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SALTER E-25

SALTER E-25 Elliptical Trainer User Manual

Model: E-25

1. INTRODUCTION

Welcome to the user manual for your new SALTER E-25 Elliptical Trainer. This manual provides essential information for the safe and efficient operation, assembly, maintenance, and troubleshooting of your equipment. Please read this manual thoroughly before assembly and use to ensure proper function and to prevent injury.

2. IMPORTANT SAFETY INSTRUCTIONS

Before using this equipment, please read and understand all instructions. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- This equipment is designed for domestic use only.
- Ensure the elliptical is placed on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- Maximum user weight: 150 kg. Do not exceed this limit.
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Inspect the equipment for loose or worn parts before each use.

3. ASSEMBLY INSTRUCTIONS

Assembly requires two people. Ensure all parts are present before beginning. Refer to the parts list and diagrams for identification.

3.1. Unpacking

Carefully remove all components from the packaging. Place them on a clean, flat surface to prevent damage.

3.2. Base Frame Assembly

Attach the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are securely tightened.



Figure 3.2.1: Side view of the SALTER E-25 Elliptical Trainer, showing the main frame and stabilizer bars. This image illustrates the overall structure of the elliptical, including the flywheel cover, pedals, and handlebars.

3.3. Handlebar and Console Installation

Connect the console mast to the main frame. Route the sensor cables through the mast and connect them to the console. Secure the handlebars to the moving arms.



Figure 3.3.1: Front view of the SALTER E-25 Elliptical Trainer, highlighting the console and handlebars. This image provides a clear view of the user interface and the design of the moving handlebars.



Figure 3.3.2: Close-up view of the SALTER E-25 Elliptical Trainer's LCD console. The display shows various metrics and control buttons, including manual operation, program selection, and heart rate sensors.



Figure 3.3.3: View of the SALTER E-25 Elliptical Trainer's handlebars and console from a user's perspective. This image emphasizes the ergonomic design of the handles and the central placement of the console for easy access during workouts.

3.4. Pedal Installation

Attach the pedals to the crank arms, ensuring the left and right pedals are correctly identified and tightened. The pedals are designed for secure foot placement during exercise.



Figure 3.4.1: Detail of the SALTER E-25 Elliptical Trainer's pedal and base. This image shows the textured surface of the pedal for grip and the adjustable leveling feet at the base of the machine.

4. OPERATING INSTRUCTIONS

4.1. Console Functions

The LCD console displays various workout metrics and allows for program selection. It is retro-illuminated for clear visibility.

- **Time:** Duration of your workout.
- **Speed:** Current speed in km/h.
- **Distance:** Total distance covered.
- **RPM:** Revolutions Per Minute.
- **Calories:** Estimated calories burned.
- **Pulse:** Heart rate measured via contact sensors on the handlebars.
- **Watts:** Power output in watts.
- **Scan:** Cycles through all display functions automatically.

4.2. Workout Programs

The E-25 offers a variety of training options:

- **Manual Mode:** Adjust resistance manually (32 levels).
- **Preset Programs (12):** Diverse pre-programmed workouts for different fitness goals.
- **User Program:** Create and save your own custom workout profile.

- **WATT Program:** Constant wattage program for specific training or rehabilitation.
- **BODY-FAT Test:** Measures body mass index.
- **RECOVERY Test:** Assesses heart rate recovery after exercise.

4.3. Connectivity and Smart Training

The SALTER E-25 features Bluetooth connectivity to popular fitness applications.

- **Compatible APPs:** KINOMAP, ZWIFT, ROUVY, SYSTM.
- **Real-time Data:** Transmit WATT and RPM data to these applications.
- **Smart Control:** When connected via Bluetooth, the application can control and adjust the elliptical's resistance based on the selected program profile.
- **Heart Rate Monitor Compatibility:** KINOMAP, ROUVY, and SYSTM are compatible with the 3-in-1 heart rate belt (ref. 60100), sold separately.



Figure 4.3.1: The SALTER E-25 Elliptical Trainer console displaying connectivity features and compatible application logos (Wahoo SYSTEM, Zwift, Kinomap). This image illustrates the smart training capabilities of the elliptical.

5. MAINTENANCE AND CARE

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

- **Cleaning:** Wipe down the equipment with a damp cloth after each use. Avoid abrasive cleaners.
- **Lubrication:** The magnetic brake system is maintenance-free and does not require lubrication.
- **Inspection:** Periodically check all bolts and nuts for tightness. Tighten if necessary.
- **Storage:** Store the elliptical in a dry, cool place away from direct sunlight and moisture.
- **Moving the Machine:** Use the integrated transport wheels for easy relocation. Tilt the machine and roll it to the desired position.



Figure 5.1.1: Detail of the SALTER E-25 Elliptical Trainer's transport wheels and leveling feet. This image shows the small wheels at the front base of the machine, designed for easy movement, and the adjustable feet for stability.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Console not displaying	Loose cable connection; Dead batteries (if applicable)	Check all cable connections to the console. Replace batteries if necessary.
Unstable during use	Uneven surface; Loose leveling feet	Adjust the leveling feet at the base of the machine to ensure stability. Place on a flat surface.
Squeaking or grinding noise	Loose bolts; Worn parts	Check and tighten all assembly bolts. If noise persists, contact customer support.

Problem	Possible Cause	Solution
Pulse reading inaccurate	Improper hand placement; Dry hands	Ensure full hand contact with both pulse sensors. Slightly moisten hands if too dry.

7. PRODUCT SPECIFICATIONS

- **Model:** E-25
- **Brand:** SALTER
- **Resistance System:** Magnetic, silent, and maintenance-free
- **Flywheel Equivalent:** 19 kg
- **Stride Length:** 45 cm
- **Intensity Levels:** 32
- **Pulse Measurement:** Contact sensors on handlebars
- **Console Display:** Retro-illuminated LCD (Time, Speed, Distance, RPM, Calories, Pulse, Watts, Scan)
- **Programs:** Manual, 12 Preset, User, WATT, BODY-FAT, RECOVERY
- **Connectivity:** Bluetooth compatible with KINOMAP, ZWIFT, ROUVY, SYSTM
- **Maximum User Weight:** 150 kg
- **Dimensions (L x W x H):** 166 x 70 x 158 cm
- **Product Weight:** 58 kg
- **Material:** Aluminum
- **Color:** Black
- **Additional Features:** Tablet/mobile holder, bottle holder, leveling stoppers, transport wheels.

8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official SALTER website. Keep your proof of purchase for warranty claims.

Manufacturer: SALTER

Contact: Refer to SALTER's official support channels for assistance.

