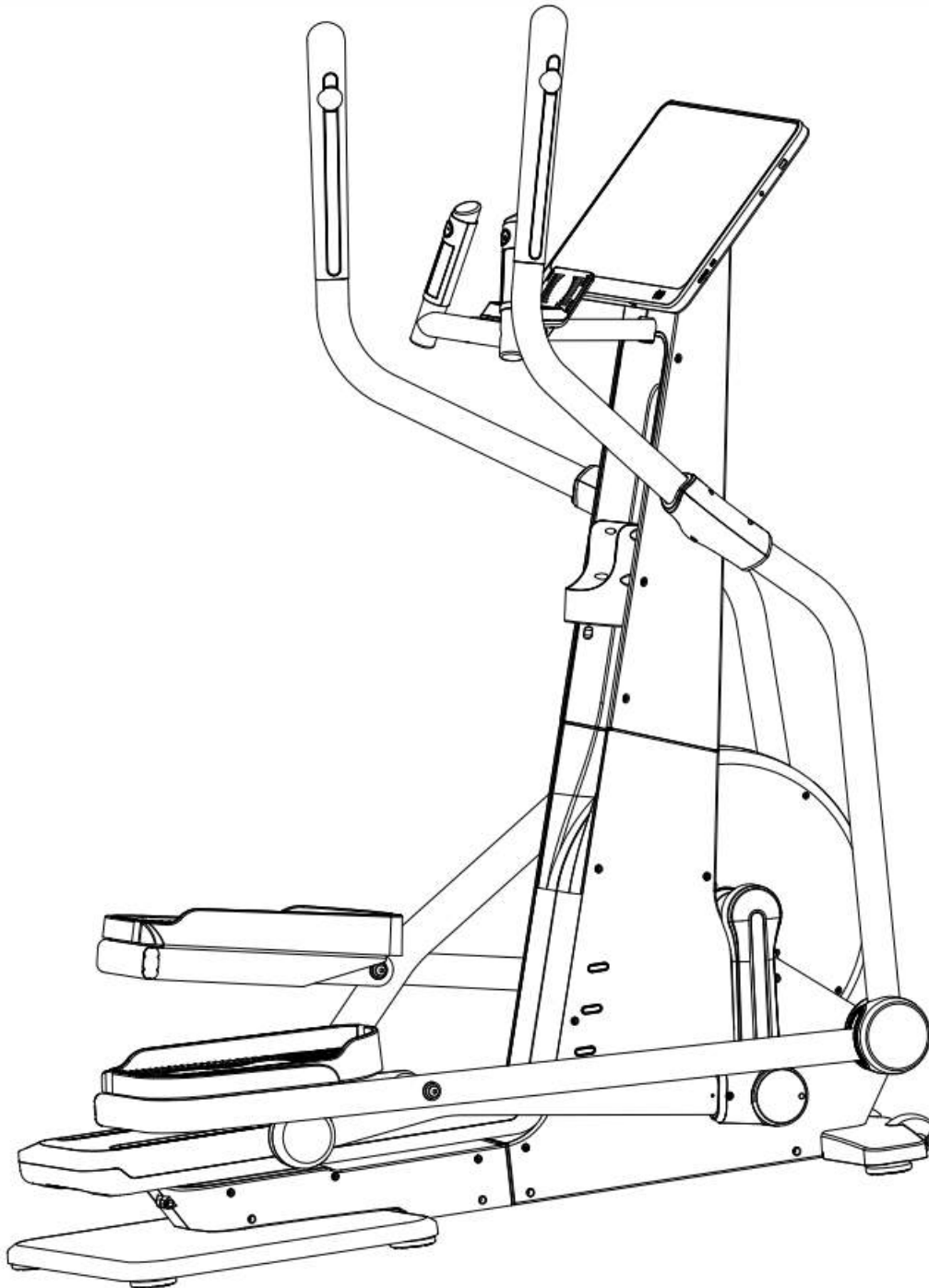


MF-9005 TP Elliptical with i-console

OWNER'S MANUAL



IMPORTANT!

Please read all instructions carefully before using this product.

Retain this manual for future reference.

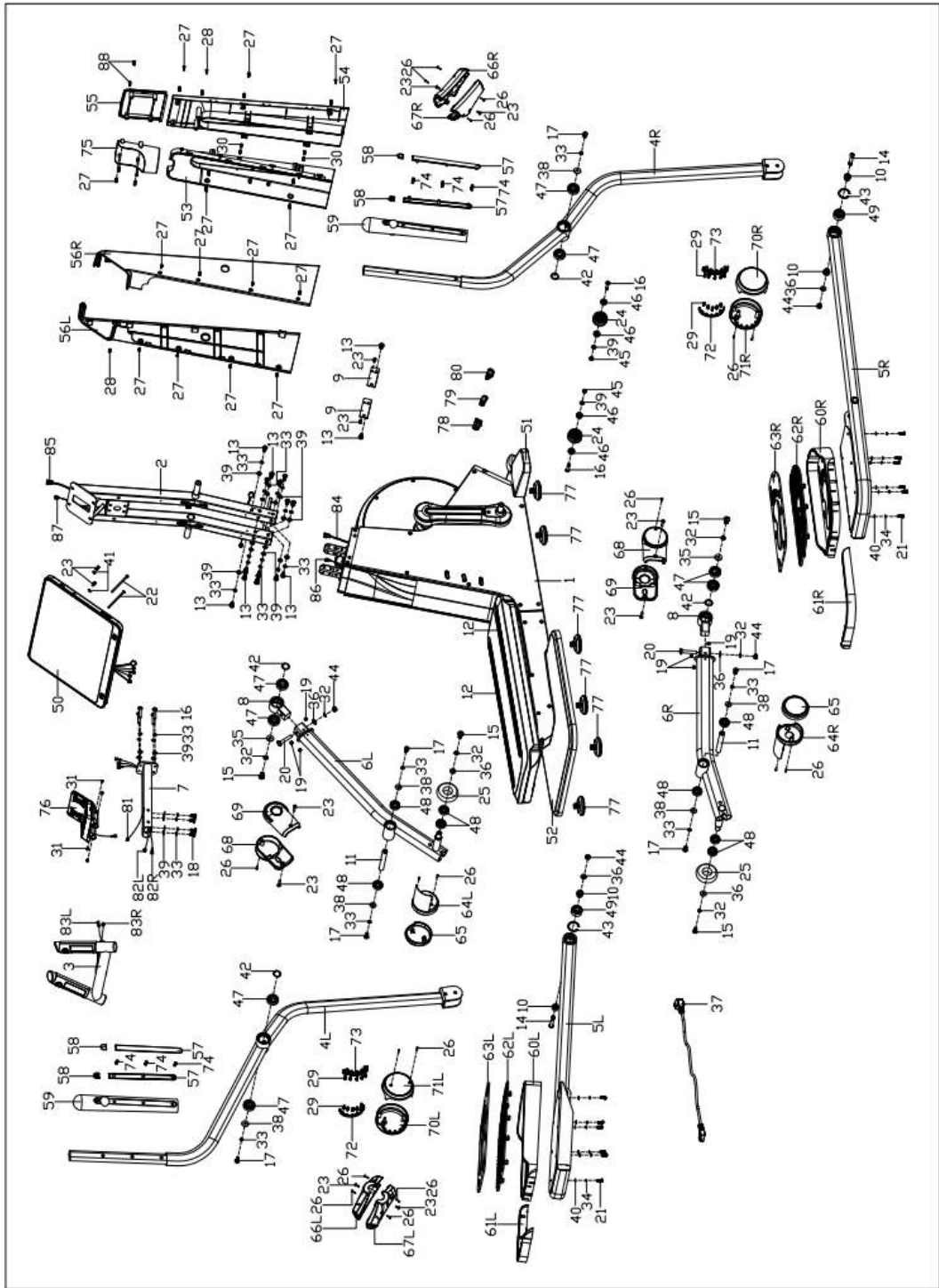
The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

IMPORTANT SAFETY NOTICE

Note the following precaution before assembling and operating the machine.

1. Assemble the machine exactly as the descriptions in the instruction manual.
2. Check all the bolts, nuts and other connections before using the machine for the first time to ensure the machine is in the safe condition.
3. Set up the machine in a dry level place and keep 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.
5. Before beginning the 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 the 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 that 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 immediately.
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 that can adjust the resistance.
14. Maximum user's weight is **160 KGS**.

EXPLODED DIAGRAM



PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Main frame	1	45	Nylon nut M8	2
2	Handlebar post	1	46	Bearing 608	4
3	Handlebar	1	47	Bearing 6004-2RS	8
4L/R	Swing bar post	1 pr	48	Bearing 6003-2RS	8
5L/R	Pedal bar post	1 pr	49	Bearing 2203	2
6L/R	Roller frame	1 pr	50	Computer	1
7	Handlebar connection	1	51	Front end cover	1
8	Connecting rod joint	2	52	Rear end cover	1
9	Fixing board	2	53	Handlebar post front cover	1
10	spacer sleeve	4	54	Handlebar post rear cover	1
11	rotating shaft 2	2	55	Computer cover	1
12	Aluminum alloy guide rail	2	56L/R	Handlebar post cover	1 pr
13	Inner hex screw M8x18	16	57	Foam grip strip 1	4
14	Inner Cross pan head screw M10*60	2	58	Foam grip strip 1	4
15	Inner Cross pan head screw M10*20	4	59	Foam grip	2
16	Inner Cross pan head screw M8*40	6	60L/R	Pedal	1 pr
17	Inner Cross pan head screw M8*20	6	61L/R	Pedal strip	1 pr
18	Inner Cross pan head screw M8*16	4	62L/R	Pedal cushion 1	1 pr
19	Inner hex screw M8*8	6	63L/R	Pedal cushion 2	1 pr
20	Inner hex screw M10*55	2	64L/R	Roller cover	1 pr
21	Cross screw M6*16	12	65	Roller cover cap	2
22	Cross screw M5*95	2	66L/R	Swing bar up cover 1	1 pr
23	Cross screw M5*15	12	67L/R	Swing bar down cover 2	1 pr
24	Roller	2	68	Connecting bar cover 1	2
25	Guide rail roller	2	69	Connecting bar cover 2	2
26	Cross pan head tapping screwST3*16	18	70L/R	Swing bar lower cover 1	1
27	Cross pan head cushion screw M4*15	22	71L/R	Swing bar lower cover 2	1
28	Cross pan head tapping screwST4.2*18	3	72	Swing bar down baffle 1	2
29	Cross pan head cushion tapping screwST2.3*7	20	73	Swing bar down baffle 2	2
30	Cross outer hexagon screw M4*20	4	74	Plastic stop trip latch	6
31	Cross screw M5*10	4	75	Water bottle rack	1
32	Spring Washer D10	6	76	Wireless Power charge	1
33	Spring Washer D8	28	77	Adjusting foot pad	6
34	Spring Washer D6	12	78	Hull switch	1
35	Flat washer D10*D26*2	2	79	Overload protector	1
36	Flat washer D10*D20*2	6	80	Electrical outlet	1
37	Power wire	1	81	Extension wire1	1
38	Flat washer D8*25*2	6	82L/R	L&R Extension wire	1 pr
39	Flat washer D8*D16*1.5	24	83L/R	L&R Pulse wire	1 pr
40	Flat washer D6*D12*1.2	12	84	control extension wire 1	1
41	Flat washer D5*12*1	2	85	control extension wire 2	1
42	Arc washer D20	4	86	Motor control extension wire 1	1
43	Hole ring D40	2	87	Motor control extension wire 2	1
44	Nylon nut M10	4	88	Cross pan head cushion screw M4*8	2

Assembly Instructions

Attention:

Please follow these assembly instructions step by step to assemble this bike.

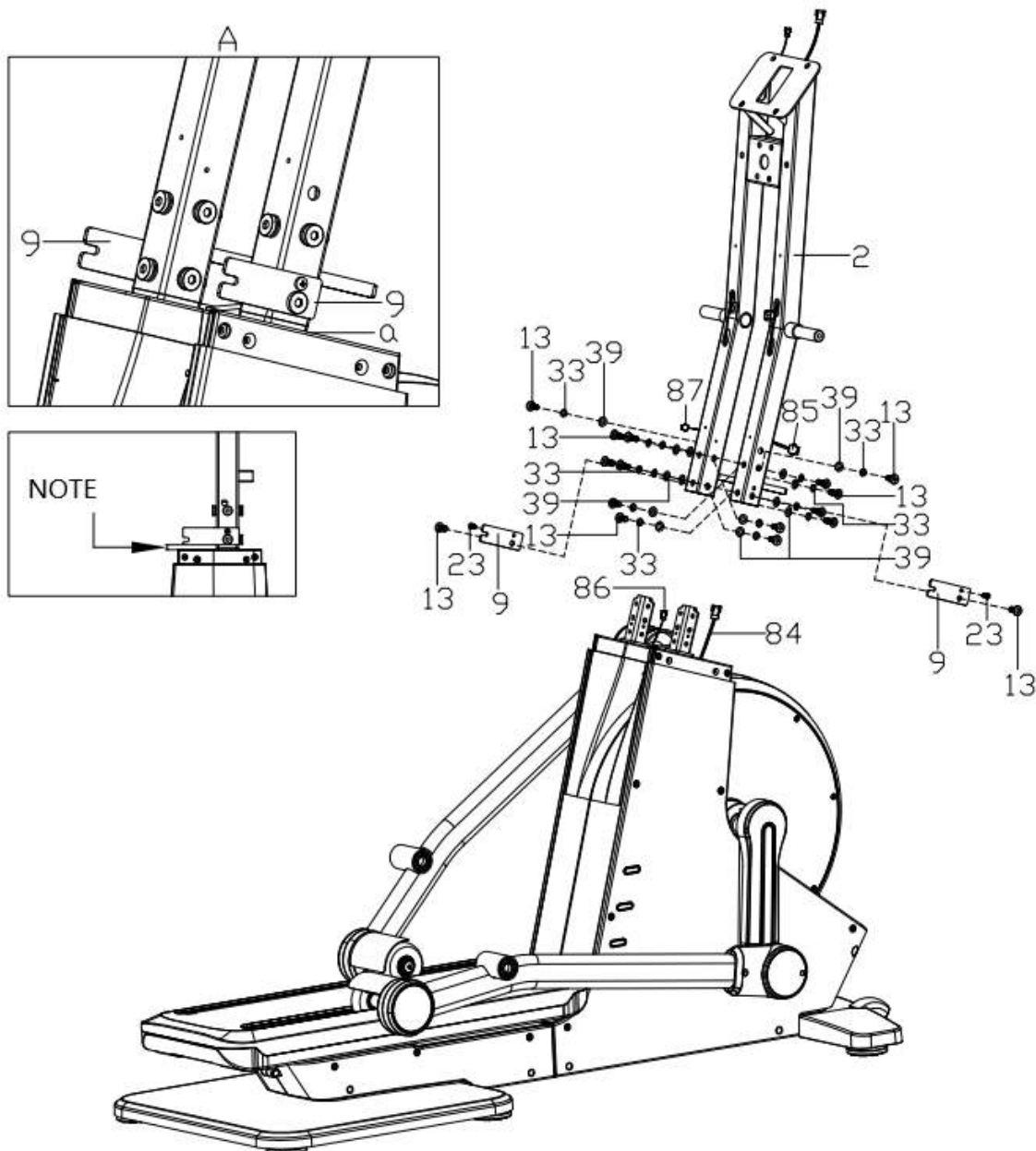
STEP 1:

1: Use Inner hex screw (13), spring washer (33), flat washer (39) to lock the handlebar post (2) to the main frame coupling (1);

2: Use inner hex screw (13) and cross screws (23) to lock the fixing plate (9) on the handlebar post (2)

NOTE: Pay attention to the position of each screw during installation, and the fixing plate (9) is parallel to face a, as shown in Figure A below;

3: Control extension wire 1 (84) to control extension wire 2 (85); Motor control extension wire 1 (86) is connected to Motor control extension wire 2 (87).

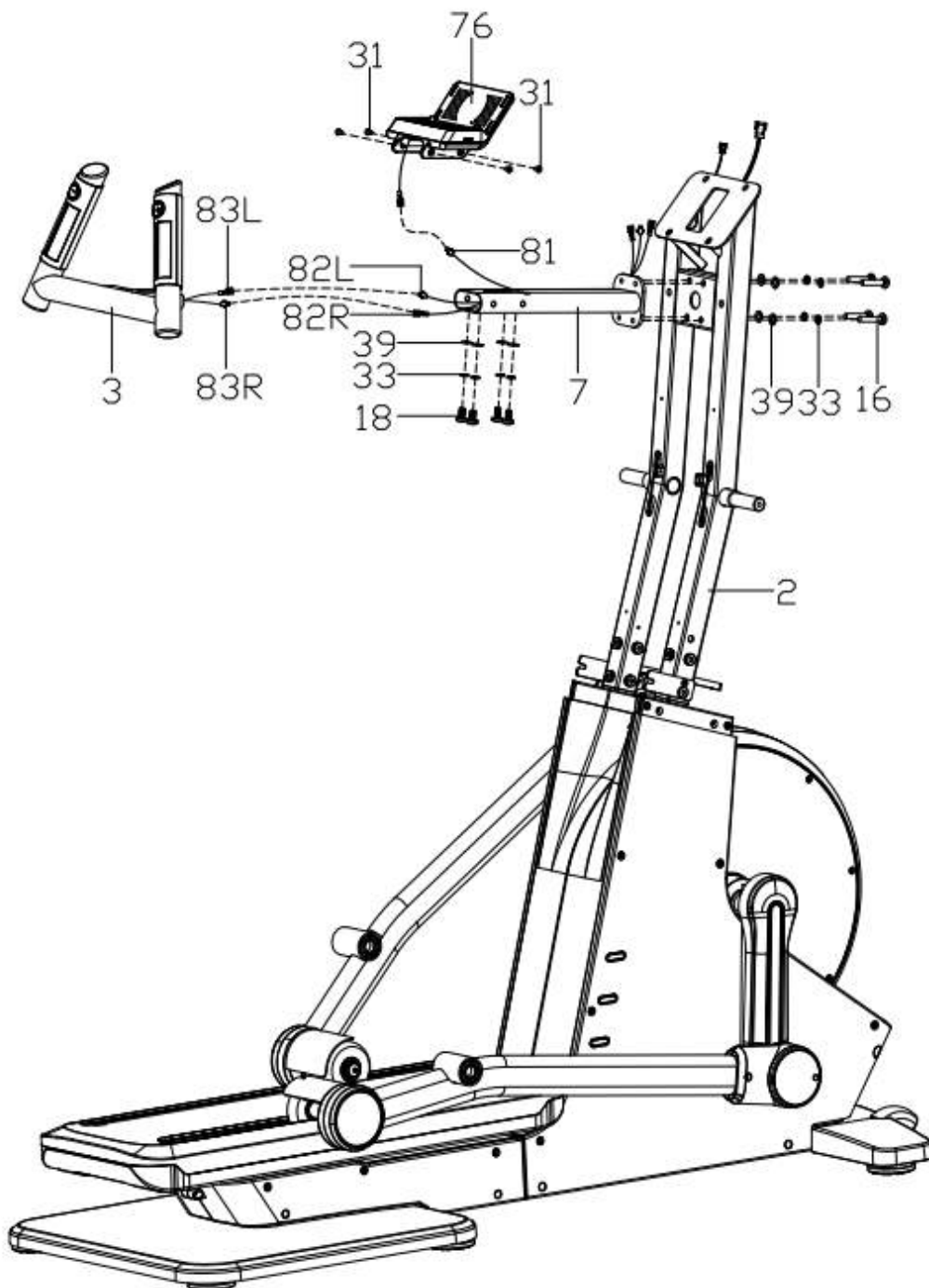


STEP 2:

1: Connect the L&R Pulse wire (83L/R) to the wire corresponding to the L&R Extension wire (82L/R), and pull out the excess wire from the Handlebar connection (7) to prevent the wire from being clipped, and then lock the Handlebar (3) to the handlebar connection (7) with the hex pan head screw (18), spring washer (33), and flat washer (39);

2: Connect the wire of the external wireless charging module (76) to the trunk line 1 (81), and pull out the excess from the Handlebar connection (7) to prevent the wire from being clipped, and then lock the external Wireless Power charge (76) to the handlebar connection (7) with the cross screw (31);

3: Pass Extension wire1 (81) and L&R Extension wire (82L/R) through the circular hole in the middle of the handlebar post (2) strengthening pipe into the square hole of the table tray, and then lock the Handlebar connection (7) to the handlebar post (2) with the Inner Cross pan head screw (16), spring washer (33), and flat washer (39).



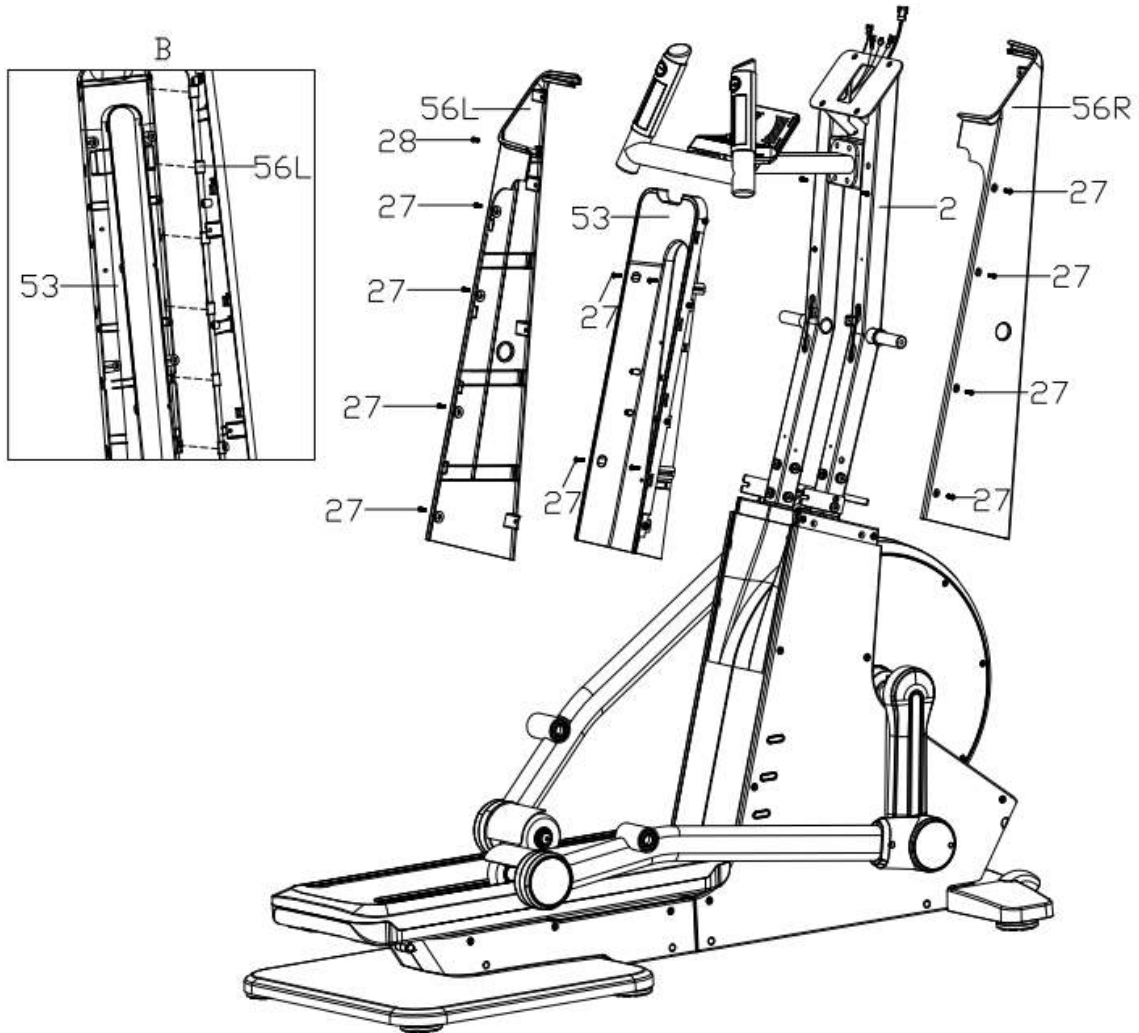
STEP 3:

1: Pre-lock Handlebar post front cover (53) to Handlebar post (2) with cross pan head screw (27)

Please Note that Handlebar post front cover (53) cannot be locked, ensure that it can move up and down

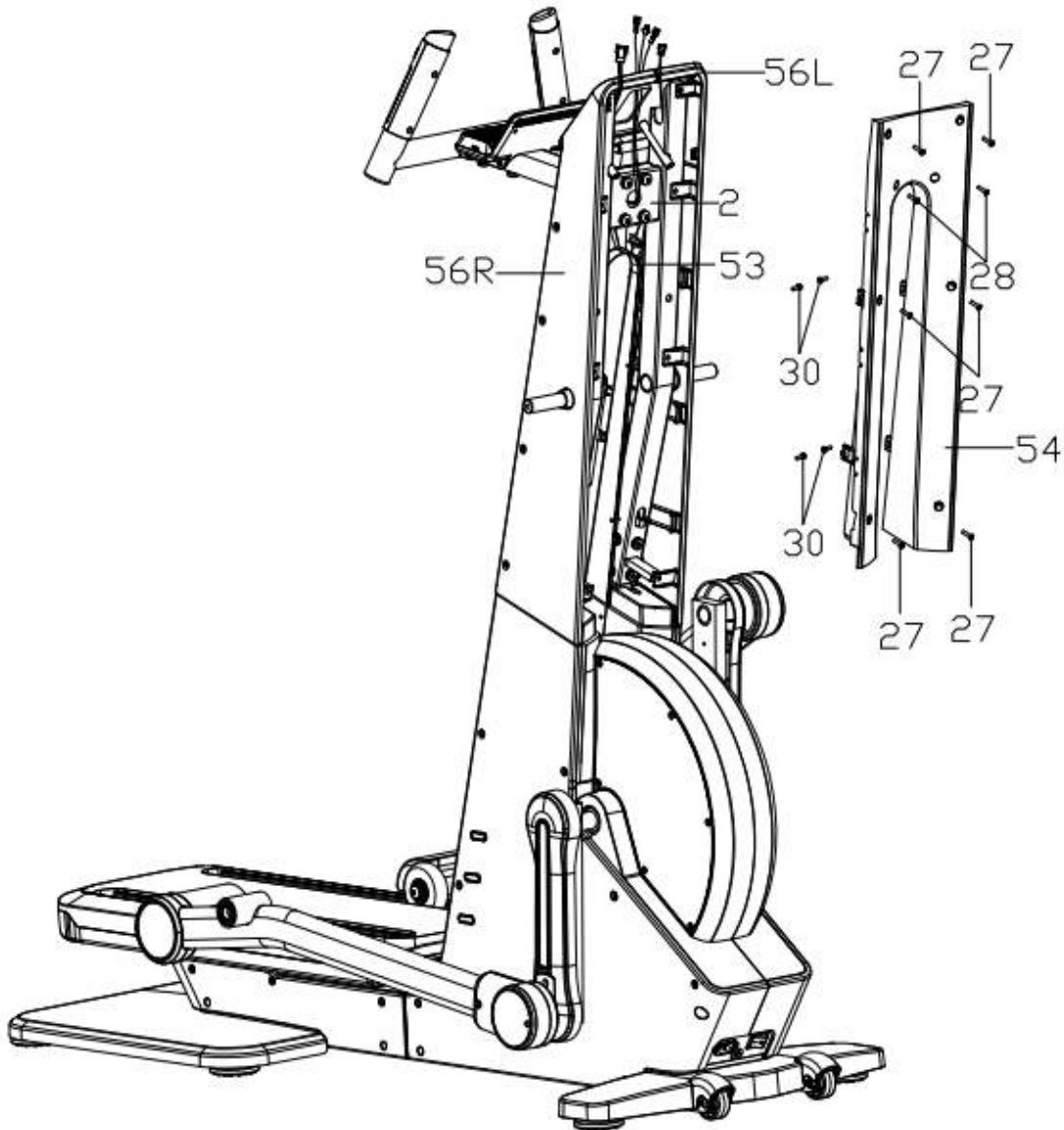
2: Insert the protruding clamp of the left and right Handlebar post cover (56L/R) into the square hole of the Handlebar post front cover (53) (as shown in Figure B below),

then use the cross pan head screws (27) and the cross pan head tapping screws (28) to lock the left and right Handlebar post cover (56L/R) to the Handlebar post front cover (53).



STEP 4:

- 1: Use the Cross outer hexagon screw (30) to align the Handlebar post rear cover (54) with the Handlebar post front cover (53) after the boundary position is aligned to the Handlebar post(2);
- 2: Align the Handlebar post rear cover (54) with the Handlebar post front cover (53) at the boundary position, and then use the cross pan head with cushion screws (27) and the cross pan head self-tapping nails (28) to lock the Handlebar post rear cover (54) to the Handlebar post(2);
- 3: Lock all cross pan heads screws (27) in **STEP 3**.



STEP 5:

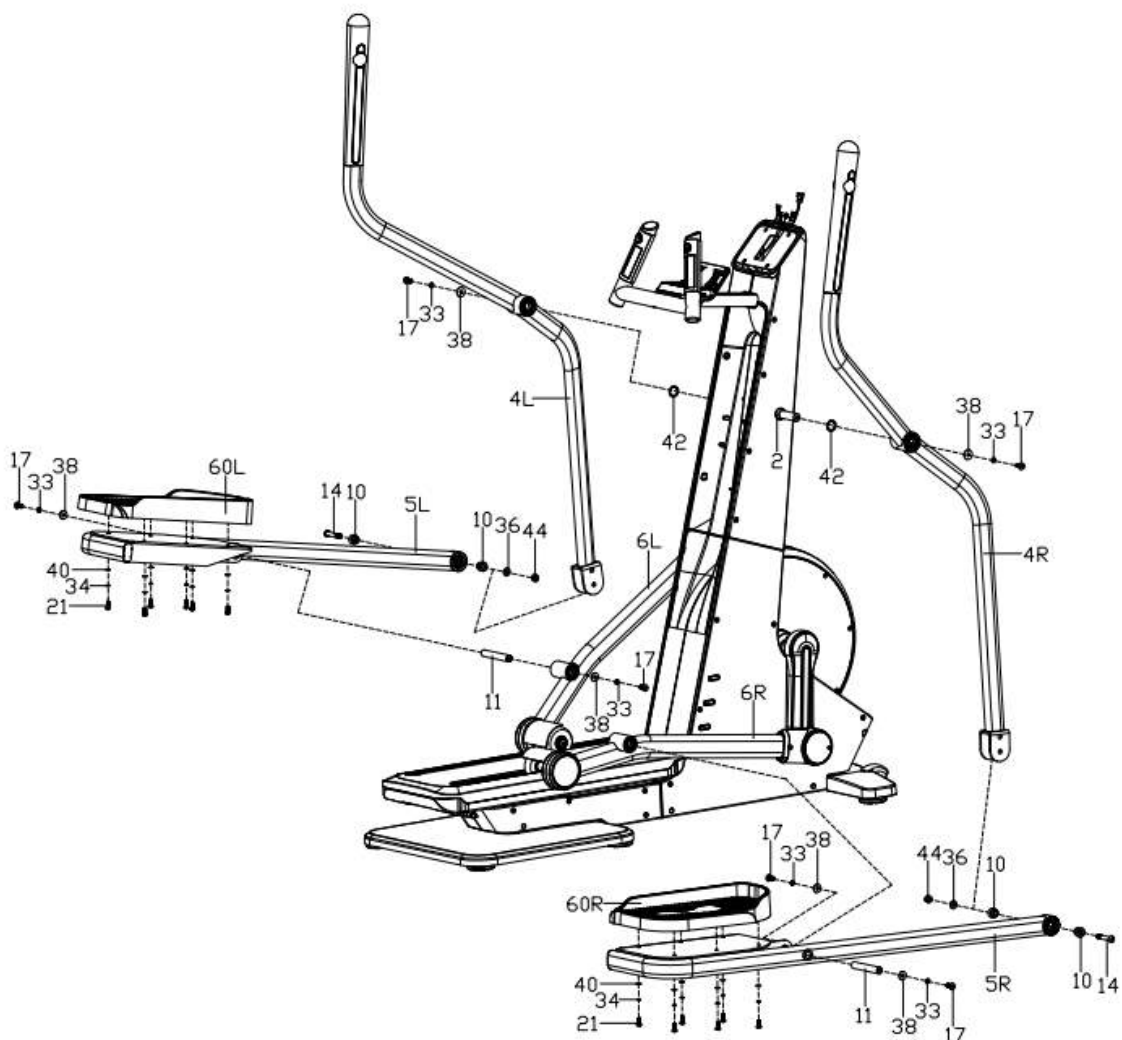
1: Use hexagon pan head screw (17), spring washer (33), flat washer (38) and rotating shaft 2 (11) to lock the left and right Pedal bar post(5L/R) on the left and right roller frame (6L/R);

2: Lock the left and right swing bar post (4L/R) on the rotating shaft that connects the Handlebar post (2) with the hexagon pan head screw (17), spring washer (33), flat washer (38), and arc washer (42).

3: Connect the left and right Pedal bar post(5L/R) with the left and right swing bar post (4L/R) with the hexagon pan head screw (14), the spacer sleeve (10), the flat washer (36), and the nylon nut (44) (**do not lock it first**);

4: Lock all unlocked hex pan head screws (17) and hex pan head screws (14);

5: Lock the left and right pedal (60L/R) to the left and right Pedal bar post (5L/R) with the cross pan head screw (21), spring washer (34), and flat washer (40).



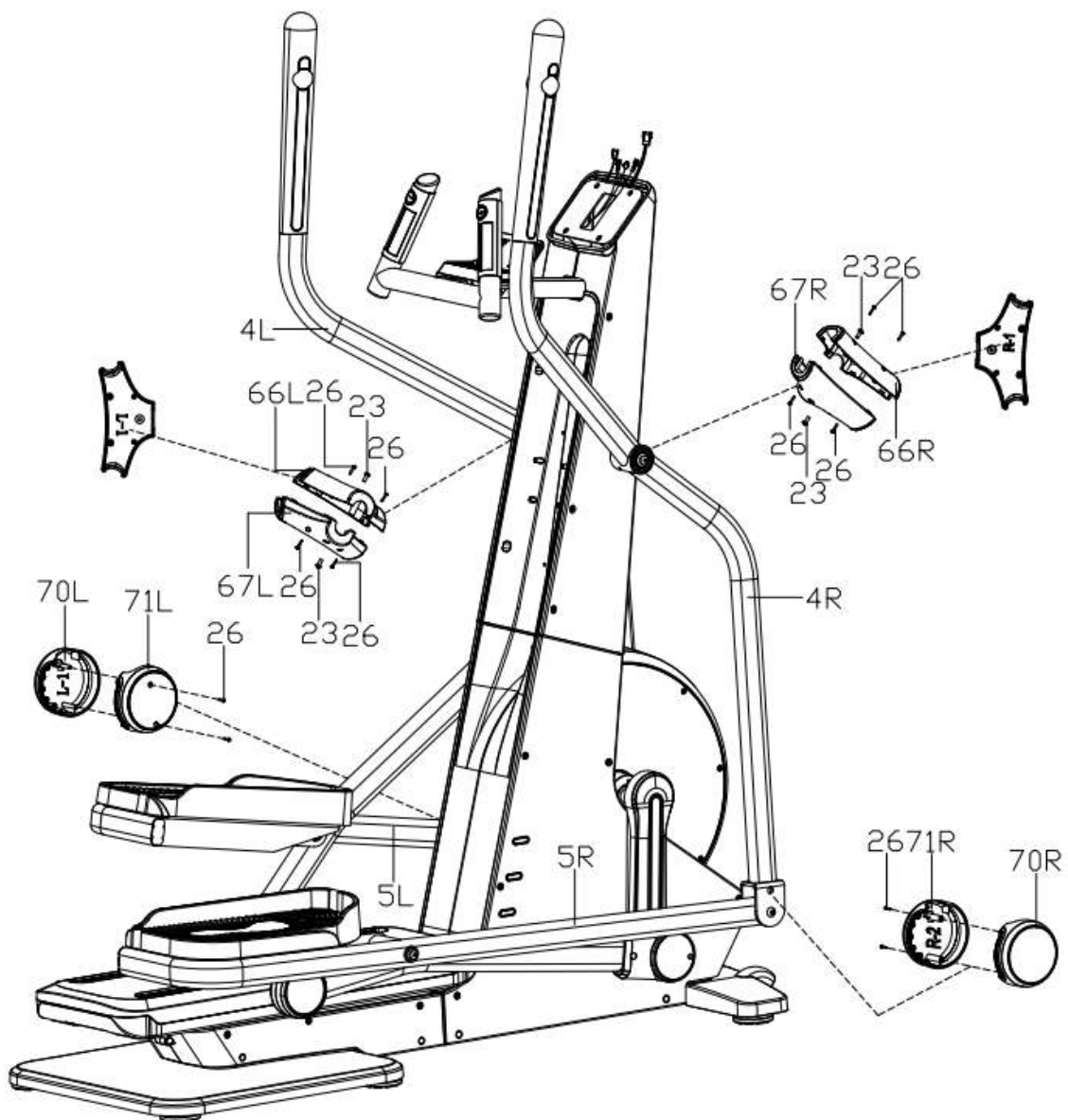
STEP 6:

1: Use a cross pan head screw (23) and a cross pan head tapping screw (26) to lock the Swing bar up cover 1 (66L/R) and Swing bar up cover 2 (67L/R) on the left and right swing bar post (4L/R)

NOTE: Please pay attention to the left and right directions of the top guard 1 (66L/R) and top guard 2 (67L/R) on the left and right swing bar post).

The left and right swing bar post upper guard 1 (66L/R) is installed on the top, the left swing bar upper cover 1 (66L) corresponds to **L-1**, and the right swing bar upper cover 1 (66R) corresponds to **R-1**;

2: Use the Cross pan head tapping screw (26) to lock the left and right Swing bar lower cover 1 (70L/R) and the left and right swing bar lower cover 2 (71L/R) at the connection of the left and right swing bar post combination (4L/R) and the left and right Pedal bar post (5L/R).

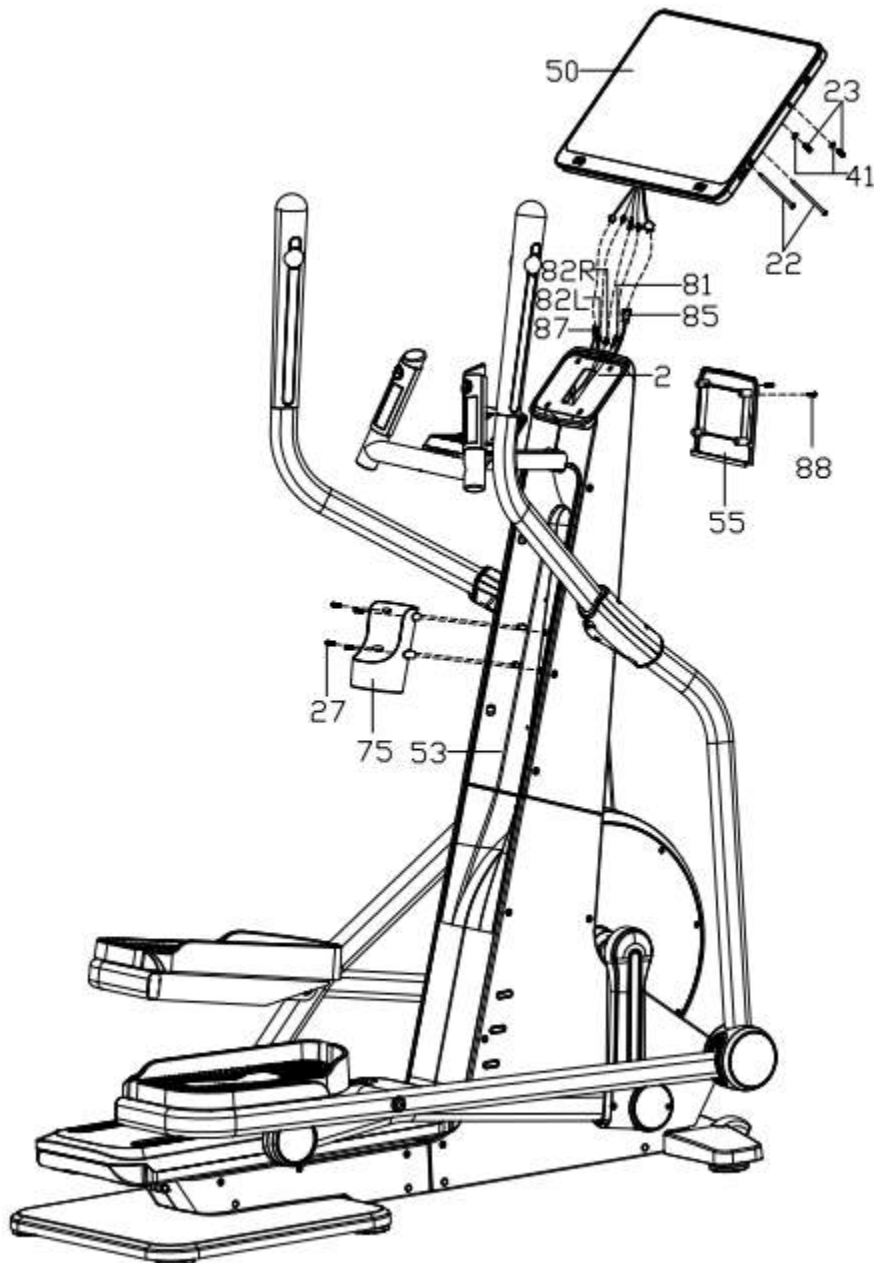


STEP 7:

1: First connect the control extension wire 2 (85), Extension wire1 (81), left and right Extension wire (82L/R), Motor control extension wire 2 (87) to the wire corresponding to the computer (50), and then lock the computer (50) to the console plate of handlebar post (2) with the cross pan screw (22), the cross screw (23), and the flat washer (41)

2: Use a cross pan head with cushion screw (88) to lock the computer cover (55) to the handlebar post (2);

3: Fasten Water bottle rack (75) to the Handlebar post front cover (53) of the handlebar post (2) with the cross pan head screw (27).



WARM-UP and COOL-DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE.**



Side Stretch



Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

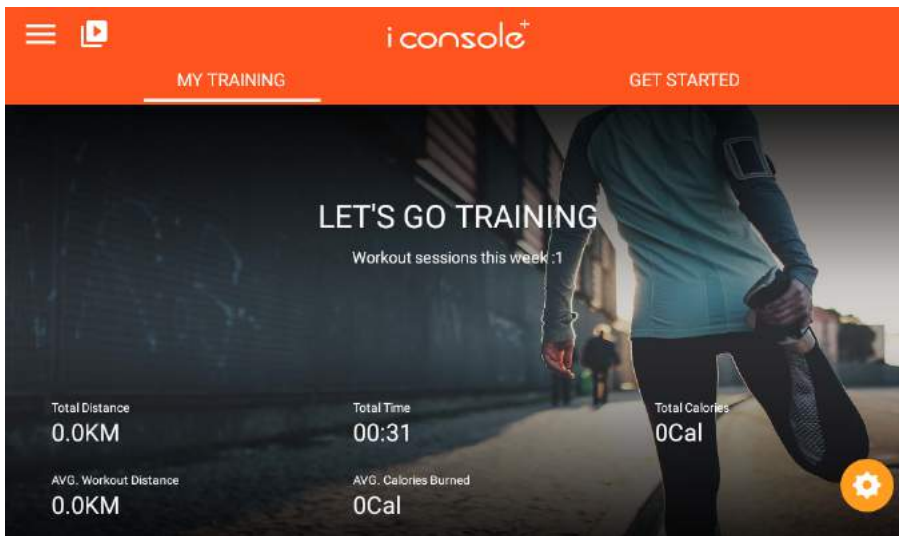
Remember always to check with your physician before starting any exercise program.

COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

INSTRUCTION MANUAL OF SV86XX/SV85XX

1. POWER ON (Home page):




2. Function Spec Description:


A. MY TRAINING: Displays total motion data

B. GET STARTED:

QUICK START / INTERVAL / MAP YOUR ROUTE /Constant Power/Program/Heart rate Control
Total six modes of exercise for choose

C. System Setting  this page can operate login account/home page/historical data/new linked account/Settings and other functions



D. Volume control:

E. Brightness adjustment  function:

F. Time zone selection :

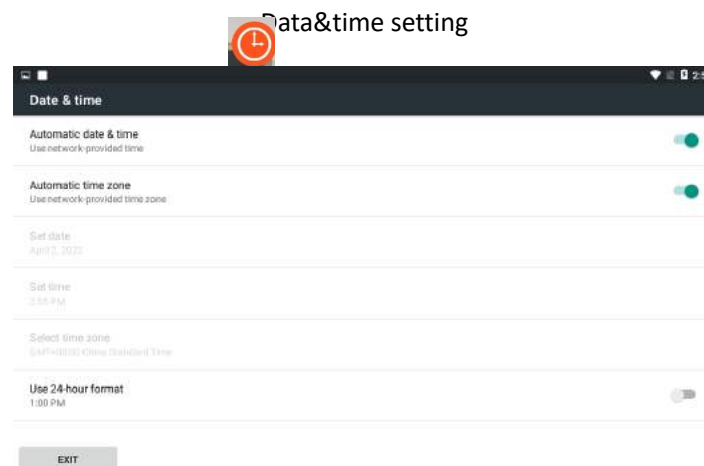
G.WIFI setting function :

H. Bluetooth heartbeat matching function:

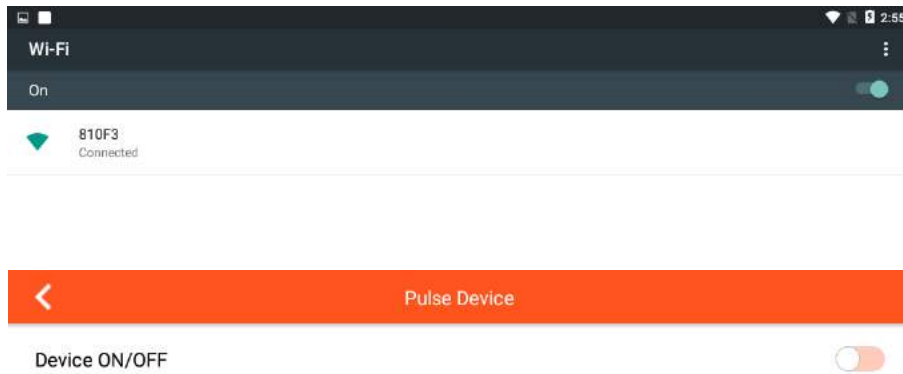
I. Fan adjustment function:  OFF/High/medium  grade(依照製單是否要刪除)

J. Multimedia mode :

 NETLIX、YOUTUBE、SPOTIFY、KINOMAP、CHROME、FACEBOOK、TWITTER、INSTAGRAM、AMAZON PRIME VIDEO、AMAZON SHOPPING **PS.Multimedia APP will be optimized for replacement according to availability.**



WiFi setting



3. Display Range :

ITEM	Description
DISTANCE	<ul style="list-style-type: none">· Display the movement distance· Display value range 0.0 ~ 99.9 in Cycle
SPEED	<ul style="list-style-type: none">· Display the movement speed· Display Value range 0.0 ~ 99.9
RPM	<ul style="list-style-type: none">· Display RPM· Value range 0 ~ 999
TIME	<ul style="list-style-type: none">· Display the movement time· Display value range 0:00 ~ 99:59 in Cycle
Heart Rate	<ul style="list-style-type: none">· Display the movement heart rate.· Value range 0 ~ 230
HR Zone	<ul style="list-style-type: none">· Display the movement HR Zone.· Value range 0% ~ 100%
BAI	<ul style="list-style-type: none">· Display the consumption BAI value during the exercise.· Value range 0 ~ 999
WATT	<ul style="list-style-type: none">· Display the movement power consumption· Display range 0~999

4. Button Function :

START/PAUSE: When in starting status press this key ,it will stop training, and when in stopping mode press this key it will start to work .

STOP: Press this key stop training.

UP: Press this key to increase the load level

DOWN: Press this key to decrease the load level

FAN : control the FAN force: OFF , high speed , mediate speed , low speed .

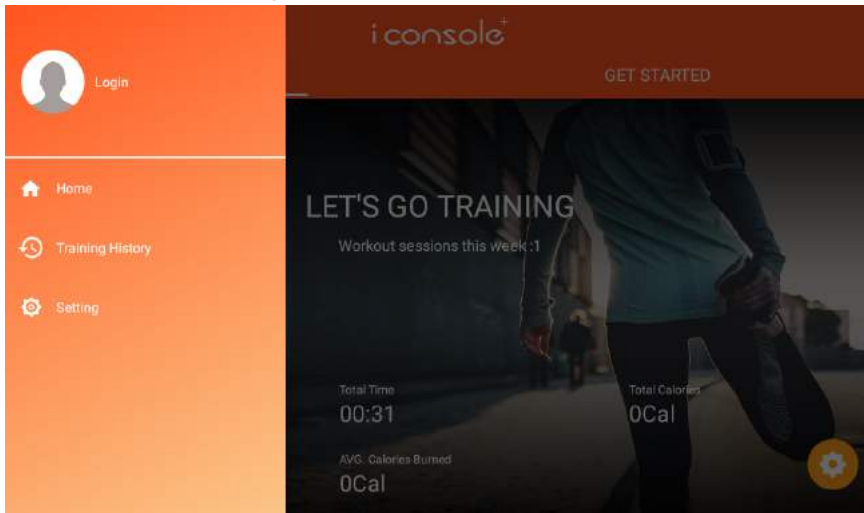
5. SYSTEM SETTING OPERATION :

A. LOGO IN: (photo) Personal information login and create, login account
(Email application, FB , We Chat , GOOGLE login)

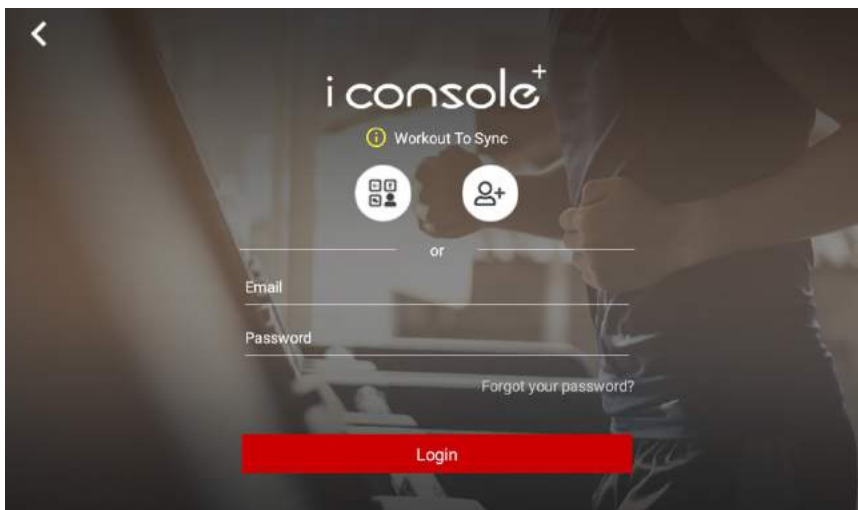
B. HOME: Back to home page

C.TRAINING HISTORY: Exercise information enquiry (login required)

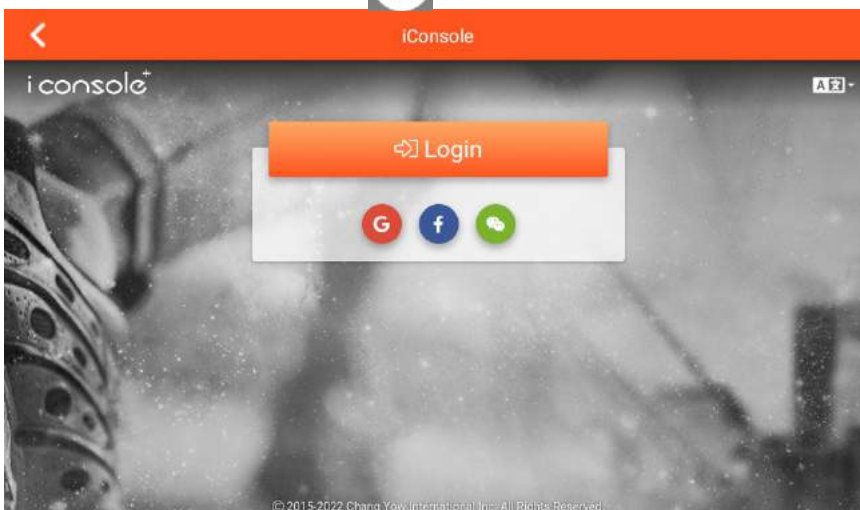
D. SETTING: Setting mode



A. Click Logo in (photo) to login the account , select face book /GOOGLE/ We Chat // enter the email password to log IN.



GOOGLE /FACEBOOK/WECHAT

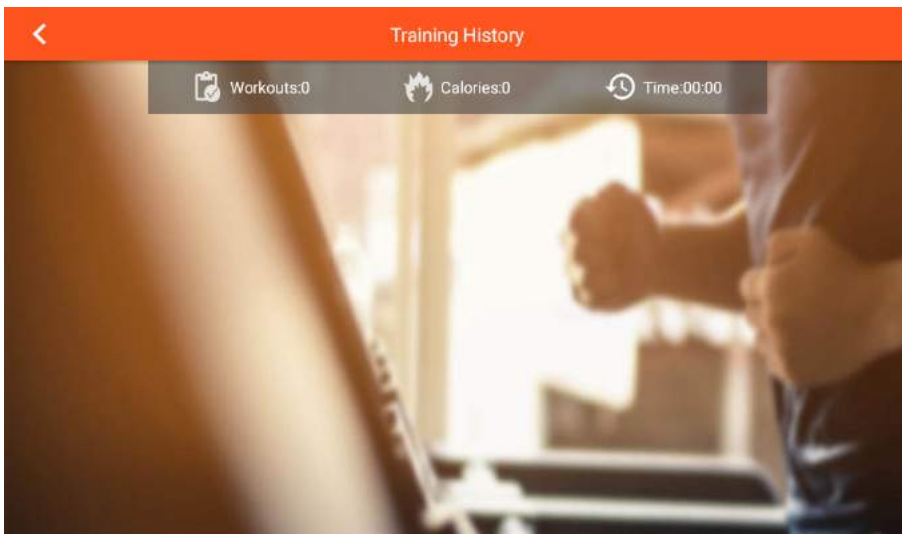




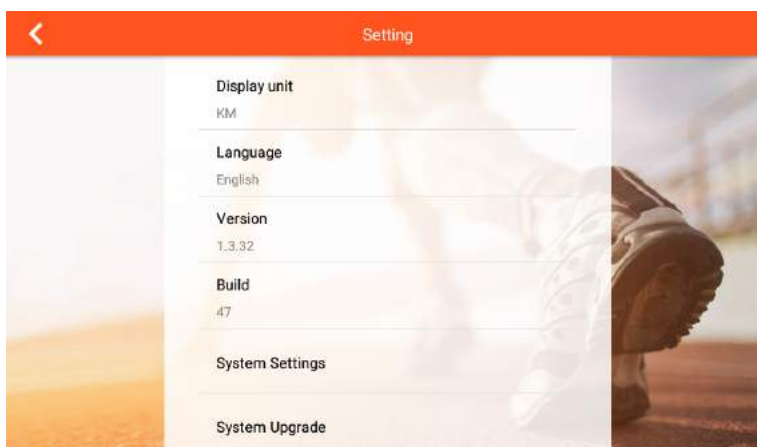
CREATE ACCOUNT



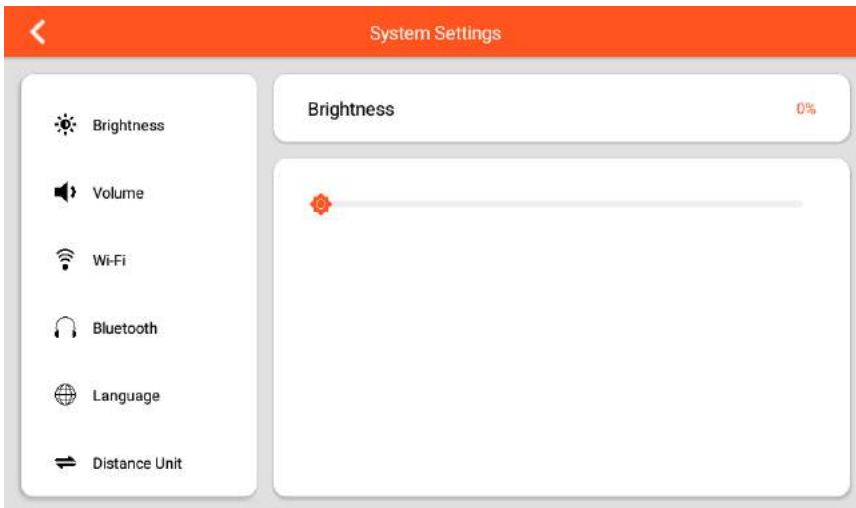
B. TRAINING HISTORY



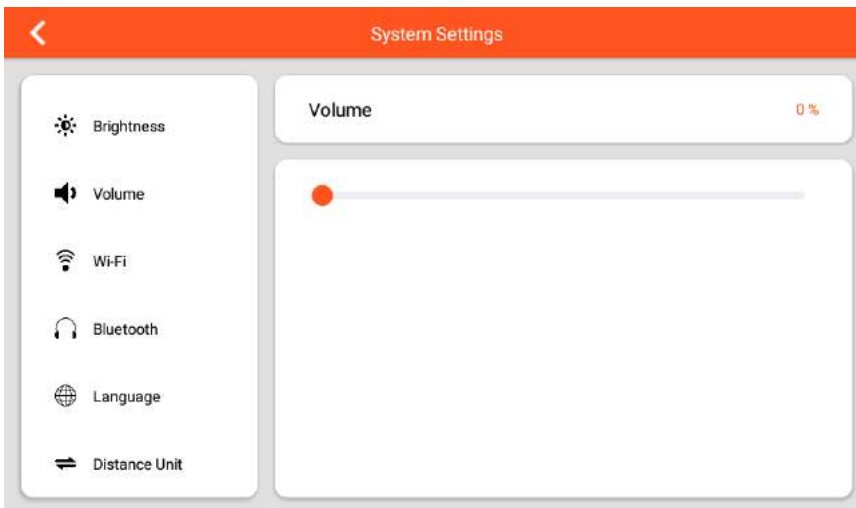
C.SETTING:



Click SYSTEM SETTINGS to enter into system setting (wifi brightness ,volume ,BT, Language ,KM/ML)
a.Brightness



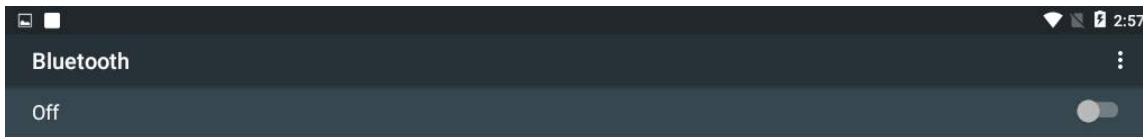
b.Volume



c.WIFI



d. bluetooth device



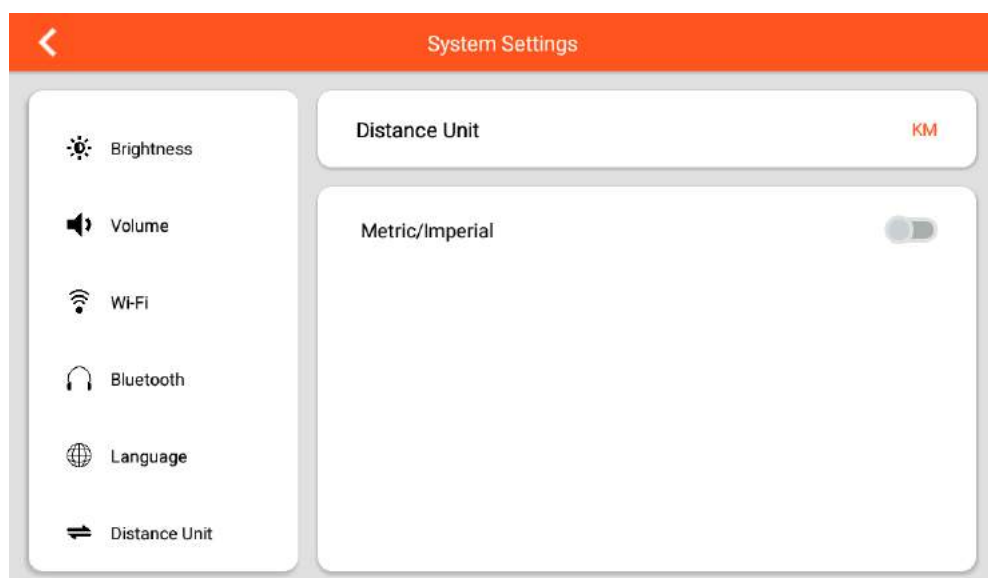
When Bluetooth is turned on, your device can communicate with other nearby Bluetooth devices.

EXIT

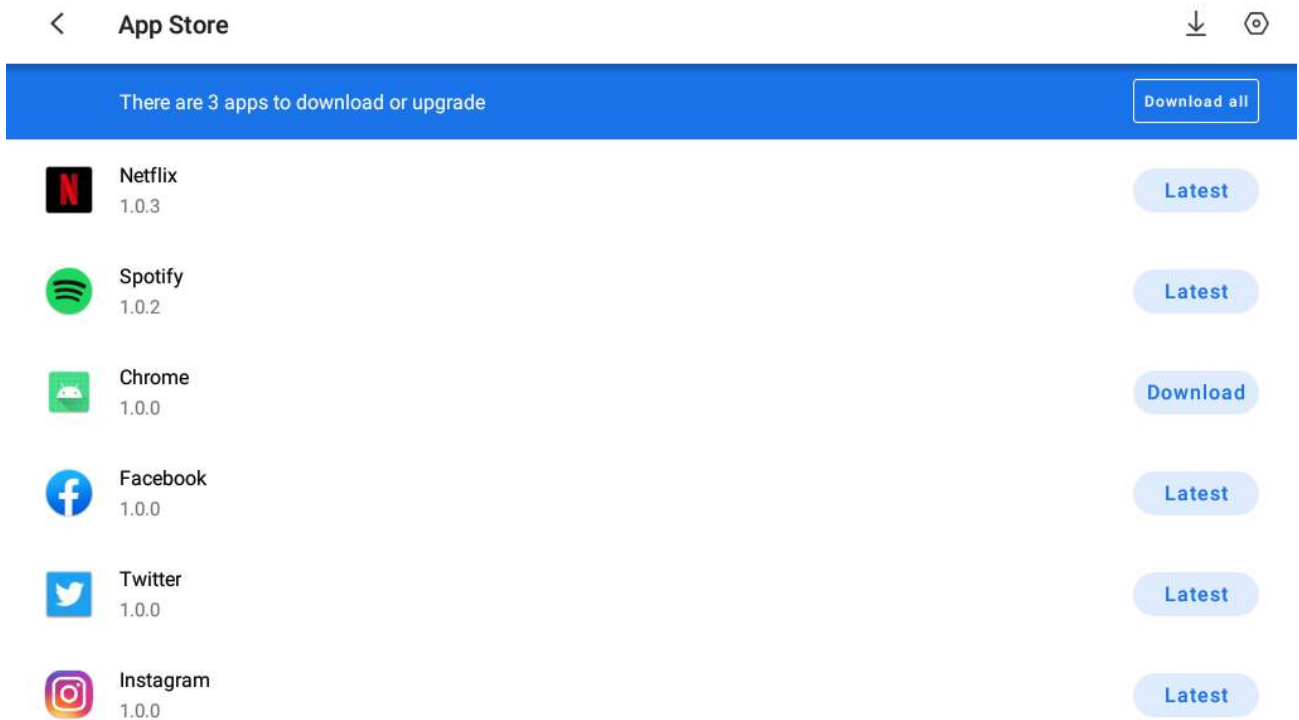
e. language



f. Distance Unit

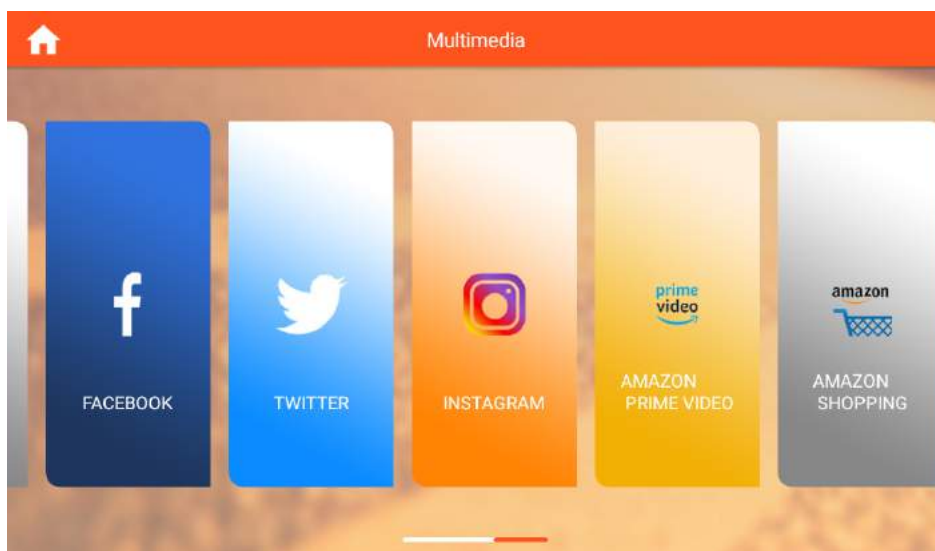
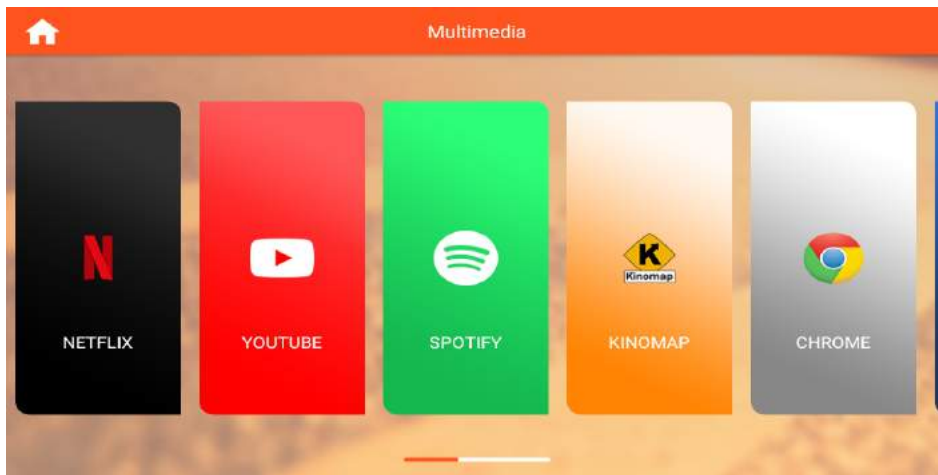


SYSTEM UPGRADE into APP up load data

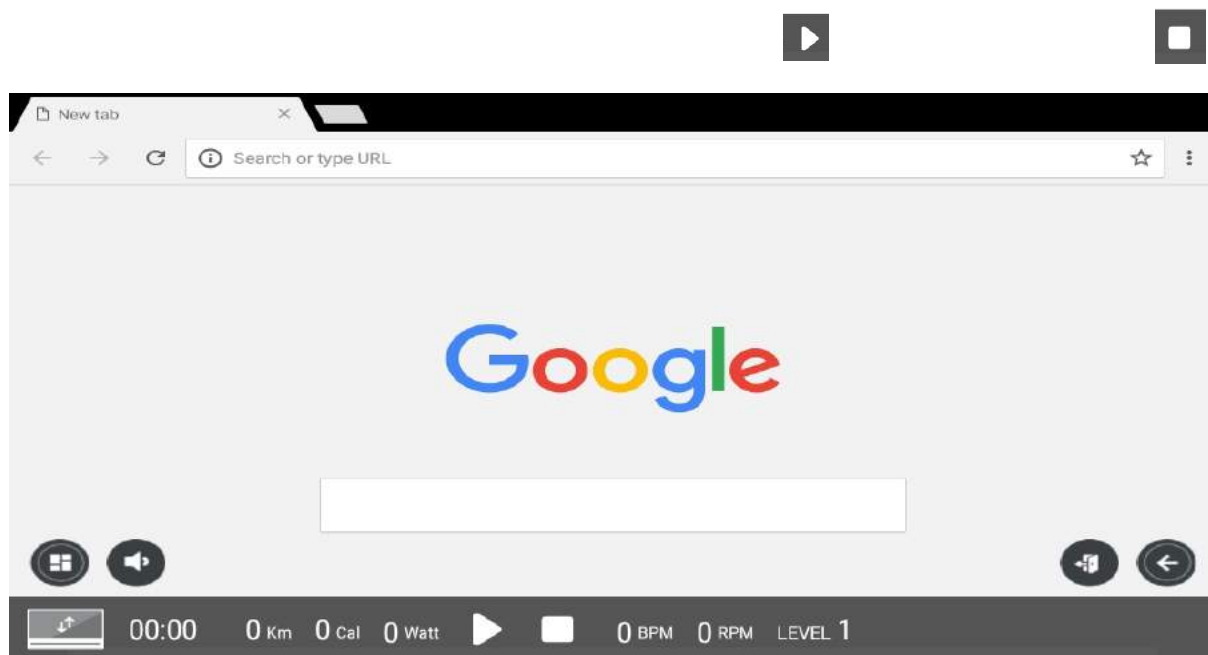


6. Multimedia mode (slide the page left and right to select the APP icon you want to use) :

- A. Select APP :NETLIX、YOUTUBE、SPOTIFY、KINOMAP、CHROME、FACEBOOK、TWITTER、INSTAGRAM、AMAZON PRIME VIDEO、AMAZON SHOPPING

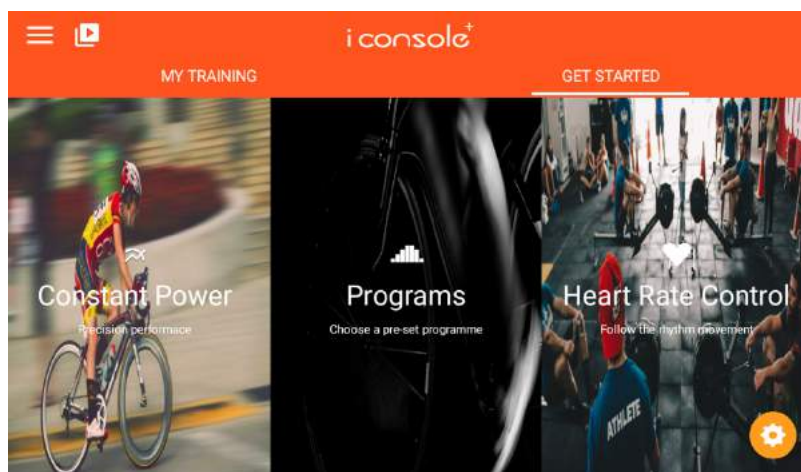
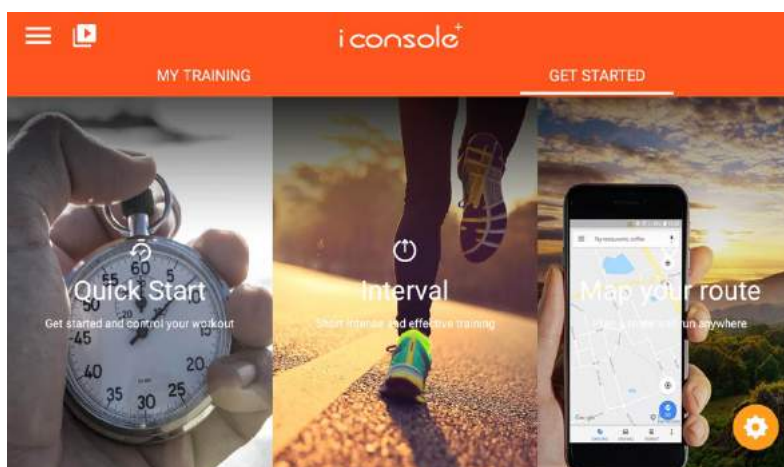


In Multimedia mode, user can press “ ” display or hide the movement value, press “ ” back to the last system function page., press “ ” to the home page , press “ ”to start training ,press” “ stop exercise.



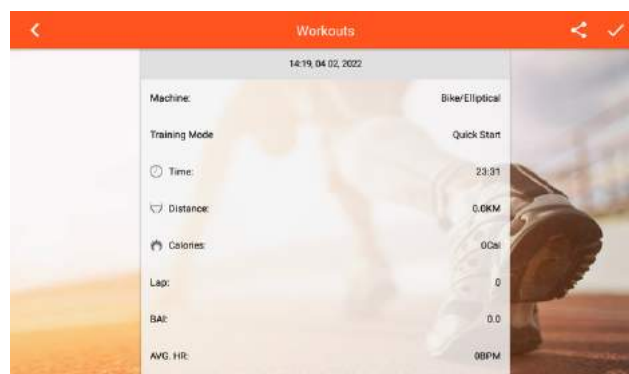
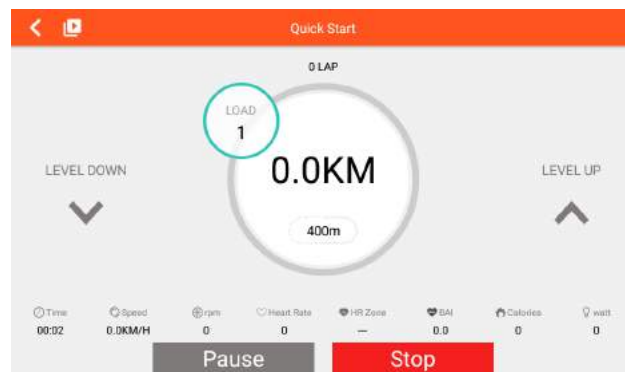
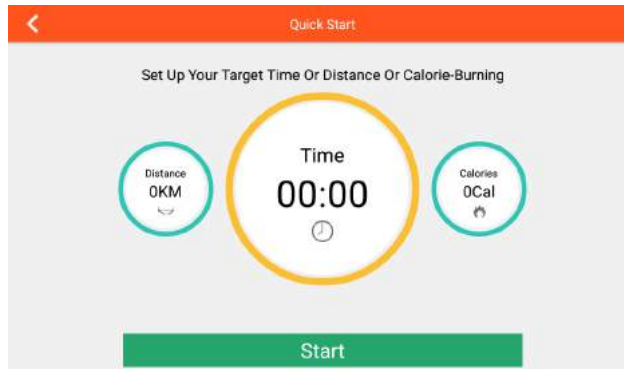
7、 Function Introduction

Quick Start / Interval /Map Your Route/Constant Power/Program/Heart rate Control



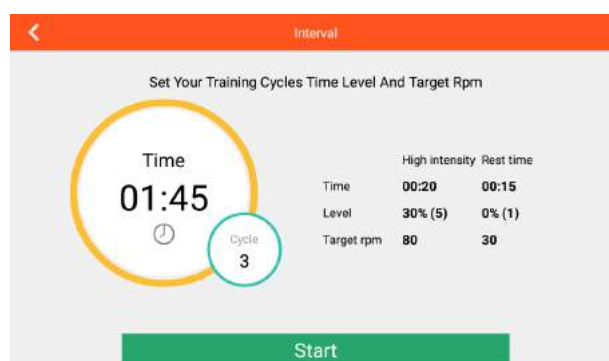
A. QUICK START MODE:

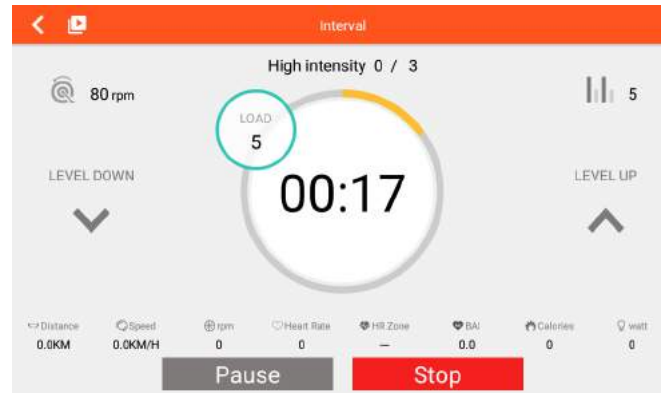
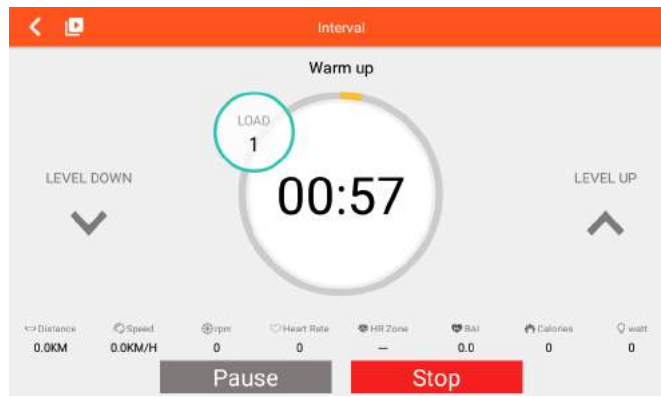
1. Setting the exercise value (DIST/TIME/CAL), Press “START” go to training, data start to counting .
2. When start training can adjust the LEVEL UP&DOWN /FAN, press “PAUSE” enter into break mode, press “STOP” to exit this mode.
- C. When finished, the SUMMARY displays .



B. INTERVAL MODE:

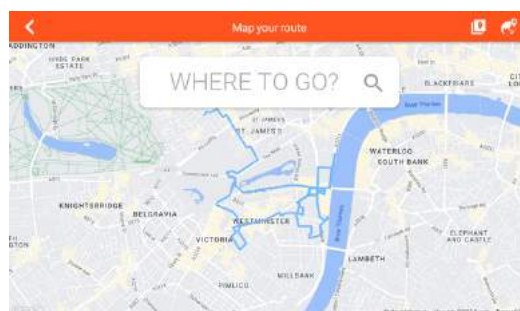
- A. Can set the functions value of CYCLE /TIME /LEVEL /TARGET RPM separately, press “START” go to training.
- B. Warm up first, then start INTERVAL mode
- C. In high intensity time can adjust the load level (display the level as set)
When in rest time adjust the load level, keep display the level as set .
- D.Press “ PAUSE” enter into break mode, press “STOP” leave this mode.
- E. When finished, the SUMMARY displays .











C.MAP YOUR ROUTE MODE:

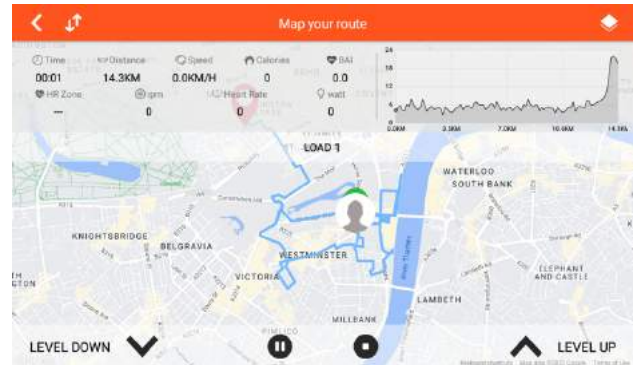
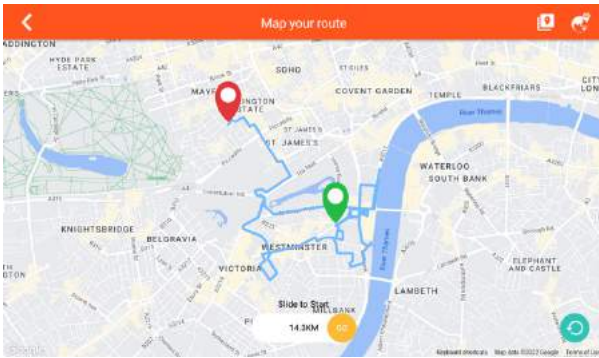
1. After entering this mode, it will detect the current region, click “📍” load the preset link, distinguish Chinese and non-Chinese region.; click “🌐” can switch to the world map(GOOGLE MAP) or China Map. preset “🇨🇳” as the map of China, and “🌐” as the World map.



2. Planning the map road, long press one time will display the start position “📍”, long press two times will display the final position “📍”, press three times display the turning point “📍”(with the max qty). Slide and start training ,press “🔄” can reset the map.

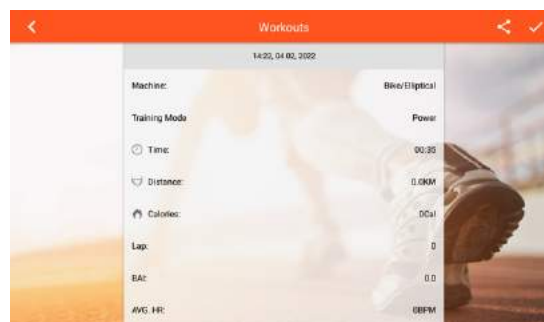
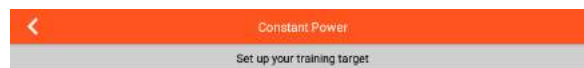


- Press “  “ display or hide the exercise value, press “  “ switch the map/ Google street / satellite mode, and display the map/ Google street / satellite per 3s in cycle. Also  can adjust the LEVEL/INCLINE/FAN, LEVEL will be adjusted according to the slope map .
- Can adjust the LEVEL UP OR DOWN, press “  “go to break mode, press “  “ leave  mode.
- When finished, the SUMMARY displays .



D、 Constant Power MODE:

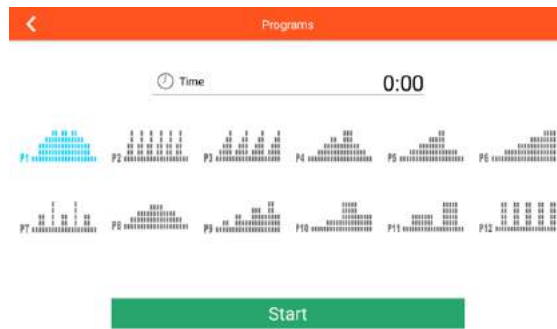
- User can set TIME/TARGET POWER/TARGET CADENCE , then press “START” go to training.
- LEVEL will be adjusted according to the value of WATT.
- Press “ Pause ”go to break mode, press “ Stop ” leave this mode.
- When finished, the SUMMARY displays .



E.PROGRAM MODE:

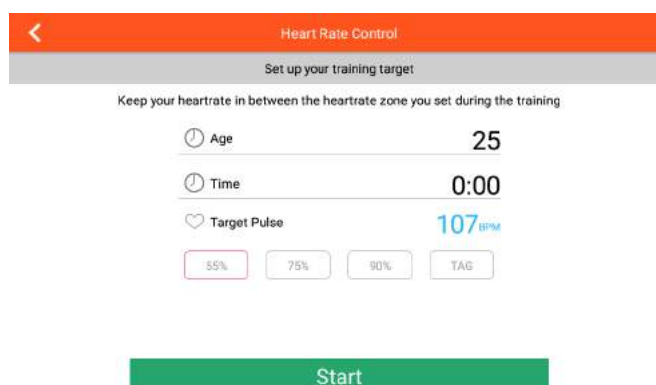
- Set the TIME and select P1~P12 PROGRAM, press “ START” go to training.

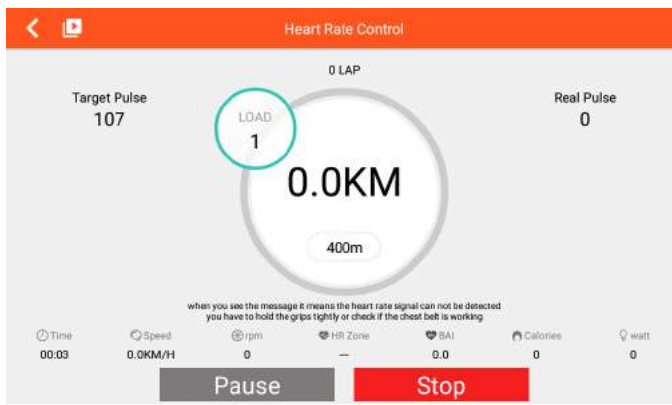
- When start user can adjust the LEVEL UP&DOWN /FAN, level will be adjusted according to the PROGRAM.
- Press “PAUSE” enter into break mode, press “ STOP” leave this mode.
- When finished, the SUMMARY displays .



F. HEART RATE CONTROLMODE:

- User can set the AGE/ TIME/ TARGET 55% 75% 90% TAG PULSE, press “ START” go to training.
- LEVEL will be adjusted according the goal value of heart rate, if not reached the goal value , the load level will increase ,if over the goal value level will decrease automatically.
- If without heart rate input about 40s, it will exit this mode automatically.
- Press “ PAUSE” enter into break mode, press “STOP” leave this mode.
- When finished, the SUMMARY displays .





Workouts

14.24.04.02.2022

Machine:	Bike/Elliptical
Training Mode	Heart Rate
Time:	00:33
Distance:	0.0KM
Calories:	0Cal
Lap:	0
BAI:	0.0
AVG. HR:	0BPM