

# RE700

ELLIPTICAL

## OWNER'S MANUAL



### **! CAUTION**

Read all precautions  
and instructions in this manual  
before using this equipment

13R Rev B

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## Important Safety Instructions

### Warning

The safety of the product can be maintained only if it is examined regularly for damage and wear. See preventive maintenance section for details.

### Location

1. Keep the area around the product clear of any obstructions, including walls and furniture. Provide at least three feet of clearance behind the unit.
2. Do not use the product outdoors, near swimming pools, or in areas of high humidity.
3. Do not allow other people to interfere in any way with the user or equipment during workout.
4. Supervise closely any children or disabled persons using the product.

### Operation

1. Always follow the console instructions for proper operation.
2. Do not reach into, or underneath, the unit; and do not tip the unit on its side during operation.
3. Never insert objects into any opening of the Bike. If any object fall into this equipment, carefully retrieve it while the unit is not in use. If the object can't be reached, please contact customer services.
4. Never place any containers filled with liquids on the unit, except in the accessory tray or water bottle holder. Containers should be covered with lids.
5. Wear shoes with rubber or high-traction soles. Do not wear shoes with high heels, leather shoes, slippers, or spikes. Make sure no sharp stuff is embedded in the soles.
6. Do not use the bike with bare feet.
7. Keep all loose clothing, shoelaces, and towels away from moving parts.
8. Take extra caution when stepping on or off the bike.
9. Never face backward while using the bike.

**Save these instructions for future reference**

## Warm Up Exercises

### EXERCISE GUIDELINES

**WARNING!** Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

### TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

### HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

### CALF/ACHILLES STRETCH

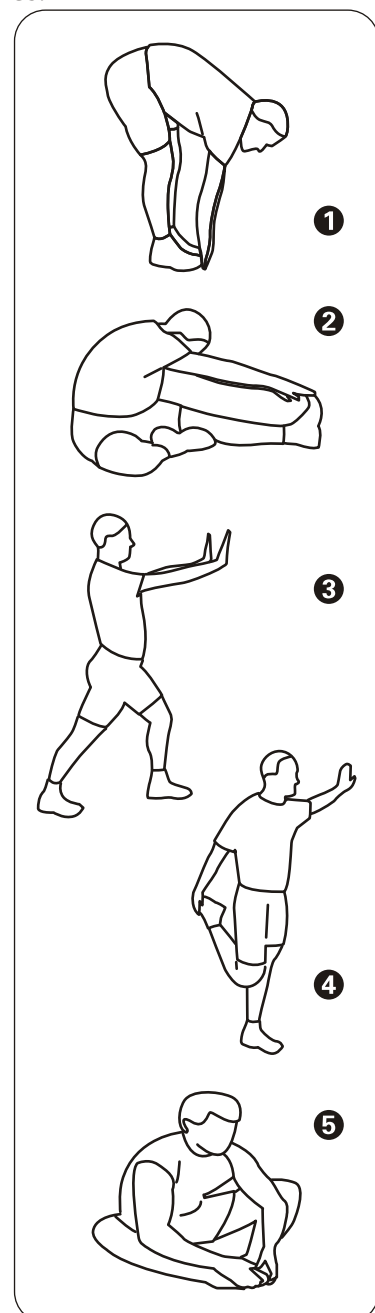
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the achilles tendon, bend your back leg as well. This will stretch your calves, achilles tendons, and ankles.

### QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

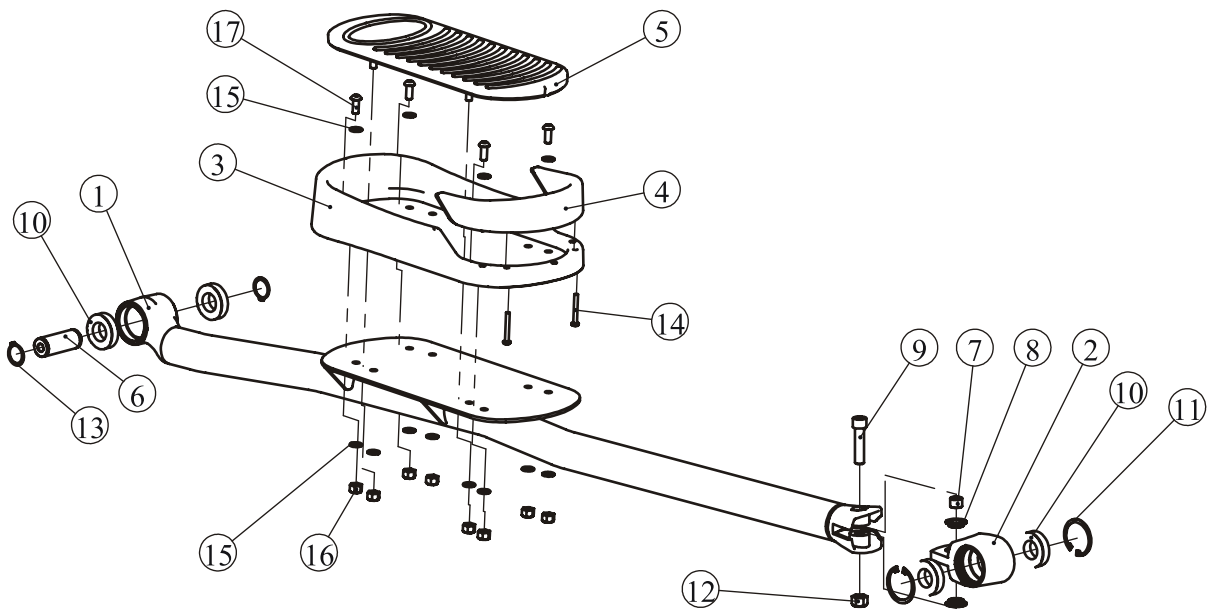
### INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



## Exploded View and Parts List

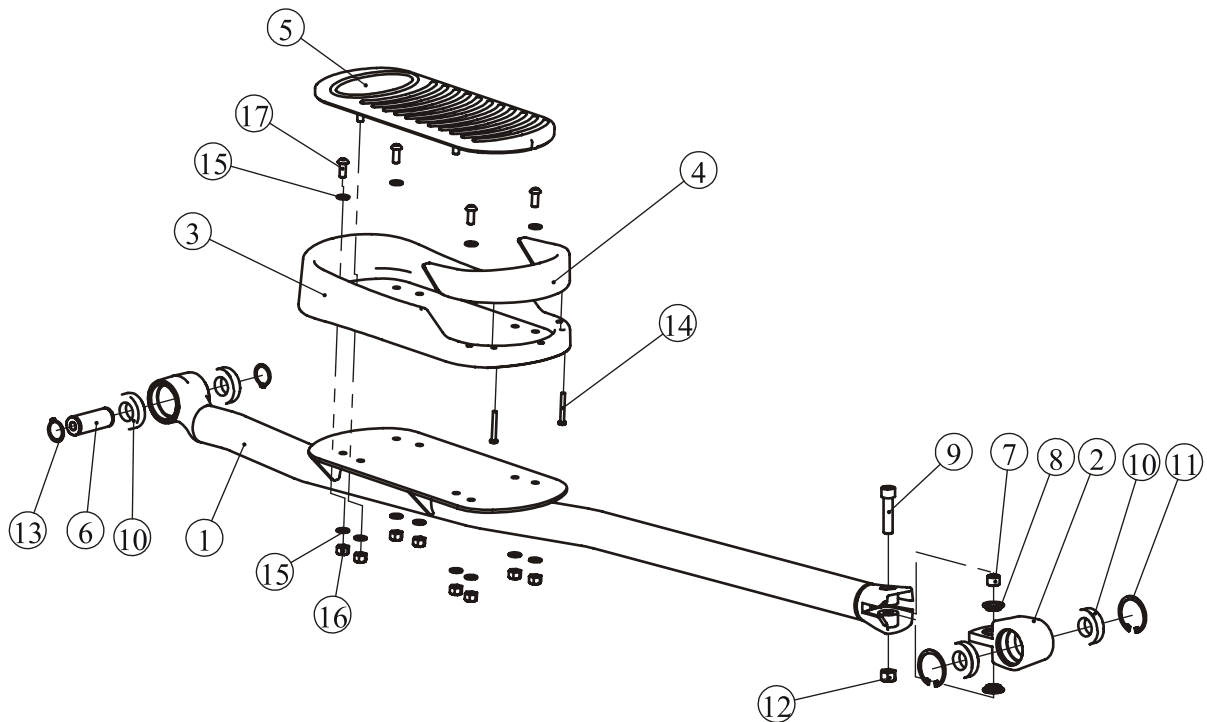
### Left Pedal Bracket ASSY



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Left Pedal Bracket	1	10	Bearing 6005	4
2	Bearing Housing	1	11	Internal Retaining Rings $\Phi 47$	2
3	Pedal	1	12	Nylon Insert Lock Nut M12	1
4	Holder for Pedal	1	13	External Retaining Ring $\Phi 25$	2
5	Pedal Forming	1	14	Pan Head Phillips Screw M5*40	2
6	Axle for Pedal Bracket	1	15	Washer $\Phi 9 \times \Phi 16 \times 1.6$	12
7	Bushing $\Phi 16 \times 11.5$	1	16	Nylon Insert Lock Nut M8	8
8	Plastic Bushing	2	17	Button Head Cap Screw M8*20	4
9	Socket Head Cap Screw M12*50	1			

## Exploded View and Parts List

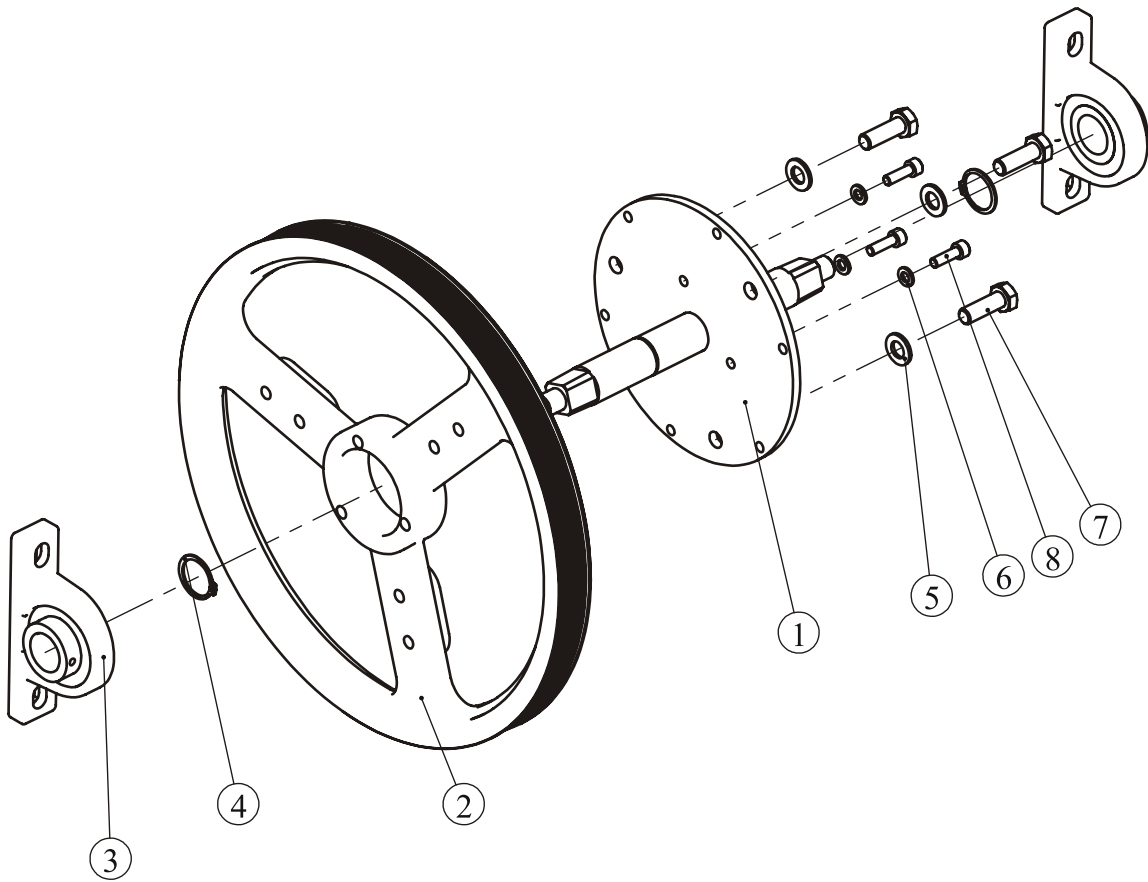
### Right Pedal Bracket ASSY



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Right Pedal Bracket	1	10	Bearing 6005	4
2	Bearing Housing	1	11	Internal Retaining Rings $\Phi 47$	2
3	Pedal	1	12	Nylon Insert Lock Nut M12	1
4	Holder for Pedal	1	13	External Retaining Ring $\Phi 25$	2
5	Pedal Forming	1	14	Pan Head Phillips Screw M5*40	2
6	Axle for Pedal Bracket	1	15	Washer $\Phi 9 \times \Phi 16 \times 1.6$	12
7	Bushing $\Phi 16 \times 11.5$	1	16	Nylon Insert Lock Nut M8	8
8	Plastic Bushing	2	17	Button Head Cap Screw M8*20	4
9	Socket Head Cap Screw M12*50	1			

## Exploded View and Parts List

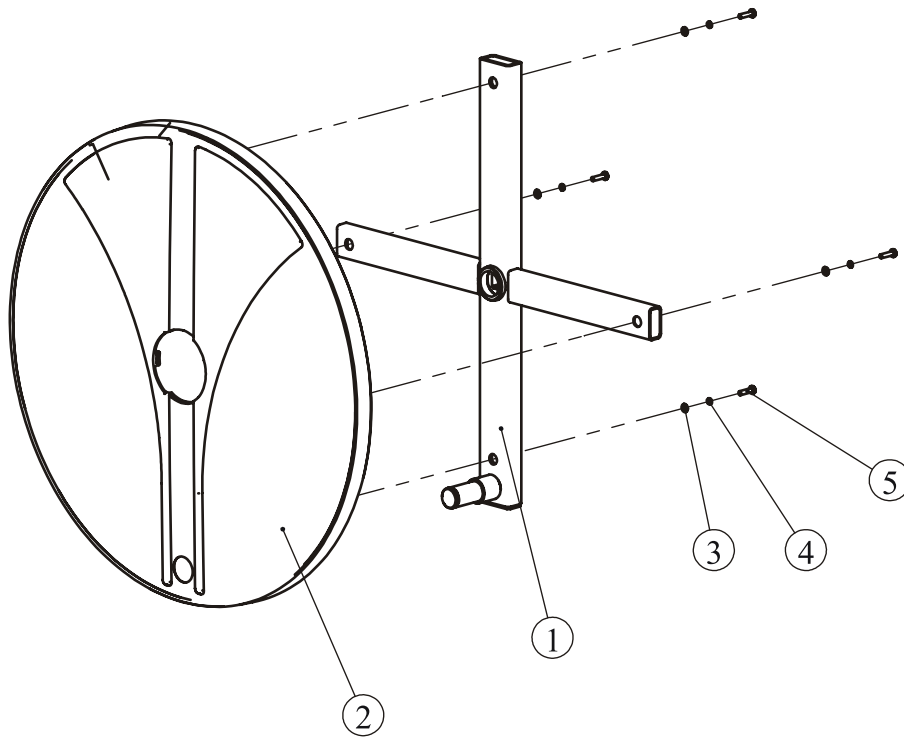
### Shaft ASSY



ITEM NO.	Description	QTY
1	Shaft	1
2	Belt Pulley	1
3	Pillow Block	2
4	External Retaining Ring $\Phi 25$	2
5	Washer $\Phi 11 \times \Phi 20 \times 2$	3
6	Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	3
7	Hex Head Bolt M10*30	3
8	Socket Head Cap Screw M6*20	3

## Exploded View and Parts List

### Cross Bracket ASSY

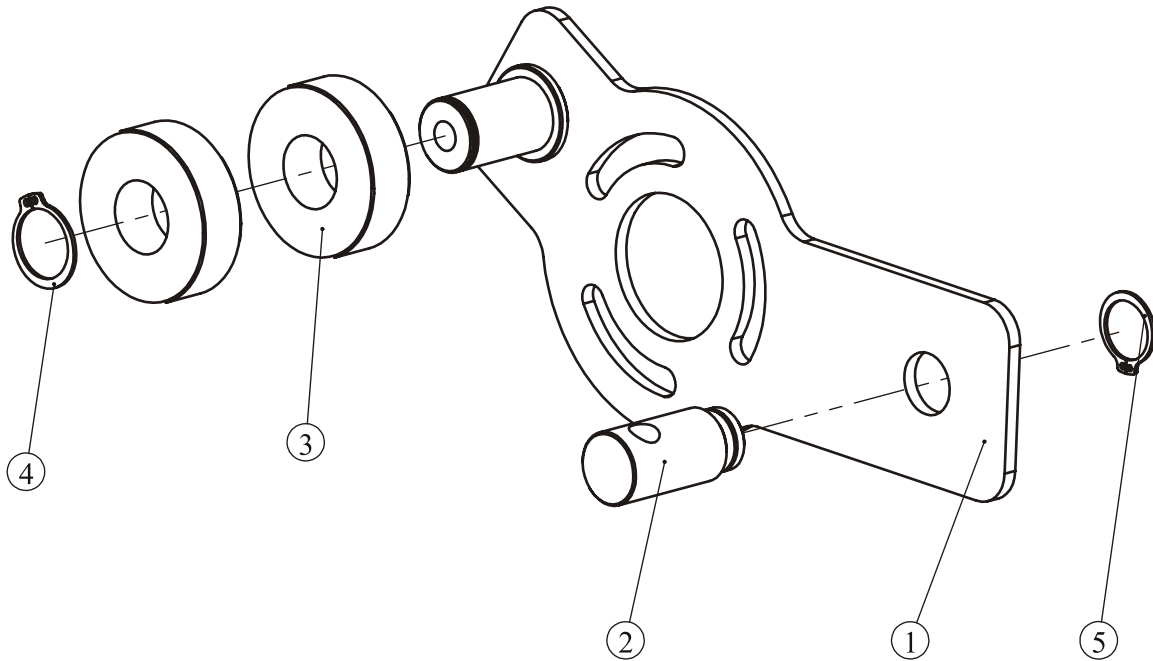


ITEM NO.	Description	QTY
1	Cross Bracket	1
2	Disk Cover	1
3	Washer $\Phi 5.3 \times \Phi 10 \times 1$	4
4	Spring Washer $\Phi 5$	4
5	Pan Head Phillips Screw M5*20	4



## Exploded View and Parts List

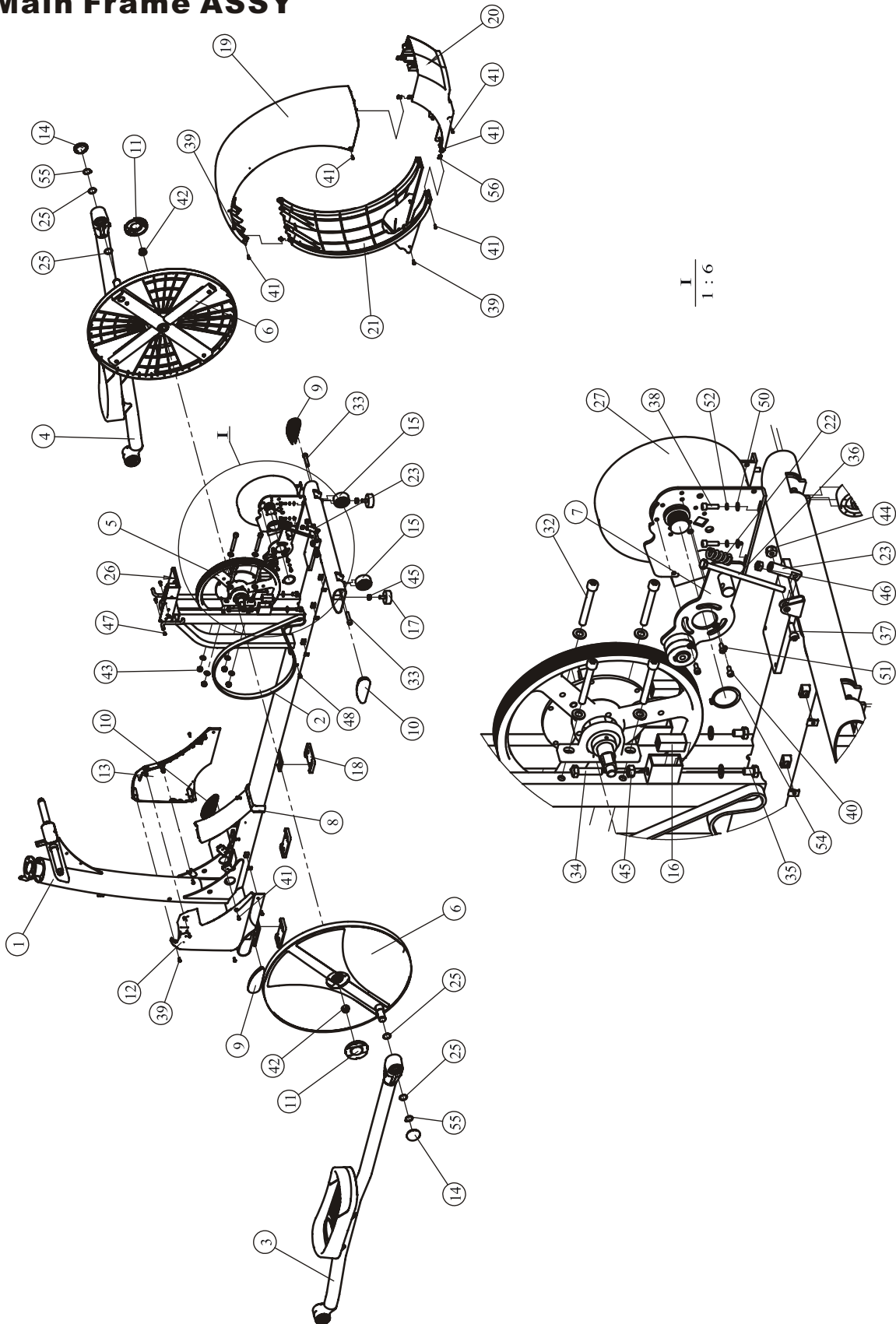
### Tightener ASSY



ITEM NO.	Description	QTY
1	Tightener	1
2	Adjustable Axle	1
3	Bearing 6204	2
4	External Retaining Ring $\Phi 20$	1
5	External Retaining Ring $\Phi 17$	1

# Exploded View and Parts List

## Main Frame ASSY



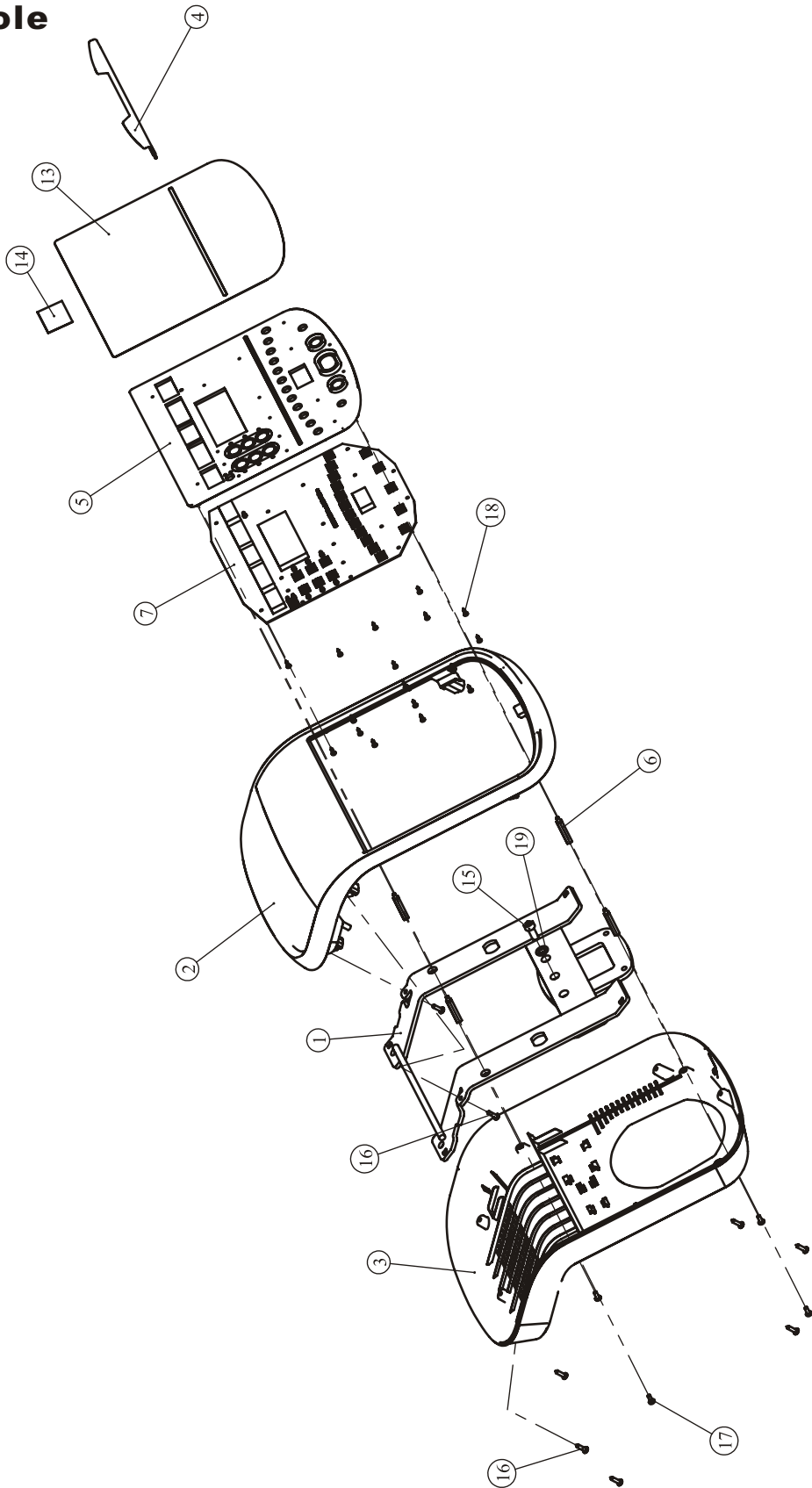
## Exploded View and Parts List

### Main Frame ASSY

ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Main Frame	1	29	Resistance Cable	1
2	Poly-v Belt	1	30	Lower Cable of Console	1
3	Left Pedal Bracket ASSY	1	31	Magnet Cord	1
4	Right Pedal Bracket ASSY	1	32	Socket Head Cap Screw M10*80	4
5	Shaft ASSY	1	33	Socket Head Cap Screw M10*50	2
6	Cross Bracket ASSY	2	34	Hex Head Bolt M10*40	2
7	Tightener ASSY	1	35	Hex Head Bolt M10*15	2
8	Bottom Cover	1	36	Hex Head Bolt M8*150	1
9	Plug 1	2	37	Socket Head Cap Screw M8*25	1
10	Plug 2	2	38	Socket Head Cap Screw M6*20	4
11	Little Disk Cover	2	39	Pan Head Phillips Screw M5*15	11
12	Left Front Bottom Cover	1	40	Socket Head Cap Screw M5*15	3
13	Right Front Bottom Cover	1	41	Pan Head Phillips Self-tapping Screw ST4.2*16	16
14	Plug	2	42	Flange Nut M14*1.5	2
15	Wheel	2	43	Nylon Insert Lock Nut M10	4
16	Square Nut	2	44	Nylon Insert Lock Nut M8	1
17	Adjustbale Foot	2	45	Hex Nut M10	4
18	Foot	3	46	Hex Nut M8	1
19	Mid Rear Cover 1	1	47	Hex Nut M5	2
20	Mid Rear Cover 2	1	48	Rivet Nut M5	3
21	Mid Rear Cover 3	1	49	Washer $\Phi 11*\Phi 20*2$	10
22	Tension Spring	1	50	Washer $\Phi 6.6*\Phi 12*1.6$	4
23	Tightening Nut	1	51	Busing	3
25	Wave Washer	4	52	Spring Washer $\Phi 6$	4
26	Controller	1	54	External Retaining Ring $\Phi 40$	1
27	Brake	1	55	External Retaining Ring $\Phi 25$	2
28	Control Cable	1	56	Screw Clip	16

# Exploded View and Parts List

## Console



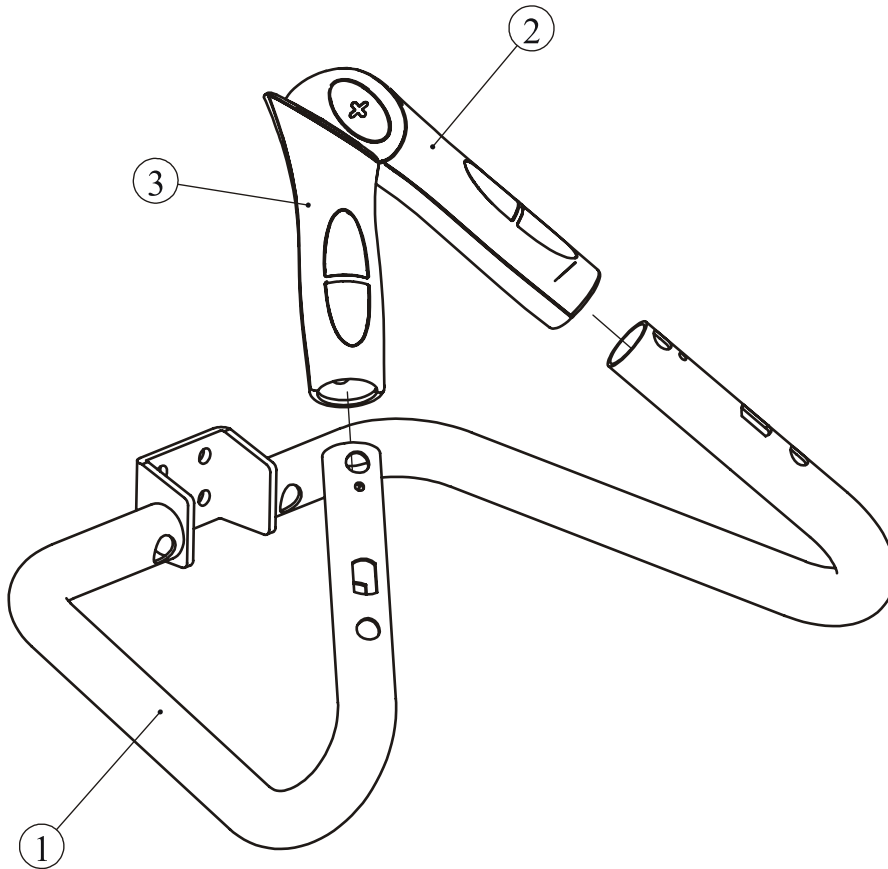
## Exploded View and Parts List

### Console

ITEM NO.	Description	QTY
1	Console Bracket	1
2	Console Top Cover	1
3	Console Bottom Cover	1
4	Console Cabinet	1
5	Circuit Board Frame	1
6	Support Pillar	4
7	PCB	1
8	Handle Pulse PCB	1
9	Wireless Receiver	1
10	Hand Pulse Cable to Console	1
11	Magnet Cord	2
12	Magnet Cord	3
13	Console Overlay	1
14	LOGO	1
15	Button Head Cap Screw M8*20	1
16	Pan Head Phillips Self-tapping Screw ST4.2*16	8
17	Pan Head Phillips Screw M4*10	4
18	Pan Head Phillips Self-tapping Screw ST2.9*9.5	17
19	Washer $\Phi 9 \times \Phi 16 \times 1.6$	1

## Exploded View and Parts List

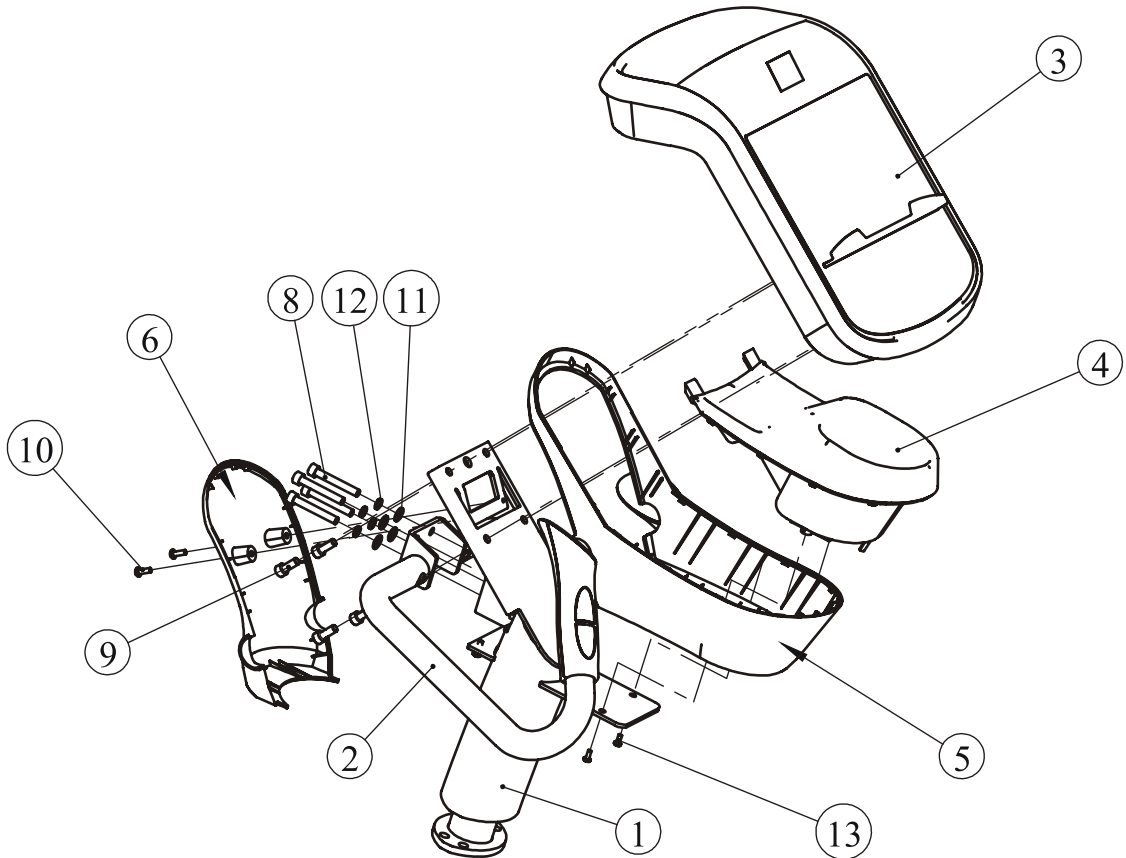
### Handle Bracket ASSY



ITEM NO.	Description	QTY
1	Handle Bracket	1
2	Pulse Plate	1
3	Pulse Plate	1
4	Handle Pulse Cable	1
5	Switching Cable	1

## Exploded View and Parts List

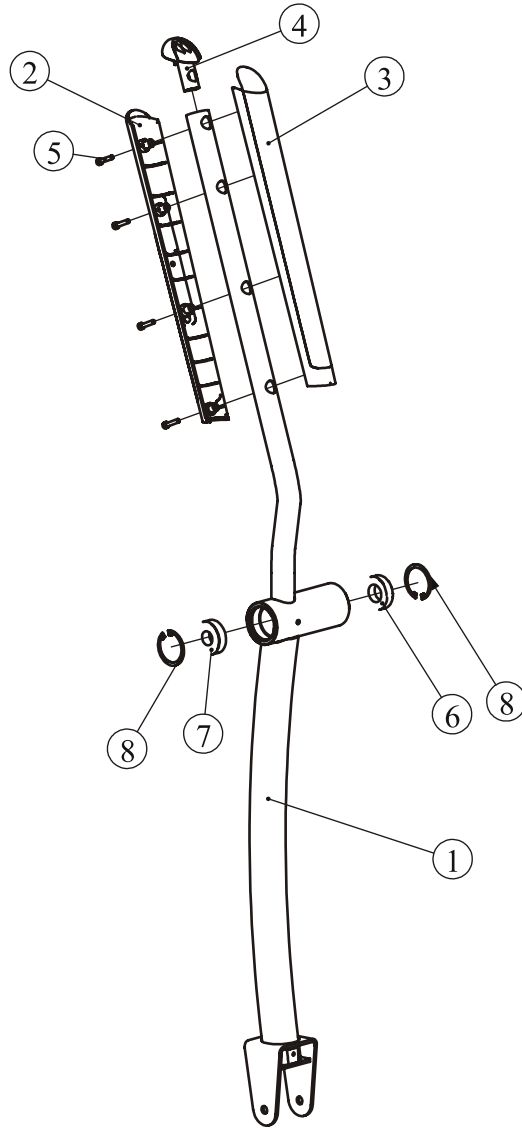
### Console ASSY



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Upright Frame	1	8	Socket Head Cap Screw M8*55	4
2	Handle Bracket ASSY	1	9	Socket Head Cap Screw M8*20	4
3	Console	1	10	Pan Head Phillips Screw M5*15	4
4	Water Bottle Holder	1	11	Washer $\Phi 9 \times \Phi 16 \times 1.6$	8
5	Water Bottle Holder Bracket	1	12	Spring Washer $\Phi 8$	4
6	Cover for Water Bottle Holder	1	13	Pan Head Phillips Screw M4*10	2
7	Upper Cable of Console	1			

## Exploded View and Parts List

### Left Handle Bracket ASSY

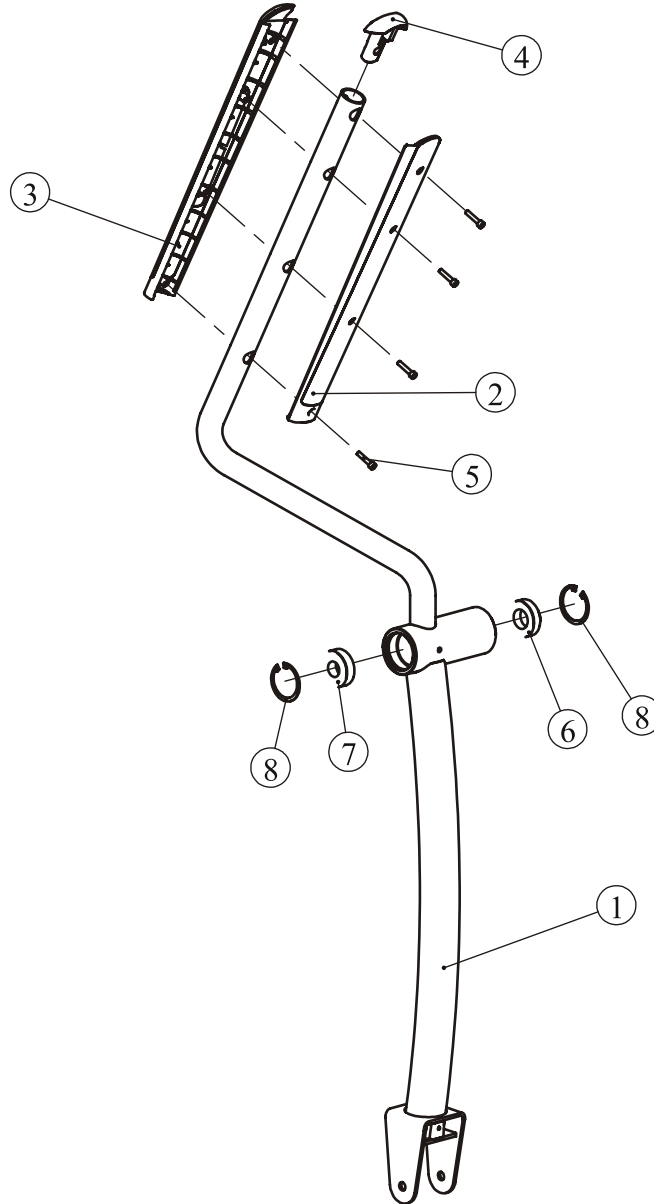


ITEM NO.	Description	QTY
1	Left Handle Bracket	1
2	Front Handle	1
3	Back Handle	1
4	Plug of Handle	1
5	Socket Head Cap Screw M5*25	4
6	Bearing 6005	1
7	Bearing 6204	1
8	Internal Retaining Rings $\Phi 47$	2



## Exploded View and Parts List

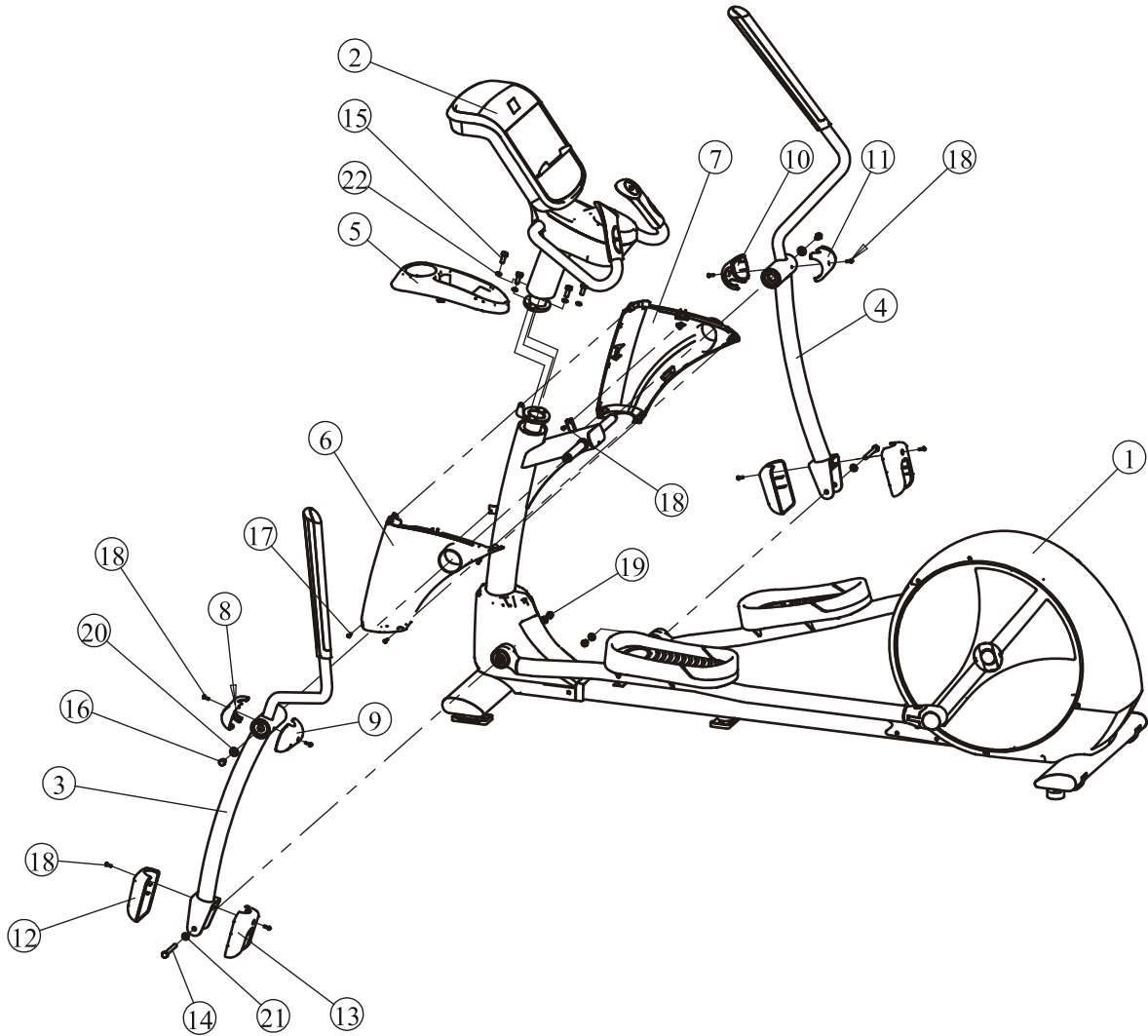
### Right Handle Bracket ASSY



ITEM NO.	Description	QTY
1	Right Handle Bracket	1
2	Front Handle	1
3	Back Handle	1
4	Plug of Handle	1
5	Socket Head Cap Screw M5*25	4
6	Bearing 6005	1
7	Bearing 6204	1
8	Internal Retaining Rings Φ47	2

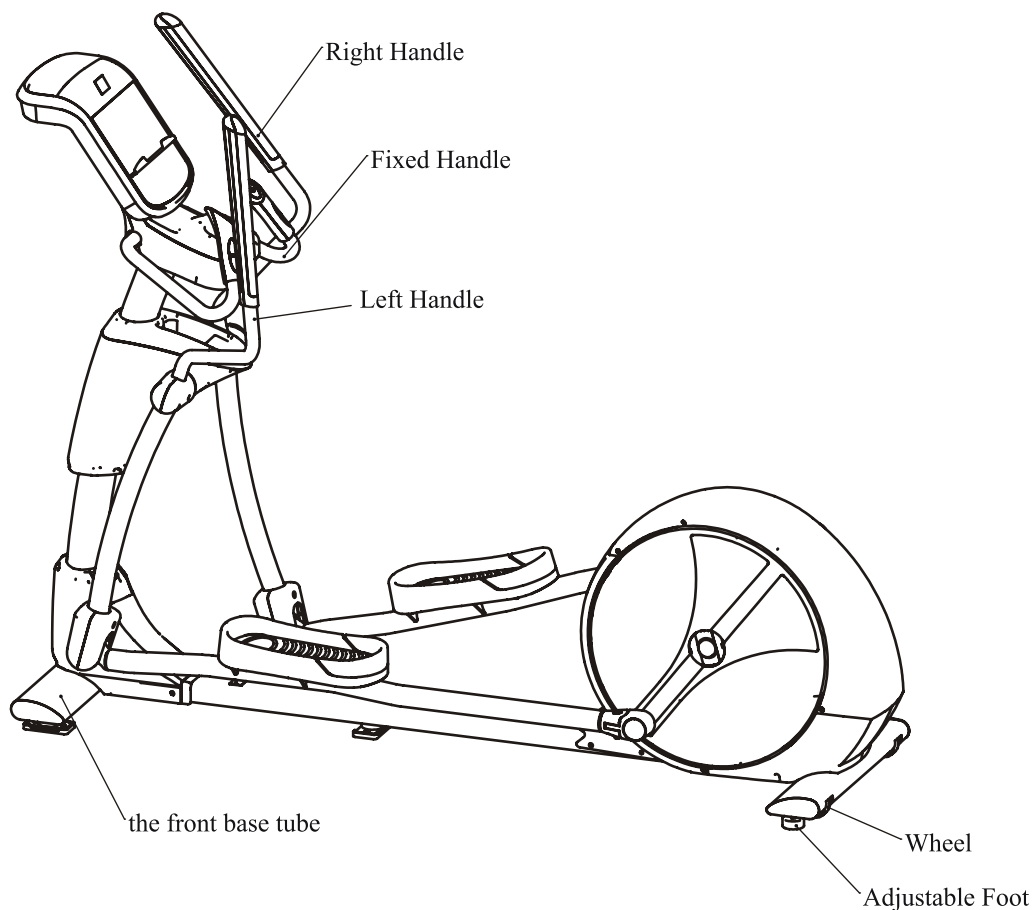
## Exploded View and Parts List

### Overall



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Main Frame ASSY	1	12	Front Cover	2
2	Console ASSY	1	13	Rear Cover	2
3	Left Handle Bracket ASSY	1	14	Hex Head Bolt M10*85	2
4	Right Handle Bracket ASSY	1	15	Hex Head Bolt M10*25	4
5	Front Top Cover	1	16	Hex Head Bolt M10*15	2
6	Left Top Cover	1	17	Pan Head Phillips Screw M5*20	4
7	Right Top Cover	1	18	Pan Head Phillips Screw M5*15	9
8	Left Rotating Cover 1	1	19	Nylon Insert Lock Nut M10	2
9	Left Rotating Cover 2	1	20	Washer $\Phi 11*\Phi 25*2$	2
10	Right Rotating Cover 1	1	21	Washer $\Phi 11*\Phi 20*2$	4
11	Right Rotating Cover 2	1	22	Spring Washer $\Phi 10$	4

## Usage And Maintenance



### **Instruction**

1. When moving the machine, you can grasp the front base tube, and pull it up. Then you can move it.
2. When using the machine, you must ensure it stand steadily on the grand. If it isn't steady, you must adjust the Adjustable Foot.
3. The machine has self-generating system (no power required).
4. Max. User Weight is 160 Kg.

### **Maintenance**

1. Tighten the pedals every 3 months.
2. If the Bolts and Screws have the trend of losing, please lock them timely.

# Console Panel Functions



## Console Panel Functions

### CONSOLE PANEL FUNCTION

#### 1. CALORIES WINDOW

Indicates estimated calories used based on 70Kg person at the indicated speed, incline, and time.



- *calories*
- *watt*

#### 2. WATT WINDOW

Indicates user's current to make power (Watt).



#### 3. DISTANCE WINDOW

Indicates Kilometers or Miles traveled, Range 0.01 ---999.

*distance*

#### 4. SPEED WINDOW

Indicates workout laps per minute on pedal.



*speed*

#### 5. TIME WINDOW

Indicates elapsed time after pressing start in minutes and seconds (0-99minutes, 0-59seconds).



*time*

#### 6. HEART RATE WINDOW

Indicates user's current heart rate (BPM).



♥ *heart rate*

#### 7. RESISTANCE WINDOW

Indicates workout in resistance L1—L20 in 1 increments.



*resistance*

#### 8. DOT MATRIX

8.1 Indicates 'START PEDALLING OR SELECT PROGRAM TO BEGIN' when turn on power.

8.2 Indicates message when enter value.

8.3 Indicates workout curve in Program mode.



### CONSOLE BUTTONS

#### 1. START

This button is used to start the current program.



#### 2. RESET

Press once, Resistance drop to 0, every other window remains un-changed. Hold for 3 seconds, console resets.



#### 3. + and -

3.1 These buttons are used to adjust the degree of force of the machine during workout.



3.2 These buttons are also used to adjust the values when setting up your workout.

## Console Panel Functions

### 4. COOLDOWN

This button is used select workout "cool down mode".



### 5. NUMERIC KEYPAD

These buttons are used to cycle through to the desired data.



### 6. OK

This button is used to enter value of program mode.



### 7. DELETE (◀)

This button is used delete data.



### 8. MANUAL ONE TOUCH

This button is used to select workout "manual mode".

### 9. INTERVAL ONE TOUCH

This button is used to select workout "interval mode".

### 10. TARGET ONE TOUCH

This button is used to select workout "target mode".

### 11. CARDIO ONE TOUCH

This button is used to select workout "cardio mode".

### 12. HEART RATE ONE TOUCH

This button is used to select workout "heart rate mode".

### 13. ADVANCED ONE TOUCH

This button is used to select workout "advanced mode".



## CONSOLE OPERATION

### 1. QUICK START/MANUAL MODE

1.1 Start the pedal.

1.2 When console turns on, the LED screen scrolls "START PEDALLING OR SELECT PROGRAM TO BEGIN".

1.3 If press start button through manual mode.

1.4 If press RESET button will stop the current program.

### 2. Program mode

When console turns on, the LED screen scrolls "START PEDALLING OR SELECT PROGRAM TO BEGIN".

## Console Panel Functions

### 2.1 If Manual is selected

- 2.1.1 LED scrolls "MANUAL MODE: ENTER WEIGHT", LED displays "70".
- 2.1.2 Uses speed keys or Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.1.3 Press OK to confirm.
- 2.1.4 LED scrolls "ENTER TIME", LED displays "20".
- 2.1.5 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.1.6 Press OK or QUICK START to confirm.
- 2.1.7 LED displays "START PEDALLING".

### 2.2 If Cardio is selected

- 2.2.1 LED scrolls "CARDIO MODE: ENTER WEIGHT", LED displays "70".
- 2.2.2 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.2.3 Press OK to confirm.
- 2.2.4 LED scrolls "ENTER TIME", LED displays "20".
- 2.2.5 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.2.6 Press OK or QUICK START to confirm.
- 2.2.7 LED displays "START PEDALLING".

### 2.3 If Interval is selected

- 2.3.1 LED scrolls "INTERVAL MODE: ENTER WEIGHT", LED displays "70".
- 2.3.2 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.3.3 Press OK to confirm.
- 2.3.4 LED scrolls "ENTER TIME", LED displays "20".
- 2.3.5 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.3.6 Press OK to confirm.
- 2.3.7 LED scrolls "ENTER LOWER RESISTANCE LIMIT", LED displays "5".
- 2.3.8 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.
- 2.3.9 Press OK to confirm.

## Console Panel Functions

2.3.10 LED scrolls "ENTER UPPER RESISTANCE LIMIT", LED displays "10".

2.3.11 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.3.12 Press OK or QUICK START to confirm.

2.3.13 LED displays "START PEDALLING".

### **2.4 If Heart Rate is selected**

LED scrolls HEART RATE TRAINING 1= 65%HR, 2= 75%HR, 3= 85%HR, Uses resistance keys.

#### **2.4.1 If 1 is selected**

2.4.1.1 LED scrolls 65%HR: "ENTER WEIGHT", LED displays "70".

2.4.1.2 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.4.1.3 Press OK to confirm.

2.4.1.4 LED scrolls "ENTER TIME", LED displays "20".

2.4.1.5 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.4.1.6 Press OK to confirm.

2.4.1.7 LED scrolls "ENTER AGE", LED displays "40".

2.4.1.8 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.4.1.9 Press OK or QUICK START to confirm.

2.4.1.10 LED displays "START PEDALLING".

#### **2.4.2 If 2 is selected**

2.4.2.1 LED scrolls 75%HR: ENTER WEIGHT.

2.4.2.2 Same as above.

#### **2.4.3 If 3 is selected**

2.4.3.1 LED scrolls 85%HR: ENTER WEIGHT.

2.4.3.2 Same as above.

### **2.5 If Target is selected**

LED scrolls TARGET TRAINING 1= CALORIES TARGET 2= DISTANCE TARGET 3= TIME TARGET, Uses resistance keys.



## Console Panel Functions

### **2.5.1 If 1 is selected**

2.5.1.1 LED scrolls CALORIES TARGET: ENTER CALORIES, LED displays "100".

2.5.1.2 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.5.1.3 Press OK to confirm.

2.5.1.4 LED scrolls ENTER WEIGHT, LED displays "70".

2.5.1.5 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.5.1.6 Press OK or QUICK START to confirm.

2.5.1.7 LED displays "START PEDALLING".

### **2.5.2 If 2 is selected**

2.5.2.1 LED scrolls DISTANCE TARGET: ENTER DISTANCE, LED displays "5KM".

2.5.2.2 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.5.2.3 Press OK or QUICK START to confirm.

2.5.2.4 LED displays "START PEDALLING".

### **2.5.3 If 3 is selected**

2.5.3.1 LED scrolls TIME TARGET: ENTER TIME, LED displays "30".

2.5.3.2 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.5.3.3 Press OK or QUICK START to confirm.

2.5.3.4 LED displays "START PEDALLING".

### **2.6 If Advanced is selected**

LED scrolls "ADVANCED TRAINING 1= EVENTS 2= OTHERS, Uses resistance keys.

2.6.1 If 1 is selected, LED scrolls 1= 2KM WALK 2= 5KM WALK 3=CUSTOM DISTANCE.

2.6.1.1 If 1 is selected, LED displays "START PEDALLING".

2.6.1.2 If 2 is selected, LED displays "START PEDALLING".

2.6.1.3 If 3 is selected, LED scrolls CUSTOM DISTANCE: ENTER DISTANCE, LED displays "2KM".

2.6.1.3.1 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.6.1.3.2 Press OK or QUICK START to confirm.

2.6.1.3.3 LED displays "START PEDALLING".

## Console Panel Functions

2.6.2 If 2 is selected, LED scrolls OTHER ADVANCED PROGRAMS: 1= BURN CALORIES 2= HILL.

2.6.2.1 If 1 is selected, LED scrolls "BURN CALORIES MODE: ENTER MAX RESISTANCE", LED displays "10".

2.6.2.1.1 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.6.2.1.2 Press OK OR QUICKSTART to confirm.

2.6.2.2 If 2 is selected, LED scrolls "HILL MODE: ENTER WEIGHT".

2.6.2.2.1 LED displays "70".

2.6.2.2.2 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.6.2.2.3 Press OK to confirm.

2.6.2.2.4 LED scrolls "ENTER TIME", LED displays "20".

2.6.2.2.5 Uses resistance keys or Resistance adjustment keys: "+" or "-" to adjust the default value.

2.6.2.2.6 Press OK or QUICK START to confirm.

2.6.2.2.7 LED displays "START PEDALLING".

## Troubleshooting Guide

Malfunction	Probable Cause	Corrective Action
Heart rate reading is erratic or absent entirely	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes.
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin.
	Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Belt transmitter is not within 3 feet (one meter) of the heart rate receiver.	Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver.
	Chest strap battery is depleted.	Contact Customer Support Services for instructions on how to have the chest strap replaced.
Abnormally elevated heart rate readings	Electromagnetic interference from cell phones.	Move the bike a few inches away from the probable cause, or move the probable cause a few inches away from the bike, until the heart rate readings are accurate.
	Electromagnetic interference from computers.	
	Electromagnetic interference from cars.	
	Electromagnetic interference from high voltage power lines.	
	Electromagnetic interference from motor driven exercise equipment.	
	Electromagnetic interference from another heart rate transmitter within three feet (one meter).	

