

**SPARTA APUSPA0007**

# SPARTA Compact Elliptical Exercise Machine User Manual

Model: APUSPA0007 | Brand: SPARTA

## 1. SAFETY INFORMATION

Please read this manual carefully before assembling and using the SPARTA Elliptical Exercise Machine. Retain this manual for future reference. Always consult with a healthcare professional before starting any new exercise program.

### General Safety Precautions:

- Ensure all parts are securely fastened before each use.
- Place the elliptical on a flat, stable surface. Use the level adjusters to compensate for uneven floors.
- Keep children and pets away from the machine during operation.
- The maximum user weight capacity for this elliptical is 100 kg (220 lbs).
- Wear appropriate athletic footwear and clothing during exercise.
- Stop exercising immediately if you feel dizzy, nauseous, or experience any pain.
- The machine is equipped with anti-slip handlebars and pedals for enhanced safety.



The elliptical's base features anti-slip pads and adjustable levelers for stability.

## 2. PRODUCT OVERVIEW

The SPARTA Compact Elliptical Exercise Machine (Model APUSPA0007) is designed to provide a

comprehensive full-body workout in the comfort of your home. Its compact design makes it suitable for limited spaces, measuring approximately 99 cm (depth) x 63 cm (width) x 150 cm (height).

## Key Features:

- **All-in-One Workout:** Engages both upper and lower body muscle groups simultaneously.
- **Compact Design:** Ideal for home use with limited space.
- **Digital LCD Monitor:** Tracks Time, Speed, Distance, Calories, and Scan.
- **Gradual Resistance Level:** Adjustable resistance to customize your workout intensity.
- **Safety Features:** Equipped with anti-slip handlebars, pedals, and floor stabilizers.

## Components:

- Elliptical Frame and Moving Parts
- Digital LCD Monitor
- Assembly Hardware
- User Manual (this document)
- Warranty Certificate



Overall side view of the SPARTA Elliptical.



Front view of the elliptical, showing the handlebars and console.



Another side perspective of the elliptical machine.



Rear view of the elliptical, highlighting its compact design.

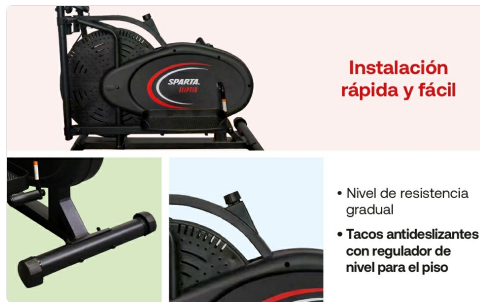
### 3. SETUP AND ASSEMBLY

The SPARTA Elliptical is designed for quick and easy installation. Follow the detailed assembly instructions provided in the separate assembly guide included with your product. Ensure all components are present before beginning assembly.

#### Key Assembly Points:

- Carefully unpack all parts and verify against the parts list.
- Assemble the main frame components first, ensuring all bolts are tightened securely.
- Attach the handlebars and pedals, paying close attention to left and right designations.
- Connect the digital monitor cable to the main unit.

- Once assembled, place the elliptical on a level surface. Use the adjustable feet at the base to stabilize the machine and prevent wobbling.



Visual representation of quick installation features and adjustable components.

## 4. OPERATING INSTRUCTIONS

Using your SPARTA Elliptical is straightforward. Follow these steps to begin your workout and monitor your progress.

### Getting Started:

1. Step onto the pedals, ensuring your feet are centered and secure.
2. Grasp the handlebars firmly. You can use either the stationary or moving handlebars depending on your desired workout focus.
3. Begin pedaling in a smooth, elliptical motion.

### Using the Digital LCD Monitor:

The integrated LCD monitor tracks your workout data. It displays the following metrics:

- **TIME:** Duration of your workout.
- **SPEED:** Current speed.
- **DISTANCE:** Total distance covered.
- **CALORIES:** Estimated calories burned.
- **SCAN:** Automatically cycles through all metrics every few seconds.

Press the red button on the monitor to cycle through the display modes or to reset the values (hold the button for a few seconds to reset).



The LCD monitor displays key workout data.



Press the red button to navigate or reset the monitor.

## Adjusting Resistance:

The elliptical features a gradual resistance adjustment knob. Turn the knob clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance for an easier session.



Adjust the resistance knob to modify workout intensity.



A user demonstrating proper form on the elliptical machine.

## 5. MAINTENANCE

Regular maintenance will ensure the longevity and optimal performance of your SPARTA Elliptical. Always unplug the machine (if applicable) and ensure it is stable before performing any maintenance.

### Cleaning:

- Wipe down the machine with a damp cloth after each use to remove sweat and dust.
- Avoid using abrasive cleaners or solvents, as they may damage the finish or electronic components.
- Keep the LCD monitor dry and clean.

### Inspections:

- Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners immediately to prevent wear and potential injury.
- Inspect the pedals and handlebars for any signs of wear or damage.

- Ensure the anti-slip pads on the base are intact and providing proper stability.

**Lubrication:**

- Apply a small amount of silicone-based lubricant to any pivot points or joints that may develop squeaking noises. Do not over-lubricate.

**6. TROUBLESHOOTING**

If you encounter any issues with your SPARTA Elliptical, refer to the following common problems and their solutions.

Problem	Possible Cause	Solution
Squeaking or grinding noise during operation.	Loose bolts or lack of lubrication in moving parts.	Check and tighten all visible bolts and nuts. Apply a small amount of silicone lubricant to pivot points and joints.
Machine feels unstable or wobbles.	Uneven floor surface or loose base stabilizers.	Adjust the levelers at the base of the machine until it is stable. Ensure the machine is on a flat surface.
LCD monitor not displaying data.	Loose cable connection or dead batteries.	Check the cable connection to the monitor. Replace the batteries in the monitor (if applicable).
Resistance not changing.	Mechanism issue or knob not properly engaged.	Ensure the resistance knob is fully engaged. If the issue persists, contact customer support.

If you experience a problem not listed here, or if the suggested solutions do not resolve the issue, please contact SPARTA customer support for assistance.

**7. SPECIFICATIONS**

Detailed technical specifications for the SPARTA Compact Elliptical Exercise Machine (Model APUSPA0007).

Feature	Specification
Model Number	APUSPA0007
Dimensions (L x W x H)	99 cm x 63 cm x 150 cm (39 in x 25 in x 59 in)
Product Weight	23.5 kg (51.8 lbs)
Material	Plastic, Metal

Feature	Specification
Color	Black
Maximum User Weight	100 kg (220 lbs)
Monitor Type	Digital LCD Monitor
Monitor Functions	Time, Speed, Distance, Calories, Scan



- Dimensiones del producto: 140 x 60 x 148 cms.
- **Peso del producto: 31 Kg.**
- Capacidad máxima de usuario 100kg

Visual representation of the elliptical with key dimensions and weight.

## 8. WARRANTY AND SUPPORT

Your SPARTA Elliptical Exercise Machine comes with a warranty certificate. Please refer to the certificate for specific terms and conditions, including warranty duration and coverage details.

### Customer Support:

For any questions, technical assistance, or warranty claims, please contact SPARTA customer support. Have your model number (APUSPA0007) and purchase information ready when contacting support.

- Refer to the contact information provided on your warranty certificate or the SPARTA official website.
- Keep your original purchase receipt as proof of purchase for warranty purposes.