Hire Instructions
Cross Trainer

WARNING:

Befit recommend placing the cross-trainer on a level surface and on a mat or carpet offcut to avoid damage to your floor surface. Make sure that the screws and bolts are all tightened firmly, to avoid any accidental injury. Any adult using exercise equipment should ensure that children are not in the vicinity when the unit is in use. Any children using equipment should be supervised by an adult at all times. The unit represents a danger to unsupervised children, even when not in use. For this reason, the unit should be moved so it cannot be accessed by them.

TENSION ADJUSTMENT

The difficulty of the elliptical motion can be changed using the tension dial located midway up the upright post. To increase the resistance turn the dial clockwise, and to decrease, turn the dial anti-clockwise. The tension is numbered from 1 to 8, with 1 being the easiest and 8 the hardest.

COMPUTER OPERATION

The computer will monitor RPM, speed, time, distance, calories, reading upwards from zero. It will activate automatically when pedaled, scanning through each piece of information at regular intervals.

To exercise to a desired target, press the MODE button before beginning pedaling to choose time, distance, calories or pulse. Press the SET button to determine desired target measurement. The computer will beep when you have reached your target.

To clear all information in the computer, press the RESET button for about three seconds. The recovery program will calculate your level of fitness at the end of your workout. To use this program stop pedaling, press the RESET button, then the RECOVERY button and hold the pulse grips. The computer will read your pulse rate for 1 minute and give a readout from 1 to 10 (1 being least fit, 10 being fittest).

The MEASURE button will determine your body fat percentage. To get your reading, press this button once, then press MODE button to enter your personal data of gender, age, height and weight. Once this information has been entered, press MEASURE again to get your reading. It will take 15 seconds

GENERAL EXERCISE GUIDELINES

Where you begin an exercise program is dependent upon your current fitness level. If you are overweight or have been inactive for a period of time, you must start slowly and progress gradually. Initially, to become accustomed to exercising and using the cross-trainer, work at a level that you feel comfortable and can maintain for at least 5-10mins. From there, try to increase duration to 20-30mins. Where you progress from this stage is up to you, but using your heart rate is the most effective way to monitor exercise and achieve your goals. (see: exercise to your heart rate range on product brochure)

As a general rule of thumb when first starting, exercise at a level where you can still maintain a normal conversation without constantly being out of breath. If you want to work harder on the cross-trainer but don't feel comfortable going faster, use the tension adjustment to make it more difficult to

perform the action. Try watching television or listening to music when exercising to help the time pass quicker. Wear comfortable clothing with supportive and cushioned footwear. Drink plenty of fluids before, during and after exercise. Stop exercising if you feel ill, faint or exhausted and seek medical advice. Give your exercise program time to work. It may take up to four weeks before you notice any changes to your weight or fitness level, so be patient and persistent. A balanced diet is also an important part of any exercise program.

TROUBLESHOOTING

While your cross-trainer has been cleaned and checked prior to being hired, problems can sometimes arise, especially if you have had the unit for a long period of time.

COMPUTER DOESN'T READ CORRECTLY:

If the computer is erratic or has stopped reading information, check that the sensor leads are connected from the computer to the upright post. If the display is completely blank, the battery may be flat and will need to be replaced at the back of the computer.

If any other problems arise please don't hesitate to contact your hiring agent.

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