



File Name: confidence elliptical cross trainer manual.pdf

Size: 1971 KB

Type: PDF, ePub, eBook

Category: Book

Uploaded: 11 May 2019, 12:40 PM

Rating: 4.6/5 from 651 votes.

Status: AVAILABLE

Last checked: 5 Minutes ago!

In order to read or download confidence elliptical cross trainer manual ebook, you need to create a FREE account.

[**Download Now!**](#)

eBook includes PDF, ePub and Kindle version

[Register a free 1 month Trial Account.](#)

[Download as many books as you like \(Personal use\)](#)

[Cancel the membership at any time if not satisfied.](#)

[Join Over 80000 Happy Readers](#)

Book Descriptions:

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with confidence elliptical cross trainer manual . To get started finding confidence elliptical cross trainer manual , you are right to find our website which has a comprehensive collection of manuals listed.

Our library is the biggest of these that have literally hundreds of thousands of different products represented.



Book Descriptions:

confidence elliptical cross trainer manual

Learn more opens in a new window or tab This amount is subject to change until you make payment. For additional information, see the Global Shipping Programme terms and conditions opens in a new window or tab This amount is subject to change until you make payment. If you reside in an EU member state besides UK, import VAT on this purchase is not recoverable. For additional information, see the Global Shipping Programme terms and conditions opens in a new window or tab Learn More opens in a new window or tab Learn More opens in a new window or tab Learn More opens in a new window or tab Learn More opens in a new window or tab Learn More opens in a new window or tab The item may have some signs of cosmetic wear, but is fully operational and functions as intended. This item may be a floor model or an item that has been returned to the seller after a period of use. See the seller's listing for full details and description of any imperfections. Contact the seller opens in a new window or tab and request post to your location. Please enter a valid postcode. Please enter a number less than or equal to 1. Sellers may be required to accept returns for items that are not as described. Learn more about your rights as a buyer. opens in a new window or tab You're covered by the eBay Money Back Guarantee if you receive an item that is not as described in the listing. We may receive commission if your application for credit is successful. Terms and conditions apply. Subject to credit approval. We may receive commission if your application for credit is successful. All Rights Reserved. User Agreement, Privacy, Cookies and AdChoice Norton Secured powered by Verisign. Page Count 3 KP2071 Elliptical Trainer pdf manual download. Life Fitness The elliptical trainer combines the movements of a stair Get ProForm 755 Crosstrainer Treadmill manuals and user guides CAUTION Read all Life Fitness Elliptical. CrossTrainer Brochure. <http://lodzkiespotkaniateatralne.pl/userfiles/950-cat-loader-manual.xml>

- **confidence elliptical cross trainer manual, 1.0, confidence elliptical cross trainer manual.**

Pages 0 Saves 0 Life Fitness CrossTrainers Assembly Instructions. Pages 0 Saves 0. WARNING Read all instructions before using this product. Do not use the Cross Trainer Instructions. File Type Extension pdf. PDF Version 1.4. Linearized No. Author Softplicity. Subject. Page Count 3. Page Mode Use Outlines. Description. Creator Softplicity. Title Cross Trainer Instructions. Creator Tool Softplicity. Keywords. Producer Softplicity. Login to post The resistance has gone completely and I'm trying to remove the covers so I can see what has happened. I've removed all the screws but still cannot remove the covers. Kettler Canada Online shopping for Bikes Fitness Patio Table Tennis Toys Kettler MONDEO 07852 690 Assembly Manual Page 12 Roger Black Silver Magnetic Cross Trainer and Exercise Bike 335 9071 The following link may help you in finding your model and serial number for your cross trainer. How to Find Serial Number on Fitness Equipment Please can you help. Kind Regards Janet The resistance has gone completely and I'm trying to remove the covers so I can see what has happened. I've removed all the screws but still cannot remove the covers. I checked the brushes, they were fine. Scared to use it again Answer questions, earn points and help others. Our convenient, flexible service offers a quality range of exercise equipment including treadmills, exercise bikes, elliptical cross trainers, rowing machines, home gym, vibration machines to commercial equipment hire to suit you and your goals. To calculate the overall star rating and percentage breakdown by star, we don't use a simple average. Instead, our system considers things like how recent a review is and if the reviewer bought the item on Amazon. It also analyzes reviews to verify trustworthiness. See All Buying Options Add to Wish List Disabling it will result in some disabled or missing features. You can still see all customer reviews for the

product. <http://xn--v1abv.xn--p1ai/userfiles/950-john-deere-manual.xml>

This particular model, while light, and you would suspect tipping, actually surprised me. Assembly is easy and requires little effort. A one person job. There are an option of difficulty levels to choose from, including repositioning of the handle bars as is comfortable in your workout. There is a meter to determine your calories and time but I havent actually accessed or needed to access as of yet. I purchased this unit to develop stronger muscle tone in my legs and buttocks. The results are immediate and Im much more pleased with this type of exercise equipment than I ever was with my treadmill. In fact, comparably, I need less workout time on the Elliptical than I needed on the treadmill, with far superior physical result. The only incident which can be noted, but I wouldnt indicate this as a negative factor, just something which should be pointed out, is that it is advisable shoes are worn when in use, because the pedals in their rotation, force a downward thrust onto your toes, which can be uncomfortable if shoeless. The foot pedals are very wide and long, and will accommodate even the largest of size. I really dont have any issues with the Confidence Elliptical Cross Trainer and I am extremely glad I purchased this model. I dont need the fancy mechanisms of more expensive machines, and Im very satisfied with my workout options. The results, as I have mentioned earlier, are immediate. I would highly recommend this unit for anyone on a budget or not. Oh, one more thing, compact in design and uses very little space. Light enough to be relocated anywhere. Purchased from Amazon, as always, because it is a superior marketing venue with 100% satisfaction guarantee. Reviewed in the United States on August 24, 2009 I have owned this elliptical for 9 months and it finally broke a third time where I will not use it anymore. I used this machine for 45 minutes to 1 hour a day 46 days a week.

I bought this machine because it was cheap and I wasnt sure I would use an elliptical enough to justify buying a more expensive one. First off this machine was loud, I had to really crank up the volume on the TV to be able to watch TV while working out. I did not bother trying to fix the annoying squeaks or clanks. Eventually one of the bolts in the foot pedal stripped out. My husband who is a mechanical engineer had a buddy at a machine shop who custom made me a new bolt that would not strip out. Eventually the second bolt stripped out too. The metal frame also got a crack in it which my husbands buddy welded back together for me. When the frame got a second crack, I gave up and decided that I would kick this one to the curb and invest in a more expensive, better quality elliptical. It lasted a short while 23 months before it broke. I was able to extend the life of the product by repairing it myself, but I guess most people dont have friends that can weld their machines or make custom bolts for when it breaks. Other than that, its cheap, so yes it will not last long and will fall apart soon and will have problems with noise, etc. If you can live with all of that, then it might be right for you. If you are a heavy duty exerciser and are trying to save money, spend a little more, as you will probably be disappointed with this product. Please try again later. M. Ferrell 3.0 out of 5 stars I used this machine for 45 minutes to 1 hour a day 46 days a week. I bought this machine because it was cheap and I wasnt sure I would use an elliptical enough to justify buying a more expensive one. First off this machine was loud, I had to really crank up the volume on the TV to be able to watch TV while working out. I did not bother trying to fix the annoying squeaks or clanks. Eventually one of the bolts in the foot pedal stripped out. My husband who is a mechanical engineer had a buddy at a machine shop who custom made me a new bolt that would not strip out.

Eventually the second bolt stripped out too. The metal frame also got a crack in it which my husbands buddy welded back together for me. When the frame got a second crack, I gave up and decided that I would kick this one to the curb and invest in a more expensive, better quality elliptical. It lasted a short while 23 months before it broke. I was able to extend the life of the product by repairing it myself, but I guess most people dont have friends that can weld their machines or make custom bolts for when it breaks. Other than that, its cheap, so yes it will not last long and will fall apart soon and will have problems with noise, etc. If you can live with all of that,

then it might be right for you. If you are a heavy duty exerciser and are trying to save money, spend a little more, as you will probably be disappointed with this product. Please try again later. Please try again later. JenMarie 3.0 out of 5 stars Please try again later. Please try again later. GJ 2.0 out of 5 stars Initially my experience was great. I assembled the product in less than an hour, and it was for the most part easy. I used a socket wrench instead of the supplied hand wrench, which worked much better. I used the machine for 34 weeks without any problems and it provided good aerobic exercise. Then one day, my son who weighs around 120 lbs, stepped up on the machine and the left pedal snapped, breaking off where it is attached by the bolts. Fortunately, my son was able to keep his balance and wasn't hurt. Most of the machine is metal, but the pedals are plastic. The pedal isn't usable. I've tried contacting the company by email about getting a replacement pedal, but they have not answered. I've also contacted websites that specialize in replacement parts for exercise equipment, and they too have not answered my inquiries. Searches on the internet for replacement parts for this brand of equipment turned up empty.

<http://www.cseforyou.it/images/canon-c250if-manual.pdf>

I may be able to find some unconventional way to attach the pedal, but I would be unsure of its safety and durability. I've seen several comments here about one of the pedals snapping on this machine. You may buy this product and have a good experience. But I really think you are taking a risk in purchasing this product, not only for the machine's quality but more importantly for your own safety. As much as I would like to, I cannot recommend this product nor anything produced by this company. Please try again later. Please try again later. LDB 5.0 out of 5 stars Price factor was a huge consideration, since I had earlier purchased an expensive treadmill which in itself was a superior machine, but the actual reward from exercise was less than what I had expected. This particular model, while light, and you would suspect tipping, actually surprised me. Assembly is easy and requires little effort. A one person job. There are an option of difficulty levels to choose from, including repositioning of the handle bars as is comfortable in your workout. There is a meter to determine your calories and time but I haven't actually accessed or needed to access as of yet. I purchased this unit to develop stronger muscle tone in my legs and buttocks. The results are immediate and I'm much more pleased with this type of exercise equipment than I ever was with my treadmill. In fact, comparably, I need less workout time on the Elliptical than I needed on the treadmill, with far superior physical result. The only incident which can be noted, but I wouldn't indicate this as a negative factor, just something which should be pointed out, is that it is advisable shoes are worn when in use, because the pedals in their rotation, force a downward thrust onto your toes, which can be uncomfortable if shoeless. The foot pedals are very wide and long, and will accommodate even the largest of size.

<http://curabona.com/images/canon-bu45h-manual.pdf>

I really don't have any issues with the Confidence Elliptical Cross Trainer and I am extremely glad I purchased this model. I don't need the fancy mechanisms of more expensive machines, and I'm very satisfied with my workout options. The results, as I have mentioned earlier, are immediate. I would highly recommend this unit for anyone on a budget or not. Oh, one more thing, compact in design and uses very little space. Light enough to be relocated anywhere. Purchased from Amazon, as always, because it is a superior marketing venue with 100% satisfaction guarantee. Please try again later. Please try again later. Redd Bird 3.0 out of 5 stars The assembly was a snap, taking about 20 minutes to complete. Anyone with basic mechanical skills and simple tools will be able to assemble it. The instructions are well laid out and easy to follow. Since it must be built on an exercise bike frame, the pedals approach a very steep angle at the top of the stride making your foot slide forward which presses your toes against the inside of your sneakers. You can learn to put up with this by simply moving your feet back periodically. The machine seems to be stable during exercising and I didn't feel as though it might tip. The only adjustment that the user can make is the tension on the

flywheel. The movement is generally smooth but if you tend to slow down during your routine, the machine might feel like its binding until you get it back up to speed. So whats the weak link. When you tighten the bolts, the plastic gets compressed and this weakens the plastic. About 5 minutes into my initial usage, the right pedal ripped right completely off the frame. Upon investigation, I noticed that the plastic under the bolt heads had fatigued which caused the pedal to completely rip off the machine. See my photos showing this problem area. Luckily I was holding onto the handles and I was able to keep from taking a nasty tumble.

I fixed this by putting a washer between both bolt heads and the pedal but now the bolt head isnt flush with the surface of the pedal as designed, creating a possible hazard to the bottoms of the feet if I were to step on the pedal in thin soled shoes. There is a discrepancy on the info page for this elliptical. One user posted photos showing a seat. There is no seat with this machine. I was a little disappointed but Ill live with that. Despite the pedal problem, the quality of machine is consistent with its price. Please try again later. Please try again later. Debbie 1.0 out of 5 stars The days it has been used it has been 12 miles at a time, meaning over four months, most of which I have walked outside rather than using the elliptical. After very little use it started making a noise, my husband tightened the bolts. The next time it made a loud noise and a nut and washer actually fell out. Tonight it started making a noise again, then the pedal started making a noise and kind of jerking my husband took the cover off only to find the front axle is moving about it is wearing out the hub that the small sprocket is attached to. I have little shavings all over my floor. It is unusable I am not happy at all with the fact that this has fallen apart with so little use. Please note the broken part is the part that was actually assembled when we received it. It is not what we put together, Hmmm. Dont buy it! If the company makes this right I will repost. Please try again later. Please try again later. Amazon Customer 3.0 out of 5 stars You WILL need to buy one of those black exercise mats and try to place the machine somewhere quiet because it is loud, particularly the wheel when it turns is very loud. When you build it, make sure to really tighten the screws, I mean REALLY TIGHT because they will unscrew while you ride if you dont. Other than that, Ive lost 6 pounds riding it 3 times a week for half an hour. Not too shabby. Please try again later. Please try again later.

Amazon Customer 4.0 out of 5 stars It feels solid enough consider the cost and size. The main complaint is the packaging. The bolts werent in a plastic bag rather they were look like they were just tossed in the box before shipping. After assembly one of the front screw that holds the legs in place was missing and I searched everywhere. Out of a hunch I opened the plastic casing and found the screw sitting inside, it must of slipped inside the open slot in front. Had they put ALL the bolts in some kind of bag this wouldnt of happened. Also the machine leans forward to much so I would strongly recommend putting a 2x4 wood piece of a dictionary under the front so it feels more comfortable. For the money this is a good value and clearly it says in the instructions to check the bolts and tighten as needed. Please try again later. Please try again later. Saran 1.0 out of 5 stars It is a waste of money and space in your house. This elliptical trainer is manufactured with defects and not worthy one. After a month, you will start hearing sounds in the pedals and the wheel will become so tight that you can do anything with this elliptical trainer. This product should be banned and the people who bought should open a dispute against this seller or the seller should recall this items and give atleast 50% of the money spent to buy this. The warranty period is also less just only for a month and returning this will also cost you more because of the weight. So please dont buy this if you really care about your money. Please try again later. Please try again later. LowcountrySC 5.0 out of 5 stars For a home workout it really cant be beat; especially for the price. This way if I dont then I havent lost much. It really takes up a very small foot print also. I did have to put a piece of wood under the front as was recommended by other reviewers. Great tip that made a world of difference. Please try again later. Please try again later. Please try again. Please try again.

In order to navigate out of this carousel please use your heading shortcut key to navigate to the next

or previous heading. In order to navigate out of this carousel please use your heading shortcut key to navigate to the next or previous heading. Register a free business account Please try your search again later. Combining both an exercise bike and an elliptical cross trainer, you get the benefit of 2 in the space and cost of 1! Machine can be used either as an elliptical cross trainer or a bike, giving you the benefits of 2 machines in the space of 1. Heart rate monitor so you can make sure you are working at the right level. Adjustable resistance levels the continuous resistance control knob means you can adjust to many different levels to tailor a workout to suit you. Multifunction computer, showing speed, distance, time, calories burnt and pulse, as well as a scan function that rotates through these batteries not included. Fixed and moving handlebars choose whether to engage your core and upper body muscles more with the moving handles whilst using as an elliptical, or focus on your lower body with the fixed handles when using as a bike. Weight of product 62 lbs 28kg. Maximum user weight 250 lbs. To calculate the overall star rating and percentage breakdown by star, we don't use a simple average. Instead, our system considers things like how recent a review is and if the reviewer bought the item on Amazon. It also analyzes reviews to verify trustworthiness. Please try again later. zoe 3.0 out of 5 stars I am using it because I do not have the money to return and purchase something better. I have to tighten the bolts each time I use it. It is difficult to sit and move your legs on the flat pedals so it really does not act as a 2 in 1 because there are not bike pedals on the machine. It is a good workout and prior to this machine I was working out 5 days a week at medium to medium high intensity on a stationary bike.

I think part of the reason why it is such a good workout is that it is an awkward machine so your body is doing things its not used to. The adjuster for the resistance is in a terrible place on top of the wheel so you much stop for a second while working out in order to change the resistance. Im keeping it, but honestly only because the return sounds like too much of a hassle. The reviews about how long it took to put together made me nervous and after not being able to find anyone to help me I set about putting it together myself. I am slightly mechanically inclined, by that I mean I can put together a bookcase but cant rebuild an engine. It took 1.75 hours by myself while watching NCIS and NCIS LA, the instructions were clear even though the screws werent marked. No to the good stuff, I am 58 and weigh 265lbs, bad knee and back from recent car accident and bought this to help with recuperation since I used to run and play basketball. It gives a good workout. Instead of getting off the elliptical when my knee hurts like I do at the gym, I can sit and ride the bike option for a few seconds and get back to work on the elliptical. I have seen a difference in the length of time that I can use the trainer since Ive had it two weeks now. Mind you, as other reviewers have stated, it does wobble a little, but once you get your balance, Ive had no problem with it since. It helps with climbing the stairs at work and I hope to avoid any knee surgery if I continue with the training schedule that I have created for myself. This is exactly what I was looking for as a beginner. The directions could have been a little more clear, but they get the job done and it didnt take us more than an hour to put together. My only concern is that I dont know if the calorie counts are right compared to the fitness app I use. Either way, Im 100% satisfied. Also the seat could be a bit more comfortable, especially since I am shorter than average so Im already not sitting on it all the way back.

Cons you get what you pay for. It was a bit of a pain to put together and after using it for a few days the pedals stopped moving. It seems like theyre just getting caught on something inside but that means taking the body apart which was the only piece that was assembled in the first place. Overall its an OK little machine but pretty poor quality. It was easy to assemble is is solid. I like that I can sit or stand while exercising. I think it will last for a long time. My husband tried to tighten, loosen and oil it and nothing worked. Horrible machine, sending back and I bought a different one through Haynedle. I give it ZERO stars but had to put one to post my review. Pay the extra money and get a magnetic one. I added a video of how it sounds. I wouldnt use if it I weighed over 150 lbs and as it is I have to constantly tighten things here and there. Its great for the middle of winter when its unsafe to

run due to ice. That's when I found this model in Amazon, obviously a previously sold and cheaper than I was prepared to pay on eBay. The item was delivered promptly and assembly was simple enough. Within 5 days the display computer stopped registering any exercise. It showed heart rate but all other displays showed Zero on all other modes. You get what you pay for! Sorry, we failed to record your vote. Please try again Took about 45 minutes to assemble. It looks harder than what it actually is from the instructions. Build quality is great for the price. Digital display is easy to read and simple to use. Being a cross trainer and an exercise bike is a great space saver. The only fault I would say is the seat is rather hard but a gel bike seat cover will sort that out. Overall I'm very happy with it and would recommend it. Sorry, we failed to record your vote. Please try again Two of the screws attaching the monitor pole screw no.9 to the main frame were missing. Can not adjust the height of the seat because the height adjustable knob is missing.

I could not find a way to contact the seller. This is my first worst buy from Amazon. Not worth for the money. No idea how to contact the seller. The screws missing are two of knobs number 9 in the manual and triangle knob number 57 in the manual. Sorry, we failed to record your vote. Please try again Though I am quite short it shouldn't be that hard, so it was only ever used as a cross trainer. It looks good though but makes a horrible chain pulling sound every time you go around so can be annoying for people around you. It was a bit of a bugger to put together as well as instructions were not good. Sorry, we failed to record your vote. Please try again We purchased this in October 2013 and it has been replaced once by Amazon customer service is excellent as always! But has now gone pop after 18 months. We shall now be buying a more expensive cross trainer which will last. Personally, I'd recommend you do the same. Yes, You. That's right. I thought the same. It won't happen to me. It will. Sorry, we failed to record your vote. Please try again Surprisingly compact in size which is great and the computer is basic but relative as in distance, calories and timing. Sorry, we failed to record your vote. Please try again Sorry, we failed to record your vote. Please try again Good value for money. Sorry, we failed to record your vote. Please try again Sorry, we failed to record your vote. Please try again Only trouble was connecting the cables to the computer, none are labelled so had to guess. It seems robust and well constructed. It works very well and isn't too noisy. I would have no trouble recommending this to anyone. Sorry, we failed to record your vote. Please try again Perhaps some kind of variable length adjustment to these rails would make the machine more acceptable to all sizes. Overall, ok. Sorry, we failed to record your vote.

Please try again After I received my replacement, however, the item itself is not very strong as when I go my exercise, the bolts keep coming out so I have to put them back in before I can continue which is very annoying. I can't really recommend this product as I don't think its value for money. Sorry, we failed to record your vote. Please try again Sorry, we failed to record your vote. Please try again Sorry, we failed to record your vote. Please try again I'm a bit stuck to be fair, there's only 4 wires to connect, but for whatever reason, the display won't record anything other than heart rate and I think even that is strange, since it puts me at 160 bpm when I haven't moved a muscle in 2 hours. Sorry, we failed to record your vote. Please try again In order to navigate out of this carousel please use your heading shortcut key to navigate to the next or previous heading.