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Body-Solid E5000

Body-Solid E5000 Elliptical Trainer User Manual

Model: E5000 | Brand: Body-Solid

1. INTRODUCTION AND OVERVIEW

The Body-Solid E5000 Elliptical Trainer is designed to provide a rigorous, low-impact, full-body cardio workout for both home and commercial gym environments. Featuring patented technologies, this elliptical offers a stable and space-efficient platform. Its internal generator eliminates external power requirements, making it versatile for placement. The E5000 combines a natural stride with quality manufacturing and superior programming to deliver an advanced cardio training experience.



Figure 1: The Body-Solid E5000 Elliptical Trainer, showcasing its robust design and compact footprint.

2. KEY FEATURES

- **Patented Center Drive Design:** Provides a stable and space-efficient platform for effective workouts.
- **20 Levels of Magnetic Resistance:** Offers a wide range of intensity for varied training.
- **Self-Generated Power:** Operates without external power, thanks to its internal generator.

- **LED Console & Preset Programs:** User-friendly console tracks workout data and offers multiple pre-programmed routines.
- **Adjustable Stride:** Features an adjustable 17-21 inch stride to accommodate various user heights.
- **Synchronized Arms:** Engages the upper body for a comprehensive full-body workout.
- **Wireless HRC (Heart-Rate Control):** Includes a chest strap to help users maintain target heart rate zones.
- **High Weight Capacity:** Supports users up to 325 lbs.
- **Transport Wheels:** Facilitates easy movement and relocation of the machine.



Figure 2: Diagram highlighting key features and dimensions of the E5000 Elliptical Trainer.

3. SETUP AND ASSEMBLY

While specific assembly instructions are typically provided in a separate guide included with your purchase, here are general steps for setting up your E5000 Elliptical Trainer:

1. **Unpacking:** Carefully remove all components from the packaging. Inspect for any damage during transit.

2. **Placement:** Choose a flat, stable surface for the elliptical. Ensure adequate clearance around the machine for safe operation and maintenance. The E5000 uses an internal generator, so no power outlet is required for operation.
3. **Base Assembly:** Assemble the base frame according to the provided hardware and diagrams.
4. **Upright and Console Installation:** Attach the upright support and then the console assembly. Connect all necessary cables as indicated in the assembly manual.
5. **Pedal Arms and Handlebars:** Securely attach the pedal arms and synchronized handlebars. Ensure all moving parts are correctly aligned and fastened.
6. **Stabilization:** Use the integrated foot levelers to ensure the machine is perfectly stable and does not rock during use.
7. **Final Check:** Before first use, double-check all bolts, nuts, and connections to ensure they are tightened and secure.

4. OPERATING INSTRUCTIONS

The E5000 Elliptical Trainer is designed for intuitive operation. Follow these steps to begin your workout:

1. **Power On:** The machine is self-powered. Simply begin pedaling to activate the console.
2. **Console Overview:** The user-friendly LED console displays key workout metrics such as time, distance, speed, calories burned, and heart rate.
3. **Selecting a Program:**
 - **Manual Mode:** Start pedaling and adjust resistance manually using the console controls.
 - **Preset Programs:** Choose from six pre-programmed workouts designed for various fitness goals. Refer to the console guide for program details.
 - **Heart-Rate Programs:** Utilize the five heart-rate control programs. Wear the included chest strap for accurate heart rate monitoring, and the machine will adjust resistance to keep you in your target zone.
 - **User Profiles:** Two user profiles can be set up to save personalized data and preferences.
4. **Adjusting Resistance:** Use the console controls to increase or decrease the magnetic resistance. There are 20 levels available.
5. **Using Synchronized Arms:** Grip the moving handlebars to engage your upper body and achieve a full-body workout.
6. **Monitoring Progress:** Regularly check the console display for your workout statistics.
7. **Ending Your Workout:** Gradually slow down your pace until the machine comes to a stop. The console will automatically power down after a period of inactivity.

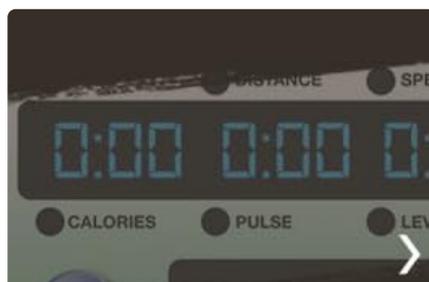


Figure 3: Detailed view of the LED console, displaying time, distance, calories, and pulse.

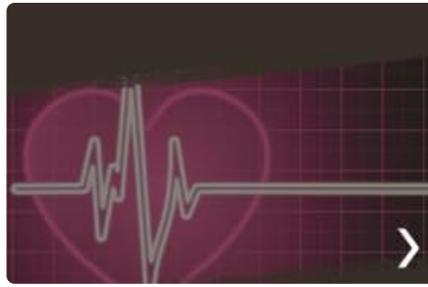


Figure 4: Heart rate monitoring feature on the console, essential for heart-rate controlled programs.

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Video 1: Official E5000 Commercial Elliptical Trainer Video, demonstrating its features and use.

5. MAINTENANCE AND CARE

Regular maintenance ensures the longevity and optimal performance of your Body-Solid E5000 Elliptical Trainer:

- **Cleaning:** Wipe down the machine after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check moving parts for smooth operation. Consult your detailed assembly manual for specific lubrication points and recommended lubricants.
- **Tighten Fasteners:** Regularly inspect all bolts, nuts, and screws. Tighten any that have become loose due to vibration during use.
- **Inspect Cables:** Check all console and sensor cables for any signs of wear or damage. Ensure they are securely connected.
- **Floor Protection:** Consider placing a mat under the elliptical to protect your flooring and reduce noise.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your E5000 Elliptical Trainer:

Problem	Possible Cause	Solution
Console not powering on.	Not enough movement to generate power.	Begin pedaling more vigorously to activate the internal generator. Ensure all console cables are securely connected.
Squeaking or grinding noises.	Loose fasteners; lack of lubrication; worn components.	Tighten all visible bolts and nuts. Lubricate moving parts as per the assembly manual. If noise persists, contact customer support.
Inaccurate heart rate reading.	Improper chest strap placement; low battery in chest strap; interference.	Ensure the chest strap is worn correctly and has good contact with the skin. Replace the chest strap battery if necessary. Minimize electronic interference.
Machine feels unstable or rocks.	Uneven floor; foot levelers not adjusted.	Adjust the foot levelers at the base of the machine until it is stable on the floor.

If you encounter issues not listed here or if solutions do not resolve the problem, please contact Body-Solid customer support.

7. PRODUCT SPECIFICATIONS

Specification	Detail
Model Name	E5000
Brand	Body-Solid
Color	Black
Product Dimensions (L x W x H)	68"D x 31"W x 69"H
Material	Iron, Plastic
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	325 Pounds
Maximum Stride Length	21 Inches
Screen Type	LED Console
Item Weight	280 Pounds
Number of Resistance Levels	20
Manufacturer	Body-Solid, Inc.
UPC	638448004139
Model Year	2018

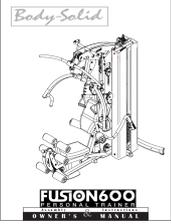
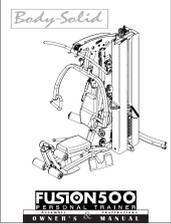
8. WARRANTY AND SUPPORT

The Body-Solid E5000 Elliptical Trainer comes with a comprehensive warranty to ensure your peace of mind:

- **Frame:** 15-year manufacturer's warranty.
- **Parts:** 3-year warranty.
- **Electronics:** 2-year warranty.
- **Labor:** 1-year warranty.

For warranty claims, technical assistance, or any other inquiries, please contact Body-Solid, Inc. customer support. Refer to the contact information provided with your product packaging or visit the official Body-Solid website for the most up-to-date support details.

Related Documents - E5000

	<p>Body-Solid Fusion 600 Personal Trainer Owner's Manual and Assembly Instructions</p> <p>Comprehensive owner's manual and assembly guide for the Body-Solid Fusion 600 Personal Trainer. Includes safety instructions, dimensions, maintenance schedules, and workout tips.</p>
	<p>Body Solid GSCL360 Leverage Squat/Calf Machine User Manual</p> <p>Comprehensive user manual for the Body Solid GSCL360 Leverage Squat/Calf Machine (Model IN 18268). Includes safety instructions, technical specifications, parts list, assembly guide, exercise instructions, maintenance tips, and warranty information.</p>
	<p>Body-Solid Fusion 500 Personal Trainer: Assembly & Owner's Manual</p> <p>Comprehensive guide for the Body-Solid Fusion 500 Personal Trainer, including assembly instructions, safety guidelines, operation tips, maintenance, and fitness advice for home use.</p>
	<p>Body-Solid EXM2500 Assembly Instructions and Owner's Manual</p> <p>Comprehensive assembly instructions and owner's manual for the Body-Solid EXM2500 multi-station home gym, including safety, parts, and maintenance information.</p>
	<p>Body-Solid G9U Owner's Manual and Instructions</p> <p>Comprehensive owner's manual and assembly instructions for the Body-Solid G9U home gym. Includes safety guidelines, maintenance schedules, exercise tips, and parts lists.</p>
	<p>PowerLIFT SBL460 Mainframe Owner's Manual & Assembly Guide</p> <p>Comprehensive owner's manual and assembly guide for the Body-Solid PowerLIFT SBL460 Mainframe freeweight leverage gym system. Includes safety instructions, setup, detailed assembly steps, training tips, and maintenance information.</p>

