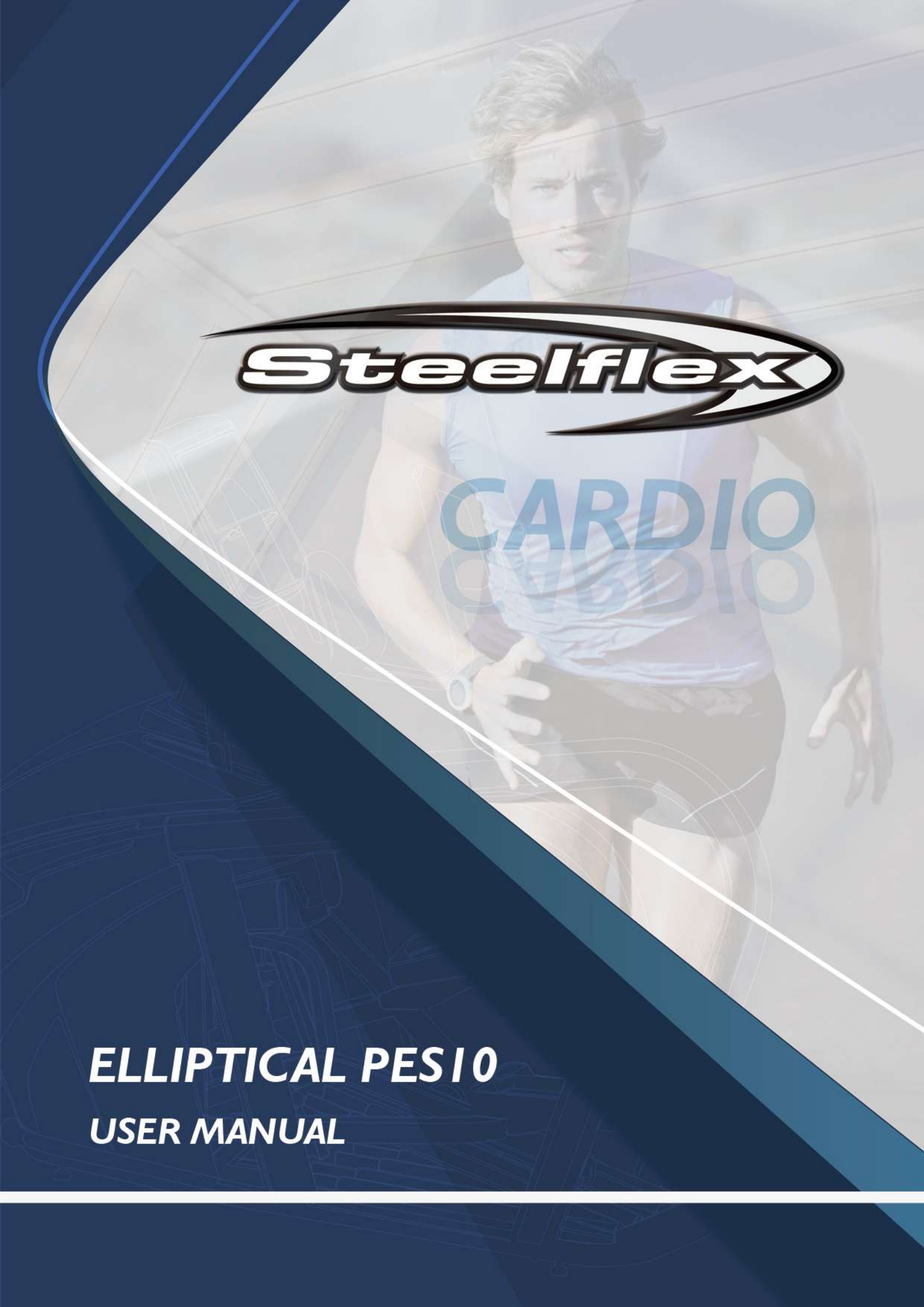


ELLIPTICAL PES10

USER MANUAL

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IMPORTANT SAFETY INSTRUCTIONS SAVE THESE INSTRUCTIONS

When using an electrical product, follow basic precautions, including the following:

WARNING!

To reduce the risk of burns, fire, electrical shock or injury to persons:

- Use this exercise product for its intended use as described in this User Manual. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Elliptical side covers.
  Only an authorized ***STEELFLEX*** retailer should perform Service.
- Never operate this product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Have equipment examined as required by an authorized ***STEELFLEX*** service provider.
- Do not use outdoors.
- When the ***STEELFLEX*** product is in use, young children and pets should be kept at least 10 feet away.
- Keep children off your ***STEELFLEX*** product at all times.

SAFETY INSTRUCTIONS / MOVING

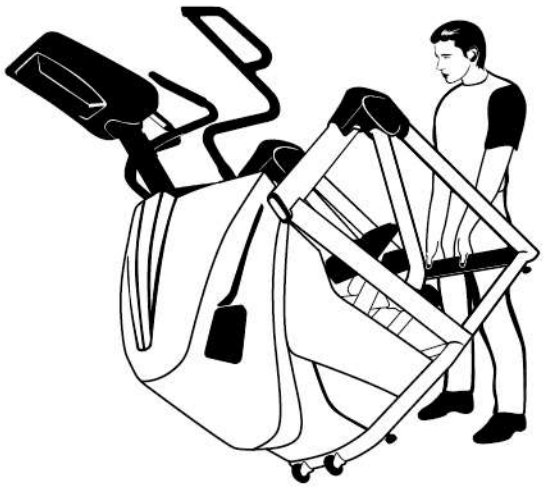
SAFETY INSTRUCTIONS:

CAUTION!

- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not wear clothing that might catch on any part of the ***STEELFLEX*** product.
- Read this User Manual before operating this product.

MOVING:

Each **STEELFLEX** product equips with a pair of transport wheels built into the front leg. Follow instructions below to move your **STEELFLEX** product.



- To move PES10, firmly grasp assembled rear foot, carefully lift and roll on transport wheels.

Caution:
The product is heavy. Take caution and use additional help if necessary.

DISPLAY INSTRUCTION

The display of your PES10 is used to operate the unit. It includes information window and button location.



INFORMATION WINDOW

Information window
The information window provides two different types of information: program directions and user information data. Program directions will be explained with programs later. User information data includes:

User information	Description
TIME	Indicates time in minutes and seconds(mm:ss).
DISTANCE	Indicates exercising distance during your workout.
CALORIES	Indicates accumulated calories burned during your workout.
PULSE	Indicates heart rate beats per minute during your workout. (Only displayed if you are using contact heart rate bar or chest belt.)
LEVEL	Indicates current resistance of your workout.
SPEED	Indicates speed of your workout. (Either miles or kilometers)
WATT	Indicates power consumption of your workout.
RPM	Indicates pedal rotations : per minute.

BUTTON LOCATION

BUTTON LOCATION

Description of each button is listed below.

PROGRAM 	Choose workout program.
GOAL 	Set workout goal which can be time, distance or calories.
DISPLAY 	Workout data display changes.
START 	Start your workout.
RESET 	Reset data.
	Setting number increases. Press and hold this button to increase quickly.
	Setting number decreases. Press and hold this button to decrease quickly.
	Enter data.
	Clear numerical settings when setting time, distance or calories.

OPERATION INSTRUCTION

Engineer Mode

Steelflex products are designed for different users. Base on your location and user characteristic, please follow the instructions to set up the machines before starting using.

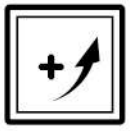
step 1	Press and hold RESET  and ENTER together for a while. Software version will be shown on WATT/RPM window.
step 2	KG/LBS will be shown on the Matrix window. It can be adjusted by  or  , then press ENTER .
step 3	TOTAL TIME(accumulated workout hours) is shown on PULSE window, then press ENTER to leave engineer mode.

OPERATION INSTRUCTION

Programs

There are 8 different exercise programs which include manual, cardio, fat burn, interval, training, H.R.C., custom 1 and custom 2. Operations are explained as following.

Manual

step 1	Press  or  to set weight, then press ENTER .
step 2	Press PROGRAM  to choose MANUAL.
step 3	Press GOAL  to set workout goal (time, distance or calories). Press  or  to adjust value.
step 4	Press START  to start your workout.

Note:

1.During workout, you can adjust resistance by pressing  or  .

When resistance level is adjusted, from present workout segment to final workout segment, resistance levels will be changed together.

OPERATION INSTRUCTION

CARDIO/FAT BURN/INTERVAL/TRAINING

step 1	Press  or  to set weight, then press ENTER .
step 2	Press PROGRAM  to choose CARDIO/ FAT BURN/ INTERVAL.
step 3	Press GOAL  to set workout goal (time, distance or calories). Press  or  to adjust setting value. Default value of time is 30:00. Default value of distance is 5.0. Default value of calories is 150.
step 4	Press START  to start your workout.

Note:

1.During workout, you can press  or  to change profile.

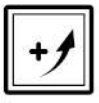
H.R.C.

step 1	Press  or  to set weight, then press ENTER .
step 2	Press PROGRAM  to choose H.R.C..
step 3	Press GOAL  to set workout goal (time, distance or calories). Press  or  to adjust setting value, then press ENTER . Default value of time is 30:00. Default value of distance is 5.0. Default value of calories is 150.
step 4	Press  or  to set age, then press ENTER . Default value is 30.

OPERATION INSTRUCTION

step 5	Press  or  to set pulse %. Default value is 70%. If heart rate is more than 20 bpm below target, level will increase 2 every 30 seconds. If heart rate is more than 10 bpm below target, level will increase 1 every 30 seconds. If heart rate is more than 20 bpm above target, level will decrease 2 every 30 seconds. If heart rate is more than 10 bpm above target, level will decrease 1 every 30 seconds. If heart rate can not be detected, PULSE will be showed on the display every 0.5 second, and level doesn't change. If no signal is detected in 60 seconds, level decreases 4 every 30 seconds.
step 6	Press START  to start your workout.

Note:

1. During workout, you can adjust resistance by pressing  or .
   When resistance level is adjusted, from present workout segment to final workout segment, resistance levels will be changed together.

CUSTOM 1/CUSTOM 2

step 1	Press  or  to set weight, then press ENTER .
step 2	Press **PROGRAM**  to choose CUSTOM 1 or CUSTOM 2, then press ENTER .
step 3	Press **GOAL**  to set workout goal (time, distance or calories) , then press ENTER .
step 4	Press numeric buttons to set each segment's resistance level. Press  or  to set last or next segment resistance level.
step 5	Press **START**  to save your settings and start your workout.

Note:

1. During workout, you can adjust resistance level by pressing  or  . Only the segment you workout can be adjusted.

MAINTENANCE

All STEELFLEX series products are designed for heavy usage environment. To keep your product in good condition, STEELFLEX strongly recommends the following maintenance routines below.

Item	After Use	Weekly	Monthly	Quarterly	Bi-Annual
Console	Clean				Inspect
Console Mounting Bolts					Inspect and tighten
Outer covers		Clean			
Fasteners			Inspect and tighten		
Bearings				Inspect and tighten	
Footpads			Inspect and tighten		

WARRANTY CONDITIONS

1. Ask your dealer about product warranty conditions.
2. The warranty applies only to the original owner, and covers the cost of parts repair or replacement and does not include freight charges. Proof of purchase must be demonstrated.
3. The warranty applies only to the original owner and is non transferable. If you are in US., the warranty card must completed and sent back to FMI to complete registration. If you are out of US., please contact your dealer about your warranty situation.
4. Labor coverage is provided only by authorized STEELFLEX dealer or if the STEELFLEX factory does the work.
5. Any reimbursement for travel outside of the dealers' normal service or coverage area will be the responsibility of the customer.
6. Warranty does not cover failure due to improper assembly, installation or use.
7. This warranty does not cover customer instruction, installation, set up or adjustment. User is responsible for necessary maintenance.
8. The warranty will not be extended to any product whose serial number has been removed, altered, or defaced.
9. This warranty does not cover damage or equipment failure caused by, or resulting from accident, misuse, abuse, improper assembly or installation, un-authorized modification, or failure to provide reasonable and necessary care as outlined in the owner's manual.

CARDIO



Steelflex

USER MANUAL