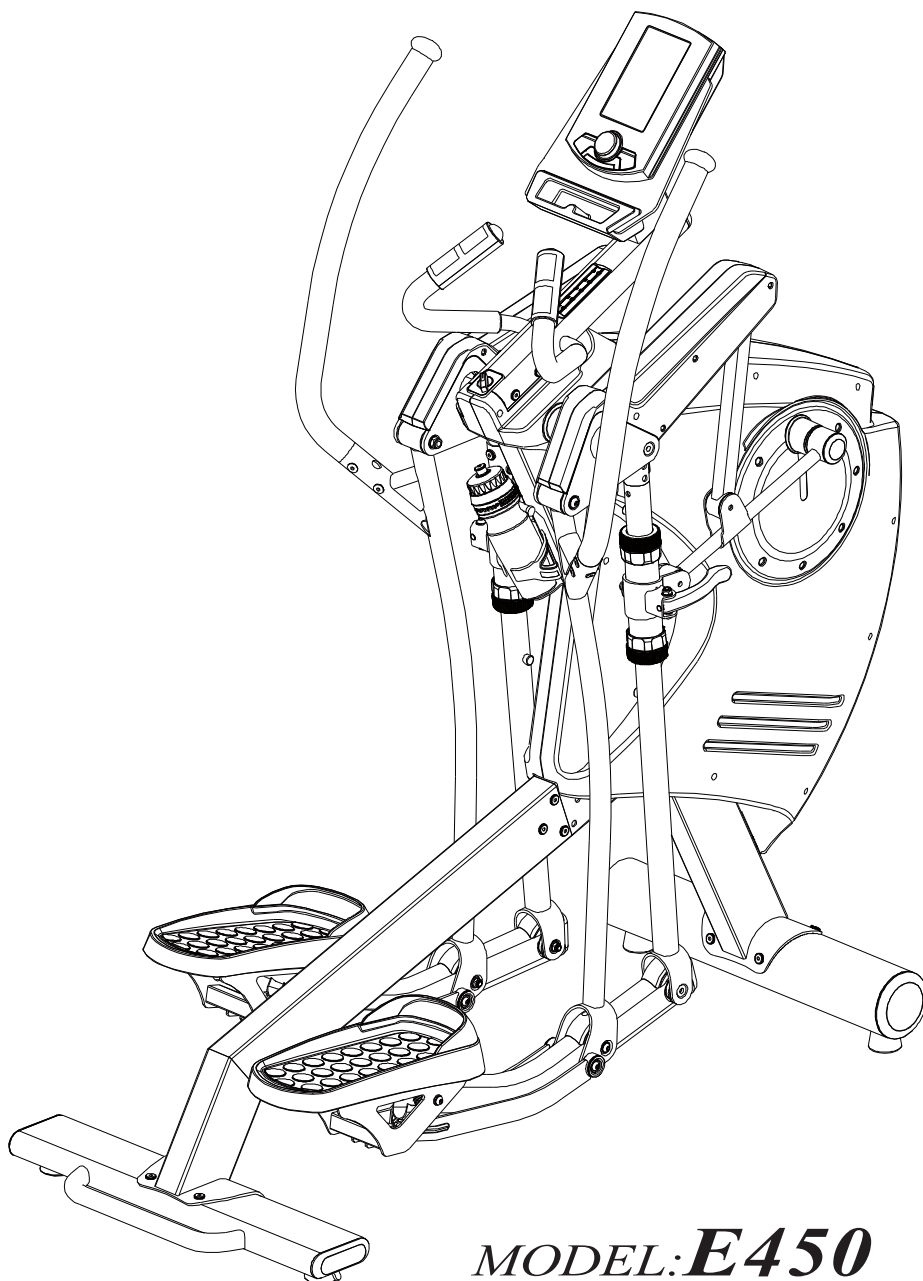


CHANGEABLE STRIDE ELLIPTICAL



MODEL: E450

SPORTOP®

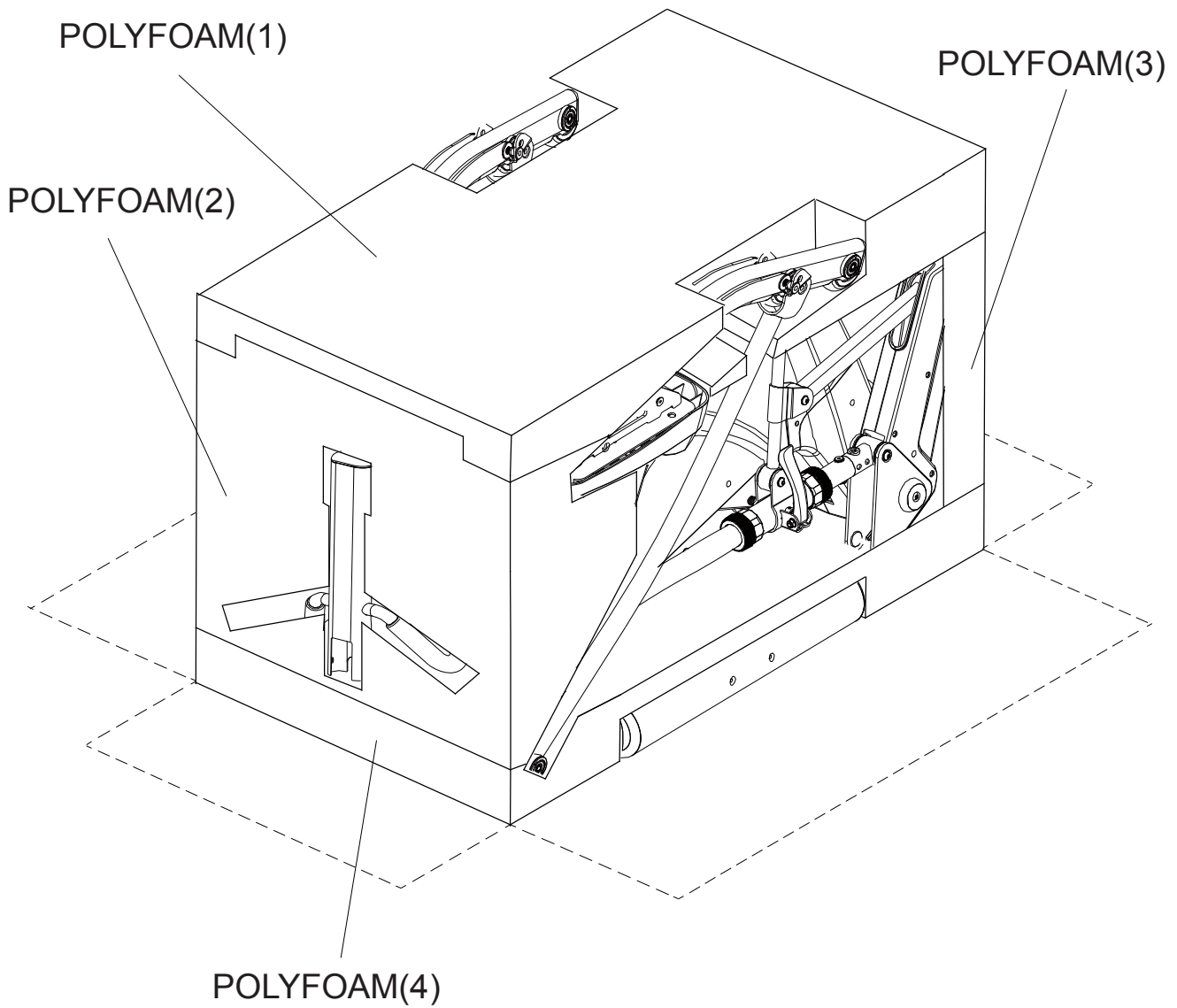
Owner's Operating Manual

ENGLISH

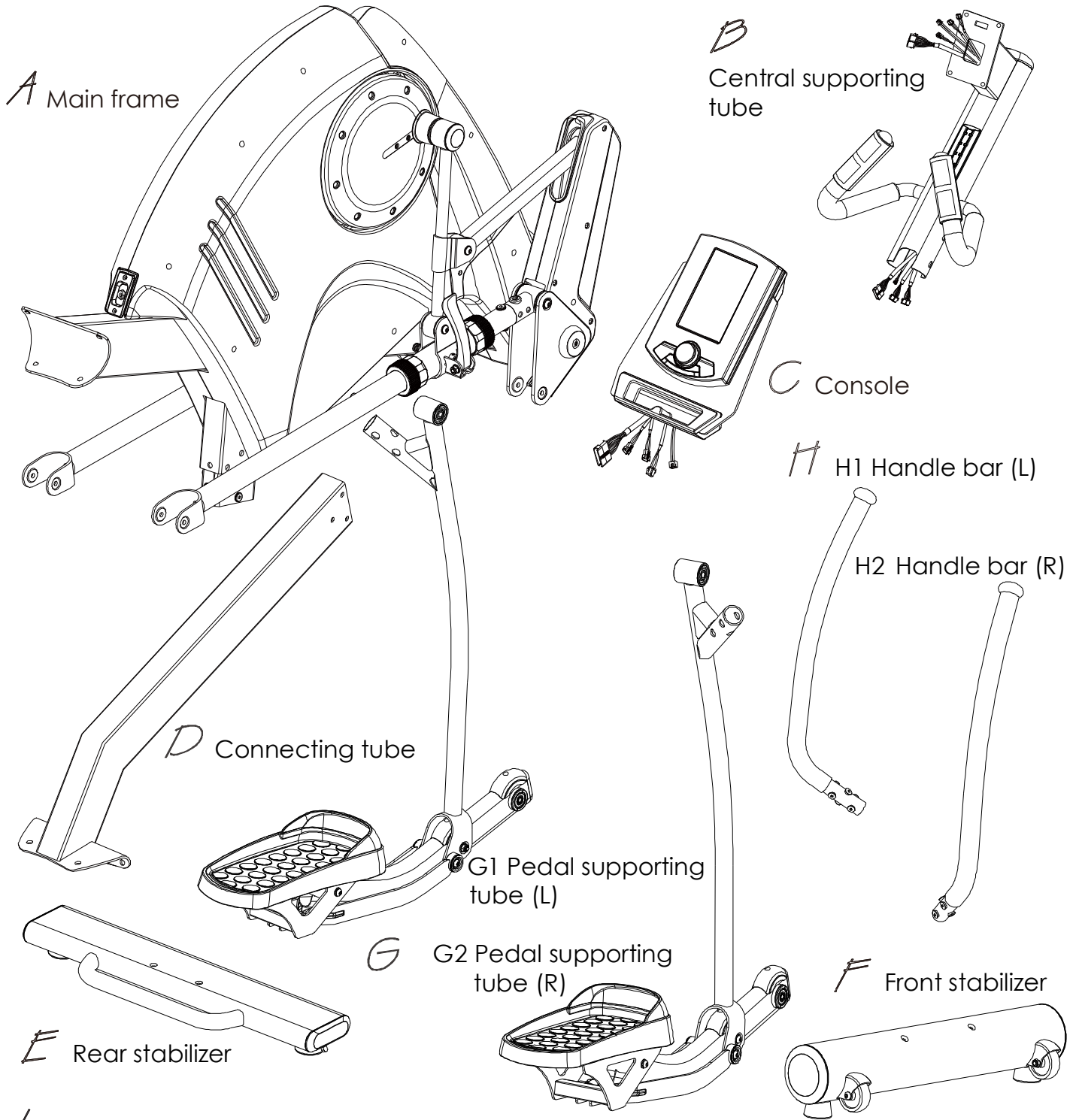
Warning:

Unpacking Caution:

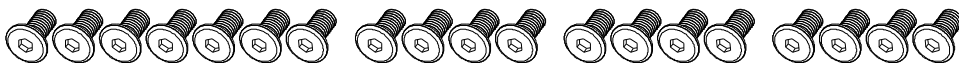
- 1.Lay the box down,and unpack all the parts except the main frame (A).
- 2.Remove the top polyfoam (#1) and side polyfoams (#2 & #3) ,leaving the main frame (A) and the bottom polyfoam (#4).



PARTS LIST



J
(J1) Screw M8X15



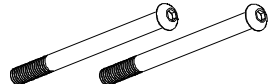
(J2) Washer M8X16X1.2T



(J16) Washer M8



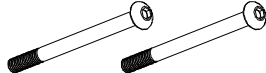
(J3) Screw M10X75



(J4) Washer M10X19X2.0T



(J6) Screw M8X70



(J5) Nut M10



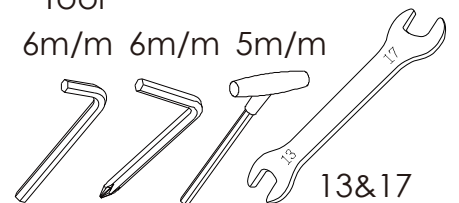
(J7) Nut M8



I1 Bottle holder

I2 Bottle

Tool
6m/m 6m/m 5m/m



13&17

FIGURE 1

FIGURE 1 — FRONT STABILIZER (F) ASSEMBLY

Step 1. Fix the front stabilizer (F) with the main frame (A) together using 4 sets of screws (J1) & washer (J2).

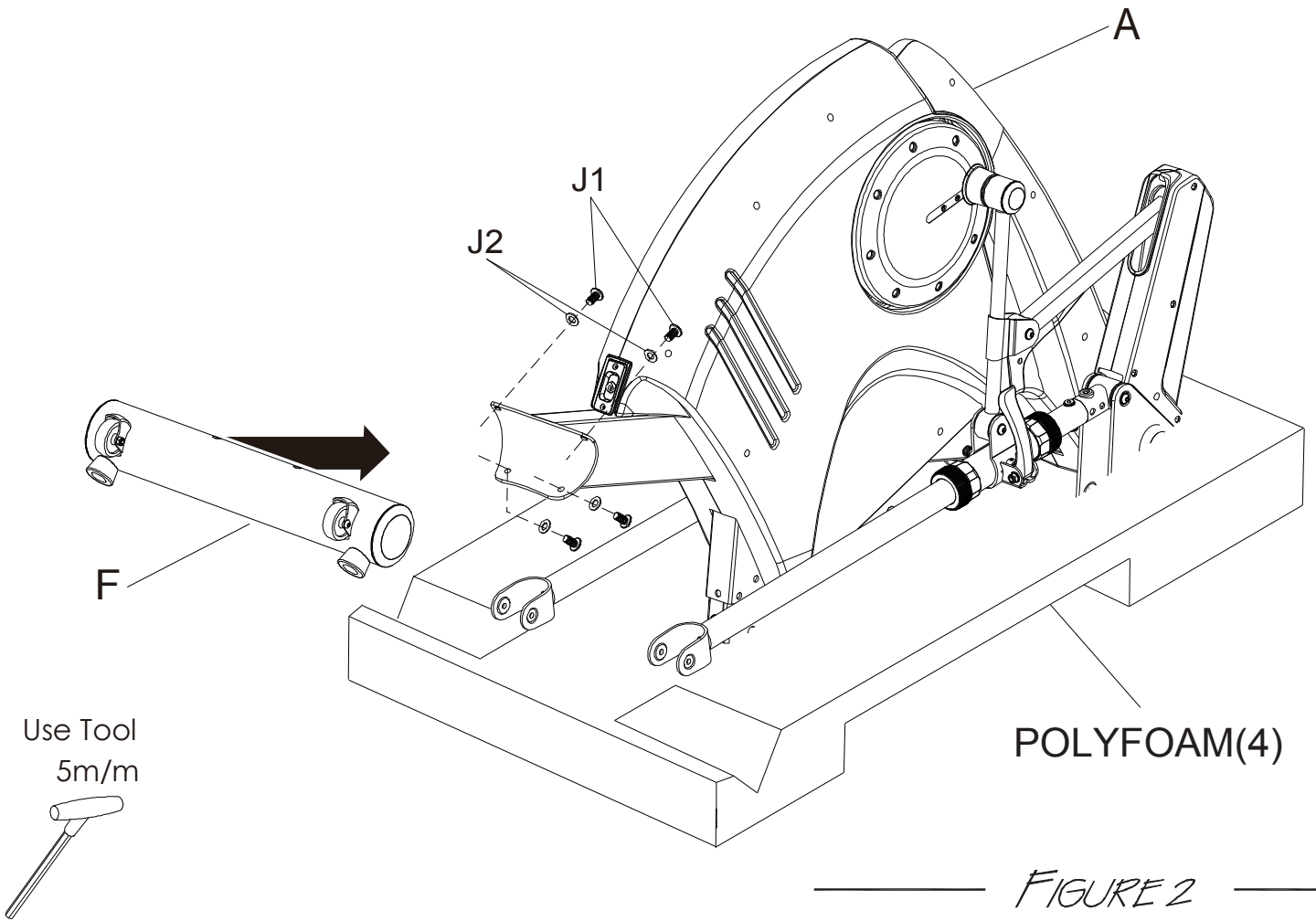


FIGURE 2

FIGURE 2 — CONNECTING TUBE (D) & REAR STABILIZER (E) ASSEMBLY

Step 1. Fix the rear stabilizer (E) with the connecting tube (D) together using 4 sets of screws (J1) & washer (J2).

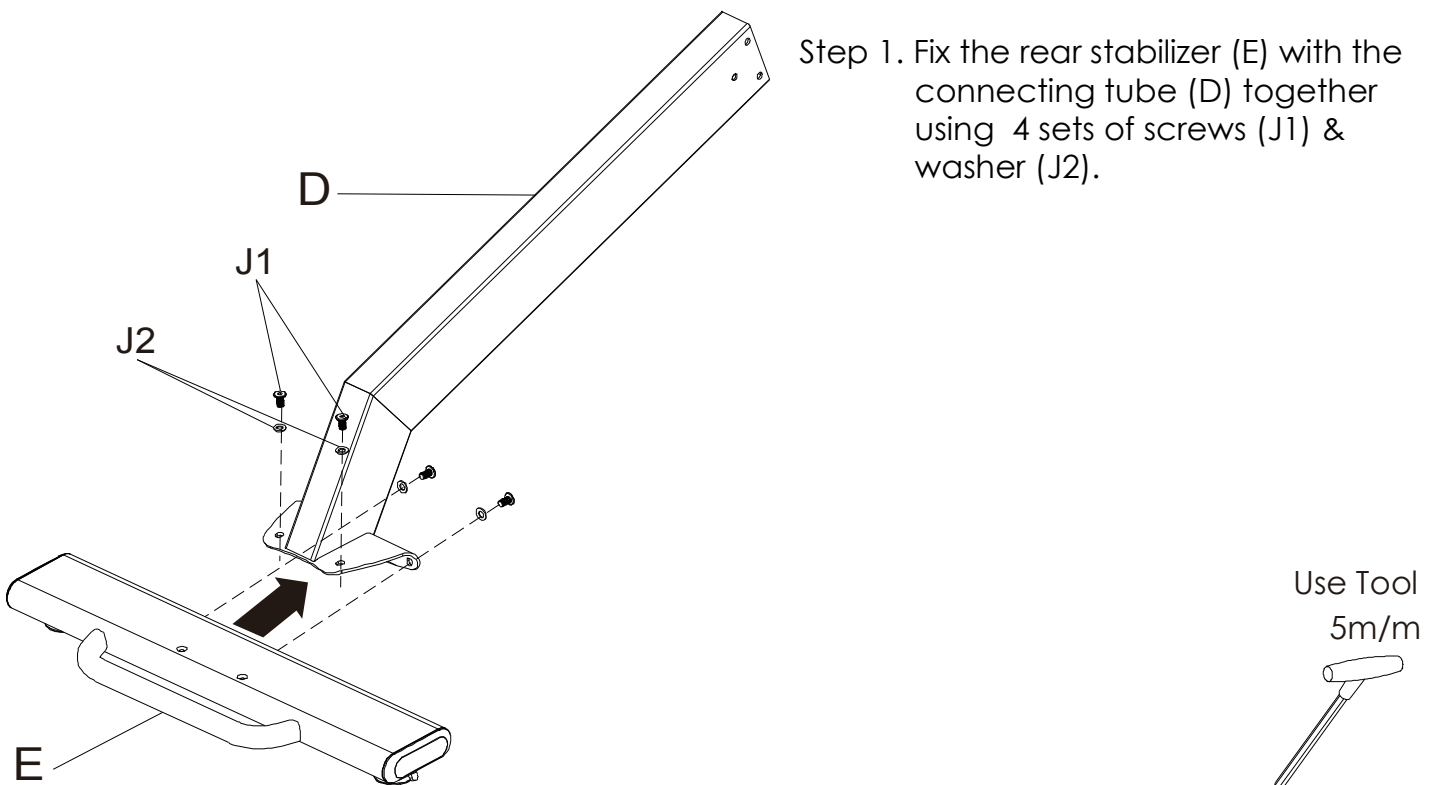


FIGURE 3 — **CONNECTING TUBE (D&E) AND MAIN FRAME ASSEMBLY**

- Step 1. Raise the main frame (A) by 2 people and then remove the Polyfoam (#4) as the diagram shown.
- Step 2. Fix the connecting tube (D&E) onto the main frame (A) by using 7 sets of screws (J1) , spring washer (J16) ,and washer (J2).
- Step 3. Tighten all the screws (J1) in Figure 1 to Figure 3.

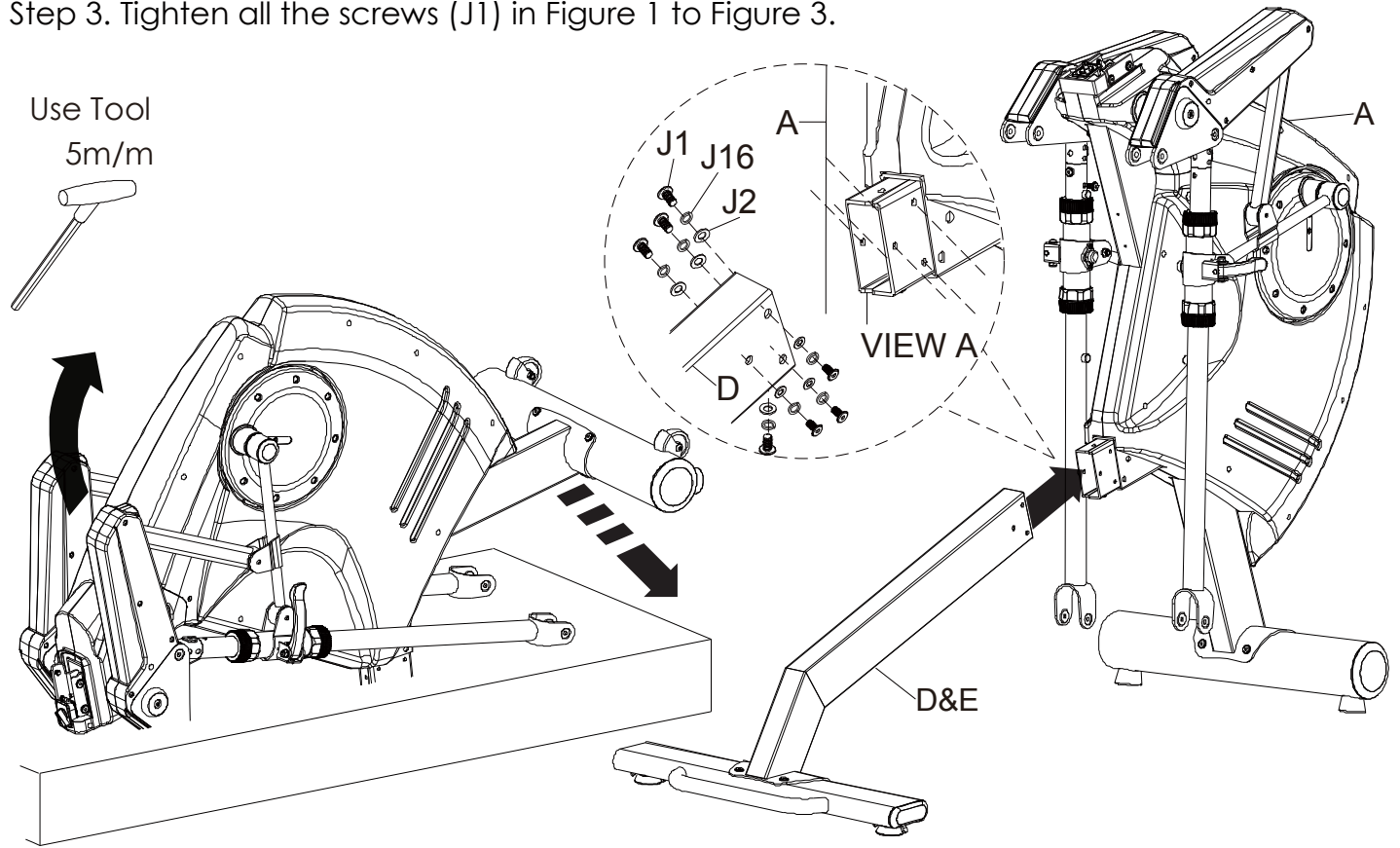
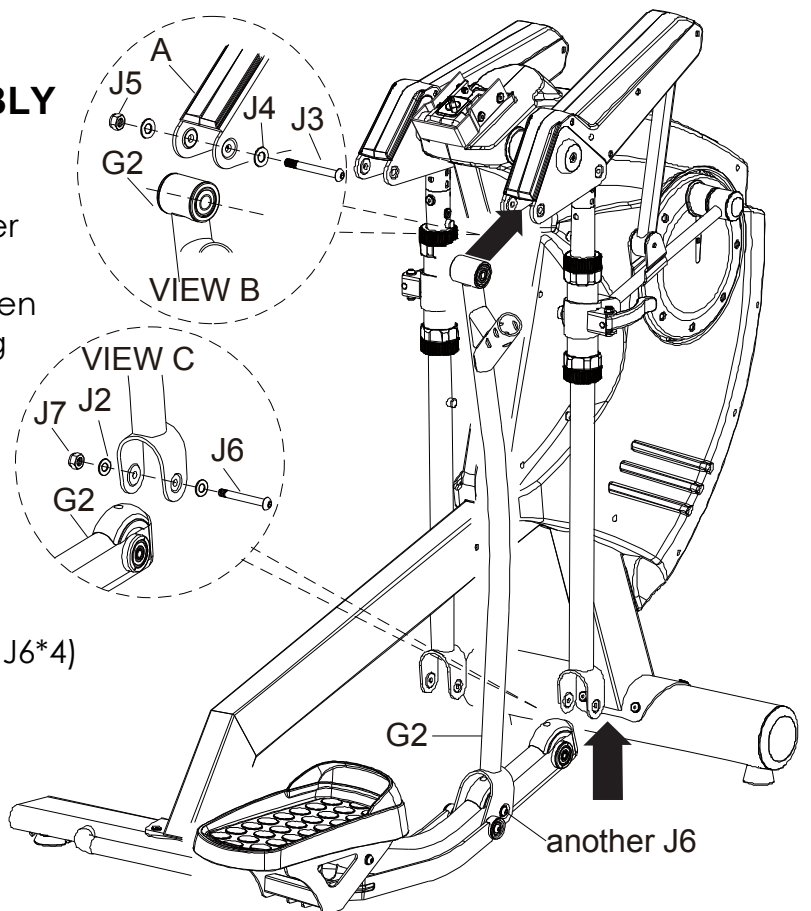


FIGURE 4

FIGURE 4 — **PEDAL SUPPORTING TUBE ASSEMBLY**

- Step 1. Connect the right pedal supporting tube (G2) with the main frame (A) and fix them using screw (J3), washer (J4), and nut (J5) as show in VIEW B.
- Step 2. Referring to the VIEW C shown, tighten screw (J3) and nut (J5) after locking screw (J6), washer (J2), and nut (J7) in VIEW C.
- If step 2 is difficult to fix, try to disassemble another screw (J6) then fix again.
- Step 3. The left pedal supporting tube (G1) assembly is the same as the right side.
- Remember to tighten all the screws (J3*2 & J6*4) in step 1 to step 3.



Note: Before Figure 5, remove the four preassembled screws and the bracket from the top of the main frame(A) .

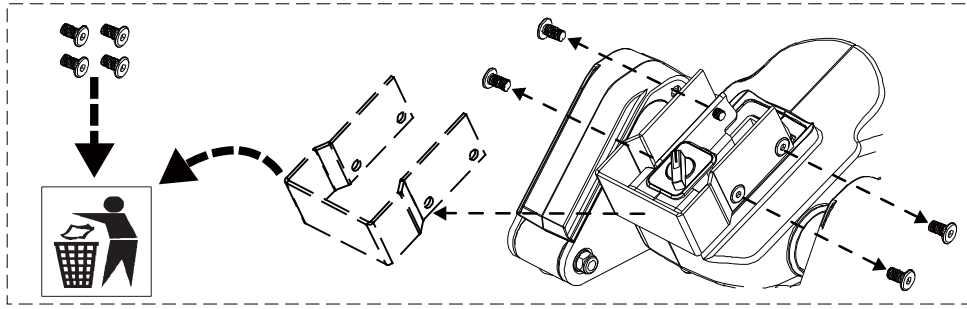
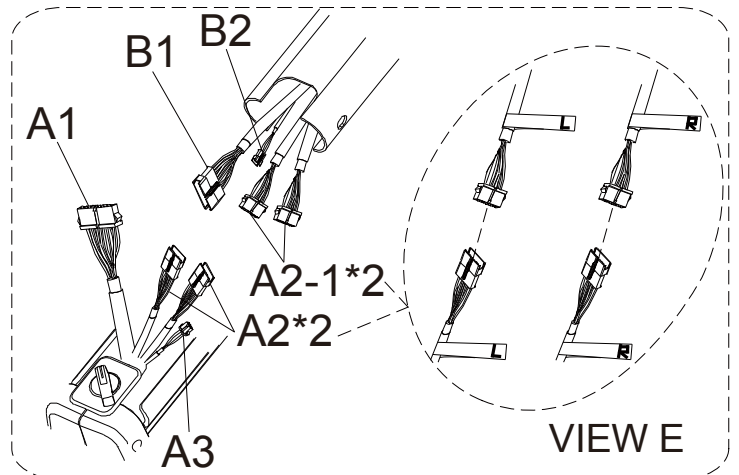
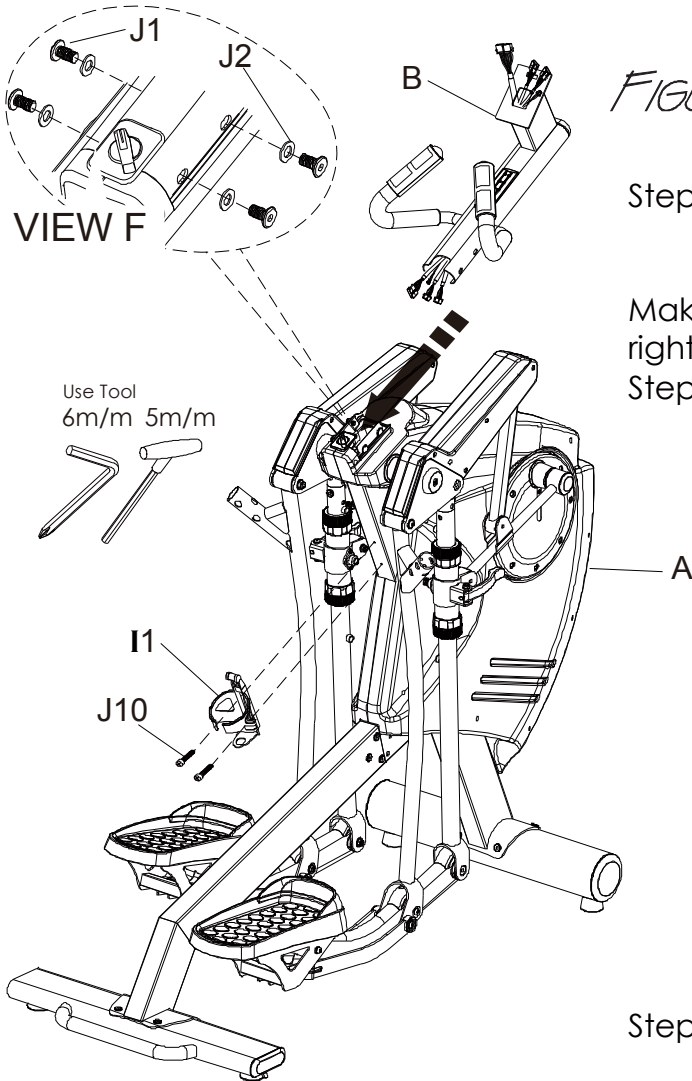


FIGURE 5

FIGURE 5 CENTRAL SUPPORTING TUBE AND BOTTLE HOLDER ASSEMBLY

Step 1. Connect wires (B1&A2-1*2&B2) from the central supporting tube (B) with wires (A1&A2*2&A3) from the main frame (A) as the shown in VIEW E. Make sure that the wires A2&A2-1 are connected the right side as the sticker shown.

Step 2. Use the 4 screws (J1&J2) to fix the central supporting tube (B) onto the main frame (A) and tighten all the 4 screws (J1&J2) as the shown in VIEW F.



Step 4. Use screws (J10) to fix bottle holder(I) onto the the main frame (A).

FIGURE 6

Step 1. Remove the six preinstalled (J8&J9) screws from the left handle bar (H1).

Step 2. Assemble the left handle bar (H1) into the main frame (A) and use the two 6mm Allen wrench to fix all screw (J8&J9) referring to the shown in VIEW D.

Step 3. The right assembly (H2) is the same as the left side.

FIGURE 6 HANDLE BAR ASSEMBLY

Use Tool
6m/m 6m/m

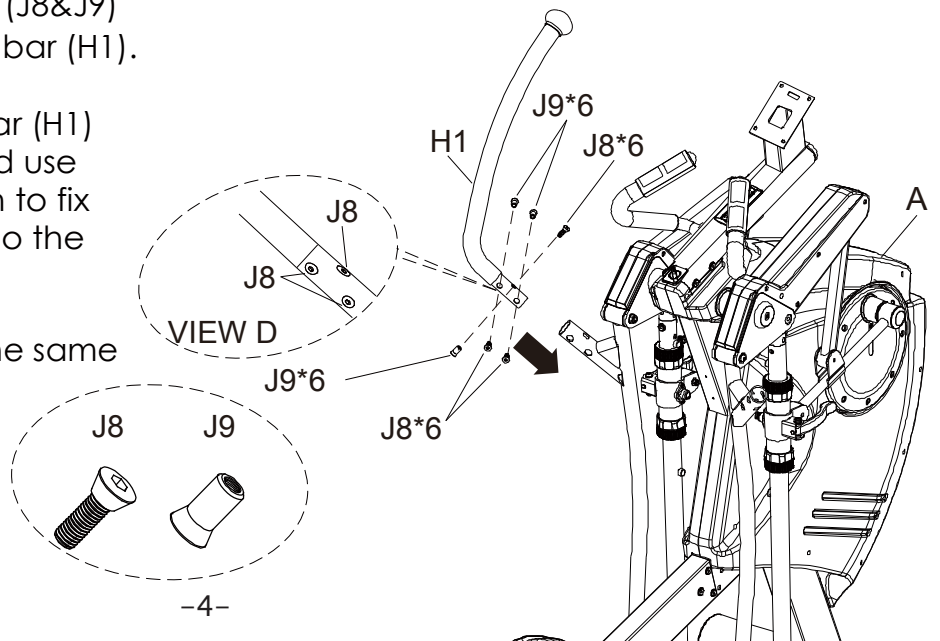


FIGURE 7 — CONSOLE ASSEMBLY

- Step 1. Remove 4 pieces of screws (C1) from console (C).
- Step 2. Connect sensor wires (B1), handle pulse wire (B4), electronic knob wire (B2), and LED sensor wire (B3) from the main frame (A) to the console (C) as the shown in VIEW G.

Make sure that the wires are connected together properly. Push and store excess wires back into the central supporting tube (B).

- Step 3. Fix the console (C) onto the central supporting tube (B) by using the screws (C1).

When floor is uneven, using the adjustment knob under the rear stabilizer (E) to adjust it.

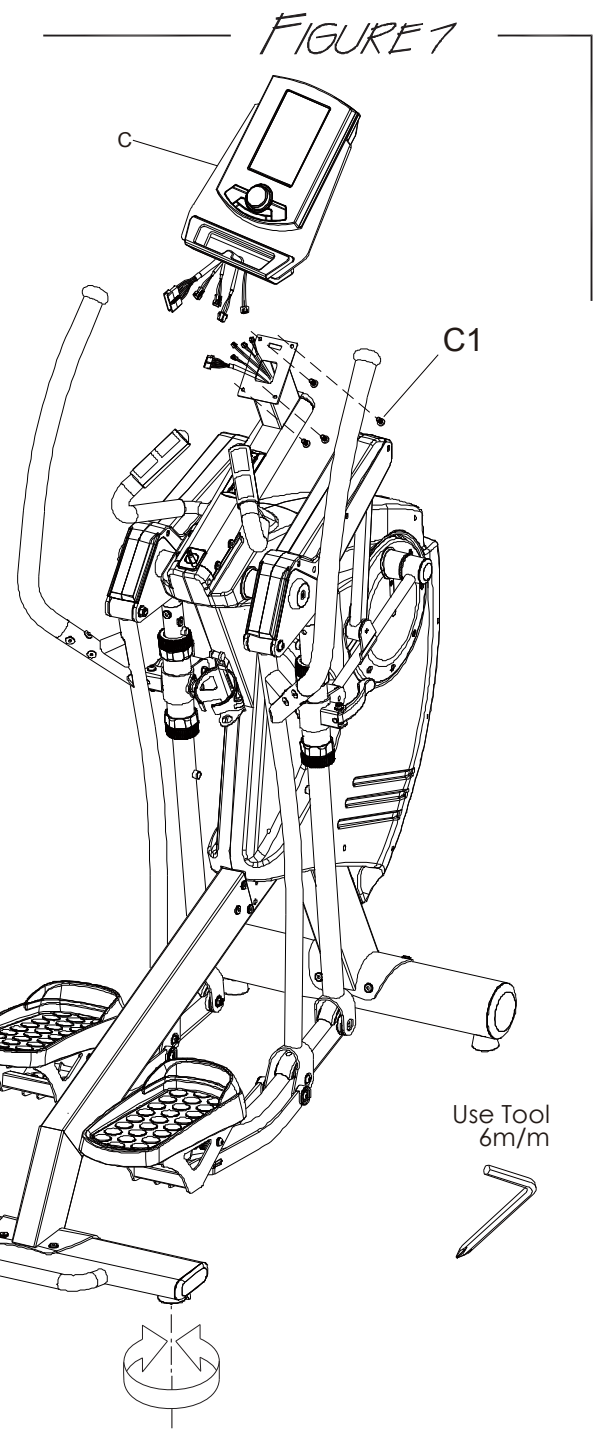
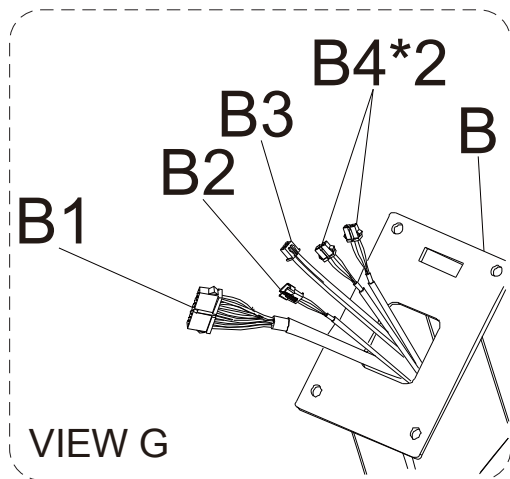


FIGURE 8 —

FIGURE 8 —

HOW TO FIX BOTH PEDAL SUPPORTING TUBES (G1 & G2)

While the machine is idle, turn the ELECTRONIC KNOB (A3) to become "LOCK" status and make the pedal supporting tube (G1 & G2) to be fixed gradually, also the console (C) will be locked that can't be used at the same time until the knob (A3) turn back to "UNLOCK".

The machine should always be at "LOCK" position when NOT in use. It would prevent the children or user from being hurt.

WARNING: The electronic knob only works when the machine is electric.

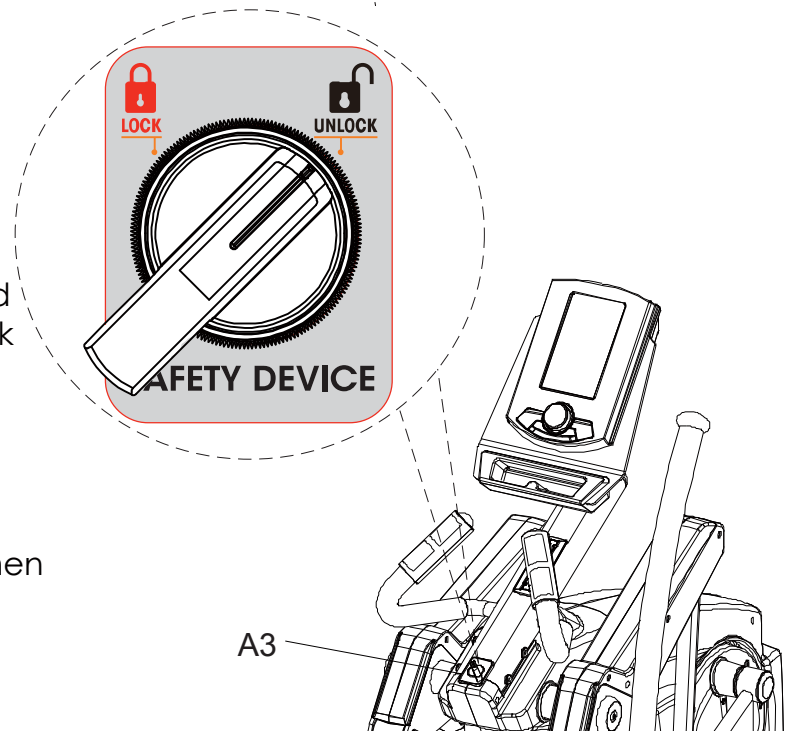


FIGURE 9

FIGURE 9 — HOW TO TRANSPORT THE ELLIPTICAL

If the machine needs to be transported to a different location, make sure that the ELECTRONIC KNOB (A3) is under "LOCK" status. That you can turn off the switch, pull out the power cord from the electricity outlet and put away carefully. Then lift up the handle bar on the rear stabilizer (E) until the front transport wheels are touching the ground. You can move it to the desired location. After transportation, gently set the machine down at its new location.

WARNING: The unlock knob status would create severe damage to the user.

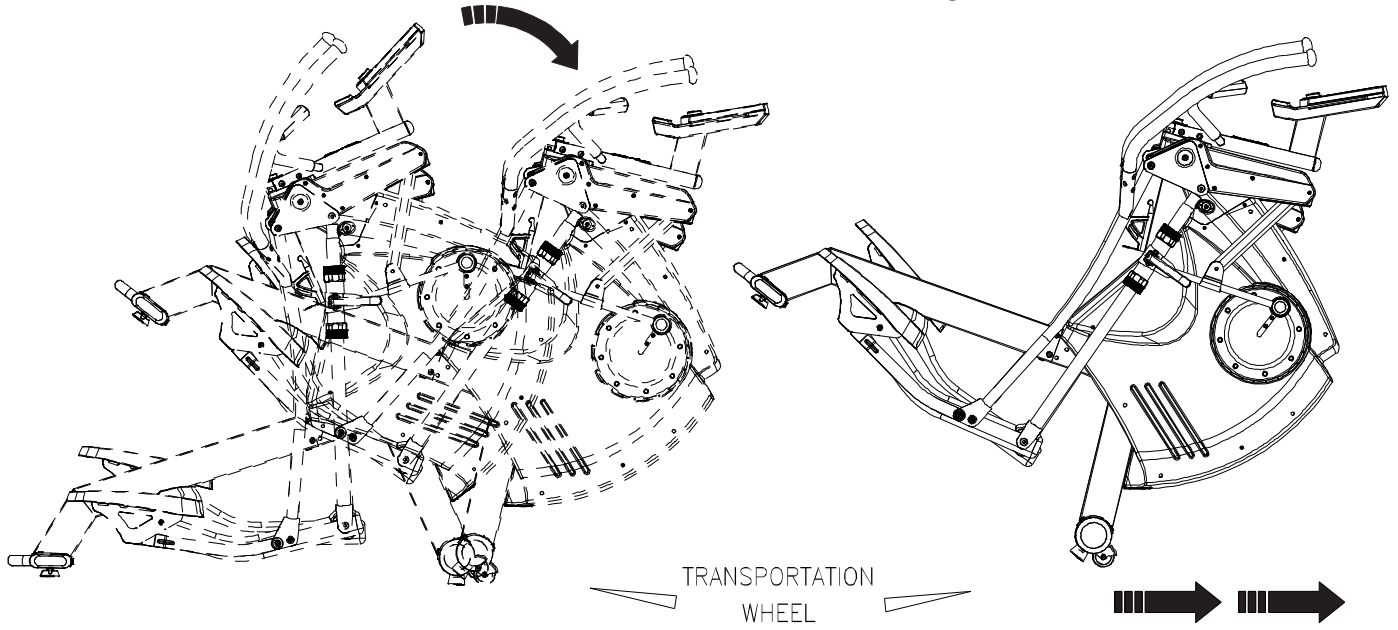


FIGURE 10

FIGURE 10 — ASSEMBLY FOR THE POWER CORD

Attach the power cord jacket onto the socket on the main frame (A) before insert the plug into the electricity outlet.

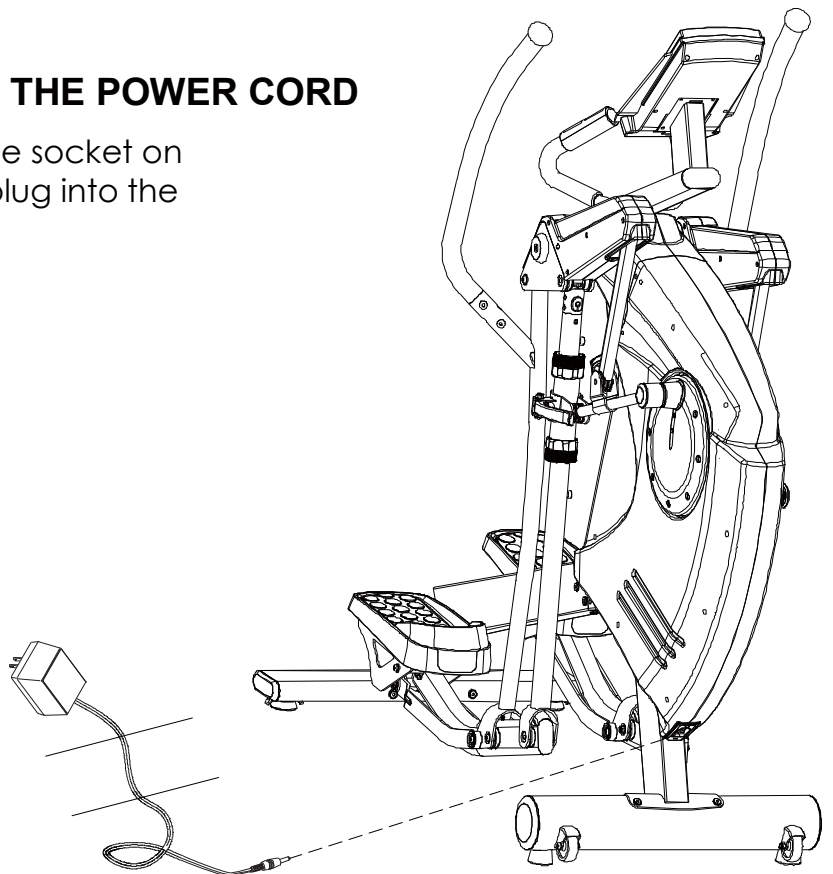
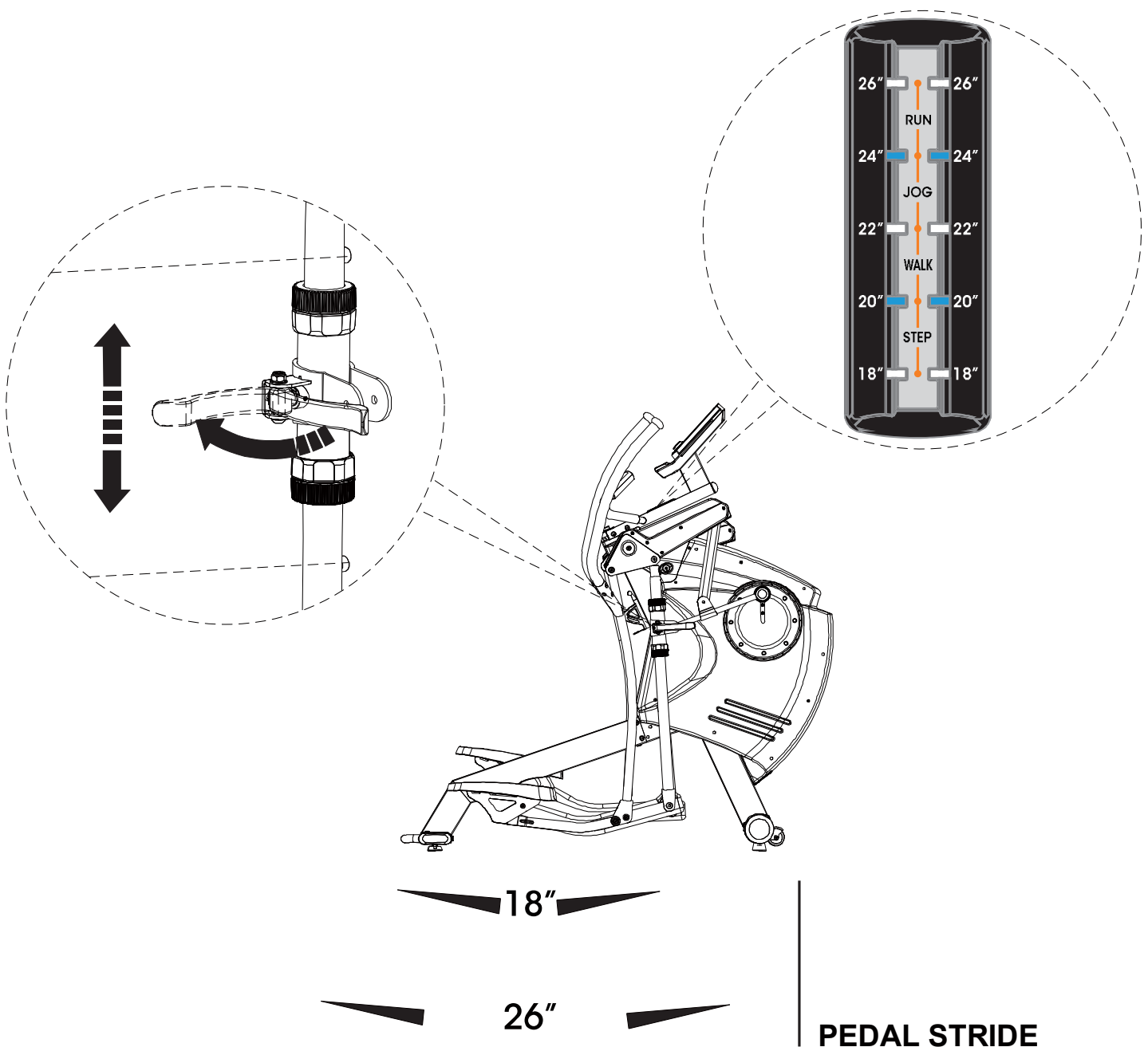


FIGURE 11

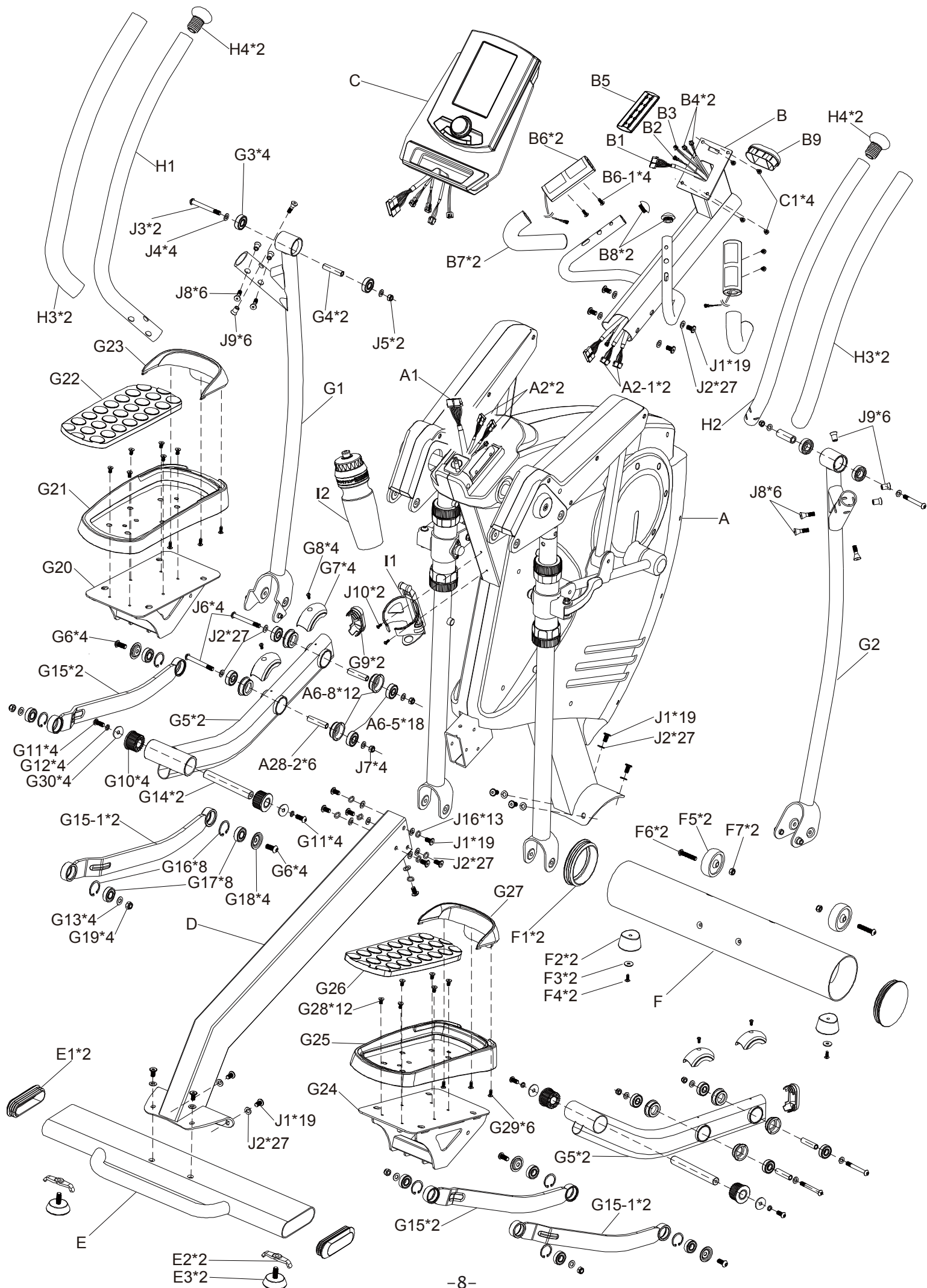
HOW TO ADJUST STRIDE BY PUSH ROD BRACKET

- Step 1. Depending on the personal demand to change the stride in different distance 18", 20", 22", 24", and 26" as the LED SENSOR displayed.
- Step 2. Turn the handle on the push rod bracket out, then you can pull it up or down to the stride as you want. At the same time, the LED SENSOR will light the LED which stride you choiced.
- Step 3. After changing the stride, turn the handle on the push rod bracket back to fix it tightly.

WARNING: FOR YOUR SAFETY, never change the stride or even turn the handle on the push rod bracket while the machine is in motion, only when it is at a full complete stop.
FOR YOUR HEALTHLY, make the left side and the right side at the same stride.



PEDAL STRIDE



PARTS LIST

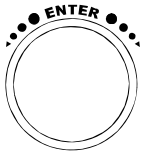



P/N	DESCRIPTION	Qty	P/N	DESCRIPTION	Qty
A	MAIN FRAME	1	A15-3	CLIP C12	1
A1	MOTOR SENSOR WIRE 1200mm	1	A15-4	BEARING 6202ZZ	2
A2	SENSOR WIRE 500mm	2	A15-5	WASHER	1
A2-1	SENSOR WIRE 250mm	2	A15-6	CLIP C15	1
A3	ELECTRONIC KNOB	1	A16	PRESSING PIPE	1
A3-1	ELECTRONIC KNOB STICKER	1	A16-1	BEARING 6203Z	2
A4	OSCILLATING AXLE BASE(L)	1	A16-2	CLIP	1
A4-1	END CAP	2	A16-3	SPRING	1
A4-2	BEARING 6905ZZ	4	A16-4	PIPE	3
A4-3	SCREW CAP	2	A16-5	WASHER	3
A4-4	SCREW M8x20	2	A16-6	SPRING WASHER	3
A4-5	WASHER M8x28x2T	2	A16-7	SCREW	3
A4-6	WASHER M8x16x1.2T	2	A17	MAGNETIC HOUSING	1
A4-7	SPRING WASHER M8	2	A17-1	SCREW M8x52	1
A5	OSCILLATING AXLE BASE(R)	1	A17-2	NUT M8	1
A6	FRONT CONNECTING SHAFT	2	A17-3	SCREW M6x65	1
A6-1	SCREW M8x50	6	A17-4	NUT M6	1
A6-2	WASHER M8	22	A17-5	SPRING	1
A6-3	BUSH $\Phi 8(\Phi 11.9+\Phi 15)$	12	A17-6	WASHER M7x22x2.5T	1
A6-4	CLIP(R36)	12	A17-7	WASHER M6x18	1
A6-5	BEARING 6201ZZ TPX	18	A17-8	NUT M6	1
A6-6	BEARING SLEEVE $\Phi 42 \times 3T$	12	A18	MOTOR	1
A6-7	NUT M8	8	A18-1	SCREW	4
A6-8	BEARING HOUSING	12	A18-2	TENSION CABLE	1
A7	CRANK CONNECTING SHAFT	2	A18-3	SENSOR WIRE 600mm	1
A7-1	BEARING 2203 MRB	2	A18-4	SENSOR WIRE HOUSING	1
A7-2	CLIP(R40)	2	A18-5	SCREW	1
A7-3	NUT M10	2	A19	TURING PLATE	2
A7-4	END CAP	1	A19-1	SCREW M5x12	4
A7-5	END CAP	1	A20	DC JACK HOUSING	1
A7-6	WASHER M10x19x2T	2	A20-1	SCREW	2
A8	CRANK (#1)	2	A20-2	DC WIRE 600mm	1
A9	SCREW M10x30	2	A21	MAIN CHAIN COVER(L)	1
A9-1	NUT M10	2	A22	MAIN CHAIN COVER(R)	1
A10	FLAT KEY	2	A23	SMALL CHAIN COVER(L)	1
A11	AXLE (#1)	1	A24	SMALL CHAIN COVER(R)	1
A11-1	WASHER M6	4	A25	END CAP	2
A11-2	NUT M6	4	A26	OSCILLATING AXLE BASE COVER(L)	2
A11-3	SCREW M6x18	4	A27	OSCILLATING AXLE BASE COVER(R)	2
A11-4	BEARING 6005ZZ	2	A28	FRONT PEDAL SUPPORTING TUBE(UP)	2
A11-5	BUSH $\Phi 25.2 \times \Phi 29.2 \times M5$ (#1)	1	A28-1	SCREW M8x75	2
A11-6	BUSH $\Phi 25.2 \times \Phi 29.2 \times M46.4$ (#1)	1	A28-2	BUSH $\Phi 12 \times \Phi 7.9 \times 49.7$	6
A11-7	BEARING NUT M25xP1.5 (#1)	1	A28-3	SCREW M8x15	6
A12	BELT WHEEL $\Phi 350$	1	A28-4	END CAP	2
A13	MAGNETIC $\Phi 15 \times 7$	1	A29	FRONT PEDAL SUPPORTING TUBE(UNDER)	2
A14	BELT 1371mmxJ6	1	A29-1	BUMPER(+SCREW)	4
A15	FLYWHEEL (12KG)	1	A29-2	SENSOR HOUSING(UNDER)	2
A15-1	M10	2	A29-3	SENSOR HOUSING(UP)	2
A15-2	AXLE CENTER	1	A29-4	SENSOR	2

(#1) : Changed at April 03, 2013

P/N	DESCRIPTION	Qty	P/N	DESCRIPTION	Qty
A29-6	SCREW M4x13	4	G4	BUSH Φ 16.98x Φ 9.9x49.7	2
A29-9	SCREW M3x8	8	G5	LOWER PEDAL SUPPORTING TUBE	2
A30	PUSH ROD BRACKET	2	G6	SCREW M8x25	4
A30-1	ADJUSTMENT KNOB	4	G7	PEDAL REINFORCEMENT COVER	4
A30-2	ADJUSTMENT NUT	4	G8	SCREW M4x10	4
A30-3	HANDLE	2	G9	PEDAL TUBE END CAP	2
A30-4	SCREW M8x45	2	G10	AXLE BUSHING	4
A30-5	BUSH	4	G11	SCREW M8x20	4
A30-6	NYLON NUT M8	2	G12	SPRING WASHER M8	4
A30-7	SCREW M6x10	2	G13	WASHER M8	4
A30-8	SPRING	2	G14	BUSH	2
A30-9	BLOCK	2	G15	LEFT SIDE PEDAL SUPPORTING TUBE	2
A30-10	SOCKET SET SCREW M4x4	2	G15-1	RIGHT SIDE PEDAL SUPPORTING TUBE	2
A30-11	MAGNETIC HOUSING	2	G16	CLIP(R28)	8
A30-12	SCREW M4x8	4	G17	BEARING 6001ZZ	8
A30-13	SPRING	2	G18	WASHER	4
A30-14	MAGNETIC	2	G19	NUT M8	4
A30-15	NYLON SCREW COVER M6	2	G20	PEDAL BRACKET(L)	1
A30-16	HANDLE BLOCK-A	2	G21	PEDAL(L)	1
A30-17	HANDLE BLOCK-B	2	G22	CUSHION PAD(L)	1
A30-18	WASHER	4	G23	FRONT PEDAL COVER(L)	1
A30-19	MAGNETIC	1	G24	PEDAL BRACKET(R)	1
B	CENTRAL SUPPORTING TUBE	1	G25	PEDAL(R)	1
B1	SENSOR WIRE 650mm	1	G26	CUSHION PAD(R)	1
B2	ELECTRONIC KNOB WIRE 700mm	1	G27	FRONT PEDAL COVER(R)	1
B3	LED SENSOR WIRE 350mm	1	G28	SCREW M6x12	12
B4	HANDLE PULSE WIRE 850mm	2	G29	SCREW M4x20	6
B5	LED SENSOR	1	G30	WASHER M8x28x2.0T	4
B6	HANDLE PULSE	2	H1	HANDLE BAR(L)	1
B6-1	SCREW	4	H2	HANDLE BAR(R)	1
B7	SPONGE HDR 200mm	2	H3	SPONG HDR 655mm	2
B8	END CAP	2	H4	HANDLE BAR END CAP	2
B9	END CAP	1	I1	BOTTLE HOLDER	1
C	CONSOLE	1	I2	BOTTLE	1
C1	SCREW M5x10	4	J1	SCREW M8x15	19
D	CONNECTING TUBE	1	J2	WASHER M8x16x1.2T	27
E	REAR STABILIZER	1	J3	SCREW M10x75	2
E1	END CAP	2	J4	WASHER M10x19x2.0T	4
E2	NUT	2	J5	NUT M10	2
E3	ADJUSTED END Φ 50	2	J6	SCREW M8x70	4
F	FRONT STABILIZER	1	J7	NUT M8	4
F1	END CAP	2	J8	HANDLE BAR SCREW	6
F2	FIX CUSHION Φ 50 TPR	2	J9	HANDLE BAR SCREW	6
F3	WASHER M6x19x2T	2	J10	BOTTLE HOLDER SCREW	2
F4	SCREW M5x16	2	J11	SCREW M4x20	6
F5	TRANSPORTATION WHEEL	2	J12	NUT M4	8
F6	SCREW M8x40	2	J13	SCREW M4x45	2
F7	NUT M8	2	J14	SCREW M4x25	7
G1	PEDAL SUPPORTING TUBE(L)	1	J15	SCREW M4x18	10
G2	PEDAL SUPPORTING TUBE(R)	1	J16	SPRING WASHER M8	13
G3	BEARING 6003ZZ	4	K	ADAPTOR	1



【BUTTON FUNCTIONS】

	UP	To make upward adjustment to each function data or increase training resistance.
	DOWN	To make downward adjustment to each function data or decrease training resistance.
	ENTER	To confirm all settings.
	START / STOP	To start or stop workout. Turn the START/ STOP joggle wheel under standby mode, it can be a quick start key to the Manual Program.
	RESET	To reset current setting and have the monitor switch to initial training mode for selection. Press the RESET button for 2 seconds under standby mode for a Total Reset.
	RECOVERY	To active RECOVERY function.

【DISPLAY FUNCTIONS】

TIME	Time will count up from 00:00 to maximum 99:00 with each increment is 1 minute.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
RPM	Displays the Rotation Per Minute. Display range 0~100 RPM
DISTANCE	Accumulates total distance from 00:0 up to 99.9 KM or ML. The user may preset target distance data by turning the UP/DOWN joggle wheel. Each incensement is 0.1KM or ML.

CALORIES	Accumulates calories consumption during training from 0 to maximum 990 calories. Each unit for increase or decrease is 10 KCL. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
PULSE	User may set up target pulse from 0 - 30 to 230
WATTS	Display current workout watts. Display range 0~999.

POWER ON

1. Connect power supply to the monitor or press the RESET button for 2 seconds, the LCD will display all segment with a long- beep sound for 2 seconds and display 78.0 in below (FIGURE 1 & 2).

2. User may turn the UP/DOWN joggle wheel to select User 1~4 and press ENTER for confirmation (FIGURE 3~4).

And then preset user information for SEX, AGE, HEIGHT and WEIGHT. (FIGURE 4~7)

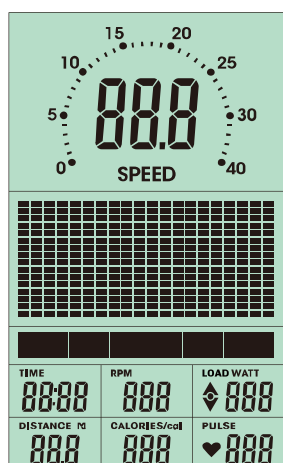


FIGURE 1

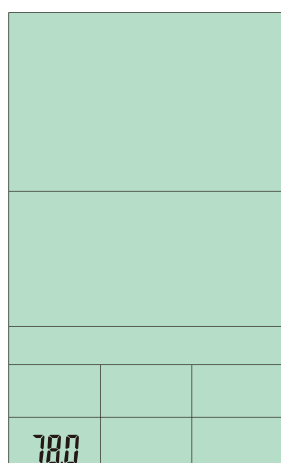


FIGURE 2

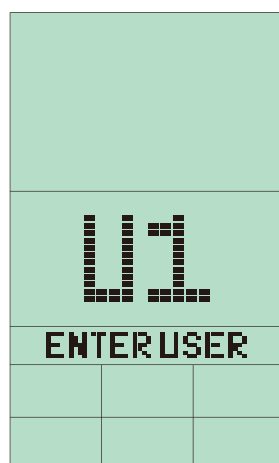


FIGURE 3

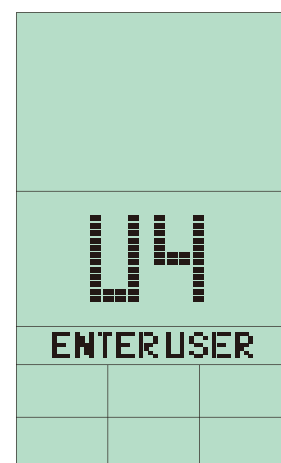


FIGURE 4



FIGURE 5

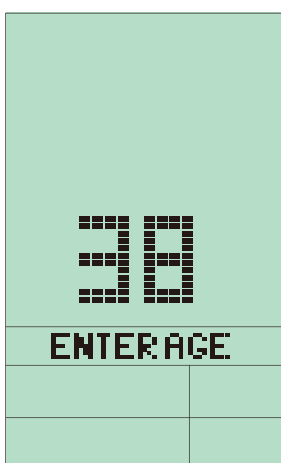


FIGURE 6

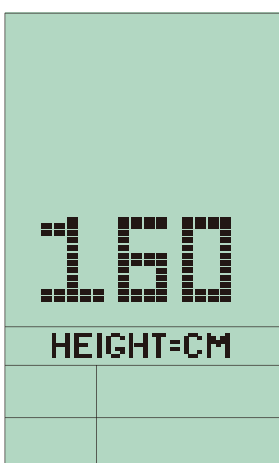


FIGURE 7

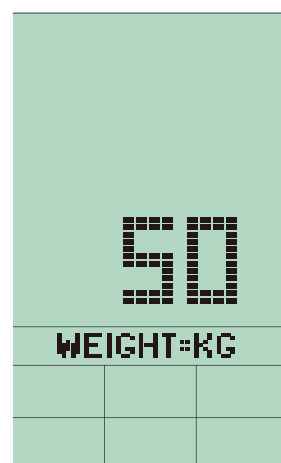


FIGURE 7

PROGRAMMING MODE

1. Program selections are MANUAL → PROGRAM → USER PROGRAM → H.R.C. → WATT (FIGURE 8~12)

2. Use UP/DOWN joggle wheel to select the program you want and press ENTER to confirm. Or press START/STOP button to start MANUAL mode immediately.

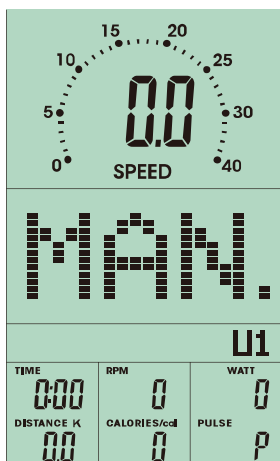


FIGURE 8

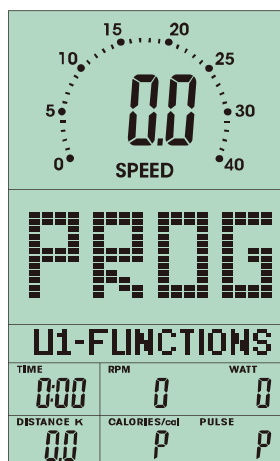


FIGURE 9

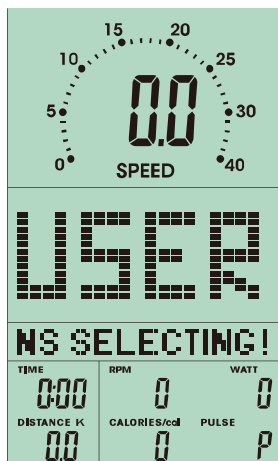


FIGURE 10

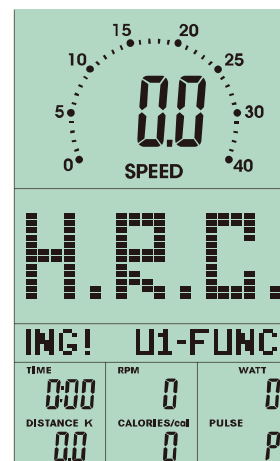


FIGURE 11

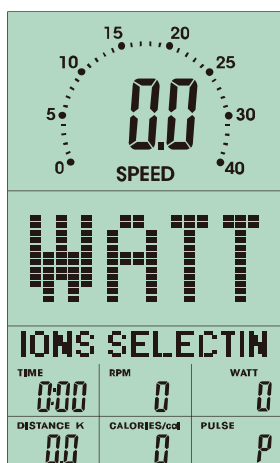


FIGURE 12

QUICK START IN MANUAL

1. Press ENTER to enter MANUAL program, and the screen is blinking (FIGURE 13).
2. Press START/STOP to start exercising. The resist level is adjustable during exercising (FIGURE 14).
3. User can press START/ STOP to stop exercising



FIGURE 13



FIGURE 14

MANUAL MODE

1. After selecting MANUAL mode (FIGURE 13), user can use UP/DOWN joggle wheel to increase or decrease level (from 1 to 16) and press ENTER to confirm.
2. User may preset exercise data (TIME, DISTANCE, CALORIES, PULSE), and press START/STOP to start exercise.
User can press RESET to return to the MANUAL setting
3. Level is adjustable during training.

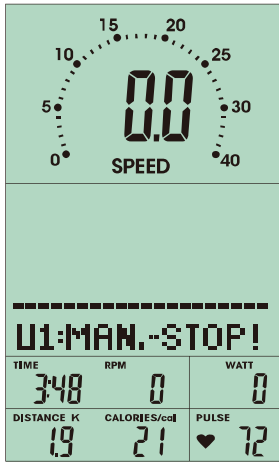


FIGURE 13

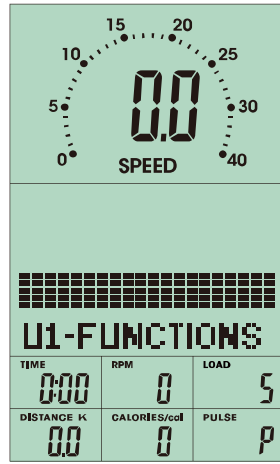


FIGURE 14

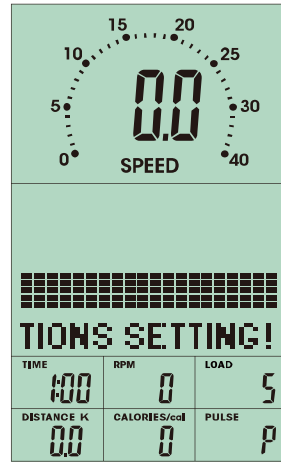


FIGURE 15

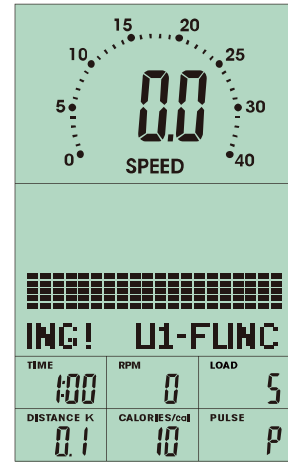


FIGURE 16

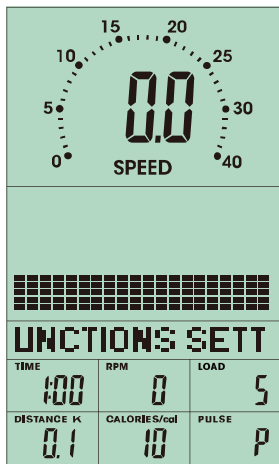


FIGURE 17

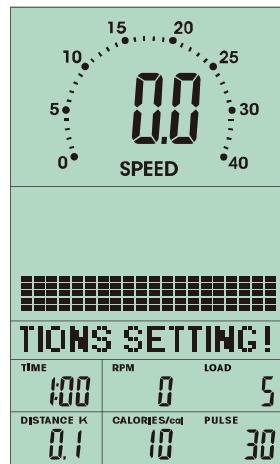


FIGURE 18

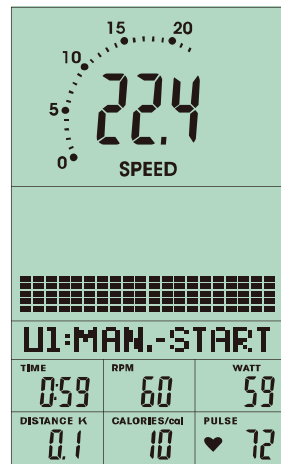


FIGURE 19

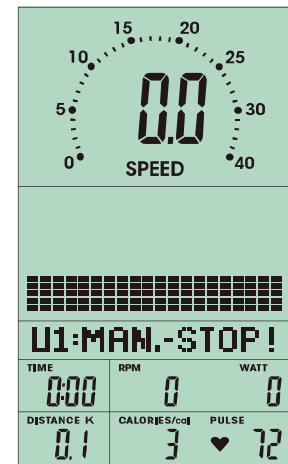
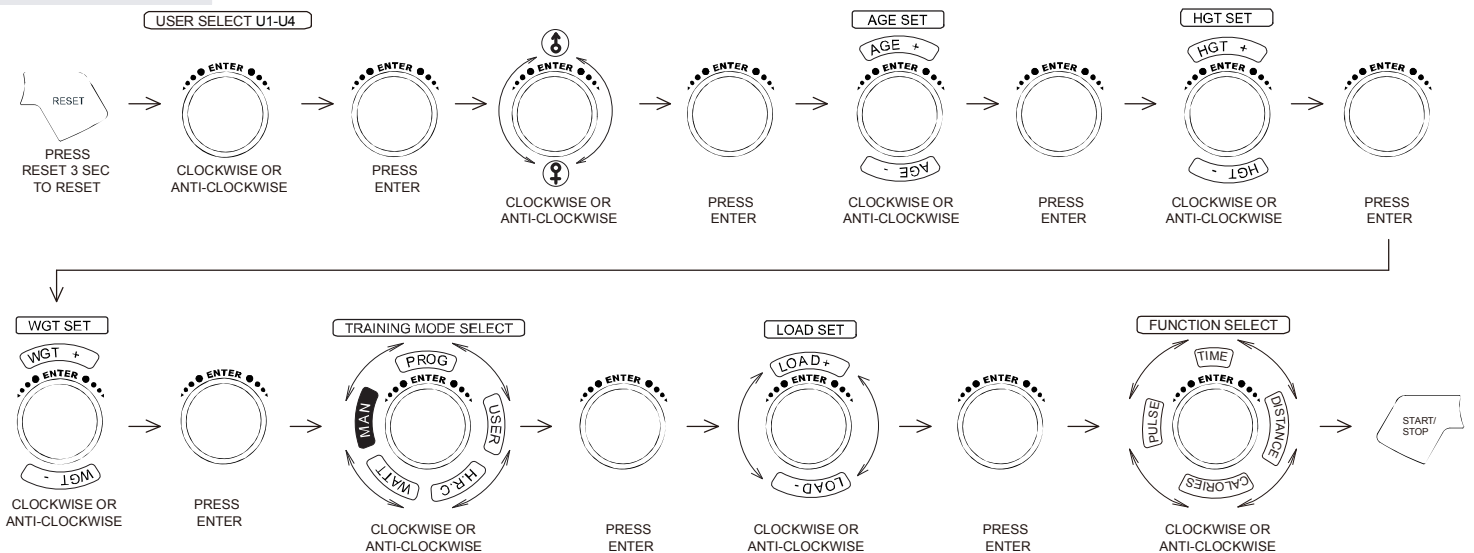


FIGURE 20

MANUAL mode



PROGRAM MODE

1. After enter PROGRAM mode, user can turn the UP/DOWN joggle wheel to select program profile from P1 to P12, then press ENTER to confirm.
2. User can preset the TIME data then press START/STOP to start exercise.
3. After start training, TIME will be counted down. When the TIME is counted to 0, the screen is flashing and the alarm is ringing. User can press any button to stop the alarm.



FIGURE 21

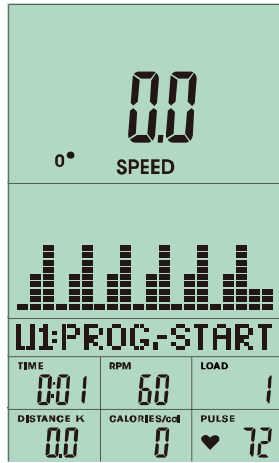


FIGURE 22



FIGURE 23

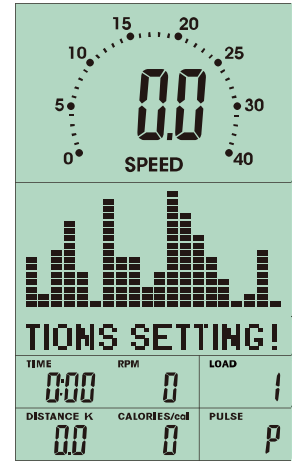
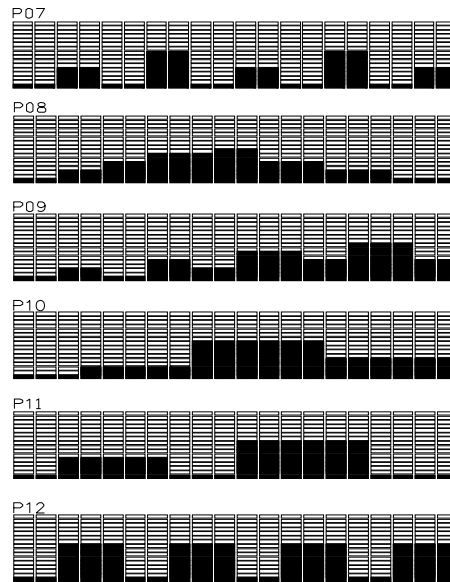
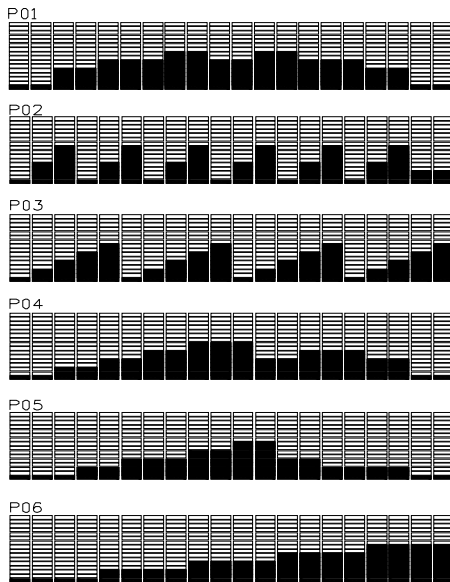
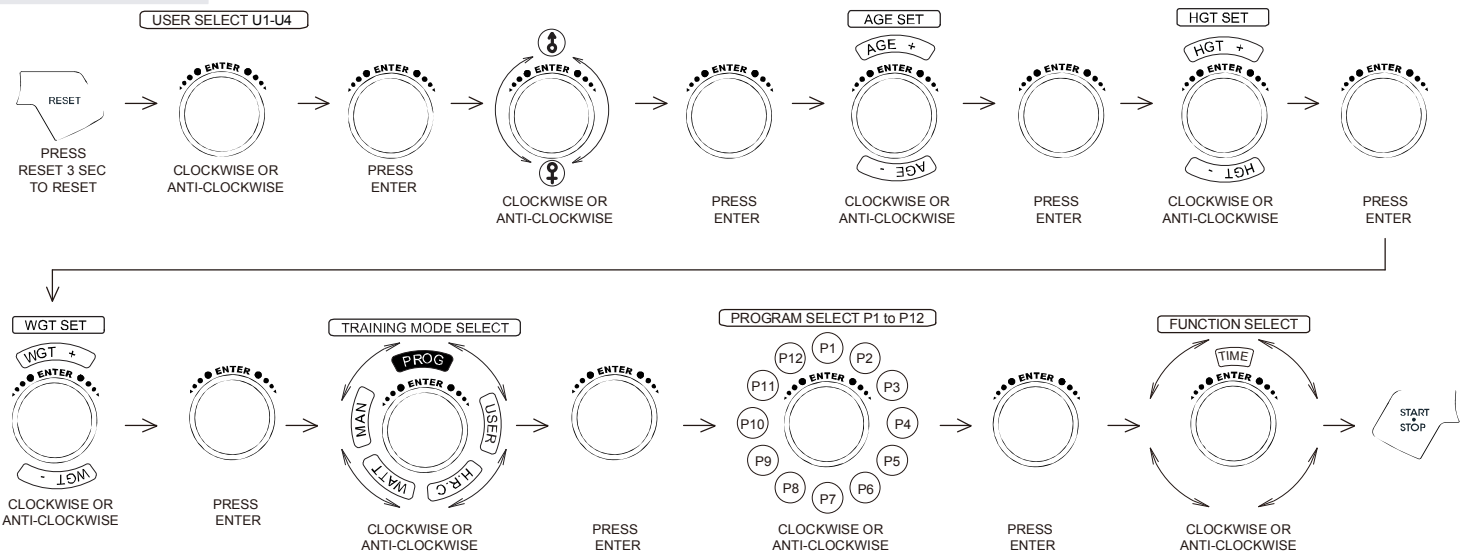



FIGURE 24



PROGRAM mode



HEART RATE CONTROL

1. After enter HEART RATE CONTROL mode, the screen will show heart rate percentage 55%, 75%, 90% and TARGET. User may select heart rate percentage by turning UP/ DOWN joggle wheel for training.
2. User can preset the TIME data then press START/ STOP to start exercise.
3. After start training, TIME will be counted down. When the TIME is counted to 0, the screen is flashing and the alarm is ringing. User can press any button stop the alarm. If there is no HR input for 5 seconds, LCD will display  until HR signal input.

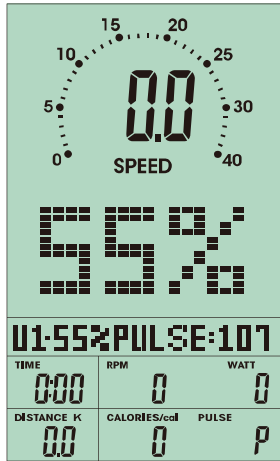


FIGURE 29

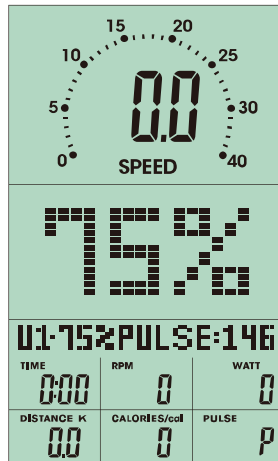


FIGURE 30

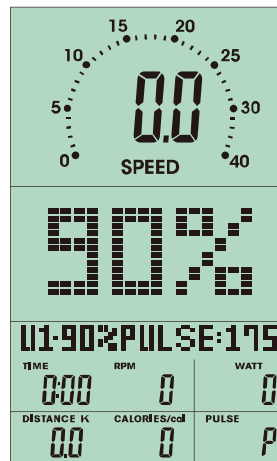


FIGURE 31

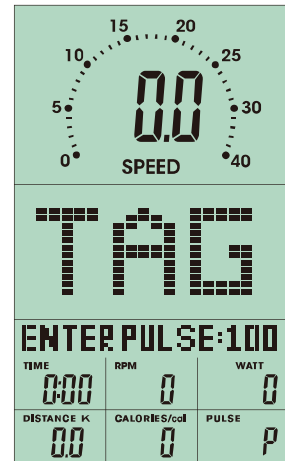


FIGURE 32



FIGURE 33



FIGURE 34



FIGURE 35

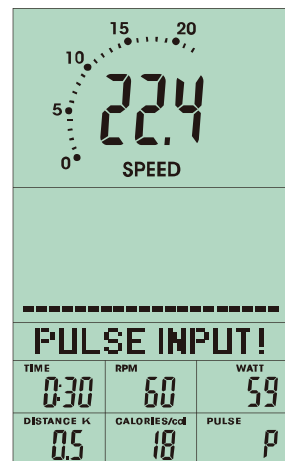
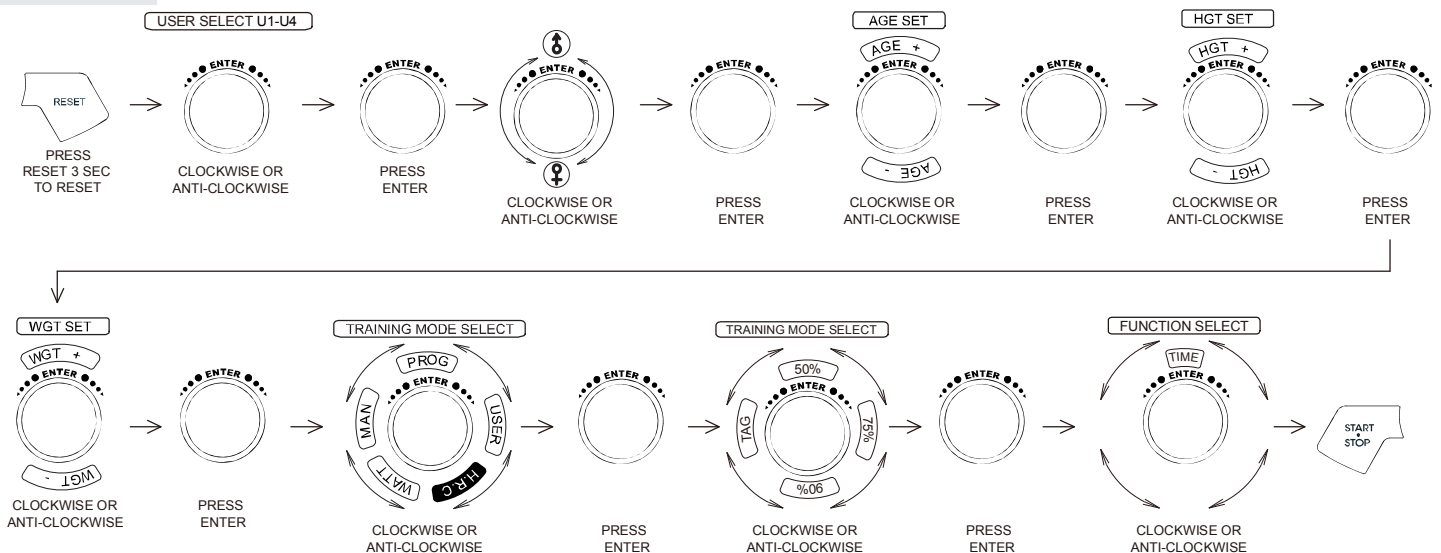


FIGURE 36

H.R.C. mode



WATT CONSTANT

1. In standby mode, select WATT and press ENTER to enter.
2. The preset watt value 120 is flashing on screen, use UP/ DOWN joggle wheel to set target value from 10 to 350. Pressing START button to start training.
3. User can preset the TIME data then press START/STOP to start exercise.
4. After start training, TIME will be counted down. When the TIME is counted to 0, the screen is flashing and the alarm is ringing. User can press any button to stop the alarm.
5. Watt value is adjustable during training. User can turn the joggle wheel to adjust the Watt according to the instruction:

▲ : Watt value > Setting value 25% --- User should show down

● : Watt value in the Setting value 25% ---User should keep the same speed

▼ : Watt value < Setting value 25% --- User should ride faster

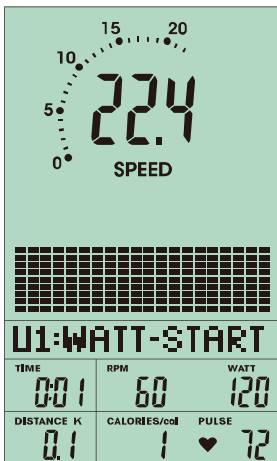
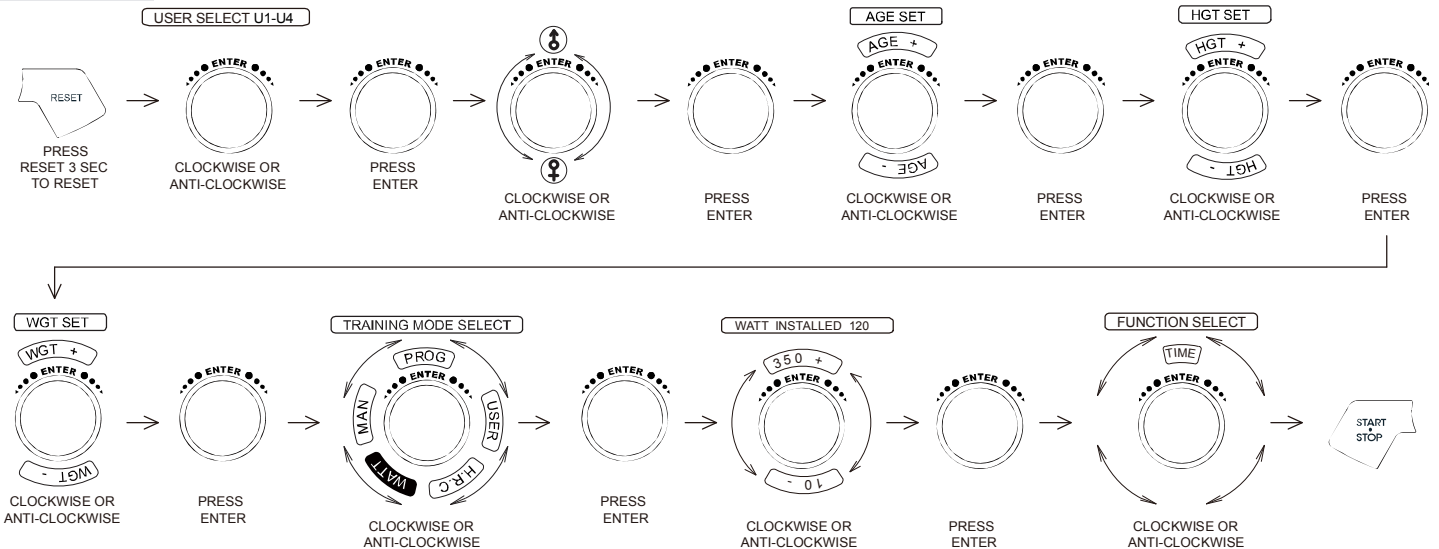


FIGURE 37



FIGURE 38

WATT mode



RECOVERY

After exercising for a period of time, keep holding on handgrips and press “RECOVERY” button. All function display will stop except “TIME” starts counting down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1, F2....to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)



FIGURE 39

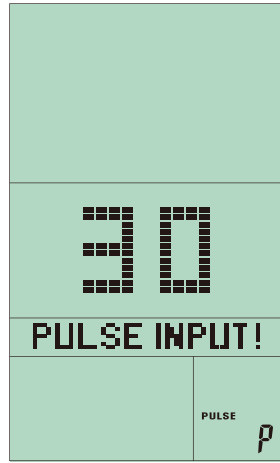


FIGURE 40

NOTE:

1. When user stop pedaling for 4 minutes, computer will enter into power save mode, all setting and exercise data will stored until user start exercise again.
2. This computer requires 9V, 1A adaptor.
3. When computer act abnormal, please plug out the adaptor and plug in again.