

TKO[®]



ASSEMBLY MANUAL

9GE -ELLIPTICAL TRAINER

IMPORTANT SAFETY INSTRUCTIONS



- Read this Owner's Manual and follow its 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.

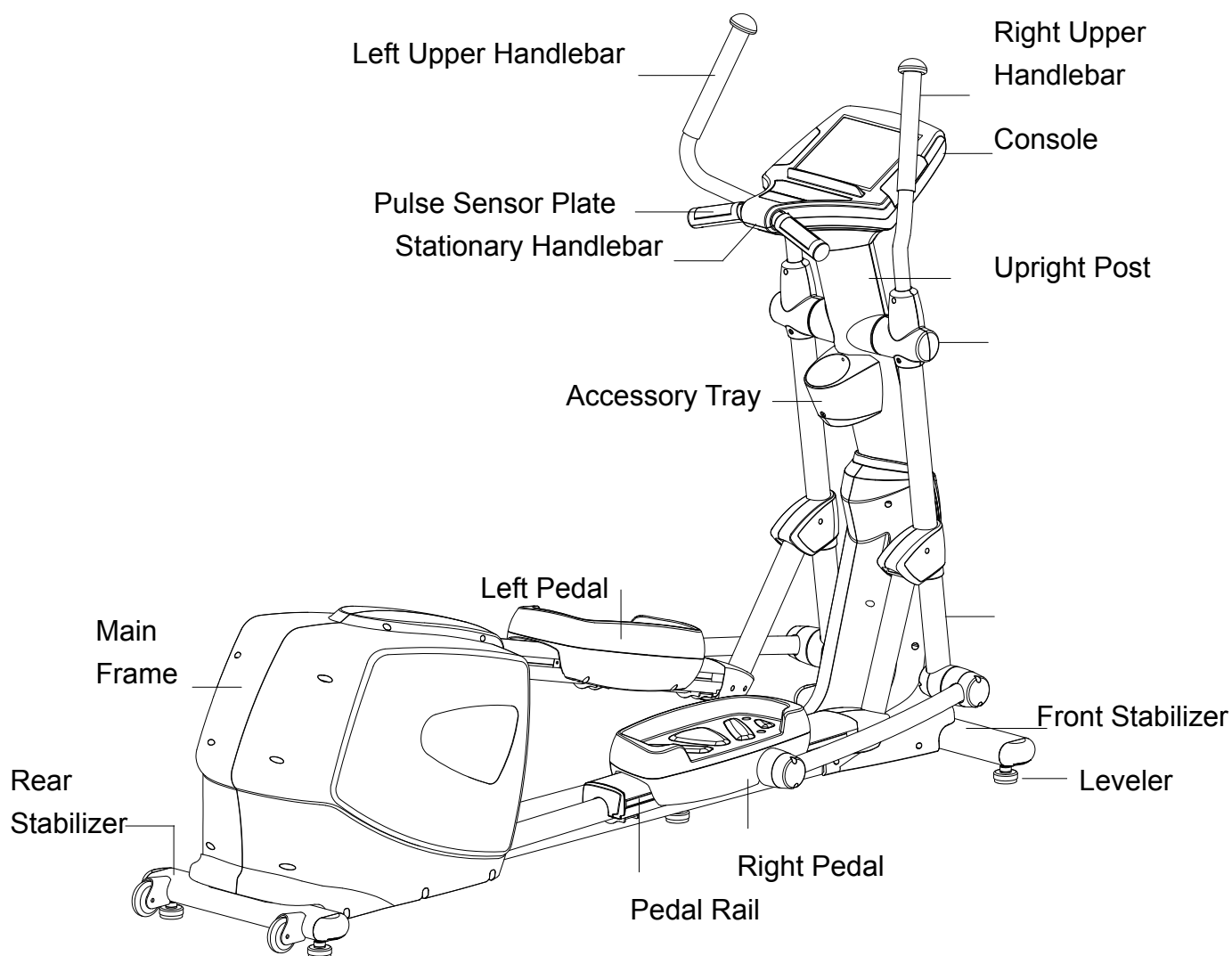
MEDICAL WARNING

- 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.

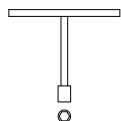
Maximum recommended exercise weights not to exceed 400Lbs (181.8Kgs)

BEFORE YOU BEGIN

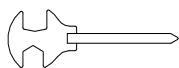
Note: Before you begin, remove all parts and hardware from the carton, ensure you have everything according to the list.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



T-HAND SOCKET
WRENCH (17mm)



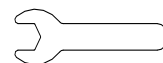
COMBINATION
WRENCH



ALLEN WRENCH
(6 mm)



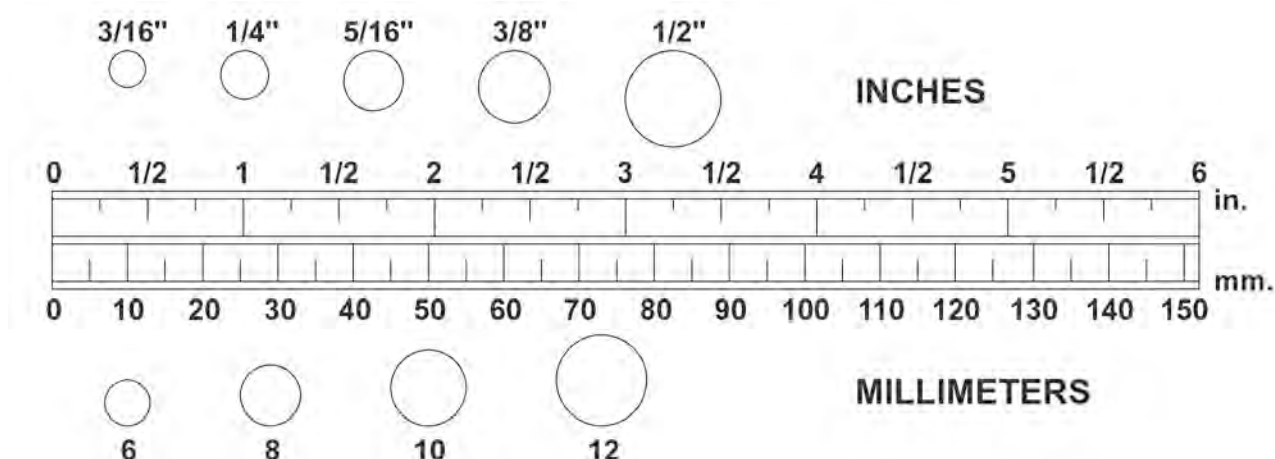
SOCKET WRENCH
(13mm)



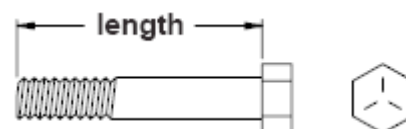
WRENCH (17mm)

HARDWARE

This chart below is provided to help identify the hardware used in the assembly process. Use the circles below to confirm the diameter of each Washer, Bolt and Screw. Use the small ruler to check the length of the bolt and screw.



NOTICE: The length of the bolt or screw DOES NOT include the head to the bolt or screw.

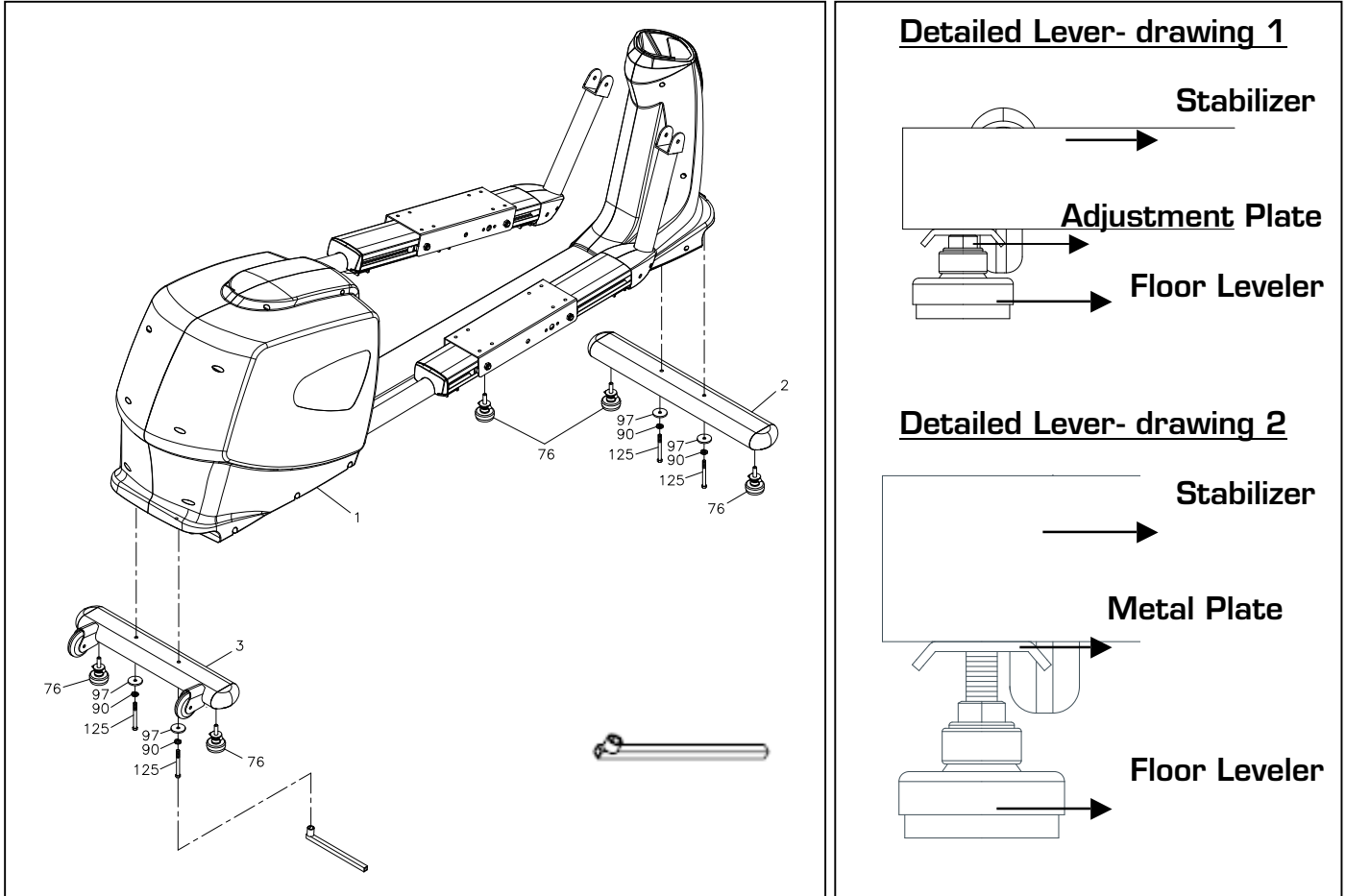


After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

No.	Description	Q'TY
90	Lock Washer (M8)	6
95	Washer (8x23x2.0t)	2
97	Washer (8x38x2.0t)	4
103	Screw (M4x20mm)	4
108	Screw, Round Head (M5xp0.8x15mm)	19
109	Screw, Round Head (M5xp0.8x50mm)	2
114	Bolt, Socket Head (M8xp1.25x10mm)	8
120	Bolt, Button Head (M8xp1.25x16mm)	2
127	Bolt, Hex Head (M10xp1.5x50mm)	2

ASSEMBLE INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.



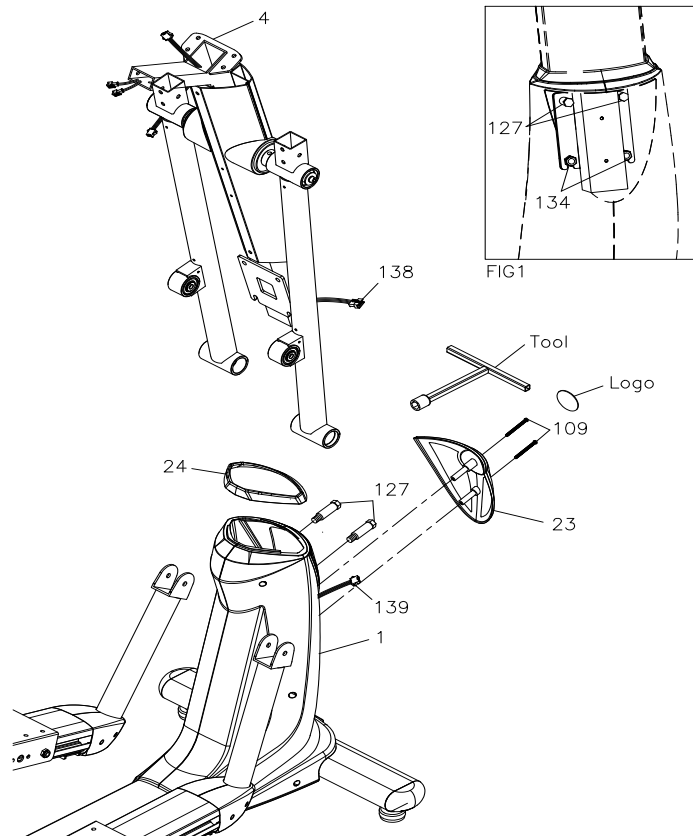
STEP 1

Attach the Floor **Leveler (76)** to the **Front Stabilizer (2)** and the **Rear Stabilizer (3)**

STEP 2

Attach the **Front Stabilizer (2)** and the **Rear Stabilizer (3)** to the **Main Frame Assembly (1)**, secure it using 4 **Washers (8x38x2.0t)(97)**, 4 **Lock Washers (M8)(90)** and 4 **Hex Bolts (M8xp1.25x65mm)(125)**. Tighten it securely with the socket wrench (as shown).

Adjust the Floor Leveler if the Bike is NOT leveled to the floor. **Make sure the Metal Plates are fully tightened.**



STEP 3

Slide the Upright Sleeve (24) onto the Upright Post (4). Be careful not to pinch the wire (Middle Connection Wire (138))

STEP 4

Insert 2 Nylon Lock Nuts (M10) (134) into the front of the Main Frame (1) (as shown)

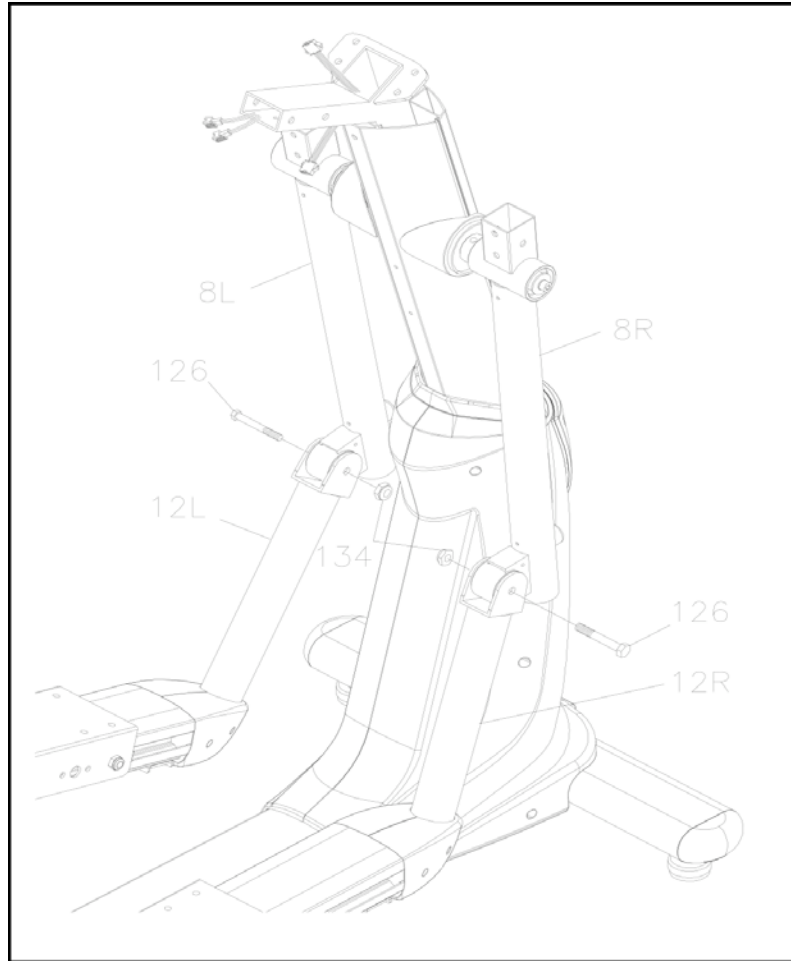
Install the Upright Post (4) to the Main Frame (1) using 2 Hex Bolts (M10 x p1.5 x 50mm) (127). Secure it with the T-HANDLE SOCKET WRENCH (17MM).

STEP 5

Connect the Middle Connection Wire (138) to the Lower Connection Wire (139)

Attach the Front Decorative Cover (23) onto the front of the Main Frame (1), secure it with 2 Screw, Round Head (M5xp0.8x50mm)(109)

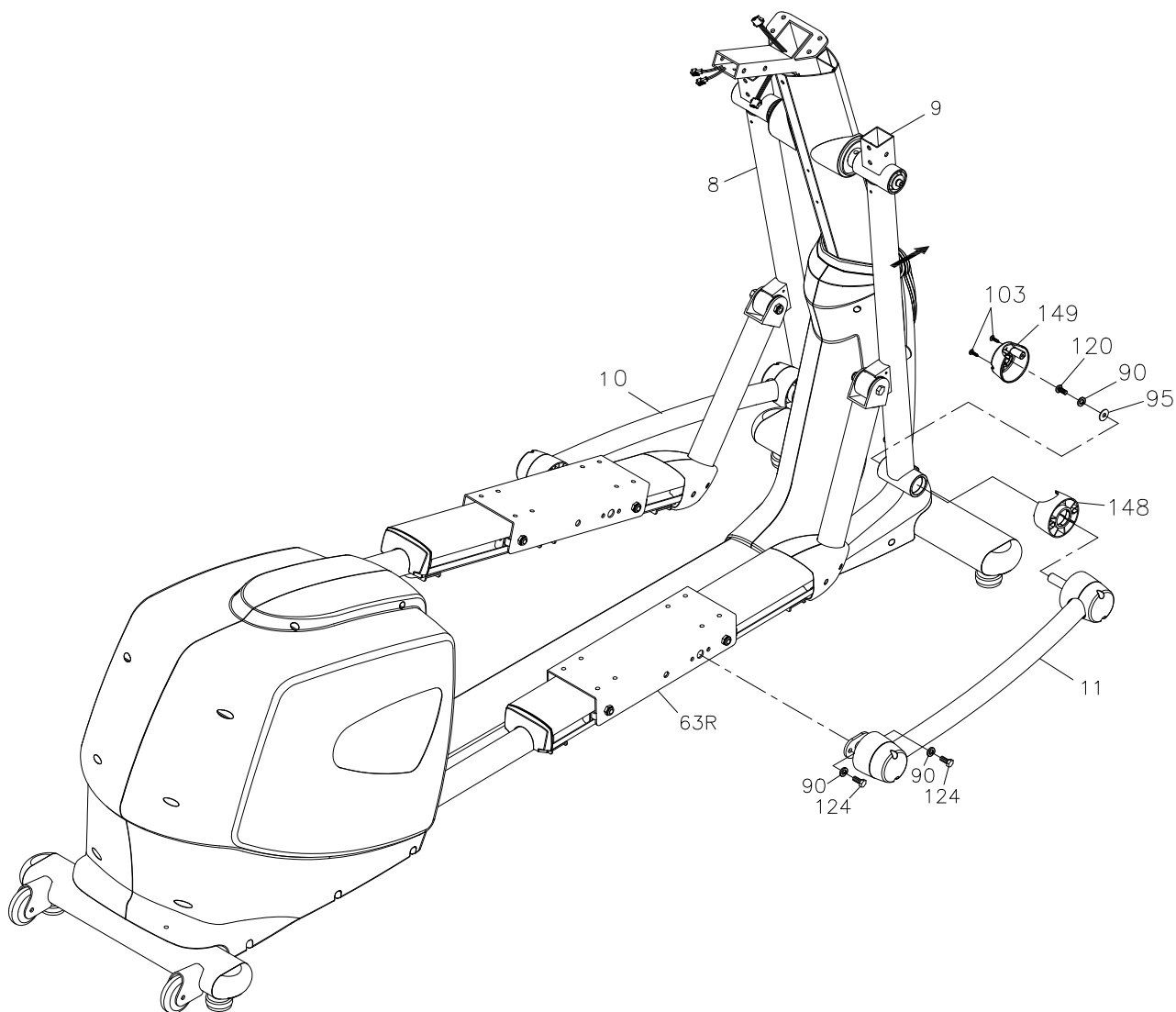
Paste a Logo Sticker on the surface of the Front Decorative Cover (23). Lower the Sleeve (24) to cover the gap on the Main Frame Housing.



NOTE: For shipping purpose, the **Hex Bolt (M10xp1.5x55mm) (126)** and **Nylon Lock Nut (M10xp1.5x8t)(134)** are attached on the **Pivoting Arm (L&R) (8&9)**.

STEP 6

- a. Remove the **Bolt, Hex Head (M10xp1.5x55mm) (126)** and **Nylon Lock Nut (M10xp1.5x8t)(134)** from the **Left Pivoting Arm (8L)**
- b. Attach the **Left Pedal Support Arm (12L)** onto the **Left Pivoting Arm (8)** and secure it with the **Bolt, Hex Head (M10xp1.5x55mm) (126)** and **Nylon Lock Nut (M10xp1.5x8t) (134.)**
- c. Remove the **Bolt, Hex Head (M10xp1.5x55mm) (126)** and **Nylon Lock Nut (M10xp1.5x8t) (134)** from the **Right Pivoting Arm (9)**
- d. Repeat the same procedure to attach the **Right Pedal Support Arm (12R)** onto the **Right Pivoting Arm (9)**



STEP 7

Install the **Right Inner Rotator Cuff (50mm) (148)** to the outside of the **Right Pivot Arm (9.)**

Attach the **Right Linkage Arm (11)** onto the **Right Inner Rotator Cuff (50mm) (148.)** Secure it using 1 **Lock Washer (M8) (90)** and 1 **Washer (8x23x2.0t) (95)** on 1 **Bolt, Button Head (M8x1.25x16mm) (120)**. Tighten it securely with the Allen Wrench.

***DO NOT** over tighten it as this is a pivot point.

Install the **Right Outer Rotator Cuff (50mm) (149)** to the inside of the **Right Pivot Arm (9)** and secure with the **Screw (M4x20mm) (103)** by using a Combination Wrench.

STEP 8

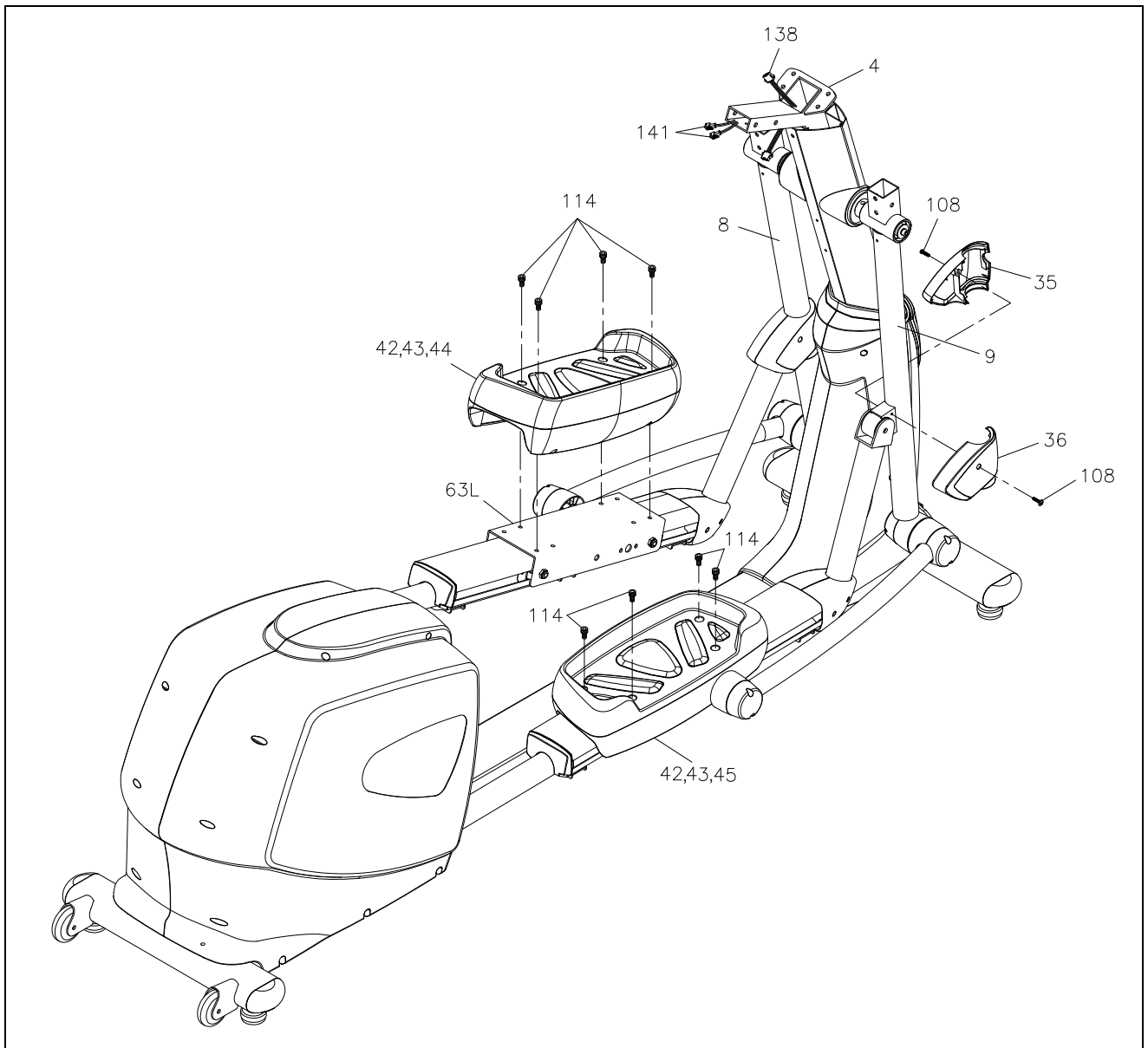
NOTE: For shipping purpose, the **Bolt, Hex Head (M8xp1.25x15mm) (124)** and **Lock Washer (M8) (90)** are attached on the **Pedal Slider (63R)**.

Loosen and remove the **Bolt, Hex Head (M8xp1.25x15mm) (124)** and **Lock Washer (M8) (90)** from the **Pedal Slider (63R)**.

Attach the bottom of the **Right Linkage (11)** onto the **Right Pedal Slider (63R)** and secure with **Bolt, Hex Head (M8xp1.25x15mm) (124)** and **Lock Washer (M8) (90)**.

STEP 9

Repeat the STEP 7 & 8 to install the **Left Linkage (10)** to the **Left Pivoting Arm (8)**.

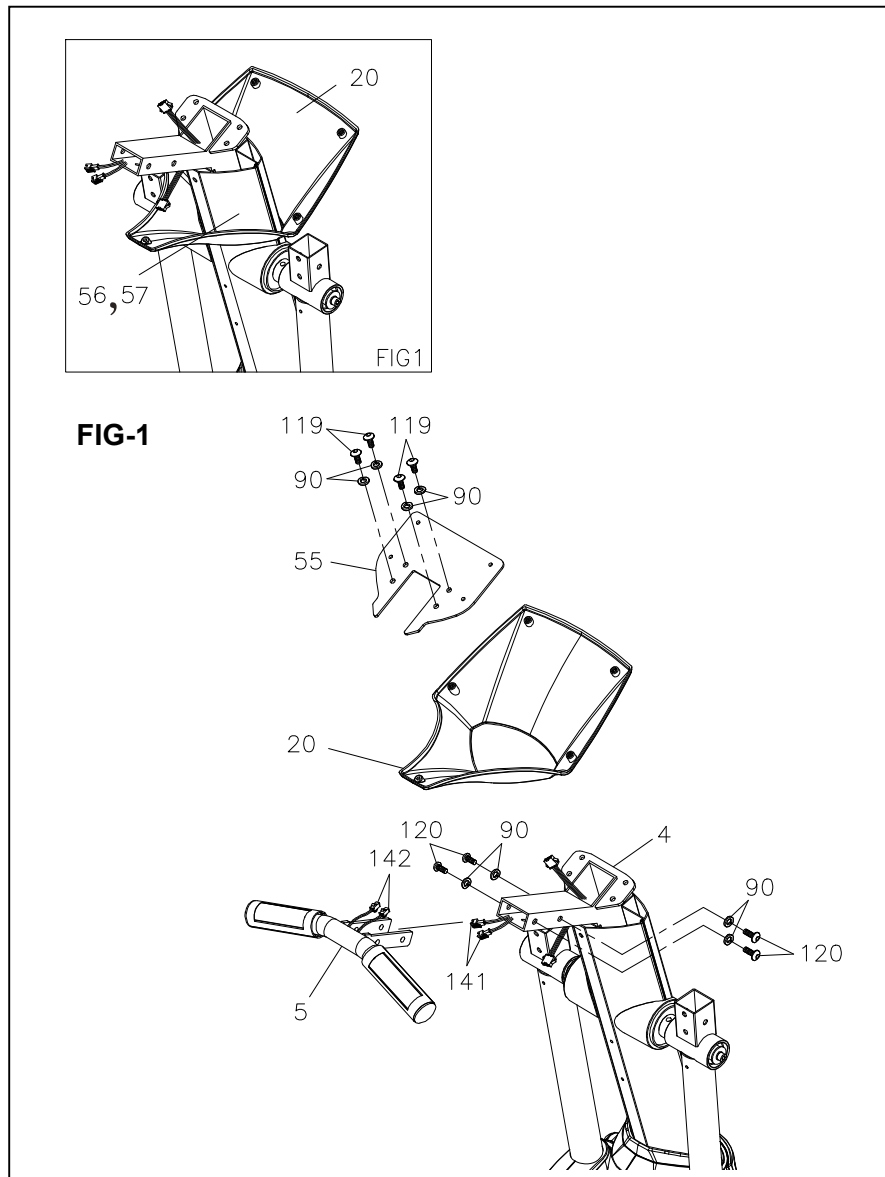


STEP 10

- Install the **Left Pivot Cuff (35)** and **Right Pivot Cuff (36)** at both sides of the **Right Pivoting Arm (9)**.
- Secure both the **Left Pivot Cuff (35)** and **Right Pivot Cuff (36)** with a **Screw, Round Head (M5xp0.8x15mm) (108)**.
- Repeat the same procedure to install the **Left Pivot Cuff (35)** and **Right Pivot Cuff (36)** to the **Left Pivoting Arm (8)**.

STEP 11

- Install the **Left Pedal Assembly (42, 43, 44)** to the **Left Pedal Slider (63L)** using **4 Bolts, Socket Head (M8xp1.25x10mm) (114)**.
- Install the **Right Pedal Assembly (42, 43, 45)** to the **Right Pedal Slider (63R)** using **4 Bolts, Socket Head (M8xp1.25x10mm) (114)**.
- Tighten all 8 bolts securely with a socket wrench (included).



STEP 12

Slide the **Console Bracket (20)** onto the **Front & Back Upright Cover (56, 57)** (see illustration **FIG-1** above).

***Be careful not to damage the Middle Pulse Sensor Wire (141) while assembling STEP 13.**

STEP 13

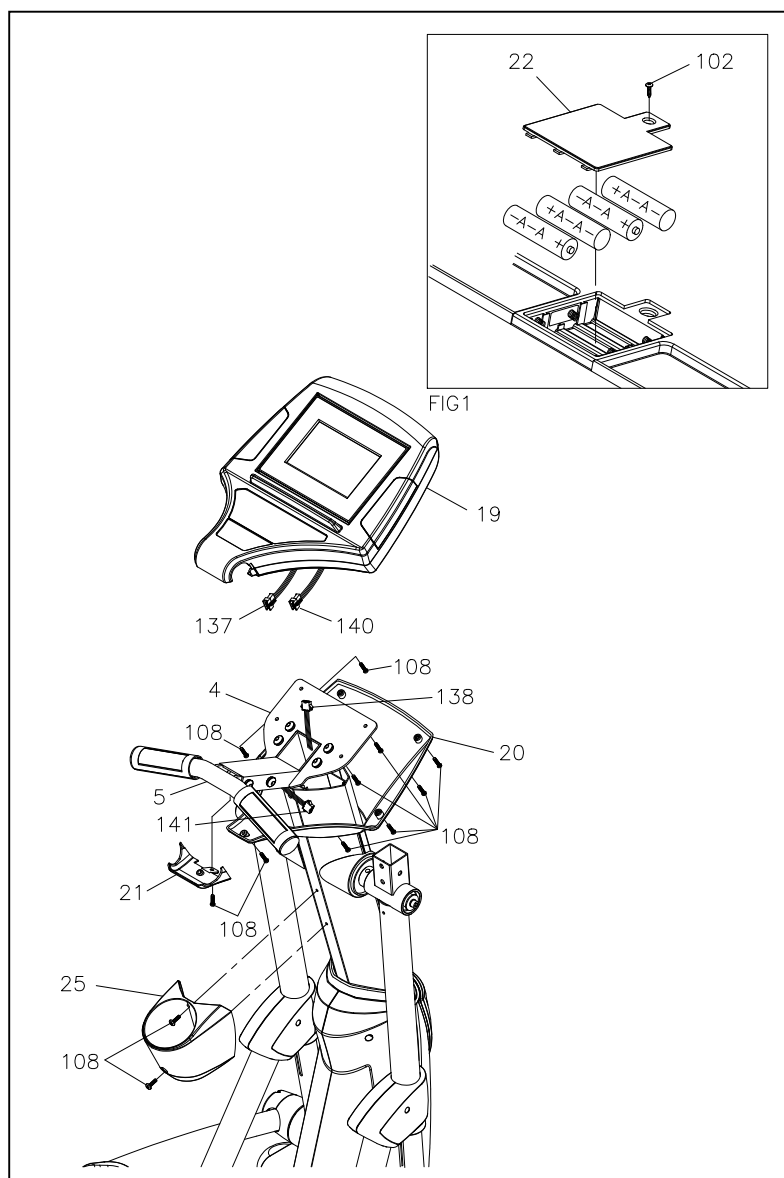
For shipping purpose, the **Bolts, Button Head (M8xp1.25x12mm) (119)** and **Lock Washers (M8) (90)** are attached on the **Upright Post (4)**.

- Loosen and remove these 4 **Button Bolts (119)** and the 4 **Lock Washers (90)** from the **Upright Post (4)**.
- Attach the **Console Fixed Bracket (55)** onto the **Upright Post (4)** and secure it with the 4 **Button Bolts (119)** and 4 **Lock Washers (90)**. Tighten it securely with **Wrench**.

STEP 14

The 4 Bolts, Button Head (M8xp1.25x16mm) (120) and the 4 Lock Washers (M8) (90) are attached on the Stationary Handlebar (5).

- a. Loosen and remove these **4 Button Bolts (120)** and **4 Lock Washers (90)** from the **Stationary Handlebar (5)**.
- b. Connect the **Middle Pulse Sensor Wire (141)** and the **Lower Pulse Sensor Wire (142)** to the **wire in the Stationary Handlebar (5)**
- c. Install the **Stationary Handlebar (5)** to the **Upright Post (4)** using the **4 Button Bolt (120)** and **4 Lock Washers (90)** that removed earlier.
- d. Tighten it securely with Wrench (supplied)



STEP 15

- Loosen the **Screw (M3x10mm) (102)** from the back of the Display Console using the Philips Screwdriver then remove the **Battery compartment cover (22)**.
- Install **4 AA batteries** (included). **Regular battery may damage the Display Console, please only use the Rechargeable NIMH ([Nickel-metal hydride](#)) batteries.**
- Re-attach the **Battery Compartment cover (22)** to the back of the **Display Console (19)** and secure it with the **Screw (M3x10mm) (102)**.

STEP 16

- Connect the **Upper Pulse Sensor Wire (140)** to the **Middle Pulse Sensor Wire (141)**.
- Connect the **Upper Connection Wire (137)** to the **Middle Connection Wire (138)**.

STEP 17

- Install the **Display Console (19)** onto the **Upright Post (4)**, secure it using **4 Screws, Round Head (M5xp0.8x15mm) (108)**,
- Attach the **Console Lower Case (21)** to the **Console (19)** underneath the **Handlebar (5)**, secure it with a **Screw, Round Head (M5xp0.8x15mm) (108)**.

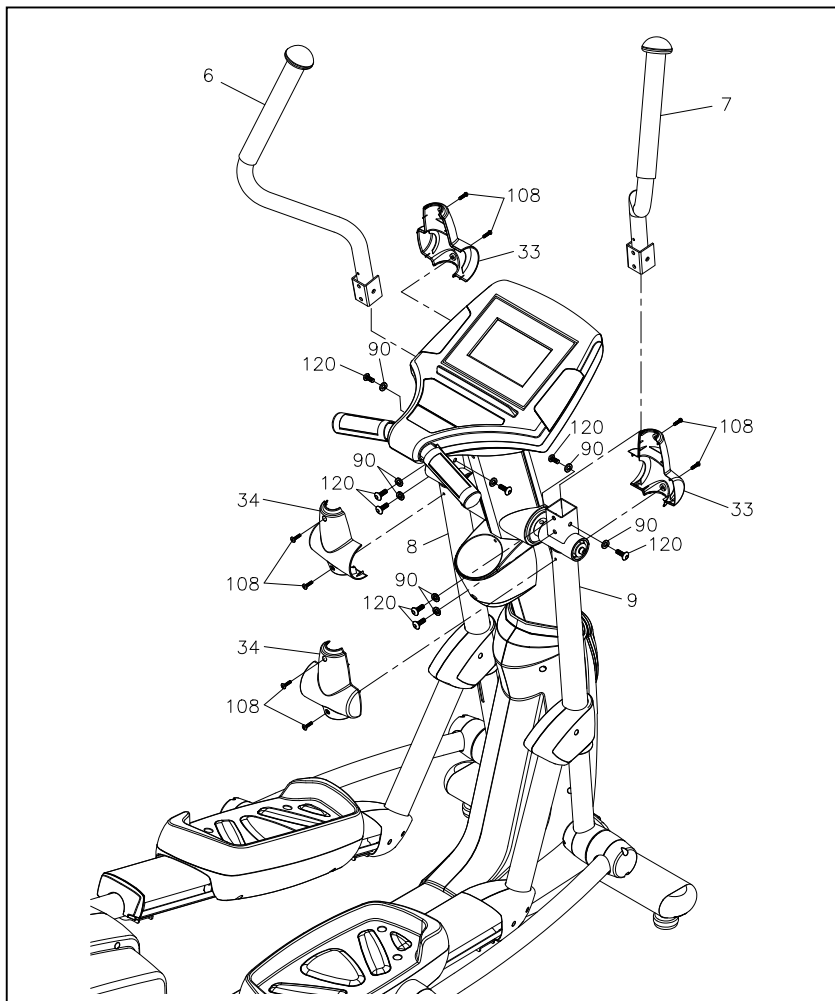
STEP 18

Install the **Console Bracket (20)** onto the **Console (19)**, secure it with **4 Screws, Round Head (M5xp0.8x15mm) (108)**.

STEP 19

Remove the **2 Screws, Round Head (M5xp0.8x15mm) (108)** that attached to the **Upright Post (4)**

Install the **Water Bottle Holder (25)** onto the **Upright Post (4)** and secure it with the **2 Screws that removed earlier**.



STEP 20

- Loosen and removed the **8 Bolts, Button Head (M8xp1.25x16mm) (120)** and **8 Lock Washers (M8) (90)** from the **Left and Right Upper Handlebar (6, 7)**.
- Slide the **Left Upper Handlebar (6)** into the **Left Pivot Arm (8L)** secure it using **4 Bolts, Button Head (M8xp1.25x16mm) (120)** and **4 Lock Washers (90)**
- Repeat the same procedure to install the **Right Upper Handlebar (7)** to the **Right Pivot Arm (8R)**.

STEP 21

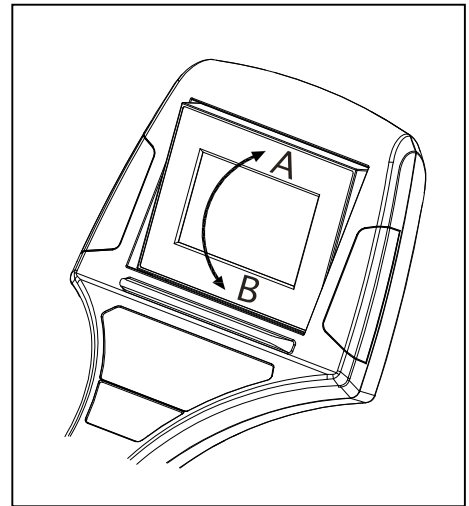
- Place the **Front and Rear Pivot Arm Cover (33 & 34)** to the **Right Pivot Arm (9)**
- Using **2 Screws, Round Head (M5xp0.8x15mm) (108)**. Tighten it securely with a **Philip Screwdriver**.
- Repeat the Same procedure to **install the Left Pivot Arm (8)**

Tighten all Nuts and Bolts with Wrenches.

OPERATIONS INSTRUCTIONS

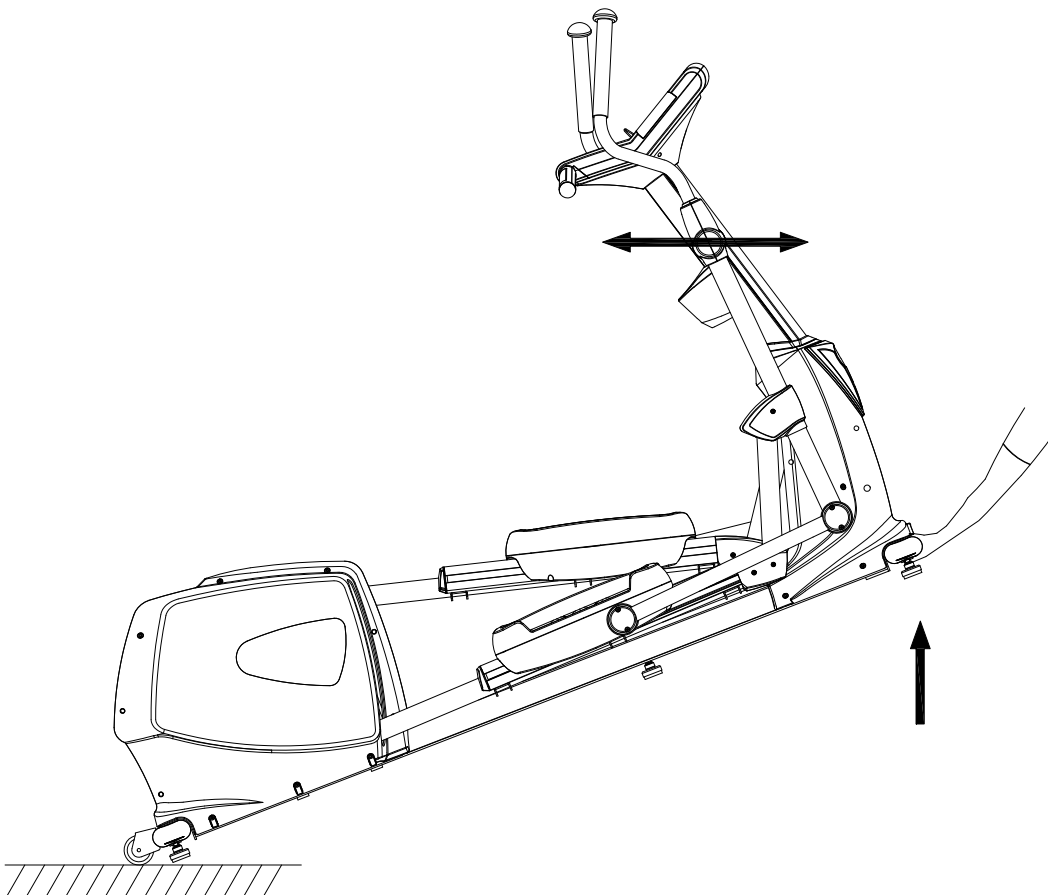
CONSOLE ANGLE ADJUSTMENT

The Display Console angle may be adjusted by pushing the A or B on the Display Console



TRANSPORT YOUR ELLIPTICAL TRAINER SAFELY

Lift up the front end of the machine by grip and hold the **Front Stabilizer (2)** with both hands, transport the Elliptical Trainer on wheel slowly.

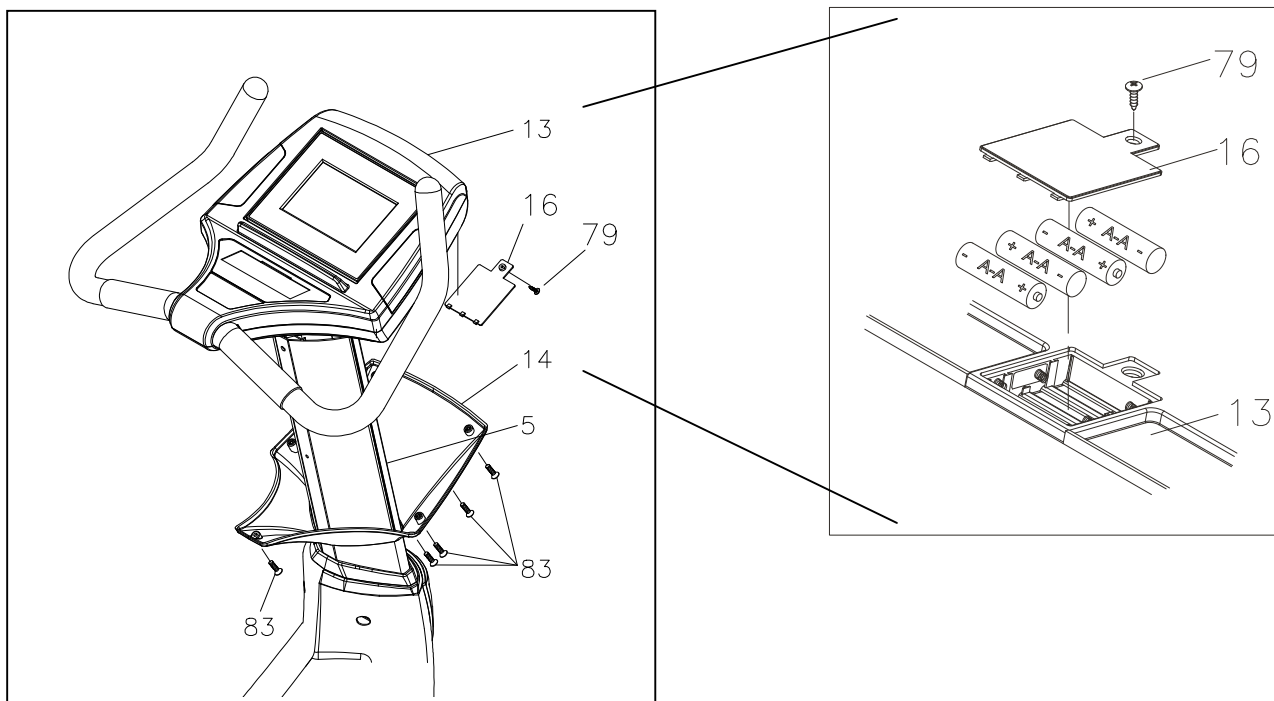


HOW TO INSTALL AND REPLACE BATTERIES:

Loosen the **Screw (83)** at the bottom on the **Console Bracket (14)**.

Loosen the **Screw (M3x10mm)(79)** that locks the battery cover.

Install (or Replace) only the **Nickel-Metal Hybrid/Ni-MH** rechargeable batteries.



PARTS LIST

NO.	Description	Q'TY
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Upright Post	1
5	Stationary Handlebar	1
6	Left Upper Handlebar	1
7	Right Upper Handlebar	1
8	Left Pivoting Arm	1
9	Right Pivoting Arm	1
10	Left Linkage	1
11	Right Linkage	1
12	Pedal Support Arm	2
13	Front Left-Side Cover	1
14	Front Right-Side Cover	1
15	Rear Left-Side Cover	1
16	Rear Right-Side Cover	1
18	Main Frame Base Cover	1
19	Console	1
20	Console Bracket	1
21	Console Lower Case	1
22	Battery Door	1
23	Front Decorating Upright Cover	1
24	Upright Sleeve	1
25	Accessory Tray	1
26	Pulse Sensor Top Housing	2
27	Pulse Sensor Bottom Housing	2
28	Pulse Sensor Plate Assembly	4
29	Foam Grip Assembly (40mm)	2
30	Stationary Handlebar Plug (φ 31.8mm)	2
31	Foam Grip Assembly (225mm)	2
32	Inner Rotator Cuff-Pivoting Arm	2
33	Front Rotator Cuff-Pivot Arm	2
34	Back Rotator Cuff-Pivoting Arm	2
35	Left Pivot Cuff	2
36	Right Pivot Cuff	2
37	Inner Rotator Cuff-Linkage	6

NO.	Description	Q'TY
37	Inner Rotator Cuff-Linkage	6
38	Outer Rotator Cuff-Linkage	6
39	Left Pedal Base Cover	2
40	Right Pedal Base Cover	2
41	Rail Cap	2
42	Pedal Upper Case	2
43	Non-Slip Pad	2
44	Left Pedal Lower Case	1
45	Right Pedal Lower Case	1
46	Pedal Support Arm Bushing	2
47	POM Roller Assembly (49.9mm)	8
48	Moving wheel	2
49	End Cap (50x100mm)	4
50	Pulley (120mm)	1
51	Pulley (235mm)	1
52	Magnet	1
53	Belt (864mm J8)	1
54	Belt (914mm J8)	1
55	Console Fixed Bracket	1
56	Front Aluminum Upright Cover	1
57	Back Aluminum Upright Cover	1
58	Upper Pivot Shaft Spacer	2
60	Middle Pivot Shaft Spacer	2
61	Middle Pivot Shaft Cap	4
62	Pedal Rail	2
63	Pedal Slider	2
64	Roller Shaft	8
65	Pedal Slider Shaft	2
66	Pedal Support Arm Connector	2
67	Left Crank	1
68	Right Crank	1
69	Crank Shaft	1
70	Mounting Plate	2
71	Generator	1
72	Controller	1
73	Resistor	1
74	Drive Shaft	1

NO.	Description	Q'TY
75	Bearing Bracket	1
76	Leveler (ψ50mm)	5
77	Linkage Spacer	2
78	Bearing (6004)	12
79	Bearing (6903)	4
80	Bearing (6905)	4
81	Linkage Bushing (ψ12mm)	2
82	Eye Bolt	2
83	Tension Bracket	2
84	E Clip (ψ30mm)	2
86	C Ring (ψ17mm)	4
87	C Ring (ψ20mm)	3
88	Square Key (6×6×16mm)	1
89	Lock Washer (M6)	10
90	Lock Washer (M8)	45
91	Lock Washer (M10)	2
92	Wave Washer (ψ21mm)	2
93	Washer (6×13×2.0t)	8
94	Washer (6×19×2.0t)	2
95	Washer (8×23×2.0t)	3
96	Washer (8×30×2.0t)	2
97	Washer (8×38×2.0t)	4
98	Washer (10×23×2.0t)	2
99	Washer (10×28×2.0t)	2
100	Washer (21×30×1.0t)	7
101	Hex Socket Cap Screw (M8×1.25×10mm)	2
102	Screw (M3×10mm)	1
103	Screw (M4×20mm)	25
104	Screw (M5×18mm)	36
105	Bolt, Button Head (M6×p1.0×12mm)	2
106	Bolt, Button Head (35mm)	2
107	Screw, Round Head (M3×35mm)	4
108	Screw, Round Head (M5×p0.8×15mm)	24
109	Screw, Round Head (M5×p0.8×50mm)	2
110	Screw, Round Head (M5×p0.8×75mm)	2
112	Bolt, Socket Head (M5×p0.8×15mm)	2
113	Bolt, Socket Head (M6×p1.0×15mm)	10
114	Bolt, Socket Head (M8×p1.25×10mm)	8

NO.	Description	Q'TY
115	Bolt, Socket Head (M8×p1.25×55mm)	2
116	Bolt, Socket Head (M8×p1.25×70mm)	2
117	Bolt, Socket Head (M8×p1.25×75mm)	2
118	Bolt, Socket Head (M10×p1.5×20mm)	2
119	Bolt, Button Head (M8×p1.25×12mm)	16
120	Bolt, Button Head (M8×p1.25×16mm)	18
121	Carriage Bolt (M8×p1.25×75mm)	4
122	Bolt, Hex Head (M8×p1.25×10mm)	1
123	Bolt, Hex Head (M8×p1.25×15mm)	4
124	Bolt, Hex Head (M8×p1.25×15mm)	4
125	Bolt, Hex Head (M8×p1.25×65mm)	4
126	Bolt, Hex Head (M10×p1.5×55mm)	2
127	Bolt, Hex Head (M10×p1.5×50mm)	2
128	Flange Nut (M5)	2
129	Nut (M3)	4
130	Nut (M8×p1.25)	4
131	Nylon Lock Nut (M6×p1.0)	2
132	Nylon Lock Nut (M8×p1.25×6.2t)	4
133	Nylon Lock Nut (M8×p1.25)	6
134	Nylon Lock Nut (M10×p1.5×8t)	16
135	Generator Wire (3pin×700mm)	2
136	Sensor Wire & Stand (2pin×600mm)	1
137	Upper Connection Wire (4pin×300mm)	1
138	Middle Connection Wire (4pin×900mm)	1
139	Lower Connection Wire (4pin×2100mm)	1
140	Upper Pulse Sensor Wire (4pin×300mm)	1
141	Middle Pulse Sensor Wire (4pin×300mm)	1
142	Lower Pulse Sensor Wire (2pin×300mm/400mm)	2
143	Adjustment Stand	4
144	POM Roller Assembly (37.5mm)	4
145	Adjustment Plate Spacer (8x12x4t)	4
146	Screw, Flat Head (M8xp1.25x20mm)	4
147	Handheld Dome Plug	2
148	Inner Rotator Cuff (50mm)	2
149	Outer Rotator Cuff (50mm)	2

EXPLODED DRAWING

