



INCLINE TRAINER OWNER'S MANUAL
MANUEL DU PROPRIÉTAIRE INCLINE TRAINER
MANUAL DE INCLINACIÓN ENTRENADOR DEL PROPIETARIO



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 DEL USUARIO DE LA MÁQUINA ELÍPTICA antes de usar este MANUAL DEL PROPIETARIO.

IMPORTANT PRECAUTIONS



SAVE THESE INSTRUCTIONS

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

This incline trainer is intended for in-home use only. Do not use this incline trainer 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 incline trainer.
- Always wear athletic shoes while using this equipment.
- Do not jump on the incline trainer.
- At no time should more than one person be on the incline trainer while in operation.
- This incline trainer 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 incline trainer is intended for in-home use only. Do not use this incline trainer in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not use incline trainer 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 incline trainer only as described in the 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 incline trainer 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 pets or children under the age of 13 be closer to the incline trainer than 10 feet.
- At NO time should children under the age of 13 use the incline trainer.
- Children over the age of 13 or disabled persons should not use the incline trainer without adult supervision.
- Never operate the incline trainer 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. Return the incline trainer to a service center for examination and repair.
- 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 incline trainer is used only indoors, in a climate controlled room. If your incline trainer has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the incline trainer 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 incline trainer has power incline with a 3-prong plug, you must follow these grounding instructions.

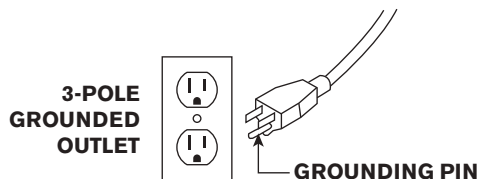
This product must be grounded. If an elliptical should malfunction or break down, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must 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 20-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 incline trainer 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 incline trainer's serial number located on a white barcode sticker on the front stabilizer tube and enter it in the space provided below.

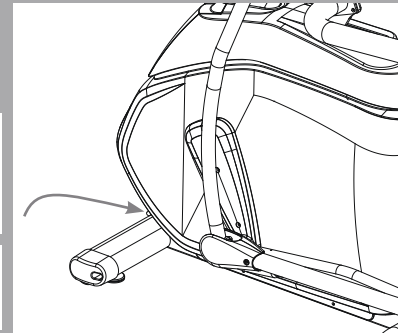
ENTER YOUR SERIAL NUMBER IN THE BOX BELOW:

SERIAL NUMBER:

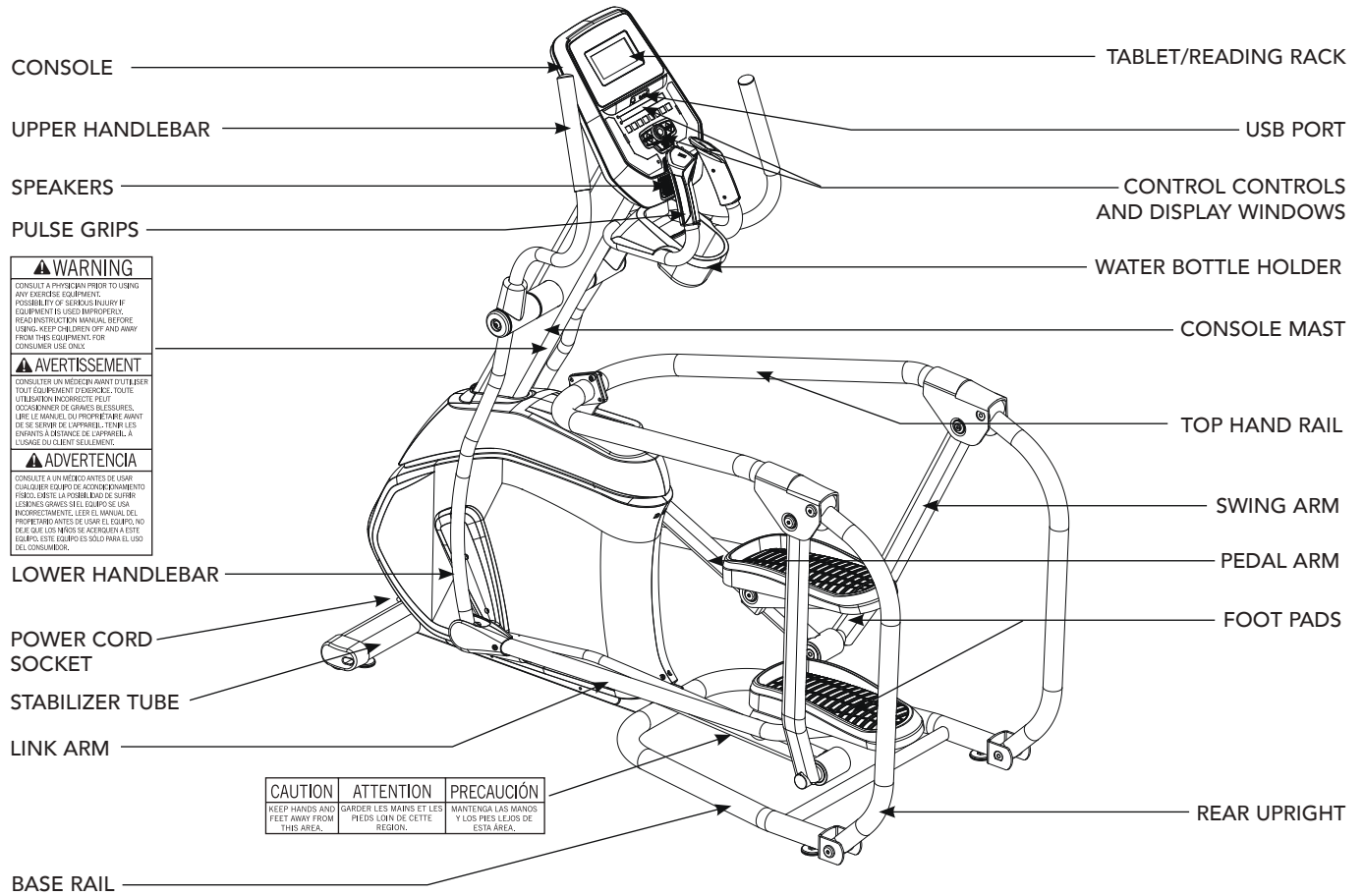
EP

MODEL NAME: **AFG PRO 7.2AI INCLINE TRAINER**

SERIAL NUMBER LOCATION



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



CONSOLE

UPPER HANDLEBAR

SPEAKERS

PULSE GRIPS

LOWER HANDLEBAR

POWER CORD SOCKET

STABILIZER TUBE

LINK ARM

BASE RAIL

TABLET/READING RACK

USB PORT

CONTROL CONTROLS AND DISPLAY WINDOWS

WATER BOTTLE HOLDER

CONSOLE MAST

TOP HAND RAIL

SWING ARM

PEDAL ARM

FOOT PADS

REAR UPRIGHT

⚠ 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 MEDICIN AVANT D'UTILISER TOUT EQUIPEMENT D'EXERCICE. TOUTE UTILISATION INADAPTEE PEUT OCCASIONNER DE GRAVES BLESSURES. LIRE LE MANUEL DU PROPRIETAIRE AVANT DE SE SERVIR DE L'APPAREIL. TENIR LES ENFANTS A DISTANCE DE L'APPAREIL. A L'USAGE EXCLUSIF DU CONSOMMATEUR.

⚠ ADVERTENCIA
 CONSULTE A UN MEDICO ANTES DE USAR CUALQUIER EQUIPO DE ACONDICIONAMIENTO FISICO. EXISTE LA POSIBILIDAD DE SUFRIR LESIONES GRAVES SI EL EQUIPO SE USA INCORRECTAMENTE. LEER EL MANUAL DEL PROPIETARIO ANTES DE USAR EL EQUIPO. DEJE QUE LOS NIÑOS SE ACERQUEN A ESTE EQUIPO. ESTE EQUIPO ES SOLO PARA EL USO DEL CONSUMIDOR.

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

TOOLS INCLUDED:

- 5mm L Wrench
- 6mm L Wrench
- 8mm L Wrench
- 13/17mm Flat Wrench

PARTS INCLUDED:

- 1 Console
- 1 Console Mast
- 1 Water Bottle Holder
- 1 Main Frame
- 1 Audio Adaptor Cable
- 2 Handlebar Caps
- 2 Upper Handlebars
- 2 Lower Handlebars
- 2 Swing Arms
- 2 Link Arms
- 2 Pedal Arms
- 2 Rear Uprights
- 2 Top Hand Rails
- 1 Power Cord
- 2 Joint Covers

PRE ASSEMBLY

UNPACKING

Unpack the product where you will be using it. Place the incline trainer 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: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.



NEED HELP?

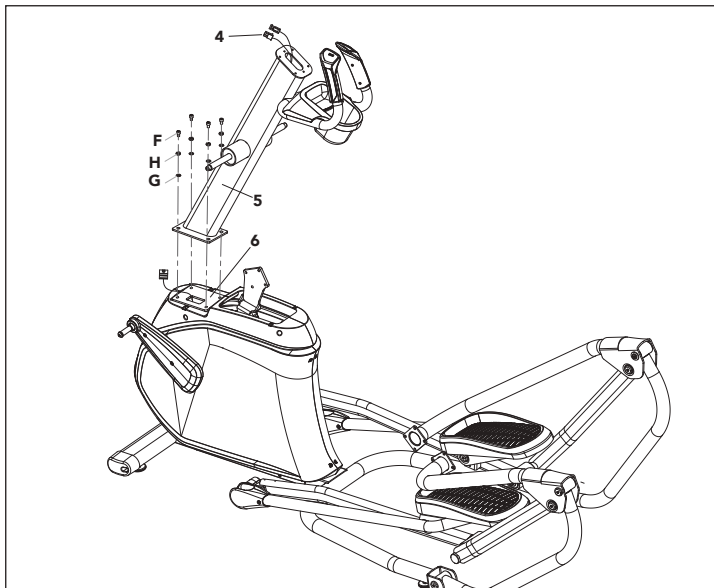
If you have questions or if there are any missing parts, contact Customer Tech Support. Contact information is located on the back panel of this manual.



ASSEMBLY STEP 1

HARDWARE FOR STEP 1 • PRE-INSTALLED

PART	TYPE	DESCRIPTION	QTY
F	BOLT	M10X1.5PX20L	4
G	FLAT WASHER	10.5X18X2.0T	4
H	SPRING WASHER	10.2X18.4X2.5L	4



NOTE:

All hardware for this step is pre-installed. To avoid scratches during assembly do not remove plastic from tubes until STEP 4. We also recommend covering the base rail with extra plastic sheet from the packaging.

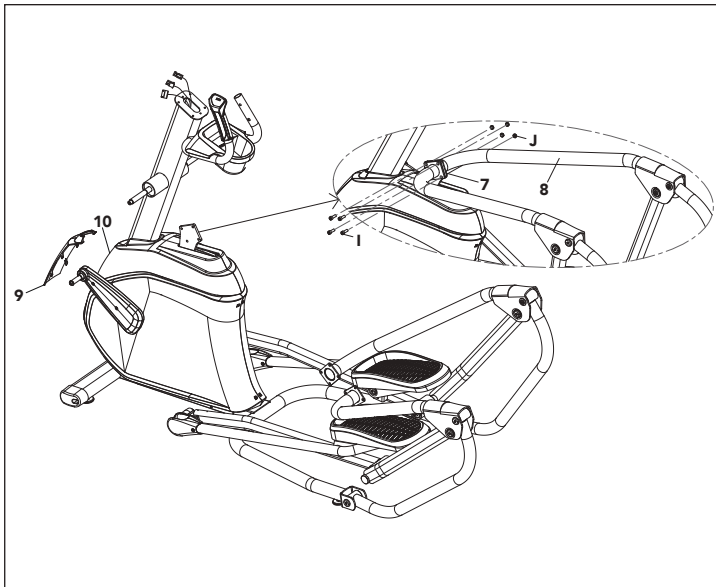
- Carefully pull the **CONSOLE CABLE (4)** through the **CONSOLE MAST (5)** using the twist tie located inside the **CONSOLE MAST (5)**.
- Attach the **CONSOLE MAST (5)** to the **BASE FRAME (6)** using the pre-assembled **4 BOLTS (F)**, **4 SPRING WASHERS (H)** and **4 FLAT WASHERS (G)**

NOTE: Be careful not to pinch any wires while attaching the console mast or console.

ASSEMBLY STEP 2

HARDWARE FOR STEP 2 • PRE-INSTALLED

PART	TYPE	DESCRIPTION	QTY
I	BOLT	M8X1.25PX25L-15L	4
J	NUT	M8X1.25P	4



NOTE:

All hardware for this step is pre-installed.

- A Attach **FRONT TOP CAP PIECE (10)** to side covers.

NOTE:

This must be assembled before the top handrail.

- B Attach each **TOP HANDRAIL (8)** to the **INCLINE ARM (7)** using the pre-assembled **4 BOLTS (I)** and **4 NUTS (J)**. To make assembly easier, lightly tighten all four bolts to begin, then tighten firmly after all bolts have been started.
- C Snap **REAR TOP CAP PIECE (9)** into **FRONT TOP CAP PIECE (10)**.



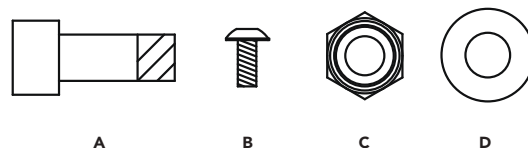
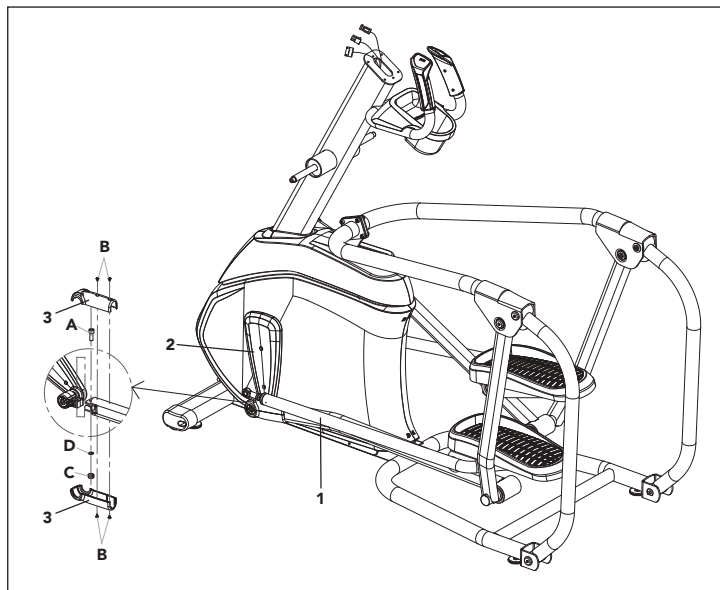
ASSEMBLY STEP 3



HARDWARE FOR STEP 3

PART	TYPE	DESCRIPTION	QTY
A	BOLT	M10X1.5PX45L-16L	1
B	BOLT	M4X0.7PX8L	4
C	NYLON NUT	M10X1.5P	1
D	FLAT WASHER	10.2X20.0X1.0L	1

- A Open **HARDWARE FOR STEP 3**.
- B Attach the **LEFT LINK ARM (1)** to the **LEFT CRANK ARM (2)** using **1 BOLT (A)**, **1 WASHER (D)**, and **1 NYLON NUT (C)**
- C Place the **JOINT COVERS (3)** over **LEFT LINK ARM JOINT** using **4 BOLTS (B)**.

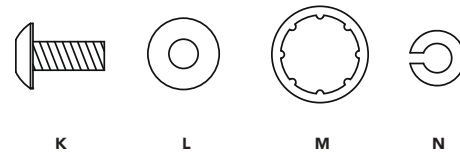
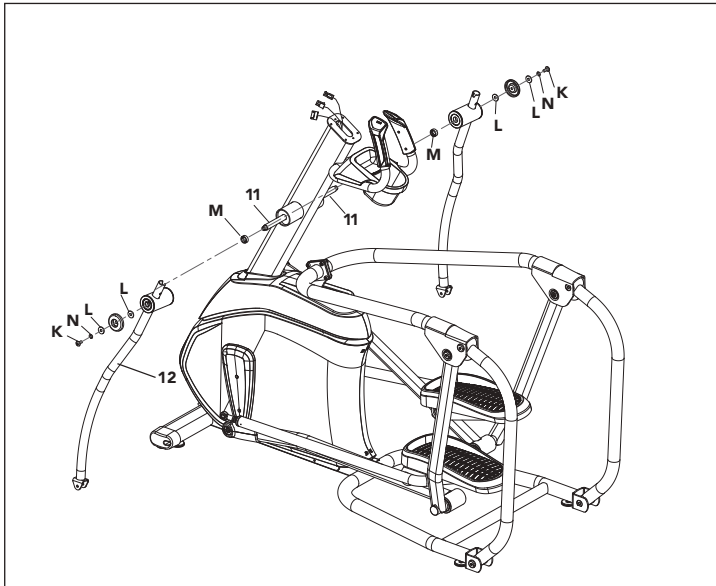


ASSEMBLY STEP 4

HARDWARE FOR STEP 4

PART	TYPE	DESCRIPTION	QTY
K	BOLT	M8X1.25PX20L	2
L	FLAT WASHER	8.6X26.0X2.0	4
M	PLASTIC WASHER	20X27X9.5T	2
N	SPRING WASHER	8.2X15.4X2.0T	2

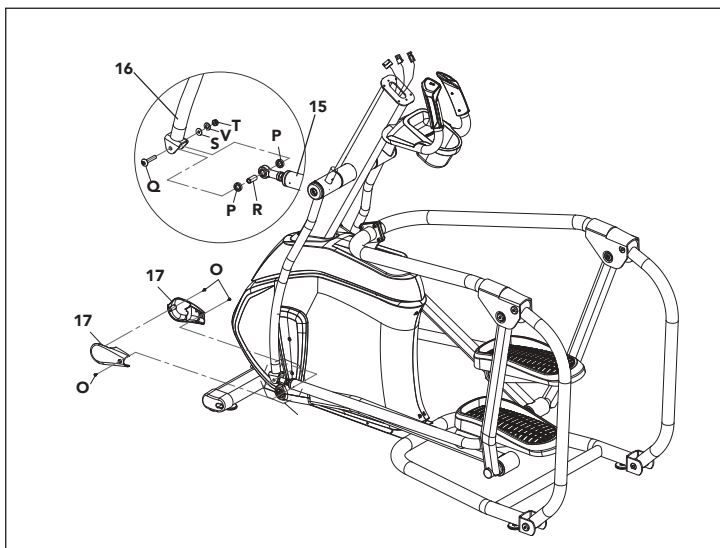
- A Open **HARDWARE FOR STEP 4**.
- B Slide **1 PLASTIC WASHER (M)** onto **LEFT HANDLEBAR SHAFT (11)**.
- C Slide the **LEFT LOWER HANDLEBAR (12)** onto the **HANDLEBAR SHAFT (11)**. Be sure the **LEFT LOWER HANDLEBAR (12)** is positioned the same as shown in the diagram.
- D Secure the **HANDLEBAR ASSEMBLY** using **1 FLAT WASHER (L)**, **1 HANDLEBAR CAP**, **1 FLAT WASHER (L)**, **1 SPRING WASHER (N)**, and **1 BOLT (K)**.
- E Repeat steps **B-E** on the opposite side.



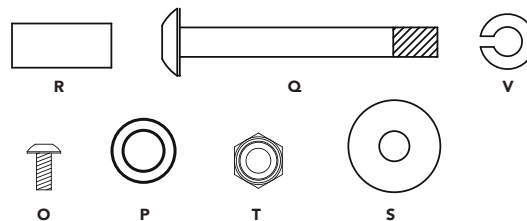
ASSEMBLY STEP 5



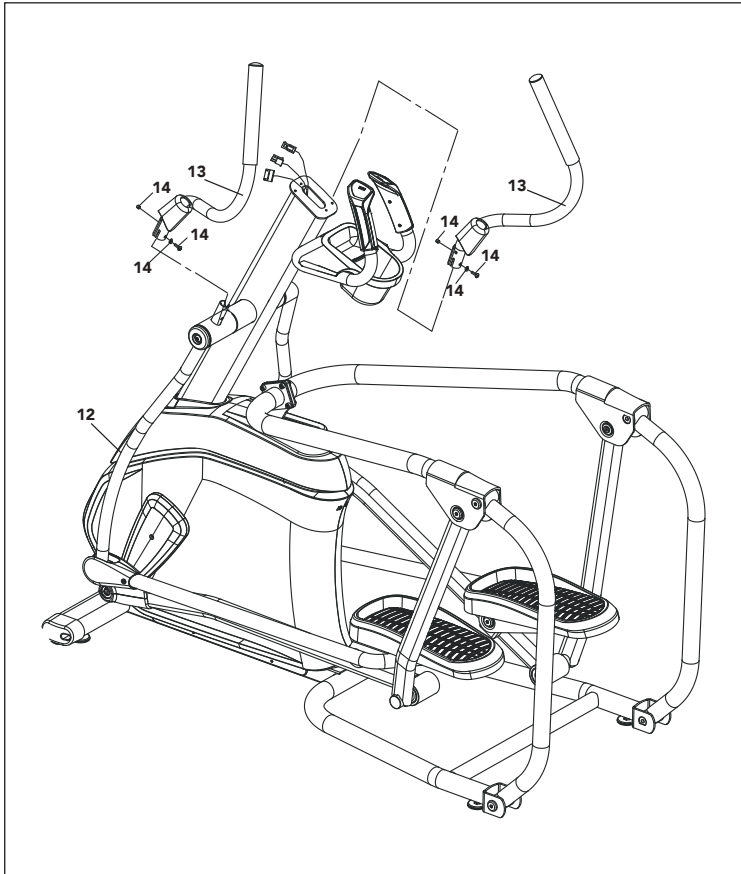
HARDWARE FOR STEP 5			
PART	TYPE	DESCRIPTION	QTY
O	BOLT	M4X0.7PX8L	6
P	SPACER	12X20.0X6T	4
Q	BOLT	M8X1.25PX45L	2
R	SHAFT	12X27	2
S	FLAT WASHER	8.2X25.0X1.5T	2
T	NUT	M8X1.25P	2
V	SPRING WASHER	8.2X15.4X2.0T	2



- A Open **HARDWARE FOR STEP 5**.
- B Slide **SHAFT (R)** into the end of the **LINK ARM (15)**.
- C Place **SPACER (P)** on both sides of the **LINK ARM (15)**. Align end of **LINK ARM (15)** with bracket on bottom of **LOWER HANDLEBAR (16)**. While holding **SPACERS** slide **LINK ARM (15)** into bottom end of **LOWER HANDLEBAR (16)**.
- D Secure the joint using **1 BOLT (Q)**, **1 FLAT WASHER (S)**, **1 SPRING WASHER (V)** and **1 NUT (T)**.
- E Repeat steps **B-D** opposite side.
- F Attach **JOINT COVERS (17)** to the joint between the **LINK ARM (15)** and the **LOWER HANDLEBAR (16)** using **3 BOLTS (O)**



ASSEMBLY STEP 6



NOTE:

All hardware for this step is pre-installed.

- A Slide the **LEFT UPPER HANDLEBAR (13)** onto the **LEFT LOWER HANDLEBAR (12)**. Using pre-attached **1 BOLT, 1 WASHER and 1 SET SCREW (14)** connect the **UPPER AND LOWER HANDLEBARS** as shown in the diagram. Do not tighten set screw until the bolt is installed
- B Repeat step **A** on the opposite side.



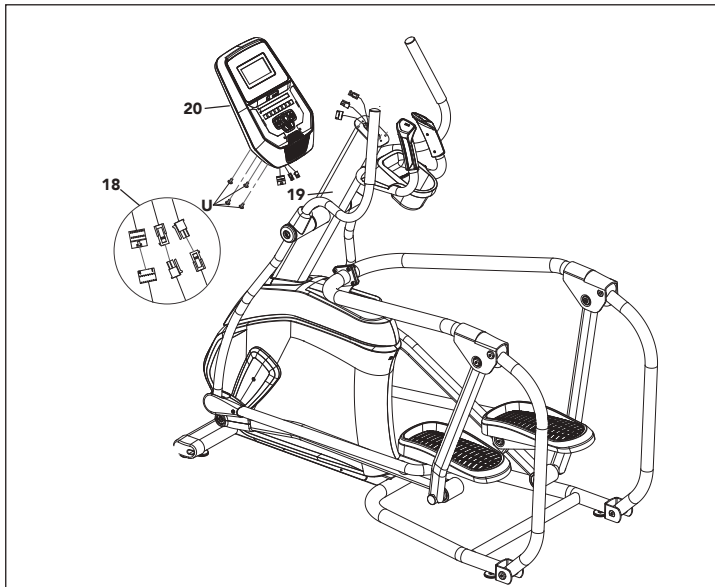
ASSEMBLY STEP 7

HARDWARE FOR STEP 7 • PRE-INSTALLED

PART	TYPE	DESCRIPTION	QTY
U	BOLTS	M5X12L	4

- A Connect the **CONSOLE CABLES (18)**.
- B Carefully tuck the **CONSOLE CABLES (18)** into the **CONSOLE MAST (19)** before attaching the **CONSOLE (20)**. Attach **CONSOLE (20)** to **CONSOLE MAST (19)** using **4 PRE-ATTACHED BOLTS (U)**.

**CONGRATULATIONS.
ASSEMBLY COMPLETE!**



ELLIPTICAL OPERATION

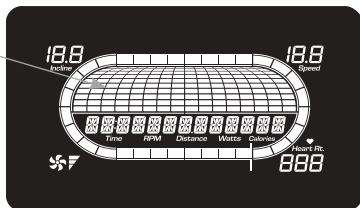


This section explains how to use your elliptical's console and programming. The **BASIC OPERATION** section in the **ELLIPTICAL GUIDE** has instructions for the following:

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



A



P

B

C

D

F

E

J

H

K

L

O

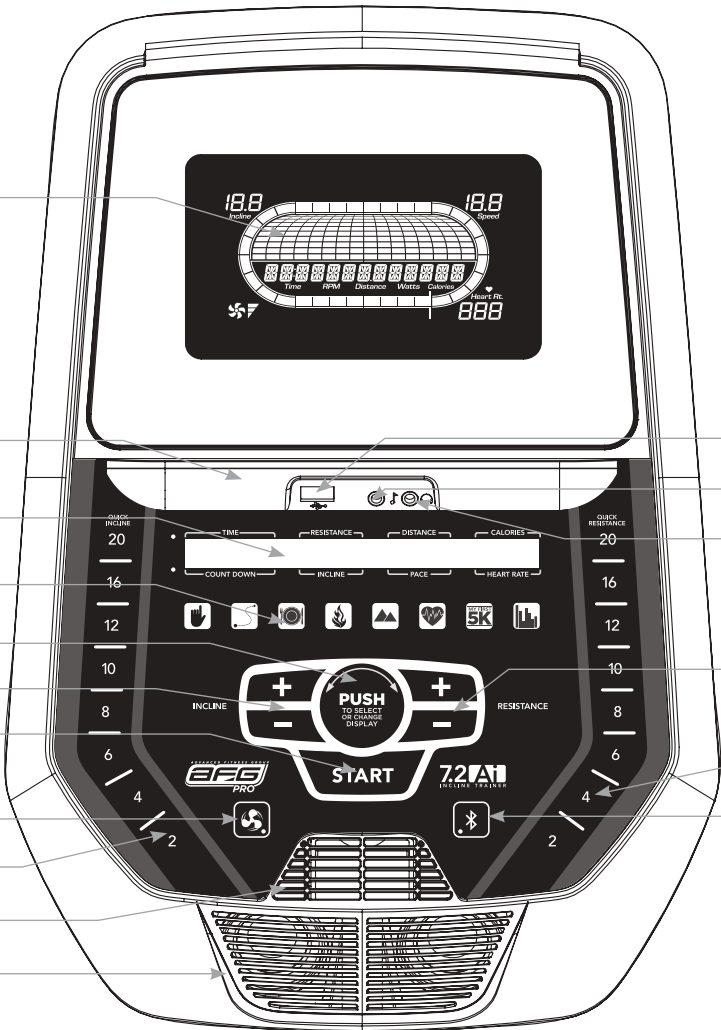
M

N

G

I

Q

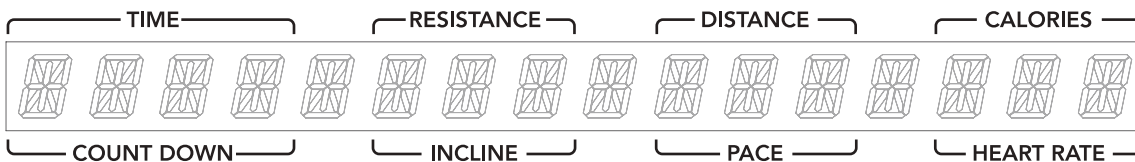
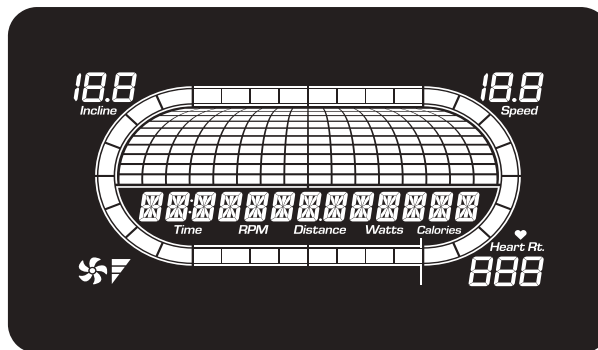


CONSOLE OPERATION

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 WINDOWS:** Incline, Speed, RPM, Watts, Calories.
- B) **LED DISPLAY:** Time, Resistance, Distance, Calories, Count Down, Incline, Pace, Heart Rate.
- C) **WORKOUT LED INDICATORS:** indicate what workout is set for the current program.
- D) **SELECT TARGET/WORKOUT KNOB:** rotate/press to select your desired workout/target
- E) **START:** press to begin exercising, start your workout, or resume exercising after pause.
- F) **INCLINE +/- KEYS:** used to adjust incline in small increments.
- G) **RESISTANCE +/- KEYS:** used to adjust resistance in small increments.
- H) **INCLINE QUICK KEYS:** used to reach desired incline more quickly.
- I) **RESISTANCE QUICK KEYS:** used to reach desired resistance more quickly.
- J) **FAN KEY:** press to turn fan on and off.
- K) **FAN:** personal workout fan.
- L) **SPEAKERS:** music plays through speakers when your CD / MP3 player is connected to the console.
- M) **AUDIO IN JACK:** plug your CD / MP3 player into the console using the included audio adaptor cable.
- N) **AUDIO OUT / HEADPHONE JACK:** plug your headphones into this jack to listen to your music through the headphones. Note: when headphones are plugged into the headphone jack the sound will no longer come out through the speakers.
- O) **USB INPUT: 1A/5V USB** output power.
- P) **TABLET/READING RACK:** holds tablet or reading material.
- Q) **BLUETOOTH INDICATOR LIGHT:** display when machine is paired with a Bluetooth compatible device.





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.
- **SPEED:** Shown as MPH. Indicates how fast the foot pads are moving.
- **INCLINE:** Indicates the incline level of the power ramp.
- **CALORIES:** Total calories burned.
- **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).
- **RESISTANCE:** Shows the current level of resistance.
- **PACE:** Indicates how many minutes it takes to complete a mile while at your current speed.
- **RPM:** Rotations Per Minute.
- **WATTS:** Displays current user power output

GETTING STARTED

- 1) Check to make sure no objects are placed on the belt that will hinder the movement of the incline trainer.
- 2) Plug in the power cord and turn the incline trainer ON. (The ON/OFF switch is next to the power cord.)
- 3) You have two options to start your workout:

A) QUICK START UP

Simply press the START key to begin working out.
Time, distance, and calories will all count up from zero. OR...

B) SELECT A WORKOUT OR TARGET

- 1) Select your **USER** by turning the workout knob and then pressing when your desired **USER** is displayed.
- 2) Select your **WEIGHT** by turning the workout knob and then pressing when your desired **WEIGHT** is displayed.
- 3) Select your **PROGRAM** by turning the workout knob and then pressing when your desired **PROGRAM** is displayed.
- 4) Adjust the **SETTING** by turning the workout knob and then pressing when your desired **SETTING** is displayed.
- 5) Press **START** to begin.





WORKOUT PROFILES

- 1) MANUAL:** Control everything about your workout – from start to finish. This program is a basic workout with no pre-defined settings, allowing you to manually adjust the machine at any time. It begins with a resistance at 1.
- 2) HILL CLIMB:** Simulates a hill ascent and descent. This program helps tone muscle and improve cardiovascular ability. Incline and resistance change and segments repeat every 60 seconds.

Incline and resistance change every 60 seconds

		Warm up				Program segments - Repeat					
Seconds		60	60	60	60	60	60	60	60	60	60
Level	Segment	1	2	3	4	5	6	7	8	9	10
1	Inc	0	2	2	4	4	4	6	6	6	6
	Res	1	2	2	3	2	3	4	5	4	3
2	Inc	0	2	2	4	6	6	6	6	8	8
	Res	1	2	2	3	4	5	6	7	6	5
3	Inc	0	2	2	6	6	6	8	8	10	10
	Res	1	2	2	4	6	7	8	9	8	7
4	Inc	0	2	2	6	8	8	10	10	10	10
	Res	1	2	2	5	8	9	10	11	10	9
5	Inc	2	4	6	8	10	10	10	10	12	12
	Res	2	3	5	6	10	11	12	13	12	11
6	Inc	2	4	6	10	10	10	12	12	14	14
	Res	2	3	5	7	12	13	14	15	14	13
7	Inc	2	4	6	10	12	12	14	14	16	16
	Res	2	3	5	8	14	15	16	17	16	15
8	Inc	2	4	6	12	14	14	16	16	16	16
	Res	2	3	5	9	15	16	17	18	17	16
9	Inc	4	6	6	14	16	16	16	16	18	18
	Res	3	4	5	10	16	17	18	19	18	17
10	Inc	4	6	10	16	16	16	18	18	18	18
	Res	3	4	8	11	17	18	19	20	19	18



3) MY FIRST 5K: This 9-week program is intended for inexperienced runners looking to run their first 5k or simply begin an exercise routine. It is designed specifically to keep you motivated and engaged, gradually building your strength, increasing your stamina and giving you the confidence it takes to complete your first 5k.

Week	Workout #1	Workout #2	Workout #3	Week	Workout #1	Workout #2	Workout #3	
1	5 minute warmup	5 minute warmup	5 minute warmup	4	5 minute warmup	5 minute warmup	5 minute warmup	
	1 min jog	1 min jog	1 min jog		3 minute jog	3 minute jog	3 minute jog	
	1.5 min walk	1.5 min walk	1.5 min walk		1.5 minute walk	1.5 minute walk	1.5 minute walk	
	1 min jog	1 min jog	1 min jog		5 minute jog	5 minute jog	5 minute jog	
	1.5 min walk	1.5 min walk	1.5 min walk		2.5 minute walk	2.5 minute walk	2.5 minute walk	
	1 min jog	1 min jog	1 min jog		3 minute jog	3 minute jog	3 minute jog	
	1.5 min walk	1.5 min walk	1.5 min walk		1.5 minute walk	1.5 minute walk	1.5 minute walk	
	1 min jog	1 min jog	1 min jog		5 minute jog	5 minute jog	5 minute jog	
	1.5 min walk	1.5 min walk	1.5 min walk		5 minute cooldown	5 minute cooldown	5 minute cooldown	
	1 min jog	1 min jog	1 min jog		5	5 minute warmup	5 minute warmup	5 minute warmup
	1.5 min walk	1.5 min walk	1.5 min walk			5 minute jog	5 minute jog	5 minute jog
	1 min jog	1 min jog	1 min jog			3 minute walk	3 minute walk	3 minute walk
	1.5 min walk	1.5 min walk	1.5 min walk			5 minute jog	5 minute jog	5 minute jog
	1 min jog	1 min jog	1 min jog			3 minute walk	3 minute walk	3 minute walk
1.5 min walk	1.5 min walk	1.5 min walk	5 minute jog	5 minute jog		5 minute jog		
1 min jog	1 min jog	1 min jog	5 minute cooldown	5 minute cooldown	5 minute cooldown			
1.5 min walk	1.5 min walk	1.5 min walk	6	5 minute warmup	5 minute warmup	5 minute warmup		
1 min jog	1 min jog	1 min jog		5 minute jog	10 minute jog	25 minute jog		
1.5 min walk	1.5 min walk	1.5 min walk		3 minute walk	3 minute walk	5 minute cooldown		
1 min jog	1 min jog	1 min jog		8 minute jog	10 minute jog			
1.5 min walk	1.5 min walk	1.5 min walk		3 minute walk	5 minute cooldown			
1 min jog	1 min jog	1 min jog		5 minute jog				
1.5 min walk	1.5 min walk	1.5 min walk	5 minute cooldown					
5 minute cooldown	5 minute cooldown	5 minute cooldown	7	5 minute warmup	5 minute warmup	5 minute warmup		
2	5 minute warmup	5 minute warmup		5 minute warmup	25 minute jog	25 minute jog	25 minute jog	
	1.5 minute jog	1.5 minute jog		1.5 minute jog	5 minute cooldown	5 minute cooldown	5 minute cooldown	
	2 minute walk	2 minute walk		2 minute walk	8	5 minute warmup	5 minute warmup	5 minute warmup
	1.5 minute jog	1.5 minute jog		1.5 minute jog		28 minute jog	28 minute jog	28 minute jog
	2 minute walk	2 minute walk		2 minute walk		5 minute cooldown	5 minute cooldown	5 minute cooldown
	1.5 minute jog	1.5 minute jog	1.5 minute jog	9		5 minute warmup	5 minute warmup	5 minute warmup
	2 minute walk	2 minute walk	2 minute walk			30 minute jog	30 minute jog	30 minute jog
	1.5 minute jog	1.5 minute jog	1.5 minute jog			5 minute cooldown	5 minute cooldown	5 minute cooldown
	2 minute walk	2 minute walk	2 minute walk		Warmup and cooldown speeds 1.0 mph or 75% of walk speed, whichever is greater			
	1.5 minute jog	1.5 minute jog	1.5 minute jog					
	2 minute walk	2 minute walk	2 minute walk					
	5 minute cooldown	5 minute cooldown	5 minute cooldown					
	3	5 minute warmup	5 minute warmup	5 minute warmup				
		1.5 minute jog	1.5 minute jog	1.5 minute jog				
1.5 minute walk		1.5 minute walk	1.5 minute walk					
3 minute jog		3 minute jog	3 minute jog					
3 minute walk		3 minute walk	3 minute walk					
1.5 minute jog		1.5 minute jog	1.5 minute jog					
1.5 minute walk		1.5 minute walk	1.5 minute walk					
3 minute jog		3 minute jog	3 minute jog					
3 minute walk		3 minute walk	3 minute walk					
5 minute cooldown		5 minute cooldown	5 minute cooldown					

Warmup and cooldown speeds 1.0 mph or 75% of walk speed, whichever is greater



- 4) **FAT BURN:** Relatively slow and steady is the name of the game to maximize your weight-loss goals. Promotes weight loss by increasing and decreasing the resistance, while keeping you in your fat burning zone. Resistance changes, segments repeat every 60 seconds.

Resistance changes every 60 seconds

	Warm Up				Program Segments - Repeat												
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
Level 1	1	2	2	3	4	3	4	5	5	3	4	6	6	5	4	3	
Level 2	2	3	3	3	5	4	5	6	6	4	5	7	7	6	5	4	
Level 3	2	4	4	5	7	6	7	8	8	6	7	9	9	8	7	6	
Level 4	3	4	5	6	8	7	8	9	9	7	8	10	10	9	8	7	
Level 5	4	6	7	7	10	9	10	11	11	9	10	12	12	11	10	9	
Level 6	4	6	7	8	11	10	11	12	12	10	11	13	13	12	11	10	
Level 7	5	7	9	9	13	12	13	14	14	12	13	15	15	14	13	12	
Level 8	5	8	9	10	14	13	14	15	15	13	14	16	16	15	14	13	
Level 9	6	9	11	12	16	15	16	17	17	15	16	18	18	17	16	15	
Level 10	7	10	12	13	18	17	18	19	19	17	18	20	20	19	18	17	

- 5) **CUSTOM:** Allows you to create and reuse your perfect workout with a combination of a specific resistance, incline and time or distance. The ultimate in personal programming. This is a time or distance based goal program.

TARGET PROFILES



- 1) **DISTANCE:** Push yourself and go further during your workout with 13 distance workouts. Choose from 1 mile, 2 miles, 5k, 5 miles, 10k, 8 miles, 15k, 10 miles, 20k, half marathon, 15 miles, 20 miles, and marathon goals. You set your level.

Resistance changes and all segments are .016km and repeat. (Warm up does not repeat)

Seconds Segment	Warm Up				Program segments									
	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km
Level 1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Level 2	1	2	2	3	3	5	7	4	6	7	4	5	6	3
Level 3	2	2	3	3	4	6	8	5	7	8	5	6	7	4
Level 4	2	3	3	4	6	8	10	7	9	10	7	8	9	6
Level 5	3	4	4	4	8	10	12	9	11	12	9	10	11	8
Level 6	3	5	4	5	10	12	14	11	13	14	11	12	13	10
Level 7	4	5	5	5	11	13	15	12	14	15	12	13	14	11
Level 8	4	5	5	5	13	15	17	14	16	17	14	15	16	13
Level 9	4	5	5	5	15	17	19	16	18	19	16	17	18	15
Level 10	4	5	6	6	16	18	20	17	19	20	17	18	19	16

- 2) **CALORIES:** Set goals for burning calories from 20 to 980 calories in 20 calorie increments. You set your level to keep you in your fat burning zone.

Resistance changes and all segments are 20 calories and repeat. (Warm up does not repeat)

Seconds Segment	Warm Up				Program segments									
	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal
Level 1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Level 2	1	2	2	3	3	5	7	4	6	7	4	5	6	3
Level 3	2	2	3	3	4	6	8	5	7	8	5	6	7	4
Level 4	2	3	3	4	6	8	10	7	9	10	7	8	9	6
Level 5	3	4	4	4	8	10	12	9	11	12	9	10	11	8
Level 6	3	5	4	5	10	12	14	11	13	14	11	12	13	10
Level 7	4	5	5	5	11	13	15	12	14	15	12	13	14	11
Level 8	4	5	5	5	13	15	17	14	16	17	14	15	16	13
Level 9	4	5	5	5	15	17	19	16	18	19	16	17	18	15
Level 10	4	5	6	6	16	18	20	17	19	20	17	18	19	16



TARGET HEART RATE: This program is designed for you to improve your overall cardiovascular fitness levels. You simply set your target heart rate. The program will then monitor and adjust the intensity level to maintain your heart rate within your targeted range while you exercise – a proven method to maximize your weight loss and fitness goals. A chest strap is required and must be worn during the duration of this program. See below for calculating your target heart rate.

Calculating Your 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.

Additional target heart rate notes:

- 1). The incline trainer resistance will automatically adjust to bring you near your specified heart rate.
- 2). If there is no heart rate detected, the unit will not change the incline.
- 3). If your heart rate is 25 beats over your target zone the program will shut down.

Target Heart Rate Zone	Workout Duration	Example THR (age 30)	Your THR	Recommended For
VERY HARD 90 – 100%	< 5 MIN	171 – 190 BPM		Fit persons 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



TO RESET THE CONSOLE

Hold **STOP** key for 3 seconds.

FINISHING YOUR WORKOUT

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

USING YOUR MUSIC DEVICE

The 7.2Ai Incline Trainer will connect and stream music from your compatible music device. This includes many smart phones and traditional mp3 players such as the iPod®.

Your 7.2Ai Incline Trainer comes equipped with Bluetooth speakers. Bluetooth compatible devices (running Bluetooth 4.0) can stream music wirelessly from your device to the speakers. You can also connect your music device via an audio cable and still stream music through the speakers. Instructions for both types of audio connection are detailed below.

CONNECTING VIA BLUETOOTH 4.0LE

- 1) Check to ensure that your music device is Bluetooth 4.0 compatible
- 2) Go into your device's Bluetooth settings and scan for devices.
- 3) On your music device, locate the Bluetooth device list. Select your treadmill or elliptical unit that appears on this list.
Wait for your music device to finish pairing with the unit.
- 4) You will know when pairing is successful when your music device shows the treadmill or elliptical unit as now being a paired device.

WHEN UNIT IS POWERED OFF THEN BACK ON

If you turn your treadmill or elliptical unit off, or if it goes into sleep mode, the next time it is powered on the unit will look to pair with the last music device with which it was paired. It will automatically pair at this time.

RE-PAIRING MUSIC DEVICES

In the event that the unit cannot find the last paired music device (for example, the music device is off or not being used) then the unit will stop looking to pair with the music device. If this happens, and if you wish to use your music device again, then you will need to go through the pairing process listed above and re-pair through your music device's settings.

USING MULTIPLE MUSIC DEVICES

If multiple devices are being paired with the unit (i.e.: multiple users are using the treadmill or elliptical unit and pairing their music devices with it) then the unit will look to pair with the last device used and “forget” other devices. If you wish to re-pair a “forgotten” music device, then you will need to un-pair the current paired device and then re-pair your device through the pairing procedure noted above.

CONNECTING VIA AN AUDIO CABLE

- 1) Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the top right of the console and the headphone jack on your music device.
- 2) Use your CD / MP3 player buttons to adjust song settings.
- 3) Remove the AUDIO ADAPTOR CABLE when not in use.
- 4) If you don't want to use the SPEAKERS, you can plug your headphones into the AUDIO OUT JACK at the bottom of the console. This ensures that if you accidentally catch the headphone line while running, you won't drop your device to the ground.

AFG TABLET CONNECTED FITNESS SYSTEM

Your AFG machine is tablet ready, allowing you to use Bluetooth 4.0 technology to wirelessly connect your tablet to your AFG Pro Incline Trainer. Using the free downloadable AFG Fitness app will enable you to control your Incline Trainer's operating functions via your tablet. The app will also allow you to monitor your workout, track your progress and view your workout history. The AFG Fitness app can be downloaded from either the iTunes store for iOS devices or from the Google store for Android devices.

For information about connecting your tablet to your AFG Pro treadmill, setting up the AFG Fitness App and controlling and monitoring your workout with your tablet, see the AFG Connected Fitness Manual included with your Incline Trainer.

BLUETOOTH HEART RATE MONITORING

The 7.2Ai is equipped with multi-channel Bluetooth which enables you to wirelessly connect compatible Bluetooth heart rate monitoring devices to this incline trainer. You will need to ensure that your wireless heart rate monitoring device is Bluetooth 4.0 compatible and is also “open” to sharing data. Non-“open” or “closed” devices typically only share data with their proprietary apps. The 7.2Ai needs an “open” device to receive data from the device. You may need to consult with your device's owner's manual or the manufacturer to confirm if it is an open device.

If you are using a tablet and running the AFG Fitness app, the compatible Bluetooth heart rate monitoring device will pair automatically to the app. The incline trainer console will then receive the heart rate information from your tablet. If you wish to use the Bluetooth heart rate monitoring device without a tablet and AFG Fitness app, press and hold the Bluetooth button on the console for 5 seconds. This will enable the console to communicate directly with the Bluetooth heart rate monitoring device. Heart rate information will be displayed on your console display. When in heart rate monitor mode, the console will be unable to communicate to the tablet. To enable tablet communication, press and hold the Bluetooth button on the console for 5 seconds or reset power.



LIMITED HOME-USE WARRANTY





WEIGHT CAPACITY = 325 lbs (147.4 kilograms)

FRAME • LIFETIME

AFG 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.)

BRAKE • LIFETIME

AFG warrants the brake 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. Labor or installation of brake is not covered under the brake warranty.

ELECTRONICS & PARTS • 3 YEARS

AFG warrants the electronic components, finish and all original parts for a period of three years from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR • 1 YEAR

AFG shall cover the labor cost for the repair of the device for a period of one year from the date of the original purchase, so long as the device remains in the possession of the original owner.

INCLINE MOTOR • 1 YEAR

AFG warrants the incline motor 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 AFG.

- Incidental or consequential damages. AFG 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. AFG 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 AFG 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. AFG 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 AFG 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.
- The warranty is limited to replacing or repairing, at the servicer's and/or manufacturer's option, the same or comparable model.
- Defective components may be requested to 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 states 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 ELLIPTICAL GUIDE before contacting Customer Tech Support. Additional product information is available on our website.



SERVICE DE SOUTIEN TECHNIQUE À LA CLIENTÈLE

En cas de difficulté lors de l'assemblage ou si des pièces manquent, NE PAS RENVOYER L'APPAREIL AU DÉTAILLANT.

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

Veuillez nous signaler tout problème, afin que nous puissions vous aider à y remédier.

REMARQUE : Lire la section DÉPANNAGE du GUIDE D'UTILISATION DE L'EXERCISEUR ELLIPTIQUE avant de contacter le service de soutien technique à la clientèle. Pour plus ample information sur le produit, visiter notre site Web.



SERVICIO DE ASISTENCIA TÉCNICA PARA CLIENTES

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

Para obtener servicio rápido y amable, comuníquese por teléfono, correo electrónico o a través de nuestro sitio en Internet con alguno de nuestros técnicos capacitados en ayuda a clientes.

Nos interesa saber si usted tiene algún problema y queremos tener la oportunidad de corregir la situación.

NOTA: Antes de comunicarse con el Servicio de Asistencia Técnica para Clientes, lea la sección de RESOLUCIÓN DE PROBLEMAS en la GUÍA DEL USUARIO DE LA MAQUINA ELIPTICA. Puede encontrar información adicional del producto en nuestro sitio en Internet.



1-855-396-2524

support@advancedfitnessgroup.com

www.afgfitness.com

Advanced Fitness Group
1600 Landmark Drive,
Cottage Grove WI, 53527