



FS3.0 ELLIPTICAL OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW ELLIPTICAL



Congratulations On Your New Elliptical and Welcome to the XTERRA Fitness Family!

Thank you for your purchase of this quality elliptical from **XTERRA Fitness**. Your new elliptical has been manufactured by one of the leading fitness manufacturers in the world. **XTERRA Fitness** will do all we can to make your ownership experience as pleasant as possible for many years to come. If you have questions, or if parts are missing or damaged, or you require customer service, call (870) 336-4286. Please have your model number and serial number handy when you call.

Please take a moment to record where you purchased your machine, as well as the date of purchase for future reference. We appreciate your confidence in **XTERRA Fitness** and we will always remember that you are the reason that we are in business. Please complete and mail your registration card today and enjoy your new elliptical.

Yours in Health,
XTERRA Fitness

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ATTENTION

THIS ELLIPTICAL IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS
WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS**
THIS WARRANTY IN ITS ENTIRETY.

Product Registration

Purchase Location _____

Purchase Date _____

Record Your Serial Number

Please record the Serial Number of this fitness product in the space provided below.

Serial Number _____

Register Your Purchase

The self-addressed product registration card must be completed in full and returned to **Xterra Fitness**. You can also go to **www.xterrafitness.com/warrantyreg.html** to register online.

Power

This product uses an external power supply. The power supply must be plugged into the power jack, located on the front of the unit near the stabilizer tube. Next, plug the power supply into the appropriate wall outlet. When not in use, it is recommended to unplug the power supply from the wall outlet.

IMPORTANT: If the product has been exposed to cold temperatures, allow the product sit in room temperature to warm up before plugging in the power supply. Failure to do so may result in damage to the display or electronic components.

IMPORTANT: Do not operate the product if the power supply, its plug, or its cord has been damaged.



Important Safety Instructions

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being use or where oxygen is being administered.
12. Connect this appliance to a properly grounded outlet only.
13. The appliance is intended for household use.

Fitness Equipment Safety Instructions

- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Keep hands away from all moving parts.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.

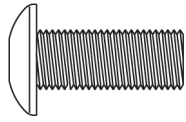
Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

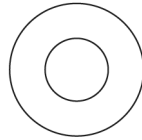
CAUTION!! Please be careful when unpacking the carton.

FS3.0 Assembly Pack Checklist

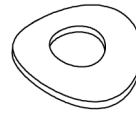
Hardware Step 1



#43. 5/16" x 3/4"
Button Head Socket
Bolt (4 pcs)



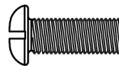
#44. 5/16"
Flat Washer
(8 pcs)



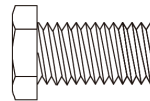
#45. 5/16"
Curved Washer
(1 pc)



#46. 5/16"
Split Washer
(9 pcs)

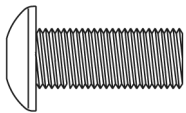


#53. M5 x 12mm
Phillips Head
Screw (4 pcs)

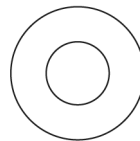


#102. 5/16" x 3/4"
Socket Head Cap
Bolt (9 pcs)

Hardware Step 2



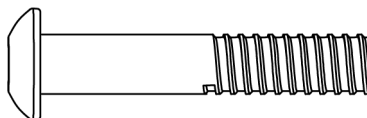
#43. 5/16" x 3/4"
Button Head Socket
Bolt (1 pc)



#100. 8.5 x 23 x 1.5T
Flat Washer
(1 pc)

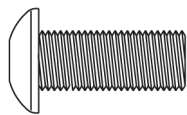


#55. 5/16"
Nyloc Nut
(2 pcs)

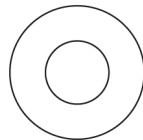


#56. 5/16" x 1-3/4"
Button Head Socket
Bolt (2 pcs)

Hardware Step 3



#43. 5/16" x 3/4"
Button Head Socket
Bolt (1 pc)



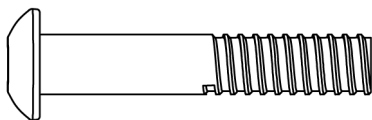
#100. 8.5 x 23 x 1.5T
Flat Washer
(1 pc)



#52. 5 x 12mm
Sheet Metal Screw
(4 pcs)

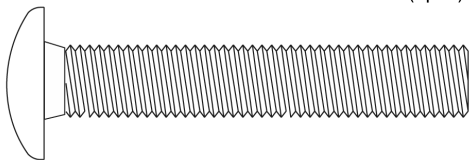


#55. 5/16"
Nyloc Nut
(2 pcs)



#56. 5/16" x 1-3/4"
Button Head Socket
Bolt (2 pcs)

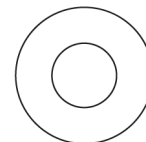
Hardware Step 4



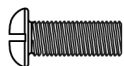
#29. 1/2" x 70mm
Carriage Bolt
(2 pcs)



#30. 1/2"
Nyloc Nut
(2 pcs)



#44. 5/16"
Flat Washer
(2 pcs)



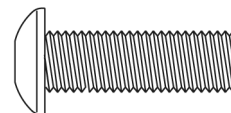
#53. M5 x 12mm
Phillips Head
Screw (2 pcs)



#46. 5/16"
Split Washer
(2 pcs)

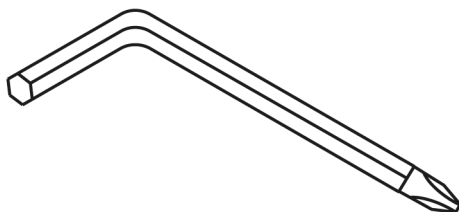


#52. 5 x 12mm
Sheet Metal Screw
(2 pcs)

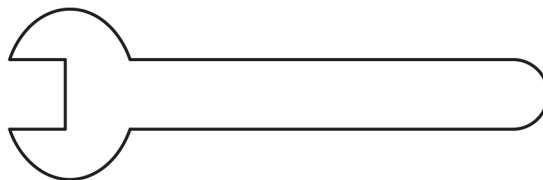


#98. 5/16" x 1"
Button Head Socket
Bolt (2 pcs)

Assembly Tools



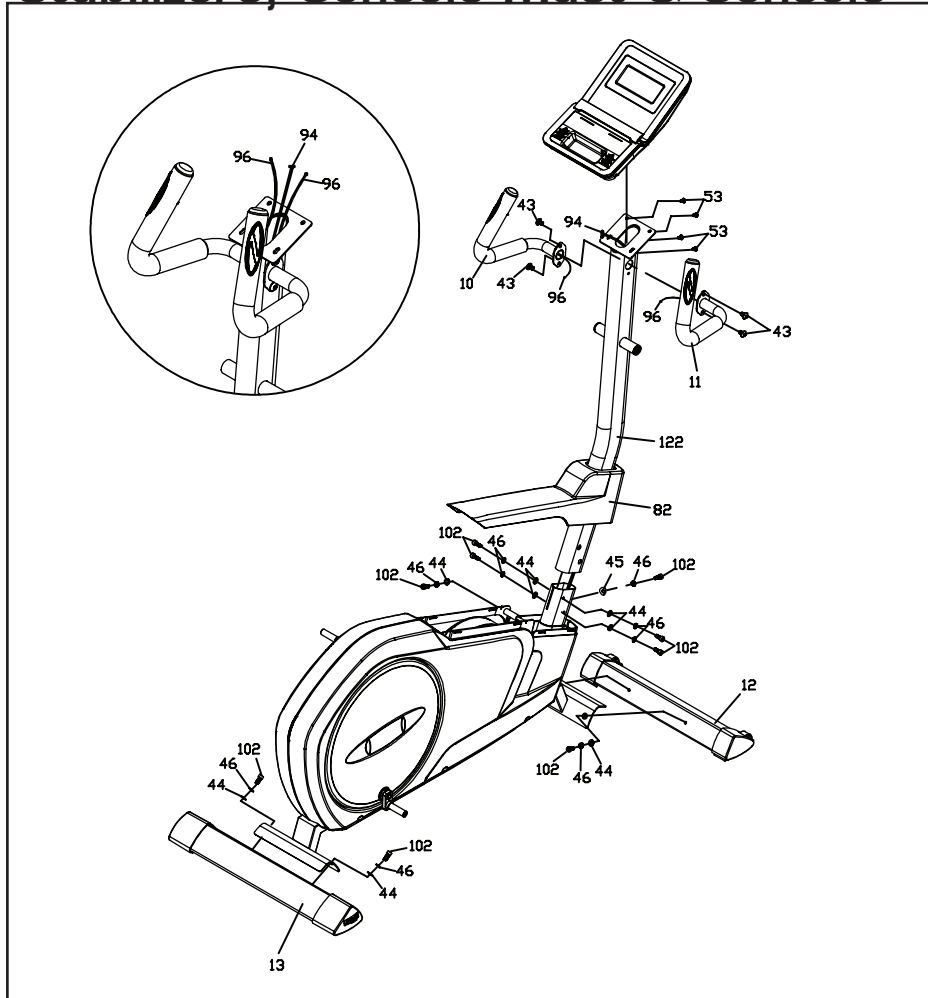
#68. Combination M5 Allen Wrench
& Phillips Head Screw Driver (2 pcs)



#69. 19mm Wrench

FS3.0 Assembly Instructions

1 Stabilizers, Console Mast & Console

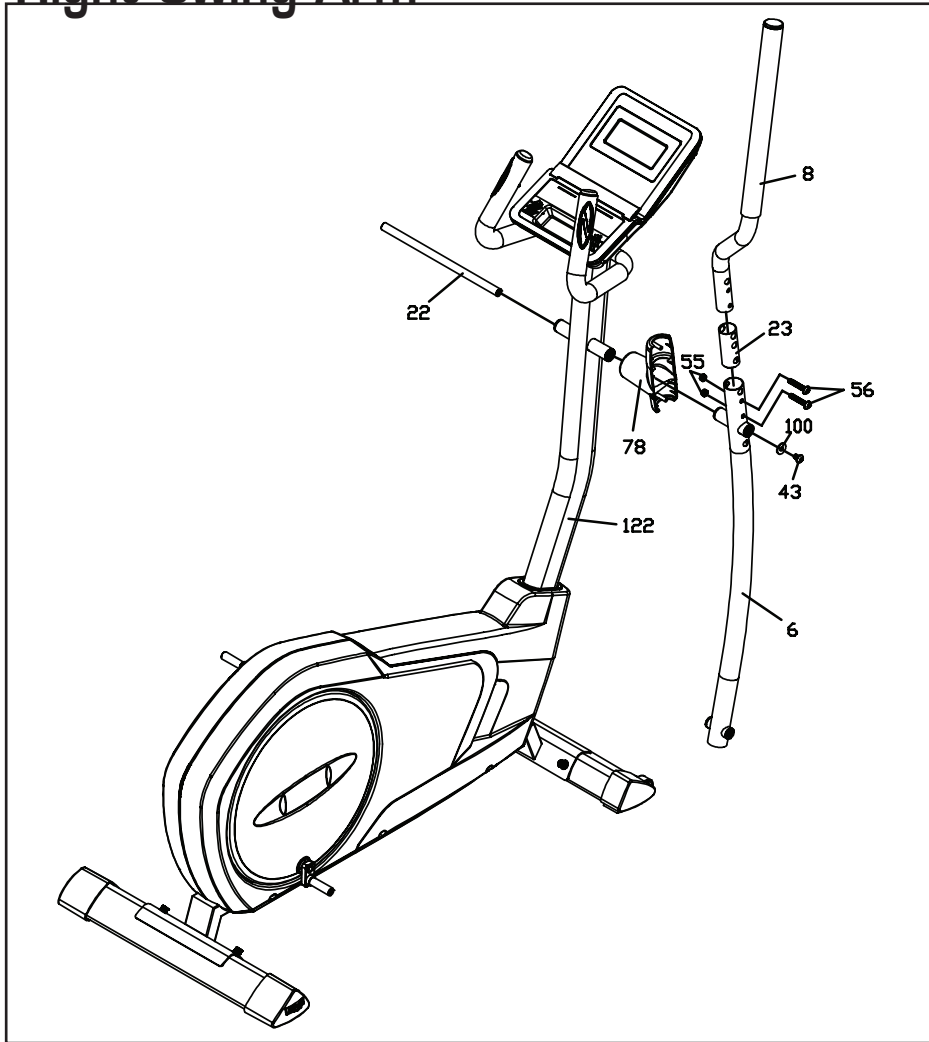


Hardware Step 1

- #43. 5/16" x 3/4" Button Head Socket Bolt (4 pcs)
- #44. 5/16" Flat Washer (8 pcs)
- #45. 5/16" Curved Washer (1 pc)
- #46. 5/16" Split Washer (9 pcs)
- #53. M5 x 12mm Phillips Head Screw (2 pcs)
- #102. 5/16" x 3/4" Socket Head Cap Bolt (9 pcs)

1. Locate the Console Mast (122) and slide on the Console Mast Cover (82). Make sure the cover is facing the correct direction, as shown, before sliding onto mast. Wrap the end of the wire tie that exits the bottom of the mast around Wire Harness (94) that sits in the console mast frame bracket. Slowly pull the wire tie and Wire Harness (94) up from the bottom of the mast through the top while setting the mast into the console mast frame bracket. Be careful when installing the console mast to the mainframe so as not to pinch or cut the wiring harness; damage to the electronics may occur.
2. Install the console mast on the mainframe with five Socket Head Cap Bolts (102), four Flat Washers (44), one Curved Washer (45), and five Split Washers (46). Tighten using the Allen Wrench (103). Snap the Console Mast Cover (82) in place against the plastic covers below.
3. Route the hand pulse wires (96) from the stationary handle bars (10, 11) through the Console Mast (9) as shown below. Attach the handles to the Console Mast (122) with four Button Head Socket Bolts (43). Use the M5 Allen Wrench (68) to tighten.
4. Connect the cables (94 & 96) to the Console (58) and install console onto the Mast (122) with four Phillips head screws (53). Tighten using the Phillips Head Screw Driver (68).
5. Secure the Front Stabilizer (12) and Rear Stabilizer (13) with four Socket Head Cap Bolts (102), four Split Washers (46) and four Flat Washers (44). Tighten using the M5 Allen Wrench (103).

2 Right Swing Arm



Hardware Step 2

#43. 5/16" x 3/4"
Button Head Socket
Bolt (1 pc)

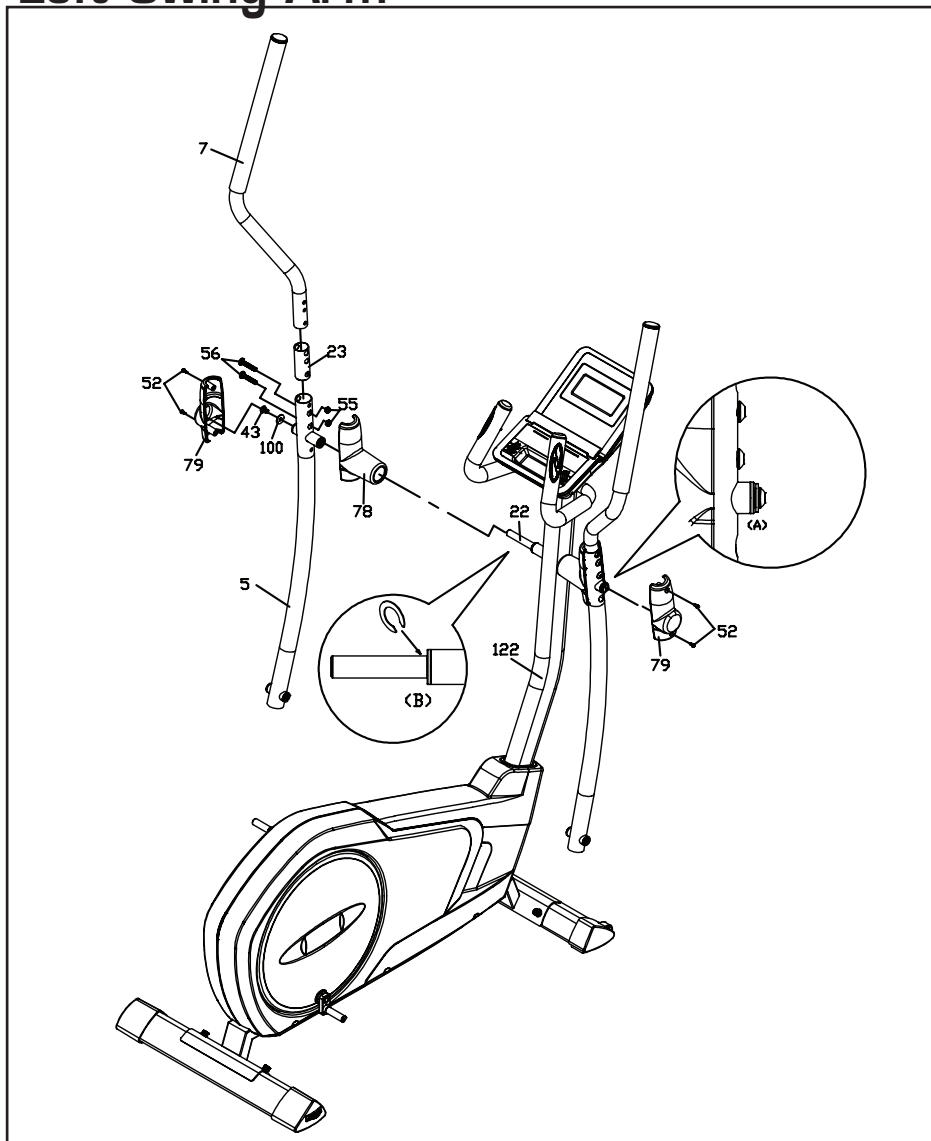
#55. 5/16"
Nyloc Nut (2 pcs)

#56. 5/16" x 1-3/4"
Button Head Socket
Bolt (2 pcs)

#100. 8.5 x 23 x 1.5T
Flat Washer (1 pc)

1. Locate the Right Swing Arm (Upper) (8) and slide it through the Swing Arm Bushing (23); secure it to the Lower swing arm (6) with two Button Head Socket Bolts (56) and two Nyloc Nuts (55). Tighten using M5 Allen Wrench (68)
2. Slide the Swing Arm Axle (22) through the console mast bushings, then through the Handle Bar Cover (78) and Lower swing arm (6). Attach with one Button Head Socket Bolt (43) and one Flat Washer (100). Tighten using the M5 Allen Wrenches (68).

3 Left Swing Arm



Hardware Step 3

#43. 5/16" x 3/4"
Button Head Socket
Bolt (1 pc)

#52. 5 x 12mm
Sheet Metal Screw
(4 pcs)

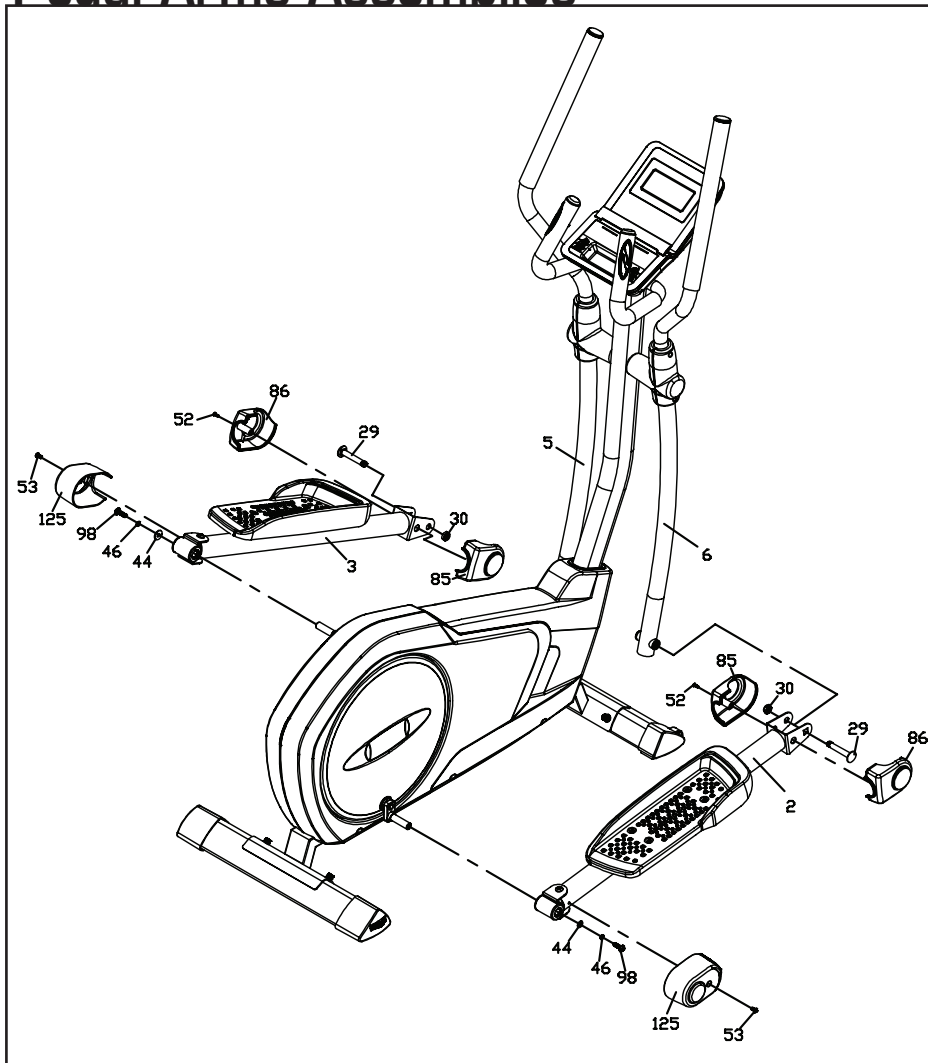
#55. 5/16"
Nyloc Nut (2 pcs)

#56. 5/16" x 1-3/4"
Button Head Socket
Bolt (2 pcs)

#100. 8.5 x 23 x 1.5T
Flat Washer (1 pc)

1. Locate the Left Swing Arm (Upper) (7) and slide it through the Swing Arm Bushing (23); secure it to the Lower swing arm (5) with two Button Head Socket Bolts (56) and two Nyloc Nuts (55). Tighten using M5 Allen Wrench (68).
2. Slide the Handle Bar Cover (78) and Lower swing arm (5) over the Swing Arm Axle (22). Attach with one Button Head Socket Bolt (43) and one Flat Washer (100). Tighten using the M5 Allen Wrenches (68).
Note: It is important to use two Wrenches (68), one on each end of the Axle (220), when tightening the Bolts (43).
Note: If there is a gap after assembling the swing arm, please install a C-ring at Location B as shown above.
3. Install the outer covers (79) with four Sheet Metal Screws (52). Tighten using the Phillips Head Screw Driver (68).

4 Pedal Arms Assemblies



Hardware Step 4

- #29. 1/2" x 70mm Carriage Bolt (2 pcs)
- #30. 1/2" Nyloc Nut (2 pcs)
- #44. 5/16" Flat Washer (2 pcs)
- #46. 5/16" Split Washer (2 pcs)
- #52. 5 x 12mm Sheet Metal Screw (2 pcs)
- #53. M5 x 12mm Phillips Head Screw (2 pcs)
- #98. 5/16" x 1" Button Head Socket Bolt (2 pcs)

1. Locate the Right side Pedal Arm Assembly (2) and install onto the pedal axles' large rotating wheel at the rear of the elliptical. Attach with one Button Head Socket Bolt (98), one Split Washer (46) and one Flat Washer (44). Use the M5 Allen Wrench (68) to tighten.
2. Locate the Carriage Bolt (29) and slide it through the bracket at the front of the Pedal Arm Assembly (2) and Lower swing arm (6). Fasten a Nyloc Nut (30) to the carriage bolt (29) with the 19mm Wrench (69).
3. Attach the Pedal Arm Covers (85, 86) onto the Pedal Arm Assembly (2) with one Sheet Metal Screw (52). Tighten using the Phillips Head Screw Driver (68).
4. Attach Rear Cover (125) onto the Pedal Arm Assembly (2) with one Phillips Head Screw (53). Tighten with Phillips Head Screw Driver (68).
5. Repeat the steps above for the left side pedal arm assembly.

Operation of Your Console

FS3.0 Console

3. M5 x 12mm
Phillips Head
Screw (2 pcs)



Button Functions

MODE: Used during setup, **MODE** is to confirm/enter all exercise data settings, and enter into the program.

RESET: Return to main function mode and reset all function values at zero.

START/STOP: To start or stop training.

RECOVERY: To test heart rate recovery status.

UP: To select training mode and adjust function value up.

DOWN: To select training mode and adjust function value down.

BODY FAT: For body fat measurement

Functions

TIME

Count up - No preset target. Time will count up from 00:00 to maximum 99:59 with each increment is 1 second.

Count down - If training with a preset time, the time will count down from the preset to 00:00. Each preset segment is 1 minute between 1:00 to 99:00.

SPEED

Display current training speed from 0.0 to maximum 99.9 ML or KM.

RPM

Display current training revolutions per minute.

DISTANCE

Count up - No preset target, Distance will count up from 0.00 to maximum 99.90 with each Increment 0.1 ML (mile) or KM (kilometer).

Count down - If training with preset target, Distance will count down from preset to 0.00. Each preset increment is 0.1 ML (or KM) between 0.00 to 99.90.

CALORIES

Count up - No preset target, Calories will count up from 0 to maximum 990 with each 1 calorie increment.

Count down - If training with preset target, Calories will count down from preset to 0. Each preset increment is 10 cal. from 0 to 990 cal.

PULSE

Displays the user's Pulse. User may set the target Pulse. The computer will beep to indicate the target has been reached.

WATT

Display current training Watt value (power output).

RECOVERY

After exercising for a period of time, keep holding on handgrips and press the "RECOVERY" key. All function displays will stop, except for "TIME" which will start counting down from 00:60 to 00:00. The screen will display your heart rate recovery status with the F1, F2... to F6. F1 represents the most efficient heart rate recovery, while F6 represents the most inefficient heart rate recovery. (Press the RECOVERY button again to return the main display.)

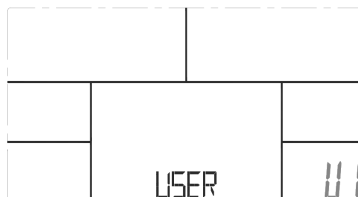
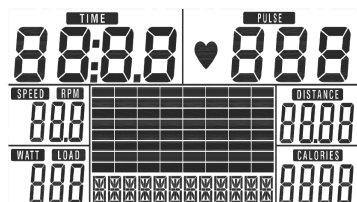
Program Operation

Operation

POWER ON

Plug in the power supply and the computer will power on and display all segments on the LCD for 2 seconds. Enter into user data setting mode (Age, Gender, Height, and Weight). After 4 minutes without pedaling or pulse input, the console will enter into power saving mode.

Press any key to bring back the display.



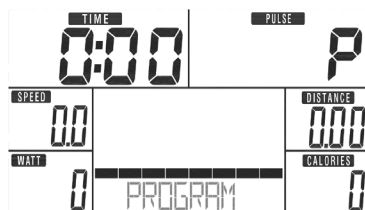
Training in Manual mode

1. Press **START** in main menu to start a workout in manual mode. Press **MODE** to enter.
2. Press Δ/∇ to select workout program. Choose Manual and press **MODE** to enter.
3. Use Δ/∇ arrows to preset TIME, DISTANCE, CALORIES, PULSE and press **MODE** to confirm.
4. Press the **START/STOP** key to start the workout. Press Δ/∇ to adjust the load level.
5. Press the **START/STOP** key to pause the workout. Press **RESET** to return to the main menu.



Training in Program mode

1. Use the Δ/∇ arrows to select the workout program. Press to enter.
2. Use the Δ/∇ arrows to preset workout TIME.
3. Press the **START/STOP** key to start the workout. Press Δ/∇ to adjust load level.
4. Press the **START/STOP** key to pause the workout. Press **RESET** to return to the main menu.



Training in User Program mode

1. Use the $\blacktriangle/\blacktriangledown$ arrows to select the workout program. Choose User and press **MODE** to enter.
2. Press the $\blacktriangle/\blacktriangledown$ arrows to set load level of each column, and press **MODE** enter and move to the next column. (Total column = 20)
3. Hold the **MODE** key to finish or quit setting.
4. Use the $\blacktriangle/\blacktriangledown$ arrows to preset workout TIME.
5. Press the **START/STOP** key to start the workout. Press $\blacktriangle/\blacktriangledown$ to adjust the load level.
6. Press the **START/STOP** key to pause the workout. Press **RESET** to return to main menu.

Training in H.R. mode

1. Use the $\blacktriangle/\blacktriangledown$ arrows to select the workout program. Choose H.R. and press **MODE** to enter.
2. Press $\blacktriangle/\blacktriangledown$ to select 55%, 75%, 90% or TAG (TARGET H.R.) (default: 100).
3. Use the $\blacktriangle/\blacktriangledown$ arrows to preset workout TIME.
4. Press the **START/STOP** key to start or stop the workout. Press **RESET** to return to main menu.



Training in Watt mode

1. Use the $\blacktriangle/\blacktriangledown$ arrows to select the workout program. Choose WATT and press **MODE** to enter.
2. Press $\blacktriangle/\blacktriangledown$ to preset the WATT target. (default: 120)
3. Use the $\blacktriangle/\blacktriangledown$ arrows to preset workout TIME.
4. Press the **START/STOP** key to start or stop the workout. Press **RESET** to return to main menu.

Recovery mode

1. Following your workout, press the **RECOVERY** key and hold on to the pulse hand grips.
2. TIME will display "0:60" (seconds) and count down.
3. After the countdown, the computer will show the results of your heart rate recovery status with values F1 to F6.

1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

Training in Body Fat mode

You may test BODY FAT when the computer is in the **STOP** mode. Please follow the steps below:

Step I - Make sure the personal data has been input accurately.

Step II - Press the BODY FAT button, and hold the handgrips to start body fat testing.

Step III -The symbol “- - - - -” will display while testing for a period of 8 seconds. After 8 seconds, you will see alternating readouts for BODY FAT percentage and BMI (body mass index). It is possible that you may see one of the following readouts:

1. “E-1” - When you see this indication, the grips did not get a consistent signal from your grips. Please try again.
2. “E-4” - When you see this indication, it means the BODY FAT exceeds the limits of the program.

After BODY FAT testing, press the BODYFAT button again to resume where you left off before testing. All the BMI & BODY FAT figures are estimates for your health. These figures are not for medical purposes, or treatment.

B.M.I (Body mass index) intergrated

B.M.I SCALE	LOW	LOW/MED	MEDIUM	MED/HIGH
RANGE	<20	20-24	24.1-26.5	26.5

BODY FAT

SYMBOL	-	+	▲	*
Fat% SEX	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE	<13%	23%-25.9%	26.%-30%	>30%
FEMALE	<23%	23%-35.9%	36%-40%	>40%

Note:

This product requires a 9V, 1000mA adaptor.

When the user stops pedaling for 4 minutes, the computer will enter into power save mode.

All user setting and exercise data will be stored until the user starts exercising again.

If the computer is acting abnormal, please unplug the adaptor and plug it in again.

Heart Rate

The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your predicted Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the predicted Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage of your MHR. Your heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat, while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their predicted target heart rate zone is calculated:

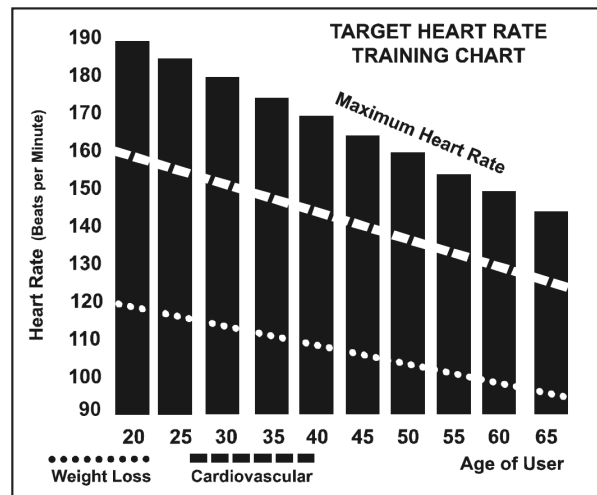
$$220 - 40 = 180 \text{ (maximum heart rate)}$$

$$180 \times .6 = 108 \text{ beats per minute} \\ \text{(60\% of maximum)}$$

$$180 \times .8 = 144 \text{ beats per minute} \\ \text{(80\% of maximum)}$$

So for a 40 year old the training zone would be 108 to 144 beats per minute.

If you enter your age during programming the console will perform this calculation automatically. After calculating your MHR you can decide upon which goal you would like to pursue.



The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

Rate of Perceived Exertion

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate all contribute to the intensity at which you should workout. If you listen to your body it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of Effort

- 6 Minimal
- 7 Very,very light
- 8 Very,very light +
- 9 Very light
- 10 Very light +
- 11 Fairly light
- 12 Comfortable
- 13 Somewhat hard
- 14 Somewhat hard +
- 15 Hard
- 16 Hard +
- 17 Very hard
- 18 Very hard +
- 19 Very,very hard
- 20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending on the factors discussed earlier. If your body is strong and rested, you will feel strong and your pace will feel comfortable. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel difficult. Again, this will show up in your RPE and you will train at the proper level for that day.

General Maintenance

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops, the main cause is most likely one of two reasons:
 - i. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. The majority of calls to the service department for noise issues can be traced to loose hardware or the rear rails being dirty.
 - ii. Dirt build-up on the rear rails and polyurethane wheels are also a source of noise. Noise from build-up on the rails can cause a thumping sound that you would swear is coming from inside the main body of the machine because noise travels and is amplified in the tubing of the frame. Clean the rails and wheels with a lint free cloth and rubbing alcohol. Stubborn build-up can be removed with your thumbnail or a non-metallic scraper, like the back edge of a plastic knife. After cleaning, apply a small amount of lubricant on the rails with your fingers or a lint free cloth. You only need a thin coat of lubrication, wipe off any excess.
3. If squeaks or other noises persist, check that the unit is properly leveled before calling the service department.

Elliptical Noises

Your new elliptical is engineered and manufactured to the strictest industry standards and tolerances. All elliptical trainers, no matter who the manufacturer, have a multitude of moving linkages and parts. Be aware that even with the tightest mechanical tolerances there still could be a slight amount of play between some parts. This inherent play can result in slight noises during use such as clicks and small thumps. Please expect that the elliptical will not be completely silent.

Engineering Mode

The console has built in maintenance/diagnostic software. The software will allow you to make changes to the console settings such as changing units from English to Metric or turning off the console beeps (if they are waking your family during your early morning workouts). To enter the Engineering Mode press and hold down the **Start**, **Stop** and **Enter** keys. Keep holding the keys down for about five seconds and the message window will display "Engineering Mode". Press the **Enter** key to access the menu below. Press the **Level Up/Down** keys to navigate the menu.

- a. Key Test - Allows you to test all the keys to make sure they are functioning
- b. Exit - Exits Engineering Mode
- c. Security - Allows you to lock the keypad so no unauthorized use is allowed. To turn on/off, press **Enter** and then press either **▲/▼** key to select desired status. When the child lock is enabled, the console will not allow the keypad to operate unless you press and hold the **Start** and **Enter** keys for three seconds to unlock the console.
- d. Functions - Press **Enter** to access settings, use **Level Up/Down** keys to navigate.
 - i. Odometer Reset - Reset the odometer
 - ii. Key Tone – Turns on/off the beep noise produced while pressing a key
 - iii. Manual – Allows stepping of the gear motor
 - iv. Motor Test - Continually runs the tensioning gear motor
 - v. Sleep Mode - On; when turned on the console will darken after 30 minutes of no use. When turned off the console will remain lit as long as the power is on
 - vi. Units - Set to English or Metric display readings

Manufacturer's Limited Warranty

Effective August 1, 2012 - ELLIPTICAL LIMITED WARRANTY

XTERRA Fitness Inc. warrants all its home use elliptical parts for a period of time listed below, from the date of retail sale, as determined by a sales receipt or in the absence of a sales receipt, eighteen (18) months from the original factory shipping date. XTERRA Fitness's responsibilities include providing new or remanufactured parts, at XTERRA Fitness's option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by XTERRA Fitness directly to a consumer. The warranty period applies to the following components:

Home Use Limited Warranty

Frame	Parts
5 Years	1 Year

NORMAL RESPONSIBILITIES OF THE CONSUMER

This warranty applies only to products in ordinary household use. The consumer is responsible for the items listed below:

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase to validate the manufacturer's limited warranty or register online at <http://www.xterrafitness.com/warrantyreg.html>.
2. Proper use of the elliptical in accordance with the instructions provided in this manual, including maintenance.
3. Proper connection to a power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house/facility wiring.
4. Expenses for making the elliptical accessible for servicing, including any item that was not part of the elliptical at the time it was shipped from the factory.
5. Damages to the elliptical finish during shipping, installation or following installation.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY. Note: Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Damages caused by services performed by persons other than authorized XTERRA Fitness service companies, use of parts other than original XTERRA Fitness parts, or external causes such as alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
3. Products with original serial numbers that have been removed or altered.
4. Products that have been; sold, transferred, bartered, or given to a third party.
5. Products that are used as store display models.
6. Products that do not have a warranty registration on file at XTERRA Fitness, Inc. XTERRA Fitness reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.

SERVICE

Keep your bill of sale. Twelve (12) months from the date on the bill of sale or eighteen (18) months from the date of factory shipping as determined by the serial number establishes the warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary from state to state. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized XTERRA Fitness dealer. OR
2. Contact your local authorized XTERRA Fitness service organization.
3. If there is a question as to where to obtain service, contact our service department at (870) 336-4286.
4. XTERRA Fitness's obligation under this warranty is limited to repairing or replacing, at XTERRA Fitness's option, the product through one of our authorized service centers. All repairs must be preauthorized by XTERRA Fitness. If the product is shipped to a service center freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for shipping and handling charges. The owner is responsible for adequate packaging upon return to XTERRA Fitness. XTERRA Fitness is not responsible for damages in shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
5. For any further information, or to contact our service department by mail, send your correspondence to:

XTERRA Fitness, Inc.
P.O. Box 2037
Jonesboro, AR 72402-2037

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by XTERRA Fitness, Inc. This warranty applies only in the 48 contiguous United States. NOTE: This does not apply to Alaska or Hawaii.

3000 Nestle Road Jonesboro, AR 72401 - Phone:870-336-4286 - Fax:870-935-7611