

# ELLIPTICAL OWNER'S MANUAL



Read the ELLIPTICAL GUIDE before using this OWNER'S MANUAL.

# IMPORTANT PRECAUTIONS



#### SAVE THESE INSTRUCTIONS

Read the ELLIPTICAL GUIDE before using this OWNER'S MANUAL. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this elliptical. It is the responsibility of the owner to ensure that all users of this elliptical are adequately informed of all warnings and precautions. If you have any questions after reading this guide, contact Customer Tech Support at the number listed on the back panel.

This elliptical is intended for in-home use only. Do not use this elliptical in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.



# **A** DANGER

#### TO REDUCE THE RISK OF ELECTRICAL SHOCK:

Always unplug the elliptical from the electrical outlet immediately after using, before cleaning, performing maintenance and putting on or taking off parts.

# **A**WARNING

- To reduce the risk of burns, fire, electrical shock or injury to persons:
- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- When exercising, always maintain a comfortable pace. Do not sprint above 80 RPMs on this machine.
- To maintain balance, it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.
- · Do not turn pedal arms by hand.
- · Make sure handlebars are secure before each use.
- · Keep the topside of the foot support clean and dry.
- Care should be taken when mounting or dismounting the equipment. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
- Do not wear clothes that might catch on any part of the elliptical.
- · Always wear athletic shoes while using this equipment.
- · Do not jump on the elliptical.
- At no time should more than one person be on the elliptical while in operation.
- This elliptical should not be used by persons weighing more than the specified user capacity in the OWNER'S MANUAL WARRANTY SECTION. Failure to comply will void the warranty.
- This elliptical is intended for in-home use only. Do not use this elliptical in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not use elliptical in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply will void the warranty.
- To prevent electrical shock, never drop or insert any object into any opening.
- · Connect this exercise product to a properly grounded outlet only.



#### TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Use the elliptical only as described in the elliptical guide and owner's manual.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- The elliptical should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- At NO time should children under the age of 13 or pets be within 10 feet of the machine.
- · At NO time should children under the age of 13 use the elliptical.
- Children over the age of 13 or disabled persons should not use the elliptical without adult supervision.
- Never operate the elliptical if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water. Contact tech support at the number on the back panel to schedule service.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not remove the console covers unless instructed by Customer Tech Support. Service should only be done by an authorized service technician

It is essential that your elliptical is used only indoors, in a climate controlled room. If your elliptical has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the elliptical is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.



This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.



# **ASSEMBLY**



## **A** WARNING

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the elliptical could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the elliptical, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your elliptical's serial number located on a white barcode sticker on the front stabilizer tube and enter it in the space provided below.

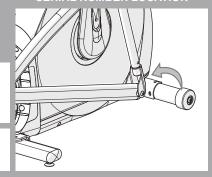
ENTER YOUR SERIAL NUMBER IN THE BOX BELOW:

	AL NUMBER:	
	EP	

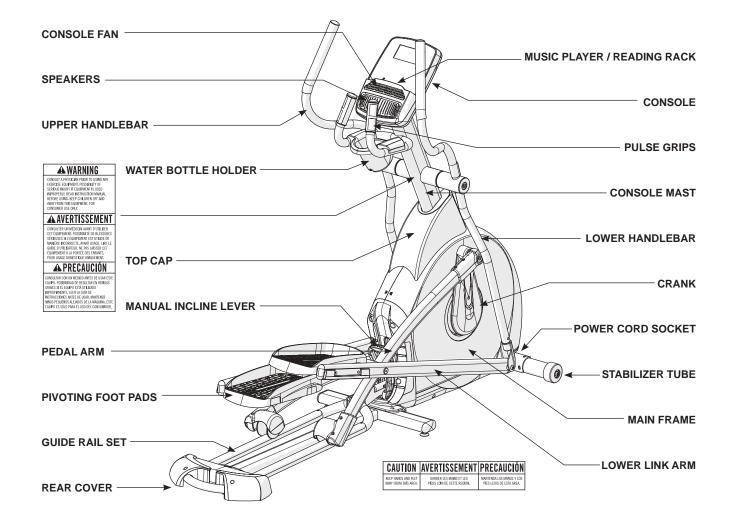
MODEL NAME: AFG SPORT 2.7AE ELLIPTICAL

» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.

#### SERIAL NUMBER LOCATION







## TOOLS REQUIRED: L-Wrench Flat Wrench L-Wrench/Screwdriver Screwdriver (not included) PARTS INCLUDED: 1 Main Frame 1 Stabilizer Tube 1 Guide Rail Set 1 Manual Incline Lever 1 Console Mast 2 Pedal Arms 2 Lower Handlebars 2 Upper Handlebars 2 Handlebar Caps ☐ 2 Lower Link Arms With Footpads ☐ 1 Front Top Cap Piece 1 Rear Top Cap Piece 1 Console Mast Boot 1 Console 1 Rear Cover 1 Audio Adapter Cable 1 Power Cord

1 Hardware Kit

## **PRE** ASSEMBLY

#### UNPACKING

Unpack the product where you will be using it. Place the elliptical carton on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

NOTE: It is recommended that two people work together for ease and efficiency while assembling an elliptical.



#### IMPORTANT NOTES

During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded. It is recommended you complete the full assembly of your unit before completely tightening any ONE bolt. Several parts have been prelubricated to aid in assembly and usage. Please do not wipe this off. If you have difficulty, a light application of lithium bike grease is recommended.

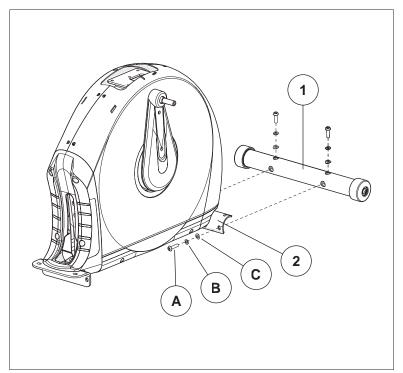


#### MEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support. Contact information is located on the back panel of this manual.

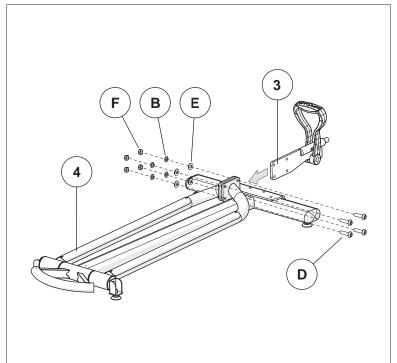






HARDWARE FOR STEP 1		
PART	TYPE	QTY
А	BUTTON HEAD BOLT	4
В	SPRING WASHER	4
С	ARC WASHER	4

- A Open **HARDWARE FOR STEP 1**.
- B Attach the STABILIZER TUBE (1) to the MAIN FRAME (2) using 2 BOLTS (A), 2 SPRING WASHERS (B) and 2 ARC WASHERS (C) on each side.

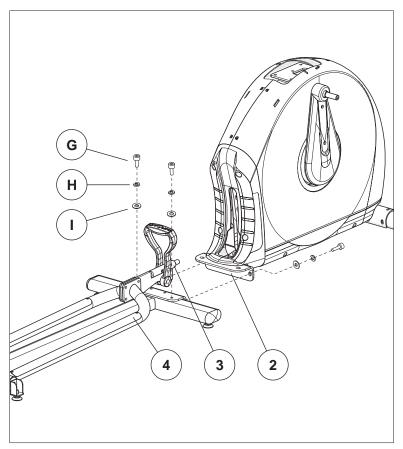


PART	TYPE	QTY
D	BUTTON HEAD BOLT	4
Е	FLAT WASHER	4
В	SPRING WASHER	4
F	NUT	4

- A Open **HARDWARE FOR STEP 2**.
- Attach MANUAL INCLINE LIFT LEVER
  (3) to GUIDE RAIL SET (4) using 4 BOLTS
  (D), 4 FLAT WASHERS (E), 4 SPRING
  WASHERS (B) and 4 NUTS (F).

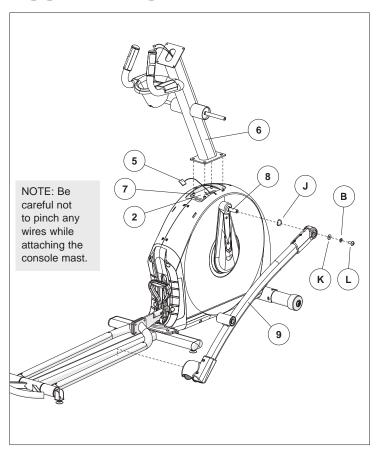






HARDWARE FOR STEP 3			
PART	TYPE	QTY	
G	SOCKET CAP BOLT	4	
Н	SPRING WASHER	4	
I	FLAT WASHER	4	

- A Open HARDWARE FOR STEP 3.
- B Align GUIDE RAIL SET (4) with MAIN FRAME (2) as shown.
- C Lift up on the MANUAL INCLINE LIFT LEVER (3) and place it in one of the holes inside the MAIN FRAME (2).
- D Attach the GUIDE RAIL SET (4) to the MAIN FRAME (2) using 4 BOLTS (G), 4 SPRING WASHERS (H) and 4 FLAT WASHERS (I).



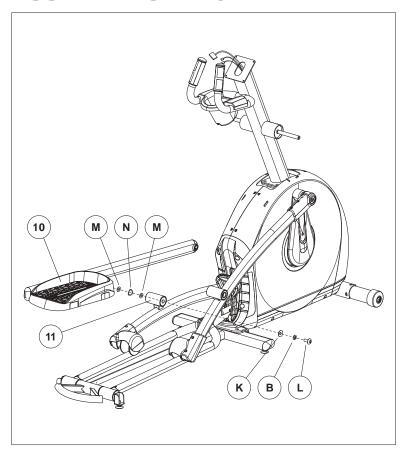
HARDWARE FOR STEP 4			
PART	TYPE	QTY	
J	WAVY WASHER	2	
K	FLAT WASHER	2	
В	SPRING WASHER	2	
L	BUTTON HEAD BOLT	2	



- B Carefully pull the CONSOLE CABLE (5) through the CONSOLE MAST (6) using the twist tie located inside the CONSOLE MAST (6).
- C Attach CONSOLE MAST (6) to MAIN FRAME (2) using PRE-INSTALLED BOLTS AND WASHERS (7).
- Slide WAVY WASHER (J) over CRANK
  (8) followed by PEDAL ARM (9) as shown.
  Rest pedal arm wheel on guide rail.
- E Attach the PEDAL ARM (9) to the CRANK (8) using 1 FLAT WASHER (K), 1 SPRING WASHER (B) and 1 BOLT (L).
- Repeat steps D–E on the opposite side of the elliptical.

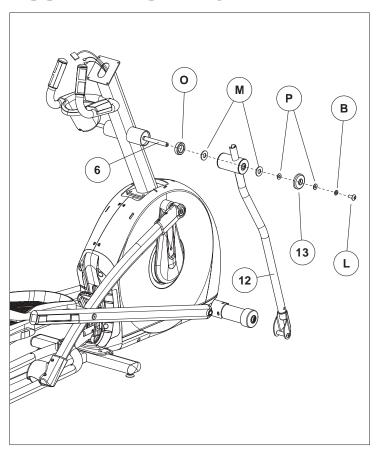






HARDWARE FOR STEP 5			
PART	TYPE	QTY	
М	FLAT WASHER	4	
N	WAVY WASHER	2	
K	FLAT WASHER	2	
В	SPRING WASHER	2	
L	BUTTON HEAD BOLT	2	

- A Open HARDWARE FOR STEP 5.
- B Slide 1 FLAT WASHER (M), 1 WAVY WASHER (N) and another FLAT WASHER (M) onto the LOWER LINK ARM (10).
- C Slide the LOWER LINK ARM (10) into the PEDAL ARM BRACKET (11).
- D Attach the LOWER LINK ARM (10) to the PEDAL ARM BRACKET (11) using 1 FLAT WASHER (K), 1 SPRING WASHER (B) and 1 BOLT (L).
- E Repeat steps B–D on the opposite side of the elliptical.



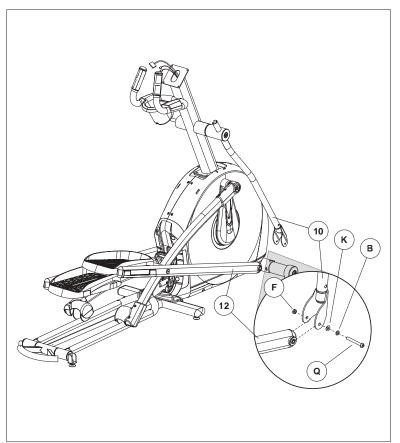
	HARDWARE FOR STEP 6		
PART	TYPE	QTY	
0	RUBBER WASHER	2	
М	FLAT WASHER	4	
Р	FLAT WASHER	4	
В	SPRING WASHER	2	
L	BUTTON HEAD BOLT	2	



- B Slide 1 RUBBER WASHER (O) and 1 FLAT WASHER (M) onto the CONSOLE MAST (6).
- C Slide LOWER HANDLEBAR (12) onto
   CONSOLE MAST (6) and attach using
   1 FLAT WASHER (M) 1 FLAT WASHER (P),
   1 HANDLEBAR CAP (13), 1 FLAT WASHER
   (P), 1 SPRING WASHER (B) and 1 BOLT (L).
- Repeat steps B–C on the other side.

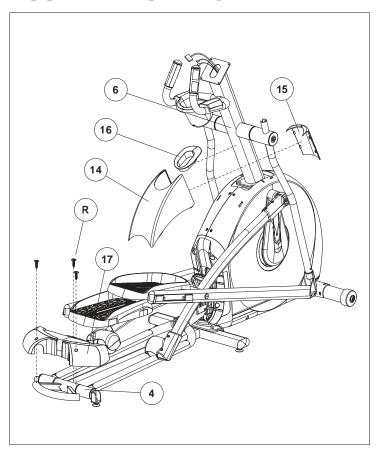






HARDWARE FOR STEP 7		
PART	TYPE	QTY
Q	BOLT	2
В	SPRING WASHER	2
К	FLAT WASHER	2
F	NUT	2

- A Open **HARDWARE BAG 7**.
- B Slide LOWER LINK ARM (12) into bottom end of LOWER HANDLEBAR (10).
- C Secure the joint with 1 BOLT (Q), 1 SPRING WASHER (B),1 FLAT WASHER (K) and 1 NUT (F).
- D Repeat steps B–C on the opposite side of the elliptical.

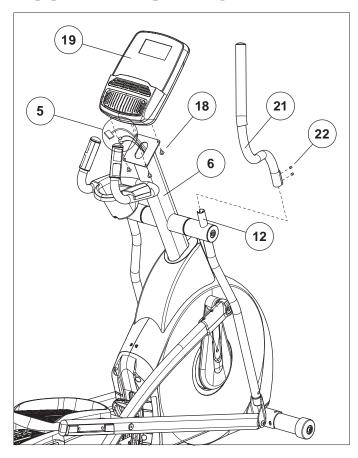


	HARDWARE FOR STEP 8	
PART	TYPE	QTY
R	SCREW	3



- A Open **HARDWARE BAG 8**.
- B Slide FRONT TOP CAP PIECE (14) and REAR TOP CAP TPIECE (15) over CONSOLE MAST (6) and snap into place.
- C Insert CONSOLE MAST BOOT (16) over TOP CAP (14) and snap into place.
- Slide REAR CAP (17) over GUIDE RAIL(4) and attach using 3 SCREWS (R).





NOTE: All hardware for this step is pre-installed.

- A Remove 4 PRE-INSTALLED BOLTS (18) from the CONSOLE (19).
- B Attach the CONSOLE CABLES (5) to the CONSOLE (19).
- C Carefully tuck the CONSOLE CABLES (5) into the CONSOLE MAST (6) before attaching the CONSOLE. Attach CONSOLE (19) to CONSOLE MAST (6) using 4 PRE-INSTALLED BOLTS (18).

NOTE: Do not to pinch any wires while attaching the console.

D Slide the UPPER HANDLEBAR (21) onto the LOWER HANDLEBAR (12) making sure handlebars are joined together completely. Secure the UPPER HANDLEBAR (21) to the LOWER HANDLEBAR (12) using PRE-ATTACHED SET SCREWS (22).

NOTE: Make sure upper handlebars are as far down as possible. Handlebars can be damaged If not secured correctly.

E Repeat STEP D on other side.

#### ASSEMBLY COMPLETE!

# ELLIPTICAL OPERATION

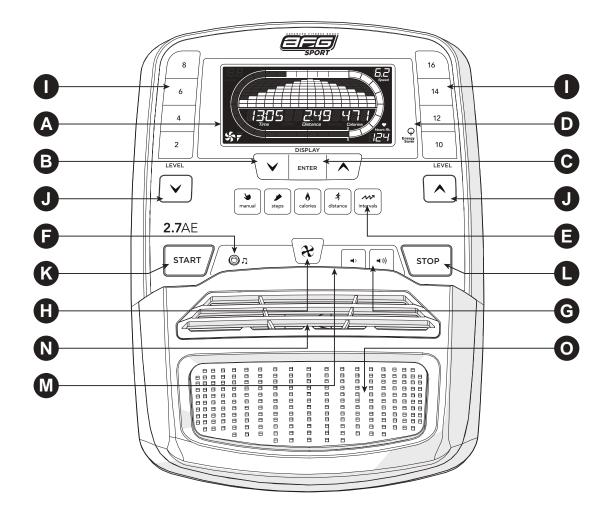


This section explains how to use your elliptical's console and programming.

The BASIC OPERATION section in the ELLIPTICAL GUIDE has instructions for the following:

- LOCATION OF THE ELLIPTICAL
- POWER/GROUNDING INSTRUCTIONS
- FOOT POSITIONING
- MOVING THE ELLIPTICAL
- LEVELING THE ELLIPTICAL
- POWER/MANUAL INCLINE OPERATION
- USING THE HEART RATE FUNCTION





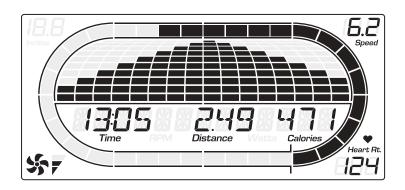
#### CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) LCD DISPLAY WINDOW: time, distance, calories, watts, RPM, incline, speed, resistance level, heart rate, fan
- B) **PROGRAMMING**  $\checkmark$   $\land$  **KEYS**: Used to cycle through programs and user set up
- ENTER / CHANGE DISPLAY: used to confirm selection or change display feedback during workout.
- D) **ENERGY SAVER LIGHT**: indicates if machine is in Energy Saver mode.
- E) **PROGRAM KEYS**: press to select workout.
- F) AUDIO IN JACK: plug your media player into the console using the included audio adaptor cable.
- G) **VOLUME**: used to adjust volume up or down.
- H) **FAN KEY**: personal workout fan.
- I) **QUICK KEYS**: used to reach desired resistance quickly.
- J) **LEVEL** ▼ ▲ **KEYS**: used to adjust resistance level.
- K) GO / PAUSE: used to start workout, pause workout, and restart after pause.
- L) STOP / HOLD TO RESET: used to stop machine and also will reset machine when held down.
- M) **READING RACK**: holds reading material.
- N) FAN: personal workout fan
- O) SPEAKERS: plays music through speakers when connected to your media player







#### \*MANUAL INCLINE OPERATION

The 2.7AE has an adjustable incline feature to add variety to your workouts. To adjust the incline up or down, stand on the side of the elliptical and place your hand firmly on the top of the shroud. With your other hand, grab the MANUAL INCLINE LIFT LEVER handle, pulling back and guiding it up or down. Ensure the pin is engaged in the slot at the preferred incline level.

For program setup, input the incline level (0, 25, 50, 75, or 100) in when prompted.

#### **DISPLAY WINDOW**

- TIME: Shown as minutes: seconds. View the time remaining or the time elapsed in your workout.
- DISTANCE: Shown as miles. Indicates distance traveled or distance remaining during your workout.
- CALORIES: Total calories burned or remaining for your workout.
- . RPM: Rotations Per Minute
- WATTS: Displays current user power output
- SPEED: Shown as MPH. Indicates how fast the foot pads is moving.
- INCLINE: Shown as percent. Is only lit up at 0, 25, 50, 75 and 100 for setting up programs.\*
- . LEVEL: Shows the current level of resistance
- HEART RATE: Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).
- FAN: Indicates fan setting (low, medium, high).
- TRACK: Follows progress around a simulated track. Segments light up with every 12.5 meters completed. One lap around the track is 400 meters (approximately 1/4 mile).

#### **GETTING STARTED**

- Check to make sure no objects are nearby that will hinder the movement of the elliptical.
- 2) Plug in the power cord to power the elliptical ON.
- 3) Select User 1, User 2, or Guest using ▼ ▲ and press ENTER.
- 4) Set User Weight using ▼ ▲ and press ENTER.
- 5) You have the following options to start your workout:

#### A) QUICK START UP

Simply press GO to begin working out.

Time, distance and calories will all count up from zero.

The resistance level will default to level 1.

#### **B) SELECT A PROGRAM**

- Press desired PROGRAM BUTTON to select workout and press ENTER.
- Set goal level using ▼ ▲ and press ENTER.
- 3) Set resistance using ▼ ▲ and press ENTER.
- 4) Set incline using ▼ ▲ and press ENTER.
   (See previous page for manual incline operation)
- 5) Press GO to begin workout.

NOTE: You can adjust the resistance level during your workout.

#### FINISHING YOUR WORKOUT

When your workout is complete, the console will display "workout complete" and beep. Your workout information will stay displayed on the console for 30 seconds and then reset.

#### TO RESET THE CONSOLE

Hold STOP key for 3 seconds.

#### TO CLEAR CURRENT SELECTION

To clear the current program selection or screen, hold the stop button for 3 seconds.



#### PROGRAM INFORMATION



MANUAL: Adjust your resistance level manually during your workout.



**STEPS:** Promotes healthy activity with 10 step-based workouts calculated counting revolutions as a step. Choose from 1000, 2000, 3000, 4000, 5000, 6000, 7000, 8000, 9000, and 10,000 step workouts. User sets starting resistance and inputs the incline level that the manual incline lever is set to (0, 25, 50, 75, or 100).



**CALORIES:** Set goals for burning calories with six workouts. Choose from 100, 200, 300, 400, 500, and 600 calorie burn workouts. User sets starting resistance and inputs the incline level that the manual incline lever is set to (0, 25, 50, 75, or 100). Calories burned are calculated using weight input by user with the resistance and incline of workout.



**DISTANCE:** Push yourself and go further during your workout with 10 distance workouts. Choose from 1 mile, 2 miles, 5k, 5 miles, 10k, 8 miles, 15k, 10 miles, 20k, and half marathon goals. User sets starting resistance and inputs the incline level that the manual incline lever is set to (0, 25, 50, 75, or 100).



**CLIMB:** Ascend world landmarks with six workouts based on vertical distance. User sets starting resistance and inputs the incline level that the manual incline lever is set to (0, 25, 50, 75, or 100).

- Hollywood Sign 1708 ft vertical distance
- Empire State Building 1250 ft vertical distance
- Gateway Arch 630 ft vertical distance
- Space Needle 605 ft vertical distance
- Diamond Head Crater 570 ft vertical distance
- Washington Monument 555 ft vertical distance

#### **USING YOUR MEDIA PLAYER**



 Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the left of the console and the headphone jack on your media player. **U** 

- 2) Use your media player buttons to adjust song settings.
- 3) Remove the AUDIO ADAPTOR CABLE when not in use.

# **(**

### **ENERGY SAVER (STANDBY MODE)**

This machine has a special feature called Energy Saver™ mode. This mode is NOT automatically activated. When Energy Saver mode is activated, the display will automatically enter standby mode (Energy Saver mode) after 15 minutes of inactivity. This feature saves energy by disabling most power to the machine until a key is pressed on the console. This feature can be turned on or off in the engineering menu.

To enter the engineering menu, press and hold the ▲ LEVEL key and ▼ LEVEL key for 3-5 seconds. Use the ▼ ▲ keys and ENTER key to navigate to P5 under ENG2. Press ENTER to select Energy Saver mode, use ▼ ▲ keys to select ENRGY SVE ON or OFF. Press and hold STOP for 3-5 seconds to exit ENG2. Press and hold STOP again for 3-5 seconds to exit the engineering menu.

# LIMITED HOME-USE WARRANTY



#### **WEIGHT CAPACITY = 300 lbs (136.1 kilograms)**



#### **FRAME • LIFETIME**

Manufacturer warrants the frame against defects in workmanship and materials for the lifetime of the original owner, so long as the device remains in the possession of the original owner. (The frame is defined as the welded metal base of the unit and does not include any parts that can be removed.)

#### **ELECTRONICS & PARTS • 1 YEAR**

Manufacturer warrants the electronic components, finish and all original parts for the period specified above from the date of original purchase, so long as the device remains in the possession of the original owner.

#### **LABOR • 1 YEAR**

Manufacturer shall cover the labor cost for the repair of the device for the period specified above from the date of the original purchase, so long as the device remains in the possession of the original owner.

#### **EXCLUSIONS AND LIMITATIONS**

#### Who IS covered:

• The original owner and is not transferable.

#### What IS covered:

 Repair or replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty.

#### What IS NOT covered:

- Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.
- Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by the Manufacturer.
- Incidental or consequential damages. The Manufacturer is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the purchase, use, repair or maintenance of the equipment.

The Manufacturer does not provide monetary or other compensation for any such repairs or replacement parts costs, including but not limited to gym membership fees, work time lost, diagnostic visits, maintenance visits or transportation.

- Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by the Manufacturer for coverage.
- Equipment owned or operated outside the US and Canada.
- Delivery, assembly, installation, setup for original or replacement units or labor or other costs associated with removal or replacement of the covered unit.
- Any attempt to repair this equipment creates a risk of injury. The Manufacturer is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of any repair or attempted repair of your fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken AT YOUR OWN RISK and the Manufacturer shall have no liability for any injury to the person or property arising from such repairs.
- If you are out of the Manufacturer's warranty but have an extended warranty, refer to your extended warranty contract for contact information regarding requests for extended warranty service or repair.

#### SERVICE/RETURNS

- In-home service is available within 150 miles
  of the nearest authorized Service Provider
  (Mileage beyond 150 miles from an authorized
  service center is the responsibility of
  the consumer).
- All returns must be pre-authorized by the Manufacturer.
- Manufacturer's obligation under this warranty is limited to replacing or repairing, at the Manufacturer's option, the same or comparable model.
- Manufacturer may request defective components be returned to the Manufacturer upon completion of warranty service using a prepaid return shipping label. If you have been advised to return parts and did not receive a label, please contact Customer Tech Support.
- Replacement units, parts and electronic components reconditioned to as-new condition by the Manufacturer or its vendors may sometimes be supplied as warranty replacement and constitute fulfillment of warranty terms.
- This warranty gives you specific legal rights, and your rights may vary from state to state.





DO NOT RETURN TO THE RETAILER if you have any problems during assembly or if parts are missing.

For fast and friendly service, please contact one of our trained customer technicians via phone, email or our website.

We want to know if you have a problem and we want to have an opportunity to correct it for you.

NOTE: Please read the TROUBLESHOOTING section in the ELLIPTICAL GUIDE before contacting

Customer Tech Support. Additional product information is available on our website.



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