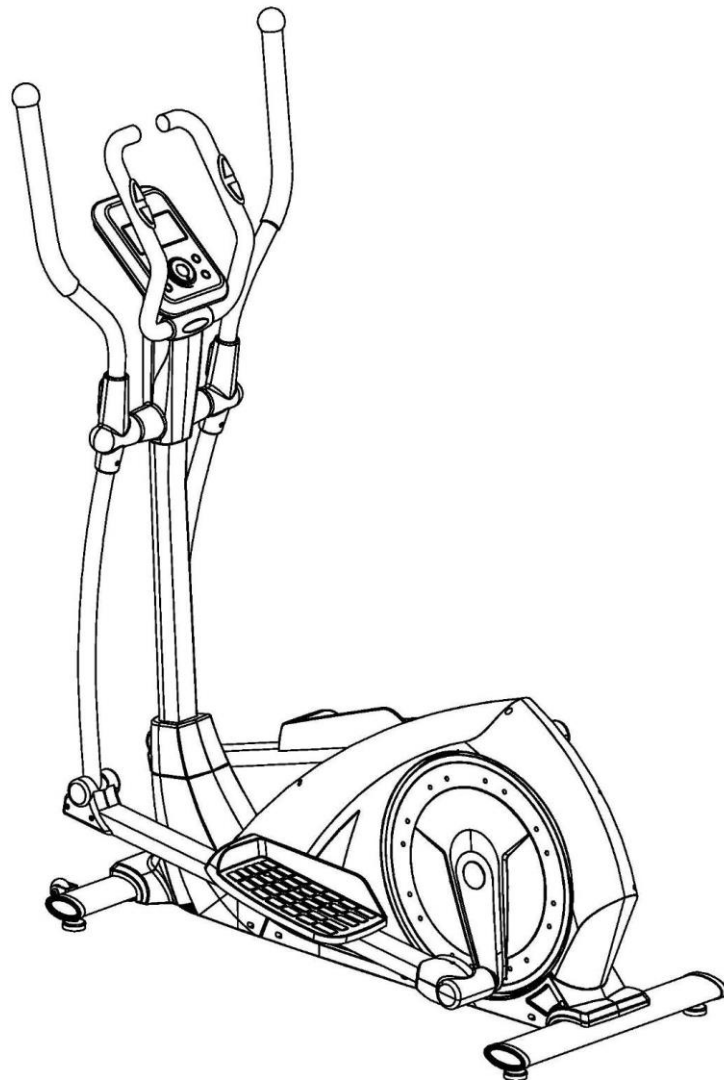




**USER MANUAL – EN**

**IN 5559 Elliptical Trainer inSPORTline Cruzz**



## SAFETY INSTRUCTIONS

- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should use the exerciser at a time.
- Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly fixed.
- Before you start your work-out, remove all sharp-edged objects around the exerciser.
- Only use the exerciser for your work-out if it works without problem.
- Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
- Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
- Make sure there is sufficient free space around the exerciser when you set it up.
- Please note that an improper and excessive work-out may be harmful to your health.
- Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
- Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.
- Be sure to consult a physician before you start any exercise program.
- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exercise
- Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.
- Children, disabled and handicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.
- Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.
- When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.
- Do not work out immediately after meals!
- Class - HC (according to EN ISO 20957) for home use.
- User weight should not exceed 120 kg.

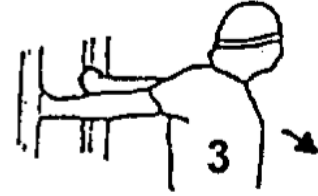
# WARMING UP:



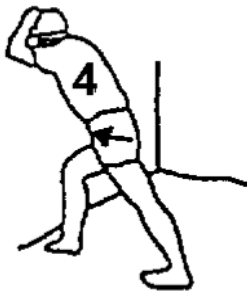
15 seconds for each



20 seconds



20 seconds



25 seconds



20 seconds



20 seconds



30 seconds



25 seconds for each leg



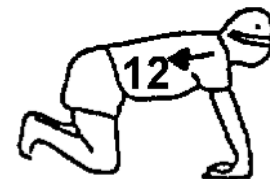
30 seconds



20 seconds



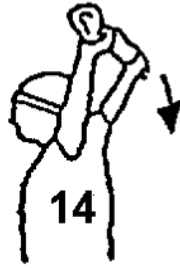
5 seconds x 3 times



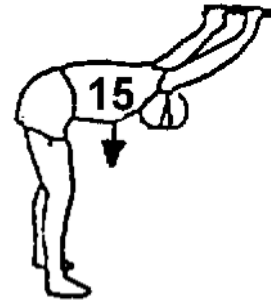
20 seconds



20 seconds for each leg

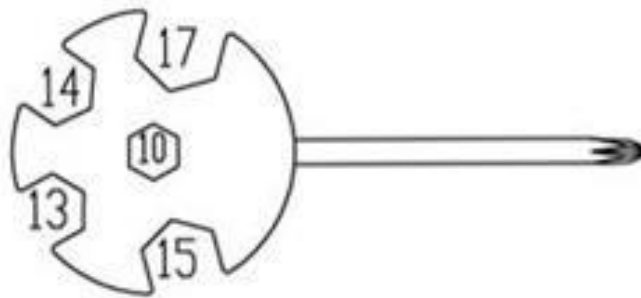


5 times

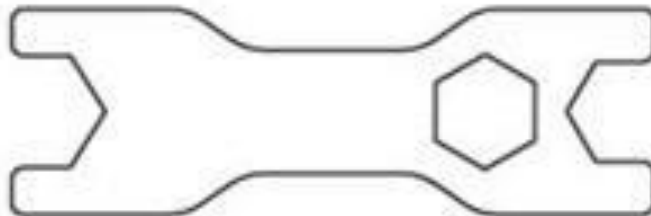


15 seconds

## TOOLS



(S=10,13,14,15,17)-1PCS



(S=17,19)-1PCS



(S=6)-2PCS

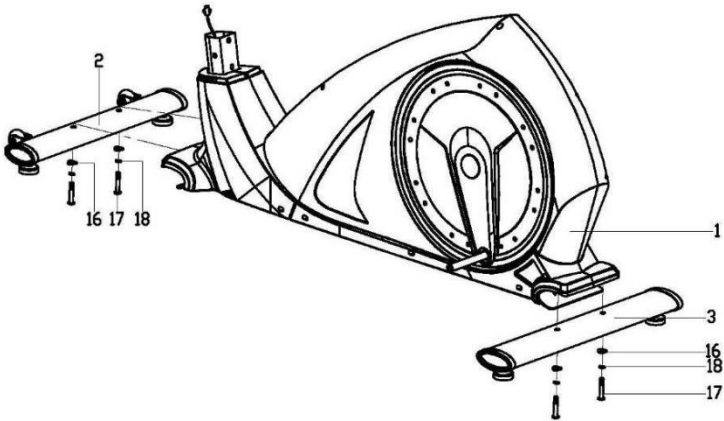
# ASSEMBLY INSTRUCTION

STEP 1.



#17	#18	#19

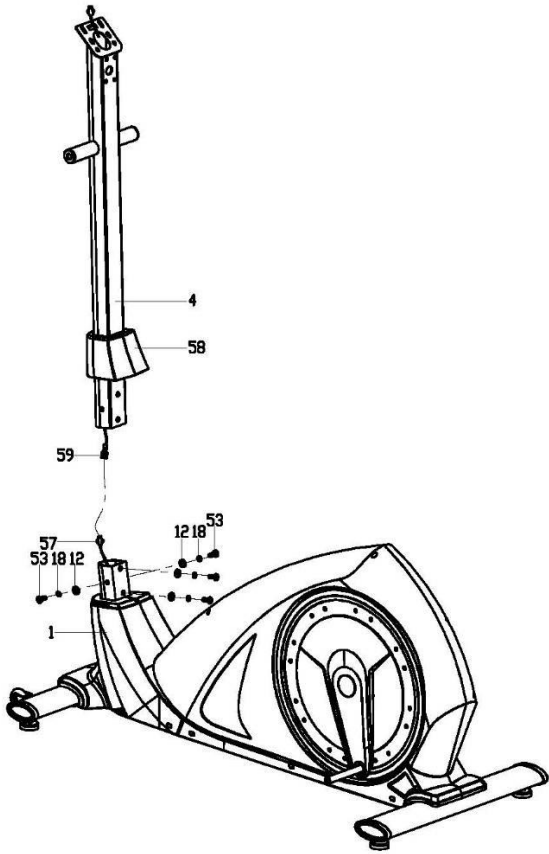
4x



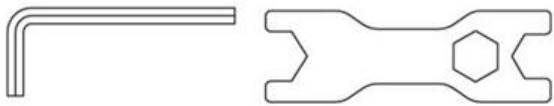
STEP 2.



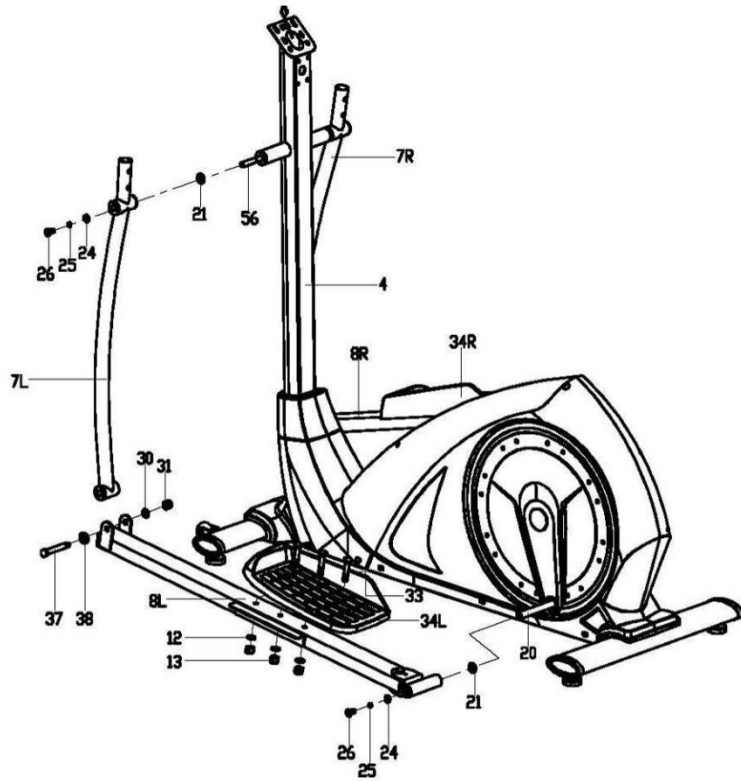
#53	#18	#12



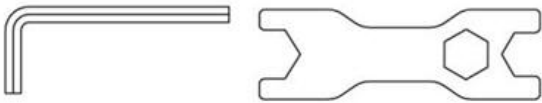
STEP 3.



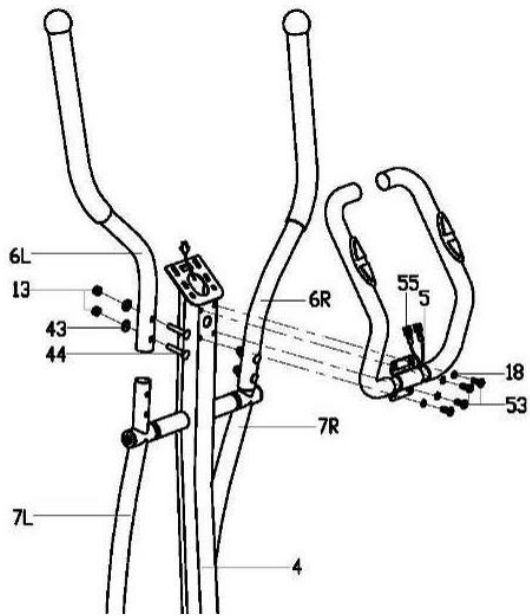
#37	#30	#38	#31	<b>2x</b>
#26	#25	#24	#21	<b>4x</b>
#33	#12	#13	<b>6x</b>	



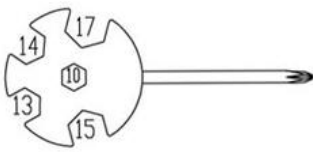
STEP 4.






#44	#43	#13	<b>4x</b>
#53	#18	<b>4x</b>	

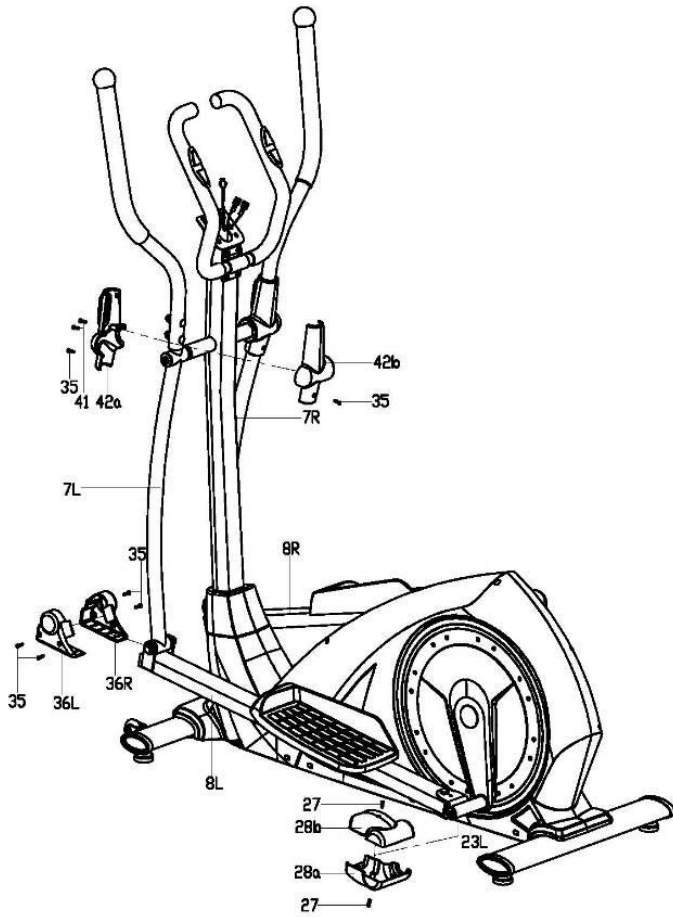


STEP 5.

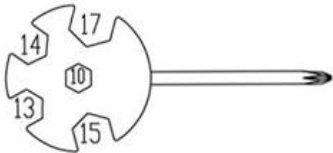




#35	#27	#41
		
<b>12x</b>	<b>4x</b>	<b>4x</b>

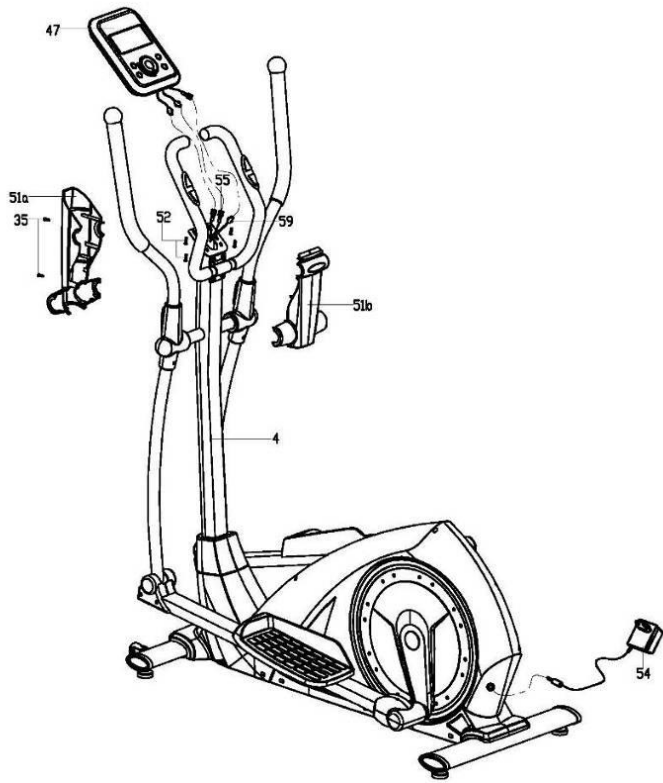




STEP 6.



#35	#52
	
<b>2x</b>	<b>4x</b>



# CONSOLE INSTRUCTIONS

## SM-8900



### 【BUTTON FUNCTIONS】

Joggle wheel - UP	To make upward adjustment to each function data or increase training resistance.
Joggle wheel - DOWN	To make downward adjustment to each function data or decrease training resistance.
MODE/ ENTER	To confirm all settings.
START/STOP	To start or stop workout.
RESET	To reset current setting and have the monitor switch to initial training mode for selection.
RECOVERY	To test heart rate recovery status.
BODY FAT	To test body fat %.  Press the BODY FAT button in standby mode and modify user data.

### 【DISPLAY FUNCTIONS】

TIME	Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 minute.  Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 minute between 01:00 to 99:00.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
RPM	Displays the Rotation Per Minute. Display range 0~15~999
DISTANCE	Accumulates total distance from 00:00 up to 99.99 KM or ML. The user may preset target distance data by pressing UP/DOWN button. Each incensement is 0.1KM or ML.

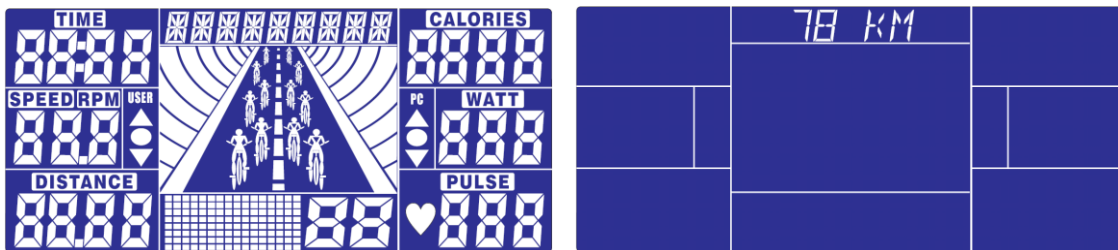
CALORIES	Accumulates calories consumption during training from 0 to maximum 9999 calories.  (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
PULSE	User may set up target pulse from 0 - 30 to 230; and computer buzzer will beep when actual heart rate is over the target value during workout.
WATTS	Display current workout watts. Display range 0~999.

**WARNING! A system for monitoring heart rate may not be accurate. Overloading during training may cause serious injury or death. If you feel any discomfort, immediately stop the exercise!**

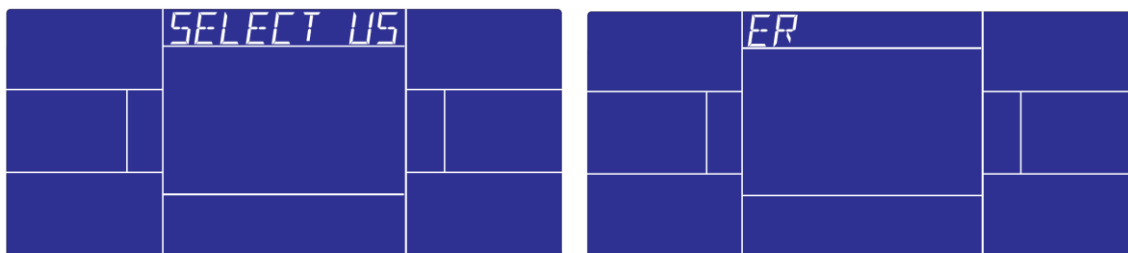
## OPERATING PROCEDURE

### Power on:

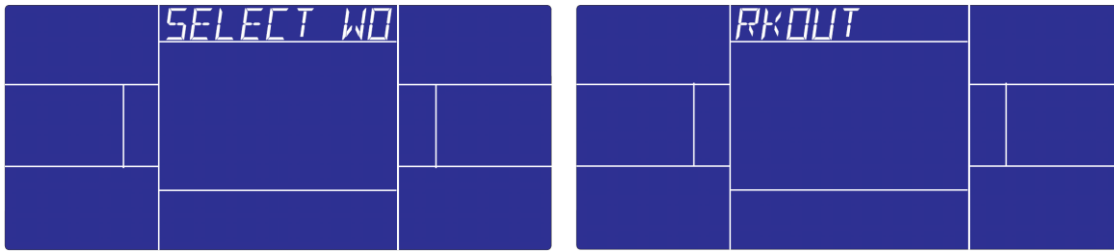
1. Please connect power adaptor to DC JACK. Or please the RESET key for 2 seconds to reboot the console. LCD will have 2 seconds of all segments displaying on the screen with a long beep and the wheel diameter of 78" will be shown in the mid-upper alphanumeric column.



2. Preset clock and calendar by using joggle wheel (UP and DOWN) and press the MODE/ ENTER key to confirm.
3. Console will show "SELECT USER", user may press the MODE/ ENTER key to enter into user selection mode. Use joggle wheel to select U1 to U4 and press the MODE/ ENTER key for confirmation. And then preset user information for SEX, AGE, HEIGHT and WEIGHT.



4. In standby mode, console will display "SELECT WORKOUT"; user may press the MODE/ ENTER key to enter into selection mode. And use joggle wheel to select MANUAL → PROGRAM → USER PROGRAM → H.R.C. → WATT.



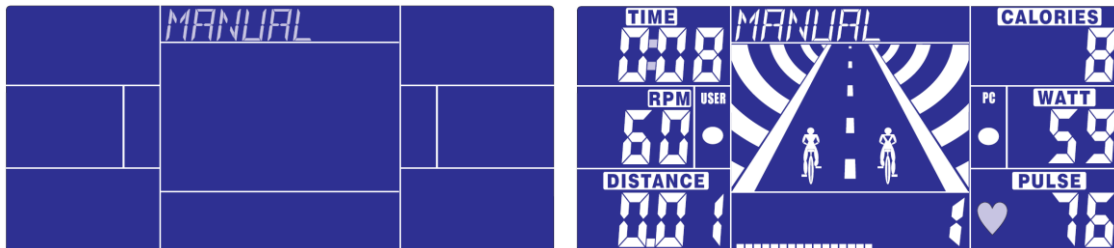
**Workout in MANUAL mode:**

In standby mode, select MANUAL and press the MODE/ ENTER key to enter.

**Quick start:** User may press the START/ STOP key to start training in MANUAL, all exercise values will start counting up from zero.

After enter into MANUAL mode, user may set up TIME → DISTANCE → CALORIES → PULSE → RESISTANCE LEVEL in order with flashing readout texts, and press the START/ STOP key to start exercising. All values will start counting down to zero. (Press the RESET key to clear all settings.)

In MANUAL mode, biking animation will move forward once every 3 km. PC speed will maintain the same as user's speed.



**Workout in PROGRAM mode:**

In standby mode, select a PROGRAM and press the MODE/ ENTER key to enter.

User may turn joggle wheel up or down to select a preferred program from 1 to 12, and press the MODE/ ENTER key for confirmation. Program profile will be in flashing texts; user may use joggle wheel to adjust profile's resistance level.

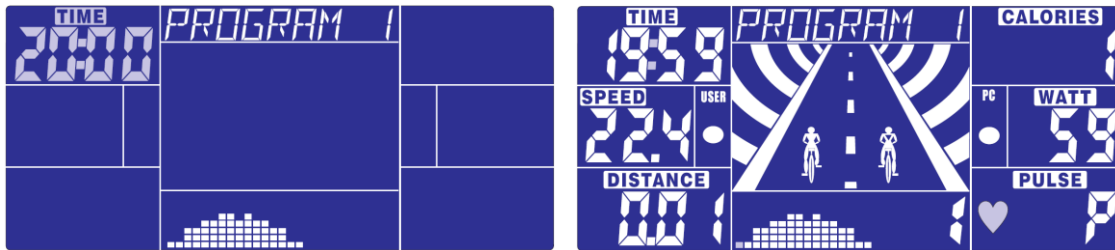
TIME is fixed in 20:00 minutes, which is not adjustable. Press the START/ STOP button to start workout and racing with PC.

After start, TIME will start counting down; the runway animation will follow user's RPM input.

User need to follow PC speed by checking below symbols to finish the entire 20 minutes of training:

- ▲ : USER speed > PC RPM – user needs to slow down
- : USER speed = PC RPM
- ▼ : USER speed < PC RPM – user needs to speed up

When TIME counts down to zero, console will beep for 8 seconds and LCD will display the racing result: PC WIN or USER WIN.



Runway



**Workout in User program mode:**

In standby mode, select USER PRO and press the MODE/ ENTER button to enter.

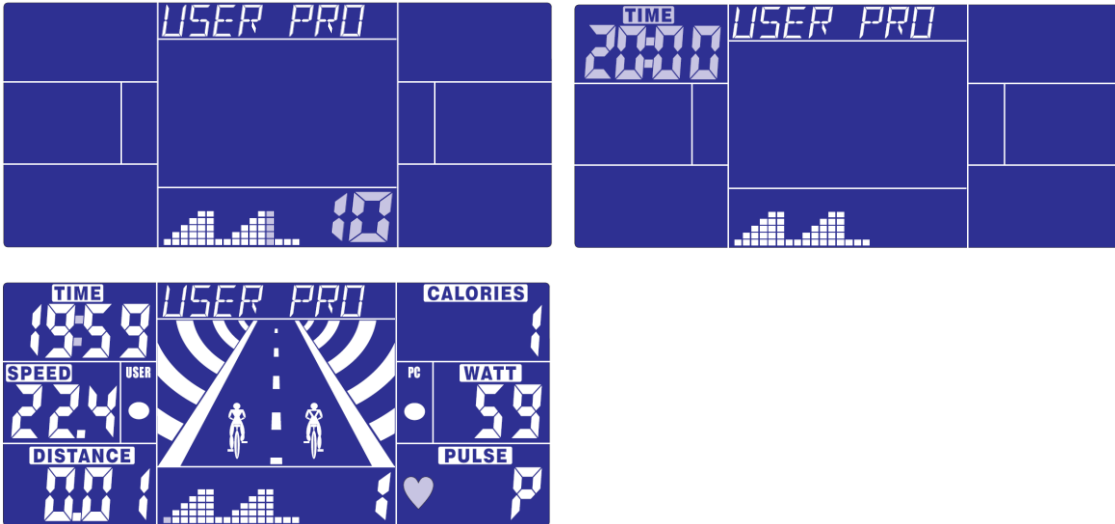
User may create his/her own preferred profile by turning UP and DOWN to set up resistance level of each row, and press the MODE/ ENTER key to confirm. Press the MODE/ ENTER button when settings are completed.

Time is fixed in 20:00 minutes, which is not adjustable. User may press the START/STOP button to start exercising.

After start, TIME will start counting down; the runway animation will follow user's RPM input. User needs to follow PC's speed by checking below symbols to finish the entire 20 minutes of training:

- ▲ : USER speed > PC RPM – user needs to slow down
- : USER speed = PC RPM
- ▼ : USER speed < PC RPM – user needs to speed up

When TIME counts down to zero, console will beep for 8 seconds, and display racing result: PC WIN or USER WIN.

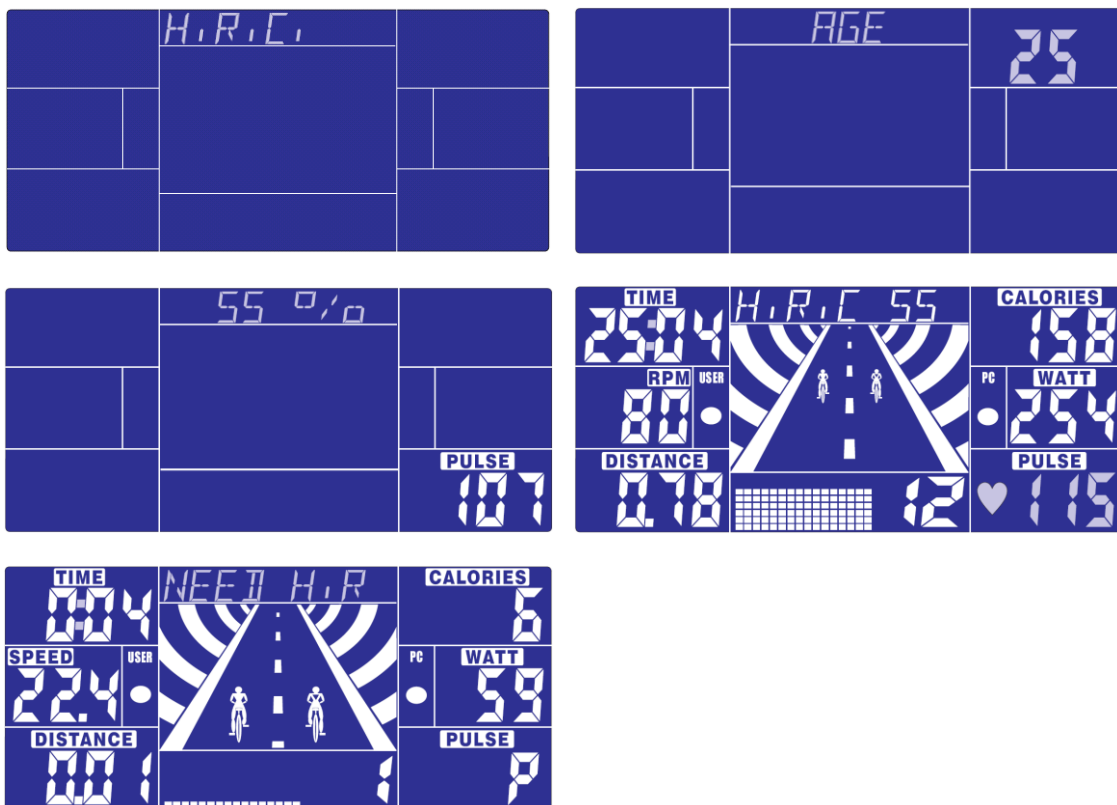


**Workout in H.R.C. mode:**

In standby mode, select H.R.C. and press the MODE key to enter.

Default AGE value will be 25 showing with flashing text and user may set his/ her age by using joggle wheel and press the MODE key after determined. The monitor will calculate preset heart rate value automatically according to user’s age setting. Screen will show heart rate percentage 55%, 75%, 90% and TARGET. User may select heart rate percentage by UP/ DOWN/ ENTER button for training.

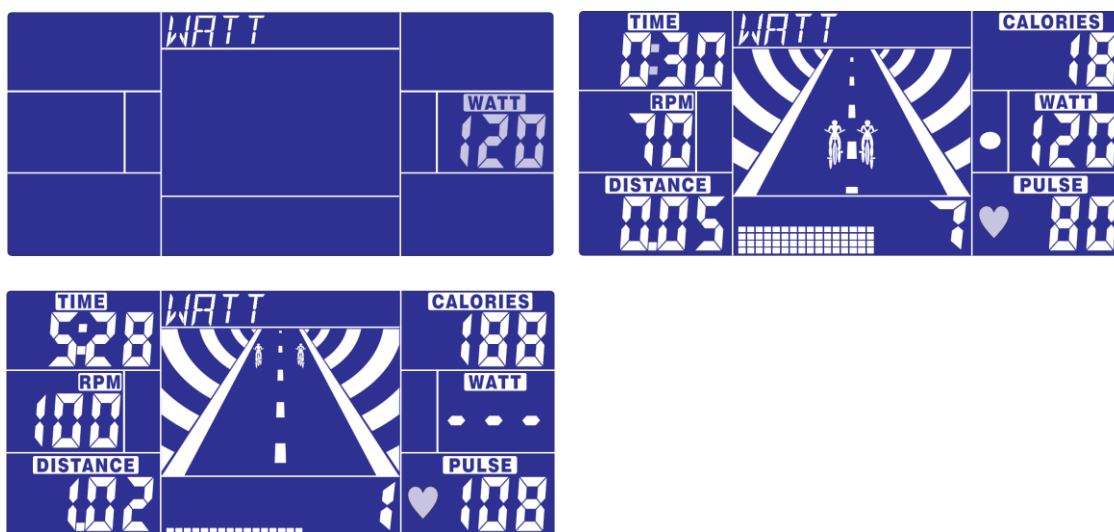
If there is no HR input detected for 5 seconds, LCD will display “NEED H.R.” until a HR signal is inputted.



**Workout in WATT constant mode:**

In standby mode, select WATT and press MODE to enter. The preset watt value 120 will be in flashing form showing in the WATT setting mode, select UP/ DOWN/ ENTER to set target value from 10 to 350. Press the START button to start training. After start, Level is adjusted according to RPM to reach the setting WATT.

- ▲ : WATT > setting WATT 25% – user needs to slow down
- : WATT = setting 25%
- ▼ : WATT < setting 25% – user needs to speed up
- : WATT > or < setting WATT 50% (OVER SPEC)---



**BODY FAT**

User may test and have the BODY FAT advice when the console is in STOP mode. Please follow the steps as below:

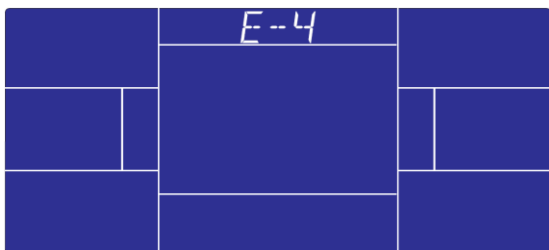
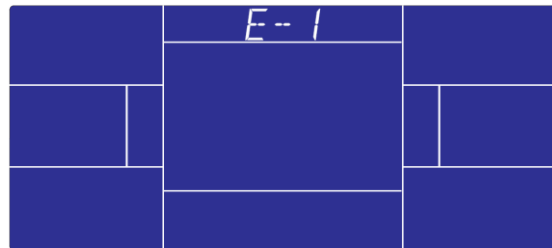
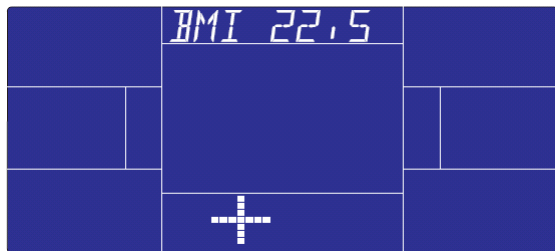
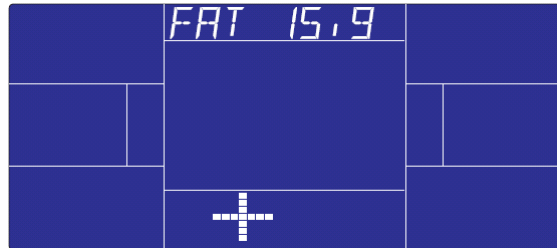
1. Press the BODY FAT button and user should holds on the handgrip with both hands tightly to start body fat testing.
2. The symbol "- - - - -" will be displayed during the testing in 8 seconds. After 8 seconds, user will see the BODY FAT advice in percentage and BMI and the fat advice in different symbol.
3. If any following situation is accrued, there'll be other possible indications showing on LCD.
  - "E-1" - When user sees this indication, it means user did not put your thumb properly on the conductor. Please try again.
  - "E-4" - When user sees this indication, it means the BODY FAT advice is exceeded the available area which is fixed in the program.

After BODY FAT testing, press the BODY FAT button to go back to continue the previous exercise before testing. The BODY FAT advice figure and BMI will disappear.

SYMBOL	⊖	⊕	▲	◆
--------	---	---	---	---

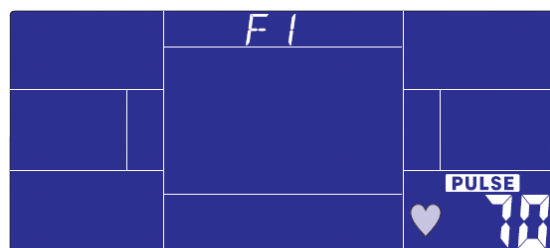


SEX	FAT%	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE		<13%	13%-25.8%	26%-30%	>30%
FEMALE		<23%	23%-35.8%	36%-40%	>40%



### RECOVERY:

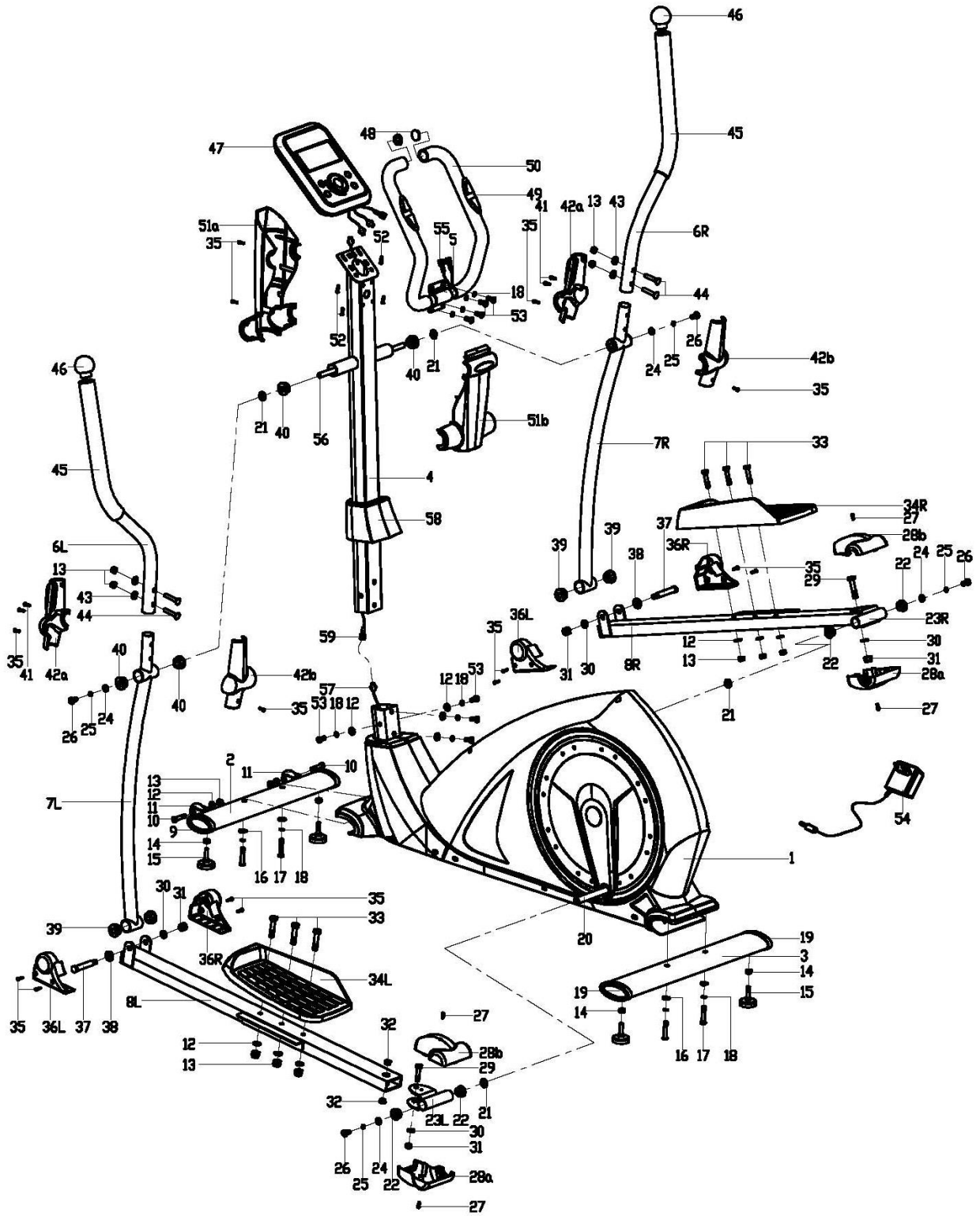
After exercising for a period of time, keep holding on handgrips with both hands and press the "RECOVERY" button. All functions displaying on LCD will stop, except "TIME" will start counting down from 00:60 to 00:00. LCD will display user's heart rate recovery status with F1, F2...to F6. F1 is the best and F6 is the worst. User is suggested to keep exercising continuously to improve the heart rate recovery status from F6 to F1. Press the RECOVERY button again to return to the main menu.

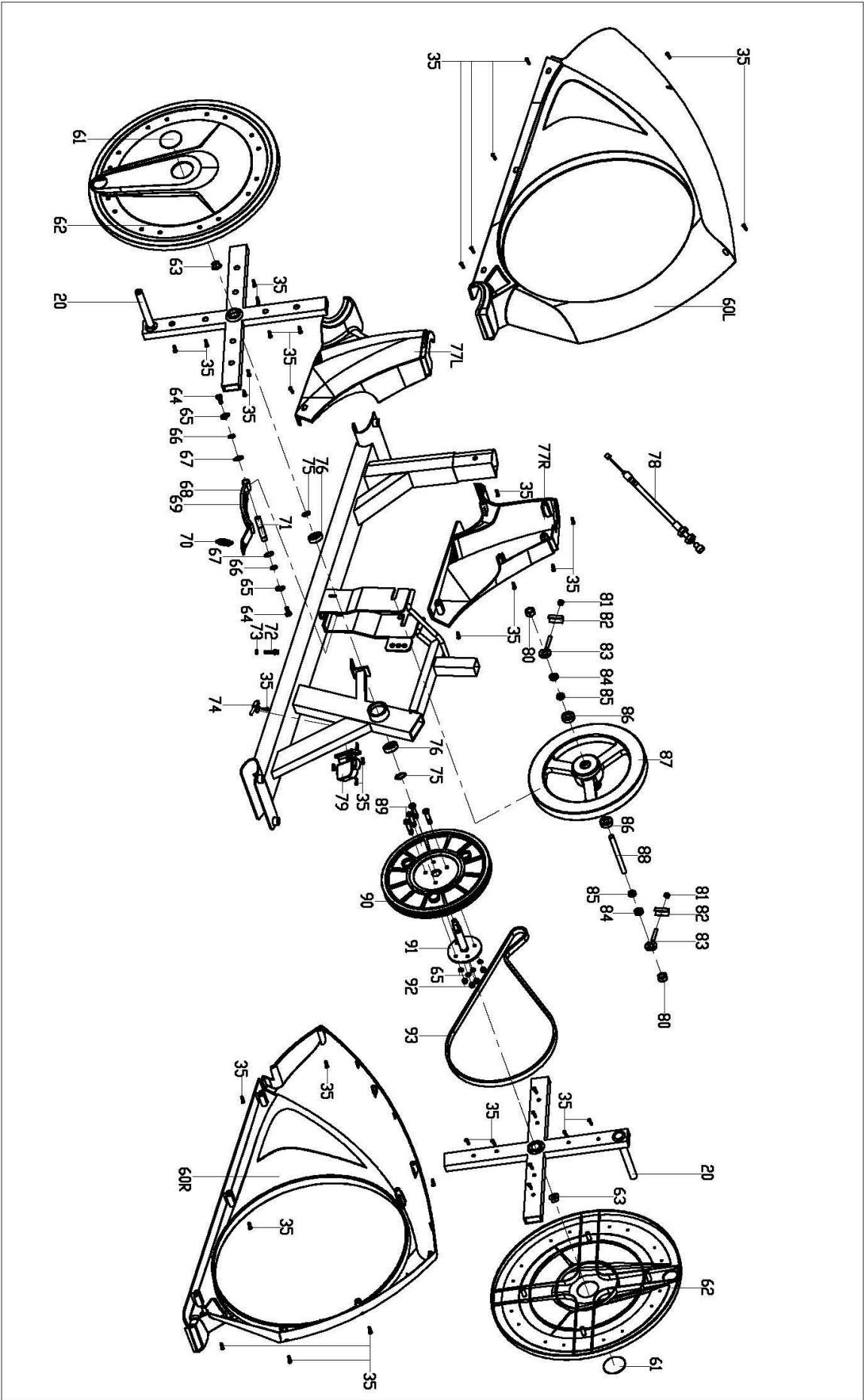


**NOTE:**

1. This console requires 9V, 1A or 9V, 0.5A adaptor.
2. When user stops pedaling for 4 minutes, console will enter into power saving mode, all settings and exercise data will be stored until user starts the workout again.
3. When console acts abnormal, please plug out the adaptor and re-plug in again.
4. If the cables connected computer and servo motor were broke, user will see a warning sign of "E2" displaying on LCD. User may check if the cables are well connected first or consult with their agent.

# EXPLODED DRAWING





## PARTS LIST

Part	Description	Qty	Part No.	Description	Qty
1	Main frame	1	48	Round cap	2
2	Front bottom tube	1	49	Pulse	2
3	Rear bottom tube	1	50	Foam grip	2
4	Handlebar post	1	51a/b	Protective guard	1pr.
5	Fixed handlebar	1	52	Screw M4x10	4
6L/R	Handlebar	1pr.	53	Hex screw M8x16	8
7L/R	Swing tube	1pr.	54	Adapter	1
8L/R	Pedal support	1pr.	55	Hand pulse wire	2
9	End cap	2	56	Long axle	1
10	Hex screw M8x40xL12	2	57	Sensor wire	1
11	Roller	2	58	Protective guard	1
12	Flat washer D8xΦ16x1.5	12	59	Extension wire	1
13	Nylon nut M8	12	60L/R	Chain cover	1each
14	Hex nut M10	4	61	Turn plate block	2
15	Adjustable cushion	4	62	Turn plate	2
16	Arc washer d8x2xΦ25XR39	4	63	Flange nut	2
17	Hex screw M8xL58	4	64	Hex bolt	2
18	Spring washer D8	12	65	Spring washer	6
19	End cap	2	66	Flat washer	2
20	Crank	2	67	Spring washer	2
21	Wave washer Φ17xΦ23x0.3	4	68	Magnetic board	1
22	Plastic bushing	4	69	Magnetic	14
23L/R	Pedal tube joint	1pr.	70	Tension spring	1
24	D-shape washer	4	71	Magnetic plate axle	1
25	Spring washer D10	4	72	Hex bolt	1
26	Hex screw M10x20	4	73	Hex nut	2
27	Screw M5x10	4	74	Sensor	1
28a/b	Protective guard	2pr.	75	Spring washer	2
29	Hex bolt M10x55	2	76	Bearing	2
30	Flat washer D10xΦ20x2	4	77L/R	Protective guard	1each
31	Nylon nut M10	4	78	Tension control cable	1
32	Bushing Φ18xΦ10x11	4	79	Motor	1
33	Hex screw M8x45	6	80	Hex nut	2
34L/R	Pedal	1pr.	81	Hex nut	2
35	Screw ST4.2x18	14	82	U-shape washer	2
36L/R	Protective guard	2pr.	83	Bolt	2
37	Screw Φ12xM10x80	2	84	Thin nut	2
38	Flat washer D12xΦ24x1.5	2	85	Spacer	2
39	Bushing Φ12xΦ32x15	4	86	Bearing	2
40	Plastic bushing Φ16xΦ31x23	6	87	Flywheel	1
41	Screw ST3.5x10	4	88	Flywheel axle	1
42a/b	Protective guard	2pr.	89	Bolt	4
43	Arc washer	4	90	Belt tray	1
44	Carriage bolt M8xL45	4	91	Axle	1
45	Foam grip	2	92	Nylon nut	4
46	Round cap	2	93	Belt	1
47	Computer	1			

**SEVEN SPORT s.r.o.**

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