

Elly Elliptical



PART #: F-WXEL

330 LB. [150 kg] MAXIMUM WEIGHT CAPACITY

**MANDATORY – LEAVE THIS MANUAL
WITH ELLIPTICAL OWNER**



- To assemble your equipment read entire manual and follow all instructions.
- Consult your doctor before beginning any sports or exercise program. Patients with hypertension use extreme caution and consult your doctor prior to using this equipment.
- It is important to stretch and warm up prior to using this equipment.
- Check contents of all packages against the parts diagrams and report any damaged and/or missing parts immediately.
- This device is designed for individual, adult use only. Children using this device should be supervised.
- This product is to be used in a pool environment where the pH level of the water is maintained between 6.7ppm and 7.6ppm.

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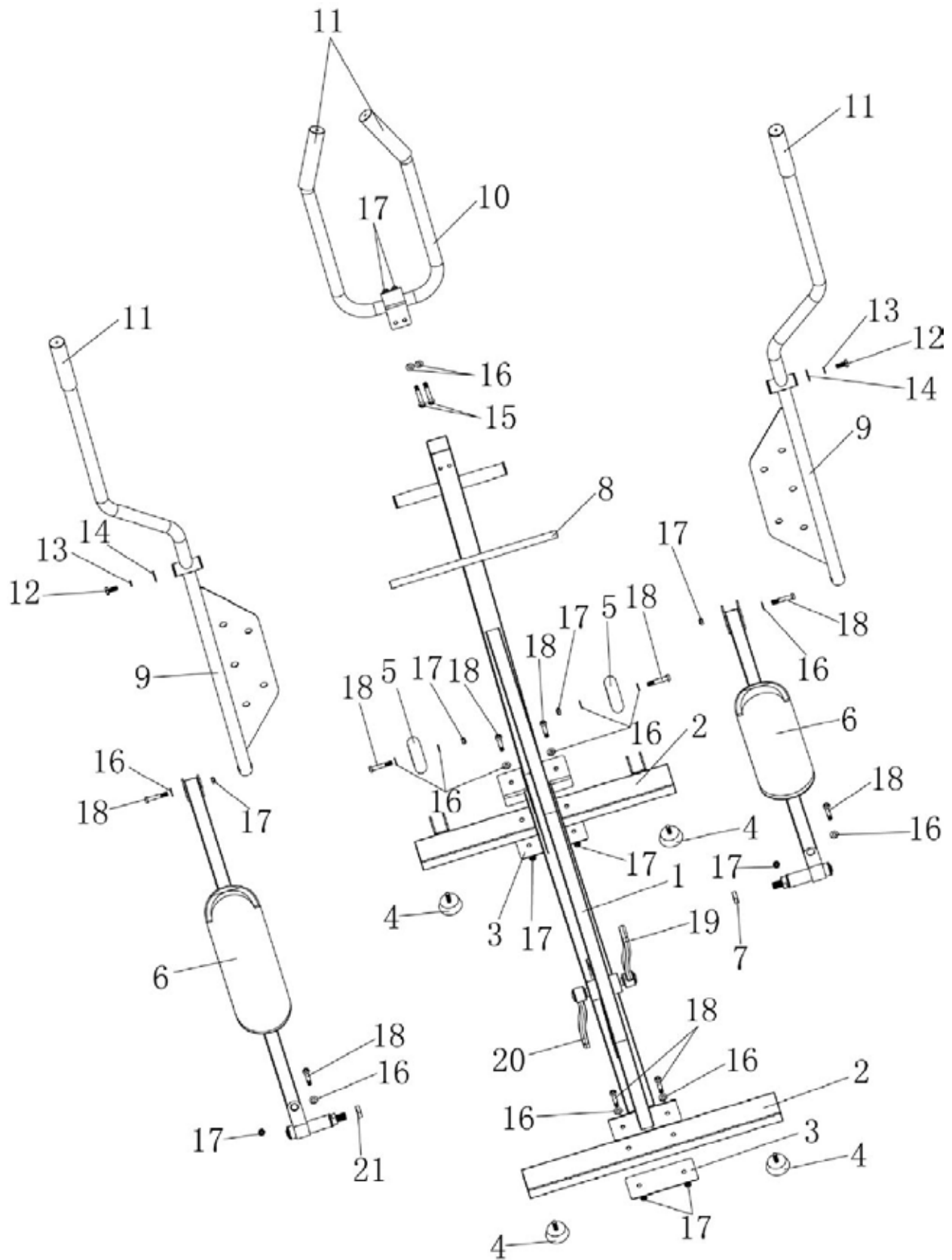


SAVE a copy of these instructions

Elly Elliptical

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Exploded View

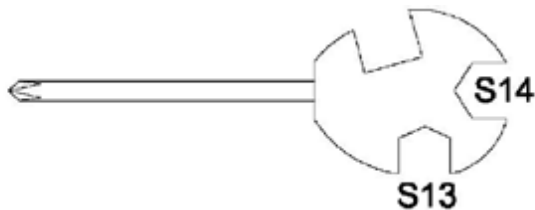


Parts List

ITEM #	QTY	DESCRIPTION
1	1	MAIN FRAME
2	2	FRONT/BACK FOOT TUBE
3	2	FOOT TUBE FLITCH
4	4	FOOT MAT
5	2	PU WHEEL
6	2	PEDAL WELDING
7	1	LOCK NUT FOR PEDAL BEARING L
8	1	MOVE BEARING FOR SWING HANDLE
9	2	HIGH HANDLE BAR
10	1	SMALL HANDLE BAR
11	4	Ø27 TUBE COVER
12	2	SCREW M8x20
13	1	WASHER M8
14	2	FLAT WASHER M8 Ø25*Ø8.5*2
15	2	SCREW M8x60
16	14	FLAT WASHER M8 Ø17*Ø8.2*2
17	12	NYLOCK NUT M8
18	10	SCREW M8x45
19	1	CRANK L
20	1	CRANK R
21	1	LOCK NUT FOR PEDAL BEARING R

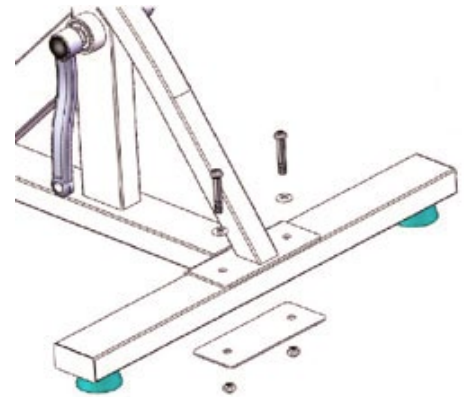
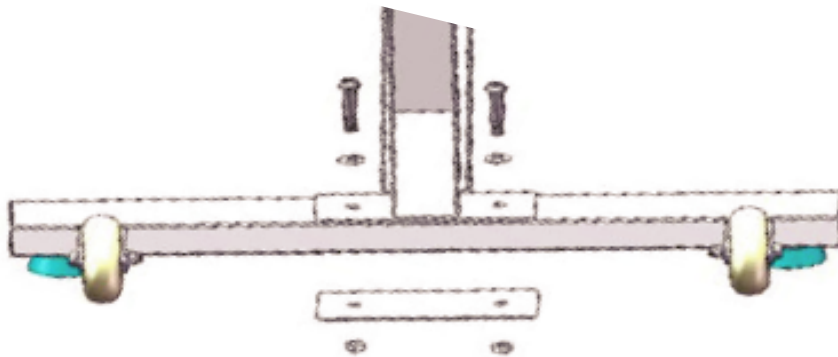
Tools

- *Note: The use of these tools is reserved for the assembly of the elliptical*
- *Warning: Keep tools out of reach of children*



Front/Back Foot Tube Assembly

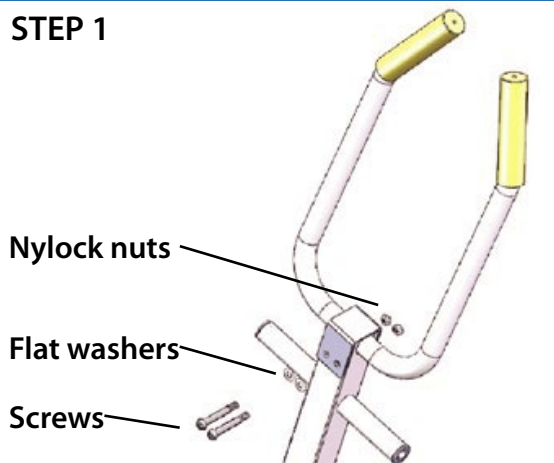
Connect the front foot tube to the foot tube flitch using the two (2) M8*45 screws, M8 flat washers and M8 nylock nuts.



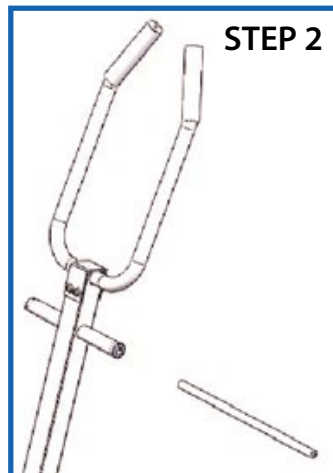
Handlebar Assembly

1. Connect the small handle bar to the main frame using the two (2) M8*60 screws, M8 washers and M8 nylock nuts.
2. Move bearing for swing handle.
3. Connect the move bearing for swing handle with two (2) M8 screws, two (2) M8 washers and 2 flat washers.

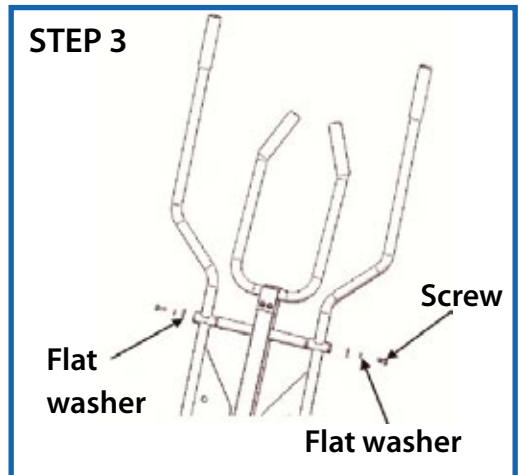
STEP 1



STEP 2

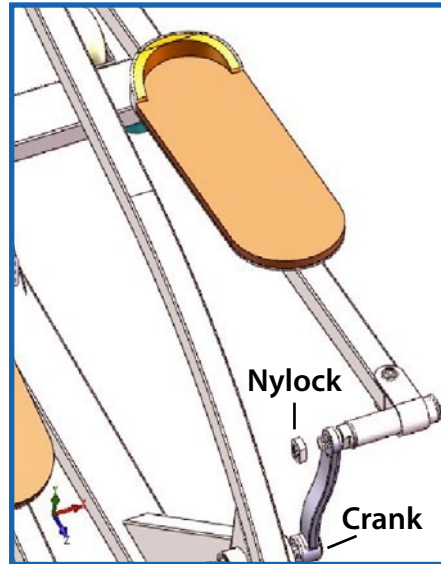


STEP 3



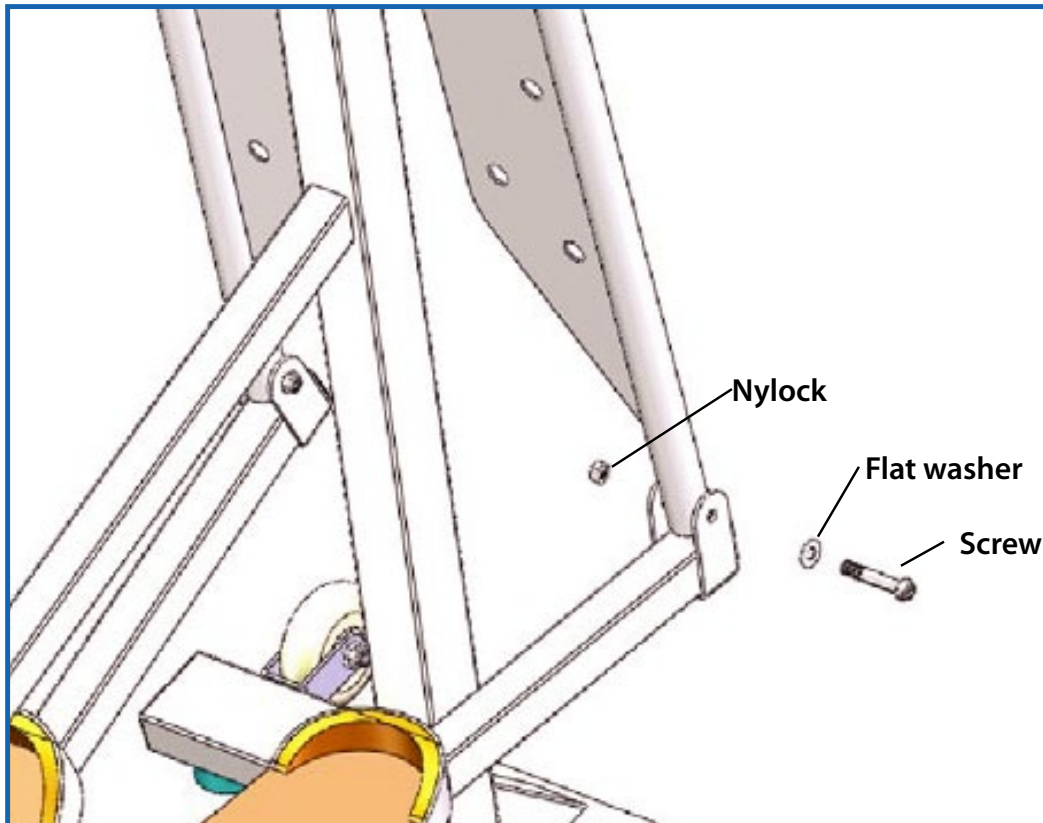
Pedal Assembly

Loosen the nylock on the pedal bearing, lock the pedal welding on the crank, then tighten it. Fix the pedal on the main frame.



Pedal to Handrail Assembly

Attach pedals to handrail with M8*45 screws, washers and M8 nylock nuts.



Using the Elliptical

Consult with a physician before starting any exercise regimen

Warm Up Phase:

The warm up phase is important because it helps your blood flow and will reduce the risk of cramps and muscle injury. It is advisable to stretch during this phase. Do not force your muscles. If you feel pain, stop exercising immediately.

Cool Down Phase:

The cool down phase helps your cardiovascular system and muscles relax. Repeat the movements performed during the warm up without traumatizing your muscles. Be sure to reduce speed and resistance during this phase. Once you have gained experience, increase the duration and intensity of your regular workout.

Elliptical Maintenance

Elly Elliptical is made of marine quality AISI 316L stainless steel. Its anti-corrosion treatment makes it suitable for chlorinated water, seawater and thermal waters. It does not require any special care in pH-controlled water (6.7 / 7.6).

1. Remove the elliptical once a week and rinse it thoroughly with soft water, not pool water.
2. Regularly check the pH of your swimming pool.
3. Remove the elliptical during manual dosages of chemical products or chlorine stock treatments. Keep the elliptical away from chemicals to avoid any splashing which can stain or cause deposits.
4. Deposits of powder, salt, and other corrosive products will speed up the corrosion process.
5. When cleaning the surfaces of the swimming pool it is advised to remove the elliptical from the pool in order to avoid any risk of stains or deposits.
6. When you are not using the elliptical, it must be rinsed thoroughly with soft water, then dried and stored in a location away from chemical products.
7. If there are lime-scale deposits or stains, they can be removed with a polishing cleaner for stainless steel and a non-abrasive soft cloth. Then wash the elliptical with clean water and dry it completely.

Warranty

Aqua Creek Products, LLC Warranty: **Elly Elliptical**

Elly Elliptical has a **Two Year Warranty** on the metal frame. Aqua Creek Products, LLC (a.k.a. Aqua Creek) also warrants to the original end user that all non-frame components, when properly installed in accordance with assembly and installation instructions, and properly used and maintained, shall be free from defects in material and workmanship for a period of six months from the date of original purchase, provided that Aqua Creek receives prompt notice in writing of any defect or failure and satisfactory proof thereof, with the following exceptions:

The packaging must be kept in original condition for 30 days. The purpose being to eliminate possible cause of freight or shipping damage.

This warranty specifically excludes reimbursement for labor to remove, repair, or install the product and any return freight charges. These warranties do not cover any damages due to accident, misuse, abuse, negligence or failure to properly maintain any products, or normal wear and tear from day to day operations. In the event that any products are altered, repaired, or improperly installed or improperly used by anyone without the prior written approval by Aqua Creek, all warranties are void. **IMPORTANT: AMOUNT OF WEIGHT PLACED ON ELLIPTICAL SHALL NOT EXCEED THE RATED WEIGHT CAPACITY FOR THE ELLIPTICAL.** It is the responsibility of the elliptical owner to verify the weight of the patron for warranty claim purposes and to ensure that the elliptical is not overloaded.

To initiate a warranty claim, the owner of an Aqua Creek product must provide the place of purchase, in writing, with a full description of the product, its serial number, the dates of purchase and the exact nature of the defect. Within thirty (30) days after receipt of a written warranty claim by Aqua Creek, and barring any unforeseen delays, the place of purchase will be notified of Aqua Creek's decision regarding the claim.

If requested by Aqua Creek, any defective product must be returned, freight prepaid, to Aqua Creek's designated factory location or duly appointed distributor for inspection and/or repair. Aqua Creek will, at its option, repair or replace the failed or defective item, and deliver the repaired product or replacement to the buyer of the product, freight prepaid to the destination provided for in the original order. Products returned to Aqua Creek for which Aqua Creek provides replacement under this limited warranty shall become the property of Aqua Creek. A new warranty period shall NOT be established for the repaired or replaced products. Such products shall remain under warranty only for the remainder of the original warranty period on the original products purchased.

This written limited warranty constitutes the final, complete and exclusive statement of warranty terms. No person or organization is authorized to make any other specific or implied warranties or representations on behalf of Aqua Creek.

THE WARRANTIES SET FORTH HEREIN ARE IN LIEU OF ALL OTHER WARRANTIES, EXPRESSED OR IMPLIED, WHICH ARE HEREBY DISCLAIMED AND EXCLUDED, INCLUDING WITHOUT LIMITATION ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE OR USE.

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