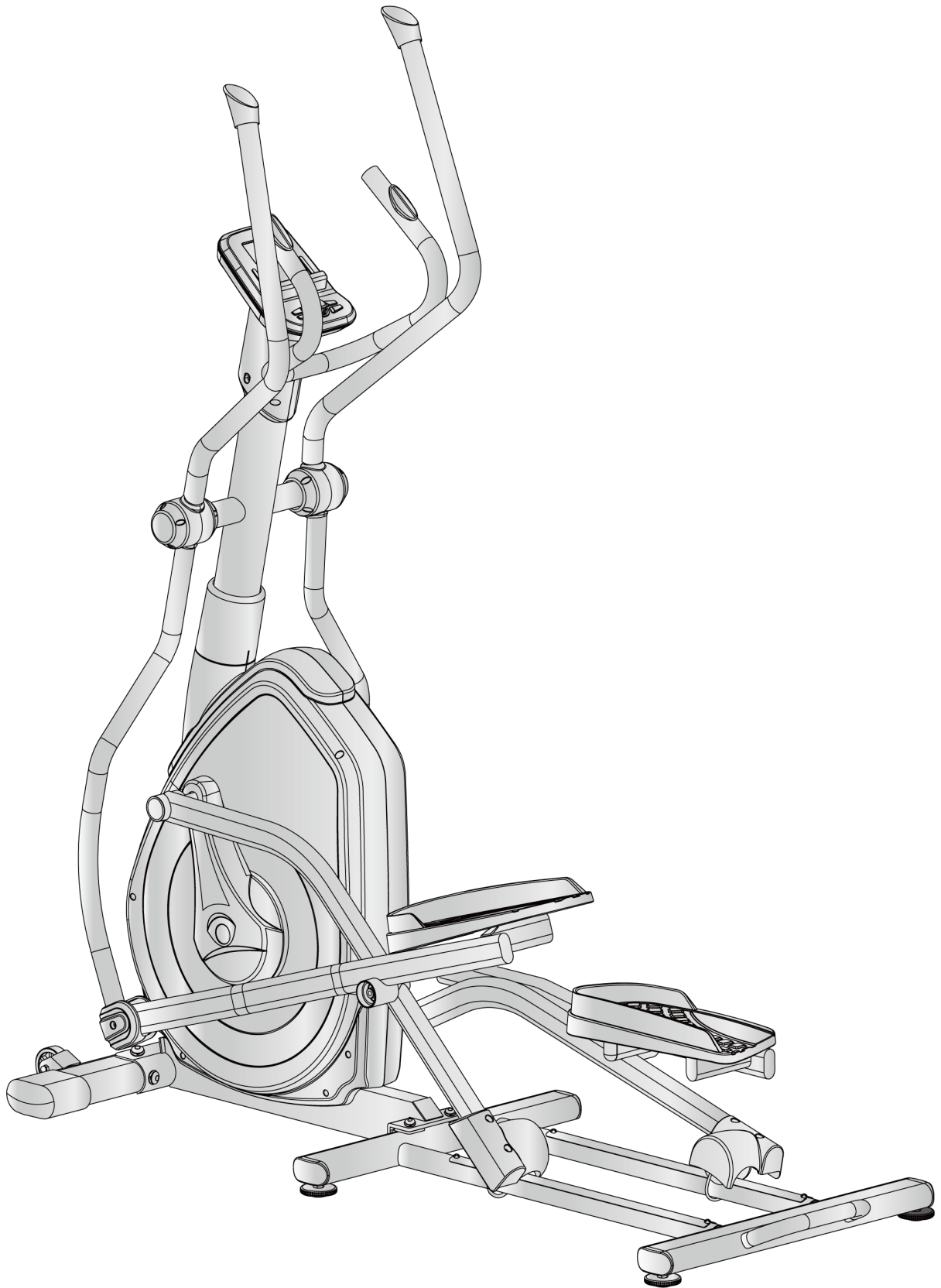


# USER MANUAL

## BodyMax E80 Elliptical Cross Trainer

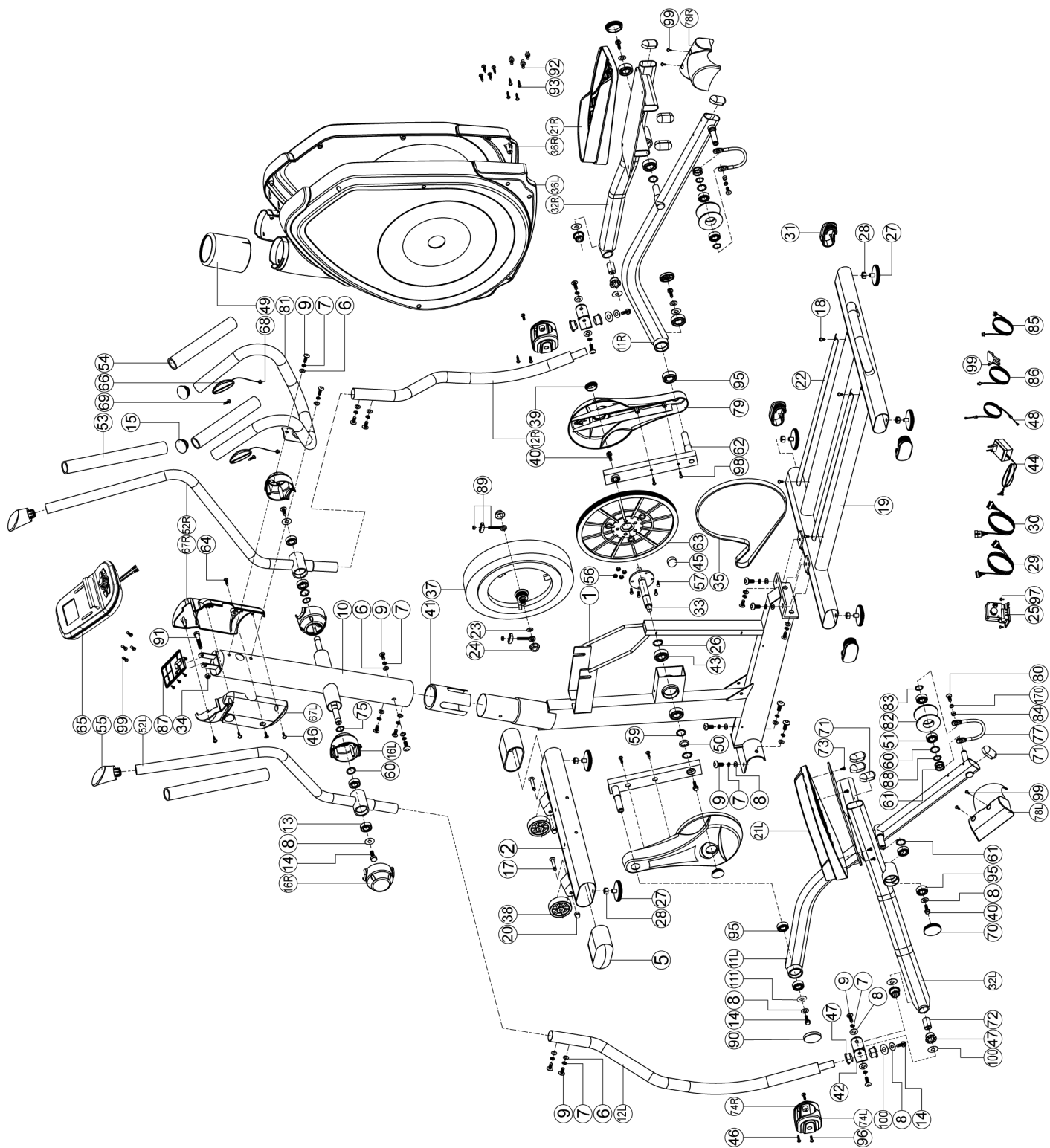




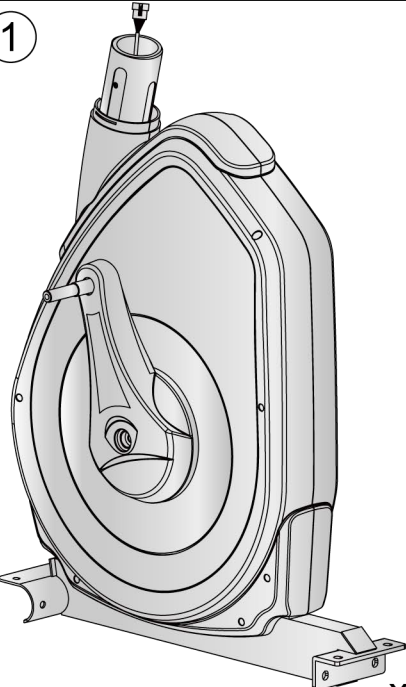
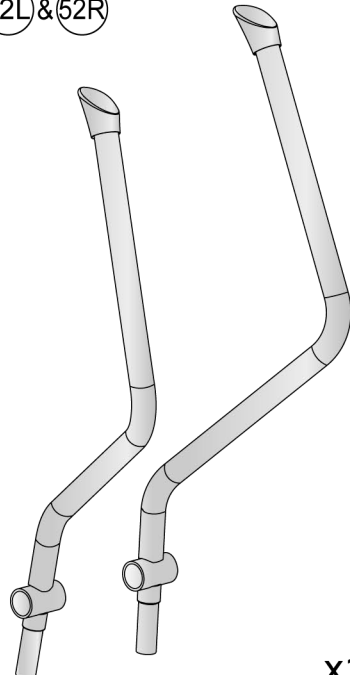
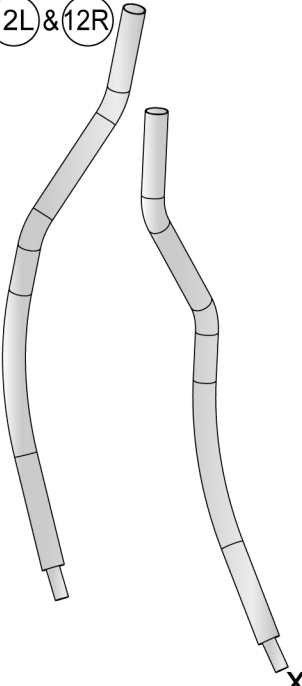
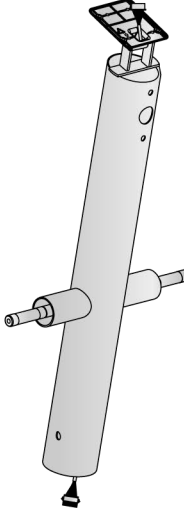
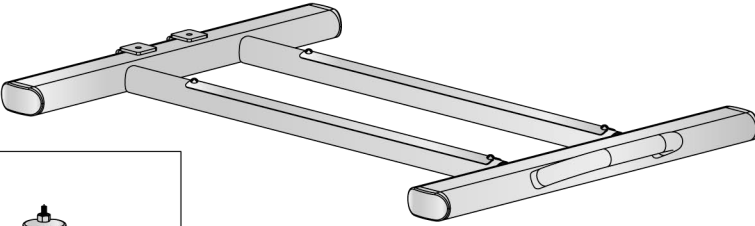
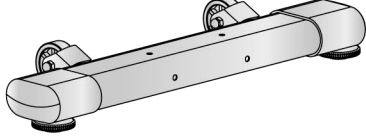

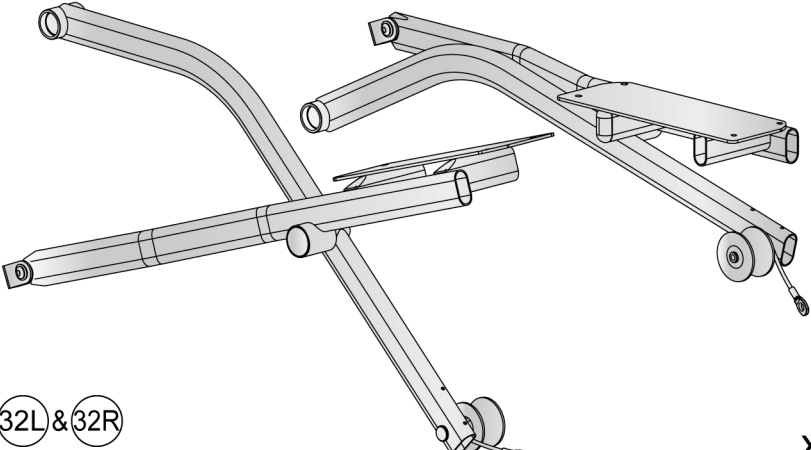


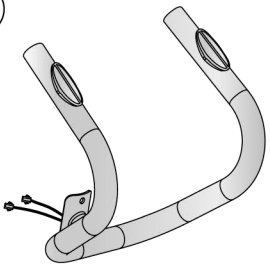


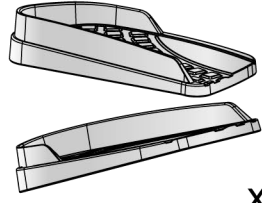

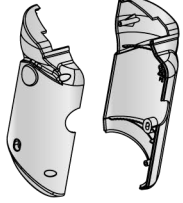
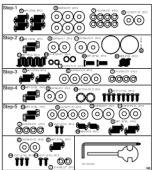
- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
  - If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
  - Only one person should use the exerciser at a time.
  - Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly seated.
  - Before you start your work-out, remove all sharp-edged objects around the exerciser.
  - Only use the exercise for your work-out if it works flawlessly.
  - Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
  - Parents and other supervisory persons should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to children's natural play instinct and interest in experimenting.
  - If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development, and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
  - Make sure there is sufficient free space around the exerciser when you set it up.
  - To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use it in a way for which it is not intended due to their natural play instinct and interest in experimenting.
  - Please note that an improper and excessive work-out may be harmful to your health.
  - Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
  - When setting up the exerciser, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.
  - Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.
- Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you
- your work-out and sensible eating habits.

- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exercise
- The general rule is that exercisers and training devices are no toys. Therefore, they must only be used by properly informed or instructed persons.
- Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.
- Children, disabled and handicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.
- Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.
- When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.
- Do not work out immediately after meals!

# Exploded drawing:



# Checking list:

<p>①</p>  <p>x1</p>	<p>⑤2L &amp; ⑤2R</p>  <p>x1</p>	<p>①2L &amp; ①2R</p>  <p>x1</p>	<p>⑩</p>  <p>x1</p>	
<p>⑱</p>  <p>x1</p>	<p>②</p>  <p>x1</p>			
<p>⑲</p>  <p>x4</p>				
<p>⑳</p>  <p>x1</p>	<p>⑳L &amp; ⑳R</p>  <p>x1</p>	<p>④9</p>  <p>x1</p>		
<p>㉑L &amp; ㉑R</p>  <p>x1</p>	<p>㉒</p>  <p>x1</p>	<p>④4</p>  <p>x1</p>	<p>㉓L &amp; ㉓R</p>  <p>x1</p>	<p>㉔L &amp; ㉔R</p>  <p>x2</p>
			<p>㉕L &amp; ㉕R</p>  <p>x1</p>	<p>④5</p>  <p>x1</p>

## Part list:

Part no	Description	Drawing no.	Specification	Q'ty
1	Main frame	741J2-3-1000-J0		1
2	Front stabilizer	741J2-3-2100-J0		1
5	Oval base	741J2-6-2173-B0	50*100*100	2
6	Curved washer D22xD8.5x1.5T	55108-3-2215-FA	D22xD8.5x1.5T	12
7	Spring washer D15.4xD8.2x2T	55108-2-1520-FA	D15.4xD8.2x2T	22
8	Flat washer D25*D8.5*2T	55108-1-2520-FA	D25*D8.5*2T	12
9	Allen bolt M8x1.25x20L	50308-5-0020-F0	M8x1.25x20L	26
10	Handlebar post	741J2-3-2000-J0		1
11L	Supporting tube for left pedal	741J2-3-3810-J1		1
11R	Supporting tube for right pedal	741J2-3-3811-J1		1
12L	Supporting tube for left movable handlebar	741J2-3-3710-J0		1
12R	Supporting tube for right movable handlebar	741J2-3-3711-J0		1
13	Bushing	58002-6-1057-00	D35*11L	4
14	Bolt	50108-2-0020-U0	M8x1.25x20	6
15	Mushroom cap D11/4"*29L	553K0-1-0029-B3	D1 1/4"*29L	2
16L	Upper foot Cover (Left)	70501-6-2481-B0	80*55*87	2
16R	Upper foot Cover (Right)	70501-6-2480-B0	80*50*87	2
17	bolt M6*1*15L	50308-5-0040-F3	M8*1.25*40L	2
18	Cross bolt	52606-2-0015-N0	M6*1*15L	4
19	Rear stabilizer	741J2-3-2112-B70		1
20	Domed nut M8*1.25*15L	55208-6-2015-FA	M8x1.25x15L	2
21L	Left pedal	58029-6-1138-B0	399.6*183.6*69.7	1
21R	Right pedal	58029-6-1139-B0	399.6*183.6*69.7	1
22	Sliding beam guider	741J2-6-5171-00	R21*596*1.5T	2
23	Flat washer D22*D10*2T	55110-1-2220-NA	D22*D10*2T	1
24	Anti-loosen nut 3/8"-26UNFx6.5T	18600-6-3175-N1	3/8"-26UNFx6.5T	2
25	Motor	180B2-6-2571-00	M8	1
26	C-clip D22.5*D18.5*1.2T	55519-1-2312-DA	D22.5*D18.5*1.2T	2
27	Adjustable round wheel	709S0-6-2174-B0	D59*M10*40L	6
28	Bolt nut	55210-2-2008-NA	M10*1.5*8T	6
29	Upper computer cable	73102-6-2572-00	800L	1
30	Lower computer cable	738A2-6-2573-00	800L	1
31	Round cap	55340-3-4080-B8	40*80*40L	4
32L	Bracket for left pedal	741J2-3-6000-J1		1
32R	Bracket for right pedal	741J2-3-6025-J1		1
33	Crank	739G0-3-2903-00		1

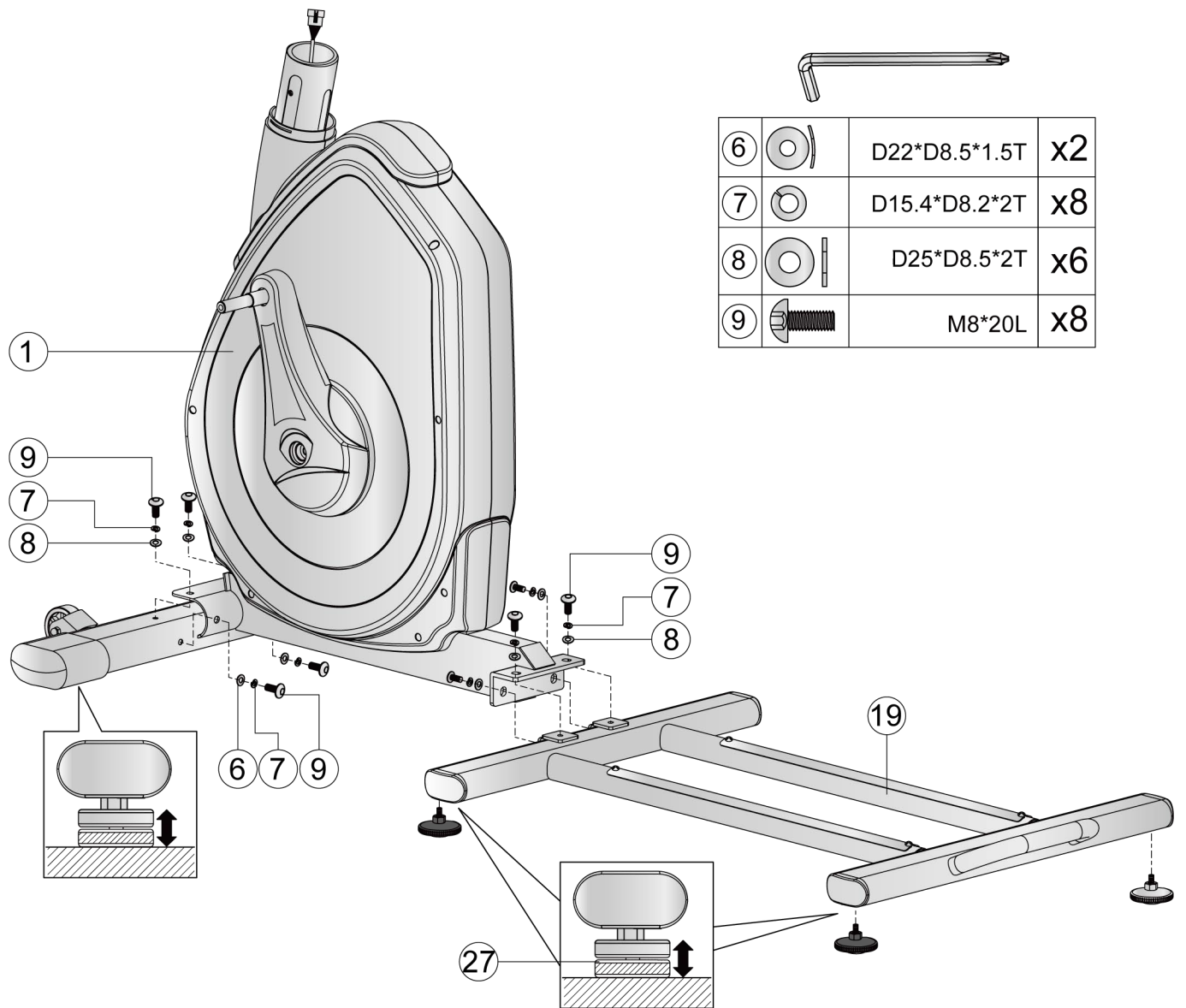
34	Nylon nut M8*1.25*8T	55208-1-2008-FA	M8*1.25*8T	1
35	Multi-groove belt	58004-6-1013-00	440 PJ6	1
36L	Left chain cover	74102-6-4501-B0	757.3*558.1*73.6	1
36R	Right chain cover	74102-6-4502-B0	757.3*558.1*69.2	1
37	Flywheel	741H2-3-3102-00	D260*116	1
38	Wheel	26100-6-1087-B0	D65*24	2
39	Side cover	70200-6-4582-B1	D36x14	2
40	Bolt M8x1.25x25	50108-2-0025-U0	M8x1.25x25	6
41	Inner tube	70802-6-1071-B0	D71.5*108L	1
42	Pedal joint tube	73800-3-3804-J0		2
43	Bearing #6004ZZ	58006-6-1017-00	#6004ZZ	2
44	Adaptor	741J2-6-2584-00	9V.2A	1
45	Round magnet	174R4-6-2574-00	M02	1
46	Screw ST3.5*1.0*15L	50904-2-0015-F0	ST4*1.41*15L	13
47	Bushing	58002-6-1051-B0	D19.15x(D25.6x32)xL(17+3)	8
48	Tension cable	741J2-6-2601-00	D1.5x450L	1
49	Handlebar post cover	70501-6-4580-B0	D100*120	1
50	Flat washer	55120-1-2615-NA	D26*D21*1.5T	1
51	Bearing 6002 ZZ	58006-6-1032-00	6002 ZZ	4
52L	Left movable handlebar	741J2-3-2430-J0		1
52R	Right movable handlebar	741J2-3-2450-J0		1
53	Foam D26*3T*770L	58015-6-1297-B0	D26*3T*770L	2
54	Foam D30x3Tx410L	58015-6-1369-B0	D30x3Tx410L	2
55	Round cap	70900-6-2475-B0	D28*90L	2
56	Nylon nut	55206-1-2006-CA	M6x1.0x6T	4
57	Bolt M6x1.0x15L	50106-5-0015-C0	M6x1.0x15L	4
59	Waved washer D27*D20.3*0.5T	55120-5-2705-DA	D27*D20.3*0.5T	1
60	Waved washer D21xD16.2x0.3T	55116-5-2103-DA	D21xD16.2x0.3T	4
61	Waved washer D22xD17x0.3T	55117-5-2203-DA	D22xD17x0.3T	10
62	Crank	741J2-3-2700-J1		2
63	Pulley	58008-6-1028-00	D305x19.5	1
64	screw	52804-2-0015-F0	ST4*1.41*15L	2
65	computer	741N2-6-2501-B0	SM-1730-31	1
66	Handpulse	71600-6-2478-B1	PE18	2
67L	Left computer bracket	739G0-6-2592-B0	113.5*60*252.1	1
67R	Right computer bracket	739G0-6-2593-B0	113.5*63.5*252.1	1
68	Handle pulse cable	71800-6-2479-00	600L	2
69	screw	50904-2-0025-D0	ST4x1.41x25L	2
70	Round cap	55345-1-0015-B8	D45*15	2
71	Oval cap	55326-3-2550-B8	25*50*26L	2
72	Short axle	73800-6-3890-N0	D19*44L	2

73	Screw bolt	52606-2-0015-F0	M6*1*15L	8
74L	Left cover for universal joint	73800-6-3888-B0	91.5*37*72	2
74R	Right cover for universal joint	73800-6-3889-B0	91.5*40*72	2
75	C-clip S-16(1T)	55516-1-0010-00	S-16(1T)	2
77	Roller limit rope	741E2-6-3891-B0	D4*180	2
78L	Left cover for wheel	742S2-6-3897-B0	143.1*113.3*65	1
78R	Right cover for wheel	742S2-6-3898-B0	143.1*113.3*65	1
79	Cover for crank	739G0-6-4524-B0	356.6*197	2
80	Screw	51608-5-0016-F0	M8*1.25*16L	2
81	Handlebar	741J2-3-2400-J0		1
82	Moving wheel	73800-6-3886-B3	D70*43	2
83	C ring	55515-1-0010-00	S-15(1T) D15	2
84	Spacer	73800-6-3892-N0	D11.5*D8*3.5T	2
85	Power cable	706E2-6-2596-00	150L	1
86	Sensor cable	703MB-6-2576-00	200L	1
87	Fixing bracket for computer	84002-6-2402-B2	120*110*2.5T	1
88	C ring	55517-1-0010-00	S-17(1T)	2
89	Washer adjustment set	12800-3-3300-00		2
90	axle over	196A0-6-3876-B0	D42x11.3	2
91	Allen bolt M8*1.25*45L	50308-5-0045-F3	M8*1.25*45L	1
92	Pin D6*26.5*7.7	71600-6-4586-60	D6*26.5*7.7	3
93	Screw	53342-2-0020-N0	ST4.2x1.4x20L	10
94	Bolt	52605-2-0012-F0	M5*0.8*12L	2
95	Bearing #6003ZZ	58006-6-1018-00	#6003ZZ	8
96	Screw	50805-2-0015-F0	M5*0.8*15L	4
97	Screw	53342-2-0015-N0	ST4.2x1.4x15L	2
98	screw	52804-2-0020-N0	ST4*1.41*20L	4
99	Bolt	52605-5-0015-F0	M5*0.8*15L	9
100	Plastic washer	55110-1-2404-BF	D10*D24*0.4T	6
	Allen Spanner	58030-6-1031-D1	M6	1
	Spanner	58030-6-1017-N1	M5 ( 10+13 )	1
111	Buffer	739S0-6-1081-B0	D27*D8.2*2.5T	2
170	Fixed ring	71600-6-3178-B0	D13*D10*1.9T	2



# Assembly drawing:

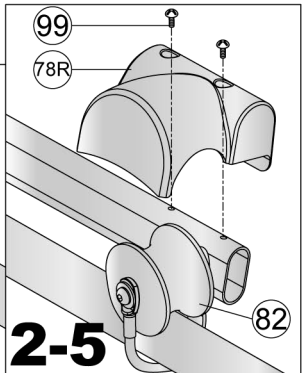
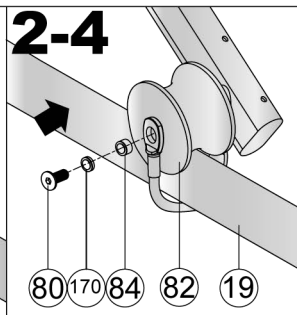
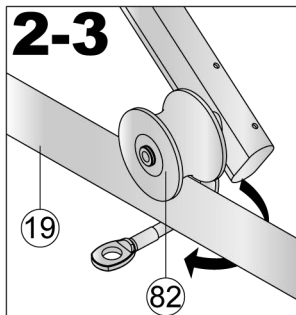
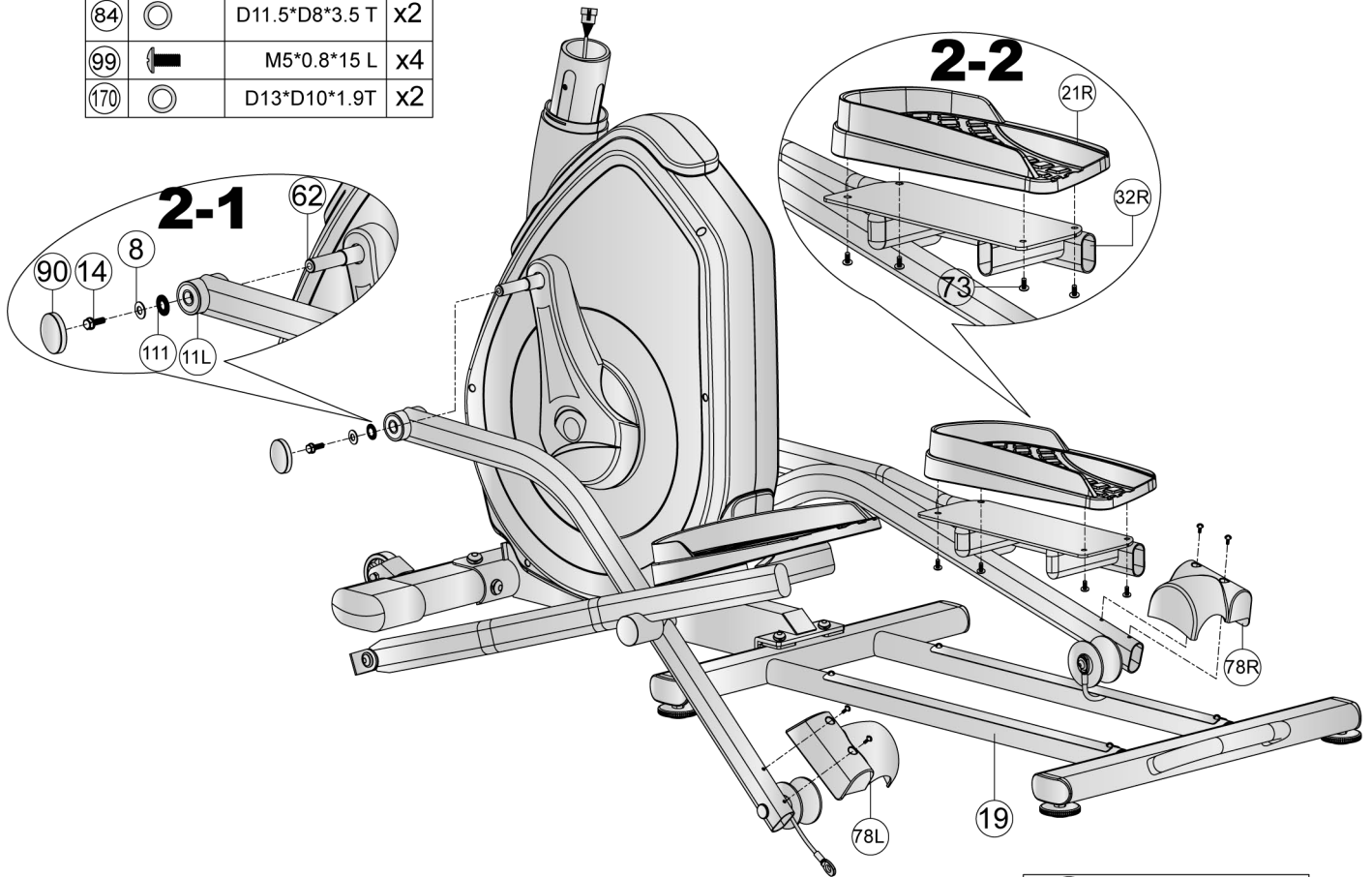
## STEP 1



# STEP 2



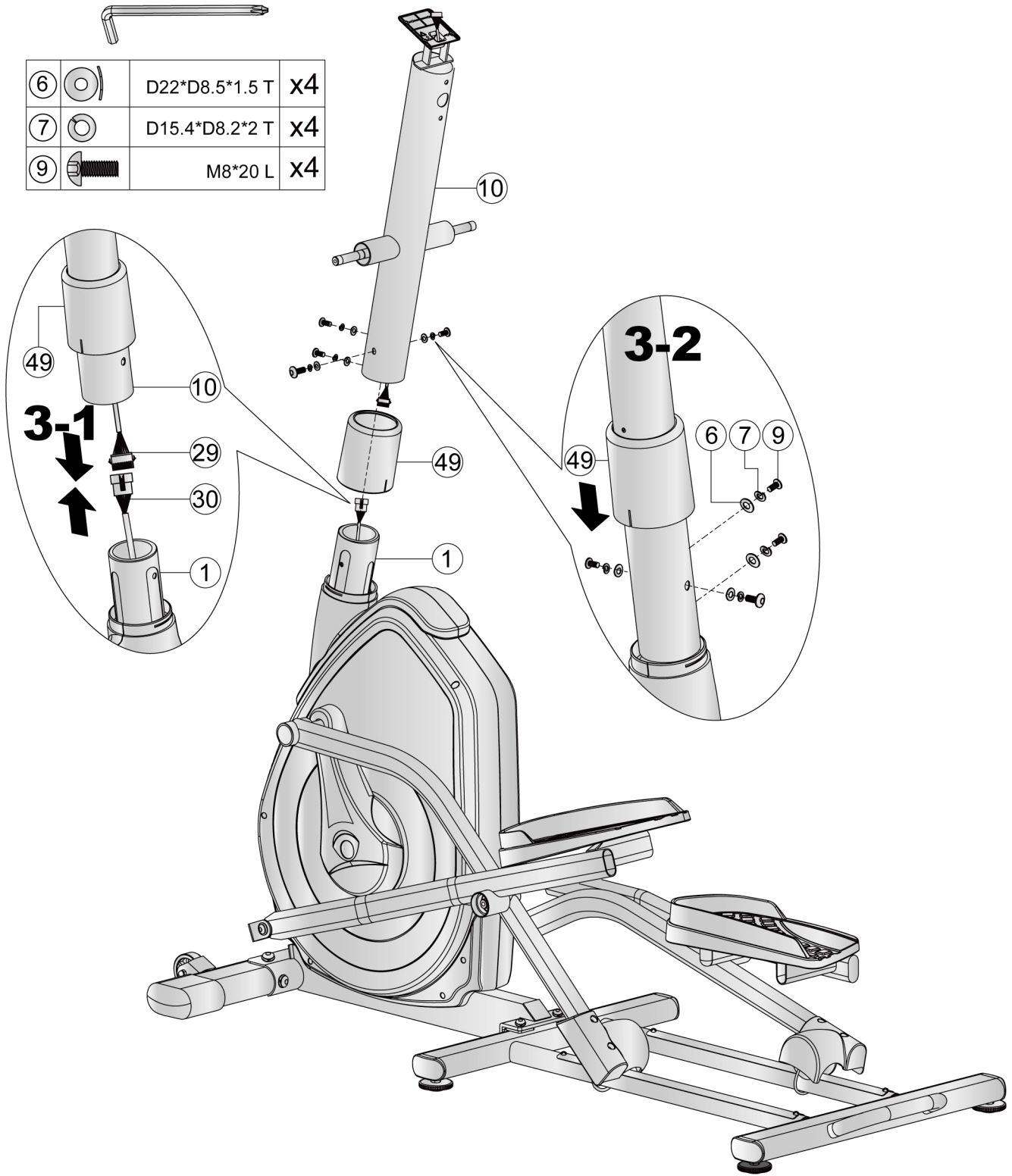
8		D25*D8.5*2 T	x2
14		M8*1.25*20 L	x2
90		D42	x2
111		D27*D8.2*2.5 T	x2
73		M6*1.0*15 L	x8
80		M8*1.25*16 L	x2
84		D11.5*D8*3.5 T	x2
99		M5*0.8*15 L	x4
170		D13*D10*1.9T	x2



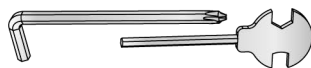
# STEP 3



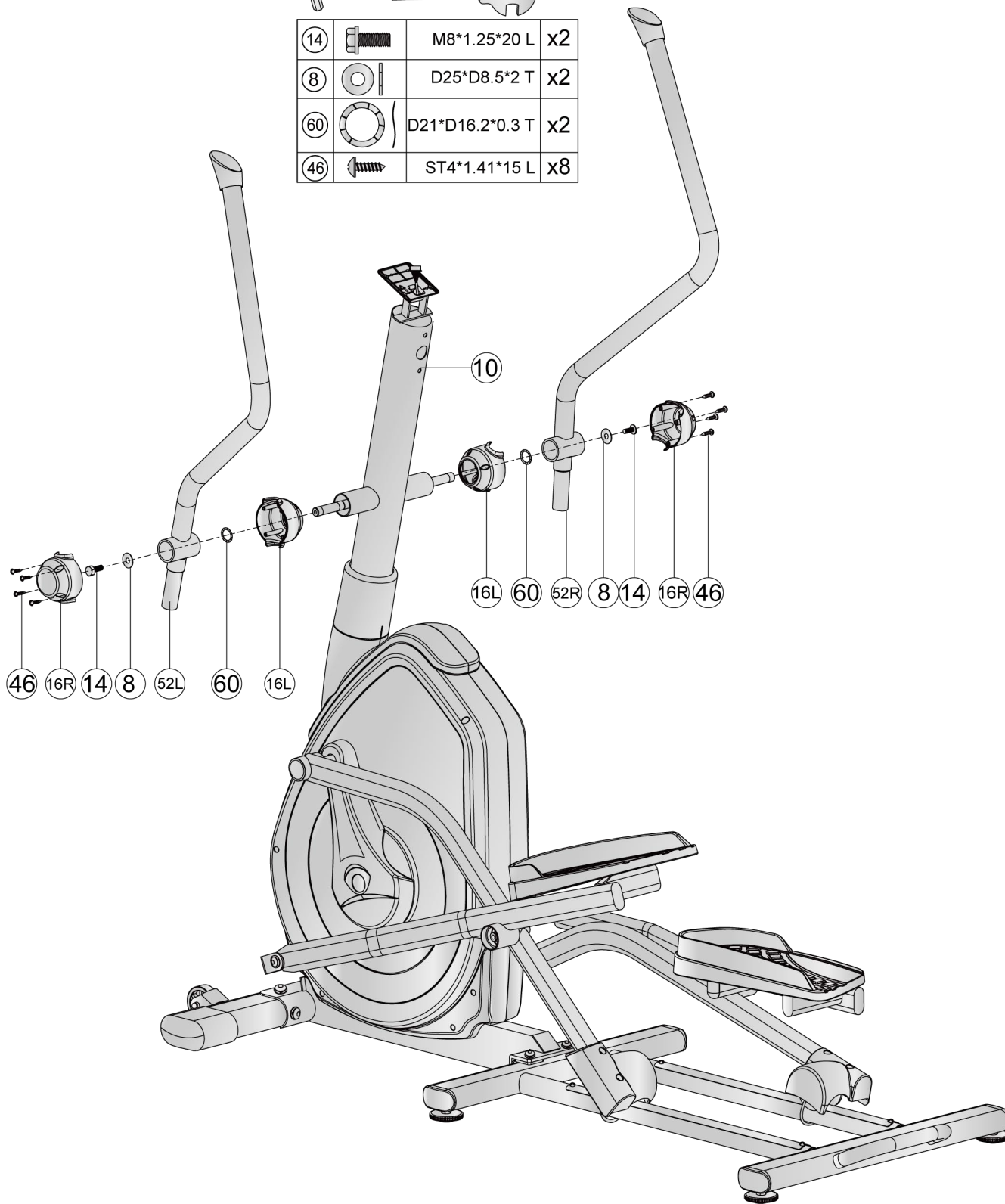
⑥		D22*D8.5*1.5 T	X4
⑦		D15.4*D8.2*2 T	X4
⑨		M8*20 L	X4



# STEP 4



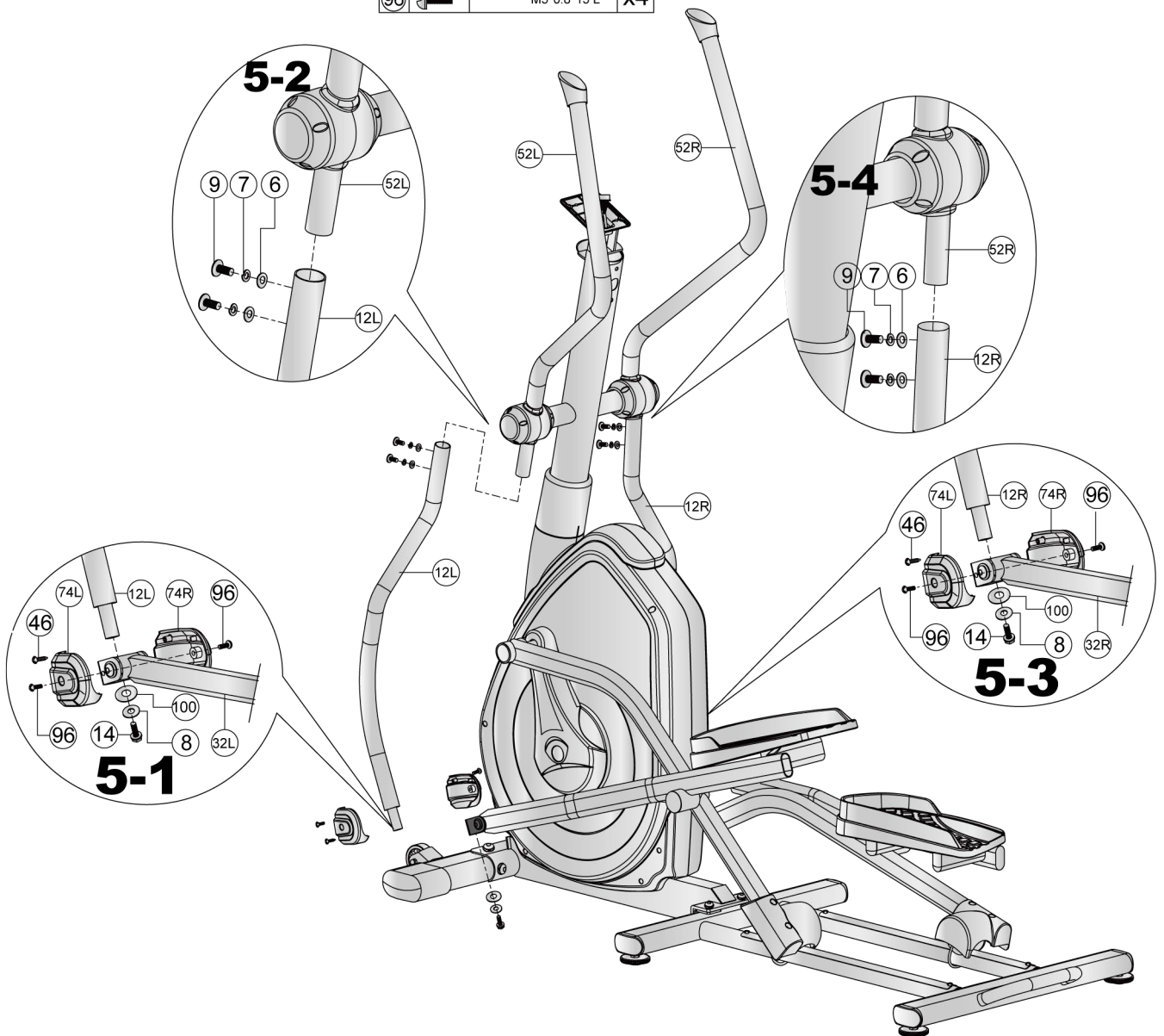
14		M8*1.25*20 L	x2
8		D25*D8.5*2 T	x2
60		D21*D16.2*0.3 T	x2
46		ST4*1.41*15 L	x8




# STEP 5









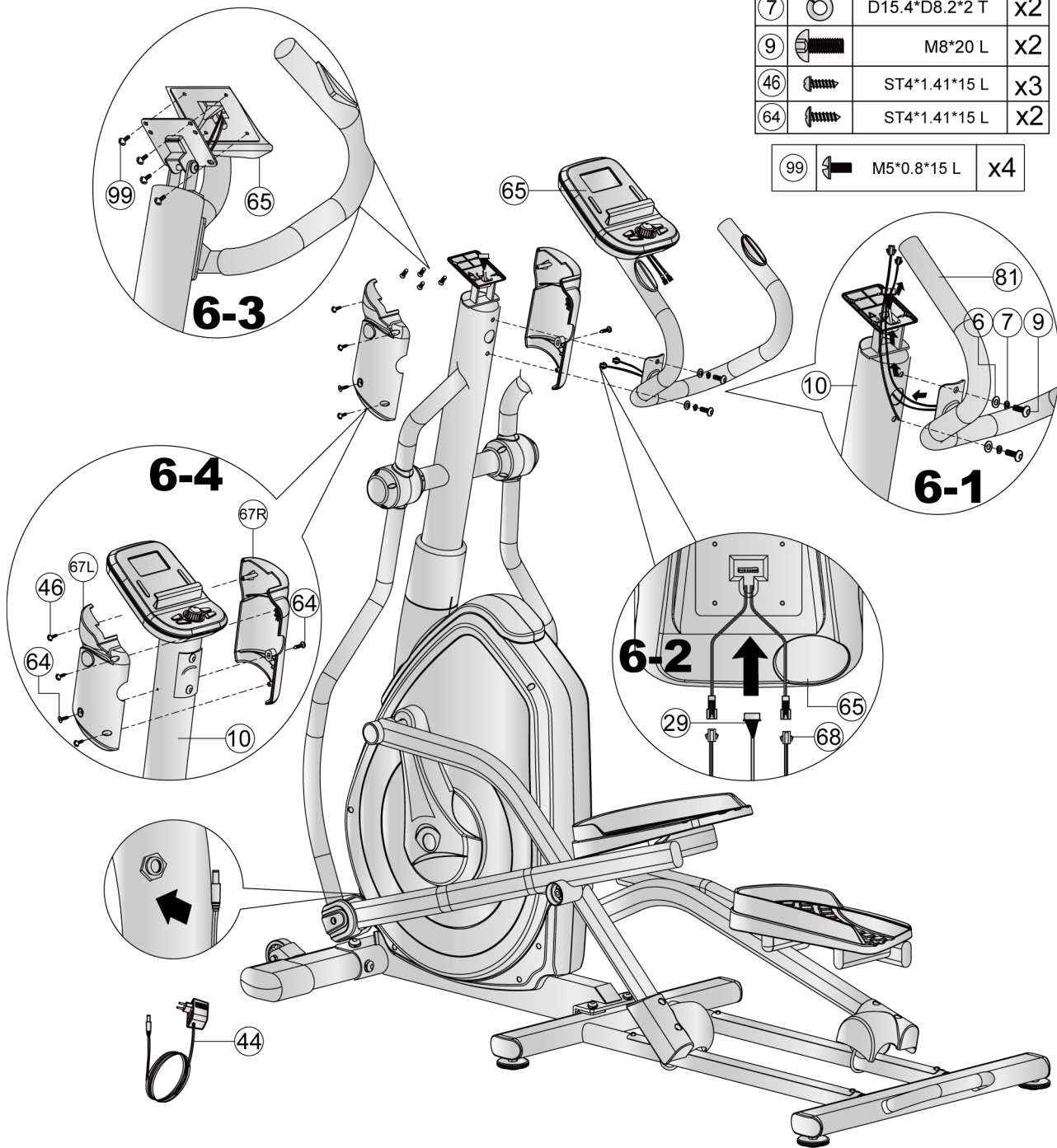
⑥		D22*D8.5*1.5 T	x4
⑦		D15.4*D8.2*2 T	x4
⑨		M8*1.25*20 L	x4
⑧		D25*D8.2*2T	x2
⑩⑩		D24*0.4T	x2
⑭		M8*1.25*20 L	x2
④⑥		ST4*1.41*15 L	x2
⑨⑥		M5*0.8*15 L	x4



# STEP 6



6		D22*D8.5*1.5 T	x2
7		D15.4*D8.2*2 T	x2
9		M8*20 L	x2
46		ST4*1.41*15 L	x3
64		ST4*1.41*15 L	x2
99		M5*0.8*15 L	x4



**6-3**

**6-4**

**6-1**

**6-2**

44

99

65

65

10

81

6

7

9

46

67L

67R

64

64

10

29

65

68



**DISPLAY FUNCTIONS**

ITEM	DESCRIPTION
<b>TIME</b>	Count up – No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 minute. Count down - If training with preset Time, Time will count down from reset to 00:00. Each preset increment or decrement is 1 minute between 00:00 to 99:00.
<b>SPEED</b>	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
<b>DISTANCE</b>	Accumulates total distance from 0.00 up to 99.9 KM or ML. The user may preset target distance data by using UP/DOWN button. Each incensement or decrement is 0.1KM or ML between 0.00~99.9.
<b>CALORIES</b>	Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
<b>PULSE</b>	User may set up target pulse from 0 - 30 to 230; and computer buzzer will beep when actual heart rate is over the target value during workout.
<b>RPM</b>	Displays the Rotation Per Minute. Display range 0~999
<b>WATTS</b>	Workout power consumption Range 0 ~ 999 In Watt constant mode, computer will remain preset watt value (setting range 0~350)
<b>MANUAL</b>	Manual mode workout.
<b>PROGRAM</b>	12 PROGRAM selection.
<b>USER PROGRAM</b>	User creates resistance level profile.
<b>H.R.C.</b>	Target HR training mode.
<b>WATT PROGRAM</b>	WATT constant training mode.

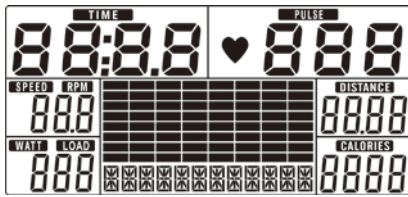
**KEY FUNCTION**

ITEM	DESCRIPTION
<b>Up (Encoder)</b>	Increase resistance level Setting selection.
<b>Down (Encoder)</b>	Decrease resistance level Setting selection.
<b>Mode / Enter</b>	Confirm setting or selection.
<b>Reset</b>	Hold on pressing for 2 seconds, computer will reboot and start from user setting. Reverse to main menu during presetting workout value or stop mode.
<b>Start/ Stop</b>	Start or Stop workout.
<b>Recovery</b>	Test heart rate recovery status.
<b>Body fat</b>	In stop mode, press it for body fat measurement.

## OPERATION:

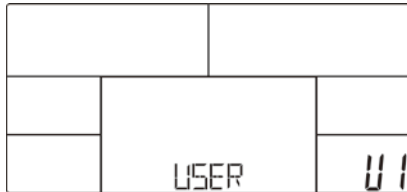
### POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds (Drawing 1).

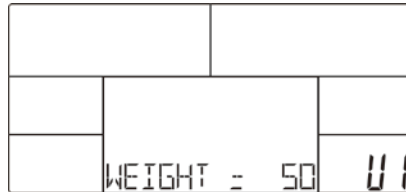


Drawing 1

Then enter into User data setting. Use UP or DOWN (Encoder) to select U1~U4 (Drawing 2), then set SEX, AGE, HEIGHT, WEIGHT (Drawing 3) and confirm by pressing MODE / ENTER button. When finishing user data profile, Console come to main menu.



Drawing 2



Drawing 3

### WORKOUT SELECTION

Use UP or DOWN (Encoder) to select workout Manual (Drawing 4) → Program (Drawing 5) → User Program (Drawing 6) → H.R.C. (Drawing 7) → Watt (Drawing 8).



Drawing 4



Drawing 5



Drawing 6



Drawing 7



Drawing 8

### Manual Mode

Press START in main menu may start workout in manual mode.

1. Use UP or DOWN (Encoder) to select workout program, choose Manual and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to preset TIME (Drawing 9), DISTANCE (Drawing 10), CALORIES (Drawing 11), PULSE (Drawing 12) and press MODE / ENTER to confirm.
3. Press START/STOP keys to start workout. Use UP or DOWN (Encoder) to adjust load level. Load level display in WATT window, no adjusting for 3s, it will switch to display WATT (Drawing 13).
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.





Drawing 9



Drawing 10



Drawing 11



Drawing 12



Drawing 13

### Program Mode

1. Use UP or DOWN (Encoder) to select workout program, choose Beginner mode and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to select program 1~12 (Drawing 14) and press MODE / ENTER to get into.
3. Use UP or DOWN (Encoder) to preset TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust load level.
5. Press START/STOP key to pause workout. Press RESET to reverse to main menu.



Drawing 14

### User Program Mode

1. Use UP or DOWN (Encoder) to select workout program, choose User Program mode and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to create user profile (Drawing 15). There are total 20 column, user can adjust each column load level. User can hold MODE / ENTER 2 seconds to quit during setting.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust load level.
5. Press START/STOP key to pause workout. Press RESET to reverse to main menu.



**H.R.C. Mode**

1. Use UP or DOWN (Encoder) to select workout program, choose H.R.C. and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to select 55%.75%.90% or TAG (TARGET H.R.) (default : 100, Drawing 17).
3. Use UP or DOWN (Encoder) to preset workout TIME.
4. Press START/STOP key to start or stop workout. Press RESET to reverse to main menu.



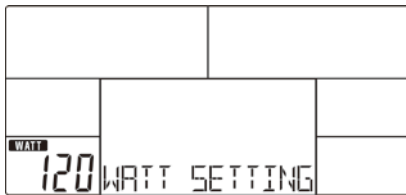
Drawing 16



Drawing 17

**Watt Mode**

1. Use UP or DOWN (Encoder) to select workout program, choose WATT and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to preset WATT target. (default: 120, Drawing 18)
3. Use UP or DOWN (Encoder) to preset TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust Watt level.
5. Press START/STOP key to pause workout. Press RESET to reverse to main menu.



Drawing 18

**RECOVERY**

After exercising for a period, keep holding on hand grips or wearing chest strap and press RECOVERY key. All function display will stop except "TIME" starts counting down from 00:60 to 00:00 (Drawing 19). Screen will display your heart rate recovery status with the F1, F2... to F6. F1 is the best, F6 is the worst (Drawing 20). User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)



Drawing 19



Drawing 20

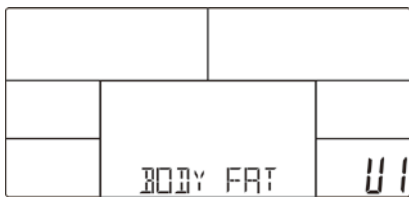
**BODY FAT**

1. In STOP mode, press the BODY FAT key to start body fat measurement (Drawing 21).
2. During measuring, users have to hold both hands on the hand grips. And the LCD will display "=" "=" (Drawing 22)for 8 seconds until computer finish measuring.
3. LCD will display BODY FAT advice symbol, BODY FAT percentage (Drawing 23), BMI (Drawing 24) for 30 seconds.
4. Error message:

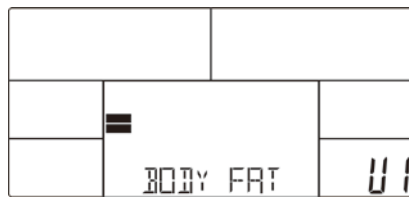
\*The LCD displays “= = ” “ = =” (Drawing 25) – means not hand the grip or wear chest strap correctly.

\*E-1 – There is no heart rate signal input detected.

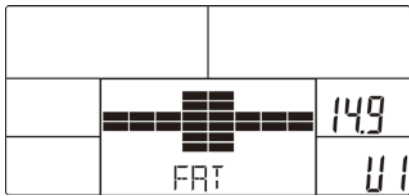
\*E-4 – Occurs when FAT% is below 5 or exceeds 50 and BMI result is below 5 or exceeds 50 (Drawing 26).



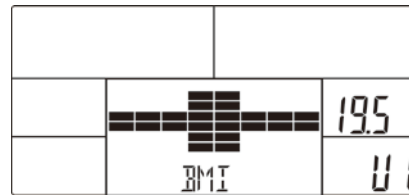
Drawing 21



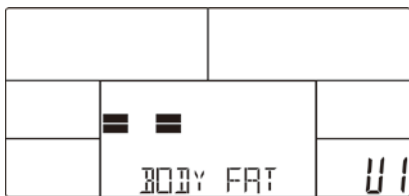
Drawing 22



Drawing 23



Drawing 24



Drawing 25



Drawing 26

**Noted:**

1. After 4 minutes without pedaling or pulse input, console will enter into power saving mode. Press any key may wake the console up.
2. When computer act abnormal, please plug out the adaptor and plug in again.