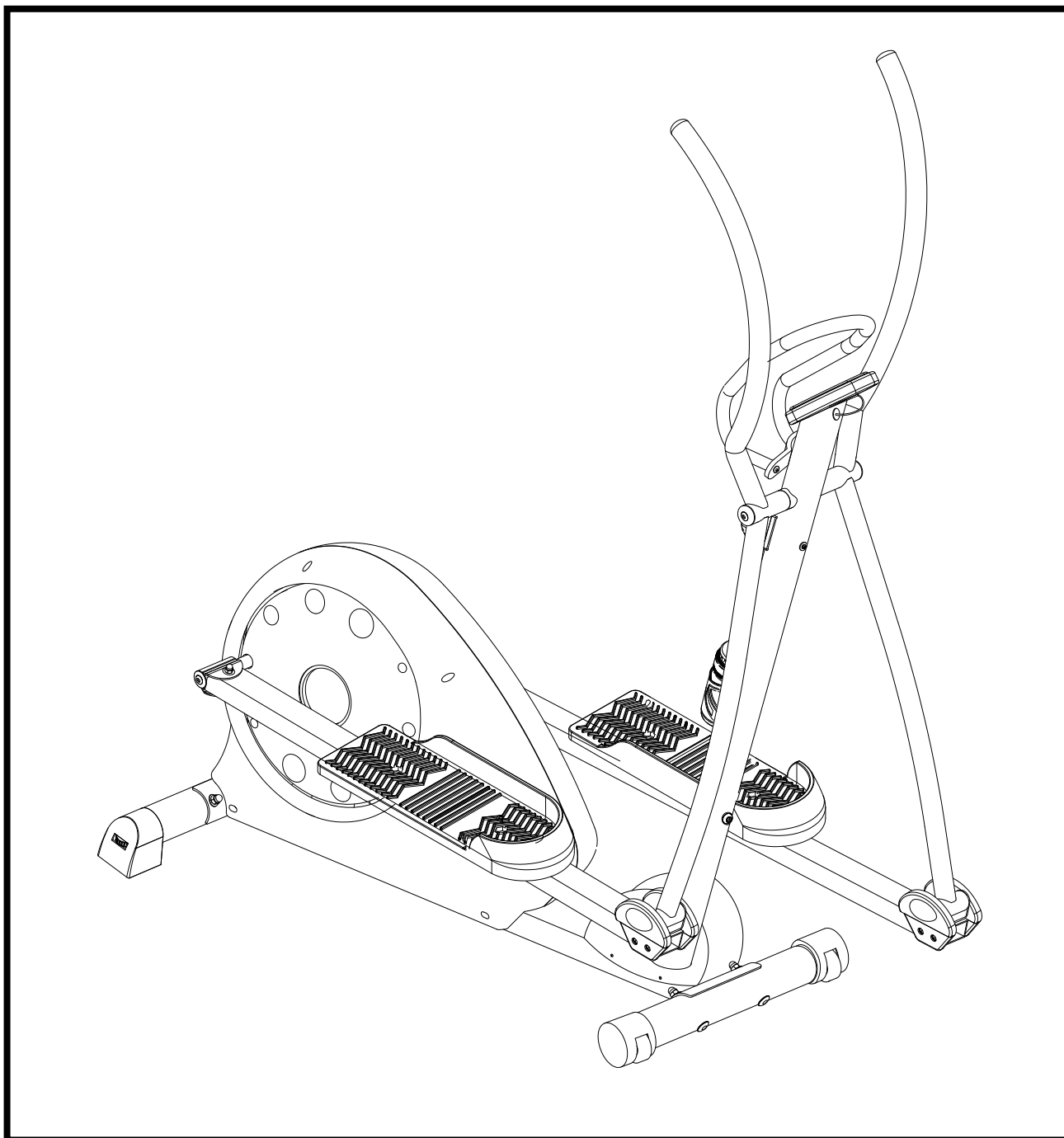


# CROSSTRAINER MAGNETIC

Art.-Nr. GD-308 + AB-154



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# IMPORTANT SAFETY PRECAUTIONS

**WARNING:** Before using the crosstrainer, please read the following safety precautions carefully in order to reduce the risk of injury. —

1. This crosstrainer is designed for household use only. Do not use it in a commercial, rental, or institutional setting.
2. Use the crosstrainer only on a level and solid surface.
3. Wear appropriate clothing when exercising. Do not wear loose clothing which may get caught in the crosstrainer. Always wear athletic shoes for foot protection.
4. Keep small children away from the crosstrainer at all times.
5. Ensure that all bolts and nuts are securely tightened before exercising.
6. Warm up for 5 to 10 minutes before using this crosstrainer, and cool down for 5 to 10 minutes afterwards.
7. When operating the crosstrainer, start pedaling slowly, gradually increasing the rate of speed until you reach the desired workout level. Do not complete your workout abruptly; reduce it gradually until your heart rate returns to normal.
8. Do not exercise within 2 hours of eating or one hour before.
9. Do not exercise standing up or leaning backward which may cause damage to or cause this crosstrainer to tip over.
10. The exercise should be stopped if any of the following occur: nausea, trembling, extreme shortness of breath or throbbing chest pain. Consult your physician at once.

# WARM-UP EXERCISE

Following exercises are light but appropriate movements, which will wake up your body, stimulate your circulation and make your ankles more flexible. Please do these warming up exercises more than once before starting your training.



## 1. Calf:

Lean against the wall with both hands. Draw up your right leg and hold erect your left leg. Press slowly your left heel on the ground completely. Hold this position for about 20 seconds. Repeat this exercise with your right leg.



## 2. Knee:

Look at the wall and put your right or left leg in front as per drawing. Bend your hips and support your own weight with both hands. Keep your legs straight. Hold this position for about 15 to 20 seconds. Repeat this exercise with your right leg.



## 3. Thigh:

Lean against the wall with your right hand and take your left foot with your left hand and move the foot slowly to your bottom. Press your foot against your bottom and not beside. Hold this position for about 15 to 20seconds. Repeat this exercise with your right leg.



## 4. Back:

Stand straight up and put your right hand behind your head. Take your right elbow with your left hand. Move lightly and bend your trunk to the left. Be aware not to bend your hips. Hold this position for about 15 to 20 seconds.



## 5. Rump:

Cross your right leg over the left one as per drawing when lying on the floor with your back. Pull your right knee carefully towards the floor without lifting your shoulders. Relax your muscles when stretching. Hold this position for about 15 to 30 seconds.



## 6. Thigh:

Take your heels in a sitting position; press your sole of the feet together. Bend forward from your hips but keep your back straight. Hold this position for about 15 to 30 seconds.



## 7. Hips:

Put your left foot on the ground and the right leg behind as per drawing. Keep your leg straight and don't touch the ground with your knee. Stretch slowly and hold this position for about 15 to 30 seconds. Change position of your leg and repeat this exercise



## 8. Back and shoulders:

Sit straight on the floor with your legs crossed. Crease your hands and stretch them straight above your head. Hold up your chin. Hold this position for about 15 to 30 seconds.

## IMPORTANT

Before starting this or any exercise program, consult your physician. This is extremely important for persons over the age of 35 or persons with pre-existing health problems.

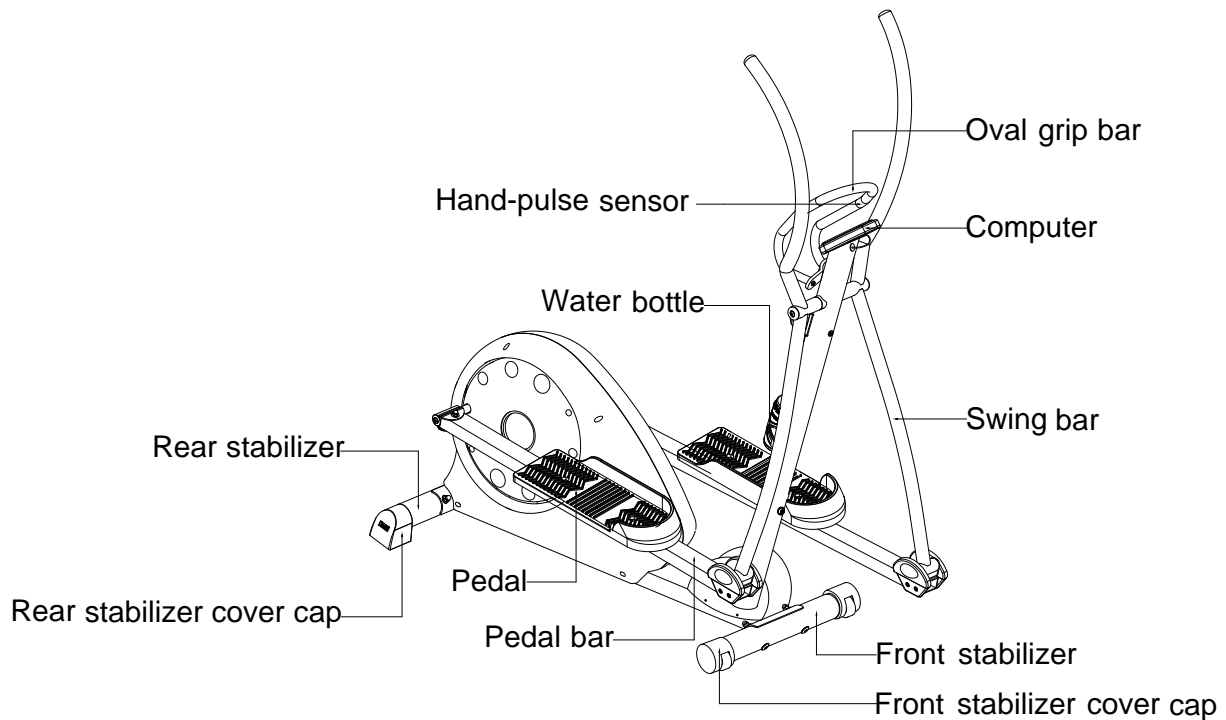
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## BEFORE YOU BEGIN

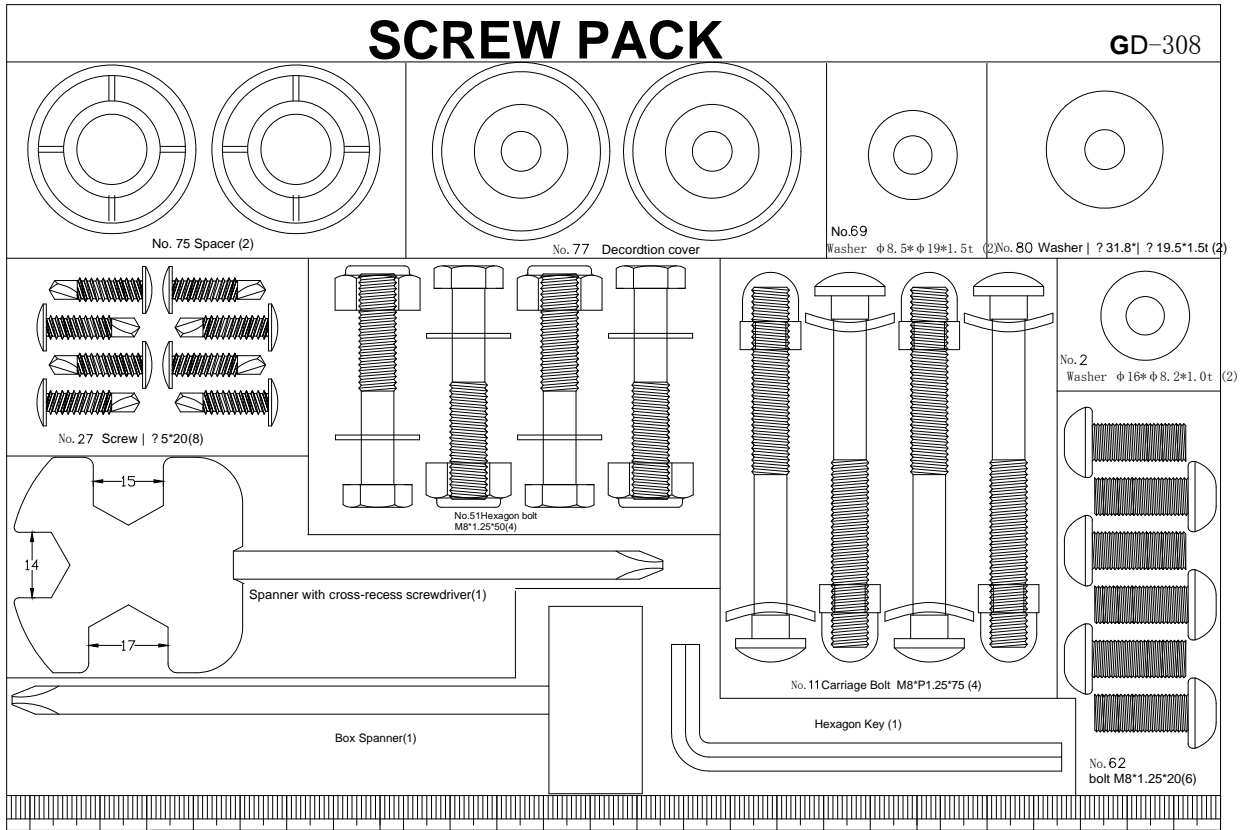
For your benefit, read all instructions carefully. Set-up this crosstrainer in accordance with the steps in the manual.

Remove each parts from its packing material. Place all parts on a clear area and check you have all the parts listed before beginning assembly. Do not dispose of the packing materials until assembly is completed.

For helping you to easily assemble, please review the drawing below and familiarize yourself with the parts that are marked.



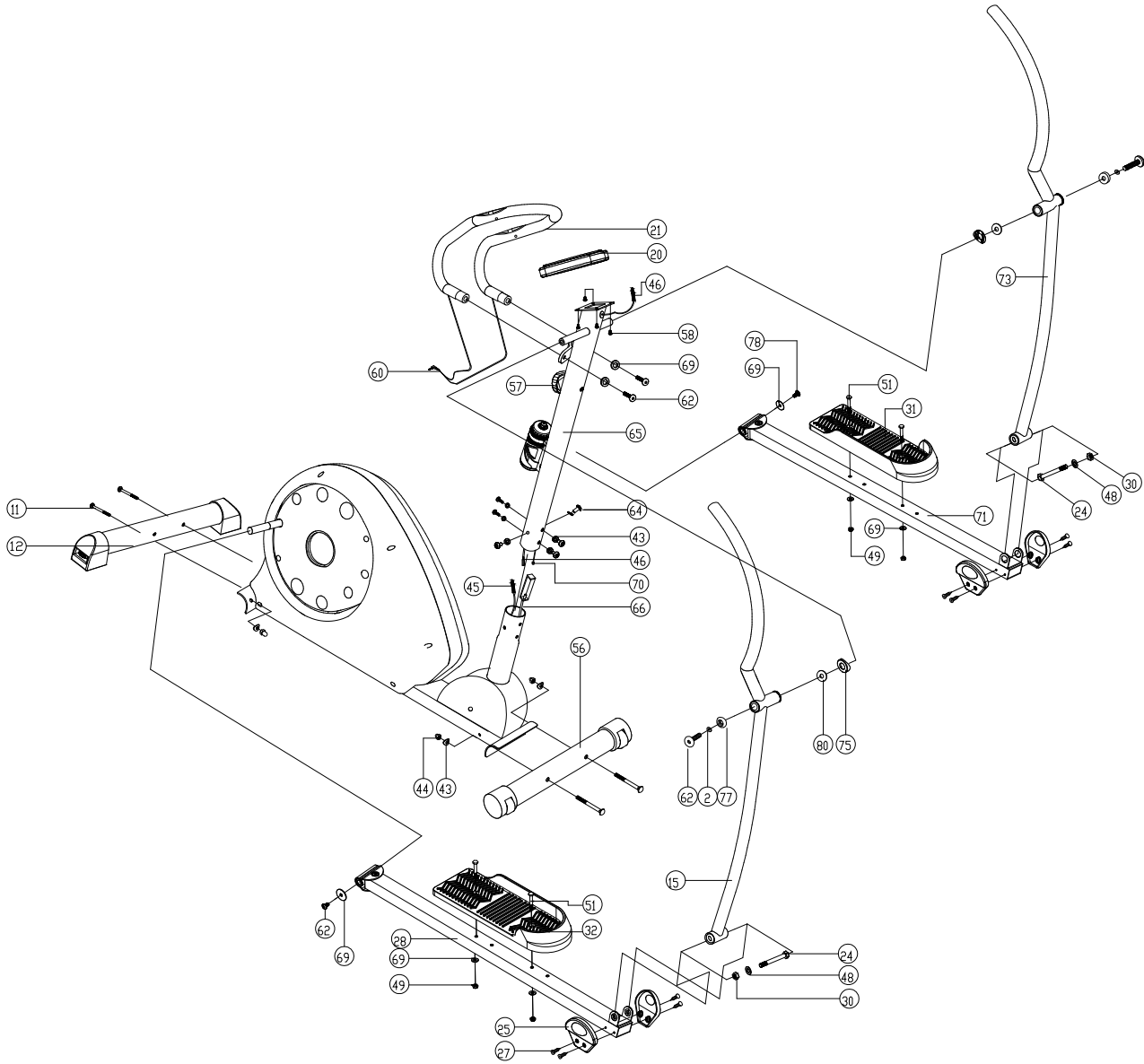
# Hardware list



## ASSEMBLY PARTS LIST

| NO. | Description  | Qty |
|-----|--|-----|
| 2   | Washer for affixing handlebar column and swing bar                       | 2   |
| 11  | Carriage bolt for stabilizer   | 4   |
| 12  | Rear stand foot  | 1   |
| 15  | Swing bar, right   | 1   |
| 20  | Computer   | 1   |
| 21  | Oval grip bar  | 1   |
| 24  | Allen screw for affixing pedal bar and swing bar                         | 2   |
| 25  | Protective cap for pedal bar   | 4   |
| 27  | Phillips screws for chain cover / protective cover / front frame trim    | 14  |
| 28  | Pedal bar, right   | 1   |
| 30  | Nut for pedal bar  | 2   |
| 31  | Pedal, left  | 1   |
| 32  | Pedal, right   | 1   |
| 43  | Curved washer for handlebar column and stabilizer                        | 10  |
| 44  | Capsule nut for stabilizer   | 4   |
| 45  | Computer cable (lower)   | 1   |
| 46  | Computer cable (upper)   | 1   |
| 48  | Flat washer for affixing pedal bar and swing bar                         | 2   |
| 49  | Nut for pedal / U-plate / mounting rail                                  | 7   |
| 51  | Hexagon bolt for pedal   | 6   |
| 56  | Front stabilizer   | 1   |
| 57  | Resistance regulator   | 1   |
| 58  | Screw for computer   | 2   |
| 60  | Hand-pulse cable   | 1   |
| 62  | Allen screws for swing bar / pedal bar , rear / oval grip bar            | 6   |
| 64  | Screw for handlebar column   | 6   |
| 65  | Handlebar column   | 1   |
| 66  | Resistance regulator cable (lower)                                       | 1   |
| 68  | End cap for pedal bar  | 2   |
| 69  | Washers for pedal / U-plate / pedal bar, rear / flywheel / oval grip bar | 11  |
| 70  | Resistance regulator cable (upper)                                       | 1   |
| 71  | Pedal bar, left  | 1   |
| 72  | Metal bush for swing bar, lower  | 2   |
| 73  | Swing bar, left  | 1   |
| 75  | Spacer for handlebar column and swing bar                                | 2   |
| 76  | Plastic bush for swing bar   | 4   |
| 77  | Decoration cover for swing bar   | 2   |
| 80  | Washer for handlebar column and swing bar                                | 2   |
| 85  | Water bottle   | 1   |
| 86  | Water bottle holder  | 1   |
| 87  | Screw for water bottle holder  | 2   |

# Parts Chart



## ASSEMBLY

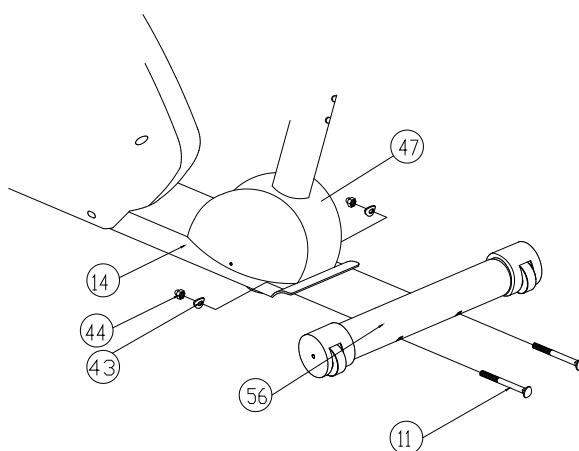
To facilitate assembly of the crosstrainer for you. Before starting with the assembly of the equipment, please carefully read these instructions for assembly and proceed step by step.

### INSTRUCTIONS FOR ASSEMBLY

Unpack all computer parts and arrange them side by side on the floor. Continue by positioning the base frame on a level surface and then start with the assembly. Please note that the base frame must be firmly positioned on the ground.

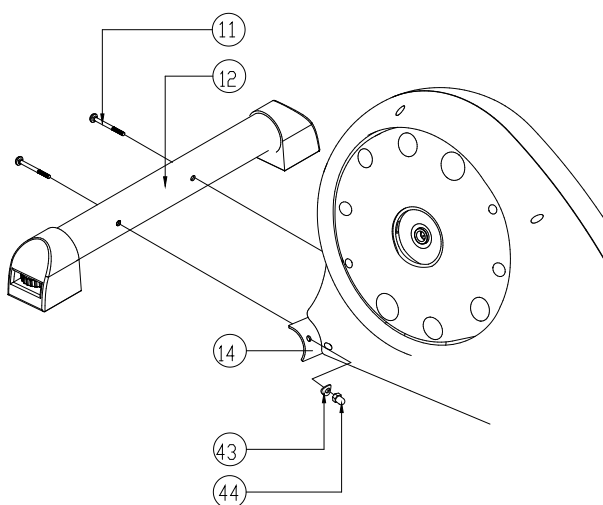
#### 1. Assembly of front stabilizer

Fasten front stabilizer (56) with two carriage bolts (11) from the underside of the front stabilizer. Secure with two curved washers (43) and domed nuts (44) to main frame (14).



#### 2. Assembly of rear stabilizer

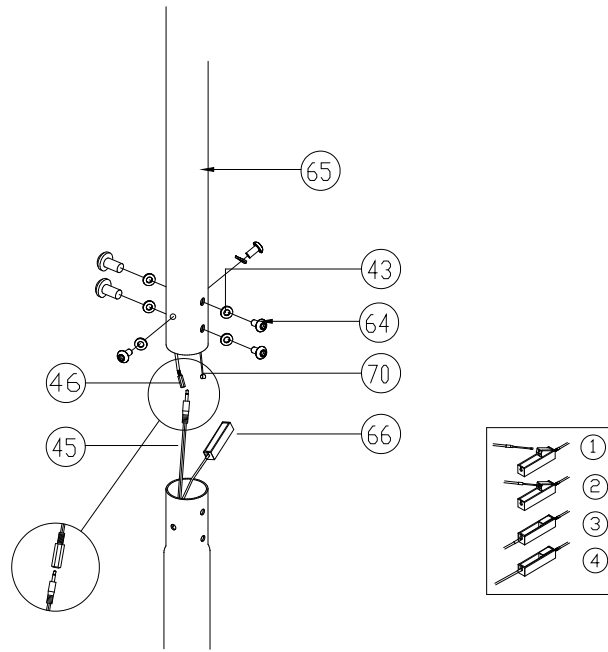
Fasten rear stabilizer (12) with two carriage bolts (11) from the underside of the rear stabilizer. Secure with two curved washers (43) and domed nuts (44) to main frame (14).





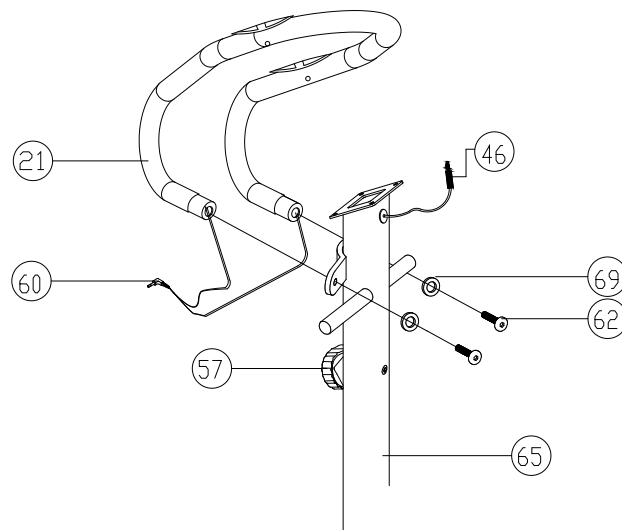
### 3. Assembly of handlebar column

Unscrew the pre-assembled six Allen screws (64). Connect the upper computer cable (46) securely with the lower computer cable (45) and lower resistance regulator cable (66) with upper resistance regulator cable (70), (please refer to Fig A) then put the handlebar column (65) into the main frame. Then fix it with six Allen screws (64) and curved washers (43).



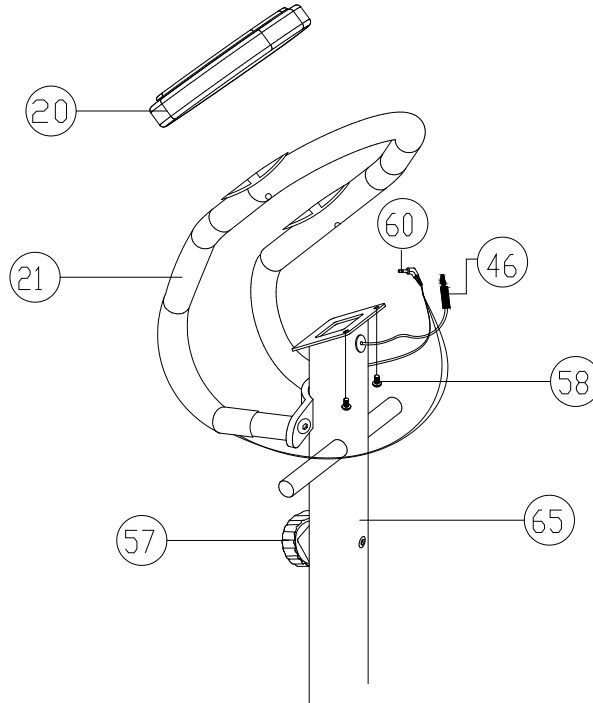
### 4. Assembly of oval grip bar fix on handlebar column

Place the hand pulse cable (60) around the handlebar column, and then fasten the oval grip bar (21) with two screws (62) and washer (69) to the metal fixture underneath the computer bracket.



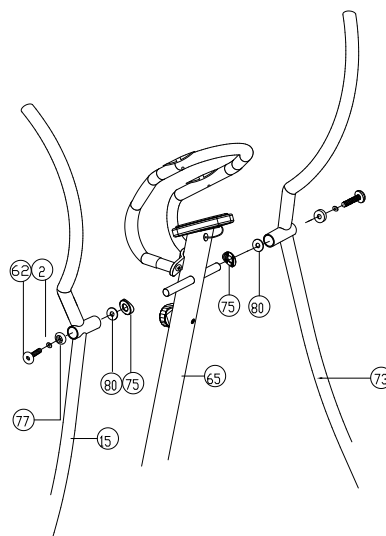
## 5. Assembly of computer

Bring upper computer cable (46) out of upper opening of handlebar column (65). Continue by connecting the upper computer cable (46) to the free slot on the back of the computer. Please ensure that the plug of the upper computer cable (46) is securely connected to the slot on the back of the computer. Now, fasten the computer with two screws (58). Continue by plugging the hand pulse cable (60) into the appropriate slot on the back of the computer.



## 6. Assembly of top part of the swing bars

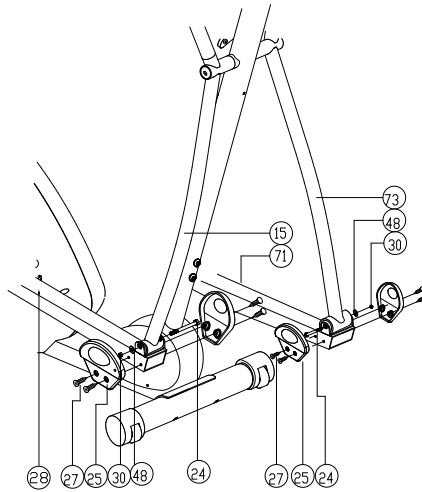
Attach right swing bar (15) and left swing bar (73) to respectively through one spacer (75) and washer (80) to the right and left axle of handlebar column (65), secure each with one decoration cover (77), washer (2), and Allen screw (62).



## 7. Assembly of the lower of the swing bars

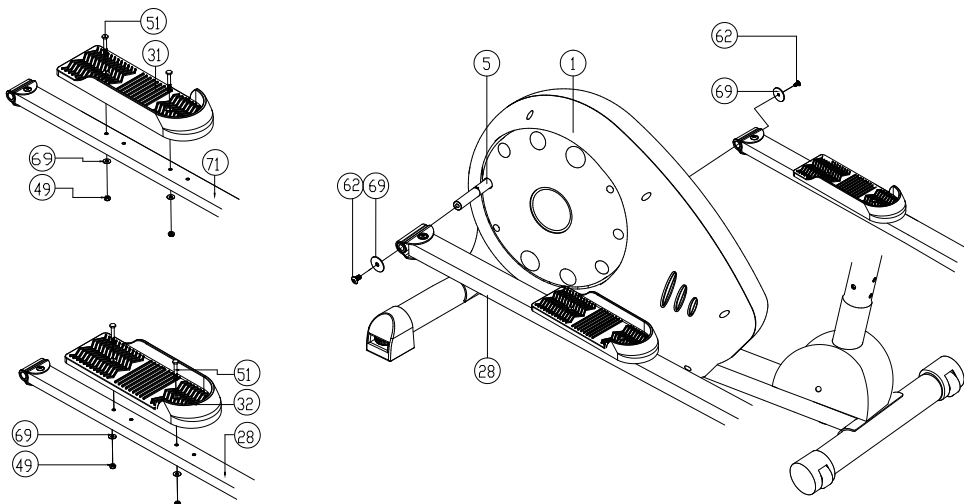
Connect the end of the right swing bar (15) to the front end of the right pedal bar (28) with a hexagon screw (24), flat washer (48) and nylon nut (30).

Connect the protective cap (for pedal bar) (25) with two Phillips screws (27). Repeat the procedure with the left swing bar (73) and left pedal bar (71).



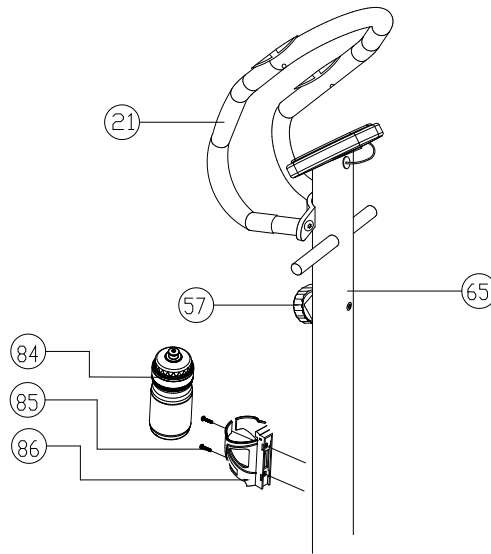
## 8. Assembly of the pedal bars

Assemble the right pedal (31) and left pedal (32) to the right pedal bar (28) and left pedal bar (71) respectively with Hexagon bolt (51) washer (69) and nut (49). Attach the end of the right pedal bar (28) to axle of the right cross plat (5) and fasten securely with one washer (69) and Allen screws (62). Do the same for the left pedal bar.

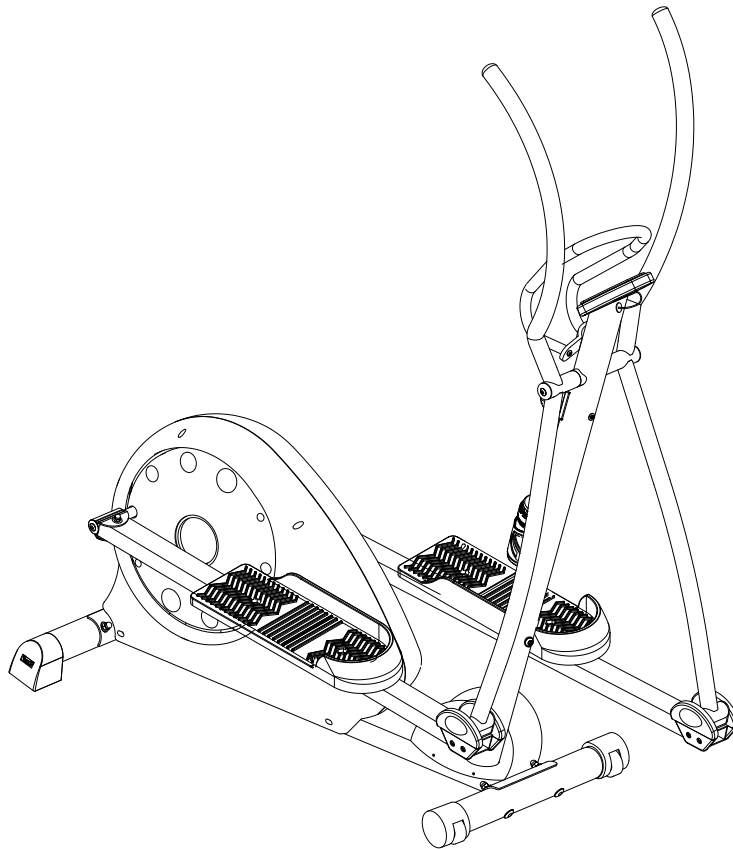


## 9. Assembly of the water bottle

Attach the water bottle holder (86) to the handlebar column fix with two screws (85), and then put the water bottle (84) into the water bottle holder (86).



## 10. The finished assembly crosstrainer

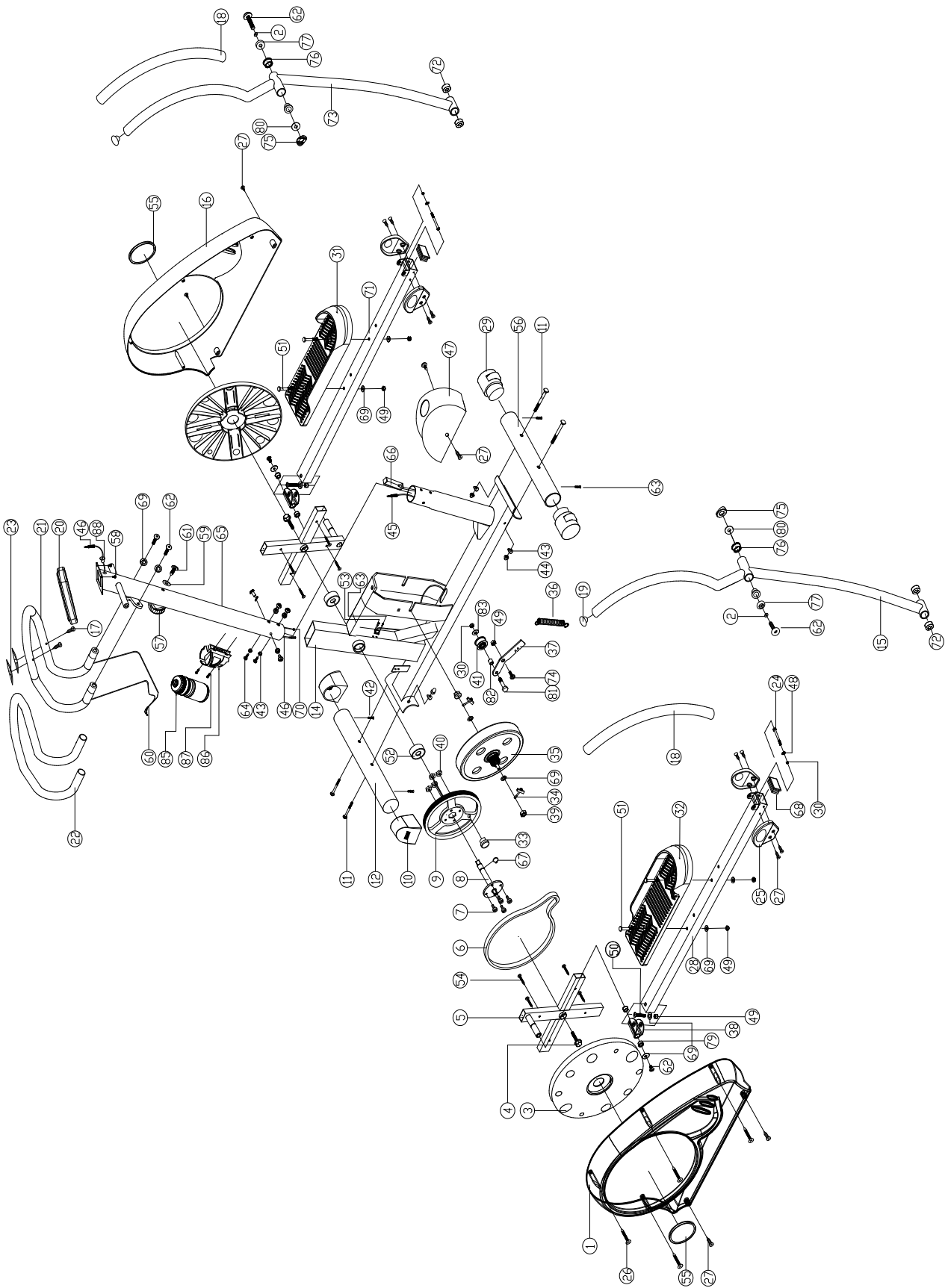


## EXPLOSION PARTS LIST

| NO. | Description   | Qty |
|-----|---|-----|
| 1   | Chain cover, right  | 1   |
| 2   | Washer for affixing handlebar column and swing bar                    | 2   |
| 3   | Cover disk for cross plate, right                                     | 1   |
| 4   | Hexagon bolt for cross plate  | 2   |
| 5   | Cross plate   | 2   |
| 6   | V-belt  | 1   |
| 7   | Screw for V-belt guide-roller   | 4   |
| 8   | Shaft for V-belt guide-roller   | 1   |
| 9   | V-belt guide-roller, large  | 1   |
| 10  | Rear stabilizer cover cap   | 2   |
| 11  | Carriage bolt for stabilizer  | 4   |
| 12  | Rear stabilizer   | 1   |
| 13  | Cover disk for cross plate , left                                     | 1   |
| 14  | Main frame  | 1   |
| 15  | Swing bar, right  | 1   |
| 16  | Chain cover, left   | 1   |
| 17  | Screws for hand-pulse sensor  | 2   |
| 18  | Foam grip for swing bar   | 2   |
| 19  | End cap for swing bar   | 2   |
| 20  | Computer  | 1   |
| 21  | Oval grip bar   | 1   |
| 22  | Foam grip for oval grip bar   | 1   |
| 23  | Hand-pulse sensor   | 2   |
| 24  | Allen screw for affixing pedal bar and swing bar                      | 2   |
| 25  | Protective cap for pedal bar  | 4   |
| 26  | Screws for chain cover  | 5   |
| 27  | Phillips screws for chain cover / protective cover / front frame trim | 14  |
| 28  | Pedal bar, right  | 1   |
| 29  | Front stabilizer cover cap  | 2   |
| 30  | Nut for pedal bar and guide-wheel                                     | 3   |
| 31  | Pedal , left  | 1   |
| 32  | Pedal , right   | 1   |
| 33  | Magnet  | 1   |
| 34  | Fish-eye screw for flywheel   | 2   |
| 35  | Flywheel  | 1   |
| 36  | Spring for guide-wheel  | 1   |
| 37  | Mounting rail for guide-wheel   | 1   |
| 38  | U-plate for pedal bar   | 2   |
| 39  | Nut for flywheel  | 2   |
| 40  | Nut for affixing V-belt guide-roller                                  | 4   |
| 41  | Guide-wheel   | 1   |
| 42  | Screw for rear stabilizer cover cap                                   | 2   |

|    |  |    |
|----|--|----|
| 43 | Curved washer for handlebar column and stabilizer                        | 10 |
| 44 | Domed nut for stabilizer   | 4  |
| 45 | Computer cable (lower)   | 1  |
| 46 | Computer cable (upper)   | 1  |
| 47 | Front frame trim   | 1  |
| 48 | Flat washer for affixing pedal bar and swing bar                         | 2  |
| 49 | Nut for pedal / pedal bar, rear / mounting rail                          | 7  |
| 50 | Screw for U-plate  | 2  |
| 51 | Hexagon bolt for pedal   | 6  |
| 52 | Bearing for V-belt guide-roller shaft                                    | 2  |
| 53 | Sensor   | 1  |
| 54 | Screws for cover disc and cross plate                                    | 8  |
| 55 | Cap for cover disc   | 2  |
| 56 | Front stabilizer   | 1  |
| 57 | Resistance regulator   | 1  |
| 58 | Screw for computer   | 2  |
| 59 | Washer for resistance regulator  | 1  |
| 60 | Hand-pulse cable   | 1  |
| 61 | Screw for resistance regulator   | 1  |
| 62 | Allen screw for swing bar / pedal bar, rear / oval grip bar              | 6  |
| 63 | Screw for sensor and front stand foot cover cap                          | 4  |
| 64 | Screw for handlebar column   | 6  |
| 65 | Handlebar column   | 1  |
| 66 | Resistance regulator cable (lower)                                       | 1  |
| 67 | C-clamp for V-belt guide-roller shaft                                    | 1  |
| 68 | End cap for pedal bar  | 2  |
| 69 | Washers for pedal / U-plate / pedal bar, rear / flywheel / oval grip bar | 11 |
| 70 | Resistance regulator cable ( upper )                                     | 1  |
| 71 | Pedal bar, left  | 1  |
| 72 | Metal bush for swing bar, lower  | 2  |
| 73 | Swing bar, left  | 1  |
| 74 | Hexagon bolt for mounting rail   | 1  |
| 75 | Spacer for handlebar column and swing bar                                | 2  |
| 76 | Plastic bush for swing bar   | 4  |
| 77 | Decoration cover for swing bar   | 2  |
| 79 | Bush for U-plate   | 4  |
| 80 | Washer for handlebar column and swing bar                                | 2  |
| 81 | Shaft for guide-wheel  | 1  |
| 82 | Bush for guide-wheel   | 1  |
| 83 | Washer for guide wheel   | 1  |
| 85 | Water bottle   | 1  |
| 86 | Water bottle holder  | 1  |
| 87 | Screw for water bottle holder  | 2  |
| 88 | Plastic bush for computer cable  | 1  |

# EXPLOSION CHART



## **Maintenance**

- 1. Regularly check all component parts of the crosstrainer and tighten them.**
- 2. To clean the crosstrainer, use only mild soapsuds or a generally mild and not abrasive detergent.**
- 3. Always protect the computer from damages.**
- 4. Be sure to always keep liquids away from the computer, adapter and from the plug as well as from the crosstrainer at all times.**
- 5. Do not expose the computer to direct sunlight.**
- 6. Always store the home exerciser in a dry and warm room.**



**FUNCTION BUTTONS:**

**MODE:** Press to select functions

**SET:** to set the values of time, distance and calories when not in scan mode.

**RESET:** Press to reset time, distance and calories.

**FUNCTION AND OPERATIONS:**

1. **SCAN:** Press "MODE" button "SCAN" appears, monitor will rotate though all the 5 functions  
Time, speed, distance, calories and total distance. Each display will be hold 4 seconds.
2. **TIME:** (1) Count the total time exercise start to end.  
(2) Press "mode" button until "TIME" appears, press "SET" button to set exercise time  
When the "set" is zero, the computer will alarm 15 seconds.
3. **SPEED:** Display current speed.
4. **DIST:** (1) Count the distance from exercise start to send.  
(2) Press "MODE" button until "DIST" (DIS.) appears .Press "SET" button to set exercise  
distance. When the "set" is zero, the computer will alarm 15 seconds
5. **CARLORIES (CAL):**(1) Count the total calories from exercise start to end.  
(2) Press "MODE" button until "CAL" appears. Press "SET"  
button to set exercise calories. When the"set" is zero, the  
computer will alarm 15 seconds.
6. **TOTAL DIST (ODO):** Count the total distance after installing the batteries.

## 7. PULSE RATE( )

Press “MODE” button until      appears, before measuring your pulse place

Both your palms on the pads and the monitor will show your current heart beat Rate in beats per minute (BPM) on the LCD after 3~4 seconds.

Remark: During the process of pulse measurement, because of the contact jamming The measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. To ensure testing veracity, it is suggested to test pulse during stop/pause exercise to avoid the influence caused by palms actions.

The measurement value can not be regarded as the basis of medical treatment.

**8.ALARM:**      The computer will “Beep” when press “MODE””SET” and “reset” buttons.

## 9.AUTO ON/OFF & AUTO START-STOP

With any signal for 8 minute, the power will turn off automatically .As long as The wheel is in motion or press any button, the monitor is in action.

## SPECIFICATIONS:

|                       |                |   |      |     |     |  |
|-----------------------|----------------|---|------|-----|-----|--|
| FUNCTION              | Auto Scan      | Every 4 seconds   |      |     |     |  |
|                       | Time           | 00:00-99M59S  |      |     |     |  |
|                       | Current Speed  | The maximum pickup signal is 99.9 km/H/99.9Mile/H (or.1500 RPM) |      |     |     |  |
|                       | Distance       | 0.00~99.99Kms or Miles  |      |     |     |  |
|                       | Calories       | 0.0~999.9~9999 Kcal   |      |     |     |  |
|                       | Total Distance | 0~9999Kms or Miles  |      |     |     |  |
|                       | Pulse          | 40~240 BPM  |      |     |     |  |
| Battery Type          |                | 2pcs of size-AA or UM3  |      |     |     |  |
| Operating Temperature |                | 0°C~+40°C (32°F~140°F))   |      |     |     |  |
| Storage Temperature   |                | -10°C~+60°C (140°F~140°F)                                       |      |     |     |  |
| SCAN                  | TIME           | SPEED   | DIST | CAL | ODO |  |