Deluxe Cross Trainer

HFH

HOME FITNESS HIRE

WARNING:

Home Fitness Hire recommend placing the cross-trainer on a level surface and on a mat or carpet offcut to avoid damage to your floor surface. Make sure that the screws and bolts holding the handlebar sections are all tightened firmly, to avoid any accidental injury. Children must be kept clear of the equipment when in use. Any children using equipment should be supervised by an adult at all times. The unit when not in use still represents a danger to unsupervised children, the unit should be moved so it cannot be accessed by them or the unit should be rendered inoperable.

UNIT OPERATION

During exercise, the computer will show time, RPM, speed, distance, watts, calories, pulse. The computer will automatically turn on when the adapter is plugged in, or when unit is used, or when any button is pressed. U1 will begin flashing. For immediate manual operation press the quick start button and adjust resistance levels from 1-16 with the centre dial. Time, distance and calories will count up from zero. Press start/stop button to finish session. Press reset button once to return to main menu or hold down for 4 seconds to reset all functions.   The computer will automatically turn off when the machine is not in use for 4 minutes.

PROGRAM OPTIONS:

Using dial, press enter and then choose male/female, age, height, weight. You will then have the choice of manual, program, watt, personal, HRC options flashing at the top of this main menu screen.

MANUAL OPERATION:

At the main menu, use the dial to scroll through the options until manual is highlighted, then press enter to select. Set the desired parameters (time, distance, calories, or pulse) with the dial and press enter. Press the start/stop button to begin exercise. At any time during operation the resistance can be adjusted. To end an exercise session, press the start/stop button and then the reset button once to return to the main menu.

PRESET PROGRAMS:

At the main menu, select the program option with the dial and press enter to select. Choose desired program from the 12 options. Set the desired parameters (time, distance, calories, or pulse) with the dial and press enter. Press the start/stop button to begin exercise. The computer will increase and decrease the resistance according to the program design. Press the start/stop button to end the program, and then the reset button once to return to the main menu.

WATT PROGRAM:

The watt program is designed to keep your energy output at a constant level. Resistance will raise as speed decreases and lower as speed increases. At the main menu, select the watt option with the dial, then press enter to select. Set the desired parameters (time, distance, calories, or pulse) with the dial and press enter. Press the start/stop button to begin exercise.

PERSONAL PROGRAM:

A custom designed program can be designed. Select the personal option from the main menu with the dial. A program profile will be displayed with the first section flashing. Use the dial to set the desired resistance level for that section and press enter to confirm and move to the next section. Repeat the process until the entire program has been set and press start/stop to begin.

HEART RATE CONTROL PROGRAM:

Designed to keep your Heart Rate at a constant level. Select HRC and then choose 55%, 75%, 90%, or TAG (Target) option. Set the desired parameters (time, distance, calories, or pulse) with the dial and press enter. Press the start/stop button to begin exercise and keep hands on pulse grips. If your heart rate is above selected target heart rate value, the computer will sound an alarm. Recovery: The recovery feature will determine your fitness level. At end of exercise session, press recovery button and hold pulse grips for 1 minute. Your fitness level will be displayed between F1-F6

GENERAL EXERCISE GUIDELINES

Where to begin an exercise program is dependent upon your current fitness level. If you are overweight or have been inactive for a period of time, must start slowly and progress gradually. Initially, to become accustomed to exercising and using the cross-trainer, work at a level that you feel comfortable and can maintain for at least 5-10mins. From there, aim to increase duration to 20-30mins. Using your heart rate is the most effective way to monitor exercise and achieve your goals. (see: exercise to your heart rate range on product brochure)

As a general rule of thumb begin exercising at a level where you can still maintain a normal conversation without constantly being out of breath. If you want to work harder on the cross-trainer, but don't feel comfortable going faster, use the tension adjustment to make the movement more difficult. Try watching television or listening to music when exercising to help the time pass quicker. Wear comfortable clothing with supportive and cushioned footwear. Drink plenty of fluids before, during and after exercise. Stop exercising if you feel ill, faint or exhausted and seek medical advice. Give your exercise program time to work. It may take up to four weeks before you notice any changes to your weight or fitness level, so be patient and persistent.

A balanced diet is also an important part of any exercise program.

TROUBLESHOOTING

Your deluxe x-trainer has been cleaned and checked prior to being hired, but problems can sometimes arise, especially if you have had the x-trainer for a long period of time. COMPUTER DOESN'T READ CORRECTLY: If the computer is erratic or has stopped reading information, check that the sensor lead at the back of the computer is plugged in properly. If the computer is completely blank make sure the power pack is properly plugged into the bike & the wall power point.

If any other problems arise don't hesitate to contact your hiring agent.