



3.3AE



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ELLIPTICAL OWNER'S MANUAL
MANUEL DU PROPRIÉTAIRE DE L'EXERCISEUR ELLIPTIQUE
MANUAL DEL PROPIETARIO DE LA MÁQUINA ELÍPTICA



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

Lire le GUIDE D'UTILISATION DE L'EXERCISEUR ELLIPTIQUE avant de se servir du présent MANUEL DU PROPRIÉTAIRE.

Lea la GUÍA DE LA MÁQUINA ELÍPTICA antes de usar este MANUAL DEL PROPIETARIO.

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.



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.

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.

WARNING

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.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- 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.

WARNING

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





GROUNDING INSTRUCTIONS

If your elliptical has power incline with a 3-prong plug, you must follow these grounding instructions.

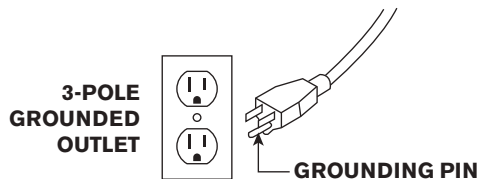
This product must be grounded. If a elliptical should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 110-120 Volt circuit and has a grounding plug that looks like the plug in the illustration. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

This product must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit. Note: There are usually multiple outlets on one circuit. This elliptical should be used with a minimum 15-amp circuit.



WARNING

Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact Customer Tech Support for replacement or repair.

ASSEMBLY



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 AND MODEL NAME IN THE BOXES BELOW:

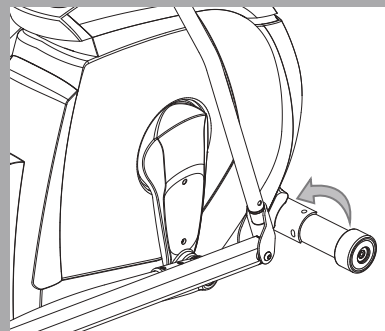
SERIAL NUMBER:

EP	<input type="text"/>
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MODEL NAME: **AFG**

ELLIPTICAL

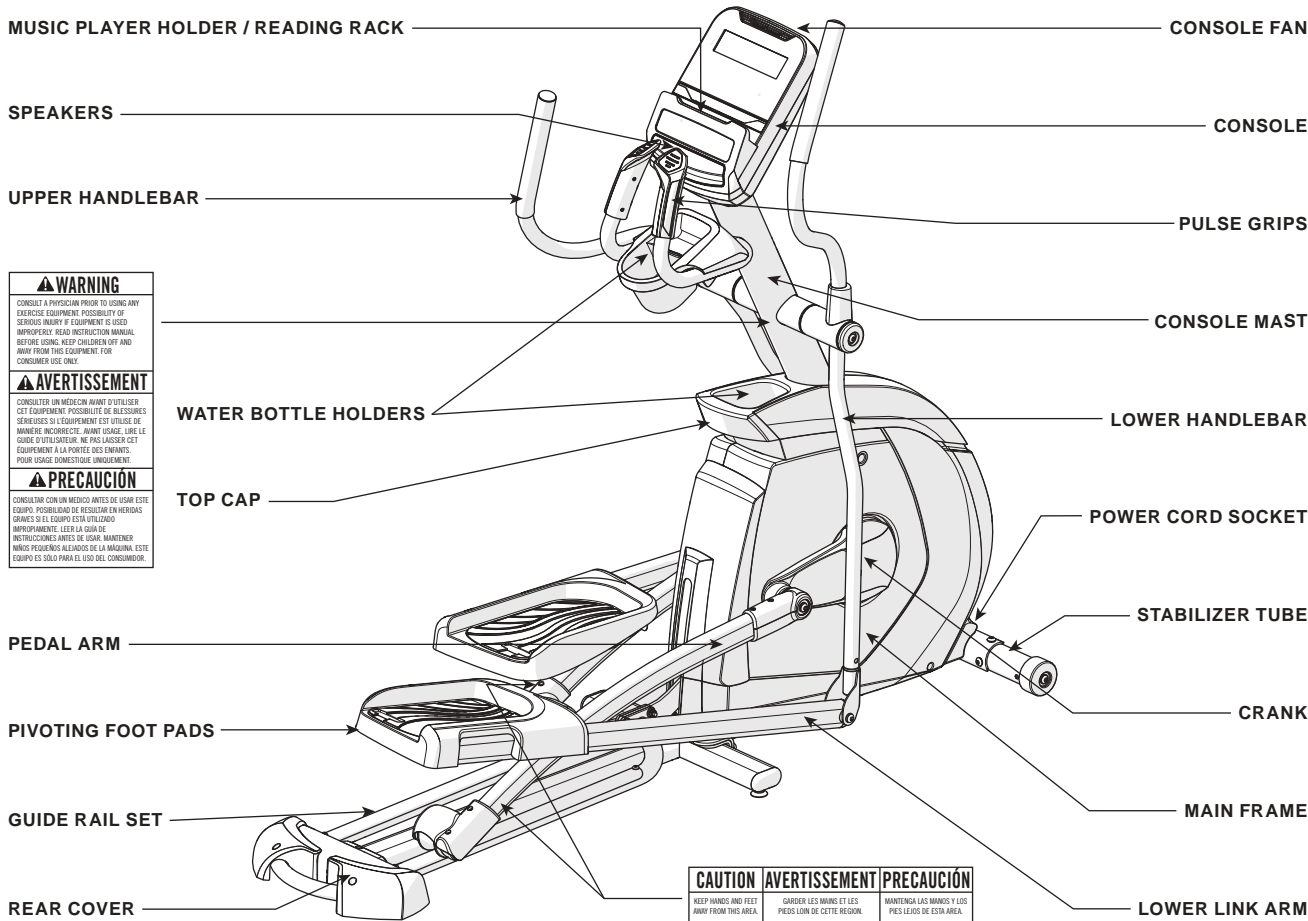
SERIAL NUMBER LOCATION



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



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⚠ WARNING
 CONSULT A PHYSICIAN PRIOR TO USING ANY EXERCISE EQUIPMENT. POSSIBILITY OF SERIOUS INJURY IF EQUIPMENT IS USED IMPROPERLY. READ INSTRUCTION MANUAL BEFORE USING. KEEP CHILDREN OFF AND AWAY FROM THIS EQUIPMENT FOR CONSUMER USE ONLY.

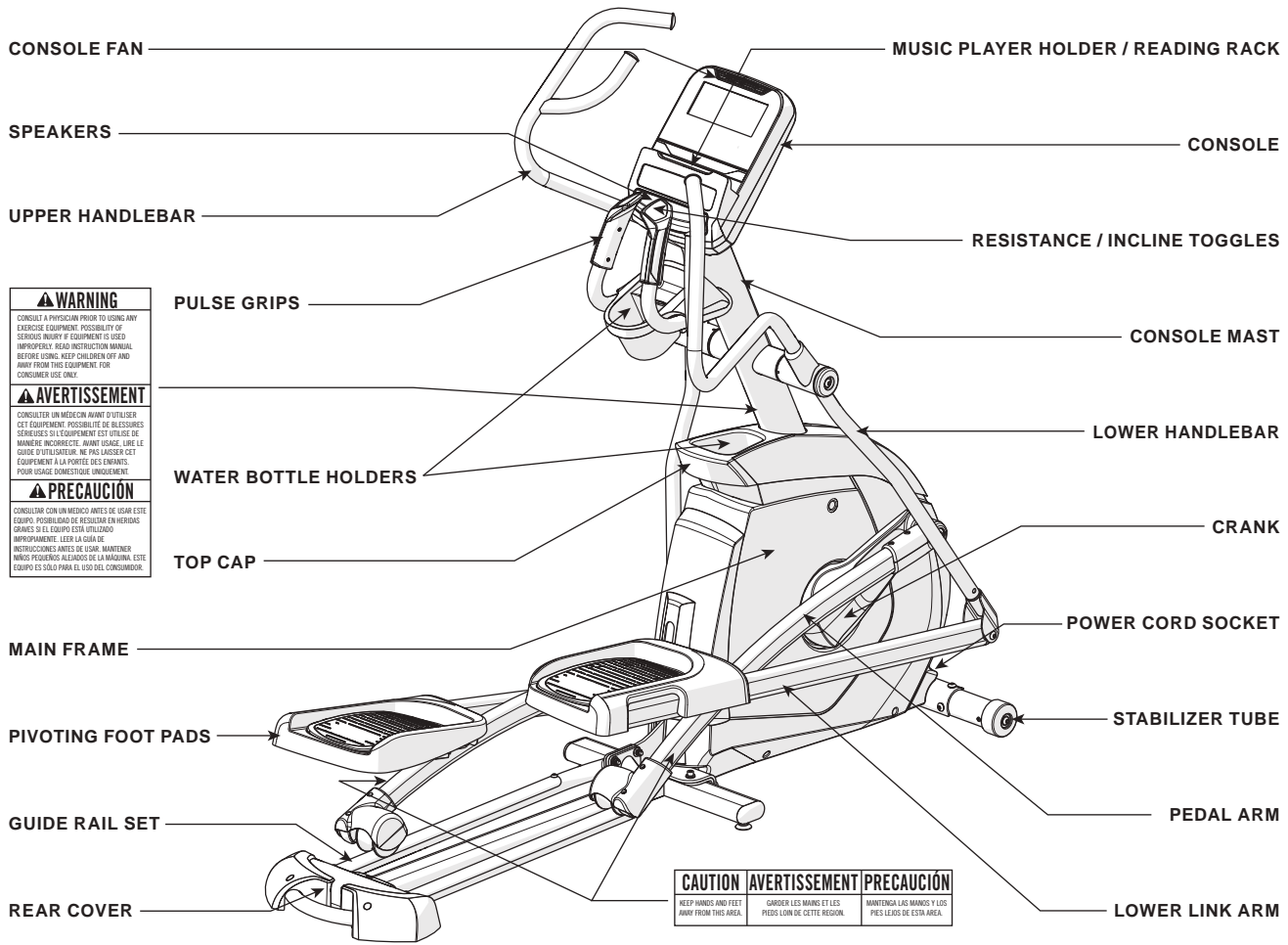
⚠ AVERTISSEMENT
 CONSULTER UN MÉDECIN AVANT D'UTILISER CET ÉQUIPEMENT. POSSIBILITÉ DE BLESSURES SÉRIEUSES SI L'ÉQUIPEMENT EST UTILISÉ DE MANIÈRE INCORRECTE. AVANT D'UTILISER, LIRE LE GUIDE D'UTILISATION. NE PAS LAISSER CET ÉQUIPEMENT À LA PORTÉE DES ENFANTS. POUR USAGE DOMESTIQUE UNIQUEMENT.

⚠ PRECAUCIÓN
 CONSULTAR CON UN MÉDICO ANTES DE USAR ESTE EQUIPO. POSIBILIDAD DE RESULTAR EN HERIDAS GRAVES SI EL EQUIPO ESTÁ UTILIZADO IMPROPIAMENTE. LEER LA GUIA DE INSTRUCCIONES ANTES DE USAR. MANTENER NIÑOS PROHIBIDOS ALLEJADOS DE LA MÁQUINA. ESTE EQUIPO ES SÓLO PARA EL USO DEL CONSUMIDOR.

CAUTION	AVERTISSEMENT	PRECAUCIÓN
KEEP HANDS AND FEET AWAY FROM THIS AREA.	GARDER LES MAINS ET LES PIEDS LOIN DE CETTE RÉGION.	MANTENGA LAS MANOS Y LOS PIES LEJOS DE ESTA ÁREA.



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⚠️ WARNING
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⚠️ AVERTISSEMENT
 CONSULTER UN MÉDECIN AVANT D'UTILISER CET ÉQUIPEMENT. POSSIBILITÉ DE BLESSURES SÉRIEUSES SI L'ÉQUIPEMENT EST UTILISÉ DE MANIÈRE INAPPROPRIÉE. AVANT USAGE, LIRE LE GUIDE D'UTILISATEUR. NE PAS LASSER CET ÉQUIPEMENT À LA PORTÉE DES ENFANTS. POUR USAGE DOMESTIQUE UNIQUEMENT.

⚠️ PRECAUCIÓN
 CONSULTAR CON UN MÉDICO ANTES DE USAR ESTE EQUIPO. POSIBILIDAD DE LESIONES GRAVES SI EL EQUIPO ES UTILIZADO IMPROPIAMENTE. LEER LA GUÍA DE INSTRUCCIONES ANTES DE USAR. MANTENER NIÑOS PROHIBIDOS ALEJADOS DE LA MÁQUINA. ESTE EQUIPO ES SÓLO PARA EL USO DEL CONSUMIDOR.

CAUTION	AVERTISSEMENT	PRECAUCIÓN
KEEP HANDS AND FEET AWAY FROM THIS AREA.	GARDER LES MAINS ET LES PIEDS LOIN DE CETTE RÉGION.	MANTENGA LAS MANOS Y LOS PIES LEJOS DE ESTE ÁREA.



TOOLS REQUIRED:

- L-Wrench
- Flat Wrench
- L-Wrench/Screwdriver
- Screwdriver (not included)

PARTS INCLUDED:

- 1 Main Frame
- 1 Stabilizer Tube
- 1 Guide Rail Set
- 2 Pedal Arms
- 2 Lower Handlebars
- 2 Upper Handlebars
- 2 Handlebar Covers
- 2 Lower Link Arms With Footpads
- 1 Front Top Cap Piece
- 1 Rear Top Cap Piece
- 1 Console Mast
- 1 Console
- 2 Handlebar Caps
- 1 Rear Cover
- 2 Sets Handlebar Boots (7.3AE)
- 1 Audio Adapter Cable
- 1 Rubber Pad For Media Players
- 1 Power Cord
- 1 Hardware Kit
- 1 Heart Rate Chest Strap
(7.3AE only)

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.

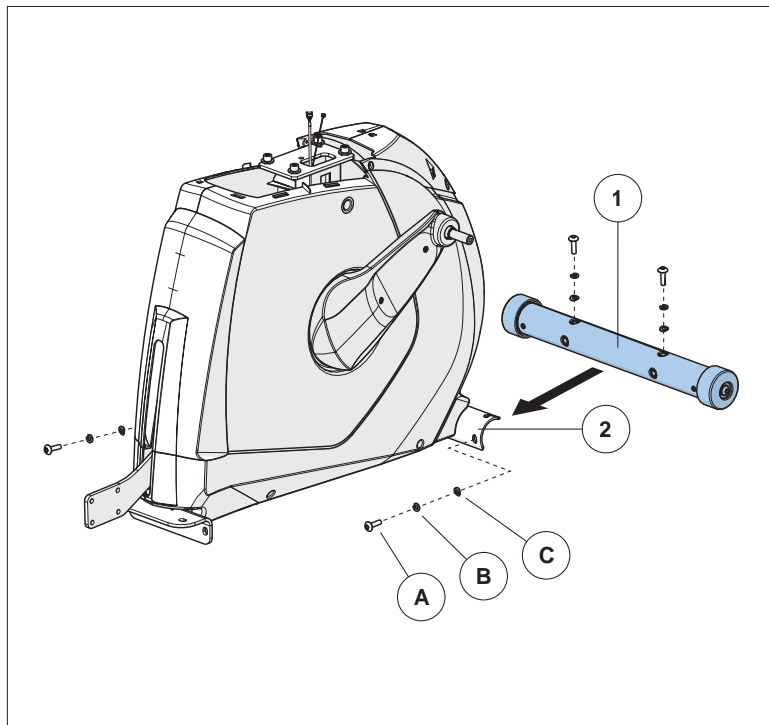
IMPORTANT NOTES

- It is recommended that two people work together for ease and efficiency while assembling an elliptical.
- 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 pre-lubricated 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.

NEED 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.

ASSEMBLY STEP 1

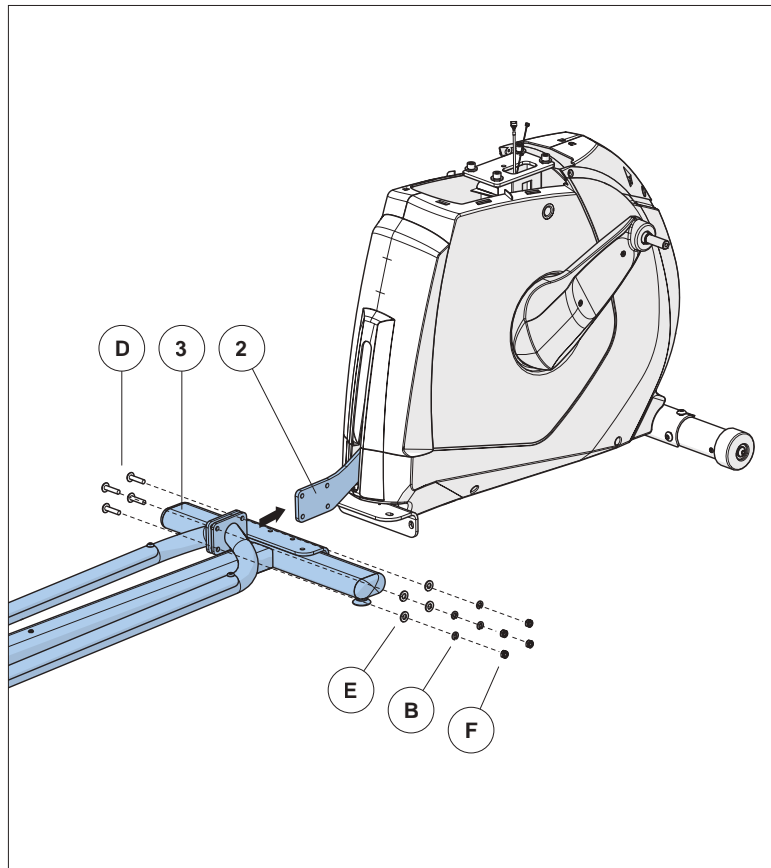


HARDWARE FOR STEP 1		
PART	TYPE	QTY
A	BUTTON HEAD BOLT	4
B	SPRING WASHER	4
C	ARC WASHER	4

- 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.



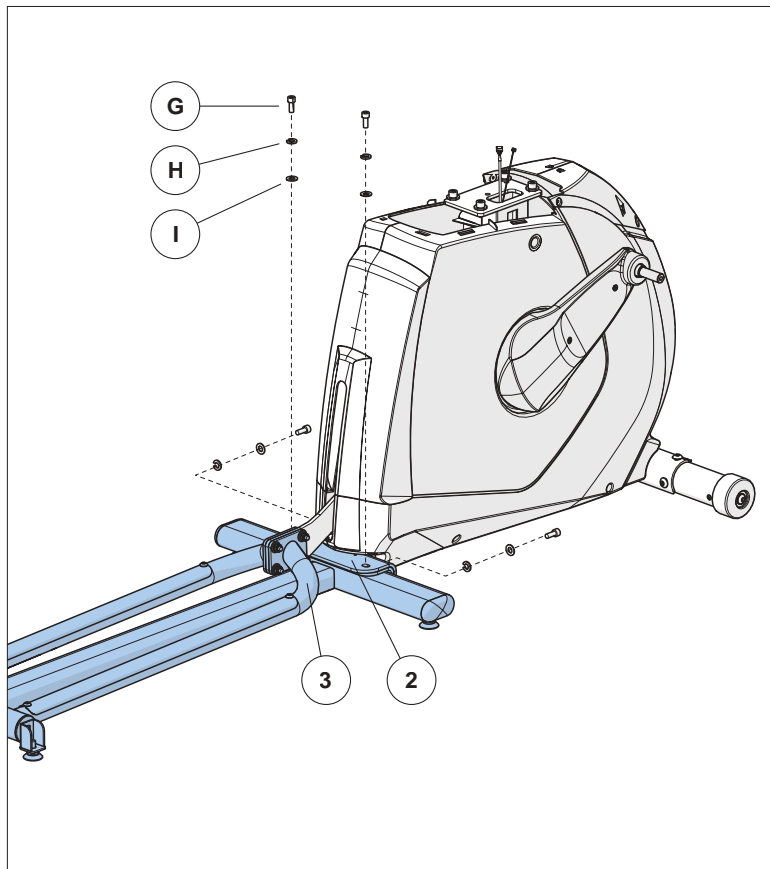
ASSEMBLY STEP 2



HARDWARE FOR STEP 2		
PART	TYPE	QTY
D	BOLT	4
E	FLAT WASHER	4
B	SPRING WASHER	4
F	NUT	4

- A Open **HARDWARE FOR STEP 2**.
- B Align **GUIDE RAIL SET (3)** with **MAIN FRAME (2)** as shown.
- C Attach the **GUIDE RAIL SET (3)** to the **INCLINE BRACKET (4)** using 4 **BOLTS (D)**, 4 **FLAT WASHERS (E)**, 4 **SPRING WASHERS (B)** and 4 **NUTS (F)**.

ASSEMBLY STEP 3



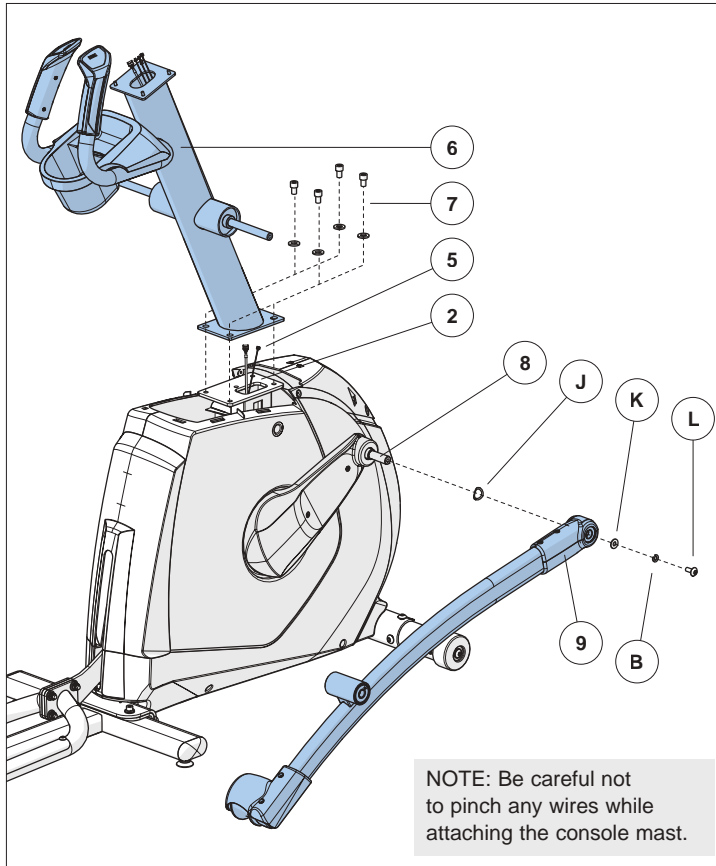
HARDWARE FOR STEP 3

PART	TYPE	QTY
G	BOLT	4
H	SPRING WASHER	4
I	FLAT WASHER	4

- A Open **HARDWARE FOR STEP 3**.
- B Attach the **GUIDE RAIL SET (3)** to the **MAIN FRAME (2)** using 4 **BOLTS (G)**, 4 **SPRING WASHERS (H)** and 4 **FLAT WASHERS (I)**.



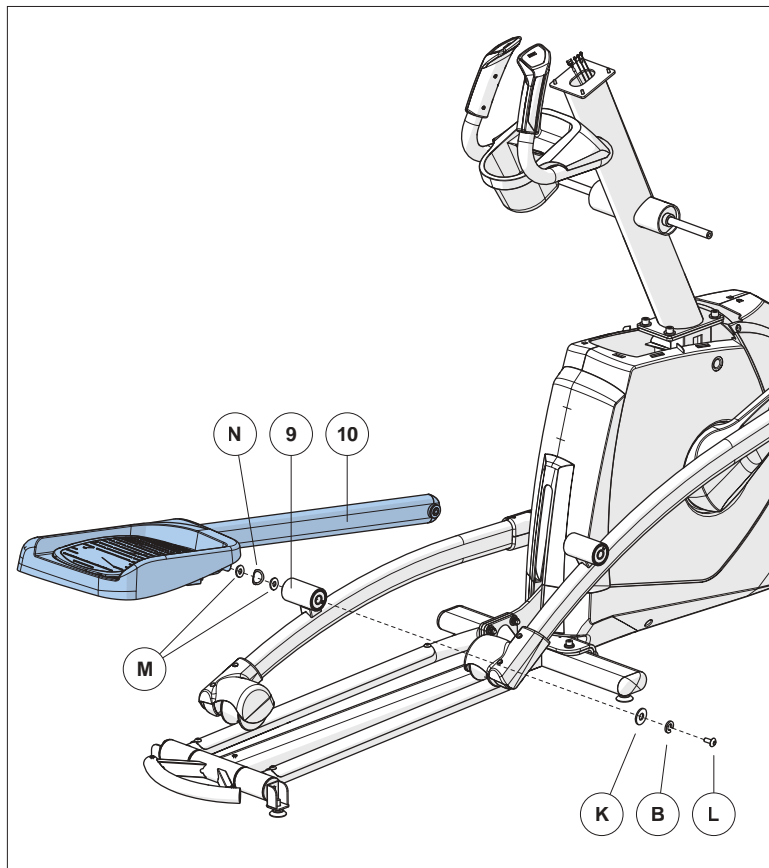
ASSEMBLY STEP 4



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

- A Open **HARDWARE FOR STEP 4**.
- 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)**.
- D 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)**.
- F Repeat steps D–E on the opposite side of the elliptical.

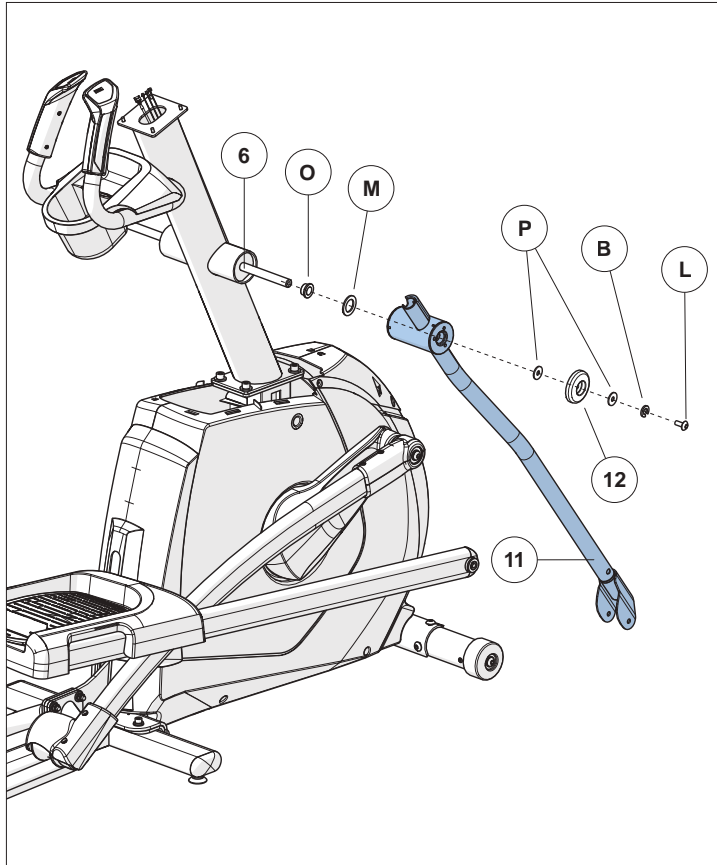
ASSEMBLY STEP 5



HARDWARE FOR STEP 5		
PART	TYPE	QTY
M	FLAT WASHER	4
N	WAVY WASHER	2
K	FLAT WASHER	2
B	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 (9)**.
- D Attach the **LOWER LINK ARM (10)** to the **PEDAL ARM (9)** 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.

ASSEMBLY STEP 6

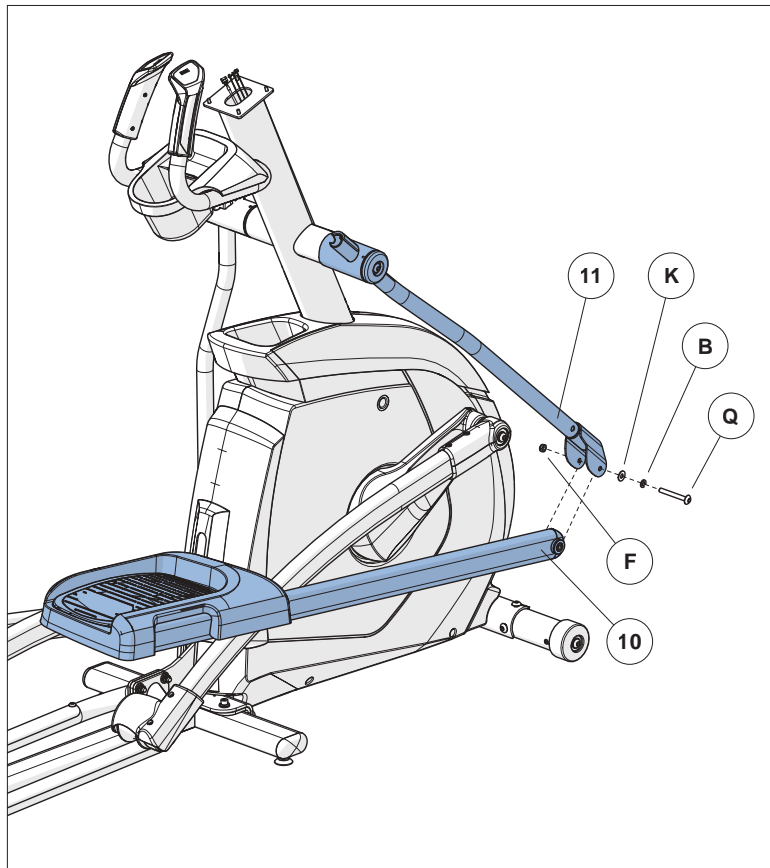


HARDWARE FOR STEP 6

PART	TYPE	QTY
O	RUBBER WASHER	2
M	FLAT WASHER	2
P	FLAT WASHER	4
B	SPRING WASHER	2
L	BUTTON HEAD BOLT	2

- A Open **HARDWARE FOR STEP 6**.
- B Slide 1 **RUBBER WASHER (O)** and 1 **FLAT WASHER (M)** onto the **CONSOLE MAST (6)**.
- C Slide **LOWER HANDLEBAR (11)** onto **CONSOLE MAST (6)** and attach using 1 **FLAT WASHER (P)**, 1 **HANDLEBAR CAP (12)**, 1 **FLAT WASHER (P)**, 1 **SPRING WASHER (B)** and 1 **BOLT (L)**.
- D Repeat steps B–C on the other side.

ASSEMBLY STEP 7



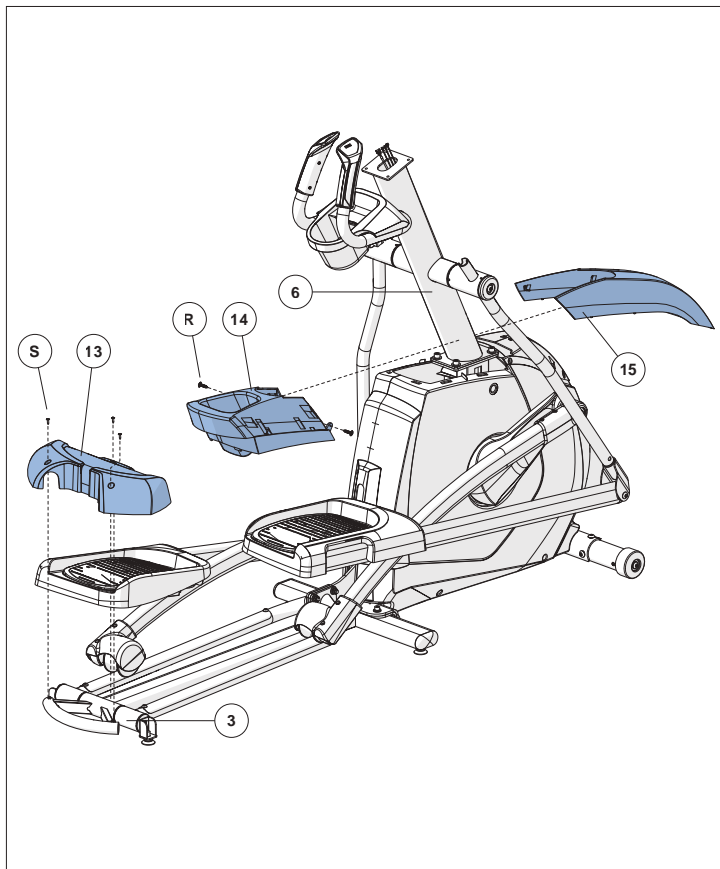
HARDWARE FOR STEP 7

PART	TYPE	QTY
Q	BOLT	2
B	SPRING WASHER	2
K	FLAT WASHER	2
F	NUT	2

- A Open **HARDWARE FOR STEP 7**.
- B Slide **LOWER LINK ARM (10)** into bottom end of **LOWER HANDLEBAR (11)**.
- 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.



ASSEMBLY STEP 8

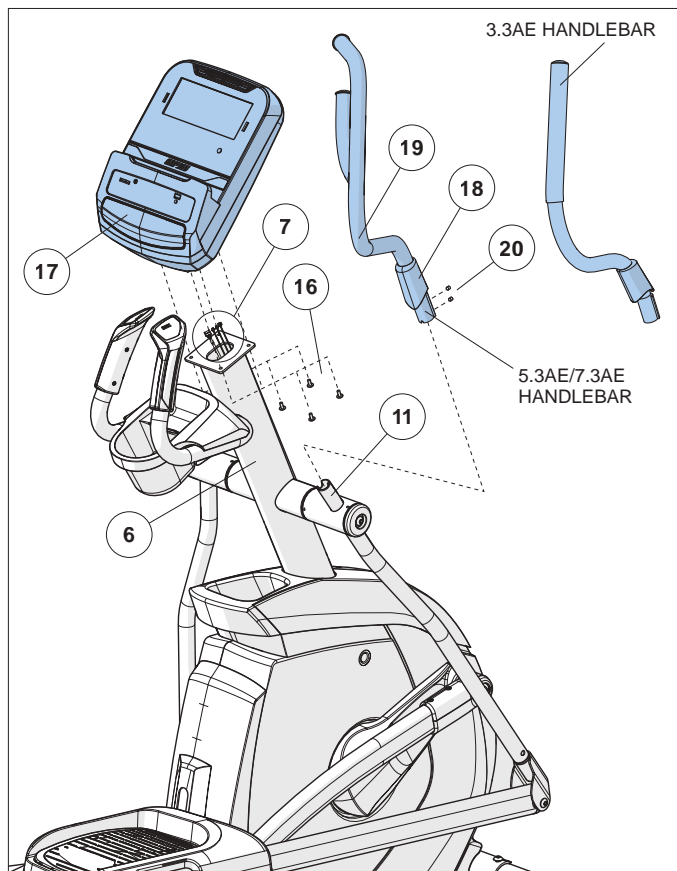


HARDWARE FOR STEP 8

PART	TYPE	QTY
R	SCREW	2
S	SCREW	3

- A Open **HARDWARE FOR STEP 7**.
- B Slide **TOP CAP REAR COVER (14)** over **CONSOLE MAST (6)** and attach using 2 **SCREWS (R)**.
- C Slide **TOP CAP FRONT COVER (15)** over **CONSOLE MAST (6)** and snap into place.
- D Slide **REAR CAP (13)** over **REAR STABILIZER (3)** and attach using 3 **SCREWS (S)**.

ASSEMBLY STEP 9



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

- A Remove 4 **PRE-INSTALLED BOLTS (16)** from the **CONSOLE (17)**.
- B Attach the **CONSOLE CABLES (7)** to the **CONSOLE (17)**.
- C Carefully tuck the **CONSOLE CABLES (7)** into the **CONSOLE MAST (6)** before attaching the **CONSOLE (17)** to **CONSOLE MAST (6)** using 4 **PRE-INSTALLED BOLTS (16)**.
- D Slide the **HANDLEBAR BOOT (18)** halfway up the **UPPER HANDLEBAR (19)**. Slide the **UPPER HANDLEBAR (19)** onto the **LOWER HANDLEBAR (11)** making sure handlebars are joined

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

together completely. Secure the **UPPER HANDLEBAR (19)** to the **LOWER HANDLEBAR (11)** using **PRE-ATTACHED SET SCREWS (20)**.

- E Repeat STEP D on other side.

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

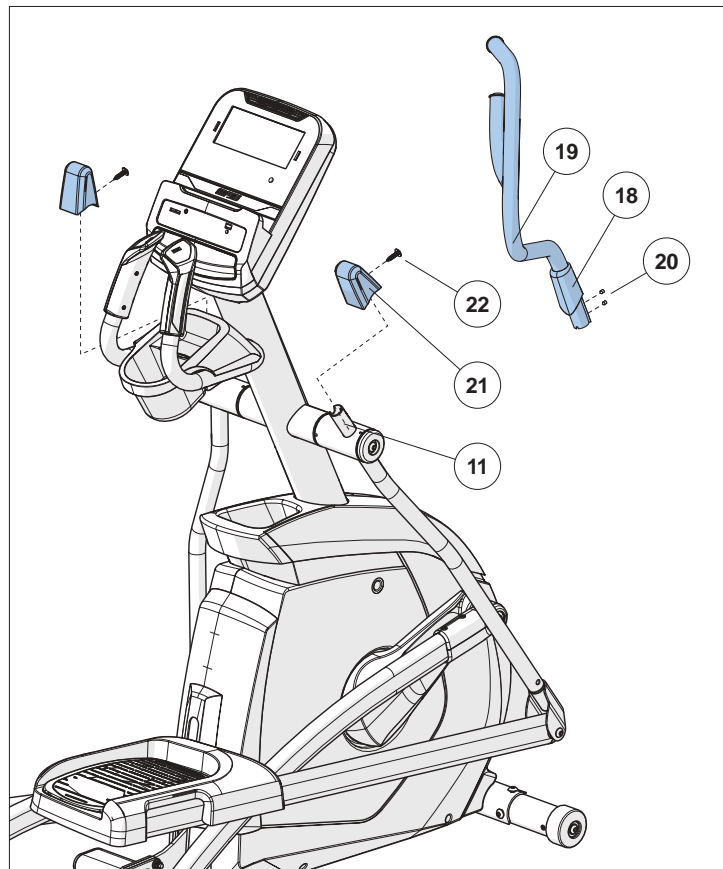
ASSEMBLY COMPLETE!



ASSEMBLY STEP 10 (7.3AE)



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If you would like to use the elliptical without the **UPPER HANDLEBARS (19)**, you can install the **HANDLEBAR COVERS (21)** instead.

NOTE: All hardware for this step is included in the plastic bag with the **HANDLEBAR COVERS**.

- A If the **UPPER HANDLEBARS (19)** are already installed, remove the **PRE-INSTALLED SCREWS (20)** and slide off the **UPPER HANDLEBARS (19)** and **HANDLEBAR BOOTS (18)** from the **LOWER HANDLEBARS (11)**.
- B Remove 2 **HANDLEBAR COVERS (21)** and **SCREWS (22)** from plastic bag.
- C Place **HANDLEBAR COVERS (21)** over the **LOWER HANDLEBARS (11)** and attach using 2 included **SCREWS (22)**.

ELLIPTICAL OPERATION

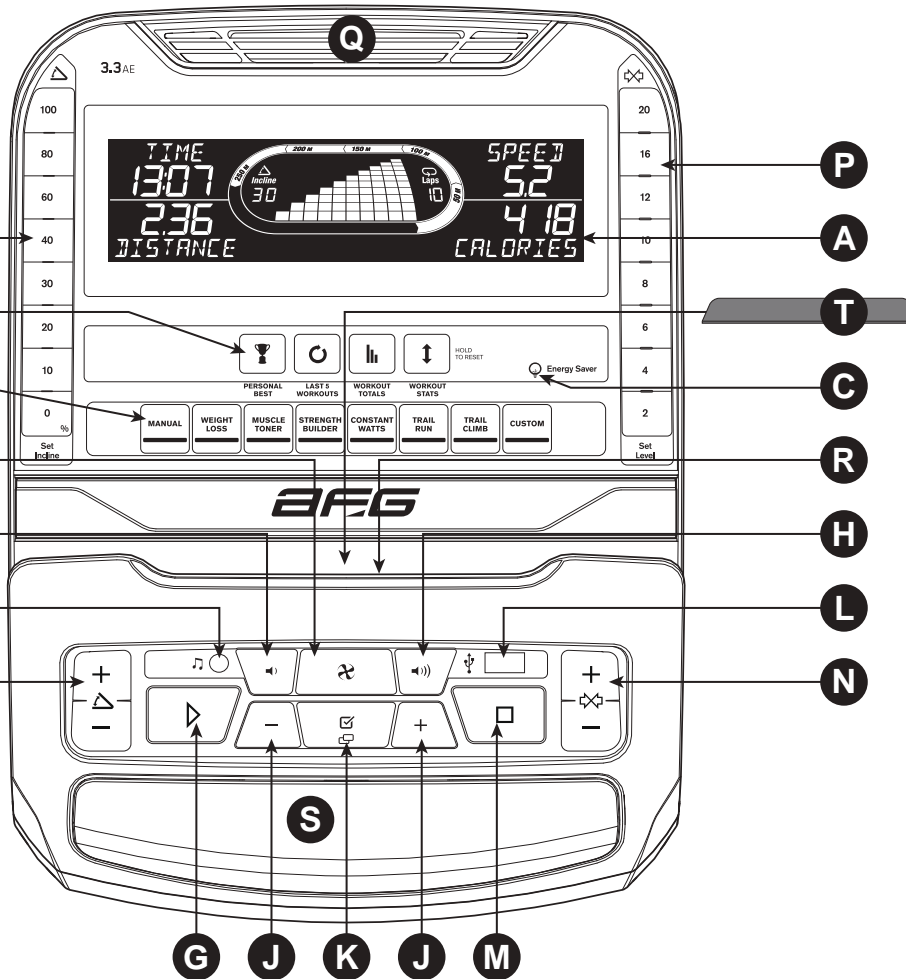


This section explains how to use your elliptical's console and programming.
The BASIC OPERATION section in the ELLIPTICAL GUIDE has instructions for the following:

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







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3.3AE CONSOLE OPERATION

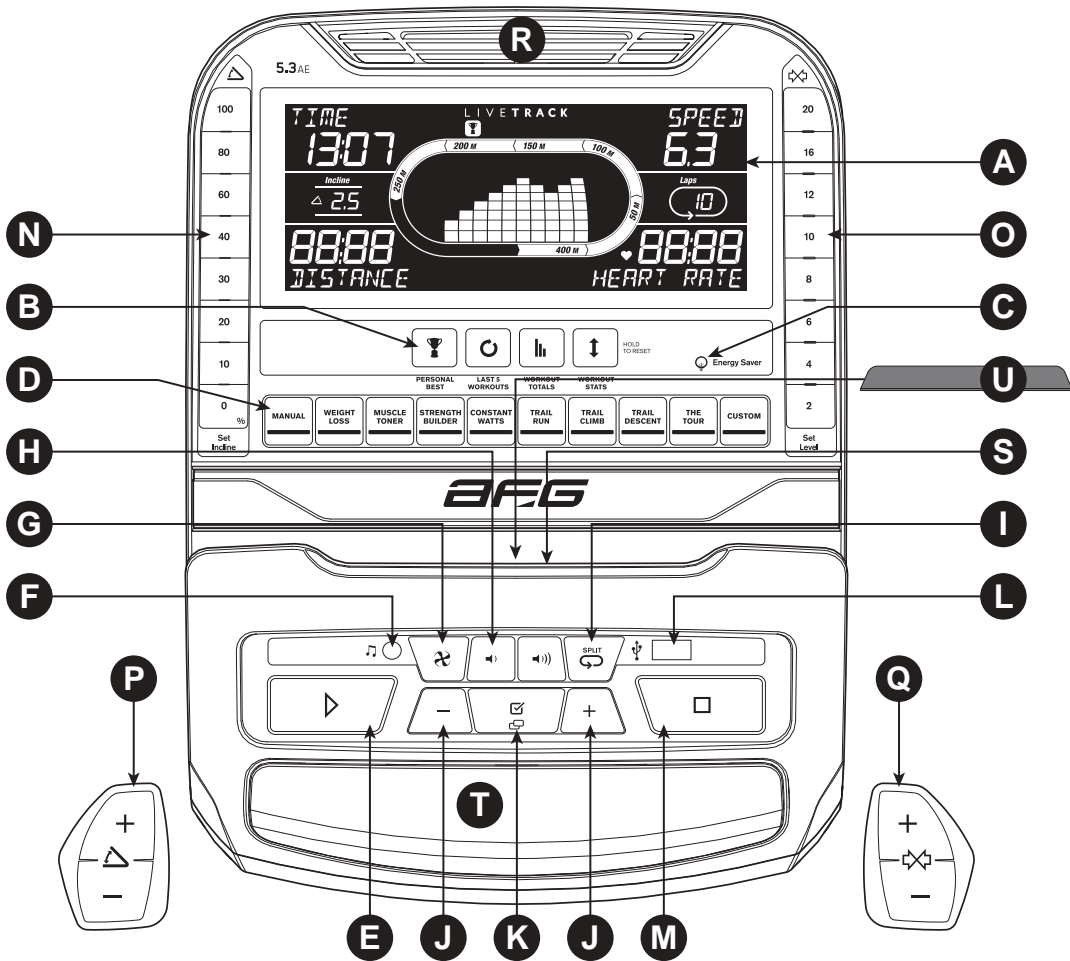
Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) **LCD DISPLAY WINDOW:** time, distance, speed, calories, incline, laps, and heart rate.
- B) **LIVETRACK FITNESS JOURNAL SYSTEM:** see page 31 for more information.
- C) **ENERGY SAVER LIGHT:** indicates if machine is in Energy Saver mode.
- D) **PROGRAM KEYS:** press to select workout.
- E) **INCLINE -/+ KEYS:** used to adjust incline level.
- F) **AUDIO IN JACK:** plug your media player into the console using the included audio adaptor cable.
- G)  **GO / PAUSE:** used to start workout, pause workout, and restart after pause.
- H) **VOLUME:** used to adjust volume up or down.
- I) **FAN KEY:** press to turn fan on and off.
- J) **PROGRAMMING -/+ KEYS:** Used to cycle through programs and LIVETRACK workout statistics.
- K)  **ENTER** /  **CHANGE DISPLAY:** used to confirm a selection or change display feedback during workout.
- L) **USB PORT:** insert USB stick for any software updates.
- M)  **STOP / HOLD TO RESET:** used to stop machine and also will reset machine when held down.
- N) **LEVEL -/+ KEYS:** used to adjust resistance level.
- O) **INCLINE QUICK KEYS:** used to reach desired incline quickly.
- P) **RESISTANCE QUICK KEYS:** used to reach desired resistance quickly.
- Q) **FAN:** personal workout fan.
- R) **READING RACK:** holds reading material.
- S) **SPEAKERS:** plays music through speakers when connected to your media player.
- T) **RUBBER PAD:** place rubber pad above reading rack to help secure your media player.









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5.3AE CONSOLE OPERATION

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

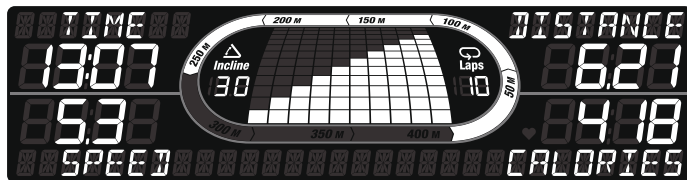
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- E)  **GO / PAUSE:** used to start workout, pause workout, and restart after pause.
- F) **AUDIO IN JACK:** plug your media player into the console using the included audio adaptor cable.
- G) **FAN KEY:** press to turn fan on and off.
- H) **VOLUME:** used to adjust volume up or down.
- I) **SPLIT:** shows split for last lap of workout.
- J) **PROGRAMMING +/- KEYS:** Used to cycle through programs and LIVETRACK workout statistics.
- K)  **ENTER** /  **CHANGE DISPLA:** used to confirm a selection or change display feedback during workout.
- L) **USB PORT:** insert USB stick for any software updates.
- M)  **STOP / HOLD TO RESET:** used to stop machine and also will reset machine when held down.
- N) **INCLINE QUICK KEYS:** used to reach desired incline quickly.
- O) **RESISTANCE QUICK KEYS:** used to reach desired resistance quickly.
- P) **INCLINE +/- KEYS:** used to adjust incline level.
- Q) **LEVEL +/- KEYS:** used to adjust resistance level.
- R) **FAN:** personal workout fan.
- S) **READING RACK:** holds reading material.
- T) **SPEAKERS:** plays music through speakers when connected to your media player.
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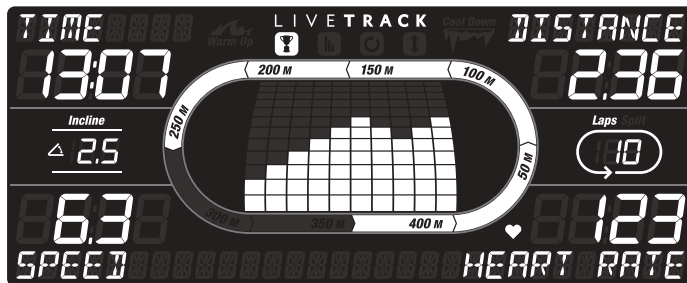


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3.3AE DISPLAY



5.3AE DISPLAY



5.3AE ADDITIONAL FEATURES

- **WARM UP:** Lights up during warm up period of program.
- **COOL DOWN:** Lights up during cool down period of program.
- **SPLIT:** Shows recorded time for an interval or selected segment of time.

3.3AE & 5.3AE DISPLAY WINDOWS

- **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.
- **SPEED:** Shown as mph. Indicates how fast the foot pads are moving.
- **CALORIES:** Total calories burned during your workout.
- **HEART RATE (HR):** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).
- **LEVEL:** Shows the current level of resistance. Will be displayed in the alphanumeric window.
- **INCLINE:** Shown as percent. Indicates the incline level of the power ramp.
- **WATTS:** Displays current user power output.
- **TRACK:** Follows progress around a simulated track. Segments light up with every 50 meters completed.
- **LAPS:** Shows how many 400 meter (¼ mile) laps have been completed.
- **LIVETRACK™:** When LIVETRACK is activated, the LIVETRACK information is displayed. See page 31.

3.3AE & 5.3AE GETTING STARTED

- 1) Check to make sure no objects are nearby that will hinder the movement of the elliptical.
- 2) Plug in the power cord and turn the elliptical ON. (Switch is located at the bottom-front of the elliptical.)
- 3) Select User 1, User 2, or Guest using **-/+** and press ENTER.
- 4) You have the following options to start your workout:

A) QUICK START UP

Simply press GO to begin working out.

Time will count up from 0:00.

The resistance level will default to level 1.

Incline will default to 0%.

B) SELECT A PROGRAM

- 5) Press desired program button to select workout.
 - 6) Set workout time using **-/+** and press ENTER.
 - 7) Set workout level using **-/+** and press ENTER.
 - 8) Select your weight and press ENTER.
 - 9) Press GO to begin workout.
- NOTE: You can adjust the level and incline 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.

SPLIT FEATURE (5.3AE ONLY)

The display window track simulates running on a ¼-mile athletic track. Each track segment represents 50 meters. Each segment will flash until you complete the specific distance and then turn solid.

To use the split function:

- 1) Press the SPLIT button during your workout.
- 2) The display will show your time, distance, pace, and calorie information from the start of your workout until the moment the button was pressed. The information will stay on the screen for five seconds.
- 3) Press the SPLIT button again to see your workout statistics from your first split to your second split.
- 4) The split function will track up to 19 splits.
- 5) At the end of your workout, your splits will cycle through showing your workout statistics for each split.



3.3AE
5.3AE

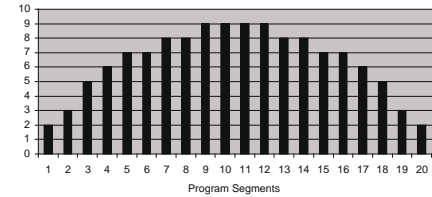
3.3AE & 5.3AE PROGRAM INFORMATION



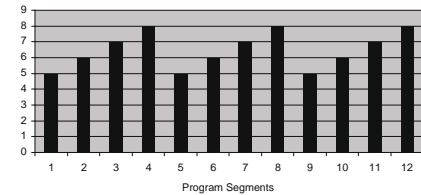
3.3AE
5.3AE

MANUAL: Adjust your level and incline manually during your workout

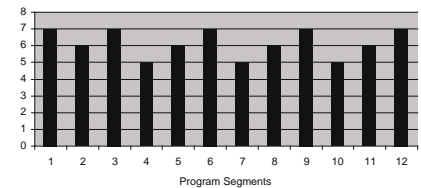
WEIGHT LOSS: Promotes weight loss by increasing and decreasing the resistance and incline, while keeping you in your fat burning zone. Resistance changes, segments repeat every 60 seconds.



MUSCLE TONER: Tones muscles by adjusting resistance level gradually while keeping you in your fat burning zone. Time based goal with 10 difficulty levels to choose from.



STRENGTH BUILDER: Time segments vary from 30 to 90 segments long to challenge your stamina and strength. Time based goal with 10 difficulty levels to choose from.



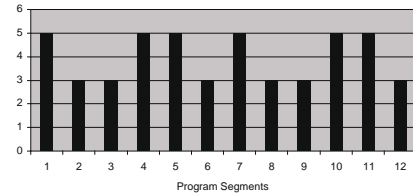
CONSTANT WATTS:

- 1) Press Constant Watts program button and press ENTER.
- 2) Set time using **-/+** and press ENTER.
- 3) Select desired watts using **-/+** and press ENTER.
- 4) Press GO to begin the program.

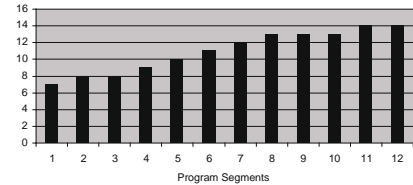


3.3AE
5.3AE

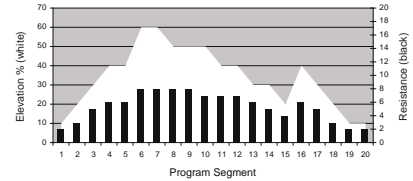
TRAIL RUN: Simulates the ascent and descent of trail walking. Helps tone muscles and build cardiovascular fitness. Time based goal with 10 difficulty levels to choose from.



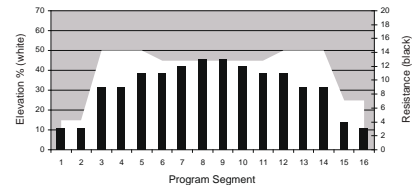
TRAIL CLIMB: Experience changing incline levels simulating an outdoor biking experience. Helps tone muscles and build cardiovascular fitness. Time based goal with 10 difficulty levels to choose from.



TRAIL DESCENT (5.3AE ONLY): Sweeping incline changes get your heart rate going and keep you in your fat burning zone. Time based goal with 10 difficulty levels to choose from.



THE TOUR (5.3AE ONLY): Increased difficulty in changing incline levels simulating the peak biking event. Helps tone muscles and build cardiovascular fitness. Time based goal with 10 difficulty levels to choose from.





3.3AE
5.3AE

CUSTOM PROGRAM INFORMATION

Lets you create and reuse a perfect workout for you with specific speed, incline and time combination. The ultimate in personal programming. Time-based goal.

- 1) Press the CUSTOM program button and press ENTER.
- 2) Set the workout time using the **-/+** and press ENTER.
- 3) Use **-/+** to set the resistance level for each segment. Press ENTER to confirm the resistance setting for each segment of the workout.
- 4) Use **-/+** to set the incline for each segment. Press ENTER to confirm the incline setting for each segment of the workout.
- 5) Press GO to begin workout.

DATE AND CLOCK SETUP

- 1) Enter setup mode: Press and hold 2 and 4 buttons for 3-5 seconds.
- 2) Use **-/+** to change settings and press ENTER to confirm settings.
- 3) Settings include: MONTH, DAY, year, HOUR, minute, and AM/PM.
- 4) Review settings: You can review your settings at any time while in setup mode.
Use the ENTER button to scroll through settings.
- 5) Exit setup mode: To confirm the DATE and TIME, press and hold ENTER for 3 seconds.
- 6) To reset simply reenter setup mode and adjust DATE and TIME to the correct setting.

LIVETRACK™ FITNESS JOURNAL SYSTEM

The integrated LIVETRACK™ software allows you to track your fitness progress over time without the need for paper journals or logs. With LIVETRACK™, you can easily compare your current workout to your last, average or lifetime workout totals. With quick access to feedback like duration of workout or calories burned during previous workouts, you'll be able to see the progress you've made.

SETUP

To activate LIVETRACK™ fitness journal system a user **MUST** be chosen before the program begins. To select a **USER 1** or **2**, use **-/+** and press **ENTER** to confirm. All workout data will accumulate only for the user that is chosen. **NOTE:** If no user is selected data will not be tracked.

RESET

Reset all recorded information for **User 1** or **User 2** by selecting the user and then holding down the **WORKOUT STATS/HOLD TO RESET** key for 10 seconds. **NOTE:** This step is permanent and will delete **ALL** previously accumulated data for the chosen user.

ACCUMULATED DATA

Once LIVETRACK™ is activated, you can scroll through your accumulated data in multiple formats by pressing the LIVETRACK™ buttons. A workout is saved when: the program ends, the console is paused and not resumed within 5 minutes, or the **STOP** button is held to reset the console.

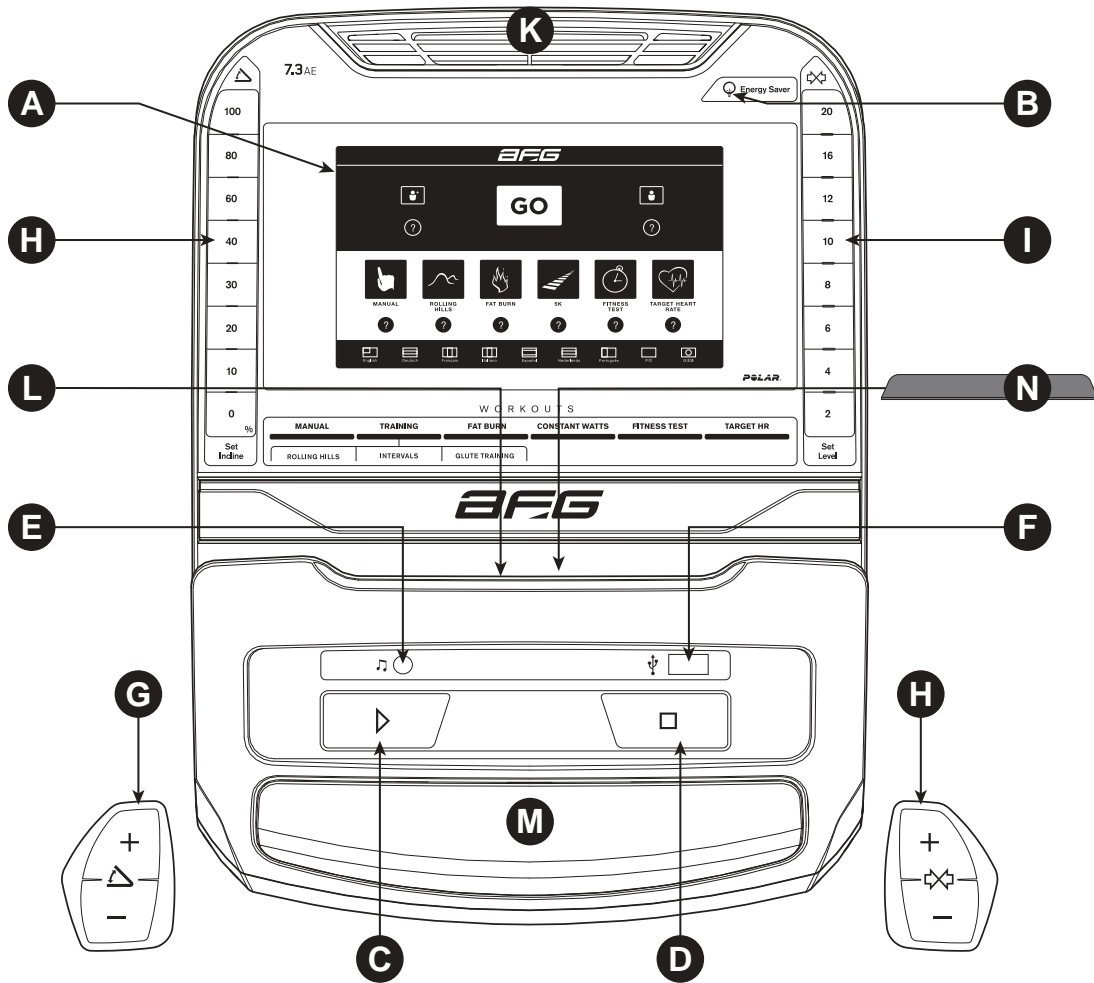
- 1) **PERSONAL BEST:** allows user to scroll through and view 5 personal bests for all previous workouts. They are:
 - Best mile – fastest time in which the user has completed a mile
 - Best 5K – fastest time in which the user has completed a 5K
 - Longest Workout – (time)
 - Longest Workout – (distance)
 - Calories Burned – most calories user has burned in one workout
- 2) **LAST 5 WORKOUTS:** allows you to view data from your previous 5 workouts. The following data from these 5 workouts can be scrolled through and viewed by pressing the **WORKOUT STATS** key:
 - Time – total time of selected workout
 - Distance – total distance of selected workout
 - Calories – total calories burned during selected workout
 - Pace – average pace during selected workout
 - Elevation Gain (feet) – total elevation climbed, in feet, during selected workout
- 3) **WORKOUT TOTALS:** allows you to view the total accumulated workout data. Pressing the **WORKOUT TOTALS** key will allow you to scroll through the following totals:
 - Total Workouts
 - Total Distance
 - Total Calories
 - Total Time
 - Elevation Gain – total elevation climbed in feet



3.3AE
5.3AE





7.3AE



7.3AE 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) **TOUCHSCREEN:** see page 34 for more information.
- B) **ENERGY SAVER LIGHT:** indicates if machine is in Energy Saver mode.
- C)  **GO:** used to start workout.
- D)  **STOP:** used to stop machine.
- E) **AUDIO IN JACK:** plug your media player into the console using the included audio adaptor cable.
- F) **USB PORT:** insert USB stick for any software updates.
- G) **INCLINE QUICK KEYS:** used to reach desired incline quickly.
- H) **RESISTANCE QUICK KEYS:** used to reach desired resistance quickly.
- I) **INCLINE +/- KEYS:** used to adjust incline level.
- J) **LEVEL +/- KEYS:** used to adjust resistance level.
- K) **FAN:** personal workout fan.
- L) **READING RACK:** holds reading material.
- M) **SPEAKERS:** plays music through speakers when connected to your CD / MP3 device.
- N) **RUBBER PAD:** place rubber pad above reading rack to help secure your media player.





7.3AE HOMESCREEN

AFG

A → **GO**

B → User Setup
C → Bob
D → ?

E → MANUAL
D → ?

F → English, Deutsch, Français, Español

ROLLING HILLS, FAT BURN, CONSTANT WATTS, FITNESS TEST, TARGET HEART RATE

7.3AE SIMPLE RUNSCREEN

AFG

L → [Refresh] **M** → [Water] **O** → WORKOUT **P** → PROFILE **Q** → SIMPLE **R** → VOLUME **N** → [Stop]

S → 0.00 MILE **S** → 00:13 TIME ELAPSED **S** → 1 CALORIES

7.3AE SETUP SCREEN

AFG

I → TIME: 60
G → [Up/Down] **H** → [Up/Down]

J → [Home] **K** → GO

INCLINE: 4.0
RESISTANCE: 11

E → MANUAL

7.3AE PROFILE RUNSCREEN

AFG

L → [Refresh] **M** → [Water] **O** → WORKOUT **P** → PROFILE **Q** → SIMPLE **R** → VOLUME **N** → [Stop]


I → 8.0 INCLINE **G** → [Up/Down] **H** → [Up/Down] **U** → 10 RESISTANCE

S → 0 HEART RATE **T** → 1.54 MILES **T** → 09:56 WORKOUT 15:00 **S** → 185 CALORIES **S** → 60 RPM

7.3AE DISPLAY OPERATION

The 7.3AE has a fully integrated touchscreen display on which all information required for various workouts is explained. On-screen prompts will guide you through program set-up, but you should first identify what each button/icon means (below). Exploration of the interface is highly recommended because, as with all touchscreen interfaces, the best way to learn how our touchscreen works is to use it (before using the elliptical).

- A) **GO BUTTON:** Press for quick start.
- B) **USER SETUP:** Press to add, edit or remove a user.
- C) **USER LOGIN:** Press to login as one of 4 preset users or as Guest.
- D) **? BUTTON:** Press to see description of program or feature.
- E) **PROGRAMS BUTTONS:** Press a button to select a workout. You can select a program before or during your workout.
- F) **LANGUAGE SELECTION:** Press to change language.
- G) **JUMP FUNCTION:** By touching along the black area, the value will jump to the specified feedback value. NOTE: You may need to press OK to confirm.
- H) **ARROWS:** Press to adjust value up or down incrementally.
- I) **DISPLAY WINDOW:** Shows current feedback value.
- J) **HOME BUTTON:** Press to return to the homescreen.
- K) **GO BUTTON:** Press to start the program.
- L) **FAN BUTTON:** Press to turn fan on/off.
- M) **COOL DOWN:** Press to begin Cool Down mode. Cool Down time is dependent on the length of the workout.
- N) **STOP BUTTON:** Press to end workout and show workout summary data.
- O) **WORKOUT TAB:** Press to select a new program and adjust your program settings mid-workout.
- P) **PROFILE TAB:** Press to display profile runscreen. The blue line represents your speed and the yellow line represents your elevation level.
- Q) **SIMPLE TAB:** Press to display simple runscreen.

- R) **VOLUME TAB:** Press to adjust volume.
- S) **STACKABLE DISPLAY WINDOW:** Windows with the hand icon  can be pressed to change display feedback options.
- T) **TIME ADJUSTMENT ARROWS:** Press to change the duration of your workout.
- U) **LAST BUTTON:** press to toggle back to previous setting.
- V) **CALENDAR:** The calendar is available to act as a workout tracking function. Press a day on the calendar to see your workout history for that day.



7.3AE



7.3AE GETTING STARTED

- 1) Check to make sure no objects are nearby that will hinder the movement of the elliptical.
- 2) Plug in the power cord and turn the elliptical ON. (Switch is located at the bottom-front of the elliptical.)
- 3) You have the following options to start your workout:

A) QUICK START UP

Simply press GO to begin working out. Time will count up from 0:00. The resistance level will default to level 1. Incline will default to 0%.

B) SELECT A PROGRAM

- 4) Press desired PROGRAM BUTTON to select workout.
- 5) Use ARROWS to set workout settings.
- 6) Press GO to begin workout.
NOTE: You can adjust the level and incline during your workout.
NOTE: When you stop pedaling, the 7.3AE will pause your workout. Resume pedaling to restart your workout or press STOP to end your workout

FINISHING YOUR WORKOUT

When your workout is complete, the console will display the workout summary data for 5 minutes and then reset.

DATE AND CLOCK SETUP

- 1) Enter engineering mode: Press and hold the incline up and resistance down buttons for 3-5 seconds. A home screen will appear.
- 2) Press the REGION button on the left side of the screen to set location-related information.
- 3) Settings include: DATE, TIME, UNITS and TIME FORMAT.
- 4) Touch the setting you wish to change. A keypad or drop-down menu will appear for you to enter the information. Press CONFIRM to set the information and return to the main screen.
- 5) Press HOME to exit engineering mode and return to the home screen.

7.3AE PROGRAM INFORMATION

- 1) **MANUAL:** A workout that allows you to manually adjust the resistance level and incline values at any time.
- 2) **ROLLING HILLS:** A level-based workout that automatically adjusts the resistance value to simulate walking or running up hills.
- 3) **FAT BURN:** Fat burn is a level-based workout that is designed to help users burn fat through various resistance changes.
- 4) **CONSTANT WATTS:** This workout automatically adjusts the resistance to keep you within a set watts range and maintains your desired level of exercise intensity.
- 5) **FITNESS TEST PROGRAM:** This test measures cardiovascular fitness and proves an estimated sub-maximal VO₂ result. It is based on power output according to ACSM standards and was developed by the Cooper Institute (© www.cooperinstitute.org)

User RPMs must remain between 60-80 RPM during the test.

The test will end when the user can no longer maintain this speed. Use of a heart rate strap is optional but provides more data.

The test starts at a low intensity level and gradually increases in intensity (difficulty) every 2 minutes. As it increases, the user must maintain 60-80RPM to advance to the next level. The test could take upwards of 30+ minutes for very fit individuals. Once the test ends a recovery period (cool down) will begin and the user's results are calculated and displayed. Results are based on the number of stages completed:

Stage Complete:	3–4: Below Average	7–8: Above Average
1–2: Well Below Average	5–6: Average	9+: Well Above Average



7.3AE

7.3AE PROGRAM INFORMATION

6) TARGET HEART RATE

The first step in knowing the right intensity for your training is to find out your maximum heart rate (max HR = 220 – your age). The age-based method provides an average statistical prediction of your max HR and is a good method for the majority of people, especially those new to heart rate training. The most precise and accurate way of determining your individual max HR is to have it clinically tested by a cardiologist or exercise physiologist through the use of a maximal stress test. If you are over the age of 40, overweight, have been sedentary for several years, or have a history of heart disease in your family, clinical testing is recommended.

This chart gives examples of the heart rate range for a 30 year old exercising at 5 different heart rate zones. For example, a 30-year-old's max HR is $220 - 30 = 190$ bpm and 90% max HR is $190 \times 0.9 = 171$ bpm.

TARGET HEART RATE NOTES:

- Warm-up and cool-down each last 5 minutes.
- After 5 minutes, the speed or incline will automatically adjust to bring you near your specified heart rate.
- The profile window shows your heart rate during exercise. The green line represents your target heart rate (THR) and the red line represents your current heart rate. If you are working out beneath your THR, the treadmill will adjust speed or incline accordingly to bring you near your target.
- If there is no heart rate detected, the unit will not change the speed or incline.
- If your heart rate is 25 beats over your target zone the program will shut down.

Target Heart Rate Zone	Workout Duration	Example THR Zone (age 30)	Your THR Zone	Recommended For
VERY HARD 90 – 100%	< 5 MIN	171 – 190 BPM		Fit persons and for athletic training
HARD 80 – 90%	2 – 10 MIN	152 – 171 BPM		Shorter workouts
MODERATE 70 – 80%	10 – 40 MIN	133 – 152 BPM		Moderately long workouts
LIGHT 60 – 70%	40 – 80 MIN	114 – 133 BPM		Longer and frequently repeated shorter exercises
VERY LIGHT 50 – 60%	20 – 40 MIN	104 – 114 BPM		Weight management and active recovery



USING YOUR MEDIA PLAYER



- 1) 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.
- 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 on the 3.3AE or 5.3AE console, press and hold the resistance up and down keys for 3-5 seconds.
- To enter the engineering menu on the 7.3AE console, press and hold the incline up and resistance down keys for 3-5 seconds.

Use the up/down keys to navigate through the menu to ENG2. Press ENTER to select. Use up/down keys to select ENERGY 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.



ALL
MODELS

LIMITED HOME-USE WARRANTY





WEIGHT CAPACITY

3.3AE = 325 lbs (147 kilograms)

5.3AE, 7.3AE = 350 lbs (159 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 • 3.3AE: 3 YEARS

5.3AE, 7.3AE: 5 YEARS

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 • 3.3AE: 1 YEAR

5.3AE, 7.3AE: 2 YEARS

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.

INCLINE MOTOR • 1 year

Manufacturer warrants the incline motor/manual incline mechanism and parts against defects in workmanship and materials for a period of one year from the date of 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.





CUSTOMER TECH SUPPORT

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 TREADMILL GUIDE before contacting Customer Tech Support. Additional product information is available on our website.



SOUTIEN TECHNIQUE À LA CLIENTÈLE

NE PAS RETOURNER L'APPAREIL AU DÉTAILLANT en cas de difficulté lors de l'assemblage ou si des pièces manquent.

Pour obtenir un service rapide et amical, communiquer avec un de nos techniciens d'expérience par téléphone, par courriel ou par notre site Web.

Nous voulons savoir si vous avez un problème et nous voulons avoir l'occasion de le résoudre pour vous.

REMARQUE : lire la section DÉPANNAGE dans le GUIDE DU TAPIS ROULANT avant de communiquer avec le service de soutien technique à la clientèle. Des renseignements supplémentaires sur le produit sont disponibles sur notre site Web.



SERVICIO DE ASISTENCIA TÉCNICA A CLIENTES

Si tiene problemas durante el ensamblaje o si le faltan piezas, **NO DEVUELVA ESTE APARATO AL VENDEDOR MINORISTA.**

Para obtener un servicio rápido y grato, comuníquese con uno de nuestros técnicos capacitados para la atención de clientes vía teléfono, correo electrónico o nuestro sitio web.

Nos interesa saber si usted tiene algún problema y queremos tener la oportunidad de corregirlo para usted.

NOTA: Lea la sección de RESOLUCIÓN DE PROBLEMAS en la GUÍA DE LA BICICLETA ESTACIONARIA antes de comunicarse con el servicio de asistencia técnica a clientes. En nuestro sitio web hay información adicional sobre el producto.



1-855-396-2524

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Cottage Grove WI, 53527



See our troubleshooting and maintenance videos online at:

Veuillez regarder les vidéos de dépannage et de maintien sur le net au:

Miren los videos de localización y resolución de problemas y el mantenimiento por internet al:

www.youtube.com/AdvancedFitnessGroup

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Designed & Engineered in the U.S.A. • Made in China
Conçu et fabriqué aux États-Unis. • Fabriqué en Chine
Diseñado y fabricado en EE. UU. • Hecho en China