

# **CONFIDENCE**

**FITNESS**

**2IN1 ELLIPTICAL CROSS TRAINER & EXERCISE BIKE**



## **USER MANUAL**

**IMPORTANT—PLEASE READ BEFORE USE AND RETAIN FOR FUTURE REFERENCE**

Dear Customer,

Please read this instruction very carefully before using the item.

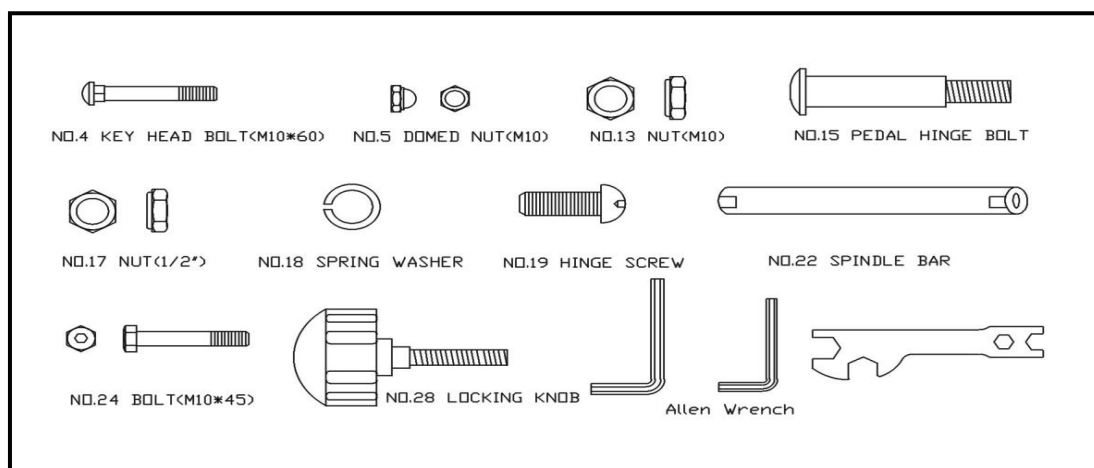
## **IMPORTANT SAFETY NOTICE:**

Note the following precaution before assembling or operating the machine

- 1、 Assemble the machine exactly as the descriptions in the instruction manual.
- 2、 Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
- 3、 Set up the machine in a dry level place and leave it away from moisture and water.
- 4、 Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc..
- 5、 Before beginning training, remove all objects within a radius of 2 meters from the machine.
- 6、 Do not use aggressive cleaning articles to clean the machine, Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
- 7、 Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
- 8、 Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.

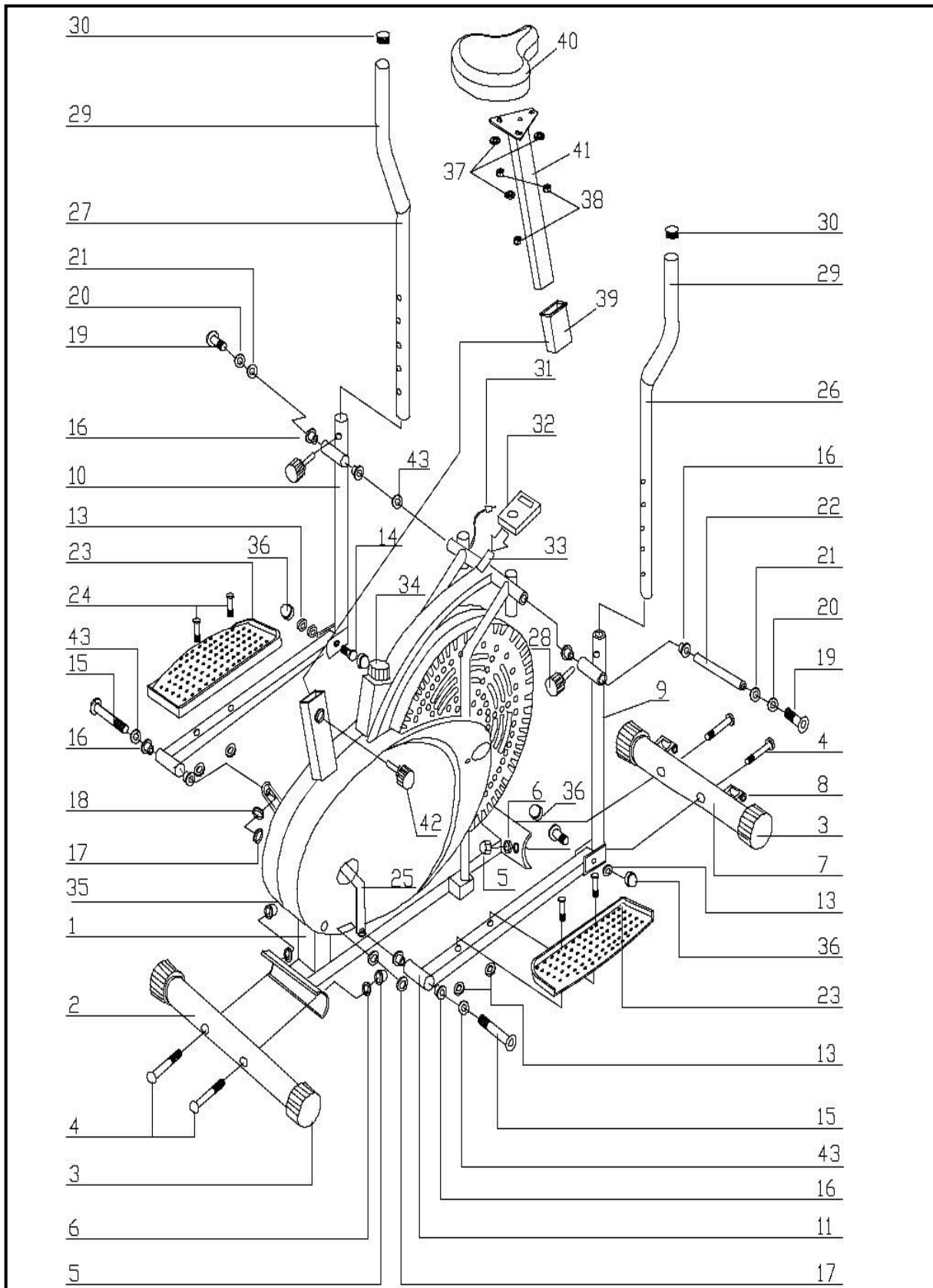
- 9、 This machine can be used for only one person's training at a time.
- 10、 Wear training clothes and shoes, which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
- 11、 If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor.
- 12、 People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
- 13、 The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob, which can adjust the resistance.
- 14、 The maximum user's weight is 250LBS. Persons whose body weight exceeds this limit should not use this machine.

## EXPLODED VIEW AND PARTS LIST



**PLEASE NOTE : PEDAL HINGE BOLTS x 2 (No15) are marked LEFT and RIGHT  
 THE RIGHT PEDAL HINGE BOLT TIGHTENS - CLOCKWISE  
 THE LEFT PEDAL HINGE BOLT TIGHTENS – ANTI CLOCKWISE**

# EXPLODED VIEW & PARTS LIST



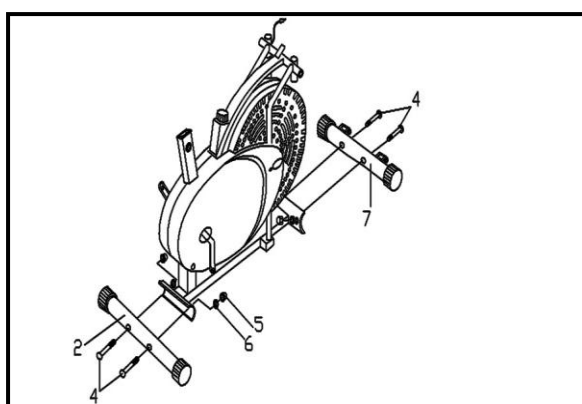
NO	NAME	QUANTITY	REMARK
1	MAIN FRAME	1	
2	REAR STABILIZER	1	
3	END CAP	4	
4	KEY HEAD BOLT (M10*60)	4	
5	DOMED NUT (M10)	4	
6	ARC WASHER	4	
7	FRONT STABILIZER	1	
8	TRANSPORTATION WHEEL	2	
9	LOWER HANDLE BAR (RIGHT)	1	
10	LOWER HANDLE BAR (LEFT)	1	
11	RIGHT PEDAL POST	1	
12	LEFT PEDAL POST	1	
13	NUT (M10)	4	
14	BOLT	2	
15	PEDAL HINGE BOLT	2	1x LEFT : 1 x RIGHT
16	STEEL BUSHING	8	
17	NUT (1/2")	2	
18	SPRING WASHER	2	
19	HINGE SCREW	2	
20	SPRING WASHER	2	
21	D SHAPE WASHER	2	
22	SPINDLE BAR	1	
23	PEDAL	2	
24	BOLT (M10*45)	4	
25	CRANK (LEFT&RIGHT)	2	
26	RIGHT HANDLEBAR	1	
27	LEFT HANDLEBAR	1	
28	LOCKING KNOB	2	
29	FOAM GRIP	2	
30	HANDLEBAR END CAP	2	
31	COMPUTER WIRE	1	
32	COMPUTER	1	
33	COMPUTER HOLDER	1	
34	TENSION CONTROL	1	
35	CHAIN COVER	2	
36	ARC WASHER	4	
37	WASHER	3	
38	NUT (M8)	3	
39	PLASTIC INSERT	1	
40	SADDLE	1	
41	SADDLE POST	1	
42	KNOB	1	

# ASSEMBLY INSTRUCTIONS:

## 1.PREPARATION:

- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

## 2.ASSEMBLY INSTRUCTIONS:

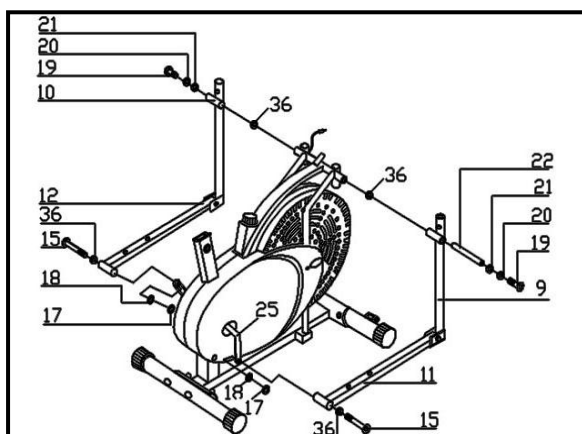


**FIG.1**

**FIG.1:**

Attach the Front Stabilizer (NO.7) and the Rear Stabilizer (NO.2) with four sets of Carriage Bolts (NO.4), Washers (NO.6) and Domed Nuts (NO.5).

N.B. The Front Stabilizer has the integral transport wheels.



**FIG.2:**

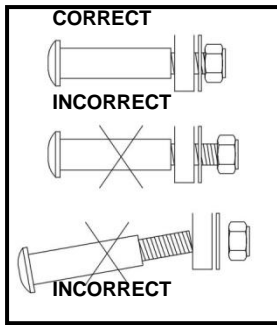
Insert the Spindle Bar (NO.22) through the Right Lower Handlebar (NO.9) and through the main frame, and, then, through the arc washer (NO.36) and the Left Handlebar (NO.10). Put a D Sharp Washer and a Spring Washer (NO.20 & 21) on either side of the Spindle Bar and tighten both ends using the Hinge Screws (NO.19).

Insert a Pedal Hinge Bolt (NO.15) and put the arc washer (NO.36) through the Pedal Post (NO.11 for the right side, NO.12 for the left). Put a Spring Washer (NO.18) on the bolt, then pass it through the Crank (NO.25), and secure the bolt with an M12 Nut (NO.17). Repeat this procedure for the left side.

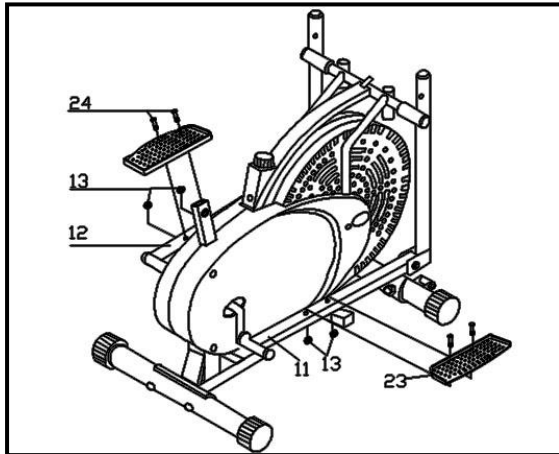
**PLEASE NOTE :**

**PEDAL HINGE BOLTS (No15)**  
**Are marked LEFT and RIGHT**  
**the RIGHT bolt tightens CLOCKWISE**  
**the LEFT bolt tightens ANTI CLOCKWISE**

**IMPORTANT**



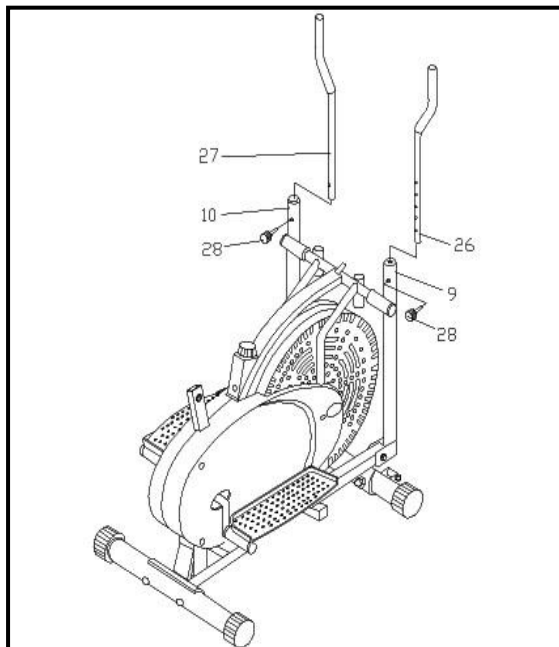
In order to install the hinge bolt properly, keep it perfectly straight as the bolt goes through the pedal tubing and the crankshaft. If the hinge bolt is connected to the crankshaft at an angle, damage to both the hinge bolt and the crankshaft may occur.



**FIG.3**

FIG.3:

Attach the Pedals (NO.23) to the Pedal Posts (NO.11 & NO.12), using two M10\*45 Bolts (NO.24) and two M10 Nuts (NO.13) for each side.



**FIG.4**

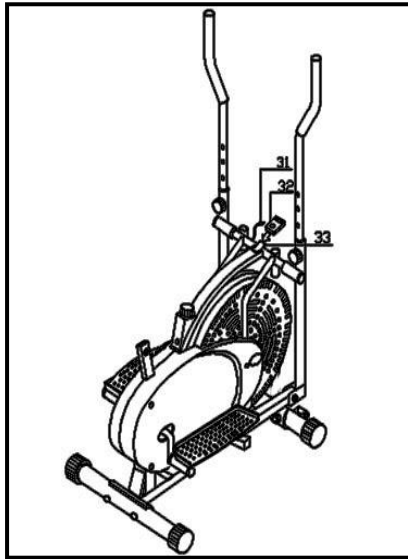
FIG.4

When fixing your Handlebars (NO.26 & NO.27), you can either select the dual-action mode or the fixed mode.

*Dual-action mode:* To allow the handlebars to move along with the pedals, attach them to the lower handle bars. Select a height setting that is comfortable for you and make sure both handlebars are set at the same height. Lock each handlebar in place with the locking knobs (NO.28). See Fig.4.

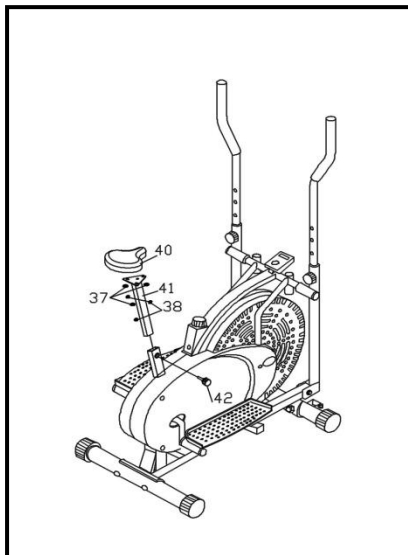
*Fixed mode:* To keep the handlebars stationary, attach them to the tubing on the main frame between the lower handlebars.

As with the dual-action mode, set both handlebars at the same comfortable height and secure them in place with the Locking Knobs (NO.28).



**FIG.5**

FIG.5:  
Insert the Computer Wire (NO.31) into the Computer (NO.32), then slide the Computer (NO.32) onto the Computer Holder (NO.33).



**FIG.6**

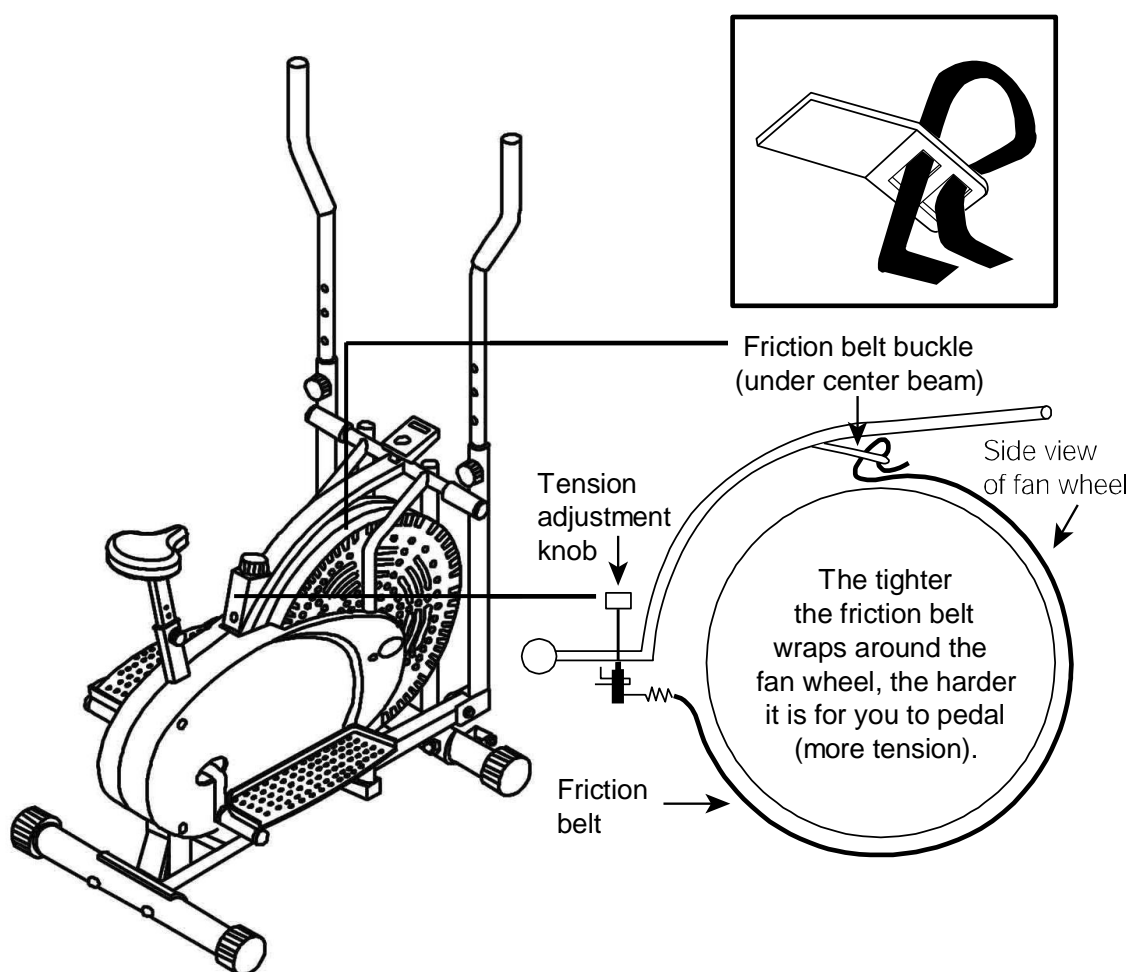
FIG.6:  
Remove the washer (NO.37) nut (NO.38) from the saddle (NO.40), attach the saddle and saddle post (NO.41) as shown in FIG.6, re-insert and tighten the bolts.  
Insert the saddle post into the main frame as shown in FIG.6, insert and tighten the knob (NO.42).

The assembly of your strider is now complete. When you try it for the first time, you should adjust the tension to the correct level before you begin a full workout. For minute tension adjustment, simply use the Tension Adjustment Knob (pt.34). Turning the adjustment knob allows you to change the tension level and vary the intensity of your workout as you exercise.

For greater tension adjustment, you may loosen or tighten the friction belt by re-strapping it. To do so, first turn the tension adjustment knob to the loosest setting. Then re-strap the belt at the buckle on the top of the fan wheel just beneath the center beam.

The more length you allow on the friction belt the less friction it will cause (less tension). Re-adjust the tension knob after you finished re-strapping.





**REVERSIBLE MOVEMENT**

Remember, your strider has REVERSIBLE movement!

Forward pedaling exercises your quadriceps (front thigh muscles), while backward pedaling targets your hamstrings (back thigh muscles).

Take advantage of these facts to make your workout less fatiguing and more fun.

**CAUTION: MAKE SURE YOU HAVE TIGHTENED ALL THE BOLTS AND NUTS WELL BEFORE BEGINNING YOUR WORKOUT.**

**NOTE: THE END CAP ON THE FRONT STABILIZER TUBE IS MOVABLE, WHICH IT IS EASY FOR YOU TO MOVE YOUR TRAINING BIKE, AND THE END CAP ON THE REAR STABILIZER CAN ADJUST THE PARALLELISM.**

# EXERCISE COMPUTER

## BUTTON FUNCTIONS:

**MODE:** PRESS TO SELECT FUNCTION,  
AND HOLD ON FOR 4 SECONDS  
FOR A TOTAL RESET.

## FUNCTIONS

**SCAN** AUTOMATICALLY SCANS THROUGH  
EACH FUNCTION AT INTERVALS OF  
6 SECONDS.

**TIME** DISPLAYS TOTAL WORKING TIME UP  
TO 99:59 MINUTES.

**SPEED** DISPLAYS THE CURRENT SPEED UP TO  
99.9KM/H OR ML/H. THE VALUE WILL  
STAY ON THE MONITOR CONTINUOUSLY.

**DISTANCE** DISPLAYS TOTAL WORKING DISTANCE OF  
UP TO 99.99KM OR ML FROM ZERO.

**CALORIES** DISPLAYS CALORIE CONSUMPTION DURING  
EXERCISE. MAXIMUM VALUE IS 9999 CALORIES  
(THIS DATA IS A ROUGH GUIDE FOR COMPARISON OF  
DIFFERENT EXERCISE SESSIONS AND SHOULD NOT BE  
USED AS A BASIS FOR MEDICAL TREATMENT)

## NOTE:

1. WHEN YOU STOP EXERCISING, A "STOP" SIGN WILL APPEAR ON THE UPPER-LEFT CORNER OF THE MONITOR.
2. IF THERE IS NO SIGNAL FOR A PERIOD OF 4 MINUTES, THE DISPLAY WILL SHUT DOWN AUTOMATICALLY WITH ALL FUNCTION VALUES STORED.
3. TURN ON THE MONITOR BY PRESSING THE BUTTON OR BY PEDALING.
4. IF MONITOR DISPLAY IS FAULTY, PLEASE TRY REINSTALLING THE BATTERIES.
5. BATTERY SPEC: 1.5V UM-3 OR AA (2PCS).

## TROUBLE SHOOTING.

1. **Changing the batteries.** To change the computer batteries, please slide the computer from the computer holder, remove the battery cover on the back of the computer console, and remove the batteries. Replace with 2 x AA batteries. Finally, put the cover back on the console, and slide the computer back onto the computer holder.

2. **Computer not working correctly.** If your computer is not working correctly, please check whether the computer sensor wire is plugged into the computer. If you have checked the above and the computer is still not working, then please make sure the batteries are still working and that they are installed correctly in the computer.

**No resistance.** If there is no tension resistance, please turn the tension adjustment knob to its lowest level, and then go to the friction belt buckle which is located on top of the fan wheel beneath the center beam. Loosen the friction belt, pull it through the buckle until you can feel some resistance on the belt, and then lock it back around the buckle. Now mount your Aero Elliptical Strider and turn the pedals. If you find it is now too tight, go back to the friction belt buckle and loosen the belt slightly.

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