USER'S MANUAL

T-300PX / T-700PX

USER WEIGHT LIMITATION: **300lbs(136kgs).**

SERIAL NUMBER (found on frame):

For Customer Service

1-267-808-3999

Email: cs@go-elliptical.com

USA

Dear User,

Your GO Elliptical machine - Each machine shipped in Two Boxes Carton No. 1 is the main machine body and Carton No. 2 is the Per-assembled top post with the whole VST (Variable Stride length system)
Pre-assembled, machine now will be very easy and simple to put together Suggest you get a second partner to assemble the machine together We are sure you will be able to put the machine together with ease and enjoy The new World-wide Real VST unit with us.

Read the manual and there is no need to assemble any of the VST Part by you any longer!!

PREASSEMBLY

For future service or related questions:

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your item.

Name: _____ Phone Number: _____ Receipt: _____

Open the boxes:

You are now ready to open the boxes of your new equipment.   Make sure to inventory all of the parts that are included in the boxes.   Check the Parts List for a full count of the number of parts included for this product to be assembled properly.   .

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly.   Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit.   Make sure the space is free from anything that may cause injury during assembly.   After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting.   It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product.   If you weigh more than 325lbs. it is not recommended that you use this product.   Serious injury may occur if the user's weight exceeds the limit shown here.   This product is not intended to support users whose weight exceeds this limit.

For Customer Service
1-267-808-3999
Email: cs@go-elliptical.com

POWER REQUIREMENTS

Power Requirements:

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE RISK OF AN ELECTRIC SHOCK.   CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED.   DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.
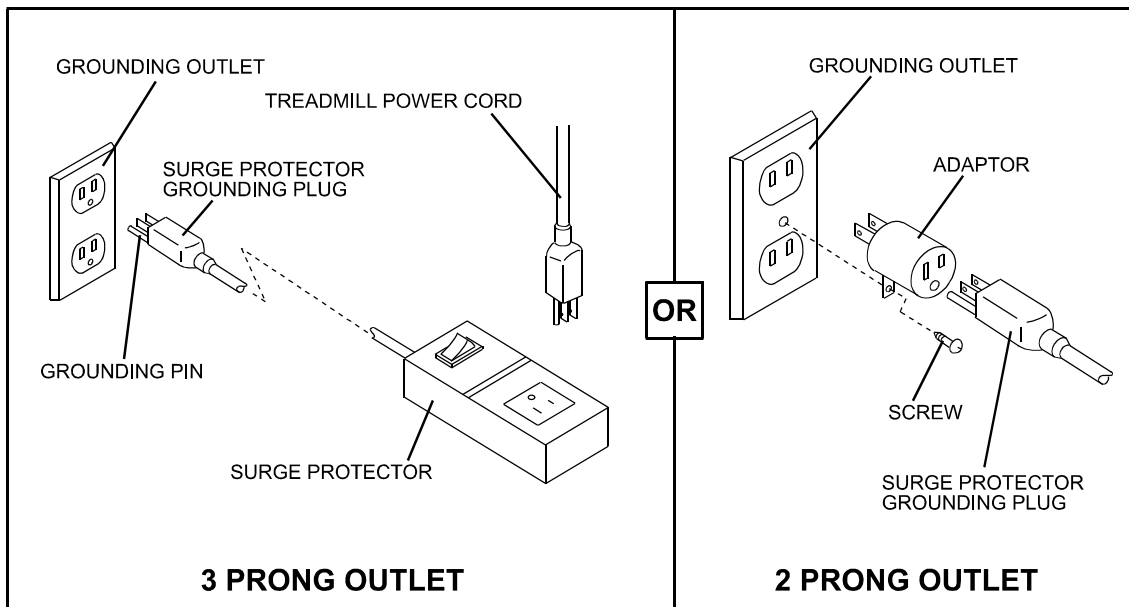
This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power.   Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off.   To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

Surge protectors can be purchased at most hardware stores.   The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 120VAC, 15 amps.
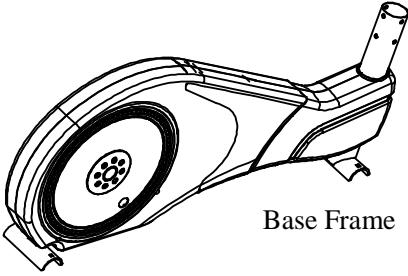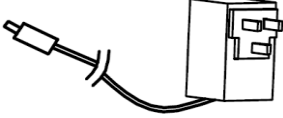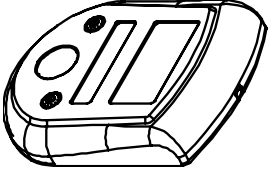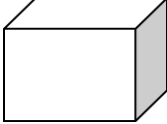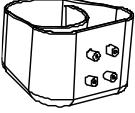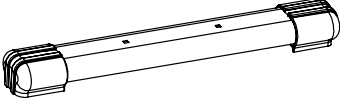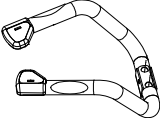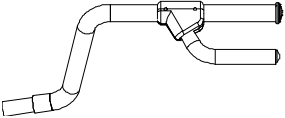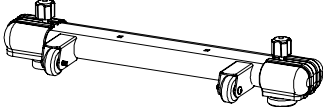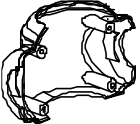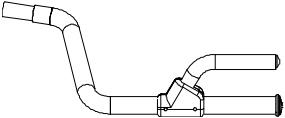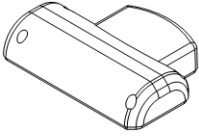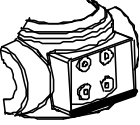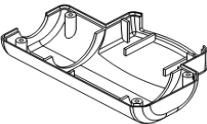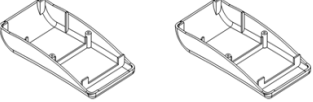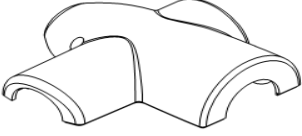
This treadmill must be grounded to reduce the risk of electrical shock.   Grounding provides a path of least resistance for electric current, should the treadmill malfunction.   This treadmill is equipped with an electrical cord that has an equipment-grounding conductor and a grounding plug.   Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.
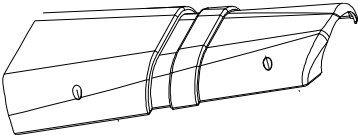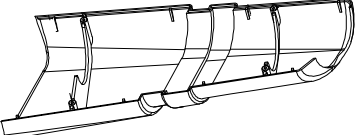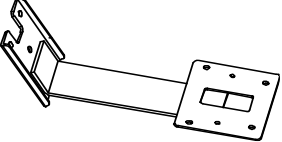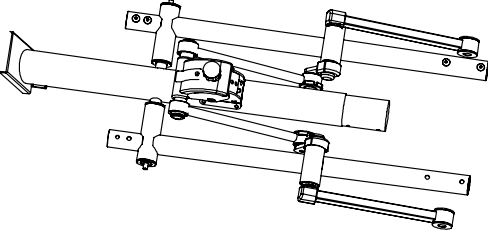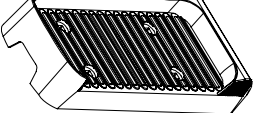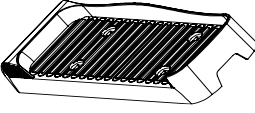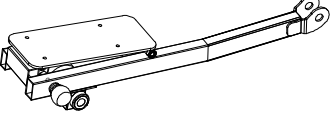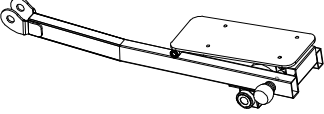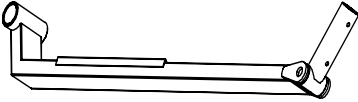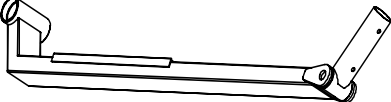
GFCI outlets and GFCI / AFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI / AFCI Circuit Breakers may cause this equipment to function improperly.

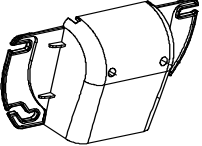| GROUNDING OUTLET | GROUNDING OUTLET |
TREADMILL POWER CORD	ADAPTOR
SURGE PROTECTOR GROUNDING PLUG	SCREW
GROUNDING PIN	SURGE PROTECTOR GROUNDING PLUG
SURGE PROTECTOR	

OR

3 PRONG OUTLET   **2 PRONG OUTLET**

SUPPLIED COMPONENTS BOX 1

Base Frame	Power pack	Console
	Hardwar box	Water Bottle Holder
	Rear Stabilizer	Fixed Handlebar
Action Handlebar (R)	Front Stabilizer	Upright Tube Front Cover
Action Handlebar (L)	Pedal Tube Cover Top L/R	Upright Tube Rear Cover
Pedal Support Tube Top (L/R)	Pedal Tube Cover Bottom L/R	Console Base Cover Rear
Pedal Support Tube Bottom (L/R)	Action Arm Cover Front	Action Arm Cover Rear

SUPPLIED COMPONENTS BOX 2

Upright Post Cover (L)	Upright Post Cover (R)	Console Base
Upright Tube	Pedal (R)	Pedal (L)
Pedal Support Tube (R)	Pedal Support Tube (L)	Fan/VST Board
Pedal Support Tube (L)	Pedal Support Tube (R)	

|0 10 20 30 40 50 60 70 80 90 100|
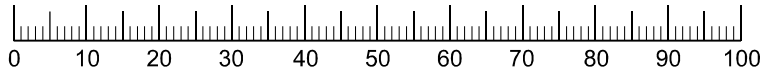
MILLIMETERS

TOOL included with machine:
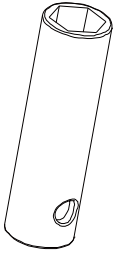
M8 socket
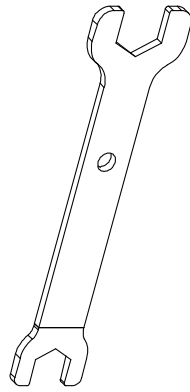
M8/M10
wrench
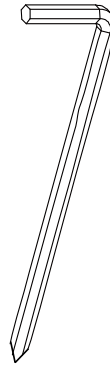
Screw driver 5mm

General tools prepared by user:
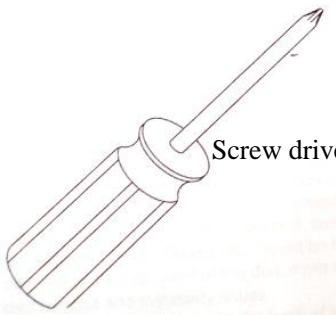
Screw driver 5mm
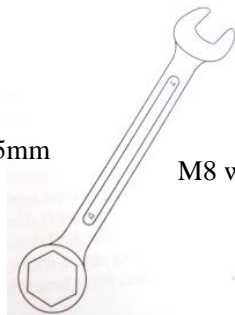
M8 wrench
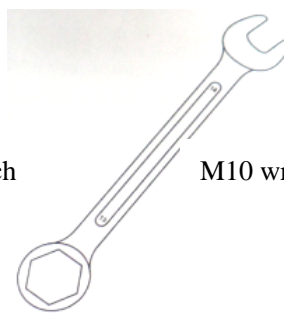
M10 wrench

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
1	Handlebar end cap	2	CE30XT-1
2	Handlebar grip	2	CE30XT-2
3	T-Bar grip	2	CE30XT-3
4	Hand pulse grip unit	2	CE30XT-4
5	End cap	4	CE30XT-5
6	Screw M8*1.25*15	2	CE30XT-6
7	Locking washer	2	CE30XT-7
8	Washer ∮25.4	2	CE30XT-8
9	Sleeve O.D. 25.4MM	4	CE30XT-9
10	Sleeve	8	CE30XT-10
11	Washer 10*32*2T	6	CE30XT-11
12	Nylock nut M10*1.5	9	CE30XT-12
13	Pedal tube shaft ∮17*70mm	2	CE30XT-13
14	Pedal tube shaft ∮17*97mm	2	CE30XT-14
15	Bearing 2203RS	4	CE30XT-15
16	Retainer R40	4	CE30XT-16
17	Washer 10*22*3T	2	CE30XT-17
18	Allen head bolt M8*1.25*15	38	CE30XT-18
19	Screw M8*1.25*65	4	CE30XT-19
20	Nylock nut M8*1.25	10	CE30XT-20
21	Plastic cap 5/16	4	CE30XT-21
22	Large square plastic cap	2	CE30XT-22
23	Rear foot cover	2	CE30XT-23
24	Front foot cover (middle)	2	CE30XT-24
25	Left roller holder	1	CE30XT-25
26	Right roller holder	1	CE30XT-26
27	Wheel	2	CE30XT-27
28	Screw M8*50	2	CE30XT-28
29	Screw M4*16mm	6	CE30XT-29
30	Screw M5*0.8*12	14	CE30XT-30
31	Screw M5*20	29	CE30XT-31
32	Screw M4*8	8	CE30XT-32
33	Bearing 6003	2	CE30XT-33
34	Bearing ∮17mm	4	CE30XT-34
35	Screw M6*15	1	CE30XT-35
36	Locking screw M8*1.25*30	1	CE30XT-36
37	Spacer 17*28*1.0	8	CE30XT-37
38	Screw M8*1.25*65	6	CE30XT-38

Item No.	Description	Qty.	Part No.
39	Washer 8*25mm	20	CE30XT-39
40	Screw M8*1.25*30	1	CE30XT-40
41	Nut M8	3	CE30XT-41
42	Spring 3.5mm*21mm	1	CE30XT-42
Item No.	Description	Qty.	Part No.
43	Console	1	CE30XT-43
44	P.U.Roller	2	CE30XT-44
45	Screw M5*15	4	CE30XT-45
46	Plastic flat round cap	2	CE30XT-46
47	Flywheel 250	1	CE30XT-47
48	Speed Sensor Cable	1	CE30XT-48
49	Belt 550 J6	1	CE30XT-49
50	End cap	2	CE30XT-50
51	Plastic flat round cap	2	CE30XT-51
52	Pedal, LH	1	CE30XT-52
53	Pedal, RH	1	CE30XT-53
54	Adjustable foot	2	CE30XT-54
55	Small square plastic cap	2	CE30XT-55
56	Rear console bare cover	1	CE30XT-56
57	Middle cover, LH	1	CE30XT-57
58	Middle cover, RH	1	CE30XT-58
59	Side cover, LH	1	CE30XT-59
60	Side cover, RH	1	CE30XT-60
61	Screw M3*10mm	1	CE30XT-61
62	Motor	1	CE30XT-62
63	D- Axle ϕ15**182mm	1	CE30XT-63
64	Magnet ϕ14.8*7L	1	CE30XT-64
65	Washer 5/16*16*1.0	4	CE30XT-65
66	Pulley	2	CE30XT-66
67	Base frame	1	CE30XT-67
68	Upright tube	1	CE30XT-68
69	Swivel tube, LH	1	CE30XT-69
70	Swivel tube, RH	1	CE30XT-70
71	Fixed handle bar	1	CE30XT-71
72	Handle bar, LH	1	CE30XT-72
73	Handle bar, RH	1	CE30XT-73
74	Square pedal tube, left	1	CE30XT-74
75	Square pedal tube, right	1	CE30XT-75
76	Front foot (Stabilizer)	1	CE30XT-76
77	Rear foot (Stabilizer)	1	CE30XT-77
78	Flywheel holder bracket	1	CE30XT-78
79	Belt tightener	1	CE30XT-79
80	Metal cross, LH	1	CE30XT-80
81	Metal cross, RH	1	CE30XT-81
82	Bushing	2	CE30XT-82

Item No.	Description	Qty.	Part No.
83	Bushing	2	CE30XT-83
84	Metal plate	2	CE30XT-84
85	Roller axle ϕ 12**103mm	2	CE30XT-85
86	Connecting tube	2	CE30XT-86
Item No.	Description	Qty.	Part No.
87	Front cover, LH	1	CE30XT-87
88	Front cover, RH	1	CE30XT-88
89	Console cable 990MM	1	CE30XT-89
90	Cable 850MM	1	CE30XT-90
91	Power wire 750MM	1	CE30XT-91
92	Power ADAPTOR	1	CE30XT-92
93	Washer ϕ 17* ϕ 12* T 1.0	3	CE30XT-93
94	Washer ϕ 35* ϕ 12* T 2.0	1	CE30XT-94
95	Washer ϕ 35* ϕ 6* T 2.0	1	CE30XT-95
96	Bearing 6001	6	CE30XT-96
97A	Toggle switch left	1	CE30XT-97A
97B	Toggle switch right	1	CE30XT-97B
98	Square moving arms (L)	1	CE30XT-98
99	Square moving arms (R)	1	CE30XT-99
100	Long connecting bar	2	CE30XT-100
101	Swinging axle plate	2	CE30XT-101
102	Second step tube left	1	CE30XT-102
103	Second step tube right	1	CE30XT-103
104	Step foot cover-Top	2	CE30XT-104
105	Step foot cover-Bottom	2	CE30XT-105
106	Pedal tube cover top (L)	1	CE30XT-106
107	Pedal tube cover bottom (L)	1	CE30XT-107
108	Pedal tube cover top (R)	1	CE30XT-108
109	Pedal tube cover bottom (R)	1	CE30XT-109
110	Roller cover	2	CE30XT-110
111	Screw M5*8	3	CE30XT-111
112	Bearing 6002	4	CE30XT-112
113	Alum rail	2	CE30XT-113
114	Screw M10*1.5*80	1	CE30XT-114
115	AD - Base	1	CE30XT-115
116	Adjustor	1	CE30XT-116
117	AD - Knob M16*1.5	1	CE30XT-117
118	Adjustor cover	1	CE30XT-118
119	AD - Bar	1	CE30XT-119
120	AD - Board	1	CE30XT-120
121	Screw M5*5	4	CE30XT-121
122	Screw M4*16	24	CE30XT-122
123	Arm cover front	2	CE30XT-123
124	Arm cover rear	2	CE30XT-124
125	Rear cover for upright tube	1	CE30XT-125

126	Front cover for upright tube	1	CE30XT-126
127	Bottle holder	1	CE30XT-127
128	Screw M4*12	4	CE30XT-128
129	380 Pulley rim	2	CE30XT-129
Item No.	**Description**	**Qty.**	**Part No.**
130A	Left upright post cover	1	CE30XT-130A
130B	Right upright post cover	1	CE30XT-130B
131	Console bare	1	CE30XT-131
132A	Left console cover	1	CE30XT-132A
132B	Right console cover	1	CE30XT-132B
133	Front console cover	1	CE30XT-133
134	Front cover	1	CE30XT-134
135	Screw M4*16mm	1	CE30XT-135
136	Screw M4*16mm	1	CE30XT-136
137	Protection cap	4	CE30XT-137
138	Large screw	6	CE30XT-138
139	Fan network	1	CE30XT-139
140	FAN	1	CE30XT-140
141	Cable for Fan	1	CE30XT-141
142	Fan control board	1	CE30XT-142
143	Inner small handlebar	2	CE30XT-143
144A	Handlebar cover front	2	CE30XT-144 A
144B	Handlebar cover rear	2	CE30XT-144 B
#A	Washer M8	4	CE30XT-#A
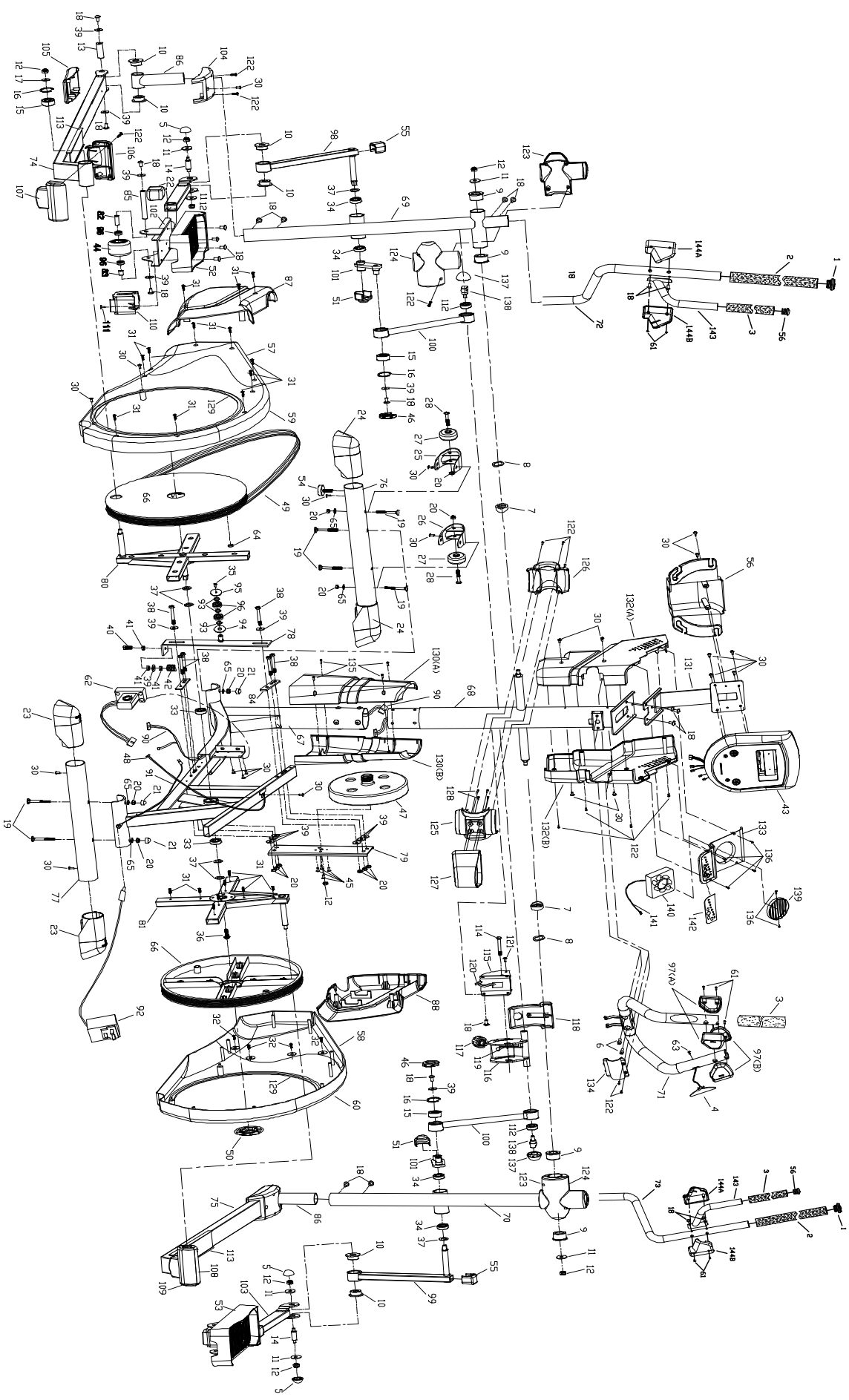
ASSE

ASSEMBLY

STEP 1: **Attach the Front Support (Front Stabilizer)**

NOTE: To make attaching the support easier place a large Styrofoam block under the machine.

(A) Attach the front support to the base frame with the wheels facing outward.

(B) Align the 2 bolt holes in the front support with the bolt holes in the main frame.

(C) Secure the front support to the main frame by using 2 x #19 bolts inserted through the bottom, 2 x # 65 washers 2 x 20 lock nuts and 2 x #21 nut covers

(D) Tighten all bolts now.

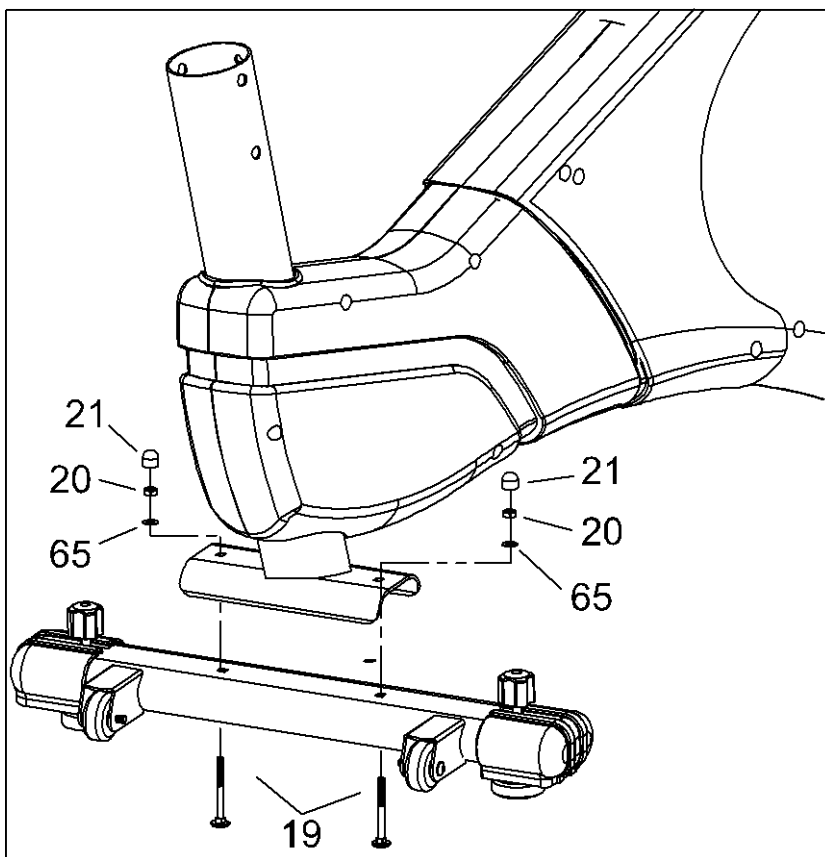|		
#19		2
#65		2
#20		2
#21		2

STEP 2: **Attach the Rear Support (Rear Stabilizer)**

NOTE: To make attaching the support easier place a large Styrofoam block under the machine.

(A) Attach the rear support to the base frame

(B) Align the 2 bolt holes in the rear support with the bolt holes in the main frame.

(C) Secure the rear support to the main frame by using 2 x #19 bolts inserted through the bottom, 2 x # 65 washers 2 x 20 lock nuts and 2 x #21 nut covers

(D) Tighten all bolts now.

#19		2
#65		2
#20		2
#21		2
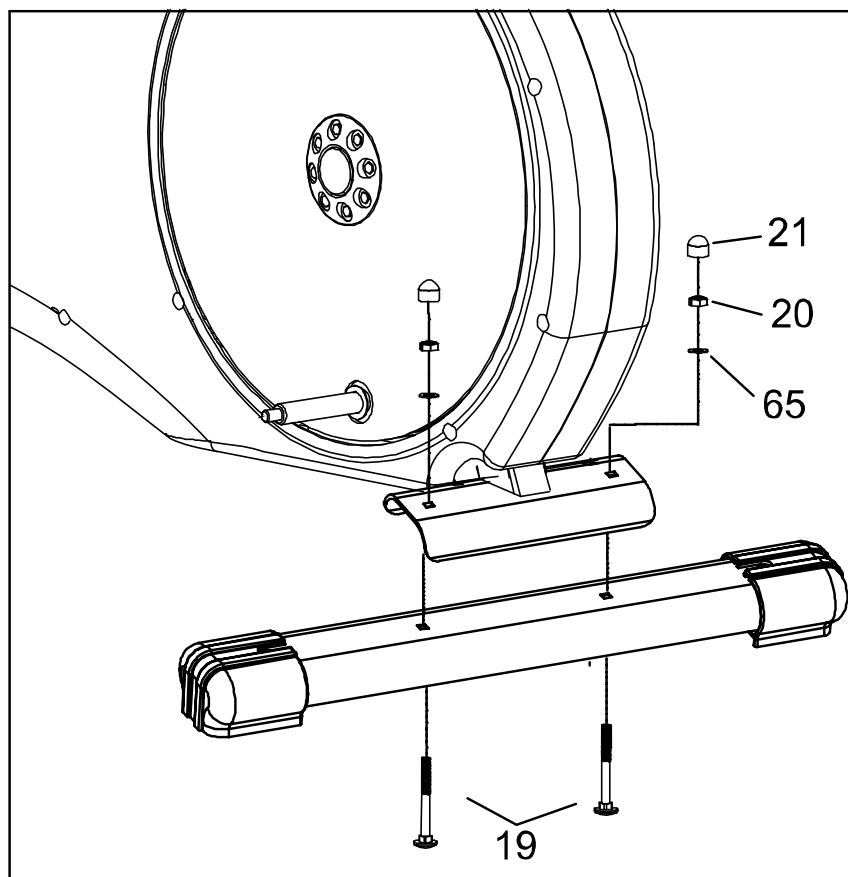
STEP 3: **Attach the Upright Tube Assembly to the Base Frame**

NOTE: This step is easier to complete with 2 people

! Caution Pinch Point: Do not pinch the wires between the frame!

(A) Hold the upright tube over the round base frame tube so that the data cable can be connected prior to assembly

(B) After the data cable is connected slide the upright tube onto the round base frame tube.

(C) Check to make sure the upright tube is facing the correct direction. (See Fig. 4A)

(D) Secure the upright tube to the base frame by using 6 x #18 Allen head bolts.

(E) Hand tighten all the bolts first Do not fully tighten these bolts until step 9.

M8*90mm		2
#A		2
#65		4
#18		4
#20		2

68
70
69
❶
❶
#A
20
65
#A
65
18
65
18
M8*90mm

Facing towards the

Fig 4A
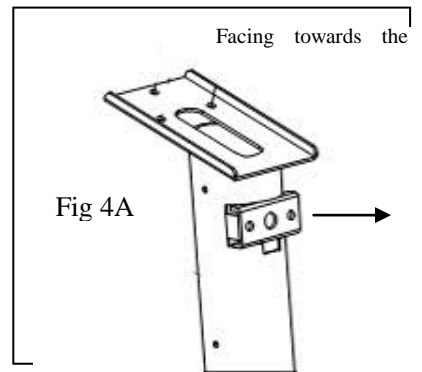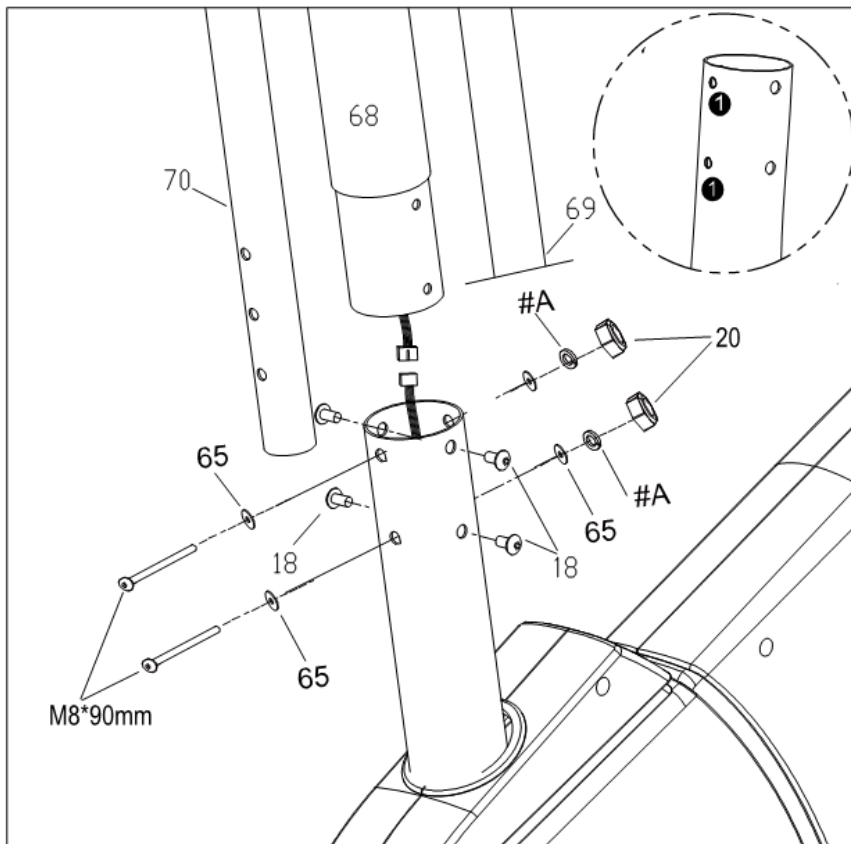
STEP 4: **Attach the Pedal Tube Assembly**

(A) Locate the left and right pedal tube assemblies (#74 and #75)

(B) Attach the front pedal covers top and bottom #104/#105 to the right pedal by using 2x #122 screws and 1 x #30 screw. (See Fig.5A)

(C) Repeat the process for the left side pedal tube

(D) Attach the right pedal tube to the base frame crank arm (See Fig.5B)

(E) Secure the pedal tube to the base frame crank arm by using 1 x #17 washer and 1 x #12 M10 lock nut. Completely tighten with a wrench

(F) Repeat the process for the left side pedal tube

(G) Attach and secure the Rear pedal tube covers #108 and #109 to the right pedal tube by using 4 x #122 screws.

(H) Repeat this process for the left side Using Rear pedal tube covers #106/107 Tighten all fasteners now

(I) Insert the front right of the pedal tube #86 on to Action handle bar tube #70 and secure them together by using 2 x #18 Allen head bolts (See Fig. 5C) Do not fully tighten these bolts. These should be tightened in step 9

(J) Repeat the process for the right side. Do not fully tighten these bolts. These should be tightened in step

#122		12
#30		2
#12		2
#17		2
#18		4

Wrong

Correct
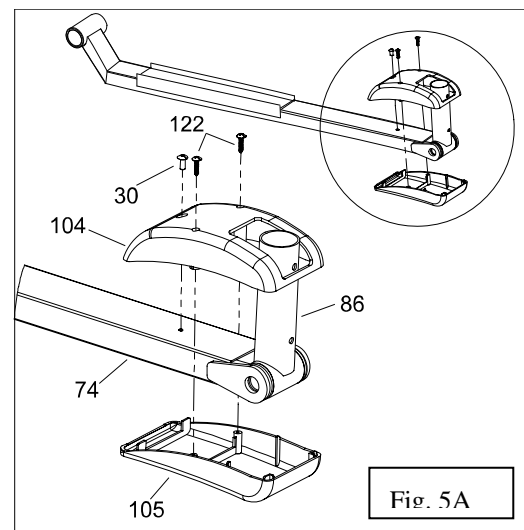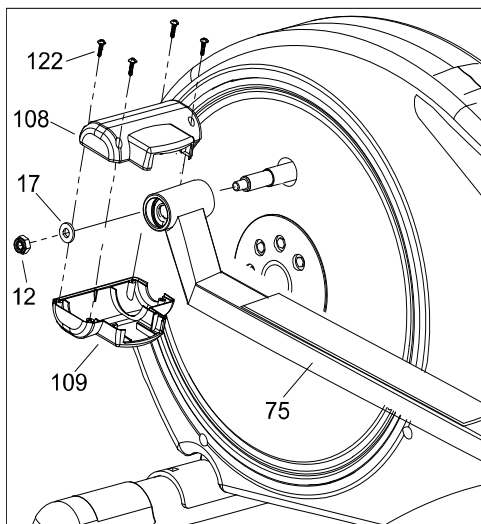
Make sure both square moving Arm (98,and 99) toward the down direction, if for any reason you have rotated the Swivel tube (l /R) to occur the 98/99 arms one of them towards up--just turn the Swivel tube 360 degree to make both Moving towards to same down direction.

Fig. 5A

Fig. 5C
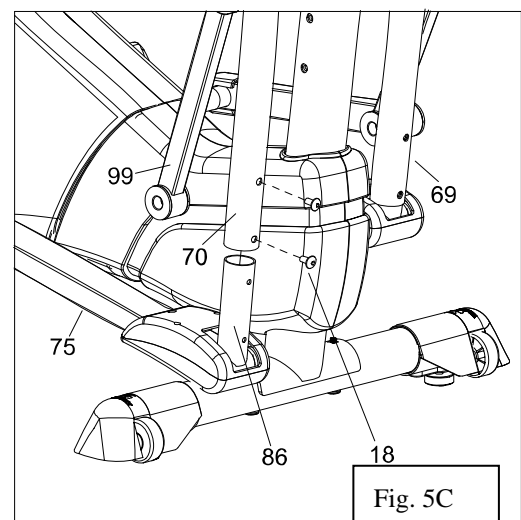
STEP 5:**Attach the Second Pedal Support Tube Assembly**

(A) set the large PU roller pre-assembled with the second pedal support tube to the center of ALUM. rail (#113) pre-assembled on the pedal support tube (#75)

(B) fit the front "U" bracket with the pre-assembled short square swing arms (#98)

(C) as photo shown   insert both small axle (#14)   thru both parts (due to the samll axle is in spec. if with difficulty to set it thru both parts, add nut (#12) to outside of small axle with the hex wrench to back & forth rotate the axle, it will be easy to put thru

(D) set washer (#11) & nut (#12)   to both side of small axle as photo shown with two tools to locking up totally.

　Note! Due to the second pedal support tube is a moving part MAKE SURE! to release both nut (#12) half to one cycle then cover the end cap (#5) and make sure the pedal support tube be able to move up/down freely.

#12	4
#5	4
#14	2
#11	4
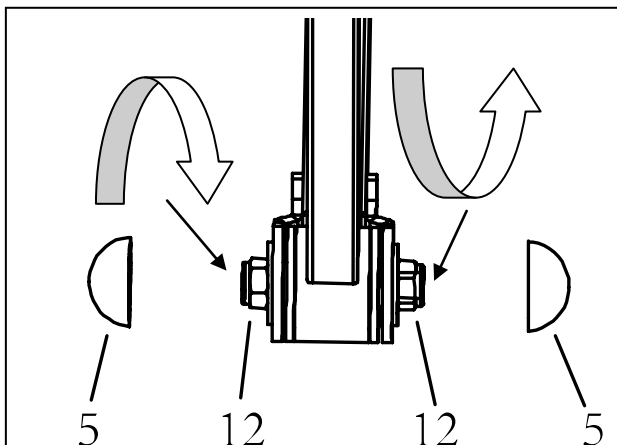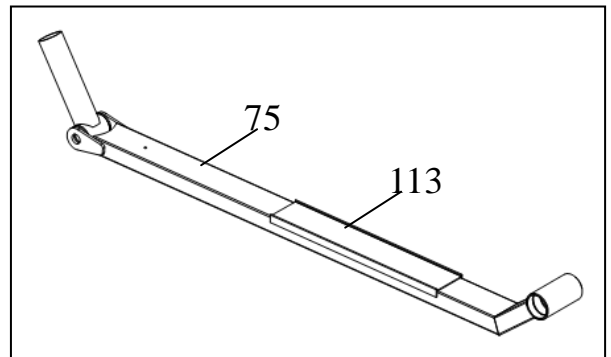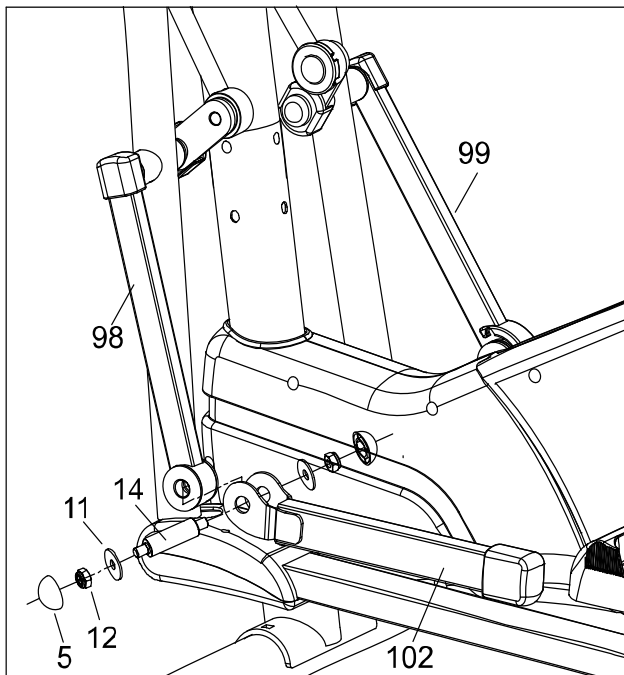
STEP 6:**Attach the Foot Pedals**

(A) Locate and attach the right pedal to the second pedal support tube "foot plate".

(B) Secure the foot pedal to the foot plate by using 4x #18 Allen head bolts.

(C) Repeat the process for the left side.

#18   8
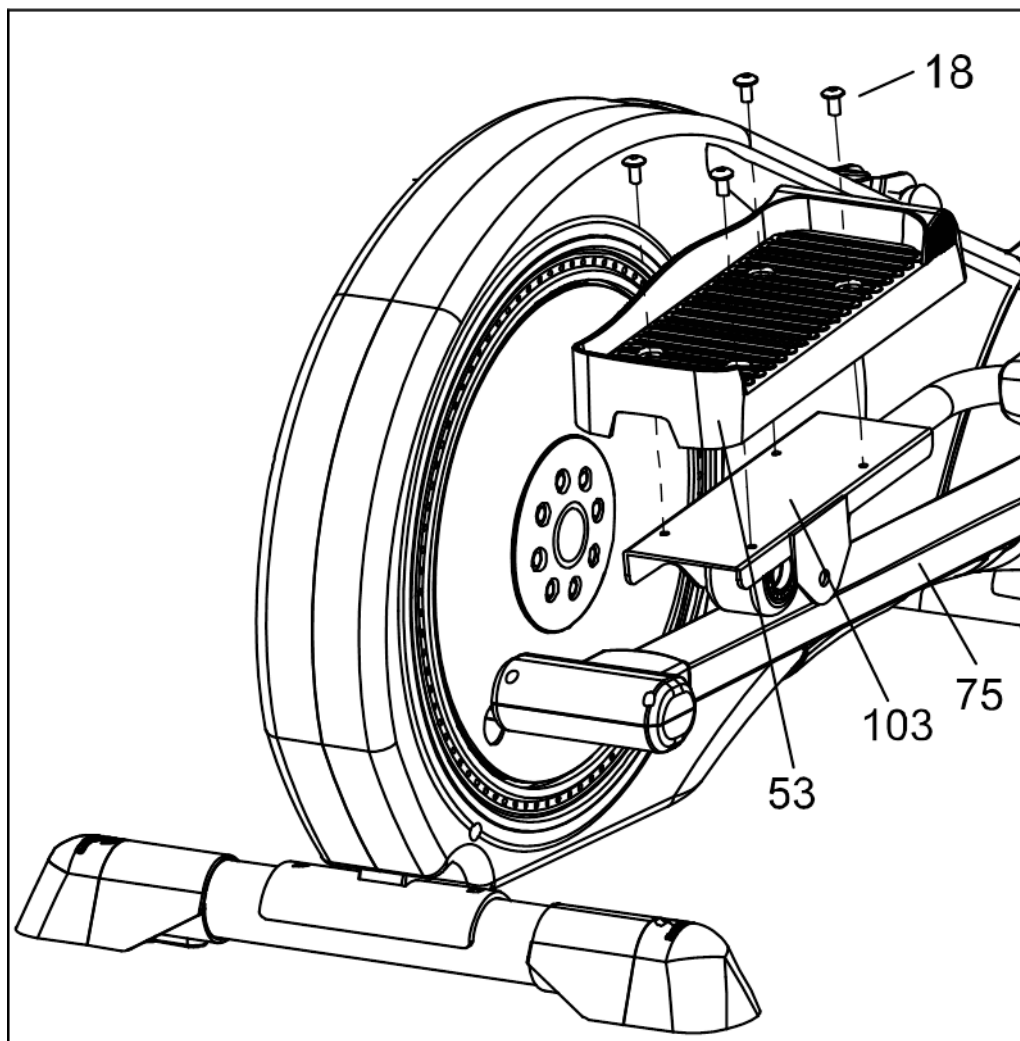
STEP 7:**Roller Alignment**

(A) check with both Alum Rail there are Two of soft PP Bars attach to each side of each Rail .Set both PU roller To the center of each the soft pp bars in case any of the Roller will not be able to total set to the center of the Rails Simply as photo 3 shown hold both of the handlebars (#72 and #73) as photo shown move both habdlebars together from side to Side to make sure the Roller are set in the center of the alignment PP bars with ease . if not, check with the Screws that suppose to Tightened with finger tighten if some are tightened too much With assembly steps 3, 4, and 7 , (if not loose them a little) Make sure all screws are in loose condition and the Roller Will be set in the center of the pp Bars with ease After Roller set then tighten up all screws (#18) in Step 3, 4, and 7, firmly Also the long Screw   (M8 X 90 mm + nut) tightened up as well.

(B) after all screws tightened up and PU Roller well set , take pill off all four soft PP bars at both side of each PU Roller Will not need these soft PP bars anymore
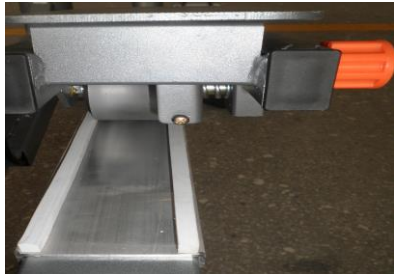
1
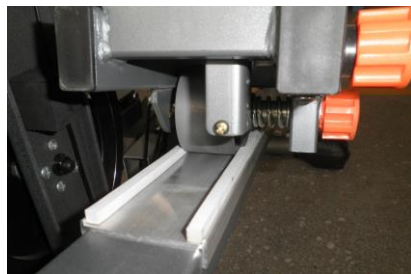
2

3

4

5
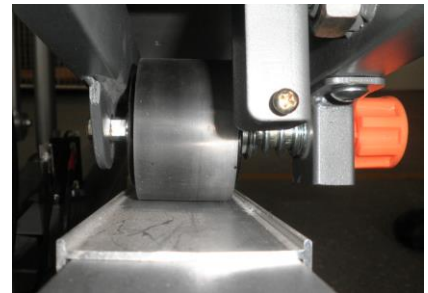
6

1. Large PU Roller Alignment adjustment

If PU roller not in the center of the Alum. Rail
Simply adjust with the Roller (3) -forward/right
Roller will move out little or backward/left Roller
Will move in in a little.
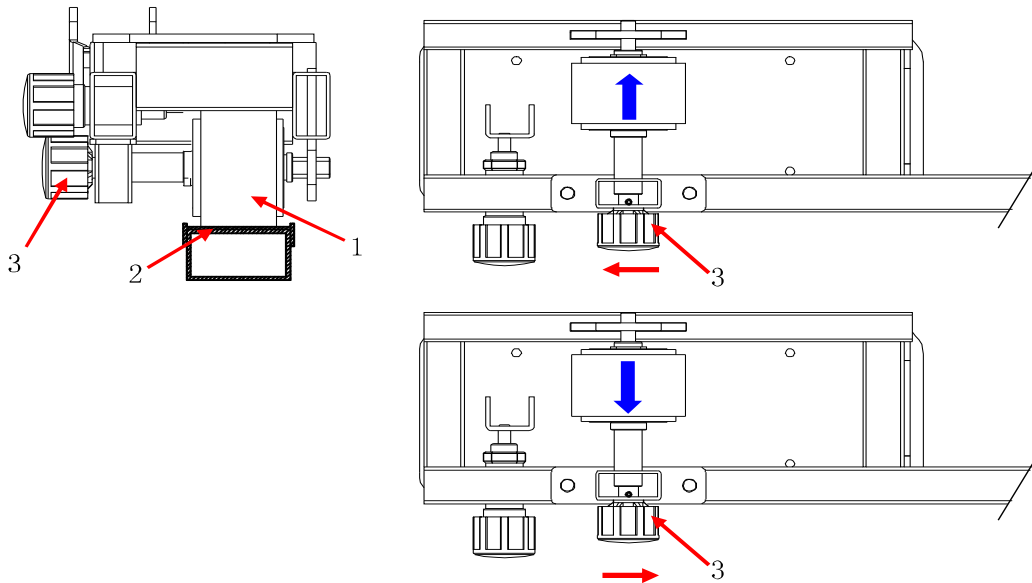
2. incline foot pedal selection /operations

First, one hand pull out the lock pin (B),The other hand hold on the steel pedal (
A),Under pedal (A) there are three
Lock holes under the pedal plate : (as Drawing shown)
B1.-hole– pedal will be in flat also as 0 degree incline
B2 -hole—pedal will be with 3 degree incline.
B3- hole—pedal will be with 6 degree incline

When select the proper hole you desired release the lock,Pin to lock the pedal with
the selected Hole
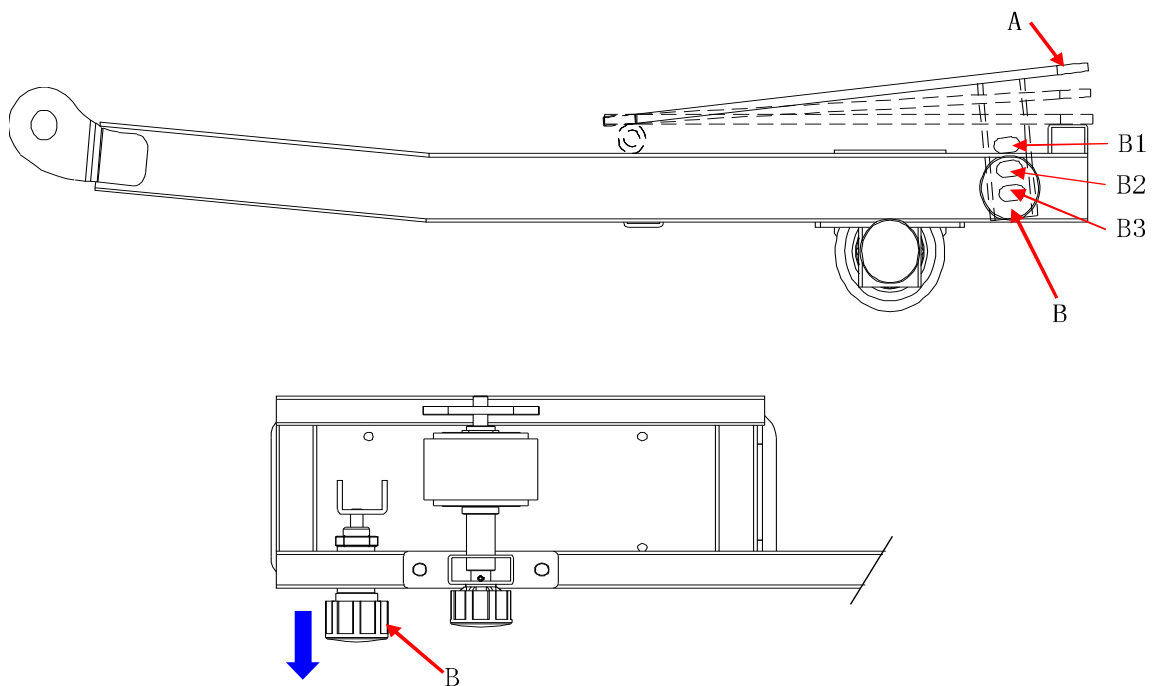
STEP 8:Attach the Console Base and Handlebars

(A) As drawing shown set the CONSOLE BASE (131) to top of the Upright tube (68) secure with three Screw (18)

(B) Use Screw (16) thru the holes locate with the center of the pre-assembled Fix Handlebar (71) as drawing shown secure both screw(16) tighten up the Fix Handlebar to the upright tune (68) There is a set of cable out from the pre-assembled Fix Handlebar routing The cable thru the square hole locate on the upright tube under the Fix Handlebar Routing the cable thru the upright tube to set it under the console BASE

(C) Matching both front post covers (#130A and #130 B) as photo shown Secure the covers with four screws (# 135) together

#18		3
#134		1
#136		6
#6		2
#135		4
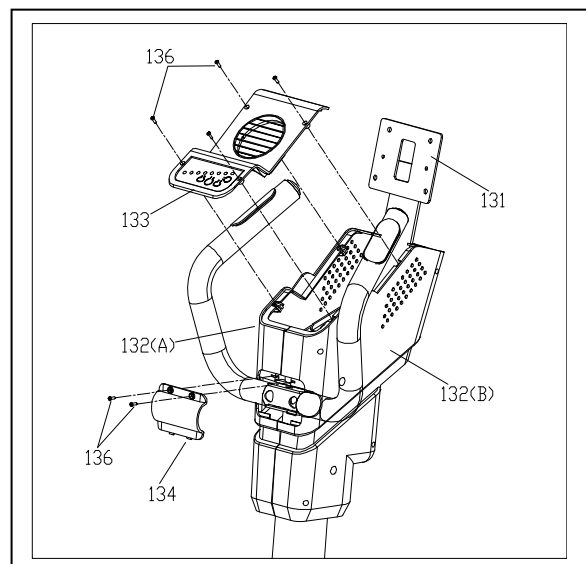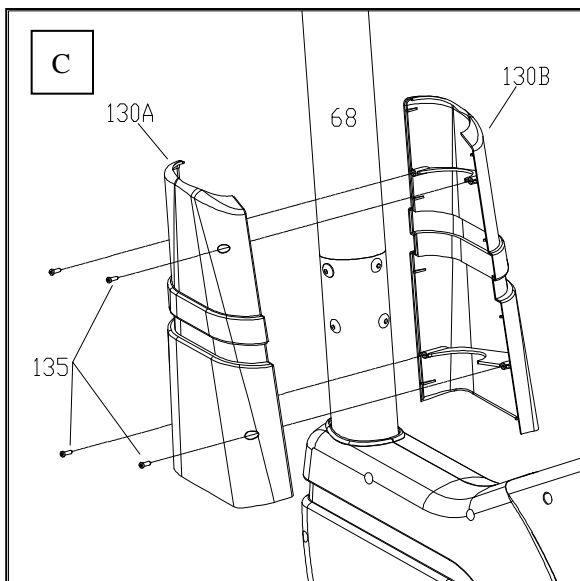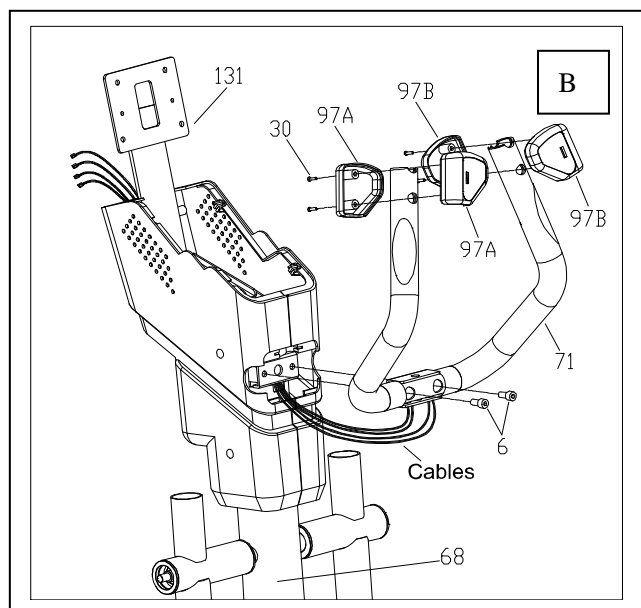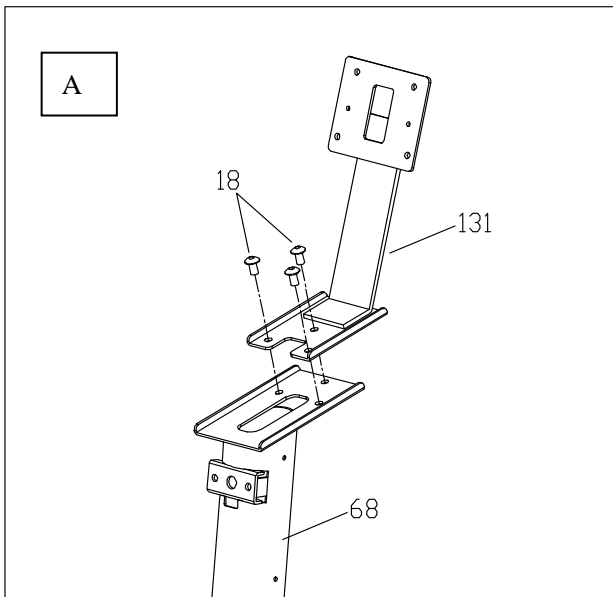
STEP 9: **Attach the Computer Display and Rear Console Base Cover**

(A) Place the computer display on to the console base #113.

(B) Run the computer wires through the console base (See Fig.12A)

(C) Connect all of the wires with the corresponding wire from the elliptical base.

(D) Secure the computer display with 4 x #E screws taking care not to pinch the computer wires between the frame.

(E) Tuck the excess wire into the upright post or into the back of the computer display

(F) Secure the rear console base cover with 2 x #30 screws taking care not to pinch the computer wires between the plastics.

(G) Completely tighten all fasteners now

#30   2

Cable Route

43
131
E

43
131
30
56
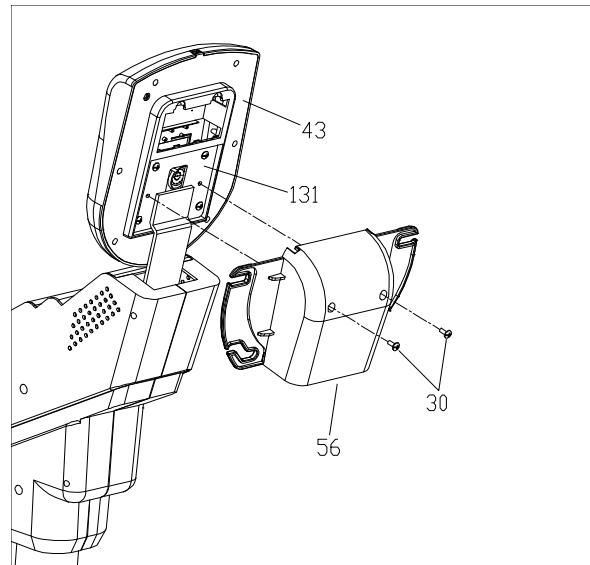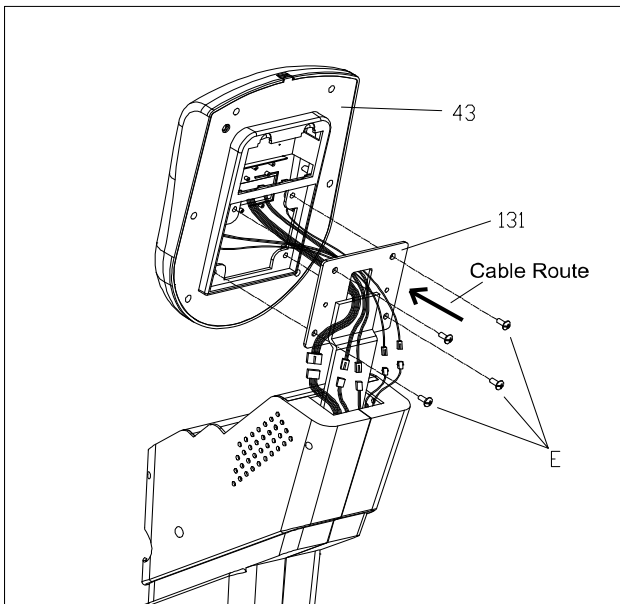
Due to console/computer will assemble with a higher Location of machine SUGGEST to have a partner to Hold the computer and make sure all the Cable/plug Are plug in firmly or use a Chair to stand on it to get a higher position to the console location so be more easier to make sure all the cable /plug are plug in firmly.

Console –cables connecting instruction

Totally Five cables all with different cable plugs
All cables shown as drawing indicated.

Cable 1and 2. Two cables one with Black plug and
One with White plug － Toggle Switches control cables
Cable 3. Wireless Chest Belt pre-installed receiver cable
Cable 4. Fan and PCB system control cable
Cable 5. Main Frame power control cable
Matching up all cables and plug in all cable plugs firmly !

Cable 1and 2(5 pin)
Cable 3(3 pin)
Cable 4(4 pin)
Cable 5(8 pin)
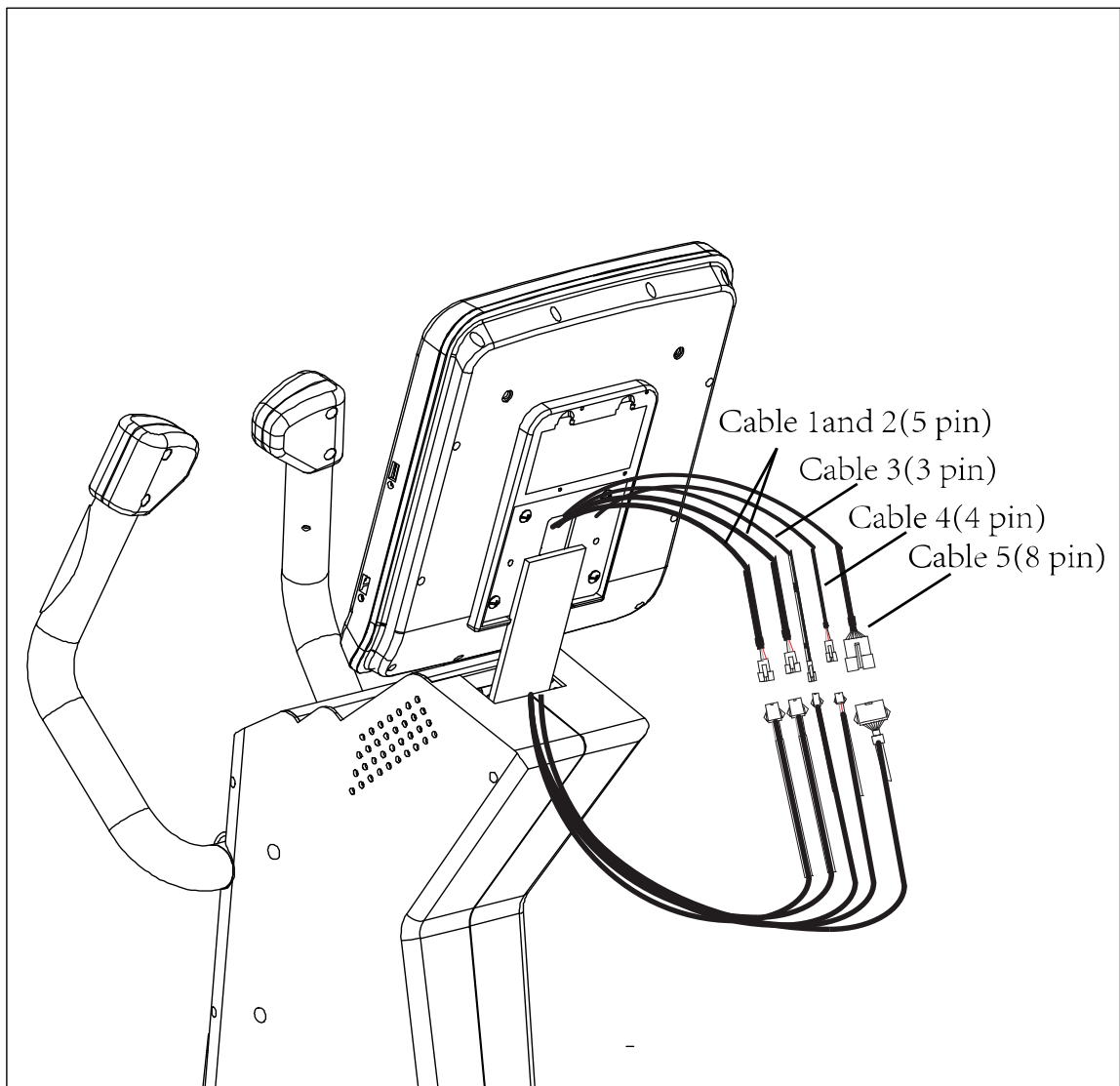
STEP 10: Attach the Upper Action Handle Bars and Covers

(A) Place the left upper action handlebar #72 inside the left lower action handlebar #69.

(B) Secure the left upper action handlebar to the left lower action handlebar by using 2 x #18 Allen head bolt, 2x #65 flat washer and 2 x #A Spring lock washer

(C) Repeat the process above for the right side

(D) Completely tighten all bolts

(E) Place the front and back decorative covers #123and 124 around the left side lower action arm (the front and back decorative covers will attach to the left and right side)

(F) Secure the covers with 4 x #122 screws

(G) Repeat the process above for the right side.

#18		4
#65		4
#A		4
#122		8
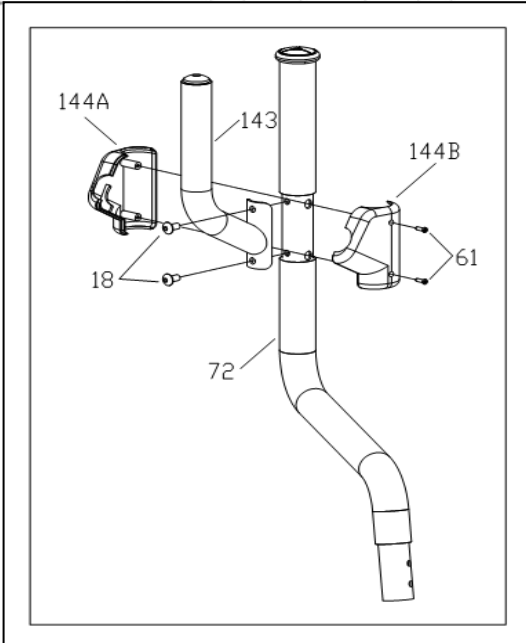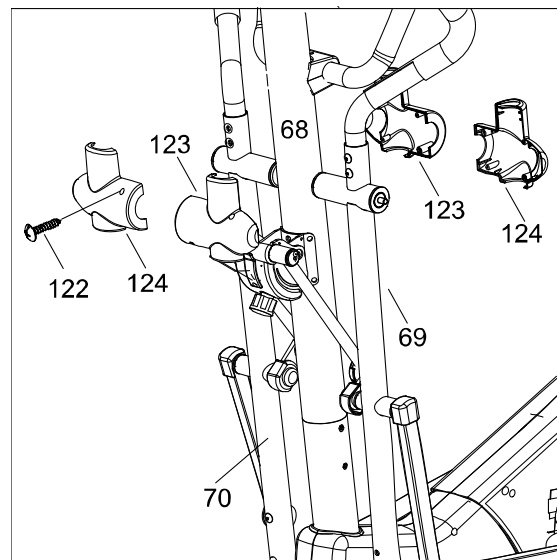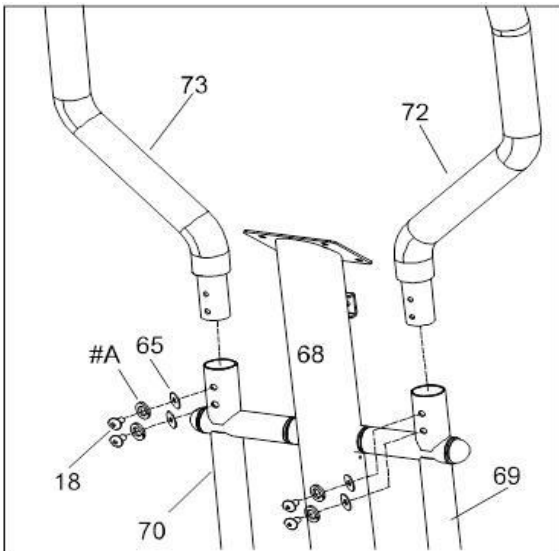
Use the black Allen wrench with shorter arm As drawing shown.

- 24 -
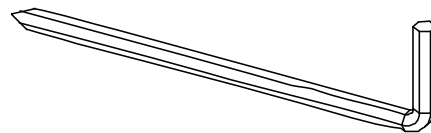
STEP 11: Attach the Bottle Holder and Power Supply

NOTE: Pull down on the stride adjuster knob to allow for additional space to make installing the bottle holder easier.

 (A) Connect the water bottle holder #127 to the rear cover and secure the two
     pieces together by using 4 x #126 screws.
 (B) Place the rear (with the water bottle attached) and the front cover #126
     around the upright tube.
 (C) Secure the covers together using 4 x #128 screws
 (D) Connect the power supply to the power inlet on the rear of the elliptical (See
     Fig. 11A)

#122	4

#92	1

Fig. 11A
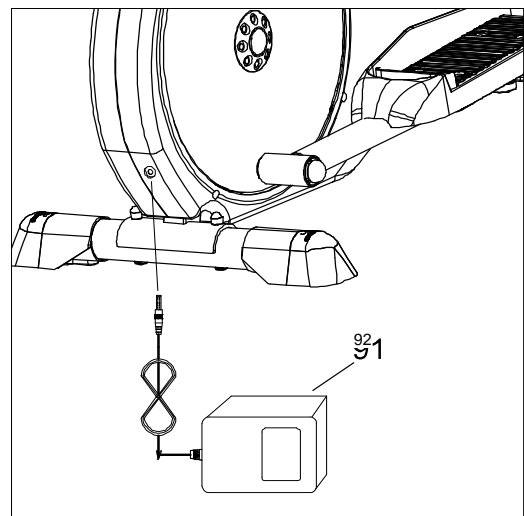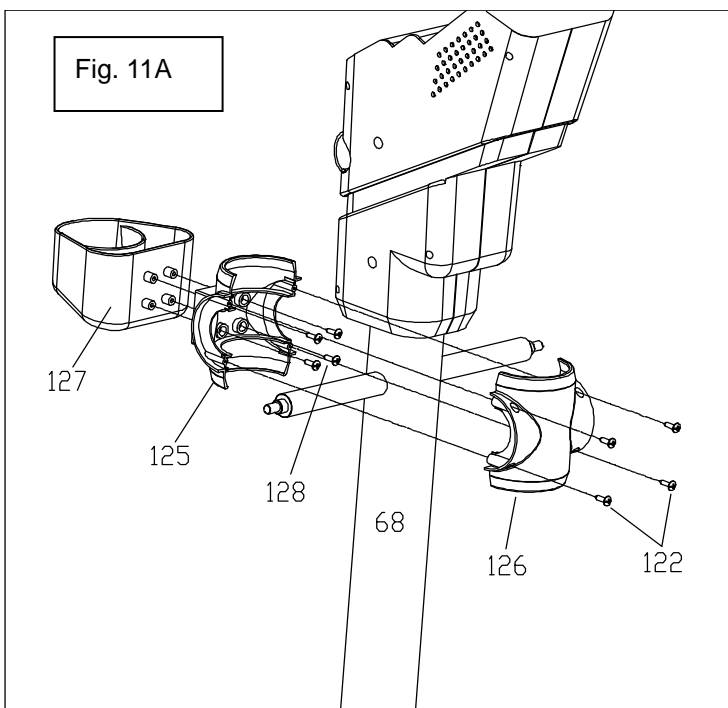
Mp3 and Cooling Fan

To play music or audio books through the console sound system while you exercise, plug the included audio cable into the jack on the back of the console and into a jack on your MP3 or iPod; make sure that the audio cable is fully plugged in. Next, press the play button on your MP3 player or IPOD. Adjust the volume level using the volume control on your MP3 or IPOD

Cooling Fan
Cooling Fan available with the unit to increase the Air Circulation during exercise by turn the "Cooling Fan" key ON or Press the Key again to TURN IT OFF.**."**

Please follow these instructions when carrying and moving the equipment about, because lifting it incorrectly may strain your back or risk of the accidents:
The device is easy to move by pushing along on the integrated transport wheels. Tilt the device from the front and push along the floor on the wheels at the front support. We recommend that you use a protective base when transporting the equipment
To prevent the equipment malfunctioning, store in a dry place with as little temperature variation as possible and protected from dust.
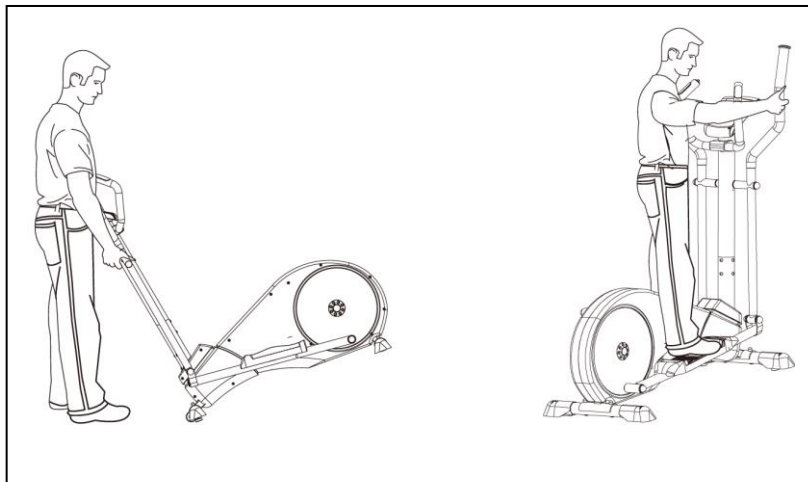
STRIDE ADJUSTMENT

VST STRIDE ADJUSTMENTADJUSTMENT:

The CE 3.0 XT is equipped with a manual stride adjustment. This feature allows you to adjust the stride length to what is most comfortable for you.

To adjust the stride, locate the VST adjust know located in the front of the elliptical on the center upright post. Once the knob is located turn the knob counter clockwise to loosen the knob them pull the knob outwards. While holding the know outwards slide the knob up or down through the 4 different settings. When the adjuster arrow is aligned with the desired stride length release the knob. Verify the knob is locked I place them turn the knob clockwise to tighten the stride adjuster assembly.

NOTE: Improper alignment and tensioning of the adjuster knob may cause noise and incorrect movement.

ADJUSTER ARROW

Although; this case is very unusual, the adjuster arrow may need to be calibrated. To calibrate the arrow, set the stride adjuster to the smallest stride. This setting can be obtained by sliding the adjuster knob upward to its furthest position. Now reset the arrow   to the first/smallest stride length

Wireless Heart Rate

Wireless Chest Belt Monitor

Your unit includes the pre-installed wireless heart rate receiver With console. The Wireless Chest Belt is an option is not Included with the equipment.   To use the wireless interactive Portion of the programming you can purchase the optional Wireless Chest Belt with the Store .

HOW TO WEAR THE WIRELESS CHEST BELT

The monitor has two components: a chest belt and a sensor unit (see the drawing below). Insert the tab on one end of the chest best into one end of the sensor unit, as shown in the insert drawing. Press the end of the sensor unit under the buckle on the chest belt. The tab should be flush with the front of the sensor unit.
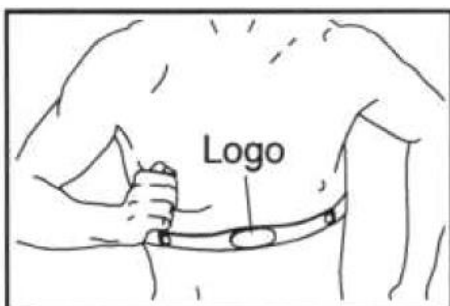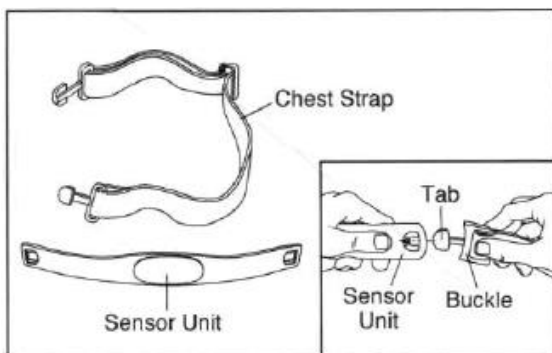
Next, wrap the chest belt monitor around your chest and attach the other end of the chest belt to the sensor unit. Adjust the length of the chest belt, if necessary. The chest belt monitor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is Comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

STORAGE AND MAINTENANCE

Dry the chest belt monitor after each use. The chest belt monitor is activated when you wet the electrode areas and put on the chest belt monitor; the chest belt Monitor shuts off when it is removed and the electrode areas are dried. If the chest belt monitor is not dried after each use, the battery may be drained prematurely

- Store the chest belt monitor in a warm, dry place. Do not store the chest belt monitor in a plastic bag or other container that may trap moisture.
- Do not excessively bend or stretch the sensor unit when using or storing the chest belt monitor.
- Clean the sensor units using a damp cloth- never use alcohol, aba dives, or chemicals. Hand wash and air dry the chest belt.
- If the chest belt monitor does not function properly, try the suggestions below.
- Make sure that you are wearing the chest belt monitor as described at the left. Note: If the chest belt monitor does not function when positioned as described, move it slightly lower or higher on your chest.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If chest belt readings do not appear until you begin perspiring, re-wet the electrode areas.
- To use the chest belt heart rate, position yourself near the console. It is recommended that the user be within arm's length of the console.
- The chest belt monitor is designed to work with people who have normal heart rhythms. Chest belt reading problems may be caused by medial conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia
- The operation of the chest belt monitor can be affected by magnetic interference caused by high power lines or other sources, if it is suspected that this is a problem, try relocating the elliptical.

MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups.   These muscle groups are shown in gray color on the chart below.
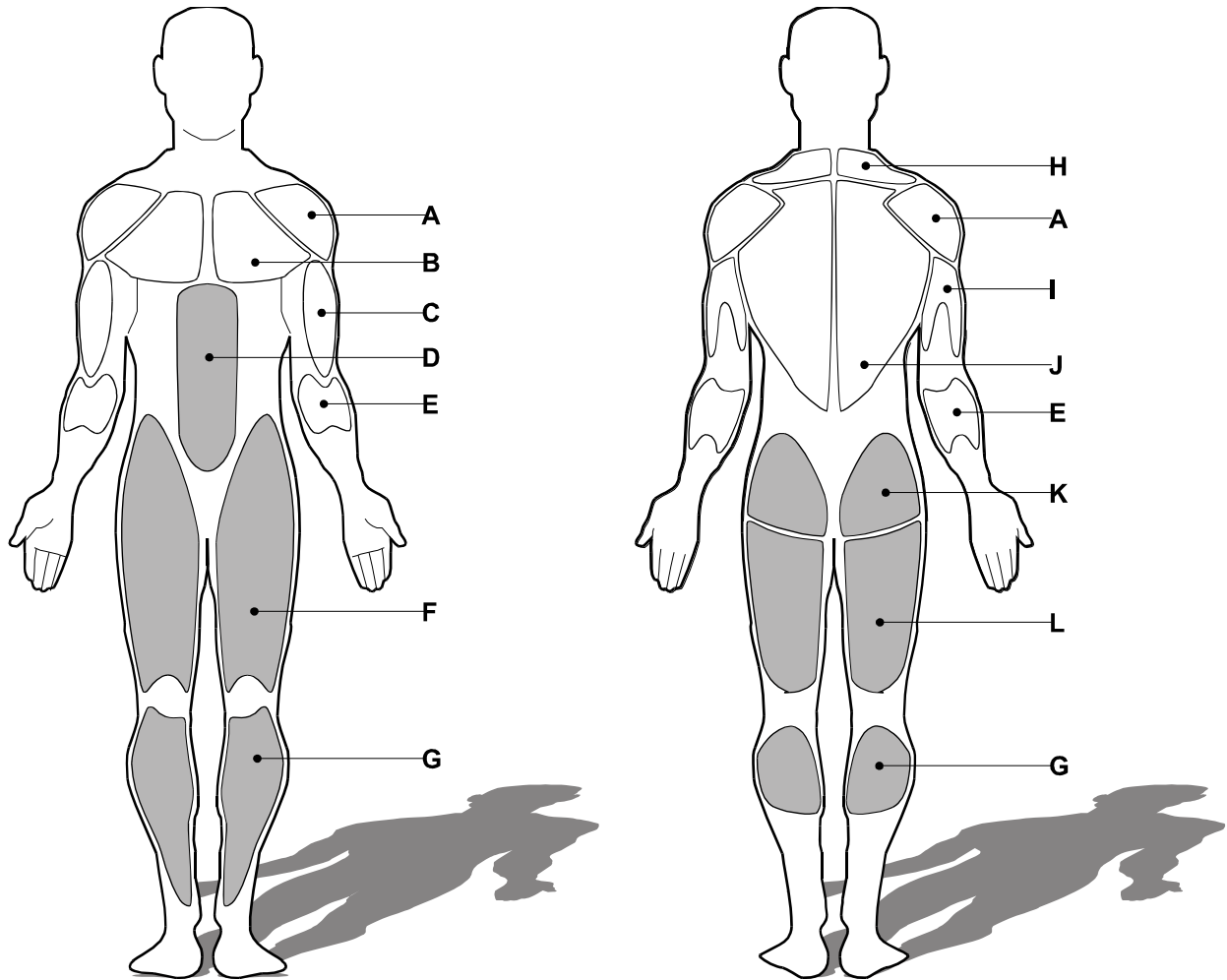
A	Shoulder muscles	Calf muscles	
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Tricep muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteal muscles	K
F	Quadricep muscles	Hamstring muscles	L

STRETCHING ROUTINE

Warm up and cool down:

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down.   Do the entire program at least two and preferably three times a week, resting for a day between workouts.   After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session.   It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.   At the end of your workout, repeat these exercises to reduce sore muscle problems.   We suggest the warm-up and cool-down exercises on the following pages:

Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.
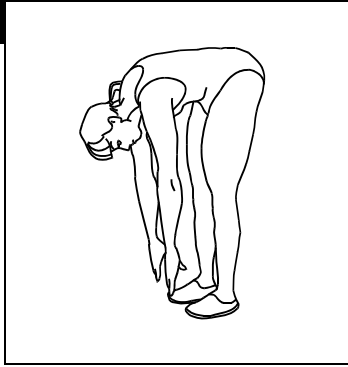
Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.
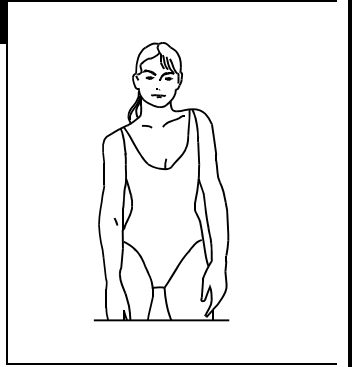
Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.
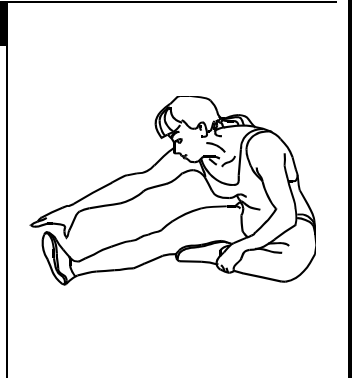
Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.
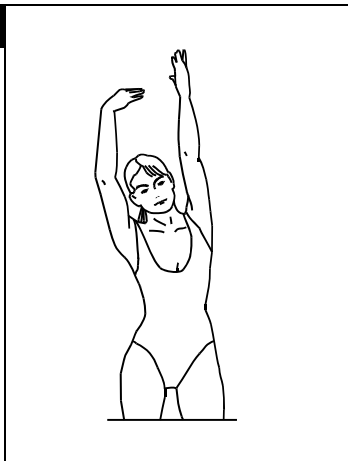
Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.
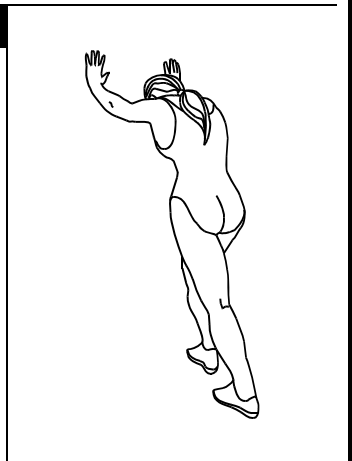
Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.
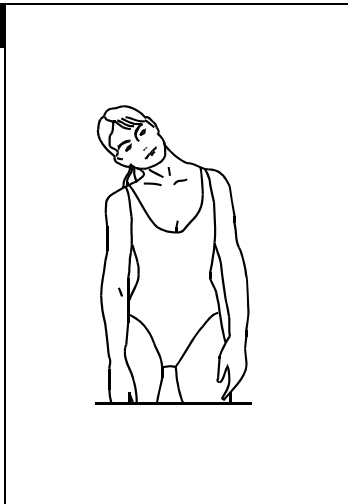
Console Display Description

Display	Display Range	Setting Range	Default	Memory
SEX		MALE/ FEMALE		Yes
AGE		10 - 100		Yes
WEIGHT(METRIC)		20 - 330(Lb.) 10 - 150(KG)		Yes
HEIGHT		36 - 84(INCH) 90 – 210(CM)		Yes
TIME	0:00 - 99:59	0:00 - 99:00	0: 00	No
DISTANCE	0.0 - 99.99	0.00 - 99.50	0: 00	No
CALORIES	0 - 999	0 - 990	0: 00	No
SPEED	0.0 - 99.9		0: 00	No
PULSE	30 - 200 BPM		0: 00	No
RPM	0 - 250 rpm		0: 00	No
BRAKE RESISTANCE LEVEL		L1 - L24	L1	No

COMPUTER OPERATION

Power Modes

1. **Power On**: Plug in the power cord with power adaptor into an appropriate outlet. Next, locate and switch on the "reset/off button" on the frame, near the power cord. A loud beep will sound and the display will then light (**Fig. 1**) and enter User Set Up & Selection mode in a few seconds (**Fig. 2**)

2. **Power Off**: The console will automatically switch to "sleep" mode after 4 minutes of inactivity
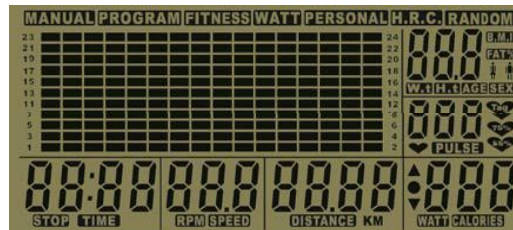
Setting Up User Profile:

At first, the LCD will show a blinking U1, and will also display only factory default setting values for user HEIGHT, WEIGHT, AGE and GENDER. Press the RESISTANCE UP/DOWN buttons to choose the User ID from U1 to U2 and press the ENTER button to select the user ID shown.
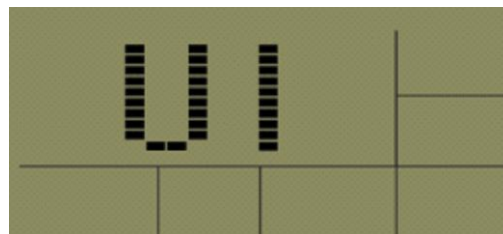
GENDER entry – After the User ID has been selected, the word "SEX" will flash in the upper right corner, the computer will display the default gender. The gender is indicated by an icon of a man or woman. Press the RESISTANCE UP/DOWN button to adjust the user gender then press ENTER to select.

AGE entry – After the gender set up procedure, the word "AGE" will flash in the upper right corner, the computer will display the default "30" or previous setting and begin blinking. Press the RESISTANCE UP/DOWN button to adjust the user age information then press ENTER to select.

HEIGHT entry – After the age set up procedure, the symbol "H.t" will flash in the upper right corner, the computer will display the default 70" or previous setting and begin blinking.   Press the RESISTANCE UP/DOWN button to adjust the user height information then press ENTER to confirm.

WEIGHT entry – After the User HEIGHT confirmation procedure, the symbol "W.t" will flash in the upper right corner, the computer will display the default 150(lbs.) or previous setting and begin blinking.   Press the RESISTANCE UP/DOWN button to adjust the user weight information then press ENTER to confirm.

Your user profile has not been completed. Now you can select your exercise program.

Your display is now in program mode. You can choose your prefered program. There are 6 program catogories available
- Press + or -to select a program category.
- Press enter to confirm your PROGRAM SELECTION.

Manual	Program	Fitness
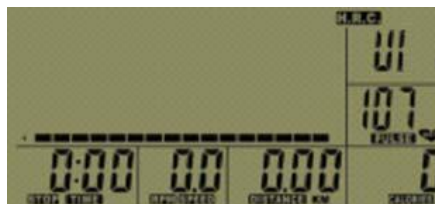
Personal	HRC	Random

MANUAL PROGRAM

Once the manual program is entered press +/- to increase the program difficulty level. Press enter to confirm.

Once the level has been set you can enter the time of the program. To increase or decrease the time of the program press the +/- keys. Press enter to confirm. Once the time has been set you can enter the distance of the program. To increase or decrease the distance of the program press the +/- keys. Press enter to confirm. Once the distance has been set you can enter the calories of the program. To increase or decrease the calories of the program press the +/- keys. Press enter to confirm.

The manual program will count down all of the values and end when any one value reaches 0. If you wish to continue until the other values reach 0 then press start after the initial value has ended the program.

PRESET PRORGAMS

After selecting the category program, Press the +/- keys to select P1 – P12. The program profile will be displayed on the display as you scroll through the choices. Once the program profile is entered press +/- to increase the program difficulty level. Press enter to confirm.

Once the level has been set you can enter the time of the program. To increase or decrease the time of the program press the +/- keys. Press enter to confirm. Once the time has been set you can enter the distance of the program. To increase or decrease the distance of the program press the +/- keys. Press enter to confirm. Once the distance has been set you can enter the calories of the program. To increase or decrease the calories of the program press the +/- keys. The preset program will count down all of the values and end when any one value reaches 0. If you wish to continue until the other values reach 0 then press start after the initial value has ended the program.

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P1

P2
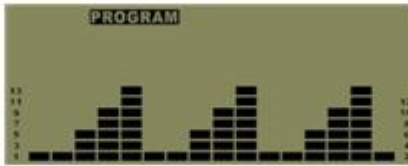
P3
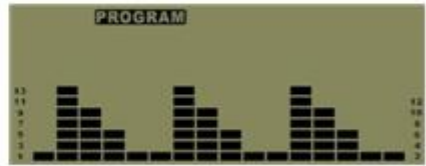
P4

P5

P6

P7

P8

P9

P10

P11
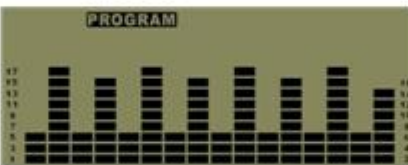
P12
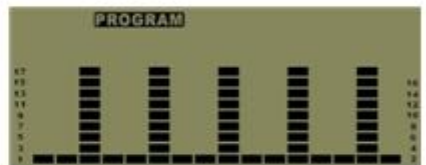
P13

P14

P15
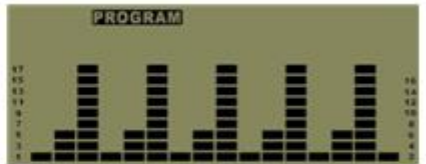
P16
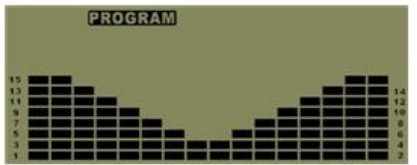
P17
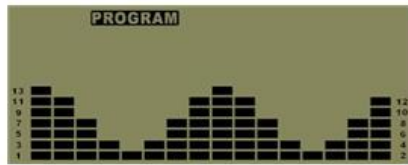
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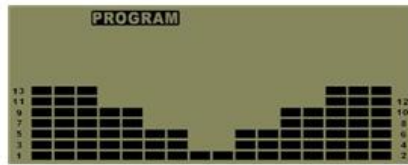
P19
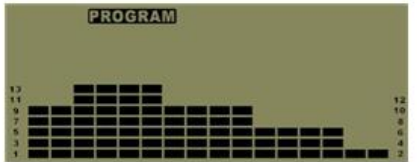
P20

P21
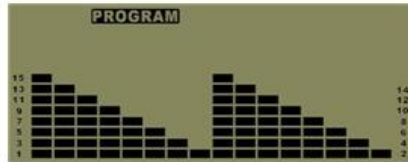
P22

FITNESS PROGRAM

After selecting this program, press the start/stop. The program will go through t warm ups and then into the fitness test. The computer will continue to add resistance dependent upon your heart rate and resistance level. The level is based upon 85% of maximum heart rate. After the program has been completed the program will enter the heart rate recovery evaluation to test how long it will take to return to your resting heart rate.

PERSONAL PROGRAM

The personal program is designed so that you can create your own exciting and challenging workout

Once the personal program is entered press start to begin the program. During the work out you will create your personal program profile by adjusting the level using the +/- keys. You can set one level per segment. The time set will be averaged over the 16 segments. The program will automatically save when the program is completed

The personal program can also be preset. To preset the program first adjust the resistance +/- level for the first profile segment then press enter to set and move to the next segment. Repete the process for the 2nd, 3rd 4th, etc…

Once the personal program is entered (16 segments) you can enter the time of the program. To increase or decrease the time of the program press the +/- keys. Press enter to confirm. Once the time has been set you can enter the distance of the program. To increase or decrease the distance of the program press the +/- keys. Press enter to confirm. Once the distance has been set you can enter the calories of the program. To increase or decrease the calories of the program press the +/- keys. Press enter to confirm.

The manual program will count down all of the values and end when any one value reaches 0. If you wish to continue until the other values reach 0 then press start after the initial value has ended the program.

TARGET HEART RATE CONTROL PROGRAMS

This program with allow you to choose the best type of work out so that you can achieve your fitness goals. The HRC program provides three different target heart rate ranges. 55% of maximum heart rate: this range is designed for fat burning. 75% of maximum heart rate: this range is designed for aerobic conditioning. 90% of maximum heart rate: This range is designed for increased cardiovascular performance. This program heart rate ranges are based on the 220-age=max HR

Once the manual program is entered press +/- to choose the target heart rate range. Press enter to confirm.

Once the range has been set you can enter the time of the program. To increase or decrease the time of the program press the +/- keys. Press enter to confirm. Once the time has been set you can enter the distance of the program. To increase or decrease the distance of the program press the +/- keys. Press enter to confirm. Once the distance has been set you can enter the calories of the program. To increase or decrease the calories of the program press the +/- keys. Press enter to confirm.

The manual program will count down all of the values and end when any one value reaches 0. If you wish to continue until the other values reach 0 then press start after the initial value has ended the program

RANDOM PROGRAM.

Once the Random program is entered you can enter the time of the program. To increase or decrease the time of the program press the +/- keys. Press enter to confirm. Once the time has been set you can enter the distance of the program. To increase or decrease the distance of the program press the +/- keys. Press enter to confirm. Once the distance has been set you can enter the calories of the program. To increase or decrease the calories of the program press the +/- keys. Press enter to confirm.

The manual program will count down all of the values and end when any one value reaches 0. If you wish to continue until the other values reach 0 then press start after the initial value has ended the program.

RECOVERY HEART RATE EVALUATION

This program is designed to evaluate your fitness level by measuring the time it takes you to go from a high heart rate during a work to your resting heart rate. (This test is only for reference and is not intended for medical purposes or to treat and or diagnose medical conditions. The heart rate reading may be inaccurate and must not be used for medical purposes.)
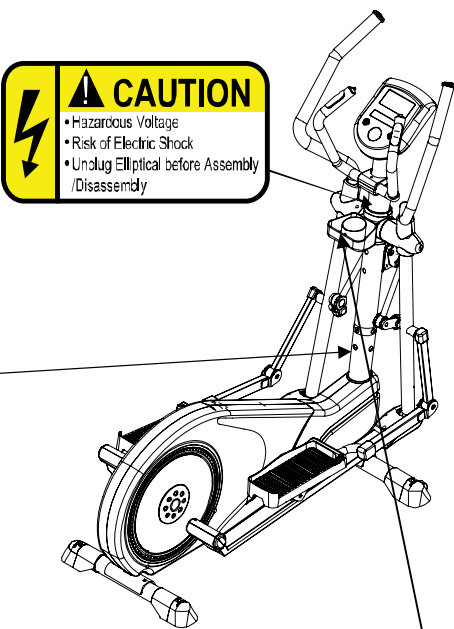
Before ending your work out press the recovery button, discontinue exercising, and immediately place your hands on the contact heart rate sensors. Continue to hold the sensors for approximately 60 seconds for the evaluation to be completed. Once the evaluation has been completed you will see a value on the display. Consult the table below for evaluation results.

Value	Recovery Heart Rate
F1	Excellent
F2	Very Good
F3	Good
F4	Satisfactory
F5	Poor
F6	Very Poor

Note: if a heart rate signal is not detected within 10 seconds of the start of the evaluation the evaluation will be ended.

WARNING DECAL PLACEMENT

This drawing shows the loca-ation(s) of the warning decal(s). **If a decal is missing or Illegi-ble, see this front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The Decal(s) may not be shown at Actual size

⚠ WARNING
- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 300 pounds.
- Replace label if damaged, illegible, or removed.

⚠ CAUTION
- Hazardous Voltage
- Risk of Electric Shock
- Unplug Elliptical before Assembly /Disassembly

* Importer North American Exercise Co.,Ltd. 9911 Valley Blvd,EL MONTE,CA 91731 PH#1-6263506918 E-mail:service@go-elliptical.com
* Brand:Go Elliptical
* Max. user weight 135kgs.
* Model meet Standard EN957/F2276 with Class HB
* For consumer use only.
* User should read the warning on the warning label before using the product
* model no.T100/T300/T500/T700
* Date code/series no. on the main frame and also on the manual.

WARNING: Consult your physician before beginning this or any exercise program. This is especially important for any person over the age of 35 or any person with any pre-existing health problems. Read all instructions before using. North American/LMX Group assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

IMPORTANT SAFETY INSTRUCTIONS

WARNING: In order to reduce the risk of injury to any and all persons, READ and UNDERSTAND the following important PRECATIONS and information before operating or allowing others to operate the elliptical exerciser

- The owner has the responsibility of ensuring that all users of the elliptical exerciser are adequately informed of all warnings and precautions

- This elliptical exerciser should not be used by, on, or near children, invalids, or disabled persons.

- This elliptical exerciser must only be used as described in the manual. Attachments that are not recommended by the manufacturer must not be used.

- Never operate the elliptical exerciser with the air openings blocked, Keep the air openings free of lint, hair and the like. Never operate the elliptical exerciser on a soft surface such as a bed or a couch where the air openings may be blocked. And never drop or insert any object into any opening.

- Place the elliptical exerciser n a level surface. To protect the floor and carpet from damage, place a mat under the elliptical exerciser.

- DO NOT uses or store the elliptical exerciser outdoors, in a garage or covered patio, keep the elliptical exerciser away from moisture and dust. The elliptical exerciser should be used indoors. Heat, moisture and dirt can adversely affect the operation of this elliptical exerciser.

- DO NOT operate the elliptical exerciser where aerosol products are being used or where medical oxygen is being administered. Injuries to health may result from incorrect or excessive training. Instructions shall be giver in respect of every major exercise type for which the equipment is designed.

- The recommended minimum free space for access around the elliptical exerciser is 0.6m at each side and 0.3m at the rear of the elliptical exerciser. This is to allow for an emergency dismount and passage around the elliptical exerciser.

- Keep children under the age of 12 and pets away from the elliptical exerciser at all times.

- No person weighing over 136 KGS (300 LBS) should use this elliptical exerciser.

- NEVER allow more than one person on the elliptical exerciser at a time

- Wear appropriate clothing when using the elliptical exerciser. DO not wear loose clothing that could become caught in the elliptical exerciser. Appropriate athletic support clothing is recommended for both men and women. Always wear athletic shoes intended for walking with a non-slip sole. NEVER use the elliptical exerciser with bare feet, while wearing stockings only or in sandals.

- The pulse monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of pulse rate readings. The pulse monitor is intended only as an aid to exercise in determining heart rate trends in general.

  - **"WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately".**

- Do not attempt to raise lower or move the elliptical exerciser until it is properly assembled, (See ASSEMBLY INSTRUCTIONS.) You must be able to safely lift 100 pounds (46 KGS) in order to raise, lower or move the unit.

- Do not place object under the elliptical exerciser in an attempt to change the incline of the elliptical exerciser.

- Inspect and tighten all parts of the elliptical exerciser every three months.

- This elliptical is design " for Consummer Use Only ", not for any commercial or institutional, rental use.

- Consult your physician before beginning your exercise program, incorrect of excessive training may cause the health injuries.

- Tool require to assemble for the unit please refer to the end of parts list.

- VST (variable stride length adjustment) refer to the page of how to operate the adjustor page 4 and 5

- Any of the adjustment devices that could interfere with the user's movement should not be left projecting.
- The equipment need tool to assembly , required tool Refer to the parts list with manual.
- The product is a dependent only for indoor use specified with Class HB standard. With braking system—Speed dependent.
- The elliptical exerciser contents. Fit with. Lower body, upper and combined total body.

SAVE THESE INSTRUCTIONS

GO *ELLIPTICAL*

For Customer Service

1-267-808-3999

Email: cs@go-elliptical.com