

# CERTIFICATE

Model no: E5

Name: High-end elliptical machine

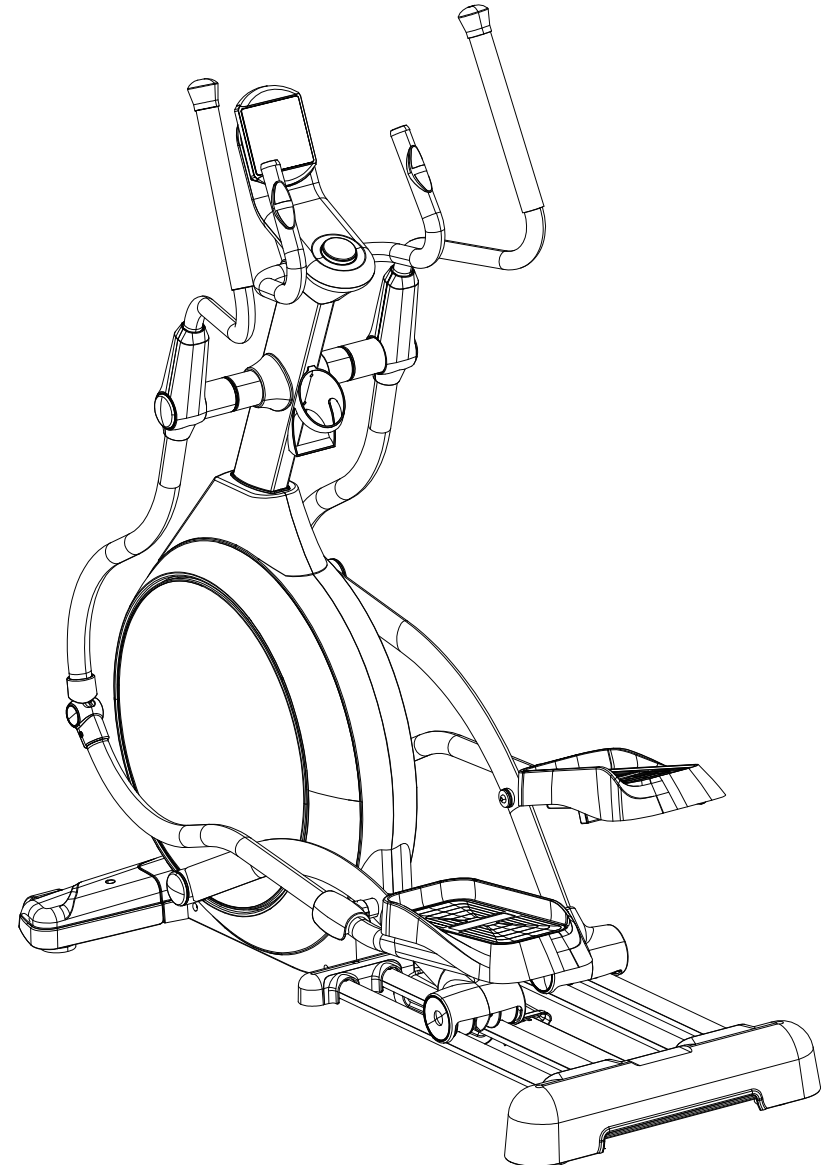
Place of origin: \_\_\_\_\_

Test:



**Note:** If the color and structure of the picture in this manual are slightly different from the real product, please refer to the real product. The company reserves the right to improve the product without prior notice.

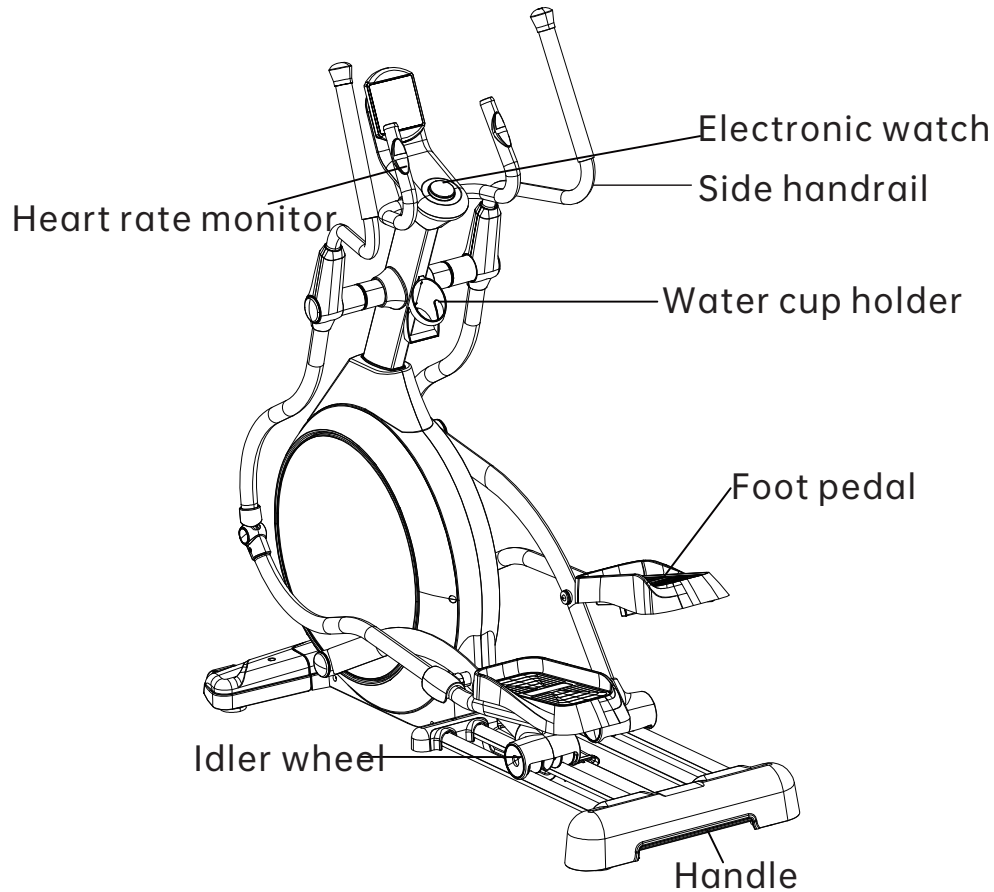
# Instruction Manual



**Smart Family Fitness**

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## 01-Product brief introduction



Product model: YP00-E5

Product size: 1640\*650\*1750mm

Product net weight: 104kg

Gross weight: 118kg

Manufacturing company:

Zhejiang Ypoo Health Technology Co., LTD

After-sales telephone: 400 0918 788

This equipment contains a radio transmitting module with type approval code CMIITID: 2020DP3089.

## 02-Safe use Instructions

### I.Safety guidance:

In order to avoid accidents, please pay attention to the following guidance tips

- 1)The device conforms to the relevant standards of fitness and sports products for home use and non-medical use.
  - 2)The instrument is an HB class exercise instrument with electronic speed control, so it cannot be used without system control.
  - 3)Avoid use in hot, humid and splashing places.
  - 4)The machine instrument can adjust the resistance of 15 gears during movement. If you stop using the pedal, the meter will stop automatically.
  - 5)Please read the product manual carefully before use.
  - 6)Please place the instrument on a fixed, flat field. Choose a fixed and safe field for exercise.
  - 7)Please do not climb on the saddle or other parts of the apparatus.
  - 8)Sufficient free space (at least 1 meter) should be left in all directions of the instrument.
  - 9)Wrong and irregular training can cause damage to your body.
  - 10)The joystick and other mechanical devices of the instrument shall not be obstructed by the site during use.
  - 11)Screws and nuts need to be inspected regularly.
  - 12)Only children whose mental and physical development meet the standards can use this device under correct guidance.
  - 13)Training equipment should not be used as toys or game consoles. Installation, use, and training instructions are also available when ordering parts.
  - 14)It is the responsibility of the Owner to inform other users of precautions to prevent the occurrence of hazards.
  - 15)The device is designed for indoor use, so it can only be used in enclosed rooms (and is not suitable for outdoor use).
  - 16)If you want to disassemble the device, please disassemble it in the opposite direction of the installation procedure as indicated in the product manual.
  - 17)Please use in strict accordance with the product instructions.
  - 18)Never close your eyes while using this device.
- The maximum weight of the elliptical machine is 150kg.  
Braking system information: non-velocity correlation.  
Training Information: Exercise the lower extremities, upper extremities, and whole body.
- Children should not approach this device without adult supervision.**

## 03-Safe use Instructions

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### II.Note:

Please seek medical advice before using this product. This is especially important if you are older than 35 or have a history of health problems. Please read all precautions before using this product.

Packing: Choose environmentally friendly, recyclable.

- 1) The outer packing is made of paper shell.
- 2) The internal protective packaging is made of paper shell and plastic foam.
- 3) PE Plastic PE is used for film and packaging bag.
- 4) PP plastic tape is used for sealing bag.

### III.Safe use instructions:

#### 1.Safe use instructions:

1. Please read the instruction carefully before use.
2. The owner of the elliptical machine is responsible for informing all the users of the elliptical machine of all precautions and strictly following the instructions.
3. Please use the elliptical machine indoors on a flat surface, away from moisture and dust. Place a mat under the machine to help protect the floor and carpet. For safety, make sure that there is at least 0.5m free space around the equipment.
4. Before use, please ensure that all screws and nuts are locked. Routine inspection and assembly of all parts are required. Tighten the screws immediately.
5. The equipment should not be near children. Do not leave children unattended in the room where the elliptical machine is kept.
6. Please wear appropriate sports clothing when using. Don't wear too loose clothing to avoid getting involved in machinery.
7. If you feel pain or dizziness when you exercise again, stop exercising immediately and do some soothing exercises.
8. The maximum weight limit of this elliptical machine is 150KG. Please predict your weight before exercise to ensure enough exercise space. Only one person can use it at a time.
9. When the product is used, it has an elliptical motion trajectory, and the inertia and traction movement of the internal flywheel are required. In use, the resistance needs to be changed by manual adjustment knob; This product is not a speed associated device, speed is the frequency of the feedback motion trajectory, the device will have a certain inertia before stopping use, please ensure that the pedal stops before leaving the device.

## 04-Safe use Instructions

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Warning: The design and construction of this elliptical machine meet safety standards. However, some precautions should be taken when using it.

1. This equipment is only suitable for indoor and household use, not suitable for outdoor use.
2. Two or more people are not allowed to use the device at the same time.
3. Please use it only under the guidance of your doctor if you feel unwell.
4. Heart rate data is for reference only and should not be used as medical data.
5. Children, disabled and pets should be kept away from the equipment to avoid occurrence.

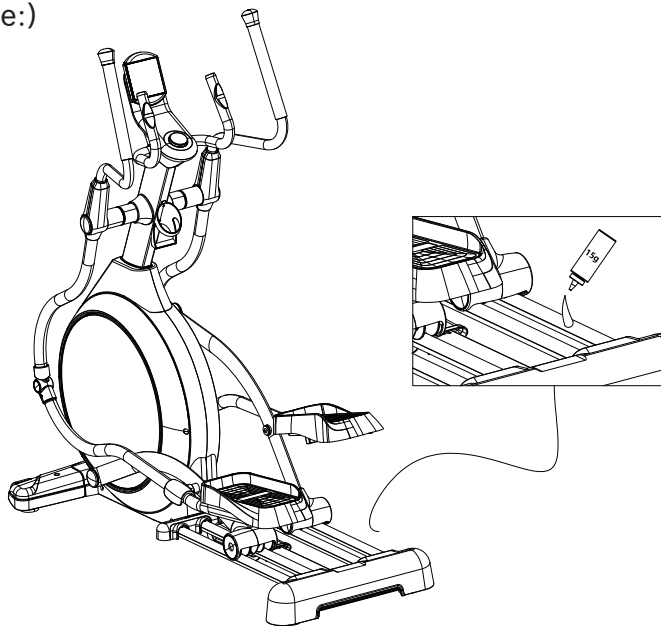
#### 2.Safe use instructions:

1. The elliptical machine should be carefully checked before and after use. Each part of the elliptical machine should be checked regularly once, pay attention to the screws are not loose, or there is no welding, fracture and other problems, if there is a timely repair, to ensure the integrity of the equipment. Also check the operating mechanism of the equipment, transmission system, transmission mechanism and safety protection, insurance device is sensitive and reliable: and to keep the elliptical machine fuselage clean.
2. The elliptical machine needs to check the active part before use, keep the active part running smoothly with enough grease, avoid foreign matter in the active part of the equipment, which can effectively reduce the wear of the equipment.
3. After using the elliptical machine, it is necessary to clean the sweat stains or dust on the body, handrail, track and other parts. You can use neutral detergent to wipe the surface.
4. When the elliptical machine is used for a period of time, slight friction and abnormal sound may occur due to the uninterrupted rolling operation of the sliding roller. In this case, a little equipped lubricating oil can be manually added to the surface of the aluminum track to prolong the service life of the sliding wheel. (See figure:)

## 05-Safe use Instructions

### 2.Safe use instructions:

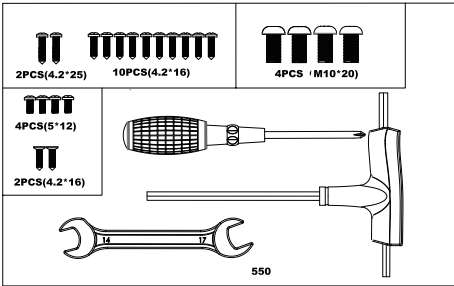
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(See figure:)



## 06-Detail drawing of parts

### Part

On this page you will see that all the small parts (screwdrivers, wrenches, screws) are identified by the sketch of the accessories so that you can distinguish the parts name, specification and quantity during installation. (Some parts have been pre-locked on the parts, please follow the following installation steps.)  
Warm tips: After unpacking the parts, clear the packaging materials on the body and check whether relevant parts are complete. It is recommended to unpack some small parts and store them in a small box to avoid the loss of parts.



### Install

Before you install, please refer to the composition diagram below so that you can install accurately according to the numbers indicated in the diagram below.

Serial number	Product name	dosage
1	Main frame assy	1
2	Instrument stand	1
3	Hexagon pan head screw M10*20 full teeth	4
4L	L Moving wheel set	1
4R	R Moving wheel set	1
5	Hexagon pan head screw M10*16 full teeth	6
6	Front foot guard	1
7	Rear foot guard	1
8	Cross Recessed pan head Tapping Screws 4.2*16	4
9	Guard on decorative cover right	2
10	Guard top decoration cover left	2
11	Electronic watch assembly	4
12	Cross flat head screws M5*12	1
13	Secure the rear guard of the handrail	1
14	Secure the front guard of the handrail	1
15	L side handrail group	1
16	R side handrail group	1
17	Hexagon socket pan head screw M8*45	4
18	Lock nut M8	4
19	Arc pad ø8*20*15	4
20	Rocker arm decorative cover back	2
21	Rocker arm decorative cover front	2
22	Tread tube front right decorative cover	2
23	Tread tube front left decorative cover	2
24	Cross Recessed pan head Tapping Screws 5*12	4
25	Water cup holder	1
26	Cross Recessed countersunk head tapping screws 4.2*16	2
27	Cross Recessed pan head Tapping Screws 4.2*16	6
28	Cross Recessed countersunk head Tapping screws 4.2*25	2
29	Power call unit	1

## 07-Installation instructions

### Installation::

In order to make your installation as easy as possible, we have installed the important parts for you.

Before you assemble the machine, it is recommended that you read the assembly instructions carefully and then follow the instructions step by step.

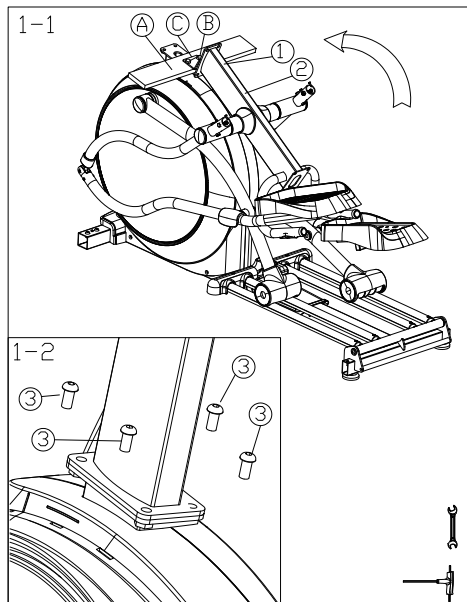
Please check the products in the package you received.

(1) Please remove the packaging of all parts and place each of them on the ground next to each other.

(2) Please note that the machine you assemble has enough room for movement in all directions. (Leave a distance of at least 1,5 meters).

### Step 1:

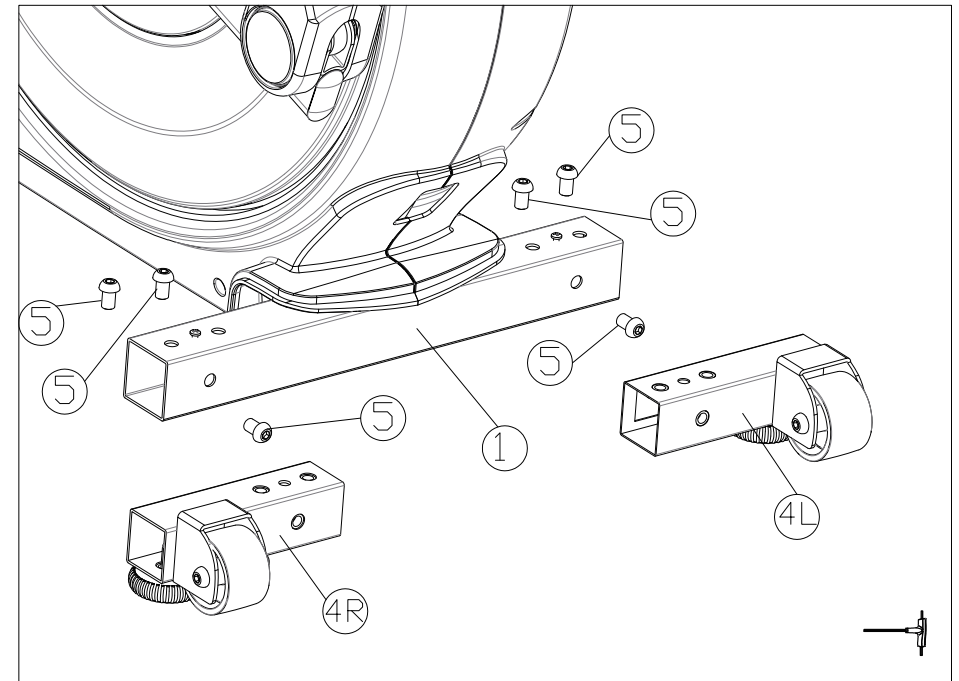
Remove the board (A) and 2 screws (B) and support plate (C) that are pre-locked on the main frame assembly (1) and throw them away. They will not be used in subsequent installation. In Figure (1-1), rotate and fold the meter frame (2) in the direction of the arrow until the sheet metal on the meter frame (2) is near the mounting sheet metal on the main frame assembly (1). (Note: Do not press the signal cable in the meter stand when folding.) As shown in (1-2), align the sheet metal holes in the meter stand (2) with the sheet metal holes in the main frame assembly (1) and lock them with four M10\*20 hexagon socket pan head screws (3)



## 08-Installation instructions

### Step 2:

Locate the left and right moving wheel seat set (4L) (4R) and remove the hexagon pan head screw M10\*16 (5) that is pre-locked on it. Insert the moving wheel set (4L) into the side tube of the front foot tube (L) of the main frame assembly, and use the hex socket pan head screw M10\*16 (5) pass through the main frame assembly (1) front pin hole to lock the moving wheel holder group (4L), and the moving wheel holder group (4R) is installed in the same way as above.

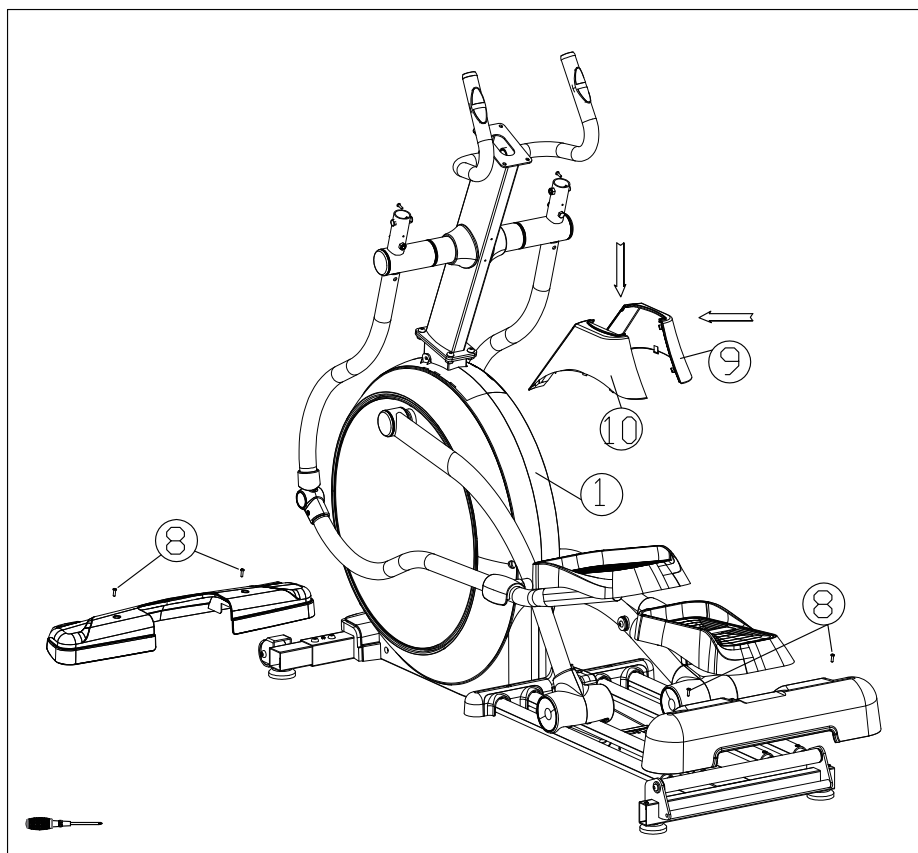




## 09-Installation instructions

### Step 3:

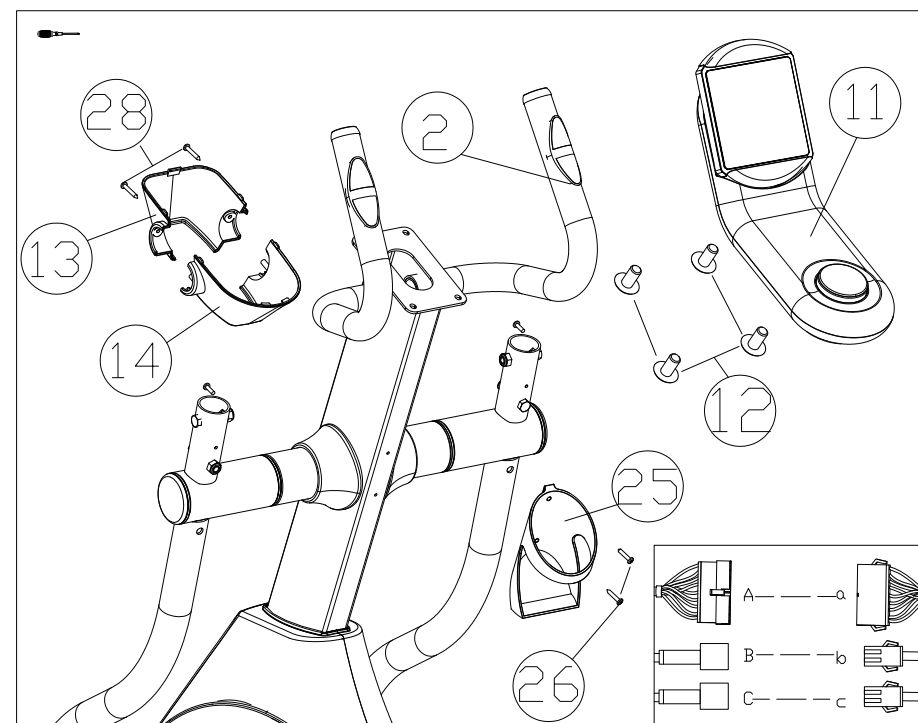
Find the decorative cover AB (9), (10) as shown in the figure: First, align the decorative cover A (9) with the left and right protective cover (A) and (B) with the closing cover of the main frame assembly (1), press down on the slot that can be easily up, and press down to flatten, as shown in the arrow. Until the left and right shroud and shroud decoration cover A are pasted flat. Find the front and back shroud (6) and rear shroud (7), put the shroud on the pin, and use the cross slot pan head tapping screws 4.2\*16 (8) to align the pin hole with the shroud and lock it on the pin to ensure that it is not loose.



## 10-Installation instructions

### Step 4:

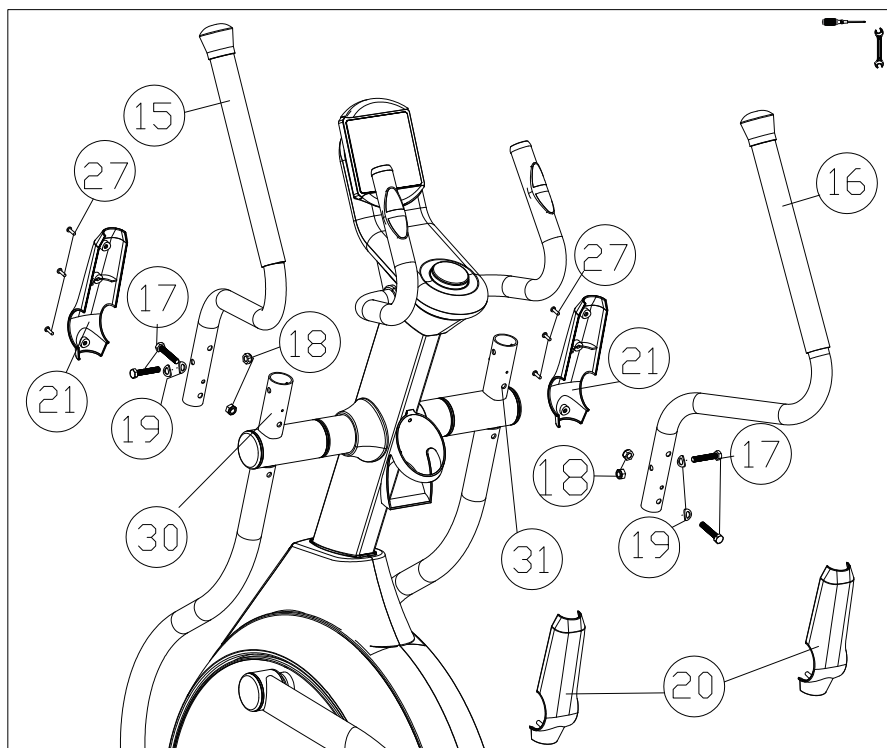
Locate the digital watch group (11). As shown in the figure: First put the electronic watch group (11) near the instrument frame (2). Connect the signal wire (A) to (a), hold the heart rate wire (B) to (b), (C) to (d), note: the correct two wire terminals are easy to connect. Do not forcibly connect two terminals incorrectly. As a result, data cannot be displayed. Remove the back cover of the digital watch (12) Cross flat head screws 4 M5\*12, through the (2) electronic watch frame fixing plate, the electronic watch to lock. Find the front, rear guard cover (13) (14) to secure the handrail. Remove the parts tray as shown in the picture; The two cross recessed pan head screws 4.2\*25 (28) in the upper part are placed on one side for installation. First clamp the front guard cover (14) of the fixed handrail into the instrument frame (2), then clamp the rear guard cover (13) of the fixed handrail into the instrument frame (2), and then lock the case with two cross-recessed pan head screws 4.2\*25 (28) to ensure that the joint is fixed.



## 11-Installation instructions

### Step 5:

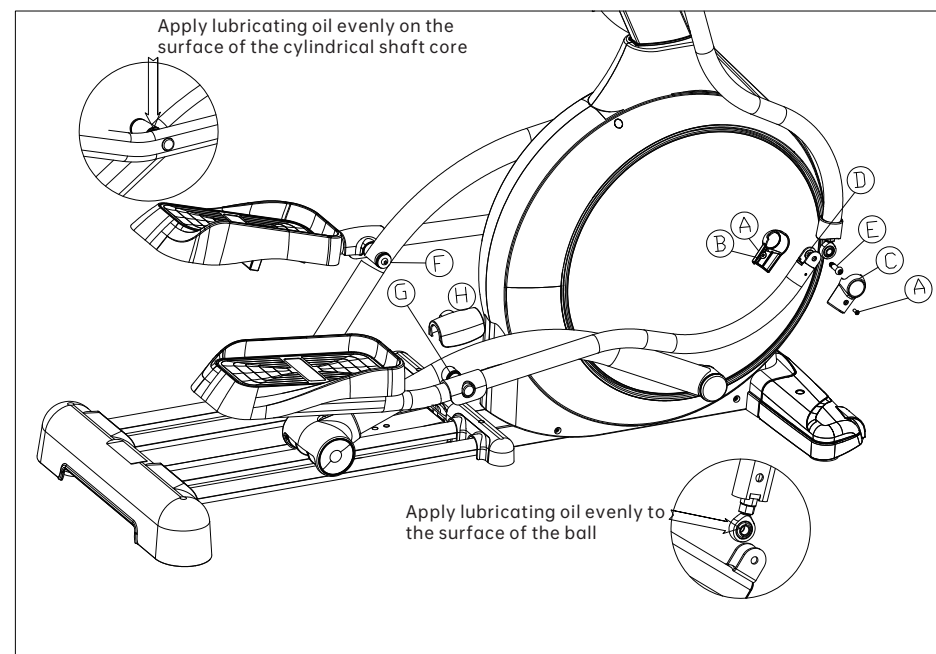
Find the side handrail group L, R (15) (16). (Note: Side handrail group L/R distinguish left and right). As shown in the figure: Remove the outer hexagon bolt M8\*45 (17), lock nut M8 (18) and arc gasket 8\*20\*1.5 (19) pre-locked on the left L and right R side handrail group (15) and (16), and put them aside for use in the back installation. Then insert the L side handrail group (15) into the tube of the L swinging rod assembly (30), and use 2 outer hexagon bolts M8\*45 (17) to cover the arc gasket 10\*20\*1.5 (19) through the round hole on the L swinging rod assembly (30) and the round hole on the L side handrail group (15) and lock the lock nut M8 (18). (Note: In the direction of nut lock nut M8 (18), the hexagonal edge is aligned with the hexagonal edge hole on the tube of swing rod assembly (30).) Find the front and rear (20) (21) of the rocker arm decoration cover, fasten the front and rear on the L swing rod assembly (30), and lock it with 3 cross-recessed pan head screws 4.2\*16. On the other side, the installation method of side handrail group R (16) is the same as above.



## 12-Maintenance instructions

### Use of oil package:

This oil is applied to the track and connecting rod and universal bearing. When the product is used for a period of time, when the pulley and the track friction makes different sounds, a small amount of oil needs to be applied to the track. If there are different sounds between the universal bearing and the connecting rod spindle, it is necessary to remove the left and right decorative cover (B) (C) of the lower segment of the rocker arm, together with the screws (A) above, then remove the screws and nuts (D) (E) on the universal bearing, then remove the connecting rod decoration cover (H), remove the screws and gaskets (F) (G) on the connecting rod shaft, and put them aside. Pull out pedal tube assembly. Apply a small amount of oil evenly on the surface of the connecting shaft core and the spherical surface of the universal bearing, and lock the pedal assembly with screws (F) (G) after oiling. Then clamp the universal bearing into the U-shaped seat. Lock with screws (D) (E). Finally, use 2 screws (A) to lock the left and right decorative cover (B) and (C) of the lower section of the swinging arm. The left and right sides are oiled in the same way.





## 13-Electronic watch operation instructions


### Electronic watch instructions:


Function display




#### I. Window and button description:


1. LED window displays the following functions: LED window multiplex display, switch display in turn in the running state for 5 seconds, in the lifting window, the operation knob is to increase or decrease lifting, other non-lifting window operation knob, increase or decrease resistance gear, if the current display window is not the heart rate window, and the user's heart rate reaches 110-140, the heart rate icon on the shuttle will flash slowly. Beyond this range, the heart rate icon will flash. To prompt the user's heart rate feedback.


A.  Time window: display movement time, forward timing from 0:00-99:59, and continue to run after the time is cleared to zero.


B.  Distance window: Display moving distance, positive count from 0.00-99.9, clear after overflow.


C. Tap position window without icon: displays the current resistance tap position value, ranging from 1 to 32.

D.  Lift window: Display the current slope value, gear display range: 0-21 segments.

E.  Step frequency window: display current step frequency, display range: 0.0-200RPM.

F.  Calorie window: displays the caloric consumption value of exercisers, ranging from 0-999.9 in positive counting, and continues to run after clearing to zero after overflow.

G.  Bluetooth icon. When Bluetooth is connected, the picture is illuminated.

H.  Heartbeat icon: Displays the user's current heart rate when there is a heart rate.

## 14-Electronic watch operation instructions

1. No icon: Displays the current tap position.

2. Function key: the center of the knob is the start and stop function key, the knob rotates clockwise for the plus key, counterclockwise for the minus key.

3. Description of function keys:

A. Start Stop key: Press the button in the stop state, and the instrument starts to run and count.

B. Start Stop key: In the current window, the user can operate the lift through the knob, in the lift window, press the knob short to switch to the gear window, in the non-lift window, operate the knob in the non-lift window, the system default operation gear, the window automatically jumps to the gear window, long press the knob in any window, Knob stops running count and enters pause state. In the paused state, short press for 1 second to resume the motion, and long press for 3 seconds to clear data.

C. Knob clockwise rotation: when the instrument is running and turning, the current lifting window is to increase lifting, and the resistance gear value is to increase in other non-lifting Windows.

D. Knob counterclockwise rotation: when the instrument is running, the current lifting window is to reduce lifting, and the other non-lifting window is to reduce the resistance gear value.

#### II. Initial display range for each value

	Initial	Set initial value	Set range	Display range
Time (minute: second)	0:00	00:00	无	0:00-99:59
Step frequency (RPM)	0	0	无	0 - 200
Gear position	0	0	无	1-32
Distance (km)	0.0	0.00	无	0.00-99.9
Calories (kcal)	0	0.0	无	0.0 - 999.9
Slope	0	0	0	0-21

#### III. Algorithm list:

Calories are calculated at 15 calories per kilometer.

The speed is calculated as 21.5KM/H for 60RPM.

When there is no speed signal, calories, distance does not count.

## 15-Electronic watch operation instructions

### IV.Sleep and automatic stop function:

In the running state, if there is no speed signal within 1 minute, the system automatically enters the suspended state. In the stopped or suspended state, the system enters the hibernated state without any operation for 5 minutes.

In hibernation state can be awakened by stepping frequency, button, knob wake up.

### V.Shutdown:

The system can be turned off at any time by turning off the power switch without damaging the system.

### VI.Precautions:

- 1.Check whether the power supply is loaded before movement;
- 2.If there is any problem with the machine, please contact the distributor. Non-professionals, do not try to disassemble or repair the machine so as to avoid damage to the equipment.

## 16-Getting Start

### I.Stretching recommendation

The picture on the right lists the correct positions for several basic stretches. Do stretches slowly and not suddenly.

#### 1.Stretching recommendation

Stand with knees slightly bent and slowly forward above hips. Let your back and shoulders relax as you touch your toes as far down as you can. Hold for 15 seconds and then relax. Repeat three times. Extension site: Ligaments, inner knees, and back.

#### 2.Start stretching

Take a sitting position with one leg extended forward. Place the sole of the other foot against your body and on the inner thigh of your outstretched leg. Touch your toes as far forward as you can. Hold for 15 seconds, then relax and repeat three times on each leg. Stretches: ligaments, back and groin.

#### 3.Calf/foot stretches

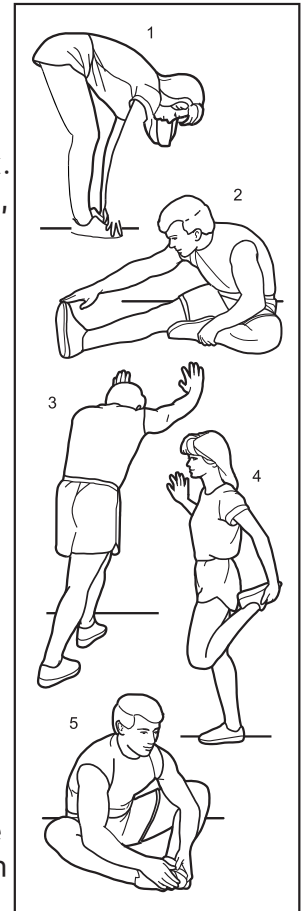
Stand with your legs in front of you, lean forward with your hands against the wall. Push your back leg straight, foot flat on the floor. Bend your front legs, move your body forward, and move your hips toward the wall. Hold for 15 seconds and then relax. Repeat three times on each leg to further stretch the Achilles tendon by bending the back leg at the same time, stretching the calf, Achilles tendon and ankle.

#### 4.Quadriceps stretch

Balance on the wall with one hand and grab your foot backwards with the other. Bring your heels as close to your hips as possible. Hold for 15 seconds and then relax. Repeat three times on each leg. Stretch: Quadriceps and hip muscles.

#### 5.Inner thigh stretches

Sit with the balls of your feet facing each other and your knees turned. Pull the foot as close to the groin area as possible. Hold for 15 seconds and then relax. Repeat three times. Stretch: Quadriceps and hip muscles.

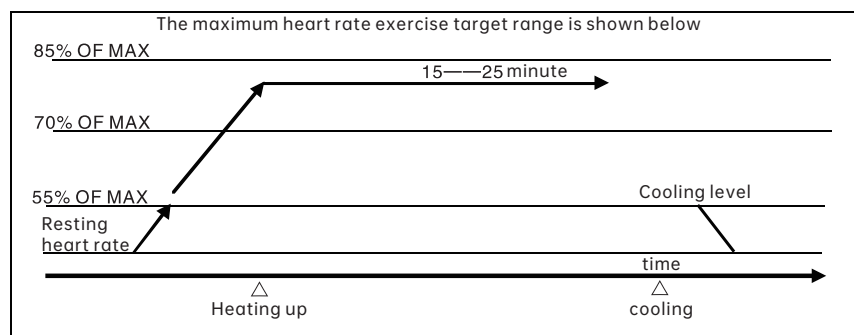


## 17-Getting Start

### II.How to improve the exercise effect

Like muscle building, aerobic exercise also requires more blood flow and a higher heart rate, thus improving the function of the cardiovascular system. Heart rate is generally measured by your pulse readings. Your pulse is safe and effective in the range below the maximum exercise target level. The range between 87% and 72% of the maximum heart rate is called the training target zone. Every time for 15-20 minutes at least 3-4 times a week.

**Warning: Don't try to beat your target heart rate. Do it gradually. If there is a medical history, it should be done under the supervision of a doctor. When you are over the age of 35 to 40 and not doing normal training, we recommend that you do not go over your doctor's advice. Keep in mind that you have a few minutes to warm up and cool down (Figure B below).**



Battached B

## 18-Getting Start

### III.Maintenance and troubleshooting methods

- 1.Periodically check whether bolts and nuts in each part are fastened, whether the adjusting knob is locked, whether the rotating part is flexible, and whether there are any worn or damaged parts. These parts are in good condition, the safety of the equipment can be guaranteed;
- 2.Found worn or damaged parts should be immediately removed or sent to the maintenance center for replacement, repair before use;
- 3.Keep the equipment clean, but do not wipe it with acid, alkaline or organic solution.
- 4.Troubleshooting methods:

Failure	Cause	Elimination method	Remarks
Uneven frame	1.Uneven ground or debris 2.The base is not leveled during rack assembly	1.Get rid of clutter 2.Loosen the rack bolts, level the base, and tighten the bolts 3.Adjust eccentric foot cover of rear bottom tube	User
Adjust eccentric foot cover of rear bottom tube	Loose thread	Tighten the bolt	User
There is a noise in the moving parts	Gap misalignment	Open the guard to adjust	Service center
inertia	1.The reluctance gap increases 2.The spinner is damaged	1.Open the cover and adjust 2.Replacement 3.Open the shield to adjust	Service center

### IV. Heart rate management

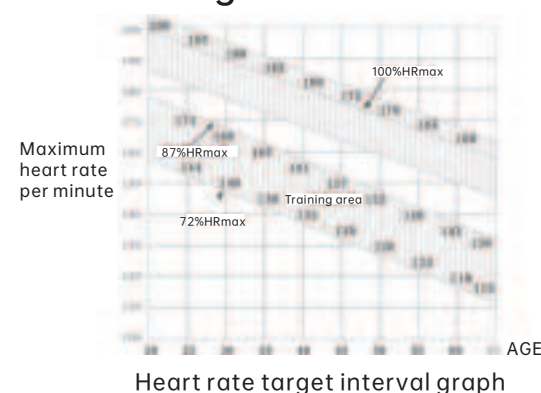


Figure C to find your age in the horizontal coordinates and then upward to find your target heart rate range. For example, at age 40, 72% had a maximum heart rate of 133 beats per minute and 87% had 161 beats per minute. The heart rate target should stay within this optimal range.

## 19-Getting Start

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(1) If your heart rate is too low, accelerate exercise or increase the load.

(2) If your heart rate is too high, reduce exercise or reduce load.

(3) If your heart rate is still a long distance from the set exercise time, and you feel labored, you should reduce the exercise time.

(4) If your heart rate can not quickly return to normal within 5-10 minutes, if it is not an accident, you should reduce the exercise load.

Note: The above heart rate management is for reference only, please consult the doctor for specific data and methods!!

(5) How to extend the exercise time

1) Correct aerobic training, you must keep your heart rate in the training interval, at least for 12 minutes;

2) If the training time is more than 60 minutes, the effect will be reduced, the risk or injury will be increased;

3) If you must intensify your exercise routine, it is recommended that you continue it for at least 12 minutes per week, and no more than 10% per week when you feel you can increase your exercise time.

4) Don't rush to increase the difficulty, or you will feel tired after the exercise.

(6) Check your fitness level and progress

You can measure the intensity and progress of your workout by your heart rate, the time it takes your heart rate to return to its normal state. Within a minute of slowing down, your heart rate will drop, and within a few minutes it will recover completely.

(7) Check your training effect

1) At the end of aerobic training, measure your heart rate.

2) Start to slow down and cool down.

3) Remember your heart rate after 60 seconds.

4) Time to return to normal heart rate.

5) Check the intensity of your exercise every few weeks.