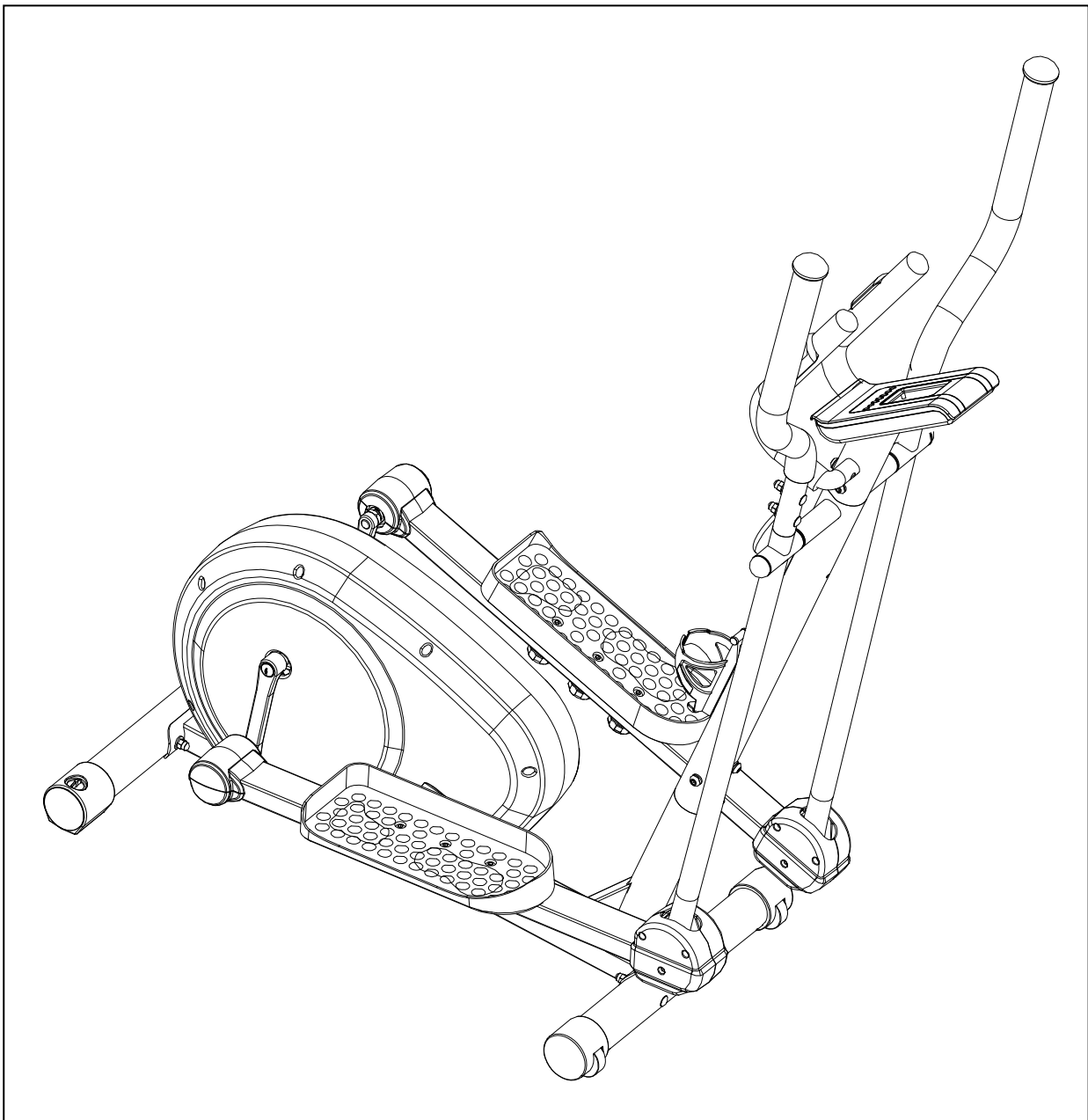
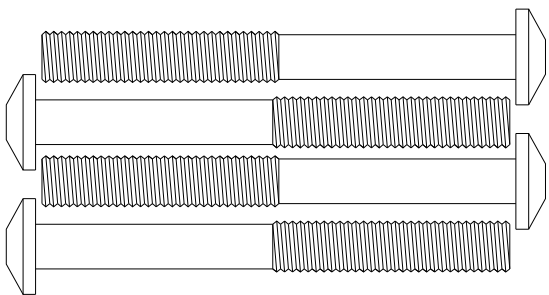


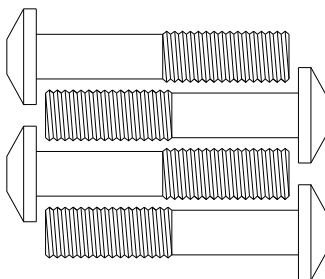
BENEFIT E420
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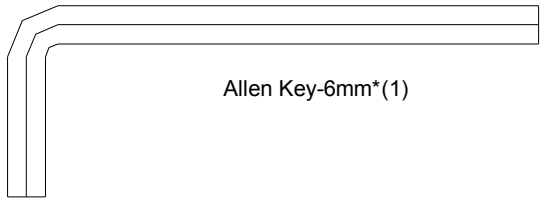
E420



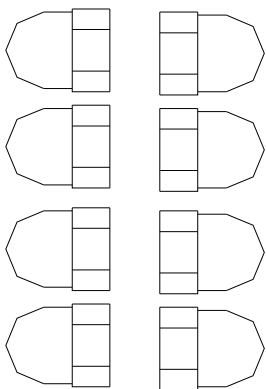
NO:Q Carriage Bolt M8*P1.25*75MM (4)



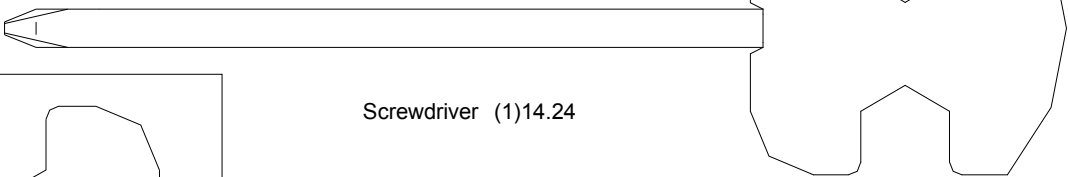
NO:Q-1 Carriage Bolt M8*P1.25*40MM(4)



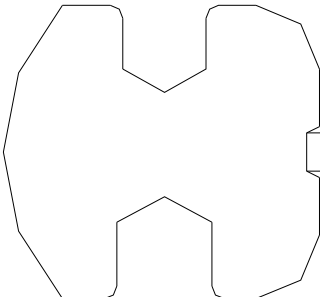
Allen Key-6mm*(1)



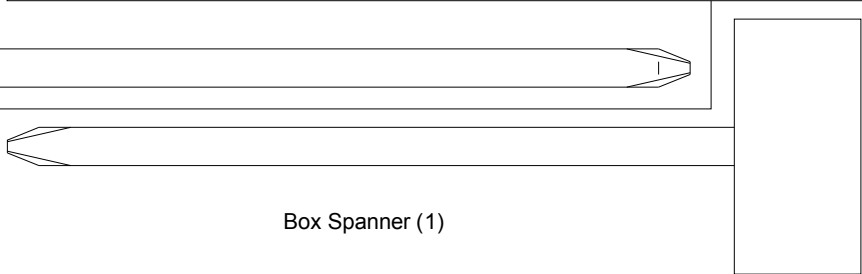
NO:Q-2 Acorn Nut for M8 Bolt (8)



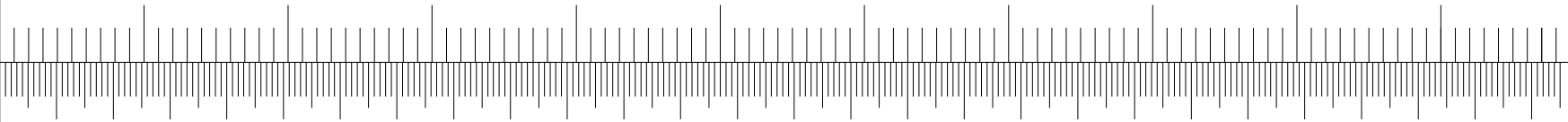
Screwdriver (1)14.24



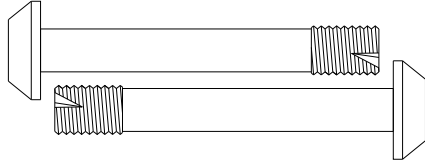
Screwdriver (1)13.15



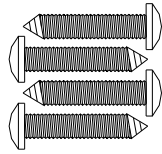
Box Spanner (1)



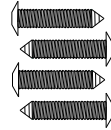
E420



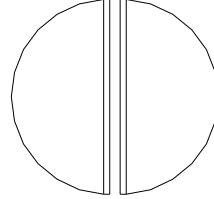
NO:Q-4 Allen Bolt (movable handlebar)
M8*P1.25*55mm(2)



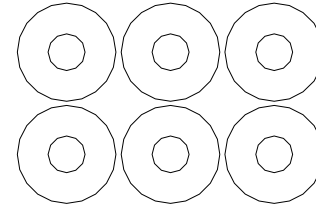
NO:Q-12
Screw M4*20L (4)



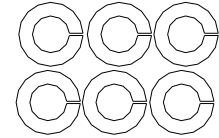
NO:Q-13
Screw M3*14L (4)



NO:Q-11 Cap (2)



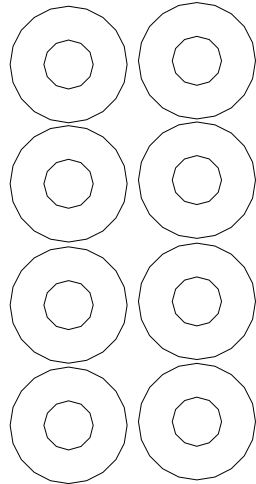
NO:Q-9
Regular Washer $\phi 6 * \phi 16 * 2T$ (6)



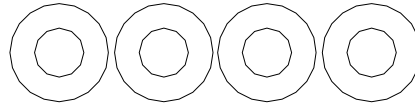
NO:Q-10
Spring Washer ? 6(6)



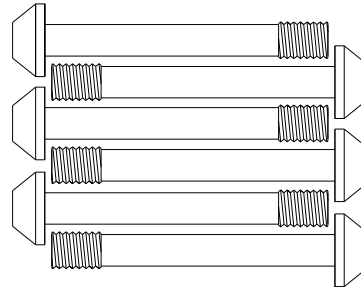
NO:Q-5 lock nut for M8 (2)



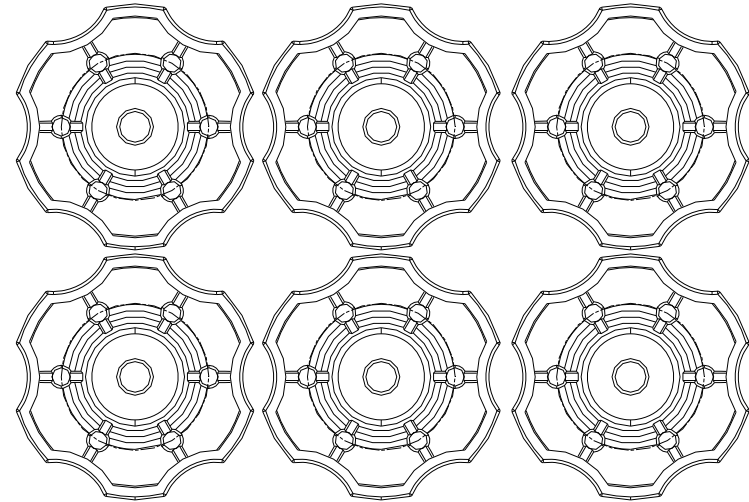
NO:Q-3 Curved Washer $\phi 8 * \phi 19 * 2t$ (8)



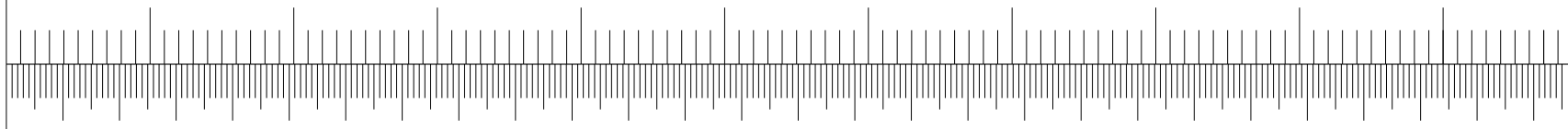
NO:Q-6 Regular Washer $\phi 8 * \phi 16 * 1T$ (4)



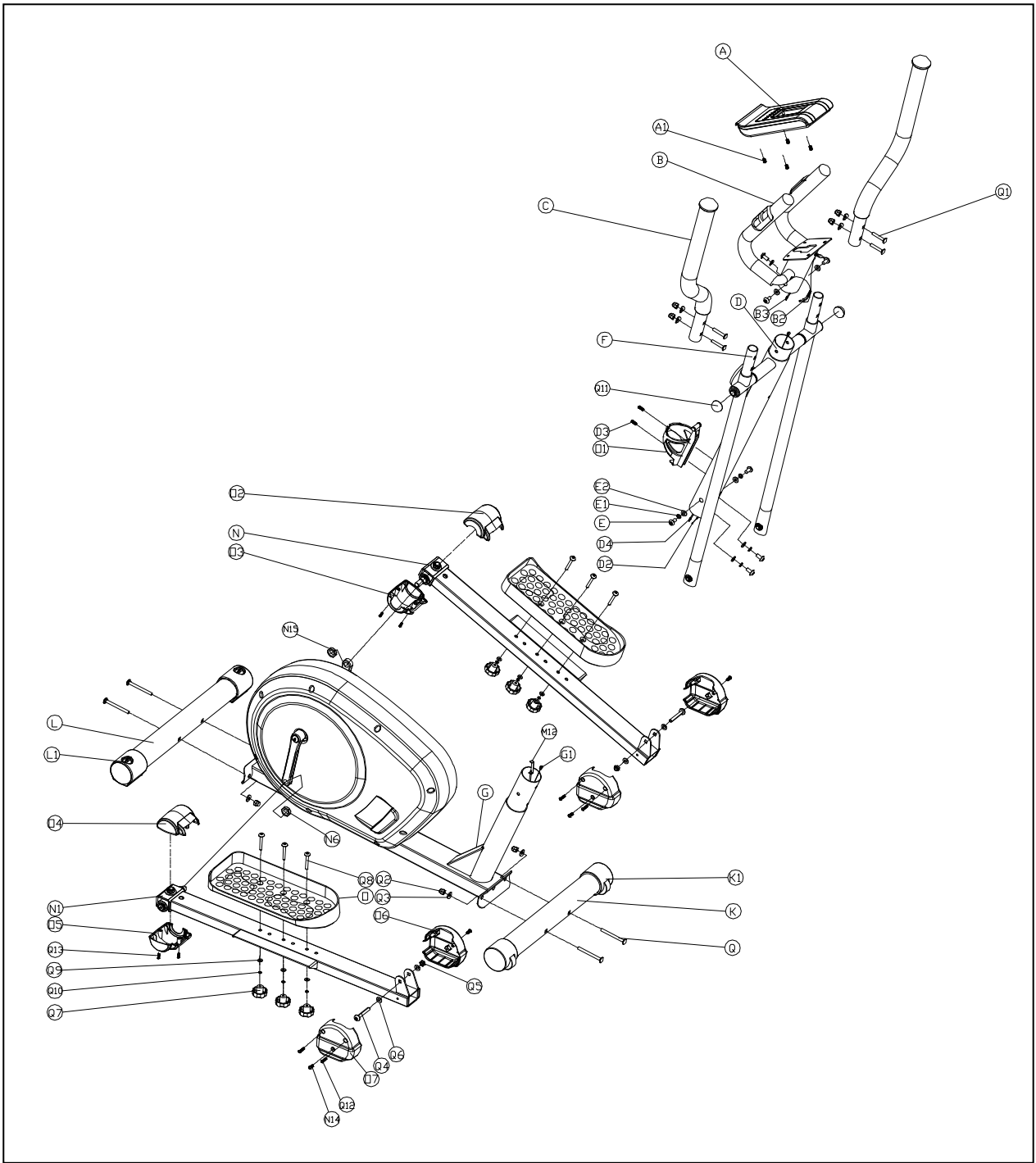
NO:Q-8 Allen Bolt M6*46mm (6)



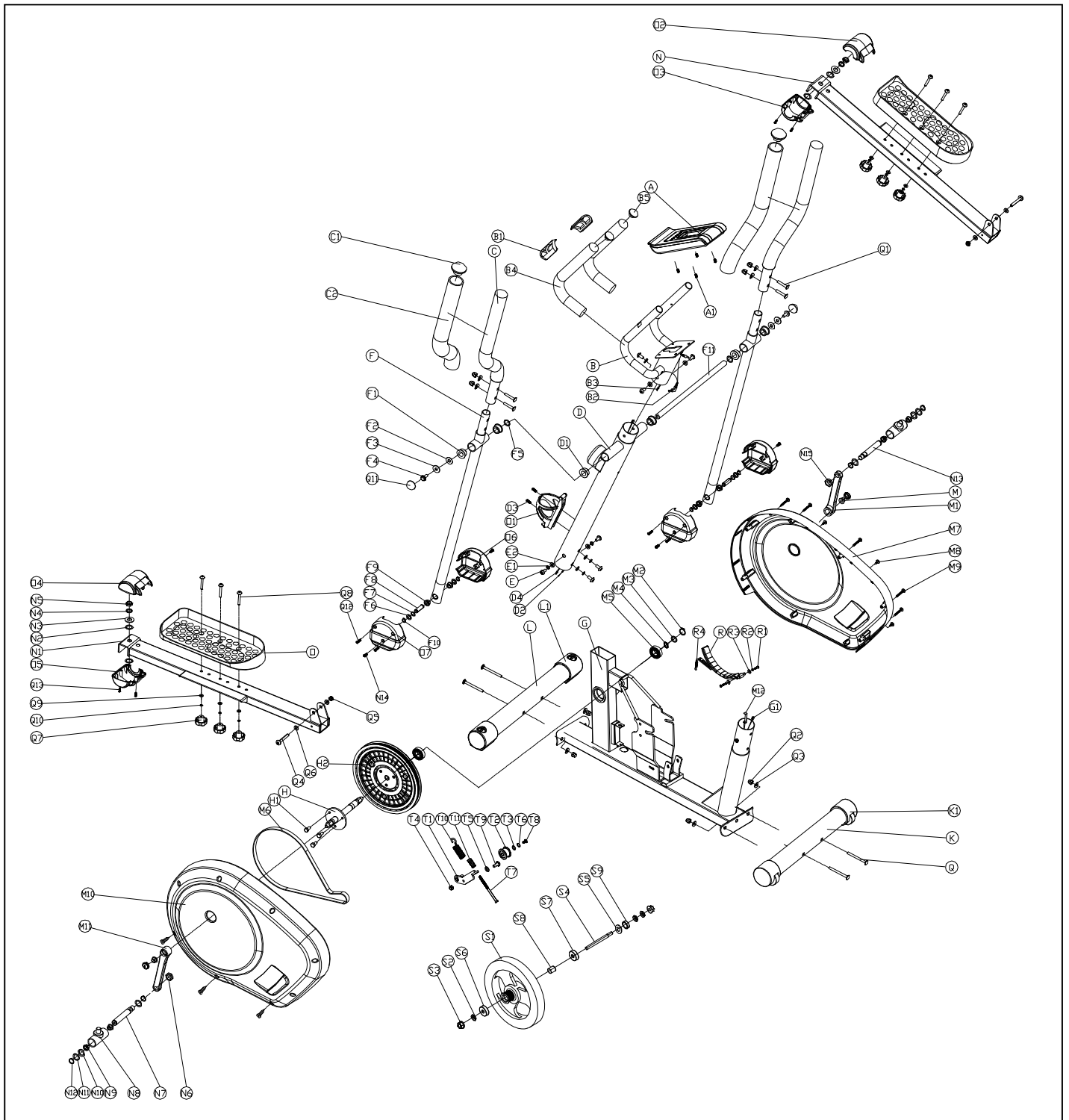
NO:Q-7 Knobs (8)



Assembly Diagram



EXPLODED DIAGRAM

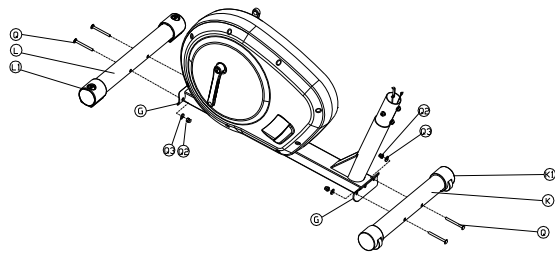


PARTS LIST AND TOOLS

NO	Description	Q'ty
A	Computer	1
A1	Screws For computer	4
B	Front handlebar	1
B1	Hand pulse	1
B2	Hand pulse wire	1
B3	Upper sensor	2
B4	Foam grip for front handlebar	1
B5	End cap for front handlebar	2
C	Upper handlebar (R&L)	2
C1	End cap for Upper handlebar	2
C2	Foam grip for upper handlebar	2
D	Handlebar post	1
D1	Bushing φ 26.7x φ 17.12x15L for handlebar post	2
D2	Tension control w/ upper cable	1
D3	Screws M5xP0.8x14L	2
D4	Middle sensor wire	1
E	Allen bolt M8*P1.25*16L	7
E1	Spring washer φ 8.1* φ 12.9*2.4T	4
E2	Washers φ 8x φ 19x2t	7
F	Down handlebar (R& L)	2
F1	Bushing φ 26.7x φ 17.12x15L for down handlebar	4
F2	Plastic washers φ 10x φ 25x0.5t	2
F3	Flat washers φ 10x φ 26x2t	2
F4	Screws M8xP1.0x20L	2
F5	Wave washers φ 17.5x φ 25x0.3t	2
F6	Flat washers φ 12x φ 19x1t	4
F7	Wave washers φ 12.5x φ 18x0.3t	2
F8	Bushing φ 8* φ 11.83*38.8L	2
F9	Sleeve φ 12x φ 16	4
F10	C-Type ring φ 12	4
F11	Fixed grab rail	1
G	Main frame	1
G1	Sensor box	1
H	Shaft	1
H1	Screws M8xP1.25x12Lx5t	3
H2	Pulley wheel	1
K	Front stabilizer	1
K1	Transport wheel for front stabilizer	2
L	Rear stabilizer	1

L1	End cap for rear stabilizer	2
M	Nut M10xP1.25x10T	2
M1	Crank (L)	1
M2	C-Type ring φ 20	1
M3	Flat washers φ 20.3x φ 30x1t	1
M4	Wave washers φ 20x φ 30x0.3t	1
M5	Bearing	2
M6	Belt	1
M7	Chain cover (Left)	1
M8	Screws 3/16"	6
M9	Screws M4x50L	5
M10	Chain cover(Right)	1
M11	Crank (R)	1
M12	Tension cable (Down)	1
N	Pedal post (Lift)	1
N1	Pedal post (Right)	1
N2	Plastic washers φ 15x φ 25x0.5T	4
N3	Flat washers φ 14.3x φ 25x2t	2
N4	Spring washers φ 14.5* φ 19.5*2.5T	2
N5	Nylon nut (Blue) 9/16"x6t	2
N6	Nylon nut (Blue) 9/16"x6t	1
N7	Pedal hinge bolt (Right)	1
N8	Pedal connecting sheet	2
N9	Bushing φ 26.7x φ 17.12x15L	4
N10	Wave washers φ 17.5x φ 25x0.3t	4
N11	Flat washers φ 17.5x φ 25x0.3t	1
N12	C-Type ring φ 17	4
N13	Pedal hinge bolt (Left)	1
N14	Screws M5x14L	4
N15	Nylon nut (Red) 9/16"x6t	
O	Pedal	1
O1	Bottle holder	1
O2	Rear cover(Left / Upper) for pedal post	1
O3	Rear Cover(Left / Down) for pedal post	1
O4	Rear Cover(Right / Upper) for pedal post	1
O5	Rear Cover(Right / Down) for pedal post	1
O6	Front Cover (Left) for pedal post	2
O7	Front Cover(Right) for pedal post	2
Q~Q13	Bolts & nuts pack	1
R~R4	Magnetic Set	1
S1~S9	Flywheel set	1
T1~T11	Idler set	1

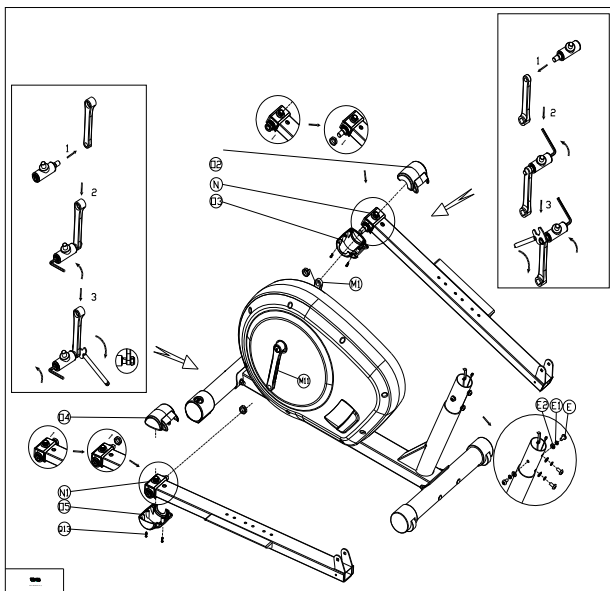
ASSEMBLY INSTRUCTION



STEP 1

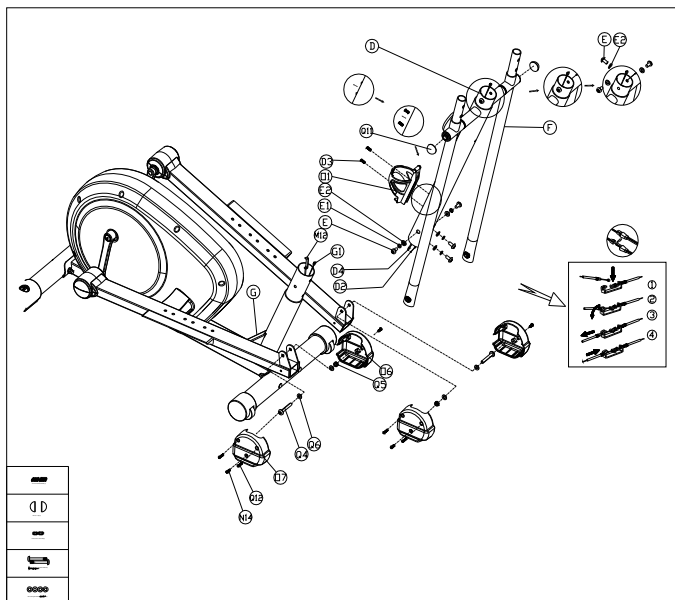
1. Install the front stabilizer (pt.K) with 2 carriage bolts(pt.Q), semicircle washers (pt.Q3) and nuts (pt.Q2) by using the hand tools. Make sure the transportation wheels(pt.K1) are in correct direction.
2. Assemble the Rear Stabilizer (pt.L) with 2 carriage bolts (pt.Q), semicircle washers (pt.Q3) and nuts(pt.Q2) by using the hand tools. Adjust the end caps(pt.L1) on the rear stabilizer to set up a stable, balanced position.

After the assembly the bike can be adjusted to slightly uneven ground by adjusting the height of the foot caps in the back. The pre-assembled transportation wheels in the front allow easy movement of the bike: therefore the transportation-wheels need to point downwards to the front.



STEP 2

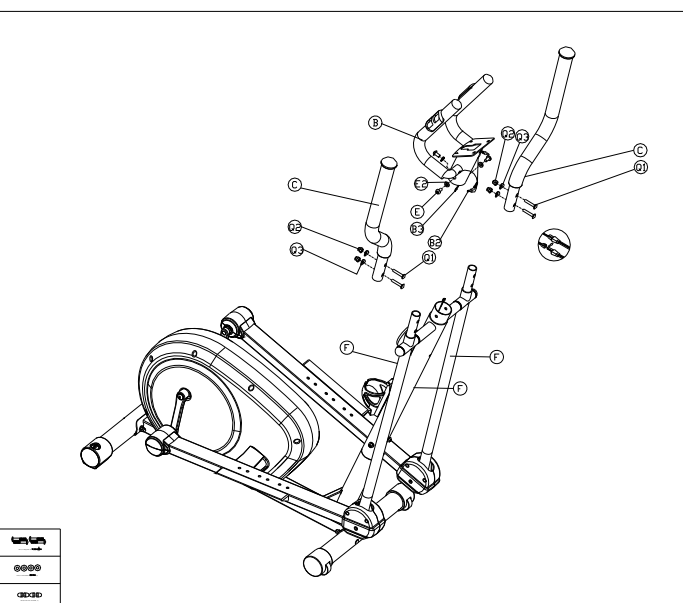
1. Attach the Pedal hinge bolt R (pt.N7). Attach the entire series crank (pt.M11) in the diagram. Keep pedal axel bolt (pt.N7) in place with the wrench and twist nylon nut 9 / 16 "x 6 mm (blue) (pt.N5) counterclockwise with a wrench until it is properly tightened.
2. Attach the pedal hinge bolt L (pt.N13). Attach the entire series crank (pt.M1) according to the sketch. Keep pedal axel bolt L (pt.N13) in place with the wrench and twist nylon nut 9 / 16 "x 6 mm (red) (pt.N15) clockwise with a wrench until it is properly tightened
3. Assemble Pedal connecting sheet (pt.N8) and crank (pt.M11/M1, right / left).
4. Then mount the rear cover (Left / Upper) (pt.O2) and rear cover (Left / down) (pt.O3) using the screws.
5. Then mount the rear cover (Right / Upper) (pt.O4) and rear cover (Right / down) (pt.O5) using the screws (Q13).
6. Please remove four sets of the Allen bolt (pt.E) and semicircle washers (pt.E2) and spring washers (pt.E1) from the Main Frame (pt.G).



STEP 3

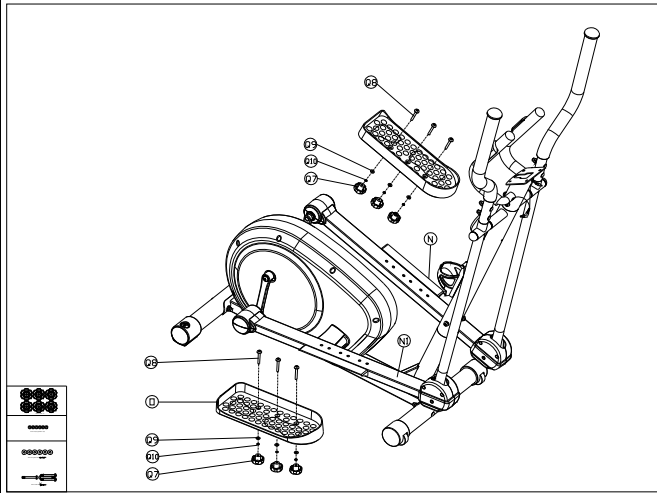
1. Pull the Tension control with upper cable (pt.D2) of the handlebar post (pt.D) and ensure the tension knob is at the lightest position (minimum position).
2. **C** Connect the tension control with upper cable (pt.D2) and down tension control (pt.M12), Then connect the middle sensor wire (pt.D4) and down sensor wire (pt.G1)
3. Slide the Handlebar post (pt.D) into the Main frame (pt.G) then fix it with four sets of Bolt allen (pt.E) and semicircle washers (pt.E2) and spring washers (pt.E1).
4. Remove the pre-installed Screws (pt.D3) on the handlebar post first, and then assemble the Bottle holder (pt.O1) using screw (pt.D3).
5. Remove the pre-installed screws (pt.Q12) on the Pedal post first.
6. Attach the Lower handlebar (pt.F-R/L) to the left and right pedal post (pt.N & N1), and then close the cover (pt.O6 & O7) using screws (pt.Q12 & N14).
7. Please remove three sets of the allen bolt (pt.E) and semicircle washers (pt.E2) from the handlebar post (pt.D).
8. Attach the caps (pt.Q11) to the lower handlebar (pt.F-R+L).

Remarks: Do not screw one set of the Allen bolt and semicircle washers too firm at one time. It is better to fix the four sets firmly at the same time because it helps you to change angles and to fix easily.



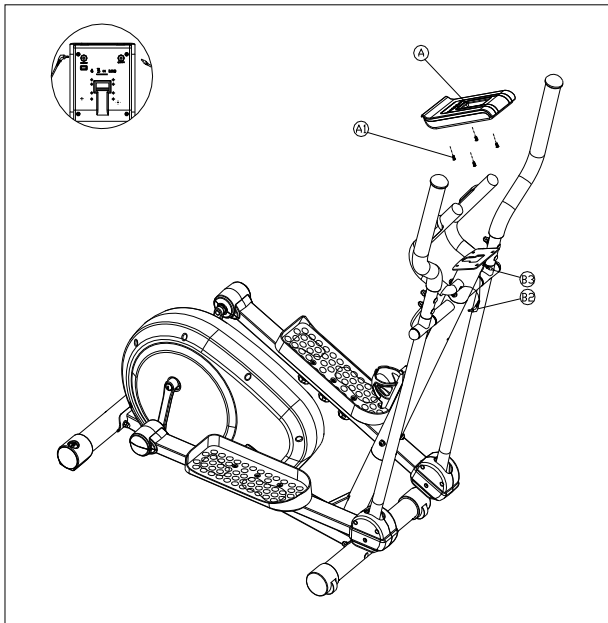
STEP 4

1. Connect the middle sensor wire (pt.D4) and upper sensor wire (pt.B3)
2. Slide the front handlebar (pt.B) into the handlebar post (pt. D) then fix it with Allen bolt (pt.E) and semicircle washers (pt.E2).
2. Slide the Upper handlebar post (pt.C) (R/L) into the Lower handlebar (pt.F) with nuts (pt.Q2) and semicircle washers (pt.Q3) and carriage bolts (pt.Q1).



STEP 5

1. Assemble the right pedal (pt.O) onto the pedal post (pt.N1) with 3 knobs (pt.Q7), 3 spring washers (pt.Q10), 3 flat washers (pt.Q9), and 3 carriage bolts (pt.Q8).
2. Assemble the left pedal (pt.O) onto the pedal post (pt.N) with 3 knobs (pt.Q7), 3 spring washers (pt.Q10), 3 flat washers (pt.Q9), and 3 carriage bolts (pt.Q8).



STEP 6

1. Attach the Computer (pt .A) to the Computer bracket with the enclosed Screws (pt. A-1), then connect the upper sensor wire (pt.B3) as well as the Hand pulse wire (pt.B2).

INSTRUCTIONAL MANUAL FOR BENEFIT E420 CONSOLE



DISPLAY FUNCTION:

ITEM	DESCRIPTION
SCAN	<ul style="list-style-type: none"> . In SCAN mode, press MODE key to choose functions. . Automatically scan through each mode in sequence every 6 seconds. <p><small>*The sequence of display when press MODE key: RPM/SPEED→TIME→DIST→CAL→PULSE</small></p>
SPEED	<ul style="list-style-type: none"> . Range 0.0 ~ 99.9 km/hr . Without any signal being transmitted into the monitor for 4 seconds during workout, SPEED will display "0.0"
RPM (revolutions per minute)	<ul style="list-style-type: none"> . Range 0 ~ 999 . Without any signal being transmitted into the monitor for 4 seconds during workout, RPM will display "0"
TIME	<ul style="list-style-type: none"> . Without setting the target value, time will count up. . When setting the target value, time will count down from your target time to 0 and alarm will sound. . Without any signal being transmitted into the monitor for 4 seconds during workout, time will STOP . Range 00:00 ~ 99:59
DISTANCE	<ul style="list-style-type: none"> . Without setting the target value, distance will count up. . When setting the target value, distance will count down from your target distance to 0 with an alarm sound. . Range 0.00~99.99 KM
CALORIES	<ul style="list-style-type: none"> . Without setting the target value, calorie will count up. . When setting the target value, calories will count down from your target calorie to 0 with an alarm sound. . Range 0~9999 Cals <p>* Calorie count on the display only serves as a general guideline. For detail calorie consumption for each individual please consult a physician or a nutritionist.</p>
PULSE	<ul style="list-style-type: none"> . Current pulse will display after 6 seconds when detected by the console. . W/O any pulse signal for 6 seconds, console will display "P". . Pulse alarm will sound when current pulse is over the target pulse. . Range 0-30~240 BPM

BUTTON FUNCTION:

ITEM	DESCRIPTION
Reset	<ul style="list-style-type: none"> . In setting mode, press RESET key once to reset the current function figures. . Press RESET key and hold for 2 seconds to reset all function figures. A short alarm will sound after the reset has been confirmed.
UP	<ul style="list-style-type: none"> . Press UP button to increase value. Press and hold the button to increase value faster. . TIME setting range: 00:00~99:00 (Each increment is 1:00) . CAL setting range: 0~9990 (Each increment is 10) . DIST setting range: 0.00~99.50 (Each increment is 0.5)
DOWN	<ul style="list-style-type: none"> . Press DOWN button to decrease value. Press and hold the button to decrease the value faster. . TIME setting range: 00:00~99:00 (Each decrement is 1:00) . CAL setting range: 0~9990 (Each decrement is 10) . DIST setting range: 0.00~99.50 (Each decrement is 0.5) KM
Recovery	<ul style="list-style-type: none"> . After the console detects pulse signal, press the RECOVERY button to enter recovery mode to monitor heart rate recovery ability.
MODE	<ul style="list-style-type: none"> . Choose each function by pressing MODE key. . Press and hold MODE key for 2 seconds to reset all functions (same feature as the reset key if press for 2 seconds).

Power on & off :

Power on :

. LCD will display all segments as Drawing A with an alarm sound.



Drawing A

Power off :

- . Without any signal being transmitted into the monitor for 4 minutes the monitor will enter SLEEP mode as Drawing B.

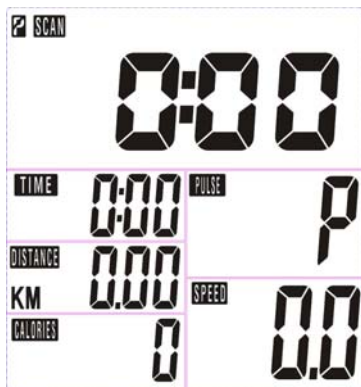


Drawing B

OPERATION:

After power on press **MODE** key to confirm and enter the training display.

1. Press **MODE** key to select the function of **TIME**, **DISTANCE**, **CALORIES**, and **PULSE**. Press **UP** or **DOWN** key for setting and press **MODE** key for confirmation. For instance the time set-up, when the time value is blinking as Drawing C, you can press “**UP** and **DOWN**” button to adjust the number. Press “**MODE**” button for confirmation and skip to next set-up. The set-up of **DISTANCE**, **CALORIES** & **PULSE** is the same as **TIME** set-up.
2. Once the workout begins and the console picks up the exercise signal, the value of **SPEED/RPM**, **TIME**, **DST**, and **CAL** will count up on the display as Drawing D.



Drawing C



Drawing D

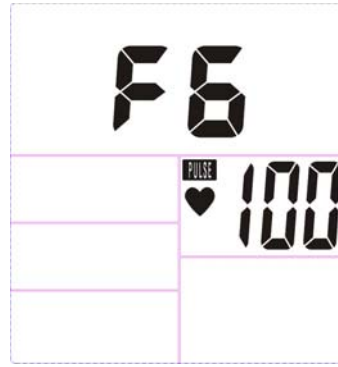
Recovery :

1. The **RECOVERY** key will only be valid if pulse is detected.
2. **TIME** will show "0:60" (seconds) and counts down to 0 as Drawing E. Computer will show F1 to F6 after the countdown to test heart rate recovery status as Drawing F. User can find the heart rate recovery level based on the chart below.
3. Press **RECOVERY** key again to return to the beginning.

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



Drawing E



Drawing F

Trouble shooting:

- . When the display of LCD is dim, it means the batteries need to be changed.
- . If there is no signal when you pedal, please check if the cable is well connected.

NOTE :

1. When stop training for 4 minutes, the main screen will be off and display the room temperature and clock automatically.
2. If the computer displays abnormally, please re-install the batteries and try again.
3. Battery Spec: 1.5V UM-3 or AA (2PCS).