GYMSTICK™

FTR 90 CROSSTRAINER MANUAL
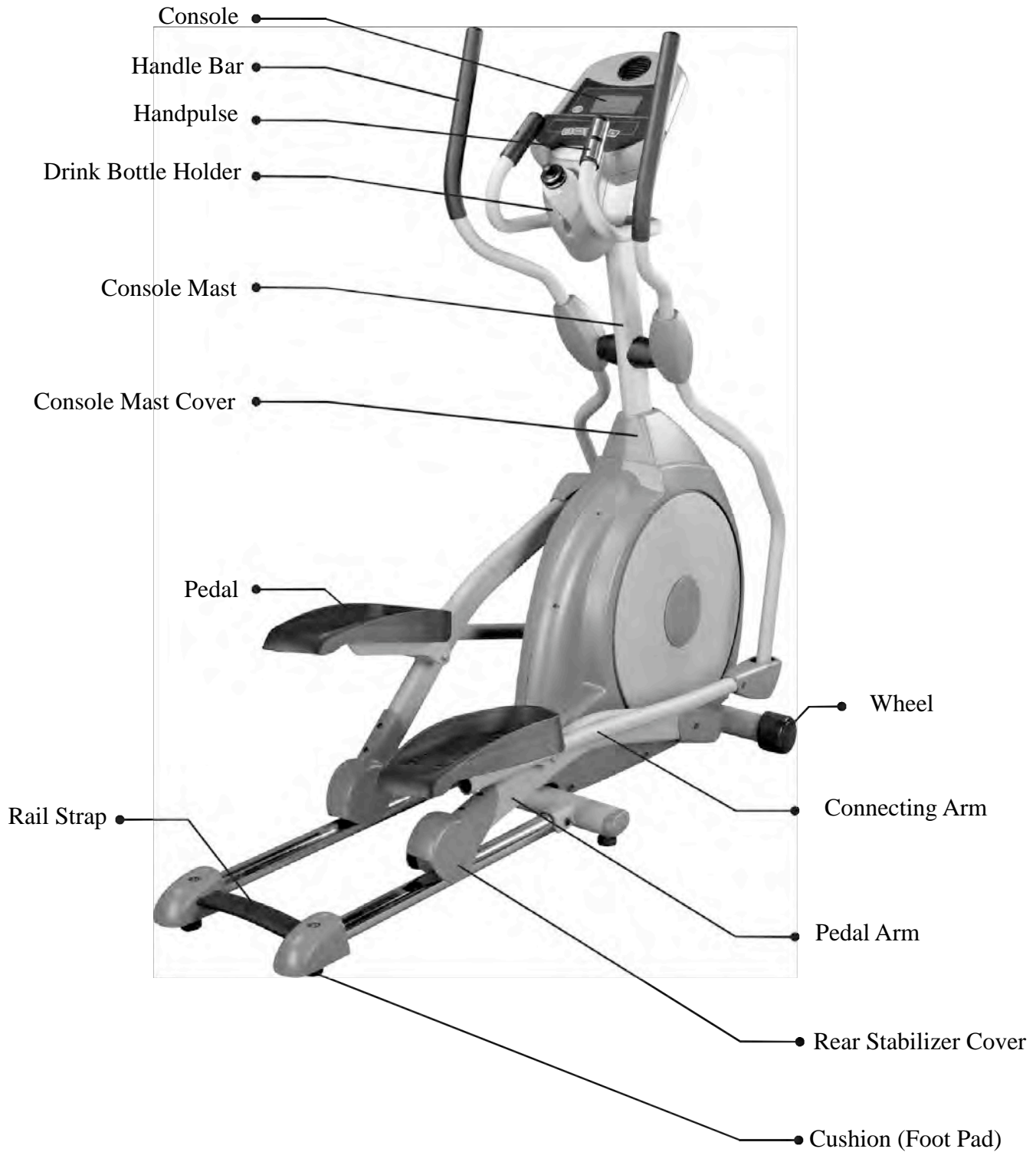
SAFETY HINTS

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 it has a damaged cord or plug. If the elliptical is not working
   properly, call your dealer.

■ Keep the cord away from heated surfaces.

■ Do not operate where aerosol spray products are being used or where oxygen is
   being administered. Sparks from the motor may ignite a highly gaseous environment.

■ Never drop or insert any object into any openings.

■ Do not use outdoors.

■ To disconnect, turn all controls to the off position, then remove the plug from the outlet.

■ 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!

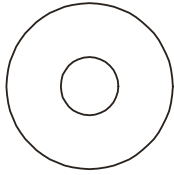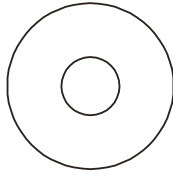**CAUTION!! Please be careful when opening this unit.**

INTRODUCTION

Console

Handle Bar

Handpulse

Drink Bottle Holder

Console Mast

Console Mast Cover

Pedal

Wheel

Connecting Arm

Rail Strap

Pedal Arm

Rear Stabilizer Cover
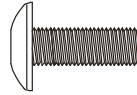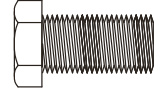
Cushion (Foot Pad)

ASSEMBLY PACK CHECK LIST

Step 1

#97. 5/16"x 23 x1.5T
Flat Washer (4pcs)

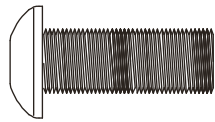#102. 5/16"x 23 x2T
Curved Washer (2pcs)

#78. M5 x 10m/m
Phillips Head Screw (4pcs)

#70. 5/16" x 15m/m
Hex Head Screw (6pcs)

Step 2

#75. 5/16" x 15m/m
Button Head Socket Screw (6pcs)
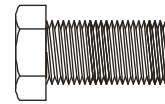
#70. 5/16" x 15m/m
Hex Head Screw (2pcs)
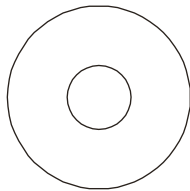
#97. 5/16" x 23 x 1.5T
Flat Washer (2pcs)
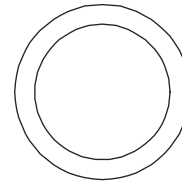
#101. ϕ 17
Wavy Washer (2pcs)

Step 3
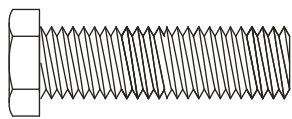
#71. 5/16 x 32m/m
Hex Head Screw (2 pcs)

#105. 5/16" x 7T
Nyloc Nut (2 pcs)
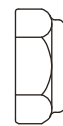
#89. 3/8" x 7T
Nyloc Nut (2 pcs)
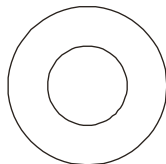
#94. 3/8" x 19 x 1.5T
Flat Washer (2 pcs)
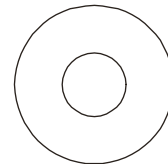
#98. 5/16" x 20 x 1.5T Flat
Washer (4 pcs)
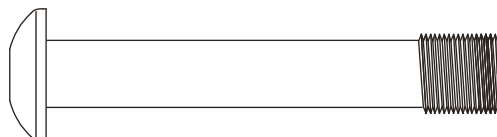
#77. 3/8 x 2-1/4"
Button Head Socket Screw (2 pcs)
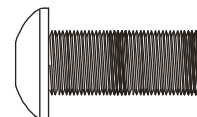
#76. 5/16 x 3/4"
Button Head Socket Screw (2 pcs)

4

ASSEMBLY PACK CHECK LIST

Step4
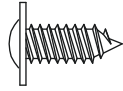
#84. ψ3.5x12m/m
Sheet Metal Screw (8pcs)
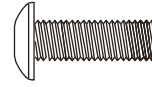
#79. M5 x 15m/m
Phillips Head Screw (8pcs)

Tools
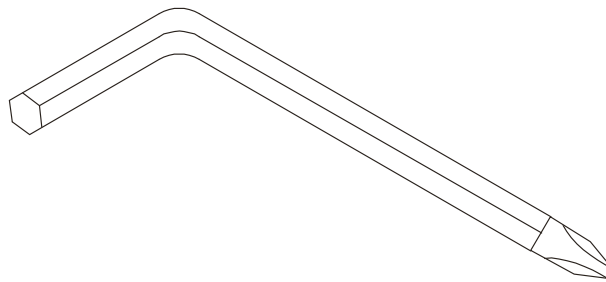
#108. Combination M5 Allen Wrench
& Phillips Head Screw Driver (1 pc)

#110. 12m/m Wrench (1pc)

#111. 13/14m/m Wrench (2pcs)

Step 1

31

68-1

37-3

32

78

78

10

102

70

70

97

97

70

32

41

1

Step 2

13

97

75

70

75

101

4

101

14

75

97

70

75

5

Step 3

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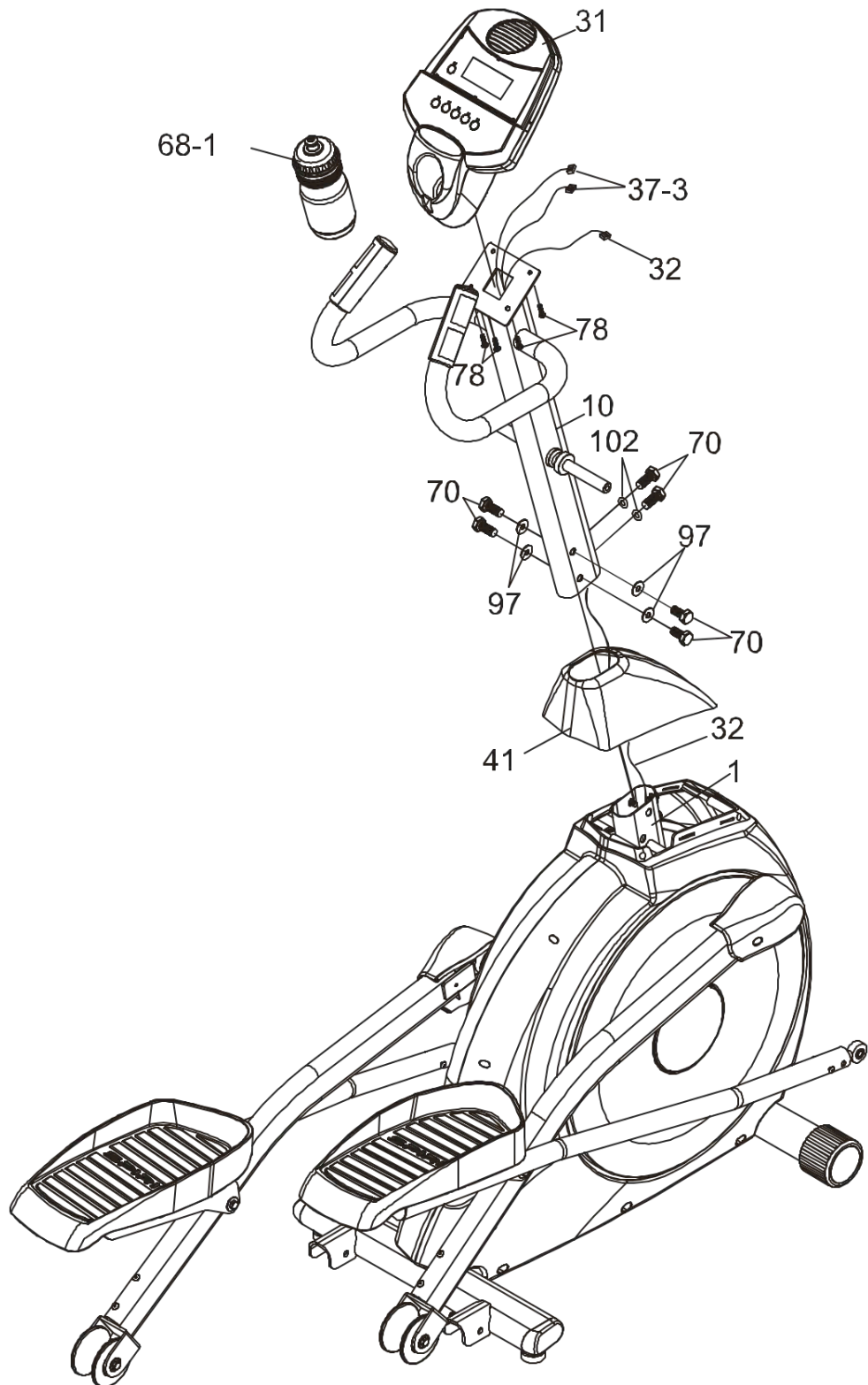
Step 4
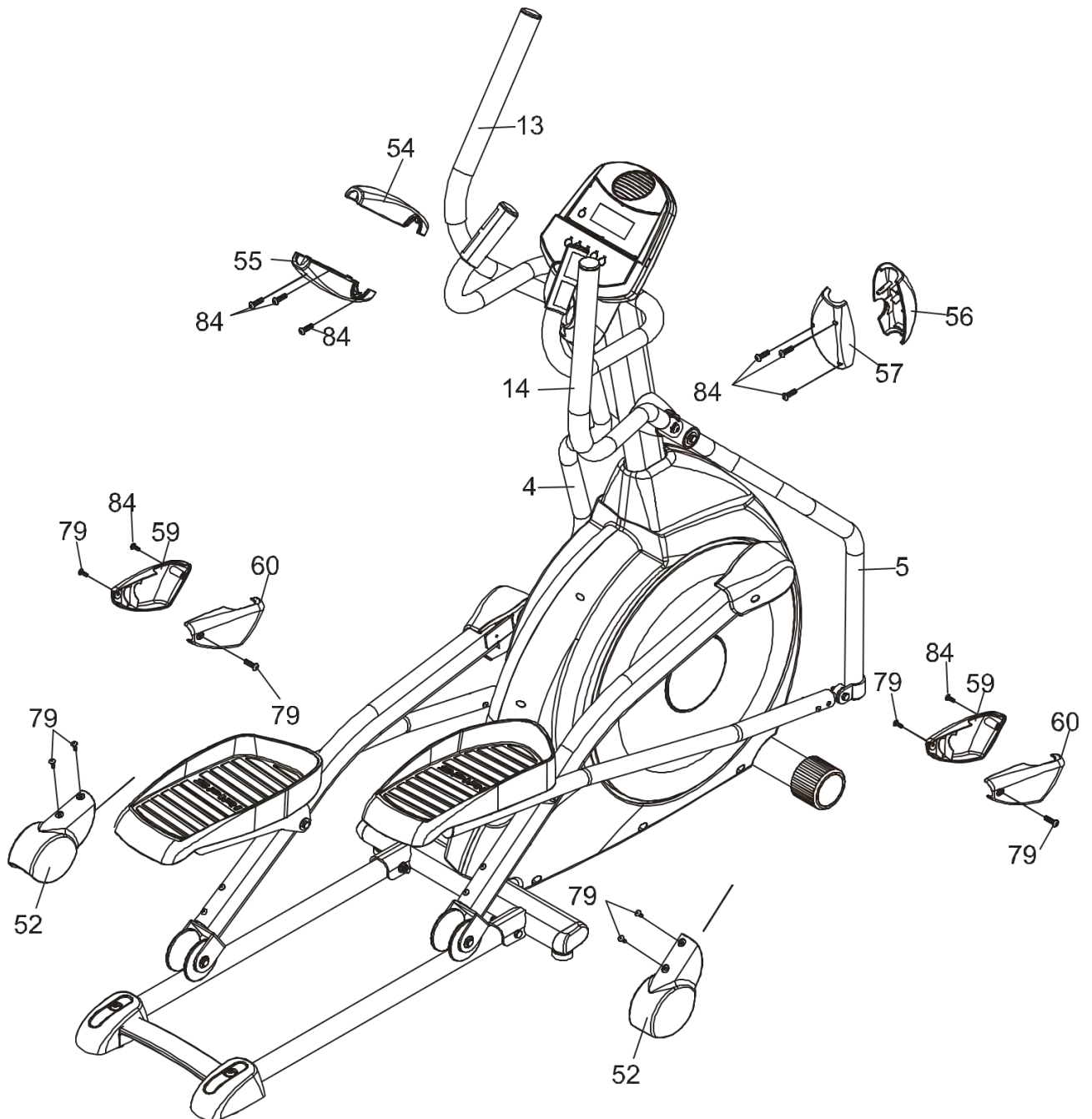
Assembly

■ UNPACKING THE UNIT

1. Using a razor knife (Box Cutter) cut the outside, bottom, edge of box along the dotted Line. Lift Box over the unit and unpack.
2. Carefully remove all parts from carton and inspect for any damage or missing parts. If damaged parts are found, or parts are missing, contact your dealer immediately.
3. Locate the hardware package. The hardware is separated into steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion.

STEP 1: CONSOLE MAST ASSEMBLY

1. Locate the Console Mast (10) and Console Mast Cover (41) and slide the Cover onto the Mast as far as it will go. Make sure the Console Mast Cover (41) is facing the correct way.
2. At the top opening of the Main Frame (1) of the elliptical is a Computer Cable (32). Unravel and straighten out the Computer Cable (32) and feed it into the bottom of the console mast tube (10) and out of the top opening.
3. Install the Console Mast (10) into the receiving bracket in the top of the Main Frame (1). Put the 4pcs of 5/16"x 23 x1.5T Flat Washers (97) onto the 4pcs of 5/16" x 15m/m Hex Head Screws (70) and the 2pcs of 5/16" x 23 x 2T Curved Washers (102) onto the 2pcs of 5/16" x 15m/m Hex Head Screws (70). Install, and hand tighten by using the 12m/m Wrench (110).
   NOTE: There is a electrical wire running through the Console Mast Tube (10). Be careful not to damage or pinch this Computer Cable (32) during this procedure.
4. Locate the Console (31) and the 4 pcs of M5 x 10m/m Phillips Head Screws (78) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (108).
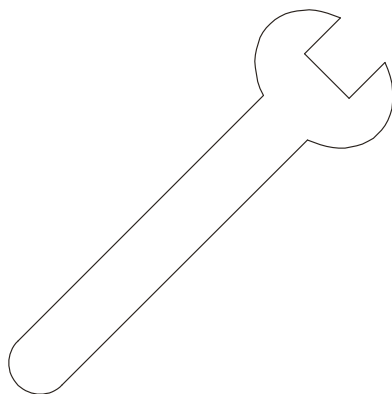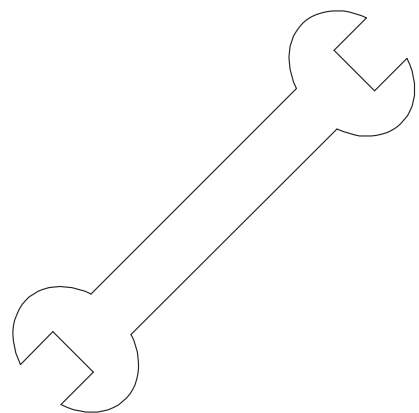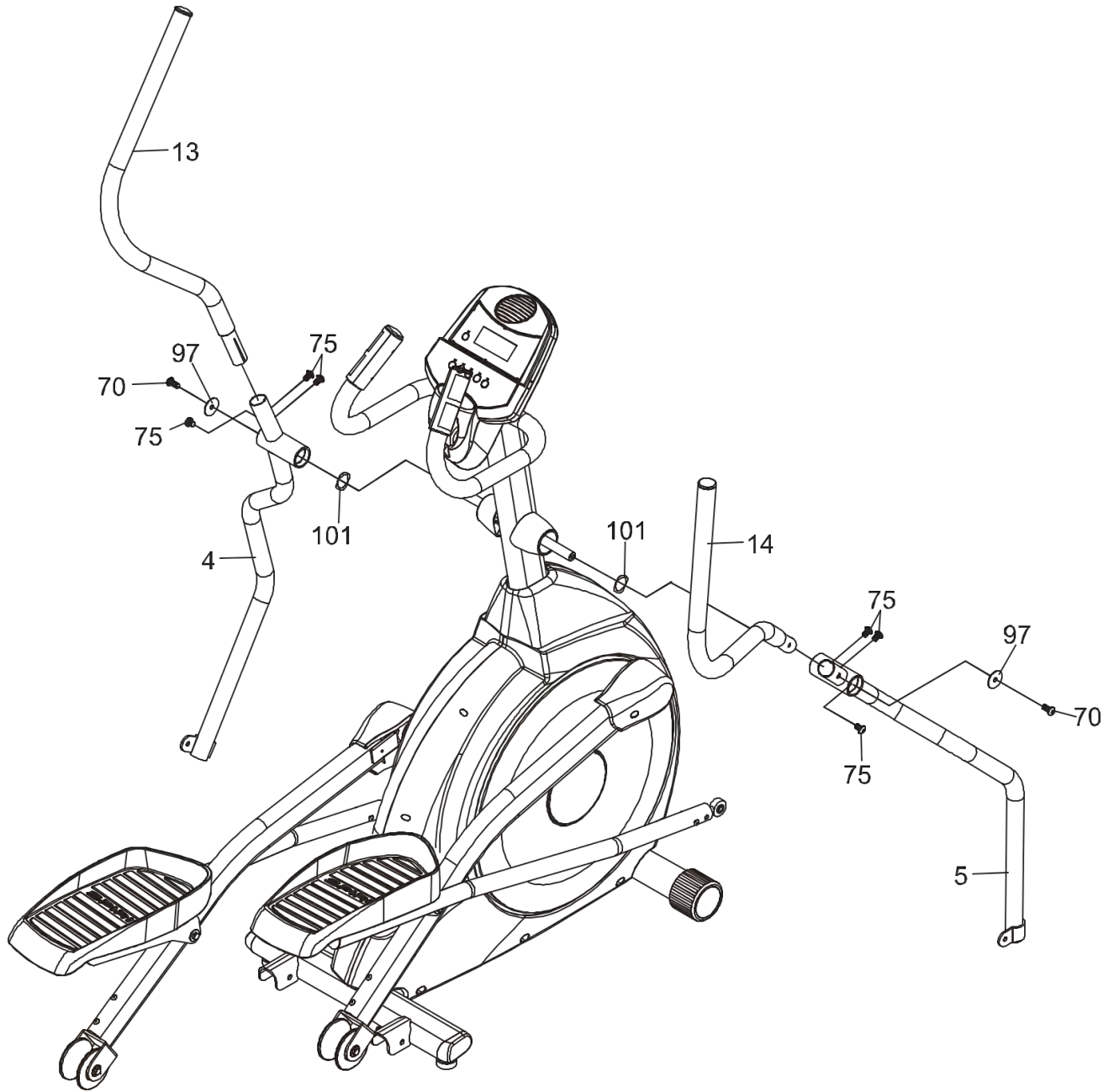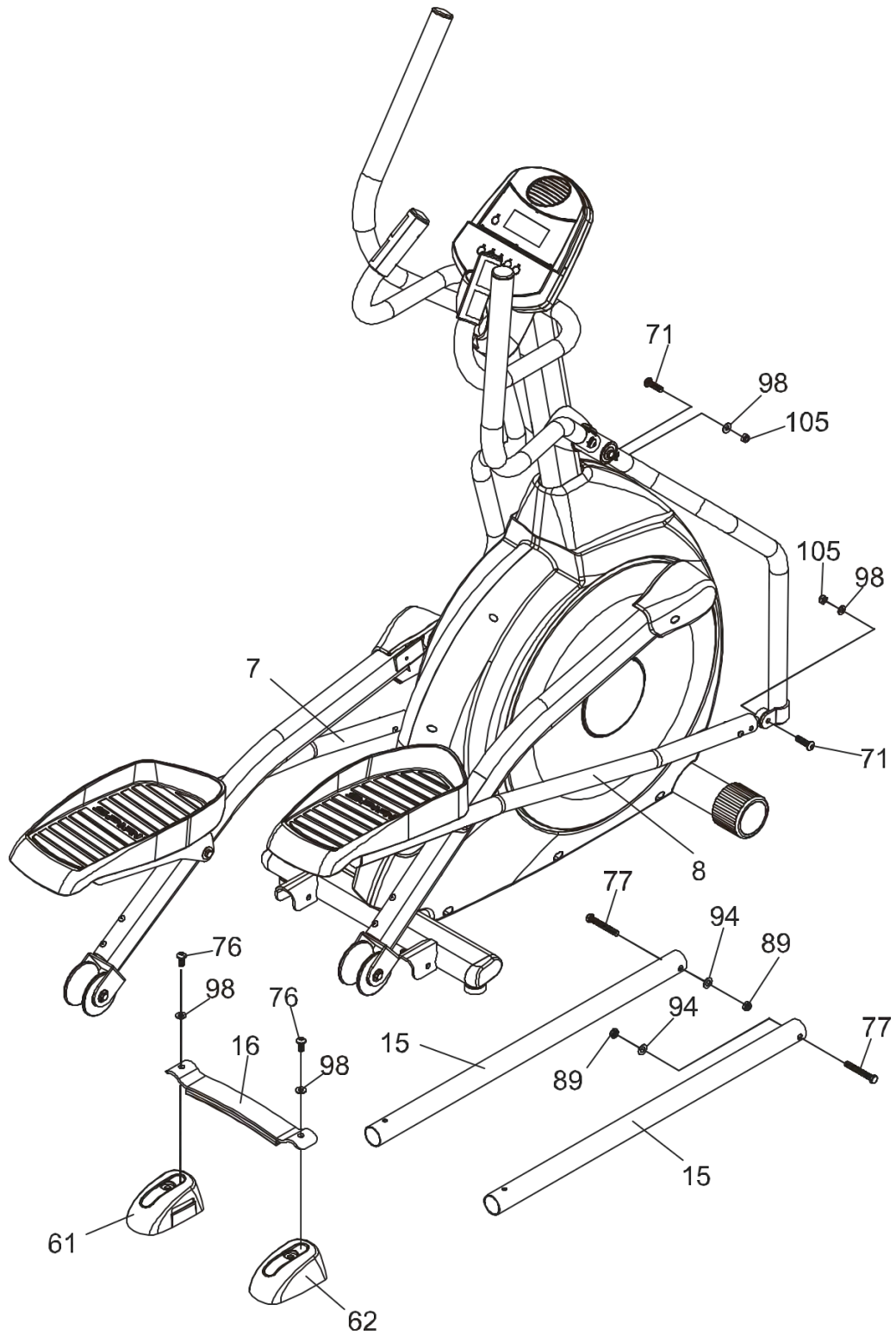5. There will be two electrical wire connectors at the top opening of the Console Mast (10), two Handpulse W/Cable Assemblies (37), one Computer Cable (32). Connect these to the mating connectors on the back of the Console Assembly(31). The connectors are keyed so you cannot plug them in the wrong way so do not force them. The 2 pin Hand pulse Cables are both the same. It does not matter how you connect them.
6. Storing the excess wire back into the Console Mast (10), carefully install the Console (31) onto the mounting plate of Console Mast (10) and secure using the 4 pcs of M5 x 10m/m Phillips Head Screws (78).

STEP 2: HANDLE BAR ASSEMBLY

1. Install the 2 pcs of ψ17 Wave Washers (101) onto the Left and Right side of the Handle Bar axle.
2. Slide the Lower Left and Right Handle Bars (4&5) onto the appropriate side of the axle.
3. Put the 2 pcs of 5/16" x 23 x 1.5T Flat Washers (97) onto the 2 pcs of 5/16" x 15m/m Hex Head Screws (70) and install, and tighten, in the threaded holes in the ends of the axle.
4. Install the Left and Right Handle Bars (13&14) into the Lower Left and Right Handle Bars (4&5) with 6pcs of 5/16 x15m/m Button Head Socket Screws (75) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (108).

STEP 3: CONNECTING ARM ASSEMBLY

1. Align the hole in the end of the Connecting arms (L&R)(7&8)(pivoting rod end) with the hole in the bracket of the Lower Handle Bars (L&R)(3&4). The rod end should be on the inside of the Lower Handle Bars (L&R)(3&4) bracket. Take 2pcs of 5/16" x 1-1/4" Hex Head Screws (71) and install it through the Lower Handle Bars (L&R)(3&4) bracket and the rod end. Install 2pcs of 5/16" x 20 x 1.5T Flat Washers (98), 2pcs of 5/16" x 7T Nyloc Nuts (105) tighten firmly using the 12m/m Wrench (111) on the 5/16" x 7T Nyloc Nut (105) and one on the 5/16" x 1-1/4" Hex Head Screw (71).

2. Install the 2 pcs of Rails (15) into the receiving bracket in the end of Main Frame (1) with 2 pcs of 3/8" x 2-1/4" Button Head Socket Screws (77), 2pcs of 3/8" x 19 x 1.5T Flat Washers (94) and 2 pcs of 3/8" x 7T Nyloc Nut (89) by using 2 pcs of the 13/14m/m Wrench (111).

3. Put the Lug Covers (L&R) (61& 62) onto the Rail Strap (16). Slip the Rail Strap (16) through the slots in the Lug Covers (L&R) (61& 62), then Install onto the Rails (15) with 2 pcs of 5/16" x 3/4" Button Head Socket Screws (76) and 2 pcs of 5/16" x 20 x 1.5T Flat Washers (98) by using Combination M5 Allen Wrench & Phillips Head Screw Driver (108).

STEP 4: PLASTICS ASSEMBLY

1. Install the Connecting Arm Covers (L & R) (59 & 60) over the connection of the rod end and Lower Handle Bars (L & R)(4 & 5) with 4pcs of M5 x 15m/m Phillips Head Screws (79) and 2pcs of ψ3.5x12m/m Sheet Metal Screws (84) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (108).

2. Install the 2pcs of Wheel Covers (52) using the 4pcs of M5x15m/m Phillips Head Screws (79).

3. Install the Front Handle Bar Cover (L & R) (54 & 56) and Rear Handle Bar Cover (L & R) (55 & 57) over the Handle Bars (13&14) axle connections with the 6 pcs ofψ3.5x12m/m Sheet Metal Screws (84) by using the combination M5 Allen Wrench & Phillips Head Screw Driver (108).

PLEASE ENSURE ALL FASTENERS ARE TIGHT AFTER THE COMPONENTS HAVE BEEN ASSEMBLED.

■Transport

The elliptical is equipped with two transport wheels which are engaged when rear of it is lifted.

■ Elliptical Lubrication

1. Pour 2c.c of the lubricant under the middle of Rail. You must be pour lubricant each three months.

2. If the user felt the exercise is not smooth or there were some noise during exercising, please pour 2 c.c.of the lubricant on the middle of Rails.

COMPUTER
OPERATION INSTRUCTIONS

Starting a program

Quick Start

After the console powers up you may press the Start key to begin, this will initiate the Quick Start mode. In Quick Start the Time will count up from zero and the workload may be adjusted manually by pressing the Up/Down buttons. Distance and Calories will accrue, starting from zero.

The Calorie window will switch between Calories and Watts every 5 seconds. The Calorie reading shows total Calories burned and is an approximate number. The Watt reading indicates how much work you are doing. If the Watt reading is 100, this means you are doing enough work to light a 100 watt light bulb. The bottom left data window will switch between RPM and Speed every 5 seconds. RPM is your actual pedal rotation speed, and the Speed readout is in MPH, indicating approximate road speed as if pedaling a bicycle in 7th gear.

The Distance window shows distance traveled, based on pedal speed, in miles. The Pulse window will display your heart rate in beats per minute if you are holding the heart rate hand sensors, or wearing a chest strap transmitter.

Manual

Using the Up/Down keys, highlight the Manual icon at the top of the display and press Enter key. The profile will be blinking and you may use the Up/Down keys to adjust the program work level and then press Enter. The Time window will now be blinking. Use the Up/Down keys to adjust the program Time and then press Enter. The Distance window will now be blinking and you can adjust a target Distance using the Up/Down keys then press Enter. Calories will now be blinking, repeat the same process as above to set, then press Enter. The Watt icon will be blinking. If you choose to set the Watts then the machine will automatically adjust the workload to maintain continuous work. What this means is that if you set the Watt to 100 the machine will try to keep you working at a rate of work that equals 100 Watts (or working at a rate that will keep a 100 Watt light bulb burning). Watts are determined by the amount of work you are doing. On the Elliptical this means the speed you are pedaling at combined with the workload of the machine. In Watt mode, if you change your speed the machine will automatically change the workload to maintain the same Watt level. If you pedal faster the workload will decrease and if you pedal slower the workload increases. After adjusting all the parameters, press Start to begin your workout.

Preset Programs

There are 12 preset programs to choose from. After power up, or reset, press the Up/Down keys to highlight the Program icon. Press the Enter key to enter the program mode. The display will show P1, for two seconds, then change to the P1 program profile. You may keep pressing the Up/Down keys to scroll through the 12 programs. When you see a program you want, press the Enter key to enter. At this point you may press start to begin the program with the default settings or you may customize the program.

To customize the work level, press the Up key. You will see the profile increase in size. When the work level is where you like it press the Enter key (If you do not want to customize the profile, just press the Enter key to bypass).
The Time window will now be blinking. Use the Up and Down keys to adjust the workout time and then press Enter.
The Distance window will now be blinking. Repeat the same process to set the distance to count down, if desired, and press Enter.
The Calorie window will now be blinking. Repeat the same process then press Enter.
The Pulse window will now be blinking. Entering a Pulse number will set an alarm that will beep when your heart rate reaches the programmed number to let you know you have reached your target.
Once you have set the data you may press Start to begin the program. You may also press Start at any time during the programming to begin. Any data that is not programmed at that point will count up from zero. When the program ends there is a series of audible beeps. You may press Start to restart the program or press Reset to return to the start-up screen.

User Program

This mode allows you to build and save your own custom program.
Press the Up or Down key until the User icon at the top of the display is blinking then press Enter. The first column of the profile will be blinking. Use the Up/Down keys to adjust the work level then press Enter. The second column will now be blinking. Repeat the same process as above and press Enter. Repeat this process until all the columns are adjusted to your liking. All the settings will be saved as a custom program.

Target HR

This program allows you to set a target heart rate and the machine will automatically adjust the work load to safely reach the target and maintain that target.

Use the Up/Down keys to select the Target HR program and press Enter. The display will show a number and the age icon at top will be blinking. Use the Up/Down keys to adjust the age and press Enter. The display will now show a blinking percent number or the letters THR.

You may use the Up/Down keys to choose either 55%, 75%, 90% or THR. The percentage choices will automatically set the target to a percent of your maximum heart rate, based on your age. This is why it is important to adjust the age properly. The console will use a formula to determine the correct percentage: 220 – age = maximum HR. For example a 30 year old persons' Max HR is 190 BPM (220 – 30 = 190 BPM). If the 30 year old wants to work at 75%, their target HR will be 142BPM.

If you want to choose to work at 75% - for example - then use the Up/Down arrows to highlight 75% and press Enter. Now the Time window will be blinking and you can program it and other data the same as other programs. If you want to set your own custom Target HR then use the Up/Down arrow to highlight THR and press Enter. The Pulse window will now be blinking. Use the Up/Down arrows to set your own Target HR and press Enter to continue.

Recovery

Used to measure how fast your heart rate (HR) recovers from exercise. The faster your HR returns to normal from exercise level, the better aerobic shape you are in. Pressing the recovery button will start a 60 second count down. Hold the hand pulse sensors and do not exercise during the count down. At the end of the 60 seconds a score will be displayed ranging from F1 to F6 with F1 being the highest score and F6 being the lowest.

FUNCTIONS

TIME: Count up: accumulates training time from zero to 99:59.
Count down: counts down from preset time to zero.

SPEED/ RPM: Automatically toggles between SPEED and RPM every 6 seconds. Speed is in miles per hour (or kilometers per hour)

DISTANCE: Count up: accumulates training distance from 0.00 to 99.99 miles.
Count down: counts down from preset distance to zero.

CALORIES: Accumulates calories burned from 0 to 9999. This is an estimated number only to be used from workout to workout to compare your progress. Actual calorie burn cannot be measured accurately on any consumer exercise equipment because every individual burns calories at a different rate.

WATTS: Indicates the amount of work being done in Watts.

PULSE: Displays your current heart rate when you grasp the hand sensors or wear the chest strap transmitter.

LEVEL: Shown next to the workout profile. Indicates the level of work being done from 1 to 16.

AEROBIC EXERCISE

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscle -arms, legs, or buttock, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

WEIGHT TRAINING

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a less amount of reps. And as always ,consult your physician before beginning any exercise program.

MUSCLE CHART

CYCLE

The exercise routine that is performed on the cycle will develop the lower body muscle group as well as condition the circulatory system and provide a good aerobic workout . These muscle groups are highlighted on the muscle chart below.
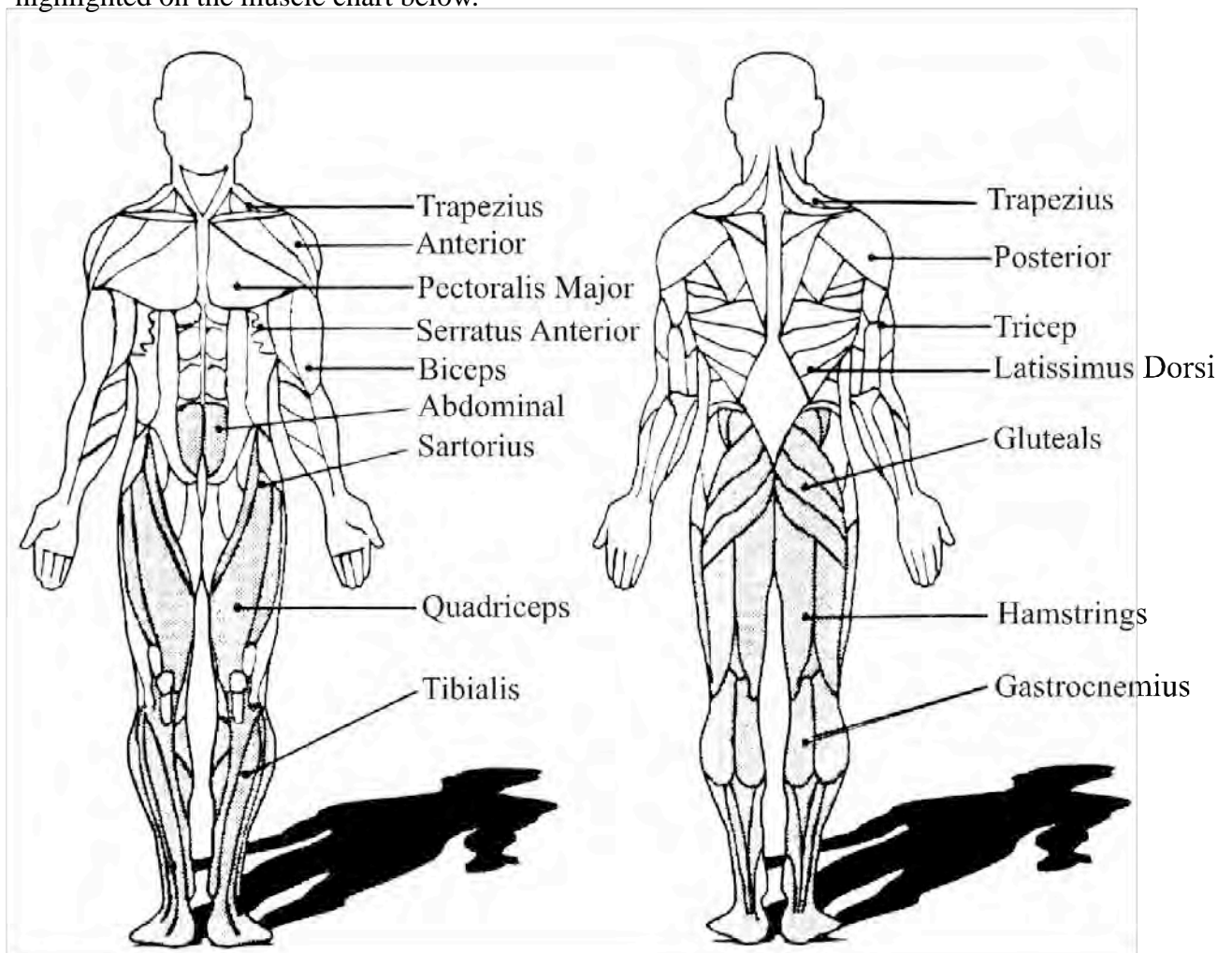
Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.

Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 10 counts

Toe Touches

Slowly bend forward from your waist, letting you back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

Hamstring Stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts Relax and then repeat with left leg extended.
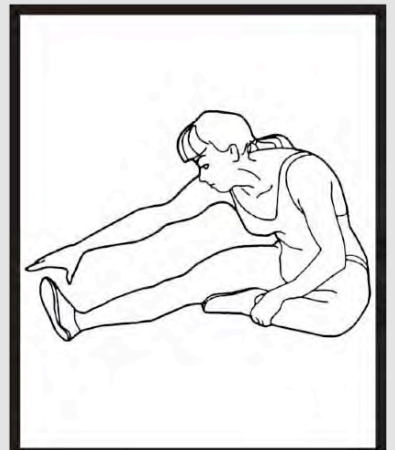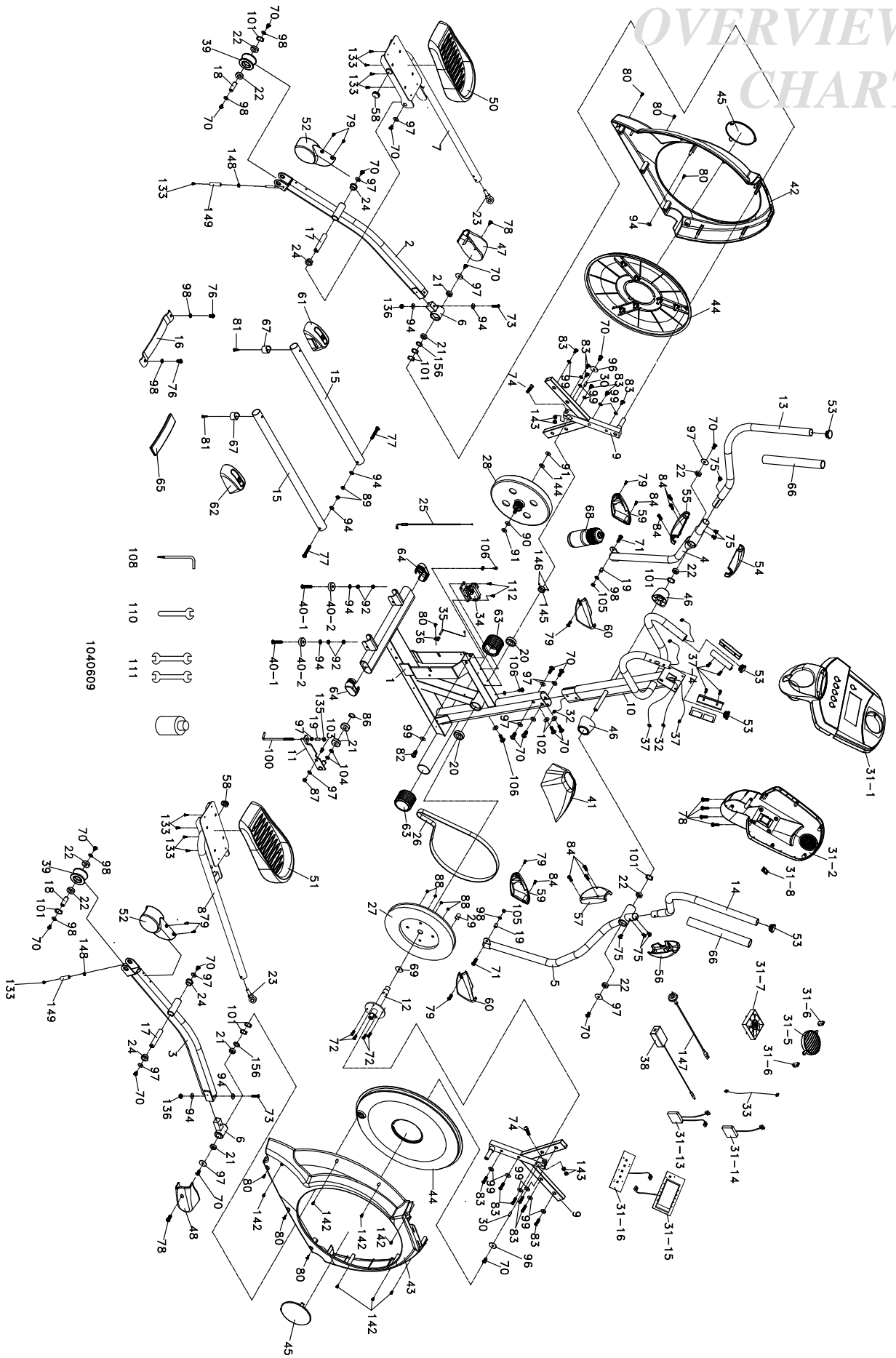
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PARTS LIST

NO.	DESCRIPTION	O'TY
1	MAIN FRAME	1
2	Pedal Arm(L)	1
3	Pedal Arm(R)	1
4	Lower Handle Bar (L)	1
5	Lower Handle Bar (R)	1
6	Bushing Housing, Pedal Arm	2
7	Connecting Arm (L)	1
8	Connecting Arm (R)	1
9	Cross Bar	2
10	Console Mast	1
11	Idler Wheel Assembly	1
12	Crank Axle	1
13	Swing Arm (L)	1
14	Swing Arm(R)	1
15	Rail Tube	2
16	Rail Strap	1
17	ψ19x 102L_Axle for Pedal	2
18	ψ17x 59L_Axle for Slide Wheel	2
19	ψ11.9 x ψ8.5 x 16m/m_Fish-eye Sleeve	3
20	6005_Bearing for Pulley	2
21	6203_Bearing for Idler Wheel	6
22	6003_Bearing for Slide Wheel	8
23	M12 x P1.75_Fish-eye Bearing	2
24	ψ31 xψ25.5 xψ 19 x 16+3T_Bushing	4
25	Steel Rope	1
26	Belt	1
27	Drive Pulley	1
28	Flywheel	1
29	Magnet	1
30	7x7x17L_Woodruff Key	2
31	Console	1
31~1	Top Console Cover	1
31~2	Bottom Console Cover	1
31~3	Badge, Console	1
31~5	Deflector Fan Grill	1
31~6	Fan Grill Anchor	2
31~7	Fan	1
31~8	Switch	1
32	1100mm_Computer Cable	1
33	DC Power Cable	1
34	Gear Motor	1
35	Sensor W/Cable	1
36	Sensor Rack	1
37	Handpulse W/Cable	2
37~1	Handpulse Assembly Top	2

NO.	DESCRIPTION	O'TY
37~2	Handpulse Assembly Bottom	2
37~4	ψ3x20_Tapping Screw	4
38	Power Supply	1
39	Slide Wheel , Urethane	2
40~1	3/8" x 2"_Flat Head Socket Screw	2
40~2	ψ35_Cushion	2
41	Console Mast Cover	1
42	Left Chain Cover	1
43	Right Chain Cover	1
44	Round Disk	2
45	Round Disk Cover	2
46	Cover, Moving Arm Axle	2
47	Pedal Arm Cover (L)	1
48	Pedal Arm Cover (R)	1
50	Pedal (L)	1
51	Pedal (R)	1
52	Slide Wheel Cover	2
53	Ø32(1.8T)_Button Head Plug	4
54	Front Handle Bar Cover (L)	1
55	Rear Handle Bar Cover (L)	1
56	Front Handle Bar Cover (R)	1
57	Rear Handle Bar Cover (R)	1
58	ψ32 (2.5T)_Round Head End Cap	2
59	Connecting Arm Cover (L)	2
60	Connecting Arm Cover (R)	2
61	Lug Cover (L)	1
62	Lug Cover (R)	1
63	ψ60_Transportation Wheel	2
64	ψ40xψ80_Oval End Cap	2
65	EVA Foam for Rail Strap	1
66	EVA Foam For Handle Bar	2
67	ψ32x28T_Cushion	2
68	Drink Bottle	1
69	ψ35xψ25.5x5T_Cushion	1
70	5/16" x 15_Hex Head Screw	20
71	5/16" x 32_Hex Head Screw	2
72	1/4" x 3/4"_Hex Head Screw	4
73	3/8" × 2-1/4"_Socket Head Cap Bolt	2
74	M8x40L_Socket Head Cap Screw	2
75	5/16" x 15_Button Head Socket Screw	6
76	5/16" x 3/4"_Button Head Socket Screw	2
77	3/8" x 2-1/4"_Button Head Socket Screw	2
78	M5x10_ Phillips Head Screw	14
79	M5x15_ Phillips Head Screw	8
80	5x16_Tapping Screw	7

NO.	DESCRIPTION	O'TY
81	5x25_Tapping Screw	2
82	4.8x38_Sheet Metal Screw	1
83	5x16_Tapping Screw	12
84	Ø3.5x12_Self Tapping Screw	22
85	Ø25 _C Clip	1
86	Ø17_C Ring	1
87	M8 x 7T _Nyloc Nut	4
88	1/4" _Nyloc Nut	4
89	3/8" x 7T_Nyloc Nut	2
90	3/8" -UNF26 x 4T_Nut	3
91	3/8" -UNF26 x 9T_Nut	2
92	3/8" x 7T_Nut	4
93	M12_Nut	2
94	3/8" x 19 x 1.5T_Flat Washer	2
96	5/16" x 35 x 1.5T_Flat Washer	2
97	5/16" x 23 x 1.5T_Flat Washer	18
98	5/16" x 20 x 1.5T_Flat Washer	8
99	1/4"x19_Flat Washer	13
100	J Bolt	1
101	Ø17 _Wave Washer	6
102	5/16" x 23 x 2T_Curved Washer	2
103	M8 x20 _Carriage Bolt	1
104	Ø17xψ23.5x1T_Flat Washer	2
105	5/16" x 7T_Nyloc Nut	2
106	3.5x16_Tapping Screw	3
107	Wire Tie Mount	3
108	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
110	12 m/m_ Wrench	1
111	13/14m/m_ Wrench	2
112	5x19_Tapping Screw	2
133	M5 × 10m/m_Phillips Head Screw	10
135	M8 × 9T_Nyloc Nut	1
136	3/8" × 11T_Nyloc Nut	2
142	3.5 × 16m/m_Sheet Metal Screw	7
143	M8 × 6.3T_Nut	4
144	3/8" -UNF26 × 6T_Nut	1
145	Axle Stopper	1
146	M5 × 5m/m_Slotted Set Screws	2
147	Adaptor Power Cord	1
148	E-Clip	2
149	Ø15 × Ø8.5 × 50L_Sleeve	2
156	Spacer Bushing	2

Implied warranty

The importer of this machine assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty is valid for 1 year, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period . The warranty applies to the following parts (as far as included in the scope of delivery): Frame, cable, electronic devices, wheels, pedals.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

Wear parts and expendable parts are also not covered.

The device is only intended for home use. The warranty does not apply to commercial use of any kind.

Manufactured for:
Gymstick International Oy
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Made in Taiwan/ Manufactured for Gymstick International Oy