

Attention:
Please read all
instructions carefully
before using the
product.

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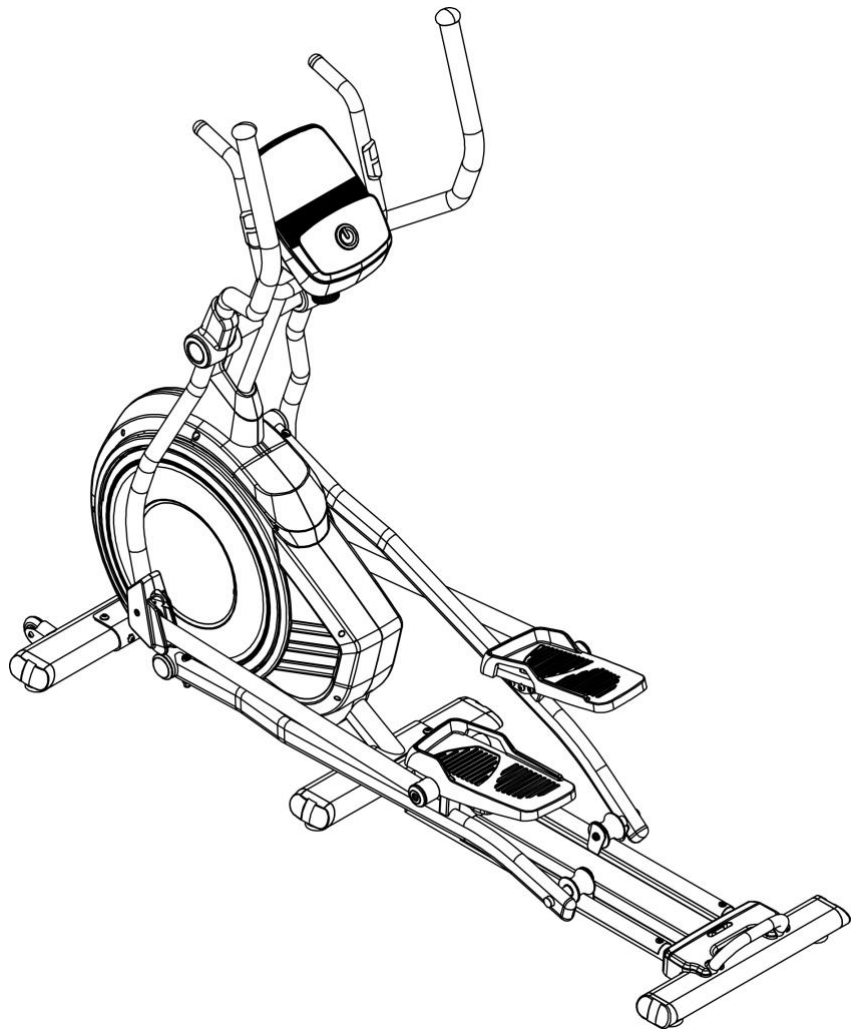
Model:
MD -170EF

Retain this
manual for
reference
2019-07-10

**OWNER'S
MANUAL**

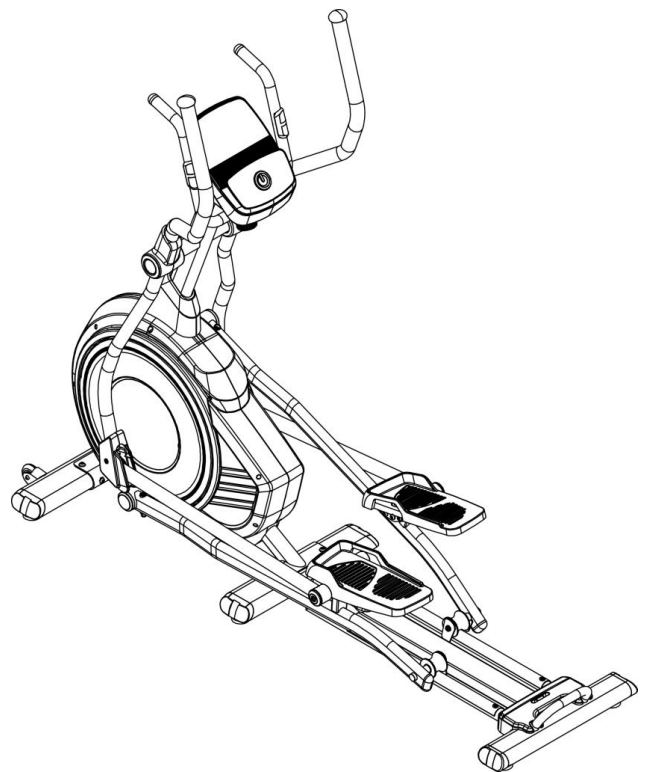
Muscle D

Light Commercial Elliptical Trainer (LC-ET170EF)



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Safety Information

To reduce the risk of serious injury, read the entire manual before you assemble or operate the machine, in particular, note the following safety precautions:

Assembly

- Check you have all the components and tools listed on pages 4 and 5, bearing in mind that, for ease of assembly, some components are pre-assembled.
- Keep children and animals away from the work area, small parts could choke if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- Position the equipment on a clear, level surface.
- Dispose of all packaging carefully and responsibly.

Using

- **Belt - driven** designed for this product, 35-40DB is available while exercising.
 - It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
 - This product is intended for **domestic and light commercial use only**.
- Do not** use in any commercial, rental, or institutional setting.
- Before using the equipment to exercise, always do stretching exercises to properly warm up.

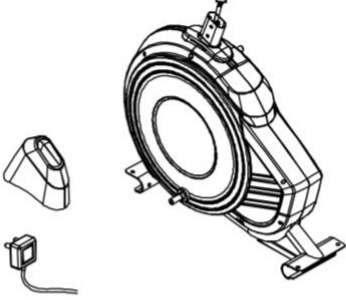
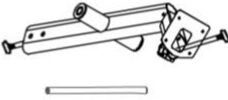
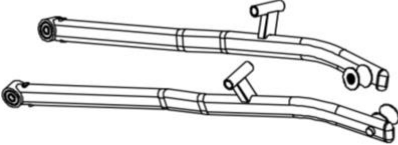
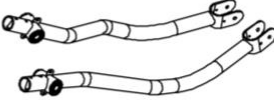

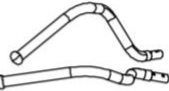





- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention**.
- Only one person at a time should use the equipment.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, since it may get caught in the equipment. Wear athletic shoes to protect your feet while exercising.
- **Do not** place any sharp objects around the equipment.
- Before you start exercise, adjust the left and right pedal straps to an appropriate tension in order to prevent your foot falling off when making pedaling. If you want to stop exercise, please brake at firstly, then make your foot away from the pedals only after the crank no longer running. Keep your foot away from the pedals and sharp components to avoid danger.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- This product is suitable for user's weight of: **136kgs**.



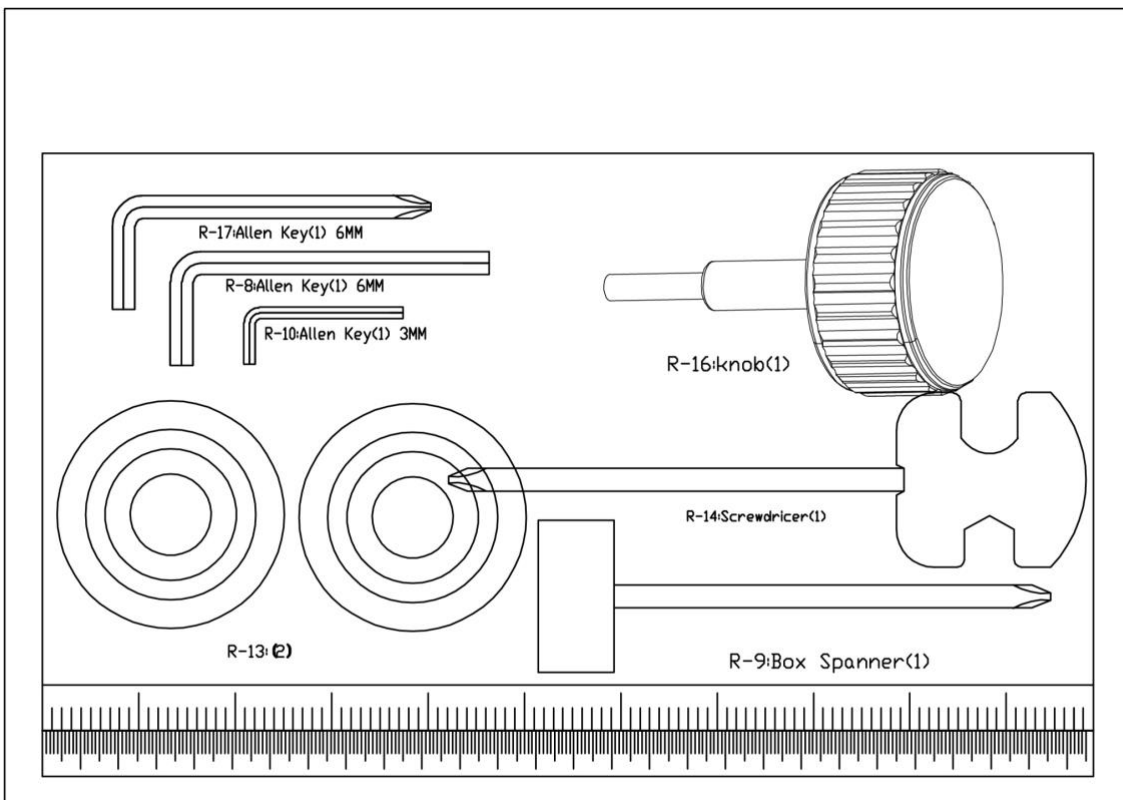
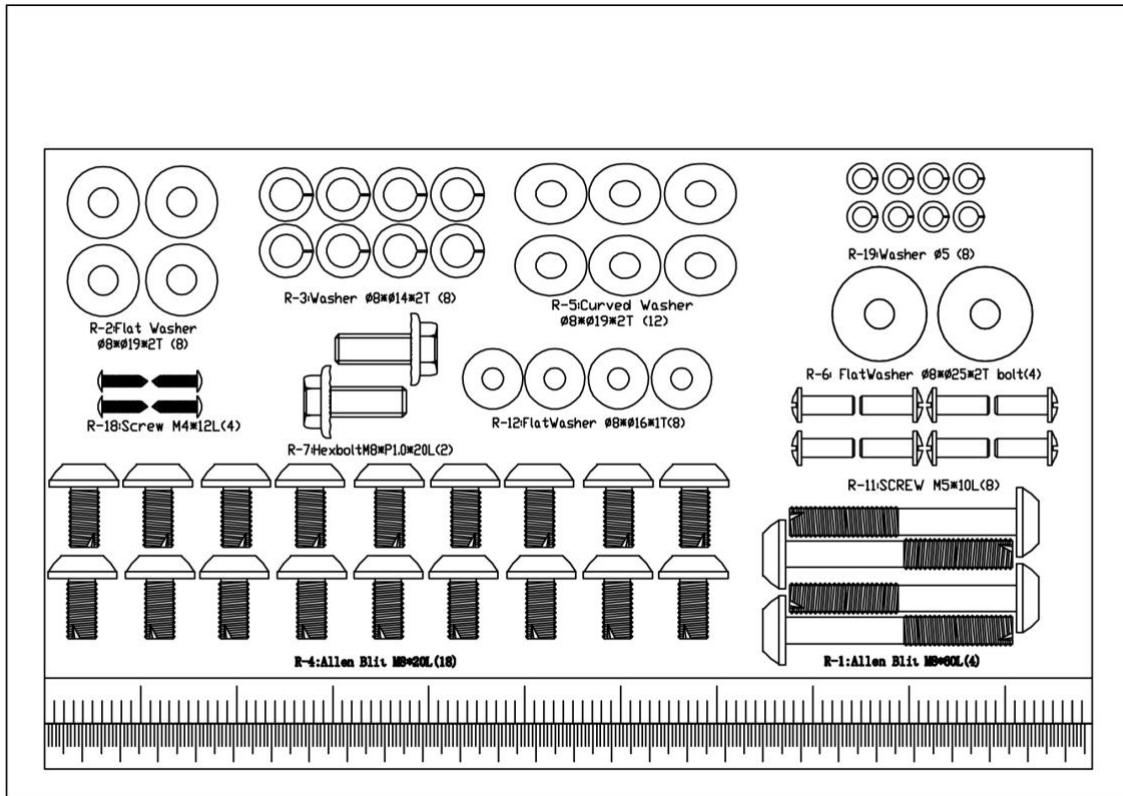
Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

Components - Parts

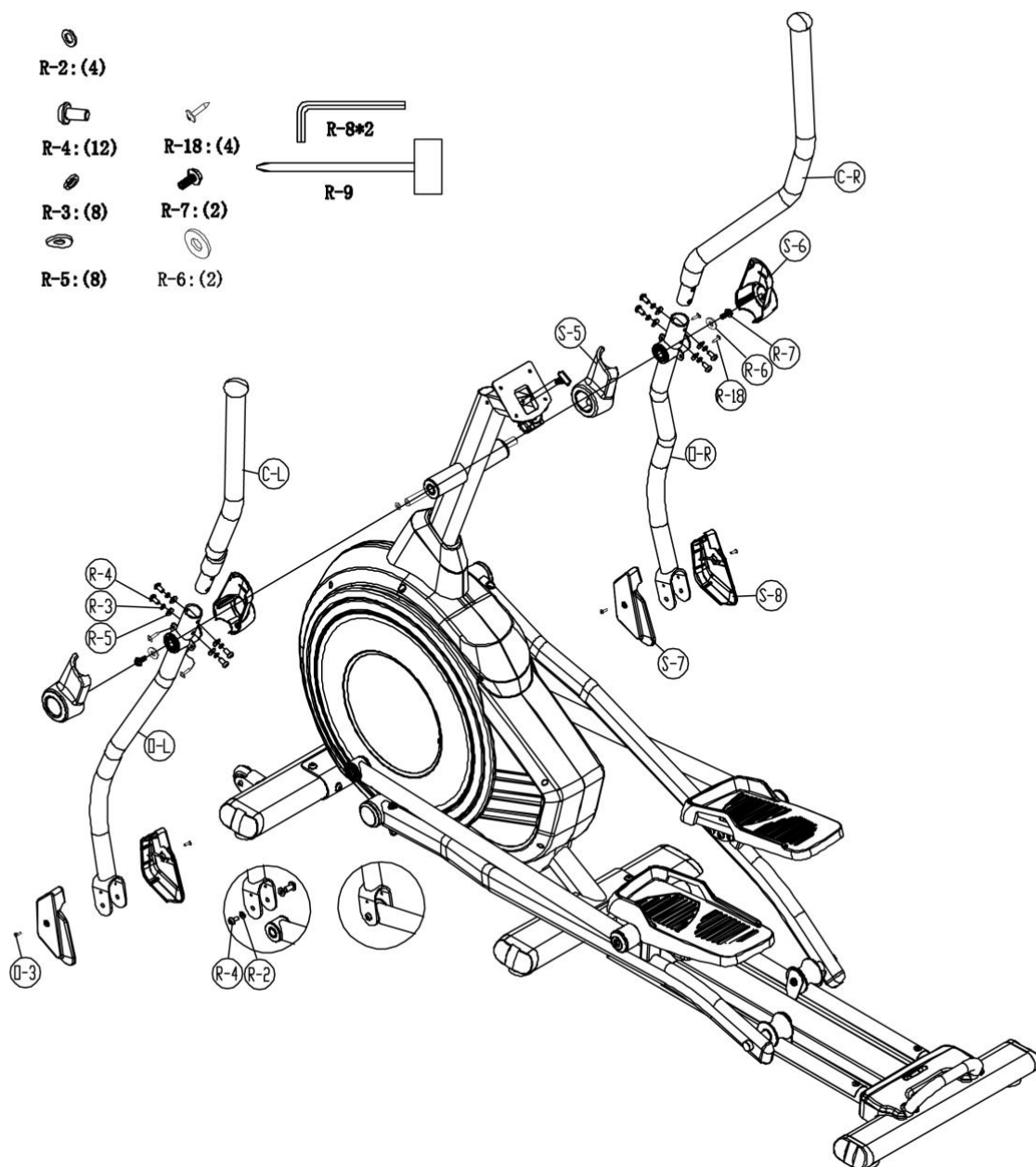
Please check you have all parts listing below

	<p>1/1</p>
	<p>1</p>
	<p>1/1</p>
	<p>1/1</p>
	<p>1/1</p>
	<p>1/1</p>
	<p>1</p>
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	<p>3/3</p>
	<p>1/1</p>

Components - Fixings



Assembly Instructions

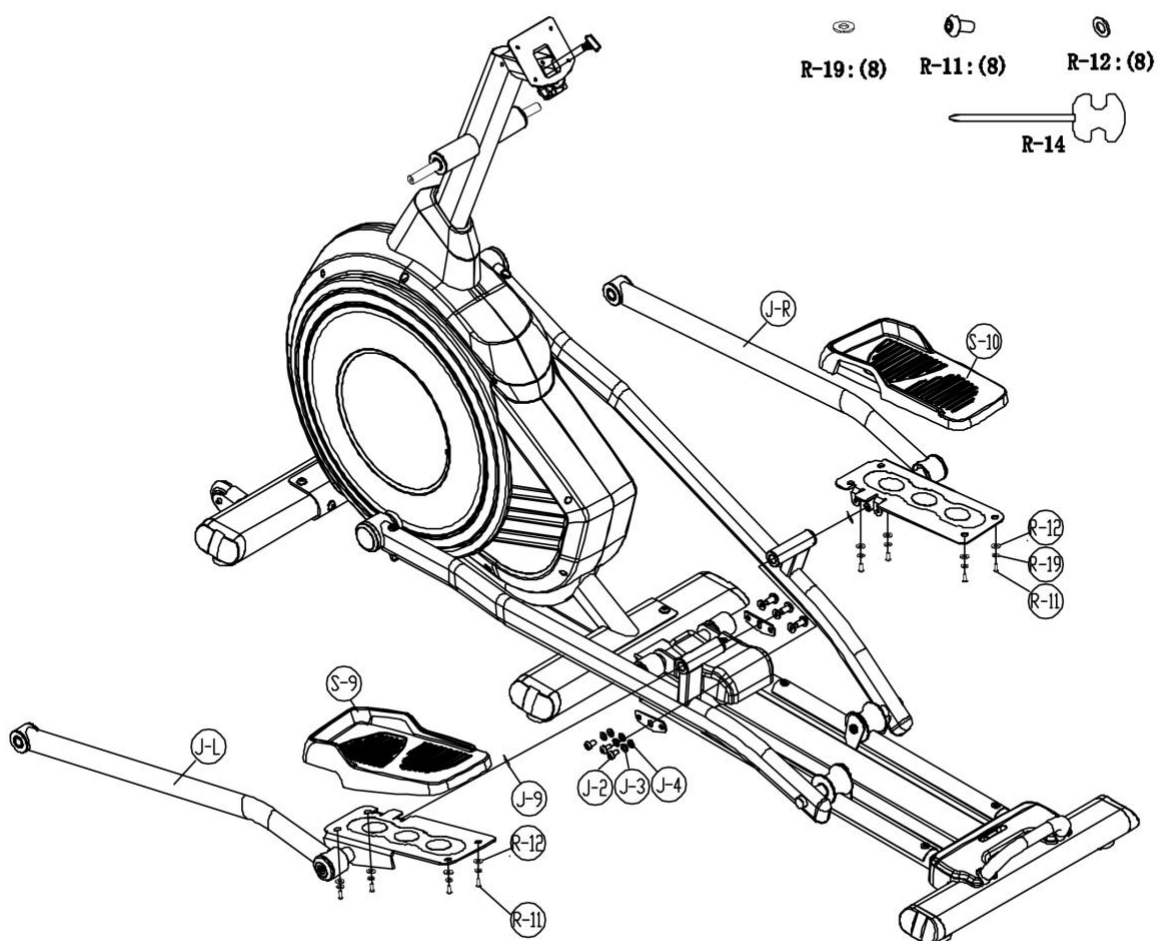


Step 1

1. Insert (C-L) into (D-L) and secure by using (R-3), (R-4), (R-5); then align holes with (S-5), (S-6) and secure by using (R-6), (R-7), (R-18).

2. Attach (S-7) and (S-8) to (D-L) using (D-3), (R-2), (R-4).

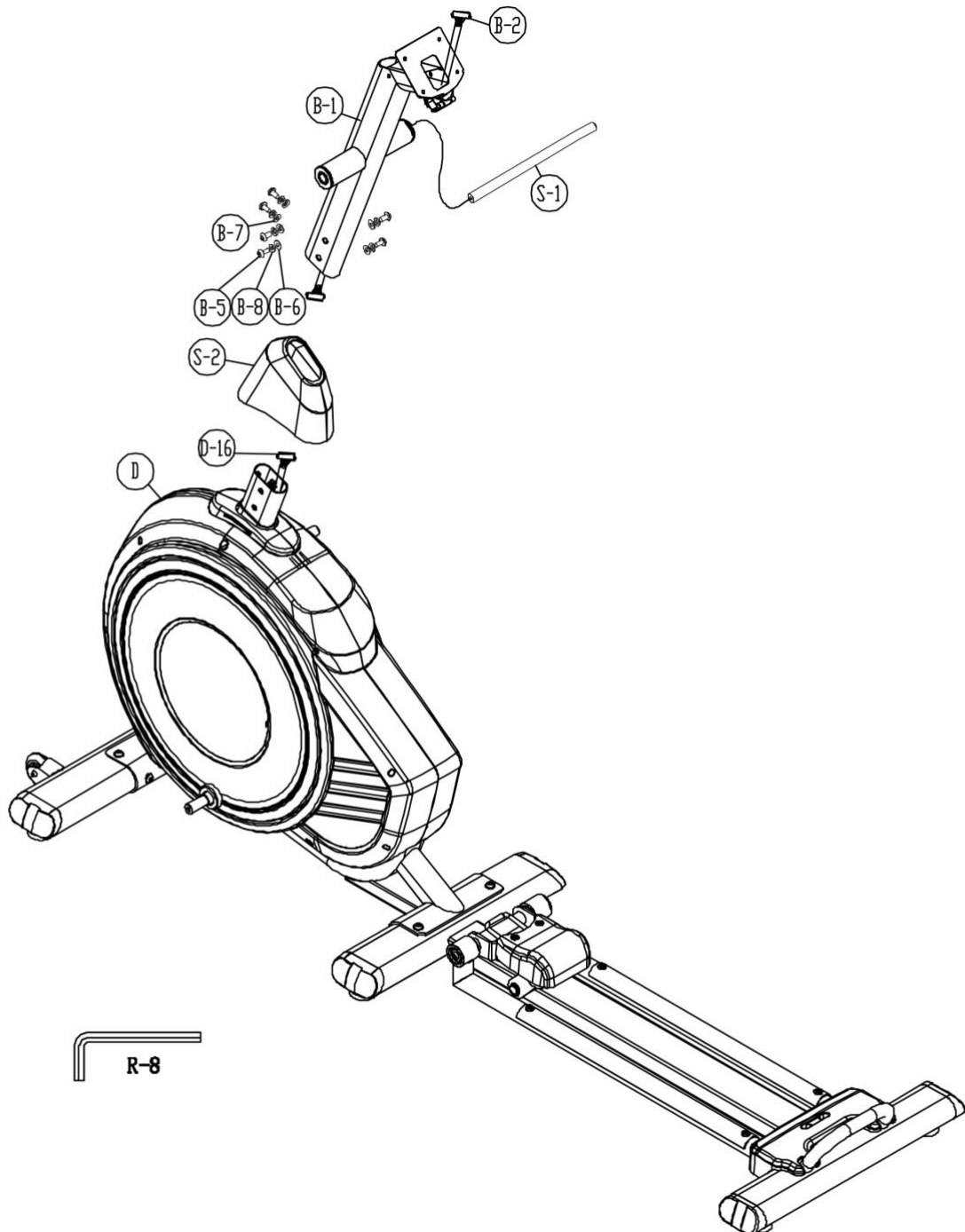
Assembly Instructions



Step 2

1. Attach (S-9) to (J-L) using (R-11), (R-12) and (R-19).
2. Attach (S-10) to (J-R) using (R-11), (R-12) and (R-19).
3. Respectively attach (J-L) and (J-R) to the main frame using (J-2), (J-3), (J-4) and (J-9).

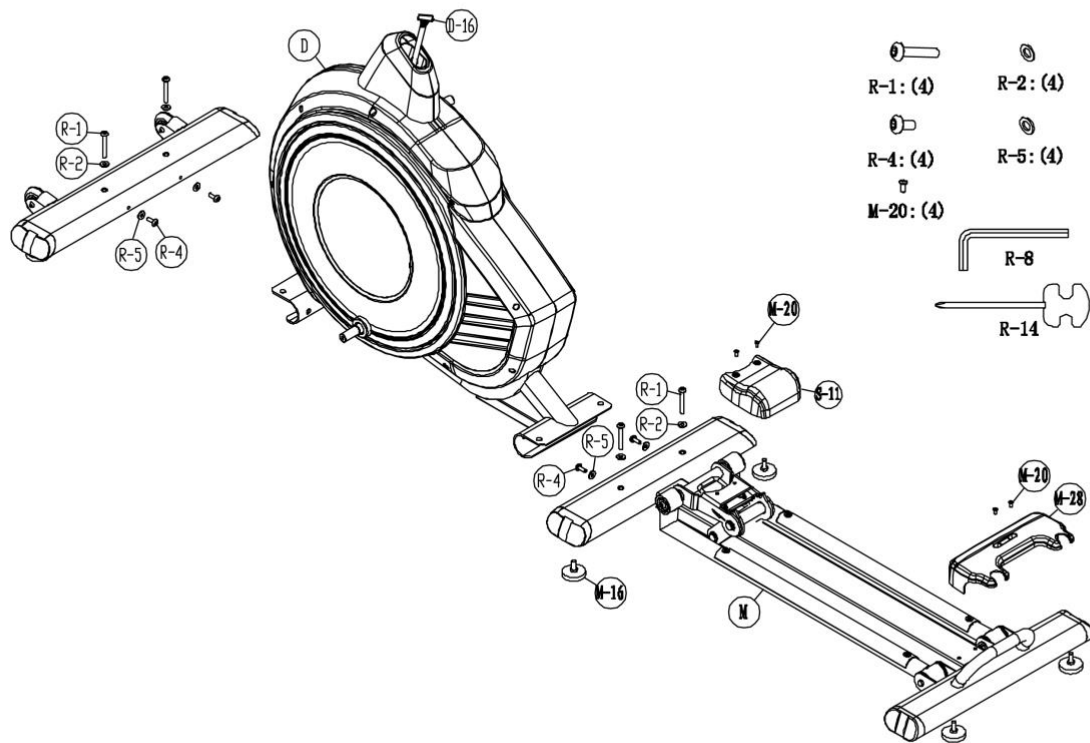
Assembly Instructions



Step 4

1. Connect the wire (**B-2**) to (**D-16**).
2. Attach the (**B-1**) to (**D**) using (**B-5**), (**B-6**), (**B-7**) and (**B-8**), then install the (**S-2**).

Assembly Instructions



Step 5

1. Attach (**N**) to (**D**) using (**R-1**), (**R-2**), (**R-4**) and (**R-5**).
2. Attach (**M**) to (**D**) using (**R-1**), (**R-2**), (**R-4**) and (**R-5**).
3. Attach (**M-28**) to (**M**) using (**M-20**).
4. Attach (**S-11**) to (**M**) using (**M-20**).

Computer Instruction

DISPLAY FUNCTIONS

ITEM	DESCRIPTION
TIME	Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 minute. Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 minute between 00:00 to 99:00.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
RPM	Displays the Rotation Per Minute. Display range 0~15~999
DISTANCE	Accumulates total distance from 0.00 up to 99.99 KM or ML. The user may preset target distance data by using UP/DOWN button. Each preset increment or decrement is 0.1KM or ML between 0.00 to 99.90.
CALORIES	Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
PULSE	User may set up target pulse from 0 - 30 to 230; and computer buzzer will beep when actual heart rate is over the target value during workout.
WATTS	Display current workout watts. Display range 0~999.
MANUAL	Manual mode workout.
BEGINNER	4 PROGRAM selection.
ADVANCE	4 PROGRAM selection.
SPORTY	4 PROGRAM selection.
CARDIO	Target HR training mode.
WATT PROGRAM	WATT constant training mode.

Computer Instruction

KEY FUNCTION

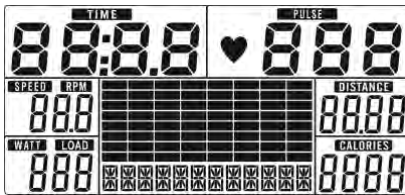
ITEM	DESCRIPTION
Up (Encoder)	Increase resistance level Setting selection.
Down (Encoder)	Decrease resistance level Setting selection.
Mode / Enter	Confirm setting or selection.
Reset	Press and hold for 2 seconds, computer will reboot and start from user setting. Reverse to main menu during preset workout value or stop mode.
Start/ Stop	Start or Stop workout.
Recovery	Test heart rate recovery status.
Body fat	In stop mode, press it for body fat measurement

Computer Instruction

OPERATION:

POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds (Drawing 1).



Drawing 1

WORKOUT SELECTION

Use UP or DOWN (Encoder) to select workout Manual (Drawing 2) → Beginner (Drawing 3) → Advance (Drawing 4) → Sporty (Drawing 5) → Cardio (Drawing 6) → Watt (Drawing 7).



Drawing 2



Drawing 3



Drawing 4



Drawing 5



Drawing 6



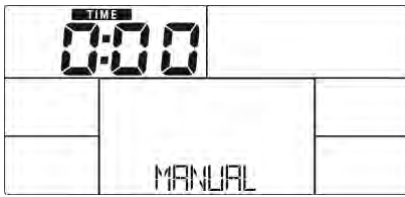
Drawing 7

Manual Mode

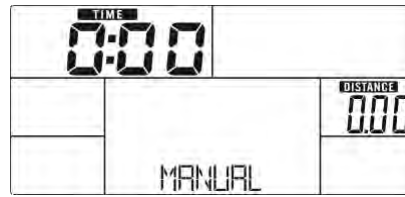
Press START in main menu may start workout in manual mode.

1. Use UP or DOWN (Encoder) to select workout program, choose Manual and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to set TIME (Drawing 8), DISTANCE (Drawing 9), CALORIES (Drawing 10), PULSE (Drawing 11) and press MODE / ENTER to confirm.
3. Press START/STOP keys to start workout. Use UP or DOWN (Encoder) to adjust load level. Load level display in WATT window, no adjusting for 3s, it will switch to display WATT (Drawing 12).
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.

Computer Instruction



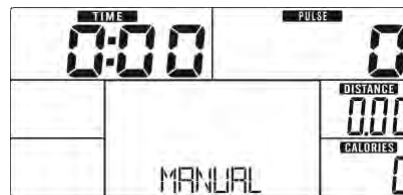
Drawing 8



Drawing 9



Drawing 10



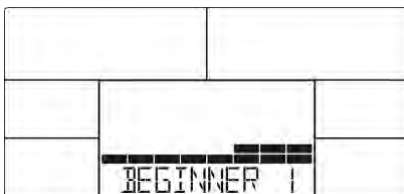
Drawing 11



Drawing 12

Beginner Mode

1. Use UP or DOWN (Encoder) to select workout program, choose Beginner mode and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to select Beginner program 1~4 (Drawing 13) and press MODE / ENTER to get into.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust load level.
5. Press START/STOP key to pause workout. Use RESET to reverse to main menu.

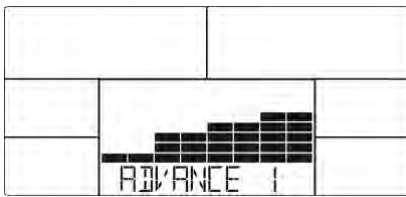


Drawing 13

Advance Mode

1. Use UP or DOWN (Encoder) to select workout program, choose Advance mode and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to select Advance program 1~4 (Drawing 14) and press MODE / ENTER to get into.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust load level.
5. Press START/STOP key to pause workout. Use RESET to reverse to main menu.

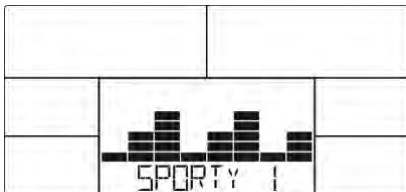
Computer Instruction



Drawing 14

Sporty Mode

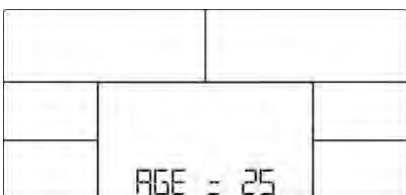
1. Use UP or DOWN (Encoder) to select workout program, choose Sporty mode and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to select Sporty program 1~4 (Drawing 15) and press MODE / ENTER to get into.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust load level.
5. Press START/STOP key to pause workout. Use RESET to reverse to main menu.



Drawing 15

Cardio Mode

1. Use UP or DOWN (Encoder) to select workout program, choose H.R.C. and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to set Age (Drawing 16).
3. Use UP or DOWN (Encoder) to select 55% (Drawing 17).75%.90% or TAG (TARGET H.R.) (default: 100).
4. Use UP or DOWN (Encoder) to set workout TIME.
5. Press START/STOP key to start or stop workout. Use RESET to reverse to main menu.



Drawing 16

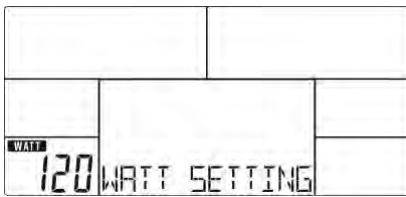


Drawing 17

Watt Mode

1. Use UP or DOWN (Encoder) to select workout program, choose WATT and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to set WATT target. (default: 120, Drawing 18)
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust Watt level.
5. Press START/STOP key to pause workout. Use RESET to reverse to main menu.

Computer Instruction



Drawing 18

RECOVERY

After exercising for a period, keep holding on hand grips or wearing chest strap and press RECOVERY key. All function display will stop except "TIME" starts counting down from 00:60 to 00:00 (Drawing 19). Screen will display your heart rate recovery status with the F1, F2... to F6. F1 is the best, F6 is the worst (Drawing 20). User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)



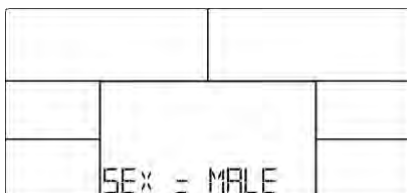
Drawing 19



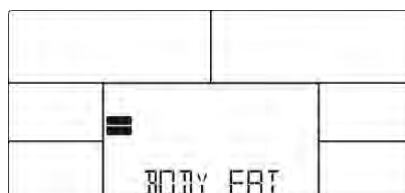
Drawing 20

BODY FAT

1. In STOP mode, press the BODY FAT key to start body fat measurement.
2. Console will remind to input user GENDER (Drawing 21), AGE, HEIGHT, WEIGHT, then begin to measure.
3. During measuring, users have to hold both hands on the hand grips. And the LCD will display "= = =" (Drawing 22) for 8 seconds until computer finish measuring.
4. LCD will display BODY FAT advice symbol, BODY FAT percentage (Drawing 23), BMI (Drawing 24) for 30 seconds.
5. Error message:
 - *The LCD displays "= = " "= =" (Drawing 25)—means not hand the grip or wear chest strap correctly.
 - *E-1—There is no heart rate signal input detected.
 - *E-4—Occurs when FAT% is below 5 or exceeds 50 and BMI result is below 5 or exceeds 50 (Drawing 26).

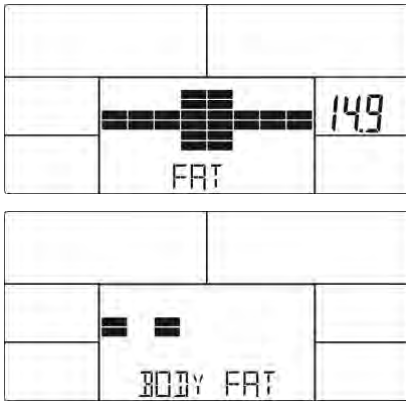


Drawing 21

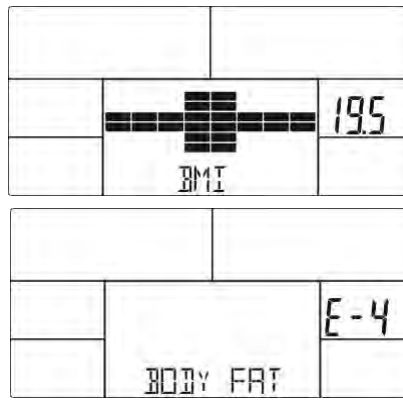


Drawing 22

Computer Instruction



Drawing 25



Drawing 26

Noted:

1. After 4 minutes without pedaling or pulse input, console will enter into power saving mode. Press any key may wake the console up.
2. When computer act abnormal, please plug out the adaptor and plug in again.

APP



1. This console can connect APP on the smart device by Bluetooth or Tunelinc.
2. Once console is connect to smart device via Bluetooth or Tunelinc, the console will power off.

Exercising Information

Before starting to exercise

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment; a few minutes per workout.

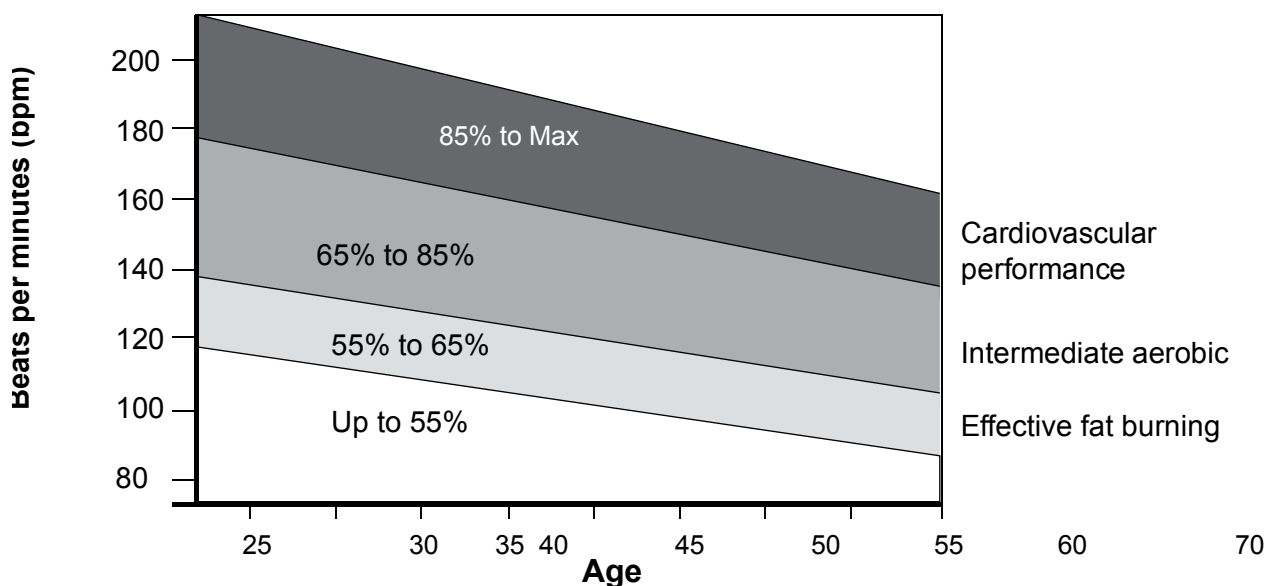
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone.

Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface at least 3 feet from walls and furniture.

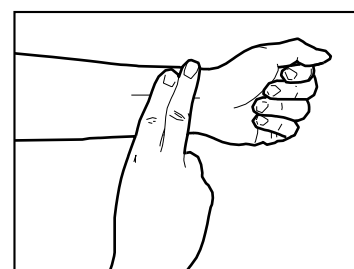
Exercise intensity

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.



During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



Exercising Information

Each workout should include the following three parts:

1. A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.
2. Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (**Note:** During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)
3. A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

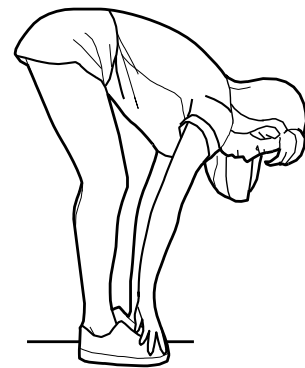
Toe touch stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible.

Hold for 15 counts, then relax

Repeat 3 times.

Stretches: Hamstrings, back of knees and back.



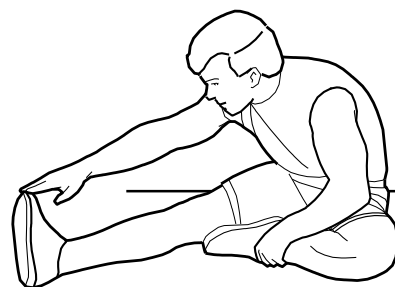
Hamstring stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible.

Hold for 15 counts, then relax

Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.



Exercising Information

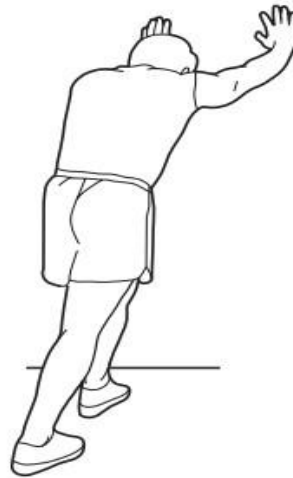
Calf/achilles stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall.

Hold for 15 counts, then relax.

Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.



Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly downward towards the floor, gently pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, then relax.

Repeat 3 times

Stretches: Quadriceps and hip muscles.



Inner thigh stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.

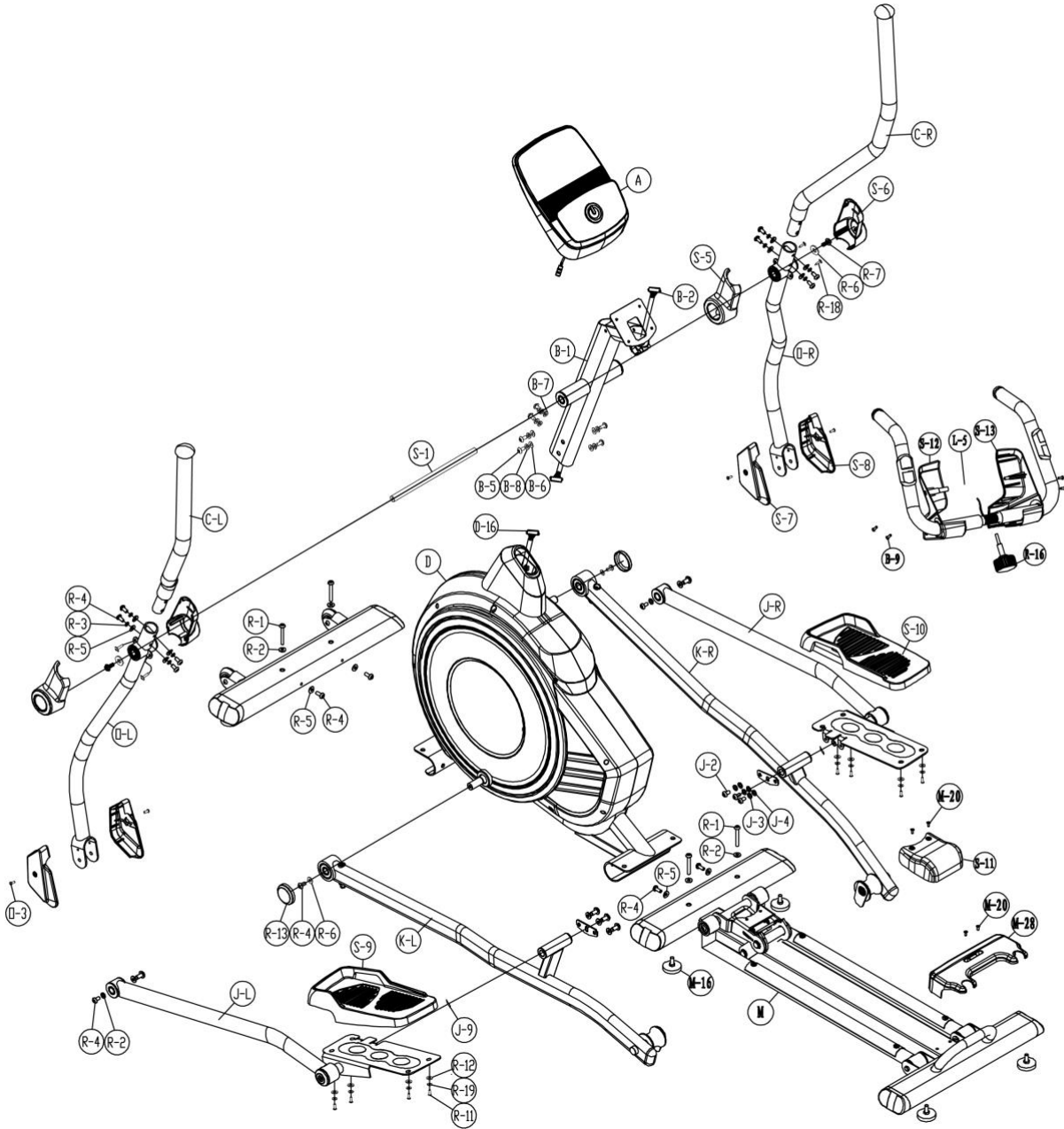
Hold for 15 counts, relax.

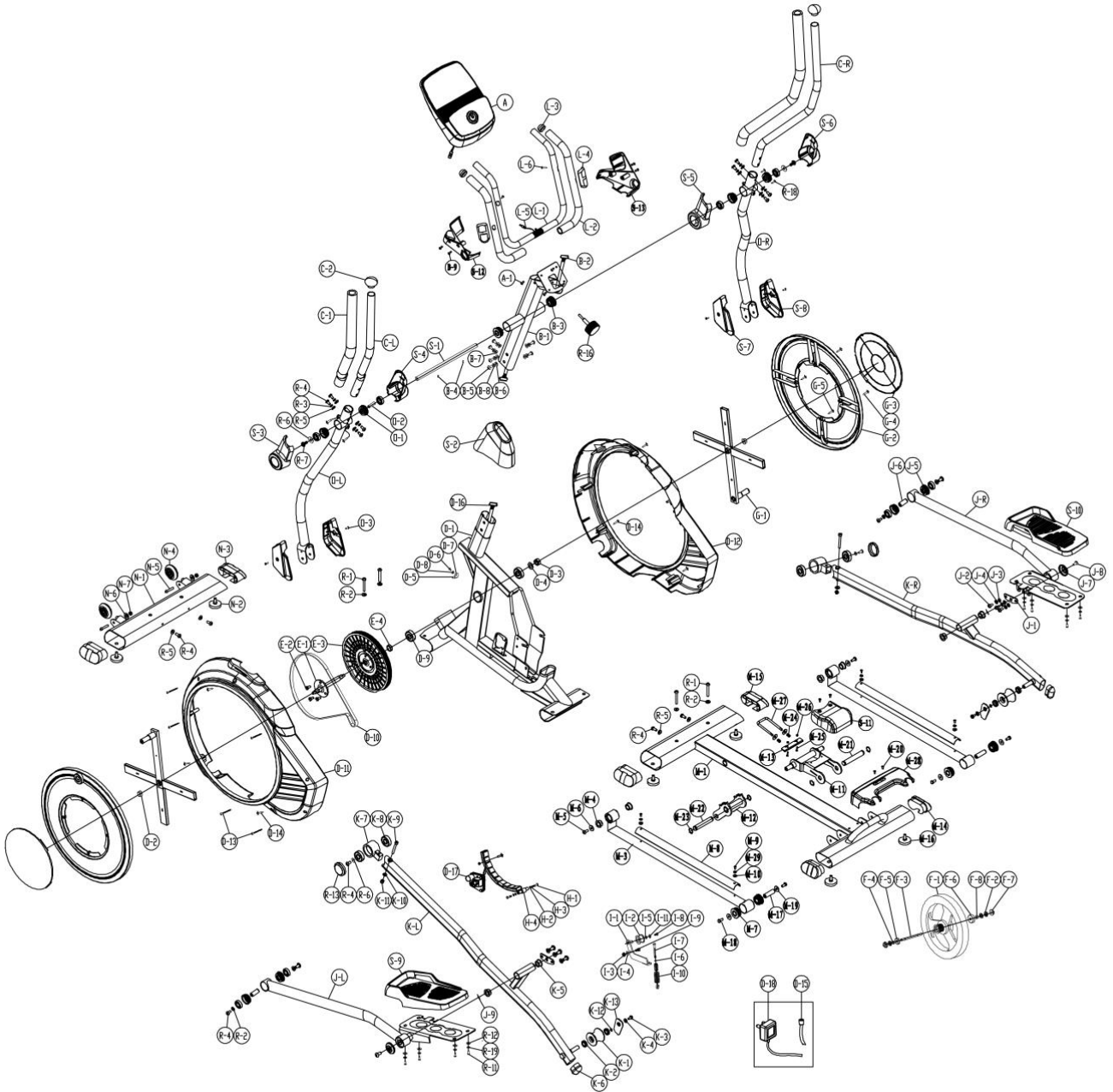
Repeat 3 times.

Stretches: Quadriceps and hip muscles.



Exploded Parts Diagram





Parts List

Parts No.	Description	QTY	Parts No.	Description	QTY
A	Computer & screw	1	E-2	M8xP1.25x12Lx5t Hex bolt	3
A-1	M5x14 Phillips Screw	4	E-3	Belt pulley	1
B	Hand Post Assembly	1	E-4	Sleeve $\phi 22 \times \phi 17 \times 7.5 \text{mmL}$	1
B-1	Hand Post	1	F	Flywheel assembly	1
B-2	Main wire	1	F-1	Flywheel 9kg	1
B-3	Sleeve	2	F-2	3/8"-26x4.5t Nut	3
B-4	M6x16L Screw	2	F-3	Flywheel Shaft	1
B-5	M8*P1.25*16L Phillips Screw	6	F-4	$\phi 10 \times \phi 14 \times 1 \text{t}$ Flat washer	1
B-6	$\phi 8 \times \phi 19 \times 2 \text{t}$ Flat washer	4	F-5	6000RS Bearing	1
B-7	$\phi 8 \times \phi 19 \times 2 \text{t}$ Arc washer	2	F-6	6300RS Bearing	1
B-8	$\phi 8.1 \times \phi 12.9 \times 2.4 \text{T}$ Spring washer	6	F-7	3/8"-26 Nut	2
B-9	M5xP0.8x16L Phillips Screw	4	F-8	$\phi 10 \times \phi 14 \times 14 \text{mmL}$ Sleeve	1
C-L	Left upper handlebar	1	G	Wheel crank assembly	2
C-R	Right upper handlebar	1	G-1	Crank	1
C-1	Handle grip	2	G-2	Plastic wheel	1
C-2	$\phi 1 \frac{1}{4} \text{''}$ End cap	2	G-3	Docoration shroud	1
D	Main frame assembly	1	G-4	M5x16L Phillips screw	3
D-1	Main frame	1	G-5	M4xP1.5*16L Phillips screw	1
D-2	M10xP1.25x9T Nut	2	H	Magnet assembly	1
D-3	M20*P1.0 Nylon nut	1	H-1	M6xP1.0*16L Hex screw	2
D-4	$\phi 20.3 \times \phi 30 \times 1 \text{t}$ Flat washer	1	H-2	$\phi 6 \times \phi 13 \times 1 \text{t}$ Flat washer	2
D-5	Sensor wire	1	H-3	$\phi 6$ Spring washer	2
D-6	M4x10L Screw	1	H-4	Magnet	1
D-7	Sensor support	1	I	Idle Wheel Assembly	1
D-8	$\phi 5 \times \phi 10 \times 1 \text{t}$ Flat washer	1	I-1	Bracket	1
D-9	6004RS Bearing	2	I-2	Idle wheel	1
D-10	Poly V-belt	1	I-3	M8 Nylon nut	1
D-11	Left cover (Lower)	1	I-4	$\phi 8.5 \times \phi 25 \times 1 \text{t}$ Flat washer	1
D-12	Right cover (upper)	1	I-5	$\phi 6 \times \phi 13 \times 1 \text{t}$ Flat washer	1
D-13	M4x50L Phillips screw	5	I-6	$\phi 6 \times \phi 13 \times 2 \text{t}$ Flat washer	1
D-14	M5x16L Phillips screw	6	I-7	M6xP1.0x80L Hex screw	1
D-15	DC wire	1	I-8	M6xP1.0x12L Hex screw	1
D-16	Motor wire	1	I-9	M8xP1.25x18L Hex screw	1
D-17	Gear box	1	I-10	Spring	1
D-18	Rectifier	1	I-11	$\phi 6$ Spring washer	1
E	$\phi 280$ Belt pulley assembly	1	J-L	Left pedal	1
E-1	Axis	1	J-R	Right pedal	1

J-1	Bracket	2	M-11	Incline bracket	1
J-2	M8*P1.25*16L Phillips Screw	6	M-12	Incline support	1
J-3	φ8xφ19x2t Flat washer	6	M-13	Incline retainer	1
J-4	φ8 Arc washer	6	M-14	Foot cap	2
J-5	Bearing sleeve	4	M-15	Foot cap	2
J-6	Shaft	2	M-16	Foot level	4
J-7	Gasket	2	M-17	Rear Rail Shaft	2
J-8	M8xP1.25x20L Phillips screw	2	M-18	M8xP1.25x16L Hex screw	4
J-9	φ17.5xφ25x0.3t Wave washer	2	M-19	φ8xφ25x2t Flat washer	6
K-L	Left pedal tube	1	M-20	M5xP0.8x12L Phillips screw	4
K-R	Right pedal tube	1	M-21	Incline shaft φ19*119L	1
K-1	Pulley	2	M-22	Incline shaft φ19*106L	1
K-2	61902 Bearing	4	M-23	C-type ring	4
K-3	M6x14L Phillips screw	2	M-24	Spring	2
K-4	φ6.5xφ20x2t Flat washer	2	M-25	M4xP1.0x20L Phillips screw	2
K-5	Bushing	4	M-26	M4 Nylon nut	2
K-6	End cap	2	M-27	Handlebar	1
K-7	Bracket	2	M-28	Rear rail shroud	1
K-8	6204RS Bearing	4	M-29	Spring washer φ5	4
K-9	M8x70L Socket head screw	2	N	Front stabilizer assembly	1
K-10	φ8xφ16x1t Flat washer	2	N-1	Front stabilizer	1
K-11	M8 Nylon nut	2	N-2	Foot level	2
K-12	C-type ring	2	N-3	Foot cap	2
K-13	Retainer	2	N-4	Transportation wheel	2
L	Front handlebar assembly	1	N-5	M8x40L Phillips screw	2
L-1	Front handlebar	1	N-6	φ8xφ19x2t Flat washer	2
L-2	Handle grip	2	N-7	M8 Nylon nut	2
L-3	Sleeve	2	O-L	Left handle (Lower)	1
L-4	Handle heart rate receiver	2	O-R	Right Handle (Lower)	1
L-5	Handle heart rate wire	1	O-1	Bearing sleeve	4
L-6	M4x20L Phillips screw	2	O-2	Sleeve	2
M	Rear stabilizer assembly	1	O-3	M5x8L Phillips screw	4
M-1	Rear stabilizer	1	R	Hardware pack	1
M-2	Rail assembly	2	R-1	M8xP1.25x60L Phillips screw	4
M-3	Rail	1	R-2	φ8xφ19x2t Flat washer	8
M-4	Bushing	2	R-3	φ8*φ14*2T Spring washer	8
M-5	M8*P1.25*20L Phillips screw	2	R-4	M8xP1.25x20L Phillips screw	18
M-6	φ8xφ25x2t Flat washer	2	R-5	φ8xφ19x2t Arc washer	12
M-7	Sleeve	2	R-6	φ8.5xφ25x2t Flat washer	4
M-8	Aluminum bushing	2	R-7	M8xP1.0x20 Screw	2
M-9	M5x12L Phillips screw	4	R-8	6mm Allen Wrench	1
M-10	φ6xφ16*2t Arc washer	4	R-9	Spanner	1

R-10	3mm Allen Wrench	1		
R-11	M5xP0.8x10L Phillips screw	8		
R-12	φ6xφ16x1t Flat washer	8		
R-13	Decoration cap	2		
R-14	Harpoon Spanner	1		
R-16	Knob	1		
R-17	6mm Allen Wrench	1		
R-18	M4*12L Phillips screw	4		
R-19	Spring washer φ5	8		
S-1	Shaft	1		
S-2	Handle tube cap	1		
S-3	Upper handle decoration cap (upper left)	1		
S-4	Upper handle decoration cap (lower left)	1		
S-5	Upper handle decoration cap (upper right)	1		
S-6	Upper handle decoration cap (lower right)	1		
S-7	Front pedal tube cap (lower)	2		
S-8	Front pedal tube cap (upper)	2		
S-9	Foot Pedal (left)	1		
S-10	Foot Pedal (right)	1		
S-11	Rail decoration cap	1		
S-12	Tray (lower)	1		
S-13	Tray (upper)	1		