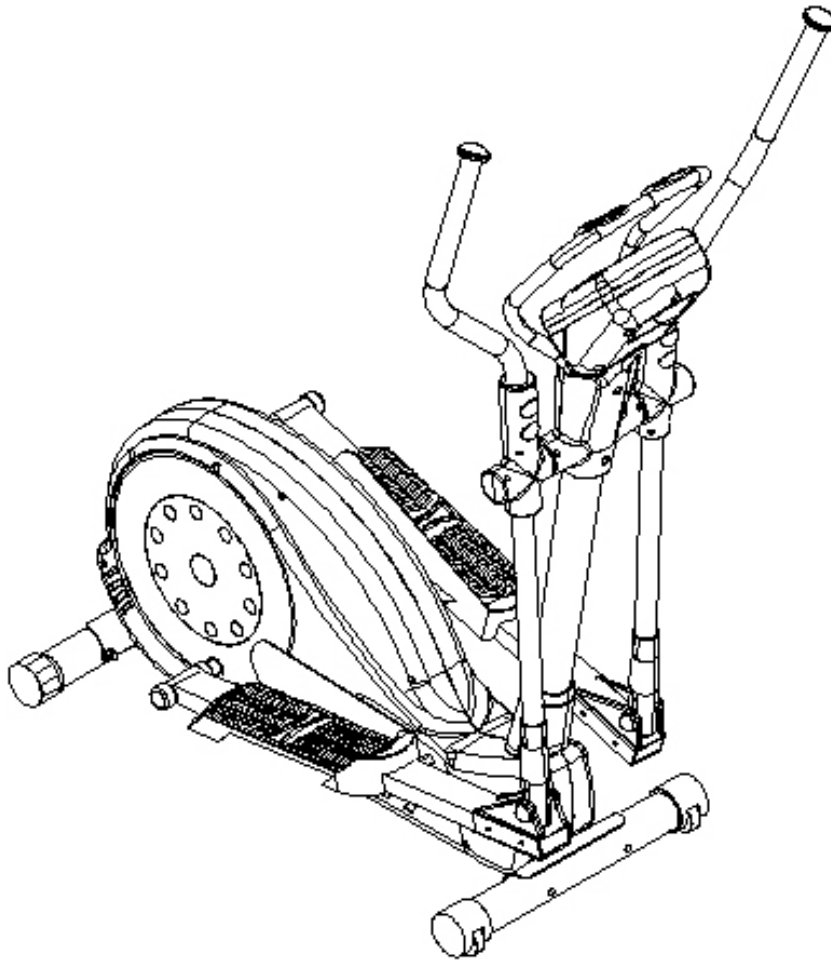


**OWNERS ASSEMBLY MANUAL & OPERATING INSTRUCTIONS**

**ESCALADE INT. LTD**



**ER7026**      **Elliptical Trainer**

**PRODUCT CODE : ER7026 ELLIPTICAL TRAINER**

**Escalade International Limited, Unit 1 Viking Way, Winch Wen Industrial Estate,  
Swansea. SA1 7DA. Tel 01792 796893 Fax 01792 796627**

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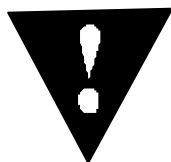
## 1 / IMPORTANT SAFETY INFORMATION

### READ ALL INSTRUCTION BEFORE USING

THIS OWNER'S MANUAL CONTAINS ASSEMBLY, OPERATION, MAINTENANCE AND SAFETY INFORMATION. IN THE INTEREST OF SAFETY, PLEASE MAKE CERTAIN THAT YOU READ AND UNDERSTAND ALL THE INFORMATION BELOW.

1. This machine is intended for household use only. It is not designed for commercial use.
2. Read the OWNER'S OPERATION MANUAL and all accompanying literature and follow it carefully before using your machine.
3. Inspect your exercise machine prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
4. Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.
5. Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
6. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
7. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
8. Rest adequately between workouts. Muscles tone and develop during these rest periods. Beginners should work out twice a week and increase gradually to 4 to 5 times per week.
9. Remove all jewelry, including rings, chains and pins before commencing exercise.
10. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.

**IMPORTANT!!! THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR ELLIPTICAL IS 320 LBS ( 150 KGS) , PER USER**



The Surgeon General  
Has determined that lack of  
Physical activity is  
Detrimental to your health

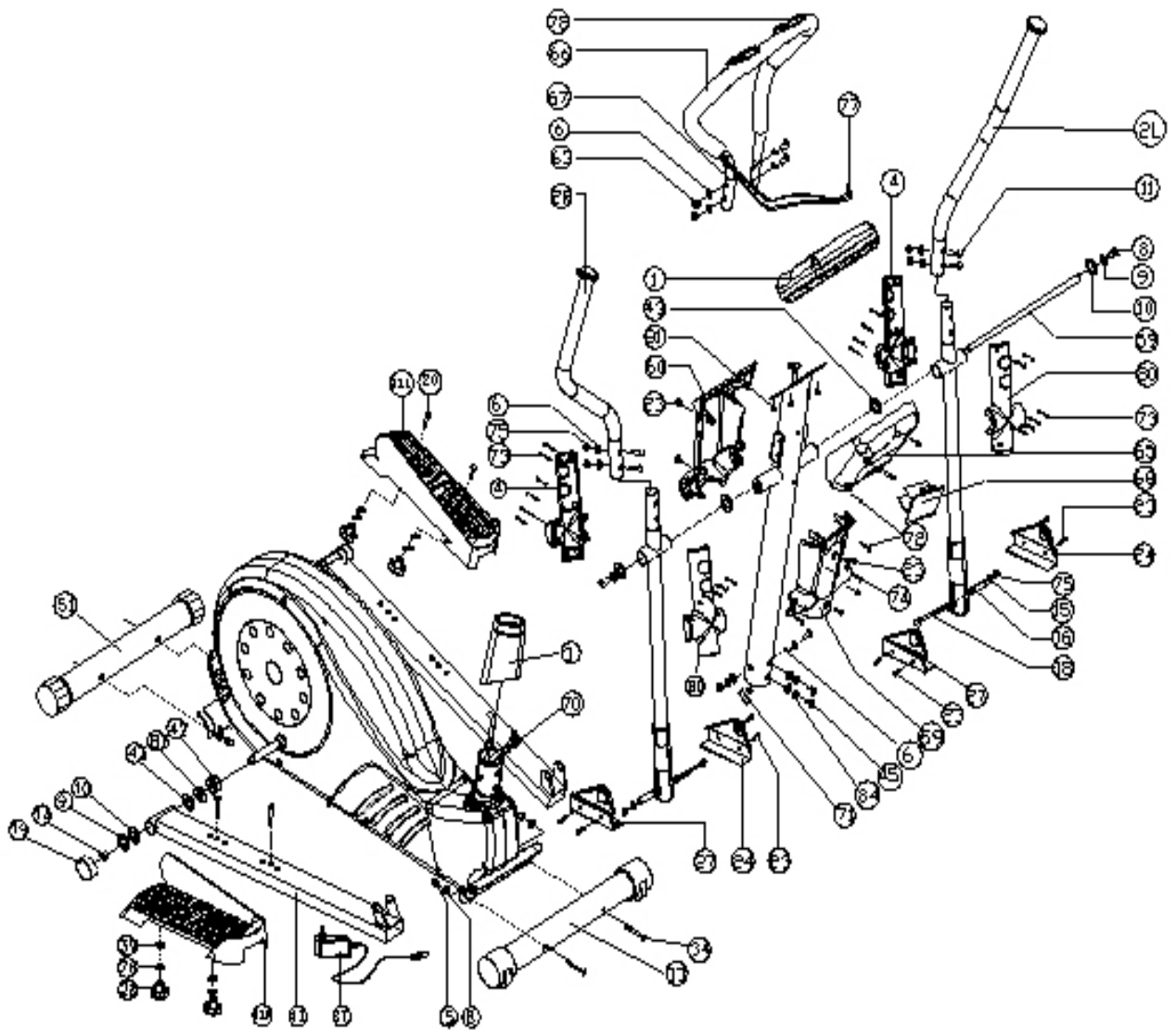
**WARNING: Before commencing with any exercise program, please consult your family physician. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your family physician. In the event any of the above mentioned warnings are breached by the consumer, the manufacturer may use same as a defense to any claim for injuries, damage or loss. The above warnings are in no way intended to limit or modify the consumer's remedies for breach of warranties pursuant to applicable Federal and State Laws of Regulations. They are being supplied strictly to ensure the safety of the individuals using this product.**

## PARTS LIST

### Parts Number & Description

NO.	PARTS NAME	Q'TY	NO.	PARTS NAME	Q'TY
1	Computer	1PCS	43	Wavy Washer	4PCS
2	Moveable handlebar (upper)	1SET	45	Allen bolt M8x16L	4PCS
3	Handlebar Post Cover	1PCS	51	REAR STABILIZER	1PCS
4	Protecting Hood	2PCS	59	Fix shaft for Handle bar	1PCS
5	Acorn Nut for M8 Bolts	4PCS	60	Front Tray	1PCS
6	Curved Washer	16PCS	61	Handlebar Post	1PCS
8	Hex-screw	2PCS	63	Allen bolt M8x35L	4PCS
9	Flat washer	4PCS	64	End Cap for HB	2PCS
10	Teflon washer	4PCS	65	Cover of computer (front)	1PCS
11	Carriage Bolt 40L	4PCS	66	Front handlebar Cover	1PCS
12	Pedal Arm ( Left & Right)	2PCS	67	Front handlebar	1PCS
14	Nylon nut	2PCS	68	Batteries Cover	1PCS
15	Flat washer	4PCS	69	Cover of computer (rear)	1PCS
16	Metal bushing	2PCS	70	Cable Wire (upper)	1PCS
18	Allen bolt 55L	2PCS	71	Cable Wire (lower)	1PCS
19	Rubber Cap	2PCS	72	Screw M4x30L	6PCS
20	Carriage bolt 50L	4PCS	73	Screw M3x10L	20PCS
21	Pedal (R+L)	1SET	74	Screw M3x20L	4PCS
23	Screw 5x14L	12PCS	75	Lock Nut M8	6PCS
24	Cap for pedal arm-L	2PCS	76	Spring Washer f 6	4PCS
27	Cap for pedal arm-R	2PCS	77	Pulse Sensor Cable	1PCS
28	Knob for pedal	4PCS	78	Piulse Sensor	1PCS
33	Front Stabilizer	1PCS	80	Cross-type Cover (rear)	2PCS
34	Carriage Bolt	4PCS	81	Screw 5x10L	4PCS
39	Flat washer	4PCS	83	Flat Washer	3PCS
41	Foot Pedal ( R & L)	2PCS	84	Spring Washer	4PCS
42	Rubber Sleeve	2PCS	87	Adaptor	1PCS

# EXPLODED DIAGRAM



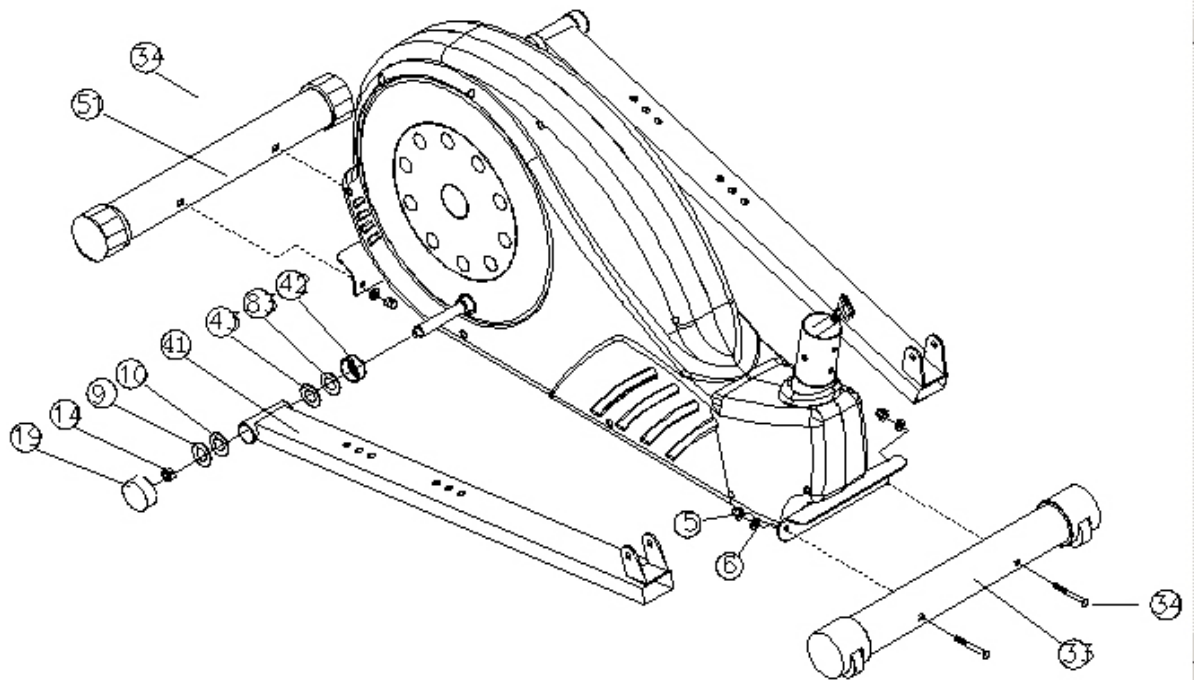
The maximum recommended weight capacity for your Magnetic Elliptical Trainer is **320 Pounds**

# ASSEMBLY STEP

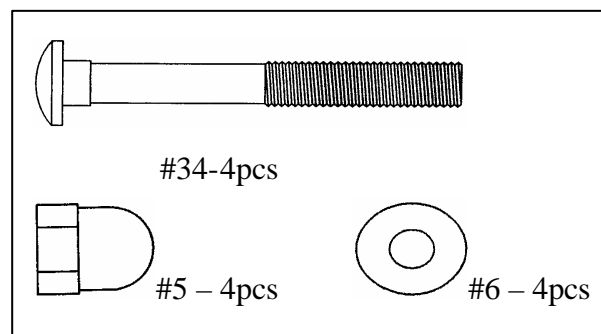
## STEP 1

Attach the Rear stabilizer (51) to the Main base frame, secure it with 2 Carriage bolts (M8x3") (34), 2 Curved washers (6) and 2 Acorn nuts (5).

Attach the Front stabilizer (33) to the Main base frame , secure it with 2 Carriage bolts [M8x3"] (34), 2 Curved washers (6) and 2 Acorn nuts (5).

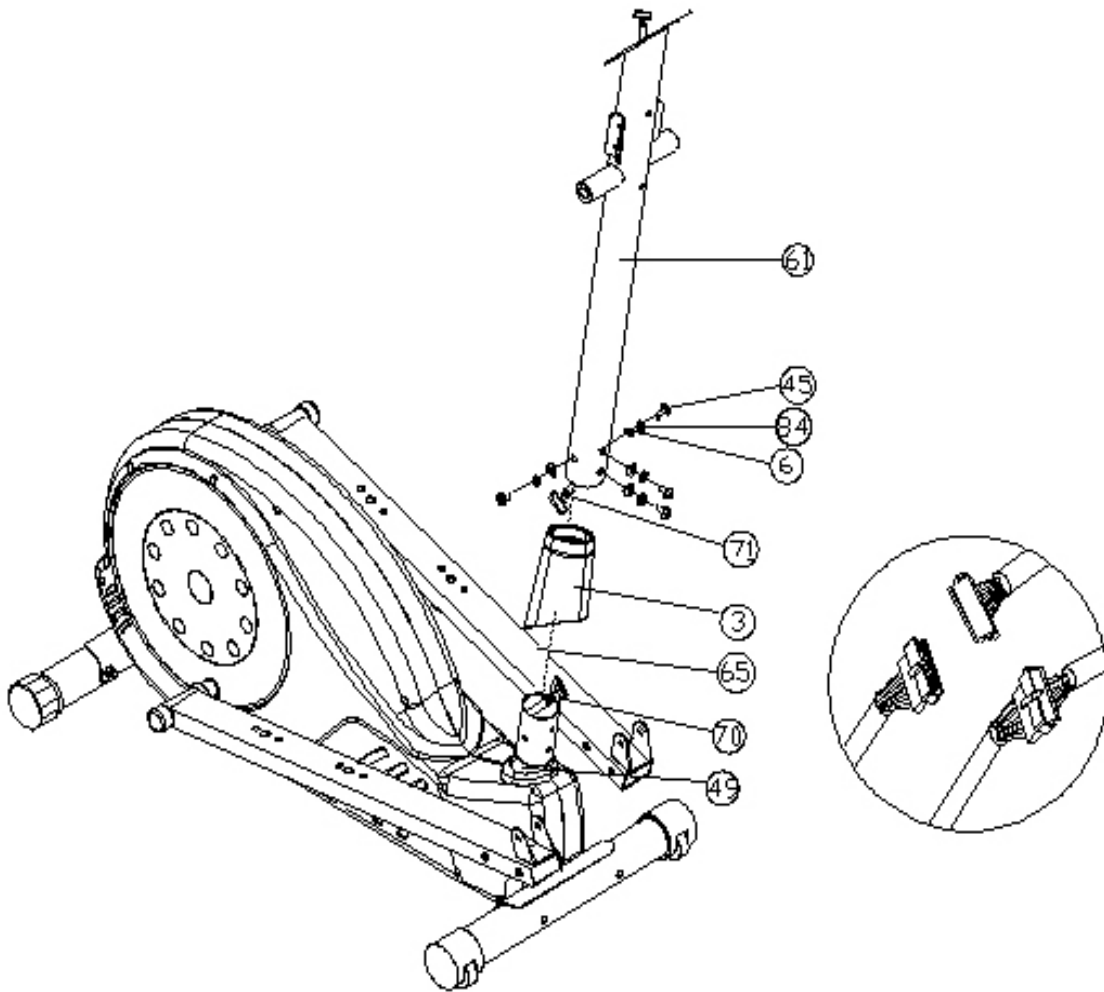


Slide one rubber sleeve (42), one flat washer (83) and one wavy washer (43) over the pedal shaft, then install right foot pedal (41R) to the pedal shaft. Secure with one Teflon washer (10), one flat washer (9) and one nut (14). Tighten with wrench. Install rubber cap (19) onto nut (14)



## STEP 2

Slide the Handlebar post cover (3) over the handlebar post (61). connect cable end (70) &(71) of Handlebar post (61) then install the Handlebar post (61) to the main base frame using 4 Curved washers (6), 4 spring washers (84) and 4 Allen bolts [M8x5/8"] (45). Hand tighten these four bolts. Do not use wrench at this time.



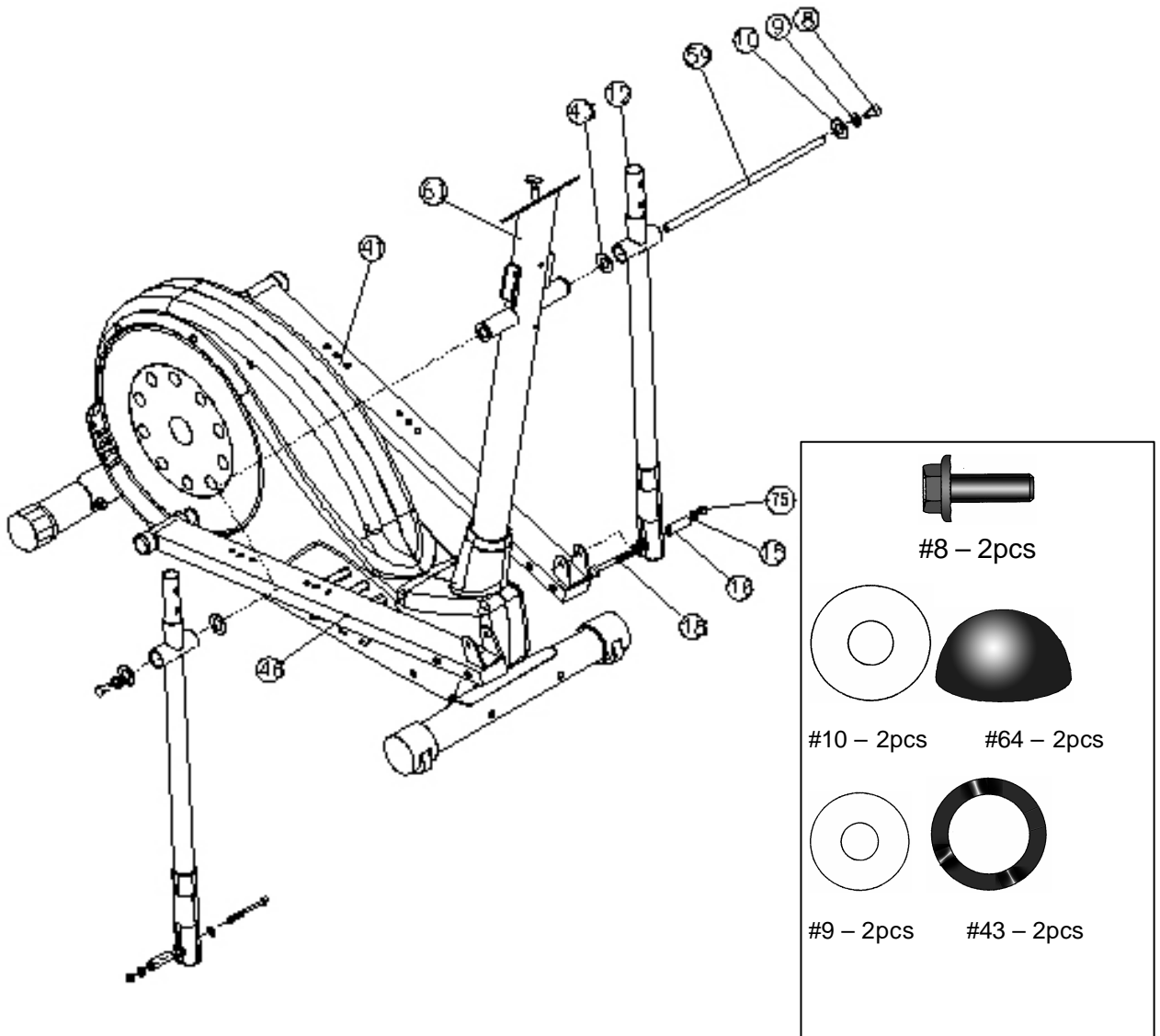
Picture	#45 - 4pcs
Picture	Picture
# 6 - 4pcs	#84 - 4pcs

### STEP 3

Slide the Shaft (59) through the Bushing welded in the middle of Handlebar post (61). Slide one Spring washer (43) onto each end of the Shaft (59), then install the left and right Pedal arms (12) to the Shaft (59) and secure using one Teflon washer (10), one Flat washer (9) and one Hex bolt (8) for each. **HAND TIGHTEN THESE BOLTS. DO NOT USE WRENCH**

**Note:**

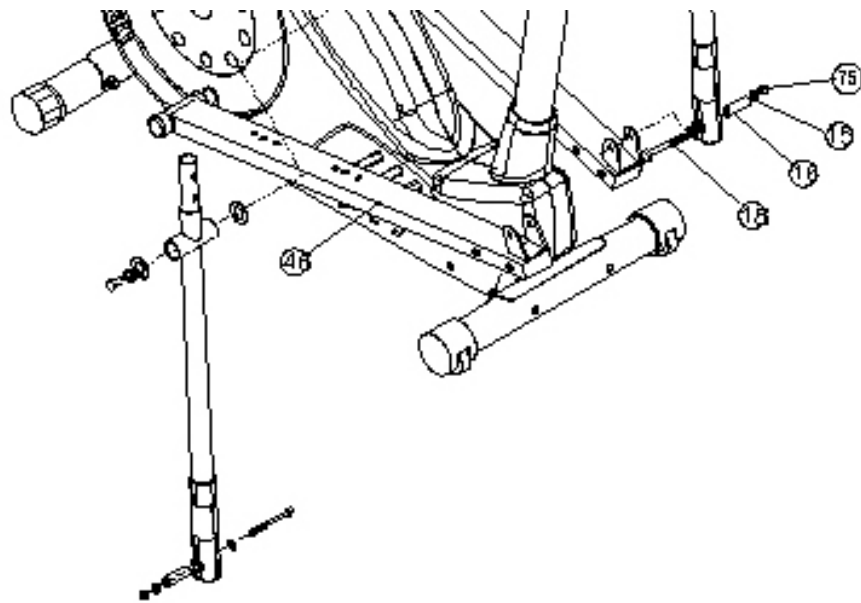
- 1. The Pedal arm is marked with L(left) and R (right).**
- 2. To keep your knees away from the Pedal arms during the motion, When installing the Pedal arms, keep the contour of the arm (bent) towards the front of the machine. (as diagram shown below)**



## STEP 4

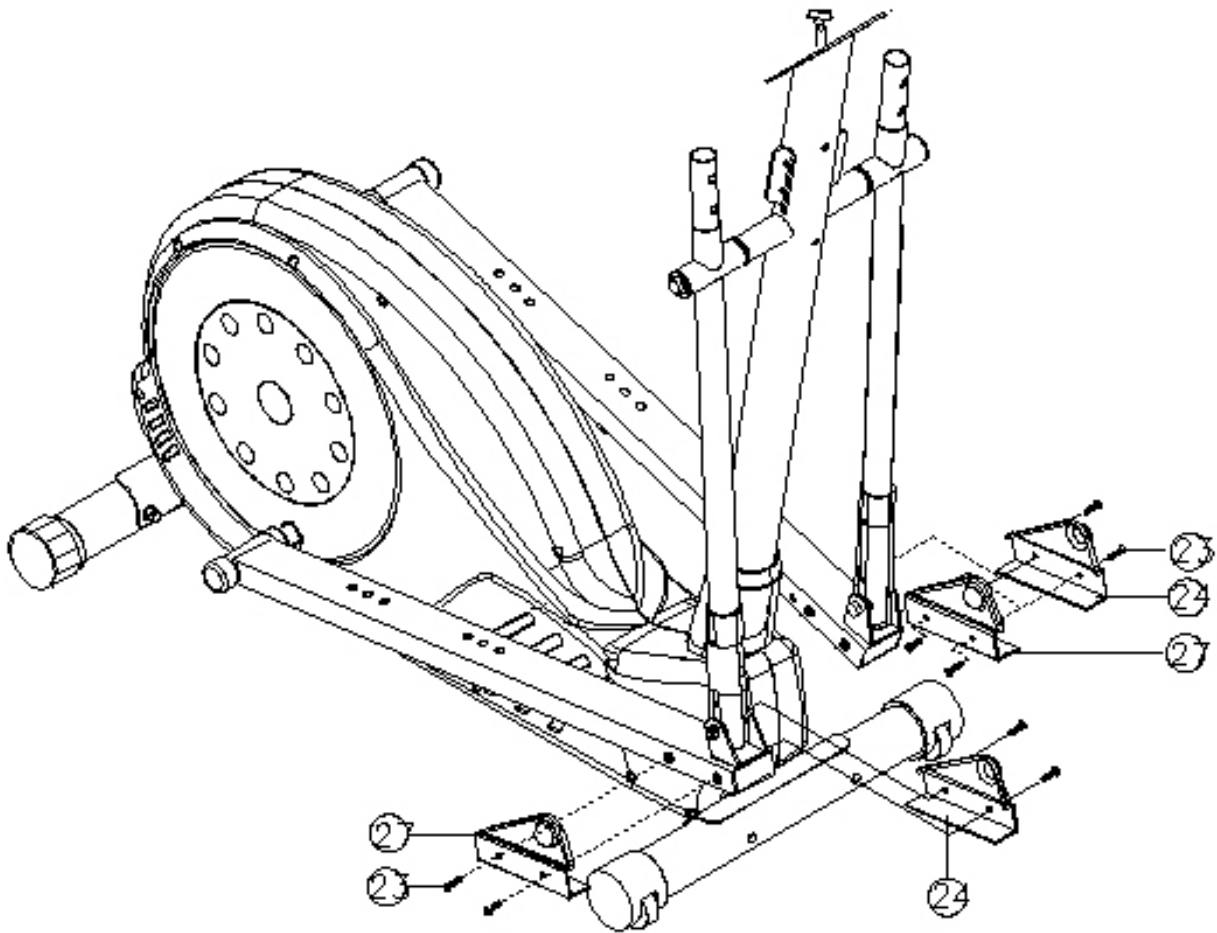
Slide the Metal bushing (16) into the tube welded at the bottom of the Pedal arm (12). Connect the bottom of the Pedal arm (12) to the Pedal (21) using 2 Allen bolts [M8] (18), 4 Flat washers (15) and 2 Lock nuts (75). Fully tighten the two nuts and bolts.

FULLY TIGHTEN REMAINING NUTS AND BOLTS FROM STEPS 2 & 3. INSTALL NUT CAPS (64) ONTO BOLT HEADS (16)



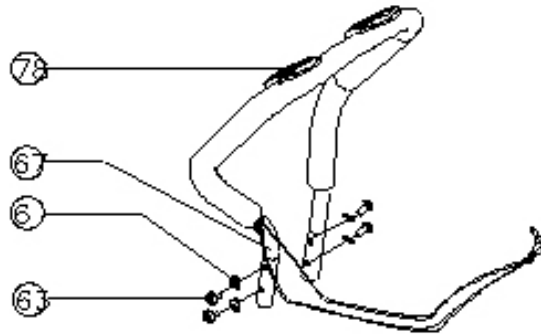
## STEP 5

Assemble pedal arm caps (24 & 27) onto pedal arms, left and right using four screws (23)  
Refer to diagram



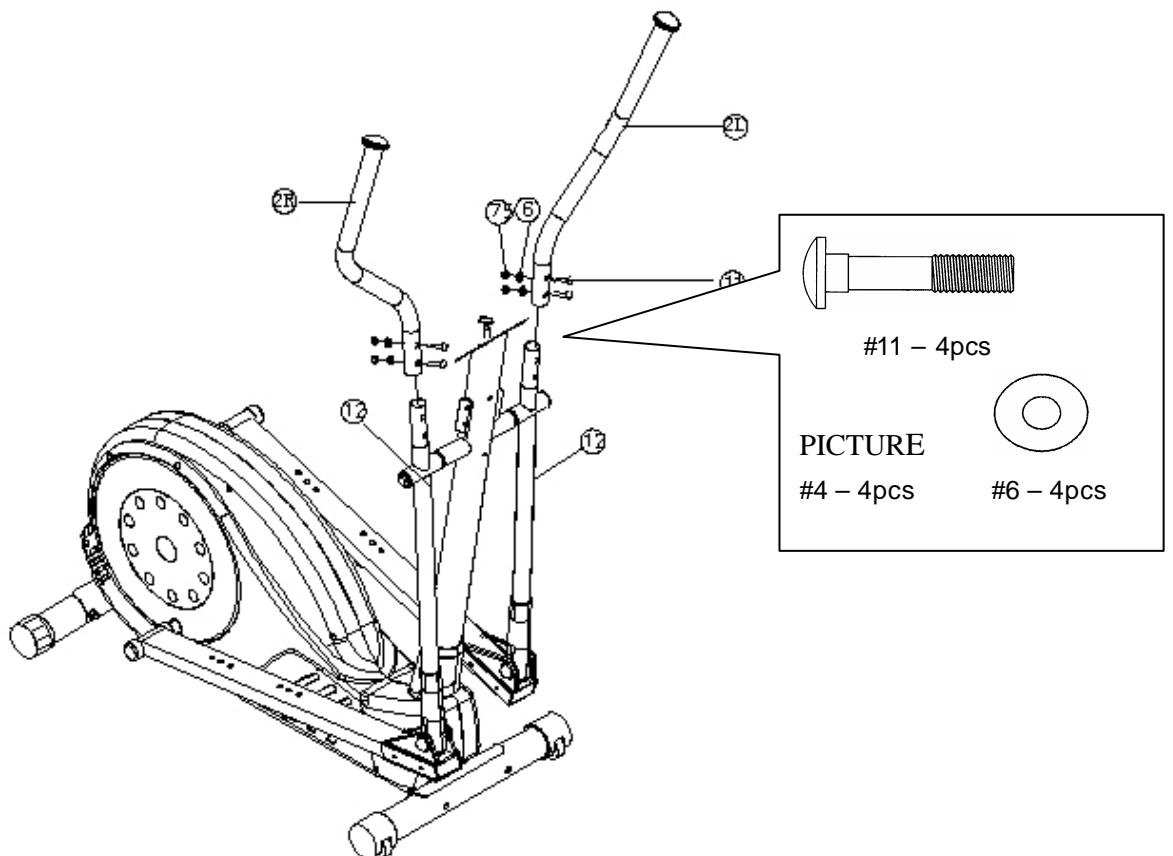
## STEP 6

.Install Front handlebar (67) using four Allen bolt (63) & four Curved Washer (6) and tighten.



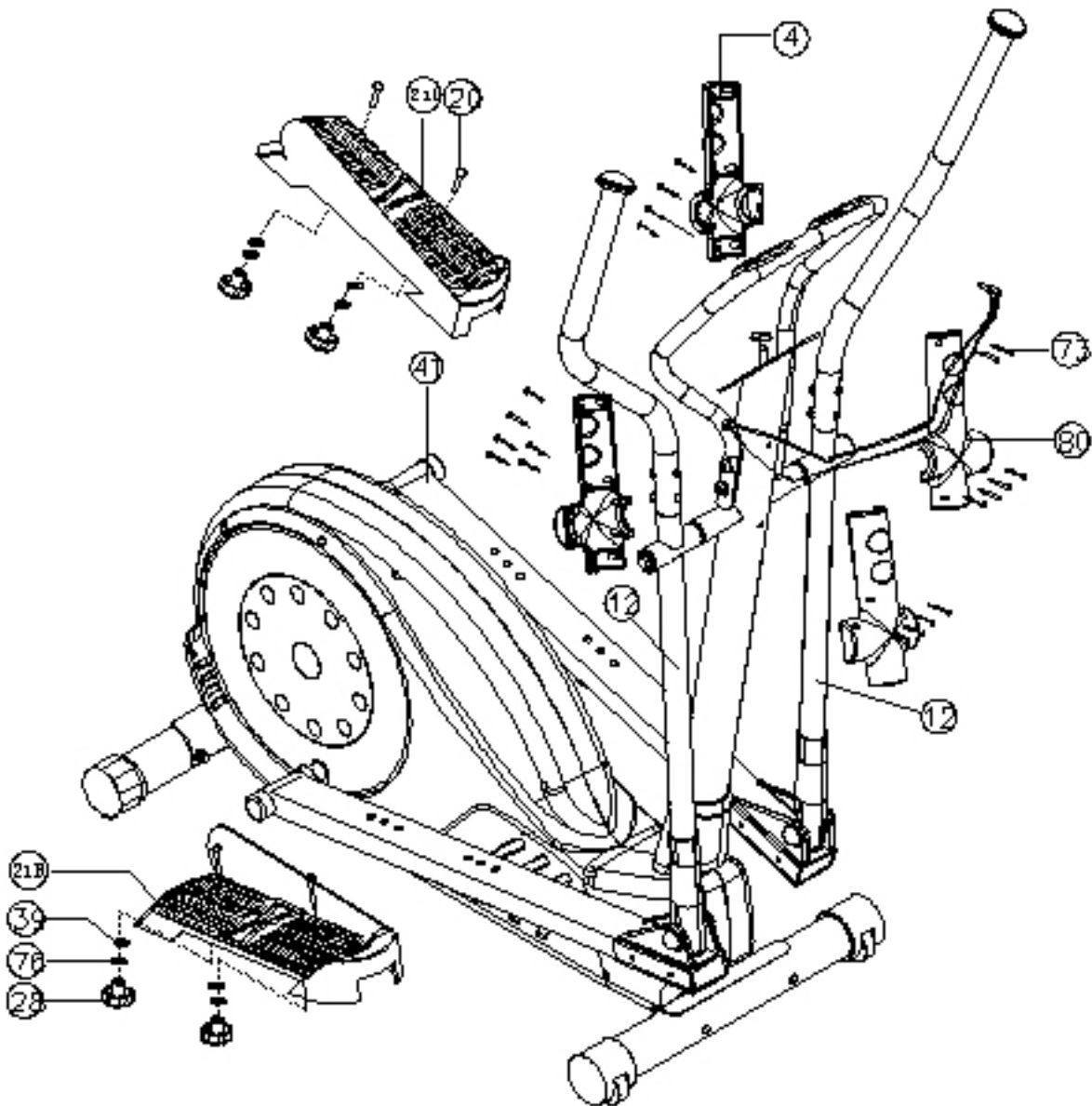
Install the Left handlebar (2L) to the Left Pedal arm (12) using 2 Carriage bolts [40L] (11), 2 Curved washers (6) and 2 Lock nuts (75). Tighten it securely with wrench.

Repeat the same procedure for the Right handlebar (2R)



## STEP 7

Attach Protecting hood (4) and Cross- type Cover (Rear) (80) by using Screw M3x10L (73) fix them closely and tighten. Assemble pedal (21R) onto pedal arm (12R) using two carriage bolts (20), two flat washer (39), two spring washer (76) and two knobs (28). Repeat this procedure for assembling pedal (21L) onto pedal arm (12L)

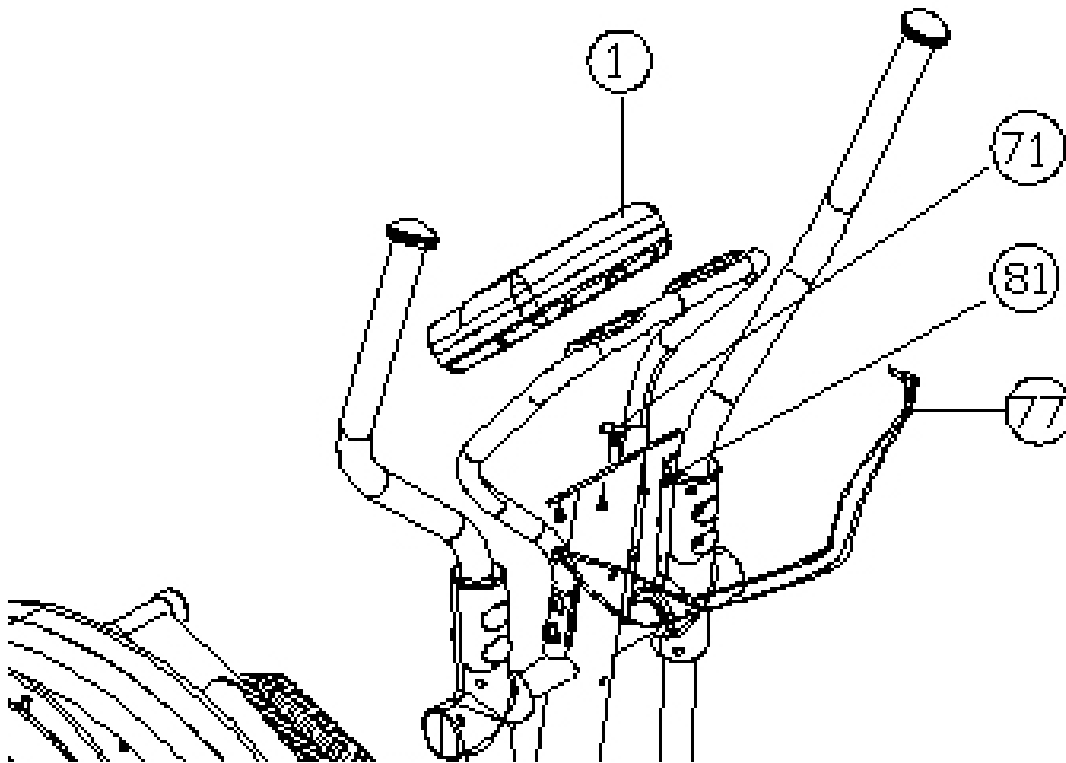


## STEP 9

Insert the Pulse sensor wire in the socket on the back of the Computer (37).

Plug the Computer wire (77) into the socket on the back of the Computer (1).

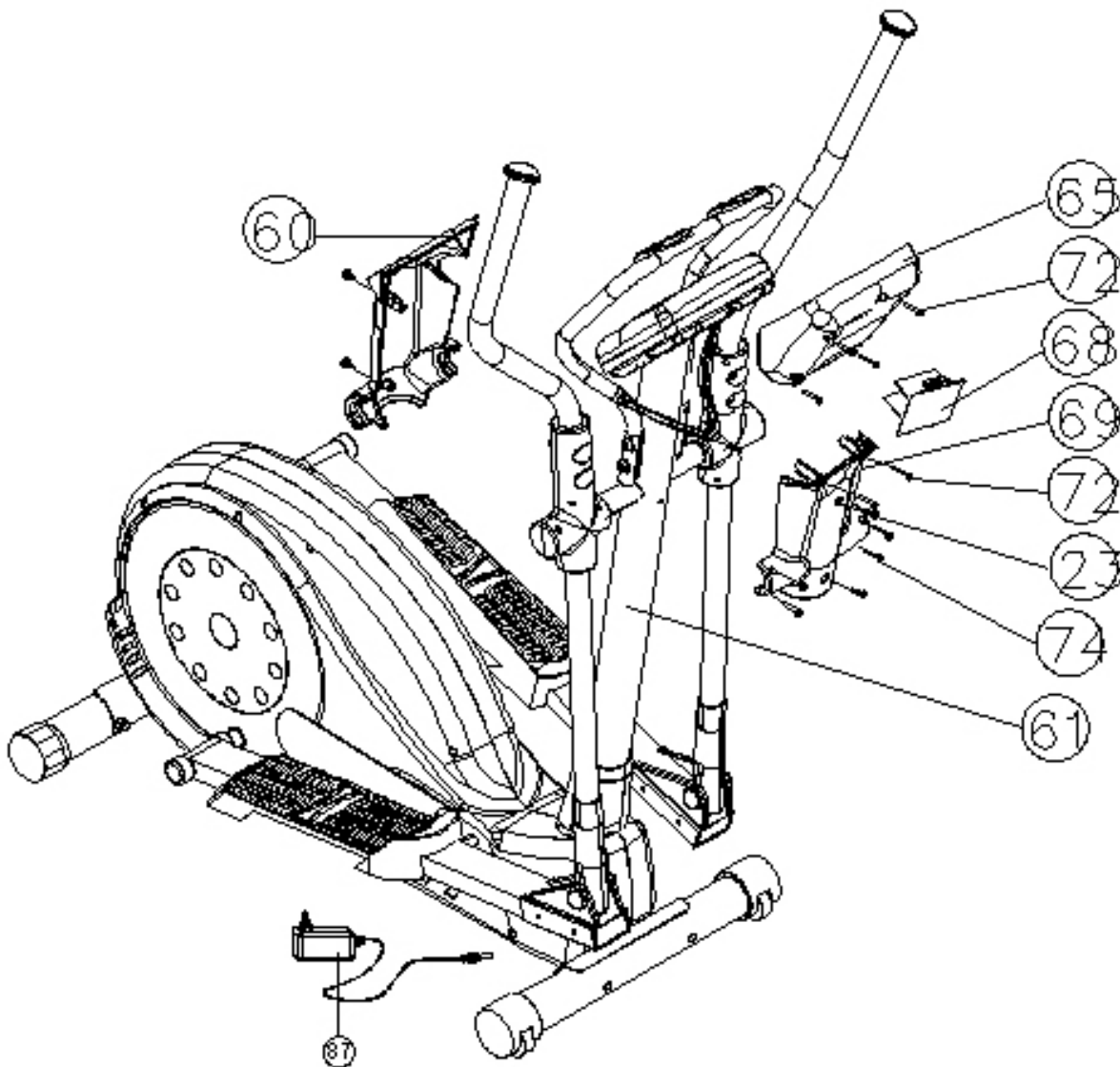
Remove the four screws (81) from the Computer (37) and install the Computer to the metal plate welded on the top of the Handlebar post. Secure it with the four screws (81) that were removed earlier.



## STEP 10

Install the Cover of computer (front) (65) by using for Screws (72) and assemble Batteries Cover (68) on the back of computer cover. Assemble Front tray (60) and Rear tray to each other using screw M4x30L (72) & Screw M3x20L (74) & Screw 5x14L. on handlebar Post (61). Secure.

Plug adaptor into socket.



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### Principles Of Exercise

#### Ideal Workout

**Extensive scientific research supports that both cardiovascular training ( aerobic ) and strength training are import components in any health and fitness program.** An ideal workout consists of three groups of exercises, which should be completed in the following sequence: Warm-up, Workout, and Cool-Down. Do not skip any of these stages.

**Warm-up:** Any workout needs to begin with a good warm-up for at least 5 minutes. The warm-up consists of whole body, low intensity rhythmic movement, stretching and limbering exercises. A common way to warm your body is by jogging on the spot. Start by moving your legs and then your arms until you get your whole body moving.

The purpose of the warm-up is increase your muscle and core body temperatures. Warm muscles are more elastic and, therefore, less susceptible to injury. Also, Warm muscles burn fat more readily than cold muscles. In addition to increasing your body temperature, you are also raising your resting heart rate in preparation for more vigorous exercise.

**Workout:** strength straining or circuit training.

**Cool-down:** Never suddenly quit while exercising, instead, gradually decrease your intensity and then move into whole body stretching with movements of decreased intensity, until your heart rate comes down a little. The rhythmic movements of a cool-down help to

remove waste products that build up in, your muscles while you exercise. A good cool-down can greatly reduce muscle cramping and post exercise muscle pain.

#### Aerobic Training

Aerobic exercise is exercise during which the oxygen supply is sufficient to meet the oxygen demand of working muscles, with the objective being the ability to continue the exercise for prolonged periods of time(20 minutes or more). Aerobic exercises are those which utilize large muscle groups in a rhythmical and continuous nature. Running, swimming, stair climbing, cycling, brisk walking, etc. are all examples of aerobic exercise.

It is recommended that the average healthy adult perform aerobic exercise for a minimum of 20 to 30 minutes, three times per week, at an intensity that elevates that the heart rate to within

the Target Heart Rate Zone. The Target Heart Rate Zone is between 70% and 85% of the Age-Predicted Maximum Heart Rate. As a general rule, the Age-Predicted Maximum Heart is approximately 220 beats per minute minus your age.

### **Strength Training**

Strength training involves the ability of a muscle or muscle group to generate force against resistance. It is recommended that the average healthy adult perform a minimum of one set of 8-20 repetitions to near fatigue for 12 major muscle groups(Quadriceps, Hamstrings, Calves, Chest, Back/Lats, Upper Back/Traps, Mid Back/Lats, Lower Back, Shoulders, Triceps, Biceps and Abdominals).

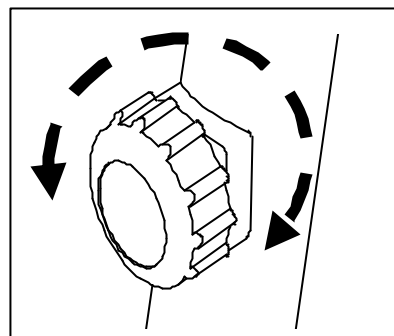
Strength training should be performed a minimum of two times per week. Rest a minimum of 48 hours, but no more than 96 hours between training sessions that use the same muscles.

### **Circuit Training**

Circuit training is a time effective method of exercise, during which the individual performs a series of specified muscle group exercises with as little rest as possible between each muscle group. Like strength training, circuit training should only be done every other day to give your muscles a rest

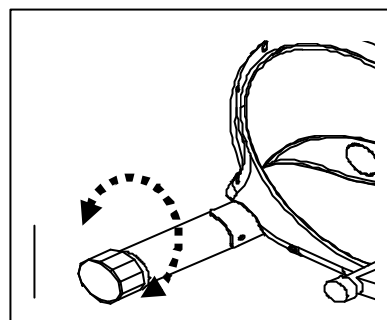
## USER'S GUIDE

The resistance can be adjusted using either the manual or program modes of the computer.



### LEVEL ADJUSTMENT ON FLOOR

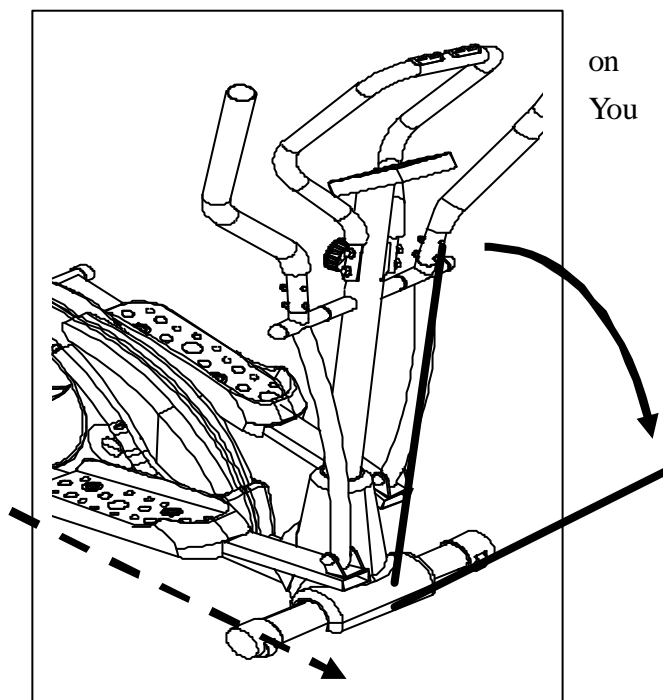
Your **ELLIPTICAL TRAINER** has specialized ENDCAPS on the REAR STABILIZER BAR. By rotating these endcaps you should be able to level the Elliptical on any floor surface.



able

### STORING THE ELLIPTICAL TRAINER

The caps at each end of the FRONT STABILIZER BAR on your **ELLIPTICAL TRAINER** are also transport wheels. You can use these wheels to easily move the **ELLIPTICAL TRAINER** from place to place.



on  
You

## COMPUTER INSTRUCTIONS

### Programable Trainging Computer - SM5055-7



Initial operating process: (After the computer is power on with batteries installed)

- Step One Use UP or DOWN buttons to select U1 (User number 1) to U4 (User number 4) as the user's
- Step Two You may use UP or DOWN to select training mode in MANUAL or PROGRAM (12 different profiles) or USER or TARGET HEART RATE control (4 different options for training). If you select training with Target Heart Rate control mode, you need to input AGE data, and switch to next procedure.
- Step Three You may use UP or DOWN to adjust the training LOAD/DIFFICULTY level from 1 to 16 under MANUAL, PROGRAM and USER mode .(Exclude TARGET HEART RATE CONTROL mode)
- Step Four You may use UP or DOWN to preset training function datas, when each function data has been preset, press MODE/ENTER.

Available preset training functions:

TIME: Preset area is from 00:00 to 99:00, each increment is 1:00 (minute).

DISTANCE: Preset area is from 0.00 to 99.90, each increment is 0.10 km or ml.

CALORIE: Preset area is from 0 to 990, each increment is 10 cal.

WATT: Preset area is from 10 to 350, each increment is 10 watt.  
(WATT can be preset under MANUAL mode only)

PULSE: Preset area is form 30 to 240, each increment is 1 BPM.  
(Exclude in TARGET H.R control mode)

Step Five Press START/STOP button to start training.

### **Training Mode Instruction:**

#### QUICK START

1. After the monitor is power on, you may press QUICK START button to start training directly.
2. All function datas will count up from zero, and you may adjust training resistance by pressing UP/DOWN button.
3. 3. To stop training, just press START/STOP button. You may press RESET button to quit training mode in Quick Start and select a new training mode. [MANUAL, PROGRAM, USER, TARGET H.R.] Or, you may press START/ STOP button again to continue training in Quick Start mode.
4. Once you have changed the training mode, all previous function datas in the Quick Start training mode will be not kept.

### **To start your training in other training**

#### Training with PRESET TIME in all training mode:

If you have preset TIME, each unit of the profiles switches forth to another per preset TIME divided by 16.

#### Training without preset time in all training mode:

If you do not preset TIME, each unit of the profile switches forth to another per 0.1 km in counting up (no preset DISTANCE) or counting down (has preset DISTANCE).

### **Resistance level adjustment:**

Training in MANUAL - You may adjust the tension load from 1 to 16 during training. If you have preset WATT, tension load will be auto-adjusted depends on the current speed and watt values you are working out. There will be four different symbols shows up to help your training:

You need to slow down the training speed.

You need to speed up the training.

----- This is to remind the current WATT is OVER SPEC, and you need to speed up or slow down training speed accordingly.

\*\* When the WATT is over spec, computer has Bi-Bi-Bi/second to remind you. If you keep training under this mode for over 3 minutes, the computer has an ALARM with 6 beep sounds for 30 seconds, and the computer system STOPS automatically, at this moment, LOAD is down to 1, and preset WATT data is zero. During the ALARM period, you can stop ALARM by pressing any function buttons.

Training with 12 profiles - You can adjust the tension difficulty during training any time.  
Training in TARGET H.R. control - The tension difficulty will be auto-adjusted according to the current heart rate figure. If your heart rate figure is under the target pulse, the resistance level will be upward adjusted one level per 30 seconds, up to the maximum level 16. As soon as your heart rate figure is achieved at the target pulse, the resistance level will be backward adjusted one level immediately, and keep backward adjusted one level per 15 seconds until level 1. If your current heart rate is still over (or equal to) the target pulse for 30 seconds when the resistance is in level 1, the system will STOP and ALARM for 6 beeps to remind you as the training protection.

## **To stop your training:**

Training with PRESET function datas:

As soon as the preset function datas counting down to zero,(pulse figures excluded) the monitor has 8 beep sounds to remind you. At this moment, the computer will stop working. You may press START/STOP button to start the computer working and counting up from previous data.

### **Interput training:**

You may press START/STOP button to stop computer working during training any time.

### **To reset program:**

You may press RESET button to reset the PROGRAM and select the training mode and resistance level under STOP mode. If you hold on pressing the RESET button for 2 seconds, all data (for 2 seconds, all datas(including personal datas) will be total reset.

## **Function buttons:**

QUICK START	To start Quick Start training mode directly without any presetting.
START/STOP	To start or stop monitor counting.
RECOVERY	To act recovery function.
MODE	To enter all functions, age, and training programs setting.
UP/DOWN	To adjust and set all functions, personal data, and training programs setting.
RESET	To have the monitor jump to initial display for training mode selection. If you hold pressing the button for 2 seconds, the monitor will reset previous training and jump to user code selection.



**Note:**

1. When there is no signal been transferred into the computer for 4 minutes, the LCD display will shut off automatically, and all previous training datas will be stored. You may press any button to have the monitor restart working.
2. The monitor can stroe 4 user's preset function datas. When the monitor is power on, the monitor will display the previous (before power off) user's identification including his presetting function data of Time, Distance, Calories, Watt (if training in manual), or Pulse values.
3. Each user may press and hold on RESET button for 4 seconds to have the monitor back to the initial mode for training selection.
4. If the monitor display is improper, please remove the battery and reinstall again.
5. The monitor can be power on with batteries ( C size / 1.5V\*4 pcs ) or AC adaptor input.

## **RECOVERY FEATURE**

This computer is equipped with a Recovery feature. This special feature can help you to understand your heart rate recovery status after each workout.

Press the Recovery button after your entire workout program. Place both hands on the pulse sensor; the time will display one minute (00:60) and count down. The computer will measure your heart rate during this one-minute and display your heart rate recovery status after the minute.

The LCD will display F1, F2, F3, F4, F5 or F6.

F1: you have an excellent recovery result.

F3: you have an average recovery result.

F6: you have a below average recovery result.

Press the Recovery button again to go back to the main display.

### **Battery change**

If the computer display should become weak or have short misfires or not measure the pulse rate correctly, a change of batteries may become necessary. Remove battery box cover on the back of computer and insert new batteries, 2 x 1.5V AA batteries are required.

### **Battery disposal**

Batteries should be disposed of responsibly. As consumers, you are obliged to dispose of used batteries through public collecting points.



## WE RECOMMENDING ALKALI MANGANESE BATTERIES.

These indications find you on batteries:

Pb = battery contains lead

CD = battery contains cadmium

Hg = battery contains mercury



Pb



Cd



Hg

### Problem

Incorrect computer display

Incorrect or no computer function

Adjustment of resistor does not work.

### Problem solving

1. Check if the batteries have enough voltage
2. Take out the batteries and put them in again.
3. Check if all wire plug connections are attached correctly.

## 5/CUSTOMER INFORMATION & MAINTENANCE

We at **Escalade International Limited** have a commitment to you by providing the very best home exercise machine, backed by our dedicated Customer Service Department and a limited warranty. If you have any question about the use or operation of your **ELLIPTICAL TRAINER** call our Customer Service Department. Our friendly staff will be available to assist you immediately or, at the very least, have one of our technicians call you back. When ordering parts, please use the item number, part number and description listed on the Parts List on page 4. PLEASE HAVE THE PRODUCT REFERENCE INFORMATION AVAILABLE FOR YOUR MACHINE TO EXPEDITE SERVICE.

### CUSTOMER SERVICE CONTACT:

**Escalade International Limited,  
Unit 1 Viking Way  
Winch Wen Industrial Estate  
Swansea SA 17DA  
8:30am To 4.30pm Monday to Friday  
Telephone: 07192 796893  
Fax: 07192 796627**

We ask that you operate your **ELLIPTICAL TRAINER** in a safe manner in accordance with the exercise instructions, and follow the maintenance guidelines outlined below.

### **Maintenance**

By following these general maintenance procedures, you will reduce the amount of wear and tear on your **ELLIPTICAL TRAINER** and enjoy years of trouble free use.

Inspect and tighten all parts each time you use your **ELLIPTICAL TRAINER** Replace all worm parts immediately (see parts list or parts order form at the end of this manual for important ordering information).

Your **ELLIPTICAL TRAINER** can be cleaned using a damp cloth and a mild detergent. Do not use solvents or abrasives.

If you have any other questions or problems with your **ELLIPTICAL TRAINER** feel free to call our Customer Service Department on the number listed above.