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HAMMER 11000

HAMMER SpeedMotion II Elliptical Trainer User Manual

Model: 11000

INTRODUCTION

Thank you for choosing the HAMMER SpeedMotion II Elliptical Trainer. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read it thoroughly before assembly and operation, and keep it for future reference.

The SpeedMotion II offers an innovative and comfortable workout experience, combining dynamic movement with individual intensity control. Its natural, ergonomic design supports effective calorie burning and targets various muscle groups through its 3-fold incline adjustment.

DEIN GANZKÖRPER- TRAINING ZU HAUSE

Entdecke eine neue Dimension des Trainings mit unserem Ellipsentrainer SpeedMotion II. Die perfekte Kombination aus Innovation und Bewegungsfreiheit für ein effektives und angenehmes Workout.



24 Trainings-
programme



16 Stufen
Belastungsbandbreite



LCD-Display



Bluetooth



**NATÜRLICHER BEWEGUNGSABLAUF
FÜR EIN GELENKSCHONENDES WORKOUT**

The HAMMER SpeedMotion II Elliptical Trainer provides a full-body workout experience in the comfort of your home, featuring 24 programs, 16 resistance levels, an LCD display, and Bluetooth connectivity.

SAFETY INSTRUCTIONS

- Consult a physician before starting any new exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Place the elliptical trainer on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight for this device is 130 kg.

SETUP AND ASSEMBLY

The HAMMER SpeedMotion II Elliptical Trainer requires assembly. An instruction manual is included with the product to guide you through the process. It is recommended to lay out all parts and verify them against the parts list before beginning assembly.

1. **Unpacking:** Carefully remove all components from the packaging.
2. **Component Check:** Verify that all parts listed in the assembly guide are present and undamaged.
3. **Base Assembly:** Attach the front and rear stabilizers to the main frame.
4. **Pedal Arms and Flywheel:** Assemble the pedal arms and connect them to the flywheel mechanism.
5. **Handlebars:** Secure the stationary and moving handlebars.
6. **Console Installation:** Mount the LCD console and connect all necessary cables.
7. **Incline Adjustment:** Ensure the 3-fold incline adjustment mechanism is correctly installed and functional.
8. **Final Check:** Double-check all connections and ensure the elliptical is stable before first use.

Assembly typically takes approximately 45 minutes for one person, following the detailed, illustrated instructions provided.

OPERATING INSTRUCTIONS

Console Overview

TRAININGSPROGRAMME

24



The LCD display provides real-time feedback on your workout, controlled by the intuitive Push & Turn button. The black-backlit LCD display provides clear visibility of your workout data. Use the central **Push & Turn Button** for intuitive navigation and selection.

- **RPM:** Revolutions Per Minute
- **Speed:** Current speed
- **Distance:** Total distance covered
- **Training Time:** Duration of your workout
- **Calorie Consumption:** Estimated calories burned
- **Heart Rate:** Measured via handgrip sensors
- **Resistance Level:** Current resistance setting

Workout Programs

The SpeedMotion II features **24 pre-set training programs** to help you achieve your fitness goals. Navigate through the programs using the Push & Turn Button and select the one that suits your needs.

Resistance Adjustment

The elliptical trainer uses a manual resistance mechanism. Adjust the resistance level to increase or decrease the intensity of your workout. Higher resistance targets strength, while lower resistance focuses on endurance.

3-Fold Incline Adjustment

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3-FACHE STEIGUNGS- ANPASSUNG

Passe dein Workout individuell an:
Mehr Steigung aktiviert Gesäß
und hintere Oberschenkel,
weniger Steigung stärkt die
vorderen Oberschenkel.

Adjust the incline to target different muscle groups: higher incline for glutes and hamstrings, lower incline for quadriceps. The 3-fold incline adjustment allows you to vary your workout and target different muscle groups. A higher incline emphasizes the glutes and posterior thigh muscles, while a lower incline places more emphasis on the anterior thigh muscles (quadriceps).

Heart Rate Monitoring

Integrated handgrip sensors allow for real-time heart rate monitoring. Grip the sensors firmly during your workout to display your heart rate on the LCD console. This helps you stay within your target heart rate zone for optimal training.

Kinomap & Zwift Compatibility

DIGITALE WORK OUTS

KOMPATIEBL MIT:



Connect your tablet or smartphone to the elliptical trainer for interactive workouts with Kinomap and Zwift. The SpeedMotion II is compatible with popular fitness apps like Kinomap and Zwift. Connect your smartphone or tablet via Bluetooth to access virtual training worlds, interactive routes, and track your performance. Download the respective apps from the App Store or Google Play.

MAINTENANCE

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

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check moving parts, especially the rollers and tracks, for smooth operation. Lubricate as recommended in the detailed product manual if necessary.
- **Tightening:** Regularly inspect all bolts, nuts, and connections. Tighten any loose components to prevent noise and ensure stability.

- **Storage:** Store the elliptical trainer in a dry, temperate environment away from direct sunlight and extreme temperatures.

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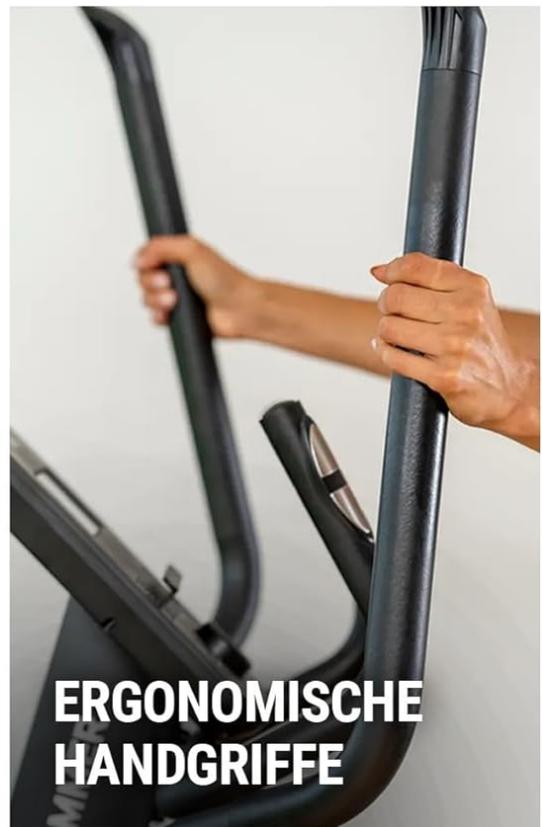
ELLIPSENTRAINER SPEEDMOTION II



**FLÜSTERLEISES
ANTRIEBSYSTEM**



**HOCHWERTIGE
LAUFROLLEN
AUF ALUSCHIENEN**



**ERGONOMISCHE
HANDGRIFFE**



**WACKELFREIE
WORKOUTS**

The SpeedMotion II features a quiet drive system, high-quality rollers for smooth movement, and stability adjustments for a secure workout.

TROUBLESHOOTING

If you encounter issues with your HAMMER SpeedMotion II, refer to the following common troubleshooting tips:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Squeaking or rattling noises	Loose bolts or connections; lack of lubrication on moving parts.	Check and tighten all visible bolts and nuts. Lubricate joints and rollers as per the main manual.
Display not working	Loose cable connection; depleted batteries (if applicable).	Ensure all console cables are securely connected. Check and replace batteries if the unit is battery-powered (AA batteries required, not included).
Uneven movement or instability	Uneven floor surface; loose frame components.	Adjust the leveling feet on the stabilizers. Check and tighten all frame connections.
Resistance not changing	Issue with the resistance mechanism.	Refer to the detailed manual for specific resistance mechanism troubleshooting or contact customer support.

If the problem persists after attempting these solutions, please contact HAMMER customer support.

SPECIFICATIONS

Feature	Specification
Model Name	SpeedMotion II
Model Number	11000
Dimensions (L x W x H)	160 x 60 x 177 cm
Item Weight	61.9 kg
Maximum User Weight	130 kg
Flywheel Mass	18 kg (implied from product title, not explicitly in specs table but in product title)
Stride Length	50 cm
Pedal Distance	14 cm (from feature bullets)
Incline Adjustment	3-fold manual adjustment
Resistance Mechanism	Manual
Programs	24 (from product title and feature bullets)
Display Type	Black-backlit LCD, 17.78 cm (7 inches)
Connectivity	Bluetooth, Kinomap & Zwift compatible
Material Type	Metal
Power Source	Requires AA batteries (not included)

WARRANTY AND SUPPORT

Warranty Information

Specific warranty details for the HAMMER SpeedMotion II Elliptical Trainer are typically provided with your purchase documentation. Please refer to the warranty card or the official HAMMER website for comprehensive information regarding coverage and terms.

Customer Support

For technical assistance, spare parts, or any questions regarding your HAMMER SpeedMotion II, please contact HAMMER SPORT customer service. Contact details can usually be found on the official HAMMER website or in your product documentation.

When contacting support, please have your model number (11000) and proof of purchase readily available.