



FS3.0 ELLIPTICAL OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW ELLIPTICAL



Congratulations On Your New Elliptical and Welcome to the XTERRA Fitness Family!

Thank you for your purchase of this quality elliptical from **XTERRA Fitness**. Your new elliptical has been manufactured by one of the leading fitness manufacturers in the world. **XTERRA Fitness** will do all we can to make your ownership experience as pleasant as possible for many years to come. If you have questions, or if parts are missing or damaged, or you require customer service, call (870) 336-4286. Please have your model number and serial number handy when you call.

Please take a moment to record where you purchased your machine, as well as the date of purchase for future reference. We appreciate your confidence in **XTERRA Fitness** and we will always remember that you are the reason that we are in business. Please complete and mail your registration card today and enjoy your new elliptical.

Yours in Health,
XTERRA Fitness

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ATTENTION

THIS ELLIPTICAL IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS
WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS**
THIS WARRANTY IN ITS ENTIRETY.

Product Registration

Purchase Location _____

Purchase Date _____

Record Your Serial Number

Please record the Serial Number of this fitness product in the space provided below.

Serial Number _____

Register Your Purchase

The self-addressed product registration card must be completed in full and returned to **Xterra Fitness**. You can also go to **www.xterrafitness.com/warrantyreg.html** to register online.

Power

This product uses an external power supply. The power supply must be plugged into the power jack, located on the front of the unit near the stabilizer tube. Next, plug the power supply into the appropriate wall outlet. When not in use, it is recommended to unplug the power supply from the wall outlet.

IMPORTANT: If the product has been exposed to cold temperatures, allow the product sit in room temperature to warm up before plugging in the power supply. Failure to do so may result in damage to the display or electronic components.

IMPORTANT: Do not operate the product if the power supply, its plug, or its cord has been damaged.



Important Safety Instructions

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being use or where oxygen is being administered.
12. Connect this appliance to a properly grounded outlet only.
13. The appliance is intended for household use.

Fitness Equipment Safety Instructions

- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Keep hands away from all moving parts.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.

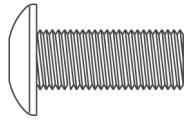
Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

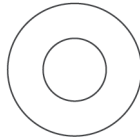
CAUTION!! Please be careful when unpacking the carton.

FS3.0 Assembly Pack Checklist

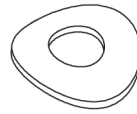
Hardware Step 1



#43. 5/16" x 3/4"
Button Head Socket
Bolt (13 pcs)



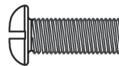
#44. 5/16"
Flat Washer
(8 pcs)



#45. 5/16"
Curved Washer
(1 pc)

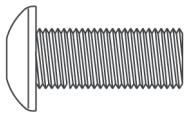


#46. 5/16"
Split Washer
(4 pcs)

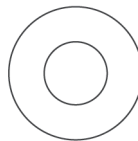


#53. M5 x 12mm
Phillips Head
Screw (4 pcs)

Hardware Step 2



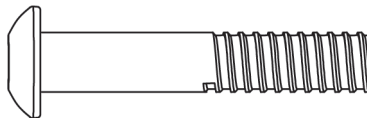
#43. 5/16" x 3/4"
Button Head Socket
Bolt (1 pc)



#100. 8.5 x 23 x 1.5T
Flat Washer
(1 pc)

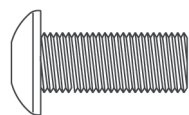


#55. 5/16"
Nyloc Nut
(2 pcs)

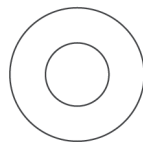


#56. 5/16" x 1-3/4"
Button Head Socket
Bolt (2 pcs)

Hardware Step 3



#43. 5/16" x 3/4"
Button Head Socket
Bolt (1 pc)



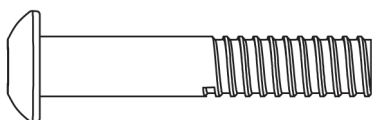
#100. 8.5 x 23 x 1.5T
Flat Washer
(1 pc)



#52. 5 x 12mm
Sheet Metal Screw
(4 pcs)

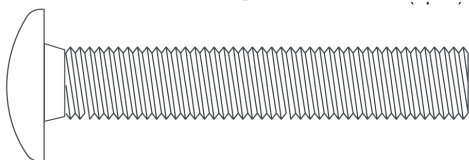


#55. 5/16"
Nyloc Nut
(2 pcs)



#56. 5/16" x 1-3/4"
Button Head Socket
Bolt (2 pcs)

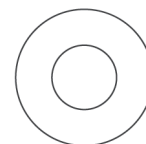
Hardware Step 4



#29. 1/2" x 70mm
Carriage Bolt
(2 pcs)



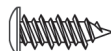
#30. 1/2"
Nyloc Nut
(2 pcs)



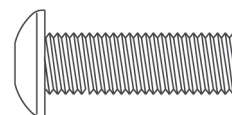
#44. 5/16"
Flat Washer
(2 pcs)



#46. 5/16"
Split Washer
(2 pcs)

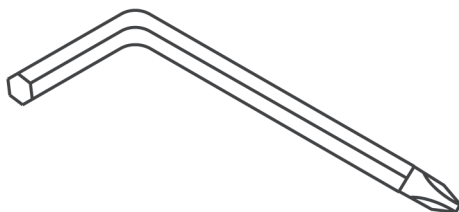


#52. 5 x 12mm
Sheet Metal Screw
(2 pcs)

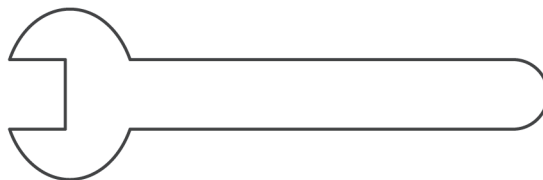


#98. 5/16" x 1"
Button Head Socket
Bolt (2 pcs)

Assembly Tools



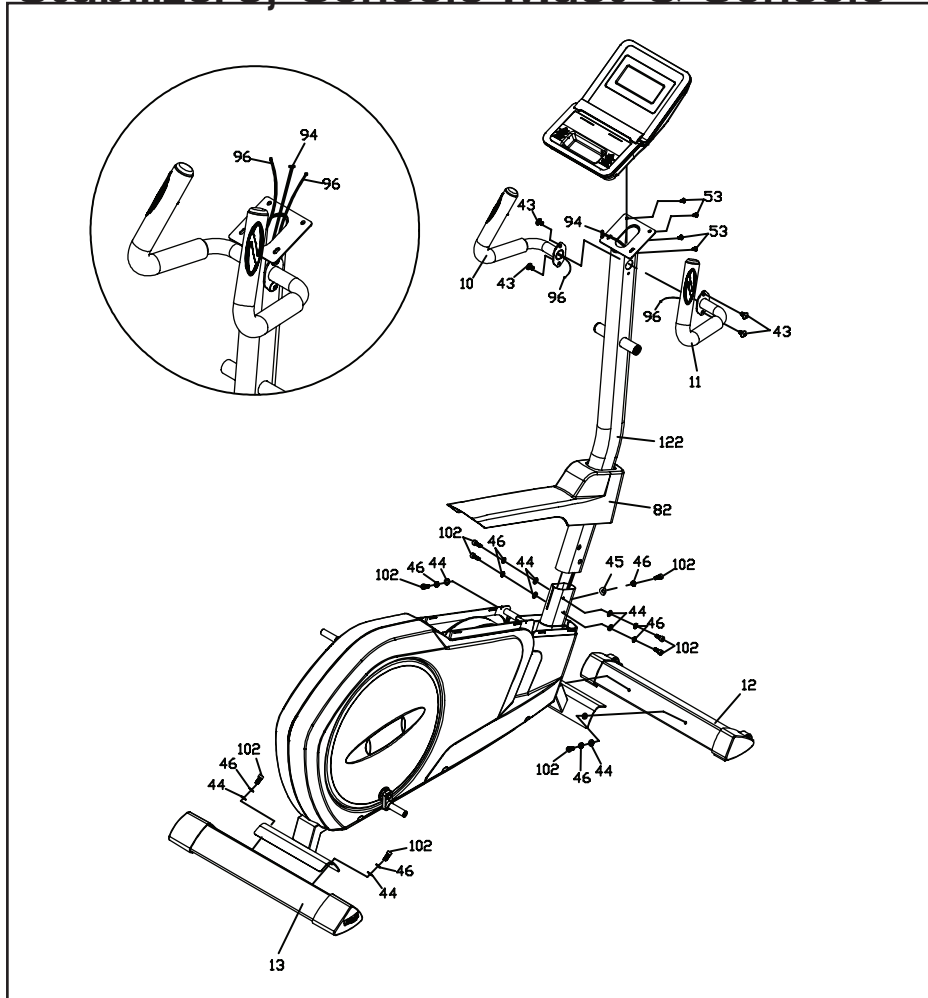
#68. Combination M5 Allen Wrench
& Phillips Head Screw Driver (2 pcs)



#69. 19mm Wrench

FS3.0 Assembly Instructions

1 Stabilizers, Console Mast & Console

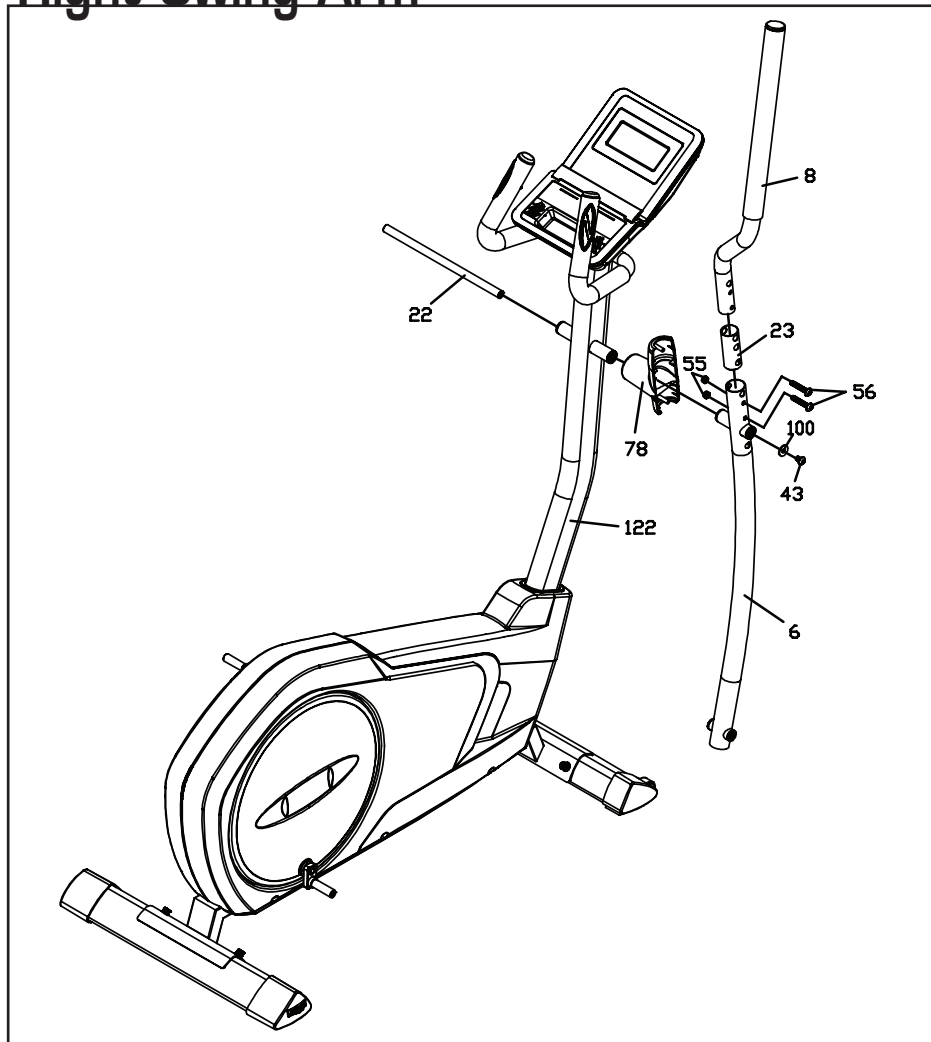


Hardware Step 1

- #43. 5/16" x 3/4" Button Head Socket Bolt (13 pcs)
- #44. 5/16" Flat Washer (8 pcs)
- #45. 5/16" Curved Washer (1 pc)
- #46. 5/16" Split Washer (4 pcs)
- #53. M5 x 12mm Phillips Head Screw (4 pcs)

1. Locate the Console Mast (122) and slide on the Console Mast Cover (82). Make sure the cover is facing the correct direction, as shown, before sliding onto mast. Wrap the end of the wire tie that exits the bottom of the mast around Wire Harness (94) that sits in the console mast frame bracket. Slowly pull the wire tie and Wire Harness (94) up from the bottom of the mast through the top while setting the mast into the console mast frame bracket. Be careful when installing the console mast to the mainframe so as not to pinch or cut the wiring harness; damage to the electronics may occur.
2. Install the console mast on the mainframe with five Socket Head Cap Bolts (102), four Flat Washers (44), one Curved Washer (45), and five Split Washers (46). Tighten using the Allen Wrench (103). Snap the Console Mast Cover (82) in place against the plastic covers below.
3. Route the hand pulse wires (96) from the stationary handle bars (10, 11) through the Console Mast (9) as shown below. Attach the handles to the Console Mast (122) with four Button Head Socket Bolts (43). Use the M5 Allen Wrench (68) to tighten.
4. Connect the cables (94 & 96) to the Console (58) and install console onto the Mast (122) with four Phillips head screws (53). Tighten using the Phillips Head Screw Driver (68).
5. Secure the Front Stabilizer (12) and Rear Stabilizer (13) with four Socket Head Cap Bolts (102), four Split Washers (46) and four Flat Washers (44). Tighten using the M5 Allen Wrench (103).

2 Right Swing Arm



Hardware Step 2

#43. 5/16" x 3/4"
Button Head Socket
Bolt (1 pc)

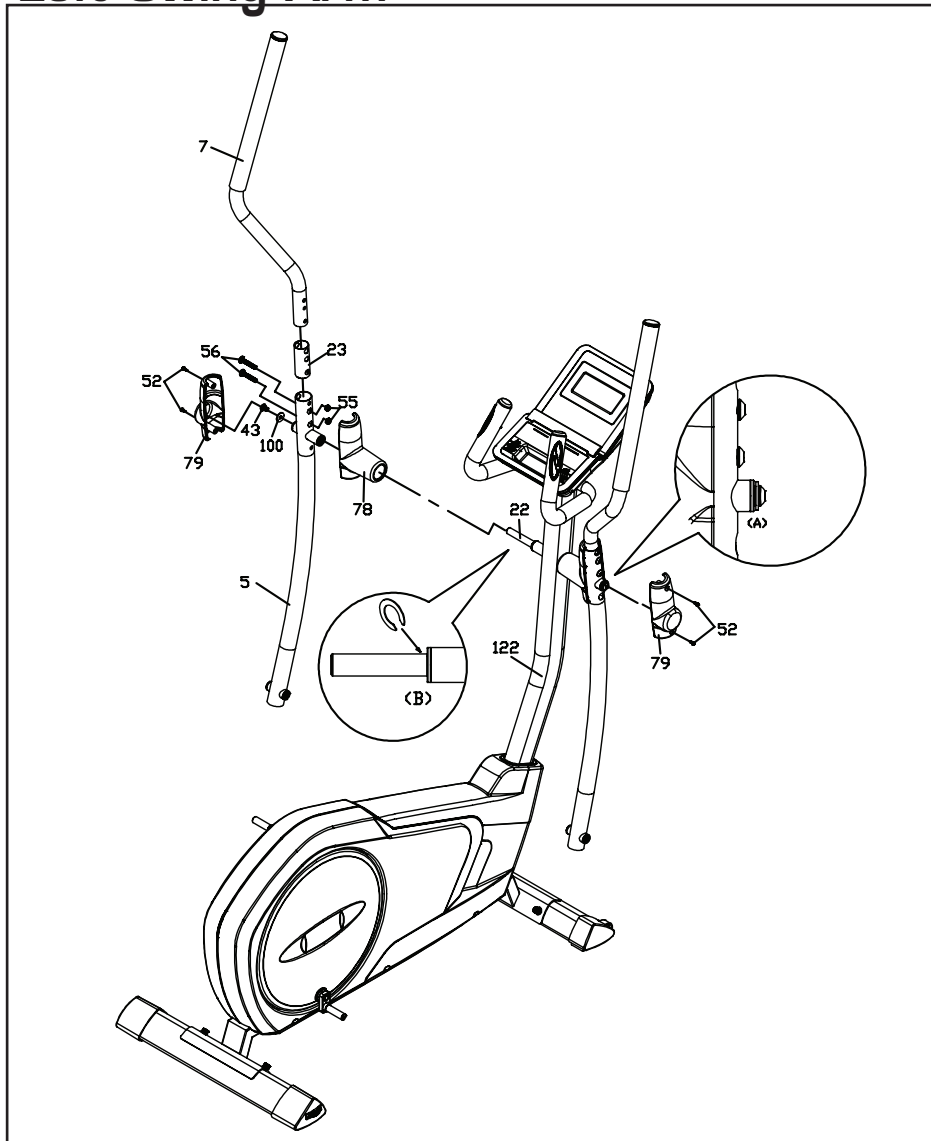
#55. 5/16"
Nyloc Nut (2 pcs)

#56. 5/16" x 1-3/4"
Button Head Socket
Bolt (2 pcs)

#100. 8.5 x 23 x 1.5T
Flat Washer (1 pc)

1. Locate the Right Swing Arm (Upper) (8) and slide it through the Swing Arm Bushing (23); secure it to the Lower swing arm (6) with two Button Head Socket Bolts (56) and two Nyloc Nuts (55). Tighten using M5 Allen Wrench (68)
2. Slide the Swing Arm Axle (22) through the console mast bushings, then through the Handle Bar Cover (78) and Lower swing arm (6). Attach with one Button Head Socket Bolt (43) and one Flat Washer (100). Tighten using the M5 Allen Wrenches (68).

3 Left Swing Arm



Hardware Step 3

#43. 5/16" x 3/4"
Button Head Socket
Bolt (1 pc)

#52. 5 x 12mm
Sheet Metal Screw
(4 pcs)

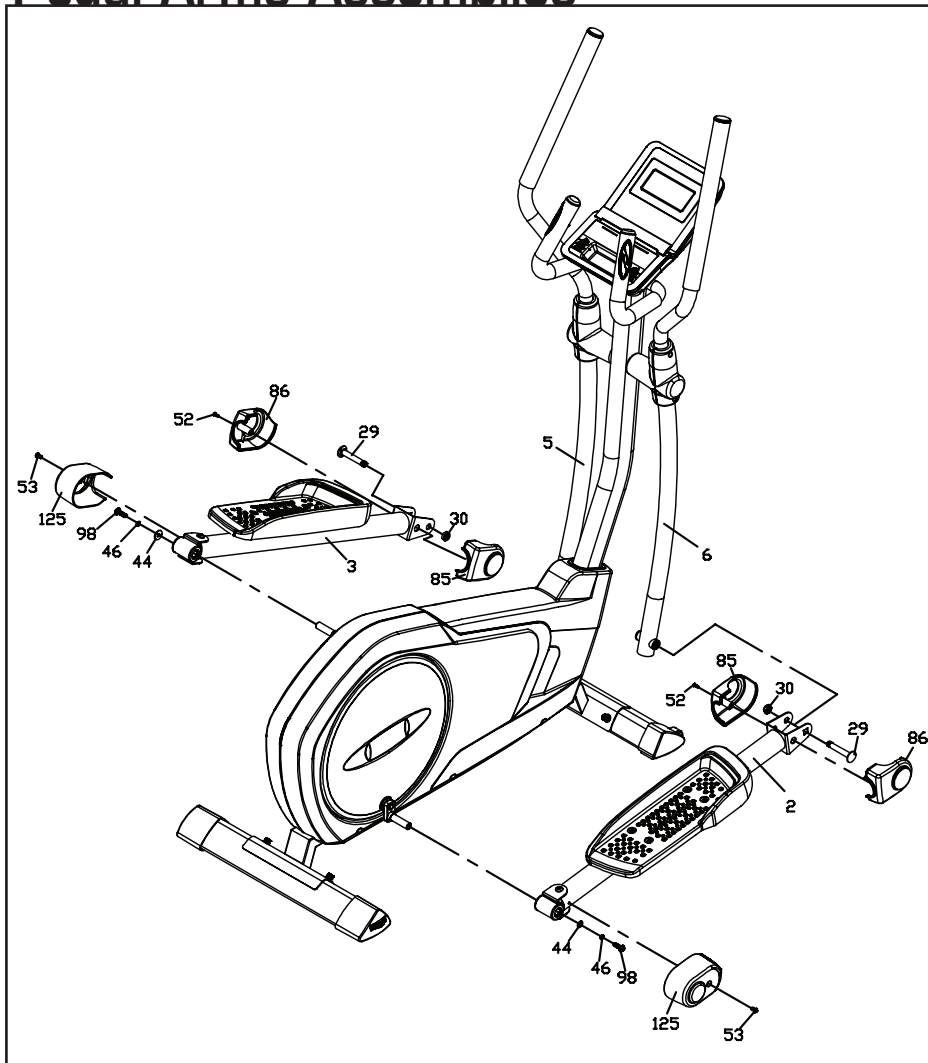
#55. 5/16"
Nyloc Nut (2 pcs)

#56. 5/16" x 1-3/4"
Button Head Socket
Bolt (2 pcs)

#100. 8.5 x 23 x 1.5T
Flat Washer (1 pc)

1. Locate the Left Swing Arm (Upper) (7) and slide it through the Swing Arm Bushing (23); secure it to the Lower swing arm (5) with two Button Head Socket Bolts (56) and two Nyloc Nuts (55). Tighten using M5 Allen Wrench (68).
2. Slide the Handle Bar Cover (78) and Lower swing arm (5) over the Swing Arm Axle (22). Attach with one Button Head Socket Bolt (43) and one Flat Washer (100). Tighten using the M5 Allen Wrenches (68).
Note: It is important to use two Wrenches (68), one on each end of the Axle (220), when tightening the Bolts (43).
Note: If there is a gap after assembling the swing arm, please install a C-ring at Location B as shown above.
3. Install the outer covers (79) with four Sheet Metal Screws (52). Tighten using the Phillips Head Screw Driver (68).

4 Pedal Arms Assemblies



Hardware Step 4

- #29.** 1/2" x 70mm Carriage Bolt (2 pcs)
- #30.** 1/2" Nyloc Nut (2 pcs)
- #44.** 5/16" Flat Washer (2 pcs)
- #46.** 5/16" Split Washer (2 pcs)
- #52.** 5 x 12mm Sheet Metal Screw (2 pcs)
- #98.** 5/16" x 1" Button Head Socket Bolt (2 pcs)

1. Locate the Right side Pedal Arm Assembly (2) and install onto the pedal axles' large rotating wheel at the rear of the elliptical. Attach with one Button Head Socket Bolt (98), one Split Washer (46) and one Flat Washer (44). Use the M5 Allen Wrench (68) to tighten.
2. Locate the Carriage Bolt (29) and slide it through the bracket at the front of the Pedal Arm Assembly (2) and Lower swing arm (6). Fasten a Nyloc Nut (30) to the carriage bolt (29) with the 19mm Wrench (69).
3. Attach the Pedal Arm Covers (85, 86) onto the Pedal Arm Assembly (2) with one Sheet Metal Screw (52). Tighten using the Phillips Head Screw Driver (68).
4. Attach Rear Cover (125) onto the Pedal Arm Assembly (2) with one Phillips Head Screw (53). Tighten with Phillips Head Screw Driver (68).
5. Repeat the steps above for the left side pedal arm assembly.

Operation of Your Console

FS3.0 Console



Button Functions

MODE: Used during setup, **MODE** is to confirm/enter all exercise data settings, and enter into the program.

RESET: Return to main function mode and reset all function values at zero.

START/STOP: To start or stop training.

RECOVERY: To test heart rate recovery status.

UP: To select training mode and adjust function value up.

DOWN: To select training mode and adjust function value down.

BODY FAT: For body fat measurement

Functions

TIME: Count up - No preset target. Time will count up from 00:00 to maximum 99:59 with each increment is 1 second.

Count down - If training with a preset time, the time will count down from the preset to 00:00. Each preset segment is 1 minute between 1:00 to 99:00.

SPEED: Display current training speed from 0.0 to maximum 99.9 ML or KM.

RPM: Display current training revolutions per minute.

DISTANCE: Count up - No preset target, Distance will count up from 0.00 to maximum 99.90 with each.

Increment 0.1 ML (mile) or KM (kilometer).

Count down - If training with preset target, Distance will count down from preset to 0.00.

Each preset increment is 0.1 ML (or KM) between 0.00 to 99.90.

CALORIES: Count up - No preset target, Calories will count up from 0 to maximum 990 with each 1 calorie increment.

Count down - If training with preset target, Calories will count down from preset to 0.

Each preset increment is 10 cal. from 0 to 990 cal.

PULSE: Displays the user's Pulse. User may set the target Pulse. When Pulse value reaches to the target, the computer will alarm with a beep.

WATT: Display current training Watt value (power output).

RECOVERY : After exercising for a period of time, keep holding on handgrips and press the "RECOVERY" Button. All function displays will stop, except for "TIME" which will start counting down from 00:60 to 00:00. The screen will display your heart rate recovery status with the F1, F2....to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)

Program Operation

Operation



Power on, LCD will display segment for 2 seconds with long beep sound.



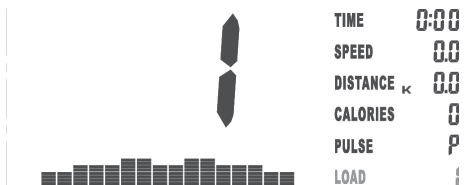
Manual is displayed in the standby mode, You may press $\blacktriangle/\blacktriangledown$ to select training mode MANUAL / PROGRAM / USER PROGRAM / H.R. / WATT and press **MODE** for confirmation. The monitor will enter MANUAL mode for training without selection.



Training in Program mode



1. In the PROGRAM mode, you may press $\blacktriangle/\blacktriangledown$ button to select program P01, P02, P03..~P12, the selected program will be show on screen for 2 seconds then displays program profile accordingly.



2. LOAD 1 (preset value) is displayed after training program is selected, you may press the $\blacktriangle/\blacktriangledown$ button to select level from 1 to 16 and **MODE** button for confirmation. Load level can be adjusted during training.

Training in Manual mode



1. In the MANUAL mode, you may press the $\blacktriangle/\blacktriangledown$ button to select load level from 1 to 16, the preset level is 1.



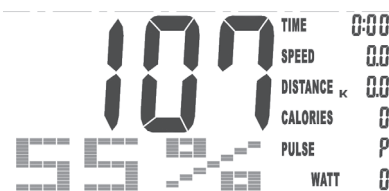
2. After load level is selected, you may preset function values for TIME, DISTANCE, CALORIES, and PULSE by pressing the $\blacktriangle/\blacktriangledown$ button and pressing **MODE** for confirmation.
3. Press the **START** button to begin training.

Training in User mode



After USER PROGRAM has been selected, you may choose a program profile by pressing UP, DOWN and MODE button for each flashing column. There are 20 segments to set, if you want to quit during the setting, you may push the **MODE** button for 2 seconds to quit. The previous setting profile will be saved for the unfinished segments.

Training in H.R. mode



AGE 25 is flashing after you enter H.R. mode. You may set your age by pressing UP/DOWN/ MODE button. The monitor will calculate preset heart rate value automatically according to your age setting. Screen will show heart rate percentage 55%, 75%, 90% and TARGET. You may select heart rate percentage with the $\blacktriangle/\blacktriangledown$ MODE button for training.

Training in Watt mode

The preset watt value 120 is flashing on the screen in WATT setting mod. Select $\blacktriangle/\blacktriangledown$ MODE to set target value from 10 to 350. Press the START button to begin training.

Training in Body Fat mode

You may test BODY FAT when the computer is in the **STOP** mode. Please follow the steps below:

Step I - Make sure the personal data has been input accurately.

Step II - Press the BODY FAT button, and hold the handgrips to start body fat testing.

Step III -The symbol “- - - - -” will display while testing for a period of 8 seconds. After 8 seconds, you will see alternating readouts for BODY FAT percentage and BMI (body mass index). It is possible that you may see one of the following readouts:

1. “E-1” - When you see this indication, the grips did not get a consistent signal from your grips. Please try again.

2. “E-4” - When you see this indication, it means the BODY FAT exceeds the limits of the program.

After BODY FAT testing, press the BODYFAT button again to resume where you left off before testing. All the BMI & BODY FAT figures are estimates for your health. These figures are not for medical purposes, or treatment.

Note: *If you stop training or there is no signal for more than 4 minutes, the screen will turn off. You may press any button to awake the monitor display, and the previous training data will appear. When the training starts again, the data will keep accumulating from previous records. When computer displays abnormally, please unplug the adapter and plug it in again. Power supply requires: Output : 9V, 1000mA.*

Manufacturer's Limited Warranty

Effective August 1, 2012 - ELLIPTICAL LIMITED WARRANTY

XTERRA Fitness Inc. warrants all its home use elliptical parts for a period of time listed below, from the date of retail sale, as determined by a sales receipt or in the absence of a sales receipt, eighteen (18) months from the original factory shipping date. XTERRA Fitness's responsibilities include providing new or remanufactured parts, at XTERRA Fitness's option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by XTERRA Fitness directly to a consumer. The warranty period applies to the following components:

Home Use Limited Warranty

Frame	Parts
5 Years	1 Year

NORMAL RESPONSIBILITIES OF THE CONSUMER

This warranty applies only to products in ordinary household use. The consumer is responsible for the items listed below:

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase to validate the manufacturer's limited warranty or register online at <http://www.xterrafitness.com/warrantyreg.html>.
2. Proper use of the elliptical in accordance with the instructions provided in this manual, including maintenance.
3. Proper connection to a power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house/facility wiring.
4. Expenses for making the elliptical accessible for servicing, including any item that was not part of the elliptical at the time it was shipped from the factory.
5. Damages to the elliptical finish during shipping, installation or following installation.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY. Note: Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Damages caused by services performed by persons other than authorized XTERRA Fitness service companies, use of parts other than original XTERRA Fitness parts, or external causes such as alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
3. Products with original serial numbers that have been removed or altered.
4. Products that have been; sold, transferred, bartered, or given to a third party.
5. Products that are used as store display models.
6. Products that do not have a warranty registration on file at XTERRA Fitness, Inc. XTERRA Fitness reserves the right to request proof of purchase if no warranty record exists for the product.
7. Product use in any environment other than a residential setting.
8. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.

SERVICE

Keep your bill of sale. Twelve (12) months from the date on the bill of sale or eighteen (18) months from the date of factory shipping as determined by the serial number establishes the warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary from state to state. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized XTERRA Fitness dealer. OR
2. Contact your local authorized XTERRA Fitness service organization.
3. If there is a question as to where to obtain service, contact our service department at (870) 336-4286.
4. XTERRA Fitness's obligation under this warranty is limited to repairing or replacing, at XTERRA Fitness's option, the product through one of our authorized service centers. All repairs must be preauthorized by XTERRA Fitness. If the product is shipped to a service center freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for shipping and handling charges. The owner is responsible for adequate packaging upon return to XTERRA Fitness. XTERRA Fitness is not responsible for damages in shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
5. For any further information, or to contact our service department by mail, send your correspondence to:

XTERRA Fitness, Inc.
P.O. Box 2037
Jonesboro, AR 72402-2037

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by XTERRA Fitness, Inc. This warranty applies only in the 48 contiguous United States. NOTE: This does not apply to Alaska or Hawaii.

3000 Nestle Road Jonesboro, AR 72401 - Phone:870-336-4286 - Fax:870-935-7611