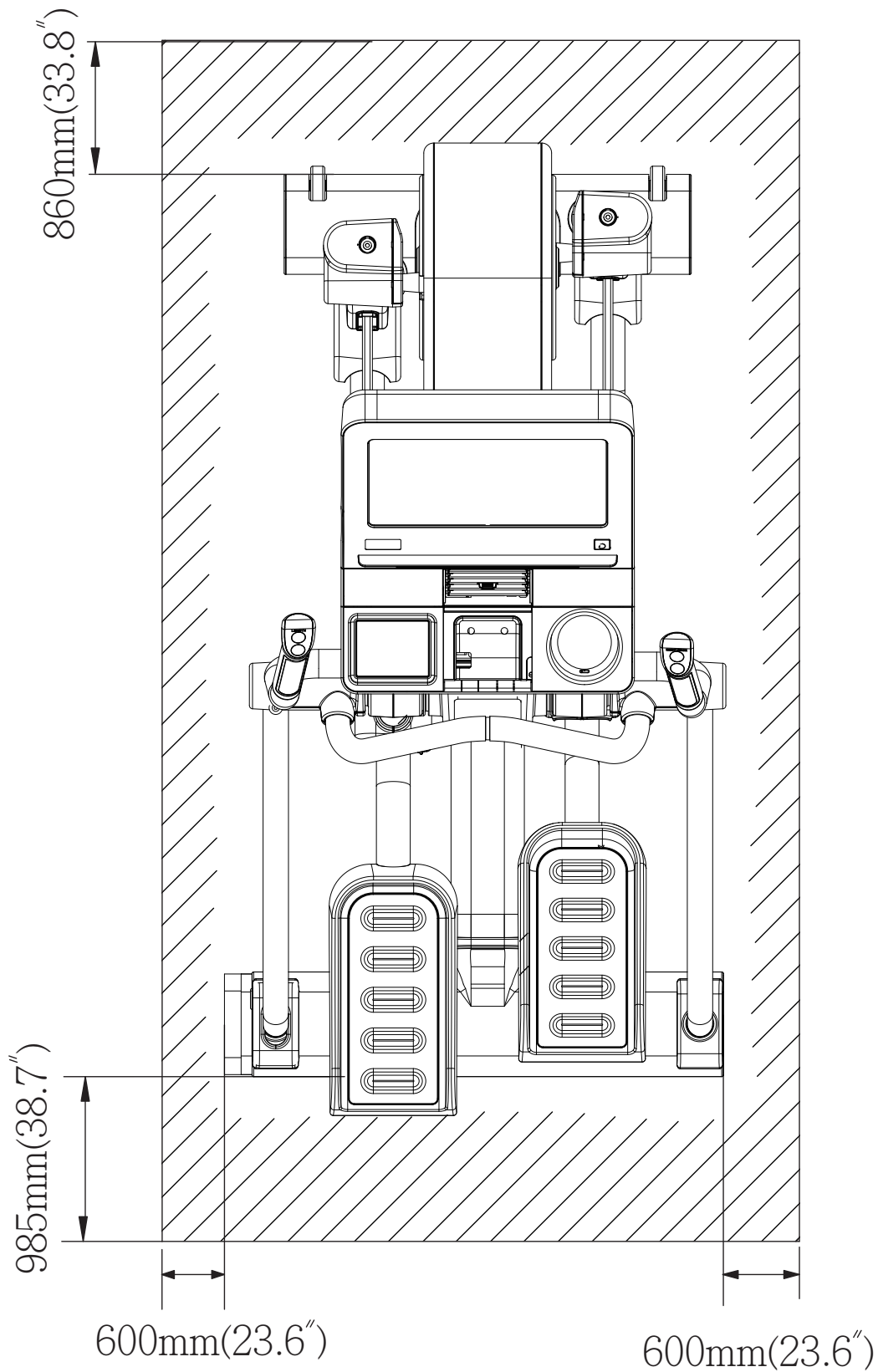
## DISPLAY Button Function (CONT.)

Illustration	Description
	<p>&lt;0~9&gt;: Press these keys to directly input numeric values. &lt;CLEAR&gt;: When inputting setting values, press this key to delete previous setting values back to 0.</p>
	<p>Press this key to activate the fan. There are settings: low, medium, high, and off.</p>
	<p>Change volume and TV audio channel. (in conjunction with MYE option)</p>

## 5. OPERATE THE PRODUCT

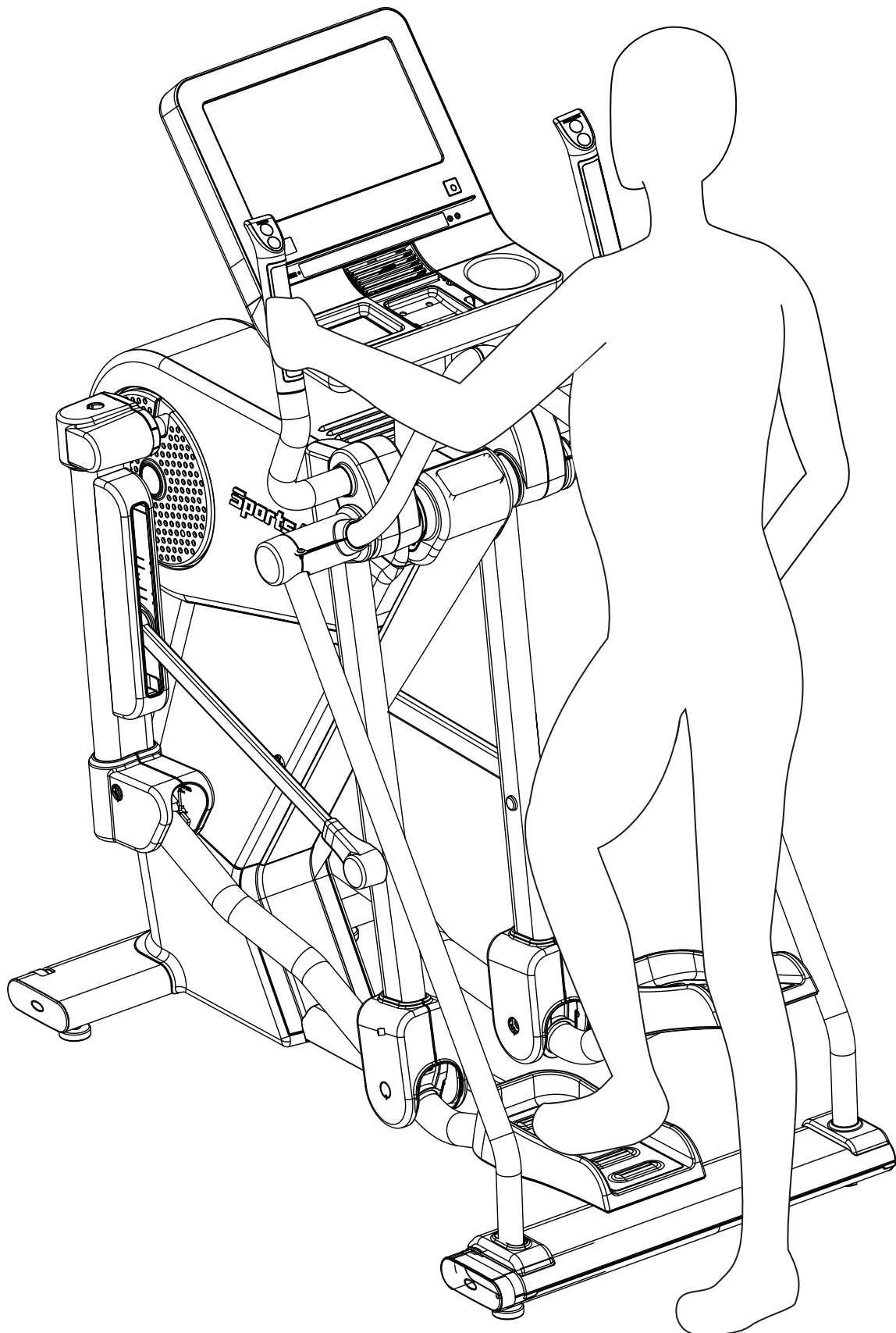
### OPERATION Safe Operating Area

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



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

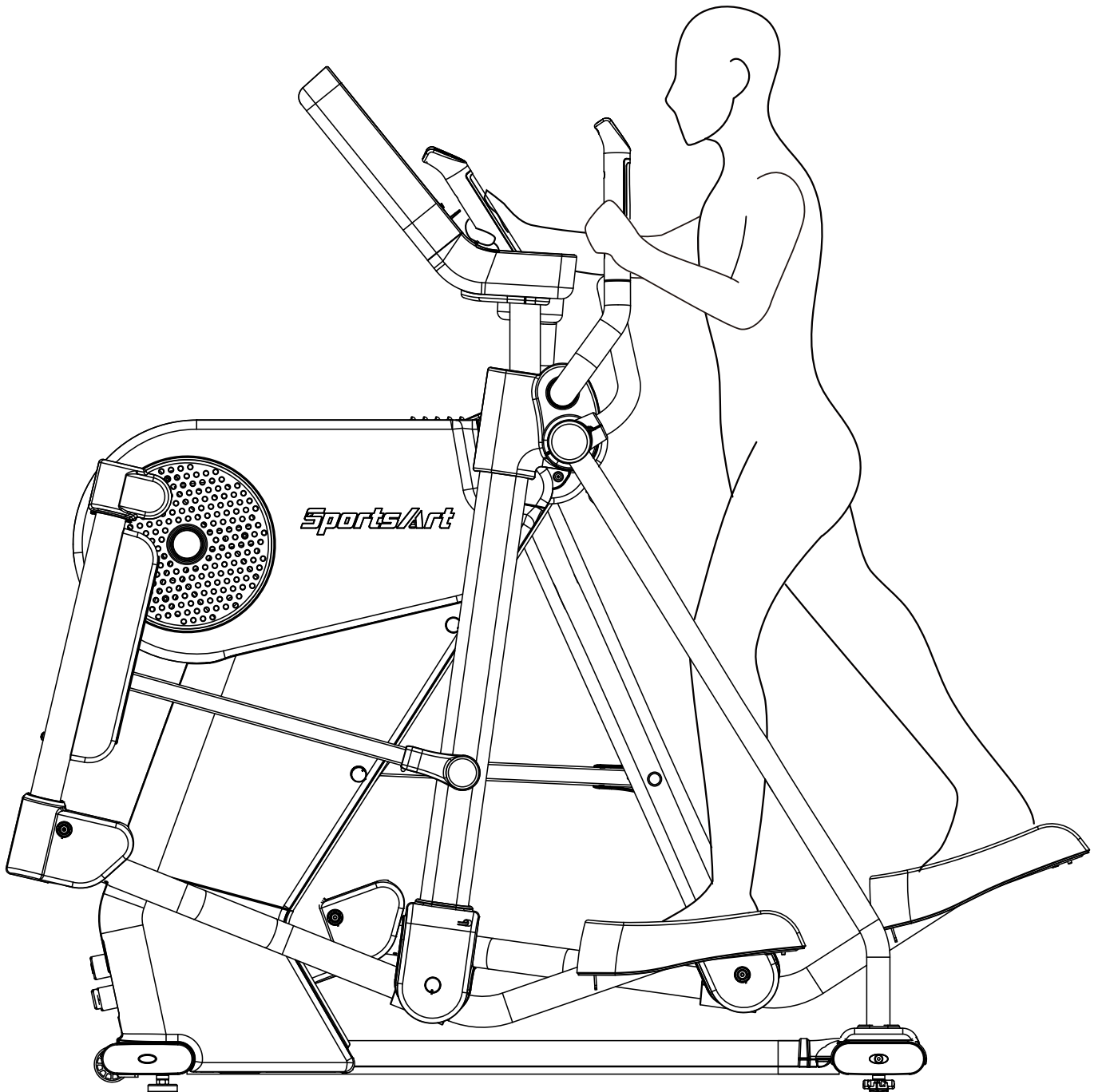
- (a) Place your feet on floor and then hold the handles to steady self while stepping on the pedals as shown below.
- (b) Wait until pedals come to a complete stop and then hold onto handles for stability while carefully stepping off the elliptical.



## **OPERATION** Proper Workout Position

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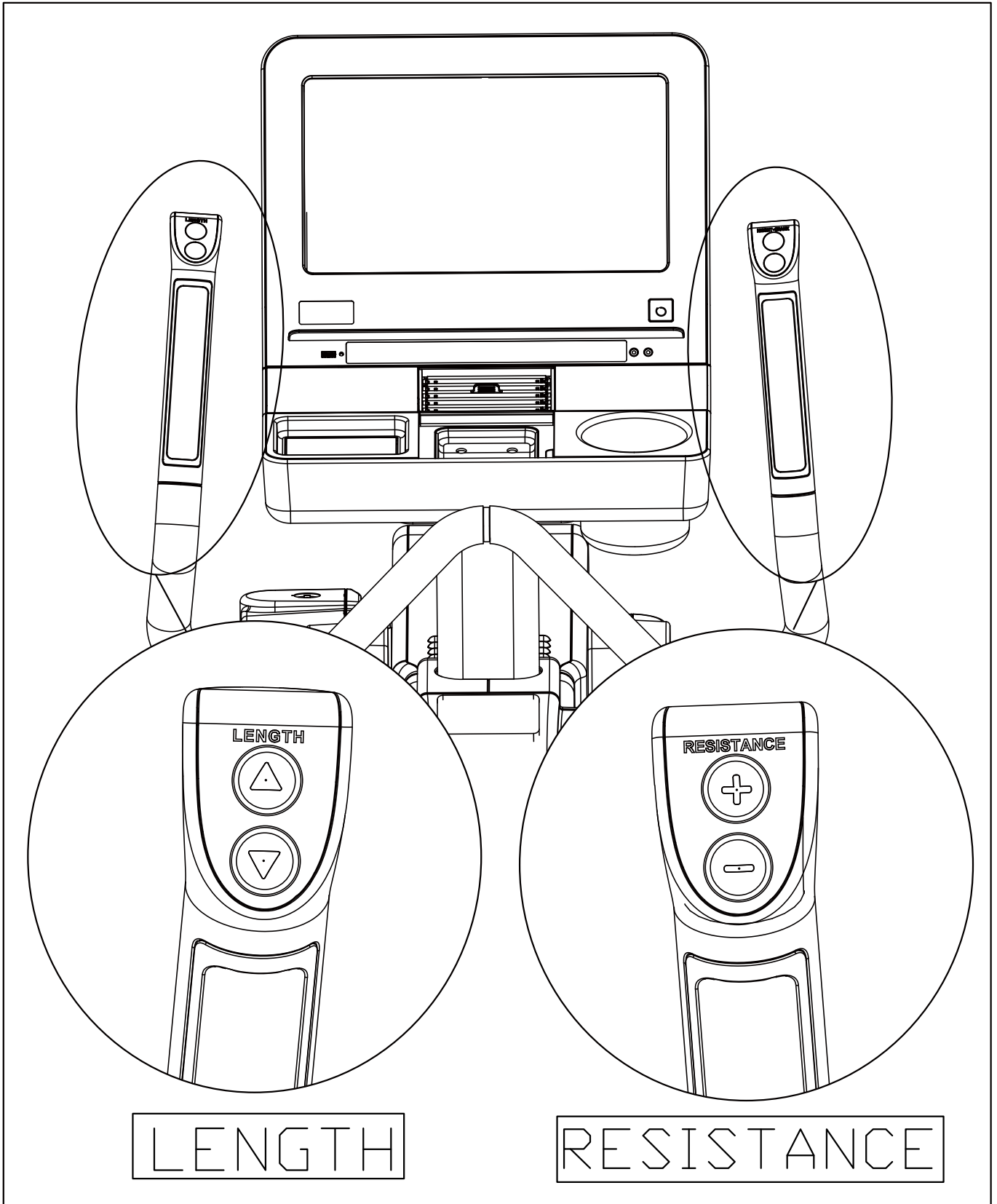
- (a) Over exercising or improper workout form may result in serious injury.
- (b) User can hold onto handles for stability when getting on or getting off from the right/left side of the elliptical.
- (c) This product is intended for exercising arms and legs.



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

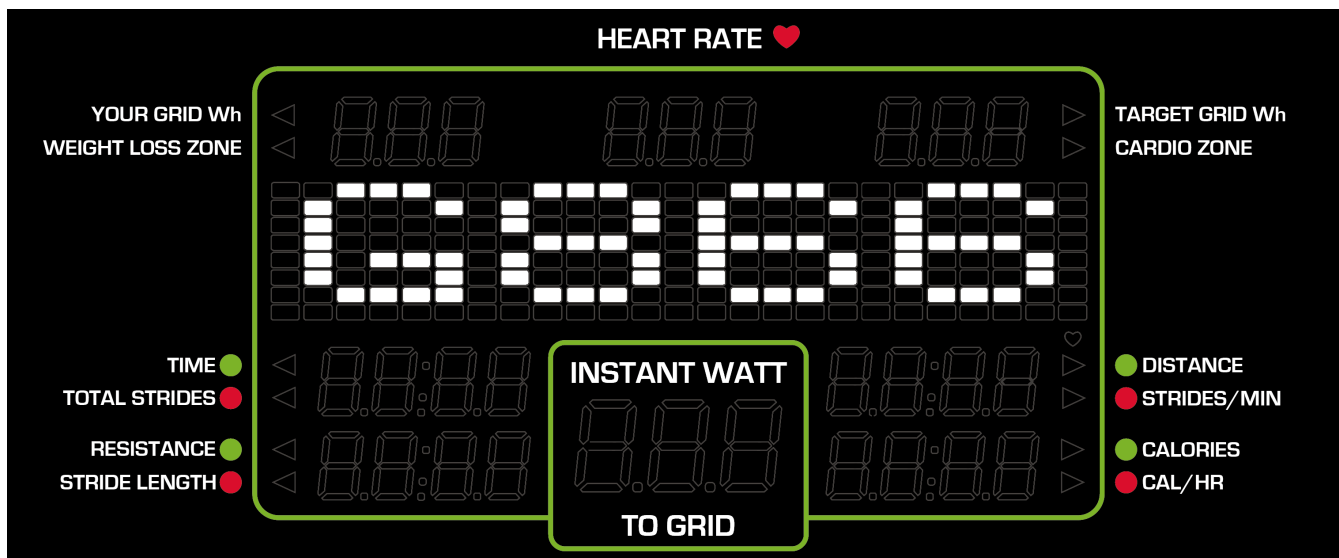
This product has moving parts that could be a danger to people and animals.

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



## OPERATION Start Screen

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



## OPERATION Quick Start

QUICK START 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 QUICK START 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 <ENTER> key will take you to the "SELECT GOAL" screen. For details about setting workout goals, please refer to "WORKOUT GOAL Setting".

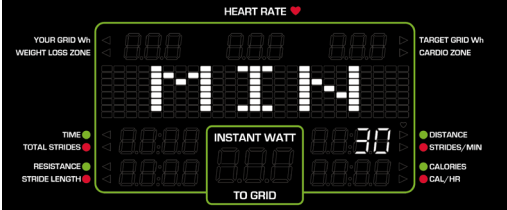
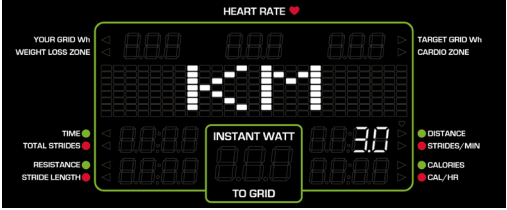
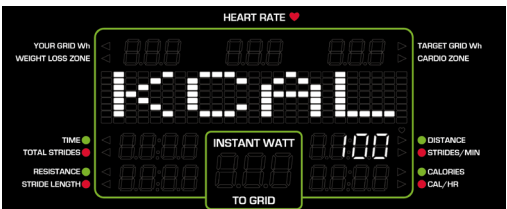
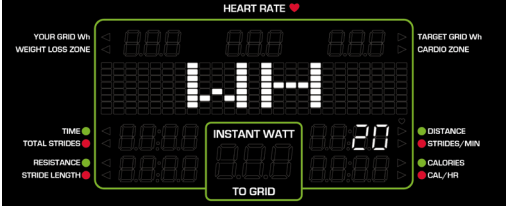
NOTE: In VARI-STRIDE mode and FIT TEST mode, the workout goal is fixed at "TIME" and cannot be altered in any way

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

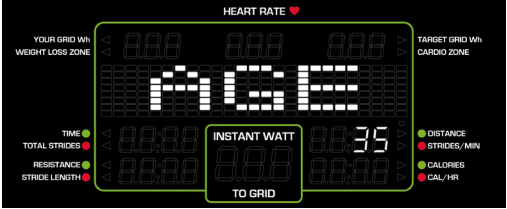
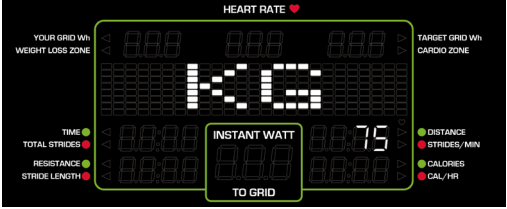
# OPERATION User Setting Procedure (CONT.)

Parameter Window	Description
	<p><b>Setting a TIME workout goal:</b>            Select &lt;TIME&gt; as your workout goal, the &lt;TIME&gt; 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 &lt;LENGTH ▲/▼&gt; key or &lt;RESISTANCE +/-&gt; key to adjust the time.            (b) Press &lt;ENTER&gt; key to confirm the time setting.</p>
	<p><b>Setting a DISTANCE workout goal:</b>            Select &lt;DISTANCE&gt; as your workout goal, the &lt;DISTANCE&gt; 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 &lt;LENGTH ▲/▼&gt; key or &lt;RESISTANCE +/-&gt; key to adjust the distance.            (b) Press &lt;ENTER&gt; key to confirm the distance setting.</p>
	<p><b>Setting a CALORIES workout goal:</b>            Select &lt;CALORIES&gt; as your workout goal, the &lt;CALORIES&gt; 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 &lt;LENGTH ▲/▼&gt; key or &lt;RESISTANCE +/-&gt; key to adjust the distance.            (b) Press &lt;ENTER&gt; key to confirm the calories settings.</p>
	<p><b>Setting a Watt-hour TO GRID workout goal:</b>            Select &lt; Watt-hour TO GRID &gt; as your workout goal, the &lt; Watt-hour TO GRID &gt; notification LED light will stay on and then proceed to Watt-hour TO GRID settings.            The range is 5-100wh with the default of 20wh. If there's a time limit in the workout program selected, the Watt-hour TO GRID workout goal will be disabled.</p> <p>(a) Press &lt;LENGTH ▲/▼&gt; key or &lt;RESISTANCE +/-&gt; key to adjust the Watt-hour TO GRID.            (b) Press &lt;ENTER&gt; key to confirm the Watt-hour TO GRID settings.</p>

## OPERATION User Setting Procedure (CONT.)

### 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><b>AGE Setting:</b> The range is 10 - 99 years old with the default of 35 years old.</p> <p>(a) Press &lt;LENGTH ▲/▼&gt; key or &lt;RESISTANCE +/-&gt; key to adjust the age. (b) Press &lt;ENTER&gt; key to confirm the age setting and proceed to weight settings.</p>
	<p><b>WEIGHT Setting:</b> The range is 50-500 lb. (20-227 kg) with the default of 165 lb /75 kg.</p> <p>(a) Press &lt;LENGTH ▲/▼&gt; key or &lt;RESISTANCE +/-&gt; key to adjust the weight. (b) Press &lt;ENTER&gt; 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.

### INTERVAL:

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

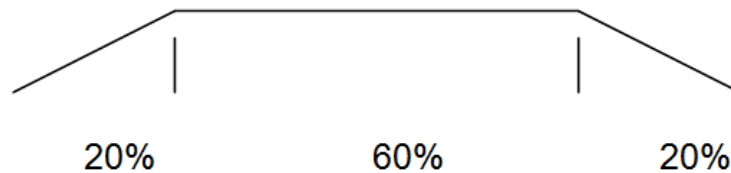
- (1) The program is a two-stage exercise (REST/WORK) and each has different parameters of the time and the resistance. According to the time ratio, there are three options in 1:1, 1:2 and 2:2. (For example: "1 : 2" means one minute for resting and 2 minutes for workout.)
- (2) The program changes between INTERVAL 1:1/ INTERVAL 1:2/ INTERVAL 2:2 each time the <INTERVAL> key is pressed. Press <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(CONT.)

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### **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.

- (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.

### **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 <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 <ENTER> key to confirm your settings and start with an exercise program.
- (4) During exercise, press <LENGTH ▲/▼> key to adjust max. stride length.  
The max. stride length will display in the parameter window.

### **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.

## OPERATION Workout Programs(CONT.)

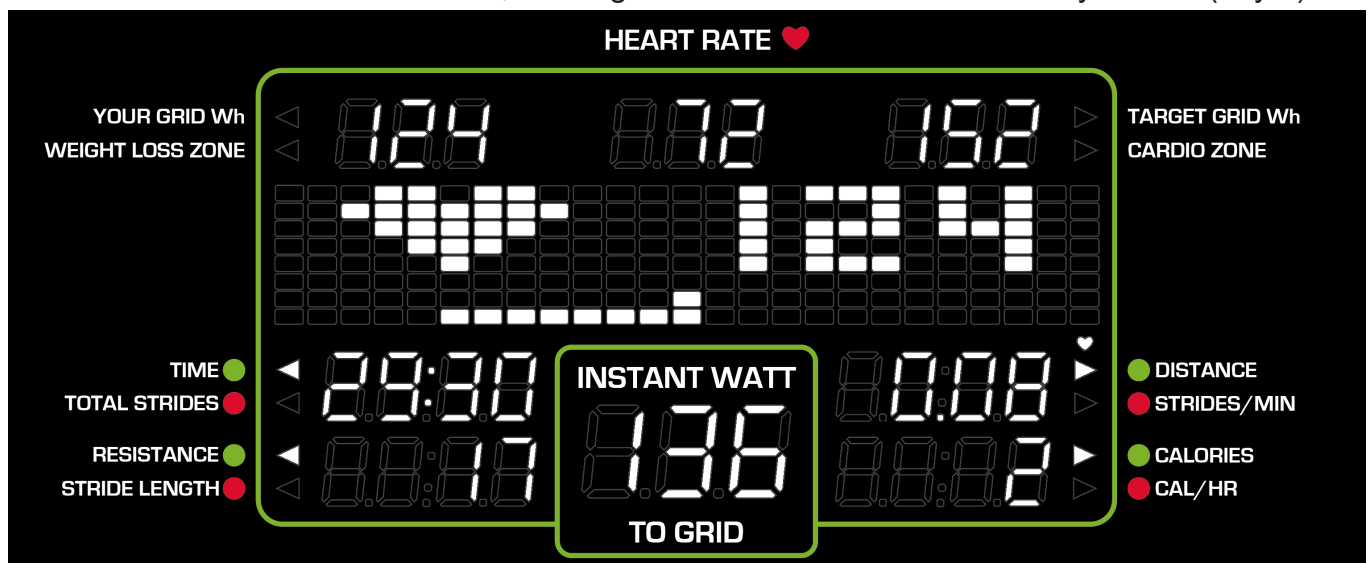
- (5) The best SPM range during test is between 40SPM to 70SPM with the default of 50SPM.
  - a. If the actual SPM is below 40SPM for more than 5 seconds, the words "SPEED UP" will pop up on the display.
  - b. If the actual SPM is below 70SPM for more than 5 seconds, the words "SPEED DOWN" will pop 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)

### CUSTOM HR / WT LOSS / CARDIO:

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

- (1) 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.
- (2) 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.
- (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) When heart rate is detected, the heart pattern in the parameter window will blink.
- (5) 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).



## OPERATION Workout Programs(CONT.)

- (6) The default resistance level /SPM is level1 / 50SPM. User's heart rate is simultaneously monitored.
- (7) 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.
- (8) 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/Pause Exercise

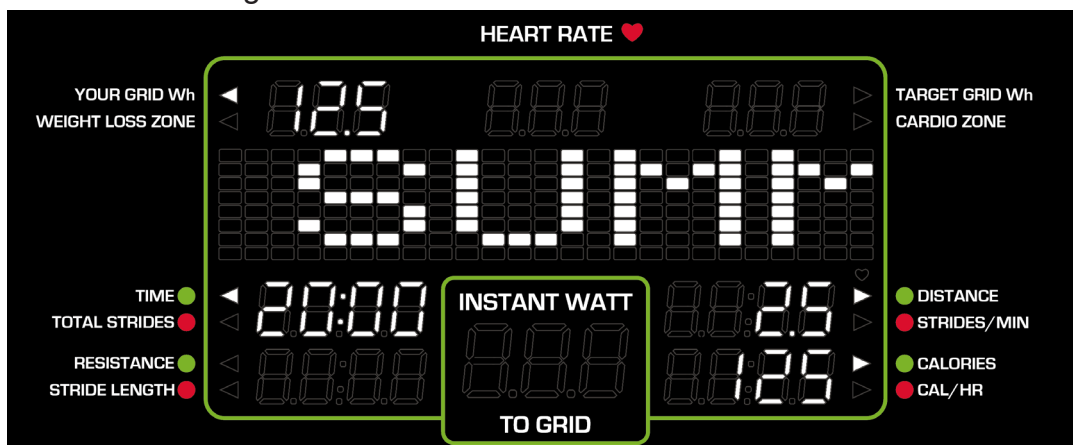
Press <STOP/PAUSE> during exercise, all the exercise data will stop accumulating and keep the current value. The words " PAUSED " and " PRESS QUICK START TO RESUME " will pop up on the display.

When your workout time is paused and no operation is performed, the display will return to the start screen. To resume, press <ENTER> key and calculations will continue. For more information regarding pause settings, refer to "User Parameter Setting".

When your workout time is paused, press <STOP/PAUSE> key to end your workout and the workout summary screen will be displayed.

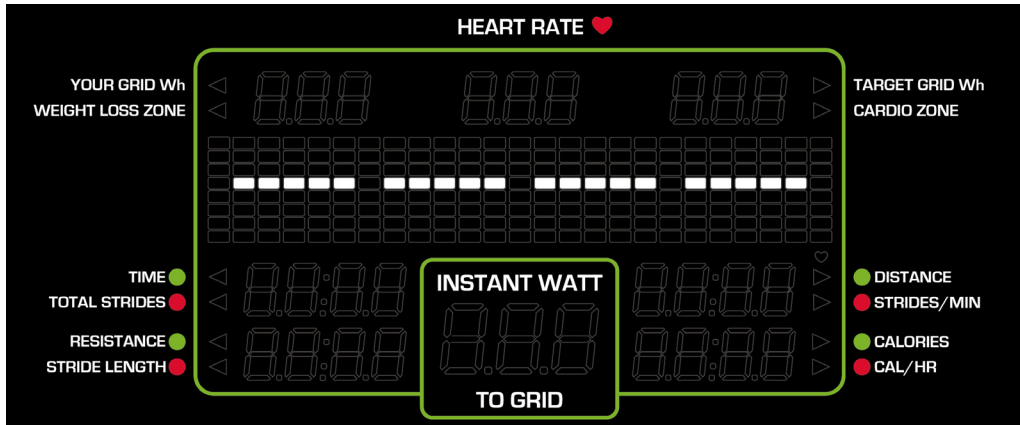
## OPERATION Workout Summary

press <STOP/PAUSE> key twice 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/PAUSE> 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

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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 KM or MILE, press <LENGTH ▲/▼> or <RESISTANCE +/-> key 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 <LENGTH ▲/▼> or <RESISTANCE +/-> key to view each program version, then press <ENTER> key and go to the next step.

Program Version Items:

- (a) CTL SA\_6 - xx → The program version of the control board.
- (b) DRV MI – xx - yyyy → The program version of Micro Inverter driver board.
- (c) GE\_INCL-xx → The program version of stride motor driver board.
- (d) 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> key and go to the next step.

### **(4) Display the Total Time**

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

### **(5) Display the Total Watts**

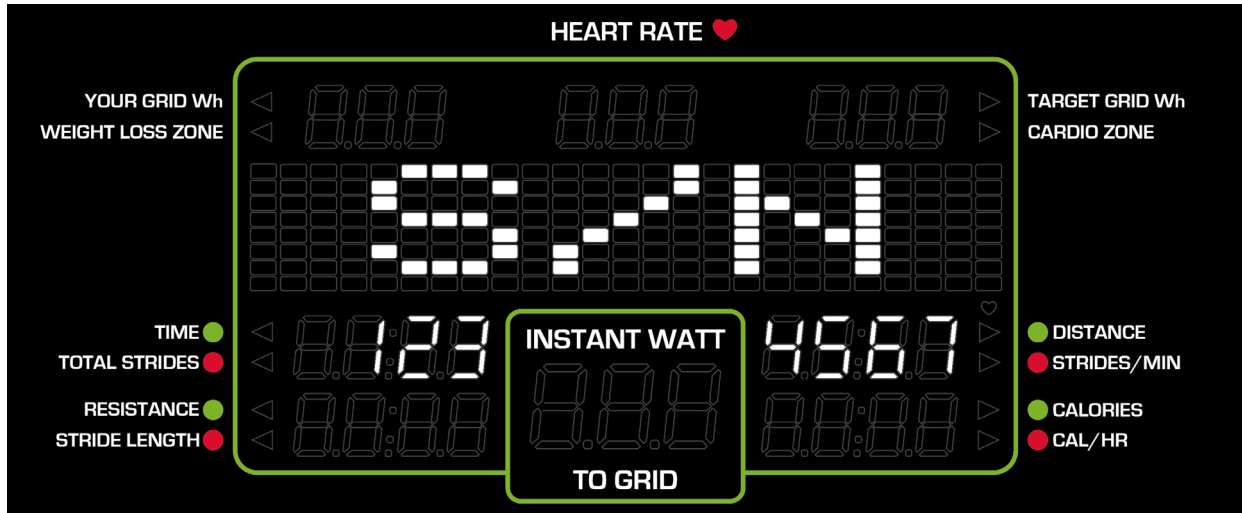
The window will show the message of “WATTS- xxxxxx KWH”, press <ENTER> and go to the next step.

## OPERATION User Parameter Setting (CONT.)

### (6) Product Serial Number

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

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



### (7) Language Setting

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

### (8) Time Limit Setting

The window will show the message of “TIME LIMIT”, press <LENGTH ▲/▼> or <RESISTANCE +/-> key to set the time, then press <ENTER> key 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.

### (9) PAUSE TIME Setting

The window will show the message of “PAUSE TIME”, press <LENGTH ▲/▼> or <RESISTANCE +/-> key to set the pause duration, then press <ENTER> to confirm and go to the next step.

※ Setting pause duration range: 2-60 min. It is set to 2 min by default.

### (10) 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 <ENTER> key to confirm and go back to the start screen.

### (11) 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.

## 6. ABOUT HEART RATE DETECTION

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

### HEART RATE Telemetry

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

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

- 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.

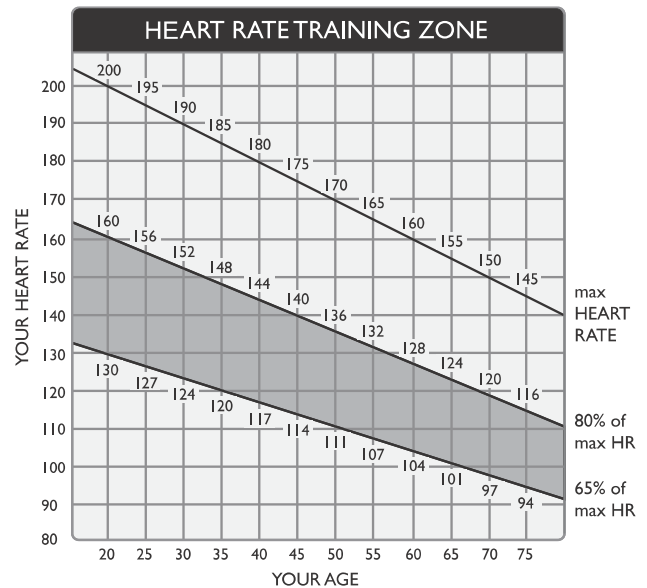
## 7. GUIDELINES FOR EXERCISE

### HOW HARD SHOULD I EXERCISE?

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

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

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



### HOW LONG SHOULD I EXERCISE?

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

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

### HOW OFTEN SHOULD I EXERCISE?

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

## 8. MICRO INVERTER MI-250

### MICRO INVERTER Important Safety Instructions

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#### CAUTION

These servicing instructions are for use by qualified personnel only. To reduce the risk of electric shock, do not perform any servicing other than that specified in the operating instructions unless you are qualified to do so.

#### PRUDENCE!

Ces instructions d'entretien sont uniquement destinées à un personnel qualifié. Pour réduire le risque de choc électrique, ne pas effectuer un autre service que celui spécifié dans les instructions de fonctionnement, à moins que vous soyez qualifié pour le faire.

To lower the risks involved in the assembly and operation of this inverter, please carefully note the meaning of the following warning symbols, abide by their messages, and thoroughly read these instructions.



This WARNING symbol indicates a risk of electric shock. Please use extreme caution when processing the procedure.



This CAUTION symbol identifies an improper operation that could result in critical safety issue or damage to the user or devices.

### MICRO INVERTER Cautionary Messages

---

To lower the risks involved in the assembly and operation of this inverter, please follow the intent of these messages.



#### CAUTION

Plates are live. Disconnect unit before servicing. No user serviceable parts inside. Refer servicing to qualified service personnel.

#### ATTENTION!

Les plaques sont à nu. Débrancher l'appareil avant son entretien. Aucune pièce n'est réparable par l'utilisateur. Faire appel à un réparateur qualifié pour toute intervention de dépannage.



### **WARNING**

Power fed from more than one source. Each circuit must be individually disconnected before servicing. Do not remove cover until 5 minute after disconnecting all sources of supply.

### **AVERTISSEMENT!**

L'alimentation provient de plus d'une source. Chaque circuit doit être coupé avant toute intervention de dépannage. Attendre 5 minutes avant de retirer le couvercle une fois toutes les sources d'alimentation coupées.



### **CAUTION**

Perform all electrical installations in accordance with all applicable local electrical codes and the National Electrical Code (NEC), ANSI/NFPA 70.

### **PRUDENCE!**

Effectuer toutes les installations électriques en conformité avec les règlements locaux en vigueur et du Code National de l'Electricité (NEC), ANSI/NFPA 70.

## MICRO INVERTER Electronic Specifications

Input Data(3 Phase AC)	
Input power source	3 Phase permanent-magnet generator
Maximum input voltage	140V(line-to-line voltage)
Nominal operating voltage range	55-125V(line-to-line voltage)
Maximum input current	7A(line current)
Output Data(single phase AC)	
Maximum continuous output power	220W
Output power factor rating	>0.9
Nominal voltage(Operating range)	120VAC(105.6-132.0V) (for USA) 230VAC(184.1-264.4V) (for EU)
Maximum continuous output current	2.0A(for 120V) (for USA) 1.3A(for 230V) (for EU)
Normal output frequency(Operating frequency range)	60Hz(59.3~60.5Hz) (for USA) 50Hz(47.4~50.1Hz) (for EU)
Utility interconnection voltage and Frequency trip limits and trip times	0.16s (for USA) 0.2s(for EU)
Maximum units per branch	7 (for USA, 15A branch system) 9 (for EU, 10A branch system)
Output controlling method	The LEVEL command of panel controller
Others	
Normal operation temperature range	+5°C~+35°C
Storage temperature range	+5°C~+40°C
Enclosure Rating	Type 1:"indoor use only"
Application	For SportsArt device only

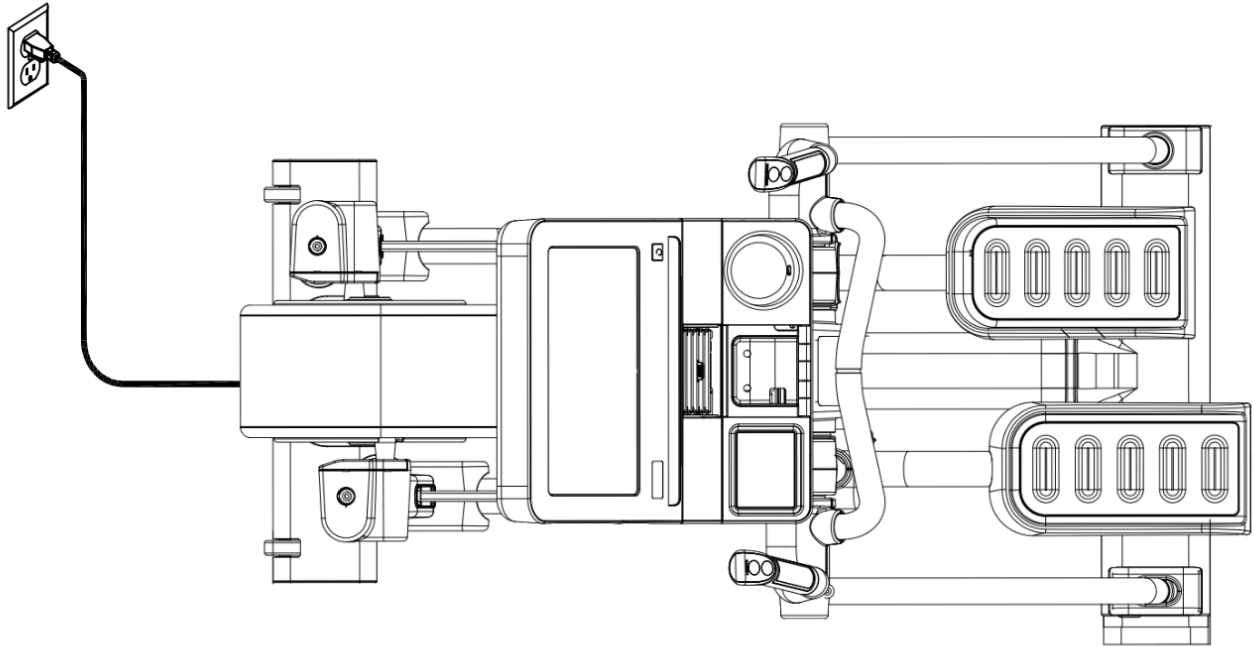
## MICRO INVERTER Circuit Board & Product Settings

### Frequency setting:

MI-250 can detect the frequency automatically without setting.

### Connecting to grid power:

After MI-250 is installed into Eco-Powr products, the power can be linked to grid power through product power cord, as shown in the following figure. Attention: it is necessary to cover the power cord and product connecting area with a metal cover. unplug the power cord from the wall outlet before pulling the plug from the product. If the plug is pulled while it is connecting to the power grid, it might cause the electric arc and damage the plug.



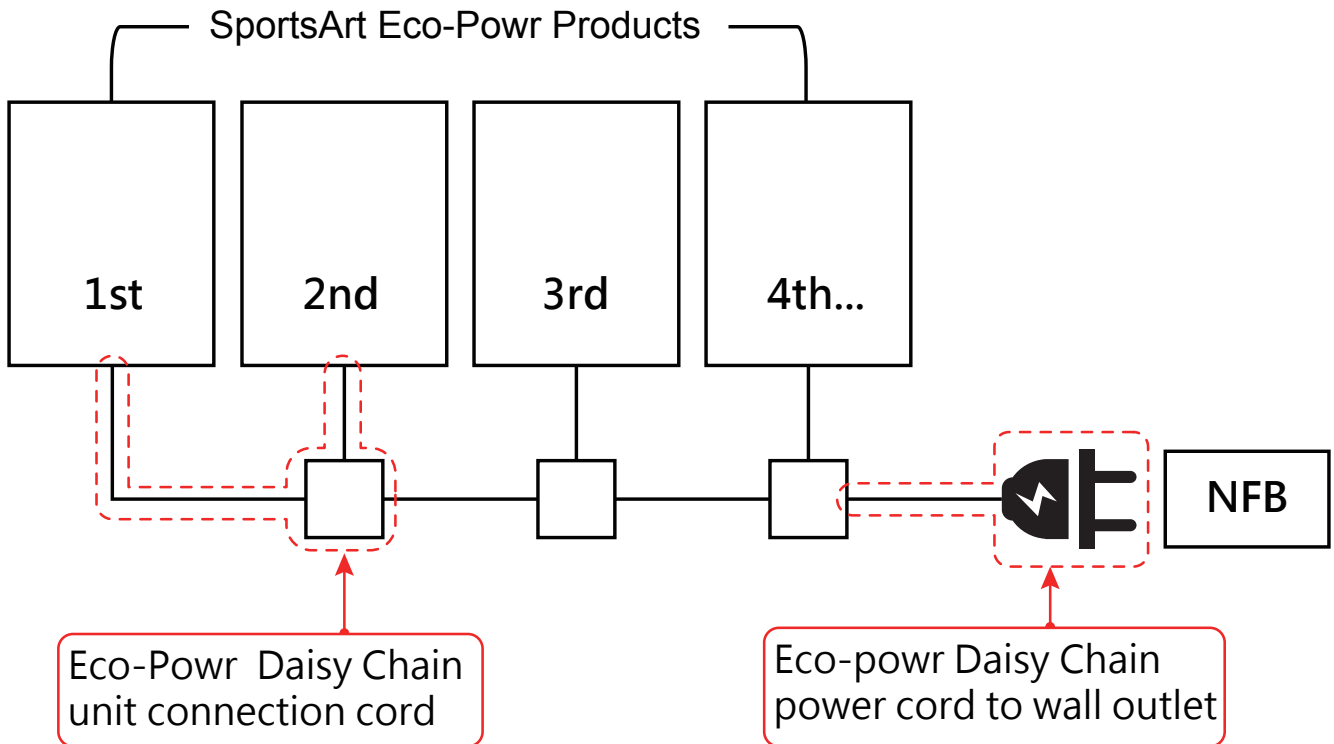
### The number of products can be linked to a power circuit line:

The max wattage output of MI-250 is 220W. Pay attention to the electricity capacity limit (the rating of over-current protective device) to avoid overload. Different area voltage limits are shown as the following table.

Local Grid voltage	The rating of the circuit	Number of products
230V	10A	9
220V	10A	8
120V	15A	7
110V	15A	6

## MICRO INVERTER Circuit Board & Product Settings (CONT.)

This optional accessory SportsArt Eco-Powr Daisy Chain unit connection cord is suitable SportsArt Eco-Powr Daisy Chain cable unit connection cable allows multiple Eco-Powr products to be powered from a single electrical socket.



### Power on:

Start pedaling the elliptical trainer with 40SPM or above for more than 6 seconds to turn on the unit. Start operating the elliptical trainer when the display enter Banner page. If the elliptical trainer cannot be turned on or the display turns dark or shows "PLUG IN SOCKET". Insert the power cord into the power supply socket and start pedaling the elliptical trainer.

When the elliptical trainer is stop pedaling and no other activity for 2 minutes, the elliptical trainer will shut down. Start pedaling the elliptical trainer to restart the unit.

## 9. MAINTENANCE

Maintenance topics are presented below in the following order: safety precautions, product Disassembly, schedule, task list (elliptical trainers), one-year maintenance log, error messages, Messages.

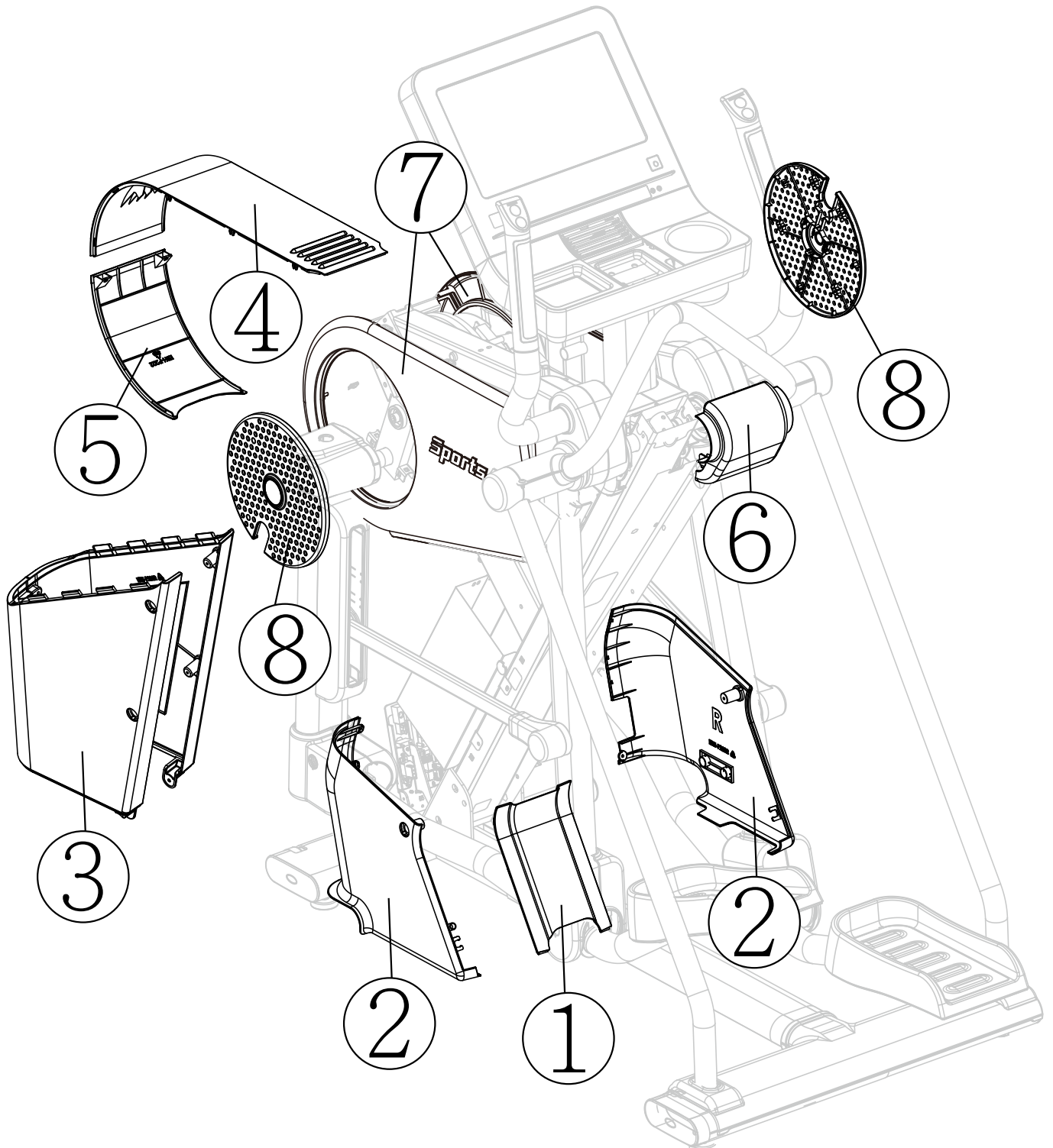
### MAINTENANCE Safety Precautions

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- 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 Product Disassembly

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



## MAINTENANCE Schedule

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

cleaning requirements

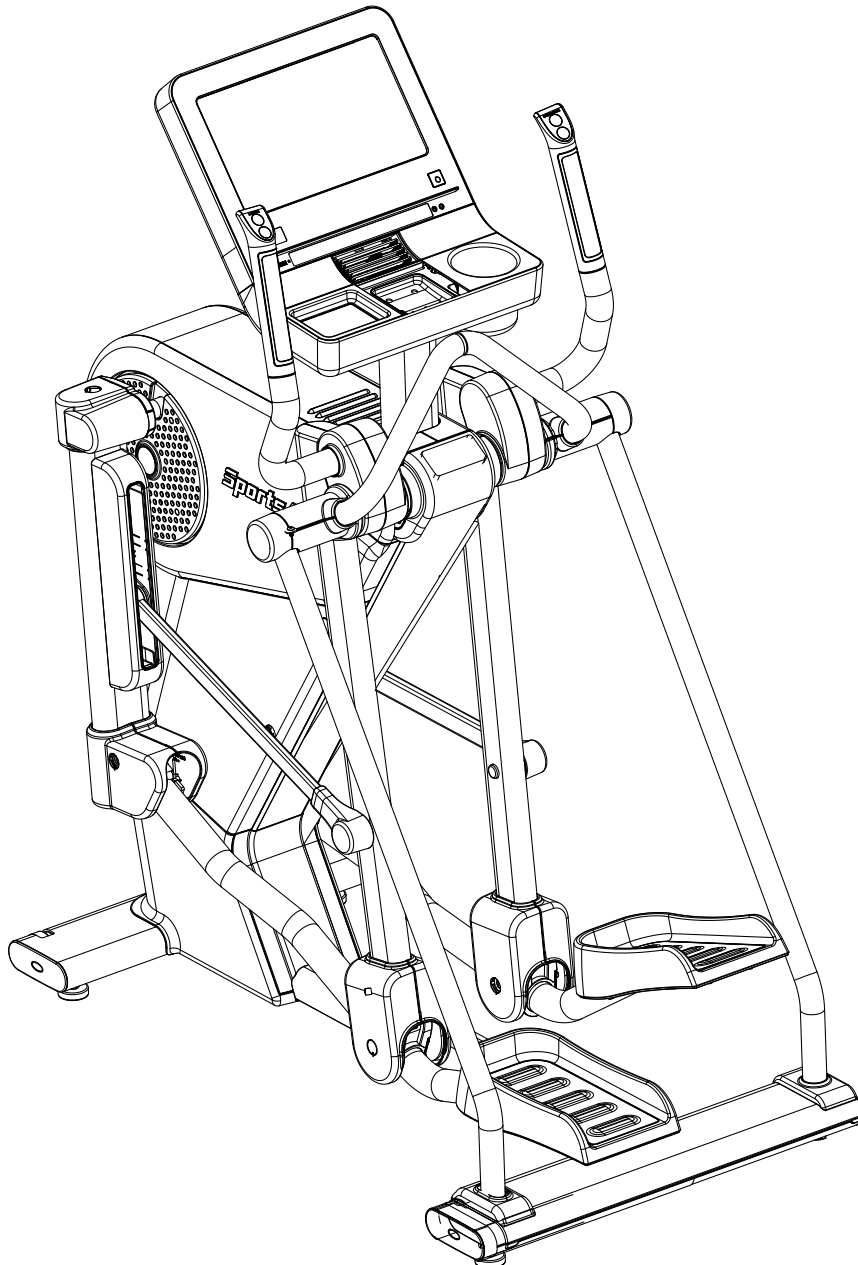
1.directive 93/42/CEE

2.directive biocide 98/8/CEE

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

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

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



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

---

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

### **Daily tasks**

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

### **Weekly tasks**

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

### **Yearly tasks**

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

### **Caution**

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

# MAINTENANCE One-Year Maintenance Log

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

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

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

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

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

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

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

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

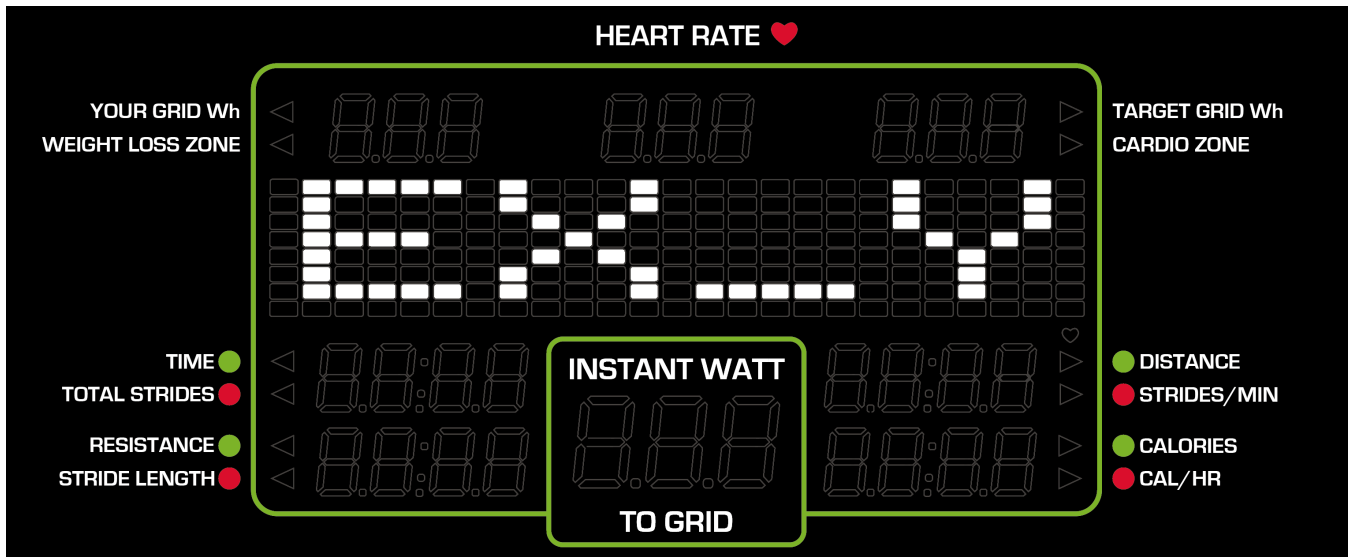
Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed				

Yearly Tasks	Year 1
Completed	

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

## 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
1	1	System boot error.	
1	6	Plug the unit into incorrect voltage outlet	The unit will set the voltage to match the outlet, and will automatically power off in 3 seconds.
2	1	IGBT's current is overloaded. (DC bus Overcurrent)	
2	2	IGBT's temperature is too high.	
3	1	The AC power supply is failure or the booting time is too short after shut down. (The situations above are called ISLANDING)	
3	2	AC power supply is failure in voltage.	
3	3	AC power supply is failure in frequency.	
3	4	AC reference error.	

## MAINTENANCE Error Messages (CONT.)

Main Code X	Secondary Code Y	Error message	Note
3	5	AC grounded failure.	
4	3	DC BUS voltage is too high. (440V - 450V)	
4	4	DC BUS voltage is too high. (Greater than 450V)	
5	1	Forced to warm up.	
5	2	Forced to EngStop	
6	1	Generator`s current is overloaded.	
6	2	Generator is failure in voltage	
6	3	Generator`s temperature is too high.	
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.	
8	3	Communication failure with stride motor driver board	

## 10. ACCESSORIES

### ACCESSORIES | Standard

#### USB PORT

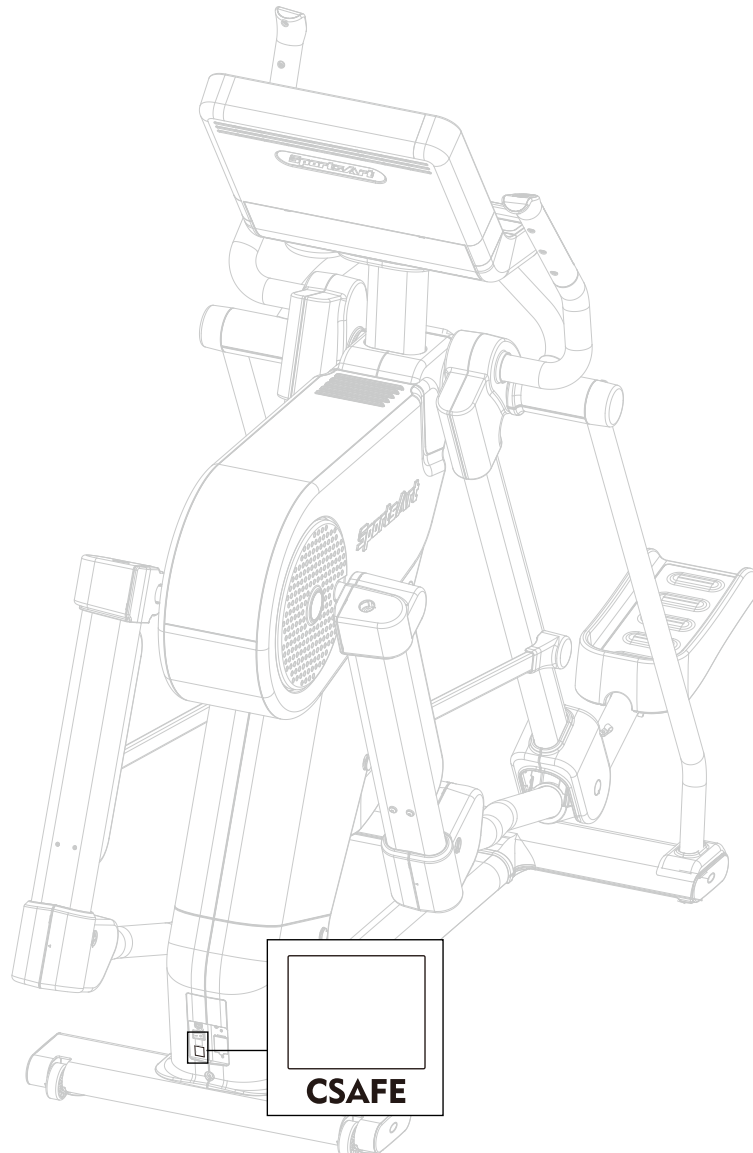
The USB port provides up to 5V, 0.5A of power for charging.

#### CSAFE PORT

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

\*The figure below is for reference purposes only.

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



#### 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 Options

### SA WELL+ Member System

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

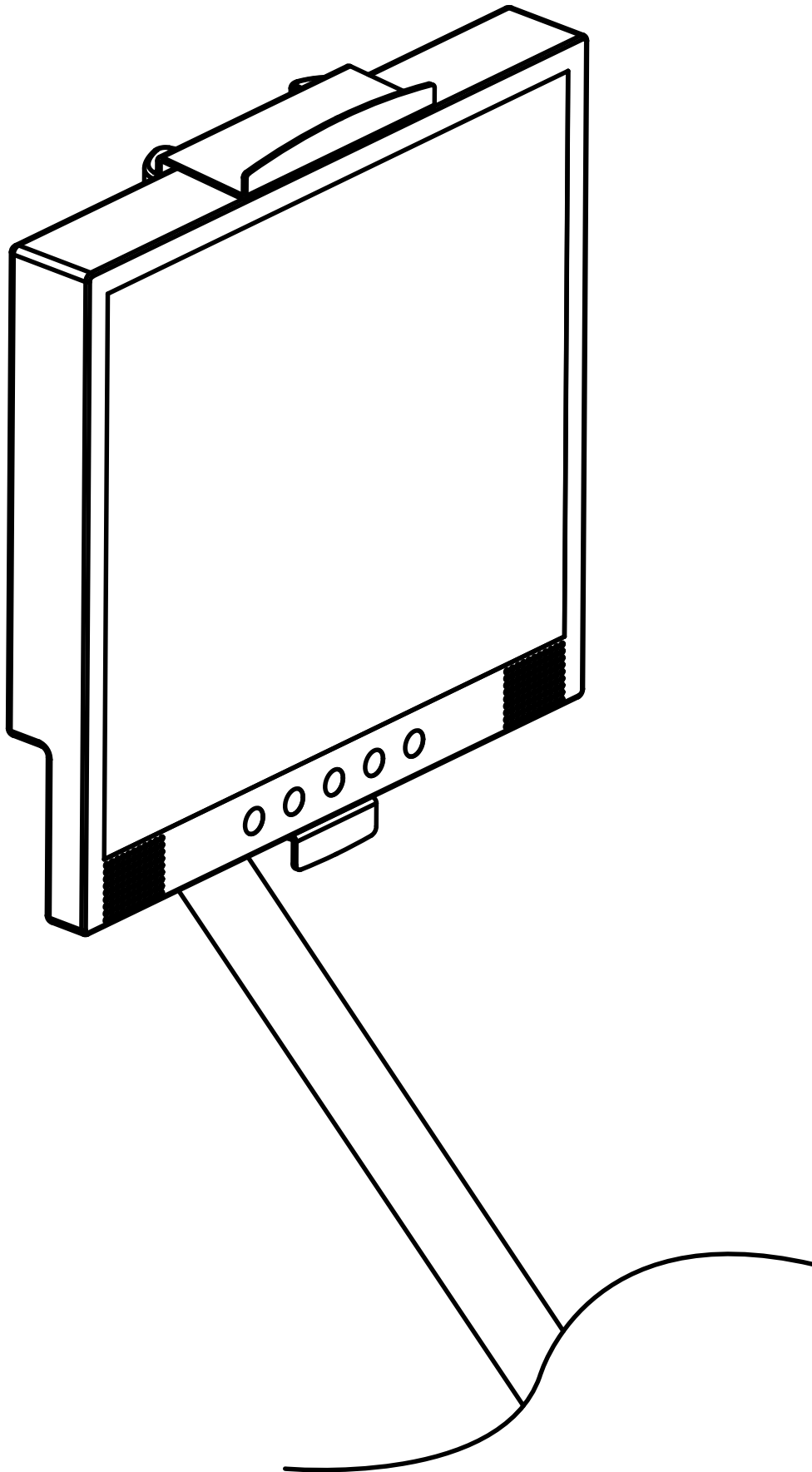
1. Using a smartphone, connect to the unit via Bluetooth/WIFI and use the SA WELL+ App. The App is available for download in the App Store and Google Play.
2. Manage user information and workout data

Visit “www.gosportsart.com” 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.

TV Mount Bracket



## ACCESSORIES MYE Wireless TV Audio\_Channel Receivers

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

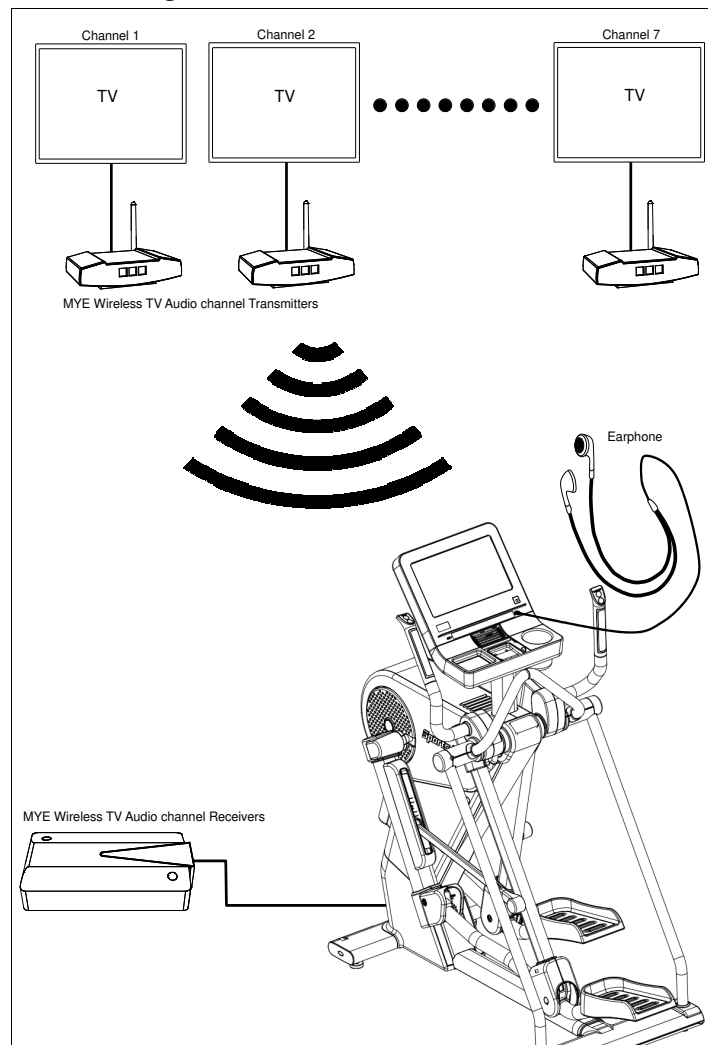
Multiple TV and audio channels receiving and volume adjustment enabled.

- 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 setting 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:

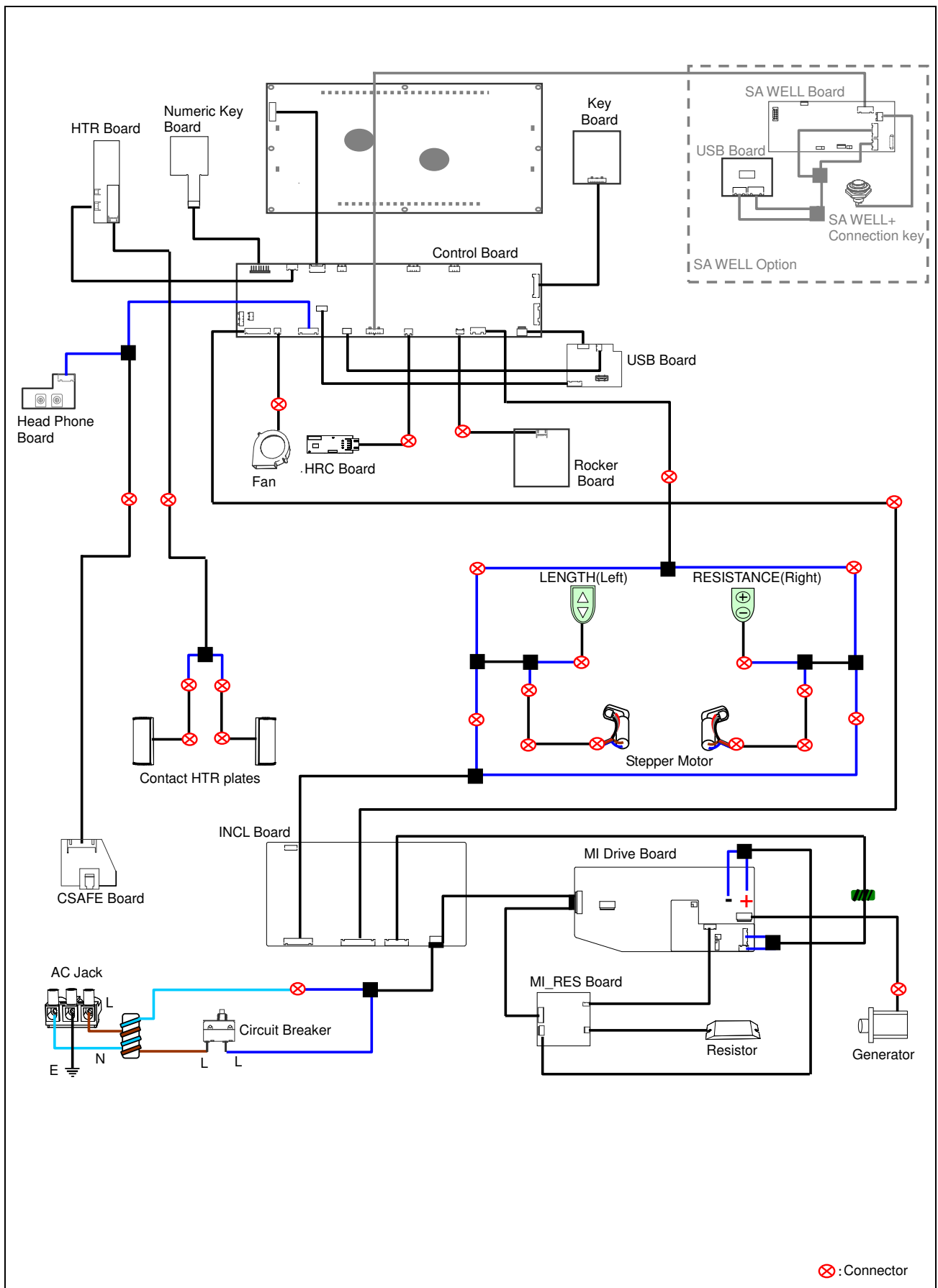


# 11. APPENDIXES

## APPENDIXES Specifications

<b>Product Model</b>	<b>G866</b>
<b>Dimensions</b>	L: 1410mm (55.5") W: 715mm (28.1") H: 1684mm (66.2")
<b>Overall Weight</b>	149 kg / 329 lbs
<b>Maximum User Weight</b>	227 kg / 500 lbs
<b>Power Requirement</b>	100 - 120 V , 60Hz , 2.2A (USA) 200 - 240 V , 50Hz , 1.1A (EUROPE)
<b>Circuit Breaker</b>	125/250Vac , 3A

# APPENDIXES Electronics Block Diagram



**Your Authorized Distributor**