

## ZIPRO Burn Gold 5944585

# Zipro Burn Gold Magnetic Elliptical Trainer

Model: 5944585

## 1. IMPORTANT SAFETY INFORMATION

Please read this entire manual carefully before assembling and using the Zipro Burn Gold Elliptical Trainer. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- This equipment is designed for home use only.
- The maximum user weight for this elliptical trainer is **120 kg (264 lbs)**.
- Place the elliptical trainer on a flat, stable surface. Ensure adequate clearance around the equipment.
- Keep children and pets away from the equipment during use.
- Inspect the equipment for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

## 2. PRODUCT OVERVIEW

The Zipro Burn Gold Elliptical Trainer is designed for effective home workouts, engaging multiple muscle groups including legs, glutes, abdomen, chest, back, arms, and forearms. It helps sculpt your physique and supports weight management by providing a comprehensive cardiovascular workout.



Figure 2.1: The Zipro Burn Gold Magnetic Elliptical Trainer, showcasing its sleek black and gold design.

### Key Features:

- **8-Step Magnetic Resistance:** Allows for varied workout intensity.
- **Multi-function Console:** Displays time, calories, speed, and pulse.
- **Mobile Device Stand:** Conveniently holds your smartphone or tablet.
- **Water Bottle Holder:** Keeps hydration within reach.
- **Transport Wheels:** For easy relocation of the equipment.

- **Non-Slip Pedals:** Ensures stability and safety during exercise.
- **Adjustable Stabilizer Feet:** For perfect leveling on uneven surfaces.



### JOANNA JĘDRZEJCZYK

Our mission is to make it easier for you to take care of your health, by giving you the access to high quality, home fitness equipment. No matter your level of advancement, at ZIPRO you'll find everything you need, both in equipment and support from the professionals.



Figure 2.2: Overall dimensions of the elliptical trainer: 117 cm (length) x 65 cm (width) x 150 cm (height).

Elliptical bike

# BURN GOLD

**PULSE SENSORS  
& STAND FOR  
MOBILE DEVICES**



**8 STEP MAGNETIC  
RESISTANCE**



**COMFORTABLE  
NON SLIP PEDALS**



Figure 2.3: Key features highlighted: Pulse sensors, mobile device stand, 8-step magnetic resistance, and comfortable non-slip pedals.





Figure 2.4: Close-up of the convenient water bottle holder and the resistance adjustment knob.



Figure 2.5: Detail of the wide, non-slip pedal surface designed for secure footing during workouts.



Figure 2.6: The adjustable feet at the base of the elliptical trainer, allowing for perfect leveling on various floor types.

### 3. SETUP AND ASSEMBLY

The Zipro Burn Gold Elliptical Trainer requires assembly. Please follow the detailed instructions provided in the separate assembly guide included with your product. Ensure all parts are present and undamaged before beginning assembly.

- Unpack all components and lay them out in an open area.
- Identify all parts using the parts list in the assembly guide.
- Follow the step-by-step diagrams and instructions carefully.
- Ensure all bolts and nuts are securely tightened after assembly.



Figure 3.1: An assembled view of the elliptical trainer, demonstrating its full structure.



## 4. OPERATING INSTRUCTIONS

### 4.1 Adjusting Resistance

The elliptical trainer features an 8-step magnetic resistance system. To adjust the intensity of your workout, turn the resistance knob located on the main column of the trainer. Turn clockwise to increase resistance (levels 7-8 for hard workouts) and counter-clockwise to decrease resistance (levels 1-3 for easy workouts).



Figure 4.1: The resistance knob with settings from 1 to 8, indicating easy, medium, and hard workout levels.

### 4.2 Using the Console

The integrated console provides real-time feedback on your workout. It displays Time, Calories burned, Speed, and Pulse (heart rate) when holding the pulse sensors on the handlebars.



Figure 4.2: The digital console displaying workout metrics such as time, calories, speed, and pulse.

- **MODE Button:** Press to cycle through different display modes (Time, Speed, Distance, Calories, Pulse).
- **RESET Button:** Press and hold to clear all current workout data.
- **SET Button:** Used for setting target values (e.g., target time, distance, calories) if supported by the console model.
- **Pulse Sensors:** Grip the metal plates on the stationary handlebars to measure your heart rate.

#### 4.3 Mobile Device Stand

The elliptical trainer includes a convenient stand for your smartphone or tablet, allowing you to enjoy media or follow workout apps during your exercise session.



Figure 4.3: A smartphone securely placed in the integrated mobile device stand.





Figure 4.4: A tablet positioned on the mobile device stand, providing entertainment or workout guidance.

#### 4.4 Product in Use

Watch this video for a general overview of Zipro fitness equipment in use, demonstrating various exercises and product features.

Your browser does not support the video tag.

Video 4.1: A promotional video showcasing various Zipro fitness products, including elliptical trainers, in active use.

## 5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your elliptical trainer.

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness. Tighten any loose fasteners.
- **Lubrication:** Apply a silicone-based lubricant to any moving joints or pivot points if you notice squeaking or friction. Refer to the assembly guide for specific lubrication points.
- **Storage:** Store the elliptical trainer in a dry, cool place away from direct sunlight and extreme temperatures.

## 6. TROUBLESHOOTING

If you encounter any issues with your Zipro Burn Gold Elliptical Trainer, refer to the table below for common problems and their solutions.

Problem	Possible Cause	Solution
Squeaking noise during use	Loose bolts or lack of lubrication.	Check and tighten all bolts. Apply silicone lubricant to moving joints.
Console not displaying data	Batteries are low or incorrectly installed. Loose sensor connection.	Replace batteries. Ensure batteries are installed correctly. Check all cable connections to the console.
Resistance not changing	Resistance cable is loose or disconnected.	Inspect the resistance cable connection to the knob and the flywheel mechanism. Reconnect if loose.
Unstable during use	Equipment not leveled.	Adjust the stabilizer feet at the base of the trainer until it is stable.

## 7. SPECIFICATIONS

Feature	Detail
Model Name	Burn Gold
Model Number	5944585
Brand	ZIPRO
Dimensions (L x W x H)	117 cm x 65 cm x 150 cm (46.1 in x 25.6 in x 59.1 in)
Product Weight	30.5 kg (67.2 lbs)
Maximum User Weight	120 kg (264 lbs)
Resistance Mechanism	Magnetic
Number of Resistance Levels	8
Main Material	Aluminum, Polyethylene, Metal
Color	Black/Gold
Batteries Included	Yes



## 8. WARRANTY AND SUPPORT



Your Zipro Burn Gold Elliptical Trainer comes with a manufacturer's warranty. Please refer to the warranty card included with your product for specific terms and conditions.

For technical support, replacement parts, or any inquiries, please contact Zipro customer service through their official website or the contact information provided in your product packaging.

*Note: Keep your purchase receipt as proof of purchase for warranty claims.*

### Related Documents - Burn Gold 5944585

	<p><a href="#">ZIPRO Neon Magnetic Elliptical Trainer User Manual</a></p> <p>Comprehensive user manual for the ZIPRO Neon magnetic elliptical trainer, covering assembly, operation, safety precautions, maintenance, and troubleshooting.</p>
	<p><a href="#">ZIPRO Wave Electromagnetic Elliptical Trainer User Manual</a></p> <p>Comprehensive user manual for the ZIPRO Wave electromagnetic elliptical trainer, covering assembly, operation, safety, maintenance, and troubleshooting. Includes technical specifications and program details.</p>
	<p><a href="#">ZIPRO Hulk: Instrukcja Obsługi Magnetycznego Orbitreka Fitness</a></p> <p>Kompleksowa instrukcja obsługi dla magnetycznego orbitreka ZIPRO Hulk. Zawiera informacje o montażu, bezpieczeństwie, obsłudze, konserwacji i danych technicznych.</p>
	<p><a href="#">ZIPRO Shox Magnetic Elliptical Trainer User Manual</a></p> <p>Comprehensive user manual for the ZIPRO Shox magnetic elliptical trainer, covering assembly, operation, maintenance, and safety guidelines.</p>

	<p><a href="#">ZIPRO Heat WM Elektromagnetyczny Orbitrek - Instrukcja Obsługi i Montażu</a></p> <p>Kompleksowa instrukcja obsługi i montażu dla orbitreka ZIPRO Heat WM. Zawiera dane techniczne, wskazówki dotyczące bezpieczeństwa, konserwacji oraz obsługi komputera.</p>
	<p><a href="#">Zipro Beat Magnetic Bike User Manual and Assembly Guide</a></p> <p>Comprehensive user manual and assembly guide for the Zipro Beat magnetic exercise bike, covering setup, operation, safety, and maintenance. Learn how to use your Zipro Beat for effective home workouts.</p>