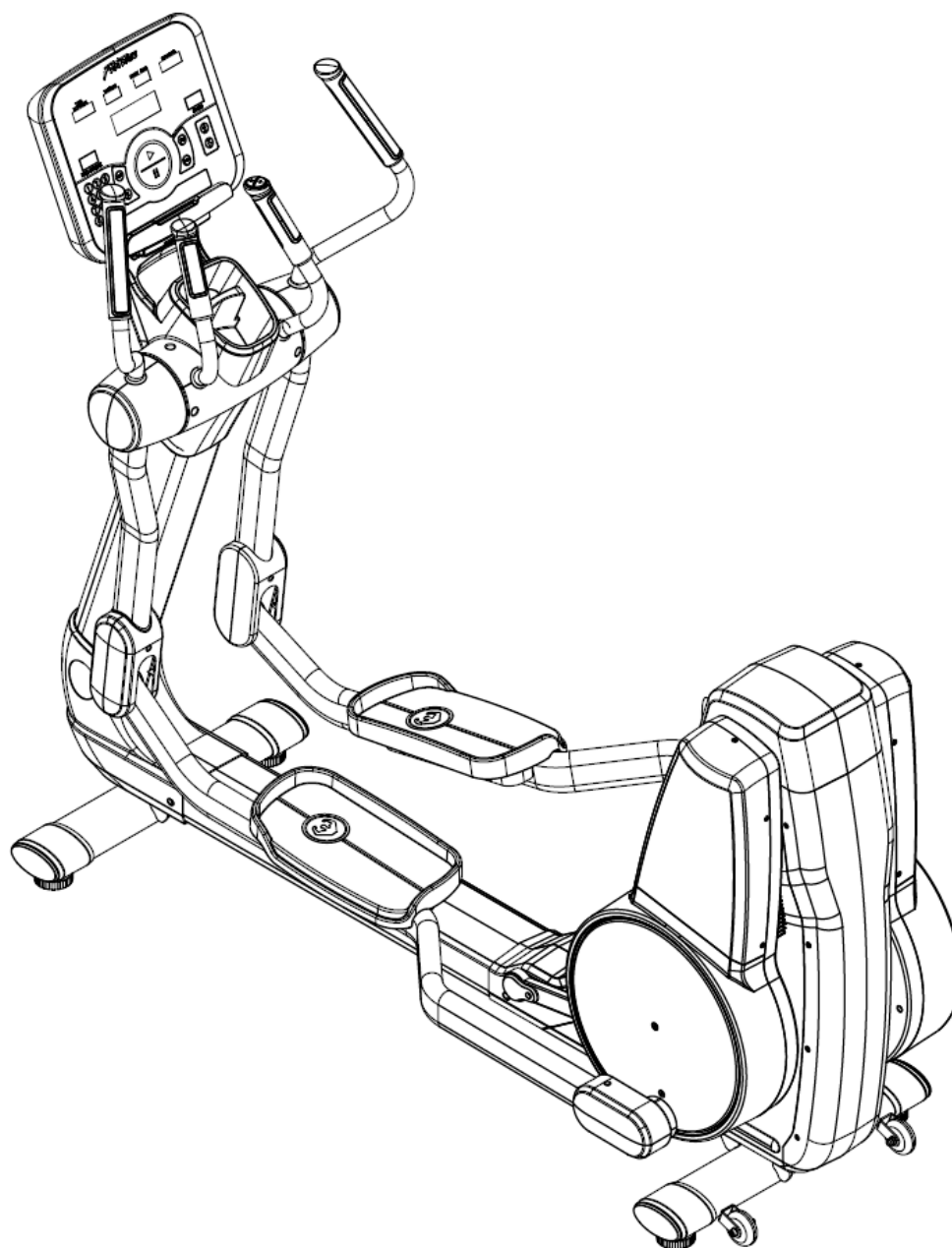# Metagenics Fitness Inc.

MF-8000 Elliptical Machine Owners Manual

Model: MF-8000

Dear Customer:

Thanks for choosing our products, which will bring you health and happiness in the process of using this product.

Safety Precautions

Note: Please read this manual carefully before use and pay attention to the following safety precautions.

Health-related injuries may result from incorrect or excessive use of exercise equipment. The manufacturer STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure, heart disease, is over the age of 45, smokes, has high cholesterol, is obese or has not exercised regularly in the past year. The manufacturer also recommends consulting a fitness professional on the correct use of this product. If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

This product is for heavy commercial use and there is no restrinction in the number of hours it is used per day.

- The elliptical is meant for indoor use only to avoid moisture. Do not splash water or liquids on the elliptical. Do not insert any objects anywhere on the elliptical.
- Ensure that the elliptical is properly leveled.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Do not use the bike in bare feet.
- Keep all loose clothing, shoelaces, and towels away from the elliptical.
- Close supervision is necessary when used by or near children, invalids or disabled persons.

Technical Parameters

Number of resistance levels: 26 . Self-propelled elliptical   self generating system.

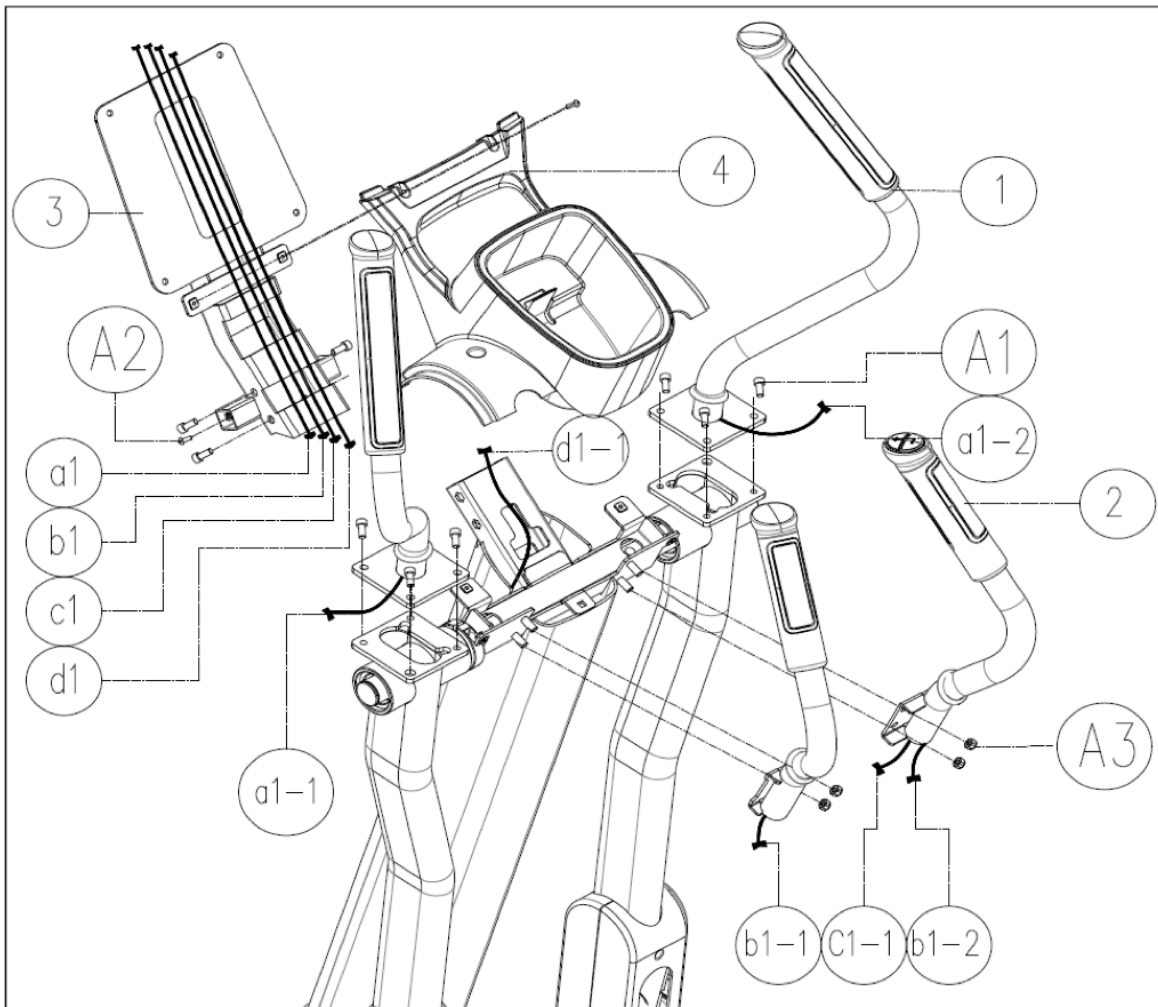Packing size: wooden box outer size L2200*W850*H1140mm (L87" W33" H45").

Equipment footprint: L2095*W780*H1685mm (L82" W31" H66")

Maximum weight: 180KG/ 400 lbs.

Net weight of the elliptical: 200KG / 440 lbs.

Assembly Instructions

Part 1

Step 1: as shown in the above figure, first attach (left and right moving handles) with A1 (M8*16 cylindrical head socket head cap screws) on the mainframe, and pry out the a1-1 and a1-2 terminals;

Step 2: Fix 2 (left and right fixed handles) to the main frame with A3 (M8 self-locking nut), and pry out the b1-1, b1-2, c1-1 terminals. The handle with the thumb switch goes on the right side and has an extra cable c1-1 to control resistance.

Step 3: d1 terminal in the (console holder) to the d1-1 terminal coming from the vertical tube frame that brings all the data and is the only cable that comes up from the lower board.

Step 3: Two dual HR cables a1 and b1 come from the console and have to be routed thru the console holder, connect a1 to a1-1 and a1-2, connect b1 to b1-1and b1 -2. c1 from the console connects to c1-1 terminal from the handle to control resistance with thumb switch.

Attach 3 (head holder) to the main frame by A1 (M8*16 cylindrical head socket head cap screw).

Step 4: Attach 4 (plastic bottle holder) to the main frame with A2 (ST4.8*16 cross-flowered semi-circular head self-tapping).
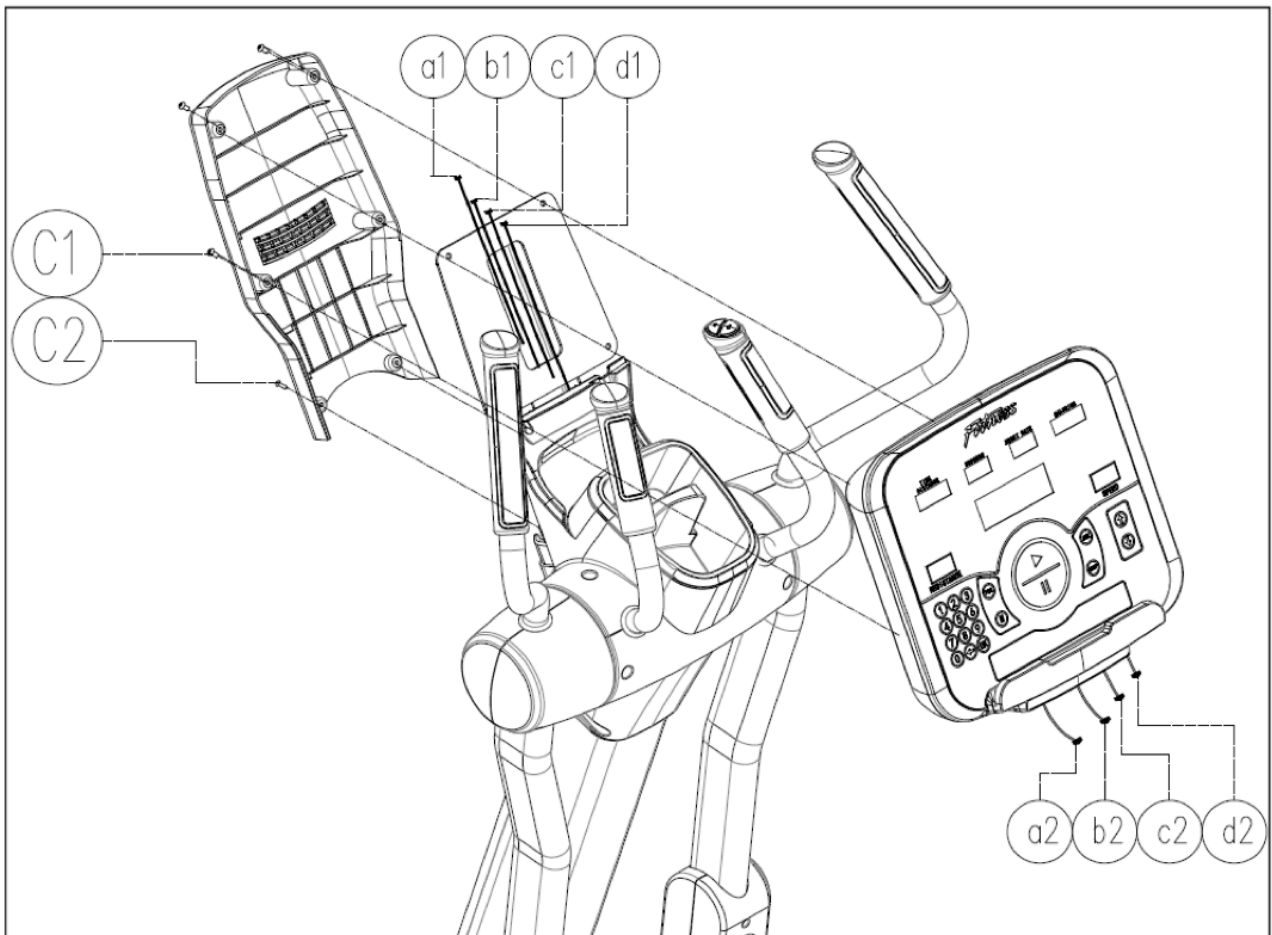
Part 2
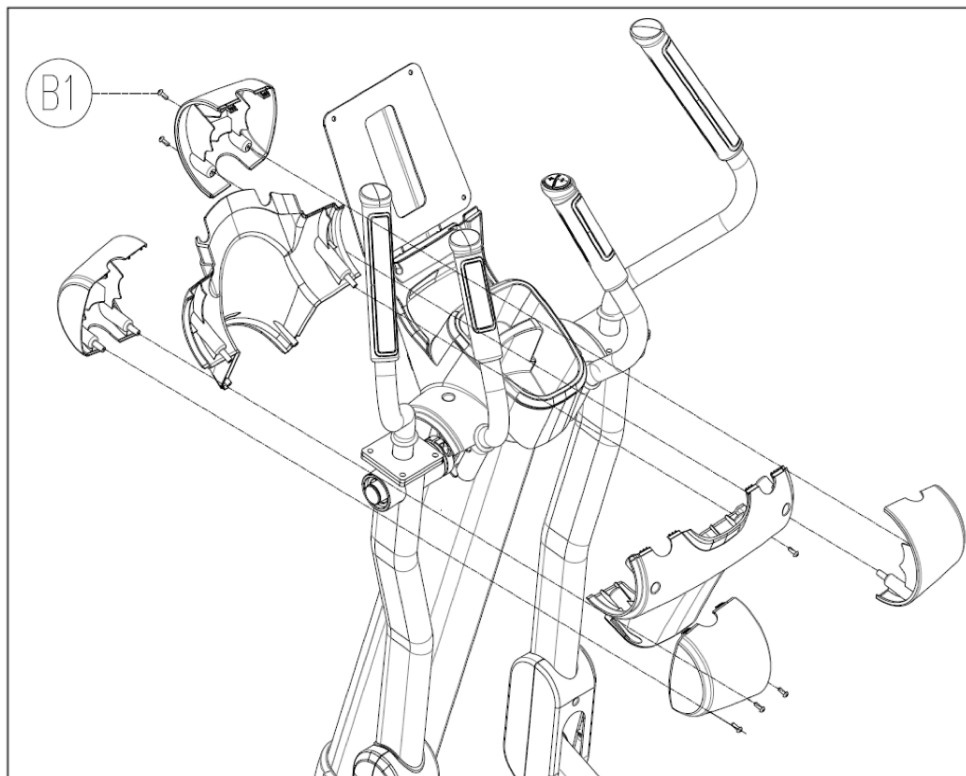
As shown in the figure above, use B1 ST4.2*12 cross-flowered semi-circular head self-tapping) to fix the plastic parts at the armrest of the boom to the main frame.
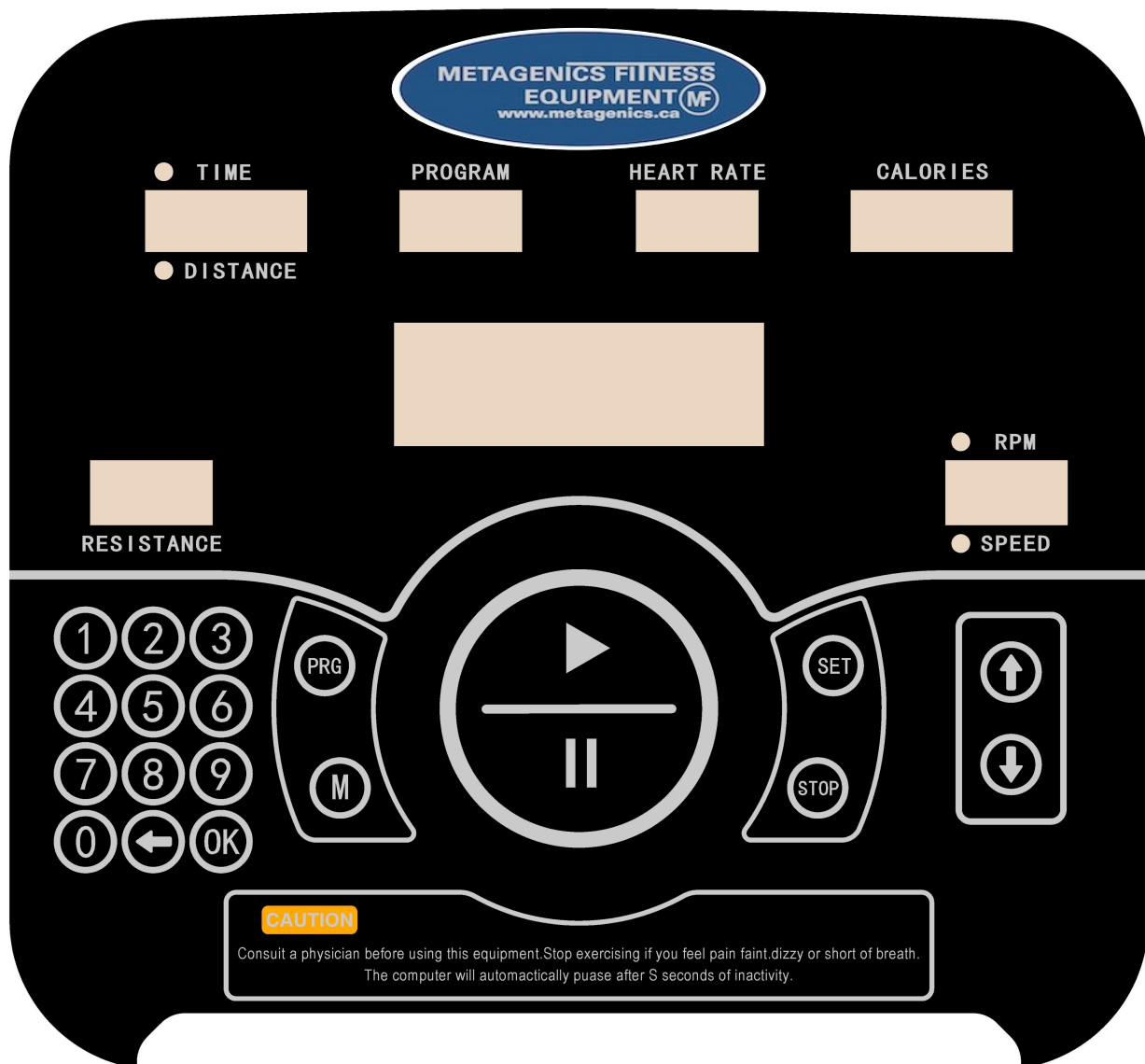
Section Three

Part 3

Fix the front and rear plastic parts on the main frame with C1 (M5*10 semi-circular head cross-stitch screws) and C2 (ST4.2*12 cross-flowered semi-circular head self-tapping screws).

System operation instructions

I. Button Functions：

Numeric keypad keys: Press the numeric keypad key during exercise to quickly set the number of motion resistance segments;

Program key: Press this key to select the motion program (P-1 to P-8).

Set button: Press this button to select the sport mode (countdown time mode, countdown distance mode, countdown calorie mode). In standby mode, to reset by press this key for a longer time.

Pause button: Press this button to pause the motion, each motion data

pauses counting, press this button twice to end the motion

▶ Quick Start button: Press this button to start the exercise, and the various sports data starts counting.

Ⓜ Mode key: Switch between TIME and DISTANCE at the start of operation, RPM and SPEED display.

🅢🆃🅾🅿 Stop button: Press this button to stop the motion and the various motion data is cleared.

⬆ Increase button: Increase the function value (time / distance / calories / resistance)

⬇ Reduce button: reduce the function value (time / distance / calories / resistance). Resistance level can also be adjusted using the centre POD in the handle bar.

II.   The Operation Brief:

1. After the user steps on the pedal, the electronic console enters the power-on mode: the buzzer sounds and the LED is fully displayed for 2 seconds, then the heartbeat display window of the LED displays the program board, the calorie display window displays the Bluetooth address, and then the console enters the P-0 mode interface (standby interface)

2. Turn on the machine (or press and hold the "Settings" button) to display → display the program board and Bluetooth address → standby interface, then the user can press the "Start" button to start the movement; or press the "Set" button to set the sport mode and start the movement; Or you can press the "Program" button to set the exercise program and start the exercise. You can press the "numeric keypad" button or the "increase/decrease" button to set the resistance. You can press the

"pause" button to pause the motion or end the motion. Stop button to stop motion

III.   Function data display instructions:

Item	Program	Display range	Setting range	Zero	Discription
1.	TIME	0:00~99:59 Min Sec Min Sec	0:00~99:00 ±1 minute cycle	Yes	1.The number of cycles is counted when there is no setting. 2.When the countdown to 0 is set, the system STOP, the time window flashes.
2.	SPEED	0.0~99.9 KMH(MLH)	No	Yes	In motion: 1.The sensor signal is input for 3 seconds and its value is displayed. 2.After no sensor signal input, its value is reset to zero.
3.	RPM	0~15~999	No	Yes	In motion: 1.Display the value after inputting the sensor signal for 3 seconds. 2.After no sensor signal input, the value returns to zero after 4 seconds.
4.	DISTANCE	0.00~99.99 KM(ML)	0.00~99.50 ±0.1 cycle	Yes	1.The number of cycles is counted when there is no setting. 2. When there is a setting to count down to 0, the system STOP, the distance window flashes,
5.	CALORIES	0~999 CAL	0~990 ±10 cycle	Yes	1.The number of cycles is counted when there is no setting. 2.When there is a setting to count down to 0, the system STOP, the distance window flashes,
6.	PULSE	P，30~240	0→30~240	Yes	The heartbeat window displays the heartbeat value when the heartbeat signal is detected, and P when it is not detected.
7.	Small point in the lower right corner of the heartbeat window	ON/OFF flicker	No	No	1.The heartbeat pulse "Hi Low" is displayed in flashing speed. 2.When there is no input signal, the small dot must disappear.
8.	LEVEL		1~26 LEVEL (±1LEVEL)	No	Adjust the resistance during exercise

IV.   Function Description:

1.Mode: Time (TIME) Mode / Distance (DISTANCE) Mode / CALORIES mode

1) Pedal the elliptical and press "Settings" button in the standby interface, the time window will flash. At this time, press the " up/down arrows" button to set the target time value. After setting, press the "Start" button to start the exercise. The time window will count down. When the time window counts down to zero, the console will stop. During the time countdown, press the "up /down arrow" button to adjust the resistance (the number of resistance points is displayed in the resistance display window of the meter). Press the "Pause" button to pause the motion or press twice the "Pause" button to end the movement or press the "Stop" button to stop the movement.

2) Pedal the elliptical and press settings once and when the time window is flashing, press the "Settings" button again, the distance window will flash. At this time, the target distance value of the user movement can be preset. When the distance window flashes, press the "Settings" button again, and the calorie window will flash. Set the target calorie value for user movement. After setting the preset value, press the "Start" button and the countdown 3, 2, 1, GO will be displayed in the middle to enter the start motion.

2.Program: P-1 to P-8

Press the "Program" button in the standby interface to select the moving program graphics P-1 to P-8. The profile terrain of the program will be displayed in the LED graphics and you can preset the time to complete it. For example: set 25 minutes, and the meter has 25 columns, the first column flashes in first minute, the second column flashes in second minute, and the number of columns in the dot matrix will flash in sequence until the time countdown is completed. During the time countdown, press the "up/down arrow" button to adjust the resistance. Press the "pause" button to pause the motion or press the "pause" button twice to end the movement, or press the "stop" button to stop the movement. When the program graphic is running, the time is counted down, and other functions display the numerical value.

3.Heartbeat

When the user is exercising, hold the contact heart rate plates with both hands. When the heartbeat signal is detected, the heartbeat display window will display the heartbeat value of the user.

When the meter detects the user's heartbeat signal, it will flash the small dot in the right corner of the heartbeat display window. The stronger the signal, the faster the blinking frequency. When the heartbeat signal is not detected, the heartbeat window displays "P". The heartbeat signal cannot be detected on the standby mode.

4.Bluetooth

After the meter is powered on, Bluetooth can be connected in the standby interface, and the other interfaces are not connected to the Bluetooth.
Scan the QR code on the device, download the app (e-Health); open the Bluetooth on the phone after installation, then open the Bluetooth app (e-health), select the corresponding model (such as bike or elliptical machine) and then select in the next interface Bluetooth to be connected (the console will display the Bluetooth address when it is powered on). After the Bluetooth is connected, the user can pretty much operate the bike with the phone and the display can start, pause, stop, etc. At the same time, the exercise time, calories, distance, RPM, heart rate and other data can be synchronized on the app and stored by day to track exercise. When you exit Bluetooth, the meter will return to the standby screen.

Maintenance schedule

The safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. If maintenance is required, keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear as outlined in the Preventive Maintenance Schedule.

- Pedal the elliptical forward and backwards to ensure smooth movement without noise. Increase the resistance to maximum level to see that the belts are not slipping and that the clutch is properly engaging.

- Check that the console is clean of salt residue from sweat and check all functions to make sure all buttons work, longer finger nails can damage the membrane. Check contact heart rate function. Console and pedal arms should be cleaned after every workout with a damp cloth with water and or antibacterial neutral solution.

- Check tightness on the bolts console and that the elliptical is levelled.