HPF ®

Cross Trainer - XTR4

User Manual

RETAIN THIS MANUAL FOR FUTURE REFERENCE

PLEASE READ THIS MANUAL CAREFULLY BEFORE USE

Table of Contents

Safety Information and Precautions

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, 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.

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Assembly Instructions

Included parts for assembly

		QTY
	#1 M8x73x20xH5	4
	#2 d8xØ20x2xR30	8
	#3 M8xH16xS13	4
	#4 M8x16xS6	4
	#5 d8	4
	#6 S13	6
	#7 M8x19xS14	2
	#8 d8Ø32x2	2
	#9 Ø16x89x23x0.5xS8	2
	#10 d17xØ25x0.3	2
	#11 12.25mm	2
	#12 0.5x20xH8xS19	2
	#13 S16	2
	#14 S18	2
	#15 M8x45x20xS14	4
	#16 d8xØ16x1.5	4
	#17 M8xH7.5xS13	4
	#18 Ø8x27.5xH4xM6x20	4
	#19 M6x16xS5	4
	#20 M8x30xS6	2

S 6 A

S13-S14-S16 B

S17-S19 C

D S8

S5 E

Assembly instructions and procedures

Step 1: Assemble the base
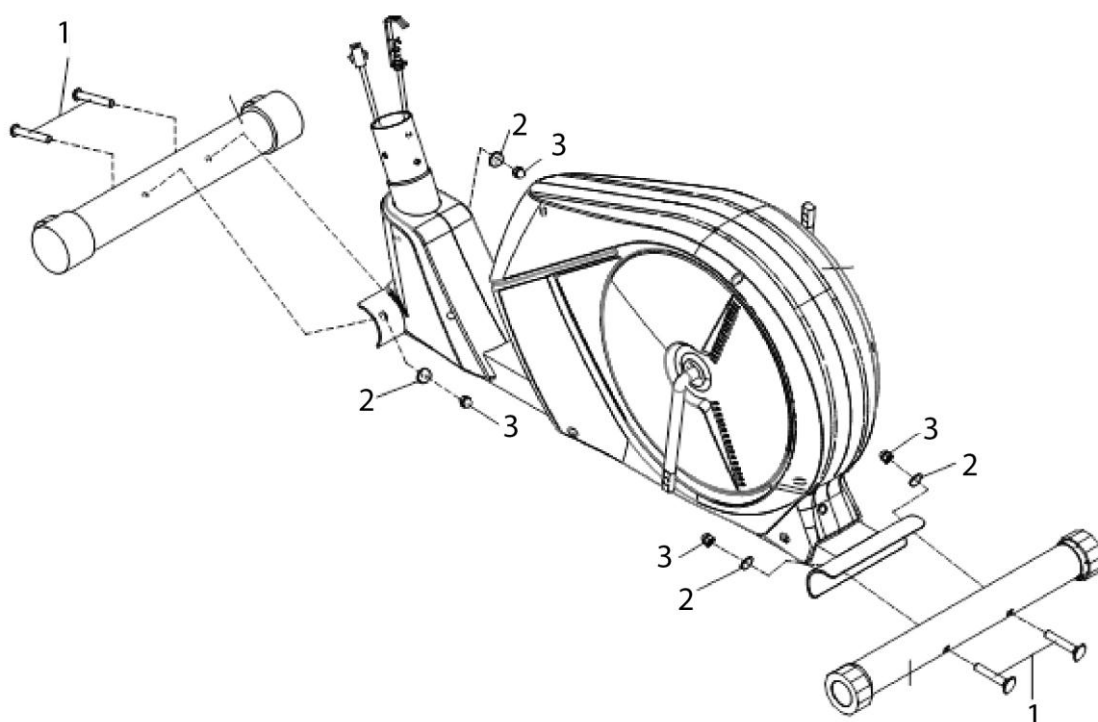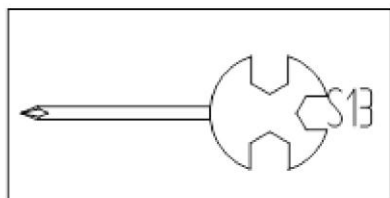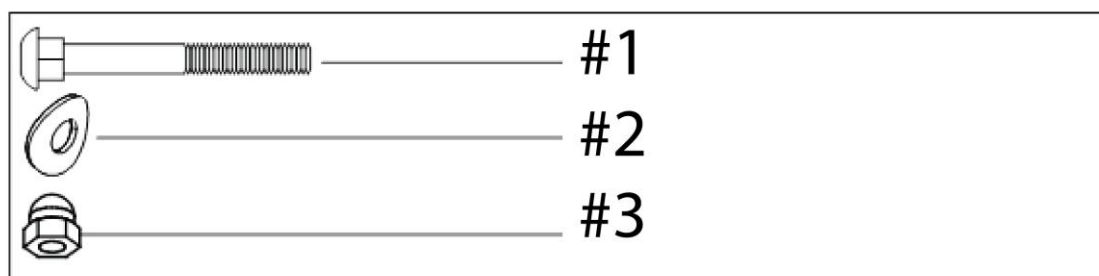
Step 2: Assemble the front frame

Also assemble the tensioning cable as shown in Fig 1

Fig 1
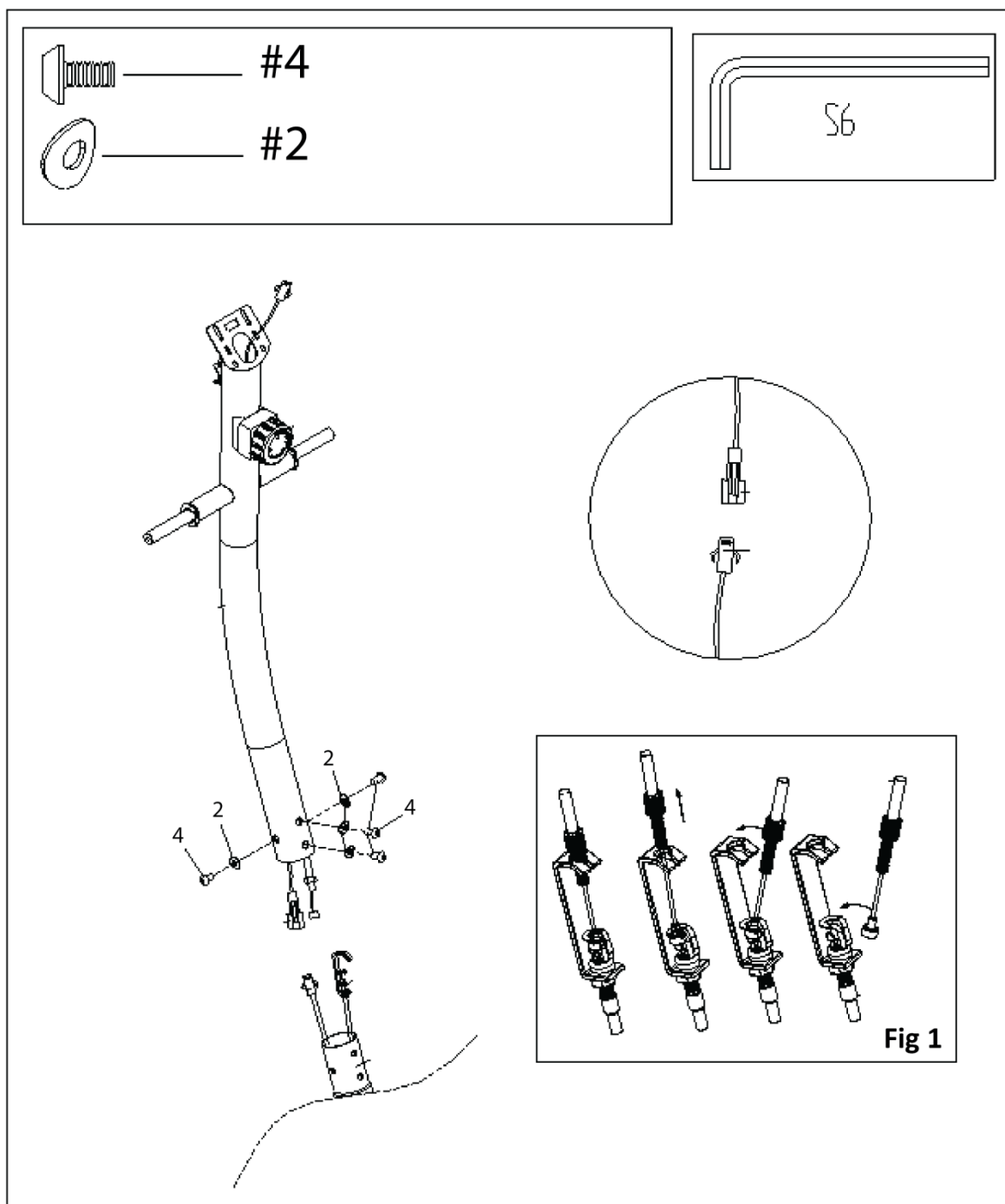
Step 3: Assemble the side braces
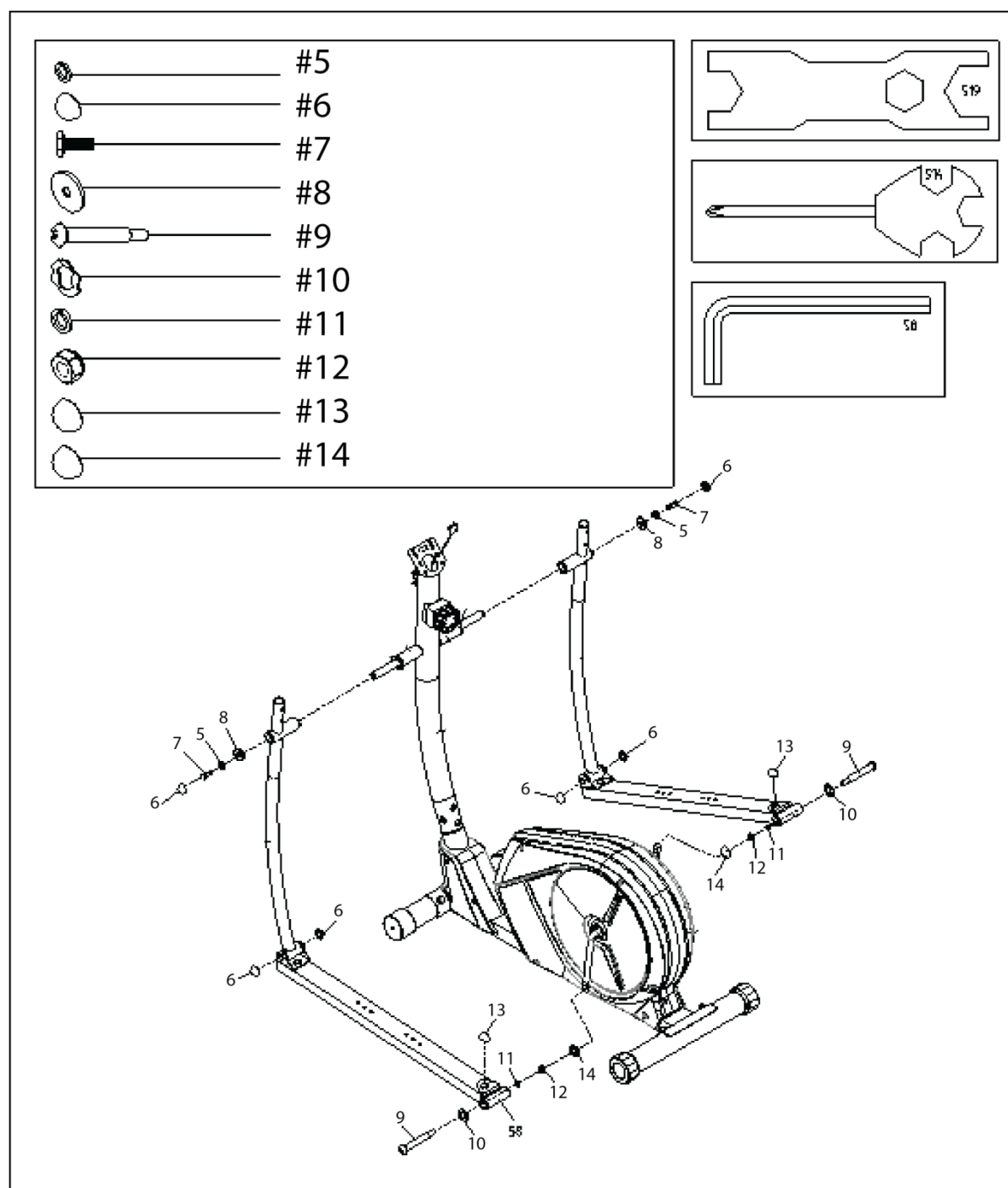
Step 4: Fix the foot grips to the lower braces
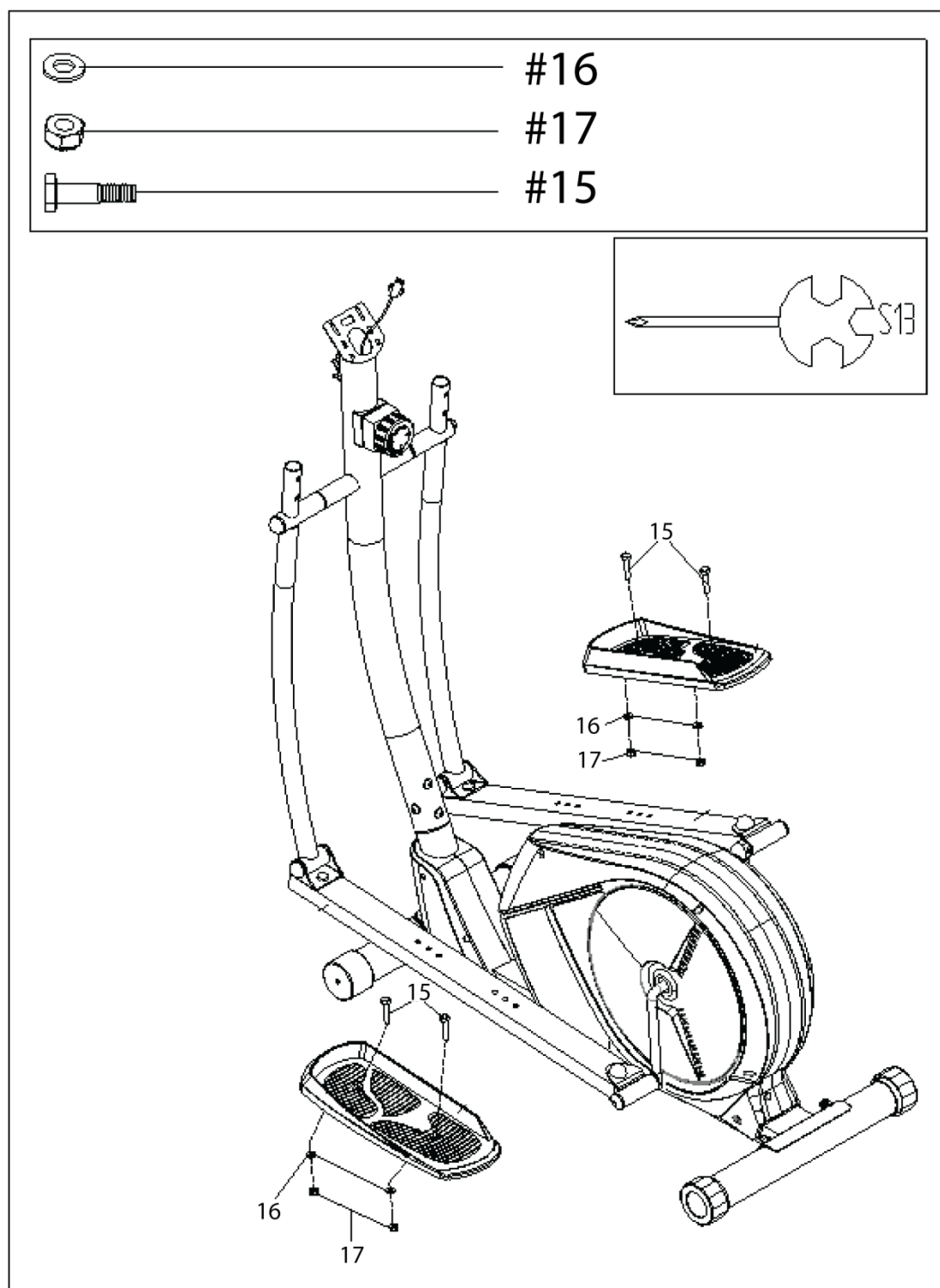
Step 5: Connect the handles to the side braces
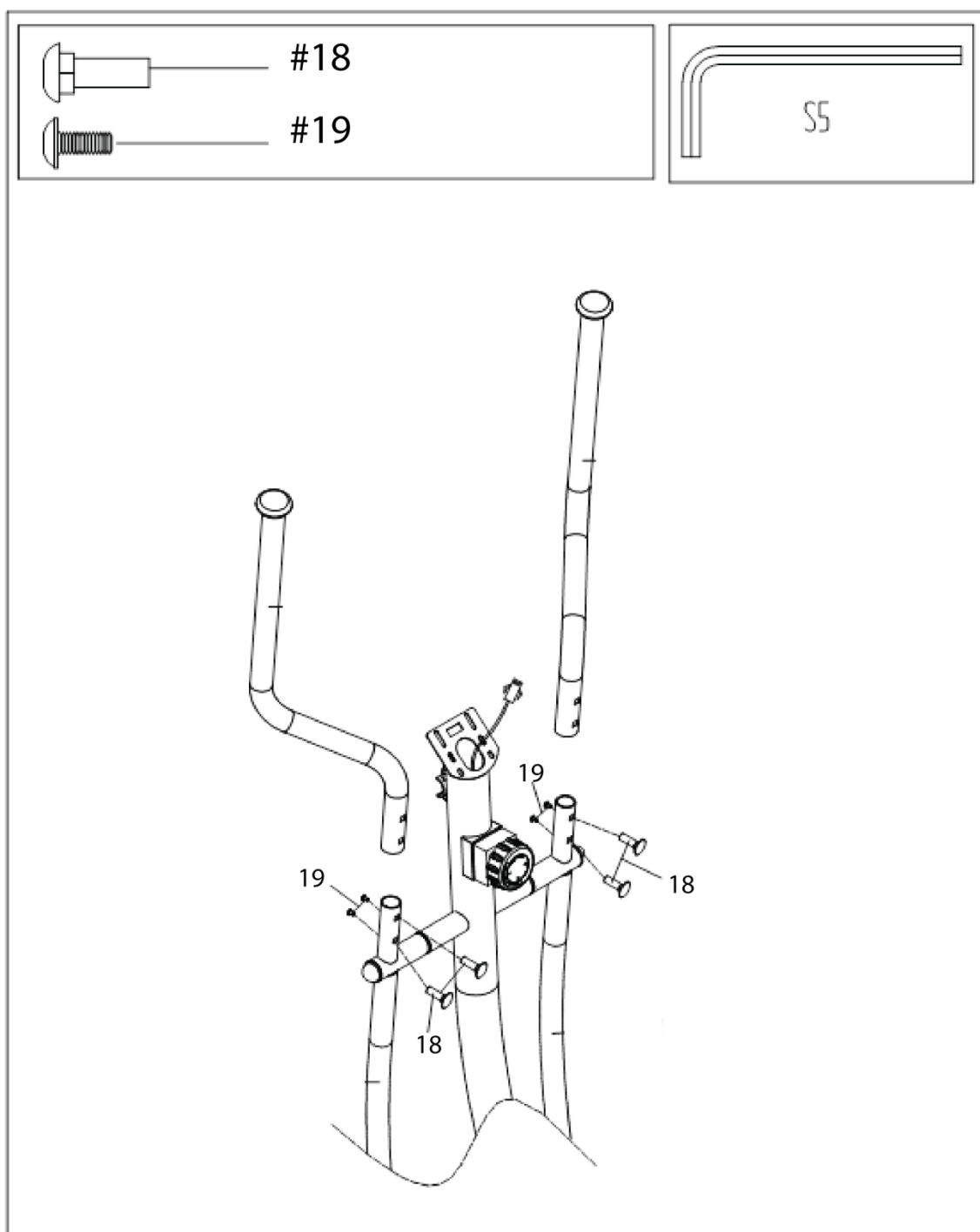
Step 6: Attach the sensored handles to the front frame

#20

#5

S6

20 5
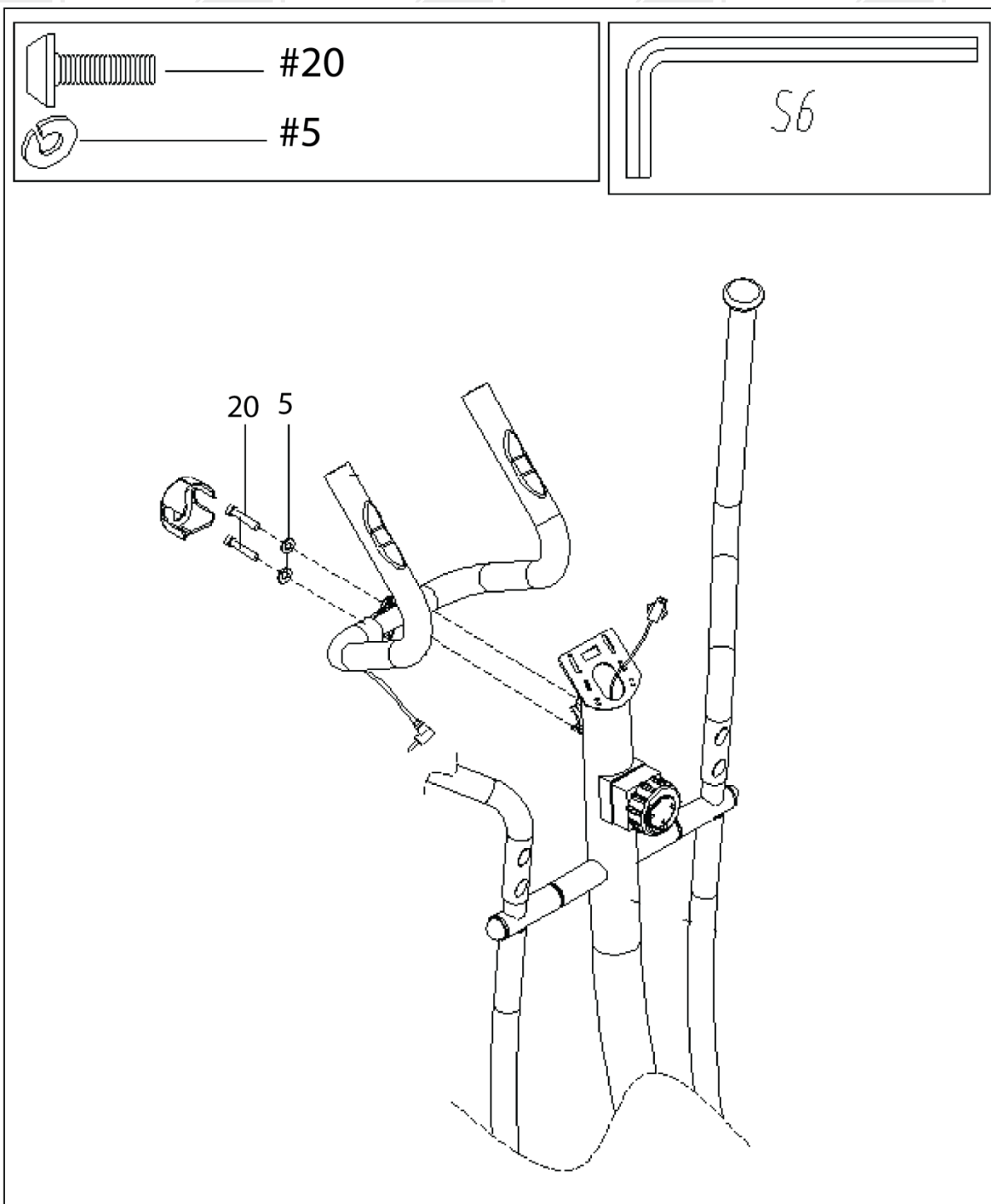
The monitor can now be fitted and exsicing can begin!

Don't forget to follow safety precautions!!

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Set up tips

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 many 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 programed 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: *(Please read next page…)*

1	means OUSTANDING
Between 1 & 2	means EXCELLENT
Between 2 & 3	means GOOD
Between 3 & 4	means FAIR
Between 4 & 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:

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

b) "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.

a) FAT %: Indicate your body fat percentage after measurement.

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

c) 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 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.
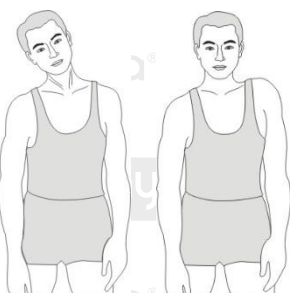
Head Roll & Shoulder Lifts

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.

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