

Metagenics Fitness MF-9300 Elliptical

INSTRUCTIONS FOR THE USE OF THE ELLIPTICAL MACHINE

This instruction must be read in detail before using
the equipment



MATTERS NEED ATTENTION

1. Please read this instruction carefully before use and pay attention to the following safety matters
2. Check your body and consult your doctor to exercise according to your physical condition
3. Wear the proper sportswear, sneakers
4. Place the elliptical machine on a flat and solid ground to ensure that the four support points land reliably. If the ground is uneven, you can adjust any adjustment foot to make it smooth
5. It is forbidden to trample the linkage. Both feet should be placed on the left and right pedals and step slowly
6. The elliptical machine still disstationary
7. When exercising, hold the moving bar or heart rate grip with your hands
8. Exercise appropriately, do not overtired
9. If you feel unwell, please stop exercising immediately
10. Elliptical machine should be placed indoors and avoid wet environment
11. No children are allowed from approaching when using elliptical machines
12. Do not touch any liquid onto the elliptical to prevent damage to the

equipment

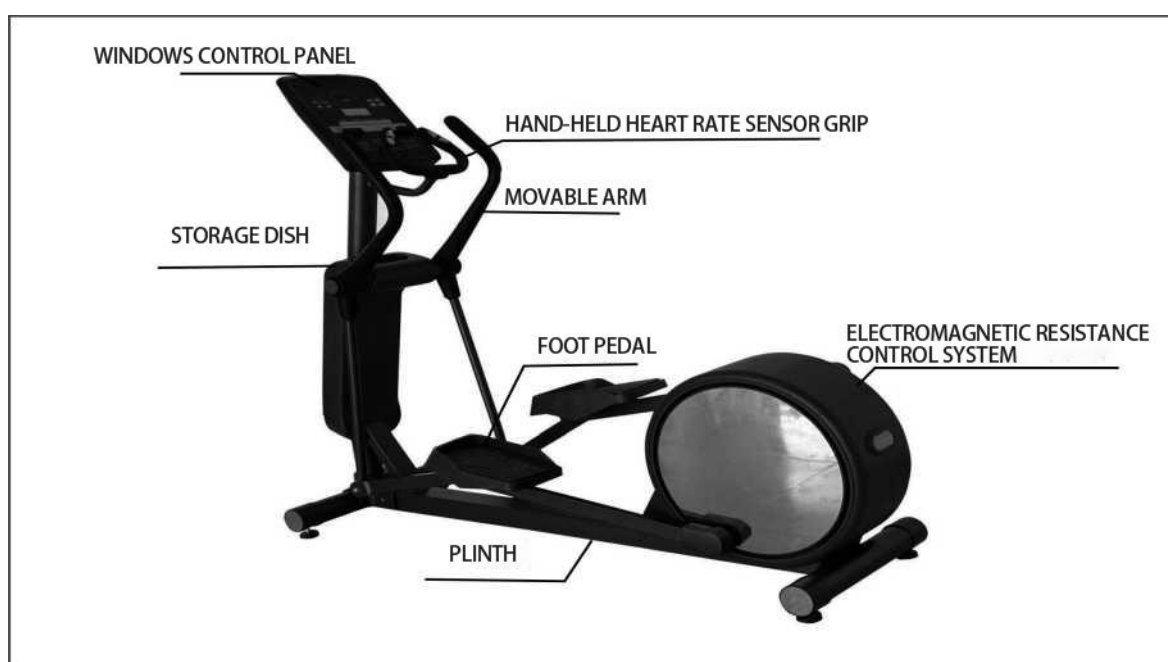
13. Do not remove them by yourself and replace the original parts to avoid accidental injury

A Check the body and consult the doctor to exercise according to the physical condition.

BRIEF INTRODUCTION

Congratulations on buying the best autoelectric commercial elliptical machine in the current fitness equipment market, and its strong structure, superior performance, safety and reliable, is your indispensable sports equipment.

The following figure is the main components and names of the commercial elliptical machine:



Schematic diagram of the main parts

TECHNICAL PARAMETER

Maximum braking power: 500W 120 steps / minute

Minimum braking power: 20W 60 steps / minute

Time display range: 00.00~99. [(points.Second seconds) (minute.second)] Mileage display range:
0000~9999m

Body weight: <150KG

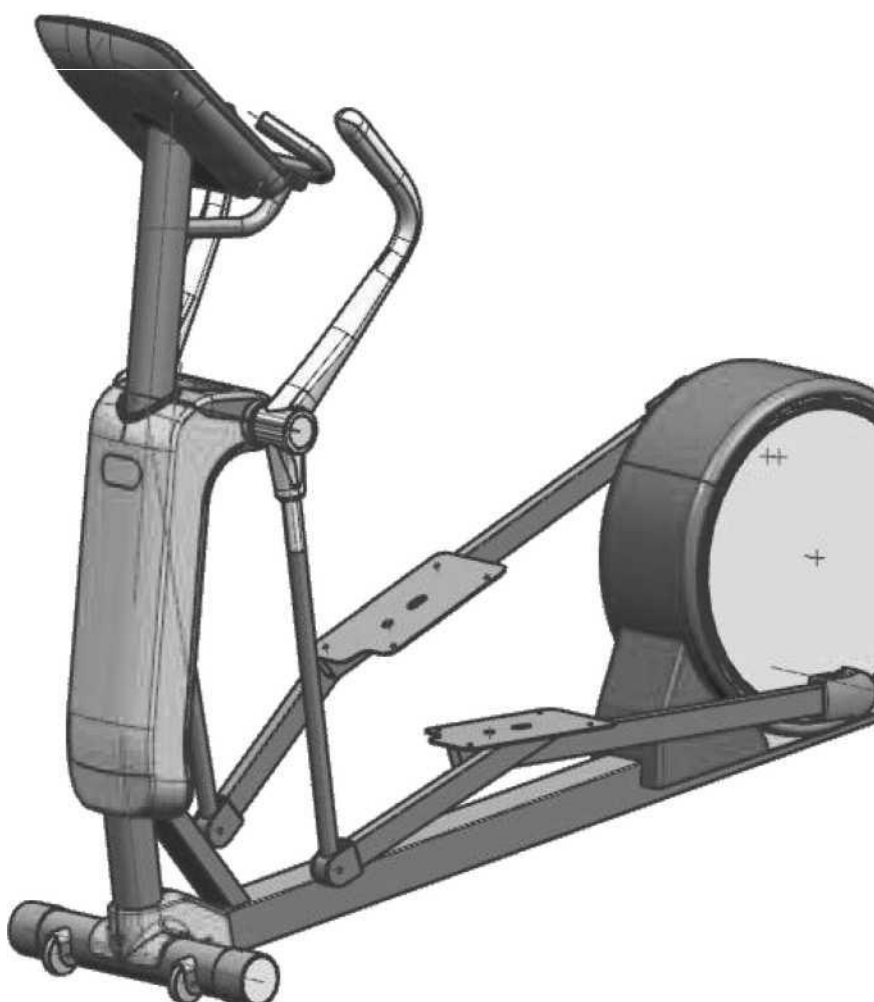
Operating environment temperature: $-5^{\circ}\text{C}\sim +40^{\circ}\text{C}$

Fixed slope: 17.5°

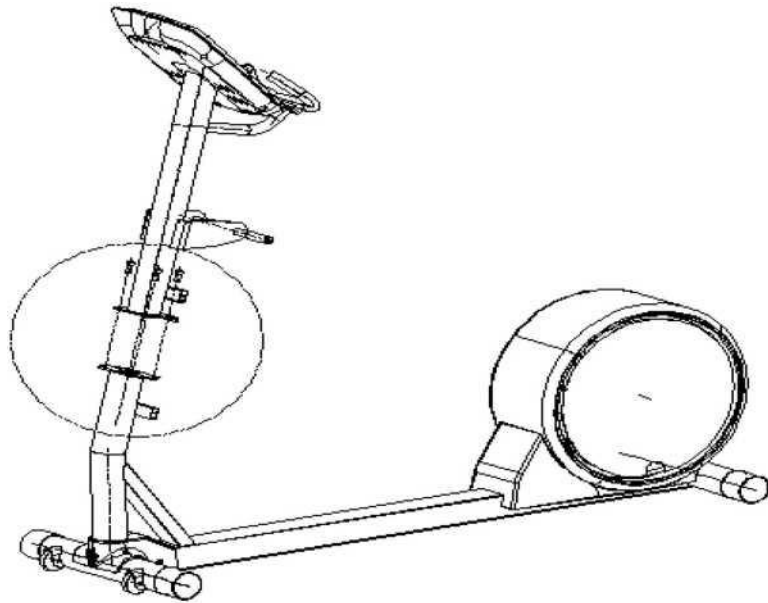
Resistance level: 1-20

INSTALLATION STEPS

1. Complete machine display.

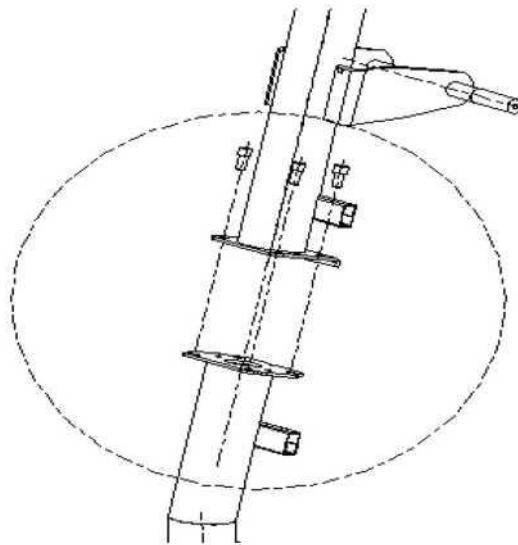


1. Wood the box, take out the accessories from top to bottom,
2. Remove all accessories and place them on level ground 0
3. Install the head column on the main frame and connect the



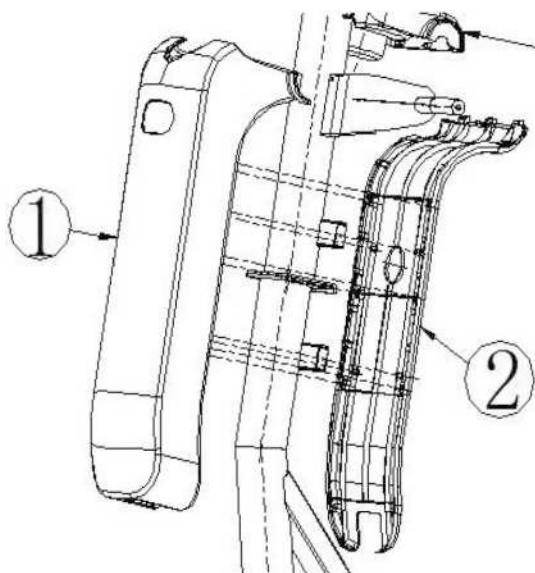
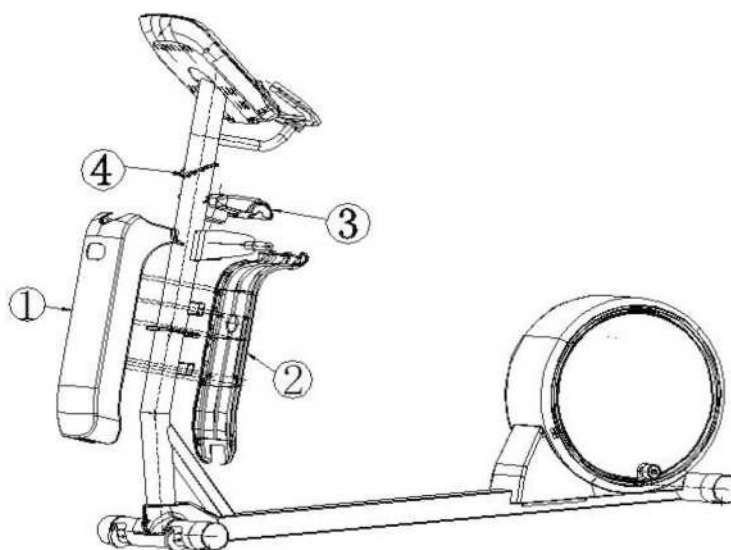
Detailed assembly steps

Detailed assembly: fix the upper watch head column and the main frame pipe with 4 M10 screws.

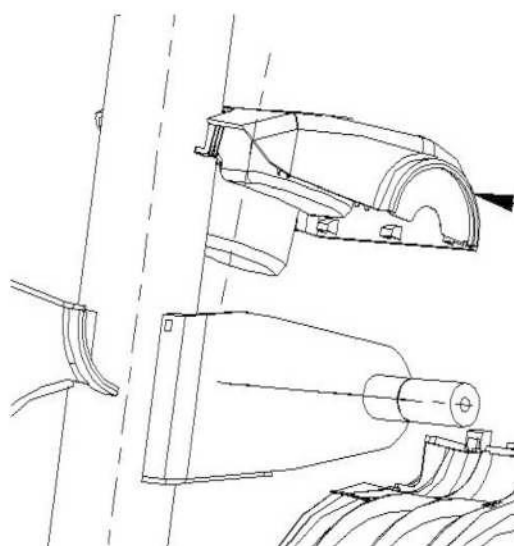


4. Assembly of the front plastic shell and the main frame, with the specific steps:

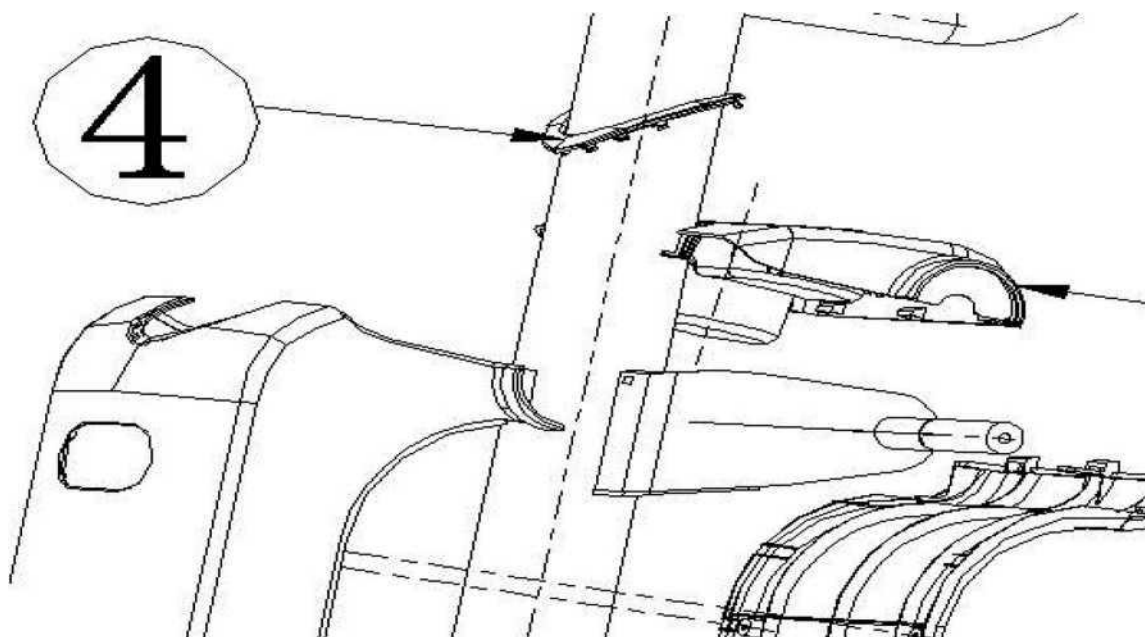
- ① . Assemble No.1 plastic shell with No.2 plastic shell with M4 screws.
- ② . Combine the No.3 plastic shell with the main frame with the M5 screw.
- ③ . Complete the first two steps and install the No.4 plastic piece from top down to the No.1 No. No.3 plastic shell.



STEP 1



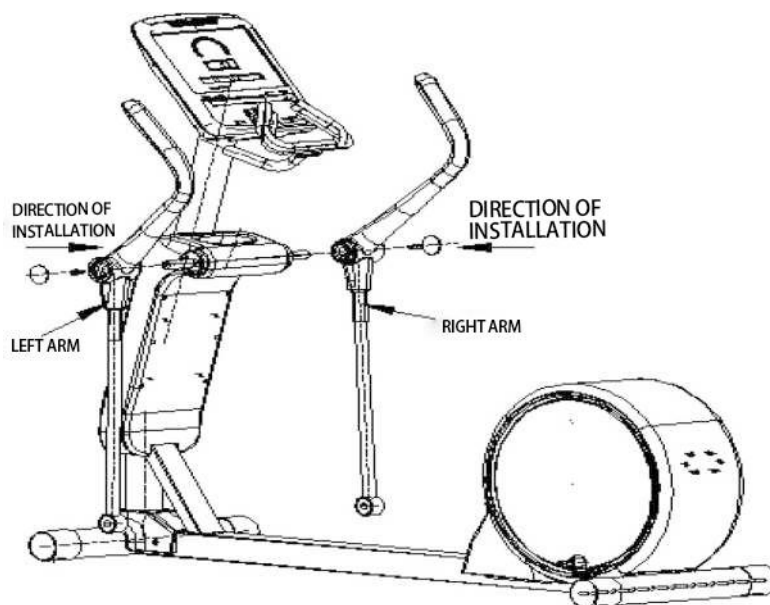
STEP 2



Step 3: No.4 plastic parts, settle down to 1. 2. 3 plastic parts.

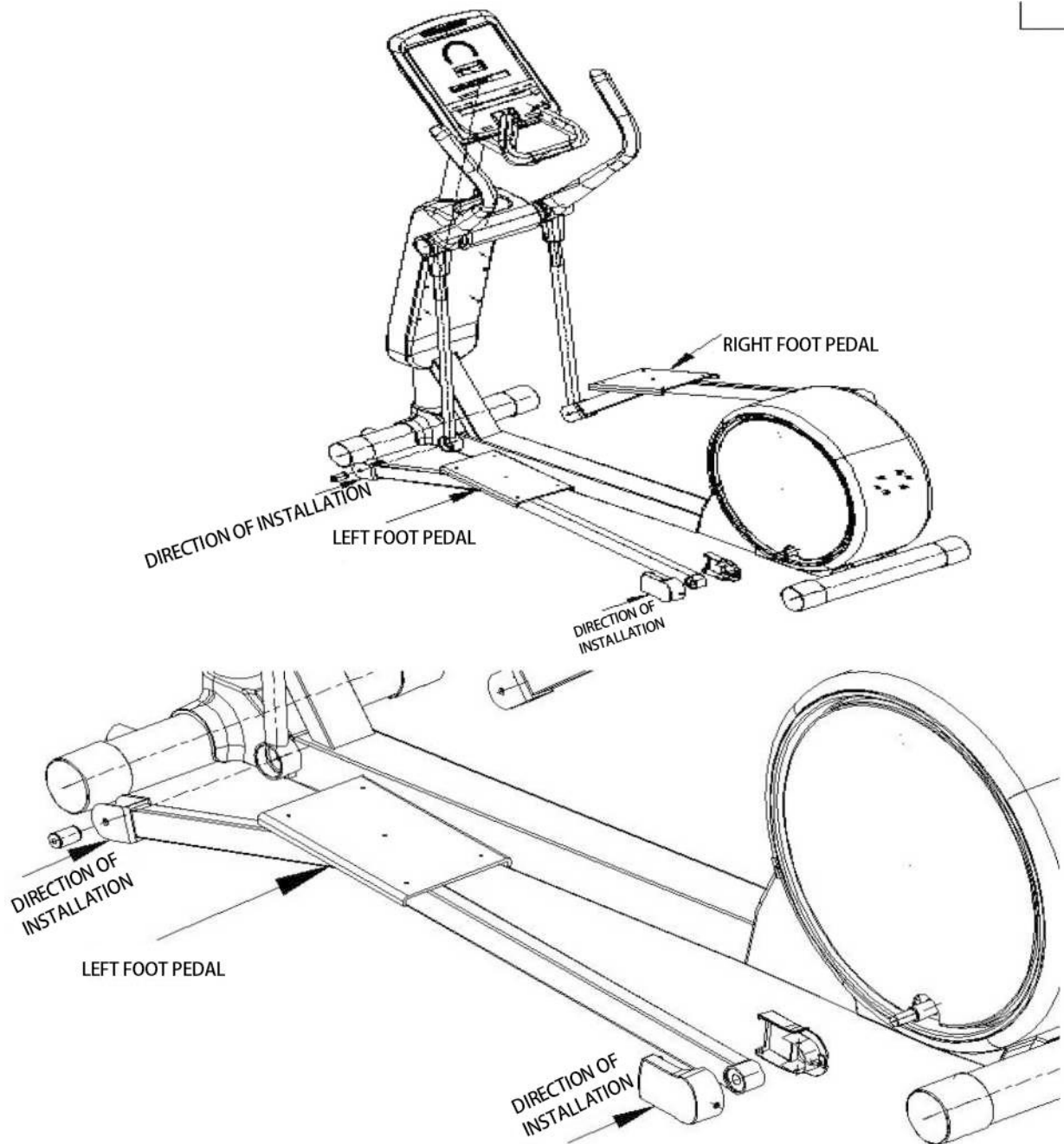
5. Assembly of the forearm and the main frame. Assembly steps:

- ① . Install the left and right arms to the main shaft in the illustrated direction and lock with M10 screw.
- ② . Install the mirror ■ plastic piece onto the moving arm



6. Assembly of foot and main frame. Assembly steps:

- ①. Install the left foot in screw direction.
- ②. Install right foot with left foot step



Panel description

- 1. Press the pedal to energize the operation panel, and select the desired motion mode
- 2. Press the start key to start
- 3. During motion, you can pause with the pause button

Panel and key button description

Digital button

Time: to match + -use, press the time button, said training target is time, press + -key to change time target distance: + to cooperate with + -use, press the distance button, said training target is distance To cooperate with the + -use, press the program button, press the + -button to choose different programs to choose the same heart rate press +program control -key Stop exercising temporarily change Start the elliptical machine distance data-in e: + -use, press calorie button, said training target is the heat, press + -key to change heat target program: heart rate: pause: start: input: clear: ▲: change to input data and resistance. ▼: Change



the data and resistance to enter.



fTT) [n]



Digital button

TV, key

POWER power to turn the TV on and off
T V/AV / PC TV signal input selection key to select the TV video VGA
The MENU menu offers a selection of TV and various settings
CN + adjusts the channel, adding one channel for each press
CN-Adjust channel, each press, channel reduced by one
VOL + adjusts the sound to add a scale at one volume

VOL-Adjust the sound and reduce one scale at one volume



The TV keypress display panel

Time: Display time unit: points.second

Distance: Displays the distance in the unit: m

Heat: Display heat unit: card

Speed: Display speed unit: step / minute

Armatrix window: display difficulty level, text prompt.

GOAL half-garden window: show the 7K training target.



Displays the panel

We should exercise in the right and scientific way.

For optimal exercise results, refer to the following formula: Maximum heartbeat times =220- -Age
When exercising, the heartbeat value should be between 60% —— 85% of the maximum number of heartbeat.
Burning fat and resistance can exercise by using different training procedures) and at least three times a week, no less than 30 minutes.

operation manual

Elliptics training

A. Target Training Mode:

- 1、 Press the pedal to energize the panel for display
- 2、 select the target.

For example: Select a time target:

Press time, press + -key to change the time, flash the time value, press the start key to start running, press ▲▼ to change the resistance, the target window shows the completion of the target, and reduce the count in the time window. Stop and clear the data again.

For example: Select a distance target: Same-time target.

For example: Select a heat target: Same-time target.

For example: Select an interprogram target:

According to the program, the lattice window displays the program diagram, the maximum resistance of the program, the digital window displays the program number, the program time; press + -to select a different program. Press the Start button to start the program. Resistance is automatically adjusted when the program runs. Stop and clear the data again. Return to the initial state.

For example: Select the heart rate control target: press the heart rate control
Press the start button to enter the heart rate control program, which changes the resistance automatically in order to ensure a constant heart rate. If no heart rate is detected in 1 minute, the program will be launched and run into normal mode. Press the pause key to stop, and press to clear the data again. Return to the initial state.

B. Normal operating mode:

- 1、 Press the pedal to make the panel display
- 2、 Press Start to run into normal mode
- 3、 Press ▲▼ can change resistance and all windows are plus counts
- 4、 Stop and clear the data again. Return to the initial state.

Exercise reference

1) exercise intensity

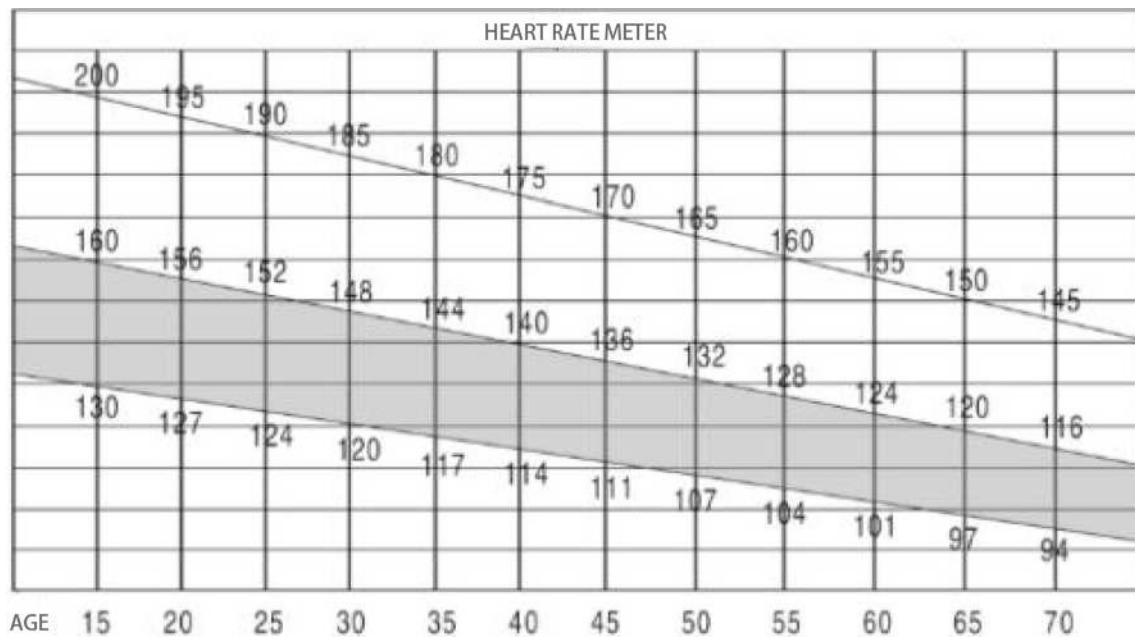
Exercise within the aerobic heart rate range, see (Heart Rate Table).

2) run duration

The length of exercise depends on your physical fitness. Usually for aerobic exercise effects, it is recommended to exercise for at least 15 to 20 minutes in your heart rate range. Before exercising, take a few minutes to warm up, and then slowly adjust your heart rate. Later exercise, gradually reduce the amount of exercise, so that the body slowly calm down.

3) Exercise time interval

Exercise 3-5 times a week for optimal aerobic exercise. It is important at least 24 hours to rest the body. (Shaded as cardio heart rate range)



The
biggest
heart
to

maintenance overhaul

1. Cleaning and maintenance

Clean the control panel with a damp but not wet cloth

Once a week, complete cleaning machines do not use chemicals or dissolving items.

2. Warranty regulations

Warranty period is within one year from the date of purchase. For quality problems, please contact us or your local seller.

If the following circumstances occur, it will not be within the warranty scope of this product

(1) (2) for artificial damage and natural wear (2) did not use the parts or changed the product specifications by itself

Common faults and troubleshooting methods

The following table is some common problems, if similar problems occur, please follow the corresponding treatment method.

question	cause	method of disposition
Data error or no sensing	The button fails	Contact the after-sales service department
It's not smooth, and it has a pause		Adjust the multiple wedge tension wheel to the appropriate position to not skid.
The noise is too big	1. The machine was not flat 2. Damage bearing 3. Multiple wedges wear overworn 4. The screw is loose	1. Check the front and rear supports and adjust the front and rear feet To the appropriate height 2. Contact the after-sales service department 3. Contact the after-sales service
The watch head or the LCD microfier is not bright	1. The machine does not respond 2. The power cord is damaged 3. The fuse is bad 4. Connector for the	1. Check that the line is well connected 2, Replace the power cord 3. Remove tube for beaker (same specification) 4, Contact the after-sales service department