

SPORTOP E850P

SPORTOP E850P ELLIPTICAL TRAINER User Manual

Brand: SPORTOP | Model: E850P

1. PRODUCT OVERVIEW

The SPORTOP E850P Elliptical Trainer is engineered for effective and convenient fitness training. It features an 8kg silent magnetic flywheel for a smooth motion and offers 16 levels of automated resistance, allowing for precise intensity adjustments. The integrated LCD computer provides comprehensive workout data, and the ergonomic design ensures user comfort and stability during exercise.



Figure 1.1: Front view of the SPORTOP E850P Elliptical Trainer, showcasing its overall design and structure.

2. SETUP AND ASSEMBLY

The SPORTOP E850P Elliptical Trainer requires assembly. It is recommended to assemble the unit in the location where it will be used. Ensure all components are present before beginning assembly. Refer to the included assembly guide for detailed step-by-step instructions.

2.1 Unpacking

- Carefully remove all components from the packaging.
- Inspect all parts for any damage. Contact customer support immediately if any parts are damaged or missing.
- Keep packaging materials until assembly is complete in case of return or transport.

2.2 Assembly Steps

While specific steps are detailed in the separate assembly manual, general steps include:

1. Attach the front and rear stabilizers to the main frame.
2. Secure the main upright post to the base.
3. Install the pedal arms and handlebars.
4. Connect the console wiring and mount the LCD console.
5. Ensure all bolts and nuts are securely tightened before use.



Figure 2.1: Side view of the elliptical trainer, illustrating the assembled structure and components.

3. OPERATING INSTRUCTIONS

This section details how to operate your SPORTOP E850P Elliptical Trainer, including console functions and workout adjustments.

3.1 Console Functions

The large backlit LCD computer provides real-time workout data.



Figure 3.1: Close-up of the LCD console, displaying various workout metrics and control buttons.

- **RPM:** Revolutions Per Minute.
- **Speed:** Current speed in km/h or mph.
- **Distance:** Total distance covered during the workout.
- **Time:** Duration of the current workout.
- **Calories:** Estimated calories burned.
- **Pulse:** Heart rate detected by pulse sensors.
- **Watt:** Power output in watts.
- **Load:** Current resistance level.

3.2 Resistance Adjustment

The elliptical trainer features 16 levels of automated magnetic resistance. Use the '+' and '-' buttons on the console to increase or decrease the resistance level during your workout. The electric motor will adjust the resistance accordingly.

3.3 Workout Programs

The console offers 12 pre-set programs and 4 user-defined programs. Select a program using the 'Program' button and follow the on-screen prompts. User-defined programs allow you to customize resistance profiles for personalized workouts.

3.4 Heart Rate Monitoring

Grip the pulse sensors on the ergonomically designed handlebars to monitor your heart rate. Ensure both hands are firmly on the sensors for an accurate reading. Your pulse will be displayed on the LCD screen.

4. COMPONENTS AND FEATURES

Understanding the key components of your elliptical trainer will enhance your user experience.

4.1 Flywheel

The SPORTOP E850P features an 8kg silent magnetic flywheel positioned at the rear. This design contributes to a natural and smooth elliptical motion, reducing joint impact.



Figure 4.1: Close-up view of the 8kg silent magnetic flywheel, located at the rear of the unit.

4.2 Pedals

The large, non-slip pedals provide a secure and comfortable platform for your feet during workouts. Their design accommodates various foot sizes and ensures stability.



Figure 4.2: Detail of the non-slip pedals, designed for secure foot placement.



Figure 4.3: Top-down view of the elliptical's pedals and central housing.

4.3 Stabilizers and Transport Wheels

The elliptical is equipped with front and rear stabilizers to ensure a stable workout experience. Integrated transport wheels on the front stabilizer allow for easier relocation of the unit.



Figure 4.4: View of the base and stabilizers, including the transport wheels for mobility.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your SPORTOP E850P Elliptical Trainer.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Lubrication:** Periodically check moving parts for friction. Apply a silicone-based lubricant to pivot points and joints as needed, following the specific instructions in the assembly manual.
- **Tightness Check:** Regularly inspect all bolts, nuts, and connections to ensure they are secure. Tighten any loose fasteners to prevent noise and wear.
- **Storage:** Store the elliptical in a dry, cool environment away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your elliptical trainer.

Problem	Possible Cause	Solution
No display on console	Power adapter not connected or faulty; loose console cable.	Ensure power adapter is securely plugged in. Check console cable connection.
Resistance not changing	Motor connection issue; console malfunction.	Check all wiring connections. Restart the machine. If issue persists, contact support.
Unusual noise during operation	Loose bolts; parts needing lubrication; worn components.	Inspect and tighten all bolts. Lubricate pivot points. If noise continues, contact support.
Inaccurate heart rate reading	Hands not firmly on sensors; dry hands.	Ensure full contact with both sensors. Lightly moisten hands if too dry.

For issues not listed here, or if solutions do not resolve the problem, please contact customer support.

7. SPECIFICATIONS

Feature	Detail
Model Name	E850P
Brand	SPORTOP
Flywheel Weight	8 kg
Resistance Levels	16 (Automated Magnetic)

Feature	Detail
Display	4" Backlit LCD
Programs	12 Pre-set, 4 User-defined
Metrics Displayed	RPM, Speed, Distance, Time, Calories, Pulse, Watt, Load
Stride Length	31 cm (Product description) / 33 Centimetres (Specifications)
Power Source	Electric powered
Material Type	Polyurethane
Dimensions (L x W x H)	103 cm x 53.5 cm x 153 cm
Product Weight	43.5 kg
Max User Weight	90 kg

8. WARRANTY AND SUPPORT

8.1 Warranty Information

The SPORTOP E850P Elliptical Trainer comes with a Home Use (Cardio Lite) warranty:

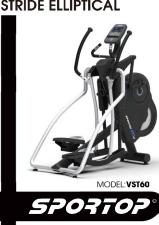
- **Structural Frame:** 1 year (excludes coating & rust).
- **Motors:** 6 months (applies to motor-driven equipment).
- **Running Deck:** 6 months (applies to treadmills -note: *this is an elliptical, so this may not apply directly*).
- **Electronics, Belt, Parts & Labour:** 6 months.

Wear and tear are excluded from the warranty. Please retain your proof of purchase for warranty claims.

8.2 Customer Support

For technical assistance, warranty claims, or spare parts, please contact SPORTOP customer support. Refer to your purchase documentation for specific contact details or visit the official SPORTOP website.

Note: Product is considered bulky and requires assembly, hence it is not eligible for any return or refund as per seller's policy. Extra charges may apply for delivery via stairs (\$30 for the first storey and an additional \$10 for every subsequent storey, to be paid cash on delivery).

 <p>CHANGEABLE STRIDE ELLIPTICAL MODEL VST60 SPORTOP Owner's Operating Manual ENGLISH</p>	<p>SPORTOP VST60 Changeable Stride Elliptical Owner's Manual Comprehensive owner's operating manual for the SPORTOP VST60 Changeable Stride Elliptical. Includes assembly instructions, parts list, console operation, and training modes.</p>
 <p>USER MANUAL – EN IN 26510 Elliptical Trainer SPORTOP E360</p>	<p>SPORTOP E360 Elliptical Trainer User Manual Comprehensive user manual for the SPORTOP E360 Elliptical Trainer (Model IN 26510), covering assembly, operation, safety guidelines, console functions, program selection, exercise instructions, maintenance, and warranty information.</p>
 <p>ELLIPTICAL TRAINER MODEL E7000P PLUS SPORTOP Owner's Operating Manual ENGLISH</p>	<p>Sportop E7000P Plus Elliptical Trainer Owner's Manual This manual provides assembly instructions, operation procedures, and maintenance guidelines for the Sportop E7000P Plus Elliptical Trainer.</p>
 <p>HIGH INTENSIVE MODEL R900 SPORTOP Owner's Operating Manual ENGLISH</p>	<p>SPORTOP R900 Fan-Magnetic Rower Owner's Operating Manual Detailed owner's operating manual for the SPORTOP R900 Fan-Magnetic Rower, covering assembly, parts list, operation, display functions, and program settings.</p>
 <p>MAGNETIC RECLINING BIKE MODEL RB300 SPORTOP Owner's Operating Manual ENGLISH</p>	<p>SPORTOP RB300 Magnetic Recumbent Bike Owner's Manual Comprehensive owner's manual for the SPORTOP RB300 Magnetic Recumbent Bike, covering parts list, assembly instructions, operation modes, and maintenance.</p>
 <p>MAGNETIC RECLINING BIKE MODEL B5300 SPORTOP Owner's Operating Manual ENGLISH</p>	<p>SPORTOP B5300 Magnetic Recumbent Bike Owner's Manual Comprehensive owner's operating manual for the SPORTOP B5300 Magnetic Recumbent Bike, covering assembly, operation, and maintenance.</p>