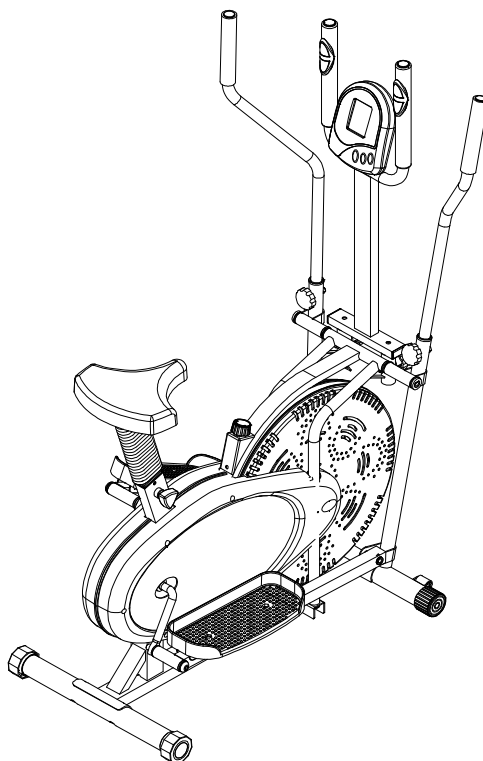


# **CONFIDENCE**

## **FITNESS**

### **PRO 211 ELLIPTICAL CROSS TRAINER & EXERCISE**



<b>IMPORTANT SAFETY NOTICE</b>	<b>2-3</b>
<b>EXPLODED-VIEW &amp; PARTS LIST</b>	<b>4-5</b>
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Dear Customer,

Please read this instruction very carefully before using the item.

## **IMPORTANT SAFETY NOTICE:**

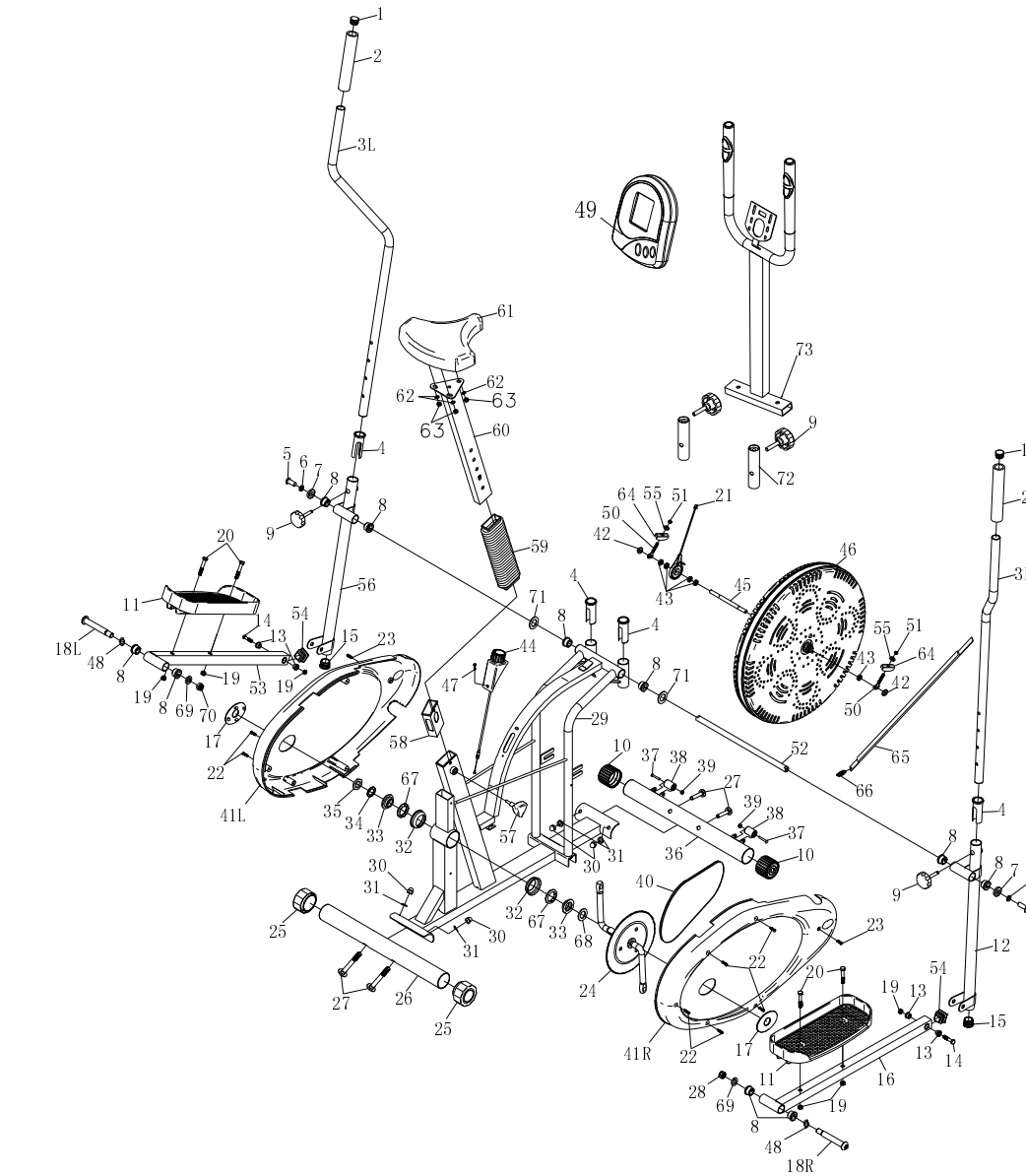
Note the following precaution before assembling or operating the machine

- 1、 Assemble the machine exactly as the descriptions in the instruction manual.
- 2、 Check all the screws, nuts and other connections before using the machine and ensure that the trainer is in the safe condition.
- 3、 Set up the machine in a dry level place and leave it away from moisture and water.
- 4、 Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc..
- 5、 Before beginning training, remove all objects within a radius of 2 meters from the machine.
- 6、 Do not use aggressive cleaning articles to clean the machine, only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
- 7、 Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
- 8、 Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- 9、 This machine can be used for only one person's training at a time.
- 10、 Wear training clothes and shoes, which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
- 11、 If you have a feeling of dizziness, sickness or other abnormal symptoms,

please stop training and consult a doctor.

- 12、 People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
- 13、 The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob, which can adjust the resistance.
- 14、 The maximum user's weight is 250LBS. Persons whose body weight exceeds this limit should not use this machine.

## EXPLODED-VIEW & PARTS LIST:



## PARTS LIST

Part NO.	Description	Quantity
1	END CAP	2
2	FORM GRIP	2
3R	RIGHT HANDLE BAR	1
3L	LEFT HANDLE BAR	1
4	BUSHING	4
5	INNER HEXAGONAL PAN HEAD SCREW	2
6	SPRING	2
7	D SHAPE WASHER	2
8	SHAFT SLEEVE	10
9	KNOB	4
10	END CAP FOR FRONT STABILIZER	2
11	PEDAL	2
12	LOWER HANDLE BAR (RIGHT)	1
13	TURNABLE SHAFT SLEEVE	4
14	OUTER HEXAGONAL BOLT	2
15	TUBE PLUG	2
16	PEDAL POST (RIGHT)	1
17	CRANK COVER	2
18R	RIGHT PEDAL HINGE BOLT	1
18L	LEFT PEDAL HINGE BOLT	1
19	LOCKING KNOB	6
20	OUTER HEXAGONAL BOLT	4
21	SENSOR	1
22	CROSS PAN HEAD SELF-TAPPING SCREW	7
23	CROSS PAN HEAD SELF-TAPPING SCREW	2
24	CROSS PAN HEAD SELF-TAPPING SCREW	1
25	END CAP FOR REAR STABILIZER	2
26	REAR STABILIZER	1
27	CARRIAGE BOLTS	4
28	OUTER HEXAGONAL LOCKING NUT 1/2"	1
29	MAIN FRAME	1
30	DOMED NUT	4
31	ARC WASHER	4
32	BEARING BUSH	2
33	PULLER SLEEVE □	2
34	FLAT WASHER □	1
35	HEXAGONAL FLAT NUT	1
36	FRONT STABILIZER	1
37	OUTER HEXAGONAL BOLT	2

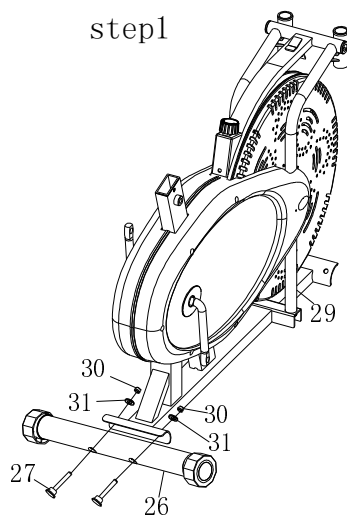
38	TRANSPOTATION WHEEL	2
39	TRANSPOTATION WHEEL	2
40	CHAIN	1
41R	RIGHT CHAINCOVER	1
41L	LEFT CHAINCOVER	1
42	HEXAGONAL FLANGE NUT	2
43	HEXAGONAL THIN NUT	5
44	TENSION KNOB	1
45	FAN WHEEL AXLE	1
46	FAN WHEEL	1
47	CROSS HEAVY HEAD TAPPING SCREW	1
48	CORRUGATED GASKET	2
49	METER	1
50	DRAW-IN BOLT	2
51	HEXAGONAL NUT	2
52	SPINDLE BAR	1
53	PEDAL POST(LEFT)	1
54	SQURE PLUG	2
55	SPRING	2
56	LOWER HANDLE BAR (LEFT)	1
57	TRIANGLE KNOB	1
58	BUSHING	1
59	PLASTIC COVER	1
60	SEAT POST	1
61	SEAT	1
62	FLAT WASHER	3
63	OUTER HEXAGONAL LOCKING NUT	3
64	METAL PLATE	2
65	FRICTION BELT	1
66	TENSION SPRING	1
67	BALL BEARING	2
68	FLAT WASHER	1
69	SPRING WASHER	2
70	SPRING WASHER	1
71	ARC WASHER	2
72	SPILE	2
73	SPILE	1

## ASSEMBLY INSTRUCTIONS:

### 1.PREPARATION:

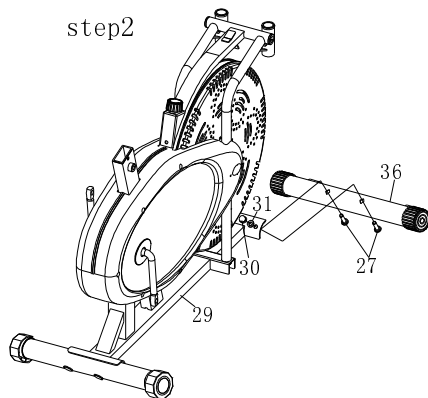
- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

### 2.ASSEMBLY INSTRUCTIONS:



#### Step 1

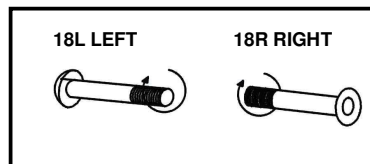
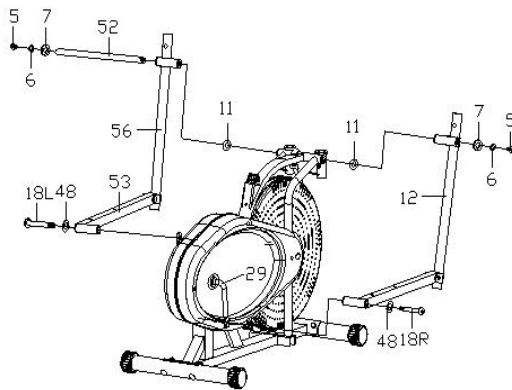
Attach the Rear Stabilizer (NO.26) with two sets of Carriage Bolts (NO.27),  $\phi 10$  Washers (NO.31) and M10 Domed Nuts(NO.30). to the Main Frame (NO.29)



#### Step 2.

Attach the Front Stabilizer (NO.36) with two sets of Carriage Bolts (NO.27),  $\phi 10$  Washers (NO.31) and M10 Domed Nuts(NO.30) to the Main Frame (NO.29)  
N.B. The Front Stabilizer has the integral transport wheels.

### step 3



**PLEASE NOTE :**  
**PEDAL HINGE BOLTS (No.18)**  
**Are marked LEFT and RIGHT**  
**the RIGHT bolt tightens CLOCKWISE**  
**the LEFT bolt tightens ANTI CLOCKWISE**

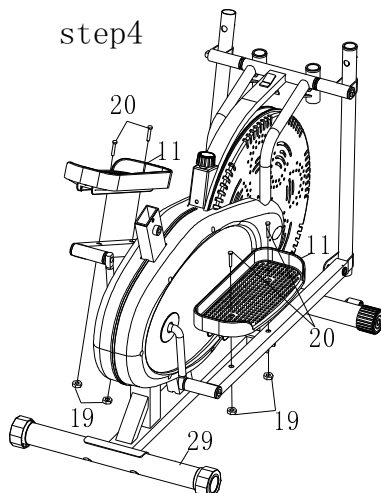
**IMPORTANT**

### Step 3:

Insert the Spindle Bar (NO.52) through the Right Lower Handlebar (NO.12) and through the main frame, and, then, through the arc washer (NO.71) and the Left Lower Handlebar (NO.56). Put a D shape (NO.7) Washer and a Spring Washer (NO.6) on either side of the Spindle Bar and tighten both ends using the Inner Hexagonal Pan Head Screw (NO.5)

Then insert a Pedal Hinge Bolt (NO.18) and put the arc washer (NO.48) through the Pedal Post (NO.56 for the left side, NO.12 for the right side). Put a Spring Washer (NO.69) on the bolt, then pass it through the Crank, and secure the bolt with an M12 Nut (NO.28). Repeat this procedure for the left side.

### step4

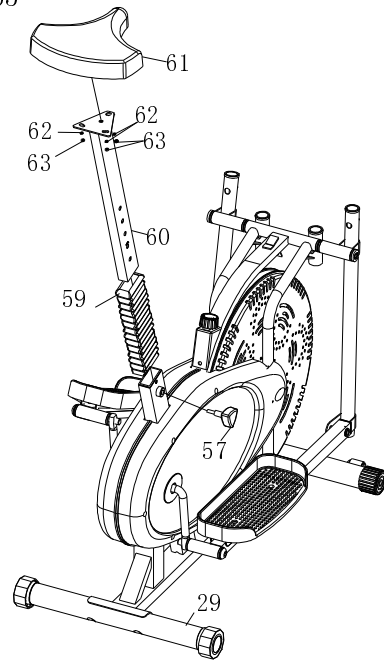


### Step 4

Attach the Pedals (NO.11) to the frame by using two M10\*45 Bolts (NO.20) and two M10 Nuts (NO.19) for each side.



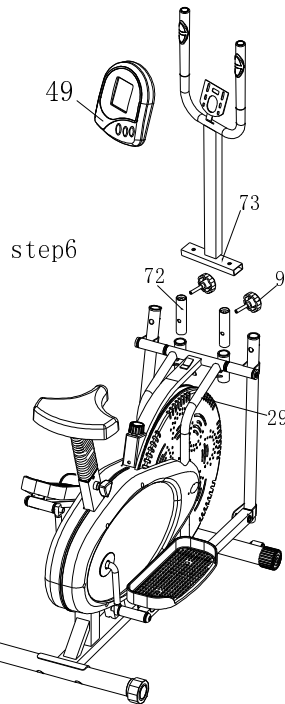
step5



### Step 5

Lock the saddle with saddle post by using M8 Nut (No.63) and washer (No.62).Then attach the saddle and saddle post (NO.60) as shown in step.5, re-insert and tighten the bolts.

Insert the saddle post into the main frame through the plastic cover (NO.59) as shown in step 5, insert and tighten the knob (NO.57).

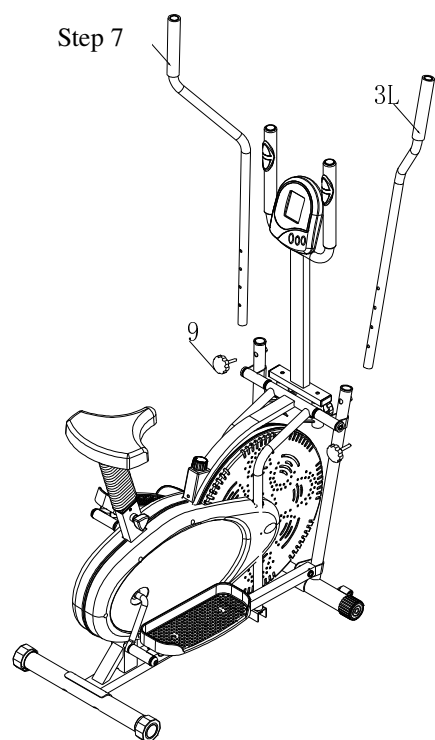


step6

### Step 6

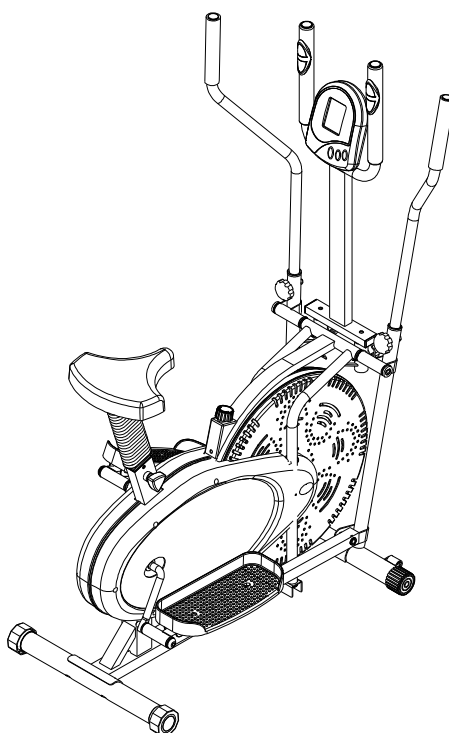
Insert the two spile (NO.72) into the Main Frame (NO.29) by two M8\*36 Knob (NO.9) . Then attach the Meter Tube (NO.73) to the main frame.

Assemble the Meter (NO.49) to the meter tube by two screw which is attached on the meter.



### Step 7

Fix the Left and Right Handle Bar (3R.3L) to the Main Frame (NO.29) with two M8\*36 Knob. (NO.9)

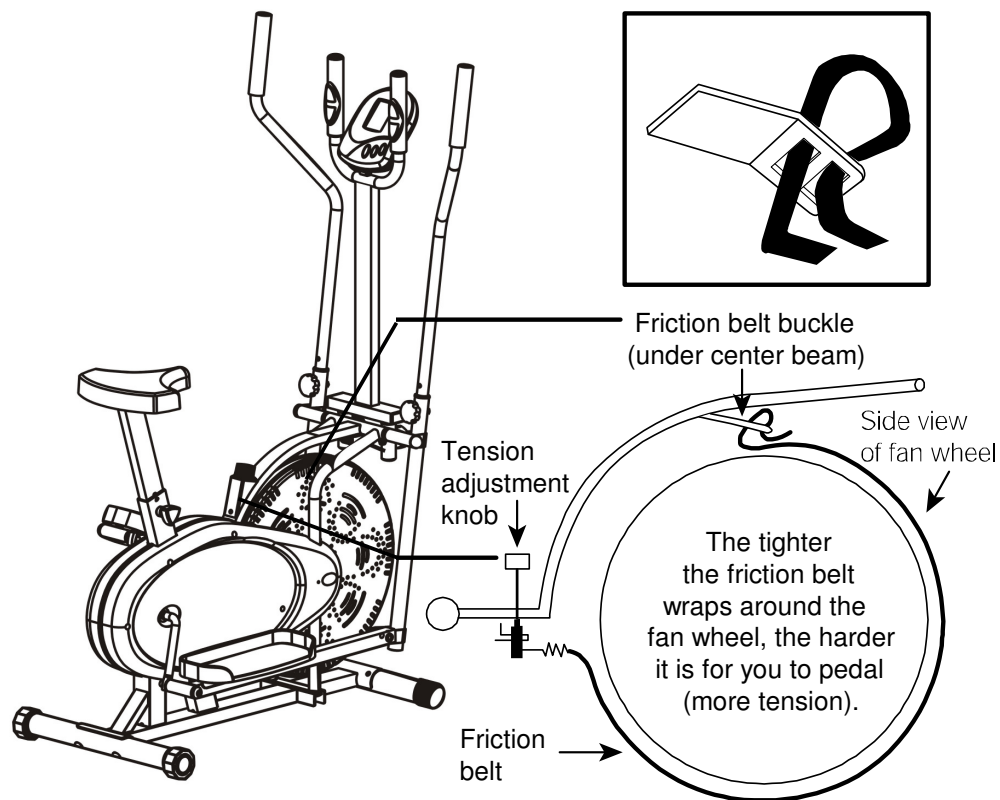


The assembly of your strider is now complete. When you try it for the first time, you should adjust the tension to the correct level before you begin a full workout.

For minute tension adjustment, simply use the Tension Adjustment Knob (pt.44). Turning the adjustment knob allows you to change the tension level and vary the intensity of your workout as you exercise.

For greater tension adjustment, you may loosen or tighten the friction belt by re-strapping it. To do so, first turn the tension adjustment knob to the loosest setting. Then re-strap the belt at the buckle on the top of the fan wheel just beneath the center beam.

The more length you allow on the friction belt the less friction it will cause (less tension). Re-adjust the tension knob after you finished re-strapping.



Reversible movement

Remember, your strider has reversible movement!

Forward pedaling exercises your quadriceps (front thigh muscles), while backward pedaling targets your hamstrings (back thigh muscles).

Take advantage of these facts to make your workout less fatiguing and more fun.

**CAUTION:** Make sure you have tightened all the bolts and nuts well before beginning your workout.

**NOTE:** The end cap on the front stabilizer tube is movable, which it is easy for you to move your training bike, and the end cap on the rear stabilizer can adjust the height and balance.

## EXERCISE COMPUTER

### **BUTTON FUNCTIONS:**

**MODE:** PRESS TO SELECT  
FUNCTION, AND HOLD  
ON FOR 4 SECONDS FOR  
A TOTAL RESET.

### **FUNCTIONS**

**SCAN** AUTOMATICALLY SCANS  
THROUGH EACH FUNCTION AT  
INTERVALS OF 6 SECONDS.

**TIME** DISPLAYS TOTAL WORKING TIME  
UP TO 99:59 MINUTES.

**SPEED** DISPLAYS THE CURRENT SPEED UP  
TO 99.9KM/H OR ML/H. THE VALUE  
WILL STAY ON THE MONITOR  
CONTINUOUSLY.

**DISTANCE** DISPLAYS TOTAL WORKING  
DISTANCE OF UP TO 99.99KM OR ML  
FROM ZERO.

**CALORIES** DISPLAYS CALORIE CONSUMPTION DURING  
EXERCISE. MAXIMUM VALUE IS 9999  
CALORIES

(THIS DATA IS A ROUGH GUIDE FOR  
COMPARISON OF DIFFERENT EXERCISE  
SESSIONS AND SHOULD NOT BE USED AS A  
BASIS FOR MEDICAL TREATMENT)

### **NOTE:**

1. When you stop exercising, a "stop" sign will appear on the upper-left corner of the monitor.
2. If there is no signal for a period of 4 minutes, the display will shut down automatically with all function values stored.
3. Turn on the monitor by pressing the button or by pedaling.
4. If monitor display is faulty, please try reinstalling the batteries.
5. Battery spec: 1.5v um-3 or aa (2pcs).

## **TROUBLESHOOTING.**

**1.Changing the batteries.** To change the computer batteries, please slide the computer from the computer holder, remove the battery cover on the back of the computer console, and remove the batteries. Replace with 2 x aa batteries. Finally, put the cover back on the console, and slide the computer back onto the computer holder.

**2.Computer not working correctly.** If your computer is not working correctly, please check whether the computer sensor wire is plugged into the computer. If you have checked the above and the computer is still not working, then please make sure the batteries are still working and that they are installed correctly in the computer.

**3.No resistance.** If there is no tension resistance, please turn the tension adjustment knob to its lowest level, and then go to the friction belt buckle which is located on top of the fan wheel beneath the center beam. Loosen the friction belt, pull it through the buckle until you can feel some resistance on the belt, and then lock it back around the buckle. Now mount your aero elliptical strider and turn the pedals. If you find it is now too tight, go back to the friction belt buckle and loosen the belt slightly.

Contact Details:

## **UK & Europe**

[www.thesportshq.com](http://www.thesportshq.com)

Units 3 and 4 Lower Park Farm

Storage Lane

Alvechurch

UK B48 7ER

Telephone: 01527 598388

## **USA**

[www.golfoutletsusa.com](http://www.golfoutletsusa.com)

72320 Manufacturing Drive

Thousand Palms, CA 92276

Telephone: 1-800-603-0004

## **AUS/NZ**

[www.oo.com.au](http://www.oo.com.au)

25-55 Rothschild Ave,

Rosebery, 2018, NSW

Australia,

Phone: 1300 132 151