

ELLIPTICAL X-16 CONSOLE GUIDE



COMPUTER FUNCTIONS

- A** Cardio
- B** Calorie Burn
- C** Manual
- D** Gradient
- E** Stop
- F** Down
- G** MP3 Input
- H** Strength Program
- I** Interval Program
- J** Heart Rate Program
- K** User Program
- L** Start
- M** UP
- N** Select

BUTTON FUNCTIONS

Cardio

Enter Cardio Program.

Calorie Burn

Enter Calorie burn program.

Manual

Enter Manual program.

Gradient

Enter Gradient program.

Stop

To Pause a program (5 minute max),
Stop and pause workouts.

Down

To adjust function value down

MP3 Input

Insert the Aux lead here to play music through the speakers.

Strength Program

Enter Strength Program

Interval Program

Enter Interval program

Heart Rate Program

Enter Heart rate program

User Program

User defined program

Start

To start and reset workouts.

Up

To adjust function value up

Select

Press to insert Workout time, Distance, Calories and Age
Changes display data when in use.



OPERATION PROCEDURE

- 01 When the power supply is connected to the machine the computer will power on with a beep sound. All segments of the LCD display will light up for 2 seconds then a dot matrix will display the software version of the console. The console will then display the odometer reading, total time (in hours) on the left and virtual distance will be on the right.
- 02 The main menu will be displayed. The user can press **START** to begin immediately in the manual mode. All values (**SPEED, DISTANCE, TIME**) will count up from Zero. Resistance level can be changed at any time during exercise by pressing the **UP** or **DOWN** key. in the centre of the screen shows a **1/4 mile** or **0.4KM track** with a lap counter as you progress.

To Change the console from **MPH** to **KPH**.



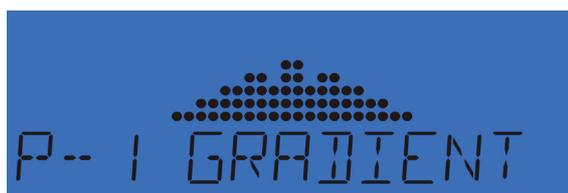
- Hold down the **START, STOP** and **SELECT** keys together for 5 seconds.
- Press the **SELECT** key
- use the **UP/DOWN** keys to select **FUNCTIONS**
- Press **SELECT**
- Use **UP/DOWN** keys to select **UNITS**
- Press **SELECT**
- Use **UP/DOWN** to select Miles or Kilometers, then press **SELECT**
- Press **STOP** to exit
- Use **UP/DOWN** keys to select **EXIT**, then press **SELECT**.

- 03 Before beginning the manual exercise the user can set the desired workout for **TIME**
 - From main menu press then **MANUAL PROGRAM**.
 - Enter your **WEIGHT** using the **UP/DOWN** keys, then press **SELECT**.
 - Enter your **AGE** using the **UP/DOWN** keys, then press **SELECT**.
 - Adjust the desired workout duration using the **UP/DOWN** keys.
 - Now press **START** to begin.
 - The program will now start on level one resistance, to adjust the resistance use the **UP/DOWN** keys.
 - During the program you will be able to switch the displayed data by pressing the **SELECT** key.
 - When the program ends the message window will show a summary of your workout, then will go back to the main menu.

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04 PRESET PROGRAM

- In main menu press **Gradient, Calorie Burn, Cardio, Strength or Interval**
- Press **SELECT**
- Enter your **WEIGHT** using the **UP/DOWN** keys, then press **SELECT**.
- Enter your **AGE** using the **UP/DOWN** keys, then press **SELECT**.
- Adjust the desired workout duration using the **UP/DOWN** keys, press **SELECT** to continue.
- Select the **MAX** level, this will be the peak exertion level you will experience during the program.
Use the **UP/DOWN** keys to adjust this then press **SELECT**
- Now you have finished editing the settings, press **START**
- You can increase or decrease the workload at any time by using the **UP/DOWN** keys,
- During the program you will be able to switch the displayed data by pressing the **SELECT** key.
- When the program ends the message window will show a summary of your workout, then will go back to the main menu.



06 H.R.C Heart rate Control



- In Main menu press **Heart Rate** to select **HRC1 / HRC2**.
- **Press Select.**
- Enter your **WEIGHT** using the **UP/DOWN** keys, then press **SELECT**.
- Enter your **AGE** using the **UP/DOWN** keys, then press **SELECT**.
- Enter your workout **TIME** using the **UP/DOWN** keys, then press **SELECT**.
- Enter your workout heart rate **60%, 70% or 80%** of your **MHR**.
- Enter your Target heart rate.
- Press **Start** to begin.
- **Both** hands need to be on the pulse sensors to record **H.R**



Maximum users heart rate is worked out at $220 - \text{age} = \text{total}$. **TARGET HEART RATE** this is the maximum your heart rate (**MHR**) should be. You can then work out at 60%, 70%, 80% of this. For example:

- $220 - 40$ (users age) = 180 MHR
- $180 \times 0.6 = 108$ BPM
- That calculates 60% of your MHR

- The computer will record the **TARGET HEART RATE** and allow the user to work out within this, the resistance level will automatically be changed.
- If the heart rate is too high the computer will beep to indicate this.
- If no heart rate is being recorded the below will be displayed on the screen.

07 User Program

User can create own workout profile.

- In Main menu press **User button** to select **USER 1** or **USER 2**.
- **Press Select.**
- Enter your **WEIGHT** using the **UP/DOWN** keys, then press **SELECT**.
- Enter your **AGE** using the **UP/DOWN** keys, then press **SELECT**.
- Adjust the desired workout duration using the **UP/DOWN** keys, press **SELECT** to continue.
- The first column will now blink, you can adjust the resistance level for this segment using the **UP/DOWN** key.
- Press **SELECT** again to adjust each segment.
- Adjust each bar by pressing **UP/DOWN** then **SELECT** to move onto next segment.
- Continue the above for all segments **(20 Segments)**.
- Press **START** to begin exercise once complete.
- You can increase or decrease the workload at any time by using the **UP/DOWN** keys,
- During the program you will be able to switch the displayed data by pressing the **SELECT** key.
- When the program ends the message window will show a summary of your workout, then will go back to the main menu.