# USER MANUAL
CT-300
93015

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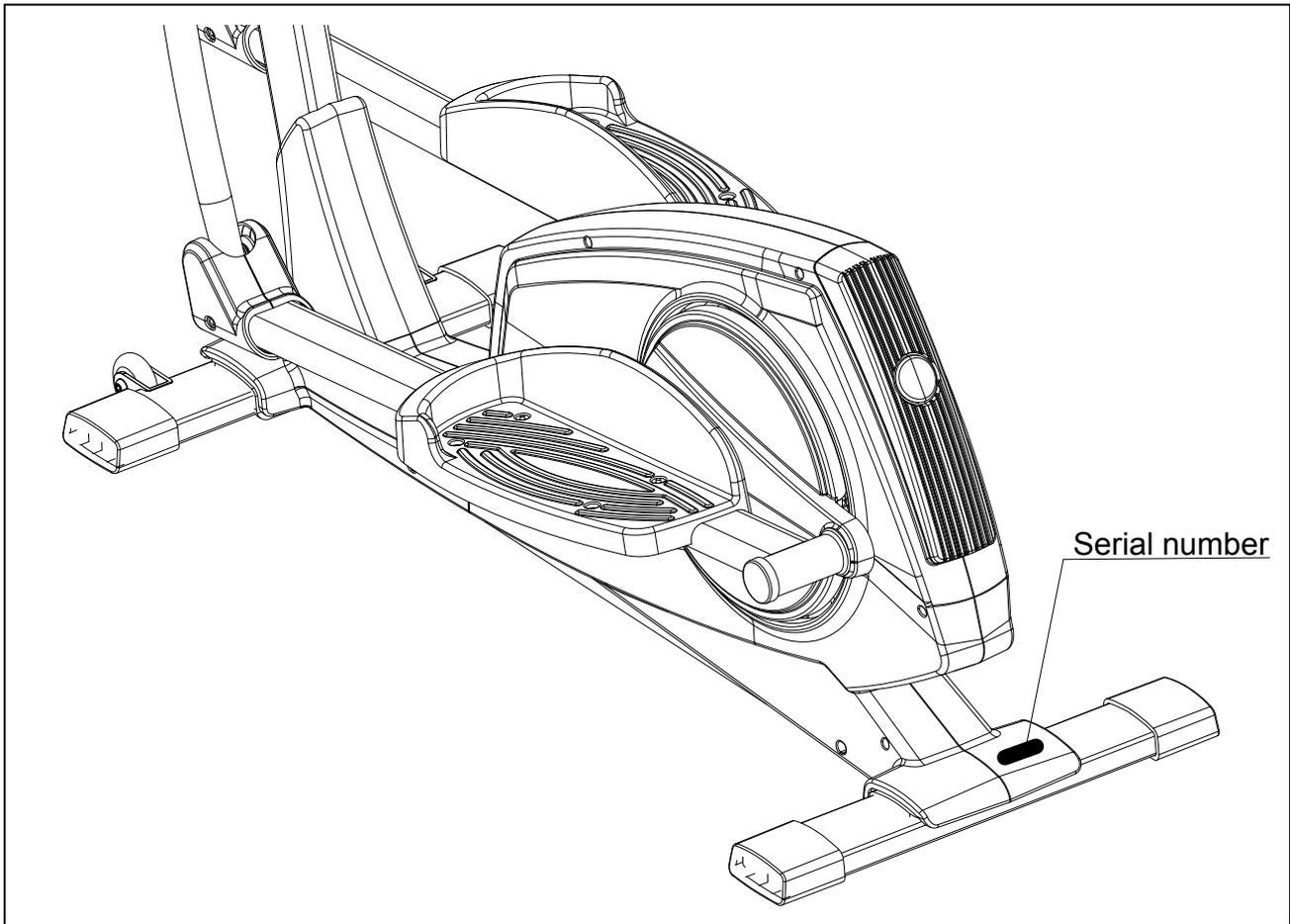
Serial number

- Serial number here:

CT-300
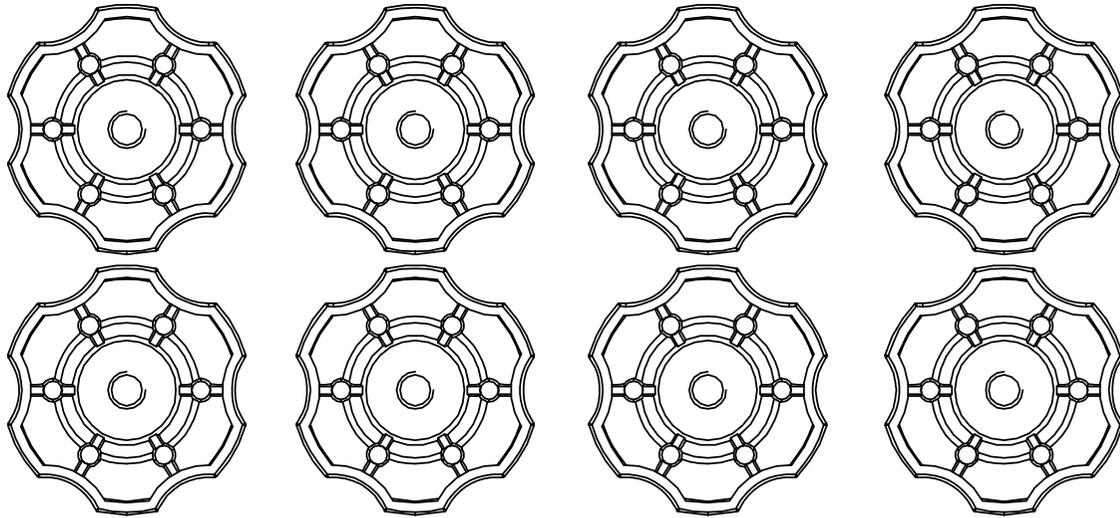
L-13:Knob for pedal M6*P1.0 (8)
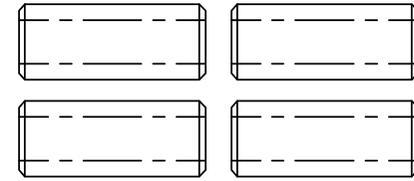
L-12:Pivot tube φ7*φ12*30mm (4)
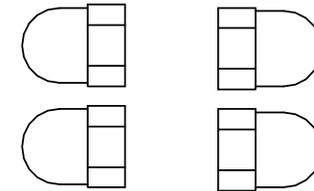
L-3: Acorn nut M8 (4)
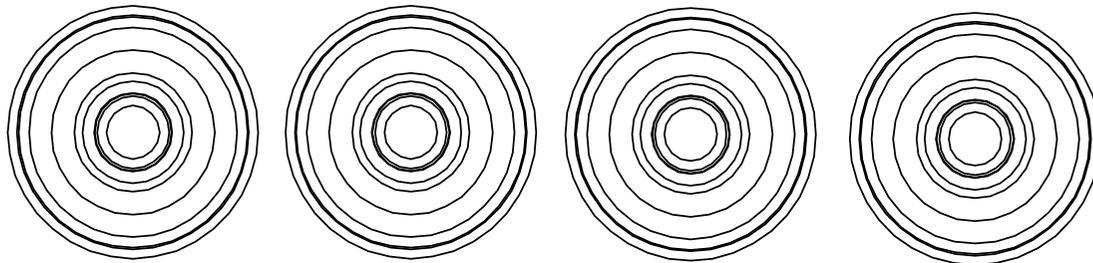
L-6:Cover (4)

L-18:Metal cover (1)

S 02M-1
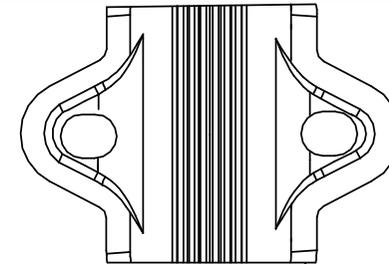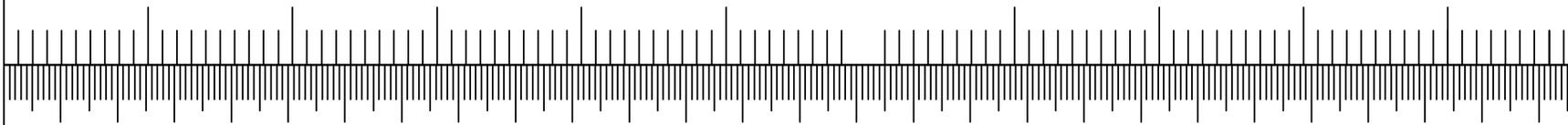
CT-300
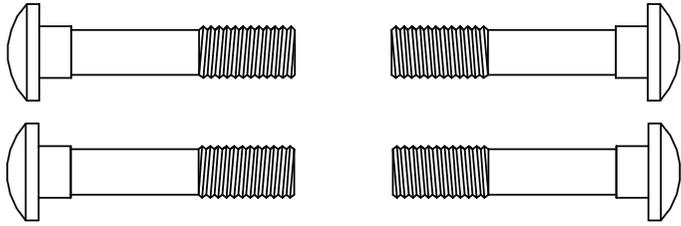
L-1: Screw M3*25L(1)

L-2: Carriage Bolt M8*P1.25*40L (4)
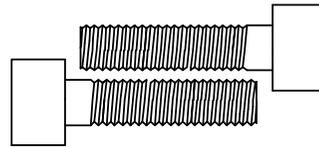
L-21: Allen Bolt M7*P1.0*30L (2)
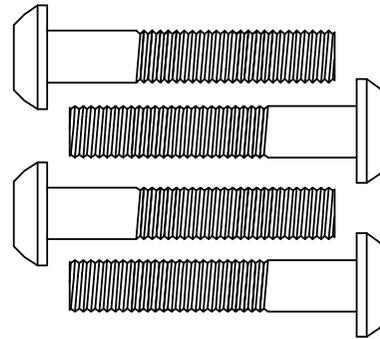
L-11: Allen bolt M8*P1.25*40L (4)

L-24: lock nut for M8 (2)
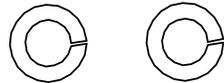
L-20: Spring Washer for handlebarbolt φ7*2T (2)

L-17: Flat Washer Φ8*Φ16*1T (2)
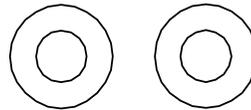
Box Spanner (1)
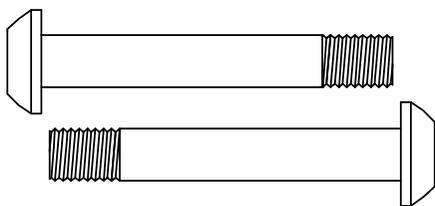
Allen Key(2)

L-16: allen bolt M8*P1.25*55L 牙长11L (2)
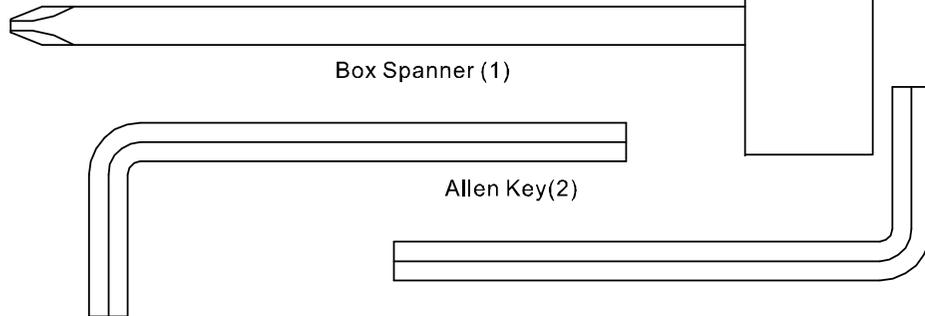
SE02M-2
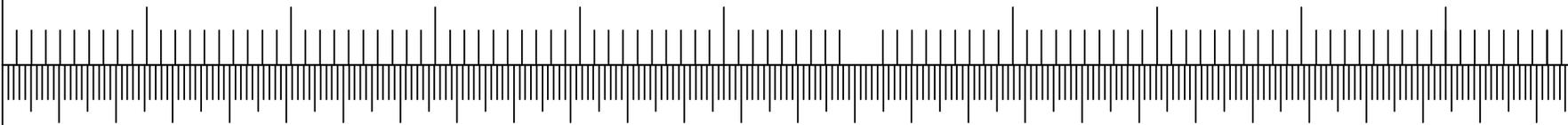
CT-300
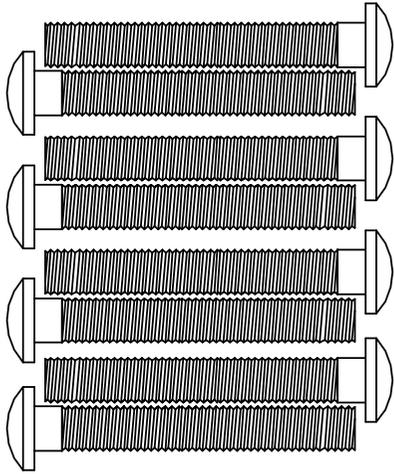
L-15: Carriage Bolt M6*P1.0*50L (8)
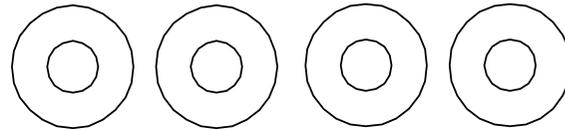
L-23: flat washer Φ8*Φ19*2T (4)
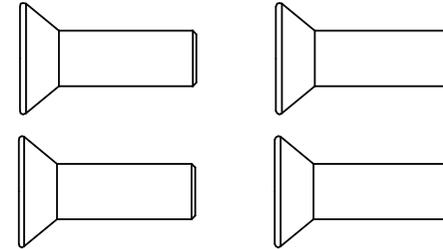
L-5: screw M8*P1.0*30L (4)
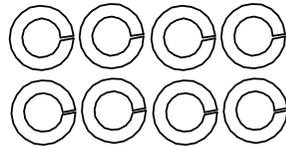
L-14: Spring Washer Φ6 (8)
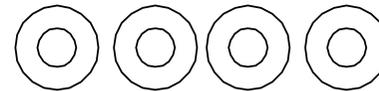
L-22: flat washer Φ6*Φ13*1T (4)
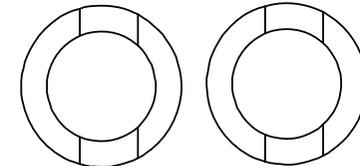
L-9: Curved Washer Φ17.5*Φ25*0.3T (4)
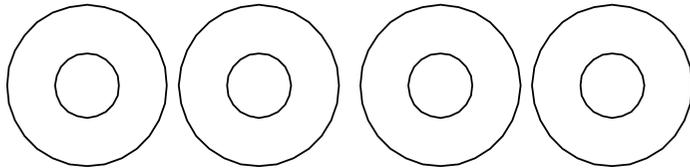
L-7: Flat washer Φ8*Φ25*2T (4)
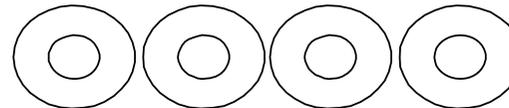
L-4: Curved Washer Φ8*Φ19*2T (4)

L-19: flat washer Φ7*Φ12*1T (2)

SE02M-3
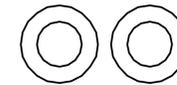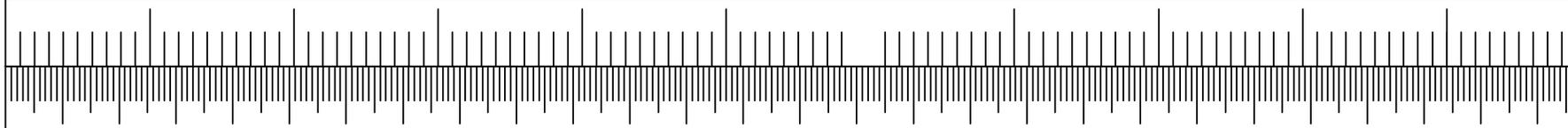
Exploded drawing.
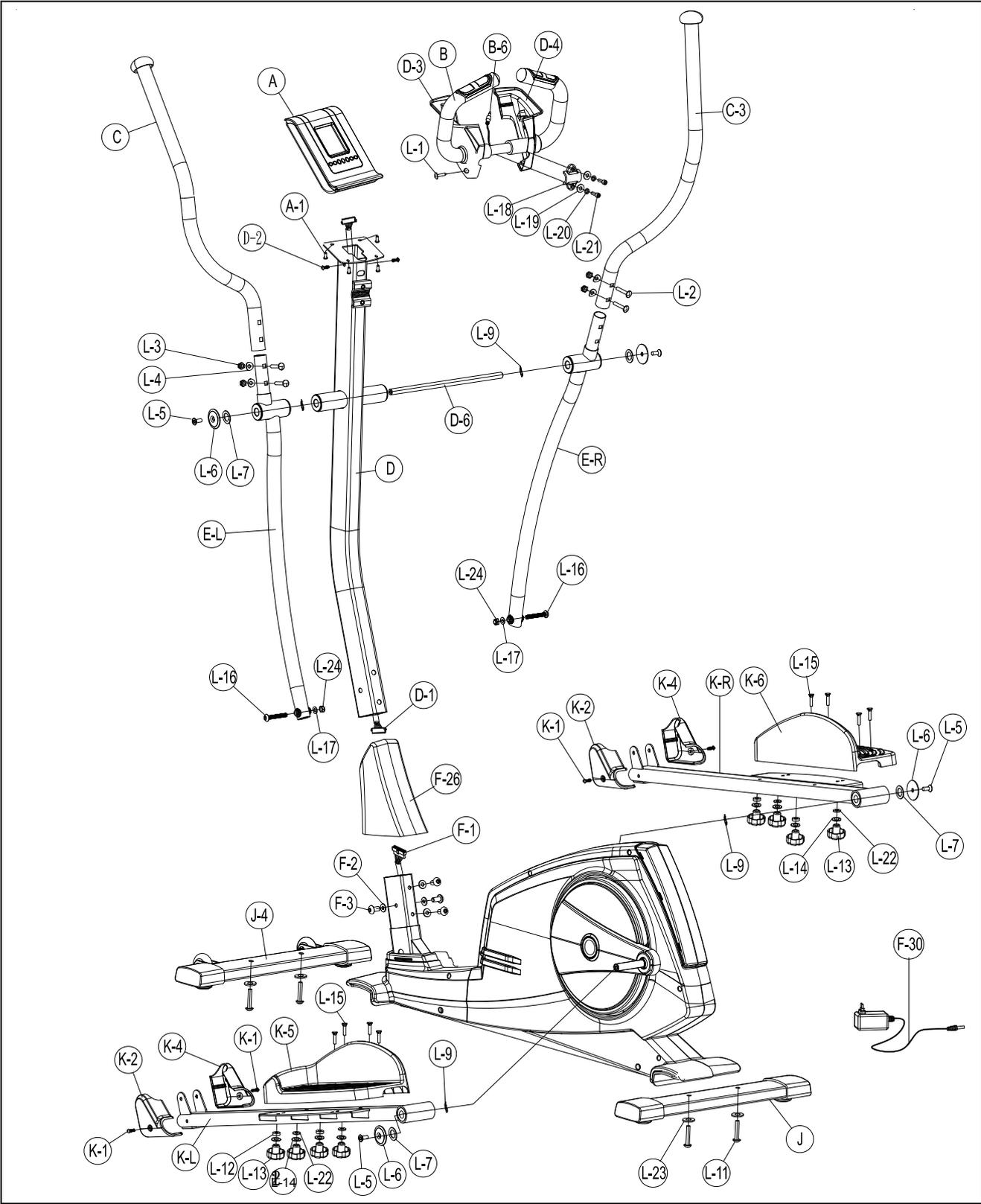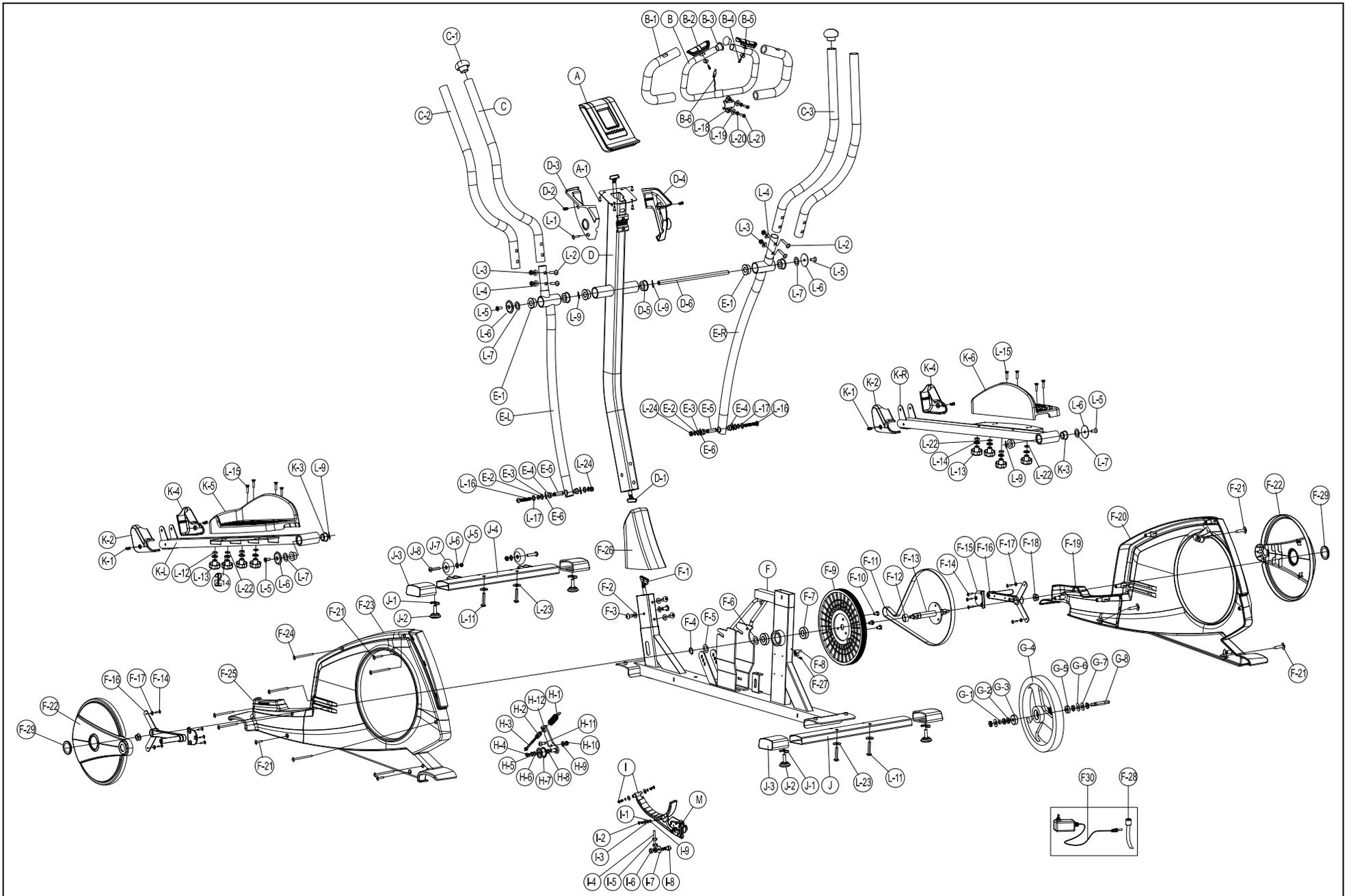
Parts List

Number	Description	Q'ty	Unit
A, A-1	Console & Screw	1	SET
B	Front handlebar	1	PC
B-1	Foam grip	2	PCS
B-2	Hand pulse	2	PCS
B-3	End cap for front handlebar	2	PCS
B-4	Screw M4x20L for hand pulse	2	PCS
B-5	Semicircle washer 1.5T for hand pulse	2	PCS
B-6	Wire for hand pulse	1	PC
C	Upper handlebar (Left)	1	PC
C-1	End cap for upper handlebar	2	PCS
C-2	Foam grip for upper handlebar	2	PCS
C-3	Upper handlebar (Right)	1	PC
D	Handlebar post	1	PC
D-1	Cable (upper) for handlebar post	1	PC
D-2	Screw M5xP0.8x12L	2	PCS
D-3	Cover for console holder(Left)	1	PCS
D-4	Cover for console holder(Right)	1	PCS
D-5	Bushing φ 38.1xφ17.12x15L	2	PCS
D-6	Axle for the handlebar post	1	PCS
E-L	Lower handlebar(Left)	1	PC
E-R	Lower handlebar(Right)	1	PC
E-1	Bushing φ 38.1xφ17.12x15L	4	PCS
E-2	C type ring φ 12	4	PCS
E-3	Flat washer φ 12xφ19x1t	4	PCS
E-4	Bushing φ 12xφ16	4	PCS
E-5	Sleeve φ 16*φ20*26L	2	PCS
E-6	Wave washer φ 12.5xφ18x0.3t	4	PCS
F	Main frame	1	PC
F-2	Flat washer φ 8*φ19*2T	4	PCS
F-3	Allen bolt M8*P1.25*16L(6m/m)	4	PCS
F-4	C type ring φ 20	1	PCS
F-5	Wave washer φ 20xφ30x0.3t	1	PCS
F-6	Flat washer φ 20.3xφ30x1t	1	PCS
F-7	Bearing	2	PCS
F-8	Sensor box	1	PCS
F-9	Big pulley	1	PCS
F-10	Hex. Screw M8xP1.25x12Lx5t	3	PCS
F-11	Belt	1	PCS
F-12	Sleeve φ 20.5xφ25x7.5mm	1	PCS
F-13	Shaft	1	PCS
F-14	Screw M4*12L	10	PCS
F-15	Inside cover for disc	2	PCS

F-16	Cross disc	2	PCS
F-17	Flat washer φ 5xφ16x1t	4	PCS
F-18	Nut M10xP1.25x10T for Cross disc	2	PCS
F-19	Front cover (Right)	1	PC
F-20	Chain cover (Right)	1	PC
F-21	Screw M5x16L	6	PCS
F-22	Round disc	2	PCS
F-23	Chain cover (Left)	1	PC
F-24	Self tapping screw M4x50L	7	PCS
F-25	Front cover (Left)	1	PC
F-26	Cover for the handlebar post	1	PC
F-27	Screw M4x10L for sensor box	1	PC
F-28	DC wire	1	PC
F-29	Cap for Round disc	2	PCS
F-30	Adaptor	1	PC
G-1~G-8	Flywheel set	1	SET
H-1~H-12	Idler wheel set	1	SET
I ~I-9	Magnetic set	1	SET
J	Rear stabilizer	1	PC
J-1	Block for the adjustable foot cap	4	PCS
J-2	Foot cap	4	PCS
J-3	End cap for rear stabilizer	2	PCS
J-4	Front stabilizer	1	PC
J-5	Nylon nut M8	2	PCS
J-6	Flat washer φ 8*φ19*2T	2	PCS
J-7	Transportation wheel	2	PCS
J-8	Screw M8xP1.25x40L	2	PCS
K-L	Left pedal arm	1	PCS
K-1	Screw M5xP0.8x12L	4	PCS
K-2	Front cover (Left) for pedal arm	2	PCS
K-3	Bushing φ 26.7xφ17.12x15L	4	PCS
K-4	Front cover (Right) for pedal arm	2	PCS
K-5	Left pedal	1	PCS
K-6	Right pedal	1	PCS
K-R	Right pedal arm	1	PCS
L-1~L-24	Bolts & Nuts pack	1	SET
M, F-1	Gear box	1	SET

Assembly Stage #1
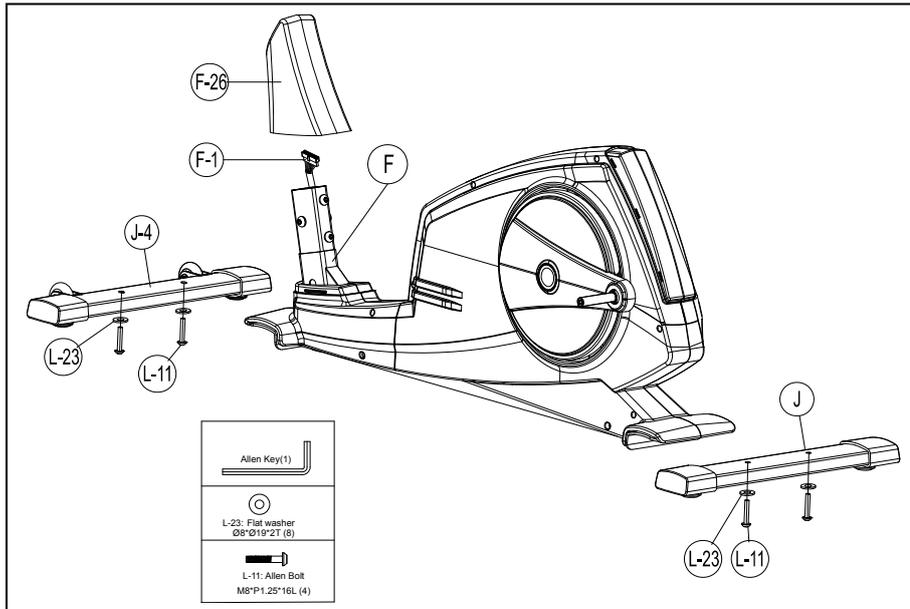

1. Attach the front stabilizer (J-4) to the main frame (F) using two flat washer (L-23) and allen bolt (L-11).

2. Attach the rear stabilizer (J) to the main frame (F) using two flat washer (L-23) and allen bolt (L-11) .

3. Please remove the handlebar post cover (F-26) from the main frame (F).

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

Assembly Stage #2
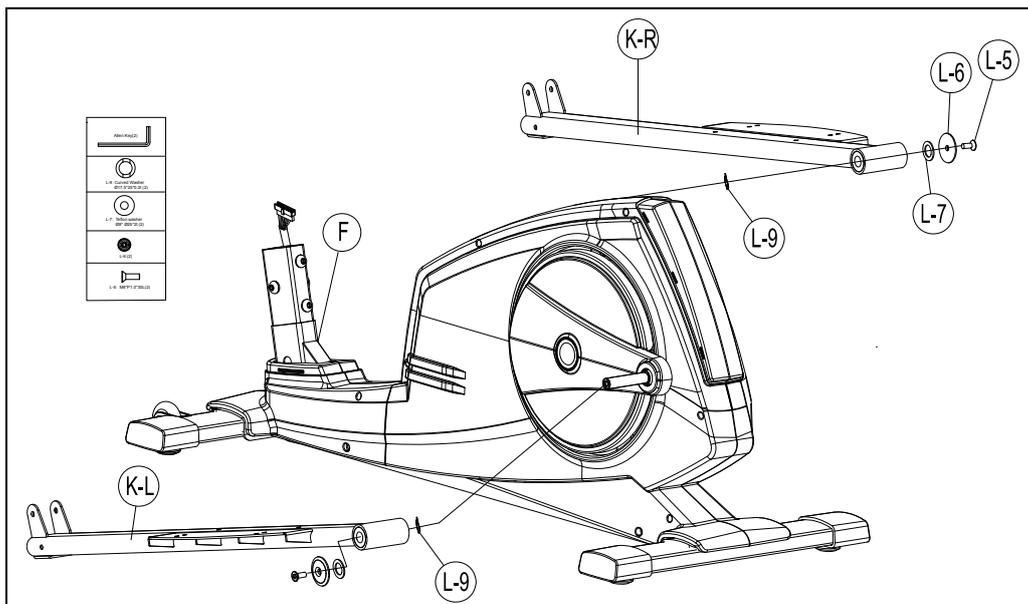
1. Assemble the R/L pedal arm (K-L, K-R) to the cross disc (F-16) by wave washer (L-9) ,flat washer (L-7) , gasket (L-6), and allen bolt (L-5).

Assembly Stage #3

|	
⊚	L-22: Flat washer 6" 13*1T (4)
	L-15: Carriage Bolt M6*P1.0*50L (8)
⊚	L-14: Spring Washer 6 (8)
⚙	L-13: Knob (foot pedal) M8*P1.0 (8)
▭	L-12: Pivot Tube 7*12*30(4)
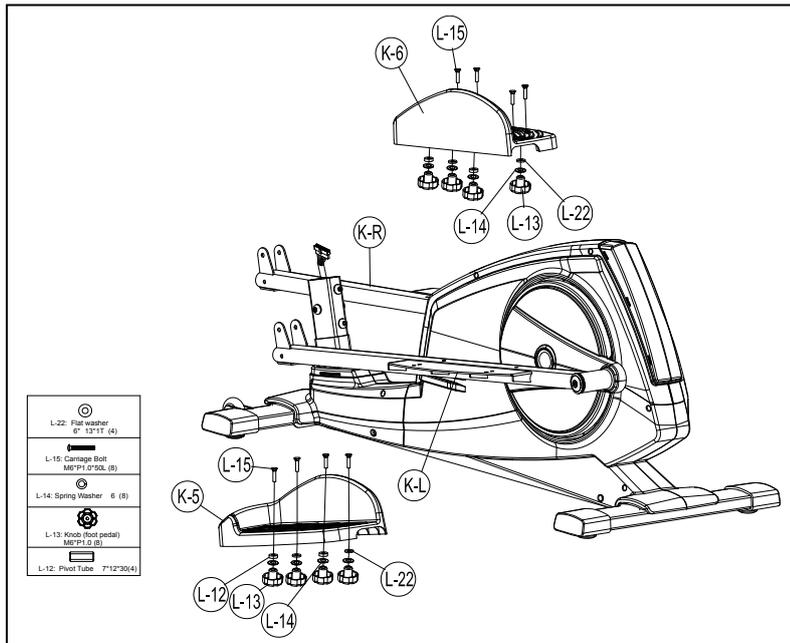
1. Put R/L pedal(K-5, K-6) onto the pedal arm (K-L/R) and tighten it, using 4 knob (L-13), flat washers (L-22), spring washer (L-14), sleeve (L-12) and bolts(L-15) in each side

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

Assembly Stage #4

1. Please remove four sets of the allen bolt (F-3) and flat washer (F-2) from the main frame (pt.F)
2. Take the handlebar post (D) and pass it through the handlebar post cover (F-26).
3. Hold the handlebar post (D) and connect the lower computer cable (F-1) and the upper computer cable (pt. D-1)
4. Slide the handlebar post (D) into the main frame then fix with four sets of allen bolt (pt.F-3) and flat washers (pt.F-2).


Allen Key ⌐	
▮▬	F-3:SCREW M8*P1.25*16L(4)
⊚	F-2:Flat washer for Ø8*Ø19*2T bolt(2)
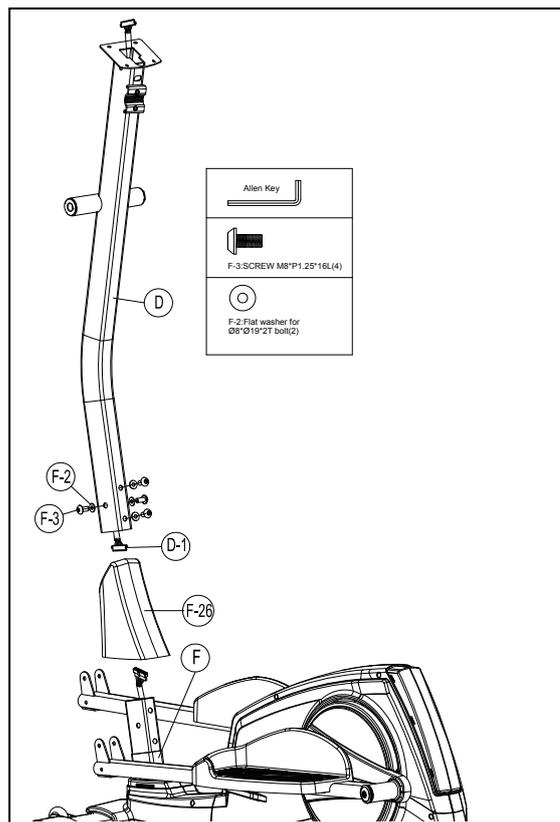
Assembly Stage #5

1. Take the axle (D-6) and pass it through the handlebar post (D).

2. Pass the axle through the wave washer (L-9) and the lower handlebar (E-R/L) ,and then fix with the flat washers (L-7) and gasket (L-6) and allen bolt (L-5) in each side.

3. Tight the carriage bolts (L-16) with flat washer (L-17) and nylon nut (L-24) to connect the pedal arm (K-L/R) and lower handlebar (E-R/L) in each side.

Pay attention : Please use two allen key tools to fix bolt (L-5) on both side at the same time.
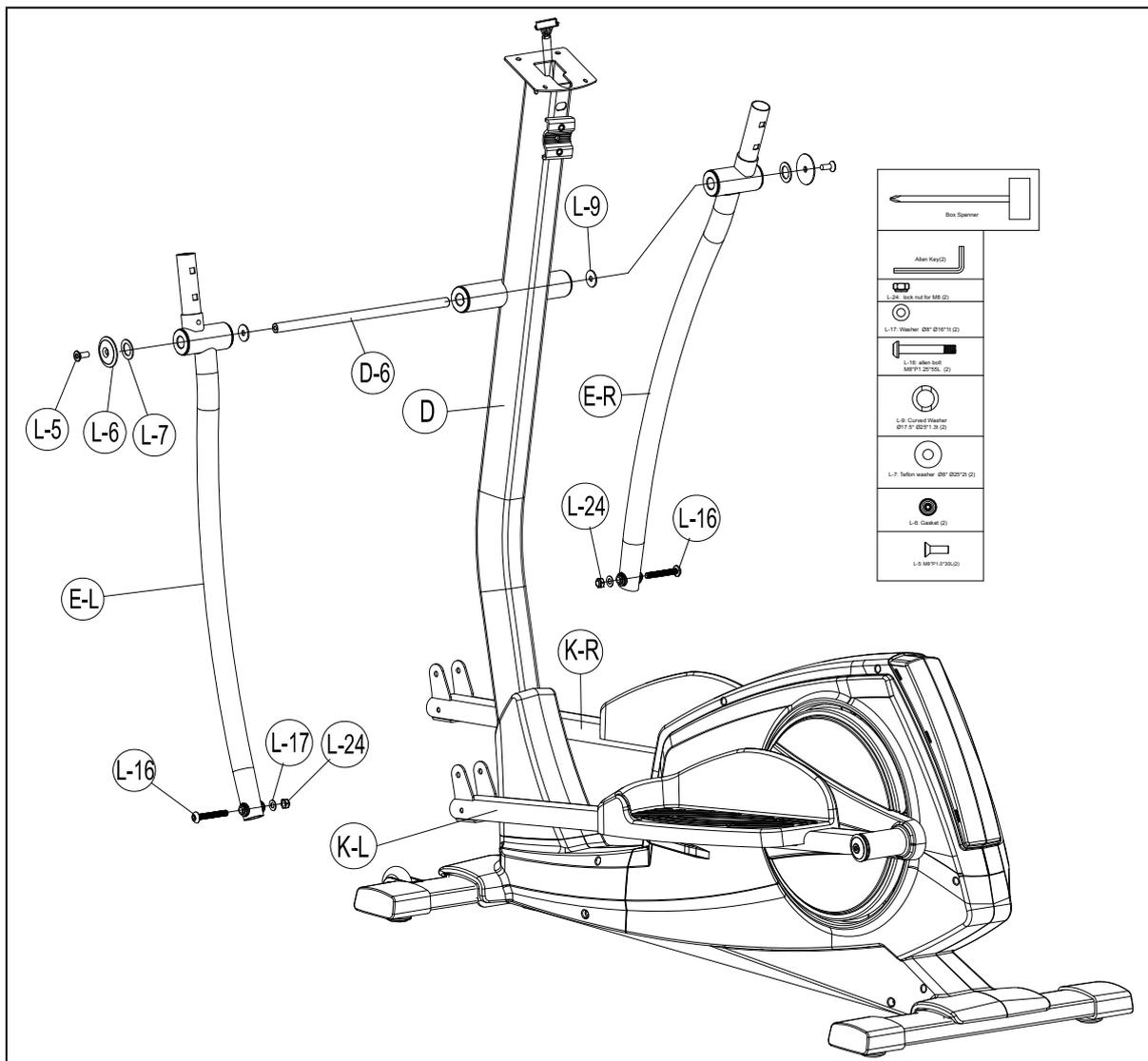
Assembly Stage #6

1. Please remove four sets of the screw (K-1) from the pedal arm (K-L/R).

2. Assemble the front cover L/R (K-2,K-4) for the pedal arm (K-L/R) by screw (K-1) in each side.
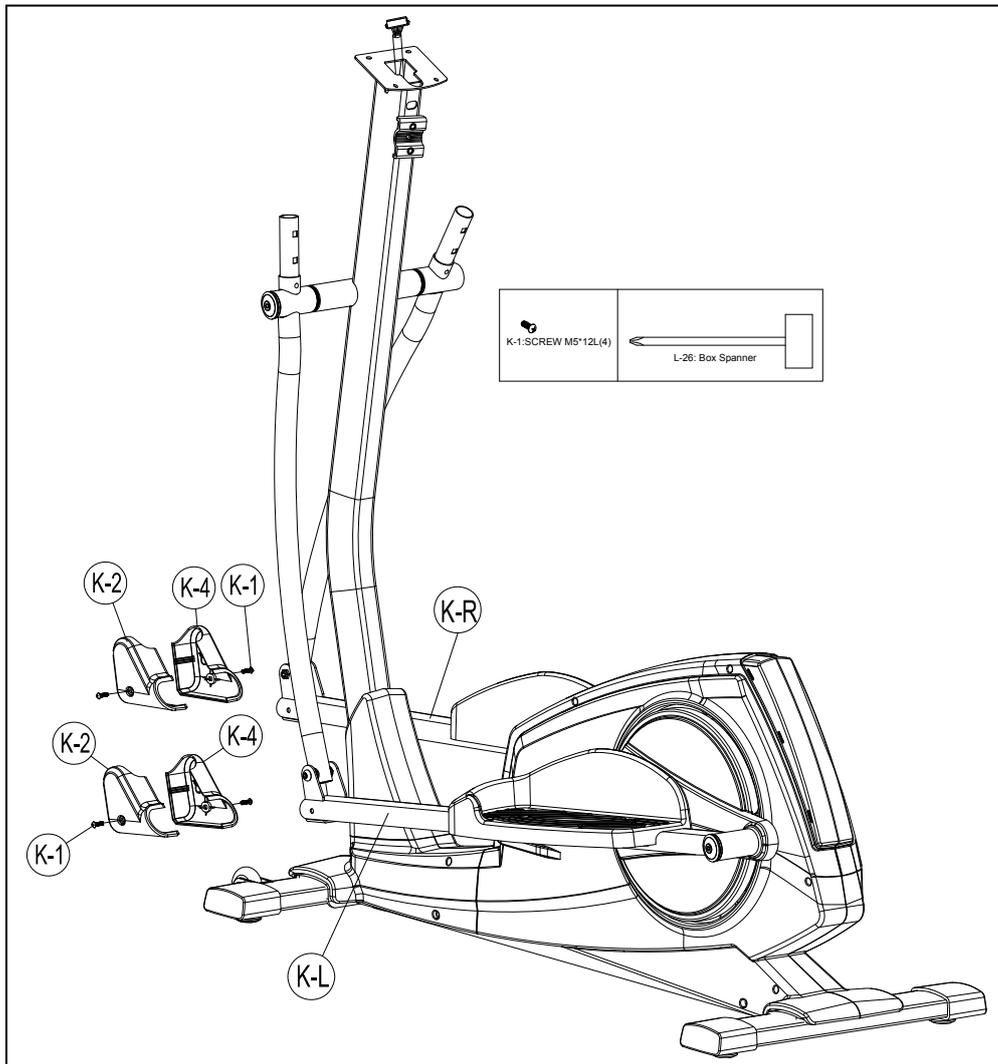
Assembly Stage #7

1. Pass the hand-pulse wire (pt.B-6) through the handlebar post (D-7) hole.

2. Attach the front handlebar (B) to the handlebar post (D) using the clamp cover (L-18), and then fix with two flat washers (L-19), two spring washers (L-20), two fixing bolt (L-21).


Allen Key

L-21: Allen Bolt M7*P10.*30L (2)

L-20: Spring Washer for handlebarbolt 7*2t (2)

L-19: flat washer Ø7*12*1t (2)

L-18: Metal cover (1)
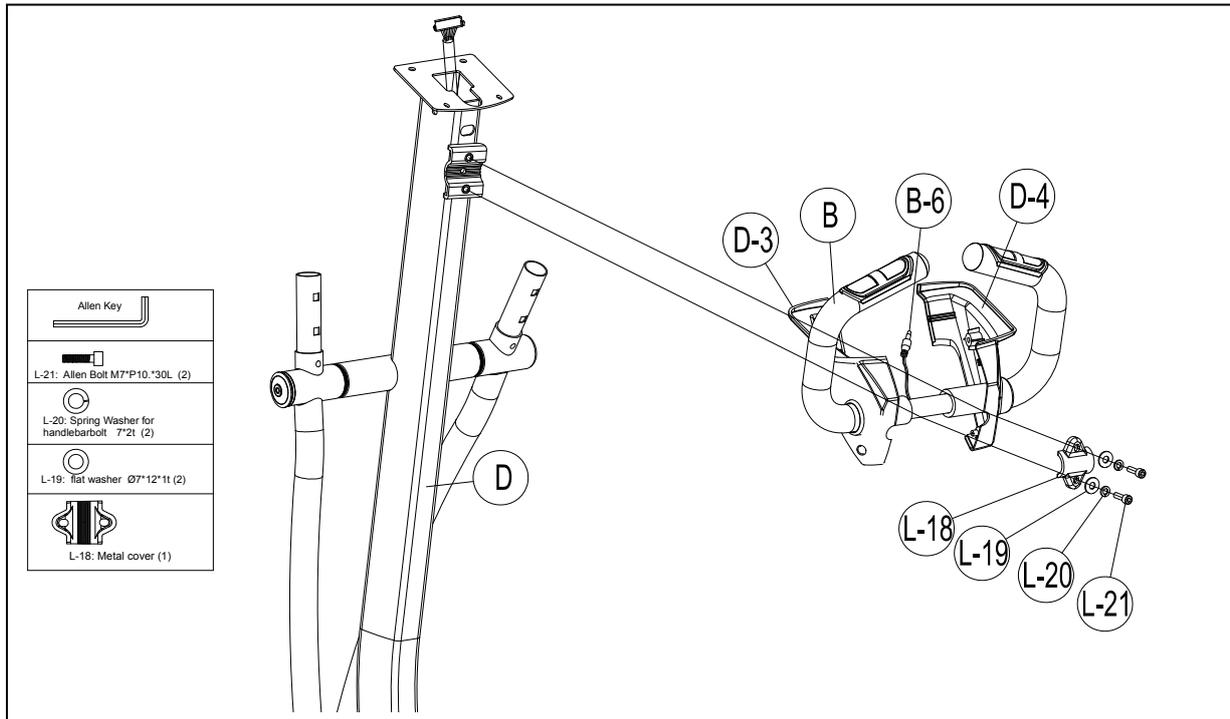
Assembly Stage #8

1. Connect the Computer cables (D-1) and Hand pulse wire (pt.B-6) to the computer, then attach the Computer (pt .A) to the Computer bracket with the enclosed Screws (pt .A-1).

A-1:SCREW M5*10L(4)

Box Spanner
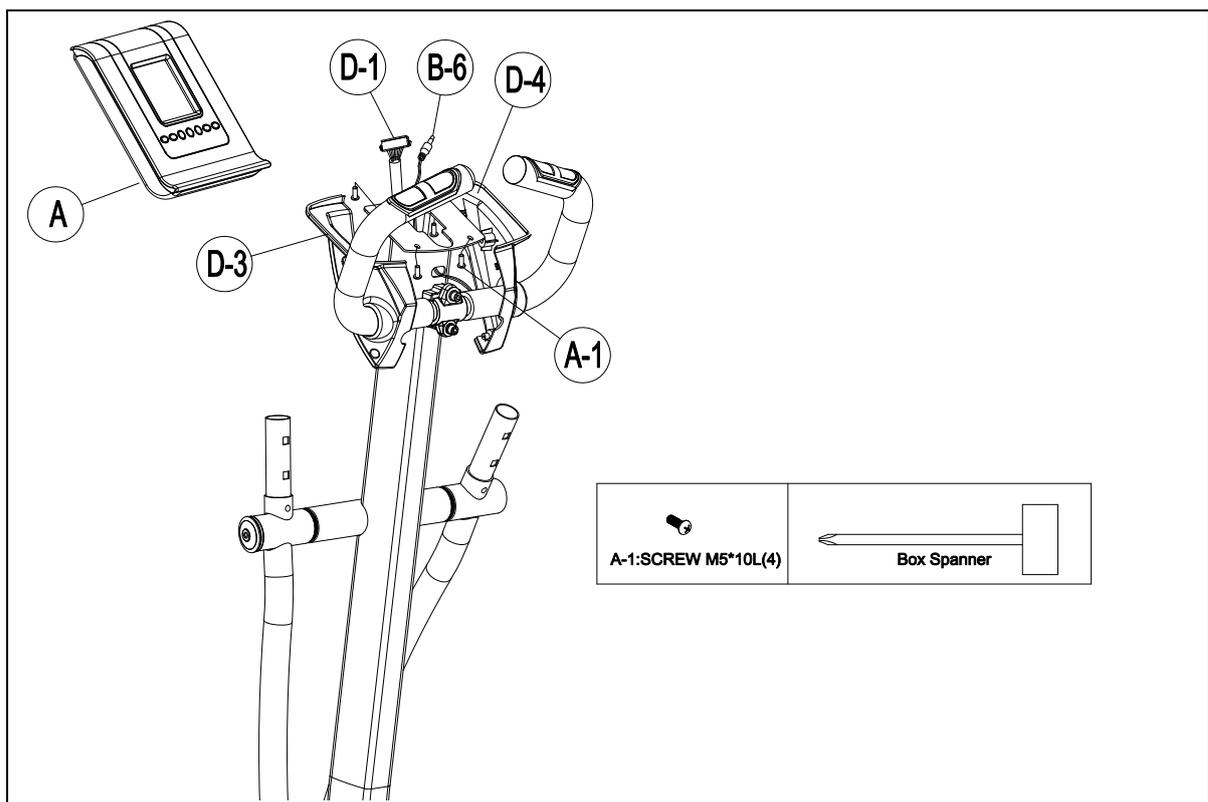
Assembly Stage #9

1. Please remove screw (D-2) from the handlebar post (D).

2. Assemble the console holder cover (D-3,D-4) for the handlebar post (D) by the screw (D-2) and self tapping screw (L-1)

D-2:SCREW M5*p0.8*12L(2)

L-1 Screw M3*25L(1)

Box Spanner
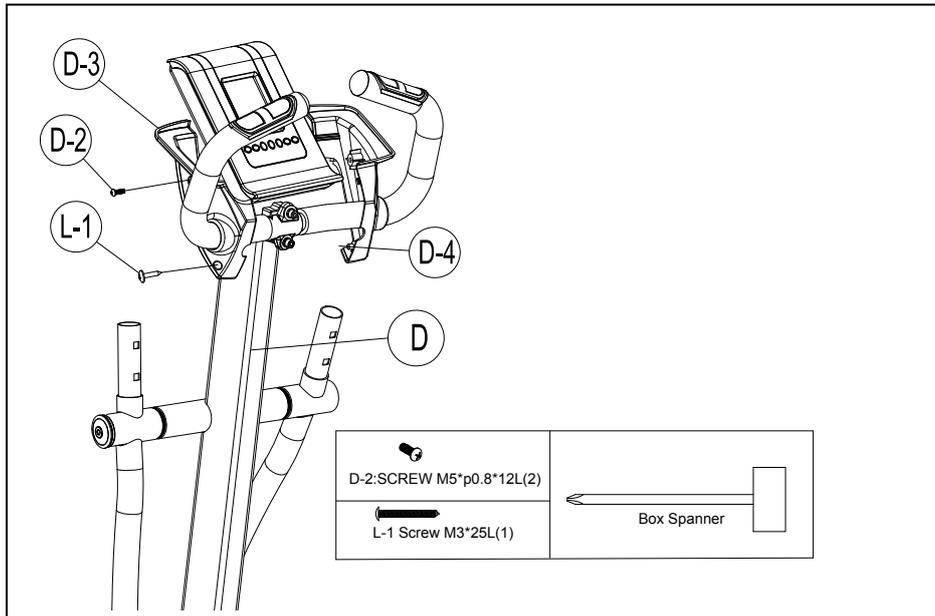
Assembly Stage #10

Assemble the R/L upper handlebar (C,C-3) for the lower handlebar (E-R/L) by carriage bolts (L-2) with nut (L-3) and semi-circle washer (L-4).


L-3: Acorn Nut for M8 (4)

L-4:flat washer
Ø8*Ø19*2t (4)

L-2: Carriage Bolt
M8*P1.25*40L (4)

Box Spanner
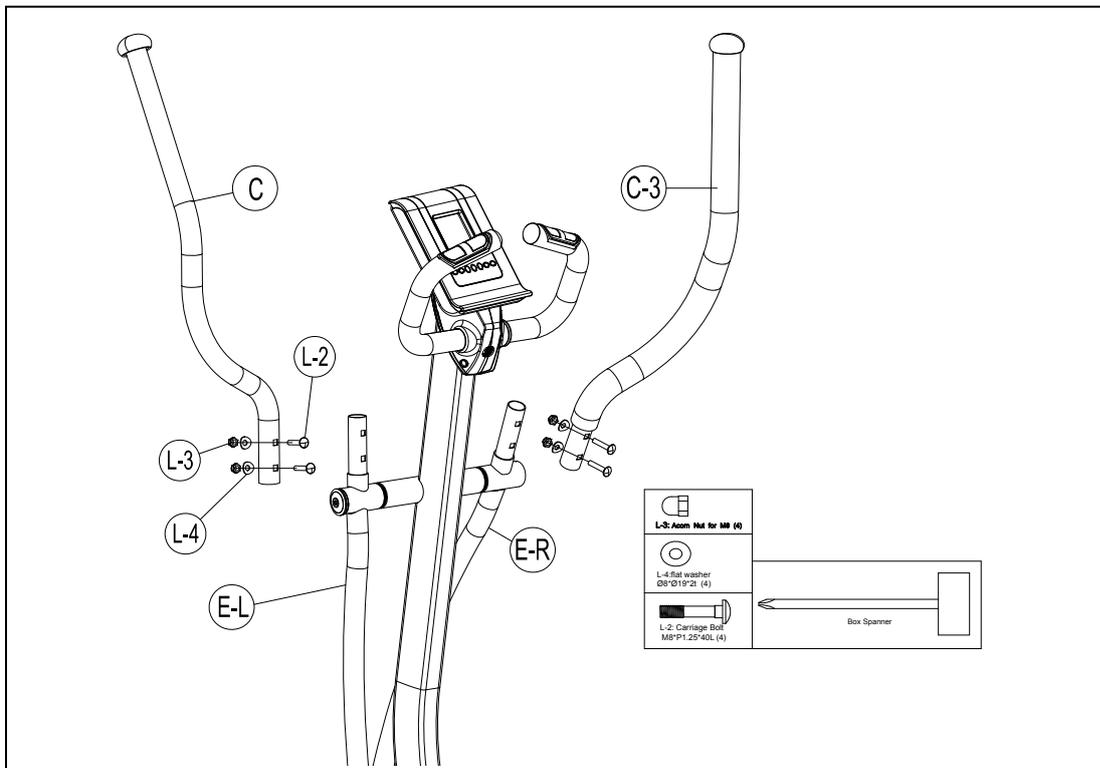
Step 11-
Connect the adaptor (F-30) to the DC hole (located on the back of the chain cover).

F-30
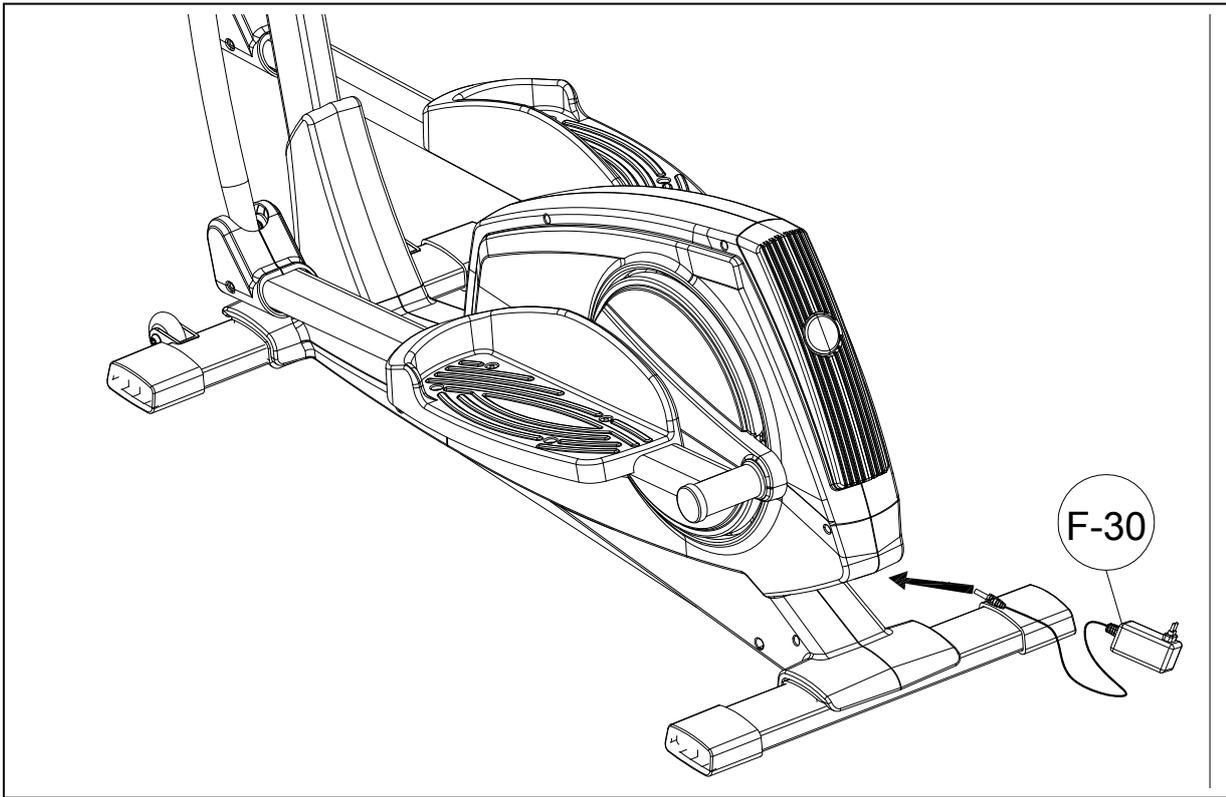
SM3739-67 INSTRUCTIONAL MANUAL

!!! 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 pedaling.
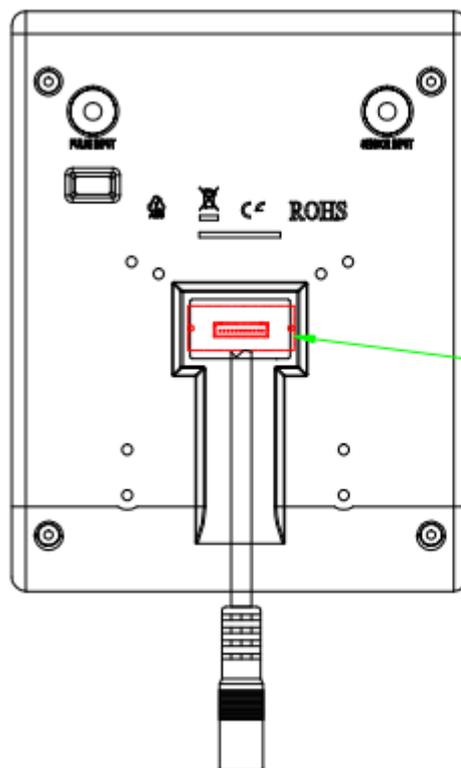
System plug connection socket

Handpulse connector

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 showing wheel diameter.
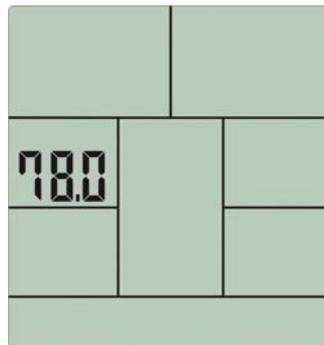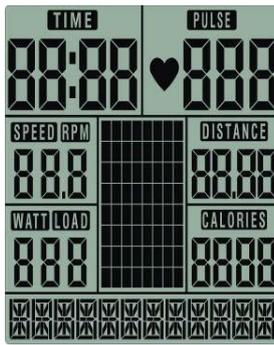
If no button are pressed and the pedals have not been moved for approx. 4 minutes, the computer will switch to power saving mode. All setting and data will be saved until user start next training.

DISPLAY & BUTTON FUNCTIONS

Training Values	Display Range	Description/ Setting Range
RPM	0~999	-Revolution per minute.
TIME	0.0 ~ 99:99min.	-User exercising time displaying; -Setting range 0:00~99:00.
SPEED	0~99.9km	-User exercising speed.
DISTANCE	0~99.99m	-User exercising distance. - Setting range 0.00~99.90km
CALORIES	0 ~ 9999 Cal.	-Burned calories during exercising. -Setting range 0~9990
WATT	0~999	-Power consumption during exercising. -Setting range 10~350
PULSE	30-230 BPM	-User current Heart Rate value. -Setting range 0-30~230Bpm.
MANUAL	/	-Manual mode workout.
PROGRAM	/	-12 PROGRAM profiles preset for selection.
USER	/	-User creates resistance level profile.
H.R.C	/	-Target Heat Rate training mode.

BUTTON	FUNCTION
UP	- Increase resistance level - Function selection
DOWN	- Decrease resistance level - Function selection
MODE	- Confirm setting or selection.
Total Reset	- Press it to reboot computer and start from user setting.
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 rowing training.

Recovery	- Track user Heart rate in recovery phase.

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 exercising status (see table).

Take note:

* If only a "P" is shown instead of pulse value, it is impossible to measure the HR. Keep both hands holding on the handbar properly so that computer can detect your hear rate.

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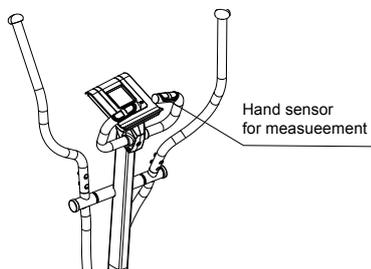
* The profile displayed in the center field depends on the type of exercise that has been set. The computer provides a number of ways to vary the exercise session and make it more motivating.

The following exercising are available:

  -Manual Training (training without programs)

  -Training with Programs (there are 12 programs preset, P01~P12)

  -Training with the H.R.C program (Target H.R)

  -Training with USER program (set your own desired profile)

  -Training with WATT program (Power consumption)

Starting exercise immediately (MANUAL)

Then MANUAL is flashing with 1Hz. Press UP or DOWN to choose MANUAL and confirm by pressing ENTER. 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 input your personal settings and press MODE to confirm. The following fields will flash in turn:

  . Resistance level (1~32)

  . 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 values reach the preset Target, the computer will alarm with Bi-bi sound and stop.

-You can adjust the level of resistance on the paddles while exercising by pressing UP and
 DOWN keys. The newly set level value will be shown in the profile(default value is Level 1).
-Press START/STOP to end exercising. All exercising value will remain.
-Press RESET to reverse to workout selection menu.
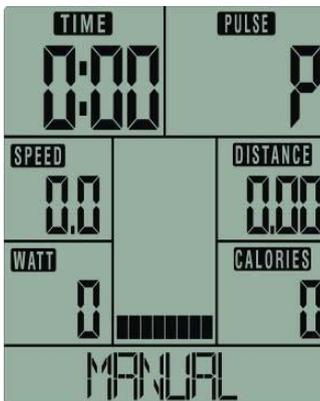
Selecting a Program to do training (PROGRAM)
-Press UP and DOWN keys to scan MANUAL→PROGRAM →USER PROGRAM→HRC→WATT.
-Choose PROGRAM and press MODE to confirm. The programs are preset with 12 profiles.
 Press UP and DOWN to select one from the 12 preset profiles. Set the desired session value
 and confirm by MODE:
  . Resistance level (1~32)
  . TIME
  -Press STATR/STOP to start workout.
-You can adjust the level of resistance on the paddles while exercising by pressing UP and
 DOWN keys. The newly set level value will be shown in the profile(default value is Level 1).
-Program intensity:
   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 paddle resistance.
  . You should only graduate to Interval programs once you have exercised for several times.
-Press START/STOP to end exercising. All exercising value will remain.
-Press RESET to reverse to workout selection menu.
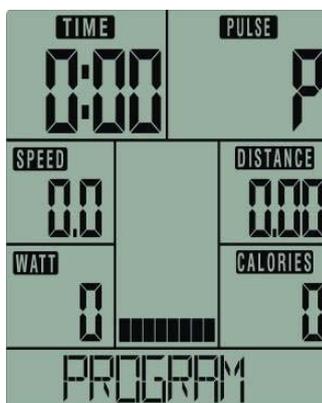

User-defined profile (USER PROGRAM)
Here you can design your own profile with bars just like the preset program profiles.
-Press UP & DOWN to select USER PROGRAM and press MODE to confirm. The first bar will be

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 for 2s.
-Set the desired session TIME with UP & DOWN buttons and press MODE to confirm.
- Press STATR/STOP to start workout.
-You can adjust the level of resistance on the paddles while exercising by pressing UP and
  DOWN keys. The newly set level value will be shown in the profile(default value is Level 1).
-As soon as one of the set values reach the preset Target, the computer will alarm with Bi-bi
  sound and stop.
-Press START/STOP to end exercising. All exercising value will remain.
-Press RESET to reverse to workout selection menu.
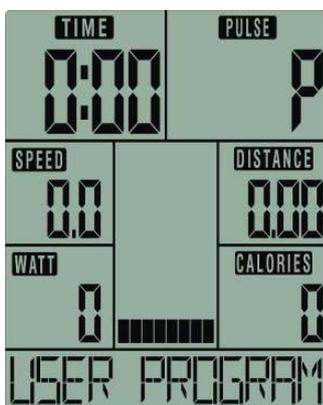

Set program according to heart rate (H.R.C.)
In this program, the console reacts to your pulse as measured by the metal handbar.
This program allows you to exercise efficiently and safely within your required heart rate zone.
In addition, simple graphics also show you whether you need to need to increase or decrease
your stress Level. You can choose between:
55%   Here you are exercising in the very efficient range of 55%, ideal for beginners and for
        general fat Burning.
75%   This range of 75% of the maximum pulse rate is suitable for experienced users and
        athletes.
90%   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 55%-->75%
  -->90%-> TARGET. With 55%, 75%,90%, 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 MODE button to confirm.
-Press STATR/STOP to start workout.
-For this program, it is necessary tokeep your both hands on the hand grips so that computer can
  detect and display your heart rate value.

-Program sequence:

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

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

.If you are exercising and go above your preset pulse rate, the paddle 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.
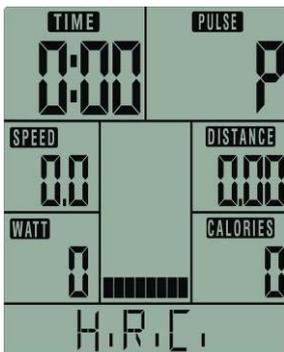
Training with WATT program

In this program, you will notice the power consumption. The preset value 120 is flashing on screen.

-Press UP & DOWN to select set desired value with range from 10 to 350.

-Press STATR/STOP to start workout.

-Press START/STOP to end exercising. All exercising value will remain.

-Press RESET to reverse to workout selection menu.
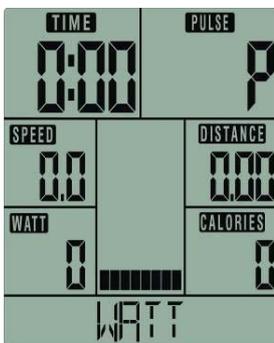
Measuring your pulse with the hand sensors

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

Hand sensor
for measueement
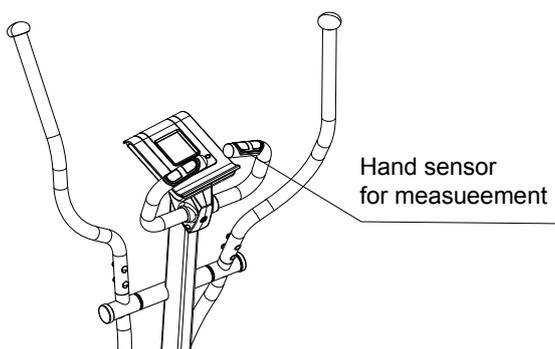
You can measure your pulse with the two hand sensor on the handle.
>> Place both hands on the hand sensor on the handle as you exercise and wait briefly for the pulse to be displayed.
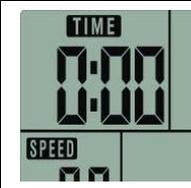
Recovery phase

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

-Press RECOVERY button and hold the handgrips 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.

-Press the RECOVERY button again to return the main display.

Note:

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

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