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Cross Trainer XTR2

User Manual

[Revision 5.0 October 2018]

READ THIS MANUAL CAREFULLY BEFORE USE – FAILURE TO DO SO MAY RESULT IN INJURY, PROPERTY DAMAGE AND MAY VOID WARRANTY. • Keep this manual for future reference. • Products covered by this manual may vary in appearance, assembly, inclusions, specifications, description and packaging.

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Safety

Note the following precautions before assembling or operating the XTR2.

SAVE THESE INSTRUCTIONS.

- **THE MAXIMUM WEIGHT CAPACITY OF THE XTR2 IS 110KG (250 LBS).** Persons whose body weight exceeds this limit should NOT use this machine.
- Keep children and pets away from the XTR2 at all times. Do NOT leave unattended children in the same room with the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
- Position the XTR2 on a clear, level surface. DO NOT use near water or outdoors.
- Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
- Use the XTR2 only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
- DO NOT place any sharp objects around the XTR2.
- Handicapped or disabled persons should not use the XTR2 without the presence or a qualified health professional or physician.
- Before exercising, always do stretching first.
- NEVER operate the XTR2 if it is not functioning properly.

WARNING! BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING.

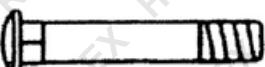
Assembly and Usage

Before You Begin

1. Locate a comfortable work site. Assemble your XTR2 Elliptical Cross-Trainer in an open space with adequate ventilation and lighting. Because the XTR2 is portable to some extent, you need not assemble it exactly where it is to be used. For your convenience, however, you should avoid hauling the machine across excessive distances, through narrow passageways or over staircases once its assembly is complete. If the XTR2 is to be assembled in a living quarters, protect the floor or carpet with a large mat before removing parts from the carton.
2. Find your tools. You will need the following tools to assemble the XTR2
 - Ruler
 - Adjustable Wrench
 - Standard Screwdriver
 - WD40 lubricant or Vaseline (if necessary)
3. Review all safety guidelines of this manual.

Identify Your Hardware

4. Organise your nuts and bolts before assembly. Nuts are identified by the diameter of their cavities. For more information, refer to exploded view diagram and parts list of this manual.



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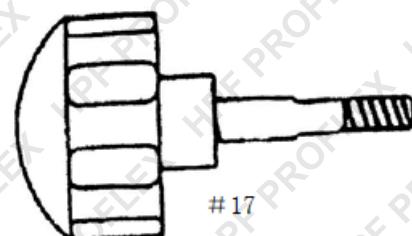
12A



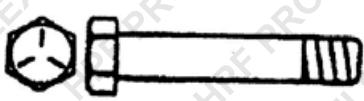
58



12B



17



44



45



48

Assembling your XTR2

5. Install cylindrical bases (#2 for front, #3 for rear) to the main frame (#1).

Notice that the front base (#2) has wheels for moving your XTR2.

For each base, use two 3/8"X 2 1/4" carriage bolts (#46) and two 3/8"acom nuts (#47). See (#47) Flg.1.

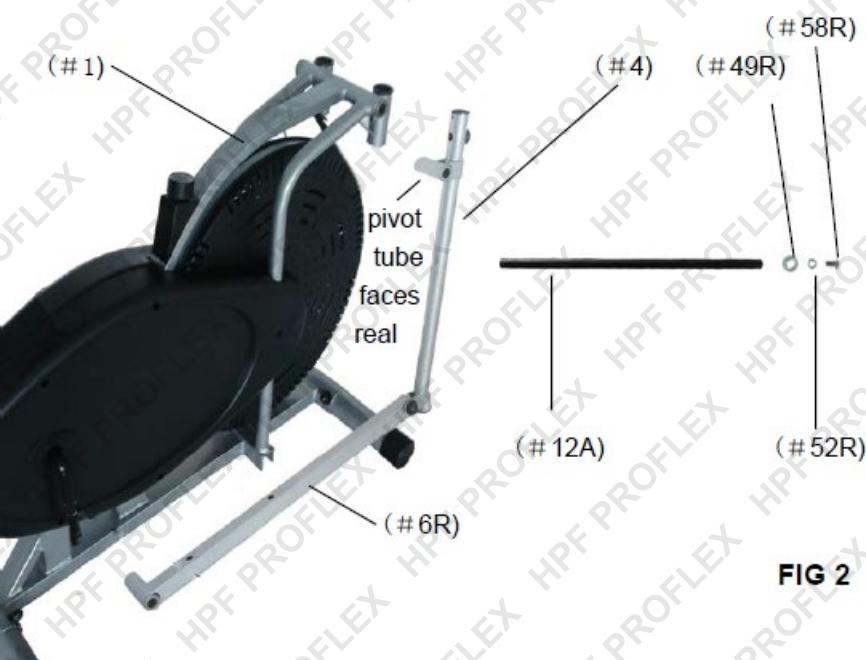
Steps 6 through 8 describe the assembly for the pedals any coupler bars. Once assembly for one side is complete, repeat these steps for the other side before you proceed to attach the handlebars.

Notice the coupler bar for each side is different (#4 for right side, #5 for left side). A coupler bar is at the correct side of the XTR2 when its horizontal pivot tube, which is welded at the top of the coupler bar, faces the rear of the machine as seen from the user. See Fig.2.

6. Insert a handle bar shaft (#12A) through the coupler bar of right & Left both side and frame.

The handle bar shaft shown in Page 2.

Then put D sharp washer and Spring washer on both side and tighten the hinge screw.

**FIG 1****FIG 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)**

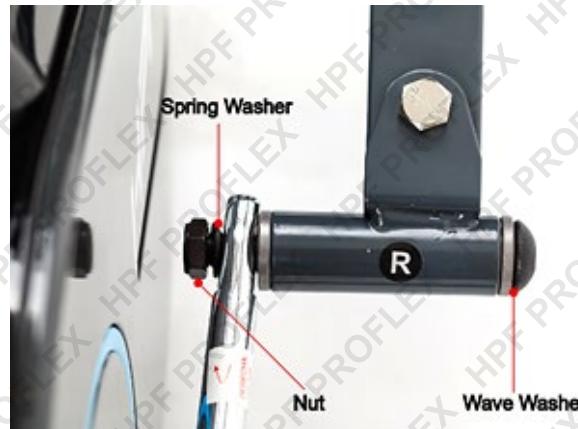


**ANY DAMAGES TO THE BOLT OR PRODUCT CAUSED BY FAILURE TO FOLLOW THESE STEPS
BELOW MAY RENDER THE PRODUCT'S WARRANTY VOID.**

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.



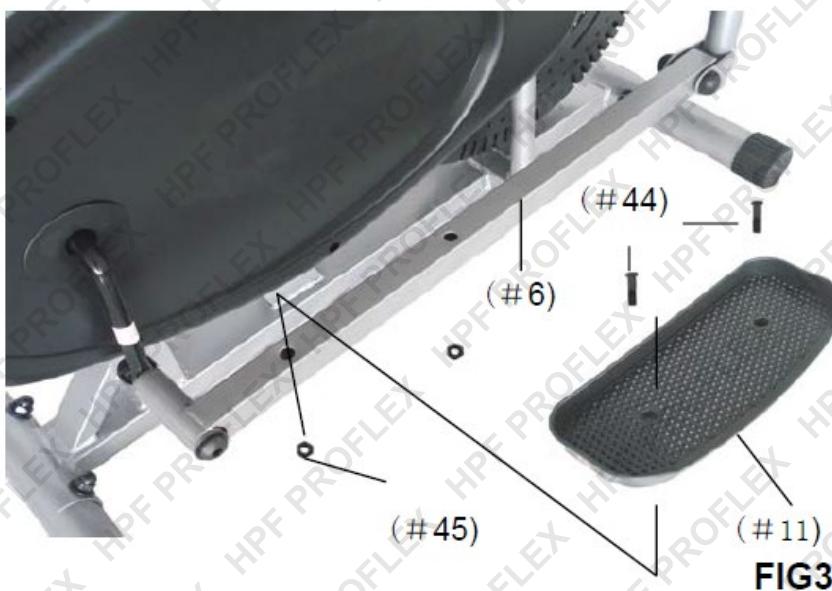
Note: Your product may have slight cosmetic differences to this image.

**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.

7. Attach a pedal (#11) to a pedal tubing (#6). Use two 3/8" x 2" bolts (#44) and two 3/8" nuts (#45). See Fig.3.

**FIG3**

Handlebars

You can easily switch your handlebars (#7L, #7R) between the dual-action mode and the fixed mode during your workout.

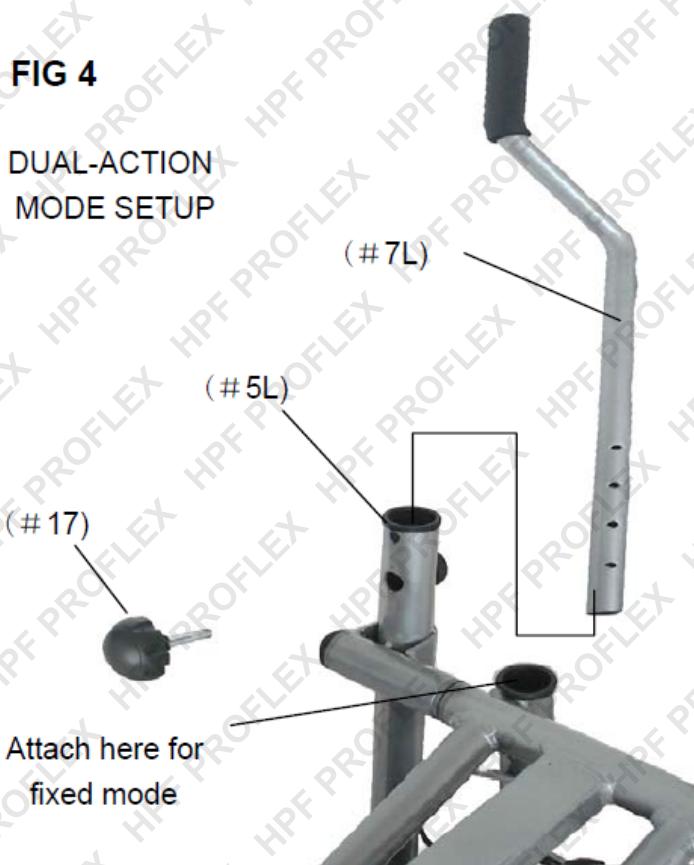
8. **Dual-action mode:** To allow the handlebars to move along with the pedals, attach them to the coupler bars. Select a height setting that is comfortable to the user, and make sure both handlebars are set at the same height. Lock each handlebars in place with a knob bolt (#17). See Fig.4.

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

As with the dual-action mode, set both handlebars at the same, comfortable height and secure them with knob bolts (#17).

FIG 4

DUAL-ACTION MODE SETUP



Electronic Monitor

10. Attach the electronic monitor (#50) to the main frame bracket. Connect the monitor to the sensor wire. See Fig.5.

With the press of a button, you can set the electronic monitor of your XTR2 to display the following information:

TIME: How long you have been exercising.

SPEED: How fast you are running.

DISTANCE: How far you would have run with your two feet on the ground.

CALORIE: How many calories you have burned.



FIG5

Exercise Computer

FUNCTIONS:

- **SCAN:** Automatically scans each function in sequence.
- **TIME:** Counts the time duration of exercise from zero up to 99:59 in one second increment.
- **CALORIES:** Accumulates the calorie consumption during exercise. This is a rough guide only and should be used as a comparison over several exercise sessions.
- **DST:** Accumulates the distance during workout session.
- **SPD:** Displays the current speed.

KEY:

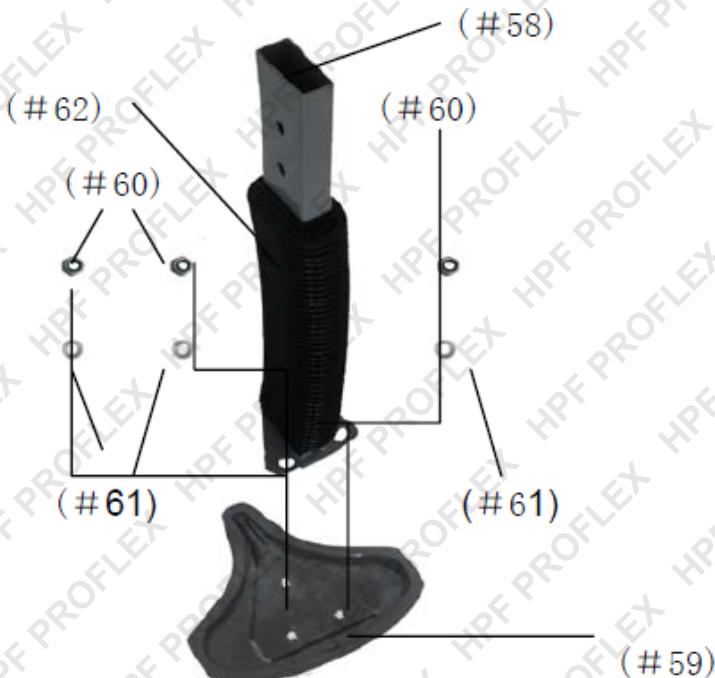
MODE/RESET (OPTION): Press to select each function and hold the button for 3 seconds to clear all values,

NOTE:

- Power-on automatically when start operating.
- With no signal transmitted to the computer for 2 minutes, the computer will shut off the LCD display and clear all measured value automatically.
- The SCAN mode lets your monitor automatically alternate all of the four readouts in short intervals, so you don't have to stop and press a button to check for different information.
- The monitor comes with 1×L1154 battery and turns itself off when not in use to conserve energy.
- Replace batteries about every four months, depending on frequency of use.

11. Attached seat (#59) onto the end of the seat tube (#58). Use 3 pieces of spring washers and 3 nylon nuts ban tighten them, Insert the bellow (#6) to the seat tube.
12. Attached the seat tube w/bellow insert into the tube of the end part of the tracer.

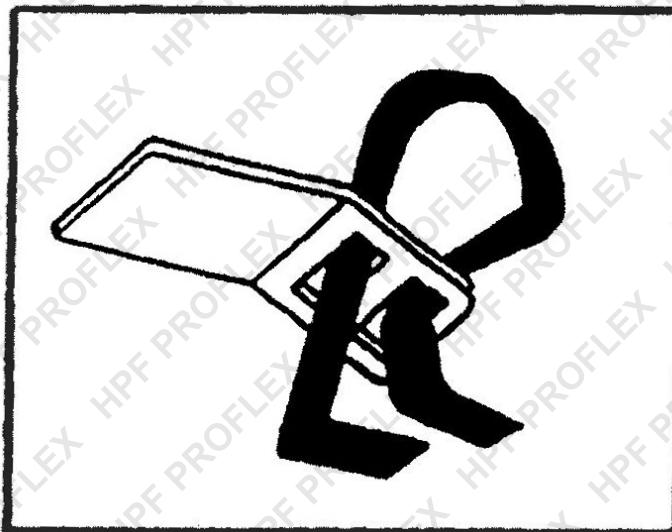
Use the tri-knob to adjust the height for your need.

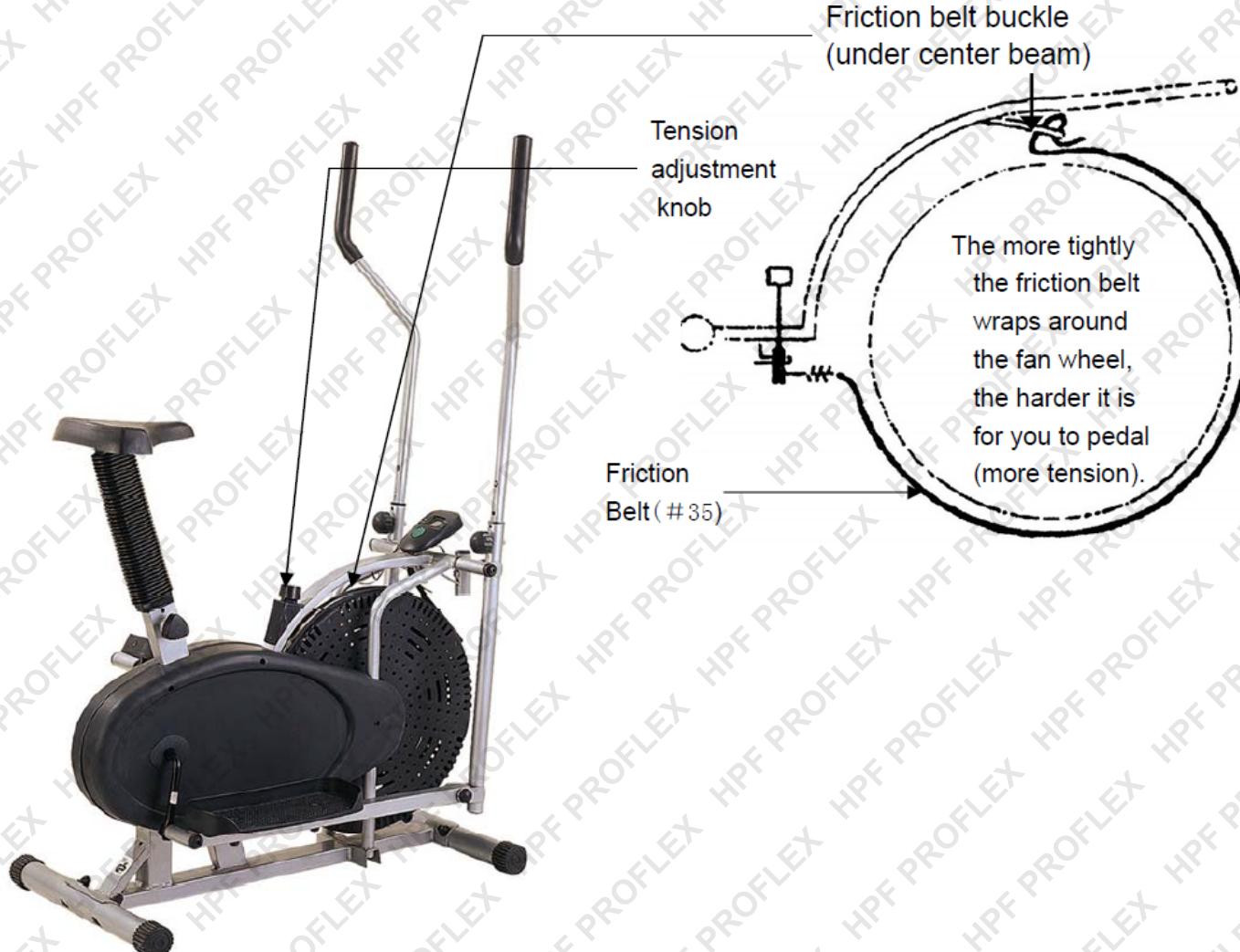


Tension Adjustment

The assembly of your XTR2 is now complete. As you try it for the first time, you should adjust the tension to a desirable level before you begin a full workout.

13. For minute tension adjustment, simply use the tension adjustment knob found at the top centre. Tension level can be manipulated this way to vary intensity of workout as you exercise.
14. For greater tension adjustment, you may loosen or tighten the friction belt (#35) by re-strapping it. To do so, first turn the tension adjustment knob all the way to the loosest setting. Then re-strap the belt at the buckle on the main frame, just beneath the flat beam at the top centre. The more length you allow for the friction belt to wrap around the wheel, the less friction it will cause. Re-adjust the tension knob after you finished re-strapping.



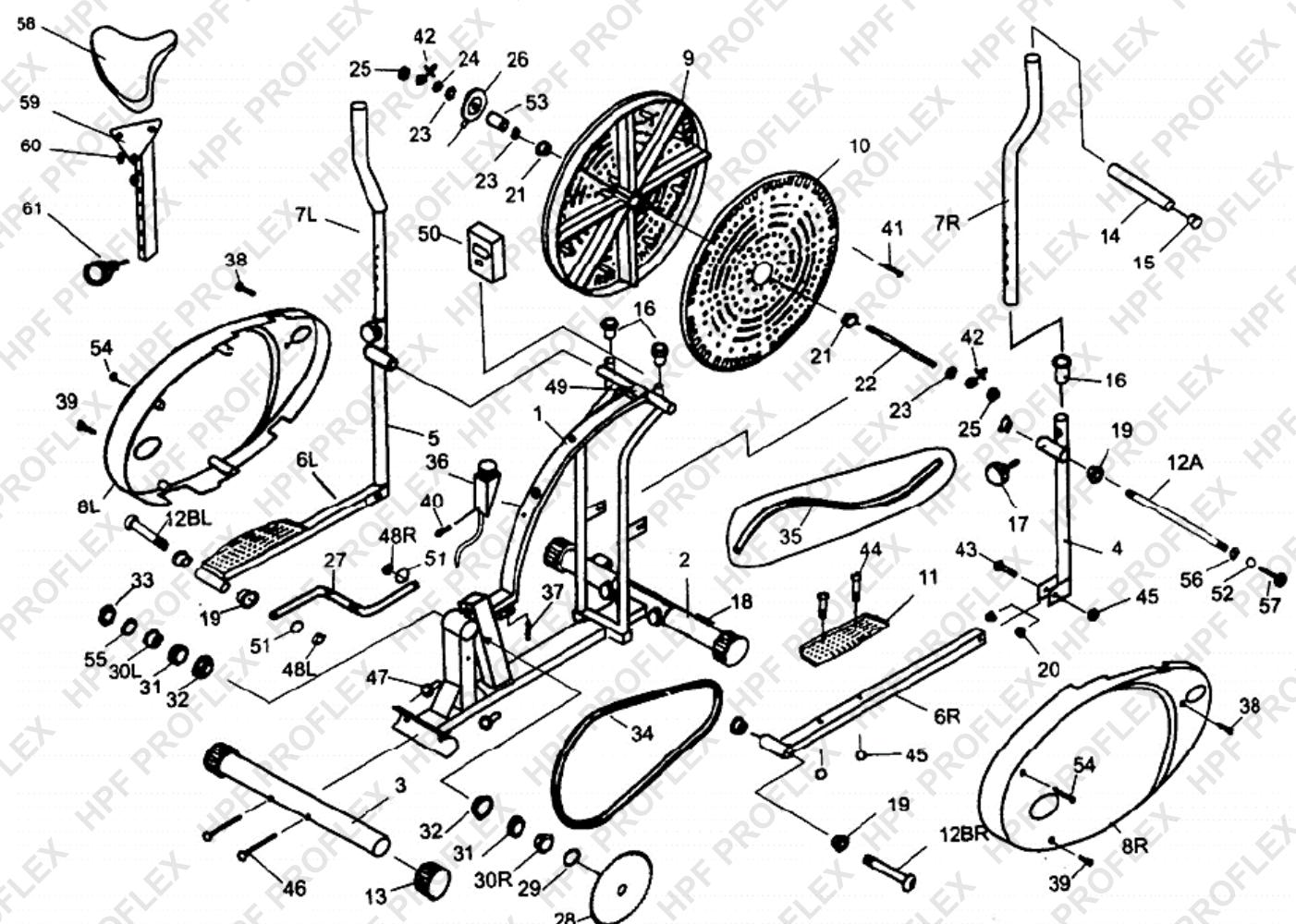


Reversible Movement

Remember, your XTR2 has REVERSIBLE movement! Forward pedalling emphasizes your quadriceps muscles (front thighs), while backward pedalling emphasizes your hamstrings (back thighs).

Take advantage of this fact to make your workout less fatiguing and more fun!

Exploded Diagram



Parts List

Parts No.	Description	Quantity	Parts No.	Description	Quantity
1	Main frame	1	29	Nut	1
2	Front bottom tube	1	30R	Collar housing	1
3	Back bottom tube	1	30L	Collar housing	1
4	Right coupler bar	1	31	Collar ball	
5	Left coupler bar	1	32	Collar housing	2
6R	Right pedal tubing	1	33	Nut	2
6L	Left pedal tubing	1	34	Chain 25H×220L	1
7R	Right handle bar	1	35	Tension belt	1
7L	Left handle bar	1	36	Tension control	1
8R	Right chain cover	1	37	Tension spring	1
8L	Left chain cover	1	38	Chain cover screw M5×15	2
9	Fan wheel	1	39	Chain cover screw M5×45	2
10	Fan wheel cover	1	40	Tension fix screw M5	1
11	Pedal	2	41	Fan wheel fix screw M5	16
12A	Handle bar shaft	1	42	Bolt φ1/4" ×2"	2
12B	Pedal hinge bolt (L & R)	2	43	Nut 1/4"	2
13	End caps(φ2")	4	44	Bolt φ3/8" ×2	4
14	Foam grips	2	45	Nut 3/8"	6
15	End caps(φ1")	2	46	Bolt φ3/8" ×2"	4
16	Plastic bushing(φ1-1/4")	4	46(B)	Washer φ3/8"	4
17	Knob	2	47	3/8" Acorn Nut	4
18	Plastic roller	2	48	Nut M12 (L & R)	2
19	Steel bushing φ5/8"	8	49R&L	D sharp washer 28φ×5"	2
20	Steel bushing φ3/8"	4	50	Computer	1
21	Brass bushing φ10	2	51	Spring washer	2
22	Fan wheel axle	1	52R&L	Spring washer 13φ×8.5φ×2.5"	2
23	Nut 3/8"	3	53	Small pipe	1
24	WasherL.D×24mm O.D×10mmI.D×24mm O.D×2t	1	54	Chain cover screw	2
25	Nut 3/8"	2	55	Washer	1
26	Sensor	2	56	Bolt	2
27	crankshaft	2	57 R&L	Hinge screw	2
28	Chain wheel	1	58	Seat tube	1

Parts No.	Description	Quantity	Parts No.	Description	Quantity
59	Seat	1	62	Bellow	1
60	M8 nylon nut	3	63	Tri-knob	1
61	M8 spring washer	3			

Warm-Up and Cool-Down Routine

A good exercise program consists of a warm-up, aerobic exercise and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles e.g.: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL-DOWN at the end of your workout. Repeat these exercises to reduce soreness in tired muscles.

Head Rolls

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



Shoulder Lifts

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



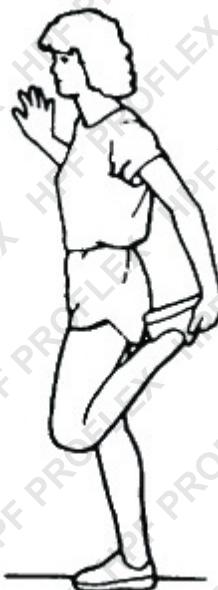
Side Stretches

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



Quadriceps Stretch

With one hand against a wall for balance, reach behind your and pull your right foot up. Bring your heel as close to your buttocks as possible Hold for 15 counts and repeat with left foot.



Inner Thigh Stretch

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



Toe Touches

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.



Hamstring Stretches

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



Calf/Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor. Then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



Specifications

Weight Capacity	110kg
Elliptical Weight	25kg
LCD Display	Time, Speed, Distance and Calories
Special Features	Adjustable Seat Height, Adjustable resistance, Forward & Reverse Motion



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

- 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.

