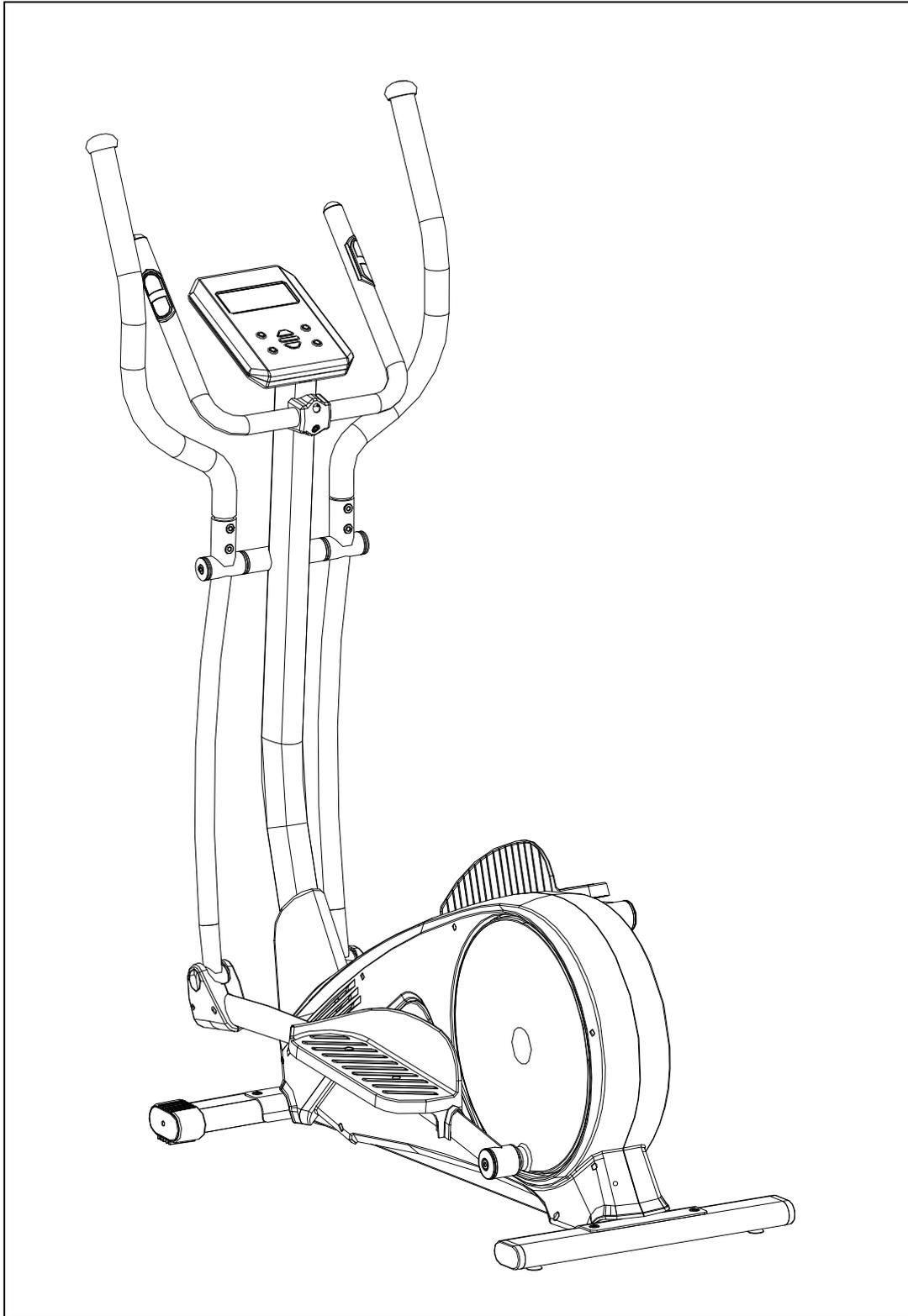


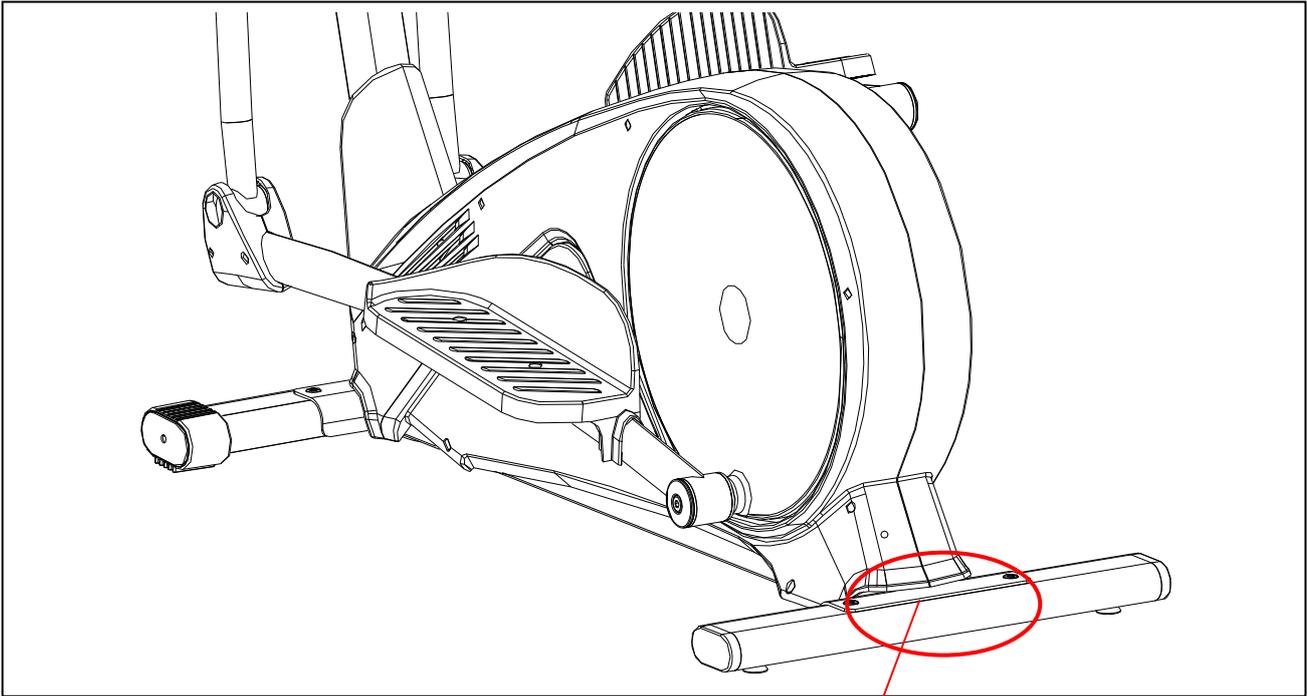
Casall X250

93014

CROSSTRAINER

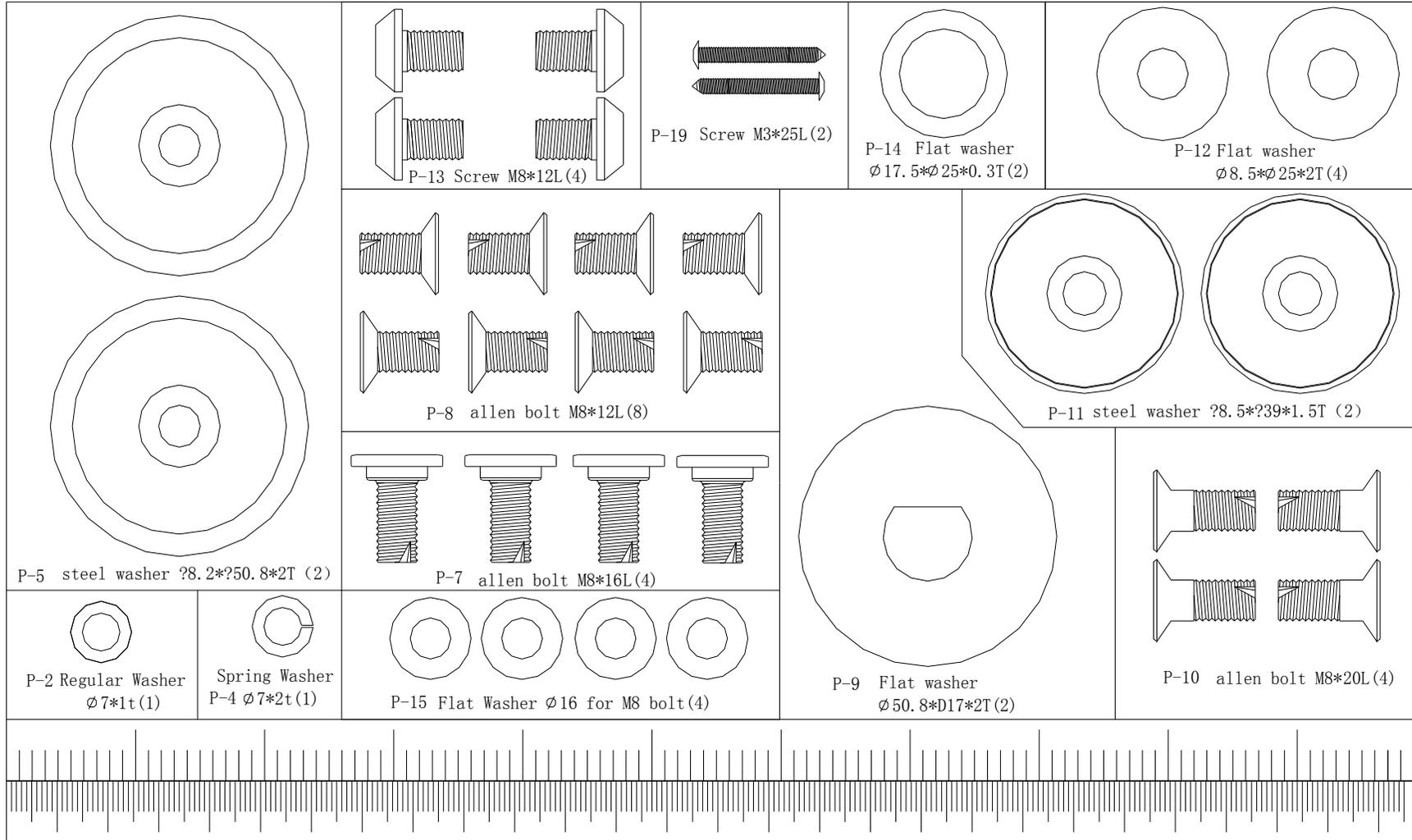


Important: Please locate your serial number and record in the box below for service support purposes.

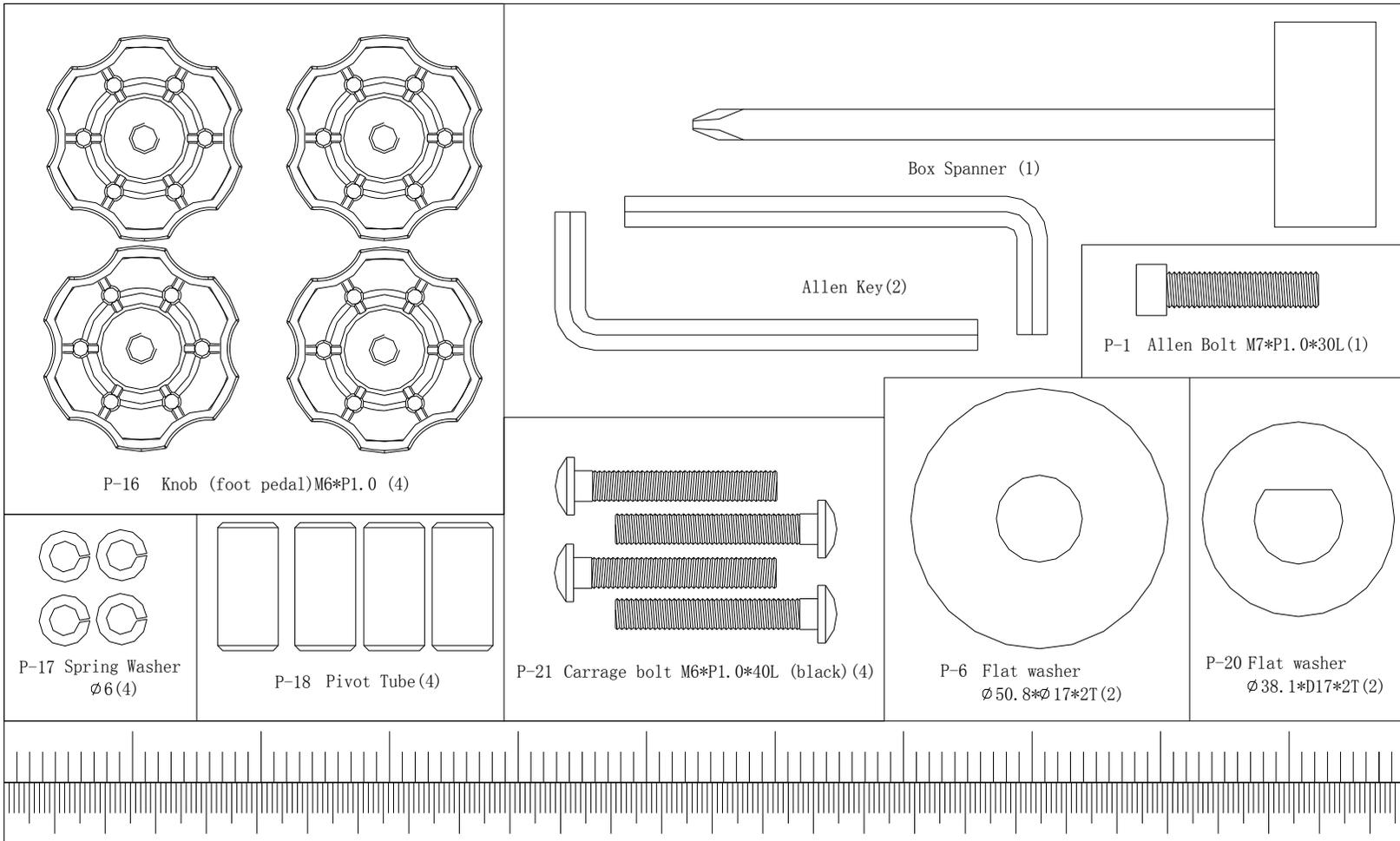


Serial number here:

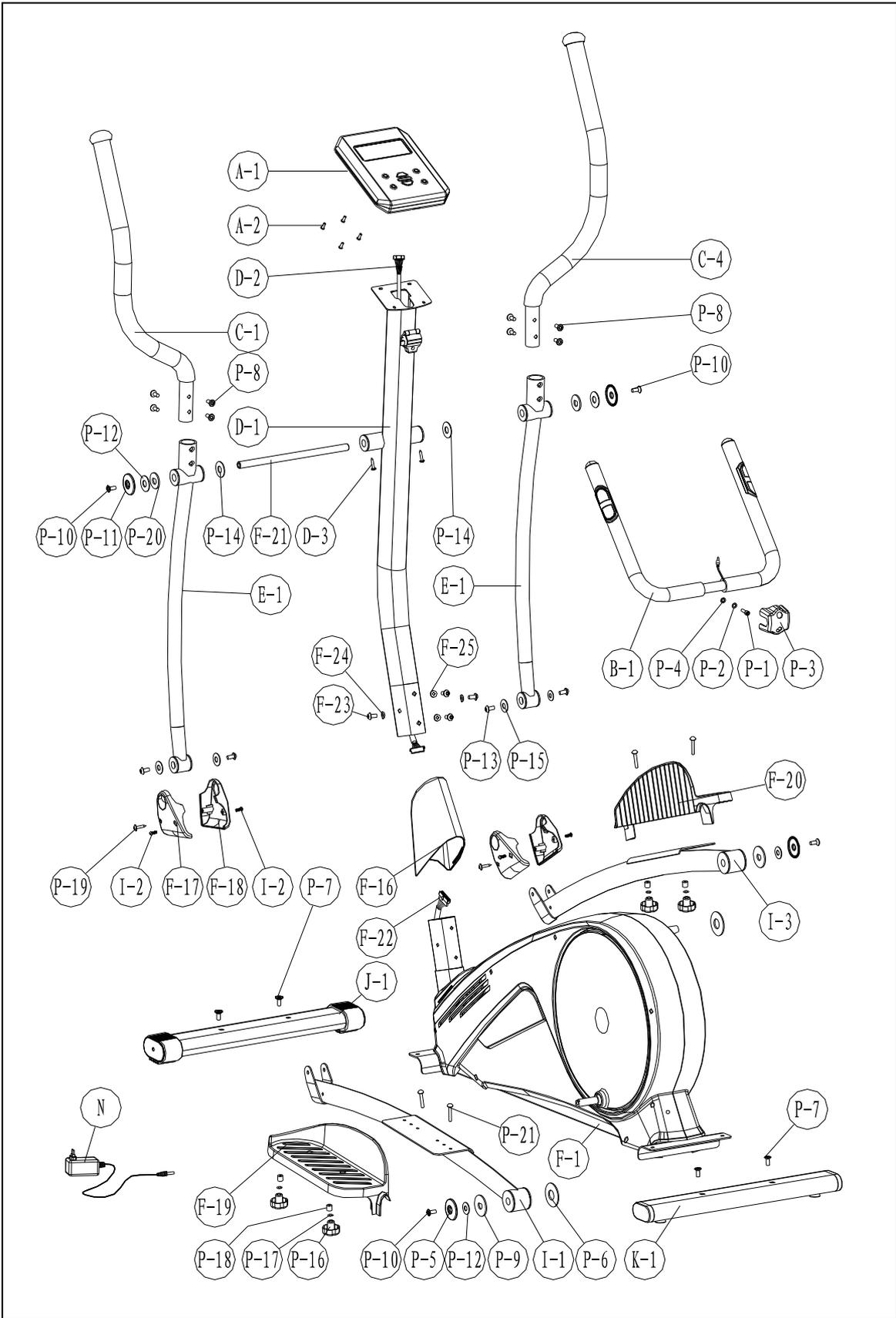
X250



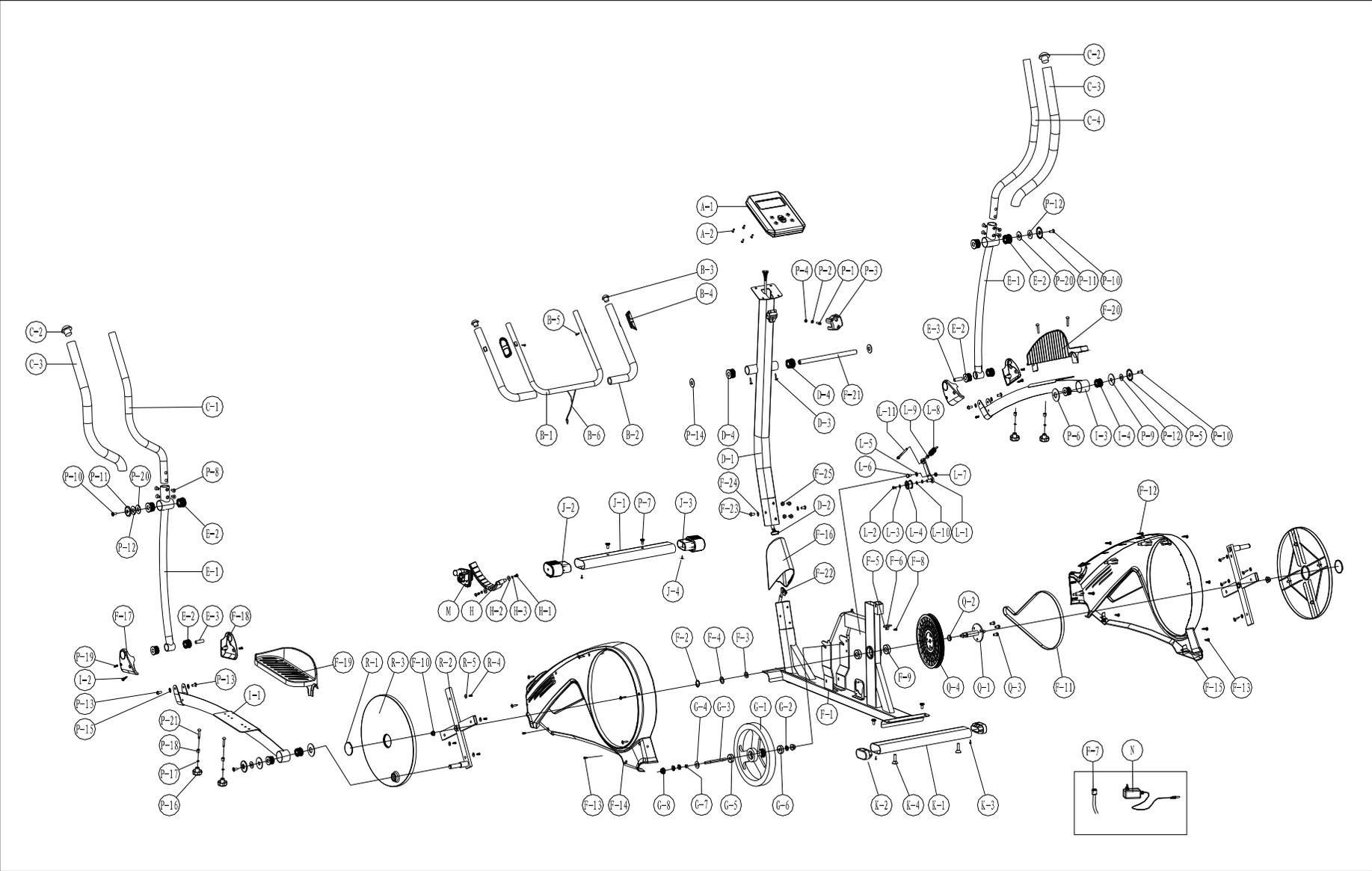
X250



Assembly Diagram



EXPLODED DIAGRAM



PARTS LIST

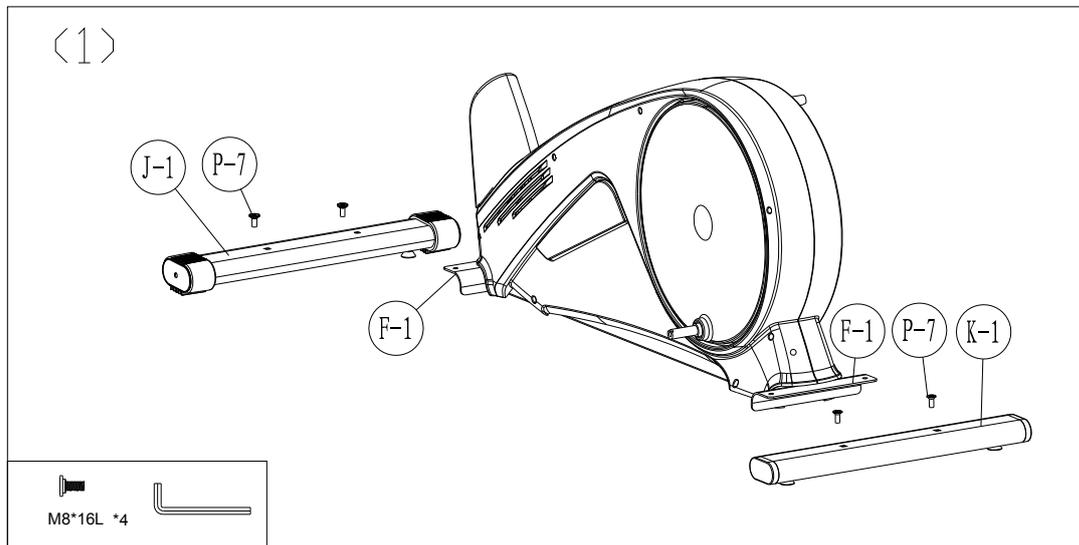
Part no.	Description	QTY	
A-1,A-2	Computer w/ Screw	1	SET
B-1	Front handlebar	1	PCS
B-2	Foam grip for front handlebar	2	PCS
B-3	End cap for front handlebar	2	PCS
B-4	Hand pulse for front handlebar	2	PCS
B-5	Screw M4x20L	2	PCS
B-6	Hand pulse sensor wire	1	PCS
C-1	Left upper handlebar	1	PCS
C-2	End cap for upper handlebar	2	PCS
C-3	Foam grip for upper handlebar	2	PCS
C-4	Right upper handlebar	1	PCS
D-1	Handlebar post	1	PCS
D-2	Upper computer cable	1	PCS
D-3	Screw M6xP0.8x15L	2	PCS
D-4	Axle bushing	2	PCS
E-1	Lower handlebar	2	PCS
E-2	Bushing for lower handlebar	4	PCS
E-3	Sleeve for lower handlebar	2	PCS
F-1	Main frame	1	PCS
F-2	C-clip	1	PCS
F-3	Wave washer	1	PCS
F-4	Flat washer	1	PCS
F-5	Sensor box	1	PCS
F-6	Sensor holder	1	PCS
F-7	DC wire	1	PCS
F-8	Screw M4x10L	1	PCS
F-9	Bearing 6004RS	2	PCS
F-10	Pattern nut M10xP1.25x7.3T	2	PCS
F-11	Drive belt J6 1219m/m	1	PCS
F-12	Screw M4x50L	5	PCS
F-13	Screw M5x16L	6	PCS
F-14	Left chain cover	1	PCS
F-15	Right chain cover	1	PCS
F-16	Cover for handlebar post	1	PCS
F-17	Front cover (Left) for pedal post	2	PCS
F-18	Front cover (Right) for pedal post	2	PCS
F-19	Left pedal	1	PCS
F-20	Right pedal	1	PCS
F-21	Axle for handlebar post	1	PCS
F-23	Allen bolt M8xP1.25x20L for handlebar post	4	PCS

F-24	Flat washer ϕ 8x ϕ 19x2t for handlebar post	2	PCS
F-25	Curve washer ϕ 8x ϕ 19x2t for handlebar post	2	PCS
G~G-7	Flywheel set	1	SET
G-8	Pattern nut for flywheel	2	PCS
H~H-3	Magnetic set	1	SET
I-1	Left pedal arm	1	PCS
I-2	Screw M5x14L	4	PCS
I-3	Right pedal arm	1	PCS
I-4	Bushing for pedal arm	4	PCS
J-1	Front stabilizer	1	PCS
J-2	Left end cap w/transport wheel for front stabilizer	1	PCS
J-3	Right end cap w/transport wheel for front stabilizer	1	PCS
J-4	Screw 3/16"x3/4"	2	PCS
K-1	Rear stabilizer	1	PCS
K-2	End cap for rear stabilizer	2	PCS
K-3	Screw 3/16"x11/8"	4	PCS
K-4	Adjustment cap for rear stabilizer	2	PCS
L-1~L-11	Idler wheel set	1	SET
M, F-22	Gear box set	1	SET
N	Adaptor	1	PCS
P-1~P-23	Bolts & nuts pack	1	SET
Q-1	Shaft	1	PCS
Q-2	Bushing	1	PCS
Q-3	Hex screw M8xP1.25x12L	3	PCS
Q-4	Drive pulley	1	PCS
R-1	Cap for round disc	2	PCS
R-2	Cross disc	2	PCS
R-3	Round disc	2	PCS
R-4	Self-tapping screw M4x14L	8	PCS
R-5	Flat washer ϕ 5x ϕ 16x1t	8	PCS

ASSEMBLY STEPS

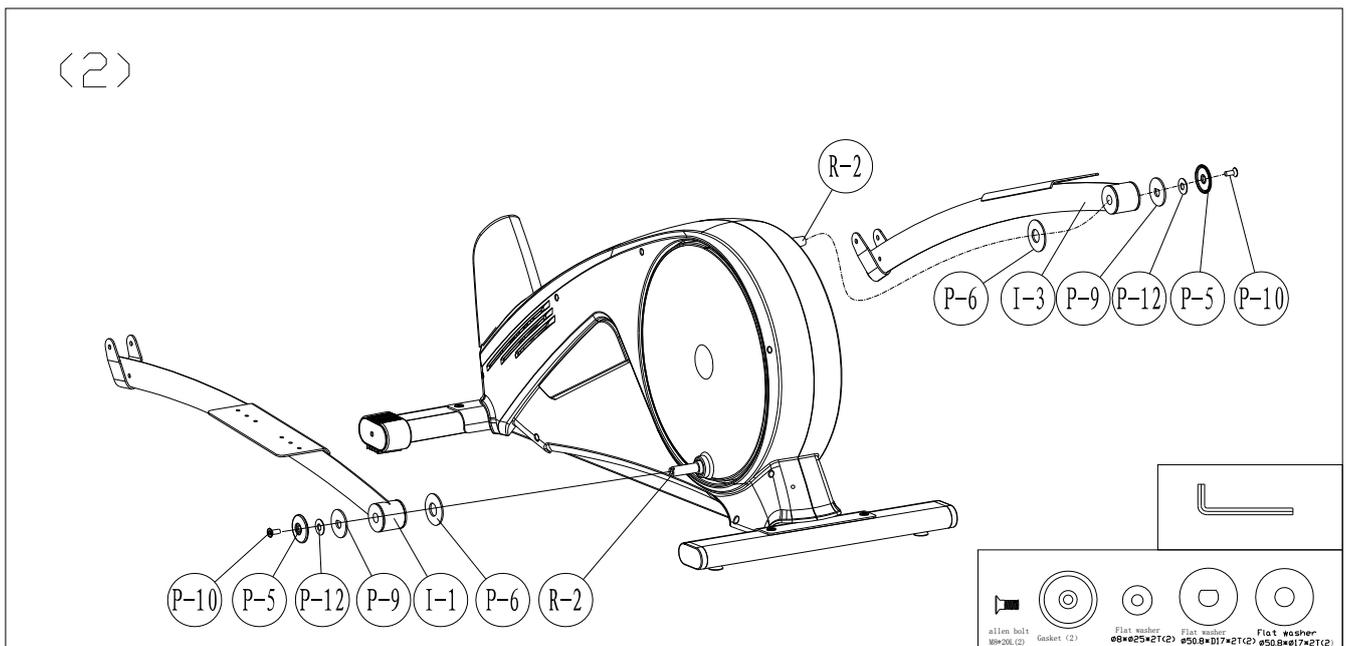
STEP 1

Attach the Front Stabilizer (J-1) to the Main Frame (F-1) using two Allen bolt (P-7) Attach the Rear Stabilizer (K-1) to the Main Frame (F-1) using two Allen bolt (P-7).



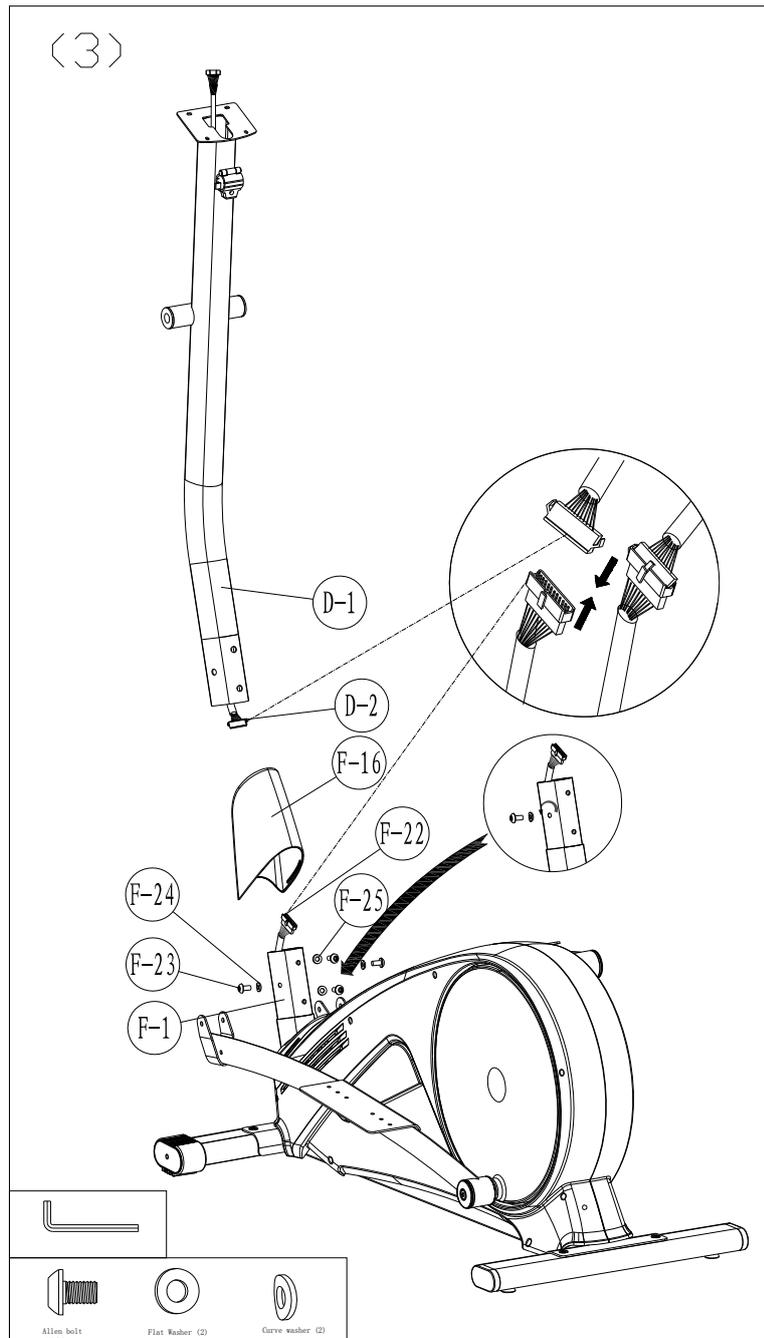
STEP 2

1. Attach the one Flat washer (P-6) pass it through the Cross disc (R-2L/R).
2. Attach the Pedal post (I-1) onto the Cross disc (R-2L) using the $\phi 50.8$ Flat washer (P-9) and $\phi 25$ Flat washer (P-12) and gasket (P-5) and allen bolt (P-10).
3. Attach the Pedal post (I-3) onto the Cross disc (R-2R) using the $\phi 50.8$ Flat washer (P-9) and $\phi 25$ Flat washer (P-12) and gasket (P-5) and allen bolt (P-1).



STEP 3

1. Please remove of the four M8x20 Allen bolt (F-23) and 2 Flat washer (F-24) and 2 Curve washer (F-25) from the Main Frame (F-1)
2. Take the Handlebar post (D-1) and pass it through the Handlebar post cover (F-16).
3. Hold the Handlebar Post (D-1) and connect the Lower Computer Cable (F-22) and the Upper Computer Cable (D-2)
4. Slide the Handlebar Post (D-1) into the Main Frame then fix with of four M8x 20 Allen bolt (F-23) and 2 Flat washer (F-24) and Curve washer (F-25).

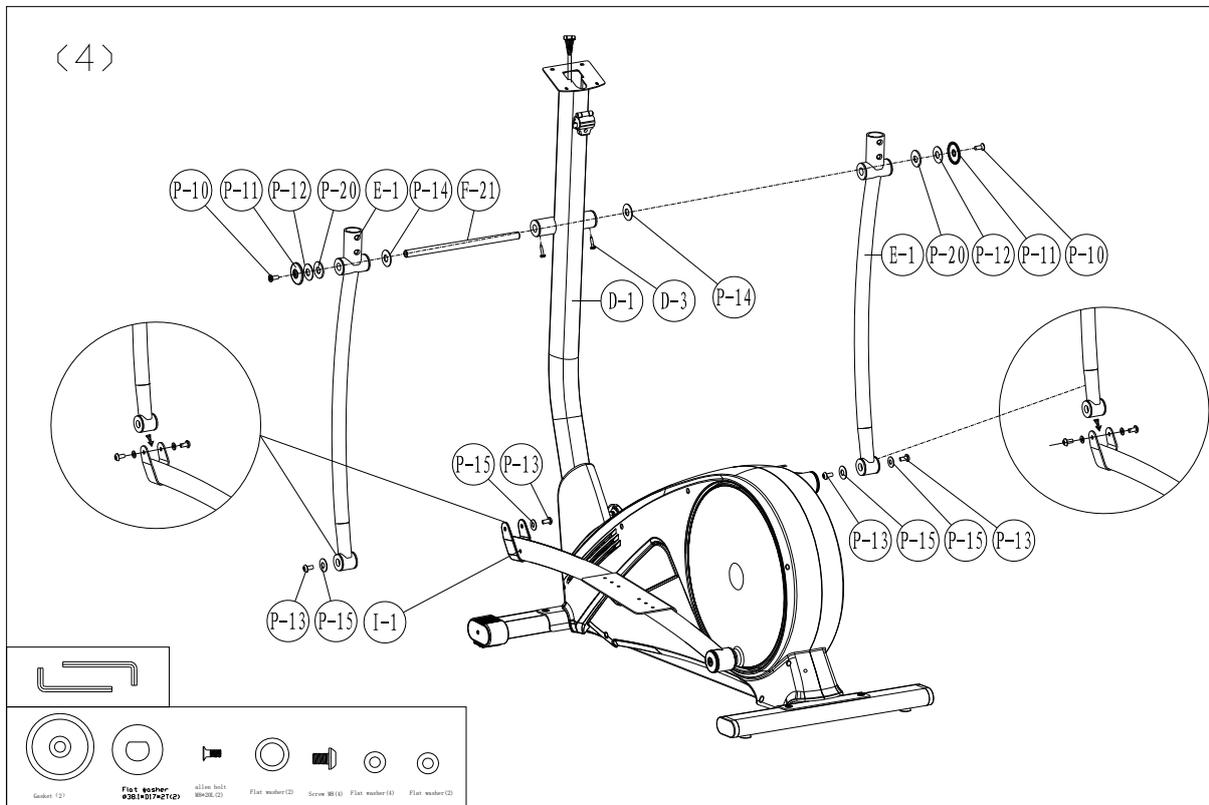


STEP 4

1. Remove the pre-installed Screws (D-3) on the handlebar post (D-1) first.
2. Take the axle (F-21) and pass it through the handlebar post (D-1) using two of Screws (D-3).
3. Pass the Axle through the Wave washer (P-14) and the Lower handlebar (E-1R/L) ,and then fix with the $\varphi 38.1$ Flat washers (P-20) and $\varphi 25$ Flat washers (P-12) and gasket (P-11) and allen bolt (P-10) in each side.

Pay attention : Please use two allen key tools to allen bolt (P-10) on both side at the same time.

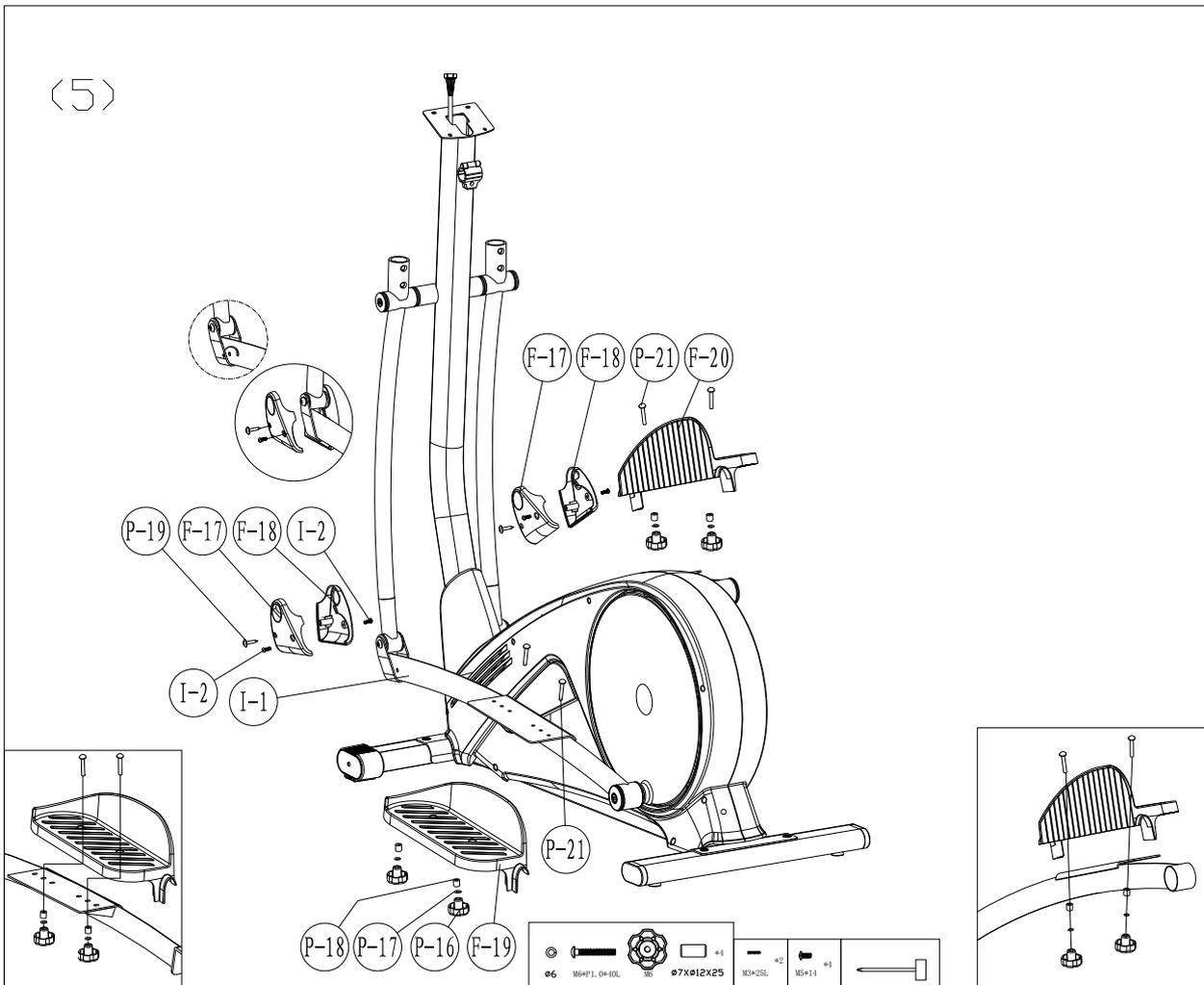
4. Tight the Allen bolts (P-13) with Flat washer (P-15) to connect the Left pedal arm (I-1) and Left lower handlebar (E-1L) in each side.
5. Tight the Allen bolts (P-13) with Flat washer (P-15) to connect the Right pedal arm (I-3) and Right lower handlebar (E-1R) in each side.



STEP 5

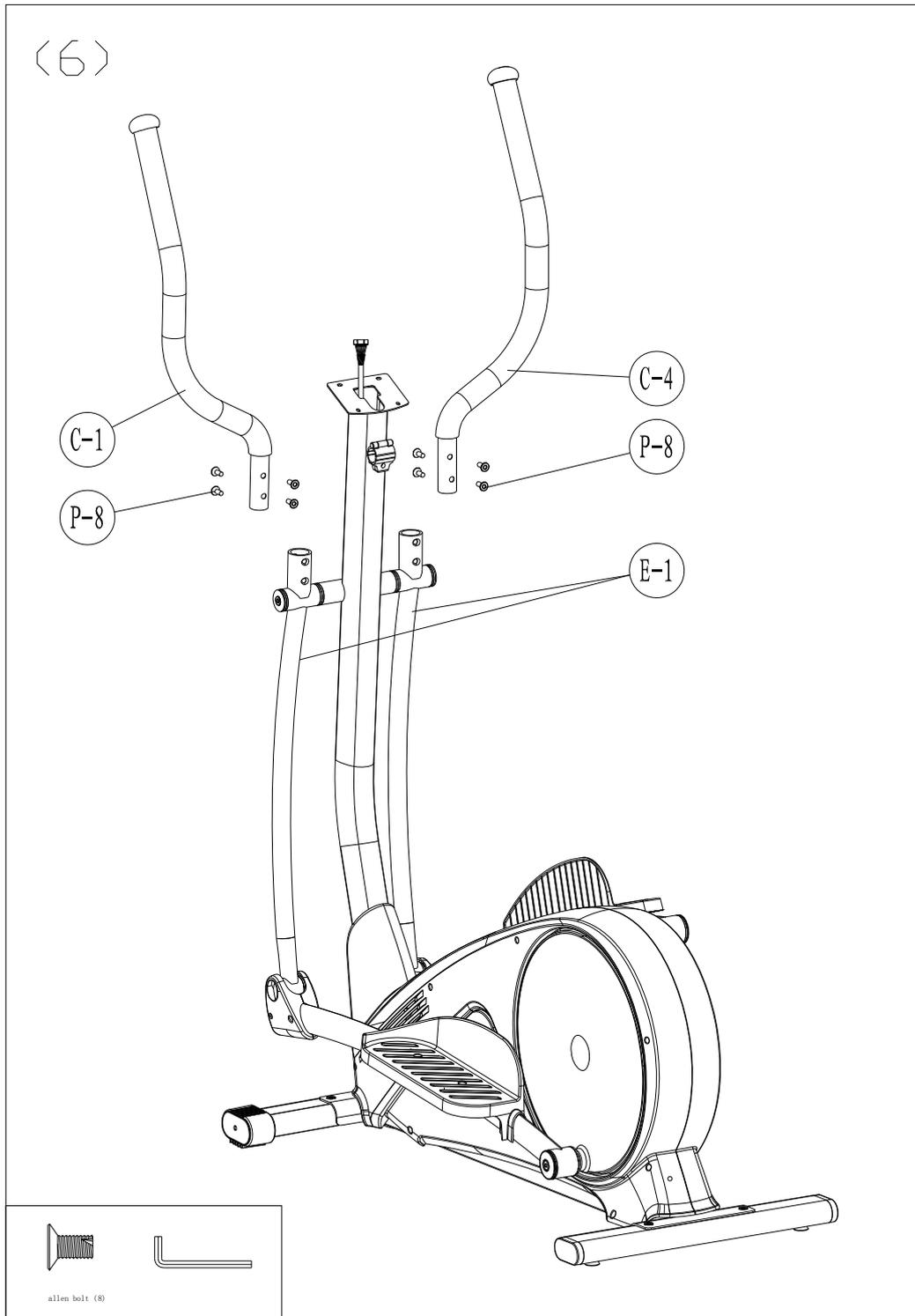
1. Please remove four sets of the screw (I-2) from the pedal arm (I-1,I-3 L/R).
2. Assemble the front cover L/R (F-17,F-18) for the pedal arm (I-1,I-3 L/R) by screw (I-2) and screw (P-19) in each side.
3. Put R/L pedal(F-19,F-20) onto the pedal arm (I-1,I-3 L/R) and tighten it, using 4 knob (P-16),spring washer (P-17), sleeve (L-12) and bolts(L-15) in each side

Please note that the left and right pedals need to be placed in identical positions.



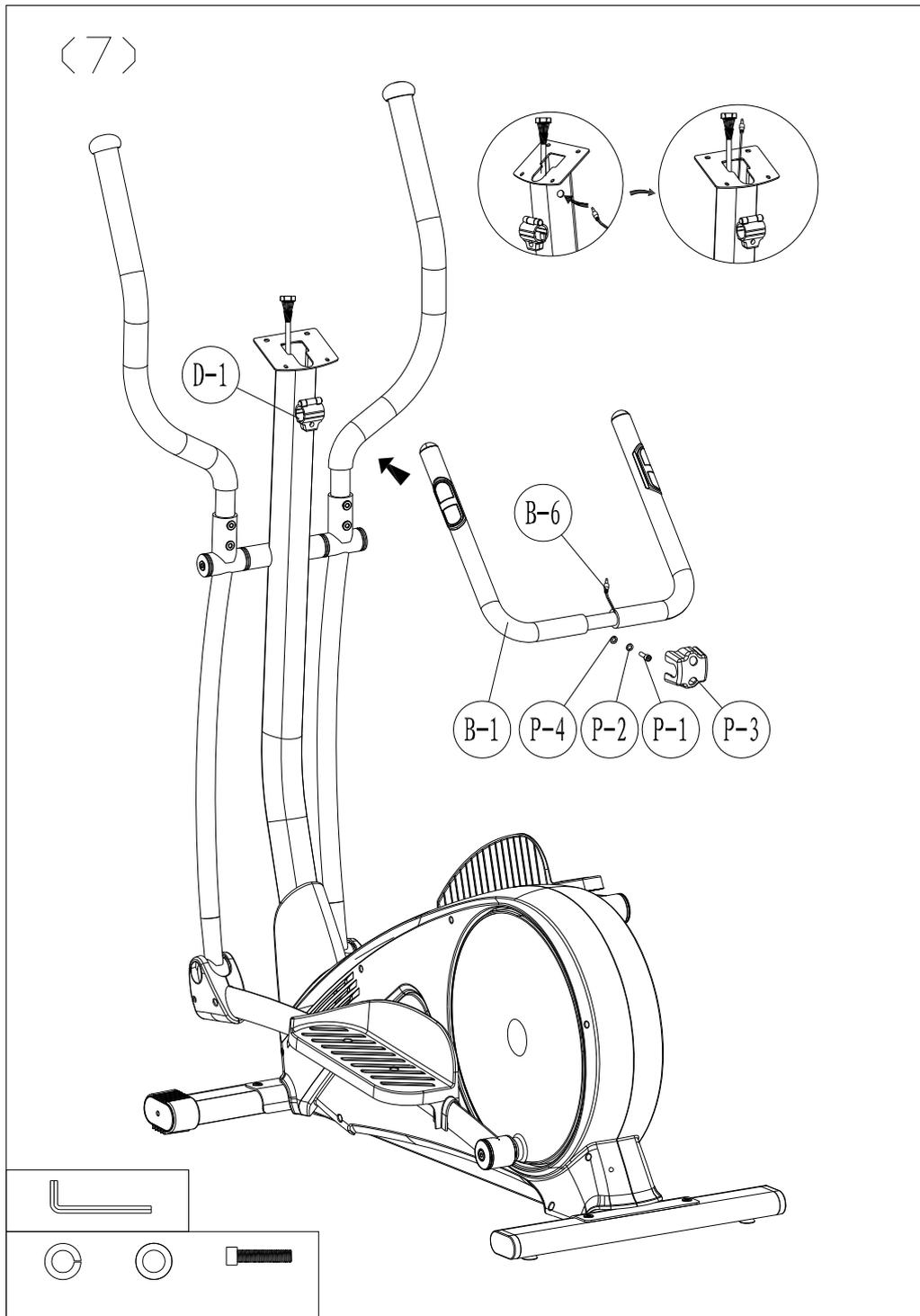
STEP 6

Slide the Upper handlebar post (C-1,C-4) (R/L) into the Lower handlebar (E-1L/R) and then fix with the eight Allen bolts (P-8)



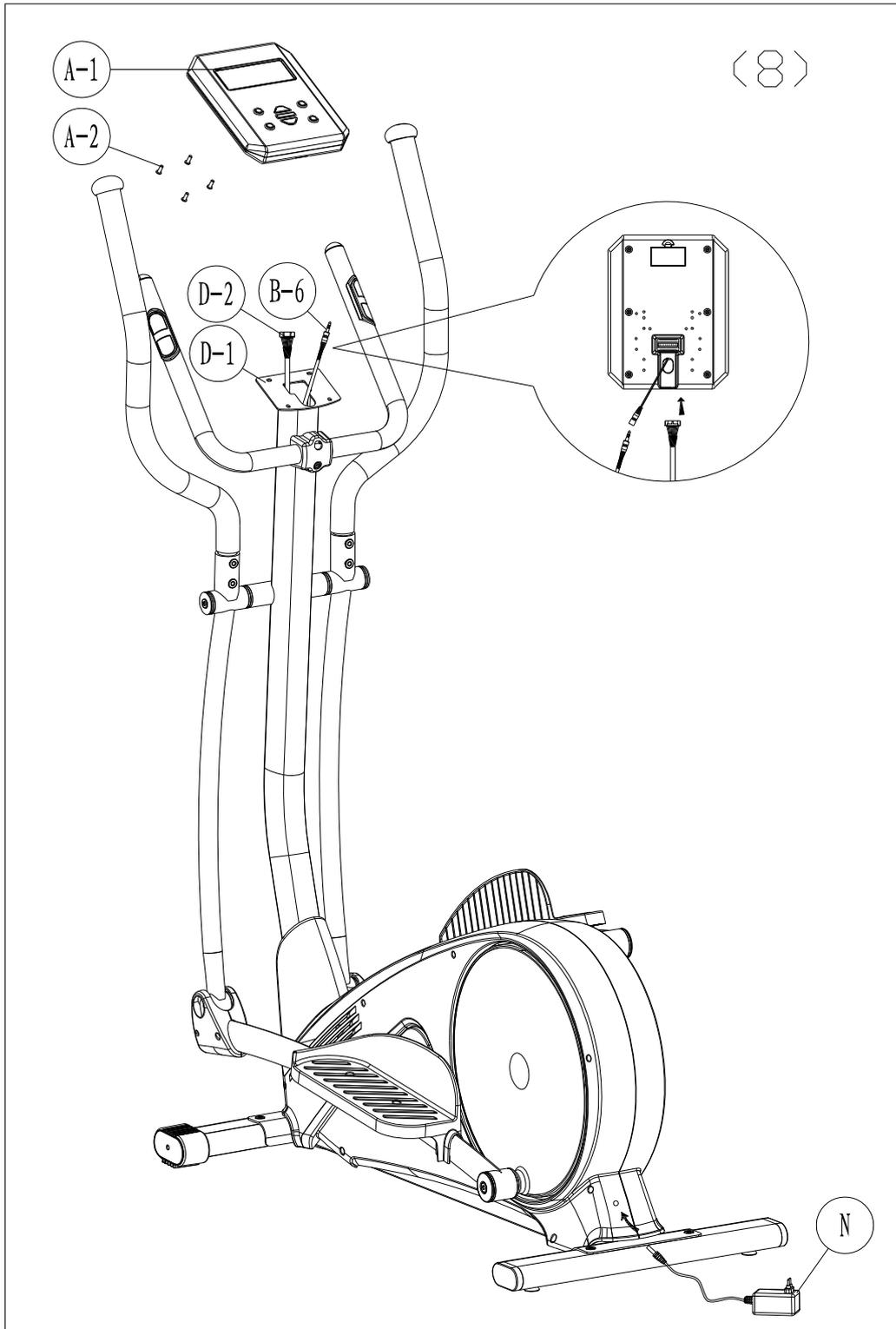
STEP 7

1. Assemble the Front handlebar (B-1) onto the handlebar post (D-1).
2. Attach the Front handlebar (B-1) to the Handlebar post (D-1) using the clamp cover (D-1) and then fix with two Spring Washers (pt.P-4), two Flat Washers (P-2), two Fixing Bolt (P-1). Make sure it is tightened very well
3. Place the Plastic cover (P-3) on the Handlebar (B-1).
4. Pass the Hand-pulse wire (B-6) through the Handlebar post hole.



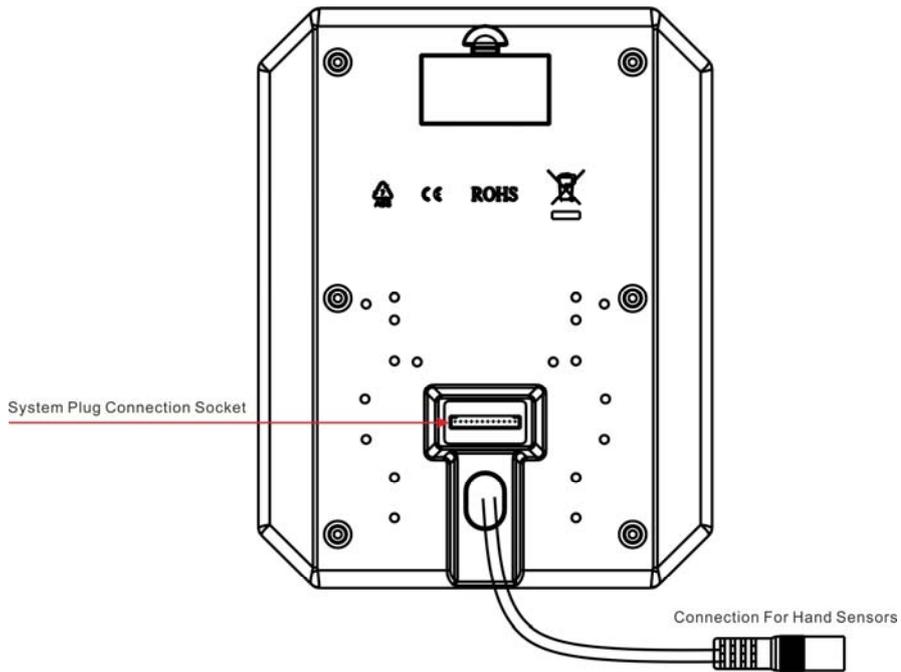
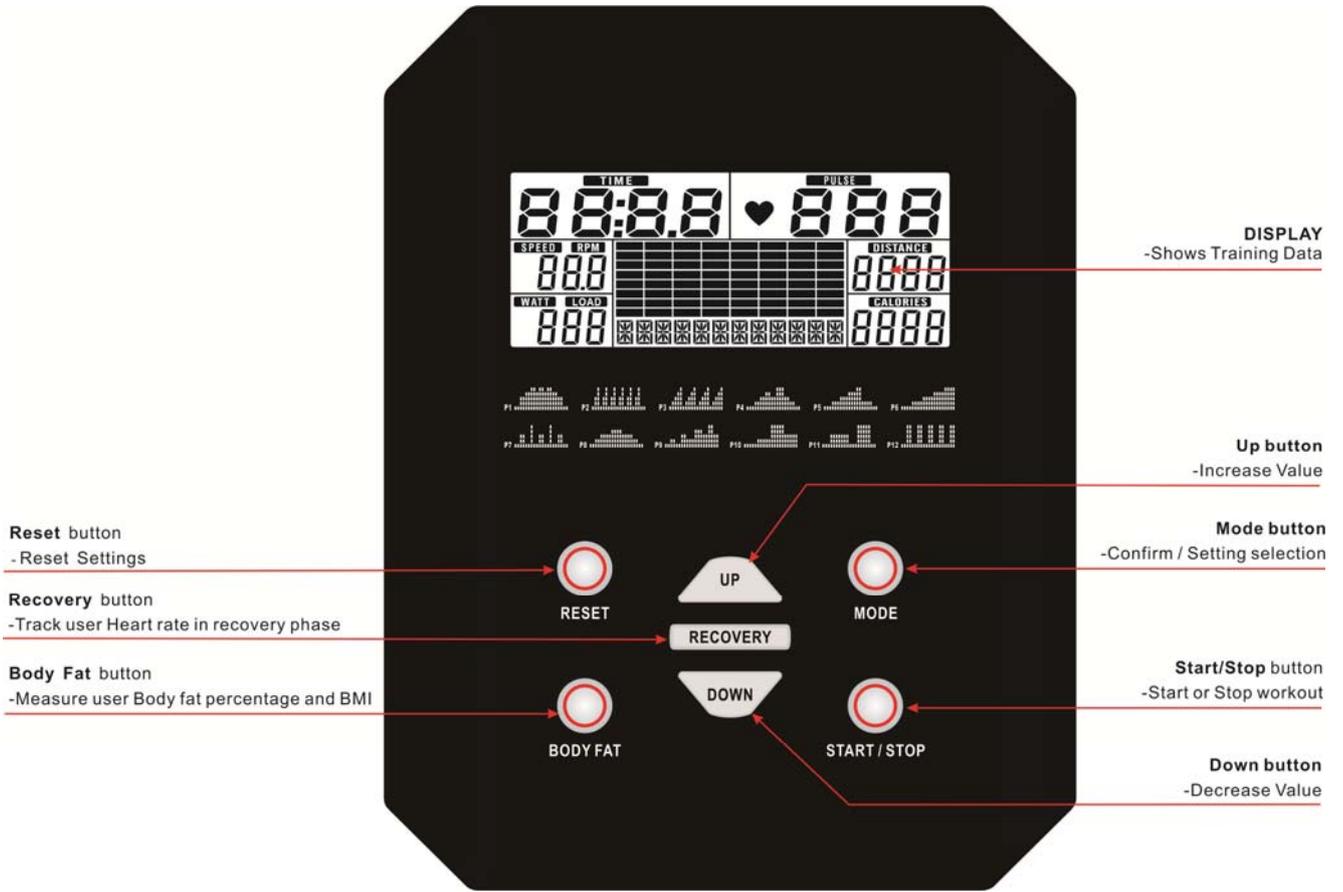
STEP 8

1. Connect the Computer cables (D-2) and Hand pulse sensor wire (B-6) to the Computer (A-1), then attach the Computer (A-1) to the Computer bracket with the enclosed Screws (A-2).
2. Connect the adaptor (N) to the DC hole (located on the back of the chain cover).

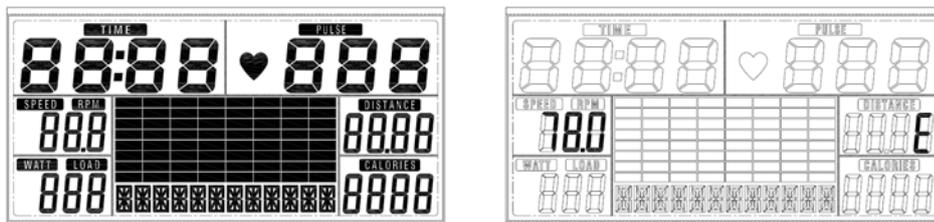


SM3711-67 INSTRUCTION MANUAL

!!! For simple exercise, it is not always necessary to select a training program or manually set the TIME, DISTANCE or other values. You can simply start pedalling.



As soon as the computer is connected with power supply, an acoustic signal sounds and all of the displays are shown on LCD for 2 seconds. Then wheel diameter will be shown briefly.



DISPLAY & BUTTON FUNCTIONS

Training Values	Display Range	Setting Range
TIME	0:00 ~ 99:59 min.	0:00 ~ 99:00 min.
SPEED	0.0 ~ 99.9 KM	/
DISTANCE	0.0 ~ 99.9 KM	0.0 ~ 99.0 KM
CALORIES	0 ~ 999 Cal.	0 ~ 990 Cal.
WATT	0~999 W	10~350 W
RPM (Revolution/min.)	0 ~ 999	/
PULSE	30-230 BPM	0-30`230 BBPM

BUTTON	FUNCTION
UP	- Increase resistance level
DOWN	- Decrease resistance level
Mode	-Confirm setting -Select program
Reset	- Hold on pressing for 2 seconds, computer will reboot and start from user setting. - Reset all values to zero during setting workout value or Stop mode.
Start/ Stop	- Start or Stop workout.
Recovery	- Track user Heart rate in recovery phase.
Body fat	- Measure user Body fat percentage and BMI(Body Mass Index).

Acoustic Signals

All settings made with the computer are confirmed with an acoustic signal:

1 shot beep = setting confirmed

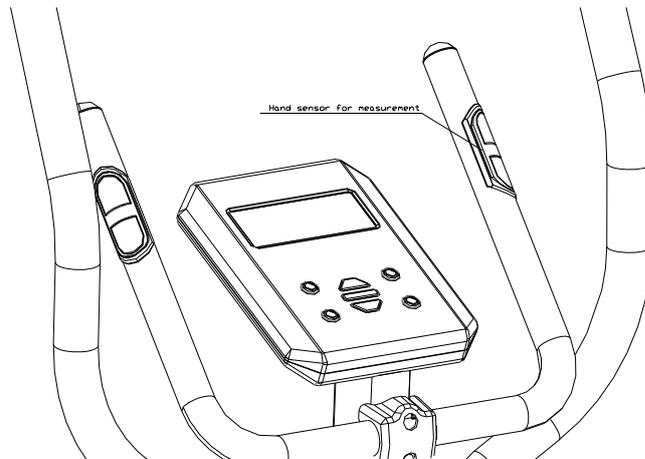
2 shot beeps =It is impossible to make any settings

Training Data

The computer calculates and displays all values automatically according to user training status (see table).

Take note:

* If only a “P” is shown instead of pulse value, it is impossible to measure the pulse. Grip the handle where all four hand pulse sensors are located. Moisten your palms first with a little water if necessary.



* The display in the center field depends on the type of exercise that has been set. The computer provides a number of ways to vary the exercise session and make it more motivating.

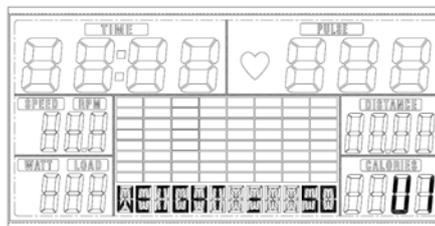
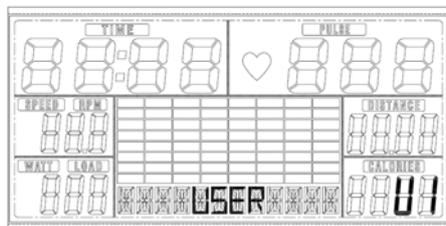
The following exercising are available:

- Manual Training (training without programs)
- Training with Programs (there are 12 programs built-in, P01~P12)
- Training with your own program (User program)
- Training with the Heart Rate program (H.R.C)
- Training with set output value (WATT)

Starting exercise immediately (MANUAL)

Once a power connection has been established, the computer will requires to create your own data.

Press UP and DOWN keys to set user data (for BODY FAT function), set Age, Gender, Height, Weight in U1~U4,press MODE to confirm. Then go to workout selection mode.



MANUAL is flashing in matrix display with 1Hz.If you have previously selected a program or started your workout, press RESET to return to the starting display.

-Press START/STOP button to start workout immediately without entering further settings.

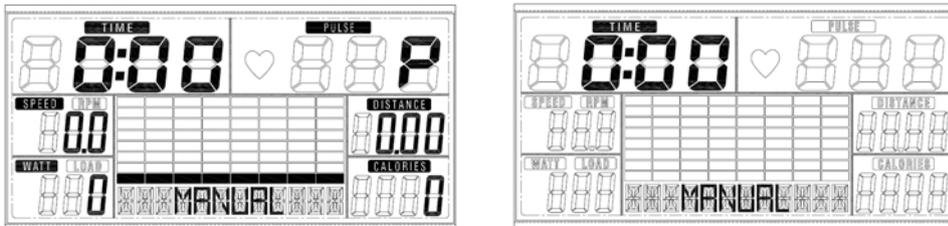
-Press UP and DOWN keys to enter your personal settings: the following fields will flash in turn

- . TIME

- . DISTANCE
- . CALORIES
- . PULSE

Use UP & DOWN to set values and confirm your selection by MODE button.
Press START/STOP to start workout.

As soon as one of the set value reach the preset Target, the icon will flash in the appropriate display window (e.g. TIME) and several beeps sound.



- You can adjust the level of resistance on the pedals while exercising by pressing UP and DOWN keys. The newly set value will be shown under the LOAD window (default value is Level 1).
- Press START/STOP to end exercising. All exercising value will remain.
- Press RESET to reverse to workout selection menu.

Selecting a Program to do training (PROGRAM)

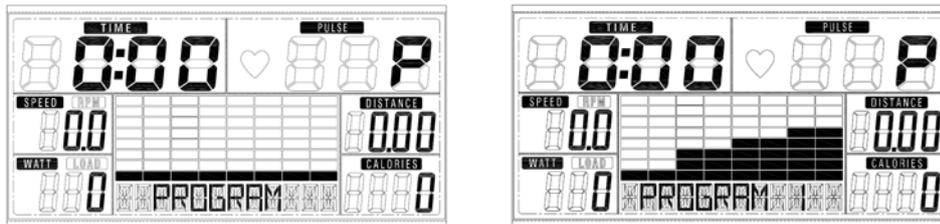
Once a power connection has been established, MANUAL is flashing in the display.

- Press UP and DOWN keys to go between MANUAL→PROGRAM→USER PROGRAM→H.R.C.→WATT.

-Choose PROGRAM and press MODE to confirm. The programs are preset with 12 profiles. Press UP and DOWN to select one from the 12 preset profiles. Set the desired session time and press STATR/STOP to start workout.

-You can adjust the level of resistance on the pedals while exercising by pressing UP and DOWN keys.

The newly set value will be shown under the LOAD window.



-Program explain:

Interval programs P2- P3- P7- P12

Increasing resistance level programs P6- P9- P11

Increasing and decreasing resistance level programs P1- P4- P5- P8 -P10

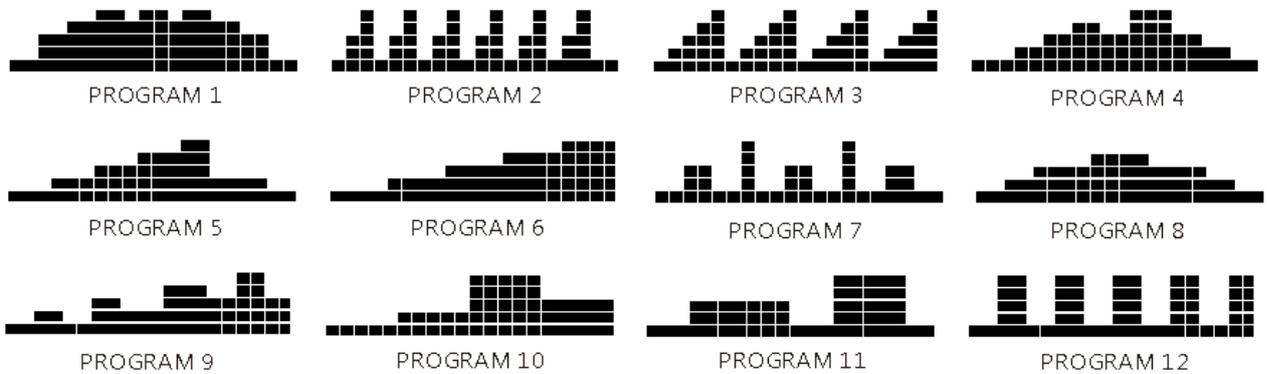
The stored training programs are designed especially to enhance aerobic base fitness.

. As a beginner you should start with those programs slowly and set a low pedal resistance.

. You should only graduate to Interval programs once you have been training for several times.

-Press START/STOP to end exercising.

-Press RESET to reverse to workout selection menu.



User-defined profile (USER PROGRAM)

Here you can design your own profile with bars just like the preset program profiles.

-Press UP & DOWN to select USER PROGRAM and enter by pressing MODE. The first bar will be displayed.

-Press UP & DOWN to set resistance level and confirm by MODE button. The next bar will be displayed.

-Continue this process till set up 20 bars. The max. resistance level is 32. To finish your setting or quit setting, hold on pressing MODE button.

-Set the desired session time with UP & DOWN keys and press STATR/STOP to start workout.

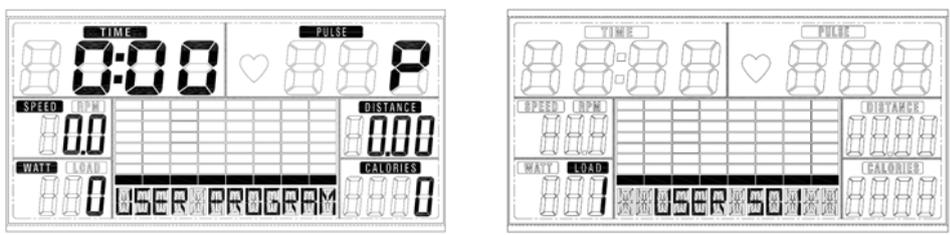
-You can adjust the level of resistance on the pedals while exercising by pressing UP and DOWN keys.

The newly set value will be shown under the LOAD window.

-Press START/STOP to end exercising.

-Press RESET to reverse to workout selection menu.

The console is designed for single workout usage only. Apart from User Profile U1-U4, no workout profile can be saved in all modes



Set program according to heart rate (H.R.C.)

In this program, the exercise bike reacts to your pulse as measured by the hand sensors. This programs allows you to exercise efficiently and safely within your required heart rate zone.

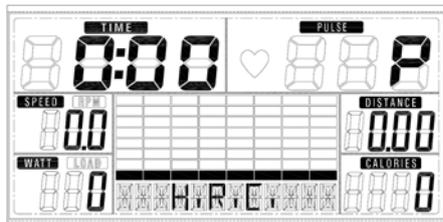
In addition, simple graphics also show you whether you need to need to increase or decrease your stress Level. You can choose between:

HRC55 Here you are exercising in the very efficient range of 55%, ideal for beginners and for general fat Burning.

HRC75 This range of 75% of the maximum pulse rate is suitable for experienced users and athletes.

HRC90 The anaerobic range of 90% of the maximum pulse rate is only suitable for competitive athletes and short sprint exercises.

TAG The computer uses your Age to calculate a target pulse rate, which you can change as per your willing. Never select a target pulse that is higher than your age-determined maximum pulse rate.



-Press UP & DOWN to select H.R.C. and enter by pressing MODE. Choose HRC55-->HRC75-->HRC90->

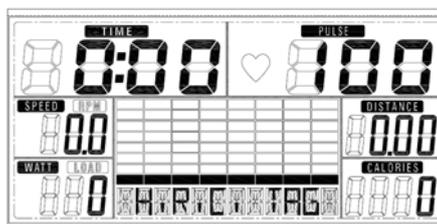
TARGET.

With HRC55,HRC75,HRC90, the max. Heart rate will be calculated by the computer automatically.

-With the TARGET program, the preset value 100 will be shown. Press UP & DOWN buttons to set a value between 30~230 and confirm by MODE. The program has been saved.

-Set the desired session time with UP & DOWN buttons and press STATR/STOP to start workout.

For this program, it is necessary to keep your hands on the sensor grips while exercising so that computer can detect and display your heart rate value.



Program sequence:

The computer sets a pedal resistance that keeps you exercising constantly within your target pulse rate.

.If you are exercising and go below your preset pulse rate, the pedal resistance will automatically rise by one stress level every 30 seconds.

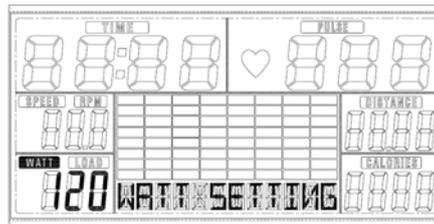
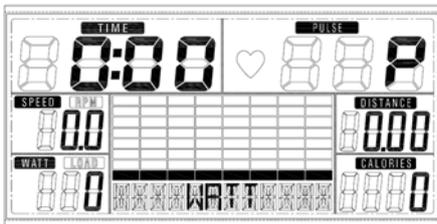
.If you are exercising and go above your preset pulse rate, the pedal resistance will automatically decrease by one stress level every 15 seconds. If you have already reached the lowest level "1" and your pulse rate is still higher than your preset value,

then after about 30 seconds an acoustic signal will alarm and computer program will end automatically.

Exercising with set output values (WATT)

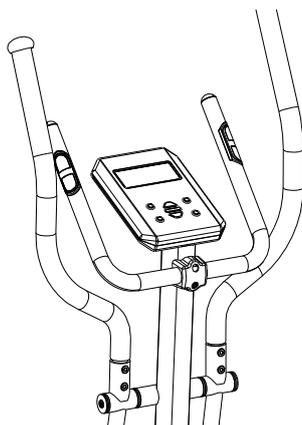
Here you can enter a constant output value. The computer automatically adjusts the pedal resistance to your speed so that your output remains constant.

- Press UP & DOWN to select WATT and enter by pressing MODE. Press UP & DOWN to set desired session output value (default value: 120).
- Set the desired session time with UP & DOWN key and press STATR/STOP to start workout.
- You can adjust WATT level while exercising by pressing UP and DOWN keys. The newly set value will be shown under the WATT window.
- Press START/STOP to end exercising.
- Press RESET to reverse to workout selection menu.



Measuring your pulse with the hand sensors

The hand sensor are not medical products, but rather exercising tools designed for the approxi-mate measurement and displaying of the pulse rate when exercising with the exercise bike.



You can measure your pulse with the two hand sensor on the handle.

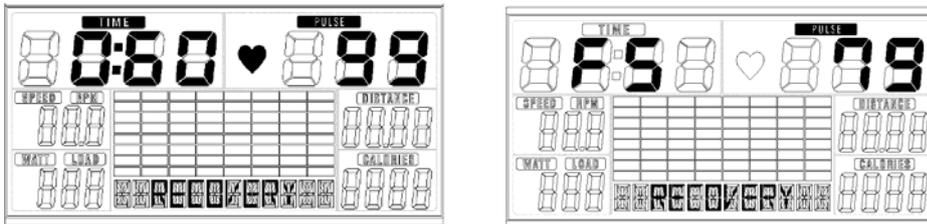
- >> Place both hands on the hand sensor on the handle as you exercise and wait briefly for the pulse to be displayed.

Recovery phase

It is recommended to end an intensive exercise session with a recovery phase. During this phase you should be able to relax and pedal without strong resistance until your pulse slows close to its usual rate.

- Press REVOCOVERY button and grip the hand sensors again. Then only TIME is showing with counting down from 60 seconds to 0, all other functions are not available.

Once the 60 seconds recovery phase is over, an evaluation of the achieved heart rate will be shown.



1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

-If your heart rate is still very high after 60s (F is between 4 and 6), you could restart the recovery program to gradually slow your heart rate further.

Body Fat measurement

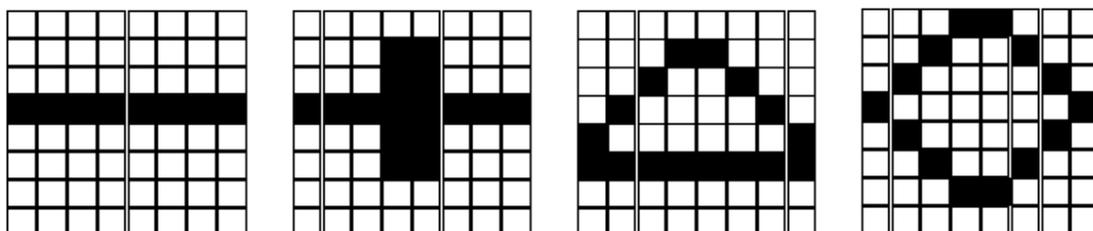
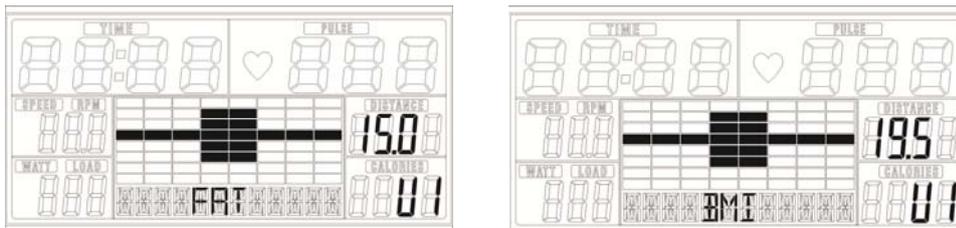
Here you can measure your Body Fat percentage and BMI.

(The test should be done when there is no pedaling)

-Press Body Fat button to start measurement.

-Hold both hands on sensor grips. When there is HR(heart rate) signal detected for 8 seconds, computer will show your BM, FAT% and fat symbol.

-After measurement, press Body Fat key again to go back program selection page.



<REFERENCE>

B.M.I. (Body mass index) integrated

B.M.I SCALE	LOW	LOW/MED	MEDIUM	MED/HIGH
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RANGE	<20	20-24	24.1-26.5	>26.5
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BODY FAT:

SYMBOL	—	+	▲	◆
FAT% SEX	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE	<13%	13%-25.9%	26%-30%	>30%
FEMALE	<23%	23%-35.9%	36%-40%	>40%

CAUTION

- *This computer requires 9V, 500mA or 9V, 1000mA power supply.
- * For 4 minutes if no pedaling or pulse input, computer will switch to idle mode. All settings and program data will be saved until the session is continued. Press any key may wake up the computer.
- *When computer works abnormally, please plug out the adaptor and plug in again.

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