MARCY®

C80
ELLIPTICAL TRAINER
USER MANUAL

C E

CONTENTS

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IMPORTANT SAFETY INFORMATION

READ ALL INSTRUCTIONS BEFORE USING

THIS OWNER'S MANUAL CONTAINS ASSEMBLY, OPERATION, MAINTENANCE AND SAFETY INFORMATION. IN THE INTEREST OF SAFETY, PLEASE MAKE CERTAIN THAT YOU READ AND UNDERSTAND ALL THE INFORMATION BELOW.

1. This Trainer is intended for class H (H=Domestic) use only. It is not designed for commercial use.
2. This machine has been tested to EN 957.
3. Read the OWNER'S OPERATION MANUAL and all accompanying literature and follow it carefully before using your Trainer.
4. Keep children and pets away from the Trainer at all times. Do not leave children unattended in the same room with the Trainer. The Trainer is not a toy and therefore parents and guardians should be aware of the natural tendency for children to play, leading to situations and behaviour for which the Trainer is not intended.
5. If children are allowed to use the Trainer their physical/mental development and above all, temperament should be taken into account. Constant supervision is therefore needed.
6. Position the Trainer on a clear levelled surface which is clear of all obstacles as not to restrict movement whilst exercising. DO NOT use the Trainer near water or outdoors.
7. Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
8. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
9. Rest adequately between workouts. Muscle tone develops during these rest periods. Beginners should work out twice a week and increase gradually to 4 to 5 times per week.
10. Remove all jewellery, including rings, chains and pins before commencing exercise.
11. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.

IMPORTANT!!! THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR TRAINER IS 120KGS.

HARDWARE PACKING LIST

Part No.	Description	Qty	Drawing	
3	Curved washer Φ8*Φ20*1.5	9		
4	Allen bolt M8*55	4		
6	Hex head bolt M8*45	4		
9	D type washer Φ50	2		
10	Flat washer Φ8*Φ22	2		
11	Decorative cover Φ50	2		
12	Allen bolt M8*20	2		
13	Club knob	4		
14	Sleeve Φ12.7*42	2		
15	Hex head bolt M10	2		
16	Flat washer Φ50	2		
17	Flat washer Φ10*Φ22	4		
18	Nylon nut M10	2		
23	Spacer	4		
24	Allen bolt M8*16	5		
31	Hex head bolt M10*20	2		
34	Hollow carriage nutΦ8*20	4		
35	Allen bolt M6*12	4		
99	Spring washer	9		
	Allen Key	2		
	Allen key 6mm	1		
	Allen key 4mm	1		

PRE-ASSEMBLY CHECK LIST
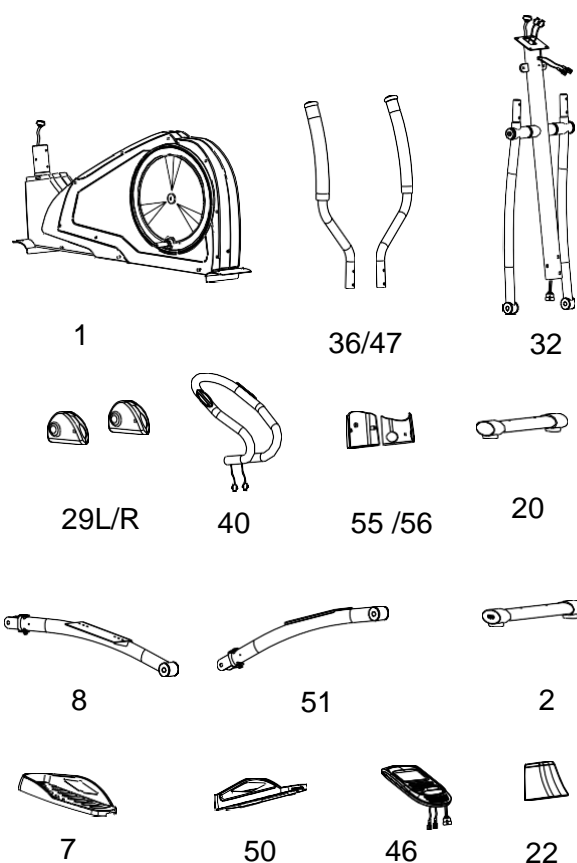
PART NO.	DESCRIPTION	Q'TY
1	Main frame	1
2	Rear stabilizer	1
7	Left pedal	1
8	Left pedal tube	1
20	Front Stabilizer	1
22	Cover for front post	1
29L/R	Left / Right cover for pedal tube	1/1
32	Front post	1
36/47	Left / Right top handlebar	1/1
40	Stationary handlebar	1
46	Computer	1
50	Right pedal	1
51	Right pedal tube	1
55/56	Rear / Front stationary handlebar cover	1/1

ASSEMBLY INSTRUCTION

STEP 1

Attach the front stabilizer (20) to the front of the main frame (1) .Securing with 2 sets of allen bolt (4)，spring washer(99) and curved washer (3).
Attach the rear stabilizer (2) to the rear of the main frame (1). Securing with 2 sets of allen bolt (4), spring washer (99) and curved washer (3).
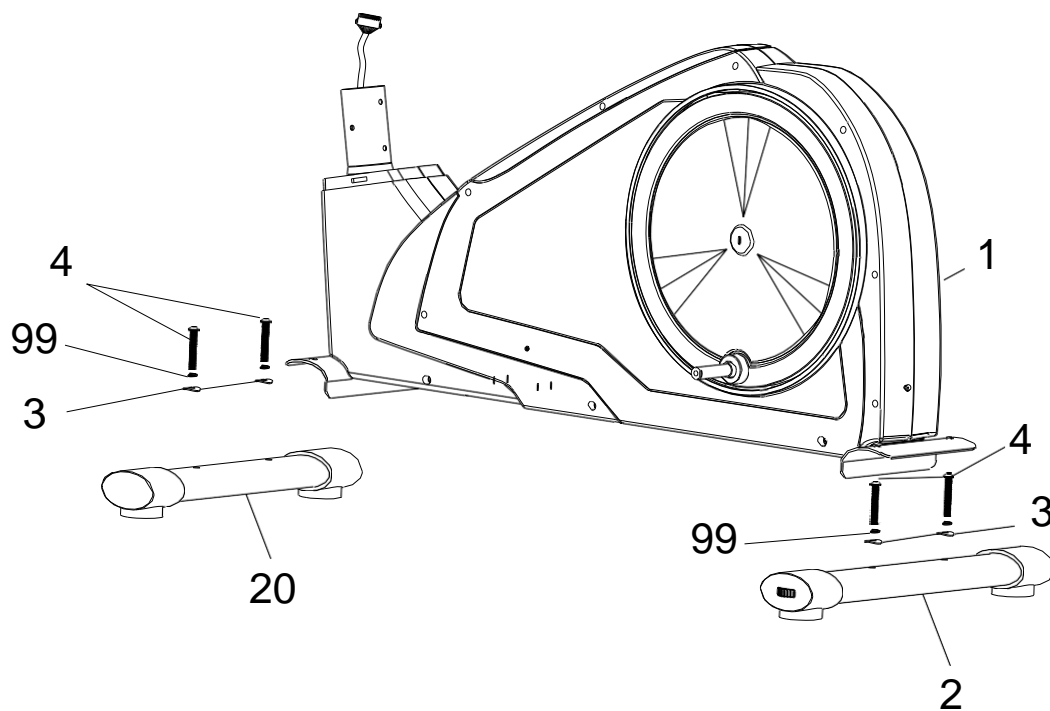
STEP 2

Insert front support (32) into decorative ring (100) and decorative cover (22).
Connect lower ribbon cable (52) and upper ribbon cable (54). Attach front   support
(32) to main frame (1) and tighten with 5 sets of curve washer (3) spring washer (99)
and allen bolt (24). Then put down the decorative cover (22).
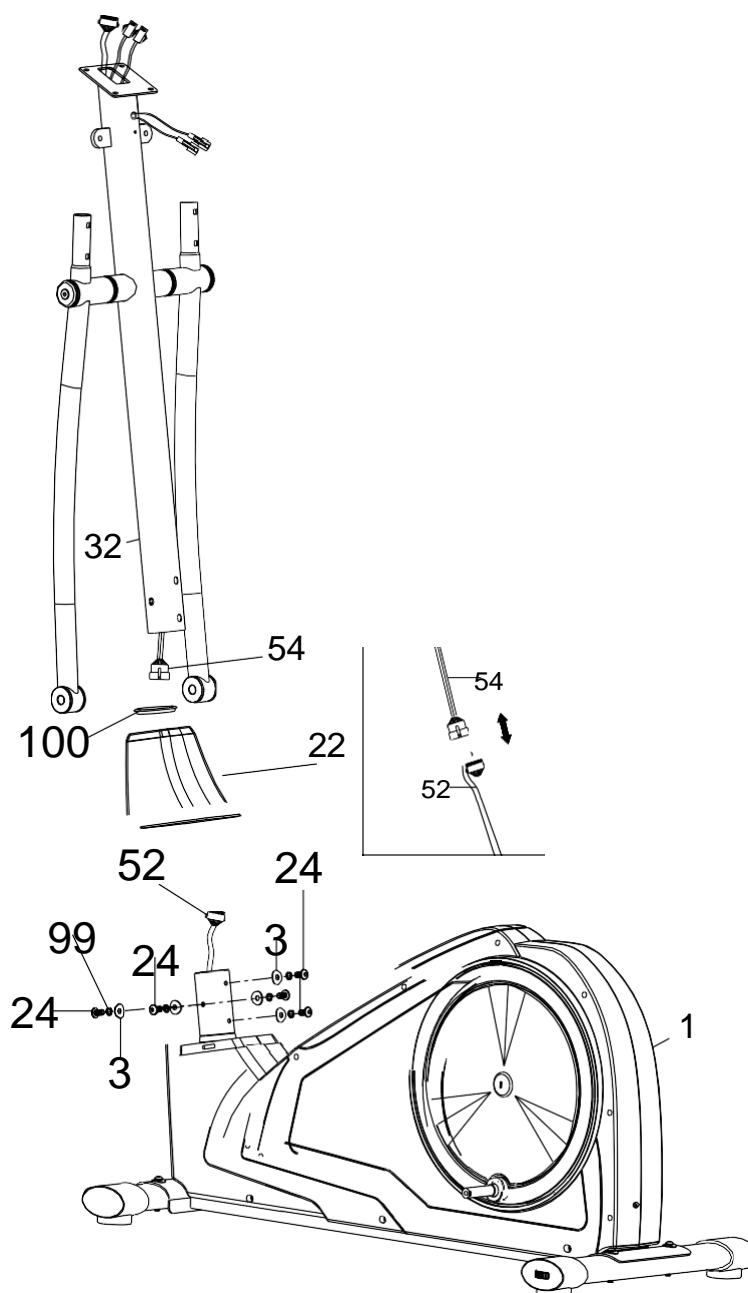
STEP 3

Connect upper pulse wire (53) and upper ribbon cable (54) to the meter (46) accordingly. Attach meter (46) to the top bracket of front support (32) and secure with for cross screw (45) which are pre-assembled on the back of meter (46).
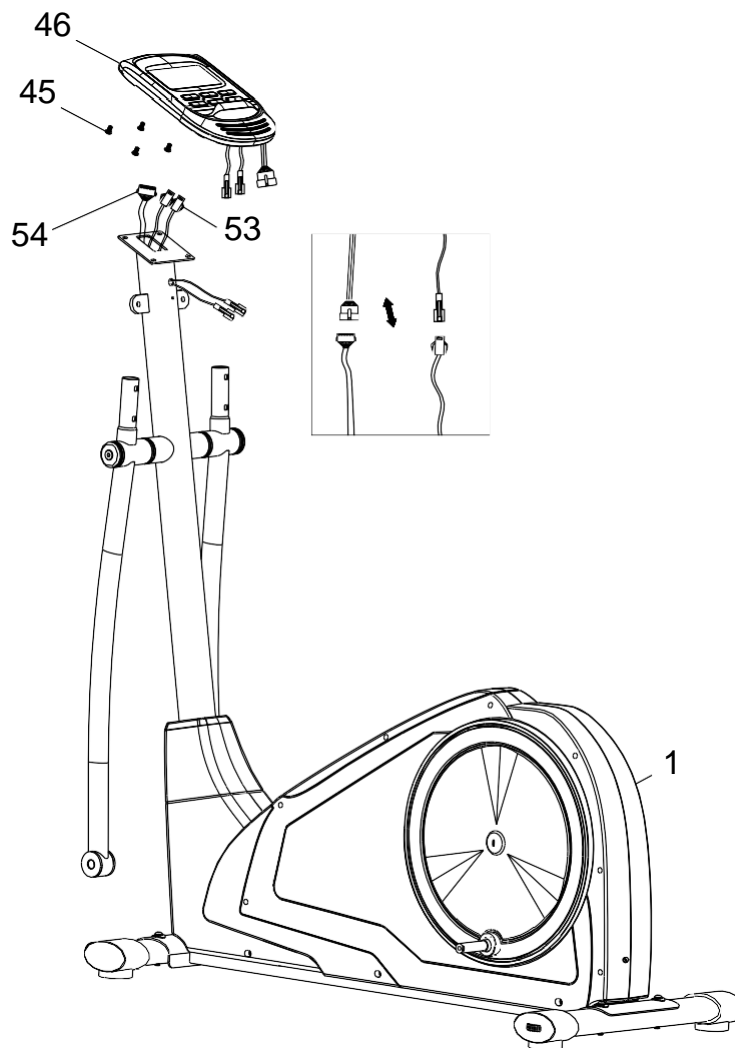
STEP 4

Insert stationary handlebar (40) into the holes of the rear decorative cover (56). Attach stationary handlebar (40) to front post (32), tighten with 2 sets of flat washer (17) and hex head bolt (31). Connect Upper pulse wire (53) and lower pulse wire (57).

Attach rear stationary handlebar cover (55) and front stationary handlebar cover (56) to the front post (32), secure with 2 self tapping screw (33) which are pre-assembled on the front decorative cover (55) and 2 cross screw (41) which are pre-assembled on the front post (32).
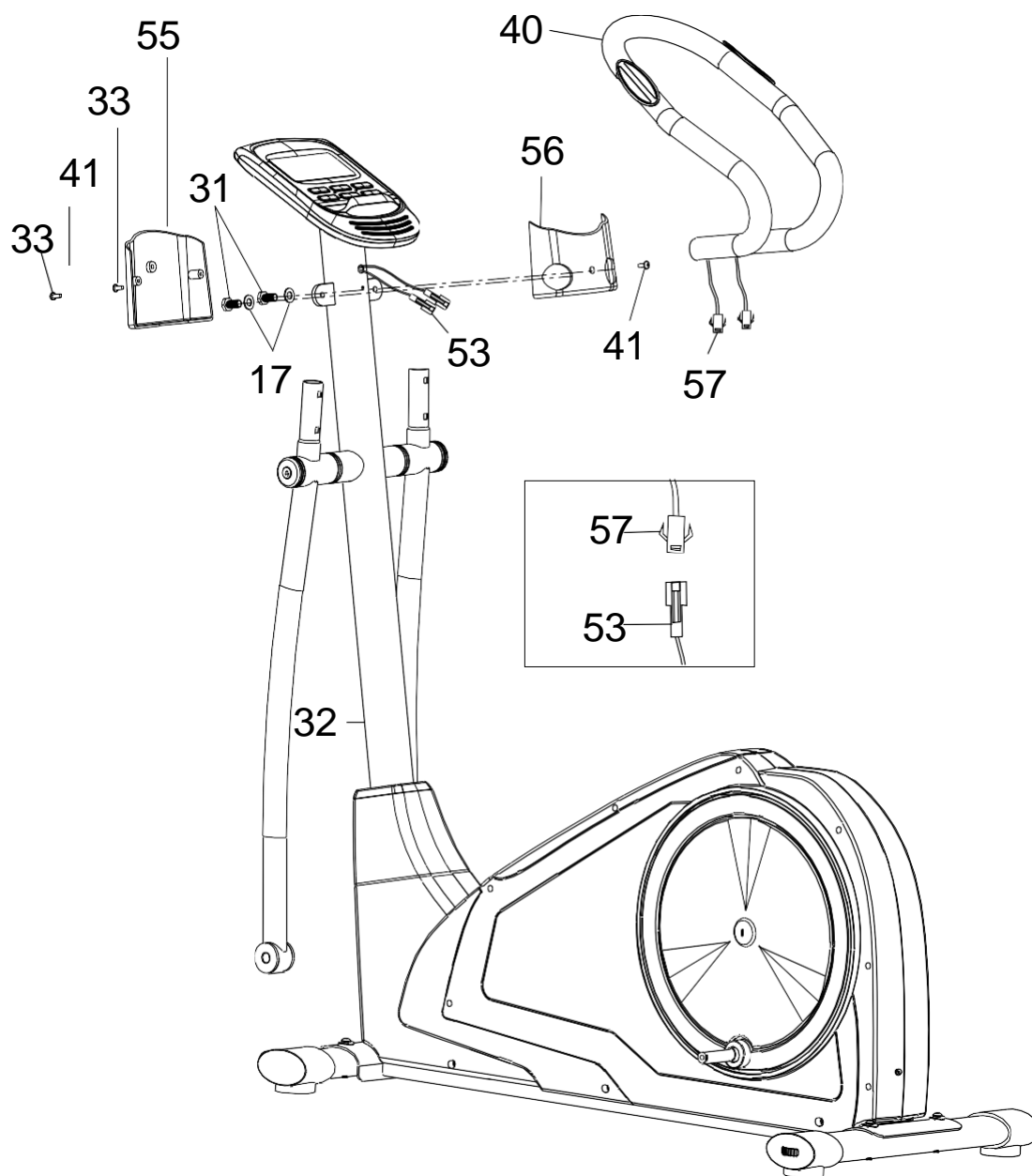
STEP 5

Attach left pedal tube (8) to run disc (66), secure using one flat washer (16), D type washer (9), flat washer (10), decorative cover (11) and allen bolt (12).

Slide left bottom handlebar tube (26) into left pedal tube (8). Line up the holes and insert the sleeve (14). Then secure with a hex head bolt (15), a flat washer (17) and a nylon nut (18). Attach a decorative cover (29L) and a decorative cover (29R) to the left pedal tube (8), and secure with 3 self tapping screws (58). Note that 1 of the self tapping screws (58) is pre-assembled on the left pedal tube (8) and the other 2 self tapping screws (58) are pre-assembled on right decorative cover (29R). Repeat for right pedal tube (51).
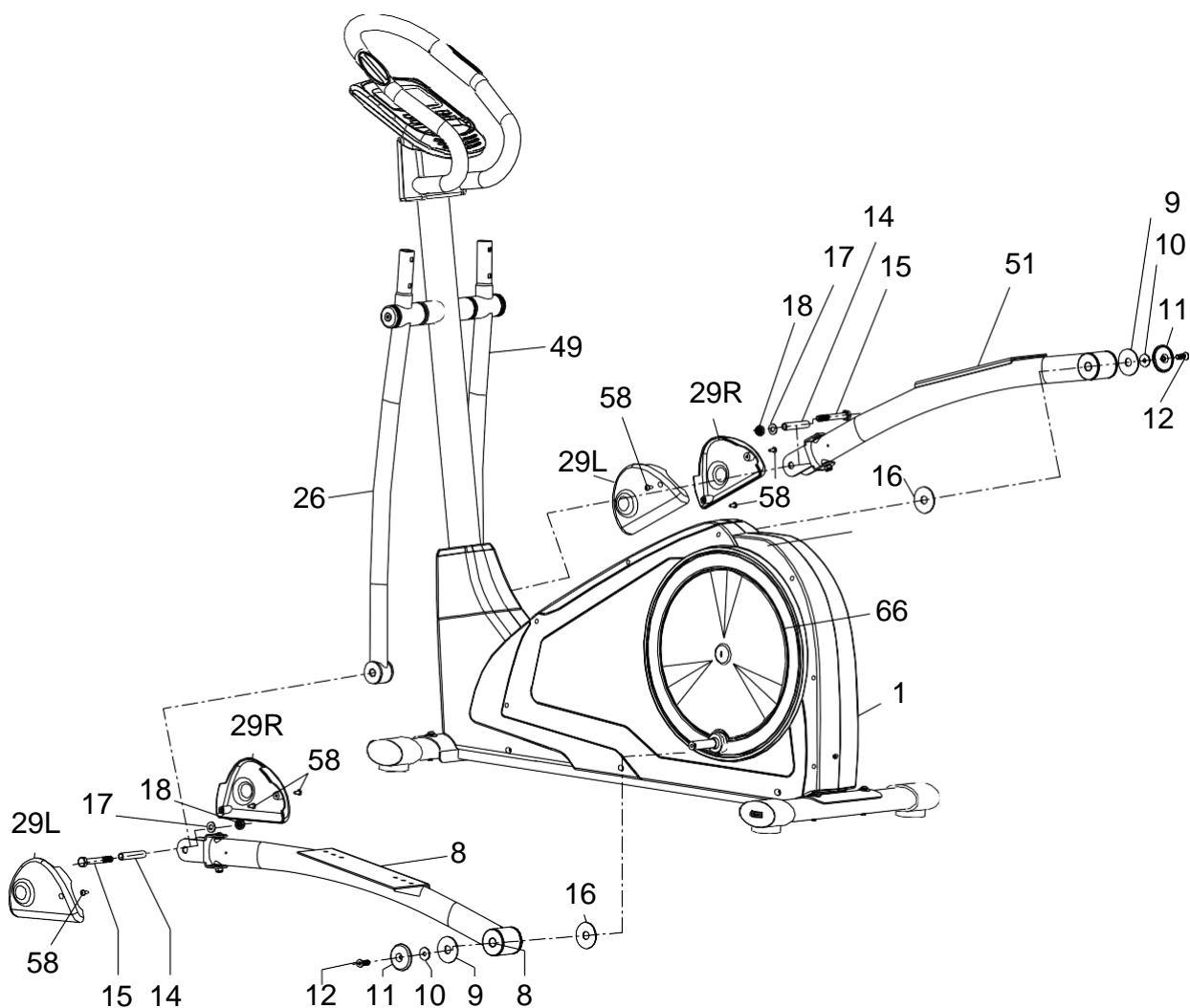
STEP 6

Left and right top handlebar tube (36 & 47) are marked with "L" and "R". Inset left top handlebar tube (36) to the left top handlebar tube (26), tighten with 2 sets of hollow carriage nut (34) and allen bolt (35). Repeat for right top handlebar (47).
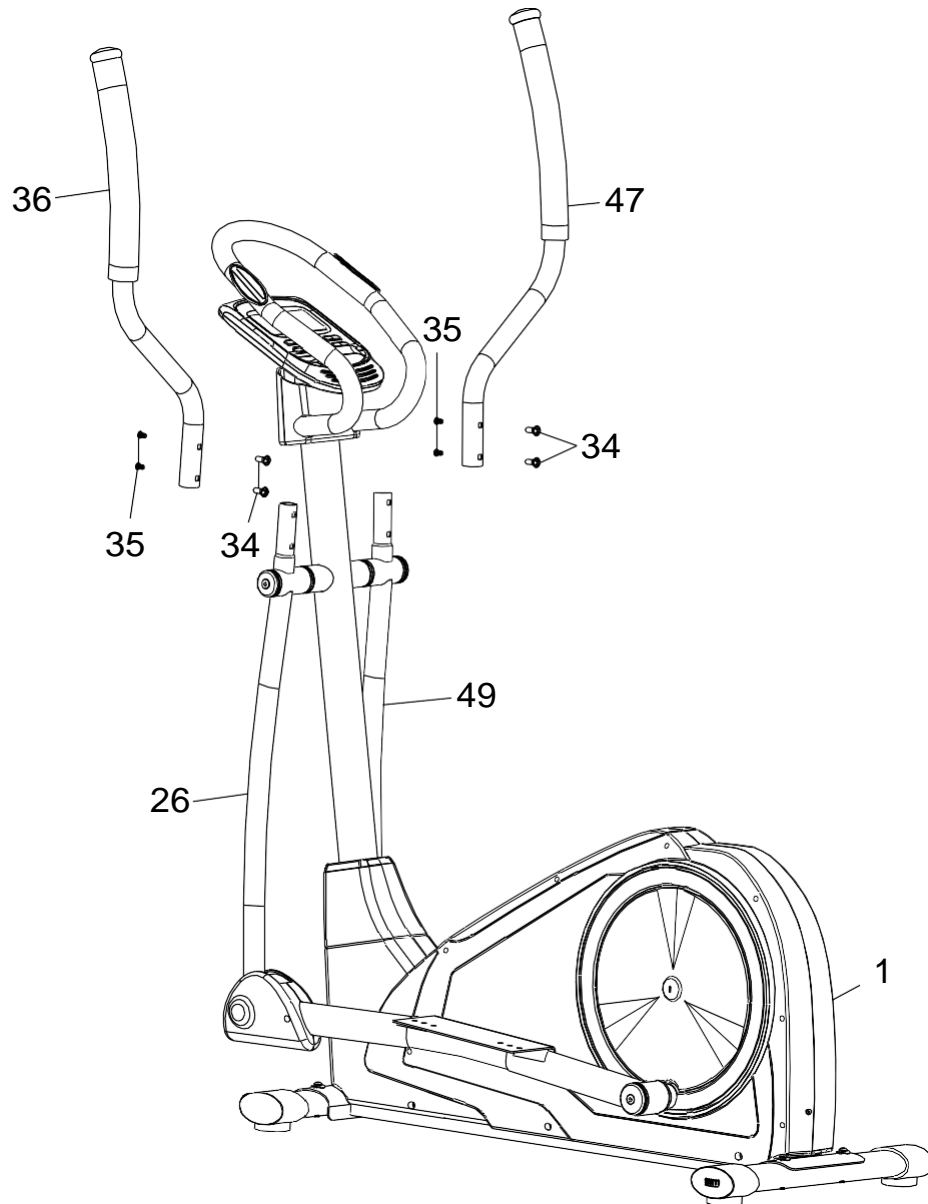
Step 7

Attach left pedal (7) to the left pedal tube (8), secure with 2 sets of hex head bolt (6), Spacer (23) and club knob (13). Repeat for right pedal (50).
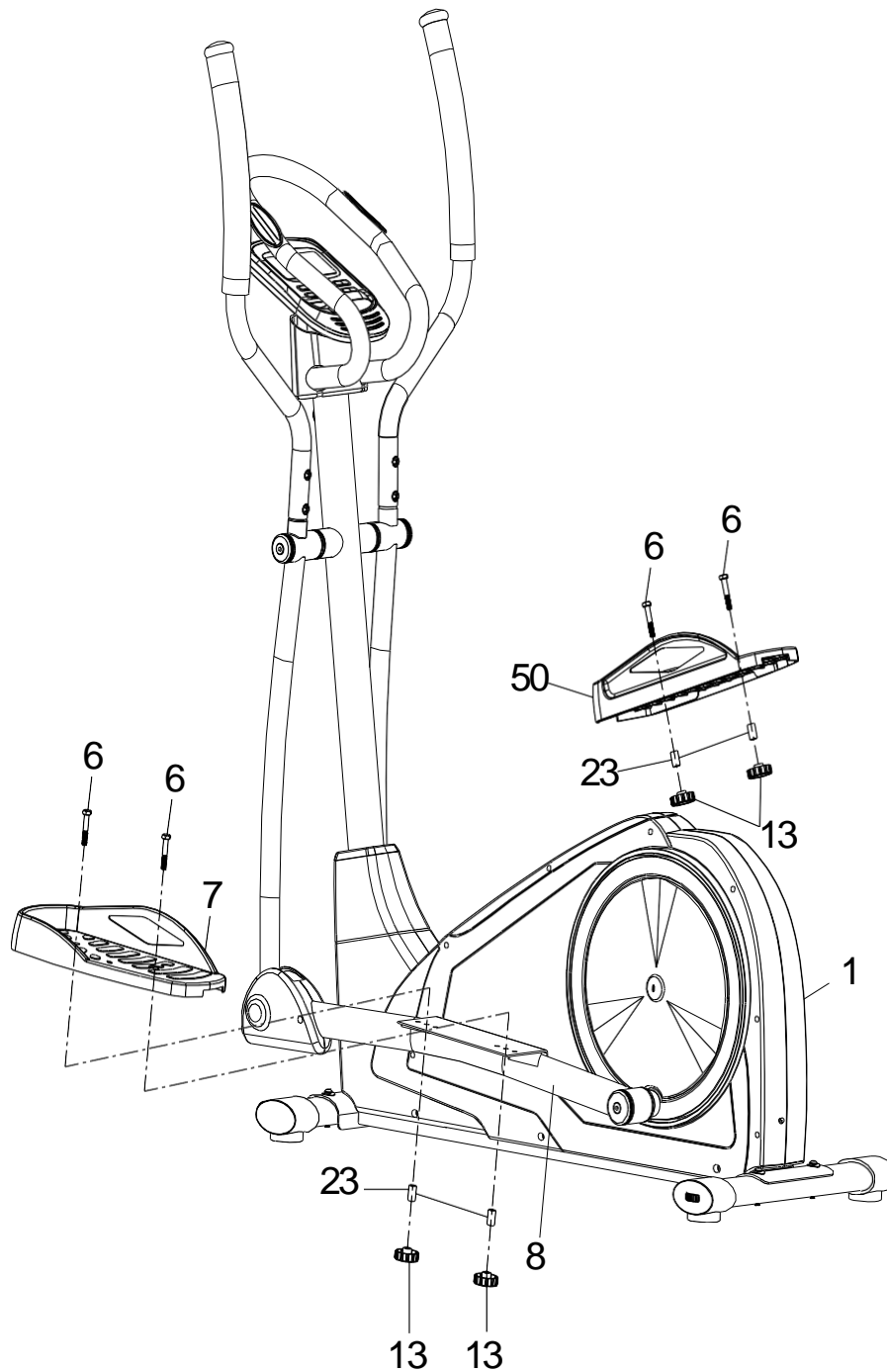
Step 8
Insert the plug of adaptor into the jack on the rear of the bike.

Adapter

Adapter jack
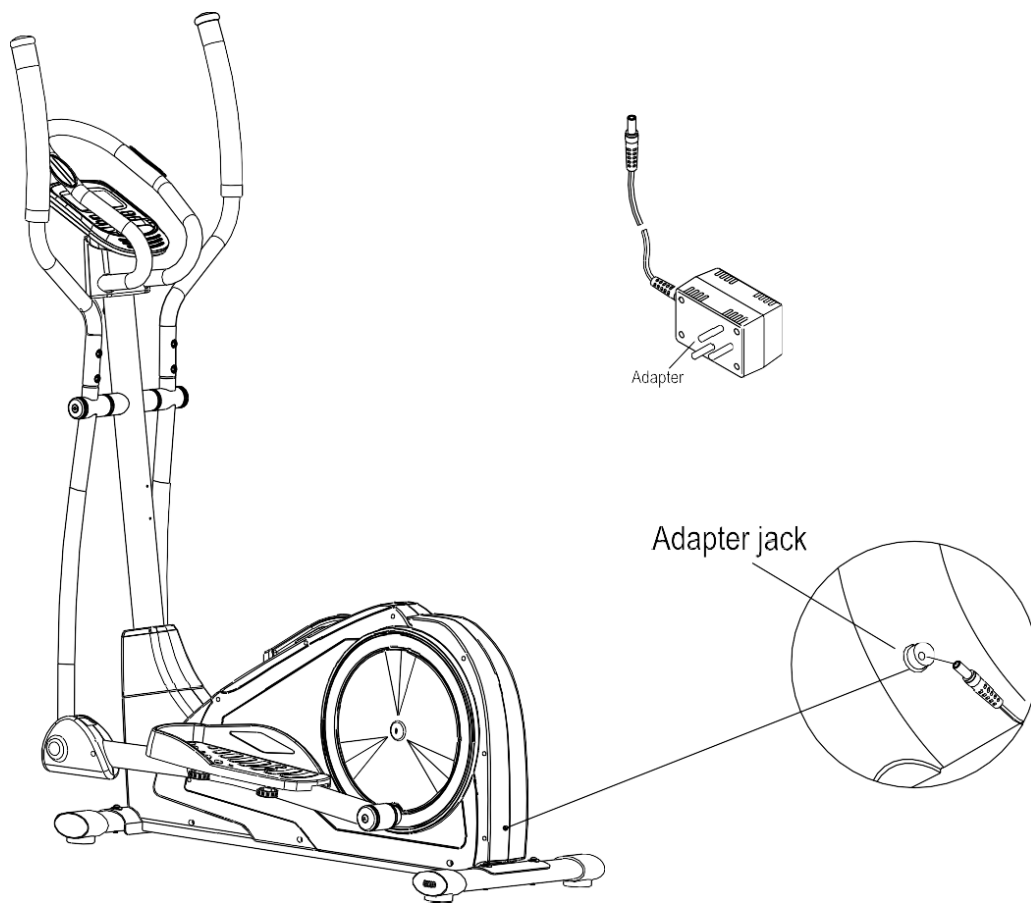
COMPUTER INSTRUCTIONS
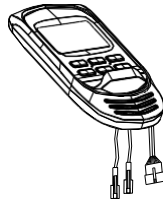
The things you should know before exercise

A. Input Power

Plug in the adaptor to the equipment then the computer will produce a beep sound and turn on the computer at the Manual mode.

B. Program select and setting value

1. Use the UP or DOWN keys to select program mode and then press ENTER to confirm your exercise mode.
2. At the Manual mode, the computer will use the UP or DOWN keys to set up your exercise TIME, DISTANCE, CALORIES, PULSE.
3. Press the START/STOP key to start exercise.
4. When you reach the target, the computer will produce beep sounds and then stop.
5. If you set up more than one target and you would like to reach next target, press START/STOP key to keep on exercise.

C. Wake-Up Function

The monitor will entry SLEEP mode (LCD off) when there is no signal input and no key be pressed after 4 minutes. Press the screen to start the monitor.

Functions and Features:

1. TIME: Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You can also program your computer to count down from a set value by using the UP and DOWN keys. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and reset itself to the original time set, letting you know your workout is done.

2. DISTANCE: Displays the accumulative distance traveled during each workout up to a maximum of 999.0KM/MILE.

3. RPM: Your pedal cadence.

4. SPEED: Displays your workout speed value in KM/MILE per hour.

5. CALORIES: Your computer will estimate the cumulative calories burned at any given time during your workout.

6. PULSE: Your computer displays your pulse rate in beats per minute during your workout.

7. AGE: Your computer is age-programmable from 10 to 99 years. If you do not set an age, this function will always default to age 35.

8. TARGET HEART RATE (TARGET PULSE): The heart rate you should maintain is called your Target Hear Rate in beats per minute.

9. PULSE RECOVERY: During the START stage, leave the hands holding on grips or leave the chest transmitter attached and then press "PULSE RECOVERY" key, time starts counting from 00:60 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery

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status with the grade F1.0 to F6.0.

<div align="center">

1.0 means OUTSTANDING
1.0＜F＜2.0 means EXCELLENT
2.0≦F≦2.9 means GOOD
3.0≦F≦3.9 means FAIR
4.0≦F≦5.9 means BELOW AVERAGE
6.0 means POOR

</div>

Note: If no pulse signal input then the computer will show "P" on the PULSE window. If the computer shows "ERR" on the message window, please re-press the PULSE RECOVERY key and please make sure your hands are keeping well on the grips or the chest transmitter is attached well.

11. TEMPERATURE: Display the current temperature.

Key function:

There are 6 button keys and the function description as follows:

1. START/STOP key: a. Quick Start function: Allows you to start the computer without selecting a program. Manual workout only. Time automatically begins to count up from zero

    b. During the exercise mode, press the key to STOP exercise.

    c. During the stop mode, press the key to START exercise.

2. UP key: a. Press the key to increase the resistance during exercise mode.

    b. During the setting mode, press the key to increase the value of Time, Distance, Calories, Age and select Gender and Program.

3. DOWN key: a. Press the key to decrease the resistance during exercise mode.

    b. During the setting mode, press the key to decrease the value of Time, Distance, Calories, Age and select Gender and Program.

4. ENTER key: a. During the setting mode, press the key to accept the current data entry.

    b. At the stop mode, by holding this key for over two seconds the user can reset all values to zero or default value.

    c. During setting the Clock, press this key can accept the setting hour and setting minute.

5. BODY FAT key: Press the key to input your HEIGHT, WEKGHT, GENDER and AGE then to measure your body fat ratio,

6. PULSE RECOVERY key: Press the key to activate heart rate recovery function.

Program Introduction & Operation:

Manual Program: Manual

P1 is a manual program. User can start exercise by pressing START/STOP key. The default resistance level is 5. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

Operations: 1. Use UP/DOWN keys to select the MANUAL (P1) program.

    2. Press the ENTER key to enter MANUAL program.

    3. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.

    4. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.

5. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press

    ENTER key to confirm your desired CALORIES.

6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press

<div align="center">15</div>

ENTER key to confirm your desired Pulse.

7. Press the START/STOP key to begin exercise.

Preset Program: Steps, Hill, Rolling, Valley, Fat Burn, Ramp, Mountain, Intervals, Random, Plateau, Fartlek, Precipice Program

PROGRAM 2 to PROGRAM 13 is the preset programs. Users can exercise with different level of loading in different intervals as the profiles show. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

Operations: 1. Use UP/DOWN keys to select one of the above programs from P2 to P13.

2. Press the ENTER key to enter your workout program.

3. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.

4. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.

5 The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.

6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.

7. Press the START/STOP key to begin exercise.

User Setting Program: User 1, User 2, User 3, User 4

Program 14 to 17 is the user setting program. Users are free to create the values in the order of TIME, DISTANCE, CALORIES and the resistance level in 10 columns. The values and profiles will be stored in the memory after setup. Users may also change the ongoing loading in each column by UP/DOWN keys, and they will not change the resistance level stored in the memory.

Operations: 1. Use UP/DOWN keys to select the USER program from P14 to P17.

2. Press the ENTER key to enter your workout program.

3. The column 1 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your first column of exercise profile. The default level is load 1.

4. The column 2 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your second column of exercise profile.

5. Follow the above description 5 and 6 to finish your personal exercise profiles. Press ENTER to confirm your desired exercise profile.

6. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME.

Press ENTER key to confirm your desired TIME.

7. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.

8. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.

9. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.

10. Press the START/STOP key to begin exercise.

Heart Rate Control Program: 55% H.R.C., 65% H.R.C., 75% H.R.C., 85% H.R.C., Target H.R.C.

Program 18 to Program 22 is the Heart Rate Control Programs and Program 22 is the Target Heart Rate Control program.

Program 18 is the 55% Max H.R.C. - - Target H.R. = (220 – AGE) x 55%

Program 19 is the 65% Max H.R.C. - - Target H.R. = (220 – AGE) x 65%

Program 20 is the 75% Max H.R.C. - - Target H.R. = (220 – AGE) x 75%

Program 21 is the 85% Max H.R.C. - - Target H.R. = (220 – AGE) x 85%

Program 22 is the Target H.R.C. - - Workout by your target heart rate value.

Users can exercise according to your desired Heart Rate program by setting your AGE, TIME, DISTANCE, CALORIES or TARGET PULSE. In these programs, the computer will adjust the resistance level according to the heart rate detected. For example, the resistance level may increase every 20 seconds while the heart rate detected is lower than the TARGET H.R.C. Also the resistance level may decrease every 20 seconds while the heart rate detected is higher than the TARGET H.R.C.

Operations: 1. Use UP/DOWN keys to select one of the heart rate control program from P18 to P22.

2. Press the ENTER key to enter your workout program

3. The AGE will flash at P18 to P21 programs and you can press UP or DOWN keys to set your AGE. The default age is 35.

4. At program 22, the TARGET PULSE will flash and you can press UP or DOWN keys to set your TARGET PULSE between 80 to 180. The default TARGET PULSE is 120.

5. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.

6. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.

7. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.

8. Press the START/STOP key to begin exercise.

Body Fat Program: Body Fat

Program 23 is a special program design to calculate users' body fat ratio and to offer a specific loading profile for users.   There are 3 body types divided according to the FAT% calculated.

Type1: BODY FAT% > 27

Type2: 27 ≧ BODY FAT% ≧ 20

Type3: BODY FAT % < 20

The computer will show the test results of FAT PERCENT, BMI and BMR.

Operations: 1. Use UP/DOWN keys to select the BODY FAT (P24) program.

2. Press the ENTER key to enter your workout program.

3. The HEIGHT will flash and you can press UP or DOWN keys to set your HEIGHT. Press ENTER key to confirm your HEIGHT. The default HEIGHT is 170cm or 5'07" (5feet 7 inches).

4. The WEIGHT will flash and you can press UP or DOWN keys to set your WEIGHT. Press ENTER key to confirm your WEIGHT. The default WEIGHT is 70kgs or 155lbs.

5. The GENDER will flash and you can press UP or DOWN keys to select your sex. Number 1 means man and number 0 means female. Press ENTER key   to

confirm your Gender. The default sex is 1 (MAN).

6. The AGE will flash and you can press UP or DOWN keys to set your AGE. Press ENTER key to confirm your AGE. The default AGE is 35.

7. Press the START/STOP key to begin body fat measurement. If the window show E on the window, please make sure your hands are attached well on the grips or the chest belt is touch well on your body. Then press the START/STOP key again to begin body fat measurement.

8. After finished your measurement, the computer will show the values of BMR, BMI and FAT PERCENT on the LCD display. Furthermore, the computer will show your own exercise profile for your body type.

9. Press START/STOP key to begin exercise.

Operation guide:

1. Sleep Mode:

   The computer will enter the sleep mode when there is no signal input and no keys be pressed after 4 minutes. You can press any key to wake up the computer.

2. BMI (Body Mass Index): BMI is a measure of body fat based on height and weight that applies to both adult men and women.

3. BMR (Basal Metabolic Rate): Your Basal Metabolic Rate (BMR) shows the number of calories your body needs to operate. This doesn't account for any activity, it's simply the energy needed to sustain a heartbeat, breathing and normal body temperature. It measures the body at rest, not sleep, at room temperature.

Error Message:

E1 (ERROR 1):

Normal state: During workout, when the monitor did not get the count signal from the gear motor more than 4 seconds and check under successive 3 times then the LCD will show E1.

Power on state: The gear motor will return to zero automatically, when the signal of motor cannot be detected for more than 4 seconds then the gear motor's driver will be cut off immediately and show the E1 on the LCD display. All the other digital and function mark are blank, and the output signals are cut off also.

E2 (ERROR 2): When the monitor read the memory data, if the I.D. code is not correct or the memory IC damages then the monitor will show E2 immediately at power on.

E3 (ERROR 3): After 4 seconds by start mode, the computer detects the faulty motor did not leave the zero point then the LCD bar displays "E3".

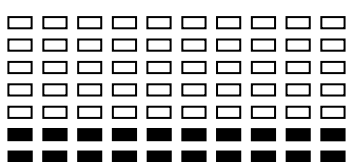### Technical data of the current adapter

1. Available for Input: 230V/50Hz or 60Hz   Output: 6V DC/0.5~1A
2. Available for Input: 110V/50Hz or 60Hz   Output: 6V DC/0.5~1A

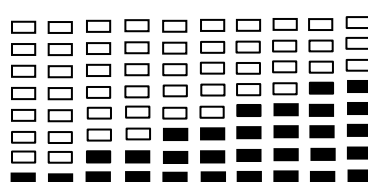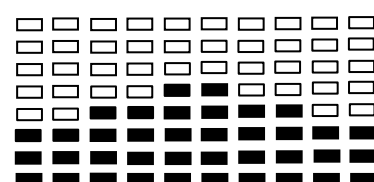LCD Workout Graphics
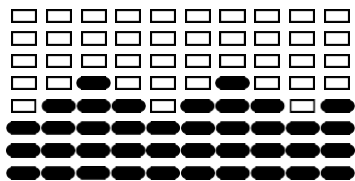
PRESET PROGRAM PROFILES:

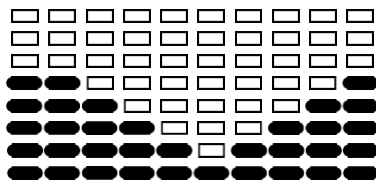| PROGRAM 1	PROGRAM 2	PROGRAM 3
MANUAL	**STEPS**	**HILL**

PROGRAM 4
ROLLING

PROGRAM 5
VALLEY

PROGRAM 6
FAT BURN
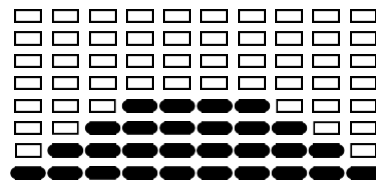
PROGRAM 7
RAMP
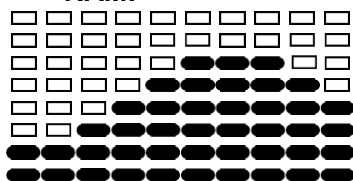
PROGRAM 8
MOUNTAIN
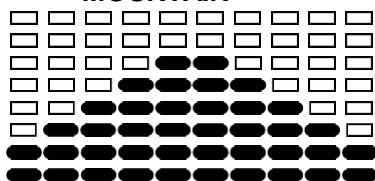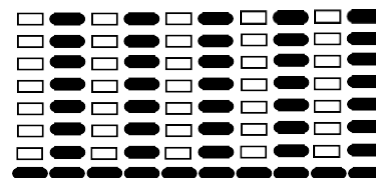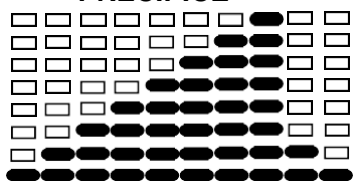
PROGRAM 9
INTERVALS
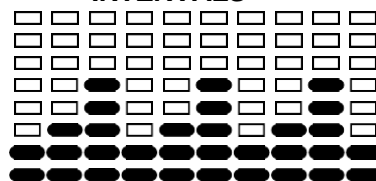
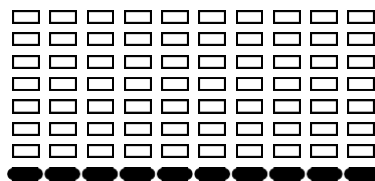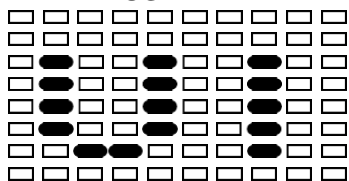PROGRAM 10
RANDOM
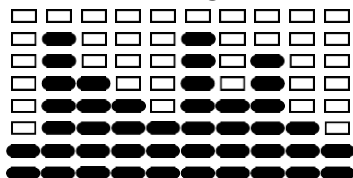
PROGRAM 11
PLATEAU
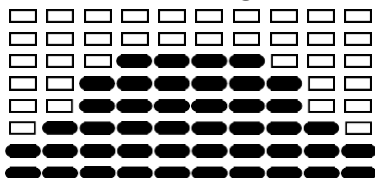
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FARTLEK
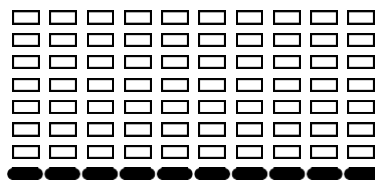
PROGRAM 13
PRECIPICE

USER SETTING PROGRAM

PROGRAM 14

USER 1

PROGRAM 15

USER 2

PROGRAM 16

USER 3

19
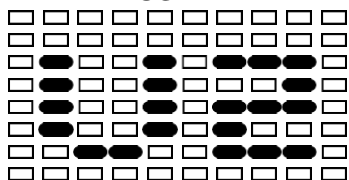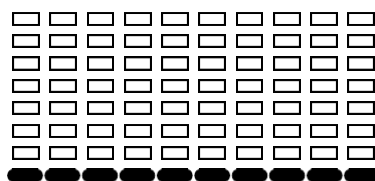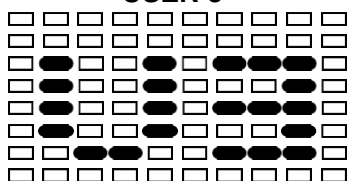
PROGRAM 17

USER 4
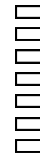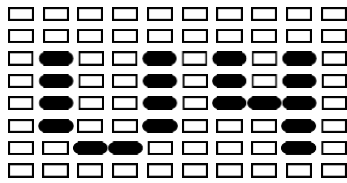
HEART RATE PROGRAM PROFILES:

PROGRAM 18

55% H.R.C.
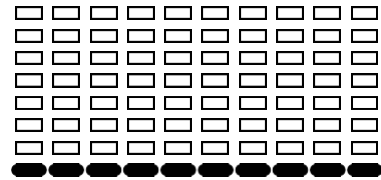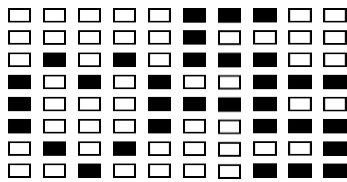
PROGRAM 19

65% H.R.C.
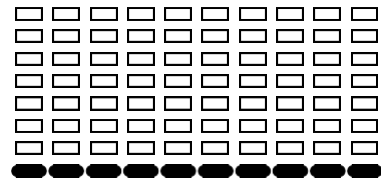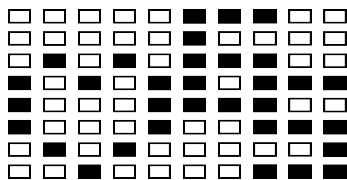
PROGRAM 20

75% H.R.C.
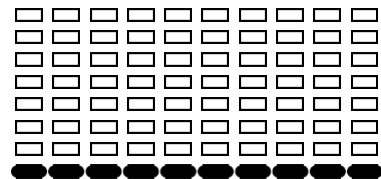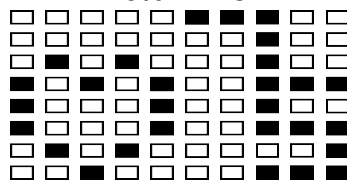
PROGRAM 21

85% H.R.C.
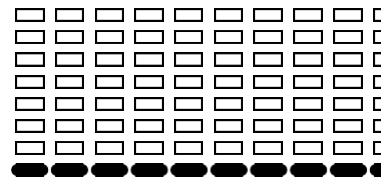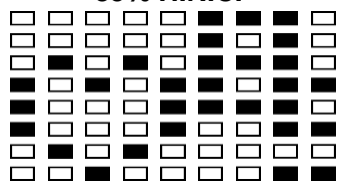
PROGRAM 22

TARGET H.R.C.
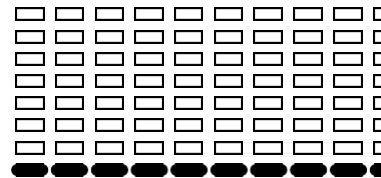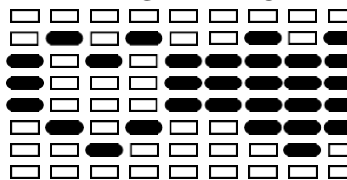
BODY FAT TEST PROGRAMS:

PROGRAM 23
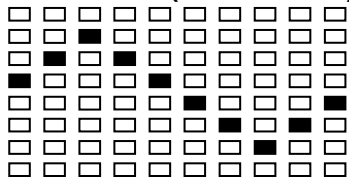
BODY FAT (STOP MODE)   **BODY FAT (START MODE)**
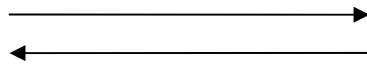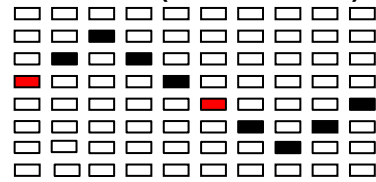
One of the Following Six Profiles Will Display Automatically after Measuring Your BODY FAT:
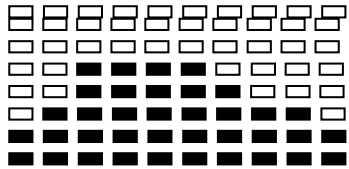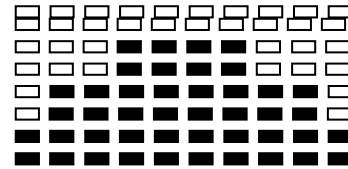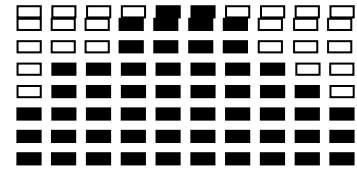
Workout Time: 40 minutes   Workout Time: 40 minutes   Workout time: 20 minutes
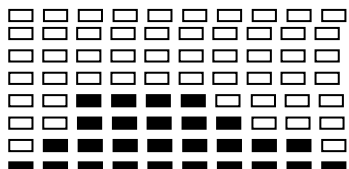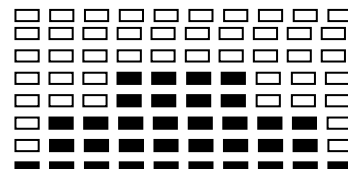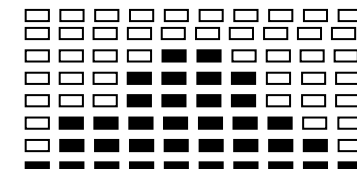
Workout Time: 40 minutes   Workout Time: 40 minutes   Workout time: 20 minutes

EXERCISE INSTRUCTIONS

Using your **ELLIPTICAL TRAINER** 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.

FORWARD
BENDS

INNER THIGH

CALF / ACHILLES

SIDE   BENDS

OUTER THIGH
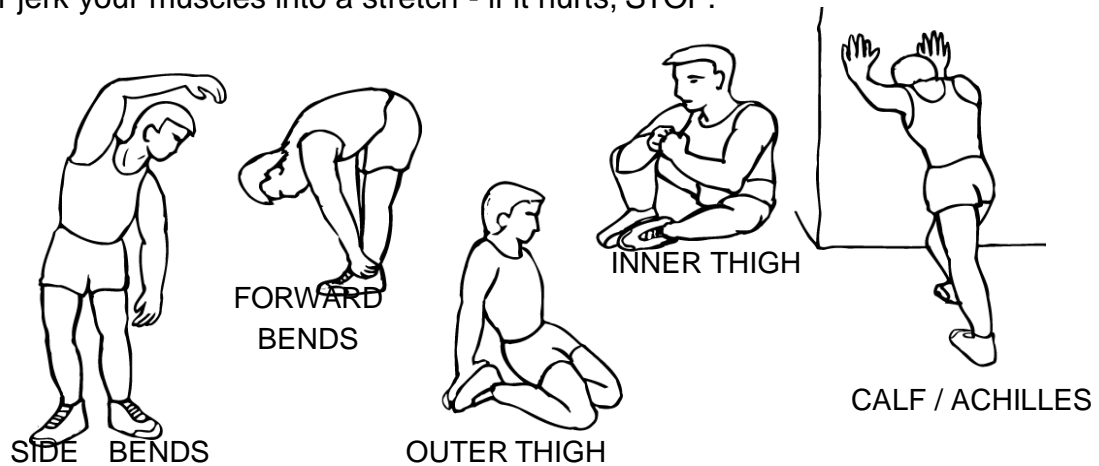
2. The Exercise Phase

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.

HEART RATE

200
180
160
140
120
100
80

TARGET ZONE

MAXIMUM

85%

70%

COOL DOWN

20   25   30   35   40   45   50   55   60   65   70   75   AGE
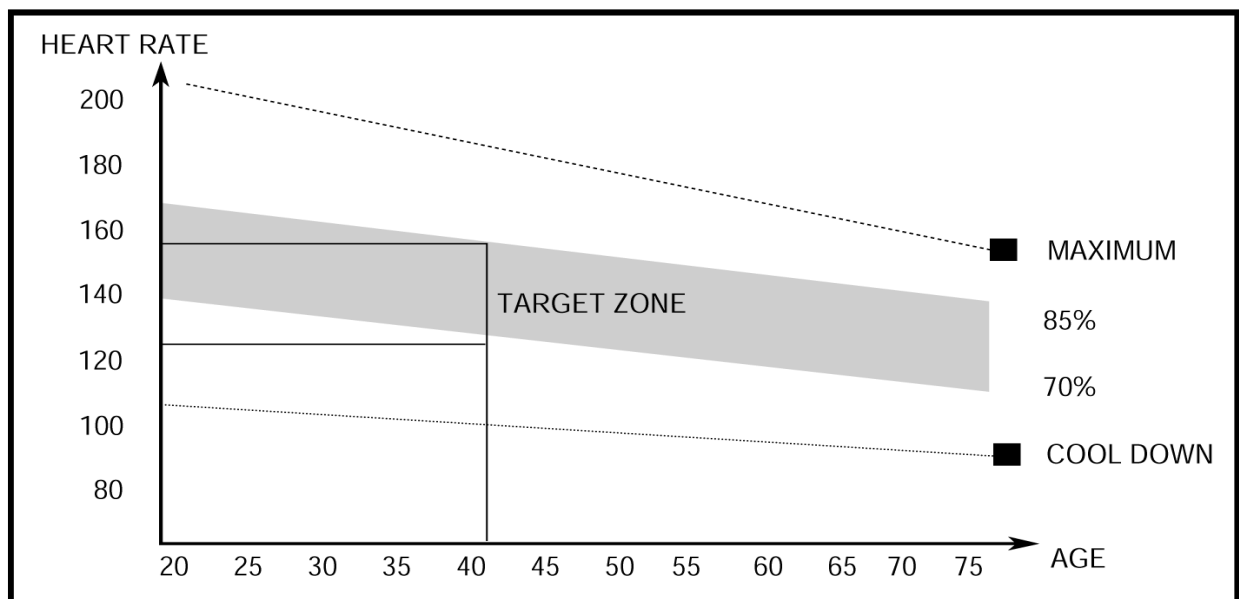
This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

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 **ELLIPTICAL TRAINER** 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.

EXPLODED DIAGRAM
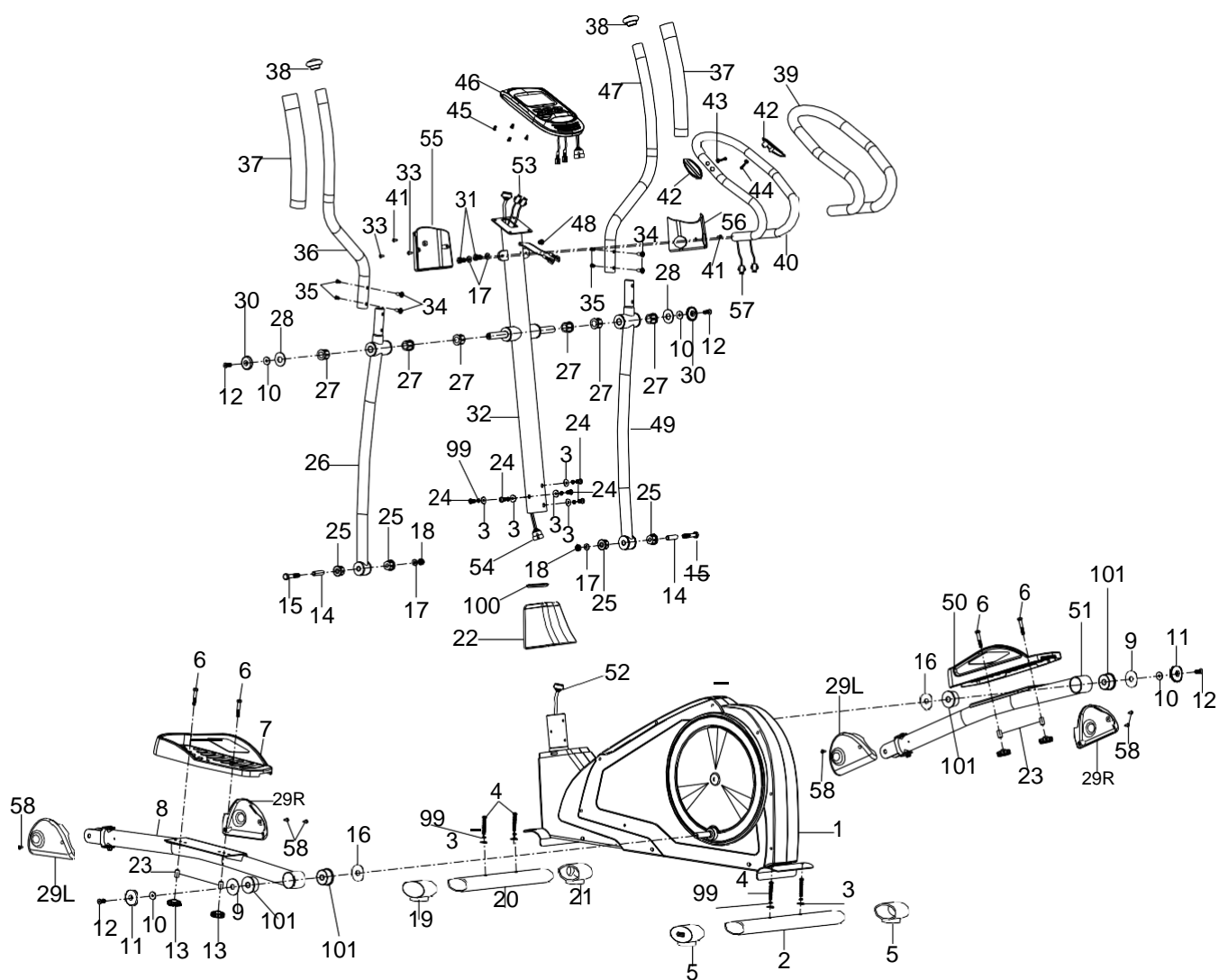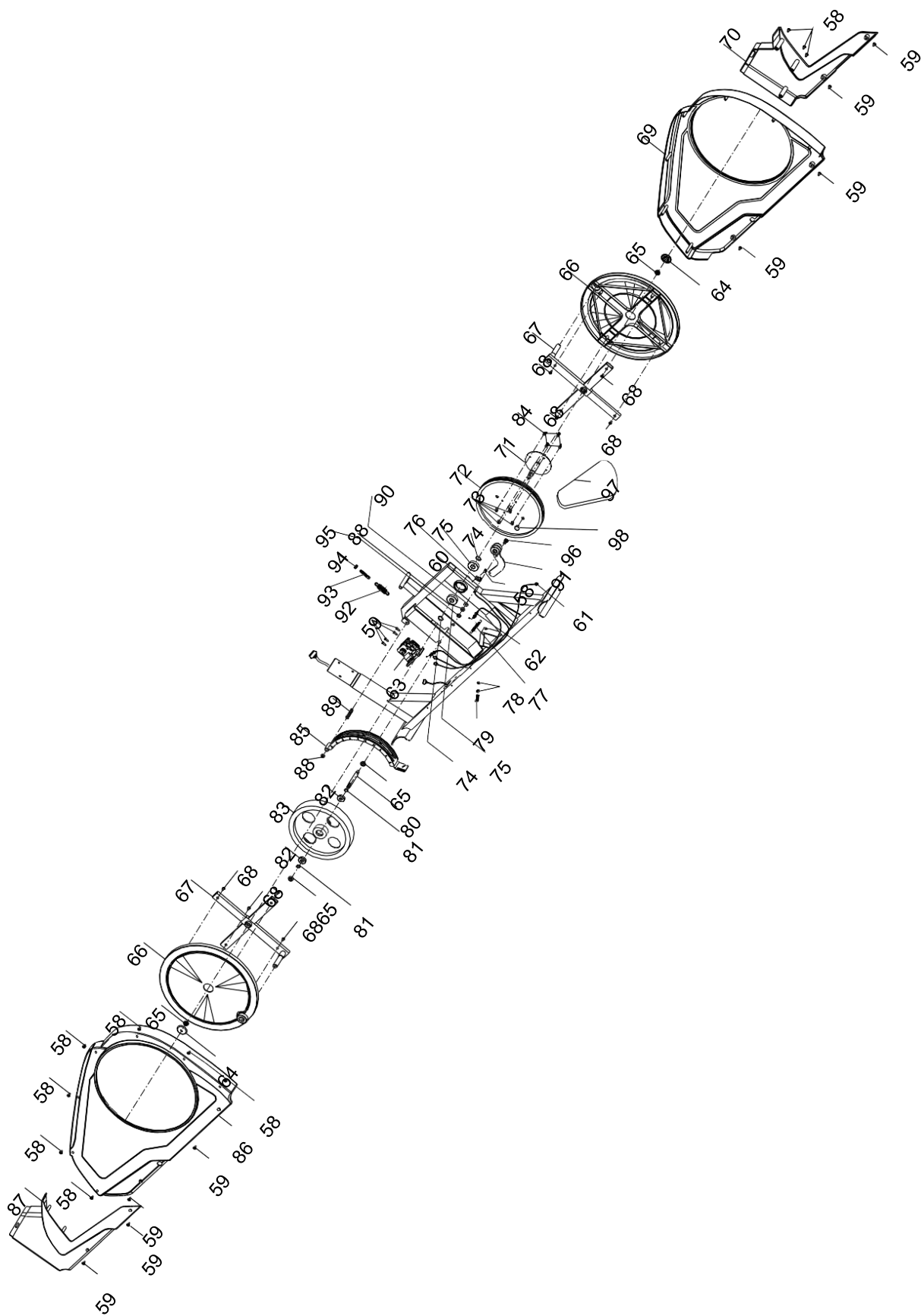
PARTS LIST

PART NO.	DESCRIPTION	Q'TY
1	Main frame	1
2	Rear stabilizer	1
3	Curve washerΦ8*Φ20*1.5	9
4	Allen bolt M8*55	4
5	End cap for rear stabilizer	2
6	Hex head bolt M8*45	4
7	Pedal (L)	1
8	Pedal tube (L)	1
9	D type washer Φ50	2
10	Flat washerΦ8*Φ22	4
11	Decorative cover Φ50	2
12	Allen bolt M8*20	4
13	Club knob	4
14	Sleeve Φ12.7*42	2
15	Hex head bolt M10	2
16	Flat washer Φ50	2
17	Flat washerΦ10*Φ22	4
18	Nylon nut M10	2
19	End cap for front stabilizer (L)	1
20	Front stabilizer	1
21	End cap for front stabilizer (R)	1
22	Decorative cover	1
23	Sleeve	4
24	Allen bolt M8*20	5
25	Gum cover	4
26	Bottom handlebar tube (L)	1
27	Gum cover	6
28	D type washer Φ42	2
29L	Decorative cover (L)	2
29R	Decorative cover (R)	2
30	Decorative cover Φ42	2
31	Hex head boltM10*20	2
32	Front support	1
33	Self-tapping screw ST4*16	2
34	Hollow carriage nut Φ8*20	4
35	Allen bolt M6*12	4
36	Top handlebar tube (L)	1

PARTS LIST

PART NO.	DESCRIPTION	Q'TY
37	Foam grip for top handlebar tube	2
38	End cap	2
39	Foam grip for handlebar	1
40	Handlebar	1
41	Cross screw M5*15	2
42	Hand pulse sensor	2
43	Flat washer Φ4.2*Φ12	2
44	Self-tapping screw ST4*20	2
45	Cross screw M5*10	4
46	Meter	1
47	Top handlebar tube (R)	1
48	Grommet	1
49	Bottom handlebar tube (R)	1
50	Pedal (R)	1
51	Pedal tube (R)	1
52	Lower ribbon cable	1
53	Upper pulse wire	2
54	Upper ribbon cable	1
55	Front decorative cover	1
56	Rear decorative cover	1
57	Lower pulse wire	2
58	Self-tapping screw ST5*15	17
59	Self-tapping screw ST5*15	12
60	Sensor wire	1
61	Power wire	1
62	Motor wire	1
63	Motor	1
64	Run disc cover	2
65	Flange nut	4
66	Run disc	2
67	Run disc holder	2
68	Self-tapping screw ST5*15	8
69	Rear chain cover (R)	1
70	Front chain cover (R)	1
71	Axle	1
72	Belt pulley	1
73	Nylon nut M6	4

PARTS LIST

PART NO.	DESCRIPTION	Q'TY
74	Circlip Φ17	2
75	Bearing 6203	2
76	Sensor bracket	1
77	Spring	1
78	Hex head nut M6	2
79	Hex head bolt M6*25	1
80	Axle for flywheel	1
81	Circlip Φ12	2
82	Bearing 6001	2
83	Flywheel	1
84	Allen bolt M6*15	4
85	Magnet assembly	1
86	Rear chain cover (L)	1
87	Front chain cover (L)	1
88	Nylon nut M8	2
89	Allen bolt M8*55	1
90	Flat washer Φ8*Φ17	1
91	Idler wheel plate	1
92	Adjusting spring	1
93	Adjusting bolt	1
94	Hex head nut M8	1
95	Powder	1
96	Allen bolt M8*20	1
97	Belt	1
98	Sensor magnet	1
99	Spring washer	9
100	Decorative ring	1
101	Spacer	4

ADDITIONAL INFORMATION

Packaging Disposal

Government guidelines ask that we reduce the amount of waste material disposed of in land fill sites. We therefore ask that you dispose of all packaging waste responsibly at public recycling centres.

End of Life Disposal

We at Pure-Tec Limited hope you enjoy many years of enjoyable use from your Trainer. However, a time will come when your Trainer will come to the end of its useful life. Under '**European WEEE Legislation**' you are responsible for the appropriate disposal of your Trainer to a recognised public collection facility.

CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the Trainer.
2. The Trainer can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
3. Examine the Trainer regularly for signs of damage or wear.
4. **Failure to examine the Bike regularly may affect the safety level of the equipment.**
5. Replace any defective components immediately and/or keep the Bike out of use until repair.

LIMITED WARRANTY

Pure-Tec warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Please refer to www.puretecfitness.com for warranty terms. This warranty extends only to the original purchaser and is valid for home use only. Pure-Tec's obligation under this Warranty is limited to replacing damaged or faulty parts at Pure-Tec's option.

All returns must be pre-authorised by Pure-Tec. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, purchasers own repairs or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorised by Pure-Tec.

Pure-Tec is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein.

Your statutory rights are not affected.

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by contacting our Customer Solutions Department, Monday to Friday, 8am – 5pm GMT :

Pure-Tec Limited
www.puretecfitness.com

Tel:+44 (0) 1482 212098
Email:service@puretecfitness.com

Monday - Friday 0800 - 1700GMT

When ordering replacement parts, please give the following information,

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase