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Bodytone EVOE4

Bodytone Evo E4 Professional Elliptical Exercise Bike User Manual

Model: EVOE4

1. PRODUCT OVERVIEW

The Bodytone Evo E4 is a professional elliptical exercise bike designed for intensive home workouts. It offers a smooth and quiet operation, making it suitable for use at any time without disturbing others. This machine is engineered to provide an effective full-body workout with minimal joint impact, ensuring comfort and reducing fatigue during long training sessions.



Figure 1: Front view of the Bodytone Evo E4 Elliptical.

Key Features:

- **Professional Performance:** Designed for intense home training with reduced joint strain.
- **Quiet Operation:** Extremely quiet, ideal for use at any time, including late at night.
- **Advanced Console:** Features an LED screen and tablet holder.
- **Workout Programs:** Includes 13 pre-set programs for varied training.
- **Comprehensive Functions:** Tracks 10 key metrics: Time, Speed, RPM, Distance, ODO (Odometer), Watts, Calories, Pulse, Recovery, and Age.
- **Electronic Resistance:** Equipped with electronic resistance regulation for precise control.
- **Heavy-Duty Flywheel:** Features a 16 kg internal flywheel for smooth motion.
- **Durable Drive System:** Utilizes a Poly-V belt drive system for reliability.
- **Adjustable Pedals:** Easy and quick-adjust pedals with rubber closure for secure footing.
- **Quick Assembly:** Patented Plug & Train solution allows assembly in approximately 5 minutes.
- **Portability:** Integrated transport wheels for easy relocation.



Figure 2: Diagram illustrating key features such as 16kg flywheel, 11 functions, 13 workout programs, 135kg max user weight, and Poly-V belt.

2. SETUP AND ASSEMBLY

The Bodytone Evo E4 is designed for quick and straightforward assembly, thanks to its innovative Plug & Train solution. Most components come pre-assembled, significantly reducing setup time.

Assembly Steps:

1. **Unpack Components:** Carefully remove all parts from the packaging. Ensure all components listed in the packing list are present.
2. **Position the Base:** Place the main frame of the elliptical on a flat, stable surface.
3. **Attach Stabilizers:** Securely attach the front and rear stabilizers to the main frame. Use the provided bolts and tools.
4. **Install Pedals and Arms:** Connect the pedal arms and moving handlebars to the main unit. The Plug & Train system simplifies these connections.
5. **Connect Console Cables:** Carefully connect the console cables to the main unit. Ensure connections are firm.

6. **Mount Console:** Secure the LED console onto its designated bracket.

7. **Final Checks:** Before first use, double-check all bolts and connections to ensure they are tight and secure.

Assembly typically takes approximately 5 minutes due to the pre-assembled design and patented connection system.



Figure 3: User demonstrating the ease of access and setup for the elliptical.

3. OPERATING INSTRUCTIONS

The Bodytone Evo E4 console provides a user-friendly interface to manage your workouts. Familiarize yourself with the display and control buttons before starting your exercise.



Figure 4: Close-up view of the elliptical's LED console and control buttons.

Console Functions:

- **LED Display:** Shows various workout metrics simultaneously.
- **Tablet Holder:** Securely holds your tablet or smartphone for entertainment or guided workouts.
- **Start/Stop Button:** Initiates or pauses your workout.
- **Reset Button:** Clears current workout data.
- **Up/Down Buttons:** Adjust resistance levels or navigate menu options.
- **Enter Button:** Confirms selections.
- **BODY FAT Button:** Activates the body fat measurement function (if applicable).
- **RECOVERY Button:** Initiates the recovery heart rate test.

Workout Metrics Displayed:

Metric	Description
Time	Duration of your current workout.
Speed	Current speed in km/h or mph.
RPM	Revolutions Per Minute (pedal strokes).
Distance	Distance covered during the current workout.
ODO	Odometer (total accumulated distance).

Metric	Description
Watts	Power output during exercise.
Calories	Estimated calories burned.
Pulse	Current heart rate (requires hand pulse sensors).
Recovery	Heart rate recovery measurement after exercise.
Age	User's age input for more accurate calorie and heart rate calculations.

Starting a Workout:

1. Step onto the pedals, ensuring your feet are securely placed.
2. Grasp the moving handlebars.
3. Press the **START** button to begin your workout.
4. Adjust the resistance level using the **UP/DOWN** buttons to suit your fitness level.
5. To select a pre-set program, navigate through the options using the console buttons before starting your workout.



Figure 5: A user demonstrating proper form while exercising on the Bodytone Evo E4 Elliptical.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Bodytone Evo E4 elliptical. Follow these guidelines to keep your machine in excellent condition.

- **Cleaning:** Wipe down the machine with a soft, damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.

- **Lubrication:** Periodically check moving parts for any squeaking or stiffness. Apply a silicone-based lubricant to pivot points if necessary, as recommended by the manufacturer.
- **Bolt Tightness:** Regularly inspect all bolts and nuts, especially on the frame and moving parts, to ensure they are securely tightened. Loose connections can affect stability and performance.
- **Pedal and Handlebar Check:** Ensure pedals are firmly attached and the rubber closures are intact. Check handlebars for any looseness.
- **Belt Inspection:** While the Poly-V belt system is low maintenance, occasionally inspect it for any signs of wear or damage.
- **Storage:** Store the elliptical in a dry, clean environment away from direct sunlight and extreme temperatures. Use the transport wheels to move it carefully.



Figure 6: Detail of the elliptical's base, showing the transport wheels for easy movement and leveling feet.

5. TROUBLESHOOTING

If you encounter any issues with your Bodytone Evo E4, refer to the following common troubleshooting steps. For problems not listed here, please contact customer support.

Problem	Possible Cause	Solution
Console not powering on	Loose power connection; Batteries drained (if applicable); Console cable disconnected.	Ensure power adapter is securely plugged in. Check console cable connection. Replace batteries if the console uses them.
Squeaking or grinding noise	Loose bolts; Lack of lubrication on moving parts; Worn components.	Tighten all visible bolts. Apply silicone lubricant to pivot points. If noise persists, contact customer support.
Inaccurate heart rate reading	Hands not firmly on sensors; Sensors are dirty; Electrical interference.	Ensure full hand contact with both pulse sensors. Clean sensors. Avoid using near strong electrical devices.
Resistance not changing	Console cable issue; Electronic resistance mechanism fault.	Check console cable connection. Reset the console. If the problem continues, contact customer support.

6. SPECIFICATIONS

Detailed technical specifications for the Bodytone Evo E4 Professional Elliptical Exercise Bike.

Brand: Bodytone

Model Name: Bodytone - EVOE4 - Professional Elliptical

Item Model Number: EVOE4

Color: Black

Material Type: Blend

Resistance Mechanism: Electronic

Flywheel Weight: 16 kg

Drive System: Poly-V Belt

Maximum User Weight: 135 kg (297 lbs)

Item Weight: 83 kg (183 lbs)

Dimensions (L x W x H): 160 cm x 67 cm x 178 cm (63 in x 26.4 in x 70 in)

Shipping Dimensions: 178 cm x 73 cm x 55 cm (70.1 in x 28.7 in x 21.7 in)

Included Components: None (main unit and assembly parts)

Department: Unisex Adult

UPC: 716252109827

Date First Available: November 23, 2020



Figure 7: Diagram showing the elliptical's dimensions and highlighting features like full body workout, self-generated power, and transport wheels.

7. WARRANTY AND SUPPORT

Bodytone is committed to providing high-quality fitness equipment. For specific warranty details regarding your Evo E4 elliptical, please refer to the warranty card included with your product or visit the official Bodytone website. Keep your proof of purchase for any warranty claims.

Customer Support:

If you have any questions, require technical assistance, or need to report an issue, please contact Bodytone customer support through their official channels. Contact information can typically be found on the manufacturer's website or in the product packaging.

For more information, visit: www.bodytone.com

