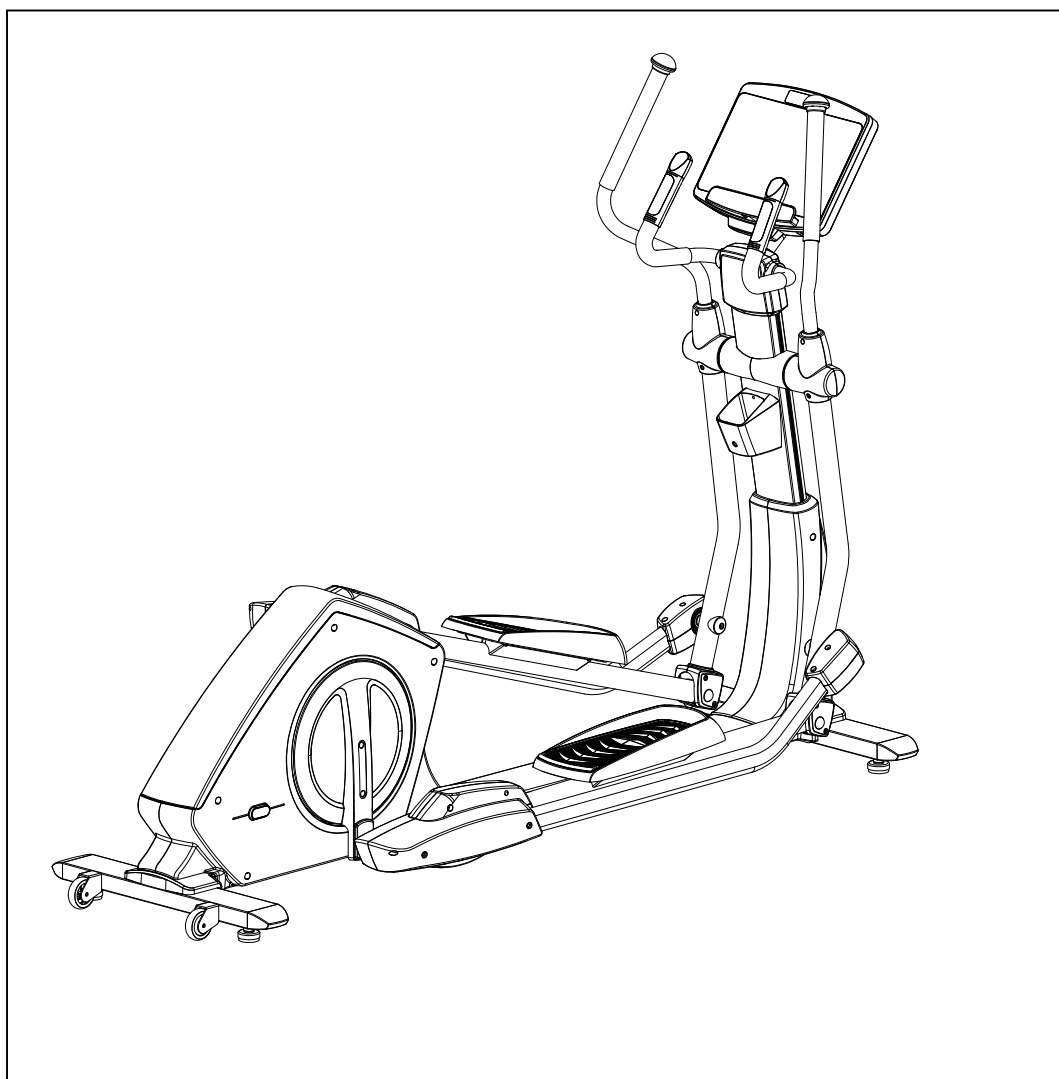


MANUAL DEL USUARIO  
OWNER'S MANUAL

# ELLIPTICAL FENX



## **1. SAFETY INSTRUCTIONS**

**WARNING:** To reduce the risk of serious injury, read the following Safety Instructions before using the equipment.

1. Read all warnings posted on the Equipment.
2. Read this Owner's Manual and follow it carefully before using the equipment. Make sure that it is properly assembled and tightened before use.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the equipment. Do not allow children to use or play on the equipment. Keep children and pets away from the equipment when it is in use.
5. It is recommended that you place this exercise equipment on an equipment mat.
6. Set up and operate the equipment on a solid level surface. Do not position the equipment on loose rugs or uneven surfaces.
7. Inspect the equipment for worn or loose components prior to use.
8. Tighten/replace any loose or worn components prior to using the equipment.
9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
10. Follow your physician's recommendations in developing your own personal fitness program.
11. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
12. Before using this product, please consult your personal physician for a complete physical examination.
13. Do not wear loose or dangling clothing while using the equipment.
14. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the equipment, loss of balance may result in a fall and serious bodily injury.
16. Keep both feet firmly and securely on the Foot Pedals while exercising.
17. The equipment should not be used by persons weighing over 180 kgs.
18. The equipment should be used by only one person at a time.
19. For commercial use.
20. Maintenance: Replace the defective components immediately and/or keep the equipment out of use until repair the equipment completely.
21. Make sure that adequate space is available for access to and passage around the equipment; keep at least a distance of 1 meter from any obstruction object while using the machine.



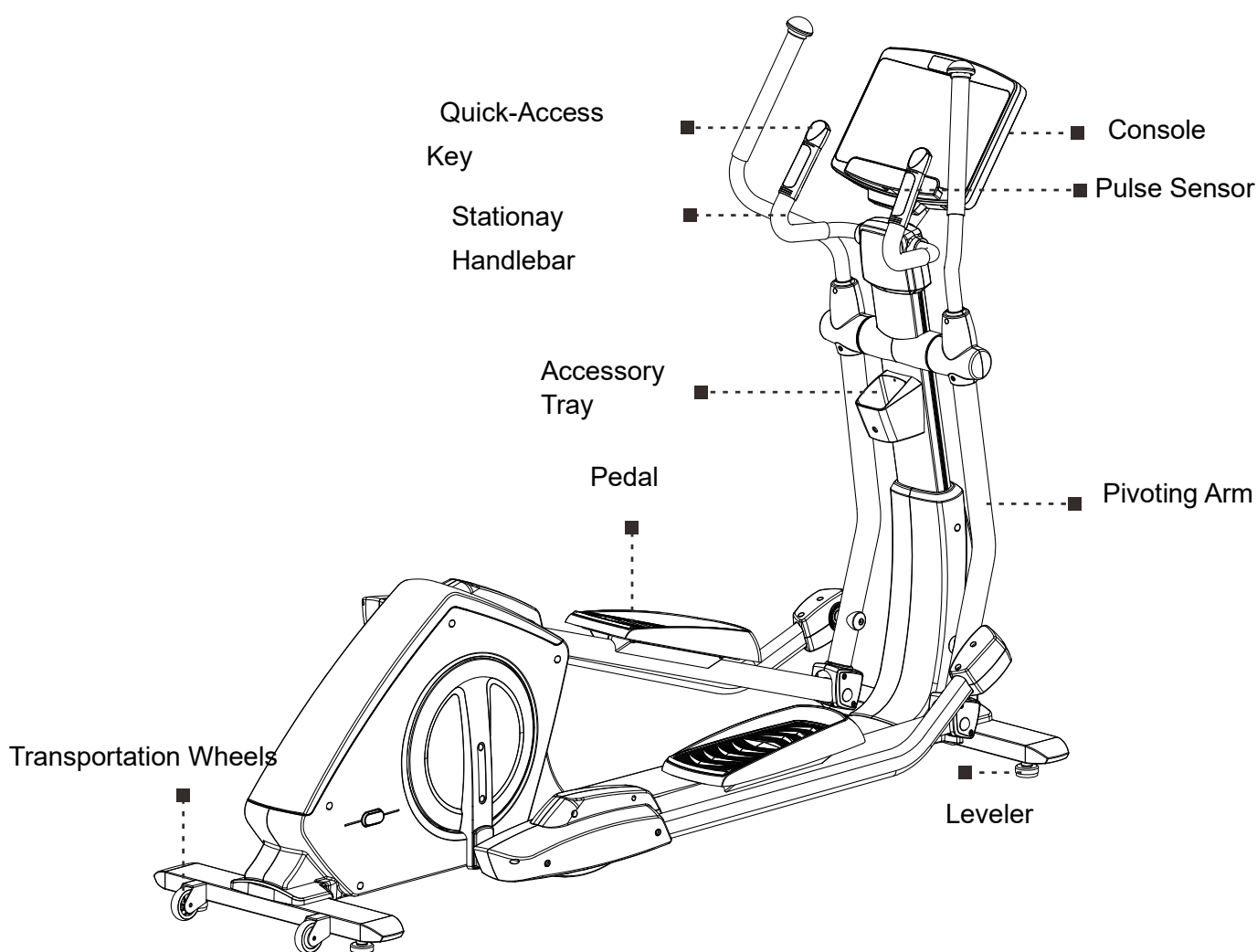
## 2. BEFORE YOU BEGIN

Thank you for choosing this SALTER equipment. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

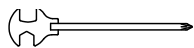
Yes, it's a proven fact that a regular exercise program can improve your physical and mental health.

Too often, our busy lifestyles limit our time and opportunity to exercise. The Elliptical Trainer provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

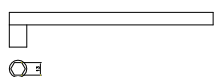
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Read this manual carefully before using the equipment.



### THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



**COMBINATION  
WRENCH (130mm)**



**SOCKET WRENCH  
(13 & 17mm)**



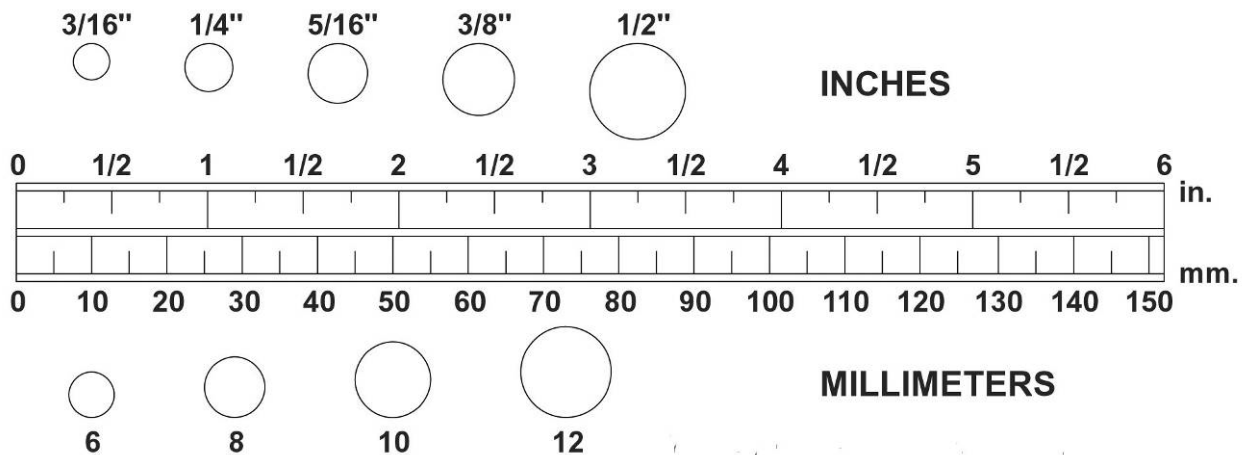
**WRENCH (13mm)**



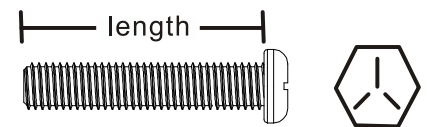
**PHILLIPS SCREWDRIVER  
(6 mm)**

### 3. HARDWARE IDENTIFICATION CHART





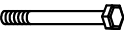

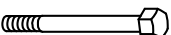







Unpack the box in a clear area. Use the List of Hardware below to check the contents of the hardware kit. This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of bolts, or screws on the circles to check for the correct diameter. Use the ruler to check the length of the bolts and screws.



**NOTICE:** The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.



Please review below to know the content of the hardware kit. Some small parts may have been pre-attached for shipping. If a part is not in the hardware bag, check to see if it has been pre-assembled.

<p>123 Self-Tapping Screw, Flat Head (M4x32mm) 4pcs</p> 	<p>100 Lock Washer (M8) 4pcs</p> 
<p>141 Bolt, Hex Head Flange (M8xp1.25x16mm) 9pcs</p> 	<p>160 Washer (8x19x2.0t) 8pcs</p> 
<p>139 Bolt, Hex Head (M8xp1.25x60mm) 4pcs</p> 	<p>104 Washer (8x38x2.0t) 4pcs</p> 
<p>145 Bolt, Hex Head (M10xp1.5x85mm) 2pcs</p> 	<p>119 Self-Tapping Screw (M4x20mm) 2pcs</p> 
<p>158 Nut Cap (M8) 1pcs</p> 	<p>159 Bolt, Round Head (M6xp1.0x15mm) 4pcs</p> 
	<p>114 Nylon Nut (M10) 4 pcs</p> 
	<p>127 Screw (M5xp0.8x15mm) 29 pcs</p> 
	<p>131 Bolt, Socket Head (M8xp1.25x15mm) 8pcs</p> 
	<p>142 Bolt(M10xp1.5x20mm) 2 pcs</p> 



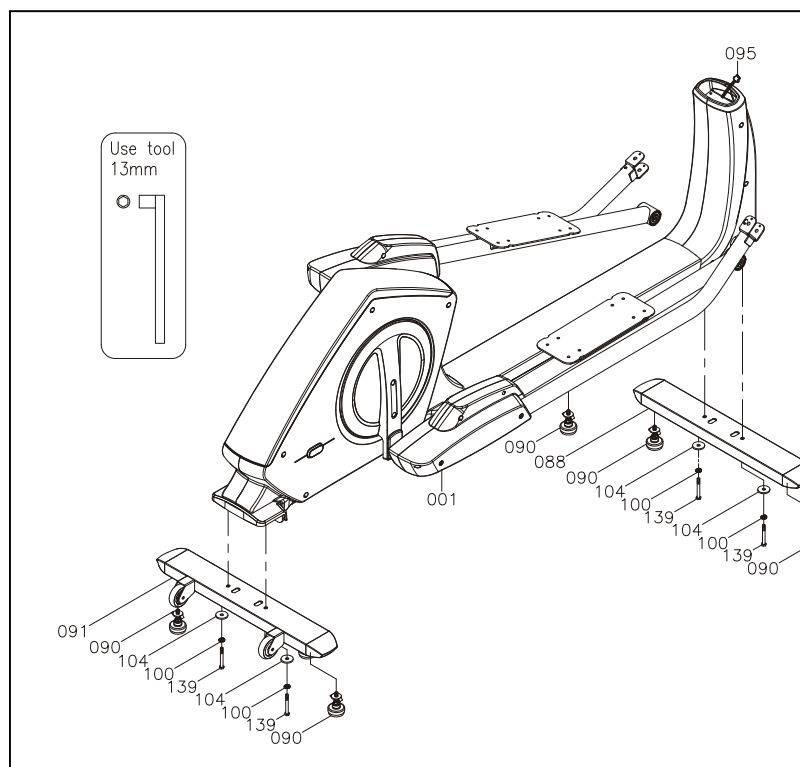
## 4. ASSEMBLY PARTS

Unpack the box in a clear area. Follow the **List of Assembly Parts** below to check and make sure all assembly parts are present and in good condition. Do not dispose of the packing material until the assembly process is completed. Assembly tools and hardware kit have included for you to use when assembling the product

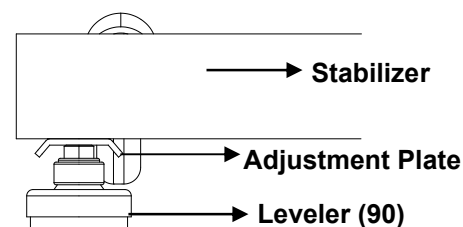
Console (36)	Stationary Handlebar (38)	Handlebar Decoration Cover (52 & 53)	Non-Slip Pad & Pedal (73 & 74)	
Upper Handlebar (55 & 56)	Rotator Cuff-Pivoting Arm (63 & 64)	Rear Pivoting Arm Cover (67 & 68)	Accessory Tray (51)	Leveler (90)
Upright Post Assembly (46)	Adaptor (163) & Power Cord (164)	Middle Pivoting Arm Cover (77 & 78)	Front and Rear Stabilizer (88 & 91)	
Console Tube (151)	Main Frame (1)		Screw Cap (153) & Back Console Case (152)	
			<p>• x4pcs</p>	

## 5. ASSEMBLY INSTRUCTIONS

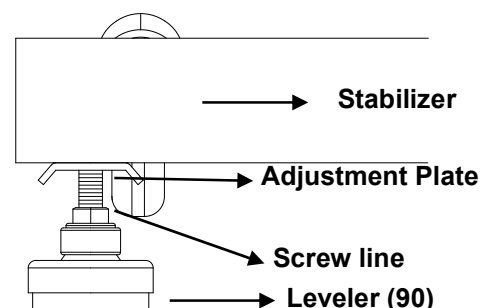
Place all parts from the box in a cleared area and position them on the floor in front of you. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.



### Detailed Lever- drawing 1



### Detailed Lever- drawing 2

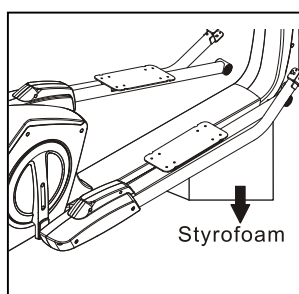
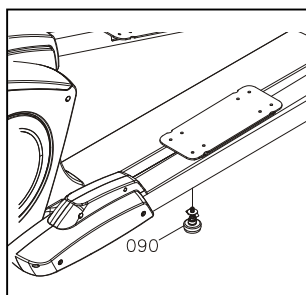


#### STEP 1 – Leveler Assembly

- Tighten one Leveler (90) under the middle of the Main Frame (1.)

**NOTE:** It will be easier to attach the Leveler (90) under the Main Frame (1) by placing one Styrofoam (or any stationary object) under one side of the Main Frame (1).

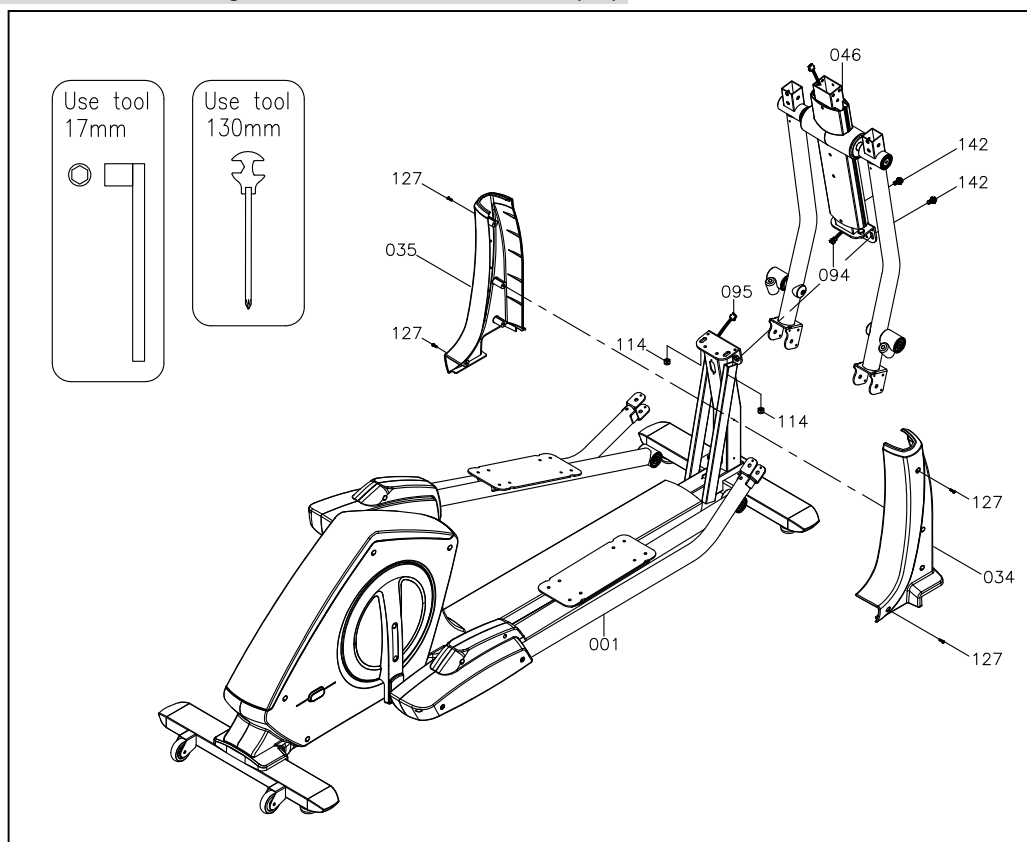
- Attach 4pcs Levelers (90) to the Front Stabilizer (88) and the Rear Stabilizer (91).
- Be sure to tighten the Levelers (90) securely against the Stabilizers (88, 91) until screw lines are eliminated as the drawing 1 shown on the top right corner.
- In order to assemble the Stabilizer (88,91) smoothly, it is suggested to place one Styrofoam (or any stationary object) under one side of the Main Frame (1).
- Attach the Front Stabilizer (88) onto the Main Frame (1) and secure with 2pcs Washers (8x38x2.0t)(104), 2pcs Lock Washers (M8)(100) and 2pcs Bolts (M8Xp1.25x60mm)(139).



**LEVELING:** After placing the equipment in the intended location for use, check the stability of the equipment. If the equipment is not level, reviewing the following direction:

- Loosen the Leveler (90) to make the Adjustment Plate become less tight.
- Adjust the Leveler (90) for leveling.
- Tighten the Adjustment Plate securely against the Stabilizer to lock the Leveler (90) in stable position as the drawing 2 shown.

- f. Attach the Rear Stabilizer (91) onto the Main Frame (1) and secure with 2pcs Washers (8x38x2.0t)(104), 2pcs Lock Washers (M8)(100) and 2pcs Bolts (M8Xp1.25x60mm)(139). **NOTE:** If the item is not level, review the **LEVELING NOTE** on the right side to level the Levelers (90).



**NOTE:** For shipping purpose, Upright Post Cover (34, 35) already pre-attached to the Main Frame (1). To continue the following assembly, please remove 4pcs Bolts (M5xp0.8x15mm)(127) from the Main Frame (1).

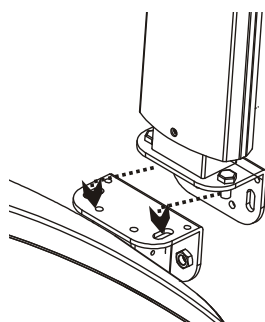
### STEP 2 – Wire Assembly



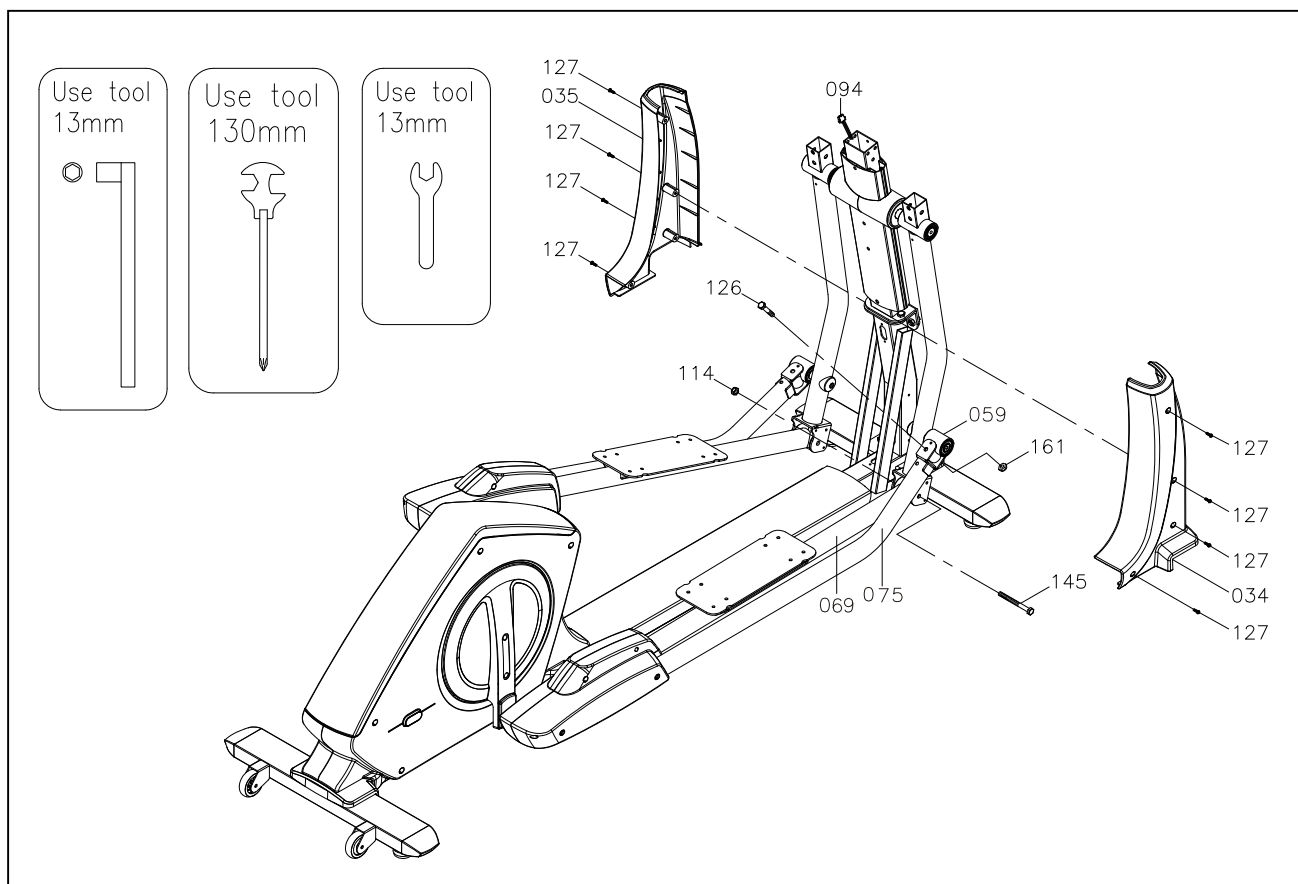
**CAUTION:** Be careful not to damage the Wires (94, 95) while assembling Step 2 to 3.

Plug the Second Connection Wire (94) into the Third Connection Wire C (95).

### STEP 3 – Upright Post Assembly



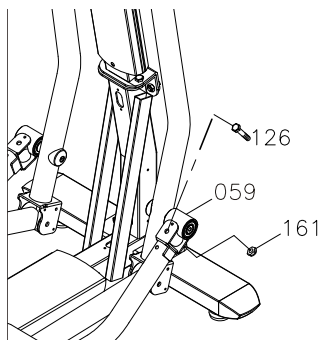
- Refer to the drawing on the left, insert the Upright Post (46) into the Main Frame (1) and make sure the upright post's welded bolts go into the screw hole of the front bracket located in front of the main frame. And slightly attach 2pcs Nylon Nuts (M10)(114). **Note:** please do not fully secure 2pcs Nylon Nuts (M10xp1.5)(114) first for letting the Upright Post to assemble properly.
- First fully secure with 2pcs Hex Flange Bolts (M10xp1.5x20mm)(142) at the front of the Upright Post (46). Then go back to fully tighten with 2pcs Nylon Nuts (M10)(114).



#### STEP 4 – Upright Post Sleeve Assembly

Attach the Right & Left Upright Post Cover (34, 35) to the front of the Main Frame (1) and secure with 8pcs Round Screws (M5xp0.8x15mm)(127).

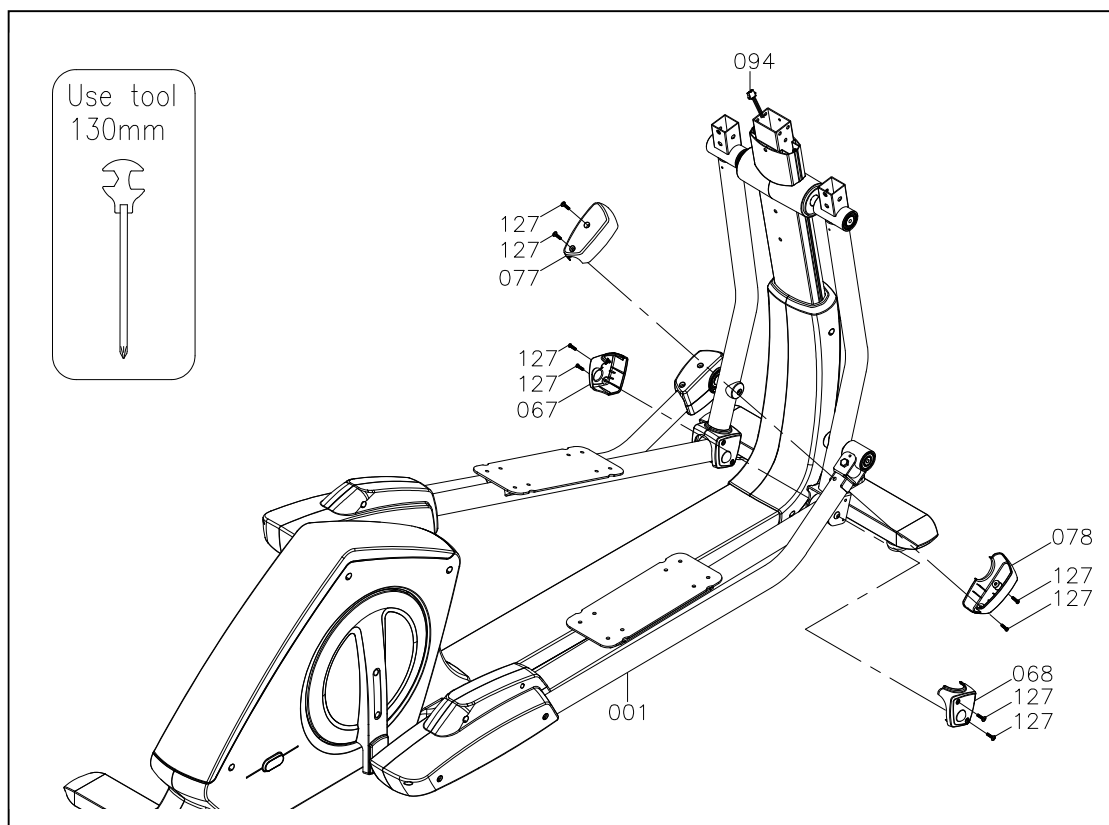
#### STEP 5 – Pedal Support Arm & Pivoting Arm Assembly



**NOTE:** For shipping purpose, 1pcs Hex Bolt (M10xp1.5x65mm)(126) and 1pcs Thin Nylon Nut (M10xp1.5)(161) already pre-attached to the Right Pivoting Arm (59).

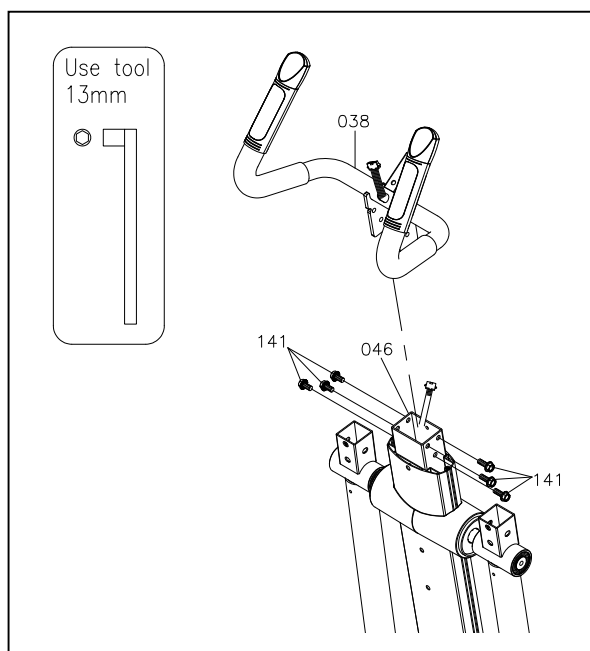
- Remove 1pcs Hex Bolt (126) and 1pcs Thin Nylon Nut (161) from the Pivoting Arm (59).
- Attach the Right Support Arm (75) onto the Right Pivoting Arm (59) and secure with 1pcs Hex Bolt (126) and 1pcs Thin Nylon Nut (161).
- Attach the Right Pedal Arm (69) onto the Right Pivoting Arm (59) and secure with 1pcs Hex Bolt (M10xp1.5x85mm)(145) and 1pcs Nylon Nut (M10)(114).
- Repeat the above same procedure on the left side.

**NOTE:** Make sure the bolts and nuts are fully tightened before moving to the next step.



#### STEP 6 – Pivoting Arm Cover Assembly

- Attach the Left & Right Rear Pivoting Arm Cover (67, 68) and secure with 4pcs Round Screws (M5xp0.8x15mm)(127).
- Attach the Front & Rear Middle Pivoting Arm Cover (77, 78) and secure with 4pcs Round Screws (M5xp0.8x15mm)(127).

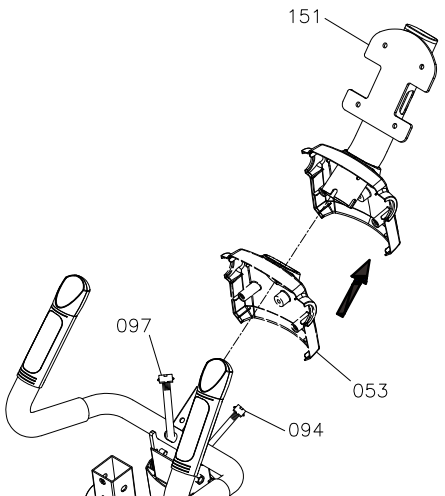
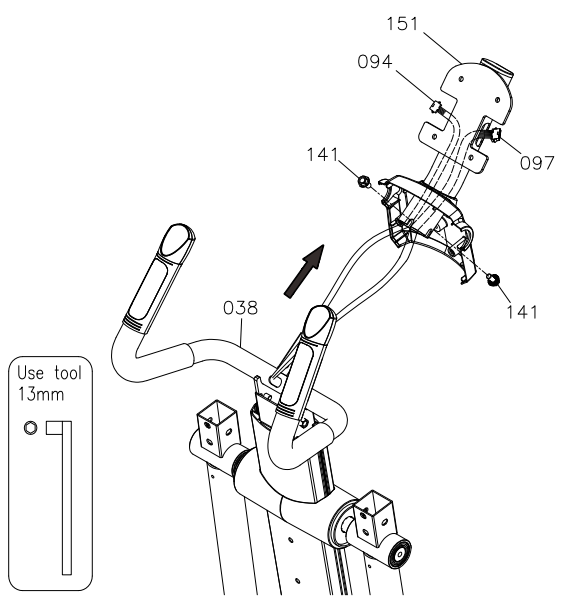
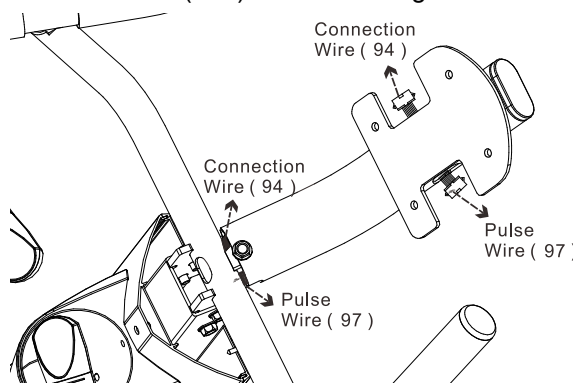
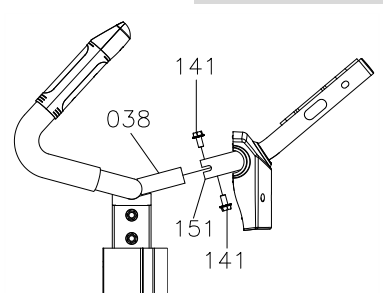


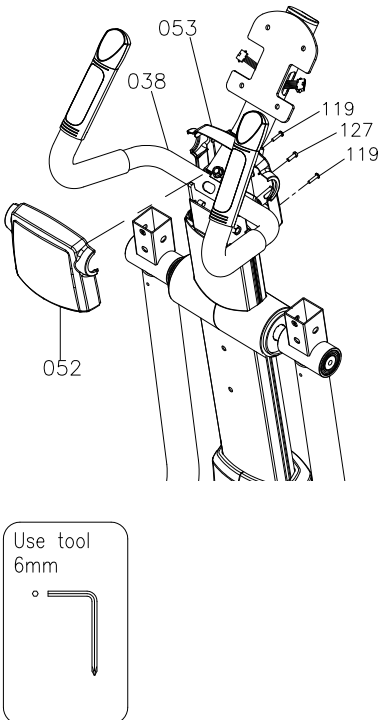
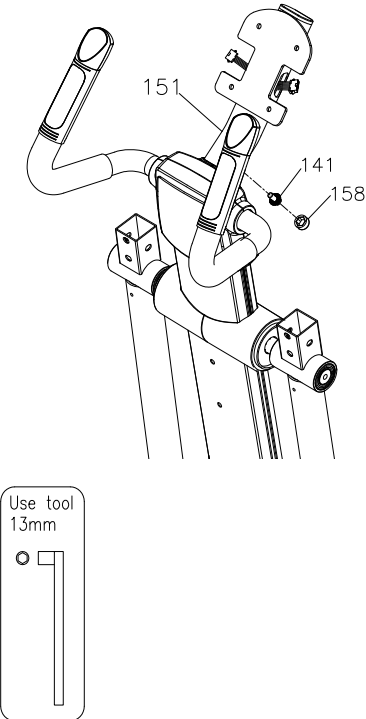
- Repeat the above same procedure on the left side.

**NOTE:** Make sure the bolts are fully tightened before moving to the next step.

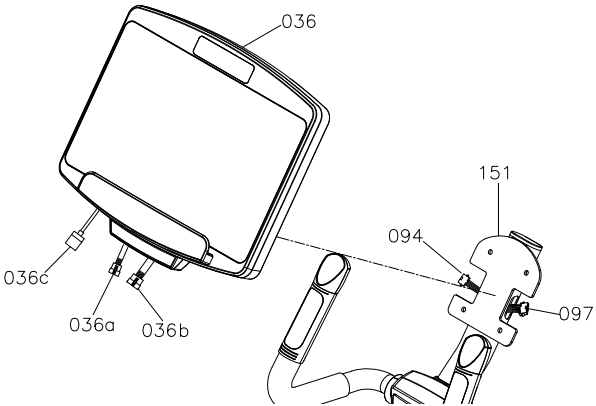
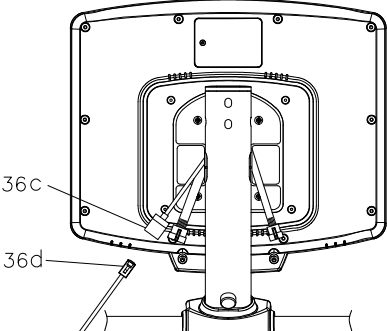
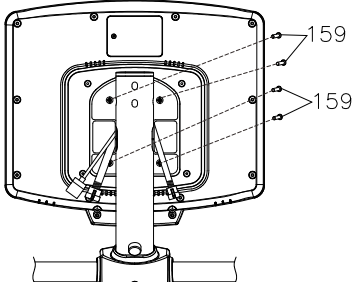
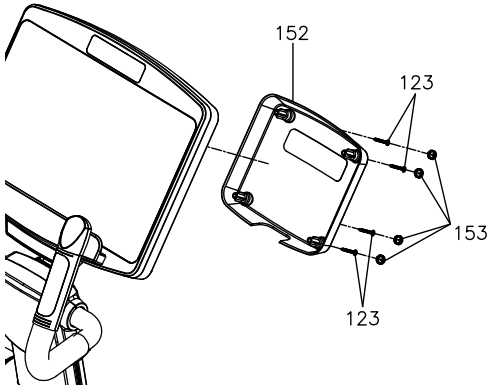
#### STEP 7 – Stationary Handlebar Assembly

Attach the Stationary Handlebar (38) to the Upright Post (46) and fully tighten with 4pcs Hex Head Flange Bolts (M8xp1.25x16mm)(141).

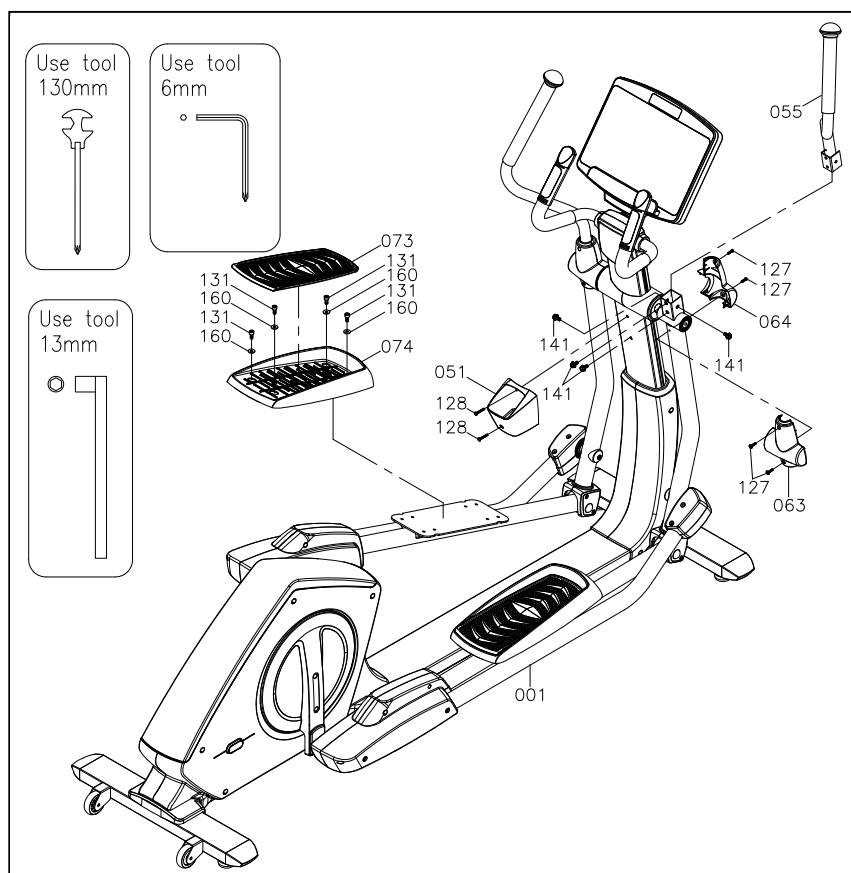
	<p><b>STEP 8 – Tube Cover Assembly</b></p> <p>Slide the Rear Tube Cover (53) onto the Console Tube (151).</p>
	<p><b>STEP 9 – Wire, Console Tube Assembly</b></p> <p>a. In order to avoid bolt (141) pinch the wires, gently slide the Second Connection Wire (94) and Second Pulse Sensor Wire (97) inside two sides of the Console Tube (151) as the drawing shown below.</p>  <p>b. Then slide the Console Tube (151) onto the Handlebar (38). <b>NOTE: Be careful not to pinch the wires.</b></p> <p>c. Make sure the Console Tube (151) is in the center of the Handlebar and then fully tighten 2pcs Hex Head Flange Bolts (M8xp1.25x16mm)(141) as the drawing shown below. <b>NOTE: Be careful not to pinch the wires.</b></p> 

	<p><b>STEP 10 – Tube Cover Assembly</b></p> <p>Attach the Front &amp; Rear Tube Cover (52, 53) and fully tighten 2pcs Self-Tapping Screw, Flat Head (M4x20mm)(119), 1pcs Screw, Round Head (M5xp0.8x15mm)(127).</p>
	<p><b>STEP 11 –Tighten Bolt &amp; Nut Cap Assembly</b></p> <p>a. Follow the drawing line, continue fully tighten 1pcs Hex Flange Bolt (M8xp1.25x16mm)(141) to the bottom of the Console Tube (151).</p> <p>b. Then press the Nut Cap (158) onto.</p>



	<p><b>STEP 12 – Console Assembly</b></p> <p>a. Connect the Console Connection Wire (36a) to the First Connection Wire (94). <b>NOTE: Be careful not to pinch the wires.</b></p> <p>b. Connect the Console Pulse Sensor Wire (36b) to the Pulse Sensor Wire (97). <b>NOTE: Be careful not to pinch the wires.</b></p>
	<p>c. For Ethernet connection if necessary, connect Ethernet cable (36c, d) as the right drawing shown. <b>NOTE: Be careful not to pinch the wires.</b></p>
 <p style="text-align: right;">159 × 4</p>	<p>d. Attach the Console (36) to the Console Tube (151) and fully tighten with 4pcs Round Screws (M6xp1.0x15mm)(159).</p>
 <p style="text-align: right;">123 × 4</p>	<p><b>STEP 13 – Back Console Cover Assembly</b></p> <p>a. Attach the Back Console Cover (152) to the Console (36) an fully tighten with 4pcs Self-Tapping Screws (M4x32mm)(123).</p> <p>b. Then press 4pcs Screw Caps (153) onto.</p>

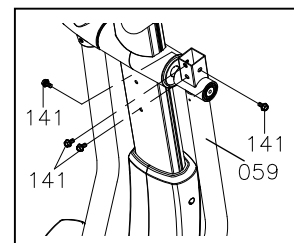




#### STEP 14 – Upper Handlebar Assembly

**NOTE:** For shipping purpose, 8pcs Hex Flange Bolts (M8×p1.25×16mm) (141) are attached on the Left and Right Pivoting Arm (60 & 59).

- Remove the above bolts (141) from the Left and Right Pivoting Arm (60 & 59).
- Following the assembly drawing, insert the Right Upper Handlebar (55) onto the Right Pivoting Arm (59) and secure with 4pcs Hex Flange Bolts (141).
- Repeat the above procedure on the left side.



#### STEP 15 – Rotator Cuff-Pivoting Arm Assembly

- Place the Front & Back Rotator Cuff-Pivoting Arm (63, 64) over the Right Pivoting Arm (59).
- Fasten the Covers together with the 4pcs Round Screws (M5xp0.8x15mm)(127).
- Repeat the above same procedure on the left side.

#### STEP 16 – Accessory Tray & Pedal Assembly

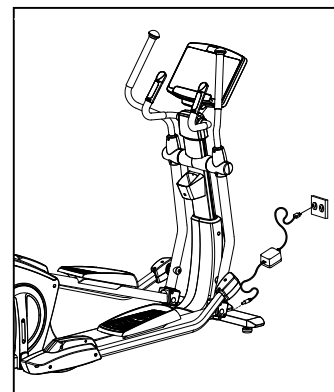
**NOTE:** For shipping purpose, 2pcs Round Screws (M5xp0.8x25mm)(128) are attached on the Upright Post (46).

- Remove the above bolts.
- Place the Accessory Tray (51) on the Upright Post (46) and secure with 2pcs Screws (M5x25mm)(128).
- Attach the Left Pedal (74) onto the iron plate that is located in the middle of the Left Pedal Arm (70) and secure with 4pcs Washers (8x19x2.0t)(160) and 4pcs Socket Bolts (M8xp1.25x15mm)(131).
- Place the Non-Slip Pad (73) onto the Left Pedal (74). Repeat the above procedure on the right side.

**STEP 17 – Adaptor Usage**

- a. Connect the Adaptor (12V 3A) & Power Cord to the connector located on the front of the Main Frame (1).
- b. Plug the Adaptor (12V 3A) & Power Cord into an electrical outlet to light up the console.

**NOTE:** Long-Term Storage: When the item is not in use for any length of time, ensure that the power adapter is unplugged from the electrical outlet for safety precaution.

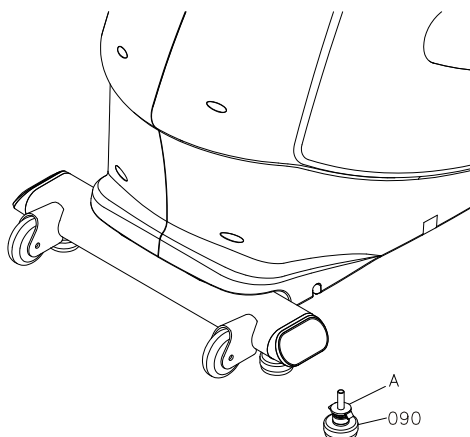


**NOTE:**

**\*\*For the final step, make sure all the bolts and nuts are fully tightened before using the item.**

**\*\*Check whether the levelers are even on the floor (if the levelers are not even will produce noise), if not, review the LEVELING NOTE.**

## 6. OPERATIONAL INSTRUCTIONS



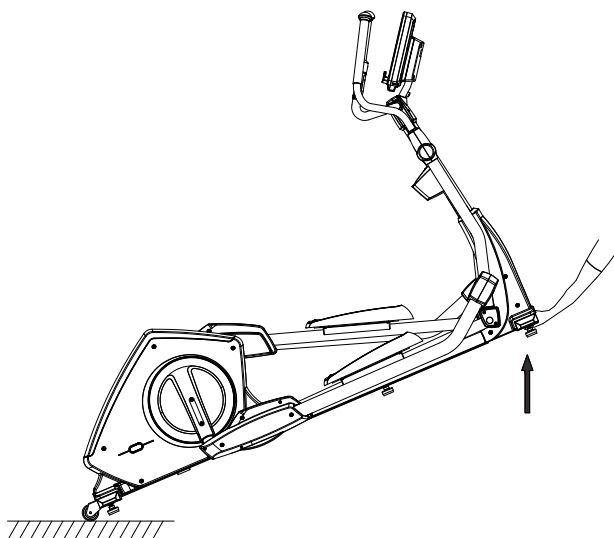
### A. ADJUSTING LEVELERS

After placing the equipment in the intended location for use, Check the stability of the equipment. If the equipment is not level, reviewing the following direction:

Loosen the **Leveler (90)** to make the **Adjustment Plate** become less tight.

Adjust the **Leveler (90)** for leveling.

Tighten the **Adjustment Plate** securely against the Stabilizer to lock the **Leveler (90)** in the stable position.



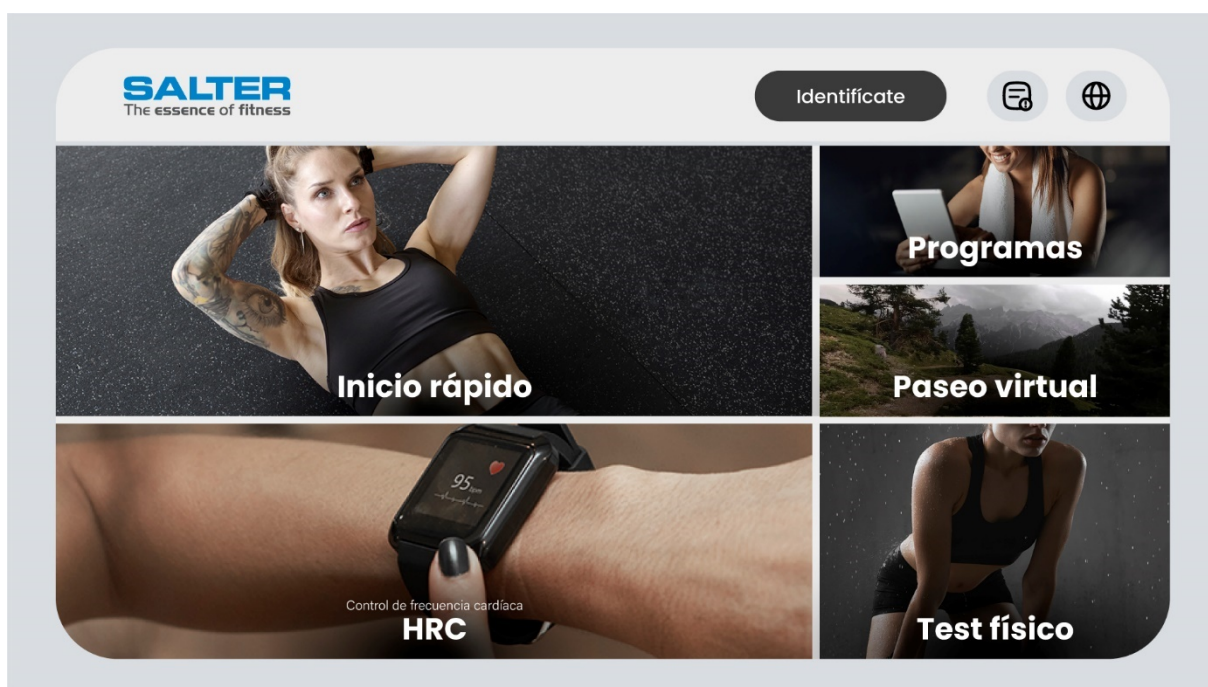
### B. HOW TO TOW THE ELLIPTICAL SAFELY

Hold the **Front Stabilizer (2)** up with two hands and tow the elliptical to the desired place carefully.

- ◆ Make sure the floor is level while towing the elliptical.

# 7. Console Fenx

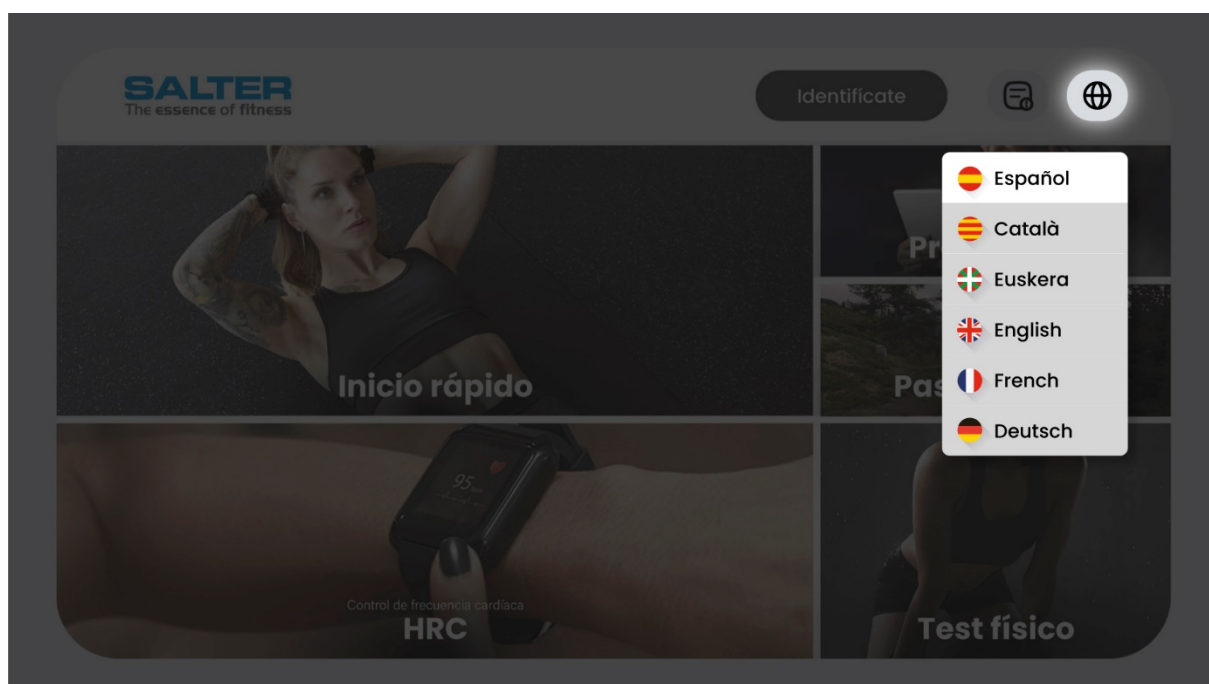
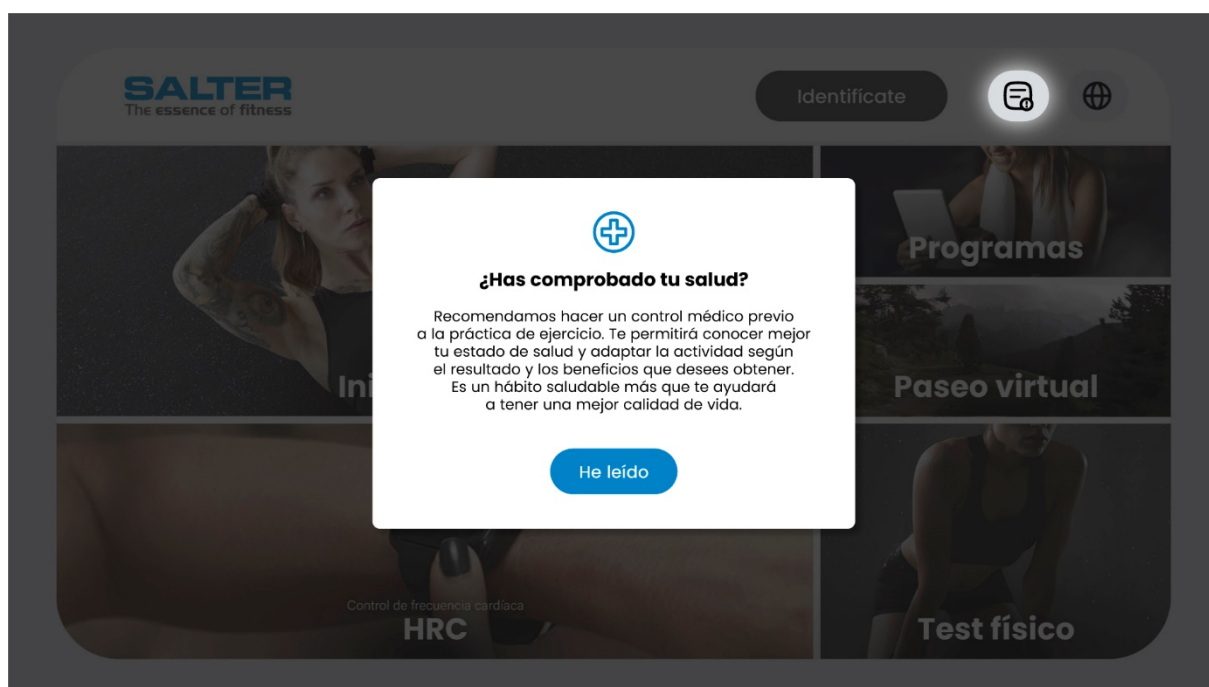
## 7.1 HOME PAGE:



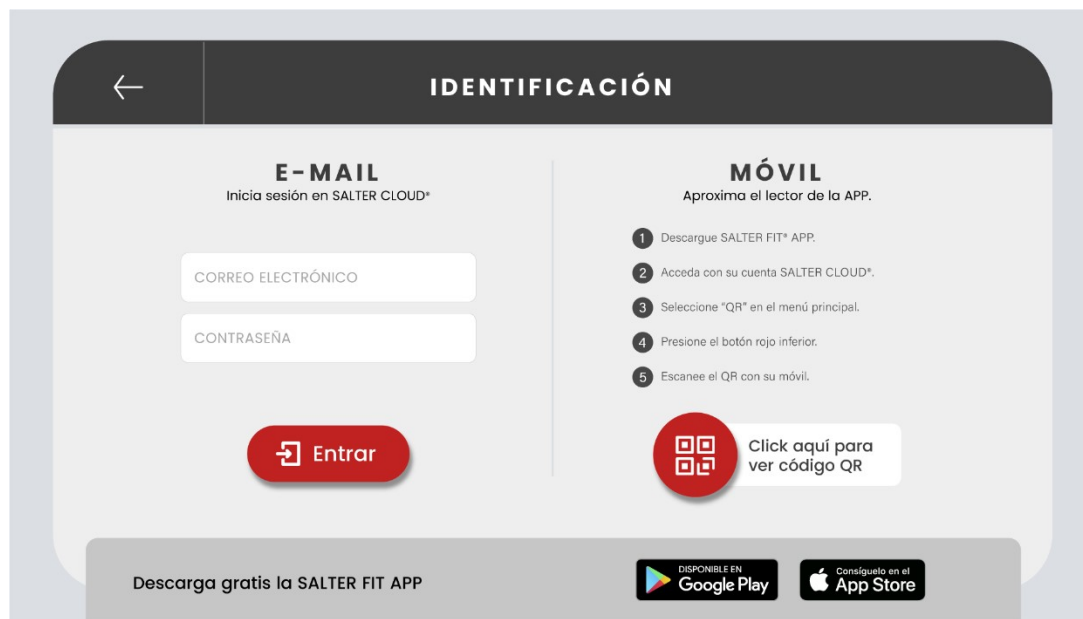
On the home page you will be able to:

- a. Select the language.
- b. Select the different training programs such as HRC, virtual ride, etc.
- c. Decide whether to identify yourself.
- d. View health recommendations.
- e. Access to the administration mode



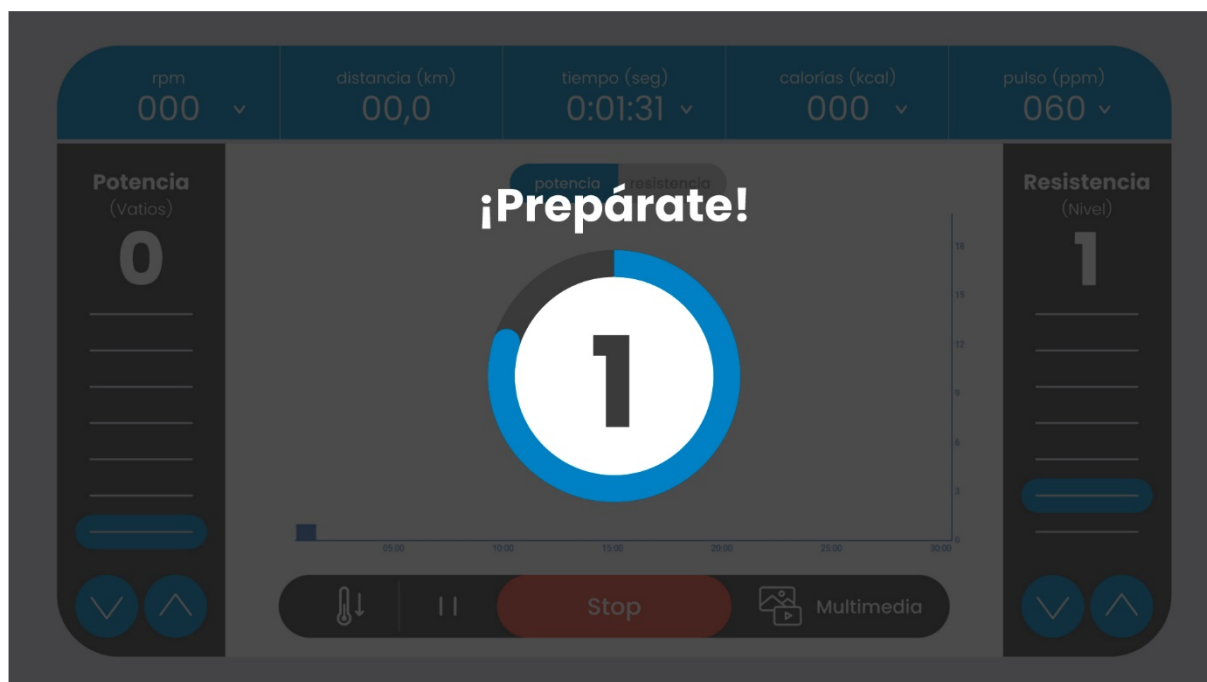


**7.2 IDENTIFICATION SCREEN:** Once an athlete is registered in SALTER CLOUD ([www.salter.cloud](http://www.salter.cloud)), he/she can identify him/herself in the console through his/her credentials or download the SALTER FIT APP and follow the steps indicated on the screen. It is important to have registered the athlete within the club to access these features.

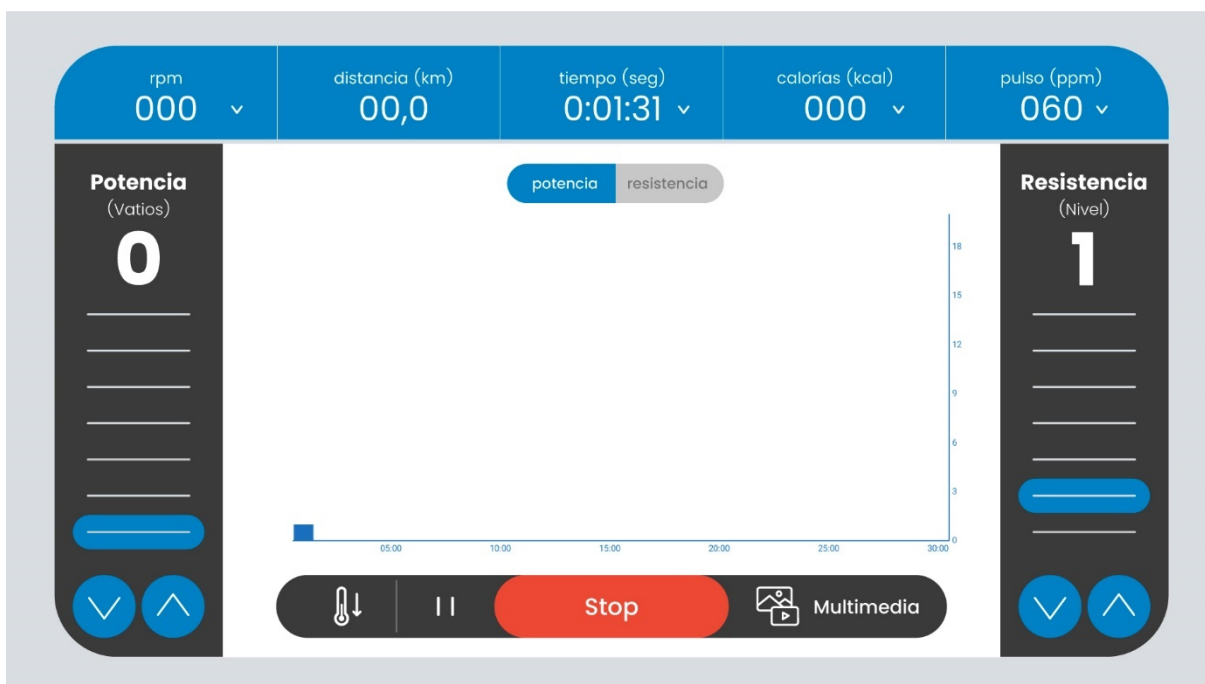


[Enter your credentials or use your cell phone to identify yourself as an athlete].

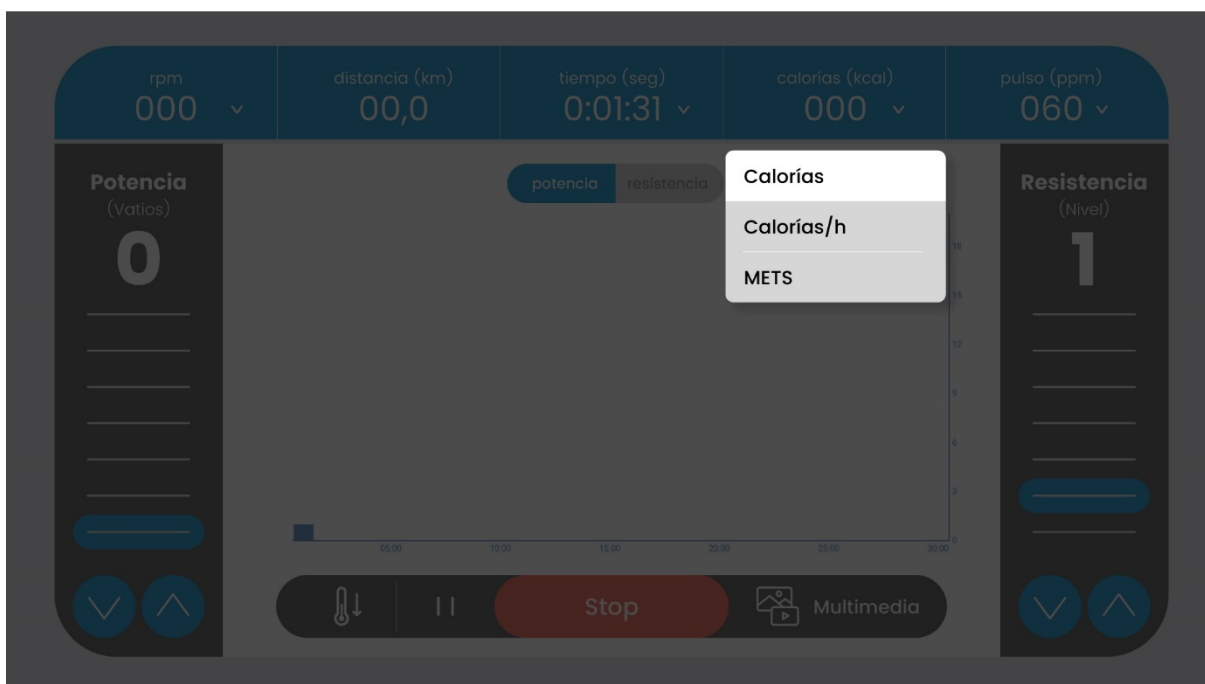
**7.3 QUICK TRAINING:** Training that does not require prior configuration.



[Countdown to start training]



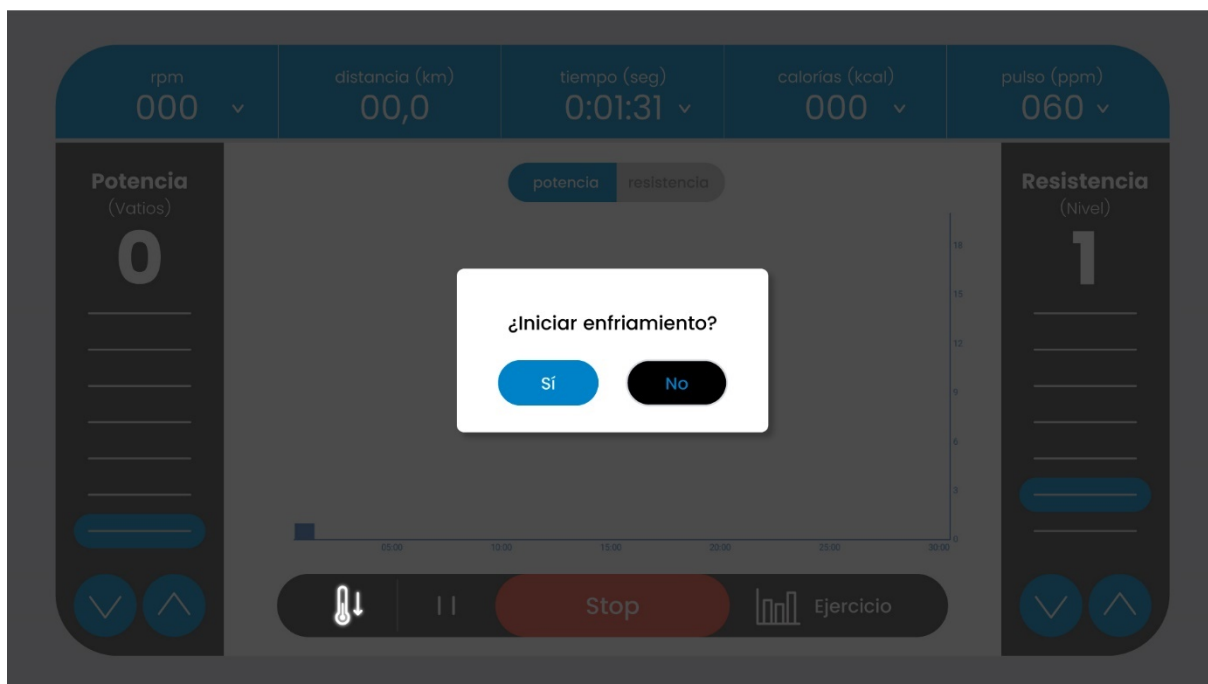
[Workout view, where power and resistance can be manually changed]



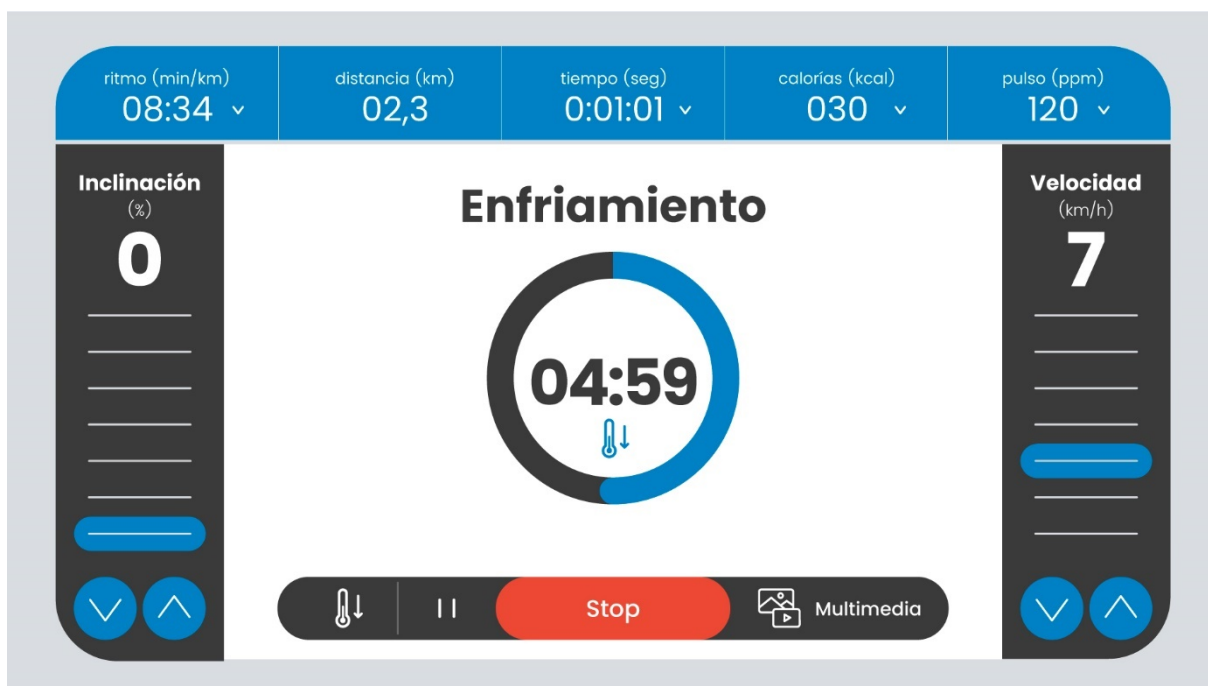
[You can choose the types of parameters to be viewed at any time].



## COOL-DOWN



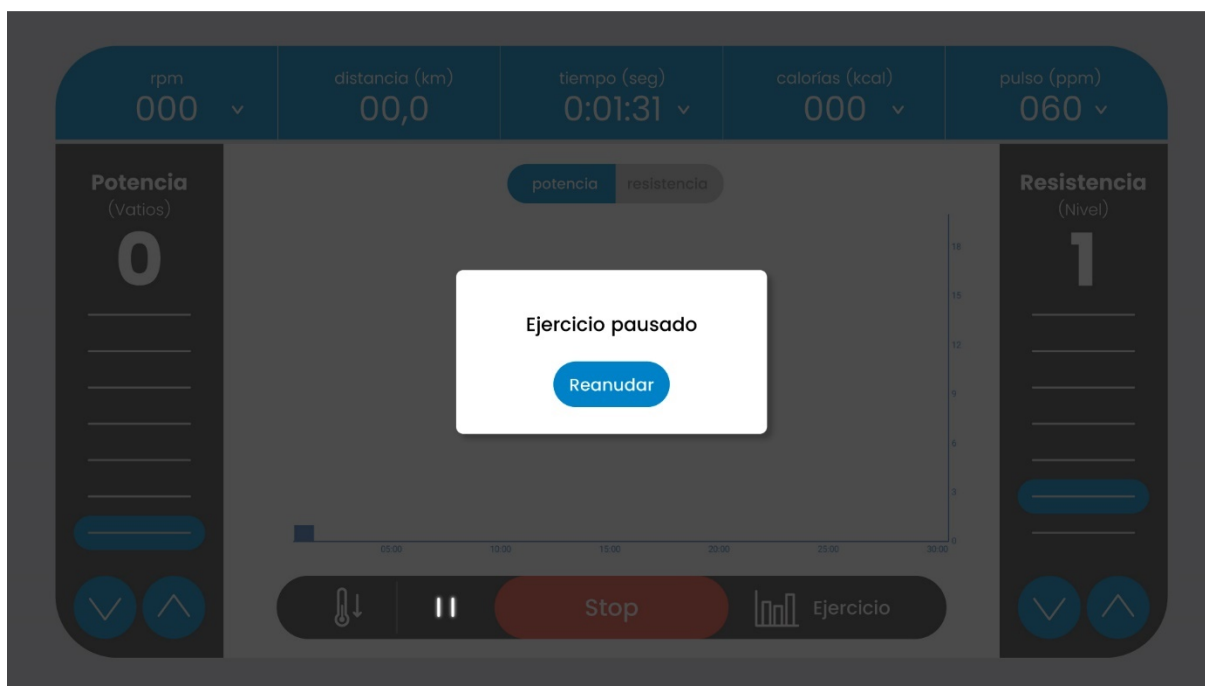
[Selecting the thermometer starts a 5-minute cooldown, halving the resistance.]



[In the cool-down screen, some buttons are blocked after selecting it].

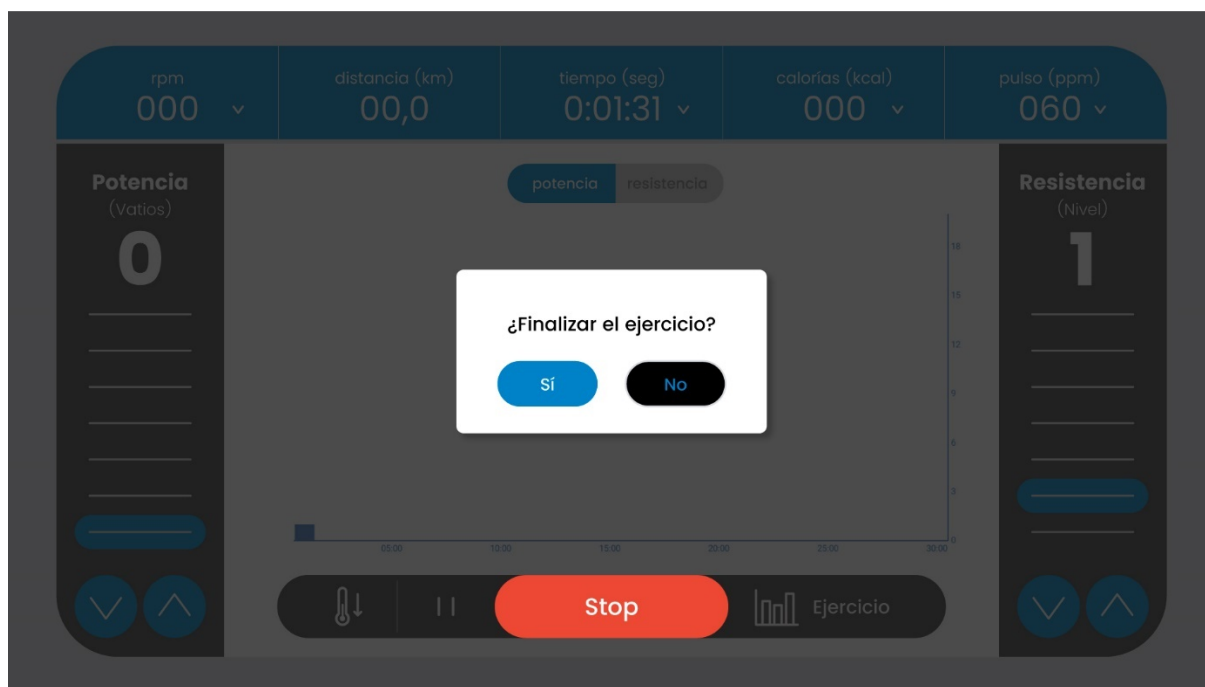


## PAUSE



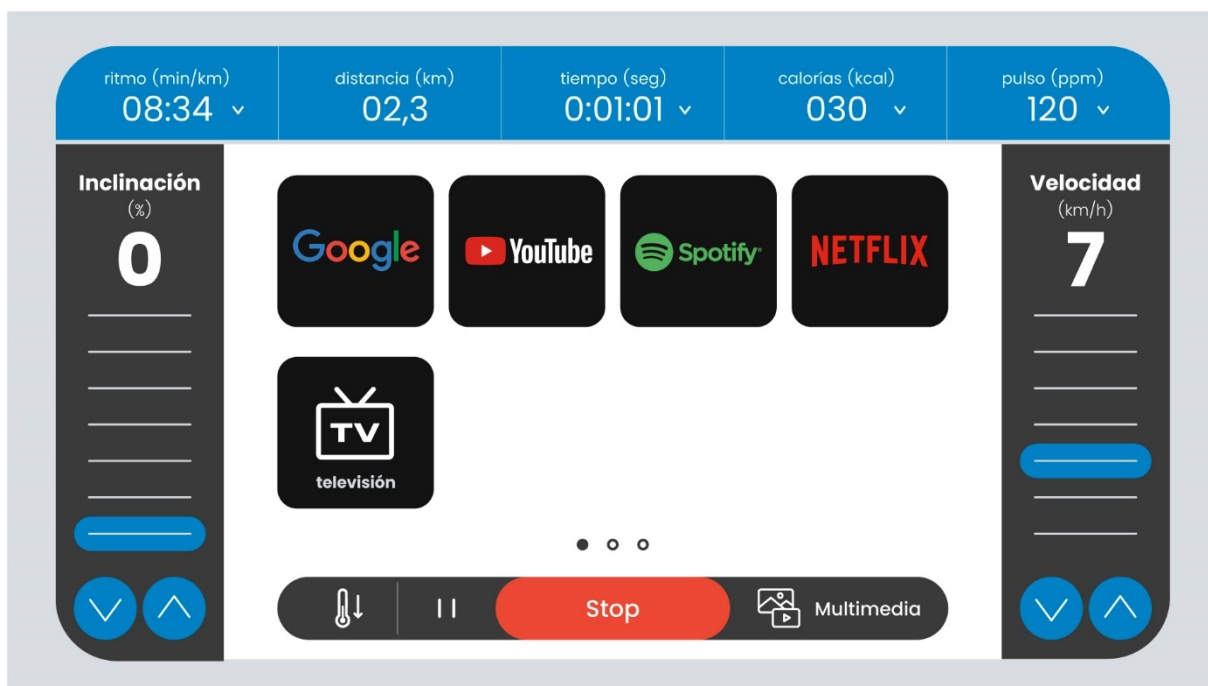
[Pressing the two grids pauses the exercise].

## END OF TRAINING

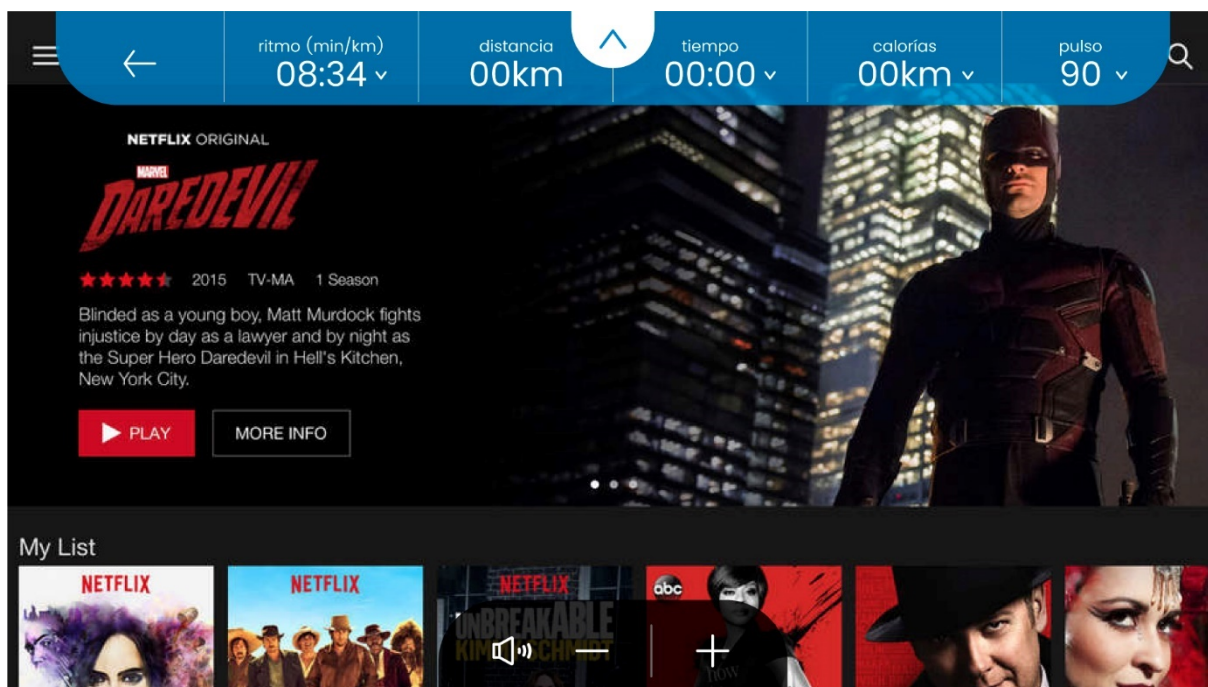


[Pressing "STOP" on the console to end the exercise].

## MULTIMEDIA



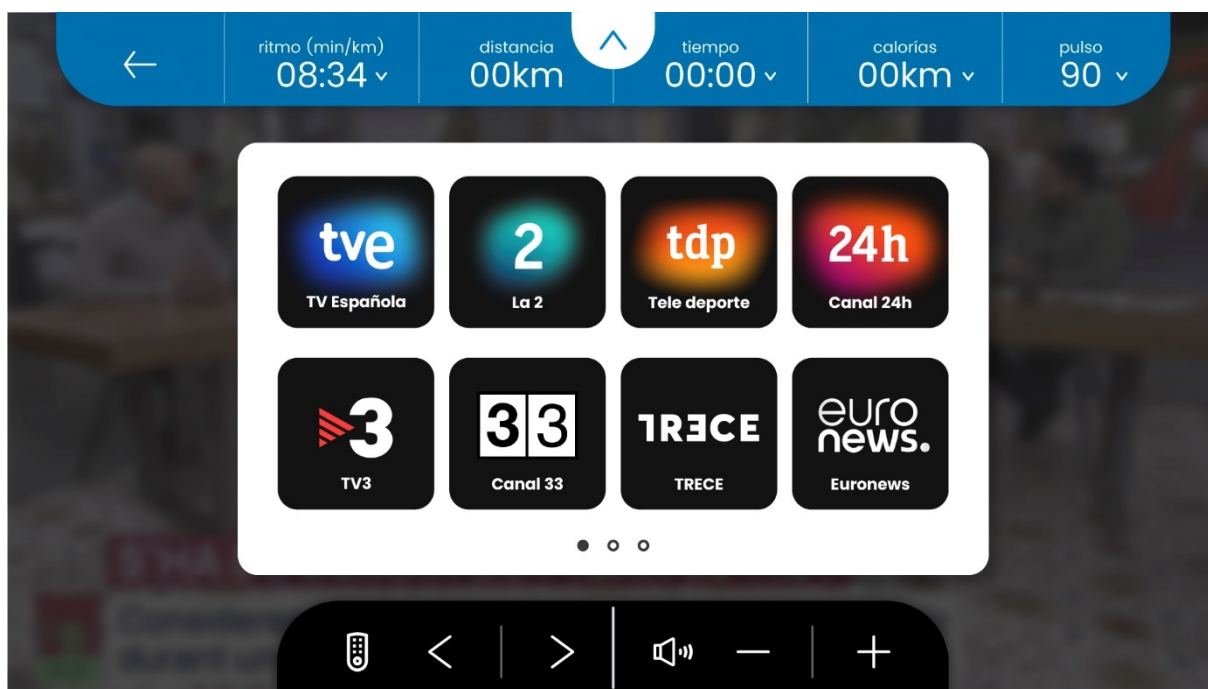
[Multimedia are entertainment applications such as Youtube, Television, Spotify, etc.].



## MULTIMEDIA: TV



[The TV has the same operation, but the change of channels (dates) and their selection in the list (control button) are added].



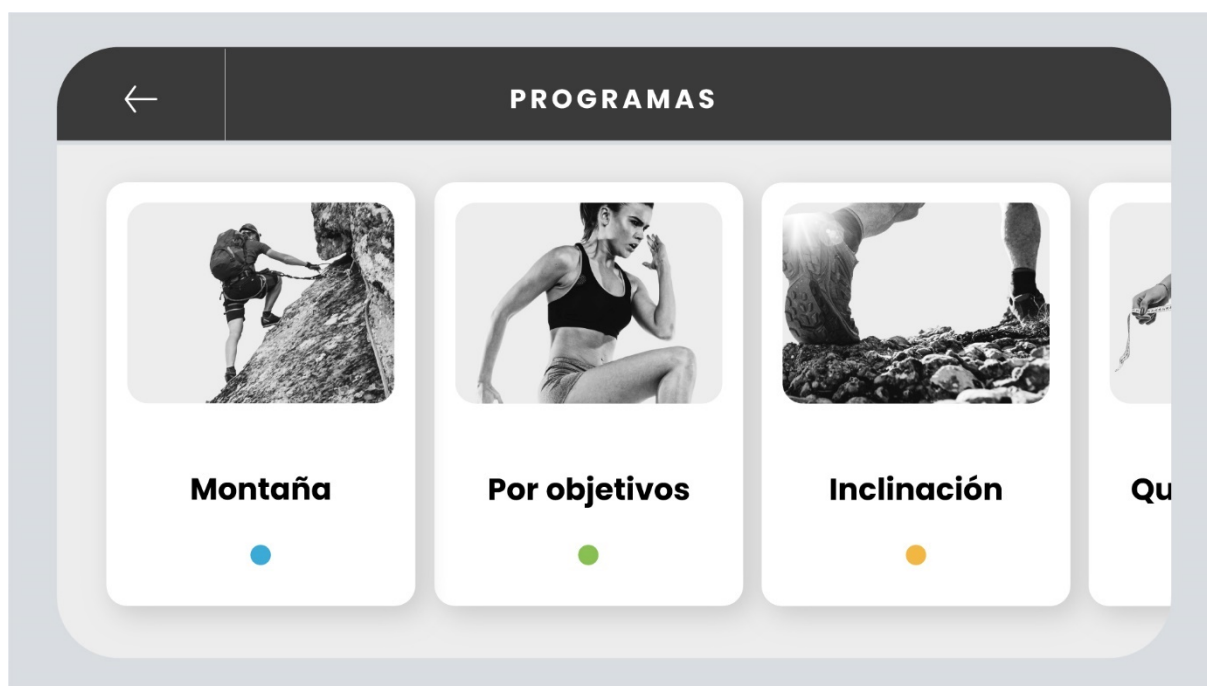
[List of channels]

## AFTER TRAINING



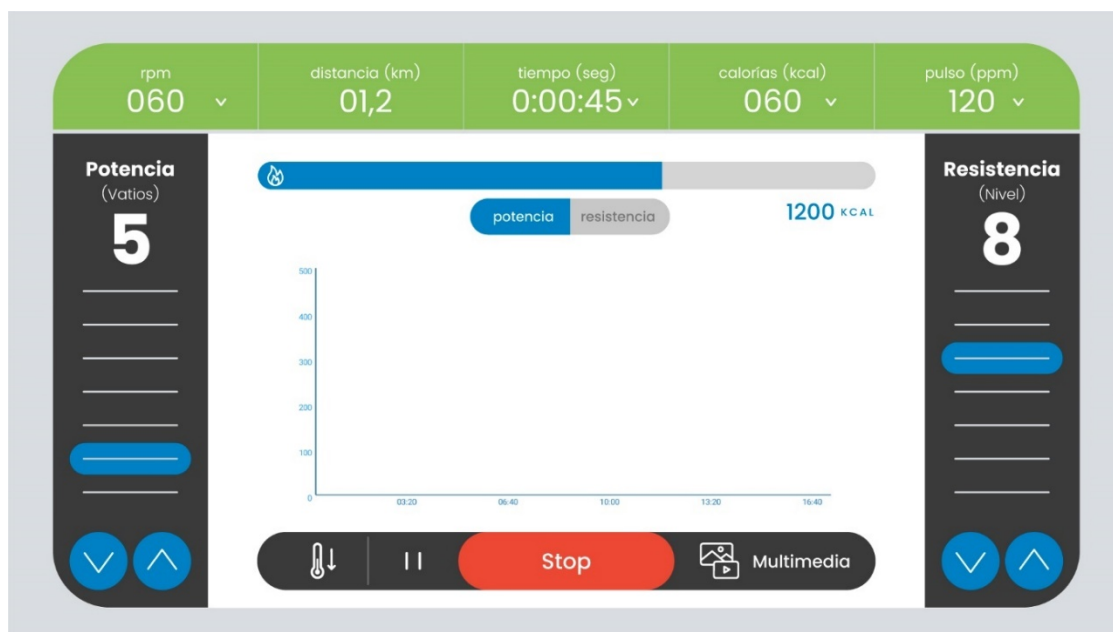
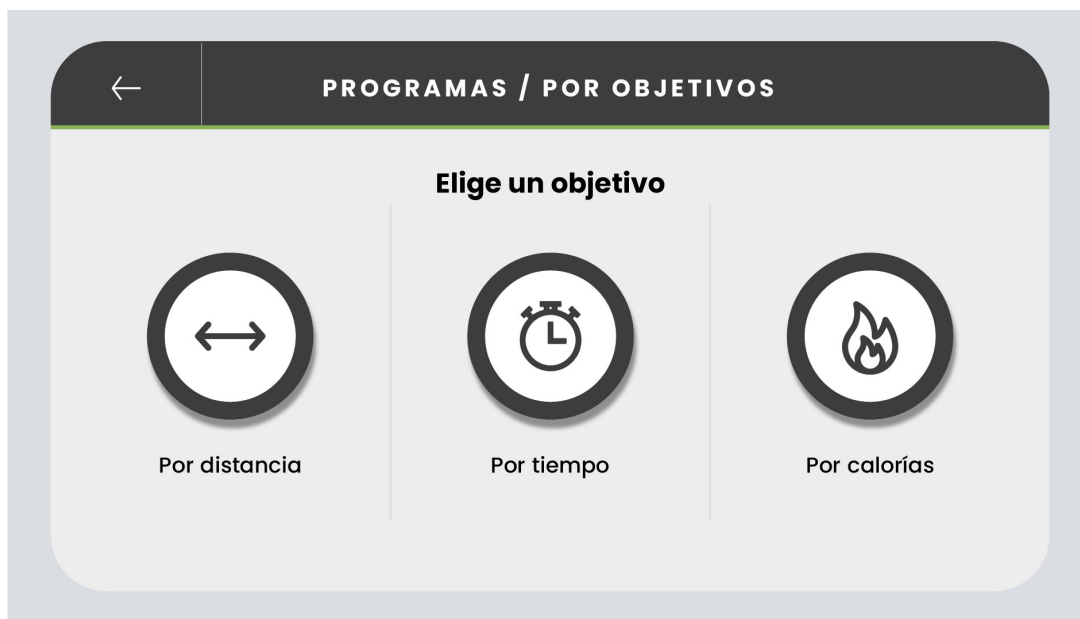
[In the exercise results you will be able to see the performance but also save the training in SALTER CLOUD for later viewing (if previously identified)].

**7.4 PROGRAMS:** different types of workouts to choose from. Within each of them, you will have options quite similar to the "quick workout".



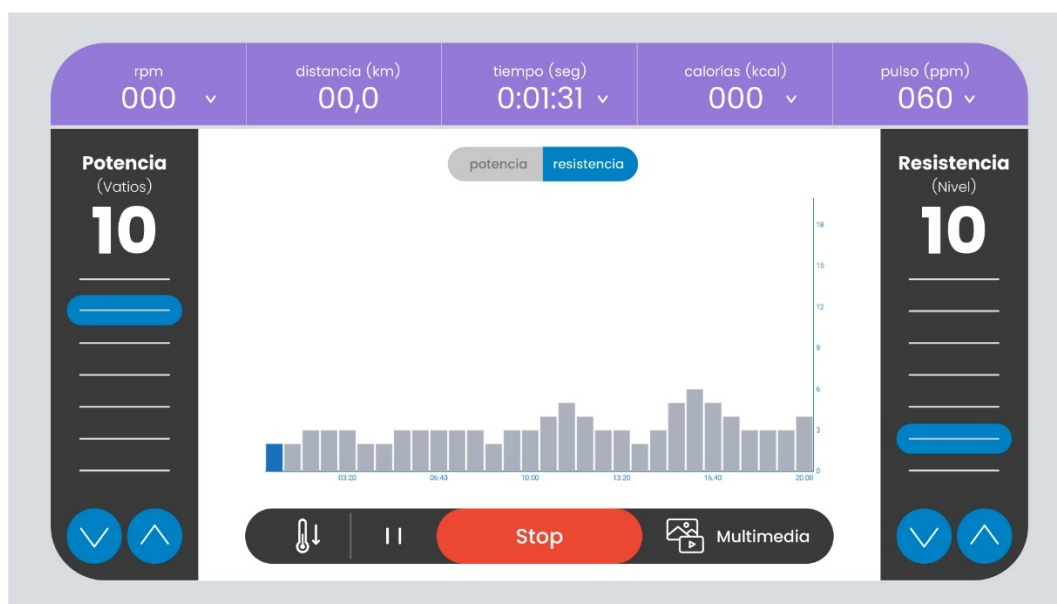
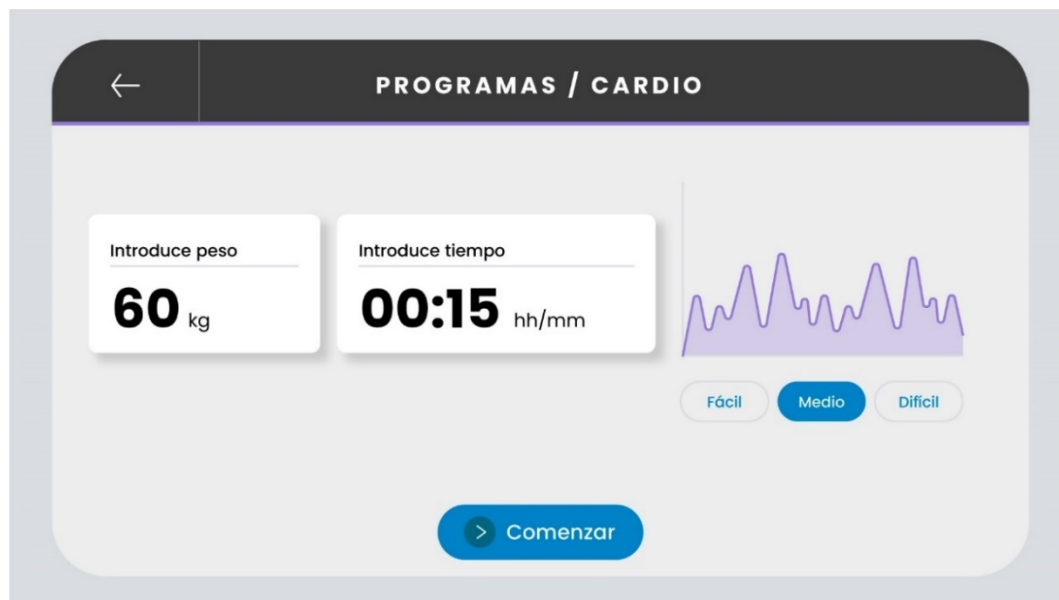
[List of training programs]

- **BY OBJECTIVES:** You should choose how to do the training taking into account the time, distance or calories to be expended. The training ends when the target parameter is reached. During the training a bar will be filled in indicating how much has been exceeded and how much is left of the target parameter.





-MOUNTAIN/INCLINATION/CARDIO/INTERVALS/STRENGTH/etc.: Each one is characterized by specific incline graphs depending on the type of training to be performed. These vary over time depending on the difficulty.

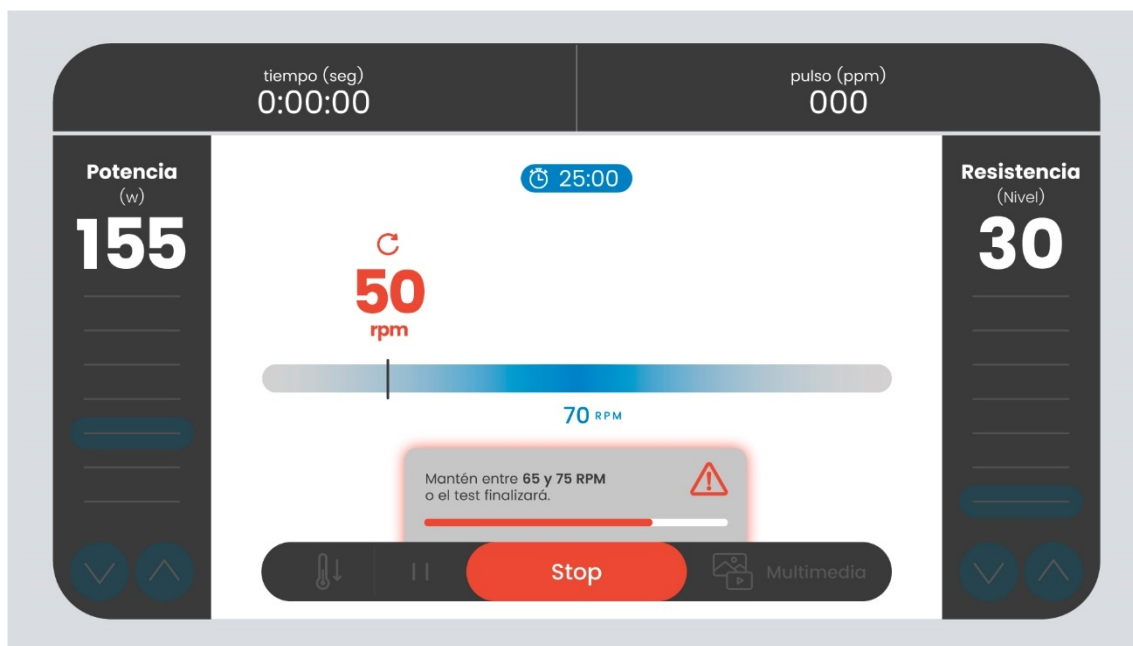


**7.5 PHYSICAL TEST:** different programs to measure the physical condition of the athlete. There are two different tests for the machine. For safety reasons it will be mandatory to provide the heart rate from the handlebars or from a heart belt.



- **VO2 MAX TEST:** Maintain between 65 and 75 revolutions per minute while the resistance will gradually increase. The longer you can hold out, the higher the score. For safety, heart rate must be measured at all times.





[If you go below 65 or above 75 RPM, a message will appear with a bar getting smaller. It is a countdown to decide that the exercise is not optimal and the test has to be finished].



[For safety, it is mandatory to send the heart rate to the machine through the handlebars or a heart belt (more recommended)].





- **12 MINUTE TEST:** The goal is to burn as many calories as possible by increasing the resistance level and RPM (calculating calories based on these two parameters). The evaluation will be made on this measurement of Kcal, age and gender.

←
**TEST FÍSICO / 12 MINUTOS**

Introduce edad

45

años

Introduce género

hombre

**Test 12 MINUTOS**

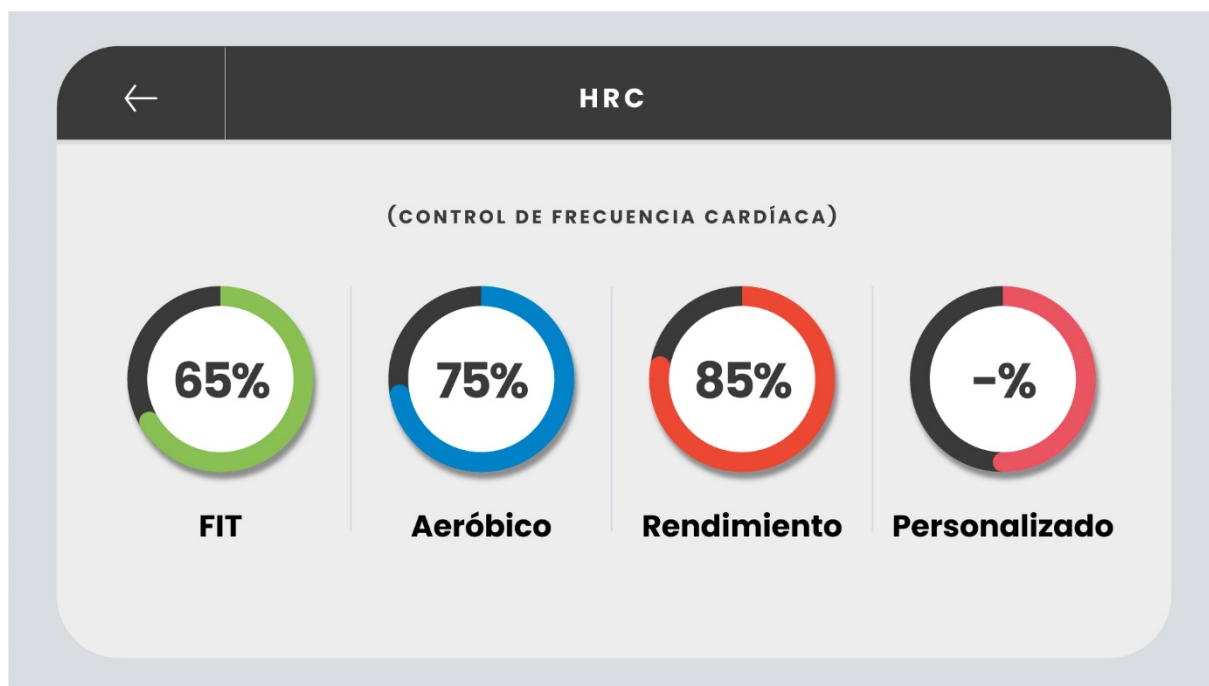
Durante 12 minutos el deportista tiene que quemar todas las calorías posibles a partir de aumentar el nivel de resistencia y las RPM (Calculando calorías en función de estos 2 parámetros).

La evaluación se hará sobre esta medición de kcal, la edad y el género del deportista.

> Comenzar



**7.6 HRC:** Different programs that take the maximum heart rate as a reference. Once the program has been selected, a screen appears on which you can customize the training parameters. In all of them, the speed is progressively adapted to reach the target heart rate.



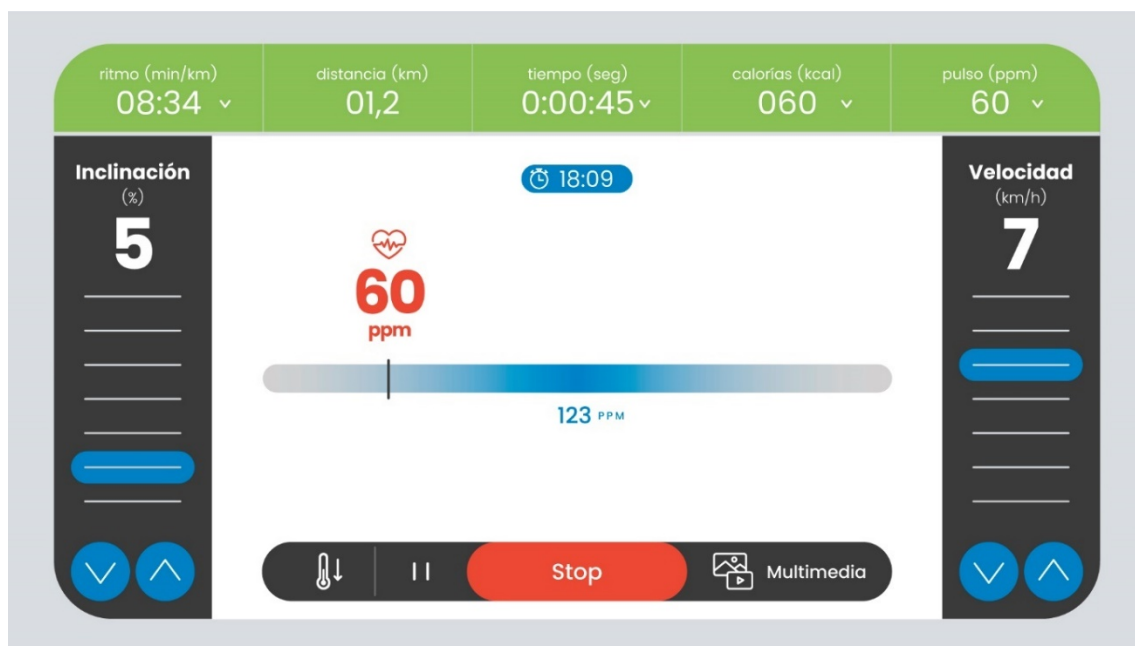
[Different programs according to % maximum heart rate].

- FIT/AEROBIC/PERFORMANCE: Each one takes as a target a % of the maximum heart rate of the athlete depending on his weight and age. If the heart rate is below the target, the speed will be increased, while if it is above the target, the speed will be reduced to keep the heart rate slightly below the target. The incline can be increased or decreased.

The screenshot shows the HRC / FIT setup screen. At the top, there is a back arrow and the title 'HRC / FIT'. Below the title, there are three input fields:

- Introduce tiempo**: 00:15 hh/mm
- Introduce edad**: 25 años
- Pulso objetivo**: 123 ppm

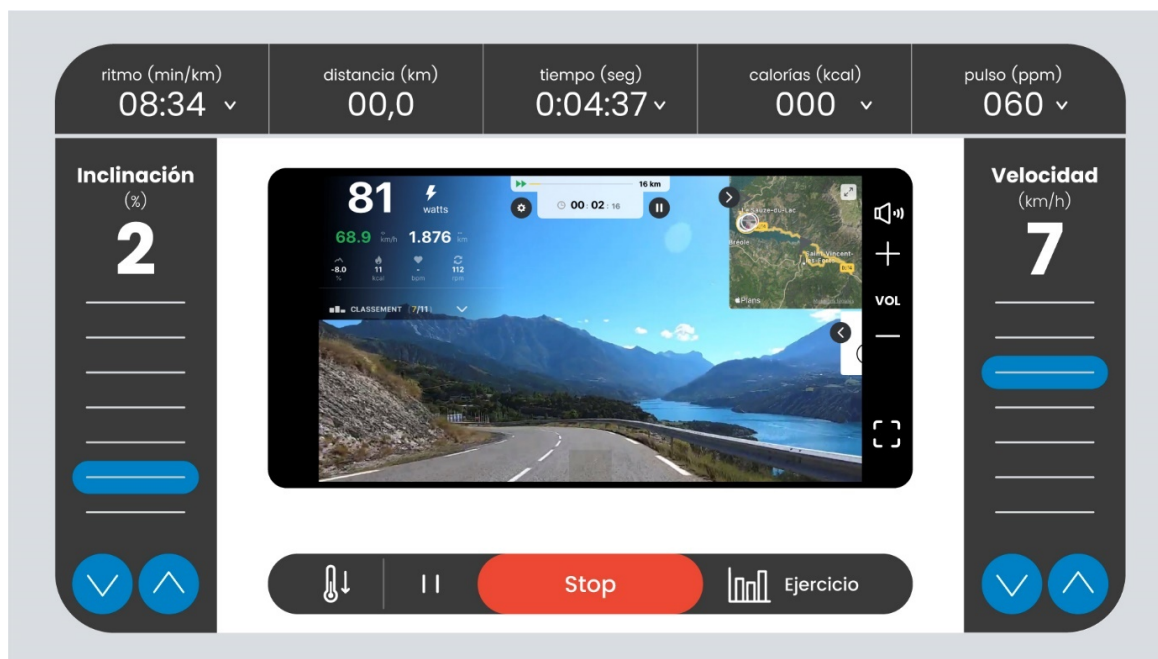
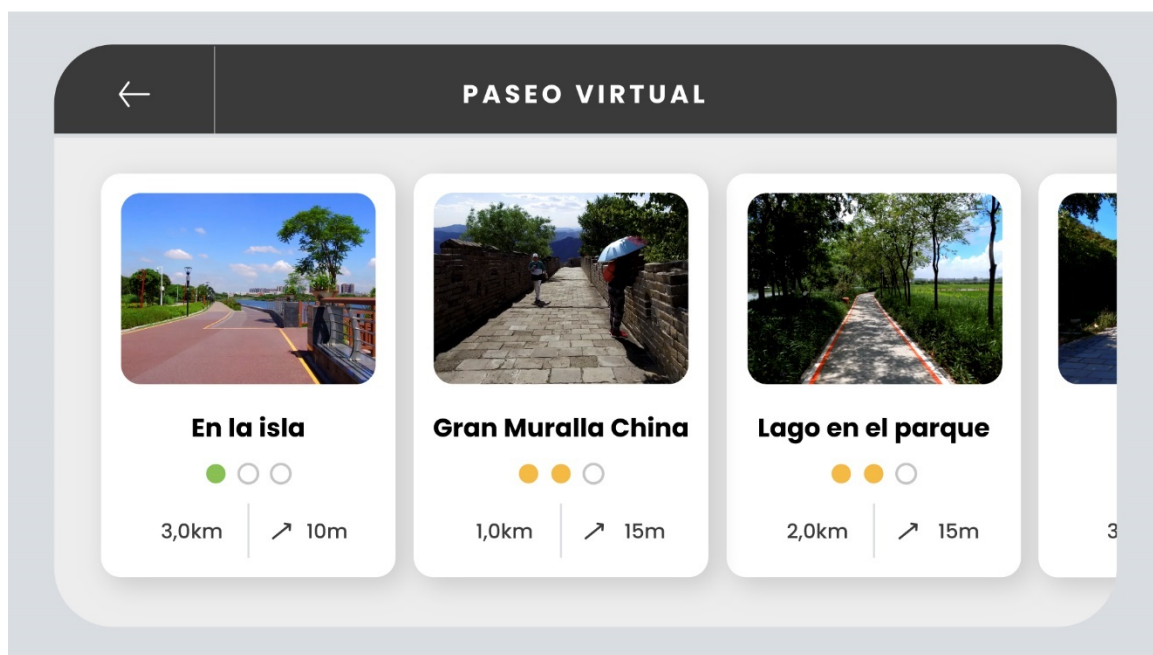
At the bottom, there is a blue button with a right arrow and the text 'Comenzar'.

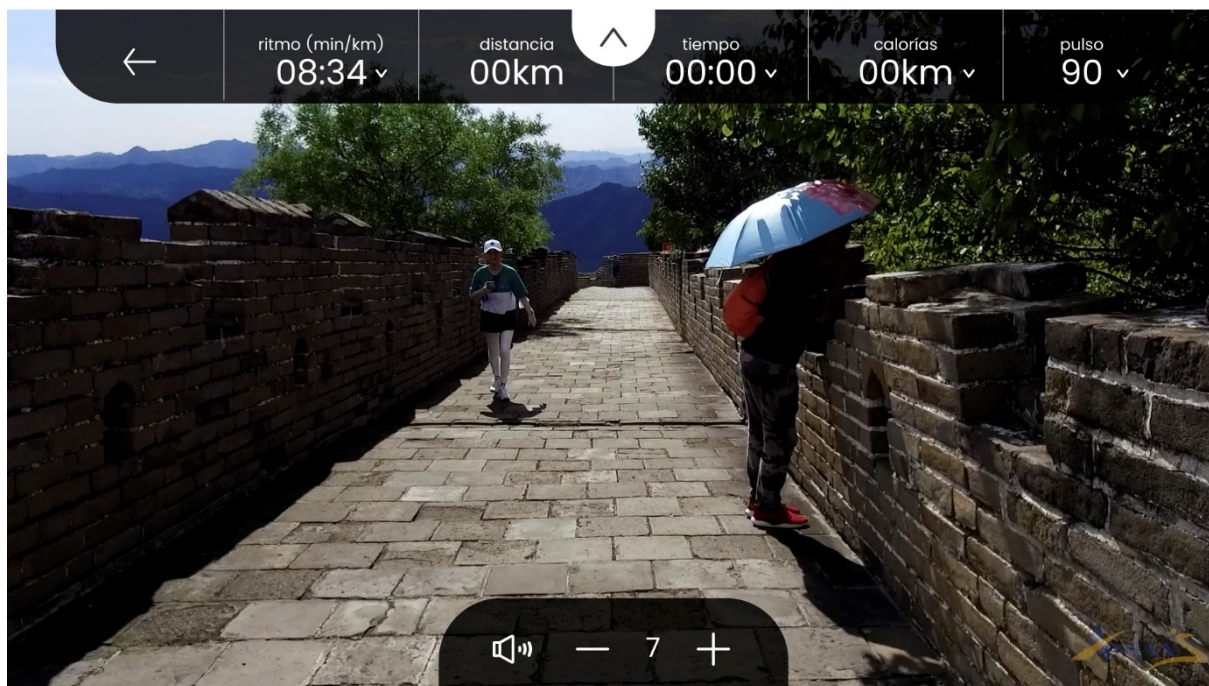


- **CUSTOM:** this program differs from the previous ones in that you can edit the target heart rate you want to set for training.

The 'HRC / PERSONALIZADO' screen has a dark header bar with a back arrow on the left and the title 'HRC / PERSONALIZADO' in the center. Below the header, there are three white input boxes. The first box is labeled 'Introduce tiempo' and shows '00:20 hh/mm'. The second box is labeled 'Introduce edad' and shows '25 años'. The third box is labeled 'Introduce pulso' and shows '90 ppm'. At the bottom center, there is a blue button with a right arrow and the text 'Comenzar'.

**7.7 VIRTUAL" TRAINING:** A selection of interactive videos are available. Each will have unique distance and slope curves depending on the terrain of the site.



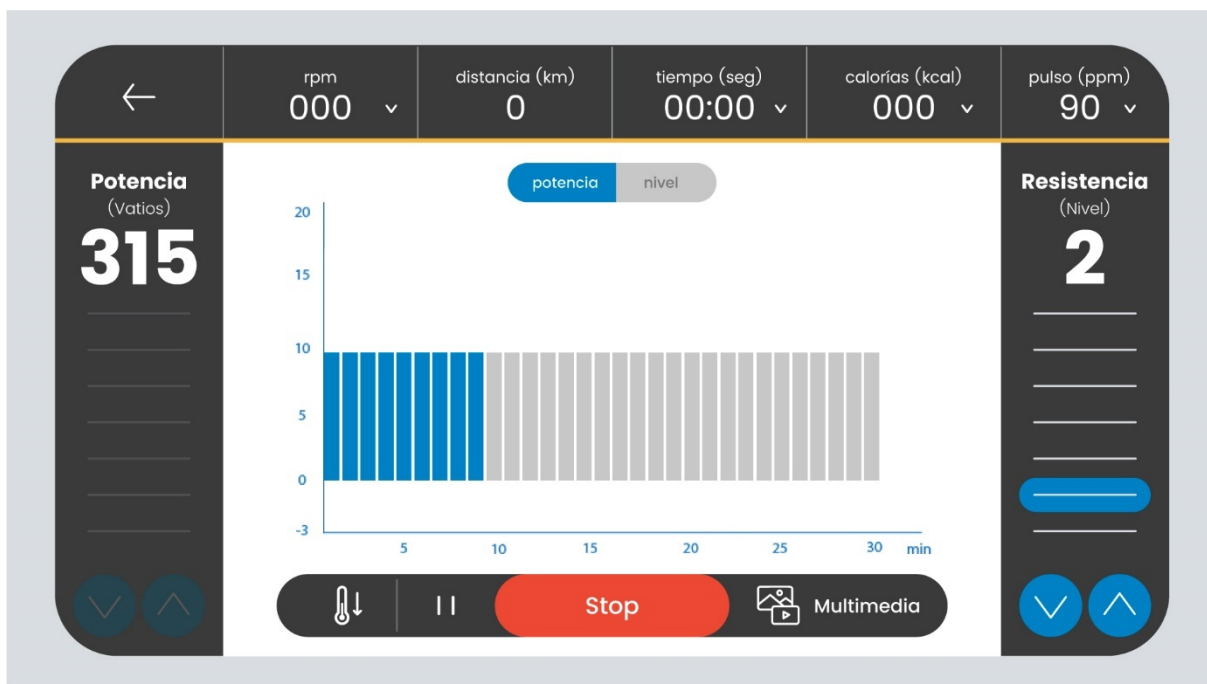


By pressing the illuminated "exercise" button, you will be able to see the profile of exercise inclines and the speeds at which you have run the previous minutes.

**7.8 WATTS PROGRAM:** In this program, you will work for constant watts in a certain time. The machine will adapt the resistance dynamically to always achieve the same.







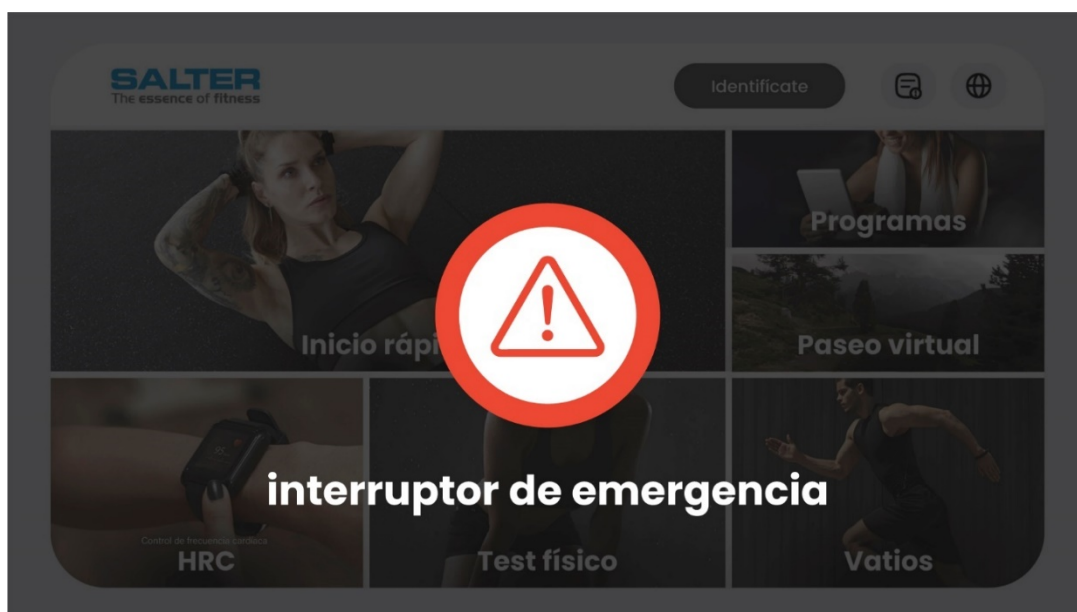
## 7.9 ADMINISTRATION-MODE

To access to the administration mode, you have to press the central part of the SALTER logo for 3 seconds and it will ask for an administrator password: "5598". There you will be able to configure the WiFi, see the software version of the machine and get information (log) to share with the technicians in case something is not working properly.

In the event that the system has a serious error, the machine will display the following screen:



In case you have activated the emergency switch, for safety reasons, any training or menu will be disabled:





## 8. CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must slowly and increase your time on the item gradually: a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
- Set up your item a flat, even surface at least 3 feet from walls and furniture.

### EXERCISE INTENSITY

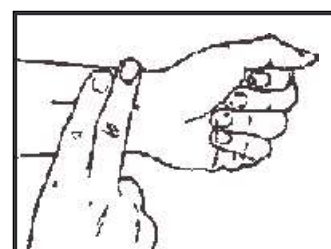
To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity

Age	Target Heart Rate Zone (55% ~ 90% of Max. Heart Rate)	Average Max. Heart Rate 100%
20	110-180 beats per minute	200 beats per minute
25	107-175 beats per minute	195 beats per minute
30	105-171 beats per minute	190 beats per minute
35	102-166 beats per minute	185 beats per minute
40	99-162 beats per minute	180 beats per minute
45	97-157 beats per minute	175 beats per minute
50	94-153 beats per minute	170 beats per minute
55	91-148 beats per minute	165 beats per minute
60	88-144 beats per minute	160 beats per minute
65	85-139 beats per minute	155 beats per minute
70	83-135 beats per minute	150 beats per minute

level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below. Target zones are listed for both unconditioned and conditioned persons according to age.

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate manually, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.

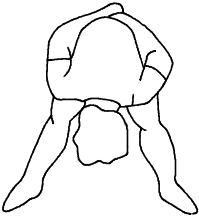
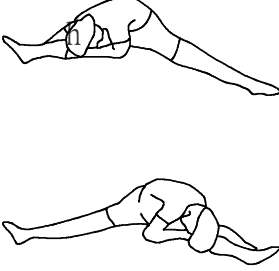
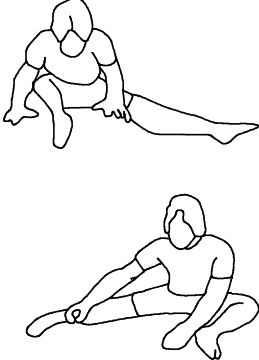
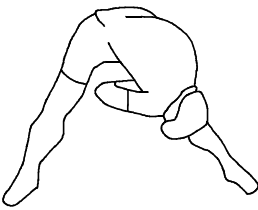


## WARM-UP AND COOL-DOWN

**Warm-up** The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

### Suggested Stretching Exercises

	<p><b>Lower Body Stretch</b></p> <p>Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. <b>DO NOT BOUNCE!</b></p> <p>When the pull on the back of the legs lessen, try a lower position gradually.</p>		<p><b>Floor Stretch</b></p> <p>While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.</p> <p><b>DO NOT BOUNCE!</b></p> <p>Do this stretch 10 times.</p> <p>Repeat the stretch with the left leg.</p>
	<p><b>Bent Torso Pulls</b></p> <p>While sitting on the floor, have legs apart one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side. segundos. Repita el ejercicio 10 veces para cada lado.</p>		<p><b>Bent Over Leg Stretch</b></p> <p>Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down. <b>DO NOT BOUNCE!</b> Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.</p>

**Cool-Down** The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength-training session.

## 9. MAINTENANCE

- Dry and clean those areas exposed to perspiration. It is recommended to use towels in order to avoid the sweat falling to the equipment.
- Dust and dirt may be the cause of functioning problems in the gears and the internal bearings. It is recommended keeping the equipment casing and its different elements clean.

## 10. ENVIRONMENTAL NOTE

The symbol with which is marked this unit (waste bin with wheels) indicates that it cannot be thrown for any reason to the domestic waste. When disposing of the product should be taken to a proper recycling point.

If properly dispose of the product may be reused and recycled, and it will help to conserve natural resources, preserve the environment and significantly reduce the potential negative impact on our environment.

For more information about the return system, collection and recycling of these products contact your City Council or the retailer.

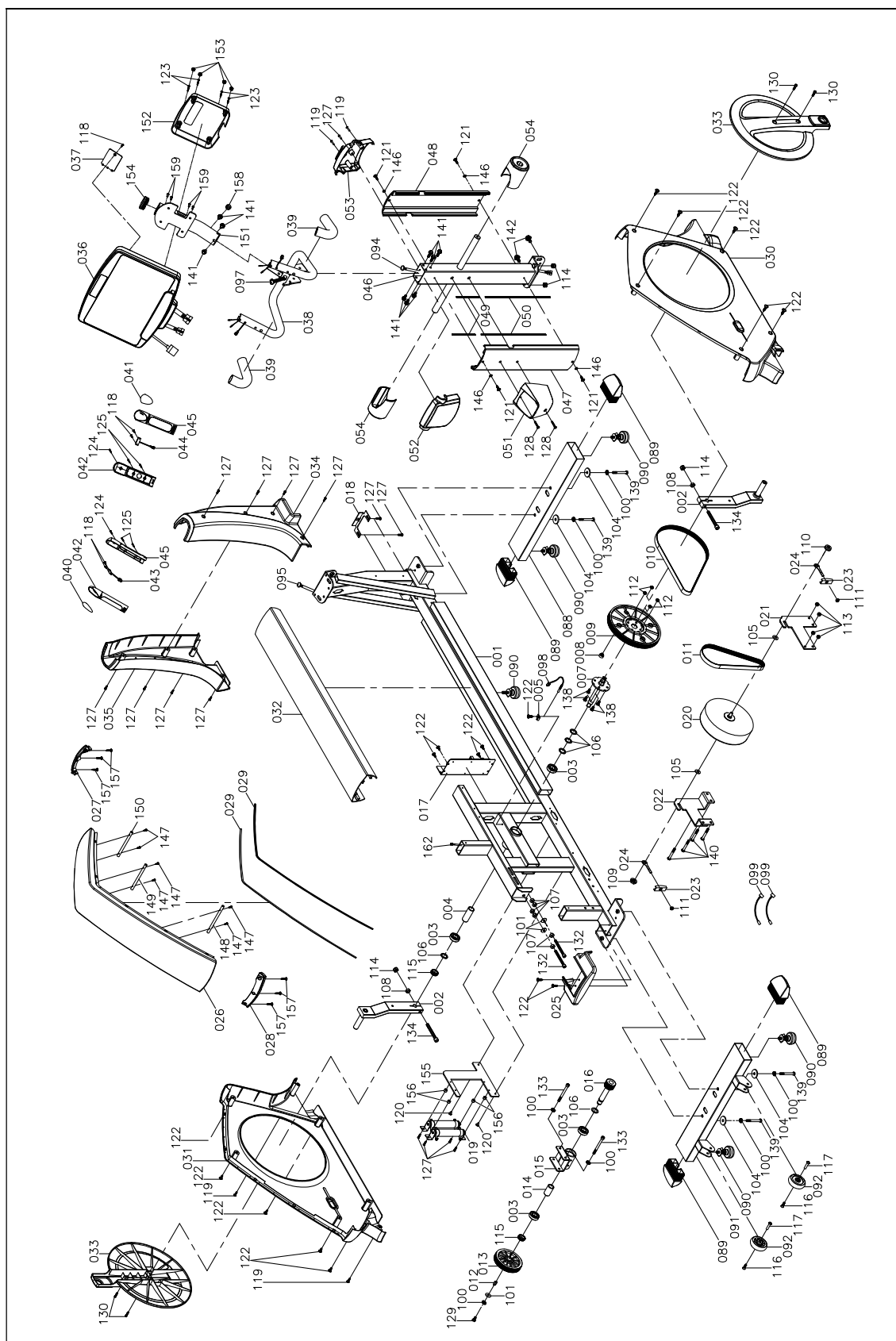


## 11. WARRANTY CONDITIONS

Consult warranty conditions at [www.salter.es](http://www.salter.es). It is **essential to indicate the serial number** of the equipment for repairs under warranty.



## 12. PRODUCT PARTS DRAWING



**PRODUCT PARTS DRAWING**

