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SportPlus Crosstrainer SP-ET-9700-E Instruction Manual

Model: SP-ET-9700-E

1. IMPORTANT SAFETY INFORMATION

Before using the SportPlus Crosstrainer SP-ET-9700-E, please read and understand all instructions in this manual. Retain this manual for future reference. Failure to follow these instructions may result in injury or damage to the equipment.

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the crosstrainer on a flat, stable surface with adequate clearance around it.
- Inspect the equipment for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise clothing and footwear.
- The maximum user weight for this crosstrainer is 130 kg (286 lbs).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- This equipment is for home use only.

2. SETUP AND ASSEMBLY

Unpack all components and ensure all parts are present before beginning assembly. It is recommended to have two people for assembly. Tools required: adjustable wrench, Phillips head screwdriver (not included; the provided tools are basic and may not offer sufficient torque).

1. **Base Stabilizers:** Attach the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are securely tightened.
2. **Main Frame Upright:** Connect the main upright post to the base frame. Carefully route any console cables through the post before securing it with bolts.
3. **Pedal Arms and Handlebars:** Attach the pedal arms to the crank assembly and the moving handlebars to the upright post. Pay attention to left and right markings. Connect the linkage rods between the pedal arms and handlebars.
4. **Console Post and Console:** Mount the console post to the main upright. Connect the sensor cables from the main frame to the console. Secure the console onto its bracket.

5. **Final Check:** Verify all bolts and nuts are tightened. Ensure all moving parts operate smoothly without obstruction.



Figure 2.1: Assembled SportPlus Crosstrainer SP-ET-9700-E, showing the overall structure.



Figure 2.2: Detail of the base stabilizer with adjustable feet for leveling.

3. OPERATING INSTRUCTIONS

The SportPlus Crosstrainer SP-ET-9700-E features an intuitive console to monitor your workout and select programs. Ensure the power adapter is connected to a wall outlet and the crosstrainer.



Figure 3.1: Close-up view of the console display and control buttons.

3.1 Console Functions

- **Display:** Shows various workout data including Speed (SPD), Distance (DIST), Time (TIME), Calories (CAL), and Pulse (PULSE). The display also indicates selected programs (P1-P12).
- **MODE Button:** Press to cycle through different display modes or to confirm selections in setup.
- **RECOVERY Button:** Used to activate the recovery pulse function after your workout.
- **ST/SP (Start/Stop) Button:** Starts or stops your workout program.
- **UP/DOWN Buttons:** Adjust resistance levels, program settings, or navigate menus.

- **ENTER Button:** Confirms selections or enters settings.

3.2 Starting a Workout

1. Step onto the foot pedals. Hold the stationary or moving handlebars.
2. Press the **MODE** button to select your desired workout program (P1-P12) or manual mode.
3. Use the **UP/DOWN** buttons to adjust settings such as time, distance, or resistance level if in manual mode.
4. Press the **ST/SP** button to begin your workout.
5. During your workout, the display will cycle through various metrics. To measure your pulse, grip the pulse sensors on the handlebars.

4. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your SportPlus Crosstrainer.

- **Cleaning:** Wipe down the crosstrainer with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically apply a silicone-based lubricant to moving joints and pivot points to prevent squeaking and ensure smooth operation. Do not over-lubricate.
- **Tightening:** Regularly check and tighten all bolts, nuts, and screws, especially those connecting the main frame, pedal arms, and handlebars. Loose connections can cause noise and instability.
- **Inspection:** Inspect cables and connections for wear or damage. If any part is damaged, discontinue use and contact customer support for replacement parts.

5. TROUBLESHOOTING

This section addresses common issues you might encounter with your crosstrainer.

Problem	Possible Cause	Solution
Squeaking/Creaking Noise	Loose bolts or dry pivot points.	Tighten all assembly bolts, especially on the pedal arms and handlebars. Apply silicone lubricant to moving joints.
Console Not Displaying	Power adapter disconnected, loose cable connection, or power issue.	Ensure the power adapter is securely plugged into the wall and the crosstrainer. Check all console cable connections for tightness.
Error Code E1 on Display	Cable connection issue, often related to the main upright post.	Carefully inspect the cable running through the main upright post for damage or improper connection. Ensure no cables are pinched during assembly. Reconnect if loose.
Inaccurate Pulse Reading	Improper hand placement or dry hands.	Ensure both hands are firmly gripping the pulse sensors. Lightly moisten hands if they are too dry.

6. SPECIFICATIONS

- **Model:** SP-ET-9700-E
- **Brand:** SportPlus
- **Dimensions (L x W x H):** 140 x 63 x 160 cm (55.1 x 24.8 x 63 inches)

- **Product Weight:** 45 kg (99.2 lbs)
- **Maximum User Weight:** 130 kg (286 lbs)
- **Resistance Mechanism:** Magnetic, Manual
- **Color:** White / Gold
- **ASIN:** B006RI23JA
- **Global Trade Item Number (GTIN):** 04048268104029

7. WARRANTY AND SUPPORT

For warranty information, technical support, or to order replacement parts, please contact SportPlus customer service. Refer to your purchase documentation for specific warranty terms and contact details.

You can often find support information on the official SportPlus website or through the retailer where the product was purchased.