

# V886 OWNER'S MANUAL CONTENTS

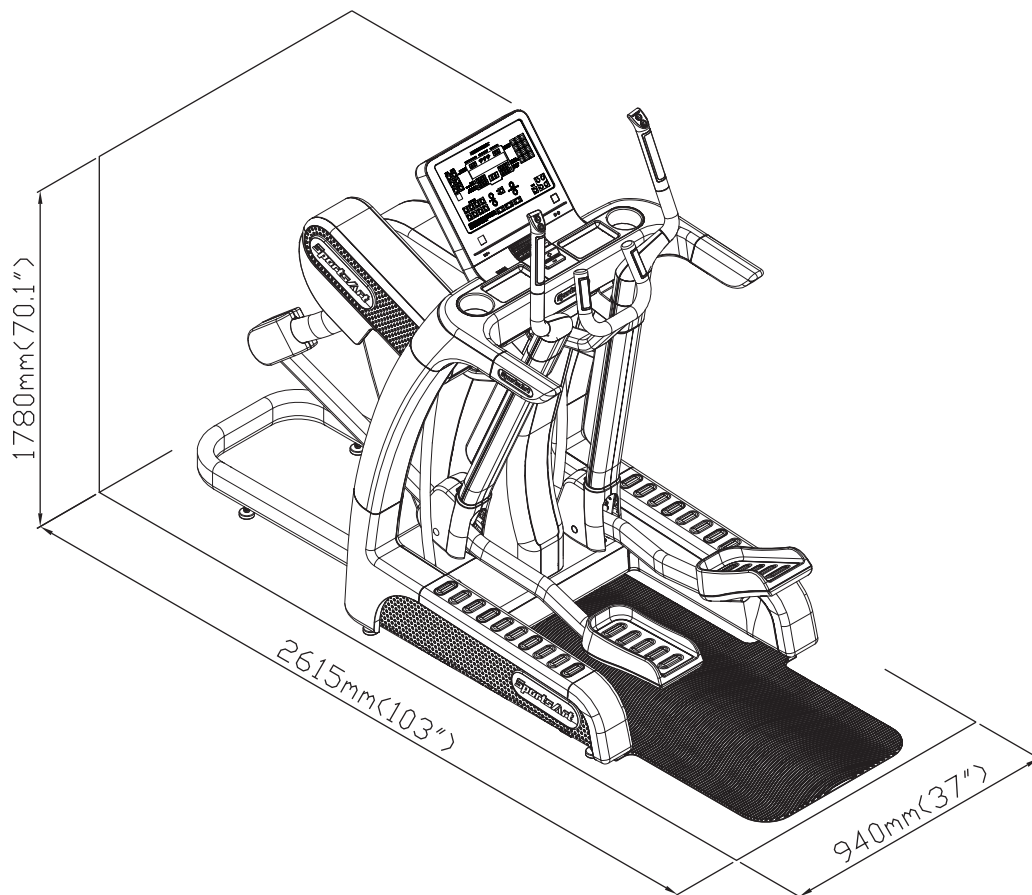
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# 1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the V886 LCD crosstrainer. Constructed of high quality materials and designed for years of reliable performance, this product was made for full commercial use.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.



## 2. SAFETY PRECAUTIONS

This product was designed and built for optimum safety. However certain precautions should be taken during the use of this product. Please note the following safety precautions:

- To reduce the risk of personal injury, read and understand all the instructions before using this product.
- Make sure the product is installed and operated as instructed in this manual. Be careful when mounting and dismounting the unit. The product shall be disconnected from its power source during service and installed and when replacing parts.
- Use this product only for the intended use described in this manual.
- Check the product before every use. Make sure all parts are assembled, and all fasteners are tightened. Do not use the product if it is disassembled in any way.
- Do not leave your device unattended while in use.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water (including swimming pools and saunas) and should not be used where aerosol (spray) products or oxygen are used. Do not operate on a blanket or near flammable materials.
- Keep all air ventilation areas free of blockage. Never drop or insert into any opening.
- Wear appropriate workout clothes, don't wear loose clothing, tie all long hair back, wear shoes with rubber or high traction soles, don't wear shoes with leather soles/high heels or barefoot use this product.
- Never place liquids of any type directly on the unit, except in a bottle holder or accessory tray. Lidded containers are recommended.
- Use the handrails whenever additional stability is required. In case of emergency, such as tripping, the user should grab the handrails and place his/her feet on the side platforms. The handrails may be held to enhance stability as needed, but are not for continuous use.
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- Do not attempt to modify the plug provided with this product. Proper power supply must be provided. If the plug does not fit an outlet, contact a qualified electrician to inspect or modify power in the facility.
- This product must be grounded. If it should malfunction or breakdown, improper grounding can increase the risk of electric shock. The product is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Check with a qualified electrician if you are in doubt as to whether the power outlet is properly grounded.



## 2. SAFETY PRECAUTIONS (CONT.)

- To Avoid Injury, use extreme caution when stepping onto or off of a moving belt.
- Never operate this product if it has been damaged in any way. If it is not working properly, if it has been dropped or damaged, or dropped into water, contact a service technician for repairs.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt). Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- Unpack and verify contents of boxes according to the list of parts to check if any parts are missing. If the product is damaged or missing, contact your SportsArt representative to find out all the materials that were damaged during shipping. (Note: Transport damage is the responsibility of the carrier.)
- This product is not intended for use by persons (including children 14 or younger) with reduced physical, sensory, or mental capabilities, or by people who are otherwise deficient in product knowledge or experience. If such people use this product, they should be given training and be supervised at all times by someone responsible for their safety.
- CAUTION : The heart rate system is for reference only, if you feel any pain or any abnormal feeling, please stop Exercise and consult your doctor immediately.
- Consult your physician before starting a workout or training program. It is recommended that you undergo a complete physical examination. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- WORK within your recommended exercise level. DO NOT work to exhaustion.
- Before using this equipment to exercise, always do stretching exercises to properly warm up.
- Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
- WARNING! Only qualified technicians should be allowed to contact electrical components such as circuit boards. Some components carry an electrical charge even after use has been discontinued or the product has been unplugged. For products with power cords, turn off unit power, wait 5 minutes, then disconnect the power cord from the power socket. For products without power cords, let the unit sit without use for 5 minutes. Only after taking such precautions should covers be removed and electrical components be accessed.
- Do not attempt to drag or carry this unit by the power cord. Keep the power cord away from heated surfaces.

## 2. SAFETY PRECAUTIONS (CONT.)

- Noise emission under load is higher than without load.
- This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the user desires to correct the interference, it is at the user's own expense.
- In conformity with the European Union Machinery directive 2006/42/EC, this equipment runs at sound pressure levels below 70 dB(A) at the average operating speed of 12 km/hr.
- Warning that any of the adjustment devices that could interfere with the user's movement should not be left projecting.
- The recommended minimum operating temperature is 15 degree celsius.
- Treadmills should be positioned away from walls to avoid injury due to falls. Be sure that the back of the treadmill has at least six to seven feet of clearance from a ledge, wall or window. The power supply and wiring should be located away from walking paths or taped to prevent tripping when stepping on or off of the running belt.
- Do not stand on the walk belt when starting the treadmill. Straddle the belt with your feet on the left and right landing strips.
- Always use the safety key when operating the treadmill.
- The user weight limit for this product is 150kg (330lb).

### Markings

#### CAUTION:

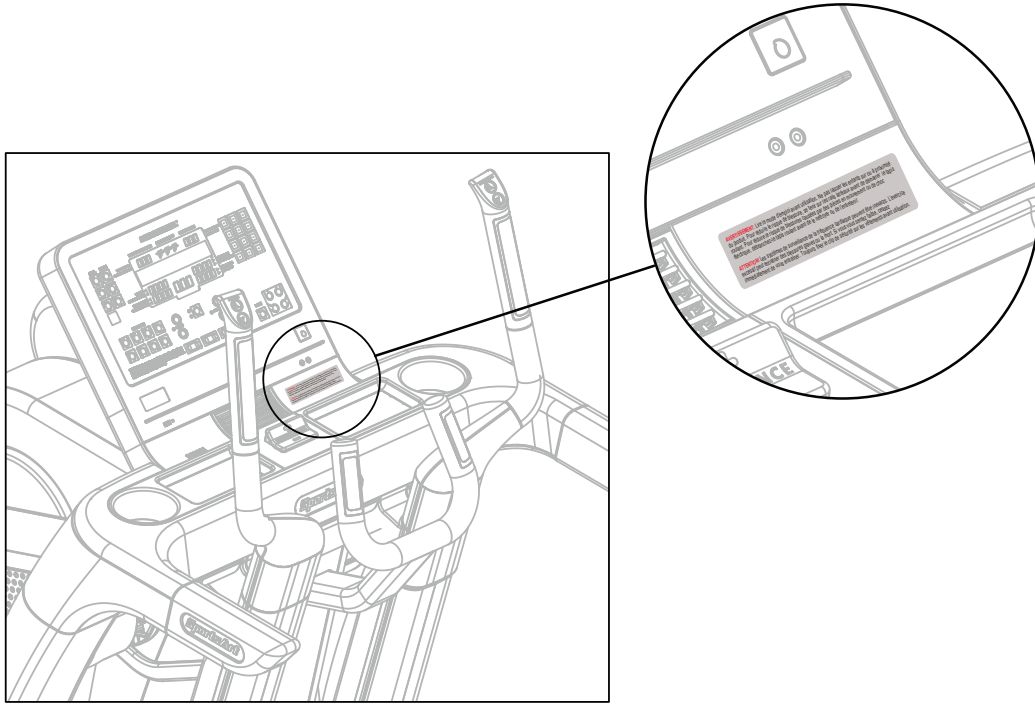
- Read instruction manual before using.
- Do not let children on or near the product.
- To reduce the risk of injury, stand on side rails before starting treadmill.
- To reduce the risk of injury from moving parts or electric shock, unplug before cleaning or servicing.

#### WARNING:

- WHEN NOT IN USE REMOVE SAFETY KEY! STORE SAFETY KEY OUT OF REACH OF CHILDREN.
- DURING USE, CLIP SAFETY KEY ONTO CLOTHES TO PROTECT USER AND MACHINE.
- Heart rate monitoring system may be inaccurate.
- Over exercise may result in serious injury or death.
- If you feel faint, stop exercising immediately.
- Always attach clip to clothing before use.

## 2. SAFETY PRECAUTIONS (CONT.)

If you are a French speaking person in North America, apply the sticker contained in the owner's manual to the product as shown below. Customers in other areas will not receive the sticker.



## **2. CONSIGNES DE SÉCURITÉ IMPORTANTES**

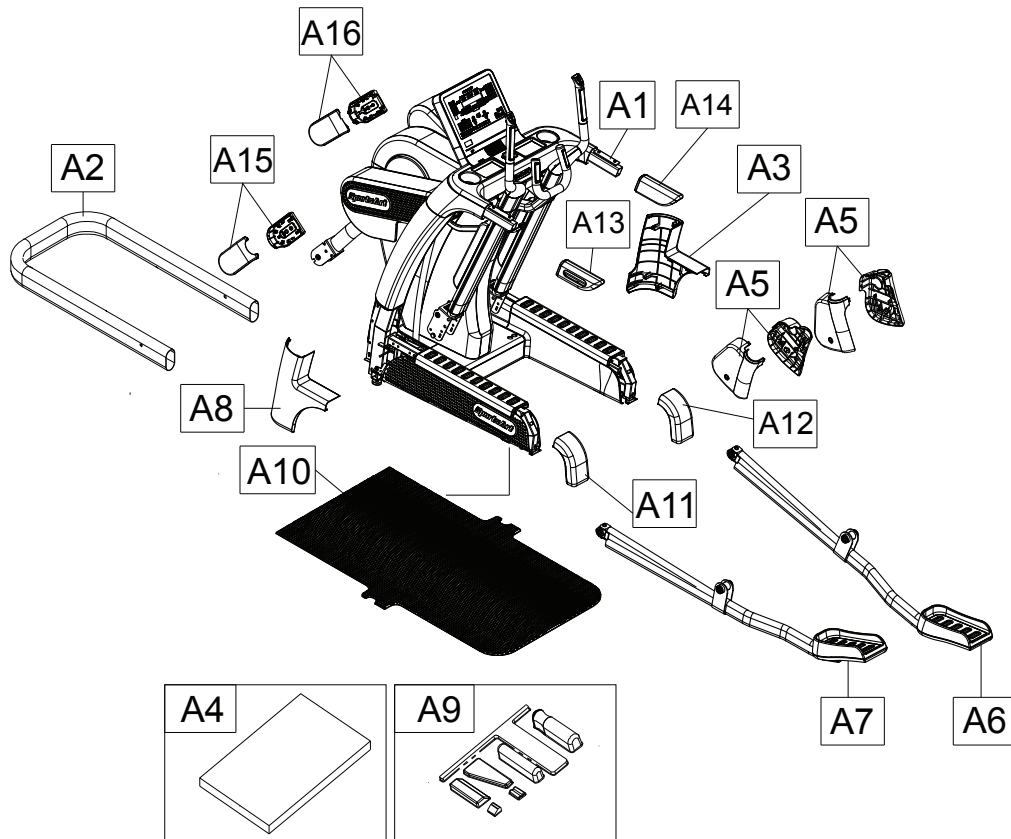
Le produit SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre produit.

- Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:
- Veuillez lire attentivement les instructions et installer le produit selon les instructions.
- Assemblez et faites fonctionner le produit sur une surface solide et plane; NE PAS l'utiliser à l'extérieur ou près de l'eau.
- En aucun cas, ne laissez des enfants à proximité ou sur le produit.
- Vérifiez le tapis de course avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées et que tous les éléments de fixation sont serrés. NE PAS utiliser le produit si l'appareil est démonté de quelque façon.
- Gardez vos mains loin des pièces mobiles.
- Portez des vêtements d'entraînement appropriés; NE PORTEZ PAS de vêtements amples. NE PORTEZ PAS de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs.
- Soyez prudent lors du montage et démontage de l'appareil.
- NE PAS utiliser d'accessoire non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.
- Débranchez l'appareil de la prise avant l'entretien ou la suppression de toute pièce.
- Une surveillance étroite est nécessaire quand de produit est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Utilisez ce produit uniquement pour l'usage prévu dans ce manuel.
- La limite de poids de l'utilisateur pour le produit est de 227 kg, 500 lb.
- Ce produit n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de produit par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le produit.
- Ce produit n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de ce produit par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le produit.

### **ATTENTION**

Si vous ressentez une douleur ou si vous avez une sensation anormale, **ARRÊTEZ VOTRE ENTRAÎNEMENT** et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. NE PAS s'entraîner jusqu'à l'épuisement. Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet. Dans ce manuel, les mots "gauche" et "droit" sont utilisés en référence aux pièces et au produit. Comme tels, les mots "gauche" et "droit" font respectivement référence aux côtés gauche et droit de l'exerciseur. De même pour plus de concision, le mot «vis» est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

### 3. LIST OF PARTS



Assembly Parts					
No.	Name	Qty.	No.	Name	Qty.
A1	Main frame	1	A11	Left frame base cover	1
A2	Front leg tube	1	A12	Right frame base cover	1
A3	Right support lower cover	1	A13	Left PU handlebar extension	1
A4	User's manual	1	A14	Right PU handlebar extension	1
A5	Pedal arm cover	2	A15	Left swing arm end cover	2
A6	Right pedal	1	A16	Right swing arm end cover	2
A7	Left pedal	1			
A8	Left support lower cover	1			
A9	Hardware kit	1			
A10	Carpet	1			

<b>Components on the Product</b>			
<b>No.</b>	<b>Name</b>	<b>Specification</b>	<b>Notes</b>
31	Hex socket flat head cap screw	M8*P1.25*L20	
	M8 Socket flat head cap washer		
	Axle B		
33	Hex socket flat head cap screw	M8*P1.25*L20	
	M8 Socket flat head cap washer		
	Axle C		
35	Inner hex screw	M8*P1.25*L20	
36	Non-slip pad		
37	Mushroom top philips screw	M5*0.8*L12	

<b>Components In the Hardware Kit</b>				
<b>No.</b>	<b>Name</b>	<b>Qty.</b>	<b>Specification</b>	<b>Notes</b>
12	Mushroom top philips screw	12	M4* L12	
13	Philips screw	4	M5*P0.8*L10	
	Rubber stopper	4		
	Screwdriver shank	1	Hardware kit	
	L-shaped Allen wrench	2	M5	
	T-shaped Allen wrench	1	M4	
	Double open-end wrench	1	8*17mm	
	Ground wire	1	L1500 Green/yellow L1500	

## **4. ASSEMBLE THE PRODUCT**

Follow instructions below to assemble this product. Note that in this manual the words “left” and “right” are used to refer to the product and its parts. As such, these designations correspond to the “left” and “right” sides of a person in position to exercise on this product. Also, for brevity, the word “screws” or “nuts” is used where washers and other hardware may be involved.

### **STEP 0 Preparation: An Introduction to Battery Switch**

Before start using V886, make sure that the battery switch on the unit is turned on.

0-1. The unit can generate its own power. The battery is a backup power source in case of insufficient power which may cause the unit fail to work.

0-2. Give V886 a proper charge for a minimum of 2 hours before using it for the first time after finished assembling the unit.

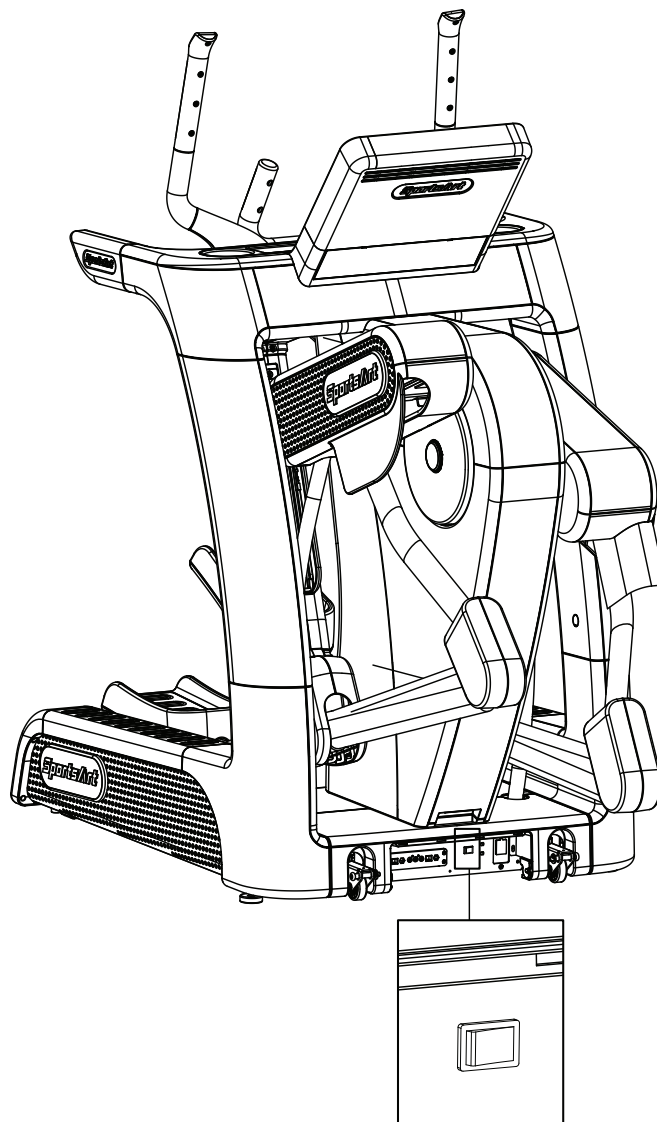
0-3. The battery lasts 1.5 years after fully charged the first time. Battery life varies by use

0-4. To prevent your battery from draining, turn the unit all the way off when not in use for an extended period of time.

## **STEP 0** Preparation: An Introduction to Battery Switch

### **Specification of Battery Charger:**

- (1) Input voltage: AC100-240V, 50/60Hz
- (2) Output voltage: 33 V
- (3) Rated Output Current: 1.9A
- (4) Output connector: DC:2.1,
- (5) Diameters & specifications of the plug:  
Outside diameter: 5.5mm / inside diameter: 2.1mm.  
Potential: positive inside, negative outside

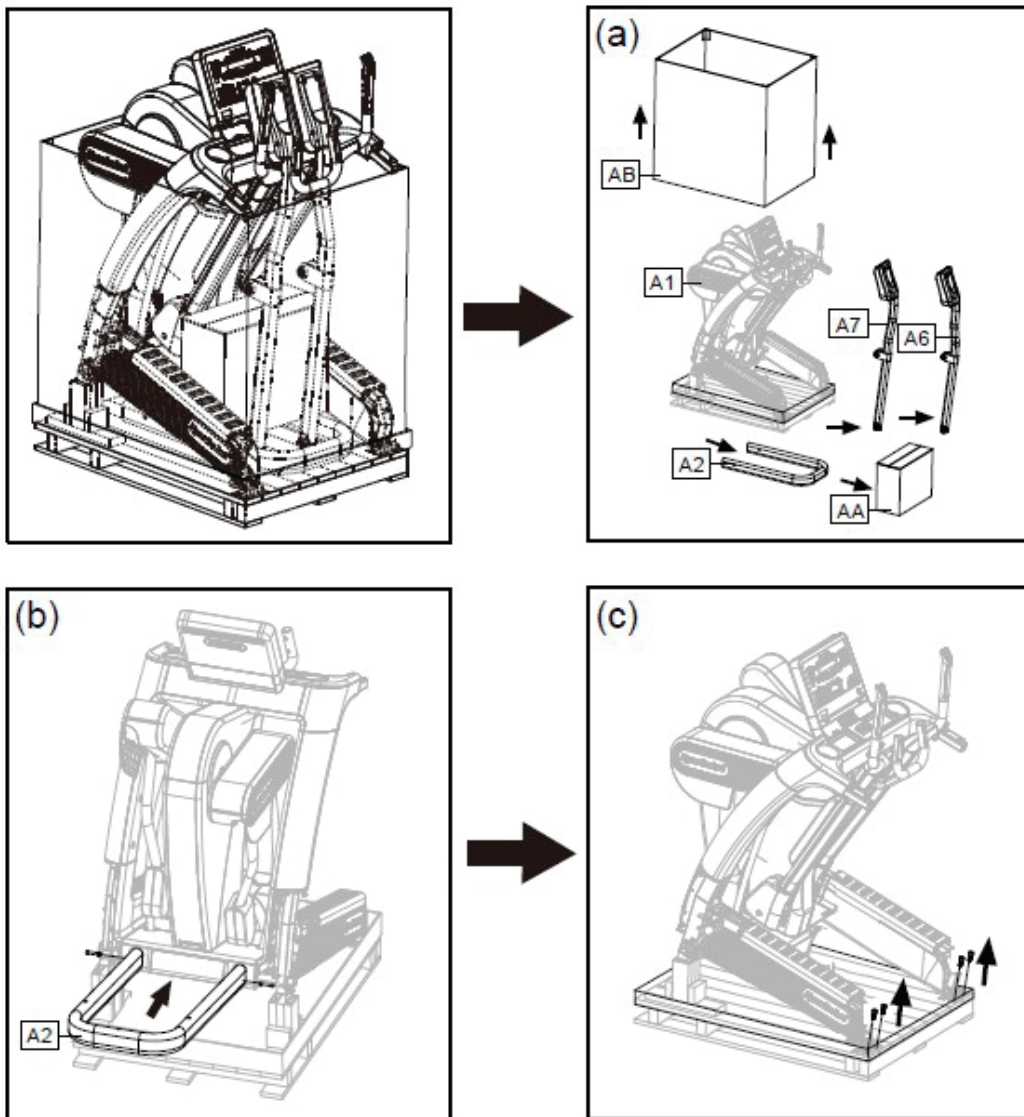




## STEP 1 Prepare for Assembly

Follow steps (a) through (f) to remove the product from the cardboard box.

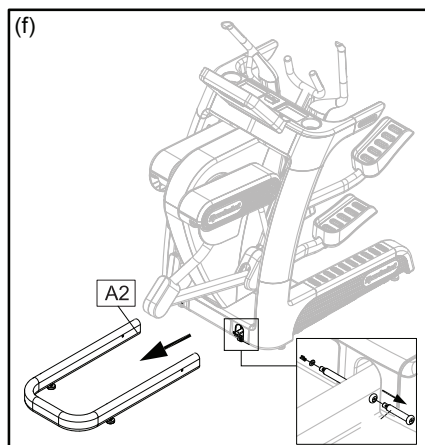
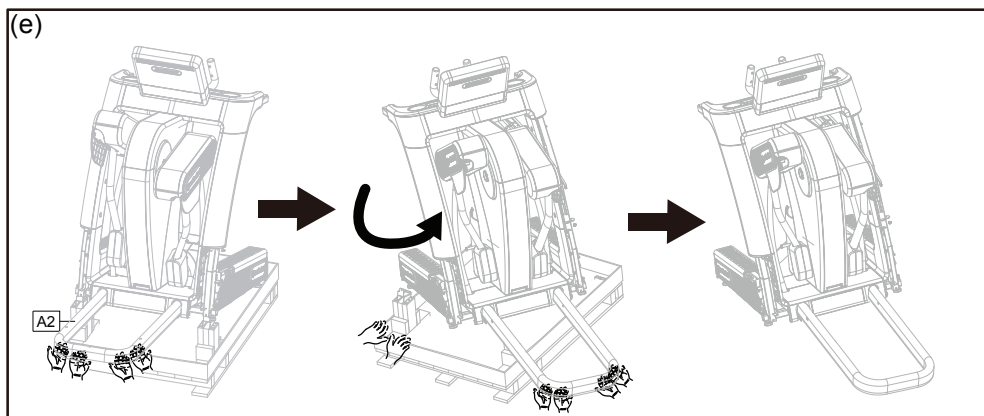
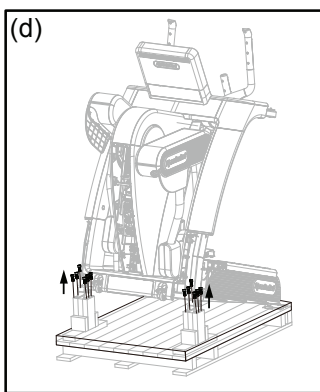
- (a) Remove the lid to the sleeve pack and then remove the sleeve. Take out the front leg tube (A2) and left/right pedals (A6)(A7).
- (b) Remove the dowel pins from the unit, and use them to secure the front leg tube (A2) to the unit.
- (c) Remove the screws at the rear side of the pallet.



## STEP 1 Prepare for Assembly (Cont.)

- (d) Remove the screws on the front side of the pallet.
- (e) Have two people hold on to the handles of the unit and rotate to the side as shown. Have other people secure the pallet to prevent it from being moved.
- (f) Remove the front leg tube (A2) from the unit, so that the unit can be moved freely.

NOTE: For safety reasons, have at least four people present to perform the aforementioned steps.

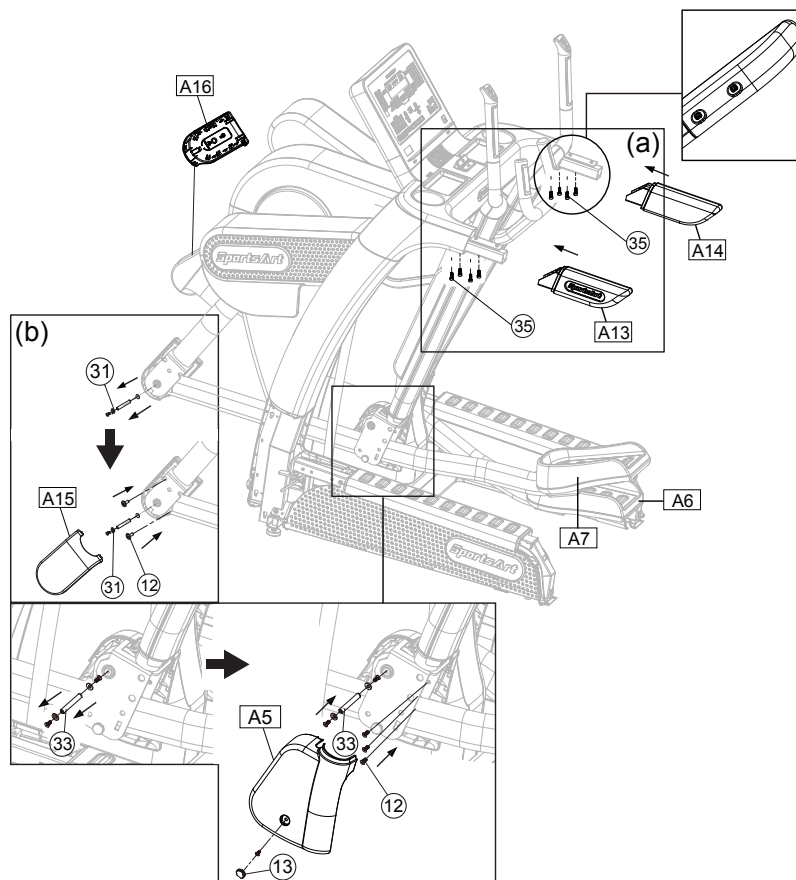


## STEP 2 Install the Main Frame

Follow steps (a) through (d) to install the main frame components.

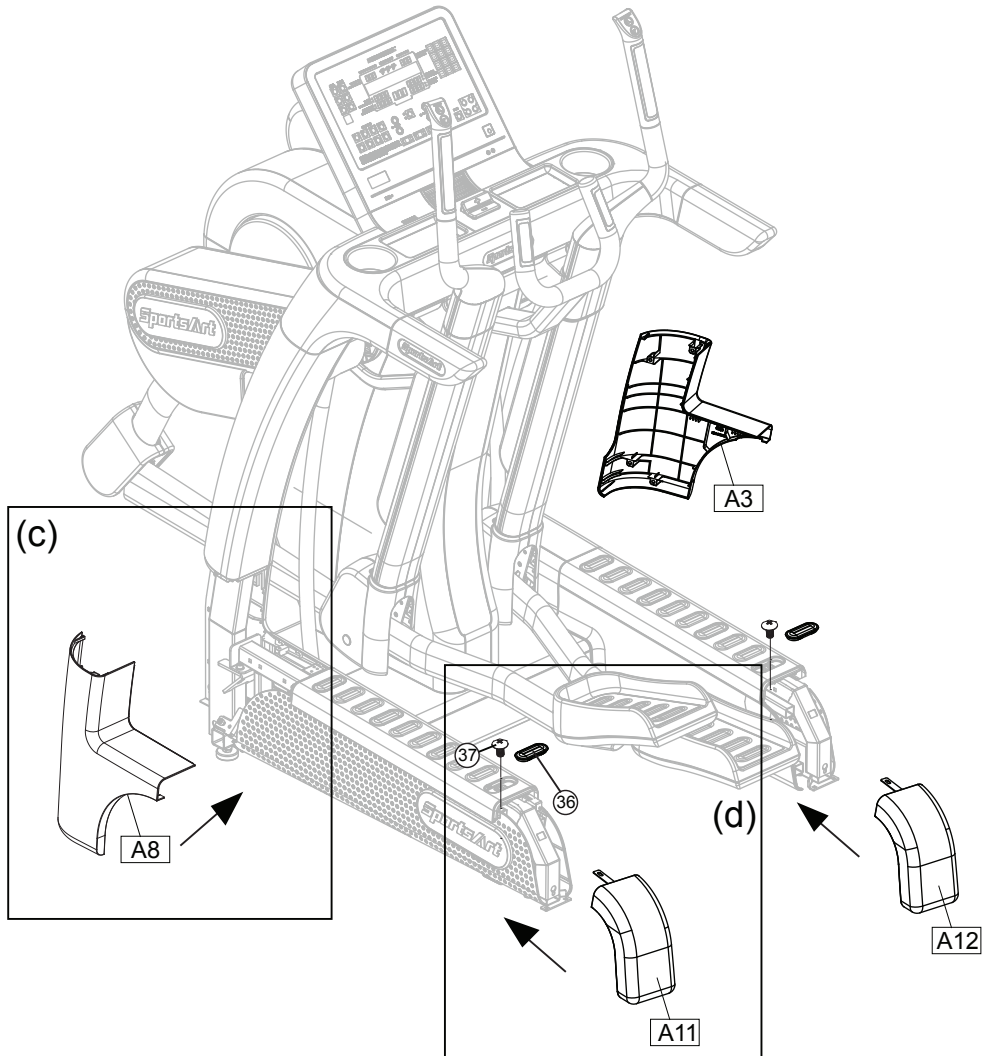
- (a) Install the PU handlebar extensions: remove the screws (35) from the console bridge, then attach the PU handlebar extensions (A13)(A14) on each side of the console bridge, slightly push the handlebar extensions forward and tighten the screws (35) securely.
- (b1) Install the pedals: remove the axles (31)(33) from the lower side of the left swing arm, attach the left pedal to the pedal arm and tighten the axles (31)(33) securely. Repeat on the other side.
- (b2) After finishing installing the pedals, secure the left and right swing arm end covers (A15)(A16) to the swing arm using screw (12) through the inner side, align the outer covers and press them into place.
- (b3) Secure the right side pedal arm cover (A5) to the pedal arm using screw (12), then align the left side pedal arm cover and press into place. Tighten the bolts securely, and put the rubber stopper (13) on.

NOTE: Always secure the right side pedal arm cover first on both sides.



## STEP 2 Install the Main Frame (Cont.)

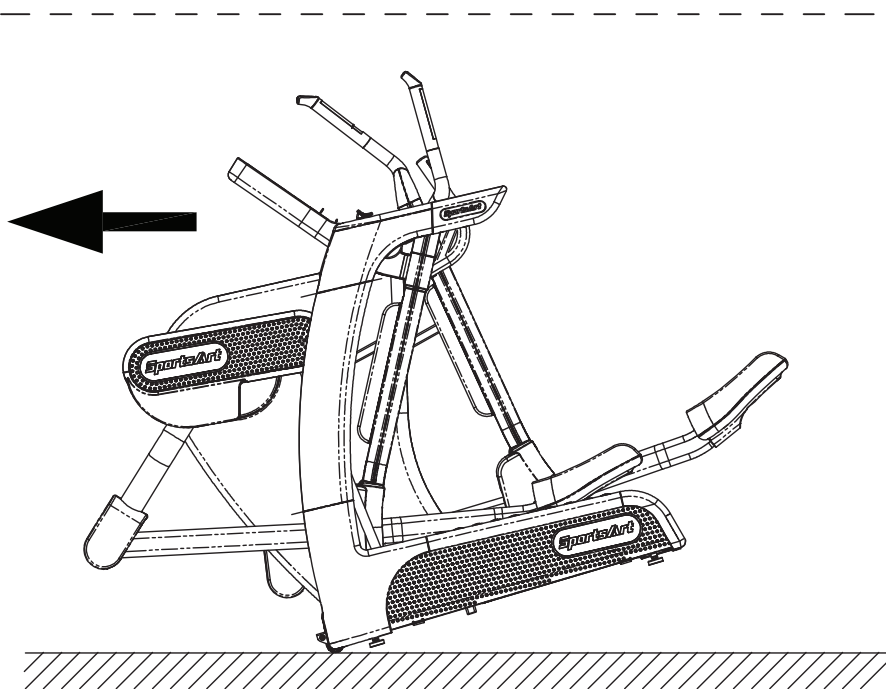
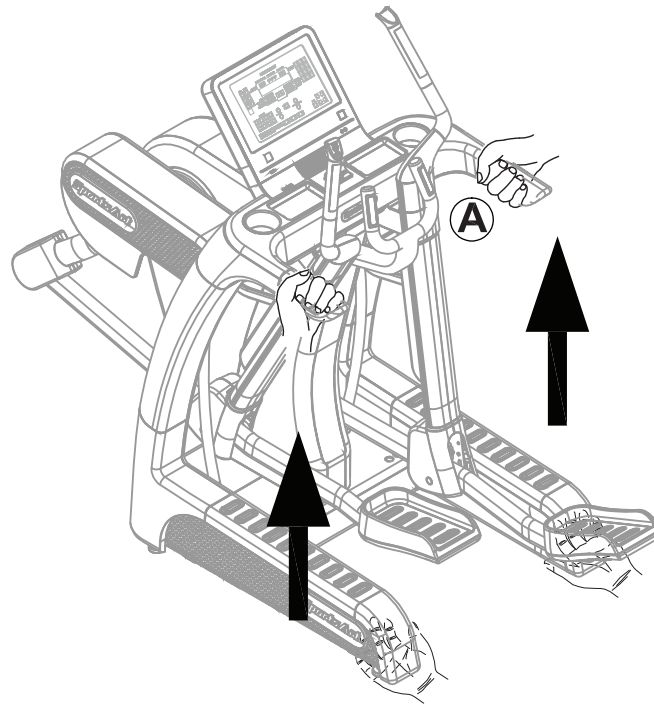
- (c) Attach the left and right support lower covers(A8)(A3) to the main frame.
- (d) Remove the non-slip pad (36) and the pre-installed screw (37) from the base frame assembly, secure the left frame base cover (A11) using screw (37) and push forcefully, then reattach the non-slip pad (36) to the base frame assembly. Repeat on the right side.



### STEP 3 Moving the unit

At least two people are required to move the unit. Stand on each side of the unit, hold the handlebar extension with one hand and the base frame with the other. Coordinate and lift simultaneously, then roll it into place for use.

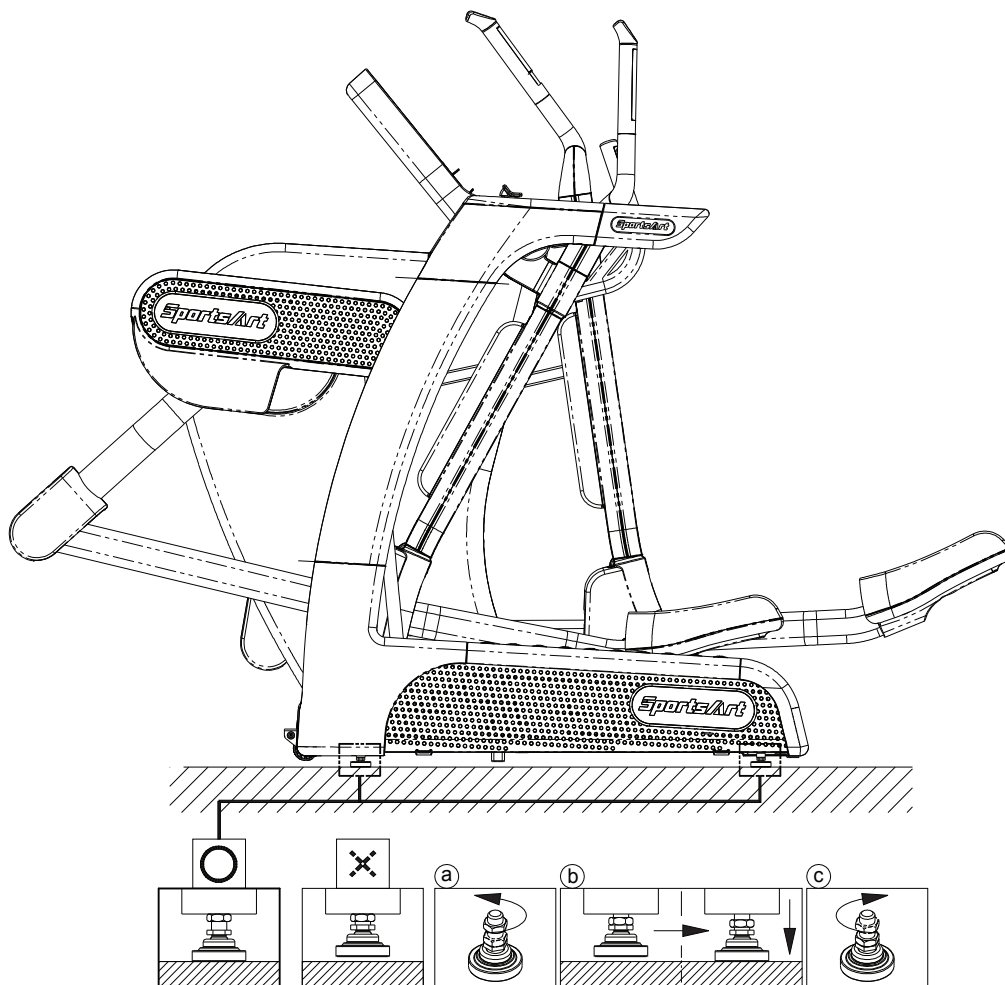
NOTE: Be careful not to pinch your hands or fingers while lifting and positioning the unit.



## STEP 4 Level the unit

Inspect whether the unit rests flat on the floor. If not, adjust the levelers as follows:

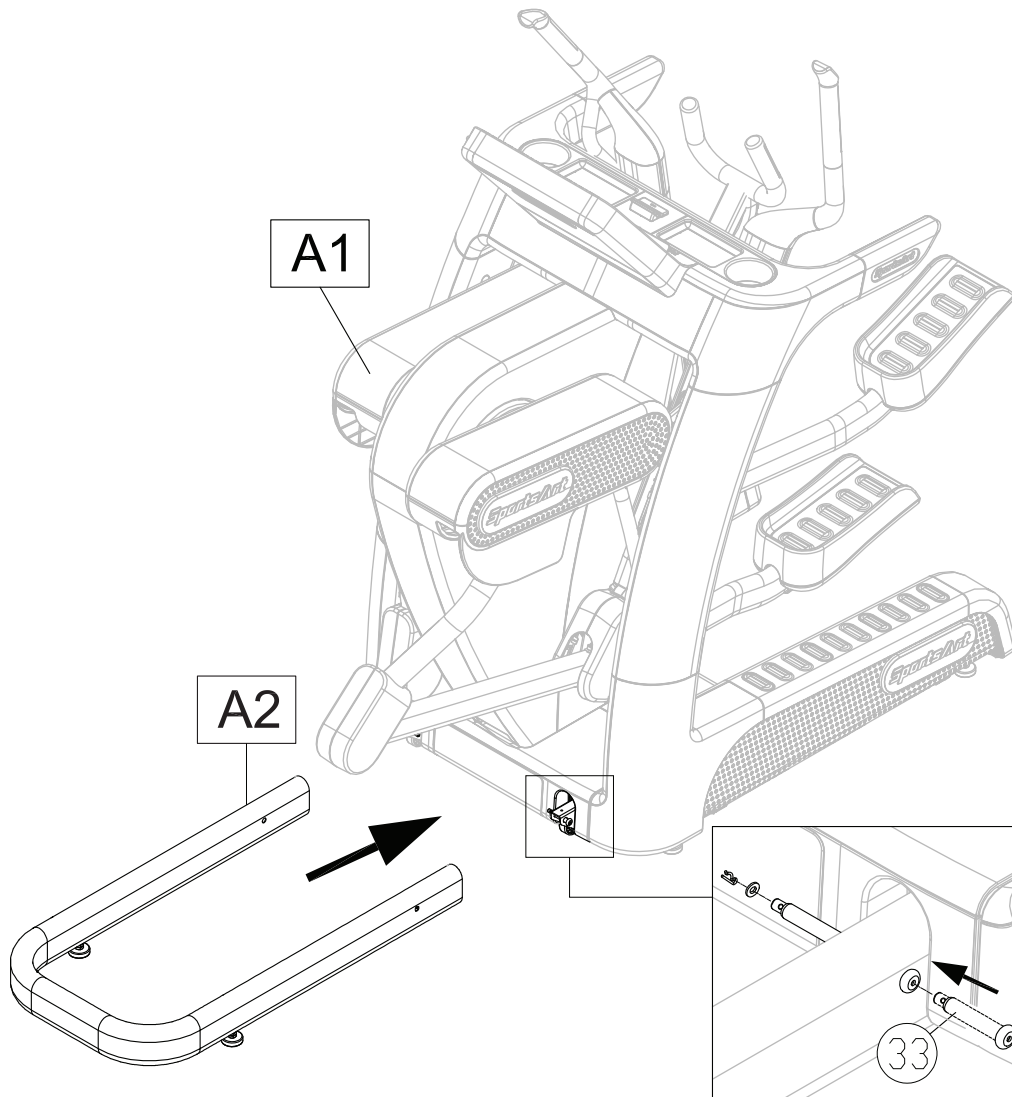
- (a) Loosen the leveler nut.
- (b) Rotate the leveler foot downward, touching the floor.
- (c) Rotate the leveler nut and make it move axially upward against the frame of the unit to secure this position.



## STEP 5 Install the Front Leg Tube

Remove the pin (33) from the frame base, secure the front leg tube (A2) to the main frame (A1) using the removed pin (33) on both ends.

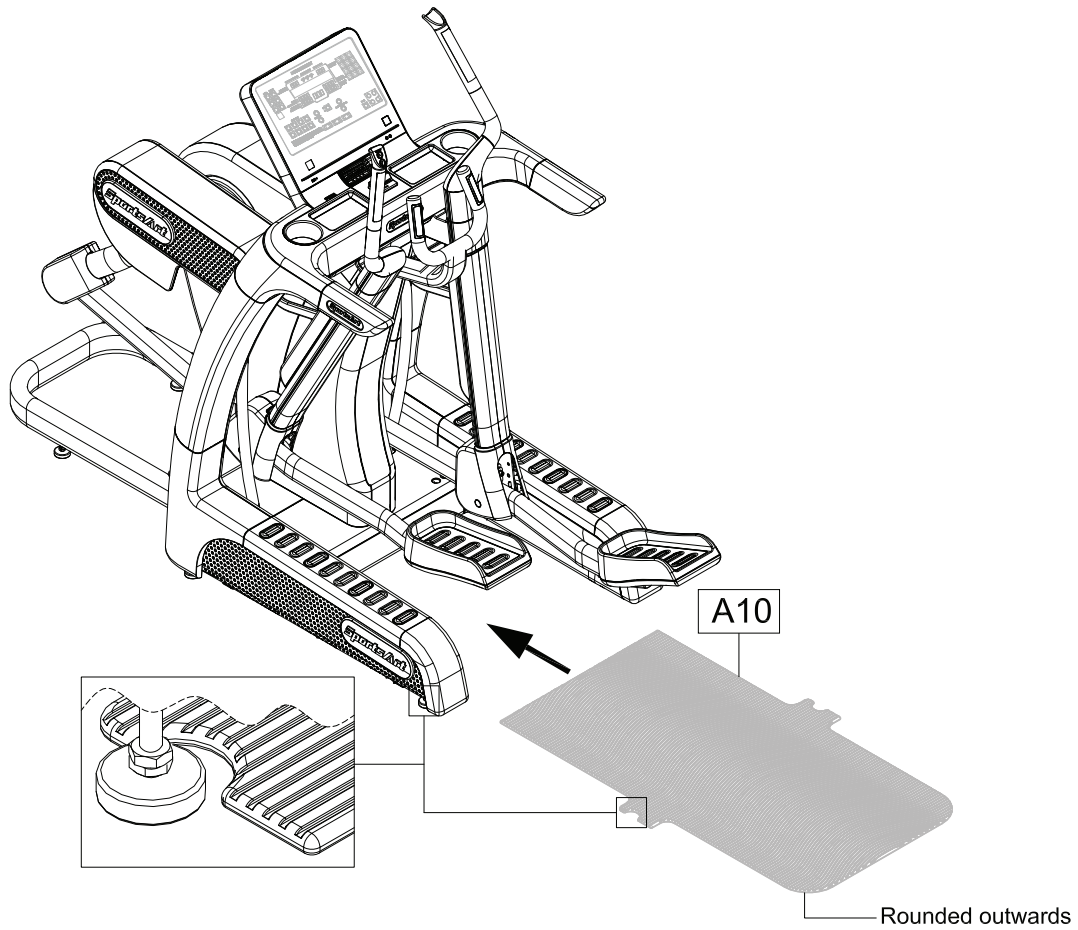
NOTE: The pins should be pulled out first when you want to move the unit.





## STEP 6 Install the Carpet

Install the carpet and align the notch on the carpet with the leveler nut as shown below.

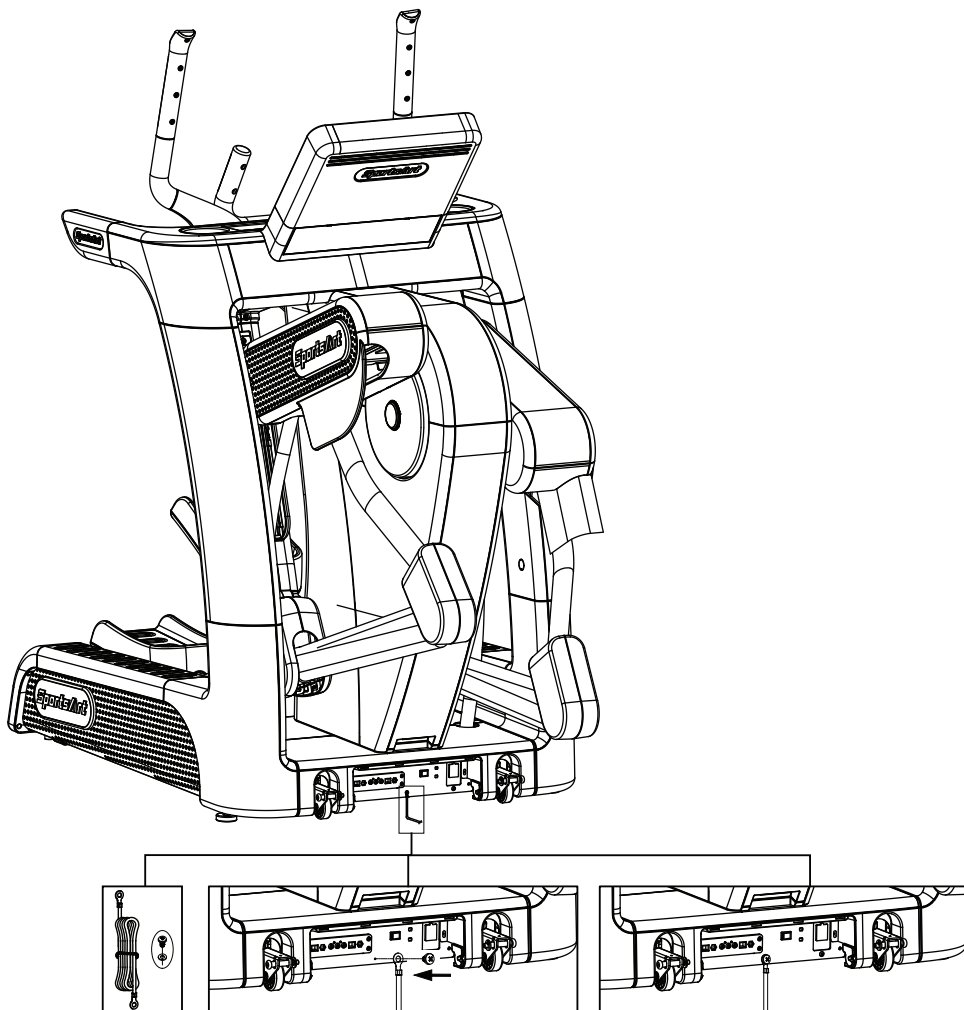




## STEP 7 Install the Ground Wire

A ground wire is given away enclosed with the unit. This is a protective conductor, included to prevent shock and/or fire. Connecting the ground wire correctly helps to keep you safe.

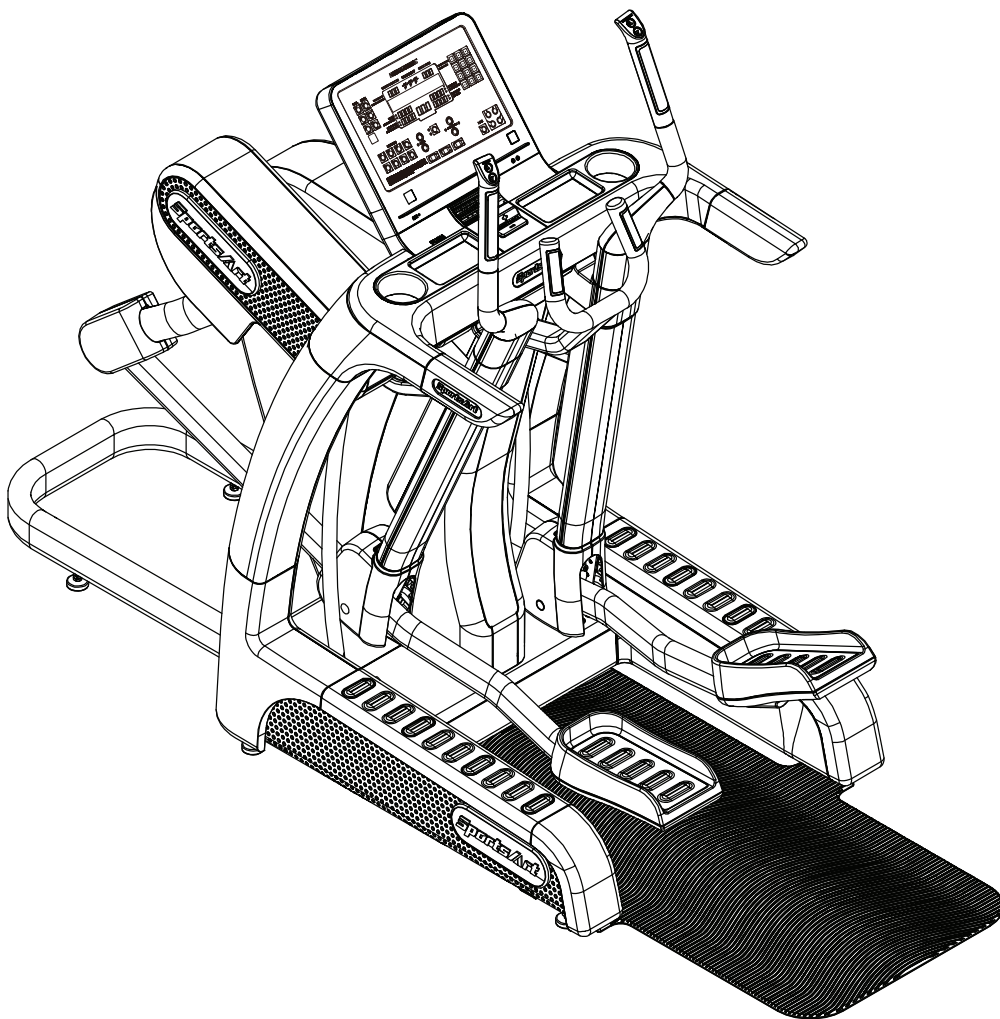
Ground wire installation: Use a screw to secure one end of the ground wire to the switch panel as shown. Secure the other end of the ground wire to the building ground.



## **STEP 8** Unit Inspection

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- (a) After finished assembling the unit, check to see if it's perfectly level (with no current flow). If required, adjust the leveling legs to compensate for unevenness of the floor.
- (b) Power up the unit and press QUICK START, check to make sure if the panel functions (e.g. resistance, step length) work properly. If there is a problem on that circuit, contact a SportsArt-certified service technician for repairs



## 5. UNDERSTAND V886 LCD CONSOLE

### CONSOLE Overview

Before using V886, the 3-in-1 Crosstrainer, please familiarize yourself with the features on the console so you can fully utilize the 3-in-1 Crosstrainer and all it has to offer.



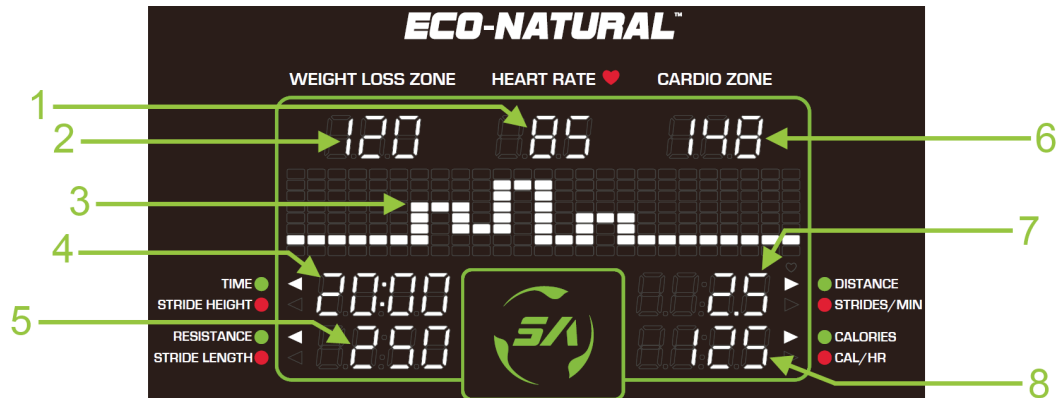
### CONSOLE Features

No.	Key Name	Function
1	LCD window	Displays the following parameters: RESISTANCE, TIME, DISTANCE, HEART RATE, CALORIES
2	MODE	Sets the following parameters: STEPPER, BIKE, ELLIPTICAL.
3	GOAL	Sets the following parameters: TIME, DISTANCE, CALORIES.
4	PROGRAM	Sets the workout modes: MANUAL, INTERVAL, PLATEAU, RANDOM, TRACK, FIT TEST ,CUSTOM HR, WT LOSS CARDIO.
5	LENGTH	Step length setting
6	ENTER	Confirm your selection
7	QUICK START	Skips the setup, selections, and starts exercising immediately.

**CONSOLE Features (Cont.)**

No.	Key Name	Function
8	QR code and NFC tag	(1) Without SA WELL+ : Scanning the QR code and tapping the NFC tag will only display the SPORTSART website. (2) With SA WELL+ : Using our SA WELL+ app, you can scan the QR code or tap the NFC tag on the console to connect with the crosstrainer.
9	USB port	Used for software updates but can also be used as a charging port
10	SA WELL+	Data management (This function is only available if you purchase SA WELL+)
11	RESISTANCE+-	Adjusts resistance with the +/- button
12	Numeric keys	To change the speed of the unit, you can type it using this keypad
13	CHANGE DISPLAY	Move between messages in LCD window
13	QUICK START	Skips the setup, selections, and starts the treadmill immediately.
14	Fan speed key	Cycles thru 3 different fan speeds
15	TV WIRELESS AUDIO RECEIVER	Change volume and TV audio channel (in conjunction with MYE option)
16	HEIGHT/CRANK	Adjusts stride height or the circular trajectory of the gait
17	STOP	Press STOP to end the exercise, or hold down the key to go back to start screen
18	Wake button	Wake up the console from sleep mode
19	Headphone Jack	Plug in headphones to hear wireless TV audio (in conjunction with MYE option).

## CONSOLE Parameter Window



No.	Parameter	Function
1	HEART RATE	Hold the heart rate handle touch sensor while exercising, and your heart rate is displayed within seconds.
2	WEIGHT LOSS ZONE	Shows WT LOSS 65% heart rate.
3	Display area	Displays text and graphics
4	TIME/STRIDE HEIGHT	TIME : Your time covered or remaining in your workout. STRIDE HEIGHT : Display your current stride height.
5	RESISTANCE/ STRIDE LENGTH	RESISTANCE : Displays the current resistance. STRIDE LENGTH : Display your current stride length.
6	CARDIO ZONE	Shows CARDIO 80%
7	DISTANCE / STRIDES/MIN	DISTANCE : The distance you've covered or the distance still remaining in your current program. STRIDES/MIN : Displays your current SPM.
8	CALORIES / CAL/HR	CALORIES : Total calories burned during current workout. CAL/HR : Calories burned per hour.

## CONSOLE Specifications

Parameter	Spec.
RESISTANCE	1-40
STRIDE LENGTH / STRIDE HEIGHT	STEPPER Mode: 1-level LENGTH setting / 3-level HEIGHT setting BIKE Mode: 3-level LENGTH setting / 3-level HEIGHT setting ELLIPTICAL Mode: 9-level LENGTH setting/ 3-level HEIGHT setting
CAL/HR	0~9999 K-CAL
TIME	0:00-99:59 / 100-9999
DISTANCE	0.00-9999 Mile/Km
CALORIES	0-9999 K-CAL
STRIDE/MIN(SPM)	5-120 stride/min
HEART RATE	35-255 bpm

## CONSOLE Setup Guide

### MODE:

<b>STEPPER</b>	The crosstrainer automatically adjust its stride length and stride height to simulate stair climbing.
<b>BIKE</b>	The crosstrainer automatically adjust its stride length and stride height to simulate cycling.
<b>ELLIPTICAL</b>	The crosstrainer automatically adjust its stride length and stride height to simulate elliptical workout.

### GOAL:

<b>TIME</b>	The time duration ranges from 5-300min. The default duration is 30min.
<b>DISTANCE</b>	The distance ranges from 0.1-99.9 miles/kilometers. The default distance is 2 miles / 3 kilometers.
<b>CALORIES</b>	The calories ranges from 100-9999 Kcal. The default value is 100Kcal.

**PROGRAMS:**

<b>MANUAL</b>	Operating in manual mode.
<b>INTERVAL</b>	There are 3 modes of INTERVAL: INTERVAL 1 : 1, INTERVAL 1 : 2, INTERVAL 2 : 2. The default mode is INTERVAL 1 : 1.
<b>PLATEAU</b>	Split the workout into three parts where the first and third part comprised 20% of the workout goal respectively, and the second part comprised 60% of the workout goal.
<b>RANDOM</b>	Creates a list of random graphic patterns using a random number generator.
<b>TRACK</b>	Track your fitness progress with an illuminated dot moving on the sports field graphic.
<b>FIT TEST</b>	Fitness testing mode.
<b>CUSTOM HR</b>	Integration of heart rate into the captured data. You can manually set your target heart rate on the cross-trainer.
<b>WT LOSS / CARDIO</b>	Sets WT LOSS target heart rate / cardio conditioning target heart rate.

**User Information Settings:**

The crosstrainer measures your calories burned based on your personal information that you've entered.

<b>AGE</b>	Age ranges from 10-90y/o. The default age is 35y/o.
<b>WEIGHT</b>	Weight ranges from 50-500LB / 20-227KG. The default weight is 165LB / 75KG.

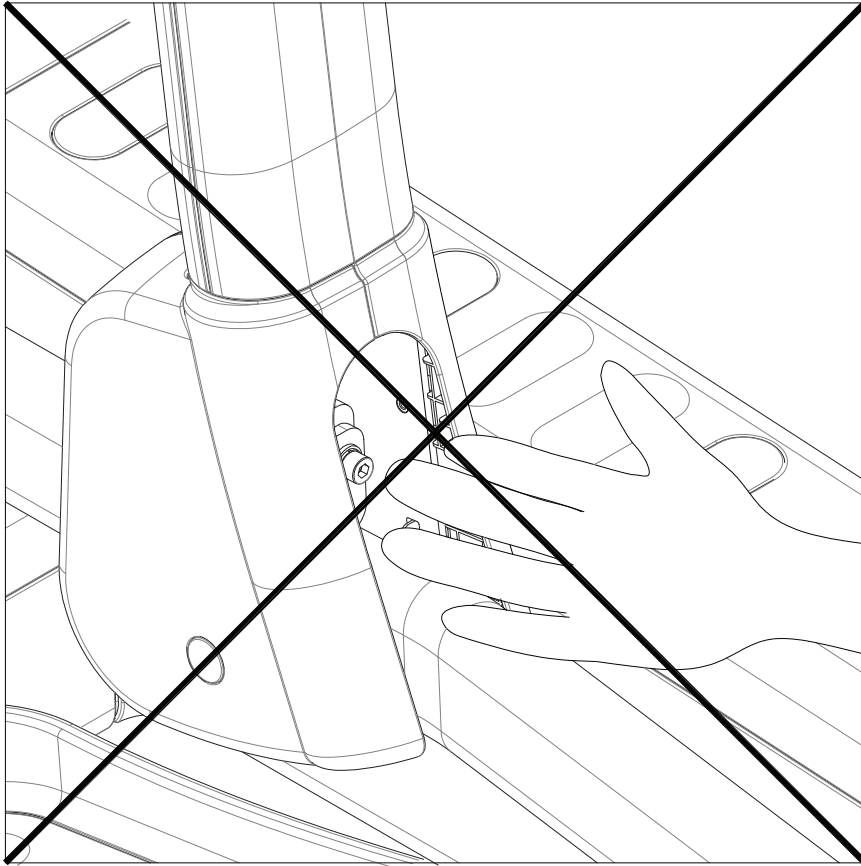
**User Parameter Settings:**

<b>Time limit</b>	Time limit ranges from 5-60 min.
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## 6. SAFETY TIPS FOR USING V886 CROSSTRAINER

### SAFETY TIPS Prohibitions

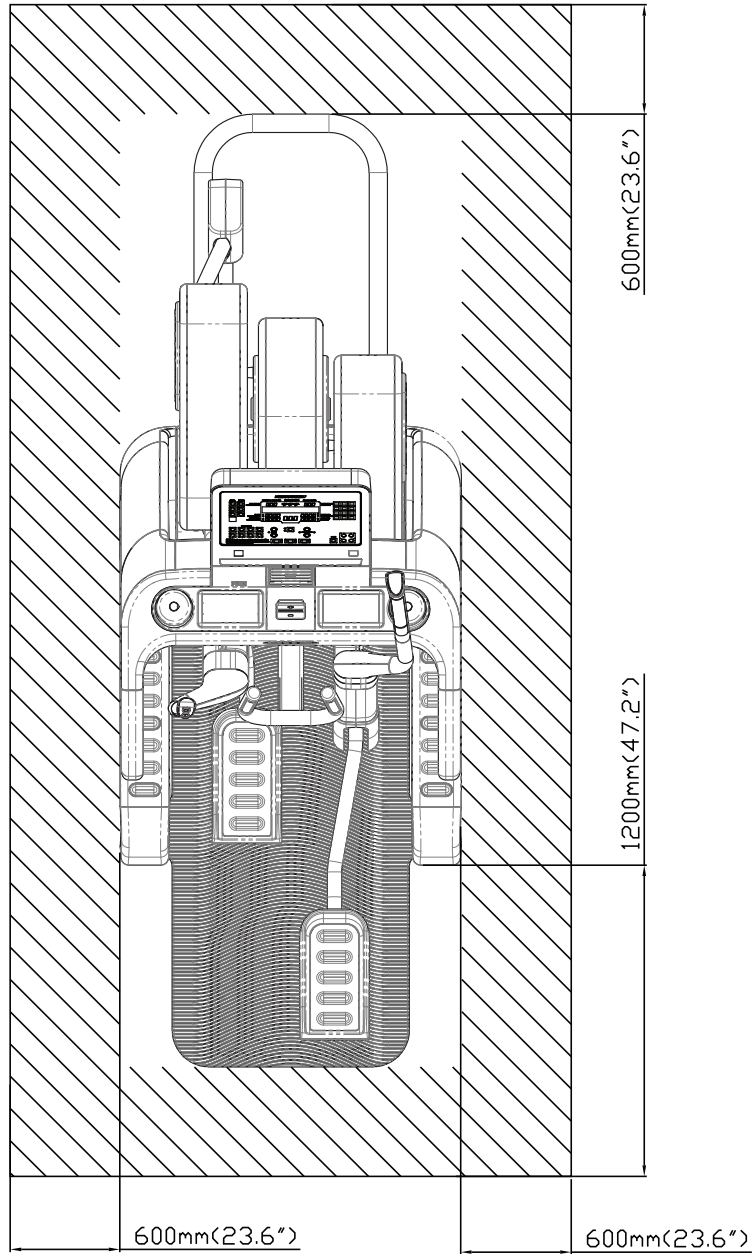
Never drop anything or place your hand into the openings on the pedal arms during the normal operation of the unit.





## **SAFETY TIPS**    **Safety Operating Area**

- (a) The following figure represents the safe clearance required. No unauthorized person shall be permitted to enter this area.
- (b) Noise emission under load is higher than without load.



## **SAFETY TIPS** Essential Functions Guide

### **Function Description:**

**LENGTH:** Adjust the distance between two successive placements of the same foot.

**HEIGHT:** Adjust the height you lift your foot when stepping.

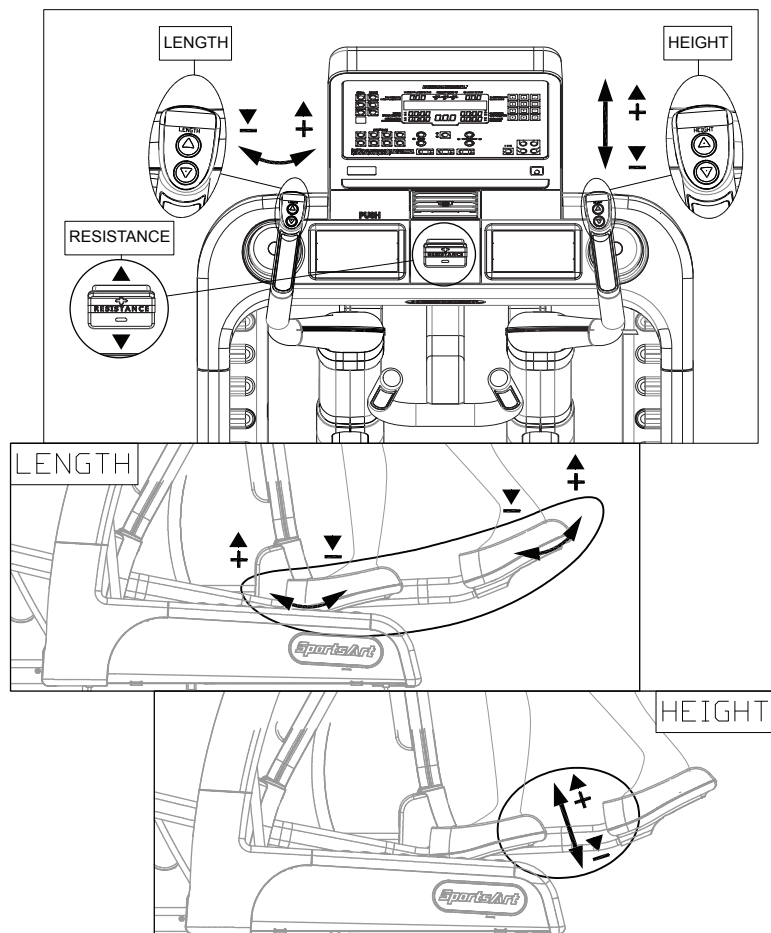
**RESISTANCE:** Adjust the weight or force you need to place on the pedals to push them.

### **Adjustment of Functions:**

**Step length:** Press the buttons on the (1) left swing arm, or (2) console to adjust step length.

**Stride height:** Press the buttons on the (1) right swing arm, or (2) console to adjust stride height.

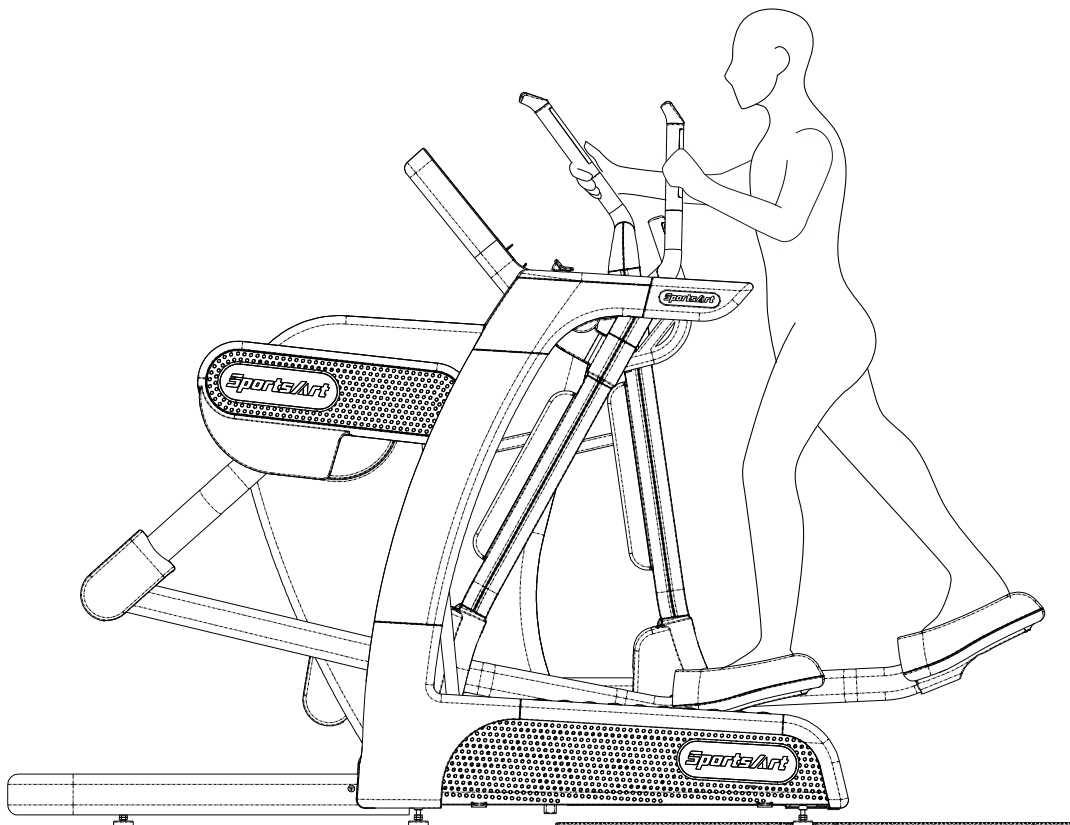
**Resistance:** (1) use the toggle switch on the console bridge, or (2) press the buttons on the console to adjust resistance.



## **SAFETY TIPS**    **Exercise Guide**

---

- (a) The following figure represents proper posture when exercising.
- (b) Over exercise or improper training posture may result in serious injury.
- (c) Get on and off the equipment from both sides with one hand holding onto the handlebar.
- (d) The equipment is designed to train upper and lower extremities.



## **SAFETY TIPS**    **Mounting and Dismounting Instructions**

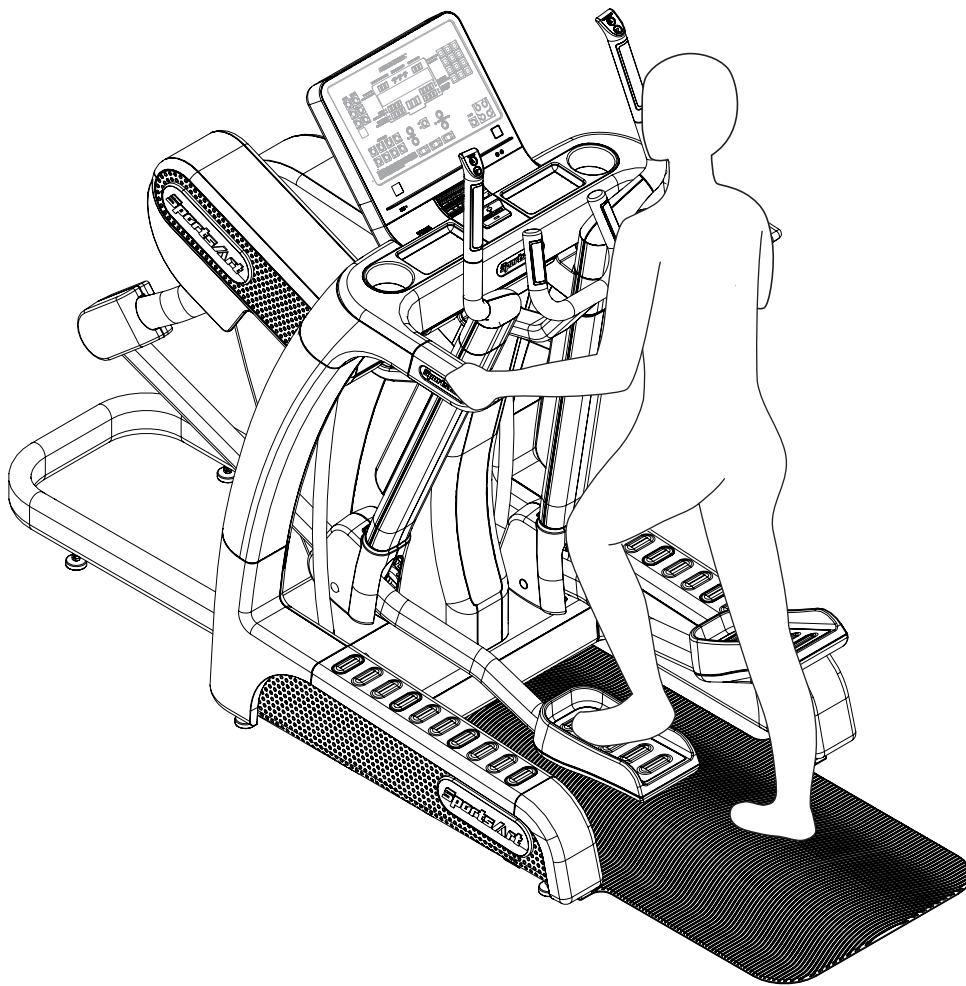
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**(a) Get on the crosstrainer:**

Stand firm and grab the handle with your hand. As you put your foot onto the pedal, you are going to make sure that the other foot slowly comes up.


**(b) Get off the crosstrainer:**

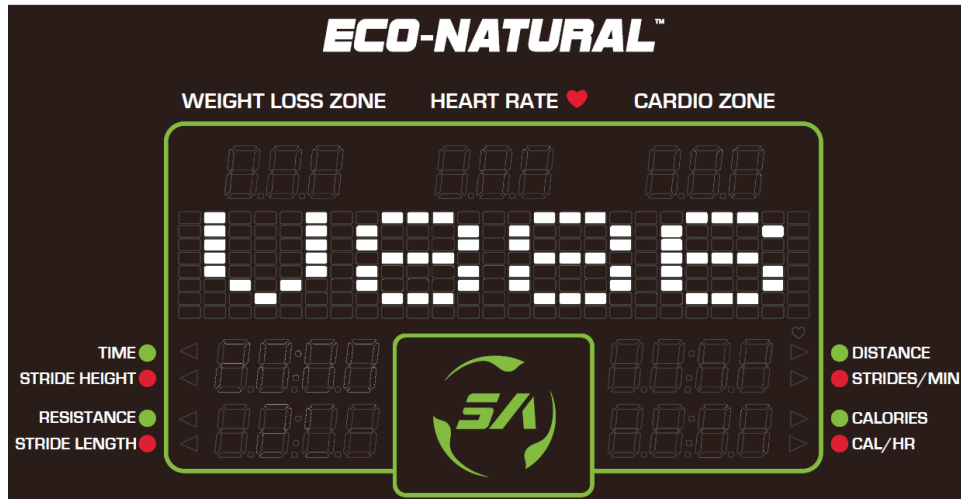
Slow down your pace and wait until you come to a complete stop. Hold onto the handles with both hands to stabilize yourself and carefully step off the crosstrainer.



## 7. V886 CROSSTRAINER OPERATION

### OPERATION Start Screen

Press the wake button  located on the bottom right corner of the console, or press the pedal on the crosstrainer, after hearing a “beep” sound, the console will display the start screen of V886.



### OPERATION QUICK START

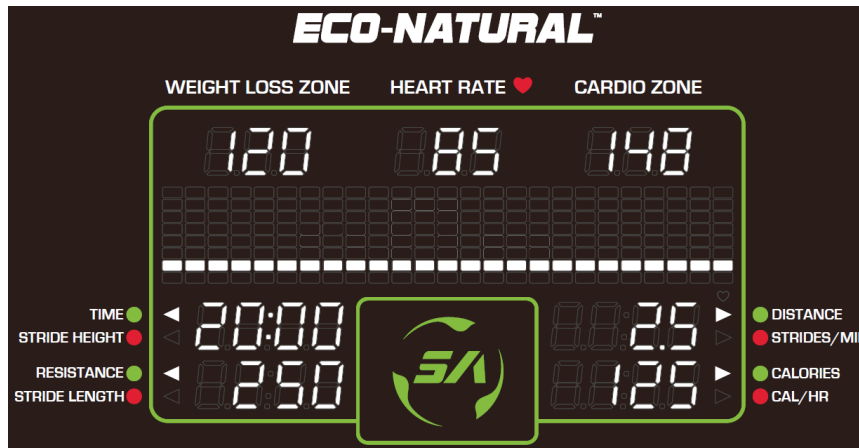
The Quick Start program is used to bypass the setup mode and start your workout immediately. When using Quick Start, the treadmill will start in ELLIPTICAL mode / MANUAL PROGRAM and will use the default values (35y/o, 75kg/165lb) for calculations.

Getting started: QUICK START

1. Press <QUICK START> , or the plus sign(+) on <RESISTANCE>




2. The console will display “STEP TO START”, and you can start to exercise. NOTE: Press<LENGTH ▲/▼> to adjust stride length, and press <HEIGHT▲/▼> to adjust stride height while exercising. Note that stride length and stride height cannot be changed if your pedaling speed is less than 35 SPM, and the words “NO STRIDE ADJUST UNDER 35 SPM”will pop up.



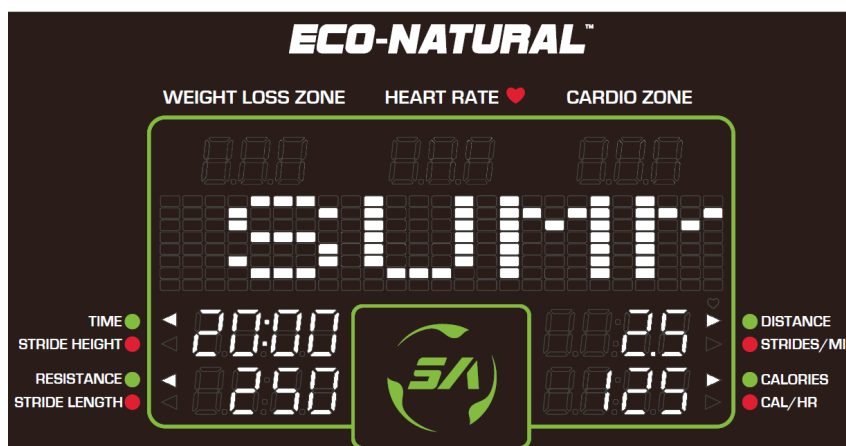
3. You can switch among programs/modes while exercising.

NOTE: A different workout program can be activated simply by pressing <PROGRAM> key. The workout goal remains the same, and the workout data will continue to accumulate. It should be noted that switch function is not supported in any of the following circumstances, and the words “SWITCHING NOT ALLOWED” will pop up.

- (1) Switch to FIT TEST program while in either of the following programs: MANUAL, INTERVAL, PLATEAU, RANDOM, TRACK, CUSTOM HR, WT LOSS, and CARDIO.
- (2) Switch to other programs while in FIT TEST program.

4. Press<STOP>  to end your workout. The word “REVIEW

SUMMARY” will popup on the console and your workout summary will be shown for 15 sec. Press <STOP> again to return to the start screen.



## OPERATION MODE

Select exercise mode (STEPPER, BIKE, ELLIPTICAL) from the MODE menu on the left side of the console.




Getting started: STEPPER / BIKE / ELLIPTICAL

1. Press <STEPPER>  or <BIKE>  or <ELLIPTICAL>   
and press <ENTER> 

2. There are three optional operation methods:

- (1) Select <GOAL> first: take <TIME> for example, press plus/minus (+/-)


sign on the <RESISTANCE>key , or <LENGTH ▲/▼> key, or <HEIGHT ▲/▼> key to set the time on this interface, then press Enter

 to confirm your selection and proceed to step 4: Setting AGE and WEIGHT.


NOTE: In addition to <TIME>, you can select <DISTANCE> or <CALORIES> as workout goal.



TIME setting screen

(2) Select <PROGRAM>first: take <MANUAL> for example, press the <MANUAL> key and press Enter  to confirm your selection, then go back to <GOAL> setting. After finishing the above steps, proceed to step 4: Setting AGE and WEIGHT.

NOTE: For more information on setting up programs, refer to next chapter “PROGRAM”.

3 Press <QUICK START>  to skip setup and start exercising immediately.

#### 4. Setting AGE and WEIGHT

The console will show “AGE”, press +/- on the <RESISTANCE> key, or <LENGTH ▲/▼>key, or <HEIGHT ▲/▼>key, or type the number on keypad to set your age. After you confirm your selection, the display will show“KG”, press +/- on the <RESISTANCE>key, or<LENGTH ▲/▼> key, or <HEIGHT ▲/▼>key, or type the number on keypad to set your weight, press confirm to complete the settings.



AGE setting screen



WEIGHT setting screen


5. The console will display“ STEP TO START”, and you can start to exercise. NOTE: Press <LENGTH ▲/▼> to adjust stride length, and press <HEIGHT▲/▼> to adjust stride height while exercising. Note that stride length and stride height cannot be changed if your pedaling speed is less than 35 SPM, and the words “NO STRIDE ADJUST UNDER 35 SPM”will pop up.

6. You can switch among programs/modes while exercising.

NOTE: A different workout program can be activated simply by pressing <PROGRAM> key. The workout goal remains the same, and the workout data will continue to accumulate. It should be noted that switch function is not supported in any of the following circumstances, and the words “SWITCHING NOT ALLOWED” will pop up.

- (1) Switch to FIT TEST program while in either of the following programs: MANUAL, INTERVAL, PLATEAU, RANDOM, TRACK, CUSTOM HR, WT LOSS, and CARDIO.
- (2) Switch to other programs while in FIT TEST program.

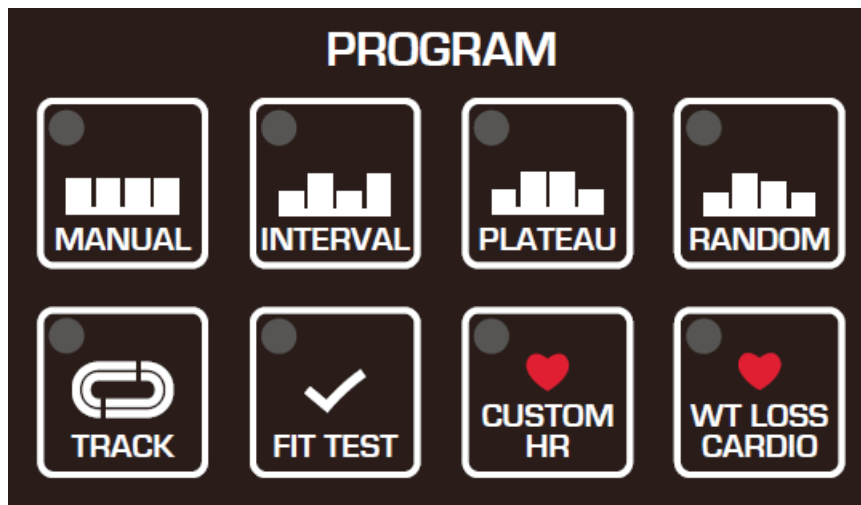


7. Press <STOP>  to end your workout. The word “REVIEW SUMMARY” will pop up on the display and your workout summary will be shown for 15 sec. Press <STOP> again to return to the start screen.



## OPERATION PROGRAMS

Select exercise mode from the PROGRAMS menu on the left side of the display.



**MANUAL :**

Manually control the resistance, stride length, and stride height.

**INTERVAL :**

This program includes alternating periods of high-intensity aerobic exercise with low-intensity exercise.

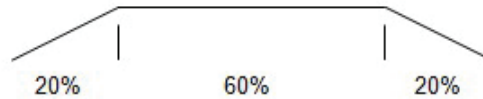
- (1) The 2 exercise stages namely as REST and WORK, have different speed and incline settings based on Work/Rest Ratio: 1 : 1, 1 : 2, 2 : 2.
- (2) You can initialize the resistance to your own preference at either exercise stage (REST or WORK), the system will memorize your preference for later use.

## OPERATION PROGRAMS (cont.)

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### PLATEAU:

This program simulates exercise at the plateau, and the resistance is variable of the total process. The distribution of the resistance is presented in the following figure: 20% for the first stage, 60% for the mid stage, and 20% for the final stage.



### RANDOM:

The graphic patterns in RANDOM PROGRAM are generated randomly. Press the <RANDOM> key to select the graphic patterns which appear in random order, once you're up to your desired pattern, press <ENTER> to set it.

### TRACK:

This program simulates running around the sports field, you can track your fitness progress with an illuminated moving dot. One lap equals 400 meters (1/4Mile).

### FIT TEST:

This program measures your fitness level using the default time goal and a few simple tests.

1. Start fitness testing after the words "STARTING TEST" pop up.
2. This program has four parts, and each part will take 3 minutes to complete. The resistance in each part is variable and depends on your current speed.
3. The recommended SPM/RPM is displayed as a dot at the top of the console, and your current speed is displayed as a wavy line at the bottom of the console. Try to match your current speed with the target speed.
4. The pedal speed range recommended in STEPPER & ELLIPTICAL mode is 40-70 SPM, we recommend the optimal pedal speed for fit test is 50 SPM.
  - a. If the pedal speed is slower than 40 SPM for more than 5 sec., the words "SPEED UP" will pop up on the console.
  - b. If the pedal speed is faster than 70 SPM for more than 5 sec., the words "SPEED DOWN" will pop up on the console.

## OPERATION PROGRAMS (cont.)

When exercising in BIKE mode:

- (1) The pedal speed recommended in BIKE mode is  $50 \pm 5$  RPM. If the pedal speed is slower than 45 SPM / faster than 55 RPM for more than 5 sec., the words "MAINTAIN RPM-50" will pop up on the console.
- (2) The table below shows how the test process works.

	Heart rate <80BPM	Heart rate 80-89BPM	Heart rate 90-100BPM	Heart rate >100BPM
<b>Stage 1</b>	25W	25W	25W	25W
<b>Stage 2</b>	125W (750kgm/min)	100W (600kgm/min)	75W (450kgm/min)	50W (300kgm/min)
<b>Stage 3</b>	150W (900kgm/min)	125W (750kgm/min)	100W (600kgm/min)	75W (450kgm/min)
<b>Stage 4</b>	175W (1050kgm/min)	150W (900kgm/min)	125W (750kgm/min)	100W (600kgm/min)
<b>NOTE</b>	If the heart rate is not in the range of $((220-\text{age}) \times 0.85 - 10)$ , proceed to stage 5, 6...and so on. Every stage will make the next take more load (+25W).			

- a. Each exercise stage lasts for 3 minutes.
- b. Tips for each exercise stage:

**Stage 1:** the default watt load is 25W, and the watt load for next stage depends on the heart rate measured at last 15 sec. of stage 1.

For example, if the heart rate measured at last 15 sec. of stage 1 is 92bpm, then the watt load for stage 2 is 75W, 100W for stage 3, 125W for stage 4...and so on.

**Stage 2,3,4:** the watt load depends on the heart rate measured at last 15 sec. of the former stage. Subtract the heart rate measured at the 3rd. min. from the one measured at the 2nd. min. The value determines whether the exercise program continues or not, see details below:

- (a) If  $((220-\text{age}) \times 0.85) - 10 < \text{heart rate} \leq 5$  bpm, the exercise ends.
- (b) If heart rate  $< ((220-\text{age}) \times 0.85) - 10$ , and is less than 5bpm, the exercise continues to the next stage.
- (c) If heart rate  $> 5$ bpm, the exercise stage extends 1 min. and the heart rate will be measured again. Use the above formula and the calculated value to determine whether this exercise stage continues or ends.

## OPERATION PROGRAMS (cont.)

c. Everytime you enter a new exercise stage, the crosstrainer automatically adjusts your level based on your RPM to match the corresponding watt load. Take stage 2 for example, if the watt load is 100w and the RPM is 51, the crosstrainer will automatically adjust to level 7.

### (3) Scoring:

A score is calculated based on user's VO2max, see the following table for details.

$$SM1 = (\text{Watt/kg in stage 2} \times 10.8) + 3.5 + 3.5$$

$$SM2 = (\text{Watt/kg in final stage} \times 10.8) + 3.5 + 3.5$$

$$HR1 = (\text{HR in the second to last min. of stage 2} + \text{HR in the last min. of stage 2}) / 2$$

$$HR2 = (\text{HR in the second to last min. of final stage} + \text{HR in the last min. of final stage}) / 2$$

$$b = (SM2 - SM1) / (HR2 - HR1) \text{ *note: "b" is for slope}$$

$$HR_{max} = (220 - \text{age})$$

$$VO2MAX = SM2 + (b \times (HR_{max} - HR2))$$

Percentile Values For Maximal Aerobic Power(ml.kg-1.min-1)--Men					
Percentile	Age				
	20-29	30-39	40-49	50-59	60+
90	51.4	50.4	48.2	45.3	42.5
80	48.2	46.8	44.1	41.0	38.1
70	46.8	44.6	41.8	38.5	35.3
60	44.2	42.4	39.9	36.7	33.6
50	42.5	41.0	38.1	35.2	31.8
40	41.0	38.9	36.7	33.8	30.2
30	39.5	37.4	35.1	32.3	28.7
20	37.1	35.4	33.0	30.2	26.5
10	34.5	32.5	30.9	28.0	23.1

## OPERATION PROGRAMS (cont.)

Percentile Values For Maximal Aerobic Power(ml.kg-1.min-1)--Women					
Percentile	Age				
	20-29	30-39	40-49	50-59	60+
90	44.2	41.0	39.5	35.2	35.2
80	41.0	38.6	36.3	32.3	31.2
70	38.1	36.7	33.8	30.9	29.4
60	36.7	34.6	32.3	29.4	27.2
50	35.2	33.8	30.9	28.2	25.8
40	33.8	32.3	29.5	26.9	24.5
30	32.3	30.5	28.3	25.5	23.8
20	30.6	28.7	26.5	24.3	22.8
10	28.4	26.5	25.1	22.3	20.8

You will have a zero score if you haven't completed more than 3 stages in the process.

(4) The following is an example of calculating VO<sub>2</sub>MAX for a 40-year-old, 62kg male:

- a. The heart rate  $\geq ((220-\text{age}) \times 0.85) - 10$  in the last min. of stage 3. The exercise ends. The watt load and heart rate for each stage are presented in the following table.

Stage	WATT load	time(min)	HR(bpm)
1	25W	0-1	86
		1-2	90
		2-3	92
2	75W	3-4	120
		4-5	135
		5-6	139
3	100W	6-7	151
		7-8	159
		8-9	163

## **OPERATION PROGRAMS (cont.)**

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b. Calculating VO<sub>2</sub>MAX and scoring:

$$SM1 = (75/62 \times 10.8) + 3.5 + 3.5 = 20.06 \text{ ml} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$$

$$SM2 = (100/62 \times 10.8) + 3.5 + 3.5 = 24.42 \text{ ml} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$$

$$HR1 = (135 + 139) / 2 = 137 \text{ bmp}$$

$$HR2 = (159 + 163) / 2 = 161 \text{ bmp}$$

$$b = (24.42 - 20.06) / (161 - 137) = 0.182$$

$$HR_{\text{max}} = (220 - 20) = 200$$

$$VO_{2\text{MAX}} = 24.42 + (0.18 \times (200 - 161)) = 31.5 \text{ ml} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$$

We use the VO<sub>2</sub>MAX table and find the corresponding score is 10.

5. End of exercise:

- a. Press the <STOP> key.
- b. Complete the entire cycle of the exercise process.
- c. Current heart rate > (220-AGE)×0.8, and lasting for 15 sec.
- d. No detectable heart rate for 30 sec.
- e. Heart rate < 60SPM, or heart rate > 90SPM, lasting for 15 sec.  
(applicable in STEPPER MODE)
- f. Heart rate < 45RPM, or heart rate > 55RPM, lasting for 15 sec.  
(applicable in BIKE MODE)
- g. Heart rate < 40SPM, or heart rate > 70SPM, lasting for 15 sec.  
(applicable in ELLIPTICAL MODE)

6. The words "YOUR SCORE" will pop up, and your score is displayed at <DISTANCE>. 0 is the lowest possible score, and 100 is the highest.

### **CUSTOM HR, WT LOSS, CARDIO:**

Control exercise intensity through a combination of adjusting resistance, to help you stay in the target exercise heart rate range.

- (1) The target heart rate for CUSTOM HR, WT LOSS, and CARDIO are calculated as follows:
  - a. CUSTOM HR: you can edit your max heart rate or set custom heart rate zones.
  - b. WT LOSS: (220-AGE) X 65%
  - c. CARDIO: (220-AGE) X 80%
- (2) If you select "CUSTOM HR", you have to set your target heart rate (range 84-200). If you have not done this, it defaults to a value of 220.
  - a. The console will display "TARGET HR – xxx".
  - b. Use +/- on the <RESISTANCE>key, or <LENGTH ▲/▼>, or <HEIGHT ▲/▼>, or numeric keys to set the target heart rate.
  - c. Press <ENTER> to confirm your selection.
  - d. Press <QUICK START> to skip setup and start exercising immediately with a default heart rate.

## **OPERATION PROGRAMS (cont.)**

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- (3) If heart rate is not detected while exercising, the console will display “NO HEART RATE READING, PLEASE CHECK TRANSMITTER”. For now, resistance is not automatically adjusted, it has to be done manually.
- (4) The crosstrainer starts with a default workout setup (resistance: level 1, pedal speed: 50 SPM), after your start exercising, it will monitor your heart rate and adjust your workout accordingly.
- (5) If the pedal speed is slower than 5 SPM slower than target pace for more than 25 sec., the words “SPEED UP” will pop up on the console.

## **OPERATION Other Functions**

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### **Auto power off function**

If no operation is performed for about 30 sec, it turns off automatically.

### **COOL DOWN**

Once you’ve reached your goals (time, distance, calories burned), the console will display “COOL DOWN” and starts a 2 minute countdown.

### **Power saving mode**

If no operation is performed for about 15 sec, it will enter in power saving mode (The light blinks, but the screen produces no display, see the following figure). Press the pedal or press any button to return to start screen.

### **Charge the battery**

The flashing light signals battery is near depletion (this signal appears when adjusting stride length or stride height, with a pedal speed less than 35 SPM), please charge the battery in one of the following ways:

- a. Charge the battery by pedaling.
- b. Use a battery charger (optional accessory)

## **OPERATION User Preference and Component Versions**

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In the basic setting menu you can change the units of measure, show total distance and time, and see display and drive board program version numbers. To access this information, hold <CHANGE DISPLAY> key for 3 seconds at the startup screen. At any point in this menu you can press <STOP> button and return to the startup screen.

## **OPERATION** User Preference and Component Versions(Cont.)

The setup procedure for each parameter is as follows:

### (1) UNITS

“UNIT – MILE” or “UNIT – KM” will scroll across the screen, use +/- on <RESISTANCE> key or <LENGTH ▲/▼> key or <HEIGHT ▲/▼> key to toggle between the two settings. When your preference appears, press the ENTER key to confirm and proceed to the next setting.

### (2) PROGRAM VERSION

The following program version will scroll across the screen, use +/- on <RESISTANCE> key or <LENGTH ▲/▼> key or <HEIGHT ▲/▼> key to view each program version. Press the ENTER key to view total distance.

(a) CTL SA\_6 - xx : Control board program version

(b) DRV V886\_SG - xx : Drive board version

(c) SA WELL+ x.x.x : SA WELL+ board version (Available with optional SA WELL+.)

### (3) TOTAL DISTANCE

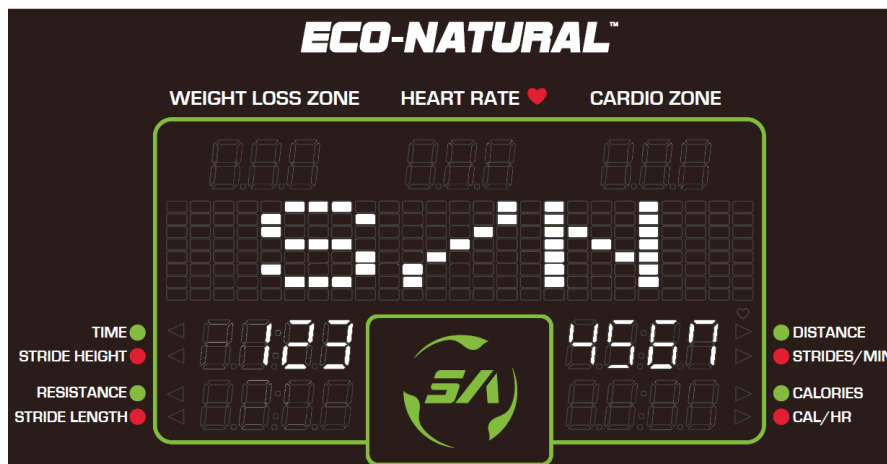
“DISTANCE xxxxxx KM” or “DISTANCE xxxxxx MILE” will scroll across the screen, press the ENTER key to view total distance.

### (4) TOTAL TIME

“TIME xxxxxx HOURS” will scroll across the screen, press the ENTER key to proceed to the next setting.

### (5) PRODUCT SERIAL NUMBER

“S/N xxxxxxxx”(as shown in the following figure, the number 1234567) will scroll across the screen, press the ENTER key to proceed to the next setting.





## **OPERATION** User Preference and Component Versions(Cont.)

### (6) LANGUAGE

The current country selected will scroll across the screen, use +/- on the <RESISTANCE> key or <LENGTH▲/▼> key or <HEIGHT▲/▼> key to toggle between languages. Press the ENTER key to confirm and proceed to the next setting.

### (7) TIME LIMIT

The time limit will scroll across the screen, use +/- on the <RESISTANCE> key or <LENGTH▲/▼> key or <HEIGHT▲/▼> or the keypad to change the timer. Press the ENTER key to confirm and proceed to the next setting.

Note: If the timer is set less than 5 minutes, TIME LIMIT mode will be deactivated.

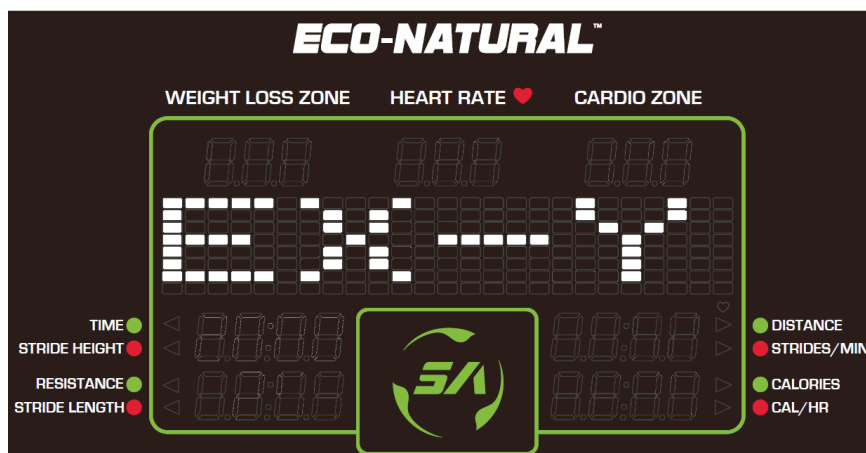
### (8) BEEP SOUND

The screen will show "BZ", use +/- on the <RESISTANCE> key or <LENGTH▲/▼> key or <HEIGHT▲/▼> key to choose "ON" or "OFF". Press the ENTER key to confirm and go back to the start screen.

## **OPERATION** Error Messages

Error messages can appear on the crosstrainer as a troubleshooting aid.

Error messages appear in the following format: "ERROR \_X\_Y". X represents the category of the error. Y represents the specific issue.



## **OPERATION** Error Messages (Cont.)

V886 Error code explanations :

<b>Error code X</b>	<b>Error code Y</b>	<b>Error message</b>	<b>Remarks</b>
7	2	Right stride length error	Stride length error detected when starting the crosstrainer. An error message will appear in "SELECT PROGRAM"
7	3	Left stride length Error	Stride length error detected when starting the crosstrainer. An error message will appear in "SELECT PROGRAM"
7	4	Right stride height error	Stride height error detected when starting the crosstrainer. An error message will appear in "SELECT PROGRAM"
7	5	Left stride height error	Stride height error detected when starting the crosstrainer. An error message will appear in "SELECT PROGRAM"
8	1	Communication Error when you turn the power on	The crosstrainer automatically turns the err-disabled interface back on after the communication function returns to be normal
8	2	General communication Error	The crosstrainer automatically turns the err-disabled interface back on after the communication function returns to be normal

## 8. V886 HEART RATE MEASUREMENT

### HEART RATE Telemetry

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The words “telemetry heart rate” refer to the detection of heart rate via a device worn on the exerciser and transmitted over the air to a circuit board built into the product. Telemetry heart rate devices are commonly worn on the exerciser’s chest, where the pulse is strongest and relatively easy to detect. The following explains conditions that affect the performance of the telemetry heart rate function in all products.

- The telemetry heart rate transmitter emits a wireless 5 kHz signal that is harmless to the human body. Keep a distance within 60cm between the heart rate receptor and the transmitter to achieve stable connection.
- If the battery is too low, the receiving distance may be shortened or there will be no reception.
- Secure the telemetry heart rate transmitter on your chest so that it stays in place without making you feel uncomfortable. Moisten the skin for better contact.
- Because the telemetry heart rate signal varies in strength from 20 Hz to 20 KHz, environmental interference can block signal reception. Physical vibration and electronic devices, including stereos, TVs, and even fluorescent lights, can interfere with signal reception. For best results, install the product in an area free from such interference.
- Space the product apart by at least 39 inches (100 cm) to avoid having the heart rate value from one exerciser appear on a neighboring product.

### HEART RATE Contact

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The words “contact heart rate” refer to the detection of the heart rate via sensors on the product. By holding the sensors, the exerciser can view his or her heart rate on the console. Like telemetry heart rate, contact heart rate can be influenced by several factors. The following list includes some of these factors.

- A weak pulse makes it difficult to detect heart rate.
- Low systolic blood pressure makes it difficult to detect heart rate.
- Dry, coarse palms impede heart rate detection. For best results, moisten your palms. But do not apply hand lotion immediately prior to your workout, because hand lotion can gum up the contact pads.

## **HEART RATE** Contact (Cont.)

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Heart rate devices built into this product are not medical devices. Heart rate values are for reference only. Do not use them for medical diagnostic or treatment work.

**CAUTION:** Heart rate detection and transmission devices have been known to interfere with the operation of pacemakers, possibly endangering human life. If you have a pacemaker, exercise under your doctor's supervision, take a test to ensure your safety during the simultaneous use of the pacemaker and heart rate detection devices. The use of such devices must be undertaken at your own risk.

Note that in dry areas in particular, static electricity can interfere with unit operation and shock people. To discharge static electricity from your body, touch something else before touching metal on the product.

## 9. MAINTENANCE

This section covers maintenance topics and includes a maintenance schedule, task list, and log.

### MAINTENANCE Safety Precautions

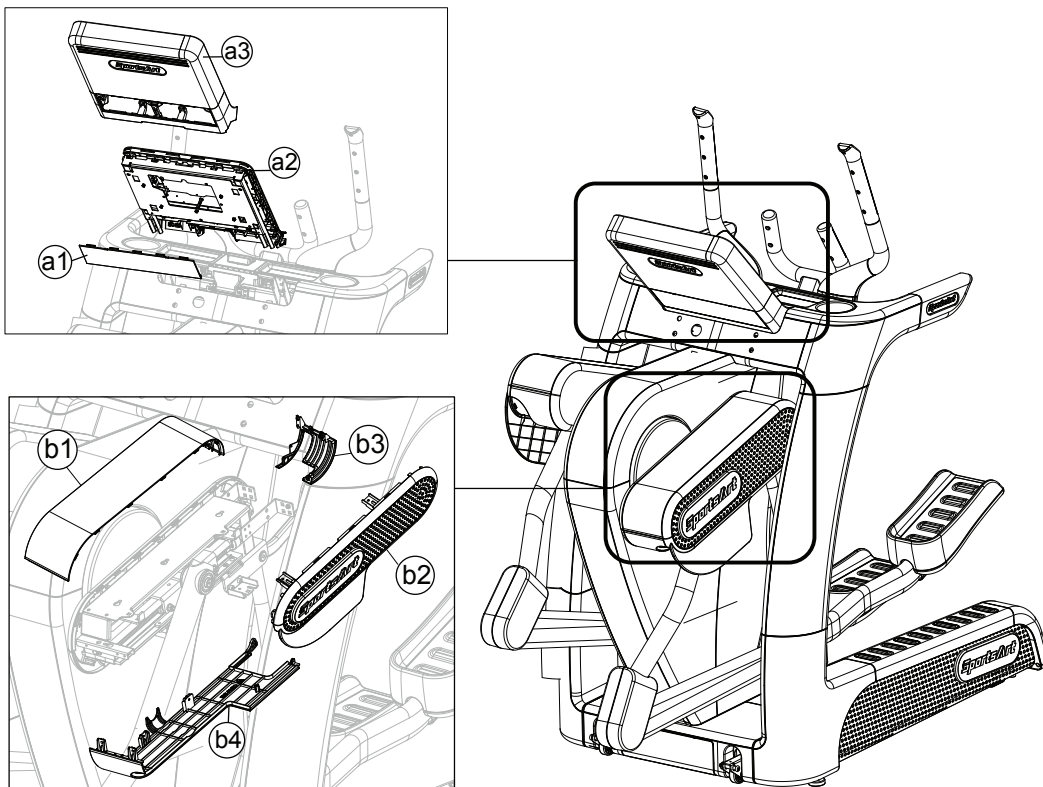
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- Please follow standard safety precautions when servicing this product.
- Electronic components can carry an electrical charge even after the product has been turned off. For safety, turn off unit power. Wait ten minutes to allow capacitors to discharge. Then disconnect the power cord from the wall socket (if applicable.) Only after such steps have been completed should covers be removed and electronic components accessed.
- Unplug product and wait 10 minutes before performing maintenance.
- DO NOT use a damp towel to clean the product and do perform the following maintenances. For dirty or heavily used areas, Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner, to thoroughly clean the handlebar and the console.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt). Such parts might cause injuries or cause the unit to fail and void the warranty. We are not responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- The crosstrainer should be disconnected from its power source during service and when replacing parts.
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but may also present a danger to the exerciser.
- Keep this product out of use until maintenance is completed.
- If you need to remove any cover for repair or maintenance, please contact your service technician or dealer; do not attempt repairs on your own.

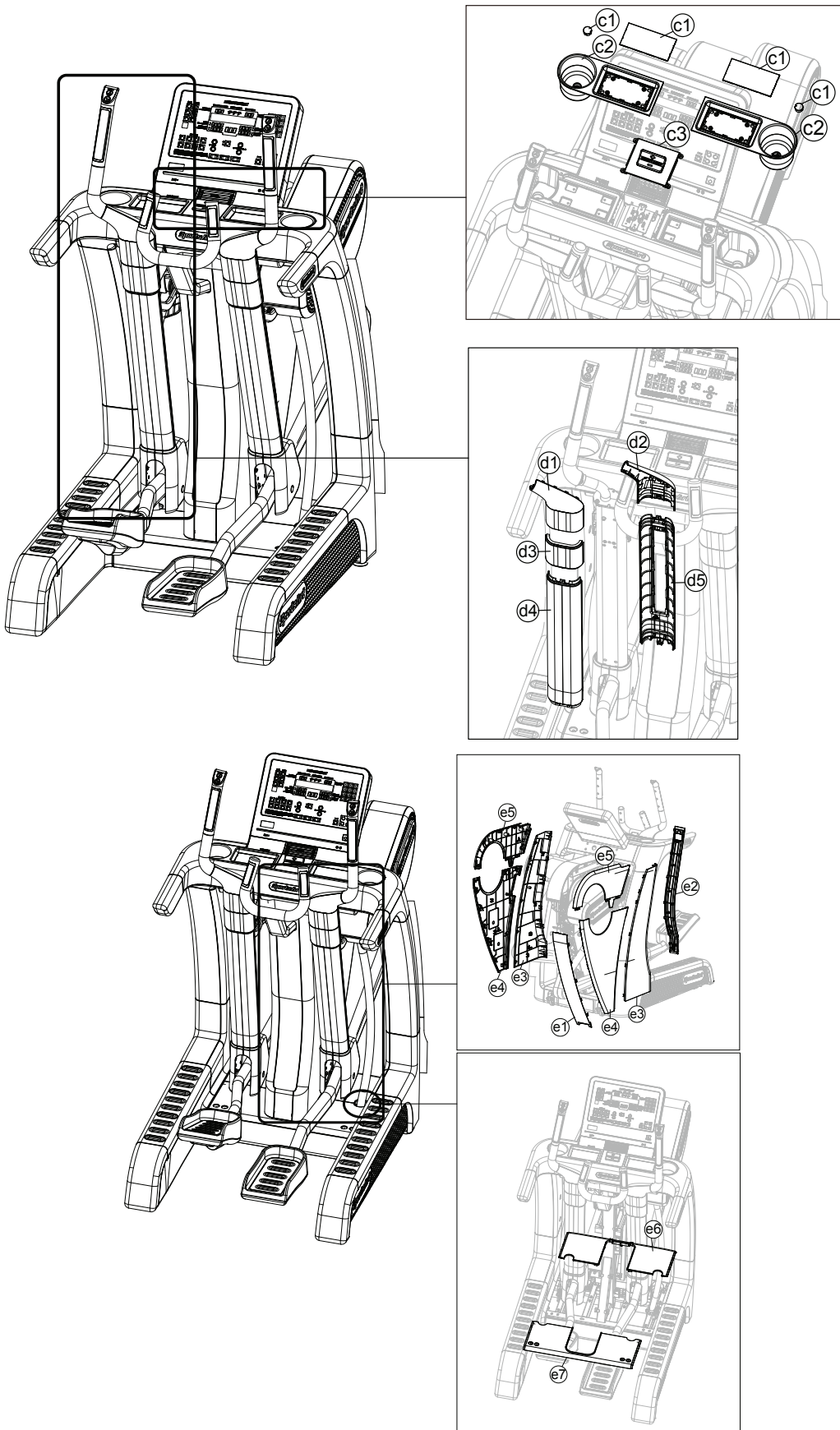
## **MAINTENANCE** Disassembly Directions

This section describes the disassembly sequences for component replacement at maintenance stages. See subparts of V886 as illustrated below.

- (a) Console
- (b) Ascending and descending structure for stride height
- (c) Resistance toggle switch
- (d) Ascending and descending structure for step length
- (e) Driver and driving part

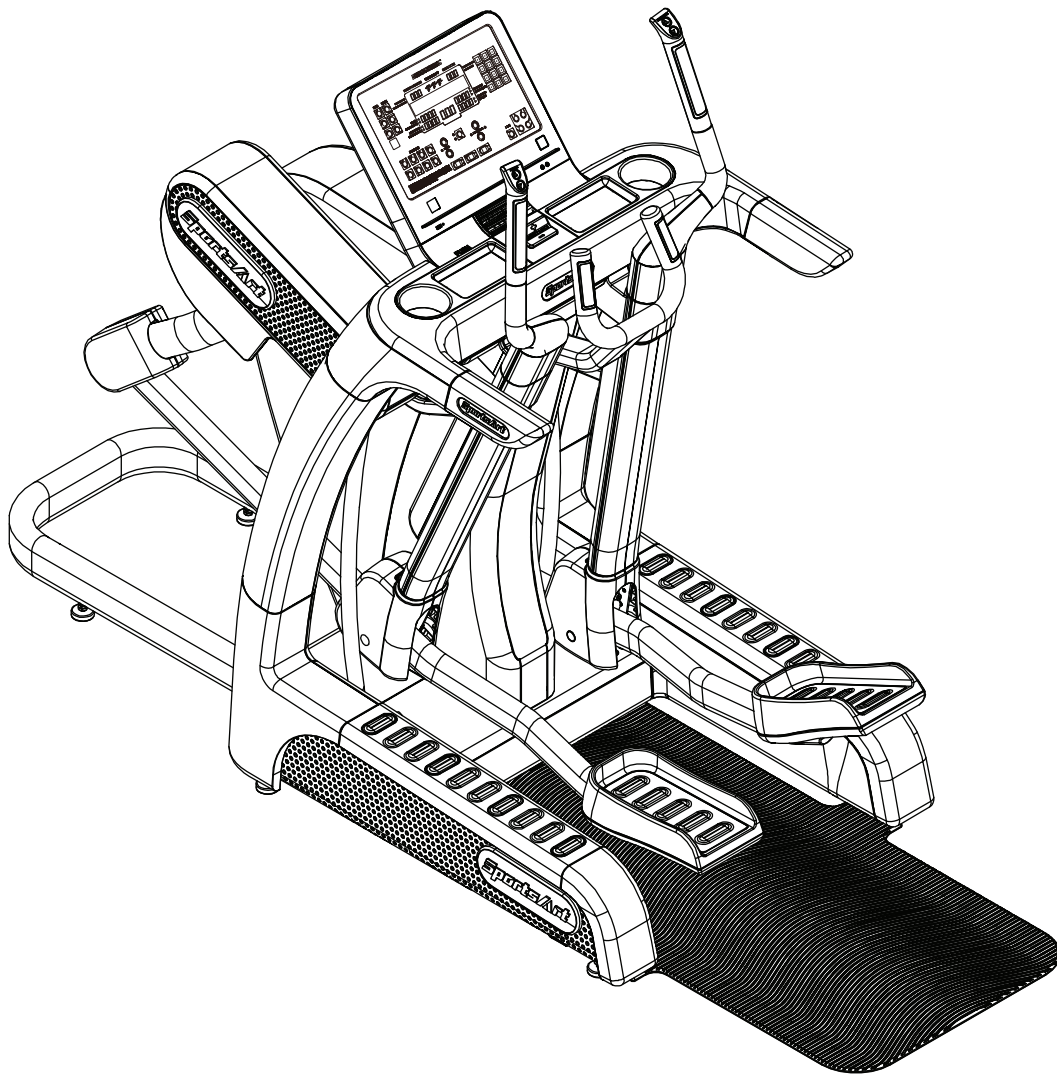


# MAINTENANCE Disassembly Directions (Cont.)



## MAINTENANCE Schedule

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	•					Clean.
2	Screws	•					Inspect and secure loose parts.





## **MAINTENANCE** Task List

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Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

### **Daily tasks**

1. Use a clean, lint-free towel to thoroughly clean the product exterior.
2. Inspect all screws. Secure if necessary.

### **Caution**

- Please follow standard safety precautions when servicing this product.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage components and void the warranty.

# **MAINTENANCE** Maintenance Log

Facility: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Product model number: \_\_\_\_\_ Serial number: \_\_\_\_\_

Start date: \_\_\_\_\_ End date: \_\_\_\_\_

Daily Tasks	Week 1-7							Week 8-14							Week 15-21							Week 22-28									
Completed																															

Daily Tasks	Week 29-35							Week 36-42							Week 43-49							Week 50-52									
Completed																															

Weekly Tasks	Week 1-7							Week 8-14							Week 15-21							Week 22-28									
Completed																															

Weekly Tasks	Week 29-35							Week 36-42							Week 43-49							Week 50-52									
Completed																															

Monthly Tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed												

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed				

Yearly Tasks	Year 1
Completed	

Notes: \_\_\_\_\_  
 \_\_\_\_\_

## 10. ACCESSORIES

### ACCESSORIES Standard

#### USB CHARGER

The USB port provides up to 5V1A of power for charging.

#### CSAFE PORT

Compatible with CSAFE (Communications Specification for Fitness Equipment) Protocol. It works with optional Netpulse Personal Entertainment System as well as ECOFIT System and MYE Wireless TV Audio\_Channel Receivers

### ACCESSORIES Optional

#### SA WELL+ Member System

1. This is designed specially by SportsArt to assist the users in managing their workout history. Connect your smartphone to the device, using Bluetooth or WIFI to use the SA WELL+ App. The App is available for download in the App Store and Google Play.
2. You can use USB Flash Drives to store your workout data.
3. Help give users more control over their personal data and workout history. Visit [www.gosportsart.com](http://www.gosportsart.com) for more information about this feature.



No.	Name of button	Function
a	USB port	This port is used for data transfer.
b	Bluetooth/WIFI button	To disconnect the crosstrainer from a wireless connection. When WIFI is connected, press this button to disconnect. If you want to connect again, simply scan the QR code or tap the NFC tag on the console.

## **ACCESSORIES MYE Wireless TV Audio\_Channel Receivers**

[To purchase, please contact MYE Inc. <http://www.myclubtv.com/>]

Multiple TV and audio channels receiving and volume adjustment enabled.

- The following two modules are available for this receiver (to be purchased by client):
  1. MC3R-9(900MHZ), which has to be used with a MYE Wireless TV Digital Audio Channel Transmitter MWTD-S9.
  2. MC3R-8(863MHZ), which has to be used with a MYE Wireless TV Digital Audio Channel transmitter MWTD-S8.

Choose a suitable module according to country of location. (Please contact MYE Inc. for detail specification and technical information)

For example: Wireless TV transmission frequency in America is 900MHZ.

Wireless TV transmission frequency in Europe is mostly 863MHZ (or nominally 800MHZ).

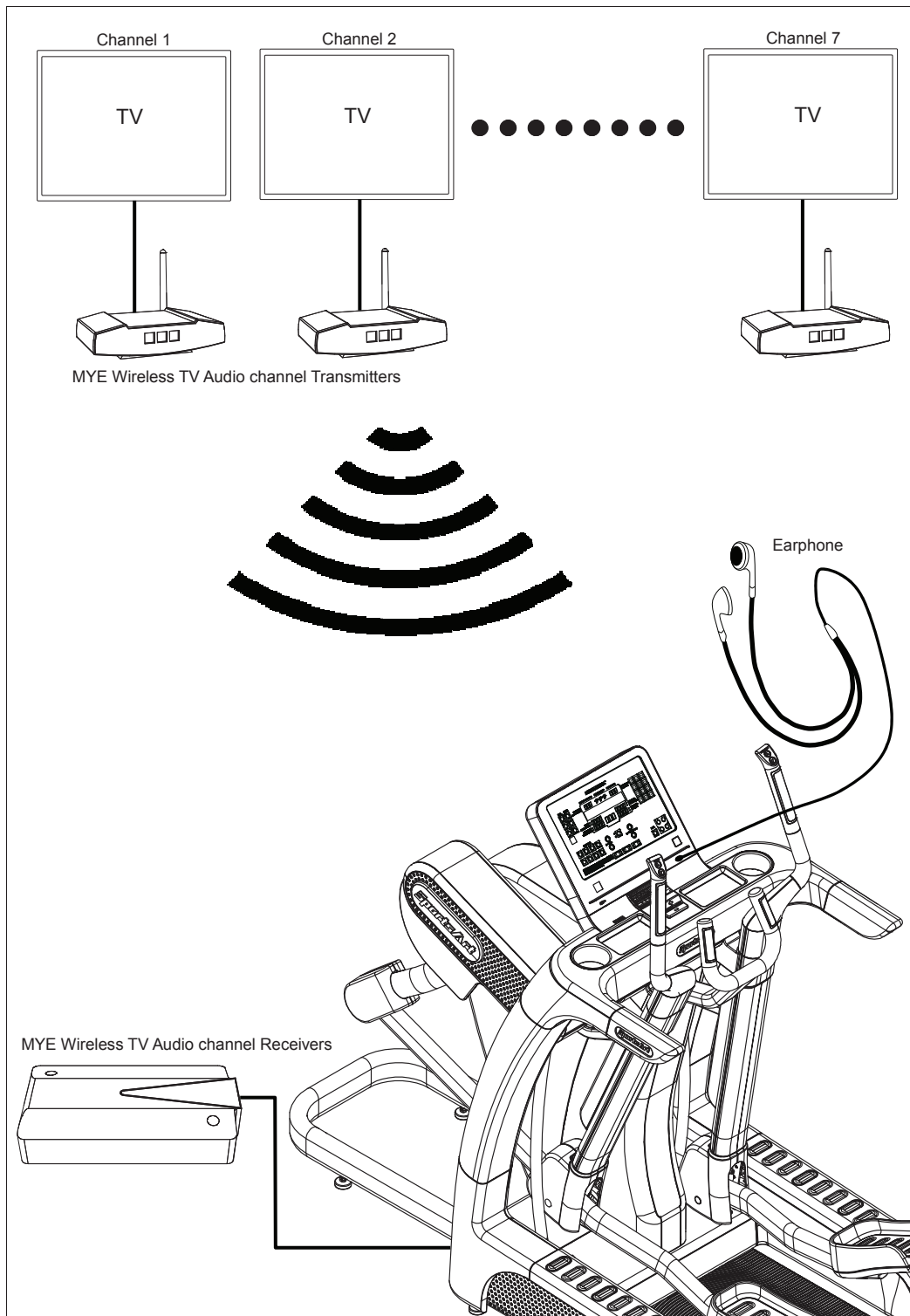
- Operation instruction: Turn off treadmill power, plug the receiver into the CSAFE port located at left of display and then turn on the power.
- The VOLUME +/- keys and CHANNEL ▲/▼ keys will be activated once the receiver is plug into the unit.

Press VOLUME +/- keys to adjust volume settings. The volume setting range is from 0 to 15, with a default setting of 5.

Press CHANNEL ▲/▼ keys to change channel settings. The channel setting range is from 1 to 32, with a default setting of 1. The display will show "CH XX" during setting.
- Note: Do not unplug the receiver from unit before turning off the power to avoid receiver being damaged.

## ACCESSORIES MYE Wireless TV Audio\_Channel Receivers

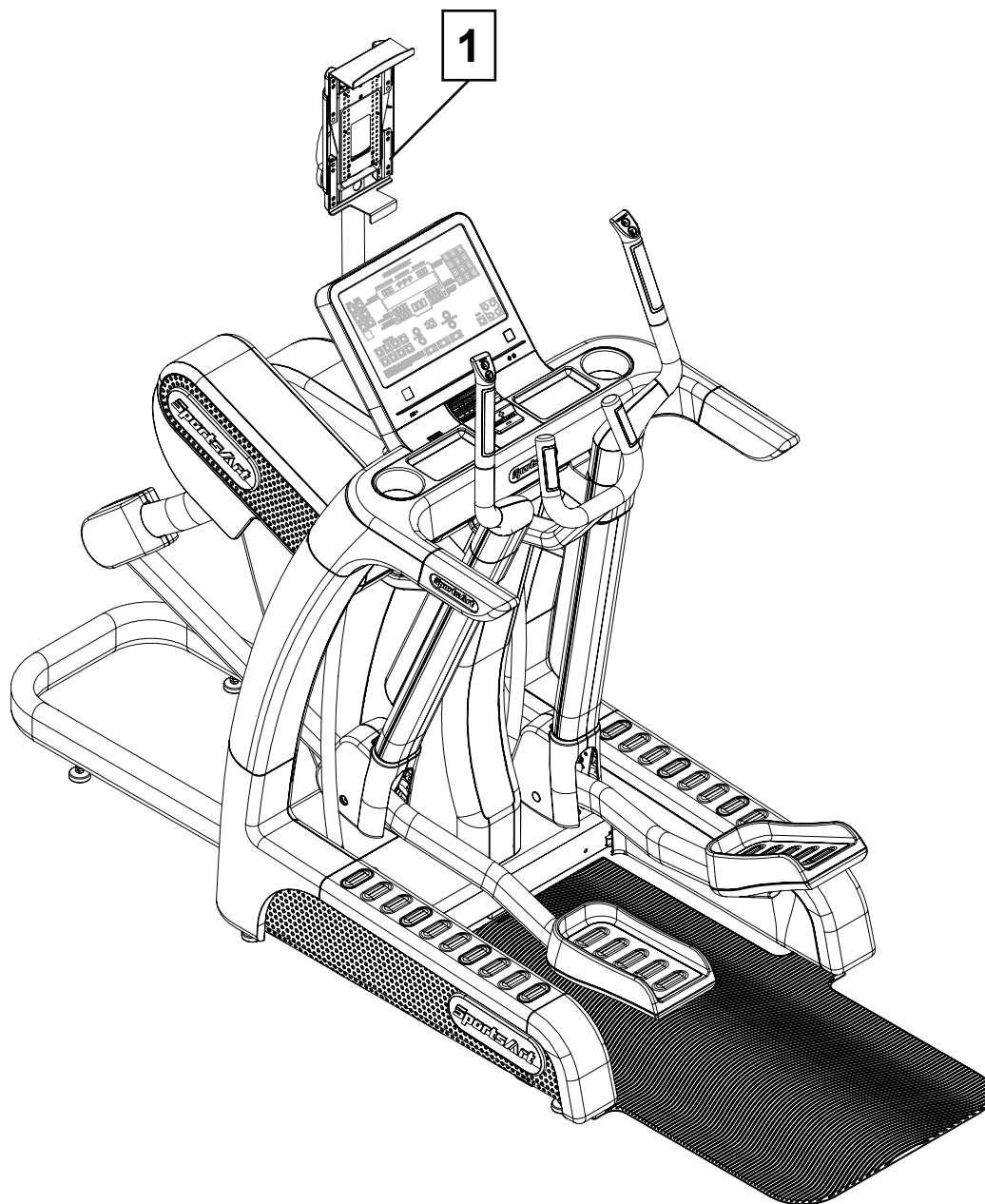
- The following is a schematic diagram of the connection:



## ACCESSORIES Optional

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- TV rack

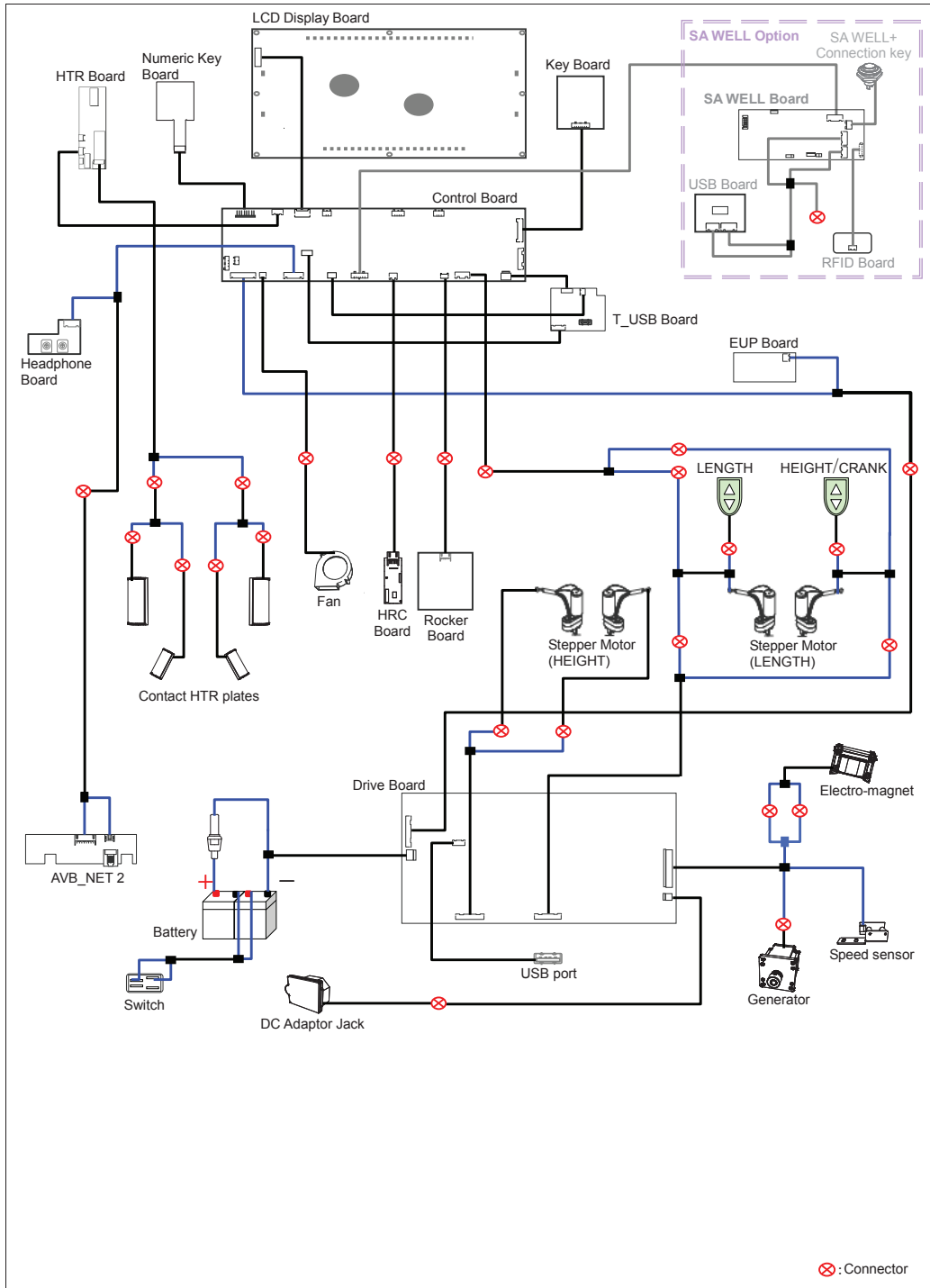


## 11. APPENDIXES

### APPENDIX Technical Specifications

<b>Model</b>	V886 (LCD)
<b>Dimensions</b>	L : 2615 mm (103") W : 940 mm (37") H : 1780 mm (70.1")
<b>Overall Weight</b>	276 kg (607lbs)
<b>Maximum User Weight</b>	150kg (330lb)
<b>Power Requirement</b>	DC 24V 4.0 Ah
<b>Braking System</b>	Speed-Independent

# APPENDIX Wiring Diagram







**Your Authorized Distributor**