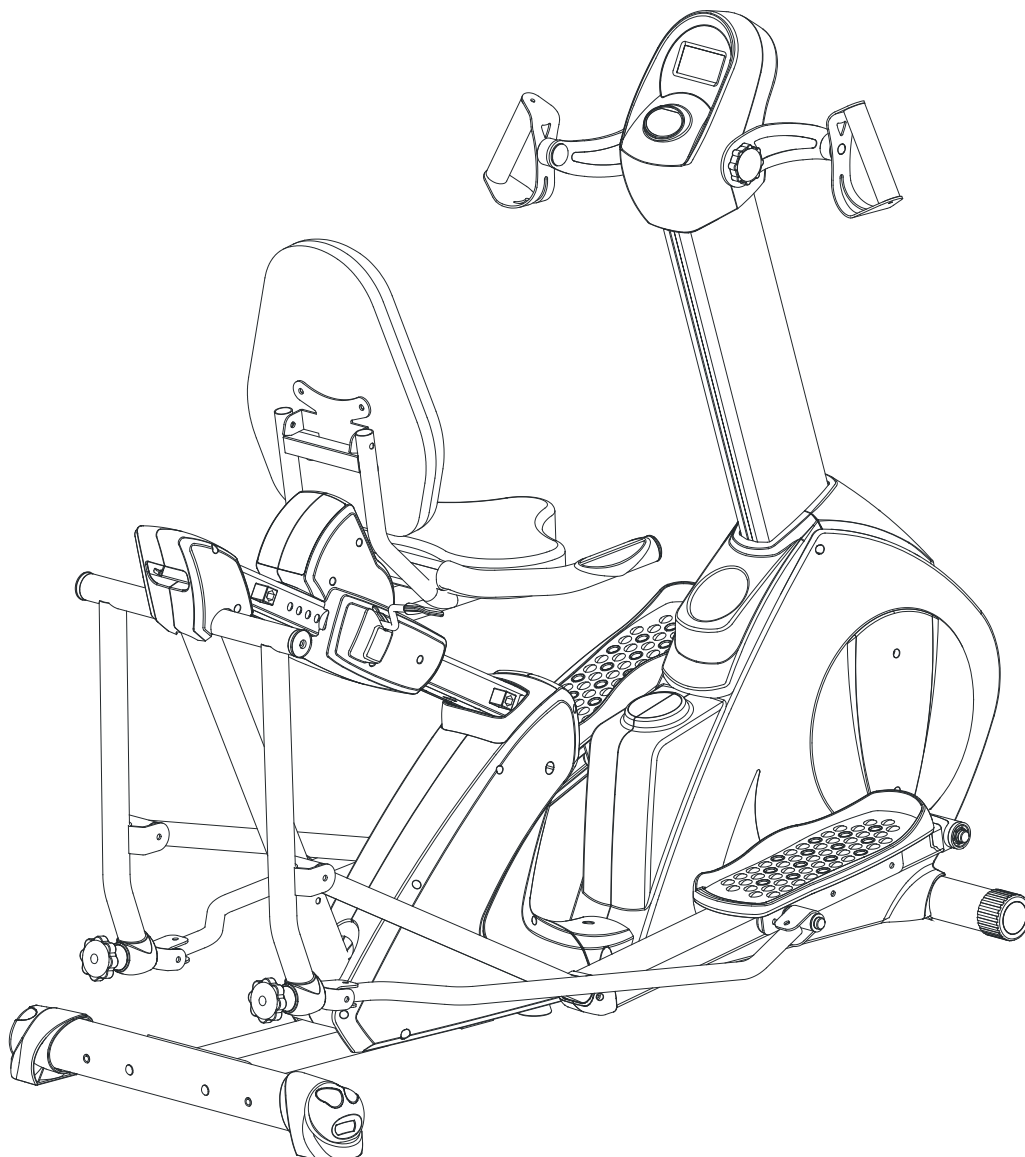


# V2300

**RECUMBENT ELLIPTICAL / BIKE**



**MAXIMUM USER WEIGHT LIMIT 300LBS.**

**MADE IN TAIWAN**

**V. II**

# SAFETY INSTRUCTION

## **WARNING: To reduce the risk of serious injury, read the following safety instructions before using the 2 in 1 Recumbent Elliptical / Bike**

1. Read all warnings posted on the equipment
2. Read this Owner's Manual and follow it carefully before using the equipment. Make sure that it is properly assembled and tightened before use
3. We recommend that two people be available for assembly of this product
4. Keep children and pets away from the equipment. Do not allow children and pets to use or play on the equipment. Always keep children and pets away from the equipment when it is in use
5. It is recommended that you place this exercise equipment on an equipment mat
6. Set up and operate the equipment on a solid level surface. Do not position the equipment on loose rugs or uneven surfaces
7. Inspect the equipment for worn or loose components prior to each use
8. Tighten / replace any loose or worn components prior to using the equipment
9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician
10. Follow your physician's recommendations in developing your own personal fitness program
11. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising
12. Before using this product, please consult your personal physician for a complete physical examination.
13. Do not wear loose or dangling clothing while using the equipment
14. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the equipment loss of balance may result in a fall and serious bodily injury
16. The equipment should not be used by persons weighing over 300 pounds /136 kgs
17. The equipment should be used by only one person at a time
18. The equipment is for semi-commercial, light-commercial and home usage
19. Maintenance: Replace the defective components immediately and / or keep the equipment out of use until repair the equipment completely
20. Make sure that adequate space is available for access to and passage around the equipment; keep at least a distance of 1 meter from any obstruction object while using the machine

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment.

If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed.

Keep children and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

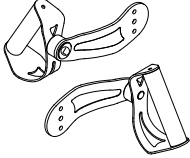

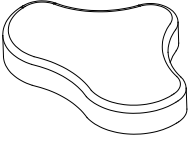
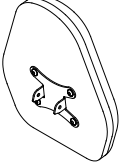
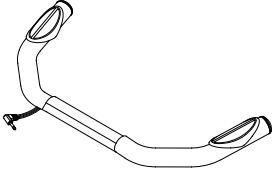
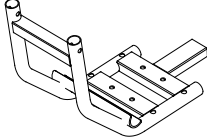
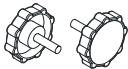
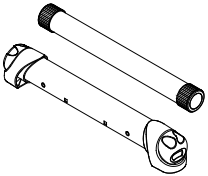
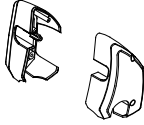
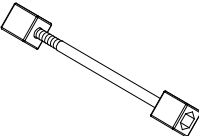


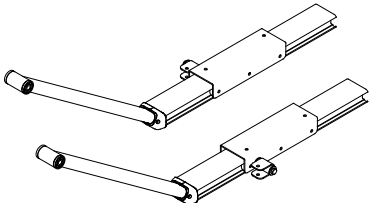
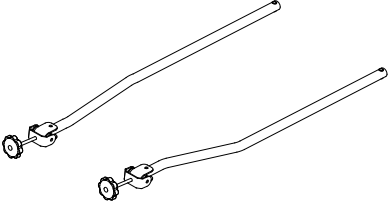
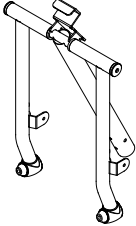
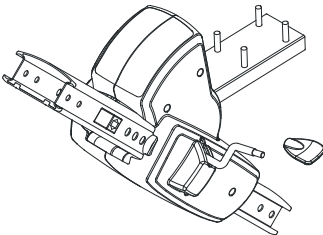
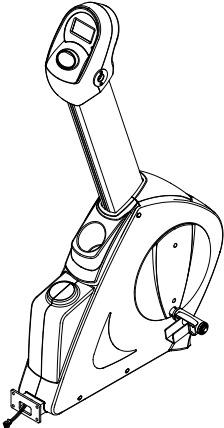
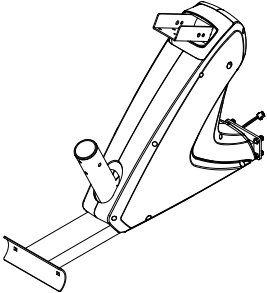
**WARNING:** Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness



**READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY**

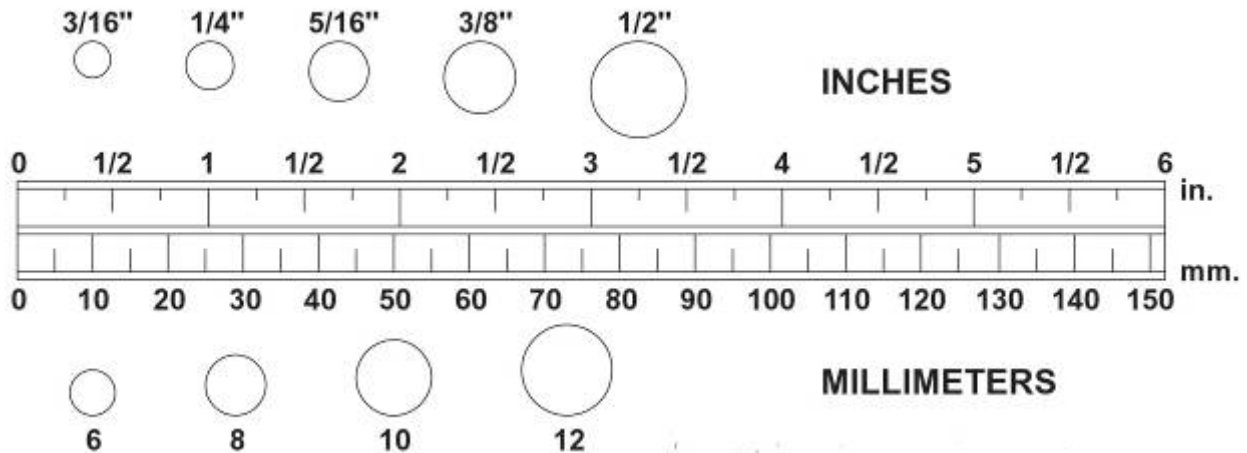
# ASSEMBLY PARTS

Unpack the box in a clear area. Follow the **List of Assembly Parts** below to check and make sure all assembly parts are present and in good condition. Do not dispose of the packing material. Assembly tools and hardware kit are included for assembling the product

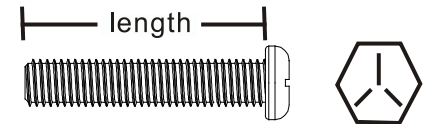
<p><b>Handlebar Assembly</b></p> 	<p><b>Connection Cover</b></p> 	<p><b>Seat</b></p> 	<p><b>Back Cushion</b></p> 
<p><b>Seat Handlebar Assembly</b></p> 	<p><b>Seat Frame</b></p> 	<p><b>Adjustment Knob</b></p> 	<p><b>Front and Rear Stabilizer</b></p> 
<p><b>Rail Decoration Cover</b></p> 	<p><b>Square Stopper, Hex Head Bolt &amp; Nut (M8)</b></p> 	<p><b>Pedal</b></p> 	<p><b>Leveler</b></p> 
<p><b>Pedal Support Arm Assembly</b></p> 	<p><b>Pedal Linkage Assembly</b></p> 	<p><b>Seat Support Slider Assembly</b></p> 	
<p><b>Seat Carriage Assembly &amp; Adjusting Handle</b></p> 	<p><b>Main Frame Assembly</b></p> 	<p><b>Rear Support Frame Assembly</b></p> 	

# HARDWARE IDENTIFICATION CHART

Unpack the box in a clear area. Follow the **List of Hardware Kit** below. This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws. Do not dispose of the packing material.



**NOTICE:** The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw



After unpacking the unit, **please note that there are 3 hardware bags (HARDWARE KIT A, HARDWARE KIT B and HARDWARE KIT C).**

Assembly's **Step 1 ~ 5:** Will use **HARDWARE KIT A**



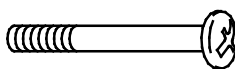
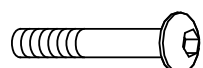

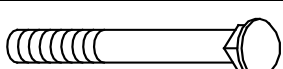

Assembly's **Step 6 ~ 10:** Will use **HARDWARE KIT B**




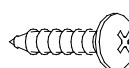




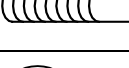
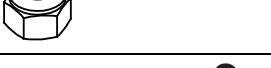

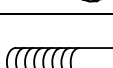



Assembly's **Step 11 ~ 12:** Will use **HARDWARE KIT C**

**Note:**

Please review the list below to ensure that the contents are present (A, B and C)

Some small parts may have been pre-attached for shipping purposes. If a part is not present in the hardware bag, check to see if it has been pre-assembled

HARDWARE KIT A	Part No. and Description	Q'TY
	121 Lock Washer (M8)	4 pcs
	124 Washer (8x23x2.0t)	2 pcs
	139 Screw, Round Head (M5xp0.8x40mm)	1 pcs
	154 Bolt, Button Head (M8xp1.25x30mm)	2 pcs
	162 Bolt, Socket Head (M8xp1.25x70mm)	2 pcs
	164 Carriage Bolt (M8xp1.25x90mm)	2 pcs
	171 Nylock Nut (M8xp1.25)	2 pcs

<b>HARDWARE KIT B</b>	<b>Part No. and Description</b>	<b>Q'TY</b>
	58 Screw Cap	2 pcs
	121 Lock Washer (M8)	14 pcs
	123 Washer (8x16x2.0t)	14 pcs
	131 Self-Tapping Screw, Truss Head (M4x20mm)	1 pcs
	138 Screw, Round Head (M5xp0.8x15mm)	2 pcs
	153 Bolt, Button Head (M8xp1.25x20mm)	4 pcs
	155 Bolt, Button Head (M8xp1.25x40mm)	2 pcs
	159 Bolt, Socket Head (M8xp1.25x16mm)	10 pcs
	161 Bolt, Socket Head (M8xp1.25x40mm)	4 pcs
	163 Carriage Bolt (M8xp1.25x50mm)	2 pcs
	171 Nylock Nut (M8x1.25)	4 pcs
<b>HARDWARE KIT C</b>	<b>Part No. and Description</b>	<b>Q'TY</b>
	143 Bolt, Round Head (M8xp1.25x16mm)	4 pcs
	155 Bolt, Button Head (M8xp1.25x40mm)	2 pcs
	157 Bolt, Button Head (M8xp1.25x90mm)	2 pcs
	171 Nylock Nut (M8x1.25)	4 pcs

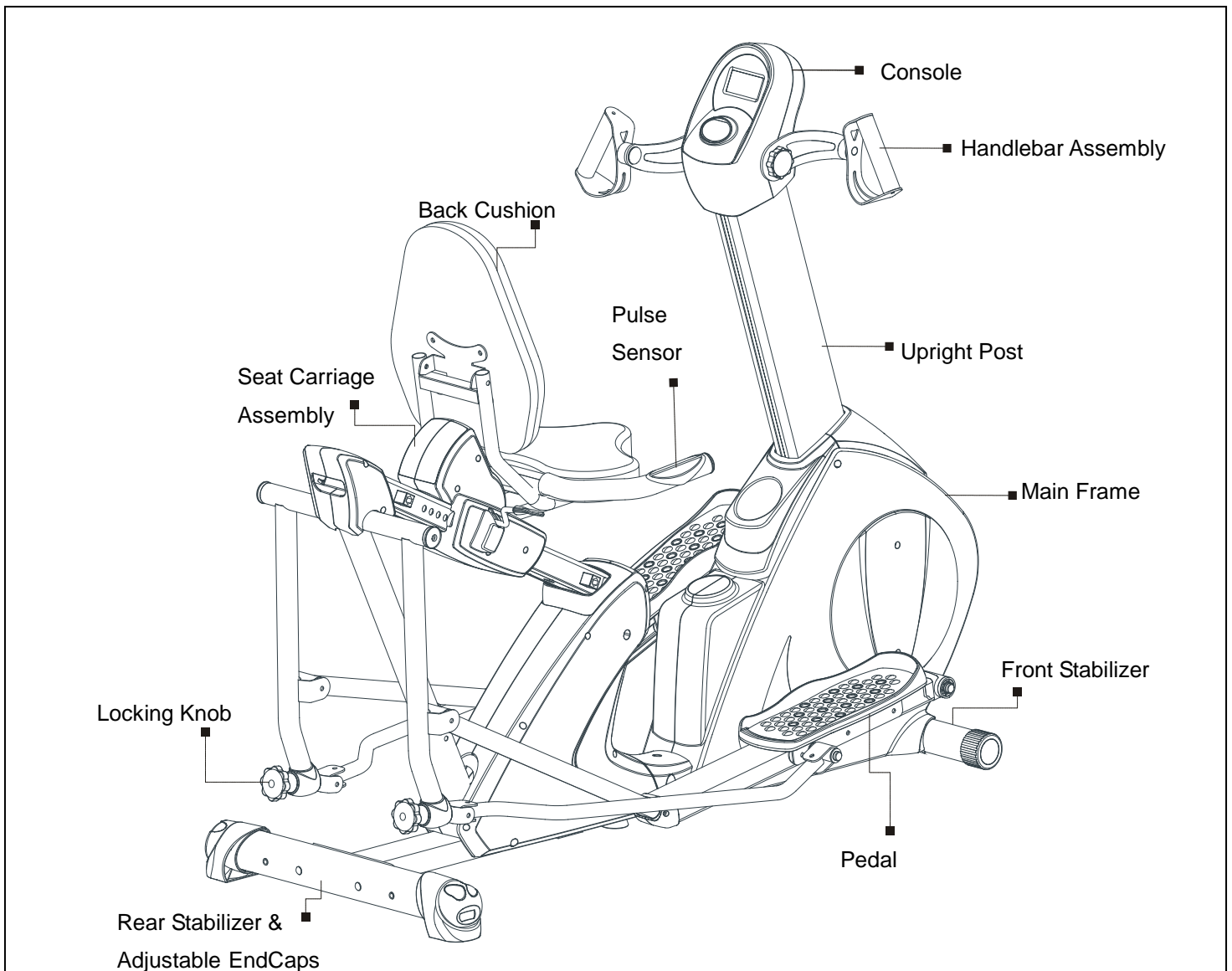
## BEFORE YOU BEGIN

Thank you for choosing the **2 in 1 Recumbent Elliptical / Bike**. We take great pride in producing this quality product and hope it will provide you many hours of quality exercise to making you look and feel better.

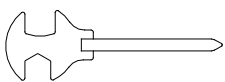
Yes, it's a proven fact that a regular exercise program can improve your physical and mental health.

Too often, our busy lifestyles limit our time and opportunity to exercise. This equipment will provide a convenient and simple way to begin your journey of achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the main parts of the V2300.. Read this manual carefully before using the equipment.



**THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:**

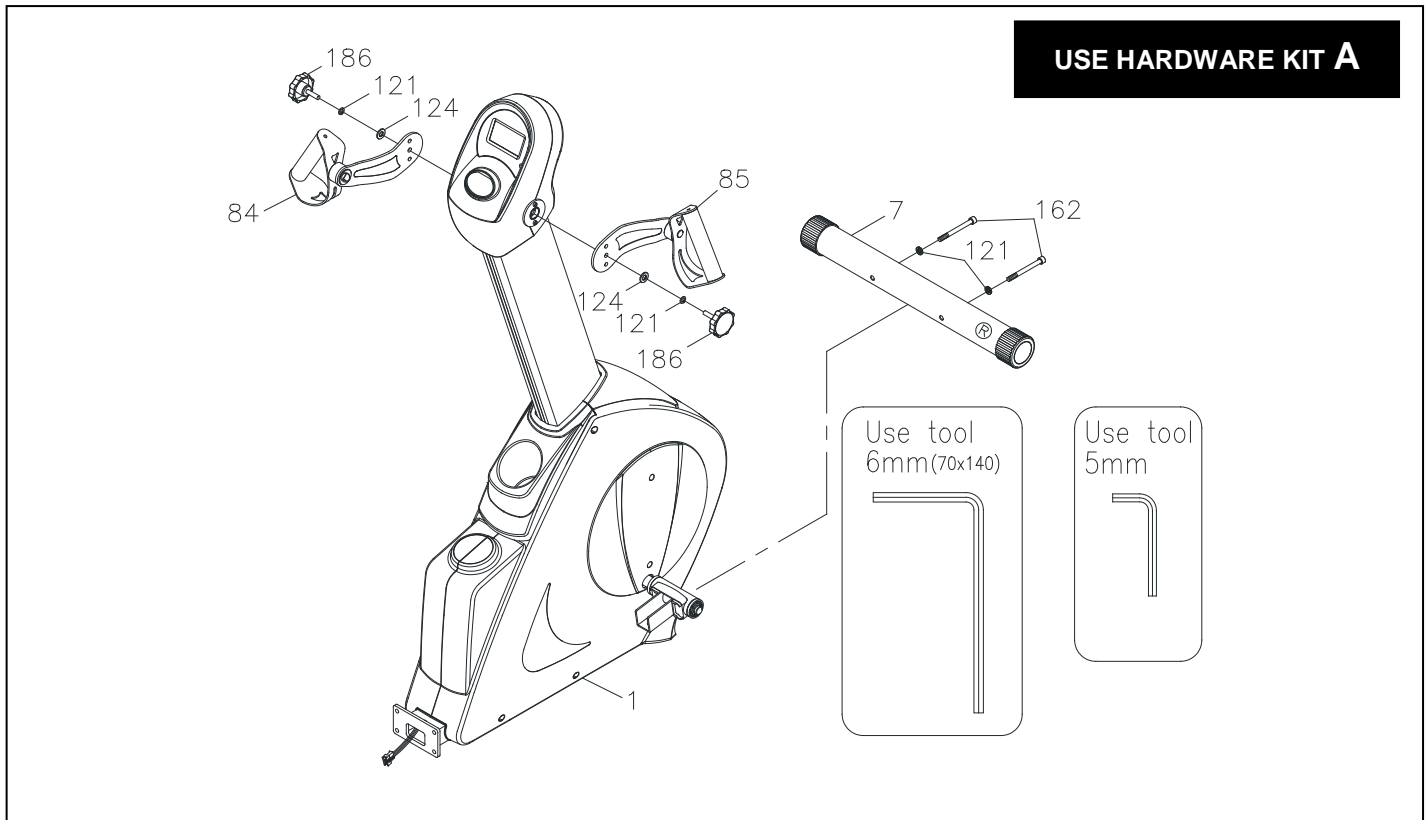


**MULTI WRENCH TOOL W/  
PHILLIPS SCREWDRIVER**



**ALLEN WRENCH  
(5 & 6 mm)**

# ASSEMBLY INSTRUCTIONS



## STEP 1 – Front Stabilizer Assembly

- Identify the correct direction of the **Front Stabilizer (7)**, there is an "R" decal on the right side of the **Front Stabilizer (7)**(NOTE: Right and left orientation is from the seated position).
- Attach the **Front Stabilizer (7)** to the **Main Frame (1)**.

**"Helpful Hint: Only hand tighten the bolts and fasteners in each step. Wait until the step is completed before fully tightening the bolts and fasteners"**

- Attach two **Lock Washers (M8)(121)** and two **Bolts, Socket Head (M8xp1.25x70mm)(162)** that secure the **Front Stabilizer (7)** to the **Main Frame (1)**.

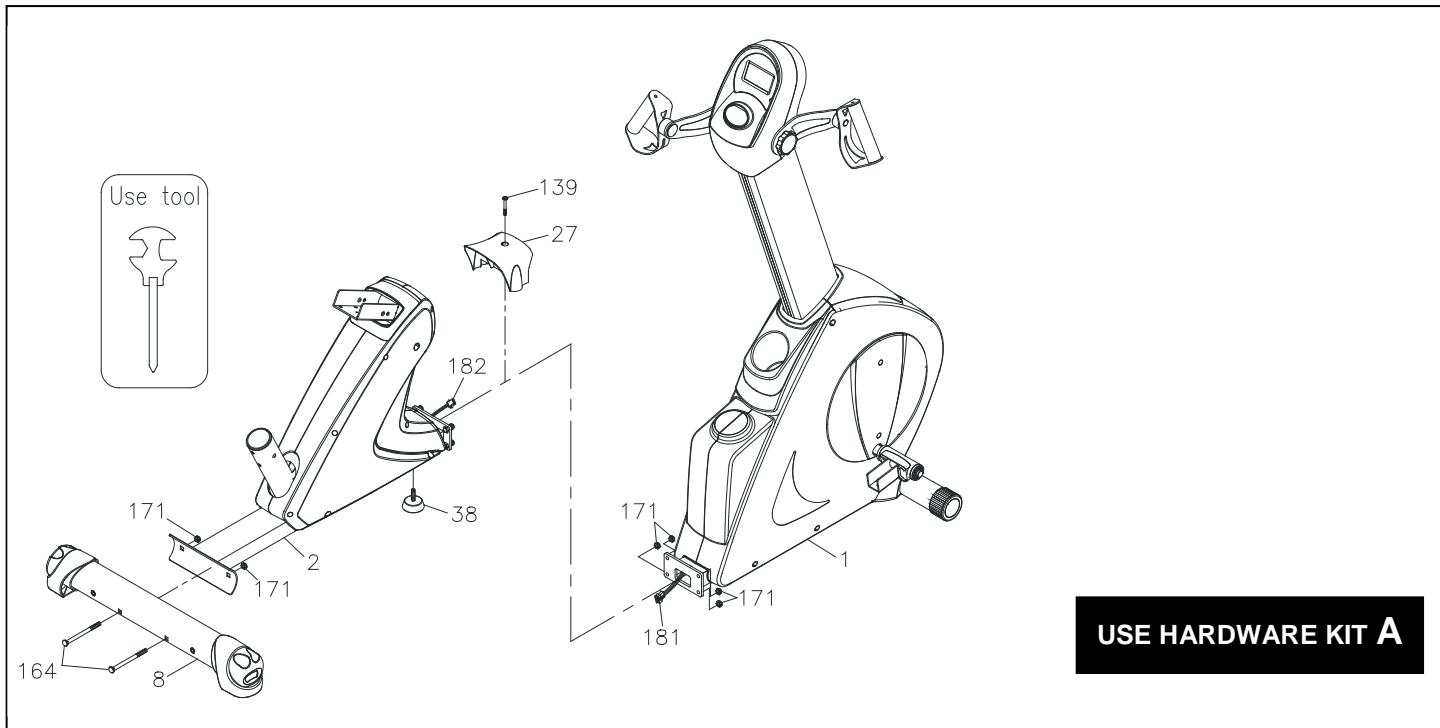
## STEP 2 – Handlebar Assembly

- Attach the **Left Handlebar Assembly (85)** to the **Mounting Bracket (83)** on the right side of the **Console** and secure with one **Washer (8x23x2.0t)(124)**, one **Lock Washer (M8)(121)** and one **Adjustment Knob (186)**.
- Repeat the above process for the left side.

**\*\*Make sure the above parts are tightened before moving on to the next page\*\***



# ASSEMBLY INSTRUCTIONS



## STEP 3 – Rear Stabilizer Assembly

- a. Attach the **Rear Stabilizer (8)** to the **Rear Support Frame Assembly (2)**.

**“Helpful Hint: Only hand tighten the bolts and fasteners in each step. Wait until the step is completed before fully tightening the bolts and fasteners”**

- b. Attach two **Carriage Bolts (M8xp1.25x90mm)(164)** that secure the **Rear Stabilizer (8)** to the **Rear Support Frame Assembly (2)**.

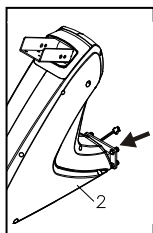
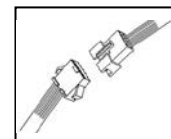
## STEP 4 – Leveler Assembly

Thread the **Leveler (38)** tightly into the **Rear Support Frame Assembly (2)**. **\*\*To properly adjust Leveler (38), please review page 14 of the manual\*\*.**

## STEP 5 – Rear Support Frame Assembly

- a. Connect the **Pulse Sensor Wire 3 (182)** to the **Pulse Sensor Wire 2 (181)**. **Be careful not to pinch the wires.**

**NOTE:** After connecting the wires, slightly and gently pull two sides of wires to test that the connectors are properly locked together.



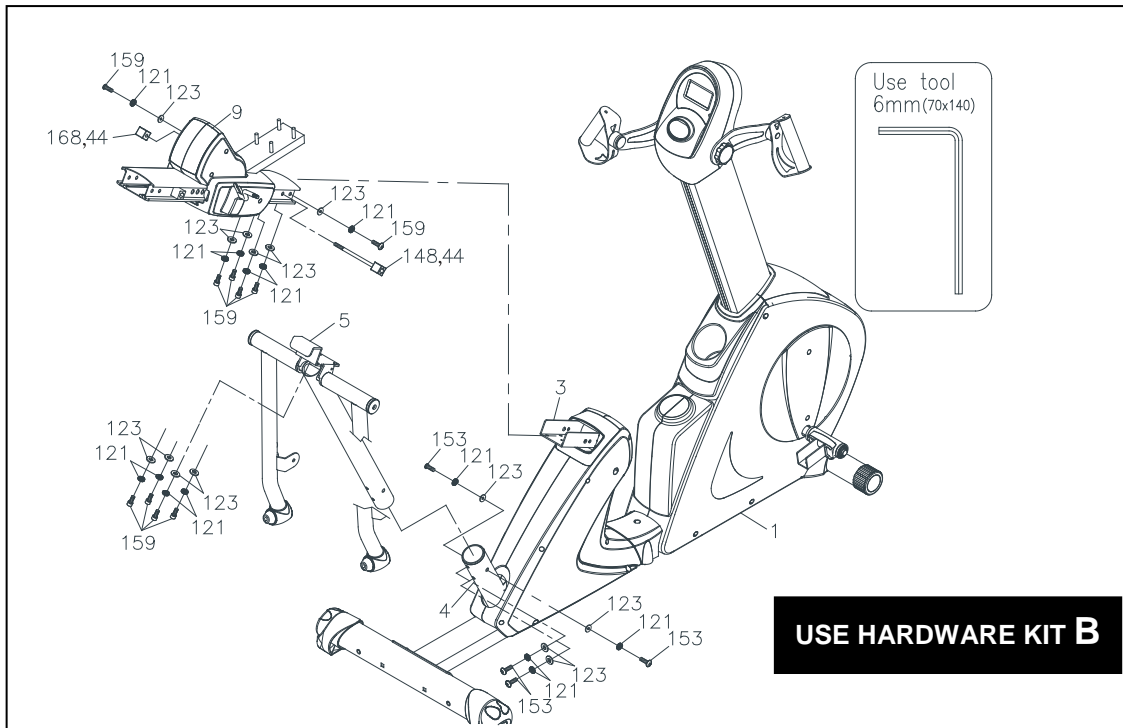
**NOTE:** Four **Nylock Nut (M8xp1.25)(171)** will be pre-attached on the front of the **Rear Support Frame Assembly (2)**.

- b. Remove four **Nylock Nut (M8xp1.25)(171)** from the front of the **Rear Support Frame Assembly (2)**  
 c. Attach the **Rear Support Frame Assembly (2)** to the **Main Frame (1)** and reattach the four **Nylock Nut (M8xp1.25)(171)**. **Be careful not to pinch the wires. Fully tighten nuts now.**  
 d. Attach the **Connection Cover (27)** to the **Main Frame (1)** using a **Screw, Round Head (M5xp0.8x40mm) (139)**.

**\*\*Make sure the above parts are tightened before moving on to the next page\*\***



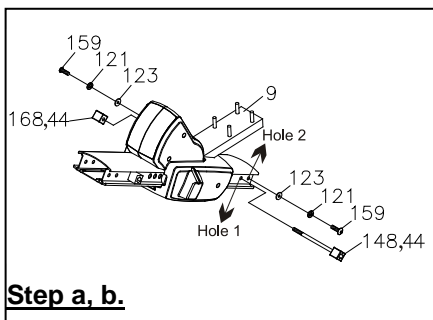
# ASSEMBLY INSTRUCTIONS



## STEP 6 – Seat Support Slider Assembly

Slide the **Seat Support Slider Assembly (5)** into the **Outer Seat Support Slider (4)** and secure with four **Washers (8x16x2.0t)(123)**, four **Lock Washers (M8)(121)**, four **Bolts, Button Head (M8xp1.25x20mm)(153)**

**NOTE:** Do not fully tighten the above washers, lock washers and bolts until **Step. d of STEP 7.**



**Step a, b.**

## STEP 7 – Seat Carriage Assembly

**NOTE:** For clear assembly purpose, please notice that the **Square Stoppers (44)**, **Hex Head Bolt (M8)(148)** and **Nuts (M8)(168)**

have been pre-assembled together as the figure shows on the right

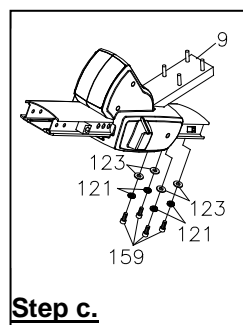
a. The **Hole 1** of the **Seat Carriage Assembly (9)**:

Follow the figure on the left, slide **Seat Carriage Assembly (9)** into the **Rail Pivot (3)** and secure one **Square Stopper (44)** and one **Bolt, Hex Head (M8xp1.25x115mm)(148)** through the **Hole 1** of the **Seat Carriage Assembly (9)**

with one **Square Stopper (44)** and one **Nut (M8xp1.25)(168)**.

b. The **Hole 2** of **Seat Carriage Assembly (9)**:

Now install one **Washer (8x16x2.0t)(123)**, one **Lock Washer (M8)(121)** and one **Bolt, Socket Head (M8xp1.25x16mm)(159)** through the **Hole 2** of **Seat Carriage Assembly (9)** with one **Washer (8x16x2.0t)(123)**, one **Lock Washer (M8)(121)** and one **Bolt, Socket Head (M8xp1.25x16mm)(159)**. **Do not tighten bolts until Step d.**

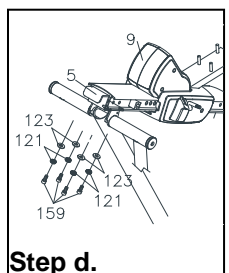


**Step c.**

c. Attach the bottom of the front **Seat Carriage Assembly (9)** and the bottom of the **Rail Pivot (3)** with four **Washers (8x16x2.0t)(123)**, four **Lock Washers (M8)(121)** and four **Bolts, Socket Head (M8xp1.25x16mm)(159)** as the figure shows on the left. **Do not tighten until Step d.**

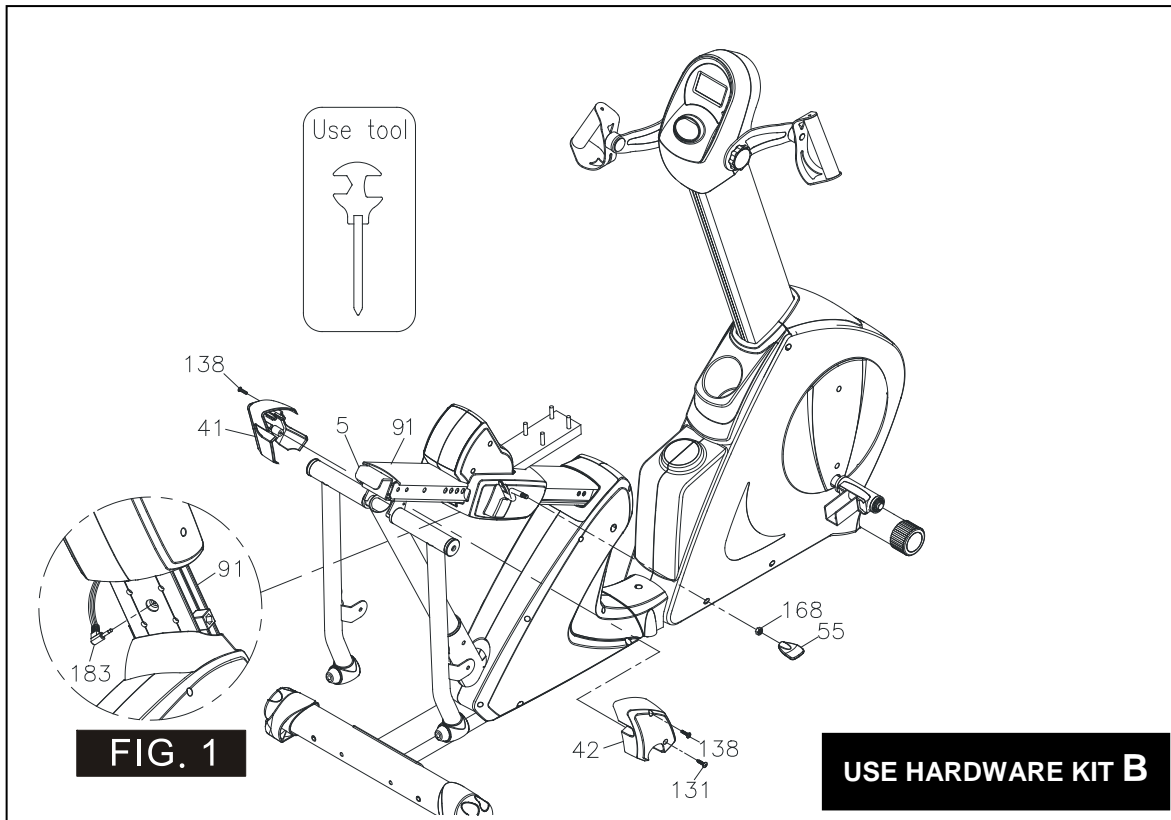
d. Follow the figure on the right to place the rear side of **Seat Carriage Assembly (9)** onto the **Seat Support Slider Assembly (5)** and Fully tighten with four **Washers (8x16x2.0t)(123)**, four **Lock Washers (M8)(121)** and four **Bolts, Socket Head (M8xp1.25x16mm)(159)**. Now completely tighten all the bolts and screws on the front side of the **Seat Carriage Assembly (9)**. **Make sure all**

**bolts and screws related to STEP 6 and 7 are tightened before moving on to the next page**



**Step d.**

# ASSEMBLY INSTRUCTIONS

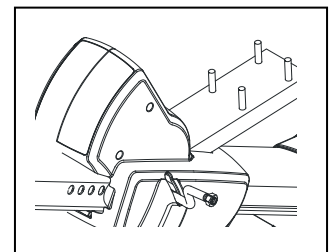


## STEP 8 – Short Extension Pulse Wire & Rail Decoration Assembly

- Follow **FIG.1** to plug the **Short Extension Pulse Wire (183)** into the connector located on the front bottom side of the **Seat Rail (91)**.
- Attach the **Left Rail Decoration Cover (41)** and the **Right Rail Decoration Cover (42)** to the rear side of the **Seat Rail (91)** and secure with one **Self-Tapping Screw, Truss Head (M4x20mm)(131)** and two **Screws, Round Head (M5xp0.8x15mm)(138)**.

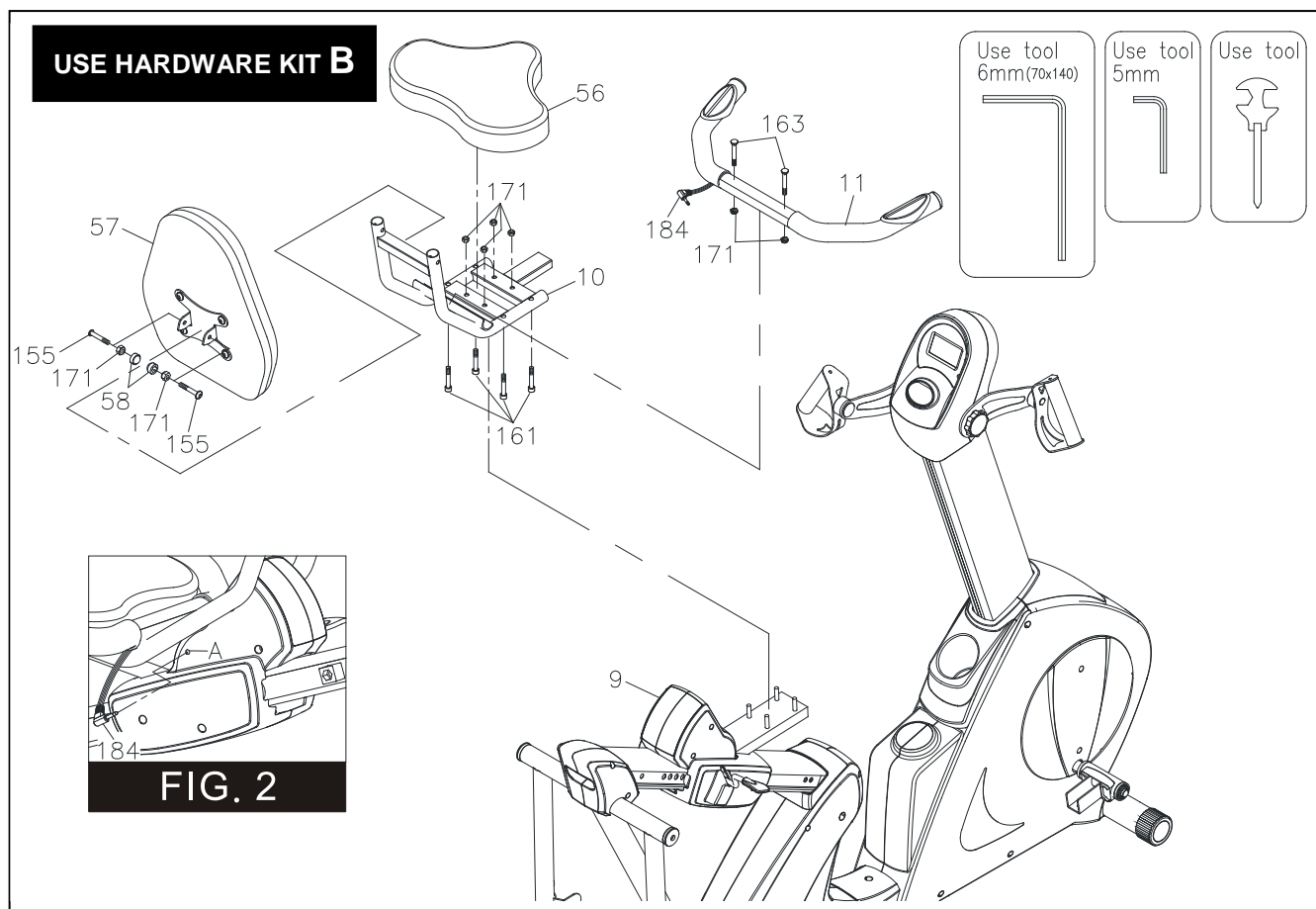
## STEP 9 – Adjusting Handle Assembly

- Attach the **Adjusting Handle (55)** to the **Adjusting Handle Stand** to the proper position.
- Secure the **Adjusting Handle (55)** by rotating the **Nut (M8)(168)** in counterclockwise direction until completely tight against **Adjusting Handle (55)**. **NOTE:** Please notice that the **Nut (M8)(168)** has been pre-assembled on the **Adjusting Handle Stand**.



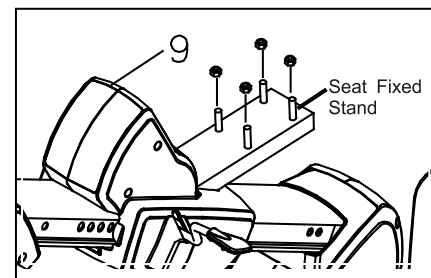
**\*\*Make sure the above parts are tightened before moving on to the next page\*\***

# ASSEMBLY INSTRUCTIONS



## STEP 10 – Seat and Seat Handlebar Assembly

- Locate and secure the **Seat Handlebar (11)** on the **Seat Frame (10)** with two **Carriage Bolts (M8xp1.25x50mm)(163)** and two **Nylock Nuts (M8x1.25)(171)**.  
**NOTE:** Be careful not to pinch the **Pulse Sensor Wire 4 (184)**.
- NOTE:** Four **Nylock Nuts (M8x1.25)(171)** are pre-attached on the **Seat Carriage Assembly (9)**'s **Seat Fixed Stand** as the figure shows on the right.
- Remove four **Nylock Nuts (M8x1.25)(171)** from the **Seat Fixed Stand** and set aside for the following assembly process.
- Attach the **Seat Frame (10)** to the **Seat Carriage Assembly (9)**'s **Seat Fixed Stand** and secure with four **Nylock Nuts (M8x1.25)(171)**.

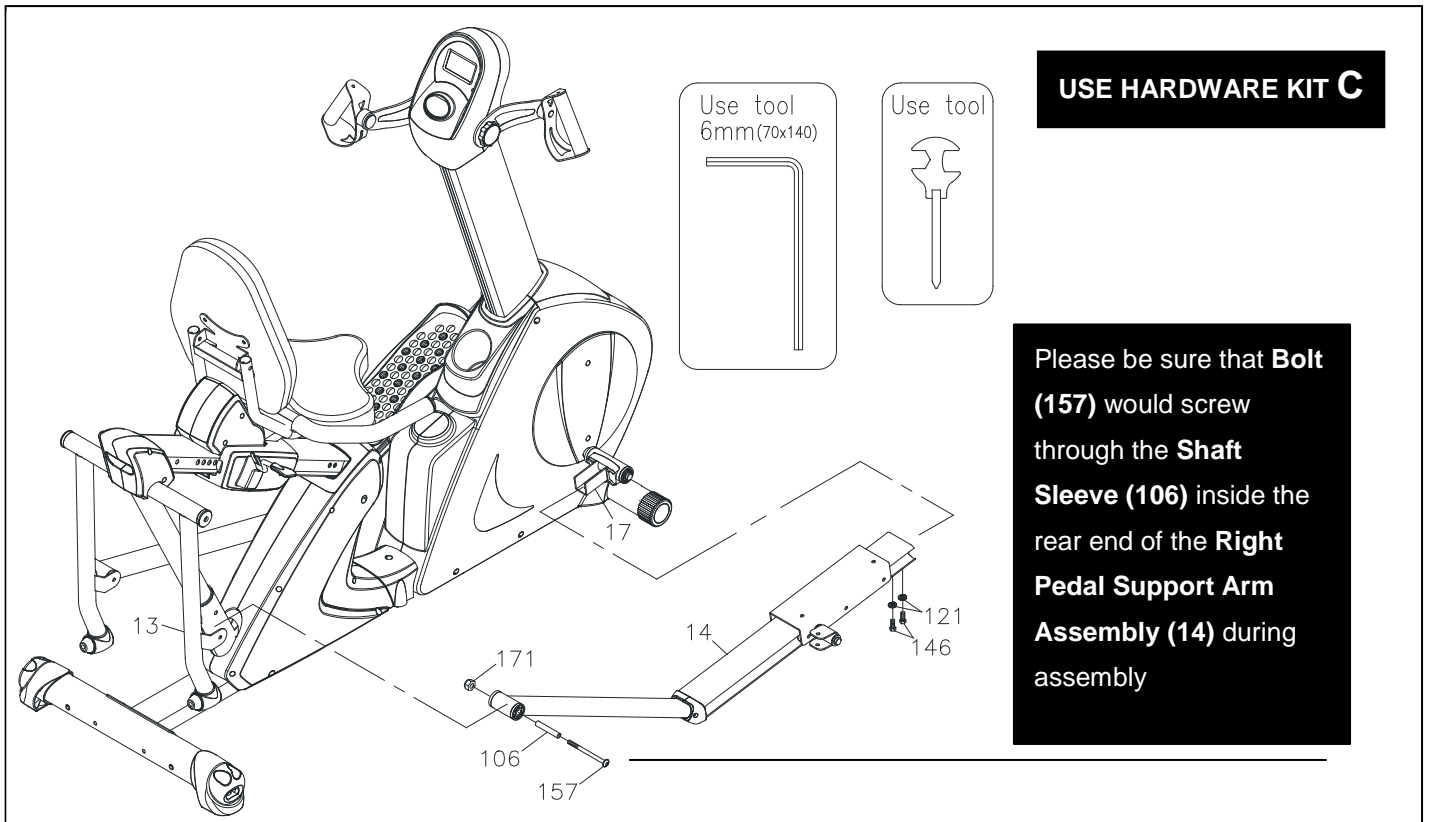


**NOTE:** After assembling the **Seat Frame**, gently shake the **Seat Frame** to test and make sure the **Seat Frame** is firmly secured

- Place the **Seat (56)** on the **Seat Frame (10)** and secure with four **Bolts, Socket Head (M8xp1.25x40mm)(161)**.
- Attach the **Back Cushion (57)** to the **Seat Frame (10)** and secure with two **Bolt, Button Head (M8xp1.25x40mm)(155)**, two **Nylock Nut (M8x1.25)(171)** and two **Screw Caps (58)**.
- Follow **FIG.2** to plug the **Pulse Sensor Wire 4 (184)** into the **connector A** located on the left side of the **Seat Carriage Assembly (9)** **NOTE:** Be careful not to pinch the **Pulse Sensor Wire 4 (184)**.

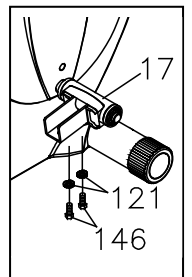
**\*\*Make sure the above parts are tightened before moving on to the next page\*\***

# ASSEMBLY INSTRUCTIONS



## STEP 11 – Pedal Support Arm Assembly

- NOTE:** Two Washers (6x19x2.0t)(122) and two Bolts, Hex Head (M8xp1.25x16mm)(146) are pre-attached on the Rotation Stand (17) as the figure shows on the right.
- Remove two Washers (6x19x2.0t)(122) and two Bolts, Hex Head (M8xp1.25x16mm)(146) from the Rotation Stand (17).
- Slide the front side of the Right Pedal Support Arm Assembly (14) onto the Rotation Stand (17) and secure with two Washers (6x19x2.0t)(122) and two Bolts, Hex Head (M8xp1.25x16mm)(146)
- Attach the rear side of the Right Pedal Support Arm Assembly (14) to the Right Pivoting Arm (13) and secure with one Bolt, Button Head (M8xp1.25x90mm)(157), one Shaft Sleeve (106) and one Nylock Nut (M8xp1.25)(171).  
**NOTE:** Be certain that Bolt (157) properly fits through the Shaft Sleeve (106) inside the rear end of the Right Pedal Support Arm Assembly (14) during assembly.
- Repeat the above procedure for the left side pedal arm assembly.

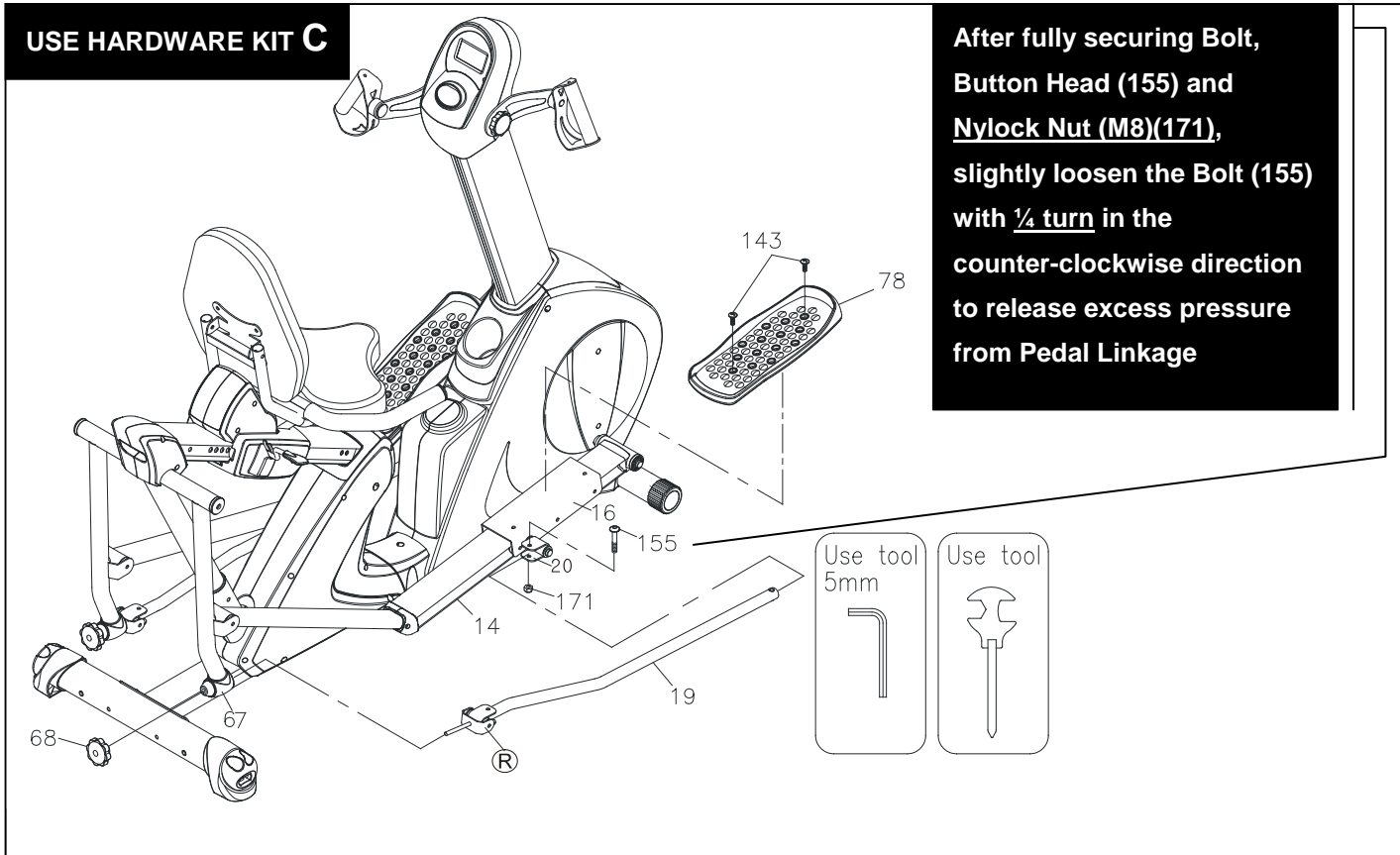


**\*\*Make sure the above parts are tightened before moving on to the next page\*\***

# ASSEMBLY INSTRUCTIONS

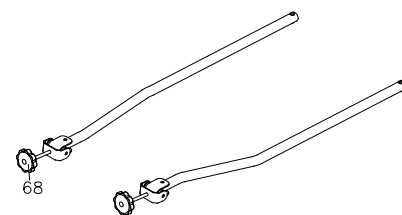
## USE HARDWARE KIT C

After fully securing Bolt, Button Head (155) and Nylock Nut (M8)(171), slightly loosen the Bolt (155) with  $\frac{1}{4}$  turn in the counter-clockwise direction to release excess pressure from Pedal Linkage



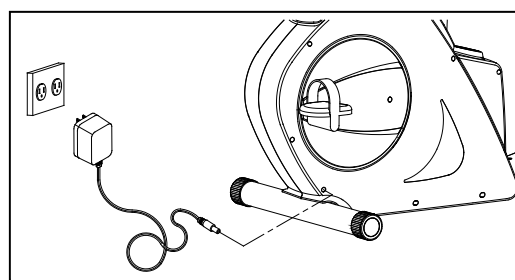
## STEP 12 – Pedal Linkage and Pedal Assembly

- Identify the **Right Pedal Linkage (19)**, there is an “R” decal on the **Right Pedal Linkage (19)**.
- Attach the **Right Pedal Linkage (19)** to the **Pedal Arm Connector (20)** and secure with one **Bolt, Button Head (M8xp1.25x40mm)(155)** and one **Nylock Nut (M8xp1.25)(171)**. In order to let Pedal Linkage (19) function smoothly, please do not over-tighten Bolt, Button Head (M8xp1.25x40mm)(155) and Nylock Nut (M8xp1.25)(171). After fully securing **Bolt, Button Head (M8xp1.25x40mm)(155)** and **Nylock Nut (M8xp1.25)(171)**, slightly loosen the **Bolt (155)** with  $\frac{1}{4}$  turn in the counter-clockwise direction.
- NOTE:** Notice that **Locking Knob (68)** and **Pedal Linkage Assembly** are pre-assembled together as the figure shows on the right.
- Remove the **Locking Knob (68)** from the **Pedal Linkage Assembly**.
- Insert the **Right Pedal Linkage (19)** through the **Right Pivoting Arm Connection (67)** and secure with the **Locking Knob (68)**.
- Place the **Right Pedal (78)** onto the **Right Pedal Slider (16)** and fully secure with the two **Bolts, Round Head (M8xp1.25x16mm)(143)**.
- Repeat the above assembly process for the left side pedal linkage and pedal assembly.



## STEP 13 – AC Adaptor

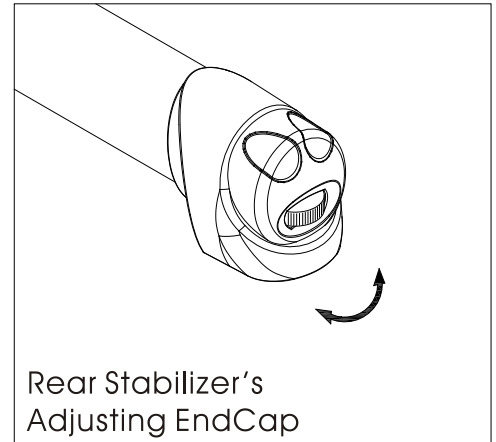
- Connect the **Adaptor (185)** to the connector located on the front left side of the **Main Frame (1)**.
- Plug the **Adaptor (185)** into an electrical outlet to light up the console.



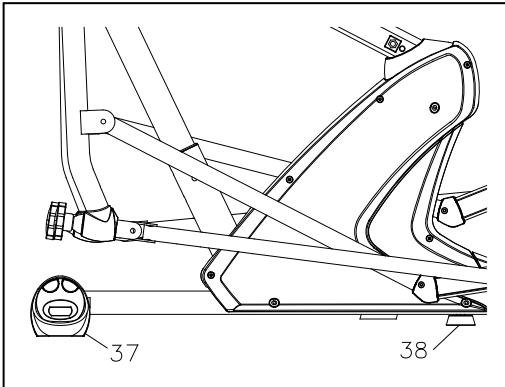
## OPERATION INSTRUCTIONS

### HOW TO ADJUST THE ADJUSTING ENDCAPS OF THE REAR STABILIZER

- After placing the equipment in the intended location for use, check the stability of the equipment.
- To level the equipment, turn one or both of the **Adjusting Rear Stabilizer EndCaps (37)** in clockwise or counter-clockwise direction until the equipment sets on the floor without rocking.



### HOW TO ADJUST MAIN FRAME'S LEVELER

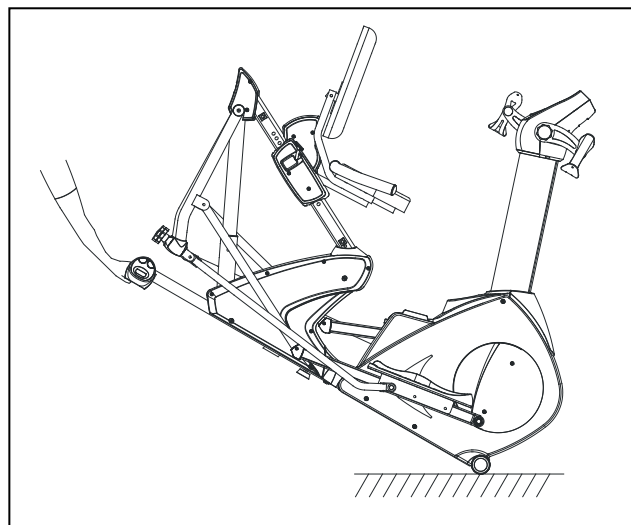


- After placing the equipment in the intended location for use, make sure the unit is completely level prior to adjusting the center level support.
- The purpose of the **Leveler (38)** is to support the middle **Main Frame (1)**, adjust **Leveler (38)** under the **Main Frame (1)** until it rests firmly on the floor.
- To make the **Leveler (38)** rests firmly on the floor, turn the **Leveler (38)** counter-clockwise until the **Leveler (38)** touches the floor without rocking.

### HOW TO MOVE THE ITEM SAFELY

Hold the **Rear Stabilizer (8)** up with two hands and tow the item to the desired place carefully.

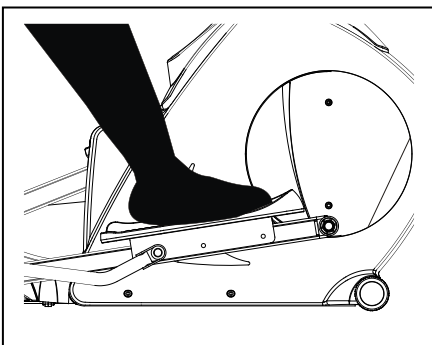
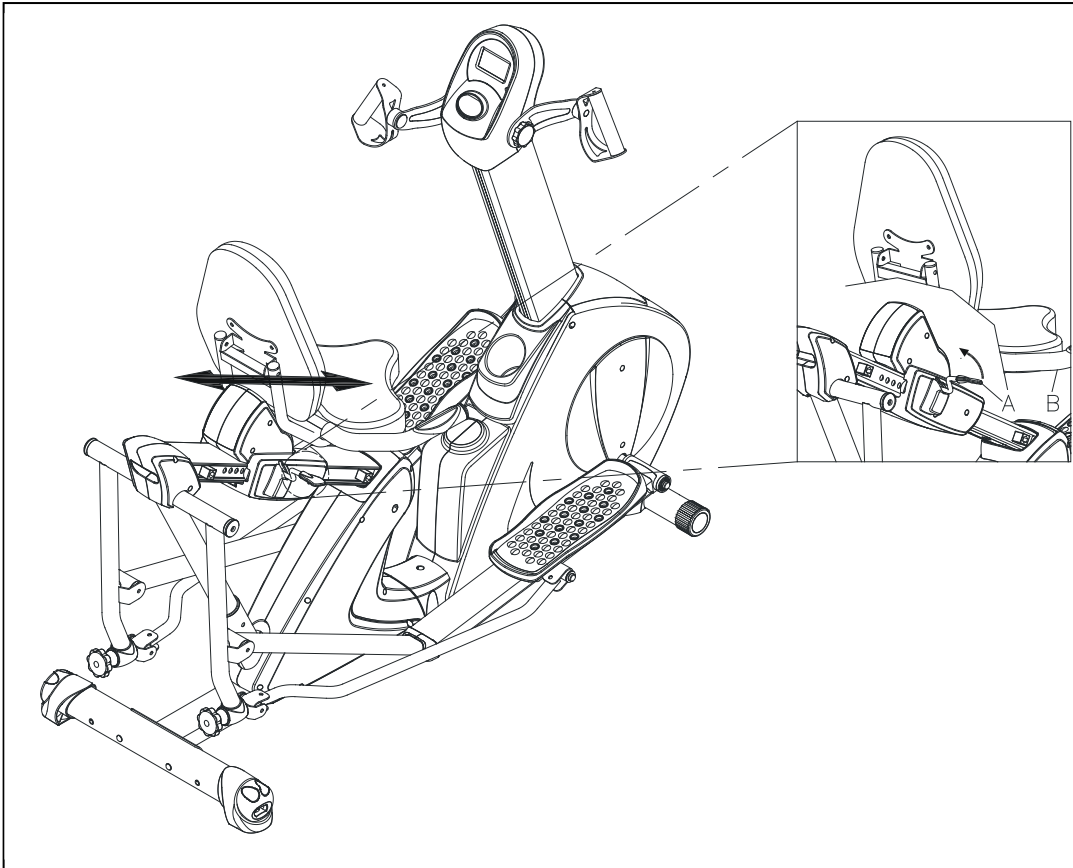
- ◆ Make sure the floor is level while moving the item.





# OPERATION INSTRUCTIONS

## HOW TO ADJUST THE SEAT

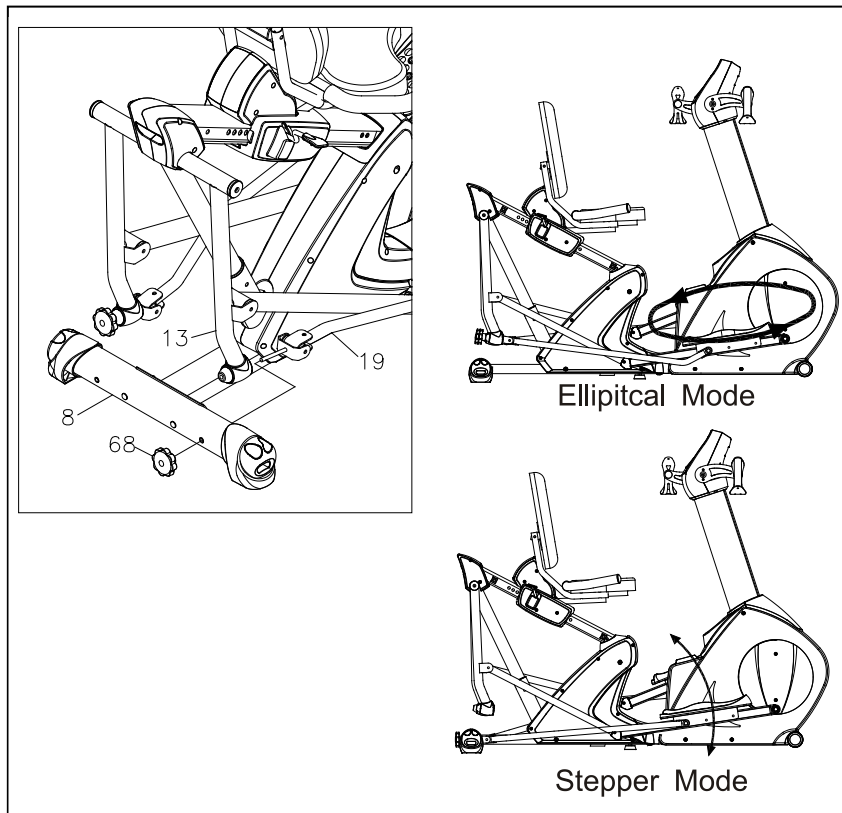


- To adjust the seat distance from the pedals, it's suggested to place your feet on each pedal.
- Use your right hand to lift up the **Adjusting Handle (A)** while using your feet to slide the seat distance forward or backward until the seat reaches to the proper position.
- Release and secure the **Adjusting Handle (A)**. After releasing the **Adjusting Handle (A)**, push the seat forward or back until you hear a "click" sound.



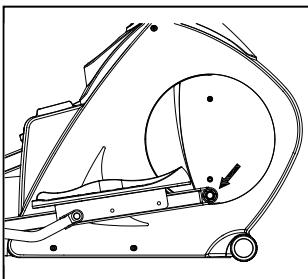
## OPERATION INSTRUCTIONS

### HOW TO CHANGE THE ELLIPTICAL BIKE MOTION



#### STEP MODE:

- The item can be used in the **ELLIPTICAL** mode or the **STEP** mode.
  - Refer to the following process to set up the **ELLIPTICAL** mode or the **STEP** mode.
- a. Before exchanging the **ELLIPTICAL** mode with the **STEP mode**, make sure the **SIDE YOU ARE ADJUSTING IS IN the lowest position** as the figure shows below



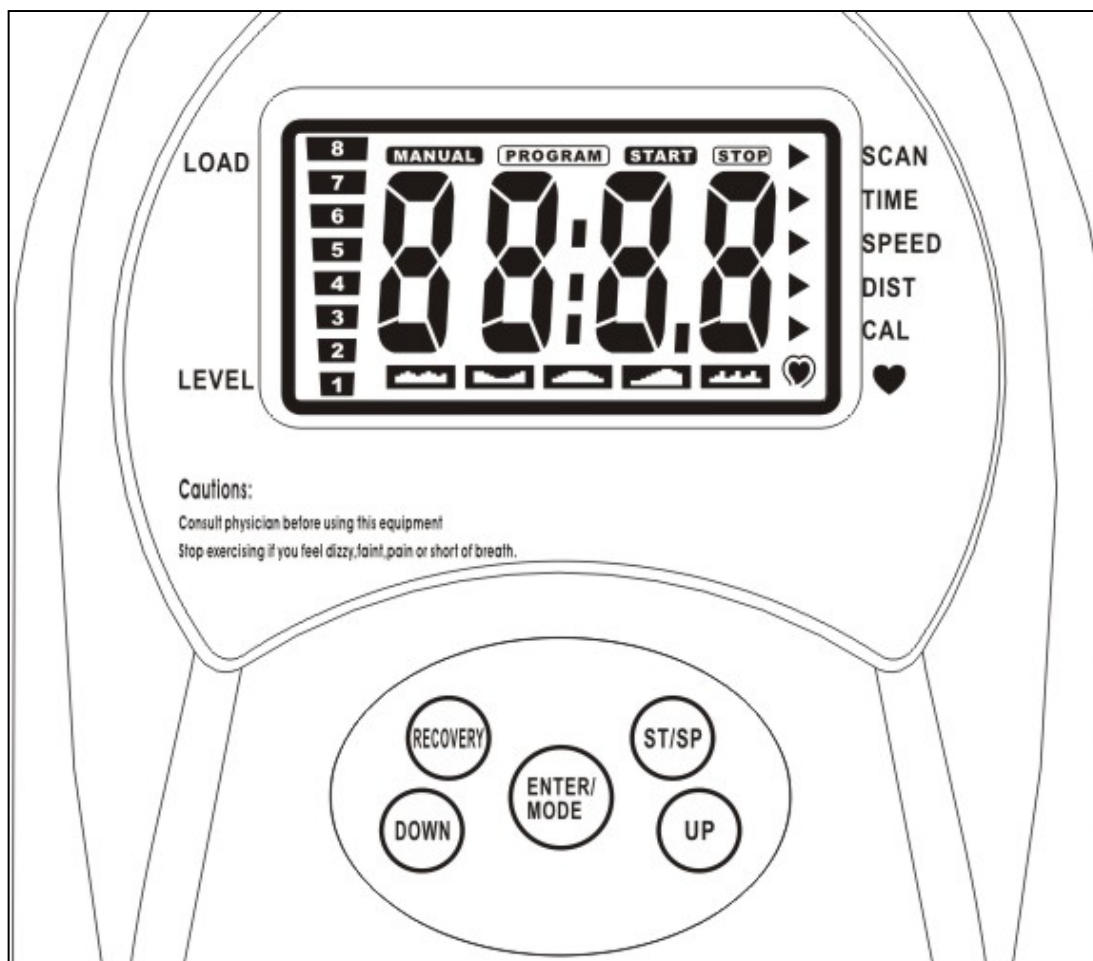
- b. Remove the **Locking Knob (68)** from the **Right Pivoting Arm (13)**
- c. Attach the **Right Pedal Linkage (19)** to the **Rear Stabilizer (8)** and fully tighten the **Locking Knob (68)**
- d. Repeat the above process on the left side

**CAUTION:** Make sure both **Locking Knobs (68)** are tightened before exercising

#### ELLIPTICAL MODE:

※ To change to **ELLIPTICAL** mode, make sure the **Pedal Linkage (19)** is attached to the **Pivoting Arm (13)**

# CONSOLE INSTRUCTIONS



## Power ON

- Make sure the item's adaptor is correctly plugged into the socket
- Pedaling or pressing any keys to activate the console. The console display will then light up with a short beep sound, indicating the console will be ready for use

## Power Off

The console would automatically shut off after 4 minutes of inactivity

## CONSOLE BUTTONS

	Press "ENTER/MODE" to confirm desired program and the setting values
	<ol style="list-style-type: none"> <li>Press "UP" to select the programs from <b>MANUAL</b> and <b>PROGRAM 1</b> to <b>PROGRAM 6</b>.</li> <li>Press "UP" to increase the setting value of <b>TIME</b>, <b>DISTANCE</b>, <b>CALORIES</b>, <b>TARGET HEART RATE</b>, and <b>RESISTANCE LEVEL</b></li> </ol>
	<ol style="list-style-type: none"> <li>Press "DOWN" to select the programs from <b>PROGRAM 6</b> to <b>PROGRAM 1</b> and <b>MANUAL</b>.</li> <li>Press "DOWN" to decrease the setting value of <b>TIME</b>, <b>DISTANCE</b>, <b>CALORIES</b>, <b>TARGET HEART RATE</b>, and <b>RESISTANCE LEVEL</b></li> </ol>
	Press "ST/SP" to start or stop exercising. Continue pressing "ST/SP", all the date will return to zero and the console will return to POWER ON status
	<ol style="list-style-type: none"> <li><b>PULSE RECOVERY</b> button measures how quickly you return to a resting hear rate after exercising. You could use this button to measure improvement as you get into shape</li> <li>The console will monitor your pulse for 60 seconds and calculate a <b>HEART RATE RECOVERY</b> value from F1.0 to F6.0. <b>F1.0 is best; F6.0 is worst (For Reference Only)</b></li> <li>The readout should only be used as a comparison between workouts. It's recommended to use right after any aerobic exercise. <b>Stop exercising before starting the function.</b></li> <li>If you hold the <b>HEART RATE SENSORS</b> on the handrails with both hands properly, your pulse will be displayed approximately few seconds after the heart symbol "♥" is displayed</li> </ol>

# CONSOLE INSTRUCTIONS

## CONSOLE FUNCTIONS

<b>SCAN</b>	Automatically scans <b>TIME, SPEED, CALORIE, PULSE,</b> and <b>DISTANCE</b> in sequence with a change every five seconds. Press and release the <b>MODE</b> button until the arrow points to " <b>SCAN</b> "
<b>TIME</b>	<p><b>TIME:</b></p> <ul style="list-style-type: none"> <li>● Count Up: If a target time was not selected, <b>TIME</b> will count up from <u>0:00 to maximum 99:59 minutes</u></li> <li>● Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00</li> </ul>
<b>SPEED</b>	Displays the current speed
<b>DISTANCE</b>	<ul style="list-style-type: none"> <li>● Count Up: If a target distance was not selected, this value would measure the total distance from <u>0:00 to 999 miles</u></li> <li>● Count Down: If you have set the target distance, the console will count down from that selected target distance down to 0</li> </ul>
<b>CALORIES</b>	<p><b>CALORIES:</b></p> <ul style="list-style-type: none"> <li>● Count Up: If target calories were not selected, this value measures total calories your body burned during exercise</li> <li>● Count Down: If you have set the preference value of calories, the console will count down from that selected target calories down to 0</li> </ul>
<b>PULSE</b>	<p><b>HEART RATE:</b></p> <ul style="list-style-type: none"> <li>● You must place both of your hands on the <b>Pulse Sensors</b> on the <b>Handlebar</b>. Your pulse will be displayed approximately few seconds after the heart symbol "♥" is displayed</li> <li>● If you do not place your hands correctly and a few seconds passes without a pulse input, the console will turn off the pulse circuit. Place your hands back on the Pulse Sensors correctly, the pulse readout will appear again</li> </ul>
<b>TENSION LEVEL</b>	You can change the torque/tension level (from 1 to 8 levels) at any time during workout by pressing <b>UP</b> or <b>DOWN</b> button

## PROGRAM DESCRIPTIONS

<b>MANUAL</b>	P1 is a manual program allowing the user to have full manual control of the workload. Use the " <b>UP</b> " button to increase the Tension Level. Use the " <b>DOWN</b> " button to decrease the Tension Level
<b>PROGRAMS 1-5</b>	P1 to P5 are preset automatic programs. The profiles are shown on the face of the console. Use the " <b>UP</b> " button to increase the tension level of the program. Use the " <b>DOWN</b> " button to decrease the tension level of the program
<b>PROGRAM 6 (TARGET H.R.)</b>	<p>Program 6 allows you to select the <b>TARGET HEART RATE</b> you desire, from 90 to 220 BPM (beats per minute) ; 1 BPM increment</p> <ul style="list-style-type: none"> <li>◆ If you <u>current pulse &gt; (the value of the TARGET HEART RATE)</u>, the console would <u>decrease</u> one resistance/torque level automatically</li> <li>◆ If you <u>current pulse &lt; (the value of the TARGET HEART RATE)</u>, the console would <u>increase</u> one resistance/torque level automatically</li> </ul>

# CONSOLE TROUBLE SHOOTING GUIDE

PROBLEM	POSSIBLE CAUSE	SOLUTION	
<b>E1</b>	No Motor signal	1. Motor Malfunction	Replace Motor
		2. Magnetic System Malfunction or got stuck	Replace Magnetic System/Flywheel
		3. Connection Wires are not well-connected or broken	Check whether the wires are well-connected or replace the broke wires with the new wires
		4. Console Malfunction	Replace Console
<b>E2</b>	The Computer cannot make contact with the IC Chip	1. Disconnect the Adaptor or Batteries. Reconnect the Adaptor or Batteries to REBOOT the system. Wait two minutes then verify that the system works correctly	
		2. If IC Chips is not well-assembled. Remove and reinsert the IC Chip	
		3. If the above solutions couldn't solve the problem, replace the IC chip with a New IC Chip	
<b>No Hand Pulse Signal or incorrect Hand Pulse Signal</b>	The Computer is NOT receiving a Pulse Signal	Verify that the Hand Pulse Sensor Wire Plugs are connected FIRMLY and correctly	
	The Computer is receiving a faint or intermittent Pulse Signal	The Hand Pulse Sensors will NOT operate correctly if your skin is extremely dry. Moisten your hands with a little water and try again.	
		Grasp the Hand Pulse Sensors firmly and avoid moving your hands while exercising. The computer will need a few seconds to detect and display your correct pulse rate. If this does not work, try relaxing your grip on the Hand Pulse Sensors	
		Clean the Hand Pulse Sensors to ensure a good contact between your body and the Pulse Sensors	
	The problem still exists, replace the Hand Pulse Sensors.		
<b>The LCD Screen does not display anything</b>	The Adaptor is not plugged in (item power supply from Adaptor)	Check that the Adaptor is correctly connected to an electrical outlet and plugged into the socket on the machine correctly	
	The Computer is faulty	Replace the Computer	
<b>The Speed Display Show "0"</b>	The Computer isn't receiving a signal from the Speed Sensor?	Verify the gap between Speed Sensor and the Magnet is 5mm or less	
		Verify that all the Wire Plugs are connected FIRMLY, correctly and are not damaged	
		Verify that the Sensor Magnet is installed correctly	
	The Sensor is faulty	Replace the Speed Sensor	
	The Computer is faulty	Replace the Computer	

# CONSOLE TROUBLE SHOOTING GUIDE

PROBLEM	POSSIBLE CAUSE	SOLUTION	
The LCD Screen Partially Displays	<ol style="list-style-type: none"> <li>1. The connection between the Circuit Board and the LCD Membrane is loose.</li> <li>2. Gently press down on the LCD Screen, if the partial display disappears, then it is a connection problem</li> </ol>	Verify that the Circuit Board is securely fastened to the Computer Case. Retighten the Screws. Take care NOT to over tighten the Screws as this may destroy the Circuit Board. You just need to keep the Circuit Board firm, STOP tightening screw when you meet resistance	
	The Rubber Membranes between the Circuit Board and the LCD Screen is misaligned/not in a same line. You might be able to see that the LCD Screen is on a slight angle and NOT inline or parallel with the Console Cover	<ol style="list-style-type: none"> <li>1. Open the Console.</li> <li>2. Remove the Circuit Board's Screws, gently remove the Circuit Board, Re-align the LCD screen and the Rubber Membrane.</li> <li>3. Reassemble the Circuit Board and taking care not to bump or knock the Rubber Membrane out of alignment before the Circuit Board Screws are tight. You just need to keep the Circuit Board firm, STOP tightening screws when you meet resistance</li> </ol>	
	The Computer is faulty	Replace the Computer	

# CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must slowly and increase your time on the 2 in 1 Elliptical / Bike gradually: a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
- Set up your 2 in 1 Elliptical / Bike a flat, even surface at least 3 feet from walls and furniture.

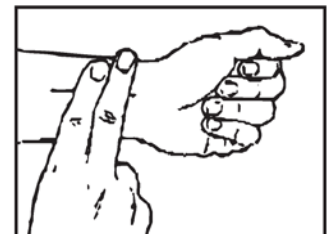
## EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below. Target zones are listed for both unconditioned and conditioned persons according to age.

Age	Target Heart Rate Zone (55% ~ 90% of Max. Heart Rate)	Average Max. Heart Rate 100%
20	110-180 beats per minute	200 beats per minute
25	107-175 beats per minute	195 beats per minute
30	105-171 beats per minute	190 beats per minute
35	102-166 beats per minute	185 beats per minute
40	99-162 beats per minute	180 beats per minute
45	97-157 beats per minute	175 beats per minute
50	94-153 beats per minute	170 beats per minute
55	91-148 beats per minute	165 beats per minute
60	88-144 beats per minute	160 beats per minute
65	85-139 beats per minute	155 beats per minute
70	83-135 beats per minute	150 beats per minute

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate manually, stop exercising but continue moving your legs or



walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.

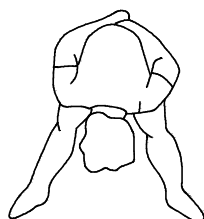


## WARM-UP AND COOL-DOWN

**Warm-up** The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

### Suggested Stretching Exercises



#### Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.

**DO NOT BOUNCE!**

When the pull on the back of the legs lessen, try a lower position gradually.



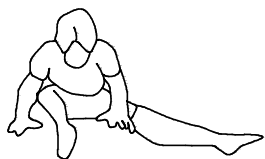
#### Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.

**DO NOT BOUNCE!**

Do this stretch 10 times.

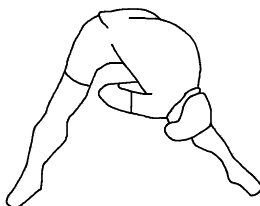
Repeat the stretch with the left leg.



#### Bent Torso Pulls

While sitting on the floor, have legs apart one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent and twist at the waist.

Hold this position at least 10 seconds. Repeat 10 times on each side.



#### Bent Over Leg Stretch

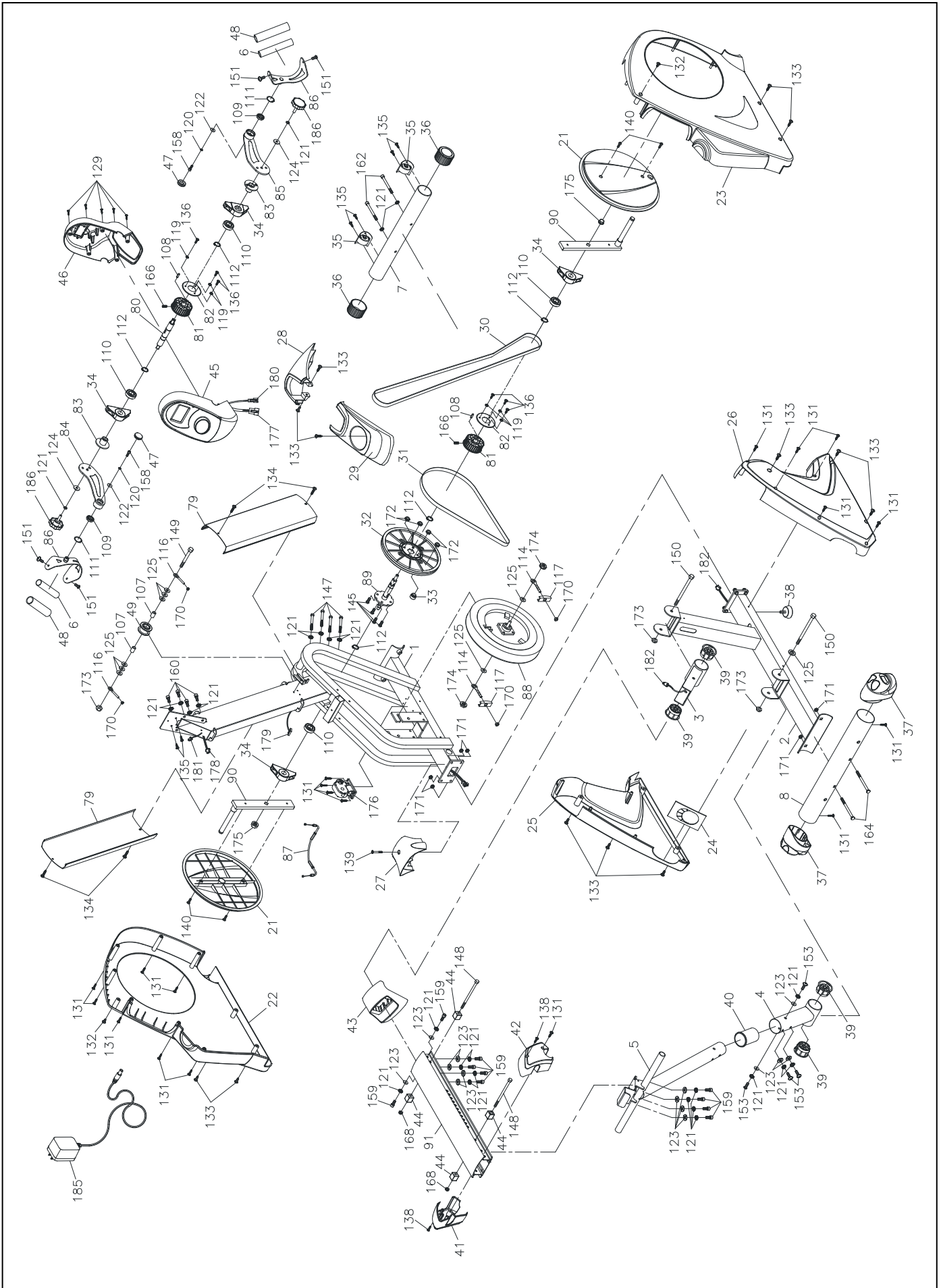
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds.

Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

**Remember always to check with your physician before starting any exercise program.**

**Cool-Down** The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength-training session.

# PRODUCT PARTS DRAWING (A)





# PART LIST

NO.	Item Name	Q'TY
1	Main Frame	1
2	Rear Support Frame	1
3	Rail Pivot	1
4	Outer Seat Support Slider	1
5	Inner Seat Support Slider	1
6	Handlebar (L&R)	2
7	Front Stabilizer	1
8	Rear Stabilizer	1
9	Seat Carriage	1
10	Seat Frame	1
11	Seat Handlebar	1
12	Left Pivoting Arm	1
13	Right Pivoting Arm	1
14	Pedal Support Arm (L&R)	2
15	Left Pedal Slider	1
16	Right Pedal Slider	1
17	Rotation Stand	2
18	Left Pedal Linkage	1
19	Right Pedal Linkage	1
20	Pedal Arm Connector	4
21	Crank Cover (L&R)	2
22	Left Chain Cover	1
23	Right Chain Cover	1
24	Decoration Cover for Carriage Slider	1
25	Left Rear Chain Cover	1
26	Right Rear Chain Cover	1
27	Connection Cover	1
28	Top Front Decoration Cover	1
29	Top Rear Decoration Cover	1
30	Long Timing Belt	1
31	V-Ribbed Belt for Pulley	1
32	Pulley	1
33	Magnet	1

NO.	Item Name	Q'TY
34	Bearing Housing	4
35	Transportation Wheel (L&R)	2
36	Round EndCap	2
37	Adjusting Rear Stabilizer EndCap	2
38	leveler	1
39	Bushing (60x10mm)	4
40	Slider Sleeve	1
41	Left Rail Decoration Cover	1
42	Right Rail Decoration Cover	1
43	Rail Connection Cap	1
44	Square Stopper	4
45	Console Upper Cover	1
46	Console Bottom Cover	1
47	Round Plug	2
48	Handlebar Foam Grip (L&R)	2
49	Idler Wheel	1
50	Left Seat Carriage Cover	1
51	Right Seat Carriage Cover	1
52	Seat Fixed Wheel	1
53	Roller (37.7mm)	4
54	Square Plug (25x75mm)	1
55	Adjusting Handle	1
56	Seat	1
57	Back Cushion	1
58	Screw Cap	2
59	Round Plug (25.4mm)	4
60	Square Plug (20x40mm)	1
61	Button Plug (31.8mm)	2
62	Hand Pulse Sensor (L&R)	2
63	Seat Handlebar Foam Grip (L&R)	2
64	Pivoting Arm Pushing (A)	2
65	Pivoting Arm Pushing (B)	2
66	Bushing Cap	2

# PART LIST

NO.	Item Name	Q'TY
67	Pivoting Arm Connector (L&R)	2
68	Locking Knob (L&R)	2
69	Bushing (25.4x12mm)	4
70	Bushing (25.4x16.5mm)	4
71	Bushing (38.5x12mm)	4
72	Left Rail Connection Cap	2
73	Right Rail Connection Cap	2
74	Rail Sleeve	4
75	Rail Connection Cap	2
76	Bushing (38.5x17mm)	4
77	Roller (37.5mm)	8
78	Pedal (L&R)	2
79	Aluminum Upright	2
80	Handlebar Axle	1
81	Timing Pulley	2
82	Pulley Cap	2
83	Mounting Bracket	2
84	Left Handle Arm	1
85	Right Handle Arm	1
86	Handle Bracket	2
87	Motor Cable	1
88	Flywheel	1
89	Crank Axle	1
90	Crank	2
91	Seat Rail	1
92	Pedal Rail	2
93	Adjustment Bracket for Backrest	1
94	Axle for Braking	1
95	Adjusting Handle Stand	1
97	Fixing Pin	1
98	Axle for Sliding Track	1
99	Linkage Connector	2

NO.	Item Name	Q'TY
100	Spring for Fixing Pin	1
101	Spring for Adjusting Handle Stand	1
102	Bushing for Seat Wheel	2
103	Spacer (8x12x6.5mm)	4
104	Spacer (8x12x7.5mm)	8
105	Spacer (8.2x12x59mm)	2
106	Shaft Sleeve (8.2x12x74mm)	2
107	Spacer (10x14x21mm)	2
108	Key (6x6x16mm)	2
109	Bearing (6002)	2
110	Bearing (6004z)	4
111	Internal Retaining Ring	2
112	C-Ring	5
113	E-Ring	4
114	Eye Bolt (Swivel)	2
115	Eye Bolt (50mm)	2
116	Eye Bolt (67mm)	2
117	Tension Bracket	2
118	Collar Screw, Button Head (M8xp1.25x7.5mm)	2
119	Lock Washer (M5)	6
120	Lock Washer (M6)	2
121	Lock Washer (M8)	34
122	Washer (6x19x2.0t)	2
123	Washer (8x16x2.0t)	16
124	Washer (8x26x2.0t)	2
125	Washer (10x23x2.0t)	9
127	Washer (17x33x0.5t)	2
128	Washer (17x33x1.0t)	6
129	Self-Tapping Screw, Flat Head (M3.5x25mm)	5
130	Self-Tapping Screw, Flat Head (M4x20mm)	6
131	Self-Tapping Screw, Truss Head (M4x20mm)	19
132	Self-Tapping Screw, Truss Head (M5x12mm)	2

# PART LIST

NO.	Item Name	Q'TY
133	Self-Tapping Screw, Truss Head (M5x18mm)	15
134	Self-Tapping Screw, Truss Head (M5x25mm)	4
135	Self-Tapping Screw, Button Head (M4x15mm)	6
136	Screw, Pan Head (M5x12mm)	6
138	Screw, Round Head (M5xp0.8x15mm)	10
139	Screw, Round Head (M5xp0.8x40mm)	1
140	Bolt, Round Head (M6xp1.0x15mm)	4
141	Bolt, Round Head (M6xp1.0x25mm)	2
142	Bolt, Round Head (M6xp1.0x30mm)	1
143	Bolt, Round Head (M8xp1.25x16mm)	4
144	Bolt, Button Socket Head (M8xp1.25x25mm)	12
145	Bolt, Thin Hex Head (M8xp1.25x16mm)	4
146	Bolt, Hex Head (M8xp1.25x16mm)	8
147	Bolt, Hex Head (M8xp1.25x60mm)	4
148	Bolt, Hex Head (M8xp1.25x115mm)	2
149	Bolt, Hex Head (M10xp1.5x85mm)	1
150	Bolt, Hex Head (M10xp1.25x115mm)	2
151	Bolt, Button Head (M6xp1.0x20mm)	4
152	Bolt, Button Head (M8xp1.25x16mm)	4
153	Bolt, Button Head (M8xp1.25x20mm)	4
155	Bolt, Button Head (M8xp1.25x40mm)	6
156	Bolt, Button Head (M8xp1.25x75mm)	2
157	Bolt, Button Head (M8xp1.25x90mm)	2
158	Bolt, Socket Head (M6xp1.0x15mm)	2
159	Bolt, Socket Head (M8xp1.25x16mm)	10
160	Bolt, Socket Head (M8xp1.25x25mm)	4
161	Bolt, Socket Head (M8xp1.25x40mm)	4
162	Bolt, Socket Head (M8xp1.25x70mm)	2
163	Carriage Bolt (M8xp1.25x50mm)	2

NO.	Item Name	Q'TY
164	Carriage Bolt (M8xp1.25x90mm)	2
165	Bolt, Button Head (M6xp1.0x40mm)	2
166	Grub Screw	2
167	Nut (M6xp1.0)	2
168	Nut (M8xp1.25)	3
169	Nylock Nut (M5xp0.8)	1
170	Nylock Nut (M6xp1.0)	5
171	Nylock Nut (M8xp1.25)	24
172	Thin Nylock Nut (M8xp1.25)	16
173	Nylock Nut (M10xp1.5)	3
174	Flange Nut (M10xp1.25)	2
175	Flange Nut w/black color (M10xp1.25)	2
176	Motor	1
177	Front Connection Wire	1
178	Rear Connection Wire	1
179	Sensor Wire	1
180	Pulse Sensor Wire 1	1
181	Pulse Sensor Wire 2	1
182	Pulse Sensor Wire 3	1
183	Short Extension Pulse Wire	1
184	Pulse Sensor Wire 4	1
185	Adaptor	1
186	Adjustment Knob	2
187	Self-Tapping Screw, Truss Head (M4x12mm)	4



## LIMITED HOME USE WARRANTY – SMOOTH FITNESS Bicycle Warranty

**Warranty Coverage:** Smooth Fitness, Inc. ("Smooth Fitness") warrants to the original owner that each new product to be free from defects in workmanship and material, under normal use and conditions.

**Period of Coverage:** The Warranty on this product runs from the date of original purchase using the following schedule:

Model Name	Frame	Resistance Assembly	Parts & Electronics	Labor
V2300	Lifetime	Lifetime	7 years	2 year
V2300	Lifetime	Lifetime	7 years	1 year

Labor: Smooth Fitness will reimburse for labor costs for Two (2) years\*. Smooth Fitness reserves the right to either:

Hire and reimburse an independent service technician, who will come into the home for the repair,

OR

In the event that there is not an available certified Smooth Fitness service technician, Smooth will send the part directly to the consumer and will pay \$75 US per occurrence for the labor costs of such repair. If multiple repair attempts must be made for one reported problem, Smooth will only reimburse once per occurrence.

Smooth Fitness reserves the right to inspect damaged parts for misuse. Your Original Receipt is proof of purchase and should be kept with the product manual. You may be required to show proof of purchase prior to warranty service being initiated.

**Remedy Provided by Smooth Fitness:** Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. Smooth Fitness may at its discretion, choose to provide any of following parts or repair options. In the event that a part is determined in need of replacement, upon receipt of the part by Smooth Fitness, Smooth Fitness may send out the part by UPS ground or another such carrier directly to the customer's home.

Any redemption may be by repair or replacement of the affected parts and/or product at the sole discretion of Smooth Fitness, by personnel approved by Smooth Fitness.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Smooth Fitness products is furnished without charge and on the basis that it represents Smooth Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

**Procedure for Obtaining Your Remedy Under This Warranty:** To obtain service on a Smooth Fitness product, call Smooth Fitness. In the instance that service is not available in an area, Smooth Fitness, at its discretion, can either 1) find a service technician in your area to perform warranty service, 2) have a local dealer perform warranty service, or 3) send the warranty parts to you and reimburse as described above. To help the technician assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and the order number.

**Limitations on Warranty:** This Warranty does not cover any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, power grid failures or spikes from your local electricity provider, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility. In order for this warranty to be valid, all Smooth Fitness and EVO Fitness exercise equipment must be stored and used in a fully finished and livable room within the residence (not including an indoor swimming pool room and areas with excessive humidity).

This Warranty shall terminate if you sell or otherwise transfer this product. This Warranty does not apply to any product shipped or handled outside of the United States or Canada. This Warranty does not apply if the product is used as a rental product or in commercial use. Consequential and incidental damages are not recoverable under this Warranty. (Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.)

THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO TWO (2) YEARS\* FROM THE EFFECTIVE DATE OF THIS WARRANTY. SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. SMOOTH FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

\*Two year labor is valid only with the continental United States; Canadian labor warranties are valid for the period of 1 year from date of purchase.

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