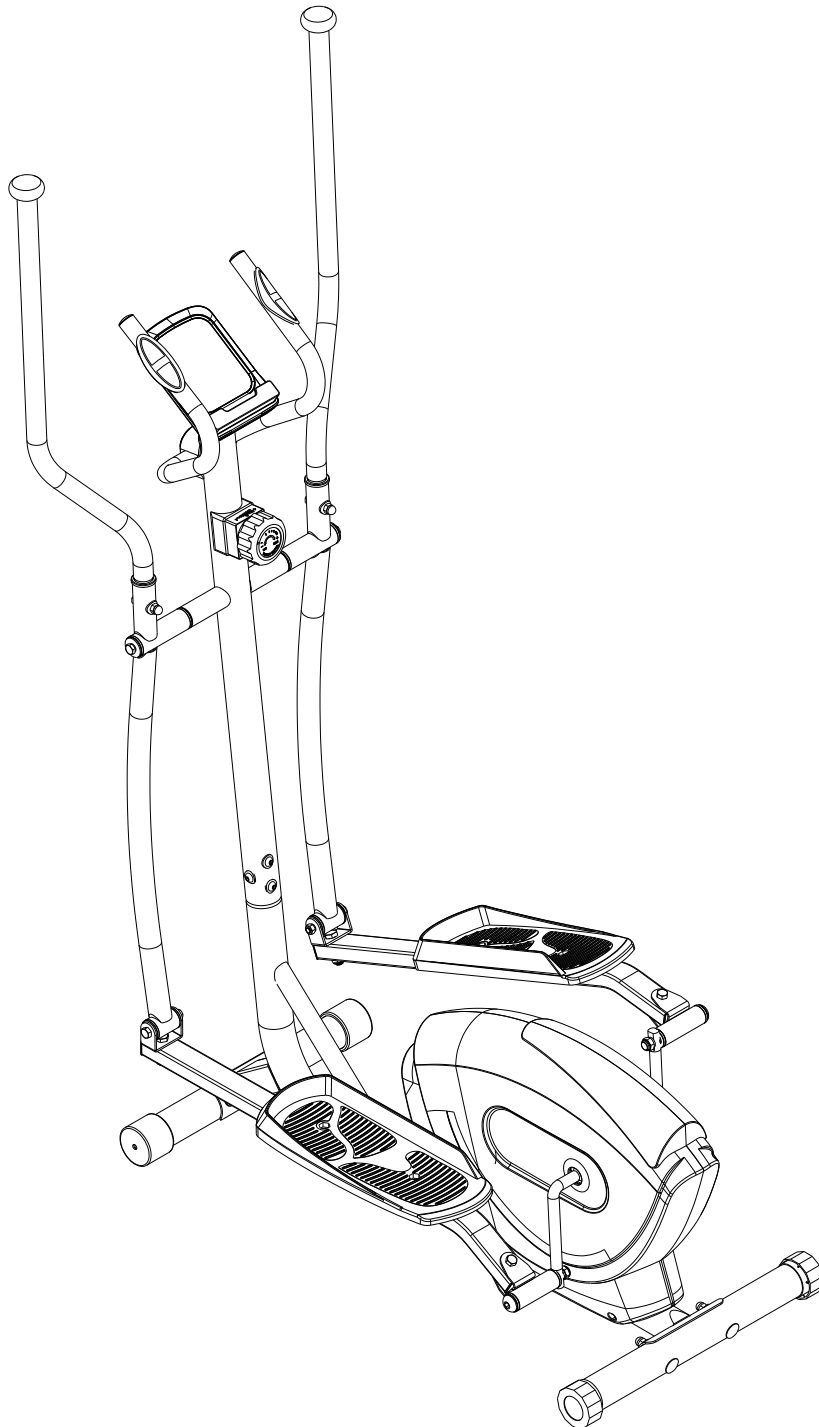




GORILLA SPORTS

Elliptical Stepper Bike (100942)



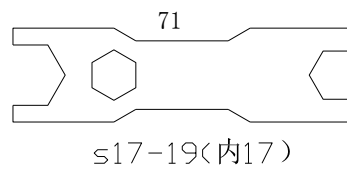
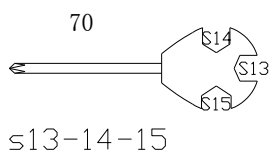
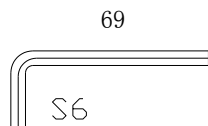
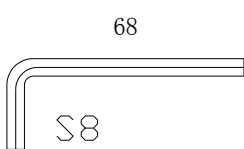
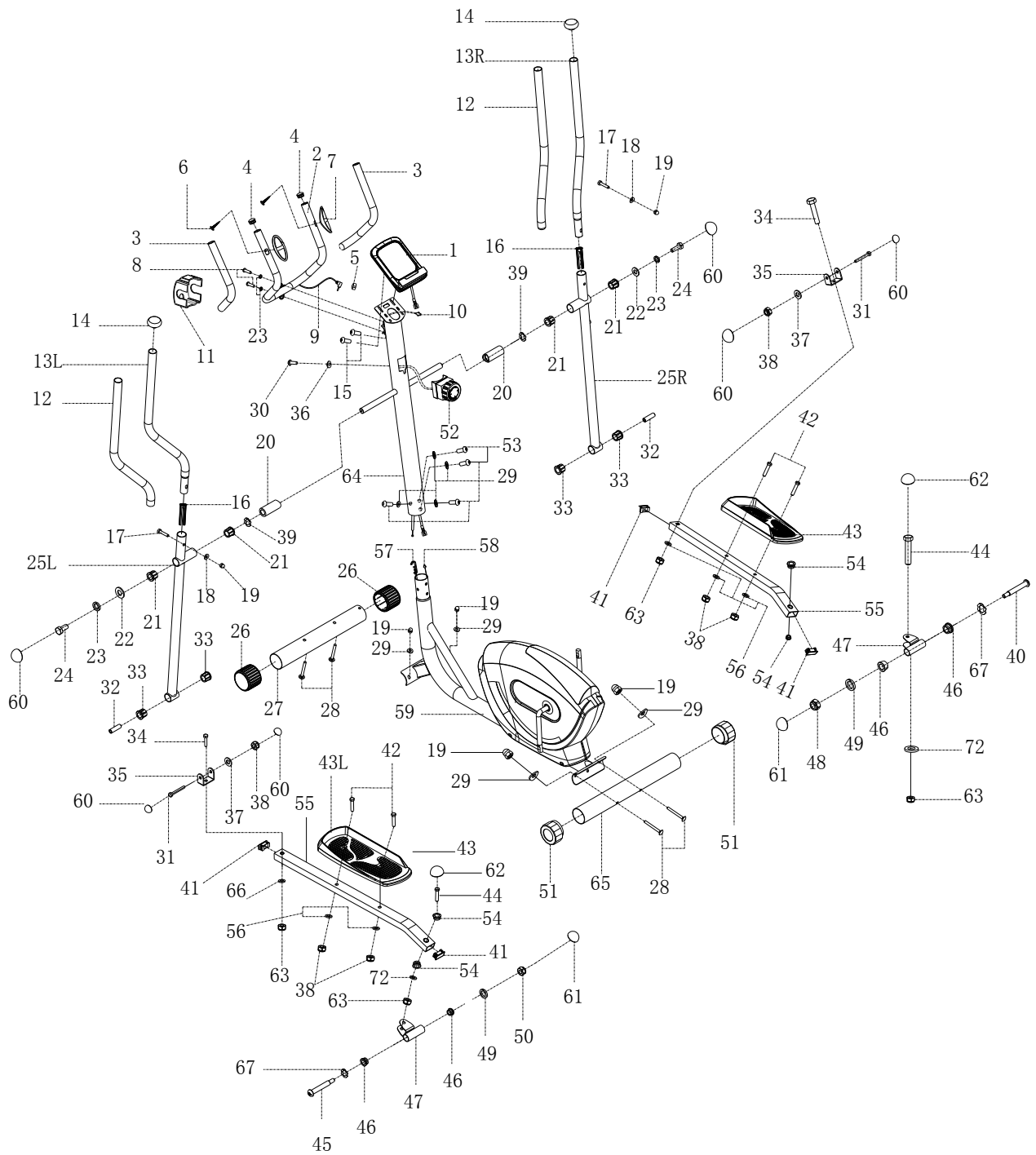
IMPORTANT: Read all instructions carefully before using this product. Retain owner's manual for future reference

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. It is recommended that you lubricate all moving parts on a monthly basis.
7. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, stop using the equipment immediately and don't use the equipment until the problem has been rectified.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
9. Do not place fingers or objects into moving parts of the exercise equipment.
10. The maximum weight capacity of this unit is 120 KG.
11. The equipment is not suitable for therapeutic use.
12. You must take care of yourself when lifting and moving the equipment so as not to injure your back. Always use proper lifting technique and seek assistance if necessary.
13. This equipment is designed for indoor and home use only! It is not intended for commercial use!

EXPLODED DRAWING

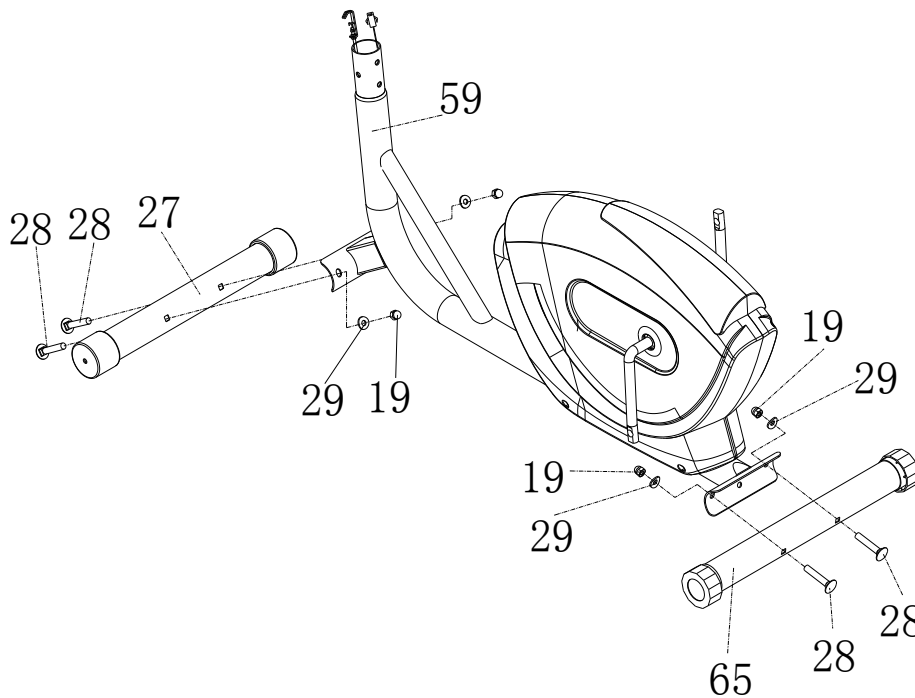
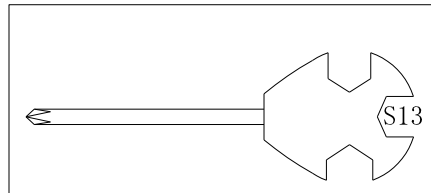
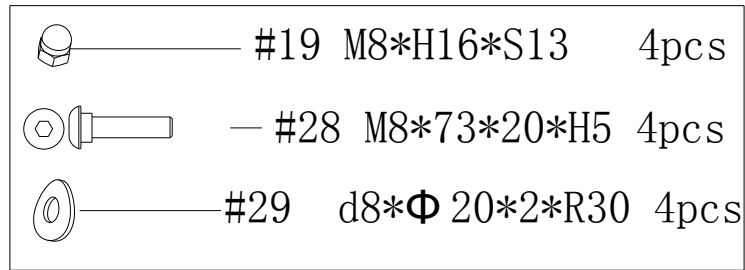


PARTS LIST

No.	Description	Qty.	No.	Description	Qty.
1	Computer	1	29	Arc washer d8*Φ20*2*R30	8
2	Middle handlebar	1	30	Bolt M5*16	1
3	Foam gripΦ23*3*445	2	31	Bolt M8*65*30*S14	2
4	End cap Φ25*16	2	32	spacer bush Φ14*Φ8.3*48	2
5	The thread plug	1	33	axle sleeve 3 Φ32*Φ14	4
6	Screw ST4.0*19*Φ11	2	34	Bolt M10*42*20*S17	2
7	Handle pulse for tubeΦ25	2	35	U seat	2
8	Screw M8*30*S6	2	36	Washer Φ25*Φ6*3.3*R25.2	1
9	Handle pulse wire	1	37	Washer d8*Φ16*1.5	2
10	Trunk wire 1	1	38	Nut M8*H7.5*S13	6
11	clamp cover 71*58*40	1	39	Arc washer d19*Φ25*0.3	2
12	Foam grip Φ26*3*590	2	40	hinge bolt R Φ16*89*23*1/2*S8	1
13L/R	Handlebar L/R	2	41	End cap J40*25*15	4
14	End cap Φ28*32*Φ50	2	42	Bolt M8*40*20*S14	4
15	Screw M5*10	2	43	Pedal	2
16	Round bushing Φ32*Φ25*L83	2	44	Bolt M10*50*13*S17	2
17	Bolt M8*40*20*S14	2	45	hinge bolt L Φ16*89*23*1/2*S8	1
18	Arc washer d8*Φ20*2*R16	2	46	Grommet Φ1Φ28*4*Φ24*12*Φ16.1	4
19	Nut M8*H16*S13	6	47	Rear connector	2
20	Long spacer bush Φ32*Φ19.2*75.5	2	48	Nylon nut R 1/2*20*H8*S19	1
21	axle sleeve 4 Φ32Φ19.1	4	49	Washer 1/2"	2
22	Washer d8*Φ32*2	2	50	Nylon nut L 1/2*20*H8*S19	1
23	Spring washer d8	4	51	End cap Φ60	2
24	Bolt M8*16*S14	2	52	Tension control	1
25L/R	Swing rod	1	53	Screw M8*16*S6	4
26	End cap Φ60*Φ78*62	2	54	Grommet Φ18*3*Φ14*7*Φ10.1	4
27	Front stabilizer	1	55	Connecting rod	2
28	Bolt M8*73*20*H5	4	56	Washer d8*Φ16*1.5	6
57	Tension wire	1	65	Rear stabilizer	1
58	Trunk wire 2	1	66	Washer d10*Φ25*2	2

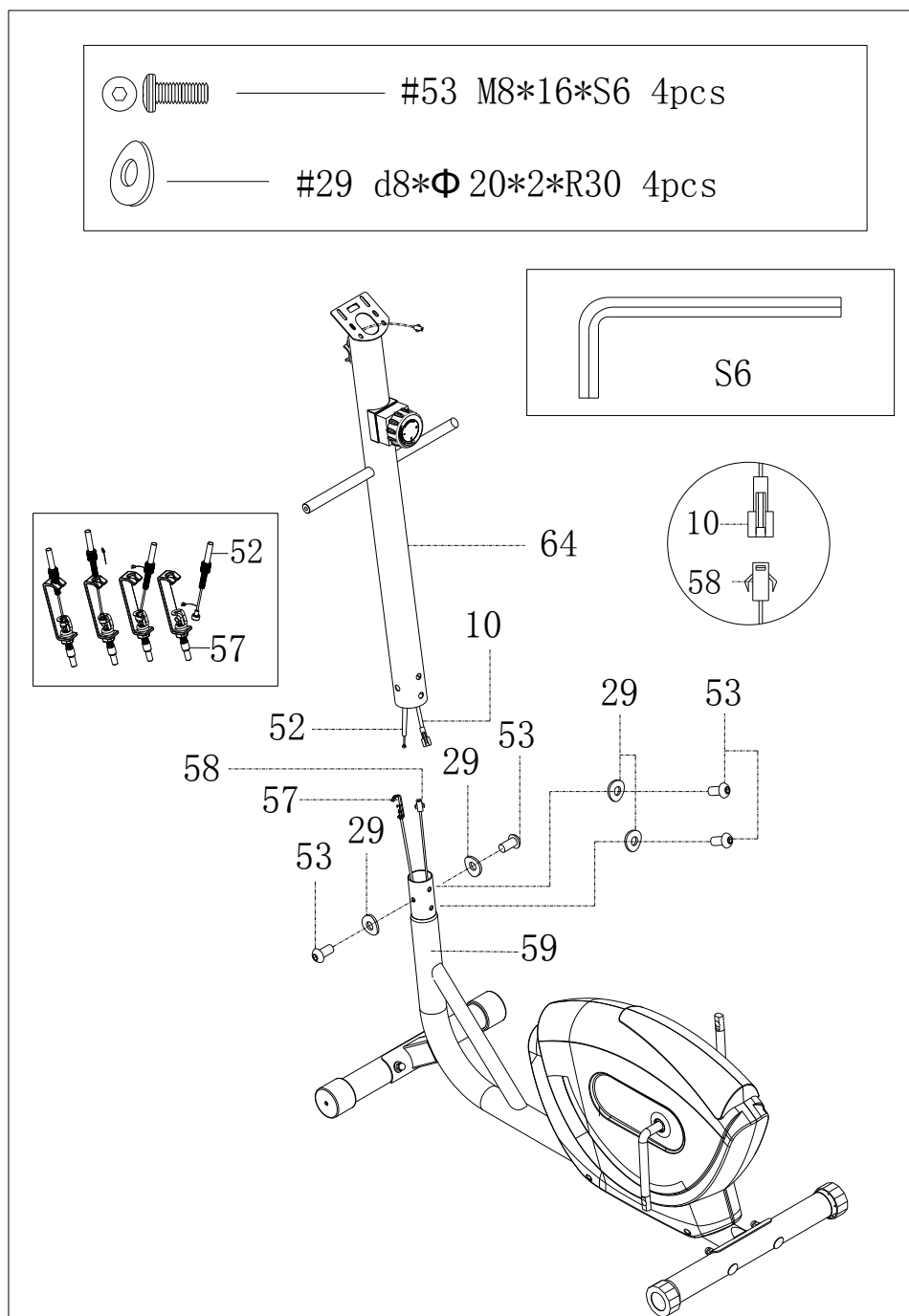
59	Main frame	1	67	Wave washer d17*Φ25*0.3	2
60	End cap S13	6	68	Spanner S8	1
61	End cap S18	2	69	Spanner S6	1
62	End cap S16	2	70	Spanner S13-14-15	1
63	Nut M10*H9.5*S17	4	71	Spanner S17-S19(内 17)	1
64	Handlebar post	1	72	Washer d10*Φ20*2	2

Step 1:



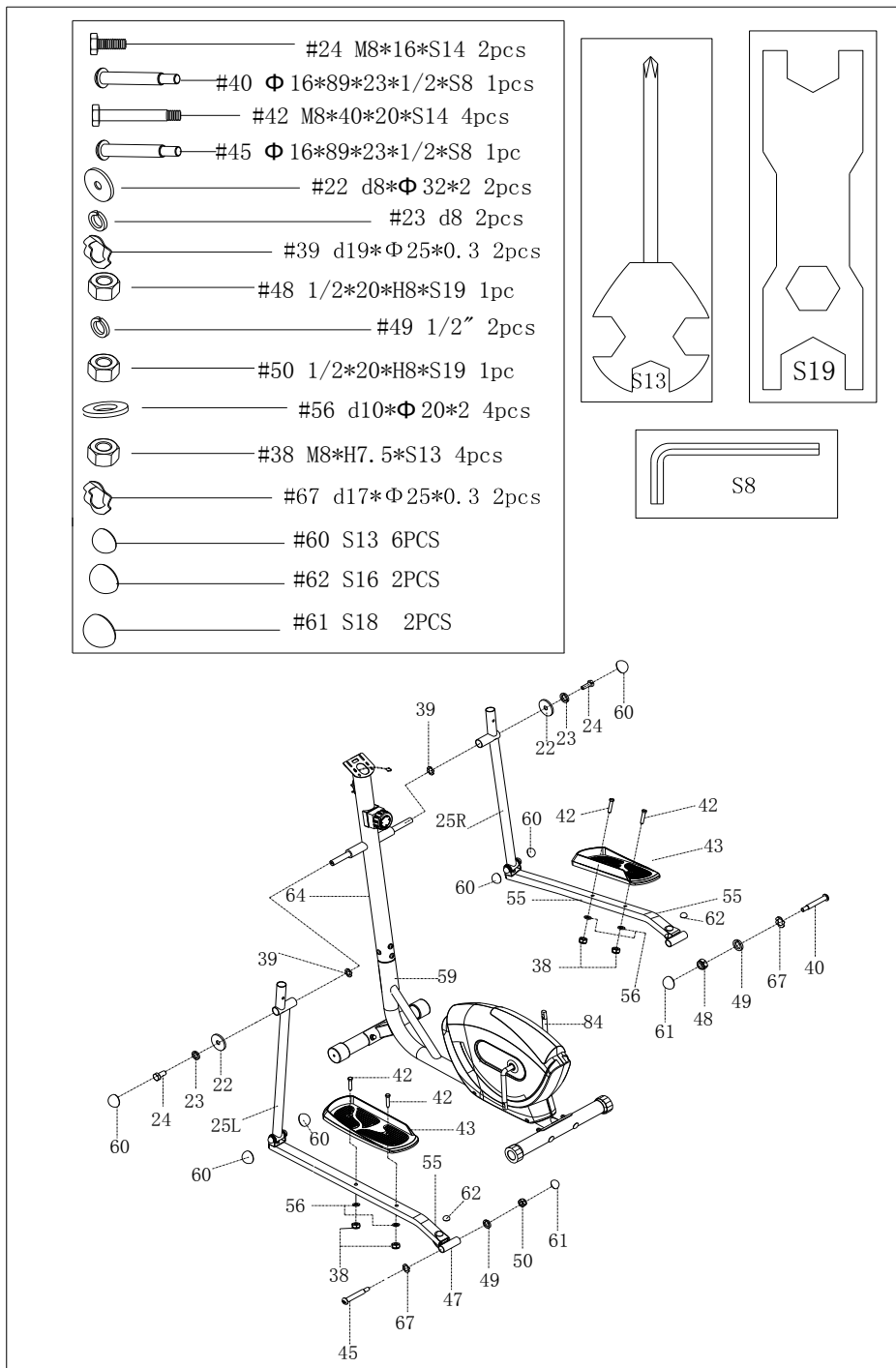
Lock the Front stabilizer(27) and Rear stabilizer(65) on the Main frame(59) with bolt (28) Arc washer(29) and nut(19)

Step 2:



- Contact the Tension control (52) and Tension wire (57); and contact the Trunk wire 1 (10) and Trunk wire 2 (58)
- Lock the Handlebar post (64) on the Main frame (59) with screw (53) and arc washer (29)

Step 3:

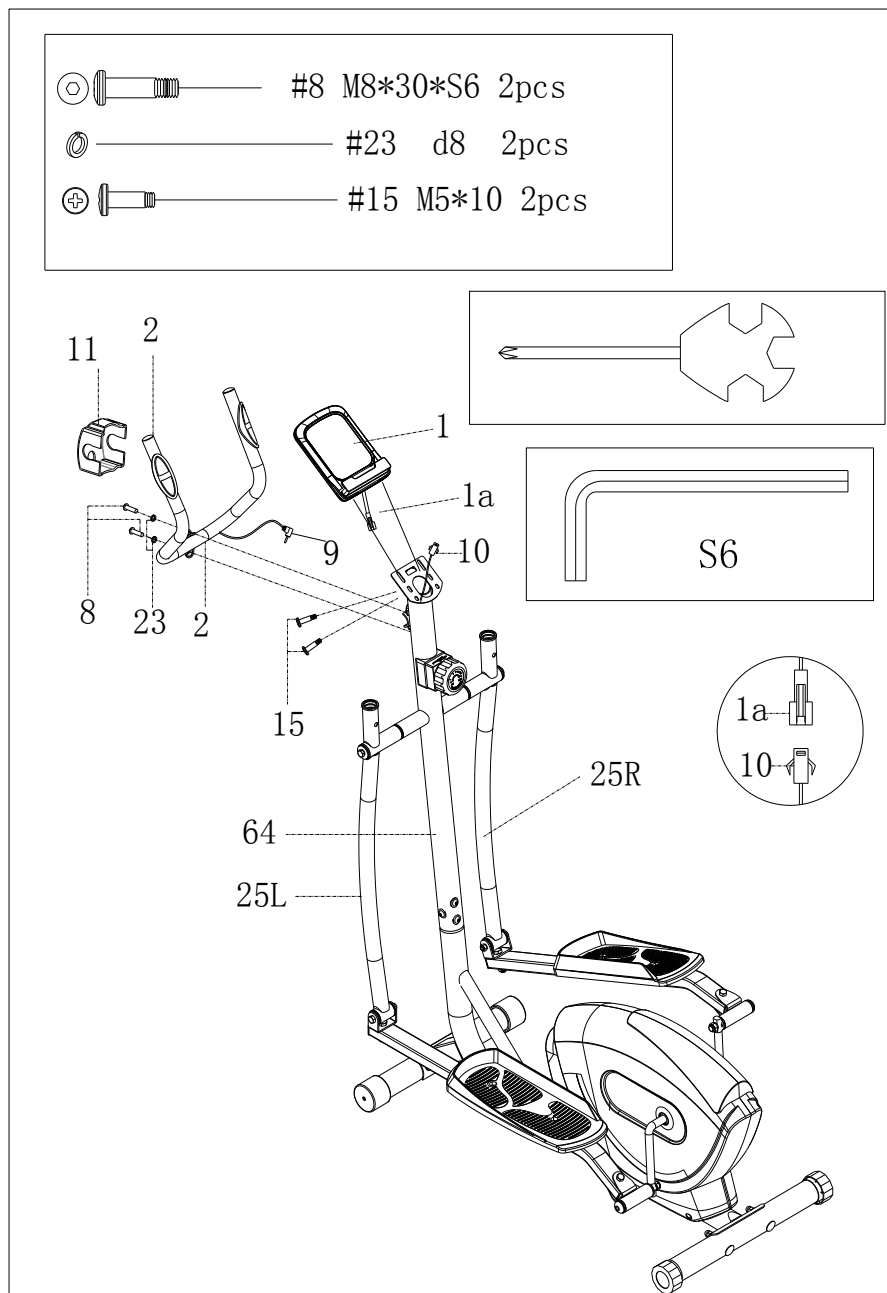


a. Lock the Swing rod (25L/R) on the Handlebar post (64) with bolt(24) washer(23) and washer(22) then cover the end cap (60)

b. Attach rear connector (47) to the crank(84) of main frame (59) with hinge bolt L (45), hinge bolt R(40) and washer (76); then tighten with spring washer (49) , nylon nut L (50) and nylon nut R (48),and attach end cap (61).

c. Attach pedal (43) on the connecting rod (55) with bolt (42) washer(56) and nut (38) then attach end cap(62)

Step 4:

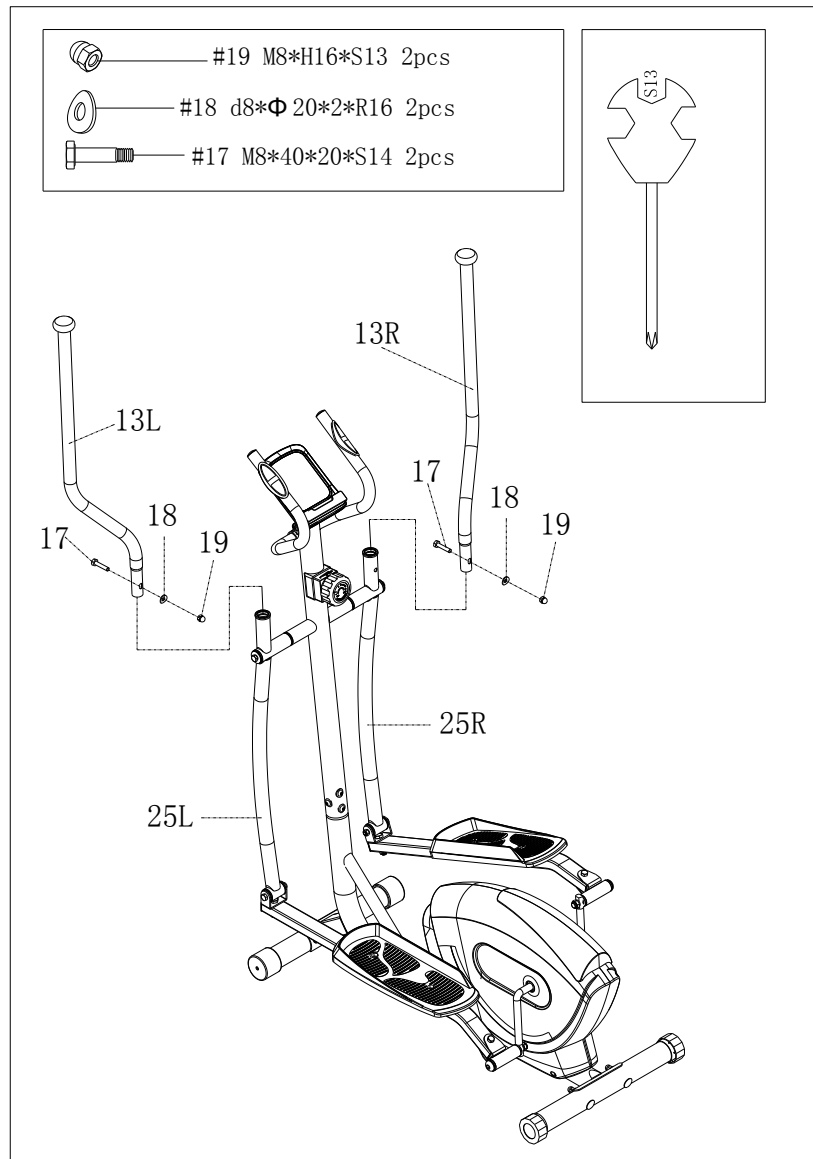


a. Secure middle handlebar (2) to the clamp of handlebar post (64) with screw (8) and washer (23), then attach clamp cover (11).

b. Connect trunk wire 1 (10) with computer link wire (1a); then secure computer (1) to the bracket of handlebar post (64) with screw (15).

Insert handle pulse wire (9) into the hole located on the back of computer (1).

Step 5:



Secure handlebar (13L/R) to swing rod (25L/R) with bolt (17), arc washer (18) and nut (19).

Assembly is finished.

INSTRUCTION MANUAL

■ BUTTONS

1. MODE

NO.00170

- i. Press this button to changeover display or choose the window needs to be set.
- ii. In monitor status, hold this button for 3 seconds to reset all value to zero.

2. SET

- iii. To set value of time,distance ,calorie and pulse when not in scan mode

3. RESET

- iv. Press to reset time,distance,calorie and pulse.
- v. In monitor status, hold this button for 3 seconds to reset all value to zero.

■ FUNCTIONS

1.SCAN

i:Press MODE button until “SCAN” appears , computer will rotate through all the 6 functions: Time, Calorie, Speed, Distance ,Total distance and pulse. Each display will be hold for 6seconds.

2.SPEED(SPD)

Display instantaneous speed and the range is 0.0~999.9Mile/H.

3.TIME(TMR)

Count the total time from exercise start to the end and the range is 0 ~ 99Minute

4.DISTANCE(DST)

Count the total distance from exercise start to the end and the range is 0.0 ~ 999.9Mile.

5. CALORIES(CAL)

Count the total calories consumed from exercise start to the end and the range is 0.0 ~ 999.9 KCAL.

6. TOTAL DISTANCE(ODO)

Count the total distance after installing the batteries.

7. PULSE

Hold the pulse sensor and read your heart rate per minute. The range is 40 ~ 240bpm.

8.AUTO START/STOP

Without any signal of exercise or operation for 4minutes, the power will turn off automatically.

Once receive exercise or operation signal, the monitor will turn on automatically.

9. ALARM

The functions of time, distance and calorie can be set countdown, any of above value goes to zero, the computer will alarm for 6 seconds.

Press MODE to select the function, then press SET to adjust the value.

■ OPERATION

1. PULSE RATE

Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value cannot be regarded as the basis of medical treatment.

SPECIFICATIONS

FUNCTION	Auto Scan	Every 6seconds
	Running Time	00:00 ~ 99:00(Minute: Second)
	Current Speed	The max pick-up signal is 999.9 MILE/H
	Trip Distance	0.0 ~ 999.9 MILE
	Calories	0 ~ 999.9 Kcal

	Total Distance	0 ~ 9999 MILE
	Pulse Rate	40-240BPM
Battery Type		2 pcs of SIZE-AAAand UM-4
Operating Temperature		0°C ~ +40°C(32°F ~ 104°F)
Storage Temperature		-10°C ~ +60°C(14°F ~ 140°F)