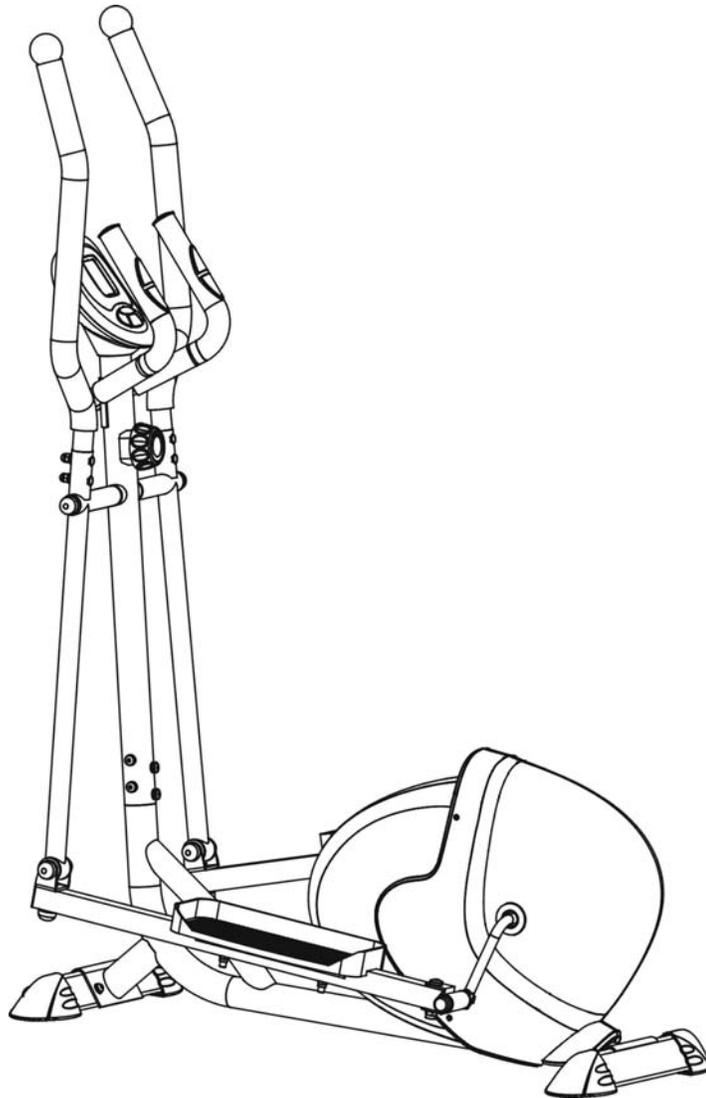




Magnet Power, Elliptical Bike

OWNER'S MANUAL

CEB TRIM-500E



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Features:

This magnetic elliptical bike is a home aerobic fitness equipment. This could be used for the upper and lower limb combined training, particular for the muscles in your lower limb building up, improving the cardio-pulmonary function and keeping the brain's balance. The aerobic exercise could improve the ability of the cardiopulmonary and blood circulation, while it is burning fat effectively and bring a good feeling during exercise. All this will achieve the goal of body building and good for your health.

The console will show the parameters during exercise, such as speed, time, calorie, etc. Please read the instruction of the electronic console carefully.

The design and production of this equipment is according to the national safety standard-GB17498-2008, and guarantee its safety and durability. It meets the design of Man-Machine Engineering motion trace, and it could build up the body. This magnetic elliptical bike has attractive appearance, simple operation, space saving design, running smoothly. It will be a perfect body building equipment in the modern family.

1. Precautions

- 1) Read all the instructions in this manual and do warm exercises before using this equipment.
- 2) This elliptical trainer is a home stationary fitness equipment, and also an aerobic training equipment that can help you to develop your cardiovascular function.
- 3) Please make sure all parts are not damaged and fixed well before using. The equipment should be placed on the flat ground when using. Using a carpet or other covering material on the ground is recommended.
- 4) Consult your physician and make a suitable schedule before exercise. This is particularly important to the person who is over 35 years old or who has medical history. In order to attain an ideal exercise result, besides executing a suitable amount of exercise, it is also very important to insist on doing exercise every day.
- 5) Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. After exercise, relaxation of the body is suggested for cool-down.
- 6) Keep the children and pets away from the equipment while using the equipment. This machine is designed for adults only.
- 7) Be careful when step on or leave the pedal always hold the handlebars first. Make the pedal at your side at the lowest position, step on the pedal, and stride over the main frame then step on the other pedal. When using, please hold the handlebar by hands, make the pedals running smoothly by push or pull handlebars, then run the equipment regularly by cooperation of hands and feet. After exercise, please also make one pedal at the lowest position and leave your foot on the higher pedal first and then another.
- 8) Do not use this equipment one hour before or after dinner.
- 9) If feeling chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
- 10) The maximum capacity of user is 100kgs.
- 11) The braking system of the equipment is speed-independent.
- 12) The space of free movement should be over 100(width) x 120(length) x 200(High)cm.
- 13) This equipment isn't suitable for medical use.
- 14) Children should be supervised to ensure that they do not play with the appliance.
- 15) This appliance is not intended for use by person (including children) with reduced physical, sensory or

mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Warning: It will be harmful if you disobey the above-mentioned precautions.

Computer Operation

This equipment is used for aerobic exercise, and the capacity of the exercise should be increased step by step.

- 1). To control the exercise capacity by adjusting the tension control.
- 2). When you find some internal parts of the bike are abrasive and loose after using for a long time, please open the covers under the guiding of the machinist and adjust the resistance of the belt. The belt should not be too loose or too tight, which should be subject to running smoothly and not skidding.

SPECIFICATIONS:

This computer's model is E-239B, with 4-bit micro processor and single window LCD (see the left picture) and it has hand pulse sensor.



KEY FUNTION:

- A) AUTO ON/OFF:** The monitor will be auto-powered when starts exercise or press the key. The monitor will be automatically shut off if there is no signal coming in for 4 minutes,
- B) SCAN:** It displays the values: ①time ②speed ③distance ④calories ⑤pulse ⑥total distance.
The values change every 4 mins.
- C) TIME (TMR):** Auto-memorize the workout time while exercising (min:sec).
- D) SPEED (SPD):** Display the current speed (km/h).
- E) DISTANCE (DST):** Accumulate the distances while exercising (km).
- F) CALORIES (CAL):** Auto-memorize calories amount consumed while exercising (Kcal).
- G) TOTAL DISTANCE (ODO):** Display the total distances while exercising. When the signal inputs, it start the value up on the original data. The ODO can't be reset (by RESET key) except you replace battery once.
- H) PULSE (PUL):** Display the user's heart rate per minute while exercising. Remark: You have to hold on reaction planks with both hands for 4-5 seconds, and then it can display your pulse. The shinning heart means signal inputs.
- I) RESET/CLEAR:** To let the value reset.
- J) BATTERY:** If there is a possibility to see an improper display on the monitor, please replace the batteries to have a good result .This monitor uses two "AA" or "UM-3" batteries.

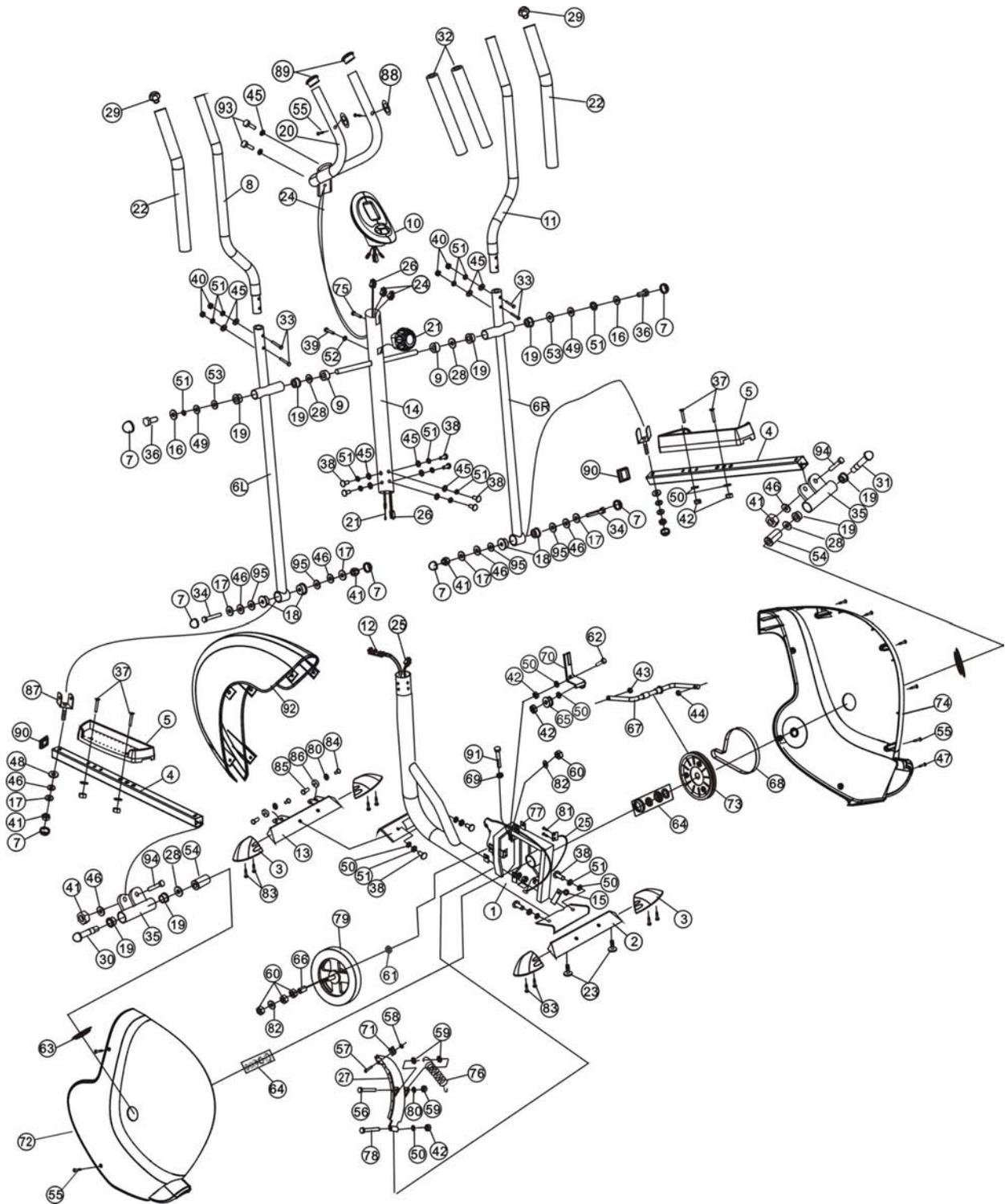
ATTENTION: the information only can be recovered in 15 seconds after battery replacement; the built-in data in computer may be lost after battery replacement; the normal life for battery is one year.

3. Parts List

No.	Description	Qty	No.	Description	Qty
1	Main frame	1	32	Hand pulse tube	2
2	Rear stabilizer	1	33	M8x40 Bolt	4
3	Base foot	4	34	M10x70 Bolt	2
4	Pedal support tube	2	35	Rear clip bracket	2
5	Pedal	2	36	M8x20 Bolt	2
6	Pulling pole (L&R)	1 set	37	M8x50 Bolt	4
7	M10 Nut cap	8	38	M8x20 Bolt	10
8	Left Handlebar	1	39	Crosshead Screw M5 x 35	1
9	Arc spacer	2	40	M8 Cap nut	4
10	Computer E-239B	1	41	M10 Lock nut	6
11	Right handlebar	1	42	M8 Lock nut	7
12	Tension control wire	1	43	1/2" Left lock nut	1
13	Front stabilizer	1	44	1/2" Right lock nut	1
14	Front upright frame	1	45	Φ8 Arc washer	12
15	Cover fixing ring	1	46	Φ10 Flat washer	8
16	M8 Special washer	2	47	Crosshead self-lock bolt ST2.2 x 10	1
17	M10 Special washer	6	48	Φ10 Big washer	2
18	Handlebar support bushing	4	49	Φ8 Big washer	2
19	Pedal bushing	8	50	Φ8 Flat washer	11
20	Hand pulse bar	1	51	Φ8 Spring washer	16
21	Tension control	1	52	Φ5 Flat washer	1
22	Handlebar foam	2	53	Φ8 Plastic flat washer	2
23	Adjustable base foot	2	54	Pedal axis bushing	2

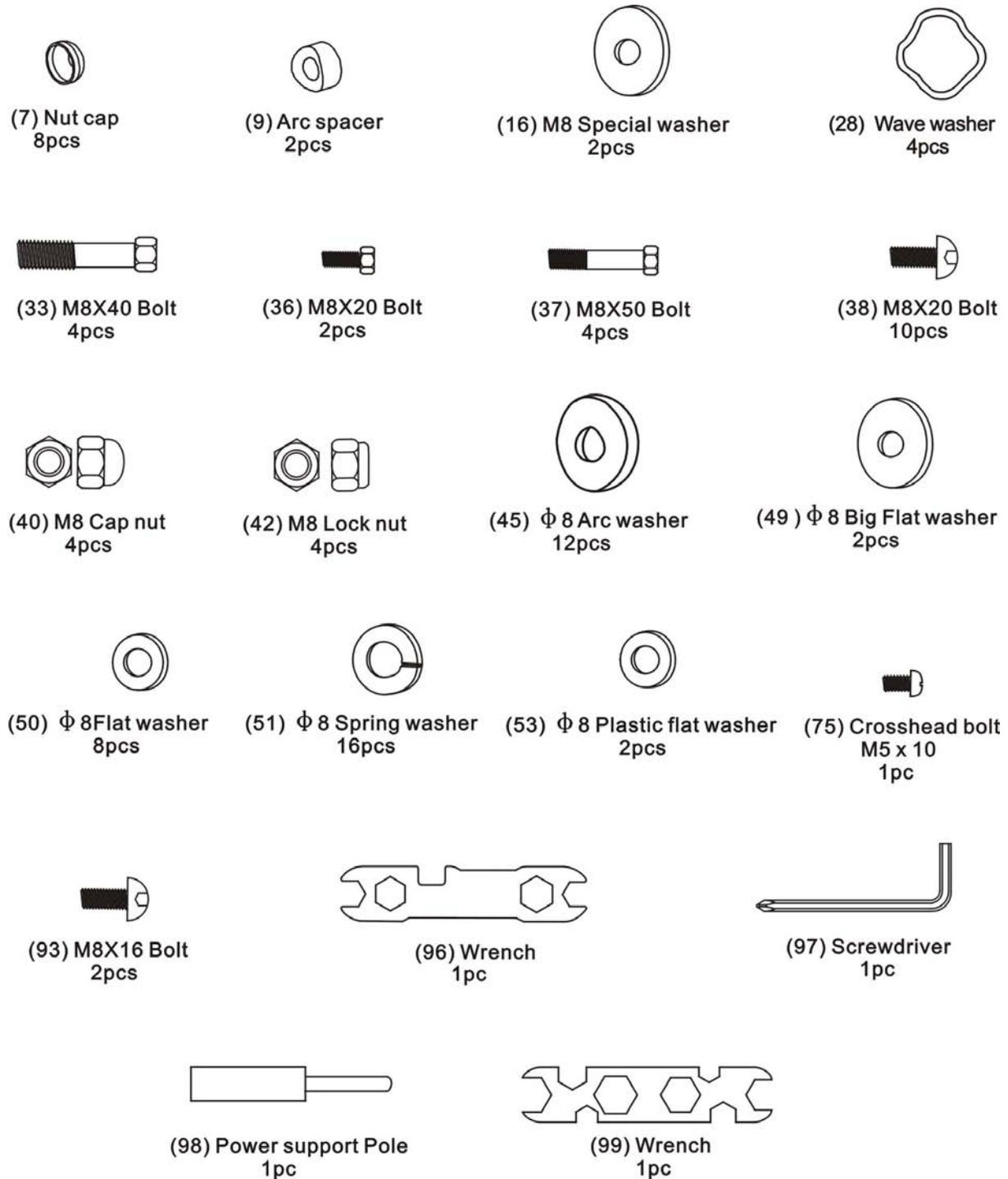
24	Hand pulse wire	2	55	Crosshead self lock bolt ST4.2x20	9
25	Sensor wire 1	1	56	M6x50 Bolt	1
26	Sensor wire 2	1	57	M5x80 Bolt	1
27	Magnetic bracket	1	58	M5 Nut	1
28	Wave washer	4	59	M6 Nut	3
29	Handlebar Round plug	2	60	M10x1x5 Nut	4
30	Left pedal axis	1	61	M10x1x3 Nut	1
31	Right pedal axis	1	62	M8x20 Bolt	1
No.	Description	Qty	No.	Description	Qty
63	Crank Foam	2	82	Lock flat washer	2
64	Bearing set	1set	83	Crosshead self-lock bolt ST4.2 x 16	8
65	Press-belt wheel	1	84	M6 x 8 Bolt	2
66	Φ10 Spacer	1	85	Wheel axis	2
67	Crank	1	86	Wheel	2
68	4V Belt	1	87	U-shape bracket	2
69	M10 Nut	1	88	Hand pulse sensor	2
70	Pressing belt wheel bracket	1	89	Φ20 tube round plug	2
71	Wire clamp	1	90	F35 square tube plug	2
72	Left cover	1	91	M10X60 bolt	1
73	Big belt wheel	1	92	Front cap of the covers	1
74	Right cover	1	93	M8x16 bolt	2
75	Crosshead bolt M5 x 10	1	94	M10x55 Bolt	2
76	Magnetic spring	1	95	Nylon washer	4
77	Securing bracket	4	96	Wrench (s=5)	1
78	M8 x 40 Bolt	1	97	Screw driver(s=5)	1
79	Flywheel	1	98	Power support pole	1
80	Φ6 Flat washer	3	99	Wrench (s=8)	1
81	Crosshead self bolt ST2.9x8	2			

4. Overview Drawing



5. Hardware Packing List

In order to make your assembling work much easier, we list the hardware and tools that you would use during the assembling period as bellows:



6. Assembly Instructions

Attention:

- 1>. Please follow these assembly instructions step by step to assemble this elliptical bike.
- 2>. Before the bike leaving the factory, the plugs/pedals/covers, etc. are all fixed.
- 3>. Before using the bolts and nuts, please assemble them by hand firstly. After you finish assembling all the parts together, please adjust them to the suitable position and fix them by using tools tightly.
- 4>. When you open the carton, please put the parts by different sorts. Then assemble it according to the following pictures and parts list.

1). Install the Rear Stabilizer

Attach the Rear stabilizer (2) to the Main frame (1) with two sets of M8x20 Bolts (38), Φ 8 spring washers (51), and Φ 8 Flat washers (50).

(Refer figure 1)

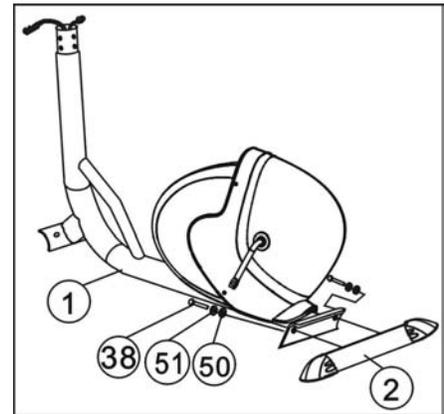


Figure 1

2). Install the Front Stabilizer

Attach the Front stabilizer (13) to the Main Frame (1) with two sets of M8x20 Bolts (38), Φ 8 spring washers (51), and Φ 8 Flat washers (50). (Refer figure 2)

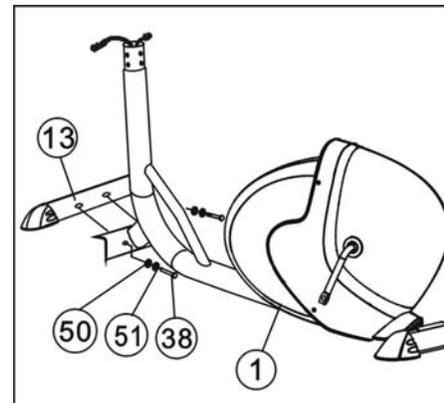


Figure 2

3). Install the Front Upright Frame

- a. On the lower position of the front upright frame (14), there is the tension control (21). Connect the joint of the tension control (21) with the tension control wire (12) firmly. < Note: at first, please turn the tension control's knob to the bottom of the "-" direction (in this situation, the joint of the tension control will be extended to the longest)>. Then put the end of resistance cable into the spring hook of Tension control wire (12) as shown on drawing A of figure 3.

Pull the resistance cable up and force it into the gap of metal bracket of Tension control wire (12) as shown on drawing B of figure3

Connect the resistance cable with the Tension control wire (12) completed as shown on drawing C of figure 3. If the upper side of the tension control wire cannot fix perfectly in the gap of metal bracket, please adjust the nut which below the bracket to the suitable position.

- b. Connect the computer wire (26) to the Sensor wire (25) coming out from mainframe (1) as show on drawing **D** of figure3.
- c. Insert the Front upright frame (14) to the main frame (1) and secure it with six pieces of M8 x 20 Bolts (38), Φ 8 Spring washers (51), and Φ 8 Arc washers (45) as shown on drawing **D** of figure 3.

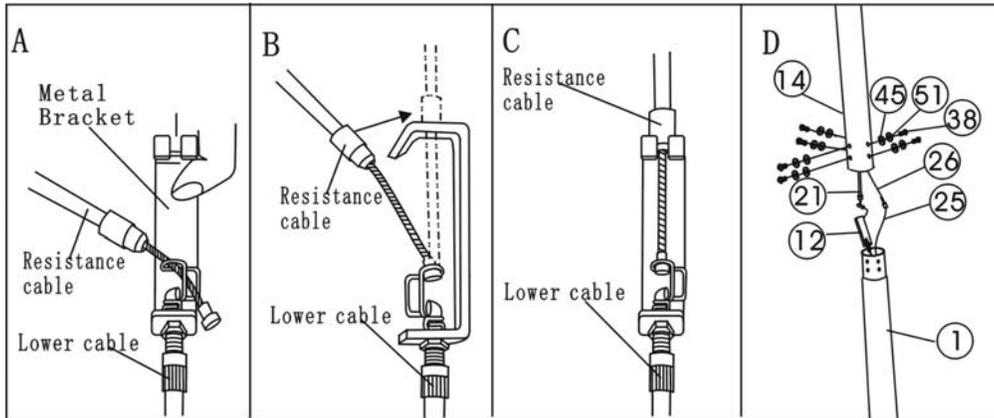


Figure 3

4). Install the Hand Pulse Bar

- a. Insert the hand pulse wires (24) from hand pulse bar (20) into the hole on the back of Front upright frame (14) and then pull them out from the upper hole of Front upright frame (14).
- b. Attach the hand pulse bar (20) to the groove of Front upright frame (14) with two pcs of Φ 8 arch spacers (45), and M8 x 16 bolts (93). (Refer figure 4)

5). Install the Computer

- a. Connect the Pulse wires (24) with Sensor wire 2 (26) and put the extra wires into the tube.
- b. Attach the Computer (10) to the top of the Front upright frame (14) and tighten with Crosshead bolt M5 x 10 (75). (Refer figure 5)

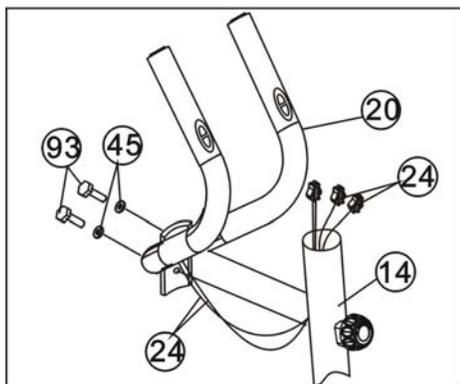


Figure 4

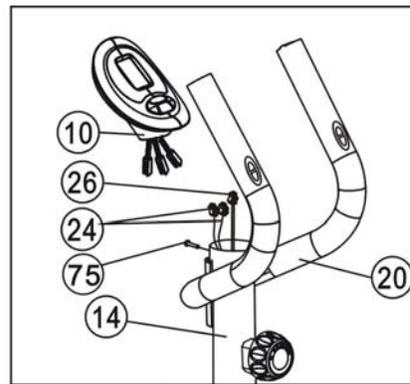


Figure 5

6). Install the Handlebar Support (Right & Left)

- a. Attach one Arc spacers (9) and Wave washer (28) to the right end of horizontal axle of Front upright frame (14). (make the gouge of the arc face inside)

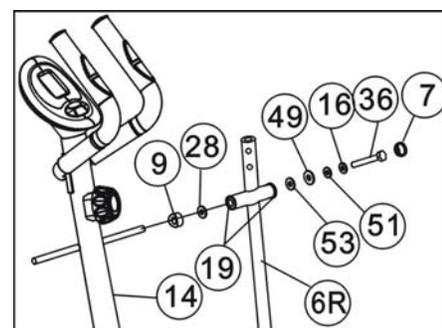


Figure 6

- b. Insert right Handlebar support (6R) to the right end of horizontal axle of Front upright frame (14) (the long side of the handlebar face inside) and secure it with one Plastic flat washer (53), $\Phi 8$ Big washer (49), $\Phi 8$ spring washer (51), M8 Special washer (16), and **M8x20 Bolt (36)**.
- c. After assembled the Nut cap (7) to the **M8x20 Bolt (36)**, the right Handlebar support (6R) can move freely.

7). Install the Pedal Support Tube (Left & Right)

Insert the left Pedal support tube (4) through the Rear U-shape bracket (35), put a Wave washer (28) and Pedal axis bushing (54) into the Left pedal axis (30). And then attach the pedal axis (30) to the crank (67) and tighten them with Power support pole (98) and then lock the left lock nut (43).

Do the same steps as above to assemble the right Pedal support tube (4) to the right pedal axis (31). (Refer figure 7)

Note: The left & right screw thread should be fixed accordingly, and there is some labels stick on the parts: left screw thread “L”, right screw thread “R”.

8). Install the Pedals

Attach the left Pedal (5) to the left Pedal support tube (4) with four M8x50 Bolts (37), $\Phi 8$ Flat washers (50), and M8 Lock nuts (42). Do the same steps as above to assemble the right Pedal (5) to the right Pedal support tube (4). (Refer figure 8)

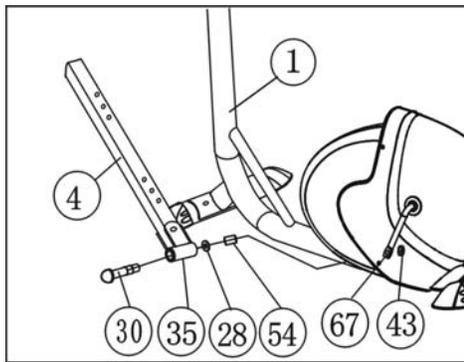


Figure 7

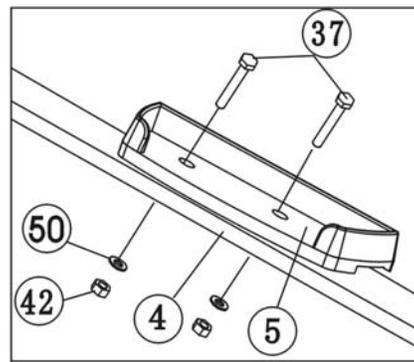


Figure 8

9). Install the Handlebar (Left & Right)

Insert the Left handlebar (8) to the Left Handlebar support (6L) with four sets of M8x40 Bolts (33), $\Phi 8$ Arc washers (45), $\Phi 8$ Spring washers (51), and M8 Cap nuts (40). Do the above same steps to assemble the Right handlebar (11) to the right Handlebar support (6R). (Refer figure 9)

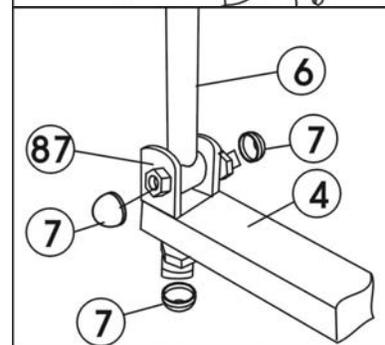
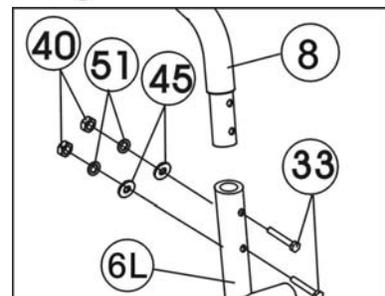


Figure 10

Note: The bolt must be set into the hexangular hole.

10). Install the nut cap

After installed and adjusted the equipment, clip on the cap nuts at the connecting of U-shape brackets (87), Handlebar supports (6) and Pedal support tube (4), (Refer Figure 10)

7. Maintenance and Treatment

- 1) Verify that all the bolts and nuts are locked properly and the turning parts should be turned freely without damaged parts.
- 2) Clean the equipment with soap and slightly damp cloth only. Please do not use any solvent to clean the equipment.

Malfunctions and treatment

Malfunction	Reason	Treatment
Base frame is unstable	<ol style="list-style-type: none"> 1. Floor is not flat or there is Small object under the front or Rear stabilizer. 2. The front and rear base feet have not been leveled when assembling. 	<ol style="list-style-type: none"> 1. Remove the object. 2. Adjust the front and rear stabilizers.
Handlebar or seat cushion is shaking.	The screw loose.	Tighten the screws.
Loud noise from the moving parts.	The interval of the parts has not been tightened correctly.	Open the covers to check.
No resistance when using the equipment.	<ol style="list-style-type: none"> 1.The interval of the magnetic resistance increases. 2. Tension control is damaged. 3. Running belt is slip. 	<ol style="list-style-type: none"> 1. Open the covers to check. 2. Replace the Tension control. 3. Open the covers to check.

8. Warming up and cooling down

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably 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.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

1. Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

2. Hamstring Stretch

Sit with your right leg extended. 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 extended.

3. Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, 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, and finally, drop your head to your chest for one count.

4. Shoulder Lift

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

5. Toe Touch

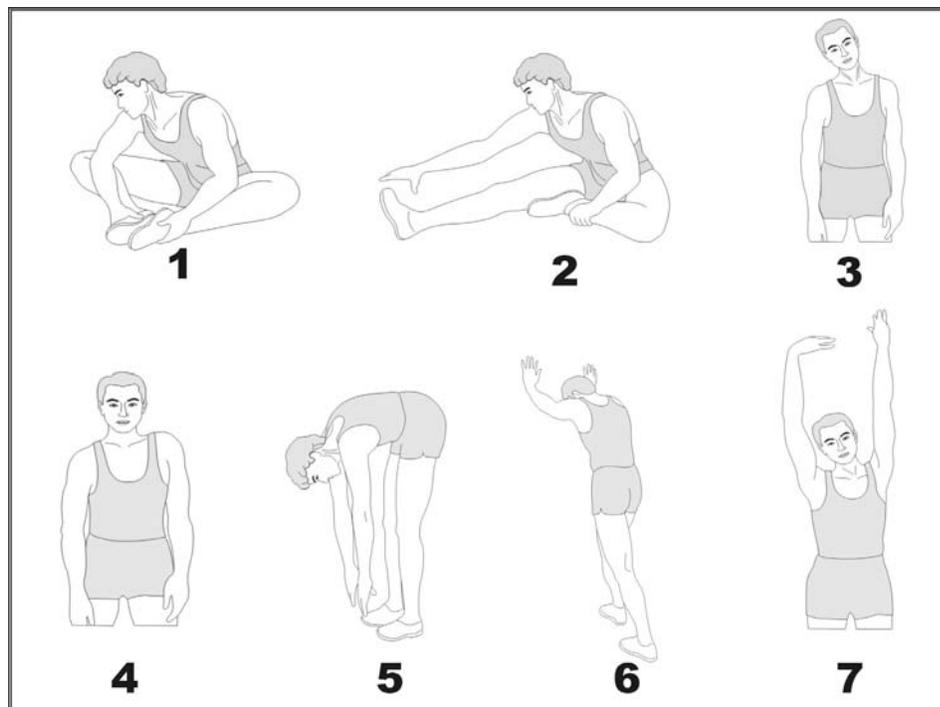
Slowly bend forward from your waist, letting your back and Shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

6. Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your 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, and then repeat on the other side for 15 counts.

7. Side Stretch

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



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