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› [HAMMER Ellypsis E3500 Elliptical Trainer User Manual](#)

HAMMER Ellypsis E3500 (Model 11001)

HAMMER Ellypsis E3500 Elliptical Trainer User Manual

Model: Ellypsis E3500 (Model 11001)

1. INTRODUCTION AND OVERVIEW

Welcome to the user manual for your new HAMMER Ellypsis E3500 Elliptical Trainer. This modern elliptical trainer, presented in Stealth Black, combines first-class design with optimized ergonomics to provide an effective and comfortable workout experience. It is designed to support various fitness goals, from cardiovascular health to muscle strengthening and fat burning.

The E3500 features a generous stride length of 52 cm and an ergonomic pedal distance of 13 cm, ensuring natural and fluid movement. Its user-friendly LCD computer provides all essential training data and functions at a glance, including heart rate monitoring via integrated sensors. The trainer is also compatible with popular fitness apps like Zwift and Kinomap, allowing you to immerse yourself in virtual training worlds and interactive routes.



Figure 1: The HAMMER Ellypsis E3500 Elliptical Trainer, a sleek black fitness machine designed for ergonomic and effective home workouts.

2. SAFETY INFORMATION

Please read all safety instructions carefully before assembling or using the HAMMER Ellypsis E3500. Failure to follow these instructions may result in injury or damage to the equipment.

- **Consult a Doctor:** Before starting any new exercise program, especially if you have pre-existing health conditions, consult with a healthcare professional.
- **Assembly:** Ensure all parts are correctly assembled and tightened according to the instructions. Do not use the machine if any parts are damaged or missing.
- **Placement:** Place the elliptical trainer on a flat, stable surface. Ensure adequate clearance around the machine (at least 0.6 meters or 2 feet) for safe operation and movement.
- **User Weight Limit:** Do not exceed the maximum user weight of 150 kg (330 lbs).
- **Children and Pets:** Keep children and pets away from the machine during operation. This equipment is not a toy.

- **Proper Attire:** Wear appropriate athletic clothing and footwear. Avoid loose clothing that could get caught in moving parts.
- **Warm-up and Cool-down:** Always perform a warm-up before your workout and a cool-down afterwards to prevent muscle strain.
- **Stop if Unwell:** If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a doctor.
- **Maintenance:** Regularly inspect the machine for wear and tear. Do not attempt to service the machine beyond the maintenance instructions provided in this manual.

3. PACKAGE CONTENTS

Carefully unpack all components and verify that you have received all parts listed below. If any parts are missing or damaged, please contact customer support.

- Main Frame Assembly
- Front and Rear Stabilizers
- Pedal Arms and Pedals (2 sets)
- Handlebars (Fixed and Moving)
- Console/Display Unit
- Hardware Kit (bolts, washers, nuts, tools)
- Power Adapter
- User Manual (this document)

4. ASSEMBLY INSTRUCTIONS

Assembly typically requires two people. Follow these steps carefully. Refer to the included assembly diagram for visual guidance.

1. **Unpack and Prepare:** Remove all components from the packaging. Lay out all parts on a clean, flat surface. Ensure all packing materials are removed from the main frame.
2. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are tightly fastened for stability.
3. **Install Pedal Arms:** Attach the pedal arms to the main drive mechanism. Pay attention to left and right markings. Secure with the appropriate hardware.
4. **Mount Handlebars:** Connect the fixed handlebars to the main frame. Then, attach the moving handlebars to the pedal arms and the main frame's upper support. Ensure all pivot points are secure.
5. **Connect Console:** Carefully connect the sensor cables from the main frame to the console unit. Mount the console onto its designated bracket.
6. **Final Checks:** Double-check all bolts and connections to ensure they are secure. Plug in the power adapter.

5. OPERATING INSTRUCTIONS

5.1. Console and Display

The user-friendly LCD console provides real-time feedback on your workout.



Figure 2: The elliptical trainer's console displaying workout data, alongside key features such as the 20 kg flywheel, 11 training programs, and 52 cm stride length.

- **LCD Display:** Shows time, distance, speed, calories burned, and heart rate.
- **Buttons:** Navigate through menus, select programs, and adjust resistance. Refer to the console-specific section in the full manual for detailed button functions.
- **Tablet Holder:** A convenient holder is integrated for your smartphone or tablet.

5.2. Training Programs

The Ellipsis E3500 offers a variety of programs to suit your fitness needs:

- **11 Training Programs:** Pre-set programs designed for different fitness levels and goals.
- **4 Heart Rate Programs:** Target specific heart rate zones for effective cardiovascular training.
- **4 User Profiles:** Save individual user data and progress.
- **Manual Program:** Adjust resistance and workout parameters manually during your session.

5.3. App Connectivity (Kinomap & Zwift)

Enhance your training experience by connecting your elliptical trainer to Kinomap and Zwift via Bluetooth.



The image shows a woman from the side, using a black elliptical trainer. She is holding the handlebars and touching the screen of a tablet mounted on the machine. In the background, a large wall-mounted TV displays a virtual cycling route with various data points. A semi-transparent dark box on the right side of the image contains white text listing features. At the bottom left are the Kinomap and Zwift logos. At the bottom right are Google Play and App Store logos. A small disclaimer is at the very bottom.

FITNESS-APPS MIT LIVE-STRECKEN.

Interaktives und effizientes Training mit Zwift & Kinomap

Automatische Widerstands- und Steigungseinstellung in Echtzeit

Multiplayer-Challenges

TV-Streaming-Funktion

Live-Workouts

Kinomap

ZWIFT

JETZT BEI Google Play

Laden im App Store

*Für das Streamen auf TV benötigen Sie Ihr Tablet/Smartphone und einen Smart TV, alles nicht im Lieferumfang enthalten.

Figure 3: A user interacting with the elliptical trainer's console, which displays connectivity with fitness apps like Kinomap and Zwift for interactive and live-streamed workouts.

1. **Download Apps:** Download the Kinomap and/or Zwift apps from your device's app store.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone or tablet.
3. **Connect:** Open the fitness app and follow the in-app instructions to connect to your HAMMER Ellypsis E3500. The app will typically detect the trainer automatically.
4. **Explore:** Enjoy interactive routes, multiplayer functions, and live workouts.

5.4. Incline Adjustment

The Ellypsis E3500 features a 3-fold height adjustment, allowing you to vary your workout and target different muscle groups.



Figure 4: The elliptical trainer demonstrating its 3-fold incline adjustment capability, which allows for varied elliptical movement patterns to target different leg and glute muscles.

- **Adjusting Incline:** The incline mechanism is located at the front of the machine. Consult the detailed manual for specific instructions on how to safely adjust the incline.
- **Muscle Targeting:** A higher incline focuses on glutes and hamstrings, while a lower incline emphasizes the front thigh muscles.

5.5. Heart Rate Monitoring

Integrated heart rate sensors on the handlebars allow you to monitor your pulse during your workout.

- **Usage:** Grip the heart rate sensors firmly with both hands during your workout. Your heart rate will be displayed on the console.
- **Accuracy:** For best accuracy, ensure your hands are clean and dry.

6. MAINTENANCE

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

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check and lubricate moving parts as indicated in the detailed maintenance section of the full manual.
- **Inspection:** Regularly inspect all bolts, nuts, and connections for tightness. Tighten any loose fasteners. Check for signs of wear on the aluminum rails and wheels.
- **Quiet Operation:** The E3500 features high-quality ball bearings for quiet operation. If you notice any unusual noises, refer to the troubleshooting section.



Figure 5: An illustration highlighting the high-quality ball bearings within the elliptical trainer, designed for exceptionally quiet training sessions.

7. TROUBLESHOOTING

If you encounter any issues with your elliptical trainer, refer to the table below for common problems and solutions.

Problem	Possible Cause	Solution
No power to console	Power adapter not connected; outlet issue; damaged cable.	Ensure power adapter is securely plugged into the machine and a working outlet. Check for cable damage.
Unusual noises during operation	Loose bolts; lack of lubrication; worn parts.	Check and tighten all assembly bolts. Lubricate moving parts as per maintenance instructions. If noise persists, contact customer support.
Inaccurate heart rate reading	Hands not firmly on sensors; dry hands; interference.	Ensure firm and consistent grip on sensors. Lightly moisten hands if too dry. Avoid electronic interference.
Resistance not changing	Console connection issue; magnetic brake system malfunction.	Check console cable connections. Restart the machine. If the problem continues, contact customer support.

8. SPECIFICATIONS

Feature	Detail
Model Name	Ellypsis E3500
Model Number	11001
Brand	HAMMER
Color	Black
Dimensions (L x W x H)	158 x 65 x 185 cm (62.2 x 25.6 x 72.8 inches)
Item Weight	66 kg (145.5 lbs)
Flywheel Mass	20 kg
Resistance Mechanism	Magnetic
Number of Resistance Levels	20
Maximum Stride Length	52 cm
Pedal Distance	13 cm
Maximum User Weight	150 kg
Training Programs	11 (including 4 heart rate programs)
User Profiles	4
Connectivity	Compatible with Zwift & Kinomap
Power Source	Requires AA batteries (for console)

9. WARRANTY AND SUPPORT


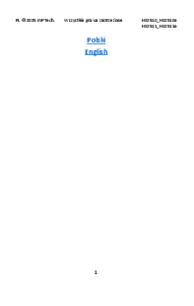
For warranty information, technical support, or to order replacement parts, please contact HAMMER customer service.

- **Customer Service:** Refer to the contact information provided on the HAMMER website or your purchase receipt.

- **Online Resources:** Visit the official HAMMER website for FAQs, additional support materials, and product registration.

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Related Documents - Ellypsis E3500 (Model 11001)

	<p>Hammer Ellypsis E3500 Elliptical Trainer User Manual</p> <p>Comprehensive user manual for the Hammer Ellypsis E3500 Elliptical Trainer, covering safety instructions, assembly, computer functions, maintenance, training guidance, and troubleshooting.</p>
	<p>HAMMER CROSSFLY BT Elliptical Trainer - User Manual and Assembly Guide</p> <p>Comprehensive user manual for the HAMMER CROSSFLY BT elliptical trainer (Item No. 4111). Includes safety instructions, assembly steps, maintenance, computer functions, training programs, technical specifications, parts list, and warranty information.</p>
	<p>Instrukcja obsługi smartfona HAMMER HS2510/HS2511</p> <p>Oficjalna instrukcja obsługi dla smartfonów HAMMER HS2510, HS2510e, HS2511, HS2511e od mPTech. Zawiera szczegółowe informacje o konfiguracji, funkcjach, parametrach technicznych, konserwacji, rozwiązywaniu problemów i warunkach gwarancji.</p>
	<p>Instrukcja obsługi smartfona HAMMER HS2513/HS2514</p> <p>Szczegółowa instrukcja obsługi smartfonów HAMMER HS2513 i HS2514, zawierająca informacje o bezpieczeństwie, funkcjach, specyfikacjach technicznych, obsłudze eSIM, rozwiązywaniu problemów i warunkach gwarancji.</p>
	<p>HAMMER TR 8000 Treadmill User Manual and Training Guide</p> <p>Comprehensive user manual and training guide for the HAMMER TR 8000 treadmill. Covers safety, assembly, operation, computer features, maintenance, training advice, and warranty information.</p>

Hammer Watch 2

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[Hammer Watch 2: Instrukcja obsługi](#)

Poznaj smartwatch Hammer Watch 2 dzięki tej kompleksowej instrukcji obsługi. Dokument ten, przygotowany przez Hammer, zawiera kluczowe informacje dotyczące specyfikacji technicznych, bezpieczeństwa użytkowania, obsługi urządzenia, rozwiązywania typowych problemów oraz warunków gwarancji. Zaprojektowany z myślą o użytkowniku, Hammer Watch 2 oferuje połączenie stylu i funkcjonalności. Więcej informacji o produktach i wsparciu technicznym można znaleźć na stronie producenta: www.mptech.eu.