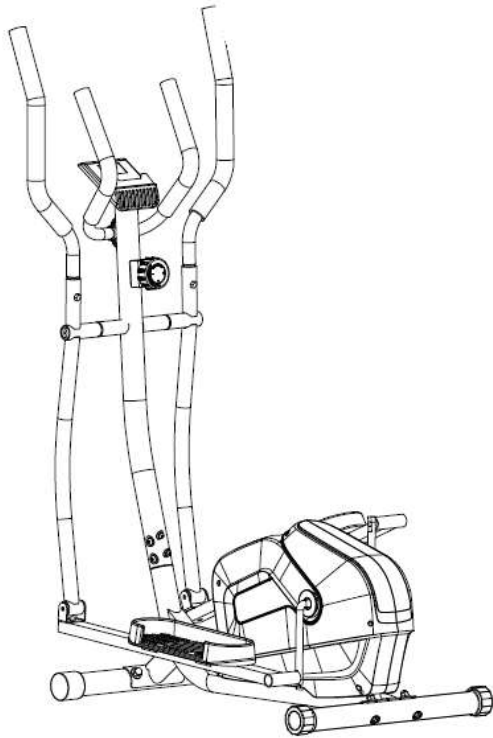


Magnetic Cross Trainer

K017 v01: 02/08/21

Please read and retain these instructions for future reference

vivadia
ACTIVE



2 people lift. Assembly required

Dimensions

(H) 148 x (W) 111 x (D) 60cm

Max weight: 100kg

- LOW IMPACT, EASY ON JOINTS
- HELPS IMPROVE FITNESS AND CARDIOVASCULAR HEALTH
- MAGNETIC RESISTANCE – SILENT OPERATION
- TRANSPORT WHEELS FRONT OR BACK
- PULSE SENSORS
- LCD DISPLAY MONITOR
- 8 LEVELS OF RESISTANCE
- 5 KG FLYWHEEL, WITH PULSE SENSORS
- MAXIMUM USER WEIGHT – 100KG
- MONITORS – TIME, DISTANCE, SPEED CALORIES, HAND PULSE SENSOR.
- WHEELS AT FRONT FRAME FOR EASY PORTABILITY

2x 1.5v AAA batteries required (included)

ASSEMBLY INSTRUCTIONS / INSTRUCTIONS FOR USE:

Unpack the components carefully. Please check all parts have been removed from the packaging.

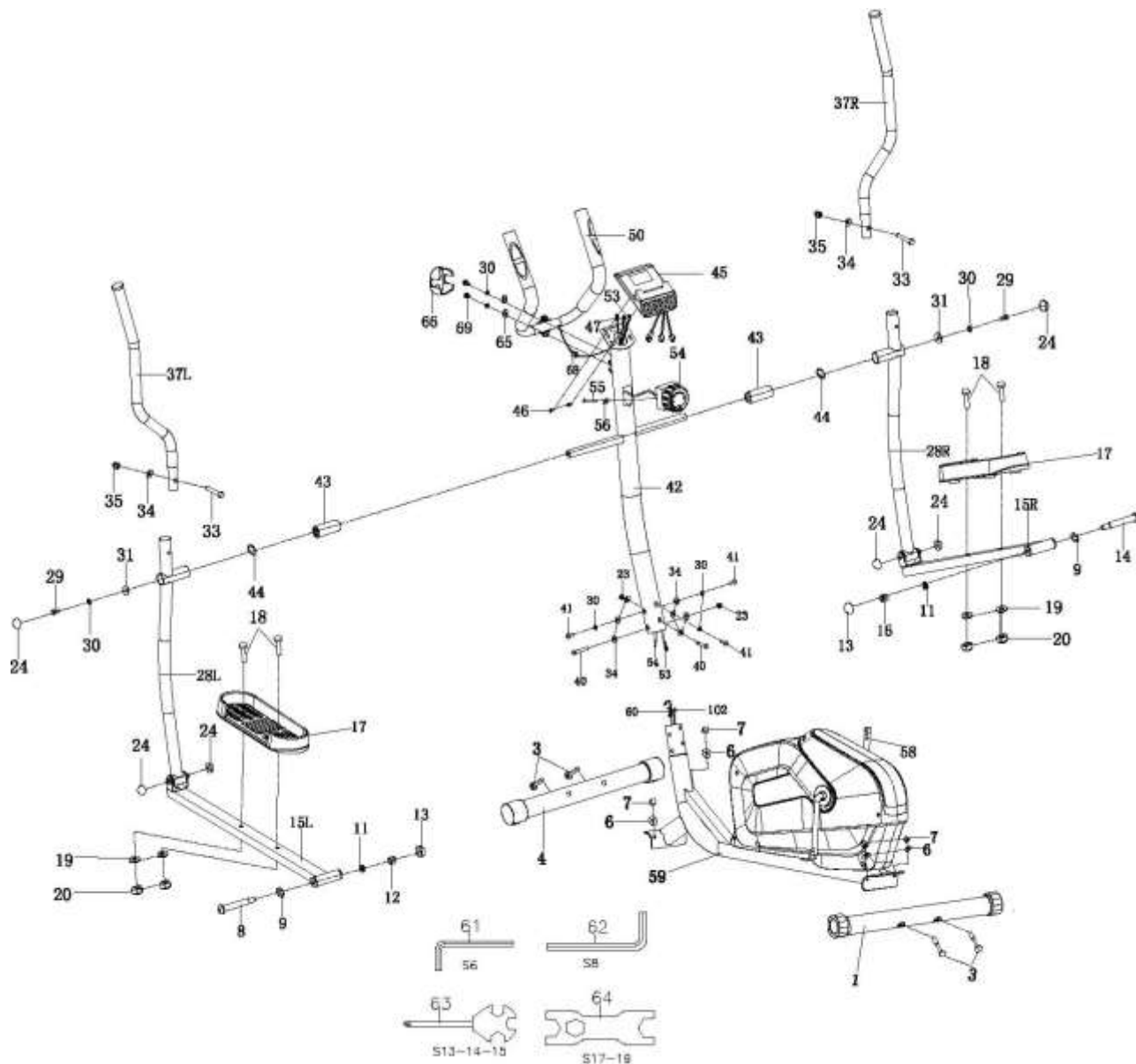
IMPORTANT SAFETY INFORMATION

Please note the following items before assembling and using the equipment:

1. Please follow the instructions
2. To ensure the safety of users, please check whether all the bolts and connecting parts on the equipment are locked before using.
3. Do not expose the equipment to damp places, which will cause failure;
4. When assembling, it is best to place parts on a mat (rubber or wood) to protect the floor.
5. Before exercise, make sure that no other items are placed within 2 meters around the equipment;
6. Clean only with a damp cloth, do not use solvent cleaners. After each exercise session sweat should be wiped off the equipment.
7. Incorrect or excessive exercise can damage your health. It is recommended to consult a doctor before exercising.
8. Check the condition of the Cross Trainer before exercising. Only original accessories should be used for maintenance.
9. This machine can only be used by one person at a time.
10. Always wear sport clothes and sports shoes when exercising.
11. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your GP.
12. Adjustments can be made to resistance and motion intensity. This can be increased or decreased.
13. The maximum weight capacity of this unit is 100 kilograms.
14. This equipment is designed for indoor use only!

ATTENTION: MAKE SURE ALL SCREWS AND NUTS ARE TIGHTENED BEFORE EXERCISE AND BEFORE EACH USE.

Parts – Exploded Drawing



Spare parts list

No	spec	Qty	No	spec	Qty
1	Rear bottom tube	1	50	Mid handlebar	1
3	Bolt M10*57	4	53	Mid wire	1
4	Front bottom tube	1	54	Tension	1
6	Curved washer D10	4	55	Screw M5*40	1
7	Nut M10	4	56	Washer D5	1
8	Pedal bolt $\phi 16 \times 89 \times 1/2" \times 20$ -	1	58	Union crank	1
9	Curved washer $\phi 16$	2	59	Main frame	1
11	Spring washer $\phi 13$	2	60	Tension down wire	1
12	Nut (L) $1/2" \times 20$ -	1	61	Wrench S6	1
13	Cap S18	2	62	Wrench S8	1
14	Pedal bolt $\phi 16 \times 89 \times 1/2" \times 20$	1	63	Muti function wrench S13-14-15	1
15L	L pedals tube	1	64	Wrench 17-19	2
15R	R Pedals tube	1	65	washer $\phi 8.5 * \phi 19 * 1.5$	4
16	Nut (R) $1/2" \times 20$	1	66	Handlebar Cover	1
17	Stepper	2	68	Tube cap $\phi 12$	2
18	Bolt M10x45	7	69	Bolt M8*30	2
19	Washer $\phi 10.5 * \phi 20 * 2$	6	102	Sensor	1
20	Nut M10	7			
23	Nut M8	4			
24	Cap S13	6			
28L	L swing rod	1			

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*Calls cost 7 pence per minute plus your
 telephone company's network access charge

28R	R swing rod	1			
29	Bolt M8*16	2			
30	Washer D8	7			
31	Washer $\phi 8.5 * \phi 32 * 2$	2			
33	Bolt M8*35	2			
34	Curved washer D8	9			
35	NutM8	2			
37L	L handlebar	1			
37R	R handlebar	1			
40	Bolt M8*60	2			
41	Bolt M8*20	3			
42	Upright	1			
43	Bushing	2			
44	Curved washer $\phi 19$	2			
45	Monitor	1			
46	Bolt M5*10	2			
47	Pulse	2			

Assembly Instructions

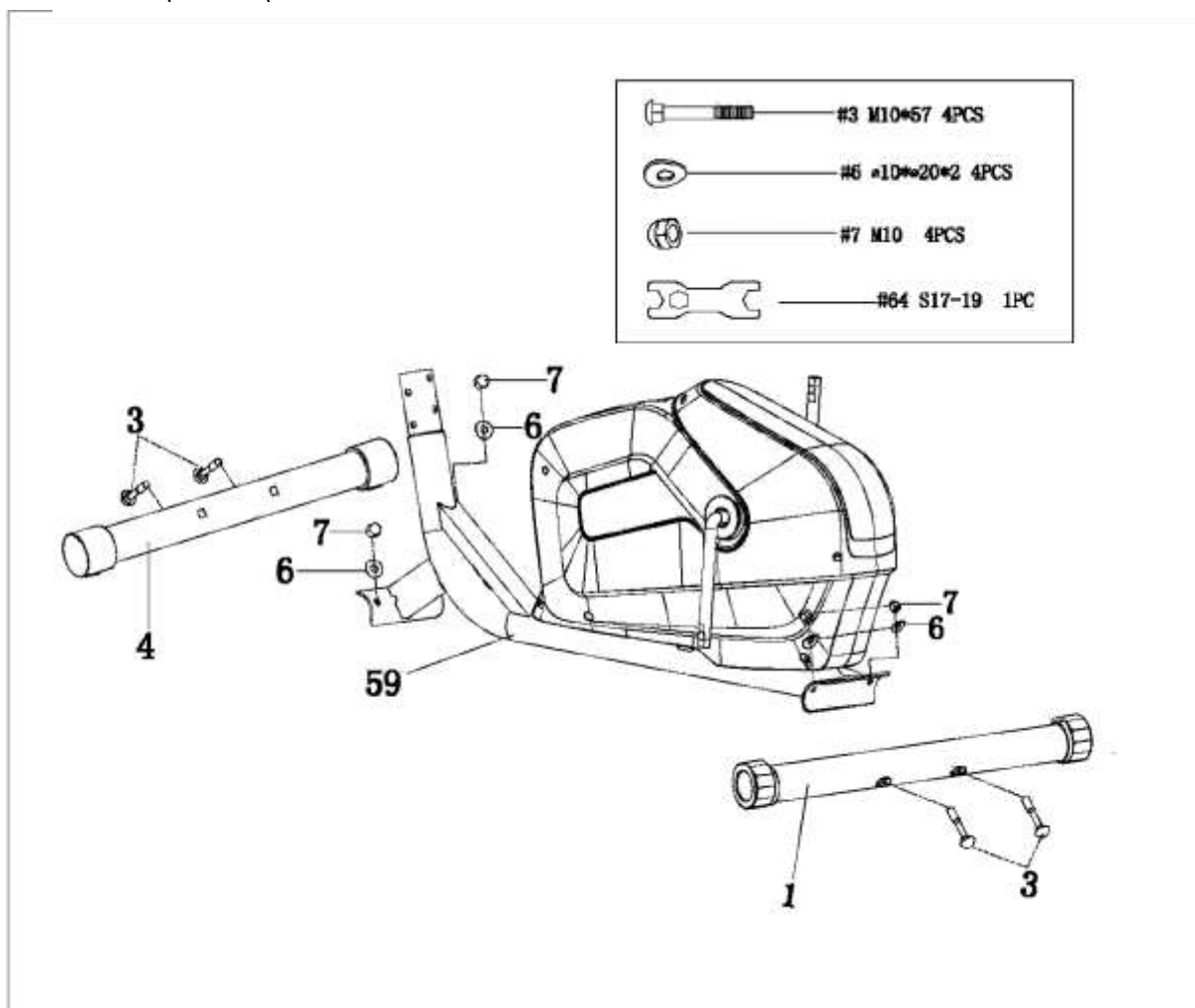
1. Notice:

- A. Please make sure there is enough space around the machine before assembly and the floor is protected.
- B. Please use the tools provided.
- C. Check all parts and the hardware first.

2. Installation instructions

Step 1:

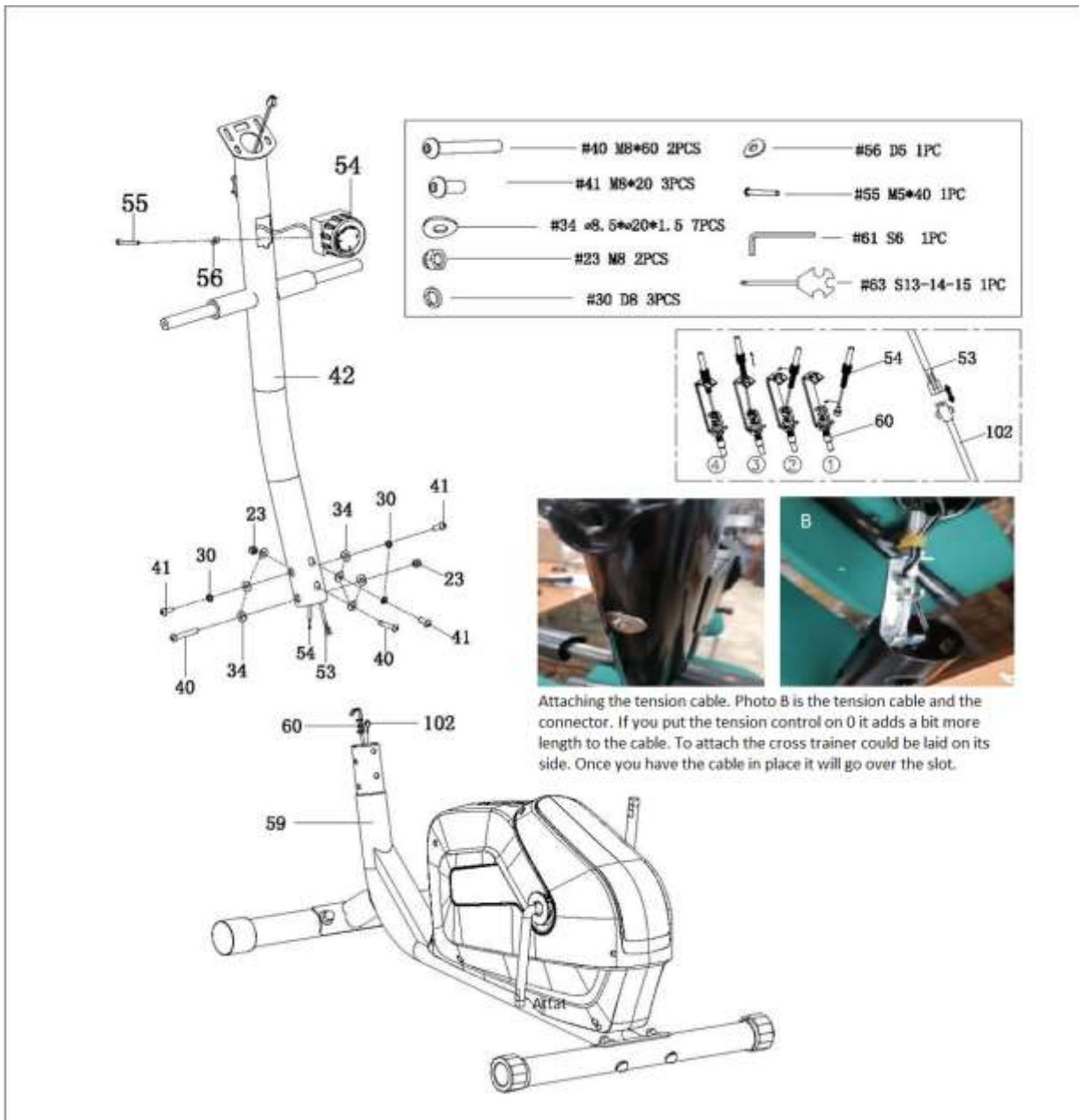
Secure the front bottom tube (4) rear bottom tube (1) to main frame (59) with bolt (3), curved washer (6) nut (7).



Step 2

Secure the tension controller (54) to upright (42) with washer (56) screw (55).

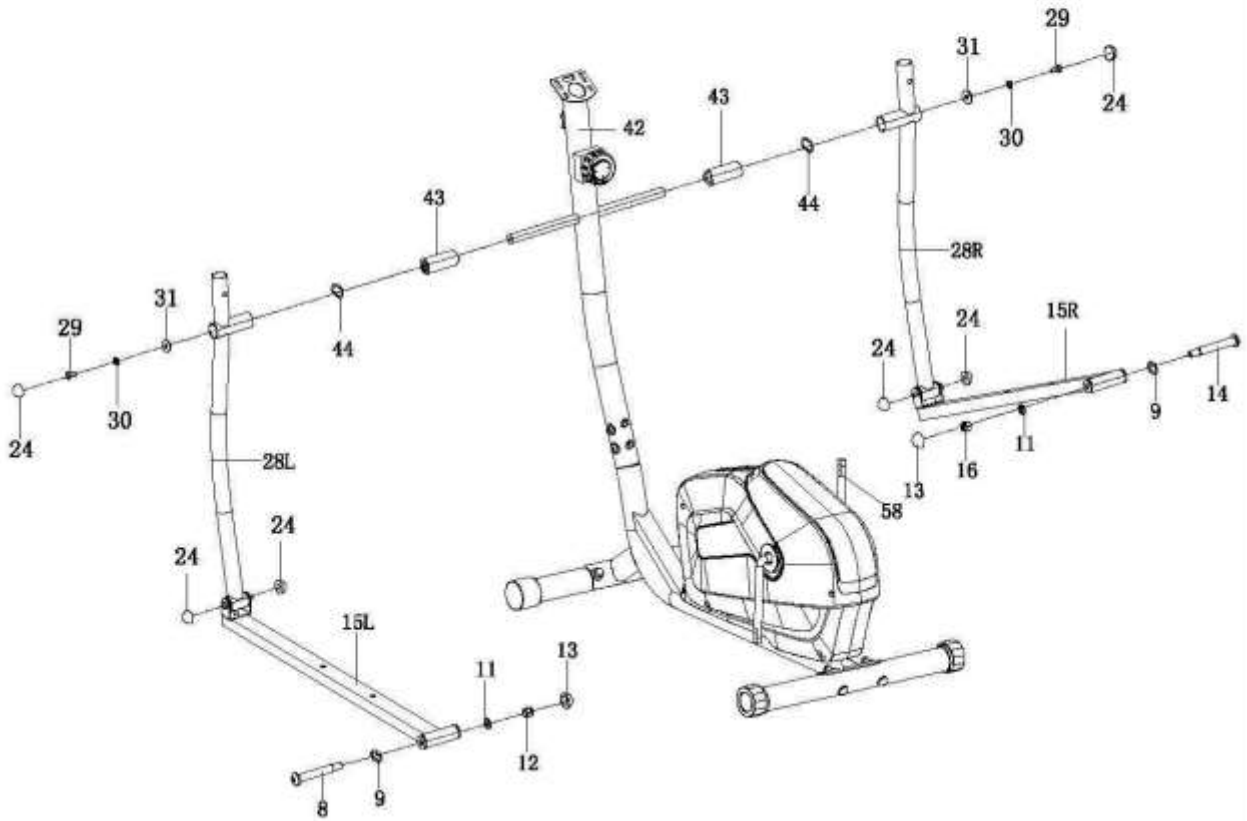
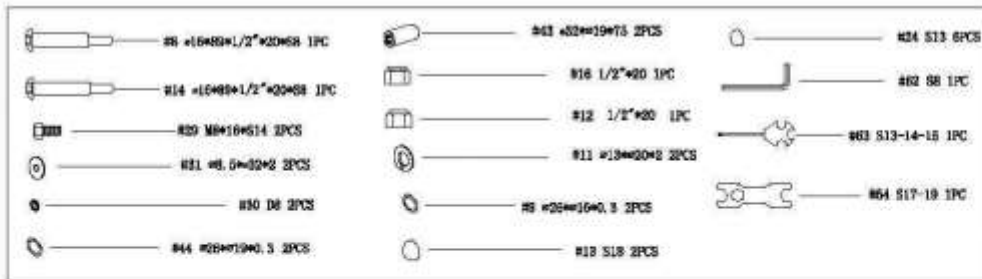
Connect the mid wire (53) and sensor (102), and tension controller (54) with down wire (60). The cable needs to be threaded down the tubing. Set the tension control on "0" to add a little more length to the cable. It is recommended to attach the tension control with the Cross Trainer lying on its side. Secure upright (42) to main frame with bolt (40), bolt (41) washer (30) curved washer (34) nylon nut (23).



Step3:

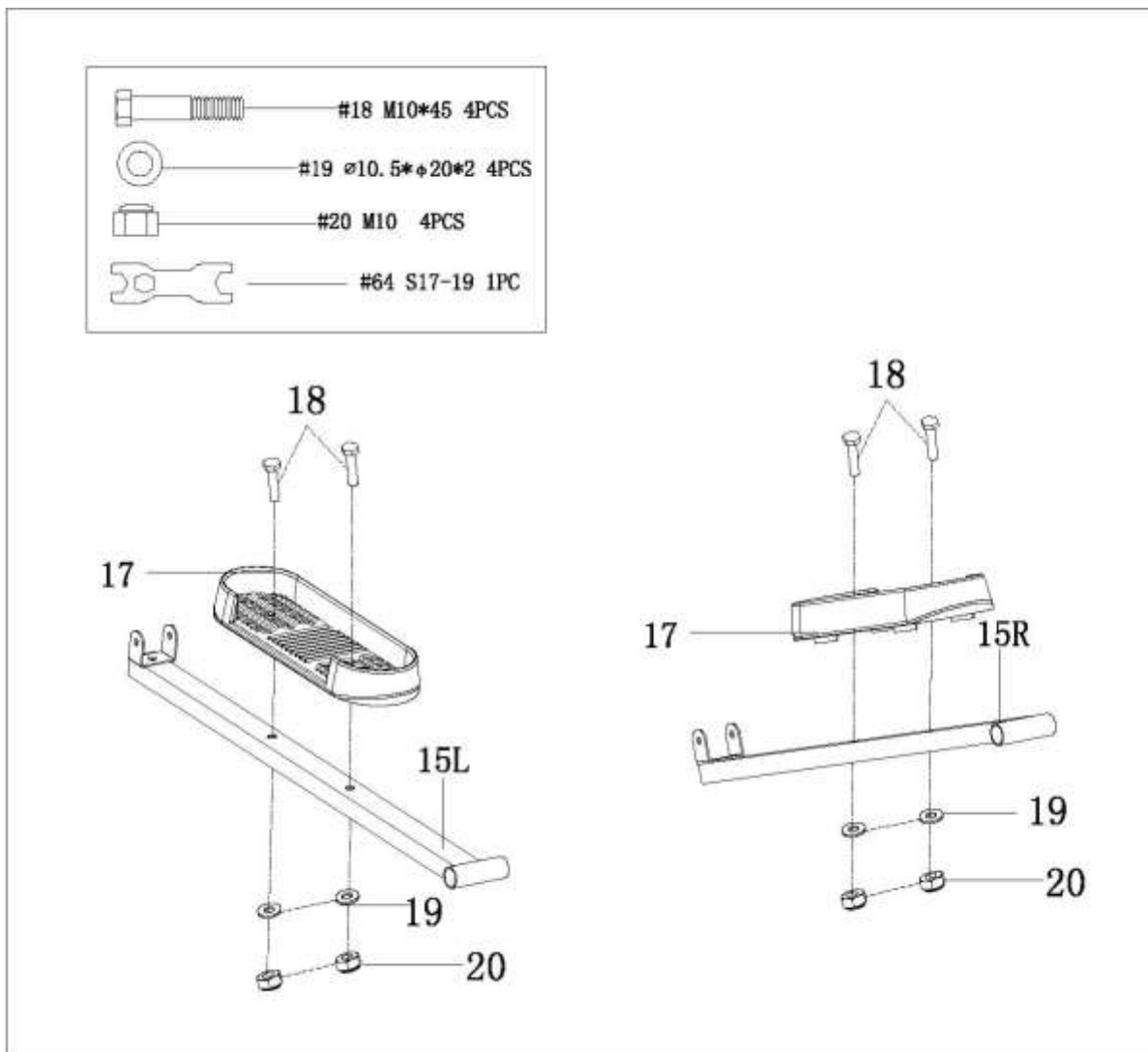
Secure L&R swing rod (28L)(28R) to upright (42) with screw (29) curved washer (30) washer 31) ; secure R connect rod (15) to crank(58) bolt (14) washer (9) spring washer (11)) , and connect L connect rod (15L) to crank (58). Attach end caps (13)

Attention : pedals bolt with L & R, Lock "R" with clockwise, lock "L" with anticlockwise"
 Make sure to install the correct pedal in the correct position.



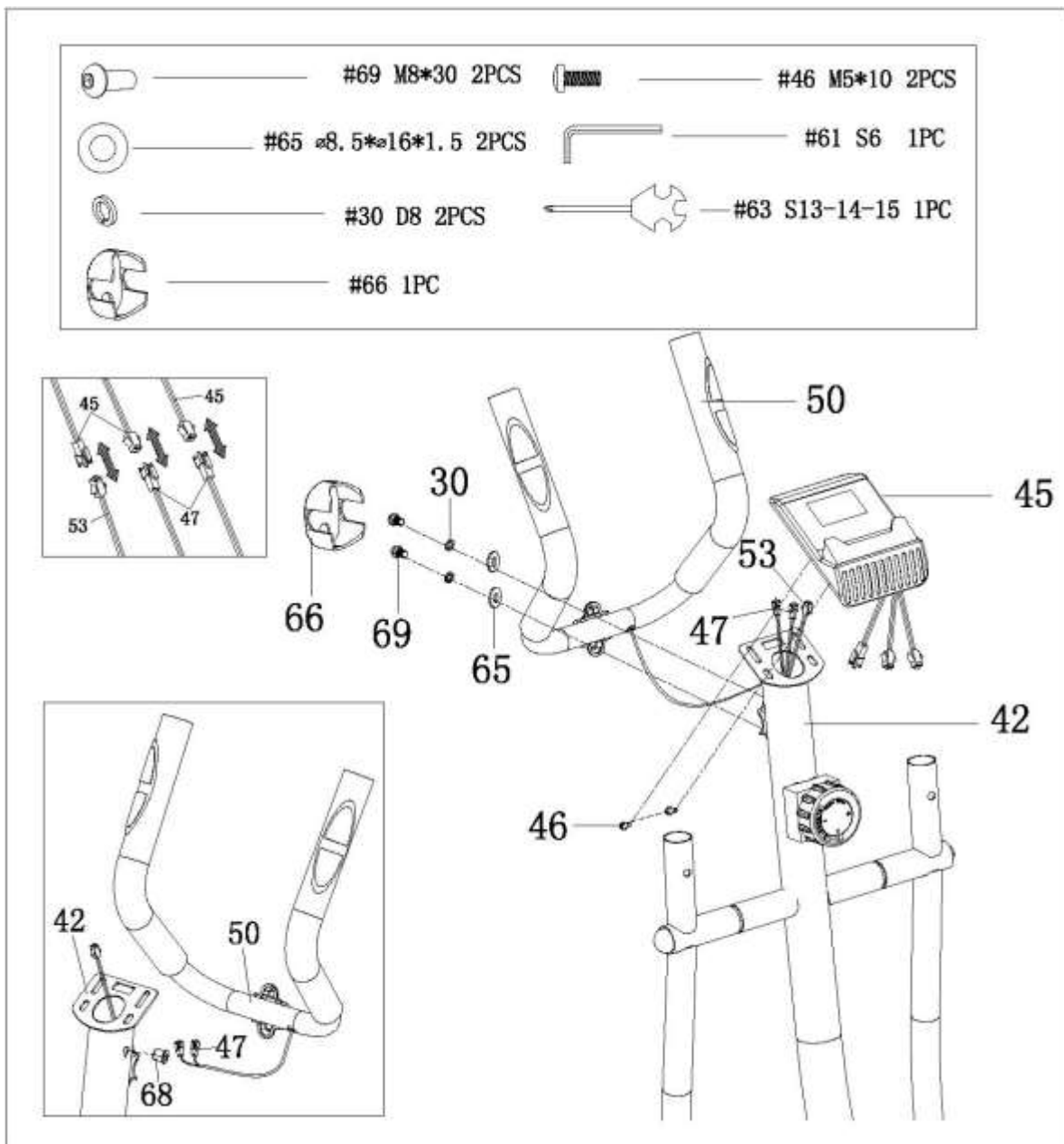
Step 4:

Secure the pedal (17) to L pedal (15L) R pedal(15R) with bolt (18) washer (19) nut (20) .



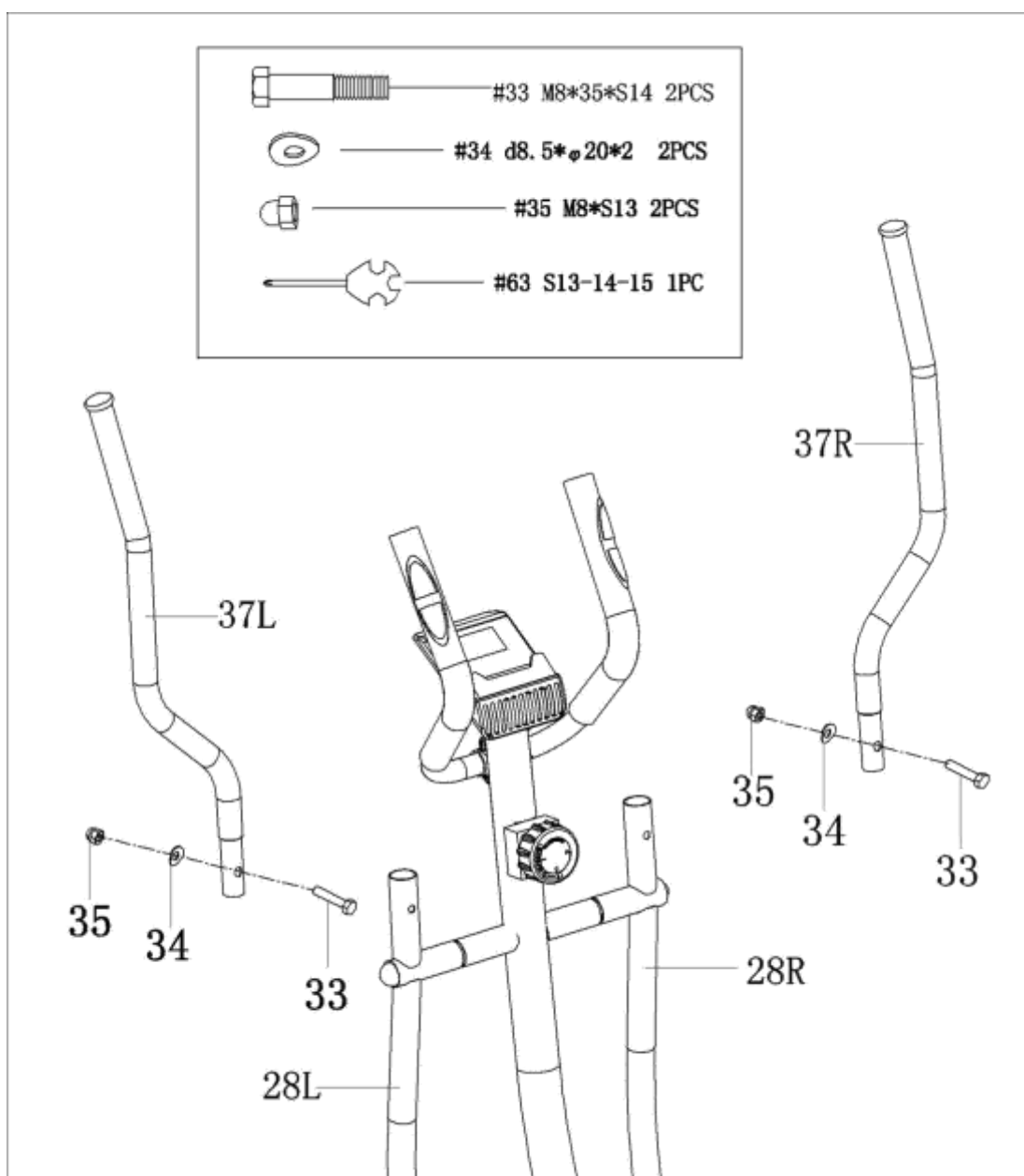
Step 5 :

Pull out wire (68) from upright (42) , thread the handlebar wire (47) from monitor support (42) , put back the wire pad (68) to upright (42) .Secure the mid handlebar(50) to upright(42)with screw (69) washer (30) washer (65) , then ,connect monitor (45) with mid wire (53) handlebar (47) , secure the monitor(46) to upright(42),then attach the plastic cover clamp(66)。



Step 6 :

Insert the L handlebar (37L) to L swing rod (28L), lock well with bolt (33) washer (34) nut (35) and lock well with R handlebar (37R) to R swing rod (28R) ,finally, lock well with bolt (33) washer (34)nut (35) .



EXERCISE MONITOR INSTRUCTION MANUAL**SPECIFICATIONS**

TIME.....	0:00-99:59MIN
SPEED.....	0.0-999.9ML/H(KM/H)
DISTANCE.....	0.00-9999ML (KM)
CALORIE.....	0.0-9999KCAL
TOTAL DIST(ODO).....	0.00-9999ML (KM)
PULSE.....	40-240BPM

KEY FUNCTIONS

MODE: This key lets you to select and lock on to a particular function. Press and hold 3 seconds to reset the value to zero(without ODO).

SET: To set the values of TIME、DISTANCE、PULSE when not in scan mode. When starting exercise , the "SET" values of counted will need to be to zero.

FUNCTIONS

1. TIME: Press the MODE key until pointer locks on TIME. The total working time will be displayed when starting to exercise.
2. SPEED: Press the MODE key until pointer locks on SPEED. The current speed will be displayed when starting to exercise.
3. DISTANCE: Press the MODE key until pointer locks on DISTANCE . The distance of each workout will be displayed when starting to exercise.
4. CALORIE : Press the MODE key until pointer locks on CALORIE. The calories burned will be displayed when starting to exercise.
5. ODO: The total distance battery capacity period run will be shown.
6. PULSE: Press the MODE key until the pointer advances to PULSE function and put ear-clip to ear or the hand take hole of the sensor about 3 seconds show out.
7. SCAN : Display changes according to the next diagram every 6 seconds.
Automatically displays of the following functions in the order displayed:
TIME---SPEED---DISTANCE---CALORIE---ODO---PULSE(if have)--- SCAN

NOTE

1. Without any signal within 4-5 minutes , the LCD display will be shut off automatically.
2. When there is signal input ,the monitor automatically turns on.
3. If the monitor does not display correctly, please replace all batteries to have a good result.
4. The monitor uses 2pcs of 1.5v AAA batteries.

The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.

1. Down Stretch

Bend your knees slightly and body slowly, let your back and shoulders relax, and try to touch your toes. Keep it for 10-15 seconds, repeat 3 times.

2. Hamstring Stretch

Sitting on a cushion, bend your right foot. Place your left foot against the inner thigh of your right foot. Try to touch your toes. Hold for 10-15 seconds, repeat 3 times for each foot.

3. Calf and Foot Stretching

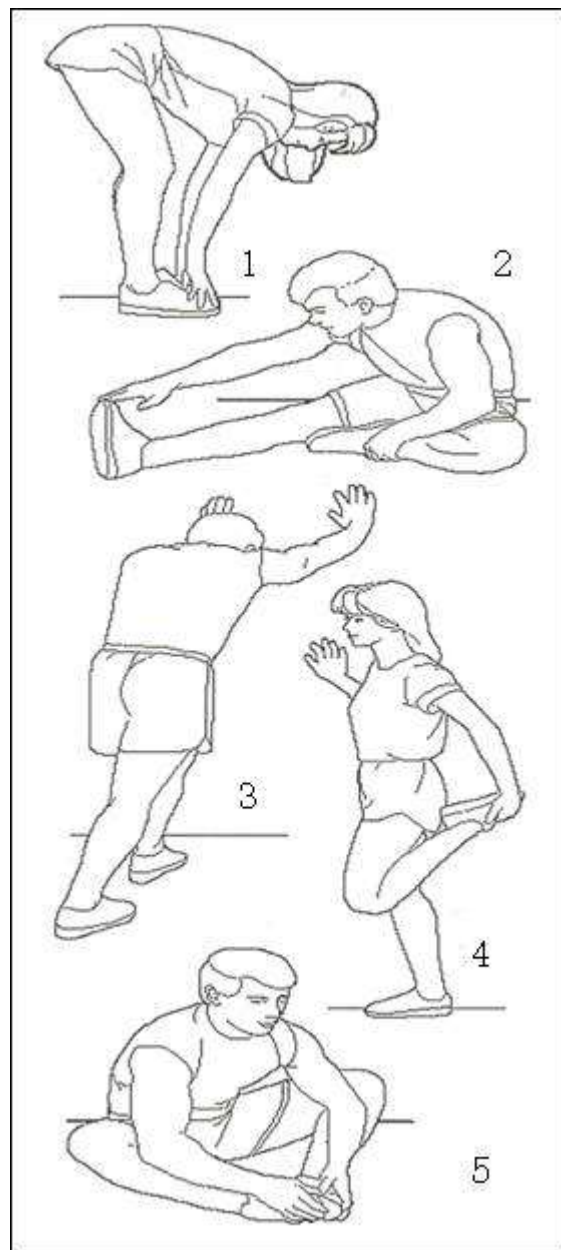
Stand and place both hands on a wall, one foot behind. Push the heel of the back foot towards the floor, then lean into the wall. Hold for 10-15 seconds, repeat each foot 3 times .

4 Quadriceps Stretch

Place your left hands against a wall or a desk to aid your balance. Then grasp your ankle with your left hand and pull your foot toward your buttocks. Hold stretch for 10-15 seconds, repeat each foot 3 times .

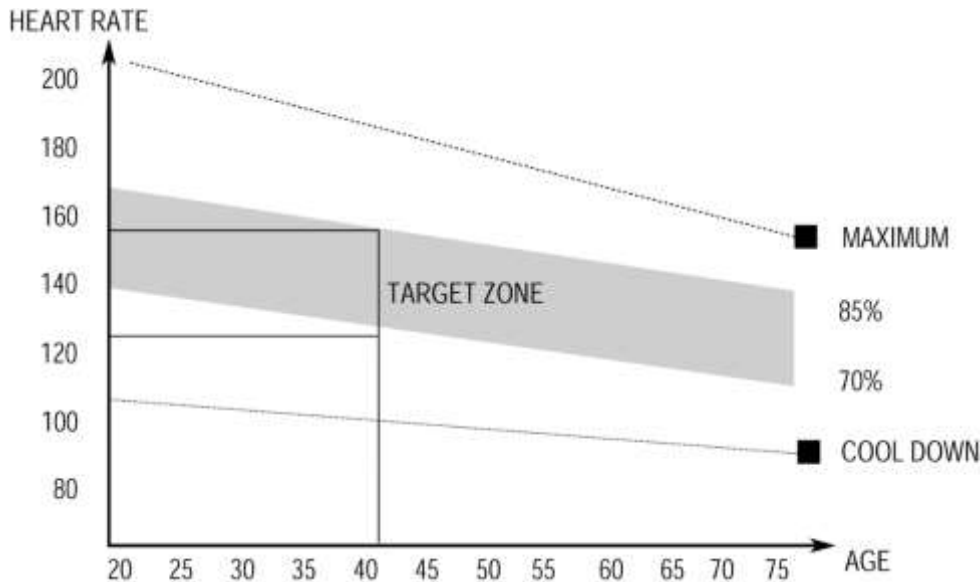
5. Groin Stretch

Sit with your knees flexed and soles of feet together. Hold your ankles and bend at your hips. Hold for 10-15 seconds, repeat 3 times.



Exercise Stage

This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes. After you have used the equipment several times, you can increase training strength. After exercising for a period of time, your heartbeat will be close to the best position in the graph as below (Shaded part). Note: Exercising should be done regularly.



Recovery

Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. Then repeat the exercise phase, please be careful not to force or jerk your muscles.

When using elliptical fitness exercises, increase training intensity gradually to avoid injury.

Equipment Tip

Adjusting the Tension Control can change the resistance of the equipment, the higher the resistance the harder it is to step.



BATTERIES

- Keep batteries away from children and pets.
- Do not mix used and new batteries.
- Remove the batteries if left for long periods.
- Never dispose of batteries in a fire.
- Battery disposal, spent or expired batteries must be properly disposed of and recycled in compliance with local regulations. For detailed information, contact your local authority.
- Follow the battery manufacturer’s safety, usage, and disposal instructions.

DISPOSAL

- Coopers of Stortford use recyclable or recycled packaging where possible.
- Please dispose of all packaging, paper, cartons, packaging in accordance with your local recycling regulations.
- Plastics, polybags – this is made from the following recyclable plastic.



Code & Symbol	 PVC	 OTHER
Type of Plastic	Polyvinyl Chloride	ABS Nylon
Commonly used for	Pipes, construction material, flooring, windows, guttering, plaster packs	CD's, crisp packets, various flexible packaging, baby bottles, sunglass lenses
Notes	Not usually collected from household recycling bins, Sometimes recycled at local waste management centres.	Not often or widely recycled

- At the end of the product’s lifespan please check with your local council authorised household waste recycling centre for disposal.

