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› [ZIPRO](#) /

› [ZIPRO Wave Elliptical Trainer User Manual](#)

## ZIPRO Wave 13112328

# ZIPRO Wave Elliptical Trainer User Manual

Model: ZIPRO Wave (13112328)

Brand: ZIPRO

## INTRODUCTION

Thank you for choosing the ZIPRO Wave Elliptical Trainer. This manual provides essential information for the safe and effective use of your new fitness equipment. The ZIPRO Wave is designed to help you achieve your fitness goals from the comfort of your home, offering a comprehensive cardio workout with 32 levels of electromagnetic resistance. Its advanced features and compatibility with popular fitness applications like Zwift and Kinomap make it suitable for users of all fitness levels. Please read this manual thoroughly before assembly and operation.

## IMPORTANT SAFETY INFORMATION

Before using the ZIPRO Wave Elliptical Trainer, please observe the following safety precautions:

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during operation.
- Place the elliptical on a flat, stable surface with adequate clearance around it.
- Ensure all bolts and nuts are securely tightened before each use.
- Wear appropriate exercise clothing and athletic shoes.
- Do not exceed the maximum user weight of 120 kg (264 lbs).
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a physician.
- Keep hands and feet clear of all moving parts.
- The elliptical operates on mains power; ensure the power cable is not a tripping hazard and is connected to a suitable outlet.

## WHAT'S IN THE Box

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

- Main frame / Front base / Rear base
- Pedal / Crank / Front base cover / Rear base compensation plate / M10x57 screw / Curved washer / M10 nut / Resistance adjustment cable / Computer cable
- Connecting cable / M8x15 Allen screw / Resistance adjustment knob / Resistance adjustment knob cover / D5 flat washer / M5x40 screw / Pulse detection cable
- Curved washer / M8 nylon nut / Curved washer / Handlebar foam / Handlebar bar / Handlebar / Seat post tube / Seat / Computer
- Handlebar cover / Phillips screw / Seat height adjustment knob / Plastic bushing / D8 flat washer / Flat washer / Towel holder / Manual



Figure 1: Main components of the ZIPRO Wave Elliptical Trainer.

## SETUP AND ASSEMBLY

Assembly of the ZIPRO Wave Elliptical Trainer typically takes about an hour. Follow the detailed instructions provided in the included assembly manual. Ensure all connections are secure before proceeding.

1. Attach the front and rear stabilizer bases to the main frame.
2. Install the pedals and crank arms, ensuring they are correctly oriented.
3. Connect the resistance adjustment cable and computer cable as per the diagram.
4. Mount the handlebar assembly and secure all moving parts.
5. Attach the computer console and connect its cables.
6. Perform a final check to ensure all screws and bolts are tightened.

The elliptical is equipped with transport wheels for easy relocation. To move the unit, tilt it forward onto the wheels and push it to your desired location.



Figure 2: Moving the elliptical trainer using its integrated transport wheels.



Figure 3: Detail of the transport wheels for easy maneuverability.

## OPERATING INSTRUCTIONS

The ZIPRO Wave Elliptical Trainer features an intuitive console and various workout programs to enhance your training experience.

### Console Overview

The central console displays key workout metrics and allows you to control resistance and programs.



Figure 4: The elliptical's control console with digital display.

## Starting a Workout

1. Plug the elliptical into a power outlet.
2. Step onto the pedals, ensuring your feet are securely placed on the anti-slip surfaces.
3. Grasp the moving handlebars or the stationary pulse sensors.
4. Begin pedaling to activate the console.



Figure 5: Proper posture and use during an elliptical workout.



Figure 6: Detail of the wide, anti-slip pedals for stability.

## Resistance and Programs

The ZIPRO Wave offers 32 levels of electromagnetic resistance, adjustable via the console. You can select from 16 pre-set programs or customize your workout.

- Use the console buttons to increase or decrease resistance.
- Navigate through the program menu to select a pre-set workout (e.g., interval training, hill climb).
- Heart Rate Control (HRC) programs adjust intensity based on your real-time heart rate, measured by integrated sensors on the handlebars.

## App Connectivity (Zwift & Kinomap)

The elliptical is compatible with Zwift and Kinomap applications, allowing for interactive and immersive training sessions.

1. Place your tablet or smartphone on the integrated holder.
2. Download and open the Zwift or Kinomap app.
3. Follow the app's instructions to connect to your ZIPRO Wave Elliptical Trainer via Bluetooth.
4. Enjoy virtual routes, structured workouts, and competitive challenges.

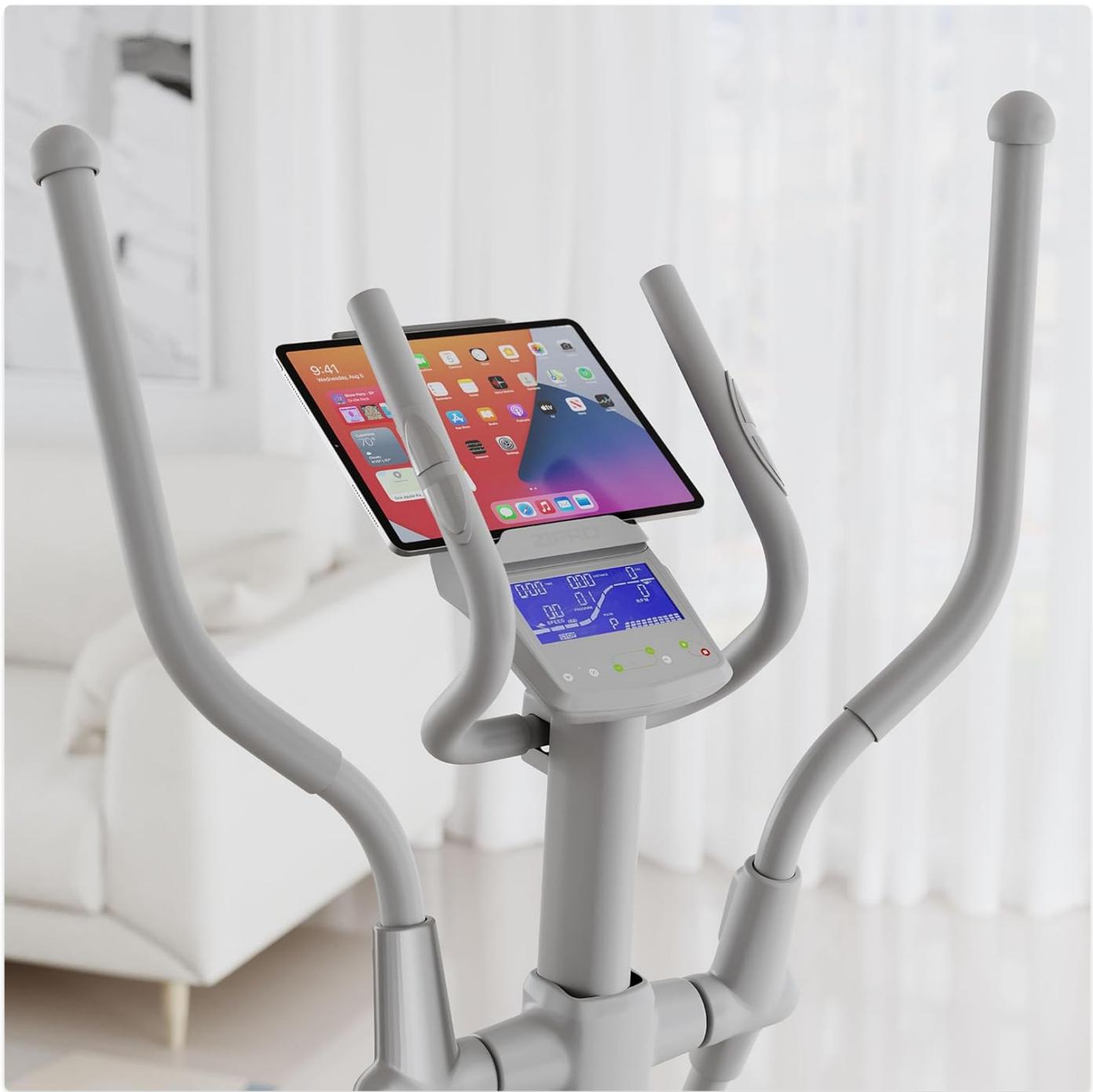


Figure 7: Tablet holder for integrating fitness applications like Zwift and Kinomap.

## MAINTENANCE

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Regular maintenance ensures the longevity and smooth operation of your ZIPRO Wave 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 for squeaking noises. Apply a silicone-based lubricant to joints and pivot points as needed to ensure smooth operation.

- Tightening:** Regularly inspect all nuts, bolts, and screws to ensure they are tight. Re-tighten any loose fasteners to prevent instability and wear.
- Storage:** Store the elliptical in a dry, cool place away from direct sunlight and extreme temperatures.

## TROUBLESHOOTING

If you encounter issues with your ZIPRO Wave Elliptical Trainer, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Squeaking or grinding noise during operation	Lack of lubrication on moving parts; loose bolts.	Apply silicone lubricant to all joints and pivot points. Check and tighten all assembly bolts.
Console not displaying data or not turning on	Power cable disconnected; loose computer cable connection; batteries (if applicable) are low.	Ensure the power cable is securely plugged into the elliptical and the wall outlet. Check the computer cable connection at the console and main frame.
Inaccurate heart rate readings	Hands not firmly on sensors; dirty sensors; sensor malfunction.	Ensure firm and consistent contact with the pulse sensors. Clean sensors with a dry cloth. If the problem persists, contact customer support.
Resistance not changing	Resistance cable disconnected or damaged; console malfunction.	Check the resistance adjustment cable connection. Restart the console. If the issue continues, contact customer support.

For issues not listed here or if troubleshooting steps do not resolve the problem, please contact ZIPRO customer support.

## SPECIFICATIONS

Feature	Detail
Model Name	Wave
Model Number	13112328
Resistance Mechanism	Electromagnetic
Number of Resistance Levels	32
Maximum User Weight	120 Kilograms (approx. 264 lbs)
Product Dimensions (L x W x H)	117 x 67 x 163 cm (approx. 46 x 26 x 64 inches)
Item Weight	41 Kilograms (approx. 90 lbs)
Material	Polyethylene, Aluminum, Metal
Color	White
App Compatibility	Zwift, Kinomap

## WARRANTY AND SUPPORT

ZIPRO products are manufactured to high-quality standards. For information regarding your product's warranty, please refer to the warranty card included with your purchase or visit the official ZIPRO website. For technical support, spare parts, or any inquiries not covered in this manual, please contact ZIPRO customer service. Have your model number (13112328) and purchase date ready when contacting support. You can find more information and contact details on the official ZIPRO brand store [ZIPRO Amazon Store](#).

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### Related Documents - Wave 13112328

	<p><a href="#">ZIPRO Wave Electromagnetic Elliptical Trainer User Manual</a> Comprehensive user manual for the ZIPRO Wave electromagnetic elliptical trainer, covering assembly, operation, safety, maintenance, and troubleshooting. Includes technical specifications and program details.</p>
	<p><a href="#">ZIPRO Neon Magnetic Elliptical Trainer User Manual</a> Comprehensive user manual for the ZIPRO Neon magnetic elliptical trainer, covering assembly, operation, safety precautions, maintenance, and troubleshooting.</p>
	<p><a href="#">ZIPRO Hulk: Instrukcja Obsługi Magnetycznego Orbitreka Fitness</a> Kompleksowa instrukcja obsługi dla magnetycznego orbitreka ZIPRO Hulk. Zawiera informacje o montażu, bezpieczeństwie, obsłudze, konserwacji i danych technicznych.</p>
	<p><a href="#">ZIPRO STRIDE Workout Bench User Manual</a> Comprehensive user manual for the ZIPRO STRIDE workout bench, covering assembly, operation, maintenance, safety guidelines, and warranty information.</p>



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