

**HPF**®



# Cross Trainer - XTR4

## User Manual

RETAIN THIS MANUAL FOR FUTURE REFERENCE

PLEASE READ THIS MANUAL CAREFULLY BEFORE USE

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# Safety

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.
2. Ensure user is aware of speed when starting. Turning on device at a high speed then starting exercise can cause serious injury.
3. 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.
4. 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, and extreme shortness of breath, light headedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
5. Keep children and pets away from the equipment. The equipment is designed for adult use only.
6. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.6 meters of free space all around it, and should have enough free space when users get on and off the equipment.
7. Before using the equipment, check that the nuts and bolts are securely tightened. 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.
8. There are many functions which will be displayed when using the equipment. These measurements are as accurate as possible but are not 100% exact. They are to be used as a guide, not scientific evidence.
9. 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.
10. This equipment is designed for indoor and family use only. Maximum weight of user: 120KG.
11. Care must be taken when lifting or moving the equipment so as not to injure your back.
12. The equipment is not suitable for therapeutic use.
13. Please save this manual and assembling tools well.

# Set-up

## Included Parts

Size	Image	Quantity	Size	Image	Quantity
$\varnothing 8 \times 27$		4	M8 x 45		4
M6 x 16mm		4	Multi tools		1 (set)
$\varnothing 16 \times 89mm$		2	Caps A. 13mm B. 17mm C. 19mm		A. 6 B. 2 C. 2

# Assembly Instructions

## Step 1

Connect the base feet

Also ensure that the bolts are inserted from underneath and the nut is on top. This will ensure that when transporting, the nut cap does not drag along the floor.

1.1



1.2



## Step 2

Prepare front frame

Do not remove elastic band - This will ensure that the cables are easily accessible when needed.

Also turn the dial to 1 - This will give the cable more slack to work with



**Step 3**

Connect the wires together

**3.1**



**3.2 Fit tension cable**



**3.3**

Insert the ball end into the pulling arm



**3.4**

Pull the tension cable up and over the shoulder and sit into place and remove the screws placed at the neck of the frame base.



**Step 4**

Remove screws from base. Attach the front frame and screw the screws back to where they were.

**Step 5**

Attach the side frames

**5.1** Locate the side frames and place on the correct sides of the base

**5.2**



## BEFORE CONTINUING ASSEMBLY YOU MUST READ THE FOLLOWING IMPORTANT INFORMATION.

### PLEASE NOTE:



Left Bolt is reverse thread to be fastened  
**ANTI-CLOCKWISE.**



**LEFT M12 Nut  
(Blue)**



Right Bolt is regular thread



**RIGHT M12 Nut  
(BEIGE)**

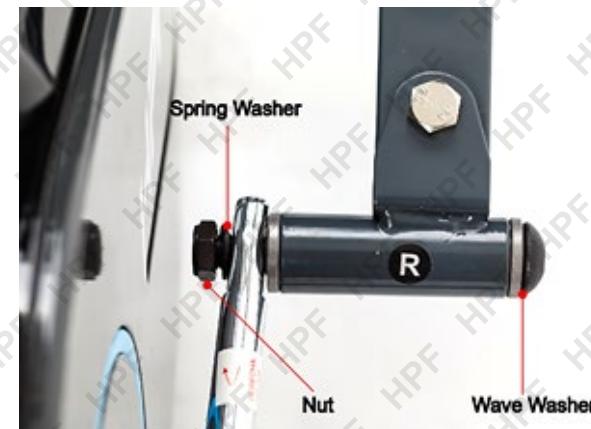


ANY DAMAGES TO THE BOLT OR PRODUCT CAUSED BY FAILURE TO FOLLOW THESE STEPS BELOW MAY RENDER THE PRODUCT'S WARRANTY VOID.

**IMPORTANT: THE LEFT HAND BOLT AND NUT (BLUE) IS A REVERSE THREAD (ANTI-CLOCKWISE).**

The bolt has an L imprinted on the head. Be sure to use the correct bolts (marked L or R) and the correct nuts (Left-blue/Right-beige) on the appropriate side.

- When installing, ensure the wave washer and spring washer are correctly located
- Tighten the bolt through the crank arm as pictured. Ensure the wave washer pushes up hard against the bolt head once installed.
- Tighten the nut on the bolt until the spring washer is flat against the crank. As it is a threaded nut, this will require extra force.



*Note: Your product may have slight cosmetic differences to this image.*

**FAILURE TO FOLLOW THE PROCEDURE EXACTLY AS DESCRIBED MAY CAUSE DAMAGE TO THE BOLTS/CRANK/NUTS AND COULD VOID YOUR WARRANTY.**



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.

**Step 6**

Attach the foot pads

**Step 7**

Attach the long handles using the 4x Ø8 x 27 & M6 x 16mm provided.

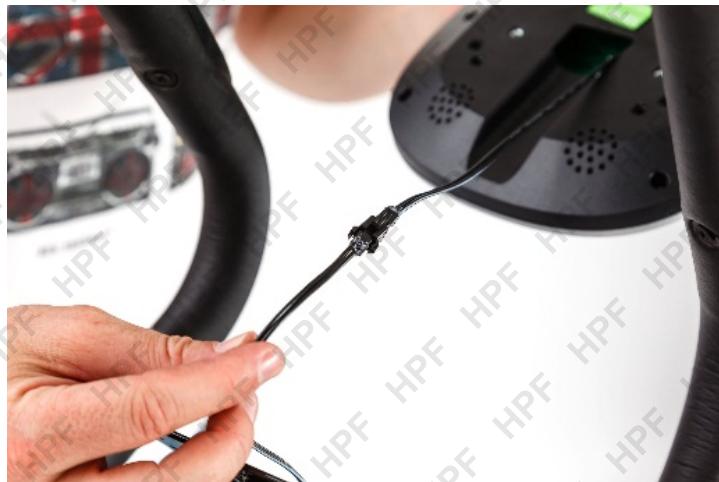
**Step 8**

Attach the sensor handle



**Step 9**

**9.1 Attach the control panel**



**9.2**



**9.3**



# Operation

## User Data

Before your first workout, it's ideal to setup your user data for training and tracking purposes. Please press the BODY FAT key then enter your sex, age, height and weight. This data will be saved at all times, unless the batteries are removed.

## Clock Mode

- After 4 minutes of inactivity (no pedals/wheels turned or buttons pressed) the monitor will go into clock mode. Pressing the ENTER key will switch between temperature and clock while pressing any other key will quit clock mode.
- To set up the TIME or ALARM, hold down the ENTER key for 3-5 seconds. Press the UP and DOWN keys to change parameter and ENTER to confirm.
- When the monitor is displaying "NO SPEED", holding down the ENTER and UP keys for 3-5 seconds will enter into clock mode.

## Functions and Features

**CLOCK:** Displays the time in hours, minutes and seconds.

**ALARM:** The trainer will sound an alarm according to parameters set by user.

**TEMPERATURE:** Displays the current temperature.

**SCAN:** This function will display each feature (TIME, SPEED, DISTANCE, CALORIES, PULSE, RPM, BODY FAT and PULSE RECOVERY) for 6 seconds each. When the monitor exits manual-scan, "SCAN" will display for 2 seconds then switch to auto-scan. Pressing the ENTER key will exit the auto-scan function.

**TIME:** Shows your workout time in minutes and seconds. The monitor will automatically count up from 0:00 to 99:59 (1 hour and 40 minutes) in one second intervals. You may also program the monitor to count down from a set time by pressing the UP and DOWN keys. If you continue exercising once the time has reached 0:00, the monitor will begin beeping, and reset itself to the original time set, letting you know your workout is done.

**SPEED:** Displays your workout speed in KM/MILE per hour. If there is no input for speed, then the monitor will display "NO SPEED" on the window.

**DISTANCE:** Displays the accumulative distance travelled during each workout up to a maximum of 99.9KM/MILE.

**CALORIES:** The monitor will estimate the cumulative calories burned at any given time during your workout.

**PULSE:** The monitor displays your pulse rate in beats per minute during your workout. If there is no input for pulse, then the monitor will display "NO PULSE" on the window.

**RPM:** Your pedal cadence (revolutions of 1 pedal, per minute).

**AGE:** The monitor can be programmed from ages 10 to 99 years. The default age is 35 if it is not set.

**PULSE RECOVERY:** During the START stage, grip your hands on the handles or place the chest transmitter attached and then press the "PULSE RECOVERY" key, then the monitor will show "HOLD SENSOR" to remind you. Time starts counting from 01:00 - 00:59 - - to 00:00. As soon as 00:00 is reached, the monitor will show

your heart rate recovery status with a grade of F1.0 to F6.0 and message window will show your workout situation. The details are as follows:

1	Means OUTSTANDING
Between 1 and 2	Means EXCELLENT
Between 2 and 3	Means GOOD
Between 3 and 4	Means FAIR
Between 4 and 5	Means BELOW AVERAGE
6	Means POOR

**NOTE:** If there is no input for pulse, then the monitor will show “NO PULSE” on the message window. If the monitor displays “DETECTED FAIL”, please re-press the PULSE RECOVERY key and please make sure that your hands have a firm hold on the grips or the chest transmitter is attached well.

## Key Functions

**UP key:** When entering data or setting parameters, pressing the up key will increase value.

**DOWN key:** When entering data or setting parameters, pressing the down key will decrease value

**NOTE:** During the setting mode, you can hold UP and DOWN keys together for over two seconds then the setting value will reset to Zero or default value.

**ENTER/RESET key:**

Press this key to confirm any parameter setting or data entry.

“NO SPEED” mode, by holding this key for over two seconds, the monitor will re-power-on.

**BODY FAT key:** Press the key to enter your personal data before measure your body fat ratio.

**MEASURE key:** Press the key to get your body fat ratio and BMI and BMR.

**FAT %:** Indicate your body fat percentage after measurement.

**BMI (Body Mass Index):** BMI is a measure of body fat based on height and weight that applies to both adult men and women.

**BMR (Basal Metabolic Rate):** Your Basal Metabolic Rate (BMR) shows the number of calories your body needs to operate. This doesn't account for any activity, it's simply the energy needed to sustain a heartbeat, breathing and normal body temperature. It measures the body at rest, not during sleep, in room temperature.

**PULSE RECOVERY key:** Press the key to activate heart rate recovery function.

### Error Message

**E:** If the speed is over 999.9 MPH/KPH, then the monitor will display “E”.

**Err:** When you are in either the measure the body fat function or pulse recovery function, if there is no pulse signal input within 20 seconds, then the monitor will display “Err”. You can repress any key to remove the Err message.

# Suggested Warm-up Exercises

These exercises are ideal for maintaining strength and flexibility and help avoid stiffness which can result from workouts. A few minutes of these, before and after your workouts, are the best times to do them.

## Inner Thigh Stretch



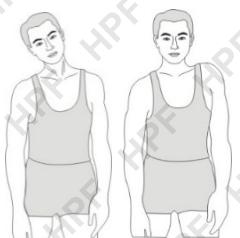
Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor with your elbows. Hold this position for 30 seconds.

## Hamstring Stretch



Sit with your leg extended and rest the sole of your other foot against your inner thigh. Lean toward your toe as far as possible. Hold this position for 15 seconds. Relax and then repeat with opposite leg extended.

## Head Roll & Shoulder Lifts



Lean your head to the right for 5 seconds feeling the stretch up the left side of your neck. Bend your head back for 5 seconds, stretching your chin to the ceiling. Lean your head to the left for 5 seconds and finally, drop your head forward with your chin touching your chest for 5 seconds.

Lift your right shoulder towards your ear for 10 seconds. Lift your left shoulder up for 5 seconds as you lower your right shoulder.

## Calf-Achilles Stretch



Lean against a wall with your left leg in front and your arms forward. Keep your right leg straight and your left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold this position for 15 seconds then do the same on the opposite side.

## Toe Touch



Stand up straight and slowly bend forward at your waist, letting your back and shoulders relax. Reach as far as you can and hold for 15 seconds

## Side Stretch



Spread your arms to the side (like a plane) and slowly lift them up to the ceiling. Bend one hand in at the wrist and hold for 15 seconds. Spread your arms to the side and repeat with opposite hand.



**Some experts believe that the incorrect or prolonged use of almost any product may cause serious injury or death. To help reduce your risk of serious injury or death, refer to the information below. For more information, see [www.datastreamserver.com/safety](http://www.datastreamserver.com/safety)**

- Consult all documentation, packaging and product labelling before use. Note that some products feature documentation available online. It is recommended to print and retain the documentation.
- Before each use, check the product for loose/broken/damaged/missing parts, wear or leaks (if applicable). Never use a product with loose/broken/damaged/missing parts, wear or leaks.
- Products must be inspected and serviced (if applicable) by a qualified technician every 6 months. This is based on average residential use by persons of average size and strength, and on a property of average metropolitan size. Use beyond these recommendations may require more frequent inspections/servicing.
- Ensure that all users of the product have completed a suitable industry recognised training course before being allowed access to the product.
- The product has been supplied by a general merchandise retailer that may not be familiar with your specific application or description of application. Be sure to attain third-party approval from a qualified specialist for your application before use, regardless of any assurances from the retailer or its representatives.
- This product is not intended for use where fail-safe operation is required. As with any product (for example, automobile, computer, toaster), there is the possibility of technical issues that may require the repair or replacement of parts, or the product itself. If the possibility of such failure and the associated time it may take to rectify could in any way inconvenience the user, business or employee, or financially affect the user, business or employee, then the product is not suitable for your requirements. This product is not intended for use where incorrect operation or a failure of any kind, including but not limited to, a condition requiring product return, replacement, parts replacement or service by a technician may cause financial loss, loss of employee time or an inconvenience requiring compensation.
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