



# Elliptical Cross Trainer – XTR5

## User Manual

[Revision 9.0 August 2016]

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

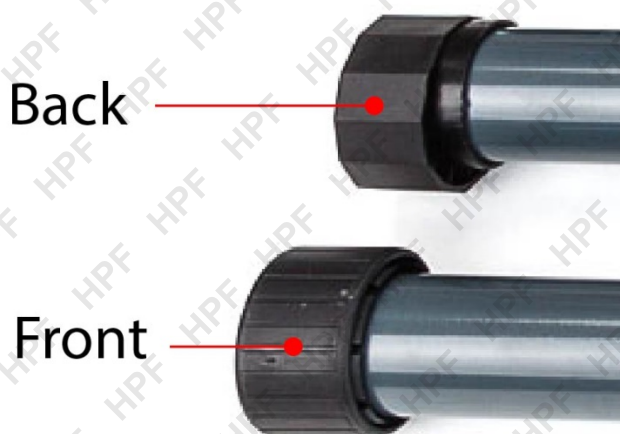
Size	Image	Quantity	Size	Image	Quantity
Ø8 x 27mm		4	M8 x 45mm		4
M6 x 16mm		4	Multi tools		2 (set)
Ø16 x 89mm		2	<b>Caps</b> A. 13mm B. 17mm C. 19mm		A. 6 B. 2 C. 2

# Assembly Instructions

## Attaching the base footings (front and back)

### Step 1

**1.1** Make sure the correct pieces are used for front and back.



**1.2** Ensure that the bolts are pointing up, otherwise the nuts caps will drag and get caught on the ground when transporting



## Preparing the front frame

### Step 2

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





## Connecting the wires and cables

### Step 3

#### 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.



## Attaching the side frames and foot pads

#### Step 5

**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



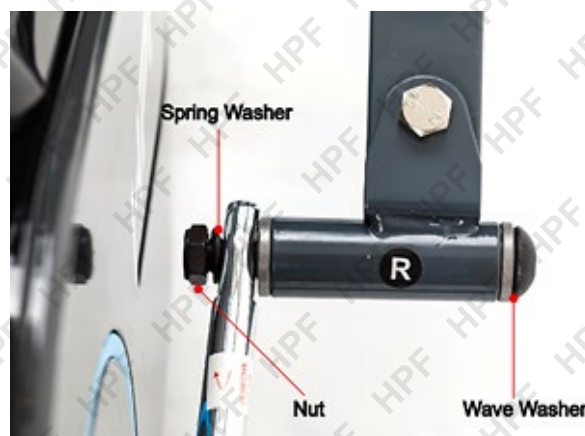
**RIGHT M12 Nut (BEIGE)**

**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.



# Attaching the sensor handles and control panel

## Step 8

### 8.1



### 8.2



## Step 9

### 9.1 Attach the control panel



### 9.2



### 9.3



# Operation

## AUTO ON/OFF

The unit will automatically turn on once movement of cycling begins or when any button is pressed.

The unit will automatically turn off when there is approximately 4 minutes of inactivity. This includes no cycling movement or pressing of any buttons.

## RESET

The unit can be reset by either removing battery or by holding the MODE key for 3 seconds.

## MODE

Choose SCAN or LOCK. If you do not want the scan mode, press the MODE key when the pointer begins blinking on the function that you want.

# Functions

- **TIME:** Press the MODE key until the pointer locks on to TIME. The total working time will be shown when you begin exercising.
- **SPEED:** Press the MODE key until the pointer advances to SPEED. The current speed will then be shown.
- **DISTANCE:** Press the MODE key until the pointer advances to DISTANCE. The distance of each workout will then be displayed.
- **CALORIE:** Press the MODE key until the pointer locks on to CALORIE. The calories burned will be displayed when you begin exercising.
- **ODOMETER (if equipped):** Press the MODE key until the pointer advances to ODOMETER. The total accumulated distance will then be shown.
- **PULSE (if equipped):** Press the MODE key until the pointer advances to PULSE. User's current heart rate will then be displayed in beats per minute. Place the palm of your hands on both of the contact pads (or put the ear-clips to your ears), and wait for about 30 seconds for the most accurate reading.
- **SCAN:** This will display each function (TIME, SPEED, DISTANCE, CALORIE, ODOMETER, and PULSE) for 4 seconds each.

# Key Functions

- **MODE:** This key lets you select different functions.
- **SET:** This key displays "TIME" "DISTANCE" or "CALORIES" and allows you to monitor desired unit of measurement during workout.
- **CLEAR (RESET):** This key will reset all values and parameters to "0" zero.
- **ON/OFF (START/STOP):** This key will stop or start monitoring of workout



# Suggested Warm-up Exercises

These exercises are ideal 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 you 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 you 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.
- If this product has been purchased in error when considering the information presented here, contact the retailer directly for details of their returns policy, if required.



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