

***FOR MODEL :***

***E902***

***E903***

***Tempo***  
FITNESS

## ***ELLIPTICAL OWNER'S MANUAL***

# INTRODUCTION

*CONGRATULATIONS and THANK YOU for your purchase of this Tempo Fitness Elliptical!*

*Whether your goal is to win a race or simply enjoy a fuller, healthier lifestyle, a Tempo Fitness Elliptical can help you attain it with the ergonomics and innovative features you need to get stronger, healthier and faster. We're committed to designing fitness equipment from the inside out.*

*You want exercise equipment that offers the most comfort, the best reliability and the quality in its class. A Tempo Fitness Elliptical delivers!*

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## IMPORTANT PRECAUTIONS

### SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this elliptical. It is the responsibility of the owner to ensure that all users of this elliptical are adequately informed of all warnings and precautions.



To reduce the risk of burns, fire, electrical shock or injury to persons:

- If you experience chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Maintain a comfortable pace. Do not sprint above 80 rpms on this machine.
- To maintain balance, it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.
- Do not wear clothes that might catch on any part of the elliptical.
- Do not turn pedal arms by hand.
- Make sure handlebars are secure before each use.
- Do not insert or drop any object into any opening.
- To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- This elliptical should not be used by persons weighing more than 130kg. Failure to comply will void the warranty.
- This Elliptical complies with EN957-1/-9 standard, class HB; brake system is adjustable.
- This elliptical is intended for in-home use only. Do not use this elliptical in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not use elliptical in garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
- Use the elliptical only as described in this manual.



At NO time should pets or children under the age of 12 be closer to the elliptical than 3 meters.  
At NO time should children under the age of 12 use the elliptical.  
Children over the age of 12 should not use the elliptical without adult supervision.

It is essential that your elliptical is used only indoors, in a climate controlled room. If your elliptical has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the elliptical is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

## BEFORE YOU BEGIN

**CONGRATULATIONS!** on choosing your elliptical. You've taken an important step in developing and sustaining an exercise program! Your elliptical is a tremendously effective tool for achieving your personal fitness goals. Regular use of your elliptical can improve the quality of your life in so many ways.

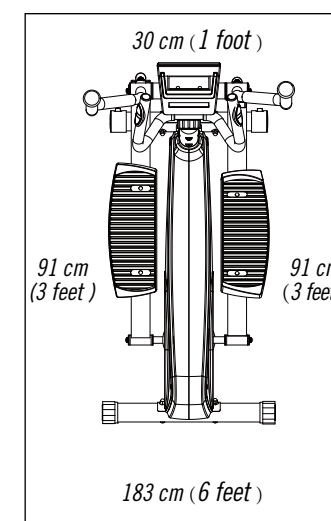
### HERE ARE JUST A FEW OF THE HEALTH BENEFITS OF EXERCISE:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels

The key to reaping these benefits is to develop an exercise habit. Your new elliptical will help you eliminate obstacles that prevent you from exercising. Inclement weather and darkness won't interfere with your workout when you use your elliptical in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine.

### LOCATION OF THE ELLIPTICAL

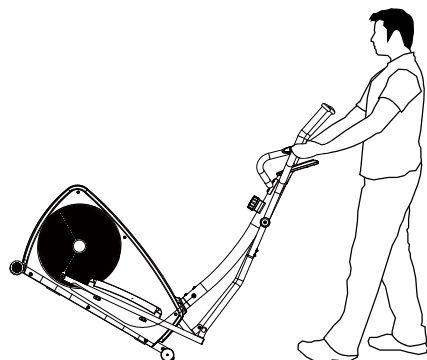
Place the elliptical on a level and stable surface. There should be 183 cm (6 feet) of clearance behind the elliptical, 91cm (3 feet) on each side and 30 cm (1 foot). See diagram to the right. Do not place the elliptical in any area that will block any vent or air openings. The elliptical should not be located in a garage, covered patio, near water or outdoors.



## ELLIPTICAL OPERATION



If the elliptical appears to not be working properly, do not use the elliptical.



### MOVING

Your elliptical has a pair of transport wheels built into the FRONT STABILIZER TUBE. To move, first remove the power supply and firmly grasp the CONSOLE MAST, carefully tilt and roll.



Our ellipticals are well built and heavy, weighing up to 48 kg ! Use care and additional help if necessary when moving.

### LEVELING THE ELLIPTICAL

Your elliptical should be leveled for optimum use. Once you have placed your elliptical where you intend to use it, rotate and adjust your levelers located at the end of the front stabilizer.

### FOOT POSITIONING

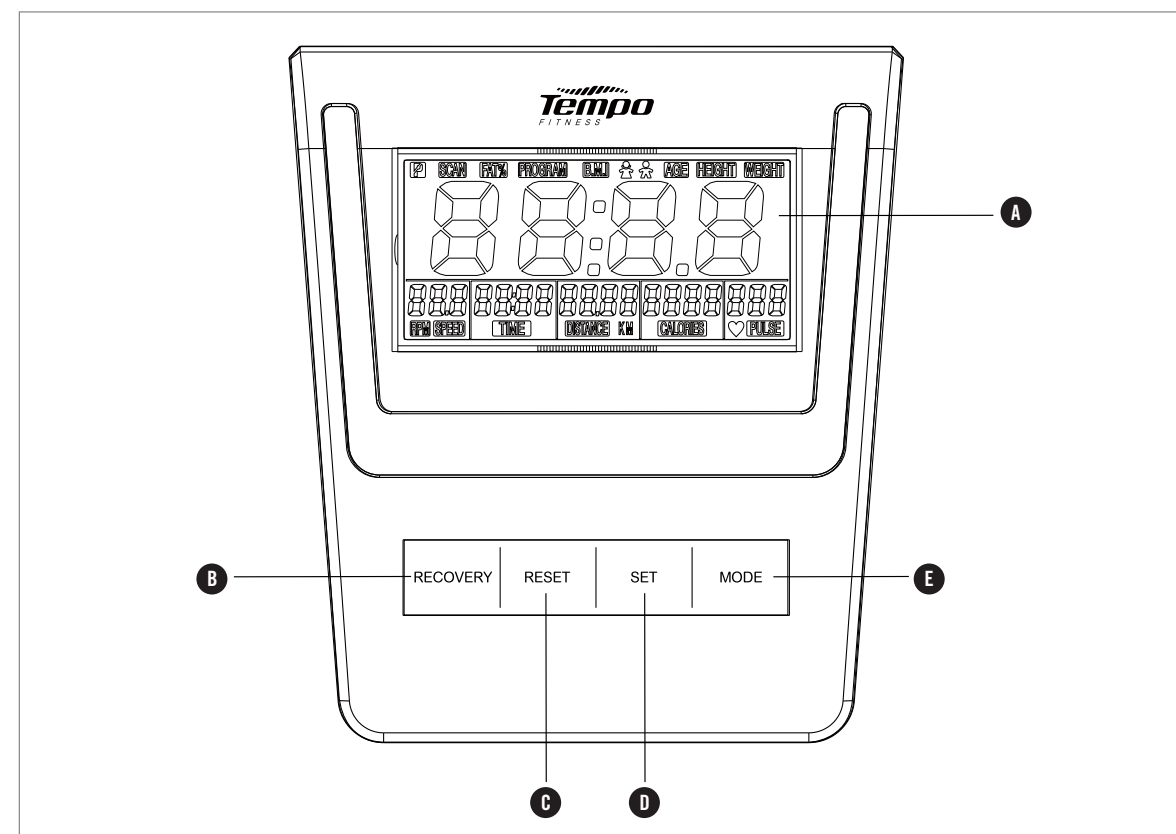
Your elliptical offers a variety of foot positions. Moving your foot to the forward most position of the foot pad increases your step height, which will create a feel similar to a step machine. Placing your foot toward the back of the foot pad decreases your step height and creates more of a gliding feel, similar to a smooth walk or run.

Always make sure your entire foot is secured on the foot pad. Your elliptical also allows you to pedal both forward and backwards to offer a variation to your workout and to focus on other major leg muscle groups such as your hamstrings and calves.

### HAND POSITIONING

Place your hand on fix handlebar for lower body workout. For a full body workout, push and pull continuously on the dual action arms while pedaling.

## E902 CONSOLE DISPLAY



### E902 CONSOLE OPERATION

- A) **MONITOR DISPLAY:** Automatically displays preset Date, Temperature and current Time at stand-by mode. At the exercise mode the LCD Monitor will display the following SPEED-RPM- TIME-DISTANCE-CALORIE-PULSE. If the machine is unused the console will enter stand by mode.
- B) **RECOVERY:** If heart rate data is available, you can press RECOVERY key to start the Recovery function.
- C) **RESET:** Press RESET key to default value while setting or hold the RESET key for 3 seconds to reset all system value at anytime during workout.
- D) **SET:** To set the values of Hour- Minute- Year- Month-Date after install 2 x AAA 1.5V batteries and press MODE key to confirm the setting.
- E) **MODE:** Pressing the MODE key will start setting values of TIME, DISTANCE, and CALORIES, press SET key to change target values. During the exercise mode, press the MODE key to change display between SPEED-RPM- TIME-DISTANCE-CALORIE-PULSE and SCAN function.



## QUICK START

- 1) Turn on console by pressing any key
- 2) Press MODE key to set target values, then start
- 3) When you exercise without setting any target values, the console display will count up from ZERO.
- 4) The resistance level can be adjusted during your workout by using the resistance Knob.

Note: 1 to 8 resistance levels available.

## WORKOUT RECOVERY

After you have exercised ( more than 30 seconds), press RECOVERY key, place your hands on the heart rate grips and a fitness recovery value will be calculated (Note: This is guide or formula created from recovery pulse readings). Time will count down from 60 seconds to zero and give you a recovery status reading from F1 to F6, with F1 being the best result.

## TARGET HEART RATE

Once PULSE has been selected, and the target heart rate value input using the SET key, you can start to exercise whilst holding onto the heart rate grips. Your pulse rate will be displayed on the LCD screen in beats per minute. Once your heart rate reading set value ( THR ) is reached, the console will beep until your heart rate is under the set value.

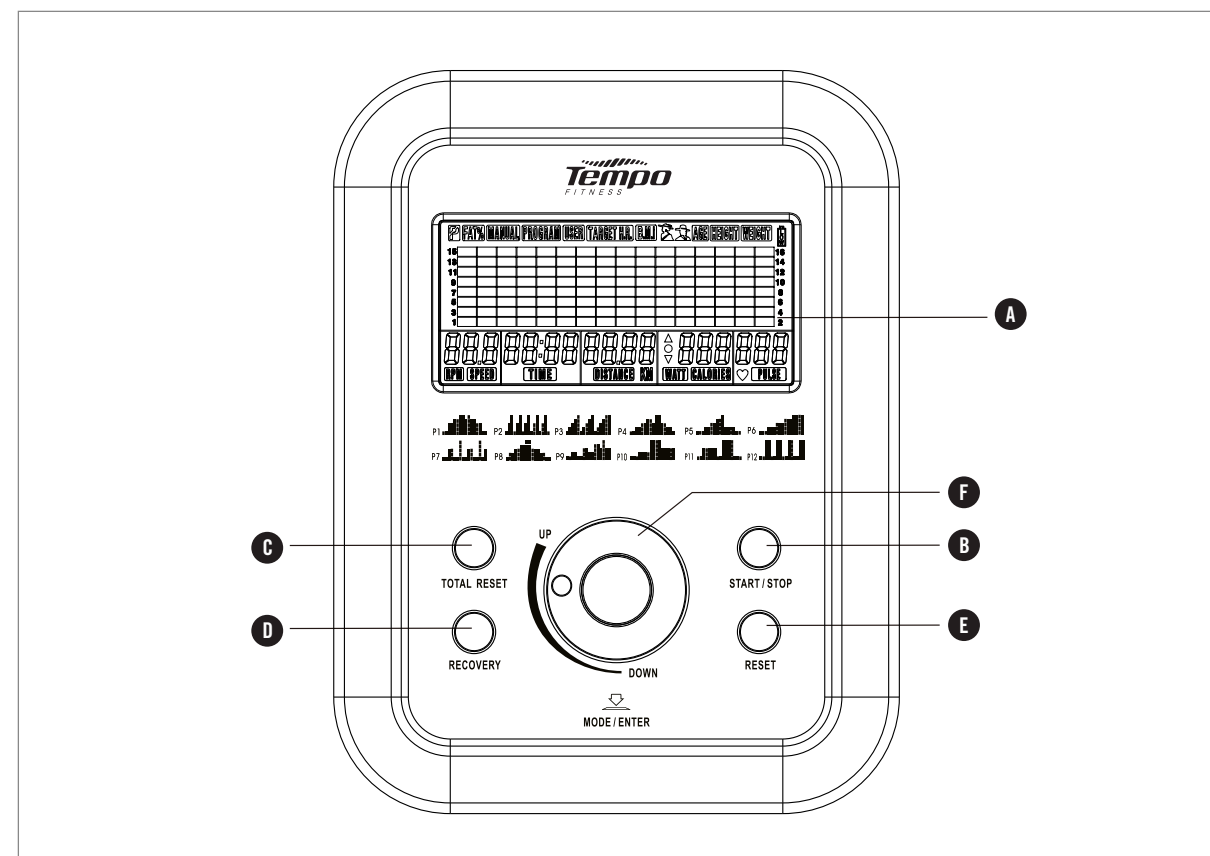
## ENERGY SAVER

The console will display Temperature, Time & Date if machine or console becomes inactive for around 260 seconds. Press any key to return to workout display screen.

## FOOTPLATE POSITIONING

Adjust footplate position by loosening both pedal knobs and re-position footplate in one of three location points. This position will vary angle of footplate rotation and stride pattern angle.

## E903 CONSOLE DISPLAY



## E903 CONSOLE OPERATION

- MONITOR DISPLAY:** At the exercise mode the LCD Monitor will display the following SPEED-RPM-TIME-DISTANCE-CALORIE-PULSE.
- START/STOP:** Simply press to begin exercising or starts your workout. Press to pause/end your workout. Hold for 3 seconds to reset the console.
- TOTAL RESET:** Press to reset all current value while setting or exercising.
- Recovery:** If heart rate data is available, you can press RECOVERY key to start the Recovery function. (Refer to workout recovery for more information)
- RESET:** Press RESET key to default value while setting or hold the RESET key for 3 seconds to reset all system value at anytime during workout.
- UP/DOWN key**
  - 1) Rotate to increase and decrease the value when setting, press to confirm value setting.
  - 2) Rotate to browse items/programs when selecting, press to confirm.
  - 3) Rotate to increase and decrease the resistance.

## BASIC OPERATION

- 1) Make sure the power is on.
- 2) Scroll the UP/DOWN key to select workout between manual, preset programs, user and T.H.R., press UP/DOWN key to confirm.
- 3) To choose preset programs please select program and use UP/DOWN key to select between 12 workouts.
- 4) After workout selection, you may scroll UP/DOWN key to set the workout targets.
- 5) Press StART key to start the workout.

## QUICK START

- 1) Turn on Elliptical by pressing any key.
- 2) Press Start key to enter manual mode and start.
- 3) Scroll the UP/DOWN key to adjust resistance level during the workout.

## TARGET HEAR RATE

- 1) Select T.H.R.program at main menu and press UP/DOWN key to enter setting.
- 2) Select among 55%, 75% and 90% target or choose T.H.R. to set your desired number between 30 to 230.

## USER PROGRAM


- 1) Select User program at main menu and use up/down and mode key to set your own workout.
- 2) Press UP/DOWN key confirming setting and press start to begin.

## WORKOUT RECOVERY

After exercising for a period of time(more than 30 seconds), Press RECOVERY key, hold onto the handgrips to conduct a workout recovery test. TIME will be counting down from 00:60 to 00:00 and then show your heart rate recovery status from F1,F2....to F6. (F1-F6 stands for your Fitness quotient, as F1 being the best result) User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display)

## ENERGY SAVER

To minimize energy consumption, your machine will enter energy saver mode automatically when not in use and could be quickly waken up with a touch of a button.

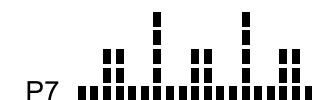
- 1) Pressing STOP key will bring the console to stand-by mode and  will be shown on the console.
- 2) Pressing TOTAL RESET will reset the computer toally and enter energy saving mode by shut-down all display after 5 mins.

## E903 PRESET WORKOUT PROFILES

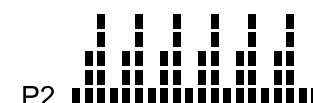
- **P1 WEIGHT LOSS:** Promotes weight loss by raising and lowering the resistance level, while keeping you in your fat burning zone.



- **P7 AFTER BURNER:** Recover your heart and muscles after intensive workout.



- **P2 INTERVALS:** Improves your strength, speed, and endurance by raising and lowering the resistance levels throughout your workout to involve both your heart and muscles.



- **P8 PLATEAU:** Simulates plateau hiking by increasing and decreasing the resistance gradually.



- **P3 FAT BURN:** Challenges with various combinations of hills and valleys (resistance) to burn more fat when exercising.



- **P9 FAT BURN INTERVAL:** Gradually increasing resistance with hills and valleys allows user to reach their daily target.



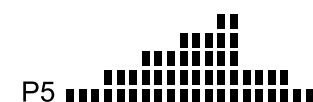
- **P4 MOUNTAIN CLIMB:** Improves performance and stamina by raising the resistance level to high peaks to simulate the most difficult outdoor terrains.



- **P10 HILL:** Improves performance and stamina by raising the resistance level to high peaks to simulate the hill environment.



- **P5 ATHLETE TRAINING:** Complete exercise program to help you enhance body performance.



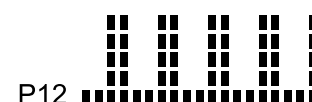
- **P11 JOGGING:** Improve heart and lung capacity by simulates daily jogging.



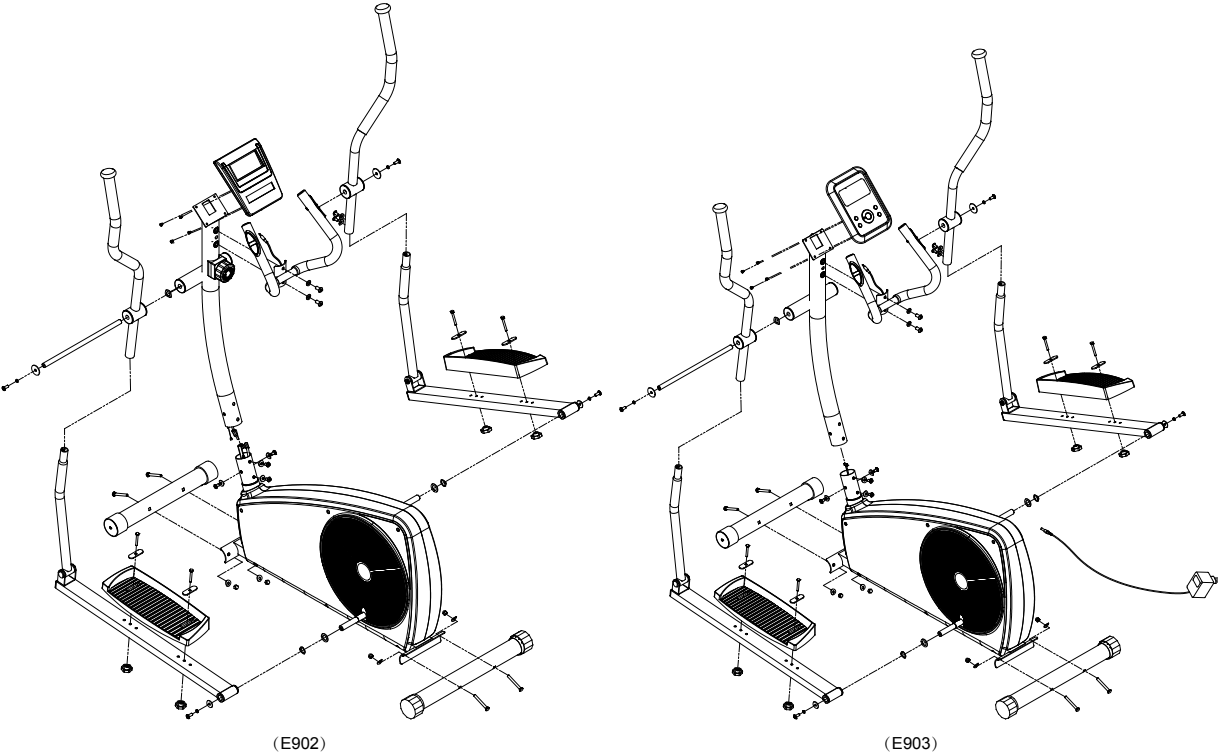
- **P6 PEAK PERFORMANCE:** Increasing resistance for advanced users to tones your muscles, and challenges yourself.



- **P12 ROLLING:** Improves your strength, speed and endurance by automatically changing the resistance levels through-out your workout.



# ASSEMBLY INSTRUCTIONS



## MAIN PARTS:

 Long Bolt(A) M8x70 4 pcs	 Nut(B) M8 4 pcs	 Wavy Washer(C) Φ8.5xΦ22xT1.5 12 pcs	 Hex Screw(D) M8x15 8 pcs	 Hex Screw(E) M8x20, 4 pcs
 Pivot Flat Washer(F) 2 pcs	 Spring Washer(G) Φ8 4 pcs	 Pivot Wavy Washer(H) Φ30xΦ13xT0.3 2 pcs	 Pedal Flat Washer(I) 2 pcs	 Pedal Arm Wavy Washer(J) Φ30xΦ20xT0.3 2 pcs
 Pedal Arm Sleeve(K) 2 pcs	 Pedal Fixing Plate(L) 4 pcs	 Pedal Bolt(M) M6x52 4 pcs	 Pedal Knob(N) 4 pcs	 Fix Handle Hex Screw(O) M10x20 2 pcs
 Fix Handle Wavy Washer(P) Φ10.5 2 pcs	 2 Ends Wrench 13/17	 L Hex Wrench with Screw Driver M6 1pc	 L Hex Wrench M6 1pc	

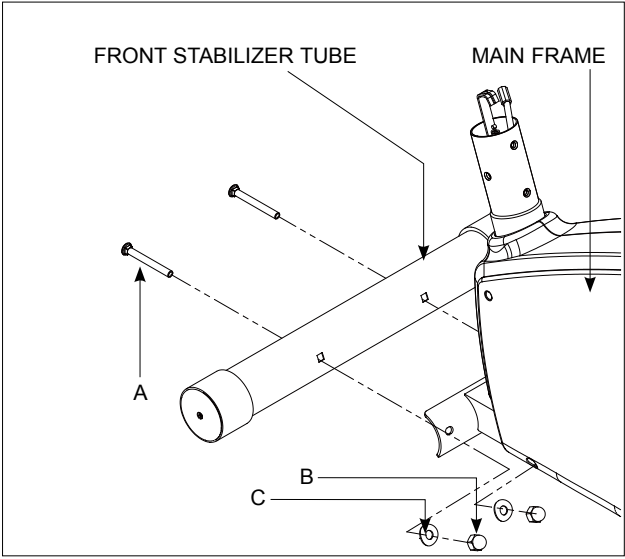
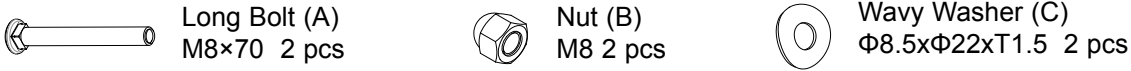
## PRE-ASSEMBLED PARTS:

 Screw M5 x10 4 pcs
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# E903 ASSEMBLY

## STEP 1

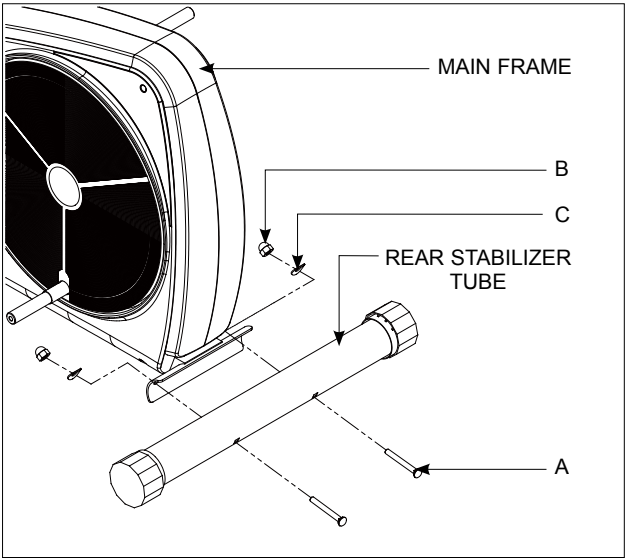
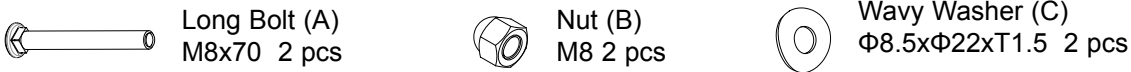
### HARDWARE CONTENTS:



- A. Open hardware for step 1.
- B. Attach the **Front Stabilizer Tube** to the **Main Frame** using 2 **Long Bolts (A)**, 2 **Wavy Washers (C)** and 2 **Nuts (B)**.

## STEP 2

### HARDWARE CONTENTS:



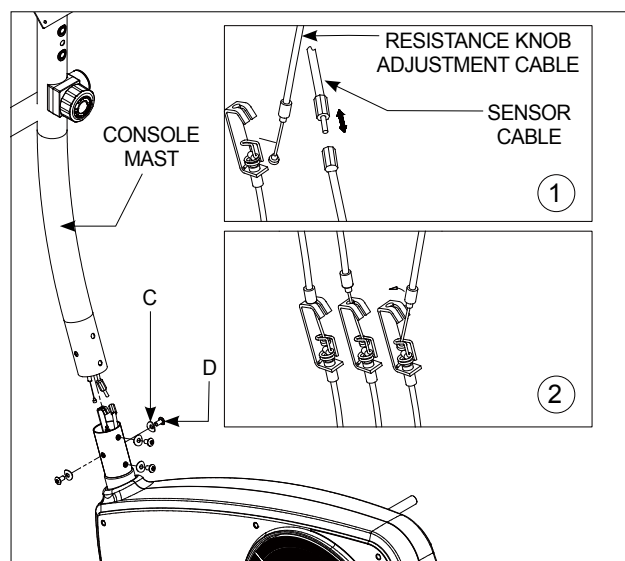
- A. Open hardware for step 2.
- B. Attach the **Rear Stabilizer Tube** to the **Main Frame** using 2 **Long Bolts (A)**, 2 **Wavy Washers (C)** and 2 **Nuts (B)**.

## STEP 3

### HARDWARE CONTENTS:

Wavy Washer (C)  
Φ8.5xΦ22xT1.5 4 pcs

Hex Screw (D)  
M8x15 4 pcs



- Open hardware for step 3.
- Connect **Upper Sensor Cable** to **Lower Sensor Cable**.
- Then connect **Upper Resistance Knob Adjustment Cable** into **Lower Adjustment Cradle**. Position ball end of **Upper Cable** wire into **Lower Cradle**, pull up extend wire and locate into top of **Cradle**.
- Once all cables are connected, position **Console Mast** and assemble using 4 **Hex Screws (D)** & 4 **Wave Washers (C)**.

## STEP 4

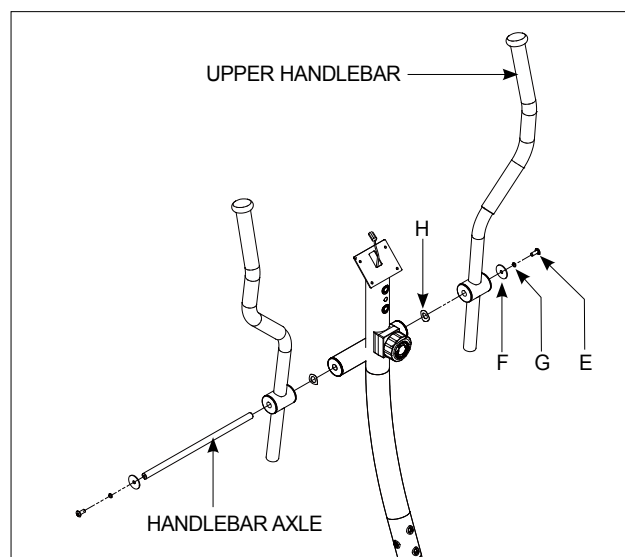
### HARDWARE CONTENTS:

Hex Screw (E)  
M8x20, 2 pcs

Pivot Flat (F)  
Washer, 2 pcs

Spring Washer (G)  
Φ8, 2 pcs

Pivot Wavy Washer (H)  
Φ30xΦ13xT0.3, 2 pcs



- Open hardware for step 4.
- Insert **Upper Handlebar Axle** through **Console Mast** pivot point. Then slide onto **Handlebar Axle** 1 **Pivot Wavy Washer (H)**.
- Slide into position left hand side **Upper Handlebar** and fix in place using 1 **Hex Screw (E)**, 1 **Spring Washer (G)** and 1 **Pivot Flat Washer (F)**.
- Repeat steps **B-C** on the opposite side.

## STEP 5

### HARDWARE CONTENTS:

Wavy Washer (C)  
Φ8.5xΦ22xT1.5, 4 pcs

Hex Screw (D)  
M8x15, 4 pcs

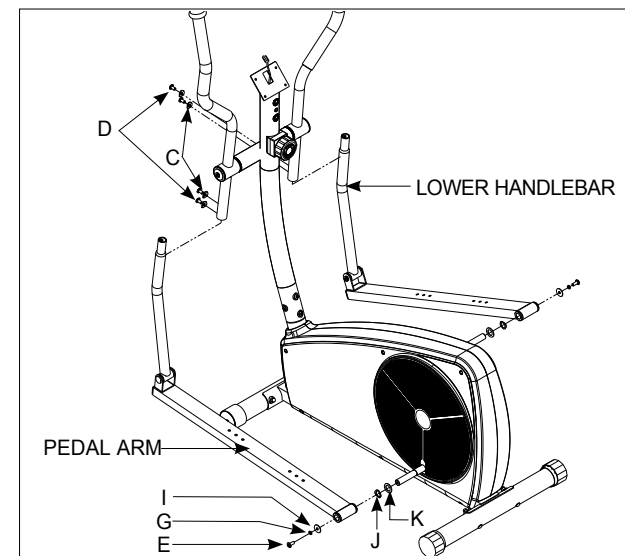
Hex Screw (E)  
M8x20, 2 pcs

Spring Washer (G)  
Φ8, 2 pcs

Pedal Flat Washer (I)  
2 pcs

Pedal Arm Wavy Washer (J)  
Φ30xΦ20xT0.3, 2 pcs

Pedal Arm Sleeve (K)  
2 pcs



- Open hardware for step 5.
- Connect **Upper & Lower Handlebar** left hand side handlebars and fix in place using 2 **Hex Screws (D)** and 2 **Wavy Washers (C)**.
- Once **Handlebar** assembly is secure, slide 1 **Pedal Arm Sleeve (K)** & 1 **Pedal Arm Wavy Washer (J)** onto pedal arm axle, and then slide on **Pedal Arm**, fix this in place with 1 **Hex Screw (E)**, 1 **Spring Washer (G)** & 1 **Pedal Flat Washer (I)**.
- Repeat steps **B-C** on the opposite side.

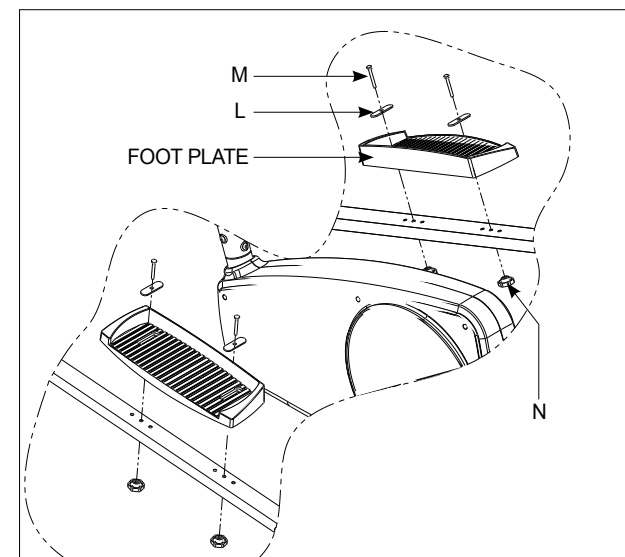
## STEP 6

### HARDWARE CONTENTS:

Pedal Fixing Plate (L)  
4 pcs

Pedal Bolt (M)  
M6x52, 4 pcs

Pedal Knob (N)  
4 pcs





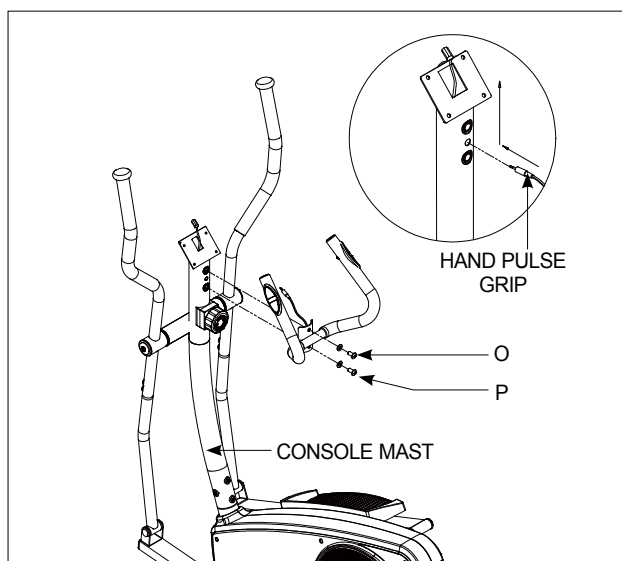
- Open hardware for step 6.
- Fixing **Foot Plate**, position **Foot Plate** in one of three locations fixing in place with 1 **Pedal Bolt (M)**, **Pedal Fixing Plate (L)** and 1 **Pedal Knob (N)**.
- Repeat step **B** on the opposite side.



## STEP 7

### HARDWARE CONTENTS:

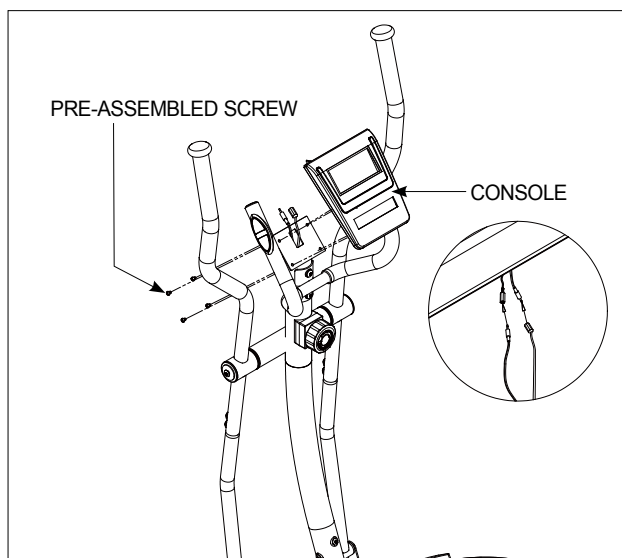
-  Fix Handle Hex Screw (O)  
M10x20, 2 pcs
-  Fix Handle Wavy Washer (P)  
Φ10.5, 2 pcs



- A. Open hardware for step 7.
- B. Carefully thread heart rate cable through **Console Mast** opening and pull through top of **Console Mast**. Fix handlebar to the **Console Mast** using 2 **Fix Handle Hex Screws (O)** and 2 **Fix Handle Wavy Washers (P)**.

## STEP 8

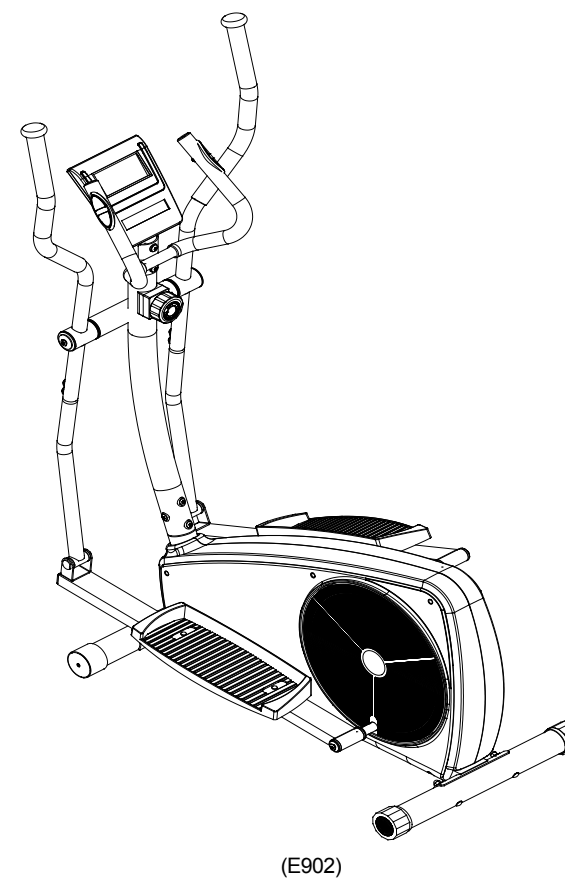
### HARDWARE CONTENTS:



- A. Remove **Pre-assembled Screws** from Console.
- B. Connect **Upper Sensor Cable** to **Lower Sensor Cable** in rear of **Console**, connect heart rate cable to console cable in rear of **Console**.
- C. Carefully tuck away all **Cables** in **Console Mast** and fix **Console** in place with 4 **Pre-assembled Screws**.

**NOTE:** All hardware are pre-assembled.

**ASSEMBLY COMPLETE!**



E902

Max. User Weight: 130 kg / 286 lbs

Product Weight: 48 kg / 106 lbs

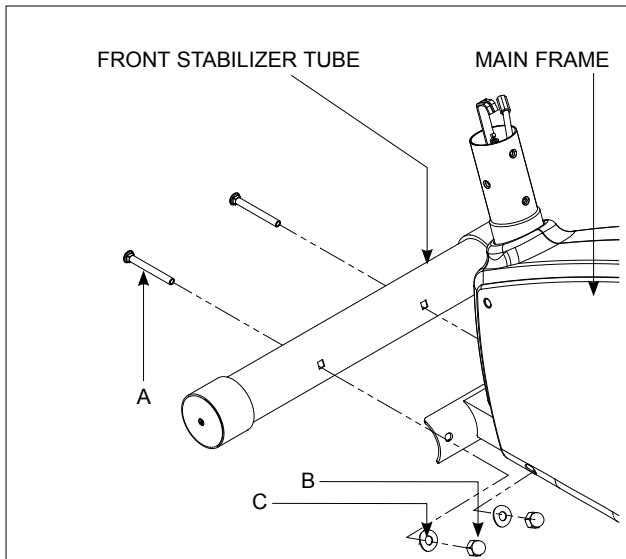
Overall Dimension: 125 x 60 x 158 cm / 49" x 24" x 62"

# E903 ASSEMBLY

## STEP 1

### HARDWARE CONTENTS:

- Long Bolt (A)  
M8×70 2 pcs
- Nut (B)  
M8 2 pcs
- Wavy Washer (C)  
Φ8.5XΦ22XT1.5 2 pcs

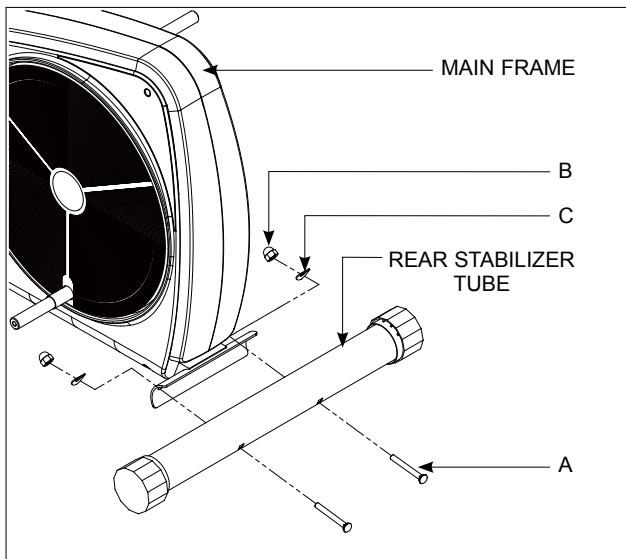


- A. Open hardware for step 1.
- B. Attach the **Front Stabilizer Tube** to the **Main Frame** using 2 **Long Bolts (A)**, 2 **Wavy Washers (C)** and 2 **Nuts (B)**.

## STEP 2

### HARDWARE CONTENTS:

- Long Bolt (A)  
M8×70 2 pcs
- Nut (B)  
M8 2 pcs
- Wavy Washer (C)  
Φ8.5XΦ22XT1.5 2 pcs

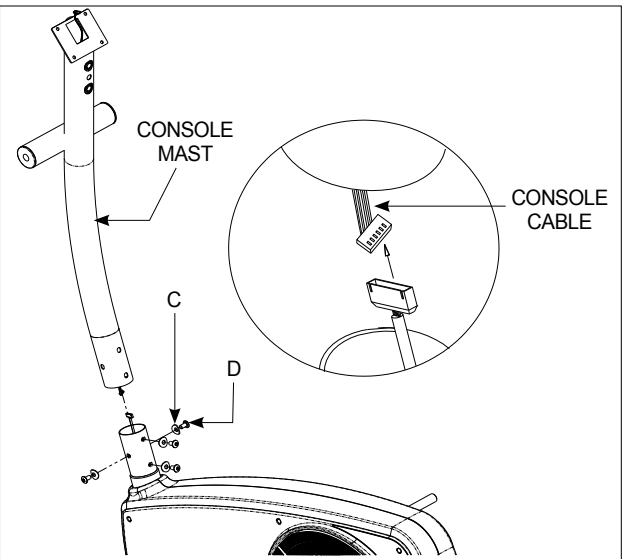


- A. Open hardware for step 2.
- B. Attach the **Rear Stabilizer Tube** to the **Main Frame** using 2 **Long Bolts (A)**, 2 **Wavy Washers (C)** and 2 **Nuts (B)**.

## STEP 3

### HARDWARE CONTENTS:

- Wavy Washer (C)  
Φ8.5XΦ22XT1.5 4 pcs
- Hex Screw (D)  
M8x15 4 pcs

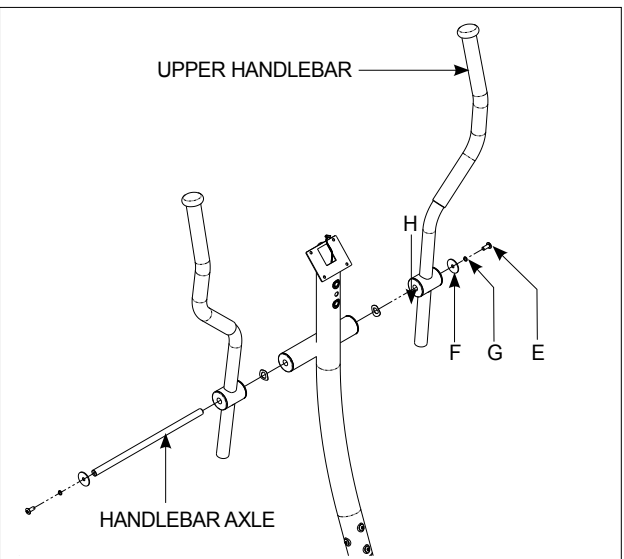


- A. Open hardware for step 3.
- B. Carefully connect lower and upper console cable.
- C. Once all cables are connected, position **Console Mast** and assemble using 4 **Hex Screws (D)** & 4 **Wave Washers (C)**.

## STEP 4

### HARDWARE CONTENTS:

- Hex Screw (E)  
M8×20, 2 pcs
- Pivot Flat (F) Washer, 2 pcs
- Spring Washer (G)  
Φ8, 2 pcs
- Pivot Wavy Washer (H)  
Φ30xΦ13xT0.3, 2 pcs

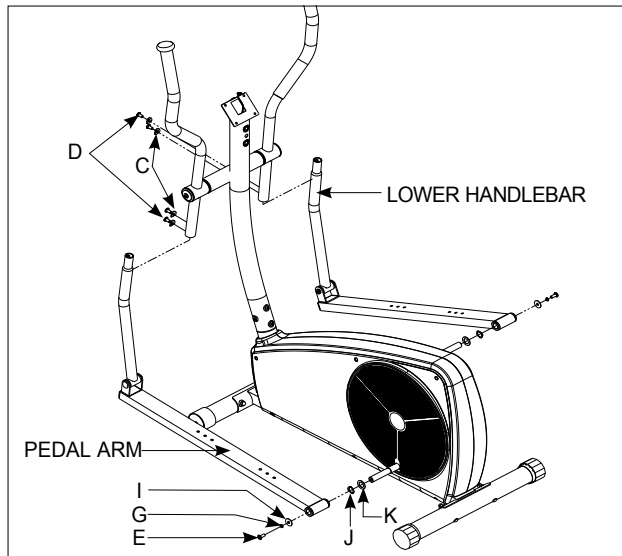


- A. Open hardware for step 4.
- B. Insert **Upper Handlebar Axle** through **Console Mast** pivot point. Then slide onto **Handlebar Axle** 1 **Pivot Wavy Washer (H)**.
- C. Slide into position left hand side **Upper Handlebar** and fix in place using 1 **Hex Screw (E)**, 1 **Spring Washer (G)** and 1 **Pivot Flat Washer (F)**.
- D. Repeat steps **B-C** on the opposite side.

## STEP 5

### HARDWARE CONTENTS:

- |   |  |                               |                                |
|---|--|-------------------------------|--------------------------------|
| Wavy Washer (C)<br>Φ8.5XΦ22XT1.5, 4 pcs | Hex Screw (D)<br>M8x15, 4 pcs                    | Hex Screw (E)<br>M8x20, 2 pcs | Spring Washer (G)<br>Φ8, 2 pcs |
| Pedal Flat Washer (I)<br>2 pcs          | Pedal Arm Wavy Washer (J)<br>Φ30xΦ20xT0.3, 2 pcs | Pedal Arm Sleeve (K)<br>2 pcs |                                |

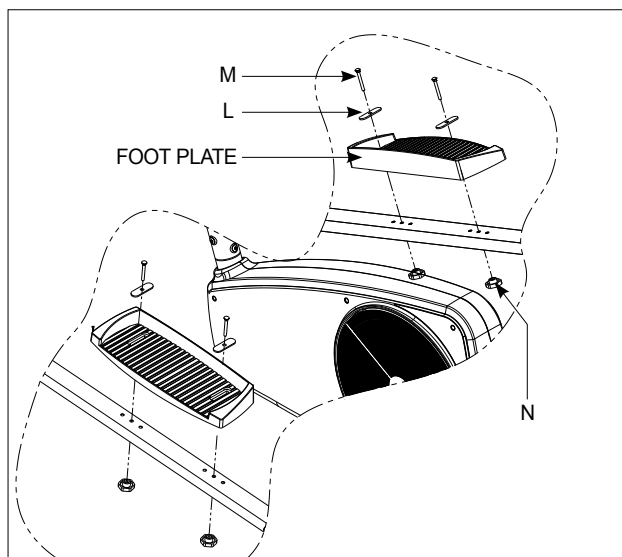


- Open hardware for step 5.
- Connect **Upper & Lower Handlebar** left hand side handlebars and fix in place using 2 **Hex Screws (D)** and 2 **Wavy Washers (C)**.
- Once **Handlebar** assembly is secure, slide 1 **Pedal Arm Sleeve (K)** & 1 **Pedal Arm Wavy Washer (J)** onto pedal arm axle, and then slide on **Pedal Arm**, fix this in place with 1 **Hex Screw (E)**, 1 **Spring Washer (G)** & 1 **Pedal Flat Washer (I)**.
- Repeat steps **B-C** on the opposite side.

## STEP 6

### HARDWARE CONTENTS:

- |                                 |                                |                         |
|---------------------------------|--------------------------------|-------------------------|
| Pedal Fixing Plate (L)<br>4 pcs | Pedal Bolt (M)<br>M6x52, 4 pcs | Pedal Knob (N)<br>4 pcs |
|---------------------------------|--------------------------------|-------------------------|

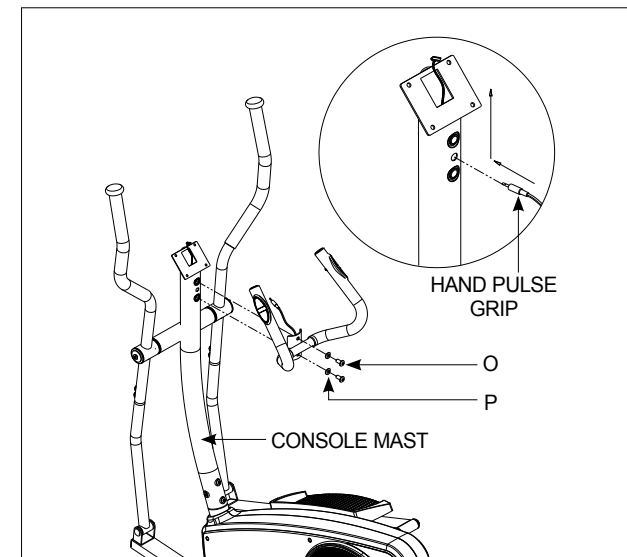


- Open hardware for step 6.
- Fixing **Foot Plate**, position **Foot Plate** in one of three locations fixing in place with 1 **Pedal Bolt (M)**, **Pedal Fixing Plate (L)** and 1 **Pedal Knob (N)**.
- Repeat step **B** on the opposite side.

## STEP 7

### HARDWARE CONTENTS:

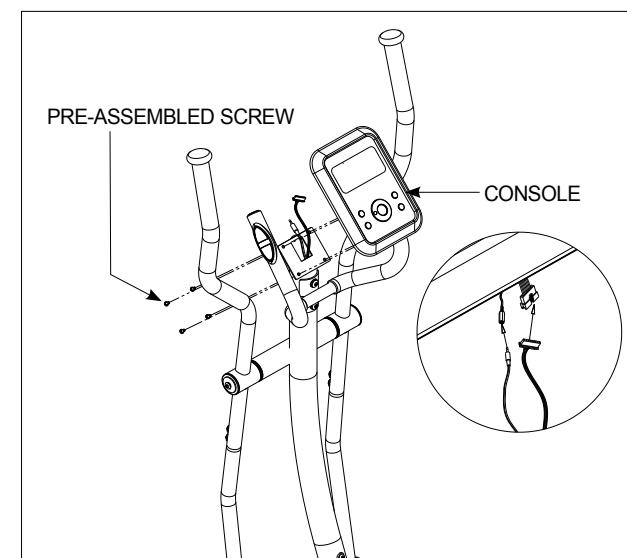
- |   |  |
|---|--|
| Fix Handle Hex Screw (O)<br>M10 x 20, 2 pcs | Fix Handle Wavy Washer (P)<br>Φ10.5, 2 pcs |
|---|--|



- Open hardware for step 7.
- Carefully thread lower heart rate cable through **Console Mast** opening and pull through top of **Console Mast**. Fix handlebar to the **Console Mast** using 2 **Fix Handle Hex Screws (O)** and 2 **Fix Handle Wavy Washers (P)**.

## STEP 8

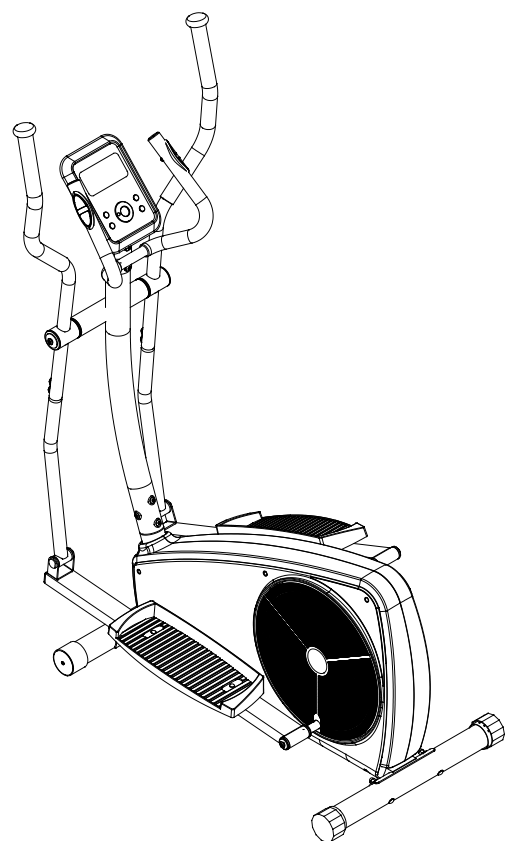
### HARDWARE CONTENTS:



- Remove **Pre-assembled Screws** from Console.
- Connect **Upper Sensor Cable** to **Lower Sensor Cable**, then connect heart rate Cable to the **Console Cable**.
- Carefully tuck away all **Cables** in **Console Mast** and fix **Console** in place with 4 **Pre-assembled Screws**.

**NOTE:** All hardware are pre-assembled.





(E903)

**ASSEMBLY COMPLETE!**

**B903**

Max. User Weight: 130 kg / 286 lbs

Product Weight: 48 kg / 106 lbs

Overall Dimension: 125 x 60 x 158 cm / 49" x 24" x 62"

## CONDITIONING GUIDELINES

**ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.**

### HOW OFTEN? (Frequency of Workouts)

The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before breakfast, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. To be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

### HOW LONG? (Duration of Workouts)

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 60 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

### HOW HARD? (Intensity of Workouts)

How hard you workout is also determined by your goals. If you use your machine to prepare for a 5K workout, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate (using the grip pulse handlebars), and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

### PERCEIVED EXERTION LEVEL

A simple way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising, if you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of these warning signs of overexertion.

# HEART RATE

## HANDLEBARS

Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.

**WARNING:** Do not press excessively hard on the sensor as this may cause damage.

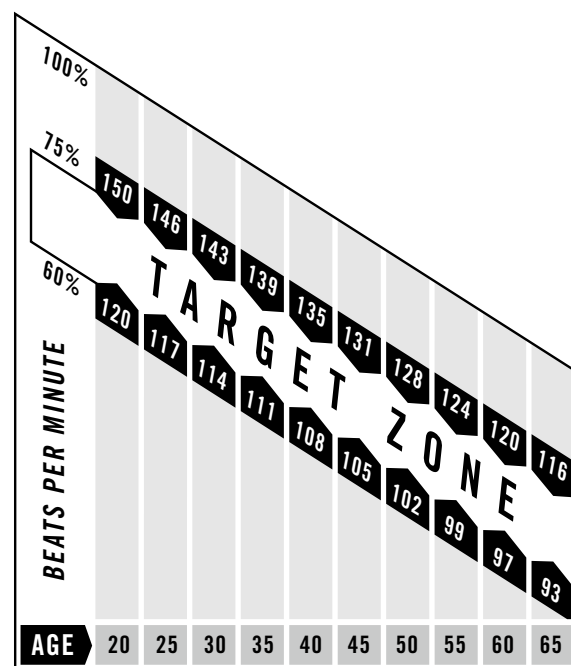


The heart rate reading is intended only as an exercise aid and not for medical purpose. Your heart rate monitoring systems may be inaccurate. Various factors may affect the accuracy of your heart rate reading. Over exercise may result in serious injury or death. If you feel faint stop exercise immediately.

## TARGET HEART RATE ZONE CHART

### What is Target Heart Rate Zone?

Target Heart Rate Zone tells you the number of times per minute your heart needs to beat to achieve a desired workout effect. It is represented as a percentage of the maximum number of times your heart can beat per minute. Target Zone will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. The American Heart Association recommends working-out at a Target Heart Rate Zone of between 60% and 75% of your maximum heart rate. A beginner will want to workout in the 60% range while a more experienced exerciser will want to workout in the 70-75% range. See chart for reference.



### EXAMPLE:

For a 42-year-old user: Find age along the bottom of the chart (round to 40), follow age column up to the target zone bar. Results: 60% of maximum Hear Rate = 108 Beats Per Minute, 75% of maximum Heart Rate = 135 Beat Per Minute.

**ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.**

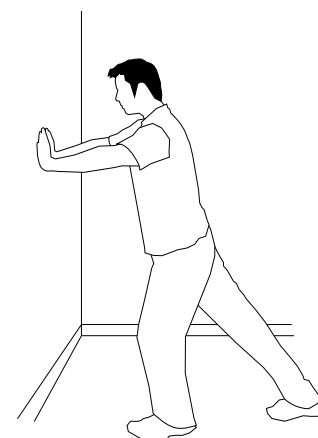
## TIPS



## STRETCHING

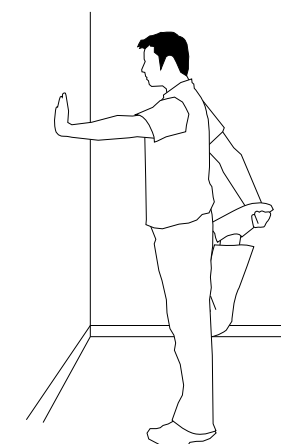
### STRETCH FIRST

Before using your product, it is best to take a few minutes to do a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Do not stretch to the point of pain. Make sure not to bounce while doing these stretches.



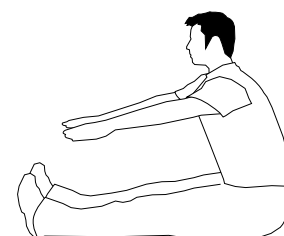
#### 1. STANDING CALF MUSCLE STRETCH

Stand near a wall with the toes of your left foot about 18" from the wall, and the right foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Repeat on the other side.



#### 2. STANDING QUADRICEP STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold your foot against the back of your thigh for 15 seconds. Repeat with your right ankle and hand.



#### 3. SITTING HAMSTRING & LOWER BACK MUSCLE STRETCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat one time.



## THE IMPORTANCE OF A WARM-UP & COOL DOWN

### WARM UP

The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your product at a slow pace. The warm up should gradually bring your heart rate into your Target Heart Rate Zone.

### COOL DOWN

Never stop exercising suddenly! A cool-down period of 3-5 minutes allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool-down, repeat the stretching exercises listed previously to loosen and relax your muscles.



## ACHIEVING YOUR FITNESS GOALS

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising to lose weight? Improve muscle? Reduce stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- Weight Loss - lower intensity, longer duration workouts
- Improve Body Shape and Tone - interval workouts, alternate between high and low intensities
- Increased Energy Level - more frequent daily workouts
- Improved Sports Performance - high intensity workouts
- Improved Cardiovascular Endurance - moderate intensity, longer duration workouts

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short term goals are easier to achieve. Your console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time.

### KEEPING AN EXERCISE DIARY

To make your personal exercise log book, photocopy the weekly and monthly log sheets, which are located on the following pages.

As your fitness improves, you can look back and see how far you've come!

## WEEKLY LOG SHEETS

WEEK #		WEEKLY GOAL			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

WEEK #		WEEKLY GOAL			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

WEEK #		WEEKLY GOAL			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

## MONTHLY LOG SHEETS

MONTHLY _____	MONTHLY GOAL		
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS:			

MONTHLY _____	MONTHLY GOAL		
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS:			

MONTHLY _____	MONTHLY GOAL		
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS:			

## TROUBLESHOOTING

Tempo Fitness elliptical is designed to be reliable and maintenance-free. However, if you do experience problems with your elliptical, please refer to the troubleshooting guide listed below.

**PROBLEM:** The console does not light up.

**SOLUTION:** Verify the following:

- Check the batteries.
- Is the outlet of the machine functional? Double check that the breaker has not tripped.
- The correct adapter is being used. Only use the adapter provided or authorized by Tempo Fitness.
- The adapter is not pinched or damaged and is properly plugged into the outlet AND the machine.
- The power switch is turned to the ON position (may not apply to all models).
- Turn off the machine and unplug power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched

**PROBLEM:** The console lights up but the Time/RPM's do not count.

**SOLUTION:** Verify the following:

- Turn off machine and unplug power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched.
- If doing the above does not fix the problem, the speed sensor and/or magnet may have become dislodged or damaged.

**PROBLEM:** The resistance levels seem to be incorrect, seeming too hard or too easy.

**SOLUTION:** Verify the following:

- The correct adapter is being used. Only use the adapter provided or authorized by Tempo Fitness.
- Reset the console and allow the resistance to reset to the default position. Restart and retry the resistance levels.

**PROBLEM:** The elliptical makes a squeaking or chirping noise.

**SOLUTION:** Verify the following:

- The elliptical is on a level surface.
- Loosen all bolts attached during the assembly process, grease the threads, and tighten again.



## HEART RATE TROUBLESHOOTING

**PROBLEM:** There is no heart rate reading.

**SOLUTION:** Remove the console and verify that the heart rate cables are attached properly, making sure that the cables are securely inserted into the console.

Check your exercise environment for sources of interference such as high power lines, large motors, etc.

**YOU MAY EXPERIENCE AN ERRATIC READOUT UNDER THE FOLLOWING CONDITIONS:**

- Gripping the heart rate handlebars too tight. Try to maintain moderate pressure while holding onto the heart rate handlebars.
- Constant movement and vibration due to constantly holding the heart rate grips while exercising.
- When you are breathing heavily during a workout.
- When your hands are constricted by wearing a ring.
- When your hands are dry or cold. Try moistening your palms or rubbing them together to warm.
- Anyone with heavy arrhythmia.
- Anyone with arteriosclerosis or peripheral circulation disorder.
- Anyone whose skin on the measuring palms is especially thick.

**NOTE:** Outside interference sources such as computers and fluorescent lights may cause the heart rate reading to be erratic.

If the above troubleshooting section does not remedy the problem, discontinue use.

## PLEASE CALL YOUR LOCAL DEALER FOR SUPPORT.

The following information may be asked of you when you call. Please have these items readily available:

- Model Name
- Serial Number
- Date of Purchase (receipt or credit card statement)

In order for your local dealer to service your elliptical, they may need to ask detailed questions about the symptoms that are occurring. Some troubleshooting questions that may be asked are:

- How long has this problem been occurring?
- Does this problem occur with every use? With every user?
- If you are hearing a noise, does it come from the front, back or inside? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?
- If you are having a resistance problem what is occurring? Is the resistance always too hard or too easy? Does the resistance respond when pushing the buttons on the console? Does the resistance constantly cycle through the levels during the workout?
- Has the machine been maintained per the maintenance schedule?
- Does the problem occur when using the handlebars? Without using the handlebars?

Answering these and other questions will give the technicians the ability to send proper replacement parts and the service necessary to get you and your Tempo Fitness elliptical running again!

## COMMON PRODUCT QUESTIONS

### ARE THE SOUNDS MY ELLIPTICAL MAKES NORMAL?

Our ellipticals are some of the quietest available because they use belt drives and friction free magnetic resistance. We use the highest grade bearings and belts to minimize noise. However, because the resistance system itself is so quiet, you will occasionally hear other slight mechanical noises. These mechanical noises, which may or may not be intermittent, are normal and are caused by the transfer of significant amounts of energy to a rapidly spinning flywheel. All bearings, belts and other rotating parts will generate some noise which will transmit through the casing and frame. It is also normal for these sounds to change slightly during a workout and over time because of thermal expansion of the parts.

### WHY IS THE ELLIPTICAL I HAD DELIVERED LOUDER THAN THE ONE AT THE STORE?

All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. If a fitness product is placed close to a wall, there will be more reflected noise.

### HOW LONG WILL THE DRIVE BELT LAST?

The computer modeling we have done indicated virtually thousands of maintenance free hours. Belts are now commonly used in far more demanding applications such as motorcycle drives.

### CAN I MOVE THE TRAINER EASILY ONCE IT IS ASSEMBLED?

Your elliptical has a pair of transport wheels built into the front legs. It is easy to move your elliptical by rolling it on the front transport wheels. It is important that you place your elliptical in a comfortable and inviting room. Your elliptical is designed to use minimal floor space. Many people will place their ellipticals facing the TV or a picture window. If at all possible, avoid putting your elliptical in a unfinished basement. To make exercise a desirable daily activity for you, the elliptical should be in a comfortable setting.

# MAINTENANCE

## WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?

*We use sealed bearings throughout our ellipticals so lubrication is not needed. The most important maintenance step is to simply wipe your perspiration off the trainer after each use.*

## HOW DO I CLEAN MY ELLIPTICAL?

*Clean with soap and water cleaners only. Never use solvents on plastic parts.*

*Cleanliness of your elliptical and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, Tempo Fitness recommends that the following preventive maintenance schedule be followed.*

## AFTER EACH USE (DAILY)

*Turn off the elliptical by unplugging the power cord from the wall outlet*

- *Wipe down the elliptical with a damp cloth. Never use solvents, as they can cause damage to the elliptical.*
- *Inspect the power cord. If the power cord is damaged, contact your local dealer.*
- *Make sure the power cord is not underneath the elliptical or in any other area where it can become pinched or cut.*



*To remove power from the elliptical, the power cord must be disconnected from the wall outlet.*

## WEEKLY

*Clean underneath the elliptical, following these steps:*

- *Turn off the elliptical.*
- *Move the elliptical to a remote location.*
- *Wipe or vacuum any dust particles or other objects that may have accumulated underneath the elliptical.*
- *Return the elliptical to its previous position.*

## EVERY MONTH

- *Inspect all assembly bolts and pedals on the machine for proper tightness.*
- *Clean any debris off of the pedal arm wheels and guide rails.*





