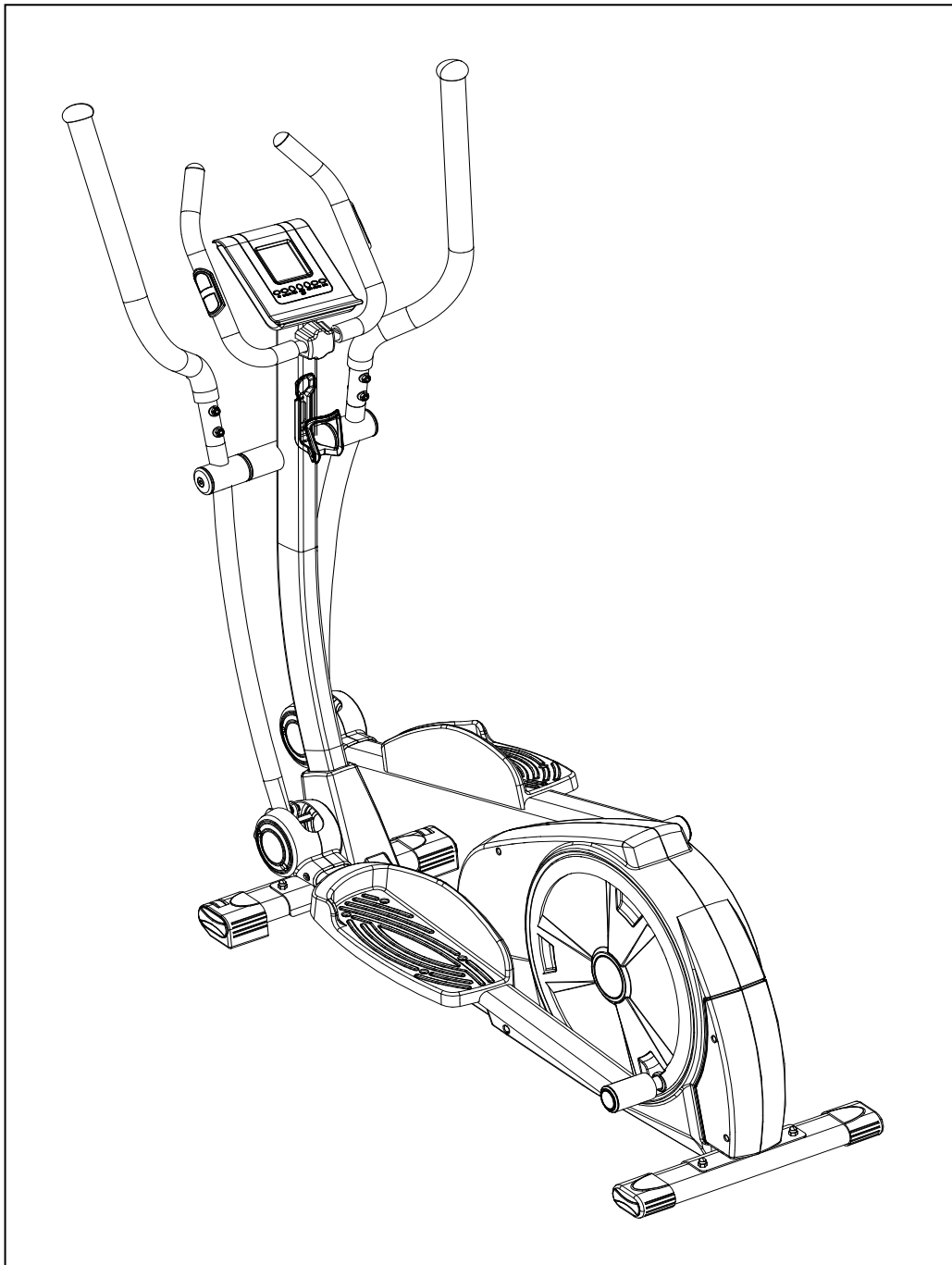


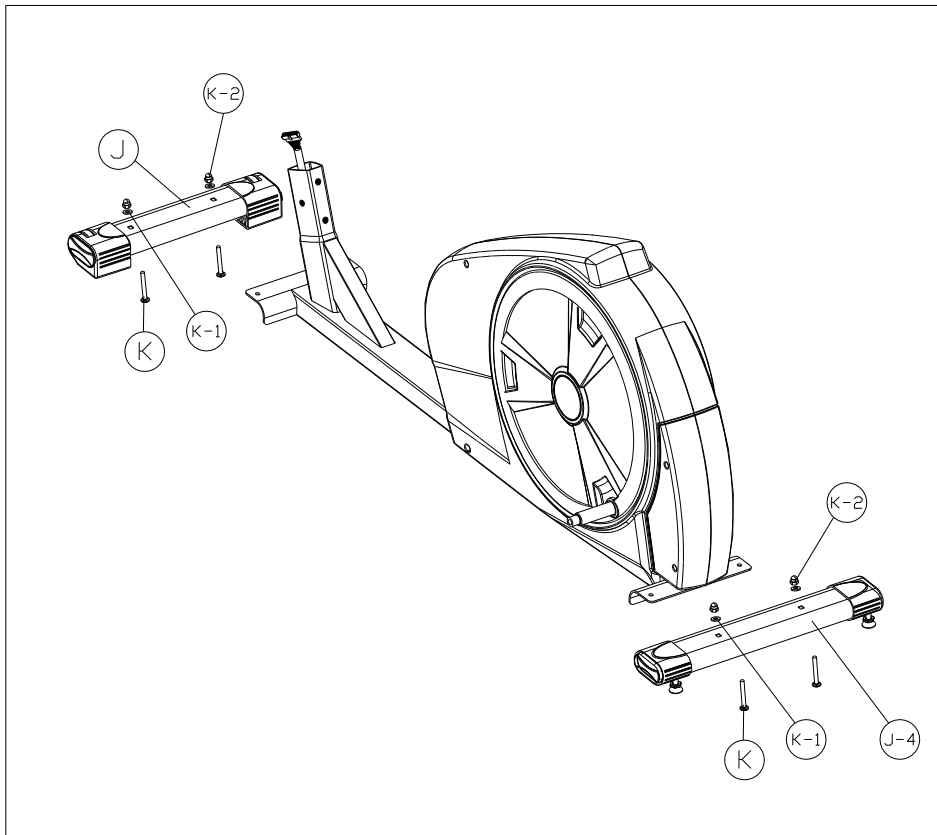
USER MANUAL

CROSSTRAINER XT10.5

93004



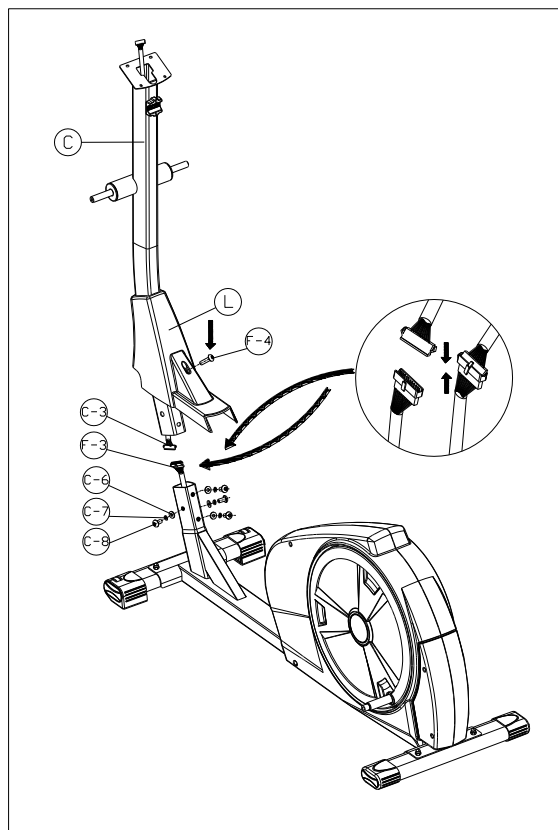
Assembly Stage #1



1. Loosen the pre-assembly screws on the front (J) and rear (J4) stabilizer.
2. Fasten front and rear stabilizers to the main frame using 2 carriage bolts (K2), nuts (K2) and washers (K1) for each one.

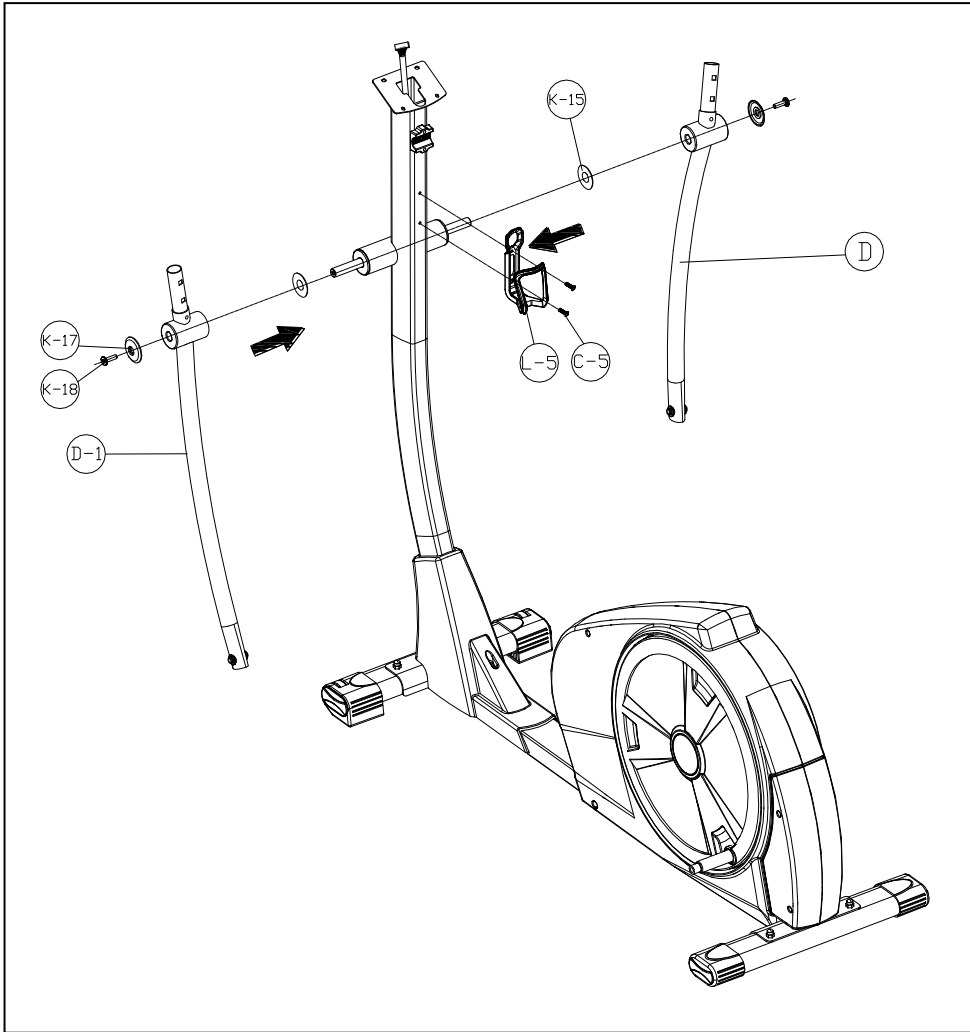
After assembly, the Trainer can be adjusted to slightly uneven ground by adjusting the height of the foot caps at the back. The pre-assembled transportation wheels in the front allow easy manoeuvring of the Elliptical and therefore during assembly, need to be pointing down at the front (45°).

Assembly Stage #2



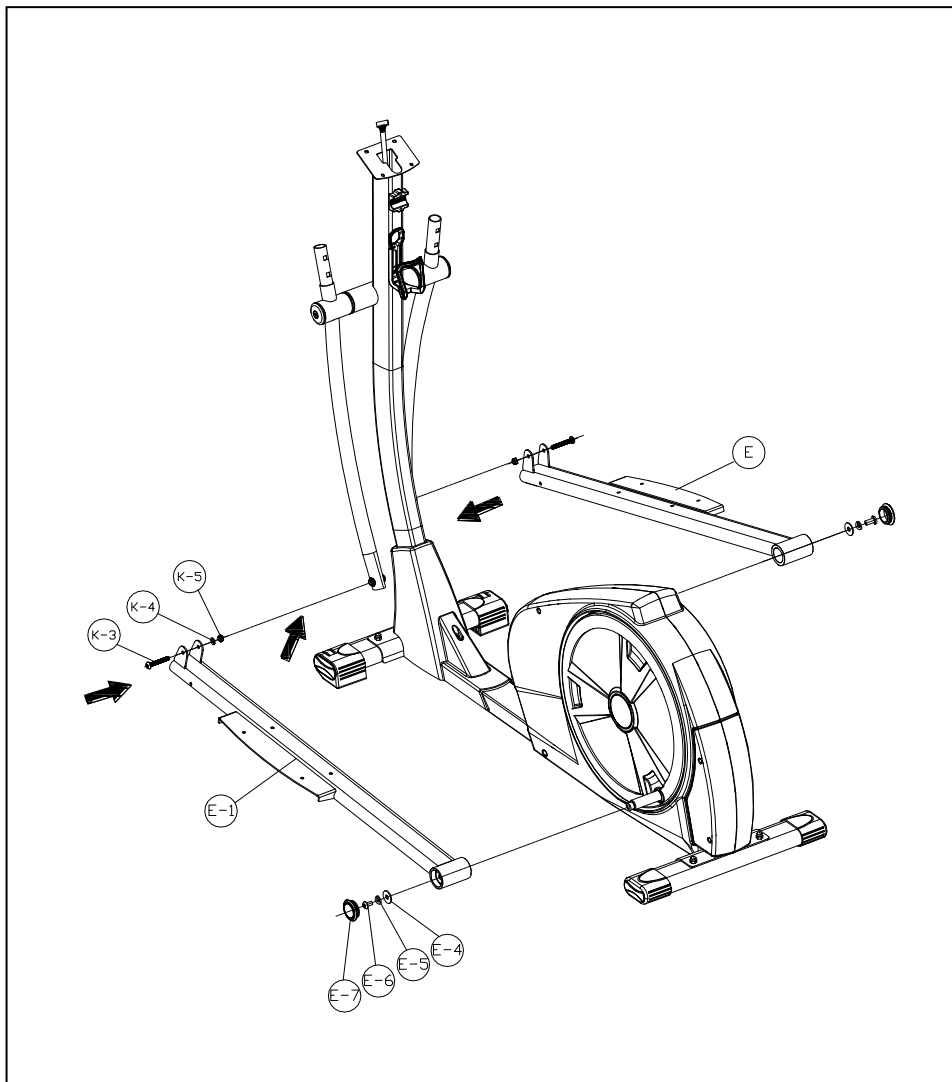
1. Pull the computer and tension cable out of the handlebar post and before assembling Step 2. Please ensure the tension knob is at lightest position (minimum position).
2. Connect the tension cable (C3) by pushing the head into the notch of the cable (C3) coming from the main frame (see drawing). Connect the computer cables(C3 and F3).
3. First, loosen the pre-assembled screws. Then, put the upper cover(L) and handlebar post(C) into the main frame and fix it with 4 hexagon screws (F4).

Assembly Stage #3



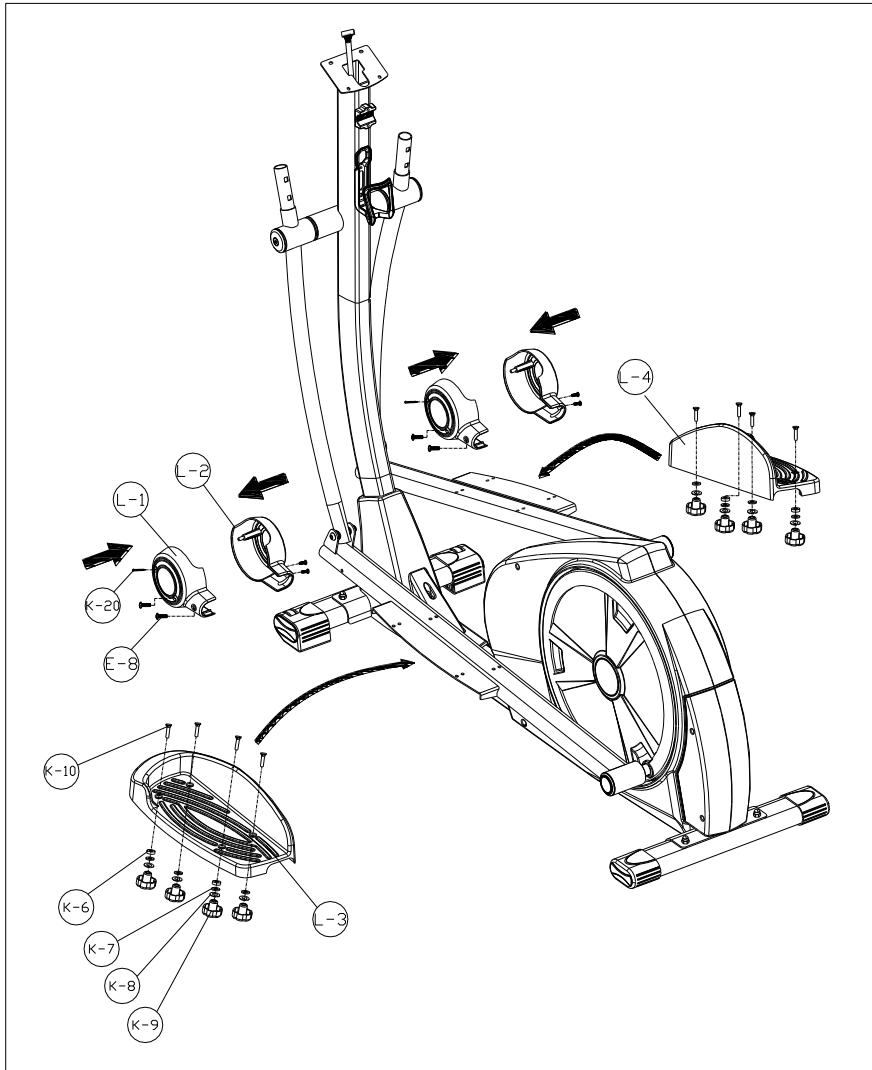
1. Disassemble one side of the pre-assembled screw on axle, insert the axle into the whole movable handlebars and handlebar post . Then tighten the end using one wave washer (K17), flat washer (K15) and screw (K18) in each side.
- 2 Assemble the bottle crag (L5) with screws (C5).

Assembly Stage #4



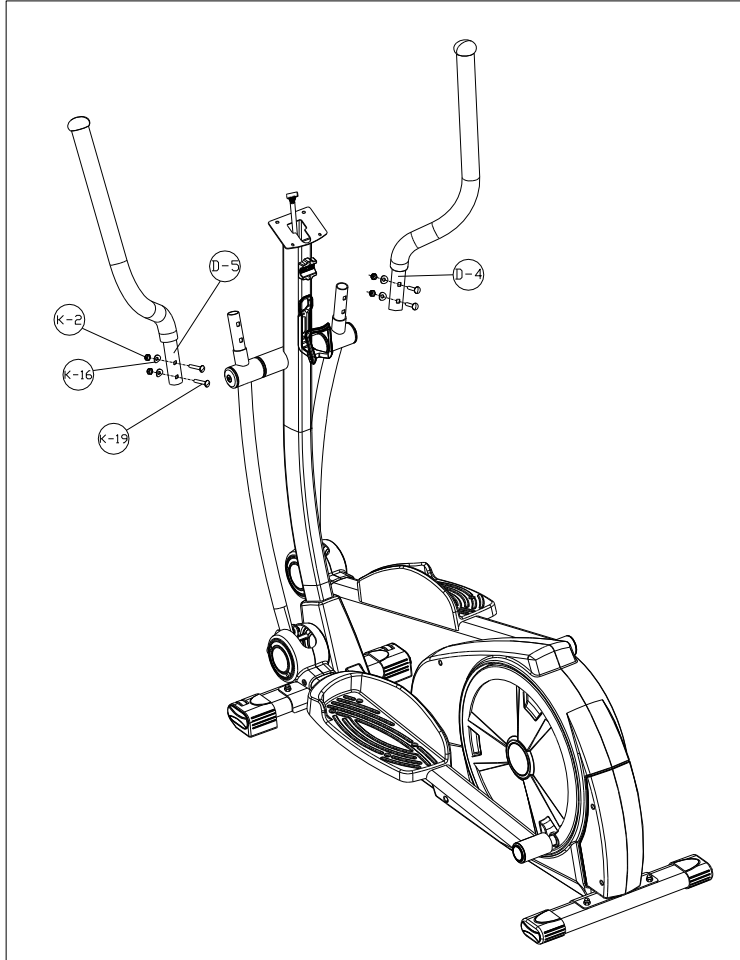
1. Connect moveable handlebar and pedal arm. Use screw (K3), flat washers (K4), bushing and nylon nut (K5) to lock moveable handlebar and pedal arm in each side (E&E1).

Assembly Stage #5



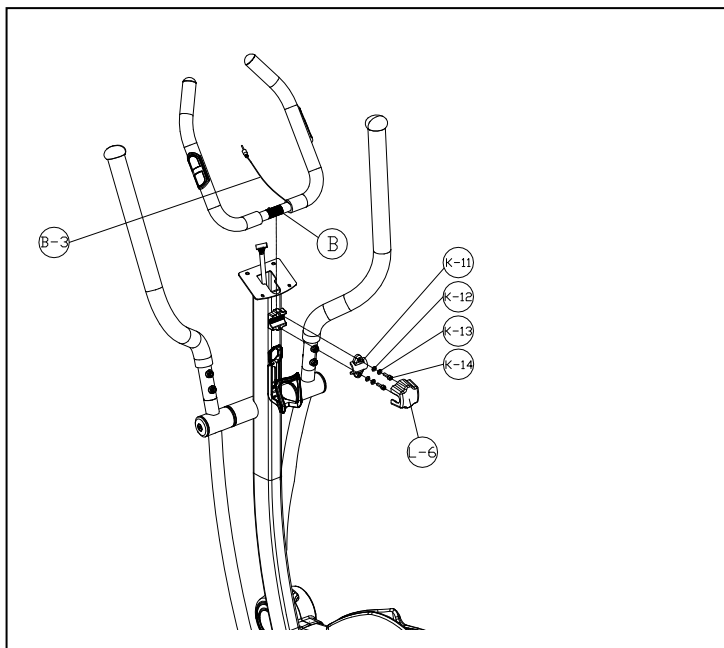
1. Assemble pedal arm cover, using cross screws (E8 & K20) to lock cover for pedal arm (L1) (L2).
2. Put left pedal(L3) onto the pedal arm and tighten it, using 2 dimple screws (K9), flat washers (K6),
spring washers (K8) and bolts(K10) in each side
Please note that the left and right pedals need to be placed in identical positions.

Assembly Stage #6



1. Put the right and left upper movable handlebar (D4)(D5).
Handlebars into the upright tubes and tighten it with bolt (K19) , washer (K2) and nut (K16).

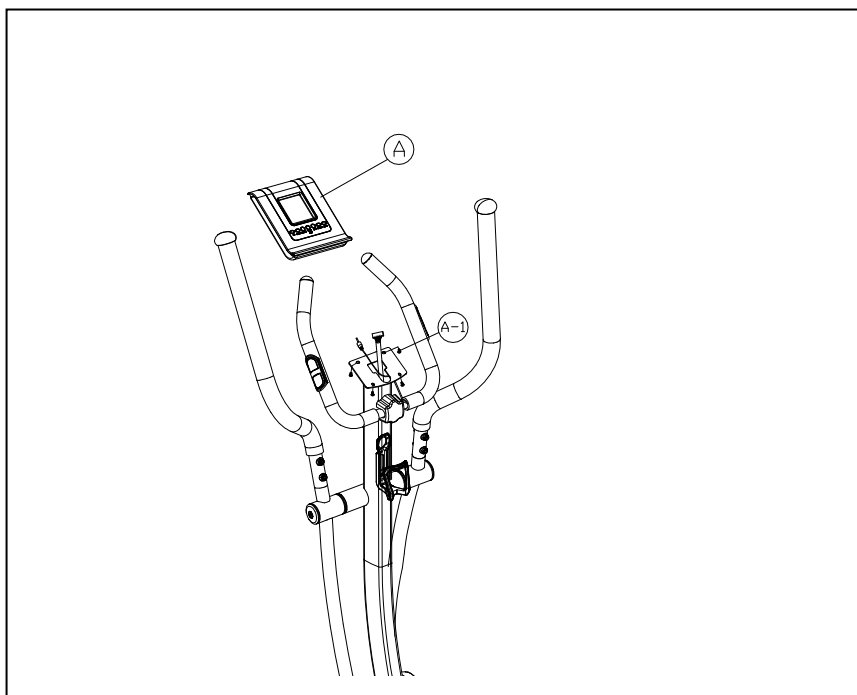
Assembly Stage #7



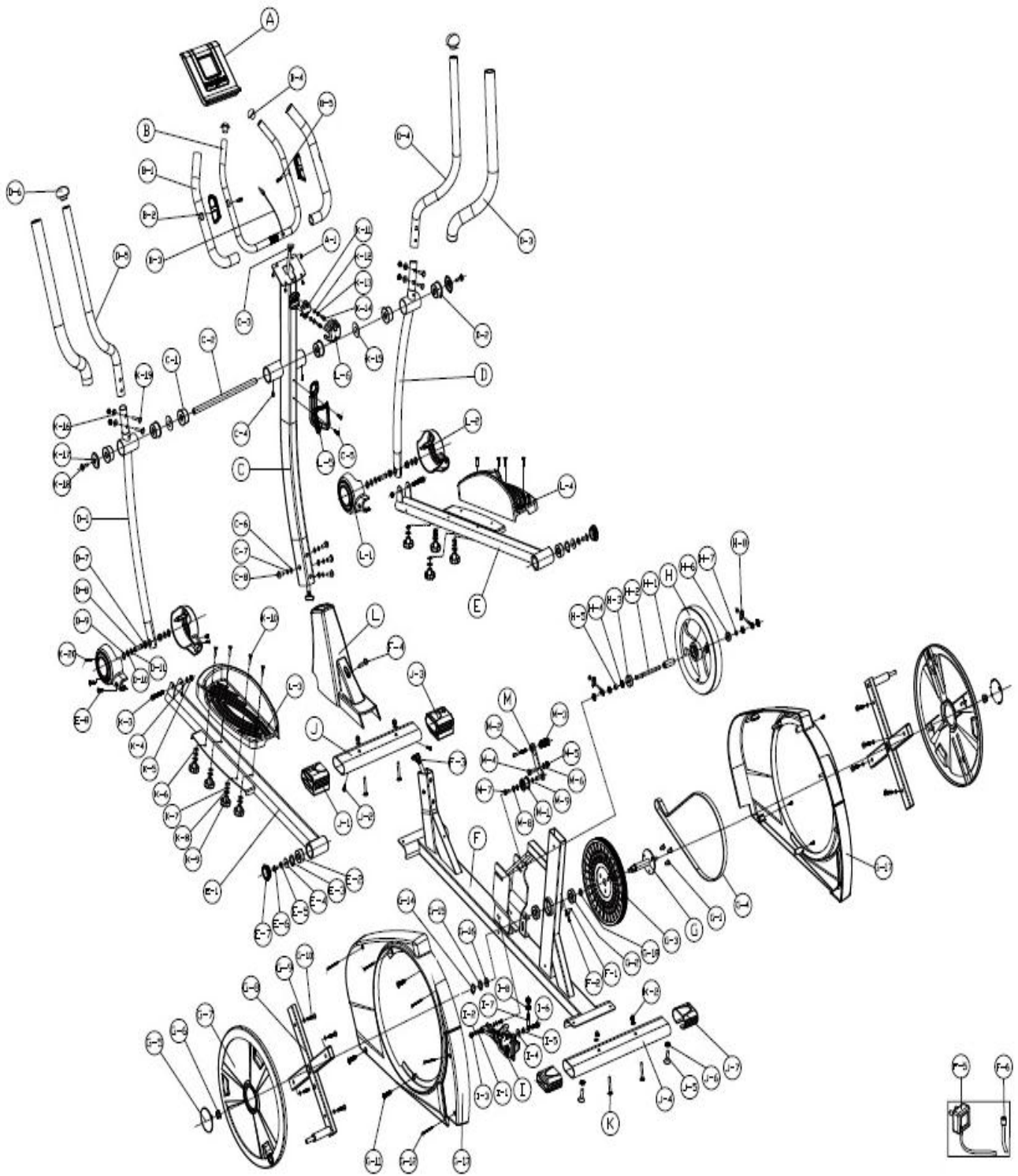
1. Mount the fixing handlebar (B) onto the handlebar post and tighten the cover for handlebar post with screws (K14) and washers (K12).

Assembly Stage #8

1. Mount the fixing the computer(A) on the plate with 4 screws(A-1).



Exploded drawing.



Parts List

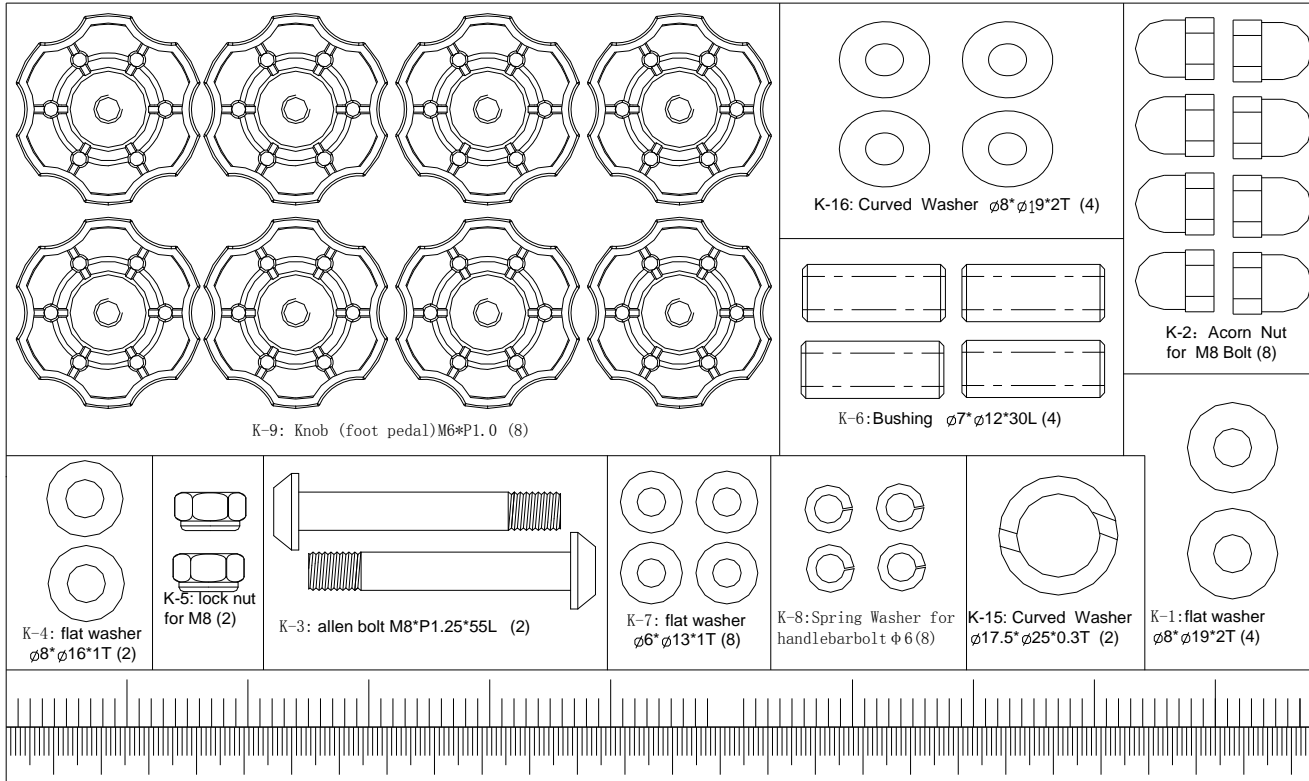
Part no.	Description	Q'ty
A	Computer	1PCS
A-1	Screw M5*10 for Computer	4PCS
B	Front handlebar	1PCS
B-1	Foam grip for front handlebar	2PCS
B-2	Hand pulse set	1SET
B-3	Hand pulse wire	1PCS
B-4	End cap for front handlebar	2PCS
B-5	Screw M3x20L	2PCS
C	Hand post	1PCS
C-2	Alex for handlebar	1PCS
C-3	Computer cable (Upper)	1PCS
C-4	Screw M5x30L	2PCS
C-5	Screw M5xP0.8x20L	2PCS
C-6	Flat washer $\varphi 8*\varphi 19*2T$	4PCS
C-7	Spring washer $\varphi 8$	4PCS
C-8	Screw M8*P1.25*16L(6m/m)	4PCS
D	Lower moveable handlebar (right) set	1SET
D-1	Lower moveable handlebar (left) set	1SET
D-3	Foam grip for moveable handlebar (Upper)	2SET
D-4	Upper handlebar (right)	1PCS
D-5	Upper handlebar (left)	1PCS
D-6	End cap for upper moveable handlebar	2PCS
E	Pedal arm (right) set	1SET
E-1	Pedal arm (left) set	1SET
E-4	Flat Washer $\varphi 8.5x\varphi 25x3T$	2PCS
E-5	Spring washer $\varphi 8*\varphi 14*2T$	2PCS
E-6	Screw M8*P1.25*16L(6m/m)	2PCS
E-7	Cap for pedal arm	2PCS
E-8	Screw M5xP0.8x14L	8PCS
F	Main Frame	1PCS
F-1	Sensor box	1PCS
F-2	Screw M4x10L	1PCS
F-4	Screw M5xP0.8x14L	1PCS

F-5	Adaptor	1PCS
F-6	DC wire	1PCS
G	Shaft set	1PCS
G-1	Screw M8xP1.25x12Lx5t	3PCS
G-2	Bearing 6004RS	2PCS
G-3	Big pulley wheel	1PCS
G-4	Belts	1PCS
G-5	Cap for disc	1PCS
G-6	Pattern nut M10xP1.25x10T	2PCS
G-7	Disk	2PCS
G-8	Cross frame	2PCS
G-9	Flat washer φ 5x φ 16x1t	8PCS
G-10	Screw M4x14L	8PCS
G-11	Screw M5x16L	6SET
G-12	Screw M4x50L	5PCS
G-13	Left chain cover	1PCS
G-14	C type ring	1PCS
G-15	Flat washer φ 20.3x φ 30x1t	1PCS
G-16	Wave washer φ 20x φ 30x0.3t	1PCS
G-17	Right chain cover	1PCS
G-18	Sleeve φ 20x φ 26x5.3mmL	1PCS
H~H-8	Fly wheel set	1SET
I~I-8	Magnetic system with gear box set	1SET
J	Front stabilizer	1PCS
J-1	Adjustment end cap	1PCS
J-2	Screw 3/16" (#10)x3/4"	2PCS
J-3	Adjustment end cap	1PCS
J-4	Rear stabilizer	1PCS
J-5	Adjustment end cap (small)	2PCS
J-6	Nut 3/8"-16x3t	2PCS
J-7	Adjustment end cap	1PCS
K	Screw M8xP1.25x55L	4PCS
K-1	Flat washer φ 8* φ 19*2T	4PCS
K-2	Nut M8	8PCS
K-3	Screw M8xP1.25x55L	2PCS
K-4	Flat washer φ 8x φ 16x1t	2PCS
K-5	Nylon nut M8	2PCS

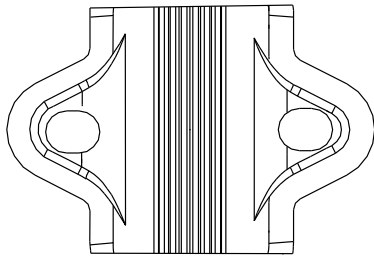
K-6	Bushing ϕ 7x ϕ 12x30mmL	4PCS
K-7	Flat washer ϕ 6x ϕ 13x1t	8PCS
K-8	Spring washer ϕ 6	8PCS
K-9	Knob for pedal	8PCS
K-10	Screw M6xP1.0x50L	8PCS
K-11	Metal cover for hand post	1PCS
K-12	Flat washer ϕ 7x ϕ 12x1t	2PCS
K-13	Spring washer ϕ 7x2t	2PCS
K-14	Screw M7xP1.0x30L	2PCS
K-15	Wave washer ϕ 17.5x ϕ 25x0.3t	2PCS
K-16	Curved Washers ϕ 8x ϕ 19x2t	4PCS
K-17	Washer	2PCS
K-18	Screw M8xP1.0x30L	2PCS
K-19	Screw M8xP1.25x40L	4PCS
K-20	Screw M3x25L	2PCS
L	Cover for hand post	1PCS
L-1	Cover (L) for pedal arm	2PCS
L-2	Cover (R) for pedal arm	2PCS
L-3	Pedal(LEFT)	1PCS
L-4	Pedal(RIGHT)	1PCS
L-5	Water bottle	1PCS
L-6	Cover for handlebar	1PCS
M~M9	Idler set	1PCS

KIT

XT10.5



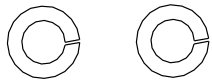
XT10.5



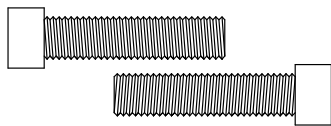
K-11: Metal cover (1)



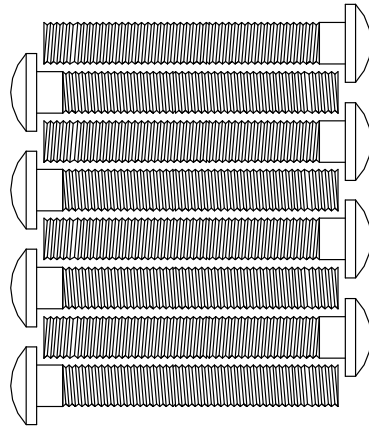
K-12: flat washer $\phi 7^* \phi 12^* 1T$ (2)



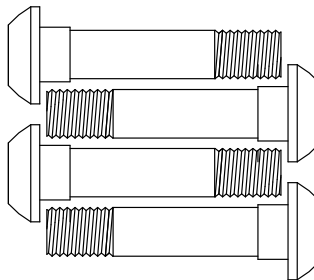
K-13: Spring Washer for handlebarbolt $\phi 7^* 2T$ (2)



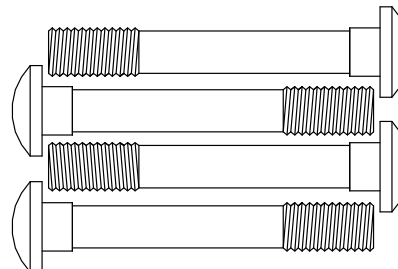
K-14: Allen Bolt M7*P1.0*30L(2)



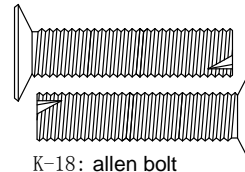
K-10: Carriage Bolt M6*P1.0*50L (8)



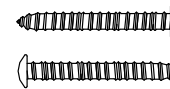
K-19: Carriage Bolt M8*P1.25*40L (4)



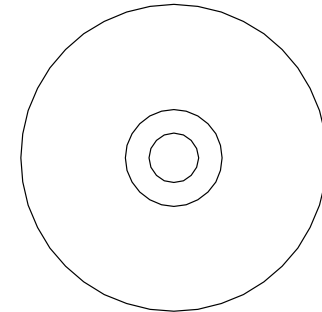
K: Carriage Bolt M8*P1.25*55L (4)



K-18: allen bolt M8*P1.0*30L (2)

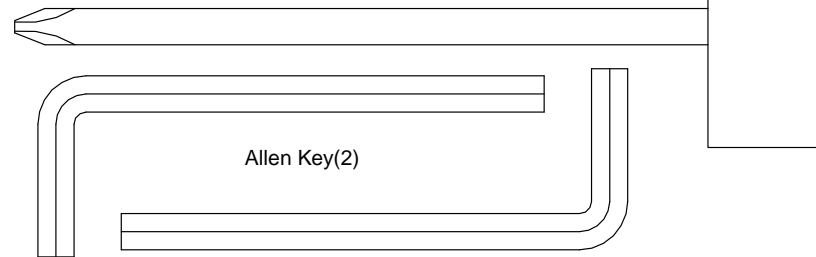


K-20: Screws M3*25L Black (2)

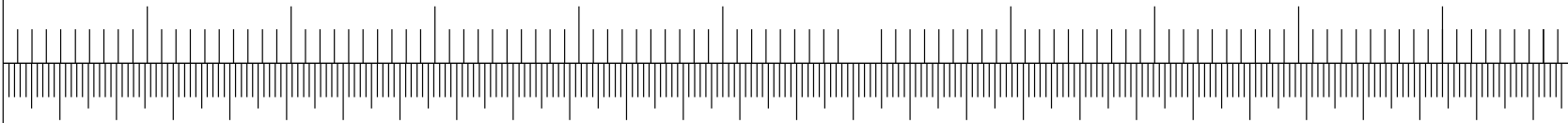


K-17: flat washer $\phi 8.2^* \phi 50.8^* 6.6T$ (2)

Box Spanner (1)



Allen Key(2)



INSTRUCTION MANUAL OF SM2704-67

BUTTON FUNCTION:

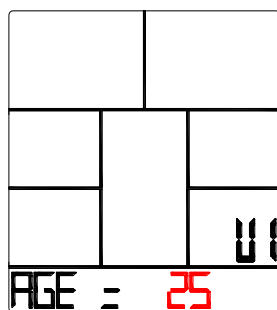
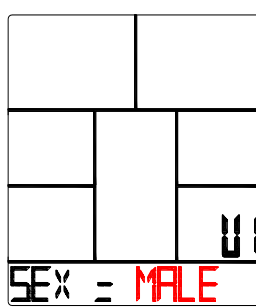
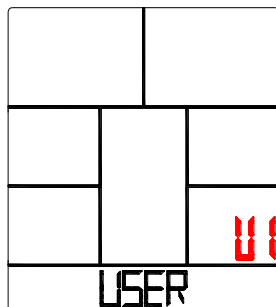
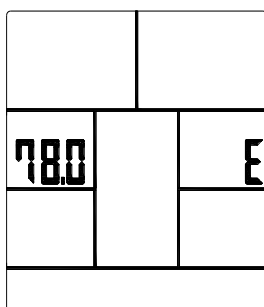
MODE/ENTER	In stop mode, the mode is to confirm all exercise data setting, and enter into program.
RESET	In stop mode, press the button back to main menu.
START/STOP	To start or stop exercise.
RECOVERY	To test hear rate recovery status.
UP	To select training mode and adjust function value up.
DOWN	To select training mode and adjust function value down.
BODY FAT	For body fat measurement

DISPLAY EXERCISE DATA:

TIME	Display range 0:00~99:99 ; Setting range 0:00~99:00
DISTANCE	Display range 0.00~99.99 ; Setting range 0.00~99.90km
CALORIES	Display range 0~9999 ; Setting range 0.00~9990
PULSE	Display range P-30~240 ; Setting range 0-30~240
WATT	Display range 0~999 ; Setting range 10~350
SPEED	0~99.9km
RPM	0~999

OPERATION PROCEDURE

1. Connect power supply and computer will power on with a long beep sound, LCD display all segments for 2 seconds and enter into personal data setting mode (gender, age, height and weight) for U1~U4.
(drawing A~F)
2. After user data set up, computer will display main menu (drawing G).

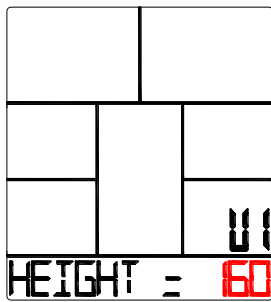


C

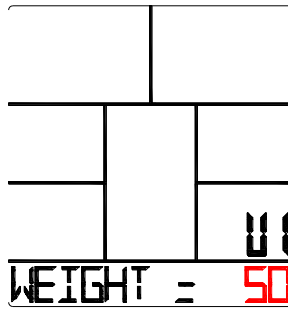
D

A

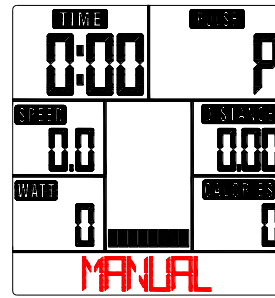
B



E

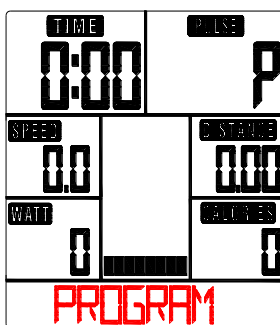


F

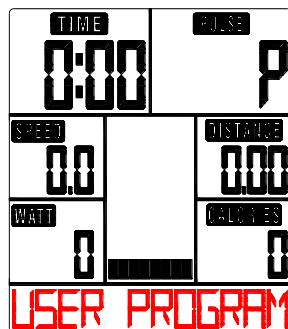


G

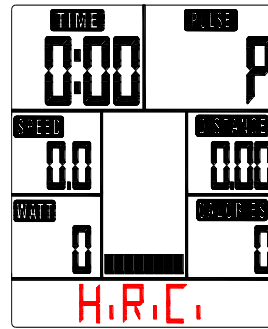
3. In main menu, first exercise program MANUAL will flash, user may press UP and DOWN button to select MANUAL →PROGRAM (12 profiles) →USER PROGRAM→HRC→WATT. (Drawing H~K)



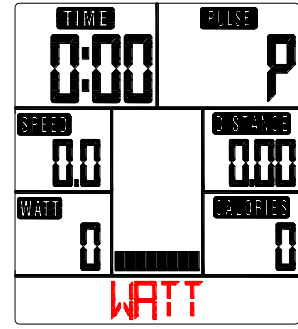
H



I



J



K

4. Quick Start and Manual :
 Before exercise in Manual mode, user may set up TIME, DISTANCE, CALORIES and PULSE target.
 After power on, user may press START/STOP button to start exercise in MANUAL immediately without any setting.
 Level can be adjusted during exercise by press UP or DOWN.
5. PROGRAM :
 Before exercise in Program mode, user may set up TIME target.
 Press UP and DOWN to select Program with 12 profiles and press ENTER/MODE to confirm.
 Level can be adjusted during exercise by press UP or DOWN.
6. H.R.C. :
 Before exercise, computer will ask for user AGE first to calculate TARGET pulse. User may still press UP and DOWN to change target pulse from 30 to 240.
7. USER PROGRAM :
 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.
8. WATT :
 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.
9. 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.)

10. BODY FAT:

10-1 In STOP mode, press the BODY FAT button to start body fat measurement.

10-2 Then selected user (U1~U9) will blinking for 2 seconds. Then start measuring.

10-3 During measuring, user have to hold both hands on the handgrip. And the LCD will display "--" "--" for 8 seconds until computer finish measuring.

10-4 LCD will display BODY FAT advice symbol, BODY FAT percentage, BMI for 30 seconds.

NOTE:

1. This computer require 9V, 0.5mA adaptor.
2. 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.
3. When computer act abnormal, please plug out the adaptor and plug in again.

Exercise Computer

ST2780

BUTTON FUNCTION:

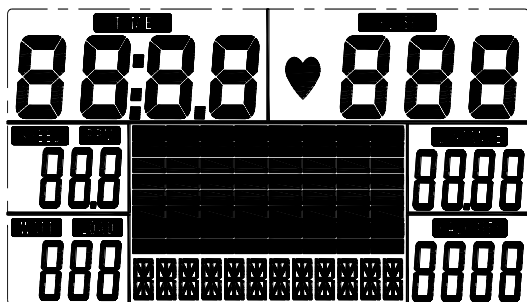
MODE/ENTER	In stop mode, the mode is to confirm all exercise data setting, and enter
RESET	In stop mode, press the button back to main menu.
START/STOP	To start or stop exercise.
RECOVERY	To test hear rate recovery status.
UP	To select training mode and adjust function value up.
DOWN	To select training mode and adjust function value down.
BODY FAT	For body fat measurement

DISPLAY EXERCISE DATA:

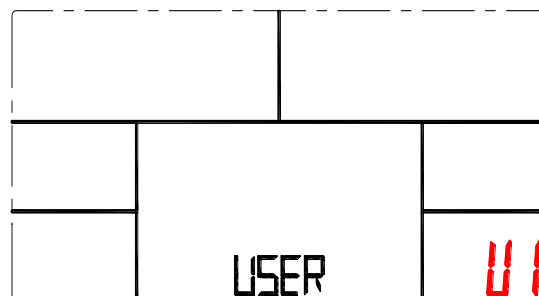
TIME	Display range 0:00~99:99 ; Setting range 0:00~99:00
DISTANCE	Display range 0.00~99.99 ; Setting range 0.00~99.90km
CALORIES	Display range 0~9999 ; Setting range 0.00~9990
PULSE	Display range P-30~240 ; Setting range 0-30~240
WATT	Display range 0~999 ; Setting range 10~350
SPEED	0~99.9km
RPM	0~999

OPERATION PROCEDURE

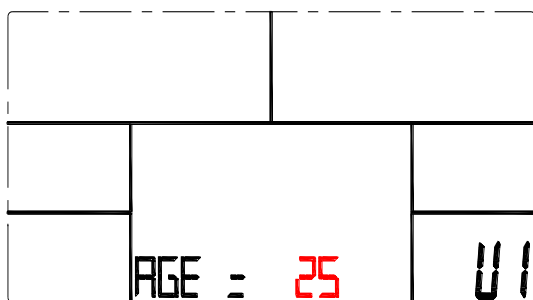
9. Connect power supply and computer will power on with a long beep sound, LCD display all segments (drawing A) for 2 seconds and enter into personal data setting mode (gender, age, height and weight) for U1~U4. (drawing B~C)
10. After user data set up, computer will display main menu (drawing D).



A



B



C



D

11. In main menu, first exercise program MANUAL will flash, user may press UP and DOWN button to select MANUAL →PROGRAM (12 profiles) (drawing E)→PROGRAM→USER

PROGRAM→HRC→WATT.

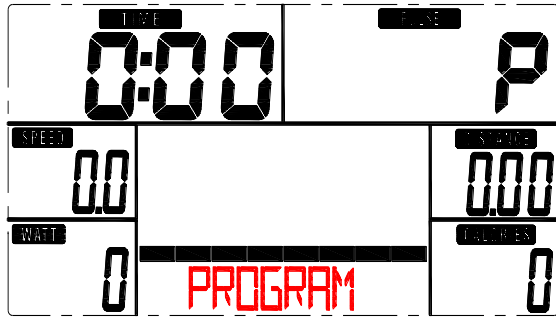


圖 5



圖 6

12. Quick Start and Manual :

Before exercise in Manual mode, user may set up TIME, DISTANCE, CALORIES and PULSE target.

After power on, user may press START/STOP button to start exercise in MANUAL immediately without any setting.

Level can be adjusted during exercise by press UP or DOWN.

13. PROGRAM :

Before exercise in Program mode, user may set up TIME target.

Press UP and DOWN to select Program with 12 profiles and press ENTER/MODE to confirm.

Level can be adjusted during exercise by press UP or DOWN.

14. H.R.C. :

Before exercise, computer will ask for user AGE first to calculate TARGET pulse. User may still press UP and DOWN to change target pulse from 30 to 240.

15. USER PROGRAM :

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.

16. WATT :

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.

17. BODY FAT:

9-1 In STOP mode, press the BODY FAT button to start body fat measurement.

9-2 Then selected user (U1~U4) will blinking for 2 seconds. Then start measuring.

9-3 During measuring, user have to hold both hands on the handgrip. And the LCD will display "--" "--" for 8 seconds until computer finish measuring.

9-4 LCD will display BODY FAT advice symbol, BODY FAT percentage, BMR, BMI for 30 seconds.

10. 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.)

NOTE:

4. This computer require 9V, 0.5mA adaptor.
5. 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.
6. When computer act abnormal, please plug out the adaptor and plug in again.

Website: www.cross-ir.com/