

# USER'S MANUAL

## V-950PU



SERIAL NUMBER (found on frame):

For Customer Service  
**1-267-808-3999**  
Email: [cs@go-elliptical.com](mailto:cs@go-elliptical.com)

USA

## **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.

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# 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.

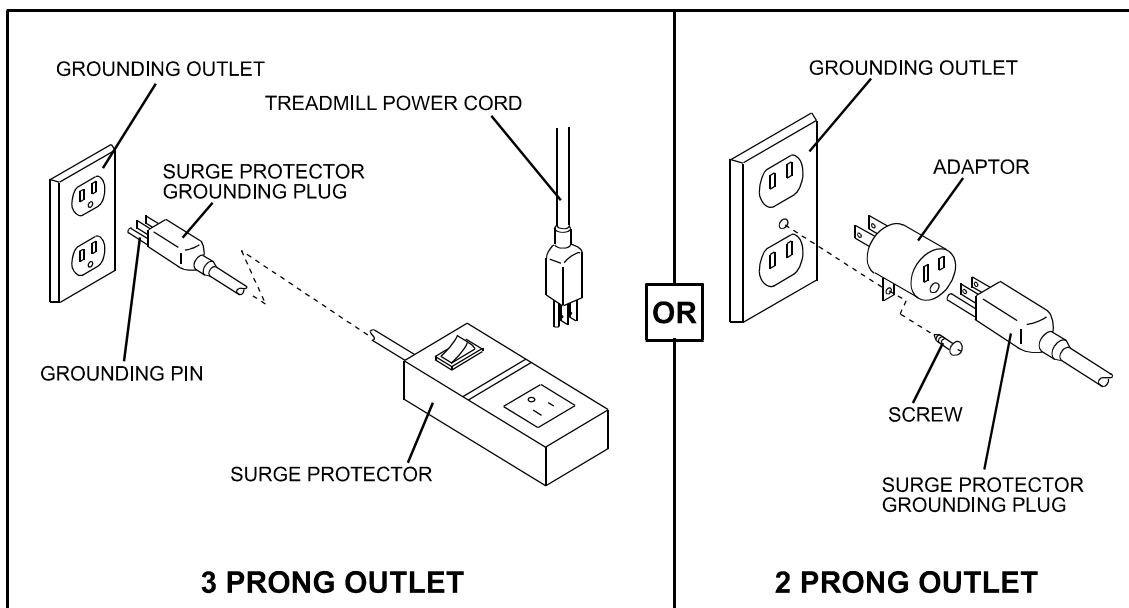
This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (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.

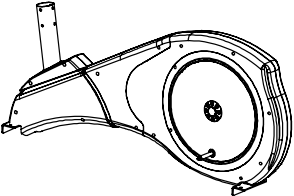
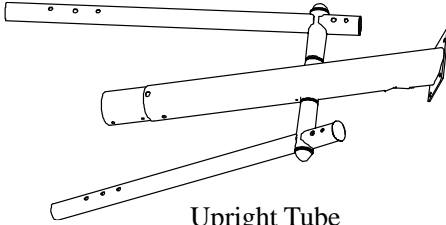
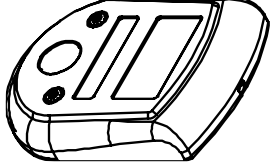
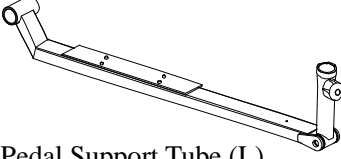
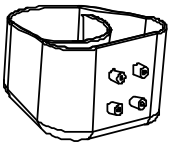
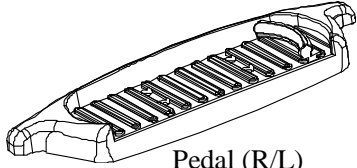
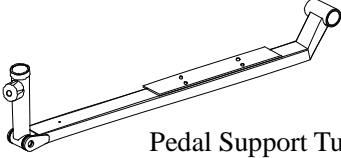
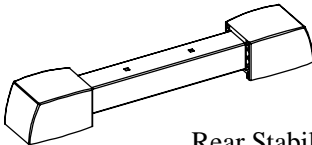
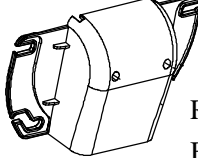
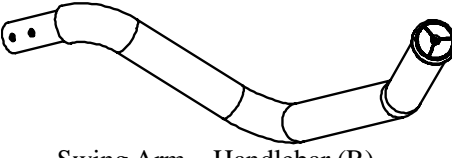
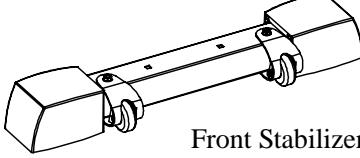
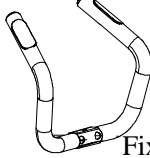
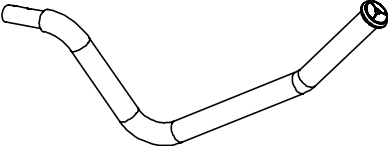
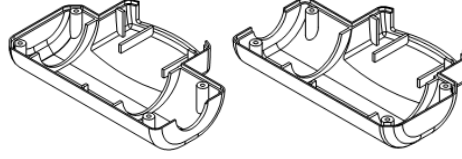
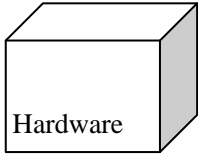
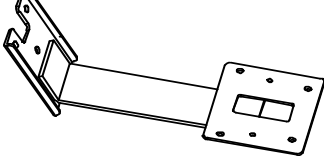
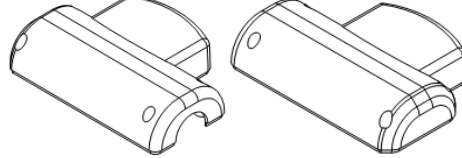

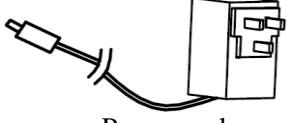
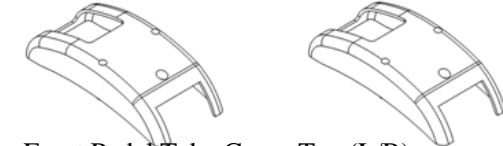

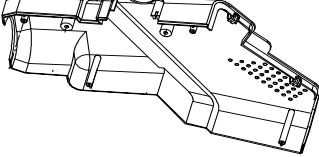
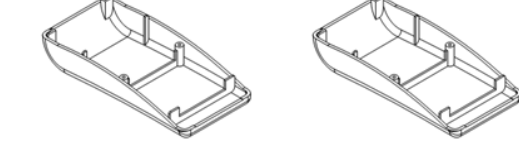
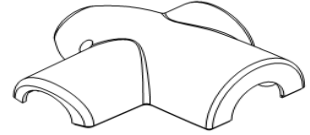
This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill is equipped with an electrical cord that has an equipment-grounding conductor and a grounding plug. Always plug 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.

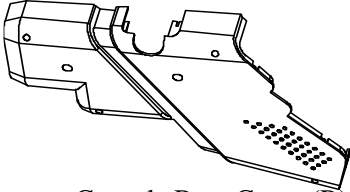
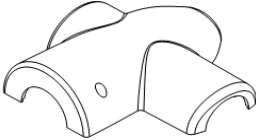
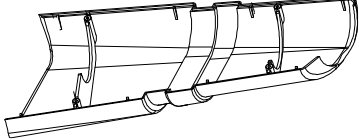
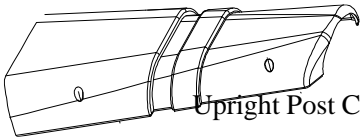
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.

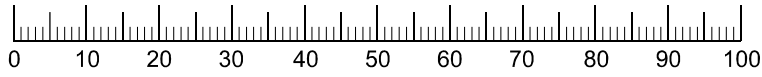
GFCI outlets and GFCI / AFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI / AFCI Circuit Breakers may cause this equipment to function improperly.



# SUPPLIED COMPONENTS

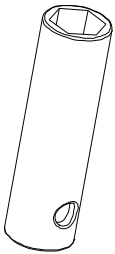
 <p>Base Frame</p>	 <p>Upright Tube</p>	 <p>Console</p>
 <p>Pedal Support Tube (L)</p>	 <p>Bottle Holder</p>	 <p>Pedal (R/L)</p>
 <p>Pedal Support Tube (R)</p>	 <p>Rear Stabilizer</p>	 <p>Rear Console Base Cover</p>
 <p>Swing Arm Handlebar (R)</p>	 <p>Front Stabilizer</p>	 <p>Fixed Handlebar</p>
 <p>Swing Arm Handlebar (L)</p>	 <p>Rear Pedal Tube Cover Bottom (L/R)</p>	 <p>Hardware</p>
 <p>Console Base</p>	 <p>Rear Pedal Tube Cover Bottom (L/R)</p>	 <p>Upright Tube Front Cover</p>
 <p>Power pack</p>	 <p>Front Pedal Tube Cover Top (L/R)</p>	 <p>Upright Tube Rear Cover</p>
 <p>Console Base Cover (L)</p>	 <p>Front Pedal Tube Cover Bottom (L/R)</p>	 <p>Swing Arm Cover Front</p>

 <p>Console Base Cover (R)</p>	 <p>Action Arm Cover Rear</p>	 <p>Upright Post Cover (R)</p>
 <p>Upright Post Cover (L)</p>		

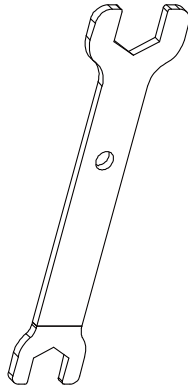


MILLIMETERS

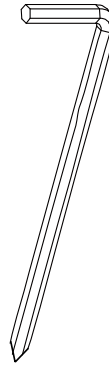
**TOOL included with machine:**



M8 socket

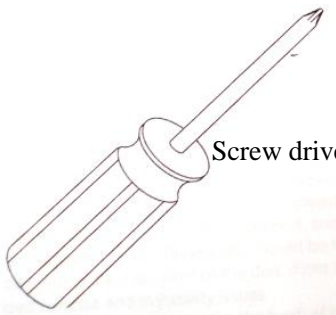


M8/M10  
wrench

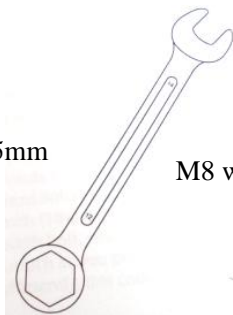


Screw driver 5mm

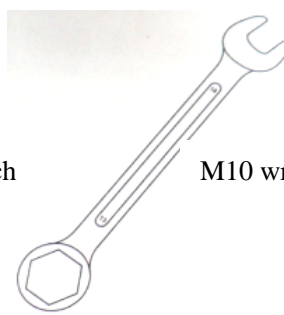
**General tools prepared by user:**



Screw driver 5mm



M8 wrench



M10 wrench

**COMPLETE PARTS LIST**

1	Handlebar end cap	2	CE25-1
2	Handlebar grip	2	CE25-2
3	T-Bar grip	2	CE25-3
4	Hand pulse grip unit	2	CE25-4
5	Fan network	1	CE25-5
6	Screw M8*1.25*15	2	CE25-6
7	Locking washer	2	CE25-7
8	Washer 25.4	4	CE25-8
9	Sleeve 25.4	4	CE25-9
10	Sleeve	4	CE25-10
11	Washer 10*32*2T	2	CE25-11
12	Nylock nut M10*1.5	4	CE25-12
13	Pedal tube shaft	2	CE25-13
14	Washer 19*38*1.6	4	CE25-14
15	Bearing 22032RS	2	CE25-15
16	Retainer R40	2	CE25-16
17	Washer 10*22*3T	2	CE25-17
18	Allen head bolt M8*1.25*15	14	CE25-18
19	Screw M8*1.25*75	6	CE25-19
20	Nylock nut M8*1.25	12	CE25-20
21	Plastic cap 5/16	4	CE25-21
22	Allen head bolt M8*50	2	CE25-22
23	Rear square foot cap	2	CE25-23
24	Front square foot cap	2	CE25-24
25	Left roller holder	1	CE25-25
26	Right roller holder	1	CE25-26
27	Wheel	2	CE25-27
28	Plastic Ring	2	CE25-28
29	Screw	28	CE25-29
30	Screw M5*0.8*12	17	CE25-30
31	Screw M5*20	15	CE25-31
32	Screw M4*8	24	CE25-32
33	Bearing 6003	2	CE25-33
34	Metal Spring plate	2	CE25-34
35	Screw	1	CE25-35
36	Locking screw M8*1.25*30	1	CE25-36
37	Spacer 17*28*1.0	4	CE25-37
38	Screw M8*1.25*65	6	CE25-38
39	Washer 8mm*25mm	13	CE25-39
40	Screw M8*1.25*30	1	CE25-40
41	Nut	3	CE25-41
42	Spring 3.5mm*21mm	1	CE25-42
43	Meter	1	CE25-43
44	Knob2	2	CE25-44

45	Screw M5*15	4	CE25-45
46	Nut M10	1	CE25-46
47	Flywheel	1	CE25-47
48	Speed Sensor Cable 650MM	1	CE25-48
49	Belt 650J	1	CE25-49
50	End cap	2	CE25-50
51	Drive pulley 6001	2	CE25-51
52	Pedal, LH	1	CE25-52
53	Pedal, RH	1	CE25-53
54	Adjustable foot	2	CE25-54
55	Stride location adjust bar	2	CE25-55
56A	Toggle switch left	2	CE25-56A
56B	Toggle switch right		CE25-56B
57	Middle cover, LH	1	CE25-57
58	Middle cover, RH	1	CE25-58
59	Side cover, LH	1	CE25-59
60	Side cover, RH	1	CE25-60
61	FAN	1	CE25-61
62	motor	1	CE25-62
63	Screw M5*20	16	CE25-63
64	Magnet 14.5*7L	1	CE25-64
65	Washer 5/16*16*1.0	10	CE25-65
66	Pulley	2	CE25-66
67	Base frame	1	CE25-67
68	Upright tube	1	CE25-68
69	Swivel tube, LH	1	CE25-69
70	Swivel tube, RH	1	CE25-70
71	Fix handle bar	1	CE25-71
72	Handle bar, LH	1	CE25-72
73	Handle bar, RH	1	CE25-73
74	Pedal tube, left	1	CE25-74
75	Pedal tube, right	1	CE25-75
76	Front foot	1	CE25-76
77	Rear foot	1	CE25-77
78	Flywheel holder bracket	1	CE25-78
79	Belt tightener	1	CE25-79
80	Metal cross, LH	1	CE25-80
81	Metal cross, RH	1	CE25-81
82	Cable for Fan	1	CE25-82
83	Fan control board	1	CE25-83
84	Metal plate	2	CE25-84
85	Connecting tube Left	1	CE25-85
86	Connecting tube Right	1	CE25-86
87(A)	Front cover, LH	1	CE25-87(A)
87(B)	Front cover, RH	1	CE25-87(B)





88	Front cover	1	CE25-88
89	Console cable 900MM	1	CE25-89
90	Washer 17	2	CE25-90
91	Cable 950mm	1	CE25-91
92	power wire 850mm	1	CE25-92
93	Front cover for upright tube	1	CE25-93
94	Rear cover for upright tube	1	CE25-94
95	Rear cover for swivel tube	2	CE25-95
96	Front cover for swivel tube	2	CE25-96
97	Top step foot cover	2	CE25-97
98	Bottom step foot cover	2	CE25-98
99	Pedal tube cover top L	1	CE25-99
100	Pedal tube cover bottom L	1	CE25-100
101	Pedal tube cover top R	1	CE25-101
102	Pedal tube cover bottom R	1	CE25-102
103	disc rim	2	CE25-103
104	Screw	4	CE25-104
105	bottle holder	1	CE25-105
106	power adapter	1	CE25-106
107	Screw M4*25	2	CE25-107
108	Cable 420MM	1	CE25-108
109	Washer 35*6* T 2.0	1	CE25-109
110	Washer $\phi$ 17* $\phi$ 12* T 1.0	3	CE25-110
111	Washer $\phi$ 35* $\phi$ 12* T 2.0	1	CE25-111
112	Console bare	1	CE25-112
113A	Left meter bare cover	1	CE25-113A
113B	Right meter bare cover	1	CE25-113B
114	Front meter bare cover	1	CE25-114
115	Screw M4*16	4	CE25-115
116	Screw M4*16	6	CE25-116
117	Rear console bare cover	1	CE25-117
118A	Left upright post cover	1	CE25-118A
118B	Right upright post cover	1	CE25-118B
#A	Washer M8	4	CE25-#A

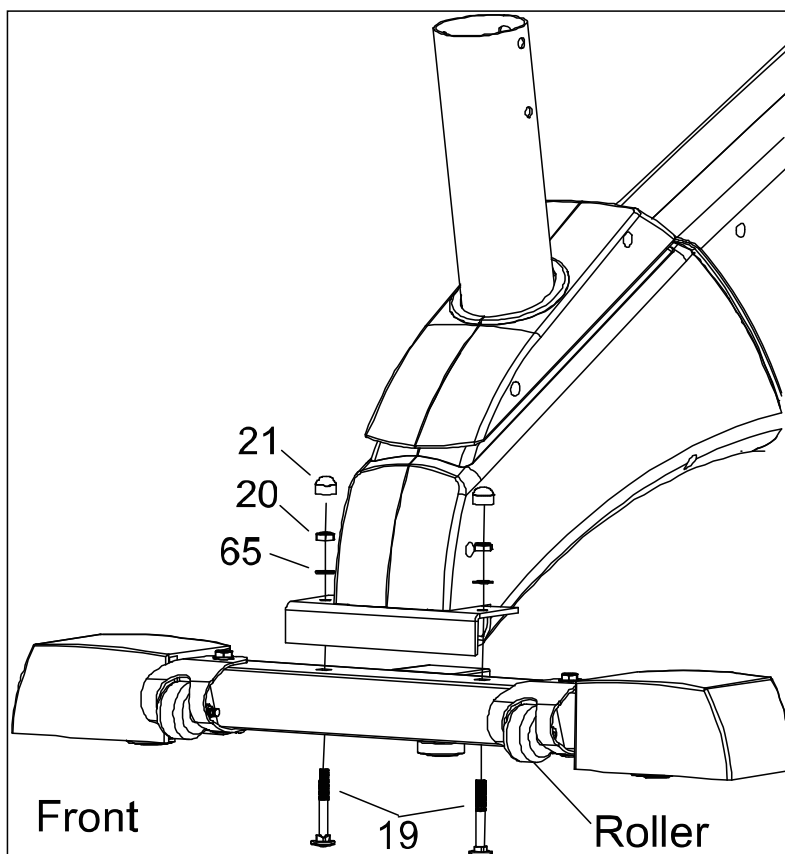


**STEP 1: Attach the Front Support (Front Stabilizer)**

**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

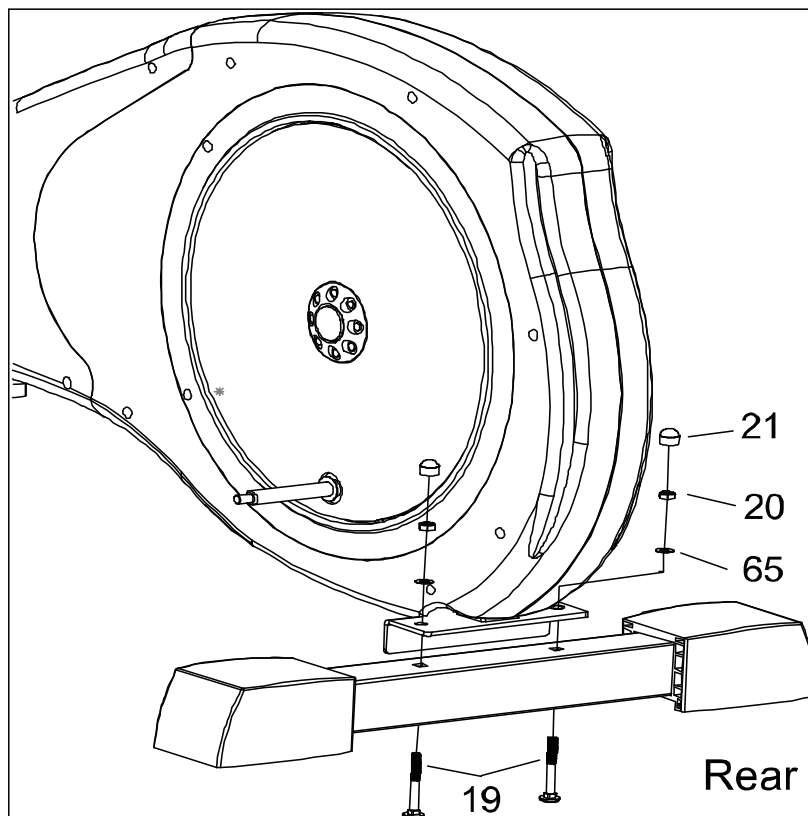


2

#21



2









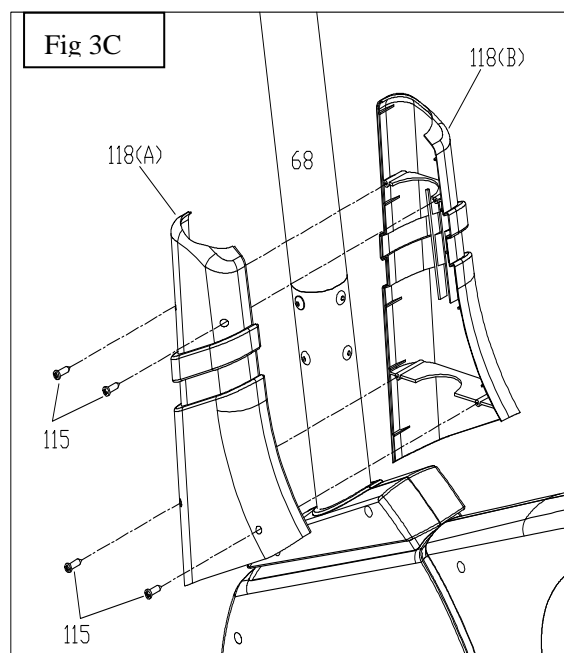
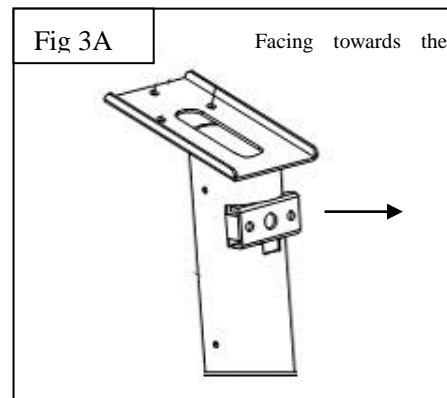
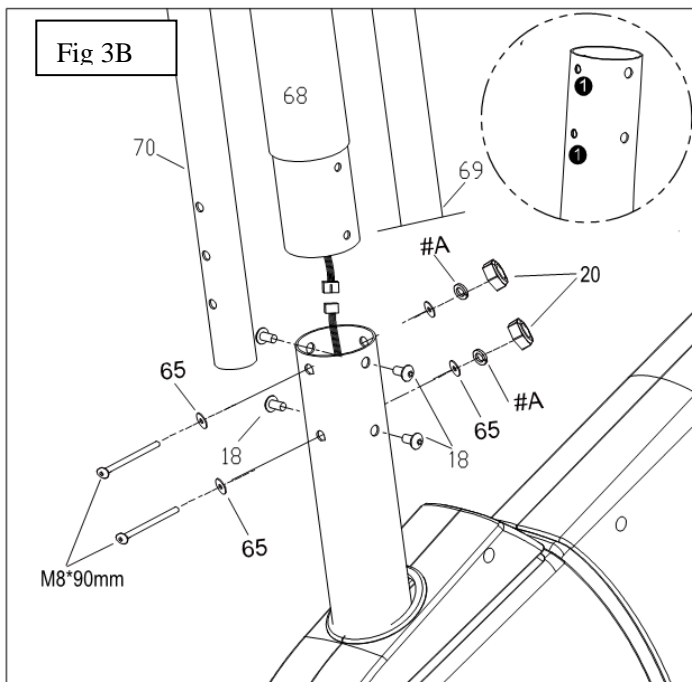
**STEP 3: Attach the Upright Tube Assembly to the Base Frame**

**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 fram 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.3 A)
- (D) Secure the upright tube to the base frame by using 6 x #18 Allen head bolts.
- (E) Hand tighten all the bolts first, then completely tighten the bolts near the label marked 1 with the Allen wrench. (See Fig. 3B)
- (F) Now completely tighten all bolts with the Allen wrench.
- (G) Place the left and right upright tube covers #118A/118B around the upright tube and secure them by using 4 x #115 screws(See Fig. 3C)







#115		4
M8*90mm		2
#A		2
#65		4
#18		4
#20		2

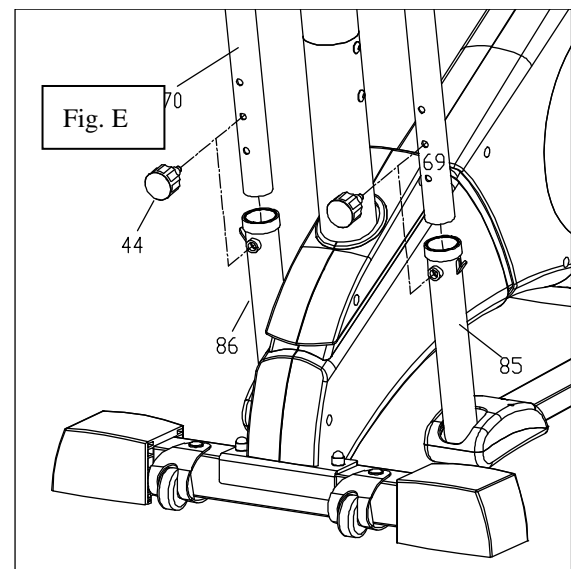
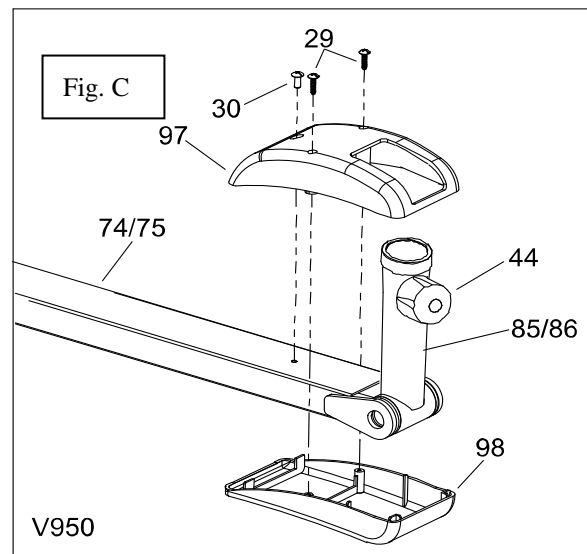
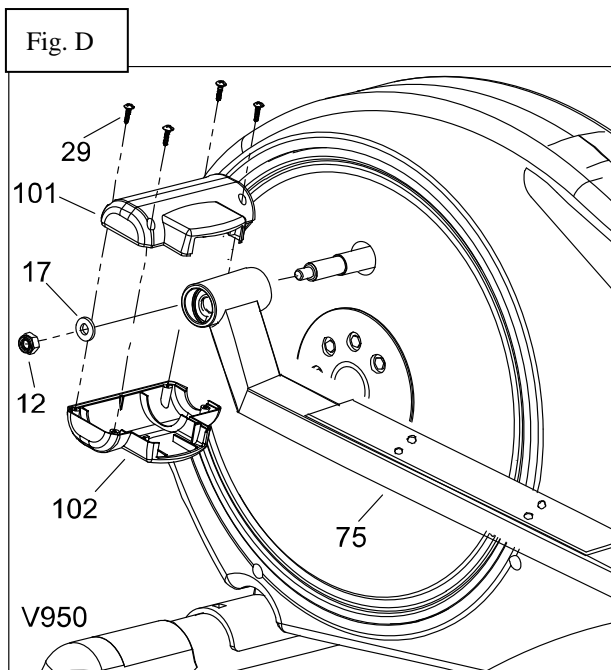


#### STEP 4: Attach the Pedal Tube Assembly

- (A) Locate the left and right pedal tube assemblies (#74 and #75)
- (B) Attach the front pedal covers top and bottom #97/#98 to the left pedal by using 2x #29 screws and 1 x #30 screw. (See Fig. B)
- (C) Repeat the process for the right side pedal tube
- (D) Attach the left pedal tube to the base frame crank arm (See Fig. C)
- (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) Attach and secure the Rear pedal tube covers #101 and #102 to the left pedal tube by using 4 x #29 screws.
- (G) Repeat this process for the right side.
- (H) Insert the front left of the pedal tube #85 on to Action handle bar tube #69 and secure them together by using the adjuster knob # 44 (See Fig. D)
- (I) Repeat the process for the right side.





**Note: Tighten all fasteners!**

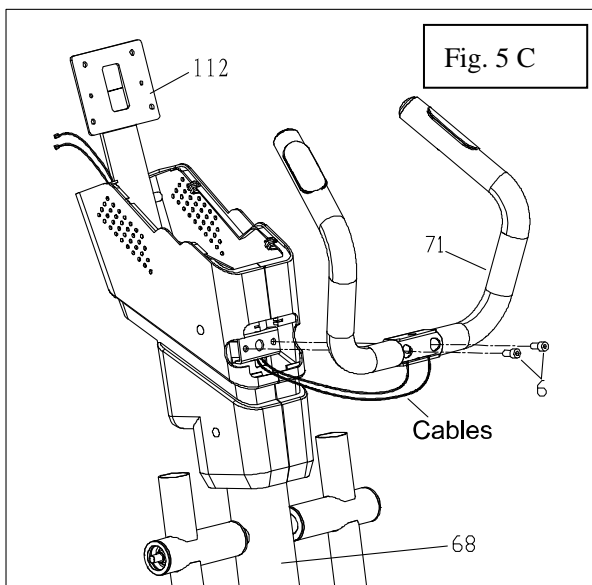
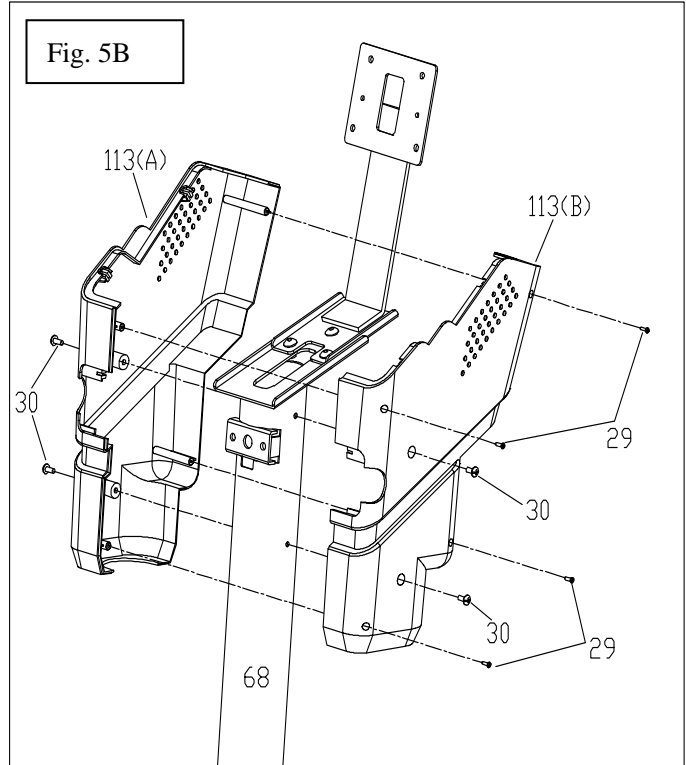
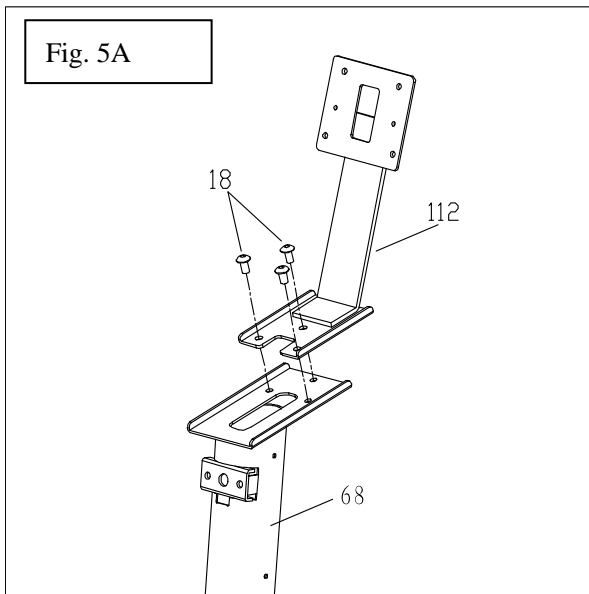
#29		4
#30		2
#12		2
#17		2
#29		8
#44		2



**STEP 5: Attach the Console Base and Handlebars**

- (A) Place the console base on top of the upright tube and align the bolt holes (See Fig. 5A)
- (B) Secure the console base to the upright tube by using 3 x #18 Allen bolts. Completely tighten the bolts now
- (C) Attach the console base covers #113A and 113B around the console base and secure the covers together by using 4 x #29 screws and 4 x #30 screws. (See Fig.5B) Do not completely tighten these screws until step 6
- (D) Feed the Heart rate wire of the hand grips through the small hole below the handlebar bracket then up through the top of the upright tube. Lay the wires over the top of console base covers
- (E) Attach and secure the handle bars to the handle bar bracket on the upright tube by using 2 x #6 Allen head bolts. Completely tighten the bolts (See Fig 5C)

#18		3
#29		4
#30		4
#6		2



**STEP 6: Attach the Fan Cover and Handlebar Cover**

- (A) Place the fan cover #114 in-between the #113A and #113B covers (See Fig.6A).
  - (B) Take the fan wire and route it with the other wires from the handrail assembly
  - (C) Secure the fan cover #114 by using 4 x #116 screws.
  - (D) Attach the Handlebar cover #88 and secure by using 2 x #116 screws.
- Fully tighten all screws for covers #88, #114, #113A and 113B (See Fig.6B)

#116 6



#88 1

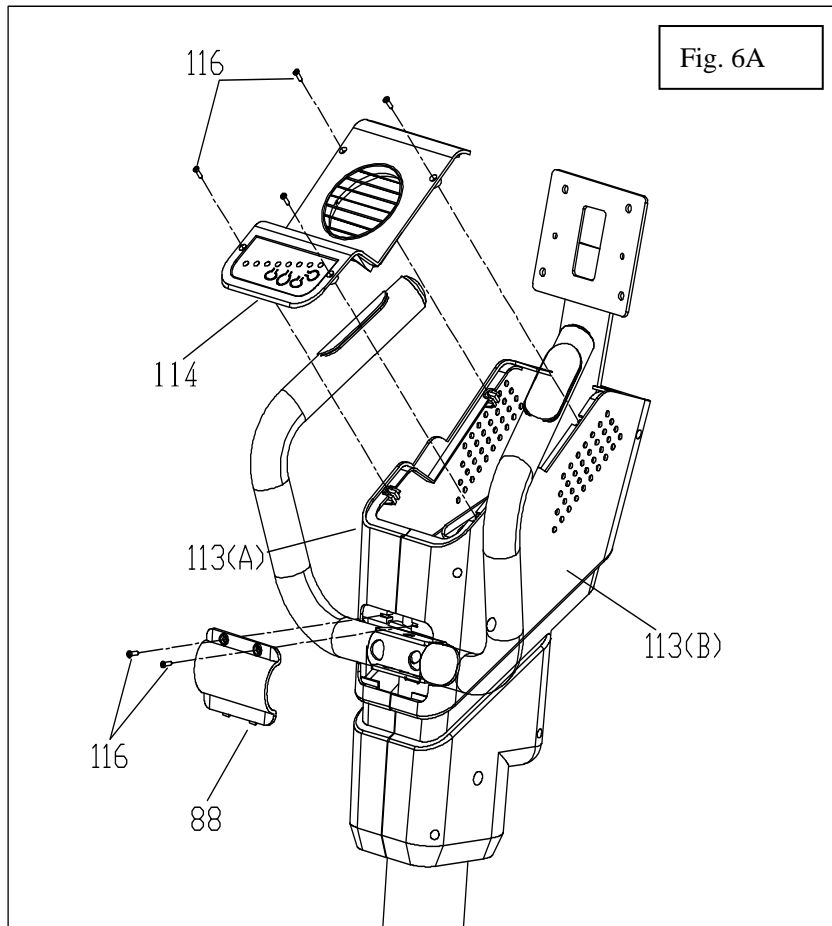


Fig. 6A

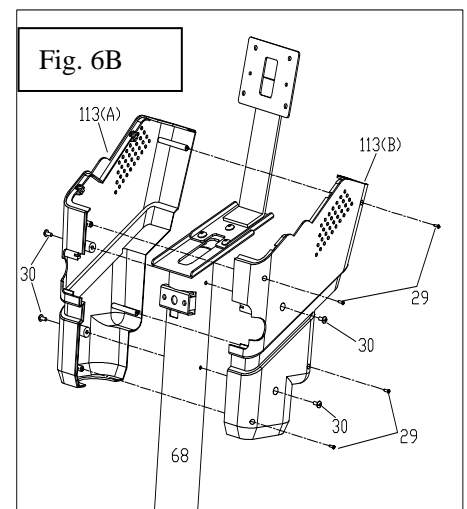


Fig. 6B

### STEP 7: Attach the Computer and Console Base Rear Cover

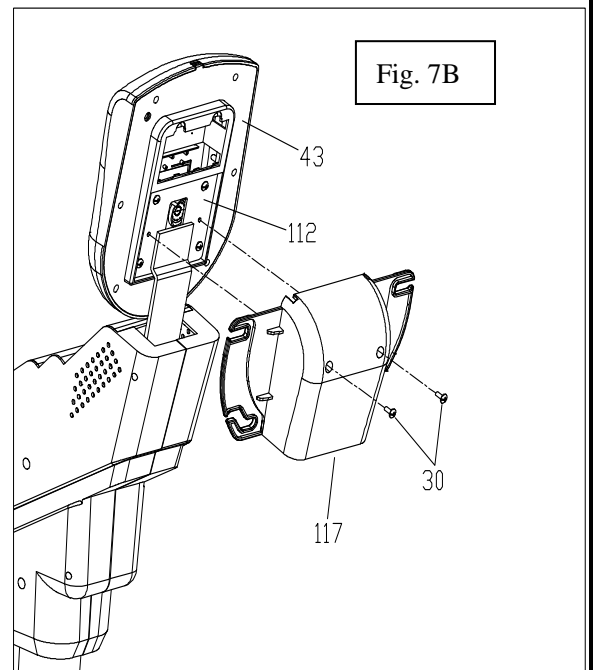
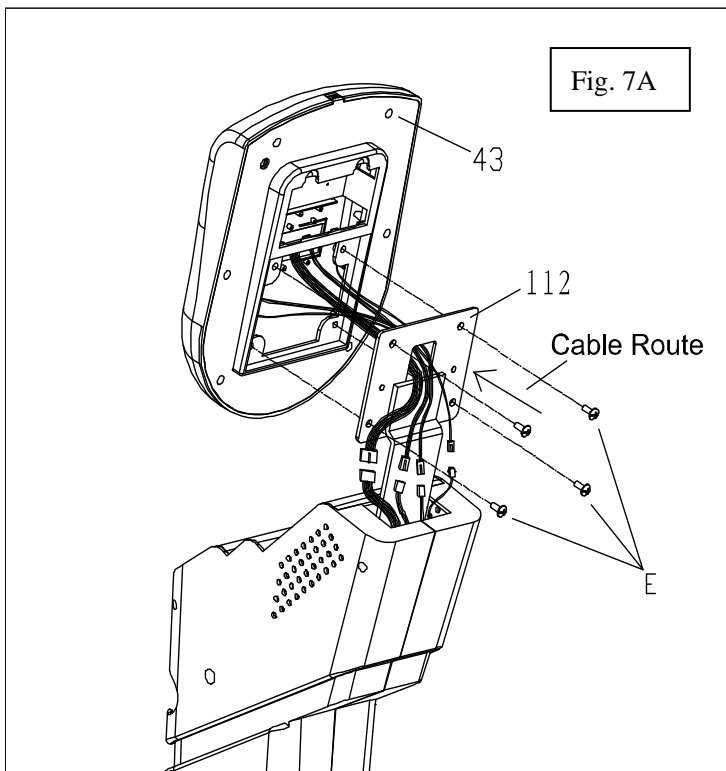
- (A) Connect the 4 wires from the computer #112 to the 4 wires that were placed over the Console base covers. (these are the wires that ran up through the upright tube and the handle bar contact heart rate)
- (B) Place the computer # 43 on to the console base #112 (See Fig. 7A)
- (C) Put the excess wires in to the back of the computer and in to the console base covers. Be sure not to punch the wires between the computer and the frame.
- (D) Secure the computer to the console base using 4 x E screws and tighten completely.
- (E) Place the console base rear cover on the other console base and secure it by using 2 x #30 screws

Tighten all screws now.

#30







2

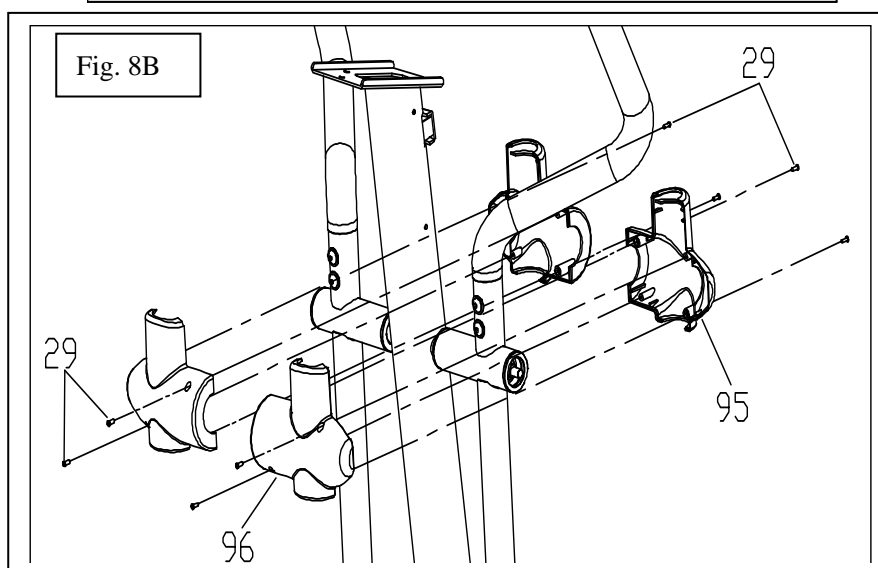
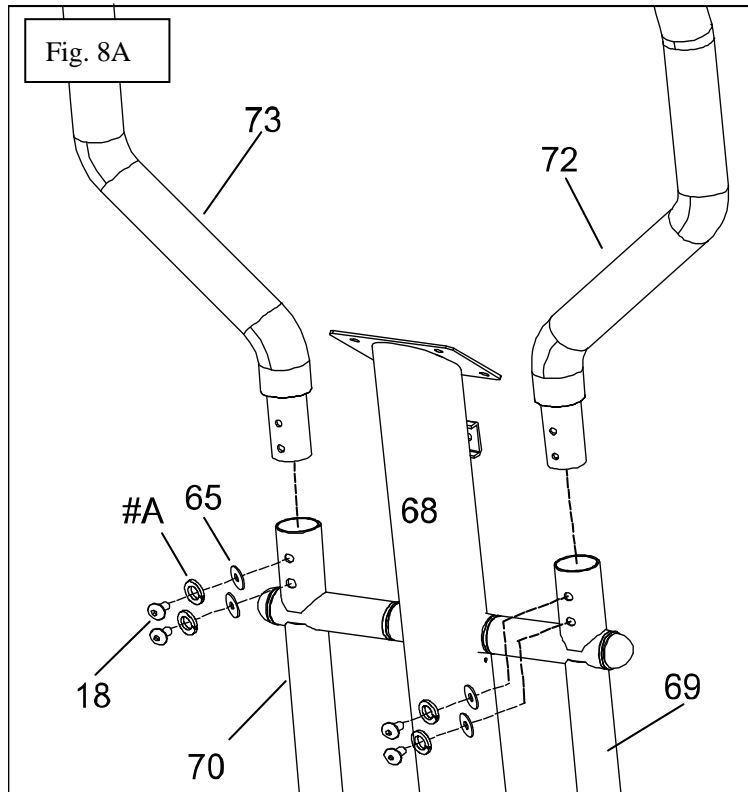


**Due to console/computer will assemble with a higher Location of machine SUGGEST to have a partner to Hold the computer and make sure all the Cable/plug Are plug in firmly or use a Chair to stand on it to get a higher position to the console location so be more easier to make sure all the cable /plug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

**STEP 8: Attach the Upper Swing Arm Assembly and Covers**

- (A) Place the upper swing arms left and right #72/#73 in to the lower swing arms #69/#70
- (B) Secure the upper and lower swing arms together by using 4 x #18 Allen bolts, 4 x #A spring washer and 4 x #65 washers.
- (C) Tighten all bolts now
- (D) Place the front and rear swing arm covers #96/#95 around the swing arms.
- (E) Secure the covers together by using 8 x #29 screws.
- (F) Tighten all screws now



#18		4
#65		4
#A		4
#29		8

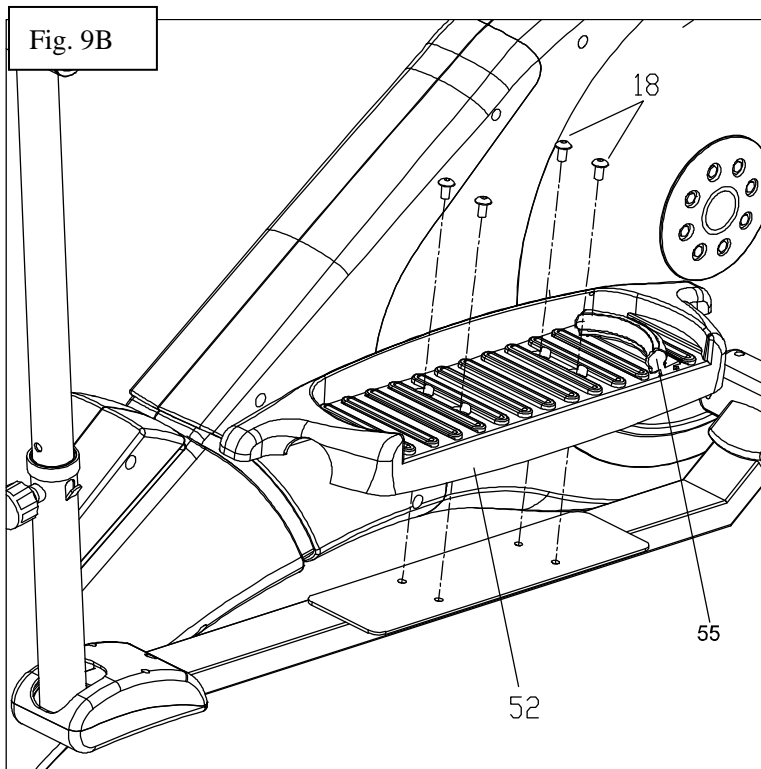
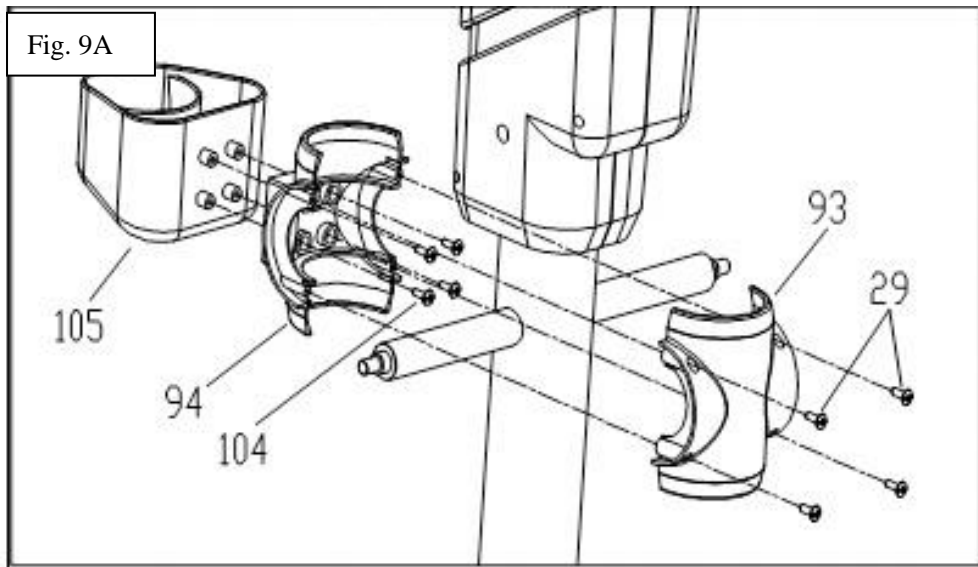




**STEP 9: Attach the Bottle Holder and Pedals**

- (A) Attach the rear cover #94 to the bottle holder #105 and secure by using 4 x #104 screws.
- (B) Place the front cover and the rear cover with the bottle holder attached around the upright tube and secure by using 4 x #29 screws (See Fig. 9A)
- (C) Locate the left and right pedals. Place them on the pedal tubes with the side opening facing outward away from the machine (see Fig. 9B)
- (D) Secure the pedals to the pedal tube by using 4 x #18 screws.
- (E) Tighten all bolts and screws now.

#29		4
18		8



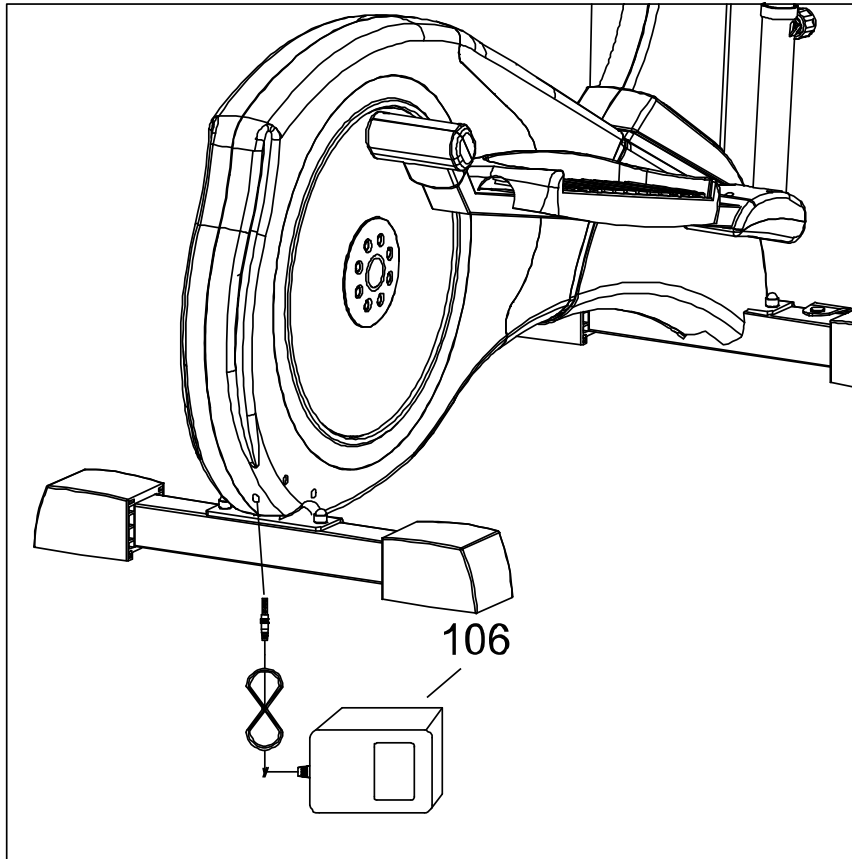
**STEP 10: Attach the Power Supply**

- (A) Before plugging in the power supply verify the voltage specifications on the label.
- (B) Plug the adaptor jack in to the inlet on the bottom rear of the elliptical.
- (C) Plug the power supply in to the wall outlet.

#106



1



## Mp3, Fan and Procedure to Move the Equipment

### Mp3 and iPod Usage

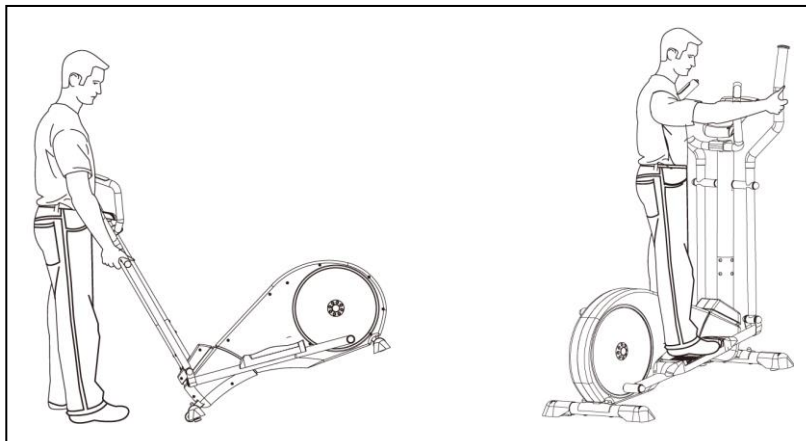
To play music or audio books through the console sound system while you exercise, plug the included audio cable into the jack on the back of the console and into a jack on your MP3 or iPod; make sure that the audio cable is fully plugged in. Next, press the play button on your MP3 player or IPOD. Adjust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

### Cooling Fan

Cooling Fan is included with the unit to increase the Air Circulation during your exercise. To operate press the "Fan" key to turn on. To turn the fan off, press the "Fan" key again to stop the fan.

### Transporting the Elliptical

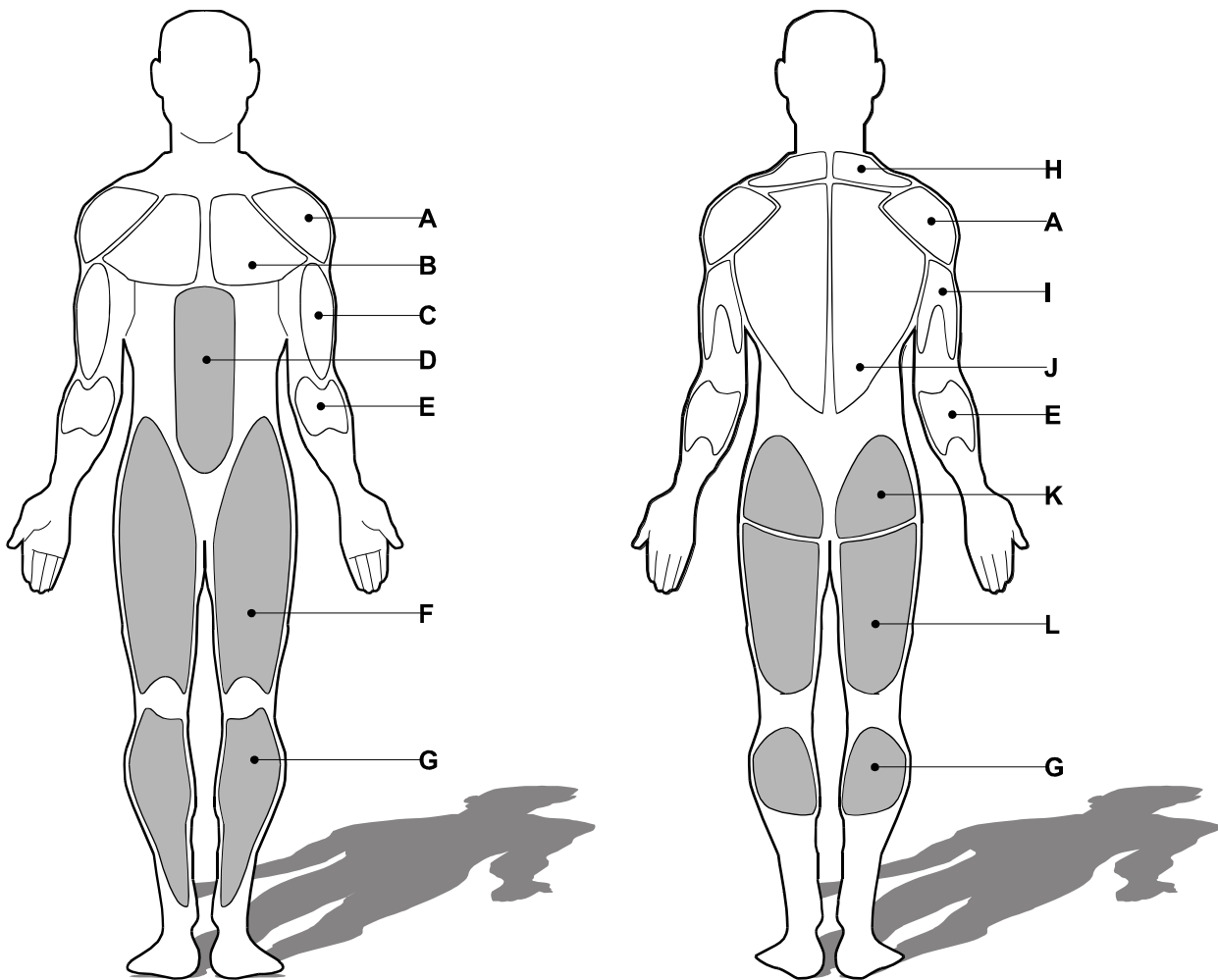
- Please follow these instructions when carrying and moving the equipment. Lifting it incorrectly may strain your back or cause injury
- The device is easy to move by pushing along on the integrated transport wheels. Tilt the unit from the front and pull it along the floor on the wheels.
- To prevent the equipment malfunctioning, store in a dry place with as little temperature variation as possible and protected from dust.



## 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.



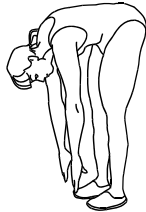
<b>A</b>	<b>Shoulder muscles</b>	<b>Calf muscles</b>	
<b>B</b>	<b>Pectoral muscles</b>	<b>Trapezius muscles</b>	<b>H</b>
<b>C</b>	<b>Bicep muscle</b>	<b>Tricep muscles</b>	<b>I</b>
<b>D</b>	<b>Abdominal muscles</b>	<b>Back muscles</b>	<b>J</b>
<b>E</b>	<b>Forearm muscles</b>	<b>Gluteal muscles</b>	<b>K</b>
<b>F</b>	<b>Quadricep muscles</b>	<b>Hamstring muscles</b>	<b>L</b>

### 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:

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.



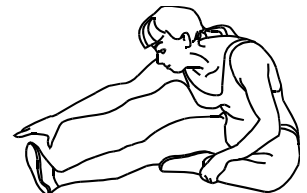
Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



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.



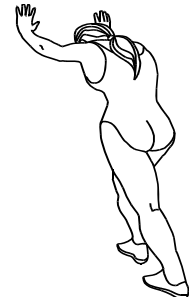
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



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.



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.



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.



## COMPUTER OPERATION



### Console Display Description

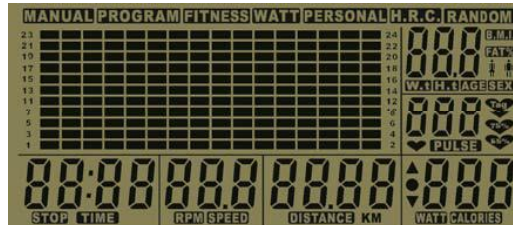
Display	Display Range	Setting Range	Default	Memory
<b>SEX</b>		MALE/ FEMALE		Yes
<b>AGE</b>		10 - 100		Yes
<b>WEIGHT(METRIC)</b>		20 - 330(Lb.) 10 - 150(KG)		Yes
<b>HEIGHT</b>		36 - 84(INCH) 90 - 210(CM)		Yes
<b>TIME</b>	0:00 - 99:59	0:00 - 99:00	0: 00	No
<b>DISTANCE</b>	0.0 - 99.99	0.00 - 99.50	0: 00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

<b>Button Function</b>	
	Return to the <b>"User Set Up"</b> screen
Reset Button	Return to the <b>"Program Selection"</b> screen, only when the button is pressed during a short pause in a workout. Hold the Reset button for 3 seconds to return to the <b>"Power On"</b> screen.
Start/Stop	Press start, to begin and pause a workout.
Quick Start	Press quick start before setting any user information to begin a manual workout directly. Note: using quick start will use the default settings as the user profile.
+/-	Use the plus and minus keys to select User profile data, program selections, heart rate values and resistance levels.
Enter	Press enter to confirm selections.
Handle Toggle Switches	The toggle switches function in the same manner as the + and - keys using them you can to select User profile data, program selections, heart rate values and resistance levels.
Recovery	Press the Recovery button to begin the heart rate evaluation test.
Fan	Pressing the fan button will activate and deactivate the fan

## Power Modes

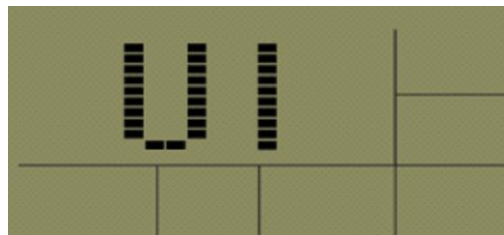
1. **Power On:** Plug in the power cord with power adaptor into an appropriate outlet. Next, locate and switch on the "reset/off button" on the frame, near the power cord. A loud beep will sound and the display will then light (**Fig. 1**) and enter User Set Up & Selection mode in a few seconds (**Fig.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

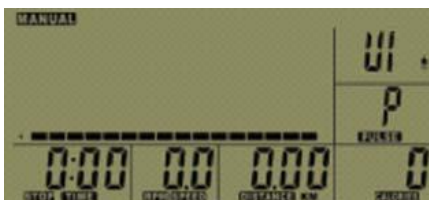


**Your user profile has not been completed. Now you can select your exercise program.**

Your display is now in program mode. You can choose your preferred program. There are 6 program categories available

- Press + or -to select a program category.
- Press enter to confirm your PROGRAM SELECTION.

Manual



Program



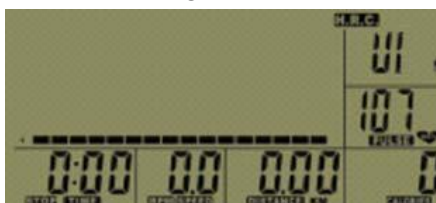
Fitness



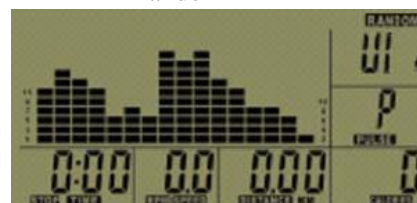
Personal



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 PROGRAMS**

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.

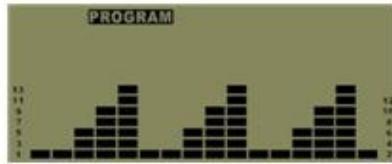
Once the time has been set you can enter the distance of the program. To increase or decrease the distance of the program press the +/- keys. Press enter to confirm. Once the distance has been set you can enter the calories of the program. To increase or decrease the calories of the program press the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

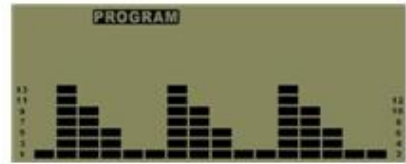
P1



P2



P3



P4



P5



P6



P7



P8



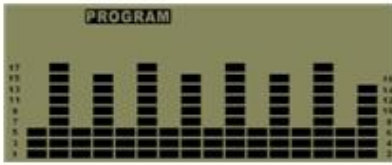
P9



P10



P11



P12



P13



P14



P15



P16



P17



P18



P19



P20



P21



P22



## MAINTENANCE and TROUBLESHOOTING

After selecting this program, press the start/stop. The program will go through the 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. Repeat the process for the 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 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 will 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  $220 - \text{age} = \text{max HR}$

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.**

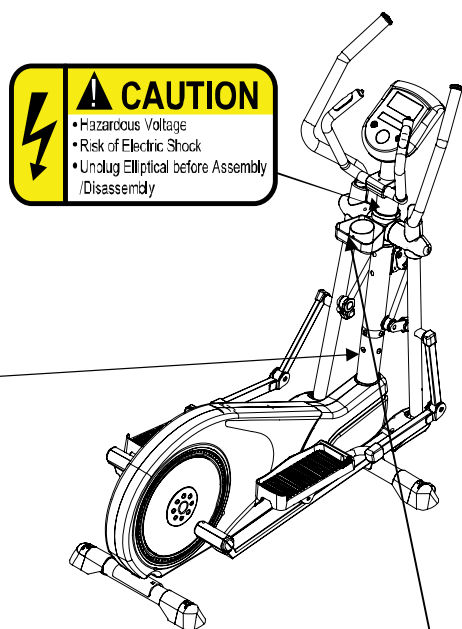
## WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, 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.





- \* 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 PRECAUTIONS 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 on a level surface. To protect the floor and carpet from damage, place a mat under the elliptical exerciser.
- DO NOT use 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 given 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 Consumer Use Only “, not for any commercial or institutional, rental use.
- Consult your physician before beginning your exercise program, incorrect or 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.

1:

**Warning :**

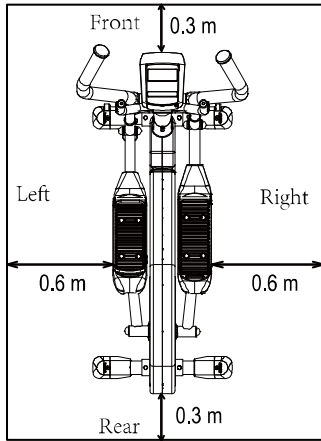
The equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes , and /or pulleys, connection points ETC.

**Warning:**

an advice to replace defective components imm. and/or keep the equipment out of use till repair also special attention to components most susceptible to wear out.

2.

The total Mass and surface area please refer to the following drawing:

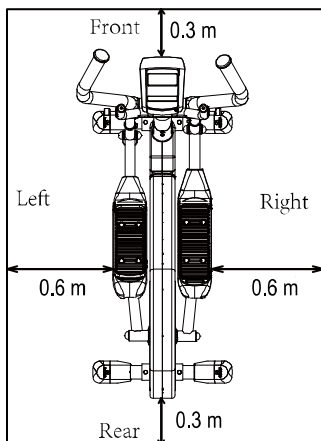


3.

For using each of the stationary training equipment must accompanied by the user's manual. also with following important info:

Manufacturer Full address: LMX International Inc.,  
11Floor No. 93 Nanking East Road Taipei Taiwan, [www.go-elliptical.com](http://www.go-elliptical.com)

To use the machine must notice the min. area required with space not less than 0.6M greater than the training area in the directions from which the equipment is accessed. the free area must also include the area emergency dismount. where the equipment is positioned adjacent to each other the value of free area may be shared. The free area and training area shall be illustrated with a dedicated figure.



**Warning :**

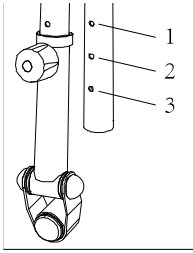
If any of the adjustment devices are left projecting , they could interfere with user's movement.

**Warning:**

The free standing equipment shall be installed on a stable and leveled base

**Warning:**

**Setting of the load and ???**

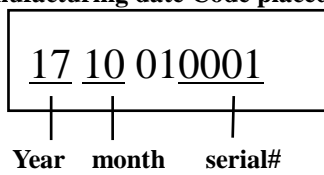


**Maximum User body for this equipment is 300LB/ (136KGS)**

**4.**

**Warning:**

**Equipment manufacturing date Code placed at rear frame of the equipment with a Label**



**5.**

**Warning:**

**The equipment is not with a free wheel system machine the equipment therefore the moving parts can not stopped imm.**

**6.**

**Warning:**

**The equipment is with Class B , is not suitable for high accuracy purposes .**

**SAVE THESE INSTRUCTIONS**



\*\*

Personal MP3 and IPOD facility can work with the equipment's console to get the Sound out with the installed high/ low speakers but to operate the degree of sound will be handled with your personal MP3 or IPOD equipment console not provide the facility to operate your personal equipment.

\*\*

Item is with Speed-dependent however, if the equipment you owned with the higher facility of program "HRC "--Heart Rate control program under the Condition of "HRC " program the equipment be operate with the Speed – independent , out of the HRC program equipment be operated all with Speed-dependent.

\*\*

When The Equipment with a cooling Fan facility, the Fan will operate with the Fan key as the following drawing shown: with three Fan speed available--Low/ Mid / High.

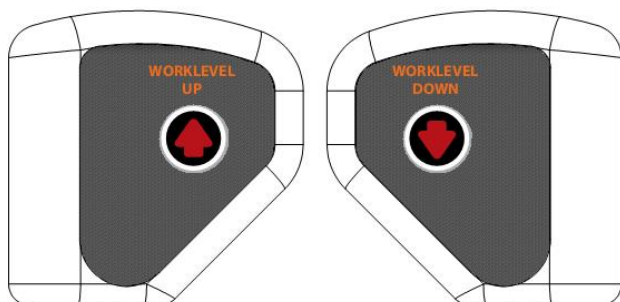


V-950PU

\*\*

Toggle Switch enable user to easy to adjust the work Tension Level during exercise by holding the hand on the Fixed handlebar to adjust the

work level left hand side with  up and right hand side  Down, to avoid hands leave the handlebar to touch with the console panel.





For Customer Service

**1-267-808-3999**

Email: [cs@go-elliptical.com](mailto:cs@go-elliptical.com)