

## Hire Instructions

# Deluxe Cross Trainer



### WARNING:

BeFit recommend placing the cross-trainer on a level surface and on a mat or carpeted floor to avoid damage to your floor surface. Make sure that the screws and bolts holding the handlebar sections are all tightened firmly, to avoid any accidental injury. Children must be kept clear of the equipment when in use. Any children using equipment should be supervised by an adult at all times. The unit when not in use still represents a danger to unsupervised children, the unit should be moved so it cannot be accessed by them or the unit should be rendered inoperable.

### HEART RATE

The heart rate hand grips are located on the handlebars and work by picking up blood flow underneath the skin rather than directly from the heart. They are not 100% accurate but give a very good indication of your pulse rate. When using the hand grips, hold both hands firmly on the sensor pads, especially if using a heart rate based program.

### COMPUTER OPERATION

The computer will monitor Speed, Time, Distance, Watts, Calories, Pulse. Manual Operation: When the computer is activated, the user option will flash. To enter user information, use the UP and DOWN keys to scroll through the choices. Use the MODE key to confirm your selection. Use the UP and DOWN and MODE keys to set an exercise target of time, distance, calories or pulse. To begin exercise, press the START/STOP key. For quick start, press START/STOP key at the first screen and use the UP and DOWN keys to increase and decrease resistance. All information will count upwards from '0'. At any time during operation the resistance can be adjusted with the UP and DOWN keys. To end an exercise session, press the START/STOP key and then RESET key to return to main screen.



### User Program:

Enter user information. Choose selected user program by using the UP/DOWN and MODE keys. A program profile will be displayed with the first column section flashing. Use the UP and DOWN and MODE keys to set the desired resistance level for that section and press the MODE key to confirm your selection and move to the next section. Repeat the process till the entire program has been set and press START/STOP key to begin.

### Target Heart Rate Programs:

Enter user information. Choose selected HRC program by using the UP/DOWN and MODE keys. Select either 55%, 75%, 90% or THR. Press the START/STOP key to begin and pedal at a constant speed. The computer will then adjust the resistance up or down to keep you at the set heart rate. Choosing THR will allow you to choose a specific heart rate that you wish to maintain.

### Watt Program:

Enter user information. Choose selected user program by using the UP/DOWN and MODE keys. The preset watt value is 120. Use the UP and DOWN and MODE keys to select target watts. In this program, resistance alters according to pedalling speed in order to cause constant user effort. Resistance is easy when pedalling fast and harder when pedalling slowly.

## GENERAL EXERCISE GUIDELINES

Where to begin an exercise program is dependent upon your current fitness level. If you are overweight or have been inactive for a period of time, 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, aim to increase duration to 20-30mins. Using your heart rate is the most effective way to monitor exercise and achieve your goals.

As a general rule of thumb begin exercising 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 the movement more difficult. 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** Your deluxe x-trainer has been cleaned and checked prior to being hired, but problems can sometimes arise, especially if you have had the x-trainer 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 lead at the back of the Cross trainer is plugged in properly. If the computer is completely blank make sure the power pack is properly plugged into the Cross Trainer & the wall power point. If any other problems arise don't hesitate to contact your hiring agent.