VG50 ELLIPTICAL CROSS TRAINER

Enjoy the Sensation

SPEED
DISTANCE
CALORIES
WATT

OWNER'S MANUAL

INTRODUCTION

Congratulations!

Welcome to the world of the ELLIPTICAL CROSS TRAINER. The ELLIPTICAL CROSS TRAINER is one of the finest and most comprehensive pieces of home exercise equipment available. We know, as we have been making them for over 10 years.

By choosing ELLIPTICAL CROSS TRAINER, you have made a decision that will improve the health and fitness and well being for you and your family. Being fit and healthy will improve your energy levels and your quality of life.

Cardiovascular training is vital for all ages and the ELLIPTICAL CROSS TRAINER provides a more effective workout, producing better results and will encourage you to reach your fitness goals and maintain the body you have always wanted.

All you need to do is to spend 15 to 30 minutes three times a week to start seeing the benefits of a regular exercise program on the ELLIPTICAL CROSS TRAINER.

We want you to enjoy the full benefits of your exercise program and so we recommend that you read this manual thoroughly and by doing so you will:

- **Save valuable exercise time in the long run.**
- **Exercise safely and more effectively.**
- **Learn proper techniques.**
- **Be able to better define your fitness goals**.

TABLE OF CONTENTS

INTRODUCTION ..... page 1

TABLE OF CONTENTS ..... page 1

IMPORTANT INFORMATION ..... page 2

MEDICAL / SAFETY ..... page 2

CARE AND MAINTENANCE ..... page 2

GENERAL INFORMATION ..... page 2

HOW YOUR ELLIPTICAL CROSS TRAINER WORKS ..... page 3

ELLIPTICAL CROSS TRAINER PARTS IDENTIFICATION ..... page 3

SETTING UP YOUR ELLIPTICAL CROSS TRAINER ..... page 4~5

HEIGHT ADJUSTER CAP ..... page 4

DUAL ACTION ARM HEIGHT ADJUSTMENT ..... page 4

FOOT PEDAL ADJUSTMENT ..... page 4

FOOT POSITION ..... page 5

HANDLE BARS ..... page 5

TRANSPORTATION & STORAGE ..... page 5

GETTING ON SAFETY ..... page 6

ELLIPTICAL TRAINER EXERCISES ..... page 7~8

See ELLIPTICAL CROSS TRAINER ASSEMBLY INSTRUCTIONS for Parts List and Exploded Drawing.

IMPORTANT INFORMATION - PLEASE READ **Failure to read and follow the safety instructions below may result in serious injury or even death.**

Medical / Safety

Read this Owner's Manual and all safety instructions thoroughly and familiarize yourself with the ELLIPTICAL CROSS TRAINER before using it.

1. Before beginning any exercise program, consult your physician. He or she can help evaluate your present fitness level and determine the exercise program that is the most appropriate for your age and physical condition.

2. If you experience any pain or tightness in your chest, irregular heartbeat, shortness of breath, faintness, or unusual discomfort upon exercising, stop and consult a physician before continuing.

3. Adult supervision is required at all times when children are on or near the ELLIPTICAL CROSS TRAINER. Unsupervised children should keep away from the equipment at all times.

4. Keep fingers and limbs, loose clothing and hair away from moving parts.

5. Before each workout on your ELLIPTICAL CROSS TRAINER we advise that a Precautionary Safety Check is wise. All equipment should be Safety Checked for wear & damage. If you find any damage or defective components STOP using the ELLIPTICAL CROSS TRAINER IMMEDIATELY. Replace defective components immediately and/or keep the equipment out of use until repaired. For repair help - see General Information on this page.

6. Care should be taken when getting ON or OFF your ELLIPTICAL CROSS TRAINER. Please follow the instructions on page 8.

7. Use only the accessory attachments recommended by the manufacturer.

Care and Maintenance

Your ELLIPTICAL CROSS TRAINER is made of the highest quality materials, it is still important that you take care of your ELLIPTICAL CROSS TRAINER on a regular basis.

Your ELLIPTICAL CROSS TRAINER is for indoor use only and should NOT be used or stored in damp areas. Wipe all perspiration from your ELLIPTICAL CROSS TRAINER after each use.

For **SAFETY** inspect your ELLIPTICAL CROSS TRAINER on a regular basis, we suggest every 2~3 weeks.

SPECIAL ATTENTION TO COMPONENTS MOST SUSCEPTIBLE TO WEAR

Dual Action Handle Bar

These parts are assembled by the consumer and should be checked regularly. Make sure that all Nut & Bolts are tight and firm.

Stationary Handle Bar

These parts are assembled by the consumer and should be checked regularly. Make sure that all Bolts are tight and firm.

Foot Pedals

These parts are assembled by the consumer and should be checked regularly. Make sure that all Knobs are tight and firm.

Stabilizers

These parts are assembled by the consumer and should be checked regularly. Make sure that all Bolts are tight and firm.

The 3x Pivot Points

All Pivot Points are a special design, incorporating a space age plastic with lubricate built inside. The Pivot Points are also pre-greased by the Manufacturer & will last a lifetime under normal use.

If you wish to grease the 3x Pivot Points, use a good quality grease that is friendly to plastic (some greases destroys plastic). Disconnect the Foot Pedal Tube and the Dual Action Arms Grease the moving parts & reassemble.

All Fasteners [Nuts, Bolts, Screws and Clips]

Regularly check tightness of Nuts, Bolts, Screws and Clips etc.

General Information

The ELLIPTICAL CROSS TRAINER is designed for Home Use ONLY & should not be used in a commercial environment.

The official maximum load is 180kg, but the ELLIPTICAL CROSS TRAINER has been tested far beyond that limit.

The ELLIPTICAL CROSS TRAINER has been tested and certified according to the European Norm Standard EN 957 Part 1 & 9, Class H.A.

The braking system is Speed Independent.

In the unlikely event that your ELLIPTICAL CROSS TRAINER needs servicing, repairs or something is missing or broken then contact your local dealer as soon as possible. They should be able to help you immediately with any and all problems you have. If for any reason that you are unsatisfied with the level of service or are unhappy with their cooperation, then you can contact the manufacture directly at the following contact details.

Pro Gym Co Taiwan Ltd
Sales@infinitifit.com
www.infinitifit.com

It is important to keep your Purchase Receipt !, As you may be asked to produce it to authenticate your Warranty.

The Warranty terms are provided by your dealer.

It is also important to state which Model you have, the ELLIPTICAL CROSS TRAINER Model Number is VG50.

Please continue to read the Owner's Manual and all safety instructions thoroughly to familiarize yourself with the ELLIPTICAL CROSS TRAINER before using it.

See ELLIPTICAL CROSS TRAINER ASSEMBLY INSTRUCTIONS for Parts List and Exploded Drawing.

HOW YOUR ELLIPTICAL CROSS TRAINER WORKS

The ELLIPTICAL CROSS TRAINER allows your feet to move in a natural elliptical path, minimizing the impact on your hips, knees and ankles.

The ELLIPTICAL CROSS TRAINER provides smooth, quiet and variable exercise capabilities with:

Dual Action Handles for total body workout.

Specially designed Dual Action Handlebar Knobs maximizing comfort and range.

Stationary Handlebar for stability and glute workout.

Extra large fully Adjustable Foot pedals with non-slip mat for different foot positions and workout intensities.

Dual Action Arm Height Adjustment to vary the elliptical shape, feeling & workout intensity plus it allows you to customize your ELLIPTICAL CROSS TRAINER to your own personal level.

Strong Frame using 40 x 80 x 3mm Base Tube.

Hutchinson Flexonic Belt PJ7 POLY-V Belt that never needs adjusting.

Water Bottle with Holder.

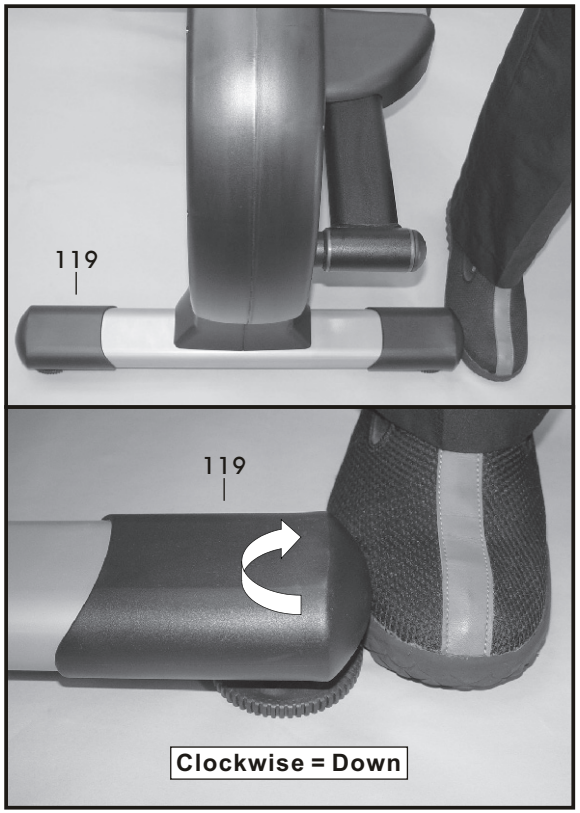
ELLIPTICAL CROSS TRAINER PARTS IDENTIFICATION

SETTING UP YOUR ELLIPTICAL CROSS TRAINER

Height Adjuster Cap

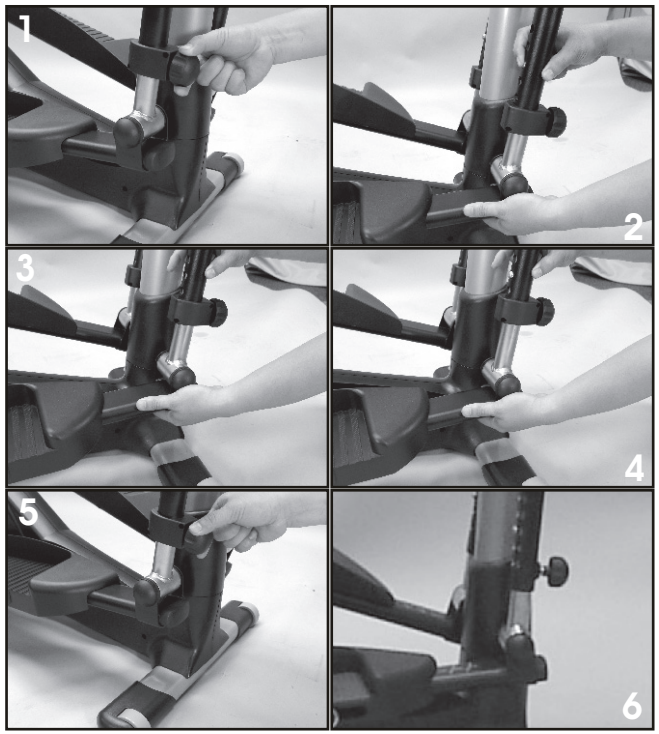
IMPORTANT:

Clear a workout area 2 x 2.5 Meters before setting-up your ELLIPTICAL CROSS TRAINER. Ensure the floor is solid and level.



1. To stabilize your ELLIPTICAL CROSS TRAINER make sure the Left & Right FRONT STABILIZER WHEEL CAPS [112 & 113] are touching the ground.
2. Determine which side of the REAR STABILIZER [3] is off the ground to adjust the appropriate HEIGHT ADJUSTER CAP with FOOT [114 & 119].
3. With the side of your foot, rotate the HEIGHT ADJUSTER CAP with FOOT [114 & 119] in a **Clockwise direction = Down**.

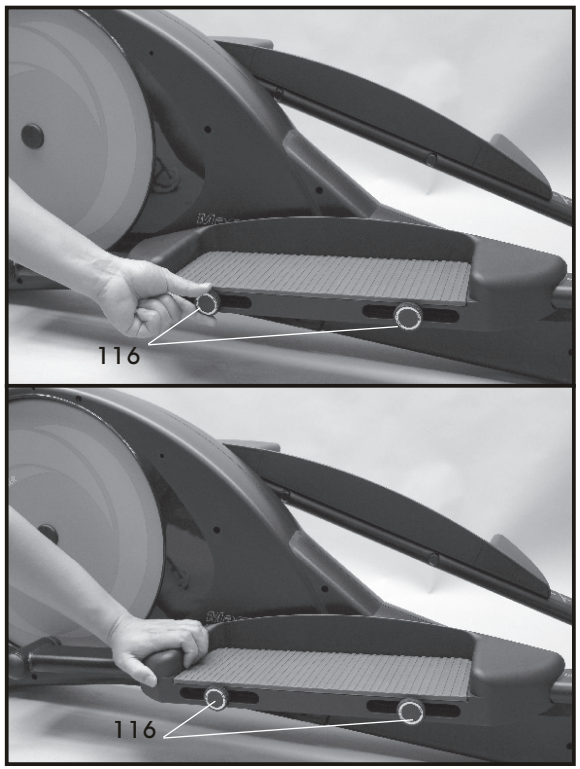
Dual Action Arm Height Adjustment



Dual Action Arm Height Adjustment allows you to vary the elliptical shape, feeling & workout intensity plus it allows you to customize your ELLIPTICAL CROSS TRAINER to your own personal level.

1. Loosen the HEIGHT ADJUSTMENT KNOB.
2. Hold the HEIGHT ADJUSTMENT TUBE then press the HEIGHT ADJUSTMENT BUTTON to the bottom.
3. Move the HEIGHT ADJUSTMENT TUBE up or down to your desired position (check that both the Right & Left sides are set to the same level).
4. Make Sure the HEIGHT ADJUSTMENT BUTTON POPS jump out of the dual action arm after you complete the adjustment.
5. Tighten the HEIGHT ADJUSTMENT KNOB.
6. You can start your workout now!

Footpedal Adjustment

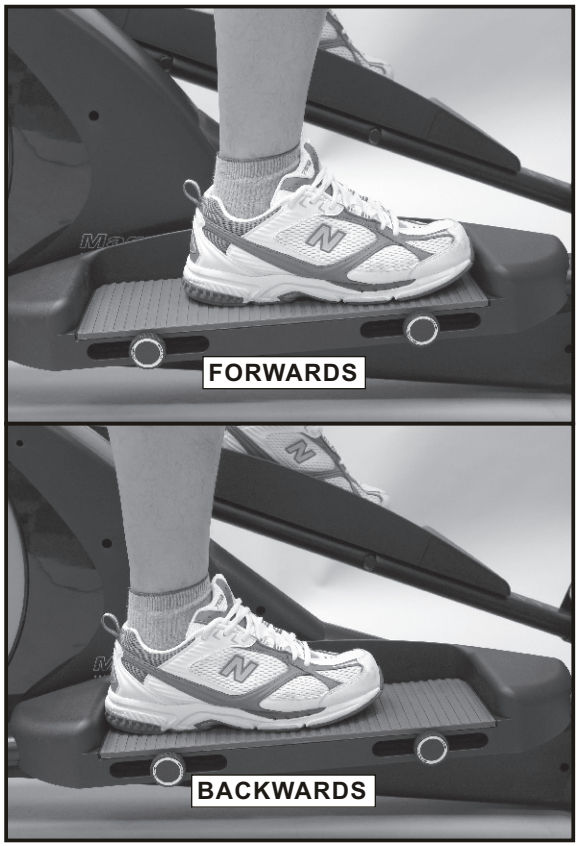


Extra large fully Adjustable Footpedals with non-slip mat for different foot positions and workout intensities.

1. Loosen 2 x ADJUSTABLE FOOTPEDAL KNOBS [116].
2. Slide the ADJUSTABLE FOOTPEDAL [115] to your desired setting using the number lables as a guide.
3. Tighten firmly both ADJUSTABLE FOOTPEDAL KNOBS [116].

SETTING UP YOUR ELLIPTICAL CROSS TRAINER

Feet Position

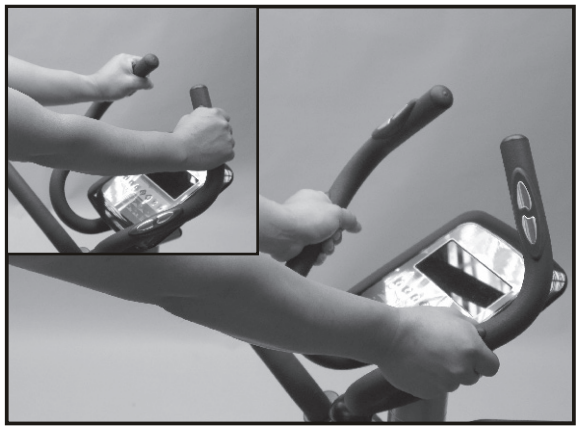


The ELLIPTICAL CROSS TRAINER FOOTPEDALS are extra long allowing variable foot positions depending on your preference.

The further back your feet are on the FOOTPEDAL, the greater the vertical height of the elliptical motion and the harder the workout.

Begin with your feet in the most forward position and move your feet to the position that feels most comfortable and best suits your capabilities.

Handlebars



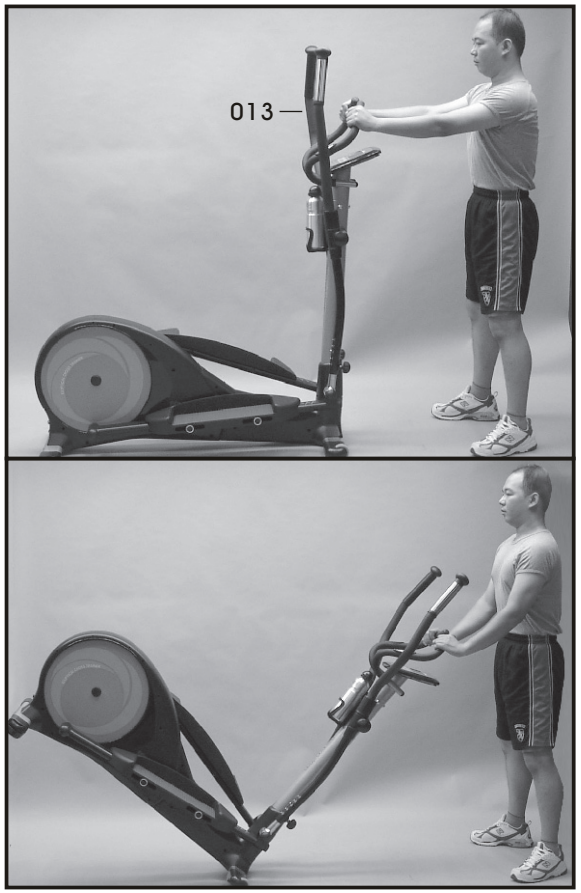
The ELLIPTICAL CROSS TRAINER comes with two DUAL ACTION HANDLEBARS on the STATIONARY HANDLEBARS.

IMPORTANT: Always hold the STATIONARY HANDLEBAR when getting ON and OFF. First time users should familiarize themselves with the STATIONARY HANDLEBAR first, and then progress to the DUAL ACTION HANDLEBARS.

Once you have familiarized yourself with using the ELLIPTICAL CROSS TRAINER, you can progress to using the DUAL ACTION HANDLEBARS to provide a total body workout.

Hands can be positioned on the DUAL ACTION HANDLEBARS at the most appropriate position for your height and arm length.

Transportation & Storage

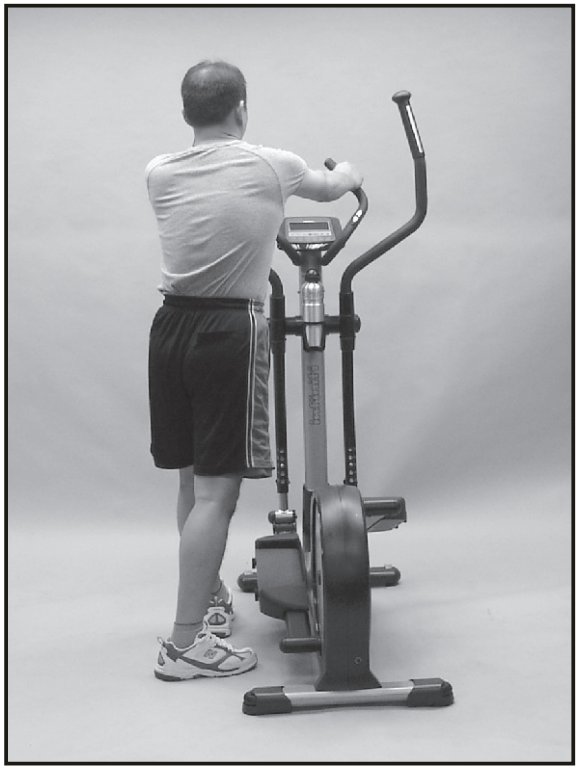


1. Move to the front of the machine and ensure the DUAL ACTION ARMS [007 & 008] are parallel with one Foot Pedal at the top of THE DISC COVER and other at the bottom.

2. Grasp the Stationary Handlebar with both hands and pull back and down, tipping the machine towards you.

3. Once balanced wheeling the machine is made easy with the special Soft PVC Tires on the Wheels to protect your floors.

ELLIPTICAL CROSS TRAINER EXERCISES Getting on Safely

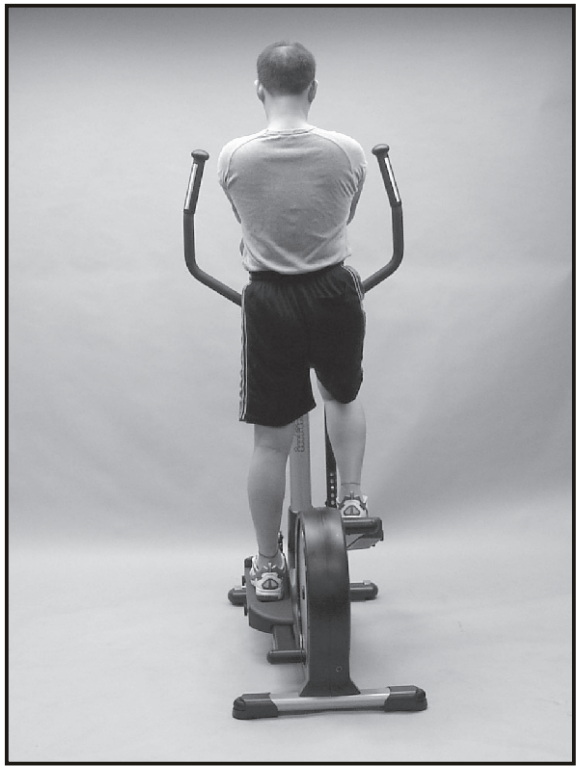


IMPORTANT: Care should be taken when getting ON or OFF your ELLIPTICAL CROSS TRAINER. Please follow the correct procedure below.

1. Ensure the LEFT FOOTPEDAL is in the lowest position.

2. Grasp the Stationary Handlebar with both hands.

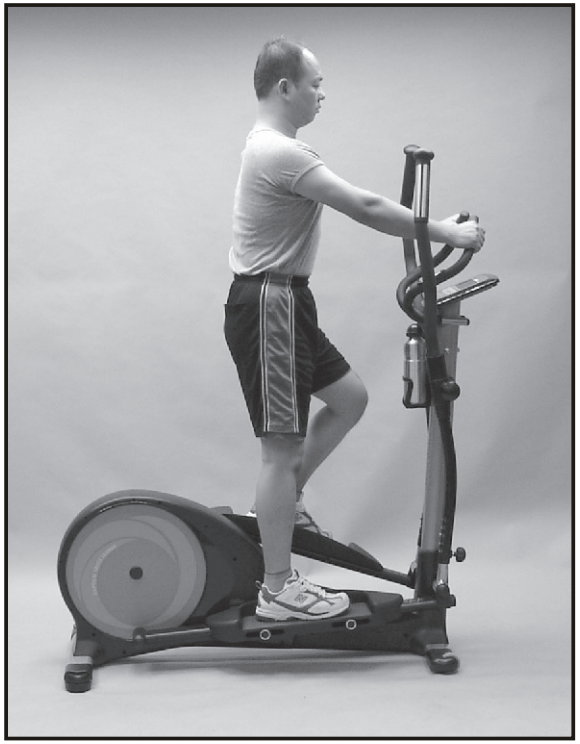
1. Place your left foot securely on the LEFT FOOTPEDAL.



1. Lift your right foot over machine and place on THE RIGHT FOOTPEDAL.

2. Get balanced and begin your workout.

Correct Position

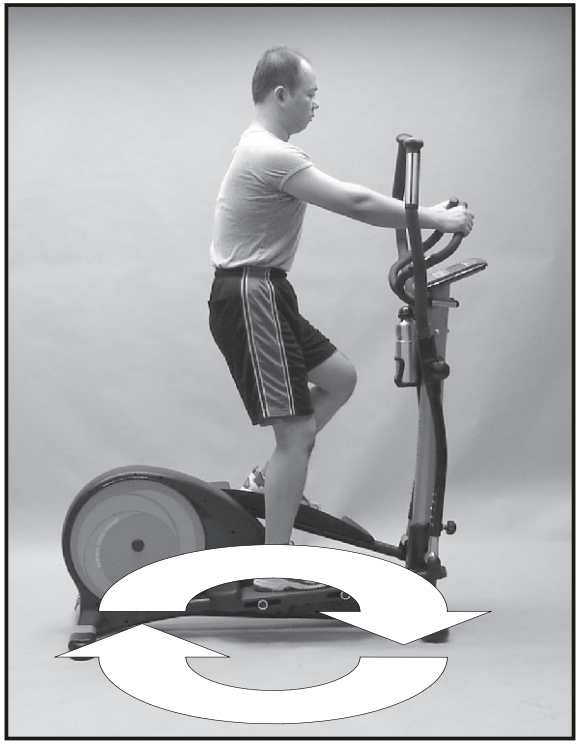


Always try and use the ELLIPTICAL CROSS TRAINER in a rhythmical and smooth motion.

Your body should be in an upright position so that your back is straight.

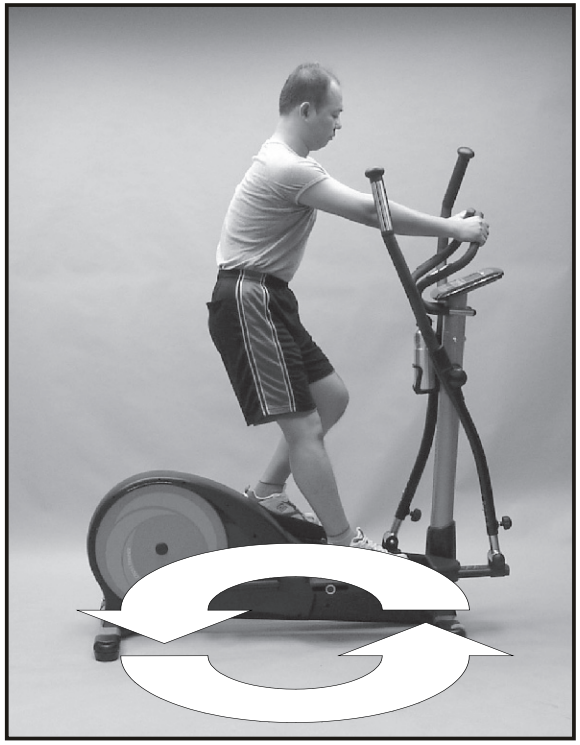
Keep your head up to minimize neck and upper back strain.

Forward



The ELLIPTICAL CROSS TRAINER can be used in a forward or reverse motion.

Reverse



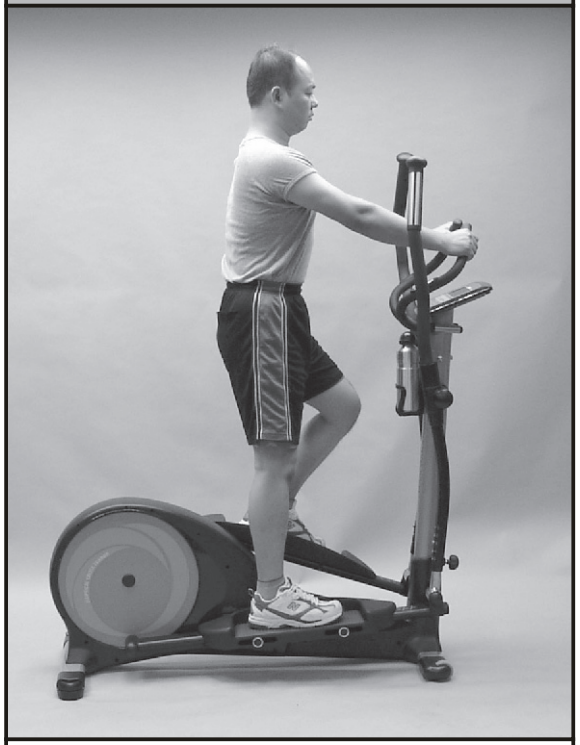
When going in reverse, bend your knees inwards slightly as this will put more emphasis on the buttocks and hamstrings.

ELLIPTICAL CROSS TRAINER EXERCISES

IMPORTANT: The ELLIPTICAL CROSS TRAINER can be used in a forward or reverse motion.

1 Basic Upright

Handle Bar : Stationary or Dual Action
Muscles Used: Thigh, Calf, Hamstring
Buttocks

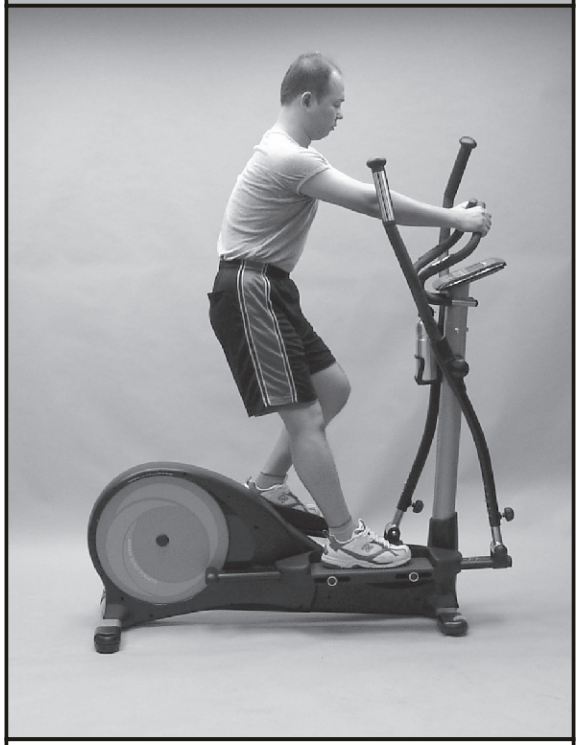


This position utilizes all the major muscle groups.

Keep your body in an upright position with your head up.

2 Hamstrings & Buttocks

Handle Bar : Stationary
Muscles Used: Thigh, Calf, Hamstring
Buttocks



Leaning back in a sitting type position concentrates the workout on the hamstrings and buttocks.

3 Thigh & Calf

Handle Bar : Stationary
Muscles Used: Thigh, Calf, Hamstring
Buttocks

Leaning forward on the ELLIPTICAL CROSS TRAINER concentrates the workout on your thighs (quadriceps) and calves.

ELLIPTICAL TRAINER WARRANTY

The manufacturer warrants that its products are free of defects in workmanship and materials, and will repair or replace defective parts, free of charge, for a period of one year from the date of purchase.

This warranty is valid only in accordance with the following conditions:

1. This warranty applies to the ELLIPTICAL TRAINER product only while the products remain in the possession of the original purchaser and proof of purchase is demonstrated.

2. This warranty applies to residential use only (unless specifically stated by the manufacturer to be warranted for institutional use) and is void when used in a non-residential environment.

3. This warranty excludes misuse, abuse, alteration, improper service, or non ELLIPTICAL TRAINER product modifications.

4. This warranty is in lieu of all warranties, expressed or implied, and/or all other obligations or liabilities on the part of the manufacturer, and we neither assume nor authorize any person to assume for us any other obligation or liability in connection with the sale of this product, Under no circum-stances shall the manufacturer be liable by virtue of this warranty or otherwise for damage to any person or property whatsoever for any special , indirect, incidental, secondary or consequential damage of any nature whatsoever arising out of the use or inability to use this product.