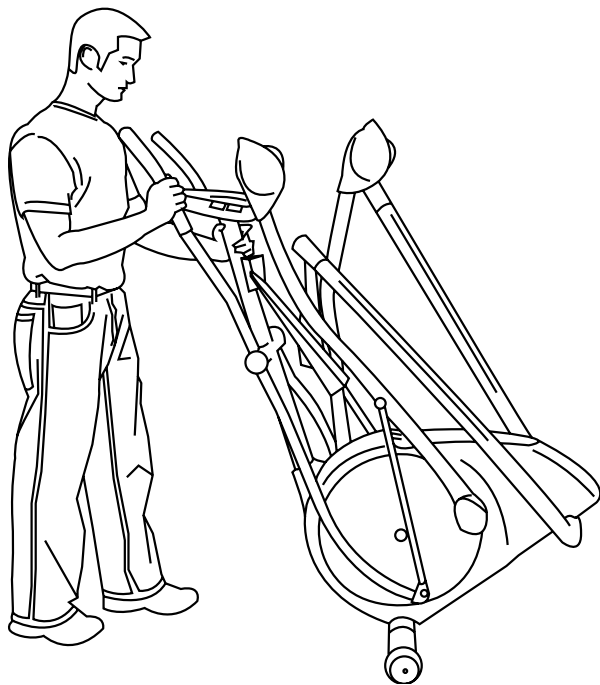## MOVING THE ELLIPTICAL

WARNING!

Our ellipticals are heavy, use care and additional help if necessary when moving.

Failure to follow instructions could result in injury.

ELLIPTICAL OPERATION

This section explains how to use your elliptical's console and programming.
The BASIC OPERATION section in the ELLIPTICAL GUIDE has instructions for the following:

- **LOCATION OF THE ELLIPTICAL**

- **POWER/GROUNDING INSTRUCTIONS**

- **FOOT POSITIONING**

- **MOVING THE ELLIPTICAL**

- **LEVELING THE ELLIPTICAL**

- **POWER/MANUAL INCLINE OPERATION**

- **USING THE HEART RATE FUNCTION**

ANDES 3 CONSOLE CONTROLS

	Click	2 seconds click
⬆	• Increase • Next item	
⬇	• Decrease • Previous item	
START STOP	• Quick start • Stop the workout	
SELECT AUSWAHL	• Select item • Enter into the program	
CLEAR LÖSCHEN	• Back to main menu	• Reset

MONITOR DISPLAY

At the exercise mode the LCD Monitor will display the following TIME, PULSE, SPEED/RPM, WATT/LOAD, DISTANCE, CALORIES. If the machine is unused for 4 minutes, the console will enter into power save mode, all setting and exercise data will stored until user start exercise again.

ANDES 3 CONSOLE OPERATION

BASIC OPERATION

1) Make sure the power is on
2) Press UP / DOWN button to select workout between MANUAL, PROGRAM, H.R.C. and WATT, press SELECT button to confirm.
3) To choose preset programs please select PROGRAM and press UP / DOWN button to select with 8 profiles and press SELECT button to confirm.
4) Simply press the "START" button and begin exercising.

QUICK START

1) Make sure the power is on
2) Press START / STOP button to start exercise in MANUAL mode.
3) Press UP / DOWN button to adjust resistance level during the workout.

HEART RATE CONTROL

1) Before exercise, user will enter your AGE first to calculate TARGET pulse
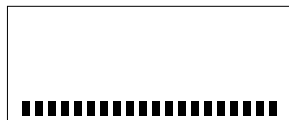2) You may still press UP / DOWN button to change target pulse from 30 to 230.

WATT

1) The preset watt value 120 is flashing on screen in WATT setting mode.
2) User may use UP / DOWN button to set target value from 10 to 350.
3) Press SELECT button for confirm.
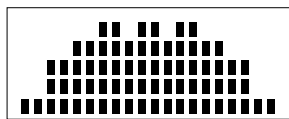
ANDES 3 PROGRAM PROFILES

MANUAL

Allows you to adjust the resistance level to your preference, without a preset program.

PROGRAM

You can set up your time target before exercise and adjust resistance levels during exercise.

- **P1:** Promotes weight loss by raising and lowering the resistance level, while keeping you in your fat burning zone.

- **P2:** Improves your strength, speed, and endurance by raising and lowering the resistance levels throughout your workout to involve both your heart and muscles.
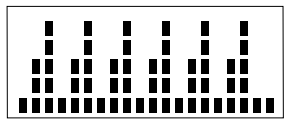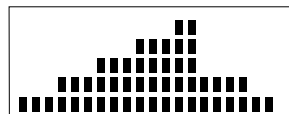
- **P3:** Challenges with various combinations of hills and valleys (resistance) to burn more fat when exercising.
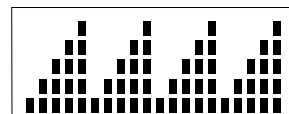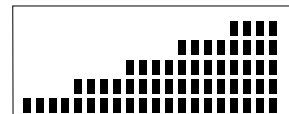
- **P4:** Improves performance and stamina by raising the resistance level to high peaks to simulate the most difficult outdoor terrains.
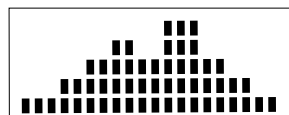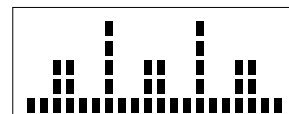
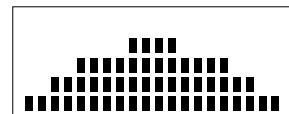- **P5:** Complete exercise program to help you enhance body performance.

- **P6:** Increasing resistance for advanced users to tones your muscles, and challenges yourself.

- **P7:** Recover your heart and muscles after intensive workout.

- **P8:** Simulates plateau hiking by increasing and decreasing the resistance gradually.

H.R.C.

Benefits weight loss by maintaining an optimum exercise level to burn fat, while adjusting the resistance to keep your target heart rate zone.
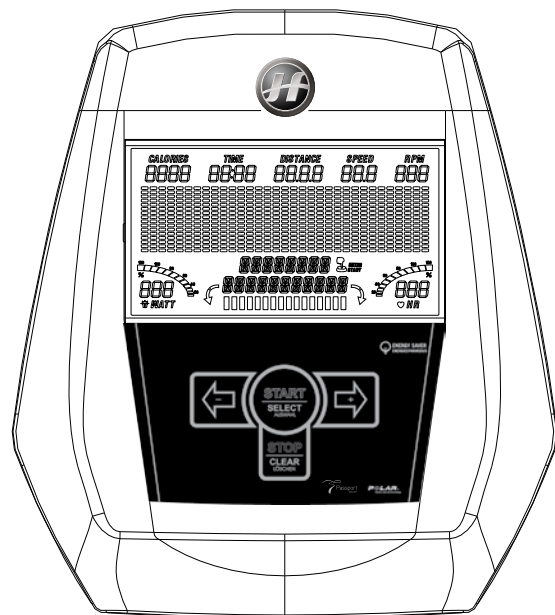
WATT

Exercise at a set work level. As you increase your pedal rate(RPM), your resistance will decrease; if you decrease your pedal rate, your resistance will increase.

Note: Under WATT program, when you reach your target watt value, the display will show "- -" in WATT display window.

ANDES 5 CONSOLE CONTROLS

	Click	3 seconds hold	5 seconds hold
	• Increase • Next item		
	• Decrease • Previous item		
START SELECT	• Quick start • Select item • Start the workout • Enter to the next step	• Finish inputting user 's name	
STOP CLEAR LÖSCHEN	• Stop the workout • Back to the previous step	• Reset	• Language selection • Metric /British selection

NOTE

	These two display at left shows your performance and achieving rate of your fitness goals. (refer to program file for more information.)

ENERGY SAVER
If the machine is unused for 15 minutes, the console will automatically enter into power save mode and could be quickly waken up with a touch of a button or pedal movement.

ANDES 5 CONSOLE OPERATION

QUICK START
1) Make sure the power is on.
2) Simply press the "START" key and begin exercising.

SETUP YOUR PERSONAL DATA
This console is able to store your personal data which includes name, gender, age and weight. This allows you to start your workout more quickly and monitor your exercise information more accurately. Please setup your personal data before you use the machine for the first time. To set up your data, please follow the procedure as below,
1) Select user 1, 2 or 3
2) Select your gender
3) Select your age
4) Select your weight
5) Input your name
6) Hold the "**START**" key for 3 seconds to finish your setup

The console is able to store up to 3 users' data. If you would like to modify your personal data, please select "**USERS SETTING**" for modification.
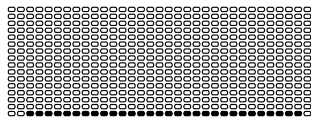
START YOUR WORKOUT
1) Select the user. (If your personal data has been entered, just select the program and then you can start your workout).
2) Select your gender.
3) Select your age.
4) Select your weight.
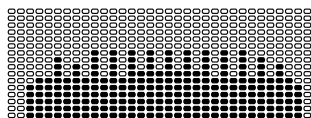5) Select the program you preferred.
6) Start your workout.

ANDES 5 PROGRAM PROFILES

- **MANUAL:** Allows you to adjust the resistance level to your preference, without a preset program.

- **INTERVALS:** Improves your strength, speed, and endurance by raising and lowering the resistance levels throughout your workout to involve both your heart and muscles.
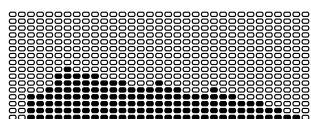
- **ROLLING:** Maintains weight by gradually raising and lowering the resistance level to gradually raise and lower your heart rate.
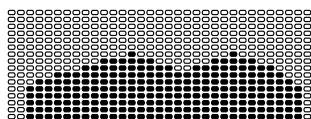
- **WEIGHT LOSS:** Promotes weight loss by raising and lowering the resistance level, while keeping you in your fat burning zone.
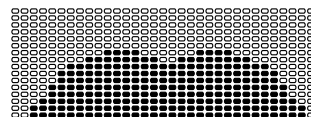
- **AFTER BURNER:** Recover your heart and muscles by gradually cooling down after intensive workout.

- **WATTS CONTROL:** Exercise at a set work level. As you increase your pedal rate(RPM), your resistance will decrease; if you decrease your pedal rate (RPM), your resistance will increase.
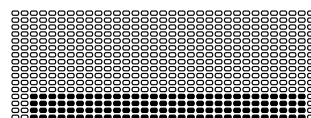
NOTE: When using WATTS control program, the bar at the bottom shows your current watt and percentage meter at left shows your achieving rate. You must get 100% to reach your target set.

PROGRAM PROFILES

- **MOUNTAIN:** Improves performance and stamina by raising the resistance level to high peaks to simulate the most difficult outdoor terrains.
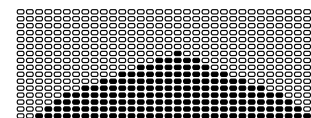
- **FIT-TEST:** Test your current level of physical fitness. At completion of the program,it will provide feedback regarding your fitness level for you to monitor your progress.
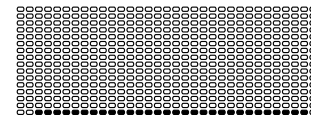
- **STEP TEST:** Short Description for Step-Test Improves your endurance by raising the wattage. Workout time is 30 minutes.
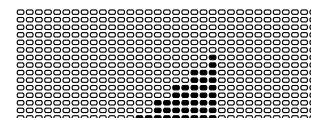
- **GAME 1:** This warm up game simulates a Car Racing Game. To control the car up and down, you pedal faster or slower. Try to avoid those barriers and keep on track. You only have 11 chances to complete the circuit, so be careful .
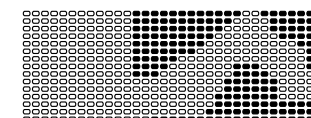
- **GAME 2:** This warm up game simulates a Fishing Game. To control the fishhook to go deeper or shallower, you pedal faster or slower. After the fish has been caught by you fishhook, then pedal faster until the fishhook is off of the screen. Some of the fish are harder to catch than others, but you will get more points from catching these fish.
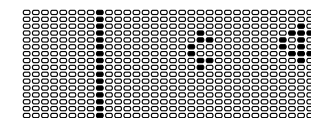
- **HRC 1:** Benefits weight loss by maintaining an optimum exercise level to burn fat, while adjusting the resistance to keep you in your target heart rate zone.
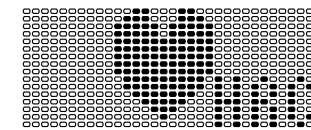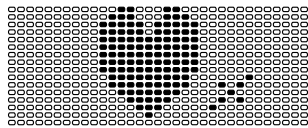
NOTE: When using HRC program, the percentage meter at right will show your current HR and your achieving rate. You must get 100% to reach your target set.
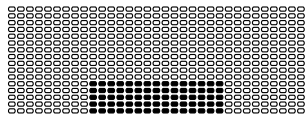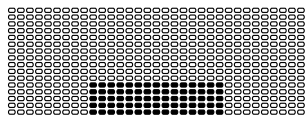
PROGRAM PROFILES

- **HRC 2:** Benefits weight loss by maintaining an optimum exercise level to burn fat, while adjusting the resistance to keep you in your target heart rate zone.

- **CUSTOM 1:** Customized workout, time defaults to 15 minutes.

- **CUSTOM 2.3:** Customized workout, time defaults to 15 minutes.

SYNCING ELLIPTICAL WITH PASSPORT (ANDES 5 ONLY)

1) Using the arrow key on the passport remote control to scroll to the setup icon and press the Select.

2) Follow the on-screen prompt to press and hold the RESISTANCE UP and STOP buttons on the equipment's console.

3) Once your sync is success, your elliptical message bar will change from RF Sync to Passport Ready.

4) Besides point 3, the message displayed on-screen will notify you if the sync was completed or failed.
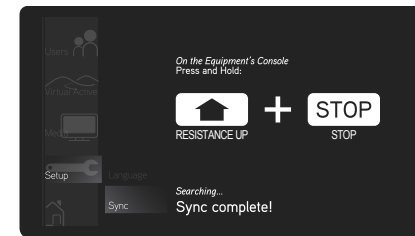
ACCESSING MEDIA THROUGH ON-SCREEN MENU

1) You can access the Virtual Active content or your personal movies are stored on the USB drive. Select either the Virtual Active icon or the Media icon using the remote control.

2) Follow the on-screen prompts to select a video and begin your workout.

3) You will have to Press START on your equipment's console to begin playing a video.

Note: See Passport Owner's Manual for more information.