

# G886 OWNER'S MANUAL CONTENTS

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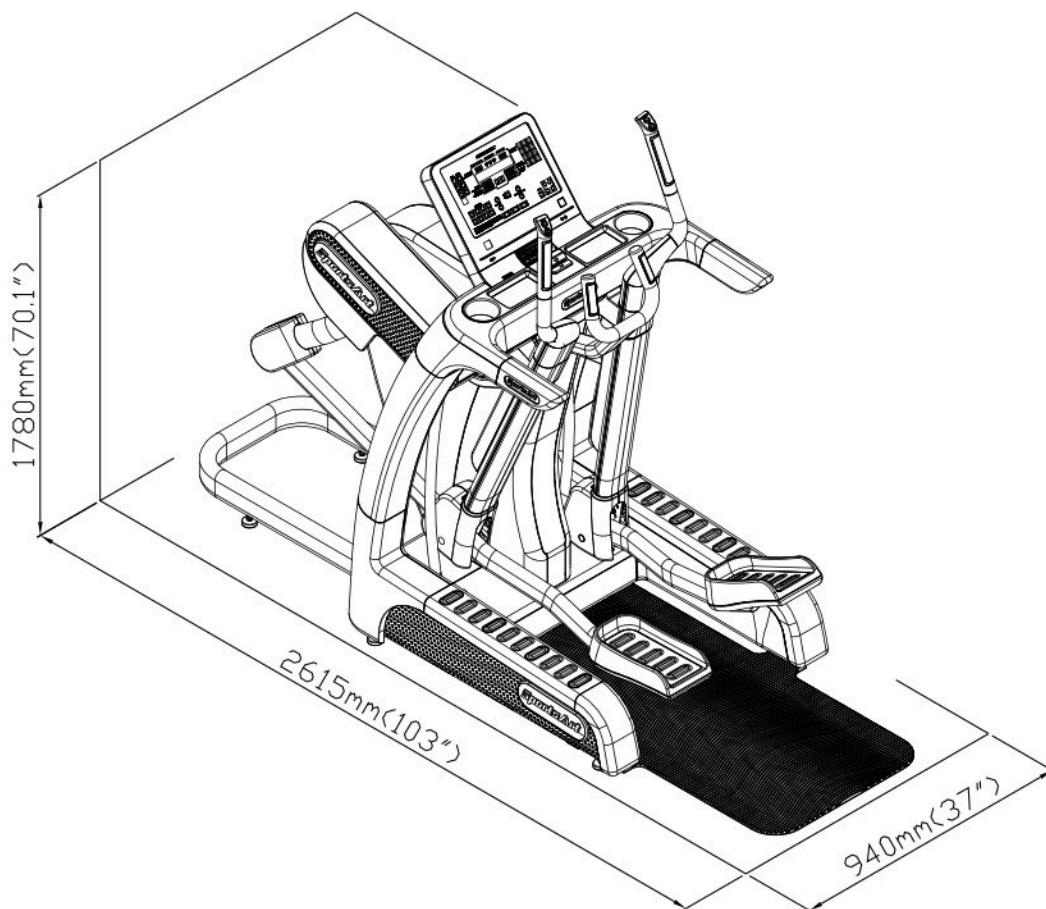
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# 1. INTRODUCTION

Congratulations on your purchase of one of the finest exercise ECO-POWR™ products on the market today, the SportsArt G886 VERSO 3-in-1 Cross 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. SAFETY PRECAUTIONS

Your SportsArt 3-in-1 Cross Trainer was designed and built for optimum safety. However certain precautions apply whenever you use your 3-in-1 Cross 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 cross trainer as instructed.
- Assemble and operate the cross trainer on a solid, level surface. DO NOT use outdoors or near water.
- Check the cross trainer before every use. Make sure all parts are assembled, and all fasteners are tightened. DO NOT use the cross 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 cross 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 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.
- Close supervision is necessary when this cross trainer is used by, on, or near children 12 or younger, invalids, or disabled persons.
- Use this cross trainer only for its intended use as described in this manual.
- Never operate this cross 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 cross trainer is 227kg (500lb).
- This cross 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 cross trainer by a person responsible for their safety.

## 2. SAFETY PRECAUTIONS (CONTINUED)

- 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 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.
- It is not suitable for therapeutic purposes.
- **“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.

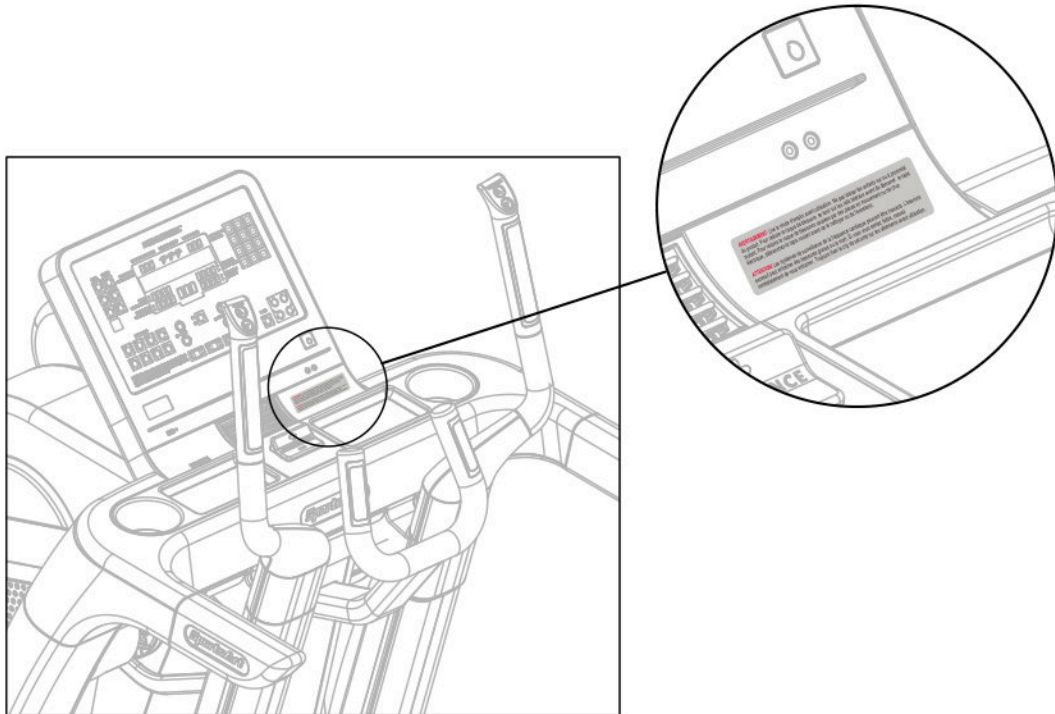
### Warning

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

## 2. SAFETY PRECAUTIONS (CONTINUED)

If you are a French speaking person in North America, please place the following label contained in the owner's manual on the console as shown. Customers outside of North America will not receive this French warning label.

*(Note: If there are any other warning labels contained in the owner's manual, please place them on the clearly displayed location on the console as well.)*



## 2. CONSIGNES DE SÉCURITÉ

- Votre cross trainer SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre tapis de course.
- Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:
- Veuillez lire attentivement les instructions et installer cross trainer selon les instructions.
- Assemblez et faites fonctionner cross trainer sur une surface solide et plane; NE PAS l'utiliser à l'extérieur ou près de l'eau.
- En aucun cas, ne laissez des enfants à proximité ou sur cross trainer .
- Vérifiez cross trainer avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées et que tous les éléments de fixation sont serrés. NE PAS utiliser cross trainer si l'appareil est démonté de quelque façon.
- Gardez vos mains loin des pièces mobiles.
- Portez des vêtements d'entraînement appropriés; NE PORTEZ PAS de vêtements amples. NE PORTEZ PAS de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs. Ne marchez pas pieds nus sur l'appareil.
- Soyez prudent lors du montage et démontage de l'appareil.
- Cross trainer peut s'arrêter ou ne s'arrêter pas immédiatement si quelque chose obstacle le mouvement.
- NE PAS utiliser d'accessoire non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.
- Débranchez l'appareil de la prise avant l'entretien ou la suppression de toute pièce.
- Une surveillance étroite est nécessaire quand cross trainer est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Utilisez cross trainer uniquement pour l'usage prévu dans ce manuel.
- N'utilisez jamais cross trainer s'il a été endommagé de quelque façon que ce soit. S'il ne fonctionne pas correctement, ou s'il est tombé ou endommagé, contactez votre vendeur.
- NE PAS transporter cross trainer par le cordon d'alimentation et n'utilisez pas le cordon comme poignée.
- Maintenez le cordon éloigné de toute surface chaude.
- Veillez à ce qu'aucun orifice de ventilation ne soit obstrué.
- Ne faites jamais tomber ou n'insérez jamais d'objet dans les orifices.
- NE PAS l'utiliser là où des produits aérosols (vaporisés) sont utilisés ou lorsque de l'oxygène est administré.
- La limite de poids de l'utilisateur pour cet cross trainer est de 227 Kgs (500 lbs).
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec cross trainer.

## **2. CONSIGNES DE SÉCURITÉ (SUITE)**

### **ATTENTION**

Si vous ressentez une douleur ou si vous avez une sensation anormale, **ARRÊTEZ VOTRE ENTRAÎNEMENT** et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. **NE PAS** s'entraîner jusqu'à l'épuisement.

Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet.

**NE PAS** monter sur l'étape plus haute. En maintenant sur les supports de stabilité, monter sur l'étape plus bas.

Pour diminuer le risque de choc électrique, débranchez toujours ce vélo de course de la prise de courant, immédiatement après utilisation et avant le nettoyage.

Un branchement incorrect du connecteur de mise à la terre de l'équipement risque d'entraîner un choc électrique. En cas de doute sur la mise à la terre correcte de vélo, faites appel à un technicien ou un électricien qualifié. **NE PAS** modifier la fiche fournie avec cross trainer, si elle ne correspond pas à la prise, faites installer une prise adéquate par un technicien qualifié.

Remarque: Ce matériel a été testé et déclaré conforme aux normes des appareils digitaux de, conformément à la partie 15 du Règlement de la FCC. Ces limites sont conçues pour offrir une protection raisonnable contre les interférences nuisibles dans une installation résidentielle. Cet appareil génère, utilise, et peut diffuser des signaux radioélectriques, et, s'il n'est pas installé et utilisé conformément aux instructions, peut provoquer des interférences nuisibles aux communications radio. Cependant, il n'y a aucune garantie que des interférences ne se produiront pas dans une installation particulière.

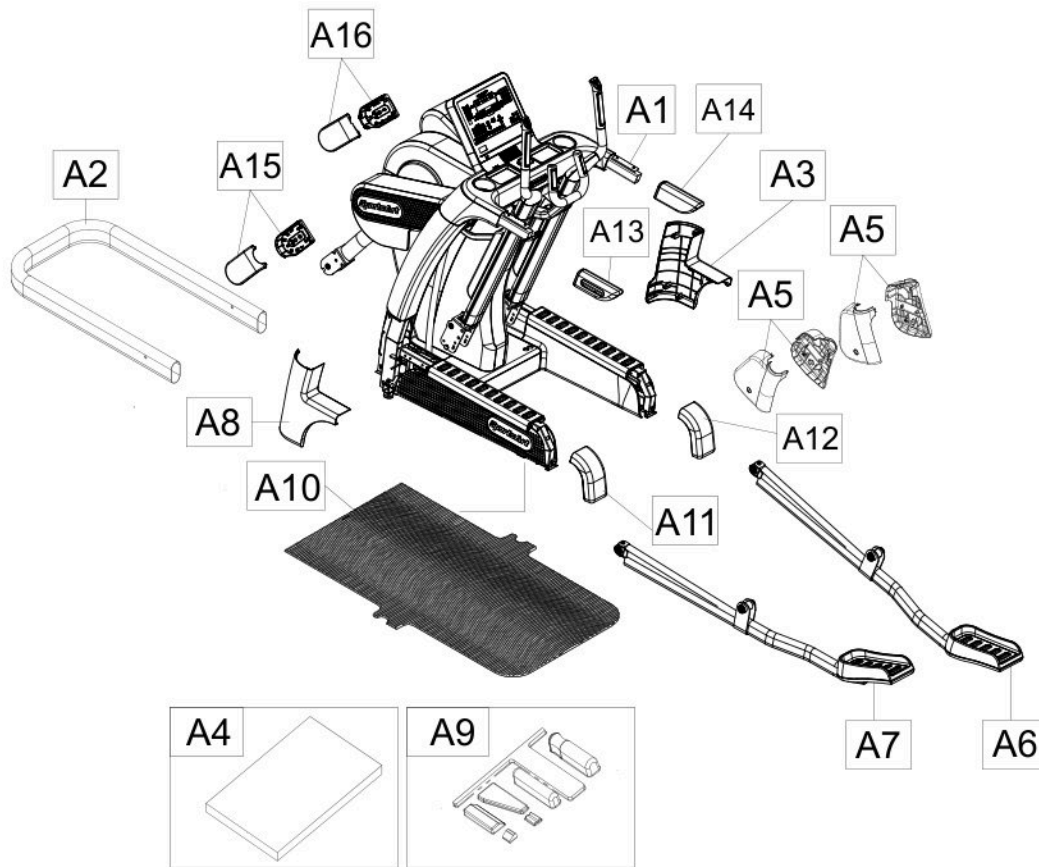
Si l'utilisateur désire corriger les interférences, ces corrections seront à la charge de l'utilisateur.

Dans ce manuel, les mots "gauche" et "droit" sont utilisés en référence aux pièces et au produit. Comme tels, les mots "gauche" et "droit" font respectivement référence aux côtés gauche et droit de l'exerciseur. De même pour plus de concision, le mot est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

### **ATTENTION!**

Les systèmes de surveillance de la fréquence cardiaque peuvent s'avérer imprécis. Un entraînement excessif risque de nuire sérieusement à la santé ou d'entraîner la mort. En cas d'étourdissement, arrêtez immédiatement l'entraînement.

### 3. LIST OF PARTS



Assembly Parts					
No.	Name	Qty.	No.	Name	Qty.
A1	Main frame	1	A9	Hardware kit	1
A2	Front support assembly	1	A10	Mat	1
A3	Right pedestal side cover	1	A11	Left support tube end cap	1
A4	Owner's manual	1	A12	Right support tube end cap	1
A5	Pivot cover	2	A13	Left PU handle	1
A6	Right footplate assembly	1	A14	Right PU handle	1
A7	Left footplate assembly	1	A15	Left joint cover	2
A8	Left pedestal side cover	1	A16	Right joint cover	2

### 3. LIST OF PARTS (CONTINUED)

Components in the Hardware Kit				
No.	Name	Qty.	Specification	Notes
12	Mushroom head Phillips self tapping screw	12	M4*L12	
13	Round head Phillips screw	4	M5*P0.8*L10	
	Soft cap	4		
	Screwdriver bit	1	Flat and Phillips	
	L-shaped Allen wrench	2	M5	
	T-shaped Allen wrench	1	M4	
	Double open-end wrench	1	8*17mm	
	Ground wire	1	Yellow/Green L1500	

Components on the Product			
No.	Name	Specification	Notes
31	Flat head hex socket screw	M8*P1.25*L20	
	Flat Washer	M8	
	Axle B		
33	Flat head hex socket screw	M8*P1.25*L20	
	Flat Washer	M8	
	Axle C		
35	Round head hex socket screw	M5*P0.8*L12	
36	Anti-slip insert		
37	Mushroom head Phillips screw	M5*P0.8*L12	

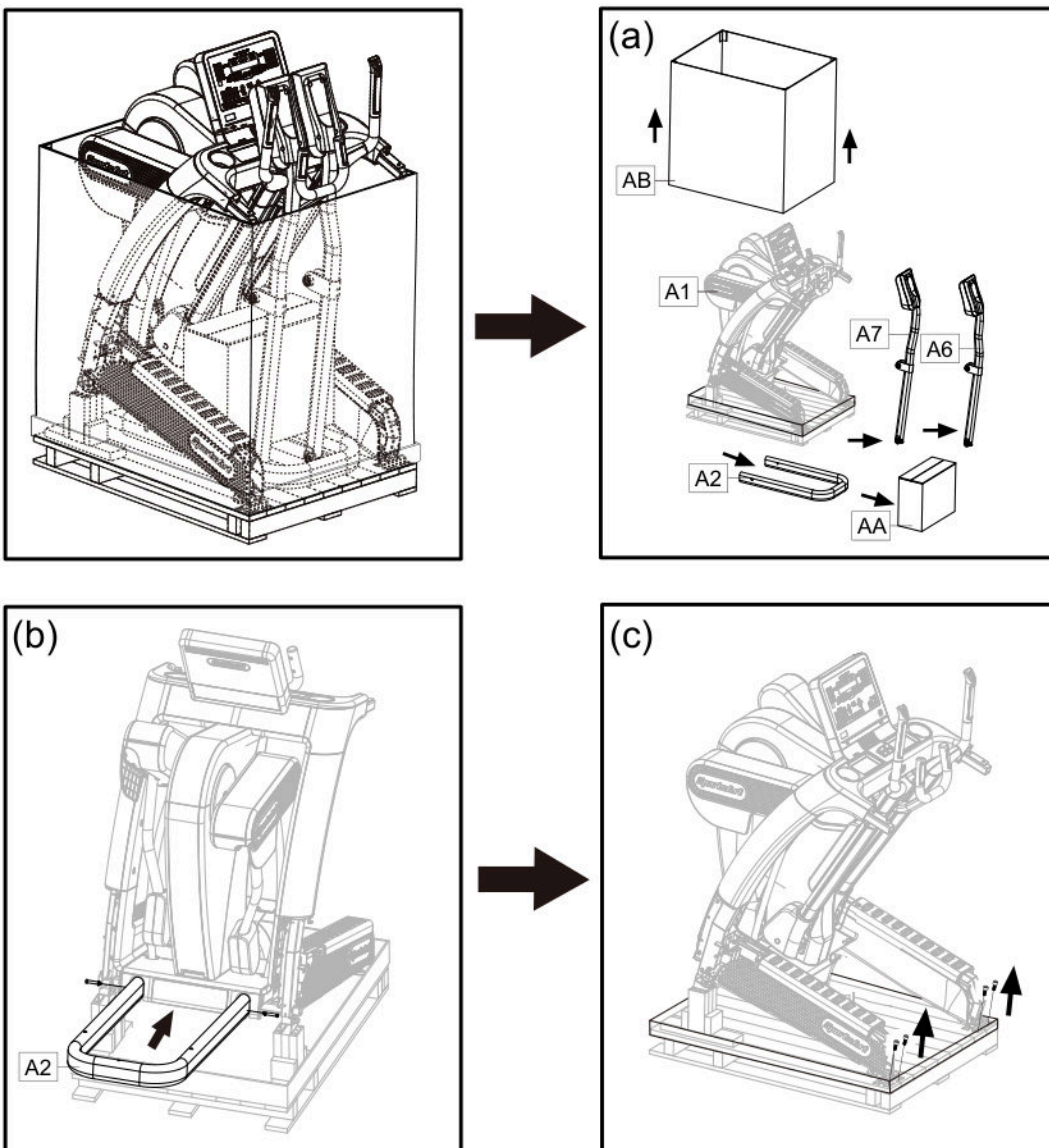
## 4. ASSEMBLE THE PRODUCT

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 Prepare for Assembly

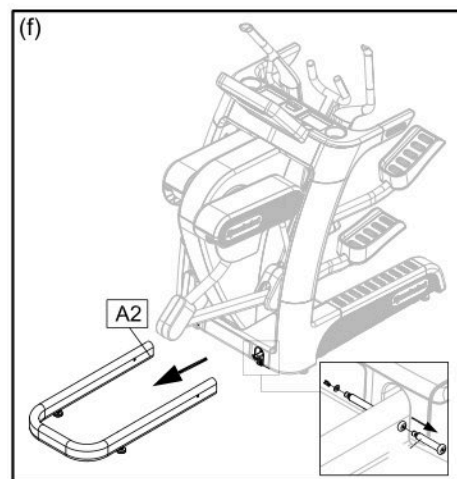
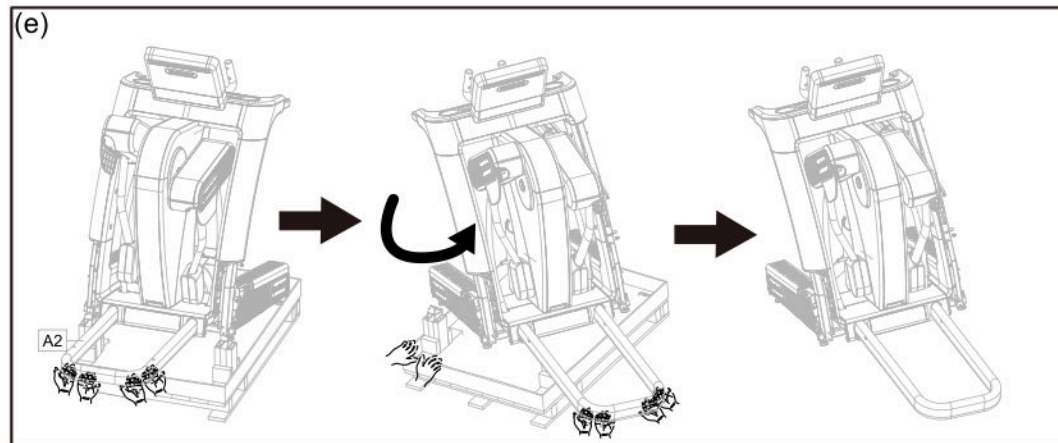
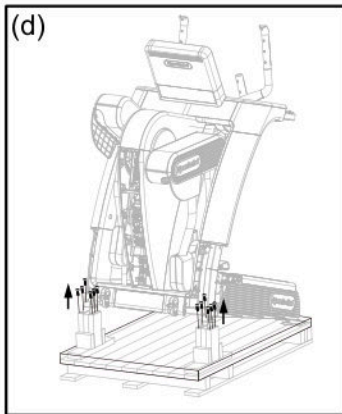
Please follow instructions (a) through (f) to prepare for assembly.

- (a) Remove the cover (AB) and then take out the carton (AA), front support assembly (A2) and the right/left footplate assembly (A6) (A7).
- (b) Remove the set pin attached to the main frame and then secure the front support assembly (A2) to the main frame with the set pin as shown.
- (c) Remove screws at the rear of the main frame (A1) attached to the pallet.



## **STEP 1 Prepare for Assembly (Continued)**

- (d) Remove screws from the main frame (A1) attached to the pallet.
  - (e) Grasp the pallet and then have two people to grasp the front support assembly (A2) with both hands and rotate the main frame counterclockwise to move it out of the pallet as shown.
  - (f) Remove the front support assembly (A2) to move the main frame into position as desired.
- (Note: For safety, four people are required for this procedure.)*



## STEP 2 Install the Main Frame

Please follow instructions (a) through (d) to install the main frame.

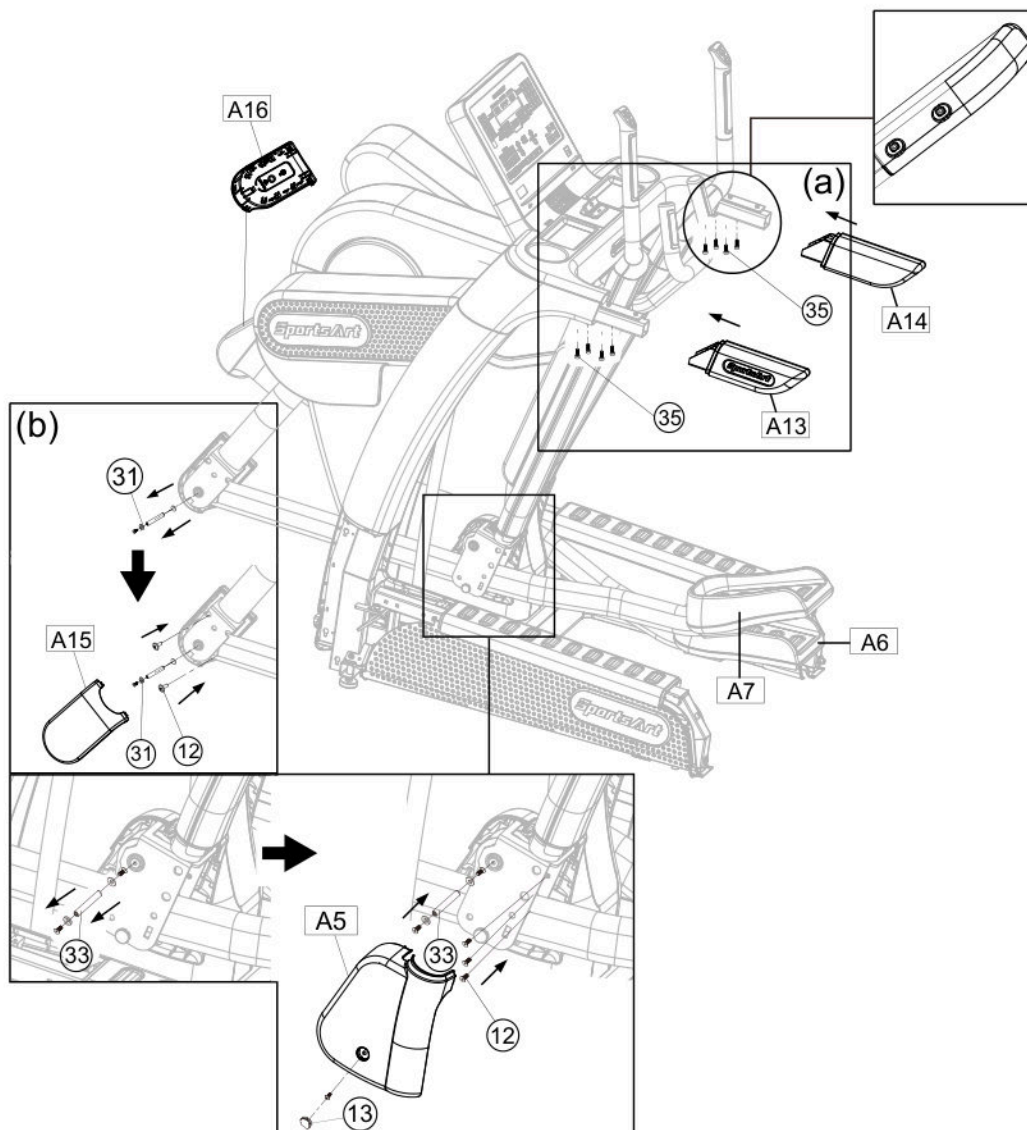
(a) Handle installation:

Remove screws (35) from the main frame as shown. Insert the left PU handle (A13) and press the left PU handle (A13) forward slightly when securing screws (35). (Note: Repeat the same procedure to install the right PU handle (A14).)

(b1) Footplate assembly installation: First, remove the axles (31) (33) from the stride arms as shown. Install the left footplate assembly (A7) and then secure it with the axles (31) (33). (Note: Repeat the same procedure to install the right footplate assembly (A6).)

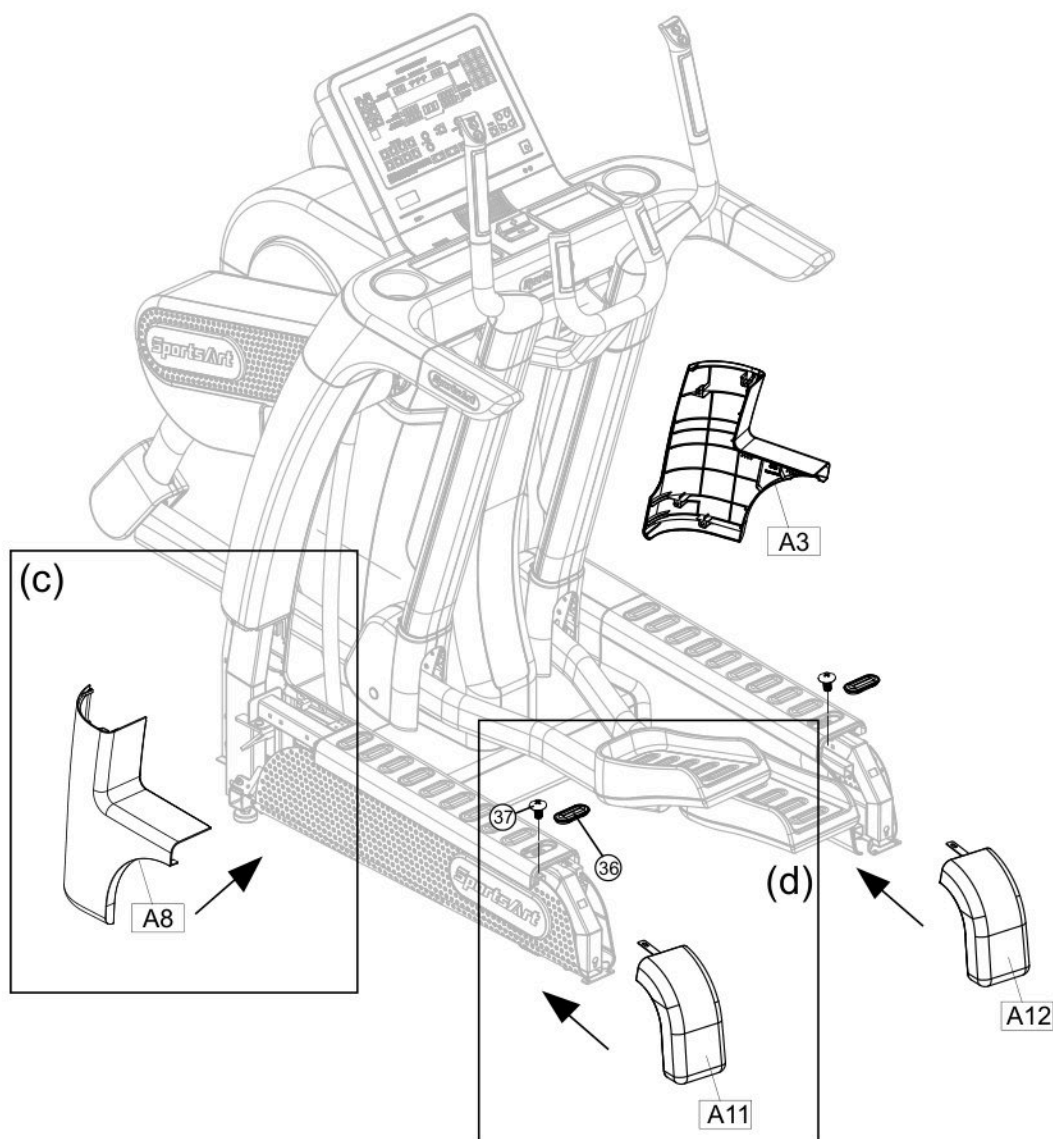
(b2) Secure the left/right joint inner cover (A15) (A16) with screws (12) and then press the left/right joint exterior cover into place.

(b3) Secure the pivot right cover with screws (12) and then press the pivot left cover into place and secure with screws. Finally insert the soft cap (13) as shown. (Note: Make sure to secure the right cover first.)



## **STEP 2** Install the Main Frame (Continued)

- (c) Press the left/right pedestal side cover (A8) (A3) into place as shown.
- (d) Remove the last anti-slip insert (36) from the main frame and then remove screws (37). Set the left support tube end cap (A11) into place and then press it forward slightly when securing with screws (37). Finally press the last anti-slip insert (36) back into place.
- (Note: Repeat the same procedure to install the right support tube end cap (A11)).*

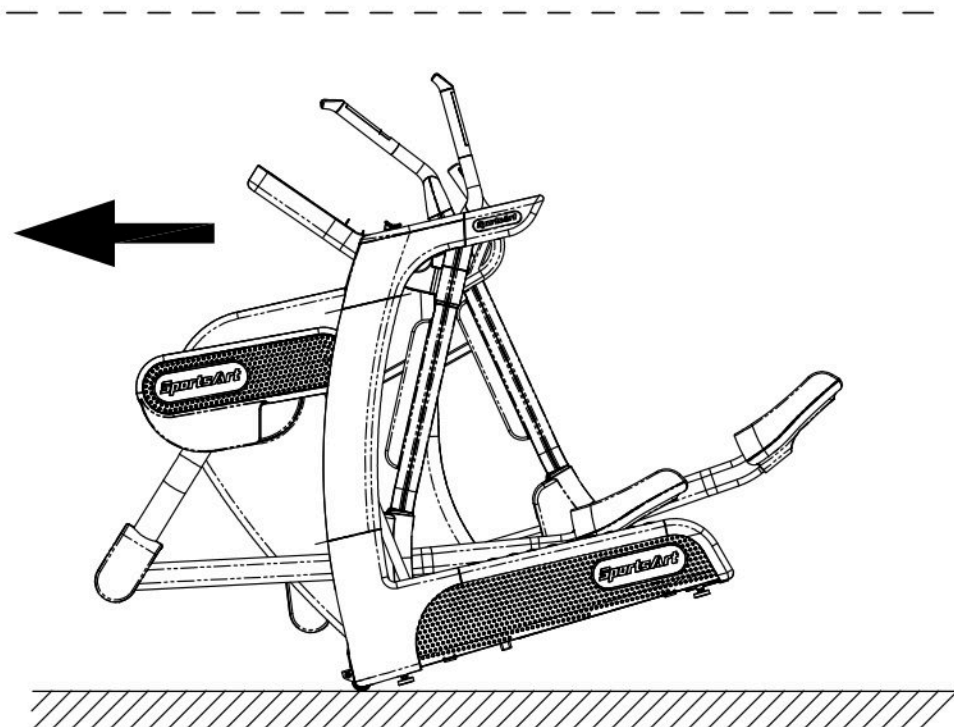
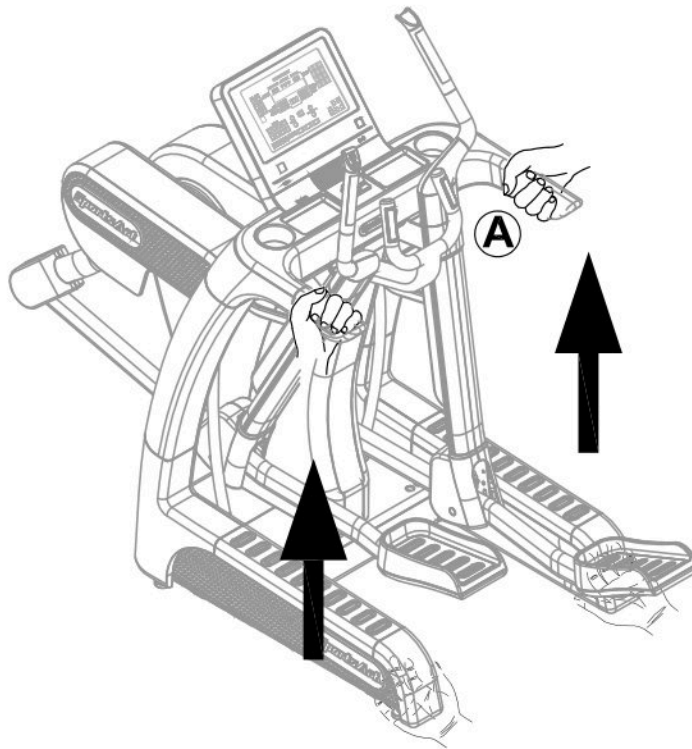


**Warning: Consult the manual and follow all assembly instructions carefully. Please note that incorrect assembly may present a danger to the exercise, will damage the product and void the warranty.**

### **STEP 3** Move the Product into Place

*(Note: For safety, two people are required for this procedure.)*

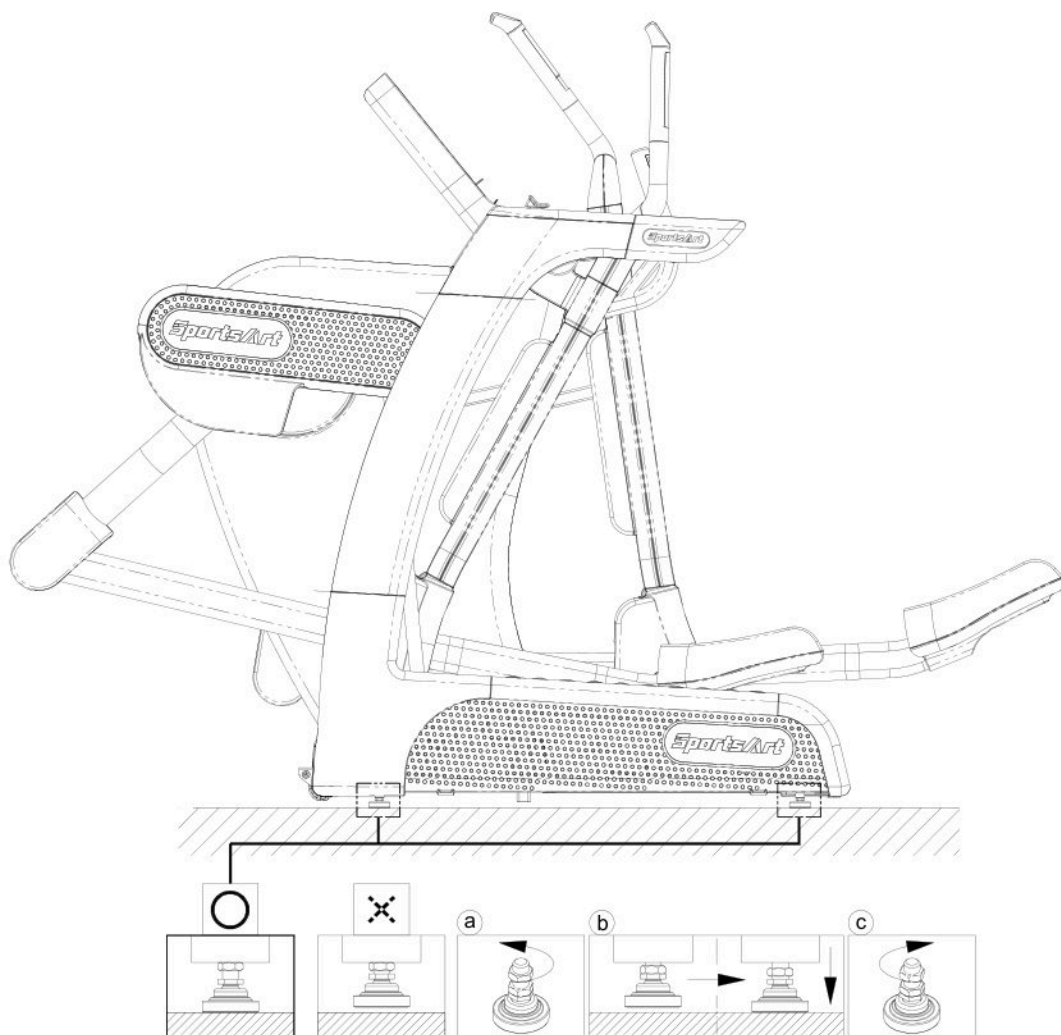
Stand on the left and right sides. Grip the handle in area A with one hand, another hand on the left/right support tube as shown). Simultaneously lift the unit and roll it into place for use. *(Note: Be careful to avoid pinching fingers when moving the product or setting it down.)*



## STEP 4 Level the Product

For the user's safety and the proper functioning of the product, this 3-in-1 cross trainer must sit level on a flat floor. If necessary, adjust the levelers by following instructions (a) through (c) below.

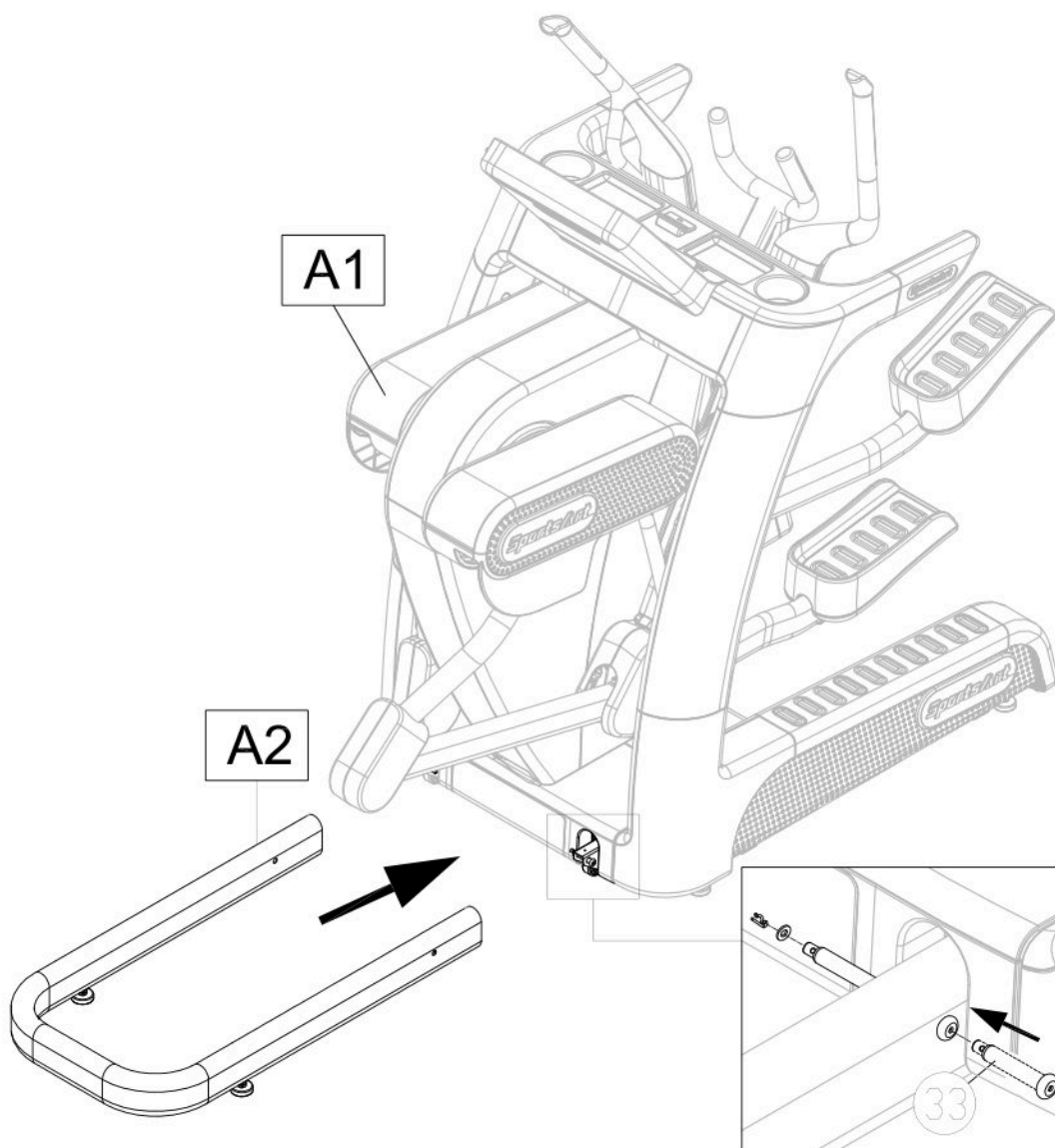
- (a) Loosen the leveler nut.
- (b) Rotate the leveler foot downward so it firmly touches the floor.
- (c) To secure this position, secure the leveler nut upward against the product frame.



## **STEP 5** Install the Front Support Assembly

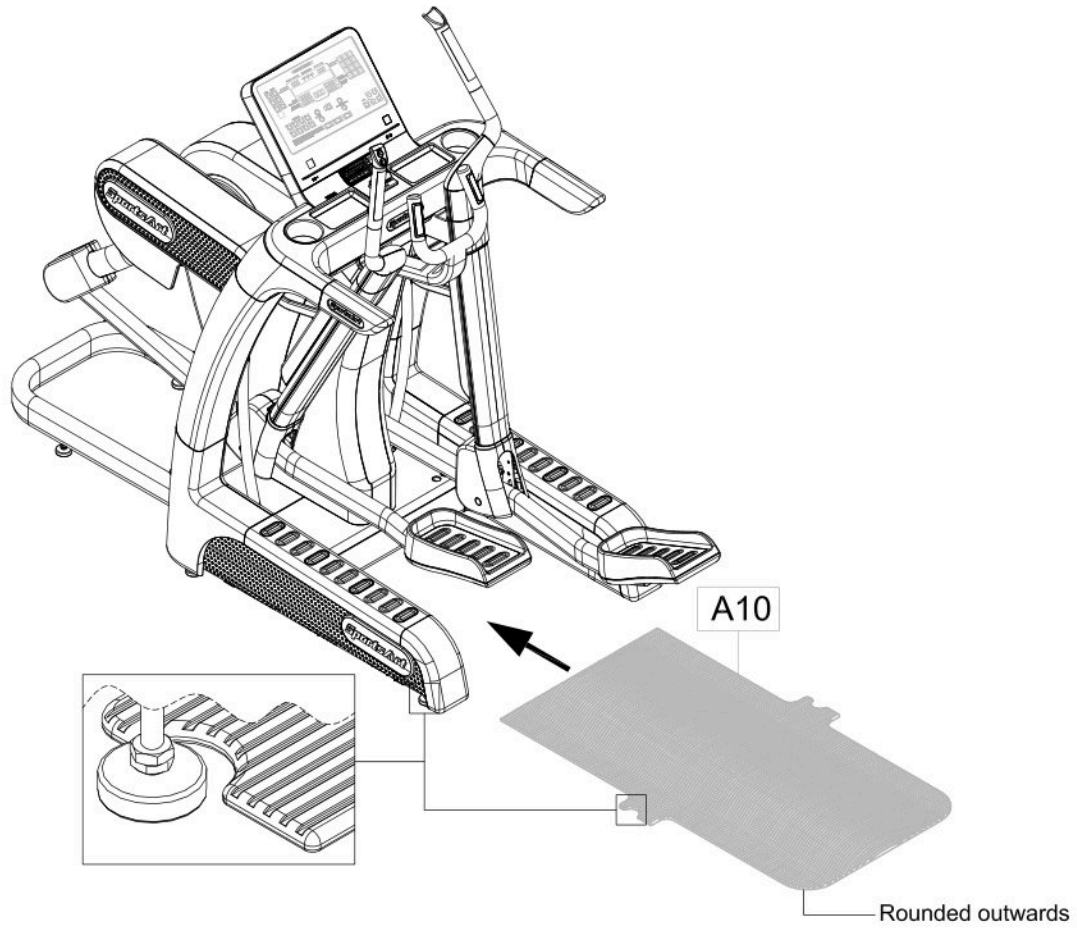
Remove the set pins (33) attached to the main frame and then secure the front support assembly (A2) to the main frame with the set pins (33) as shown.

*(Note: Make sure to remove the front support assembly that is for the safety before moving the product.)*



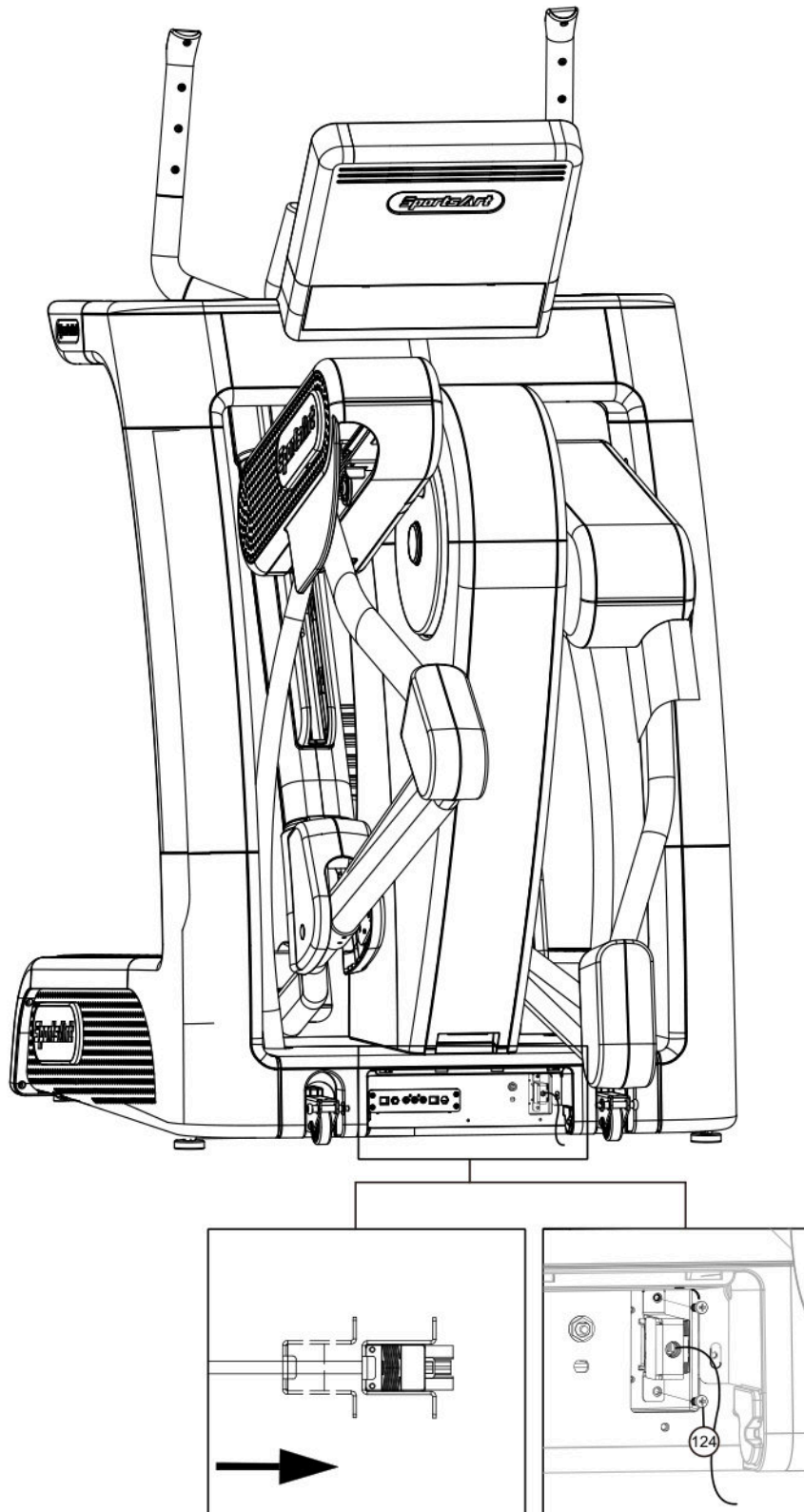
## STEP 6 Place the Mat

Place the mat (A10) as shown below.



## STEP 7 Install the Power Cord

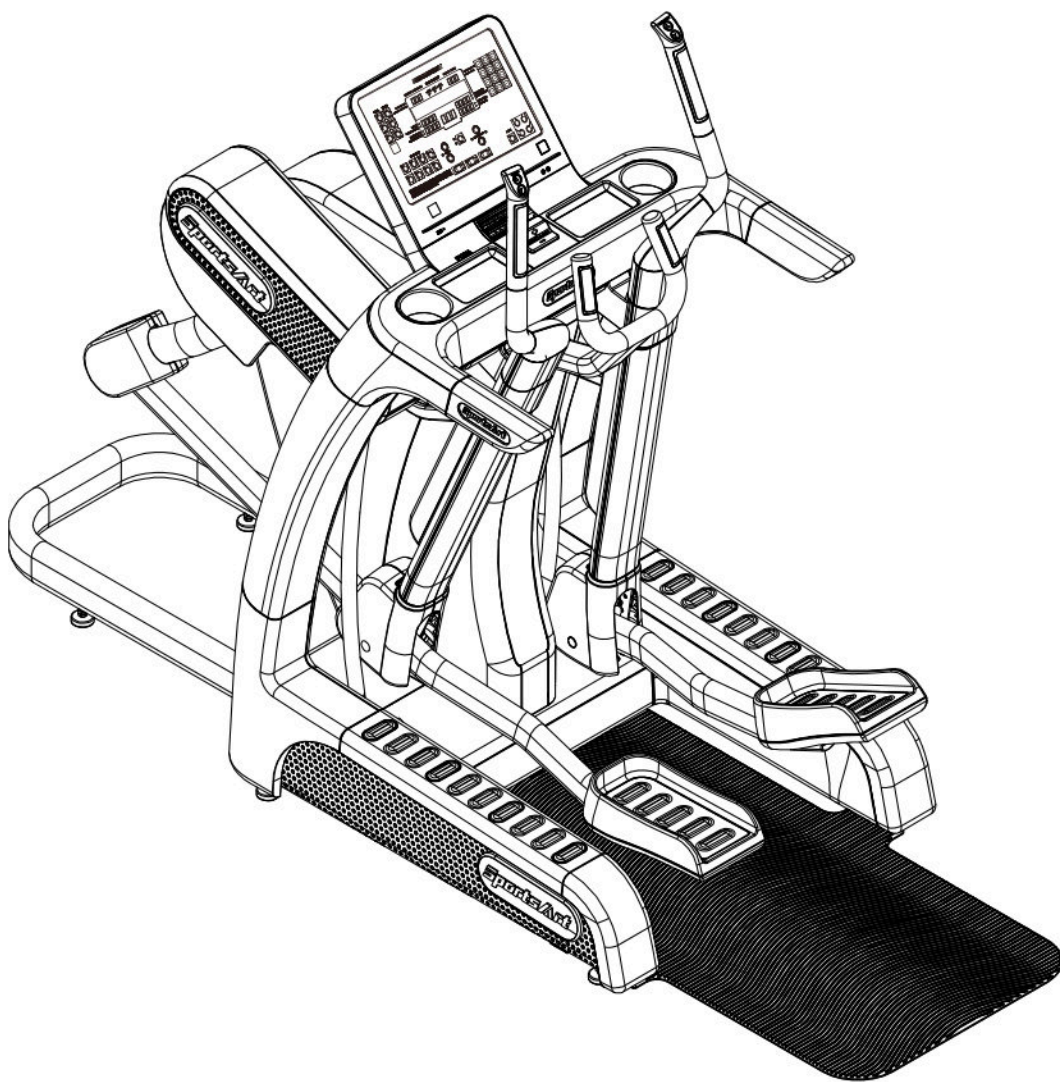
- (a) Insert the power cord plug into the connector on the product.
- (b) Secure power cord connector screws (124) and then insert the other end of the power cord into the appropriate power supply socket in the wall.



## **STEP 8** Unit Inspection

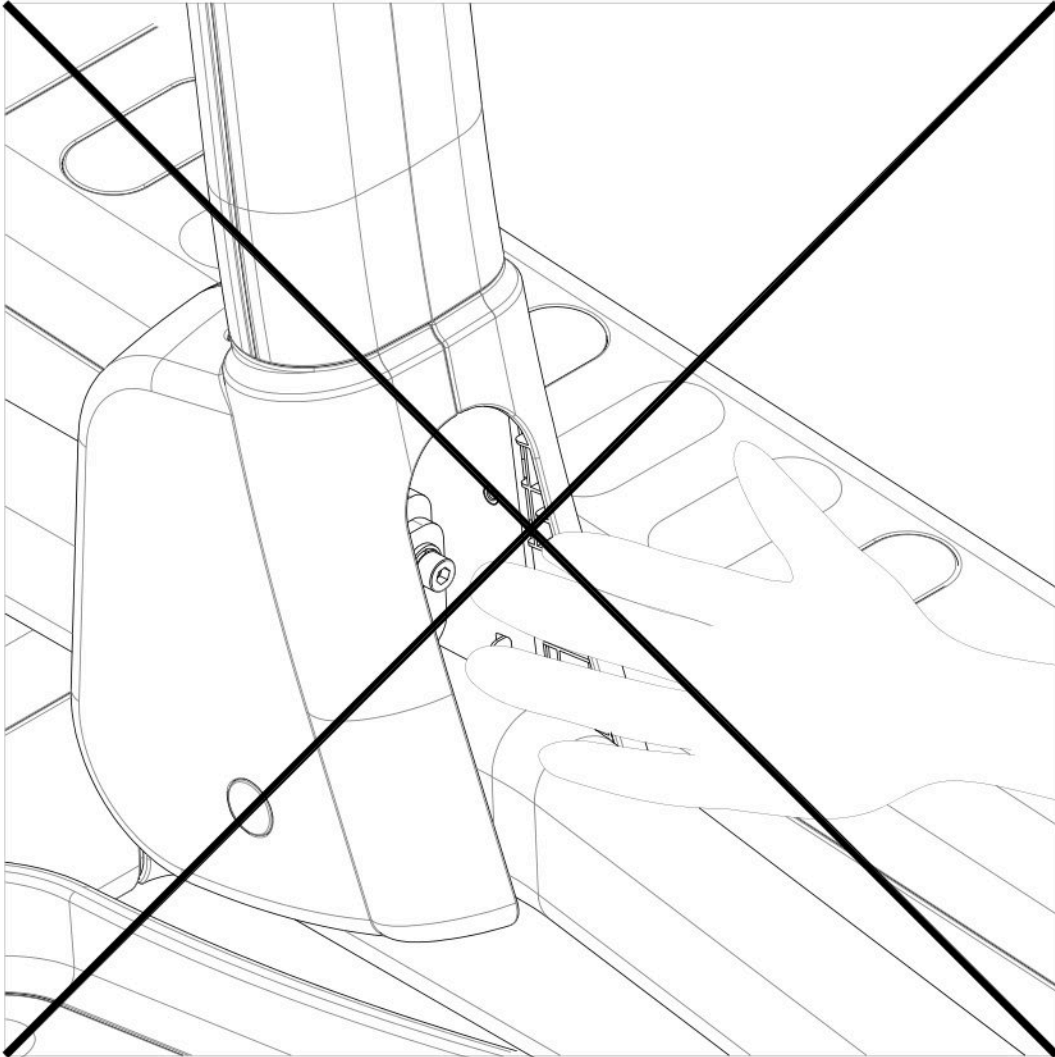
After completing the assembly, please follow instructions (a) through (b) below to inspect the unit.

- (a) Before plugging the power cord, make sure the unit is steady and on a level surface. If the unit is not steady, make adjustments according to the instructions “Level the product” of this manual.
- (b) After plugging the power cord, operate the control panel to test and ensure that the unit is working properly. If the unit cannot be operated after the power on, please check the connection and the fuse. Consult an experienced technician from SportsArt for help with any questions.



## **STEP 9 Beware of Moving Parts**

This product has moving parts that could be a danger to people and animals. During use, do not insert hands or other objects into the left/right footplate assembly, the opening in the pivot cover, or other areas in which such action might present a hazard.



## 5. UNDERSTAND THE G886 DISPLAY

### DISPLAY Overview

The G886 VERSO 3-in-1 Cross Trainer is designed for user convenience. With better feedback about your workout, you get better results. The following explains the display key and window functions. Please read this manual, understand the display functions, and thereby get optimum enjoyment and benefit from this product.



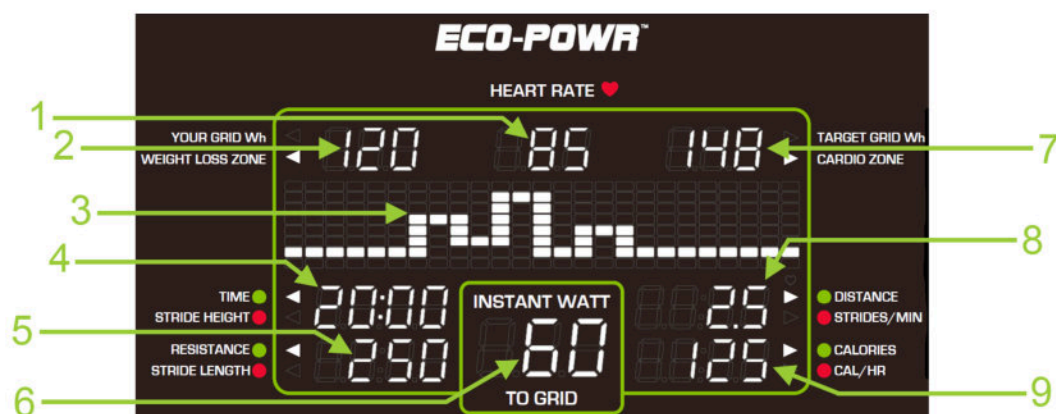
### DISPLAY Keys

No.	Name	Function
1	LCD EXERCISE FEEDBACK WINDOW	Shows values of RESISTANCE, TIME, DISTANCE, HEART RATE, CALORIES and Instant Watt To GRID
2	MODE	There are three types of modes: STEPPER, BIKE and ELLIPTICAL. Press the key of your preferred mode.
3	GOAL	There are four types of workout goals: TIME, DISTANCE, CALORIES or Watt-hour To GRID. Press the key of your preferred workout goal.

**DISPLAY Keys (Continued)**

No.	Name	Function
4	PROGRAM	Press a workout program key (MANUAL, INTERVAL, PLATEAU, RANDOM, TRACK, FIT TEST , CUSTOM HR, WT LOSS CARDIO) to select your preferred workout.
5	LENGTH	Press the ▲/▼ key to adjust the length settings.
6	ENTER	After making a selection, press this key to confirm your choice.
7	QUICK START	Press this key to start exercising without the selections and settings.
8	QR CODE/ 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 (for Android or iOS), you can scan the QR code or tap the NFC tag on the console to connect with the product.
9	USB PORT	Used for software updates but can also be used as a charging port.
10	SA WELL+	Data management (This function is only available if your equipment is equipped with optional SA WELL+.)
11	RESISTANCE	Press the +/- key to adjust the resistance settings.
12	NUMERIC KEYS	Press these keys to directly input numerical values.
13	CHANGE DISPLAY	Press this key to control the LCD exercise feedback window.
14	FAN	Press this key to activate the fan. There are four settings: low, medium, high, and off.
15	TV WIRELESS AUDIO RECEIVER	Press +/- key to adjust volume settings. Press ▲/▼ key to change channel settings.
16	HEIGHT/ CRANK	Press this key to adjust the height/diameter settings
17	STOP/PAUSE	Press this key to stop/pause the workout. Pressing and holding this key for 3 seconds will return to Banner page.
18	WAKE UP KEY	Pressing this key to turn the power back on.
19	HEADPHONE JACK	The user can listen to audio or music after inserting a headphone.

## DISPLAY Exercise Feedback Window



No.	Description
1	Actual heart rate (By holding the sensors with two hands.)
2	YOUR GRID Wh: Total accumulative GRID Wh. WEIGHT LOSS ZONE: WT LOSS 65% heart rate values.
3	Displays reminding message or workout program illustrations.
4	TIME: Total accumulative time or remaining time of workout goal time. STRIDE HEIGHT: Height of stride.
5	RESISTANCE: Present resistance level. STRIDE LENGTH: Length of stride.
6	Instant Watt To GRID
7	TARGET GRID Wh: Workout Goal of Watt-hour To GRID. CARDIO ZONE: CARDIO 80% heart rate values.
8	DISTANCE: Total accumulative distance or remaining distance of workout goal distance. STRIDES/MIN: Strides per minute.
9	CALORIES: Total calories burnt. CAL/HR: Calories burnt per hour.

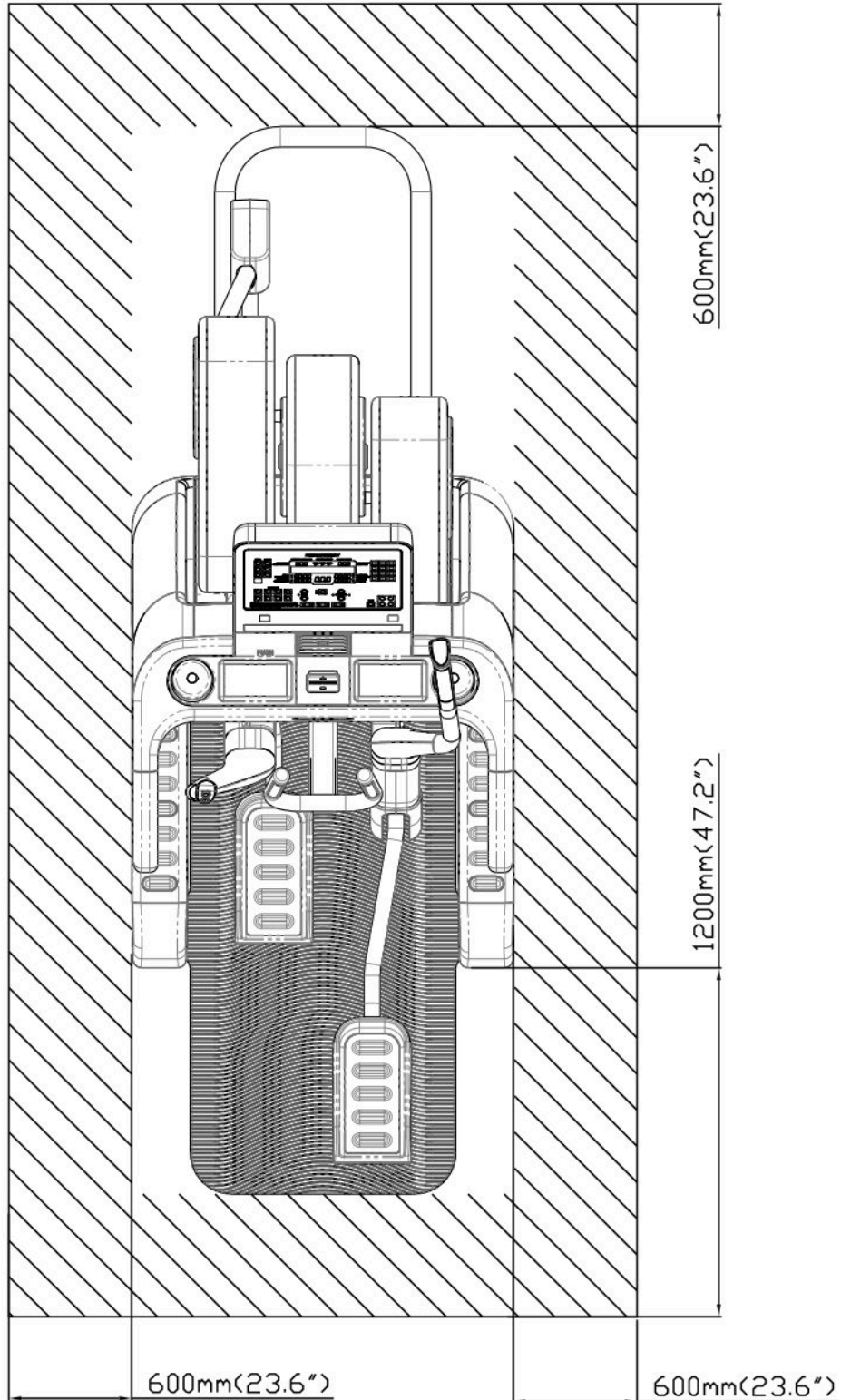
**DISPLAY Specifications**

<b>Information</b>	<b>Specifications</b>
RESISTANCE	1 ~ 40
STRIDE LENGTH STRIDE HEIHGT	STEPPER → LENGTH: 1/ HEIHGT: 1 ~ 3 BIKE → LENGTH: 1 ~ 3/ HEIHGT: 1 ~ 3 ELLIPTICAL → LENGTH: 1 ~ 9/ HEIHGT: 1 ~ 3
CAL/HR	0 ~ 9999 K-CAL
TIME	0:00 ~ 99:59/100 ~ 9999
DISTANCE	0.00 ~ 9999 Mile/Km
CALORIES	0 ~ 9999 Kilocalorie
STRIDE/MIN(SPM)	5 ~ 120 stride/min
HEART RATE	35 ~ 255 bpm
Instant Watt To GRID	0 ~ 270 Watts
YOUR GRID Wh	0.00 ~ 9999 Wh
TARGET GRID Wh	5 ~ 100 Wh

## 6. OPERATE THE PRODUCT

### OPERATION Safety Operating Area

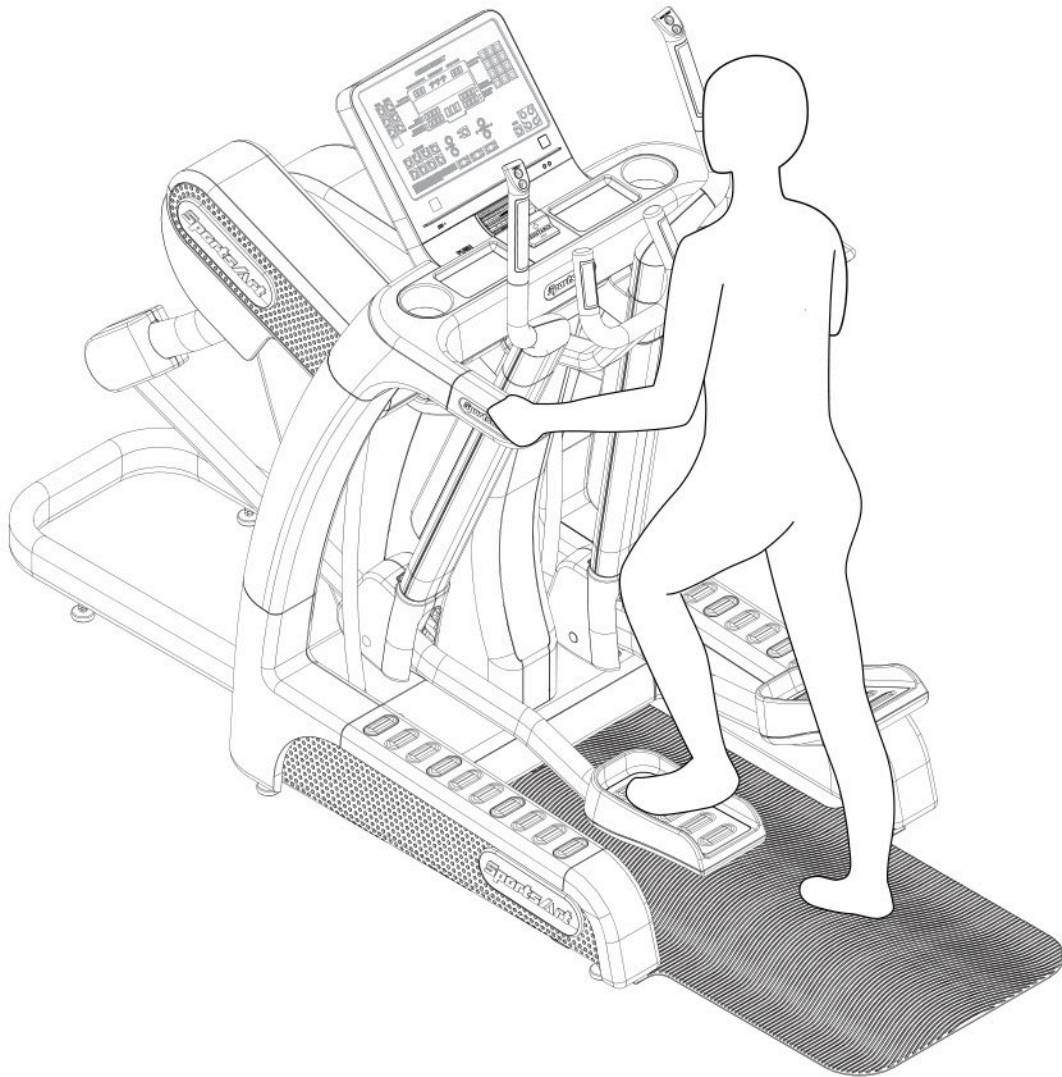
- (a) Safety clearance required as shown below. Do not allow people to be near this area when operating.
- (b) Noise emission under load is higher than without load.



## **OPERATION** Safety Get On/Off

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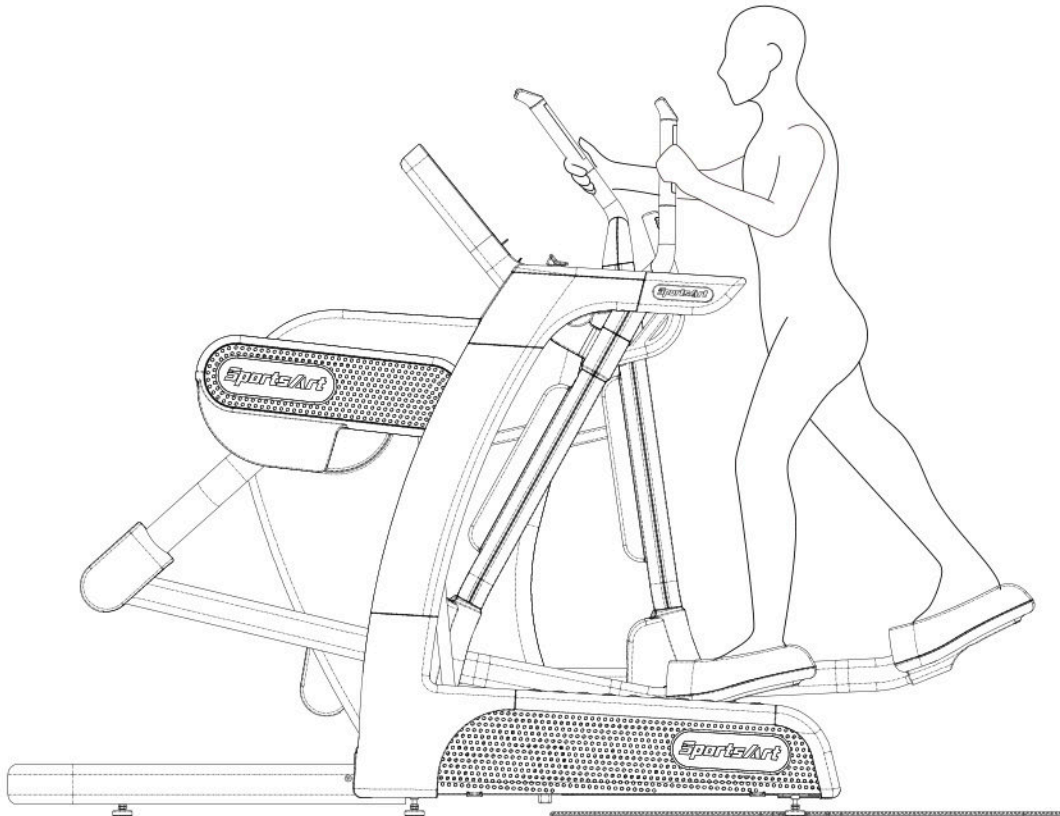
- (a) Place your feet on floor and then hold the handles to steady self while stepping one foot onto the lowest pedal as shown below.
- (b) Wait until pedals come to a complete stop and then hold onto handles for stability while carefully stepping off the product.



## **OPERATION** Proper Workout Position

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- (a) User proper workout position as shown below.
- (b) Over exercise or improper workout position 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 product.
- (d) This product is intended for exercise arms and legs.



## **OPERATION** Assistive Handle Switch

LENGTH function allow user to change the stride length of the device according to their actual stride.

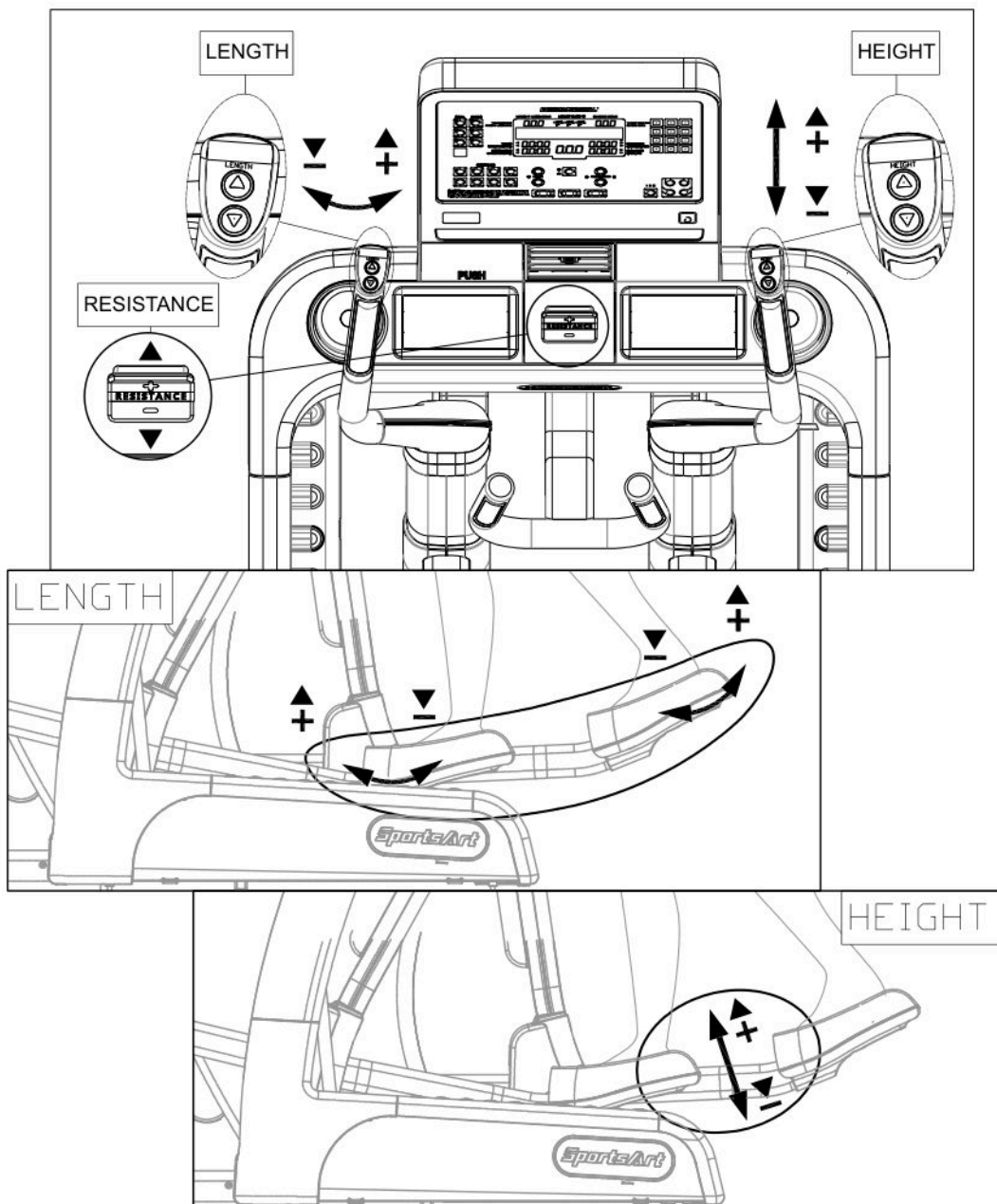
HEIGHT function allow user to change the stride height of the device according to their actual stride.

RESISTANCE function allow user to change the resistance level of the device according to actual force that foot can exert.


Two locations to adjust stride length: (1) Left handle, (2) Bottom-left of display.

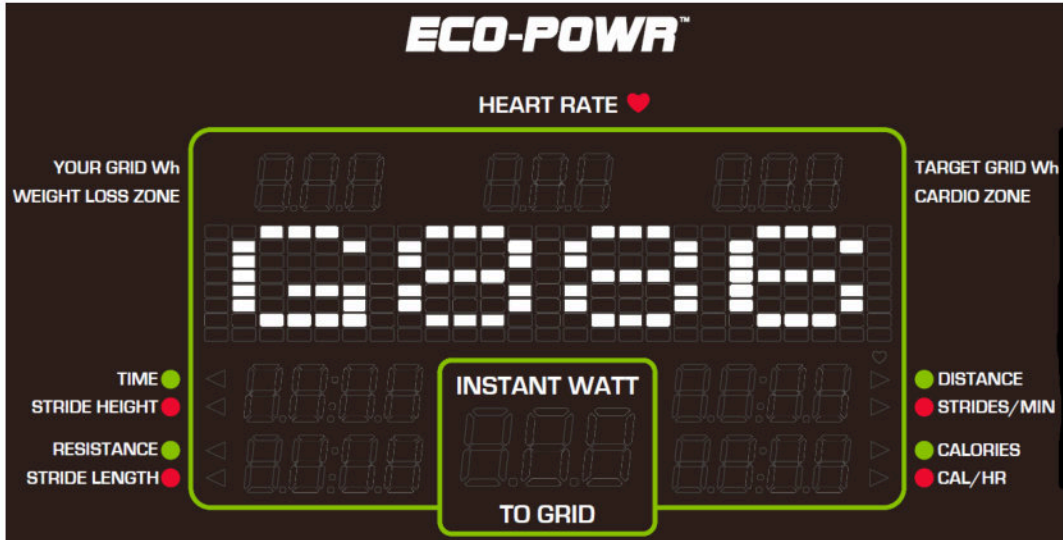
Two locations to adjust height: (1) Right handle, (2) Bottom-right of display.

Two locations to adjust resistance level: (1) Middle of display, (2) Top-right of display.



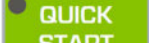
## OPERATION Start Screen

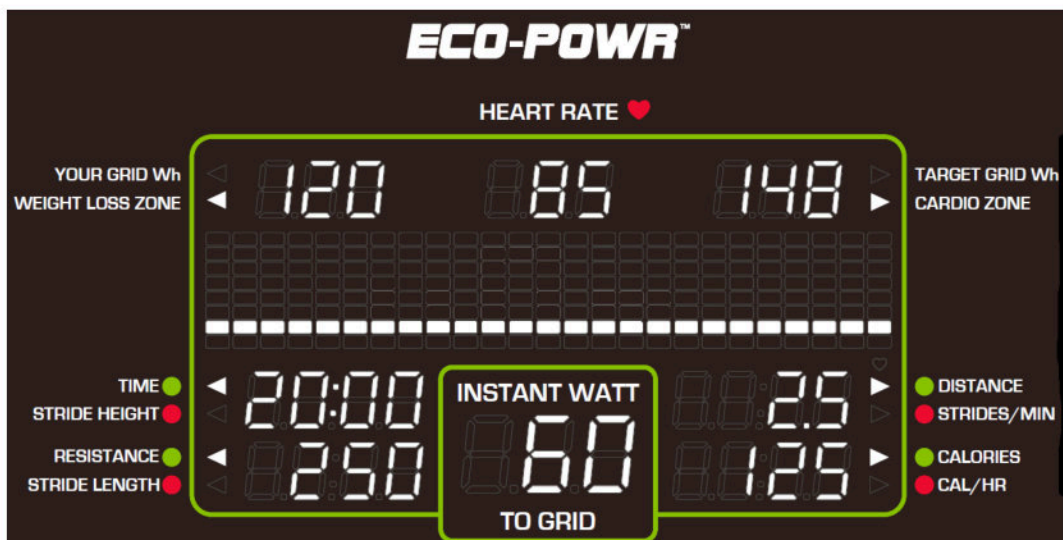
Press the wake-up key  located in the bottom-right corner of the display or pedal the cross trainer, after hearing a “beep” sound, the display will show the start screen of G886 as shown below.



## OPERATION Quick Start

In QUICK START mode, the default MODE is ELLIPTICAL and the default PROGRAM is MANUAL; calorie and other information is based on a 35 year old and 75 kg (165 lb) user as a default setting.

1. Press QUICK START key , or RESISTANCE + key.



## **OPERATION** Start a Workout Program

### 1. Mode Settings

Select STEPPER, BIKE or ELLIPTICAL mode from the mode menu on the left side of the display.



Press STEPPER key , BIKE key  or ELLIPTICAL key  and then press the ENTER key  to confirm your selection.

### 2. Workout Program and Workout Goal Settings

- (1) Press a workout program key (MANUAL, INTERVAL, PLATEAU, RANDOM, TRACK, FIT TEST, CUSTOM HR and WT LOSS CARDIO) to select your preferred workout program and then press the ENTER key to confirm your setting. Next press the key of your preferred workout goal (TIME, DISTANCE, CALORIE and Watt-hour TO GRID.) Press RESISTANCE +/- keys, LENGTH ▲/▼ keys, HEIGHT ▲/▼ keys or numeric keys to make your selection. Press the ENTER key to confirm your setting and proceed to input your age and weight.
- (2) There are four types of workout goals: TIME, DISTANCE, CALORIE and Watt-hour TO GRID. Press the key of your preferred workout goal without first selectig workout program and then press RESISTANCE +/- keys, LENGTH ▲/▼ keys, HEIGHT ▲/▼ keys or numeric keys to make your selection. Press the ENTER key to confirm your setting and proceed to next setting to input your age and weight.

#### **Note:**

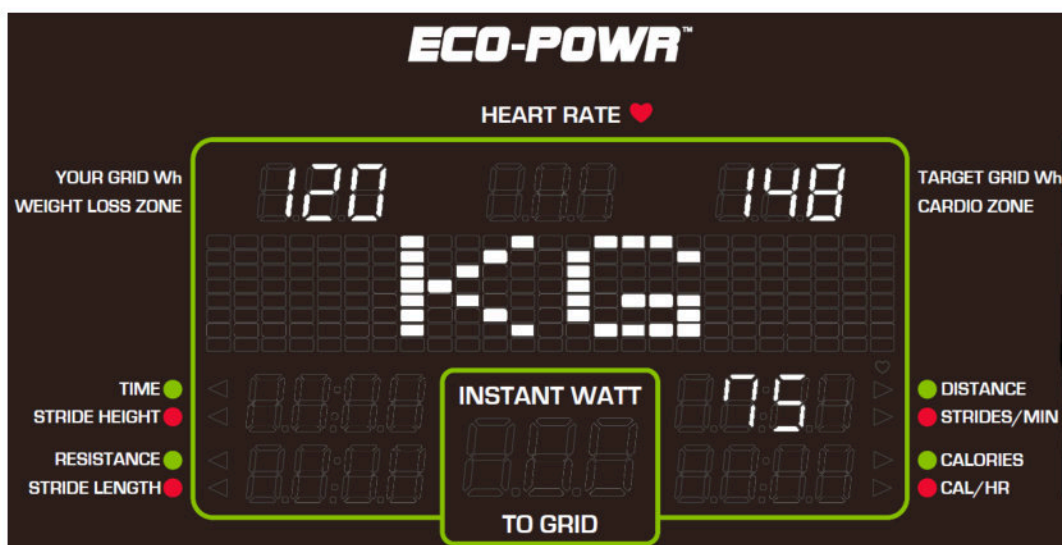
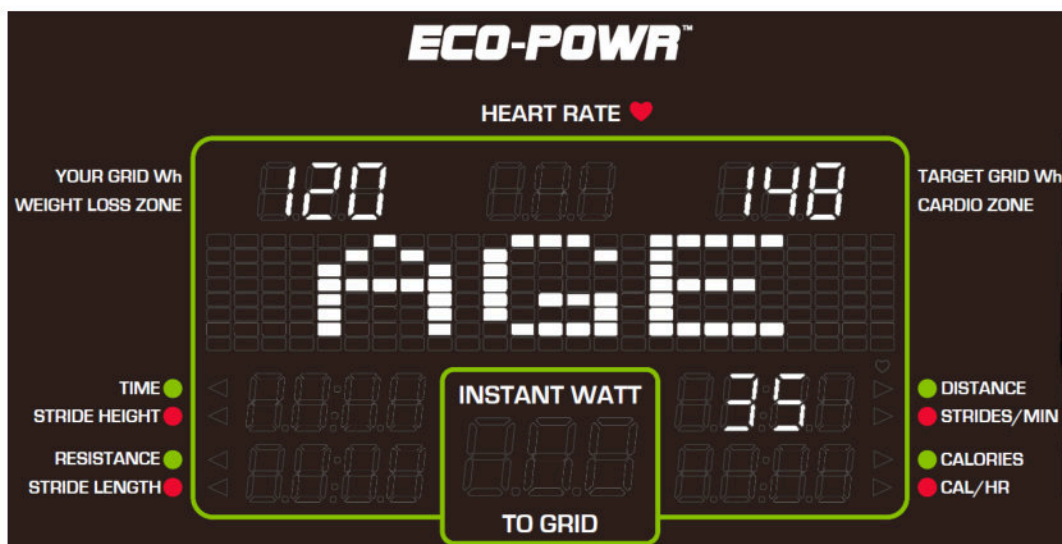
- The TIME setting range is from 5:00 to 300:00, with a default value of 30:00.
- The DISTANCE setting range is from 0.1 to 99.99 miles or kilometers, with a default value 2.0 miles (3.0 kilometers)

## OPERATION Start a Workout Program (Continued)

- The CALORIE setting range is from 100 to 9999 kCal, with a default value of 100 kCal.
- The Watt-hour TO GRID setting range is from 5 to 100 Wh, with a default value of 20Wh.

### 3. Age and Weight Settings

“AGE” will appear on the illustration/message window as shown below. The age setting range is from 10 to 90, with a default value of 35 years old. Press RESISTANCE +/- keys, LENGTH ▲/▼ keys, HEIGHT ▲/▼ keys or numeric keys to make your selection. Press the ENTER key to confirm your setting and proceed to the weight setting. “KG” will appear on the illustration/message window as shown below. The weight setting range is from 50 to 500 lb. (20 to 227 kg), with a default setting of 165 lb (75 kg). Press RESISTANCE +/- keys, LENGTH ▲/▼ keys, HEIGHT ▲/▼ keys or numeric keys to make your selection.



## **OPERATION** Display

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1. "STEP TO START" will appear in the illustration/message window before pedaling.
2. During workout, you can switch to a different Mode or Workout Program.
3. Stride length/height cannot be adjusted if the speed is under 20SPM. The message "NO STRIDE ADJUST UNDER 20 SPM" will appear on the illustration/message window.
4. During workout, user can switch to a different workout program using the same goal by pressing a different program key. There are some exceptions, listed below:
  - (1) During MANUAL, INTERVAL, PLATEAU, RANDOM, TRACK, CUSTOM HR, WT LOSS or CARDIO program, it can't be switched to FIT TEST program.
  - (2) Switch program is not allowed during FIT TEST program. The message "SWITCHING NOT ALLOWED" will appear in the illustration/message window.

## **OPERATION** Pause

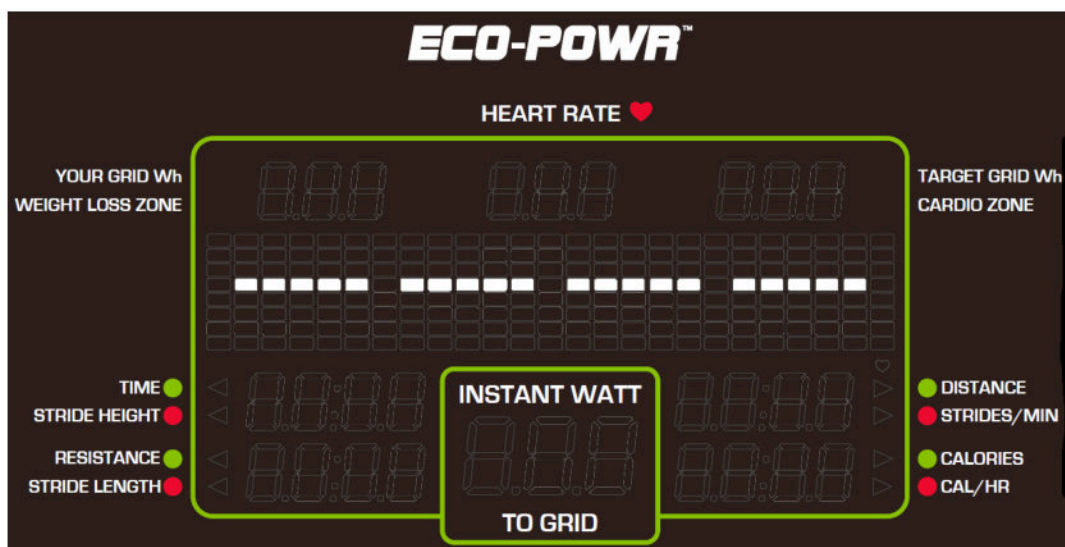
In Workout mode, press STOP/PAUSE key to pause the program. The illustration/message window will show messages “PAUSED” and “PRESS QUICK START TO RESUME”. All the workout data will stop accumulating and remain at the current values. If no operations in 20 second, enter Idle mode. Press QUICK START key to resume to Workout mode or press STOP/PAUSE key to display the workout information such as time, distance and calories.

## **OPERATION** Cool Down

Once the workout goal (time, distance, or calorie expenditure) has been obtained, the product will enter a two-minute cool down period. The display will count down from two to zero.

## **OPERATION** Idle Mode

When the cross trainer is not in use and no key be pressed for 50 seconds, the console will enter Idle mode and the illustration/message window will appear as shown below. ----- (Four flashing lines) will flash while in Idle mode. To reactivate the cross trainer, pedaling the cross trainer or pressing any key to return to Banner page.

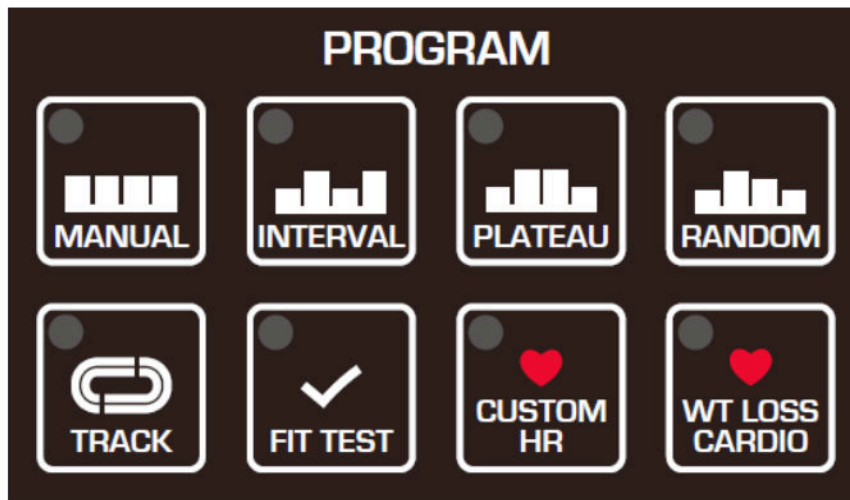


## **OPERATION** Energy Smart Function

When the cross trainer is not in use and no key be pressed for 2 minutes, the system will automatically enter the power saving mode and the console will turn dark. Pedal the cross trainer or press the wake-up key to turn the power back on.

## **OPERATION** Workout Programs

Select your desired program from the mode menu in the bottom-left corner of the display.



The following explains features of the workout programs.

### **MANUAL**

This program allows you to manually control resistance, stride length and stride height.

### **INTERVAL**

There are three interval programs: 1:1, 1:2, 2:2. Each interval program includes two segments, a work segment and a rest segment. Because you determine resistance for both segments, your work segment could be the first or the second segment, depending on your preference.

Interval 1:1 indicates one segment of one minute in duration, followed by a second segment of one minute in duration. Interval 1:2 indicates one segment of one minute in duration, followed by a second segment of two minutes in duration. Interval 2:2 indicates one segment of two minutes in duration, followed by a second segment of two minutes in duration.

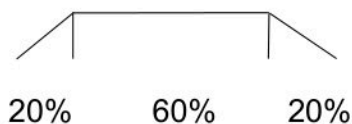
Each time the INTERVAL key is pressed, one of the three interval programs will appear. When your preferred interval program appears, press the ENTER key to activate that program. Then follow prompts to set the interval segment resistance settings. After you begin exercising, the resistance level of any segment can be changed. Simply press LEVEL ▲/▼ keys during the segment to do so. The new resistance level will then become the resistance level each time that segment is activated. The default INTERVAL is 1:1.

## **OPERATION** Workout Programs

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### **PLATEAU**

Resistance levels in this workout gradually increase, level off, then gradually decrease. The first and last segments of this workout each occupy 20% of the workout. The middle segment occupies 60% of the workout. Follow prompts to establish your workout goal.



### **RANDOM**

This program provides a near infinite number of randomly generated workouts. A new workout illustration appears each time the RANDOM key is pressed.

### **TRACK**

The track workout profile is designed with 400m (1/4 mile) track as the distance for each lap run. User may select either Time, Distance or Calories as the running goal.

### **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.

1. After you press the FIT TEST key, the illustration/message window will show "STARTING TEST" to begin this program.
2. The test is divided into 4 segments of 3 minutes; it will compare the actual speed and the preset speed in each segment and adjust the resistance accordingly.
3. During the test, the dot in the illustration/message window represents the target SPM/RPM and the line below represents the actual SPM/RPM. You want to match the actual SPM/RPM to the targeted value.

### **STEPPER/ELLIPTICAL MODE**

The best SPM range during test is between 40SPM to 70SPM with targeted 50SPM.

- (1) If the actual SPM is below 40SPM for more than 5 seconds, the illustration/message window will show "SPEED UP".
- (2) If it is above 70SPM for more than 5 seconds, the illustration/message window will show "SPEED DOWN".

## **OPERATION** Workout Programs (Continued)

### **BIKE MODE**

(1) The best RPM range during test is 45 to 55RPM with targeted 50RPM. If the actual RPM is below 45RPM or above 55RPM, the console will show "MAINTAIN RPM- 50" for 5 seconds.

(2) Fit Test Stages

Heart rate and workload during different stages

Heart Rate \ Stage	< 80BPM	80-89BPM	90-100BPM	> 100BPM
1	25W (150kgm/min)			
2	125W (750kgm/min)	100W (600kgm/min)	75W (450kgm/min)	50W (300kgm/min)
3	150W (900kgm/min)	125W (750kgm/min)	100W (600kgm/min)	75W (450kgm/min)
4	175W (1050kgm/min)	150W (900kgm/min)	125W (750kgm/min)	100W (600kgm/min)
Additional Stages	Additional stages are required to achieve within 10 bpm of 85% heart rate $((220-\text{age}) \times 0.85 - 10)$ . Each additional stage increases 25w to previous workload.			

a. The workload of each stage changes depending on the detected heart rate of the user. Average test time for each stage is 3 minutes, but test time can be extended if the user does not meet certain criteria.

b. Stage Description:

Stage 1:

The program starts with a fixed workload of 25w for 3 minutes. The user's heart rate during the last minute of this stage will decide the workload of the consecutive stages.

For example: If the heart rate during stage 1 is 92 bpm, the workload for stage 2 will be 75w. (Please refer to the chart above)

Stage 2, Stage 3, Stage 4:

Actual heart rate will be measured during the second and third minute of each stage. When the stage ends, the difference of these heart rates will be calculated. (Third minute heart rate minus second minute heart rate)

- If the difference is less than or equal to 5bpm, and heart rate is greater than or equal to  $[(220-\text{age}) \times 0.85] - 10$ , the fit test ends.
- If the difference is less than or equal to 5bpm, and heart rate is less than  $[(220-\text{age}) \times 0.85] - 10$ , the user enters the next stage.
- If the difference is greater than 5bpm, the stage will be extended for one minute until the heart rate stabilized.

## **OPERATION** Workout Programs (Continued)

The difference in heart rate between the extended minute and the previous minute is subject to conditions a, b, and c to determine how the test proceeds.

Additional Stages: Results are determined according to a, b and c conditions of Stage 2, 3 and 4.

- c. When entering a new stage, Level will be adjusted according to the actual RPM to meet the expected workload (Watt).

Example: The workload at Stage 2 is 100W, actual RPM is 51; Level will be automatically adjusted to 7 to generate a workload more than 100W

### (3) Calculation

The oxygen cost (VO<sub>2</sub> max) of the user will be calculated using the following equation. The calculated values will indicate the user's score according to the chart below.

$$SM1 = (\text{Stage 2 Watt/kg} \times 10.8) + 3.5 + 3.5$$

$$SM2 = (\text{Last Stage Watt/kg} \times 10.8) + 3.5 + 3.5$$

$$HR1 = (\text{Stage 2 second to last minute HR} + \text{Stage 2 last minute HR}) / 2$$

$$HR2 = (\text{Last Stage second to last minute HR} + \text{Last Stage last minute HR}) / 2$$

$$b = (SM2 - SM1) / (HR2 - HR1) \quad \text{Note: } b = \text{slope}$$

$$HR_{\text{max}} = (220 - \text{age})$$

$$VO_{2\text{MAX}} = sm2 + (b \times (HR_{\text{max}} - HR2))$$

$$*HR1 = (\text{Sum of last two minutes' HR for stage 2}) / 2$$

$$= (\text{Average of stage 2's last two minutes' HR measures})$$

$$HR2 = (\text{Sum of last two minutes' HR for last stage}) / 2$$

$$= (\text{Average of last stage's last two minutes' HR measures})$$

Percentile Values For Maximal Aerobic Power( $\text{ml} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$ )--Men					
Percentile	Age				
	20-29	30-39	40-49	50-59	60+
90	51.4	50.4	48.2	45.3	42.5
80	48.2	46.8	44.1	41.0	38.1
70	46.8	44.6	41.8	38.5	35.3
60	44.2	42.4	39.9	36.7	33.6
50	42.5	41.0	38.1	35.2	31.8
40	41.0	38.9	36.7	33.8	30.2
30	39.5	37.4	35.1	32.3	28.7
20	37.1	35.4	33.0	30.2	26.5
10	34.5	32.5	30.9	28.0	23.1

## OPERATION Workout Programs (Continued)

Percentile Values For Maximal Aerobic Power( $\text{ml}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$ )--Women					
Percentile	Age				
	20-29	30-39	40-49	50-59	60+
90	44.2	41.0	39.5	35.2	35.2
80	41.0	38.6	36.3	32.3	31.2
70	38.1	36.7	33.8	30.9	29.4
60	36.7	34.6	32.3	29.4	27.2
50	35.2	33.8	30.9	28.2	25.8
40	33.8	32.3	29.5	26.9	24.5
30	32.3	30.5	28.3	25.5	23.8
20	30.6	28.7	26.5	24.3	22.8
10	28.4	26.5	25.1	22.3	20.8

If the user fails to complete at least 3 stages or terminated the fit test under any conditions, the test result will be 0.

(4) Example: Male, 40 years old, weighs 62 kg

- a. At Stage 3, third minute (last minute) actual heart rate is more than  $((220 - \text{age}) \times 0.85) - 10$ , the test ends. Please refer to the chart below for Watt and Heart rate of Stage 3.

Stage	Watt	Time(Minutes)	HR(bpm)
1	25W	0-1	86
		1-2	90
		2-3	92
2	75W	3-4	120
		4-5	135
		5-6	139
3	100W	6-7	151
		7-8	159
		8-9	163

b. VO<sub>2</sub>max value and score calculation:

$$SM1 = (75/62 \times 10.8) + 3.5 + 3.5 = 20.06 \text{ ml} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$$

$$SM2 = (100/62 \times 10.8) + 3.5 + 3.5 = 24.42 \text{ ml} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$$

$$HR1 = (135 + 139) / 2 = 137 \text{ bmp}$$

$$HR2 = (159 + 163) / 2 = 161 \text{ bmp}$$

$$b = (24.42 - 20.06) / (161 - 137) = 0.182$$

$$HR_{\text{max}} = (220 - 20) = 200$$

$$VO_{2\text{max}} = 24.42 + (0.18 \times (200 - 161)) = 31.5 \text{ ml} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$$

According to VO<sub>2</sub>max chart, score =10

## **OPERATION** Workout Programs (Continued)

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(5) Following conditions occurs will end this test program:

- a. STOP key is pressed.
- b. Program time ends.
- 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. SPM SPEED

(a) STEPPER MODE

The speed is slower than 60SPM or faster than 90SPM for more than 15 seconds.

(b) BIKE MODE

The speed is slower than 45SPM or faster than 55SPM for more than 15 seconds.

(c) ELLIPTICAL MODE

The speed is slower than 40SPM or faster than 70SPM for more than 15 seconds.

(6) When the program ends, the illustration/message window will show "YOUR SCORE" and the window of DISTANCE will show the user's score.

(The max score is 100 and min is 0)

### **CARDIO/WEIGHT LOSS/CUSTOM HR**

In these heart rate control programs, the resistance level will automatically change to keep the exerciser's pulse at the optimum rate for achieving his or her fitness goals. Target heart rates are calculated based on a standard "maximum" heart rate for the exerciser's age. The weight loss target heart rate is calculated at 65% of the maximum heart rate:  $(220 - \text{age}) \times 65\%$ . The cardio target heart rate is calculated at 80% of the maximum heart rate:  $(220 - \text{age}) \times 80\%$ . Custom target heart rate is set by user.

If CUSTOM HR is selected, the target heart rate will need to be set first. The range is 84 - 200bpm with default value of 120bpm. The illustration/message window will show "TARGET HR - XXX" for setting. Press RESISTANCE +/- keys, LENGTH ▲/▼ keys, HEIGHT ▲/▼ keys or numeric keypads 0-9 to adjust the setting. Press ENTER key to confirm and start the program. You may press QUICK START at anytime to begin the program right away using default values.

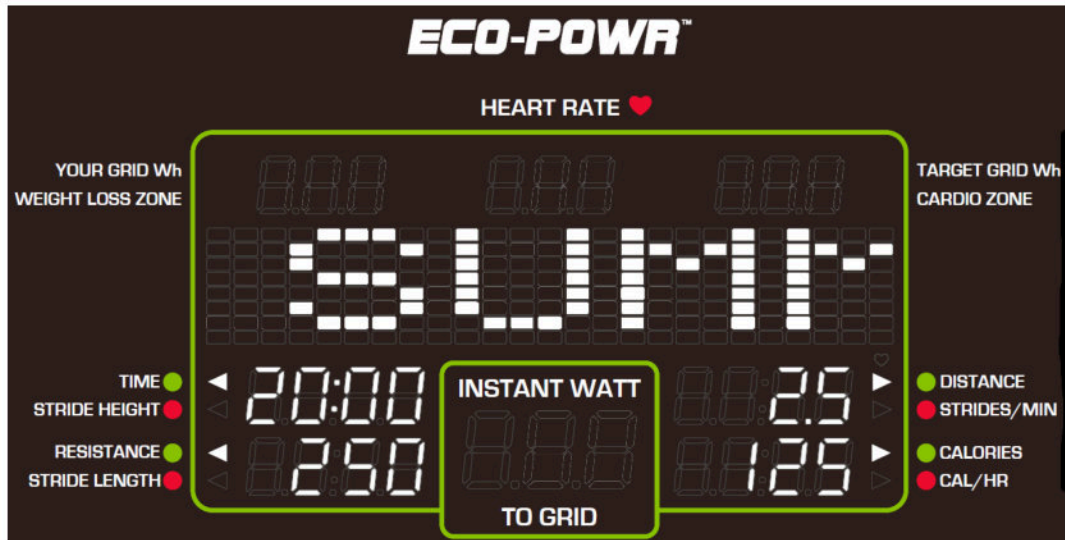
A telemetry heart rate transmitter must be worn during heart rate control programs. If no heart rate signal is received at the display, the message "NO HEART RATE READING, PLEASE CHECK TRANSMITTER" will appear, and resistance will not change automatically.

Resistance will start at level 1. The default SPM is 50. If the actual SPM is 5 revolutions below the recommended step rate for 25 seconds, "SPEED UP" will appear on the illustration/message window.

## OPERATION REVIEW SUMMARY

Press STOP/PAUSE key  two times to end workout and then the

message “REVIEW SUMMARY” will appear, along with accumulated workout information for 15 seconds,. Press STOP/PAUSE again to return to Banner page.



## OPERATION User Preference & Component Version

Basic settings determine units of measure and show total distance and time, along with display/drive board program version numbers. To access this information, at the startup banner screen, hold the CHANGE DISPLAY key for three seconds. During anytime of the setting, STOP button can be pressed to end the setting and return to Banner page.

### (1) UNITS

“UNIT – MILE” or “UNIT – KM” will scroll across the illustration/message window, press RESISTANCE +/- keys, LENGTH ▲/▼ keys or HEIGHT ▲/▼ keys to toggle between the two settings. When your preference appears, press the ENTER key to confirm your setting and proceed to view program version.

### (2) PROGRAM VERSION

The following programs' version will scroll across the illustration/message window, press RESISTANCE +/- keys, LENGTH ▲/▼ keys or HEIGHT ▲/▼ keys to view each program version. Press the ENTER key to view total distance.

- CTL SA\_6 - xx → Display program version.
- DRV MI xx - yyyy → Micro Inverter drive board program version.
- G886\_INCL - xx → Stride length/height drive board program version.
- SA WELL+ x.x.x → SA WELL+ board version (Available with optional SA WELL+.)

### (3) TOTAL DISTANCE

“DIST - xxxxxx KM” or “DIST - xxxxxx MILE” will scroll across the illustration/message window, press the ENTER key to view total time.

## **OPERATION** User Preference & Component Version (Cont.)

### **(4) TOTAL TIME**

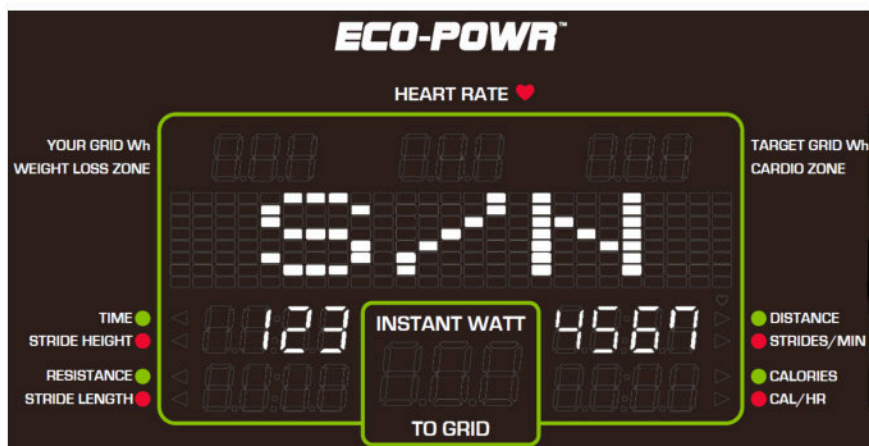
“TIME - xxxxxx HOURS” will scroll across the illustration/message window, press the ENTER key to view total energy created.

### **(5) TOTAL ENERGY**

“WATTS - xxxxxx KWH” will scroll across the illustration/message window, press the ENTER key to view product serial number.

### **(6) PRODUCT SERIAL NUMBER**

“S/N xxxxxxxx”(as shown in the following figure) will scroll across the illustration/message window, press the ENTER key to proceed to the next setting. \* 1234567 represents product serial number as shown below.



### **(7) LANGUAGE**

The current country selected will scroll across the illustration/message window, press RESISTANCE +/- keys, LENGTH ▲/▼ keys or HEIGHT ▲/▼ keys to toggle between the settings. Press the ENTER key to confirm your setting and proceed to the next setting.

### **(9) PROGRAM TIME**

The illustration/message window will show “TIME LIMIT”, press RESISTANCE +/- keys, LENGTH ▲/▼ keys, HEIGHT ▲/▼ keys or numeric keys to make your selection. Press the ENTER key to confirm your setting and proceed to the next setting. Note: If the timer is setting less than 5 minutes, program time limit mode will be deactivated. The program time setting range is from 5 to 60 minutes.

### **(9) PAUSE TIME**

The illustration/message window will show “PAUSE LIMIT”, press RESISTANCE +/- keys, LENGTH ▲/▼ keys, HEIGHT ▲/▼ keys or numeric keys to make your selection. Press the ENTER key to confirm your setting and proceed to the next setting. The pause time setting range is from 2 to 60 minutes.

### **(10) BEEP SOUND**

The illustration/message window will show “BZ”, press RESISTANCE +/- keys, LENGTH ▲/▼ keys or HEIGHT ▲/▼ keys to toggle between “YES” or “NO” settings. Press the ENTER key to confirm your setting and return to Banner page.

## 7. 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

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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. Inside the transmitter is a 3 V battery (CR2032). If the battery voltage is too low, either the reception distance shortens or there will be no reception whatsoever.
- 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

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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.

## 8. 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.

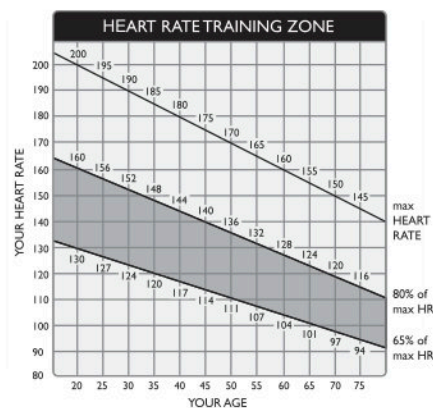
### HOW LONG SHOULD I EXERCISE?

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.



## 9. 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

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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.

## **MICRO INVERTER** Cautionary Messages (Continued)

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### **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(184.1-245.0V) (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

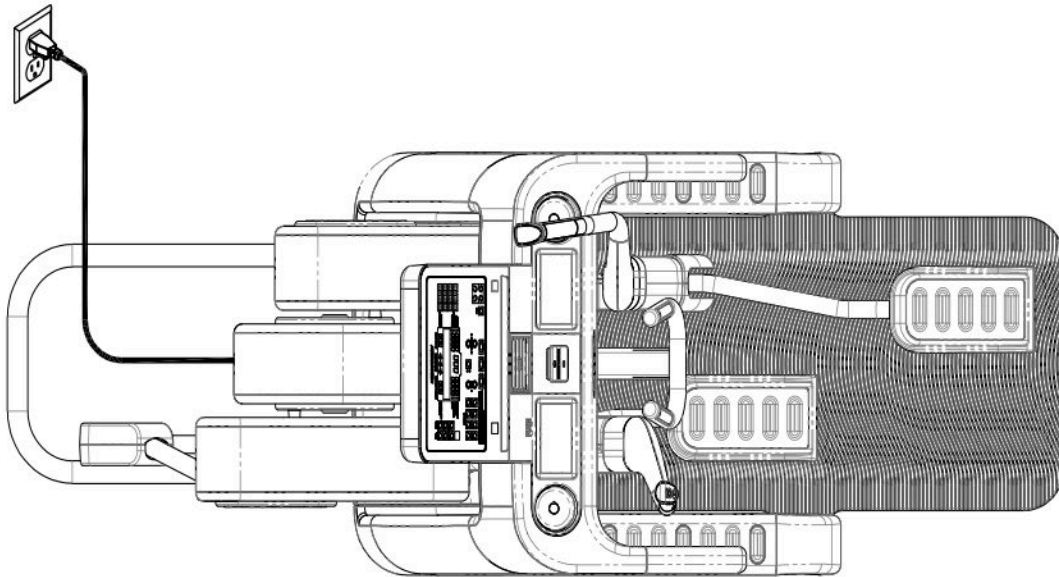
## **MICRO INVERTER** Circuit Board & Product Settings

### **Frequency setting:**

MI-250 can detect the frequency automatically without setting.

### **Connecting to grid power:**

After MI-250 is installed into Green System 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 Green system connecting area with a metal cover. Turn the product power switch to OFF and unplug the power cord from the wall outlet before pulling the plug from the product. If the plug is pulling while it is connecting to the power grid, it might cause the electric arc and damage the plug



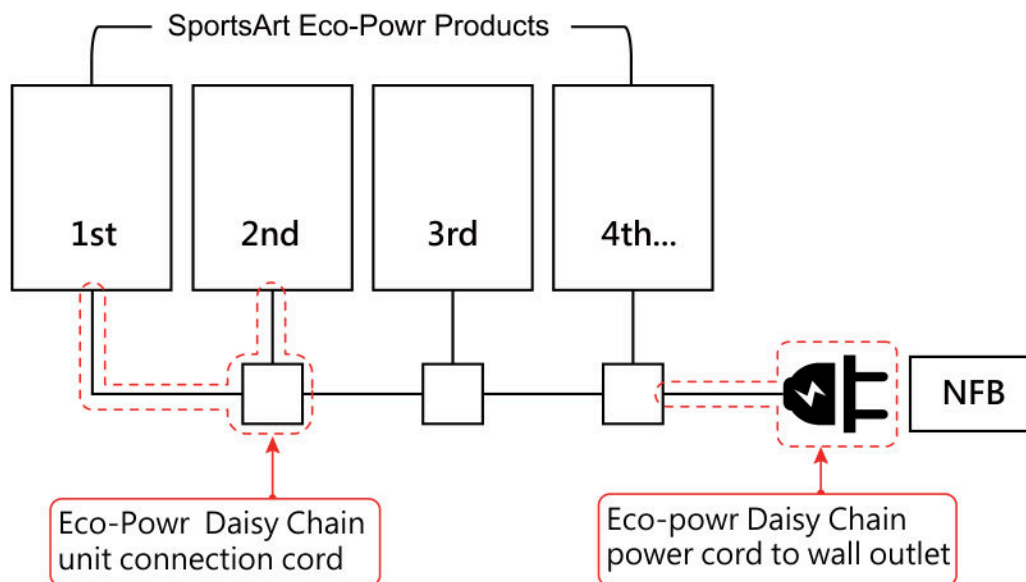
### **The number of products can be linked to a branch circuit of the grid power:**

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

Grid power voltage	The rating of a branch 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 cross trainer with 40RPM or above for more than 6 seconds to turn on the unit. Start operating the cross trainer when the display enter Banner page.

If the cross 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 cross trainer.

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

## 10. MAINTENANCE

Maintenance topics are presented below in the following order: error messages, lubrication the seat carriage, maintenance schedule, task list, one-year maintenance log, and electronics block diagram.

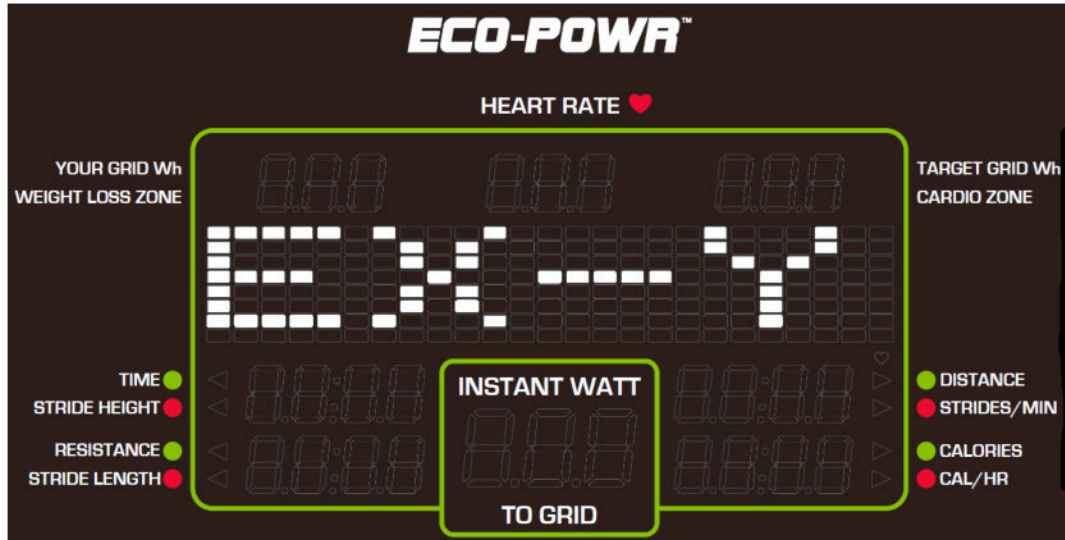
### MAINTENANCE Safety Precautions

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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.
- 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.
- 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

Error messages can appear on the cross trainer as a troubleshooting aid. Error messages appear in the following format: "ERROR\_X\_Y". X represents the category of the error. Y represents the specific issue.



Error code explanations are as follows:

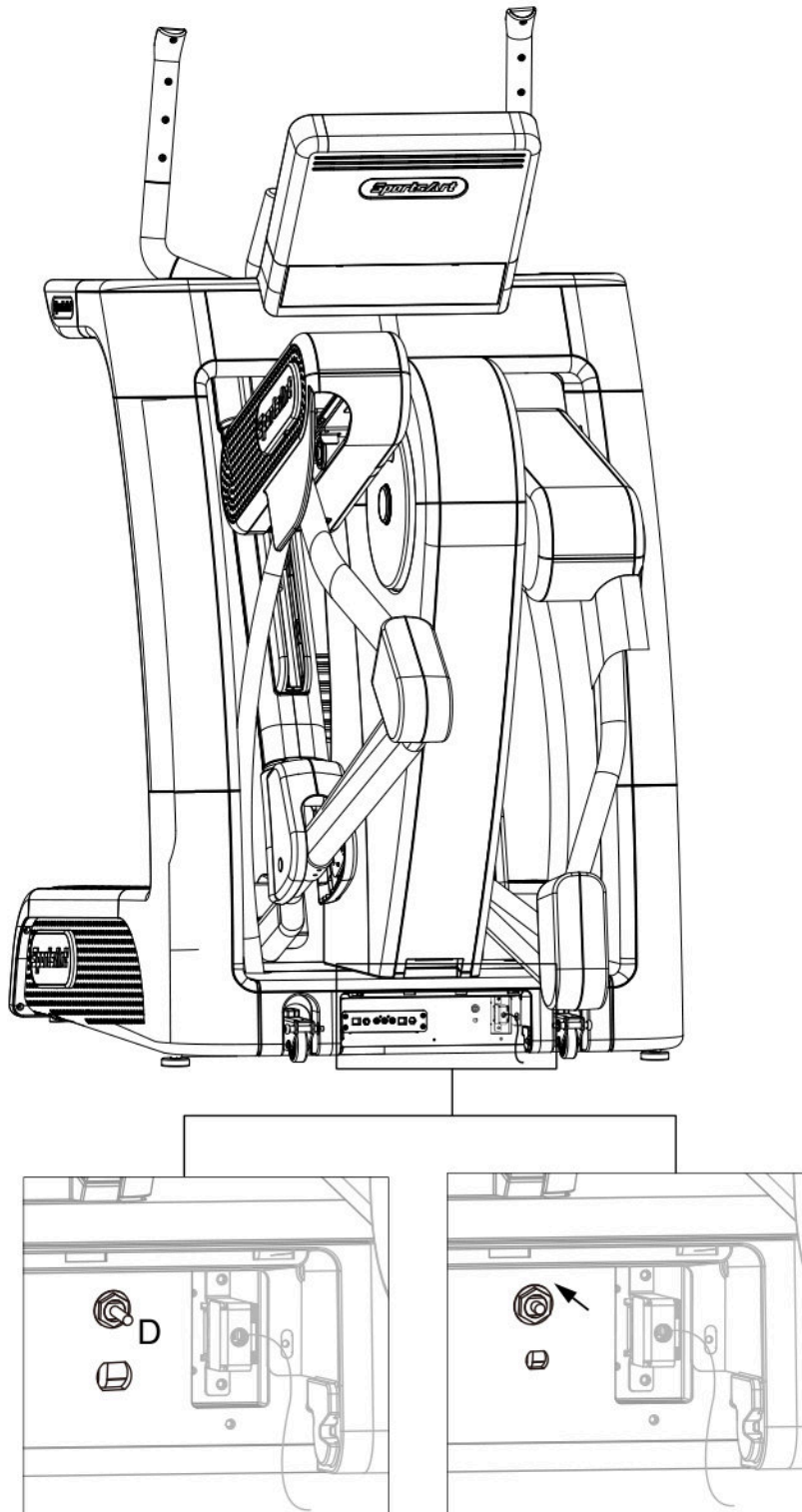
Error code X	Error code Y	Explanation	Description
1	1	System starting error.	
2	1	IGBT excessive current warning.	
2	2	IGBT excessive heat.	
3	1	AC power lost or power up after power off time is too short (If any of these two situations occurs, namely the island effect).	
3	2	AC power supply error.	
3	3	AC power frequency error.	
3	4	AC neutral point error	
3	5	AC ground failure	

**OPERATION Error Messages (Cont.)**

Error code X	Error code Y	Explanation	Description
4	3	DC BUS voltage is too high.	
4	4	DC BUS error	
5	1	Force warm up.	
5	2	Force jump (EngStop).	
6	1	Generator over current	
6	2	Generator voltage error	
6	3	Generator too hot	
7	2	The right stride length control motor is abnormal.	
7	3	The left stride length control motor is abnormal.	
7	4	The right stride height control motor is abnormal	
7	5	The left stride height control motor is abnormal	
8	1	There is a communication error to the Micro Inverter at startup.	Resume operation when communication is back to normal.
8	2	There is a communication error to the Micro Inverter during exercise.	Resume operation when communication is back to normal.
8	3	There is a communication error to the stride length/height drive board	Resume operation when communication is back to normal.

## **MAINTENANCE** Circuit Breaker

- (a) A circuit breaker is an automatically operated electrical switch designed to protect an electrical circuit from damage caused by overcurrent/ overload or short circuit. A spring located under the push button at area D to lift up and the breaker to trip as shown.
- (b) After the fault is repaired by qualified technicians, press the push button to reset circuit breaker to resume normal operation as shown.



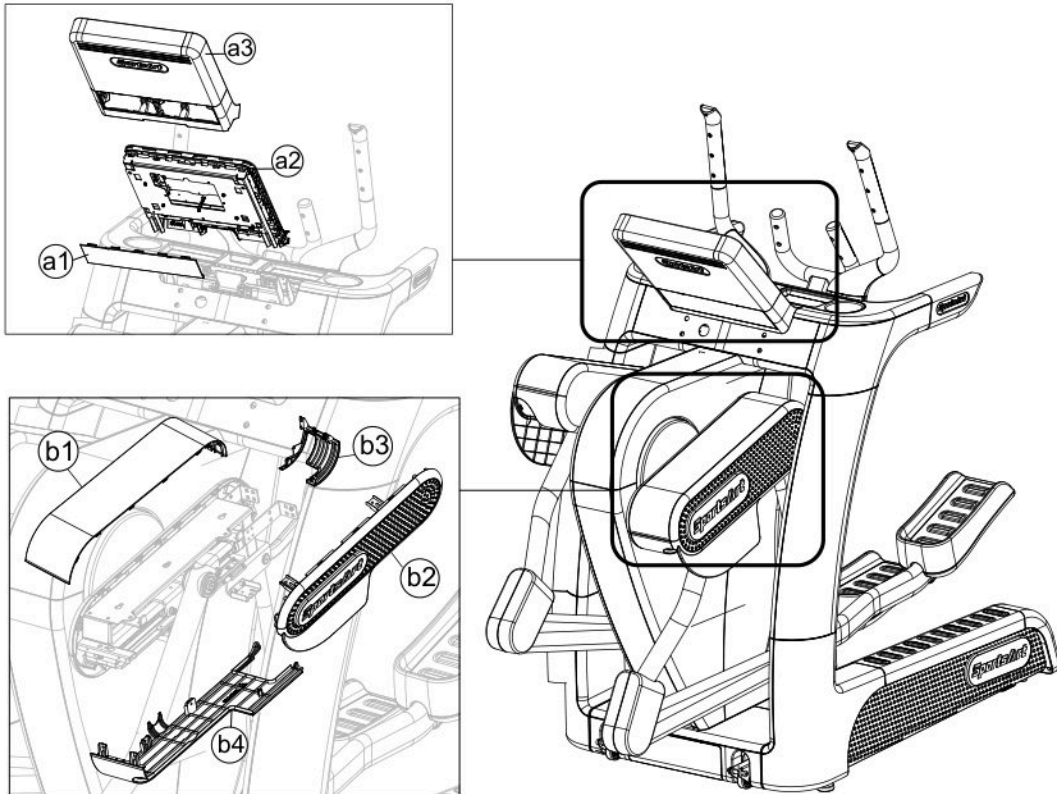
## **MAINTENANCE** Disassemble the Product

Please follow instructions (a) through (e) in sequence to disassemble the product as shown below.

(a) Display

(b) Stride Support Assy. of Height

***(Note: Must be performed by trained service personnel only.)***

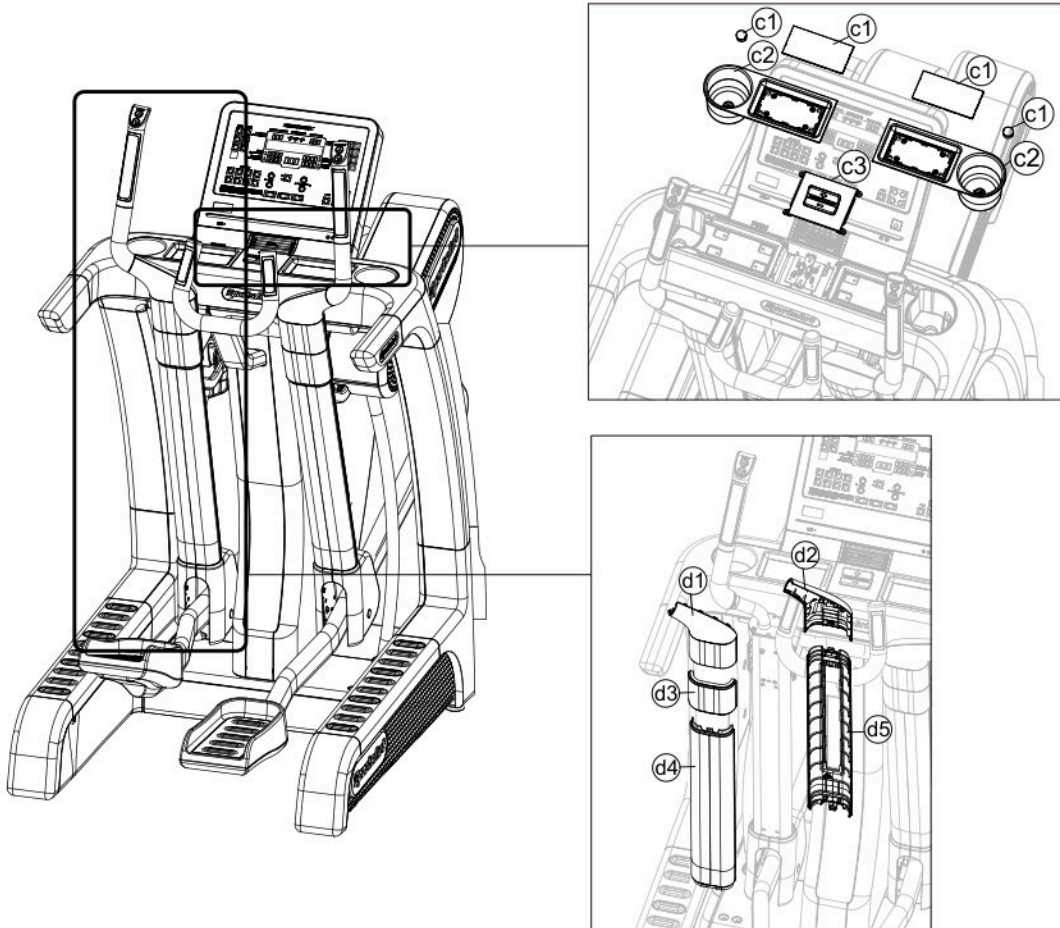


## **MAINTENANCE** Disassemble the Product (Continued)

(c) Resistance Key

(d) Stride Support Assy. of Length

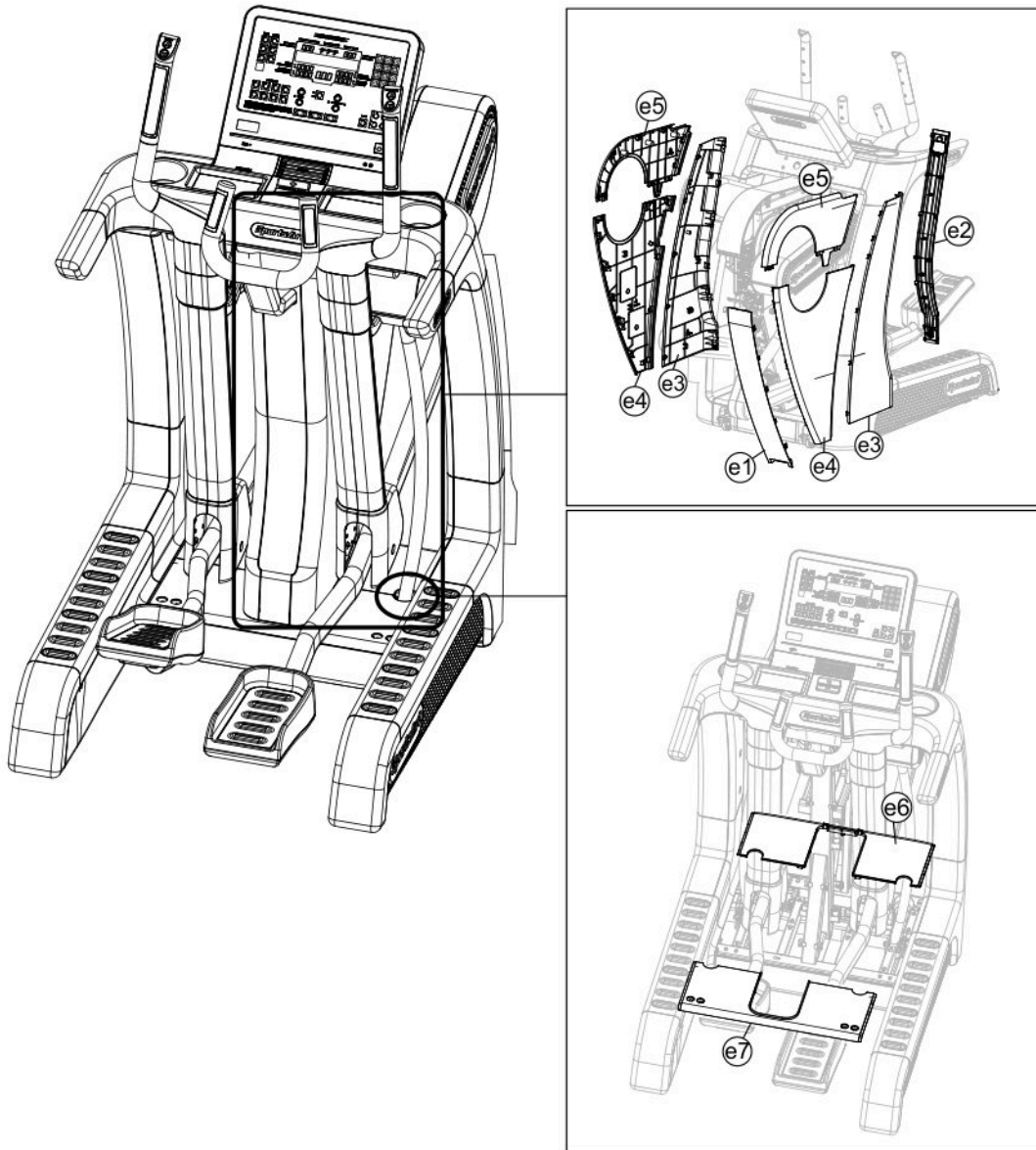
*(Note: Must be performed by trained service personnel only.)*



## **MAINTENANCE** Disassemble the Product (Continued)

(e) Drive Board and Stride Motor Assy.

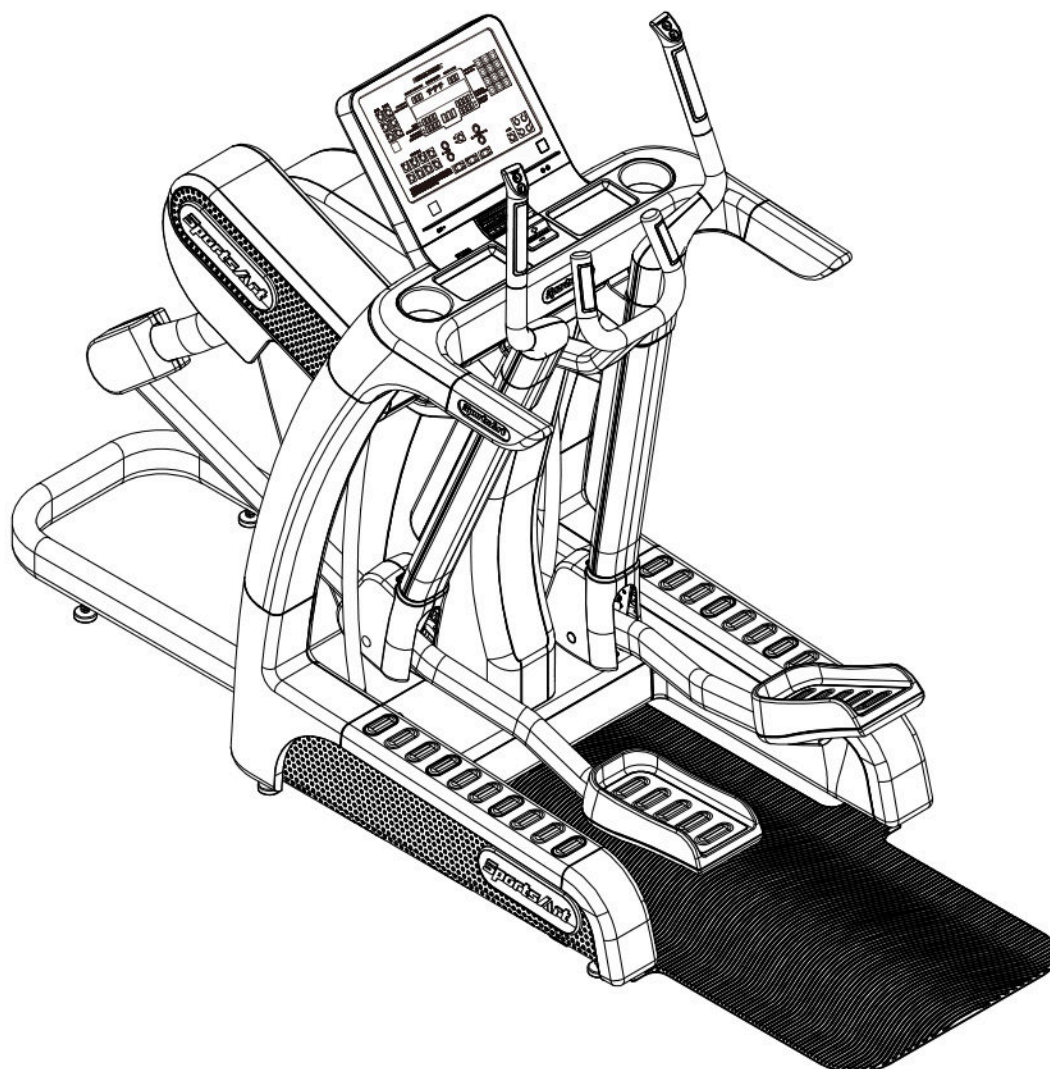
*(Note: Must be performed by trained service personnel only.)*



## **MAINTENANCE** Schedule

If there is a need for maintenance of components, please visit the SportsArt website. The disinfectant has to be in compliance with Medical Device Directive 93/42/EEC (MDD) and Biocidal Products Directive 98/8/EC (BPD). It is suited for sensitive synthetic surfaces such as synthetic leather, polycarbonate (PC), acrylic glass and polysulfone, and for the keyboards and control panels.

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	•					Clean
2	Screws	•					Inspect and secure loose parts



## **MAINTENANCE** Task List

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

### **Daily tasks**

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

### **Caution**

- 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 and 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 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.
- 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	Weeks 1-7	Weeks 8-14	Weeks 15-21	Week 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Tasks	Week 29-35	Week 36-42	Week 43-49	Week 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Weeks 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 29-35	Weeks 35-42	Weeks 43-49	Weeks 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yearly Tasks	Year 1
Completed	<input type="checkbox"/>

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## **11. ACCESSORIES**

These accessories are related to the functions of this machine. Some are standard and others are optional.

The details of each accessory and its function are explained.

### **USB CHARGER (Standard)**

The USB charger will provide 5V and 1A voltage for charging of smart phone or other devices. However it is compatible only with some tablets, such as iPad. Check your tablet for compatibility before charging.

### **CSAFE PORT (Standard)**

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

### **SA WELL+ Member System (Option)**

This is a system designed specially by SportsArt to assist the user in managing his/her workout history.

1. Use smart phone Bluetooth or WIFI function and the SA WELL+ App. The APP software can be downloaded at APP Stores.
2. Use USB Flash Drive to store the workout data.
3. Manage user information and workout data

For more detailed information about the function, please visit the SA WELL+ website.

## ACCESSORIES Entertainment Cap



Item	Name	Function
a	USB port	This port is used for data transferring.
b	Bluetooth/ WIFI button	When a smart phone is connected with equipment, press this button to disconnect. Scan the QR code or touch the NFC tag on the console to connect to the equipment again if necessary.

## **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.

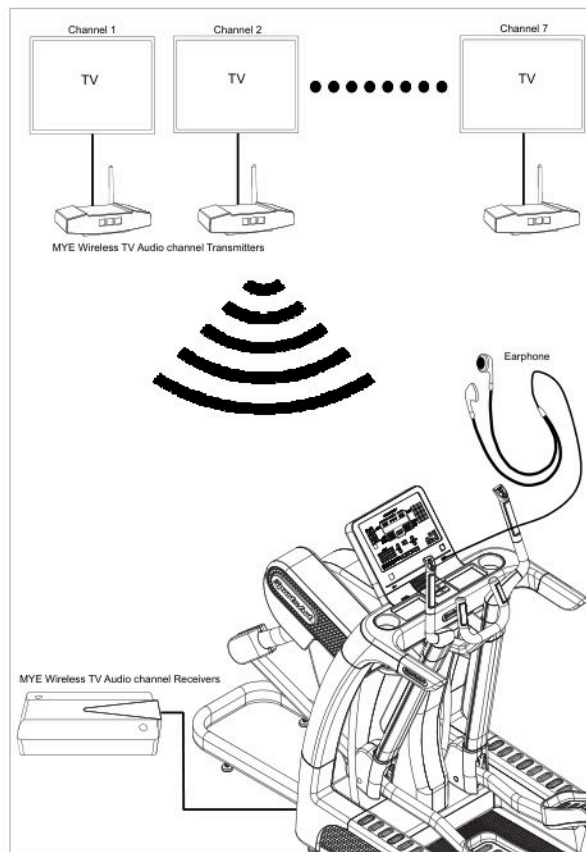
- The following two modules are available for this receiver (to be purchased by client)

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).

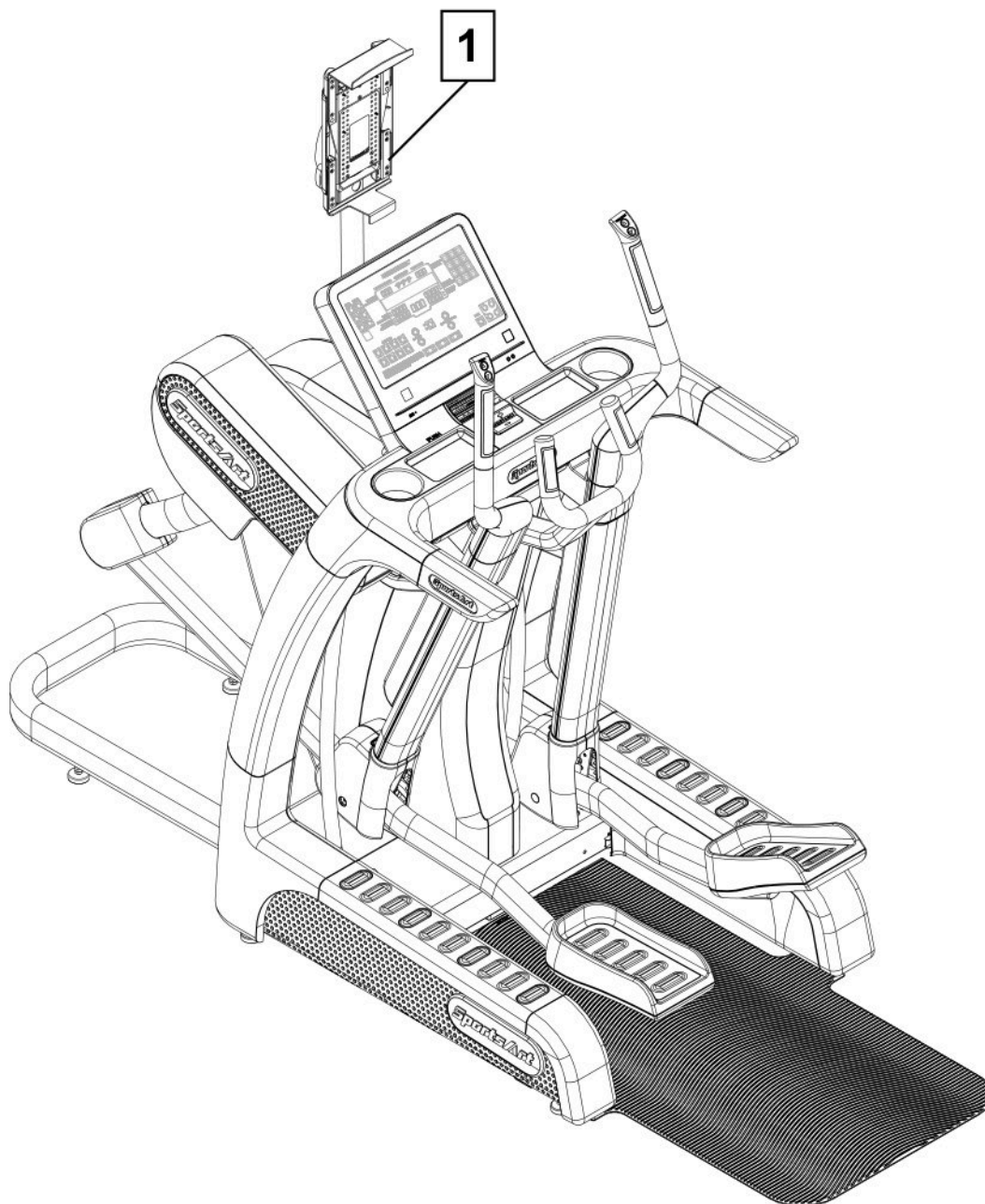
- Operation instruction: Turn off product power, plug the receiver into the CSAFE port located at left of display and then turn on the power.
- The VOLUME +/- keys and CHANNEL ▲/▼ keys will be activated once the receiver is plug into the unit. Press VOLUME +/- keys to adjust volume settings. The volume 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 illustration/ message window will show "CHANNEL - 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:



## ACCESSORIES Options

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### 1. External Mount TV Bracket

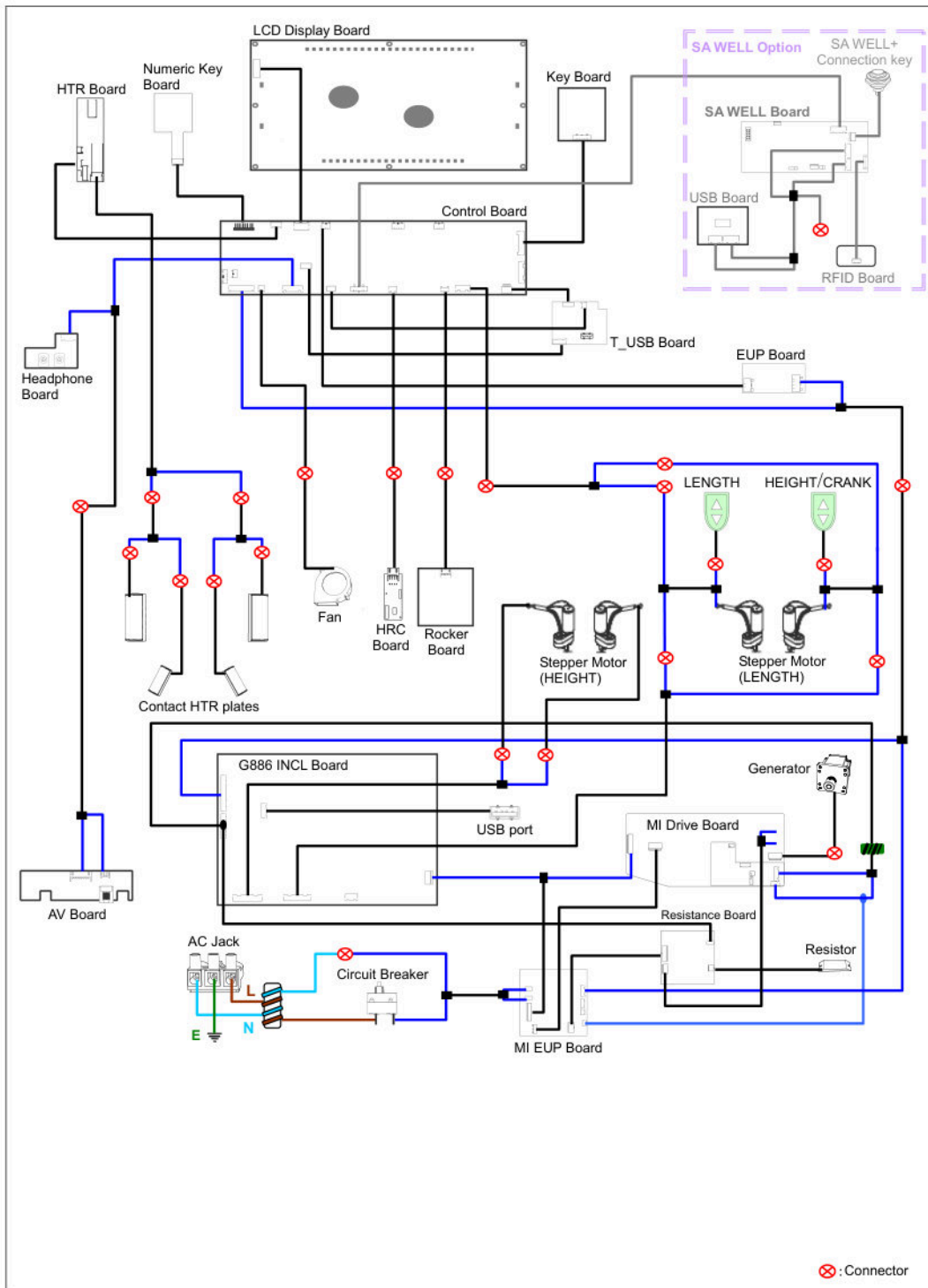


## 12. APPENDIXES

### APPENDIXES Specifications

<b>Model</b>	<b>G886</b>
<b>Dimensions</b>	L : 2615 mm (103") W : 940 mm (37") H : 1780 mm (70.1")
<b>Overall Weight</b>	272 kg (599 lbs)
<b>Maximum User Weight</b>	150 kg (330 lbs)
<b>Power Requirement</b>	100 – 120 V / 60 Hz (USA) 220 – 240 V / 50 Hz (EUROPE)
<b>Circuit Breaker Current Rating</b>	110 V : 3A 220 V : 3A

# APPENDIXES Electronics Block Diagram



**Your Authorized Distributor**