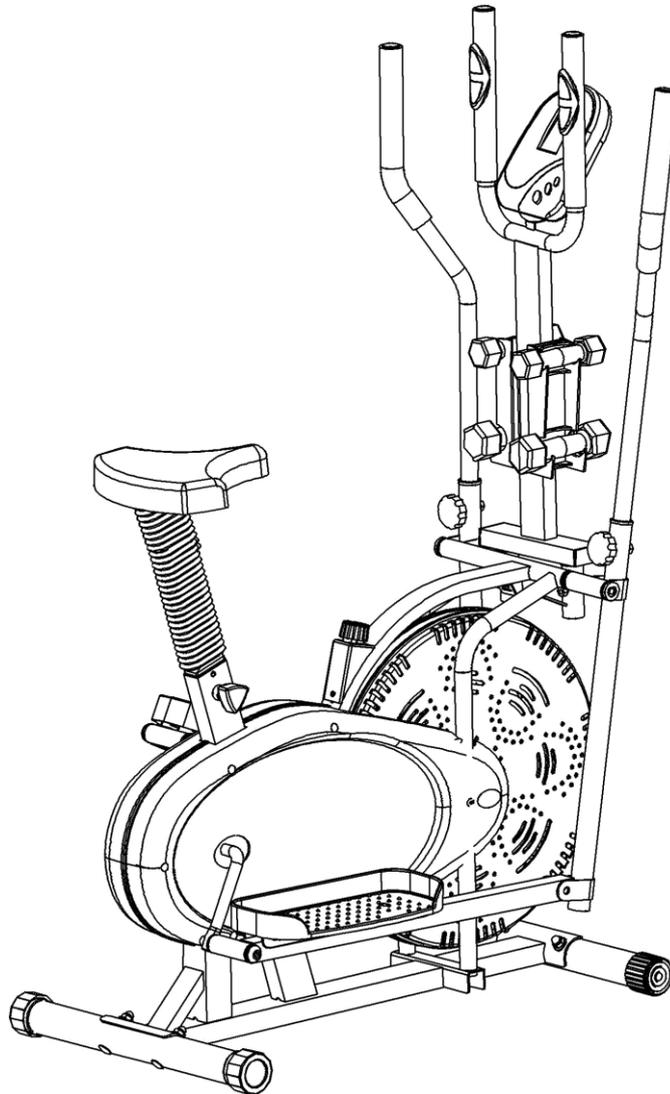


OWNER'S MANUAL



IMPORTANT!

Please read all instructions carefully before using this product. Retain this manual for future reference.

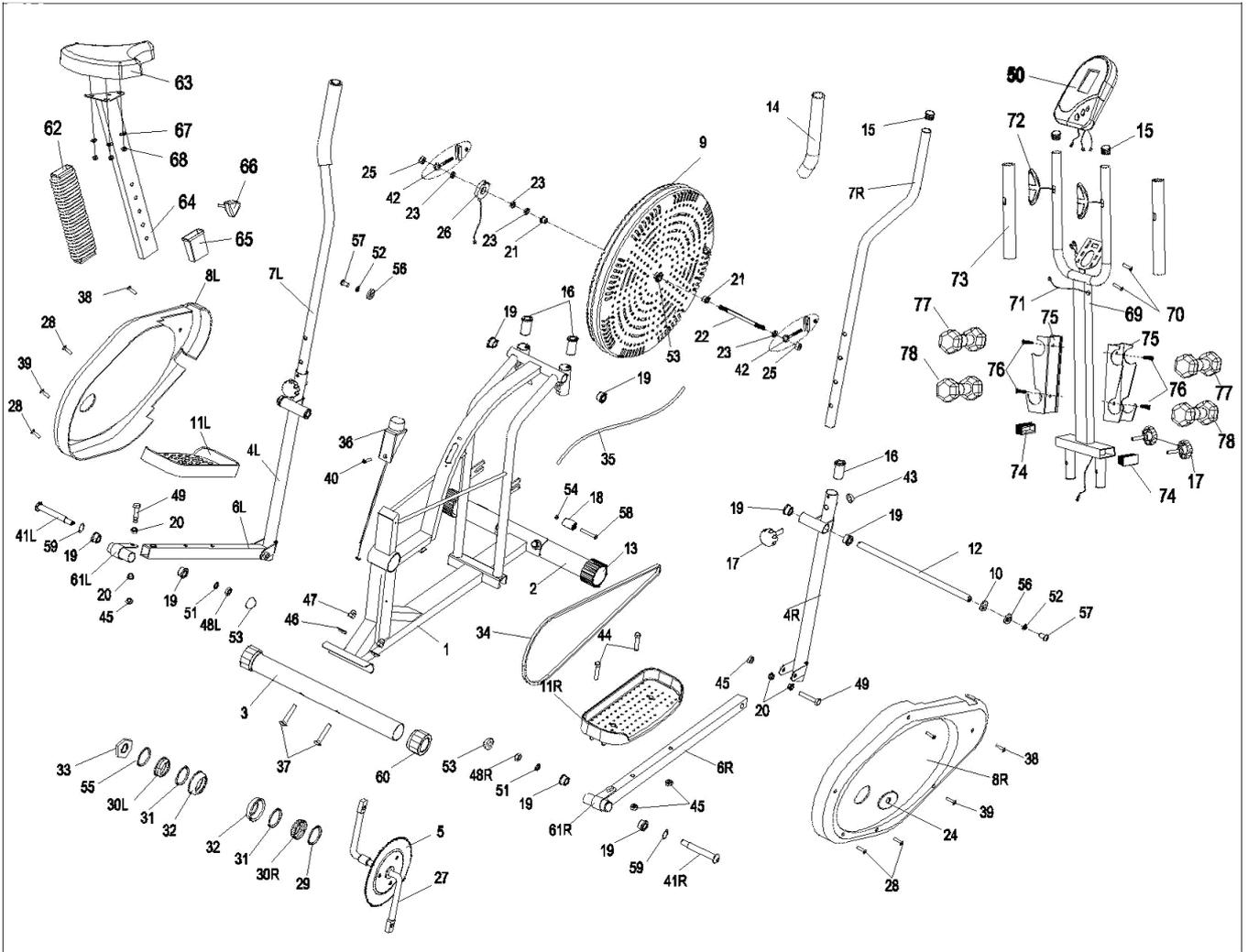
Dear Customer, Please read this instruction very carefully before using the item.

IMPORTANT SAFETY NOTICE:

Note the following precaution before assembling or operating the machine

- 1、 Assemble the machine exactly as the descriptions in the instruction manual.
- 2、 Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
- 3、 Set up the machine in a dry level place and leave it away from moisture and water.
- 4、 Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc..
- 5、 Before beginning training, remove all objects within a radius of 2 meters from the machine.
- 6、 Do not use aggressive cleaning articles to clean the machine, only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
- 7、 Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
- 8、 Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- 9、 This machine can be used for only one person's training at a time.
- 10、 Wear training clothes and shoes, which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
- 11、 If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor.
- 12、 People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
- 13、 The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob, which can adjust the resistance.
- 14、 The maximum user's body weight exceeds this limit should not use this r

Exploded-View



	#37 M10*57 4PCS		#44 M10*45 4PCS
	#46 d10 4PCS		#45 M10 4PCS
	#47 M10 4PCS		#17 M8 4PCS
	#57 M10*18 2PCS		#43 S13 2PCS
	#52 d10.5 2PCS		
	#56 d18 2PCS		
	#10 d16 1PC		
	#41R 1/2 1PC		S8 1PC
	#41L 1/2 1PC		S8 2PCS
	#51 Ø13*B2 2PCS		S15
	#48R 1/2*20 1PC		S13
	#48L 1/2*20 1PC		S14 1PC
	#53 S18 2PCS		S19
			S17
			1 PC

PART LIST

Item No.	Description	QTY	Item No.	Description	QTY
1	Main Frame	1	38	Chain Cover Screw	2
2	Front Bottom Tube	1	39	Chain Cover Screw	3
3	Rear Bottom Tube	1	40	Tension Fix Screw	1
4L	Left Pedal Support	1	41L	Left Pedal Hinge Bolt	1
4R	Right Pedal Support	1	41R	Right Pedal Hinge Bolt	1
5	Chain Wheel	1	42	Nut	2
6L	Left Pedal Tubing	1	43	Cap S13	2
6R	Right Pedal Tubing	1	44	Bolt M10X45	4
7L	Left Handlebar	1	45	Cap	8
7R	Right Handlebar	1	46	Washer	4
8L	Left Chain Cover	1	47	Acorn Nut M8	4
8R	Right Chain Cover	1	48L	Left Nut 1/2"×B8	1
9	Fan Wheel	1	48R	Right Nut 1/2"×B8	1
10	Adjustable Washer	1	49	Bolt M10X52	4
11L	Left Pedal	1	50	Meter	1
11R	Right Pedal	1	51	Spring Washer Φ13×B2	2
12	Handle Bar Shaft	1	52	Spring Washer Φ10.5	2
13	End Caps	2	53	Cap S18	2
14	Foam Grips	2	54	Nut	2
15	End Caps	6	55	Washer	1
16	Plastic Bushing	4	56	D Shape Wahsher	2
17	Knob	2	57	Nut M10X18	2
18	Plastic Roller	2	58	Bolt	2
19	Big Steel Bushing	10	59	Waher	2
20	Small Steel Bushing	8	60	End Caps	2
21	Brass Bushing	2	61L/R	L&R connect rod	2
22	Fan Wheel Axle	1	62	Nylon nut M8	3
23	Nut	4	63	Bellow	1
24	End Caps	2	64	Seat	1
25	Nut	2	65	Seat tube	1
26	Sensor	1	66	Seat post bushing	1
27	Crank	1	67	knob	1
28	Chain Cover Screw	4	68	Washer D8	3
29	Nut	1	69	Front upright	1
30L	Left Collar Housing	1	70	Bolt M5*10	2
30R	Right Collar Housing	1	71	Sensor wire	1
31	Collar Ball	2	72	Hand pulse	2
32	Collar Housing	2	73	Foam	2
33	Collar Housing	1	74	Tube pad	2
34	Chain 25Hx220L	1	75	Dumbbell frame	2

35	Tension Belt	1	76	Bolt M6*12	4
36	Tension Control	1	77	Dumbbell	2
37	Tension Spring	4	78	Dumbbell	2

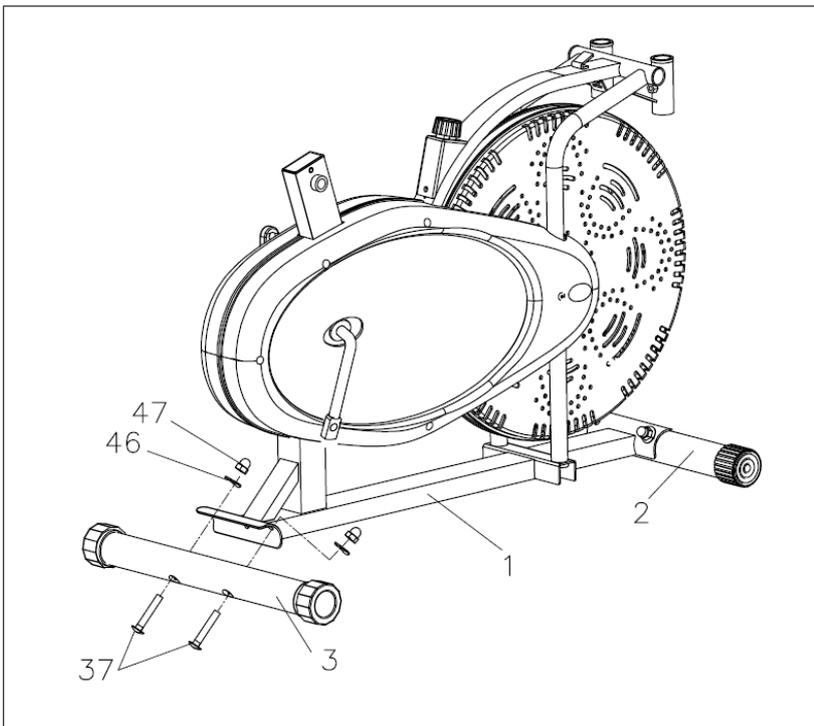
ASSEMBLY INSTRUCTIONS:

1.PREPARATION:

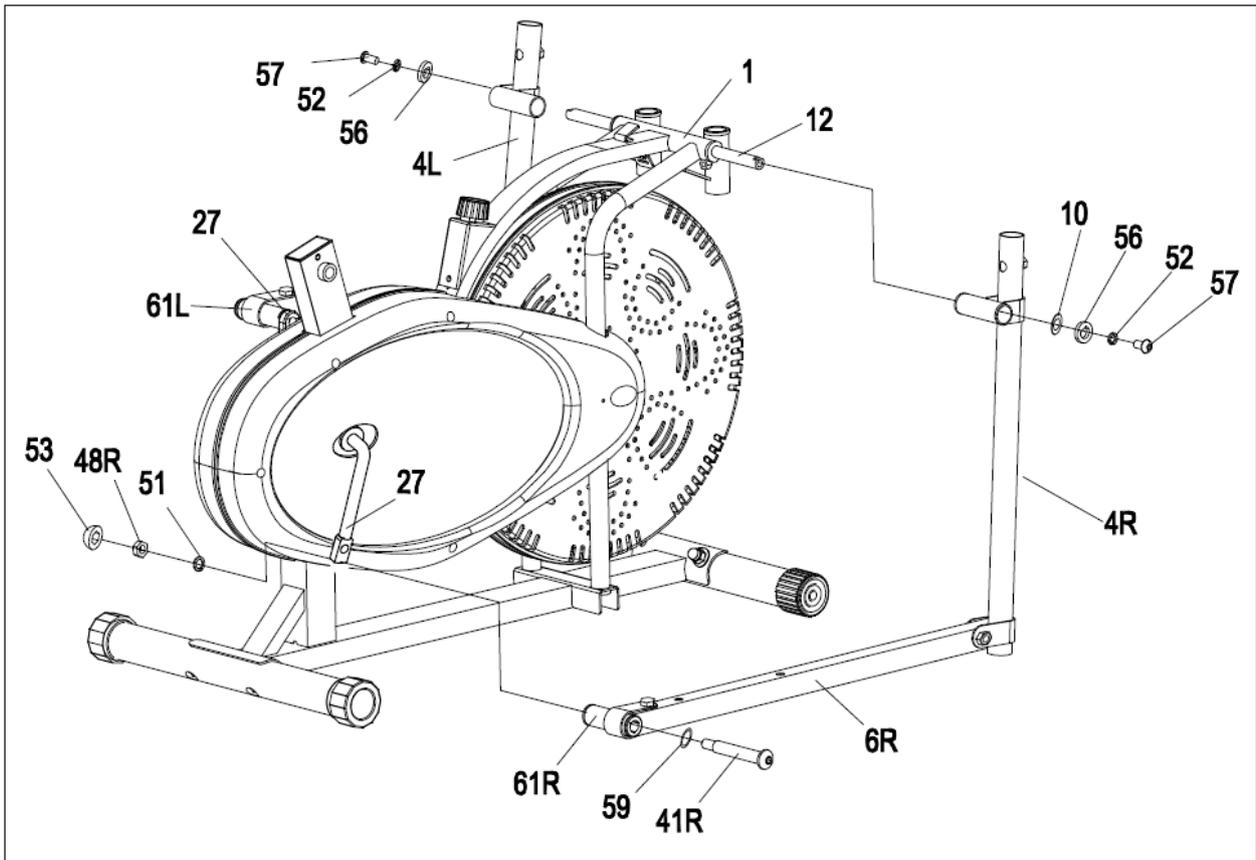
- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling PLEASE CHECK WHETHER ALL NEEDED PARTS ARE AVAILABLE (AT THE ABOVE OF THIS INSTRUCTION SHEET YOU WILL FIND AN EXPLOSION DRAWING WITH ALL SINGLE PARTS (marked with numbers) which this item consists of.

2.ASSEMBLY INSTRUCTIONS:

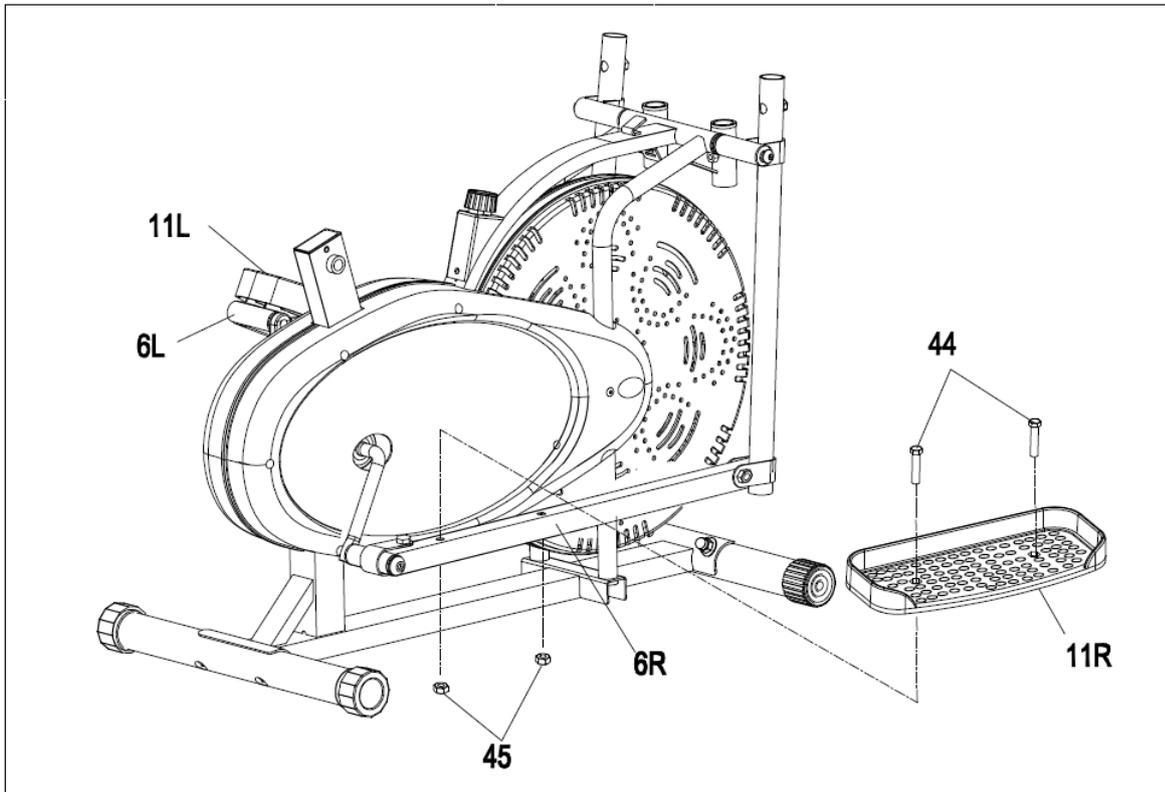
Step One: Lock the Front/Rear Bottom Tubes(2/3) to the Main Frame(1) with Tension Spring(37), Wahser(46) and Acorn Nut M8(47).



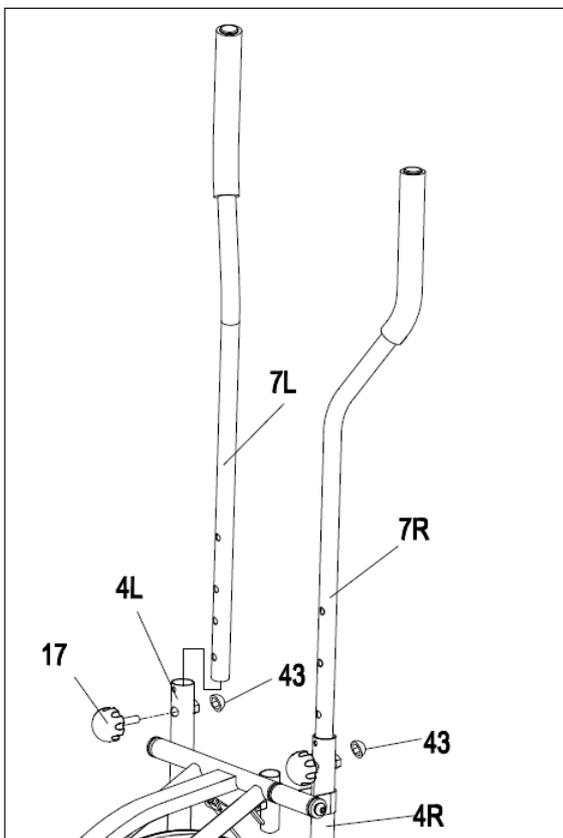
Step Two: Lock the L/R Pedal Support(4L/R) to the Main Frame(1) with Handle Bar Shaft(12), Nut(57), Spring Washer(52), D Shape Washer(56) and Adjustable Washer(10), do not need to lock tight this time; Then lock the Right Pedal Tubing(61R) tight to the Right Crank(27R) with Right Pedal Hinge Bolt(41R), Washer(59), Spring Washer(51) and Right Nut(48R); Use the same way to lock the Left Pedal Tubing(6L) tight to the Left Crank(27L). Please notice that the Bolt/Nut has Right and Left sides, screw in the Right one with clockwise; screw in the Left one with anticlockwise. When you screw in the bolts, you can rotate the Crank, choose a best degree so as to screw in easily and smoothly.



Step Three: Lock tight the L/R Pedals(11L/R) to the L/R Pedal Tubing(6L/R) with Bolt(44), Cap(45).

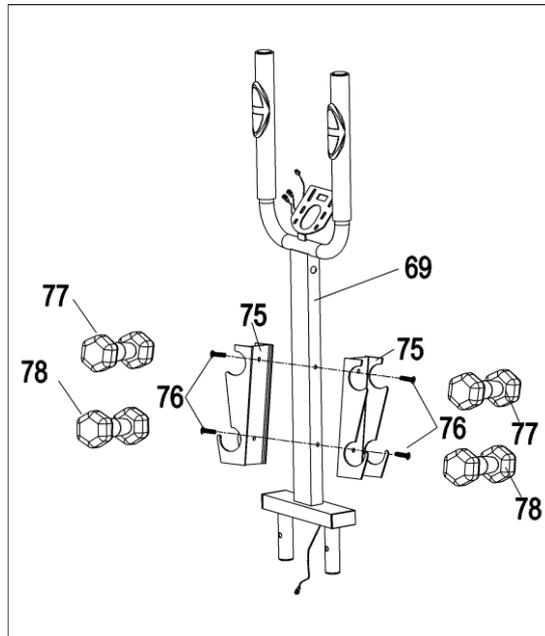


Step Four: Lock the L/R Handlebars(7L/R) to the L/R Pedal Supports(4L/R) with Knob(17), then cover the Cap(43). You can adjust the height of the handlebars with different holes on the handlebars.



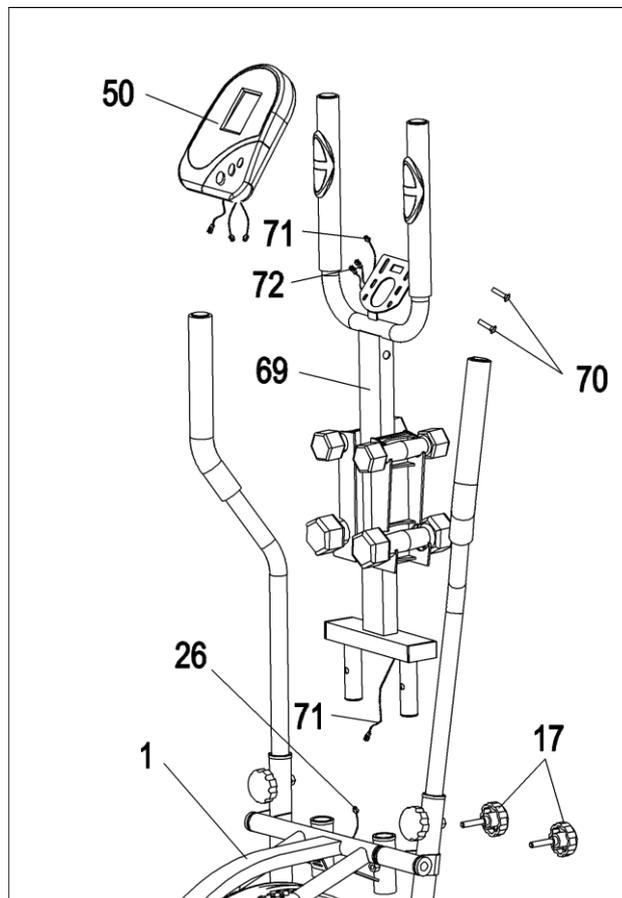
Step Five:

Lock dumbbell(75) to front upright(69) with bolt (76), put the dumbbell(77)(78)to dumbbell frame (75)。



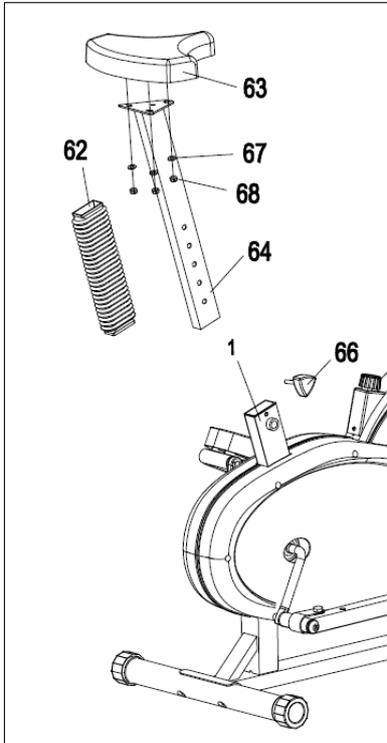
Step Six:

1. Connect sensor (26) with mid sen sensor wire (71).
2. Secure front upright (69) to main frame (1), lock the front upright(69) with knob (17).
3. Connect well monitor wire (50)and handlebar(72) with mid wire (71), secure the monitor (50) to upright(69) with bolt (70).



Step Seven:

1. Attached seat(63)onto the end of the seat tube(64)use 3 spring washers(67) and 3 nylon nuts(68)and tighten.insert the bellow(62)to the seat tube(64)。
2. Attached the seat tube(64)and bellow(62)into the tube of the end part of the tracer. Use the tri-knob(66) to adjust the height for your need。

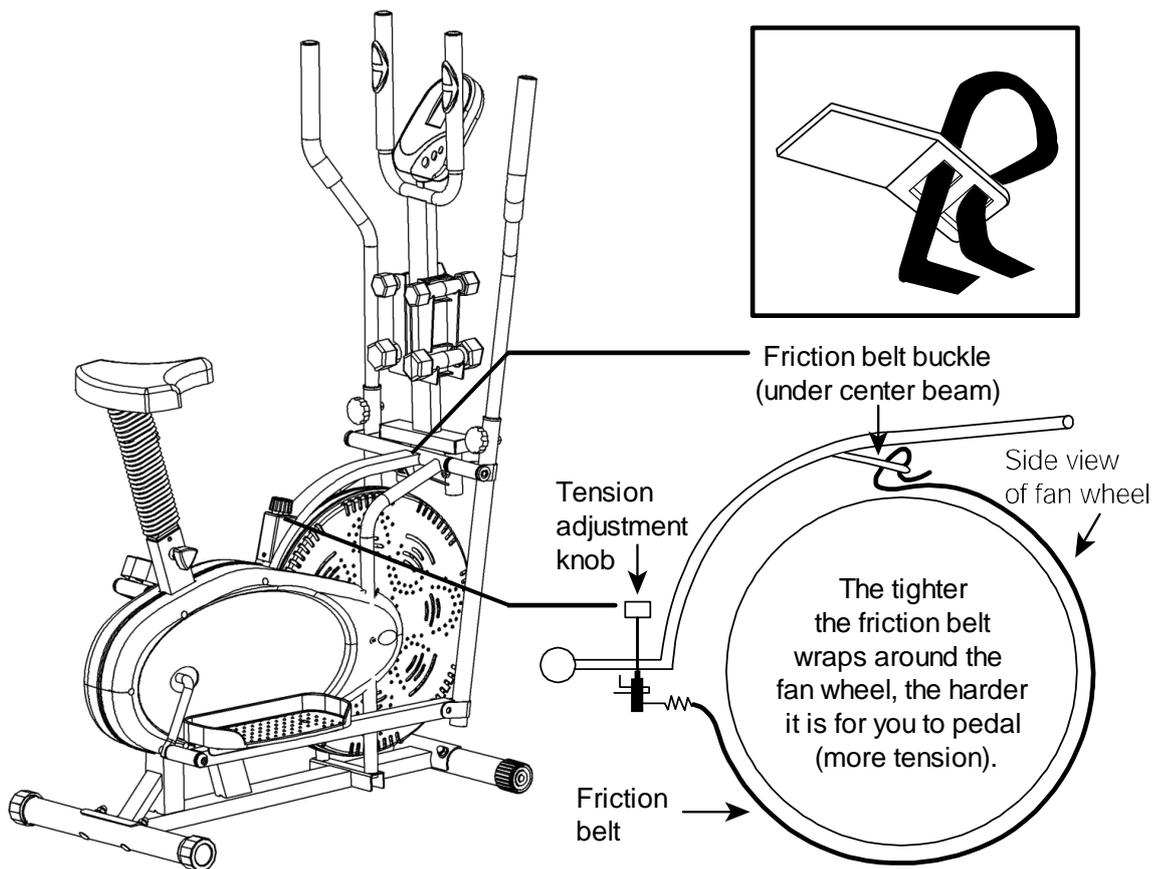


The assembly of your strider is now complete. When you try it for the first time, you should adjust the tension to the correct level before you begin a full workout.

For minute tension adjustment, simply use the Tension Adjustment Knob (pt.34). Turning the adjustment knob allows you to change the tension level and vary the intensity of your workout as you exercise.

For greater tension adjustment, you may loosen or tighten the friction belt by re-strapping it. To do so, first turn the tension adjustment knob to the loosest setting. Then re-strap the belt at the buckle on the top of the fan wheel just beneath the center beam.

The more length you allow on the friction belt the less friction it will cause (less tension). Re-adjust the tension knob after you finished



REVERSIBLE MOVEMENT

Remember, your strider has REVERSIBLE movement!

Forward pedaling exercises your quadriceps (front thigh muscles), while backward pedaling targets your hamstrings (back thigh muscles).

Take advantage of these facts to make your workout less fatiguing and more fun.

CAUTION: MAKE SURE YOU HAVE TIGHTENED ALL THE BOLTS AND NUTS WELL BEFORE BEGINNING YOUR WORKOUT.

NOTE: THE END CAP ON THE FRONT STABILIZER TUBE IS MOVABLE, WHICH IT IS EASY FOR YOU TO MOVE YOUR TRAINING BIKE, AND THE END CAP ON THE REAR STABILIZER CAN ADJUST THE PARALLELISM.

EXERCISE COMPUTER

MODE: PRESS TO SELECT FUNCTION, AND HOLD ON FOR 4 SECONDS FOR A TOTAL RESET.

FUNCTIONS

SCAN AUTOMATICALLY SCANS THROUGH EACH

FUNCTION AT INTERVALS OF 6 SECONDS.

- TIME** DISPLAYS TOTAL WORKING TIME UP TO 99:59 MINUTES.
- SPEED** DISPLAYS THE CURRENT SPEED UP TO 99.9KM/H OR ML/H. THE VALUE WILL STAY ON THE MONITOR CONTINUOUSLY.
- DISTANCE** DISPLAYS TOTAL WORKING DISTANCE OF UP TO 99.99KM OR ML FROM ZERO.
- CALORIES** DISPLAYS CALORIE CONSUMPTION DURING EXERCISE. MAXIMUM VALUE IS 9999 CALORIES
- (THIS DATA IS A ROUGH GUIDE FOR COMPARISON OF DIFFERENT EXERCISE SESSIONS AND SHOULD NOT BE USED AS A BASIS FOR MEDICAL TREATMENT)

NOTE:

1. WHEN YOU STOP EXERCISING, A “STOP” SIGN WILL APPEAR ON THE UPPER-LEFT CORNER OF THE MONITOR.
2. IF THERE IS NO SIGNAL FOR A PERIOD OF 4 MINUTES, THE DISPLAY WILL SHUT DOWN AUTOMATICALLY WITH ALL FUNCTION VALUES STORED.
3. TURN ON THE MONITOR BY PRESSING THE BUTTON OR BY PEDALING.
4. IF MONITOR DISPLAY IS FAULTY, PLEASE TRY REINSTALLING THE BATTERIES.
5. BATTERY SPEC: 1.5V UM-3 OR AA (2PCS).

TROUBLESHOOTING.

1. **Changing the batteries.** To change the computer batteries, please slide the computer from the computer holder, remove the battery cover on the back of the computer console, and remove the batteries. Replace with 2 x AA batteries. Finally, put the cover back on the console, and slide the computer back onto the computer holder.
 2. **Computer not working correctly.** If your computer is not working correctly, please check whether the computer sensor wire is plugged into the computer. If you have checked the above and the computer is still not working, then please make sure the batteries are still working and that they are installed correctly in the computer.
- No resistance.** If there is no tension resistance, please turn the tension adjustment knob to its lowest level, and then go to the friction belt buckle which is located on top of the fan wheel beneath the center beam. Loosen the friction belt, pull it through the buckle until you can feel some resistance on the belt, and then lock it back around the buckle. Now mount your Aero Elliptical Strider and turn the pedals. If you find it is now too tight, go back to the friction belt buckle and loosen the belt slightly.