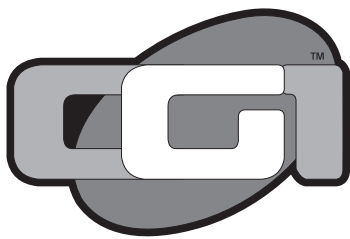


CENTER

Owner's Manual

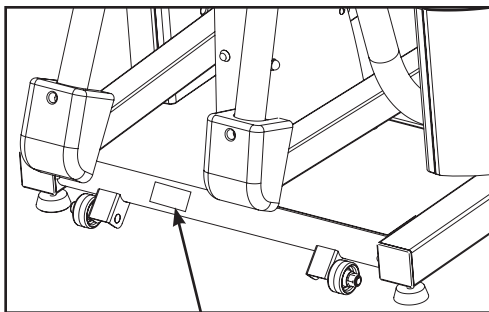


Customer Service
(888) 340-0482



4009 Distribution Drive
Suite 250
Garland, TX 75041

www.keysfitness.com

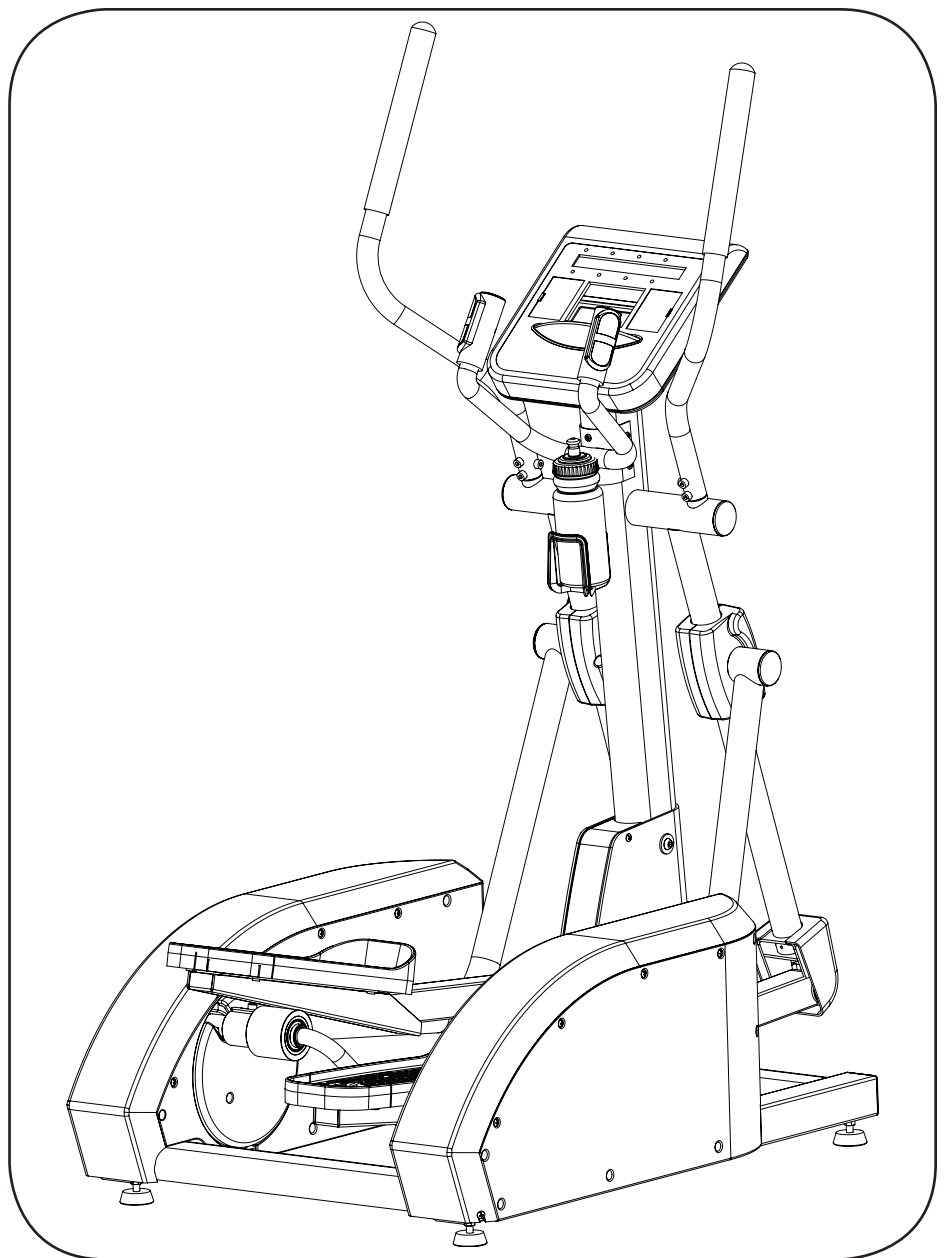


SERIAL TAG IS LOCATED ON THE FRAME

Model Name: **CG1**

Date of Purchase: _____

Serial Number: _____



315-00106
07/07 Rev A

Table of Contents



Important Safety Information	3-4
Assembly	5-10
Console Instructions	11-18
Monitoring Your Heart Rate	19
Warm-Up Exercises	20
Troubleshooting	21
Parts List	22
Exploded Views	23
Warranty Information	24

WARNING! Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

WARNING! To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

SAFETY PRECAUTIONS AND TIPS

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. This unit has a user maximum capacity of **300** pounds.
3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. Keys Fitness recommends a mat be placed under the unit to protect floor or carpet and for easier cleaning.
4. Follow safety information in regards to plugging in your unit. Do not run the power cord underneath your unit. Do not operate the unit with a damaged or frayed power cord.
5. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
6. Always examine your unit before using to ensure all parts are in working order.
7. Allow the unit to fully stop before dismounting.
8. Pets should never be allowed near the unit.
9. Do not leave children unsupervised near or on the unit.
10. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
11. Never insert any object or body parts into any opening.
12. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
13. Always unplug the unit before cleaning and/or servicing. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
14. Failure to follow these instructions will void the unit warranty.

Important Safety Information



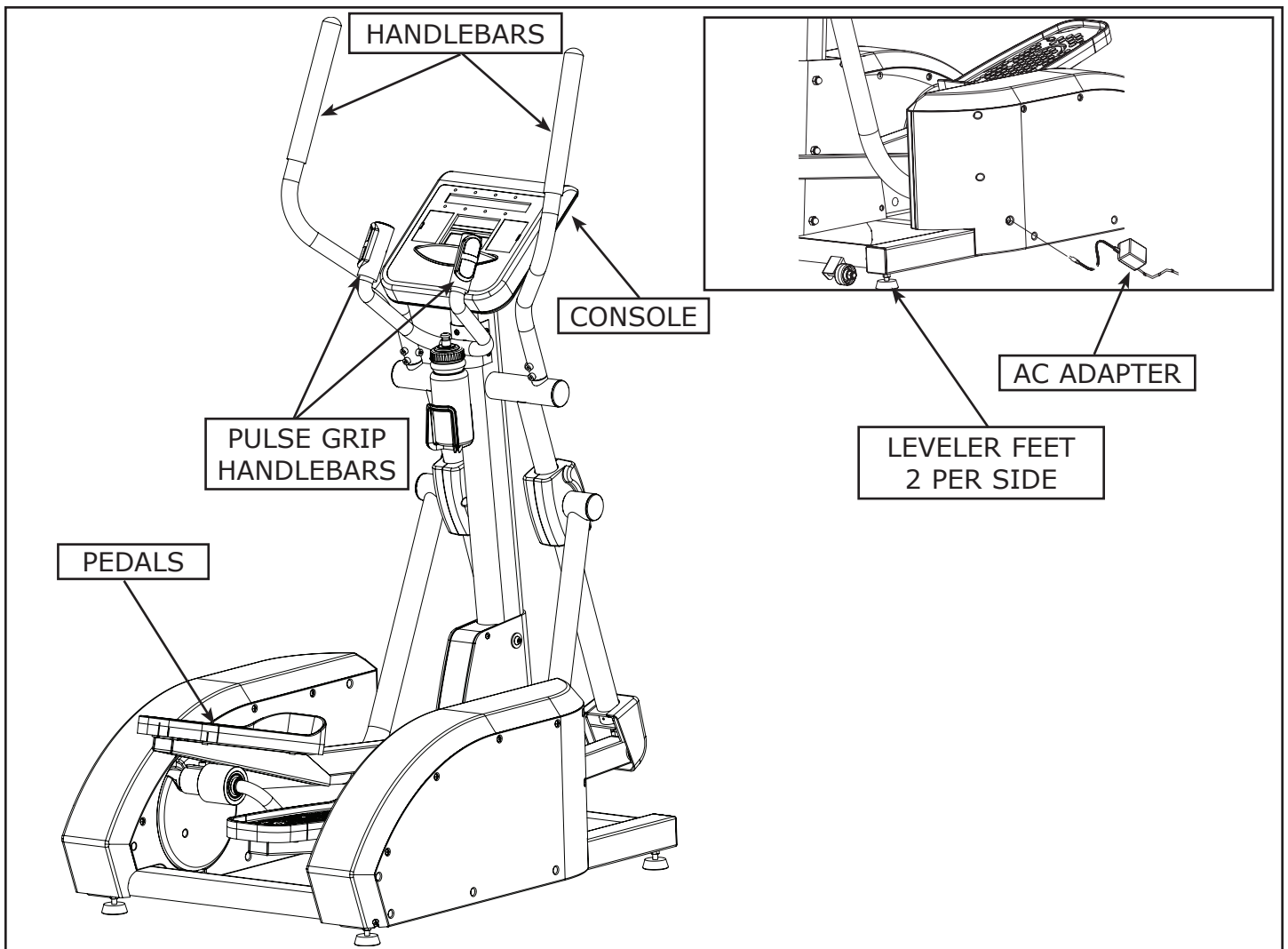
Thank you for purchasing the Keys Fitness **CG1 Elliptical**! The quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit. Remember to take time to perform stretching exercises, provided in this manual, to help avoid injury.

If you are taking medication, consult your physician to see what affect the medication will have on your exercise heart rate.

If you have heart problems, your are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. Keys Fitness recommends a sealed water bottle for beverages consumed while using the unit.

Please review the following drawing below to familiarize yourself with the listed parts.



Getting Started - The Keys Fitness CG1 Elliptical will require some assembly. Unpack the box in a clear area. Remove packing material. Do not dispose of packing material until assembly is complete and unit is working properly. Place the unit on a clean level surface for assembly. Make sure there is easy access to an electrical outlet. Before assembling, the unit should be placed as close as possible to its final location. Locate all hardware bags, Labeled Figure 1 through Figure 9, with the exception of Figure 8. If you are missing any bags, please call Keys Fitness at 1-888-340-0482. Tools have been provided to assist with product assembly.

Figure 1

Locate bag labeled Figure 1. Locate Console Tube. Attach Console Tube to Main Frame. Slide Tube down into Main Frame. Connect Upper Console Wire to Lead Wire Assembly. Secure using three M10*80 mm Hex Head Screws extending through the frame and Console Tube, three 10x20 Washers and three Crown Nuts, M10*1.5. Use three M10*120 Hex Screws to secure through the Front of the Console Tube and Main Frame.

Note: Ensure that all wires are secure inside console. Be careful not to pinch wires.

Note: Do not tighten Screws until you have fully completed Figure 2.

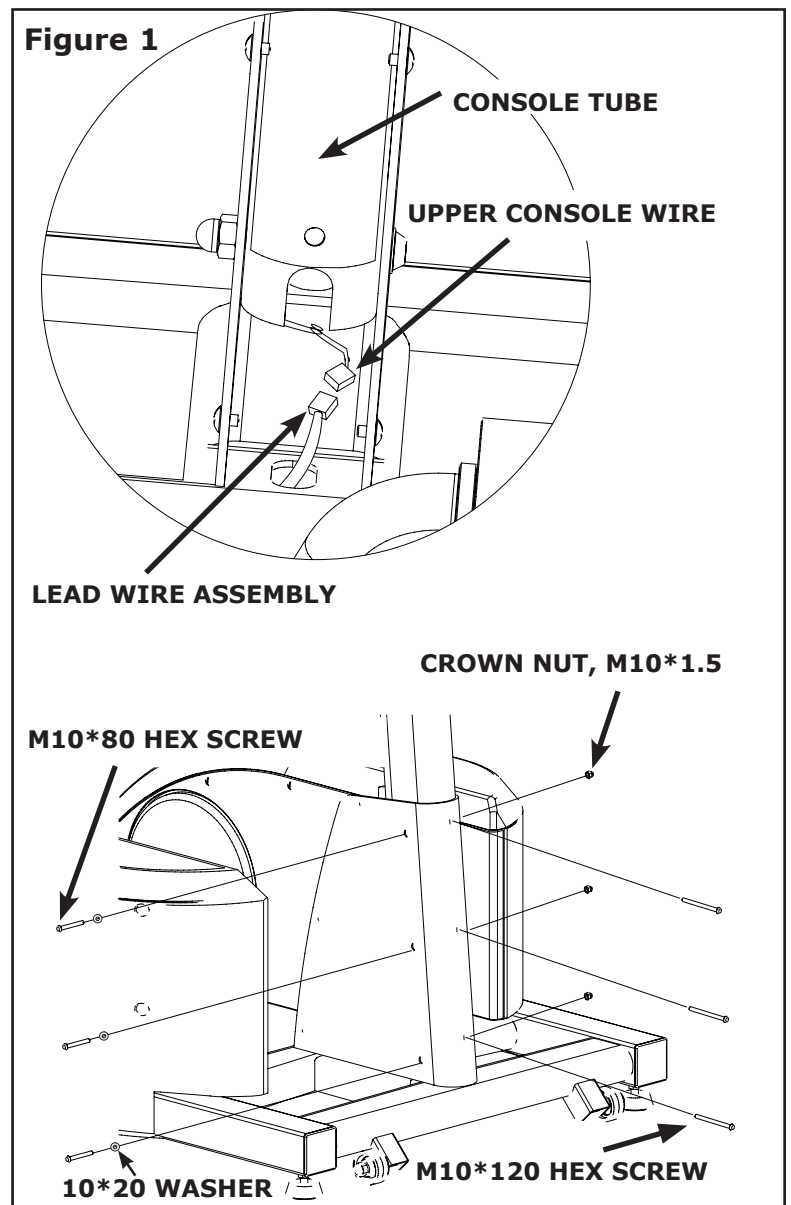


Figure 2

Locate Bag labeled Figure 2. Locate Cover. Secure Cover to Main Frame by using three M5*0.8-12 Screws on the left side of unit. Repeat for the right side.

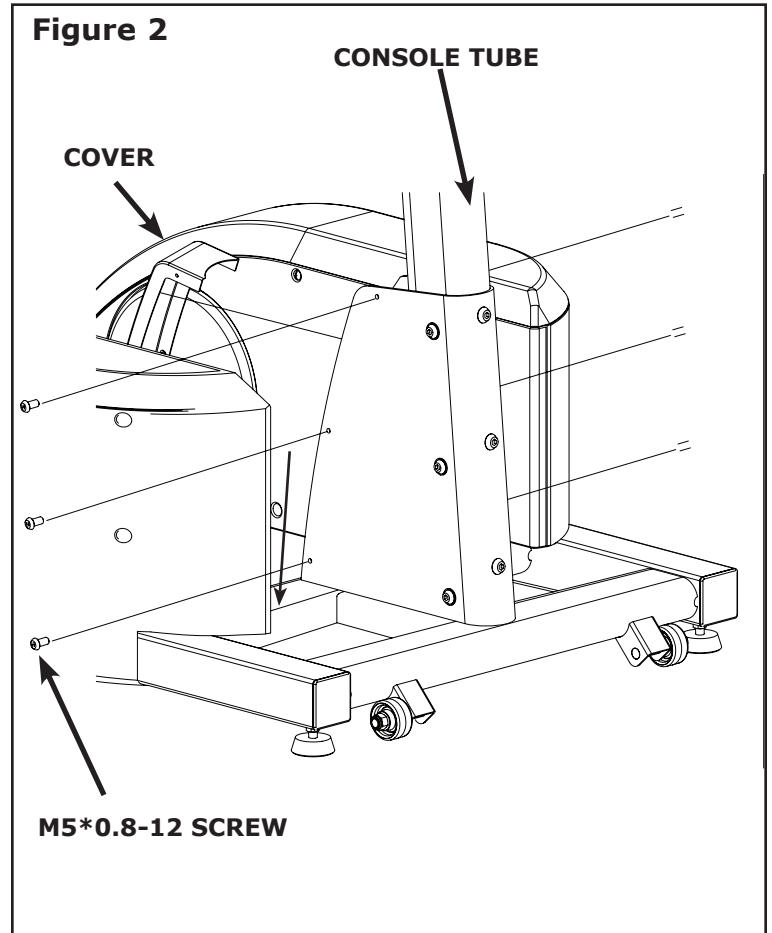


Figure 3

Locate Bag labeled Figure 3. Locate Left and Right Handrail Assemblies. Secure Left Handrail Assembly to Console tube by using one Washer, one Spring Washer, one M10*20 Hex Bolt, and one End Cap. Repeat for the right side.

Note: The Handrail Assembly will only go onto the Console Tube one way. The connector on the middle of the Handrail Assembly will face outwards.

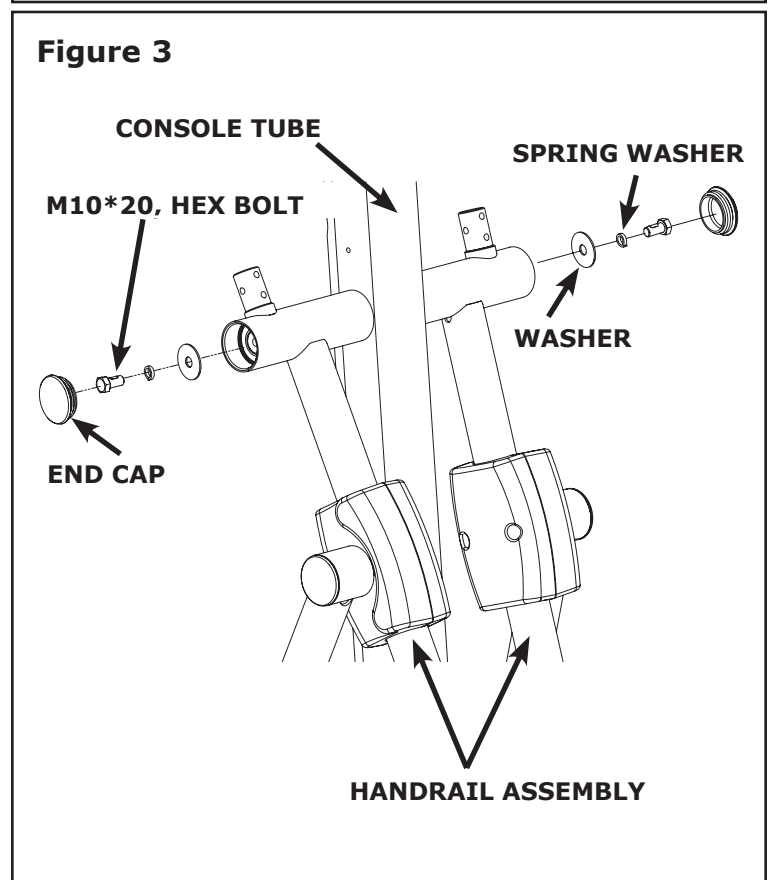


Figure 4

Locate bag labeled Figure 4. Lift and place left Linkage onto Shaft Sleeve and align holes. Secure Linkage to unit using four M8*12 mm Hex Bolts. Repeat for right side.

Note: The Linkage is secured to the sleeve with three M8*12 Hex Bolts on the top of the Linkage and one M8*12 Hex Bolt on the bottom of the Linkage.

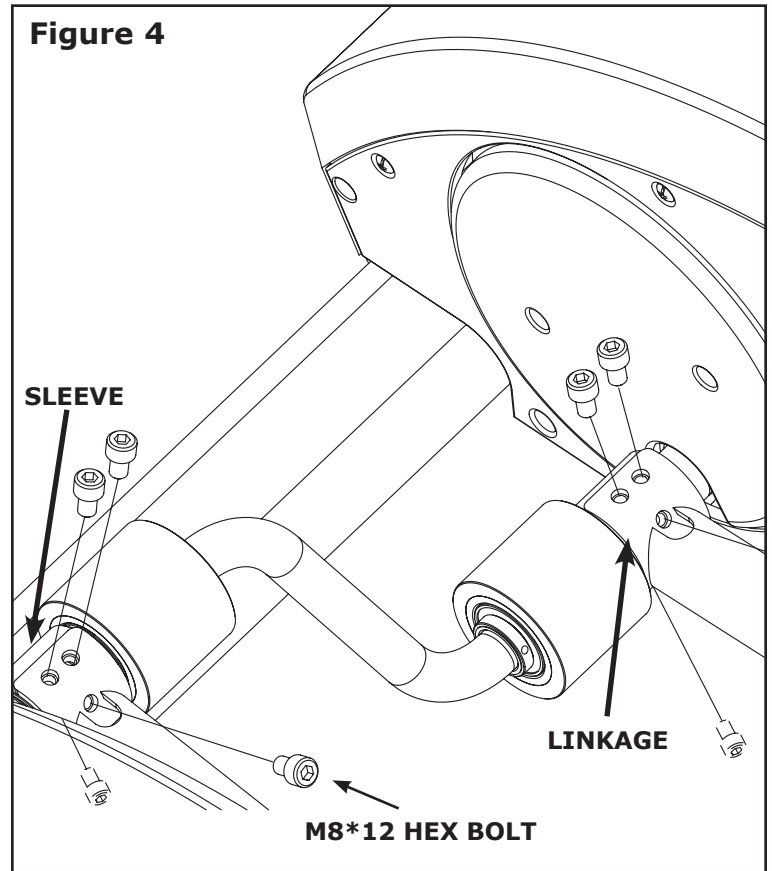


Figure 5

Locate bag labeled Figure 5. Locate Right Pedal Tube Assembly. Secure Pedal Tube assembly to the Handrail Assembly with one M10*81.5 Hex Bolt and one M10*1.5 Hex Nut. Please ensure that Pedal Arm is aligned in the center of roller wheel while tightening M10*81.5 bolt (Figure 5a). Repeat for the left side.

Note: It is recommended that 2 adults align and secure the Pedal Tube Assemblies to the Handrail Assemblies.

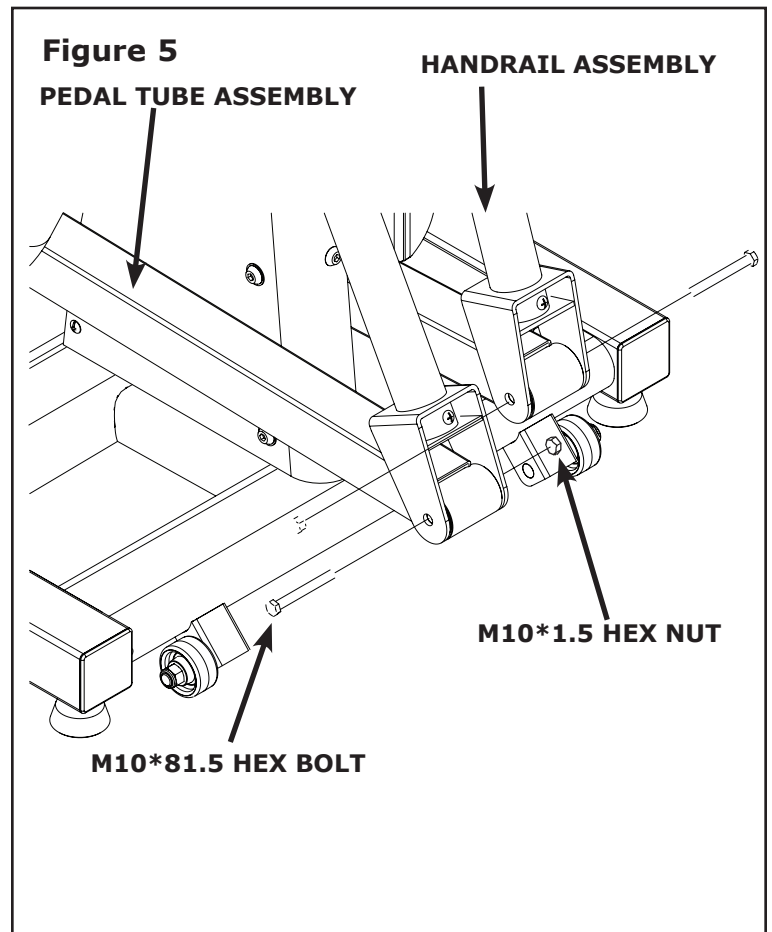


Figure 5a

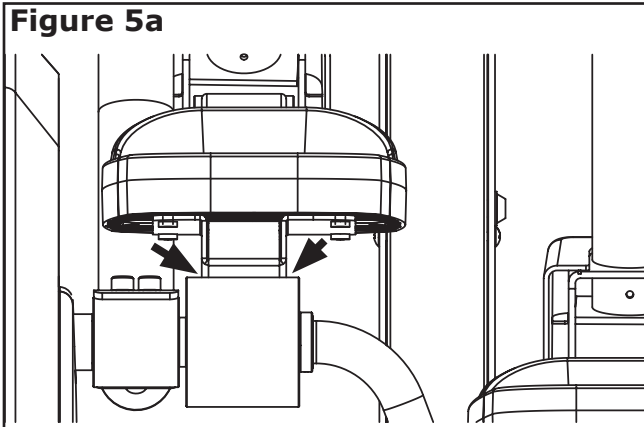


Figure 6

Locate bag labeled Figure 6. Locate Bracket Covers. Attach bracket Cover to the Handrail Assembly by lining up hole, and securing using one Screw, M5X0.8-12. Repeat for other side.

Note: Do not overtighten screw, this will damage Bracket Cover.

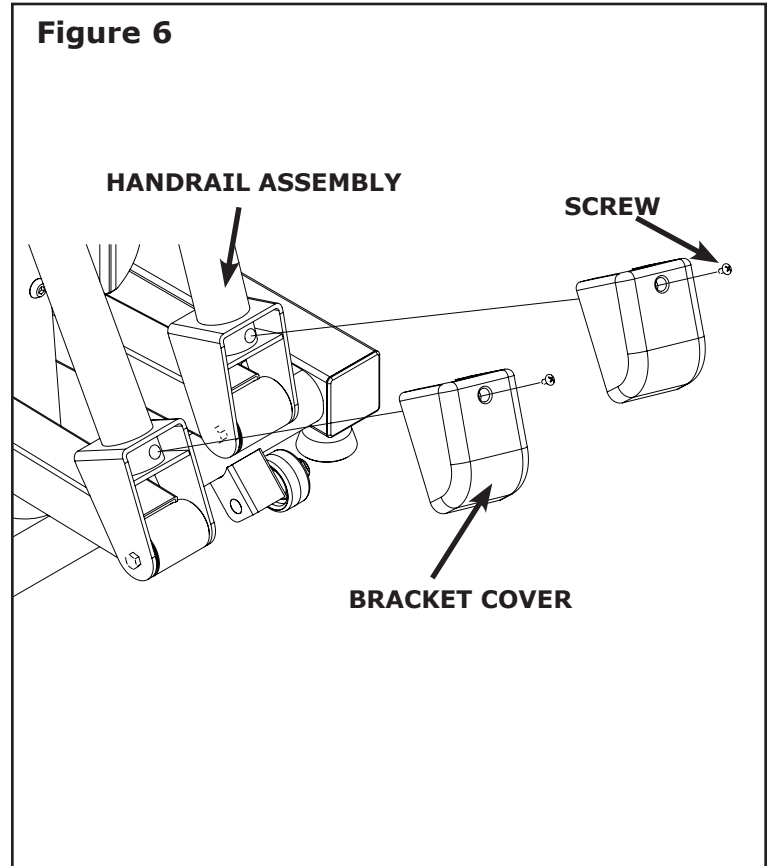


Figure 7

Locate bag labeled Figure 7. Locate Handlebars. Attach Left Handlebar to Handlebar Assembly using three M8*16mm Hex Bolts. Repeat for other handlebar.

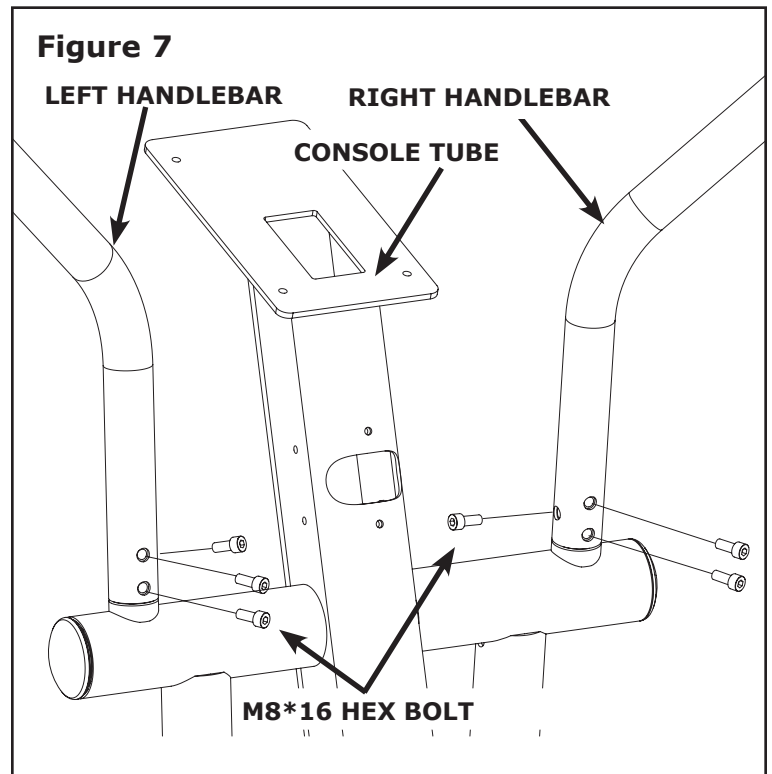


Figure 8

Locate Console. Connect Upper Console Wire and Pulse Wires to the appropriate location on the back of the Console. Secure Console to Console Tube using four Screws.

Note: The four Console Screws will already be installed into the back of Console when you remove it from the box.

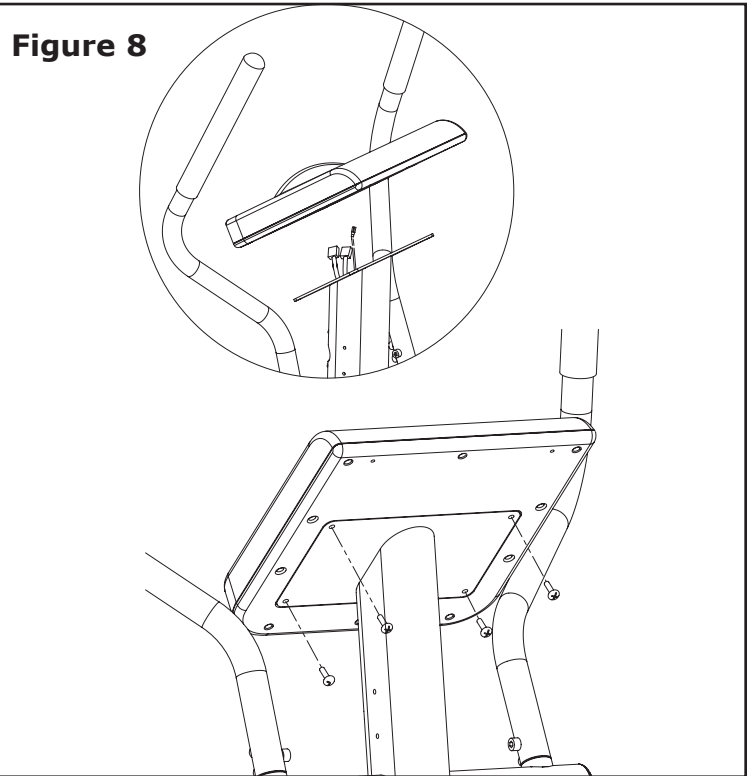


Figure 9

Locate bag labeled Figure 9. Connect the Pulse Wires coming from the Pulse Handlebar Assembly to the Pulse Wires from the Console. Secure Pulse Handlebar Assembly to Console Tube using six M6*10 Hex Socket Head Bolts.

Note: Ensure that all wires are secure inside console tube. Be careful not to pinch wires.

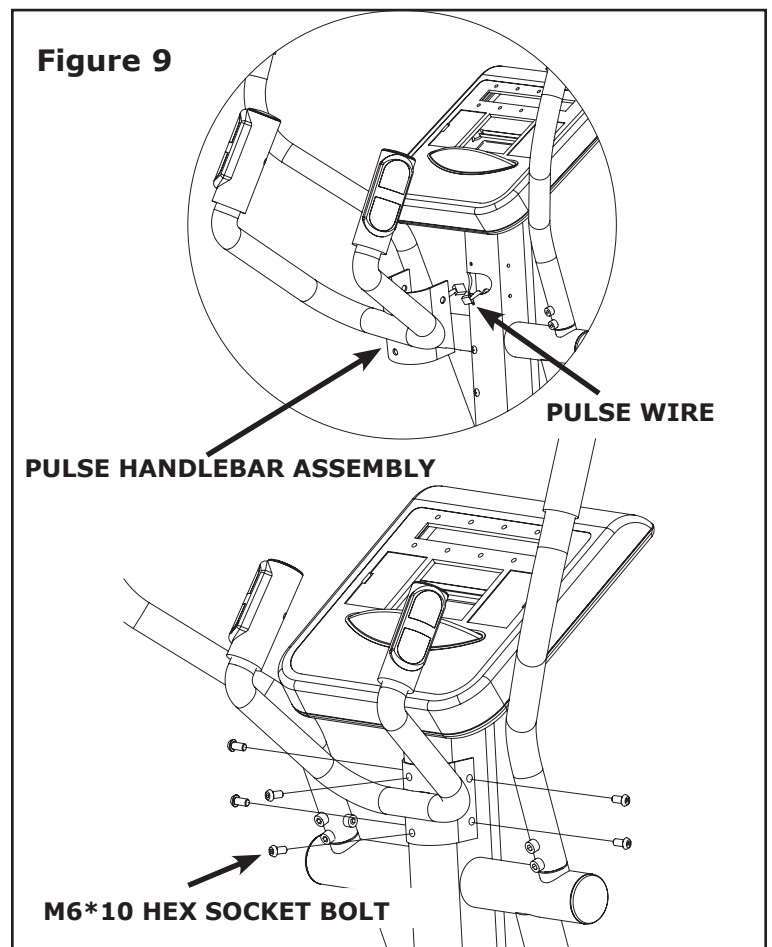
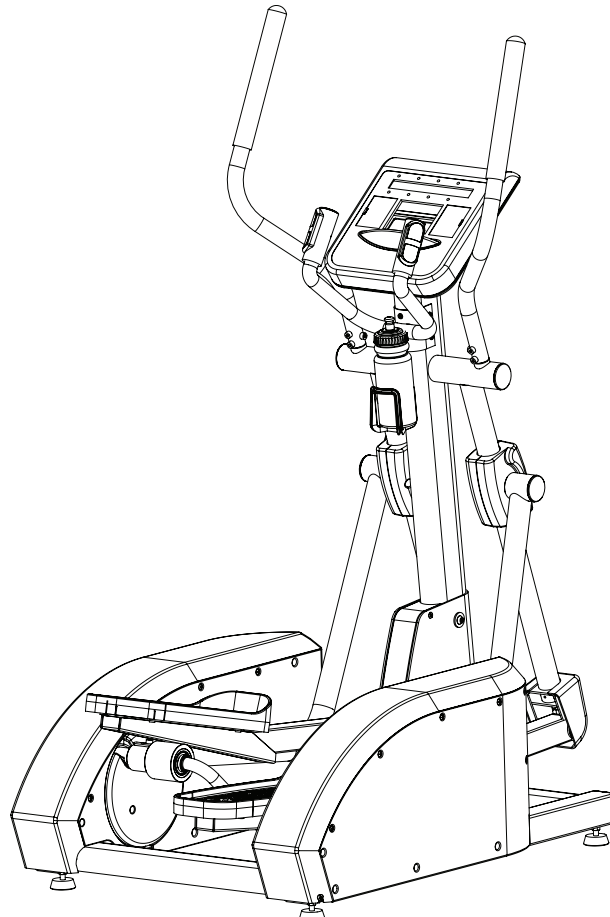
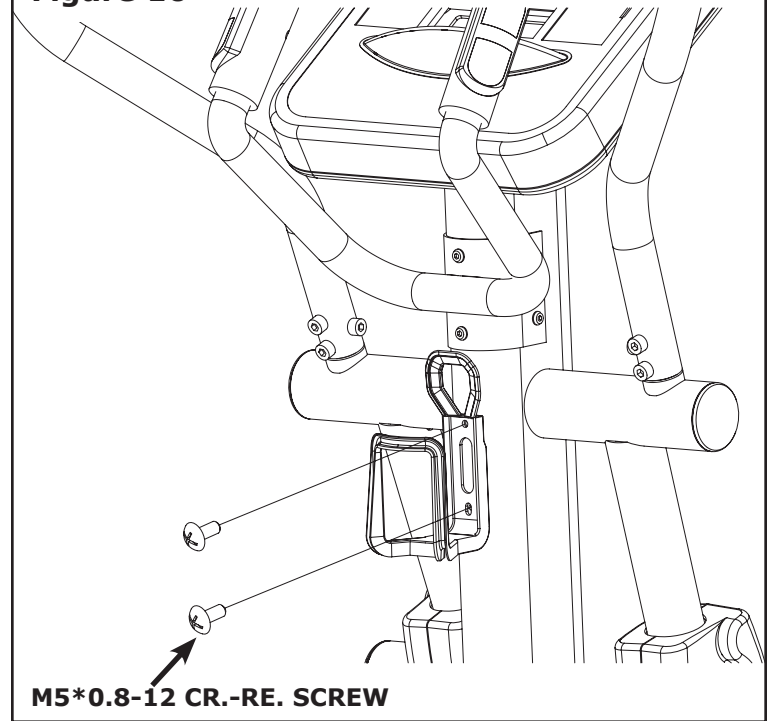


Figure 10

Secure bottle holder to console tube using two M5*0.8-12 Screws.

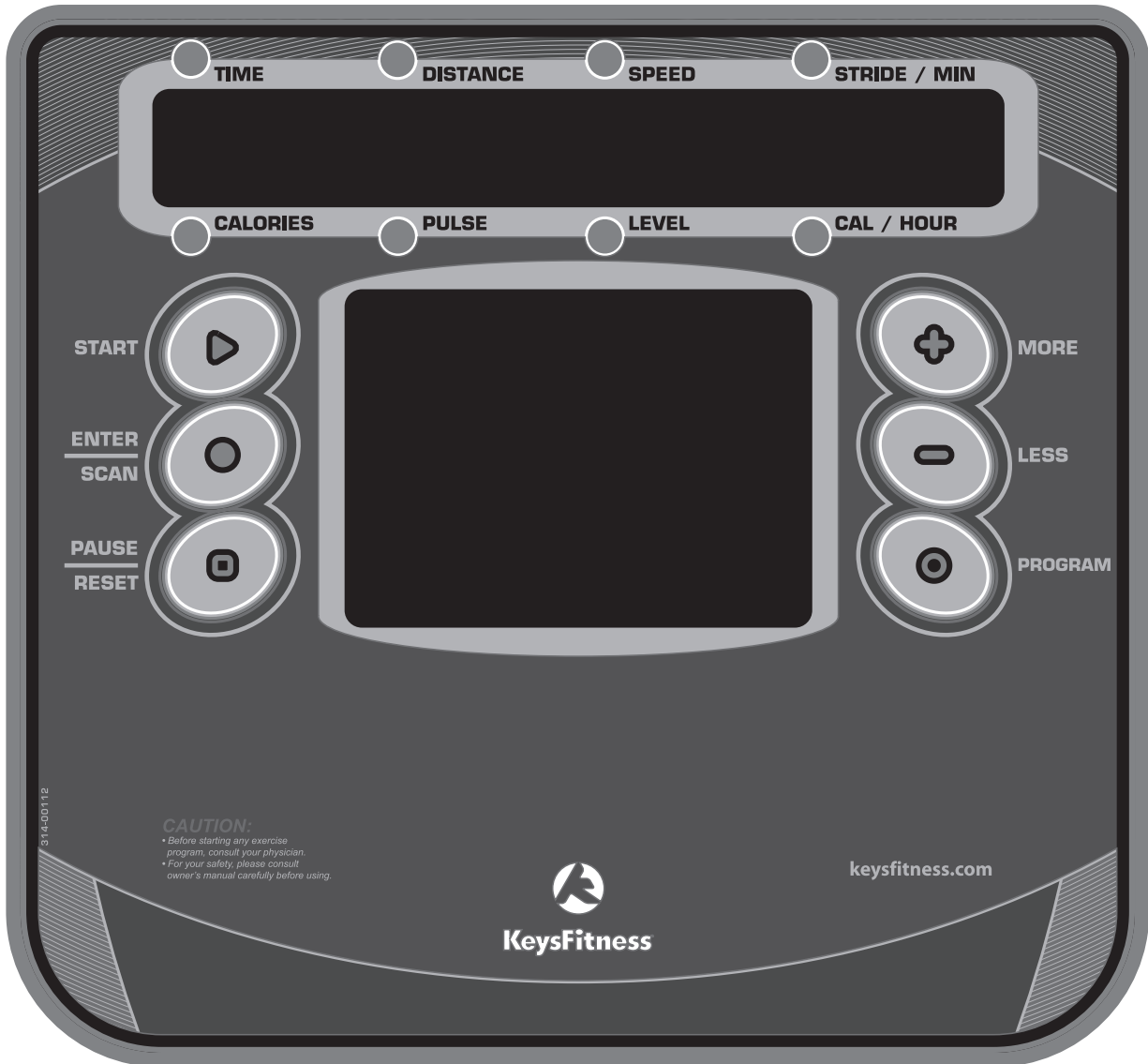
Figure 10



CONGRATULATIONS!
You have completed assembly of your CG1 Elliptical.

Console Instructions

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



BUTTON OVERVIEW

START

Press to enter Quick Start Mode. In Pause Mode, this button is used to resume exercise session.

ENTER/SCAN

In Program Mode, this button is used to confirm the values you set. During exercise, pressed once, will place the main console window in Auto Scan Mode. The display will change every four seconds from TIME/DISTANCE/SPEED/STRIDES PER MIN to CALORIES/PULSE/LEVEL/CAL/HR. To exit Auto Scan Mode and enter Manual Scan Mode, Press and Hold button for two seconds. Console will beep twice. Manual Scan Mode allows you to toggle display from TIME/DISTANCE/SPEED/STRIDES PER MIN to CALORIES/PULSE/LEVEL/CAL/HR by pushing the ENTER/SCAN button. To return to Auto Scan Mode, Press and Hold button for two seconds. Console will beep twice to confirm switch.

PAUSE/RESET

During exercise, this button is used to Pause workout.

In Pause mode, this button is used to reset program time and workout data to zero.

In Program mode, this button is used to Reset values to the default.

Caution: In User 1 and User 2 programs, the user profile data will be cleared also.

MORE/LESS

In Program mode, this button is used to increase/decrease TIME, WEIGHT and AGE.

During exercise, this button is used to increase/decrease the resistance level from 1 to 20.

Press and Hold for two seconds to rapidly increase/decrease values.

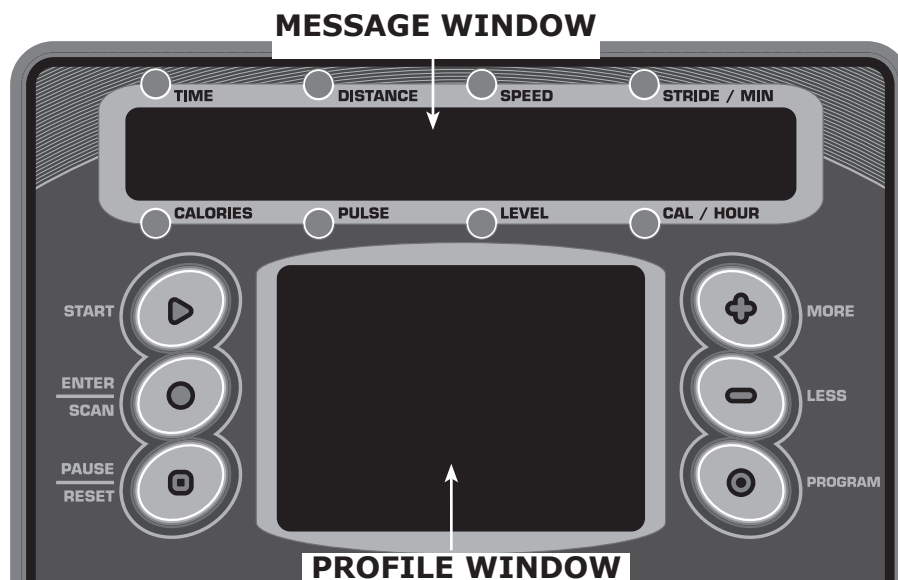
PROGRAM

In Program Mode , this button is used to toggle between workout programs. The program selected will show in the message window. The program profile will show in the profile window. There are two information windows on the console -

MESSAGE WINDOW - Displays Program Name, Messages, TIME, DISTANCE, SPEED, RPM (revolutions per minute), CALORIES, PULSE, RESISTANCE LEVEL and CAL/HOUR.

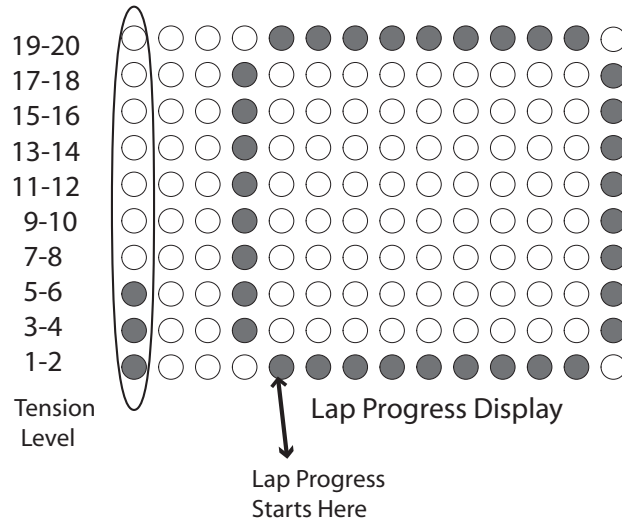
PROFILE WINDOW - This 10 X 14 LED Window displays Program Profile, Tension Bar, Heart Rate Bar (HR Programs only), Lap Progress Display and Lap Counter. The Profile window toggles between program profile (10 seconds in window) and lap counter (30 seconds in window), except in Heart Rate Programs.

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.

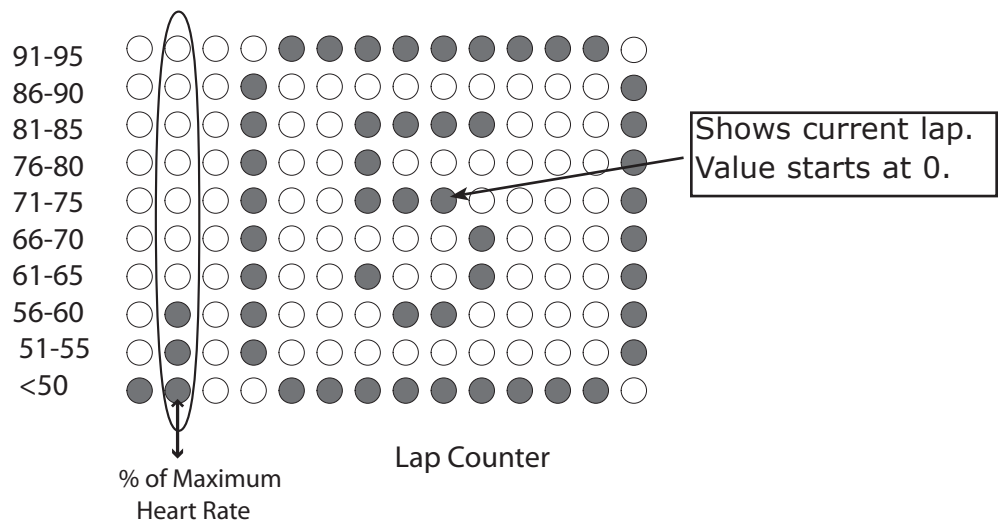


Console Instructions

LAP DISPLAY - Shows your progress around a virtual track. This also shows the tension level in the first column. Every dot in the tension column represents an increment of two. Tension is adjustable from 1-20. One dot on the lap counter is equal to 15 revolutions. One revolution is equal to 2 steps. Current position on track will blink.



LAP DISPLAY/COUNTER - In Heart Rate Mode the lap progress display also shows % of Maximum Heart Rate and Tension level.



QUICK START MODE - The Quick Start Program allows the user to quickly start using the machine without using the 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 START/SCAN button instead. Start exercising. The Resistance Level can be changed at any time by pressing the +/- buttons. Time is set at 30 minutes. Weight is set at 150 lbs.

MANUAL MODE - This program allows the user complete control over their workout. The user must make all tension adjustments using the +/- buttons. Follow directions in PROGRAM MODE section to enter and set values in manual mode.

PROGRAM MODE - There are six preset Programs. To enter Program Mode: The Message Window will display "PRESS PROGRAM KEY TO BEGIN". Press PROGRAM button until desired Program name shows in the Message window. The program profile will show in the Profile Window. See charts below for program names and resistance profiles. When the Program you wish to use shows in Message Window, Press ENTER/SCAN button to confirm program selection. TIME will show in Message Window. Use the +/- buttons to set Time desired. Press ENTER/SCAN to confirm time setting. Default Time is 30 minutes. Time settings can range from 1 minute to 99 minutes.

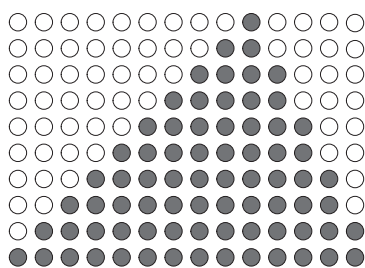
If Time entered ≤ 14 minutes, each column in the program profile = 1 minute.
 If Time entered >14 minutes, each column = $\text{Time}/14$.

WEIGHT will show in Message Window. Use the +/- buttons to set weight. Press ENTER/SCAN to confirm weight setting. Weight default is 150 pounds. Weight settings can range from 70 lbs to 332 lbs.

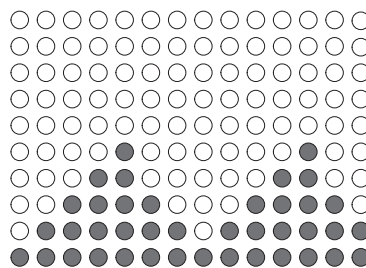
AGE will show in Message Window. Use the +/- buttons to set age. Press ENTER/SCAN to confirm setting. Age default is 30. Age setting can range from 1 to 99. Press START button to exit Program mode and begin exercise session.

For Information on Heart Rate Programs see HEART RATE Programs section of this manual.

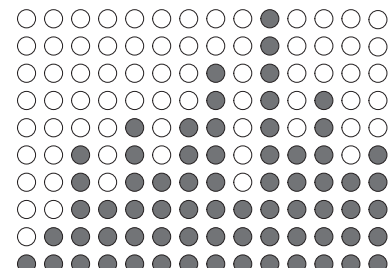
PROGRAM PROFILES



MOUNTAIN

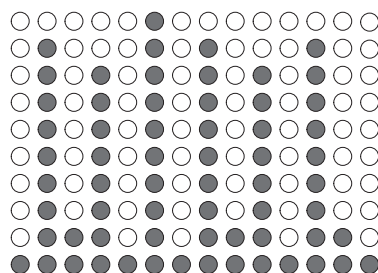


HILL

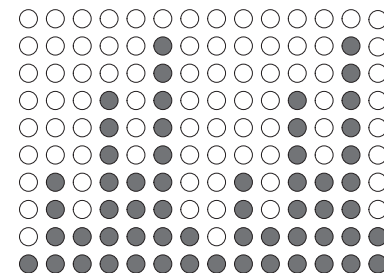


RANDOM

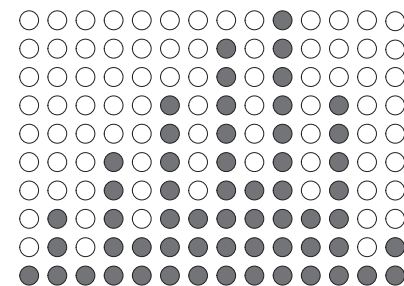
Example Only



INTERVAL SPEED
TRAINING



INTERVAL



INTERVAL MOUNTAIN

MOUNTAIN - This program takes the user gradually up to a high tension level, then brings the tension 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 thru two hill profiles. Tension 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. A new RANDOM program will be generated. The RANDOM program will be different every time you use it.

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 CG1 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 a exercise session. To enter 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 Start. You may make changes to the tension level at any time during your exercise session. One you press PAUSE/RESET and exit the program, the data is automatically saved.

To clear a saved User program:

Press Program button to scroll to U1 or U2 program. Press ENTER to select program. Press and hold PAUSE/RESET for 2 seconds (console will beep twice).

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 +/- 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. Profile will show for 10 seconds, Track for 30 seconds.

During heart rate programs, the profile window will only show the track.

The User may change the program selection during an exercise session by pressing the PROGRAM button until 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 150 calories during original program this value will not reset to 0. Unit will automatically shut off after 4 minutes of inactivity. Press any button to bring the console back to full functionality.

ERROR MESSAGES -

The message center will display "MOTOR ERROR" message whenever the brake motor was unable to move to its target position within 2 seconds.

Each time the CG1 is powered on, the console will check the brake motor status. If the brake motor does not reply, then the console will display the error message "MOTOR ERROR" immediately and disable button operation until power is reset.

To clear this error message plug and unplug the unit.

TO CHANGE UNIT OF MEASURE FROM STANDARD TO METRIC -

Press the PAUSE/RESET button for 2 seconds. Use the +/- buttons to change unit of measure. Press ENTER/SCAN to confirm setting.

HEART RATE PROGRAMS

HEART RATE PROGRAMS -

(See 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 center will show "NO DETECTED HR". If this continues for 40 seconds, the message center will show "ABORT PROGRAM" for 3 seconds then interrupt the Heart Rate Control program and return to Program Mode.

HOW HEART RATE PROGRAMS WORK -

Delta Heart Rate (DHR) = Beats per minute difference between Target Heart Rate and Current Heart Rate

The Heart Rate Programs will behave in the following manner:

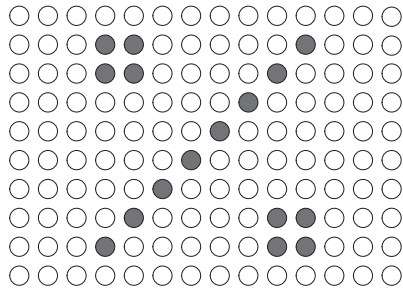
DHR \leq 5 \rightarrow Tension Level stays the same, Message Center will show "IN HR TARGET" for 3 seconds then toggle back to workout information.

DHR $>$ 5 \rightarrow Tension Level decreases. If the current Tension Level is 1, then the Message Window will display "STRIDE SLOWER" for 3 seconds. The Console will check the user's Heart Rate every 40 seconds and adjust the Tension Level to fit the Target Heart Rate.

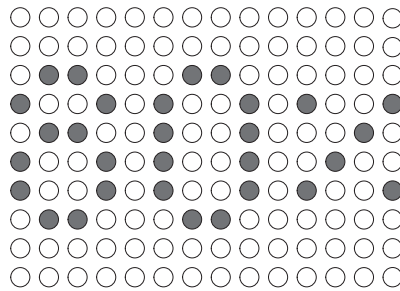
DHR $<$ 5 \rightarrow Tension Level will increase. If the current Tension Level is 20, the Message window will show "STRIDE FASTER" for three seconds. The Console will check the user's Heart Rate every 40 seconds and adjust the Tension Level to fit the Target Heart Rate.

There are 5 HEART RATE CONTROL programs to choose from.

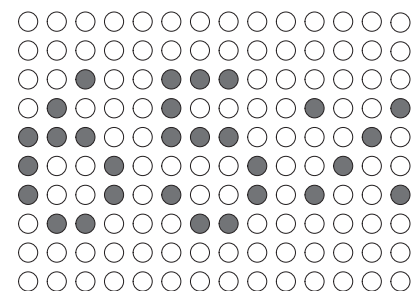
HEART RATE PROGRAM PROFILES



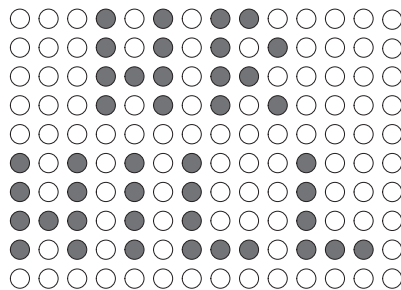
TARGET HEART RATE



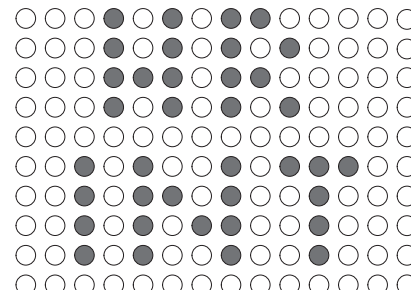
HEART RATE CARDIO 80%



HEART RATE FAT BURN 65%



HEART RATE HILL 65-85%



HEART RATE INTERVAL 65-85%

% (TARGET HEART RATE) - Allows the user to select the percentage of your Maximum Heart Rate (See section titled MONITORING YOUR HEART RATE for more information) that you would like to maintain during your exercise session. The range of percentages is 50% to 85%.

HR 80% (CARDIO) - Maintains your Target Heart Rate at 80% of Max HR by automatically adjusting the tension levels. This program provide a high intensity, cardiovascular workout.

HR 65% (FAT BURN) - Maintains your Target Heart Rate at 65% of Max HR by automatically adjusting the tension levels. This program provides the ultimate fat burning workout.

HR HILL (65-75-85%) - 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 three minutes before changing to the next percentage.

HR INT (HILL INTERVAL) - This 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 four minutes before alternating to the next percentage.

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 +/- 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. Profile will show for 10 seconds, Track for 30 seconds. During heart rate programs, the profile window will only show the track. The User may change the program selection during an exercise session by pressing the PROGRAM button until 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 150 calories during original program this value will not reset to 0. Unit will automatically shut off after 4 minutes of inactivity. Press any button to bring the console back to full functionality.

ERROR MESSAGES -

The message center will display "MOTOR ERROR" message whenever the brake motor was unable to move to its target position within 2 seconds.

Each time the CG1 is powered on, the console will check the brake motor status. If the brake motor does not reply, then the console will display the error message "MOTOR ERROR" immediately and disable button operation until power is reset.

To clear this error message plug and unplug the unit.

TO CHANGE UNIT OF MEASURE FROM STANDARD TO METRIC -

Press the PAUSE/RESET button for 2 seconds. Use the +/- buttons to change unit of measure. Press ENTER/SCAN to confirm setting.

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 your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. 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 **Fitness Safety** below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your 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 your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

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

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 - age = maximum heart rate (MHZ)
MHZ x .60 = 60% of your maximum heart rate.
MHZ x .75 = 75% of your maximum heart rate.
For example, if you are 30 years old, your calculations will be as follows:

220 - 30 = 190
190 x .60 = 114 (low end or 60% of MHZ)
190 x .75 = 142 (high end or 75% of MHZ)
30 year-old (THR) Target Heart Rate would be 114-142

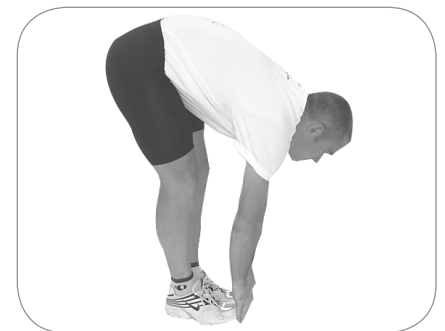
EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.



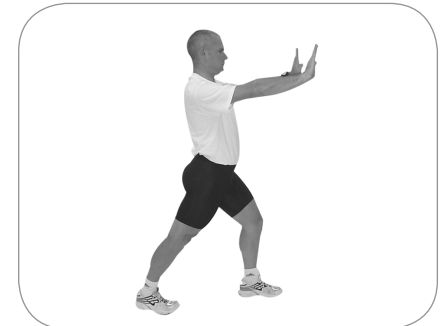
HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.



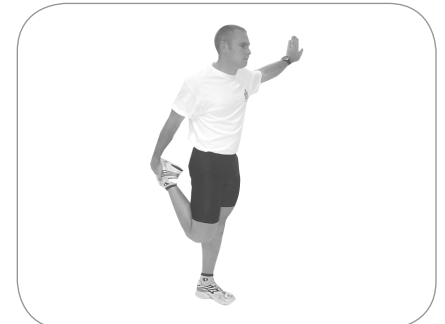
CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



INNER THIGH STRETCH (Image not Shown)

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

Trouble Shooting 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 cord is not plugged into CG1?	Plug DC adapter cord into CG1 power socket
	Console cable is not connected?	Verify that console cable is connected properly
	The computer is faulty?	Call the Keys Fitness 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 sensor and the magnet is 3mm or less
		Check that all the computer plugs and sockets are correctly and firmly connected
		Check that the computer wires are not damaged
	The sensor is faulty?	If all above checks are okay, then replace sensor
	The computer is faulty?	Call the Keys Fitness service number
No HR signal or incorrect HR signal	Computer is receiving a faint or intermittent pulse signal	Check that the pulse plugs are 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 user - if skin is extremely dry, then moisten contact points on chest with water and try again
		If problem still exists then call the Keys Fitness 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.

CLEANING/MAINTENANCE -

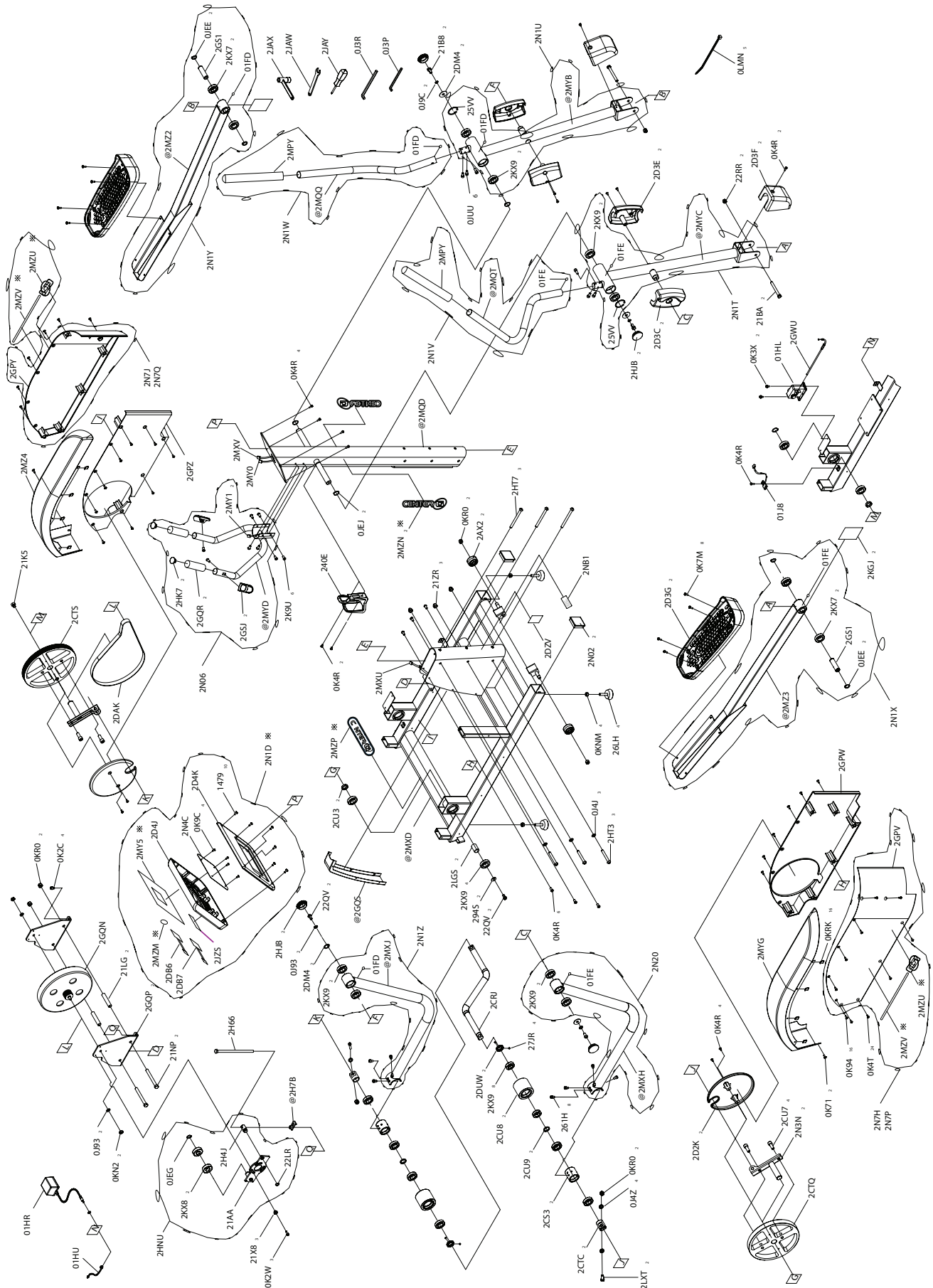
Your **CG1 Elliptical** has been manufactured to withstand many hours of use with minimal maintenance.

Periodically wipe down your machine with mild, soapy water or a diluted general purpose household cleaner. Machine should be wiped down to remove sweat after each use.

CG1 Parts List Rev A

Ref #	Part #	Description	Qty	Ref #	Part #	Description	Qty
01HL	307-00055	MOTOR 600E	1	2DB7	308-00002	MEMBRANE, +/-, CENTERG	1
01HR	307-00111	TRANSFORMER, CENTER-G	1	2DM4	302-01352	WASHER, HANDLEBAR 10.2MM IDX35MM	4
01HU	313-00072	POWER SOCKET	1	2DUW	302-01303	RETAINING RING, CENTER-G	2
01J8	313-00069	REED SWITCH	1	2DZV	314-00027	CAUTION LABEL, CENTER-G	1
0J3P	302-01444	ALLEN WRENCH, REXON	1	2GPW	305-00171	COVER, SIDE RIGHT INNER, ACHIEVER	1
0J3R	302-00142	WRENCH HEX. 6-83MM	1	2GPZ	305-00169	COVER, SIDE LEFT INNER, ACHIEVER	1
0J4J	302-01354	WASHER, FLAT M10*20-2	3	2GQN	311-00082	MAGNETIC BRAKE, ACHIEVER/AEROS/CDT	1
0J4Z	302-01294	FLAT WASHER, 12X20-3	4	2GQP	310-00193	RETAINING CLIP, ACHIEVER	2
0J93	302-01307	SPRING WASHER, M10, BLACK	4	2GQR	306-00729	FOAM GRIP, AEROS	2
0J9C	302-01308	SPRING WASHER, M10, ZINC	2	2GQS	305-00173	COVER, ACHIEVER	1
0JEE	302-01346	C-RING, A-17	4	2GS1	302-01472	PIN, CG1-HR	2
0JEG	302-00109	C-RING A-20	1	2GSJ	306-00727	HAND PULSE W/GRIP, AEROS	4
0J EJ	302-01296	C-RING A-25	2	2GWU	310-00207	MAG BRAKE CABLE; ACHIEVER, CDT	1
0JUJ	302-01358	BOLT, HEX SOC HEAD CAP M8*1.25-16 BLACK	6	2H4J	302-01349	RETAINING RING, ACHIEVER	1
0K2C	302-01293	HEX.SOCKET HD.CAP SCREWS M8X1.25-16	4	2H66	302-01348	M10*1.5-210, HEX HEAD BOLT	1
0K2W	302-01131	BOLT M5*12	3	2H7B	306-00693	SLEEVE ASSY, ACHIEVER	1
0K3X	302-01292	CR.RE. PAN HD. SCREW & WASHER M5*0.8-14	2	2HJB	306-00732	END CAP, LINKAGE CTM-9.2E	4
0K4R	302-01291	CR.-RE. TRUSS HD. SCREW M5*0.8-12	25	2HK7	306-00726	END CAP, CONSOLE TUBE AEROS	2
0K4T	302-01445	SCREW, CR.-RE. TRUSS HD. M5X0.8-20	24	2HNU	311-00077	IDLER BELT TENSION ASSY, CENTER-G/CDT	1
0K71	302-01473	CR.RE. TRUSS HD SCREW (COVER) CG1-HR	2	2HT3	302-01355	SCREW, HEX SOC TRUSS HEAD M10*1.5-80 BLK	3
0K7M	302-01290	CR. RE. ROUND WASHER HD. SCREW M6*1.0-18	8	2HT7	302-01453	SCREW, HEX. SOC. TRUSS HD. M10X1.5-120	3
0K94	302-00115	CR. RE. TRUSS HD. TAPPING SCREW M5*12-16	16	2JAW	302-01476	WRENCH 17MM	1
0K9C	302-01288	CR. RE. TRUSS HD. TAPPING SCREW M3*24-8	4	2JAX	302-01477	CRESCENT WRENCH	1
0KN2	302-01447	NUT, HEX M10X1.25 T=4	2	2JAY	302-01478	SCREWDRIVER E05KY	1
0KNM	302-01287	HEX. NUT, M10X1.5 CT=8	4	2JZ5	302-01475	SPACER, CG1-HR	1
0KR0	302-01285	LOCKING NUT, M12*1.75 T12	6	2K9U	302-01454	SCREW, HEX. SOC. TRUSS HD. M6X1.0-10 #	6
0KRK	302-00144	U-TYPE NUT M5-12MM	16	2KX7	331-00105	BALL BEARING, 6203ZZ	4
21B8	302-01282	HEX. HD. BOLT M10*1.5-20, ZINC	2	2KX8	331-00106	BALL BEARING, 6204ZZ	2
21BA	302-01281	HEX. HD. BOLT M10*1.5-81.5	2	2KX9	331-00107	BALL BEARING, 6005ZZ	20
21K5	310-00187	MAGNET AND BRACKET, CENTER-G/ACHIEVER	1	2LGS	302-01474	BUSHING, CG1-HR	2
21LG	319-00225	COLLAR, CENTERG	2	2LXT	302-01455	BOLT, HEX. SOC. HD. CAP M12X1.75-55 BLAC	2
21NP	302-01280	HEX. HD. BOLT M12*1.75-110, ZINC	2	2MPY	306-00808	GRIP, CG1	2
21X8	302-01304	SPACER, CENTER-G/ACHIEVER/CDT	3	2MQD	323-00543	CONSOLE MAST ASSY CG1-HR	1
21ZR	302-01353	CROWN NUT, M10*1.5-120 BLACK	3	2MXU	313-00407	WIRE ASSY, 1100MM CG1-HR	1
22LR	302-01401	C-RING, A-16 T=1.2 BLACK	1	2MXV	313-00408	WIRE ASSY, 1300MM CG1-HR	1
22QV	302-01277	HEX. SOC. TRUSS HD. SCREW M10*1.5-20	4	2MY0	313-00409	WIRE ASSY, 200MM CG1-HR	1
22RR	302-01276	HEX. NUT M10*1.5,T8 ZINC	2	2MY1	313-00410	WIRE ASSY, 550MM CG1-HR	2
240E	310-00216	HOLDER, WATER BOTTLE CG1-HR	1	2MY5	314-00112	OVERLAY, CG1	1
25VV	302-01347	C-RING, B-47 BLACK	2	2MYD	323-00544	HANDLEBAR ASSY, CG1	1
26LH	310-00204	LEVELER, CDT/ACHIEVER/CG2	12	2MYG	305-00220	COVER, SIDE RIGHT TOP CG1-HR	1
27JR	302-01312	HEX. SOC SET SCREW, M5*6	4	2MZ4	305-00221	COVER, SIDE LEFT TOP CG1-HR	1
294S	302-01451	WASHER, FLAT 10X25-3 BLACK	2	2MZM	314-00109	DECAL, CONSOLE LOGO CG1-HR	4
2AX2	306-00668	TRANSPORTATION WHEEL, CENTER-G	2	2MZN	314-00107	DECAL, UPRIGHT CG1-HR	2
2CRJ	330-00087	CRANK SHAFT, USE ASSM 324-00005	1	2MZP	314-00108	DECAL, REAR LOGO CG1-HR	1
2CS3	306-00669	SHAFT SLEEVE, CENTER-G/ACHIEVER/CDT	2	2MZU	314-00114	DECAL, SHROUD LOGO CG1	4
2CTC	306-00945	COLLAR, NYLON, CENTERG/ACHIEVER/CDT	2	2MZV	314-00113	DECAL, SHROUD BOTTOM CG1	4
2CTD	302-01452	SPECIAL NUT, CG1-HR	4	2N02	306-00741	END CAP, CH1-HR	2
2CTQ	311-00079	DRIVEN WHEEL, CENTER-G/ACHIEVER/DC	1	2N06	323-00522	HANDLEBAR ASSY, CG1-HR (ALL PARTS)	1
2CTS	311-00078	DRIVE PULLEY, CENTER-G/ACHIEVER	1	2N1D	307-00723	CONSOLE, COMPLETE ASSY CG1	1
2CU3	302-01301	CENTER SHAFT WASHER	2	2N1T	323-00547	HANDRAIL ASSY,RIGHT CG1	1
2CU7	302-01272	HEX. SOC. HD. CAP BOLT M12*1.75-30	4	2N1U	323-00548	HANDRAIL ASSY, LEFT CG1	1
2CU8	319-00229	SHAFT WHEEL W/BALL BEARING, NO LIP	2	2N1V	323-00549	HANDRAIL, UPPER ASSY RIGHT CG1	1
2CU9	319-00223	COLLAR, POM, CENTERG	2	2N1W	323-00550	HANDRAIL, UPPER ASSY LEFT CG1	1
2D2K	306-00680	FLYWHEEL COVER, (NEW STYLE) CENTER-G	2	2N1X	323-00545	PEDAL TUBE RIGHT ASSY CG1	1
2D3C	305-00150	SHAFT COVER RIGHT, CENTER-G	2	2N1Y	323-00546	PEDAL TUBE ASSY, CG1	1
2D3E	305-00151	SHAFT COVER LEFT, CENTER-G	2	2N1Z	323-00551	LINKAGE ASSY, CG1	1
2D3F	305-00152	BRACKET COVER, CENTER-G/ACHIEVER/CDT	2	2N20	323-00552	LINKAGE ASSY, RIGHT CG1	1
2D3G	306-00622	PEDALS, EVO-1, CENTER-G/ACHIEVER/CDT	2	2N3N	330-00095	CENTER SHAFT ASSEMBLY,W/HOLE CG2/CDT/ACH	2
2D4J	305-00159	TOP CONSOLE PANEL, CENTER-G	1	2N4C	307-00148	BOARD, CONSOLE CONTROLLER CIRCUIT ONLY	1
2D4K	305-00160	BOTTOM CONSOLE PANEL, CENTER-G	2	2N7H	305-00224	COVER, SID OUTSIDE RIGHT, CG1	1
2DB6	308-00001	MEMBRANE, START, CENTERG	1	2N7J	305-00225	COVER, SID OUTSIDE LEFT, CG1	1

Exploded View



Residential and Personal Use Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS FULLY AND CAREFULLY BEFORE USING YOUR KEYS FITNESS EQUIPMENT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING TERMS AND CONDITIONS.

Frame: Lifetime

Electronics and *Parts: 2 yrs

Labor: 1 yr

Missing/Cosmetic Parts: 30 Days

Limited Warranty

This Limited Warranty applies in the United States and Canada to Products manufactured or distributed by Keys Fitness Products, L.P. under the Keys Fitness ("Keys") brand name (as used herein, the "Product" or "Products"). The warranty period to the original purchaser is listed above, and commences on the date of original purchase of the product, unless otherwise authorized by Keys. Keys warrants that the Product purchased from Keys or from an authorized Keys Fitness reseller "dealer" (for residential or personal use only, unless otherwise authorized by Keys in writing), is free from defects in Materials and Workmanship relevant to the functionality of the Product at *initial startup*, under normal use, and during the applicable warranty period, unless otherwise determined by Keys.

This warranty excludes *expendable parts* if primary cause for warranty claim is wear. *Expendable parts* pertain to components on the Product that are prone to normal wear and tear. These items vary by Product, and can include (but not limited to) hand grips, skid pads, pedals, pedal straps, poly-v belts, console overlays, toggle switch/button overlays, (luster free or dull) ekg plates, decals, and any other items that are not essential to the operation of the Product, unless otherwise determined by Keys.

This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases (or receives as a gift) the Product from you. Your sales receipt, showing the date/place of purchase and serial number (if applicable) of the Product, is your proof of purchase, and may be required by Keys any time a warranty parts (or service) claim is made or if no warranty record exists for the product.

Exclusive Remedies

During the warranty period listed above, Keys will repair a Product by correcting any minor issues (either by phone or online support) that might be causing the Product failure. Should a technical service and support representative be unable to correct the issue, Keys may replace the parts (with new parts or at the option of Keys, with serviceable used parts, that are equivalent to new parts in performance) that become defective, malfunction, or otherwise fail to conform to this Limited Warranty under normal use.

Replacement parts shall be warranted for 30 days from the shipment reception date or through the end of the 'replaced' part warranty period, whichever is longer. Any replacement parts, required *past the warranty period* listed above, shall be subject to purchase at retail price, plus any added shipping and handling charges associated to the delivery of the part. Note that replacement parts may be available only through the lifetime (as defined) of the Product. In conforming to this warranty, Keys (as the manufacturer) reserves the right to change manufacturers or vendors of any part to cover the existing warranty.

Keys may also provide service (if deemed necessary and if applicable) at no charge to you during (and not to exceed) the service warranty period listed above, in an attempt to repair the Product. Should the Product require service at your request or out of the limited warranty period, Keys can furnish contact information for local (to your area) Keys authorized service providers. Service quotes, costs, and scheduling will be strictly dependent on service provider rates and mutual (consumer/provider) service agreements. Keys is not responsible for any service repair costs accrued through the use of authorized Keys service providers at your request or out of the limited warranty period (without written consent from Keys), beyond the limitations outlined on this warranty.

Replacements and Returns

If after a reasonable number of attempts, a defect has not been repaired (or the Product is deemed non-repairable by Keys technical service and support staff), Keys, based on a case by case review, may opt to replace the Product, or recommend an alternate resolution, such as a warranty buy-out (Product cost, subject to deduction of a reasonable charge for usage) or a credit. Keys, as a manufacturer, reserves the right to replace the Product with a Factory-Reconditioned Product that meets or exceeds standards comparable to those of the replaced Product.

The warranty covering the replacement Product shall expire on the date the original warranty for the replaced Product would have expired, unless otherwise determined by Keys.

Conditions and Restrictions

This warranty **DOES NOT** (A) cover shipping and handling charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product, beyond the initial courtesy period of 60 days from original date of purchase of the Product; (B) extend to Products not purchased from Keys or from an authorized Keys reseller; (C) extend to Products purchased from online auction sites; (D) cover any extended, additional, or third party warranties if not offered exclusively by Keys in writing; (E) cover Products installed at fee based facilities/commercial environments (gyms, homes used as wellness centers, etc.); (F) cover Products installed in light institutional environments (non fee-based facilities include for example, and not be way of limitation, fire houses, police departments, rehab centers, hospitals, clinics, apartment complexes, club houses, etc.); (G) cover service calls to correct installation, perform maintenance, or instruct owners on how to use the equipment; or (H) cover a Product on which the serial number has been purposefully or accidentally defaced or removed and there is no proof of purchase available (if serial number is applicable), unless authorized by Keys in writing or otherwise stated on this warranty.

This Limited Warranty becomes void for Products that have been damaged or rendered defective as a result of (a) accident, misuse, or abuse (including but not limited to exceeding the Keys listed, maximum weight limit); (b) use of parts not manufactured or sold by Keys; (c) modification of the Product; (d) normal wear and tear; (e) operation on incorrect power supplies; (f) ***failure to perform (or performing improper) maintenance; (g) service by anyone other than Keys, or an authorized Keys warranty service provider; (h) floods, fires, earthquakes, lightning strikes, power surges, and other unavoidable acts of nature; (j) residential mis-wires; or (k) incorrect setup, installation, or assembly. Should any Product (submitted for warranty parts replacement) be found ineligible under the terms outlined on this warranty, an estimate for parts purchase (if available) can be furnished at your request.

***Parts** is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as components or Materials essential to the functionality of the Product.

****Lifetime** of a Product, is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as the time period 7 years beyond the end of production cycle of a Product in question.

Disclaimer and Release

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON IMPLIED WARRANTIES OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THIS LIMITED WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY ALSO HAVE OTHER RIGHTS THAT MAY VARY FROM STATE TO STATE. THIS IS THE ONLY EXPRESS WARRANTY APPLICABLE TO KEYS-BRANDED PRODUCTS. KEYS NEITHER ASSUMES NOR AUTHORIZES ANYONE TO ASSUME FOR IT ANY OTHER EXPRESS WARRANTY.



Customer Service

(888) 340-0482

Keys Fitness Products
4009 Distribution Drive
Suite 250
Garland, TX 75041

www.keysfitness.com

Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>