



FS5.3e ELLIPTICAL OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW ELLIPTICAL

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ATTENTION

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



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

Purchase Location _____

Purchase Date _____

Product Registration

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.xterrafitnessstore.com/warrantyreg.html** to register online.

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.

Important Electrical Instructions

WARNING!

- **NEVER** remove any cover without first disconnecting AC power supply.
- If A.C. voltage varies by ten percent (10%) or more, the performance of your elliptical may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.
- **NEVER** expose this elliptical to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. Maximum environmental ratings are 40-120 degrees Fahrenheit, 95% humidity non-condensing (no water droplets forming on surfaces).

Important Operation Instructions

- **NEVER** operate this elliptical without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired level on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your elliptical during an electrical storm. Surges may occur in your household power supply that could damage elliptical components.
- Use caution while participating in other activities while using your elliptical such as watching television, reading, etc. These distractions may cause you to lose balance, resulting in serious injury.
- Always hold on to a handlebar while making control changes.

Features

Incline Adjustment

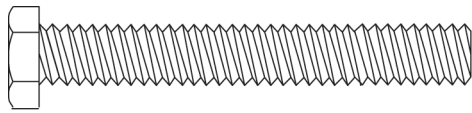
The FS 5.3e has a manually adjustable incline feature that will further increase the variety of your workouts. Lift up on the handle located at the bottom, middle of the unit. The mechanism will click at level 2. If you continue to pull upwards, it will click into level 3. If you pull higher, it will click again, allowing you to drop it back to level 1 or the flat position. When the incline is at its lowest position you get a normal elliptical workout. As the incline increases, you will feel your knees rise higher with each step which changes the muscle emphasis.

Transportation

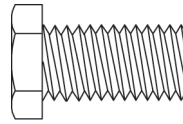
The elliptical is equipped with transport wheels, which are engaged when the rear of the elliptical is lifted.

FS5.3e Assembly Pack Checklist

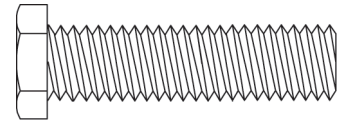
Hardware Step 1



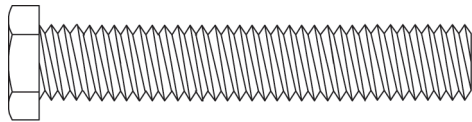
#102. 5/16" x 2-1/4"
Hex Head Bolt
(4 pcs)



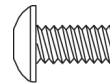
#103. 3/8" x 3/4"
Hex Head Bolt
(2 pcs)



#104. 3/8" x 1-1/2"
Hex Head Bolt
(2 pcs)



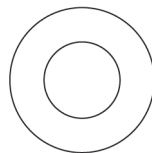
#105. 3/8" x 2-1/4"
Hex Head Bolt
(1 pc)



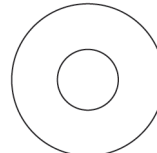
#116. M5 x 10mm
Phillips Head Screw
(4 pcs)



#130. 3/8" x 7T
Nyloc Nut
(2 pcs)



#137. 3/8" x 19 x 1.5T
Flat Washer
(2 pcs)



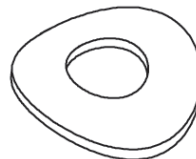
#142. 5/16" x 20 x 1.5T
Flat Washer
(4 pcs)



#151. 5/16" x 1.5T
Split Washer
(4 pcs)



#152. 3/8" x 2T
Split Washer
(1 pc)

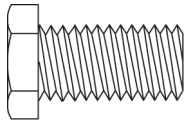


#153. 3/8" x 23 x 2T
Curved Washer
(2 pcs)

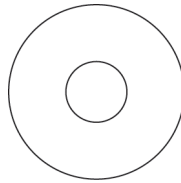


#154. 5/16"
Star Washer
(4 pcs)

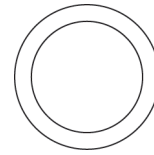
Hardware Step 2



#99. 5/16" x 15mm
Hex Head Bolt
(2 pcs)

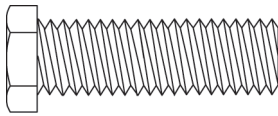


#141. 5/16" x 23 x 1.5T
Flat Washer
(2 pcs)



#150. 17mm
Wave Washer
(4 pcs)

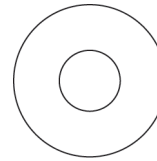
Hardware Step 3



#101. 5/16" x 1-1/4"
Hex Head Bolt
(2 pcs)

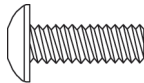


#127. 5/16" x 7T
Nyloc Nut
(2 pcs)

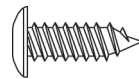


#142. 5/16" x 20 x 1.5T
Flat Washer
(2 pcs)

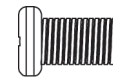
Hardware Step 4



#115. M5 x 15mm
Phillips Head Screw
(14 pcs)

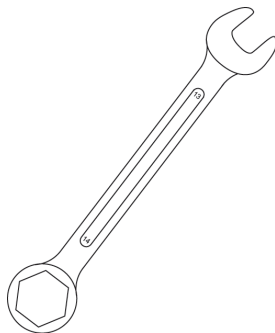


#119. 3.5 x 12mm
Sheet Metal Screw
(6 pcs)

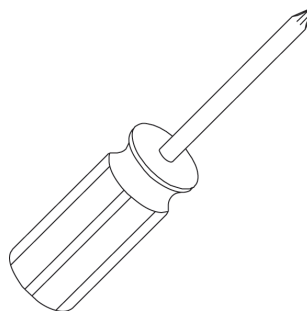


#122. M6 x 10mm
Phillips Head Screw
(4 pcs)

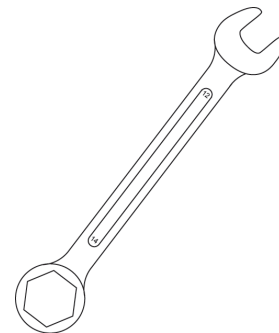
Assembly Tools



#155. 13/14mm Wrench



#157. Phillips
Head Screwdriver



#158. 12/14mm Wrench

FS5.3e Assembly Instructions

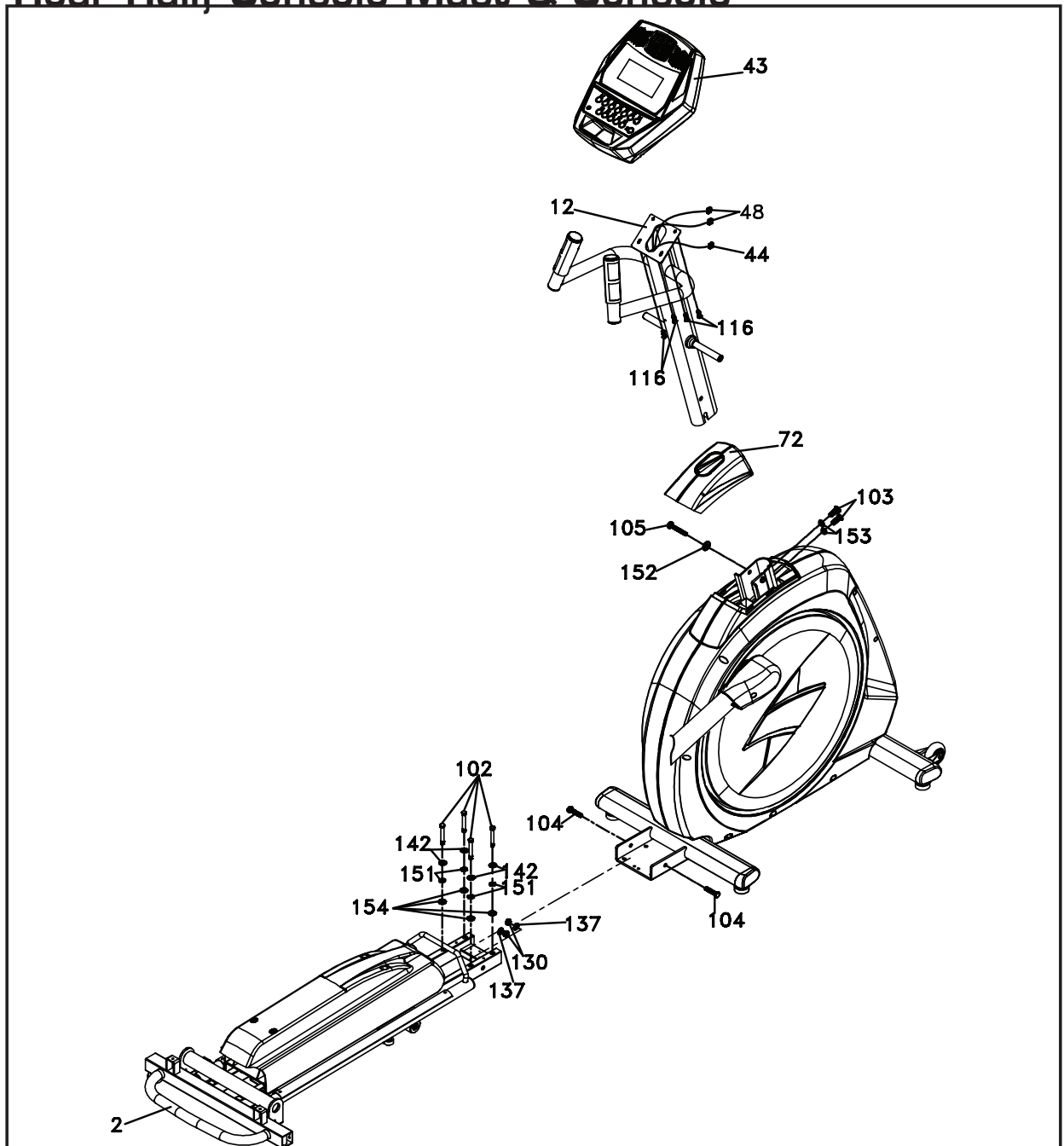
1 Rear Rail, Console Mast & Console

1. Set the main body of the elliptical on the floor and slide the Rear Rail Assembly (2) into the bracket on the stabilizer of the main body. Position the rail assembly so the mounting holes line up with the holes in the stabilizer bracket of the main body.
2. Install the four Hex Head Bolts (102), Split Washers (151), Flat Washers (142), and Star Washers (154) through the top of the stabilizer first. **Make sure the washers are installed on the bolt in the correct order: the split washer is put on first, the flat washer, and the star washer last. The star washer needs to be in contact with the painted surface of the rail frame to ensure a good ground.** Hand tighten them only at this point until the next two bolts are installed. Install the two Hex Head Bolts (104) and Flat Washers (137) through the sides of the stabilizer bracket. Fasten two Nyloc Nuts (130) onto the bolts. Hand-tighten them at first until both bolts have been started, then tighten all six bolts (102 & 104) as tight as possible.
3. At the top opening of the main body locate the Computer Cable (44). Unravel the cable and feed the Computer Cable into the bottom of the Console Mast Tube and out of the top opening. Install the Console Mast into the receiving bracket on the top of the main body, pulling slightly on the Computer Cable at the top of the mast while installing; this will ensure the cable does not get pinched and shorted out during assembly. There is one bolt that is pre-installed in the receiving tube that will slide into the slots at the bottom of the mast.
4. Install the two Hex Head Bolts (103) and Curved Washers (153) through the front of the console mast; just hand tighten for now. Install the Hex Head Bolt (105) and Split Washer (152) through the left side of the console. Tighten all three installed bolts (103 & 105) and the pre-installed bolt as tight as possible.
NOTE: The Computer Cable runs through the Console Mast Tube. Be careful not to damage or pinch this cable during this procedure as damage to the electronics could result.
5. There are three connectors at the top opening of the Console Mast (12), two Hand Pulse Wires (48) and one Computer Cable (44). Connect these to the mating connectors on the back of the Console Assembly (43). Store the excess wiring back into the Console Mast (12) as you carefully install the Console Assembly (43) onto the mounting plate of Console Mast. Secure the Console with four Phillips Head Screws (116).
Be careful not to pinch any wires.
6. Install the water bottle holder onto the handlebar in any position you like.

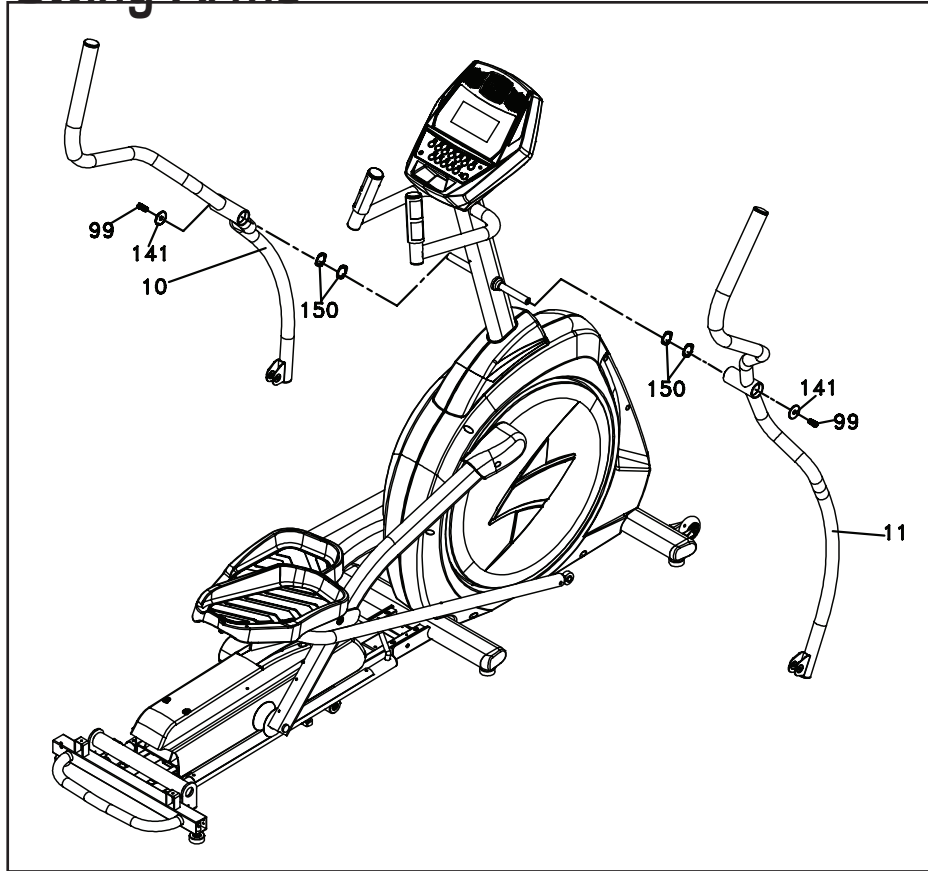
Hardware Step 1

#102.	5/16" x 2-1/4"
Hex Head Bolt	(4 pcs)
#103.	3/8" x 3/4"
Hex Head Bolt	(2 pcs)
#104.	3/8" x 1-1/2"
Hex Head Bolt	(2 pcs)
#105.	3/8" x 2-1/4"
Hex Head Bolt	(1 pc)
#116.	M5 x 10mm
Phillips Head Screw	(4 pcs)
#130.	3/8" x 7T
Nyloc Nut	(2 pcs)
#137.	3/8" x 19 x 1.5T
Flat Washer	(2 pcs)
#142.	5/16" x 20 x 1.5T
Flat Washer	(4 pcs)
#151.	5/16" x 1.5T
Split Washer	(4 pcs)
#152.	3/8" x 2T
Split Washer	(1 pc)
#153.	3/8" x 23 x 2T
Curved Washer	(2 pcs)
#154.	5/16"
Star Washer	(4 pcs)

1 Rear Rail, Console Mast & Console



2 Swing Arms

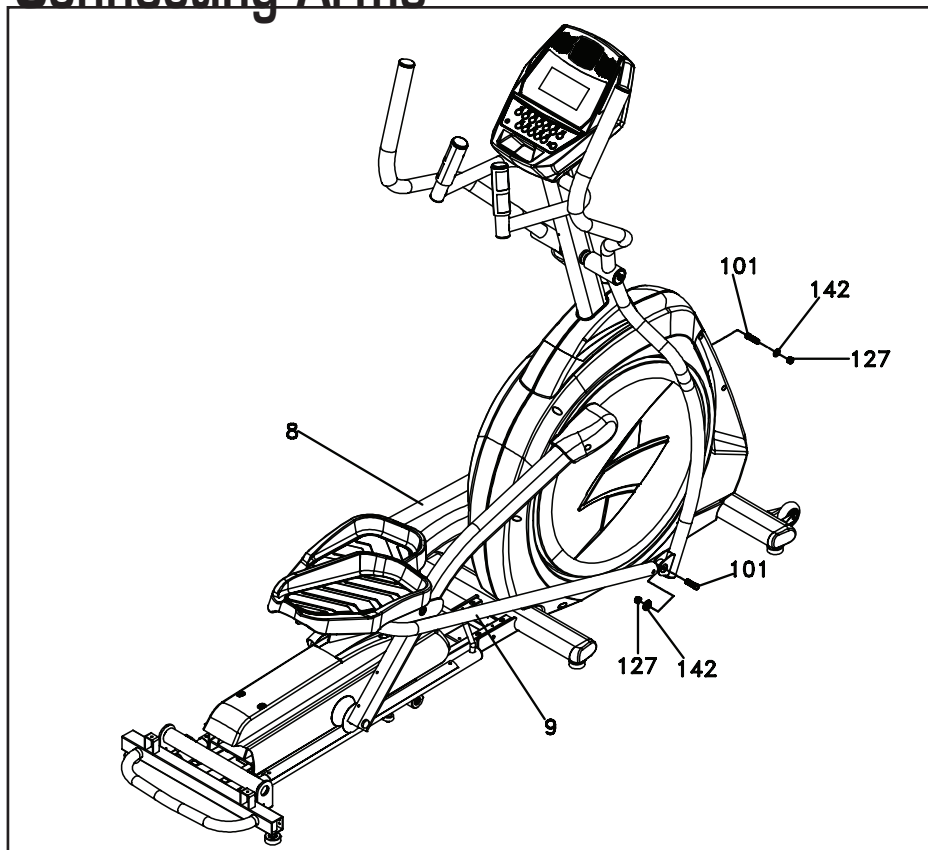


Hardware Step 2

- #99. 5/16" x 15mm
Hex Head Bolt (2 pcs)
- #141. 5/16" x 23 x 1.5T
Flat Washer (2 pcs)
- #150. 17mm
Wave Washer (4 pcs)

1. Slide two Wave Washers (**150**) onto each side of the Swing Arm Axle. Slide the Swing Arms (**10** Left, **11** Right) onto the axles and secure with the two Hex Head Bolts (**99**) and Flat Washers (**141**). Do not force the Swing Arms onto the axle. They should slide on, but you may need to jiggle them to get them lined up properly. The Swing Arms have been previously installed at the factory so they do fit properly.

3 Connecting Arms

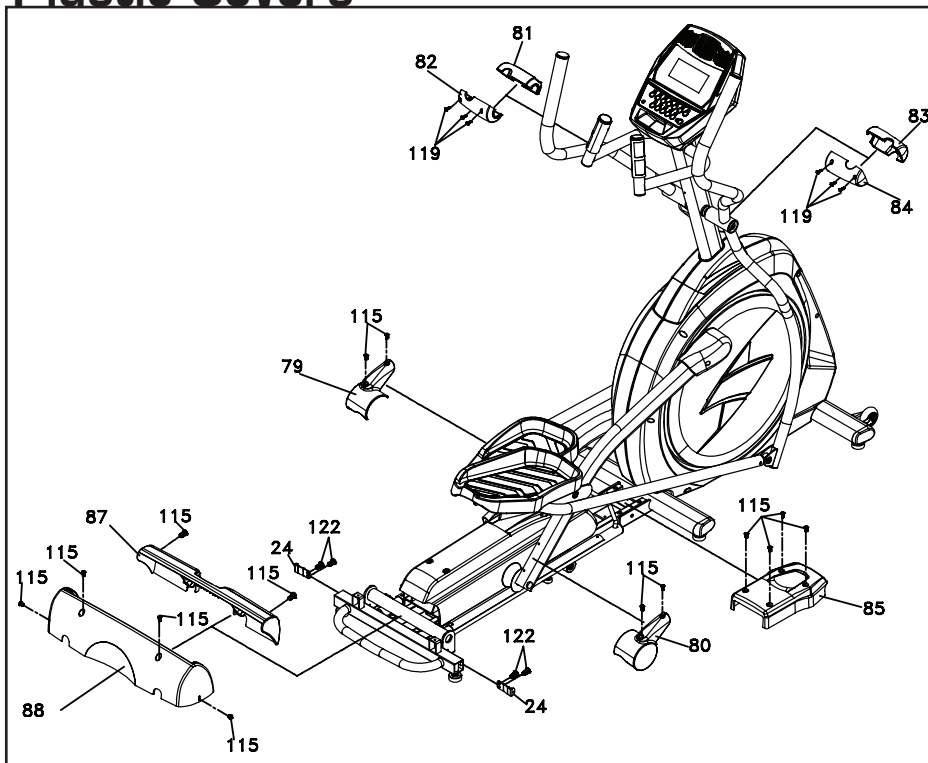


Hardware Step 3

- #101. 5/16" x 1-1/4"
Hex Head Bolt (2 pcs)
- #127. 5/16" x 7T
Nyloc Nut (2 pcs)
- #142. 5/16" x 20 x 1.5T
Flat Washer (2 pcs)

1. Remove the tie that holds the spacer in the rod end located at the end of the Right Connecting Arm (9) and line up the rod end with the bracket at the bottom of the Right Swing Arm (11). Slide the Hex Head Bolt (101) through the bracket of the Swing Arm and then through the rod end. Install the Flat Washer (142) and Nyloc Nut (127) on the bolt and tighten as much as possible. Repeat this step for the left side.

4 Plastic Covers



Hardware Step 4

#115. M5 x 15mm
Phillips Head Screw
(14 pcs)

#119. 3.5 x 12mm
Sheet Metal Screw
(6 pcs)

#122. M6 x 10mm
Phillips Head Screw
(4 pcs)

Note: Use the Phillips Head Screw Driver (157) to tighten the hardware in this step.

1. Install the two Wheel Covers (79-Left & 80-Right) with four Phillips Head Screws (115).
2. Install the Center Cover (85) with four Phillips Head Screw (115). You need to raise the incline to position three to install the Center Cover.
3. Install the Swing Arm End Cap Covers (81 & 82-Left, 83 & 84-Right) with the six Sheet Metal Screws (119).
4. Install the two 'Z' shaped metal brackets (24) as shown with four Phillips Head Screws (122). The Z Brackets should be installed so the tab with the tapped hole is pointing toward the rear.
5. Install the Rear Incline Cover (87) with two Phillips Head Screws (115).
Install the Rear Stabilizer Cover (88) with four Phillips Head Screws (115).

Operation of Your Console

FS5.3e Console



Power Up

The FS5.3e elliptical is supplied with an external power supply. When power is connected to the elliptical, the console will automatically power up. If there is no input to the console for 30 minutes, the console will go to stand-by mode to save energy. To turn the console on press any key.

When initially powered on the console will perform an internal self-test. During this time all the lights will turn on. When the lights go off the dot matrix display will show a software version (i.e.: VER 1.0) and the time and distance windows will display an odometer reading. The odometer reading displays how many hours the elliptical has been used and how many virtual miles the elliptical has gone.

The odometer will remain displayed for only a few seconds then the console will go to the start up display. The dot matrix display will be scrolling through the different workout profiles of the programs and operating instructions. You may now begin to use the console.

Console Operation

Quick Start Mode

This is the quickest way to start a workout. After the console powers up you just press the Start key to begin. In Quick Start the time will count up from zero and the Resistance may be adjusted manually by pressing the Level Up/Down keys. The dot matrix display will show the Resistance profile. If you press the Start button during a program, the dot matrix will switch to a Track profile, which is $\frac{1}{4}$ mile in length. Pressing the Enter key will switch the data displayed in the Message Window. Initially, the Message Window shows the program name. Each time the Enter button is pressed the data will change to the following: Speed, Watts, Laps, Current Level/Max Level, Scan, and repeat sequence. To the right of the dot matrix is a number that indicates your work level.

Basic Information and Functions:

Data Displayed:

- Calories show an accumulation of calories burned (Kcal). The number shown is just an estimate; your actual calorie burn most likely will be different. The only way to get an accurate calorie reading is in a laboratory setting connected to a host of machines.
- Time shows elapsed time unless you set the timer to count down.
- Seg Time counts down the time left in the current segment (column) of the profile.
- Pulse indicates your heart rate if you are grasping the hand pulse sensors.
- RPM displays your pedaling speed in revolutions per minute.
- Speed shows your speed in miles per hour or kilometers per hour if 'Km' is displayed.
- Distance displays accumulated mileage.

The elliptical has a built in Heart Rate Monitoring System. Simply grasping the hand pulse sensors on the stationary handlebars will start the heart icon blinking (this may take a few seconds). The Pulse Display Window will display your heart rate, or pulse, in beats per minute.

The Stop/Reset button actually has several functions. Pressing the Stop/Reset key once during a program will pause the program for 5 minutes. If you need to get a drink, answer the phone or any of the many things that could interrupt your workout, this is a great feature. To resume your workout after pausing just press the Start key. If the Stop/Reset button is pressed twice during a workout, the program will end and a summary of your workout will be displayed. If the Stop/Reset key is held down for 3 seconds, the console will perform a complete reset.

There is an Audio Input Jack on the front of the console, and built-in speakers. You may plug any low-level audio source signal into this port. Audio sources include: MP3 player, iPod, portable radio, CD player or even a TV or computer.

Programming The Console

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for during programming is necessary to ensure the readouts are correct. You will be asked for your age and weight. Entering your age is necessary during the Heart Rate Program to ensure the correct settings are entered in the program. Entering your Weight aides in calculating a more correct calorie reading; although we cannot provide an exact calorie count we do want to be as close as possible.

A message about calories: Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are not accurate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting connected to a host of machines. This is because every person is different and burns calories at a different rate.

Entering a Program/Changing Settings

Press the program keys to scroll through the program selections. The profile for each program will be displayed in the dot matrix window. Press the Enter key to select a program and begin customizing the settings. If you want to workout without entering new settings then just press the Start key. This will bypass the programming of data and take you directly to the start of your workout. If you want to change the personal settings then just follow the instructions in the message window. If you start a program without changing the settings, the default settings will be used.

Note: Age and Weight default settings will change when you enter a new number. So the last age and weight entered will be saved as the new default settings. If you enter an age and weight the first time you use the elliptical you will not have to enter it every time you work out unless either your age or weight changes or someone else enters a different age and weight.

Manual Program

The Manual program works as the name implies, manually. This means that you control the workload yourself and not the computer.

1. Press the Manual program button then press the Enter key.
2. The message window will ask you to enter your Weight. You may adjust the weight setting using the Level Up/Down keys, then press Enter to continue.
3. The message window will ask you to enter your Age. You may adjust the age setting using the Level Up/Down keys, then press the Enter key to accept the new number and proceed on to the next screen.
4. Next is the Time. You may adjust the Time and press Enter to continue.
5. Now you are finished editing the settings and can begin your workout by pressing the Start key.
6. Once the program starts the elliptical will be set to level one. This is the easiest level and it is a good idea to stay at level one for a while to warm up. If you want to increase the work load at any time press the Up key on the console or stationary hand grips; the Down key will decrease the workload. You can also increase the Incline at any time by manually adjusting the ramp as explained on page 3.
7. During the Manual program you will be able to switch data displayed in the message window by pressing the Enter key.
8. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

Programming Preset Programs

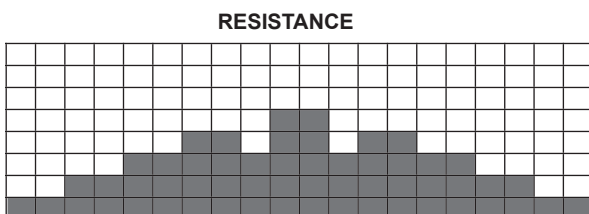
1. Using the Program Up/Down keys, select the desired program then press the Enter key.
2. The message window will ask you to enter your weight. You may adjust the Weight setting, using the Level Up/Down keys, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your age. You may adjust the Age setting using the Level Up/Down keys, then press Enter to continue.
4. Next is time. You may adjust the Time setting and then press Enter to continue.
5. Now you are asked to adjust the Max Level. This is the peak exertion level you will experience during the program (work level at the top of the hill). Adjust the level and then press Enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key.
7. If you want to increase or decrease the workload at any time during the program press the Level Up/Down key. This will change only the work level during the current segment.
8. During the program you will be able to switch the data displayed by pressing the Enter button.
9. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

Preset Programs

The FS5.3e has seven different programs that have been designed to provide a variety of workouts. These seven programs have factory preset profiles for achieving different goals.

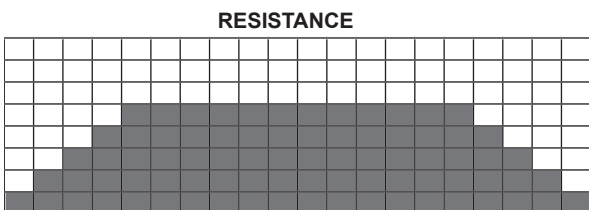
P-1 Sunrise

The Sunrise program simulates going up and down a gentle hill early in the morning. The resistance in the pedals will steadily increase and then decrease during the program.



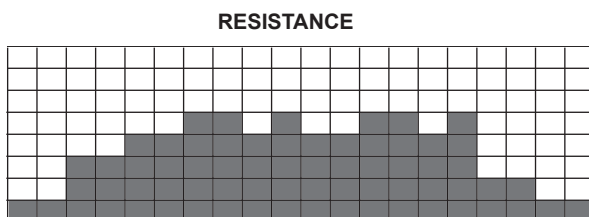
P-2 Journey

The Journey program is designed to maximize the burning of fat, a lifelong journey for some of us. There are many schools of thought on the best way to burn fat, but most experts agree that a lower exertion level that stays at a steady workload is the best. The absolute best way to burn fat is to keep your heart rate at around 60% to 70% of its maximum potential. This program does not use heart rate but simulates a lower, steady exertion workout.



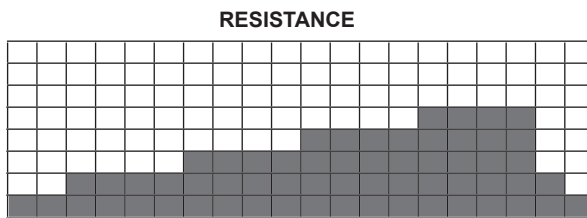
P-3 Wild Ride

The Wild Ride program is designed to increase your cardio vascular function; this is exercise for your heart and lungs. It will build up your heart muscle and increase blood flow and lung capacity. This is achieved by incorporating a higher level of exertion with slight fluctuations in work....a real Wild Ride!



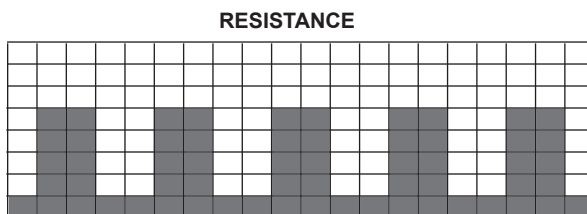
P-4 Xtreme

The Xtreme program is designed to increase muscular strength in your lower body with extreme resistance. This program will steadily increase in resistance to a high level and then keeps you there. This is designed to strengthen and tone your legs and glutes.



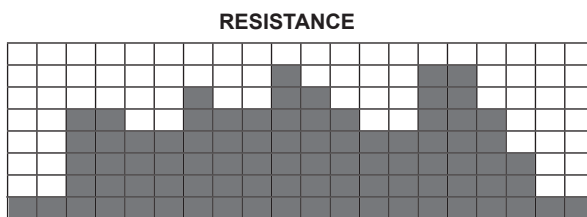
P-5 Canyons

The Canyons program takes you through high levels of intensity followed by periods of low intensity. This program increases your endurance by depleting your oxygen level followed by periods of recovery to replenish oxygen. Your cardio vascular system gets programmed to use oxygen more efficiently this way.



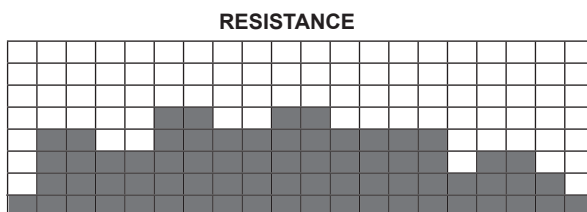
P-6 Thrill Hill

The Thrill Hill program combines a few types of workout in one, with variations of cardio and strength portions to give you a thrill.



P-7 X-Country

The X-Country program simulates a cross country run across uneven terrain.



User Programs

The User Programs allow you to build and save your own workout. You can build your own custom program by following the instructions below.

1. Select the User Program (User 1 or User 2) also then press Enter. The message will ask “Run Program?” if there is already a program stored. Press Enter or Start to begin stored program or Level Up/Down key to select “No”. If No is selected, you have the option to cancel the stored program. Press Enter to cancel or the Level Up/Down keys to select “No” and begin stored program.
2. If you cancel the stored program or there isn’t a program stored, the letter “A” will be flashing. Use the Level Up/Down keys to select the 1st letter of your name. Press Enter. Repeat this process until the last letter of your name is flashing. Press Stop to accept your User name.
3. The message window will ask you to enter your weight. You may enter your Weight using the Level Up/Down keys, then press the Enter key to accept the new number and proceed on to the next screen.
4. You are now asked to enter your age. You may adjust the Age setting using the Level Up/Down keys, then press Enter to continue.
5. Next is the Time setting. You may adjust the total program time and press Enter to continue.
6. Now the message window will ask you to adjust the first segment level for Resistance; use the Level Up/Down keys to adjust. When you finish adjusting the first segment, or if you don’t want to change it, then press Enter to continue to the next segment.
7. The next segment will show the same level as the previously adjusted segment. Repeat the same process as the last segment then press Enter. Continue this process until all twenty segments have been set.
8. The message window will ask you to press Enter to save the program. After saving the program, press Start to begin.
9. If you want to increase or decrease the Resistance or Incline at any time during the program, press the Level or Incline Up/Down keys.
10. During the program you will be able to switch the data displayed by pressing the Enter button.
11. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

Heart Rate Programs

Note: You must grasp the contact heart rate grips with both hands for these programs. Both programs operate the same, the only difference is that HR1 is set to 60% and HR2 is set to 80% of your maximum heart rate. They both are programmed the same way.

To start a Heart Rate Program follow the instructions below or just press the HR1 or HR2 button, then the Enter button and follow the directions in the message window.

1. Select the desired HR program then press the Enter key.
2. The message window will ask you to enter your weight. You may enter your weight using the Level Up/Down keys then press the Enter key to accept the new number and proceed.
3. You are now asked to enter your age. You may adjust the Age setting using the Level Up/Down keys.
4. Next is time. You may adjust the Time setting and then press Enter to continue.
5. You are now asked to select the Target Heart Rate Level. This is the heart rate level you will experience during the program. Adjust the level and then press Enter. Note the heart rate level that appears.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Stop key to go back one level, or screen.
7. If you want to increase or decrease the target heart rate at any time during the program press the Level Up/Down key.

Heart Rate

The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage of your MHR. Your heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat, while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:

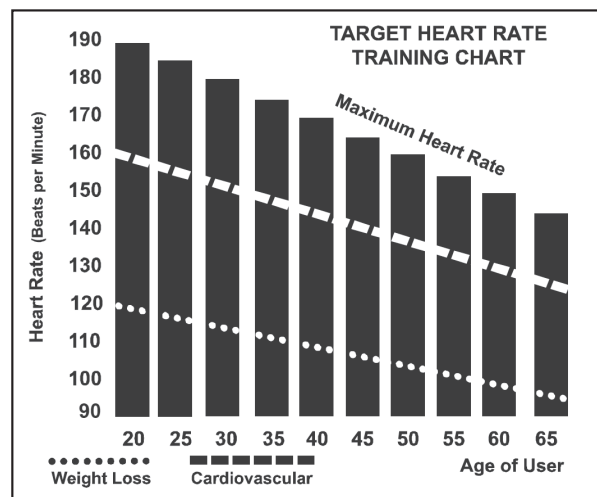
$$220 - 40 = 180 \text{ (maximum heart rate)}$$

$$180 \times .6 = 108 \text{ beats per minute} \\ \text{(60\% of maximum)}$$

$$180 \times .8 = 144 \text{ beats per minute} \\ \text{(80\% of maximum)}$$

So for a 40 year old the training zone would be 108 to 144 beats per minute.

If you enter your age during programming the console will perform this calculation automatically. After calculating your MHR you can decide upon which goal you would like to pursue.



The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

Rate of Perceived Exertion

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also know as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of Effort

- 6 Minimal
- 7 Very,very light
- 8 Very,very light +
- 9 Very light
- 10 Very light +
- 11 Fairly light
- 12 Comfortable
- 13 Somewhat hard
- 14 Somewhat hard +
- 15 Hard
- 16 Hard +
- 17 Very hard
- 18 Very hard +
- 19 Very,very hard
- 20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending up the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

General Maintenance

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops, the main cause is most likely one of two reasons:
 - i. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. The majority of calls to the service department for noise issues can be traced to loose hardware or the rear rails being dirty.
 - ii. Dirt build-up on the rear rails and polyurethane wheels are also a source of noise. Noise from build-up on the rails can cause a thumping sound that you would swear is coming from inside the main body of the machine because noise travels and is amplified in the tubing of the frame. Clean the rails and wheels with a lint free cloth and rubbing alcohol. Stubborn build-up can be removed with your thumbnail or a non-metallic scraper, like the back edge of a plastic knife. After cleaning, apply a small amount of lubricant on the rails with your fingers or a lint free cloth. You only need a thin coat of lubrication, wipe off any excess.
3. If squeaks or other noises persist, check that the unit is properly leveled before calling the service department.

Elliptical Noises

Your new elliptical is engineered and manufactured to the strictest industry standards and tolerances. All elliptical trainers, no matter who the manufacturer, have a multitude of moving linkages and parts. Be aware that even with the tightest mechanical tolerances there still could be a slight amount of play between some parts. This inherent play can result in slight noises during use such as clicks and small thumps. Please expect that the elliptical will not be completely silent.

Engineering Mode

The console has built in maintenance/diagnostic software. The software will allow you to changes to the console settings such as changing units from English to Metric and turn off the beeping of the speaker when a key is pressed. To enter the Maintenance Menu (may be called Engineering Mode, depending on version) press and hold down the Start, Stop and Enter keys. Keep holding the keys down for about 5 seconds and the message window will display "Engineering Mode". Press the Enter button to access the menu below. Press the Level Up/Down keys to navigate the menu.

- a. Key Test - Allows you to test all the keys to make sure they are functioning)
- b. Exit – press Enter to return to the start up screen
- c. Factory Set
- d. Security - Allows you to lock the keypad so no unauthorized use is allowed. When the child lock is enabled, the console will not allow the keypad to operate unless you press and hold the Start and Enter buttons for 3 seconds to unlock the console.
- e. Functions - Press Enter to access settings, use Level Up/Down keys to scroll Key Test - Allows you to test all the keys to make sure they are functioning)
 - i. Sleep Mode - On; when On, the console will darken after 30 minutes of no use; when off, the console will remain lit as long as the power is on
 - ii. Motor Test - Continually runs the tensioning gear motor
 - iii. Units - Set to English or Metric display readings
 - iv. Odometer Reset - Reset the odometer
 - v. Pause mode – On; when turned off, pressing Stop once ends the program; when turned on, the console retains data for 5 minutes before switching to the start up screen
 - vi. Safety – Off; when turned on, the machine automatically goes to Level 20 of Resistance to prevent unauthorized use by a child

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' responsibilities include providing new or remanufactured parts, at XTERRA Fitness' 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 & Brake	Parts	Labor
Lifetime	3 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 the XTERRA Fitness website.
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. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for ellipticals not requiring component replacement, or ellipticals not in ordinary household use.
3. 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.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been; sold, transferred, bartered, or given to a third party.
6. Products that are used as store display models.
7. 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.
8. Product use in any environment other than a residential setting.
9. 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' obligation under this warranty is limited to repairing or replacing, at XTERRA Fitness' 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. For in-home service, the customer will be responsible for a trip charge. There will be an additional trip charge if the customer is located over 100 miles from the nearest service center.
5. 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.
6. 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

www.xterrafitnessstore.com

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