

# CENTER

## Owner's Manual

### CG2 Elliptical

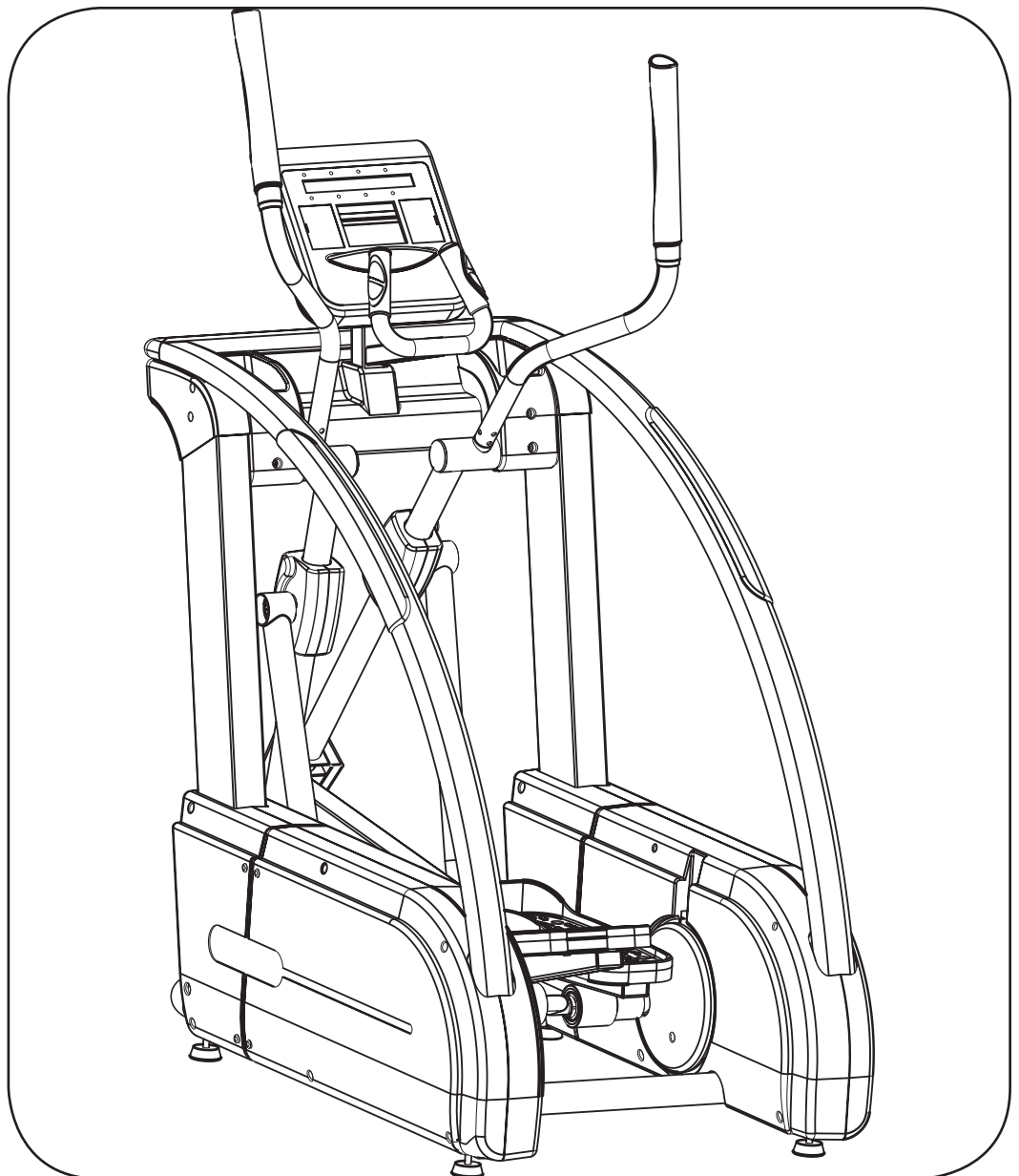


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**CAUTION!** Read all precautions and instructions in this manual before using this equipment.

**315-00086**  
**08/06 Rev A**

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# Important Safety Information



**WARNING!** Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

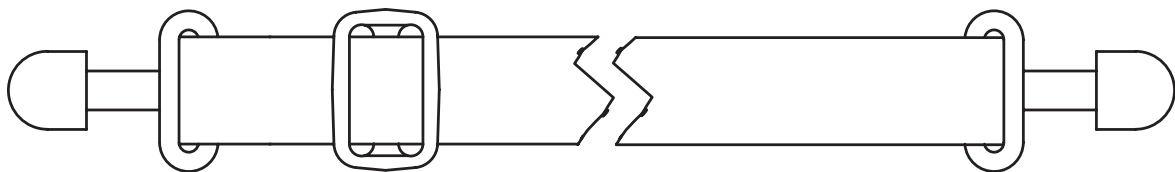
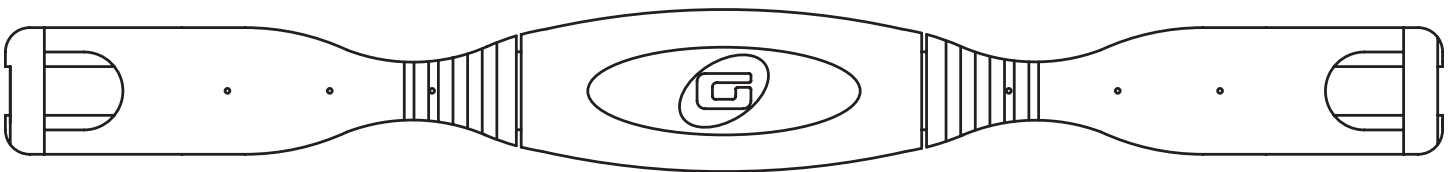
**WARNING!** To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

## **SAFETY PRECAUTIONS AND TIPS**

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. This unit has a user maximum capacity of **300** pounds.
3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. Keys recommends a mat be placed under the unit to protect floor or carpet and for easier cleaning.
4. Follow safety information in regards to plugging in your unit. Do not run the power cord underneath your unit. Do not operate the unit with a damaged or frayed power cord.
5. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
6. Always examine your unit before using to ensure all parts are in working order.
7. Allow the unit to fully stop before dismounting.
8. Pets should never be allowed near the unit.
9. Do not leave children unsupervised near or on the unit.
10. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
11. Never insert any object or body parts into any opening.
12. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
13. Always unplug the unit before cleaning and/or servicing. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
14. Failure to follow these instructions will void the unit warranty.

## SAFETY PRECAUTIONS AND TIPS FOR CHEST STRAP

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. Do not place chest strap near devices that generate large magnetic fields. TV sets, electric motors, radios, and high voltage power lines can affect the transmitter's performance. These items can interfere with the heart rate signal and possibly affect the heart rate readings on the console.
3. Handle the Chest Strap with care. Dropping the transmitter might cause damage that could void the warranty.
4. Do not use the chest strap if you have a cardiac pacemaker or if you are taking medications for a heart condition. Medication or electrical pulses from the pacemaker can interfere with accurate heart rate readings.
5. Do not bend the strips inside the chest strap. This can cause the chest strap to lose conductivity.
6. The chest strap has batteries that need to be replaced periodically. A faulty battery can cause inaccurate reading.



Thank You for purchasing the Keys Fitness **CG2 Elliptical**! The quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit.

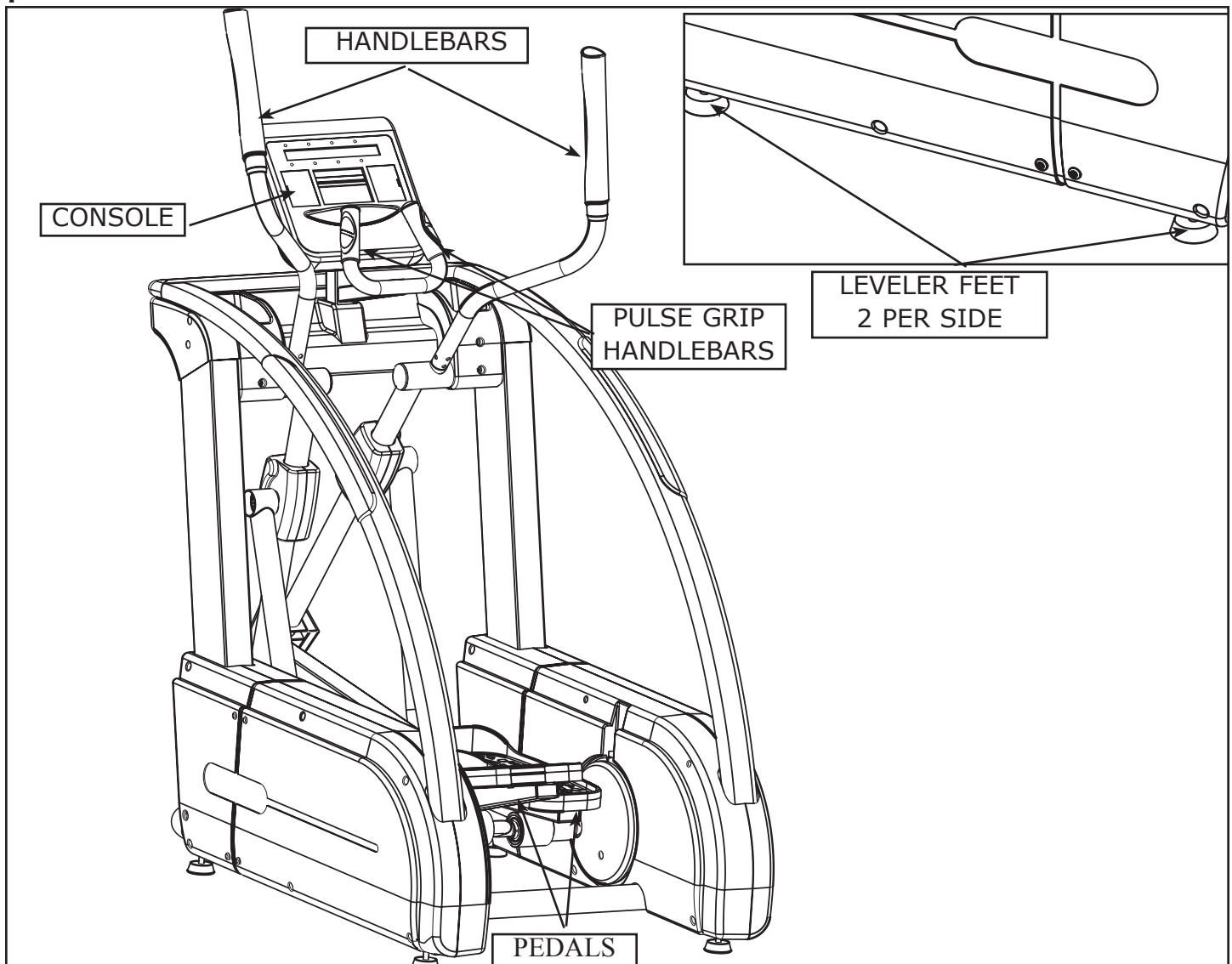
Remember to take time to perform stretching exercises, provided in this manual, to help avoid injury.

If you are taking medication, consult your physician to see what affect the medication will have on your exercise heart rate.

If you have heart problems, your are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. Keys Fitness recommends a sealed water bottle for beverages consumed while using the unit.

**Please review the following drawing below to familiarize yourself with the listed parts.**



**Getting Started** - The Keys Fitness CG2 Elliptical will require some assembly. Unpack the box in a clear area. Remove packing material. Do not dispose of packing material until assembly is complete and unit is working properly. Place the unit on a clean level surface for assembly. Make sure there is easy access to an electrical outlet. Before assembling the unit should be placed as close as possible to its final location. Tools have been provided for use while assembling this product.

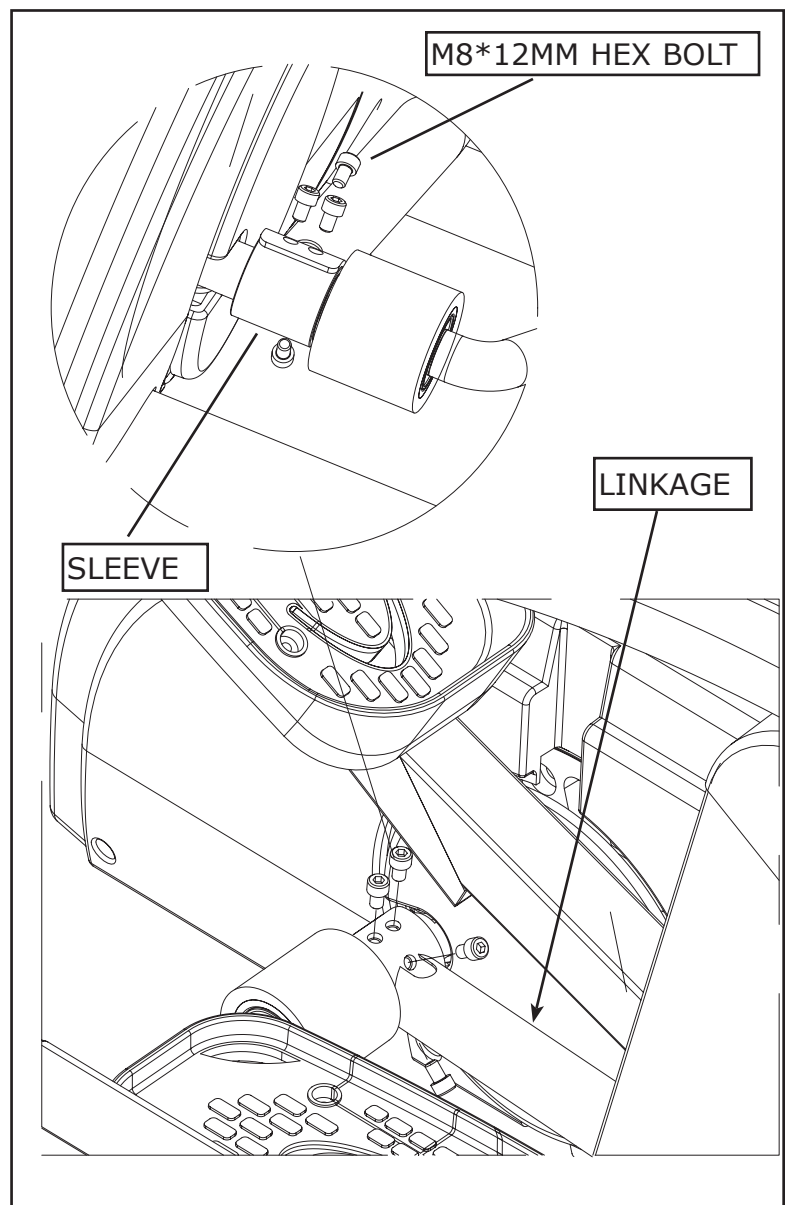
## Assembly Parts

1. Owner's Manual
2. Linkage
3. Left and Right Handlebars
4. Console
5. Console Cable
6. Console Mast
7. Rear Cover
8. M8\*50mm Hex Bolt - Qty 3
9. M8\*12mm Hex Bolt - Qty 4
10. M8\*20mm Hex Bolt - Qty 6
11. M5\*12mm Screw - Qty 9

**Figure 1**

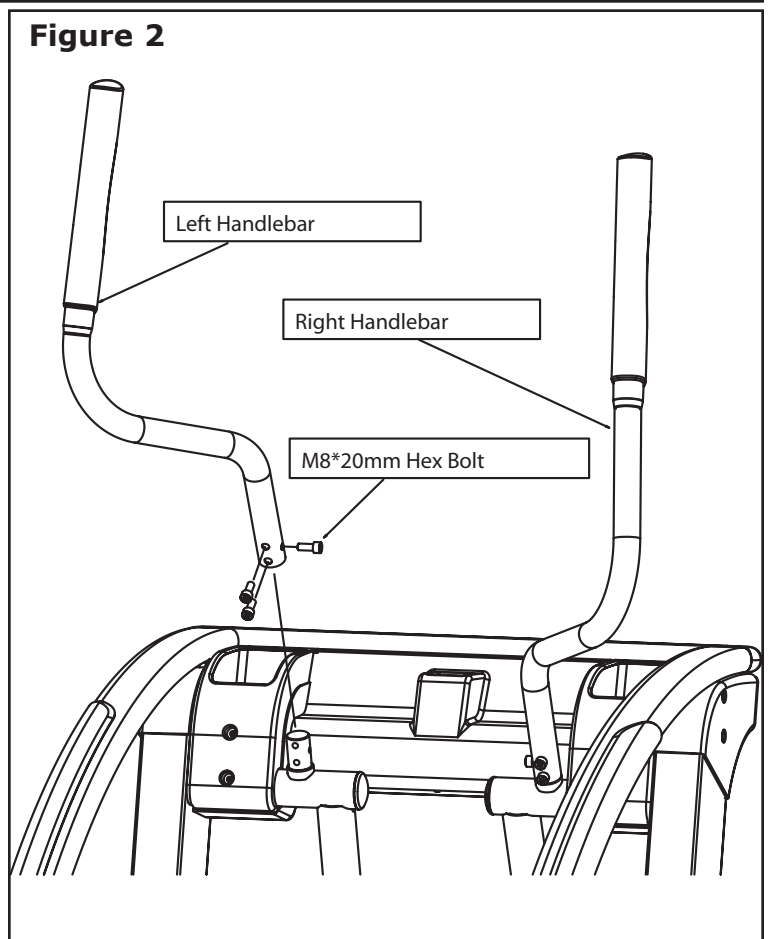
Lift pedal and place left Linkage onto Sleeve and align holes. Secure Linkage to unit using four M8\*12 mm Hex Bolts.

**Note:** Left Linkage will be wrapped in plastic. Right Linkage will already be secured to the sleeve.



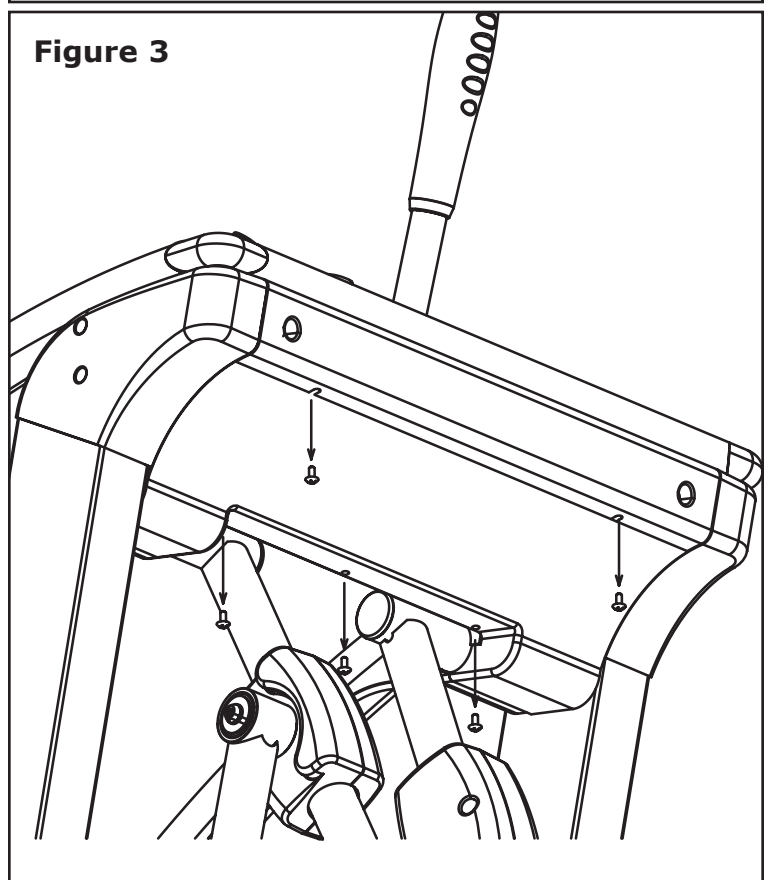
**Figure 2**

Attach Handlebars to Main Frame using three M8\*20mm Hex Bolts. Repeat for other handlebar.



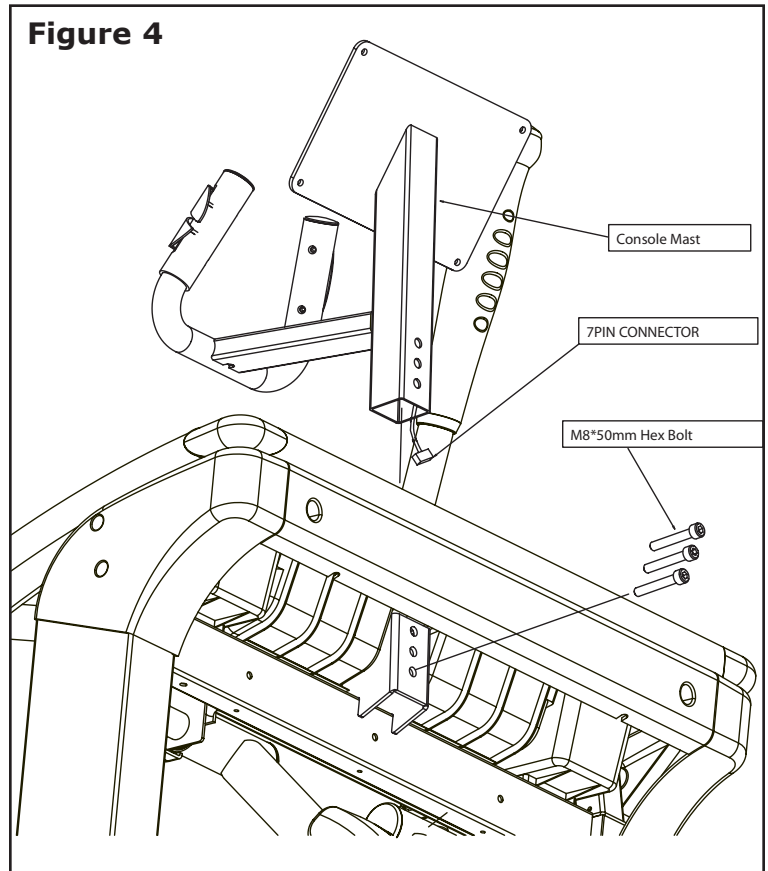
**Figure 3**

Remove Rear Cover from unit by removing five screws.



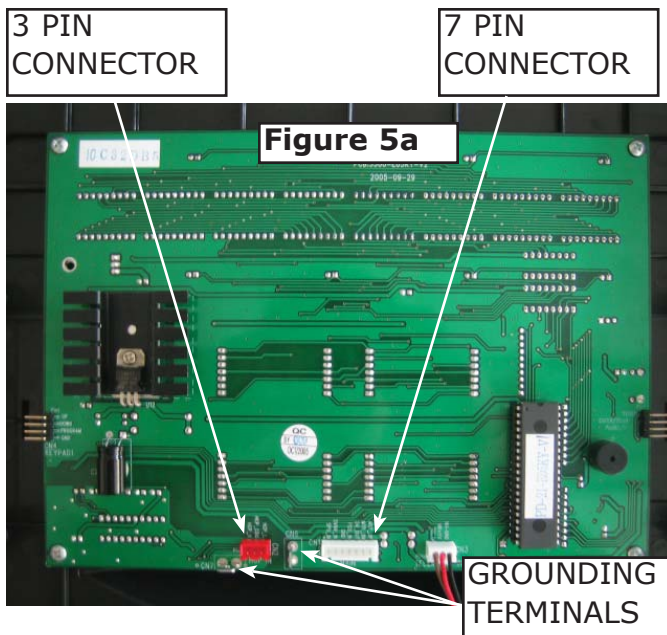
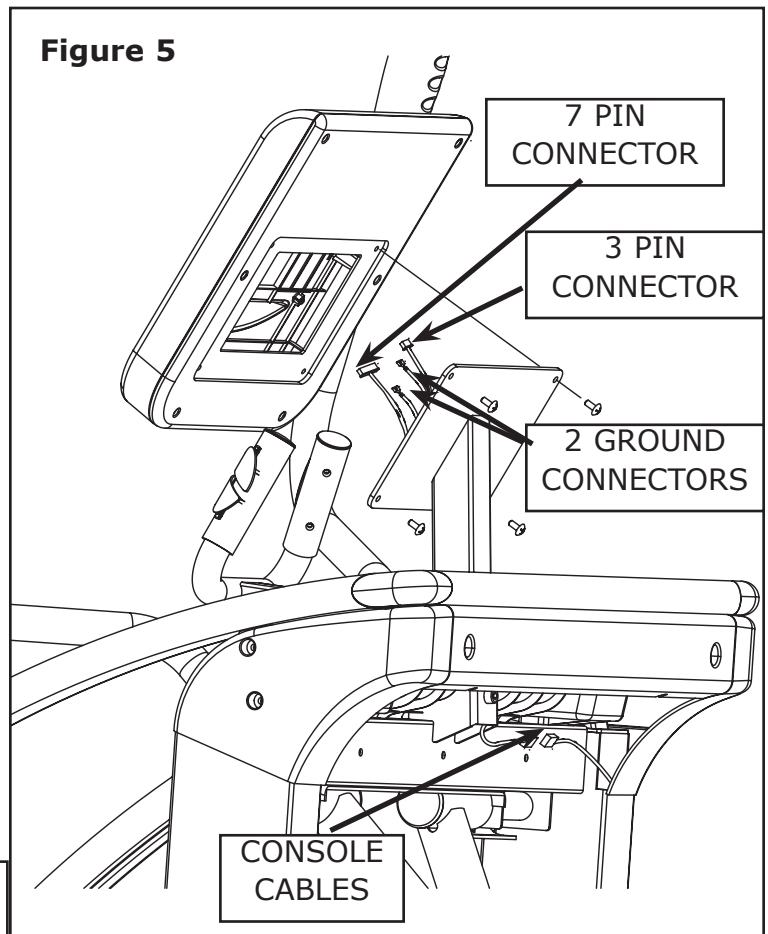
**Figure 4**

Attach Console Tube to Main Frame. Slide Tube down into Main Frame. Secure using three M8\*50mm Hex Head Bolts. Cable should extend thru bottom and top of Console Tube.



**Figure 5**

Connect 7 Pin, 3 Pin and Grounding cables.. Refer To Figure 5 and 5a. Attach Console to Console tube using four M5\*12mm Philip Head Screws. **Note:** Ensure that all wires are secure inside console. Be careful not to pinch wires.

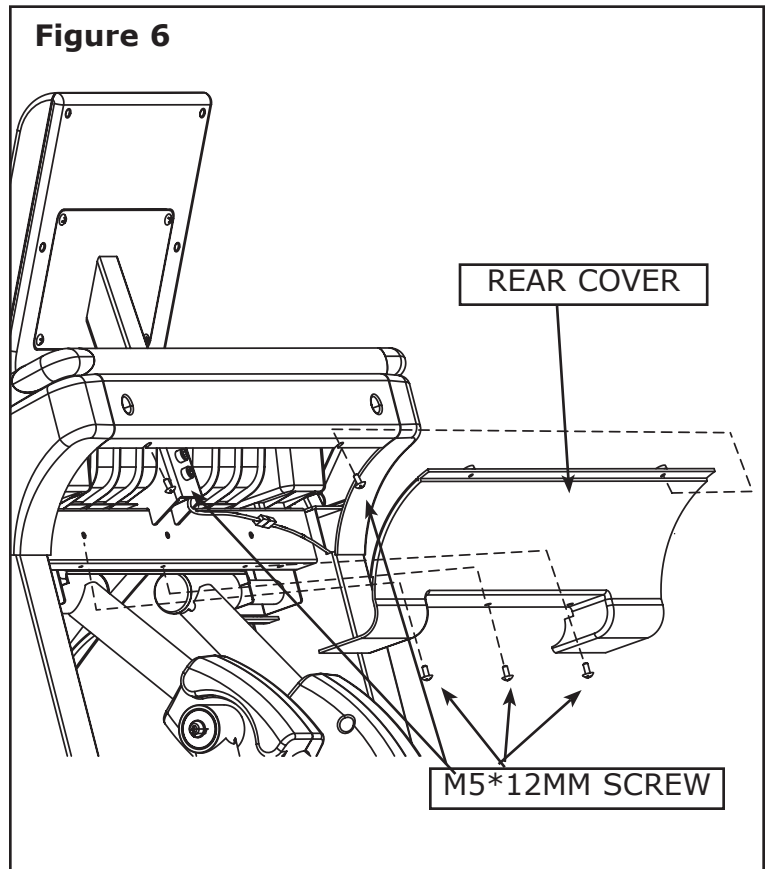




**Figure 6**

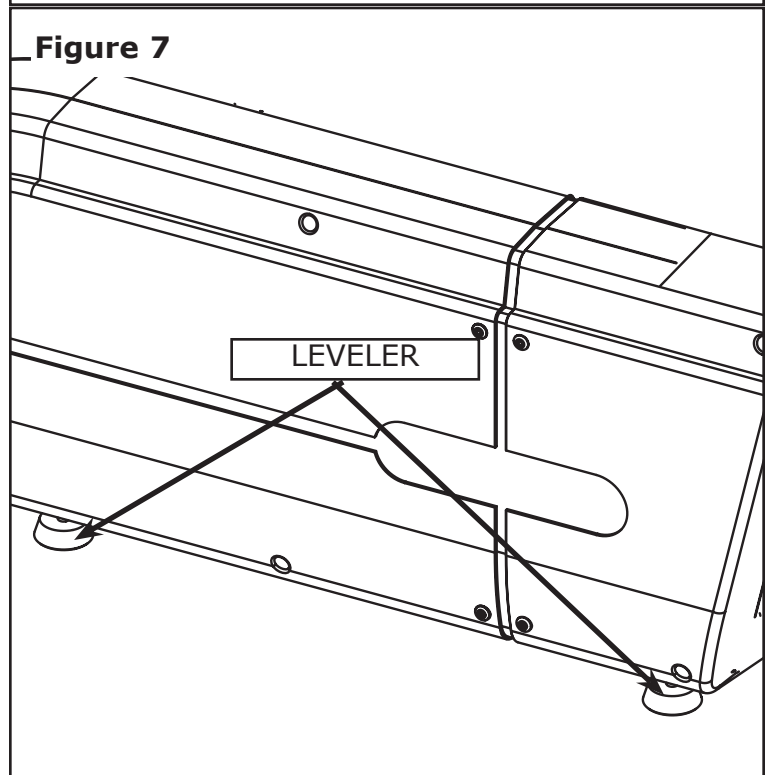
Attach Rear Cover to Main Frame using five M5\*12mm Philip Head Screws removed in figure 3.

**Note:** Do not force Rear Cover back into place, this will damage Rear Cover.



**Figure 7**

Level machine so that no wobble is present. Leveler feet screw in and out to level machine. After machine is level, tighten leveler nut to secure levelers in place.



**CONGRATULATIONS!**  
You have completed assembly of your CG2 Elliptical

# Console Instructions



Take a few moments to review the console layout. Below is an overview of the console keys and their different functions.



## BUTTON OVERVIEW

### START -

Press to enter Quick Start Mode. In Pause Mode, used to resume exercise session..

### ENTER/SCAN -

In Program Mode, used to confirm the values you set.

During exercise, pressed once, will place the main console window in Auto Scan Mode. The display will change every four seconds from TIME/DISTANCE/SPEED/STRIDES PER MIN to CALORIES/PULSE/LEVEL/CAL/HR. To exit Auto Scan Mode and enter Manual Scan Mode, Press and Hold button for two seconds. Console will beep twice. Manual Scan Mode allows you to toggle display from TIME/DISTANCE/SPEED/STRIDES PER MIN to CALORIES/PULSE/LEVEL/CAL/HR by pushing the ENTER/SCAN button. To return to Auto Scan Mode, Press and Hold button for two seconds. Console will beep twice to confirm switch.

## **PAUSE/RESET -**

During exercise, used to Pause workout.

In Pause mode, used to reset program time and workout data to zero.

In Program mode, used to Reset values to the default.

**Caution:** In User 1 and User 2 programs, the user profile data will be cleared also.

## **"+"/"-" -**

In Program mode, used to increase/decrease TIME, WEIGHT and AGE.

During exercise, used to increase/decrease the resistance level from 1 to 20. Press and Hold for two seconds to rapidly increase/decrease values.

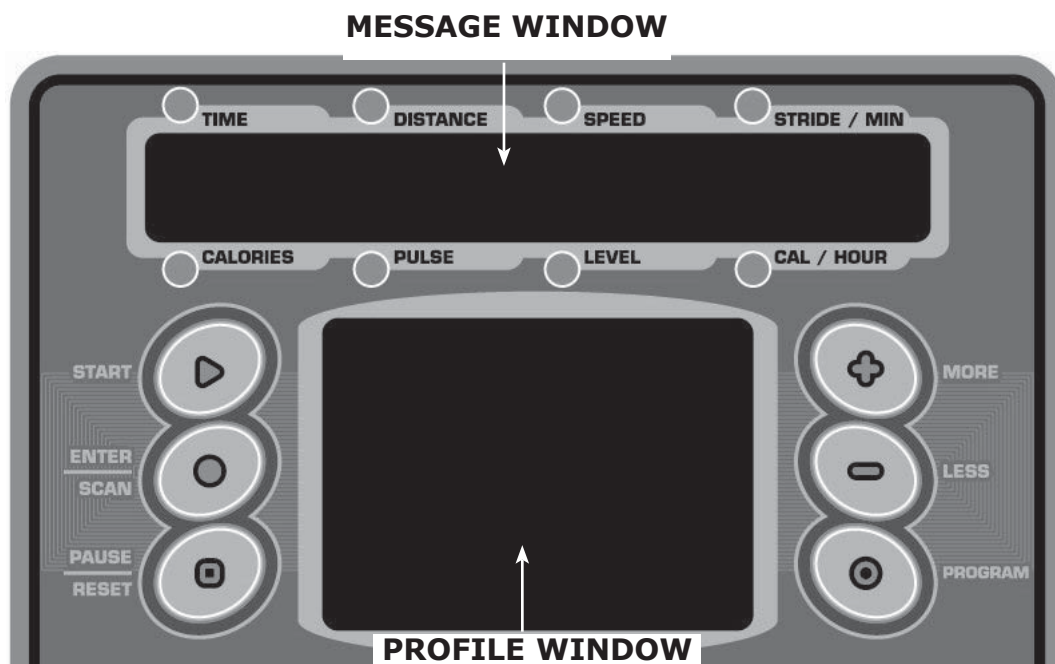
**PROGRAM** - In Program Mode , used to toggle thru the workout programs. The program selected will show in the message window. The program profile will show in the profile window.

There are two information windows on the console -

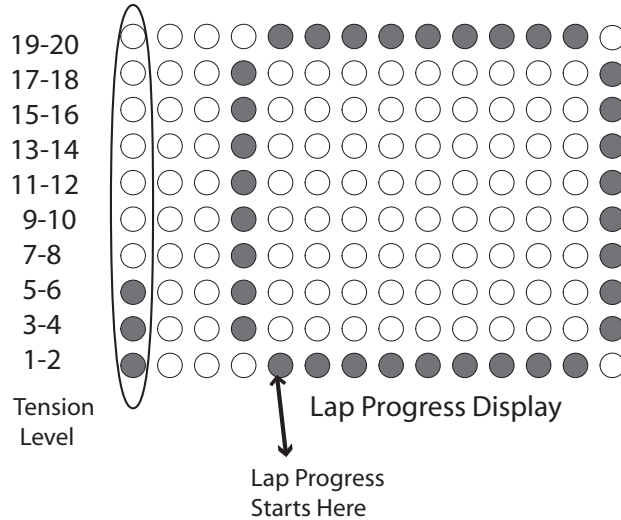
**MESSAGE WINDOW** - Displays Program Name, Messages, TIME, DISTANCE, SPEED, RPM (revolutions per minute, CALORIES, PULSE, RESISTANCE LEVEL and CAL/HOUR.

**PROFILE WINDOW** - This 10 X 14 LED Window displays Program Profile, Tension Bar, Heart Rate Bar (HR Programs only), Lap Progress Display and Lap Counter. The Profile window toggles between program profile (10 seconds in window) and lap counter (30 seconds in window), except in Heart Rate Programs.

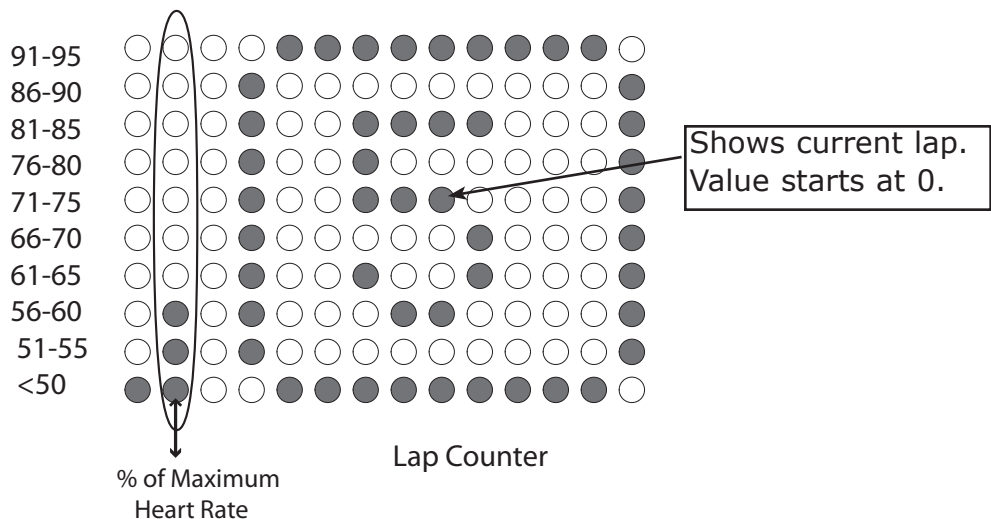
Note: When changing resistance levels in preset programs, the change will not show in the program profile. Changes in resistance will show in the first column when lap progress function is shown.



**LAP DISPLAY** - Shows your progress around an imaginary track. This also shows the tension level in the first column. Every dot in the tension column represents an increase of two. Tension is adjustable from 1-20. One dot on the lap counter is equal to 15 revolutions. One revolution is equal to 2 steps. Current position on track will blink.



**LAP DISPLAY/COUNTER** - In Heart Rate Mode the lap progress display also shows % of Maximum Heart Rate and Tension level.



**QUICK START MODE** - The Quick Start Program allows the user quickly start using the machine without using the preset programs. To enter Quick Start (Manual) mode: Plug power adapter into wall outlet. Plug the adapter cord into the power input located on the lower rear side of the unit. The Message Window will display "PRESS PROGRAM KEY TO BEGIN". Press START/SCAN button instead. Start exercising. The Resistance Level can be changed at any time by pressing the +/- buttons. Time is set at 30 minutes. Weight is set at 150 lbs.

**MANUAL MODE** - This program allows the user complete control over their workout. The user must make all tension adjustments using the +/- buttons. Follow directions in PROGRAM MODE section to enter and set values in manual mode.

**PROGRAM MODE** - There are six preset Programs. To enter Program Mode: The Message Window will display "PRESS PROGRAM KEY TO BEGIN". Press PROGRAM button until desired Program name shows in the Message window. The program profile will show in the Profile Window. See charts below for program names and resistance profiles. When the Program you wish to use shows in Message Window, Press ENTER/SCAN button to confirm program selection. TIME will show in Message Window. Use the +/- buttons to set Time desired. Press ENTER/SCAN to confirm time setting. Default Time is 30 minutes. Time settings can range from 1 minute to 99 minutes.

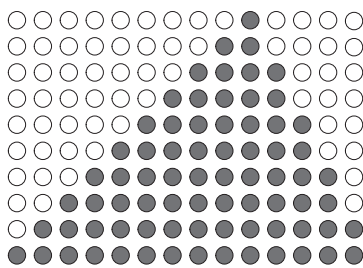
If Time entered  $\leq 14$  minutes, each column in the program profile = 1 minute.  
 If Time entered  $>14$  minutes, each column = Time/14.

WEIGHT will show in Message Window. Use the +/- buttons to set weight. Press ENTER/SCAN to confirm weight setting. Weight default is 150 pounds. Weight settings can range from 70 lbs to 332 lbs.

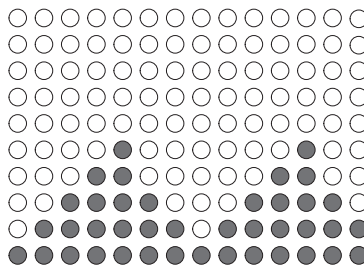
AGE will show in Message Window. Use the +/- buttons to set age. Press ENTER/SCAN to confirm setting. Age default is 30. Age setting can range from 1 to 99. Press START button to exit Program mode and begin exercise session.

For Information on Heart Rate Programs see HEART RATE Programs section of this manual.

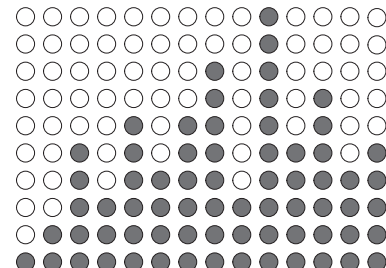
## PROGRAM PROFILES



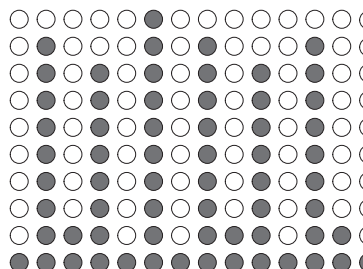
MOUNTAIN



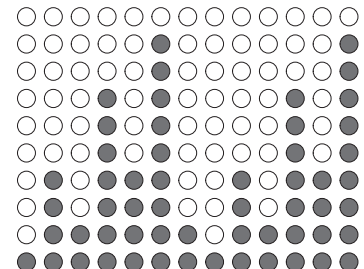
HILL



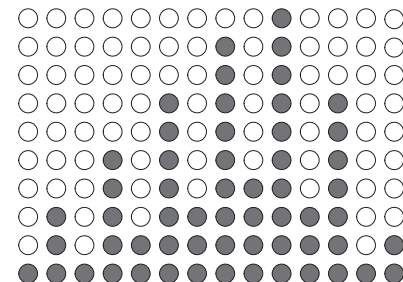
RANDOM  
Example Only



INTERVAL SPEED  
TRAINING



INTERVAL



INTERVAL MOUNTAIN

**MOUNTAIN** - This program takes the user gradually up to a high tension level, then brings the tension level back down to the starting point. This program simulates what one might encounter on a true mountain course. This is a difficult program since higher tension levels are maintained for long periods of time.

**HILL** - This program takes the user thru two hill profiles. Tension changes are small during this program. This is a good program to get started with or for someone looking for a lower stress workout.

**RANDOM** - This program randomly generates a new program profile every time it is chosen. This allows you to keep the workouts fresh and motivating. When you scroll thru the programs to reach the RANDOM program, you will be able to see the program profile. If this profile is not to your liking, simply scroll thru the programs again. A new RANDOM program will be generated. The RANDOM program will be different every time you use it.

**INTERVAL PROGRAMS OVERVIEW** - These program gives users the best of both worlds. Lower intensity levels can provide effective fat burning, while higher intensity levels can provide effective cardiovascular training. The CG2 combines these benefits in three effective Interval programs.

**INTERVAL** - This program simulates interval training thru a series of two hill profiles.

**INTERVAL MOUNTAIN** - This program simulates interval training thru a difficult mountain profile.

**INTERVAL SPEED TRAINING** - This program simulates interval training with more extreme levels of high and low intensity levels.

## USER PROFILES:

**U1/U2** - User Profiles U1 and U2 allow you to customize and save a exercise session. To enter data into User Programs:

Scroll thru programs to U1 or U2. If no profile has been saved, the message window will scroll "EMPTY FILE PRESS START TO BUILD A NEW PROFILE". Press Start. You may make changes to the tension level at any time during your exercise session. One you press PAUSE/RESET and exit the program, the data is automatically saved.

To clear a saved User program:

Press Program button to scroll to U1 or U2 program. Press ENTER to select program. Press and hold PAUSE/RESET for 2 seconds (console will beep twice).

## HEART RATE PROGRAMS

### HEART RATE PROGRAMS -

**(See MONITORING YOUR HEART RATE Section for more information)**

Heart rate control programs are designed to automatically change resistance to keep your heart rate at a predetermined level based on the selected Heart Rate program. Each Heart Rate program is designed with a specific goal in mind.

In all Heart Rate Control programs, the console only accepts the heart rate signal from the chest strap transmitter. The pulse grip heart rate function is disabled. The requirement to wear the chest strap is due to the superior accuracy of a chest strap transmitter compared to the pulse grip sensors.

It is suggested for the Chest Strap Transmitter that you position the rectangular transmitter as close to your heart as possible, against the skin, 1-2 inches below the pectoral muscles. For best results, moisten the back of the transmitter for better contact.

# Console Instructions



If no Heart Rate signal is detected for 10 seconds, the message center will show "NO DETECTED HR". If this continues for 40 seconds, the message center will show "ABORT PROGRAM" for 3 seconds then interrupt the Heart Rate Control program and return to Program Mode.

## HOW HEART RATE PROGRAMS WORK -

Delta Heart Rate (DHR) = Beats per minute difference between Target Heart Rate and Current Heart Rate

The Heart Rate Programs will behave in the following manner:

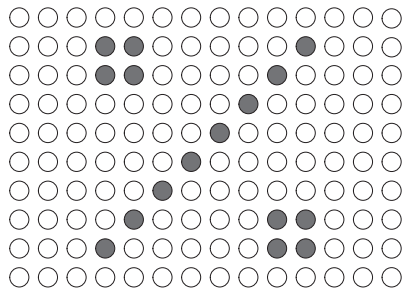
DHR  $\leq$  5  $\rightarrow$  Tension Level stays the same, Message Center will show "IN HR TARGET" for 3 seconds then toggle back to workout information.

DHR  $>$  5  $\rightarrow$  Tension Level decreases. If the current Tension Level is 1, then the Message Window will display "STRIDE SLOWER" for 3 seconds. The Console will check the user's Heart Rate every 40 seconds and adjust the Tension Level to fit the Target Heart Rate.

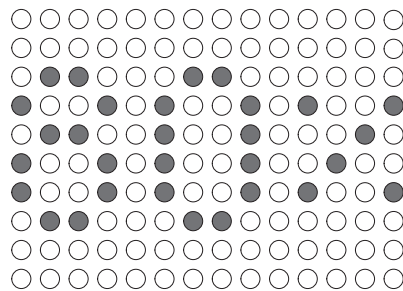
DHR  $<$  5  $\rightarrow$  Tension Level will increase. If the current Tension Level is 20, the Message window will show "STRIDE FASTER" for three seconds. The Console will check the user's Heart Rate every 40 seconds and adjust the Tension Level to fit the Target Heart Rate.

There are 5 HEART RATE CONTROL programs to choose from.

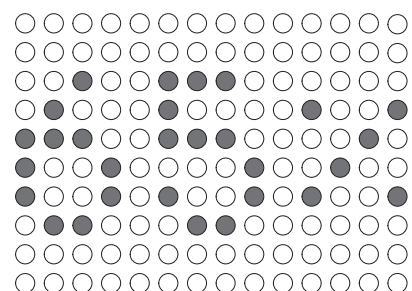
## HEART RATE PROGRAM PROFILES



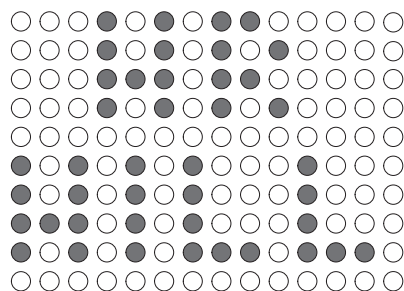
TARGET HEART RATE



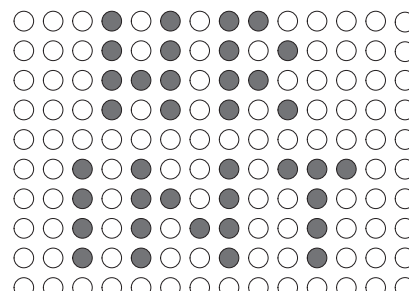
HEART RATE CARDIO 80%



HEART RATE FAT BURN 65%



HEART RATE HILL 65-85%



HEART RATE INTERVAL 65-85%

**% (TARGET HEART RATE)** - Allows the user to select the percentage of your Maximum Heart Rate (See section titled MONITORING YOUR HEART RATE for more information) that you would like to maintain during your exercise session. The range of percentages is 50% to 85%.

**HR 80% (CARDIO)** - Maintains your Target Heart Rate at 80% of Max HR by automatically adjusting the tension levels. This program provide a high intensity, cardiovascular workout.

**HR 65% (FAT BURN)** - Maintains your Target Heart Rate at 65% of Max HR by automatically adjusting the tension levels. This program provides the ultimate fat burning workout.

**HR HILL (65-75-85%)** - Simulates hill training by changing the Target Heart Rate thru 3 different percentages. The changes will occur as follows:

65% - 75% - 85% - 75% - 65% -75% - 85% etc.

Each percentage will be held for three minutes before changing to the next percentage.

**HR INT (HILL INTERVAL)** - This program alternates between 65% and 85% of your Max HR. This program provides an excellent fat burn and cardiovascular workout. Each percentage will be held for four minutes before alternating to the next percentage.

## **DURING OPERATION -**

The Console will display and update calculated workout data in each of the windows. The Console will continue to count down until Time has reached 0:00.

Use the +/- buttons to adjust the resistance level at any time during your workout session.

In the Profile Window the current column will be flashing.

During non-heart rate programs, the profile window will toggle between the program profile and the track display. Profile will show for 10 seconds, Track for 30 seconds.

During heart rate programs, the profile window will only show the track.

The User may change the program selection during an exercise session by pressing the PROGRAM button until new program is selected. The new selected program will start from the beginning of the profile. All workout data will continue to add to previous values. If you burned 150 calories during original program this value will not reset to 0. Unit will automatically shut off after 4 minutes of inactivity. Press any button to bring the console back to full functionality.

## **ERROR MESSAGES -**

The message center will display "MOTOR ERROR" message whenever the brake motor was unable to move to its target position within 2 seconds.

Each time the CG2 is powered on, the console will check the brake motor status. If the brake motor does not reply, then the console will display the error message "MOTOR ERROR" immediately and disable button operation until power is reset.

To clear this error message plug and unplug the unit.

## **TO CHANGE UNIT OF MEASURE FROM STANDARD TO METRIC -**

Press the PAUSE/RESET button for 2 seconds. Use the +/- buttons to change unit of measure. Press ENTER/SCAN to confirm setting.



# Monitoring Your Heart Rate



## Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See **Fitness Safety** below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%.

According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

**Fitness Safety** *The Heart Rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.*

AGE	TARGET ZONE					MAX HR
	65%	70%	75%	80%	85%	
20	130	140	150	160	170	200
25	127	136	146	156	166	195
30	123	133	143	152	162	190
35	120	129	139	148	157	185
40	117	126	135	144	153	180
45	114	124	134	140	149	175
50	110	119	128	136	145	170
55	107	115	124	132	140	165
60	104	112	120	128	136	160
65	101	108	116	124	132	155

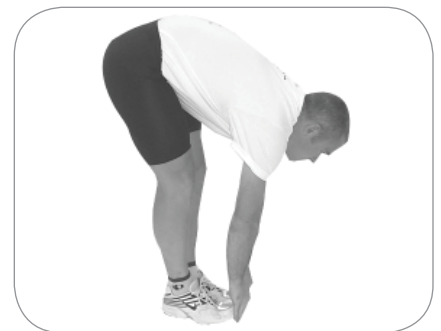
## EXERCISE GUIDELINES

**WARNING!** Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

### TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.



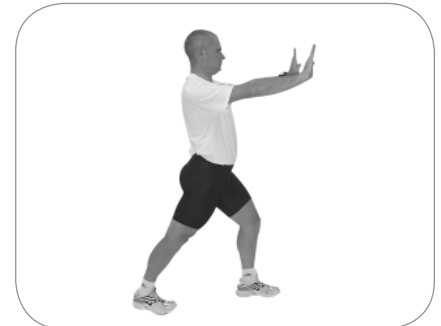
### HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.



### CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.



### QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



### INNER THIGH STRETCH (Image Not Shown)

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

<b>Symptom</b>	<b>Possible Cause</b>	<b>Solution</b>
Console has no power	DC adapter is not plugged into wall outlet?	Plug DC adapter into wall outlet
	DC adapter is cord is not plugged into CG2?	Plug DC adapter cord into CG2 power socket
	Console cable is not connected?	Verify that console cable is connected properly
	The computer is faulty?	Call the Keys Fitness service number
Strides/Min or Speed shows 0	Computer isn't receiving a signal from the sensor?	Check that the sensor magnet is correctly fitted and passes in front of the sensor
		Check that the gap between sensor and the magnet is 3mm or less
		Check that all the computer plugs and sockets are correctly and firmly connected
		Check that the computer wires are not damaged
	The sensor is faulty?	If all above checks are okay, then replace sensor
The computer is faulty?	Call the Keys Fitness service number	
No HR signal or incorrect HR signal	Computer is receiving a faint or intermittent pulse signal	Check that the pulse plugs are firmly inserted into the sockets
		Check to make sure that the batteries in the chest strap are installed correctly
		Replace the chest strap batteries
		Check to see if the receiver is properly installed
		Check to see if the chest strap is being properly worn by user - if skin is extremely dry, then moisten contact points on chest with water and try again
		If problem still exists then call the Keys Fitness service number
Noise from motor	Symptoms include an unusually loud noise coming from the motor, which means the gears are not meshing correctly	Try reversing the resistance and try again. If this fails, then replace the motor.

## CLEANING/MAINTENANCE -

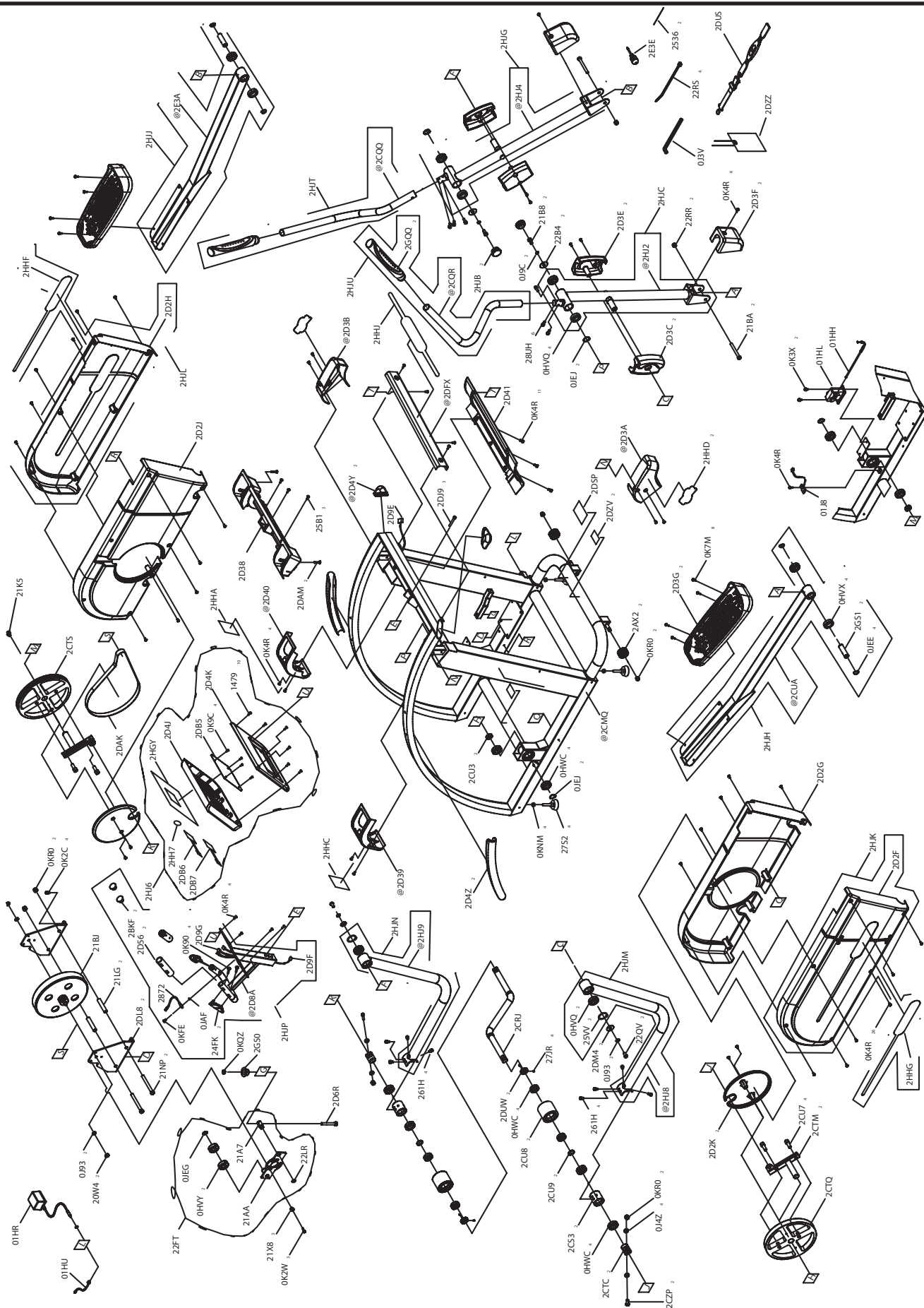
Your CG2 Elliptical has been manufactured to withstand many hours of use with minimal maintenance. It may occasional require silicone to be sprayed on the moving part (available at most stores).

Periodically wipe down your machine with mild, soapy water or a diluted general purpose household cleaner. Machine should be wiped down to remove sweat after each use.

## CG2 Elliptical Parts List Rev A

Ref #	Part #	Description	Qty	Ref #	Part #	Description	Qty
2DC9	311-00083	MAGNETIC BRAKE ASSY, CG2	1	2CTM	330-00088	CENTER SHAFT ASSEMBLY, CENTER-G	2
22FT	311-00077	IDLER BELT TENSION ASSEMBLY, CENTER-G	1	2CTQ	311-00079	DRIVEN WHEEL, CENTER-G/ACHIEVER/DCT	1
21AA	319-00221	BRACKET, IDLER BELT TENSION ASSEMBLY	1	2DCE	323-00442	FRAME ASSY, CG2	1
21A7	302-01300	RETAINGING RING, CENTER-G	1	2D56	328-00051	FOAM GRIPS, EVO-1, CENTERG	2
22LR	302-00108	C-RING A-16	1	24FK	313-00218	HAND PULSE CONTACT HR SENSOR, CENTER-G	2
21X8	302-01304	SPACER, CENTER-G/ACHIEVER/CDT	3	2DFX	305-00161	REAR COVER (UPPER), CENTER-G	1
0K2W	302-01131	BOLT M5*12 TRI-5.3E	3	2D2H	305-00147	SIDE COVER LEFT OUTER, CENTER-G	1
0KQZ	302-01286	LOCKING NUT, M10*1.5 T10	1	2D2J	305-00148	SIDE COVER LEFT INNER, CENTER-G	1
20W4	302-01284	HEX. NUT M10*1.5 T6, BLACK	2	2D38	305-00153	FRONT COVER, CENTER-G	1
0J93	302-01307	SPRING WASHER, M10, BLACK	4	2D40	305-00178	COVER, LEFT W/DECAL, CG2	1
21NP	302-01280	HEX. HD. BOLT M12*1.75-110, ZINC	2	2DAM	302-01271	CR.-RE. TRUSS HD. SCREW M5*0.8-65, BLACK	2
21LG	319-00225	COLLAR, CENTERG	2	25B1	302-00113	CR. RE. ROUND WASHER HD. SCREW M5*0.8-25	3
0KR0	302-01285	LOCKING NUT, M12*1.75 T12	6	2D3B	305-00179	COVER, LEFT W/LOGO CG2	1
01HU	313-00072	POWER SOCKET	1	2D4Y	306-00671	END CAP, CENTERG, 70MM*30MM, OVAL	2
2DL8	310-00188	RETAINING CLIP, CENTER-G	2	2D9E	313-00219	CABLE HARNESS, UPPER CONSOLE TO BRAKE	1
0K2C	302-01293	HEX.SOCKET HD.CAP SCREWS M8X1.25-16	4	2D41	305-00158	REAR COVER, CENTER-G	1
21BJ	311-00040	EDDY CURRENT BRAKE	1	2D3A	305-00180	COVER, RIGHT W/LOGO, CG2	1
2CQR	323-00146	RIGHT MOVING HANDLE BAR ASSEMBLY	1	2D39	305-00181	COVER, RIGHT W/DECAL, CG2	1
2D3C	305-00150	SHAFT COVER RIGHT, CENTER-G	2	2D4Z	319-00222	GUARD, CENTER-G	2
21BA	302-01281	HEX. HD. BOLT M10*1.5-81.5	2	2CU3	302-01301	CENTER SHAFT WASHER	2
2D3F	305-00152	BRACKET COVER, CENTER-G/ACHIEVER/CDT	2	2CMQ	323-00389	FRAME ASSEMBLY, CENTER-G	1
0K4R	302-01291	CR.-RE. TRUSS HD. SCREW M5*0.8-12	52	2AX2	306-00668	TRANSPORTATION WHEEL, CENTER-G	2
22RR	302-01276	HEX. NUT M10*1.5,T8 ZINC	2	2D2G	305-00146	SIDE COVER, RIGHT INNER CENTER-G	1
2HJ2	323-00438	HANDRAIL ASSY, CG2	1	2D2F	305-00145	SIDE COVER RIGHT OUTER, CENTER-G	1
2HJ4	323-00439	HANDRAIL ASSY, LEFT CG2	1	01J8	313-00069	REED SWITCH, CENTER-G	1
2D3E	305-00151	SHAFT COVER LEFT, CENTER-G	2	01HH	310-00115	BRAKE CABLE, CG	1
21B8	302-01282	HEX. HD. BOLT M10*1.5-20, ZINC	2	01HL	307-00110	D.C MOTOR ASS'Y, CENTER-G/ACHIEVER/CDT	1
0J9C	302-01308	SPRING WASHER, M10, ZINC	2	0K3X	302-01292	CR.RE. PAN HD. SCREW & WASHER M5*0.8-14	2
2CQQ	323-00145	HANDRIAL,LEFT UPPER	1	2BKF	306-00946	END CAP, 35.6MM OD, CENTERG	2
22RS	306-00666	LOCKING CABLE TIE GTP-110M, NYLON	4	27S2	310-00114	LEVELER	4
2DM4	306-00666	LOCKING CABLE TIE GTP-110M, NYLON	2	0KNM	302-01287	HEX. NUT, M10X1.5 CT=8	4
2CUA	323-00392	PEDAL TUBE ASSEMBLY RIGHT, CENTER-G	1	0K90	302-01289	CR RE TRUSS HD TAPPING SCREW M3.5*18-12	4
2D3G	306-00622	PEDALS, EVO-1, CENTER-G/ACHIEVER/CDT	2	2DB6	308-00001	MEMBRANE, START, CENTERG	1
2E3A	323-00393	PEDAL TUBE ASSEMBLY, LEFT	1	2DB7	308-00002	MEMBRANE, +/-, CENTERG	1
0K7M	302-01290	CR. RE. ROUND WASHER HD. SCREW M6*1.0-18	8	2HG Y	314-00044	DECAL OVERLAY, CG2	1
2CU8	319-00229	SHAFT WHEEL W/BALL BEARING, NO LIP	2	2D4J	305-00159	TOP CONSOLE PANEL, CENTER-G	1
2CU9	319-00223	COLLAR, POM, CENTERG	2	2DB5	307-00112	CONTROLLER BOARD, CENTER-G	1
2CS3	306-00669	SHAFT SLEEVE, CENTER-G/ACHIEVER/CDT	2	0K9C	302-01288	CR. RE. TRUSS HD. TAPPING SCREW M3*24-8	4
2CTC	306-00945	COLLAR, NYLON, CENTERG/ACHIEVER/CDT	2	2D4K	305-00160	BOTTOM CONSOLE PANEL, CENTER-G	1
2CZP	302-01295	HEX. SOC. HD. CAP BOLT M12*1.75-55 BLACK	2	1479	302-01283	CR.RE. PAN HD. TAPPING SCREW M3x20-11.5	10
0J4Z	302-01294	FLAT WASHER, 12X20-3	4	2D8A	323-00443	CONSOLE TUBE ASSY,CG2	1
2HJ8	323-00440	LINKAGE ASSY, RIGHT CG2	1	2D9G	313-00221	CABLE HARNESS, HR TO CONSOLE	1
2HJ9	323-00441	LINKAGE ASSY, LEFT CG2	1	2D9F	313-00220	CABLE HARNESS, LOWER CONSOLE TO BRAKE	1
22QV	302-01277	HEX. SOC. TRUSS HD. SCREW M10*1.5-20	2	2DUS	307-00113	CHEST STRAP, CENTER-G	1
0HWC	331-00094	BALL BEARING 6005Z NTN	12	2872	313-00223	GROUNDING CABLE, CENTERG	1
2CRJ	330-00087	CRANK SHAFT, CENTER-G/ACHIEVER/CDT	1	0JAF	302-01313	WASHER, EXT TOOTH, M5	1
2DUW	302-01303	RETAINING RING, CENTER-G	2	0KFE	302-01314	CR.RE.PAN HD SCREW, M5*6MM, ZINC	1
27JR	302-01312	HEX. SOC SET SCREW, M5*6	4	01HR	307-00111	TRANSFORMER, CENTER-G	1
261H	302-01275	HEX. SOC. HD. CAP BOLT M8*1.25-12, BLACK	8	2DJ9	302-01270	HEX. SOC. HD. CAP BOLT, M8*1.25-50	3
2DCD	319-00238	PULLEY ASSY, CG2	1	28UH	302-01274	HEX. SOC. HD. CAP BOLT M8*1.25-20	6
21K5	310-00187	MAGNET AND BRACKET, CENTER-G/ACHIEVER	1	2E3E	302-01183	SCREW DRIVER	1
2CTS	311-00078	DRIVE PULLEY, CENTER-G/ACHIEVER	1	0J3V	302-01298	WRENCH HEX. 6-115	1
2DAK	304-00019	BELT, POLY-V BELT PJ450	1	2DSP	314-00022	SERIAL NUMBER STICKER, CENTER-G	3
2D2K	306-00680	FLYWHEEL COVER, (NEW STYLE) CENTER-G	2	2DZV	314-00027	WARNING LABEL, CENTER-G	2
2CU7	302-01272	HEX. SOC. HD. CAP BOLT M12*1.75-30	4				

# Exploded View



## KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY

**PRODUCT:** CG2 Elliptical

**HOME USE WARRANTY:**      Parts: 3 Years  
   Electronics: 3 Years  
   Labor: 1 Year

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty period to the original purchaser is listed above in the table.

Keys warrants that the Product you have purchased for use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include computer overlays, pedal straps, rope cords, seats, grips, chains, bottom bracket assemblies, pads, upholstery, pulleys, bearings, etc. Please contact a Keys Fitness customer service representative for specifics on wear items. This Limited Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing.

During the warranty period Keys will repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product.

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This warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

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