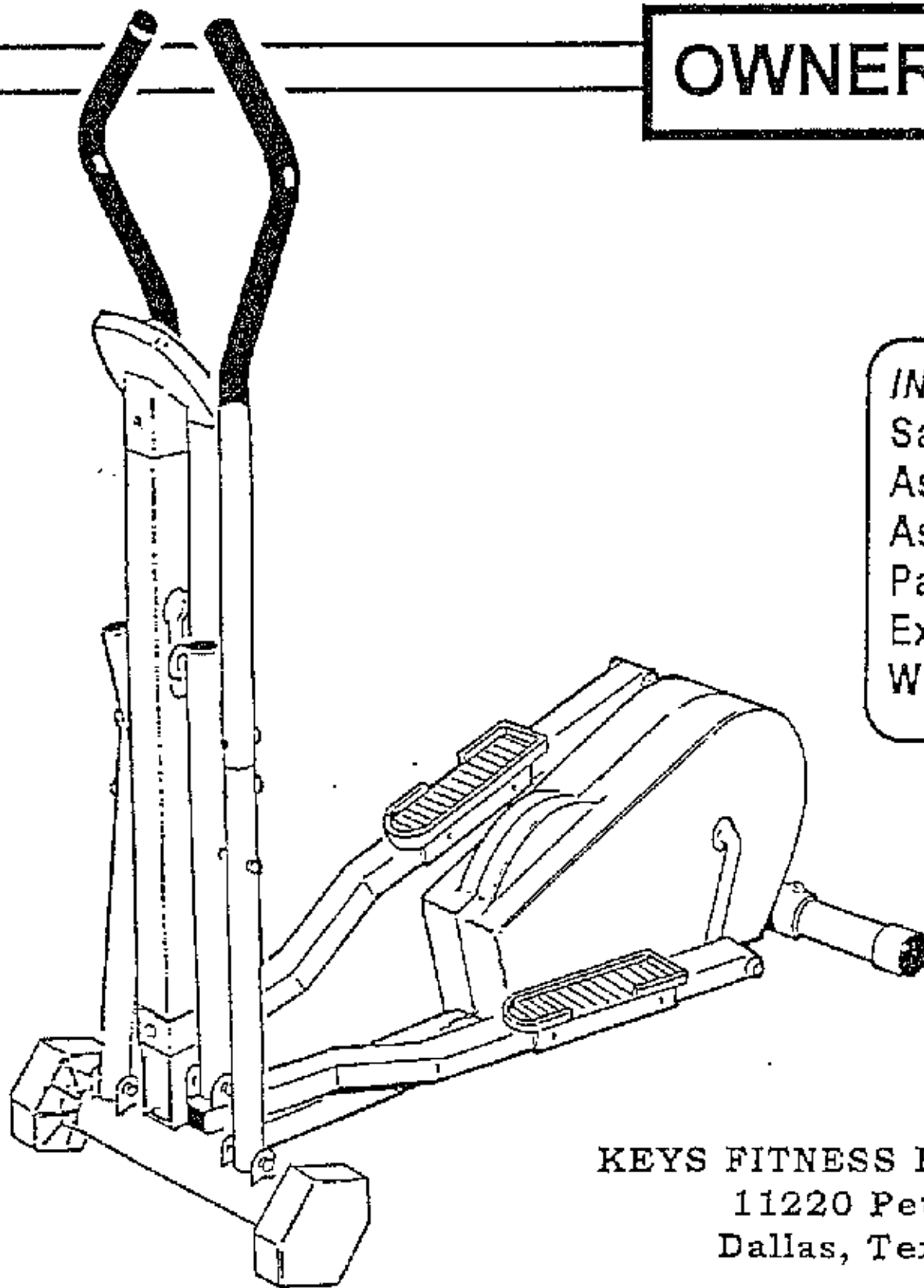


MODEL: ET-2000



ELLIPTICAL TRAINER

OWNER'S MANUAL



INCLUDES :
Safety Notice
Assembly Instructions
Assembly View
Parts List
Exploded View
Warranty

KEYS FITNESS PRODUCTS, L.P.
11220 Petal Street
Dallas, Texas 75238

PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THIS PRODUCT

INTRODUCTION

SAFETY TIPS:

Consult with your physician before engaging in any vigorous exercise. Know your heart rate and /or pulse as well as your physician-recommended heart rate training zone. Proper medical clearance is recommended for anyone beginning an exercise program especially if you are over 35 years of age or suffer from heart or respiratory problems.

- Warm-up before any exercise program with 8 minutes of aerobic-like activity, followed by stretching from head to toe.
- Wear comfortable clothes that allow freedom of movement and are not tight or restricting.
- Wear comfortable shoes made with good support and non-slip soles.
- Breathe naturally, never hold your breathe during an exercise.
- Perform exercises consistently with proper technique and pass through with a full range of motion.
- Always use a spotter for safety.
- Avoid over training. You should be able to carry on a conversation while exercising.
- After an exercise session, cool down with slow stretching, cycling, or walking.

EXERCISE DEFINITIONS:

Sets: A set is one complete routine of exercises. Complete 1-3 sets for each exercise.

Repetitions: Referred to as Reps, are the number of times you perform an exercise in a row,

we recommend beginning with 3 reps and increasing up to 12 reps as indicated below.

Novice: Start with one set of of 8-12 reps. Once you can complete the entire set of 12 reps consecutively, progress to the intermediate level.

Intermediate: Complete 2 sets of 8-12 reps. Once you can complete two sets of 12 reps consecutively, progress to the advanced level.

Advanced: Complete 3 sets of 12 reps.

DISCLAIMER:

Keys Fitness Products is not responsible for the misuse of any Keys Fitness products, nor for any injury sustained while using any Keys Fitness products. The consumer, the buyer, uses any or all of Keys Fitness products at their own risk.

TABLE OF CONTENTS

Introduction / Safety Tips.....	3
Table of Contents / Before You Begin.....	4
Assembly Instructions.....	5-6
Assembly View.....	7
Exploded View.....	8-9
Elliptical Trainer Parts List.....	10
Customer Service.....	11
Warranty Insert	

BEFORE YOU BEGIN

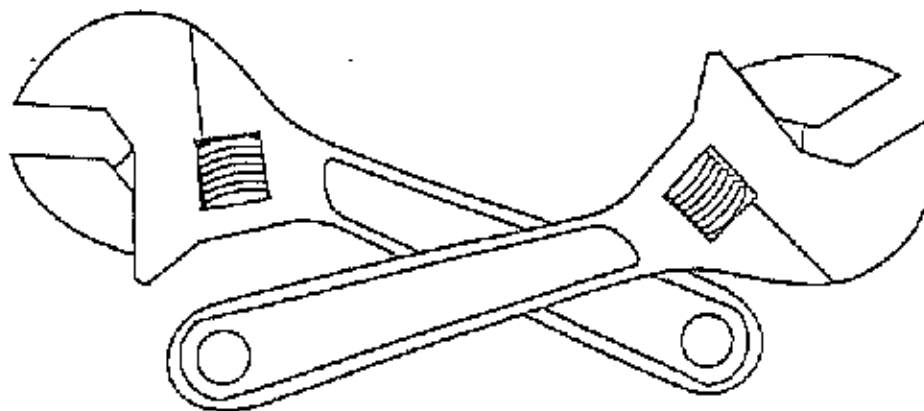
Before you begin assembly of your Keys Fitness product, please take a moment to review the Parts List on the following pages.

Check this list against the contents of your package to make sure you have all required parts.

If any parts are missing, please do not return this product to the store. Contact our service department immediately at 1-800-683-1236 and we will rush you any parts you may require.

TOOLS REQUIRED

You will need two adjustable wrenches for assembly.



IMPORTANT: Before beginning your assembly, please take a moment to familiarize yourself with the parts in this product. If for any reason you are missing any parts, call us immediately at 1-800-683-1236. We will expedite shipment of any part you may require or help you with your assembly.

Our service department is open
Monday through Friday, 8:30am to 5:30pm Central Standard Time.

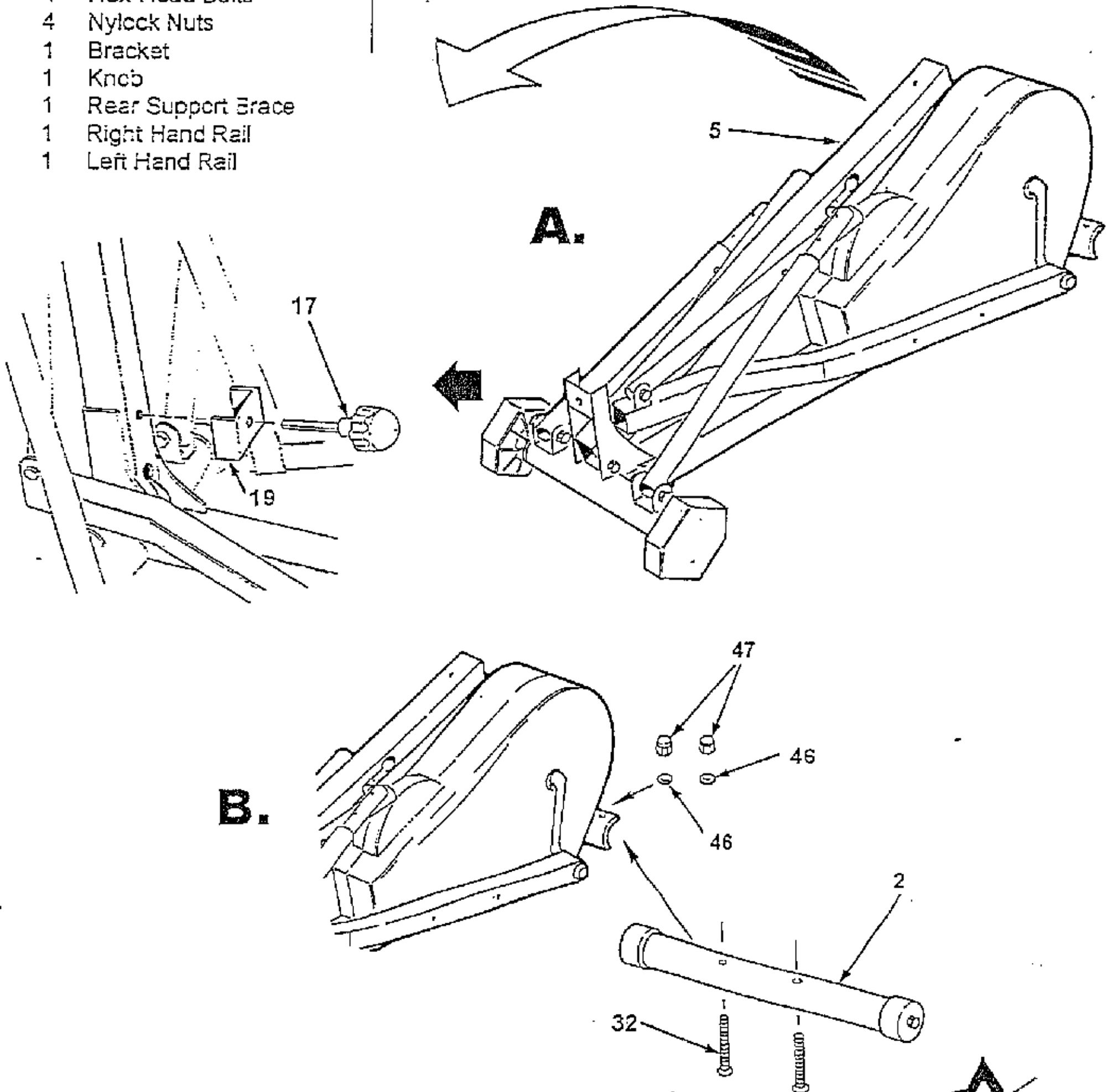
ASSEMBLY INSTRUCTIONS

You will need the following parts:

- 2 Phillips Head Screws
- 2 Bolts (carriage)
- 2 Nylock Nuts
- 2 Acorn Nuts
- 8 Hex Head Screws
- 8 Plastic Washers
- 4 Hex-Head Bolts
- 4 Nylock Nuts
- 1 Bracket
- 1 Knob
- 1 Rear Support Brace
- 1 Right Hand Rail
- 1 Left Hand Rail

A. Lift MAIN UPRIGHT # 5 into operating position. Secure with BRACKET # 19, and KNOB # 17.

B. Attach REAR SUPPORT BRACE # 2 with two BOLTS # 32, two curved WASHERS # 46 and two ACORN NUTS # 47.



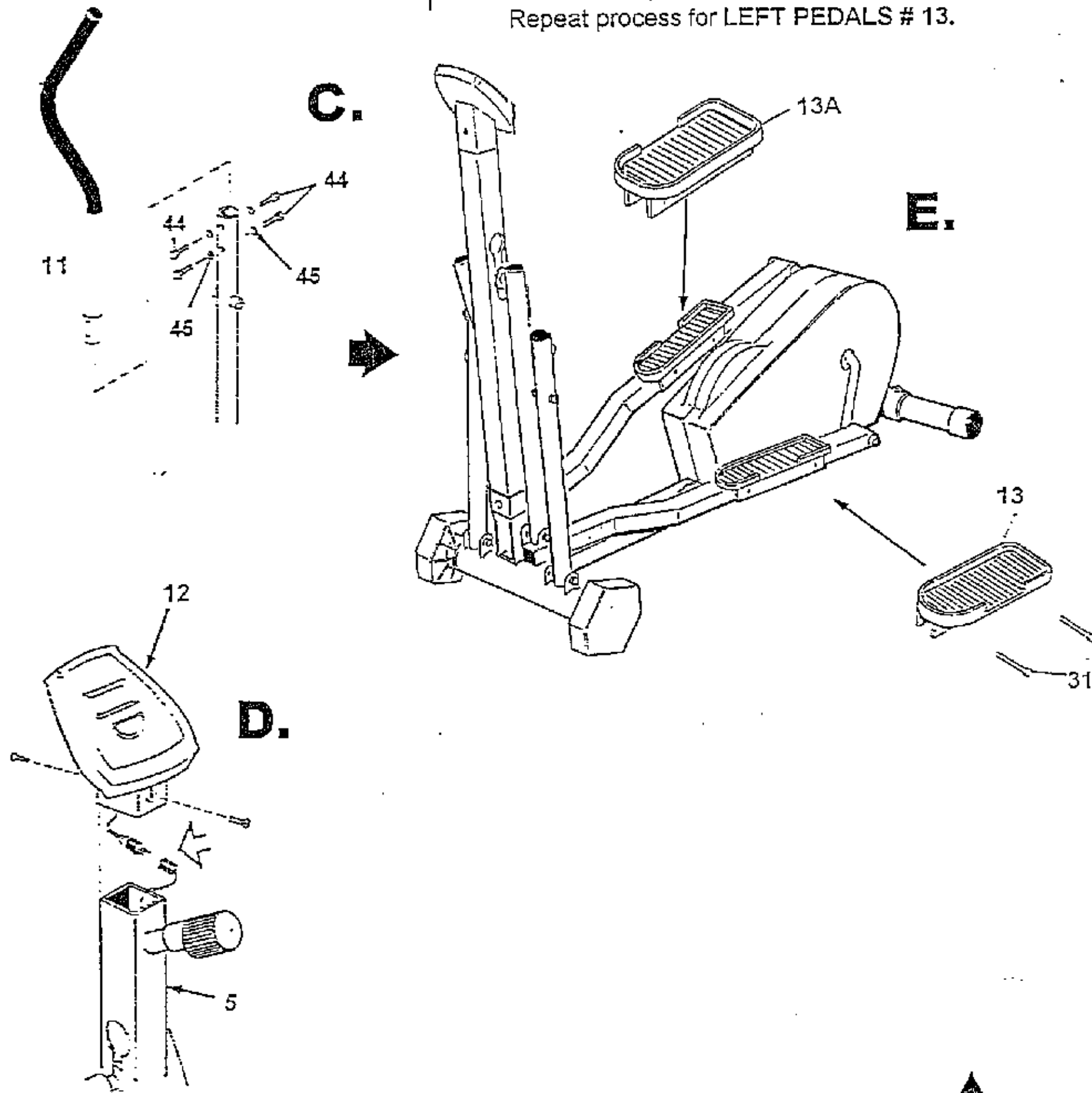
ASSEMBLY INSTRUCTIONS

You will need the following parts:

Continued from page 5:

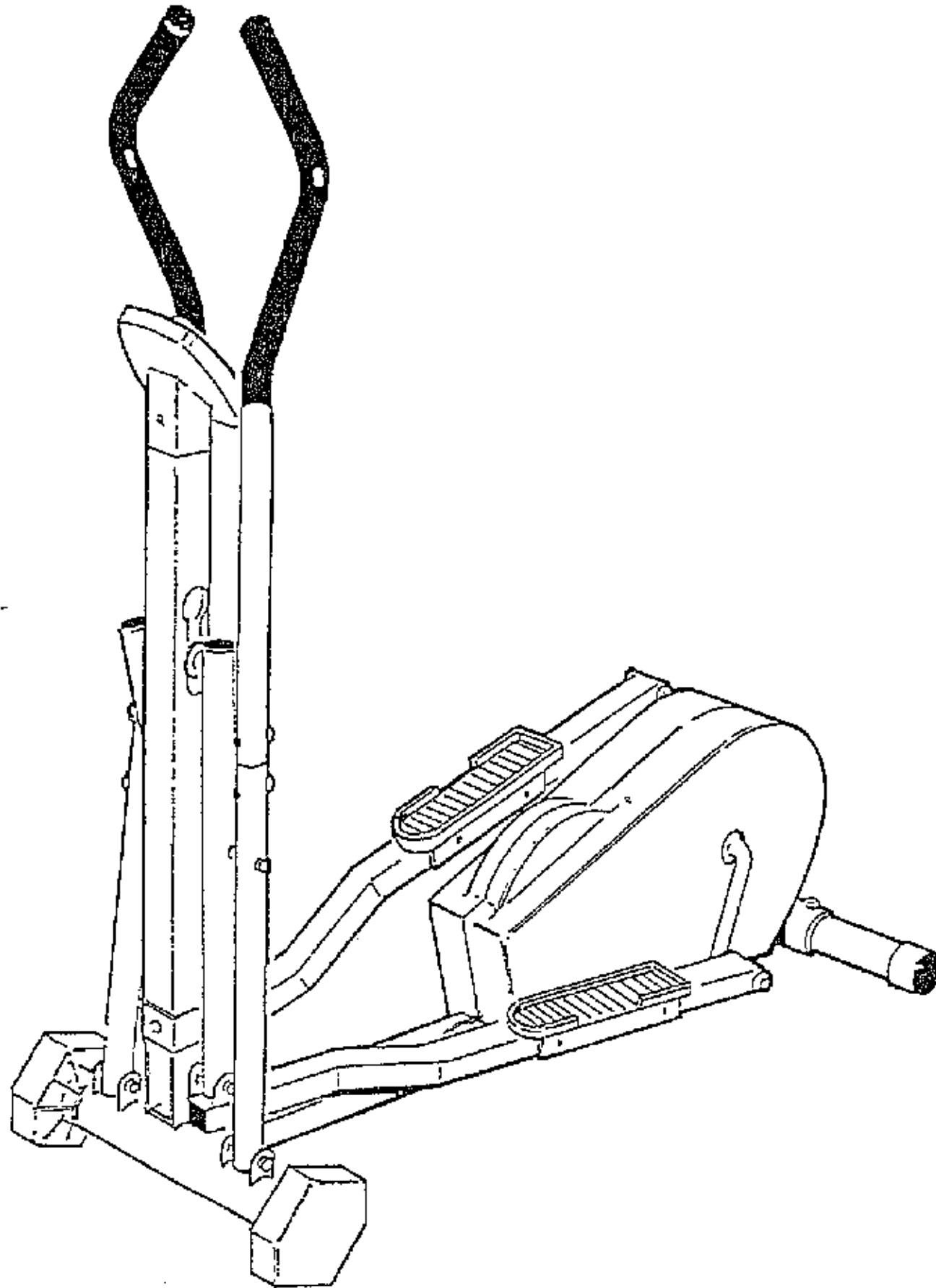
- 2 Phillips Head Screws
- 1 Right Pedal
- 1 Left Pedal

- C. Attach RIGHT HAND RAIL # 11, with four HEX HEAD SCREWS # 44, and four PLASTIC WASHERS # 45. Repeat process for LEFT HAND RAILS # 10.
- D. Connect sensor wires from MONITOR to wires from MAIN UPRIGHT # 5 and attach Electronics # 12 to top of MAIN UPRIGHT # 5 with two PHILLIPS HEAD SCREWS.
- E. Attach RIGHT PEDAL # 13A with two size HEX HEAD BOLTS # 31, and two size NYLOCK NUTS # 48. Repeat process for LEFT PEDALS # 13.

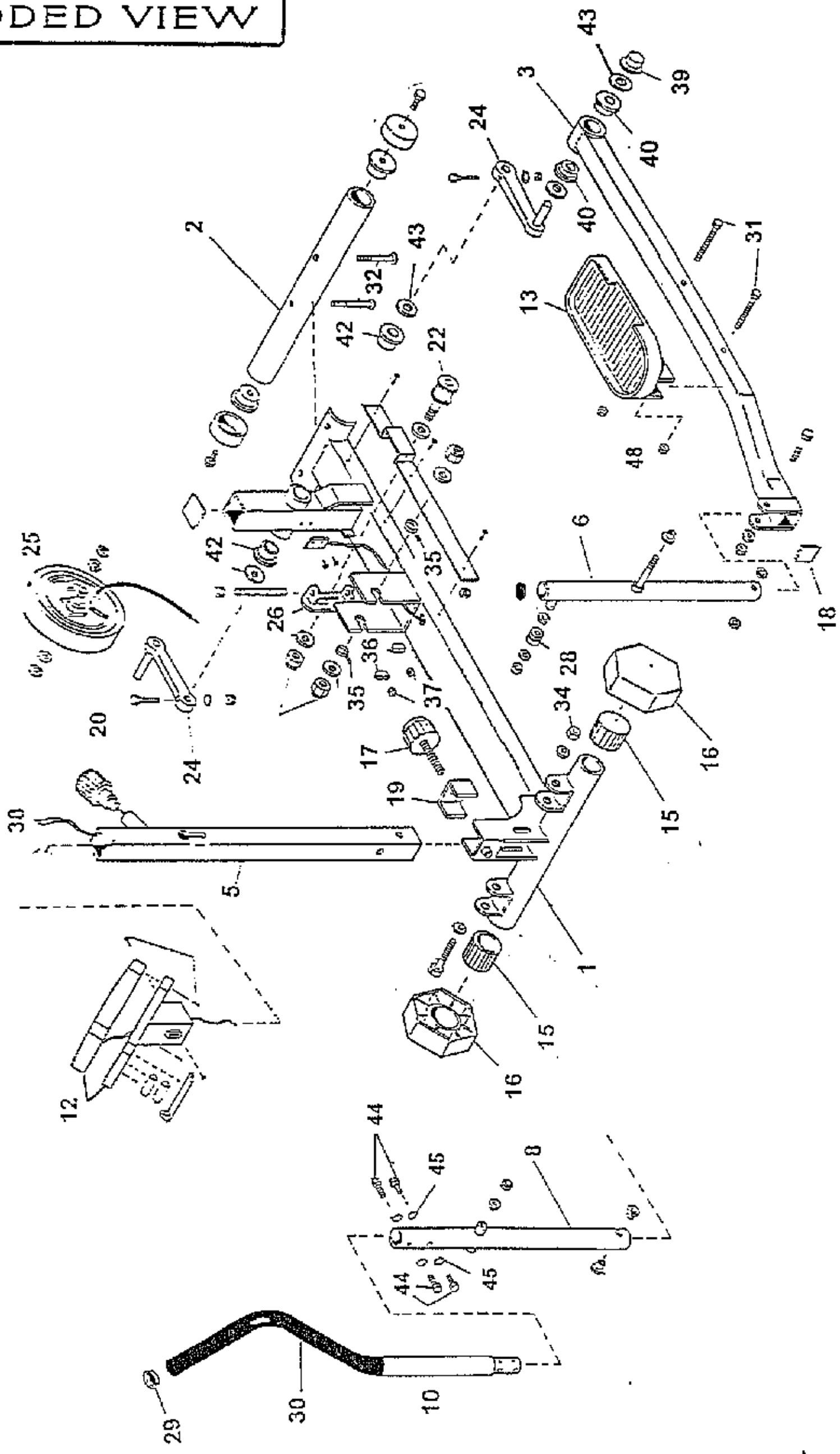


ASSEMBLY VIEW

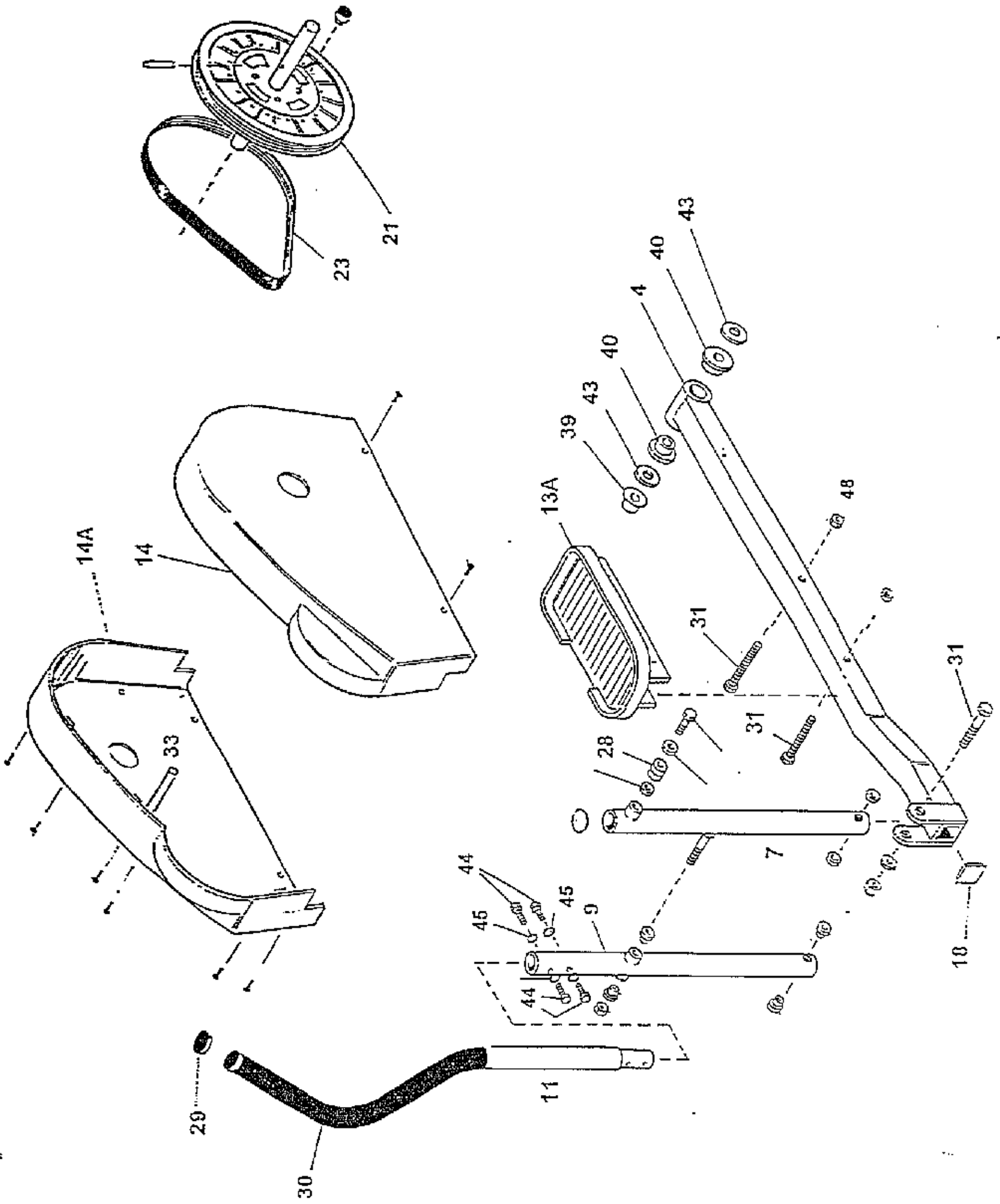
Before using, please tighten all bolts and nuts thoroughly. If you require any help with your assembly, please call our service department at 1-800-683-1236.



EXPLODED VIEW



EXPLODED VIEW



ELLIPTICAL TRAINER PARTS LIST

Part No.	Part Name	Quantity
1	Main Frame Assembly	1
2	Rear Support Brace	1
3	Left Foot Frame	1
4	Right Foot Frame	1
5	Main Upright	1
6	Left Support Bar	1
7	Right Support Bar	1
8	Left Hand Rail Pole	1
9	Right Hand Rail Pole	1
10	Left Hand Rail	1
11	Right Hand Rail	1
12	Monitor	1
13	Left Foot Pedal	1
13A	Right Foot Pedal	1
14	Left Housing	1
14A	Right Housing	1
15	Wheel Caps	2
16	Height Adjustment Block	2
17	Knob	1
18	End Caps	2
19	Bracket	1
20	Friction Adjustment Cable	1
21	Pedal Wheel	1
22	Adjustment Idler	1
23	Belt	1

Part No.	Part Name	Quantity
24	Pedal Assembly	2
25	Magnetic Flywheel	1
26	Adjustment Bracket	1
27	Shaft Bushing	4
28	Rocker Pulleys	2
29	Handle End Caps	2
30	Foam Handle	2
31	Hex Head Bolt	4
32	Carriage Bolt	2
33	Housing Spacer	3
34	Nylock Nut	4
35	Adjustment Bolt	2
36	Adjustment Bracket	2
37	Nut	2
38	Sensor Harness	1
39	Snap Cap	2
40	Bushing	8
41	Bushing	8
42	Main Upright Shaft Bushing	2
43	Washer	8
44	Hex Head Screws	8
45	Plastic Washers	8
46	Washer	2
47	Acorn Nuts	2
48	Nylock Nut (Small)	4

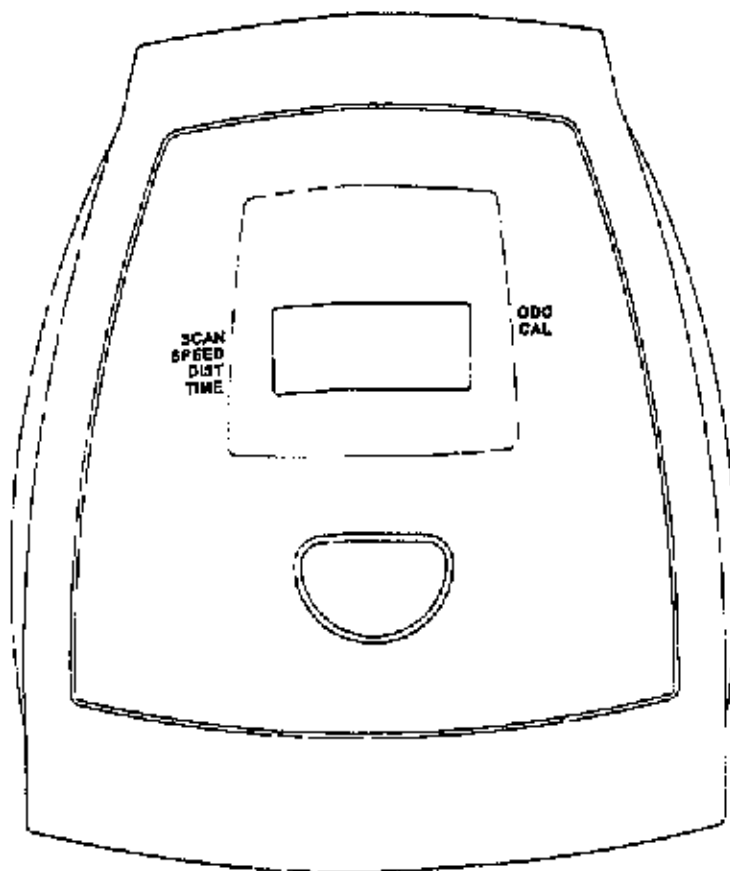


CUSTOMER SERVICE

If you have any questions regarding this or any Keys Fitness product, or if we may be of assistance in any way, please do not hesitate to call our toll free number 1-800-683-1236. Remember, before using any exercise product, consult a physician.

Keys Fitness Products, Inc. • P.O. Box 551239 • Dallas, Texas 75355-1239



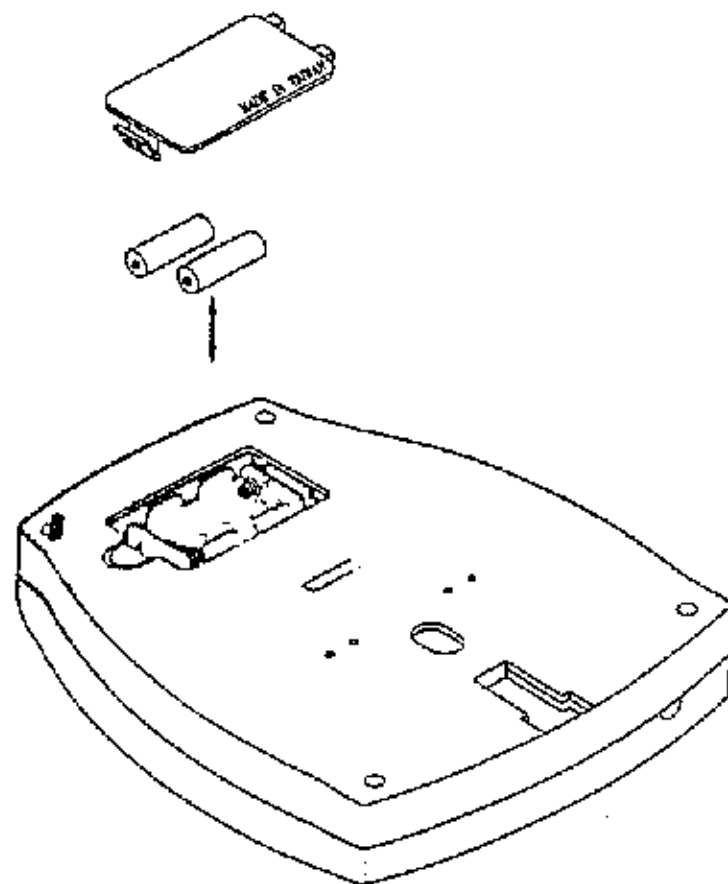


FUNCTION MARK :

- | | |
|------------------|------------------------|
| A: Auto Scan | O: Odometer |
| S: Current Speed | C: Calorie Consumption |
| D: Trip Distance | |
| T: Elapsed Time | |

HOW TO REMOVE BATTERY :

1. Pull off the battery cover and place two of SIZE-AA or UM-3 batteries into battery housing on back of monitor, please refer to below illustrations.
2. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
3. Replace battery cover and insure it is tightly closed.
4. Battery life is approx. 1 year under normal usage.
5. If the display is illegible or only partial segments appear, remove batteries and wait 15 sec. before reinstalling.
6. Removing the batteries will erase computer memory.



FUNCTIONS AND OPERATIONS :

Mode or function	Action
------------------	--------

FUNCTIONS AND OPERATIONS

<u>Mode or function</u>	<u>Action</u>
Auto On/Off & Auto Start/Stop	As long as the machine is in motion, the monitor is in action. If there is no moving within 4 minutes, monitor will turn off automatically.
Auto Scan	Press the button until the ARROW points to "A", the monitor will rotate through all 5 scanable functions - Speed, Distance, Time, Odometer & Calorie. Each display will be held for 6 seconds.
Speed	Press the button until the ARROW points to "S" to display the current speed.
Trip Distance	Press the button until the ARROW points to "D" to display the trip distance you are travelling.
Elapsed Time	Press the button until the ARROW points to "T" to count the elapsed time.
Total Distance (Odometer)	Press the button until the ARROW points to "O" to display the total accumulated distance.
Calories	Press the button until the ARROW points to "C" to display the calorie consumption.
Reset	Pressing the button for more than 3 seconds will reset all functional values to zero except Odometer.

SPECIFICATIONS :

FUNCTION	Auto Scan	Every 6 seconds
	Current Speed	The maximum signal can be pickup is 1200RPM
	Trip Distance	0.1 - 999.9 Kms or Miles
	Elapsed Time	00:00 - 99:59 (Minutes : Seconds)
	Odometer	0.1 - 999.9 Kms or Miles
	Calorie	0.1 - 999.9 K.cal
Controller	4 bit Single chip microprocessor	
Sensor	No-contact magnetic type	
Battery type	2 pcs of SIZE-AA or UM-3	
Operating temperature	0°C - +40°C (32°F - 104°F)	
Storage temperature	-10°C - +60°C (14°F - 140°F)	