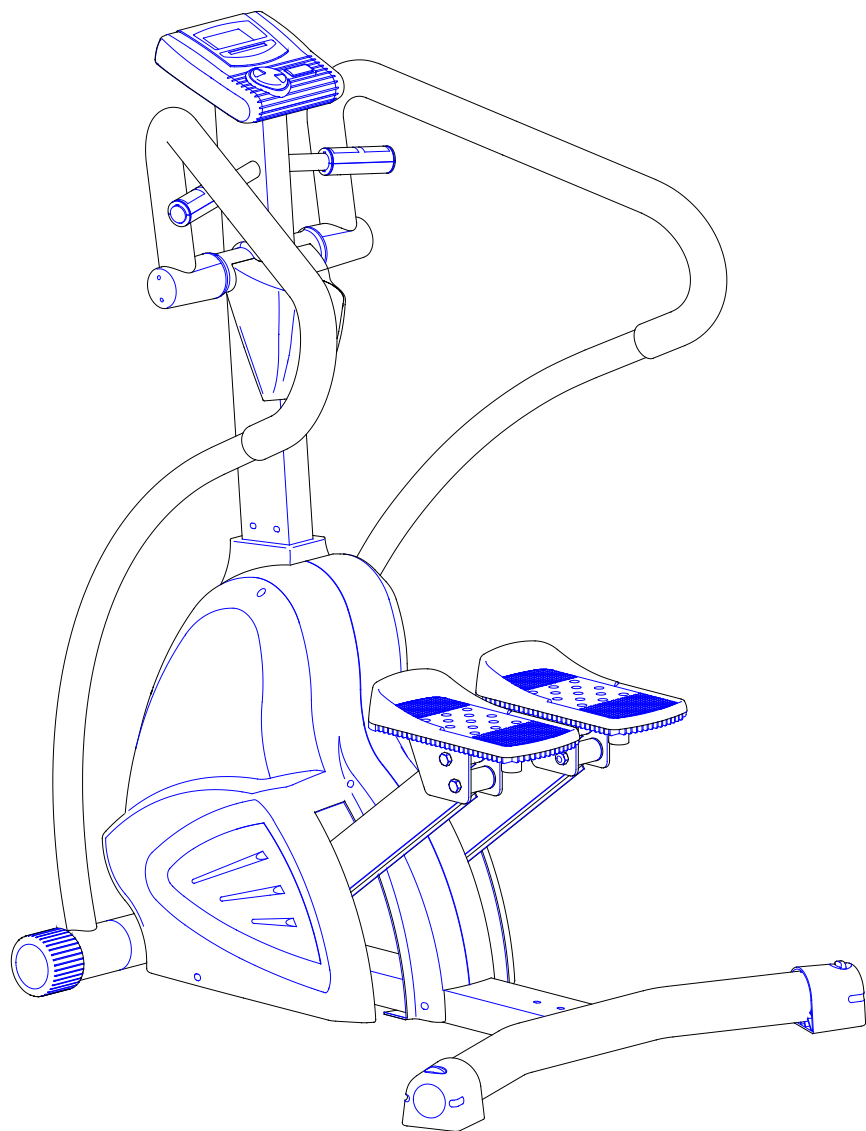


CardioMax™ 707s

OWNER'S MANUAL

QUESTIONS?
Call Our Toll Free
Keys Fitness Helpline
1-888-340-0482



keysfitness.com™

CAUTION!

Please read the precautions and instructions in this manual before using this equipment. Please save this manual for future reference.

CardioMax™

**Keys Fitness is committed to quality products
that demonstrate our commitment to excellence!**

CARDIOMAX 707 STEPPER Model: CM707S

Questions?

Please call if:

- you need assistance about operating your exercise unit
- parts are missing
- parts become worn or need to be replaced

**1-888-340-0482
Monday-Friday
8:30am-5:30pm Central Time**

Please have the following information available:

- Name
- Model
- Part Number
- Description

Before You Start

Thank you for purchasing a CardioMax exercise unit! This quality product you have chosen was designed to meet your needs for cardiovascular exercise.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

Important Safety Information **WARNING!**

- 1) Before using this exercise 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. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
- 2) 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.

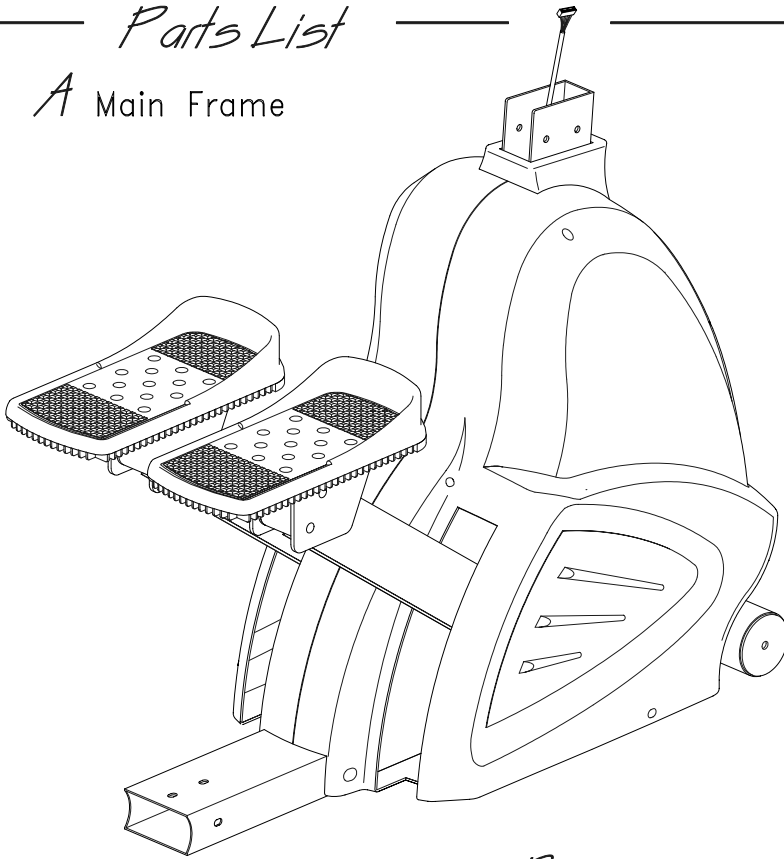
Safety Precautions and Tips

It is the owner's responsibility to ensure that all users of this exercise unit have read the Owner's Manual and are familiar with warnings and safety precautions.

- This exercise unit has a maximum user capacity of 275 pounds.
- This exercise unit should only be used on a level surface and is intended for indoor use only. It should not be placed in a garage, patio or near water. Keys recommends an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this exercise unit with bare feet, sandals, socks or stockings!
- Always examine your exercise unit before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the exercise unit.
- Never operate the exercise unit where oxygen is being administered or where aerosol products are being used.
- Never insert any object or body parts into any opening.
- Service to your exercise unit should only be performed by an authorized service representative, unless authorized and/or instructed by a Keys technician. Failure to follow these instructions will void the warranty.

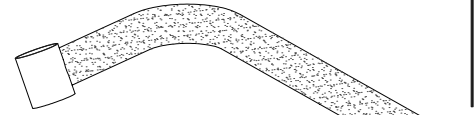
Parts List

A Main Frame

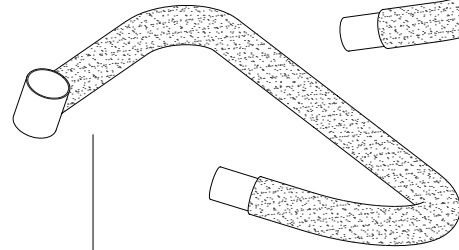


Side Handlebar **D**

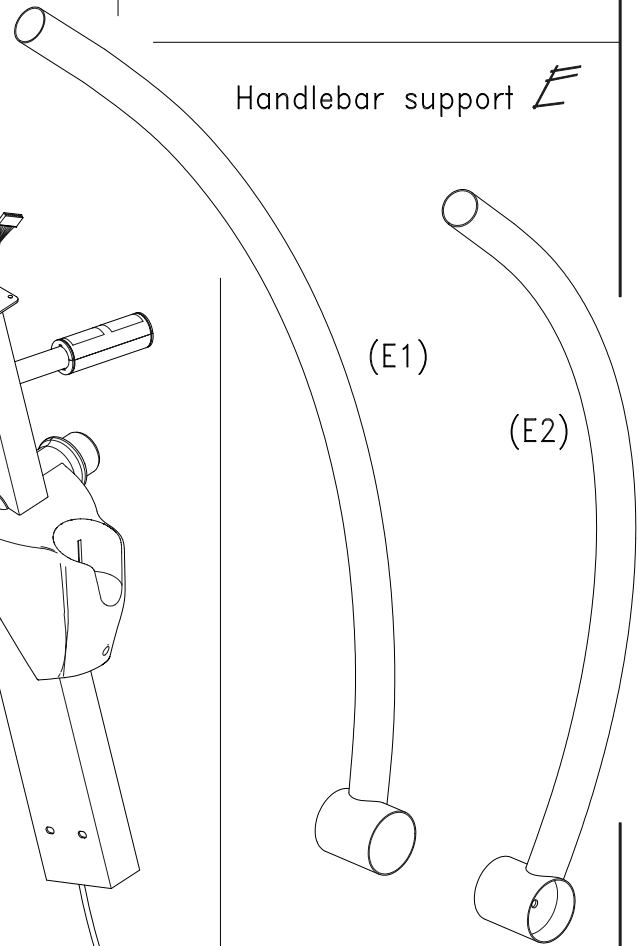
(D2) Right side handlebar



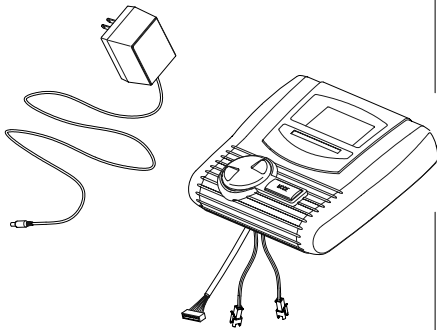
(D1) Left side handlebar



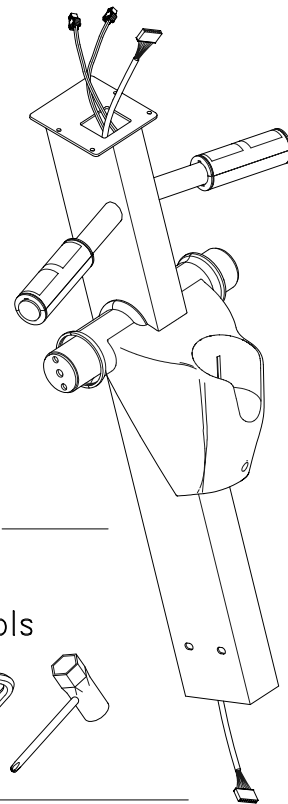
Handlebar support **E**



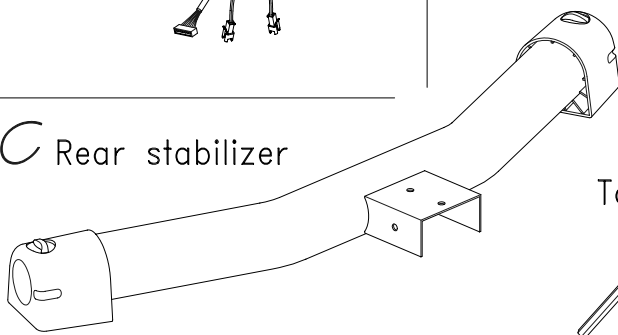
F Monitor & Adaptor



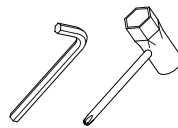
B Central Support Tube



C Rear stabilizer



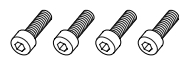
Tools



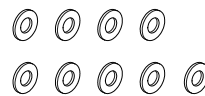
G (G1) Screws



(G2) Bolts



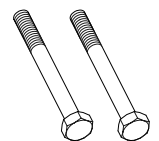
(G3) Washers



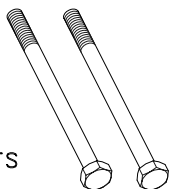
(G4) Bolts



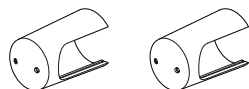
(G5) Bolts



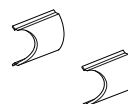
(G6) Bolts



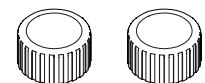
(G7) Cover



(G8) Slide plastic cover



(G9) End cap



ASSEMBLY FOR REAR STABILIZER

Step 1. Attach rear stabilizer(C) to main frame(A).

Then, secure with washers(G3) and bolts(G4).

ADJUST THE BALANCE FOR THE STEPPER

After Step 1 assembly, if the machine is NOT stable, please adjust the knob of (C2).

If you turn "+" direction, the position will be up.

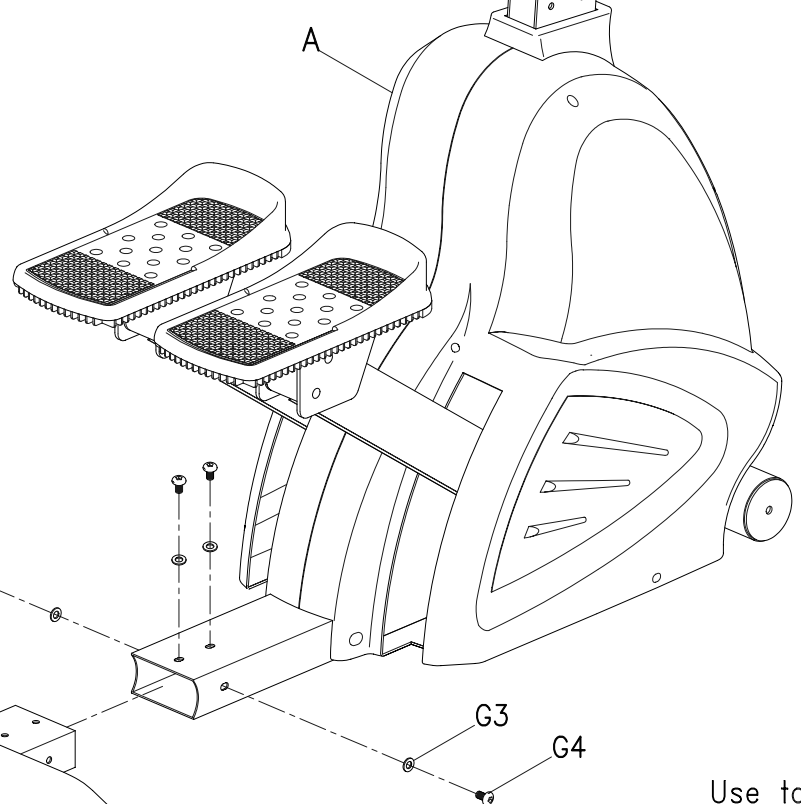
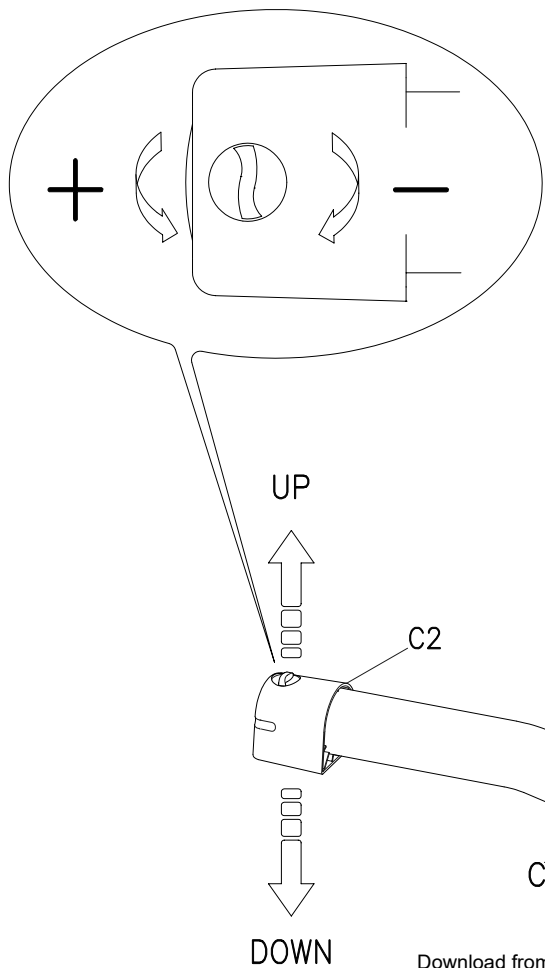
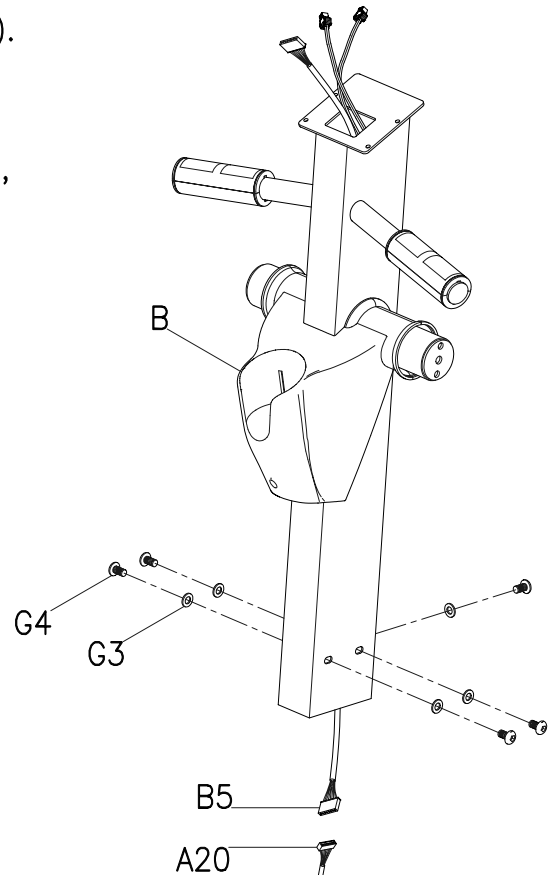
If you turn "-" direction, the position will be down.

ASSEMBLY FOR CENTRAL SUPPORT TUBE

Step 2. Connect the wires(A20 & B5).

Step 3. Assemble the central support tube(B) with (A) by bolts(G4) and washers(G3).

Attention: Make sure when pushing the tubes together that the cable is not pinched.



Use tool



FIGURE 3

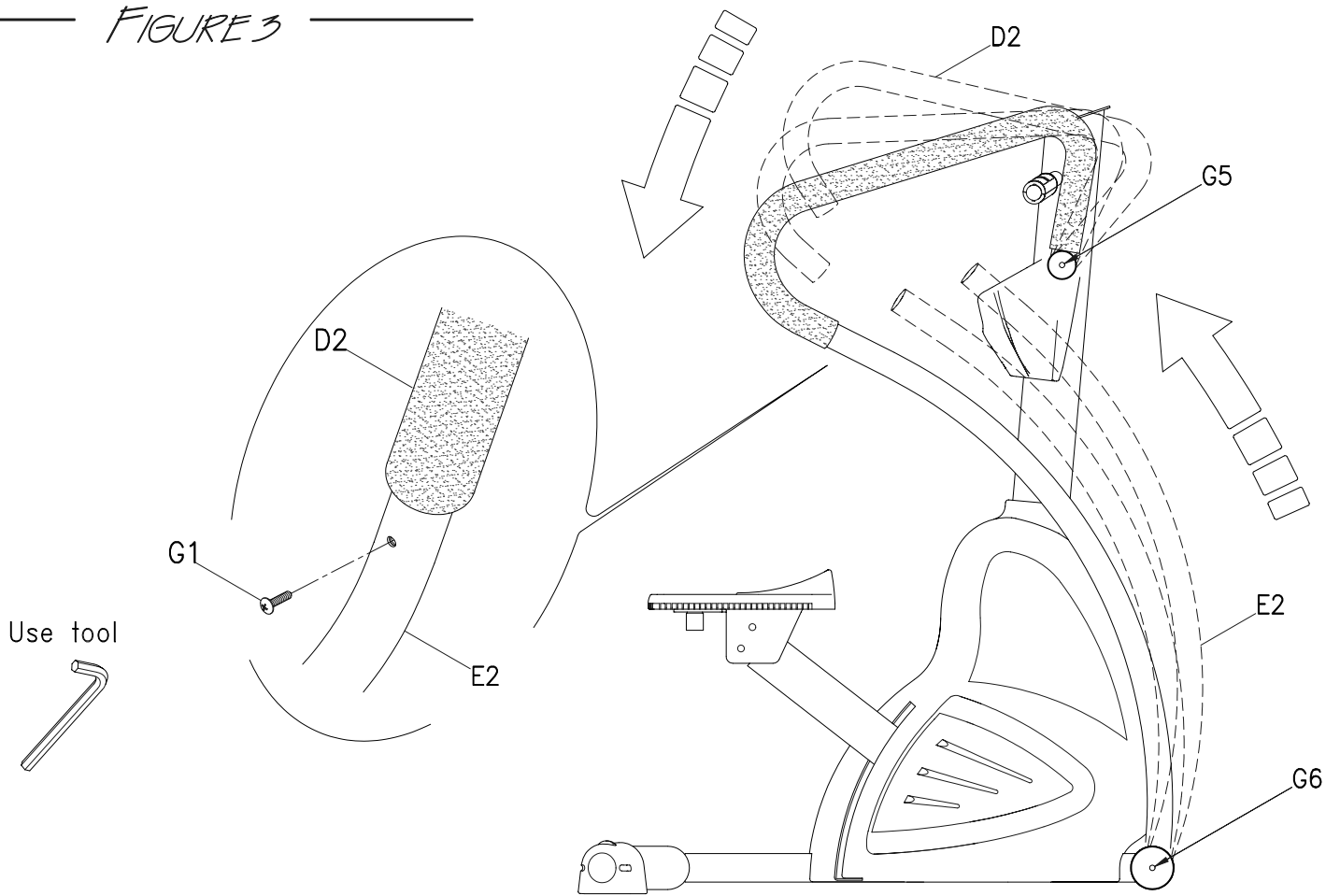
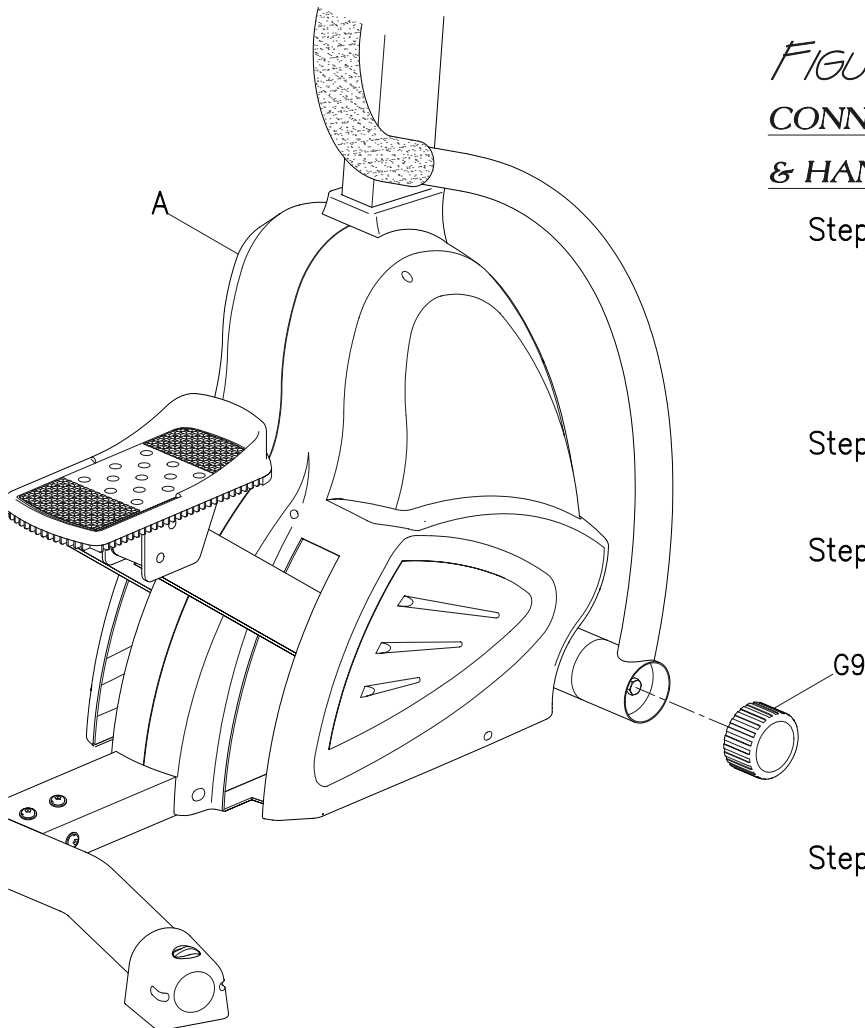


FIGURE 3

**CONNECT THE SIDE HANDLEBAR
& HANDLEBAR SUPPORT**

- Step 1. Turn the handlebar support(E2) to connect with the side handlebar(D2), then secure with the screw(G1).
- Step 2. Now, you can fix bolt(G5 & G6) tightly.
- Step 3. Place the end cap(G9) onto frame.



- Step 4. Repeat the same way to assemble left side handlebar & handlebar support.

FIGURE 4

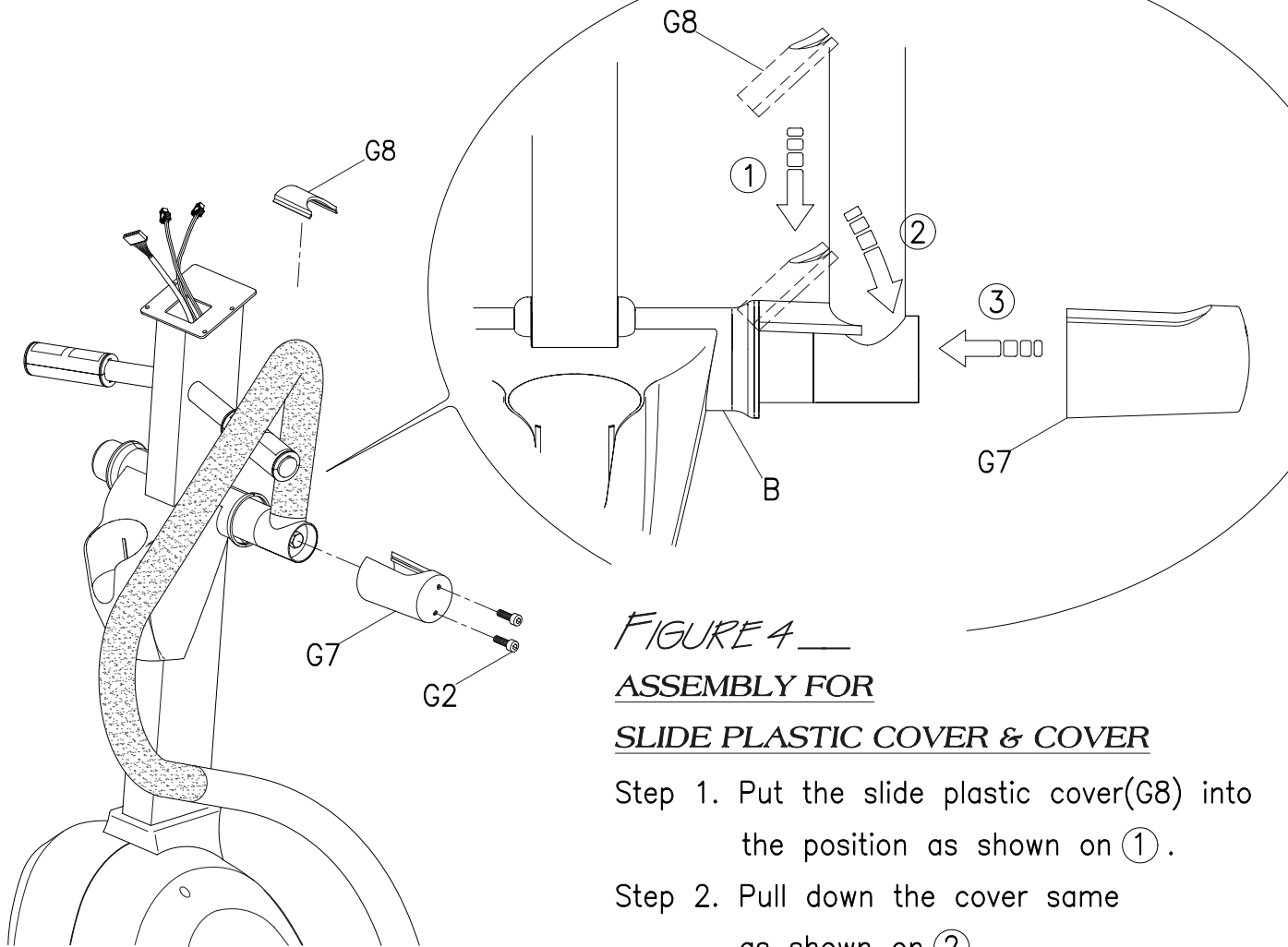


FIGURE 4
ASSEMBLY FOR
SLIDE PLASTIC COVER & COVER

- Step 1. Put the slide plastic cover(G8) into the position as shown on ①.
- Step 2. Pull down the cover same as shown on ②.
- Step 3. Slide the cover(G7) to connect with G8. (See shown on ③). Then, secure with bolts(G2). Repeat the same way to assemble left side covers.

FIGURE 5

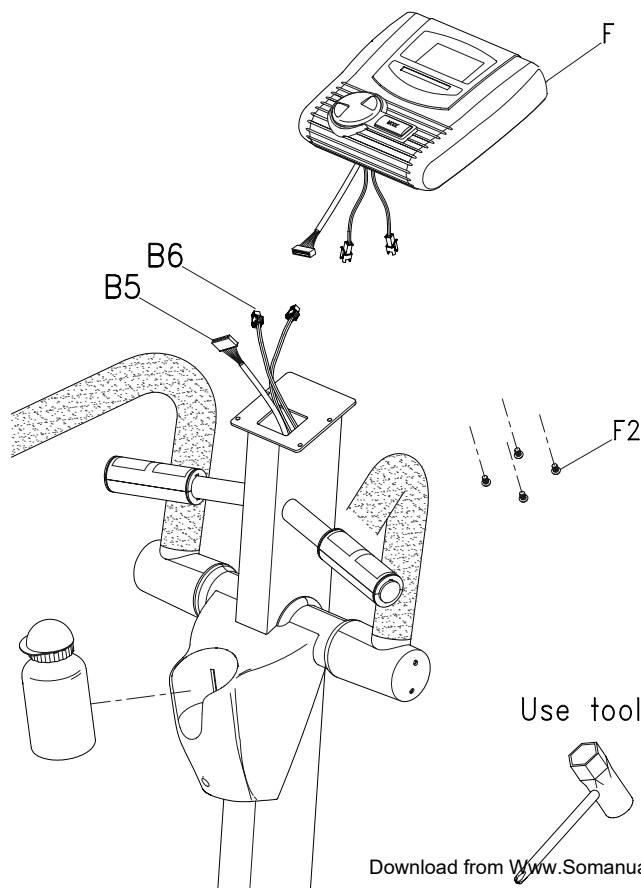
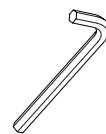


FIGURE 5
ASSEMBLY FOR
MONITOR & WATER BOTTLE

- Step1. Remove the screws(F2) from the back of the Monitor(F).
- Step2. Connect the sensor wire (B5 & B6) with monitor wires and put the monitor on the fixing plate. Then, secure with screws(F2).
- Step3. You can put the water bottle in the plastic housing.

Use tool



Use tool



FIGURE 6

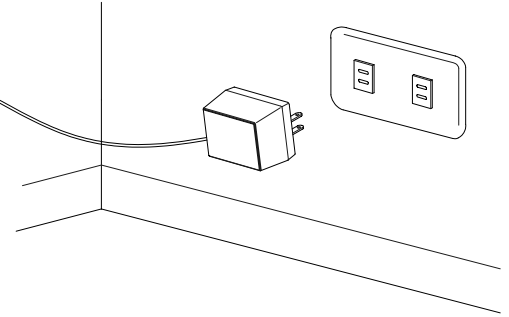
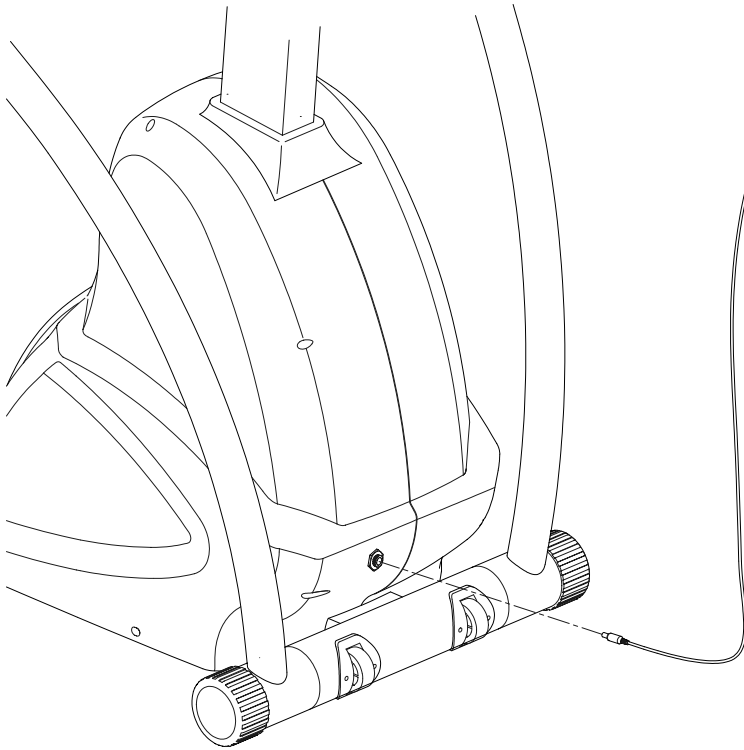


FIGURE 6
ASSEMBLY FOR ADAPTOR

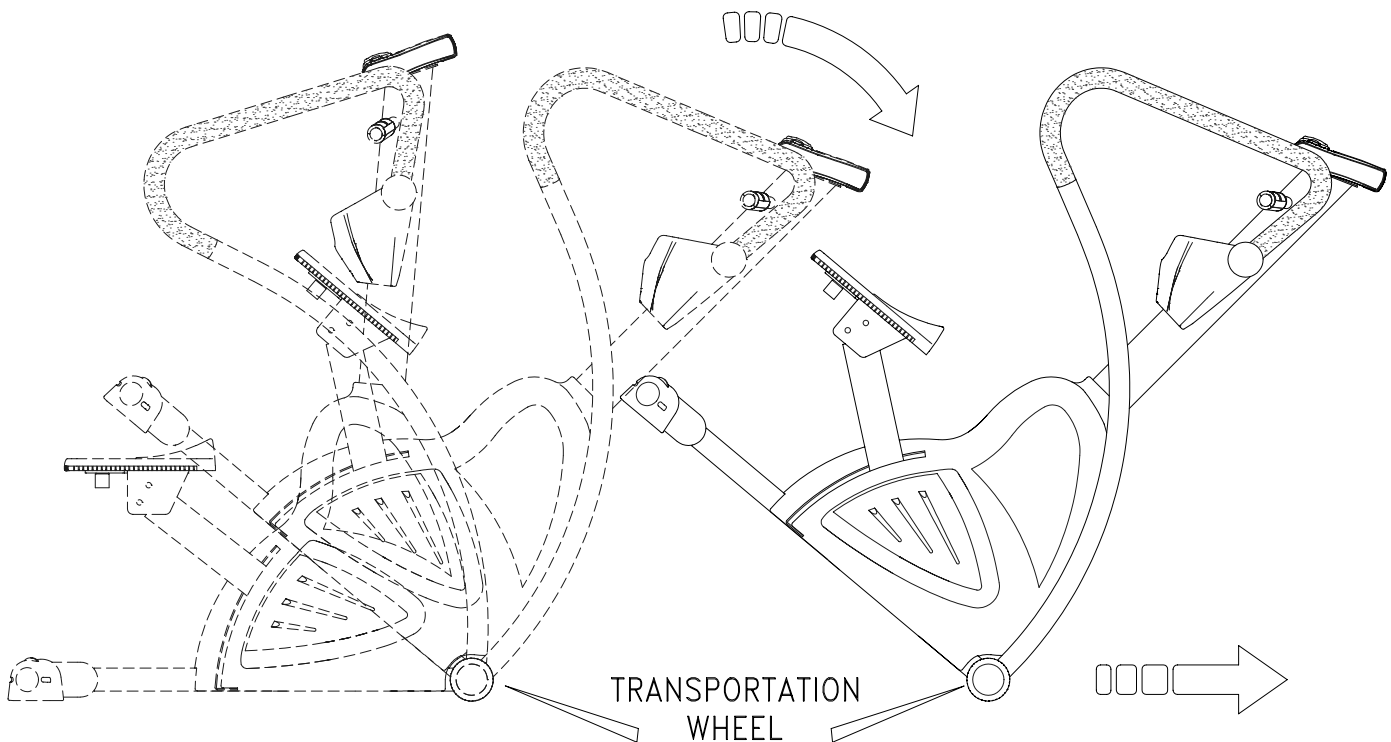
The machine is available by using the electricity adaptor.

FIGURE 7
HOW TO MOVE THE MACHINE

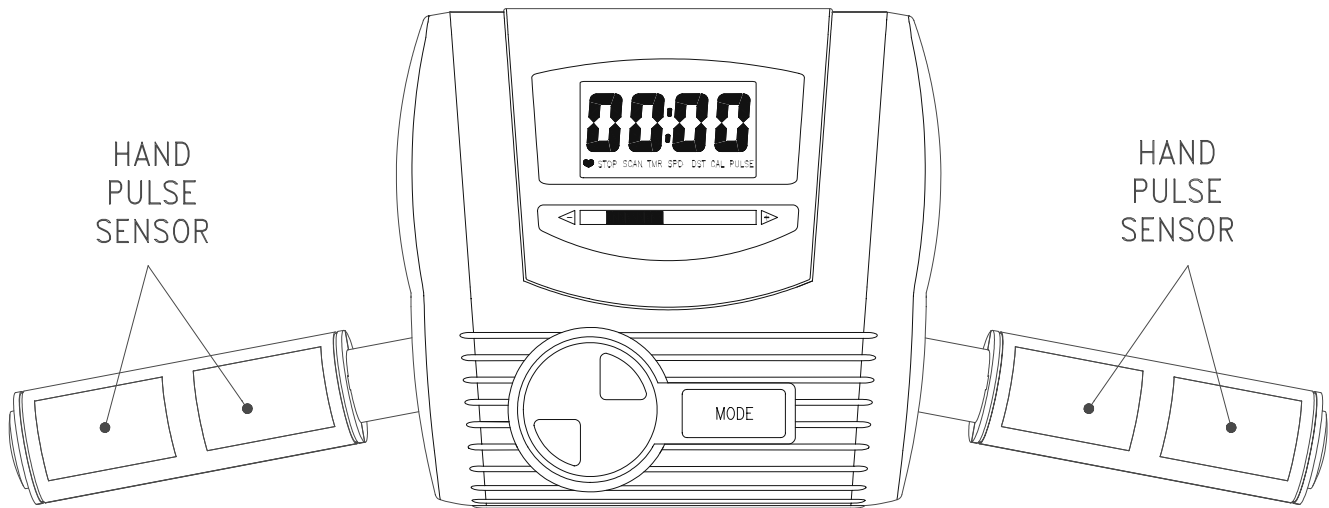
The front stabilizer has built-in transport wheels. Stand at the front of the machine and lift it up until the weight of the machine is transferred to the transport wheels.

You can now easily move the machine to a new location.

FIGURE 7



EXERCISE COMPUTER



FUNCTION BUTTON

MODE PRESS TO SELECT FUNCTIONS BETWEEN TIME, PULSE, DISTANCE, AND CALORIE.

FUNCTIONS

LOAD THERE IS A LED BAR INDICATOR BELOW THE MONITOR DISPLAY TO SHOW YOUR CURRENT TRAINING LEVEL DIFFICULTY. WHEN YOU TURN THE ROUND BUTTN TO ADJUST LEVEL, TURN TO CLOCKWISE DIRECTION IS TO INCREASE TRAINING LEVEL, TURN TO ANTI- CLOCKWISE TO DECREASE TRAINING LEVEL. THE TRAINING LEVEL IS GETTING HIGHER AND HIGHER WHEN THE LED BAR INDICATOR RUNS FROM LEFT TO RIGHT SIDE.

SCAN AUTOMATICALLY SCAN THROUGH EACH FUNCTION BETWEEN TIME, SPEED, DISTANCE, and CALORIE IN SEQUENCE FOR EVERY 6 SECONDS.

TIME ACCUMULATES TOTAL WORKING TIME UP TO 99:59.

COUNT DISPLAYS CURRENT WORKING NUMBERS.

TOTAL COUNT ACCUMULATES TOTAL WORKOUT NUMBERS FROM DIFFERENT EXERCISE SECTIONS. THIS DATA IS NOT ABLE TO BE RESET UNLESS ADAPTOR PLUG AND PLUG IN AGAIN.

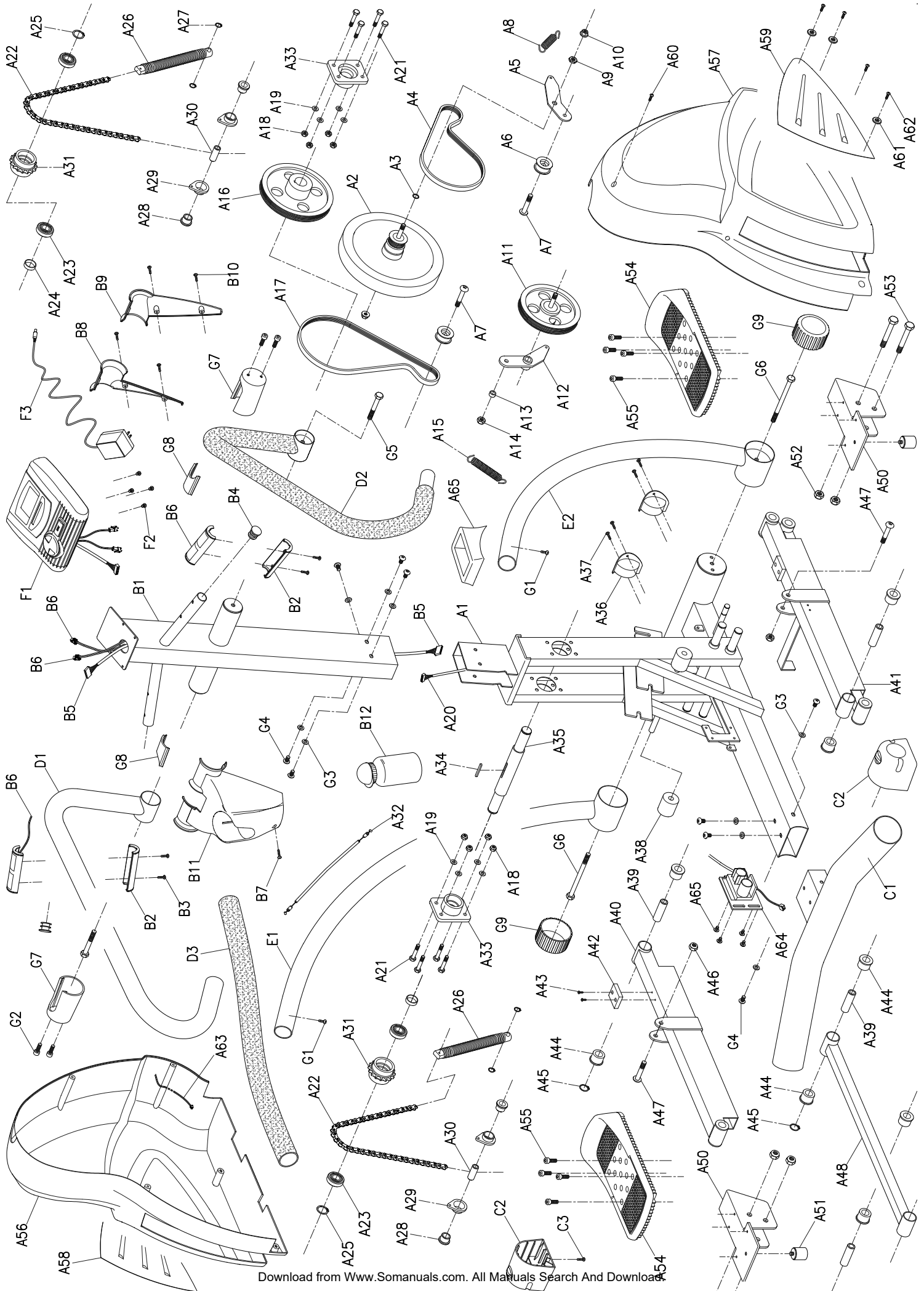
CALORIE ACCUMULATES CALORIES CONSUMPITION DURING EXERCISE, MAX VALUE IS 9999 CAL.

(THIS DATA IS A ROUGH GUIDE FOR COMPARISON OF DIFFERENT EXERCISE SESSIONS WHICH CAN NOT BE USED IN MEDICAL TREATMENT.)

PULSE THE MONITOR WILL DISPLAY THE USER'S HEART RATE WHILE EXERCISING. YOU WILL SEE YOUR CURRENT HEART RATE (BPM) DISPLAY ON THE LCD DURING EXERCISING. WHEN YOU START TO EXERCISE, YOU HAVE TO HOLD ON GRIPS WITH BOTH HANDS, AFTER 30 SECONDS TO MAX. 1 MINUTE, THE PULSE FIGURE WILL DISPLAY ON THE LCD. IF YOU HOLD ON THE GRIP WITH ONLY ONE HAND, THE PULSE FIGURE DISPLAY WILL BECOME UNSTABLE. FOR THE PULSE FIGURE ACCURACY REASON, WE'LL SUGGEST YOU TO HOLD ON BOTH HANDS DURING EXERCISING.

NOTE

1. WITHOUT ANY SIGNAL IN FOR A PERIOD OF 4 MINUTES, THE LCD DISPLAY WILL SHUT OFF AUTOMATICALLY. ALL FUNCTION DATAS ARE RESET TO ZERO.
2. TUNR ON THE MONITOR BY PRESING MODE BUTTON OR START TRAINING.
3. MODE FUNCTION WORKS AVAILABLE ONLY IN STOP TRAINING MODE.
4. IF IMPROPER DISPLAY ON MONITER, PLEASE TAKE OFF THE ADAPTOR PLUG AND PLUG IN AGAIN.



P/NO.	DESCRIPT ION	Q'TY	P/NO.	DESCRIPTION	Q'TY
A1	MAIN FRAME	1	A53	SCREW	4
A2	MAGNETIC FLYWHEEL	1	A54	PEDAL	2
A3	FLAT WASHER	1	A55	SCREW	8
A4	BELT	1	A56	COVER(L)	1
A5	CRANE	1	A57	COVER(R)	1
A6	PRESSING WHEEL	2	A58	DECORTATION COVER(L)	1
A7	SCREW	2	A59	DECORTATION COVER(R)	1
A8	SPRING	1	A60	SCREW	
A9	NUT	1	A61	SCREW COVER	6
A10	NUT	1	A62	SCREW	6
A11	DRIVING PLATE	1	A63	ELECTRONIC WIRE	1
A12	CRANE	1	A64	MOTOR	1
A13	SPACER PIPE	1	A65	SCREW	4
A14	NUT	1			
A15	SPRING	1	B1	MAIN SUPPORT TUBE	1
A16	DRIVING PLATE	1	B2	HAND PULSE COVER	2
A17	BELT	1	B3	SCREW	4
A18	NUT	4	B4	END CAP	2
A19	FLAT WASHER	4	B5	SENSOR WIRE(UPPER)	1
A20	SENSOR WIRE	1	B6	HAND PULSE	2
A21	SCREW	4	B7	SCREW	1
A22	CHAIN	2	B8	DECORTATION COVER FOR BOTTLE HOUSING(L)	1
A23	BEARING	4	B9	DECORTATION COVER FOR BOTTLE HOUSING(R)	1
A24	SPACER PIPE	2	B10	SCREW	4
A25	C CLIP	2	B11	BOTTLE HOUSING	1
A26	SPRING	2	B12	WATER BOTTLE	1
A27	C CLIP	4			
A28	METAL BUSHING	4	C1	REAR STABILIZER	1
A29	CHAIN CONNECT BRACKET	4	C2	ADJUSTED END CAP	2
A30	PIPE	2	C3	SCREW	2
A31	ONE WAY GEAR	2			
A32	TENSION CABLE	1	D1	HANDLE BAR TUBE(L)	1
A33	BUSHING HOUSING	2	D2	HANDLE BAR TUBE(R)	1
A34	SPACER PLATE	1	D3	SPONGE	2
A35	AXLE	1			
A36	TRANSPORTATION WHEEL	2	E1	HANDLE BAR SUPPORTING TUBE(L)	
A37	SCREW	4	E2	HANDLE BAR SUPPORTING TUBE(R)	
A38	BUSHING	2			
A39	PIPE	4	F1	COMPUTER	1
A40	PEDAL TUBE(L)	1	F2	SCREW	4
A41	PEDAL TUBE(R)	1	F3	ADAPTOR	1
A42	BUSHING	2			
A43	TAPPING SCREW	4	G1	SCREW	2
A44	METAL BUSHING	8	G2	SCREW	4
A45	C CLIP	4	G3	FLAT WASHER	9
A46	NUT	2	G4	SCREW	9
A47	SCREW	2	G5	SCREW	2
A48	CONNECTION TUBE(L)	1	G6	SCREW	2
A49	CONNECTION TUBE(R)	1	G7	PLASTIC COVER	2
A50	PEDAL HOUSING	2	G8	SLIDE COVER	2
A51	BUSHING	2	G9	END CAP	2
A52	NUT	4			

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 target 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.*

(MHR) = Maximum Heart Rate

(THR) = Target Heart Rate

$220 - \text{age} = \text{maximum heart rate (MHR)}$

$\text{MHR} \times .60 = 60\% \text{ of your maximum heart rate.}$

$\text{MHR} \times .75 = 75\% \text{ of your maximum heart rate.}$

For example, if you are 30 years old, your calculations will be as follows:

$$220 - 30 = 190$$

$$190 \times .60 = 114 \text{ (low end or 60\% of MHR)}$$

$$190 \times .75 = 142 \text{ (high end or 75\% of MHR)}$$

30 year-old (THR) Target Heart Rate would be 114-142

See Heart Rate Table for additional calculations.

TARGET HEART RATE ZONE

100%

Serious athletic training range

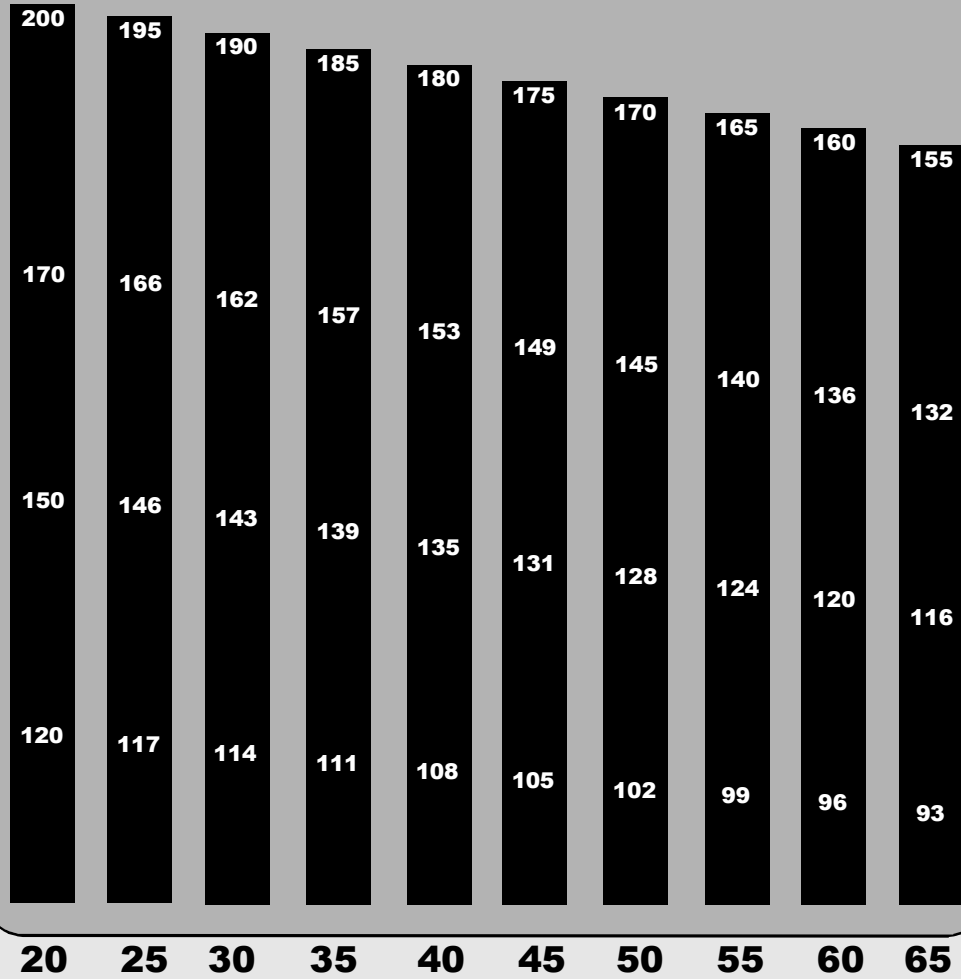
85%

Cardiovascular conditioning range

75%

Fat burning range

60%



AGE

KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY

PRODUCT: CARDIOMAX 708 STEPPER
HOME USE WARRANTY: Frame: Lifetime, Parts: 2 Years

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.

To obtain warranty service, you must contact a Keys authorized retailer, service technician or Keys Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

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.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Keys-branded products. Keys neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR UNIT WITH KEYS FITNESS PRODUCTS, LP.

MAIL WARRANTY CARD TO:
KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355

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