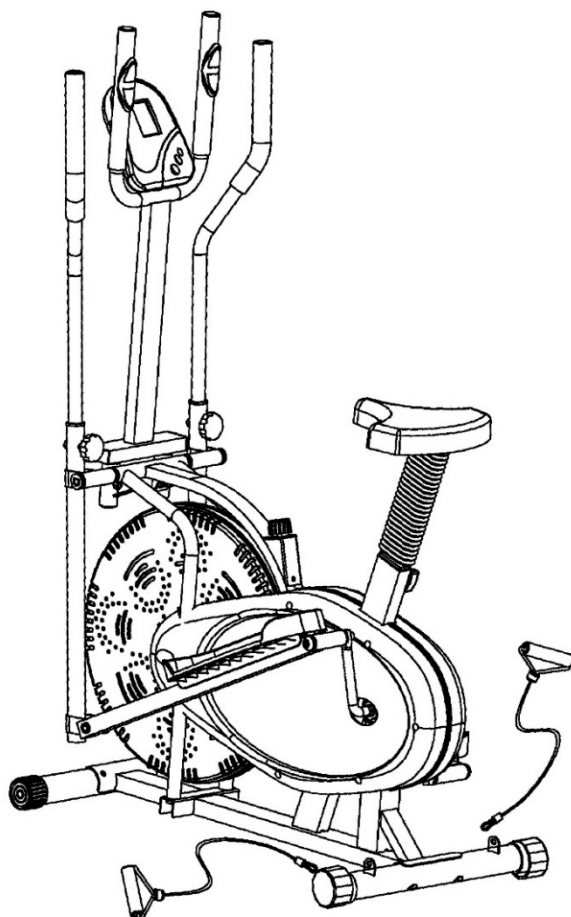


PROFLEX

HPF[®]



Elliptical Cross-Trainer & Exercise Bike

User Manual

[Revision 5.0 December 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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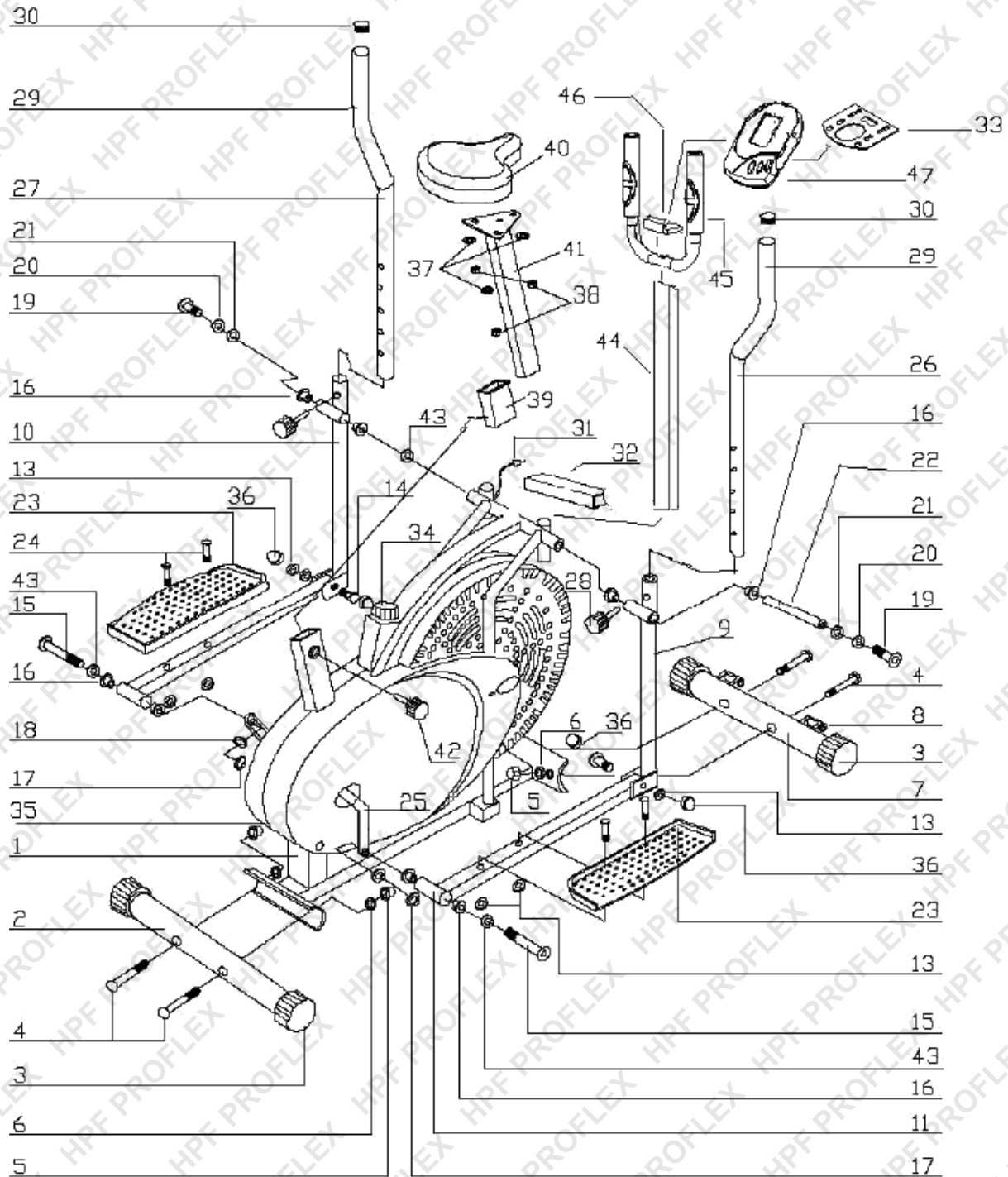
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Safety Reminders

Note the following precautions before assembling or operating the machine:

1. Assemble the machine exactly as what the descriptions indicate in this User Manual.
2. Check all the screws, nuts and other connections before using the machine for the first time and ensure that the cross-trainer is in safe condition.
3. Set-up the machine in a dry, level place and keep it away from moisture and/or water.
4. Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt, etc. from getting on the floor.
5. Before beginning training, remove all objects within a radius of 2 meters from the machine.
6. Do not use aggressive cleaning detergents 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. The doctor 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 correctly working. Use only original spare parts for any necessary repairs.
9. This machine can accommodate only one person 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 cross-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 vice-versa. The machine is equipped with an adjustable knob, which can adjust the resistance.
14. The maximum user's weight is 100 – 120kg. Persons whose body weight exceeds this limit should not use this machine.

Exploded Diagram



Elliptical Cross-Trainer & Exercise Bike



NO.4 KEY HEAD BOLT(M10*60)



NO.5 DOMED NUT(M10)



NO.13 NUT(M10)



NO.15 PEDAL HINGE BOLT



NO.17 NUT(1/2")



NO.18 SPRING WASHER



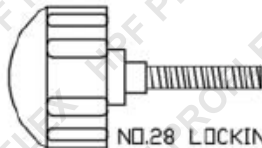
NO.19 HINGE SCREW



NO.22 SPINDLE BAR



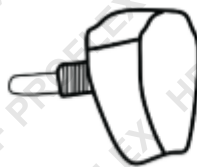
NO.24 BOLT(M10*45)



NO.28 LOCKING KNOB



Allen Wrench



NO.42 KNOB



NO.6 ARC WASHER

Parts List

NO.	NAME	QTY.
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	TRANSPOTTATION 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 (L & R)	2
16	STEEL BUSHING	8
17	NUT (1/2") (L & R)	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

NO.	NAME	QTY.
25	CRANK (LEFT&RIGHT)	2
26	RIGHT HANDLEBAR	1
27	LEFT HANDLEBAR	1
28	LOCKING KNOB	4
29	FOAM GRIP	2
30	HANDLEBAR END CAP	2
31	COMPUTER WIRE	1
32	CONNECTING ROD FOR METER	1
33	METER BRACKET	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
43	BUSHING	2
44	METER POST	1
45	HANDLEBAR	1
46	CONNECTING PLATE	1
47	METER	1

Assembly Instructions

Preparation

1. Before assembling, make sure that you will have sufficient working space.
2. Use the tools provided for assembling.
3. Before assembling, check whether all needed parts are available. Refer to the [Exploded Diagram](#) section with all single parts (marked with numbers) which this equipment consists of.

Assembly

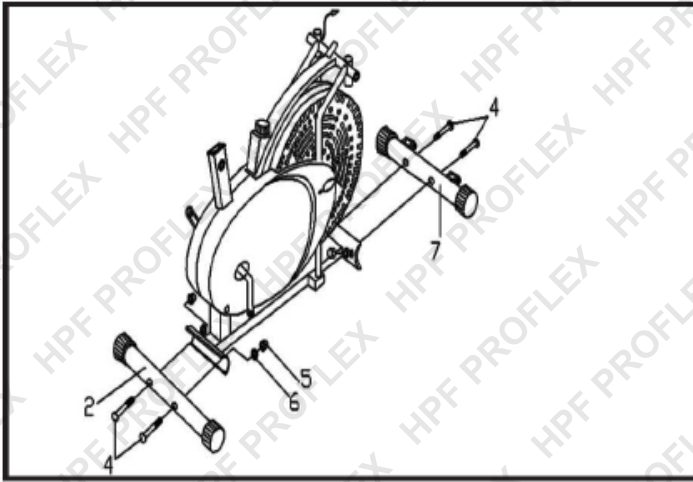


Figure 1

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.

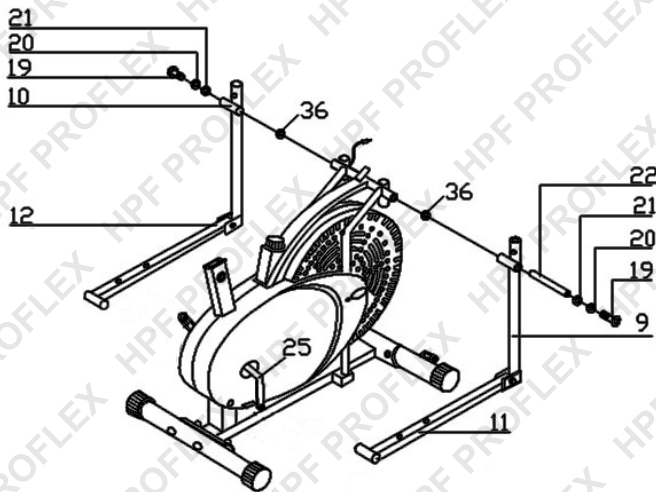


Figure 2

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-shape 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).

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



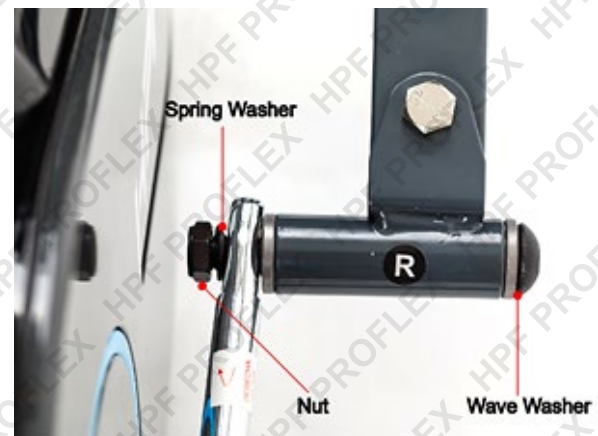
RIGHT M12 Nut (BEIGE)

ANY DAMAGES TO THE BOLT OR PRODUCT CAUSED BY FAILURE TO FOLLOW THESE STEPS 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.

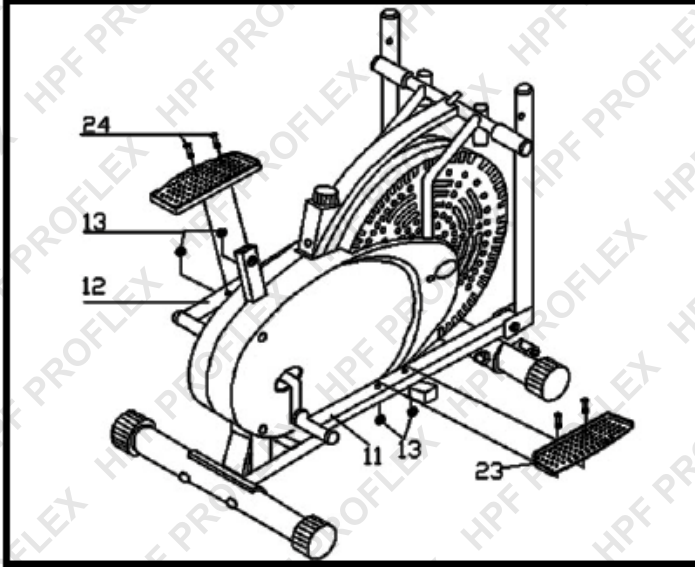


Figure 3

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.

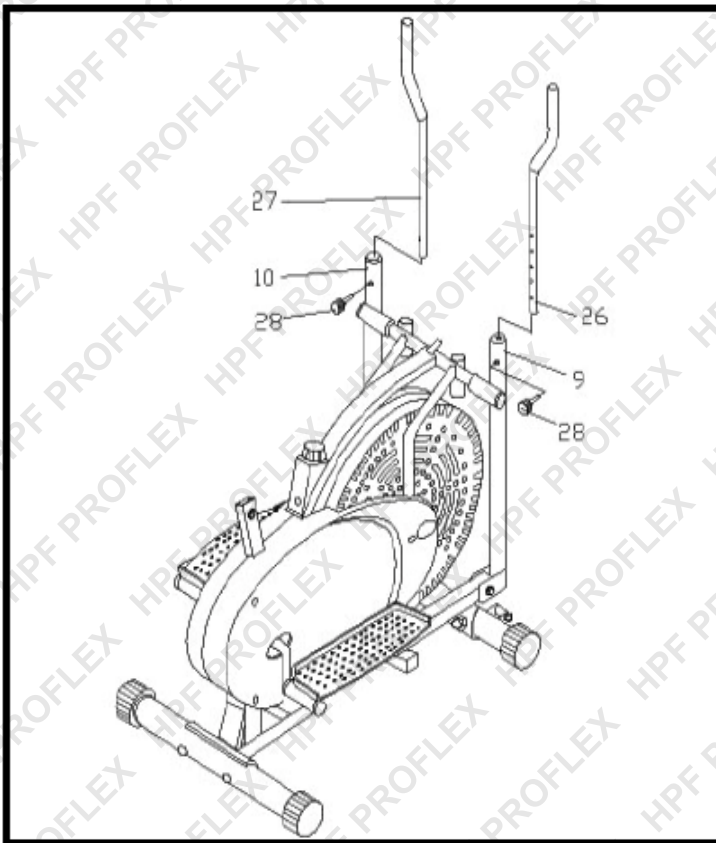


Figure 4

Attach handlebars to the lower handlebar tubing. 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 Figure 4.

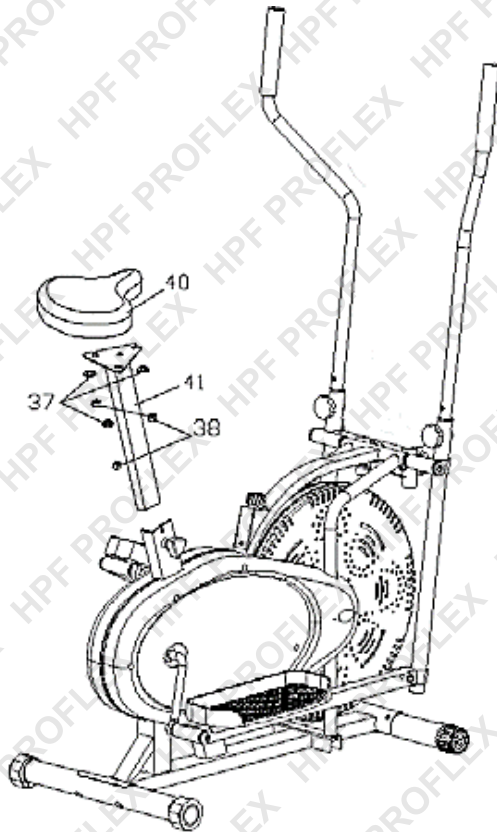


Figure 5

- Remove the washer (No. 37) and nut (No. 38) from the saddle (No. 40). Attach the saddle and saddle post (No. 41) as shown in Figure 5. Re-insert and tighten the bolts.
- Put the plastic insert (No. 39) over the saddle post then insert the saddle post into the main frame as shown in Figure 5. Insert and tighten the knob (No. 42).

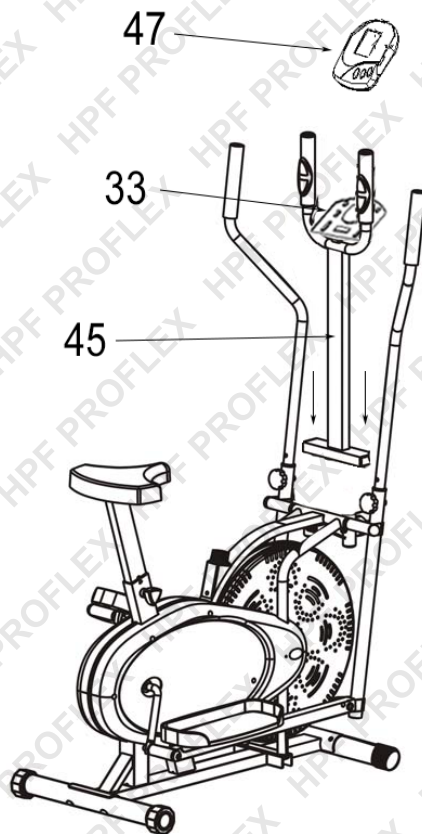


Figure 6

- Remove the screws and washers from the back of the meter monitor (No. 47) and put aside.
- Attach the monitor to the handlebar (No. 45) by inserting onto the meter bracket (No. 33) and feeding the wires through the large round opening.
- Secure the meter monitor with the screws and washers that had previously been removed, but screw into the upper threads.
- Connect the 3 wires on the meter monitor to the 3 wires on the handlebar, matching each with any connection that appropriately fits.
- Attach the handlebar to the cross-trainer by inserting it into the handlebar tubing holsters and securing with the locking knobs (No. 28).
- Connect the wire located at the bottom end of the handlebar with the wire located at the front of the main frame.

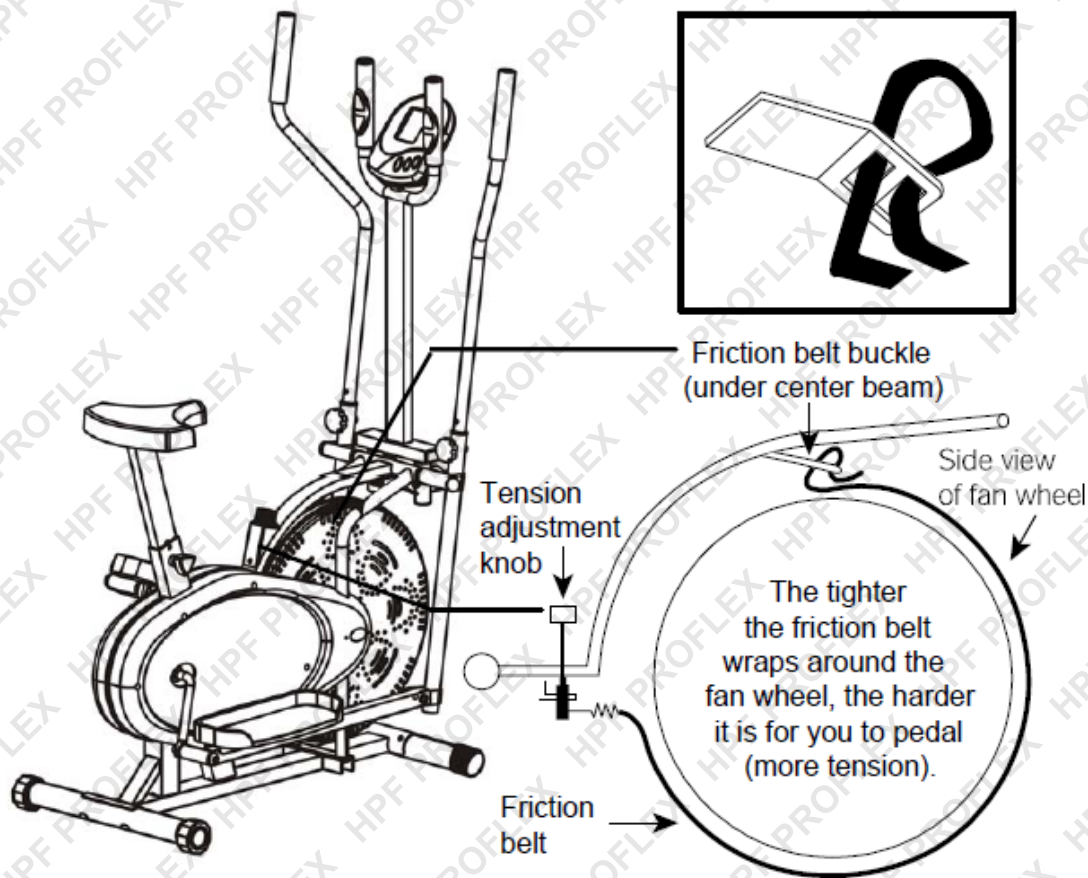
Elliptical Cross-Trainer & Exercise Bike

The assembly of your strider is now complete. Place plastic caps provided on exposed bolt heads if you wish. For instructions on how to operate the meter refer to the separate instructions manual provided. 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 centre beam.

The more length you allow on the friction belt, the less friction it will cause (less tension). Re-adjust the tension knob when you are finished.



Reversible Movement

Remember, your strider has a REVERSIBLE movement!

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

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

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

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

Display Screen

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 pedalling.
4. If monitor display is faulty, please try reinstalling the batteries.
5. Battery spec: 1.5V UM-3 or AA (2pcs).

Troubleshooting

Changing the Batteries

1. 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.
2. Replace with 2 x AA batteries.
3. Finally, put the cover back on the console, and slide the computer back onto the computer holder.

Computer Not Working Correctly

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

No Resistance

1. 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 centre beam.
2. 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.
3. Now mount your Aero Elliptical Strider and turn the pedals.
4. If you find it is now too tight, go back to the friction belt buckle and loosen the belt slightly.



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.

