

**CARDIO GYM<sup>®</sup>**

**Owner's Manual**

**CAUTION!** Read all precautions and instructions in this manual before using this equipment.

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# Important Safety Instructions

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## Warning

The appliance is not to be used by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.

Children being supervised not to play with the appliance.

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

# Important Safety Instructions

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## **Before beginning**

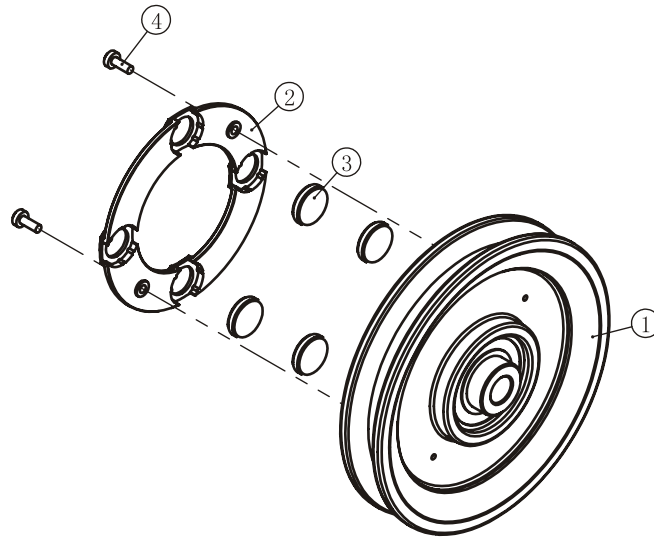
How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target heart rate zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target heart rate zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

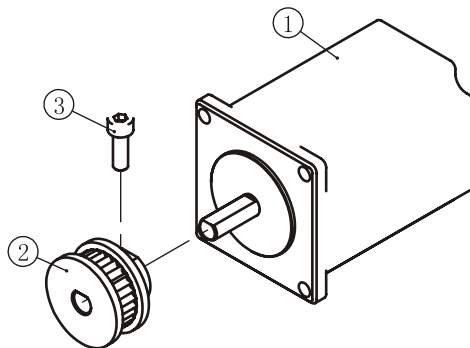
# Parts List and Exploded View

## Pulley With Magnet



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1.6.1	IE951814500	Pulley With hole	1
2	1.1.6.2	IE951814600	Cover For Magentic Iron	1
3	1.1.6.3	IE951814700	Magnet	4
4	1.1.6.4	IE950115400	Pan Head Phillips Self-tapping Screw ST2.9*8	2

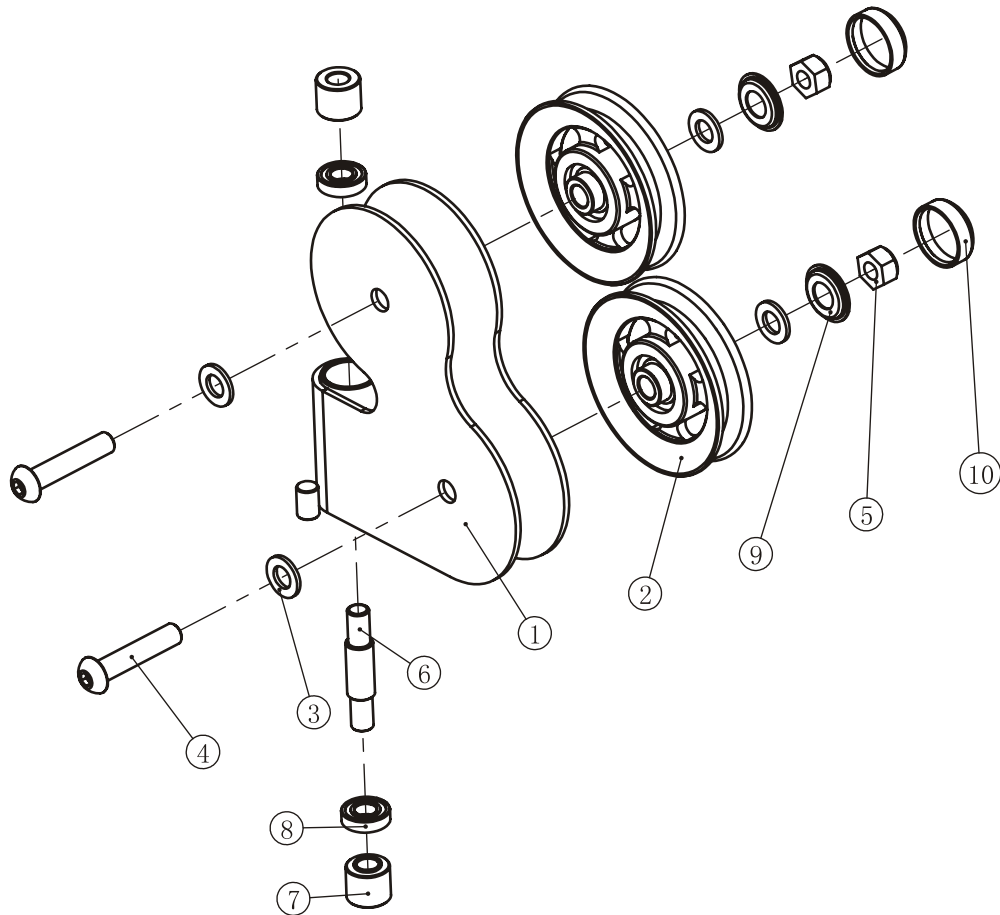
## Stepper Motor ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.38.4.1	D48-B	Stepper Motor	1
2	1.38.4.2	CG611800	Pulley	1
3	1.38.4.3	GB70M5*15DS20	Socket Head Cap Screw M5*15	1

# Parts List and Exploded View

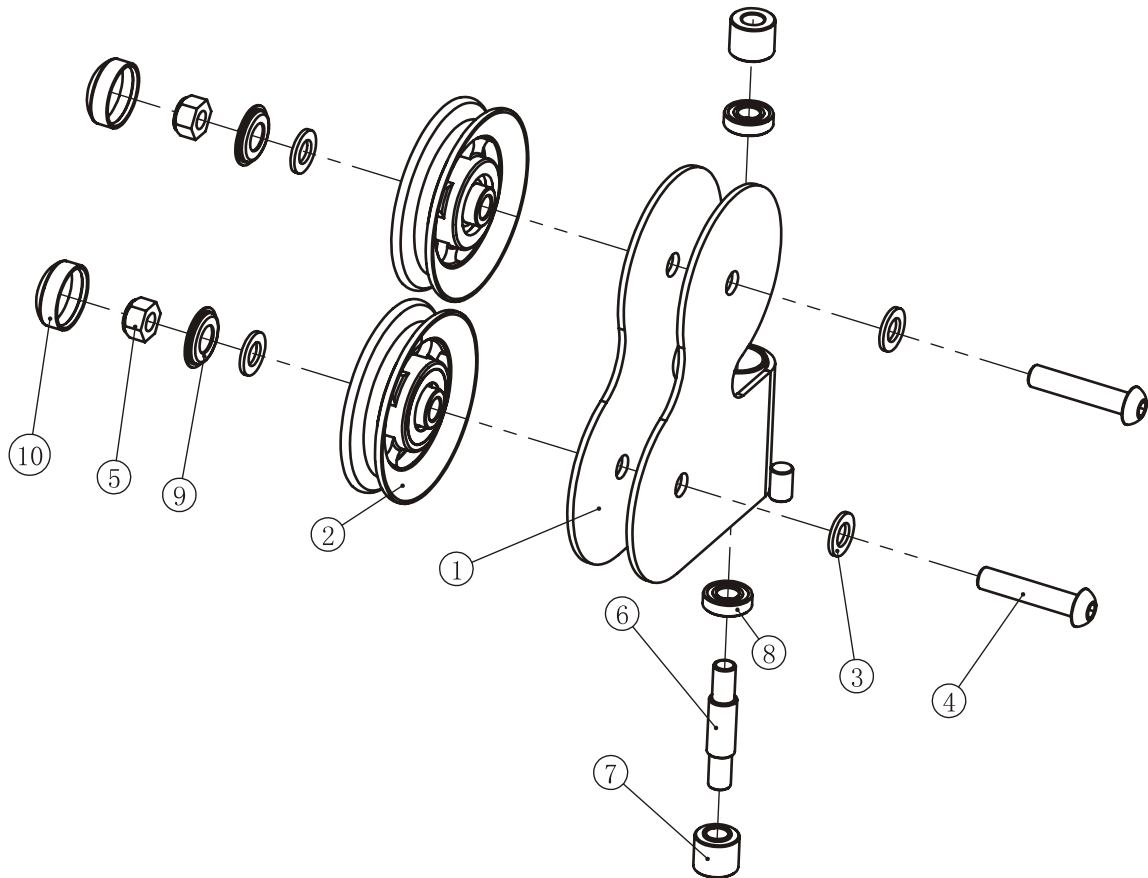
## Left Double Pulley Bracket ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.20.1	CG60005500	Left Double Pulley Bracket	1
2	1.20.2	CG3000A3300	Aluminum Pulley 3.5"	2
3	1.20.3	GB9510DHS2	Washer $\phi 11^* \phi 20^*2$	4
4	1.20.4	PNLM10*50DHS2	Button Head Cap Screw M10*50	2
5	1.20.5	NM10DHS2	Nylon Insert Lock Nut M10	2
6	1.20.6	CG60003800	Swing Shaft	1
7	1.20.7	CG60003900	Bushing $\phi 28^* \phi 22^* \phi 16^*18$	2
8	1.20.8	GB27661900-2Z	Bearing	2
9	1.20.9	SG8002A3700	Washer	2
10	1.20.10	SG8002A5700	Plastic Cap $\phi 30$	2

# Parts List and Exploded View

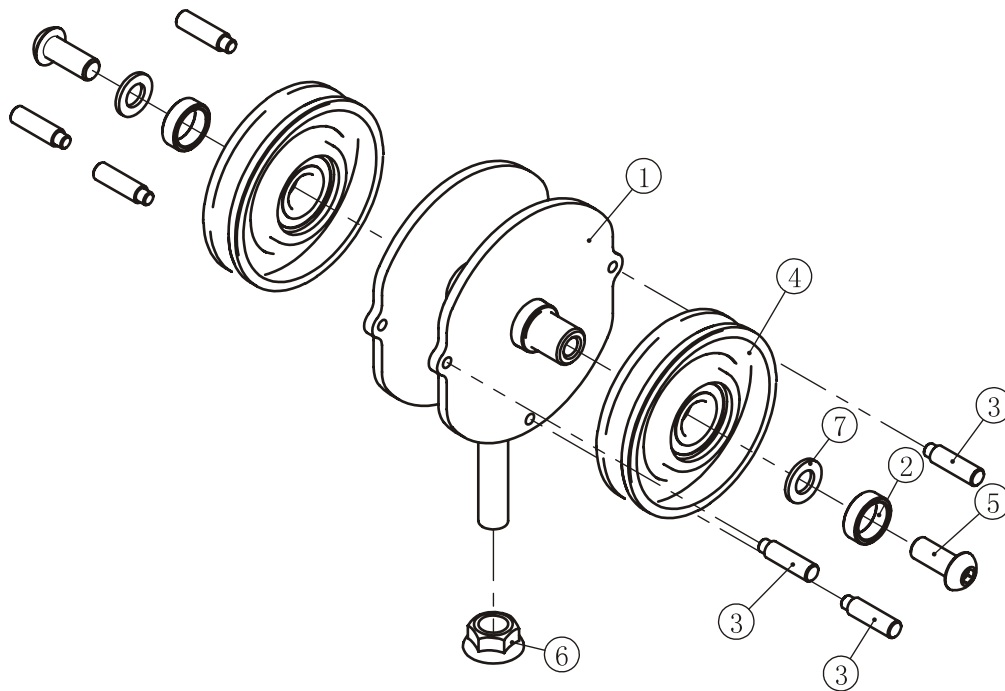
## Right Double Pulley Bracket ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.21.1	CG60005600	Right Double Pulley Bracket	1
2	1.21.2	CG3000A3300	Aluminum Pulley 3.5"	2
3	1.21.3	GB9510DHS2	Washer $\phi 11 * \phi 20 * 2$	4
4	1.21.4	PNLM10*50DHS2	Button Head Cap Screw M10*50	2
5	1.21.5	NM10DHS2	Nylon Insert Lock Nut M10	2
6	1.21.6	CG60003800	Swing Shaft	1
7	1.21.7	CG60003900	Bushing $\phi 28 * \phi 22 * \phi 16 * 18$	2
8	1.21.8	GB27661900-2Z	Bearing	2
9	1.21.9	SG8002A3700	Washer	2
10	1.21.10	SG8002A5700	Plastic Cap $\phi 30$	2

# Parts List and Exploded View

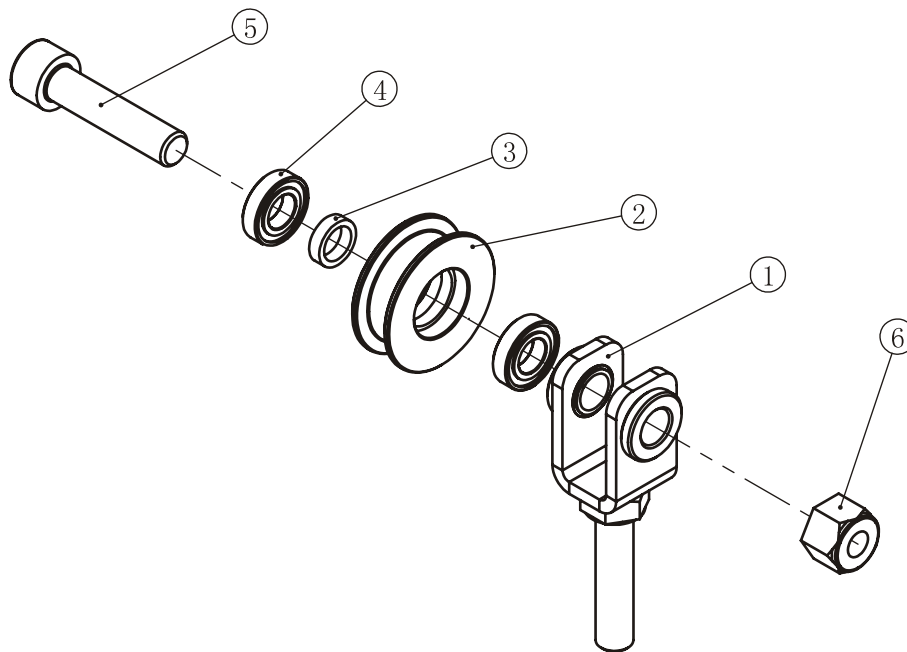
## Double Pulley Bracket ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.2.1	CG2L0700	Double Pulley Bracket	1
2	1.2.2	FE97122100	Pulley Spacer	2
3	1.2.3	FE97122300	Limit Shaft	6
4	1.2.4	M01004800V5	Pulley 3.5"	2
5	1.2.5	PNLM10*25DHS20	Button Head Cap Screw M10*25	2
6	1.2.6	HF900-03A1002	Lock Nut	1
7	1.2.7	GB9510DHS2	Washer $\phi$ 11 * $\phi$ 20*2	2

# Parts List and Exploded View

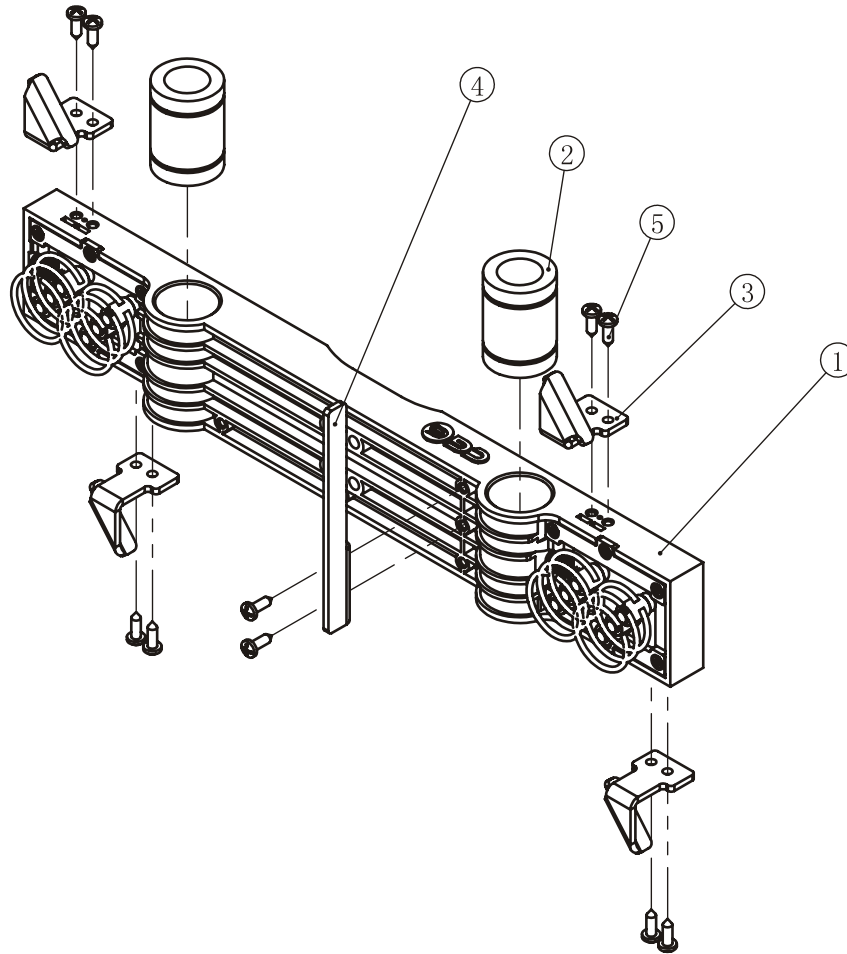
## Belt Tensioning Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.11.1	CG610500	Belt Tensioning Frame	1
2	1.11.2	CG610600	Pulley	1
3	1.11.3	CG610700	Bushing	1
4	1.11.4	GB276688-2Z	Bearing	2
5	1.11.5	GB70M8*35*35DS20	Socket Head Cap Screw M8*35	1
6	1.11.6	NM8DS2	Nylon Insert Lock Nut M8	1

# Parts List and Exploded View

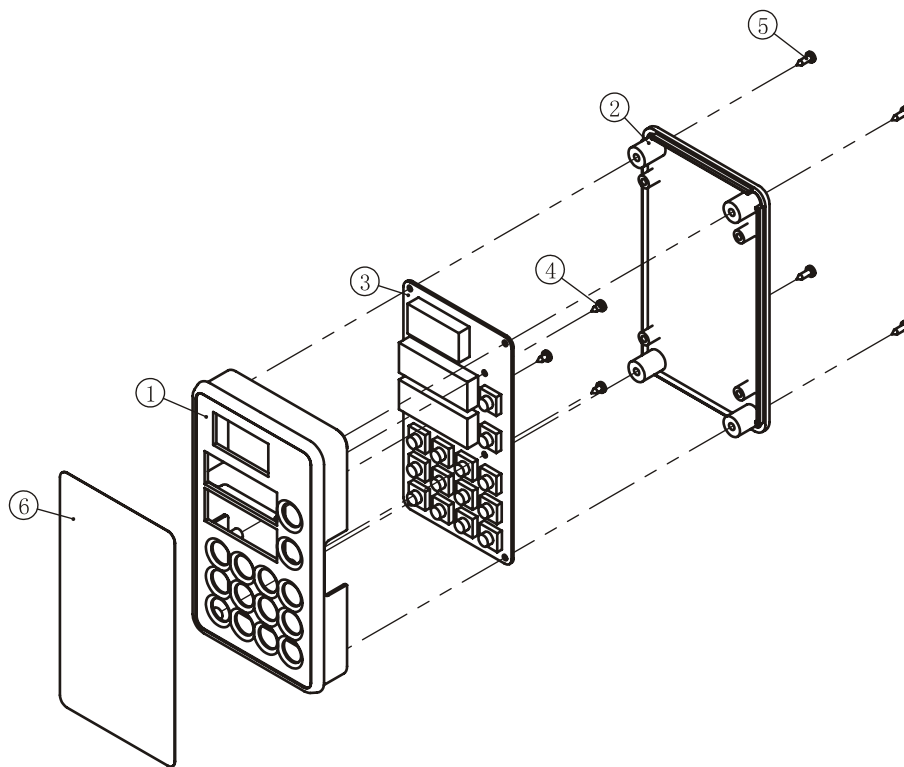
## Slider ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.17.1	CG6122ASSY	Slider	1
2	1.17.2	LM16UU	Linear Bearing	2
3	1.17.3	CG612100	Protection Stopper	4
4	1.17.4	CG611400	Positioning Plate	1
5	1.17.5	GB845ST4.2*13DS	Pan Head Phillips Self-tapping Screw ST4.2*13	10

# Parts List and Exploded View

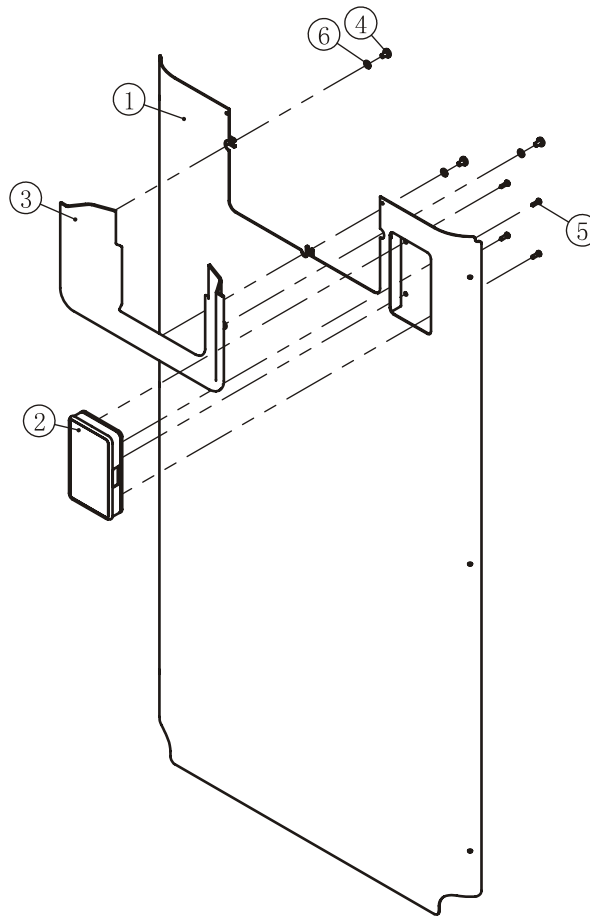
## Console ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.3.2.1	CG2L0901	Front Shell	1
2	1.3.2.2	CG2L0902	Back Cover	1
3	1.3.2.3	B206	Console	1
4	1.3.2.4	GB845ST2.9*6.5DHS	Pan Head Phillips Self-tapping Screw ST2.9*6.5	3
5	1.3.2.5	GB845ST2.9*9.5DHS	Pan Head Phillips Self-tapping Screw ST2.9*9.5	4
6	1.3.2.6	CG2MM01	Mask	1

# Parts List and Exploded View

## Front Cover ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.3.1	CG2L0800	Front Cover	1
2	1.3.2	CG2L0900	Console ASSY	1
3	1.3.3	CG60000400V1	Insert Cover	1
4	1.3.4	GB818M6*10DHS2	Pan Head Phillips Screw M6*10	3
5	1.3.5	GB845ST4.2*16DHS	Pan Head Phillips Self-tapping Screw ST4.2*16	4
6	1.3.6	GB956DHS2	Washer $\phi$ 6.6* $\phi$ 12*1.6	3

# Parts List and Exploded View

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## Rear Main Frame ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1.1	CG2L0100	Rear Main Frame	1
2	1.1.2	CG2L1300	The Regulating Handle	2
3	1.1.3	CG2L1400	Pin	2
4	1.1.4	CG2L1500	Inductor Bracket	2
5	1.1.5	CG2L1600	Grip	2
6	1.1.6	CG2L1700	Pulley With Magnet	2
7	1.1.7	GB70M10*70DHS20	Socket Head Cap Screw M10*70	1
8	1.1.8	HFOPT900-04A0602	Spring	2
9	1.1.9	IT80033800B	Half Pulley Cover	4
10	1.1.10	SG500110400V5	Pulley 4.5"	2
11	1.1.11	M01004800V5	Pulley 3.5"	6
12	1.1.12	SL70013200	Plastic Sleeve	2
13	1.1.13	HD240012100S	Hole Plug $\phi$ 18	2
14	1.1.14	LJ85251000P877C	Hole Plug $\phi$ 30	1
15	1.1.15	TCS130WS4700	Plug	2
16	1.1.16	ECU7P3500	Nut PA6	6
17	1.1.17	B306700	Screw Clip	12
18	1.1.18	GB/T1243-199708BN19	Chain	2
19	1.1.19	HVCORE5400	Bushing $\phi$ 35	2
20	1.1.20	BNH0738	Bushing $\phi$ 9.5	4
21	1.1.21	GB70M10*50DHS20	Socket Head Cap Screw M10*50	2
22	1.1.22	PNLM10*50DHS20	Button Head Cap Screw M10*50	8
23	1.1.23	011-0712002	Shoulder Bolt	2
24	1.1.24	GB9510DHS2	Washer $\phi$ 11* $\phi$ 20*2	16
25	1.1.25	YNM0.313*18*8DN2	Nylon Insert Lock Nut 5/16"-18UNC*8	2
26	1.1.26	NM10DHS2	Nylon Insert Lock Nut M10	8
27	1.1.27	KPS18002701	Lock Nut M20	2
28	1.1.28	GB41M10DHS2	Hex Nut M10	1



# Parts List and Exploded View

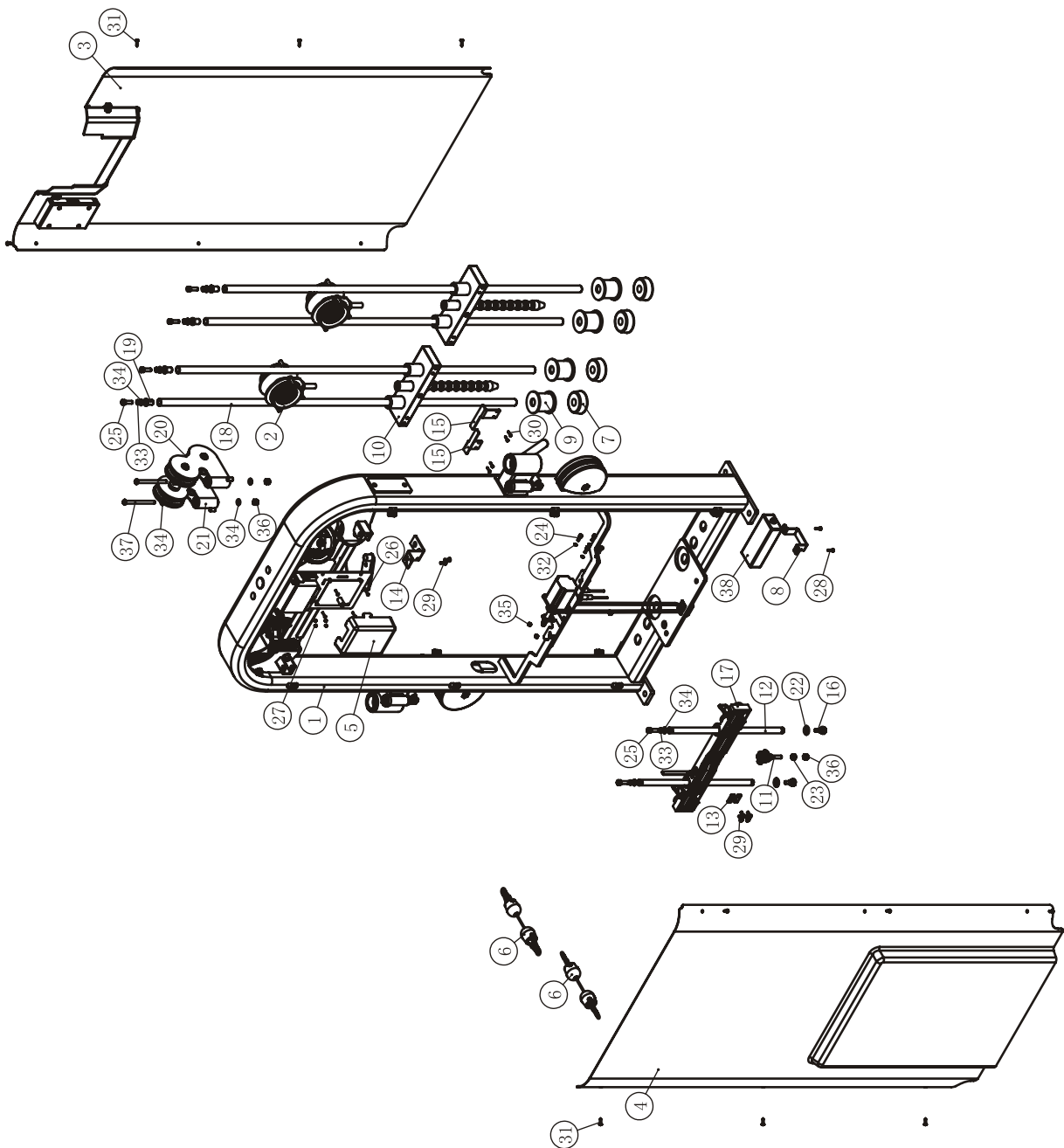
## Rear Main Frame General ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	CG2L01ASSY	Rear Main Frame ASSY	1
2	1.2	CG2L07ASSY	Double Pulley Bracket ASSY	2
3	1.3	CG2L08ASSY	Front Cover ASSY	1
4	1.4	CG2L1000	Rear Cover	1
5	1.5	CG2L1100	Circuit Board Cover	1
6	1.6	CG2L1200	Cable	2
7	1.7	CG600010300	Bumper	4
8	1.8	CG60005200	Bracket for Adaptor-Power Sply	1
9	1.9	CG610100	Heightening Support	4
10	1.10	CG610200	Top Plate	2
11	1.11	CG6105ASSY	Belt Tensioning Frame	1
12	1.12	CG610800	Guide Tube	2
13	1.13	CG610900	Plate	2
14	1.14	CG611500	Fixing Plate	1
15	1.15	CG611600	Induction Plate	2
16	1.16	CG611700	Shoulder Bolt	2
17	1.17	CG6121ASSY	Slider ASSY	1
18	1.18	CG612900	Guide Tube	4
19	1.19	CG613000	Bumper	4
20	1.20	CG655ASSY	L Double Pulley Bracket ASSY	1
21	1.21	CG656ASSY	R Double Pulley Bracket ASSY	1
22	1.22	DQ12DHS2A	Washer $\phi$ 13* $\phi$ 24*1.5	2
23	1.23	GB41M8DS2	Hex Nut M8	1
24	1.24	GB70M5*15DS20	Socket Head Cap Screw M5*15	4
25	1.25	GB70M8*25DS20	Socket Head Cap Screw M8*25	6
26	1.26	GB818M3*16DS2	Pan Head Phillips Screw M3*16	6
27	1.27	GB818M3*6DS20	Pan Head Phillips Screw M3*6	8
28	1.28	GB818M4*16DS2	Pan Head Phillips Screw M4*16	2
29	1.29	GB818M5*15DHS20	Pan Head Phillips Screw M5*15	6
30	1.30	GB845ST2.9*16DHS	Pan Head Phillips Self-tapping Screw ST2.9*16	4
31	1.31	GB845ST4.2*16DHS	Pan Head Phillips Self-tapping Screw ST4.2*16	14
32	1.32	GB935DS12	Spring Washer $\phi$ 5	4
33	1.33	GB938DS12	Spring Washer $\phi$ 8	6
34	1.34	GB958DHS2	Washer $\phi$ 9* $\phi$ 16*1.6	10
35	1.35	NM5DS2	Nylon Insert Lock Nut M5	4
36	1.36	NM8DS2	Nylon Insert Lock Nut M8	3
37	1.37	PNLM8*100DHS2	Button Head Cap Screw M10*50	2
38	1.38	CG2L-DQ		1

# Parts List and Exploded View

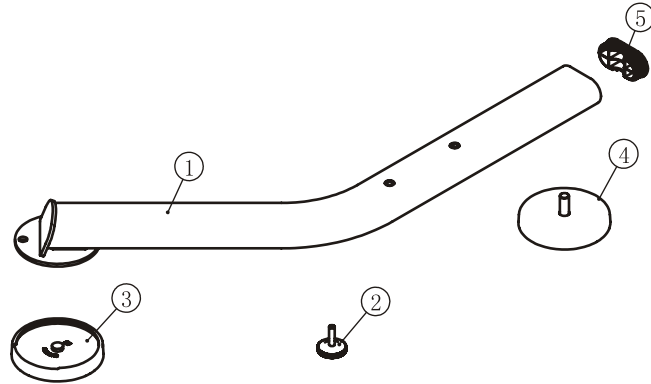
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## Rear Main Frame General ASSY



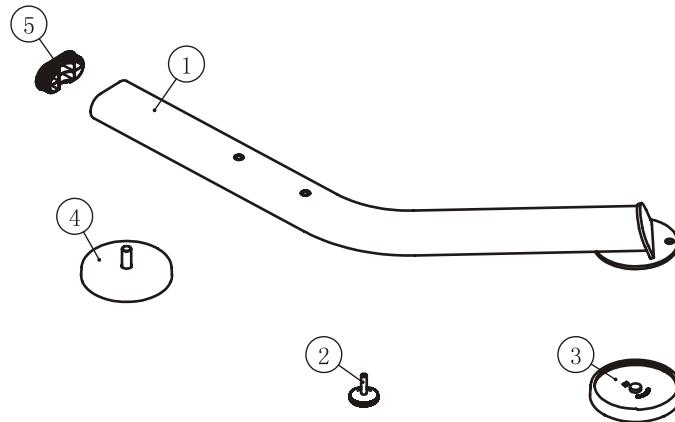
# Parts List and Exploded View

## Left Bottom Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1	CG2L0200	Left Bottom Frame	1
2	2.2	ASCENT2900	Adjustable Foot Plate	1
3	2.3	IT95015700	Foot Plate	1
4	2.4	SD1000B3000ASSY	Adjustable Foot Plate	1
5	2.5	IT90013800P11C	Plug RT50*100	1

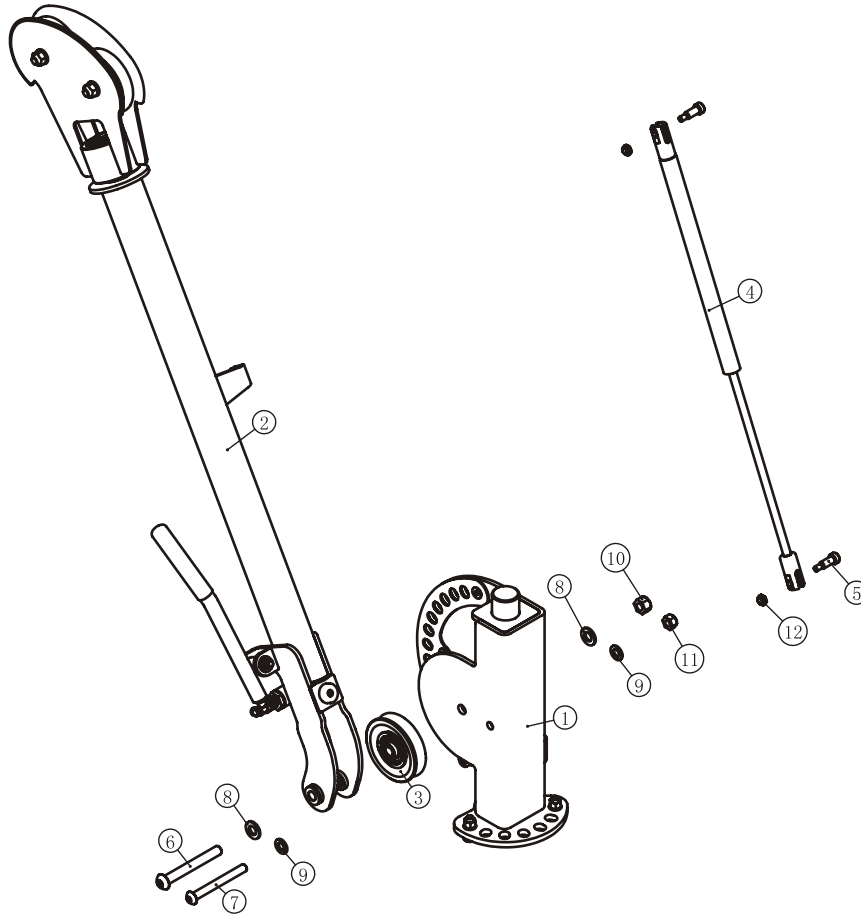
## Right Bottom Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1	CG2L0300	Right Bottom Frame	1
2	3.2	ASCENT2900	Adjustable Foot Plate	1
3	3.3	IT95015700	Foot Plate	1
4	3.4	SD1000B3000ASSY	Adjustable Foot Plate	1
5	3.5	IT90013800P11C	Plug RT50*100	1

# Parts List and Exploded View

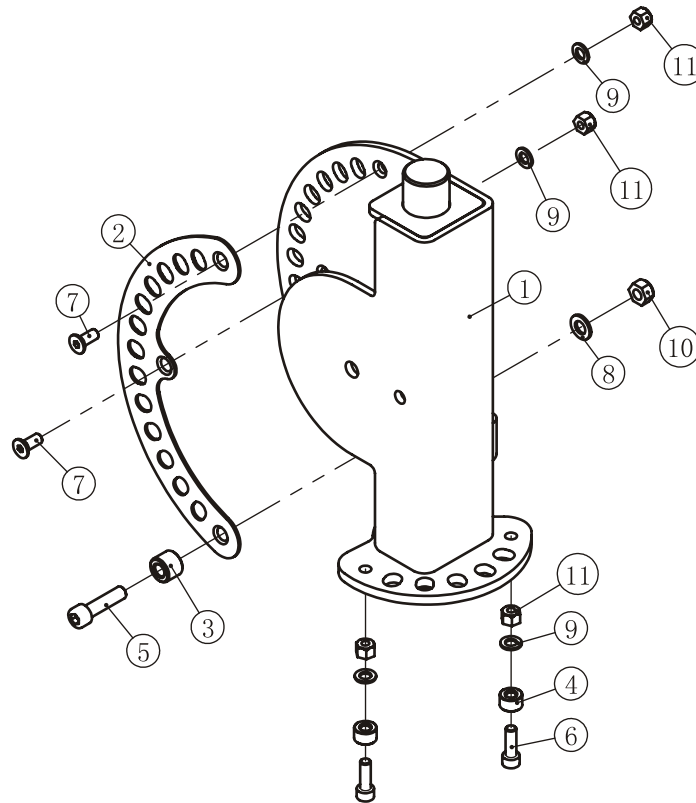
## Left Swing Arm Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	4.1	CG2L09ASSY	Left Adjustable Frame ASSY	1
2	4.2	CG2L10ASSY	Left Swing Arm Frame ASSY	1
3	4.3	MFT27001400	Aluminum Pulley 3.5"	1
4	4.4	L360FSK2800	Gas Spring	1
5	4.5	BNH0718DS	Shoulder Bolt	2
6	4.6	PNLM12*100DS20	Button Head Cap Screw M12*100	1
7	4.7	PNLM10*95DS20	Button Head Cap Screw M10*95	1
8	4.8	GB9512DS2	Washer $\phi$ 13* $\phi$ 24*2.5	2
9	4.9	GB9510DS2	Washer $\phi$ 11* $\phi$ 20*2	2
10	4.10	NM12DS2	Nylon Insert Lock Nut M12	1
11	4.11	NM10DS2	Nylon Insert Lock Nut M10	1
12	4.12	YNM0.313*18*8DN2	Nylon Insert Lock Nut 5/16"-18UNC*8	2

# Parts List and Exploded View

## Left Adjustable Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	4.1.1	CG2L1800	Left Adjustable Frame	1
2	4.1.2	CG2L1900	Lining Board	1
3	4.1.3	FS544600	Nylon Spacer	1
4	4.1.4	IN-S10111200	Stop Collar	2
5	4.1.5	GB70M10*40DS20	Socket Head Cap Screw M10*40	1
6	4.1.6	GB70M8*25DS20	Socket Head Cap Screw M8*25	2
7	4.1.7	CNLM8*20DS20	Flat Head Cap Screw M8*20	2
8	4.1.8	GB9510DS2	Washer $\phi$ 11 * $\phi$ 20*2	1
9	4.1.9	GB958DS2	Washer $\phi$ 9* $\phi$ 16*1.6	4
10	4.1.10	NM10DS2	Nylon Insert Lock Nut M10	1
11	4.1.11	NM8DS2	Nylon Insert Lock Nut M8	4

# Parts List and Exploded View

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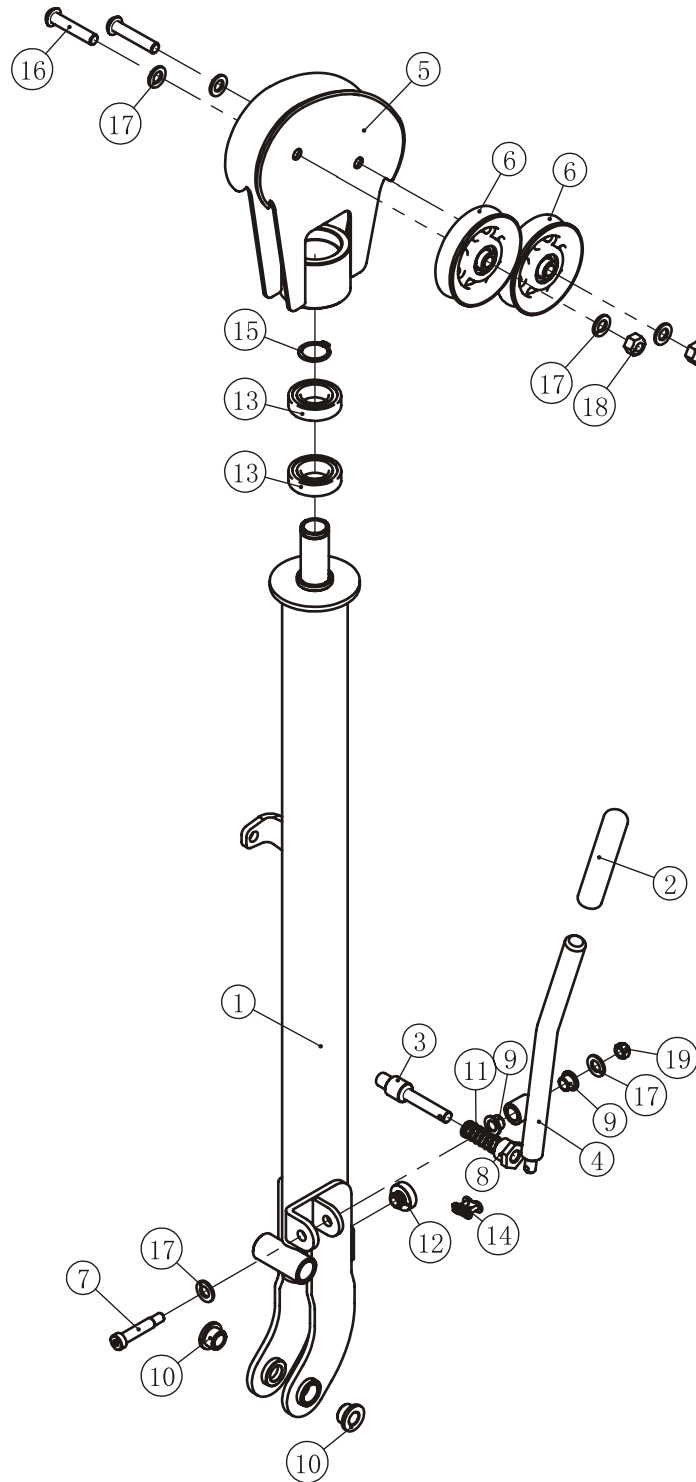
## Left Arm Frame ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
1	4.2.1	CG2L2000	Left Arm Frame	1
2	4.2.2	CG2L1600	Grip	1
3	4.2.3	CG2L2100	Pin	1
4	4.2.4	CG2L2200	The Regulating Handle	1
5	4.2.5	L360FSK2300	Double Pulley Bracket	1
6	4.2.6	CG3000A3300	Aluminum Pulley 3.5"	2
7	4.2.7	011-0712002	Shoulder Bolt	1
8	4.2.8	KPS18002701	Lock Nut	1
9	4.2.9	BNH0738	Bushing $\phi$ 9.5	2
10	4.2.10	M01402000	Bushing $\phi$ 12.2	2
11	4.2.11	HFOPT900-04A0602	Spring $\phi$ 1.5*36	1
12	4.2.12	ROC-IT1012400	Rubber	1
13	4.2.13	GB2766005-2Z	Bearing	2
14	4.2.14	GB/T1243-199708BN19	Chain	1
15	4.2.15	GB894.125FH12	Circlips For Shaft	1
16	4.2.16	PNLM10*50DS20	Button Head Cap Screw M10*50	2
17	4.2.17	GB9510DS2	Washer $\phi$ 11 * $\phi$ 20*2	6
18	4.2.18	NM10DS2	Nylon Insert Lock Nut M10	2
19	4.2.19	YNM0.313*18*8DN2	Nylon Insert Lock Nut 5/16"-18UNC*8	1

# Parts List and Exploded View

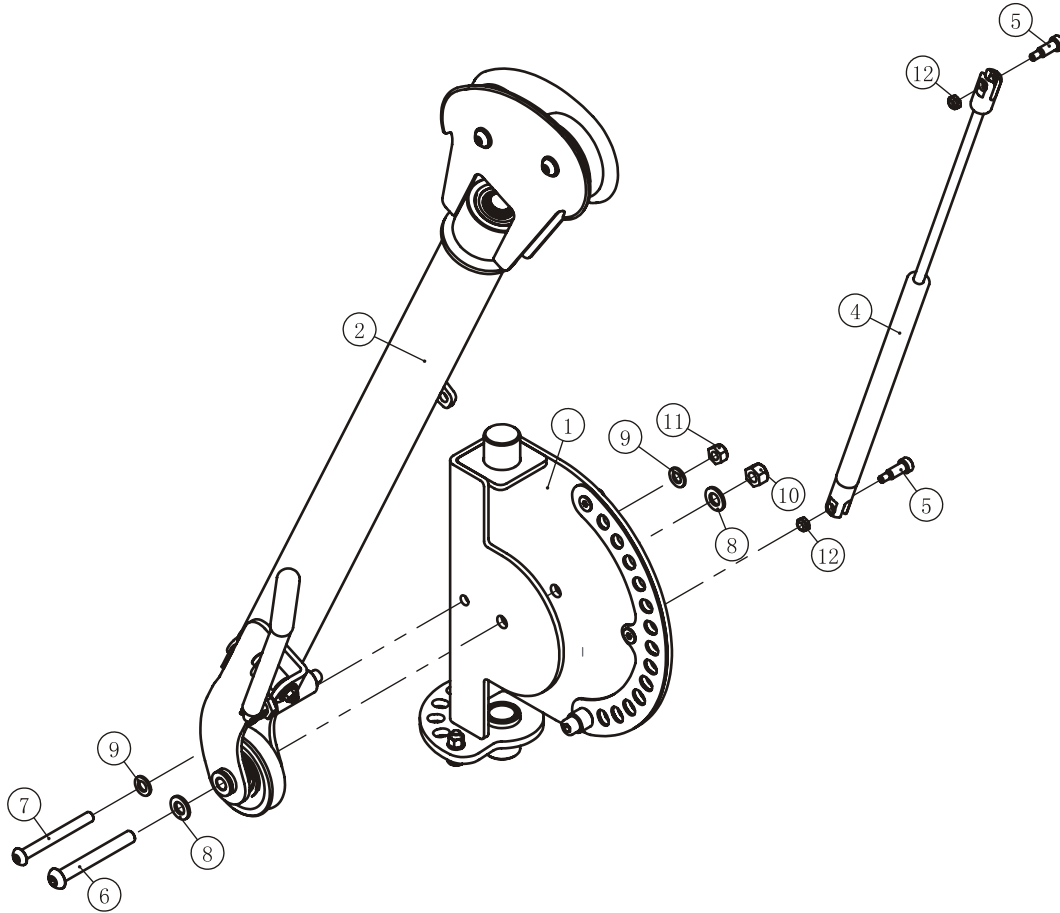
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## Left Arm Frame ASSY



# Parts List and Exploded View

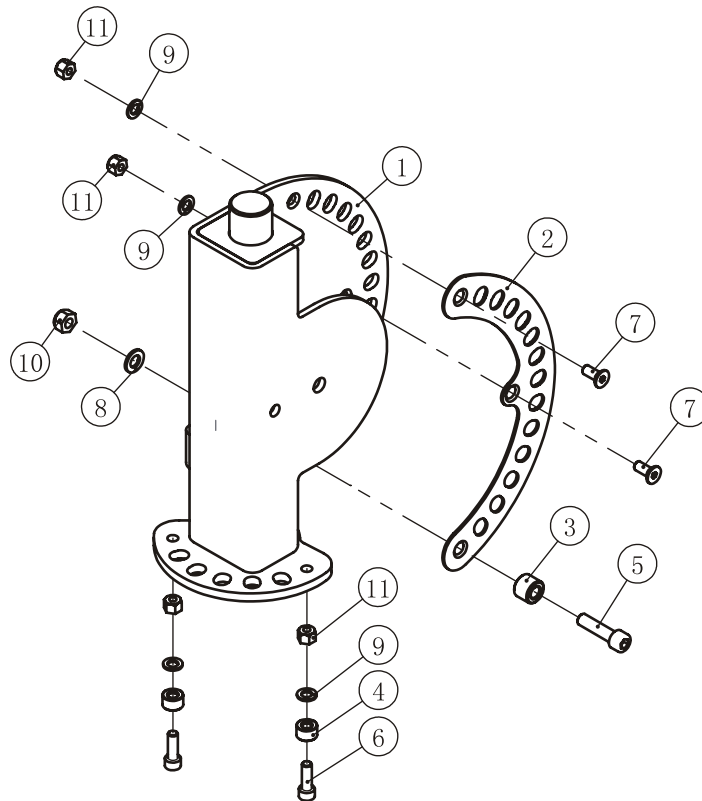
## Right Swing Arm Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1	CG2L11ASSY	Right Adjustable Frame ASSY	1
2	5.2	CG2L12ASSY	Right Swing Arm Frame ASSY	1
3	5.3	MFT27001400	Aluminum Pulley 3.5"	1
4	5.4	L360FSK2800	Gas Spring	1
5	5.5	BNH0718DS	Shoulder Bolt	2
6	5.6	PNLM12*100DS20	Button Head Cap Screw M12*100	1
7	5.7	PNLM10*95DS20	Button Head Cap Screw M10*95	1
8	5.8	GB9512DS2	Washer $\phi$ 13* $\phi$ 24*2.5	2
9	5.9	GB9510DS2	Washer $\phi$ 11* $\phi$ 20*2	2
10	5.10	NM12DS2	Nylon Insert Lock Nut M12	1
11	5.11	NM10DS2	Nylon Insert Lock Nut M10	1
12	5.12	YNM0.313*18*8DN2	Nylon Insert Lock Nut 5/16"-18UNC*8	2

# Parts List and Exploded View

## Right Adjustable Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1.1	CG2L2300	Right Adjustable Frame	1
2	5.1.2	CG2L1900	Lining Board	1
3	5.1.3	FS544600	Nylon Spacer	1
4	5.1.4	IN-S10111200	Stop Collar	2
5	5.1.5	GB70M10*40DS20	Socket Head Cap Screw M10*40	1
6	5.1.6	GB70M8*25DS20	Socket Head Cap Screw M8*25	2
7	5.1.7	CNLM8*20DS20	Flat Head Cap Screw M8*20	2
8	5.1.8	GB9510DS2	Washer $\phi$ 11 * $\phi$ 20*2	1
9	5.1.9	GB958DS2	Washer $\phi$ 9* $\phi$ 16*1.6	4
10	5.1.10	NM10DS2	Nylon Insert Lock Nut M10	1
11	5.1.11	NM8DS2	Nylon Insert Lock Nut M8	4

# Parts List and Exploded View

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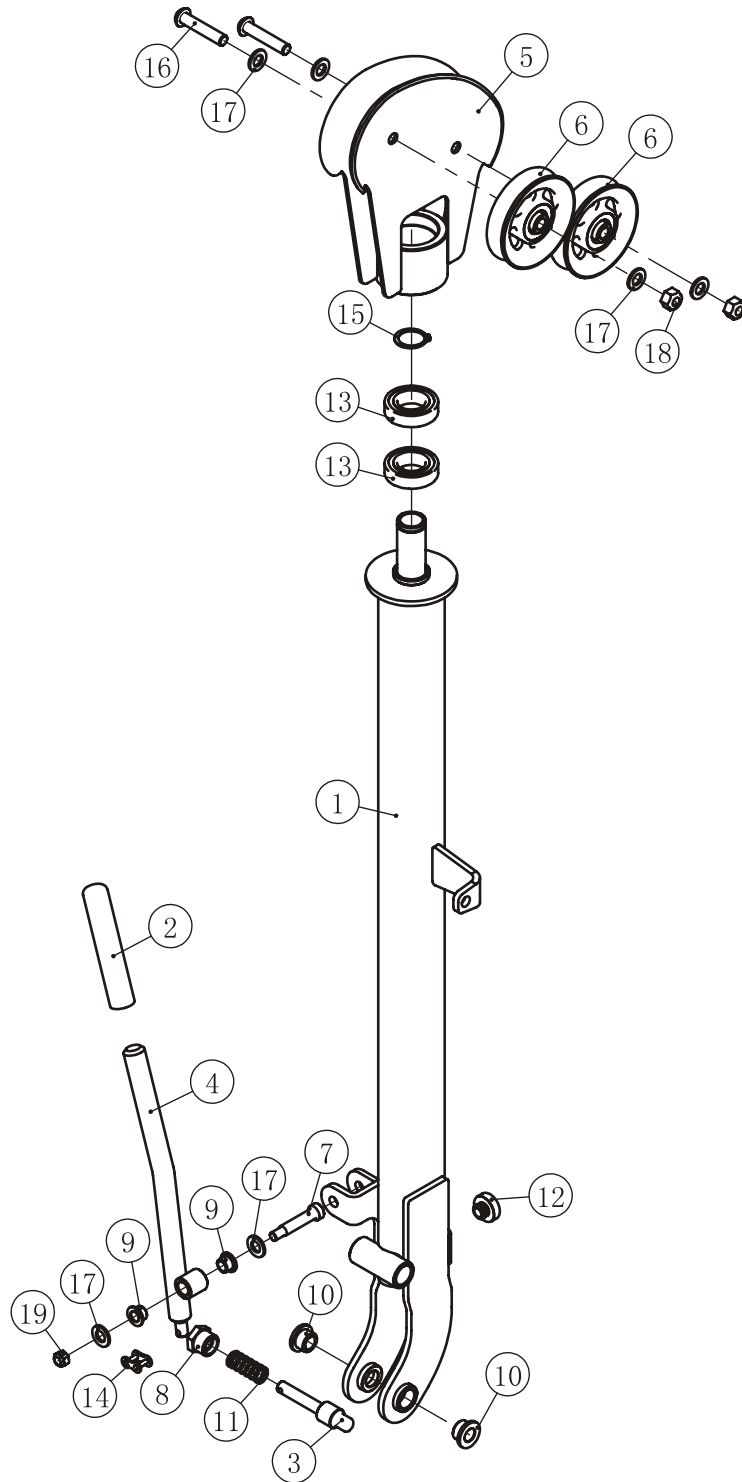
## Right Arm Frame ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
1	5.2.1	CG2L2400	Right Arm Frame	1
2	5.2.2	CG2L1600	Grip	1
3	5.2.3	CG2L2100	Pin	1
4	5.2.4	CG2L2200	The Regulating Handle	1
5	5.2.5	L360FSK2300	Double Pulley Bracket	1
6	5.2.6	CG3000A3300	Aluminum Pulley 3.5"	2
7	5.2.7	011-0712002	Shoulder Bolt	1
8	5.2.8	KPS18002701	Lock Nut	1
9	5.2.9	BNH0738	Bushing $\phi$ 9.5	2
10	5.2.10	M01402000	Bushing $\phi$ 12.2	2
11	5.2.11	HFOPT900-04A0602	Spring $\phi$ 1.5*36	1
12	5.2.12	ROC-IT1012400	Rubber	1
13	5.2.13	GB2766005-2Z	Bearing	2
14	5.2.14	GB/T1243-199708BN19	Chain	1
15	5.2.15	GB894.125FH12	Circlips For Shaft	1
16	5.2.16	PNLM10*50DS20	Button Head Cap Screw M10*50	2
17	5.2.17	GB9510DS2	Washer $\phi$ 11* $\phi$ 20*2	6
18	5.2.18	NM10DS2	Nylon Insert Lock Nut M10	2
19	5.2.19	YNM0.313*18*8DN2	Nylon Insert Lock Nut 5/16"-18UNC*8	1

# Parts List and Exploded View

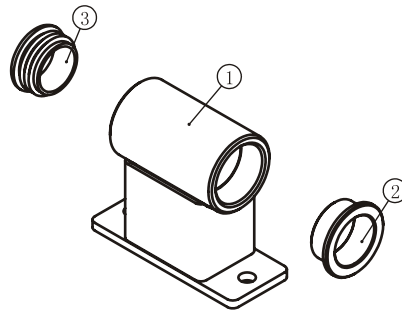
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## Right Arm Frame ASSY



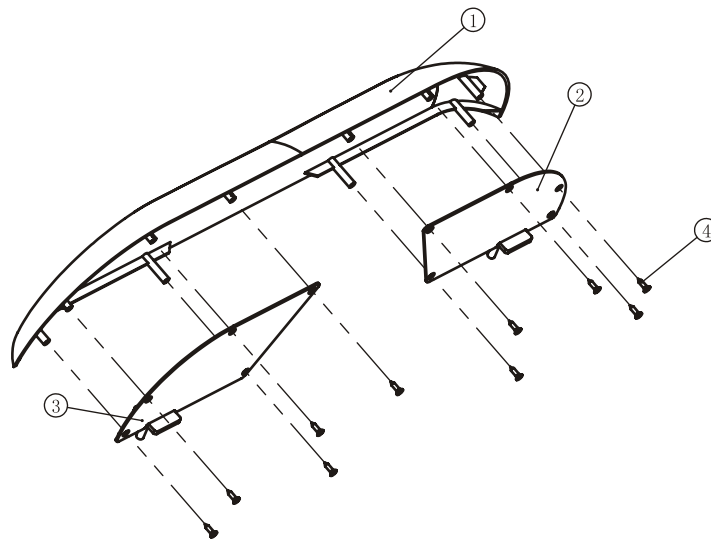
# Parts List and Exploded View

## Upper Bracket ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	6.1	CG2L2500	Upper Bracket	1
2	6.2	HVCORE5400	Bushing $\phi$ 35	1
3	6.3	AP5TOS23000	Plug $\phi$ 45	1

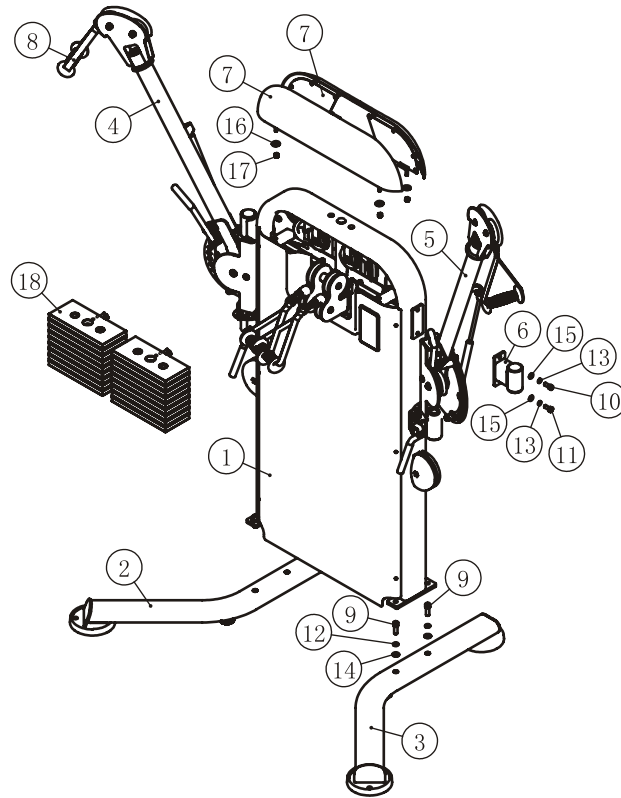
## Top Cover ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	7.1	CG60002400	Top Cover	1
2	7.2	CG60005900	Support Bracket, Right	1
3	7.3	CG60005800	Support Bracket, Left	1
4	7.4	GB846ST4.2*16DHS	Cross Recessed Countersunk Head Tapping Screw ST4.2*16	10

# Parts List and Exploded View

## Overall



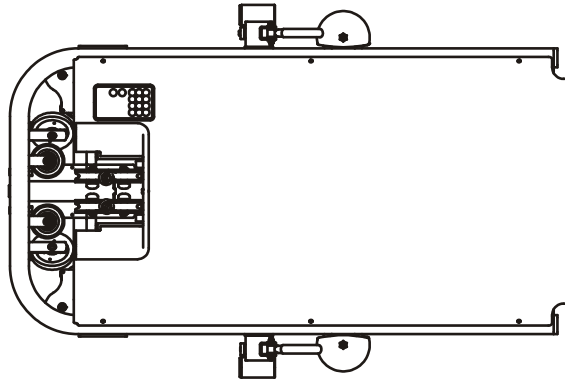
ItemNo.	Grade No.	Part No.	Description	QTY
1	1	CG2LCAGEASSY	Rear Main Frame General ASSY	1
2	2	CG2L02ASSY	Left Bottom Frame ASSY	1
3	3	CG2L03ASSY	Right Bottom Frame ASSY	1
4	4	CG2L04ASSY	Left Swing Arm Frame ASSY	1
5	5	CG2L05ASSY	Right Swing Arm Frame ASSY	1
6	6	CG2L06ASSY	Upper Bracket ASSY	2
7	7	CG624ASSY	Top Cover ASSY	2
8	8	CG60006100V2	Handle-Dumbbell Handles	4
9	9	GB70M12*35DS20NL	Socket Head Cap Screw M12*35	4
10	10	GB70M10*25DS20	Socket Head Cap Screw M10*25	2
11	11	GB5781M10*25DS20	Hex Head Bolt M10*25	2
12	12	GB9312DS12	Spring Washer $\Phi$ 12	4
13	13	GB9310DS12	Spring Washer $\Phi$ 10	4
14	14	DQ12DS2A	Washer $\phi$ 13* $\phi$ 24*1.5	4
15	15	GB9510DS2	Washer $\phi$ 11* $\phi$ 20*2	4
16	16	DQ8DS2B	Washer $\phi$ 9* $\phi$ 28*2	4
17	17	NM8DS2	Nylon Insert Lock Nut M8	4
18	18	CG6103ASSY	10LBS Weight Plate	18

# Important Steps

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## Step 1

1. Tilt the Rear Main Frame on Left Hand Side.

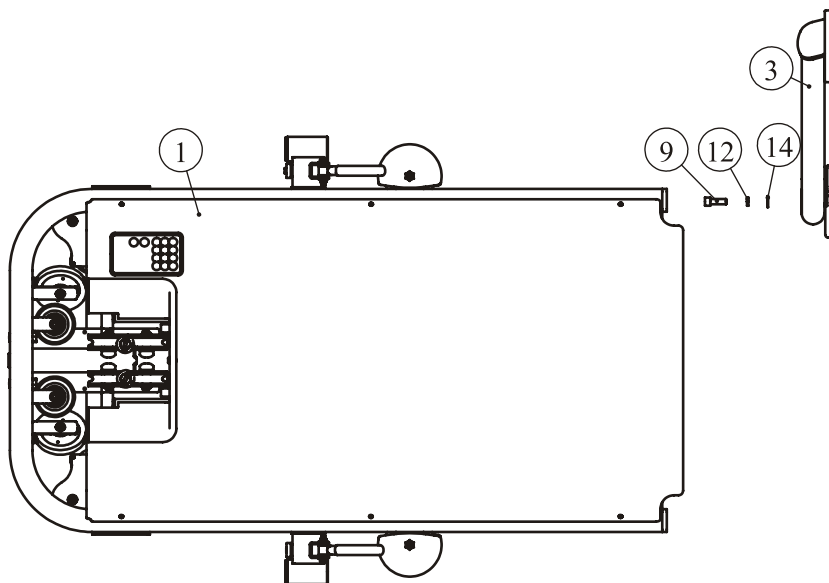


## Step 2

Attach the Right Bottom Frame (#3) to the Rear Main Frame (#1), using:

- two Socket Head Cap Screw M12\*35 (#9)
- two Spring Washer  $\Phi 12$  (#12)
- two Washer  $\Phi 13*\Phi 24*1.5$  (#14)

**Note:** Wrench tighten bolts.



## Important Steps

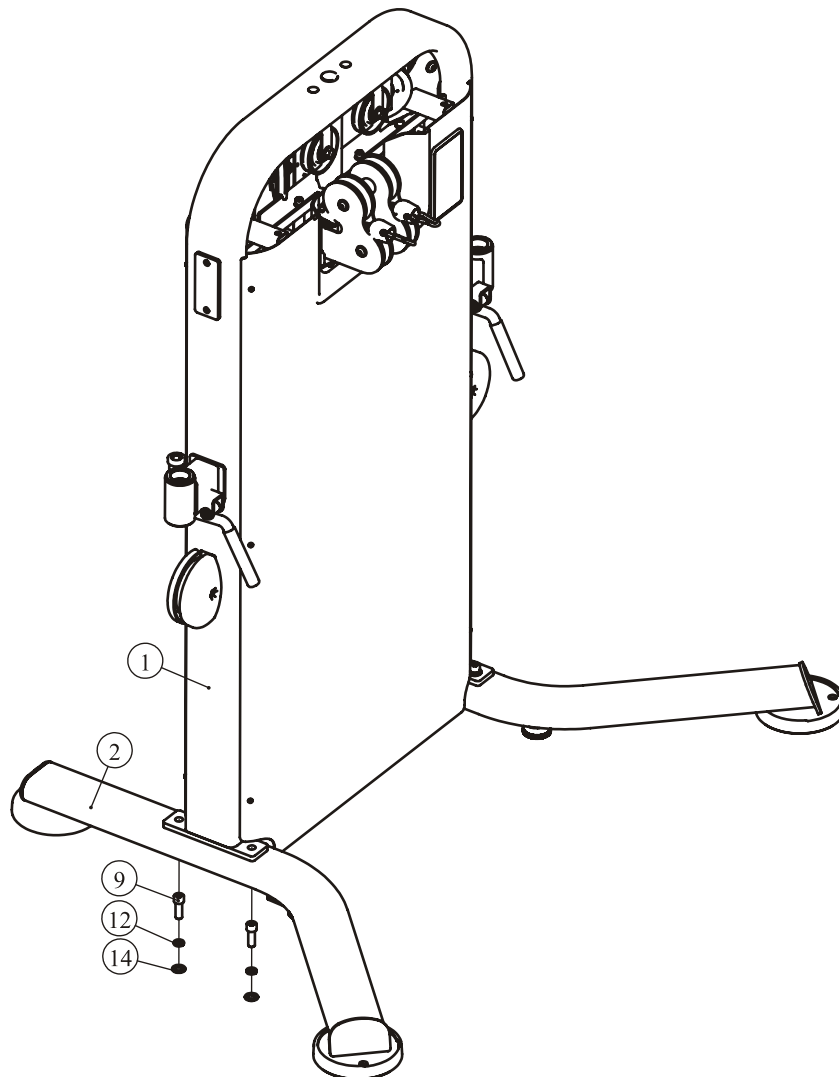
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### Step 3

Tilt Back to Upright Position, and then attach the Left Bottom Frame (#2) to the Rear Main Frame (#1), using:

- two Socket Head Cap Screw M12\*35 (#9)
- two Spring Washer  $\Phi 12$  (#12)
- two Washer  $\Phi 13*\Phi 24*1.5$  (#14)

**Note:** Wrench tighten bolts.



## Important Steps

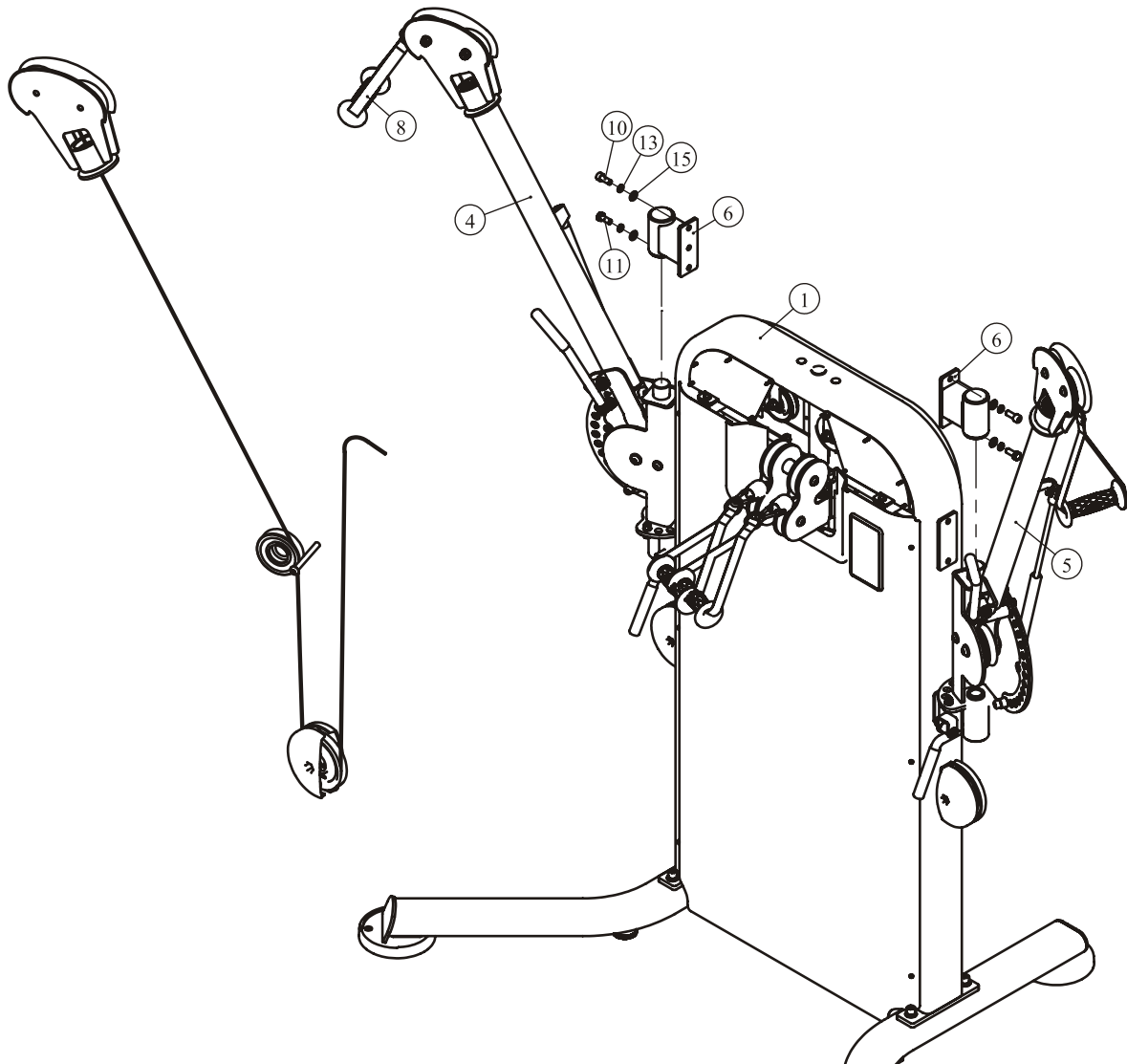
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### Step 4

Attach Left Swing Arm Frame (#4), Right Swing Arm Frame (#5), two Upper Brackets (#6) to the Rear Main Frame (#1), using:

- two Socket Head Cap Screw M10\*25 (#10)
- two Hex Head Bolt M10\*25 (#11)
- four Spring Washer  $\Phi 10$  (#13)
- four Washer  $\Phi 11*\Phi 20*2$  (#15)

**Note:** Wrench tighten bolts, Transfer the cables, Hang Up four Handle-Dumbbell Handles (#8).

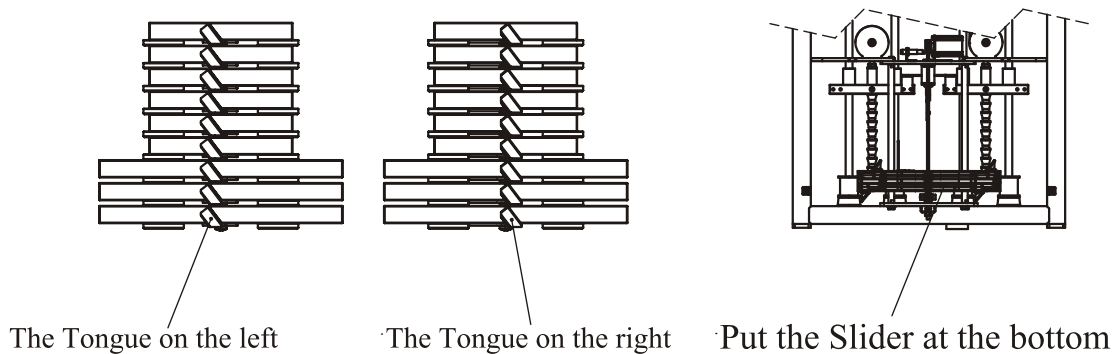


# Important Steps

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## Step 5

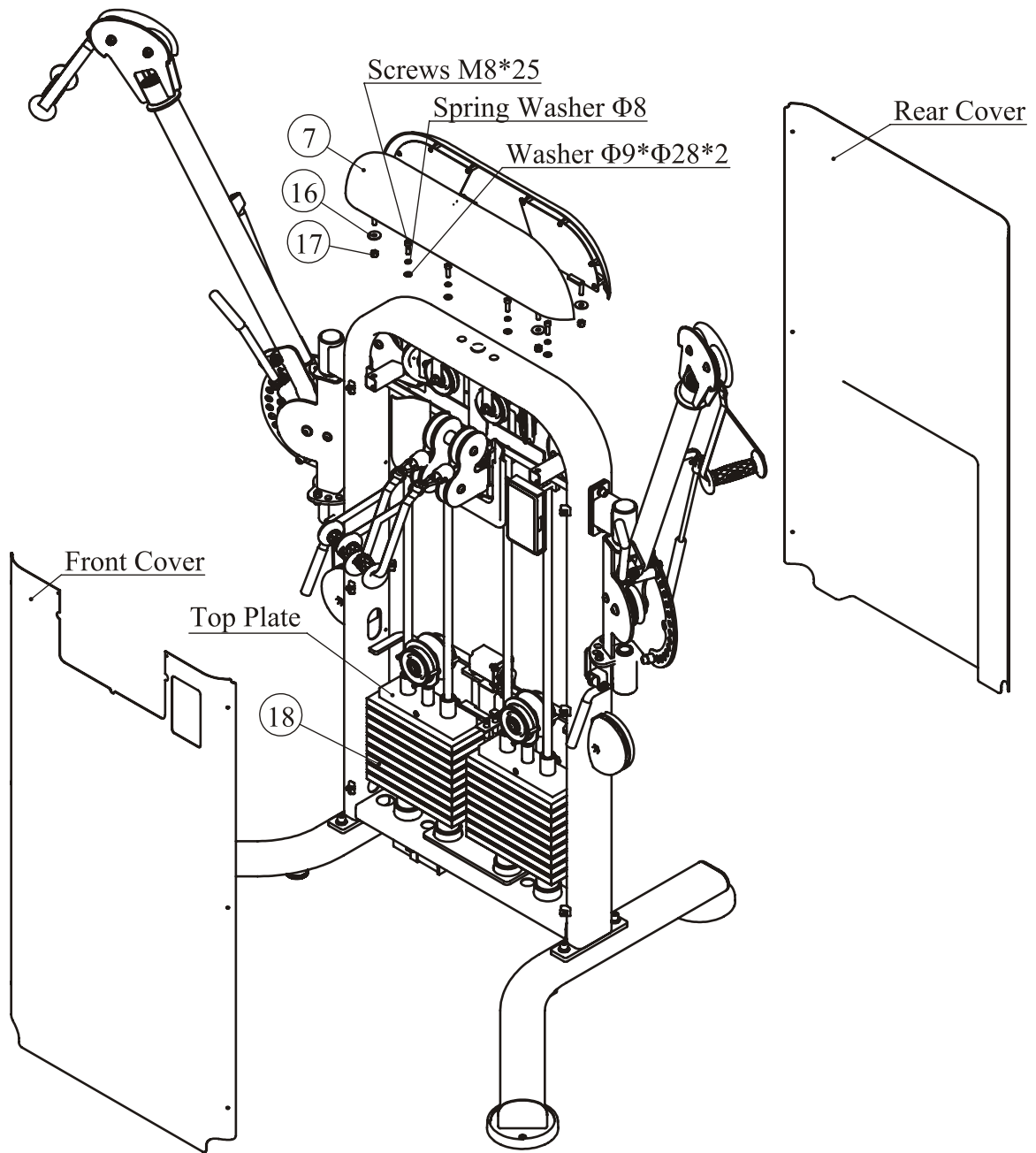
1. Remove the twelve Pan Head Phillips Self-tapping Screw ST 4.2\*16, then remove the Front Cover and Rear Cover. Set the parts aside.
2. Put the Slider at the bottom.
3. Remove Four Socket Head Cap Screws M8\*25, Four Washers  $\Phi 9*\Phi 16*1.6$  and Four Spring Washer  $\Phi 8$ . Set the parts aside.
4. Tilt the Guide Rod, Take off the Top Plate from them. Put the nine PCS 10LBS Weight Plate (#18) each side through the Guide Tube. Put the Tongue on the right, put the Top Plate back to the Guide Rod and then put the Tongue on the left.
5. Put the Guide Rod back, and Fixing them using Four Socket Head Cap Screws M8\*25 , Four Washers  $\Phi 9*\Phi 16*1.6$  and Four Spring Washer  $\Phi 8$  removed in previous step.
6. Fixing two Top Cover (#7) to the Rear Main Frame(#1), using:
  - Four Nylon Insert Lock Nut M8 (#17)
  - Four Washer  $\Phi 9*\Phi 28*2$  (#16)
7. Fixing the Front Cover and Rear Cover to the Rear Main Frame, using the twelve Pan Head Phillips Self-tapping Screws ST4.2\*16 removed in previous step.
8. Plug the Power Cable to the Adapter.



# Important Steps

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## Step 5



# Console Panel Functions

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## Control buttons

### 1. Mode

Press once, enter "time target mode"; press twice, enter "count target mode".

### 2. Reset

Press once, console resets, time and count reset to 0.

## Display windows

### 1. Weight

This window displays the current work weight.

### 2. Time

This window displays the current work time.

### 3. Count

This window displays the current work count.

## Operate mode

Press "MODE" key once, enter "time target mode"; press "MODE" key twice, enter "count target mode".

### 1. Time target mode

1.1. Press "mode" key, time window flash and display "00:00". Use keyboard to enter target time, the smallest unit 00:01.

1.2. Press "enter" key or 5 seconds after enter target time, time window stop flash.

1.3. After counting sensor detects the signal, start to decrease time.

1.4. When target time decreased to 00:00, time target mode completed. If continue, the time and count are increase.

### 2. Count target mode

2.1. Press "mode" key twice, count window flash and display "0000". Use keyboard to enter target count number, The smallest unit 0001.

2.2. Press "enter" key or 5 seconds after enter target count, count window stop flash.

2.3. After counting sensor detects the signal, start to decrease count.

2.4. When target count number decreased to 0000, count target mode completed. If continue, the time and count are increase.

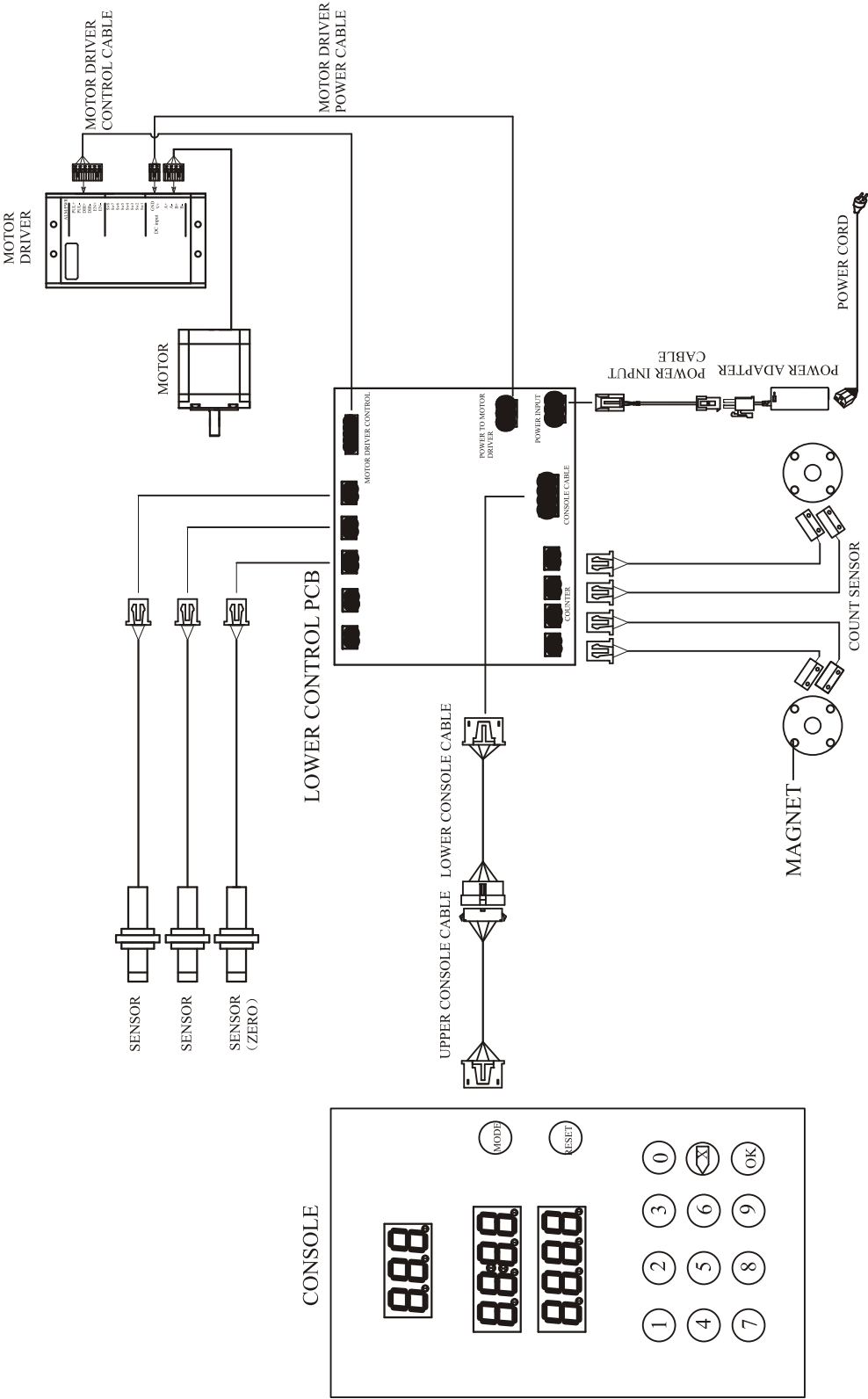
# Electrical Connection

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## Electric Parts

ItemNo.	Grade No.	Part No.	Description	QTY
1	1.38.1	13-0011-2	Power Cord	1
2	1.38.2	DQSPQ12V3A-C	Power Adapter	1
3	1.38.3	L2100VH-5559-2	Power Input Cable	1
4	1.38.4	D48-BASSY	Motor	1
5	1.38.5	C62	Motor Driver	1
6	1.38.6	C68	Lower Control Pcb	1
7	1.38.7	L200EDGK-VH-3	Motor Driver Power Cable	1
8	1.38.8	L200EDGK-XHB-5	Motor Driver Control Cable	1
9	1.38.9	K14	Sensor	3
10	1.38.10	DQCGQ02	Count Sensor	4
11	1.38.11	L800XHB-SMA-4	Lower Console Cable	1
12	1.38.12	L400XHB-SMY-4	Upper Console Cable	1
13	1.38.13	CG500023200	Spacer Bush	4
14	1.38.14	QTBZ173.2*120V	Cable Ties	11
15	1.38.15	GB134873M6*1100	Arc Tooth Belt	1

# Electrical Connection



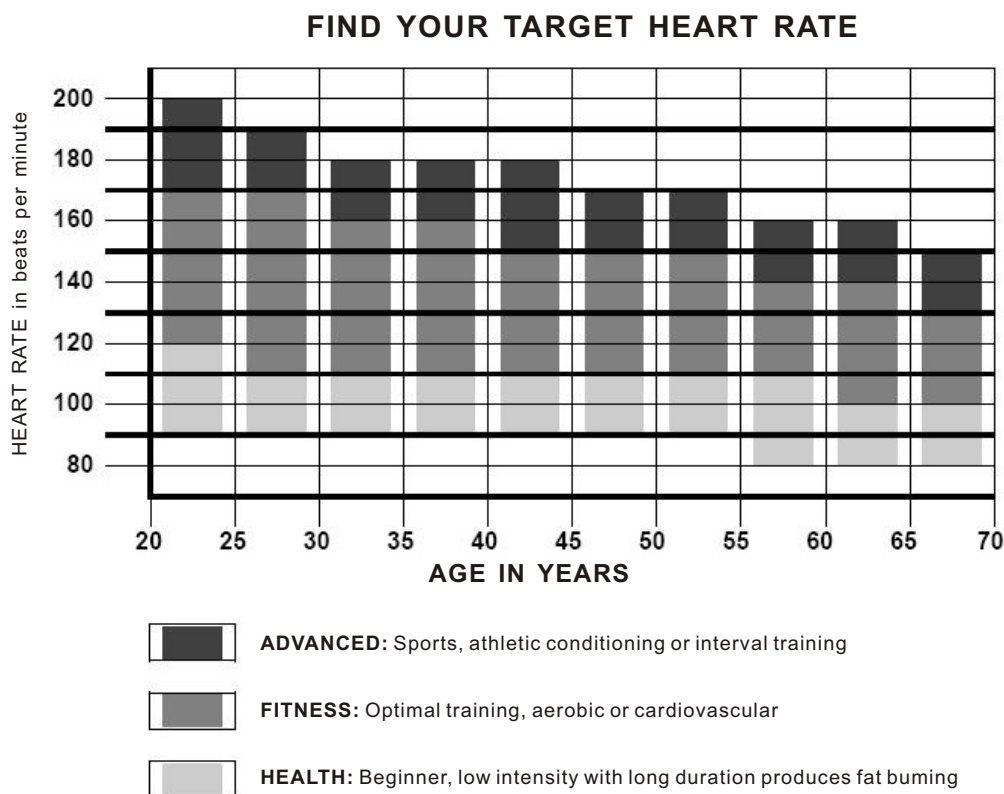
# Target Heart Rate

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## Finding your pulse

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone", a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.



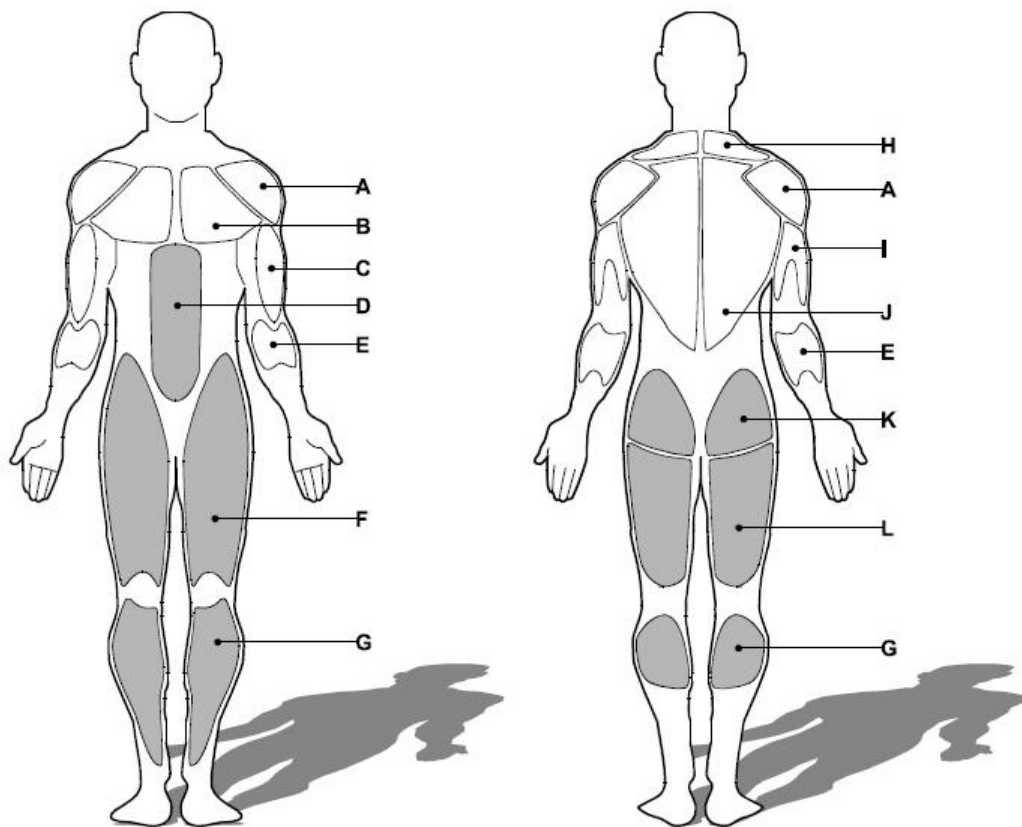
## Aerobic exercise

Is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups—arms, legs or buttocks, for example. Your heart beats quickly and you breathe deeply.

# Muscle Chart

## Targeted muscle groups

Cardio gym works all the major muscle groups in your body. The muscles shaded in grey are worked through the recumbent cycle whereas the pulley system will work the muscles in white.



Shoulder muscles	<input type="checkbox"/> A	<input type="checkbox"/> B	Pectoral muscles
Bicep muscle	<input type="checkbox"/> C	<input type="checkbox"/> D	Abdominal muscles
Forearm muscles	<input type="checkbox"/> E	<input type="checkbox"/> F	Quadricep muscles
Calf muscles	<input type="checkbox"/> G	<input type="checkbox"/> H	Trapezius muscles
Tricep muscles	<input type="checkbox"/> I	<input type="checkbox"/> J	Back muscles
Gluteal muscles	<input type="checkbox"/> K	<input type="checkbox"/> L	Hamstring muscles

# Stretching Routing

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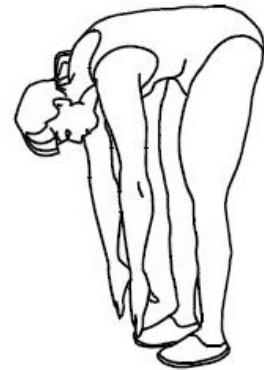
## Warm up and cool down

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two or 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.

Warning up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down Exercises on the following pages:

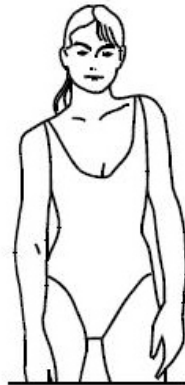
### Toe Touch

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



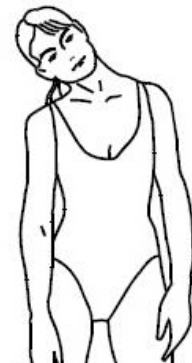
### Shoulder Lift

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



### Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, 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, and finally, drop your head to your chest for one count.



# Stretching Routing

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## Hamstring Stretch

Sit with your right leg extended. 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 extended.



## Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for counts.



## Side Stretch

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



## 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, and then repeat on the other side for 15 counts.

