Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

BT BODYTONE DE30

Bodytone Smart Elliptical Bike DE30 User Manual

Model: DE30 | Brand: BT BODYTONE

1. Introduction

The Bodytone Smart Elliptical Bike DE30 is designed for effective home cardio workouts. Its magnetic resistance system provides intense cardiovascular training with minimal joint impact and quiet operation. Featuring Bluetooth connectivity, app integration, and an LCD screen, it offers a comprehensive and silent exercise experience.



Image 1: Overview of the Bodytone Smart Elliptical Bike DE30.

2. Safety Information

Before using this elliptical bike, please read all instructions carefully. Keep this manual for future reference. Ensure all parts are correctly assembled and tightened before use. Consult a physician before starting any exercise program. Stop exercising immediately if you feel faint, dizzy, or experience pain.

Important Safety Precautions:

- Place the elliptical on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- Wear appropriate exercise clothing and footwear.
- Do not exceed the maximum user weight of 120 kg.

- Regularly inspect the equipment for wear and tear.

3. Package Contents

The Bodytone Smart Elliptical Bike DE30 package includes:

- Elliptical Bike Frame (main components)
- Assembly Hardware (screws, washers, nuts, tools)
- User Manual

4. Setup and Assembly

Follow these steps to assemble your Bodytone Smart Elliptical Bike DE30. It is recommended to have two people for assembly.

4.1. Assembly Video Guide

Video 1: Assembly guide for a Deluxe13 elliptical bike. This video demonstrates general elliptical assembly principles that may apply to your Bodytone DE30.

4.2. Step-by-Step Assembly

1. **Base Assembly:** Attach the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are securely tightened.
2. **Upright Post Installation:** Connect the upright post to the main frame. Ensure all cables (sensor and tension control) are properly routed and connected before fully securing the post.
3. **Handlebar Assembly:** Attach the moving handlebars to the upright post. Pay attention to left (L) and right (R) markings. Secure them with the appropriate bolts and washers.
4. **Pedal Arm Installation:** Connect the pedal arms to the flywheel mechanism. Ensure the pedals are correctly oriented (L for left, R for right) and securely fastened.
5. **Console Attachment:** Mount the LCD console onto the upright post. Connect the sensor and pulse cables to the back of the console. Secure the console with screws.
6. **Final Checks:** Double-check all bolts and connections for tightness. Ensure all moving parts operate smoothly.

5. Operating Instructions

The Bodytone Smart Elliptical Bike DE30 offers a user-friendly experience with its integrated features.

5.1. Console and Connectivity

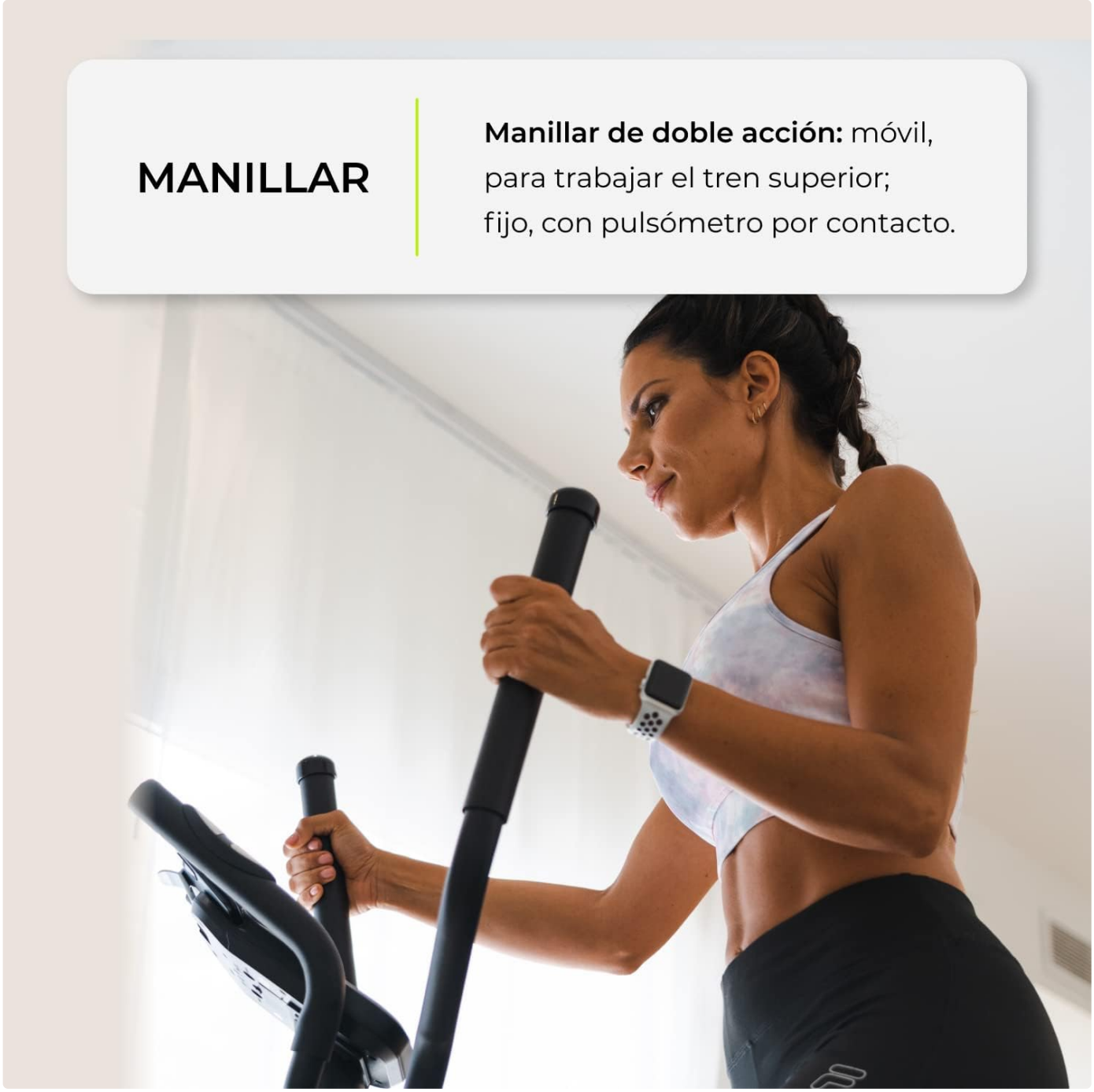


Image 2: Console displaying connectivity options for Kinomap and MyBodytone apps.

- **LCD Screen:** The integrated LCD screen displays key workout metrics such as time, speed, distance, calories, and pulse.
- **Bluetooth Connectivity:** Connect your elliptical to compatible fitness apps like Kinomap and MyBodytone via Bluetooth for interactive training sessions and real-time data tracking.
- **Resistance Levels:** Adjust the magnetic resistance manually using the tension control knob. The DE30 features 24 levels of resistance to customize your workout intensity.
- **Workout Programs:** Choose from 12 pre-set training programs to vary your exercise routine.

5.2. Using the Elliptical



Image 3: User demonstrating proper form on the elliptical bike.

- **Start Exercising:** Step onto the pedals, holding the handlebars. Begin a smooth, elliptical motion.
- **Adjust Resistance:** Turn the tension control knob to increase or decrease resistance as needed during your workout.
- **Monitor Progress:** Use the LCD screen to track your workout data. The dual-action handlebars allow for full-body engagement, with fixed handlebars featuring pulse sensors.
- **Quiet Operation:** The silent belt drive system ensures a smooth and quiet workout experience.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your elliptical bike.

6.1. Lubricating Moving Parts

Video 2: Guide on lubricating the moving parts of an elliptical bike. This process helps maintain smooth operation and prevent squeaking.

To lubricate the moving parts:

1. **Handlebar Joints:** Loosen the screw on the handlebar joint, remove the arm, and apply grease to the inside of the tube where the arm connects.
2. **Pedal Arm Joints:** Apply grease to the moving joints of the pedal arms. For specific points, remove the bolt, apply grease to the white silent block inside, and also to the bolt itself before reassembling.
3. **Pedal Axles:** Ensure the pedal axles are also lubricated. Remove the bolt, apply grease, and re-tighten.

6.2. General Care

- Wipe down the elliptical with a damp cloth after each use to remove sweat and dust.
- Check all bolts and nuts periodically to ensure they are tight.

- Store the elliptical in a dry, clean environment.

7. Troubleshooting

If you encounter any issues with your elliptical bike, refer to the following common solutions:

- **Squeaking Noises:** Lubricate all moving joints as described in the maintenance section. Check for any loose bolts and tighten them.
- **Unstable Operation:** Ensure the elliptical is placed on a level surface. Adjust the leveling feet if necessary. Check that all frame connections are secure.
- **Console Not Displaying Data:** Check the sensor cable connections to the console and the main frame. Ensure batteries (if applicable) are correctly installed and charged.
- **Resistance Issues:** Verify that the tension control cable is properly connected and not kinked. If the magnetic resistance is not changing, check the cable attachment points.

If the problem persists, please contact customer support.

8. Specifications

Feature	Detail
Brand	BT BODYTONE
Model Name	Bodytone DE30
Dimensions (L x W x H)	118 x 59 x 155 cm
Product Weight	9 kg
Maximum User Weight	120 kg
Flywheel Mass	Equivalent to 9 kg
Resistance Mechanism	Magnetic
Number of Resistance Levels	24
Training Programs	12
Display	LCD
Connectivity	Bluetooth, App Compatible (Kinomap, MyBodytone)
Stride Length	40 cm
Recommended Usage	10 hours per week

Feature	Detail
Material	Vinyl (likely referring to pedal material or grips)
Color	Black

9. Support

For any questions, technical assistance, or support regarding your Bodytone Smart Elliptical Bike DE30, please contact our specialized customer service team. You can find contact information on the official BT BODYTONE website or through your retailer.

© 2024 BT BODYTONE. All rights reserved.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

https://manuals.plus/asin/B09MZG1N5W

More documents and user manuals: **https://manuals.plus/**