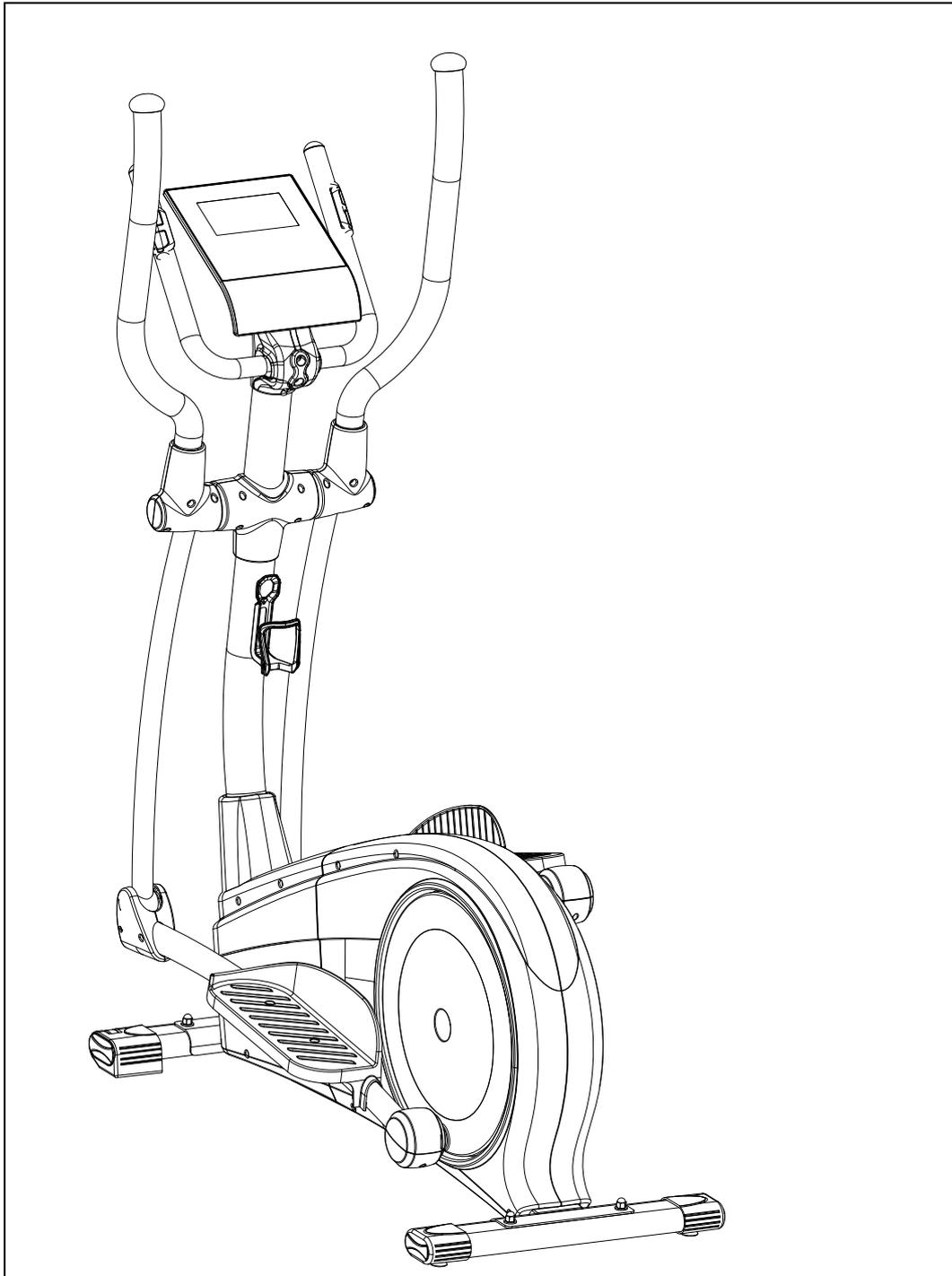


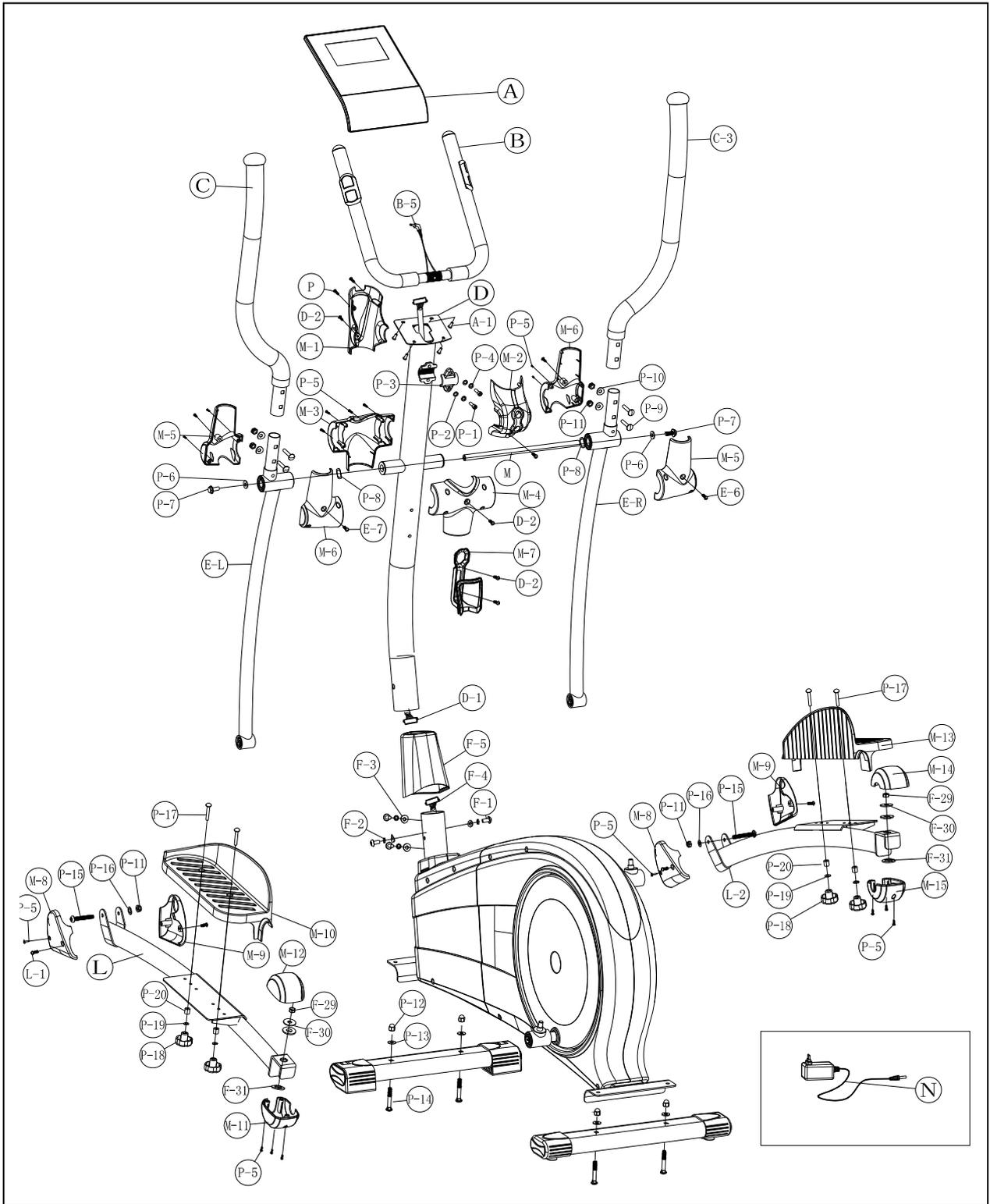
Casall X600 CROSSTRAINER 93003



PARTS LIST

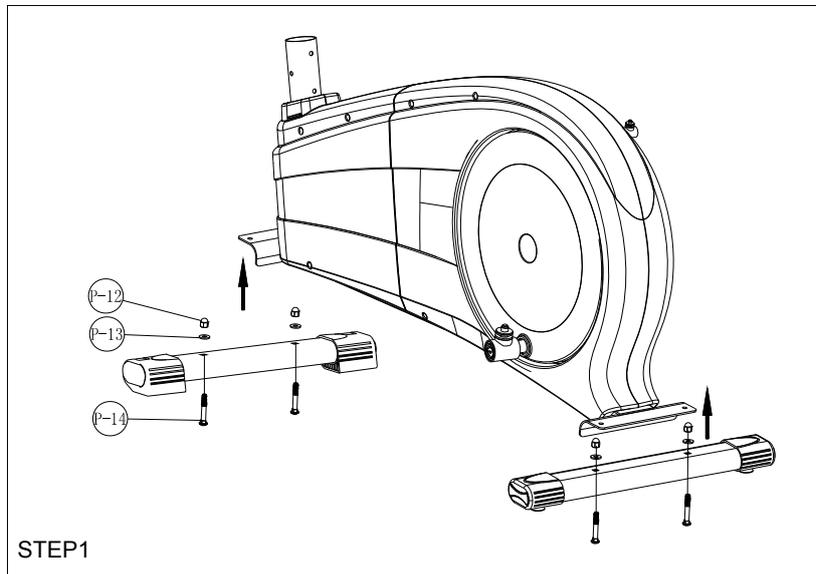
No.	Item	spec.	Q'ty
A , A-1	Computer & Screw for computer	SM2871-67	1PCS
B	Front handlebar	φ25.4	1PCS
B-1	Foam grip for front handlebar	440xφ20x5.0m/m	2PCS
B-2	End cap for foam grip	φ 7/8"	2PCS
B-3,B-5	Hand pulse & Cable	WP1007-33B (600L+600L)	1SET
C,C-3	Upper handlebar (R&L)		1SET
C-1	End cap for upper handlebar (R&L)	φ1 1/4"	2PCS
C-2	Foam grip for upper handlebar	670Lxφ30x5m/m	2PCS
D	Hand post		1PCS
D-1	Computer cable	1050L	1PCS
E~E7	First-lower handlebar (R& L)		1SET
F	Main frame		1SET
F-1	Screw	M8*P1.25*16L(6m/m)	4PCS
F-2	Spring washer	φ 8.1*φ12.9*2.4T	4PCS
F-3	Semi washer	φ 8xφ19x2t	4PCS
F-5	Cap for hand post		1PCS
F-6	Sensor box	400L	1PCS
F-8	Pulley	φ 289*8(φ 20)	1PCS
F-9	Belt	J8 1219m/m(J8 480)	1PCS
F-10	Shaft		1PCS
F-11	Screw	M8xP1.25x12Lx5t	3PCS
F-12	Screw for chain cover	M4x20L	4PCS
F-13	Front Chain cover (R)		1PCS
F-14	Rear Chain cover (R)		1PCS
F-15	Front Chain cover (L)		1PCS
F-16	Screw for chain cover	M4x50L	8PCS
F-17	Screw for chain cover	3/16 " (#10) x3/4 "	8PCS
F-18	Rear Chain cover (L)		1PCS
F-19	Screw for disc	M4x14L	8PCS
F-20	Flat washer	φ 5xφ16x1t	8PCS
F-21	Disc		2PCS
F-22	Round disc		2PCS
F-23	Cap for round disc		2PCS

F-24~ F-30	Crank connation		2PCS
G	Flywheel set		1SET
H	Magnet system		1SET
J	Front stabilizer		1PCS
J-1,J-2	Front transportation wheel		1SET
J-4	Rear stabilizer		1PCS
J-5	End cap for rear stabilizer		1SET
K	Idler wheel set		1SET
L	Pedal post (Lift)		1PCS
L-2	Pedal post (Right)		1PCS
M	Alex for first-lower handlebar	φ 17x323L	1PCS
M-1	Front salver		1PCS
M-2	Rear salver		1PCS
M-3	Rear cover for hand post		1PCS
M-4	Front cover for hand post		1PCS
M-5	Rear cover for first-lower handlebar		2PCS
M-6	Front cover for first-lower handlebar		2PCS
M-7	Bottle cage		1PCS
M-8,M-9	Front cover for pedal arm		1SET
M-10	Left pedal		1PCS
M-11,M-12	Rear cover for pedal arm (Left)		1SET
M-13	Right pedal		1PCS
M-14,M-15	Rear Cover for pedal arm (Right)		1SET
N	Adaptor		1PCS
P~P-21	Bolt & nuts pack		1SET



ASSEMBLY STEPS

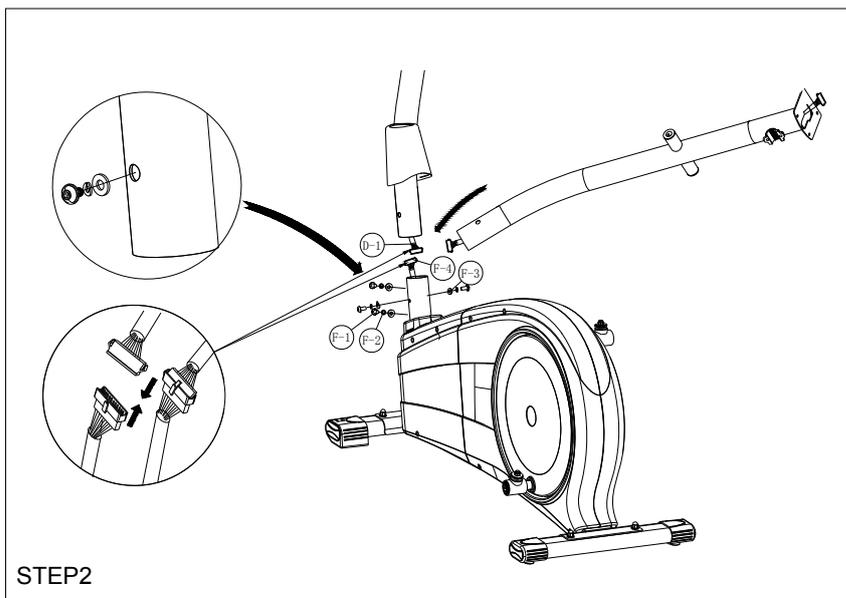
STEP 1 Assembly the rear & front stabilizer (J & J-4) and main frame with 4 washer (P-13), 4 nuts (P-12) and 4 bolts (P-14)



STEP 2 First, loosen the pre-assembled screws & cover.

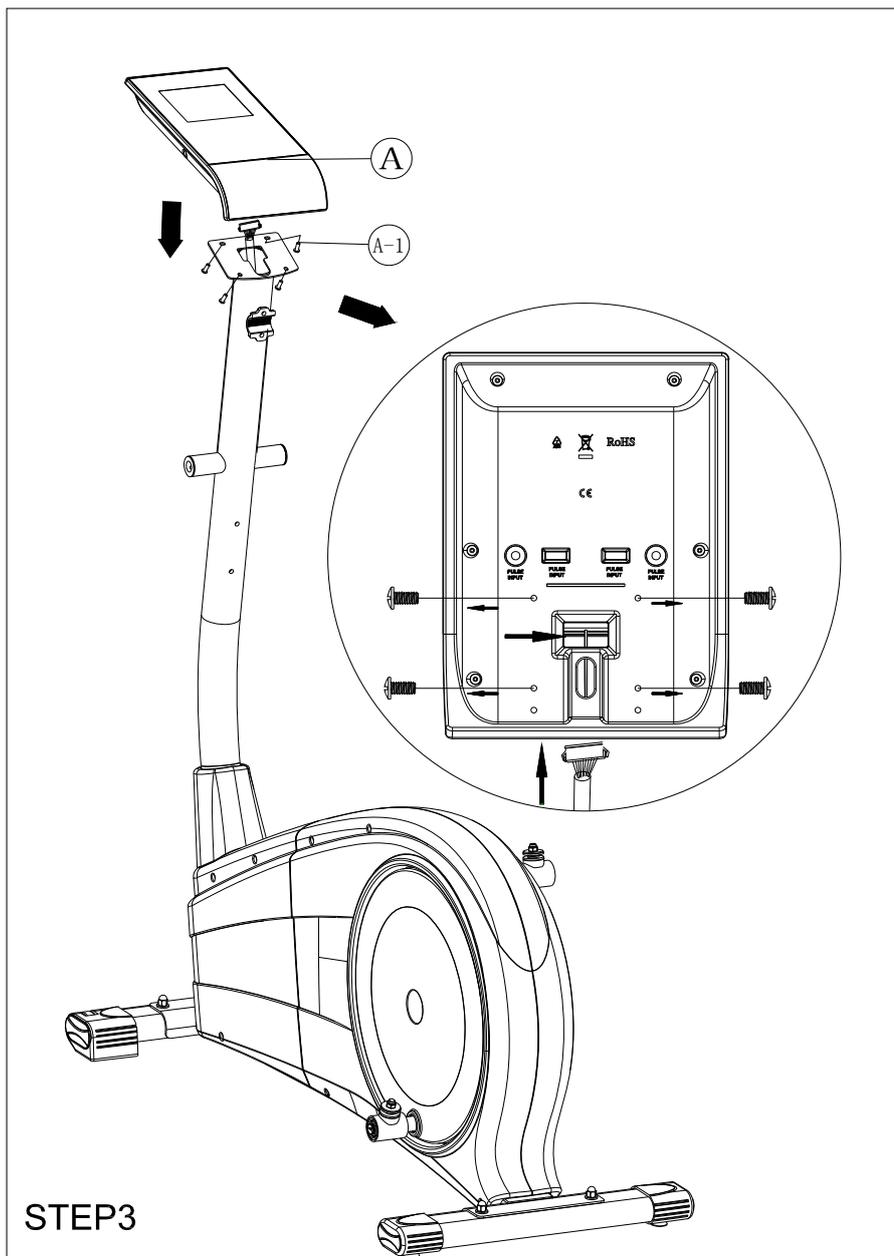
Connect the computer cable upper & lower (D-1 & F-4) each other

Assembly the handlebar post (D) and main frame with 4 washer (F-3), 4 spring washer (F-2) and 4 bolts (F-1)



STEP 3 Slide the computer (A) down to the bracket situated at the top of hand post (B), and fix with two Fixing screws (A-1). Then plug the Upper Computer Wire (A-1) to the Computer as shown.

Plug the pulse Computer Wires (A-2) into the side of the Computer (A).



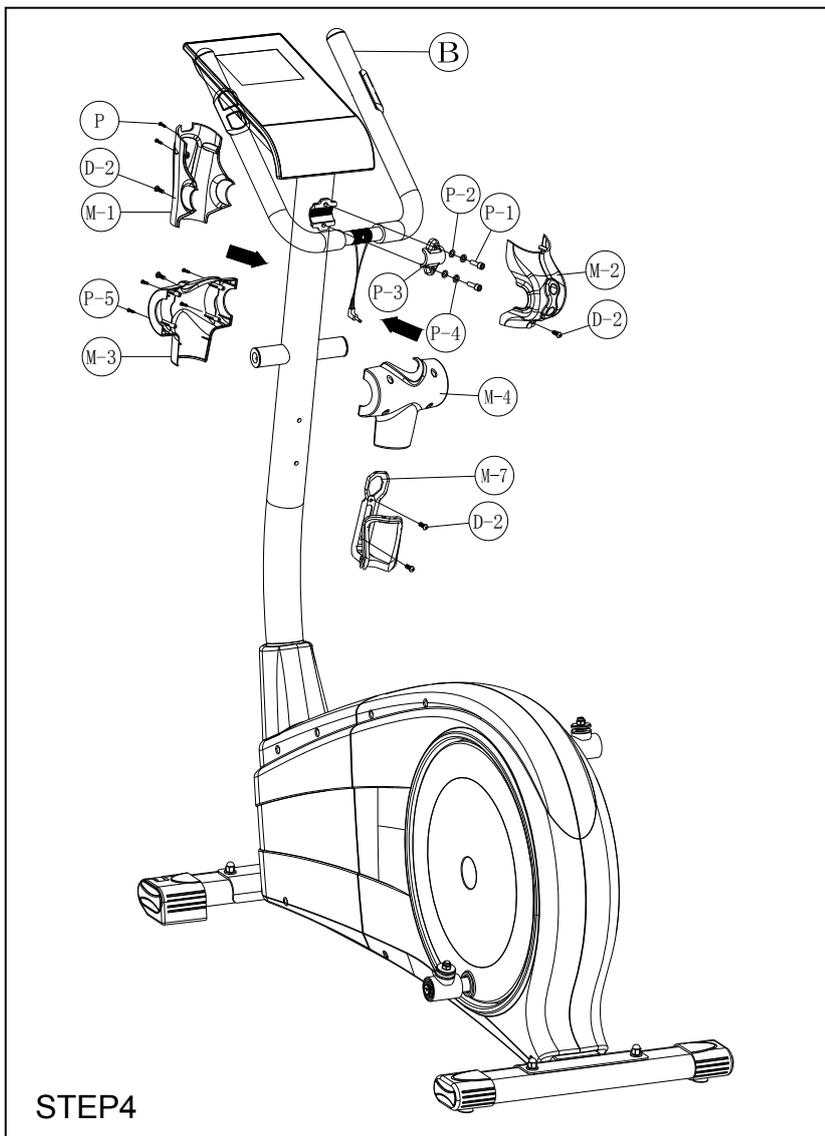
STEP 4

Assemble the Front post cover (Front & Rear) (M-3 & M-4) to the hand post using Screw (M5xP0.8x14L) (D-2), Screw (M3*25) (P-5).

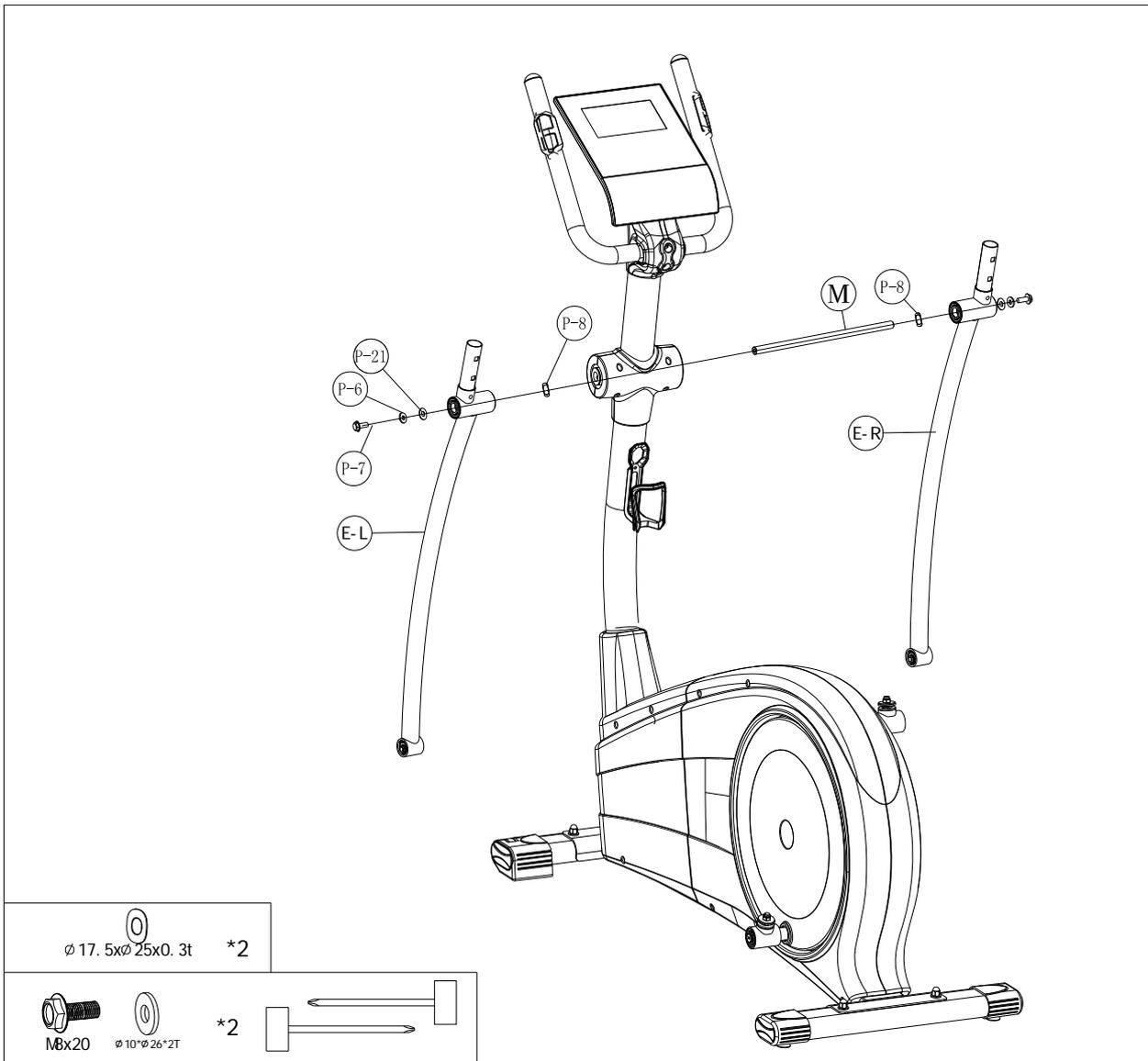
Attach the Handlebar (B) to the Hand Post using the clamp (P-3), fix with two Flat Washers ($\phi 7$) (P-2), two Spring Washers ($\phi 7$) (P-4) and Screw (P-1).

Assembly the Handlebar cover (Front & Rear) (M-1 & M-2) to the Front post using Screw (M5xP0.8x14L) (D-2) and Screw (M3x14L) (P).

Fasten the Bottle Cage (M-7) to the Handlebar Mast using the crews (D-2).



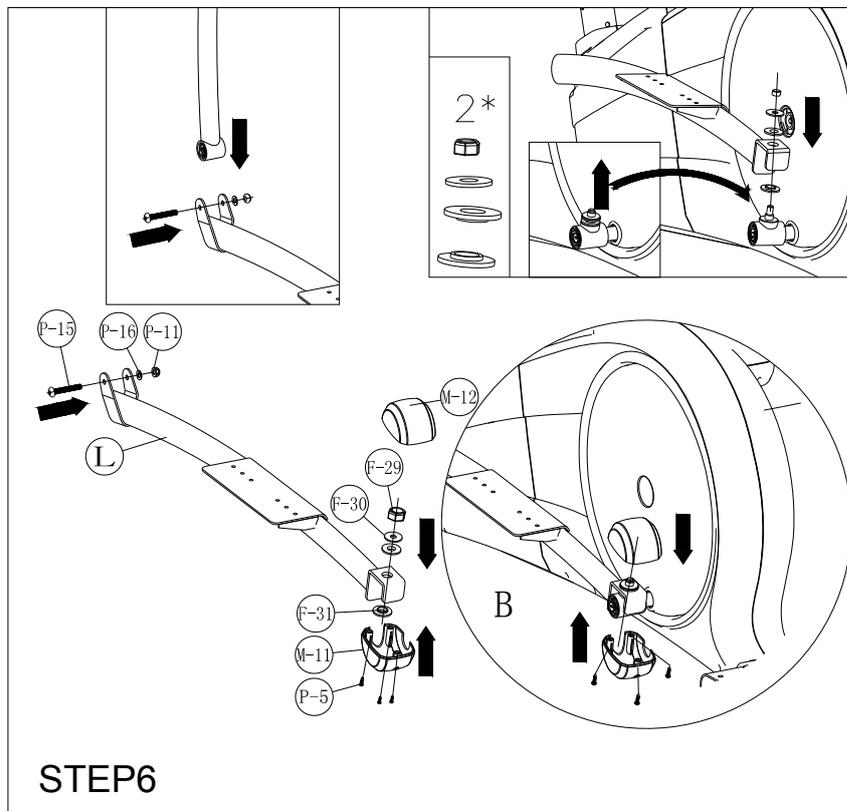
STEP 5 Fixing the two Lower handrail (E) to the Hand Post (D) with one Alex (M), two sets Waves washer $\phi 17.5 \times \phi 25 \times 0.3t$ (P-8), Flat washer $\phi 10 \times \phi 26 \times 2t$ (P-6) and Plastic washer $\phi 10 \times \phi 25 \times 0.5t$ (P-21) and Bolt M8xP1.0x20L (P-7).



STEP 6 Attach the Left and Right lower handrail (E-L/R) to the Left and Right pedal tube (L & L-2) using two Hexagon bolt (M8xP1.25x55L) (P-15), four flat washer (φ 8) (P-16) and two Nylon nut (M8) (P-11).

Then connect the crank connect (F-24) the Disc (F-21) (R/L) , Then connect the crank connation (F-24) the Pedal arm (L & L-2)

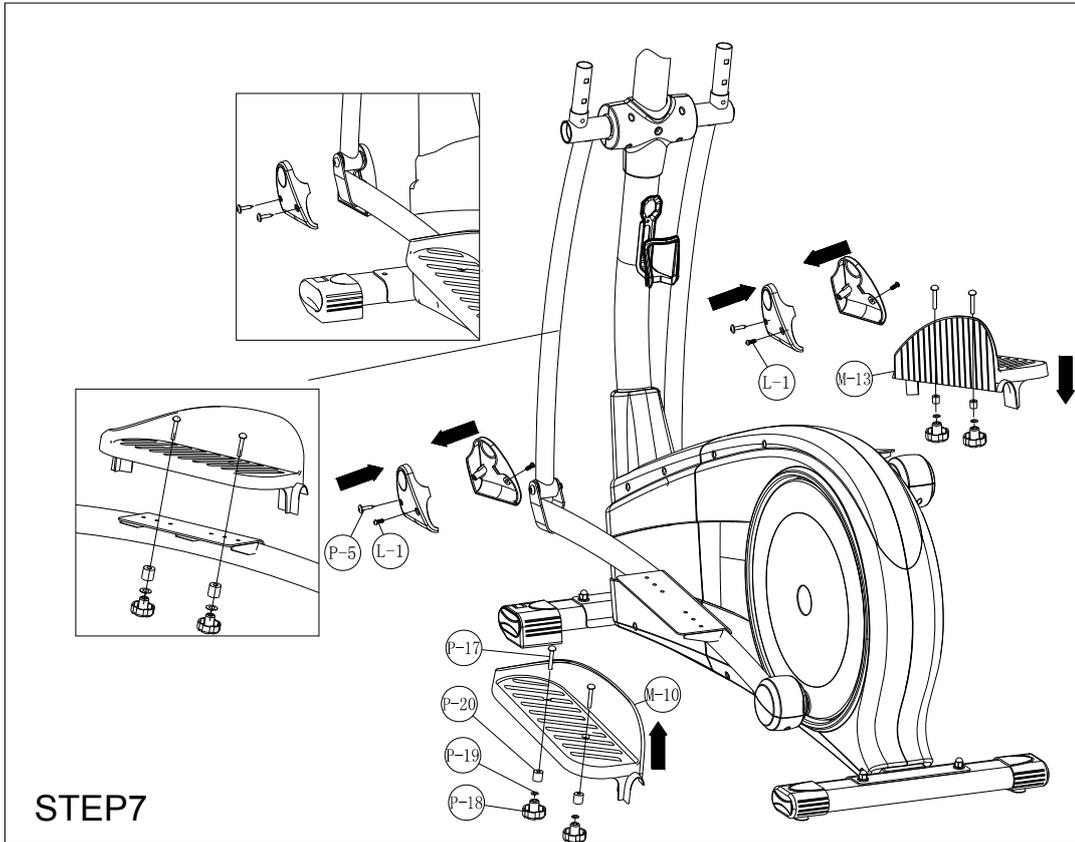
Then connect the upper rear cover (M-12) and down rear cover (M-11) to the pedal arm (L & L-2) using screw (P-5).



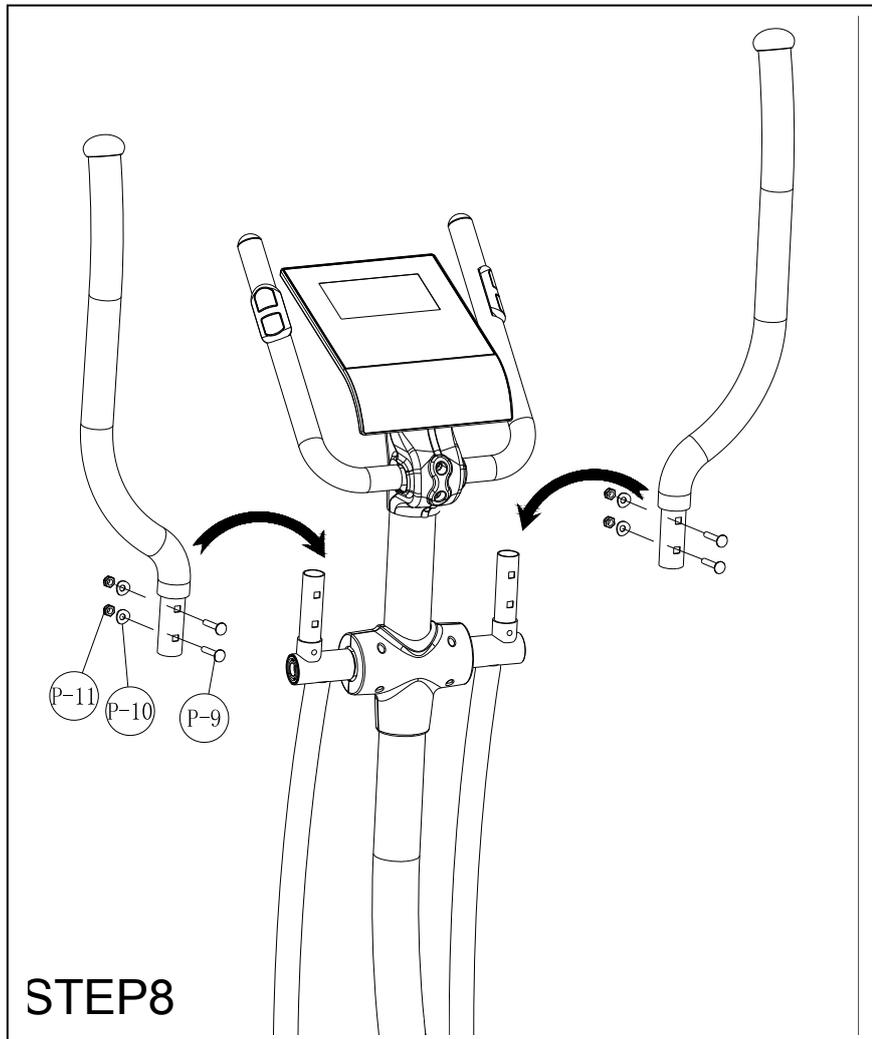
STEP 7

Attach the lower handrail (E) (L&R) to the left and right pedal arm (L & L-2), cover (M-8 & M-9) using screws (pt.Q12 & N14) .

Assembly the right & left pedal (M-13) onto the 2 pedal arm (L & L-2) with 4 knob (P-18) , 4 spring washer (P-19) , 4 flat washer (P-20) , and 4 carriage bolt (P-17) .

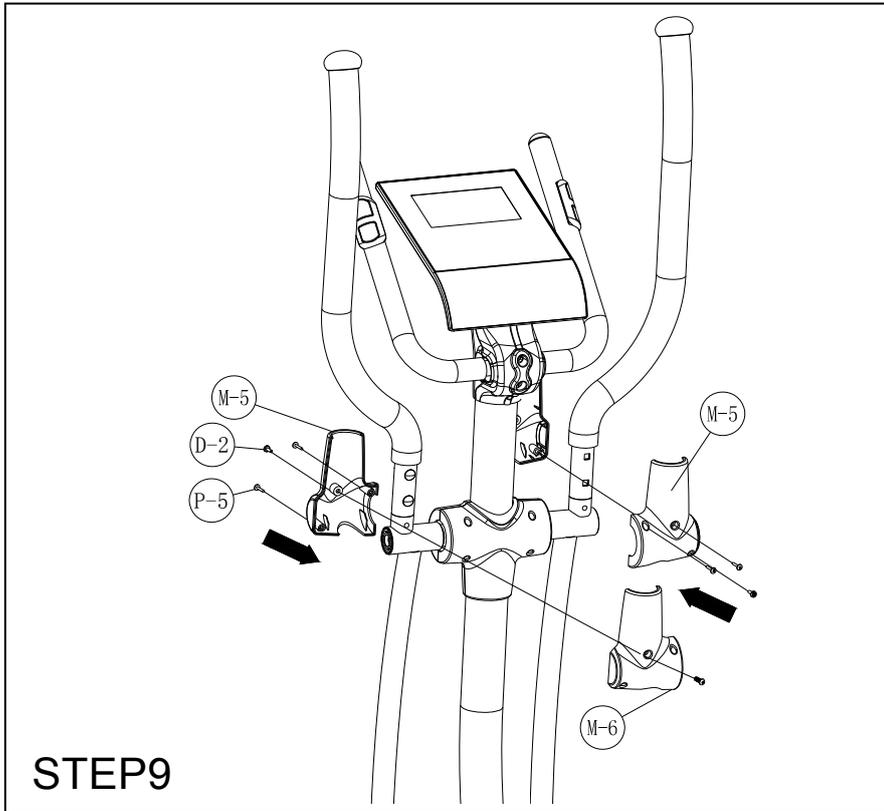


STEP 8 Slide the upper hand post (C-3,C-2) (R/L) into the lower hand post (E) and then fix with the three carriage bolts (P-9) and washers (P-10) and Nylon nuts (P-11).



STEP 9

Assemble the Handrail cover (Rear & Front) (M-5 & M-6) to the lower handrail (L/R) using Screw (M3x25L) (P-5), Screw (M5xP0.8x14L) (E-6) and Screws.



Monitor manual instruction

【DISPLAY FUNCTION】

TIME : Count up - No preset target, TIME will count up from 00:00 to maximum 99:59 with each increment is 1 second.

Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset Increment

or decrement is 1 minute between 1:00 to 99:00.

SPEED : Display current training speed from 0.0 to maximum 99.9 km or ml.

RPM : Display current training rotation per minute.

DISTANCE : Count up - No preset target, Distance will count up from 0.00 to maximum 99.90 with each Increment 0.1 KM. Count down - If training with preset target, Distance will count down from preset to 0.00. Each preset increment or decrement is 0.1 KM (or ML) between 0.00 to 99.90.

CALORIES : Count up - No preset target, Calories will count up from 0 to maximum 990 with each 1 cal increment. Count down - If training with preset target, Calories will count down from preset time to 0. Each preset increment or decrement is 10 cal from 0 to 990 cal.

PULSE : The monitor can detect pulse signal from handgrip.

HEART SYMBOL: When monitor receive heart rate signal, the symbol will blinking.

WATT : Display current training watt figures.

【FUNCTION BUTTONS:】

MODE: To confirm all settings and to enter into exercise mode.

UP : To select training mode and adjust function value up.

DOWN : To select training mode and adjust function value down.

START/STOP : To start or stop training.

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. 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.)

(If monitor did not receive heart rate signal, RECOVERY function can not work.)

RESET : Return to main menu in stop mode and clean all preset function value to zero.

TOTAL RESET : To power on the computer.

【OPERATING INSTRUCTION:】

POWER ON

Connect adaptor to the computer to power on, LCD will display all segment with a long- beep as testing for 2 seconds and wheel diameter 78" for seconds (drawing 1).



Drawing 1

【PROGRAMMING MODE】

USER personal data setting (U1 – U4):

1-1 U1 is blinking, user may turn UP and DOWN to select user 1, user 2 to user 4

1-2 Preset personal data (incl. AGE, WEIGHT, HEIGHT, SEX). And press the MODE for confirmation.

1-3 The computer will enter into MANUAL mode immediately, and selected user may preset his own exercise data (incl. TIME, DISTANCE, CALORIES and PULSE). The computer will memorize and will recall those data every time when the user is selected.

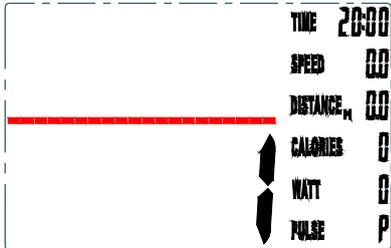
1-4 User may start exercise by press START button.

1-5 Press RESET button reverse to training mode selection main menu.

Program selections are MANUAL, PROGRAM, H.R.C., USER, WATT. Press UP and DOWN to select the program you want and press START for QUICK START in Manual mode.

MANUAL MODE

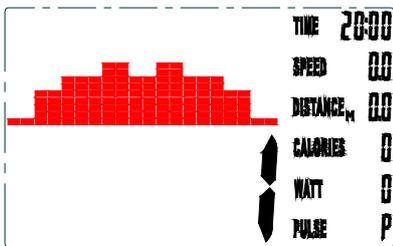
After selecting MANUAL mode, press UP and DOWN button to increase and decrease level (from 1 to 16) and press MODE button to confirm. Level is adjustable during training. (drawing 2)



Drawing 2

PROGRAM MODE

After enter PROGRAM mode, press UP and DOWN to select program profile from P1 to P12, press MODE button to confirm and enter the selected profile. User may press UP and DOWN to adjust level. Level is adjustable during training. (drawing 3)



Drawing 3

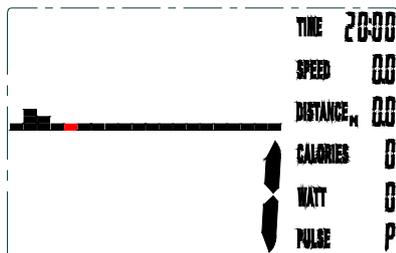
H.R.C. MODE

After enter H.R.C. mode, press UP and DOWN to select different target from 55%, 75%, 90% and TARGET. Press MODE to confirm.

USER MODE

After enter USER mode, the first column of the profile is blinking, user may press UP, DOWN and then press MODE to create his own profile. (from column 1 to column 20) User may hold on pressing MODE button for 2 seconds to quit profile setting. (drawing 4).

Each user may have his own user profile.



Drawing 4

WATT MODE

The preset watt value 120 is flashing on screen in WATT setting mode. User may use UP, DOWN button to set target value from 10 to 350. Press MODE button for confirm.

NOTE:

1. Adaptor spec: 9V, 500MA
2. If computer acted abnormal, user may plug out the adaptor and wait for 5 seconds before plug in the adaptor again.

3. When computer just power on, it can not be touched or covered by any object or hand within 6 seconds.

Attention! All preset data will be lost when unplug the power (adaptor) from the "Elliptical".