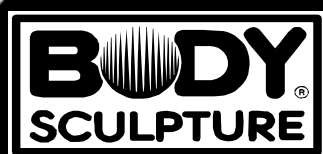
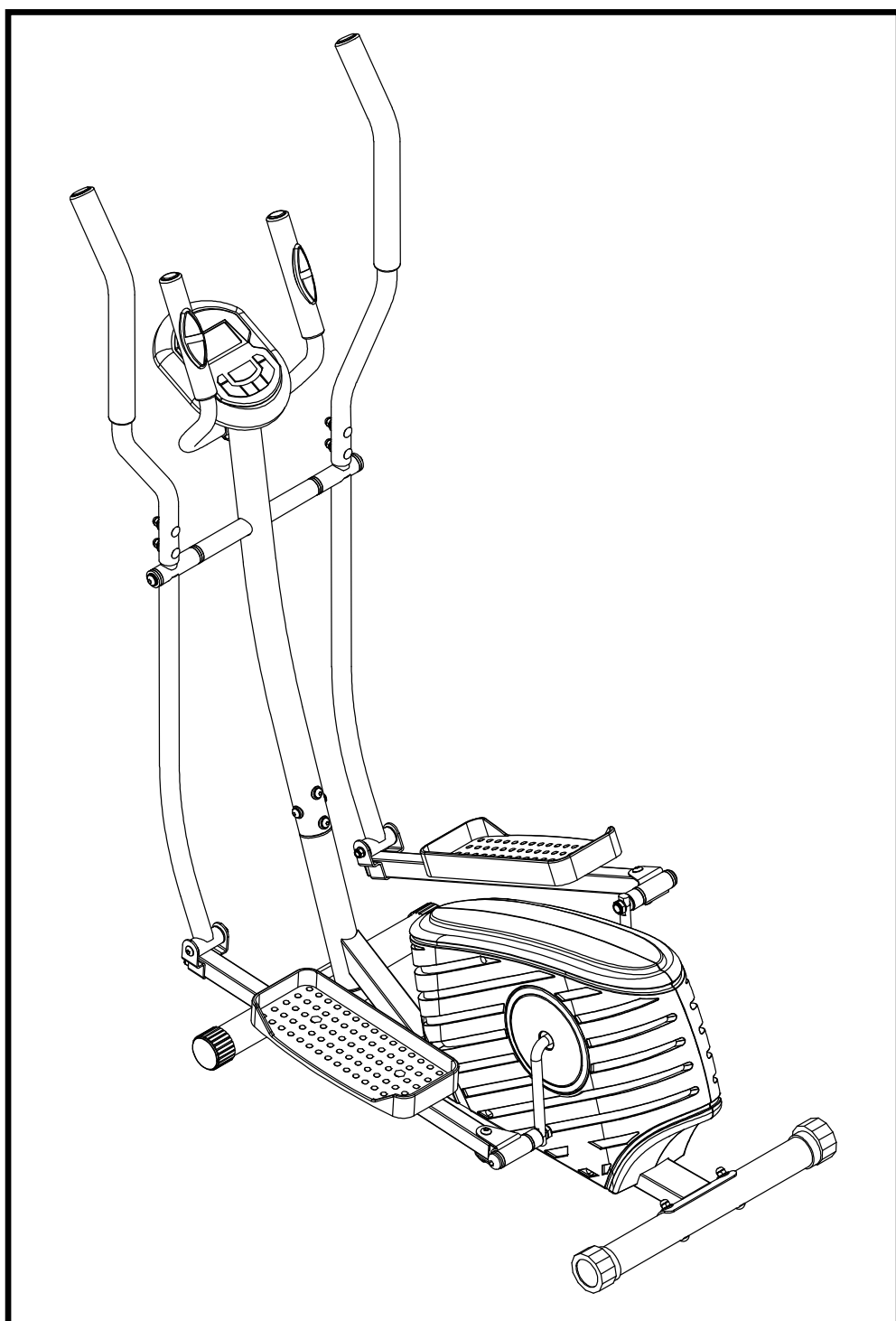


BE-3111G

PROGRAMMABLE MAGNETIC ELLIPTICAL STRIDER



SINCE 1965



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IMPORTANT SAFETY INFORMATION

Please keep this manual in a safe place for easy reference.

1. It is important to read this entire manual before assembling and using the equipment.

Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened.
7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Warning the equipment must be installed on a stable base and properly leveled floor. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has been tested and certified to EN957 under class H.C. Suitable for home use only. Maximum weight of user: 100kg. Braking ability is independent of speed.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary. Regular checking of the integrity of guards and safety devices.
13. Parents and those in charge of children should be aware of their responsibility around this equipment. The natural play instinct and fondness for experimenting of children can lead to situations and use of the training equipment for which it is not intended.
14. If children are allowed to use the equipment their mental and physical development and above all their temperament should be taken in to account. They should be supervised and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a child's toy.
15. All moveable accessories (eg. pedal, handlebar, saddle....etc.) require weekly maintenance. Check them before use every time. If anything broken or loose, please fix them immediately. You may continue using bike after they return to good conditions.

Please contact our customer services on 01274-693888

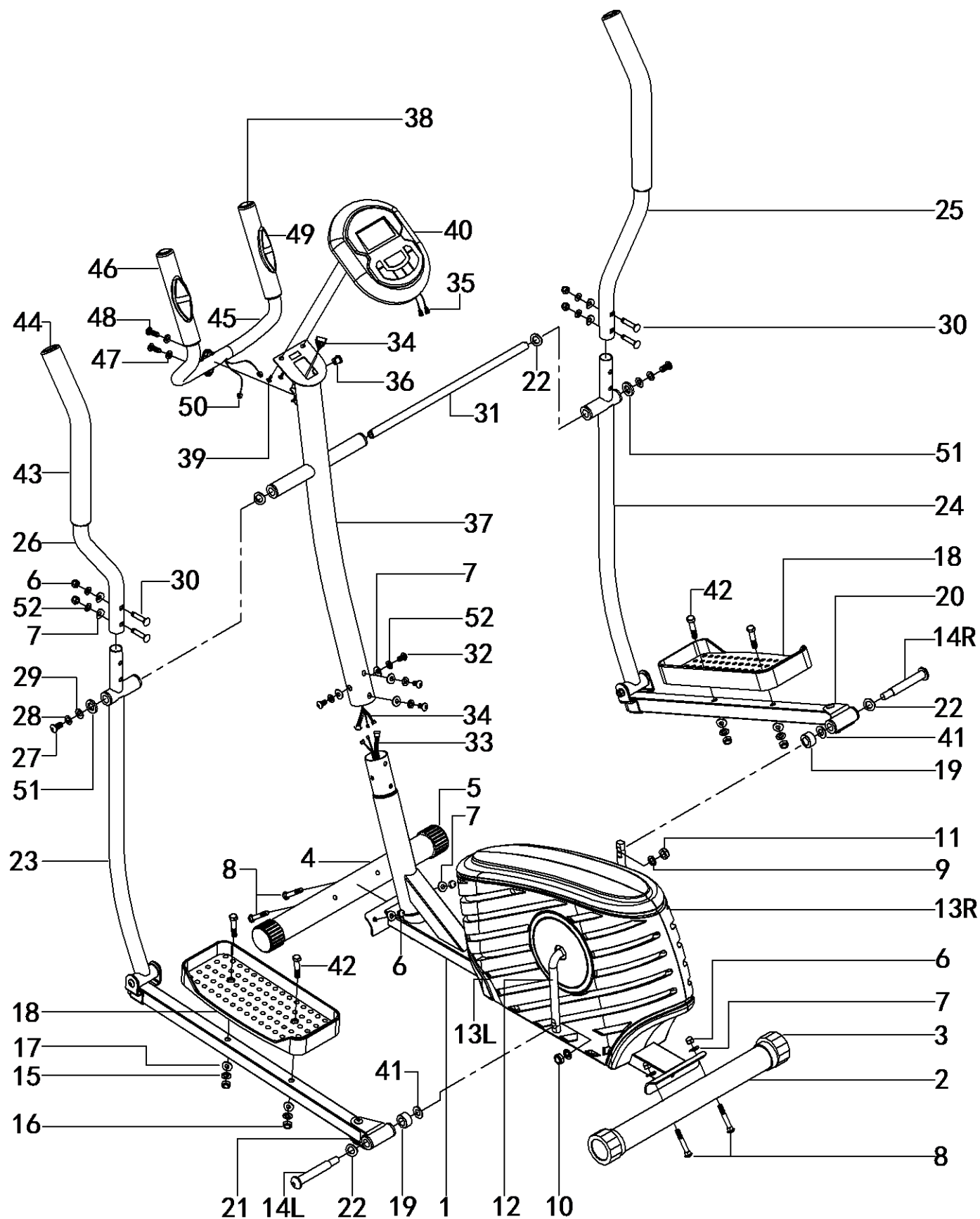
Monday-Thursday 08:00~16:30

Friday 08:00~15:30

or by mail support@hi-markgroup.co.uk

* This service is available for UK residents only .

EXPLODED-VIEW ASSEMBLY DRAWING

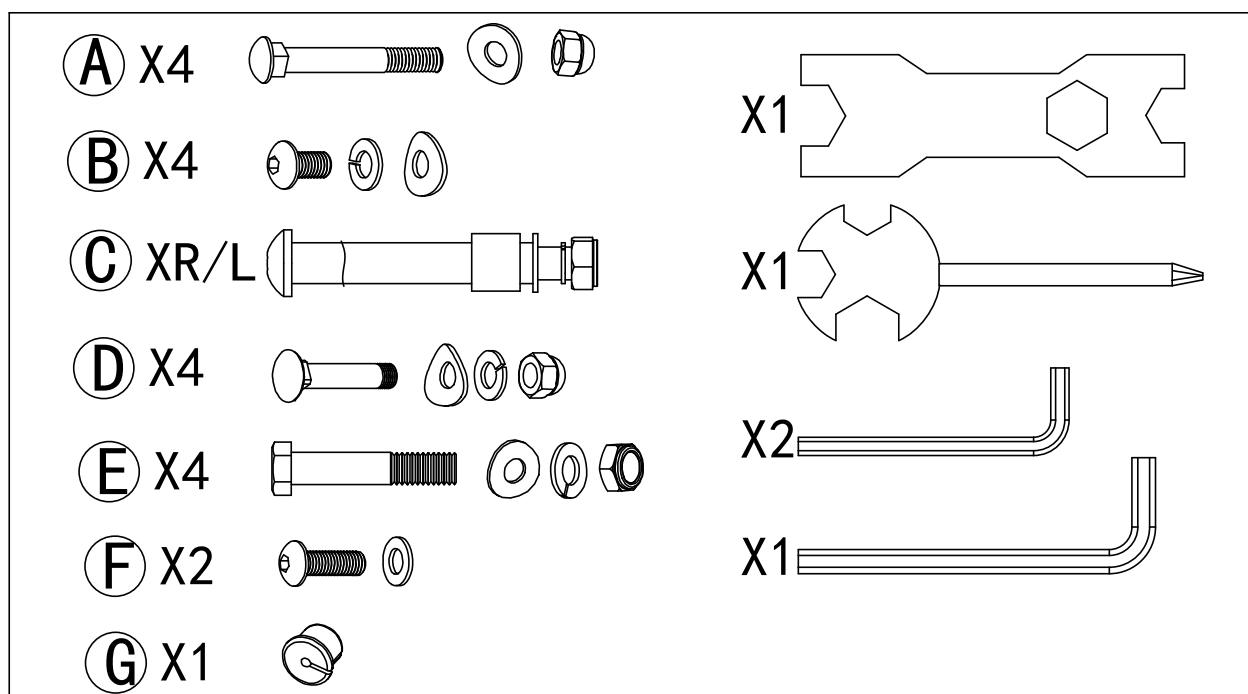
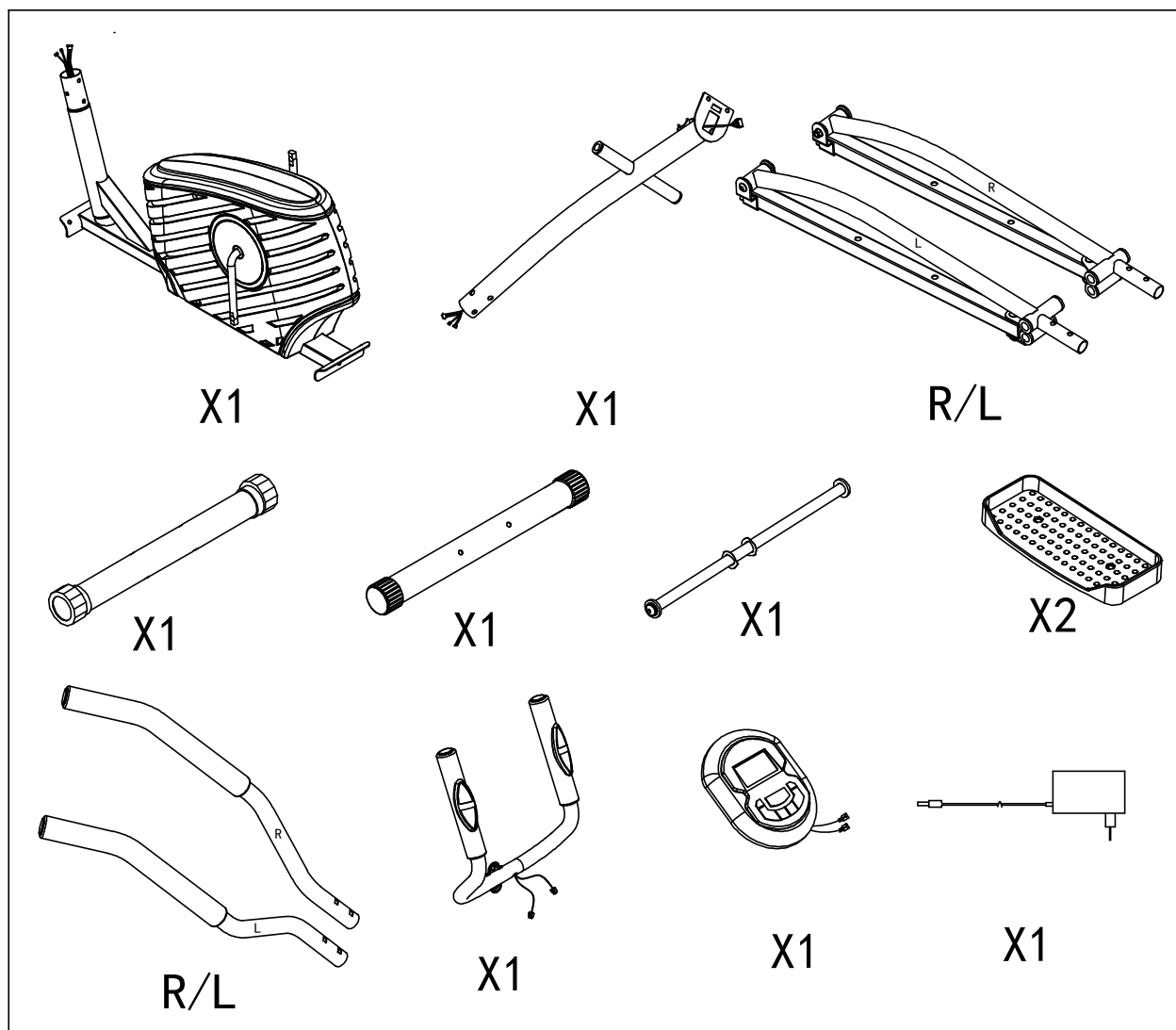


PARTS LIST					
PART NO.	DESCRIPTION	QTY	PART NO.	DESCRIPTION	QTY
1.	Main Frame	1	30.	Carriage Bolt (M8 x 40)	4
2.	Rear Stabilizer	1	31.	Connecting Shaft	1
3.	Rear End Cap	2	32.	Allen key Bolt (M8 x15)	4
4.	Front Stabilizer	1	33.	Lower Sensor Wire	1
5.	Front End Cap	2	34.	Upper Sensor Wire	1
6.	Domed Nut (M8)	8	35.	Computer pulse wire	2
7.	Curved Washer (Ø8)	12	36.	Wire plug	1
8.	Bolt (M8 x 60)	4	37.	Front post	1
9.	Spring Washer (1/2")	2	38.	Handlebar end cap	2
10.	Safety Nut (1/2")	1	39.	Screw (M5*10)	2
11.	Safety Nut (1/2")	1	40.	Computer	1
12.	Crank	1	41.	Washer	2
13 R/L.	Chain cover	1	42.	Bolt (M10 x 50)	4
14R/L.	Pedal Hinge Bolt (R/L) (1/2")	1	43.	Foam Grip	2
15.	Spring Washer (Ø10)	4	44.	Handlebar end cap	2
16.	Nut (M10)	4	45.	Fixed handlebar	1
17.	Washer (Ø10)	4	46.	Foam Grip	2
18.	Pedal	2	47.	Washer (Ø8)	2
19.	Nylon sleeve	2	48.	Hex head bolt (M8x25mm)	2
20.	Pedal tubing (Right)	1	49.	Handle pulse	2
21.	Pedal tubing (Left)	1	50.	Handle pulse wire	2
22.	Wavy Washer (Ø16)	4	51.	D Washer	2
23.	Left lower Handlebar	1	52.	Spring Washer (Ø8)	8
24.	Right lower Handlebar	1			
25.	Right upper Handlebar	1			
26.	Left upper Handlebar	1			
27.	Allen key Bolt (M10 x 25)	2			
28.	Spring Washer (Ø10)	2			
29.	Washer (Ø10)	2			

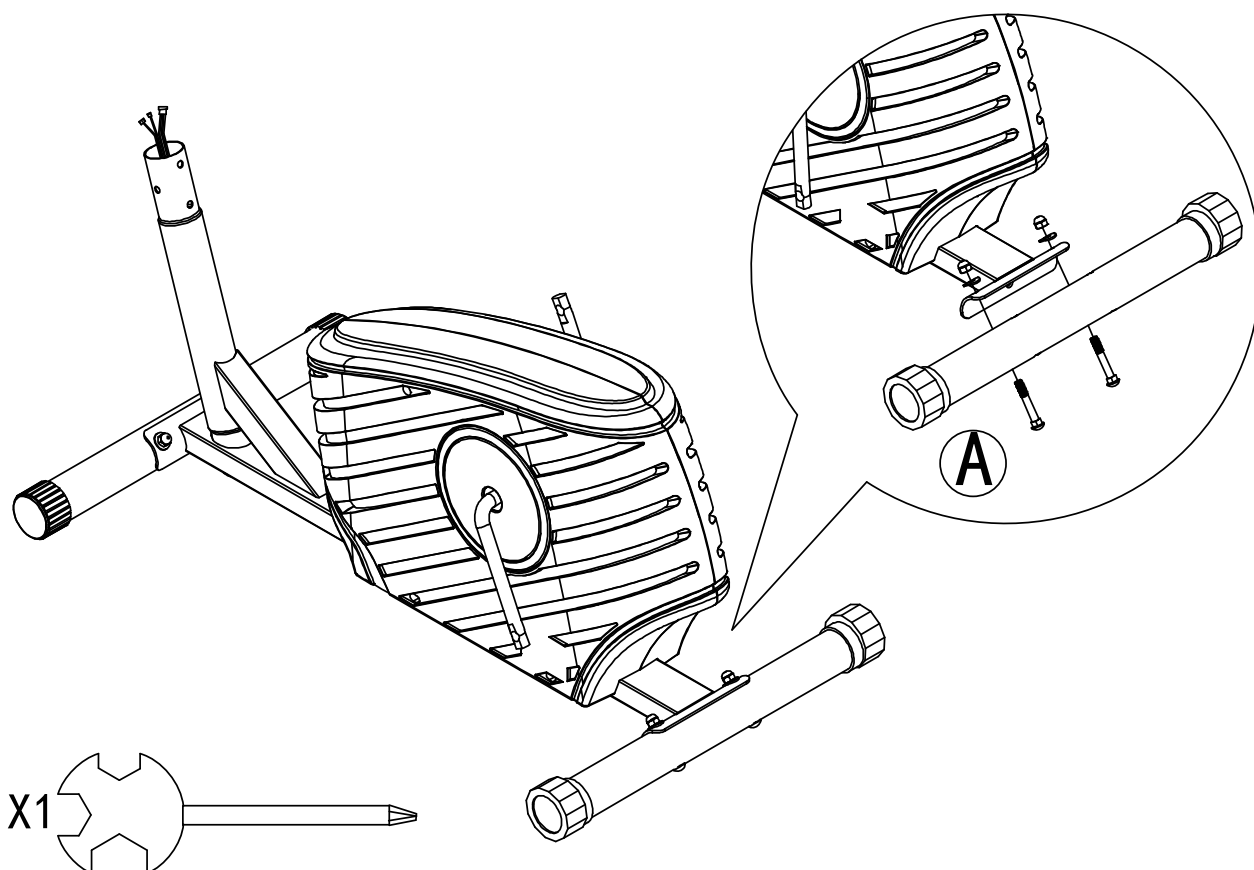
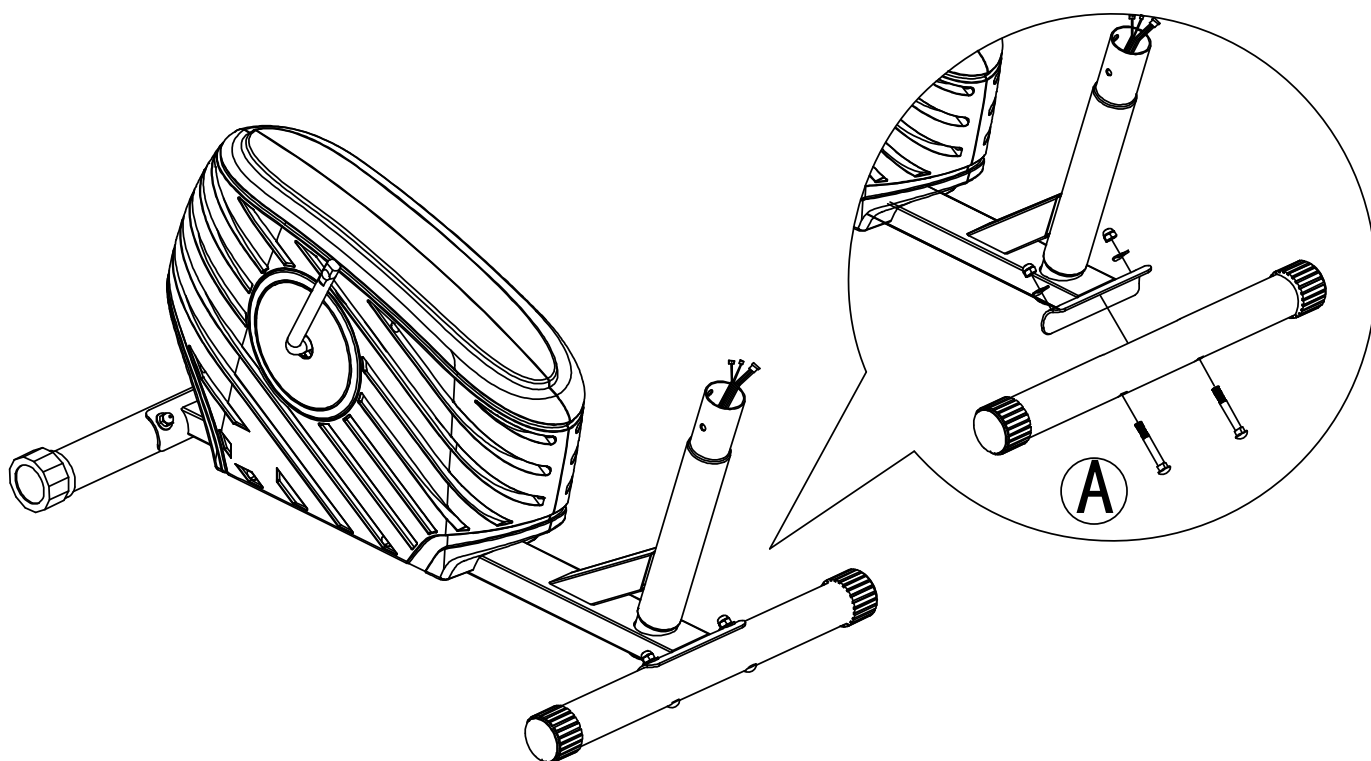
ASSEMBLY INSTRUCTIONS

A. Before assembling make sure that you will have enough space around the item.

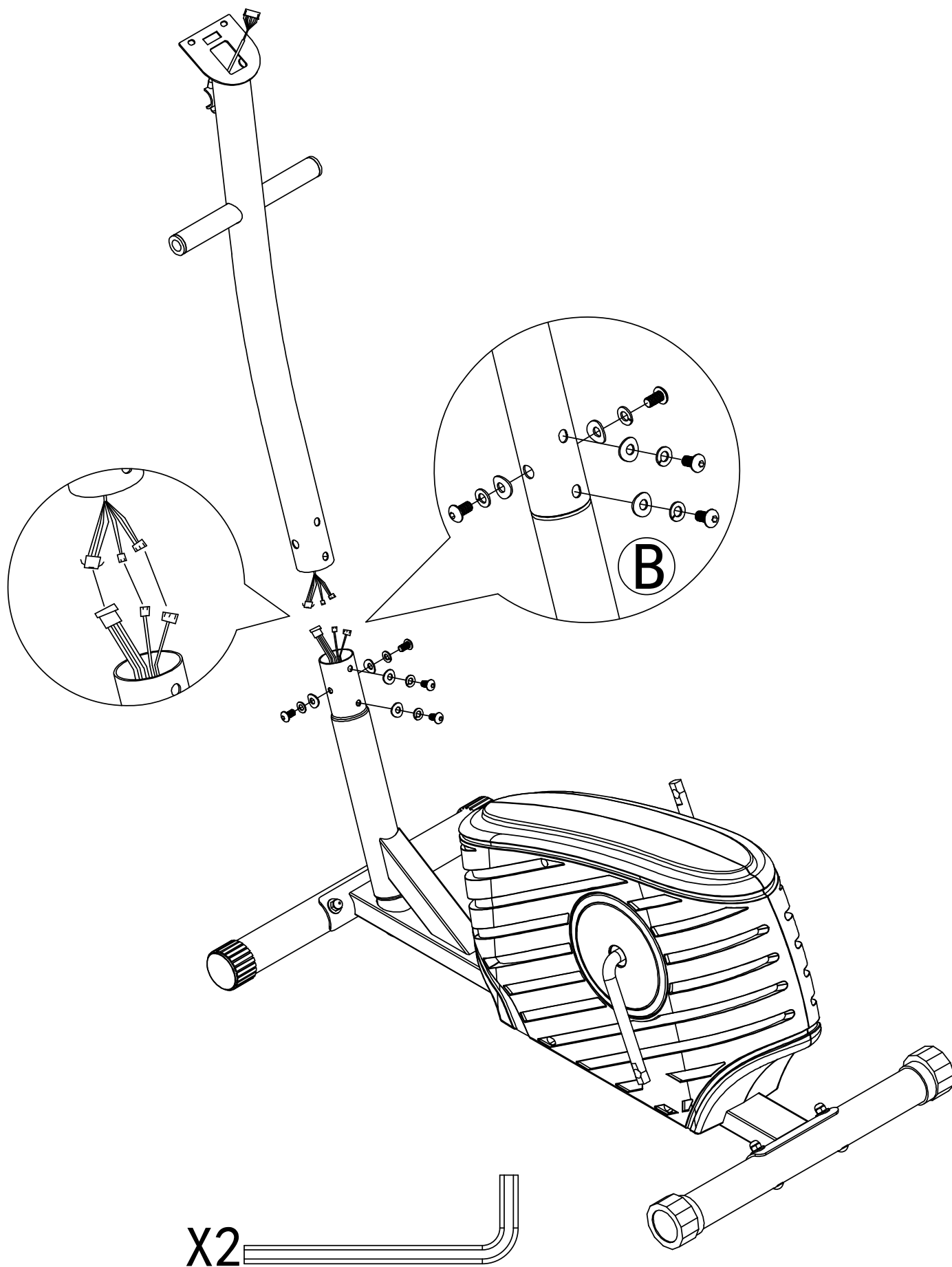
B. Use the present tooling for assembling.



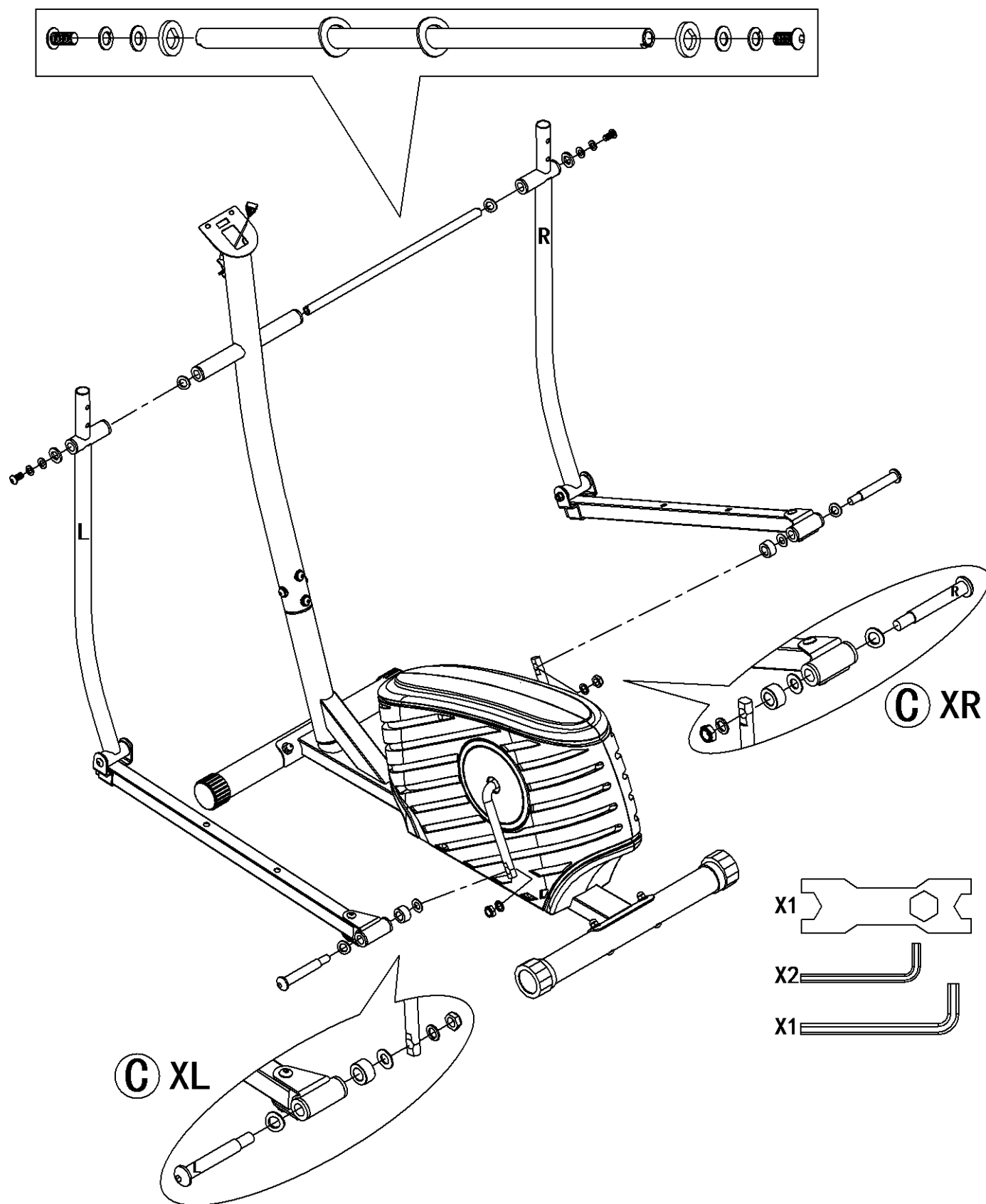
STEP1



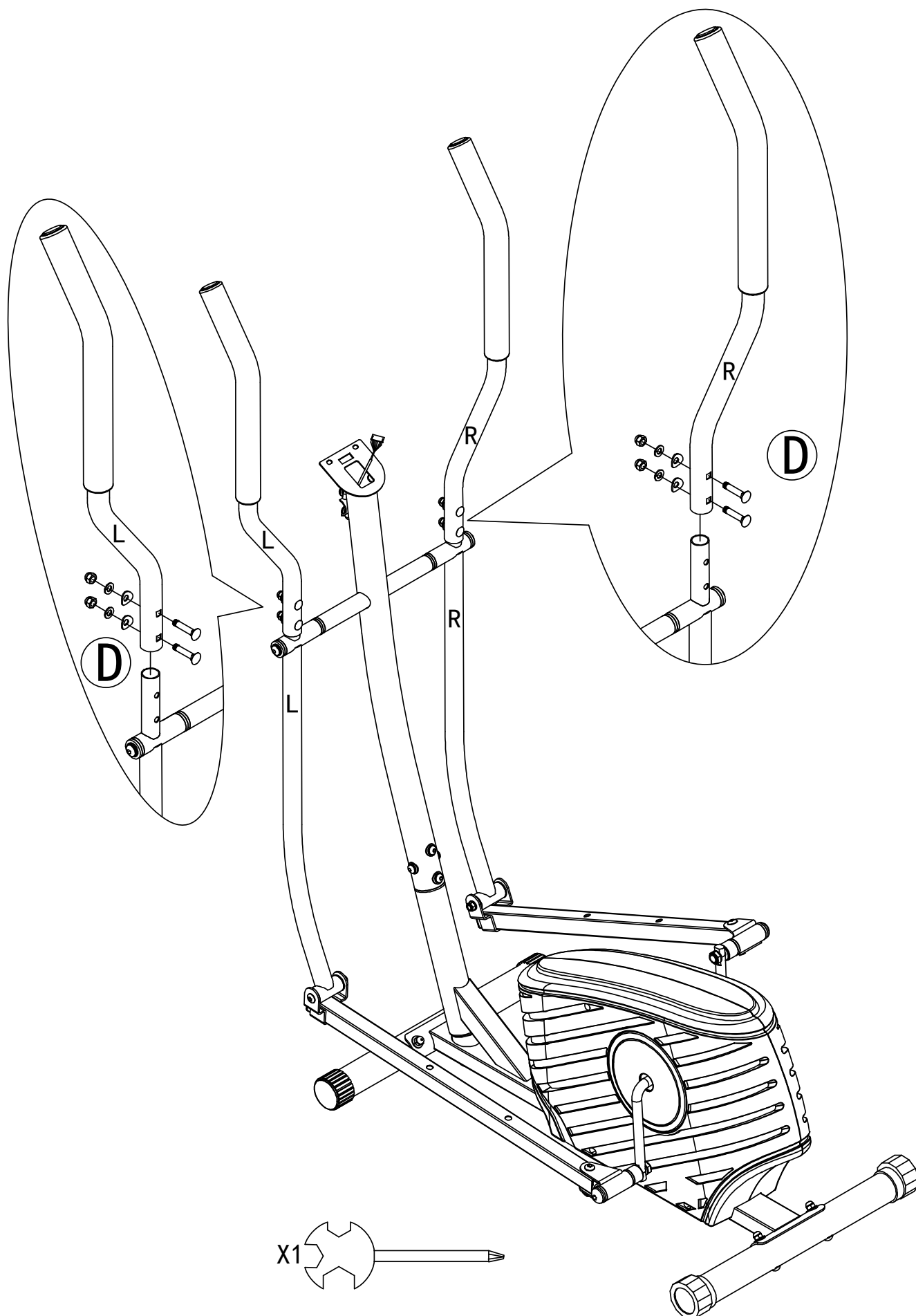
STEP2



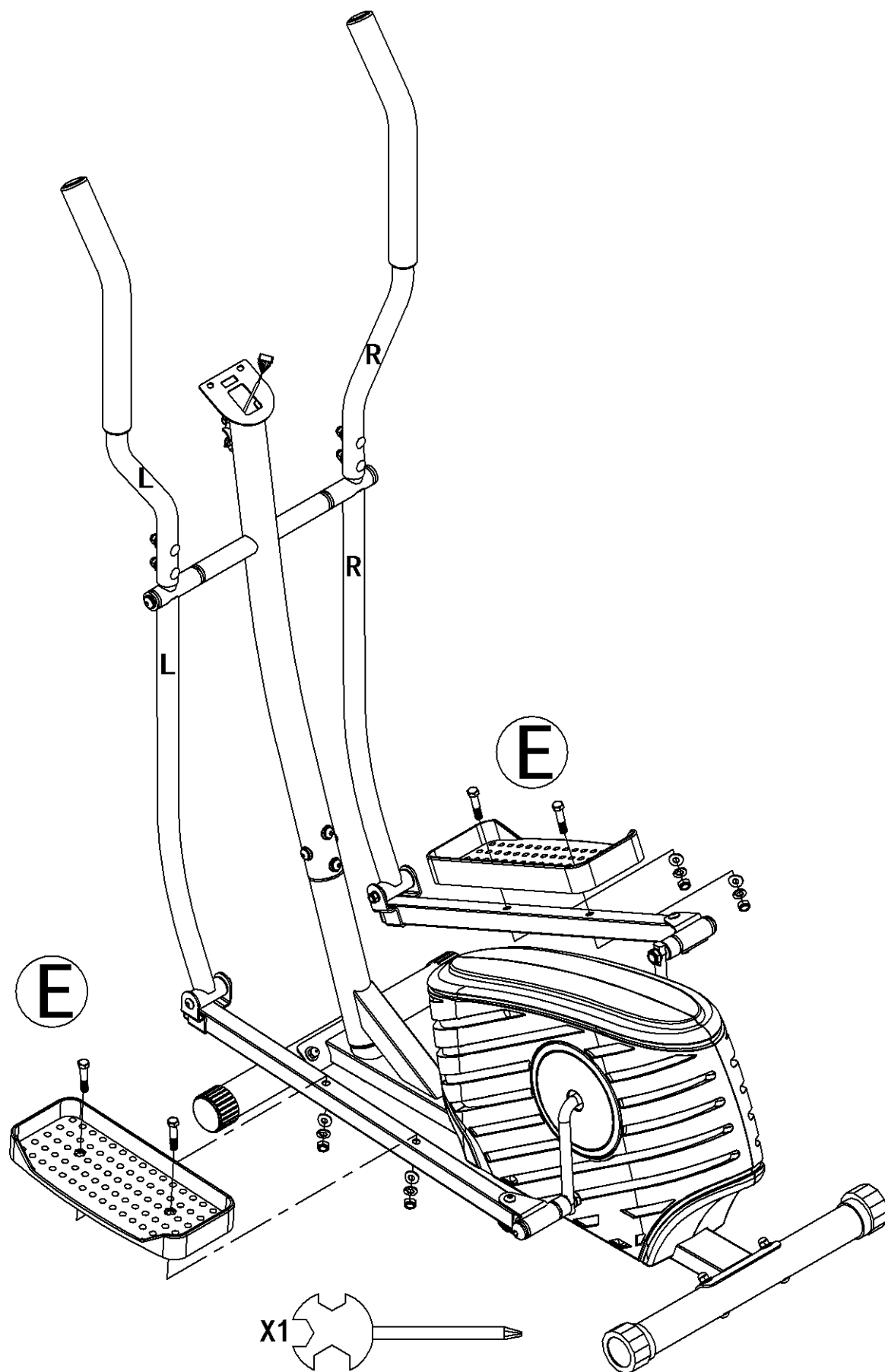
STEP3



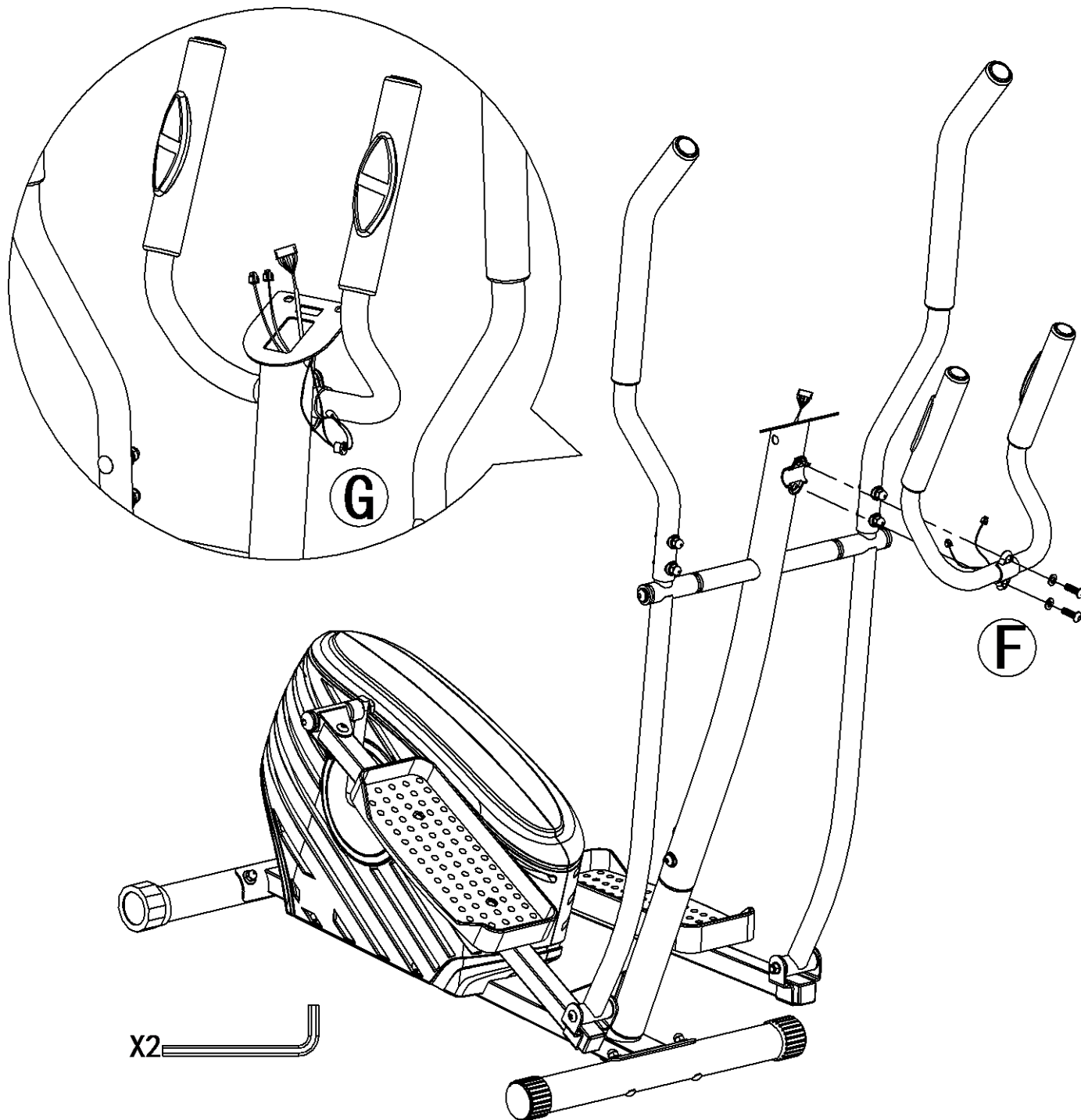
STEP4



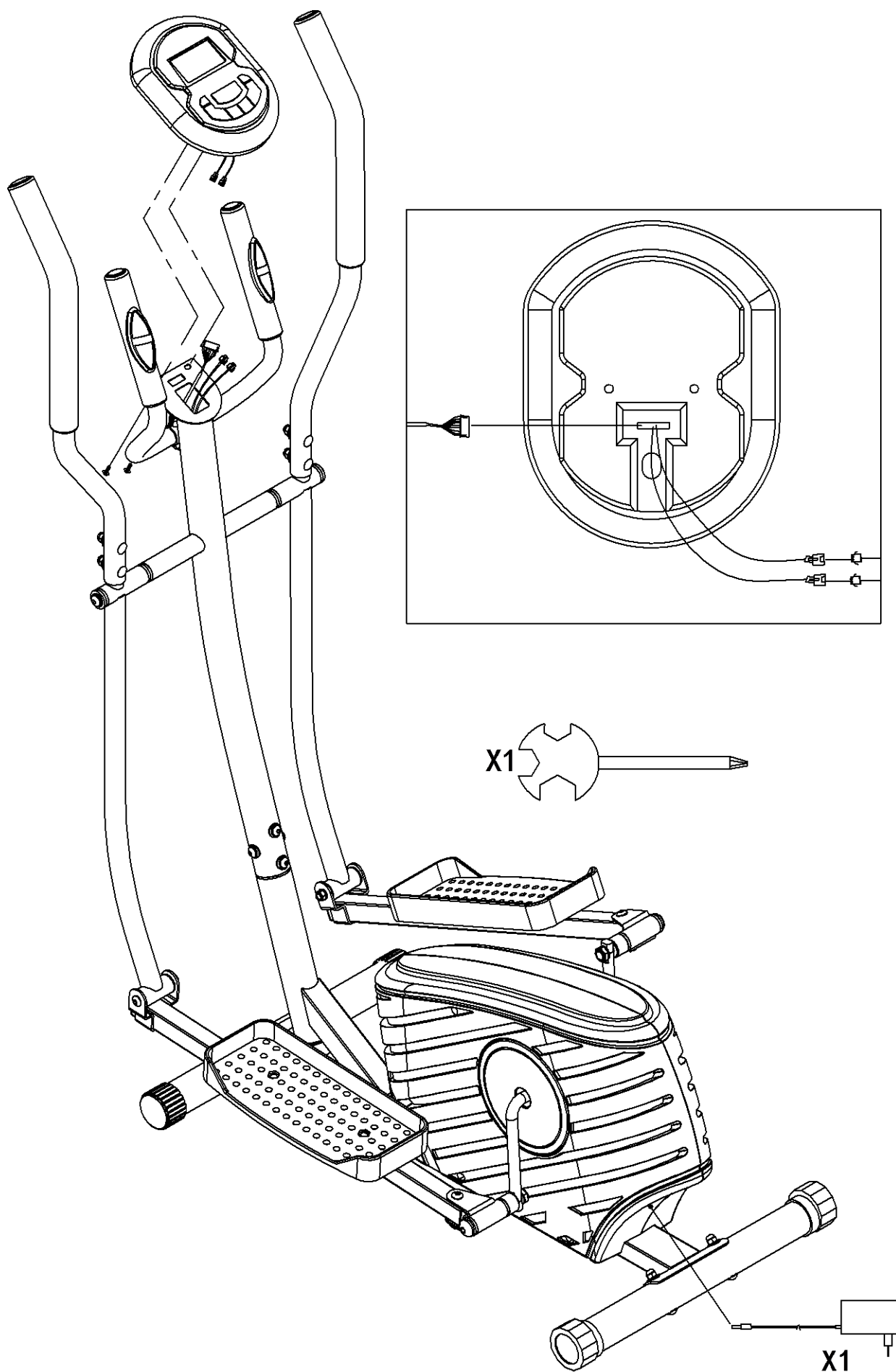
STEP5



STEP6



STEP 7

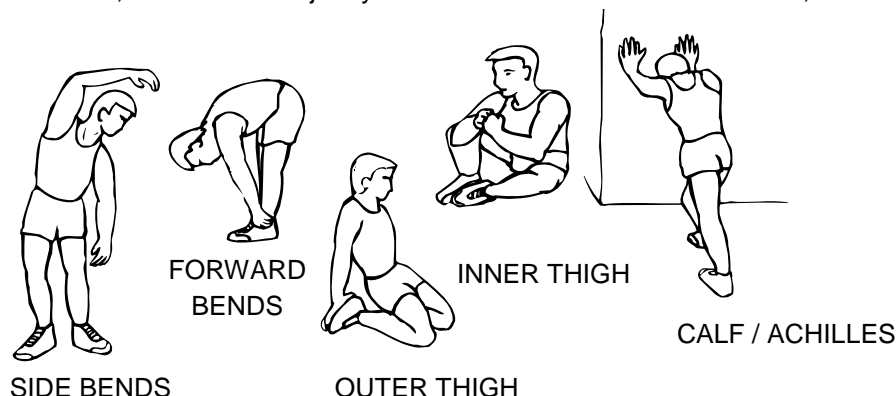


EXERCISE INSTRUCTIONS

Using your **PROGRAMMABLE MAGNETIC ELLIPTICAL STRIDER** will provide you with several benefits. It will improve your physical fitness, tone your muscles and, in conjunction with a calorie-controlled diet, help you lose weight.

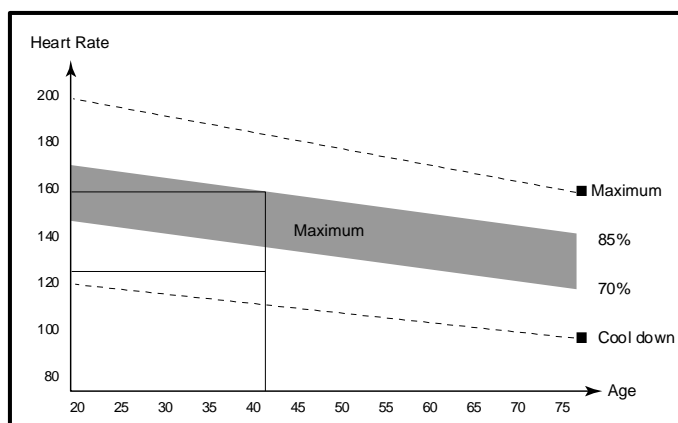
1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2.The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

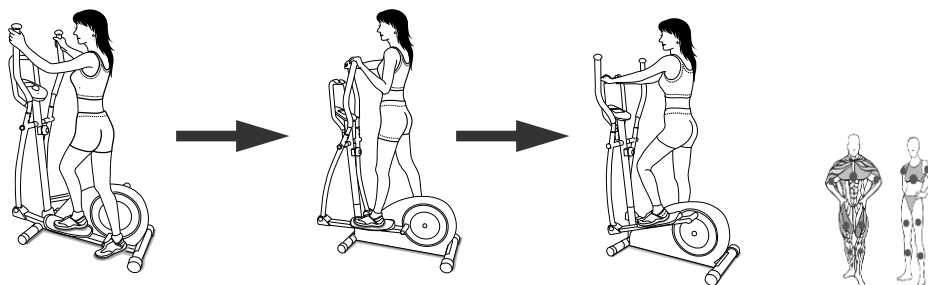
To tone muscle while on your **MAGNETIC ELLIPTICAL STRIDER** you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

EXERCISE

Loading one of the pedal post on the lowest position, then mount on the pedals one by one safely after holding your hands on the inner handlebar tightly.



WALK NATURALLY :

Make wide foot strides with foot landing on the upper portion of the pedal post.

WALK WITH HANDLE BARS :

Step on the pedal and both hands hold on the handle bars move the handle bars forward and back forward to do the body workout.

EXERCISE COMPUTER



DISPLAY FUNCTIONS :

ITEM	DESCRIPTION
TIME	.Workout time displayed during exercise. .Range 0:00 ~ 99:59
SPEED	.Workout speed displayed during exercise. .Range 0.0 ~ 99.9
DISTANCE	.Workout distance displayed during exercise. .Range 0.0 ~ 99.9
CALORIES	.Burned calories during workout display. .Range 0 ~ 999
PULSE	.Pulse bpm displayed during exercise. .Pulse alarm when over preset target pulse.
RPM	.Rotation per minute .Range 0 ~ 999
MANUAL	.Manual mode workout.
PROGRAM	.12 PROGRAM selection.
USER	.User creates resistance level profile.
H.R.C.	.Target HR training mode.

KEYS :

ITEM	DESCRIPTION
Up	· Increase resistance level
Down	· Decrease resistance level
Mode	· Confirm setting or selection.
Reset	· Hold on pressing for 2 seconds, computer will reboot and start from user setting. · Reverse to main menu during presetting workout value or stop mode.
Start/ Stop	· Start or Stop workout.
Recovery	· Test heart rate recovery status.
Body fat	· Test body fat% and BMI.

OPERATION:

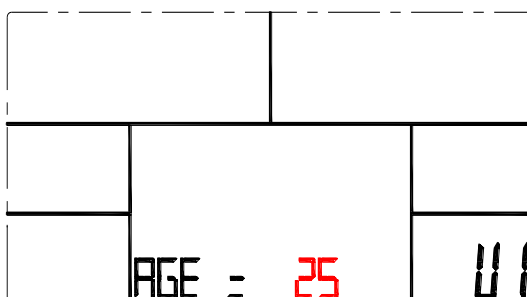
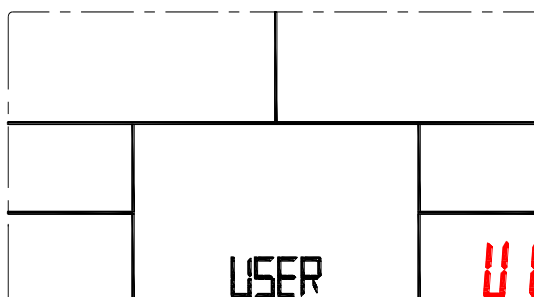
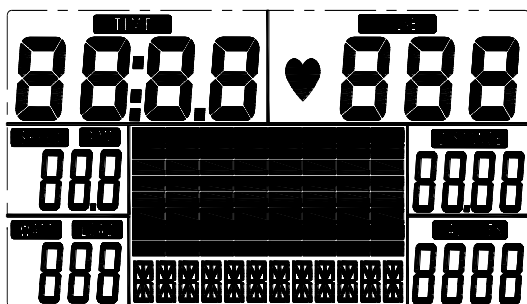
POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds.

Enter into user data setting mode (Age, Gender, Height, Weight)

After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

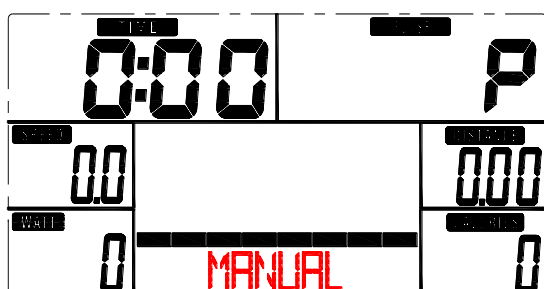
Press any key may wake the console up.



Manual Mode

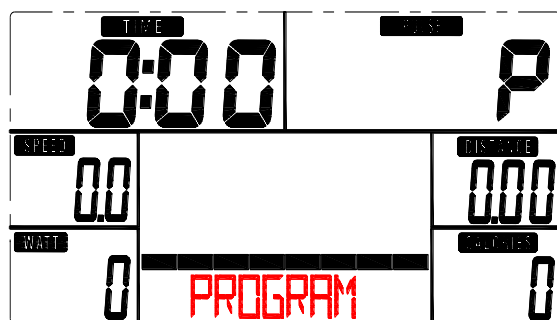
Press START in main menu may start workout in manual mode.

1. Press UP or DOWN to select workout program, choose Manual and press MODE to enter.
2. Press UP or DOWN to preset TIME.DISTANCE.CALORIES.PULSE and press MODE to confirm.
3. Press START/STOP keys to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.



Program Mode

1. Press UP or DOWN to select workout program, choose Program and press MODE to enter.
2. Press UP or DOWN to preset workout TIME.
3. Press START/STOP keys to start workout. Press UP or DOWN to adjust load level.
Press START/STOP keys to pause workout. Press RESET to reverse to main menu.



User Program Mode

1. Press UP or DOWN to select workout program, choose User and press MODE to enter.
2. Press UP or DOWN to set load level of each column, and press MODE to next one. (Total column = 20)
3. Hold on pressing MODE to finish or quit setting.
4. Press UP or DOWN to preset workout TIME.
5. Press START/STOP button to start workout. Press UP or DOWN to adjust load level.
6. Press START/STOP button to pause workout. Press RESET to reverse to main menu.

H.R.C. mode

1. Press UP or DOWN to select workout program, choose H.R.C. and press MODE to enter.
2. Press UP or Down to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).
3. Press UP or DOWN to preset workout TIME.
4. Press START/STOP button to start or stop workout. Press RESET to reverse to main menu.



Recovery

1. When pulse value display on the computer (hold handgrip or wear chest strap), press RECOVERY button.
2. TIME shows "0:60" (seconds) and count down.

Computer will show F1 to F6 after count down to 0 to test heart rate recovery status.

1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

Body Fat Mode

1. When workout stop, press BODY FAT key.
2. Hold on handgrip, after 8 seconds, computer will show BMI, FAT% and fat symbol.
3. Press BODY FAT key again reverse to main menu.

<REFERENCE>

B.M.I. (Body mass index) integrated

B.M.I SCALE	LOW	LOW/MED	MEDIUM	MED/HIGH
RANGE	<20	20-24	24.1-26.5	>26.5

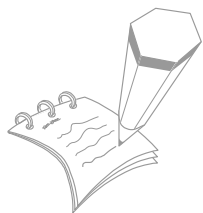
BODY FAT:

SYMBOL	—	+	▲	◆
FAT% SEX	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE	<13%	13%-25.9%	26%-30%	>30%
FEMALE	<23%	23%-35.9%	36%-40%	>40%

NOTE:

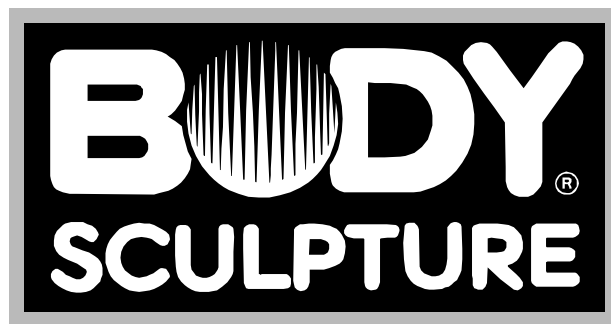
1. This computer require 6V, 500mA
2. When user stop pedaling for 4 minutes, computer will enter into power save mode, all setting and exercise data will stored until user start exercise again.
3. When computer act abnormal, please plug out the adaptor and plug in again.

WARNING! Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately”.



EXERCISE NOTES

Use this space to record your own exercise routine results.



S I N C E 1 9 6 5