GYMSTICK™

# GX3.0 CROSSTRAINER

## USER MANUAL

**NOTE!**

Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary and are subject to change without further notice.

GYMSTICK.COM

# BEFORE YOU BEGIN

Thank you for choosing Gymstick training equipment. We take great pride in producing this high-quality product and hope it will make you feel better and enjoy life to the fullest. Please read this manual in its enterity before beginning to use this product.

**IMPORTANT**

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

**WARNING**

Read and follow all safety instructions carefully.
Failure to follow safety instructions could result in serious injury.

BEFORE YOU BEGIN 2
SAFETY INSTRUCTIONS 3
EXPLODED DRAWING 4
PARTS LIST 6
ASSEMBLY INSTRUCTIONS 8
IMPORTANT ELECTRICAL INFORMATION 13
MAINTENANCE & CARE 14
TRAINING PROGRAMS 15
CONSOLE OPERATION INSTRUCTIONS 17
WARM UP & COOL DOWN 24
IMPLIED WARRANTY 26


info@gymstick.com | +358 10 229 3040

# SAFETY INSTRUCTIONS

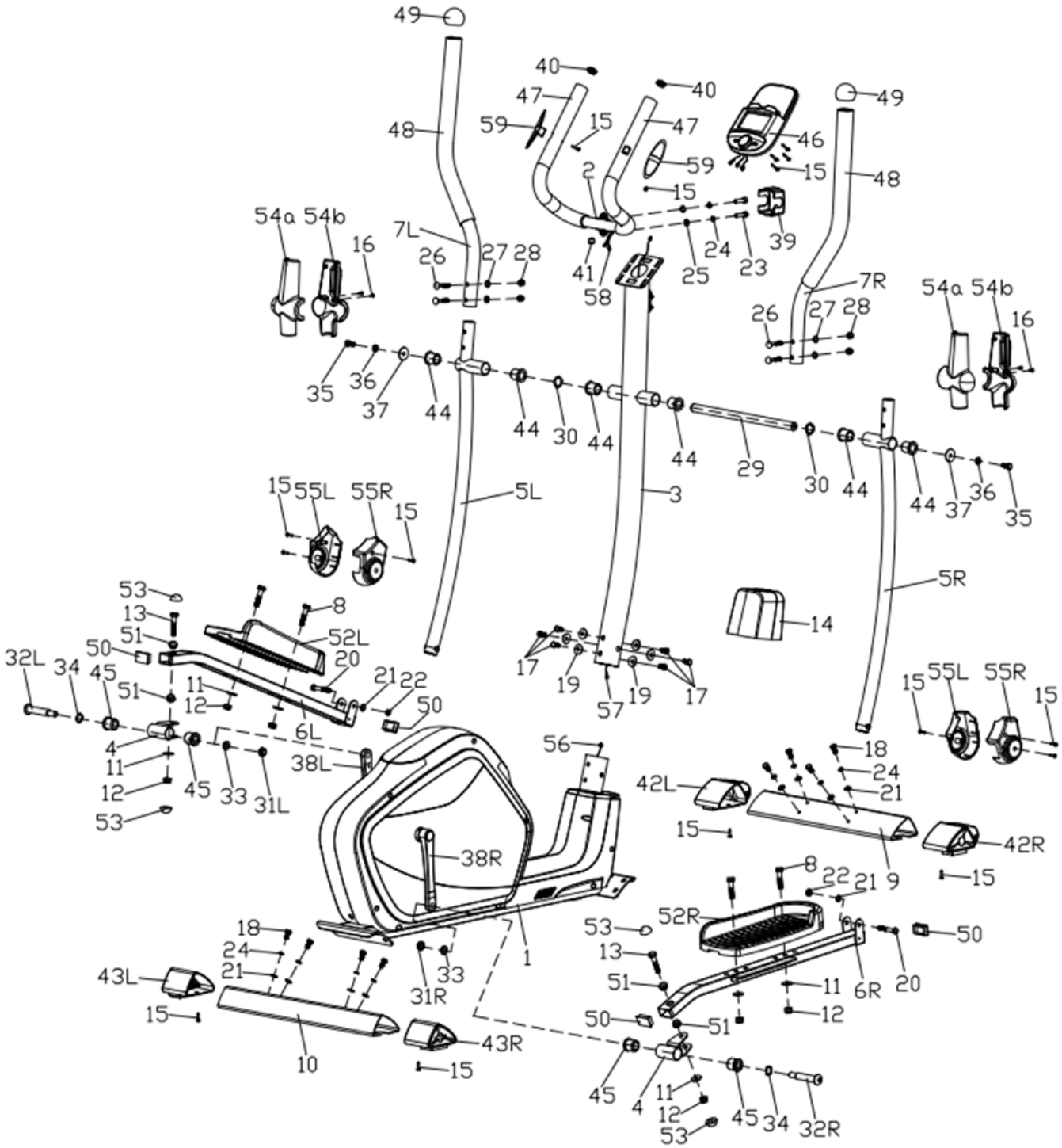
Basic precautions should always be followed when using this product. In order to ensure safe read and follow all safety instructions included in this user manual. Failure to do so could result in serious injury.

**WARNING**

Before using this product, consult your physician first. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

- This product is not a toy. Keep children and pets away from the machine at all times. Do not leave unattended children in the same room with the machine.
- Handicapped or disabled persons should not use the machine without the presence of a qualified health care professional or physician.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
- Before beginning training, remove all objects within a radius of 1 meters from the machine. Do not place any sharp objects around the machine.
- Position the machine on a clear, level surface away from water and moisture. It is suggested to place a mat under the unit to help keep the machine stable and to protect the floor.
- Only use the machine for its intended purpose as described in this manual. Do not use any other accessories than the ones recommended by the manufacturer.
- Assemble the machine exactly as in the description in this instruction manual.
- Check all bolts and other connections before using the machine for the first time and ensure that the machine is in good and safe condition.
- Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible for wear and tear. Any defective components should be replaced immediately before using the machine in order to maintain the safety level.
- Never operate the machine if it is not functioning properly.
- This machine can be used for only one person’s training at a time.
- Do not use abrasive cleaning articles to clean the machine. Wipe drops of sweat from the machine immediately after finishing training.
- Always wear appropriate workout clothing when exercising. Training shoes are also required.
- Keep hands away from all moving parts.
- Before exercising, always warm-up your body thoroughly by dynamic stretching.
- This machine must be assembled by adults.
- It is the responsibility of the owner to ensure that all users are properly informed as how to use this product safely.
- This device is intended for indoor use only.
- This device is intended for home use.
- Maximum user weight: 120 kg.

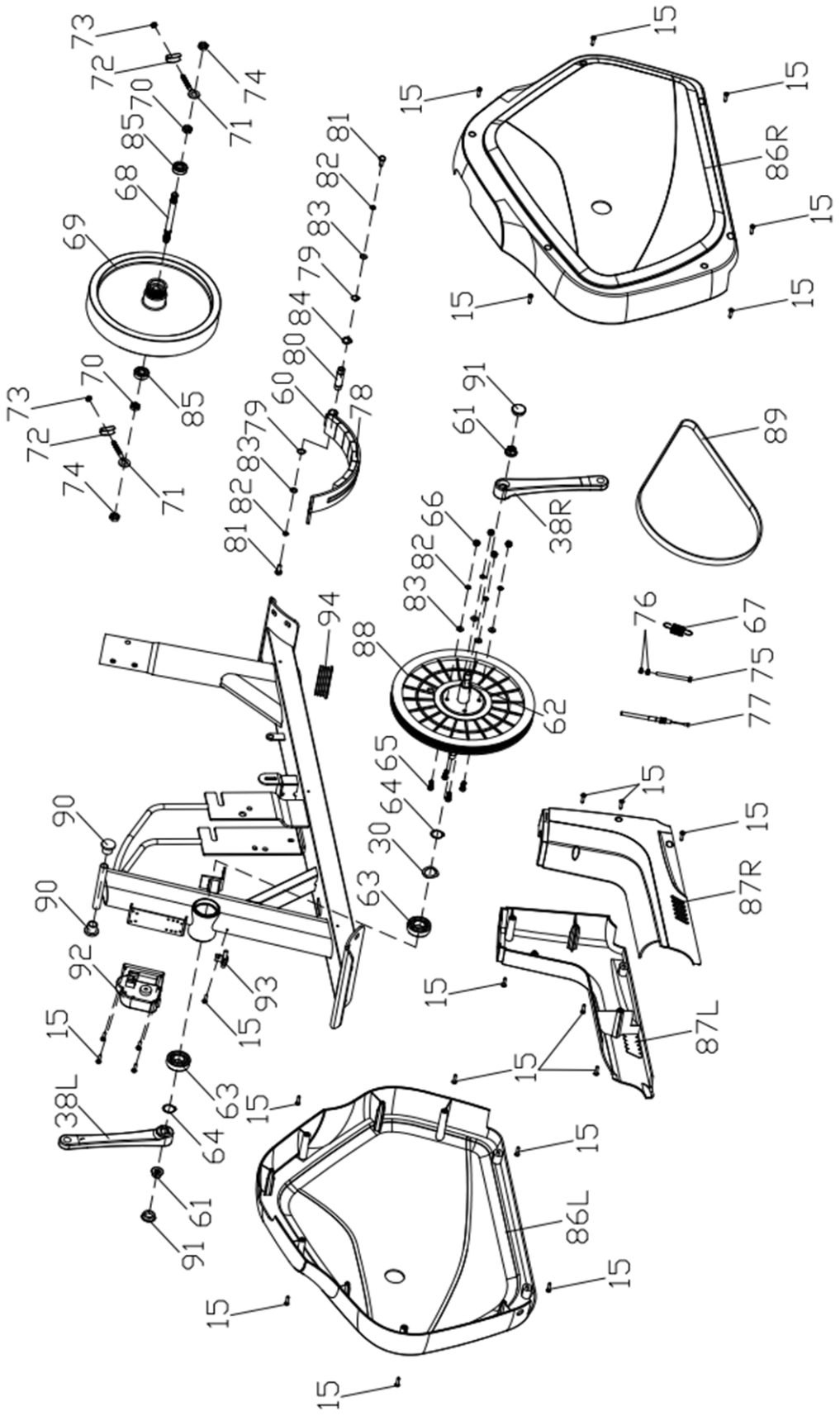
# EXPLODED DRAWING






info@gymstick.com | +358 10 229 3040

# EXPLODED DRAWING



# PARTS LIST

| NO. | PART DESCRIPTION | QTY. |
|---|---|---|
| 1 | Main frame | 1 |
| 2 | Handlebar | 1 |
| 3 | Handlebar post | 1 |
| 4 | Pedal tube joint | 2 |
| 5L/R | Swing tube | 1 pr |
| 6L/R | Pedal support | 1 pr |
| 7L/R | Handlebar | 1 pr |
| 8 | Hexagon bolt M10*45 | 4 |
| 9 | Front bottom tube | 1 |
| 10 | Rear bottom tube | 1 |
| 11 | Flat washer | 6 |
| 12 | Nylon nut | 6 |
| 13 | Hexagon bolt | 2 |
| 14 | Protective guard | 1 |
| 15 | Cross tapping screw ST4.2*18 | 39 |
| 16 | Cross tapping screw ST3.5*12 | 4 |
| 17 | External hexagon bolt M8*16 | 6 |
| 18 | External hexagon bolt M8*20 | 8 |
| 19 | Arc pad | 6 |
| 20 | Hexagon bolt M8*55 | 2 |
| 21 | Flat washer D8*16*1.5 | 10 |
| 22 | Nylon nut M8 | 2 |
| 23 | Hexagon socket bolt M8*30 | 2 |
| 24 | Pad D8 | 10 |
| 25 | Flat washer D8* 3*1.5 | 2 |
| 26 | Square neck bolt M8*L45 | 4 |
| 27 | Arc washer D8*2*20 | 4 |
| 28 | Nylon nut M8 | 4 |
| 29 | Long axis | 1 |
| 30 | Wave washer 0.3*21*27 | 3 |

| NO. | PART DESCRIPTION | QTY. |
|---|---|---|
| 31L/R | Left and Right Nylon Nut | 1 pr |
| 32L/R | Left and right pedal bolt | 1 pr |
| 33 | Pad D13 | 2 |
| 34 | Wave washer 0.3*17*23 | 2 |
| 35 | Hexagon bolt M8*20 | 2 |
| 36 | Pad D8 | 2 |
| 37 | Flat pad D8*32*2 | 2 |
| 38L/R | Crank | 1 pr |
| 39 | Cover | 1 |
| 40 | Pipe plug 25 | 2 |
| 41 | Wire-passing hole plug | 1 |
| 42L/R | Front foot cap | 1 pr |
| 43 L/R | Rear foot cap | 1 pr |
| 44 | Shaft sleeve | 6 |
| 45 | Plastic shaft sleeve | 4 |
| 46 | Computer | 1 |
| 47 | Handgrip sleeve 24 | 2 |
| 48 | Handgrip sleeve 31 | 2 |
| 49 | Mushroom head pipe plug | 2 |
| 50 | Square pipe plug | 4 |
| 51 | Alloy sleeve | 4 |
| 52L/R | Pedal | 1 pr |
| 53 | Cap | 4 |
| 54a/b | Cover | 2pr |
| 55a/b | Cover | 2pr |
| 56 | Sensor wire | 1 |
| 57 | Extension wire | 1 |
| 58 | Grip line | 2 |
| 59 | Grip piece | 2 |
| 60 | Magnetic plate combination | 1 |


info@gymstick.com | +358 10 229 3040

# PARTS LIST

| NO. | PART DESCRIPTION | QTY. |
|---|---|---|
| 61 | Flange nut M10*1.25 | 2 |
| 62 | Middle shaft | 1 |
| 63 | Bearing | 2 |
| 64 | Circlip for shaft D20 | 2 |
| 65 | Hex socket flat screw M6*15 | 4 |
| 66 | Nylon nut M6 | 4 |
| 67 | Tension spring | 1 |
| 68 | Flywheel axle | 1 |
| 69 | Flywheel | 1 |
| 70 | Cone nut | 2 |
| 71 | Chain adjustment bolt | 2 |
| 72 | Chain U pad | 2 |
| 73 | Hexagon nut M6 | 2 |
| 74 | Hex nut | 2 |
| 75 | Hexagon bolt M5*60 | 1 |
| 76 | Hex nut M5 | 2 |
| 77 | Control wire | 1 |
| 78 | Square magnet | 8 |
| 79 | Circlip for shaft D12 | 2 |
| 80 | Magnetic plate axis | 1 |

| NO. | PART DESCRIPTION | QTY. |
|---|---|---|
| 81 | Hexagon bolt M6*15 | 2 |
| 82 | Pad D6 | 6 |
| 83 | Flat washer D6 | 6 |
| 84 | Corrugated washer 0.3*12*17 | 1 |
| 85 | Bearing | 2 |
| 86L/R | Chain cover | 1 pr |
| 87L/R | Cover | 1 pr |
| 88 | Belt pulley | 1 |
| 89 | Belt | 1 |
| 90 | Large pipe plug of middle pipe | 2 |
| 91 | Crank Hole Seal | 2 |
| 92 | Motor | 1 |
| 93 | Induction seat | 1 |
| 94 | Pipe plug 60 | 1 |

**IMPORTANT**

Before assembly, please ensure all parts are included in the package.
In case any parts are missing, contact our customer service to resolve the issue.

**WARNING**

Only adults are allowed to lift and assemble this equipment to avoid risk of injury.

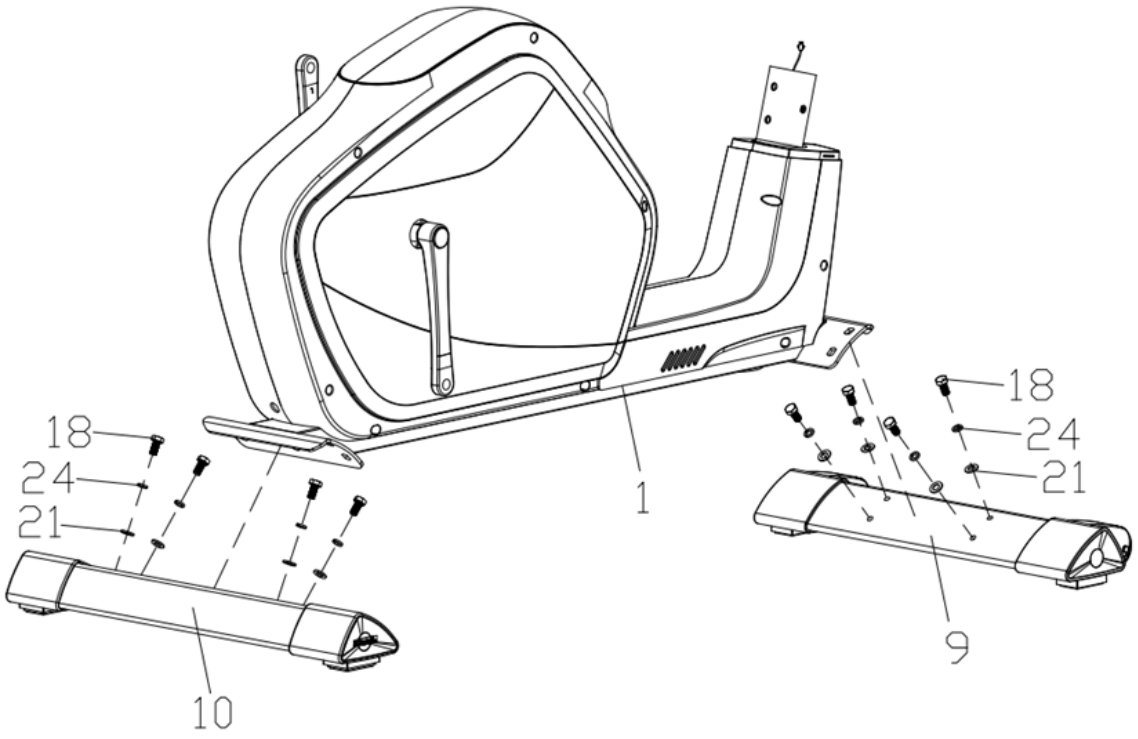
# ASSEMBLY INSTRUCTIONS

## STEP 1.

Install the Front bottom tube (9) and Rear bottom tube (10) to the Main frame (1) with hex head bolt (18), spring washer (24) and flat washer (21).

**IMPORTANT**

Complete each assembly stage completely before advancing on to the next.
Assemble with nuts and bolts loose at first. Tighten only after completing assembly step.





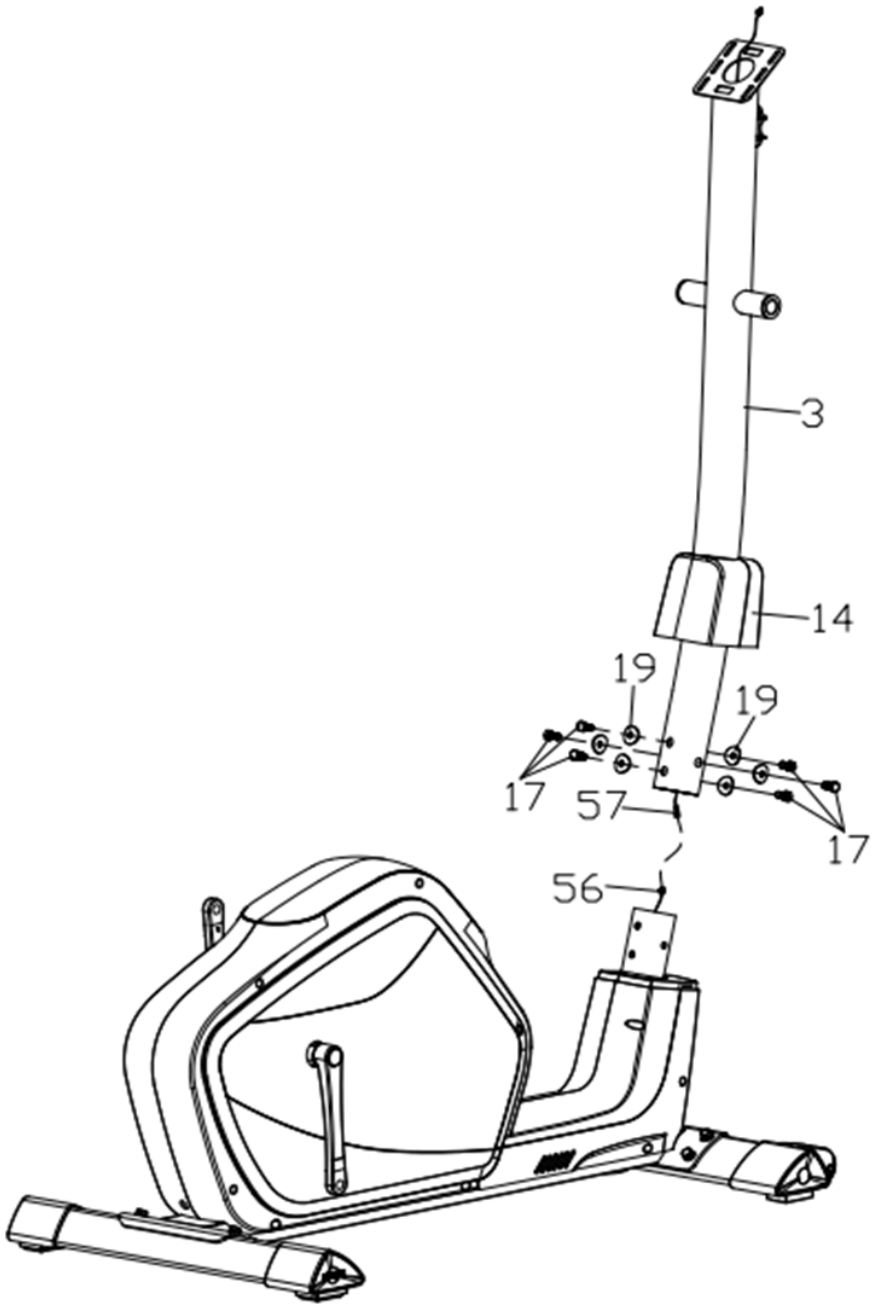
info@gymstick.com | +358 10 229 3040

# ASSEMBLY INSTRUCTIONS

## STEP 2.

A: Make the Protective guard (14) covering on the Handlebar post (3).

B: Put the handlebar post (3) into the front tube of the main frame (1) (note: cannot clamp line), then lock the handlebar post (3) to the front tube of the main frame (1) with the external hexagon screw (17) and the arc pad (19), and cover the protective guard (14) of the handlebar post.



# ASSEMBLY INSTRUCTIONS

## STEP 3.

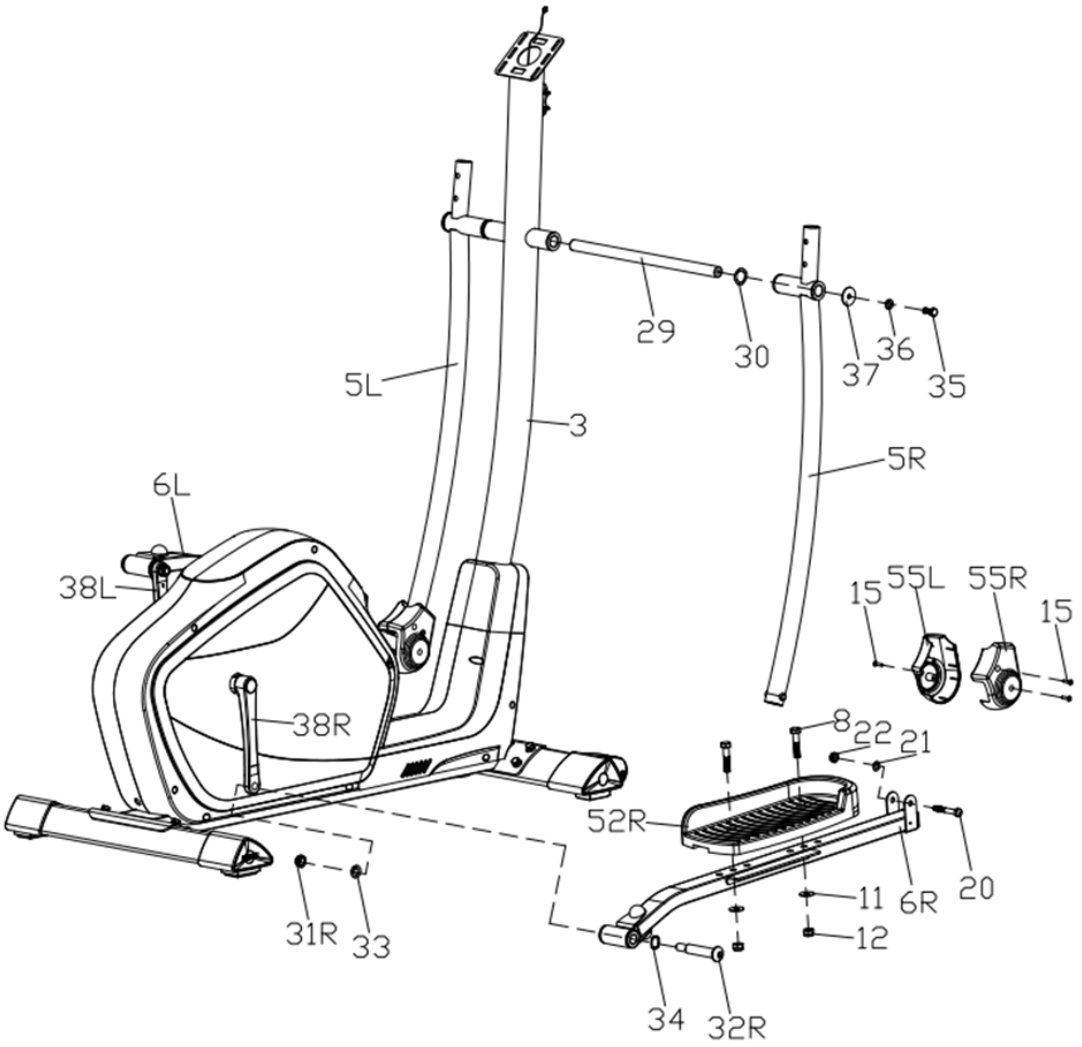
A: Insert the Long axle to the Handlebar post (3) then attach the Swing tube (5L/R) on the Long axle with hexagon bolt (35), spring washer (36), flat washer (37), wave washer (30). Please don't lock hexagon bolt (35) tightly now.

B: Use the left and right pedal bolt (32L/R), wave washer (34), spring washer (33) and left and right nylon nut (31L/R) to pre-lock the left and right connecting rod coupling (6L/R) on the left and right cranks (38L/R), and do not lock the pedal bolt (32L/R) temporarily.

Note: the pedal bolt is divided into left and right, the right "R" is rotated clockwise; the left "L" is rotated counterclockwise. You can turn the crank during screwing; choose the best angle to screw in the bolt

C: The swing rod (5L/R) and the connecting rod (6L/R) are connected together with a hex bolt (20), flat washer (21) and nylon nut (22). Then lock all the bolts that are not locked, and finally fasten the linkage guard (55L/R) on both sides with the crosshead self-tapping screw (15).

D: Lock the Pedal (52L/R) on the Pedal support (6L/R) tightly with Hex bolt (8), Flat washer (11) and Nylon nut (12).





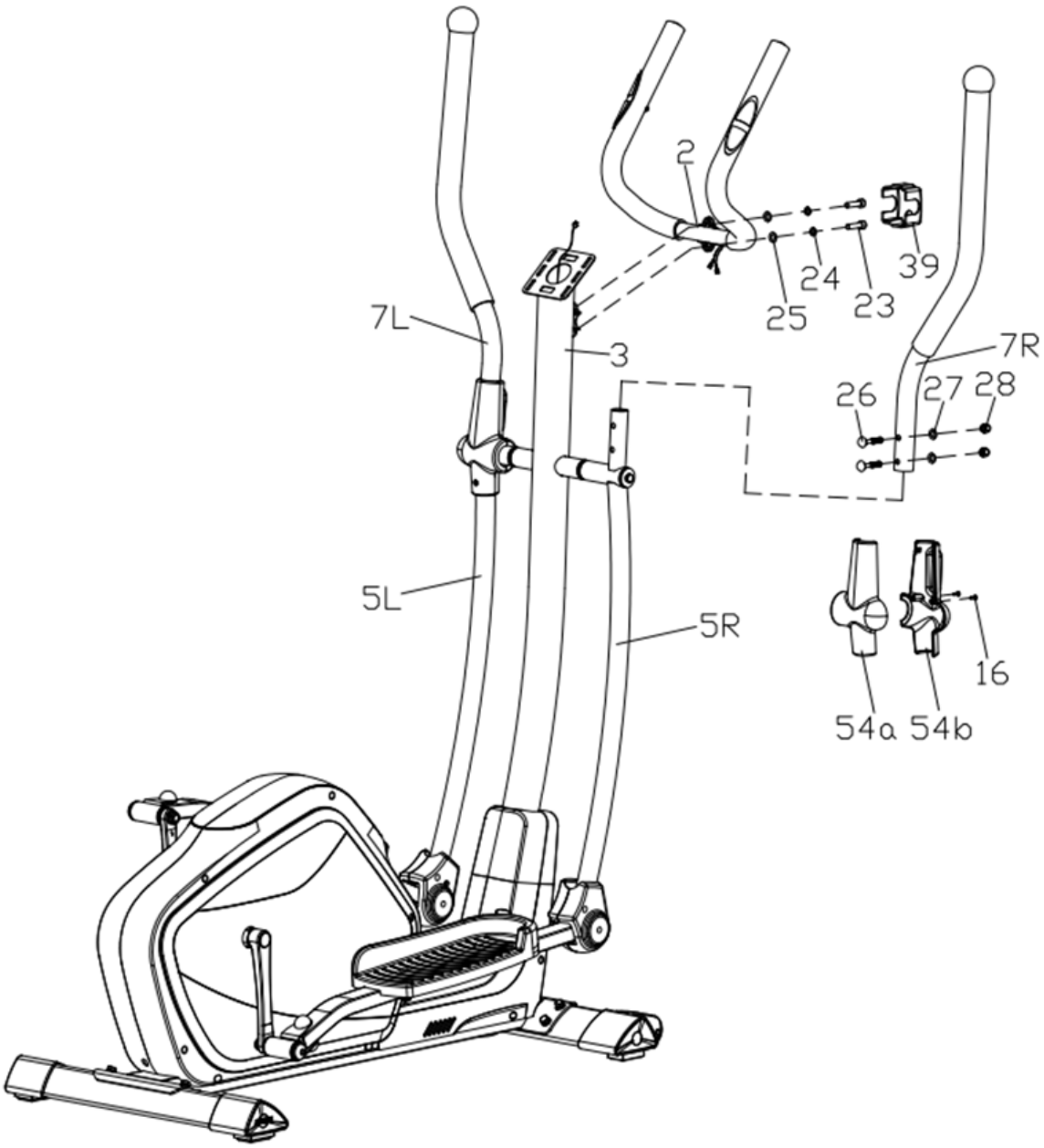
info@gymstick.com | +358 10 229 3040

# ASSEMBLY INSTRUCTIONS

## STEP 4.

A: Thread the Hand pulse wire (58) into the hole of Handlebar post (3) and then takes it out from the computer bracket. At last, lock the fixed handlebar (2) onto the Handlebar post (3) tightly with Hex screw (23) and spring washer (24) and flat washer (25).

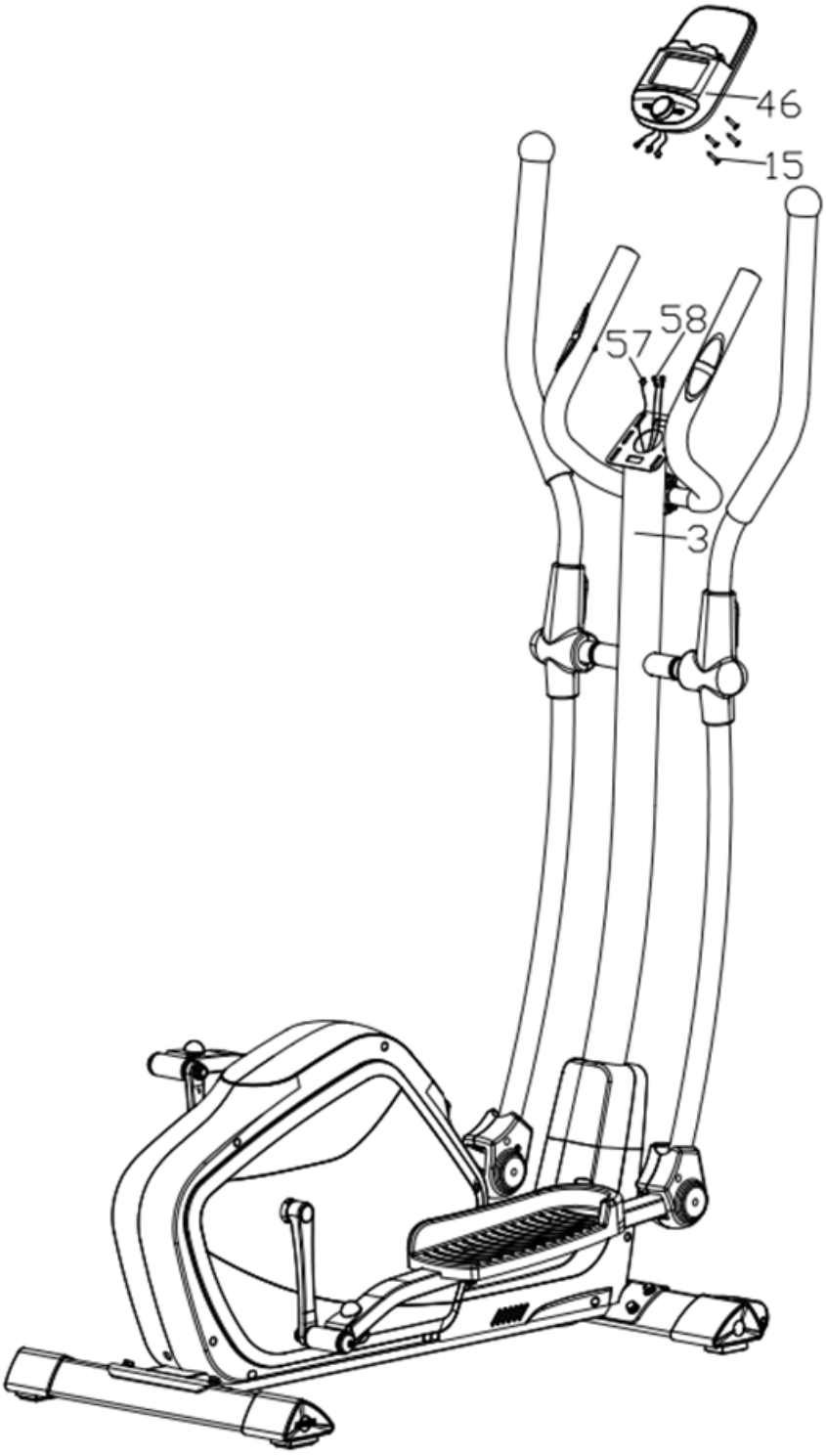
B: Lock the Handlebar (7L/R) onto the Swing tube (5L/R) tightly with Carriage bolt (26), Arc washer (27) and Nylon nut (28), then lock the Front protective guard and Rear protective guard (54a/b) onto Swing tube (5L/R) with Cross pan screw (16).



# ASSEMBLY INSTRUCTIONS

## STEP 5.

First, connect the Extension wire (57), hand pulse wire (58) with the connecting wire of the Computer (46) properly, then fix the computer (46) on the bracket of the Handlebar post (3) with Cross pan bolt (15).






info@gymstick.com | +358 10 229 3040

# IMPORTANT ELECTRICAL INFORMATION

**WARNING**

This machine requires a right power source in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging the equipment. Any incorrect power source could cause significant damage to the equipment and or user.

**Correct power source:** Input: AC 220-240V~50/60Hz / Output: 8VDC 600~1200mA

**WARNING**

This product must be grounded. Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a certified electrician if you are in doubt as to whether the product is properly grounded.

- ⚠ Never expose the machine to rain or moisture. This machine is not designed for outdoor use, near pools or in any other high humidity environment.
- ⚠ Always remove the plug from the wall socket when the machine is not in use.
- ⚠ Never use a ground fault circuit interrupter (GFCI) wall outlet with this device.
- ⚠ Route the power cord away from any moving part of the device including the elevation mechanism and transport wheels.
- ⚠ Never operate the device using a generator or UPS power supply.
- ⚠ Never remove any cover without first disconnecting power.

## PLUG IN POWER

Plug the power plug into a wall outlet that complies with the electrical safety instructions.

**Note!** The equipment must not be connected to a power strip, otherwise it cannot be guaranteed that the equipment will be supplied with sufficient power. Technical errors can result.

# MAINTENANCE & CARE

General cleaning will help prolong the life and performance of your machine. Keep the unit clean and maintained by dusting the components on a regular basis.

- Clean with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts.
- Please wipe your perspiration off the unit after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.
- Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

## STORAGE

- To disconnect, turn all controls to the off position and then remove the plug from the outlet.
- Keep the unit, especially the computer console, out of direct sunlight to prevent screen damage.
- Store the device in a clean, warm and dry environment, away from children.
- Allowed storage temperatures 5-40°C.

**IMPORTANT**

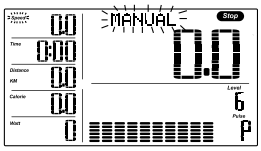
Turn off the device if you are not going to use it for a long time.

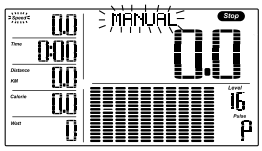

info@gymstick.com | +358 10 229 3040

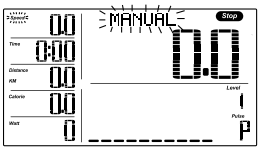
# TRAINING PROGRAMS

## MANUAL PROGRAM

Customizable mode for setting your own workout values.

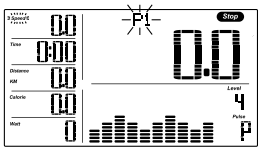


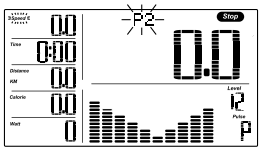




## PRESET PROGRAMS

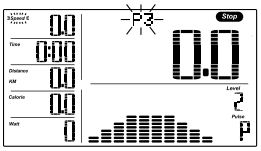
Choose from **10 preset training programs**. See table below for reference.



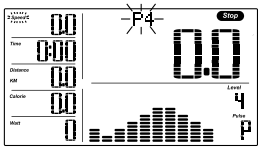

**P1 Rolling**



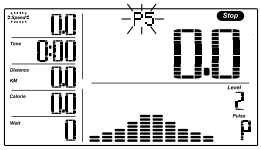

**P2 Valley**



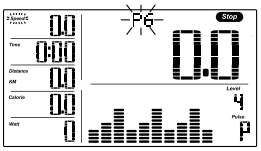

**P3 Fat Burn**



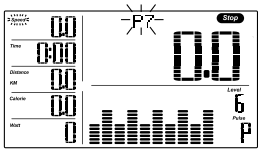

**P4 Ramp**



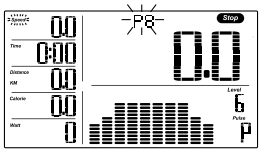

**P5 Mountain**



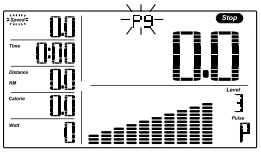

**P6 Interval**



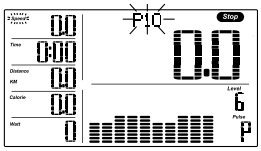

**P7 Cardio**




**P8 Endurance**



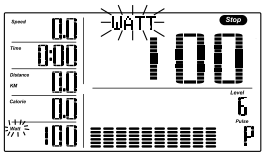

**P9 Slope**




**P10 Rally**

## WATT CONTROL PROGRAM

Watt control program for watt value based training.

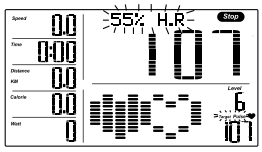


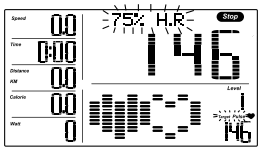

The WATT value is decided by TORQUE and RPM. In this program, the WATT value will keep at a constant value. It means that if you pedal quickly, the resistance will decrease and if you pedal slowly, the resistance will increase to ensure you at the same watt value.

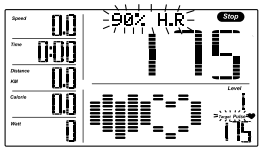
# TRAINING PROGRAMS

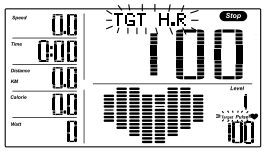
## HRC PROGRAMS

Choose from **4 Heart Rate Controlled** programs. (55% HR, 75% HR, 90% HR and TARGET HR)



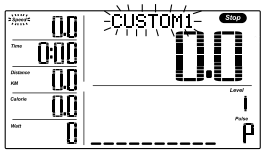



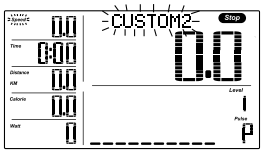



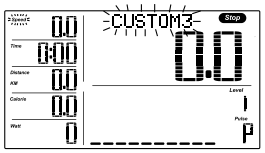



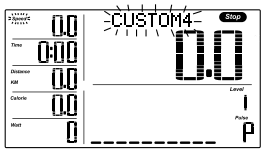

## USER PROGRAMS

Build custom user setting profiles with CUSTOM 1 - CUSTOM 4.



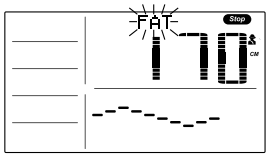



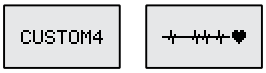




## BODYFAT MEASUREMENT PROGRAM

Measure bodyfat based on your statistics and heart rate.

1. Record the user's data of GENDER, HEIGHT, WEIGHT and AGE even cut off the power.
2. Dot matrix display showing your current status.
3. Simulative ECG measuring heart rate.
4. Display Speed(RPM), TIME, DIST., CAL., WATT, PULSE, LEVEL at the same time.
5. The computer will turn off automatically if there is no operation, speed signal and pulse signal over 4 minutes. Meanwhile,it will store your current exercise data and turn the loading resistance to the minimum. Once you press any button or in motion, the computer will turn on automatically.






info@gymstick.com | +358 10 229 3040

# CONSOLE OPERATION INSTRUCTIONS

## DISPLAY FUNCTIONS

| Display | Description |
|---|---|
| SPEED | Shows current speed. (Range 0.0 - 99.9 km/h) |
| RPM | Shows current rotation per minute. (Range 0 - 999) |
| TIME | Shows exercise time. (Range: 0:00 - 99:59)<br>The preset time range is 5:00 - 99:00.<br>The computer will count down from preset time to 0:00 with average time for each resistance level. When it reaches zero, the program will stop and computer will alarm. If preset the time is not set, it will run with one minute. |
| DISTANCE | Shows total distance. (Range: 0.0 - 99.9 - 999 KM)<br>The preset distance range is 1.0 - 99.0 - 999. When the distance reaches 0, the program will stop and the computer will alarm. |
| CALORIES | Shows burnt calories. (Range: 0.0 - 99.9 - 999)<br>The preset calories range is 10.0 - 90.0 - 990. When calories reach 0, the program will stop and the computer will alarm. |
| PULSE | Shows current heart rate. (Range: 30 - 240 BPM) |
| RESISTANCE | Shows current resistance level. (Range: 1 - 16) |
| WATT | Shows current watt outage from exercise. |

# CONSOLE OPERATION INSTRUCTIONS

## BUTTON FUNCTIONS

| Button | Description |
|---|---|
| ENTER | In STOP-mode press ENTER button to enter into program selection and to set values which will flash in related window.<br>A: When choosing training programs, press ENTER to confirm selection.<br>B: When setting values, press ENTER to confirm the value selection.<br>In START-mode, press ENTER to quit SCAN-mode and select main display function. |
| START/STOP | Press START/STOP button to start or stop training programs.<br>During any mode, hold down this button for 2 seconds to fully reset console. |
| UP | In STOP-mode when the dot matrix character flashes, press this button (or rotate clockwise) to select program up. If the related window value flashes, press this button (or rotate clockwise) to increase the value.<br>In START-mode, press this button (or rotate clockwise) to increase the training resistance. |
| DOWN | In STOP-mode when the dot matrix character flashes, press this button (or rotate anticlockwise) to select program down. If the related window value flashes, press this button (or rotate anticlockwise) to decrease the value.<br>In START-mode, press this button (or rotate anticlockwise) to decrease the training resistance. |
| PULSE RECOVERY | First test your current heart rate and show your heart rate value, press this button to enter into pulse recovery testing.<br>When you are in pulse recovery mode, press this button to exit. |
| RESET | When in settings, press RESET to reset the selected value.<br>During any mode, hold down this button for 2 seconds to fully reset console. |

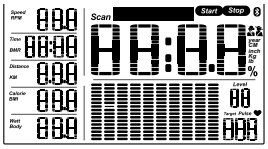
## TROUBLESHOOTING

| Code | Solution |
|---|---|
| ERROR1 | Check the condition of the motor and that the motor wires are properly connected. |
| ERROR2 | Ensure that your hands are properly contacted to the heart rate sensors |

# CONSOLE OPERATION INSTRUCTIONS

## TURN ON THE CONSOLE

Connect one end of the adapter to the power socket and the other end to the connector on the back of the device. The console beeps and enters standby mode



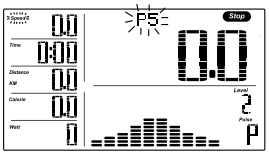
## SELECTING PROGRAM AND SETTING VALUES

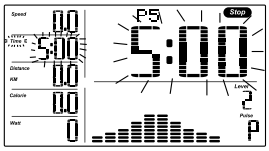
### Manual Program and Preset Programs P1 - P10

A. Press (or rotate) UP, DOWN buttons to select training program. (See left figure below.)

B. Press ENTER button to confirm the selected program and enter time setting window.

C. The time will flash, and then press (or rotate) UP, DOWN buttons to set desired time value. Press ENTER to confirm the value. (See right figure below.)

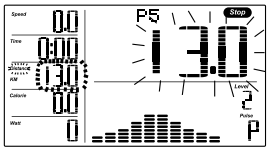


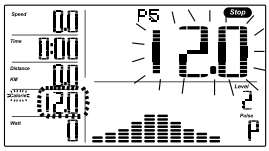


D. The distance will flash, and then press (or rotate) UP, DOWN buttons to set desired distance value. Press ENTER to confirm the value. (See left figure below.)

E. The calories will flash, and then press (or rotate) UP, DOWN buttons to set desired calories to be burnt. Press ENTER to confirm the value. (See right figure below.)

F. Press START/ STOP to begin exercise.





### Watt Control Program

A. Press (or rotate) UP, DOWN buttons to select the watt control program.

B. Press ENTER to confirm the selected watt control program, and enter into time setting window.

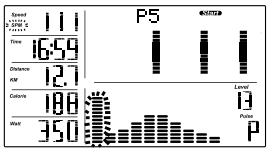
C. The time will flash, and then press (or rotate) UP, DOWN buttons to set desired time value. Press ENTER to confirm the value.

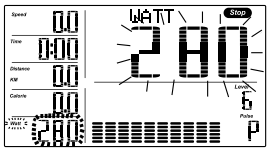
D. The distance will flash, and then press (or rotate) UP, DOWN buttons to set desired distance value. Press ENTER to confirm the value.

E. The calories will flash, and then press (or rotate) UP, DOWN buttons to set desired calories.

F. The watt display will flash, and then press (or rotate) UP, DOWN buttons to set watt value. Press ENTER to confirm the value. (See fig 30)

G. Press START/ STOP to begin exercise.





# CONSOLE OPERATION INSTRUCTIONS

**Heart Rate Control Programs (55% HR, 75% HR and 90% HR)**

The maximum heart rate will depend on users' age. This program will ensure you do healthy exercise within your maximum heart rate.

A. Press (or rotate) UP, DOWN buttons to choose the heart rate control program.

B. Press ENTER to confirm the heart rate control program, and enter into time setting window.

C. The time will flash, and then press (or rotate) UP, DOWN buttons to set up the desired time. Press ENTER to confirm the value.

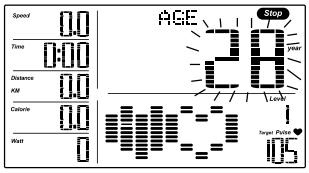
D. The distance will flash, and then press (or rotate) UP, DOWN buttons to set up the desired distance value. Press ENTER to confirm the value.

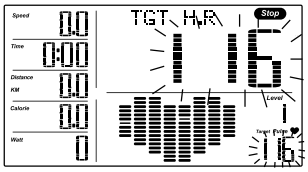
E. The calories will flash, and then press (or rotate) UP, DOWN buttons to set up the desired calories. Press ENTER to confirm the value.

F. The age will flash, and then press (or rotate) UP, DOWN buttons to set the user's age. Press ENTER to confirm the value. (See left figure below.)

G. When the target heart rate control program flashes, the computer will display the user's target heart rate according to the user's age.

H. Press START/ STOP to begin exercise.




**HEART RATE CONTROL PROGRAM: TARGET HEART RATE**

The user can set any target heart rate to do the exercise.

A. Press (or rotate) UP, DOWN buttons to select TARGET HEART RATE program.

B. Press ENTER to confirm your choice and enter time setting window.

C. The time display will flash, and then press (or rotate) UP, DOWN buttons to set the desired time to do the exercise. Press ENTER to confirm the value.

D. The distance will flash, and then press (or rotate) UP, DOWN buttons to set the desired distance value. Press ENTER to confirm the value.

E. The calories will flash, and then press (or rotate) UP, DOWN buttons to set the desired calories value. Press ENTER to confirm the value.

F. The target heart rate will flash, and then press (or rotate) UP, DOWN buttons to set your target heart rate. Press ENTER to confirm the value. (See right figure above.)

G. Press START/ STOP to begin exercise.

**Note!** During exercise, the user's heart rate value depends on the resistance level and speed. The heart rate control program ensures your heart rate stays within the preset value. When the computer detects your current heart rate is higher than the preset, it will decrease the resistance level automatically or you may slow down exercise. If your current heart rate is lower than the preset, it will increase resistance and you may speed up.

# CONSOLE OPERATION INSTRUCTIONS

**User Profile Programs: CUSTOM1 - CUSTOM4**

A. Press (or rotate) UP, DOWN buttons to select the user.

B. Press ENTER to confirm your choice, and enter into time setting window.

C. The height display will flash, and then press (or rotate) UP, DOWN buttons to set up your height. Press ENTER to confirm the value.

D. The distance will flash, and then press (or rotate) UP, DOWN buttons to set up the desired distance value. Press ENTER to confirm the value.

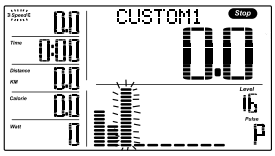
E. The calories will flash, and then press (or rotate) UP, DOWN buttons to set up the desired calories. Press ENTER to confirm the value.

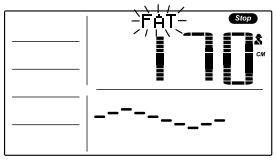
F. The first resistance level will flash, and then press (or rotate) UP, DOWN buttons to set the desired resistance. Press ENTER to confirm. Then repeat above operation to set the resistance from 2 to 10.

G. Press START/ STOP to begin exercise.

**Body Fat Measurement Program**

A. Press (or rotate) UP, DOWN buttons to select BODY FAT TEST program. (See right figure below.)

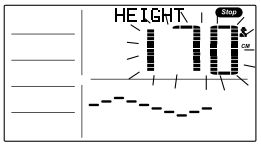


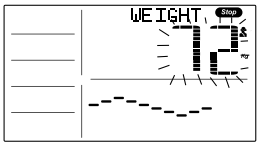




B. Press ENTER to confirm your choice, and enter into height setting mode

C. The height display will flash, and then press (or rotate) UP, DOWN buttons to set up your height. Press ENTER to confirm the value. (See left figure below.)

D. The weight display will flash, and then press (or rotate) UP, DOWN buttons to set up your weight. Press ENTER to confirm the value. (See right figure below.)

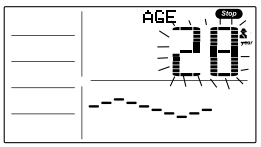


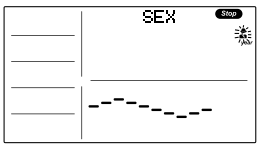




E. The age display will flash, and then press (or rotate) UP, DOWN buttons to set up your age. Press ENTER to confirm the value. (See left figure below.)

F. The gender display will flash, and then press (or rotate) UP, DOWN buttons to set up your gender. Press ENTER to confirm.(See right figure below.)

G. Press START/STOP to begin testing your body fat.



# CONSOLE OPERATION INSTRUCTIONS

**Note!** During the body fat measurement, place both your palms on the contact pads. The test result are: FAT%, BMR (Basal Metabolic Rate), BMI (Body Mass Index), BODY and body shape.

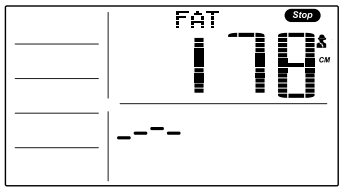
**FAT%:** The total body fat in our body measured by percentage.

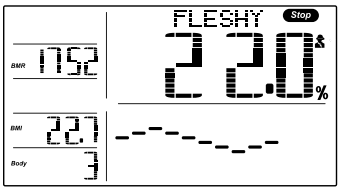
**BMR:** Basal Metabolic Rate (metabolism) is the energy (measured in calories) expended by the body at rest to maintain normal bodily function.

**BMI:** Body Mass Index, which is used for body shape building

During body fat measurement, if your palms do not contact the pulse sensor well, the computer cannot receive any signal and it will display ERROR2. Press START/STOP to try again.

During the test, you cannot exit the test when press any button. After the test finish, press (or rotate) UP, DOWN button to exit the body fat measurement program and switch to other program.




| Body Shape / Age/ Gender / FAT% | Slim | Healthy | Fleshy | Over WT | Obese |
|---|---|---|---|---|---|
| | BODY1 | BODY2 | BODY3 | BODY4 | BODY5 |
| Male/≤30 years old | ＜14% | 14%～20% | 20. 1%～25% | 25. 1%～35% | ＞35% |
| Male/＞30 years old | ＜17% | 17%～23% | 23. 1%～28% | 28. 1%～38% | ＞38% |
| Female/≤30 years old | ＜17% | 17%～24% | 24. 1%～30% | 30. 1%～40% | ＞40% |
| Female/＞30 years old | ＜20% | 20%～27% | 27. 1%～33% | 33. 1%～43% | ＞43% |

## HEART RATE TRACKING

Place both your palms on the heart rate sensors and the computer will show your current heart beat rate in beats per minute (BPM) on the LCD after 3~4 seconds. During the measurement, heart icon will flash with simulative ECG showing.

**Note!** During the process of pulse measurement, because of the contact jamming, the measurement value may not be stable when start, then it will return to normal level. The measurement value cannot be regarded as the basis of medical treatment.

# CONSOLE OPERATION INSTRUCTIONS

## HEART RATE RECOVERY TEST

The pulse recovery test is to compare your heart rate before and after exercise. Its target is to determine your heart strength via the measuring. Please do the test as below:

A. Place both your hands on the heart rate sensors to test the pulse, the computer will display your current pulse value.

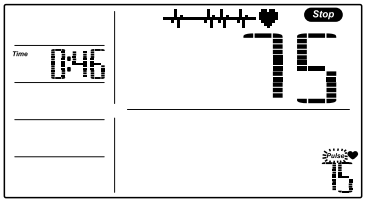
B. Press RECOVERY to enter the pulse recovery test and the computer program will enter the stop status. (See left figure below.)

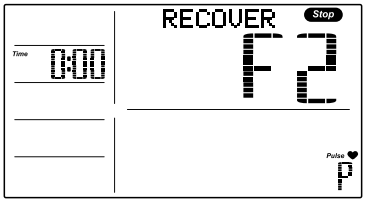
C. Keep pulse detecting.

D. Time will count down from 60 seconds to 0 second.

E. When time reaches 0, the test result (F1-F6) appears on the display. F1=Excellent F2=Good F3=Fair F4=below average F5= No Good F6= Poor (See right figure below.)

F. If the computer does not detect your current heart rate first, pressing RECOVERY will not enter into pulse recovery test. During the pulse recovery test, press RECOVERY to exit the test and return to the stop status.




## BLUETOOTH

This device is equipped with integrated Bluetooth connectivity, which allows it to work with interactive Bluetooth training applications, such as Kinomap.

a) Download Kinomap app from AppStore (iOS) or Google Play (Android).

b) Enable Bluetooth from your phone or tablet settings.

c) Run the Kinomap app.

d) Go to the “My Equipment” menu and tap on the “+” button.

e) Follow the instructions on the app to complete the connection.

kinomap

# WARM-UP & COOL DOWN

Exercise in any form is one of the best things you can do for your overall health. A good exercise program consists of a warm-up, actual workout and a cool down.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The WARM-UP is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

### HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.

### SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

### SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

# WARM-UP & COOL DOWN

### QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your glute as possible. Hold for 15 counts and repeat with left foot.

### INNER THIGH STRETCH

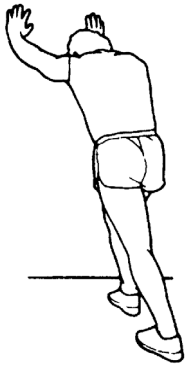
Sit with the soles of your feet together and your knees pointi ng outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

### TOE TOUCHES

Slowly bend forward from your waist, letting your back an d shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

### HAMSTRING STRETCH

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



### CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep you r right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

# IMPLIED WARRANTY

The importer of this product assures that this device is manufactured with high quality materials. The implied warranty is valid for 2 (two) years, beginning from the date of purchase. The warranty is valid in home use.

**The warranty applies to the following parts:**

- Frame
- All parts included in the original delivery

**The warranty does not apply to the following parts:**

- Wearing parts (e.g. cushions, bearings, cables, pulleys, etc.)

**The warranty does not cover:**

- Incorrect installation
- Damage caused externally
- Use of unauthorised service partners
- Failure to carry out regular maintenance and servicing
- Improper use and handling of the equipment
- Improper storage of the equipment
- Non-compliance of the operating instructions

## MANUFACTURED FOR

Gymstick International Oy

Ratavartijankatu 11

15170 Lahti, FINLAND

## DISCLAIMER

The manufacturer and its associates and partners have no liability, obligation or responsibility to any person or entity for any loss, damages or adverse consequence alleges to have happened directly or indirectly as a consequent of this product.

Products marked with these symbols must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide more information on the matter.