

**Owner's Manual
FSX3000
Elliptical**

16604603000

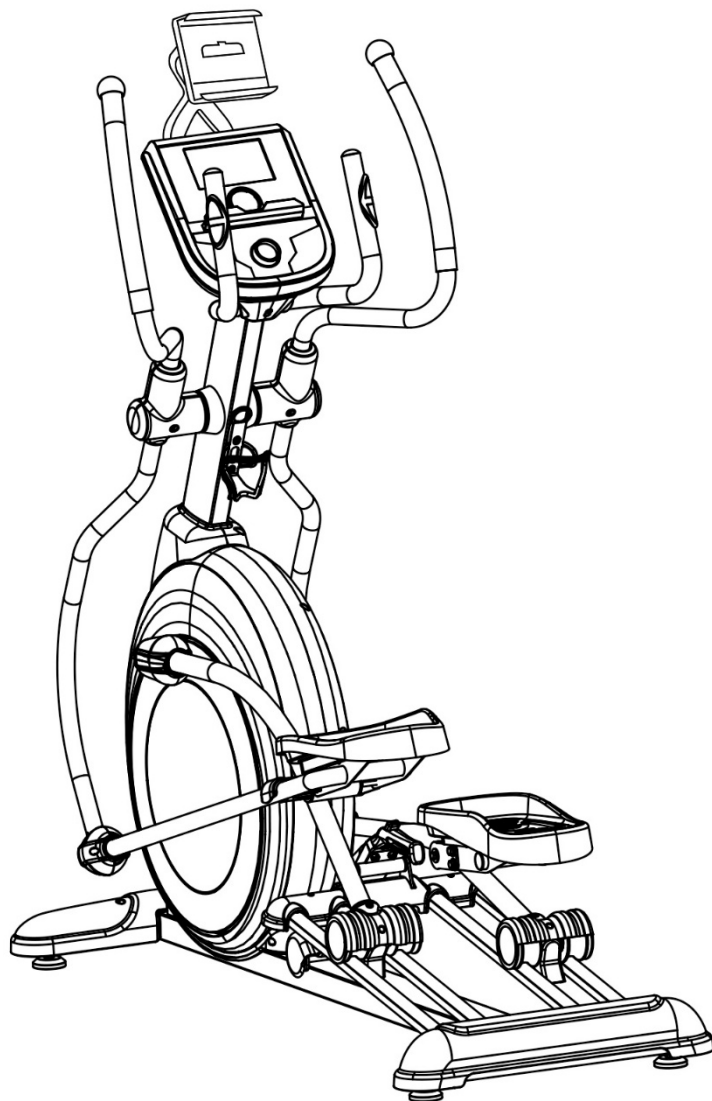
- **Assembly**
- **Operation**
- **Adjustments**
- **Parts**
- **Warranty**

! CAUTION:

You must read and understand this owner's manual before operating unit. Keep this manual for future reference.

Serial number

Write the serial number in the space above for reference. Serial number can be found at the front bottom section of the equipment.



PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING

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ATTENTION

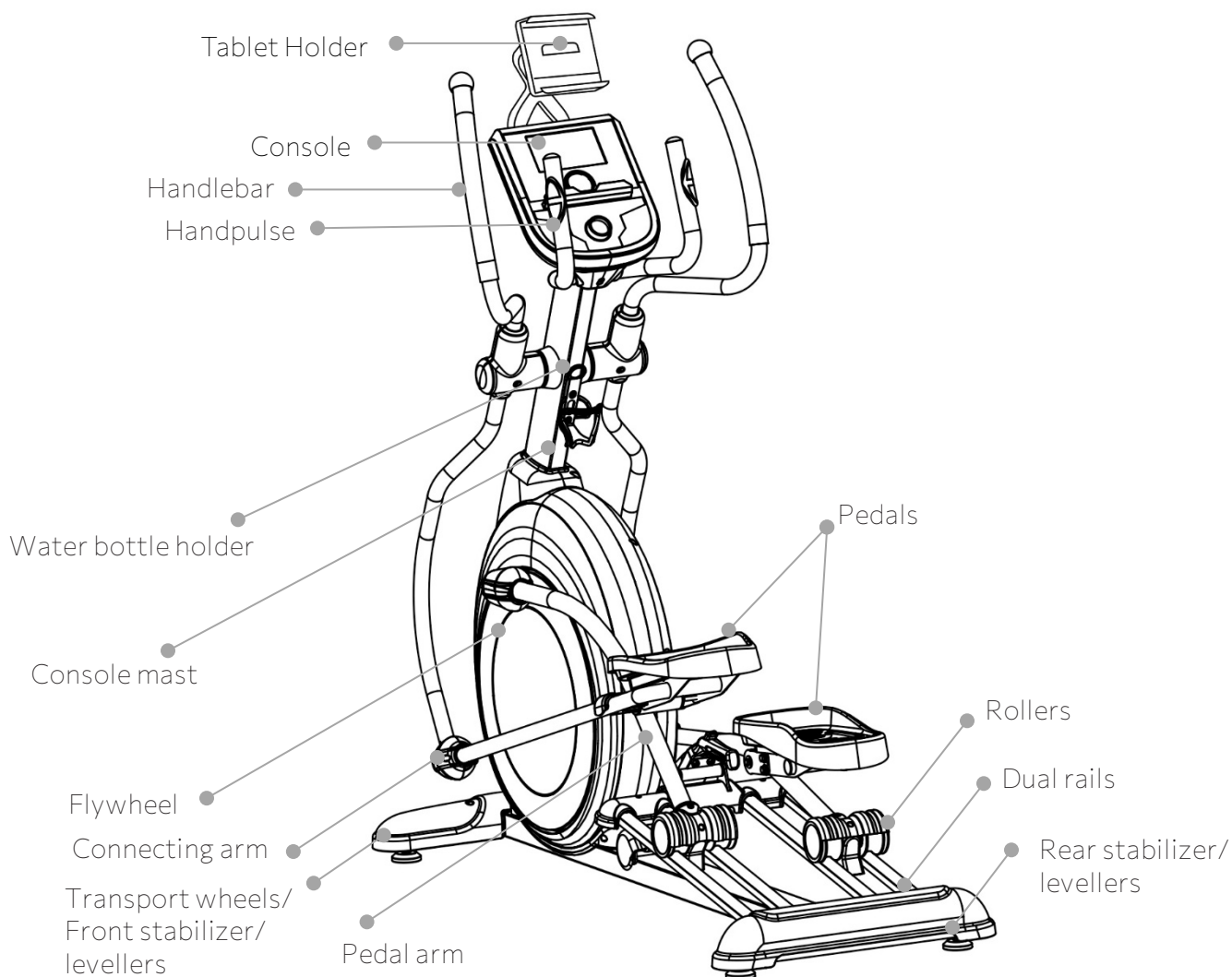
THIS EQUIPMENT IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

BEFORE YOU BEGIN

Thank you for choosing the XTERRA FSX3000 Elliptical. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The XTERRA FSX3000 Elliptical provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labelled.

Read this manual carefully before using the XTERRA FSX3000 Elliptical. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your XTERRA FSX3000 Elliptical, please do not return the product. Contact us FIRST! If a part is missing or defective, call us toll-free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 4:30 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.

MAX. USER WEIGHT LIMIT 300 lb (136 kg)



IMPORTANT SAFETY INFORMATION

 **WARNING** - Read all instructions before using this equipment.

 **WARNING** - Serious injury could occur if these safety precautions are not observed: Read the Owner's Manual carefully before assembling, servicing or using the equipment. It is the responsibility of the owner of the equipment to instruct themselves and users on proper operation techniques and to review all labels.

1. Never operate the elliptical if it is not working properly, if it has been dropped, damaged, or exposed to water.
2. Set up and operate the elliptical on a solid level surface. Do not use outdoors or near water. Do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor. It is recommended to have a minimum of 3 meters safe clearance on all sides of the elliptical while in use.
3. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage, covered patio or near water.
4. Do not operate the elliptical where aerosol products are used or where oxygen is being administered.
5. Do not insert any objects into any openings.
6. Inspect and properly tighten all parts of the elliptical regularly.
- 7. Keep children and pets away from this equipment at all times and while exercising.**
8. Handicapped individuals should have medical approval and close supervision when using this elliptical.
9. Do not place hands or feet under the elliptical. Always keep hands and legs off of the elliptical when others are using it.
10. Always hold the handlebars when mounting, dismounting, or using the elliptical. Keep your back straight when using your elliptical, do not arch your back. When you stop exercising, allow the pedals to slowly come to a complete stop.
11. To disconnect, turn all controls to the off position, then remove plug from outlet.
12. Use the elliptical only for its intended use as described in this manual. Do not use any attachments that are not recommended by the manufacturer.
13. User weight should not exceed 300 lb (136 kg).
14. Never allow more than one person on the elliptical at once.
15. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
16. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
17. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
18. Start your program slowly and very gradually increase your resistance.
19. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your elliptical.
20. Always hold on to a handlebar while making control changes.
21. Use caution while participating in other activities while using your elliptical such as watching videos, reading, etc. These distractions may cause you to lose balance, resulting in serious injury.

22. The decal shown below has been placed on the elliptical. If the decal is missing or illegible, please call our Customer Service Department toll toll-free at 1-888-707-1880 or email customerservice@dyaco.ca to order a replacement decal. Apply the decal in the location shown.



Warning labels and communication stickers are placed on the equipment as part of the manufacturing process. It is critical that owners maintain the integrity and placement of these stickers.



NOTE: STICKERS AND LABELS ARE NOT SHOWN TO SCALE

SAVE THESE INSTRUCTIONS

Please ensure that you review and adhere to the user weight restrictions of your new unit. Failure to do so may result in serious injury or damage to your unit.

WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

IMPORTANT SAFETY INSTRUCTIONS

When using this equipment, basic precautions should always be followed, including the following: Read all instructions before using this elliptical.

DANGER – To reduce the risk of electric shock:

Always unplug the equipment from the electrical outlet immediately after using and before cleaning.

 **WARNING** - To reduce the risk of burns, fire, electric shock, or injury to persons:

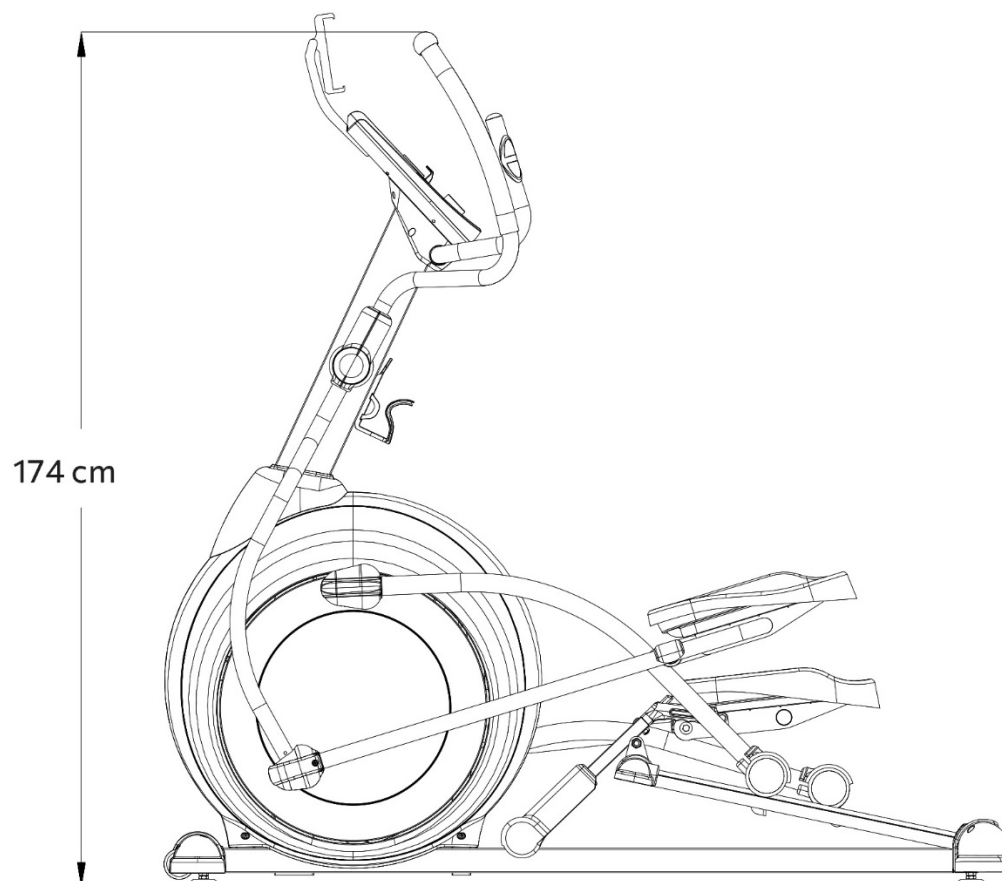
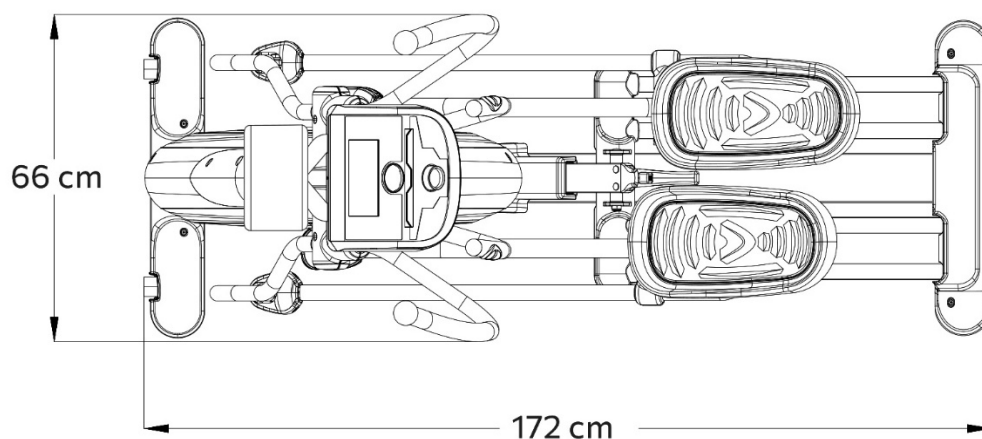
1. The elliptical should never be left unattended when plugged in. Unplug from outlet when not in use, and before repairing or cleaning.
 2. Never operate this elliptical if it has a damaged cord or plug, if it is not working properly if it has been dropped, damaged, or dropped into water. Please contact our customer service if the elliptical requires service or repair.
 3. Do not carry this elliptical by the cord or use the cord as a handle.
 4. Keep the cord away from heated surfaces or flames.
 5. Never operate the elliptical with the air openings blocked. Keep the air openings free of lint, hair and things alike.
 6. Connect this elliptical to a properly grounded outlet only.
 7. The use of an extension cord with this product is not recommended. If an extension cord is needed, use a short (less than 10 feet) heavy gauge (14 gauge or better) extension cord with a three prong (grounded) plug and receptacle.
- **NEVER** remove any cover without first disconnecting AC power supply.
 - If A.C. voltage varies by ten percent (10%) or more, the performance of your elliptical may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.
 - **NEVER** expose this elliptical to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. Maximum environmental ratings are 40-120 degrees Fahrenheit, 95% humidity non-condensing (no water droplets forming on surfaces).
 - **NEVER** use your elliptical during an electrical storm. Surges may occur in your household power supply that could damage elliptical components.

Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

Product Specifications

Product Size	172 × 66 × 174 cm (67.7" x 25.9" x 68.5")
Product Weight	83 kg (183 lb)
Power	9V/3A
Water Bottle Holder	Yes
Tablet Holder	Yes
Max. User Weight	136 kg (300 lb)



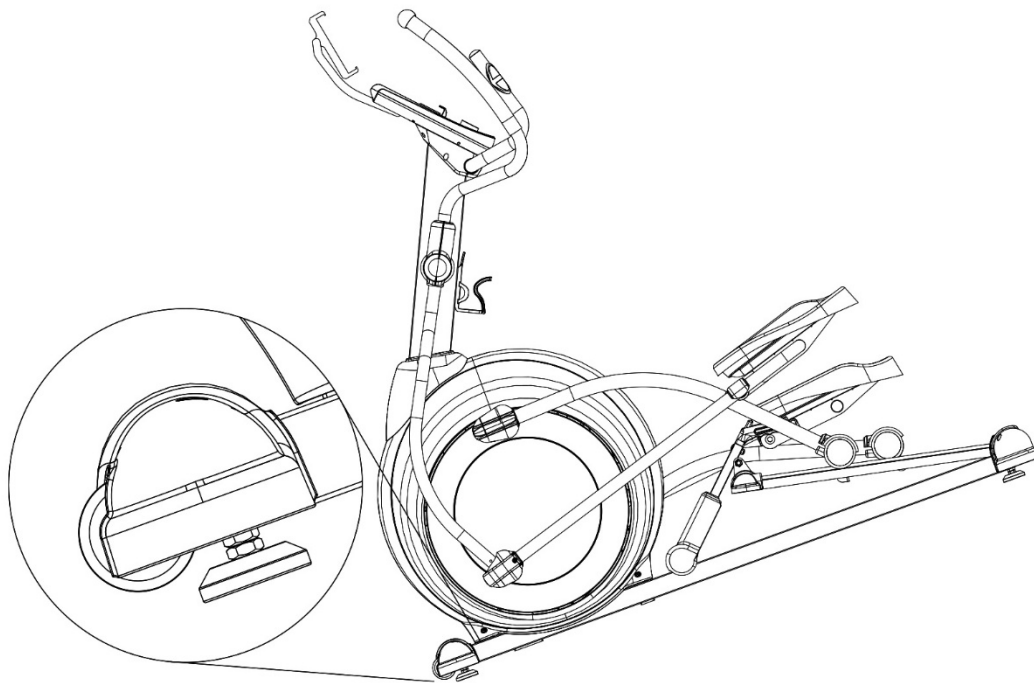
IMPORTANT OPERATION INSTRUCTIONS

WARNING

- Read the Owner's Manual carefully before assembling, servicing or using the equipment.
- **NEVER** operate this elliptical without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your elliptical during an electrical storm. Surges may occur in your household power supply that could damage elliptical components. Unplug the elliptical during an electrical storm as a precaution.
- Maintain at least 0.5 m (20 inches) clearance around the machine.
- Use caution while participating in other activities while using your elliptical; such as watching television, reading, etc. These distractions may cause you to lose balance; which may result in serious injury.
- Always hold on to a handlebar while making control changes (level, etc.).
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. If you feel the buttons are not functioning properly with normal pressure contact your **XTERRA** dealer.

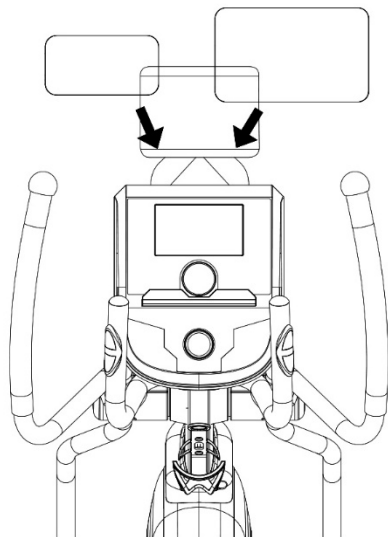
TRANSPORT INSTRUCTIONS

The elliptical is equipped with two transport wheels on the front stabilizer. To move the elliptical, lift the rear stabilizer to engage the transport wheels. This will allow the elliptical to roll smoothly across the floor.



TABLET HOLDER ADJUSTMENT

The tablet holder is designed to securely support a tablet or smartphone during use. Place your device gently onto the holder, ensuring it is stable and does not obstruct visibility or interfere with exercise movements.



ASSEMBLY INSTRUCTIONS

**!!ATTENTION: IMPORTANT UNPACKING INSTRUCTIONS.
PLEASE READ BEFORE UNPACKING YOUR EQUIPMENT!!**

Serious injury could occur if this equipment is not unpacked properly.

ASSEMBLY & SETUP

Use the following procedures to unpack and assemble your elliptical

NOTE: All tools required to assemble the elliptical are included within the packaging. If you are missing any of the parts listed above, inspect the packing material and the box for items that may have been overlooked.

If parts are missing, or if you have any operational questions, please call Dyaco Canada Inc. Service department or the distributor who sold you the product. Have your serial number ready.

CAUTION: Damage to the elliptical during assembly is not covered as part of the limited Dyaco Canada Inc. warranty. Take care not to drop or lean the elliptical on its side. Carefully stand the elliptical up in the normal upright position on a stable surface so it will not tip over during assembly. Protect the environment by not disposing of this product with household waste. Check your local authority or approved waste center for recycling advice and facilities.

⚠ ATTENTION! Your equipment may vary from manual illustrations.

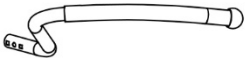
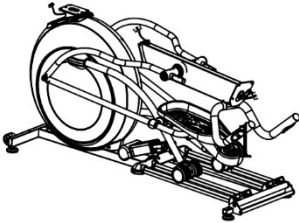
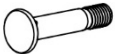
Note:

Dyaco Canada Inc. may change designs and prices listed in this manual without notice. While care has been taken in compiling this manual, Dyaco Canada Inc is not responsible for any inaccuracies.

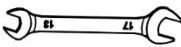
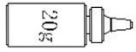
Keep this manual for future reference.

ASSEMBLY PACK

ASSEMBLY PARTS & TOOLS

No.	Parts	Q'TY	Description
10		1	Left Handlebar
11		1	Right Handlebar
1		1	Main Frame Assembly (pre-assembled)
15	 M5*13	19	Pan Head Phillips Full-Thread Screw, M5x13mm
65		2	Handlebar Decorative Rear Cover
66		2	Handlebar Decorative Front Cover
68		4	Arc Washer
67	 M8*42	4	Carriage Screw, M8x42mm
42	 M8	4	M8 Nylon Lock Nut
10		4	Hex Full-Thread Screw, M8x16mm
51		1	Column Connection Decorative Cover L
53		1	Column Connection Decorative Cover R

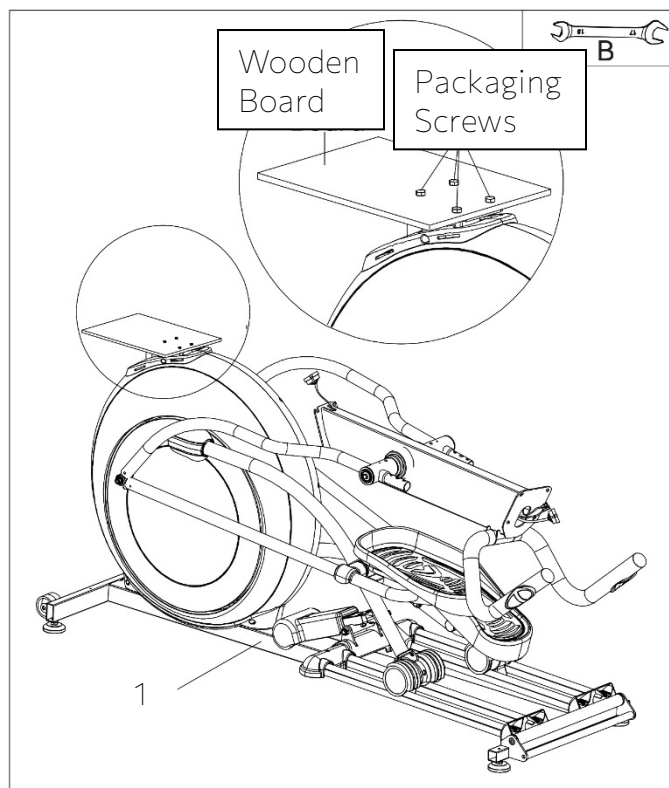
ASSEMBLY PARTS & TOOLS

No.	Parts	Q'TY	Description
17		3	Phillips Pan Head Self-Tapping Screw, M4×16mm
71		1	Water Bottle Holder
26		1	Front Cross Tube Decorative Cover
14		1	Rail Rear Cover
39		2	Swing Arm Tube Decorative Cover L
38		2	Swing Arm Tube Decorative Cover R
24		1	Adapter (Wall Plug), 12V/3A
73		1	Column Decorative Cover (Front)
77		1	Column Decorative Cover (Rear)
76		1	Computer Display
91		1	Tablet Holder
A		1	Phillips Screwdriver
B		1	Open-End Wrench (13–17mm)
C		1	L-Shape Phillips Head Wrench (S4)
D		1	Silicone Oil Bottle

ASSEMBLY INSTRUCTIONS

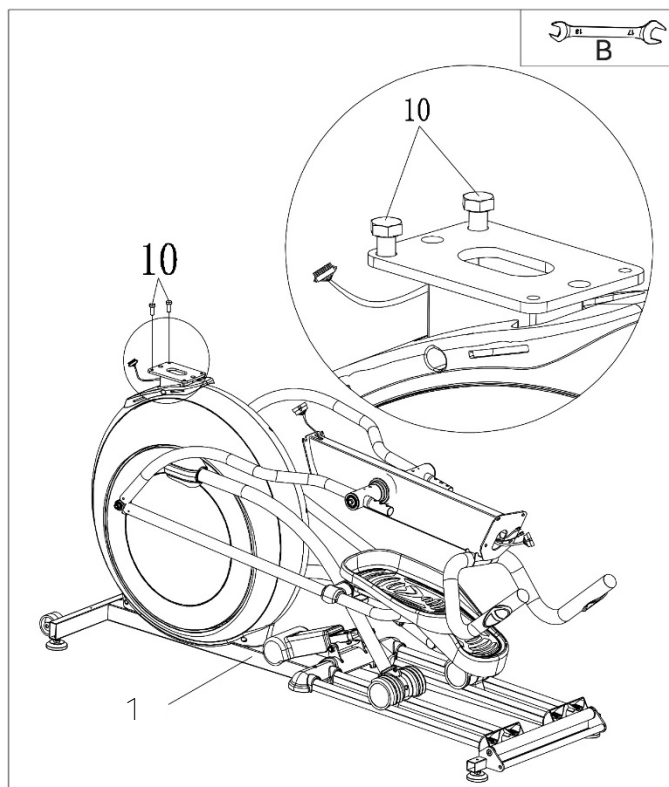
PREPARE - Remove the transportation protection components

1. Take the Double-ended Open-end Wrench (#B) from the tool kit.
2. Remove the packaging screws and wooden board.
3. Store the removed parts and packaging materials in the carton box for future reference or use when needed.



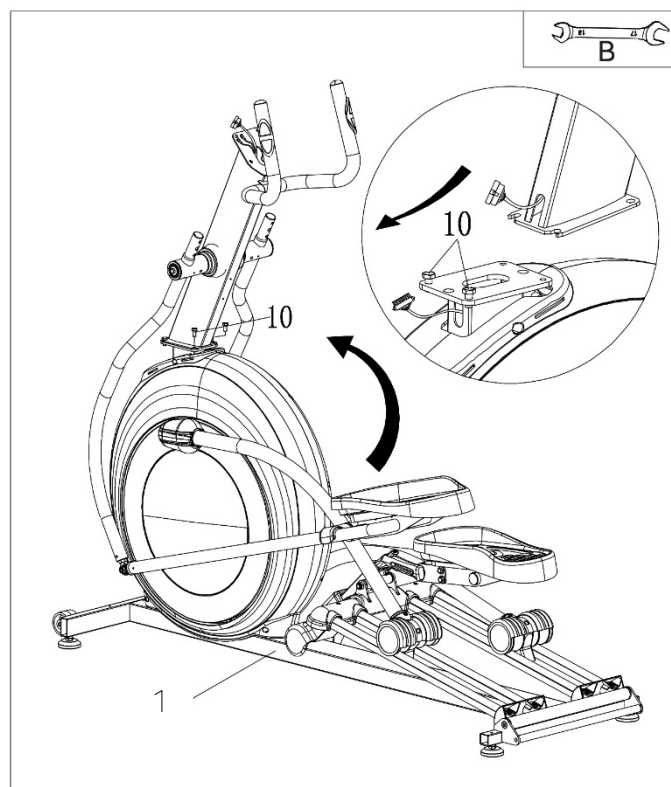
Step 1. Insert the external hex screws

1. Take 2 external hex screws (No. 10) from the tool kit.
2. Using the Double-ended Open-end Wrench (#B), insert the external hex screws (No. 10) halfway into the rear of the main frame (No. 1) (note: do not fully tighten yet), as shown in the diagram.



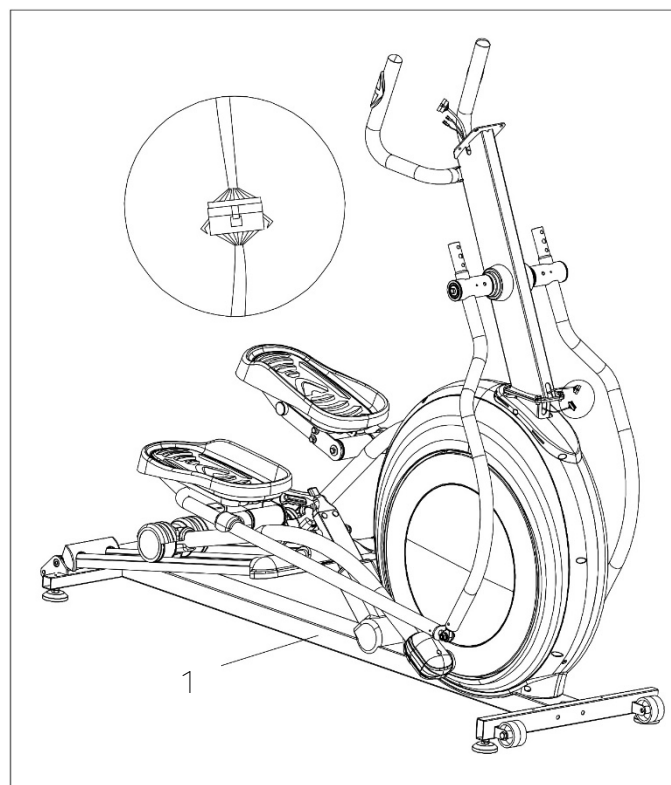
Step 2. Secure the upper frame to the main frame

1. Lift the upper frame section and align the lower end iron plate slot with the pre-inserted external hex screws (No. 10), as shown in the diagram.
2. Take 2 additional external hex screws (No. 10) from the tool kit.
3. Using the Double-ended Open-end Wrench (#B), fully tighten all 4 external hex screws (No. 10) to secure the upper frame to the main frame (No. 1).



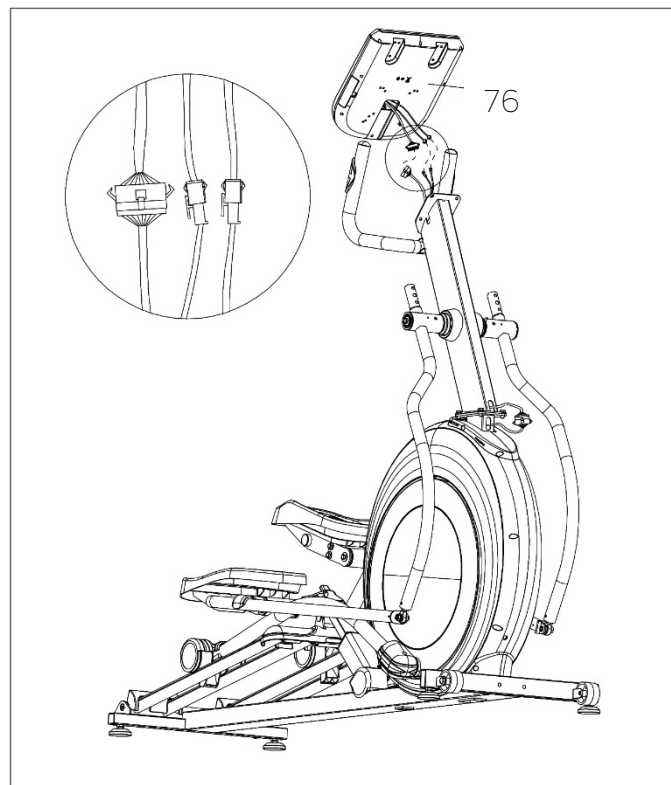
Step 3. Connect the upper and lower frame cables

1. Connect the cables from the upper and lower sections of the main frame (No. 1).
2. Be sure to align the male and female connectors in the correct orientation to ensure a proper and secure connection.



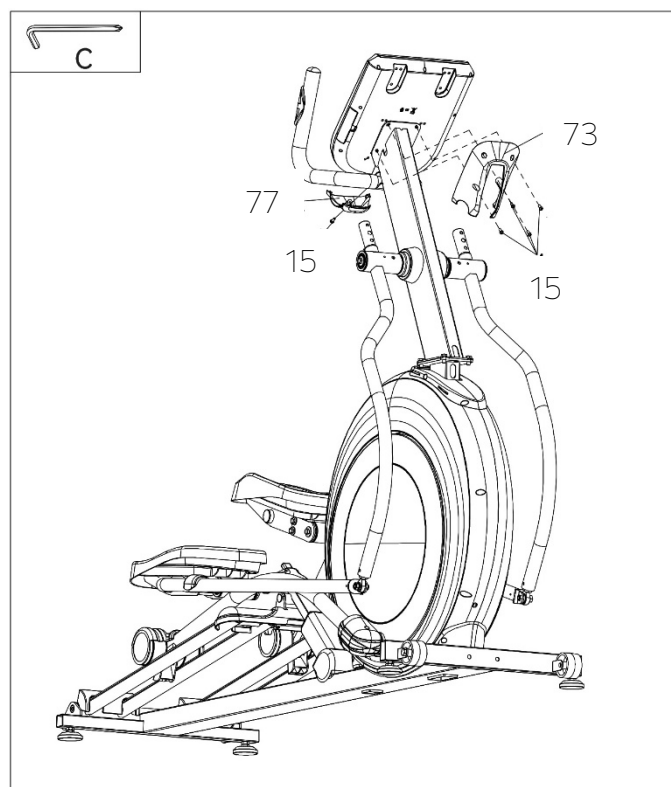
Step 4. Connect the console cables

1. Connect 3 cables from the monitor (No. 76) to the corresponding 3 cables from the upper part of the upright tube.
2. Make sure the pin connectors are properly aligned.
3. Connect them gently and accordingly.



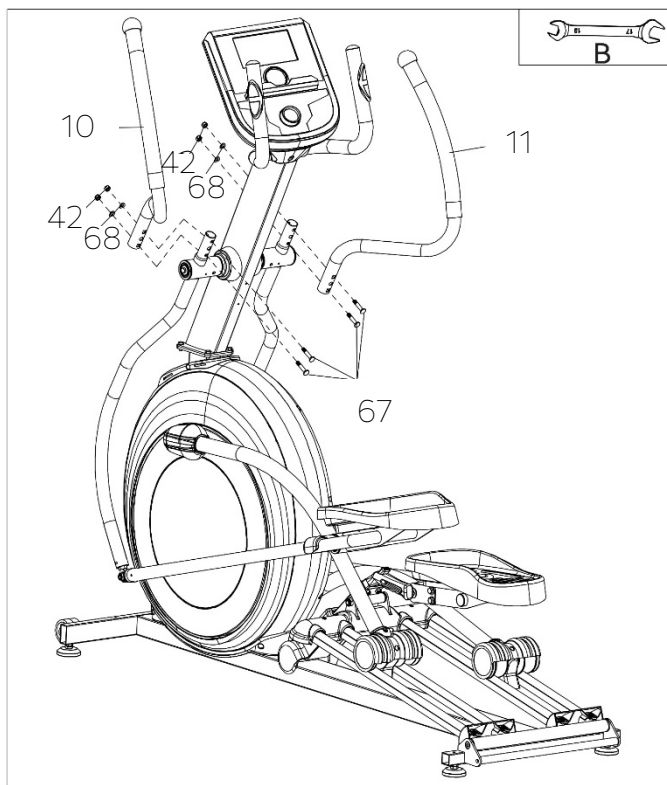
Step 5. Assemble the upright tube cover

1. Attach the rear cover (No. 73) for upper upright tube to the monitor, align the holes, and secure it with screw (No. 15) using the L-shaped Wrench with Phillips Tip (#C).
2. Attach the front cover (No. 77) to the rear cover (No. 73), align the holes, and secure it with screw (No. 15) using the L-shaped Wrench with Phillips Tip (#C).



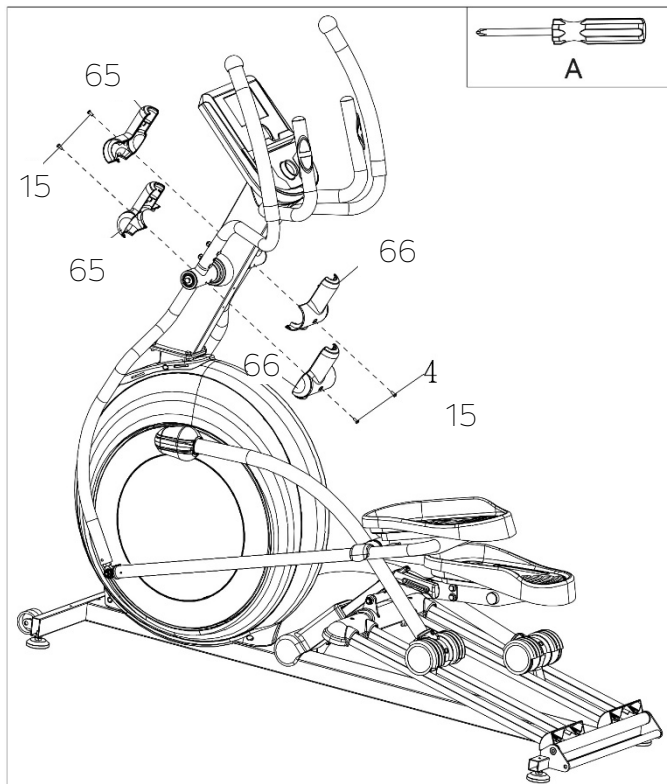
Step 6. Assemble the handlebars

1. Take the carriage bolts (No. 67), arc washers (No. 68), and nylon nuts (No. 42) from the tool kit.
2. Insert the left handlebar (No. 10) and right handlebar (No. 11) into the corresponding tubes on the upper main frame.
3. Then use the carriage bolts (No. 67), arc washers (No. 68), and nylon nuts (No. 42), and tighten them with Double-ended Open-end Wrench (#B).



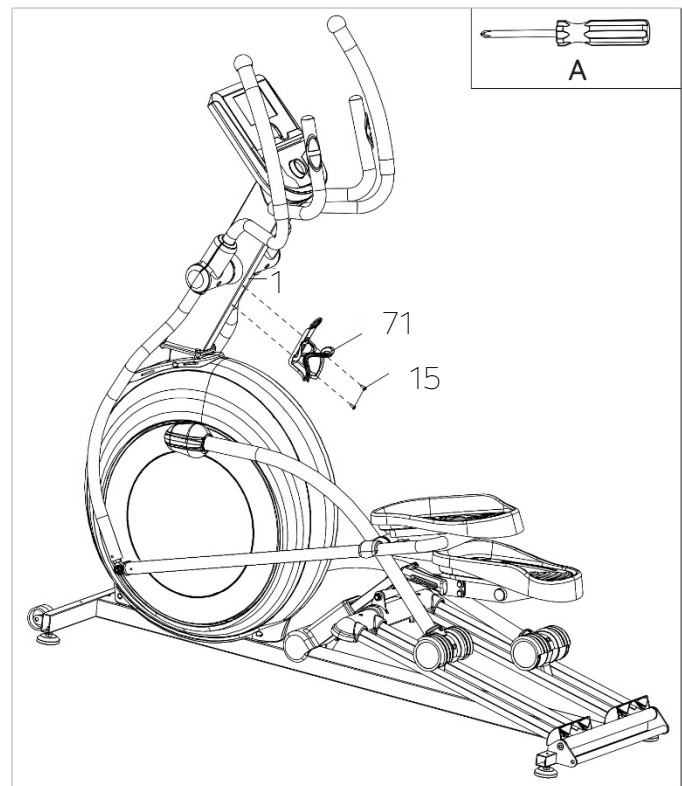
Step 7. Assemble the handlebars cover

1. Take 4 Phillips head screws (No. 15) from the tool kit.
2. Align and snap the handlebar covers (No. 65) and (No. 66) into place at the handlebar joints as shown in the diagram.
3. Use the Phillips screwdriver (#A) to fasten the screws (No. 15).



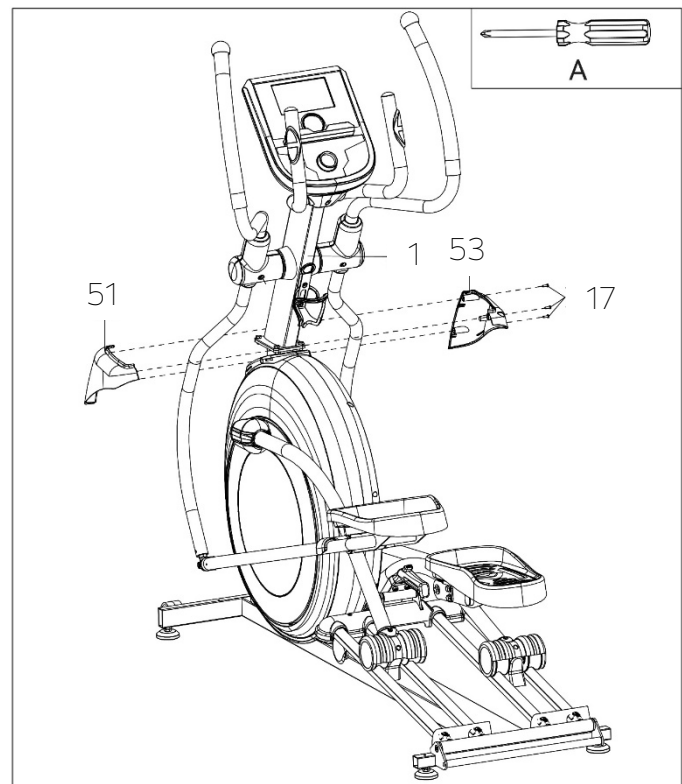
Step 8. Assemble the water bottle holder

1. Take 2 Phillips head screws (No. 15) from the tool kit.
2. Use the Phillips screwdriver (#A) to fasten the water bottle holder (No. 71) to the upper section of the main frame (No. 1) using the screws (No. 15).



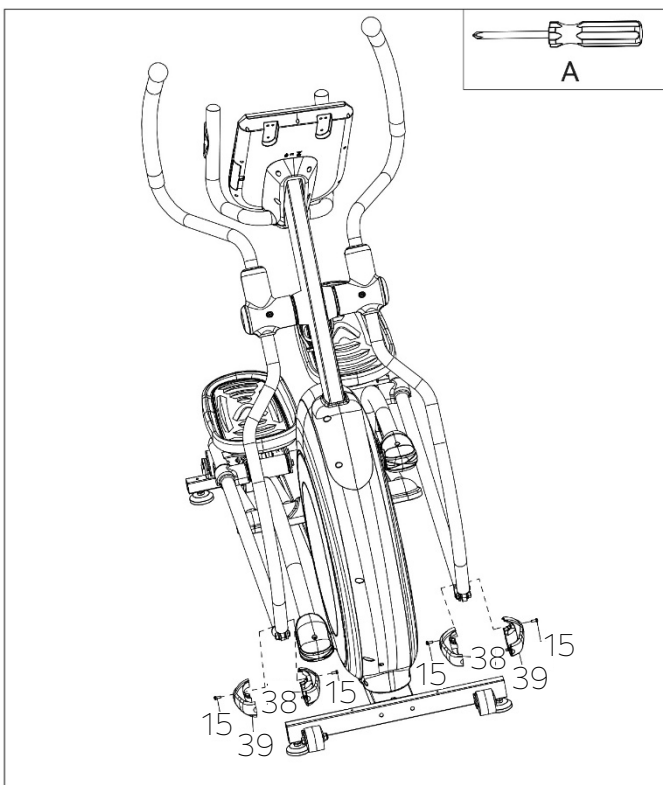
Step 9. Assemble the frame connector covers

1. Take 3 standard Phillips screws (No. 17) from the tool kit.
2. Use the Phillips screwdriver (#A) to fasten the screws (No. 17), securing the frame connector covers (No. 51) and (No. 53) at the junction between the upper and lower sections of the main frame (No. 1).



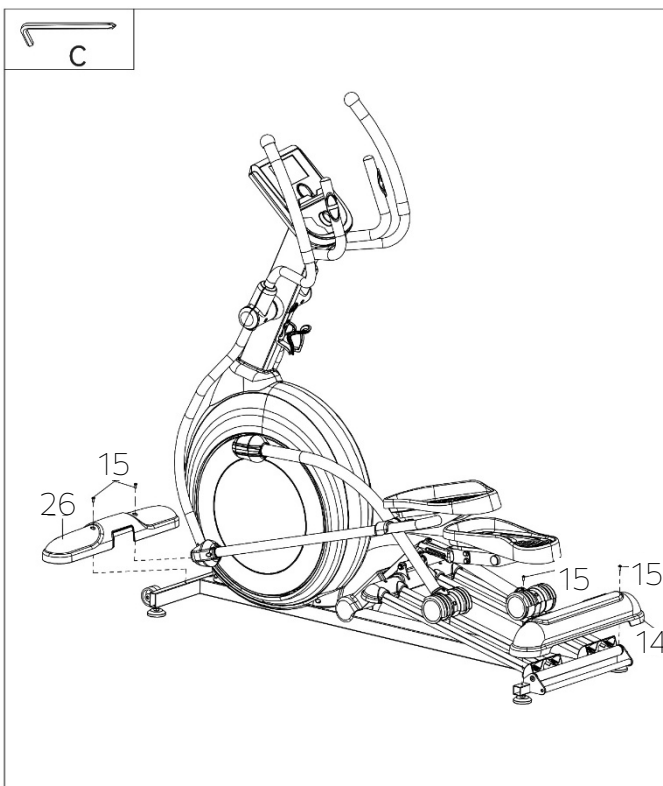
Step 10. Assemble the joint cover

1. Take 4 Phillips head screws (No. 15) from the tool kit.
2. Use the Phillips screwdriver (#A) to fasten the screws (No. 15), securing the joint covers (No. 39) and (No. 38) to the main frame joint area.



Step 11. Assemble the front and rear stabilizers

1. Take 4 Phillips head screws (No. 15) from the tool kit.
2. Using the L-shaped Wrench with Phillips Tip (#C), fasten the front and rear stabilizers base (No. 26) and (No. 14) to the corresponding bottom tube locations on the main frame in sequence.

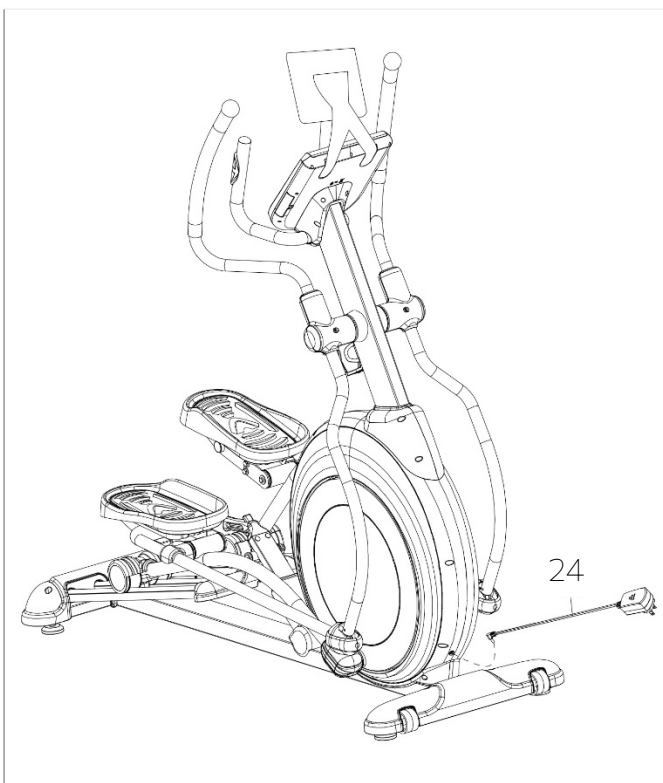


Step 12. Connect the power adapter

1. Insert one end of the power adapter (No. 24) into the DC Socket on the elliptical machine and plug the other end into a wall outlet.

Attach the tablet holder

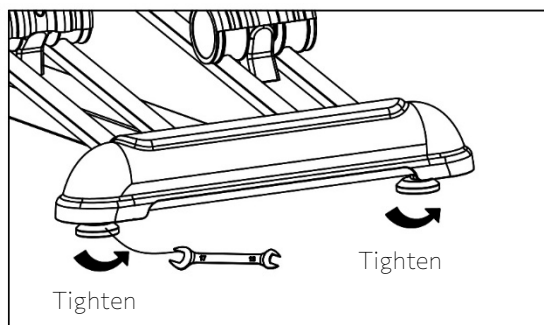
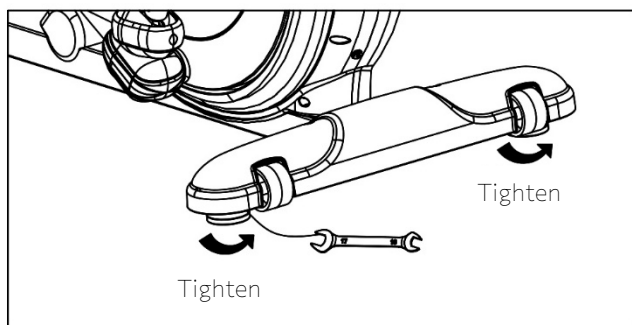
1. Take 4 Phillips head screws (No. 15) from the tool kit.
2. Use the Phillips screwdriver (#A) to fasten the screws (No. 15), securing the tablet holder (No. 91) to the console (No. 76).



ADJUSTMENT

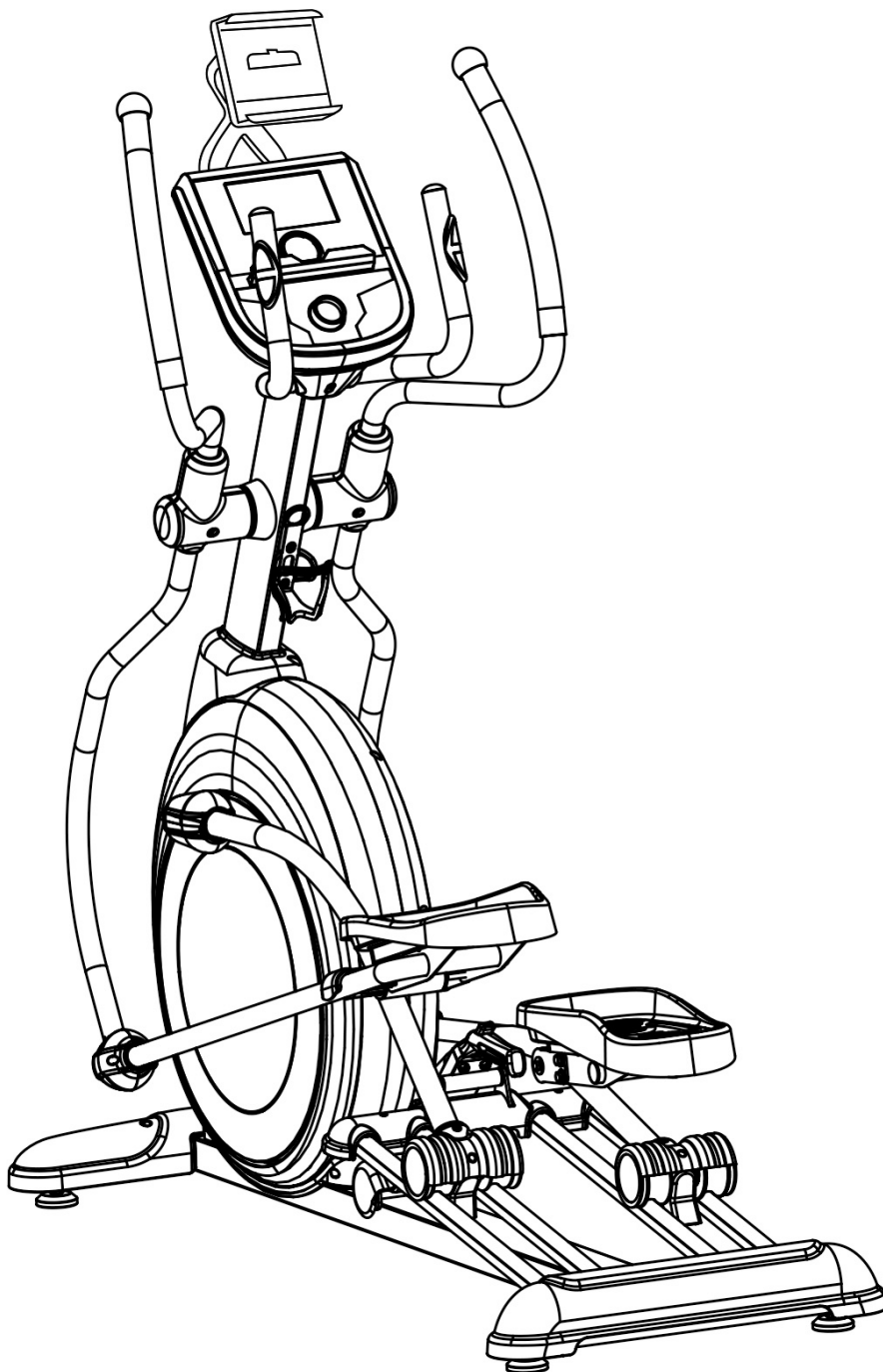
If the elliptical machine feels unsteady

If wobbling occurs, use the tool kit wrench to adjust the front or rear stabilizer levelers. Rotate the adjustment nuts to raise or lower the rubber pads until the elliptical is stable and sits evenly on the ground.

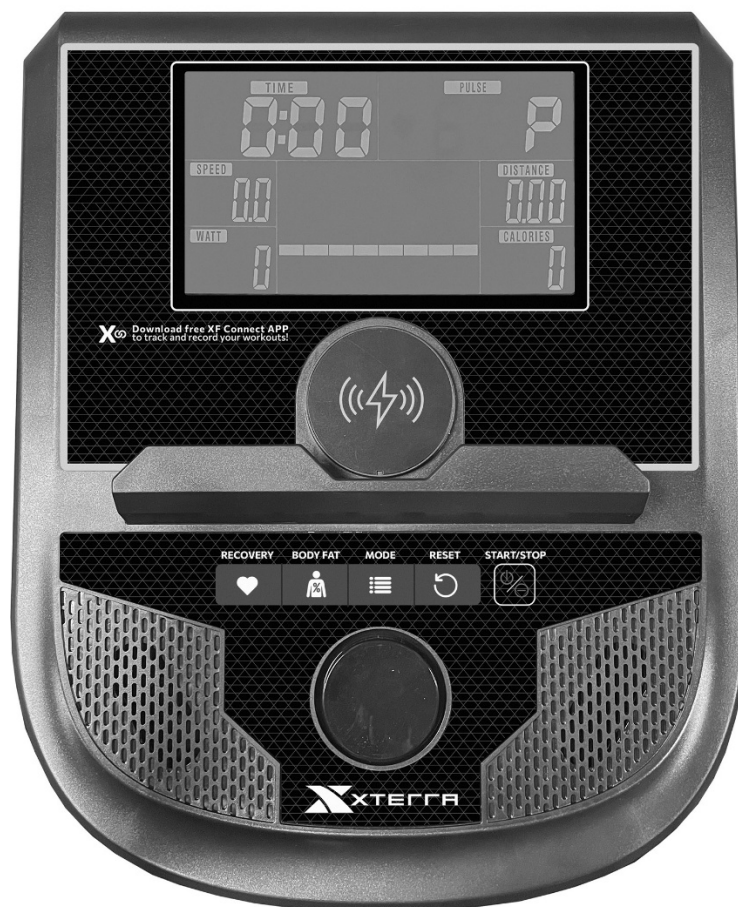


ASSEMBLY COMPLETE

NOTE: Your elliptical machine is now fully assembled and ready for use.
Ensure all screws are tight and cables properly connected before using the elliptical.



Operation of Your Console



Please read the following instructions carefully before using the digital monitor. Proper understanding and operation will ensure an accurate and safe workout experience.

Button Functions:

Button	Description
Up (Encoder)	Turning the control knob clockwise increases the set value to UP The control knob can switch options
Down (Encoder)	Turning the control knob counterclockwise lowers the setting value to Down The control knob can switch options
Mode	Confirm settings or options
Reset	Press and hold for 2 seconds, and the digital console will restart In the settings or stop mode, pressing this button will return to the main menu.
Start/ Stop	Press this button to start/pause exercise
Recovery	Press this button to test heartbeat recovery
Body fat	In pause mode, press this button to test body fat percentage

Display Function:

Display	Description
TIME	Display exercise time If no preset target value is set, the time will accumulate from 00:00 to 99:59, increasing by 1 second each time. If there is a preset value, the countdown starts from the preset value until 00:00. Set range: 00:00~99:00, each increment or decrement is 1 minute
SPEED	Displays the current speed, with a maximum speed of 99.9 KM/H or 99.9 M/H.
RPM	Displays the rotation speed per minute. Display range: 0~15~999
DISTANCE	Displays exercise distance The total distance accumulates from 0.00 up to 99.99 KM/ML. Users can operate the knob to set the target value. Set range: 0.00~99.00, each increment or decrement is 1 km, or 1 mile
CALORIES	Show calories burned during exercise Display Range: 0~9999 Set range: 0~9990 (This is just an approximate figure; energy consumption may vary under different exercise modes.)
PULSE	Display the heart rate of the user during exercise Display Range: 0~30~230 Set range: 0~30~230 If during exercise the user's actual heart rate is higher than the target value, the buzzer will sound to alert the user
WATT	Display the current wattage during exercise Display Range: 0~999
MANUAL	Manual Training Mode
BEGINNER	Beginner Exercise Mode
ADVANCE	Advanced Sports Mode
SPORT	Indoor Cycling Mode
CARDIO	Aerobic Exercise Mode
WATTS	Watt Exercise Mode

Operation Instructions

Power on

After power is on, the electronic console turns on and displays everything for 2 seconds. (Figure 1)

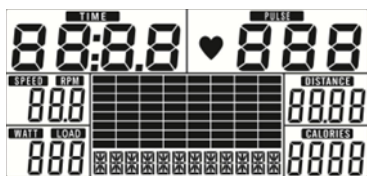


Figure 1

Sport Mode Selection

Turn the knob to select Manual training mode (Figure 2) > Beginner exercise mode (Figure 3) > Advanced sports mode (Figure 4) > Sport cycling mode (Figure 5) > Aerobic exercise mode (Figure 6) > Watt exercise mode (Figure 7)



Figure 2



Figure 3



Figure 4



Figure 5



Figure 6



Figure 7

Manual Mode

Press the START button on the main menu to quickly start exercise in manual mode

1. Use the control knob to select the exercise mode, choose Manual (manual training mode), and press the MODE button to confirm.
2. Use the control knob to set the exercise time (Figure 8), distance (Figure 9), calories (Figure 10), and heart rate (Figure 11), then press the MODE button to confirm.
3. Press the START/STOP button to begin exercising. Use the control knob to adjust the resistance level. The resistance is displayed in the WATT window and alternates with the WATT display, switching every 3 seconds (Figure 12).
4. Press the START/STOP button to pause the exercise, and press the RESET button to return to the main screen.



Figure 8



Figure 9



Figure 10



Figure 11



Figure 12

Beginner Mode

1. Use the control knob to select the exercise mode, choose the beginner exercise mode, and press the MODE button to confirm.
2. Turn the knob to select Beginner 1~Beginner 4 (Figure 13), and press the MODE button to confirm.
3. Use the control knob to set the exercise time.
4. Press the START/STOP button to begin exercise, and use the control knob to adjust the resistance level.
5. Press the START/STOP button to pause the exercise, and press the RESET button to return to the main screen.

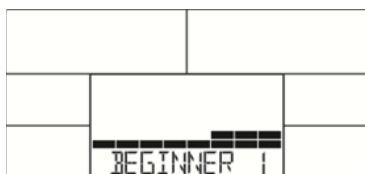


Figure 13

Advanced Mode

1. Use the control knob to select the exercise mode, choose the advance exercise mode, and press the MODE button to confirm.
2. Use the rotary knob to select Advance 1~Advance 4 (Figure 14), and press the MODE button to confirm.
3. Use the control knob to set the exercise time.
4. Press the START/STOP button to begin exercise, and use the control knob to adjust the resistance level.
5. Press the START/STOP button to pause the exercise, and press the RESET button to return to the main screen.

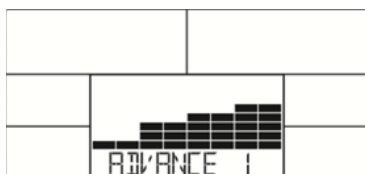


Figure 14

Sport Mode

1. Use the control knob to select the exercise mode, choose the sporty mode, and press the MODE button to confirm.
2. Use the rotary knob to select Sporty 1~Sporty 4 (Figure 15), and press the MODE button to confirm.
3. Use the control knob to set the exercise time.
4. Press the START/STOP button to begin exercise, and use the control knob to adjust the resistance level.

- Press the START/STOP button to pause the exercise, and press the RESET button to return to the main screen.

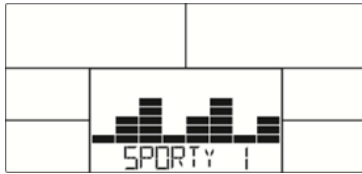


Figure 15

Cardio Mode

- Use the control knob to select the exercise mode, choose the cardio mode, and press the MODE button to confirm.
- Use the control knob to set the age (Figure 16).
- Turn the knob to select: 55% (Figure 17), 75%, 90%, or TAG (target heart rate value, default: 100).
- Use the control knob to set the exercise time.
- Press the START/STOP button to begin exercise. In this mode, the resistance will be automatically adjusted by the system based on the comparison between the target heart rate and the actual heart rate.
- Press the START/STOP button to pause the exercise, and press the RESET button to return to the main screen.

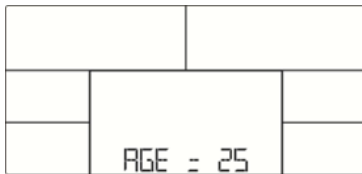


Figure 16



Figure 17

Watts Mode

- Use the control knob to select the exercise mode, choose the watts mode, and press the MODE button to confirm.
- Turn the control knob to set the target wattage, the default value is 120 (Figure 18).
- Use the control knob to set the exercise time.
- Press the START/STOP button to start exercising, use the control knob to adjust the watt value. In this mode, the resistance will be automatically adjusted by the system based on the comparison between the target watt value and the actual watt value.
- Press the START/STOP button to pause the exercise, and press the RESET button to return to the main screen.



Figure 18

Recovery

- After exercising for a period of time, keep both hands firmly on the hand grips or wear the chest strap, and press the RECOVERY button. All display functions will immediately stop, except TIME, which will start counting down from 00:60 to 00:00 (Figure 19). The screen will display the user's heart rate recovery status: F1, F2... to F6. F1 is the best condition, and F6

indicates the worst condition (Figure 20). The user can continue exercising to improve heart rate recovery. (Press the RECOVERY button to return to the main screen.)



Figure 19



Figure 20

1.0	Outstanding
1.0 < F < 2.0	Excellent
2.0 < F < 2.9	Good
3.0 < F < 3.9	Fair
4.0 < F < 5.9	Below Average
6.0	Poor

Body Fat

1. In pause mode, press the BODY FAT key to test body fat percentage.
2. The electronic console will prompt the user to enter their gender (Figure 21), age, height, and weight, and then start the test.
3. During the test, the user should grip the handle tightly with both hands. At this time, the LCD will display "=" "=" "=" for 8 seconds until the test is completed. (Figure 22)
4. The LCD will display the body fat symbol, body fat percentage (Figure 23), and body mass index (Figure 24) for 30 seconds.
5. Error Code:
 - *When the LCD displays "=" "=" "=" (Figure 25), it means that the user is not holding the handle correctly or is not wearing the chest strap properly.
 - *E-1-Indicates that the handshake was not grasped, sensing failed.
 - *E-4 - Indicates that the personal profile setting value is out of range (Figure 26) .

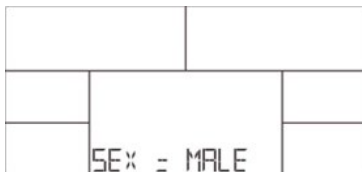


Figure 21

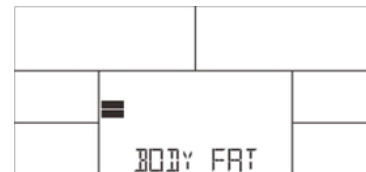


Figure 22

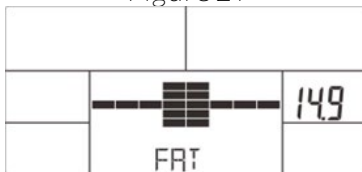


Figure 23

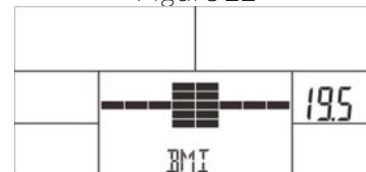


Figure 24



Figure 25



Figure 26

Obesity standards (FAT%)

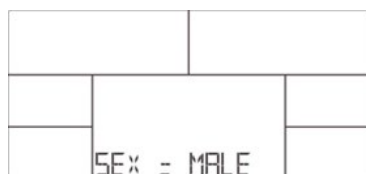
Europe and America

Gender	Thin	Standard	Overweight	Obese	Abnormal
Male	5%~12%	13% ~ 25.9%	26% ~ 30%	31%~50%	5%<,>50%
Female	5%~22%	23% ~ 35.9%	36% ~ 40%	41%~50%	5%<,>50%

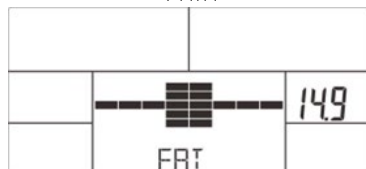
Japan

Gender	Thin	Standard	Overweight	Obese	Abnormal
Male	5%~9%	10%~19.9%	20%~24.9%	25%~50%	5%<,>50%
Female	5%~19%	20%~29.9%	30%~34.9%	35%~50%	5%<,>50%

Symbols



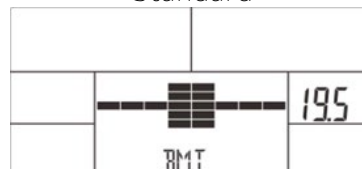
Thin



Overweight



Standard



Obese

ATTENTION: If no signal is input for more than 4 minutes, the electronic console will enter standby mode. Pressing any button can wake the screen up again.
If the console malfunctions, unplug and reconnect the power adapter.

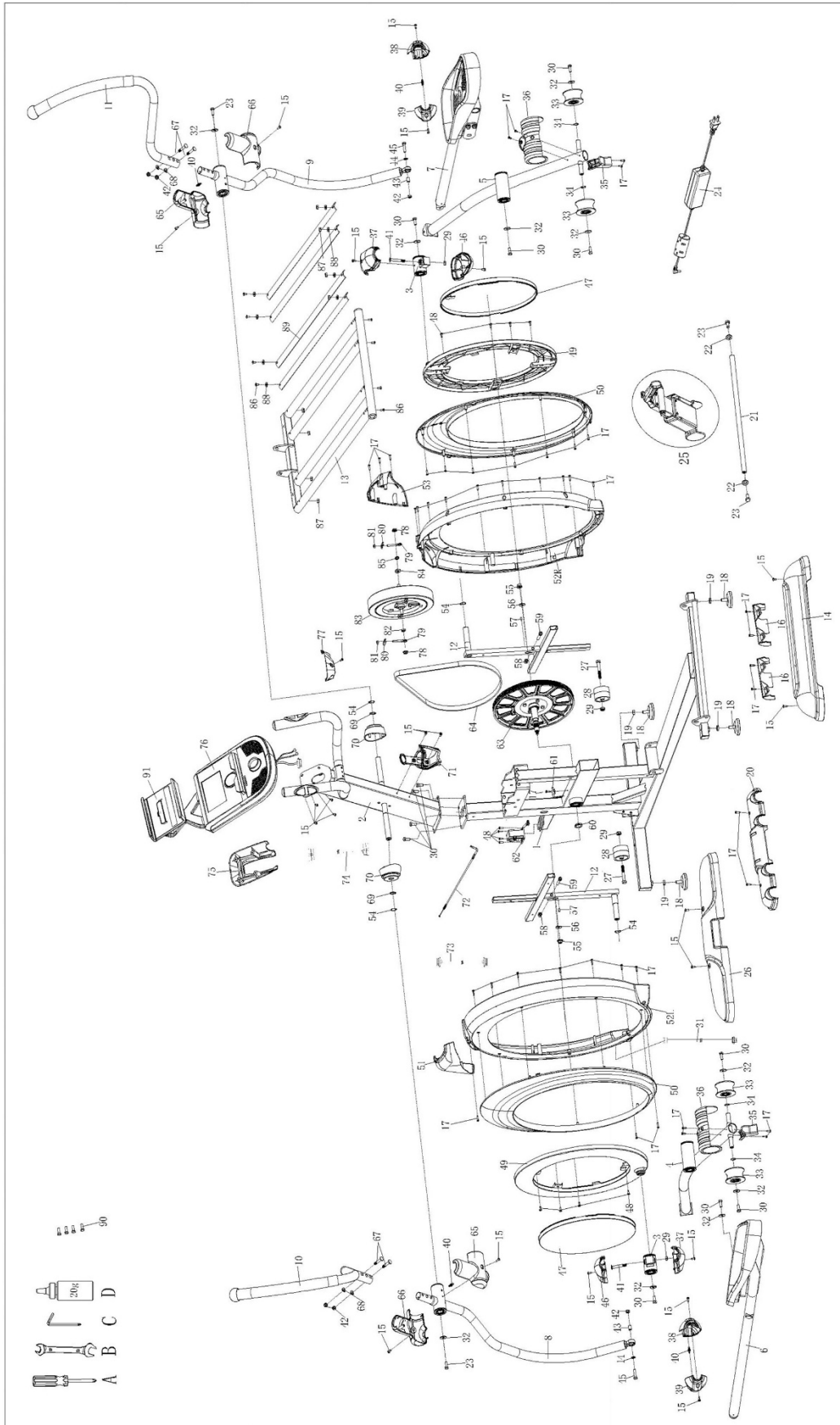
General Maintenance

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops, the main cause is most likely one of two reasons:
 - a. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. Most calls to the service department for noise issues can be traced to loose hardware or the rear rails being dirty.
 - b. Dirt build-up on the rear rails and polyurethane wheels are also a source of noise. Noise from build-up on the rails can cause a thumping sound that you would swear is coming from inside the main body of the machine because noise travels and is amplified in the tubing of the frame. Clean the rails and wheels with a lint free cloth and rubbing alcohol. Stubborn build-up can be removed with your thumbnail or a non metallic scraper, like the back edge of a plastic knife. After cleaning, apply a small amount of lubricant on the rails with your fingers or a lint free cloth. You only need a thin coat of lubrication, wipe off any excess.
3. If squeaks or other noises persist, check that the unit is properly leveled before calling the service department.

Elliptical Noises

Your new elliptical is engineered and manufactured to the strictest industry standards and tolerances. All elliptical trainers, no matter who the manufacturer have a multitude of moving linkages and parts. Be aware that even with the tightest mechanical tolerances there still could be a slight amount of play between some parts. This inherent play can result in slight noises during use such as clicks and small thumps. Please expect that the elliptical will not be completely silent.

EXPLODED VIEW DIAGRAM



PARTS LIST

No.	Part Name	Q'TY	No.	Part Name	Q'TY
1	Main Frame	1	41	Carriage Screw, M10x60mm	2
2	Upright Column	1	42	M8 Nylon Lock Nut	6
3	Universal Joint	2	43	Spacer Sleeve	2
4	Left Slide Rail	1	44	Washer	2
5	Right Slide Rail	1	45	Hex Clamp Screw, M8x30mm	2
6	Left Pedal Assembly	1	46	Universal Joint Upper Cover	2
7	Right Pedal Assembly	1	47	Small Disc	2
8	Left Lower Swing Arm	1	48	Pan Head Phillips Full-Thread Screw, M5x12mm	12
9	Right Lower Swing Arm	1	49	Large Disc	2
10	Left Handlebar	1	50	Outer Cover	2
11	Right Handlebar	1	51	Column Connection Decorative Cover L	1
12	Cross Crank	2	52L	Left Protective Shell	1
13	Rail Frame	1	52R	Right Protective Shell	1
14	Rail Rear Cover	1	53	Column Connection Decorative Cover R	1
15	Pan Head Phillips Full-Thread Screw, M5x13mm	23	54	Wave Washer	4
16	Rail Rear Stop Plate	2	55	M10 Flange Nut	2
17	Phillips Pan Head Self-Tapping Screw, M4x16mm	45	56	Flat Washer	2
18	Adjustable Foot Pad	4	57	Flat Key	2
19	M10 Plain Nut, Zinc-Plated	4	58	M8 Plain Nut	2
20	Rail Middle Decorative Cover	1	59	Socket Head Cap Screw, M8x56mm	2
21	Steel Core, M8 thread on both ends	1	60	M20 Fine-Thread Nut	1
22	Washer	2	61	2-Pin Sensor Cable	1
23	Flange Screw, M8x13mm, Paint-Resistant	4	62	Motor, 9PIN+3PIN Power Cable+2PIN Sensor Cable	1
24	Adapter (Wall Plug), 12V/3A	1	63	Belt Pulley	1
25	Elevation Adjustment Device	1	64	8PJ480 Belt	1
26	Front Cross Tube Decorative Cover	1	65	Handlebar Decorative Rear Cover	2
27	Pan Head Hex Socket Clamp Screw, M10x60mm	2	66	Handlebar Decorative Front Cover	2
28	Transport Wheel	2	67	Carriage Screw, M8x42mm	4
29	M10 Nylon Lock Nut	4	68	Arc Washer	4
30	Hex Full-Thread Screw, M8x16mm	12	69	Shaft 20 Circlip	2
31	3-Pin Power Cable	1	70	Swing Shaft Decorative Cover	2
32	Washer	10	71	Water Bottle Holder	1
33	PU Roller	4	72	Fine-Tune Cable	1
34	Wave Washer	4	73	9-PIN Lower Connecting Cable	1
35	Anti-Drop Block	2	74	9-PIN Upper Connecting Cable	1
36	Roller Decorative Cover	2	75	Column Decorative Cover (Front)	1
37	Universal Joint Lower Cover	2	76	Computer Display + Phone Holder, 9PIN for Cadence, 2PIN for Heart Rate	1
38	Swing Arm Tube Decorative Cover R	2	77	Column Decorative Cover (Rear)	1
39	Swing Arm Tube Decorative Cover L	2	78	M10 Flange Nut	2
40	Guide Column	4	79	Single-End Adjustment Screw	2

No.	Part Name	Q'TY	No.	Part Name	Q'TY
80	Adjustment Iron Plate	2	88	Arc Washer	8
81	M6 Nylon Lock Nut	2	89	Aluminum Plate	4
82	M10 Fine-Thread Nut	1	90	Hex Full-Thread Screw, M8×20mm	4
83	Internal Magnetic Control Wheel (10KG)	1	91	Tablet Holder	1
84	Plastic Spacer Sleeve	1	A	Phillips Screwdriver	1
85	Washer	1	B	Open-End Wrench (13–17mm)	1
86	Pan Head Phillips Full-Thread Screw, M5×40mm	8	C	L-Shape Phillips Head Wrench (S4)	1
87	M5 Nylon Lock Nut	8	D	Silicone Oil Bottle	1

Proper User Directions for Elliptical Use

IMPORTANT

The elliptical comes with two Dual Action Handles and a Stationary Handlebar. Always hold the Stationary Handlebar when getting on and off the elliptical.

First time users should familiarize themselves with using the elliptical by using the Stationary Handlebar first and then progressing to the Dual Action Handles. Once you have familiarized yourself with using the elliptical, you can progress to using the Dual Action Handles to provide a total body workout. Hands can be positioned on the Dual Action Handles at the most appropriate position for your height and arm length. Caution should always be taken when getting on and off any exercise machine. Please follow the safety steps below.



Ensure the left Foot Pedal is in the lowest position and grasp the Stationary Handlebar with both hands.

Place your left foot on the left Foot Pedal and get secure.

Lift your right foot over machine and place on right Foot Pedal. Get balanced and begin your workout.



Important

To get off, come to a complete stop and reverse the procedure. Always wear rubber-soled shoes, such as tennis shoes.



It is recommended that you keep at least one hand on the Stationary Handlebar at all times, especially when getting on or off. If you are performing a walking action with your arms, or doing upper body strength training exercises, ensure you are well balanced.

All equipment should be set-up and operated on solid, level surfaces.

Correct Position



Your body should be in an upright position so that your back is straight. Keep your head up to minimize neck and upper back strain.

Always try and use the elliptical in a rhythmical and smooth motion. If you find yourself feeling uncomfortable, or experience a surging type feeling, there is probably too much tension.



The elliptical can be used in forward or reverse motion.



When going in reverse, bend your knees slightly more. More emphasis is on the buttocks and hamstrings in the reverse motion.

TRAINING GUIDELINES

EXERCISE

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

BASIC COMPONENTS OF PHYSICAL FITNESS

There are four all-encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion of a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-respiratory endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

AEROBIC FITNESS

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo₂). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO₂ indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means "without oxygen" and is the output of energy when the oxygen supply is insufficient to meet the body's long-term energy demands. (For example, 100-meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As you become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement.

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised.

Working through your program and gradually increasing the overload factor is important.

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM-UP

Every exercise program should start with a warm-up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.

Stretching should be included in both your warm-up and cool-down, and should be performed after 3-5 minutes of low-intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

Heart Rate

As you exercise, the rate at which your heart beats also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are "starting fitness".

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, and (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you have above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of the maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don't be concerned with day-to-day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

ENDURANCE CIRCUIT TRAINING

Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Body Building

Is often used synonymously with strength training. The fundamental principle here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

Patronization

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting 'stale', bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better about it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something.

Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

Breathing During Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half-minute to one-minute rest periods.

STRETCHING

Pre-training exercises such as stretching should be included in both your warm-up and cool-down and should be performed after 3-5 minutes of low-intensity aerobic activity or callisthenic-type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension; no pain is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath. Before each training session, please follow the recommended training methods for warm-up exercises. Warming up before using this equipment improves blood flow, optimizes muscle readiness, and reduces the risk of cramps and strains during training. Avoid vigorous stretching during training to prevent muscle injuries. Stop immediately if you experience muscle pain.



SIDE STRETCHES



TOE TOUCHES



OUTER THIGH



INNER THIGH



CALF STRETCH

Recovery post-training

Repeat pre-training during recovery, reducing intensity for roughly 5 minutes. Use these exercises to regulate your body heat and relax your muscles, avoid vigorous stretching to prevent injury.

Gradually increase duration and intensity as you adapt to your new routine, aiming for at least 3 sessions weekly. Record your progress if possible.



Explore the XF Connect App
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MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its parts for a period listed below from the date of retail sale, as determined by the sales receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts at Dyaco Canada Inc.'s option and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Dyaco Canada Inc. directly to a consumer. The warranty period applies to the following components:

Warranty

Frame	5 Years
Parts	2 Years
Labour	1 Year

The consumer is responsible for the items listed below:

1. Warranty registration can be completed online: Go to www.dyaco.ca/warranty.html to complete warranty registration.
2. Proper use of the equipment by the instructions provided in this manual.
3. Proper installation by instructions provided with the equipment.
4. Expenses for making the equipment accessible for servicing, including any item that was not part of the equipment at the time it was shipped from the factory.
5. Damages to the equipment finish during shipping, installation or following installation.
6. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR IMPLIED WARRANTY.
Note: Some areas do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for equipment not requiring component replacement, or equipment not in ordinary household use.
3. Damages caused by services performed by persons other than authorized Dyaco Canada Inc. service companies; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY INSTEAD OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Warranties outside of Canada may vary. Please contact your local dealer or Dyaco Canada Inc. for details.

SERVICE

The sales receipt establishes the warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. Service under this warranty must be obtained by following these steps, in the following order:

1. Contact your selling authorized dealer or Dyaco Canada Inc.
2. If you have any questions about your new product or questions about the warranty contact Dyaco Canada Inc. at 1-888-707-1880 or email customerservice@dyaco.ca
3. If no local service is available, Dyaco Canada Inc. will repair or replace the parts, at Dyaco Canada Inc.'s option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner.
4. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR WAREHOUSE WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
5. For any further information, or to contact our service department by mail, send your correspondence to:
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Niagara Falls, ON
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Product features or specifications as described or illustrated are subject to change without notice.
All warranties are made by Dyaco Canada Inc.



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