

***fuel***  
FITNESS



**SE155-30 ELLIPTICAL  
OWNER'S MANUAL**

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE  
OPERATING YOUR ELLIPTICAL

## **Safety Hints**

**WARNING - Read all instructions before using this appliance.**

- Do not operate elliptical on deeply padded, plush or shag carpet. Damage to both carpet and elliptical may result.
- Keep children away from the elliptical. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the elliptical if the elliptical is not working properly; call your dealer.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- Do not attempt to use your elliptical for any purpose other than for the purpose it is intended.
- 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.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your elliptical. Quality athletic shoes are recommended to avoid leg fatigue.

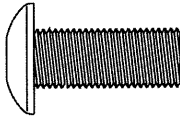
**SAVE THESE INSTRUCTIONS - THINK SAFETY!**

**CAUTION!! Please be careful when un-packing the carton.**

SE155-30- TE002\_ 1207A

# Assembly Pack Check List

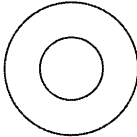
## STEP 1.



#43- 5/16" × 3/4" Button  
Head Socket Bolt (13pcs)



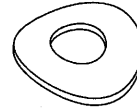
#53- M5 × 12 mm Phillips  
Head Screw (4pcs)



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

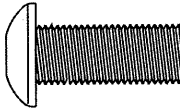


#46- 5/16" Split  
Washer (4pcs)



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

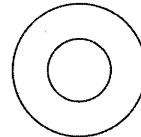
## STEP 2.



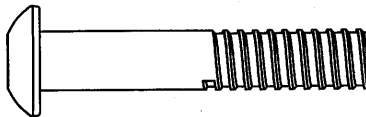
#43- 5/16" × 3/4" Button  
Head Socket Bolt (1pc)



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

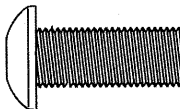


#44- 5/16" Flat  
Washer (1pc)



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

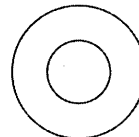
## STEP 3.



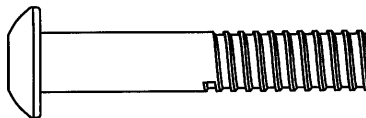
#43- 5/16" × 3/4" Button  
Head Socket Bolt (1pc)



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



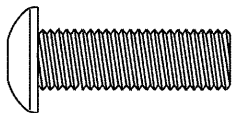
#44- 5/16" Flat  
Washer (1pc)



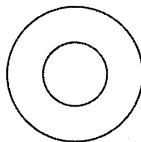
#56- 5/16" × 1-3/4" Button  
Head Socket Bolt (2pcs)

# Assembly Pack Check List

## STEP 4.



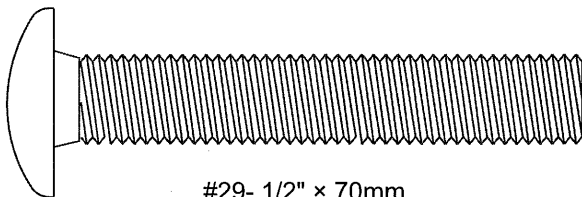
#91- 5/16" × 1" Button Head  
Socket Bolt (2pcs)



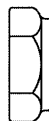
#44- 5/16" Flat  
Washer (2pcs)



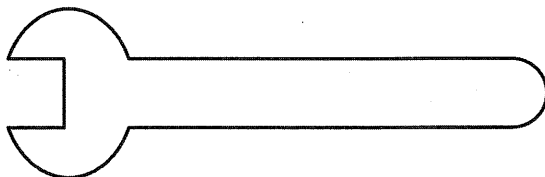
#46- 5/16" Split  
Washer (2pcs)



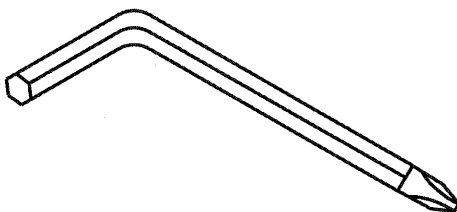
#29- 1/2" × 70mm  
Carriage Bolt (2pcs)



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



#68- 19m/m Wrench (1pc)

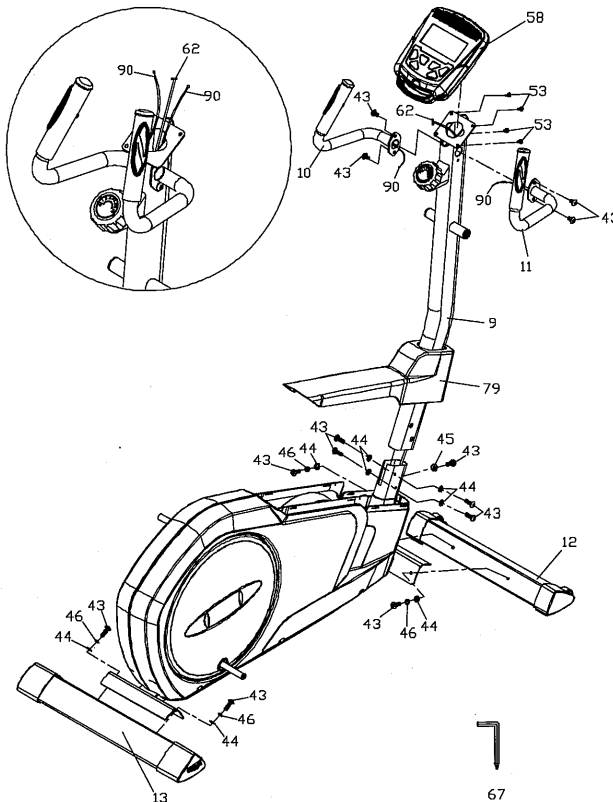


#67- Combination M5 Allen Wrench &  
Phillips Head Screw Driver (2pc)

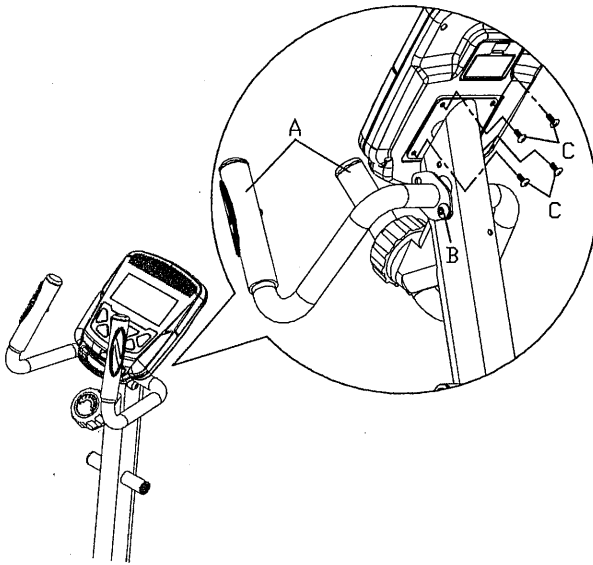
# Assembly Instructions

## STEP 1:

1. Locate the Console Mast (9) and slide on Console Mast Cover (79). Make sure the cover is facing the correct direction, as shown below, before sliding onto mast. Install the wiring harness (90) into the bottom of the mast and out the top. Be careful when installing the console mast to the mainframe so as not to pinch or cut the wiring harness; damage to the console may occur.
2. Install the console mast on the mainframe using the M5 Allen Wrench (67) to tighten 5pcs of 5/16" Button Head Socket Bolts (43), 4pcs of 5/16" Flat Washers (44) and 1pc of 5/16" Curved Washer (45). Snap the Console Mast Cover (79) in place on the body of the elliptical.
3. Route the hand pulse wires (90) from the stationary handle bars (10, 11) through Console Mast (9) as shown below. Use M5 Allen Wrench (67) to tighten 4pcs of 5/16" Button Head Socket Bolts (43) to secure both handles on the Console Mast (9).
4. Connect the cables (62, 90) to the Console (58) and install console onto the Mast (9) with 4pcs of M5 x 12L Phillips head screws (53) by using the Phillips Head Screw Driver (67).
5. Secure Front Stabilizer (12) and Rear Stabilizer (13) with 4pcs of 5/16" Button Head Socket Bolts (43), 4pcs of 5/16" Split Washers (46) and 4pcs of 5/16" Flat Washers (44) by using M5 Allen Wrench (67).

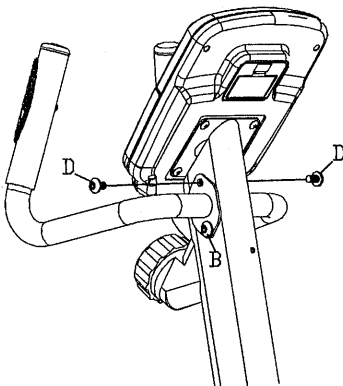


# SE155 Assembly Instruction of Console



## STEP 1

Lean handlebar (A) slightly forward and use bolt (B) to attach it to the console mast. Connect cables to the console and use screws (C) to secure it on the console mounting plate.

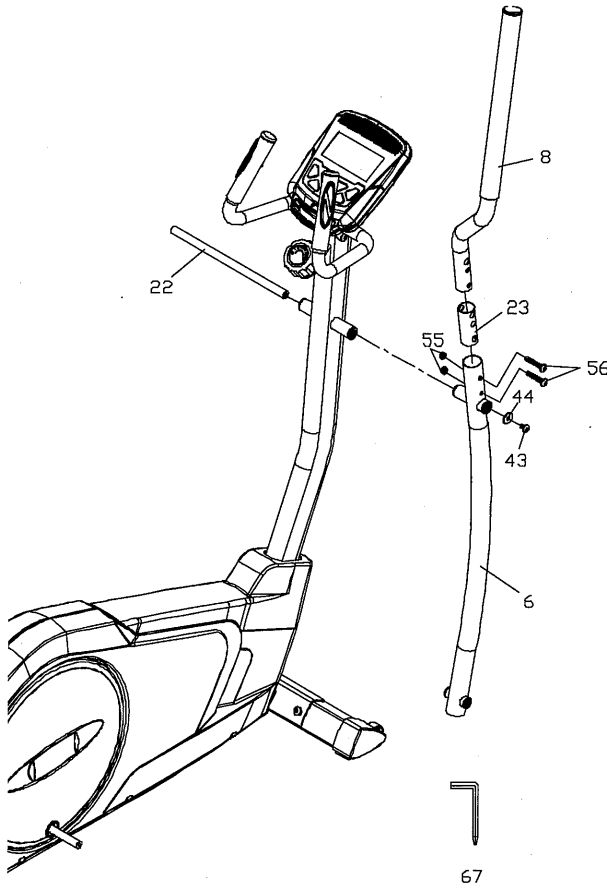


## STEP 2

Loose bolt (B) a little bit for handlebar (A) and tighten another bolt (D) then tighten bolt (B) again.

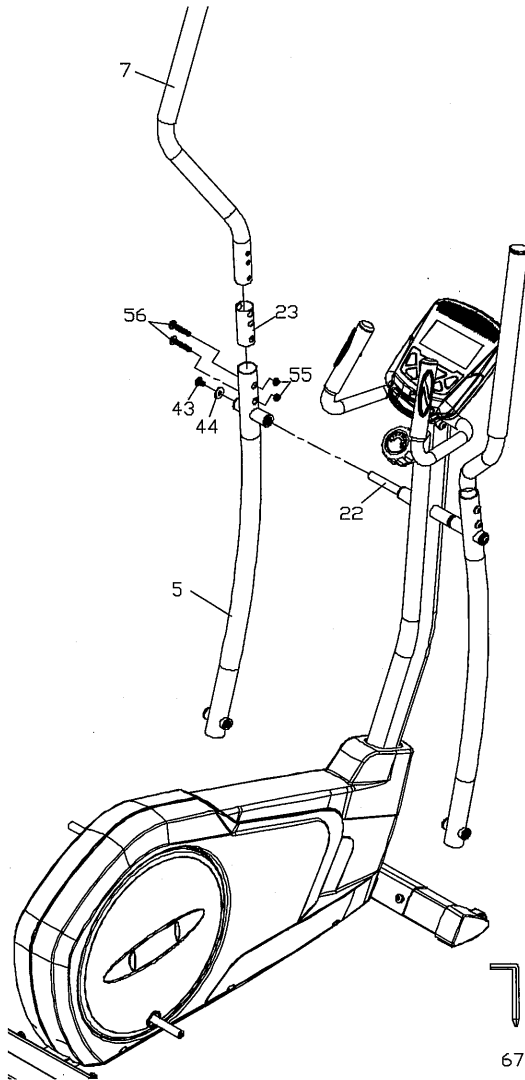
## STEP 2:

1. Locate the Right Swing Arm (Upper) (8) and install it through the Swing Arm Bushing (23) and secure to the Lower swing arm (6). Use M5 Allen Wrench (67) to tighten 2pcs of 5/16" Button Head Socket Bolts (56) and 2pcs of 5/16" Nyloc Nuts (55) to the swing arm assembly.
2. Locate the Swing Arm Axle (22) and slide it through the console mast bushings then through the Lower swing arm (6). Use the M5 Allen Wrench (68) to tighten the 5/16" Button Head Socket Bolt (43) and 5/16" Flat Washer (44) to secure to the Swing Arm Axle (22).



### STEP 3:

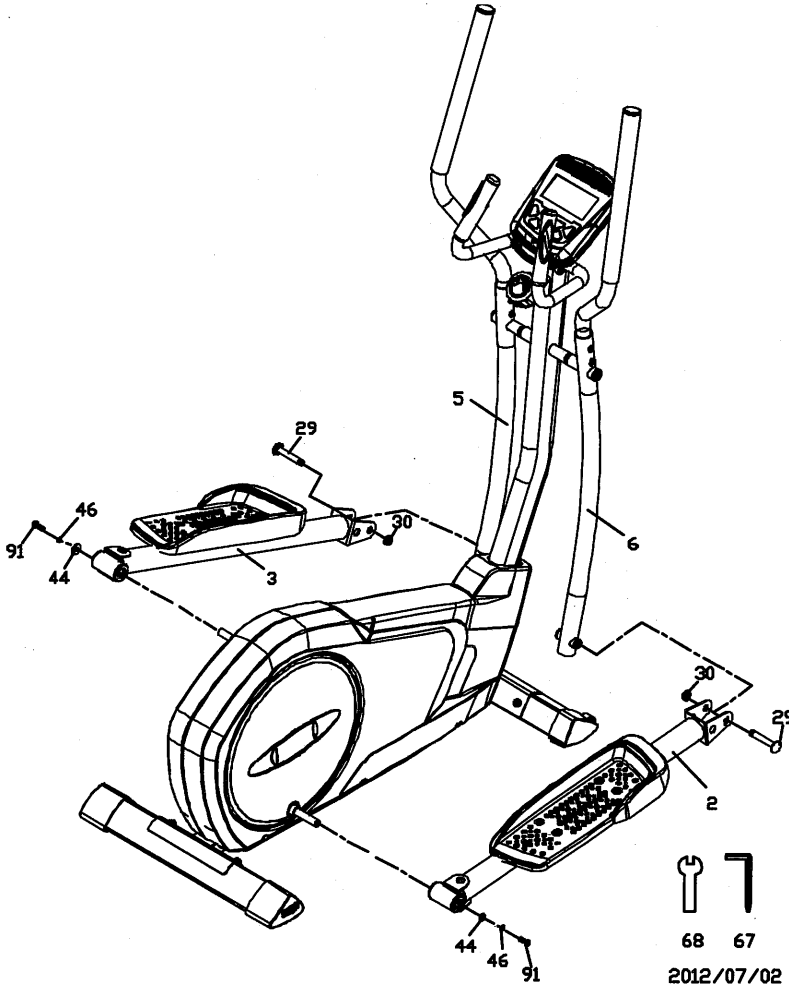
1. Locate the Left Swing Arm (Upper) (7) and install it through the Swing Arm Bushing (23) and secure to the Lower swing arm (5). Use M5 Allen Wrench (67) to tighten 2pcs of 5/16" Button Head Socket Bolts (56) and 2pcs of 5/16" Nyloc Nuts (55) to the swing arm assembly.
2. Slide the swing arm onto the axle (22). Secure the swing arm to the axle using the M5 Allen Wrench (67) to tighten the 5/16" Button Head Socket Bolt (43) and 5/16" Flat Washer (44) on the Swing Arm Axle (22).





## STEP 4:

1. Locate Right side Pedal Arm Assembly (2) and install onto the pedal axle at the large rotating wheel at the rear of the elliptical. Use the M5 Allen Wrench (67) to tighten the 5/16" Button Head Socket Bolt (91), 5/16" Split Washer (46) and 5/16" Flat Washer (44).
2. Locate the 1/2" x 2-3/4" Carriage Bolt (29) and slide through the bracket at the front of the Pedal Arm Assembly (2) and Lower swing arm (6). Use the 19mm Wrench (68) to tighten the 1/2" Nyloc Nut (30) to the carriage bolt (29).
3. Repeat steps 1&2 above for the left side pedal arm assembly.





## FUNCTION BUTTONS

### MODE

1. Press Mode button to select hour, minute, year, month and date when batteries are installed.
2. Press the mode button to select TIME, DISTANCE, CALORIES or PULSE to preset a goal value.
3. Press the mode button during exercise to select which data will be displayed in large LCD window.
4. Press the button to confirm setting value of gender, age, height and weight in the Body fat mode.
5. Press the button and hold for 2 seconds to reset all value to zero and return to idle mode. (When the user replace batteries, all the values will reset to ZERO automatically.)

### SET

1. Press to set the hour, minute, year, month and date after choosing each one using the Mode key (this function operates only when batteries are first installed or replaced)
2. To set the target value of Time, Distance, Calories and Pulse in idle mode. You can hold the button to increase the value fast.
3. To set up the personal data of gender, age, height and weight for Body fat test.

### RESET

1. Press the Reset button to reset values while inputting data.
2. Press the button and hold for 2 seconds to reset all values to zero.

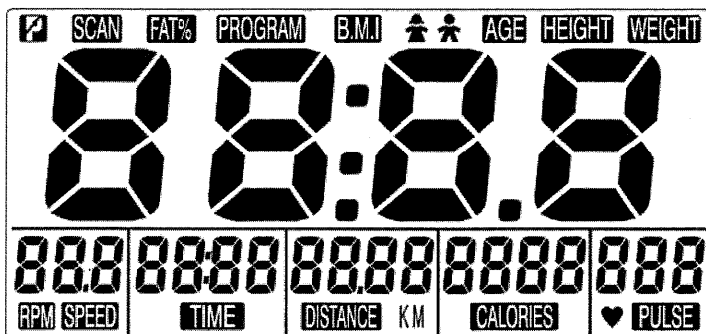
## BODY FAT

Press this button to enter Body Fat measure function then press MODE key to enter setup of your personal data of Gender, Age, Height and Weight. After completing data entry press it again to measure your Body fat ratio (FAT%) and BMI.

## RECOVERY

Press to enter the heart rate recovery function.

## LCD display



## LCD FUNCTIONS

**SCAN** Press the Mode button until Scan icon lights. Automatically scans through each data in sequence every 6 seconds. The display loop is RPM – Speed – Time – Distance – Calorie - Pulse on the main screen.

**TIME** Accumulates time from 0:00 up to 99:59. The user may preset target time by pressing MODE then SET button. Each increment is 1 minute.

**RPM** Displays the Revolutions per Minute (RPM). The RPM and SPEED numbers will alternate every 6 seconds during exercise.

**SPEED** Displays current training speed. Maximum speed is 99.9 km/h or mile/h.

**DISTANCE** Accumulates total distance from 0.00 up to 99.99 km or mile. The user may preset a target distance goal by pressing MODE then SET button. Each press of the button increments the setting 0.5 km or mile.

**CALORIES** Accumulates calorie consumption during training up to a maximum of 999 calories. The user may also preset a target calorie goal before training by pressing MODE then SET button. Each press of the button increments the setting 10 cal.

**Note :** This data is a rough guide for comparison of different exercise sessions and can not be used for medical purposes.

**PULSE** The monitor will display the user's heart rate in beats per minute during training. You may set a target heart rate goal by press the MODE then SET button.

**CALENDAR** The monitor will display date, month, and year when the monitor is in sleep mode.

**CLOCK** The monitor will display current clock time when the monitor is in sleep mode.

**TEMPERATURE** Displays current room temperature from 10°C to 60°C when the monitor is in sleep mode.

## **MONITOR OPERATION:**

### **1. Power on:**

Install two 1.5V UM-3 or AA batteries. The monitor will perform an LCD segment test indicated by a long beep sound. (Whenever batteries are removed, all the data values will be reset to zero or default value.)

### **2. Setting the clock:**

Press the MODE and SET buttons to set the clock time, year, month, and day.

After the initial setting the time and calendar will be updated automatically until the batteries are changed again.

### **3. Select and preset target goal values:**

Access the setting function for Time, Distance, Calories and Target Pulse by pressing the Mode button. Press the SET button to adjust the value of each function. Press the MODE button for confirmation and skip to next setting. The setting for Distance & Calories operates the same as Time setting.

4. After a speed signal is detected each data reading SPEED, RPM, TIME, DISTANCE, CALORIES and PULSE will begin.

5. You can press the MODE button to select single reading to be displayed in the main screen.

6. If you have preset any target, the value will begin to count down from the target setting when the training starts. Once the target is achieved, the monitor will beep and the function will count up from zero automatically if training continues.

### **7. Pulse measurement –**

Hold the two handgrip sensors for a few seconds and the monitor will display your current heart rate in beats per minute. To ensure proper heart rate readings please place both hands on the sensors and try not to change grip strength; hold in a relaxed manner. You may preset a heart rate limit alarm before training starts. Once your heart rate reaches the limit value the console will beep to let you know you are at the limit. This is used to make sure you do not exceed your desired heart rate.

### **8. Recovery –**

Press the "RECOVERY" button to start the recovery test function. The monitor will count down from 0:60 second to 0:00. The heart icon will blink during count-down to "0:00", during the count-down period please keep your hands on the heart rate sensors. When the time reaches zero the screen will display "F1 to F6" indicating your recovery status. F1 is the highest, and the F6 the lowest score. You may keep exercising to improve your heart rate recovery status, and check it by using the Recovery function.

## 9. Body Fat -

9-1. Press BODY FAT key to enter body fat measurement.

9-2. Press MODE and SET buttons to input your personal data. Each personal data setting is described as the following:

AGE:	10 ~ 99 years
HEIGHT:	100 ~ 250 cm (or 3'03" ~ 8'02")
WEIGHT:	10 ~ 200 kg (or 22 ~ 440 lb)

9-3. After all personal data have been input, you can press BODY FAT button and hold the grip sensors to start the body fat testing.

9-4. It takes few seconds to measure the body fat. If you do not hold the sensors during the testing procedure the LCD will show an error 'Err' after a 10 second period.

9-5. After the measurement is finished the display will show your Body Fat reading in percentage, and BMI calculation (body mass Index) in the main LCD window. The measurements will alternate in scan mode.

BODY FAT % : Calculated from your personal data and is shown as a value from 5%~50%.

BMI : Calculated from your personal data and is shown as a value from 1.0~99.99.

9-6. Press any key to return to the main display.

### Note

1. If you Stop training for 4 minutes, the screen will show room temperature, clock, and calendar display automatically.
2. If the computer is operating abnormally, please re-install the batteries and try again.
3. Battery Spec: 1.5V UM-3 or AA (2PCS).
4. The batteries must be removed from the appliance before it is scrapped. Please dispose of batteries properly.

### Note :

1. Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities.
2. Contact your local government for information regarding the collection systems available.
3. If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being.

