![KIDSFIT™ International Youth Fitness]

Cardio Kids 601 Elementary Elliptical
OWNER'S MANUAL

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C E

KIDSFIT CHECKLIST FOR PREVENTATIVE MAINTENANCE:

The below guidelines are small, everyday tasks. Yet, they are VITAL to extend the life of the unit and avoid any service issues. In general, issues that arise with this equipment is usually due to loose parts or unsupervised use. Please keep in mind the importance of these regular check-ups.

_____ **INSPECT BOLTS and make sure they are tightened at all times.** A loose bolt is the number one cause of elliptical malfunction, and can be easily prevented by regular check-ups.This includes all screws around base, footplates, front console, computer case, and L and R cover of elliptical body . An allen key set and Phillips screwdriver will be sufficient for unit upkeep.
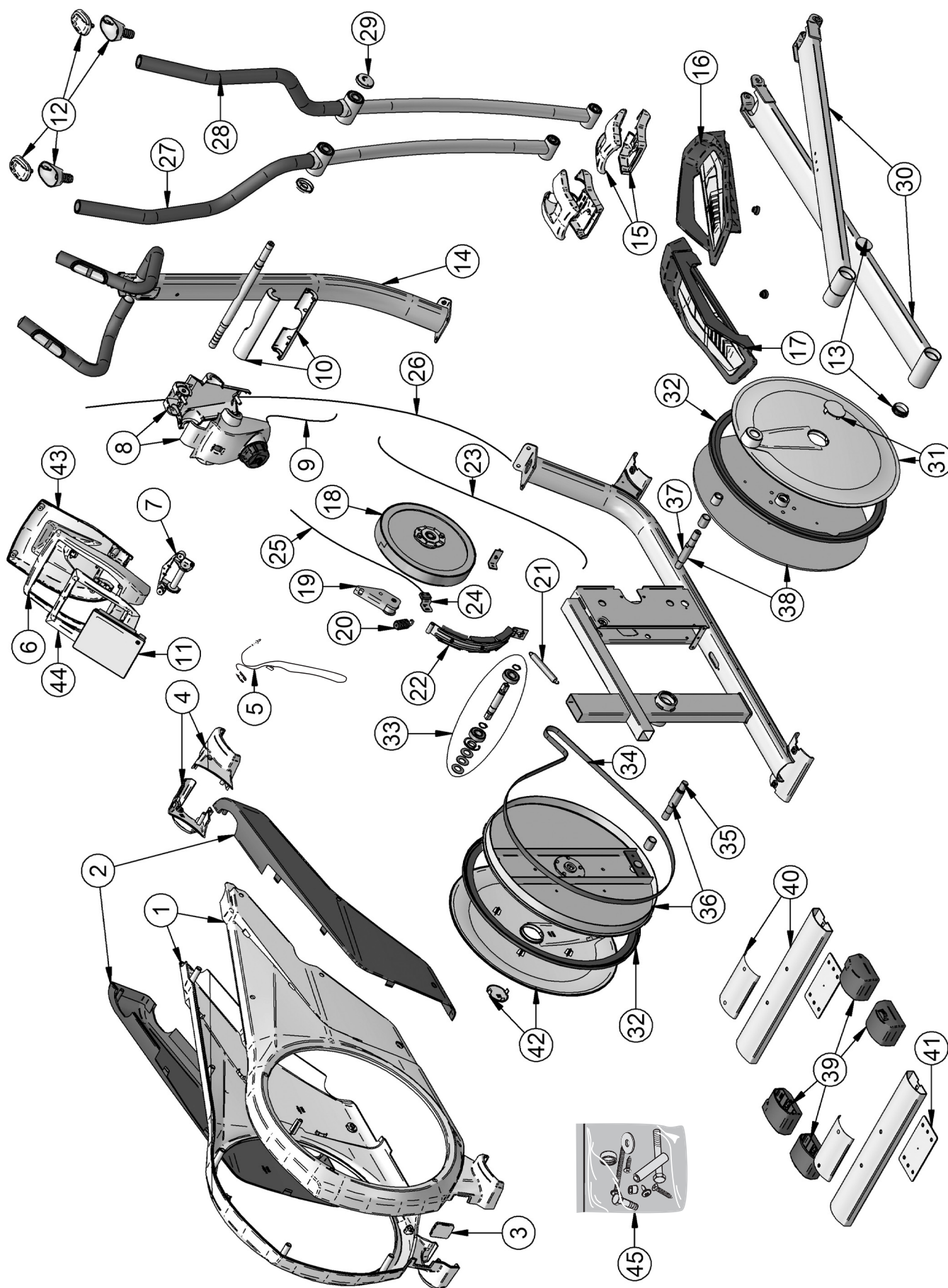
_____ **CLEAN COVERS, FRAME.** Use non-alcoholic disinfectant and towel after each use to wipe down entire unit, including footplates, computer case, handlebars, and body of the elliptical. Non-alcohol cleaners are required to maintain color vibrance of unit (ex: Simple Green)

_____ **CHECK BATTERY** A low battery will cause the computer to malfunction. If you begin to notice any issues with the computer, your first step needs to be replacing the batteries AA and reset computer.

_____ **INSPECT CRANKS -** If any part of the unit feels loose, DO NOT USE the unit until the proper bolts are fully tightened. Using the unit with loose bolts will cause further damage, and will cause other parts of the unit to break or malfunction.

_____ **ADULT SUPERVISION IS REQUIRED AT ALL TIMES** A child should never be left alone to use the elliptical. This is the most common cause of improper use and can result in injury to the child, or damage to the elliptical.

_____**PREVENT DESTRUCTION** by allowing only 1 child on the unit at a time. AT NO TIME SHOULD THE CHILD'S BODY WEIGHT BE ENTIRELY ON ONE SIDE OF THE ELLIPTICAL. Without supervision, children have a tendency to stand on one side of the elliptical with all of their body weight, or grab a friend to stand on the other side. This uneven distribution of weight, will break the elliptical. Body weight must be evenly distributed at all times, left foot/left plate and right foot/right plate.

KIDSFIT ELLIPTICAL

See DIAGRAM	QTY	PART #	See DIAGRAM	QTY	PART #
1	1x	94600722	23	1x	67000936
2	1x	94600826	24	1x	1701399A
3	1x	70129374	25	1x	67000664
4	1x	94600212	26	1x	94318313
5	1x	67000653	27	1x	94603464
6	1x	94600233	28	1x	94603463
7	1x	94604248	29	2x	70130112
8	1x	94318315	30	2x	94318276
9	1x	67000838	31	1x	94600830
10	1x	94600215	32	2x	70129511
11	1x	67000967	33	1x	94600750
12	1x	94600146	34	1x	67005127
13	2x	10100098	35	1x	10900092
14	1x	94600724	36	1x	94604263
15	2x	94600218	37	1x	10900091
16	1x	94600828	38	1x	94604264
17	1x	94600829	39	1x	91180557
18	1x	91140381	40	2x	94600231
19	1x	94600241	41	2x	97200256
20	1x	25635052	42	1x	94600831
21	1x	25615060	43	1x	70133523
22	1x	94313513	44	1x	70129531
			45	1x	94318672

Please circle parts requested and submit to the service department for official quote. Please List Service Details in box below

Identifying and Defining Components of Computer

A.
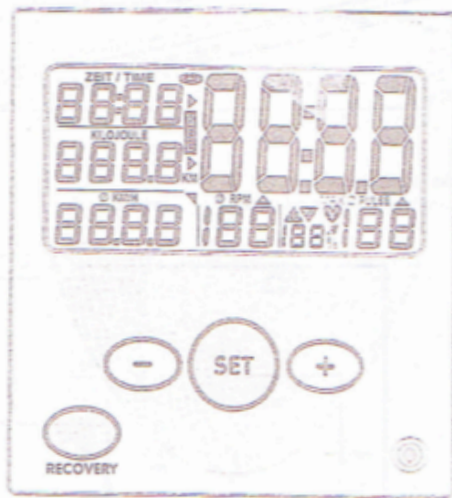
1 Time :00-99:59 [min:sec]

2 Energy consumption 0-9999 Full kilometers
    [Odometer] [0-9999 km]

3 Speed 0-99.9 [KM/H]
   Distance 0-99.9 [KM]

4 Pedal Frequency 20-199 [Revolutions/min] Pedal
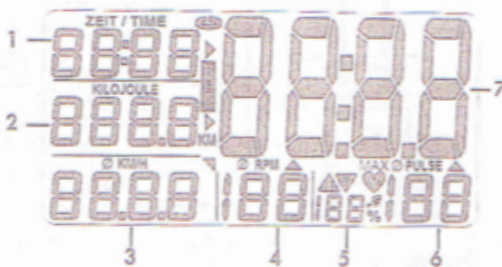   Revolutions

5 Percent
    Relationship: current pulse rate- maximum pulse
6 Pulse 50-199 [beats/min]

7 Large display Room temperature [0-40 degrees]
    fitness-grade [F1.0-F6.0]
See Figure B.

B.

Symbols

a REC Recovery pulse
b SCAN   Automatic display change
c ARROW   Current area in the large display
d KM   Full kilometers
e Average   Beat frequency + pulse
f LO   Lower than the lower pulse value
g HI   Higher than the higher pulse value
h Heart   blinks intact with the pulse
i Percent   % of maximum pulse specification
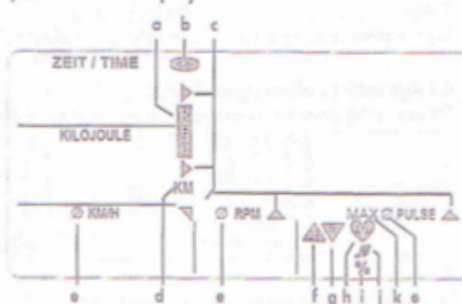j Grade   Acoustic maximum pulse supervision
k MAX   Exceeding the maximum pulse
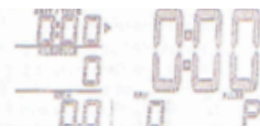*See Figure C.*

C.

Symbols in the display

D.

Picture 1   Picture 2

Picture 3   Picture 4

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Keys:

Minus key   Lower value (display range back)

Set key   Function key (specification, change, reset of the display)

Plus key   Increase values (display range up)

Recovery key   Function key (fitness grade determination)

Attachment (front)
Connector   For the ear clip

Attachment (back)
Connector (4 pole)   for the hand pulse sensors (not with racer and crossbike)

Connector (2 pole)   for the speed recorded

Battery compartment   2 batteries: Mignon 1.5 Volt, LR6, AA

See Figure A on page 2.   (Previous Page)

1.0 Display before exerclsing

1. Room temperature   Picture 1 (before and after exercsing)
2. Full display   Picture 2 (after pedaling or pushing button, 1 sec)
3. Full kilometer   Picture 3 (length of display: 10 seconds or key)
4. Start Display   Picture 4

See Figure D. on page 2. (Previous Page)

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Recording pulse with the hand pulse sensors
The hands cover the hand pulse sensors.

Recording pulse with the ear clip
Plug the ear clip in the connection
Rub on earlobe to improve the circulation
Put the ear clip on the earlobe

Pulse display
You have adjusted the start display (Picture 4)
The heart symbol (h) blinks in tact with your pulse
After a few seconds, the pulse is shown as a value

3.0 Exercising without specification of exercise data
setting time (1) kilojoule (2) distance (3) and pulse (6). You have set the start display (Picture 4). Press the set key, enter the setting mode and set the desired values with the + or - keys.
If you press the +/- key longer, the value will go back to OFF. With the set key, you will reach the next settings.
After the pulse setting, leave the setting mode with the set key and see the display with the possible settings (Picture 16/17)
Press the set key longer and the display will go to the full display (reset function) (Picture 2)
Note
If you do not enter a setting value within 4 minutes, the display will go to room temperature (Picture 1)
Picture 5: The time setting begins with "OFF"
Picture 6: Time setting e.g. 18 minutes
Picture 7: Energy consumption setting: e.g. 270 Kilojoule
Picture 8: Distance setting: e.g. 10KM

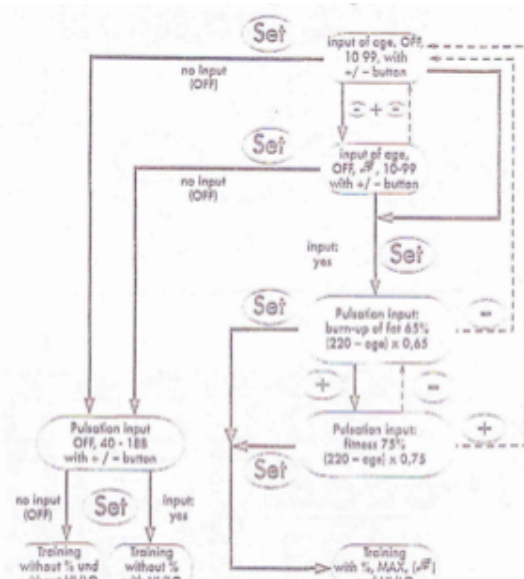| Picture 5	Picture 6

Picture 7	Picture 8

The right exercising pulse
The exercising pulse depends on age and exercise goal. For each age and exercise goal there is a suggested range which is designated by an upper and lower pulse limit (+/- 10 beats). The exercise pulse should always be within the aerobe zone. The maximum pulse frequency (220-age) may not be exceeded.

Pulse setting possibilities
The scheme shows the course of the pulse settings

In detail:
Setting- exercise pulse
With the set key, you have access to 2 setting areas:
-Age (Picture 9/10)
-Pulse zones: Burning of fat
4.1 Age setting /alarm signal ON/OFF
The agesetting serves for the calculation of your maximum pulse.

Picture 9	Picture 10

When you enter your age, in the PULSE display (6) there will be a maximum pulse which depends on the age [Formula: 220-age). (Picture 11). With settings up to 21 years, only 199 can be displayed as a maximum pulse but the right value will be calculated.

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4.0 Pulse Zones
   With the +/- keys, you select 2 zones. The age setting serves for the calculation of these pulse zones. This is visible with the #'s display.
       1. Burning of fat
          Formula: (220=age) x 0.65
       2. Fitness Zone
          Formula: (220-age) x 0.75

Function
Through the setting of the pulse zones and the assumed maximum pulse, a pulse zone supervision is activated. If the set exercise pulse falls short of 11 beats, the display shows "LO", if 11 beats are exceeded, "HI." The "LO" supervision is active if first the given exercise pulse is reached while pedaling. If the rotation number falls below 20, the "LO" function becomes active again when the given exercise pulse has been reached. The "HI" supervision is always active.

If the maximum pulse is exceeded by 1 beat "HI" will blink and "MAX" appears. If the acoustic alarm is active, you will be able to hear the alarm signal. The value which is displayed with the #'s symbol is the comparison between current pulse value and maximu, pulse value.

4.1 Pulse Supervision
This setting is possible in the area from 40-188 with the +/- keys.
Function
The "HI" and "LO" display functions are described in 4.2.
The proportional pulse display as well as the acoustic alarm function are not available.

4.2 Finishing the Settings
After the last setting, if you press the set key, your setting values (except for pulse setting) will be displayed.

If you have activated a pulse zone, the comparison between the current pulse value and the maximum pulse value or "—" with missing pulse signal will be shown.
If your pulse beat exceeds the entered pulse limit or your maximum pulse exceeds it, first the HI and then the MAX symbol will be displayed.

5.0 Displaying While Exercisng
When you start exercising, in 5 second tact an automatic display charge SCAN will begin. With the set key, you can shut it off. With the +/-keys you can then jump forward or back a display area.

6.0 Display before exercising, with breaks in the exercising, end
If you make less than 20 pedal rotations/min, the electronics recognize a break in the exercising. An automatic display change stops. The SCAN symbol disappears. Below KM/H, RPM, pulse, the average symbol and the average value is displayed.
If you do not continue exercising within 4 minutes, the display changes to room temperature. In doing so the distance is added in full kilometers. All other values are not stored.

Note
Speed and distance change in 5-second intervals.
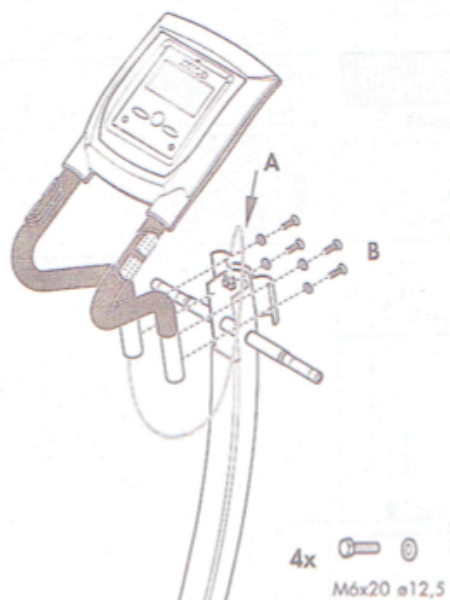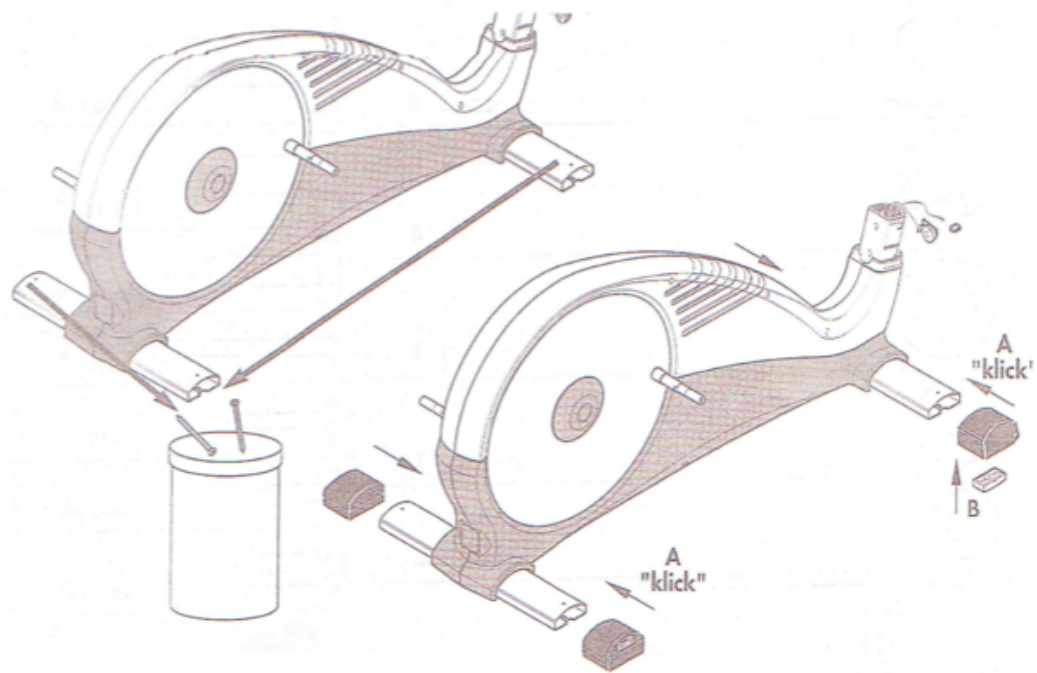With the +/- keys, you can jump forward or back one display area.
With the set key you return to the setting mode. In doing so, all previous exercise data will be deleted. Settings remain.
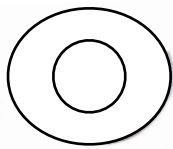
7.0 Display when continuing exercising
Start exercising again. The values continue to count.

8.0 Measuring recovery pulse
The exercise computer is equipped with a recovery pulse function. This makes it possible to measure your recovery pulse when you finish exercising. When you finish exercising, press the recovery key. The current pulse value is taken over under Time. The computer measures your pulse during a 59 seconds countdown. Afterwards, the current pulse value is taken over under kilojoules and under KM/H. The difference of the pulse values within the return are given and a fitness grade is displayed with (F). The calculation is explained under 9.0 general. If the measurement of the pulse is interrupted, instead of a value (P) is displayed. If you press the recovery key, the current exercise display will appear again. The current pulse is always shown under Pulse.
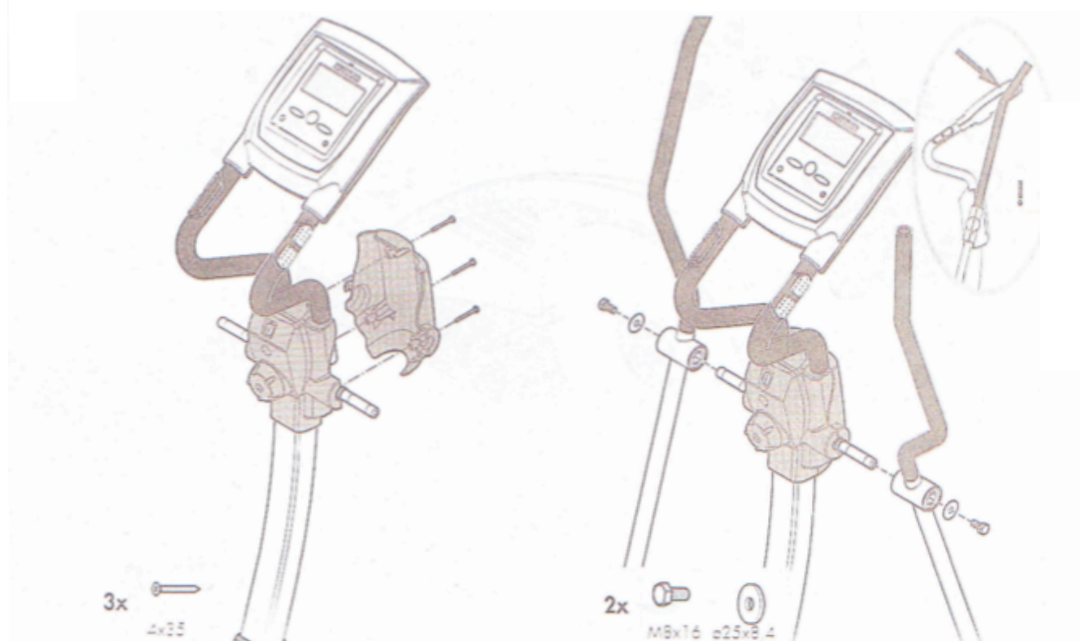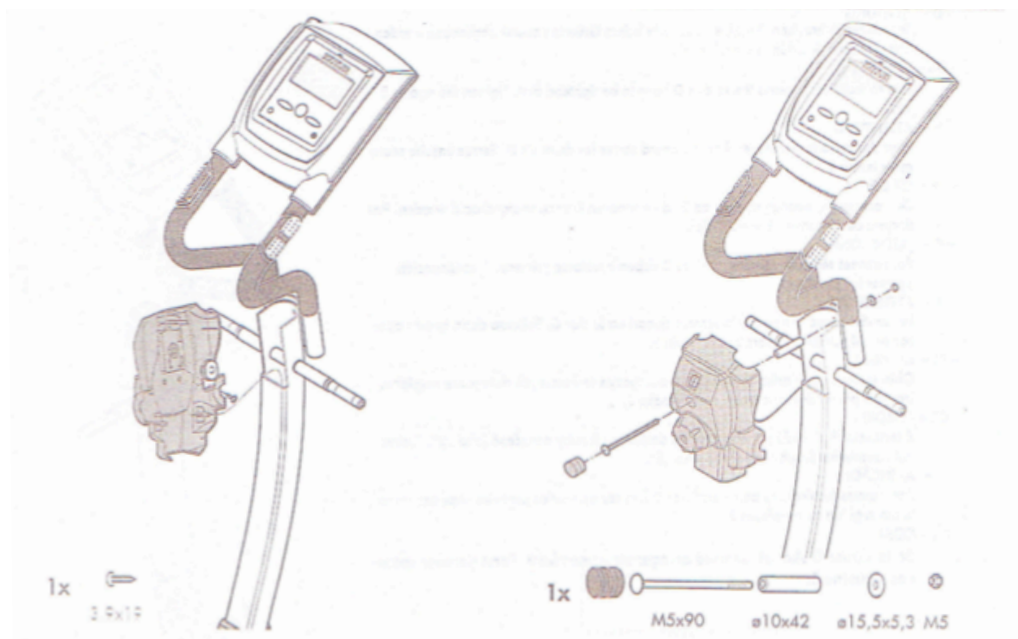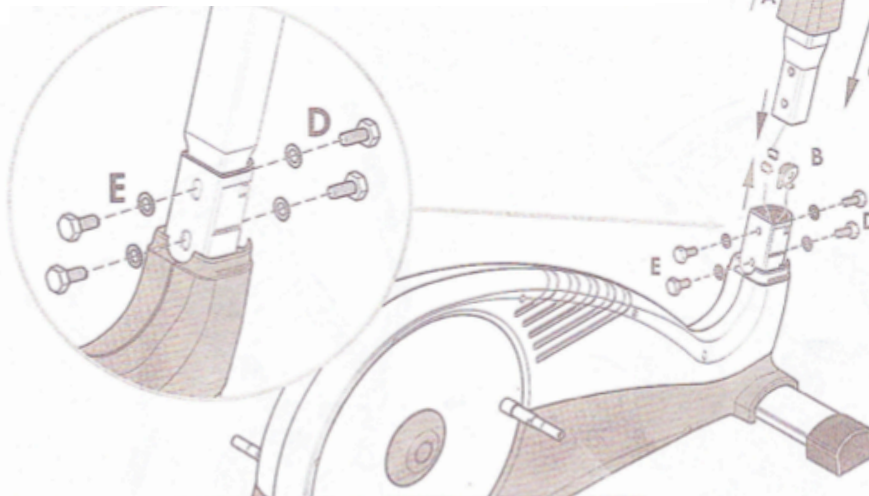
4x ⊏⊐ ⊙

M6x20 ⌀12,5

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Part	Qty		Part	Qty
ø25x8,4	4		M10x20	4
ø10	4		M8x16	4
ø18x11,3	4		M6x20	4
ø15,5x5,3	1		4x35	3
ø12,5x6,4	6		3,9x19	1
ø22,2x27,5	2		3,9x9,5	8
ø10x42	1		ø6x9,5	8
M10x105	2		M6	2
M5x90	1		M10	2
M6x50	2		M5	1
ø42	2			1

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1x 3.9x19

1x M5x90 ø10x42 ø15,5x5,3 M5

3x 4x35

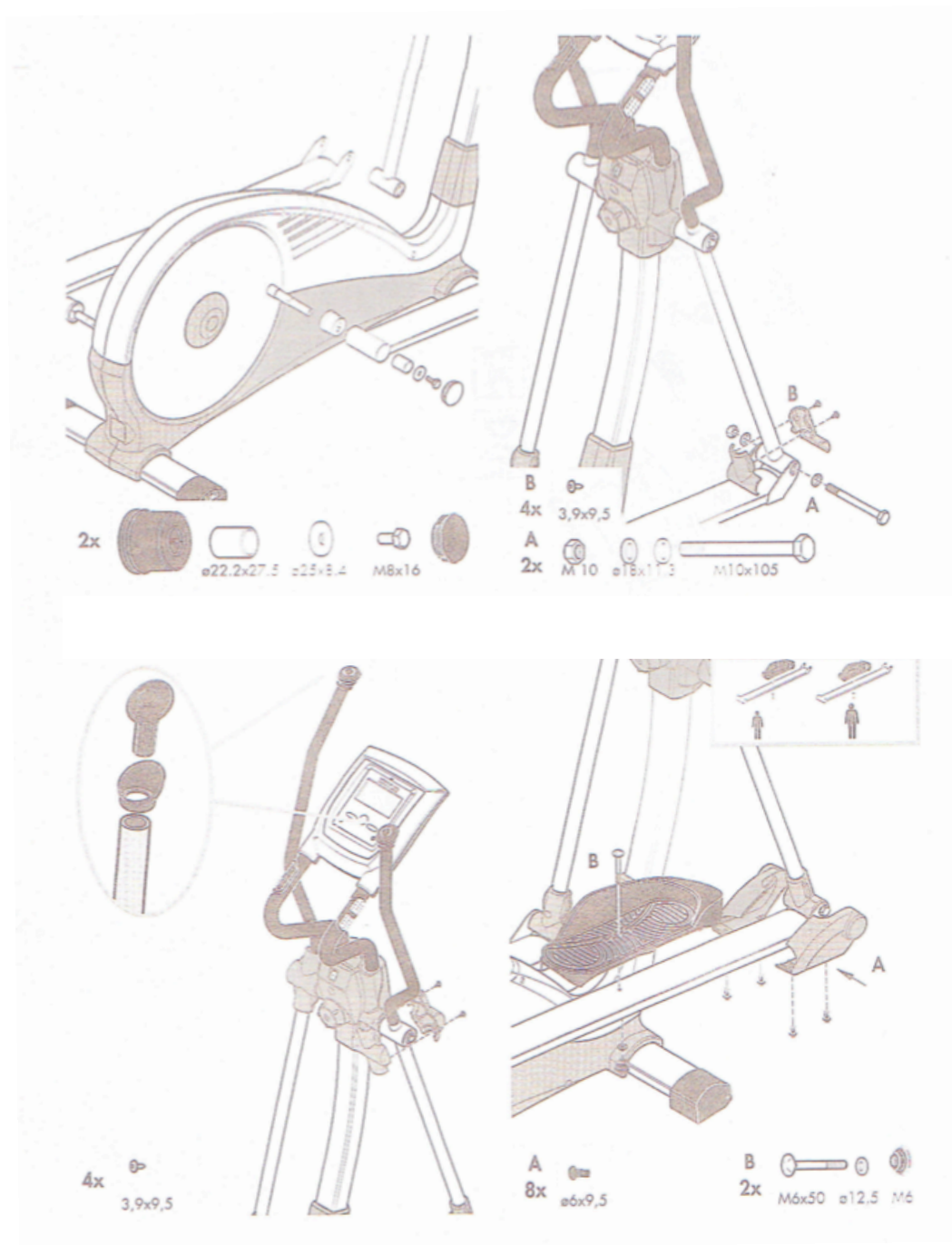2x M8x16 ø25x8.4

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- D – ACHTUNG!
Die beiden Schrauben D müssen aus technischen Gründen zuerst angezogen werden. Erst dann die Schrauben E anziehen.
- GB – IMPORTANT!
Due to technical reasons the screws D have to be tightend first. Tighten the screws E last.
- F – ATTENTION!
Pour des raisons techniques il faut d'abord serrer les deux vis D. Serrez ensuite seulement les vis E.
- NL – LET OP!
Om technische redenen moeten de beide schroeven D eerst vastgedraaid worden. Pas daarna de schroeven E vastdraaien.
- E – ¡ATENCIÓN!
Por razones técnicas, los dos tornillos D deben apretarse primera. A continuación apretar los tornillos).
- I – ATTENZIONE!
Per motivi tecnici è necessario serrare dapprima le due D. Soltanto dopo questa operazione si possono serrare anche le viti E.
- PL – UWAGA!
Obie śruby z podkładką D muszą być z przyczyn technicznych dokręcane najpierw. Dopiero potem dokręcić śruby z podkładką E.
- CZ – POZOR!
Z technických důvodů je třeba nejprve dotáhnout šrouby označené jako „D". Teprve poté dotáhněte šrouby označené jako „E".
- P – ATENÇÃO!
Por motivos técnicos, os dois parafusos D têm ser apertados primeiro. Apertar somente em seguida os parafusos E.
- DK – OBS!
De to skruer D skal af tekniske årsager strammes først. Først derefter spændes skruerne E.
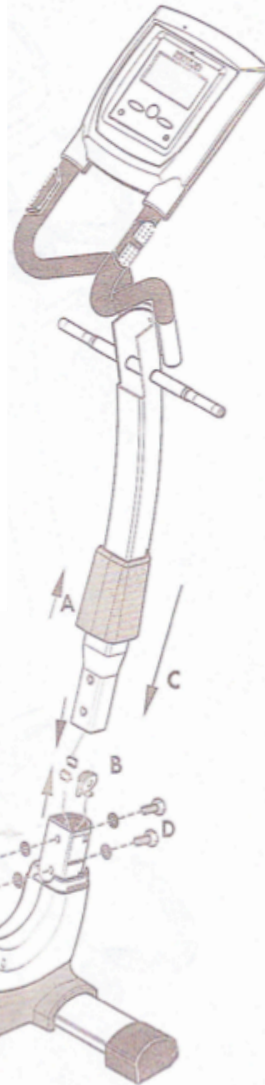
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4x   M10x20 M10

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2x   ø22.2x27.5   ø25x9.4   M8x16

B
4x   3,9x9,5
A
2x   M 10   ø18x11.3   M10x105

4x
3,9x9,5

A
8x   ø6x9,5

B
2x   M6x50   ø12.5   M6

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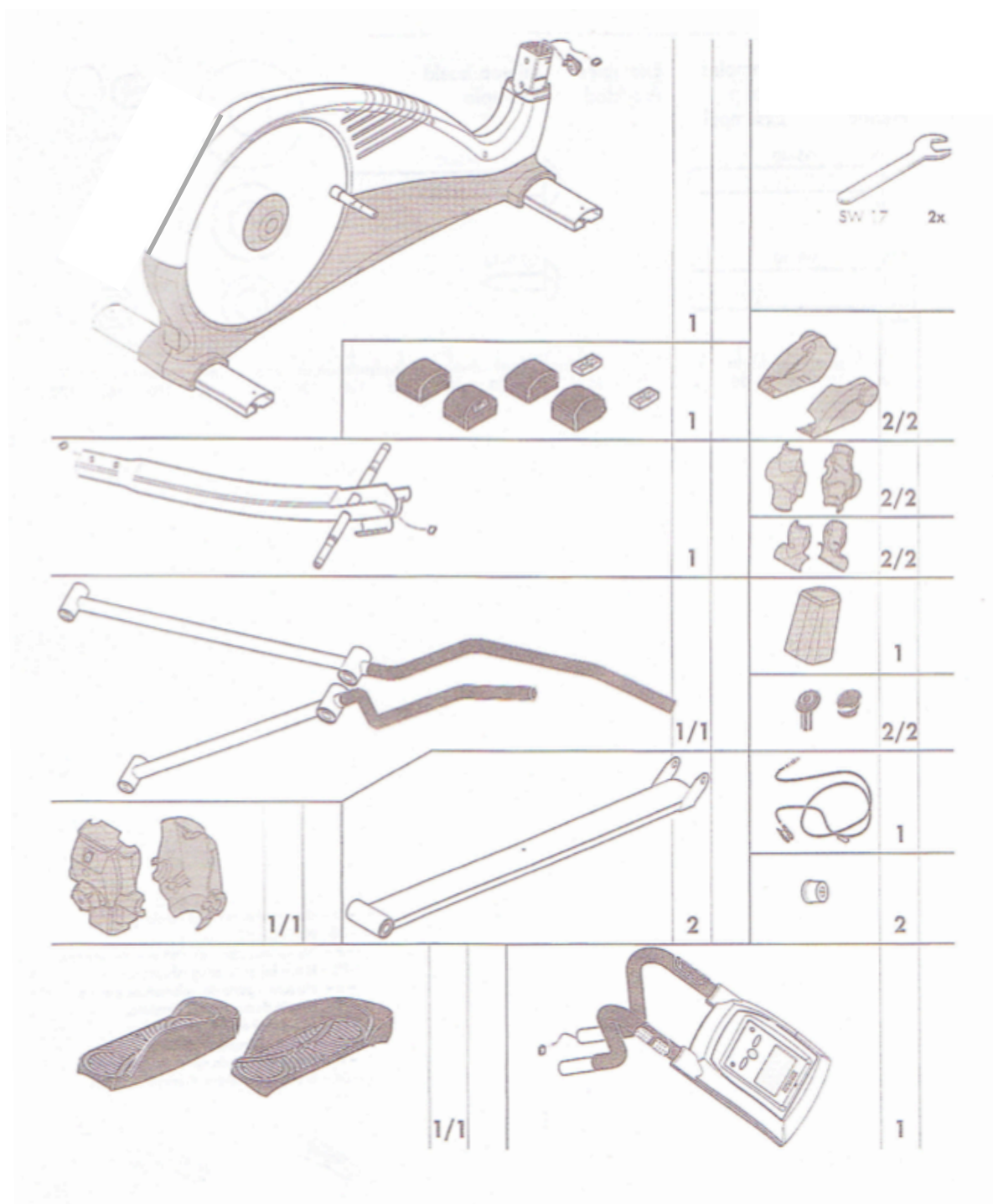**International Youth Fitness**

Battery Change

 A weak or an extinguished computer display makes a battery change necessary. The computer is equipped with two batteries.
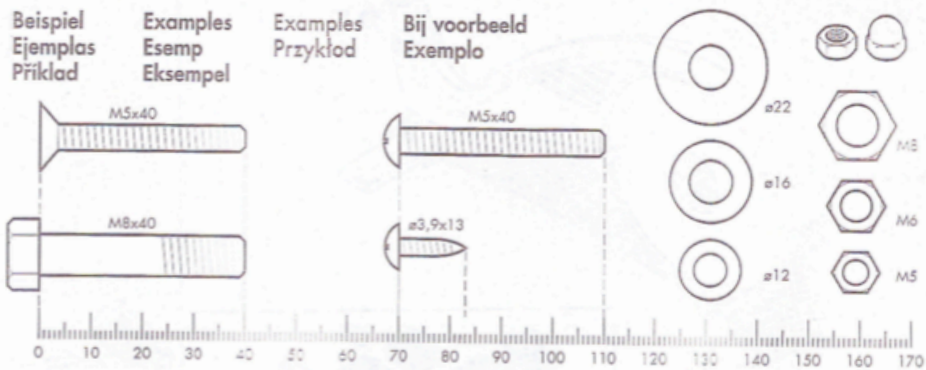
Perform the battery change as described below:

*Remove the lid of the battery compartment and replace the batteries by two new batteries of type AA 1,5V

*When inserting the batteries pay attention to the designation on the bottom of the battery compartment.

*Should there be any misoperation after switching on the computer again, shortly disconnect the batteries once again and reinsert them.

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SW 17   2x

1

1

2/2

2/2

1

2/2

1/1   2/2

1/1   1

2   2

1/1   1

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Beispiel Examples Examples Bij voorbeeld
Ejemplas Esemp Przykład Exemplo
Příklad Eksempel

M5x40

M8x40

M5x40

ø3,9x13

ø22

ø16

ø12

M8

M6

M5

0 10 20 30 40 50 60 70 80 90 100 110 120 130 140 150 160 170

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