



ANDES 5 ANDES 7i

ELLIPTICAL OWNER'S MANUAL



Read the ELLIPTICAL GUIDE before using this OWNER'S MANUAL.

IMPORTANT PRECAUTIONS



SAVE THESE INSTRUCTIONS

Read this ELLIPTICAL GUIDE before using the OWNER'S MANUAL. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this elliptical. It is the responsibility of the owner to ensure that all users of this elliptical are adequately informed of all warnings and precautions.



WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- When exercising, always maintain a comfortable pace. Do not sprint above 80 RPMs on this machine. Incorrect or excessive exercise may damage your health.
- To maintain balance, it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.
- Do not turn pedal arms by hand.
- Make sure handlebars are secure before each use.
- Keep the topside of the foot support clean and dry.
- Care should be taken when mounting or dismounting the equipment. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
- Do not wear clothes that might catch on any part of the elliptical.
- Always wear athletic shoes while using this equipment.
- Do not jump on the elliptical.
- At no time should more than one person be on the elliptical while in operation.
- This elliptical is intended for in-home use only. Do not use this elliptical in any commercial, rental, school or institutional setting.
- Failure to comply will void the warranty.
- Do not use elliptical in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply will void the warranty.
- This elliptical complies with the EN957-1/9 standard, class of elliptical: HA; braking system is adjustable.
- To prevent electrical shock, never drop or insert any object into any opening.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Use the elliptical only as described in the elliptical guide and owner's manual.
- The equipment shall be installed on a stable base.



At NO time should children under the age of 13 be closer to the elliptical than 10 feet.
At NO time should children under the age of 13 use the elliptical.
Children over the age of 13 or disabled persons should not use the elliptical without adult supervision.



It is essential that your elliptical is used only indoors, in a climate controlled room. If your elliptical has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the elliptical is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

GROUNDING INSTRUCTIONS

If an elliptical should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman 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.

WARNING

Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact your Local Dealer for replacement or repair.

WARNING

Heart rate monitoring systems may be inaccurate. Over exercise may result in series injury or death.
If you feel faint, stop training immediately.

ASSEMBLY



WARNING

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the elliptical could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the elliptical, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your elliptical's serial number located on the front stabilizer tube and enter it in the space provided below. Also locate the model name which is next to the serial number.

ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER:

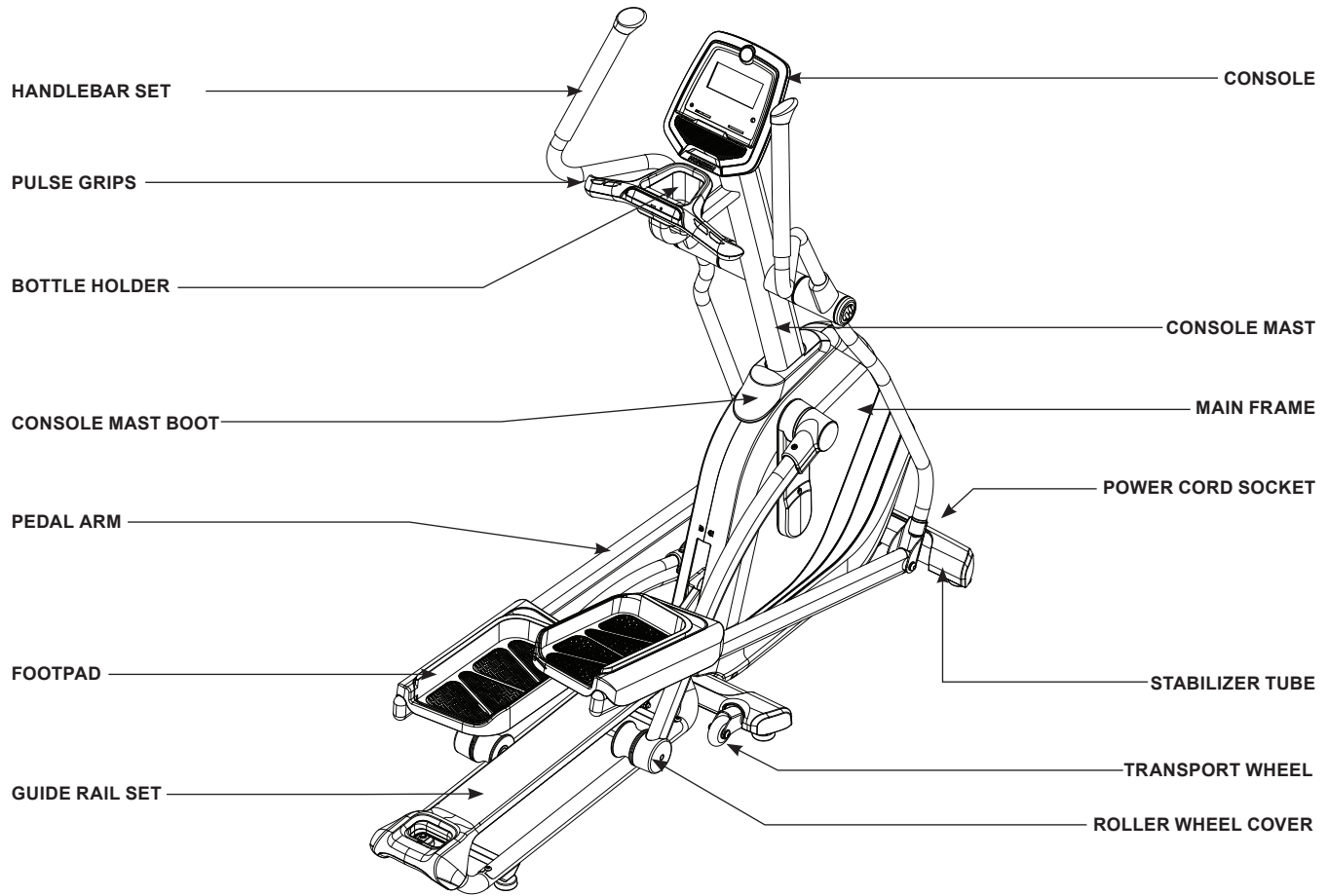
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MODEL NAME:

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SHOWN



TOOLS INCLUDED:

- 5 mm Allen Wrench (w/ Screw Driver)
- 8 mm Allen Wrench
- 13/15 mm Flat Wrench

PARTS BOX INCLUDED:

- 1 Main Frame
- 1 Left Handlebar
- 1 Right Handlebar
- 1 Back Console Mast Cover
- 1 Front Console Mast Cover
- 1 console Mast (with console)
- 1 Hardware Bag
- 2 Handlebar Cover
- 1 Owner's Manual
- 1 Power Cord

PRE ASSEMBLY

UNPACKING

Unpack the product where you will be using it. Place the elliptical carton on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

NOTE: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.



NEED HELP?

If you have questions or if there are any missing parts, contact your local dealer. Contact information may be located on the back panel of your manual or on the warranty card.

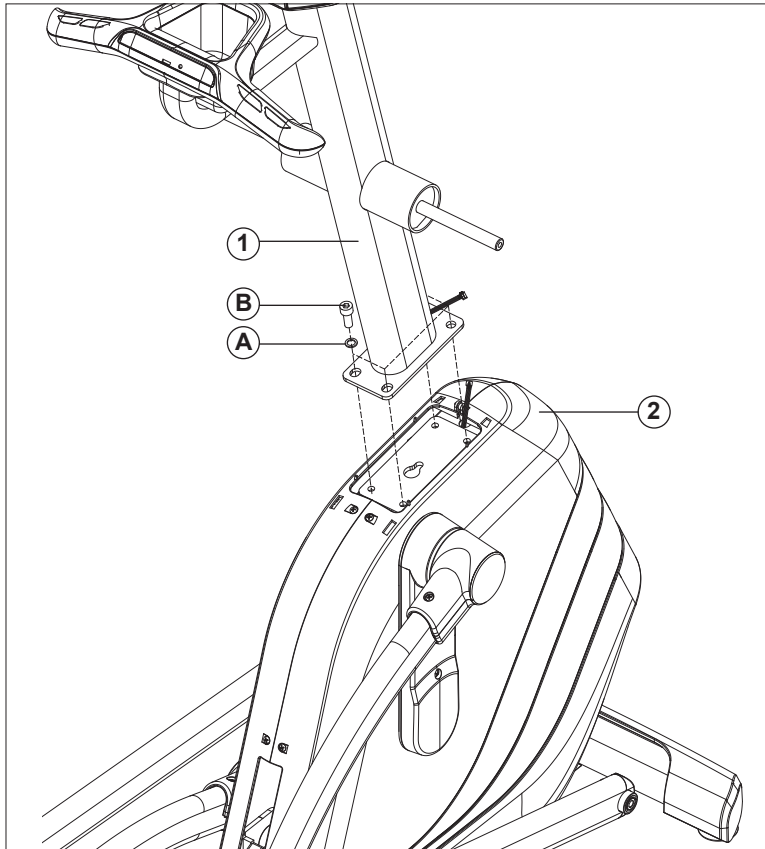


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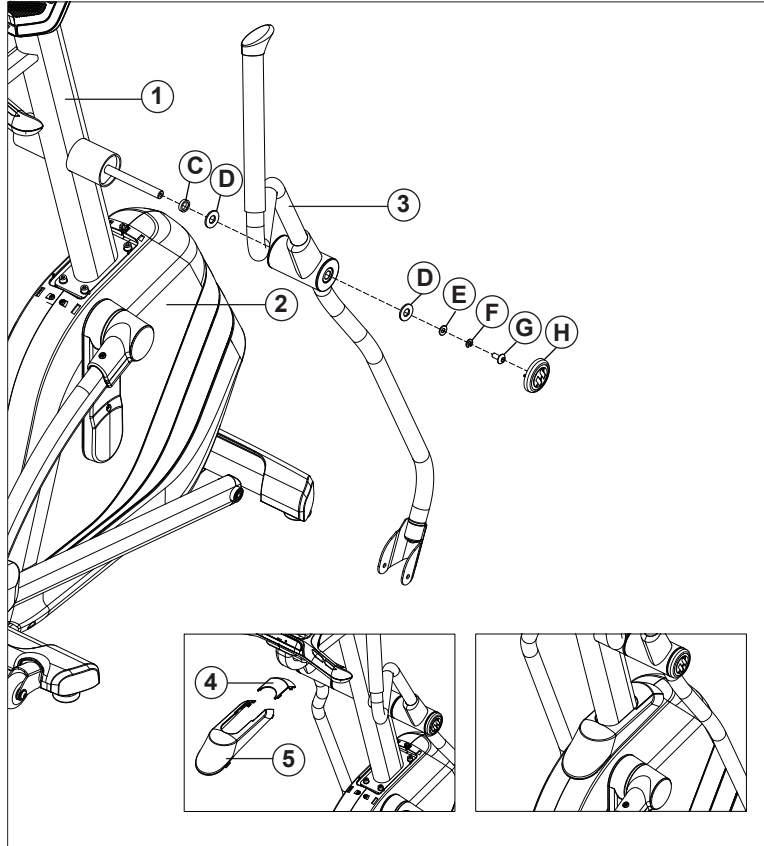
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ASSEMBLY STEP 1



- A Remove the 4 **PRE-INSTALLED WASHERS (A)** and **SCREWS (B)** from the **MAIN FRAME (2)**.
- B Carefully pull **CONSOLE CABLE** from the **CONSOLE MAST (1)** then attach to another **CONSOLE CALBE** on the **MAIN FRAME (2)**.
- C Attach **CONSOLE MAST (1)** to **MAIN FRAME (2)** using 4 **PRE-INSTALLED WASHERS (A)**, 4 **SCREWS (B)**.

ASSEMBLY STEP 2



HARDWARE FOR PACKAGE 2			
PART	TYPE	DESCRIPTION	QTY
C	RING	Φ16.0XΦ26.2X11.5T	2
D	WASHER	Φ16.0XΦ25.0X1.5T	4
E	WASHER	Φ8.6XΦ26.0X2.0T	2
F	SPRING WASHER	Φ8.2XΦ15.4X2.0T	2
G	SCREW	M8X1.25PX20L	2
H	COVER	--	2

- A Attach **HANDLEBAR SET (3)** onto **CONSOLE MAST (1)** using 1 **RING (C)**, 2 **WASHERS (D)**, 1 **WASEHR (E)**, 1 **SPRING WASHER (F)** and 1 **SCREW (G)**, 1 **COVER (H)**.
- B Repeat step A on the other side.
- C Attached **CONSOLE MAST BOOT (4&5)** to **MAIN FRAM (2)**.

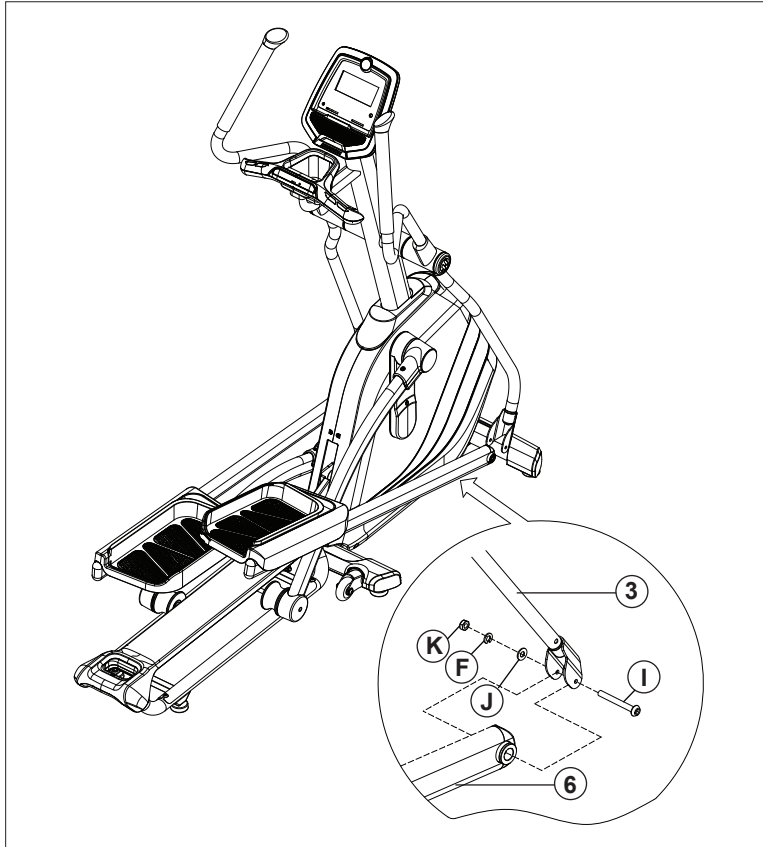


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ASSEMBLY STEP 3



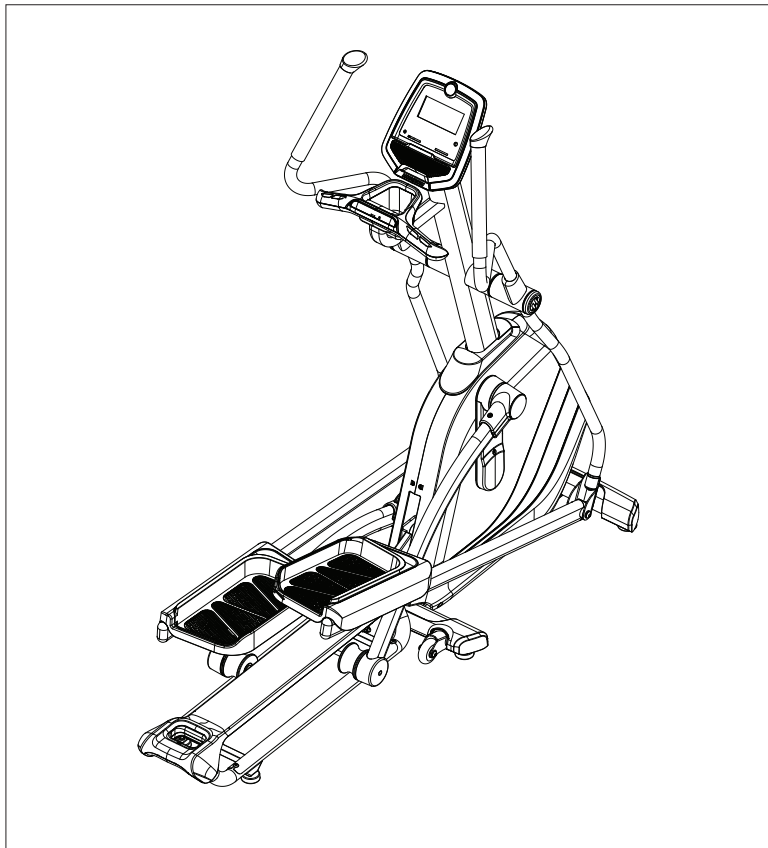
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HARDWARE FOR PACKAGE 3

PART	TYPE	DESCRIPTION	QTY
F	SPRING WASHER	Φ8.2XΦ15.4X2.0T	2
I	SCREW	M8X1.25PX70L-12L	2
J	WASHER	Φ8.2XΦ20.0X1.5T	2
K	NUT	M8X1.25P	2

- A Attach the **PEDAL ARM (6)** onto **HANDLEBAR SET (3)** with 1 **SCREW (I)**, 1 **WASHER (J)**, 1 **SPRING WASHER (F)** and 1 **NUT (K)**.
- B Repeat step A on the opposite of the elliptical.



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ECB Magnetic Brake System

Overall Dimension: 1740 x 690 x 1750 mm /
66" x 27" x 69"

Folding Dimension: 1025 x 690 x 1750 mm /
40" x 27" x 69"

Max. User Weight: 136 kg / 300 lbs

Net Weight: 78.7 kg / 174 lbs

Gross Weight: 93.7 kg / 207 lbs

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Induction Brake System

Overall Dimension :1740 x 690 x 1720 mm /
66" x 27" x 68"

Folding Dimension : 1025 x 690 x 1720 mm /
40" x 27" x 69"

Max. User Weight : 136 kg / 300 lbs

Net Weight : 82.5 kg / 182 lbs

Gross Weight : 97.5 kg / 215 lbs



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ASSEMBLY COMPLETE!

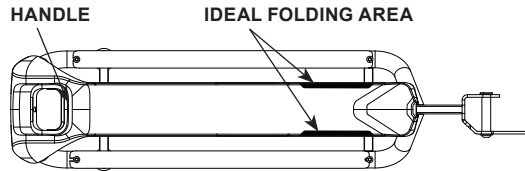


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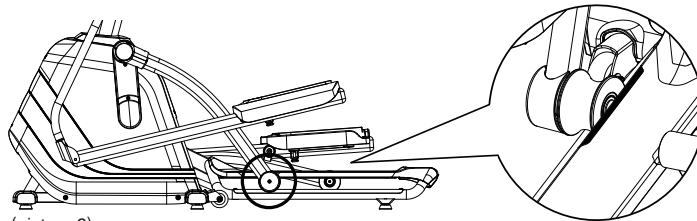
FOLDING INSTRUCTION

FOLD UP INSTRUCTION

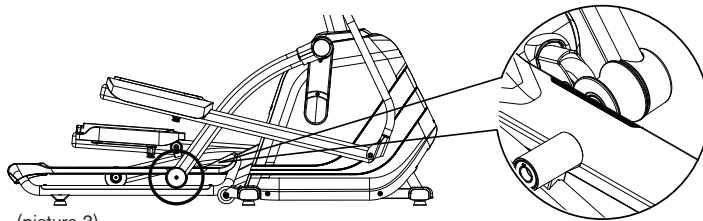
- (1) To position the footpad wheel in the proper position. For ease of folding, position right or left footpad wheel located in the Ideal Folding Area (see below picture 1).
- (2) Rotate the pedal arm and place footpad wheel like picture 2 or picture 3.
- (3) To grip the handle (picture 4).
- (4) Pull up until guide rail set locks onto place.



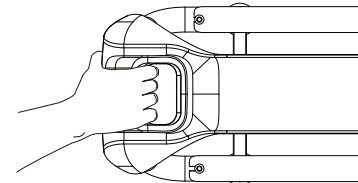
(picture 1)



(picture 2)



(picture 3)

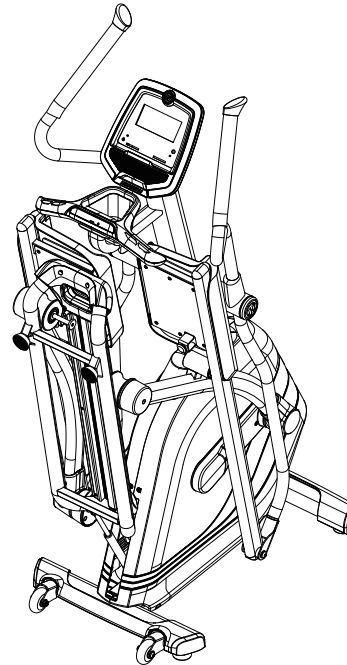
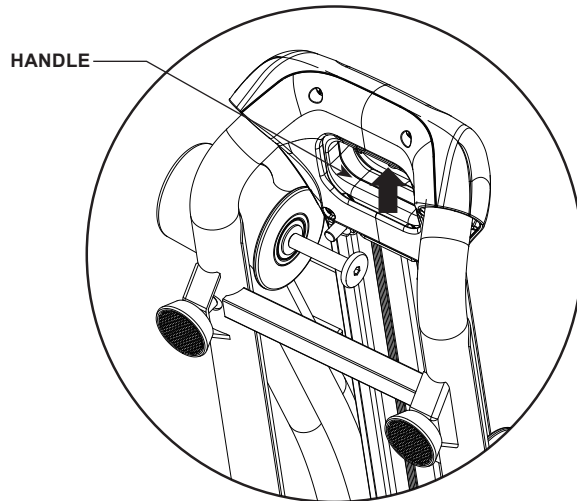


(picture 4)

UNFOLDING INSTRUCTION

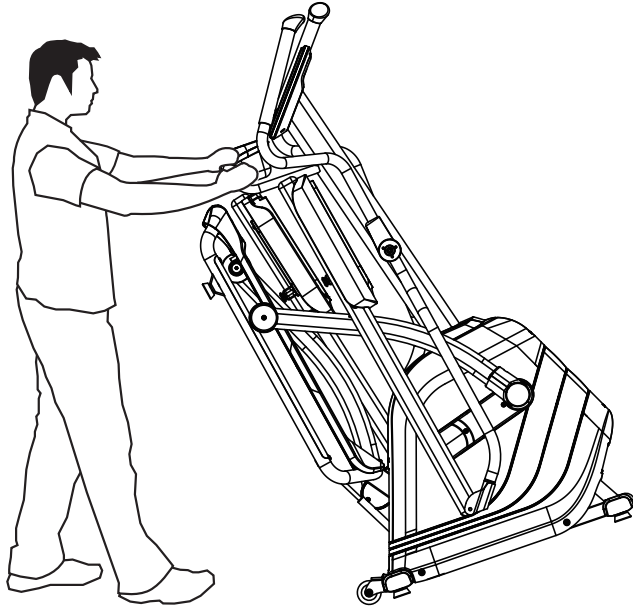
FOLD DOWN INSTRUCTION

- (1) To grip the handle, push forward gently.
- (2) Pull up on the handle to release.
- (3) Pull back to fold down.



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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.