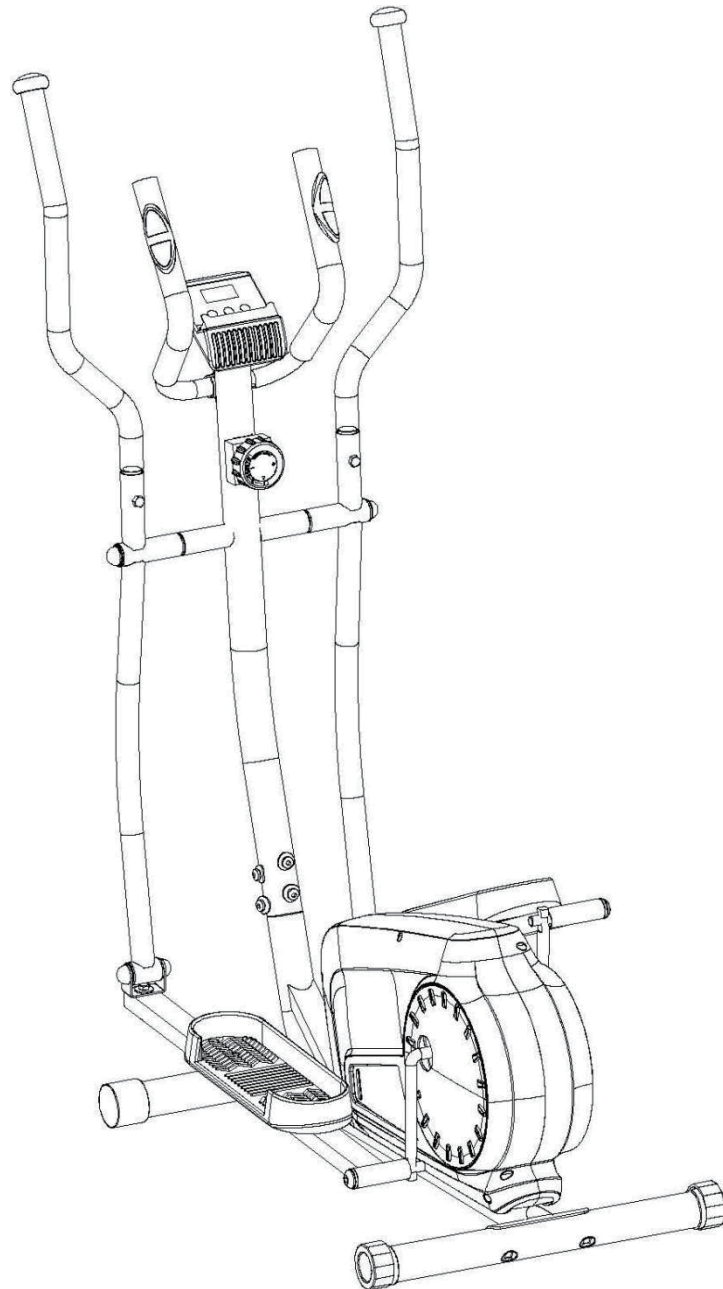




INapa021_UK

A90-300



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

UESR'S MANUAL

READING CAREFULLY!

Please keep this manual in a safe place for easy reference

1. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure the full users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your doctor before continuing with your exercise program only.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover on your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened.
7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified."
9. An error may occur due to unstable power. DO NOT share a power socket with other high-powered items such as computers or air conditioning units.
10. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
11. The equipment has passed relevant tests and certifications. Suitable for home use only. Braking ability is independent of speed.
12. The equipment is not suitable for therapeutic use.
13. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance necessary.
14. DO NOT attempt to service the treadmill yourself except for the maintenance tasks which are described in this manual. The treadmill does not contain any user-serviceable parts so disassembling it yourself will not only void your warranty and could result in serious injury

Attention!

- 1.If the computer would not be displaying data normally, please install the battery again.
- 2.The battery must be taken out from the computer for safe treatment once it was out of energy for trash.
- 3.This manual is also suitable for equipment without computer.

MAINTAIN

Neutral detergent can be used to dilute the water to wipe the cloth carefully wipe the oil, and then dry with a dry cloth.

Do not use alkaline solvents, solvents such as solvent,volatile oils and other solvents.

MAINTENANCE / INSPECTION

Avoid high temperature, moisture or direct sunlight, please place in a well-ventilated place.

When not in use please fold the admission, and placed in the children can not touch the Department.

If you do not use it for a while, be sure to check the precautions before using this product and use it for normal use.

When you accidentally wet the product, use a dry cloth to avoid skidding.

In case of malfunction, abnormality or any operational problem, please contact us at the company.

PRODUCT RECYCLING

Due to the different national recycling regulations, please refer to the relevant regulations.

Before exercise, it is better Warm muscles stretch more easily, so the first of 5 ~ 10 minutes to warm up. Then in accordance with the following methods to stop and do stretching exercises - do five times, each leg every time 10 seconds or more time to do it again after the end of the exercise.

1. Down Stretch

Bend your knees slightly and body slowly, let your back and shoulders relax, and try to touch your toes. Keep it for 10~15 seconds, repeat 3 times.

2. Hamstring Stretch

Sitting on a clean cushion, then bend your left foot. Place your left foot against the inner thigh of your right foot. Try to touch your toes. Keep it for 10~15 seconds, repeat each foot 3 times.

3. Calf and Foot Stretching

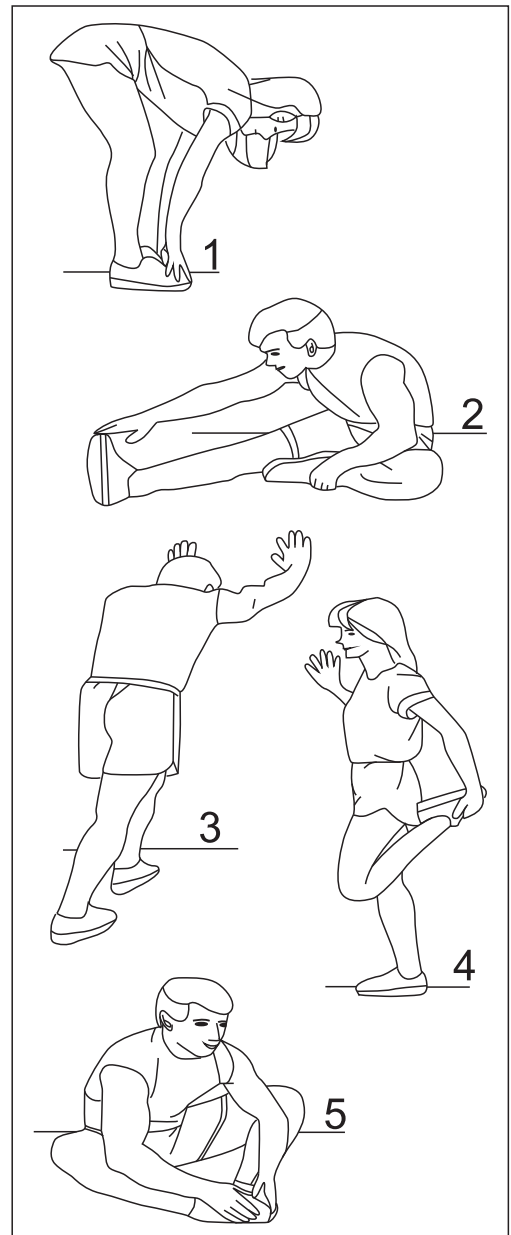
Stand and place both hands on a wall or a tree, one foot behind. Keep the behind foot stand and it is heel on the floor, then tilt to the wall or tree. Keep it for 10~15 seconds, repeat each foot 3 times.

4. Quadriceps Stretch

Place your right hands against a wall or a desk to aid your balance. Then grasp your ankle with your left hand and pull your foot toward your buttocks. Keep it for 10~15 seconds, repeat each foot 3 times.

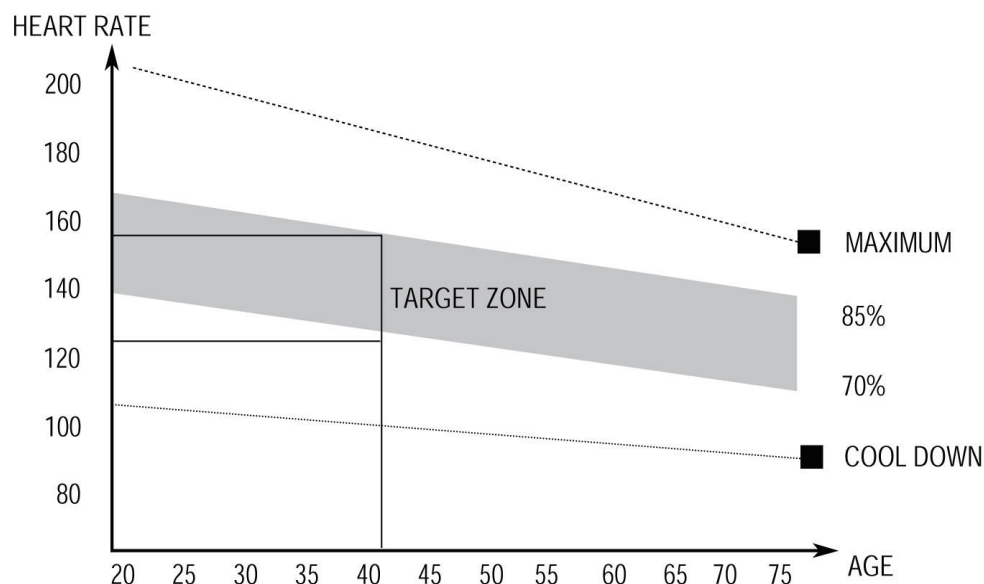
5. Groin Stretch

Sit with your knees flexed and soles of feet together. Hold your ankles and bend at your hips. Keep it for 10~15 seconds, repeat 3 times.



Exercise Stage

This stage should last for a minimum of 12 minutes though most people start at about 15~20 minutes. After repeat it easily for several times, you can increase training strength. After exercising for a period of time, your heart beat will be close to the best position in the graph as below (Shaded part). Note: This exercising is for your whole life, it can not complete in one night, so you should keep it .



Recovery Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. Then repeat the exercise phase, please be careful not to force or jerk your muscles.

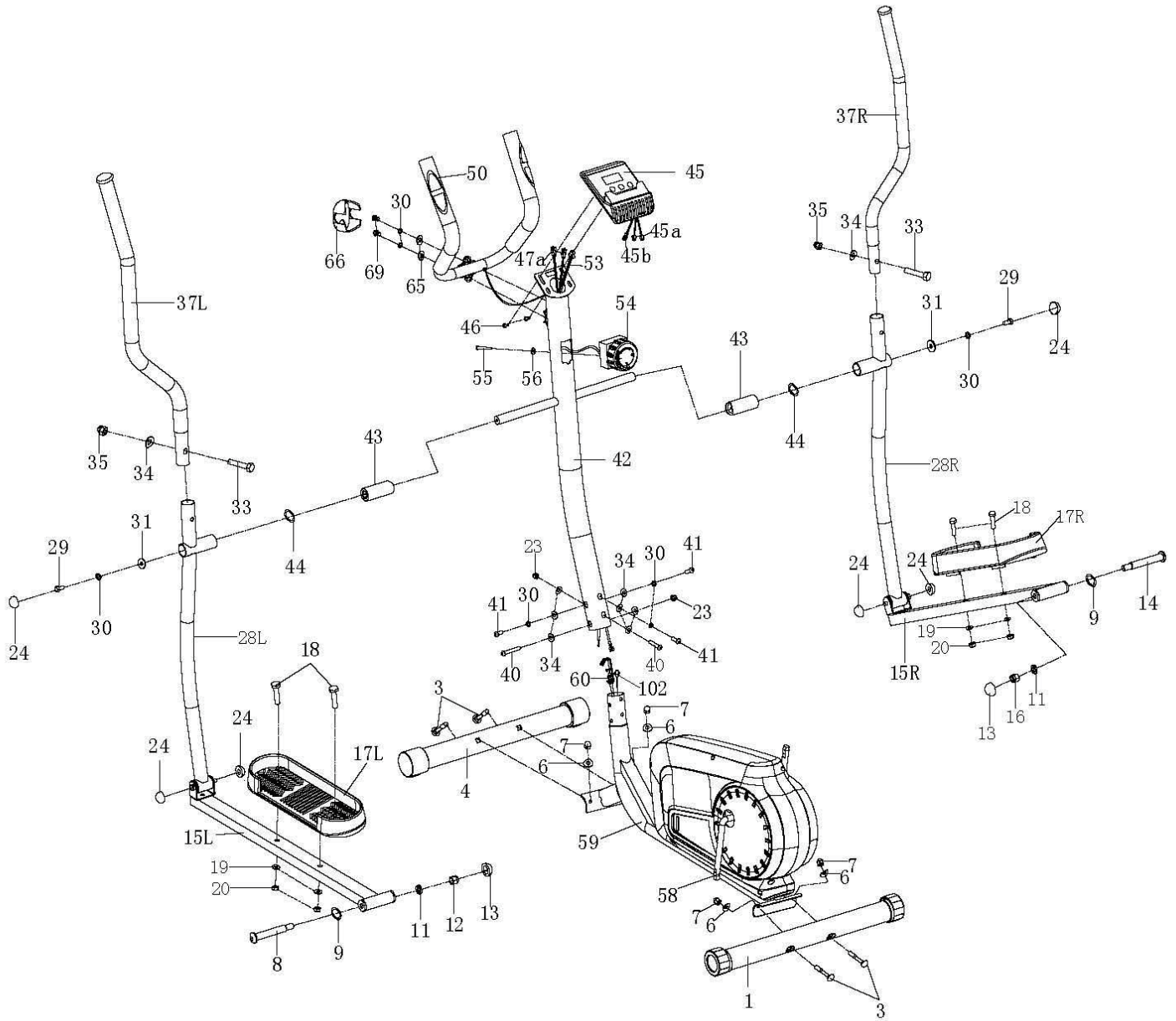
When using elliptical fitness exercises, please don't increase training intensity arbitrarily. It may make your leg muscles sprain, which means you can't continue exercising for a long time.

Equipment Tip

Adjusting the Tension Control can change the resistance of the equipment, the high resistance the harder to step. Users can use this device to find a suit

EXPLODED DRAWING

Exploding Diagram :



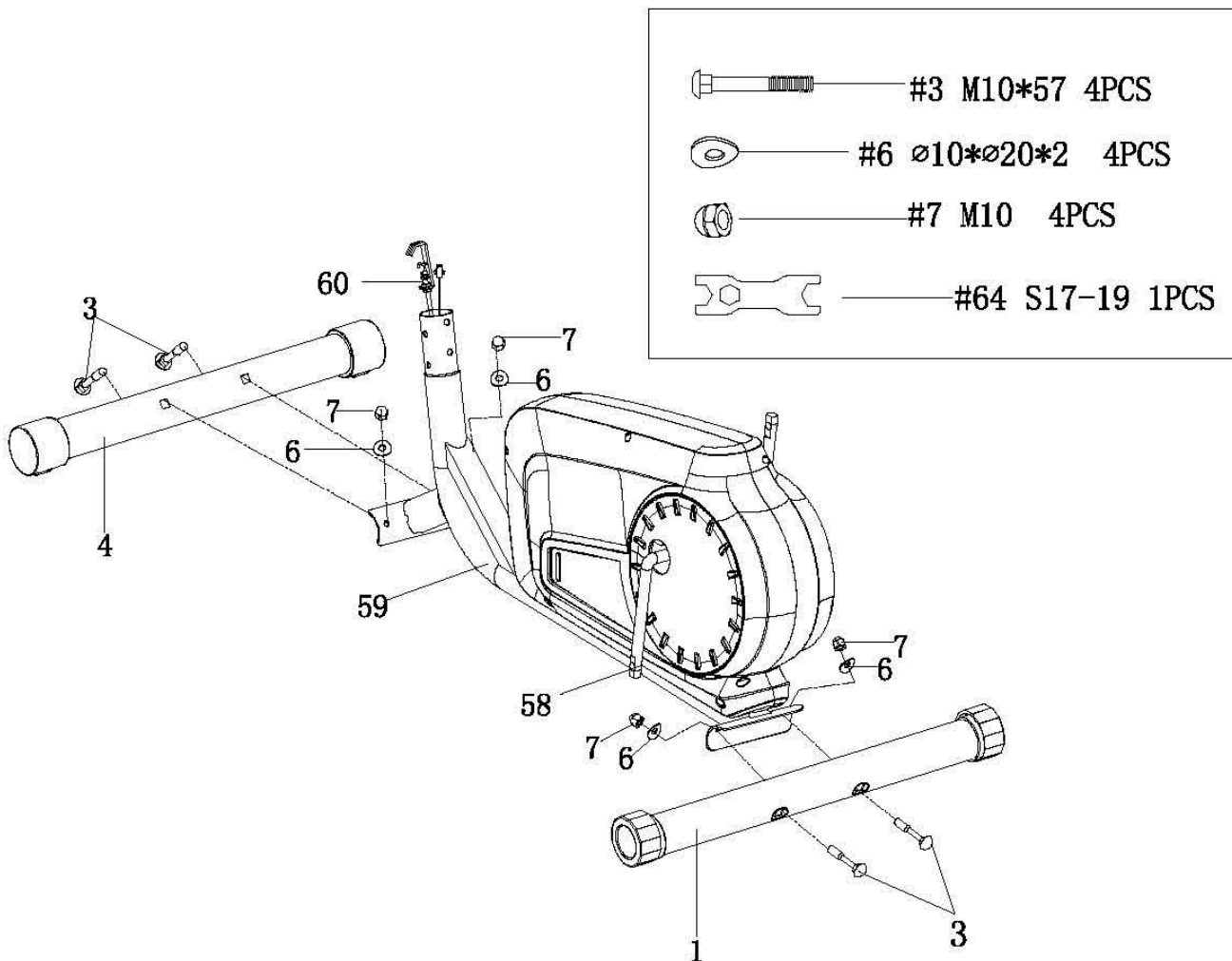
ASSEMBLY INSTRUCTIONS

1. Preparatory work:

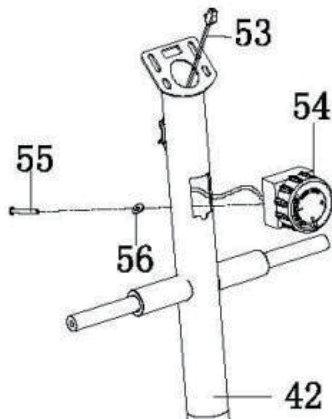
- A. Make sure there is enough space before installation;
- B. Confirm all of the components are all-ready before installation. (refer to previous product exploded view which indicates the name and the location of the components);
- C. Use the provided tools or the special self-contained tools to install.

2. Assembly instructions:

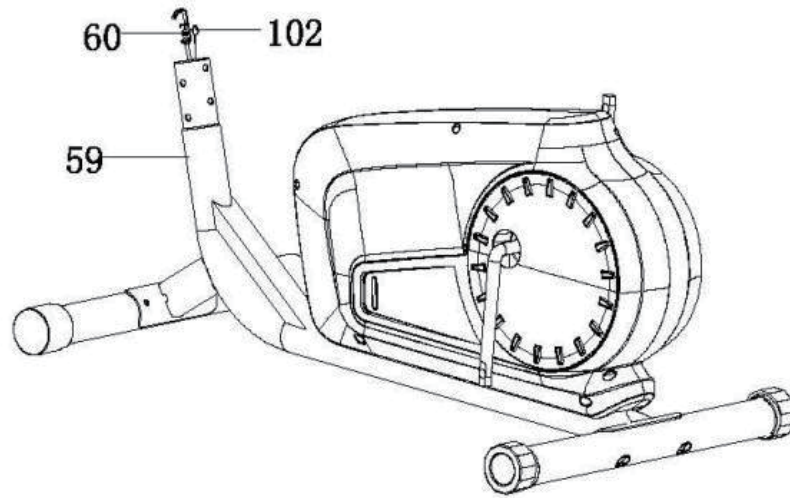
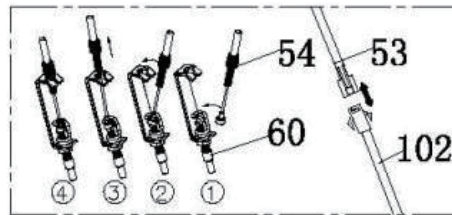
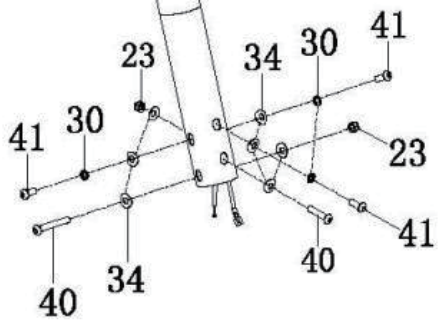
Step 1:



















Step 2:

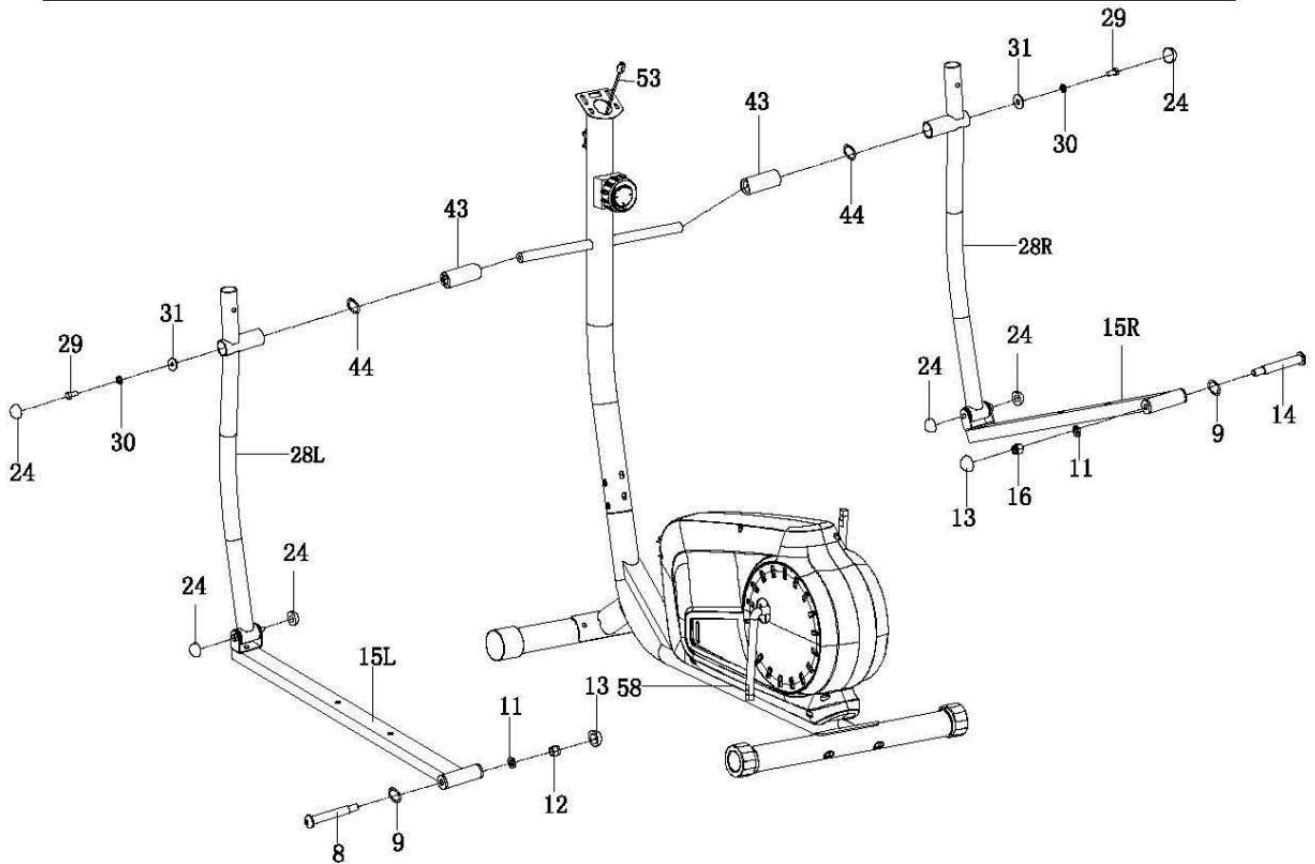


	#40 M8*60 2PCS		#56 D5 1PCS
	#41 M8*20 3PCS		#55 M5*40 1PCS
	#34 $\varnothing 8.5 \times \varnothing 20 \times 1.5$ 7PCS		#61 S6 1PCS
	#23 M8 2PCS		#63 S13-14-15 1PCS
	#30 D8 3PCS		

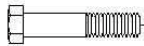





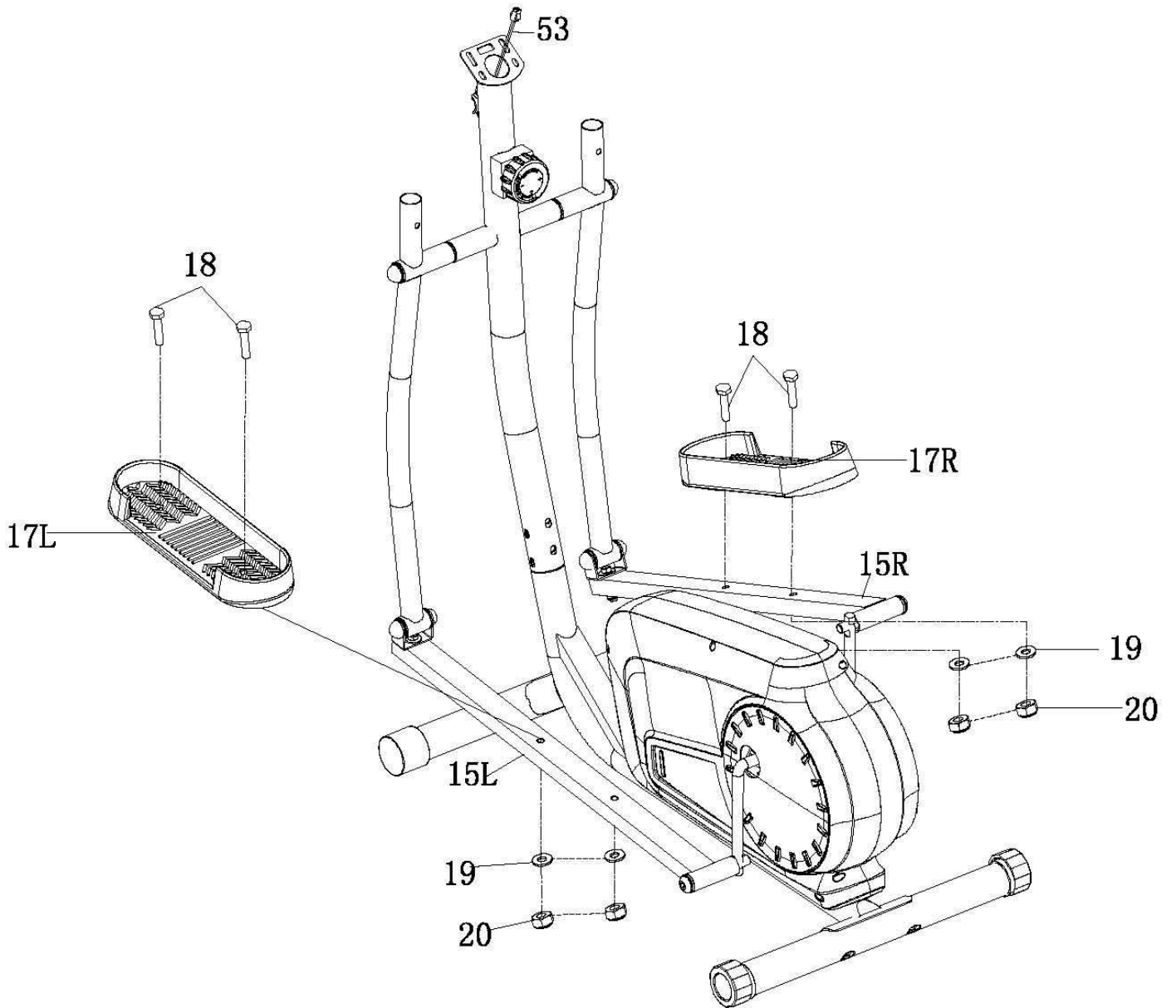
Step 3:

 #8 $\varnothing 16 \times 89 \times 1/2'' \times 20$ -L 1PC	 #43 $\varnothing 32 \times \varnothing 19 \times 75$ 2PCS	 #24 S13 6PC
 #14 $\varnothing 16 \times 89 \times 1/2'' \times 20$ -R 1PC	 #16 $1/2'' \times 20$ -R 1PC	 #62 S8 1PC
 #29 M8*16 2PCS	 #12 $1/2'' \times 20$ -L 1PC	 #63 S13-14-15 1PC
 #31 $\varnothing 8.5 \times \varnothing 32 \times 2$ 2PCS	 #11 $\varnothing 13$ 2PCS	 #64 S17-19 1PC
 #30 D8 2PCS	 #9 $\varnothing 26 \times d16 \times 0.3$ 2PCS	
 #44 $\varnothing 26 \times \varnothing 19 \times 0.3$ 2PCS	 #13 S18 2PCS	










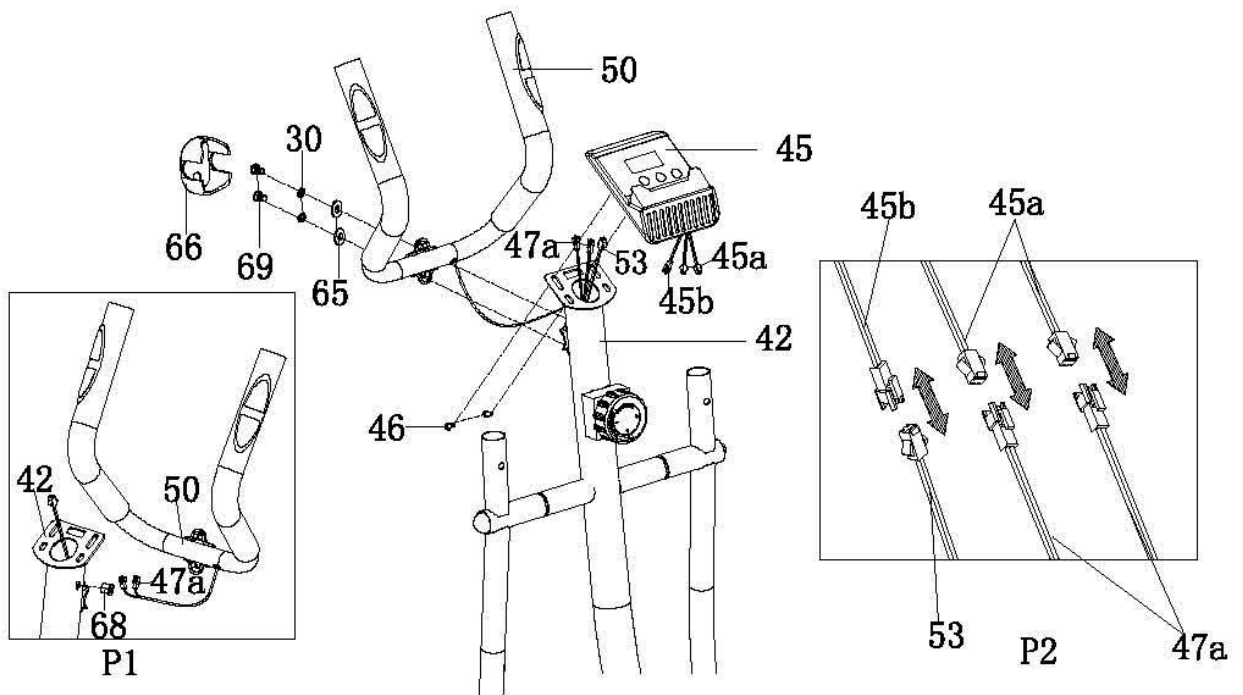
Step 4:

	#18 M10*45 4PCS
	#19 $\varnothing 10.5 * \varnothing 20 * 2$ 4PCS
	#20 M10 4PCS
	#64 S17-19 1PC




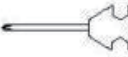


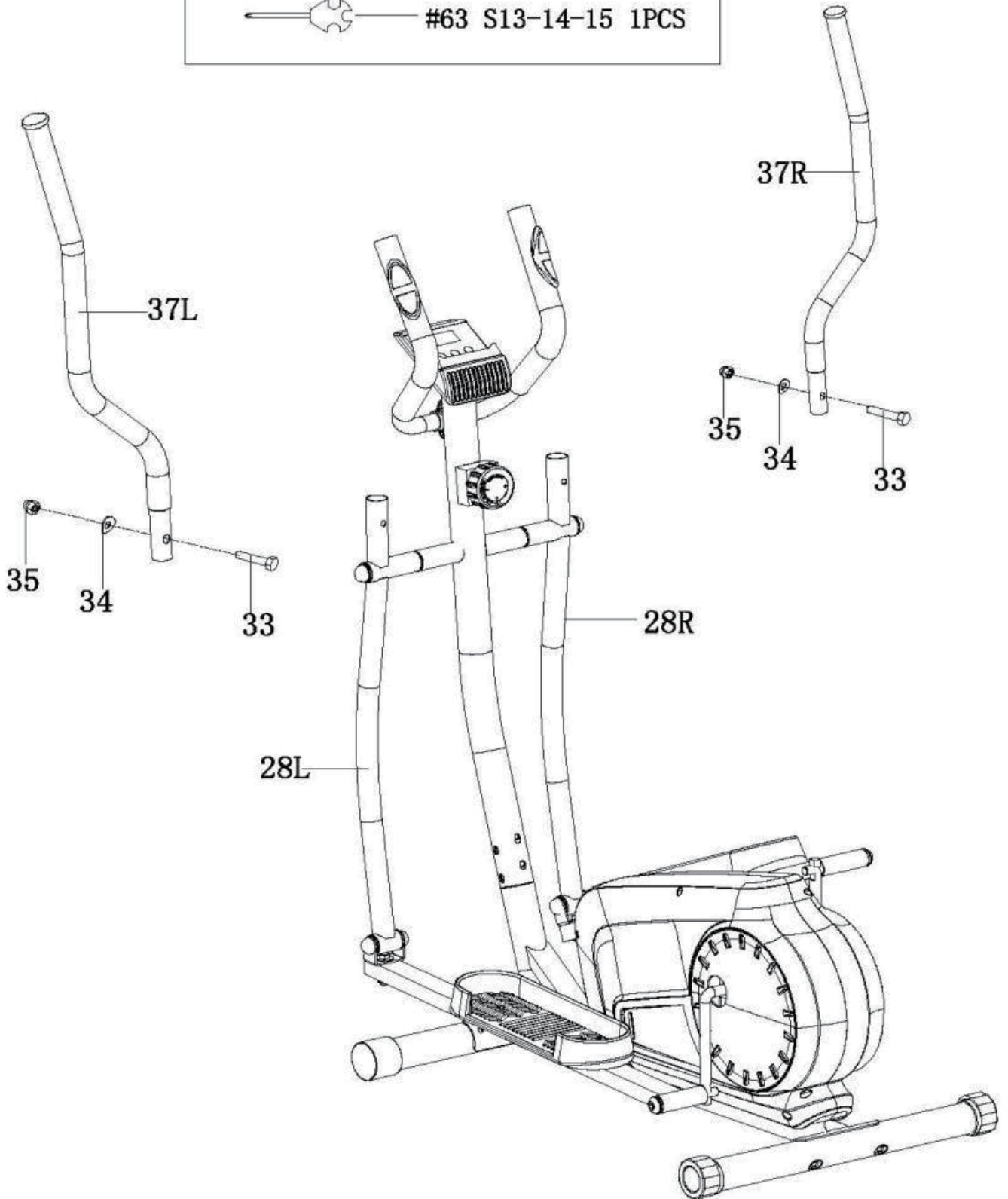
Step 5:

	#69 M8*30 2PCS		#46 M5*10 2PCS
	#65 $\varnothing 8.5 \times \varnothing 16 \times 1.5$ 2PCS		#61 S6 1PCS
	#30 D8 2PCS		#63 S13-14-15 1PCS
	#66 1PCS		



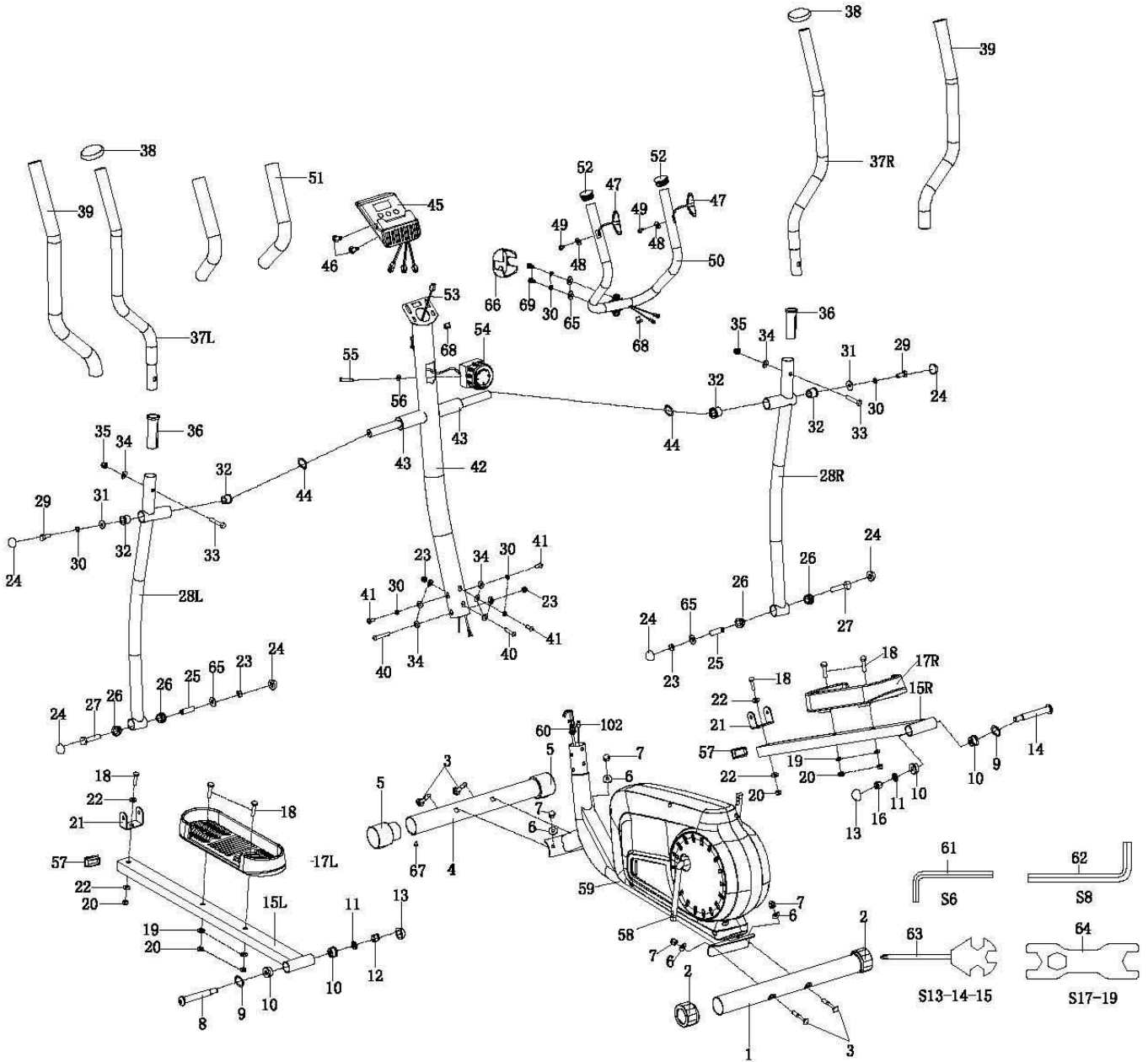
Step 6:

-  #33 M8*35 2PCS
-  #34 $\varnothing 8.5 * \varnothing 20 * 1.5$ 2PCS
-  #35 M8*S13 2PCS
-  #63 S13-14-15 1PCS



EXPLODED DRAWING AND PARTS LIST

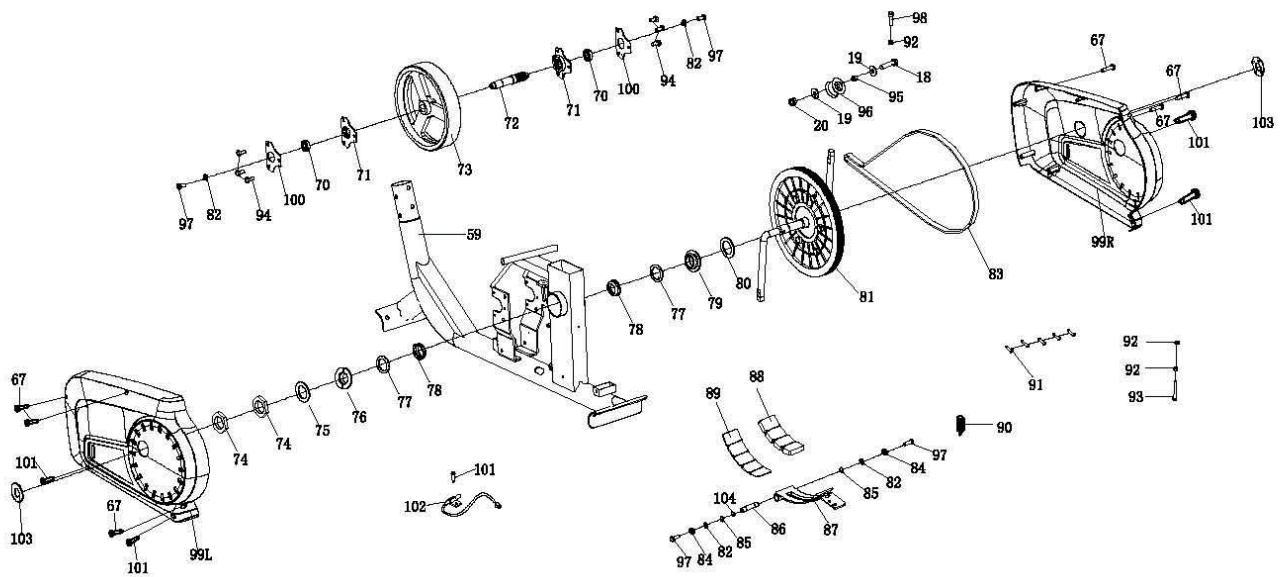
EXPLODED DRAWING 1:



PARTS LIST 1:

No.	Description	Qty	No.	Description	qty
1	Rear Stabilizer	1	35	Domed Nut M8	2
2	Rear Stabilizer End Cap	2	36	Bush	2
3	Square Bolt M10*57	4	37L	Handlebar (L)	1
4	Front Stabilizer	1	37R	Handlebar (R)	1
5	Front Stabilizer End Cap	2	38	Plug ϕ 28	2
6	Arced Washer ϕ 10* ϕ 20*2	4	39	Handlebar Foam	2
7	Domed Nut M10	4	40	Inner Pan Hexagon Bolt M8*60	2
8	Bolt of Pedal(R) ϕ 16*89*1/2"*20-L	1	41	Inner Pan Hexagon Bolt M8*20	3
9	Waved Washer Ring ϕ 26* ϕ 16*0.3	2	42	Upright Tube	1
10	Axle Washer ϕ 28	4	43	Long Axle Washer ϕ 32* ϕ 19*75	2
11	Spring Washer Ring ϕ 13	2	44	Waved Washer Ring ϕ 26* ϕ 19*0.3	2
12	Nylon Nut (L) 1/2"*20-L	1	45	Display	1
13	Ball Cap S18	2	46	Crossed Pan Screw M5*10	2
14	Bolt of Pedal(R) ϕ 16*89*1/2"*20-R	1	47	Pulse	2
15L	Pedal Tube(L)	1	48	Flat Washer ϕ 6* ϕ 12*1	2
15R	Pedal Tube(R)	1	49	Crossed Drown Self-tapping Screw ST4.2*20	2
16	Nylon Nut (R) 1/2"*20-R	1	50	Mid Handlebar	1
17L/R	Pedal (L/R)	2	51	Handlebar Foam	2
18	Small Hexagon Bolt M10*45	7 (+1 spare)	52	Round Inner Plug	2
19	Flat Washer ϕ 10.5* ϕ 20*2	6	53	Mid Wire	1
20	Nylon Nut M10	6	54	Resistance Controller	1
21	U-shaped Support	2	55	Crossed Pan Screw M5*40	1
22	Flat Washer ϕ 10.5* ϕ 26*2	4	56	Arced Washer D5	1
23	Nylon Nut M8	4	57	Square Inner Plug	2
24	Ball Cap S13	6	58	Crank	1
25	Inner Spacer of Axle Washer	2	59	Main Frame	1
26	Axle Washer ϕ 32	4	60	Resistance Controller Down Wire	1
27	Hexagon Bolt M8 \times 65	2	61	Inner Hexagon Wrench S6	1
28L	Pole (L)	1	62	Inner Hexagon Wrench S8	1
28R	Pole (R)	1	63	Multi-Crossed Wrench S13-14-15	1
29	Hexagon Bolt M8*16	2	64	Wrench 17-19	2
30	Spring Washer D8	7 (+1 spare)	65	Flat Washer ϕ 8.5* ϕ 16*1.5	4
31	Flat Washer ϕ 8.5* ϕ 32*2	2	66	Double-hole Clamp	1
32	Axle Washer ϕ 32	4	67	Crossed Pan Self-tapping Screw ST4.2*20	8
33	Hexagon Bolt M8*35	2	68	Hole Plug ϕ 12	2
34	Arced Washer ϕ 8.5* ϕ 20*1.5	9 (+1 spare)	69	Inner Pan Hexagon Bolt M8*30	2

EXPLODED DRAWING 2:



PARTS LIST 2:

70	Bearing 6001RS	2	90	Drag Spring	1
71	Bearing Support	2	91	Crossed Pan Screw ST3*10	5
72	Flywheel Axle	1	92	Hexagon Nut M6	3
73	Flywheel	1	93	Hexagon Bolt M6*60	1
74	Hexagon Nut	2	94	Hexagon Bolt M6*9	6
75	Anti-loosen Washer	1	95	Idle Wheel Spacer	1
76	Double Groove Nut	1	96	Idle Wheel	1
77	Ball Bracket	2	97	Hexagon Bolt M6*15	4
78	Bead Bowl	2	98	Inner Hexagon Socket Cap Screw M6*30	1
79	Tri-groove Nut	1	99L	Chain Cover (L)	1
80	Washer	1	99R	Chain Cover (R)	1
81	Belt Pulley	1	100	Bearing Board	2
82	Flat Washer $\phi 6.5 * \phi 16 * 1.5$	4	101	Crossed Pan Self-tapping Self-drilling Screw ST4.2*16	5
83	Belt 365PJ6	1	102	Needle Type Sensor	1
84	Spring Washer D6	2	103	Hole Plug of Crank	2
85	Snap Ring D12	2	104	Waved Washer Ring $\Phi 15 * \Phi 12 * 0.3$	1
86	Magnetic Board Axle	1			
87	Magnetic Board	1			
88	Black Magnetic	4			
89	Magnetic Grip	1			