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› BSA Ellypso EX-007 Magnetic Elliptical Trainer User Manual

BSA EX-007

BSA Ellypso EX-007 Magnetic Elliptical Trainer User Manual

Model: EX-007 | Brand: BSA

INTRODUCTION

This manual provides essential instructions for the safe assembly, operation, and maintenance of your BSA Ellypso EX-007 Magnetic Elliptical Trainer. Please read this manual thoroughly before using the equipment and retain it for future reference.

IMPORTANT SAFETY INSTRUCTIONS

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the elliptical trainer on a flat, stable surface. Ensure adequate space around the equipment.
- 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 equipment is **100 kg**. Do not exceed this limit.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Perform warm-up and cool-down exercises before and after your workout.

PACKAGE CONTENTS

Before assembly, ensure all parts listed in the assembly diagram (not included in this digital manual) are present. If any parts are missing or damaged, contact customer support.

ASSEMBLY INSTRUCTIONS

Assembly typically requires two people. Follow the step-by-step instructions provided in the physical assembly guide that accompanies your product. Ensure all bolts, nuts, and washers are securely tightened after each step. Do not overtighten.

1. Unpack all components and lay them out on a clean, flat surface.
2. Attach the front and rear stabilizers to the main frame.
3. Mount the upright post to the main frame.
4. Connect the handlebars and pedal arms.
5. Install the console and connect any necessary sensor wires.
6. Perform a final check to ensure all connections are secure and the equipment is stable.

INITIAL SETUP AND PLACEMENT

- Choose a location with sufficient space (at least 0.6 meters / 2 feet around the equipment).
- Ensure the floor is level. Use the leveling caps on the stabilizers if necessary to prevent wobbling.
- This elliptical trainer operates with a manual magnetic resistance system and does not require an external power source for its core function. The display console may require batteries (not specified, assume standard AA/AAA).

OPERATING INSTRUCTIONS

Using the Elliptical Trainer

1. Step onto the pedals one foot at a time, holding onto the handlebars for balance.
2. Begin pedaling in a smooth, continuous motion.
3. Engage the moving handlebars for a full-body workout, or hold the stationary handlebars for lower body focus.

Adjusting Resistance

The BSA Ellypso EX-007 features a manual magnetic resistance system. Locate the resistance knob, usually positioned on the upright post below the console. Turn the knob clockwise to increase resistance and counter-clockwise to decrease resistance. Adjust to a level that provides a challenging yet comfortable workout.

Using the Display Console

The functional display tracks your workout data. It typically includes:

- **Time:** Duration of your workout.
- **Speed:** Current speed in km/h or mph.
- **Distance:** Total distance covered during the workout.
- **Calories:** Estimated calories burned.
- **Pulse:** Heart rate reading (if equipped with pulse sensors on stationary handlebars).

Refer to the separate console manual (if provided) for detailed instructions on specific display functions, setting targets, or resetting values.

MAINTENANCE

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Regularly check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.

- **Lubrication:** Apply a silicone-based lubricant to moving joints and pivot points periodically, as recommended in the full product manual, to ensure smooth operation and prevent squeaking.
- **Storage:** Store the elliptical in a cool, dry place away from direct sunlight and moisture.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Squeaking or grinding noise	Loose bolts, lack of lubrication, worn parts.	Tighten all bolts. Lubricate moving joints. Inspect for worn parts and replace if necessary.
Unstable or wobbly during use	Uneven floor, loose stabilizers.	Ensure equipment is on a level surface. Adjust leveling caps on stabilizers. Tighten stabilizer bolts.
Display not working	Dead batteries, loose sensor connection.	Replace batteries in the console. Check all sensor wire connections.
Resistance not changing	Resistance cable disconnected or damaged.	Inspect the resistance cable connection to the knob and the flywheel mechanism. Contact support if damaged.

SPECIFICATIONS

- **Model:** BSA Ellypso EX-007
- **Brand:** BSA
- **Resistance Mechanism:** Magnetic, Manual
- **Flywheel:** 6 kgs
- **Maximum User Weight:** 100 Kilograms
- **Maximum Stride Length:** 7 Inches
- **Functional Display:** Time, Speed, Distance, Calories, Pulse
- **Manufacturer:** Ti Cycles Of India

WARRANTY AND SUPPORT

For warranty information, please refer to the warranty card included with your product or contact BSA customer support. Keep your purchase receipt as proof of purchase. For technical assistance or spare parts, please contact the manufacturer or authorized service center.

Contact Information: Refer to your product packaging or the official BSA website for the most current customer support details.