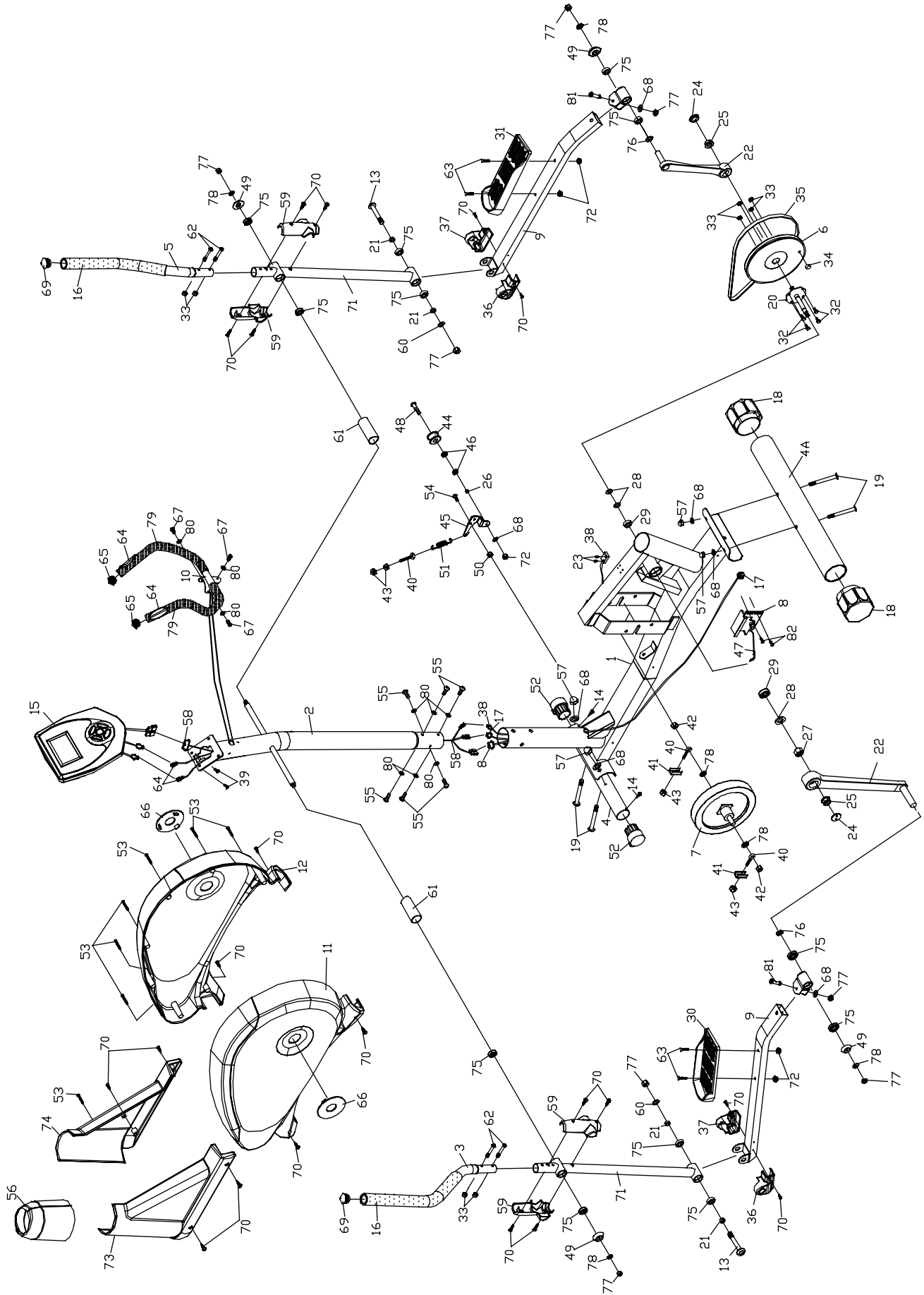


OWNER'S MANUAL

Mag Elliptical X135B



Exploded View



Call for service 1-800-465-070

www.actionsports.com.au

Part List

ITEM	Q'TY	PART NAME	ITEM	Q'TY	PART NAME
1	1	Main Frame	43	4	M6 Hex Nut
2	1	Console Tube	44	1	Idler Pulley
3	1	The Upper Foam Handle(Left)	45	1	Belt Tension Bracket
4	1	Front Foot Tube	46	2	#608 Precise Bearing
4A	1	Rear Foot Tube	47	1	Tension Cable (Drive Cable)
5	1	The Upper Foam Handle(Right)	48	1	M8 x 30mm Hex Head Screw
6	1	Pulley	49	2	M10 Curved Plastic Washer
7	1	Mag Brake	50	1	8mm Locknut (Thick)
8	1	Gear Box With Wire	51	1	Spring
9	2	Foot Frame	52	2	Transportation Wheel
10	1	Front Handlebar	53	8	TP4 x 30mm Screw
11	1	Bottom Left Housing	54	1	M8 x20mm Hex Head Screw
12	1	Bottom Right Housing	55	6	M8 X 25mm Hex Head Screw
13	2	5/8" x 77mm Hex Head Screw	56	1	Console Tube collar plastic Ring
14	2	TP4 x 12mm Screw	57	4	8mm Nut Cap
15	1	Console	58	1	Extension Wire
16	2	Handlebar Sleeve	59	2	Foam Handle Shaft Cover
17	1	DC Power Cord	60	2	M10 x 21 x 1.5 Black Washer
18	2	Foot Cap	61	2	Handle Shaft Spacer
19	4	M8 x 65mm Carriage Bolt	62	4	M6 x37mm Hex Head Screw
20	1	Pully Axle	63	4	M8 x 45mm Hex Head Screw (Black)
21	4	20x16x4 L Spacer	64	2	Hand Pulse Wire with Sensor
22	2	Crank	65	2	φ 22.2 Ball Plug
23	2	TP3 x 8mm Screw	66	2	Round End Cap
24	2	Crank Cap	67	3	M8 x 15mm Hex Head Screw
25	2	M10 x P1.25R Cap Nut	68	6	M8 x 18mm Washer
26	1	8 x 12.5 x 10.5L Spacer	69	2	1 1/2" Ball Plug
27	1	Crank Nut	70	20	TP4 x 16mm Screw
28	3	17 x22 x1 Washer	71	2	The Lower Handlebar (Right & Left)
29	2	#6003 Bearing	72	7	8mm Locknut (Thin)
30	1	Left Foot Pedal	73	1	Left Connecting Cover
31	1	Right Foot Pedal	74	1	Right Connecting Cover
32	4	M6 x 16mm Hex Screw	75	12	#6202 Precise Bearing
33	8	6mm Nylon Nut (sliver)	76	2	16x21.8x1 Black Washer
34	1	Magnet	77	6	10mm Nylon Nut(Thin)
35	1	V-Belt	78	4	10x19x2 mm Black Washer
36	1	Left Foot Frame Side Cover	79	2	Front Handlebar Sleeve
37	1	Right Foot Frame Side Cover	80	6	M8x18mm Curved Black Washer
38	1	Reed Switch Wire with Sensor	81	2	M8 x 45mm Hex Head Screw
39	2	M5 x 10mm Metal Screw	82	2	TP5 x10mm Screw
40	3	Eyebolt 6 x 40mm			
41	2	Adjustment Channel			
42	2	3/8" x 26mm Cap Nut			

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WARNING!

Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. This unit has a user maximum capacity of 120 kg.
3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. We recommend a mat be placed under the unit to protect floor or carpet and for easier cleaning.
4. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not sandals, socks or stockings.
5. Always examine your unit before using to ensure all parts are in working order.
6. Allow the unit to fully stop before dismounting.
7. Pets should never be allowed near the unit.
8. Do not leave children unsupervised near or on the unit.
9. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
10. Never insert any object or body parts into any opening.
11. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
12. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
13. Failure to follow these instructions will void the unit warranty.

Before You Start

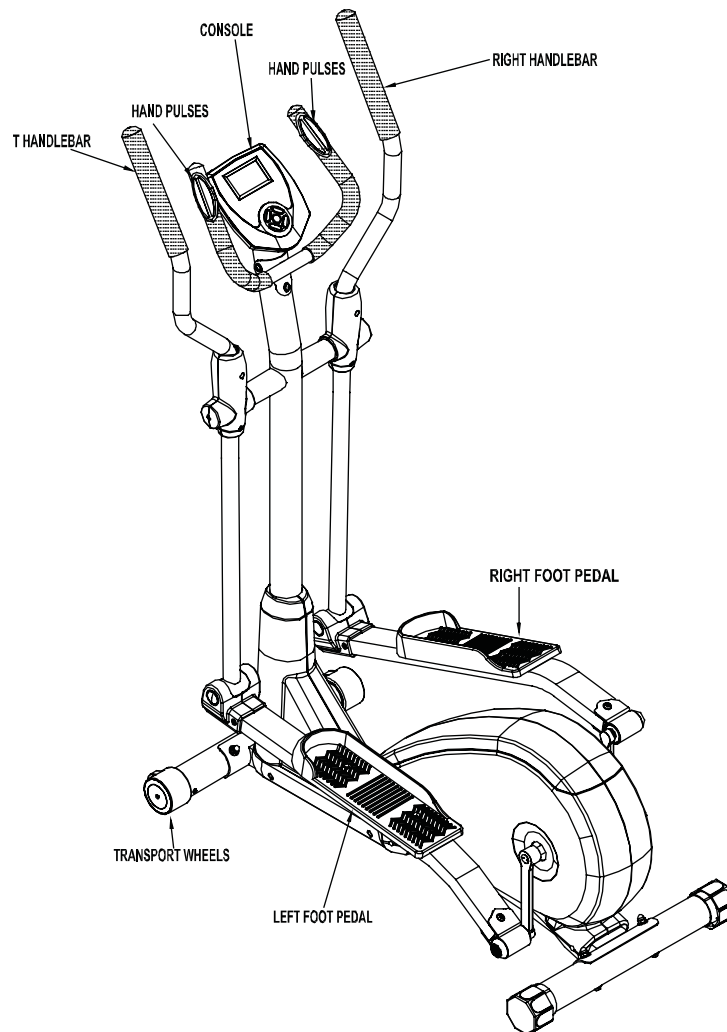
Thank you for purchasing this new Action Mag Elliptical! This quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit.

Remember to take the time to perform the stretching exercises provided to avoid injury.

If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate. If you have heart problems, you are not active, and/or are over the age of 35 years, do not start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. We recommend a sealed water bottle for beverages consumed while using the unit

Please review the following drawing below to familiarize yourself with the listed parts.



Assembly Instruction

REMOVE ALL SECURITY TAPE AND WRAPPING BEFORE BEGINNING

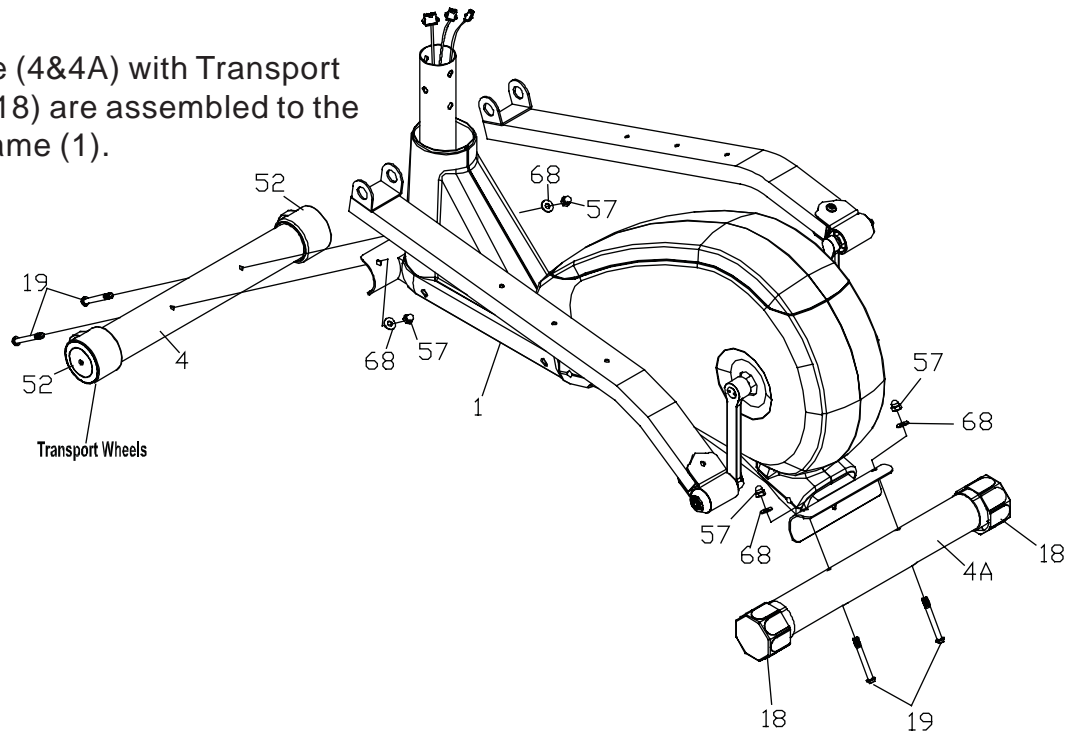
1. Connect Foot Tubes (4&4A) to Main Frame (1) using :

Qty 4 -(19) Hex Head Screw

Qty 4 -(57) 8mm Nut Cap

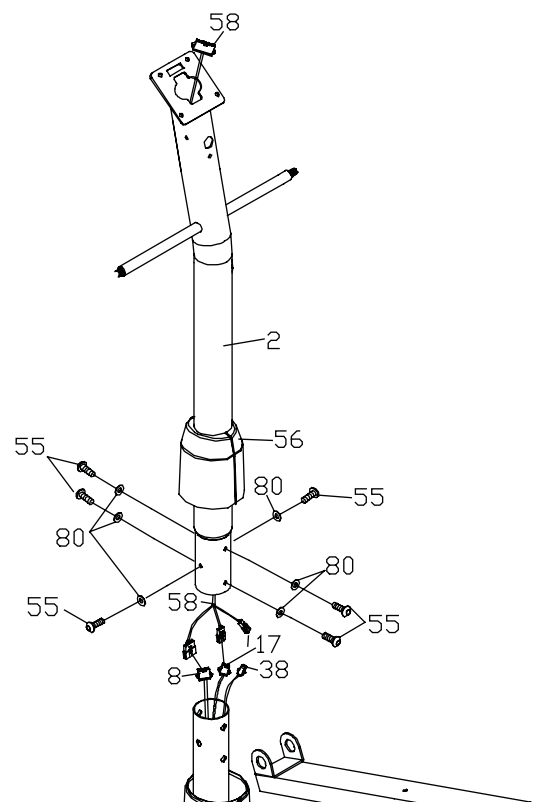
Qty 4 -(68) M8 Washer

Make sure that the Foot Tube (4&4A) with Transport Wheels (52) and Foot Caps(18) are assembled to the front and rear of the Main Frame (1).

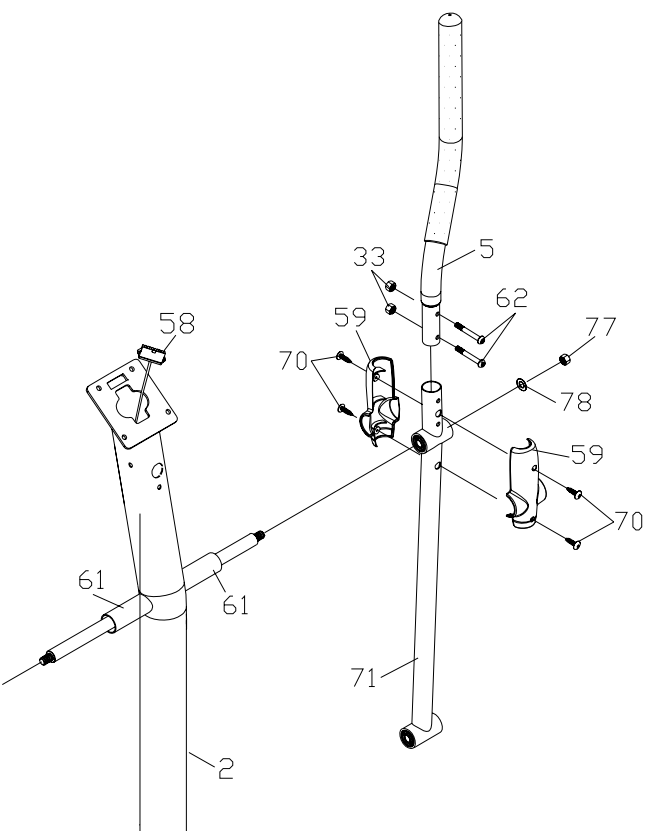


2. Connect the pins of Extension Wire(58) in the console tube to the Sensor Wire (38) ,Gear Box Wire (8),and DC Power Cord (17) in the main frame.

Then slide the Console Tube (2) onto the Main Frame Assembly and secure the Console Tube (2) to the main frame using Washers(80) and Screws (55).



Assembly Instruction



3. Shaft Right Lower Handlebar (71) with Right Pivot of Console Tube (2), then secured by Black Washer (78) and one Locknut (77).

Slide the Right Upper Foam Handlebar (5) into the Right Lower Handle (71) and secure with two Hex Head Screws (62) and two 6mm Nylon Nuts (33) .

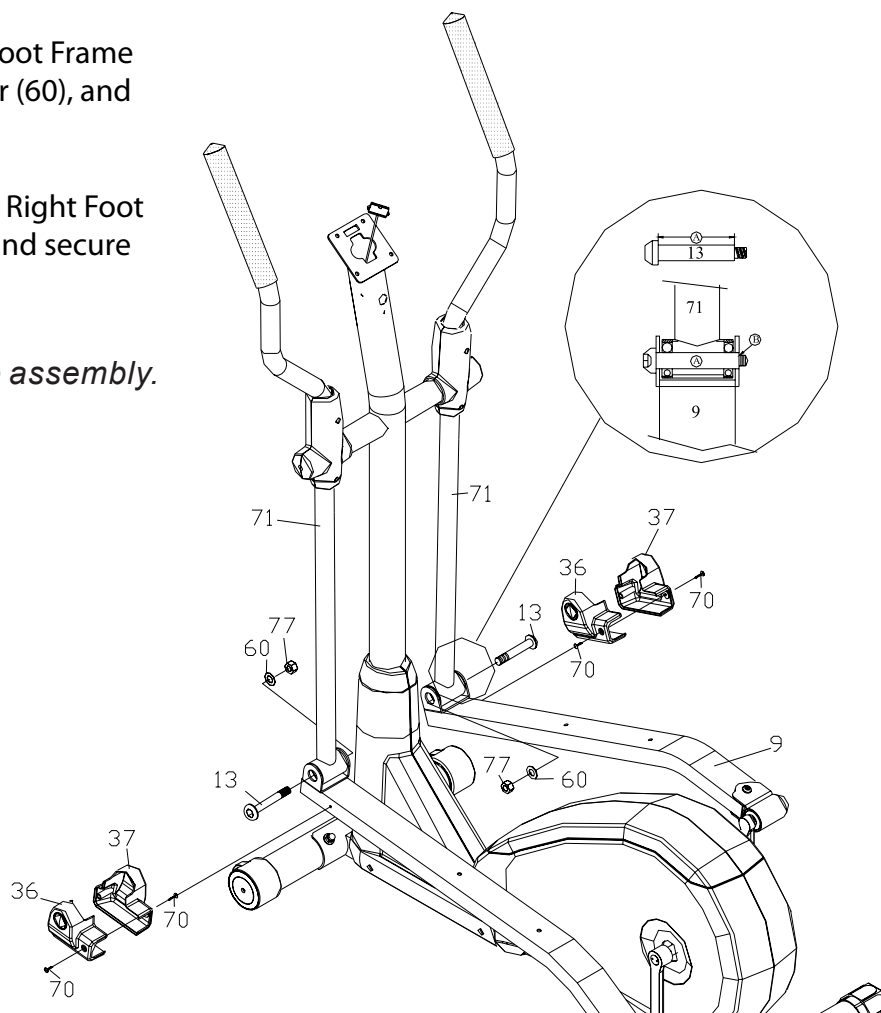
Cover the Joint of Upper and Lower Handlebar with Foam Handle Shaft Covers (59) and securing with four Screws (70) (as shown in the diagram)

Repeat current step to complete the right side.

4. Connect Right Lower Handlebar (71) to Right Foot Frame (9) by using one Hex Head Screw (13), one Washer (60), and one Locknut (77).

Cover the joint of Right Lower Handlebar(71) and Right Foot Frame (9) with Foot Frame Side Covers (36 & 37) and secure with two Screws (70) as shown in diagram.

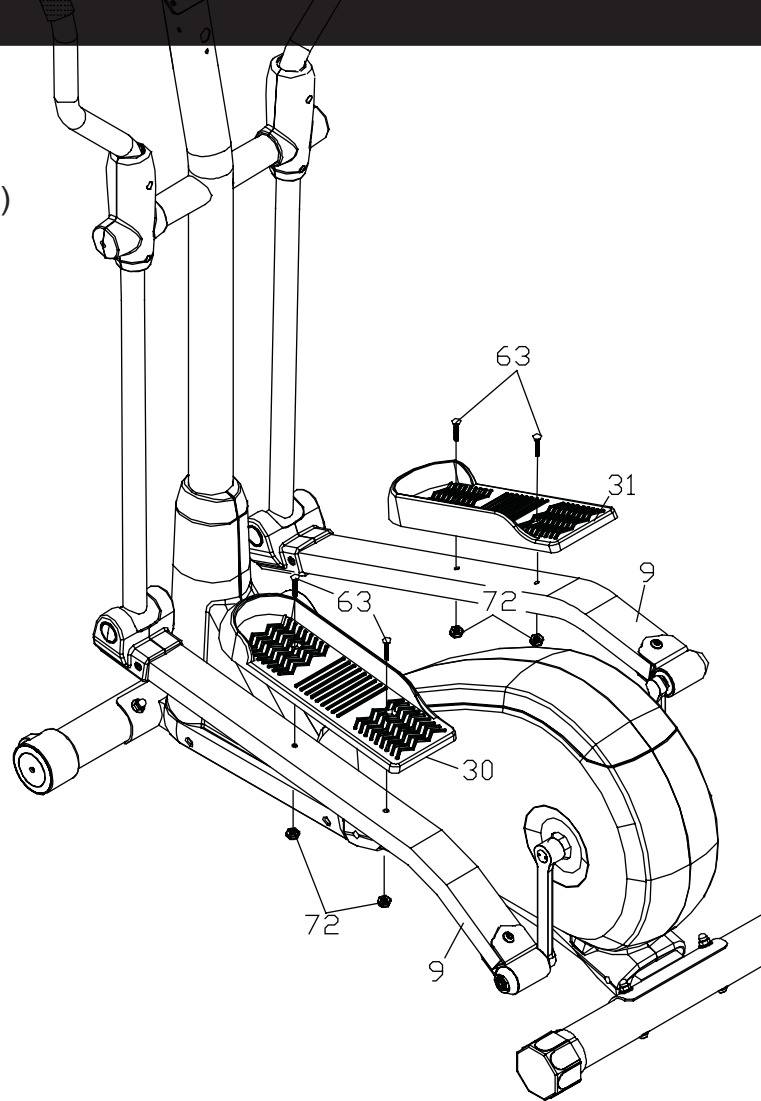
Repeat current step to complete the left side assembly.



Assembly Instruction

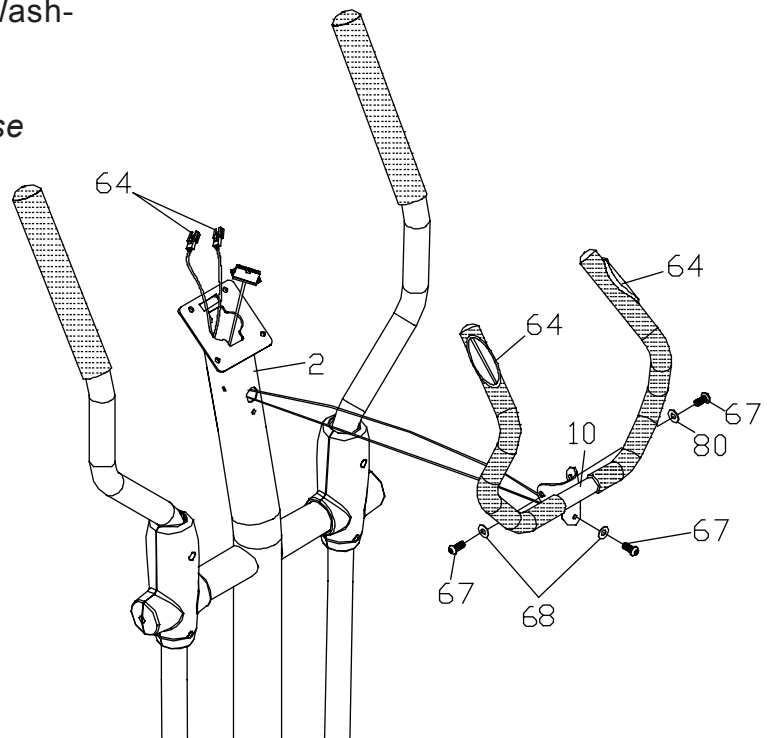
5. Attach Right Foot Pedal (31) to Right Foot Frame (9) using two Screws (63) and two 8mm Locknuts (72).

Repeat current to complete the left side assembly.



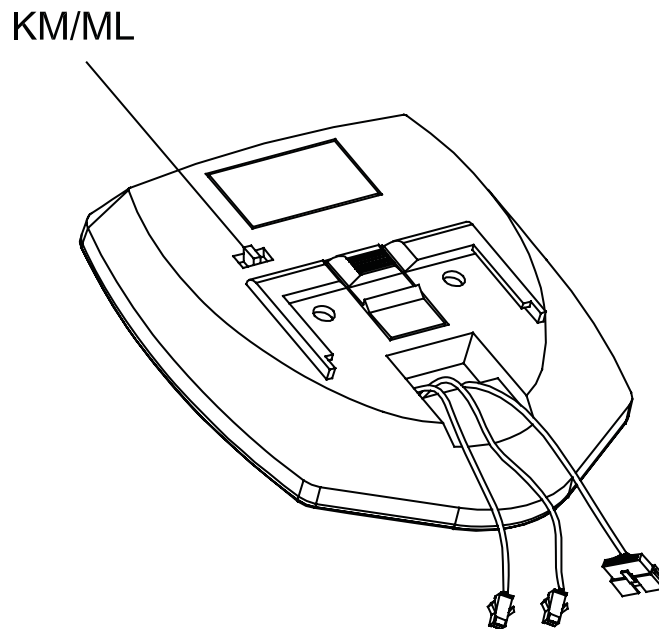
6. Pull both Pulse Wires (64) through a hole at the top front of Console Tube (2). Next, secure Pulse Handlebar (10) to Console Tube (2) using three Washers (68) and three Hex Head Screws (67).

Note: Be sure not to pinch the wires between Pulse Handlebar (10) and Console Tube (2).



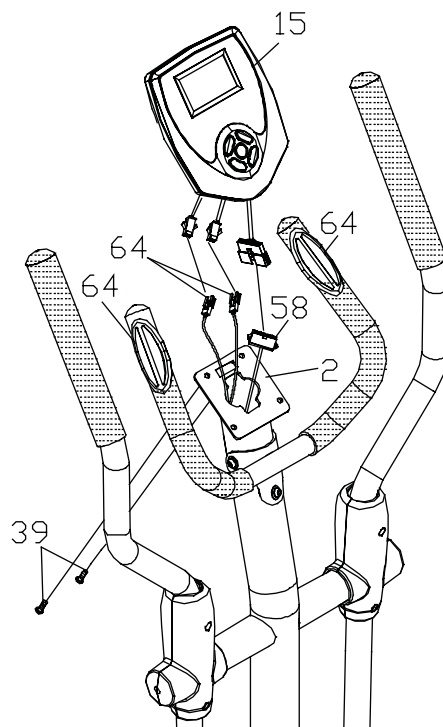
Assembly Instruction

7. To change KM or ML , please push the switch to select scale (KM or ML)



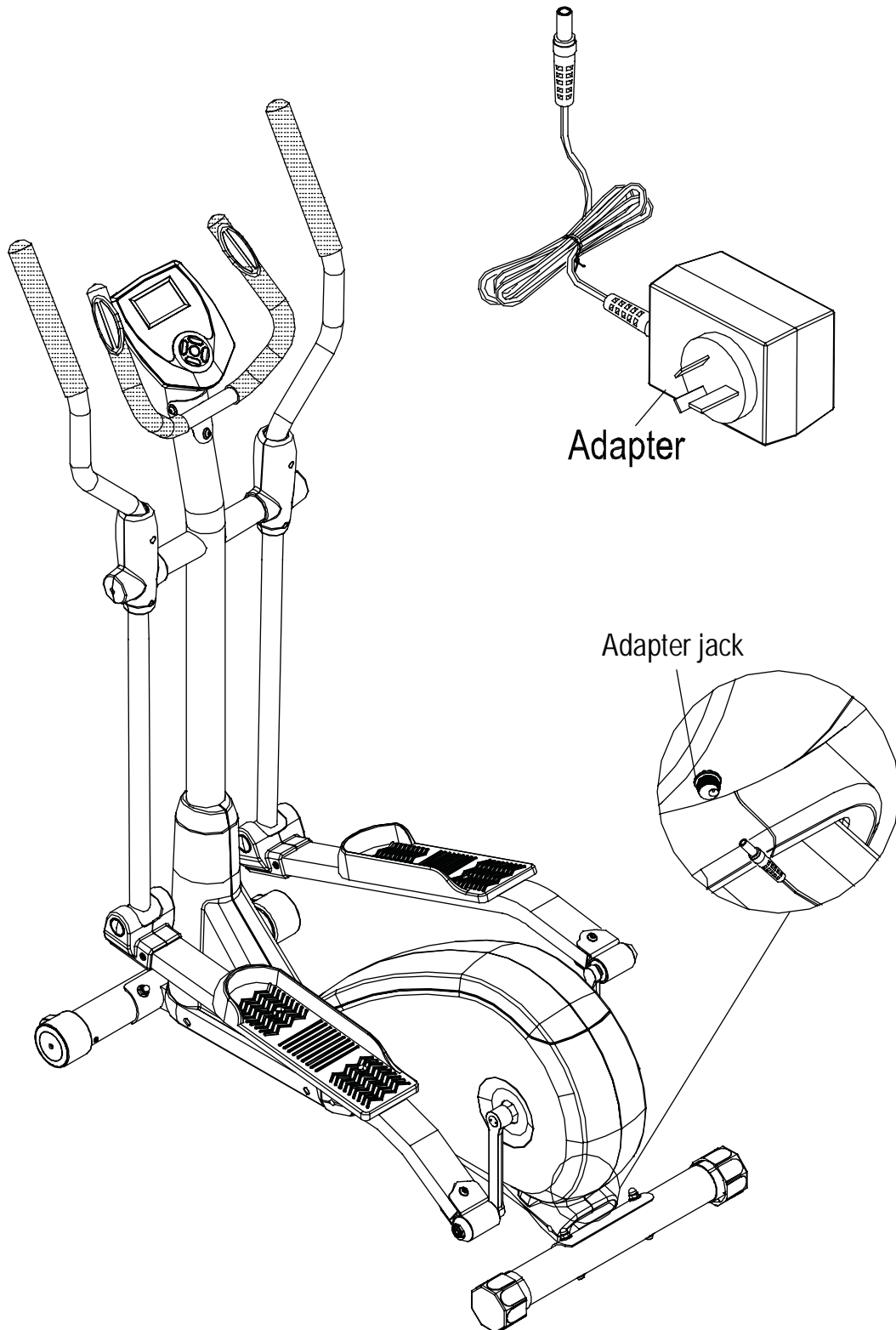
8. Connect the Pulse Wires (64) and Extension Wire (58) to the wires from the Monitor (15). Next secure Monitor (15) to Console Tube (2) using two Screws (39).

Note: The Screws(39) will already be installed into the back of Monitor(15) when you remove it from the box.



Assembly Instruction

9. The monitor only can be powered by using the AC Adaptor input, pls make sure the AC Adaptor has already been plugged into the adaptor jack on the bottom housing(as showed on the drawing)



The console with large LCD which can display RPM, SPEED, TIME, DISTANCE, CALORIES, WATTS, and HEART RATE.

Power On

Press any button to turn on the console. A long beep will sound and the entire LCD display will light up for 2 seconds.

Sleep

This occurs if the unit senses no pedal movement or if the console buttons have not been pressed for 3 minutes

Wake

After the console enters sleep mode, press any button to turn on the console back on.

Quick start

When console is on, press QUICK START to enter manual program (P1), press UP/DOWN to adjust tension

Program Operation

Press any button to turn on the console.

Use UP/DOWN to select a desired program.

Press MODE to confirm the program you wish to use.

Programs 1-10: These programs allow you to adjust your desired settings. press the START to begin your workout.

Program 11: This program allows you to set your target heart rate (THR).

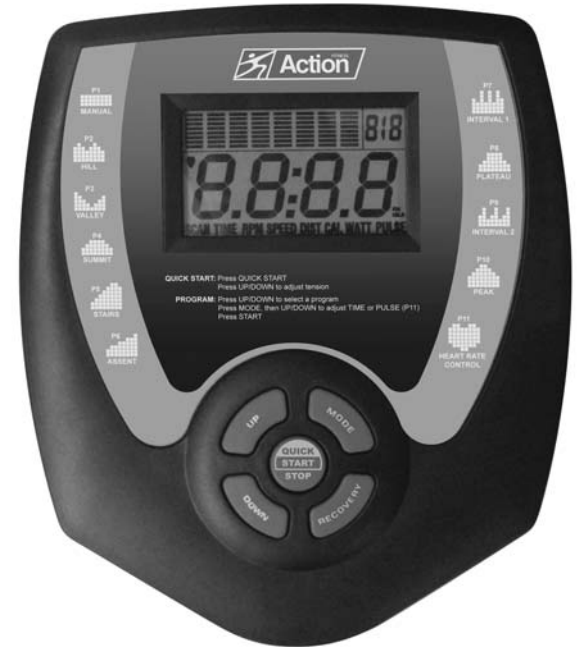
During the setup mode for P11, the Pulse window will flash. Use UP/DOWN to set your desired THR. You will be asked to set an upper and lower limit. Press MODE to confirm the values then press the START to begin. During the workout, resistance will decrease if your heart rate exceeds the upper limit, resistance will increase if your heart rate drops below the upper limit. You must hold the pulse grips for this program to work.

See MONITORING YOUR HEART RATE section for more information.

Recovery

This mode is used to determine your physical condition. This fitness test compares your pulse rate before and after training. You will notice that your fitness will improve with regular exercise.

Stop exercising, press RECOVERY button. The Time window will begin to count down 60 seconds. Hold onto the pulse grips until the 60 seconds has expired. Your score will be displayed in a value ranging from displayed as F1 to F6, F1 being the best.



Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate - If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition

(MHR) = Maximum Heart Rate

(THR) = Target Heart Rate

$220 - \text{age} = \text{maximum heart rate (MHZ)}$

$\text{MHZ} \times .60 = 60\% \text{ of your maximum heart rate.}$

$\text{MHZ} \times .75 = 75\% \text{ of your maximum heart rate.}$

For example, if you are 30 years old, your calculations will be as follows:

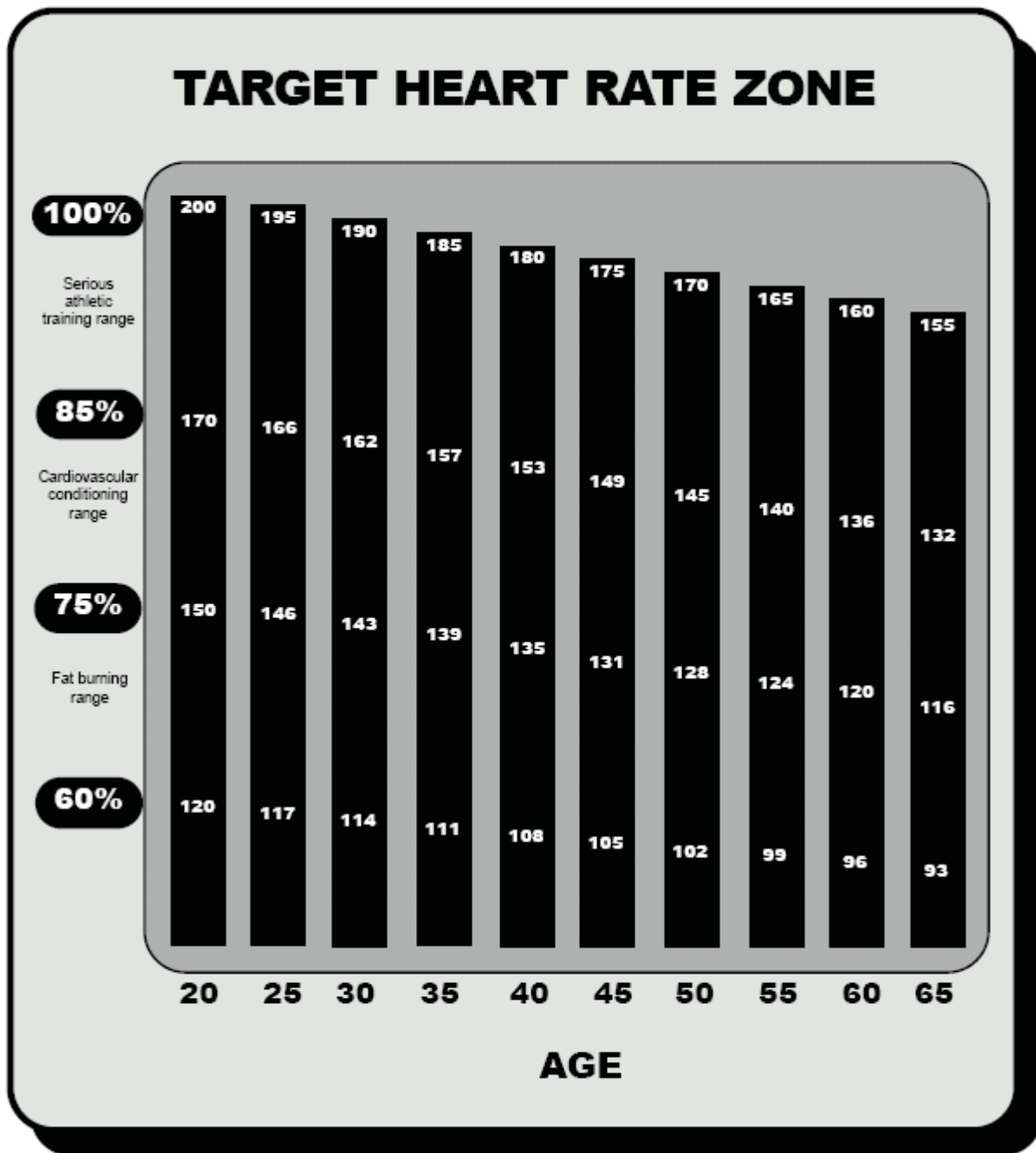
$220 - 30 = 190$

$190 \times .60 = 114$ (low end or 60% of MHZ)

$190 \times .75 = 142$ (high end or 75% of MHZ)

30 year-old (THR) Target Heart Rate would be 114-142

See Heart Rate Table (on next page) for additional calculations.



IMPORTANT

Please read and retain this manual as it will assist with identification for parts and service.

LIMITED WARRANTY

ACTION FITNESS warrants its F000068 (X135B) Mag Elliptical to be free from defects in material and workmanship under normal use and service conditions for a period of 12 months from the date of purchase of this article. Evidence of unfair usage or incorrect adjustment by the owner will void this promise.

All warranty coverage extends only to the original retail purchaser from the date of purchase. ACTION FITNESS obligation under this Warranty is limited to replacing or repairing the product, at the discretion of our authorised service centre. Any enquiries relating to warranties or spare parts must first be directed to our Freecall 1800 465 070 who will then assist you in the appropriate action to be taken. For efficient processing of your enquiry please have proof of purchase, retailer name you purchased the item from and the brand on the product.

This warranty does not extend to any damage to a product caused by abuse, improper or abnormal usage, or repairs not provided by ACTION. Nor does this warranty extend to products used for commercial or rental purposes. This warranty does not cover ordinary wear, tear and weathering, failure to follow directions, improper installation, improper maintenance or acts of God (such as damage caused by storms, lightning and by snow or ice). No other Warranty beyond that specifically set forth above is authorised by ACTION.

Our sales and service centre has been set up to provide assembly assistance, replacement parts and accessories, and to efficiently handle all warranty related matters.

Freecall 1800 465 070
Hours 9:00am - 4:30pm Monday to Friday (excluding Public Holidays)
 9:00am - 3:00pm Saturday
Website: www.actionsports.com.au

