

SERIAL NO. FC2615-UK

V-fit



Air Cross Trainer - ATE2

Assembly & User Manual

Please ensure that you read this manual carefully before attempting to assemble or use your new product and retain for future use

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Protect the environment by not disposing of this product with household waste.



General Information

Quality

This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

Questions

Should you encounter any difficulty with the assembly, operation or use of your exercise product or if you think that you may have parts missing, please **DO NOT** return it to your retailer but contact us first for help and advice, asking for **CUSTOMER SUPPORT**, by any of the following means.

Tel:- 01535 637711 or

Fax:- 01535 637722 or

Email:- support@benysports.co.uk

Website:- www.benysports.co.uk

CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday

Beny Sports Co. UK Ltd.

Unit 8, Riparian Way,

The Crossings, Cross Hills,

West Yorkshire.

BD20 7BW

Queries

If you do have any queries, please ensure that you have the following information ready for our Customer Support Staff:

YOUR NAME

YOUR ADDRESS

YOUR PHONE NUMBER

PRODUCT MAKE OR BRAND

PRODUCT MODEL

PRODUCT SERIAL NUMBER

DATE OF PURCHASE

NAME OF RETAILER

PART NUMBERS REQUIRED

Guarantee

This product is guaranteed for **DOMESTIC USE ONLY** for a period of **1 YEAR** from the original certified date of purchase. During this period we have the right to: -

- a). Provide parts for the purchaser to effect repair.
- b). Repair the product, returned to our warehouse (at the purchaser's cost).
- c). Replace the product if it is deemed (by us) to be economical to do so.

This guarantee does not cover wear and tear on upholstery or consumables.

This guarantee does not cover abuse, defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product and in order for us to service any requirement for replacement parts or repairs, we will ask for proof of purchase. Failure to do so will result in any claim for replacement parts or repairs being refused.

This guarantee, (both given and implied) applies to the original purchaser only, is not transferable and will be invalidated if used outside of the above criteria.

This guarantee is valid only in the United Kingdom and Eire.

This does not affect your statutory rights as a consumer.

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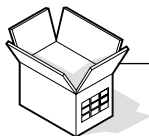
Beny Sports Co. UK Ltd.

Unit 8, Riparian Way,

The Crossings, Cross Hills,

West Yorkshire

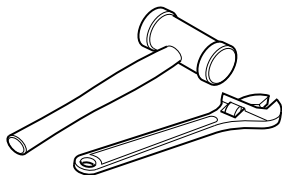
BD20 7BW



Before you Start

Tools

If required, most of our products are supplied with basic tools, which will enable you to successfully assemble your product. However, you may find it beneficial to have a soft-headed hammer and perhaps an adjustable spanner handy as this may help.



Prepare the Work Area

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

Work with a Friend

You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.

Open the Carton.

Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.

Unpack the Components

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.



Safety

Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

- * Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use. If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a children's toy.*
- * For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.*
- * Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.*
- * Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*
- * Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of damaging flooring or slipping in use.*
- * Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.*
- * Parents and others in charge of children should be aware of their responsibility because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.*



Warning

If any part of your product becomes damaged, broken or badly worn do not use the equipment until the defective parts have been replaced

Storage and Use

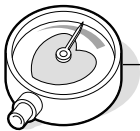
Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

Weight Limit

*Your product is suitable for users weighing:
242LBS / 17.2 Stones / 110KG or less.*

Conformity

*This product conforms to:
(BS EN 957) - PARTS 1 and 9 Class (H) - HOME USE - Class (C).
It is NOT suitable for therapeutic purposes.*



Exercising Information

Beginning

*How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you **MUST** start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.*

Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

Aerobic Fitness

Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.

Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.



Exercising Information

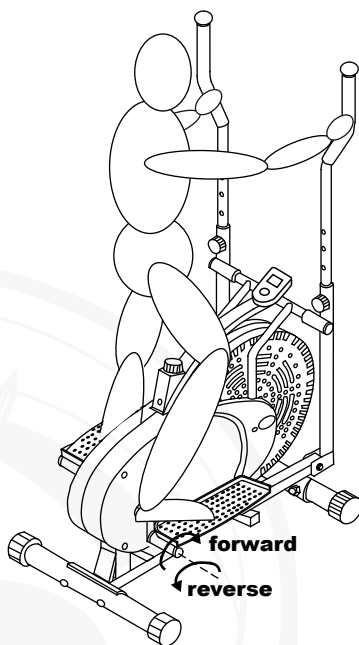
TOTAL BODY WORKOUT

With your Cross Trainer set up with the Handlebars to linked to the Pedals in synchronised mode, stand on the cross trainer and start pedalling, initially with the cycle tension set to a low setting while holding the Handlebars. Increase the cycle tension as desired while exercising or when your fitness level increases. Muscles in the legs and thighs are exercised by the pedalling motion and the lower back and arm muscles are exercised by the rotational effort generated by the Handlebars.



Note

Incorrect or excessive training may damage your health. Please read the exercise information first.



Remember, your Cross Trainer has REVERSIBLE movement! Forward pedaling emphasizes your quadriceps muscles (front thighs), while backward pedaling emphasizes you hamstrings (back thighs). Take advantage of this fact to make your workout less fatiguing, and more fun.



Exercising Information

Warm Up

A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.

Aerobic Exercise Session

Those new to exercise should exercise no more than every other day to start with.

As your fitness level increases, increase this to 2 in every 3 days.

When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.

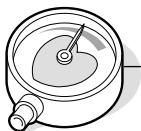
Exercising in your Target Zone

To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.

Target Zone

To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.



Exercising Information

Target Zone *(con't)*

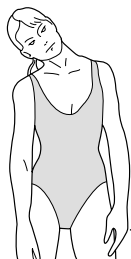
USERS AGE	UNCONDITIONED TARGET ZONE - A	CONDITIONED TARGET ZONE - B
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135

Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

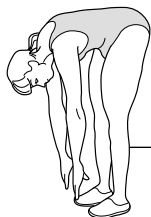
Warm Up and Cool Down Exercises

Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.



Head Roll

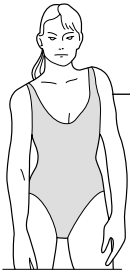
Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.



Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.

Exercising Information

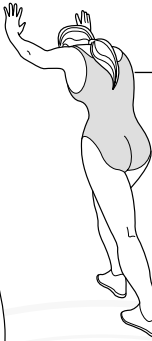


Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder. Repeat 3 - 4 times.

Calf / Achilles Stretch

Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg. Repeat 2 - 3 times.



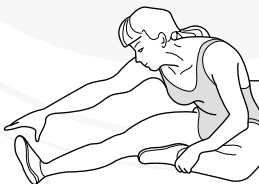
Side Stretch

Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm. Repeat 3 - 4 times.



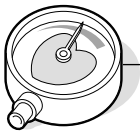
Inner Thigh Stretch

Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.



Hamstring Stretch

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended. Repeat 2 - 3 times.



Exercising Information

Basic Aerobic Training Programme

For your basic Aerobic Exercise routine we suggest that you try the following. Remember, breathe correctly, exercise at your own pace and do not over-train as injury may result.

Week 1 & 2

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 4 minutes at 'A'
Rest 1 minute
Exercise 2 minutes at 'A'
Exercise slowly 1 minute

Week 3 & 4

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Rest 1 minute
Exercise 3 minutes at 'A'
Exercise slowly 2 minutes

Week 5 & 6

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 6 minutes at 'A'
Rest 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

Week 7 & 8

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

Week 9 & beyond

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Repeat entire cycle 2 or 3 times

This is only a suggested programme and may not suit every individual's needs.



User Instructions

OPERATING ADJUSTMENTS and GENERAL USER INFORMATION

LEVELLING THE AIR CROSS TRAINER

For security and stability, your Air Cross Trainer has a factory welded frame and once fully assembled correctly, should not need further alignment. However, in the interest of safety, please always ensure that your Air Cross Trainer is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of damaging flooring or slipping in use.

simply twist the end of either Rear Frame Stabiliser Adjustable Hex End Cap (13) to compensate for uneven floors.

HANDLEBAR ADJUSTMENTS

Loosen the Handlebar Knob (17) to a suitable height and re-tighten.





User Instructions

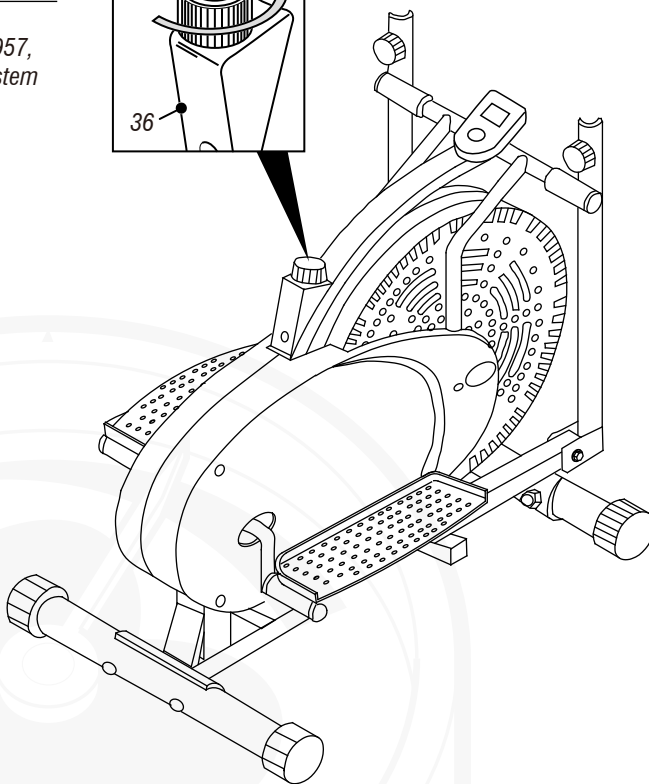
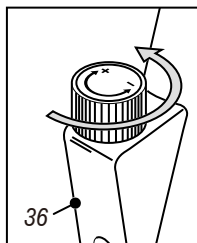
RESISTANCE ADJUSTMENT

To ensure smooth efficient action, the tension belt braking system on your Air Cross Trainer has been correctly adjusted by our factory during production.



Note

In accordance with BS EN 957, the braking (resistance) system on this trainer is speed independent.



Note

There may be a small amount of built in resistance present at first due to the general tight fit of the new bearings, bushes and the drive chain.

To adjust the pedalling resistance during use, start by turning the Tension Controller Knob (36) fully ANTI-CLOCKWISE at the start of your workout. Gradually increase the pedalling resistance by turning the Tension Controller Knob CLOCKWISE as required.

When you have finished your routine, turn the Tension Controller Knob (36) fully ANTI-CLOCKWISE again to ensure that the Tension Controller Cable is not under tension when your Air Cross Trainer is not in use.



User Instructions

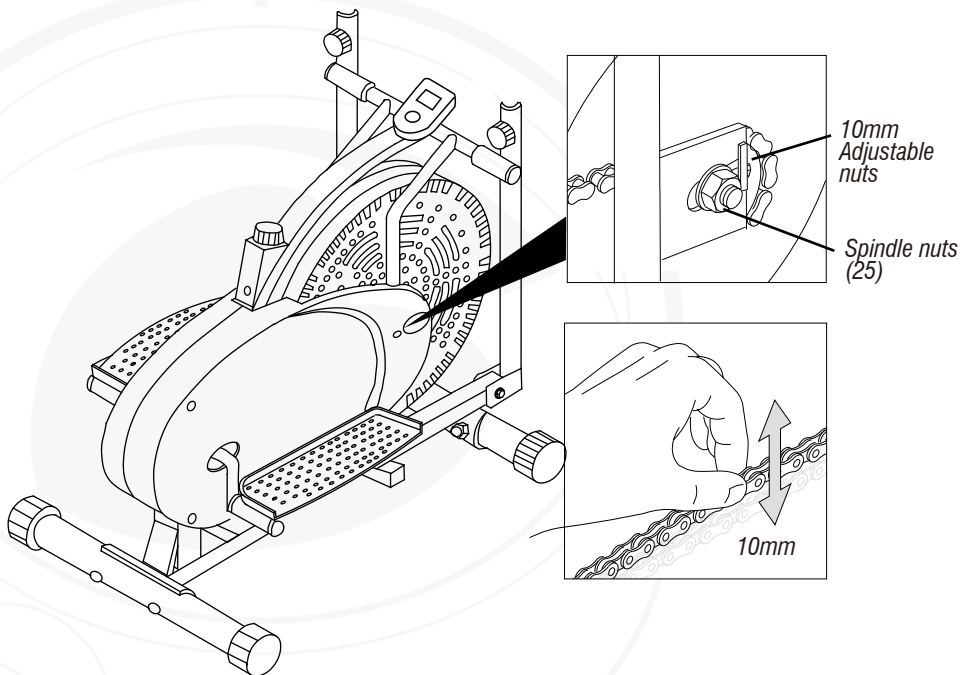
EXERCISE MONITOR FUNCTIONS

With your Air Cross Trainer the single screen, 5 function Exercise Monitor is set to start automatically when you begin to exercise. However, it is possible to switch on the monitor by pressing the large Mode Button at the bottom of the monitor. To save battery consumption, the monitor will also switch off after it has been idle for approximately four minutes.

Please refer to the leaflet supplied with the Exercise Monitor for all operational functions.

DRIVE CHAIN and FLYWHEEL ALIGNMENT

It may be necessary at some stage to adjust the Drive Chain (34) on your Air Cross Trainer. This can be achieved by moving the 6 pre-fitted Machine Screws in the Chain Guards (8). Loosen the Flywheel Spindle Nuts (25) on both sides and adjust the two 10mm Alignment Bolt Nuts. Please take care to adjust each side equally to ensure that the Flywheel is kept in alignment and that there is approximately 10mm of FREEPLAY on the Drive Chain when correctly adjusted.



User Instructions



Note

In the interest of safety, do NOT use polish or any lubricant on the Foam Handgrips or pedals.

LUBRICATION and MAINTENANCE

The moving parts in your Air Cross Trainer are all pre-lubricated at assembly and should not require further attention. We recommend however that the trainer is used inside and stored in a dry condition. To clean the metal and plastic components, a general household cleaner can be used, but please be sure to dry the trainer and any attachments before use.

HOW TO MOUNT and DISMOUNT

Hold the handlebar and stand on the foot platform (Footplate Down). Start your training. When you finish your workout, hold the handlebar and slow down your speed. Once stopped, step off and onto the floor carefully.



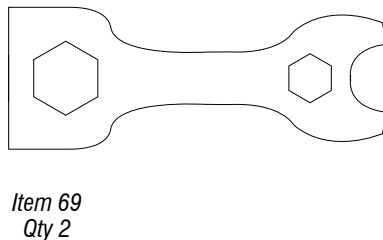
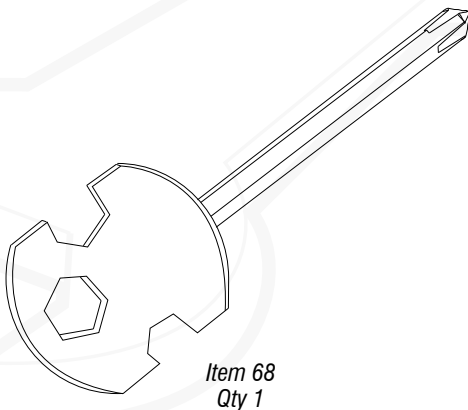
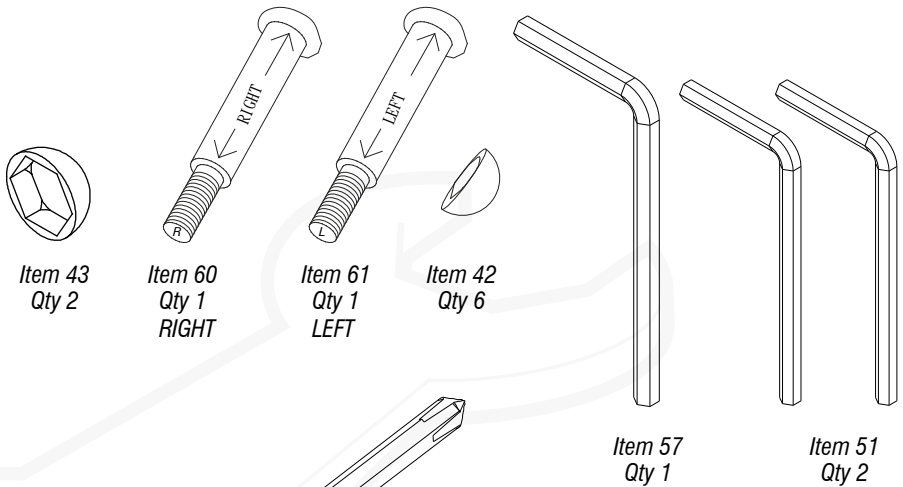
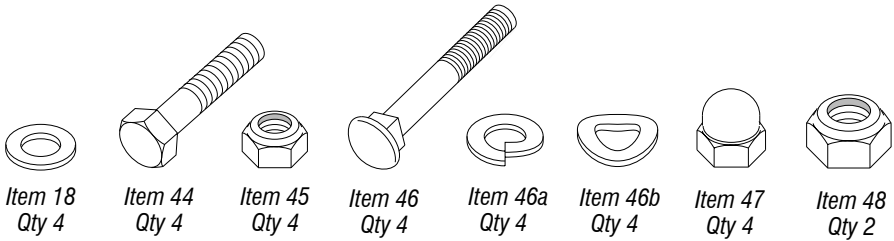
Assembly



ACCESSORY FITMENT LIST

These are all the accessories you will need to complete the assembly of your product.

The following accessories are supplied in a pack and should be checked before attempting assembly.



Assembly



Beny Sports Co. UK Ltd
Unit 8, Riparian Way,
The Crossings, Cross Hills,
West Yorkshire.
BD20 7BW

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.

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1

Attach the Front and Rear Stabilisers (2 & 3) to the Main Frame (1) using 4 x M8 x 67mm Carriage Bolts (46), 4 x M8 Curved Washers (46b), 4 x M8 Spring Washers (46a) and 4 x M8 Dome Nuts (47) as shown in fig. 1.



Note

Do NOT FULLY TIGHTEN any Bolts, Nuts or Fittings at this stage unless specifically instructed to do so.

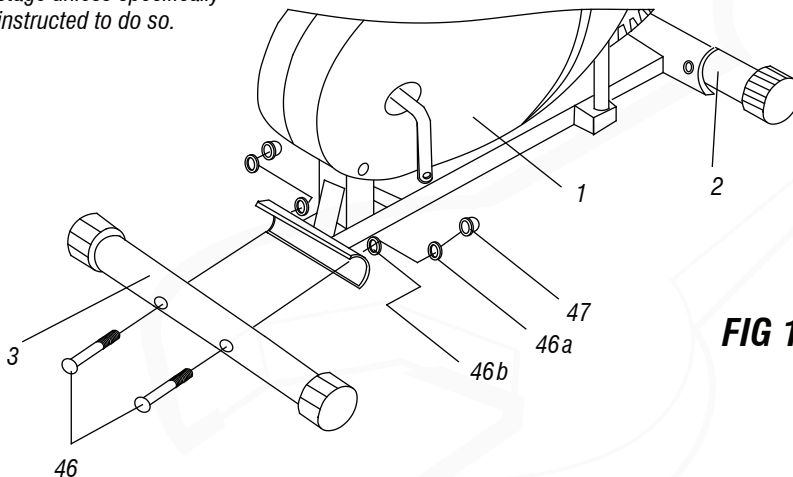
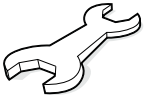


FIG 1

Assembly



- 2** Remove 1 x M10 x 20mm Allen Bolt (58), 1 x M10 Spring Washer (52), 1 x D-Shape Washer (49) and 4 x Wave Washer (59) from one end of the rotation rod (12) and slide it through the Left Coupler Bar (4). Ensuring the Pivot Tube is facing the rear of the Cross Trainer, slide on 2 x Wave Washers (59) and insert into the Main Frame (1), Then fit 2 x Small Round End Cap (42) onto the bottom of the Left Coupler Bar (5).

Fit 2 x Wave Washers (59) onto the Rotation Rod (12) and slide the Right Coupler Bar (4) onto the rotation Rod (12), again making sure the Pivot Tube faces the rear of the Cross Trainer. Refit the D-Shape Washer (49), M10 Spring Washer (52) and M10 x 20mm Allen Bolt (58). Then fit 2 x Small Round End Cap (42) onto the bottom of the Right Coupler Bar (4).



Note

Fully tighten both Allen Bolts.

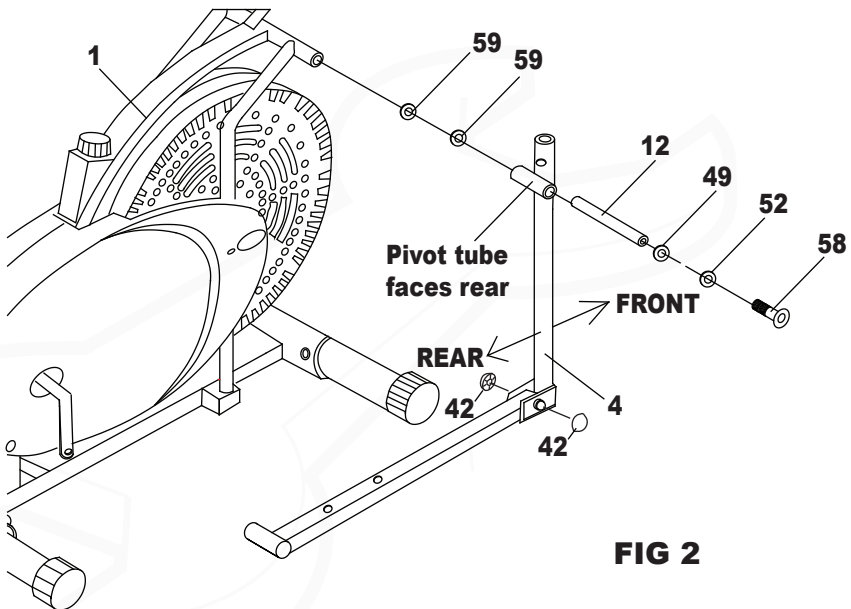
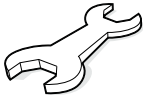


FIG 2

Assembly



3

Attach the rear of the Right Hand Footplate Support Bar (6R) to the Crank (27) by Screwing in clockwise 1 x Right Hand Pedal Hinge Bolt (60). Secure with 1 x 1/2" Nylon Locknut (48R). and then fit 1 x Large Round End Cap (43) to the nut.

Repeat for the left hand side, screwing in the Left Hand Pedal Hinge Bolt & Nut (61 & 48L) anti-clockwise and fit 1 x Large Round End Cap (43) to the nut.



Note

The Pedal Hinge Bolts are stamped with L or R on the head of the bolt for Left and Right.

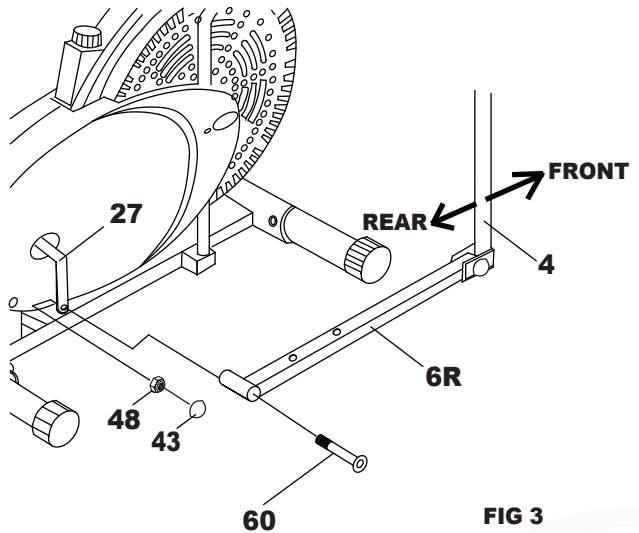


FIG 3

4

Attach the Footplates (11) to the Left and Right Footplate Support Bars (6L & R) using 2 x M10 x 45mm Hex Bolts (44), 2 x M10 Flat Washers (18) and 2 x M10 Nylon Locknuts (45) for each Footplate.



Note

The Footplates are fitted with the raised edge on the inside.

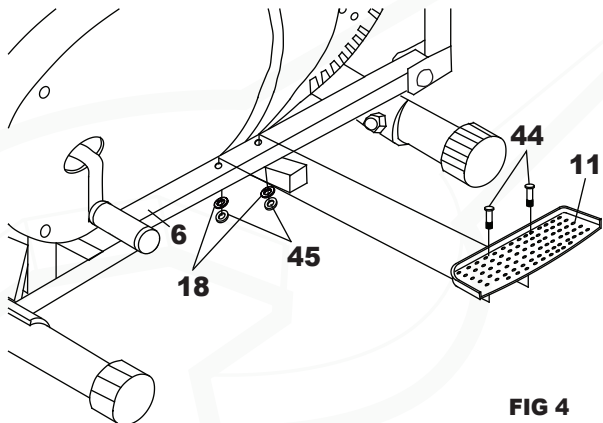


FIG 4

Assembly



5

Attach the Handlebars (7L & R) in position using 2 x Handlebar Knobs (17). Select a height setting that is comfortable to use making sure both are set to the same height. Now fit 2 x Small Round End Cap (42) to the front of the Handlebar Knobs (17).

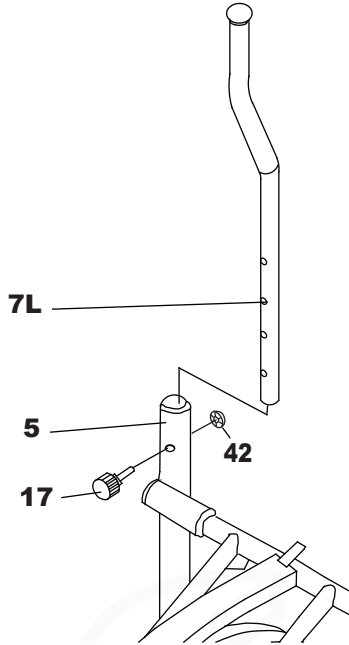


FIG 5

6

Attach the Exercise Monitor (50) to the Main Frame by sliding it onto the fixed metal bracket in between the handlebars. Plug the Sensor Wire (62) into the back of the Exercise Monitor.



Note

Please see separate instruction sheet for operation of the Exercise Monitor.

FULLY TIGHTEN all Bolts, Nuts and Fittings now, ensuring that your product is located on a clear flat surface before doing so. Your product will now be ready to use.

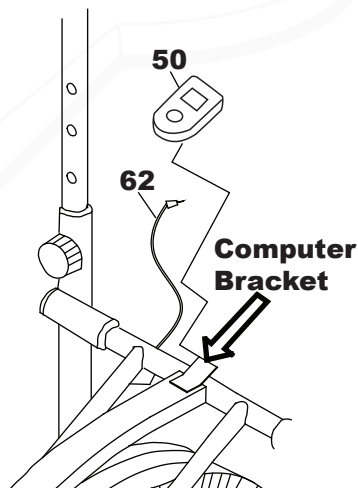


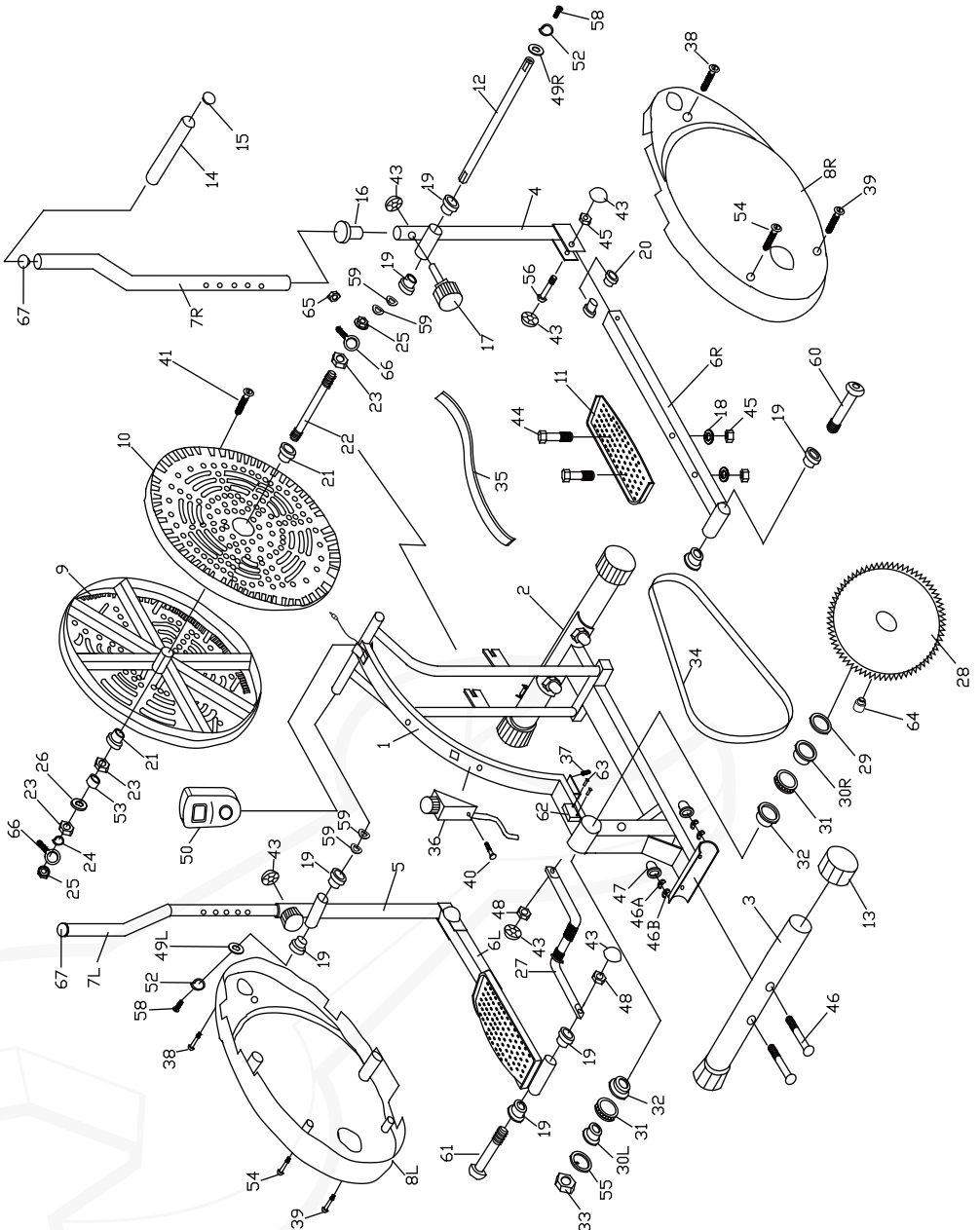
FIG 6



Exercise Notes



Assembly



Assembly



MASTERPARTS&ACCESSORYLIST

PART No. DESCRIPTIONQTY

1	MAIN FRAME	1	39	CHAIN COVER SCREW ST4.8 x 40mm. .	2
2	FRONT STABILISER	1	40	SCREW ST4.8 x 20mm	1
3	REAR STABILISER	1	41	FANWHEEL SCREW	16
4	RIGHT COUPLER BAR	1	42	SMALL ROUND END CAP	6
5	LEFT COUPLER BAR	1	43	LARGE ROUND END CAP	2
6	FOOTPLATE SUPPORT BAR L&R	1	44	M10 X 45mm HEX BOLT	4
7	HANDLEBAR L&R	1	45	M10 NYLON LOCKNUT	6
8	CHAIN GUARDS L&R	1	46	M8 X 67mm CARRIAGE BOLT	4
9	FAN WHEEL	1	46A	M8 SPRING WASHER	4
10	FAN WHEEL COVER	1	46B	M8 CURVED WASHER	4
11	FOOTPLATE	2	47	M8 DOME NUT	4
12	ROTATION ROD	1	48	NUT 1/2" L&R	2
13	REAR HEX END CAP	4	49	D SHAPE WASHER	2
14	FOAM GRIP	2	50	EXERCISE MONITOR	1
15	HANDLEBAR END CAP	2	51	6mm ALLEN WRENCH	2
16	HANDLEBAR BUSH	2	52	M10 SPRING WASHER	2
17	HANDLEBAR KNOB	2	53	SPACER	1
18	M10 FLAT WASHER	4	54	CHAIN GUARD SCREW (TOP)	2
19	STEEL BUSHING Ø5/8"	8	55	CRANK WASHER	1
20	STEEL BUSHING Ø3/8"	4	56	M10 X 55mm HEX BOLT	2
21	FANWHEEL AXLE BUSH	2	57	8mm ALLEN WRENCH	1
22	FAN WHEEL AXLE	1	58	M10 X 20mm ALLEN BOLT	2
23	INNER NUT 3/8"	3	59	WAVE WASHER	4
24	WASHER 3/8"	1	60	PEDAL HINGE BOLT 112mm (R)	1
25	OUTER NUT 3/8"	2	61	PEDAL HINGE BOLT 112mm (L)	1
26	BUSHING	1	62	SENSOR WIRE	1
27	CRANKSHAFT	1	63	SCREW M3 x 10mm	2
28	CRANK WHEEL	1	64	ROUND MAGNET	1
29	CRANK NUT R	1	65	M6 NUT	2
30	CRANK BEARING HOUSING L&R	1	66	ADJUSTABLE BOLT	2
31	CRANK BEARINGS	2	67	MUSHROOM END CAP	2
32	CRANK BEARING SHELL	2	68	S17 SPANNER & SCREW DRIVER.	1
33	CRANK NUT L	1	69	S19 SPANNER	1
34	CHAIN	1			
35	TENSION BELT	1			
36	TENSION CONTROL KNOB	1			
37	TENSION BELT SPRING	1			
38	CHAIN COVER SCREW ST4.8 x 20mm. .	2			



Note

Some of the above accessories are pre-fitted to the master component. They may not be supplied separately

V-fit



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