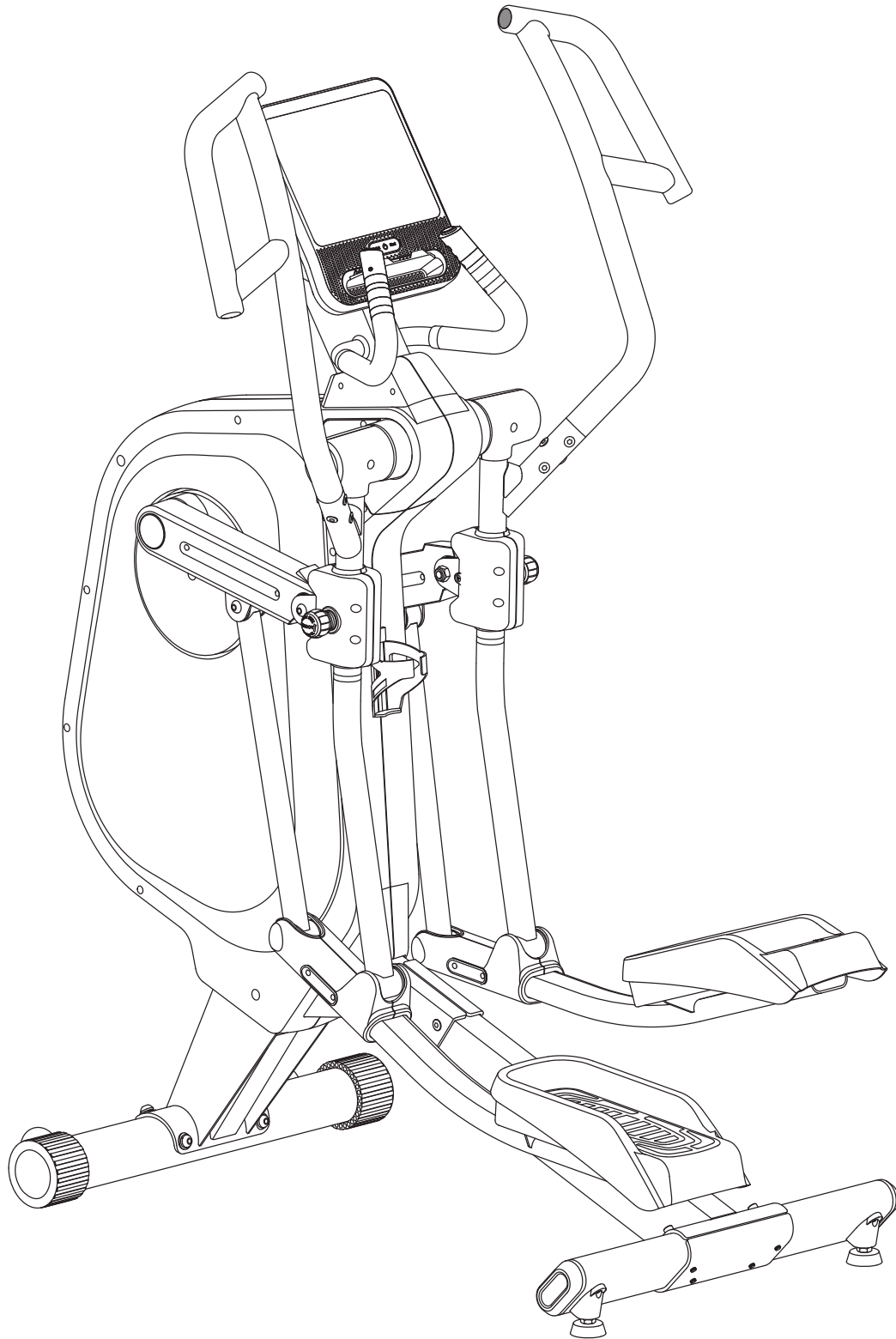


DIAMONDBACK *FITNESS*

1280ef Changeable Stride Elliptical

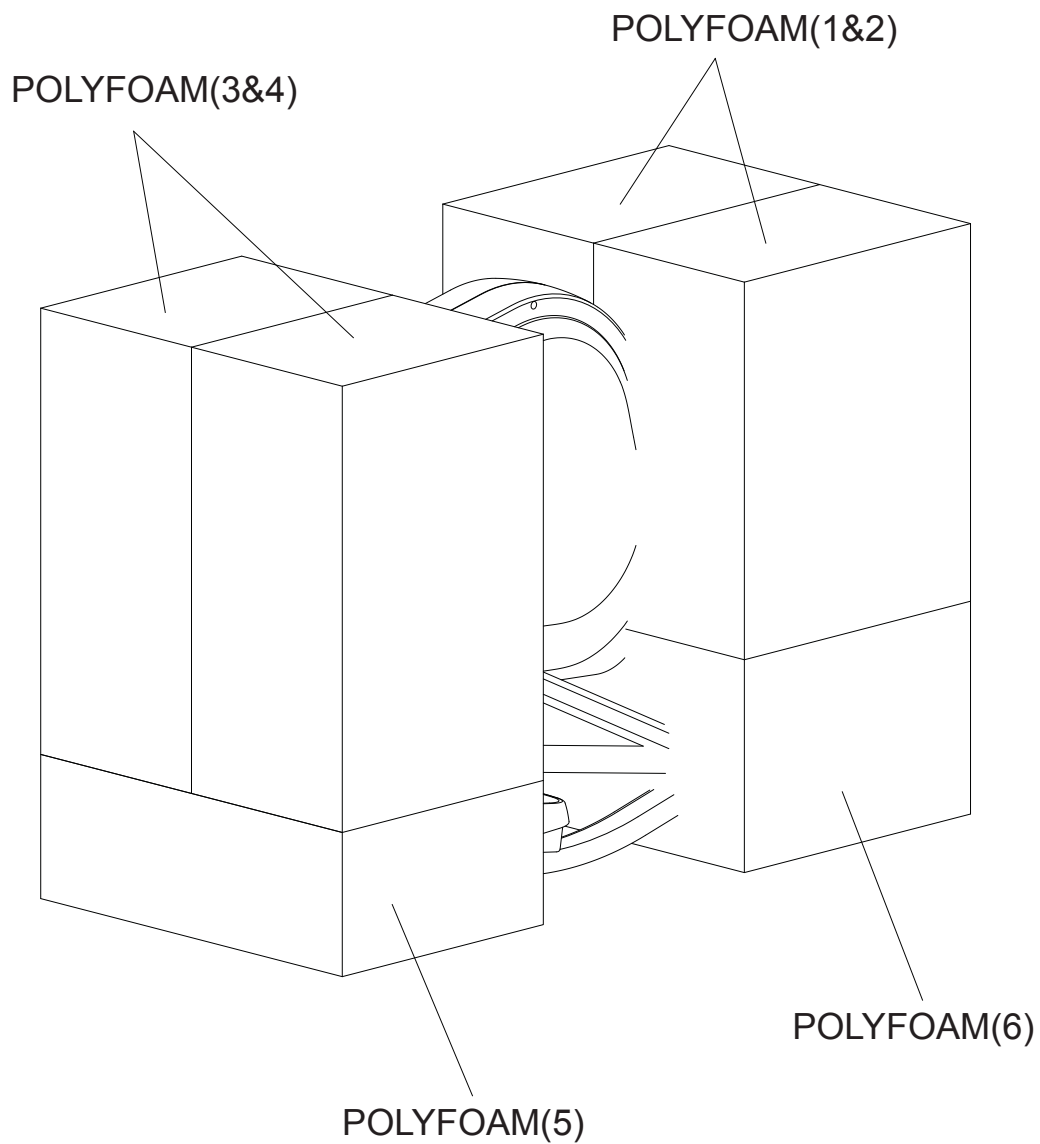
Owners Manual



Warning:

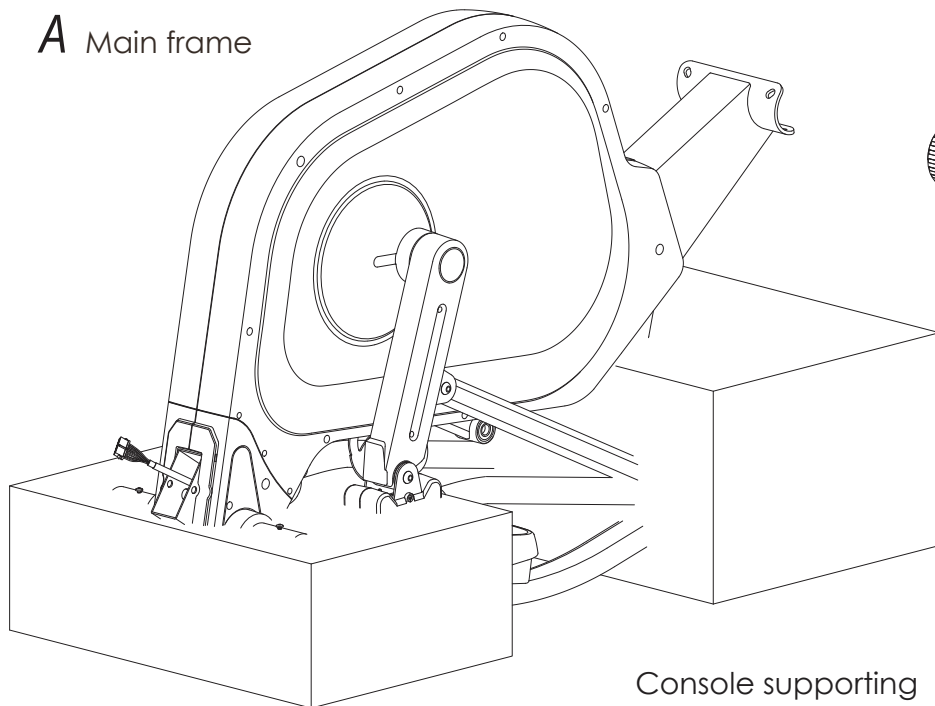
Unpacking Caution:

Lay the box down flat so that the lid is able to be lifted. Unpack the handle bars, front stabilizer, rear stabilizer, central supporting tube, console, hardware bag, and owners manual. Remove the top polyfoam pieces #1 & #2 and #3 & #4, leaving the main frame(A) and bottom polyfoam pieces #5 & #6 inside the box until instructed to remove them.

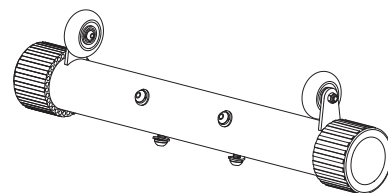


PARTS LIST

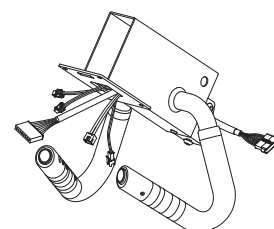
A Main frame



B Front stabilizer



D Console supporting tube



Console supporting tube cover (L&R)

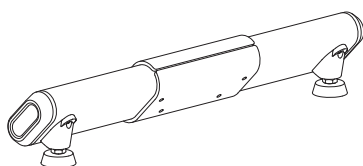


L(A8)

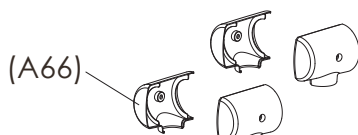


R(A9)

C Rear stabilizer



Front pedal supporting tube cover

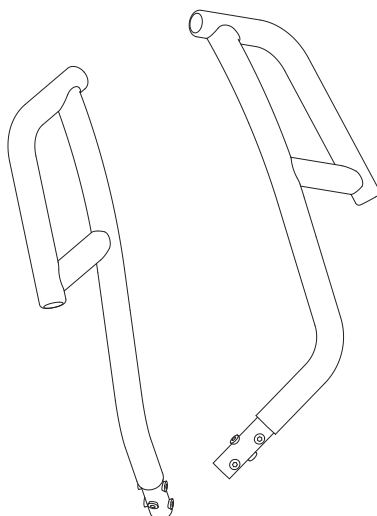


(A66)

(A67)

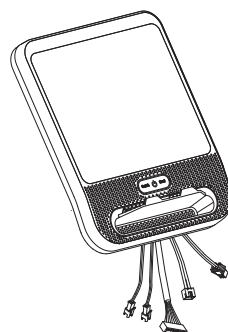
E E2 Handle bar (R)

E1 Handle bar (L)

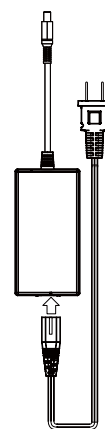


G Console (G1)

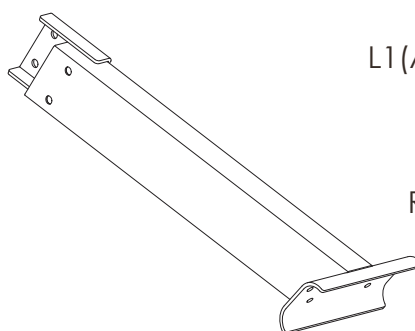
& Console cover (G2)



I Adaptor



F Central supporting tube



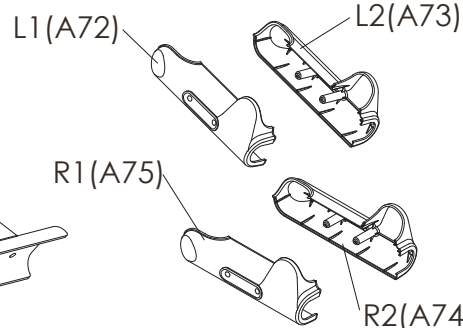
Pedal supporting tube cover (L1&L2),(R1&R2)

L1(A72)

L2(A73)

R1(A75)

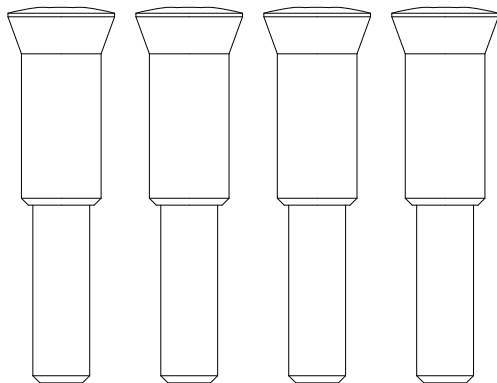
R2(A74)



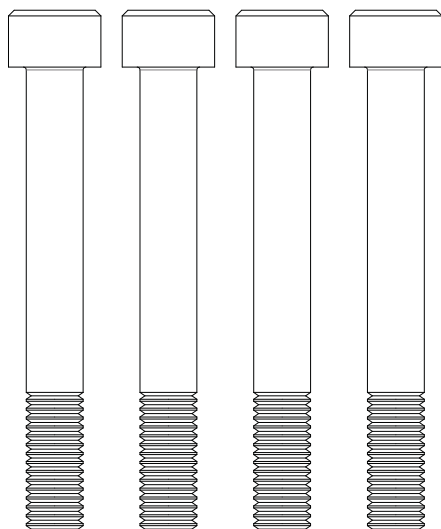
PARTS LIST

TOOL

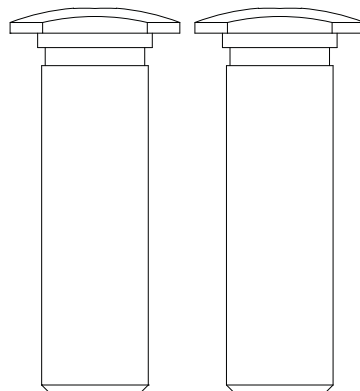
(F4) Screw M8



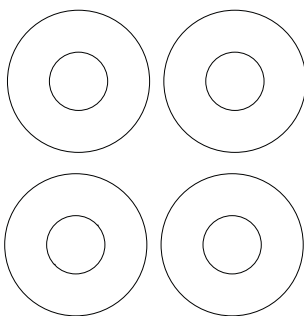
(F2) Screw M8x65



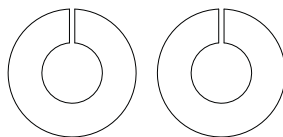
(A107) Bolt Ø15x50.5



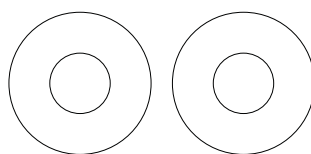
(F3) Washer M8



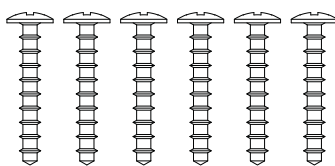
(A62) Spring washer M8



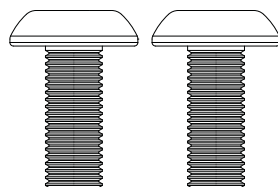
(A61) Washer M8



(A78) Screw M3x20



(A63) Screw M8x20



M6x2

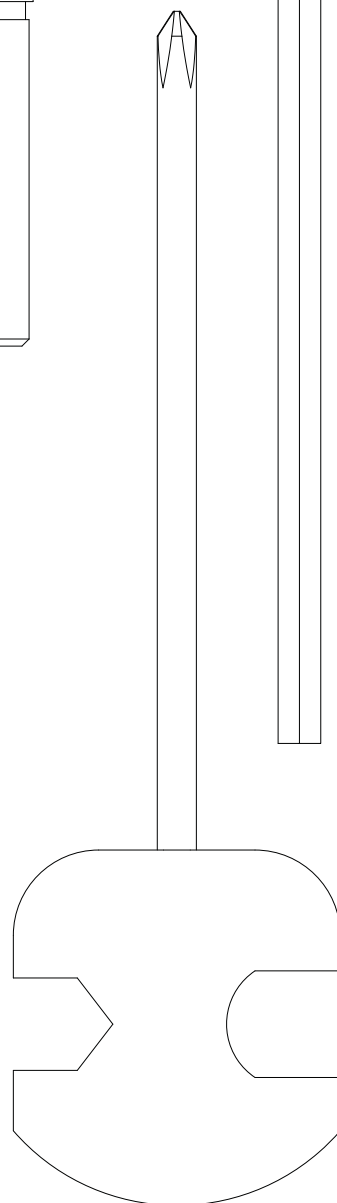
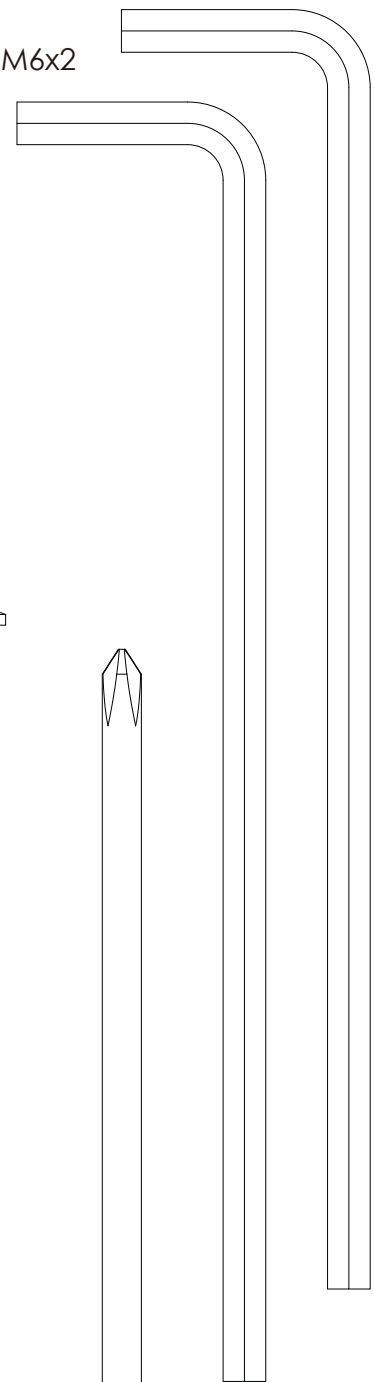


FIGURE 1

FIGURE 1 — FRONT STABILIZER (B) ASSEMBLY

- Step 1. Remove the four preassembled screws (B3), spring washer (B4) and washer (B5) from the front stabilizer (B).
- Step 2. Attach the front stabilizer (B) on to main frame (A) with screws (B3), spring washer (B4) and washer (B5).

USE TOOL: 6m/m

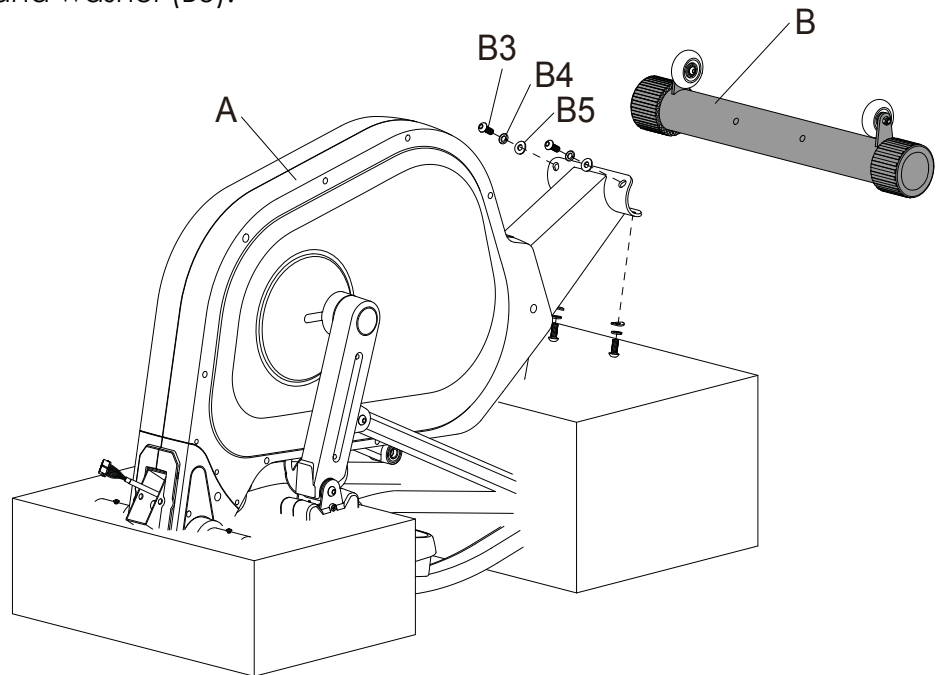


FIGURE 2

FIGURE 2 — CONSOLE SUPPORTING TUBE (D) ASSEMBLY

- Step 1. Remove the three preassembled screws (D2) from the console supporting tube (D).
- Step 2. Connect console wire (K1&K2).
- Step 3. Attach the console supporting tube (D) on to main frame (A) with screw (D2-left) and screw (D2-right).
- Step 4. Use two hands to hold small handle bar to lift up the main frame (A), then finish the screw (D2-middle) assembly.
- Step 5. Remove the bottom polyfoam pieces #5 & #6.

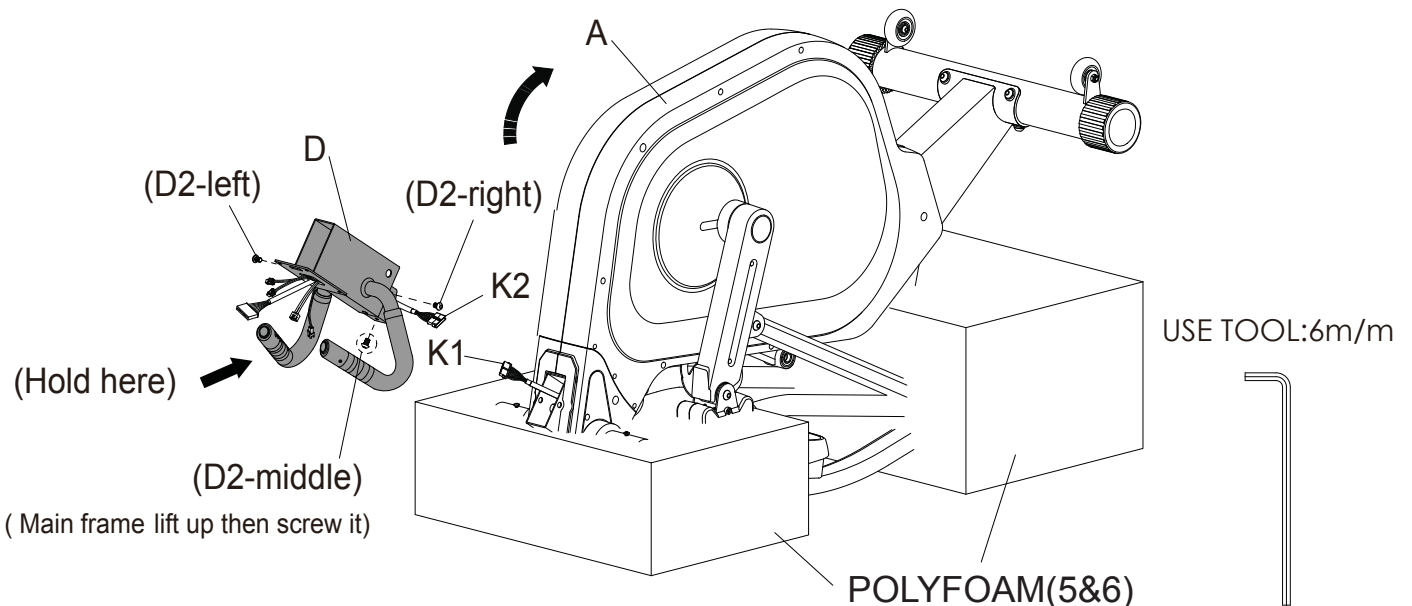
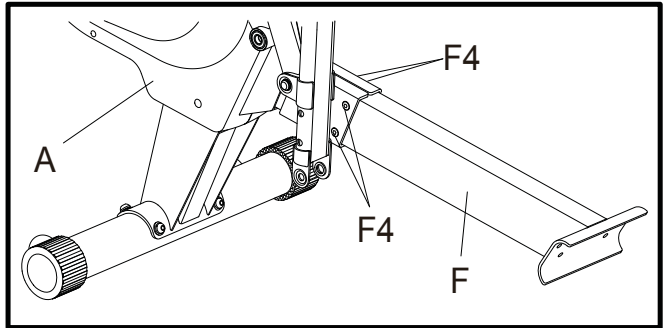
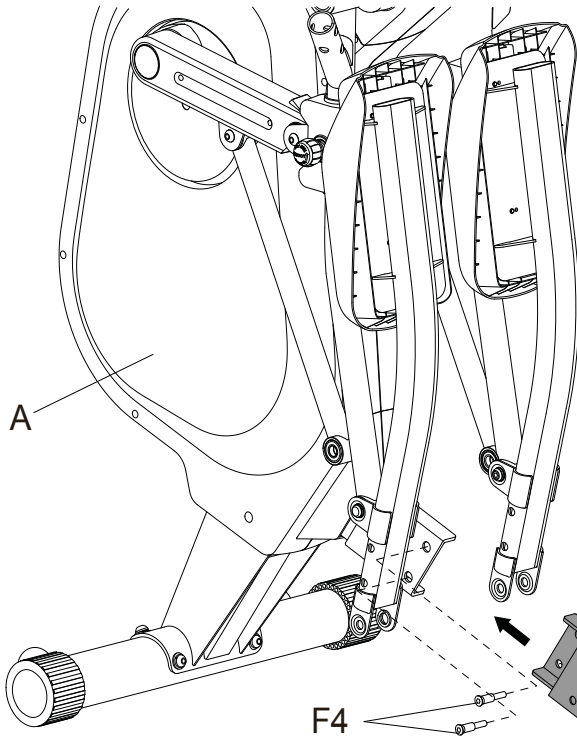


FIGURE 3

FIGURE 3 — CENTRAL SUPPORTING TUBE (F) ASSEMBLY

Step 1. Attach the central supporting tube (F) onto main frame (A) with four screws (F4).



Tighten the screws (F4) on the central supporting tube when the unit is lifted.

USE TOOL: 6mm

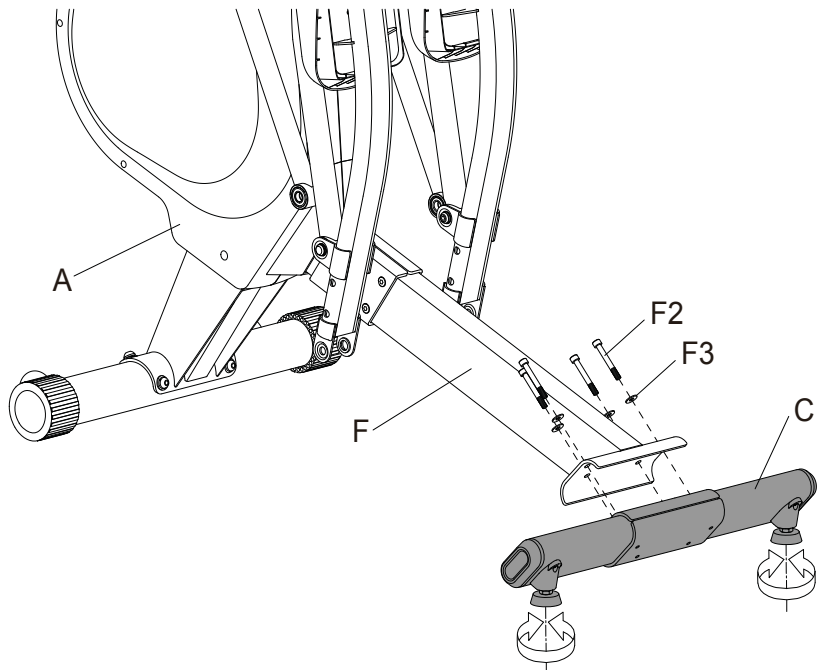


FIGURE 4

FIGURE 4 — REAR STABILIZER (C) ASSEMBLY

Step 1. Attach the rear stabilizer (C) onto the central supporting tube (F) with four screws (F2) and washer (F3).

Step 2. Adjust the stabilizer feet on the bottom rear stabilizer (C) to level the machine.



USE TOOL: 6mm

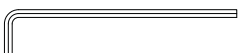
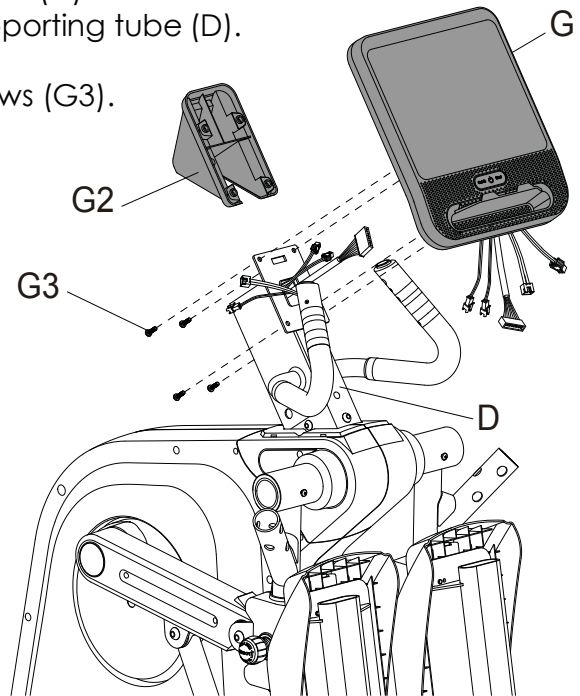


FIGURE 5

CONSOLE & CONSOLE COVER ASSEMBLY

- Step 1. Remove four screws (G3) from the console (G).
- Step 2. Connect all wires.
- Step 3. Fit the console (G) to console supporting tube (D).
- Step 4. Slide the console cover (G2) on console supporting tube (D).
- Step 5. Screw console, console supporting tube (D) and console cover (G2) together using screws (G3).



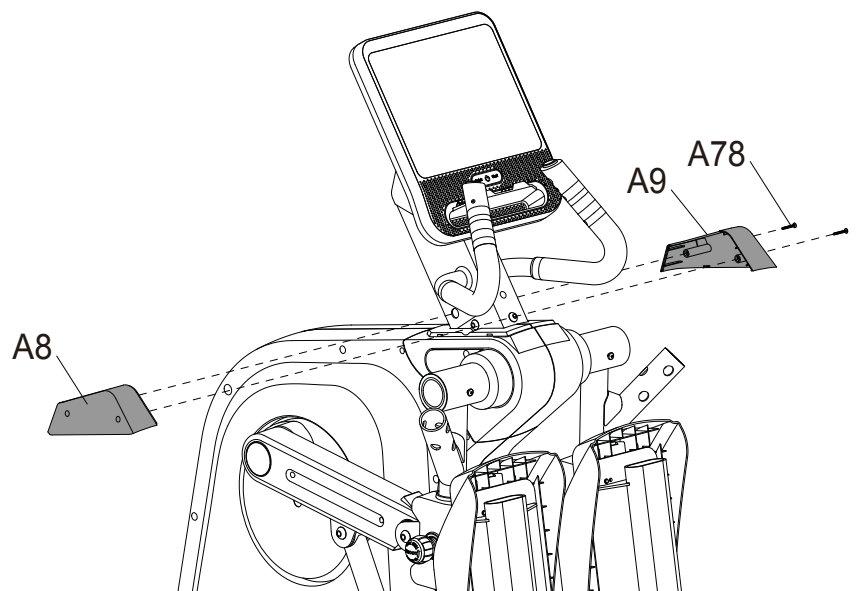
USE TOOL:



FIGURE 6

CONSOLE SUPPORTING TUBE COVER (L&R) ASSEMBLY

- Step 1. Attach the console supporting tube cover-L (A8) and console supporting tube cover-R (A9) using screws (A78).



USE TOOL:



FIGURE 1 — FRONT CONNECTING SHAFT (A53) & FRONT PEDAL SUPPORTING TUBE-L&R (A64&A65) ASSEMBLY

Step 1. Attach front connecting shaft (A53) and front pedal supporting tube-L (A64) using bolt (A107), screw (A63) spring washer (A62) and washer (A61).

**** Repeat same step to finish right side assembly.**

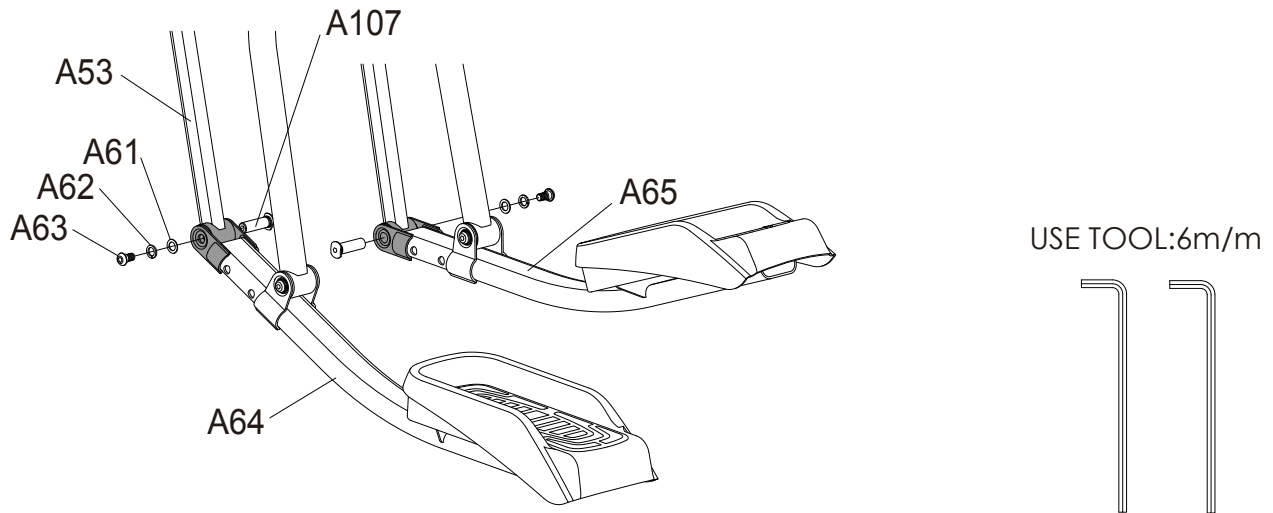


FIGURE 8

FIGURE 8 — PEDAL TUBE COVER-(L&R) ASSEMBLY

Step 1. Fit the pedal tube cover-L1 (A72) and pedal tube cover-L2 (A73) to the front pedal supporting tube-L (A64) using the two screws (A78).

**** Repeat same step to finish right side assembly.**

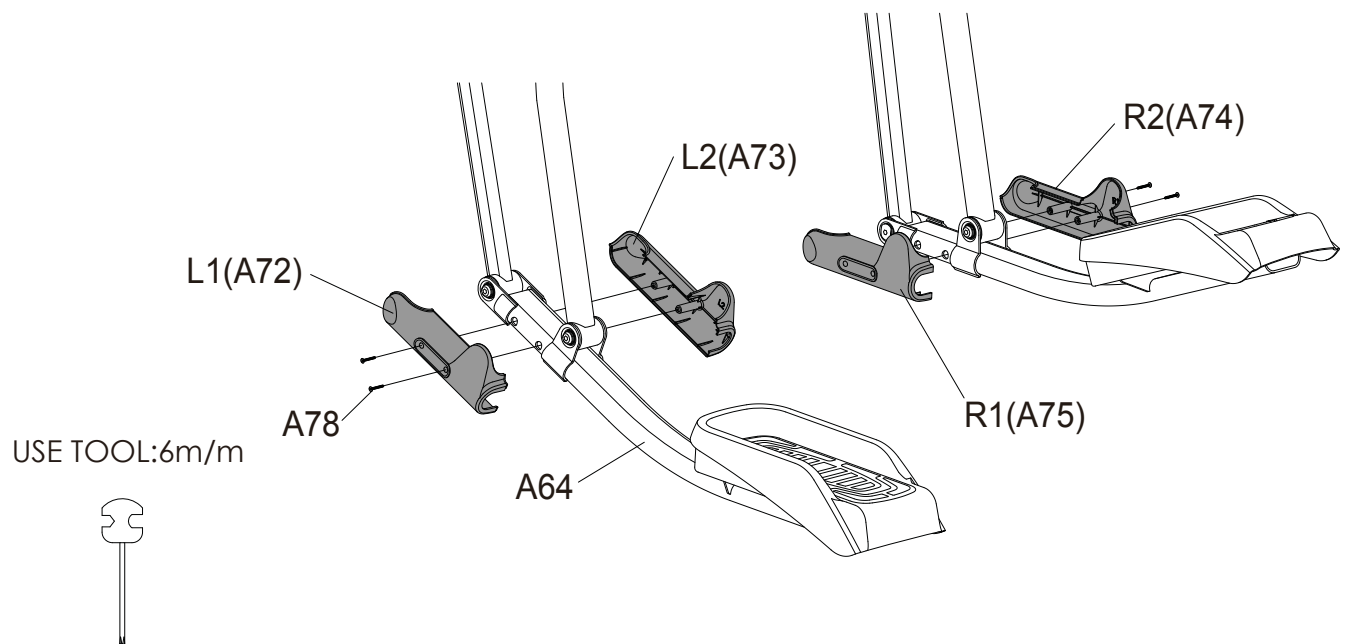


FIGURE 9

FIGURE 9 — HANDLE BAR & FRONT PEDAL SUPPORTING TUBE COVER ASSEMBLY

- Step 1. Remove the six preassembled screws (E4&E5) from the handle bar (E1).
Step 2. Remove the two preassembled screws (A108) from the main frame (A).
Step 3. Mount the handle bar (E1) onto the main frame (A) with screws (E4&E5).
Step 4. Mount the front pedal supporting tube cover (A66&A67) onto the main frame (A) with two screws (A108).

**Repeat same step to finish right side assembly.

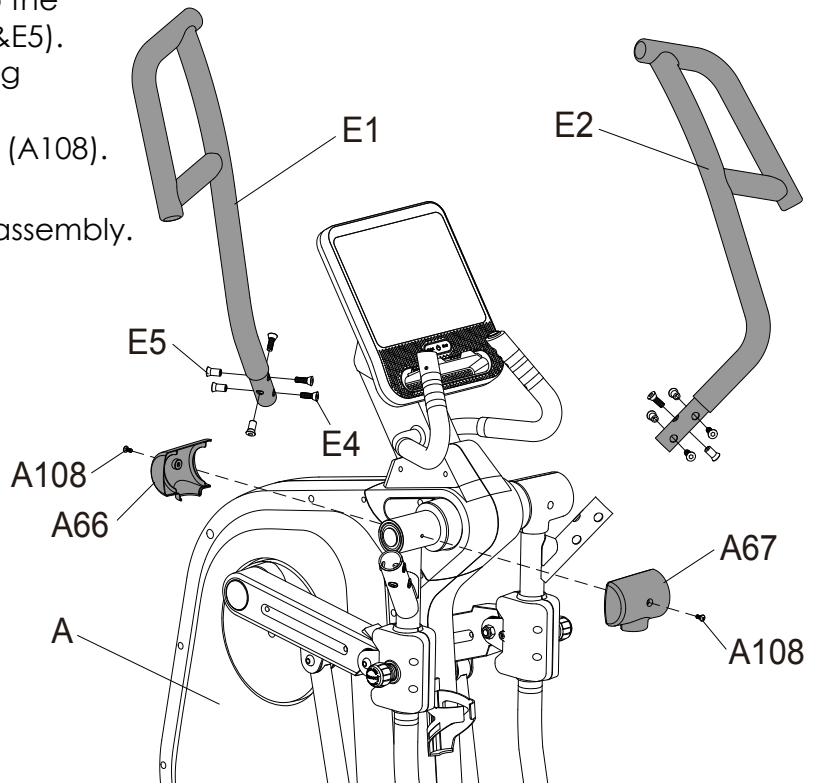
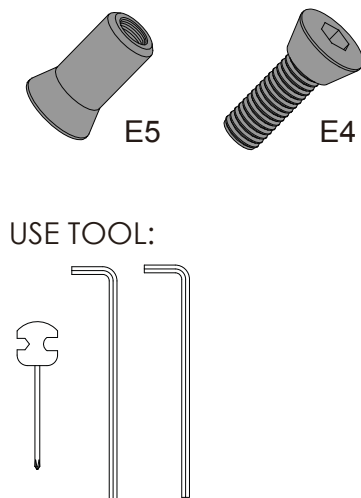


FIGURE 10

FIGURE 10 — ADAPTER ASSEMBLY

Attach one end of the adapter into the power socket and the other end into the input jack on the main frame like shown.

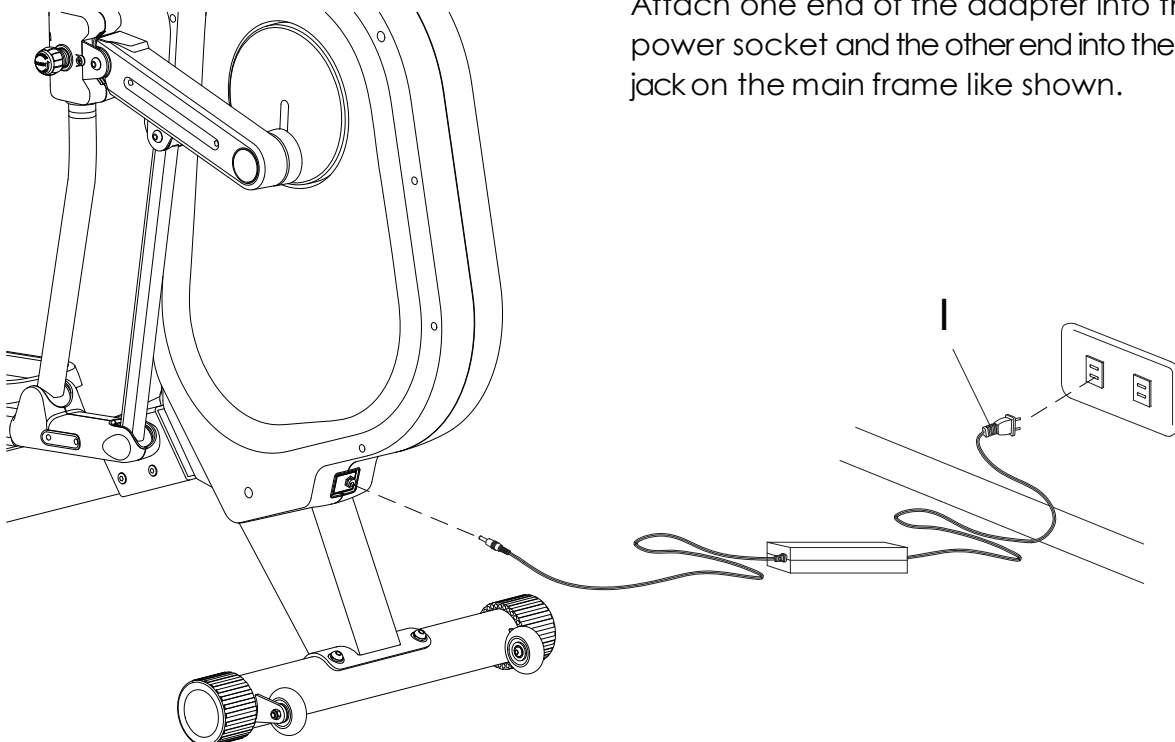


FIGURE 11 — HOW TO TRANSPORT THE MACHINE

If the machine needs to be transported to a different location, lift up the rear stabilizer until the front transportation wheels engage the ground. You may now move the machine to the desired location. After the move, gently set the machine down at its new location and adjust the levelers on the bottom rear stabilizer to level the machine if needed.

WARNING: Never attempt to lift the machine by yourself, ask for additional help if needed and never attempt to lift the machine if you have any medical issues.

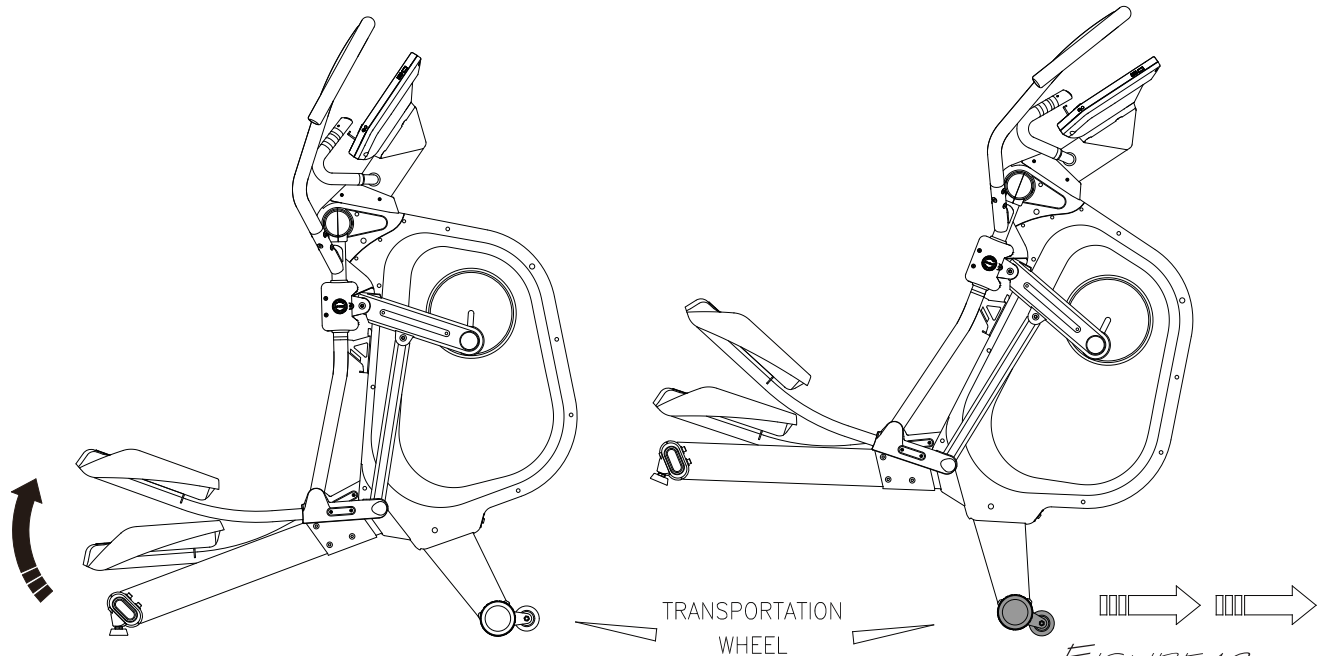
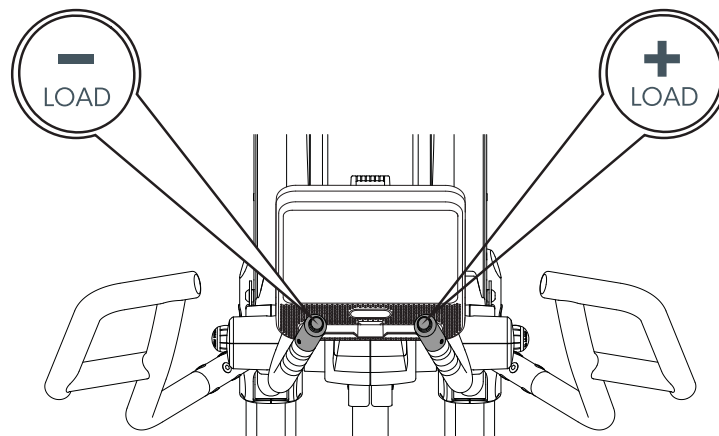


FIGURE 12 — HOW TO USE TOGGLE SWITCH TO ADJUST THE RESISTANCE

When the console is powered on, you may press the toggle buttons on the small handlebar to adjust the resistance: Press “+LOAD” button on the right side to increase resistance and press “-LOAD” button on the left side to decrease resistance.



HOW TO ADJUST THE STRIDE

Step 1. There are 2 different stride choices on the 1280ef. They are 17" and 22".

(When you choose 17", you will see the orange sticker on front pedal supporting tube, when you choose 22", you will see the white sticker on front pedal supporting tube.)

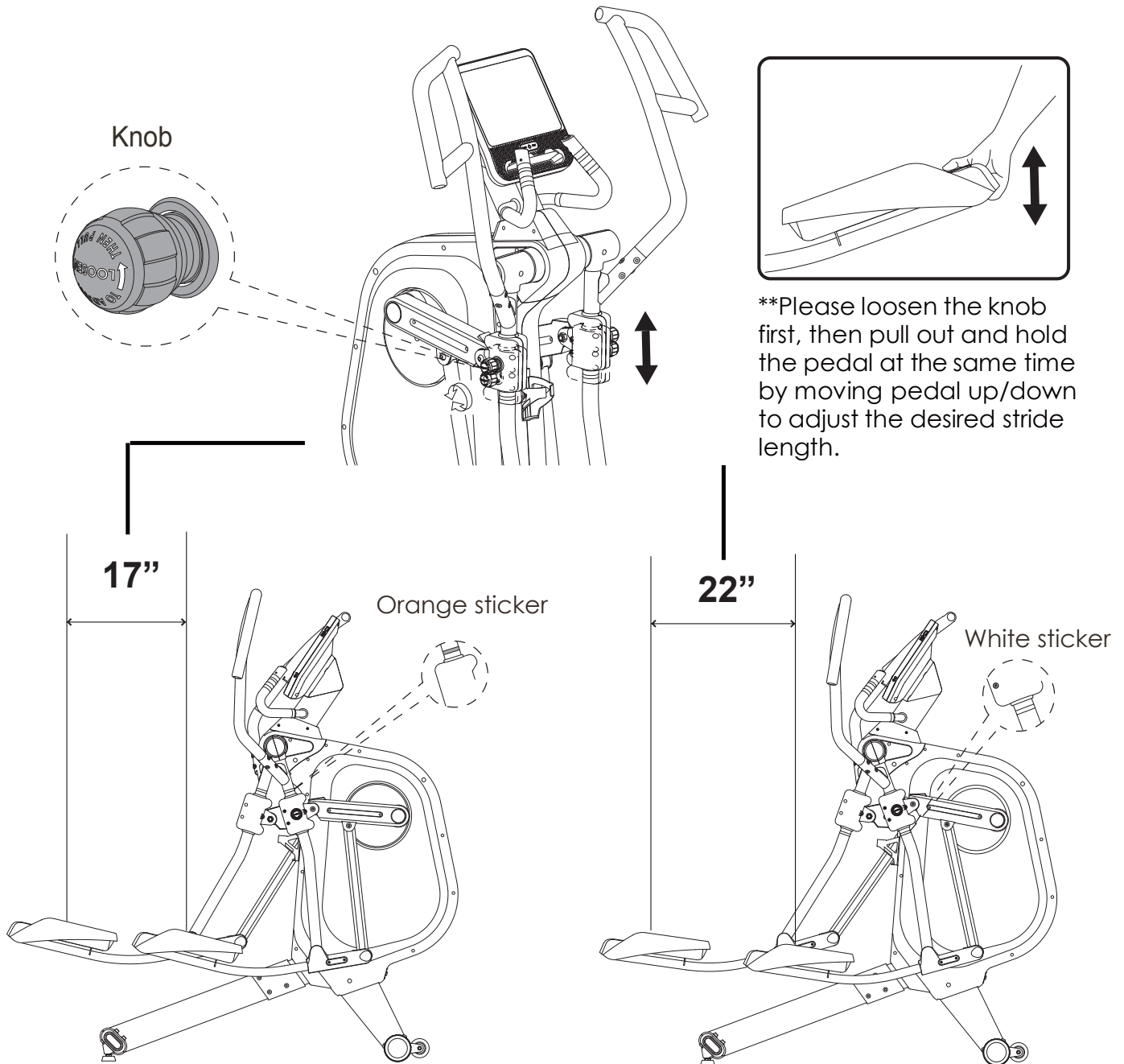
Step 2. Loosen the knob and pull out to adjust the stride length as you desire.

Step 3. After selecting the stride length, screw the knob back in tightly.

Step 4. Repeat this to adjust the stride length for the other side.

WARNING: NEVER adjust the stride length while standing on the machine.

Always adjust both the right and left stride to the same setting. Uneven positions is never recommended and dangerous.



CONSOLE DISPLAY



Step-by-Step Instructions

- **Power-up**

Press the Quick Start Button to turn on the console.



Fig 1. TURN-ON DISPLAY

Once warmed up, the display will turn on the Home Screen. Please check Figure 2.

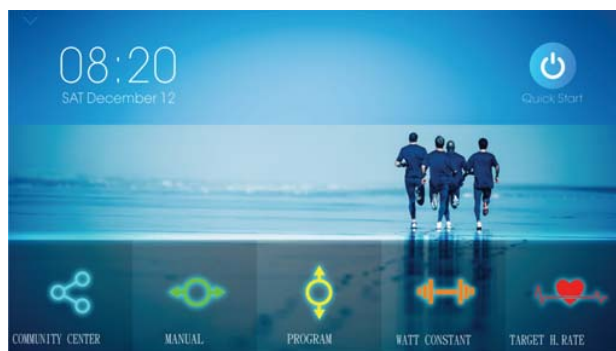


Fig 2. Home Screen

*** Notice that if the console has already been started, it will turn from a black screen into the Home screen directly after you press the Quick Start Button.

- **How to Set-up Your Console?**

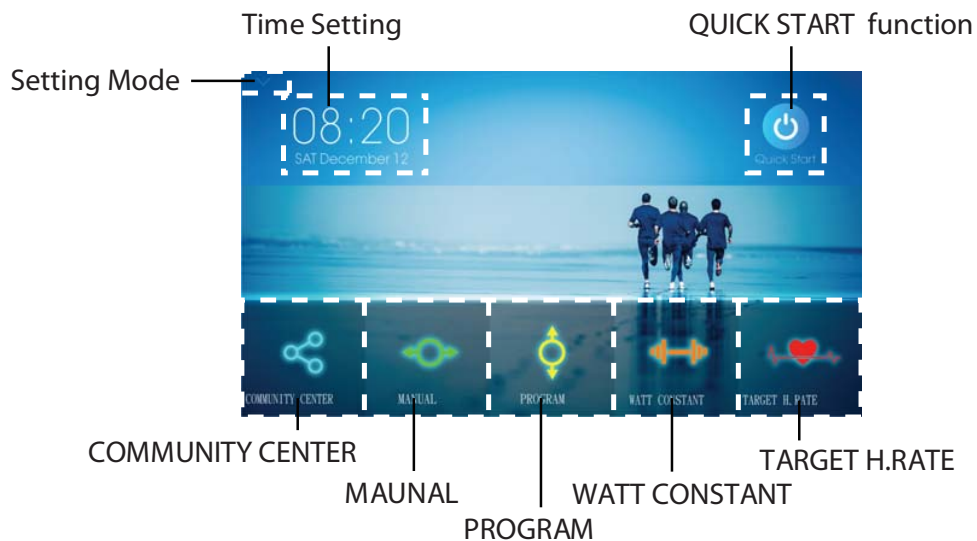


Fig. 3 Functions on the Home Screen

➤ **Time Setting**

1. Press Time Setting to set-up the time and date of the console.
2. Turn on the 'Automatic date & time.'

Please check Figure 4.

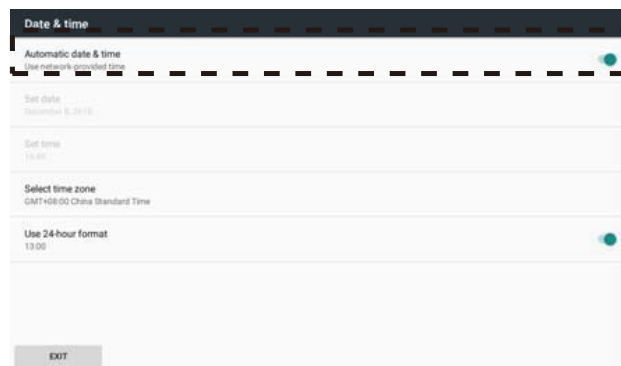


Fig.4 'Automatic date & time' can help the console adjust the time automatically while the console connects with WIFI.

3. Choose the correct time zone where you are located.



Fig.5 Time Zone Selection

➤ **SETTING MODE**

Press the icon on the upper left corner of the home screen. (Fig.3)

You can enter the SETTING MODE. Please check Figure 6.

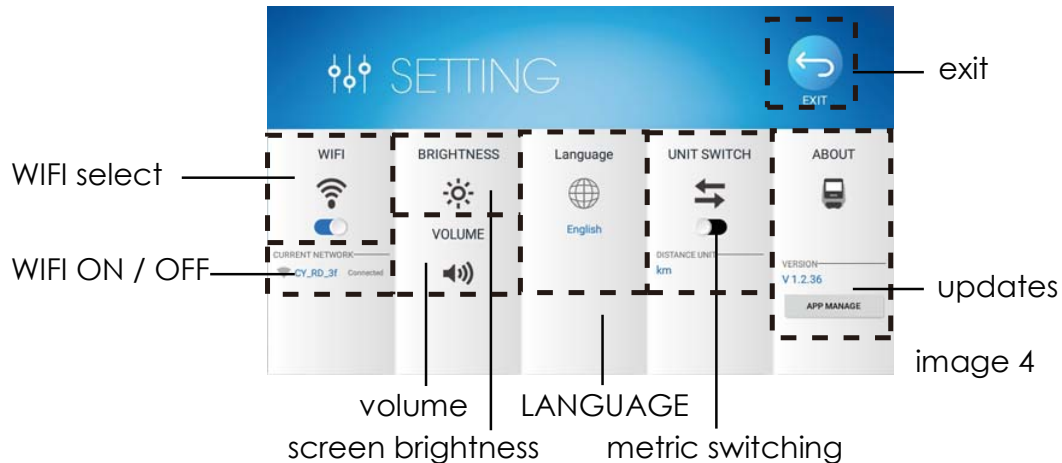


Fig.6 SETTING MODE

✧ **WIFI CONNECTION**

1. Turn on the Wifi, then press the Wifi icon. (Fig.6)
2. Choose the available network you would like to connect to.
Please check Figure 7 for demonstration.

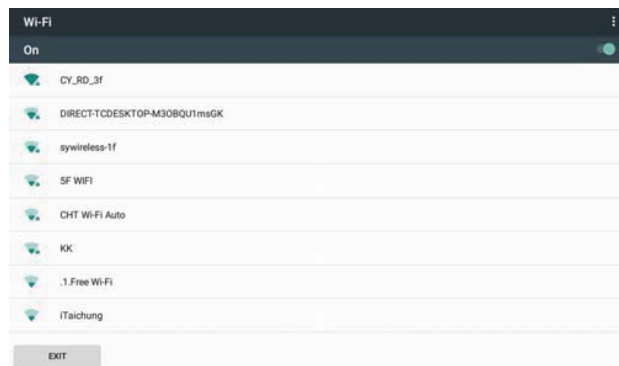


Fig.7 WiFi Selection (You can also turn on Wifi by)

3. After connection, press the exit function at the left bottom corner of the screen.
Check the WiFi name to make sure that it is the one you would like to connect to. Fig.6)

✧ **BRIGHTNESS AND VOLUME**

Press the icon of Brightness and Volume to adjust them with the sliding bar.
Please check Figure 8.



Fig. 8 Brightness Adjustment

✧ LANGUAGE

1. Press the  (Fig.6 & Fig.9a)

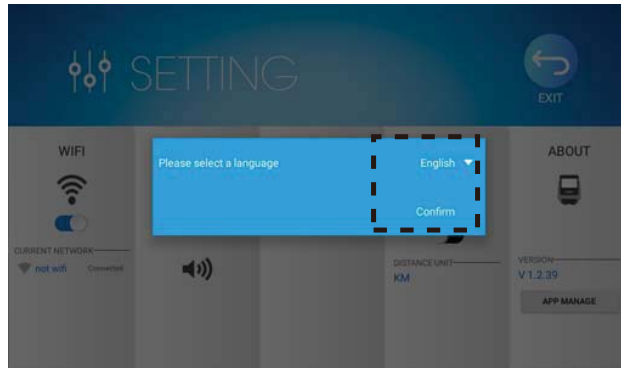


Fig.9 Language Selection (a)

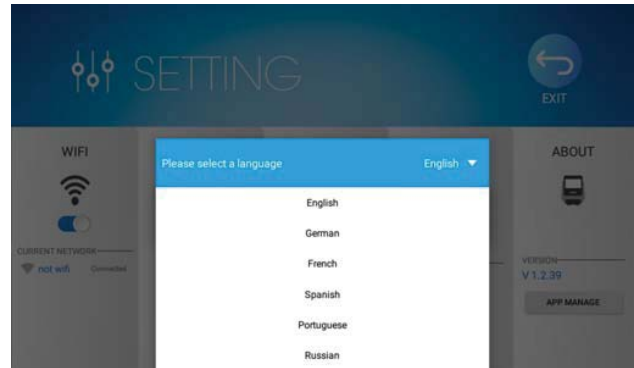


Fig.9 Language Selection (b)

2. Press the recent language and then choose the language you want.
3. Press Confirm to change the language of the console. (Fig. 9b)

✧ UNIT SWITCH

Choose the unit, KM or ML, you want to display. (Fig.6)

✧ ABOUT

1. Press the APP MANAGE Button (Fig.6)
2. The APPS installed in the console are listed with their version.
Please check Figure 10.



Fig.10 App Manage List

• How to Start Your Training?

➤ QUICK START

1. How to start the 'QUICK START'?

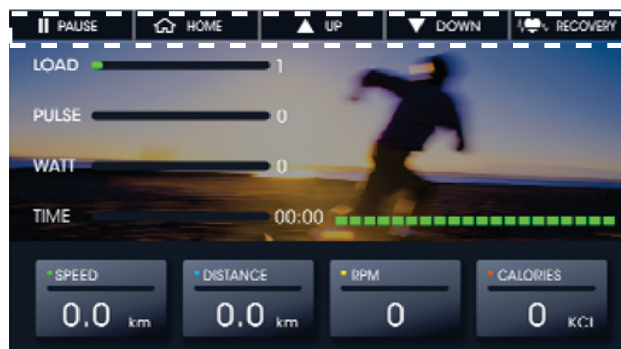


Fig.11 Quick Start Function

If you would like to directly start your training without any training schedule (Fig.11), please follow these two instructions

- Press the Quick Start Button on the Home Screen (Fig.3)
- Press Quick Start Button on the console (Fig.12) when the display is at Home Screen.

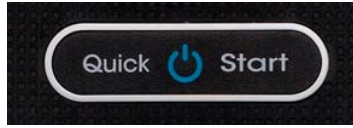


Fig.12 Quick Start Button on the Console

2. While Using QUICK START (Fig.11)







- SPEED, DISTANCE, RPM and Calories will change if the RPM is larger than 15.
- Press  or  to adjust the load. The load adjustment will be demonstrated by the amount of the green square bar. (Fig.11)
- Press  to stop the training and go back to the Home Screen
- Press  to pause the training.



Fig.13 Paused Training

- ✧ Press  to continue (Fig.13)
- ✧ Press  to stop the training and go back to the Home Screen
- ✧ If you would like to keep going on the Entertainment with your training remained, please follow the instructions in the “**Entertainment with Training**” section

3. After Using QUICK START

Before going back the Home Screen, it will show out the Workout Data if your training time is over 30 Seconds. Please check Figure 14



Fig. 14 WORKOUT DATA DISPLAY(I)

Press  to go back to the Home Screen

➤ **MANUAL**

1. How to start Manual?

Press Manual on the Home screen (Fig. 3) to start exercising with several training goals like Time, Distance and Calories. Please check Figure 15.





Fig. 15 Manual Mode

♦ **Set-up Users' Information**

There are five users that can be chosen, From U0~U4.

Here we take U0 as an example of set-up.

1. Press U0 to choose the user.
2. Press Age, Height, Weight and USER respectively to insert the user's information.
3. Choose the   to select the gender you want.

*** Notice that only U1~U4 will be saved after the training. All the information about U0 will be deleted after your training.

♦ **Set-up Training Goals**

Press TIME, DISTANCE AND CALORIES to setup the training goals. Notice that if the time isn't set, the training time will count up. If the time is set, the training time will count down from the time you set.

♦ **Train along with Entertainment**

Please check the instruction in the “**Entertainment with Training**” section.

2. While using Manual mode

After setting up the information, press  to start the training.

Then, check the section of “**How to Start Your Training? — Quick Start — While Using QUICK START**”

3. After using Manual mode

Please check the section of “**How to Start Your Training? — Quick Start — After Using QUICK START**”

➤ PROGRAM

1. How to start Program?

Press Program on the Home screen (Fig. 3) to start training with 12 different programs so that the load will be changed automatically along with time. Please check Figure 16.

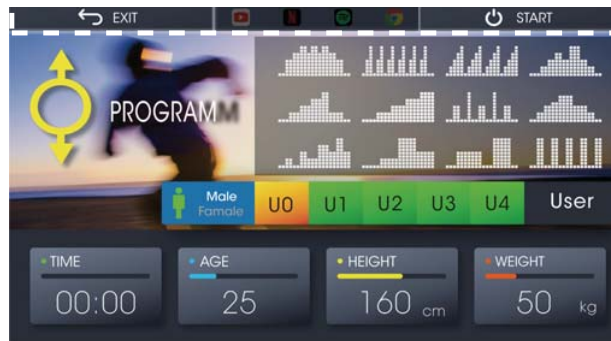




Fig. 16 Program Mode

◆ Set-up Users' Information

There are five users can be chosen, From U0~U4.

Here we take U0 as an example of set-up.

1. Press U0 to choose the user.
2. Press Age, Height, Weight and USER respectively to insert the user's information.
3. Choose the   to select the gender you want.

*** Note that only U1~U4 will be saved after the training. All the information about U0 will be deleted after your training.

◆ Set-up Training Schedule

Press the schedule you want to train with.

◆ Train along with Entertainment

Please check the instruction in the **"Entertainment with Training"** section.

2. While Using Program Mode

After setting up the information, press  to start the training.

Then, check the section of **"How to Start Your Training? — Quick Start — While Using QUICK START"**

3. After Using Program Mode

Please check the section of **"How to Start Your Training? — Quick Start — After Using QUICK START"**

➤ WATT CONSTANT

1. How to start WATT CONSTANT

Press WATT CONSTANT on the Home screen (Fig. 3) to start training with targeted Watt. Please check Figure 17.





Fig. 17 Program Mode

◆ Set-up Users' Information

There are five users can be chosen, From U0~U4.

Here we take U0 as an example of set-up.

4. Press U0 to choose the user.
5. Press Age, Height, Weight and USER respectively to insert the user's information.
6. Choose the   to select the gender you want.

*** Note that only U1~U4 will be saved after the training. All the information about U0 will be deleted after your training.

◆ Set-up Target Watt


Press WATT and insert the target you want to train with.

2. While using WATT CONSTANT

After setting up the information, press  to start the training.





Fig. 18 WATT CONSTANT TRAINING

- During the training, it will show out the SPEED, RPM, TIME, DISTANCE, CALORIES and Pulse on the right side of the screen. Please check Figure 18
- The Target watt you set and the real time watt will be shown on the left side of the screen.
- You do not need to change the load by yourself. The console will automatically adjust in order to keep you on your Target watt setting.
- Press  to stop the training and go back to the Home Screen

- Press  to pause the training.



Fig.19 Paused Training

- ✧ Press  to continue (Fig.19)
- ✧ Press  to stop the training and go back to the Home Screen

3. After using WATT CONSTANT

Before going back the Home Screen, it will show out the Workout Data if your training time is over 30 Seconds. Please check Figure 20



Fig. 20 Workout Data Display (II)

➤ TARGET H. RATE

1. How to start TARGET H. RATE

Press TARGET H. RATE on the Home screen (Fig. 3) to start the training with targeted Heart Rate. Please check Figure 21.



Fig. 21 TARGET H. RATE

2. While using TARGET H. RATE

After setting up the information, press  to start the training.



Fig. 22 TARGET H.RATE TRAINING

- During the training, it will show the SPEED, RPM, TIME, DISTANCE, CALORIES and Watts on the right side of the screen. Please check Figure 21
- The Target H. Rate you set and real time H. Rate will be shown on the left side of the screen.
- You do not need to change the resistance. The console will automatically adjust the resistance in order to let your H. Rate stay close to your target heart rate.
- If the heart rate is not close to the target rate for more than 30 seconds, it will stop the training and return to the home screen.
- If there is no the heart rate received after START, a message will be shown immediately. Please check figure 23.



Fig.23 Reminder Without Heart Rate Signal





- Press  to stop the training and go back to the Home Screen
- Press  to pause the training.



Fig.24 Paused Training

- ✧ Press  to continue (Fig.24)
- ✧ Press  to stop the training and go back to the Home Screen

3. After using TARGET H. RATE

Before going back to the Home Screen, it will show the Workout Data if your training time was over 30 Seconds. Please check Figure 25

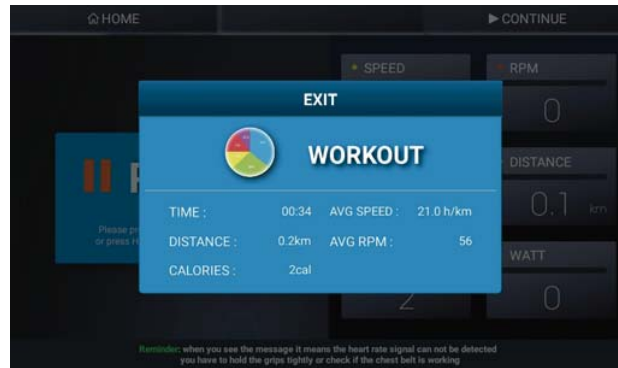



Fig. 25 Workout Data Display (III)

➤ Recovery Function

There is  **RECOVERY** function button on every kind of training modes when you are exercising.

Take Quick Start as an example, please check figure 26.

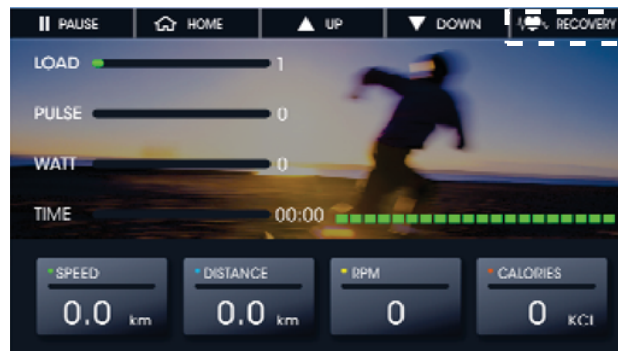


Fig.26 Recovery Function

If you want to check your heart rate performance when slowing down, press this button and it will start to count down from 60 seconds.

Keep holding the grips and let the console evaluate your heart rate performance. Please check Figure 27.



Fig. 27 Recovery Function (a)



Fig. 27 Recovery Function(b)

There are six levels of performance, from F1 to F6.

Note: This is just an evaluation for reference.







According to research, if your heart rate slows down faster after you exercise, you have a better performing cardiovascular system. F1 is the best, and F6 is the worst.

- **How to Enjoy the Community Center?**
 - **Press the Community Center button on Fig.3 to enter.**



Fig. 27 Community Center

- **Six Apps**
Press the icon of the Apps then Enjoying the Apps.

- ✧ **Youtube** 
- ✧ **Netflix** 
- ✧ **Spotify** 
- ✧ **Chrome** 
- ✧ **iRoute** 
- ✧ **Kinomap** 

- **Update of the Apps**

These apps will sometimes automatically notify you that they need to be updated. For example, please check Figure 29.

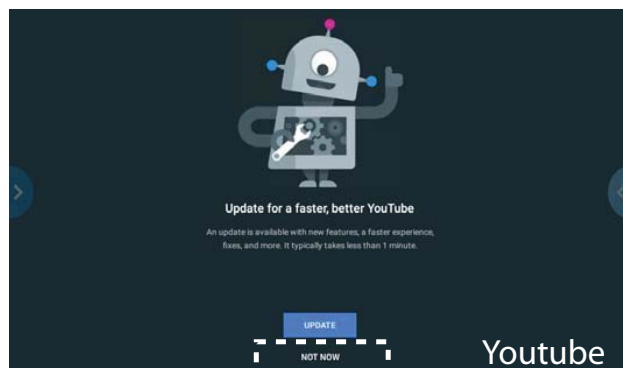


Fig.29 Update Notification in Apps

Please don't update the Apps here.

About the Update, please check the instructions in the section of "How to Update the Apps and the System in the Console"

- **Entertainment Apps with Training**

There are two ways that can let you enjoy Youtube, Netflix, Spotify and Chrome (Entertainment Apps).

- **How can we start training directly when using entertainment Apps?**

1. Press the icon on the left border of the screen. Please check Figure 30.

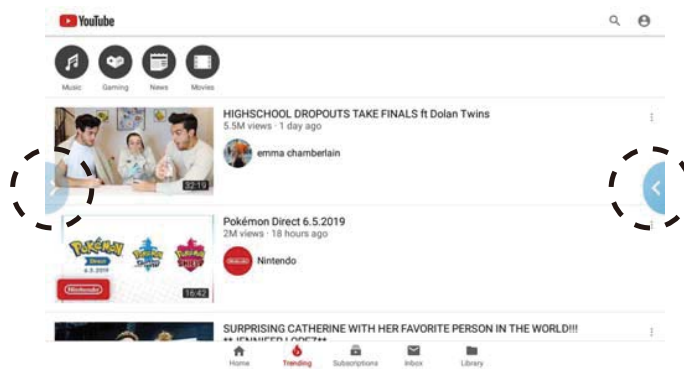


Fig. 30 Functional Button in Entertainment Apps (Left)

2. Press the Quick start Button, then press the icon on the right border of the screen to check if the Quick Start works.

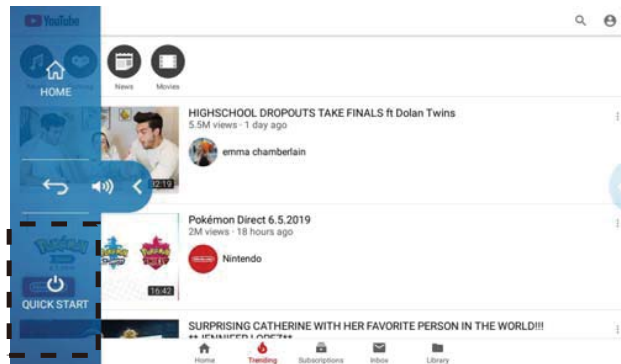


Fig. 31 Quick Start Function in Entertainment Apps

- **How can we start enjoying Entertainment Apps when using training programs, Quick Start, Program and Manual?**

- ✧ When using Quick Start, Program and Manual

1. Press the **PAUSE** button
 2. Choose the Apps you want to continue with
- Please check Figure 32.

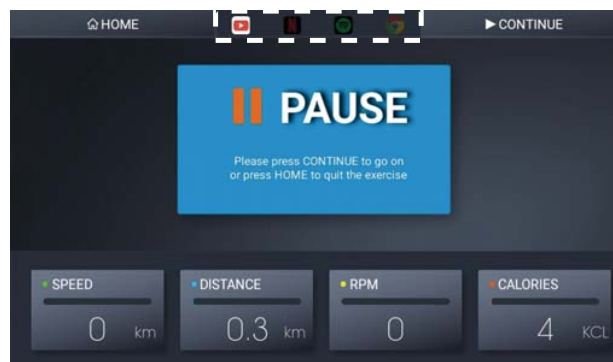


Fig. 32 Pause with Youtube Chosen

3. Press **▶ CONTINUE** to continue
 4. After entering the App, please follow the instructions in the section of **“Entertainment Apps with Training” — “How can we start training directly when using entertainment Apps?”** Then, you can keep training.
- ✧ Before using Program and Manual
- Take Manual Mode for example.
1. Follow the instructions in the section of **“How to Start Your Training?” — “Manual” — “How to start Manual?”**
 2. Choose the Apps you want to continue with.

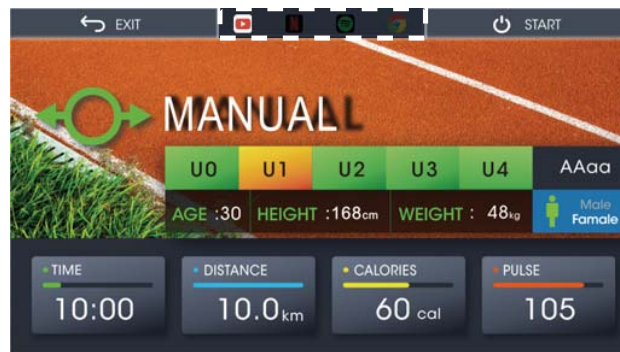


Fig.31 Youtube Chosen before starting training with Manual Mode

3. Press **⏻ START** to start the training with the selected App. (Fig.15)
 4. Press the icon on the left border of the screen. (Fig. 30)
 5. Press the Quick Start Button, then press the icon on the right border of the screen if the Quick Start works.(Fig.31)
- **How to Update the Apps and the System in the Console?**
From the Home Screen, enter the Setting Mode and press the App Manage button. Check if there is an Update button on the App manage list.
If so, press it to update.



Fig. 33 Update or Latest for App Manage list

Press Download. Please check Figure 34.

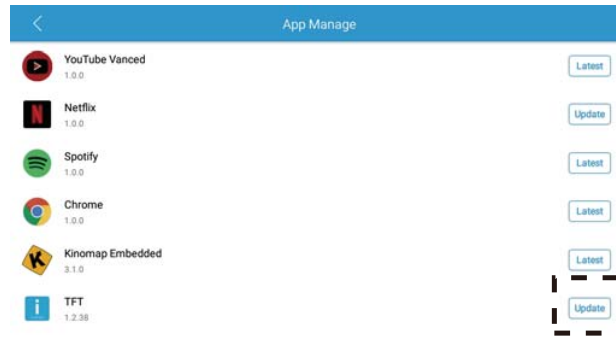


Fig. 34 Update Process 1

Press Install. Please check Figure 35.

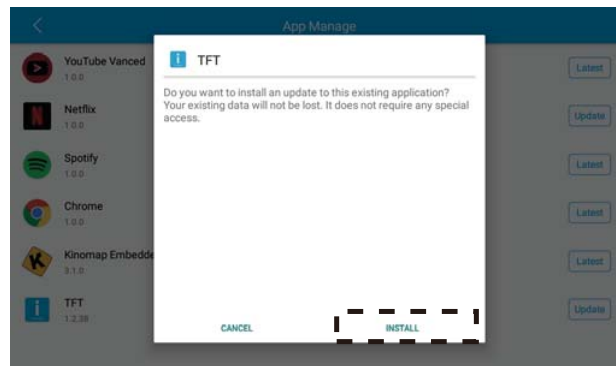


Fig. 35 Update Process 2

Press Done. Please check Figure 36.

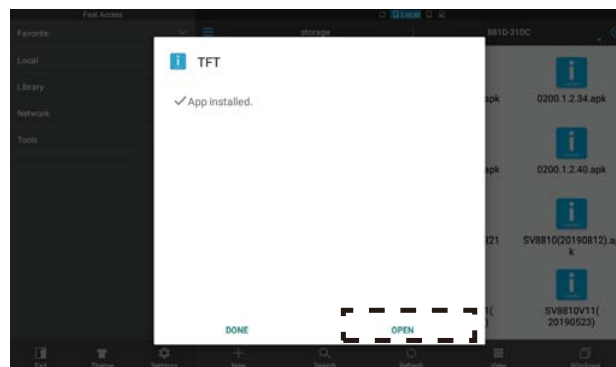


Fig. 36 Update Process 3

Update is finished.

DIAMONDBACK *FITNESS*