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Physionics ELTR01



Physionics ELTR01 Elliptical Trainer User Manual

Model: ELTR01

1. INTRODUCTION

Thank you for choosing the Physionics ELTR01 Elliptical Trainer. This manual provides essential information for the safe assembly, operation, and maintenance of your fitness equipment. Please read it thoroughly before use and keep it for future reference.

The Physionics ELTR01 is designed to provide an effective full-body cardio workout in the comfort of your home, engaging various muscle groups while being gentle on your joints.



Image 1.1: Physionics ELTR01 Elliptical Trainer in use.

2. SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Keep children and pets away from the equipment during use.
- Place the trainer on a flat, stable surface with adequate clearance around it.
- Ensure all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum user weight of **120 kg (265 lbs)**.
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The equipment is for home use only, not for commercial or therapeutic purposes.



Image 2.1: Maximum user weight capacity of 120 kg (265 lbs).

3. PACKAGE CONTENTS

Please check that all components are present and undamaged. If any parts are missing or damaged, contact customer support.

- Main Frame Components
- Pedals (2)
- Handlebars (2) with Pulse Sensors
- LCD Monitor
- Abdominal Support Pad
- Assembly Hardware (bolts, washers, nuts)
- Assembly Tools (wrenches, Allen keys)
- User Manual

4. SETUP AND ASSEMBLY

Assembly typically requires two people. Follow the numbered steps in the included assembly diagram. Ensure all connections are secure before use.

1. Unpack all components and lay them out on a clean, flat surface.
2. Attach the front and rear stabilizers to the main frame using the provided bolts and washers.
3. Mount the main upright post to the base frame.
4. Connect the handlebars and pedal arms to the main frame, ensuring proper alignment.
5. Install the abdominal support pad onto its adjustable post.
6. Attach the LCD monitor to its bracket and connect the sensor wires (pulse and speed).
7. Secure the pedals to the pedal arms.
8. Double-check all bolts and nuts for tightness.

**DIMENSIONS
MABE**



Image 4.1: Product dimensions for placement planning.

5. OPERATING INSTRUCTIONS

5.1 Getting Started

Step onto the pedals one foot at a time, holding onto the handlebars for balance. Begin a smooth, elliptical motion. The movement should feel natural and fluid.



Image 5.1: Key features of the elliptical trainer.

5.2 LCD Monitor Functions

The digital LCD monitor tracks your workout progress. It typically displays the following functions:

- **PULSE:** Your heart rate (when holding the pulse sensors).
- **TIME:** Duration of your current workout.
- **TOTAL TIME:** Cumulative workout time.
- **CALORIES:** Estimated calories burned.
- **RPM (Revolutions Per Minute):** Speed of your pedal strokes.
- **SCAN:** Automatically cycles through all display functions.

Use the 'MODE' button to select a specific function or 'SCAN' mode. The 'RESET' button clears all values.



Image 5.2: Close-up of the LCD monitor and its functions.

5.3 Adjustable Abdominal Support

The abdominal support pad can be adjusted for height and depth to provide comfort and stability during your workout. Loosen the adjustment knob, position the pad, and then tighten the knob securely.

- ✓ **TWO-WAY ADJUSTABLE**
- ✓ **PROVIDES SUPPORT**
- ✓ **COMFORTABLE PADDING**
- ✓ **WATER-RESISTANT**
- ✓ **ZWEIFACH VERSTELLBAR**
- ✓ **BIETET UNTERSTÜTZUNG**
- ✓ **KOMFORTABLE POLSTERUNG**
- ✓ **WASSERDICHT**



Image 5.3: Detail of the two-way adjustable abdominal support.

5.4 Grip Pulse Monitor

To measure your heart rate, firmly grasp the pulse sensors on the handlebars. Your pulse will be displayed on the LCD monitor after a few seconds.

- ✓ **GRIP PULSE MONITOR**
- ✓ **GRIPPULSMONITOR**



Image 5.4: How to use the grip pulse monitor.

5.5 Non-Slip Pedals

The textured, non-slip pedals are designed to ensure stability and safety during your exercise. Always ensure your feet are centered and secure on the pedals.



Image 5.5: Detail of the non-slip pedal surface.

5.6 Benefits of Elliptical Training

Elliptical training offers a low-impact workout that is beneficial for cardiovascular health, calorie burning, muscle toning, and improving balance and coordination. It is particularly gentle on joints compared to high-impact exercises.

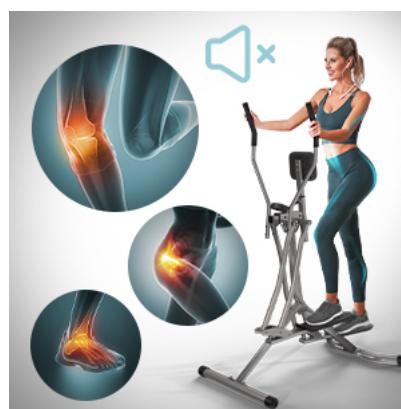


Image 5.6: Elliptical training is gentle on joints.

6. MAINTENANCE

- **Cleaning:** Wipe down the trainer with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Inspection:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Apply a small amount of silicone-based lubricant to moving joints and pivot points every few months to ensure smooth operation and prevent squeaking.
- **Storage:** Store the trainer in a dry, cool place away from direct sunlight and moisture.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
LCD monitor not displaying	Dead batteries; Loose sensor connection	Replace batteries; Check and secure all sensor cables.
Squeaking or grinding noise	Loose bolts; Lack of lubrication; Worn parts	Tighten all bolts; Lubricate moving joints; Contact support if noise persists.
Inaccurate pulse reading	Hands not firmly on sensors; Dry hands	Ensure firm, consistent contact with sensors; Slightly moisten hands if too dry.
Unstable during use	Uneven surface; Loose frame connections	Move to a level surface; Check and tighten all frame bolts.

8. SPECIFICATIONS

Feature	Detail
Model Name	Air Walker
Model Number	ELTR01
Brand	Physionics
Color	Silver/Black
Product Dimensions (L x W x H)	97 x 60 x 144.5 cm
Item Weight	17 Kilograms
Main Material	Steel, Plastic, Foam
Resistance Mechanism	Air, Manual
Maximum Weight Recommendation	120 Kilograms
Maximum Step Length	90 Centimeters
Display Size	90 Centimeters (Note: This value from source data may refer to step length or a general display size, not the physical screen size of the LCD monitor.)
Manufacturer	FF Europe

9. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or contact your retailer. If you require technical assistance, have questions about assembly, or need replacement parts, please contact Physionics customer support through their official website or the contact details provided at the point of purchase.

Please have your model number (ELTR01) and purchase date ready when contacting support.

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Related Documents - ELTR01

 FSB02	<p>Physionics Fitness Step Board FSB02 User Manual and Training Guide</p> <p>This guide provides comprehensive instructions for the Physionics FSB02 Fitness Step Board, covering assembly, safety precautions, usage guidelines, exercise routines, and maintenance. It is published by Gorilla Sports GmbH.</p>
 FSB02	<p>Physionics Aerobic Step FSB02 User Manual and Safety Guide</p> <p>Comprehensive user manual for the Physionics Aerobic Step (Model FSB02), including safety instructions, assembly guide, maintenance, training exercises, and warranty information from Gorilla Sports GmbH.</p>
 SPWD01C	<p>Physionics SPWD01C Barra per Trazioni per Spalliera: Manuale Utente e Guida alla Sicurezza</p> <p>Guida completa per la barra per trazioni Physionics SPWD01C, incluse istruzioni di montaggio, sicurezza, cura e manutenzione, e consigli per l'allenamento.</p>
 HNTLB010A0000000	<p>Physionics Panca Pesi: Manuale di Montaggio, Sicurezza e Allenamento</p> <p>Guida completa per la panca pesi Physionics (Modello HNTLB010A0000000), che include istruzioni dettagliate di montaggio, importanti informazioni di sicurezza, consigli per la cura e la manutenzione, e suggerimenti per l'allenamento. Prodotto da Gorilla Sports GmbH.</p>



SPROSESWAND



SPWD01B

[Physionics Wall Bar \(SPWD01B\) - Assembly, Safety, and Training Guide](#)

Comprehensive guide for the Physionics Wall Bar (SPWD01B), covering assembly instructions, safety guidelines, maintenance, and training tips from Gorilla Sports.



ESPALIER



SPWD01C

[Physionics Espalier SPWD01C User Manual and Safety Guide](#)

Comprehensive guide for the Physionics Espalier (model SPWD01C), covering assembly, safety instructions, maintenance, training tips, and warranty information. This document provides essential information for safe and effective use of the fitness equipment.