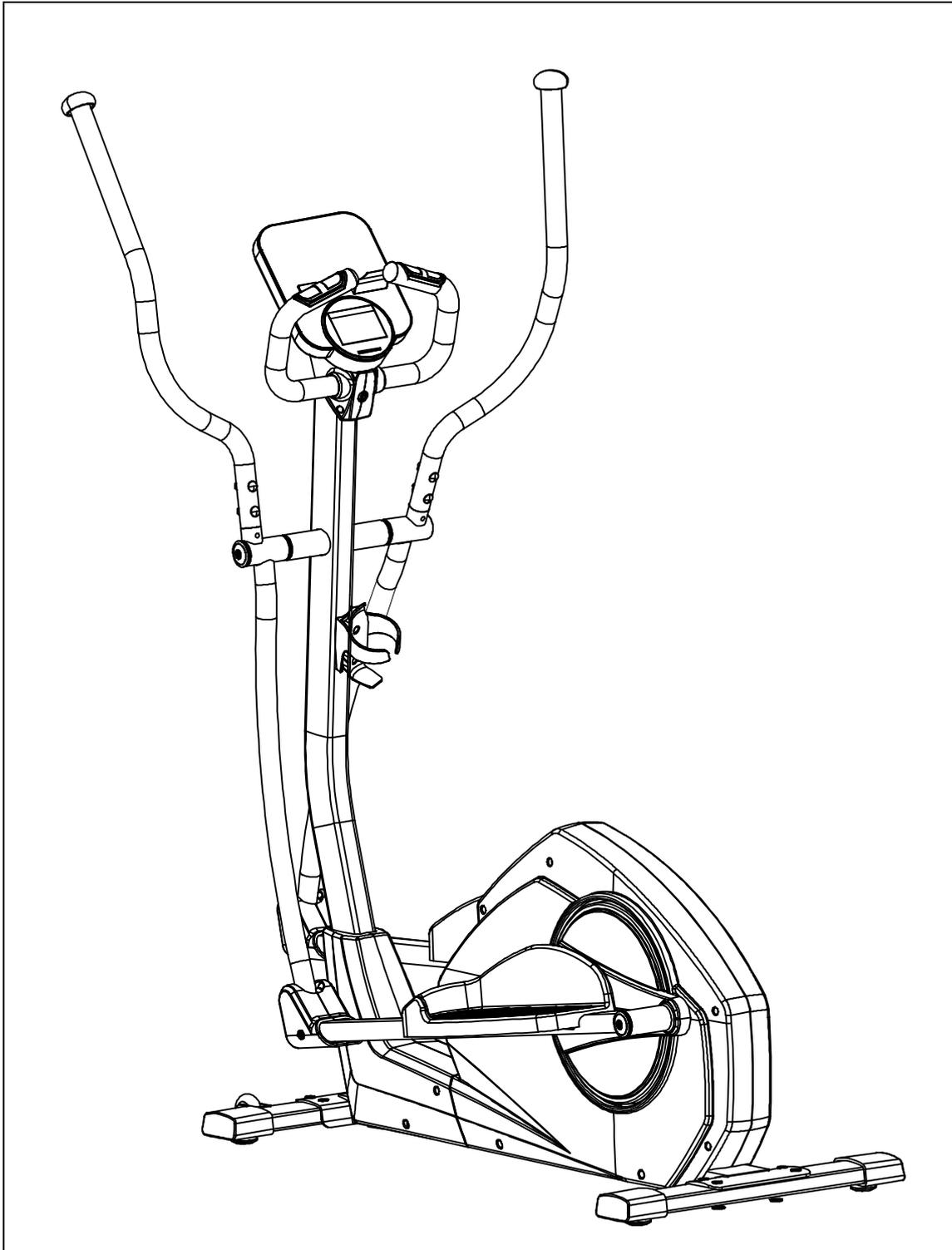


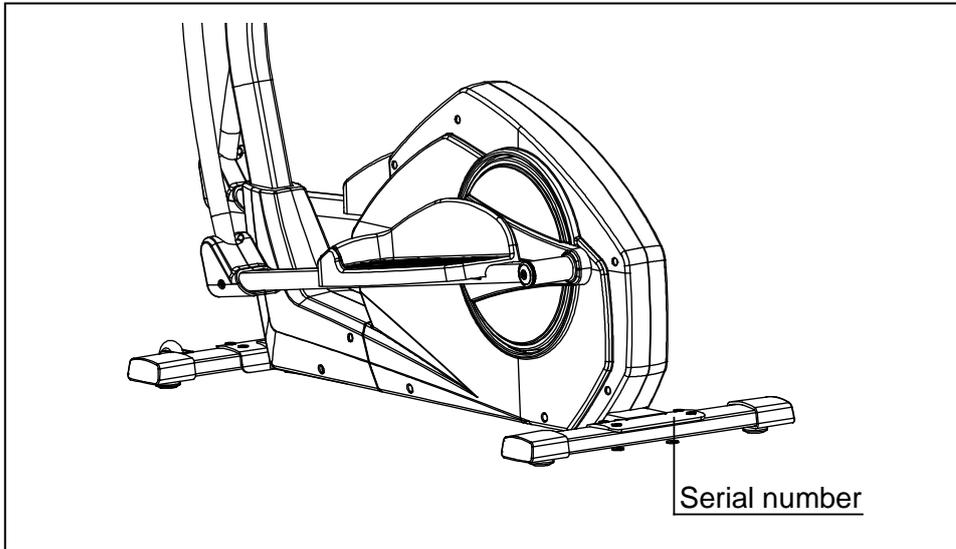
# USER MANUAL

## Casall XT100

93018

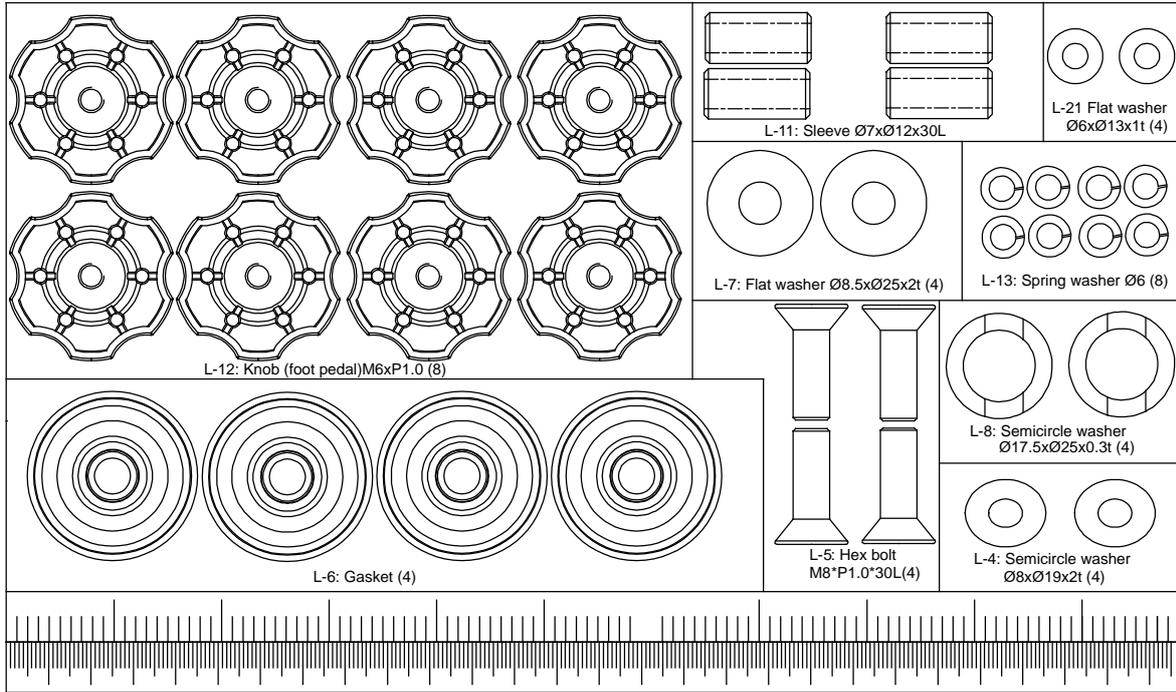


- Important: Please locate your serial number and record in the box below for service support purposes.

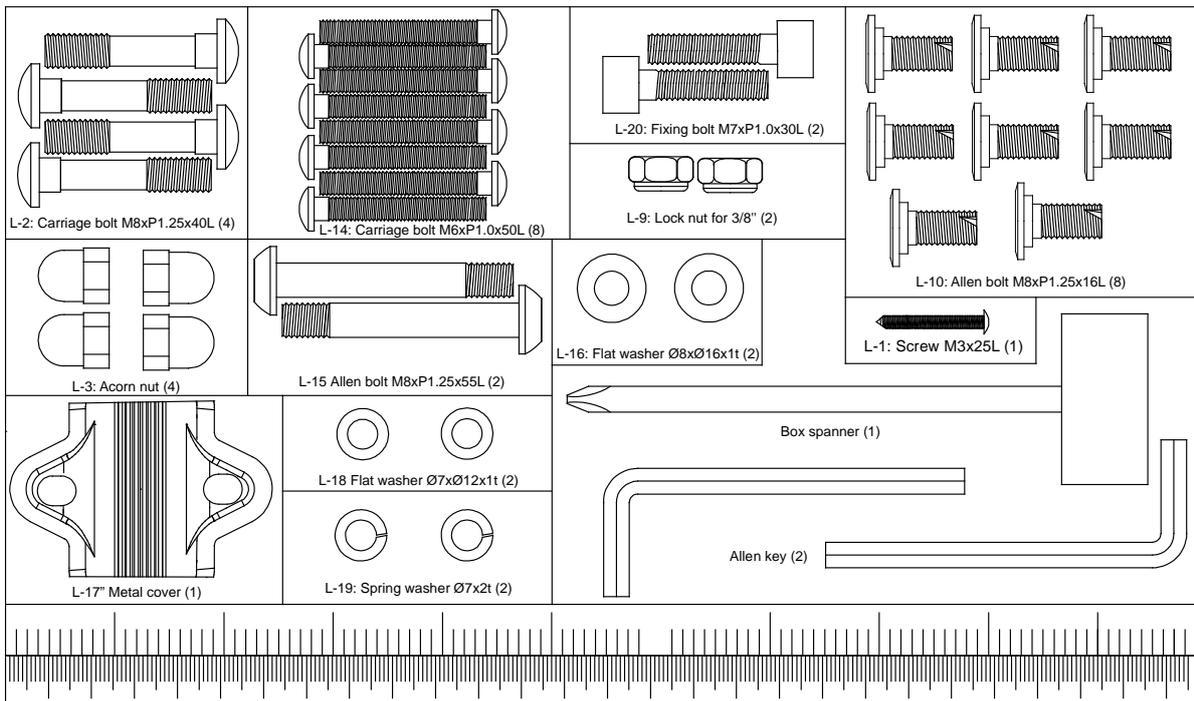


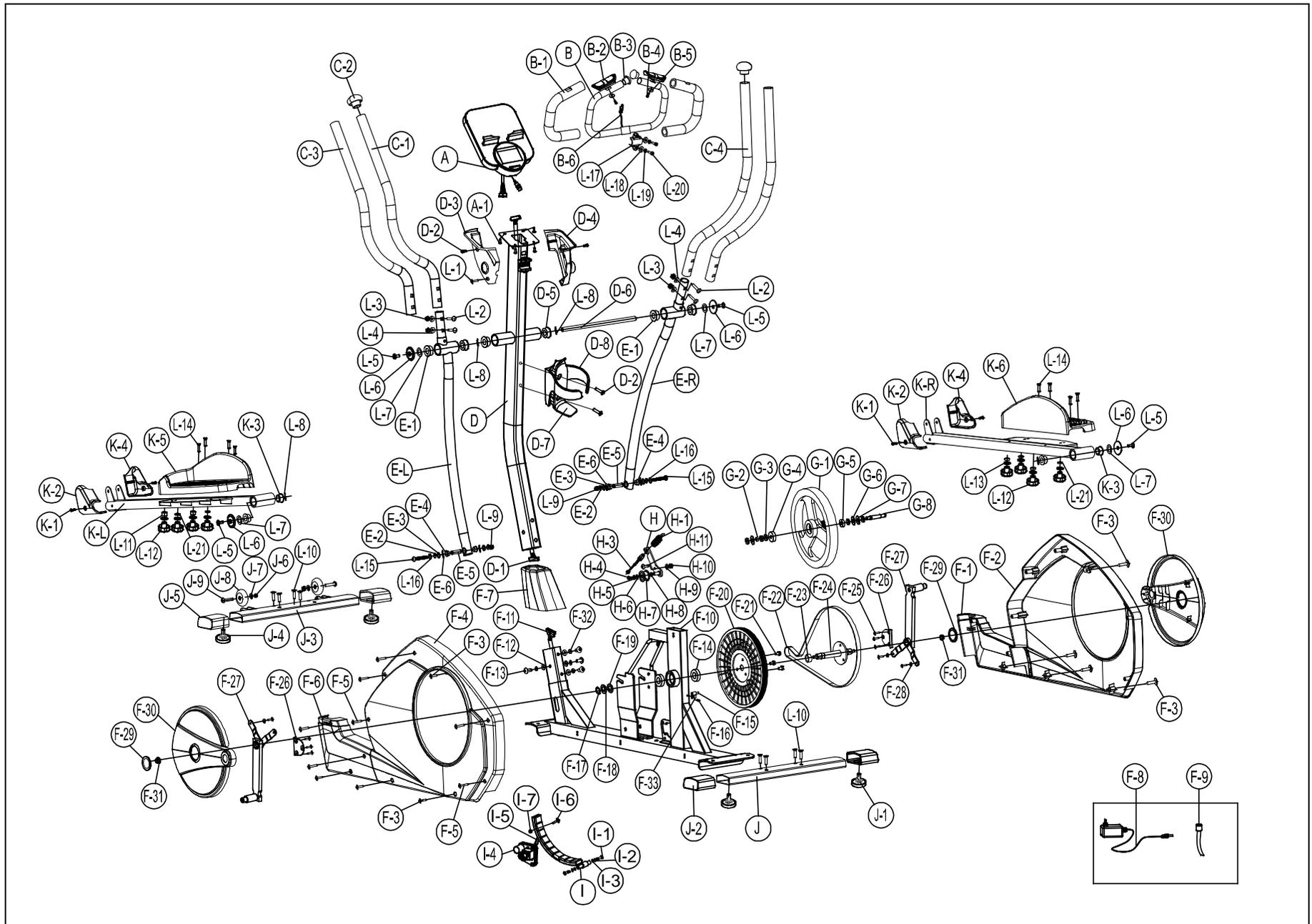
- Serial number here:

# 93018/XT100



# 93018/XT100





# Parts List

Number	Description	Q'ty	
A, A-1	Console & screw	1	SET
B	Front handlebar	1	PCS
B-1	Foam grip for front handlebar	2	PCS
B-2	Hand pulse	2	PCS
B-3	Cap for Front handlebar	2	PCS
B-4	Screw M4x20L	2	PCS
B-5	Semicircle washer 1.5t	2	PCS
B-6	Wire for hand pulse	1	PCS
C-1	Upper handlebar (Left)	1	PCS
C-2	Cap for upper handlebar	2	PCS
C-3	Foam grip for upper handlebar	2	PCS
C-4	Upper handlebar (Right)	1	PCS
D	Handlebar post	1	PCS
D-1	Upper console cable	1	PCS
D-2	Screw M5xP0.8x12L	4	PCS
D-3	Left cover for console	1	PCS
D-4	Right cover for console	1	PCS
D-5	Bushing for handlebar post	2	PCS
D-6	Axle for handlebar post	1	PCS
D-7	Bottle holder seat	1	PCS
D-8	Bottle holder	1	PCS
E-L	Lower handlebar (Left)	1	PCS
E-R	Lower handlebar (Right)	1	PCS
E-1	Bushing for Lower handlebar	4	PCS
E-2	C-type $\phi 12$	4	PCS
E-3	Flat washer $\phi 12 \times \phi 19 \times 1t$	4	PCS
E-4	Bushing for Lower handlebar	4	PCS
E-5	Bushing	2	PCS
E-6	Wave washer $\phi 12.5 \times \phi 18 \times 0.3t$	4	PCS
F-1	Front cover (Right) for main front	1	PCS
F-2	Right chain cover	1	PCS
F-3	Screw M5x16L	8	PCS
F-4	Left chain cover	1	PCS
F-5	Screw M4x50L	7	PCS
F-6	Front cover (Left) for main front	1	PCS
F-7	Cover for handlebar post	1	PCS
F-8	Adaptor	1	PCS

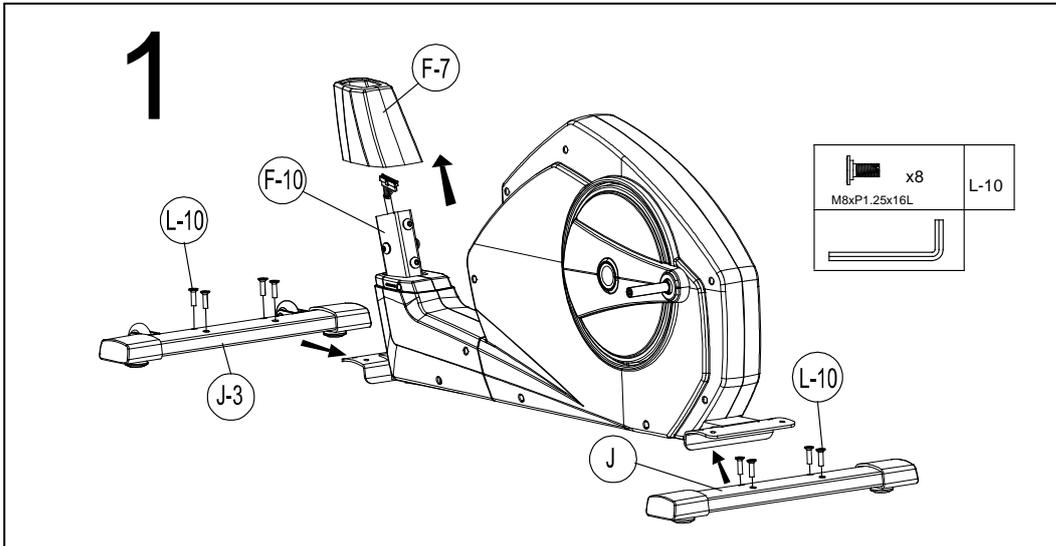
F-9	DC cable	1	PCS
F-10	Main frame	1	PCS
F-12	Flat washer $\phi 8 \times \phi 19 \times 2t$	4	PCS
F-13	Allen bolt M8xP1.25x16L	4	PCS
F-14	Bearing	2	PCS
F-15	Sensor box	1	PCS
F-16	Screw M4x12L	1	PCS
F-17	C-type $\phi 20$	1	PCS
F-18	Wave washer $\phi 20 \times \phi 30 \times 0.3t$	1	PCS
F-19	Flat washer $\phi 20.3 \times \phi 30 \times 1t$	1	PCS
F-20	Belt pulley	1	PCS
F-21	Hex. screw M8xP1.25x12Lx5t	3	PCS
F-22	Belt	1	PCS
F-23	Bushing	1	PCS
F-24	Shaft	1	PCS
F-25	Screw M4x12L	10	PCS
F-26	Inside cover for disc	2	PCS
F-27	Cross disc	2	PCS
F-28	Flat washer $\phi 5 \times \phi 16 \times 1t$	4	PCS
F-29	Cap for Round disc	2	PCS
F-30	Round disc	2	PCS
F-31	Pattern nut	2	PCS
F-32	Spring washer $\phi 8.1 * \phi 12.9 * 2.4T$	4	PCS
F-33	Sensor holder	1	PCS
G-1~G-8	Flywheel set	1	SET
H	Idler lever	1	PCS
H-1	Spring	1	PCS
H-3	Hex. screw M6xP1.0x100L	1	PCS
H-4	Hex. screw M6xP1.0x12L	1	PCS
H-5	Flat washer $\phi 6 \times \phi 13 \times 1t$	1	PCS
H-6	Flat washer $\phi 10 \times \phi 14 \times 1t$	1	PCS
H-7	Idler wheel	1	PCS
H-8	Wave washer $\phi 10.5 \times \phi 15 \times 0.3t$	2	PCS
H-9	Flat washer $\phi 8.5 \times \phi 25 \times 2t$	1	PCS
H-10	Nylon nut M8	1	PCS
H-11	Hex. screw M8xP1.25x18L	1	PCS
I	Magnetic set	1	PCS
I-1	Hex. Screw M6xP1.0x16L	2	SET
I-2	Flat washer $\phi 6 \times \phi 13 \times 1t$	2	PCS

I-3	Spring washer $\phi 6$	2	PCS
I-4, F-11	Gear box w/cable	1	SET
I-7	Hex. nut M6	1	PCS
J	Rear stabilizer	1	SET
J-1	Adjustment pad for rear stabilizer	2	PCS
J-2	End cap for rear stabilizer	2	PCS
J-3	Front stabilizer	1	SET
J-4	Adjustment pad for front stabilizer	2	PCS
J-5	End cap for front stabilizer	2	PCS
J-6	Nylon nut M8	2	PCS
J-7	Flat washer $\phi 8 \times \phi 16 \times 1t$	2	PCS
J-8	Transport wheel	2	PCS
J-9	Screw M8xP1.25x40L	2	PCS
K-L	Left pedal arm	1	PCS
K-R	Right pedal arm	1	PCS
K-1	Screw M5xP0.8x12L	4	PCS
K-2	Front cover (Left) for pedal arm	2	PCS
K-3	Bushing	4	PCS
K-4	Front cover (Right) for pedal arm	2	PCS
K-5	Left pedal	1	PCS
K-6	Right pedal	1	PCS
L-1~L-21	Hardware pack	1	SET

## Assembly Stage #1

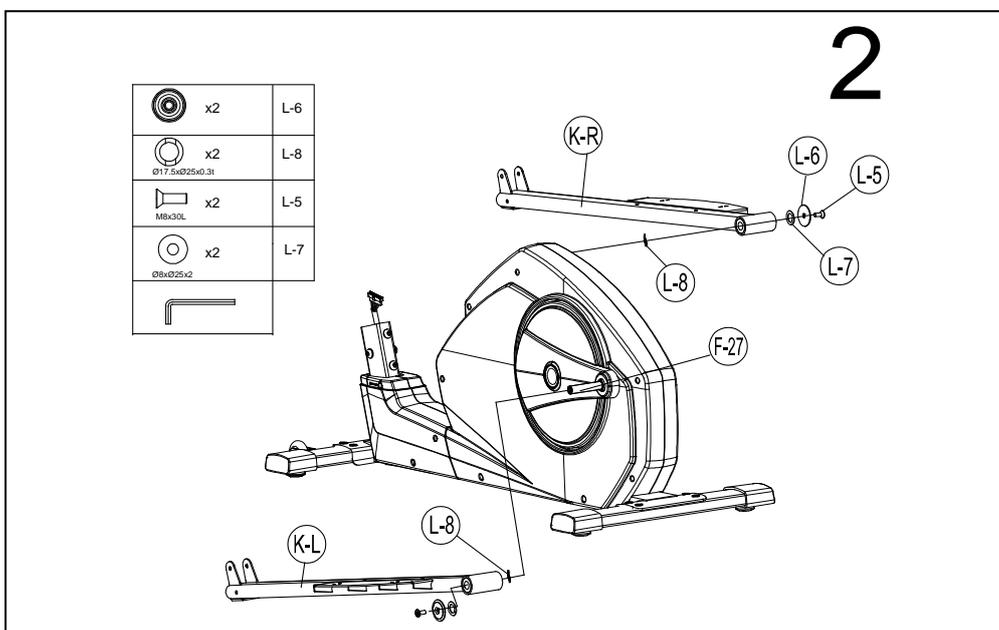
1. Attach the front stabilizer (J-3) to the main frame (F-10) using four Allen bolts (L-10).
2. Attach the rear stabilizer (J) to the main frame (F-10) using four Allen bolts (L-10).
3. Please remove the handlebar post cover (F-7) from the main frame (F-10).

After the assembly, the machine can be adjusted to a 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 moving the Elliptical easily and therefore need to be pointing down at the front (45°) during assembly.



## Assembly Stage #2

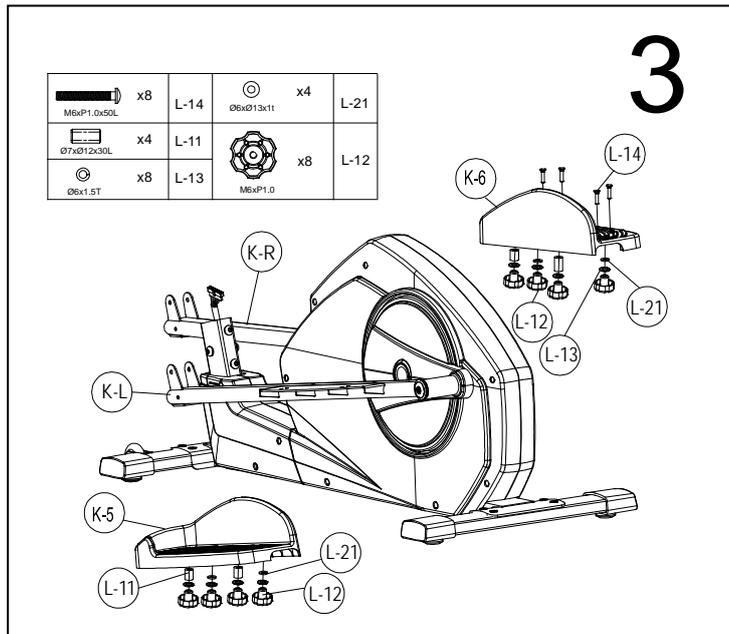
1. Take the wave washer (L-8) and pass it through the cross disc (F-27).
2. Assemble the R/L pedal arms (K-L, K-R) to the cross disc (F-27) by adding a flat washer (L-7), a gasket (L-6), and an Allen bolt (L-5).



### Assembly Stage #3

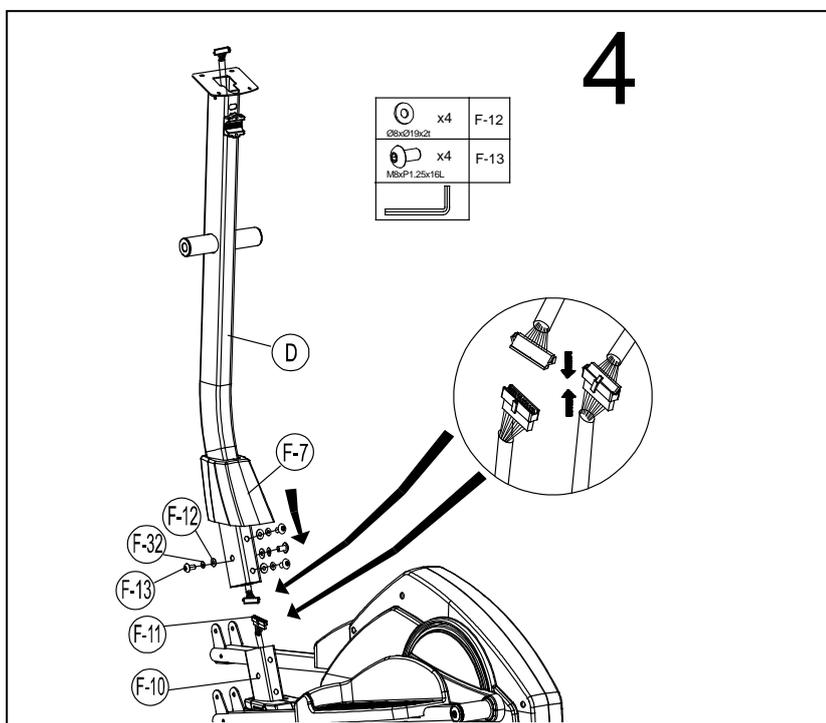
1. Put the R/L pedal (K-5, K-6) onto the pedal arm (K-L/R) and tighten it using a knob (L-12), flat washers (L-21), spring washers (L-13), sleeves (L-11) and carriage screws (L-14) on each side.

Please keep in mind, the left and right pedals need to be placed in identical positions.



### Assembly Stage #4

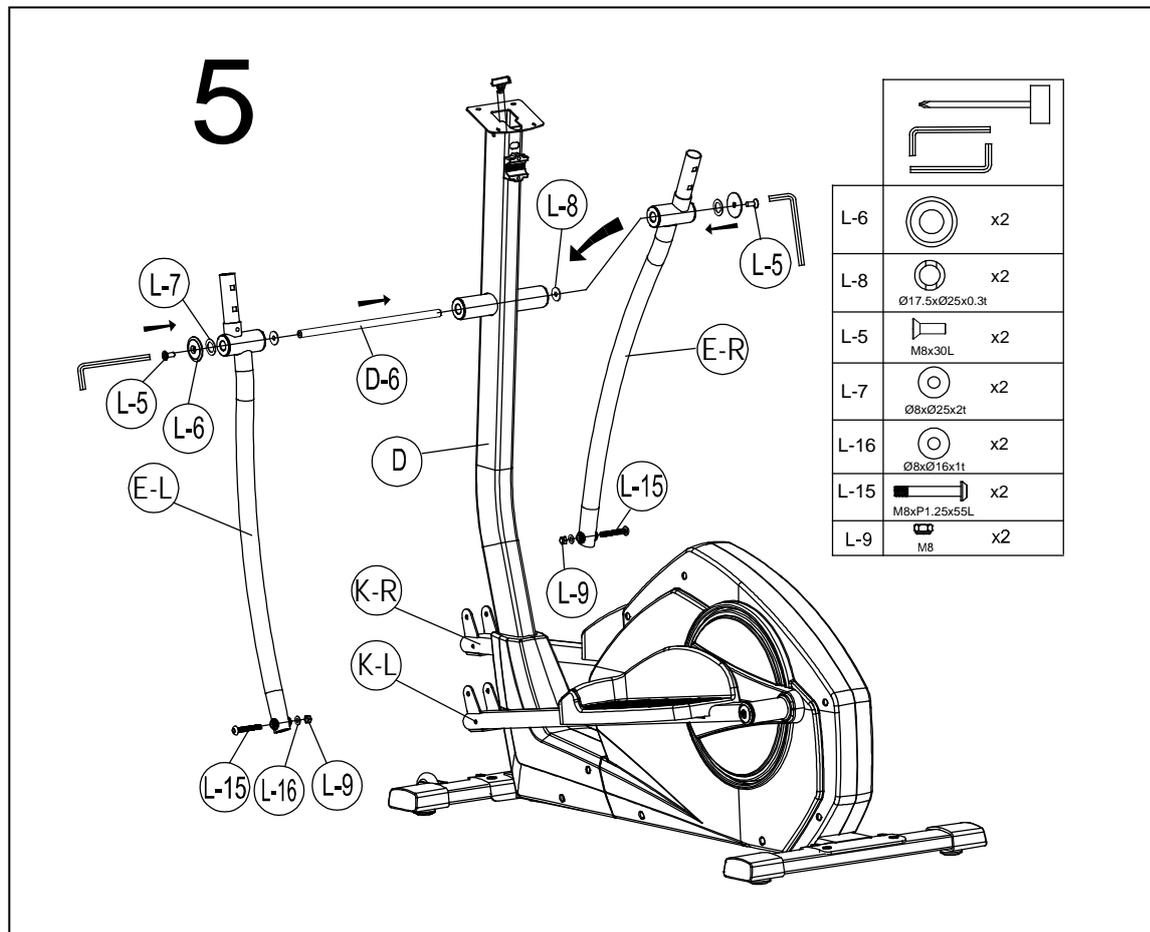
1. Please remove the four sets of Allen bolts (F-13) and flat washers (F-12) and spring washer (F-32) from the main frame (F).
2. Take the handlebar post (D) and pass it through the handlebar post cover (F-7).
3. Hold the handlebar post (D) and connect the lower console cable (F-11) and the upper console cable (D-1).
4. Slide the handlebar post (D) into the main frame, then fix it with four sets of Allen bolts (F-13) and flat washers (F-12) and spring washer (F-33).



## Assembly Stage #5

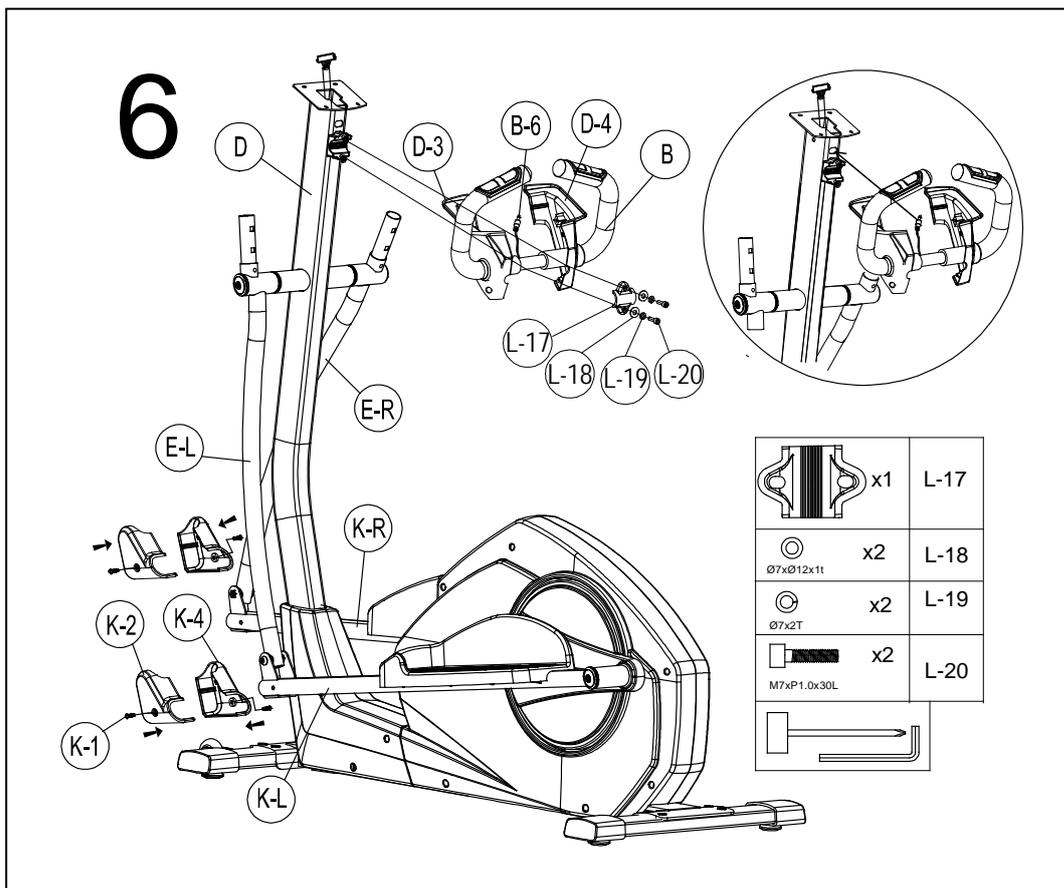
1. Take the axle (D-6) and pass it through the handlebar post (D).
2. Pass the axle through the wave washer (L-8) and the lower handlebar (E-R/L), then fix with the flat washers (L-7), gaskets (L-6) and Allen bolts (L-5) on each side.
3. Tighten the Allen bolt (L-15) with flat washers (L-16) and nylon nuts (L-9) to connect the pedal arms (K-L/R) and lower handlebars (E-R/L) on each side.

Please note: Use two Allen key tools to fix the bolts (L-5) on both sides at the same time.



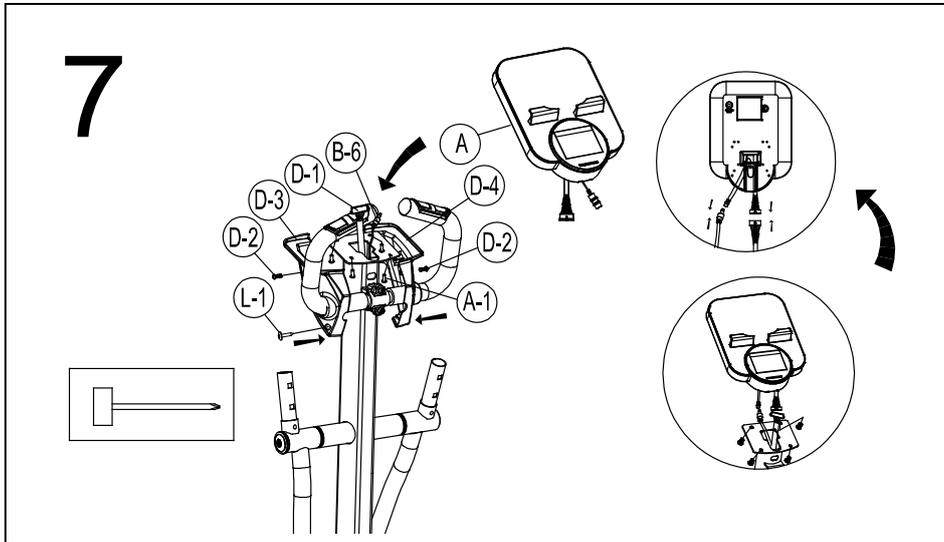
## Assembly Stage #6

1. Please remove the four sets of screws (K-1) from the pedal arms (K-L/R).
2. Assemble the front cover L/R (K-2, K-4) to the pedal arms (K-L/R) by adding screws (K-1) on each side.
3. Pass the hand-pulse wire (B-6) through the handlebar post (D) hole.
4. Attach the front handlebar (B) to the handlebar post (D) using the clamp cover (L-17), then fix it with two flat washers (L-18), two spring washers (L-19) and two fixing bolts (L-20).



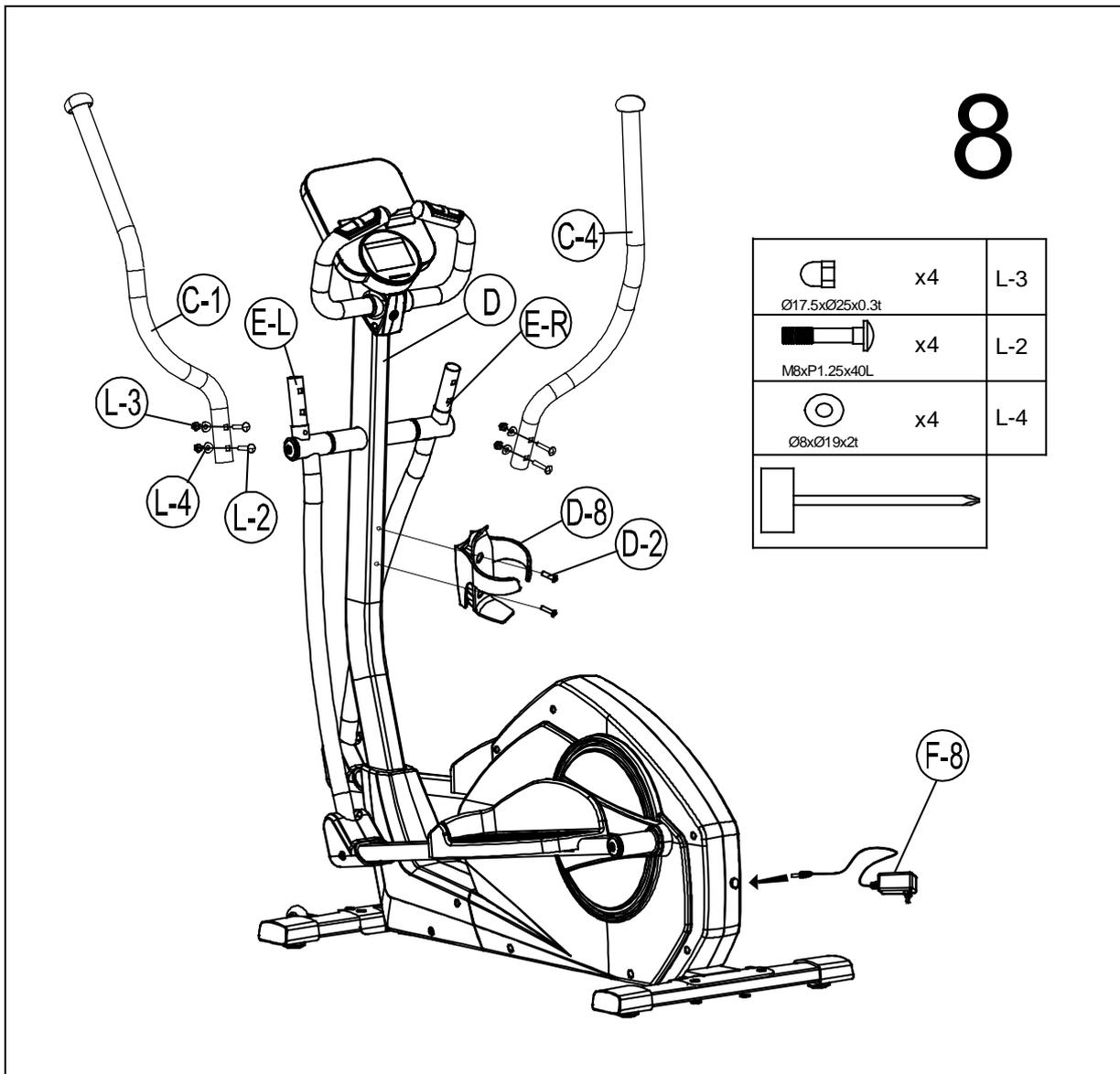
## Assembly Stage #7

1. Connect the computer cables (D-1) and hand pulse wire (B-6) to the computer, then attach the computer (A) to the computer bracket with the enclosed screws (A-1).
2. Please remove the screw (D-2) from the handlebar post (D).
3. Assemble the console holder cover (D-3, D-4) for the handlebar post (D) by adding the screw (D-2) and self-tapping screw (L-1).



## Assembly Stage #8

1. Attach the R/L upper handlebar (C-1, C-4) to the lower handlebar (E-R/L) by adding the carriage bolts (L-2), nuts (L-3) and semicircle washers (L-4).
2. Remove the pre-installed Screws (D-2) on the handlebar post first, and then assemble the Bottle holder (D-8) using Screw (D-2).
3. Connect the adaptor (F-8) to the DC hole (located on the back of the chain cover).



## SM1790-67 SERIES INSTRUCTION MANUAL



### DISPLAY FUNCTIONS

ITEM	DESCRIPTION
<b>TIME</b>	Count up – No preset target. Time will count up from 00:00 to maximum 99:59 with each increment being 1 minute. Count down – If training with preset Time, Time will count down from reset to 00:00. Each preset increment or decrement is 1 minute between 00:00 to 99:00.
<b>SPEED</b>	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
<b>DISTANCE</b>	Accumulates total distance from 0.00 up to 99.9 KM or ML. The user may preset target distance data by using UP/DOWN button. Each increment or decrement is 0.1KM or ML between 0.00~99.9.
<b>CALORIES</b>	Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatment.)
<b>PULSE</b>	User may set up target pulse from 0 – 30 to 230; computer buzzer will beep when the actual heart rate is over the target value during the workout.
<b>RPM</b>	Displays the Rotation Per Minute. Display range 0~999
<b>WATTS</b>	Workout power consumption Range 0 ~ 999 In Watt constant mode, computer will remain preset watt value (setting range 0~350)

<b>MANUAL</b>	Manual mode workout.
<b>PROGRAM</b>	12 PROGRAM selection.
<b>USER PROGRAM</b>	User creates resistance level profile.
<b>H.R.C.</b>	Target HR training mode.
<b>WATT PROGRAM</b>	WATT constant training mode.

## **KEY FUNCTION**

<b>ITEM</b>	<b>DESCRIPTION</b>
<b>Up (Encoder)</b>	Increase resistance level Setting selection.
<b>Down (Encoder)</b>	Decrease resistance level Setting selection.
<b>Mode / Enter</b>	Confirm setting or selection.
<b>Reset</b>	Press and hold for 2 seconds, the computer will reboot and start from user setting. Go back to the main menu during the presetting of your workout value or stop mode.
<b>Start/ Stop</b>	Start or Stop workout.
<b>Recovery</b>	Test heart rate recovery status.
<b>Total Reset</b>	Power on again and resume all preset values.

PS. Because of different console designs not all consoles have the total reset function key.

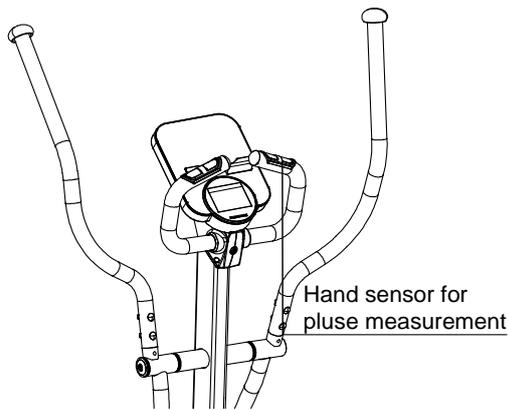
## **Training Data**

The computer calculates and displays all values automatically according to the user's exercise 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 handlebar properly so that computer can detect your heart rate.



\* 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.

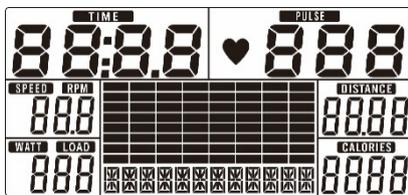
The following exercising are available:

- Manual Training (training without programs)
- Training with Programs (there are 12 programs preset, P01~P12)
- Training with the Heart Rate program (H.R.C)
- Training with USER program (set your own desired profile)
- Training with WATT program (Power consumption)

## OPERATION:

### POWER ON

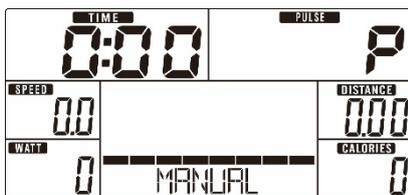
Plug in the power supply, the computer will power on and display all segments on LCD for 2 seconds (Drawing 1).



Drawing 1

### WORKOUT SELECTION

Use UP or DOWN (Encoder) to select to workout manually (Drawing2)→Program (Drawing 3) →User Program (Drawing 4)→ H.R.C. (Drawing 5) → Watt(Drawing 6).



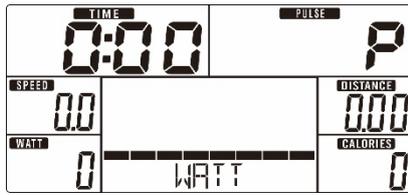
Drawing 2



Drawing 3



Drawing 4



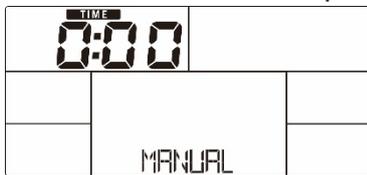
Drawing 6

Drawing 5

### Manual Mode

Press START in main menu to start workout in manual mode.

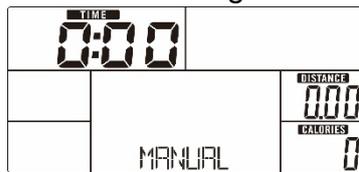
1. Use UP or DOWN (Encoder) to select workout program, choose MANUAL and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to preset TIME (Drawing 7), DISTANCE (Drawing 8), CALORIES (Drawing 9), PULSE (Drawing 10) and press MODE / ENTER to confirm.
3. Press START/STOP to start workout. Use UP or DOWN (Encoder) to adjust the load level. If the load level display in WATT window is not adjusted for more than 3s, it will switch to display WATT (Drawing 11).
4. Press START/STOP to pause your workout. Press RESET to go back to the main menu.



Drawing 7



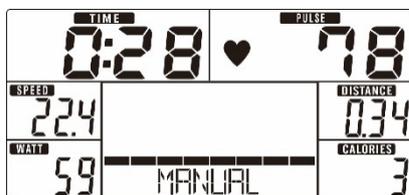
Drawing 8



Drawing 9



Drawing 10



Drawing 11

### Program Mode

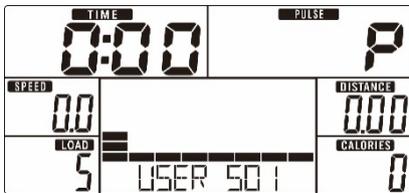
1. Use UP or DOWN (Encoder) to select your workout program, choose Beginner mode and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to select program 1~12 (Drawing 12) and press MODE / ENTER to get into.
3. Use UP or DOWN (Encoder) to preset TIME.
4. Press START/STOP to start the workout. Use UP or DOWN (Encoder) to adjust the load level.
5. Press START/STOP to pause the workout. Press RESET to go back to the main menu.



## Drawing 12

### User Program Mode

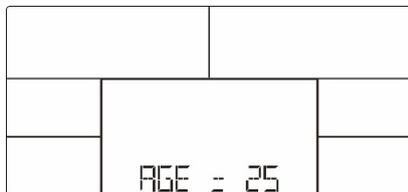
1. Use UP or DOWN (Encoder) to select your workout program, choose User Program mode and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to create a user profile (Drawing 13). There are a total of 20 columns, the user can adjust each column's load level. The user can hold MODE / ENTER 2 seconds to quit during setting.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP to start the workout. Use UP or DOWN (Encoder) to adjust the load level.
5. Press START/STOP to pause the workout. Press RESET to go back to the main menu.



Drawing 13

### H.R.C. Mode

1. Use UP or DOWN (Encoder) to select your workout program, choose H.R.C. and press MODE / ENTER to get in.
2. Use UP or DOWN (Encoder) to set your age (Drawing 14).
3. Use UP or DOWN (Encoder) to select 55%.75%.90% or TAG (TARGET H.R.) (default : 100, Drawing 15).
4. Use UP or DOWN (Encoder) to preset your workout TIME.
5. Press START/STOP to start or stop the workout. Press RESET to go back to the main menu.



Drawing 14



Drawing 15

### Watt Mode

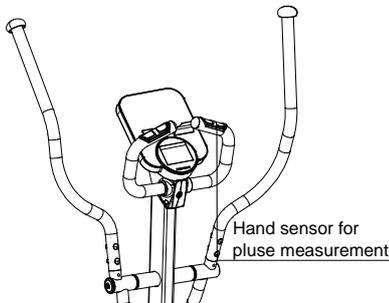
1. Use UP or DOWN (Encoder) to select your workout program, choose WATT and press MODE / ENTER to get in.
2. Use UP or DOWN (Encoder) to preset WATT target. (default: 120, Drawing 16)
3. Use UP or DOWN (Encoder) to preset TIME.
4. Press START/STOP to start the workout. Use UP or DOWN (Encoder) to adjust the Watt level.
5. Press START/STOP to pause the workout. Press RESET to go back to the main menu.



## Drawing 16

### Measuring your pulse with the hand sensors

The hand sensors are not medical products, but rather exercising tools designed for the approximate measurement and display of the pulse rate when exercising with the crosstrainer.

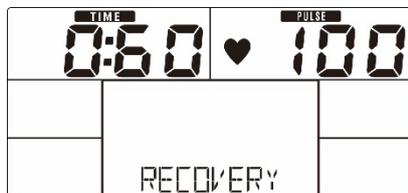


You can measure your pulse with the two-hand sensor on the handle.

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

### RECOVERY

After exercising for a period, keep holding on the hand grips and press the RECOVERY key. The display will stop showing any functions except for "TIME". Time starts counting down from 00:60 to 00:00 (Drawing 17). The screen will display your heart rate recovery status with F1, F2.... to F6. F1 is the best, F6 is the worst (Drawing 18). The user may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return to the main display.)



Drawing 17



Drawing 18

### Noted:

1. After 4 minutes without pedaling or pulse input, the console will enter into power saving mode. Press any key to wake the console up.
2. When the computer acts abnormally, please unplug the adaptor and plug in again.

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