YOUNGFIT Foldable Elliptical Machine User Manual

USER MANUAL
Magnetic Elliptical Cross Trainer
Installation Video
Assembled link of magnetic elliptical cross trainer:
https://www.youtube.com/watch?v=Xx9ndWJpy_g

Contents

Safety Instructions

1. Consult your doctor before starting any exercise program. It is advisable to undergo a complete physical examination.
2. Work at the recommended exercise level, do not overexert yourself. If you feel any pain or discomfort, stop exercising immediately and consult your doctor.

3. Use the appliance on a solid, flat surface, with some type of protection for the floor or carpet. In the interest of safety, the equipment must have at least 1 metre of free space around it. Do not allow children to play with the equipment or in the immediate vicinity. Keep your hands well away from any of the moving parts.

4. Check the elliptical trainer before starting the exercise; to make sure that all of the parts are attached and that the nuts, bolts, pedals and focus bars have been tightened correctly prior to use.

5. Any adjustment device that could interfere with the user's movement should not be left projecting.

6. People should be careful with the joint place between pedal tubes and swing bar tubes. If fingers get stuck, injuries could be caused.

7. Wear appropriate clothing and footwear for the exercise. Do not use loose clothing. Do not wear leather soled shoes or footwear with high heels.

8. This appliance has been tested and it complies with standard EN957, suitable for domestic use only. Braking is independent of speed.

Important.

1. Read the instructions carefully before proceeding to assemble the equipment.

2. Remove all the parts from the cardboard packaging and check them against the parts list to ensure that there is nothing missing.

3. Do not throw the cardboard away until the elliptical trainer is fully assembled.

4. Always use the appliance in accordance with the instructions. If you discover any defective component while assembling or checking the equipment, or if you hear any strange noise during exercise then stop. Do not use the appliance until the problem has been resolved.

Exercise Instruction

Use of the ELLIPTICAL TRAINER offers various benefits; it will improve fitness,muscle tone and when used in conjunction with a calorie controlled diet it will help you to lose weight.

Warm-up phase

This phase speeds up the body's blood circulation and gets the muscles ready for exercise. It also reduces the risk of cramp and sprains. It is advisable to do some stretching exercises, as shown below. Each stretch should last approximately 30 seconds, do not overexert the muscles. If you feel pain, STOP.

Reach with your left hand behind your head to the right shoulder and pull with the right hand slightly to the left elbow. After 20sec. switch arm.	Bend forward as far forward as possible and let your legs almost stretched. Show it with your fingers in the direction of toe.2x20sec.	Sit down with one leg stretched out on the floor and bend forward and try to reach the foot with your hands. 2x20sec.	Kneel in a wide lunge forward and support yourself with your hands on the floor. Press the pelvis down. Change after 20 sec leg.

Exercise phase

This phase requires the greatest physical exertion. After regular exercise the leg muscles will become more flexible. It is important to keep the rhythm constant. The rhythm of the exercise should be fast enough to bring the heart rate into the target area, as shown on the following graph:
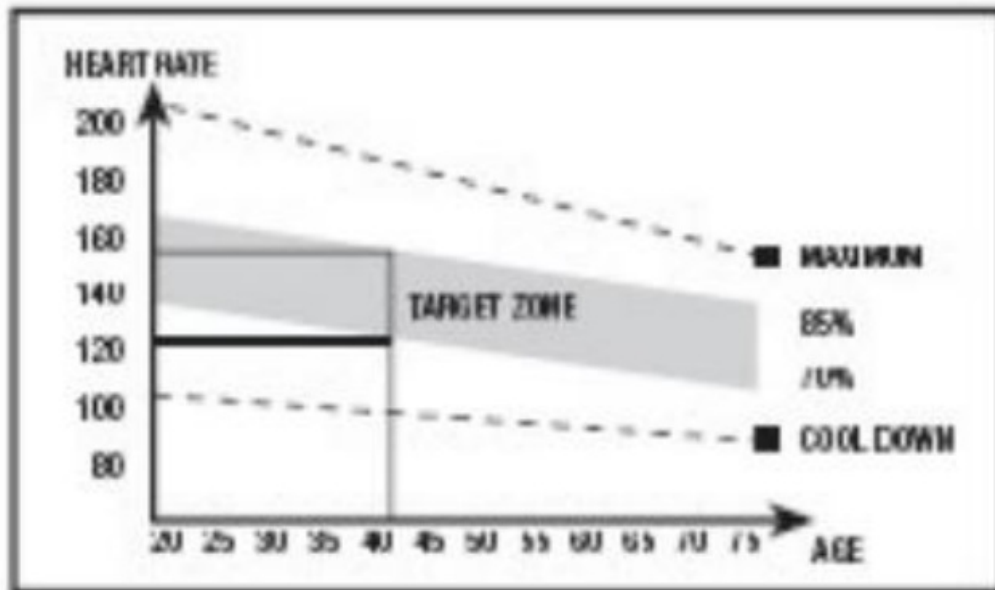
This phase should last at least 12 minutes, although it is advisable for most people to start off with sessions of 10-15 minutes.

Cool-down phase

This phase allows the cardiovascular and muscle system to relax. It consists of repeating the warm-up exercises, i.e. reducing the rhythm and continuing for approximately 5 minutes. Repeat the stretching exercises but remember not to overexert the muscles. Eventually your training sessions will have to become longer and more intensive. It is advisable to exercise at least three days per week, on alternate days.

Muscle toning

You should select a high exertion level in order to tone muscles during exercise. This entails greater stress on the leg muscles, so it may be wise to reduce exercise times. If you also wish to improve your overall fitness then you should change your training program. Do the warm-up and cool down exercises as normal but when you are reaching the end of the exercise phase, increase the exertion level in order to make your legs work harder. You should reduce speed in order to keep your heart rate within the target area.
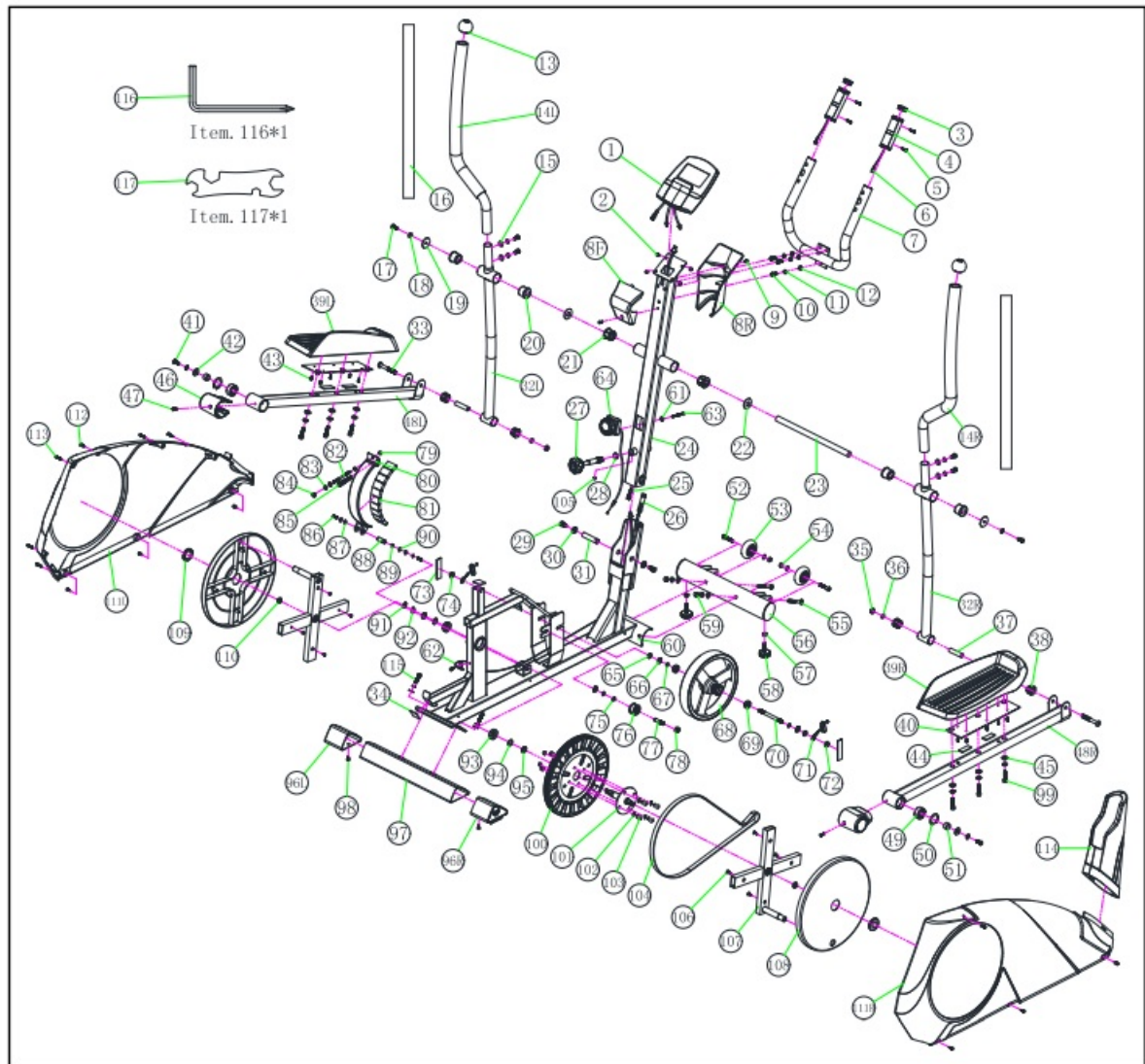
Weight loss

In this case the important factor is the effort made. The more intense and the longer the session, the greater the number of calories burned. Even though you are doing the same work as you do to improve fitness, the objective has changed.

General Instructions

Carefully read through the instructions contained in this manual. It provides you with important information about assembly, safety and use of the machine.

1. This unit has been designed for home use. The user weight does not have to exceed 150kg.

2. Keep your hands well away from any of the moving parts.

3. Parents and/or those responsible for children should always take their curious nature into account and how this can often lead to hazardous situations and behaviour resulting in accidents. This unit does not have to be used in any case like toy.

4. The owner is responsible for ensuring that anyone who uses the machine is duly informed about the necessary precautions.

5. Your unit can only be used by one person at a time.

6. Use suitable clothing and footwear. Tie up your shoelace correctly.

Exploded View

Hardware Package

#2	#9	#10
M5*12 4PCS	M5*15 2PCS	M8*20 7PCS

#11	#12	#15
Φ8 17PCS	8*16*1.5 3PCS	8*19*1.5 8PCS

#45	#55	#59
8*19*2 6PCS	M8*65 2PCS	M8 2PCS

#99	#115	#116
M8*35 6PCS	M8*30 2PCS	S5 1PC

#117
S10.S14.S17.S19 1PC

Parts List

| NO.	Description	Qty	NO.	Description	Qty.
60	Main frame	1	90	Wave Washer	1
61	Curved Washer	1	91	C-sharp clip	1
62	Inductor	1	92	Wave Washer	1
63	Round head screw	1	93	Bearing	2
64	Upper Computer Cable	1	94	Washer	2
65	Nut	2	95	Washer	2
66	C-sharp clip	3	96L	Rear stabilizer cap L	1
67	Wave Washer	3	96R	Rear stabilizer cap R	1
68	Flywheel axis	1	97	Rear stabilizer tube	1
69	Chain adjust set	2	98	Drill screw	9
70	Nut	1	99	Flat round head hexagon bolt	6
71	Chain adjust set	2	100	Belt wheel	1
72	Nut	1	101	Pedal axle	1
73	EVA cotton	2	102	Spring Washer	4
74	Wash face Hexagon nuts	1	103	Allen bolt	4
75	Washer	1	104	Belt	1
76	Idler wheel	1	105	Flat round head hexagon bolt	1
77	Idler wheel axis	1	106	Flat head tapping screw	8
78	Nylon nut	1	107	Cross welding	2
79	Nut	2	108	Cycle plate	2
80	Magnetic frame	1	109	Crank plus	2
81	Magnet	10	110	Flathead screw	2
82	Double-thread screw	1	111L	Chain cover L	1
83	Silica gel washer	1	111R	Chain cover R	1
84	Nylon nut	5	112	Drill screw	6
85	Spring	1	113	Self-tapping screw	5
86	Allen bolt	2	114	Front plastic cover	1
87	Washer	3	115	Allen bolt	2
88	Spin axis	1	116	Allen key wrench	1
89	C-sharp clip	1	117	Open spanner	1

Assembly Instructions

Take the unit out of its box and make sure that all of the pieces are there:
The assistance of a second person is recommended when assembling this STEP 1.
Straighten the handle bar post (24) upward in the direction of the arrow.
(24) Handle bar post.
(60) Main frame.
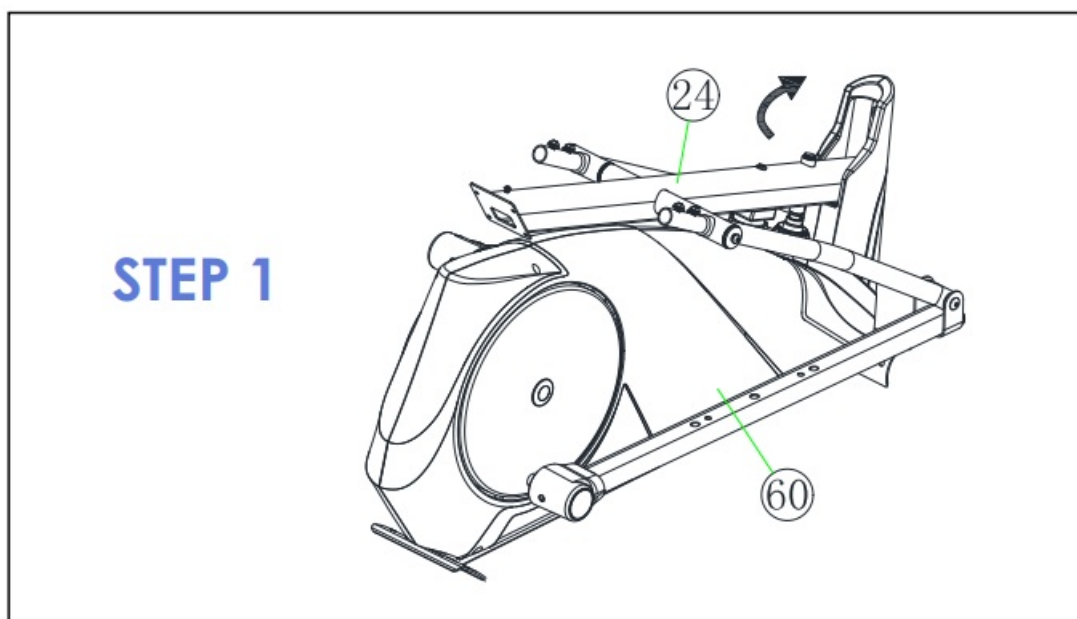
STEP 2. When the handle bar post (24) is straightened, insert it into the fixed position with the knob (27) and tighten it in the direction as shown.
Attach the front stabilizer tube (56) to the main frame (60) by using the carriage bolts (55) and cap nuts (59).
Use the spring(11),the curved washer(15) and the Allen bolt(115) to tighten the rear stabilizer tube(97) into the main frame(60).
(11) 8 Spring washer.
(15) 8*19*1.5T Curved washer.
(27) M14*107 Knob.
(55) M8*65 Carriage bolt.
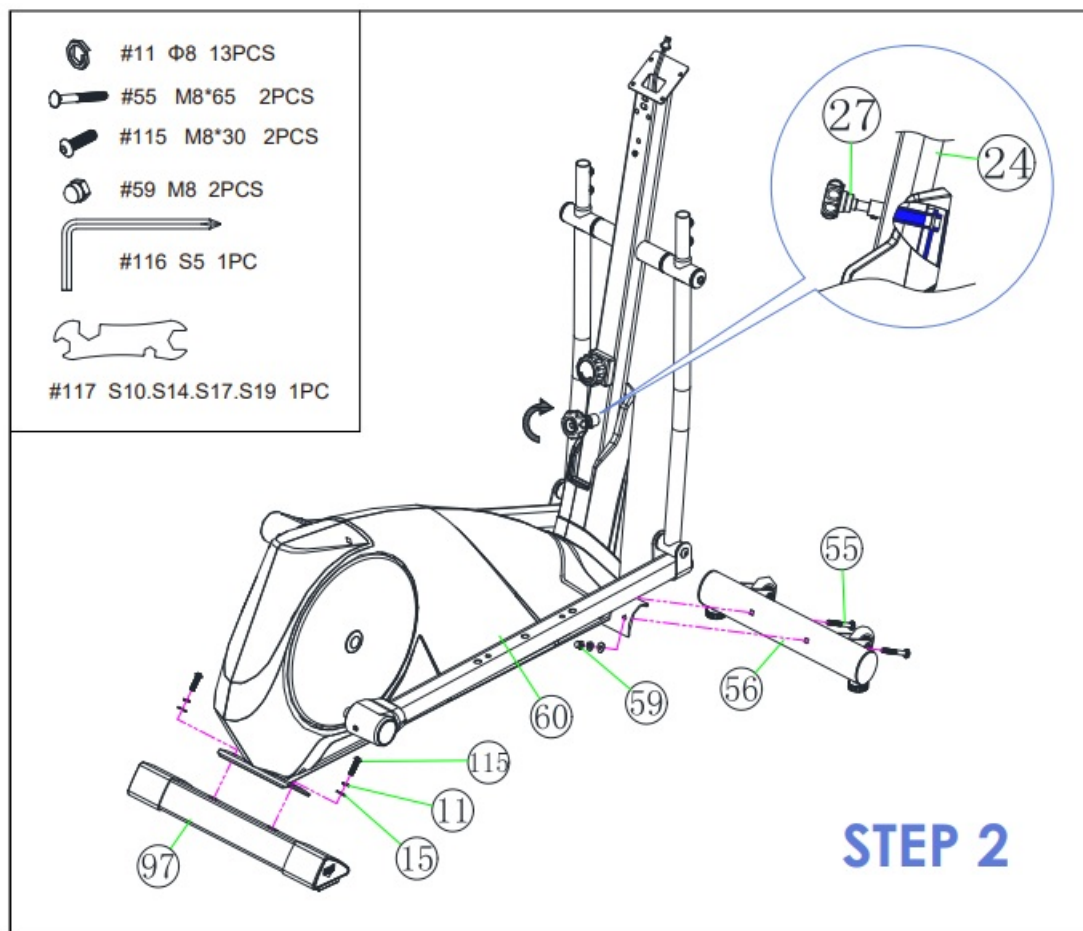(56) Φ60 Front stabilizer tube.
(59) M8 Cap nut.
(97) Rear stabilizer tube.
(115) M8*30 Allen bolt.

Parts list:
- #11 Φ8 13PCS
- #55 M8*65 2PCS
- #115 M8*30 2PCS
- #59 M8 2PCS
- #116 S5 1PC
- #117 S10.S14.S17.S19 1PC

STEP 2

Unfolding The Unit

Place the machine horizontally on a smooth, level surface. Step 1.
Release the knobs on the rear stabilizer by rotating them counterclockwise. Extend the rear stabilizer and re-tighten knobs securely.
Then raise the handle bar post. Secure it in the vertical position by tightening the knob (27).
STEP 3. Installation of the pedal(39) at pedal support tube (48).

1. Push the pedal left (39L) onto the pedal support tube left(48L). Adjust the holes in the parts so that they are aligned.
2. Push the washer (45) and flat round head hexagon bolt (99)from below the pedal left (39L)through the holes and tighten firmly.
3. Now go through the same procedure for the pedal right(39R) and the pedal support tube right(48R).
4. Place the handle tube (7) against the handle bar post (24) and tighten the handle tube (7) with Allen bolt(10), Washer(11) and Spring washer(12)at handle bar post (24) firmly.
5. Pull the two Hand pulse cables(6) out of the second hole.

(6) Hand pulse cables	(24) handle bar post
(7) Φ32 Handle tube	(39) pedal
(10) M8*20 Allen bolt	(45) 8*19*2T Washer
(11) 8 Washer	(48) Pedal support tube
(12) 8*16*1.5T Spring Washer	(99) M8*35 Flat round head hexagon bolt
(14) Φ32 Hand grip	
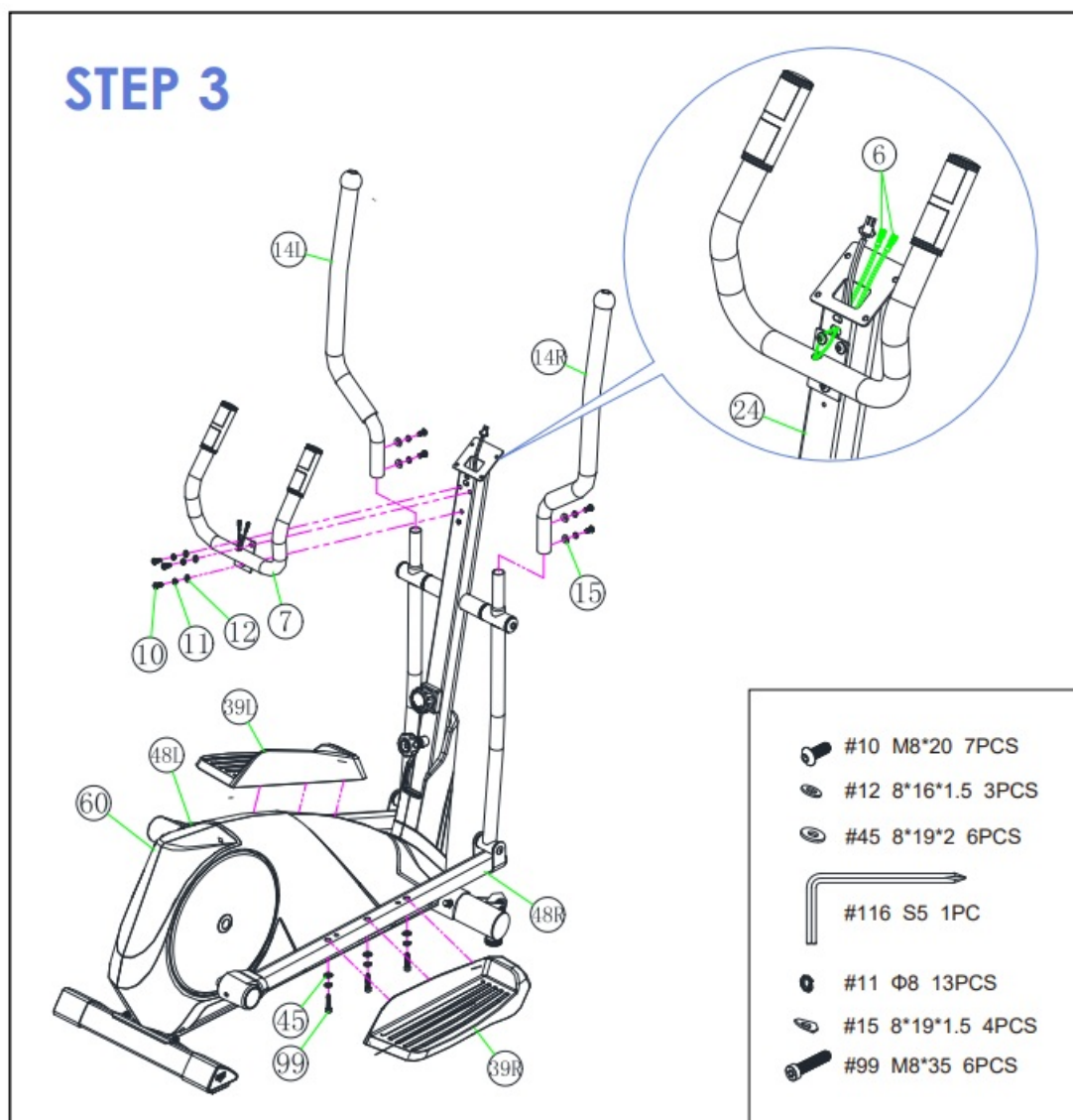
Fitting The Upper Focus Bars

Take the hand grip left (14L) (marked with the letter "L").
Insert the hand grip onto the bottom left focus tube, lining up the letters (L).
6. Fit the bolt (10), the washers (11), (12) and tighten securely. Now go through the same procedure for the hand grip right (14R).
STEP 4. Installation of the monitor (1) and monitor rack (8).

1. Open the battery compartment cover and then put the batteries in it. Remove the 4 screws on the back of the monitor (1)with Allen key Wrench(116)

2. Push the plug of the Connection cable(25) and Hand pulse cable(6) into the associated socket of the monitor

(1).

3. Place the monitor (1) on top of handlebar support and attach it with the screws(2).

4. Attach the Monitor Rack-F&R(8F&8R) to the handle bar post(24) by using 2 screws (9). Tighten and secure with Allen key Wrench(116).

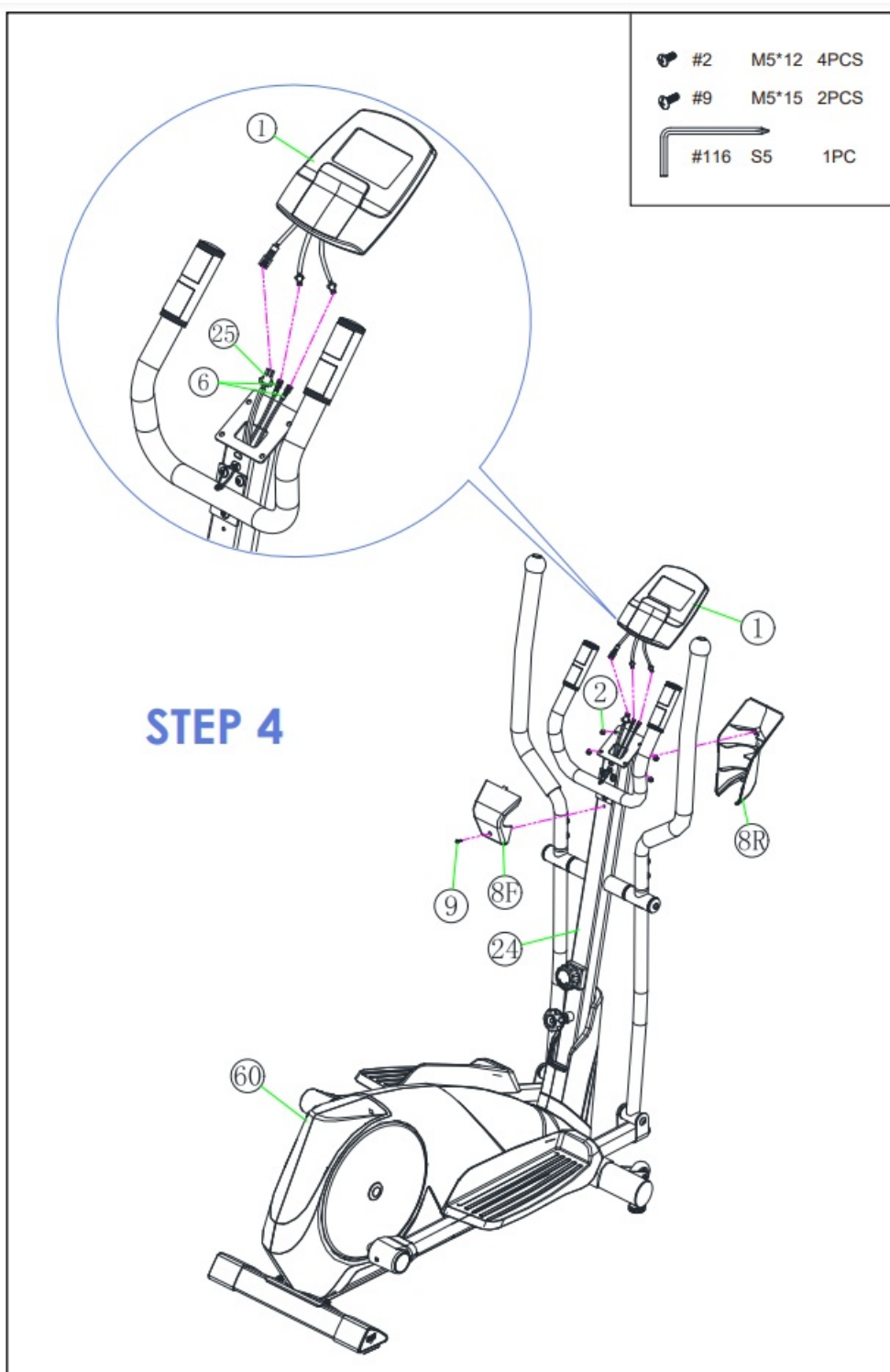   (1) 10327 Monitor

   (2) M5*12 Screw

   (6) Hand pulse cable

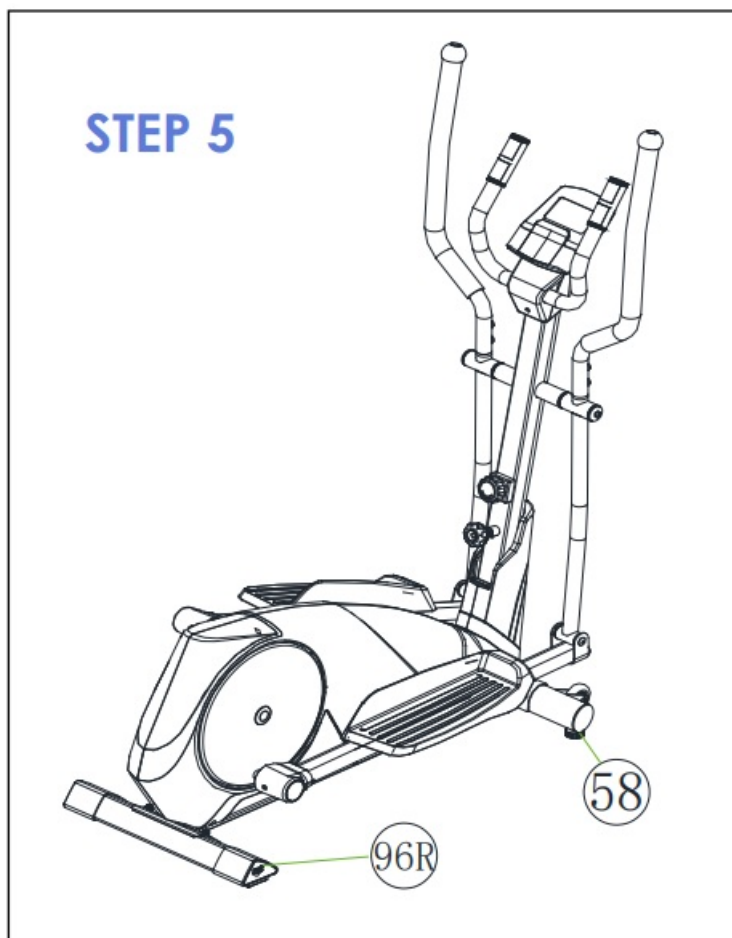   (8) Monitor Rack

   (9) M5*15 Screw

   (24) handle bar post

   (25) Connection cable

   (116) S5 Allen key Wrench

	#2	M5*12	4PCS
	#9	M5*15	2PCS
	#116	S5	1PC

STEP 4

Levelling

Once the unit has been placed into its final position, make sure that it sits flat on the floor and that it is level. This can be achieved by screwing the adjustable knob (58), (96) up or down. as shown in Step 5.

Movement & Storage

The unit is equipped with rollers (53) to make it easier to move. The rollers located at the front of your unit make it easier to move it into a chosen position, by lifting the rear of the unit up slightly and pushing it, as shown in Step 6. Store your unit in a dry place, preferably not subject to changes in temperature. Do not hesitate to get touch with the Technical Assistance Service if you have any queries by phoning customer services .

Monitor Instruction

BUTTONS

1. MODE

Press this button to changeover display or choose the window needs to be set.

2. RECOVERY / UP

I. In setting status, press this button to increase setting value in relevant flashing window for TIME, DIST, CAL and TEMP(℃ or ℉)

ii. In non-exercise or non-setting status, press this button to enter/exit pulse recovery function.

3. DOWN

In setting status, press this button to decrease setting value in relevant flashing window for TIME, DIST, CAL and TEMP(℃ or ℉)

4. RESET/GO

I. In setting status, press this button to reset the value in relevant flashing window for TIME, DIST and CAL.

ii. In parameters setting status for body fat, press this button to enter body fat test.

iii. In monitor status, hold this button for 3 seconds to reset all value to zero.

5. BODYFAT

In non-exercise status, press this button to enter/exit body fat parameters set-up.

FUNCTIONS

1. SPEED/BODYFAT RATIO/RPM(IF HAVE)

I. Display instantaneous speed and the range is 0.0~99.9KM/H.Or,if the monitor showing M,the range will be 0.0~99.9MILE/H.The max. pickup signal is 1500rpm.

ii. Display current repetition per minute(RPM) during exercise. It reflects the pedal frequency. The range is 0~1500 rate per minute. (IF HAVE)

iii. Display Body fat ratio.

2. TIME/BMI

I. Count the total time from exercise start to the end and the range is 0 ~ 99M59S.

ii. Exercise time can be set in advance, when it approaches the preset time, the monitor will alarm 10 seconds. The maximum pre-set time is 99 minutes.

iii. Display Body Mass Index (BMI).

3. DISTANCE/BMR

I. Count the total distance from exercise start to the end and the range is 0.00 ~ 9.99 ~ 99.9KM. Or,if the meter showing M, the range will be 0.00 ~ 9.99 ~ 99.9 MILE.

ii. Exercise distance can be set in advance, when it approaches the preset distance, the monitor will alarm 10 seconds. The maximum pre-set distance is 99.9KM or MILE(if the monitor showing M).

iii. Display Basal Metabolic Rate(BMR).

4. CALORIES/TEMPERATURE

I. Count the total calories consumed from exercise start to the end and the range is 0.0 ~ 99.9 ~ 999KCAL.

ii. The calorie value can be set in advance, when it approaches the preset calorie, the monitor will alarm 10 seconds.

iii. Display room temperature(TEMP).

5. PULSE

I. Measure the your heart rate per minute. The range is 40 ~ 240bpm.

ii. It will display "P" to pause the pulse test if there is no pulse signal over 60 seconds.

You can press UP or DOWN to enter the pulse test again.

6. WHEEL DIAMETER

The wheel perimeter has been set according to client's requirements.

7. ALARM

The monitor will "Beep" when press "MODE" "RECOVERY/UP" "DOWN", RESET/GO or "BODYFAT" buttons.

8. AUTO ON/OFF & AUTO START/STOPI

Without any signal of exercise or operation for 8 minutes, the power will turn off automatically and all the memory will be cleared off except body fat parameters and temperature.

ii. Once receive exercise or operation signal, the monitor will turn on automatically.

OPERATION

1. SET

Press MODE to choose the display window that needs to be pre-set, and the value in relevant window will flash. Then press UP/DOWN to increase/decrease the value to reach your want alarm time,alarm distance, or alarm calorie. Hold UP/DOWN to increase/decrease the value rapidly. Press RESET to reset value in relevant flashing window.

2. PULSE RATE

Before measuring your pulse rate, press any button to change "P" into "0" in the window,then enter pulse mode.

Please place both your palms on the contact pads and the monitor will show your current heart beat rate in beats per minute (BPM) on the LCD after 3~4 seconds.

Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2 3 seconds, then will return to normal level. The measurement value cannot be regarded as the basis of medical treatment.

Note: If the computer is equipped with wireless heart rate measuring via the transmitter belt, before measuring your pulse rate, please wet the conductive pads on the underside of the transmitter with water, sweat or a conductive gel to ensure a good contact.then wear the belt across the chest. Adjust the belt until the transmitter sits snugly below the pectoral muscles for an accurate heart rate signal.

3. PULSE RECOVERY

In non-setting and non-exercising status, first test your pulse as above mentioned. Then press RECEOVERY/UP to enter pulse recovery function.

The display will show 1 minute count-down as well as your pulse rate.

Hold on the pulse sensor or wear the transmitter belt (IF HAVE) until it counts down to zero. Then, it will pop up your pulse recovery level from F1 to F6, that is, from the fastest recovery to slowest. The fastest recovery F1 show the best.

Press RECOVERY/UP again to exit pulse recovery function.

4. BODYFAT, BMI & BMR

In non-exercising status, press BODYFAT to enter body fat parameters settings. You can set from the below sequence: exerciser No.(1 ~ 8), weight(KG), height(CM), age (YEAR), gender. But, if the meter showing M, the weight will show "lb",while height will show "in".

Press MODE to proceed to next parameter setting.

Press RECOVERY/UP to increase the setting value while press DOWN to decrease.

When you finish setting, hold the pulse sensor and press RESET/GO. Then the display will show your body fat in 6 seconds.

Press BODYFAT again to exit body fat test.

Remark:

I. During parameters setting, it will exit body fat test automatically if detects no operation signal over 10 seconds.

ii. During body fat test, it will display Er.1 if sense no test target over 10 seconds.

5. AUDIO AMPLIFIER AND SPEAKER [IF HAVE] Connect the audio input plug to the audio player, the turn on the audio switch that in right side of the computer. In that case, the audio can be in play.

BODYFAT CONTRAST

Gender/Age	Underweight	Healthy	Slightly Overweight	Overweight	Obese
Malc/ < 30	<14%	14%-20%	20.1%-25%	25.1%-35%	>35%
Male/ >30	< 17%	17%–23%	23.1%-28%	28.1%-38%	>38%
Female/< 30	< 17%	17%-24%	24.1%-30%	30.1%-40%	> 40%
Female/ > 30	<20%	20%-27%	27.1%–33%	33.1%-43%	>43%

MP3(IF HAVE)

When the MP3 or cellphone connected with the input interface at the side of the computer by stereo plug, turn on the audio of the external service and put it to ON,if there's ON/OFF switch at the side of the computer ,then, music playing. If no ON/OFF switch here, it will play music automatically.

BATTERY REPLACE

When the display becomes dim or illegible, remove the battery and replace with SIZE AA UM3 R6 or SIZE AAA UM4 R03(It depends on the original battery model)

Customer After-Sales Service

📞 Phone Number: 626 688 9296

✉ Mailbox: **youngfitservice88@gmail.com**

🕐 Working Time: Monday – Friday
10:00-12:00 AM PST
2:00-5:00 PM PST
MADE IN CHINA

Documents / Resources

YOUNGFIT Foldable Elliptical Machine [pdf] User Manual
Foldable Elliptical Machine, Elliptical Machine, Machine

References

- [**User Manual**](#)