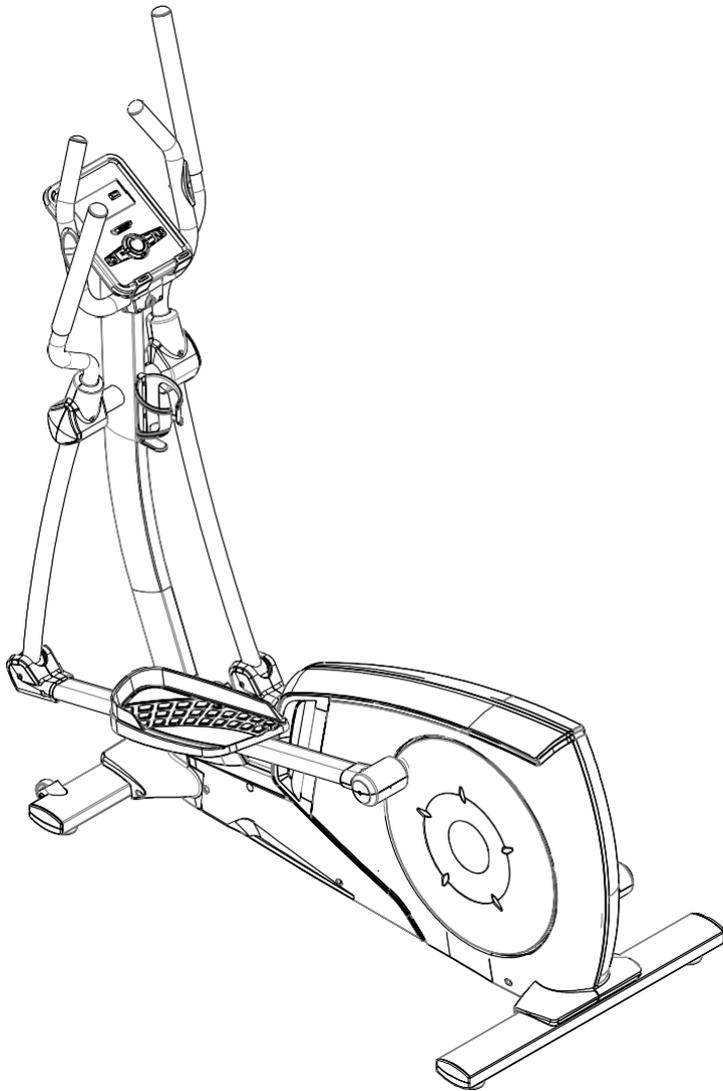


Owner's Manual



Retain this owner's manual for future reference Read
and follow all instructions in this owner's manual

Version A

Thank you

Thanks for purchasing this product. The product will help you exercise your muscles in the correct way and to improve your fitness – and all this in a familiar environment.

Precautions

WARNING: This elliptical trainer has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the elliptical trainer. The following safety precautions should also be observed:

- ◆ It is the responsibility of the owner to ensure that all users of the elliptical trainer are adequately informed of all precautions. Use the elliptical trainers only as described in this manual.
- ◆ Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this elliptical trainer is kept.
- ◆ Please make sure that the elliptical trainer has been assembled properly and all the screws are locked.
- ◆ Place the elliptical trainer on a level surface, with at least 1.0 m of clearance on each side of elliptical trainer. To protect the floor or carpet from damage, please place a mat under the elliptical trainer.
- ◆ Keep the elliptical trainer indoors, without moisture and dust. Maintain the using place ventilation. Do not use it in the airless place.
- ◆ Don't put any sharp things around the elliptical trainer.
- ◆ Wear proper clothes while exercising; do not wear loose clothes that could be tripped on the elliptical trainer. Always wear athletic shoes for foot protection while exercising.
- ◆ Do not use this product if you are over 150kg. Please choose our other series of elliptical trainers.
- ◆ Do not put your hands on the moving parts to prevent injuries.
- ◆ Keep your pedaling speed in control.
- ◆ If you find your elliptical trainer works not normal, do not use it immediately.
- ◆ No more than one person should use the elliptical trainer at the same time.
- ◆ If you feel pain or dizziness while exercising, stop exercising and ask for a doctor.

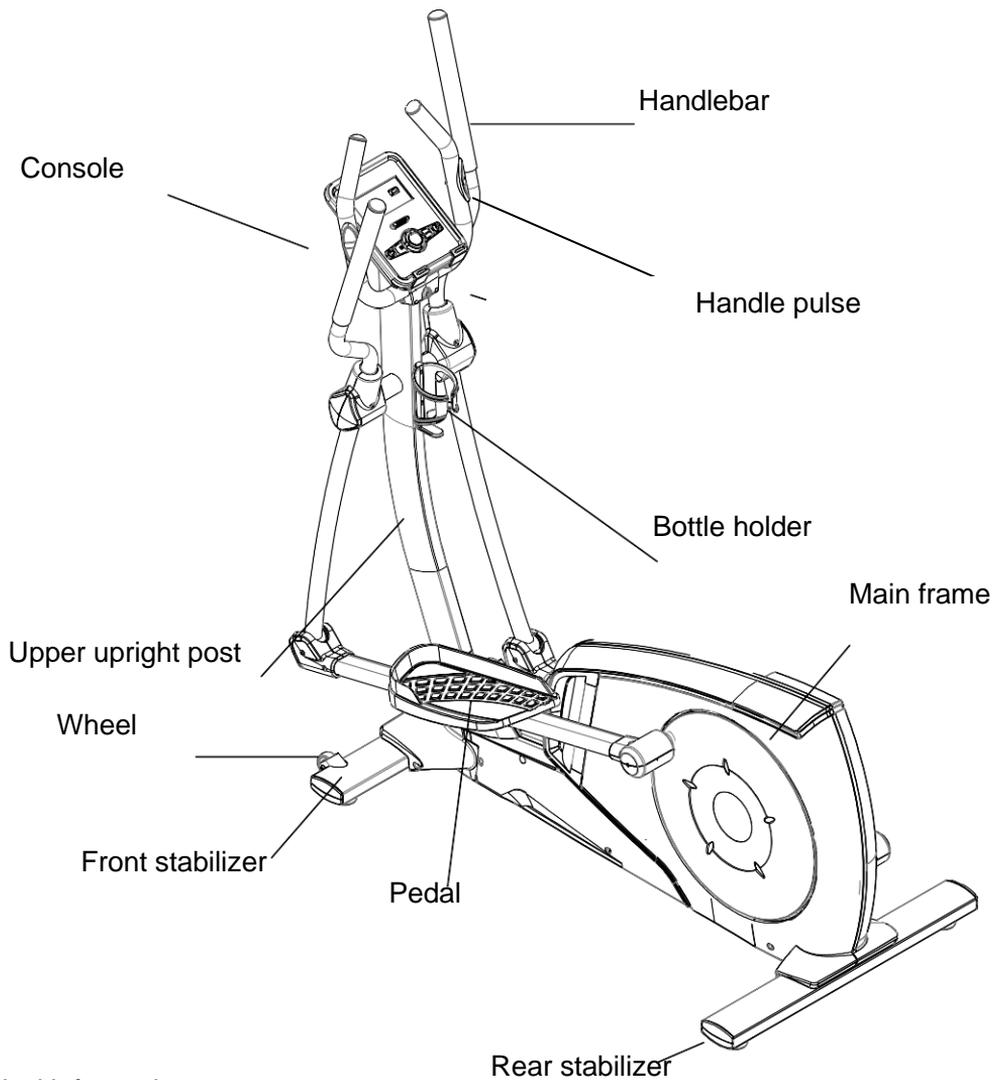
Safety notice

When you are remedial or have below symptoms, after discussing with your doctor, then could use this elliptical trainer.

1. Waist pain now and leg, waist, neck hurt before, legs, waist, neck and hand numbly please do not use.
 2. Have anamorphic arthritis, rheumatic and gout.
 3. Have osteoporosis and other abnormality.
 4. Have perfunctory system obstacle (heart disease, blood obstacle, hypertension).
 5. Have breath obstacle.
 6. Using the manpower pulse adjust machine or insert into the body machine.
 7. Have sarcoma.
 8. Have thrombus or other symptoms.
 9. Have diabetes or be caused by diabetes feeling obstacle.
 10. Have skin trauma.
 11. Hyperpyrexia caused by sick (38°C or over 38°C).
 12. Abnormal back bone or back bone bending.
 13. Pregnant or catamenia.
 14. Feel physical abnormality, need convalesce.
 15. Body condition is not very well.
 16. The aim is to heal.
 17. Except the upper symptoms, feel other physical abnormality.
- Maybe cause the accident or the poor body condition.

Before beginning any exercise program, please consult your physician. This is especially important for person who are over thirty-five years old, pregnant or with no experience of exercise or have any health problem. To reduce the risk of serious injury, read all above important precautions and instructions in this manual and all warnings on your elliptical trainer before using.

Product instruction

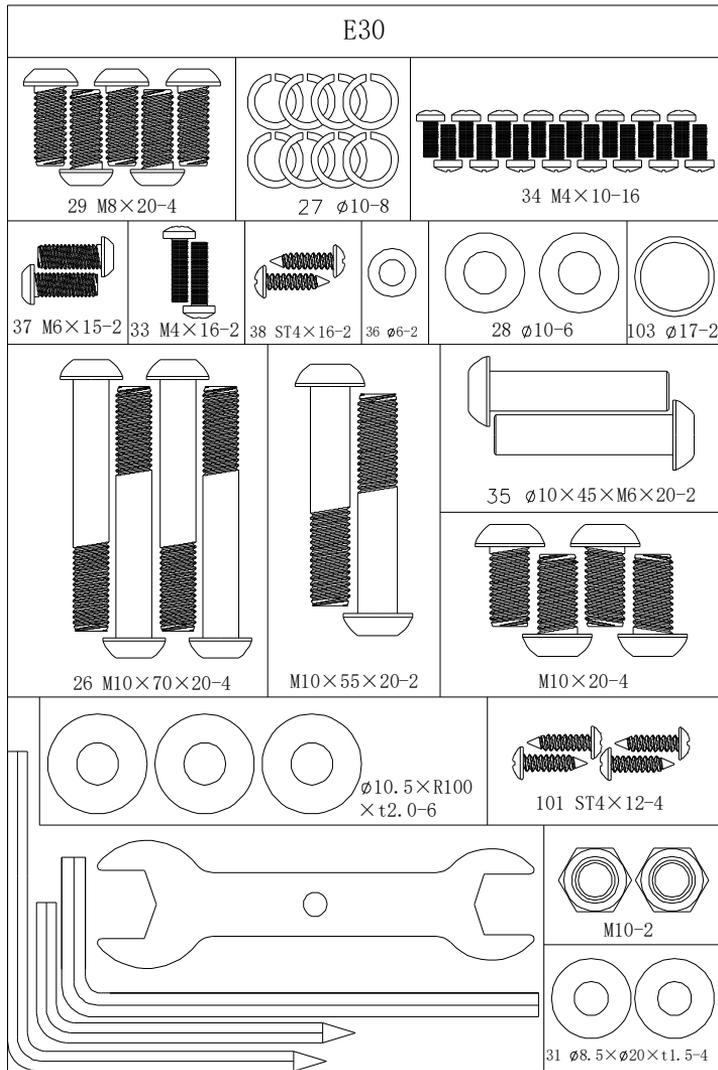


Technical information:

PRODUCT NO.	E30
DIMENSION	Unfold: 1660x720x1580mm
MAX LOAD	150KG
SPEED RATIO	10.3
FLYWHEEL	Double magnetic way, Φ 280/9kg
RESISTANCE	1-32
STRIDE LENGTH	420x200

*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

Screw bag list



NO.	NAME	SPECIFICATION	QTY
26	Allen C.K.S. half thread screw	M10×70×20	4
28	Flat washer	Φ10	6
31	Flat washer	Φ8.5×Φ20×t1.5	4
34	Philips pan head full thread screw	M4×10	16
36	Flat washer	Φ6	2
38	Philips C.K.S. self-tapping screw	ST4×16	2
39	Allen pan head full thread screw	M10×20	4
101	Philips C.K.S. self-tapping screw	ST4×12	4
102	Allen C.K.S. half thread screw	M10×55×20	2

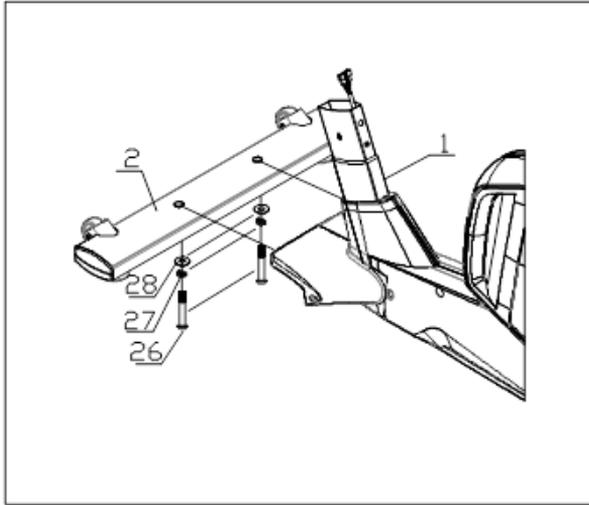
	L shape wrench	5×40×100	1
	L shape wrench	6×40×120	1

NO.	NAME	SPECIFICATION	QTY
27	Spring washer	Φ10	8
29	Allen pan head full thread screw	M8×20	4
32	Hexagon jam nut	M10	2
33	Philips pan head full thread screw	M4×16	2
35	Allen C.K.S. hollow screw	Φ10×45×M6×20	2
37	Allen C.K.S. full thread screw	M6×15	2
103	Curve elastic washer	Φ17	2
107	Curved washer	Φ 10.5×R100×t2.0	6
	L shape wrench	5×80×80S (with Philips)	1
	Open end wrench	t4.0×38×145	1

ASSEMBLY INSTRUCTIONS

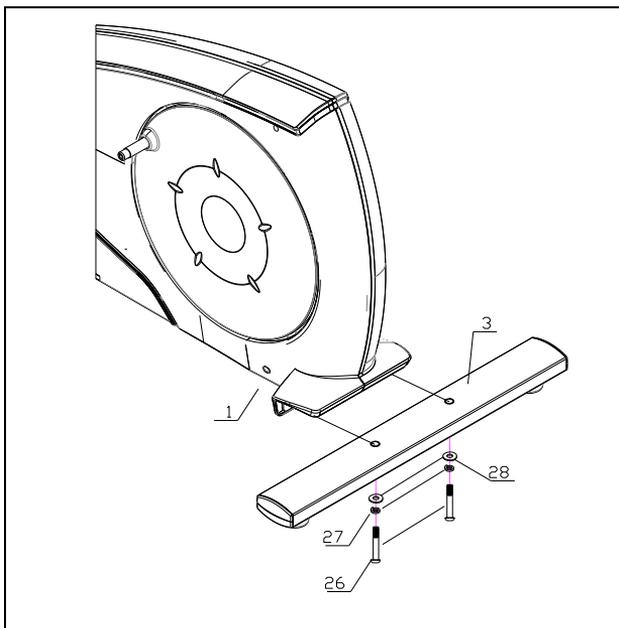
Step 1:

1. Attach the front stabilizer (2) to the main frame (1) with curved washer (28), spring washer (27) and Allen C.K.S. half thread screw (26).



Step 2:

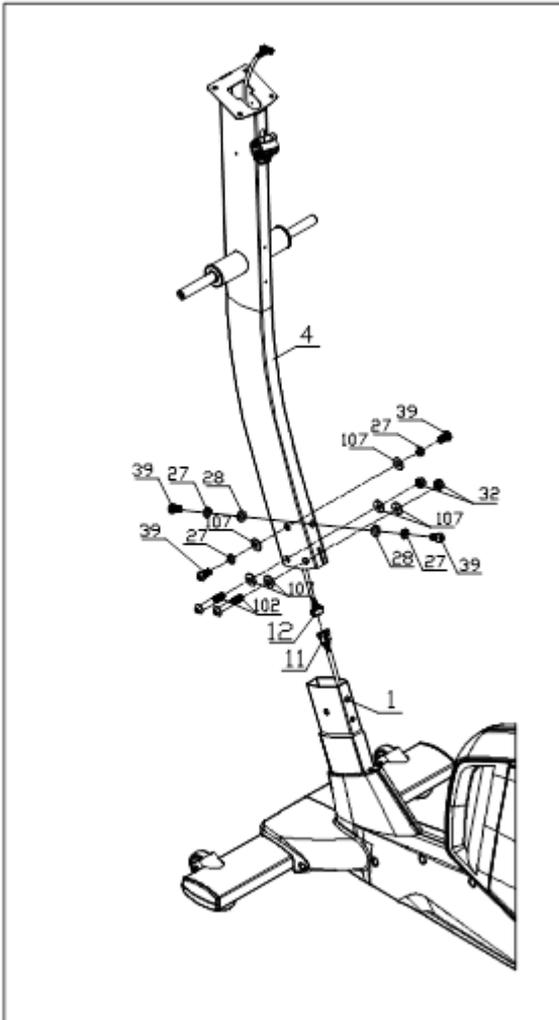
1. Attach the rear stabilizer (3) to the main frame (1) with curved washer (28), spring washer (27) and Allen C.K.S. half thread screw (26)



Step 3:

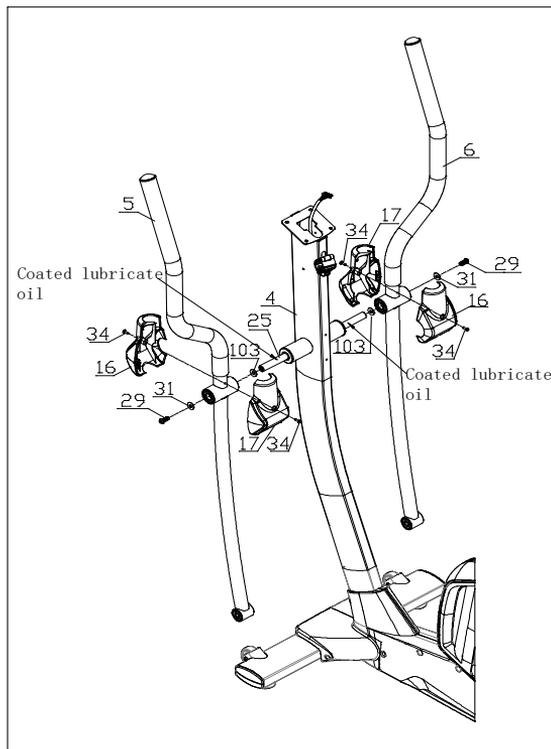
1. Connect motor communication wire (11) and upright post communication wire (12).
2. Attach upper upright post (4) to the main frame (1). Lock with flat washer (28), spring Washer (27), Allen pan head full thread screw (39) ; curved washer (107), spring Washer (27), Allen pan head full thread screw (39), Allen pan head half thread screw (102), curved washer (107), Hexagon jam nut (32).

Attention: After connecting the communication line, need to put them into the upright post to prevent clipped. When installing the screws, first put all the screws on the screw hole, then lock them.



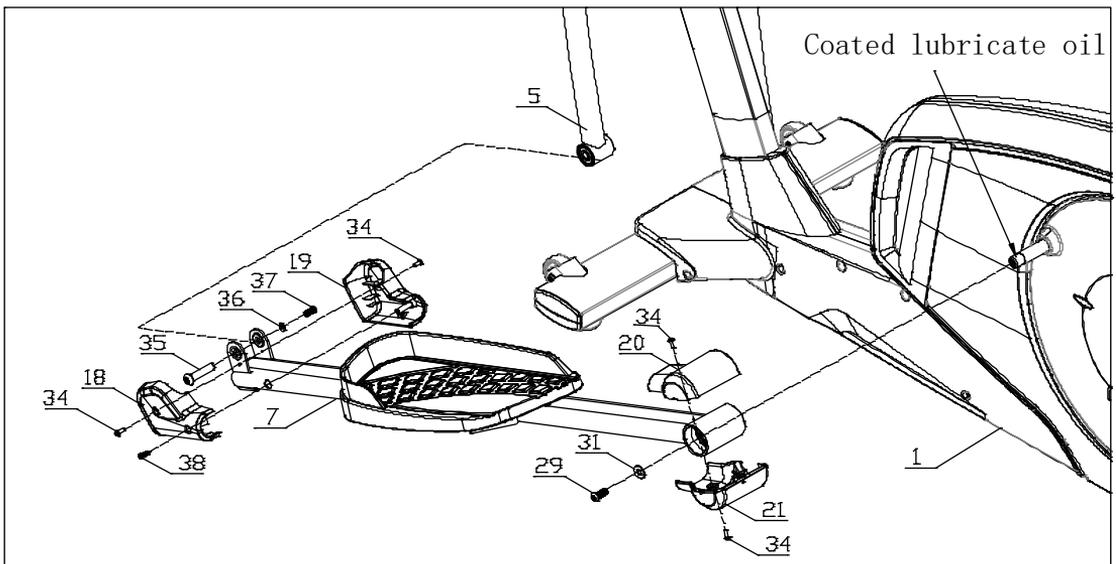
Step 4:

1. Assemble of Body arm L/R. First, lubricate both ends of the axis, set the curve washer (103) to both sides of the Axle (25). Then assemble Body arm-L (5) to the left of Axle (25). Body arm-R (6) to the right of Axle (25). Lock with flat washer (31) and Allen C.K.S. full thread screw (29).
2. Assemble Body arm cover (17) and Body arm cover (16) to the Body arm-left (5) with Phillips pan head full thread screw (34).
3. Same as above way to assemble Body arm cover (17) and Body arm cover (16) to the Body arm-right (6)



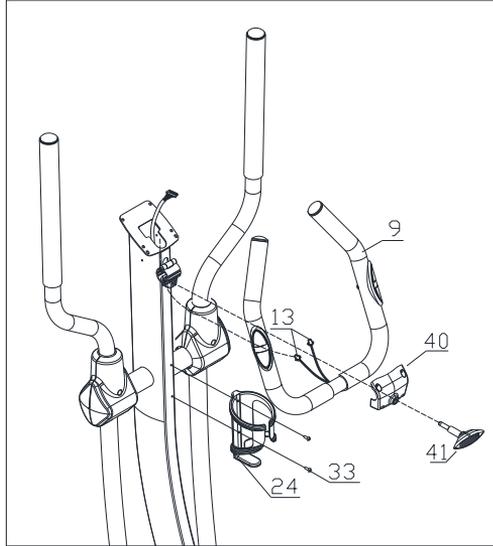
Step 5:

1. First, lubricate both ends of the axis, then attach the axle sleeve of left rear pedal supporter (7) to the axle of main frame (1) with Flat washer (31) and Allen C.K.S. half thread screw (29).
2. Attach the axle sleeve of left front pedal supporter (7) to left body arm (5) with Allen C.K.S. hollow screw (35), flat washer (36) and Allen C.K.S. full thread screw (37).
3. Attach the rear cover of pedal supporter (20/21) to left pedal supporter (7) with Philips pan head full thread screw (34). Attach the front cover of pedal supporter (18/19) to left pedal supporter (7) with Philips pan head full thread screw (34) and Philips C.K.S. self-tapping screw (38).
4. Install the Pedal supporter(R) (8) with same way.



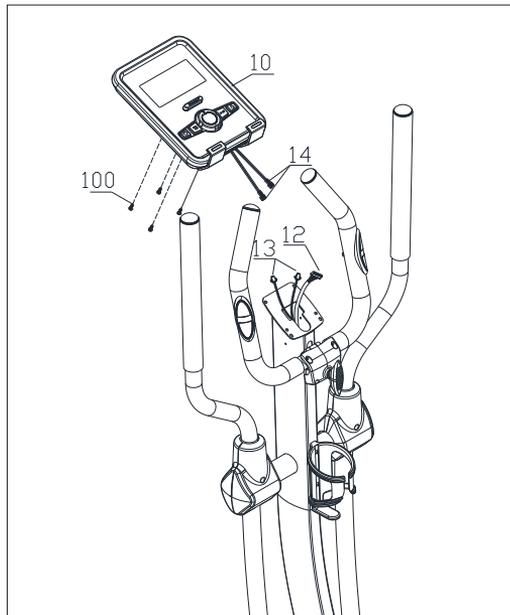
Step 6:

1. Fixed the handlebar (9). Through handle pulse connection wire (13) out of the upper upright post (4). Then through T shape knob (41) out of the handlebar front cover (40). Rotate inside. Notice: T shape don't rotate tightly firstly.
2. Attach bottle holder (24) to upper upright post (4) with Philips pan head full thread screw (33).



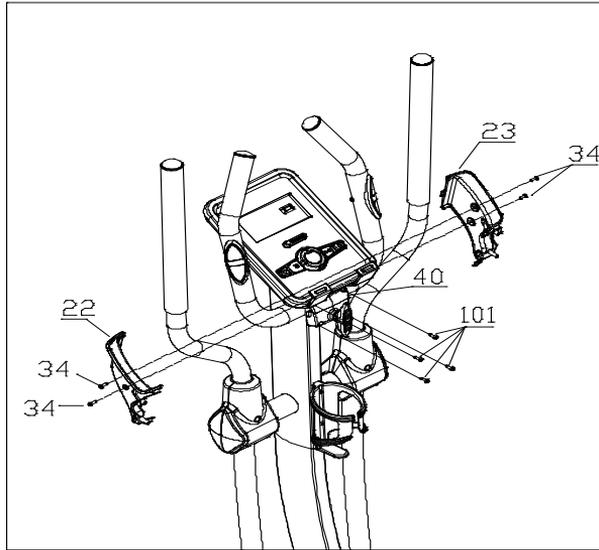
Step 7:

1. Connect console communication wire (12) with the interface of back console. Connect handle pulse communication wire (13) with console outset (14).
2. Attach console (10) to upper upright post (4) with Philips C.K.S. full thread screw (100).



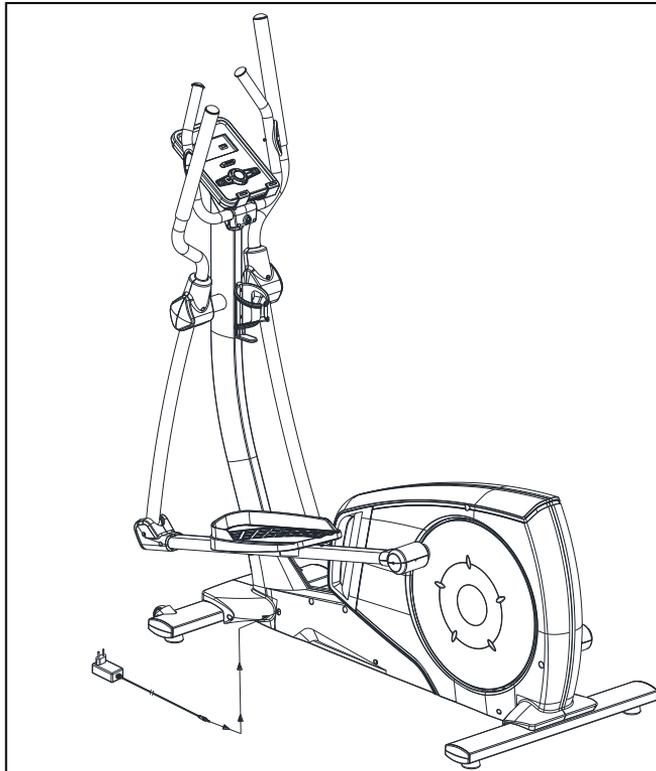
Step 8:

1. Attach handlebar cover –left (22) and right (23) to upper upright post (4) with Phillips pan head full thread screw (34).
2. Lock the handlebar front cover (40) with Phillips C.K.S. self-tapping screw (101).
3. Adjust the Pulse tube to the suitable position. Rotate T shape knob.



Step 9:

1. Insert the power pugs into power hole as shown below. Assembling finished

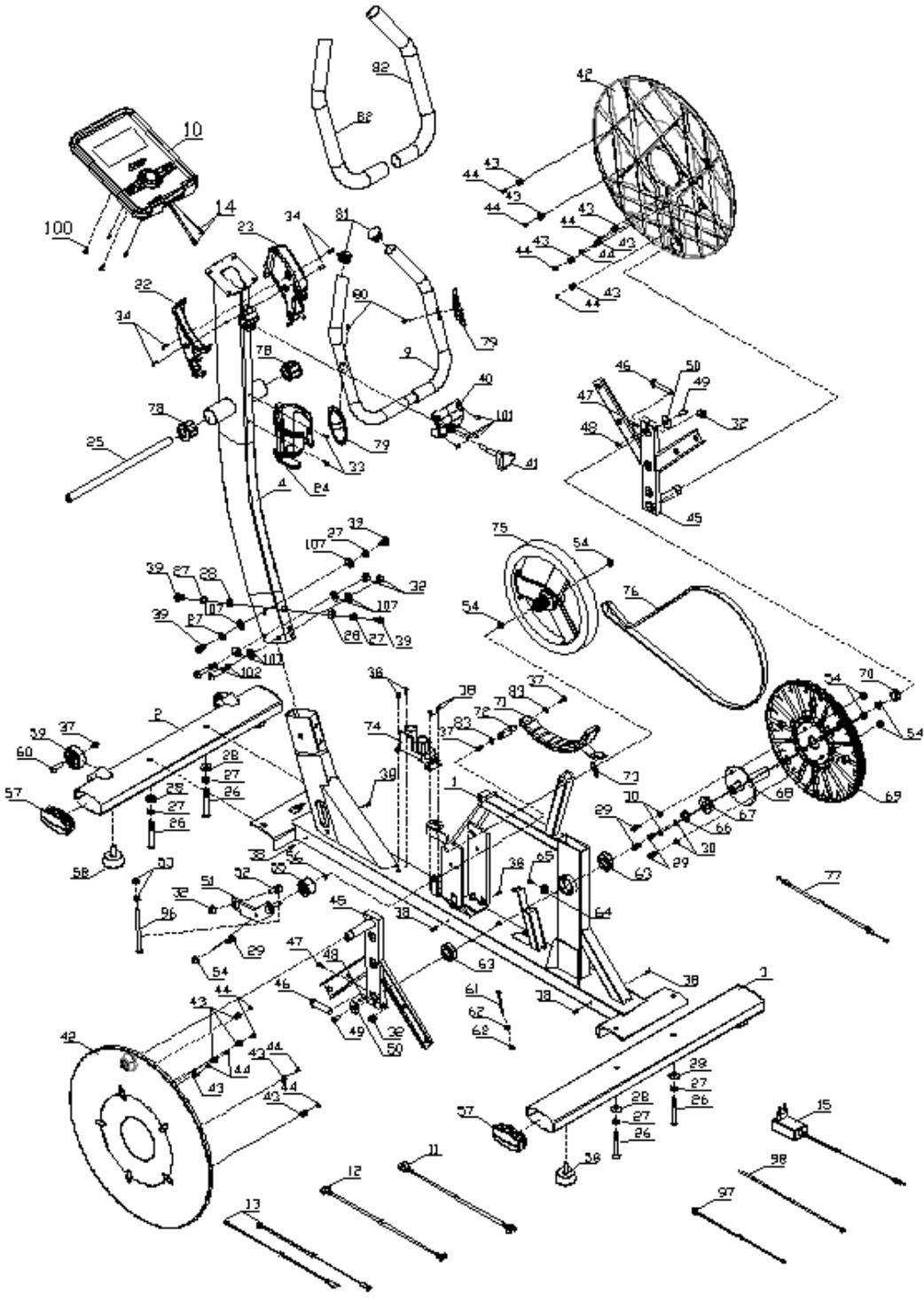


Part List

NO.	NAME	SPECIFICATION	QTY
1	Main frame	0.74 m ²	1
2	Front stabilizer	PT50×100×t1.5×600	1
3	Rear stabilizer	PT50×100×t1.5×700	1
4	Upper Upright post	0.27 m ²	1
5	Body arm(L)	0.161	1
6	Body arm(R)	0.161	1
7	Pedal supporter(L)	0.2 m ²	1
8	Pedal supporter(R)	0.2 m ²	1
9	Handlebars	0.085 m ²	1
10	Console	5.5 " LCD/English	1
11	Motor communication wire	L-550mm	1
12	Console communication wire	L-1100mm	1
13	Handle pulse connection wire	L-650mm	2
14	Console outlet		2
16	Body arm cover	160.8×103×56	2
17	Body arm cover	160.8×103×45	2
18	Front pedal supporter cover 1	125.1×36.7×89.4	2
19	Front pedal supporter cover 2	125.1×39.7×89.4	2
20	Rear pedal supporter cover 1	107.7×103×34.5	2
21	Rear pedal supporter cover 2	107.7×103×37.5	2
22	Handlebar cover(L)	176.5×53.2×117.5	1
23	Handlebar cover(R)	176.5×53.2×117.5	1
24	Bottle holder	Φ93×150	1
25	Axle	Φ17×339.5	1
26	Allen C.K.S. half thread screw	M10×70×20	4
27	Spring washer	Φ10	8
28	Flat washer	Φ10	6
29	Allen C.K.S. Full thread screw	M8×20	4
31	Flat washer	Φ8.5×Φ20×t1.5	4
32	hexagon lock nut	M10	2
33	Philips pan head full thread screw	M4×16	2
34	Philips pan head full thread screw	M4×10	16

35	Allen C.K.S. hollow screw	Φ10×45×M6×20	2
36	Flat washer	Φ6	2
37	Allen C.K.S. full thread screw	M6×15	2
38	Phillips C.K.S. self-tapping screw	ST4×16	2
39	Allen C.K.S. Full thread screw	M10×20	4
40	Handlebar front cover	89×73.5×35	1
41	T shape knob	M8×30	1
100	Phillips C.K.S. full thread screw	M5×10	4
101	Phillips C.K.S. Self-tapping screw	ST4×12	4
102	Allen C.K.S. full thread screw	M10×55×20	2
103	Wave spring washer	Φ 17	2
107	Curve washer	Φ 10.5×R100×t2.0	6

Drawing for assembly



Part list

NO.	NAME	SPECIFICATION	QTY
1	Main frame	0.74m ²	1
2	Front stabilizer	PT50×100×t1.5×600	1
3	Rear stabilizer	PT50×100×t1.5×700	1
4	Upper Upright post	0.27m ²	1
5	Body arm(L)	0.161m ²	1
6	Body arm(R)	0.161m ²	1
7	Pedal supporter(L)	0.2m ²	1
8	Pedal supporter(R)	0.2m ²	1
9	Handlebars	0.085m ²	1
10	Console	5.5 " LCD/English	1
11	Motor communication wire	L-550mm	1
12	Console communication wire	L-1100mm	1
13	Handle pulse connection wire	L-650mm	2
14	Console outset		2
15	Power adapter	240V	1
16	Body arm cover	160.8×103×56	2
17	Body arm cover	160.8×103×45	2
18	Front pedal supporter cover 1	125.1×36.7×89.4	2
19	Front pedal supporter cover 2	125.1×39.7×89.4	2
20	Rear pedal supporter cover 1	107.7×103×34.5	2
21	Rear pedal supporter cover 2	107.7×103×37.5	2
22	Handlebar cover(L)	176.5×53.2×117.5	1
23	Handlebar cover(R)	176.5×53.2×117.5	1
24	Bottle holder	Φ93×150	1
25	Axis	Φ17×339.5	1
26	Allen C.K.S. half thread screw	M10×70×20	4
27	Spring washer	Φ10	8
28	Flat washer	Φ10	6
29	Allen C.K.S. Full thread screw	M8×20	9
30	Spring washer	Φ8	4

31	Flat washer	$\Phi 8.5 \times \Phi 20 \times t 1.5$	6
32	Hex self-locking nut	M10	5
33	Philips pan head full thread screw	M4x16	2
34	Philips pan head full thread screw	M4x10	16
35	Allen C.K.S. hollow screw	$\Phi 10 \times 45 \times M 6 \times 20$	2
36	Flat washer	$\Phi 6$	2
37	Allen C.K.S. full thread screw	M6x15	6
38	Philips C.K.S. self-tapping screw	ST4x16	17
39	Hexagon socket full tooth bolt	M10x20	4
40	Handlebar front cover	89x73.5x35	1
41	T shape knob	M8x30	1
42	Turntable	$\Phi 466.6 \times 24.1$	2
43	Turntable rubber buckle	$\Phi 12.4 \times 13$	12
44	Phillips C.K.S. Tail cutting self-tapping screw	ST4x10	12
45	Crank square iron		2
46	Hex half thread screw	M10x55x20	2
47	Hex full thread screw	M4x20	2
48	Flat key	5x5x15	2
49	Allen countersunk head full thread screw	M6x15	2
50	Flat washer	$\Phi 8 \times \Phi 30 \times t 3.0$	2
51	Fixed idler wheel		1
52	Idler adjustment connecting shaft	$\Phi 15 \times 30$	1
53	Hex nut	M8	2
54	Hex locking nut	M8	7
55	Idler wheel	$\Phi 38 \times 22$	1
56	Circlip for shaft	$\Phi 10$	3
57	End cap	45x90xt1.5	4
58	Feet pad	$\Phi 49 \times 22 \times M 10 \times 26$	4
59	Wheel	$\Phi 54.5 \times 23.5$	2
60	Allen C.K.S. hollow screw	$\Phi 8 \times 33 \times M 6 \times 15$	2
61	Hex full thread screw	M5x60	1
62	Hex nut	M5	2
63	Deep groove ball bearing	6004-2RS	2

64	Fixed magnetic induction		1
65	Philips washer head end-cutting self-tapping screw	ST4×12	1
66	Crank axle sleeve 1	Φ25×Φ20.1×4.6	1
67	Crank axle sleeve 3	Φ40×Φ20.1×7.7	1
68	Crank axle	Φ20×115	1
69	Belt pulley	Φ308×22	1
70	Crank axle sleeve 2	Φ25×Φ20.1×10.2	1
71	Fixed magnet set		1
72	Magnetic control fixed axle	Φ12×50	1
73	Brake tension spring	Φ11.5×Φ1.2×13	1
74	Magnet motor		1
75	Double flywheel	Φ280/9KG	1
76	Motor belt	540PJ6	1
77	Brake line		1
78	Rail plastic cap	Φ42.5×30	2
79	Handle pulse		2
80	Philips C.K.S. self-tapping screw	ST4×20	2
81	Pipe plug	Φ28×t1.5	2
82	Foam grip	Φ32×t3.0×480	2
83	Circlip for shaft	Φ12	2
84	Pedal(L)	406×187×74	1
85	Pedal(R)	406×187×74	1
86	Allen C.K.S. full thread screw	M6×12	8
87	Deep groove ball bearing	6003-2RS	4
88	Deep groove ball bearing	6200-2RS	4
89	Foam grip	Φ36×t3.0×720	2
90	Pipe plug	Φ32×t1.5	2
91	Motor cover(L)	1291.1×72×616.2	1
92	Motor cover(R)	1291.1×75.9×616.2	1
93	Philips C.K.S. Self-tapping screw	ST4×25	2
94	Circlip for holes	Φ40	2
95	Self-aligning ball bearing	2203-2RS	2
96	Hex full thread screw	M8×120	1
97	Power communication wire		1

98	Magnetic sensor		1
99	Plastic bolt	Φ 9×Φ 6.1×27	3
100	Phillips C.K.S. full thread screw	M5×10	4
101	Philips C.K.S. Self-tapping screw	ST4×12	4
102	Hexagon large flat head half - set bolt	M10×55×20	2
103	Curve washer	Φ17	2
104	Deep groove ball bearings	6000ZZ	4
105	Flywheel axis	Φ 10×109.5	1
106	Deep groove ball bearings	6300ZZ	1
107	curved washer	Φ10.5×R100×t2.0	6

CONSOLE OPERATION INSTRUCTIONS:

Button function:

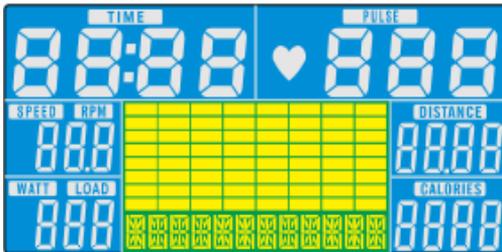
START/STOP	Start or Stop workout
RESET	Reverse to main menu during presetting workout value or in stop mode Keep pressing for 2 seconds, computer will reboot and start from user setting.
UP(+)	1. Adjust the optional training mode going up. 2. Adjust the value increasing.
MODE/ENTER	In STOP mode, press it to confirm settings of workout data and enter the program.
DOWN(-)	1. Adjust optional training mode decreasing 2. Adjust the value decreasing.
RECOVERY	Test heart rate recovery status
BODY FAT	Test body fat% and BMI

Data display functions :

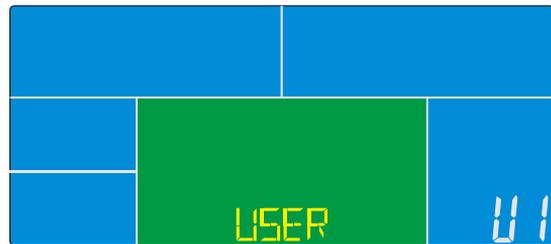
TIME	.Display Range 0:00 ~ 99:99; Setting range 0:00~99:00
DISTANCE	.Display Range 0.0 ~ 99.99; Setting range 0.0~99.90
CALORIES	.Display Range 0 ~ 9999Cal.; Setting range 0~9990Cal.
PULSE	.Display range P-30~230; Setting range 0-30~230
WATT	.Display Range:0~999; Setting Range 10 ~ 350
SPEED	.Range 0.0 ~ 99.9KM/H
RPM	.Range 0 ~ 999

1.Operation procedure

Plug in power supply, computer will power on with a long beep sound and display all segments on LCD for 2 seconds(Drawing A). And then,it will automatically display the Wheel diameter value-78.0 for one second.After entering into user selection,"U1" will be flash as Drawing B in the lower right corner of the LCD screen.Now, we can press the button "UP(+)" and DOWN(-)"to select "U1" to "U4" to set 4 four people datas.



Drawing A

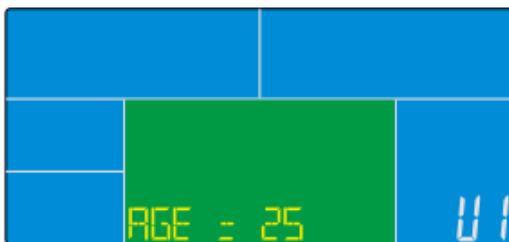


Drawing B

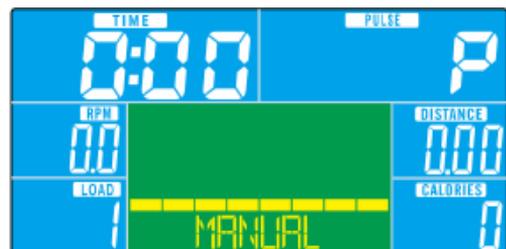
2.Personal data setting

After selecting user from U1~U4, press "MODE" to confirm. Press UP(+) or DOWN (-) to set SEX, AGE (Drawing C), HEIGHT, WEIGHT and confirm by pressing MODE. All data will be saved as user profile.

After pressing MODE to set the data, console will be back to main menu and display as Drawing D. In this page, user can start workout directly by pressing START/STOP button.



Drawing C



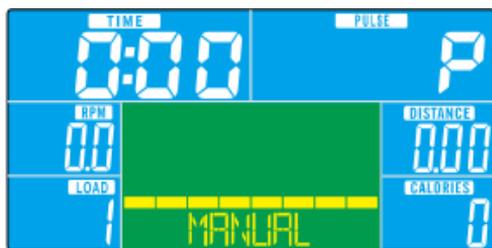
Drawing D

2.1 In this mode,users can press the "START/STOP" to start workout directly.During the operation,console will start to record the sports data, and you can rotate the UP(+)/DOWN(-) to adjust the LOAD.

2.2 If you don't want to enter the quick starting mode, you can follow the point three to select other workout modes.

3.Workout selection

Inthemainpage,thefirsttrainingprogram"MANUAL"isflashing(Drawing5).UsercanpressUP(+)or DOWN(-) to select: MANUAL-->PROGRAM-->USER PROGRAM-->H.R.C.-->WATT,andthen press MODE to confirm.



Drawing E

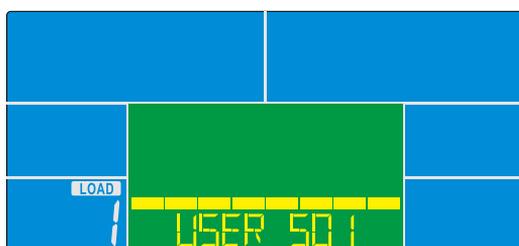


Drawing F

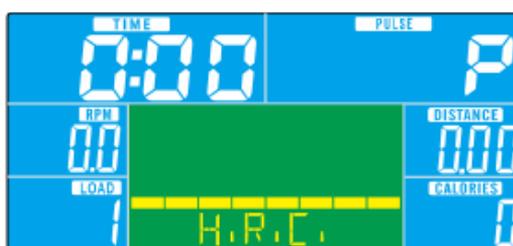
3.1 If users select the MANUAL mode, press MODE to enter the page of TIME setting and adjust the value by UP(+)/DOWN(-). After setting TIME, press MODE in order to select DISTANCE/CALORIE/PULSE to set their value. Then, After pressing START/STOP to start the computer, console will record the workout data (adjust the LOAD level by UP(+)/DOWN(-)).

3.2 If users select the PROGRAM mode, press RESET to return to home page. When the MANUAL is flashing, press UP(+) enter into PROGRAM mode (as drawing 6). Now, press MODE to select PROGRAM, and then press UP(+) or DOWN(-) to select program from P01~P12, the program profile will display by turn. Press UP(+) or DOWN(-) to preset workout TIME. the TIME setting, press START/STOP and the console starts to record the workout data (adjust the LOAD level by UP(+)/DOWN(-)).

3.3 If users select the USER PROGRAM mode, press RESET return to homepage. When the MANUAL is flashing, press UP(+) two time to enter into USER PROGRAM mode. In this mode, press MODE to enter the settings. When the first column is flashing, press UP(+)/DOWN(-) to select the level from 1 to 16 columns and p then press MODE to set 3 to 8 columns by turn. Please press the START/STOP and the console starts to record the workout data (now can't adjust the LOAD).



Drawing G



Drawing H

3.4 If users select the H.R.C mode, please press RESET return to the home page. When MANUAL is flashing, press UP for three times to H.R.C mode (drawing H) and press MODE to select the data. Then, when the “H.R.C 55” is flashing, please press UP/DOWN to select H.R.C.90 or D. TARGET.

3.4.1 If users select one of H.R.C.55/75/90 modes (drawing I), console will display the target value according to users’ ages. Please press MODE to set the TIME status. After the TIME setting, press START/STOP to countdown and the console gets started to record the workout data. (DO NOT adjust the LOAD)

3.4.2 If users select the H.R.C. TARGET setting (drawing J), please press MODE to preset the PULSE value in 100 in flashing. Then, users can adjust the TARGET range from 30 to 230 (drawing G) by pressing UP(+)/DOWN(-). Please press MODE to the TIME setting and adjust it by UP(+)/DOWN(-). After the TIME setting, press START/STOP to countdown and the console gets started to record the workout data. (DO NOT adjust the LOAD)



Drawing I



Drawing J

3.5 If users select the WATT setting, please press RESET to return to the home page. When MANUAL is flashing, press UP for four times to WATT mode (drawing K) and press MODE to set the data. Then, when the “H.R.C 55” is flashing, please press UP/DOWN to adjust the value. After the adjustment, press MODE to preset the WORKOUT TIME. After the TIME setting, press START/STOP to countdown and the console gets started to record the workout data. (Default value is 120w; Under the status of workout, users can press the UP/DOWN to set the target value from 10 to 350).



Drawing K



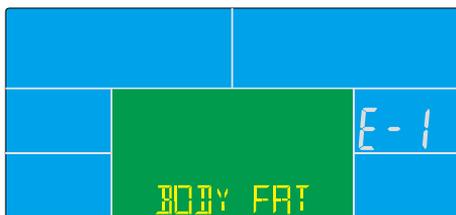
Drawing L

3.6 Body fat mode

3.6.1. When the console is in operation, please press START/STOP and Body FAT button by turn to measure the body fat (drawing L).

3.6.2 .During the measurement, users need to grip on the handle iron. LCD will displays symbol like “——” “——” and show the FAT, FAT% and BML for 30s after finished in 8s. If users do not grip on handle iron, LCD will display error code (E-1) as drawing M after 8s. E-4 means the FAT% exceeds the range of 5.0%~50% as drawing N. LCD displays the symbol of fat or thin status.

3.6.3 After the FAT measurement, please press BODY FAT to return to the home page.



Drawing M



Drawing N

3.7 Wireless heart rate accepted function:

Users need to wear the chest belt properly and make sure the belt can touch the body well. After the chest belt sends the heart rate signal, console can receive the rate immediately and starts to countdown.

3.8 . RECOVERY mode:

3.7.1 .Please grip on the handle sheet (palm must touch the body tightly). After the pulse value showing, please press RECOVERY once; When the console enters into the status of the RECOVERY mode, all the rest functions won't display (drawing O); TIME window displays "0.60s" and starts to countdown and the PULSE window displays the heartbeat value. When counting to zero, the PULSE displays FX (X: 1~6) and continues to display heartbeat value. Press RECOVERY to the homepage.

3.7.2 .Press RECOVERY to return in the RECOVERY mode.

3.7.3. If no data input to the PULSE, RECOVERY is useless.



Drawing O



Drawing P

3.9 . USB charging mode

Console can provide USB interface to laptops and smart phone to charge (conditions: power supply should be over 9V 1000Ma,voltage/electric current should be steady, and the console should work in normal)

NOTE:

- 1.Console SM3760-71 need the adapter 9V,1.3A.
2. When users stop workout for 4mins,controller will enter to power saving mode and all the settings and workout data will save to users beginning status.
3. When controller is abnormal, please unplug the adapter plug and cut the powerswitch.

General fitness tips

Warm-up

5-10 minutes warm up exercise is necessary before operating.

Breathe

Do not hold your breath during operation, usually when you are ready to restore the movement with a nasal inhalation, breathe out the air forcefully with the mouth, breathing with the movement should be coordinated, if breathing is too fast, should stop the workout immediately.

Frequency

The exercise which in the same muscles should have a 48-hour break.In other words, you can train the same body part every two days.

Load

According to individual physical condition to decide the amount of exercise, then according to the principle of asymptotic load to practice .The muscle soreness is normal phenomenon during the initial training, so as long as the practice continues, the pain can be eliminated.

Relax

After practice, you should do 5 minutes reduction action, especially the stretching of the foot muscles, so as to avoid the long-term congealing of the muscles and keep the muscles elastically.

Diet

In order to protect the digestive system, please do exercise an hour after meals ,take food should be at least half an hour after the training, drink less water, especially avoid drinking lots of water during exercise, so as not to increase the burden of heart and kidney.

Stretching exercises

No matter how fast you walk, it's best to stretch. Warm muscles are easier to stretch, so take 5 ~10 minutes to warm up. Then stop and do stretching exercises as follows - do five times, each leg for 10 seconds or more. Do it again after the workout.

Downward stretch

Bend your knees, lean forward, letting your back and shoulders relax, and try to touch your toes as much as possible. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see figure 1).

Hamstring stretch

Sit on a clean seat and straighten your leg. Take the other leg inward and make it close to the inside of the straight leg. Try to touch your toes with your hands. Hold for 10 to 15 seconds, then relax. Repeat with each leg 3 times (see figure 2).

The calf and heel tendons stretch

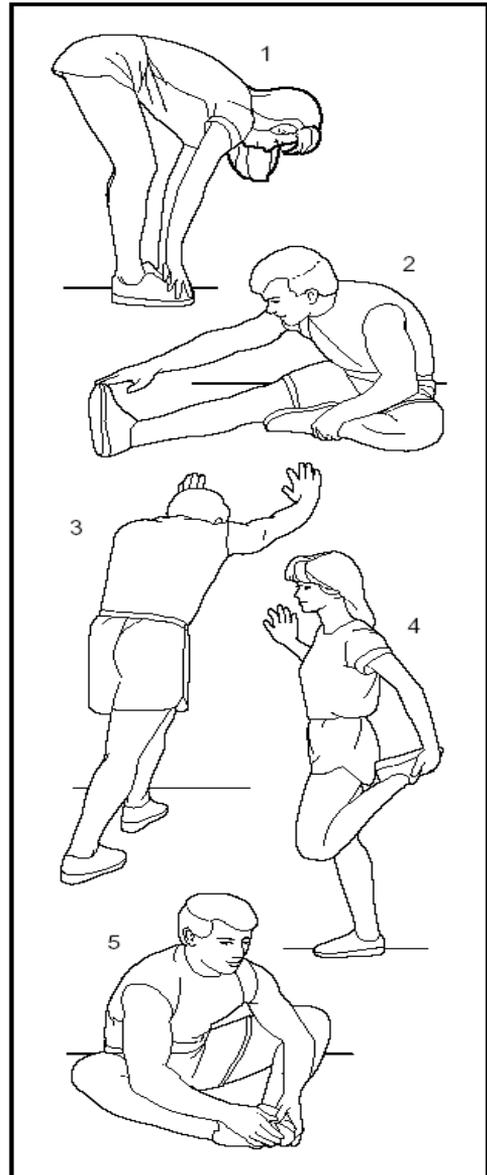
Stand with your hands on a wall or a tree. Keep your hind legs upright and heel strike, leaning toward the wall or tree. Hold for 10 to 15 seconds, then relax. Repeat with each leg 3 times (see figure 3).

Quadriceps stretch

Hold the wall or table with your left hand to keep balance, then reach back with your right hand and hold your right ankle slowly toward the hip until you feel a tense muscle in front of your thigh. Hold for 10 to 15 seconds, then relax. Repeat with each leg 3 times (see figure 4).

The Sartorius muscle (muscle on the medial side of the thigh) stretches

The soles of the feet, the knees outside. Hands grab both feet to the groin direction. Hold for 10 to 15 seconds, then relax. Repeat it 3 times (see figure 5).



Use instructions

1. Workout-----Please sit on the cushion,grip on the body arms or handle bars,step on the pedals moving forward.

2.Adjust the footpad-----If the elliptical is not steady,please adjust the four footpad below.

