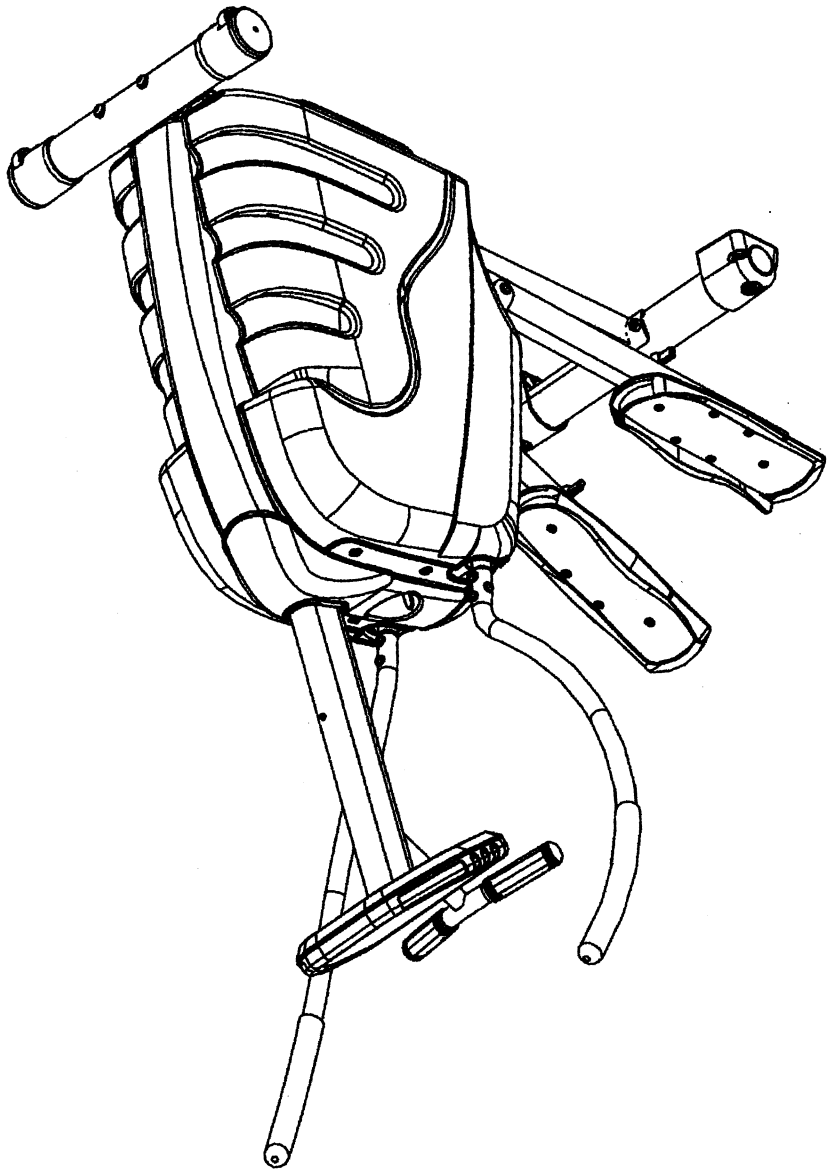


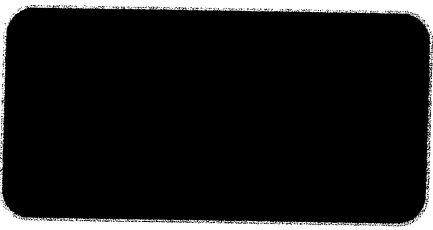
E5 OWNER'S MANUAL



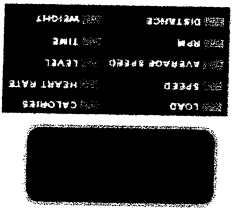
1.) Light will indicate which program has been displayed.



2.) Main Readout: displays where you are in the program.



4.) Light indicates which function is selected.



3.) Displays the value of each function.

4.) Readout Function Lights

3.) Readout Display

1.) Program Function Lights

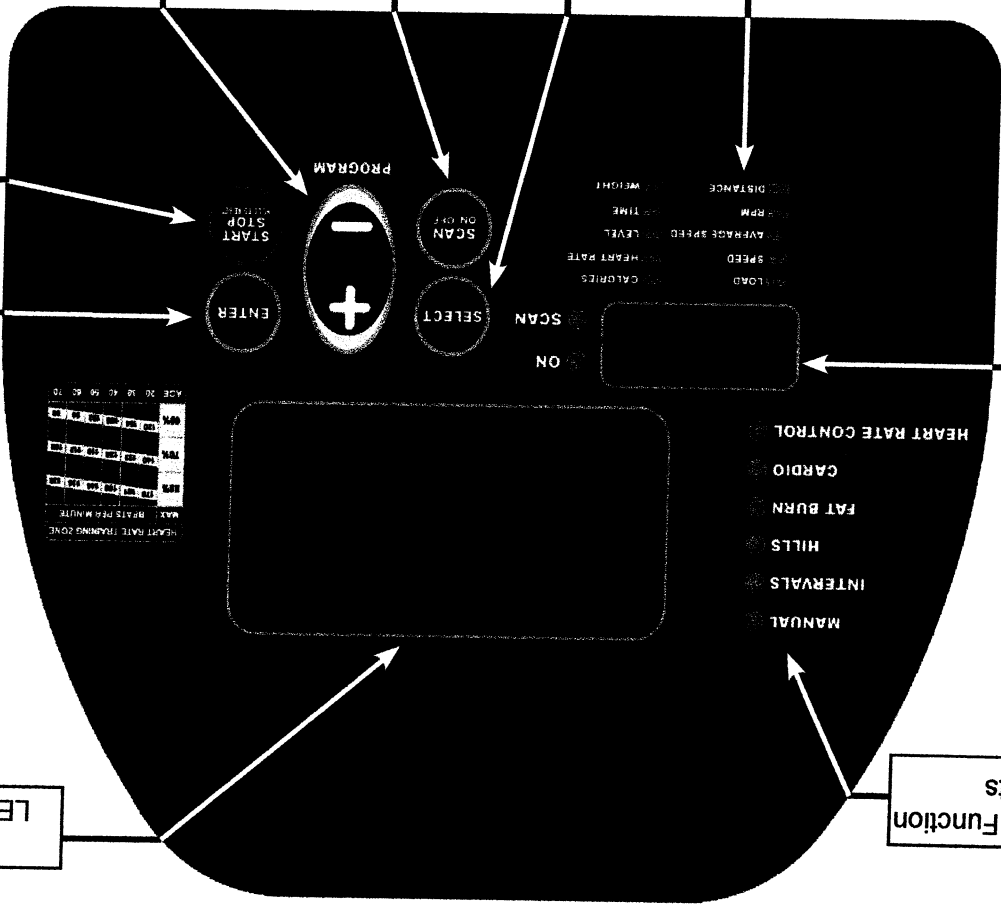
8.) Start / Stop Button

7.) Enter Button

9.) Increase / Decrease Button

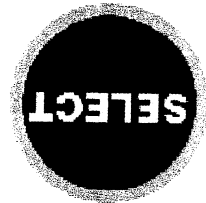
6.) Scan Button

5.) Select Button



2.) Main LED Readout

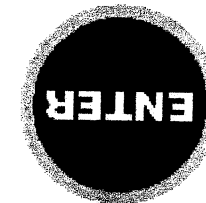
5.) Select Button: Allows you to select which information you would like to input and display.



6.) Scan on / off Button: Will turn on or off the scan feature (see page 13).



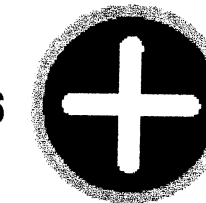
7.) Enter Button: Will enter the information that you have given, so you can move onto the next category.



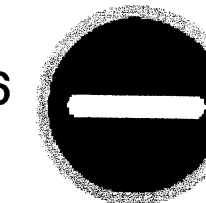
8.) Start / Stop Button: Will start and stop your program. If you hold this button down for more than 2 seconds, it will allow you to reset all information.



9.) Increase Button: Will increase the value of resistance in the program, and select the program.



9.) Decrease Button: Will decrease the value of resistance in the program, and select the program.



Save these instructions

Failure to follow any of the following safety instructions may result in injury or serious health problem:

- Use this exercise product only as intended and described in this Owner's Manual.
- Do not use attachments not recommended by the manufacturer.

- Never drop or insert any object into any opening, or on the Pedal Arm Guide Rails.
- Do not place fingers, feet or any other object into or near the moving parts.

• Never turn foot pedals, pedal arms or crank by hand.

• To avoid entanglement and possible injury, do not expose hands or arms to the drive mechanism.

• Do not dismount the E5 until the pedals are at a complete stop.

• Warn bystanders to keep a safe distance away. Do not allow anyone (other than the user) to touch the machine while it is in operation.

• Do not remove the side covers. Only on authorized retailer should perform maintenance or repair services.

• Do not use outdoors.

Children

- Keep children off and away from your E5 at all times.
- When the E5 is in use, young children and pets should be kept at least 10 feet away.

Other safety tips for your E5

• **CAUTION!** If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

• Don't wear loose clothing that might catch on any part of the E5.

• Read this Owner's Manual in it's entirety before operating the E5.

Cleaning

- Use a damp cloth to wipe your E5 and console free of sweat and dust. Always avoid getting extra moisture on the console. By keeping the console face free of sweat, you can extend the console's life.
- Important Reminder: NEVER use petroleum - based solvents when cleaning. Doing so will damage the finish on your E5.

Assembly

If you have elected to assemble this product yourself, please read and follow each of the steps in the enclosed assembly instructions. It is recommended that assembly be performed by an authorized retailer. If you have any questions regarding any part or function of your E5, contact your retailer.

Moving your E5

Your E5 has a pair of transport wheels built into the front foot. It is easy to move your E5 by picking up the back end and rolling it on the front wheels.

Placement in your home

It is important that you place your E5 in a comfortable and inviting room. Your E5 is designed to use minimal floor space. Many people will place their E5 facing the TV or a picture window. To make exercise a desirable daily activity for you the E5 should be in attractive setting.

Leveling your E5

If your E5 wobbles when you have placed it where you intend to use it, raise or lower the adjustable levers located on either side of the pedal arm guide rail stabilizing foot.

Foot position

Your E5 has a large foot pedal, offering you a variety of foot positions. When using your E5 you may notice that your heel rises off the footpad. This is normal heel-toe-plant walking or running motion and you should not try to prevent this.

Glide position

Placing the foot pedal toward the back of the arm (using the foot pedal) will decrease your step height and keep the step pattern elliptical. Your workout will feel more like a ski glide, or smooth run or walk.

Step position

Moving the foot pedal to the front of the pedal arm (using the foot pedal) will increase your step height. This will give you a more vertical sleeping motion. This position is particularly effective for developing your quadriceps muscles.

How to use the E5

To start using the E5 simply stand on the foot pedals with the toes of your shoes close to the front edge of the foot platform.

E5 motion handles

Working in unison with the adjustable resistance of the elliptical stride, the motion handles are designed to work ergonomically with your lower body. The ergonomic design encourages good posture and proper technique. When working with the motion handles for the first time, start out at slow pace to get accustomed to the total body motion.

The stationary handles are there for additional support. On the stationary handles are the metallic contact heart rate pads, to be used if you are not wearing a Heart Rate Monitor Transmitter.

Converting from metric to standard
 First flip the switch located in the reverse side of the panel. Then, take the batteries out and replace them. When the machine powers back up the readout will switch.

Turning the screen display on
 You can turn your console on by either pressing the RESET button at the bottom right of the console or by simply getting on your elliptical and beginning your stride.

Clearing previously stored information
 Your elliptical will retain information from your previous workout such as calories and distance for a few minutes. You can clear this information by pressing RESET.

Console feedback
 Your E5 provides you with the information you need for an effective workout every time.

Time
 There are two modes of time display. You can choose either Count Up Mode or Count Down Mode for a programmed time limit.

To operate in Count-Up Mode:
 Simply get on the elliptical and start striding. The console will automatically turn on and the time display will advance from zero and keep time until you finish your workout.

To operate in Count-Down Mode:
 Turn on the console by pressing the RESET button. Press the MODE button to cycle through the feedback windows until TIME is displayed. Next, press the "+/-" button until the desired number of minutes of your workout is displayed. Then, start pedaling. The TIME display will show your specified time counting down to zero. When you have reached your goal, the console will beep until you press the RESET button again.

To operate a specific distance:
 Turn on the console by pressing the RESET button. Press until DISTANCE is displayed. Next, press the "+/-" button until the desired distance for the workout is displayed. Then, start pedaling. The DISTANCE display will show your specified mileage counting backwards to zero. When you have reached your goal, the console will beep until you press the RESET button again.

Distance
 The DISTANCE display will show this amount of mileage you have "traveled" in your workout. Keeping a record of your progress is a great motivational tool. You can also program the amount of distance you desire for your workout:

Turn the screen display off.
 The elliptical console automatically shuts off after a few minutes of inactivity.

Pulse
 The PULSE display will show your heart rate in beats per minute. During your workout, press the MODE button until PULSE is displayed. Next, grasp the inner upright handles with your palms on the heart rate sensors. After 10 seconds your heart rate will be displayed and will change as your heart rate changes. NOTE: Always consult a physician before starting an exercise program. This will be helpful in determining your target heart zone.

Top program a calorie countdown:
 Turn on the console by pressing the RESET button. Press the MODE button to cycle through the feedback windows until CALORIES is displayed. Next, press the "+/-" button until the desired number of calories are displayed. Then, start pedaling. The CALORIES display will show your specified calories counting backwards to zero. When you have reached your goal, the console will beep until you press the RESET button again.

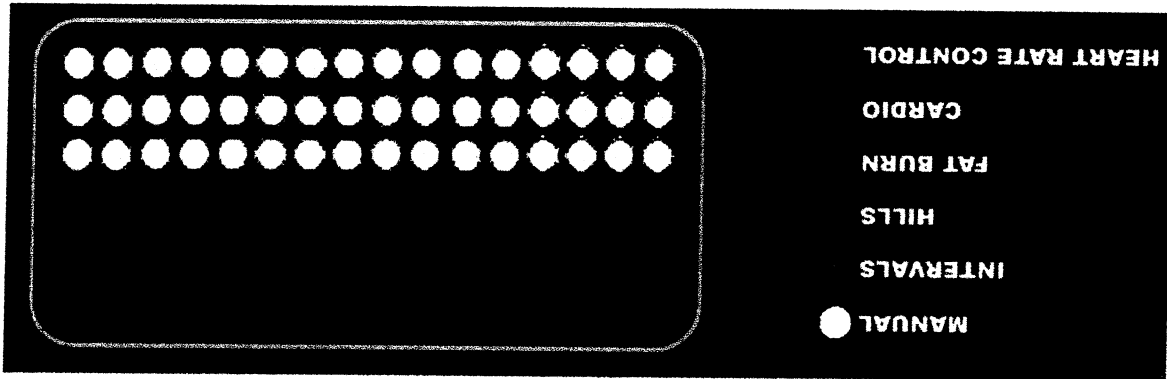
Calories
 The calories display will show the approximate number of calories you burn during your workout. You can also program your elliptical to notify you when you have burned a specific number of calories.

Speed
 This readout will display your speed in miles per hour.

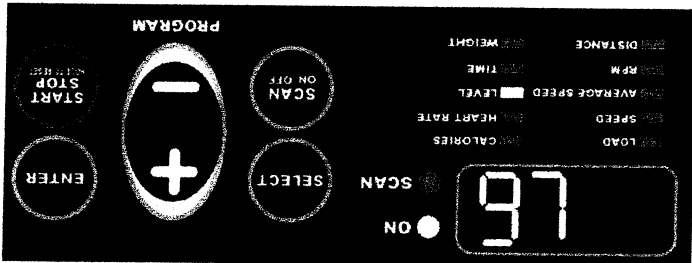
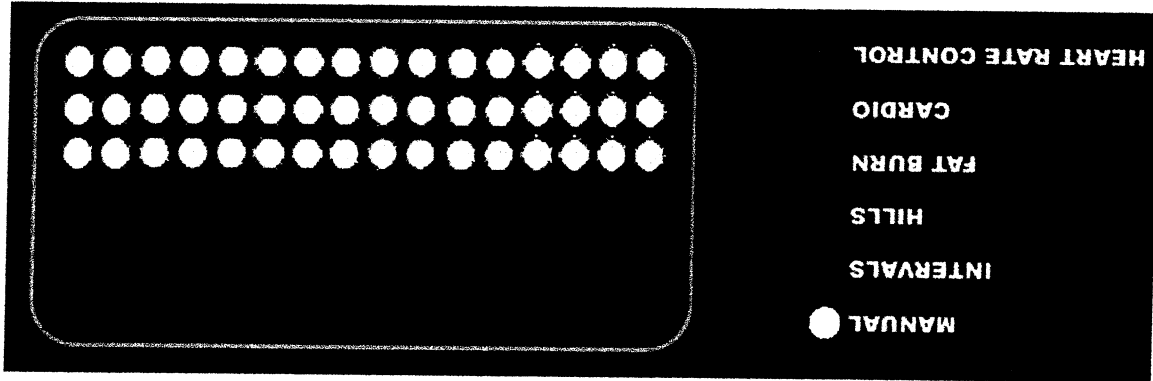
THE PROGRAMS

Turn the power on, press the Start Button or move the pedals, this will start the Manual program.

During any of the programs, you can use the "+/-" buttons to adjust the Level of resistance, at any time.



Press the "+/-" button, until the "MANUAL" light is on. Press the "ENTER" button.



Press the "SELECT" Button, until the Level light is on. Press the "+/-" to set, press "ENTER".

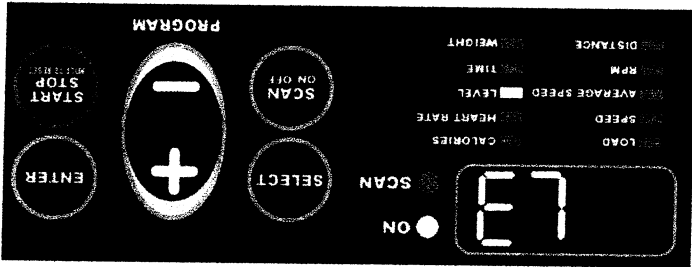
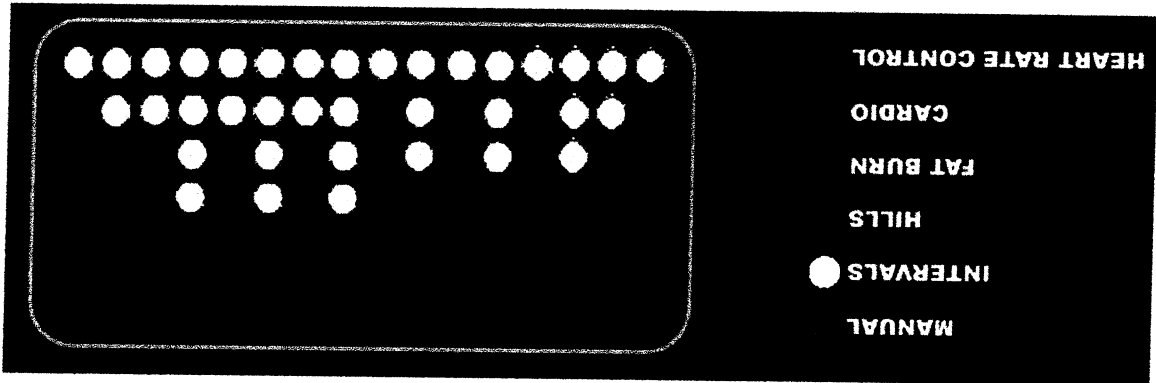
Press the "SELECT" Button, until the Time light is on. Press the "+/-" to set, press "ENTER".

Press the "SELECT" Button, until the Weight light is on. Press the "+/-" to set, press "ENTER".

Press the "START" Button, and begin the program.

INTERVAL

Press the "+/-" button, until the "INTERVAL" light is on. Press the "ENTER" button.



Press the "SELECT" Button, until the Level light is on. Press the "+/-" to set, press "ENTER".

Press the "SELECT" Button, until the Time light is on. Press the "+/-" to set, press "ENTER".

Press the "SELECT" Button, until the Weight light is on. Press the "+/-" to set, press "ENTER".

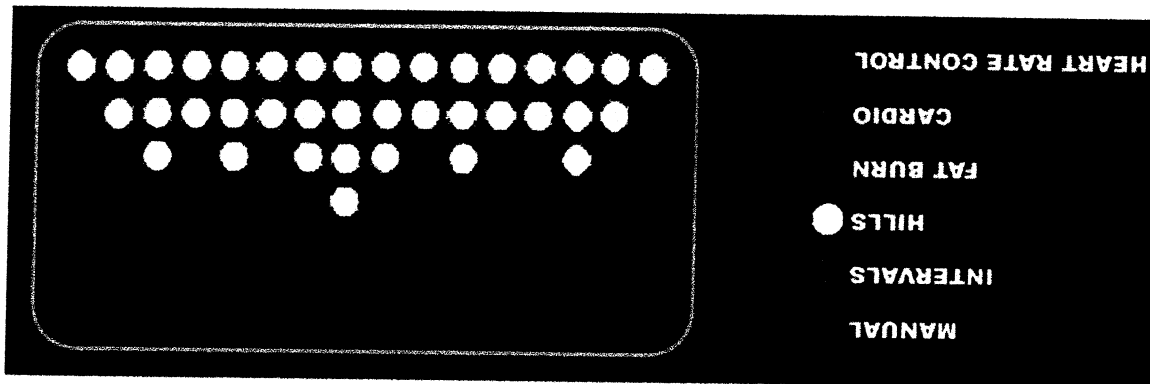
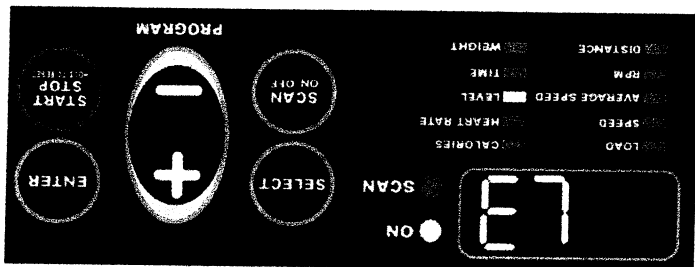
Press the "START" Button, and begin the program.

Press the "START" Button, and begin the program.

Press the "SELECT" Button, until the Weight light is on. Press the "+/-" to set, press "ENTER".

Press the "SELECT" Button, until the Time light is on. Press the "+/-" to set, press "ENTER".

Press the "SELECT" Button, until the Level light is on. Press the "+/-" to set, press "ENTER".



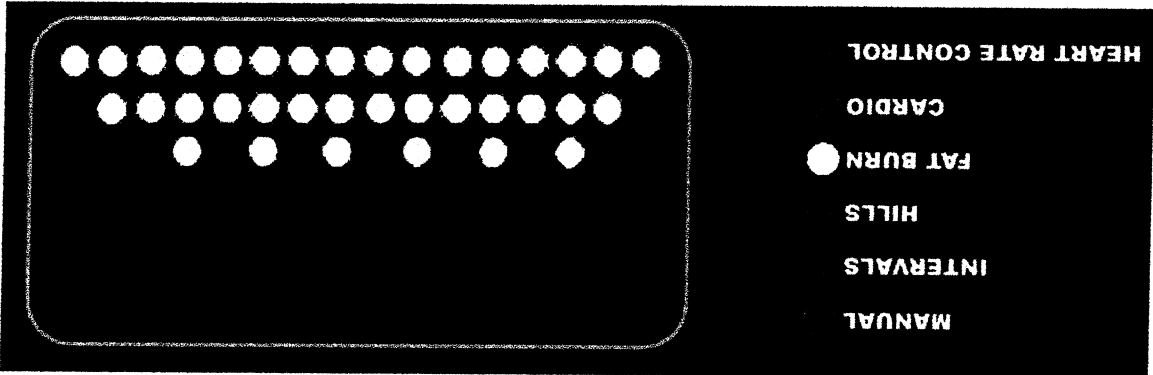
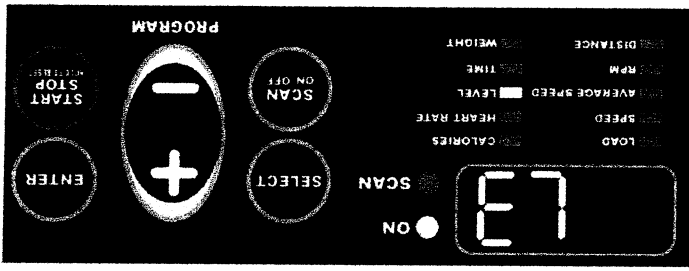
Press the "+/-" button, until the "HILLS" light is on. Press the "ENTER" button.

Press the "START" Button, and begin the program.

Press the "SELECT" Button, until the Weight light is on. Press the "+/-" to set, press "ENTER".

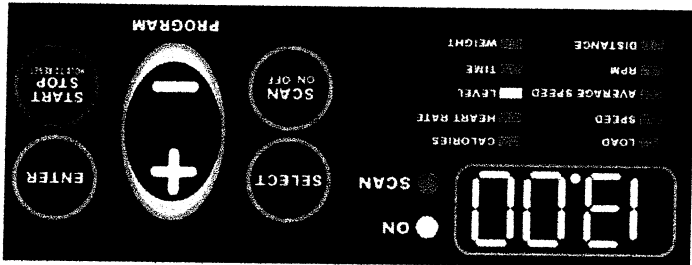
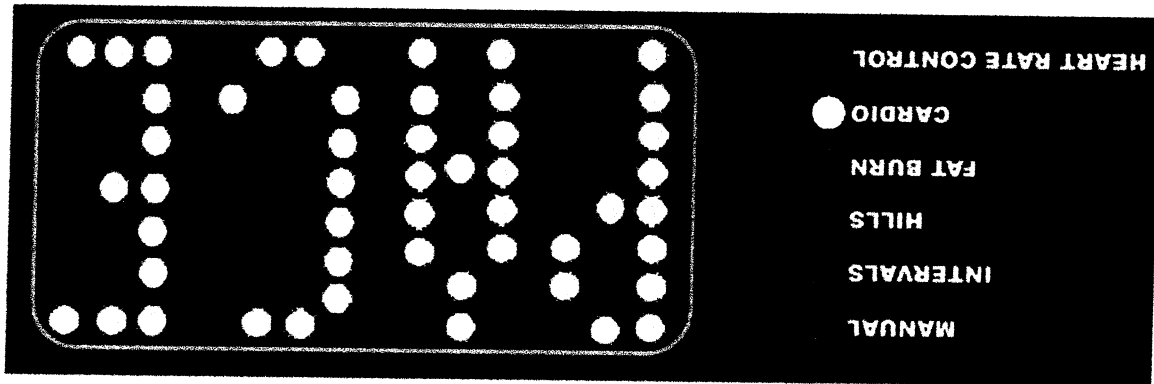
Press the "SELECT" Button, until the Time light is on. Press the "+/-" to set, press "ENTER".

Press the "SELECT" Button, until the Level light is on. Press the "+/-" to set, press "ENTER".



Press the "+/-" button, until the "FAT BURN" light is on. Press the "ENTER" button.

Press the "+/-" button, until the "CARDIO" light is on.
Press the "ENTER" button.



Press the "SELECT" Button, until the Level light is on. Press the "+/-" to set, press "ENTER".

Press the "SELECT" Button, until the Time light is on. Press the "+/-" to set, press "ENTER".

Press the "SELECT" Button, until the Weight light is on. Press the "+/-" to set, press "ENTER".

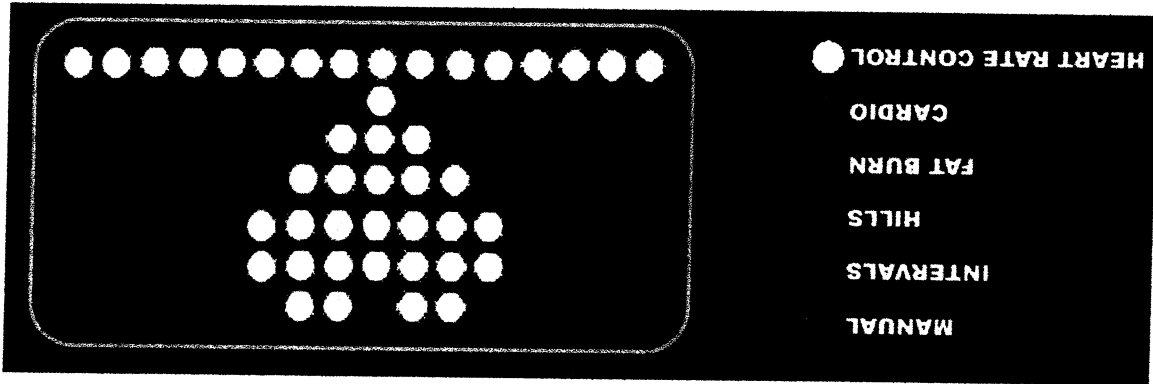
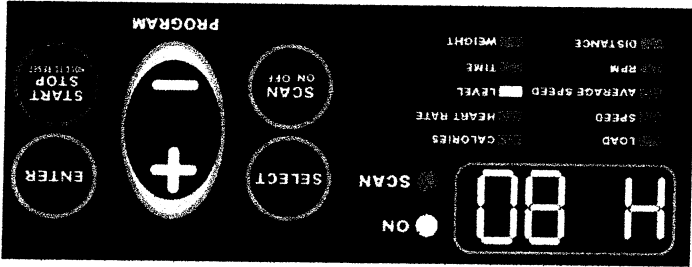
Press the "START" Button, and begin the program.

Press the "START" Button, and begin the program.

Press the "SELECT" Button, until the Weight light is on. Press the "+/-" to set, press "ENTER".

Press the "SELECT" Button, until the Time light is on. Press the "+/-" to set, press "ENTER".

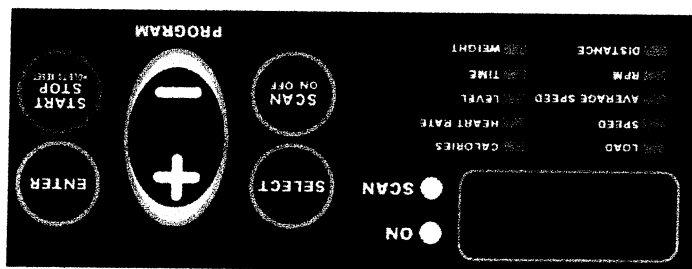
Press the "+/-" Button, to set your Target Heart Rate (see the graph on page 14). Press "ENTER".



Press the "+/-" button, until the "HEART RATE CONTROL" light is on. Press the "ENTER" button.

HEART RATE CONTROL

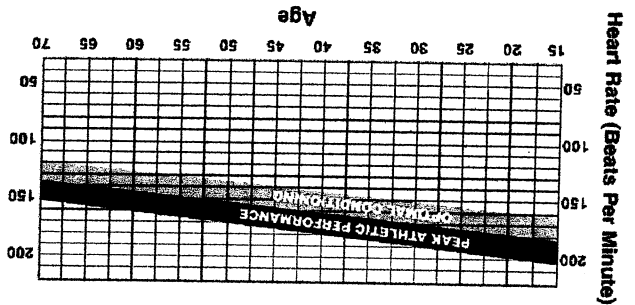
While you are working out, you can press the "SCAN on off" button, so the Scan light is on. This will scroll through the information during your workout. You can press the "SCAN on off" button, so the Scan light is off, while it is showing the information you would like to see consistently through your workout. At any time during your workout, you can press the "SELECT" button, and change which information is being displayed.



Heart Rate Training Maximizes Performance

During exercise, the heart beat, or pulse rate, is a valuable gauge of intensity level - the more vigorous the workout, the faster the heart must pump to deliver oxygen rich blood to hard working muscles. Research shows that exercising in target heart rate zones is the best way to improve cardiovascular health while preventing under-training which minimizes results, as well as over-training and risking injury or burnout. Essentially, it amounts to smarter, more effective workouts.

Cardiovascular exercise should be performed at 55% to 90% of one's maximum heart rate (MHR), one way to determine your MHR is by using the following equation: $220 - \text{age} = \text{MHR}$. Or by using a chart:



Advances in fitness equipment facilitate accurate heart rate monitoring using telemetry or hand sensors. With telemetry, exercisers wear a chest strap, and the machine wirelessly picks up the heart's signal and displays the heart rate on the console. Some manufacturers also offer hand sensors that exercisers grip to get a heart rate reading. Because muscle contraction interference can cause erratic readings with hand sensors, telemetry is generally more accurate.

Some fitness equipment also offers pre-designed programs that take the guesswork out of heart rate training by keeping exercisers at predetermined heart rate zones. For example, in a workout that requires 80% MHR, the machine picks up the heart rate from the exerciser's chest strap and automatically varies resistance levels so the user maintains the proper intensity.

The advantage is that exercisers don't have to continually monitor and readjust to ensure that they are at the appropriate level because the machine does it for them. These programs also provide valuable variety, enhance motivation and help improve performance.

Technology boost heart rate monitoring Heart rate can be measured by palpating an artery and counting the beats. But even simpler is using a heart monitor, which consists of a strap worn around the chest that picks up the heart's electric signal and a wristband receiver that displays the number of beats. Quality monitors are nearly as accurate as clinical EKG's.

The first heart rate monitor was developed in 1977 as a training tool for the Finnish National Cross Country Ski Team. During the 1980s, heart rate monitoring became more popular with athletes, as they saw its effectiveness in enhancing their performance. Endurance athletes like elite runners, competitive cyclists, and even Olympic athletes have attested to better overall results due to heart rate training.

What is cross training?

With more fitness tools available than ever before, today it is easy to cross train, or incorporate variety in workouts such as jogging on Mondays and Wednesdays and lifting weights and swimming on Tuesday and Thursday. Or it can be spending 15 minutes each on a stationary cycle trainer and treadmill for a 45-minute session.

Varying workouts ultimately produces the best outcomes whether that means losing weight, running a race or playing better golf.

Breaking habits

Why not just do the same exercise routine day in and out? Because performing the exact exercise routine over time actually can hinder progress.

The body adapts, over time, to the demands imposed on it. By repeating the same exercises, the neuromuscular system will become stronger and better coordinated, so that eventually the body is more energy efficient at that activity. As efficiency increases, caloric expenditure can drop by as much as 25%, which can result in less effective workouts and plateaus.

Therefore, cross training is instrumental to continually challenge the body and deliver results.

Benefits of cross training

In addition to sustaining physiological progress, cross training leads to a myriad of other benefits:

Better overall fitness level-no single activity can yield all the potential benefits of exercise such as better cardiovascular health, stronger muscles and bones, enhanced flexibility and lower body fat.

Reduced risk of injury- Excessive in one activity can lead to overuse injuries. Distributing the exercise stress throughout the body results in a stronger, more balanced system.

Improved athletic performance- Peak performance in virtually all physical activities more than just one physical attribute. So a sprinter still benefits from weight training to build overall strength.

Enhanced motivation and reduced boredom- Trying new activities can prevent burnout and keep exercisers committed over the long haul.

Cross training within one machine

The elliptical cross trainer is currently the fastest growing piece of fitness equipment. A cardiovascular machine breakthrough, ellipticals combine the motion of a cross country machine and a stair climber, with the feet traveling in an egg shaped, or elliptical, motion, delivering a weight bearing, easy on the joints, simple to use, effective workout unlike any other fitness product.

Cross training is the most effective way to train. Taking advantage of an elliptical cross trainer provides unique options all within one workout on one machine.

The bottom line is a more intense workout with greater oxygen and muscular demands and caloric expenditure, all at a lower overall perceived exertion level and with practical application.

Another benefit is that total-body elliptical may not feel as intense as other machines due to the movement's low impact nature and dispersion of effort throughout the entire body. Furthermore, simulating realistic motions such as walking or running on a total-body elliptical cross trainer can lead to "transferable" gains that help improve performance of everyday activities. Ellipticals also may enhance balance, coordination and fluidity of motion, all of which play a critical role in activities of daily living.

Units easily facilitate cross training on the same machine by allowing for forward and backward motion and including arms for synchronized, total - body movement. Studies have shown that total - body elliptical cross trainers engage numerous muscles, including the gluteals, hamstrings, quadriceps, calves, pectorals, lats, deltoids, biceps and triceps in a natural closed kinetic chain, unlike any other modalities such as treadmills, stationary cycles or stair climbers. Plus, core musculature strength and stability are constantly taxed on a total-body machine, as exercisers must recruit the abdominals and lower back to maintain balance.

Proper ergonomics transform workouts

When it comes to elliptical cross trainers, the newest and fastest growing category of fitness equipment, all definitely are not created equal. Anyone can step onto several different machines and quickly realize that each has its own very distinct motion and feel, unlike other fitness equipment such as treadmills and stationary bikes.

An elliptical cross trainer is a unique combination of a stair-climber and a cross-country ski machine, requiring the feet to follow an elliptical motion that typically goes forward or reverse. Some units also include arms that engage the upper body as well. The advantage of these total-body machines is that they require an upright, weight bearing position in a natural, closed kinetic chain while training all the body's major muscle groups - including the gluteals, hamstrings, quadriceps, calves, lats, chest, deltoids, biceps, and triceps - which, worked together, result in maximum calorie burn and distinguishes ellipticals from virtually all other cardiovascular equipment.

Quality elliptical machines foster a smooth, natural, low-impact cardiovascular workout that challenges everyone from beginners to elite athletes. Studies have shown that compared to other exercises, total body elliptical cross trainers require significant oxygen consumption and result in high caloric expenditure for efficient, effective workouts. Also, total body machines that disperse the exercise throughout enable exercisers to work at higher intensities without actually perceiving greater exertion.

It is easy to see why these machines are tremendously popular, but before investing in an elliptical cross trainer, it is critical to evaluate its overall feel.

The importance of biomechanics

Biomechanics, which is the study of human movement, is an important consideration for any piece of fitness equipment, but even more so with the elliptical cross trainer due to the complexity and variance of its movement. For the optimum workout, the machine must fit the exerciser; individuals should never be required to adapt their posture, position of movement pattern to fit a piece of equipment. Elliptical cross trainers ideally should simulate how the body naturally moves for people of various shapes and sizes.

The motion on an elliptical cross trainer should replicate movements like walking or running, which involve similar biomechanics. Engineers therefore must consider numerous factors to make the exercise biomechanically correct while eliminating unnatural alignment of excessive, repetitive stress or torque.

On most elliptical cross trainers, the biomechanical analysis is as follows: the body moves in a linear direction through flexion and extension at numerous joints in the sagittal plane, including the shoulder, elbow, hip, knee, and ankle. Machines with arms may also include a minimal amount of radial and ulnar deviation in the frontal plane at the wrist joint. Also, in total body units, the erector spinae may engage in a bit of rotation in the transverse plane throughout the range of motion.

Critical ergonomic factors

While biomechanics are integral in developing elliptical cross trainers, ergonomics is really where the rubber hits the road. Ergonomics is the science of adapting external conditions to suit individuals, or in this case, using biomechanical analysis to build the best feeling elliptical cross trainers to satisfy exercisers and deliver results.

The essential ergonomic factors for elliptical cross trainers all contribute to its motion or feel, and exercisers should evaluate the following when choosing equipment:

Stride length - Either extreme, long or short, can cause hyperextension in the hip joint in the forward motion as well as unnatural, forced hip flexion when going in reverse, and both can cause discomfort. The optimal stride length of 19.5", should comfortably accommodate the majority of individuals in both forward and reverse motion.

Stride angle/height - This refers to the shape of the actual ellipse, whether it is more circular or oblong. It should not feel too vertical like a stairclimber or cycle or too flat like a cross-country skier. The result is a natural, comfortable ride that optimally engages all major lower body muscles.

Stride width/pedal spacing - The wider the space between the pedals, the greater the hips shift laterally during the movement, which can create lower back pain. In addition, a wide stance feels distinctly unnatural, since people walk and run with their feet and legs close together.

Pedal acceleration - Anyone who has tried several brands of ellipticals immediately notices the difference in how quickly and smoothly the pedals move. Some are faster on the down-stroke and drag on the upswing, others have a "kick" on the upswing that unnaturally propels the pedals and can throw exercisers off balance. Without steady pedal acceleration, the result is an uncomfortable and potentially unsafe movement.

Inertia - Inertia deals with the amount of effort it requires to get the pedals moving. With too much inertia, it is difficult to get the machine going, but once started, momentum kicks in and relieves exercisers of significant effort, which takes away from the workout.

Pedal articulation - In most elliptical machines, the ankle joint engages in dorsiflexion on the downstroke and plantar flexion on the upstroke. Excessive plantar flexion leads to transient paresthesia, a "numb toe" condition due to compression of nerves in the foot, and extreme dorsiflexion can limit knee and hip extension, which are essential for a complete range of motion.

Upper body pivot point and range of motion - Unlike treadmills, stationary cycles and stairclimbers, many elliptical cross trainers engage the upper body in movements that should be synchronized with leg motion. Arm handles should simulate natural shoulder and arm flexion and extension as seen in walking or running, and that excessive radial or ulnar deviation may cause wrist discomfort.

A little exercise is good for you, so more must be better, right?

Well, sometimes more is just that-more. In the search for better health and fitness, it is sometimes difficult to quell one's enthusiasm and take a break from exercise. But if exercise is leaving you more exhausted than energized, you could be suffering from a case of overtraining. Individuals who excessively exercise are risking more than poor performance: they're risking their health. If you recognize the following symptoms in yourself or a friend, it is essential that you seek professional help. Here are 10 signs of overtraining.

1. **Decreased performance**
Slower reaction times, reduced speeds and lowered endurance levels are all common signs of overtraining.

2. **Agitation, moodiness, irritability or lack of concentration**
Too much exercise and too little rest can wreak havoc on the hormones, cause mood swings and create an inability to concentrate.

3. **Excessive fatigue and malaise**
A body that never has a chance to fully recover from a previous workout will continue to feel more and more fatigued. Some people describe this feeling as "heavy legs."

4. **Increased perceived effort during normal workouts**
Overtraining takes a toll on the body, and workouts that were once a breeze can begin to feel like a grind.

5. **Chronic or nagging muscle aches or joint pain**
Overused muscles and joints can cause constant aches, which may go unnoticed until the body is given proper rest.

6. **More frequent and illnesses and upper-respiratory infections**
Too much exercise taxes all of the body's systems and makes it more difficult to ward off infections.

7. **Insomnia or restless sleep**
During sleep the body has time to rest and repair itself. An overtrained body, however, is sometimes unable to slow down and completely relax, making it difficult to recover between workouts.

8. **Loss of appetite**
Overtraining can cause an increase in hormones such as epinephrine and norepinephrine that tend to inhibit appetite. The physical exhaustion and anxiety that often comes with overtraining can also have the same effect.

9. **Chronically elevated heart rate at rest and during exercise**
A clear sign of an overworked heart muscle is a chronically elevated heart rate. Also, people who overtrain will often find that it takes longer for their heart rate to return to normal after a workout.

10. **Menstrual cycle disturbances in women**
Exercising excessively and not consuming enough calories may disrupt a woman's menstrual cycle. While some may experience irregular periods, others will stop menstruating altogether.