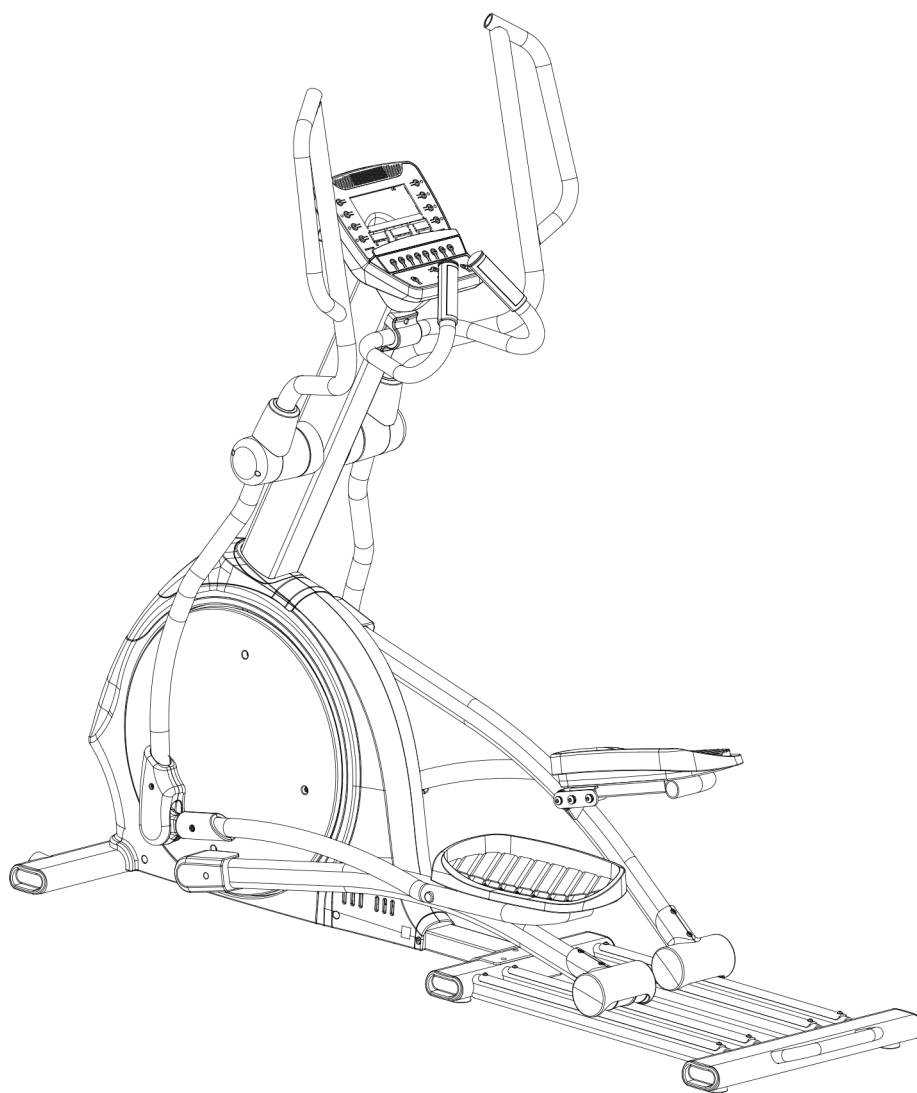


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Elite FDR 2.5i Semi-Pro Crosstrainer

User Manual



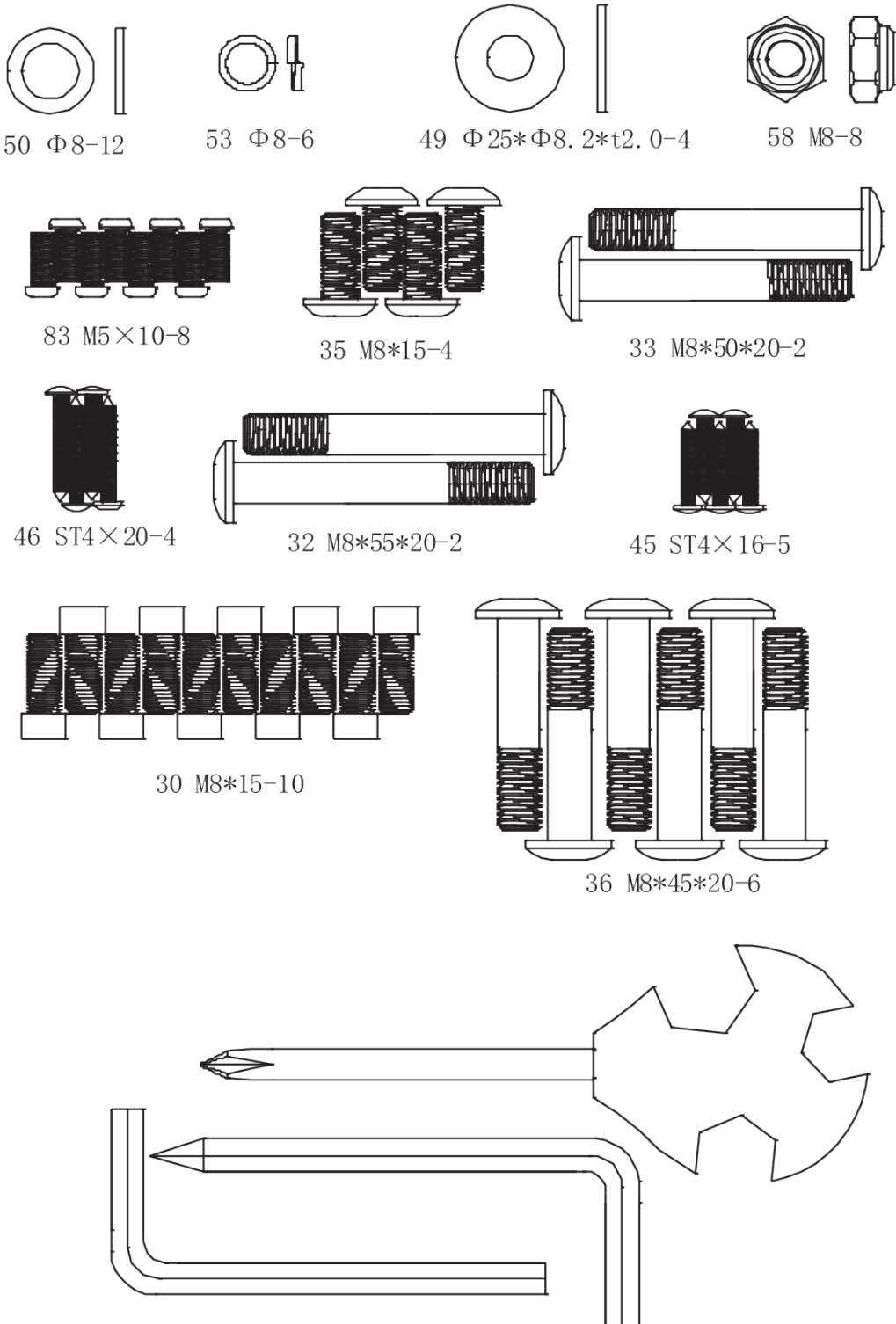
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WARNING: BEFORE YOU BEGIN YOUR WORKOUT, WE RECOMMEND THAT YOU FIRST CONTACT YOUR HEALTH SPECIALIST, ESPECIALLY FOR PEOPLE OVER 35 OR PEOPLE WHO ALREADY SUFFER FROM HEALTH PROBLEMS. WE ARE NOT LIABLE FOR ACCIDENTS IF YOU DO NOT FOLLOW OUR INSTRUCTIONS.

ATTENTION

- The crosstrainer is only made for home use and is suitable for users up to 165kg.
- Carefully follow the steps of assembly.
- Use only original parts that are supplied.
- After delivery, check everything with the parts list before you start assembling.
- Only use suitable tools for assembly and ask for help where necessary.
- Place the crosstrainer on a flat surface and a stiff surface. Use in damp rooms is not recommended.
- Check all parts for tightness before you train for the first time. We also recommend checking the parts every month. Replace broken parts immediately and do not use the cross trainer if you have not yet replaced the part. Only use original spare parts for repair. Ask your dealer for advice on repairs.
- Avoid using aggressive cleaning agents when cleaning the crosstrainer.
- Start training only after the cross trainer has been fully assembled and checked.
- Be aware that all adjustable parts have a maximum number of settings to which they can be adjusted.
- The crosstrainer is made for adults. Make sure that children only use it when accompanied by an adult.
- Inform users of potential danger, watch out for moving parts during use.
- Warning: improper / excessive training can cause injuries.

E20



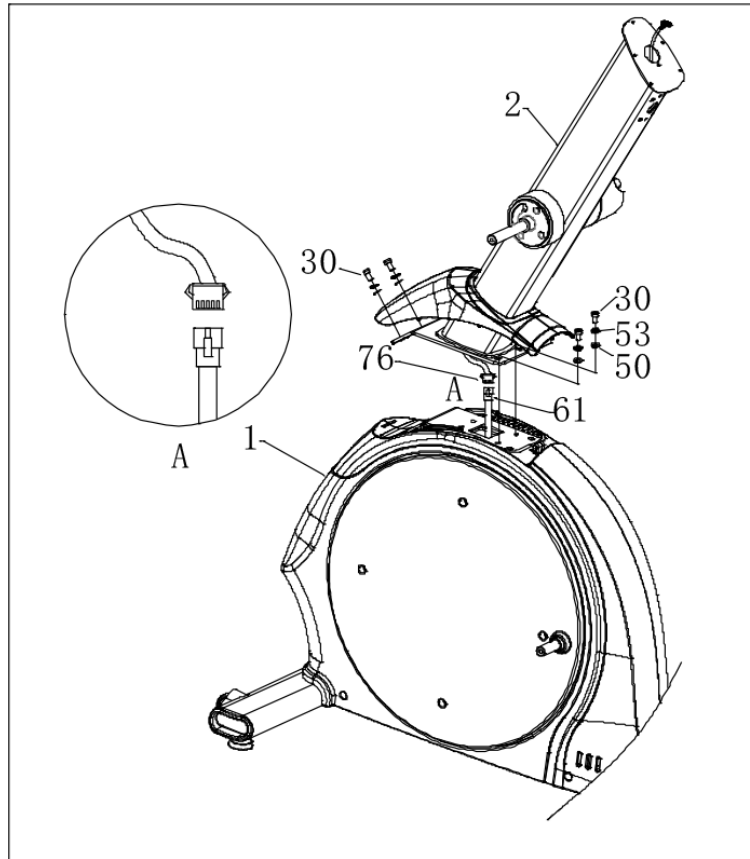
Missing parts: If you think you are missing certain parts in your package, carefully check the styrofoam and the device yourself. Some parts (bolts, screws, etc.) are already attached to / in the device.

Error message: Make sure that all cables are carefully attached. The aluminum legs are very sensitive and should remain straight. Do you get an error message after the installation of your cross trainer? Then you should bend these aluminum feet straight again, this may cause the error message to disappear.

Transport wheels: Make sure that the transport wheels are attached to the front of the device.

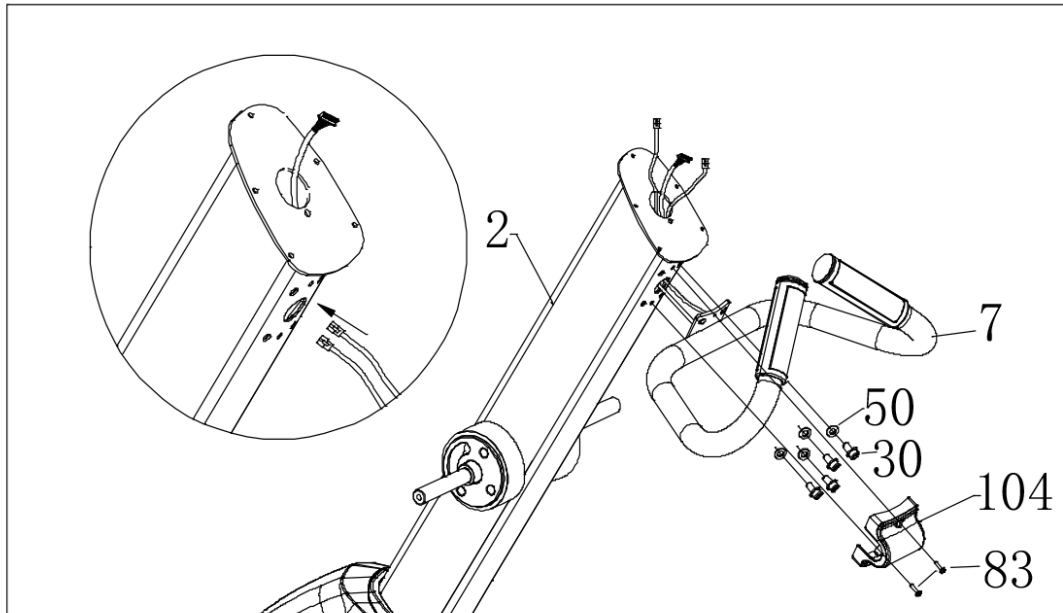
Allen screws: In the uprights of cross trainers are hex bolts, make sure that the Allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head from being turned

STEP 1



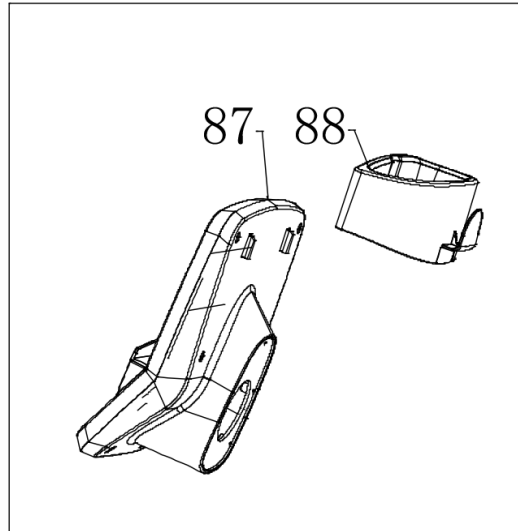
- Connect the motor communication wire (61) with Upright post communication wire (76);
- Attach the upright post (2) to the main frame (1) with Allen cylinder head full thread screw (30), Flat washer (50) and Spring washer (53).

STEP 2



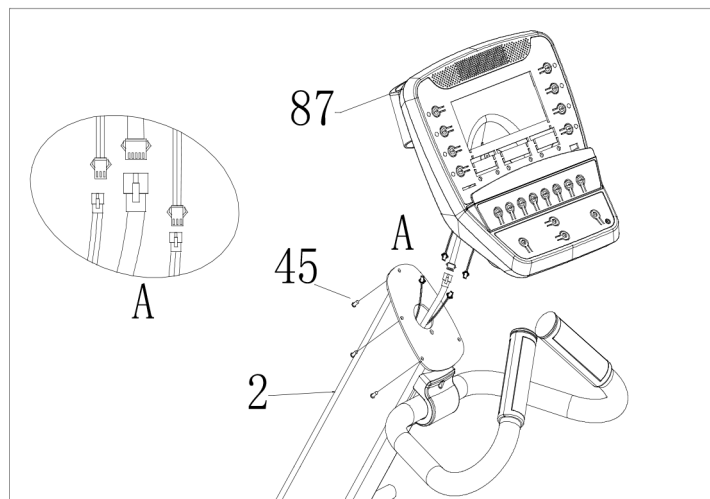
- Attach the pulse circular tube (7) to the upright post (2) with Allen cylinder head full thread screw (30), Flat washer (50);
- Assemble the handlebar cover (104) with Philips pan head full thread screw (118).

STEP 3



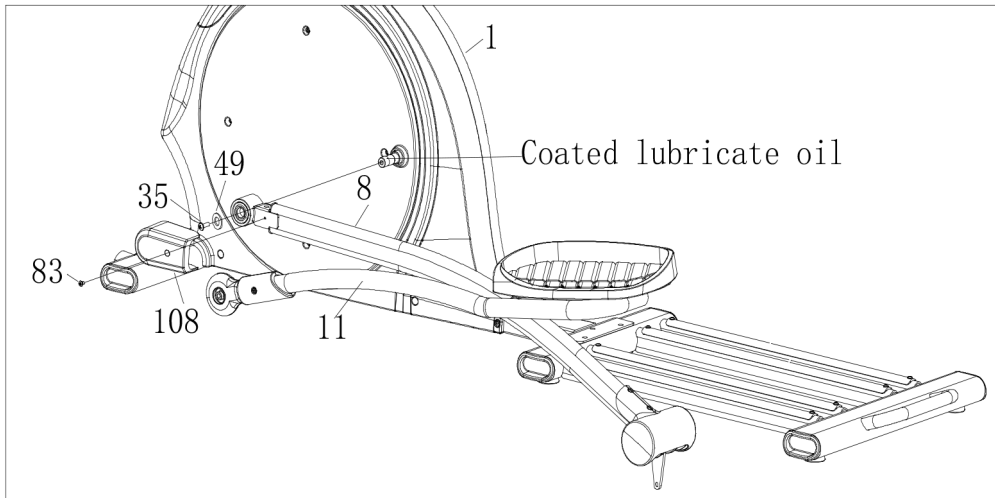
- Insert the bottle holder (88) into the console (87).

STEP 4



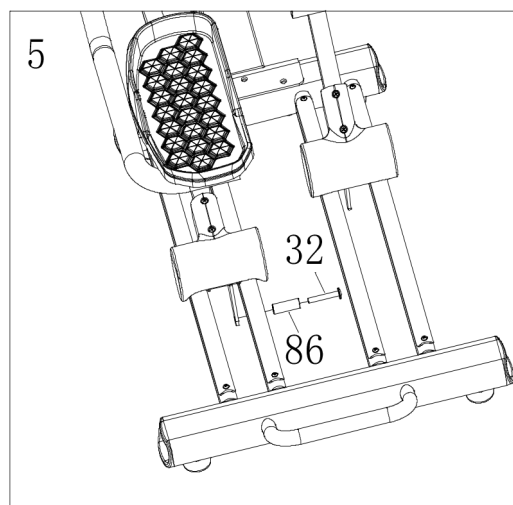
- Connect upright post (2) with console (87) communication wire;
- Attach the console (87) to upright post (2) with the Philips C.K.S. self-tapping screw (45).

STEP 5



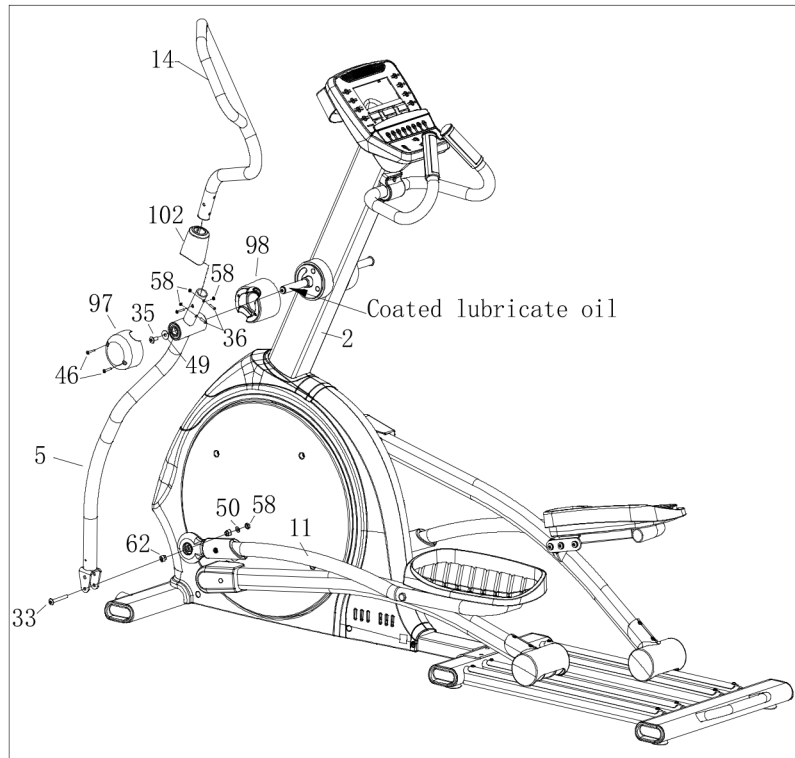
- First apply the lubricating oil to the axis, Attach the left swing arm (8) to main frame (1) with Allen pan head full thread screw (35), Flat washer (49) and decorative cover (108) with Philips pan head full thread screw (83);
- Assemble the right swing arm in the same way.

STEP 6



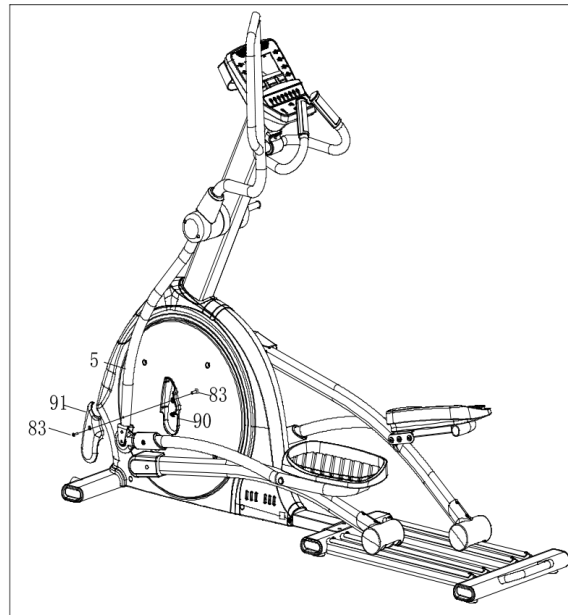
- Attach the Pulley limited sleeve(86) to the swing arm and lock with Allen C.K.S. full thread screw (32).

STEP 7



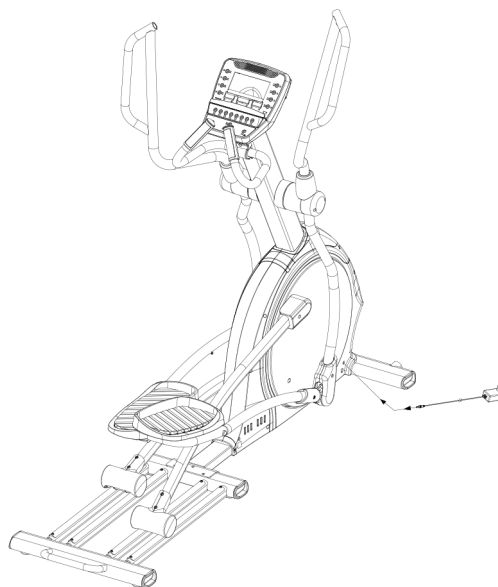
- Assemble left down handlebar (5). First apply the lubricating oil to the axis , then insert the decorative cover (98) into the axis. Then attach the left down handlebar (5) to the axis of upright post (2) with Allen C.K.S. Full thread screw (35), and flat washer (49);
- Connect the left down handlebar (5) and left swing arm (11) with Allen C.K.S. Full thread screw (33), powder metallurgy case (62), flat washer (50) and Hex self-locking nut (58);
- Assemble the handlebar outer cover (97) with Philips C.K.S. self-locking screw (46);
- Insert the handlebar decorative cover (102) into left upper handlebar (14). Then attach left upper handlebar (14) to left down handlebar (5) with Allen C.K.S. half thread screw (36) and Hex self-locking nut (58);
- Assemble the right down handlebar in the same way.

STEP 8



- Assemble left down handlebar cover A (90), B (91). Attach the down handlebar cover A, B to left down handlebar (5) with Philips Pan head full thread screw (83);
- Assemble the right side in the same way.

STEP 9



- Insert the power plug into the plug hole, assemble is finished.

1. The upright is fixed with Allen screws, making sure that the bolts are tight at all times. If the bolts are not tightened tight enough, this can cause cracking.
2. All moving parts mounted on the base of the device should be greased with grease once every 6 months. This can be done with Vaseline (without acids) or with silicone oil.
3. After each use, the appliance should be cleaned with a slightly damp cloth and soft soap. If the perspiration is not removed in time, corrosion can occur.
4. Do not place the cross trainer in a room with high humidity. For example, a shed or a room where the washing machine is located.

PROBLEM SOLUTIONS

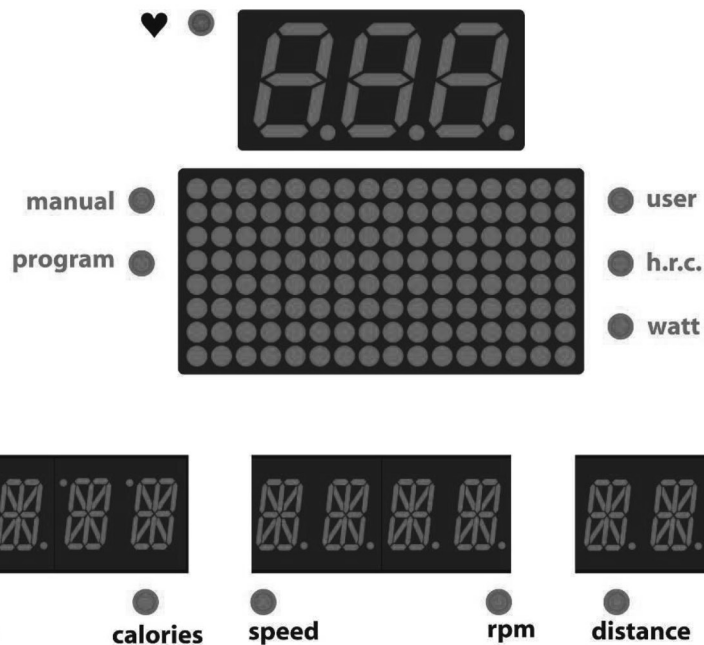
Squeaky crosstrainer: First lubricate all rotating parts with silicone spray. It can also be that a screw is tightened too tightly or too loosely, this creates friction and therefore a beep. If this is the case, try to find out exactly where the beep is coming from and then loosen or tighten this screw. The screws should be tightened in such a way that they can always be released by hand.

No resistance: First check whether you can hear the motor running. You will hear the motor spin very briefly when you increase or decrease the resistance. If you hear the engine running then all electronics are OK, but the V-belt probably ended. You can then open the housing and replace the V-belt. If you do not hear the motor running, it may be that the motor or display is defective. First check whether the cable that runs upwards in the pipe is connected properly.

Ticking sound: It is possible that the flywheel (in the housing) comes against a cable with every pedaling. This may be disturbing but will not cause permanent damage to your cross trainer. To solve this, open the housing and move the cable or you can fasten it with for example a tie-wrap.

Heart rate display does not work: This can have various causes. 1. The sensor cable running from the heart rate sensor to the display is not properly mounted or has come off during use. 2. It may be that the sensors have become damp, dirty or greasy, clean them regularly. 3. If you have a lot of calluses on your hands, it is more difficult for the sensors to measure, when this is the case a chest strap is recommended.

FUNCTION BUTTONS



BODY FAT	To test the Body Fat% (5.0% ~ 50%) and BMI (0~50).
UP	To make upward setting or decrease function value.
DOWN	To make downward setting or decrease function value.
RECOVERY	To test heart rate recovery status.
RESET	In STOP mode or setting mode, press it to reverse to main menu. Hold on pressing this key for 2 seconds, console will reboot and start from user setting mode.
ENTER	Press this button to select function or confirm all setting values
START/STOP	To start or stop training. When user stops training by pressing START/STOP key, the computer will remain all the setting values

DISPLAY FUNCTIONS

TIME	Count up - no preset target, time will count up from 0:00. Count down - with preset target, time will count down from preset to 0, then system STOP. And system alarm 8s with 4 sounds in every second. Display range: 0:00~99:59; Setting range: 0:00~99:00.
SPEED	Display range: 0.0 ~ maximum 999. SPEED & RPM value will display by turn.
RPM	Rotation Per Minute Display range: 0 ~ maximum 999. SPEED & RPM value will display by turn.
CALORIES	Count up - no preset target, calories will count up from 0.0. Count down - with preset target, calories will count down from preset to 0, then system stops. Display range: 0~9999CAL ; Setting range 0~9999CAL.
DISTANCE	Count up - no preset target, distance will count up from 0.0. Count down - with preset target, distance will count down from preset to 0, then system stops. Display range: 0.0~999.9KM(ml); Setting range 0.0~ 999.0KM(ml)
PULSE	Display user heart rate. When pulse exceeds the preset Target value, console will remind with Bi-bi sound. Display range: P-30~230; Setting range: 0-30~230.
WATT	Display power consumption during training. Display range: 0~999; Setting range: 10~350.
MANUAL	Manual adjust workout mode.
PROGRAM	Self-select load level to workout; 12 profiles preset to be selected.
USER	User create his own resistance level profile to workout.
H.R.C.	Target HR training mode.
WATT CONSTANT	WATT constant training mode

POWER ON

1. Power on

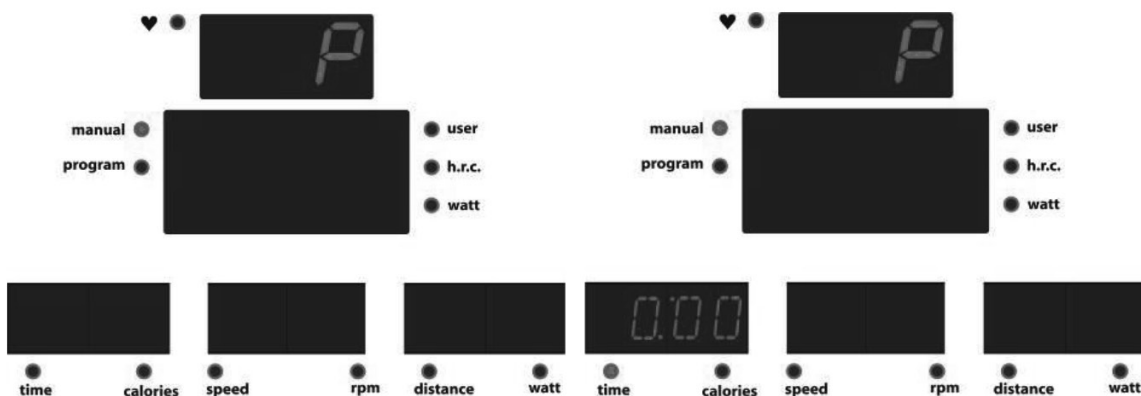
Connect power (press RESET key for 2s), buzzer sound for 1s and LED will full display 2s (Drawing 1), then display wheel diameter in TIME window and KM (or ML) in SPEED window and "E" (or "A") in DISTANCE window (Drawing 2). Then go to user setting mode. System default user group is U1 (Drawing 3), press UP or DOWN to select U1~U4, press MODE button to confirm. Press UP and DOWN buttons to set SEX, AGE, HEIGHT, WEIGHT and confirm by pressing MODE.

1-1-1 SEX- Female / Male

1-1-2 AGE- 1~99 (default value is last input value)

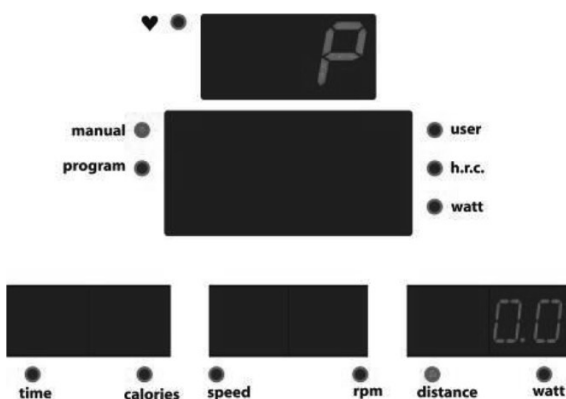
1-1-3 HEIGHT- 100~200CM (default value is last input value)

1-1-4 WEIGHT- 20~150KG (default value is last input value)



Drawing 4

Drawing 5



TRAINING MODE SELECTION

After USER DATA setting, press MODE into main menu: MANUAL, PROGRAM, USER program, H.R.C. and WATT LED is flashing to be set.

1. Manual mode

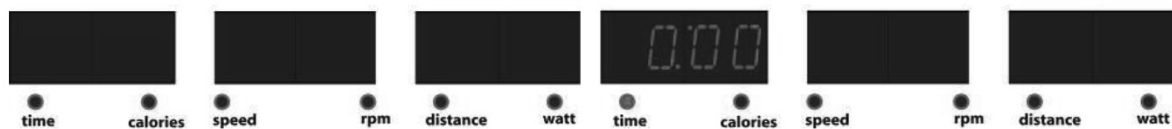
In main menu, press DOWN key one time and press MODE to enter TIME setting. User may press UP or DOWN button to set up target training time. Then press MODE to set up DISTANCE/ CALORIES/ PULSE as drawing 4-6. Press START/STOP button to start training.



Drawing 4

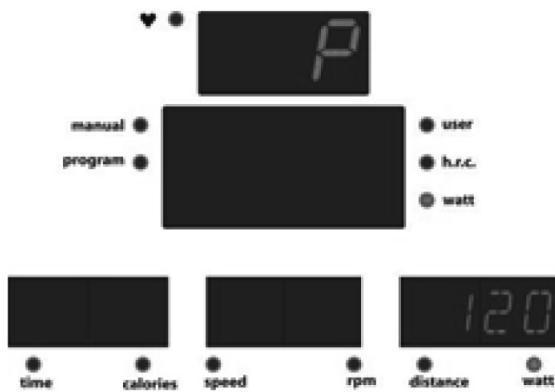


Drawing 5



2. WATT control mode

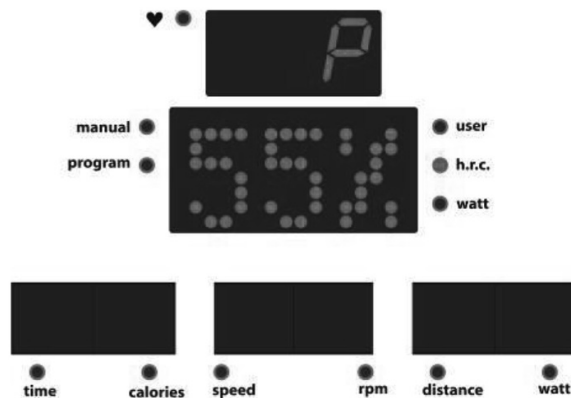
When user in any mode, press START/STOP button then press RESET to go to main menu. Press UP key 2 times and press MODE to enter WATT constant training mode. Entering WATT mode, pressing UP or DOWN button to set up (default range 10~350, preset 120 as Drawing 7). Press MODE to enter setting TIME (1~90 minutes) or press START button to start training, press UP or DOWN to set up WATT value.



Drawing 7

3. H.R.C. mode

When user select H.R.C mode, press RESET key back to main menu. Press UP key 3 times to enter H.R.C mode (drawing 8). Press MODE to set up, H.R.C 55% is blinking, press UP or DOWN to choose different target heart rate H.R.C 75%, H.R.C 90% and H.R.C Targe.



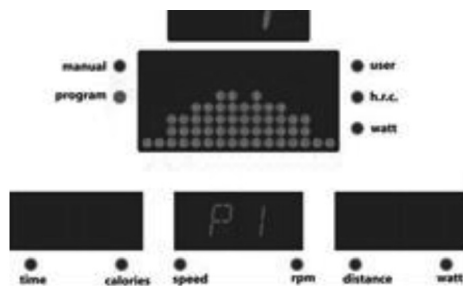
Drawing 8

4. User program mode

Press RESET key back to main menu. Press UP key 4 times, USER is blinking. Press MODE the first column of the LED profile will start blinking. Press UP or DOWN button to adjust resistance level from 1~32, every 4 levels will light up one LED (Drawing 9), press MODE to complete program profile will have 16 columns to be set. Press START/STOP button to start training.

5. Program mode

Press RESET key back to main menu. Press UP key 5 times, PROGRAM is blinking. Press MODE to enter PROGRAM mode. Press UP or DOWN button to select PROGRAM 1-12, press MODE enter TIME setting, press UP or DOWN button to set up. Press START/STOP button to start training.



Drawing 10

6. BODY FAT mode

If crosstrainer is working, press STOP, then press the BODY FAT button to enter BODY FAT MODE. When BODY FAT measurement start, user have to hold both hands on the handle pulse, then screen will display "o"o" as Drawing 11. After 8 seconds, screen will display BODY FAT percentage and BMI (Body Mass Index).

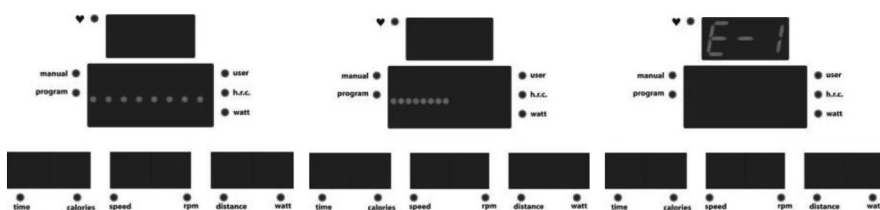
Error code display during measurement:

E-1--- user not hold hand grips correctly

(Drawing 16) E-4--- Body Fat% exceed

setting range (5.0%~ 50%).

- Press BODY FAT button again to go back to previous workout status.



Drawing 11

drawing 12

drawing 13

7. RECOVERY mode

- Hold two hands on the handle pulse, when screen display PULSE value, then press RECOVERY button to enter recovery mode. TIME will display 00:60 and start counting down, PULSE window will display PULSE value, when counting down to 0, screen will display FX (X value 1-6 to show the recovery data. Press RECOVERY back to main menu. If there is no pulse signal input to console, it is invalid to press RECOVERY button.
- Measure your condition 1 is excellent, 6 is poor
- In RECOVERY mode, press RECOVERY can reset the mode.

8. SLEEP mode

If there is no RPM signal input in 4 minutes, LED light and console will enter SLEEP mode, press any key to wake up the system in power up state.

Download one of the apps below in the Google Play Store or App Store.

Turn on Bluetooth on your smarthphone or tablet and open the app.
You can connect with the console of the crosstrainer.

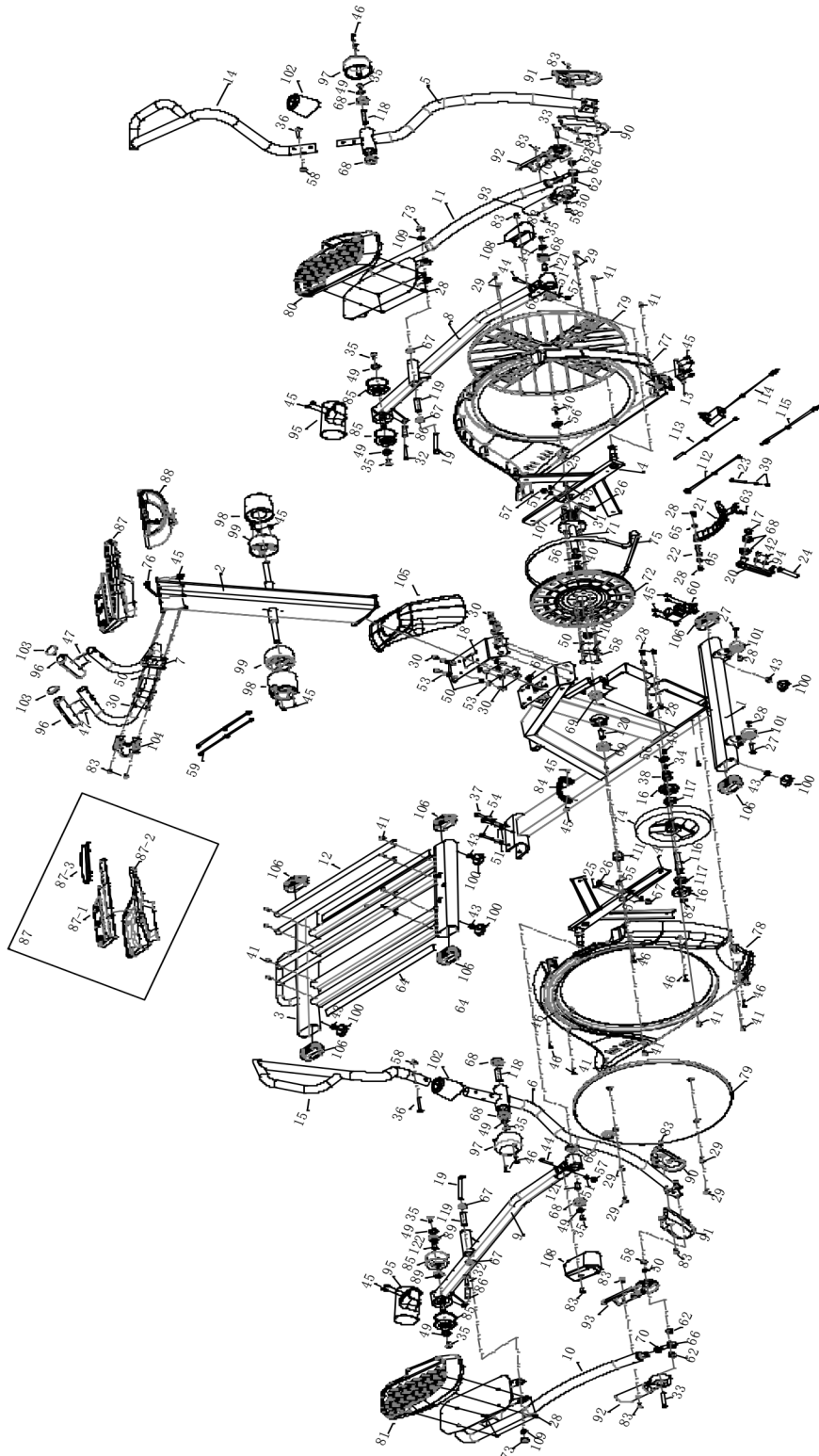
Then start your training!

Fit Hi Way, iConsole, Kinomaps app downloaden:



Note:

If the console of the crosstrainer is connected to your smartphone or tablet via Bluetooth, the console will turn off.
If you leave the app turn off the bluetooth connection on your smartphone or the tablet, the console will automatically turn on again.



#	Description	QTY
1	Main frame	1
2	Upright post	1
3	Sliding rail	1
4	Crank	2
5	Right handlebar	1
6	Left handlebar	1
7	Pulse circular tube	1
8	Body arm Left	1
9	Body arm Right	1
10	Swing arm Left	1
11	Swing arm Right	1
12	Sliding rail Aluminum plate	4
13	Cover decoration	1
14	Left upper handlebar	1
15	Right upper handlebar	1
16	Bearing base	2
17	Circlip for shaft $\Phi 20$	1
18	Upright post connection plate (1)	1
19	Pedal axis	2
20	Belt fixed wheel	1
21	Magnet fix	1
22	Magnet control fixed axis $\Phi 12 \times 50$	1
23	Hex full thread screw M5*60	1
24	Allen cylinder head half thread screw M10*100*50	1
25	Hex full thread screw M6*15	2
26	Hex full thread screw M10*75*20	2
27	Allen C.K.S. hollow screw $\Phi 8 \times 33 \times M6 \times 15$	2
28	Allen C.K.S. full thread screw M6*15	18
29	Allen cylinder head full thread screw M6*10	8
30	Allen cylinder head full thread screw M8*15	13
31	Allen cylinder head full thread screw M8*20	4
32	Allen pan head full thread screw M8*55*20	2
33	Allen C.K.S. half thread screw M8*50*20	2

#	Description	QTY
34	Flat key 5*50*20	1
35	Allen C.K.S. full thread screw M8*15	10
36	Allen C.K.S. half thread screw M8*45*20	6
37	Allen C.K.S. full thread screw M10*70*20	3
38	Small belt pulley	1
39	Hex nut M5	2
40	Allen countersunk head full thread screw M8*15	2
41	Philips C.K.S. full thread screw M5*15	8
42	Philips countersunk head full thread screw M5*15	2
43	Hex nut M10	6
44	Allen C.K.S. half thread screw M10*50*20	2
45	Philips C.K.S. self-tapping screw ST4*16	50
46	Philips C.K.S. self-tapping screw ST4*20	13
47	Philips pan head self-tapping screw ST3*30	4
48	Allen countersunk head full thread screw M6*15	1
49	Flat washer $\Phi 8.2 \times \Phi 25 \times t 2.0$	8
50	Flat washer $\Phi 8$	18
51	Flat washer $\Phi 10$	8
52	Spring washer $\Phi 6$	2
53	Spring washer $\Phi 8$	18
54	Spring washer $\Phi 10$	3
55	Flat key $\Phi 8 \times \Phi 30 \times t 3.0$	3
56	Flat washer $\Phi 8 \times \Phi 30 \times t 3.0$	3
57	Hex self-locking nut M10	4
58	Hex self-locking nut M8	13
59	Handle pulse connecting wire	2
60	Engine cable	1
61	Main frame communication cable	1
62	Handlebar down connection powder case	4
63	Brake tension spring $\Phi 11.5 \times \Phi 1.2 \times 13$	1
64	EVA washer	4
65	Spring washer $\Phi 12$	2
66	Bearing M12	2

#	Description	QTY
67	Deep groove ball bearing 6201ZZ	4
68	Deep groove ball bearing 6004ZZ	8
69	Deep groove ball bearing 6005ZZ	2
70	Hex nut M12*P1.75	2
71	Belt pulley axle	1
72	Belt pulley	1
73	Hex nut M12	2
74	Fly wheel	1
75	Motor belt	1
76	Connection cable	1
77	Outer cover-left	1
78	Outer cover-right	1
79	Crank cover	2
80	Pedal-left	1
81	Pedal-right	1
82	Circlip for shaft Φ 17	1
83	Philips pan head full thread screw M5*10	12
84	Outer cover end plug	1
85	Pulley	4
86	Pulley limited sleeve	2
87	Console	1
88	Sundries box	1
89	Deep groove ball bearing R10ZZ	4
90	Down handlebar cover A	1
91	Down handlebar cover B	2
92	Body arm cover A	1
93	Body arm cover B	1
94	Belt clamp powder set	2
95	Wheels decoration cover	2
96	Handle pulse set	2
97	Handlebar Outer cover	2
98	Handlebar Middle cover	2
99	Handle Inner cover	2

#	Description	QTY
100	Foot pads	6
101	Wheels	2
102	Handlebar decorative cover	2
103	End cap	2
104	Handlebar cover	1
105	Upright post cover	1
106	Elliptical tube plug	6
107	Crank clearance set three	1
108	Body arm cover	2
109	Flat washer $\Phi 12.5 \times \Phi 22 \times t 2.0$	2
110	Crank clearance set one	1
111	Crank clearance set two	1
112	Power communication wire	1
113	Magnetic sensor	1
114	Power adapter	1
115	Brake line	1
116	Flywheel axis	1
117	Deep groove ball bearing (TPI) 6203ZZ	2
118	Handle bar axle sleeve clearance set	2
119	Switching bearing clearance set	2
120	Crank bearing clearance set	1
121	Swing arm bearing clearance set	2
122	Wheel bearing clearance set	2

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For questions or missing parts please contact your dealer.