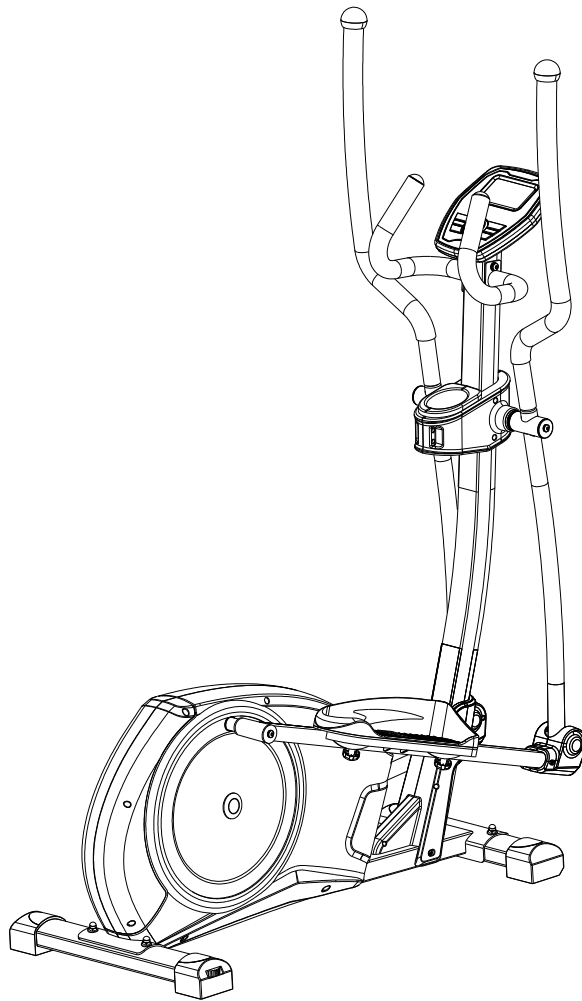




USER MANUAL - EN

IN 5557 Elliptical Trainer inSPORTline Daven



SAFETY INSTRUCTIONS

- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should use the exerciser at a time.
- Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly fixed.
- Before you start your work-out, remove all sharp-edged objects around the exerciser.
- Only use the exerciser for your work-out if it works without problem.
- Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
- Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
- Make sure there is sufficient free space around the exerciser when you set it up.
- Please note that an improper and excessive work-out may be harmful to your health.
- Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
- Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.
- Be sure to consult a physician before you start any exercise program.
- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exercise
- Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.
- Children, disabled and handicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.
- Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.
- When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.
- Do not work out immediately after meals!
- Maximum user weight 100 KGS

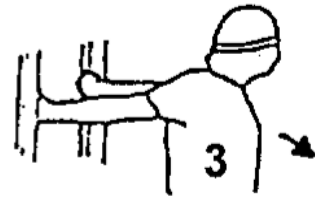
WARMING UP:



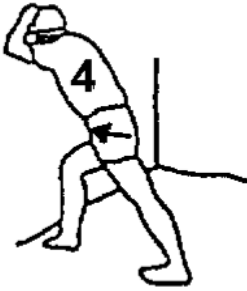
15 seconds for each



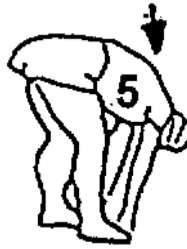
20 seconds



20 seconds



25 seconds



20 seconds



20 seconds



30 seconds



25 seconds for each leg



30 seconds



20 seconds



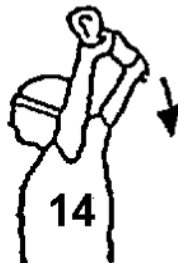
5 seconds x 3 times



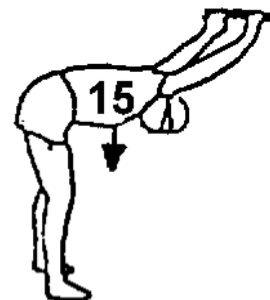
20 seconds



20 seconds for each leg



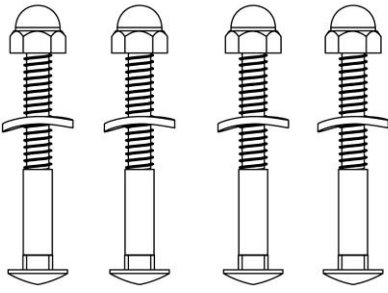
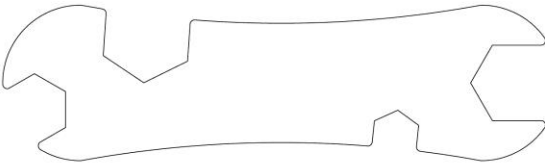
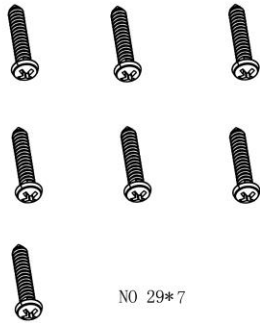

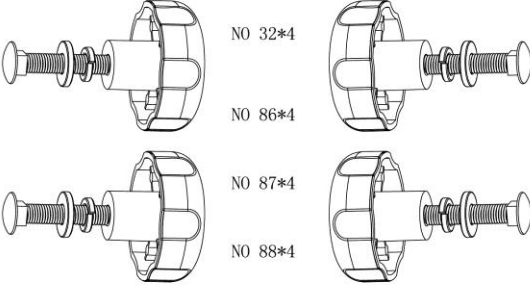
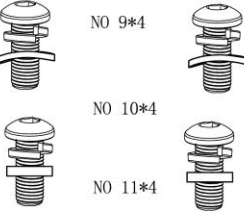
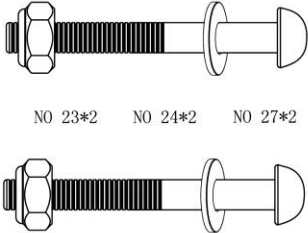
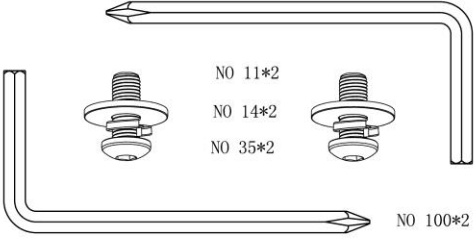

5 times



15 seconds

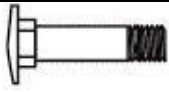


HARDWARE PACKING LIST

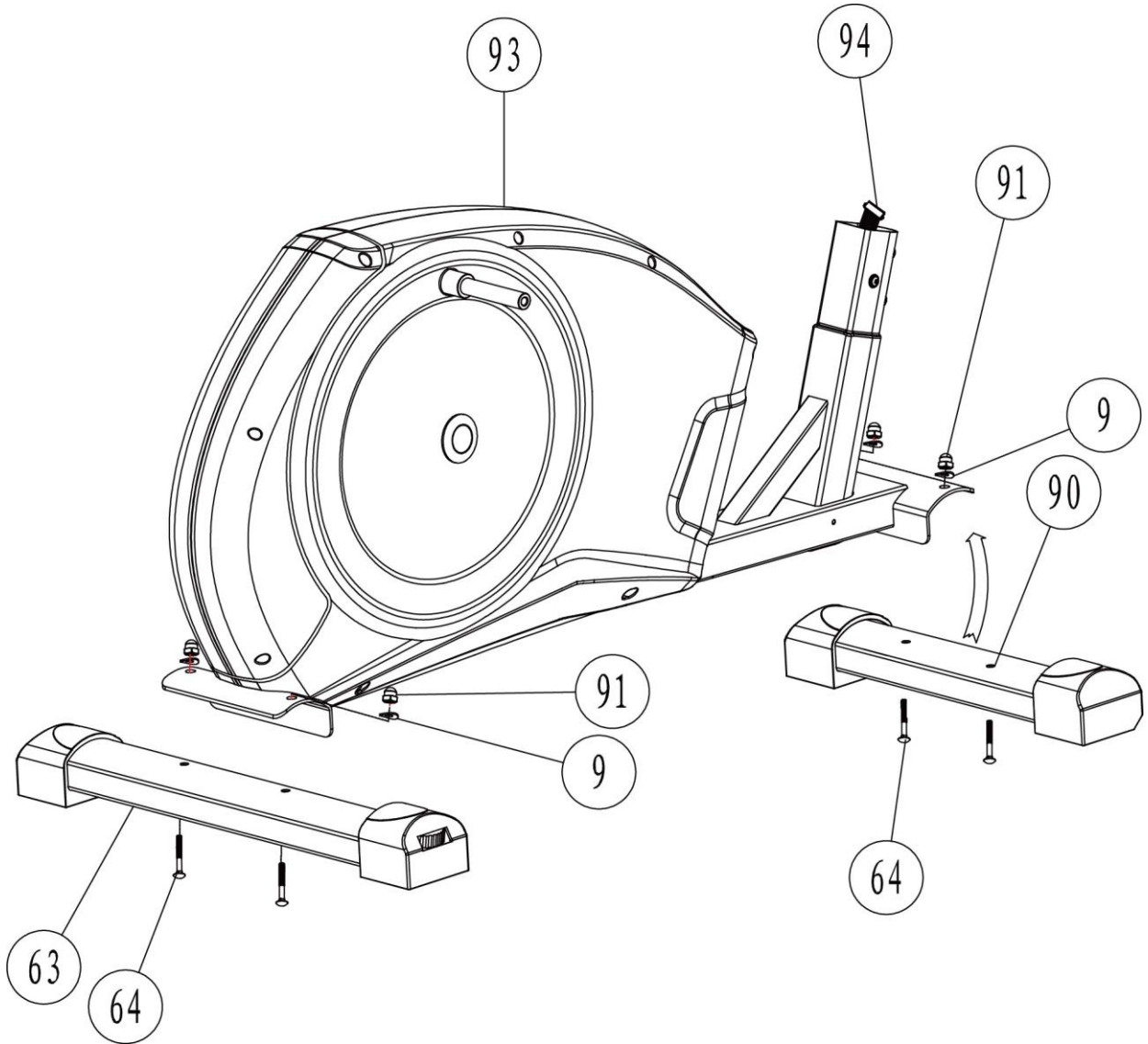
8204M

<p>NO 9*4 NO 64*4 NO 91*4</p> 	 <p>NO 101*1</p>	 <p>NO 29*7</p>
 <p>NO 14*4 NO 92*4</p>	 <p>NO 32*4 NO 86*4 NO 87*4 NO 88*4</p>	 <p>NO 9*4 NO 10*4 NO 11*4</p>
 <p>NO 23*2 NO 24*2 NO 27*2</p>	 <p>NO 11*2 NO 14*2 NO 35*2 NO 100*2</p>	 <p>NO 22*1</p>

ASSEMBLY INSTRUCTION




STEP 1.




#64	#9	#91	X4
			






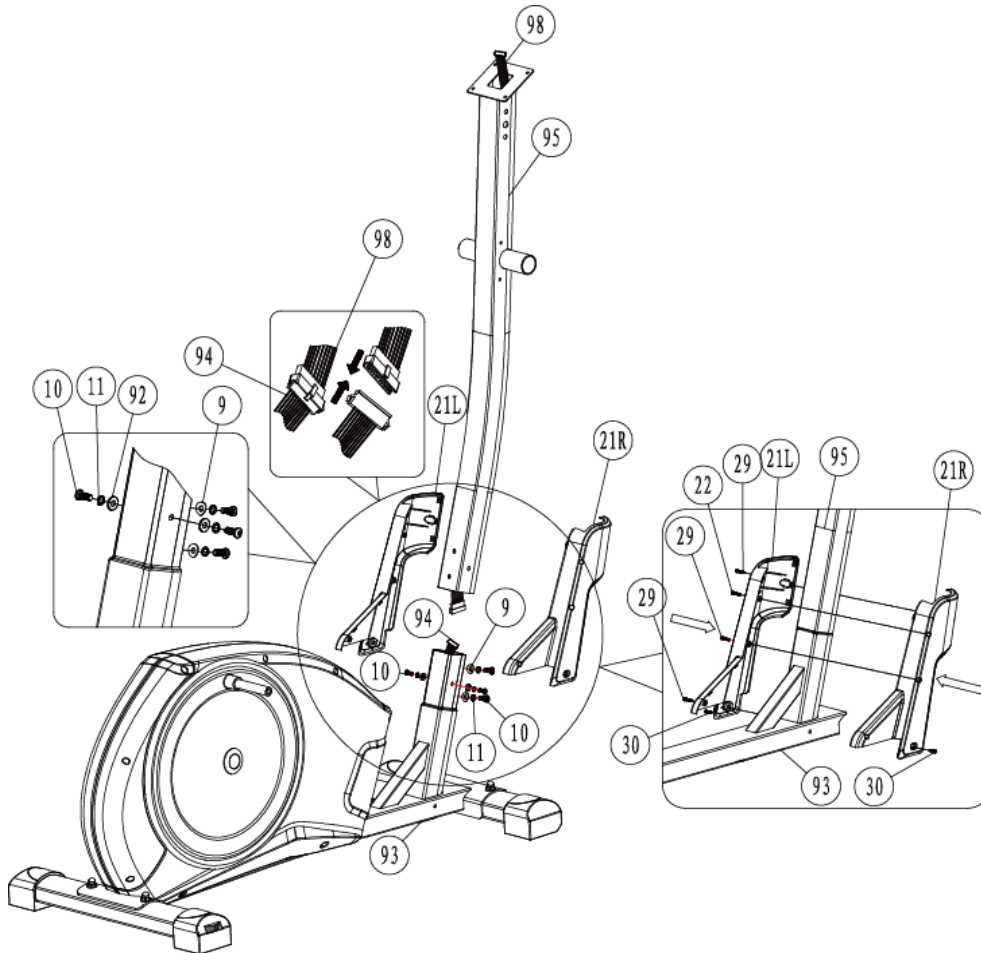
ASSEMBLY INSTRUCTION

STEP 2.

#10	#11	#9	X2
			



#10	#11	#92	X2
			

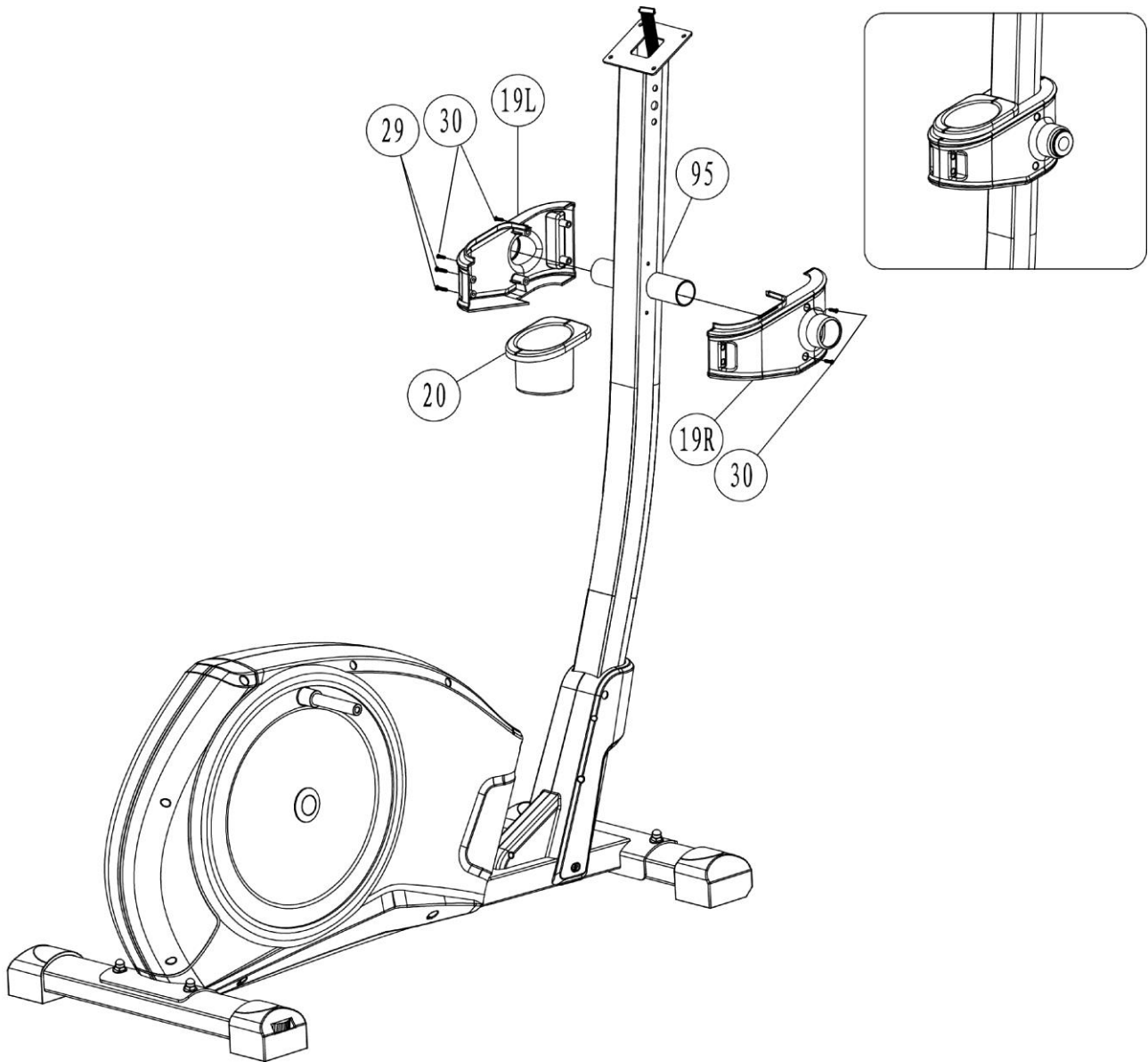
#29	X3	#30	X2	#22	X1
					



ASSEMBLY INSTRUCTION





STEP 3.

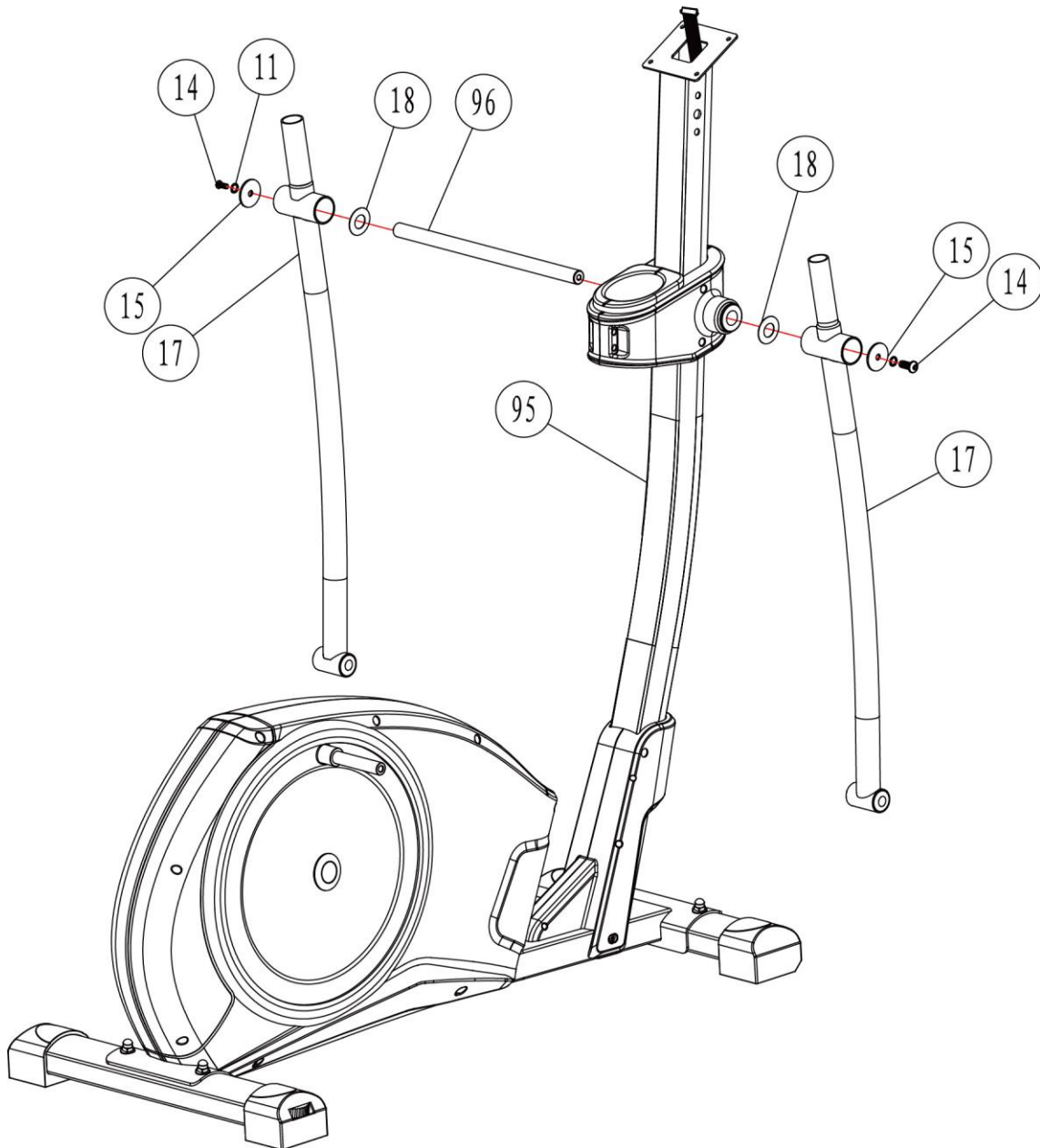
#29	X2	#30	X4
			



ASSEMBLY INSTRUCTION




STEP 4.

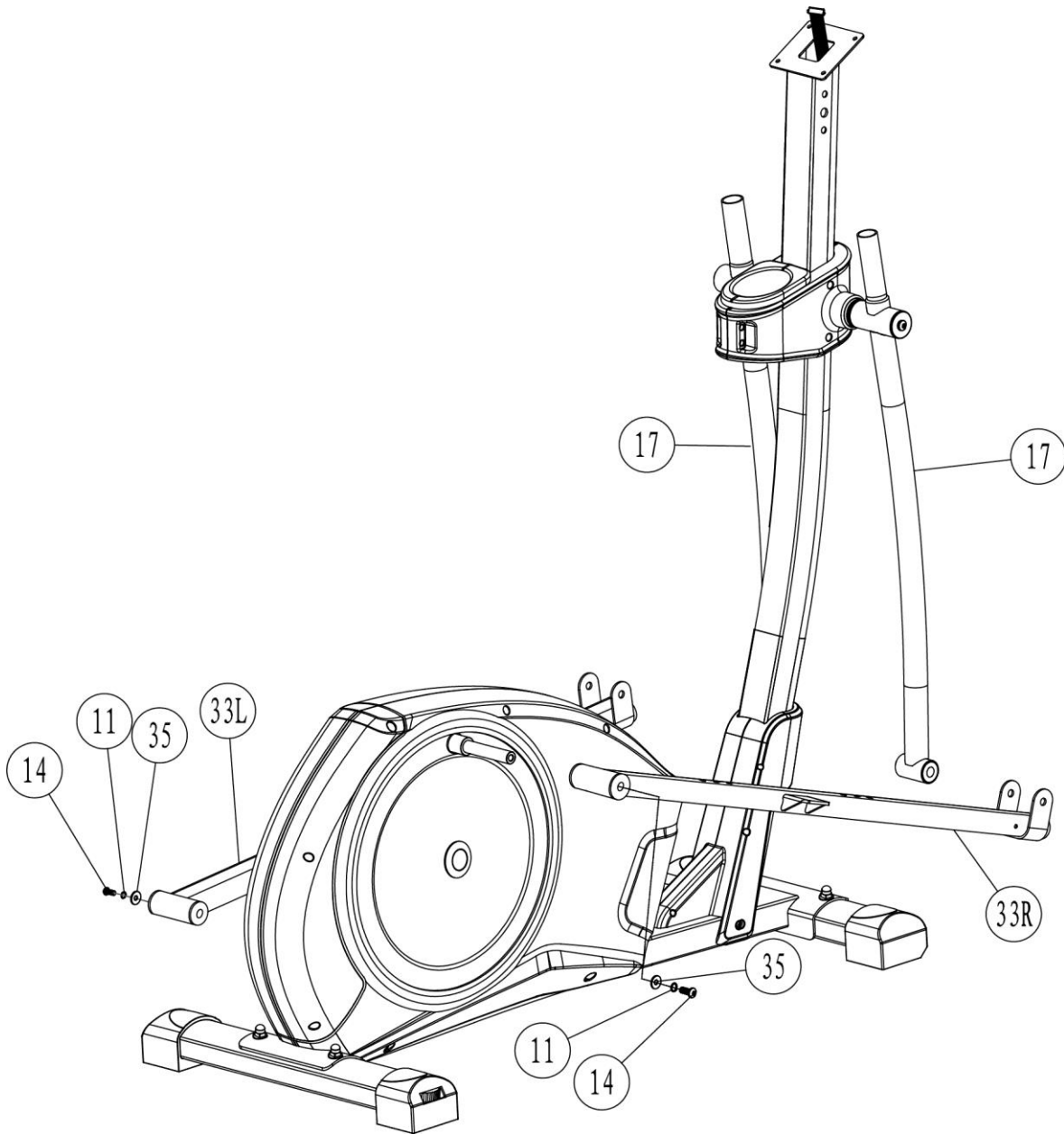
#14	#11	#15	#18	X2
				



ASSEMBLY INSTRUCTION



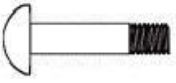


STEP 5.

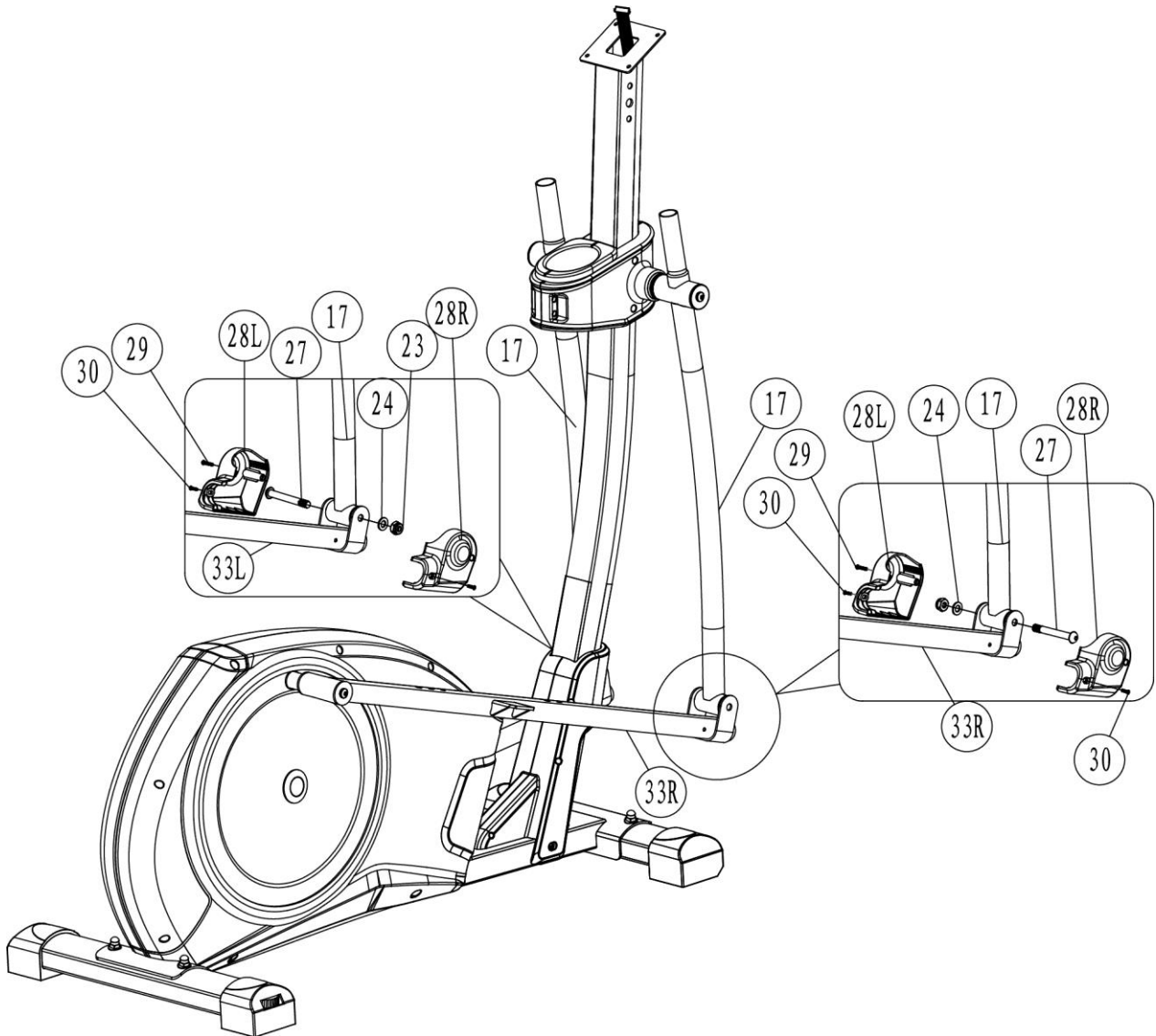
#14	#11	#35	X2
			



ASSEMBLY INSTRUCTION



STEP 6.

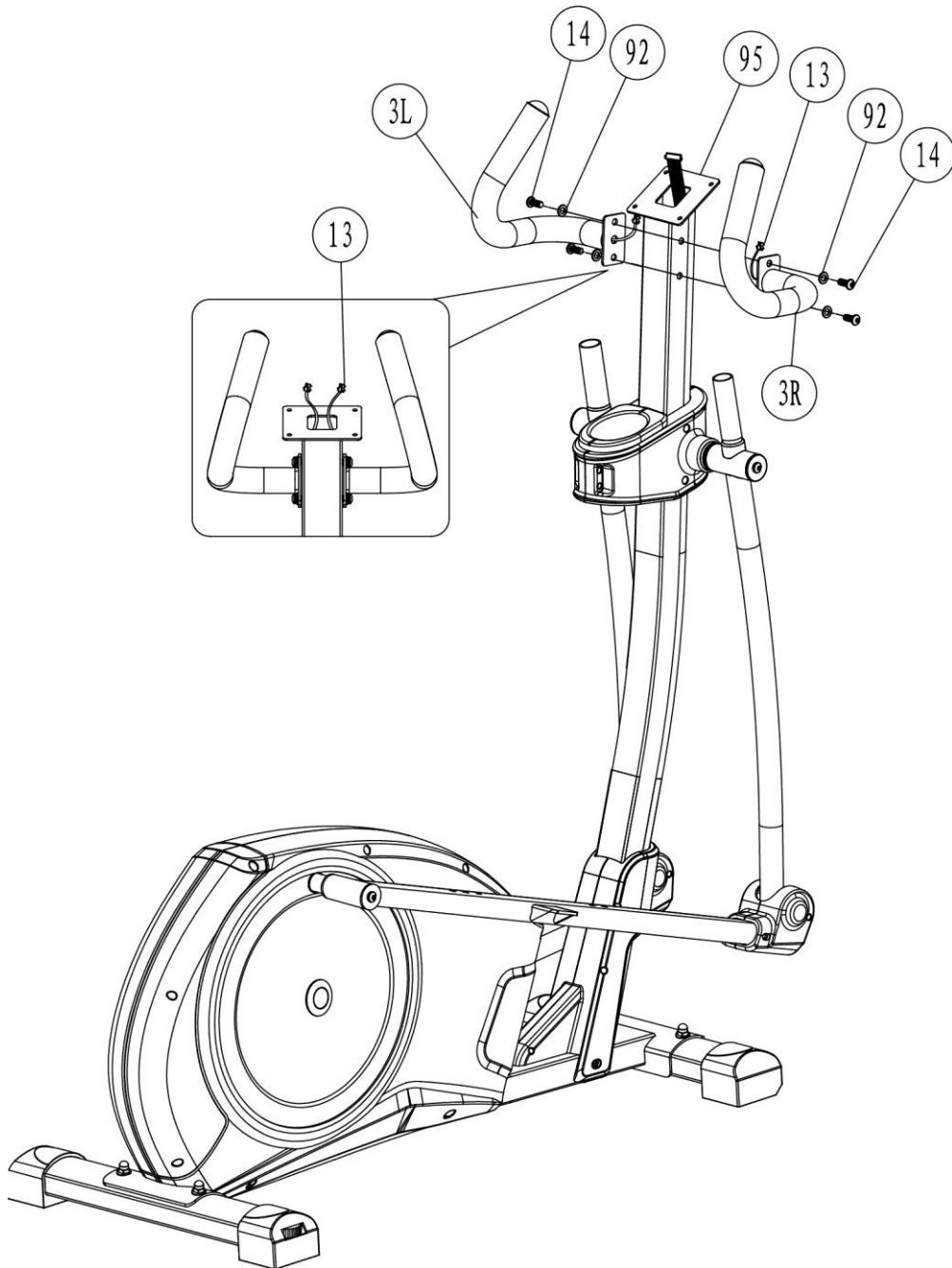
#30	X4	#29	X2	#27	#24	#23	X2
							



ASSEMBLY INSTRUCTION




STEP 7.

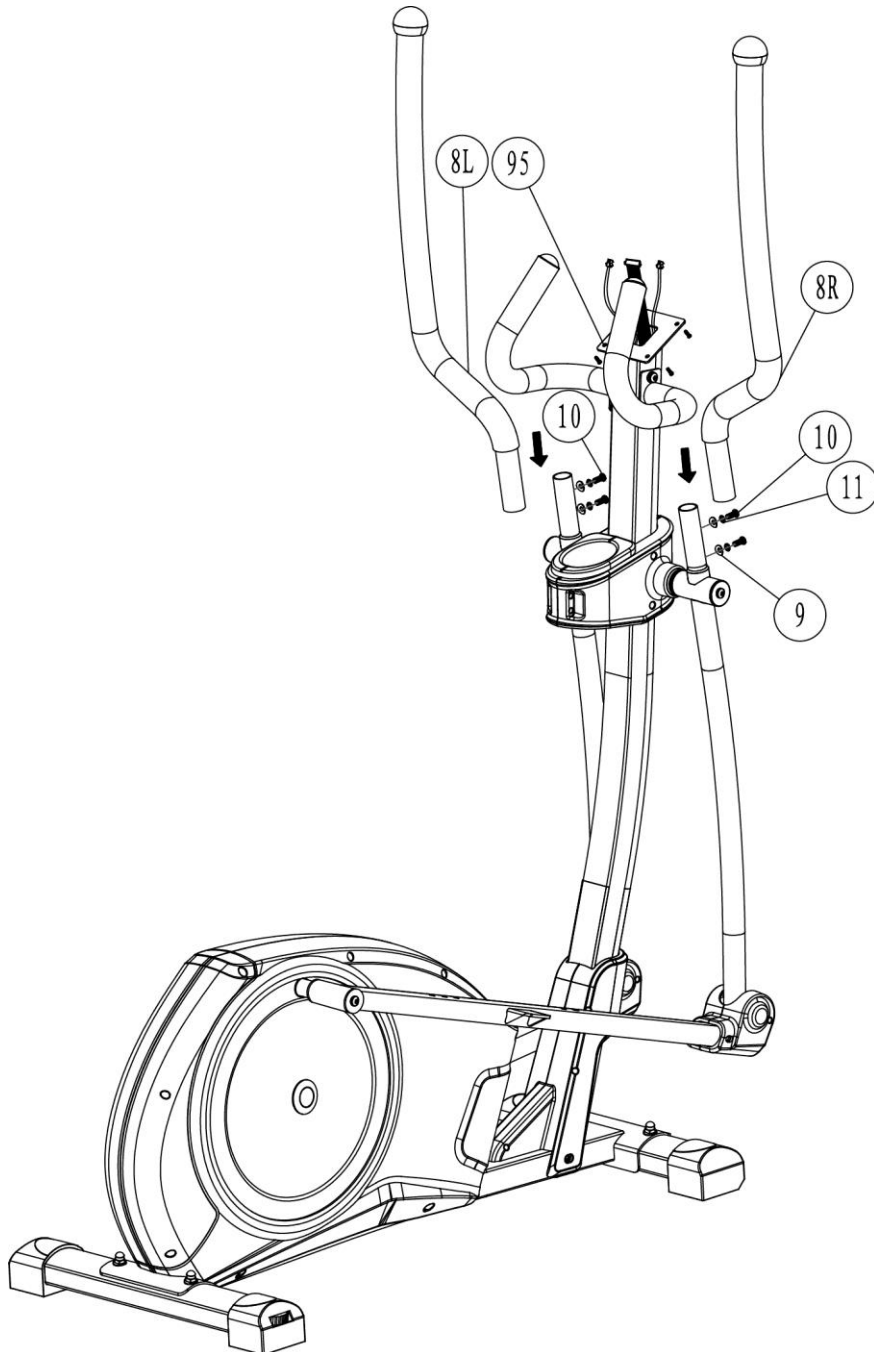
#14	#92	X4
		



ASSEMBLY INSTRUCTION


STEP 8.

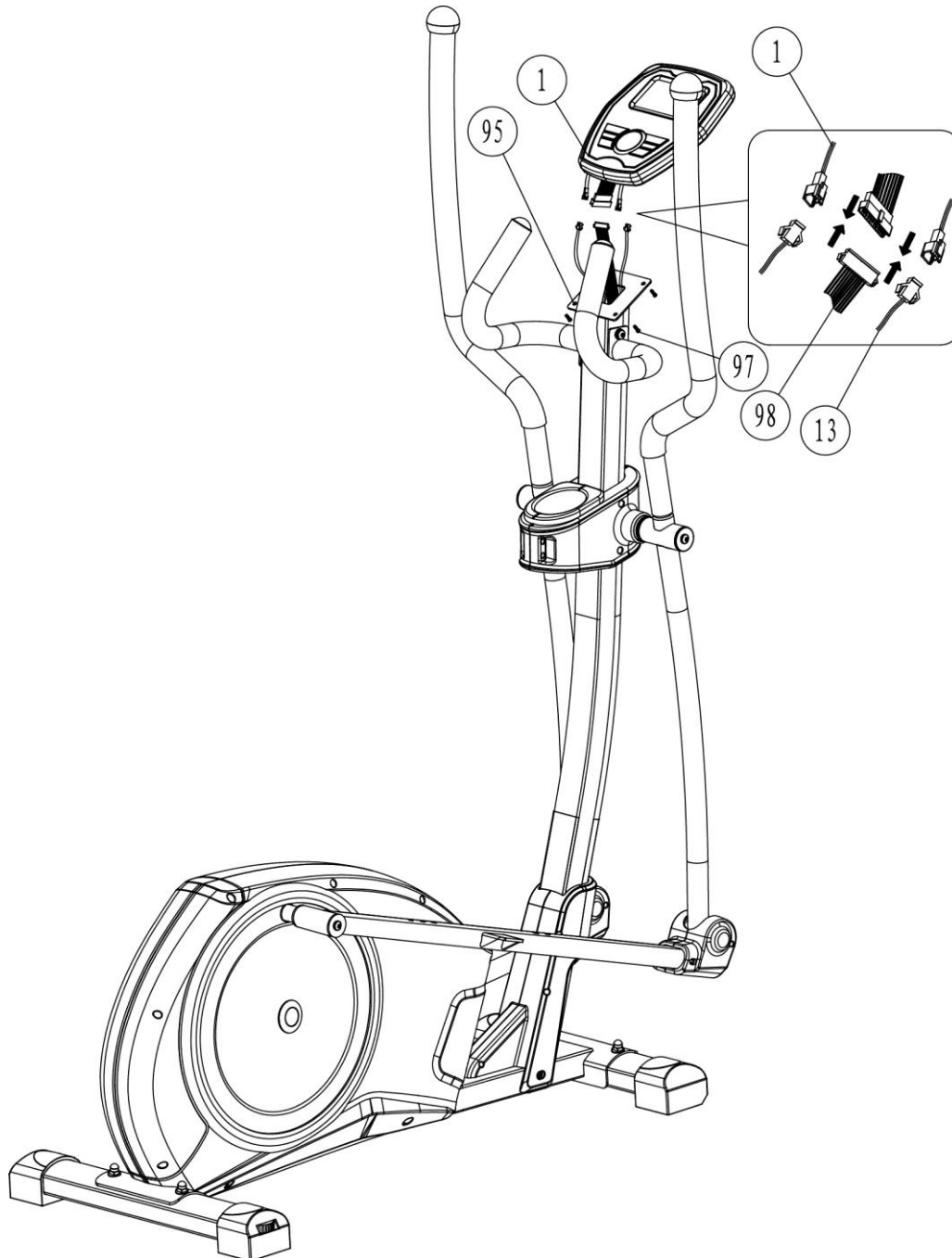
#10	#11	#9	X4
			



ASSEMBLY INSTRUCTION





STEP 9.

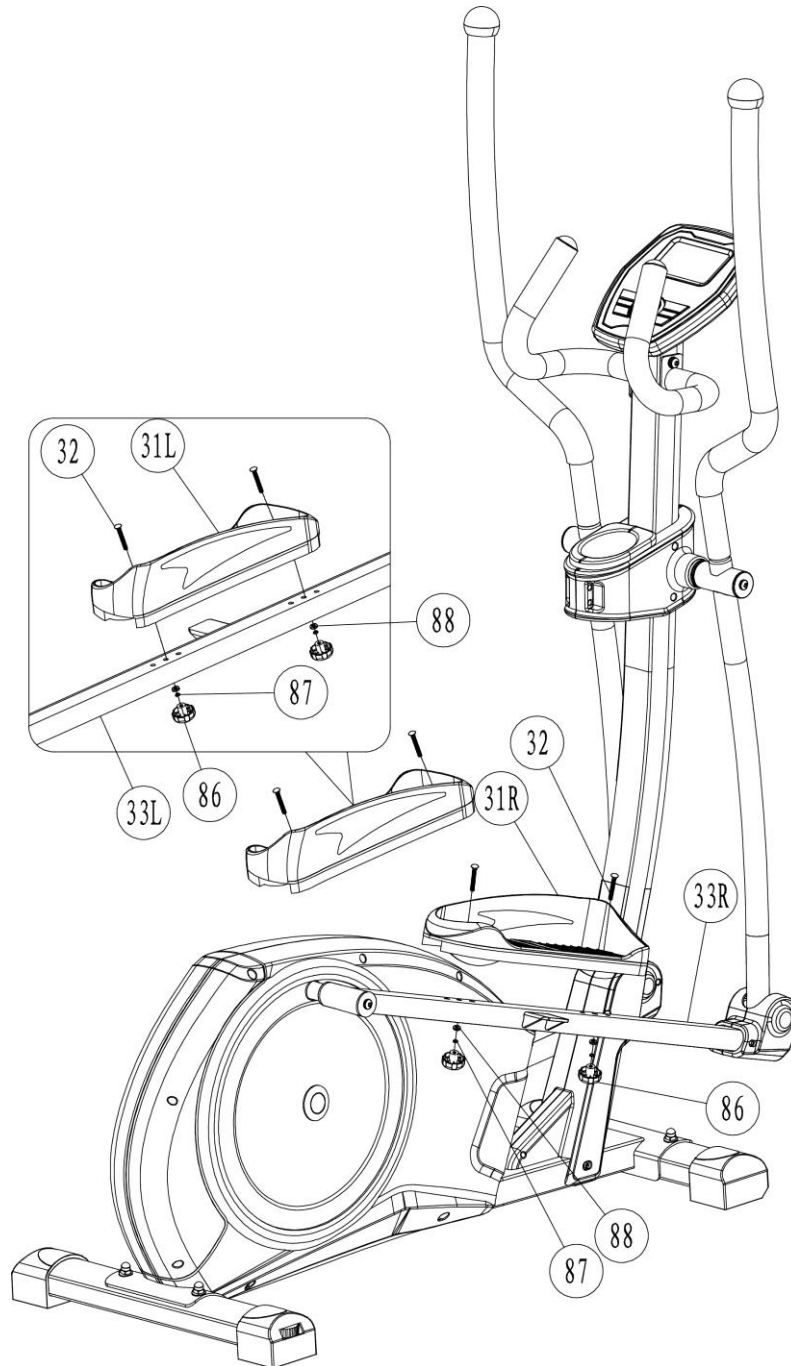
#97	X4
	



ASSEMBLY INSTRUCTION

STEP 10.

#32	#88	#87	#86	X4
				



CONSOLE INSTRUCTIONS

LB5600



AUTO ON /OFF:

The monitor will wake up automatically if the exercise machine is in motion or you press one of the button ENTER · START/STOP. If stop exercising over 256 seconds, monitor will turn off .

(The instruction book is just for references only, and the functions which marks "*" are alternative, details should depends on the monitor.)

● Key Functions

There are total 5 keys including START/STOP, ENTER, UP, DOWN, and RECOVERY.

- A. START/STOP: Starts or stops the program chosen. And, resets the monitor by pressing and holding for 2 seconds.
- B. ENTER: Chooses the functions from PROGRAMS, GENDER, TIME, HEIGHT, WEIGHT, DISTANCE, TARGET HEART RATE, AGE, and 10 columns. The chosen function shall flash. Please note that not all the functions can be selected in every program according to the types of each program.
- C. UP (▲): Selects or increases the values of PROGRAMS, GENDER, TIME, HEIGHT, WEIGHT, DISTANCE, TARGET HEART RATE, AGE, and 10 columns.
- D. DOWN (▼): Selects or decreases the values of PROGRAMS, GENDER, TIME, HEIGHT, WEIGHT, DISTANCE, TARGET HEART RATE, AGE, and 10 columns.
- E. * RECOVERY: Starts the function of PULSE RECOVERY.

About Display

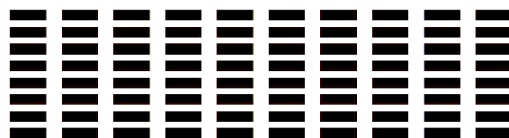
- A. START: Indicates the program selected has started.
- B. STOP: Indicates the program selected has stopped. And, users are free to change the programs and the value of functions applied.
- C. PROGRAM *n* : Indicates the programs selected from PROGRAM 1 to PROGRAM 16.
- D. LEVEL *n* : Indicates the level of loading selected from LEVEL 1 to LEVEL 16.
- E. GENDER: Indicates the gender (Male or Female) selected.
- F. TIME/HEIGHT/WEIGHT Display: Indicates only 1 value of TIME, HEIGHT, or WEIGHT displayed depending on the programs.
- G. SPEED/KPH Display: Indicates SPEED and KPH displayed depending on the programs.
- H. DISTANCE/FAT% Display: Indicates only 1 value of DISTANCE or FAT% displayed depending on the programs.
- I. CAL /BMR Display: Indicates only one value of CAL or BMR displayed depending on the programs.
- J. TARGET H.R./BMI/AGE Display: Indicates only one value of TARGET HEART RATE, BMI, or AGE displayed depending on the programs.
- K. HEART RATE/BODY TYPE Display: Indicates only one value of HEART RATE or BODY TYPE displayed depending on the programs.
- L. LOADING Profiles: There are 10 columns of loading bars, and 8 bars in each column. Each column represents 3 minutes workout (without the change of TIME value), and each bar represents 3 levels of loading.

- Operating Ranges

Values	Range (Count up)	Count down	Preset	Increment (Decrement)
PROGRAM	1 ~ 16	16 ~ 1	1	1
LEVEL	1 ~ 24	24 ~ 1	N/A	1
GENDER	Male, Female	N/A	Male	N/A
TIME	0:00 ~ 99:59	99:00 ~ 5:00	0:00	1:00
HEIGHT	110.0~250.0	110.0~250.0	175.0	0.5
WEIGHT	10.0~200.0	10.0~200.0	70.0	0.2
DISTANCE	0.0 ~ 999.0	999.0 ~ 1.0	0.0	1.0
TARGET H.R.	60 ~ 220	220 ~ 60	90	1
AGE	10 ~ 99	99 ~ 10	30	1

- Things You Should Know Before Exercising

- A. The values calculated or measured by the computer are for exercise purpose only, **not for medical purpose**.



B. The Variables May Need To Change In The Programs:

Programs	Variables
P1 ~ P7	TIME, DISTANCE, AGE
P8	GENDER, HEIGHT, WEIGHT, AGE
P9	TIME, DISTANCE, TARGET H.R.
P10 ~ P12	TIME, DISTANCE, AGE
P13 ~ P16	TIME, DISTANCE, AGE, 10 Intervals

Please note that only 1 value of TIME or DISTANCE can be adjusted. Both adjustments do not exist at the same time. For example, the value of DISTANCE is “0.0” while the value of TIME is adjusted to be any number except “00:00”.

C. Programs Selection:

There are 16 programs with 1 Recovery including 1 Manual Program, 6 Preset Programs, 1 Body Fat Program, 4 Heart Rate Control Programs, 4 User Setting Programs, 1 Speed Independent Program, and 1 Pulse Recovery Measuring.

D. Program Graph:

Each graph shown is the profile of the loading in each interval (column). With the value of TIME counting up, each interval is 3 minutes that all the columns make up 30 minutes. With the value of TIME counting down, each interval is the value of setup TIME divided by 10. For example, if the time value is setup to 40 minutes, each interval will be 40 minutes divided by 10 intervals (40/10=4). Then, each interval will be 4 minutes. The following graphs are all the profiles in the monitor.

Program 1 (Manual)	Program 2 (Polling)	Program 3 (Valley)	Program 4 (Fat Burn)
Program 5 (Ramp)	Program 6 (Mountain)	Program 7 (Random)	Program 8 (Body Fat)
Program 9 (Target H.R.)	Program 10 (60% H.R.C.)	Program 11 (75% H.R.C.)	Program 12 (85% H.R.C.)
Program 13 (User Setting)	Program 14 (User Setting)	Program 15 (User Setting)	Program 16 (User Setting)

E. Body Types:

There are 9 body types.

Male Age<30	Male Age>=30	Female Age<30	Female Age>=30	BMI<18. 5	BMI 18.5~25	BMI>25
FAT%<14%	FAT%<17%	FAT%<17%	FAT%<20%	TYPE 3(super sporting)	TYPE 2 (sporting and ideal)	TYPE 1 (super thinner)
14%~20%	17%~25%	17%~24%	20%~27%	TYPE 6(thin)	TYPE 5 (healthy and ideal)	TYPE 4 (sporting)
FAT%>20%	FAT%>25%	FAT%>24%	FAT%>27%	TYPE 7(fat)	TYPE 8(fatter)	TYPE 9 (much fatter)

F. BMR: Basal Metabolism Ratio

G. BMI: Body Mass Index

● Operation Instructions

A. Exercising With a Specific Goal:

1. TIME Control: Sets up a period of time to exercise. (Except in Program 8)
2. DISTANCE Control: Sets up a certain distance to exercise. (Except in Program 8)
3. BODY FAT Control: Computer designs various programs for different people with different body fat ratio.
4. Heart Rate Control: Keeps users to exercise under a safe heart-beating condition

B. Pulse Rate:

The whole set of heart rate detector include 2 sensors each side. Each sensor has 2 pieces of metal parts. The correct way to get detected is to gently hold both metal parts each hand. With the good signals picked up by the computer, the heart mark in the HEART RATE/BODY TYPE Display shall flash.

*** (Options: Chest Belt for wireless pulse system is optional. If wireless pulse system is adapted, please refer to the leaflet of wireless pulse system. It may not apply to all the models, only if the option is along with the computer.)**

C. Manual Program:

PROGRAM 1 is a manual program. Press “ENTER” key to select TIME, DISTANCE, and AGE. Then, press ▲ or ▼ key to adjust the values. The default level of loading is 9. After pressing “START/STOP” key to exercise, please also apply the heart rate detector appropriately. Users may exercise in any desire level (by pressing ▲ or ▼ during the workout) with a period of time or a certain distance. With the input of age, the computer may suggest a target heart rate to exercise. The suggested heart rate is 85%(220 – age). So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing. **Please note that it is a warning for users to slow down or to lower the level of loading.**

D. Preset Programs:

PROGRAM 2 to PROGRAM 7 are the preset programs. Press “ENTER” key to select TIME, DISTANCE, and AGE. Then, press ▲ or ▼ key to adjust the values. Users may exercise with different level of loading in different intervals as the profiles show. After pressing “START/STOP” key to exercise, please also apply the heart rate detector appropriately. Users may also exercise in any desire level (by pressing ▲ or ▼ during the workout) with a period of time or a certain distance. With the input of age, the computer may suggest a target heart rate to exercise. The suggested heart rate is 85%(220 – age). So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing. **Please note that it is a warning for users to speed down or to lower the level of loading.**

E. Body Fat Program:

Program 8 is a special program designed to calculate users' body fat ratio and to design a specific loading profile for users. With 9 different body types, the computer can generate 9 different profiles for each. Press "ENTER" key to select GENDER, HEIGHT, WEIGHT, and AGE. Then, press ▲ or ▼ key to adjust the values. After pressing "START/STOP" key to calculate body fat, please also apply the heart rate detector appropriately. If the detector cannot pick up any signals, an error message "E3" will show up in the profile display. If it happens, press "START/STOP" key to calculate again. Then, the calculation values of FAT%, BMR, BMI, BODY TYPE, and a designed profile will show up shortly. Press "START/STOP" key to exercise. The profile shown in the display is specially designed for your body type.

F. Heart Rate Control Programs:

Program 9 to Program 12 are the Heart Rate Control Programs. In program 9, press "Enter" key to select TIME, DISTANCE, and TARGET H.R. Users may setup a target heart rate to exercise in a period of time or a certain distance. In Program 10 to Program 12, press "Enter" key to select TIME, DISTANCE, and AGE. Then, press ▲ or ▼ key to adjust the values. Users may exercise in a period of time or a certain distance with 60% Max Heart Rate in Program 10, 75% Max Heart Rate in Program 11, and 85% Max Heart Rate in Program 12. After pressing "START/STOP" key to exercise, please also apply the heart rate detector appropriately. In these programs, the computer will adjust the level of loading according to the heart rate detected. For example, the level of loading may increase while the heart rate detected is lower than TARGET H.R. Also, the level of loading may decrease while the heart rate detected is higher than TARGET H.R. As a result, the user's heart rate will be adjusted to close the TARGET H.R. in the range of TARGET H.R. -5 and TARGET H.R. +5.




G. User Setting Programs:

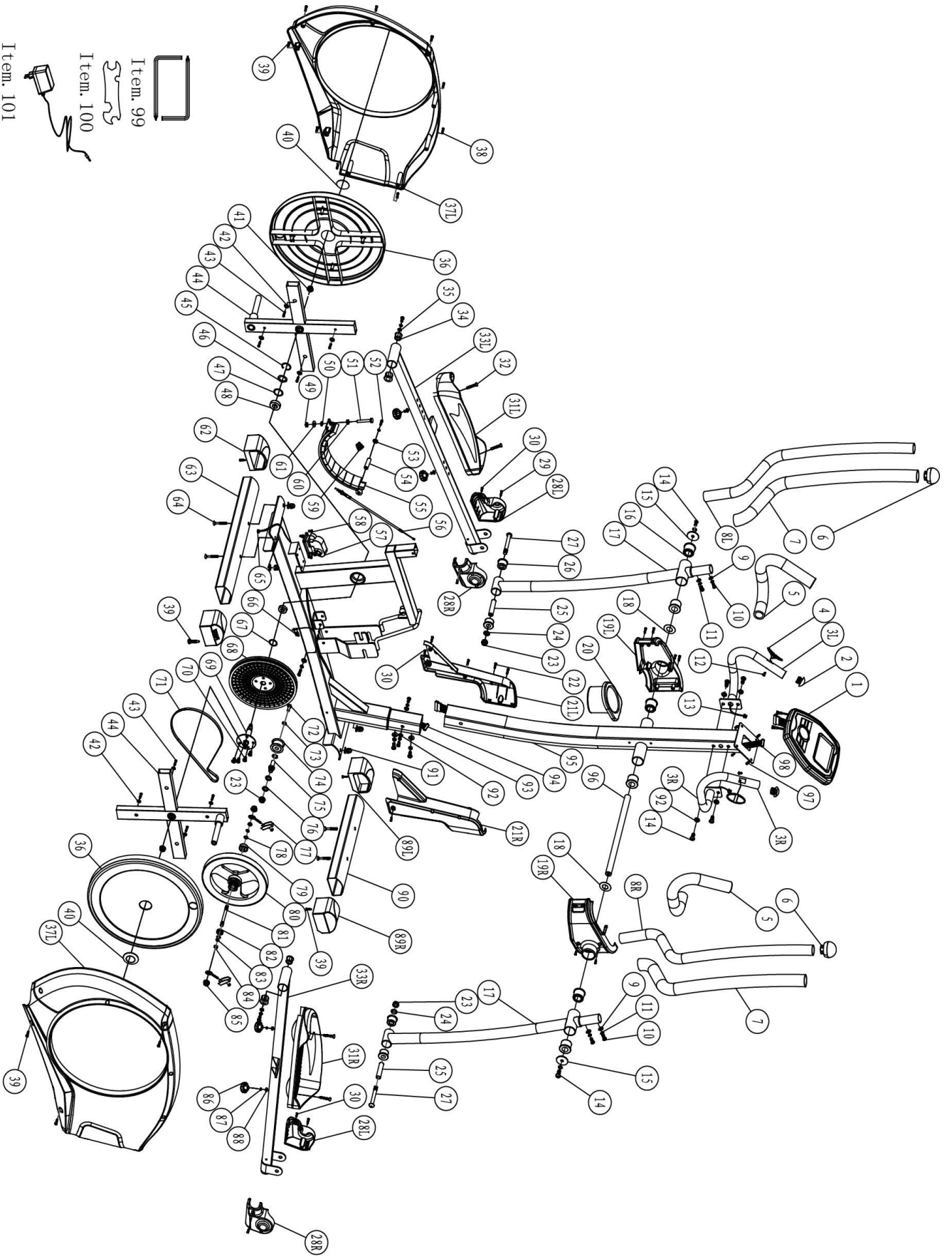
Program 13 to Program 16 are the user-setting programs. Users are free to edit the values in the order of TIME, DISTANCE, AGE, and the level of loading in 10 intervals. The values and profiles will be stored in the memory after setup. After pressing "START/STOP" key to exercise, please also apply the heart rate detector appropriately. Users may also change the ongoing loading in each interval by pressing ▲ or ▼ key, and they will not change the level of loading stored in the memory. With the input of age, the computer may suggest a target heart rate to exercise. The suggested heart rate is $85\%(220 - \text{age})$. So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing. **Please note that it is a warning for users to speed down or to lower the level of loading.**

H. * Pulse Recovery:

It is a function to check the condition of pulse recovery that is scaled from 1.0 to 6.0 while 1.0 means the best and 6.0 means the worst and the increment is 0.1. In order to get rated correctly, users must test it right after the workout finished by pressing "RECOVERY" key and then stop exercising. After the key is pressed, please also apply the heart rate detector appropriately. The test will last for 1 minute and the result will show in the display.

EXPLODED DRAWING

-  Item. 99
-  Item. 100
-  Item. 101



PART LIST

Part#	Description	Quantity
1	Console	1
2	End cap for handlebar	2
3L	Handlebar (Left)	1
3R	Handlebar (Right)	1
4	Hand pulse pads	2
5	handlebar foam	2
6	End cap for upper handlebar	2
7	Upper handlebar foam	2
8L	Upper handlebar (Left)	1
8R	Upper handlebar (Right)	1
9	Curved washer M8	10
10	Allen bolt M8*20	8
11	Spring washer M8	12
12	Self-tapping screw M3.5*20	2
13	Hand Pulse cable	2
14	Allen bolt M8*20	8
15	Flat washer $\Phi 8.5 * \Phi 36 * 3T$	2
16	Handlebar pivot bushes	6
17	Lower handlebar	2
18	Flat washer $\Phi 19.5 * \Phi 38 * 0.5T$	2
19L	Handlebar post cover (Left)	1
19R	Handlebar post cover (Right)	1
20	Water bottle holder	1
21L	Front bottom plastic cover (Left)	1
21R	Front bottom plastic cover (Right)	1
22	Self-tapping screw M3*15	1
23	Nylon lock nut M10	3
24	Flat washer M10*19*2	2
25	Tube spacer 14*59.5	2
26	Handlebar lower pivot bushes	4
27	Allen bolt M10*78	2
28L	Plastic cover for foot support bar(Left)	2
28R	Plastic cover for foot support bar(Right)	2
29	Self-tapping screw M4*15	7
30	Screw M5*15	10
31L	Footplate (Left)	1

Part#	Description	Quantity
31R	Footplate (Right)	1
32	Carriage bolt M6*50	4
33L	Foot support bar (Left)	1
33R	Foot support bar (Right)	1
34	Bushing	4
35	Flat washer 8*28*2T	2
36	Round cover	2
37L	Chain cover (Left)	1
37R	Chain cover (Right)	1
38	Self-tapping screw M4.5*25	6
39	Screw M5*15	10
40	Plastic cover	2
41	Nut M10*1.25	2
42	Washer 5*16*1	8
43	Self-tapping screw M4*15	8
44	Crank	2
45	C-shape washer Φ18	1
46	Waved washer Φ20.5*25*0.5T	1
47	Washer 20*25*1	1
48	Bearing 6004RS	2
49	Nut M6	1
50	Flat washer 6.5*19*1.5T	1
51	Hex head screw M6*75	1
52	Allen head screw M6*16	2
53	Flat washer 6*13*1.5T	2
54	Axle for magnet holder	1
55	Magnet set	1
56	Cable	1
57	Motor	1
58	Screw M5*15	5
59	Tapered spring	1
60	Nut M6	1
61	Plastic washer 6.5*22*1.5T	1
62	Rear end cap	2
63	Rear stabilizer	1
64	Carriage bolt M8*55	4

Part#	Description	Quantity
65	DC line	1
66	Sensor	1
67	Washer 20*25*2	1
68	Belt wheel	1
69	Pedal Axle	1
70	Anti-loose Allen bolt M8*12	4
71	Belt	1
72	Hex head screw M6*12	1
73	Flat washer 6*13*1T	1
74	Idler	1
75	Axle for Idler	1
76	Flat washer 10*19*1.5	2
77	Belt adjustment set	2 sets
78	Waved washer Φ 10*15*0.3T	2
79	Bearing 6300RS	1
80	Flywheel	1
81	Flywheel Axle	1
82	Bearing 6000RS	1
83	C-shape washer Φ 9	2
84	Hex nut M10*1.25*4T	2
85	Nut M10*1.25	2
86	Knob M6	4
87	Spring washer M6	6
88	Flat washer 6*16*2	4
89L	End cap for front stabilizer (Left)	1
89R	End cap for front stabilizer (Right)	1
90	Front Stabilizer	1
91	Cap nut M8	4
92	Flat washer 8*19*1.5T	6
93	Main frame	1
94	Lower tension cable	1
95	Handlebar post	1
96	Rotation rod	1
97	Screw for computer M5*12	4
98	Upper tension cable	1
99	Allen key wrench with phillips head	2
100	Combination wrench	1
101	Adapter	