

TKO[®]

WHATEVER IT TAKES[™]



ASSEMBLY MANUAL

3E - ELLIPTICAL TRAINER

IMPORTANT SAFETY INSTRUCTIONS



- Read this Owner's Manual and follow it's instructions carefully before using the machine. Make sure that it is properly assembled and tightened before each use.
- Inspect your machine prior to exercise to ensure that all nuts and bolts are fully tightened.
- Replace the worn parts immediately.
- Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.
- Exercise equipment has moving parts. In the interest of safety, keep others, especially children and pets, at a safe distance while exercising.
- Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. Never hold your breath while exercising.
- Rest adequately between workouts. Muscles tone and develop during these rest periods. Beginners should work out twice a week and increase gradually to 4 to 5 times per week.
- Remove all jewelry, including rings, chains and pins before commencing exercise.
- Never exercise in bare feet or socks, always wear correct footwear, such as running, walking, or cross-training shoes.
- Always wear suitable clothing and footwear during exercise. Do NOT wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.

MEDICAL WARNING

- Before beginning any exercise program, consult your personal physician. Evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and condition.
- If you experience any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness or other unusual discomfort while exercising, stop and consult your physician before continuing.

Maximum recommended exercise weights not to exceed 270Lbs (123Kgs)

TKO Fitness products are designed and manufactured to the highest standards in order to provide you with years of great workouts. We proudly stand behind all our products with the best customer service in the fitness industry. If you have any question or need assistance please contact us at:

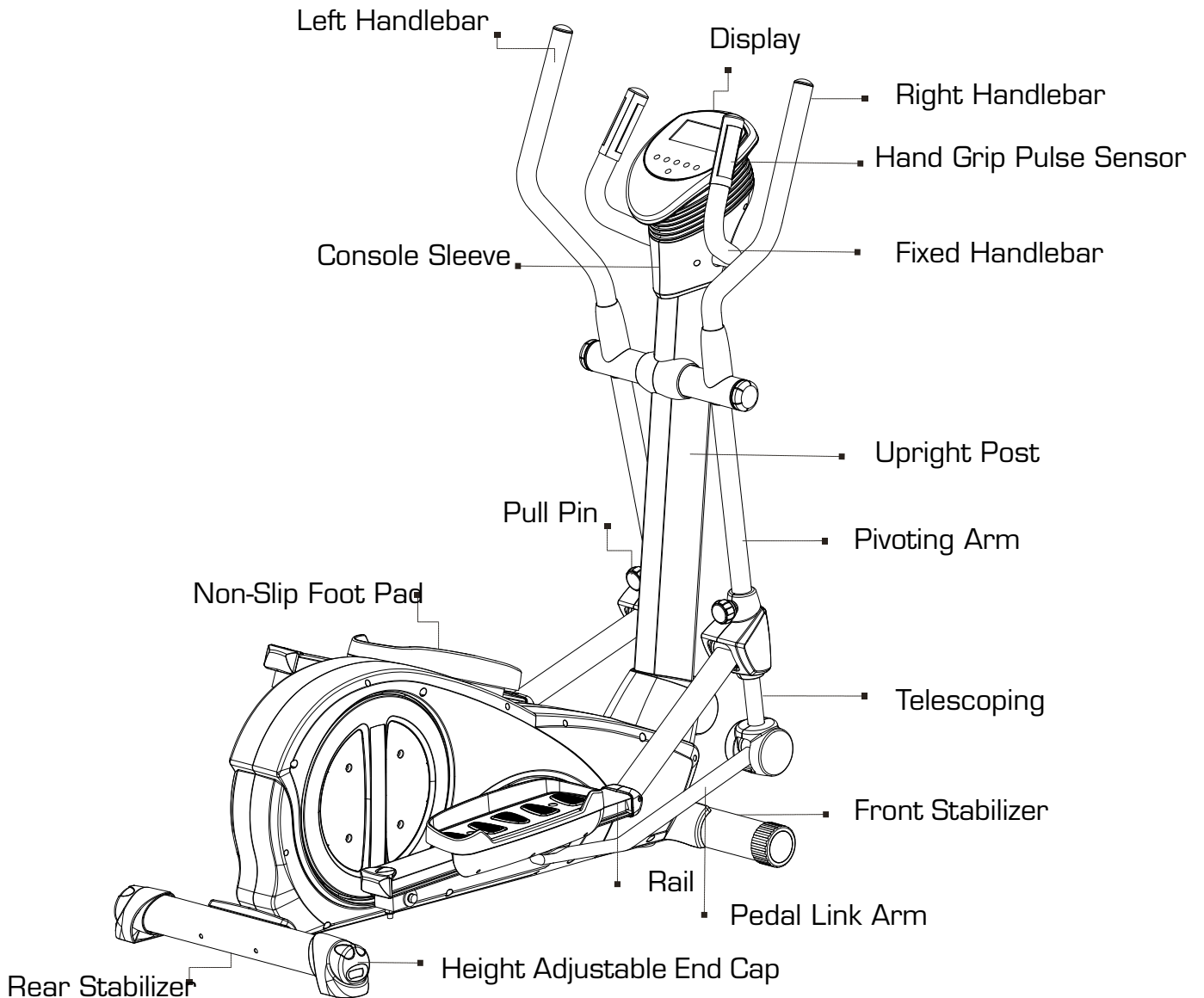
Customer Service: customerservice@tko.com

Toll free: 866-856-3488 or 713-895-9270

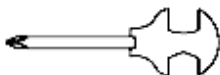
Monday-Friday 8:30am to 4:30pm CT

BEFORE YOU BEGIN

Note: Before starting assembly remove all parts and hardware from the carton, ensure you have everything according to the list.



TOOLS YOU NEED (Included)



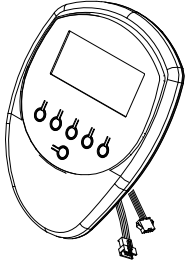
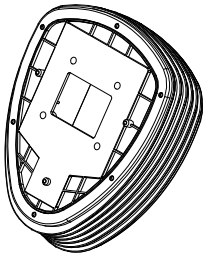
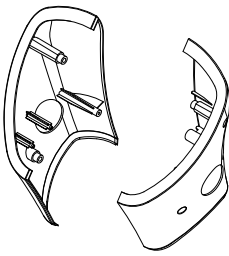
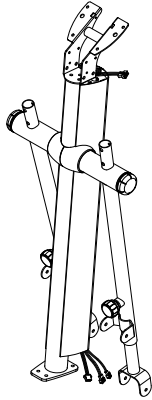
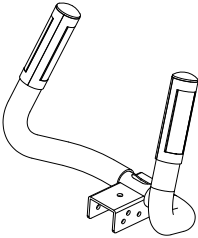
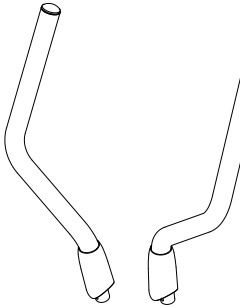
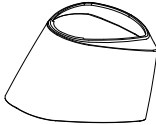
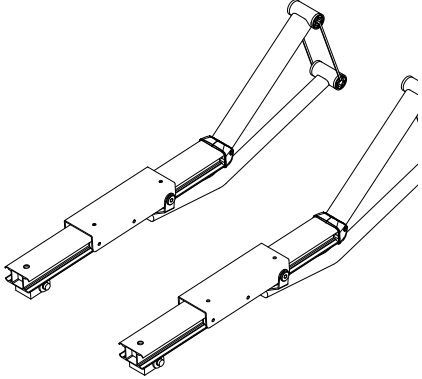
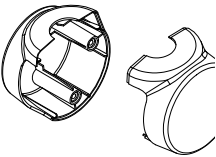
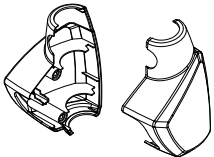
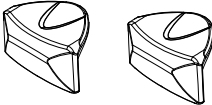
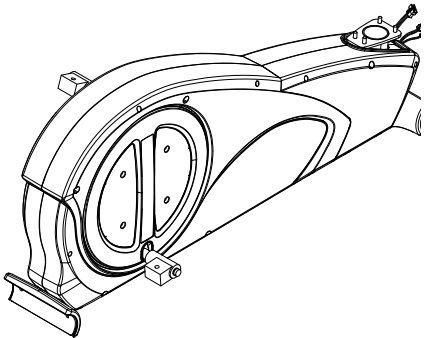
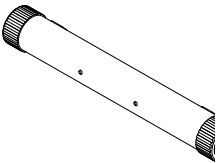
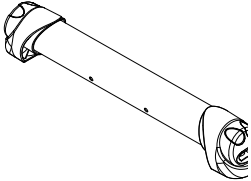
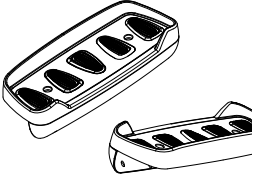
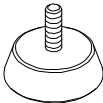
**COMBINATION
WRENCH (13 &
15mm)**



**ALLEN WRENCH
(5 & 6 mm)**

**WRENCH
(10 & 17 mm)**

LIST OF COMPONENTS

Display Console	Console Bottom Sleeve	Console Bottom Sleeve Cover	Upright Post Assembly
			
Fixed Handlebar	Handlebar	Upright Cover	Pedal Support Arm Assembly
			
Handrail Base Cover	Pivoting Arm Cover	Rail Cap	Main Frame Assembly
			
Front Stabilizer	Rear Stabilizer	Non-Slip Foot Pads	Stand
			

HARDWARE PACK

There are 3 separate hardware pack in the carton (A, B & C)

Assembly step 1: Hardware Pack A

Assembly step 2 to 5: Hardware Pack B

Assembly step 6 to 9: Hardware Pack C

Hardware pack A - Assembly step 1

Part #	Description	Q'TY
79	Lock Washer (M8)	4
80	Flat Washer (8mm x 16mm x 2.0mm t)	4
105	Bolt, Socket Head (M8 x p1.25 x 90mm L)	4

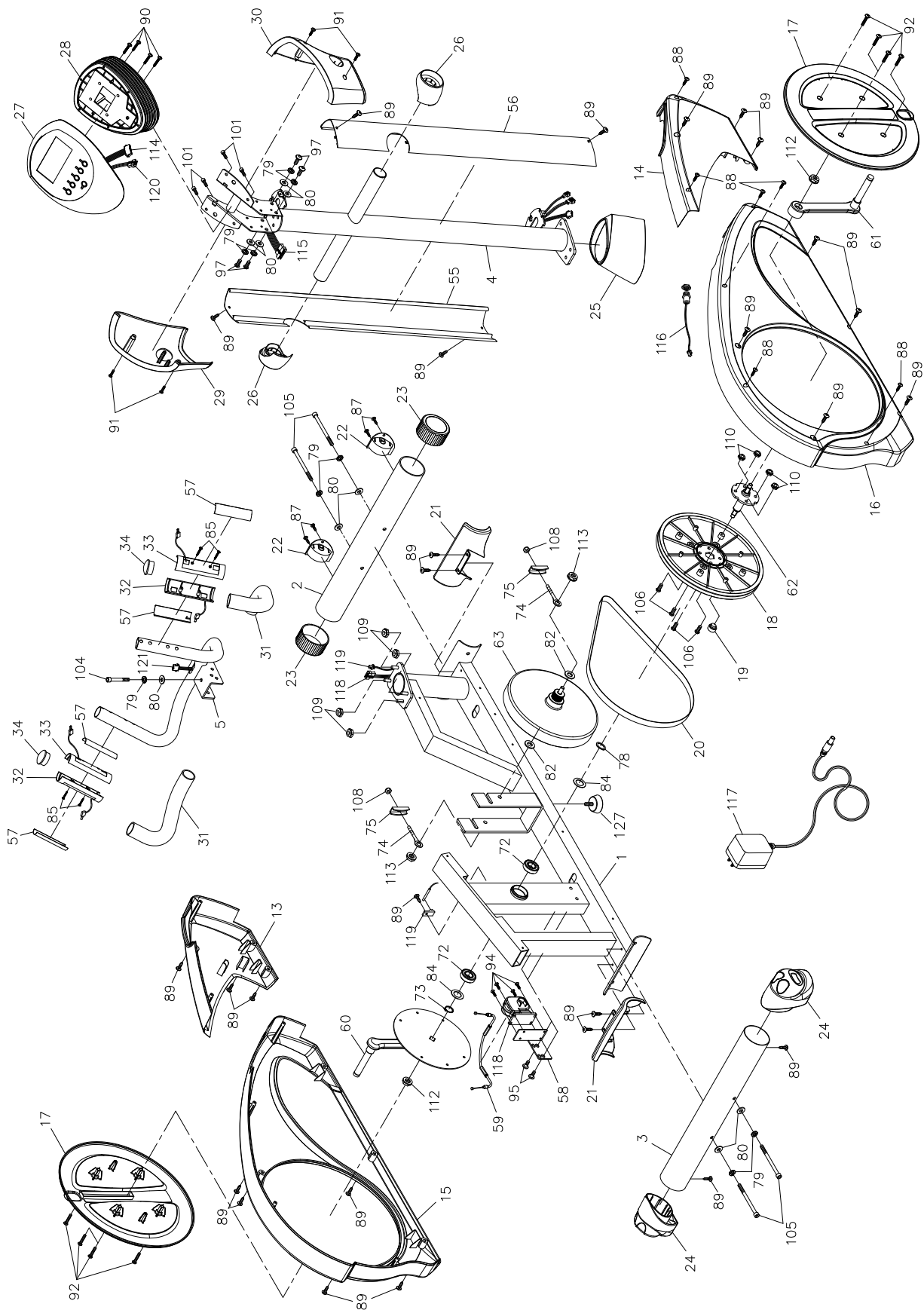
Hardware pack B - Assembly step 2 - 5

Part #	Description	Q'TY
79	Lock Washer (M8)	4
88	Self-Tapping Screw, Flat Head (M4x16mm)	10
93	Screw, Round Head (M5 x p0.8 x 16mm L)	4
98	Bolt, Button Head (M8 x p1.25 x 90mm L)	4
99	Bolt, Button Head (M10 x p1.25 x 85mm L)	2
109	Nut (M8)	4
111	Nut (M10)	2
122	Flat Washer (10mm x 28mm x 2.0 t)	2

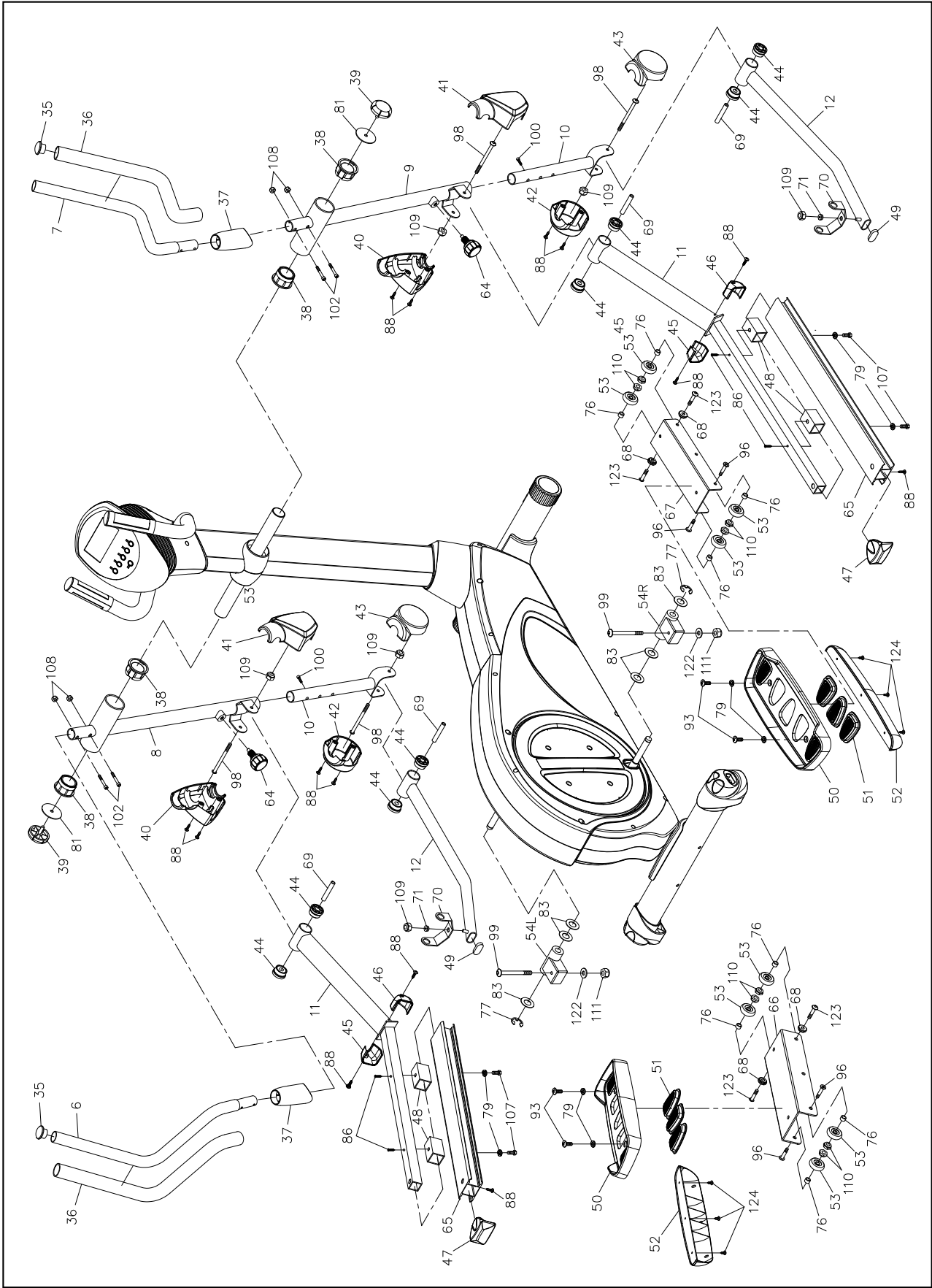
Hardware pack C - Assembly step 6 to9

Part #	Description	Q'TY
79	Lock Washer (M8)	1
80	Washer (8mm x16mm x 2.0mm t.)	1
90	Screw, Pan Head (M5 x p0.8 x 25mm L)	4
91	Screw, Round Head (M5 x p0.8 x 15mm L)	4
101	Bolt, Socket Head (M6 x p1.0 x 15mm L)	4
102	Bolt, Socket Head (M6 x p1.0 x 35mm L)	4
104	Bolt, Socket Head (M8 x p1.25 x 55mm L)	1
108	Nut (M6)	4

EXPLODED DIAGRAM (A)



EXPLODED DIAGRAM (B)



PARTS LIST

NO.	Item Name	Q'TY
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Upright Post	1
5	Fixed Handlebar	1
6	Handlebar (Left)	1
7	Handlebar (Right)	1
8	Pivot Arm (Left)	1
9	Pivot Arm (Right)	1
10	Lower Pivot Arm	2
11	Pedal Support Arm	2
12	Lower Pedal Support Arm	2
13	Base Frame Shroud (Left)	1
14	Base Frame Shroud (Right)	1
15	Flywheel Shroud (Left)	1
16	Flywheel Shroud (Right)	1
17	Crank Disk (L&R)	2
18	Pulley	1
19	Magnet	1
20	Drive Belt (1244mm J6)	1
21	Front & Rear Stabilizer Decorative Cover	2
22	Transport Wheel (L&R)	2
23	Front Stabilizer End Cap	2
24	Rear Stabilizer End Cap	2
25	Upright Sleeve	1
26	Rotator Cuff – Pivoting Arm	2
27	Display Console	1
28	Console Bottom Sleeve	1
29	Console Bottom Sleeve Cover (Left)	1
30	Console Bottom Sleeve Cover (Right)	1
31	Foam Grip for (For Fixed Handlebar)	2
32	Hand Grip Pulse Sensor	2
33	Hand Grip Pulse Bottom Sensor	2

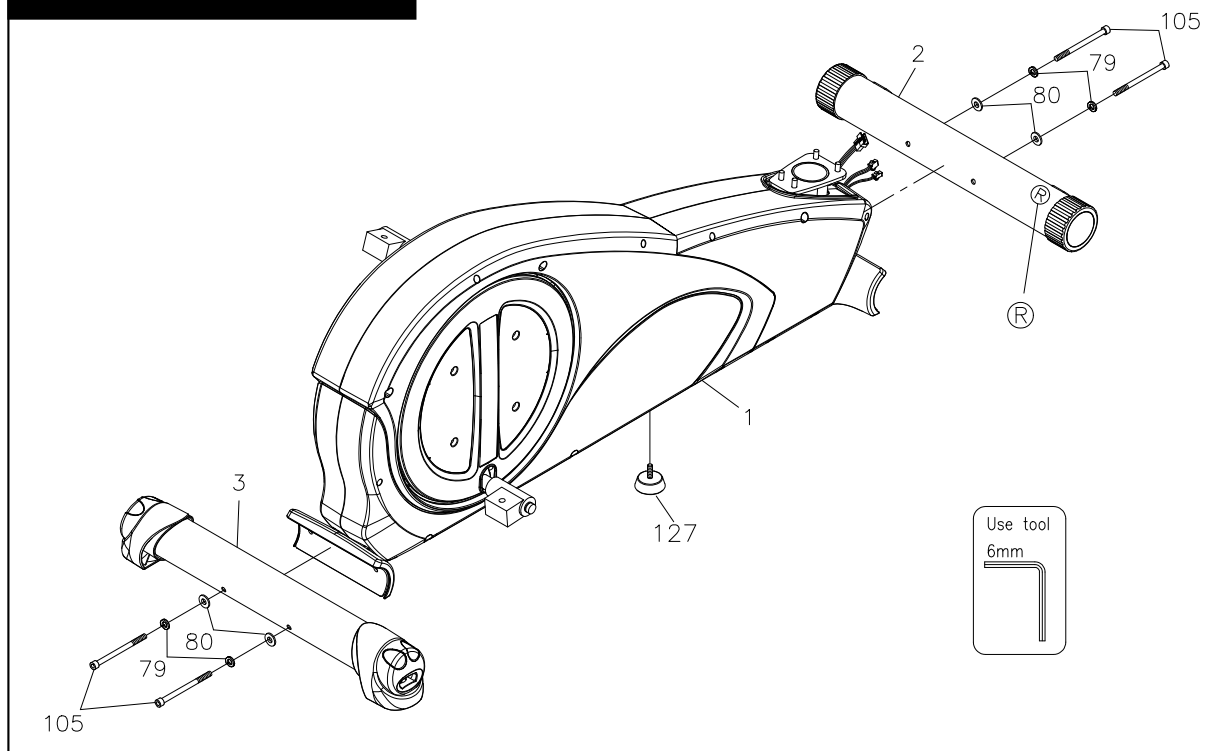
NO.	Item Name	Q'TY
34	Round Plug (31.8mm) (For Handlebar #5)	2
35	Round Plug (For Part #6 & 7)	2
36	Foam Grip for Handlebar (For Part #6 & 7)	2
37	Handlebar Sleeve	2
38	Pivot Arm Bushing (ψ60mm)	4
39	Round End Cap (ψ60mm)	2
40	Pivot Arm Bottom Cover (Left)	2
41	Pivot Arm Bottom Cover (Right)	2
42	Lower Pivot Arm Cover (Left)	2
43	Lower Pivot Arm Cover (Right)	2
44	Plastic Bushing (ψ12.1xψ38mm) (For Peddle Support Arm)	8
45	Rail Cover (Left)	2
46	Rail Cover (Right)	2
47	Rail End Cap	2
48	Aluminum Rail Inner Sleeve	4
49	Oval Plug (20mmx40mm) (For Part #12)	2
50	Foot Pedal	2
51	Foot Pedal Non-Slip Pad	6
52	Pedal Bottom Support	2
53	Rollers	8
54L	Left Rail Connector	1
54R	Right Rail Connector	1
55	Upright Post Left Side Cover	1
56	Upright Post Right Side Cover	1
57	Pulse Sensor Metal Plate	4
58	Tension Control Motor Mounting Bracket	1
59	Tension Cable	1
60	Left Crank	1
61	Right Crank	1
62	Axle (For Crank)	1
63	Flywheel	1
64	Spring Loaded Lock Pin	2
65	Aluminum Rail	2
66	Foot Pedal Slider	1

NO.	Item Name	Q'TY
68	Spacer for Rollers	4
69	Sleeve (8.2x12x7.4mm) (For Pedal Support Arm)	4
70	U-Shaped Bracket	2
71	Spacer	2
72	Bearing (6004Z)	2
73	C-Ring (20mm)	1
74	Eye Bolt (For Flywheel)	2
75	Metal Bracket (For Flywheel)	2
76	Roller Spacer (8x12x7.5mm) (For Part #53)	8
77	E-Ring (For Part #54R & 54L)	2
78	Wave Washer (For Part #62)	1
79	Lock Washer (M8)	19
80	Washer (8x16x2.0t)	9
81	Washer (8x60x2.0t) (For Part #8 & 9)	2
82	Washer (10x23x2.0t) (For Flywheel)	2
83	Washer (17x33.4x1.0t) (For Part #54R & 54L)	6
84	Washer (21x30x1.0t) (For Part #62)	2
85	Self-Tapping Screw, Round Head (M3x25mm)(For Pulse Sensor)	4
86	Self-Tapping Screw, Truss Head (M4x20mm) (For Part #65)	4
87	Self-Tapping Screw, Button Head (M4x16mm) (For Part #22)	4
88	Self-Tapping Screw, Flat Head (M4x16mm)(FOR PART#45 & 46)	24
89	Self-Tapping Screw, Flat Head (M5x18mm)	27
90	Screw, Pan Head (M5xp0.8x25mm) (For Display Console)	4
91	Screw, Round Head (M5xp0.8x15mm) (For Part# 29 & 30)	4
92	Screw, Round Head (M6xp1.0x15mm) (For Part# 17)	8
93	Screw, Round Head (M8xp1.25x16mm) (For Foot Pads)	4
94	Screw, Flat Head (M5xp0.8x12mm) (For Tension Control Motor)	4
95	Bolt, Pan Head (M8xp1.25x15mm) (For Part #58)	2
96	Bolt, Pan Head (M8xp1.25x25mm) (For Part #53)	4
97	Bolt, Button Head (M8xp1.25x16mm) (For Fixed Handlebar)	4

NO.	Item Name	Q'TY
98	Bolt, Button Head (M8xp1.25x90mm) (For Part #11 & 12)	4
99	Bolt, Button Head (M10xp1.25x85mm) (For Part #54R & 54L)	2
100	Bolt, Socket Head (M5xp0.8x15mm) (For Part #10)	2
101	Bolt, Socket Head (M6xp1.0x15mm) (For Display Console Assy)	4
NO.	Item Name	Q'TY
102	Bolt, Socket Head (M6xp1.0x35mm) (For Part #8 & 9)	4
104	Bolt, Socket Head (M8xp1.25x55mm)	1
105	Bolt, Socket Head (M8xp1.25x90mm) (For Part #2 & 3)	4
106	Bolt, Hex Head (Thin) (M8xp1.25x16mm) (For Part #18)	4
107	Bolt, Hex Head (M8xp1.25x16mm) (For Part 65)	4
108	Nut (M6) (For Part 8 & 9)	6
109	Nut (M8)	10
110	Thin Nylon Lock Nut (M8) (For Part #53)	12
111	Nut (M10) (For Part #54R & 54L)	2
112	Flange Nut (M10) (For Crank)	2
113	Flange Nut – Black Color (M10)	2
114	Display Console Cable	1
115	Display Console Extension Cable (Inside Upright Post)	1
116	Power Extension Cable	1
117	AC Adaptor	1
118	Tension Control Motor	1
119	Speed Sensor Cable	1
120	Pulse Grip Sensor Cable	1
121	Pulse Grip Sensor Extension Cable (Inside Upright Post)	1
122	Washer (10x28x2.0t) (For Part #54R & 54L)	2
123	Flat-head inner hexagon screw (M8xp1.25x33mm) (For Rollers)	4
124	Self-Tapping Screw, Flat Head (M4x10mm) (For Part #52)	6

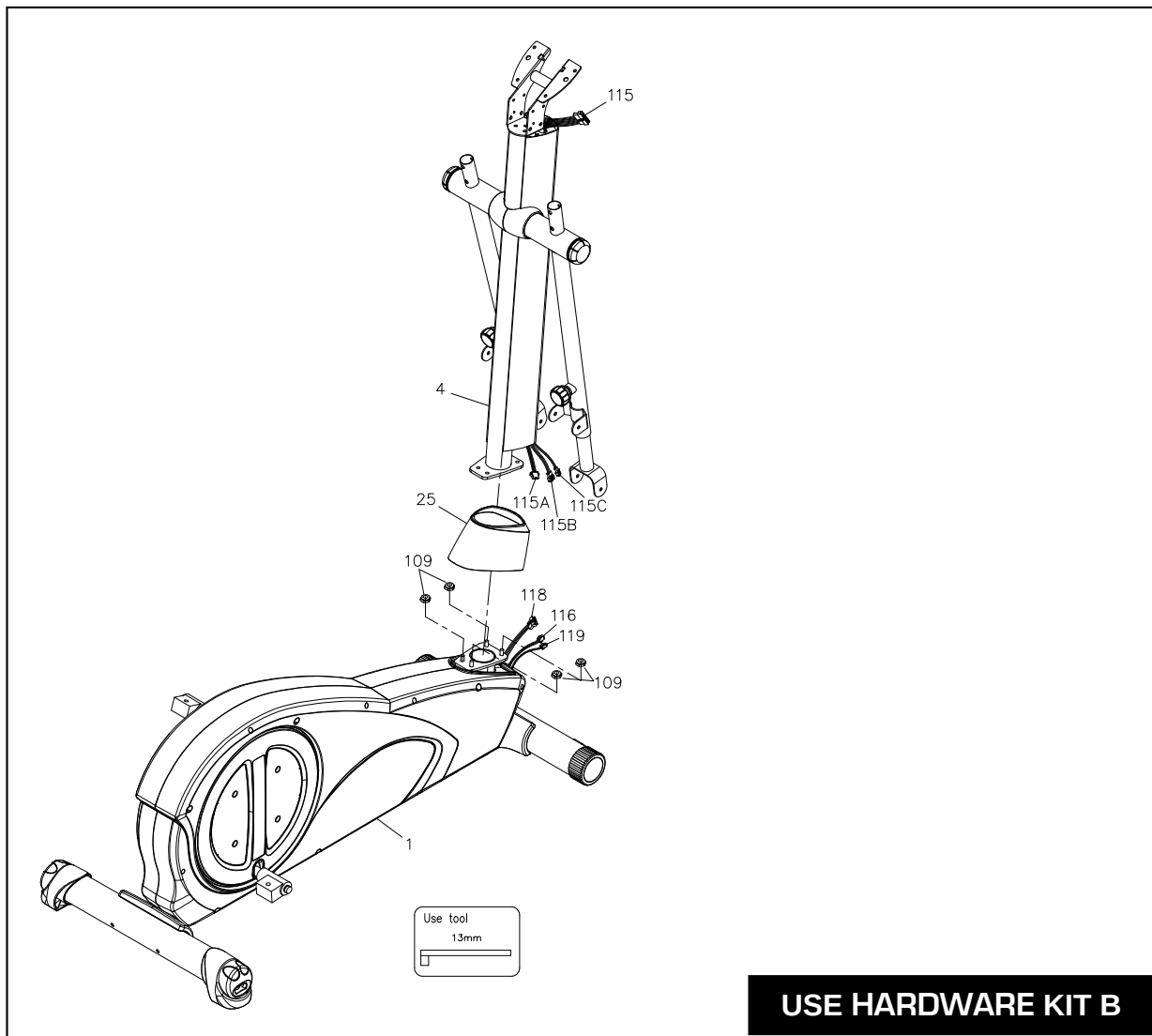
ASSEMBLY INSTRUCTIONS

USE HARDWARE KIT A



STEP 1 – Base Stabilizer

- Attached the Front Stabilizer (2) to the Main Frame (1). A circular decal ("R") should be located on the right side of the Front Stabilizer (2).
- Secure it using 2 Lock Washers (M8) (79), 2 Regular Washers (8x16x2.0t)(80) and 2 Bolts, Socket Head (M8x1.25x90mm) (105).
- DO NOT tighten these bolts yet.
- Attached the Rear Stabilizer (3) to the Main Frame (1) using 2 Lock Washers (M8) (79), 2 Regular Washers (8x16x2.0t) (80) and 2 Bolts, Socket Head (M8x1.25x90mm) (105).
- Securely tighten these 4 Bolts with Wrenches.
- Install the Floor Leveler (127) to the bottom Middle of the Main Frame Assembly. Adjust it accordingly.

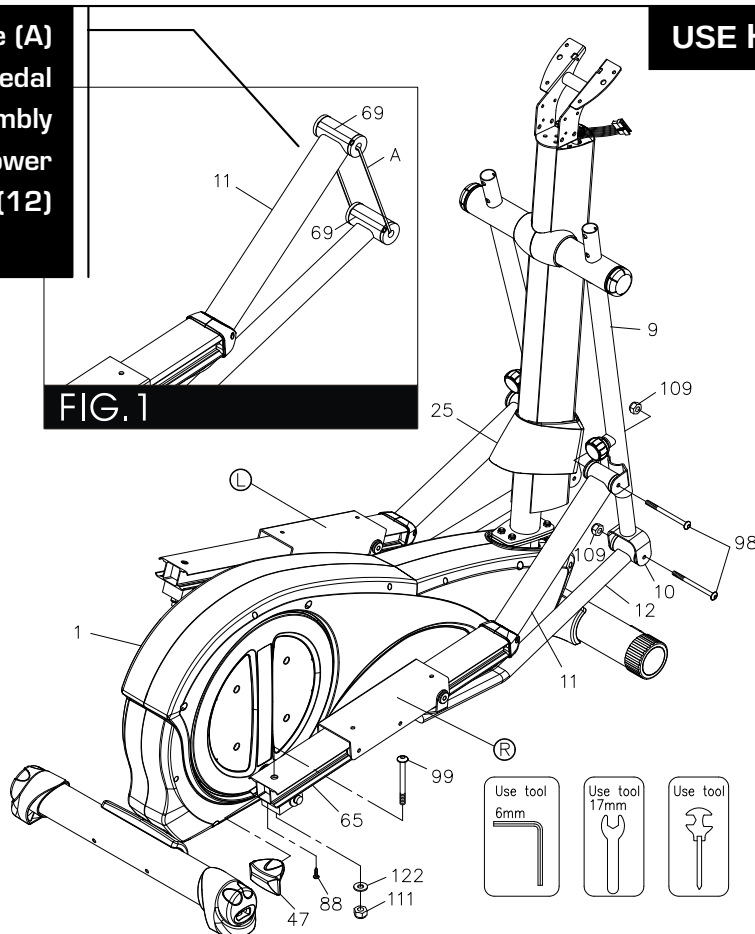


STEP 2 – Upright Post Assembly

- Slide the Upright Sleeve (25) onto the Upright Post Assembly (4)
- Remove the Nuts (109) from the Main Frame (1).
- Attach the Upright Post Assembly (4) to the Main Frame (1), using 4 Nuts (109), **DO NOT tighten these nuts until STEP 4.**
- Connect the Cable (115A) at the bottom of the Upright to the Tension Control Cable (118) inside the Main Frame Assembly.
- Connect the Cable (115B) to the Power Extension Cable (116).
- Connect the Cable (115C) to the Speed Sensor Cable (119).
- Make sure the Cables are securely connected.
- Make sure you DO NOT pinch the Cable.
- Securely attached the Upright Sleeve (25) to the Main Frame Assembly (1)

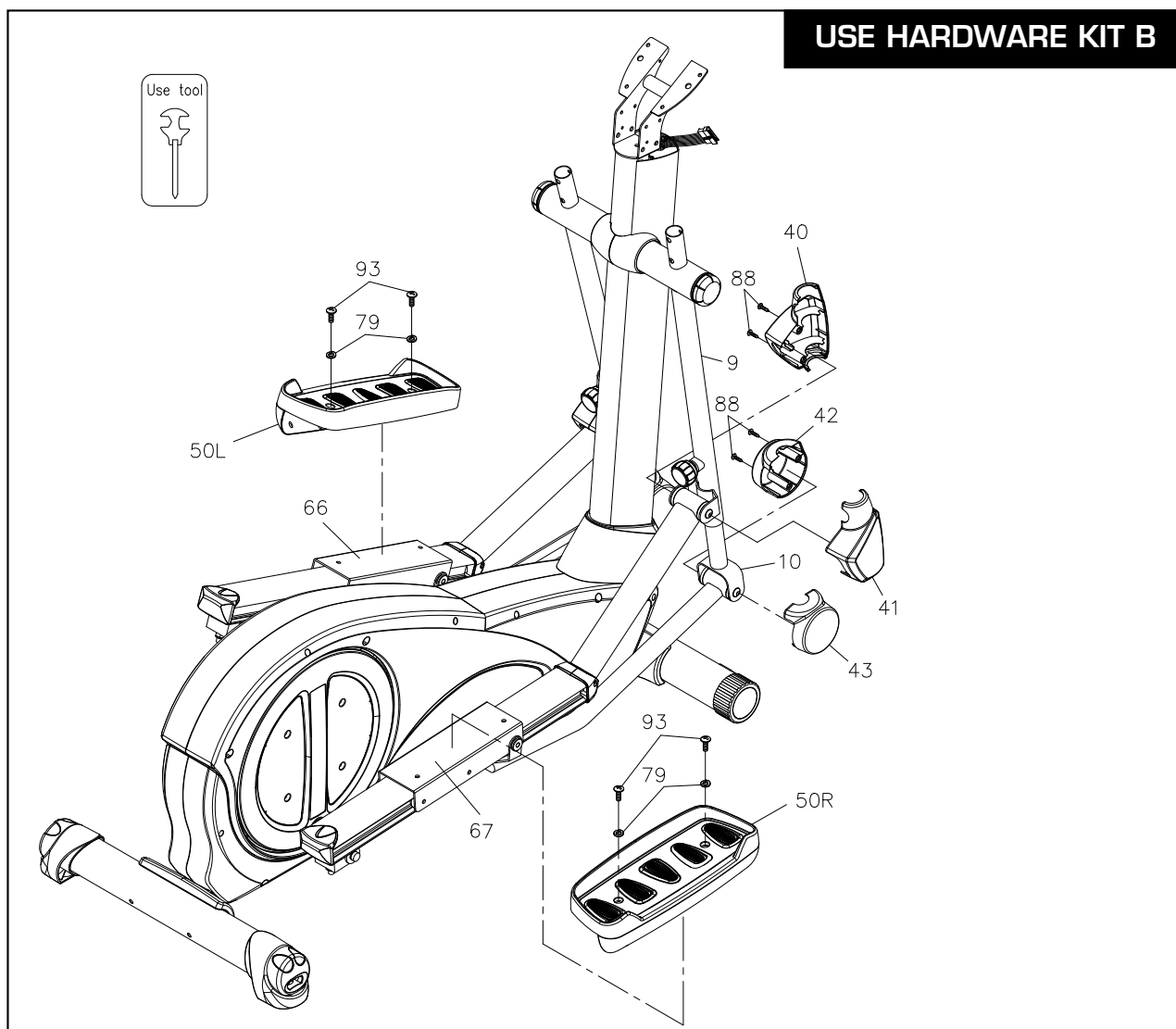
Do not cut off the tie (A) between the Pedal Support Arm Assembly (11) and the Lower Pedal Support Arm (12) until **STEP 3 – d**

USE HARDWARE KIT B



STEP 3 – Pedal Support Arm Assembly

- DO NOT cut off the plastic ties that holds the Pedal Support Arm Assembly (12) and the Lower Pedal Support Arm (12) together until STEP 3 – d.
- Attach the rear end of the Right Pedal Support Arm (11) on the top of the Right Rail Connector (54R), using 1 Bolt, Button Head (M10xp1.25x85mm) (99), 1 Washer (10x28x2.0t) (122) and one Nut (M10) (111). Hand tight.
- Slide the Right Rail Cap (47) onto the rear end of the Right Pedal Support Arm Assembly (11) using 1 Self-Tapping Screw, Flat Head (M4x16mm) (88). Secure it with a Phillips Screw Driver.
- Cut off the plastic ties that holds the Pedal Support Arm Assembly (12) and the Lower Pedal Support Arm (12) using a wire cutter.
- Attach the front end of the Right Pedal Support Arm Assembly (11) to the Right Pivot Arm (9) using 1 Bolt, Button Head (M8xp1.25x90mm) (98) and 1 Nut (M8) (109). Hand tight.
- Attach the front end of the Lower Right Pedal Support Arm (12) to the Lower Pivot Arm (10) using 1 Bolt, Button Head (M8xp1.25x90mm) (98) and 1 Nut (M8) (109). hand tight.
- Repeat the assembly steps above to the left side.
DO NOT tighten these Nuts and Bolts yet.

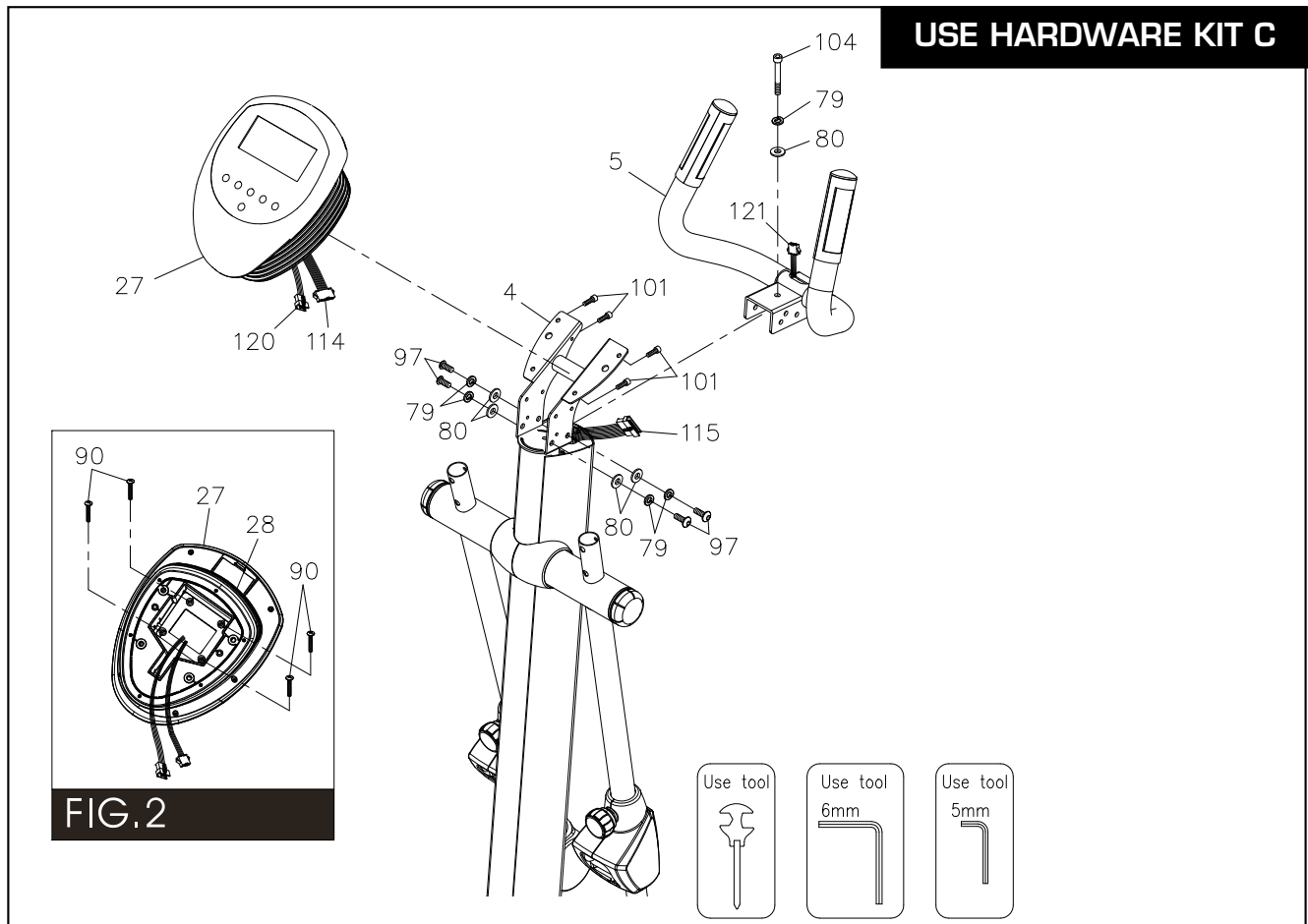


STEP 5 – Pivot Arm & Lower Pivot Arm Assembly

- Install the Pivot Arm Cover (40 & 41) onto the Pivoting Arm (8 & 9), secure it with 4 Self-Tapping Screws, Flat Head (M4x16mm) (88).
- Install the Lower Pivot Arm Cover (42, 43) to the Lower Pivot Arm (10) and the Pedal Support Arm (11 & 12), secure it with 4 Self-Tapping Screws, Flat Head (M4x16mm) (88).
- Tighten all 8 Screws with Phillips Screw Driver.

STEP 6 – Foot Pedal Assembly

- Install the Foot Pad Assembly (50) on the Foot Pedal Slider (67), secure with 4 Lock Washers (M8) (79) and 4 Screws, Round Head (M8x1.25x16mm) (93).

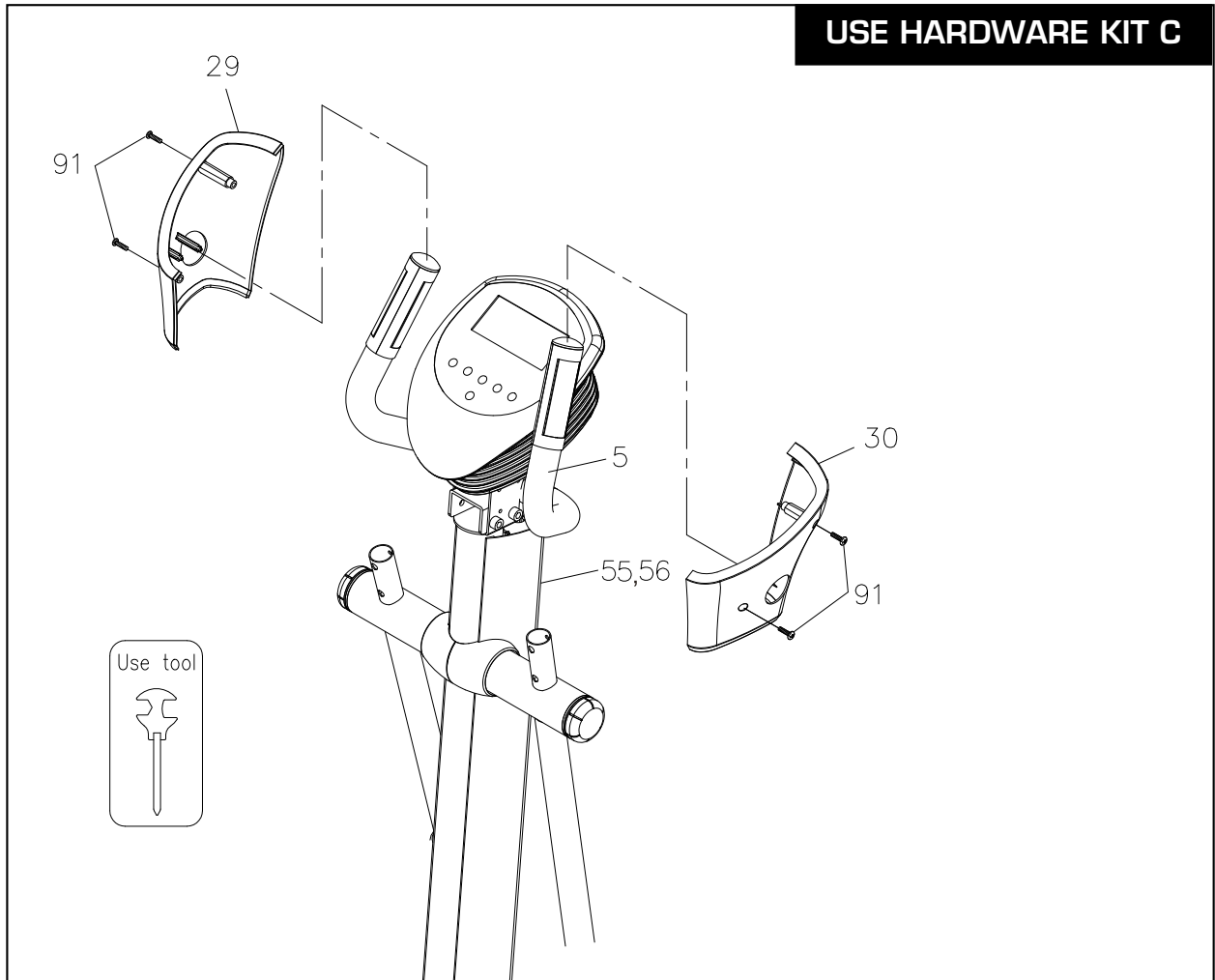


STEP 7 – Fixed Handlebar Assembly

- Remove the 4 Bolts, Button Head (M8xp1.25x16mm)(97) 4 Washers (8x16x2.0t)(80), and 4 Lock Washers (M8)(79) from the Fixed Handlebar (5).
- Install the Fixed Handlebar (5) to the metal bracket that welded on top of the Upright Post Assembly (4), secure it with the Bolts and Washers removed in STEP 7 – a.
- Install a Socket Head Bolt (M8xp1.25x55mm)(104), 1 Lock Washer (M8)(79) and 1 Washer (8x16x2.0t)(80) (found in Hardware Pack C) to the top of the Fixed Handlebar metal bracket. Tighten all 5 Bolts securely with Wrench.

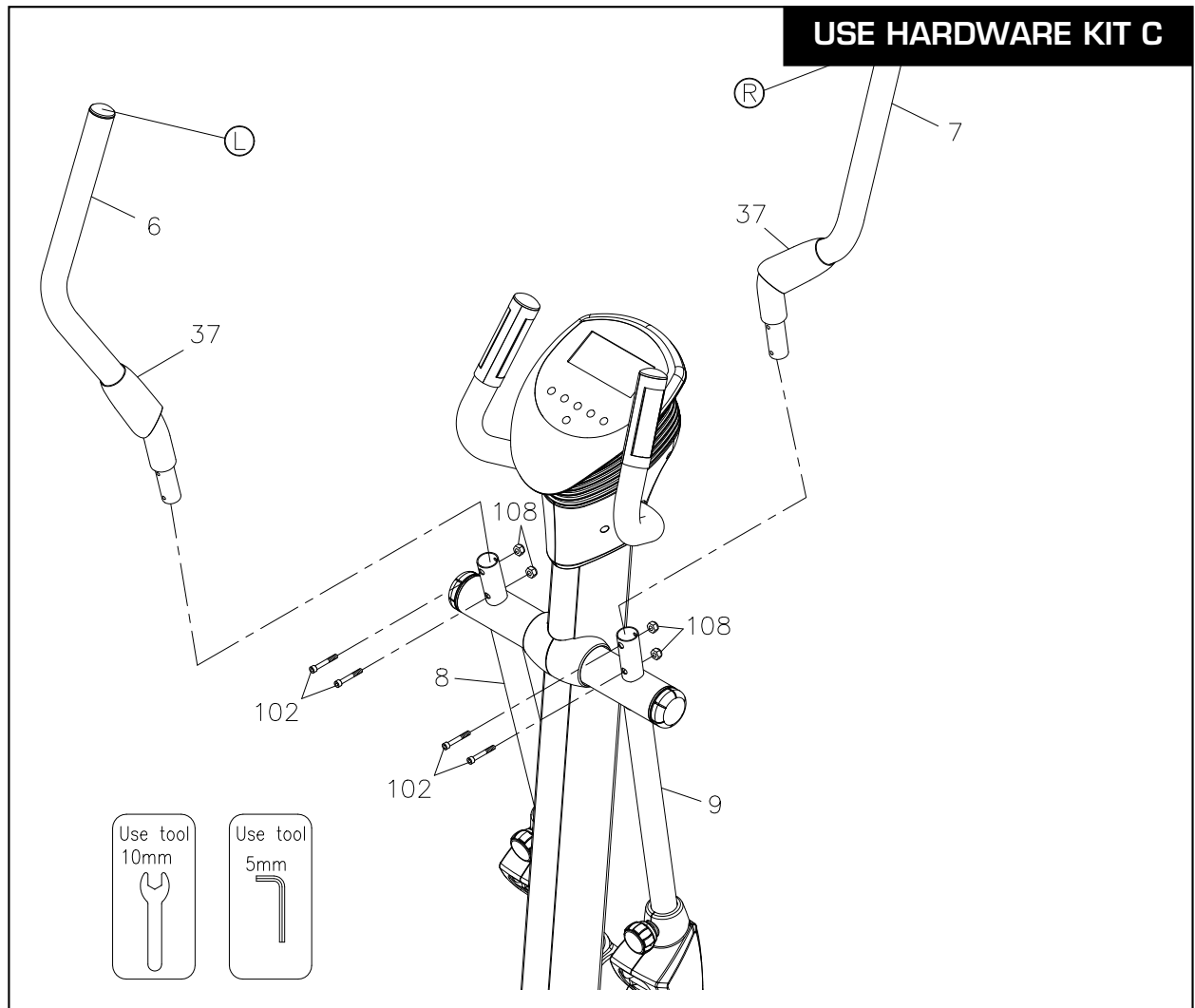
STEP 8 – Display Console Assembly

- Attached the Display Console Bottom Sleeve (28) to the back of the Display Console (27), secure it with 4 Screws, Pan Head (M5xp0.8x25mm)(90). Tighten it with Phillips Screw Driver.
- Install the Display Console Assembly to the metal plate that welded on top of the Upright Post Assembly (4) using 4 Bolts, Socket Head (M6xp1.0x15mm)(101). Tighten it securely with Wrench.
- Connect the Display Console Cable (114) with the Extension Cable (115) and the Pulse Sensor Cable (120) with the Pulse Sensor Extension Cable (121).

USE HARDWARE KIT C**STEP 9 – Display Console Sleeve Cover Assembly**

- Slide the Right Console Sleeve Cover (30) thru the right & Left Handlebar (5).
- Connect both Console Sleeve Covers (30 & 29) to the Upright Post Assembly (4). Secure it with 4 Screws, Round Head (M5xp0.8x15mm)(91).
- Tighten it securely with a Phillips Screw Driver.

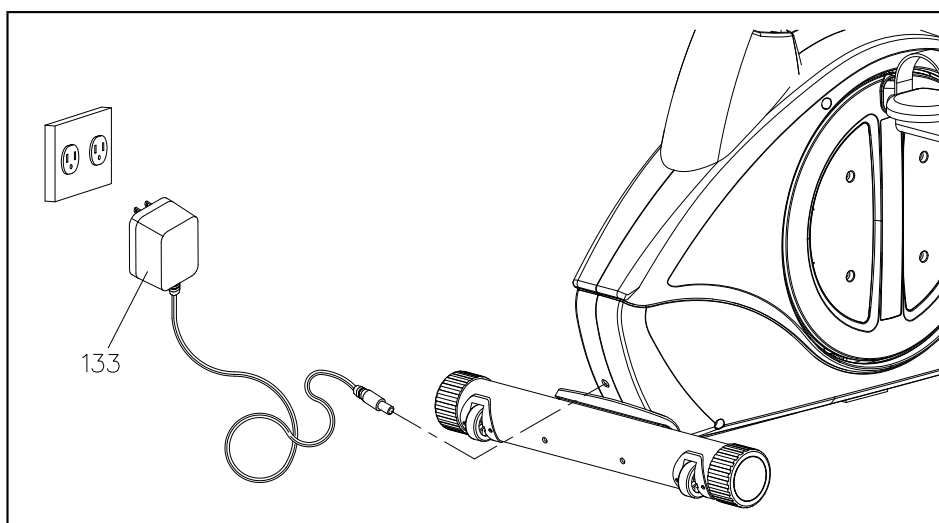




STEP 10 – Install the Handlebar

- A “R” & a “L” marked at the end of each Handlebar (6 & 7).
- Install the Right Handlebar (7) to the Pivot Arm (8 & 9) secure it with 4 Bolts, Socket Head (M6xp1.0x35mm)(102) and 4 Nut (M6)(108). Tighten it securely with Wrenches.
- Slide down the Handlebar Sleeve (37) make sure it covers the Nuts and Bolts.

You have now completed the assembly. Please double check your work and Tightening all Nuts and Bolts securely with tools.



STEP 11 – AC Adaptor

Plug the AC Adaptor (117) into the socket in the FRONT of the Elliptical.



Your Elliptical Trainer is now ready to use. Please make sure that all Nuts and Bolts are securely tightened before exercising.

ADJUSTMENTS

Getting started

To reduce the risk of electrical shock, always unplug the unit before cleaning or any maintenance activity.

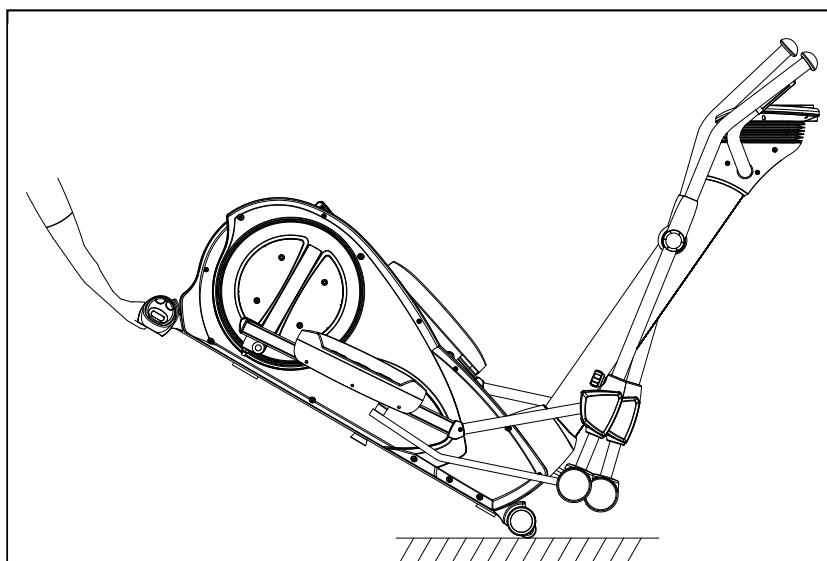
Uneven Floor

After placing the unit where it will be used, check its stability. If there is even a slight rocking motion or the unit is not stable, determine which stabilizer is not resting on the floor. To adjust the Built-In floor leveler in the Rear Stabilizer End Cap by turning the wheel clockwise to lower or counter clockwise to raise.



Transport the Recumbent Cycle

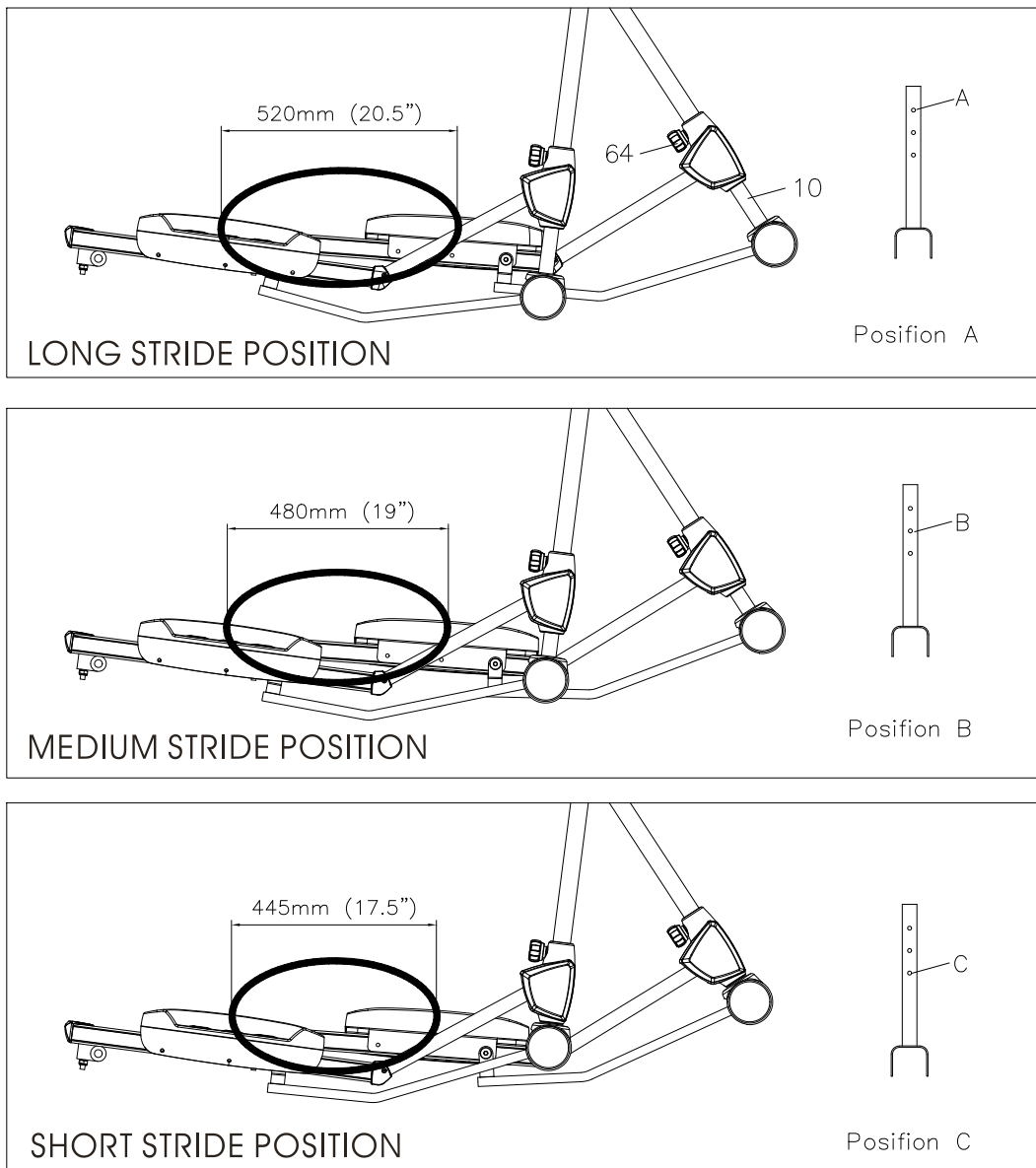
There are Two Oversized Transport Wheel in the front of the Elliptical Trainer.





Display Console angle can be adjusted by pulling it forward or back.

HOW TO ADJUST THE STRIDE LENGTH



The stride of this Elliptical Trainer can be adjusted from 17.5" (445mm) to 20.5" (520mm).

How to increase the stride length.

- loosen the Spring Loaded Lock Pin (64) by turning the Knob counterclockwise 3 turns, pull the knob outward, lowering the Lower Pedal Support Arm (10) toward floor.
- Release the Knob (64) and make sure the lock pin in the Lock Pin has engaged to the hole in the Lower Pedal Support Arm (10). **A click sound should be heard when the Lock Pin has engaged to the Hole in the Support Arm.**
- Repeat the same process to adjust the stride length for the other foot pedal.

**Make sure both Foot Pedals are always adjusted at the same height.
Double check & tightening the Spring Loaded Lock Pin each time before using
the Elliptical Trainer.**



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