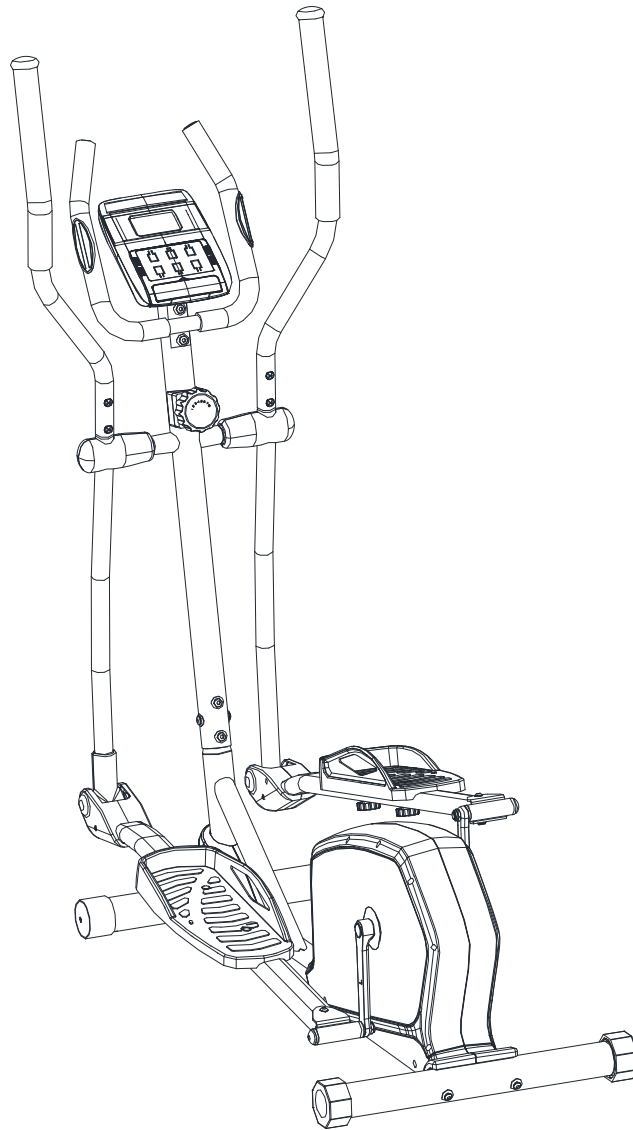


# MAGNETIC ELLIPTICAL

Ellip 200

## NS-1201ELX USER MANUAL



# TABLE OF CONTENTS

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## IMPORTANT SAFETY PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. The max. user capacity is 110 KGS.

**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.**

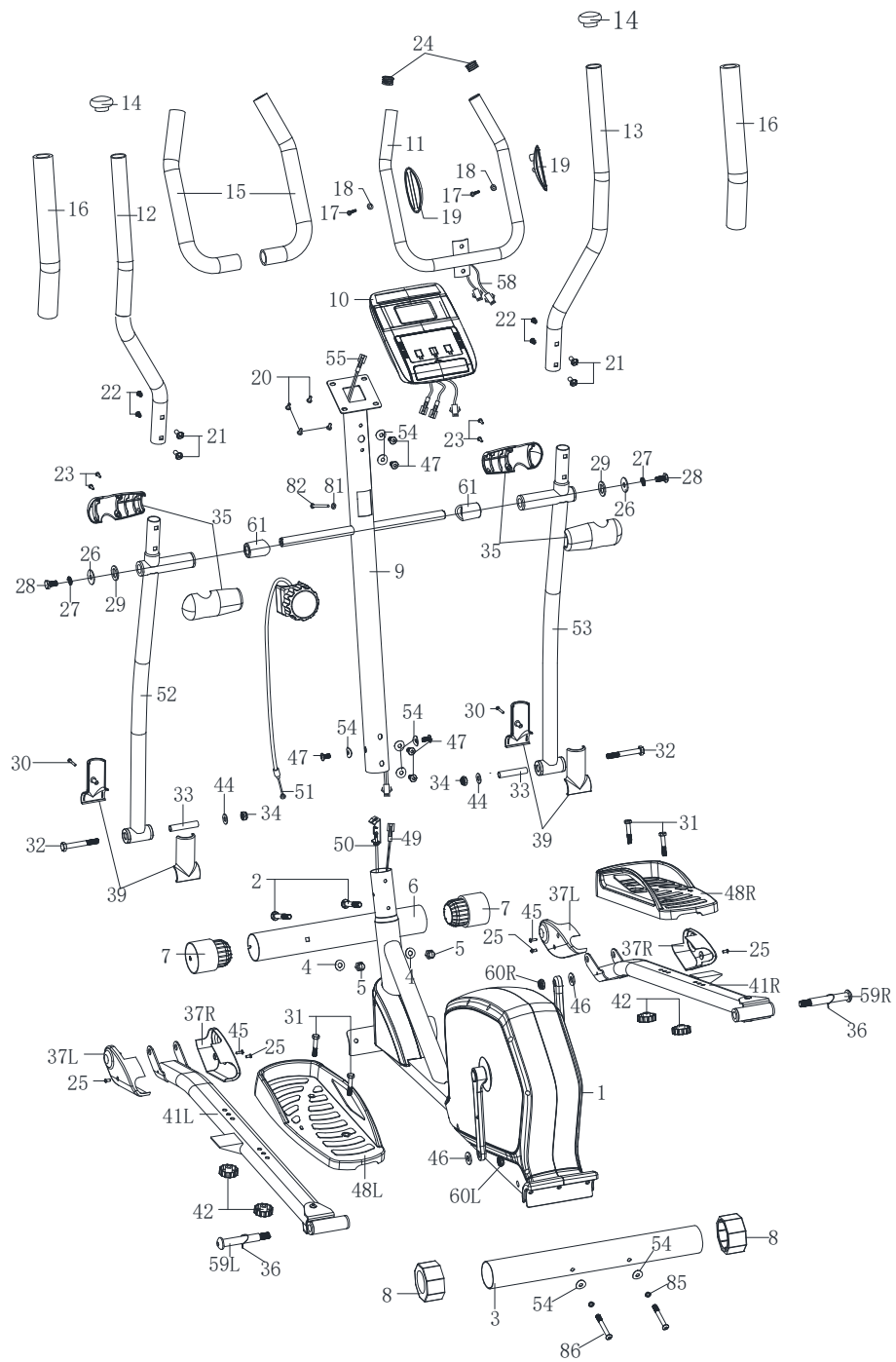
**SAVE THESE INSTRUCTIONS.**

## PARTS LIST

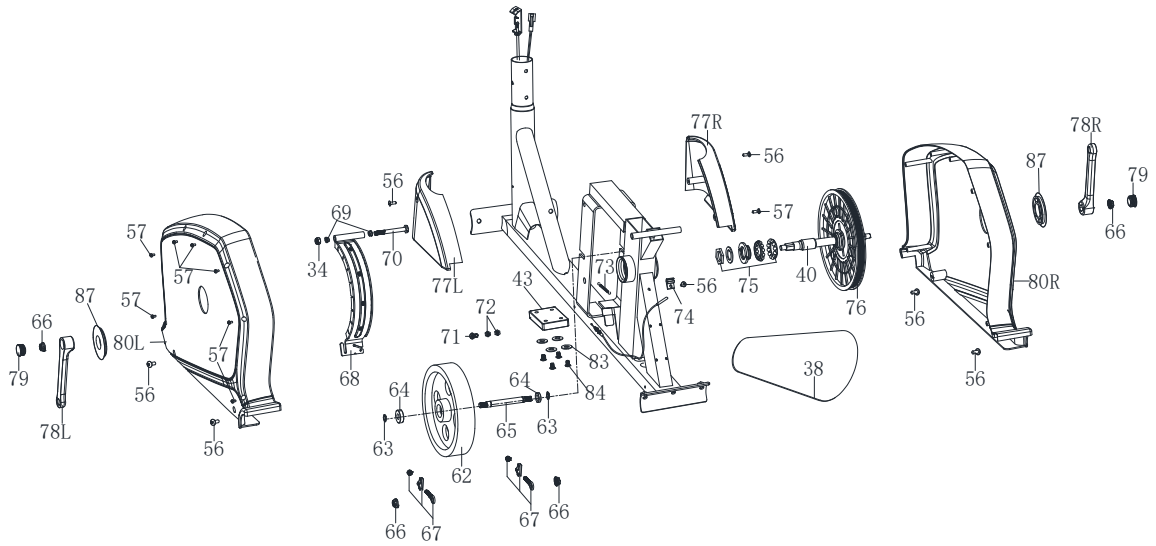
NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	Main frame	1	35	Top handlebar cover	2
2	Carriage bolt M10*75	2	36	Wave washer	2
3	Rear stabilizer	1	37	Pedal tube cover L/R	2/2
4	Curved washerΦ10*Φ20	2	38	Belt	1
5	Domed nut M10	2	39	Bottom handlebar cover	2
6	Front stabilizer	1	40	Axle	1/1
7	End cap for front stabilizer	2	41	Pedal tube L/R	1/1
8	End cap for rear stabilizer	2	42	Club knob	4
9	Front post	1	43	bumper	1
10	Computer	1	44	Washer Φ22*Φ10	2
11	Fixed handlebar	1	45	Self tapping screw ST5*15	2
12	Top handlebar L	1	46	Washer Φ27*12.8	2
13	Top handlebar R	1	47	Allen bolt M8*16	6
14	End cap	2	48	Pedal L/R	1/1
15	Foam grip for fixed handlebar	2	49	Lower sensor wire	1
16	Foam grip	2	50	Extension tension cable	1
17	Self-tapping screw ST4*20	2	51	Tension control knob w/cable	1
18	WasherΦ4.2*Φ12	2	52	Bottom handlebar L	1
19	Hand pulse sensor	2	53	Bottom handlebar R	1
20	Screw M5*15	4	54	Curved washer Φ8*Φ20	8
21	Hollow carriage nutΦ8*20	4	55	Middle sensor wire	1
22	Allen bolt M6*12	4	56	Self tapping screw ST5*15	7
23	Self tapping screw ST4*16	4	57	Self tapping screw ST5*15	7
24	End cap	2	58	Hand pulse wire	2
25	Self-tapping screw M5*10	4	59	Hinge bolt L/R	1/1
26	Washer Φ32*Φ10	2	60	Nut L/R	1/1
27	Spring washer Φ10	2	61	Plastic spacer	2
28	Hex head bolt M10*20	2	62	Flywheel	1
29	D type washer	2	63	Clip Φ12	2
30	Self tapping screw ST4*30	2	64	Bearing	2
31	Hex head bolt M8*45	4	65	Axle for flywheel	1
32	Hex head bolt M10*78	2	66	Flange nut	4
33	Sleeve	2	67	Flywheel adjuster	2
34	Nylon nut M10	2	68	Magnetic assembly	1

NO.	DESCRIPTION	Q'TY
69	Spacer	2
70	Hex head bolt M8*105	2
71	Allen Screw M6*25	1
72	Nut M6	2
73	Spring	1
74	Sensor bracket	1
75	BB assembly	1
76	Pulley	1
77	Front chain cover L/R	1/1
78	Crank L/R	1/1
79	Main crank cover L/R	2
80	Chain cover L/R	1/1
81	Washer	1
82	Screw	1
83	Washer	4
84	Allen screw M6*15	4
85	Washer $\Phi 8*2$	2
86	Allen Screw M8*75	2
87	Decoration cover	2

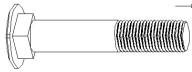
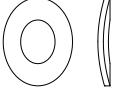

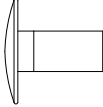
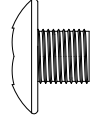


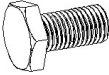




# EXPLODED DIAGRAM

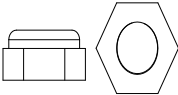

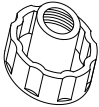



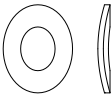
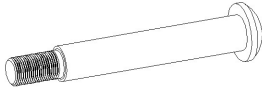


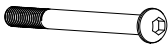




# EXPLODED DIAGRAM


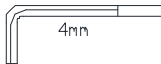


## HARDWARE PARTS LIST

No.	Description	Drawing	Q'ty
2	Carriage bolt M10*75		2
4	Curved washer $\Phi 10 * \Phi 20$		2
5	Domed nut M10		2
21	Hollow carriage nut $\Phi 8 * 20$		4
22	Allen bolt M6*12		4
26	Washer $\Phi 32 * \Phi 10$		2
27	Spring washer $\Phi 10$		2
28	Hex head bolt M10*20		2
29	D type washer		2
31	Hex head bolt M8*45		4
32	Hex head bolt M10*78		2
33	Sleeve		2

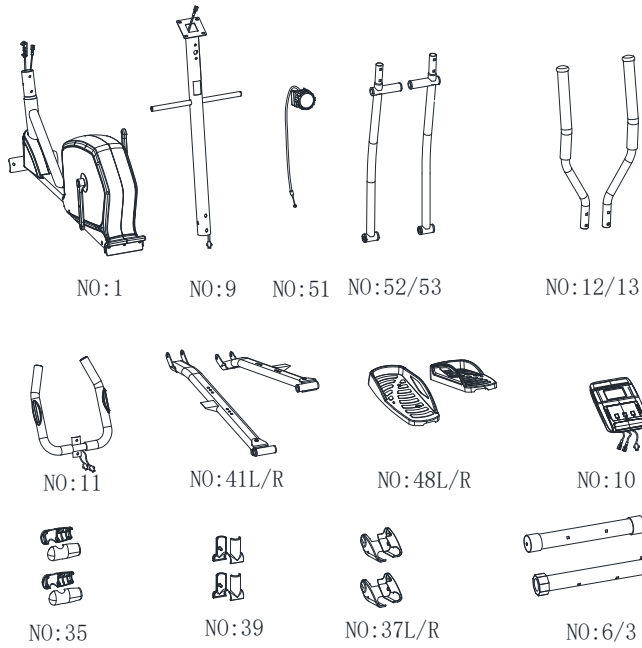
34	Nylon nut M10		2
36	Wave washer		2
42	Club knob		4
44	Washer $\Phi 22 * \Phi 10$		2
46	Washer $\Phi 27 * 12.8$		2
47	Allen bolt M8*16		6
54	Curved washer $\Phi 8 * \Phi 20$		8
59	Hinge bolt L/R		1/1
60	Nut L/R		1/1
85	Washer $\Phi 8 * 2$		2
86	Allen Screw M8*75		2
	Wrench		2
	Allen key L8		1



	Allen key L6	 6mm	1
	Allen key L4	 4mm	1

**Above described parts are all the parts you need to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.**

## PRE-ASSEMBLY CHECK LIST

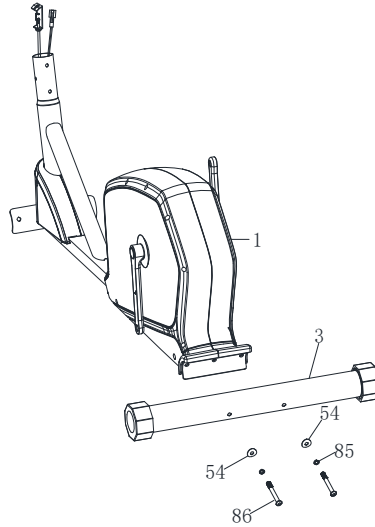


PART NO.	DESCRIPTION	Q'TY
1	Main frame	1
3/6	Rear/Front stabilizer	1/1
9	Front post	1
10	Computer	1
11	Fixed handlebar	1
12/13	Top handlebar L/R	1/1
35	Top handlebar cover	4
37L/R	Pedal tube cover L/R	2/2
39	Bottom handlebar cover	4
41L/R	Pedal tube L/R	1/1
48L/R	Pedal L/R	1/1
51	Tension control knob w/cable	1
52/53	Bottom handlebar L/R	1/1
	Hardware bag	1

# ASSEMBLY INSTRUCTION

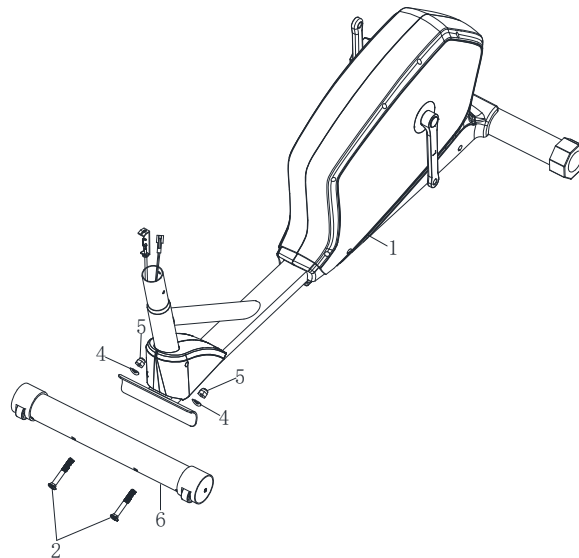
## STEP 1

(a) Attach Rear stabilizer (3) to main frame (1), tighten with 2 sets of Allen Screw (86), Washer (85) and Curved washer (54).



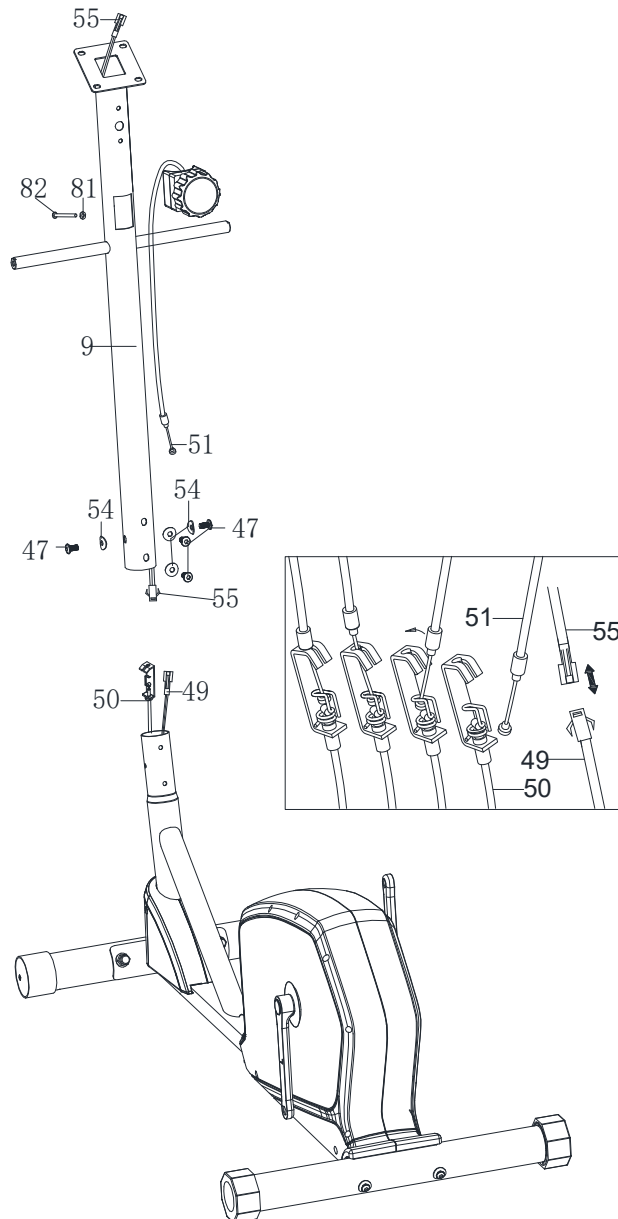
## STEP 2

(a) Attach Front stabilizer (6) to main frame (1), tighten with 2 sets of Carriage bolt (2), Curved washer (4) and Domed nut (5).



### STEP 3

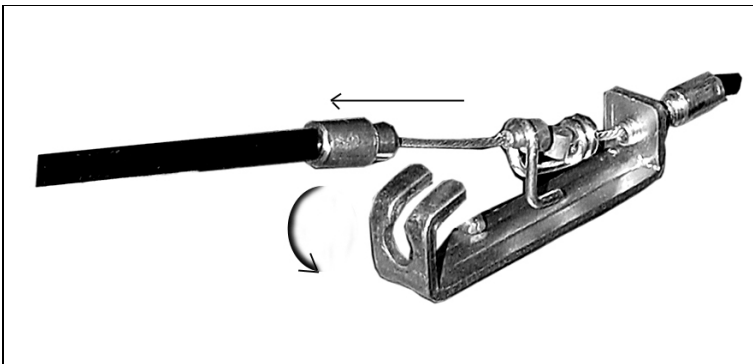
- (a) Insert the cable of Tension control knob (51) into Front post (9).
- (b) Holding front post (9) and connect Middle sensor wire (55) with Lower sensor wire (49).
- (c) Adjust the tension knob to level 8, then connect Tension control knob w/cable (51) with Extension tension cable (50). (Detail refer to next page) Insert front post (9) into main frame (1) and tighten with 4 sets of Allen bolt (47) and curve washer (54).



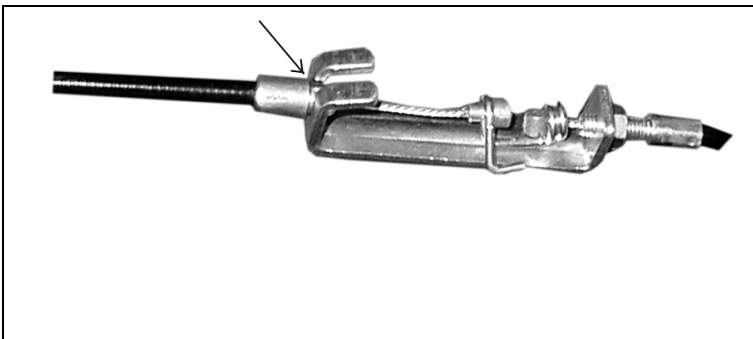
## HOW TO CONNECT TENSION CONNECTOR



Slide the Cable wire from the Upper Tension Connector in between the opening on the wire holder on the Lower Tension Connector.



Pull the Upper Tension Connector backward and slide the wire through the slot on the bracket.

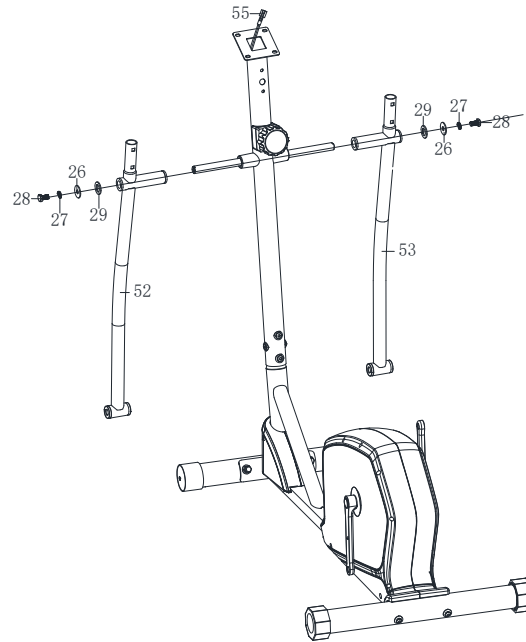


Drop down the Connector so the fitting sits firmly on top of the bracket.

**NOTE:** In able to hold the Front Post while connecting the cables and wires, extra help may be needed.

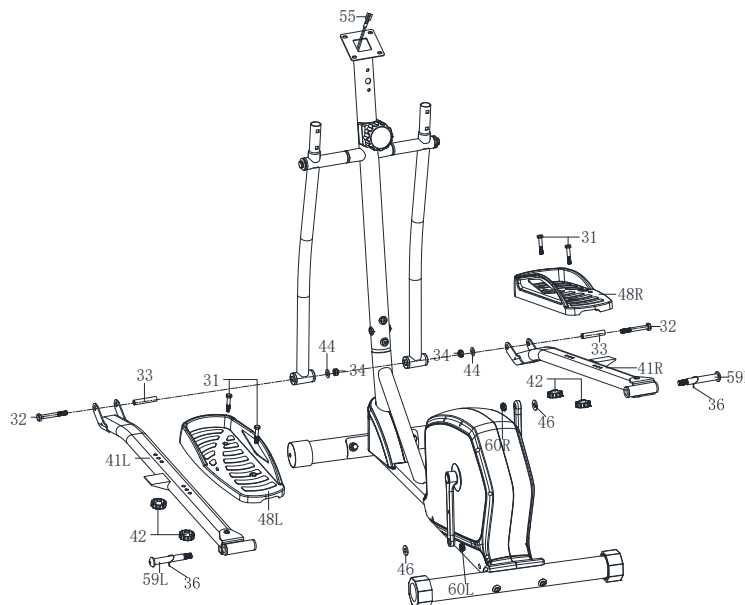
#### STEP 4

- (a) Attach left and right Bottom Handlebar L/R (52&53) to Front Post (9), tighten with 2 sets of Hex Head Bolt M10\*20 (28), Spring Washer  $\Phi 10$  (27), Washer  $\Phi 32*\Phi 10$  (26), D Type Washer (29).



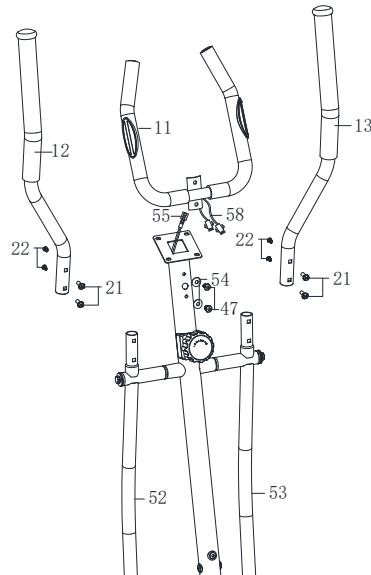
#### STEP 5

- (a) Attach the front side of left Pedal Tube (41L) to left Bottom Handlebar (52), tighten with 1 set of Hex Head Bolt M10\*78 (32), Sleeve (33), Washer  $\Phi 22*\Phi 10$  (44), Nylon Nut M10 (34).
- (b) Attach the other side of left Pedal Tube (41L) to left Crank (78L), tighten with 1 set of left Hinge Bolt (59L), Wave Washer (36), Washer  $\Phi 27*12.8$  (46), Nut (60L).
- (c) Attach Pedal L (48L) to Pedal tube L (41L), secure using 2 sets of Hex head bolt M8\*45 (31) and Club knob (42).
- (d) Using same way for attaching the right Pedal Tube (41R) to right Bottom Handlebar (53).



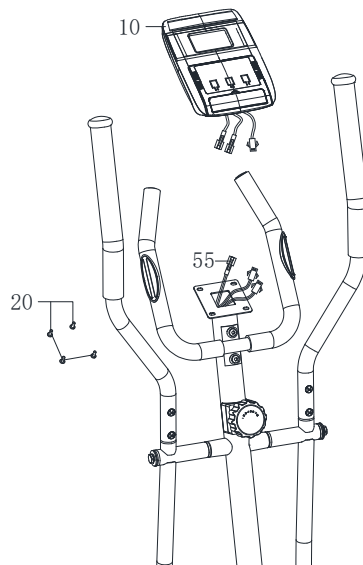
## STEP 6

- (a) Attach the left Top Handlebar (12) to left Bottom Handlebar (52), tighten with 2 sets of Hollow carriage nut $\Phi$ 8\*20 (21), Allen bolt M6\*12 (22).
- (b) Attach the right Top Handlebar (13) to right Bottom Handlebar (53), tighten with 2 sets of Hollow carriage nut $\Phi$ 8\*20 (21), Allen bolt M6\*12 (22).



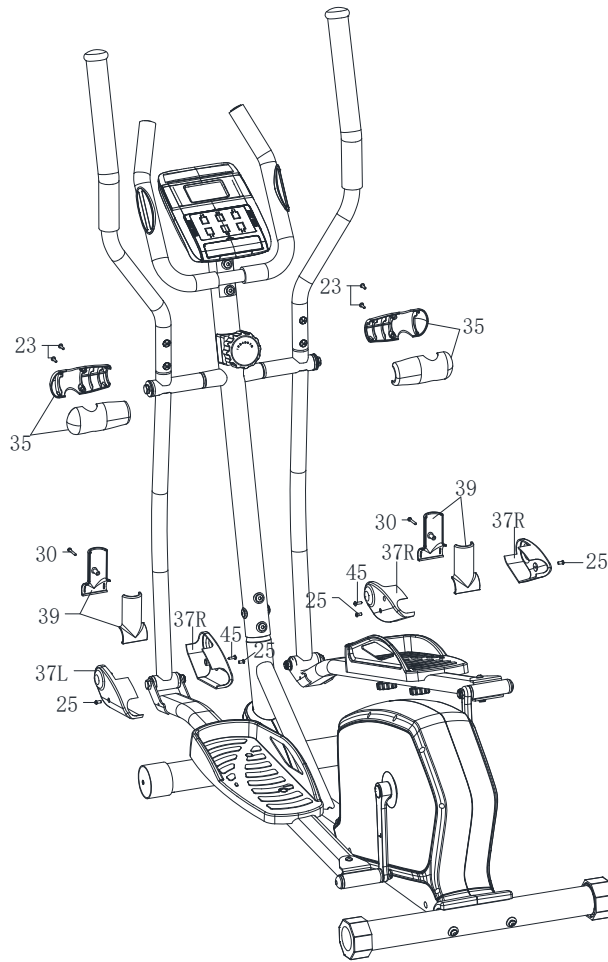
## STEP 7

- (a) Connect hand pulse wires and Middle sensor wire (55) to the computer (10) accordingly. Tighten with 4 screws M5\*15 (20) which are pre-assembled on the back of computer (10).



## STEP 8

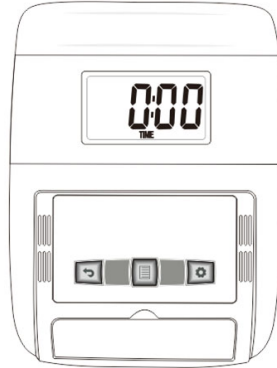
- (a) Attach 2 sets of Top handlebar cover (35) to the middle of handlebar (L/R), secure using 4 Self tapping screws ST4\*16 (23).
- (b) Attach 2 sets of Bottom handlebar cover (39) to the end of handlebar (L/R), secure using 2 Self tapping screw ST4\*30 (30).
- (c) Attach 2 sets of Pedal tube cover (37L/R) to the end of handlebar (L/R), secure each using 2 sets of Self-tapping screw M5\*10 (25) and 1 Self tapping screw ST5\*15 (45).



**CHECK ALL BOLTS AND NUTS ARE TIGHTENED  
BEFORE USING THE MACHINE**



# CONSOLE INSTRUCTIONS



## FUNKSJONSKNAPPER:

**MODE** –Velger funksjoner.

**SET** –Stiller inn verdier for tid, distanse, kalorier og håndpuls.

**RESET**–Nullstiller verdier for tid, distanse, kalorier og håndpuls.

## DRIFT OG FUNKSJON

**1.SCAN:** Trykk MODE til beskjeden SCAN vises på skjermen. Skjermen vil nå bla gjennom alle seks funksjoner – TIME (tid), SPEED (hastighet), DISTANCE (distanse), CALORIE (kalorier), ODO (odometer) og PULSE (puls) – med seks sekunders intervall.

**2.TIME:** (1) Teller opp treningstiden fra null.  
(2) Trykk MODE til beskjeden TIME vises på skjermen. Trykk så SET for å stille inn ønsket treningstid. Når tiden er talt ned vil computeren lydindikere i 15 sekunder.

**3.SPEED:** Viser inneværende hastighet.

**4.DIST:** (1) Teller opp distansen fra null.  
(2) Trykk MODE til beskjeden DIST vises på skjermen. Trykk SET for å stille inn ønsket treningsdistanse. Når distansen er talt ned vil computeren lydindikere i 15 sekunder.

**5.CALORIES:** (1) Teller opp det totale antallet kalorier fra null.  
(2) Trykk MODE til beskjeden CAL vises på skjermen. Trykk SET for å stille inn ønsket kaloriforburning. Når kaloriforburningen er talt ned vil computeren lydindikere i 15 sekunder.

**6.ODO:** Viser den totale virtuelle distansen apparatet har beveget seg.

**7. PULSE:** Trykk MODE til beskjeden PULSE vises på skjermen. Før du utfører målingen må du plassere håndflatene på begge metallkontaktene. Computeren vil etter seks eller syv sekunder vise din puls i *slag pr minutt* (BPM).

Merk: Målingsverdien kan fremstå høyere enn den virtuelle pulsen i løpet av de to eller tre første sekundene av målingen, før den legger seg på normalt nivå. Håndpuls målingen kan ikke brukes som grunnlag for medisinsk behandling.

Trykk MODE til beskjeden PULSE vises på skjermen. Trykk SET for å stille inn ønsket treningspuls. Du kan velge verdier mellom 40 og 240 BPM. Computeren vil lydindikere dersom pulsen er lavere enn den innstilte verdien.

**MERK:**

1. Bytt batterier dersom skjermstyrken er svak eller fraværende.
2. Computeren vil skru seg av automatisk dersom den ikke mottar signaler etter fire minutter.

**SPESIFIKASJONER:**

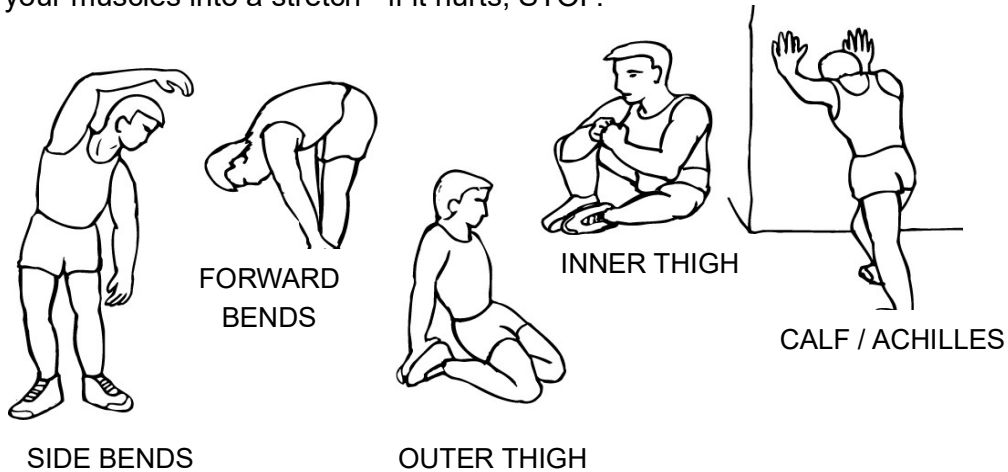
FUNK- SJON	Funksjonsskanning	Seks sekunders intervall
	Tid	00:00'~99:59'
	Inneværende hastighet	Maks registrerbare hastighet: 99,9 km/t
	Distanse	0.00~99.99 km eller 0.00~9999 km
	Kalorier	0.1~999.9kCAL
	Odometer	0.1~999.9 km eller 1 ~ 9999 km
	Puls	40~240BPM
Batteritype	2 stk AA eller UM-3	
Driftstemperatur	0°C ~ +40°C	
Lagringstemperatur	-10°C ~ +60°C	

# EXERCISE INSTRUCTIONS

Using your **MAGNETIC UPRIGHT** will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

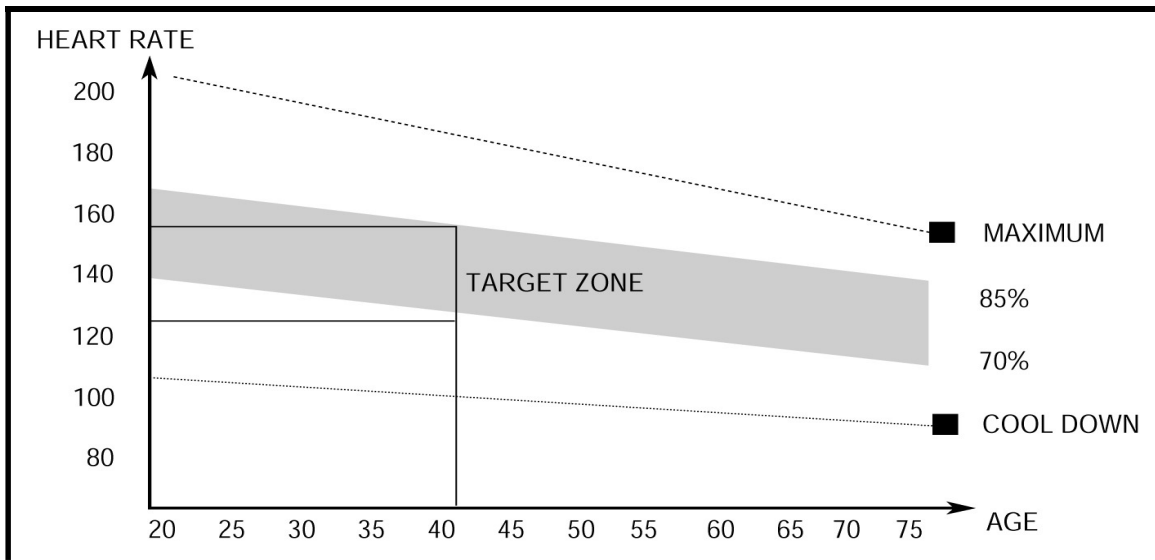
## 1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



## 2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

### **3. The Cool Down Phase**

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

### **MUSCLE TONING**

To tone muscle while on your **MAGNETIC UPRIGHT** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

### **WEIGHT LOSS**

**The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.**