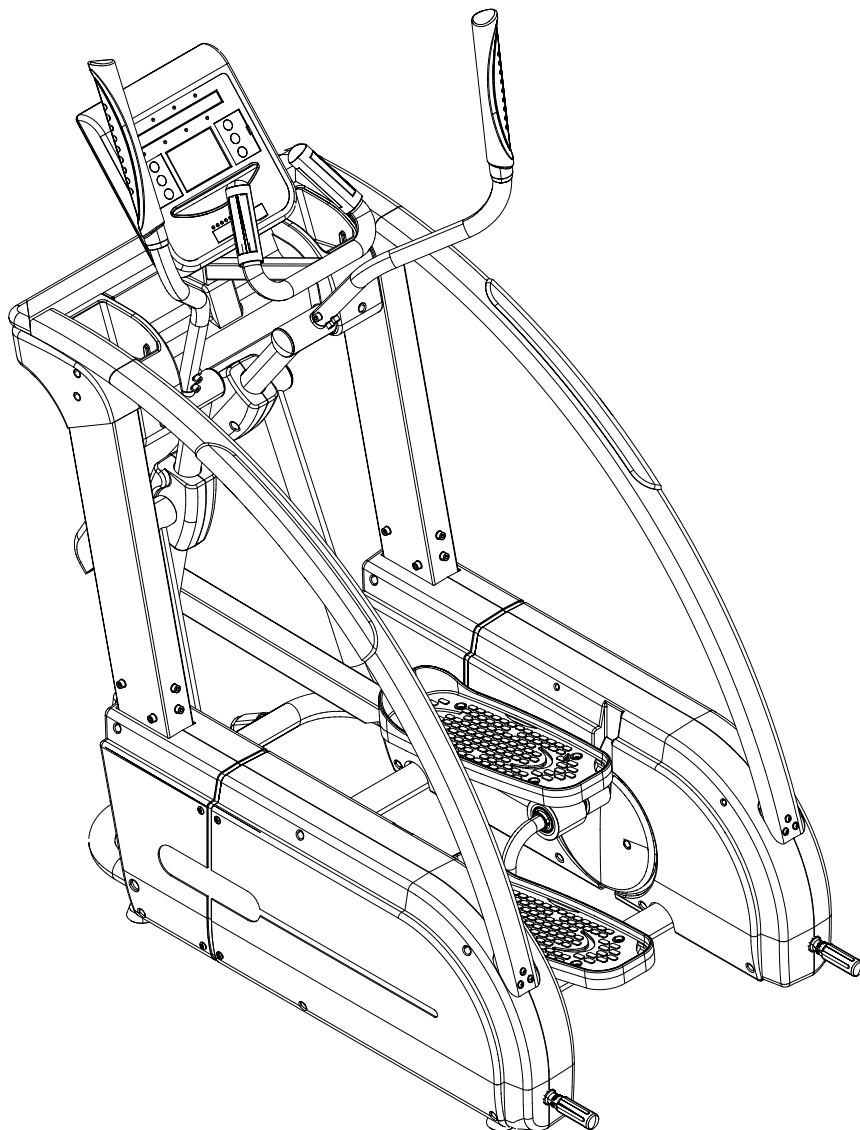




E5000



Endurance® E5000 Elliptical

User Manual

Table of Contents

Table of Contents.....	2
Introduction.....	3
Important Safety Information.....	4
Before You Begin.....	5
Assembly.....	6 - 25
Console Overview.....	26 - 27
Console Operation.....	28 - 36
Monitoring Your Heart Rate.....	37 - 38
Chest Strap Operation.....	39
Stretching & Flexibility.....	40
Warm-Up/Cool Down Exercises.....	41 - 47
Maintenance.....	48
Troubleshooting Guide.....	49
Reference Drawings.....	50 - 51

Endurance® continually seeks ways to improve the performance, specifications and product manuals in order to ensure that only superior products are released from our factories. Please take the time to carefully read through this manual thoroughly. Instructions contained in this document are not intended to cover all details or variations possible with Endurance® equipment, or to cover every contingency that may be met in conjunction with installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given. Should additional information be required, or should situations arise that are not covered by this manual, the matter should be directed to your local Endurance® representative, or the Service Department at Endurance® in Forest Park, Illinois.

© Copyright 2009. Endurance®. All rights reserved. Endurance® reserves the right to change design and specifications when we feel it will improve the product. Endurance® machines maintain several patented and patent pending features and designs. All rights reserved on all design patents and utility patents.

Introduction

Congratulations!!

Thank you for purchasing your new Endurance® Elliptical.

With state-of-the-art technique, robust frame structure and superior ergonomic design, Endurance® Ellipticals set a new standard for excellence. Endurance® Ellipticals can improve your quality of life by keeping you fit and healthy, increasing your energy levels and enhancing your lifestyle.

Endurance® wants to ensure years of quality workouts with your new Elliptical so we recommend that you read this manual carefully and thoroughly to fully understand proper use and maintenance of this product. Retain this Owner's Manual for future reference.

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Endurance® replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Endurance® website at www.bodysolid.com/Home/Endurance-Cardio or contact an authorized Endurance® dealer or an Endurance® factory-authorized service company or contact Endurance® Customer Tech Support at one of the following:

Toll Free: 1-800-556-3113
Phone: 1-708-427-3555
Fax: 1-708-427-3556
Hours: M-F 8:30-5:00 CST
E-Mail: service@bodysolid.com

Or write to:

Endurance® Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA

ENDURANCE®
by *Body-Solid*

Important Safety Information

Save this Owner's Manual!

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

When using exercise equipment, you must always take basic precautions, including the following:

- Read all instructions before using your Endurance® Elliptical. These instructions are written to ensure your safety and to protect the unit.
- DO NOT allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide.
- DO NOT use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries and will void your warranty.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- DO NOT use cleats, spikes or any other non-athletic shoes.
- DO NOT use this product while barefoot or wearing only socks.
- Use care when getting on or off the unit.
- DO NOT overexert yourself or work to exhaustion. If you experience any pain such as chest pains, nausea, dizziness, shortness of breath or abnormal symptoms, stop your workout immediately and consult your physician before continuing.
- Never operate the unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit for loose components before each use.
- DO NOT turn pedals by hand.
- DO NOT use the equipment outdoors or near water. It is imperative that your Endurance® Elliptical is used in a climate controlled environment. If your elliptical has been exposed to colder temperatures or to high moisture climates, it is strongly recommended that the elliptical is brought to room temperature before use. Failure to use this equipment in a climate controlled environment may cause premature electronic failure.
- Unplug the elliptical before moving or cleaning it. DO NOT pull the power cord to move this product. Keep the power cord away from heated surfaces.
- Endurance® recommends that a mat is placed under the unit to protect the floor or carpet and for easier cleaning.

Endurance® Ellipticals are designed for your enjoyment. By following these precautions and using common sense, you can have many safe and pleasurable hours of healthful exercise with your Endurance® Elliptical.

Before You Begin

The Endurance® E5000 is carefully tested and inspected before shipment. We have shipped the unit in several pieces that require assembly. Carefully unpack the unit in a clear area and lay the pieces on the floor near the area where you plan to use the equipment. Remove the packing material. Do not dispose of the packing material until assembly is complete and the unit is working properly. Place the unit on a clean level surface for assembly. Before assembling, the unit should be placed as close as possible to its final location. *Be careful to assemble all components in the sequence presented in this guide.*

PERSONAL SAFETY DURING ASSEMBLY

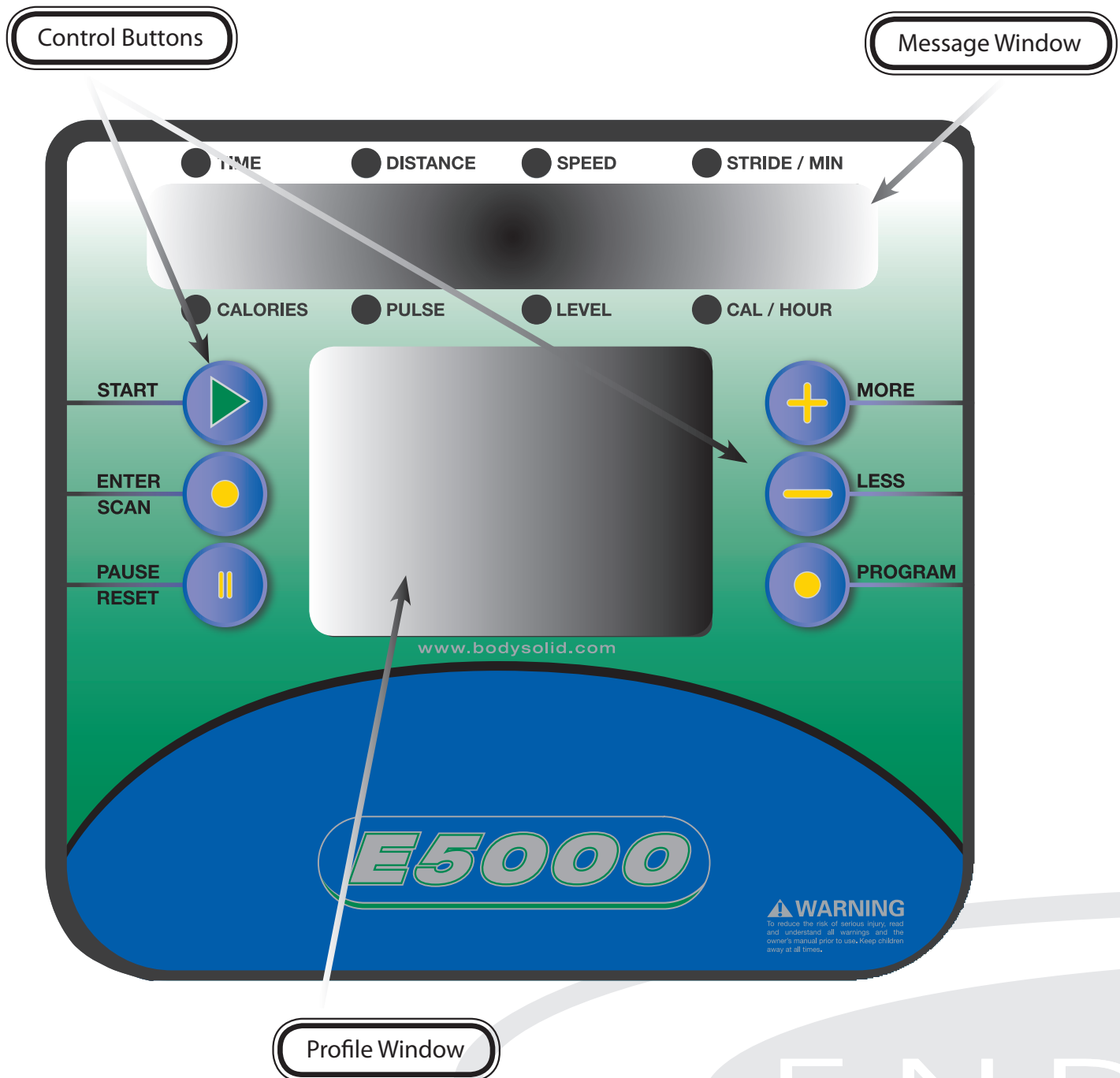
- It is strongly recommended that a qualified dealer assemble the equipment. *Assistance is required.*
- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. *Do not skip ahead.* If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment which will void the warranty.
- Assemble and operate the Endurance® Elliptical on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

AFTER ASSEMBLY

Once the unit is assembled, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call Endurance® Customer Tech Support Hot Line Toll Free at: 1-800-556-3113.

Console Overview

Take a few moments to review the console layout. Below is an overview of the console buttons and their different functions.



Console Overview





START

Press the **START**  button to enter the *Quick Start Mode*.

In *Pause Mode*, the **START**  button is used to resume the exercise session.


ENTER/SCAN


In Program Mode, the **ENTER/SCAN**  button is used to confirm the values you set.


During exercise, press the **ENTER/SCAN**  button once and the main console window is placed in *Auto Scan Mode*. The display will change every four seconds from TIME/DISTANCE/SPEED/STRIDES PER MINUTE to CALORIES/PULSE/LEVEL/CALORIES PER HOUR. To exit *Auto Scan Mode* and enter *Manual Scan Mode*, press and hold the **ENTER/SCAN**  button for two seconds. The console will beep twice to confirm that the selection was entered. *Manual Scan Mode* allows you to toggle the display from TIME/DISTANCE/SPEED/STRIDES PER MINUTE to CALORIES/PULSE/LEVEL/CALORIES PER HOUR by pushing the **ENTER/SCAN**  button when the change in display is desired. To return to the *Auto Scan Mode*, press and hold the **ENTER/SCAN**  button for two seconds. The console will beep twice to confirm that the selection was entered.

PAUSE/RESET



During exercise, the **PAUSE/RESET**  button is used to pause the workout.

In *Pause mode*, the **PAUSE/RESET**  button is used to reset the program time and workout data to zero.

In *Program mode*, the **PAUSE/RESET**  button is used to reset values to their default setting.


CAUTION: In User 1 and User 2 programs, the user profile data will be also cleared when pushing the **PAUSE/RESET**  button.

MORE/LESS

In *Program mode*, the **MORE** /LESS  buttons are used to increase/decrease TIME, WEIGHT and AGE.

During exercise, the **MORE** /LESS  buttons are used to increase/decrease the resistance level from 1 to 20. Press and hold the **MORE** /LESS  buttons for two seconds to rapidly increase/decrease values.

PROGRAM

In *Program Mode*, the **PROGRAM**  button is used to toggle between workout programs. The program selected is displayed in the **MESSAGE WINDOW**. The program profile is displayed in the **PROFILE WINDOW**.

Console Operation

There are two information windows on the console:

MESSAGE WINDOW

The **MESSAGE WINDOW** displays Program Names, Messages, TIME, DISTANCE, SPEED, STRIDE/MIN, CALORIES, PULSE, RESISTANCE LEVEL and CALORIE/HOUR.



Console Message Window

PROFILE WINDOW

This 10 X 14 LED **PROFILE WINDOW** displays Program Profile, Tension (Resistance) Bar, Heart Rate Bar (HR Programs only), Lap Progress Display and Lap Counter. The **PROFILE WINDOW** toggles between program profile (displayed for 10 seconds in window) and lap counter (displayed for 30 seconds in window), except in Heart Rate Programs.

NOTE: When changing resistance levels in preset programs, the change will not show in the program profile. Changes in resistance will show in the first column when lap progress function is shown.

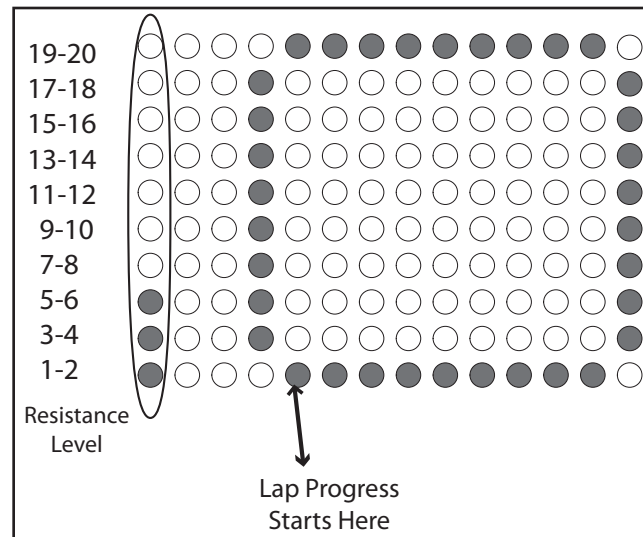


Console Profile Window

Console Operation

LAP DISPLAY

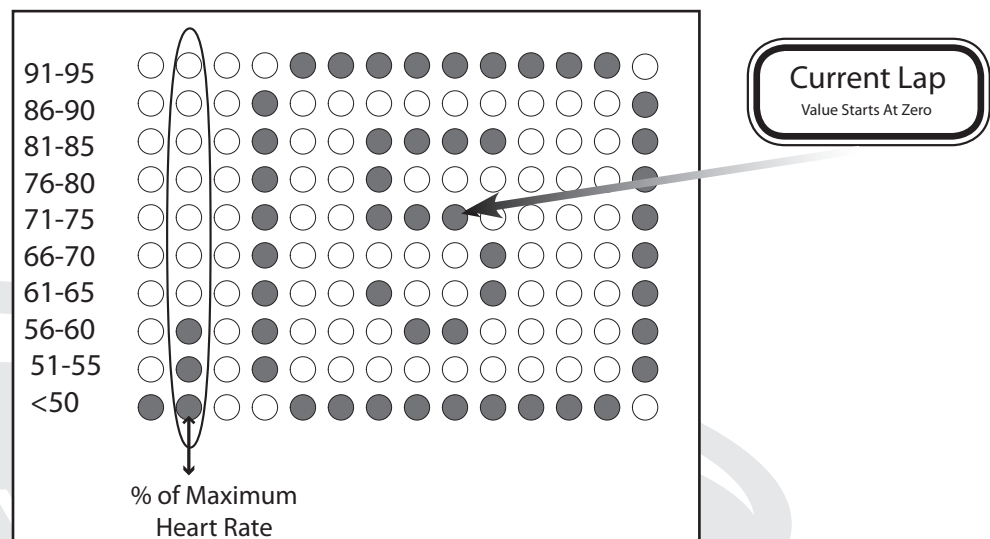
Lap Display shows your progress around a virtual track. Lap Display also shows the resistance level in the first column. Every dot in the resistance column represents an increment of two resistance levels. Resistance is adjustable from 1-20. One dot on the lap counter is equal to 15 revolutions and one revolution is equal to 2 steps. The track will blink showing the exerciser's current position.



Lap Progress Display

LAP DISPLAY/COUNTER




In *Heart Rate Mode* the lap progress display also shows % of Maximum Heart Rate and Resistance level.





Lap Counter

Console Operation

QUICK START MODE

The Quick Start Program allows the user to quickly start using the machine without the use of preset programs. To enter *Quick Start (Manual) Mode*: Plug power adapter into wall outlet. Plug the adapter cord into the power input located on the lower front-left side of the unit. The MESSAGE WINDOW will display "PRESS PROGRAM KEY TO BEGIN". Press the **START**  button instead. Start exercising. The Resistance Level can be changed at any time by pressing the **MORE** /**LESS**  buttons. Time is set at 30 minutes. Weight is set at 150 lb.






MANUAL MODE

This program allows the user complete control over their workout. The user must make all resistance adjustments using the **MORE** /**LESS**  buttons. Follow directions in the *Program Mode* section to enter and set values in *Manual Mode*.

PROGRAM MODE




There are six preset Programs. The preset programs are MOUNTAIN, HILL, RANDOM, INTERVAL SPEED TRAINING, INTERVAL, INTERVAL MOUNTAIN.





To enter *Program Mode*:

The MESSAGE WINDOW will display "PRESS PROGRAM KEY TO BEGIN". Press the **PROGRAM**  button until desired program name shows in the MESSAGE WINDOW. The program profile will show in the PROFILE WINDOW. See the referenced charts for program names and resistance profiles. When the program you wish to use is displayed in the MESSAGE WINDOW, press the **ENTER/SCAN**  button to confirm program selection. TIME is displayed in MESSAGE WINDOW. Use the **MORE** /**LESS**  buttons to set the desired TIME. Press the **ENTER/SCAN**  button to confirm the desired TIME setting. Default TIME is 30 minutes. TIME settings can range from 1 minute to 99 minutes.

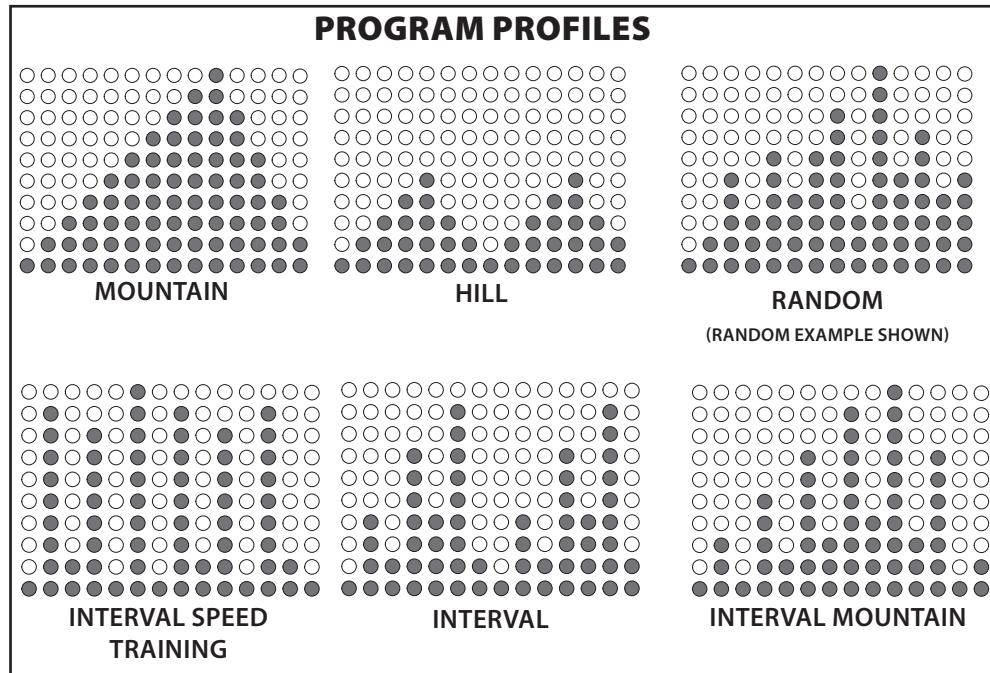
NOTE: If the TIME entered is less than or equal to 14 minutes, each column in the program profile equals 1 minute.

If the TIME entered is greater than 14 minutes, each column equals TIME/14.

WEIGHT is shown in the MESSAGE WINDOW. Use the **MORE** /**LESS**  buttons to set weight. Press the **ENTER/SCAN**  button to confirm WEIGHT setting. The default WEIGHT is 150 pounds. WEIGHT settings can range from 70 Lb to 332 Lb.

AGE will show in MESSAGE WINDOW. Use the **MORE** /**LESS**  buttons to set the AGE. Press **ENTER/SCAN**  to confirm AGE setting. The default AGE setting is 30. AGE settings can range from 10 to 99 years of age. Press the **START**  button to exit *Program Mode* and begin the exercise session.

Console Operation



Program Profile Chart

MOUNTAIN

This program takes the user gradually up to a high resistance level, then brings the resistance level back down to the starting point. This program simulates what one might encounter on a true mountain course. This is a difficult program since higher tension levels are maintained for long periods of time.

HILL

This program takes the user through two hill profiles. Resistance changes are small during this program. This is a good program to get started with or for someone looking for a lower stress workout.

RANDOM

This program randomly generates a new program profile every time it is chosen. This allows you to keep the workouts fresh and motivating. When you scroll thru the programs to reach the RANDOM program, you will be able to see the program profile. If this profile is not to your liking, simply scroll thru the programs again and a new RANDOM program will be generated. The RANDOM program will be different every time you use it.

Console Operation

INTERVAL PROGRAMS OVERVIEW

These programs give users the best of both worlds. Lower intensity levels can provide effective fat burning while higher intensity levels can provide effective cardiovascular training. The E5000 combines these benefits in three effective Interval programs.

INTERVAL

This program simulates interval training thru a series of two hill profiles.

INTERVAL MOUNTAIN

This program simulates interval training thru a difficult mountain profile.

INTERVAL SPEED TRAINING



This program simulates interval training with more extreme levels of high and low intensity levels.

USER PROFILES:




U1/U2

User Profiles U1 and U2 allow you to customize and save an exercise session.

Entering Data Into User Programs:

Scroll thru programs to U1 or U2. If no profile has been saved, the message window will scroll "EMPTY FILE PRESS START TO BUILD A NEW PROFILE". Press the **START**  button. You may make changes to the resistance level at any time during your exercise session. Once you press the **PAUSE/RESET**  button and exit the program, the data is automatically saved.



Clearing A Saved User Program:

Press the **PROGRAM**  button to scroll to U1 or U2 program. Press the **ENTER/SCAN**  button to select the chosen program. Press and hold the **PAUSE/RESET**  button for 2 seconds. The console will beep twice to confirm that the selection was entered.

END


Console Operation

DURING OPERATION

The Console will display and update calculated workout data in each of the windows. The Console will continue to count down until TIME has reached 0:00. Use the **MORE** /LESS  buttons to adjust the resistance level at any time during your workout session. In the **PROFILE WINDOW**, the current column will be flashing.

During non-heart rate programs, the **PROFILE WINDOW** will toggle between the program profile and the track display. The program profile will actively display for 10 seconds while the track display will be active for 30 seconds.

During heart rate programs, the **PROFILE WINDOW** will only show the track display.

The user may change the program selection during an exercise session by pressing the **PROGRAM**  button until a new program is selected. The new selected program will start from the beginning of the profile. All workout data will continue to add to previous values. If you burned a set amount calories during original program this value will not reset to zero.

The console will automatically shut off after 4 minutes of inactivity. Press any button to bring the console back to full functionality.

URANCE®

by *Body-Solid*

Console Operation

HEART RATE PROGRAMS (See the MONITORING YOUR HEART RATE section for more information)

Heart rate control programs are designed to automatically change resistance to keep your heart rate at a predetermined level based on the selected Heart Rate program. Each Heart Rate program is designed with a specific goal in mind.

If no Heart Rate signal is detected for 10 seconds, the **MESSAGE WINDOW** will show "NO DETECTED HR". If this continues for 40 seconds, the **MESSAGE WINDOW** will show "ABORT PROGRAM" for 3 seconds then interrupt the Heart Rate Control program and return to *Program Mode*.

HOW HEART RATE PROGRAMS WORK

Change in Heart Rate (Δ HR) = Beats per minute difference between
Target Heart Rate (THR) and Current Heart Rate (CHR).

or : Δ HR = THR (bpm) - CHR (bpm)

The Heart Rate Programs will behave in the following manner:

Δ HR equal to 5

Resistance level stays the same. The **MESSAGE WINDOW** will show "IN HR TARGET" for 3 seconds then toggle back to workout information.

Δ HR greater than 5

Resistance level decreases. If the current resistance level is 1, then the **MESSAGE WINDOW** will display "STRIDE SLOWER" for 3 seconds. The console's computer will check the user's Heart Rate every 40 seconds and adjust the resistance level to fit the Target Heart Rate.

Δ HR less than 5

Resistance level will increase. If the current resistance level is 20, the **MESSAGE WINDOW** will show "STRIDE FASTER" for 3 seconds. The console's computer will check the user's Heart Rate every 40 seconds and adjust the resistance level to fit the Target Heart Rate.

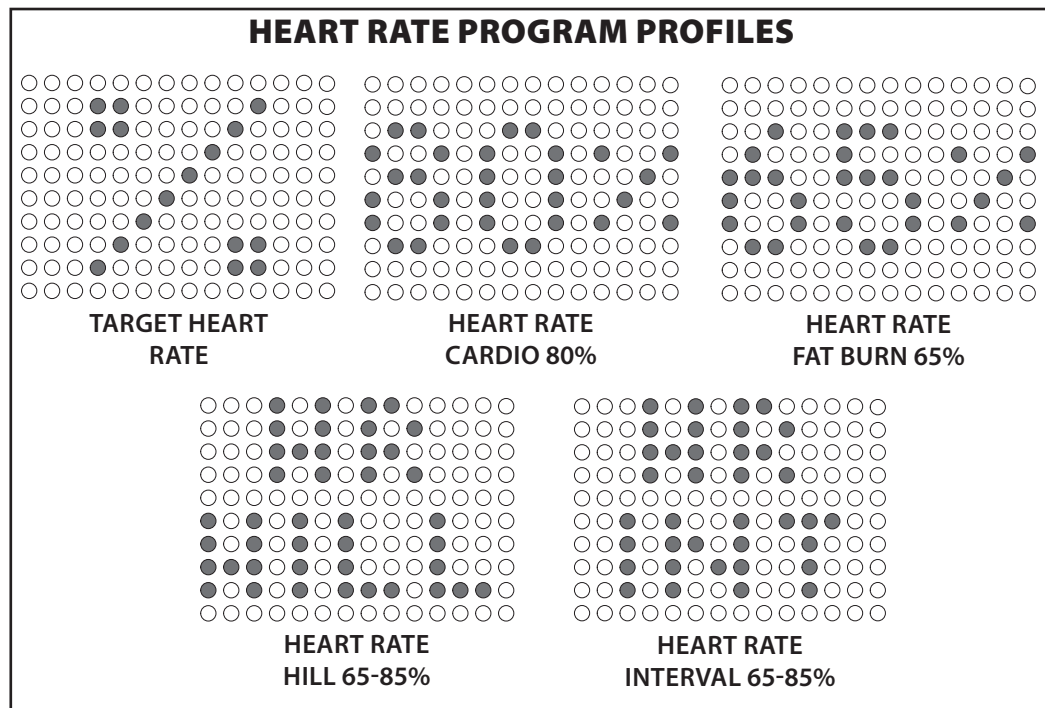
% (TARGET HEART RATE)

% Target Heart Rate allows the user to select a percentage of Maximum Heart Rate (See section titled MONITORING YOUR HEART RATE for more information) that would like to be maintained during the exercise session. The percentage range can be varied from 50% to 85%.

HR 80% (CARDIO)

HR 80% maintains the Target Heart Rate at 80% of the Maximum Heart Rate by automatically adjusting resistance levels. This program provides for a high intensity, cardiovascular workout.

Console Operation



Heart Rate Program Profile Chart

HR 65% (FAT BURN)

HR 65% maintains the Target Heart Rate at 65% of the Maximum Heart Rate by automatically adjusting the resistance levels. This program provides the ultimate fat burning workout.

HR HILL (65-75-85%)

HR Hill simulates hill training by changing the Target Heart Rate thru 3 different percentages. The changes will occur as follows:

65% - 75% - 85% - 75% - 65% - 75% - 85% etc.





Each percentage will be held for 3 minutes before changing to the next percentage.

HR INT (HILL INTERVAL)

The HR INTERVAL program alternates between 65% and 85% of your Max HR. This program provides an excellent fat burn and cardiovascular workout. Each percentage will be held for 4 minutes before alternating to the next percentage.



Console Operation

STANDARD TO METRIC CONVERSION


The console allows the user to display the readout in either standard or metric units depending on the user's needs. To adjust the readout, press the **PAUSE/RESET**  button for 2 seconds. The current readout, whether standard or metric, is displayed on the **MESSAGE WINDOW**. Use the **MORE** /**LESS**  buttons to change the unit of measure. To confirm the selection, press the **ENTER/SCAN**  button.

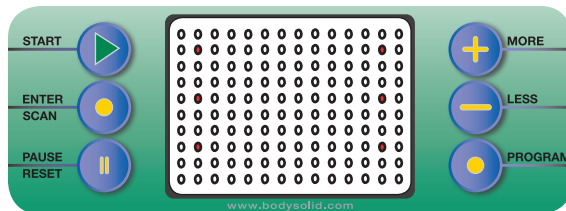
CONSOLE TESTING

Display Test

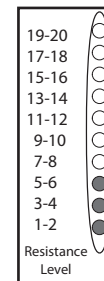
The display test allows the user the ability to test the **MESSAGE WINDOW** and the **PROFILE WINDOW** display for correct functionality. The display test is used perform a visual hardware check by allowing the **MESSAGE WINDOW** and the **PROFILE WINDOW** display the opportunity to display every LED in predetermined sequences. The **MESSAGE WINDOW** will display and cycle through the characters <0, 1, ... , 9> and <A, B, ... , F>. The **PROFILE WINDOW** will display and cycle through all the columns and rows illuminating an entire column or row with every cycle. To access the display test, first remove power and then reapply power to the elliptical. Once the elliptical is powered on, press the **MORE**  and **LESS**  buttons together and hold for 2 seconds.

Button Test


The button test allows the user to determine if the console's buttons are fully functional. Once the display test has been performed, press the **ENTER/SCAN**  button to activate the button test. LEDs will be displayed next to the buttons as shown in the figure below.





Button Test Display



Resistance Level Chart

Pressing each button individually will turn off the adjacent LED signifying that each of the pressed buttons are active. When all the console buttons have been pressed, all the LEDs should be off in the **PROFILE WINDOW** display indicating that the buttons are working correctly. To exit this test once it has been completed, press the **PROGRAM**  button.

Resistance Motor Test

Once the Button Test is complete, the Resistance Motor Test mode is activated. Perform the resistance motor test to verify functionality of the resistance motor. Use the **MORE**  and **LESS**  buttons to change the motor resistance. The LEDs will display the resistance value as it is increased. See the Resistance Level Chart for reference.

Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60% -75% percent of the Maximum Heart Rate.

The Maximum Heart Rate may be roughly calculated by subtracting the user's age from 220.

The Maximum Heart Rate and aerobic capacity naturally decreases as the user ages. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the Maximum Heart Rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See the **FITNESS SAFETY** section.

Before beginning a workout, check the normal resting heart rate. The user can place their fingers lightly against the neck or wrist over the main artery. After finding the pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. It is recommend to take a heart rate measurement at rest, after warming up, during the workout and two minutes into cooling down after the workout, to accurately track progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone - 60%, then gradually progressing up to 75%. According to the AHA, exercising above 75% of the Maximum Heart Rate may be too strenuous unless the user is in top physical condition. Exercising below 60% of the maximum will result in minimal cardiovascular conditioning.

CHECK YOUR PULSE RECOVERY RATE

If your pulse is over 100 bpm five minutes after stopping exercising, or if it's higher than normal the morning after exercising, the user's exertion may have been too strenuous for their current fitness level. Rest and reduce the intensity next time.

URANCE®

by *Body-Solid*

Monitoring Your Heart Rate

FITNESS SAFETY

The Heart Rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

(MHR) = Maximum Heart Rate

(THR) = Target Heart Rate

$220 - \text{Age} = \text{Maximum Heart Rate (MHZ)}$

$\text{MHZ} \times .60 = 60\% \text{ of your Maximum Heart Rate.}$

$\text{MHZ} \times .75 = 75\% \text{ of your Maximum Heart Rate.}$

For example, if you are 30 years old, your calculations will be as follows:

$220 - 30 = 190$

$190 \times .60 = 114$ (Low End or 60% of MHZ)

$190 \times .75 = 142$ (High End or 75% of MHZ)

30 Year-Old (THR) Target Heart Rate would be 114-142

Maximum Heart Rate (MHR) Calculation

HEART RATE TRAINING ZONE							
MAX	BEATS PER MINUTE						
85%	170	161	153	144	136	128	
70%	140	133	126	119	112	105	
60%	120	114	108	102	96	90	
AGE	20	30	40	50	60	70	

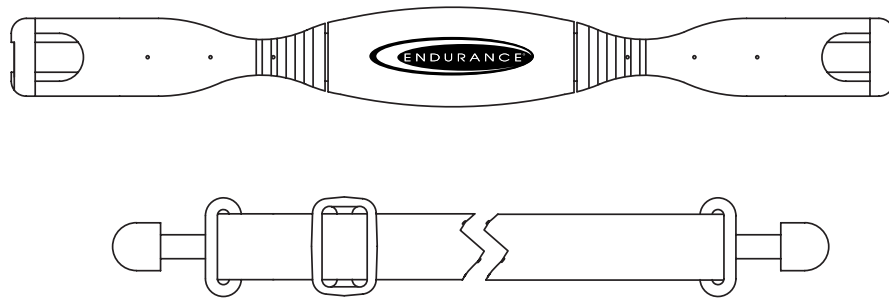
Heart Rate Training Zone Chart

Chest Strap Operation

Your Endurance® Elliptical has the capability to determine Heart Rate with the use of a Heart Rate Chest Strap. A Heart Rate Chest Strap has been provided with your unit or may be available as an accessory for use with your unit depending on the Endurance® model purchased. In all Heart Rate Control programs, the console only accepts the heart rate signal from the chest strap transmitter while the pulse grip heart rate function is disabled. The requirement to wear the chest strap is due to the superior accuracy of a chest strap transmitter compared to the pulse grip sensors.

It is suggested for the Chest Strap Transmitter that you position the rectangular transmitter as close to your heart as possible, against the skin, 1-2 inches below the pectoral muscles. For best results, moisten the back of the transmitter for better contact.

If no Heart Rate signal is detected for 10 seconds, the **MESSAGE WINDOW** will show "NO DETECTED HR". If this continues for 40 seconds, the **MESSAGE WINDOW** will show "ABORT PROGRAM" for 3 seconds then interrupt the Heart Rate Control program and return to *Program Mode*.



HR Chest Strap for Endurance® models E400 & E5000

SAFETY PRECAUTIONS AND TIPS FOR CHEST STRAP

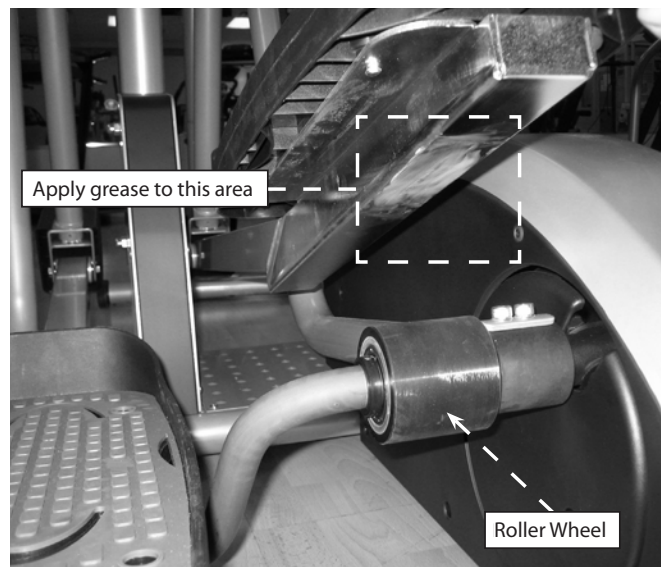
1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. Do not place chest strap near devices that generate large magnetic fields. TV sets, electric motors, radios, and high voltage power lines can affect the transmitter's performance. These items can interfere with the heart rate signal and possibly affect the heart rate readings on the console.
3. Handle the Chest Strap with care. Dropping the transmitter might cause damage that could void the warranty.
4. Do not use the chest strap if you have a cardiac pacemaker or if you are taking medications for a heart condition. Medication or electrical pulses from the pacemaker can interfere with accurate heart rate readings.
5. Do not bend the strips inside the chest strap. This can cause the chest strap to lose conductivity.
6. The chest strap has batteries that need to be replaced periodically. A faulty battery can cause inaccurate reading.

Maintenance

Your Endurance® E5000 Elliptical has been manufactured to withstand many hours of use with minimal maintenance. Here are some maintenance tips to keep your Endurance® E5000 Elliptical running at its best.

IF SQUEAKING NOISE OCCURS

Your Endurance® E5000 Elliptical may occasionally require Multi-Purpose Grease to be applied onto the underside of the foot pedal tube as shown. A small tube of Multi-Purpose Grease was included with your unit and can also be purchased at most stores. **DO NOT USE WD-40 OR SILICON SPRAY** since these compounds will increase squeaking noise over time. Apply the Multi-Purpose Grease onto the bottom of both foot pedal tubes in the area that makes contact with the roller wheel as shown below. During normal usage (30 minutes of exercise per day), Multi-Purpose Grease is to be applied every 3 months or as needed.



Correct Grease Application

CLEANING

Periodically wipe down your machine with mild, soapy water or a diluted general purpose non-abrasive household cleaner. Cleaner should never be applied directly to any part of the equipment. Instead, place the non-abrasive cleaning solution on a soft cloth and wipe down the unit. The elliptical should be wiped down to remove sweat after each use.

ERROR MESSAGES

The E5000 console is equipped with auto-diagnostic technology if any fault to the machine is to occur in order to protect the safety of the user and the integrity and reliability of the machine. The E5000 console automatically checks the brake motor status every time the unit is powered on. If the brake motor does not reply to the console's diagnostic call or does not move to its target position within 2 seconds, the console will display the error message 'MOTOR ERROR' immediately and disable button operation until power is reset. To clear the error message, unplug then plug in the unit.

If the console still displays the error message 'MOTOR ERROR', contact an authorized Endurance® dealer or an Endurance® factory-authorized service company or contact Endurance® Customer Tech Support at 1-800-556-3113.

Troubleshooting Guide

Symptom	Possible Cause	Solution
Console has no power.	DC adapter is not plugged into wall outlet?	Plug DC adapter into wall outlet.
	DC adapter is not plugged into the	Plug DC adapter into the E5000 power socket.
	Console cable is not connected?	Verify that the console cable is connected properly.
	The console is faulty?	Call the Endurance [®] service number.
Strides/Min or Speed shows 0	Computer isn't receiving a signal from the sensor?	Check that the sensor magnet is correctly fitted and passes in front of the sensor.
		Check that the gap between the sensor and the magnet is 3mm or less.
		Check that all the computer plugs and sockets are correctly and firmly connected.
	The sensor is faulty?	If all above checks are O.K., then replace sensor.
	The computer is faulty?	Call the Endurance [®] service number.
No HR signal or incorrect HR signal	Computer is receiving a faint or intermittent pulse signal.	Check that the pulse plugs firmly inserted into the sockets.
		Check to make sure that the batteries in the chest strap are installed correctly.
		Replace the chest strap batteries.
		Check to see if the receiver is properly installed.
		Check to see if the chest strap is being properly worn by the user - if skin is extremely dry, then moisten contact points on chest with water and try again.
		If the problem still exists then call the Endurance [®] service number.
Noise from motor	Symptoms include an unusually loud noise coming from the motor, which means the gears are not meshing correctly.	Try reversing the resistance and try again. If this fails, then replace the motor.

Any Questions?
Call the Customer Tech Hotline at:
1 (800) 556-3113

ENDURANCE[®]

by Body-Solid