GYMSTICK™

GX6.0 CROSSTRAINER
USER MANUAL

GYMSTICK.COM

Thank you for choosing the Gymstick GX6.0 Crosstrainer. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

TABLE OF CONTENT

⚠

NOTIFICATION!

READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.
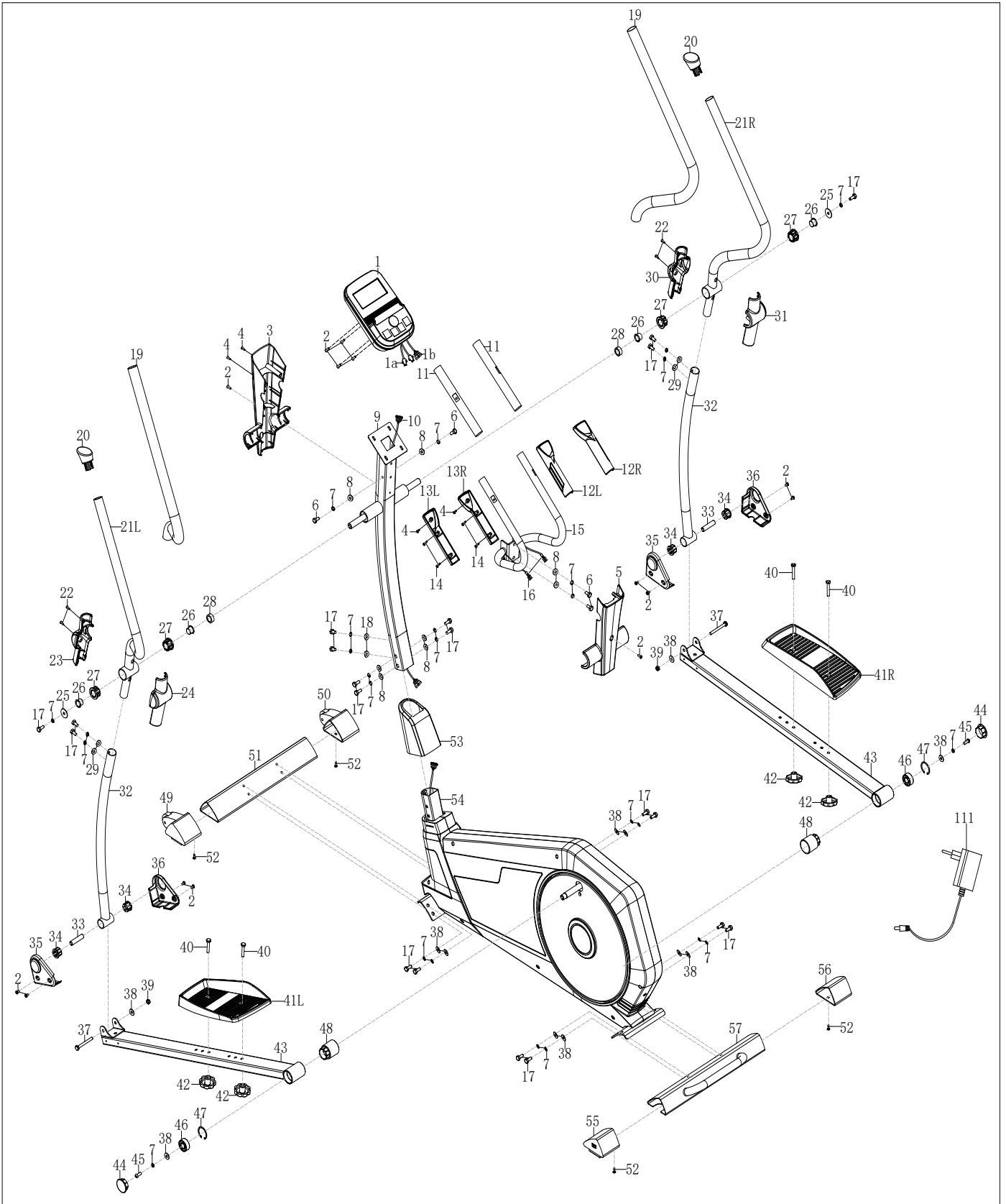
SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.
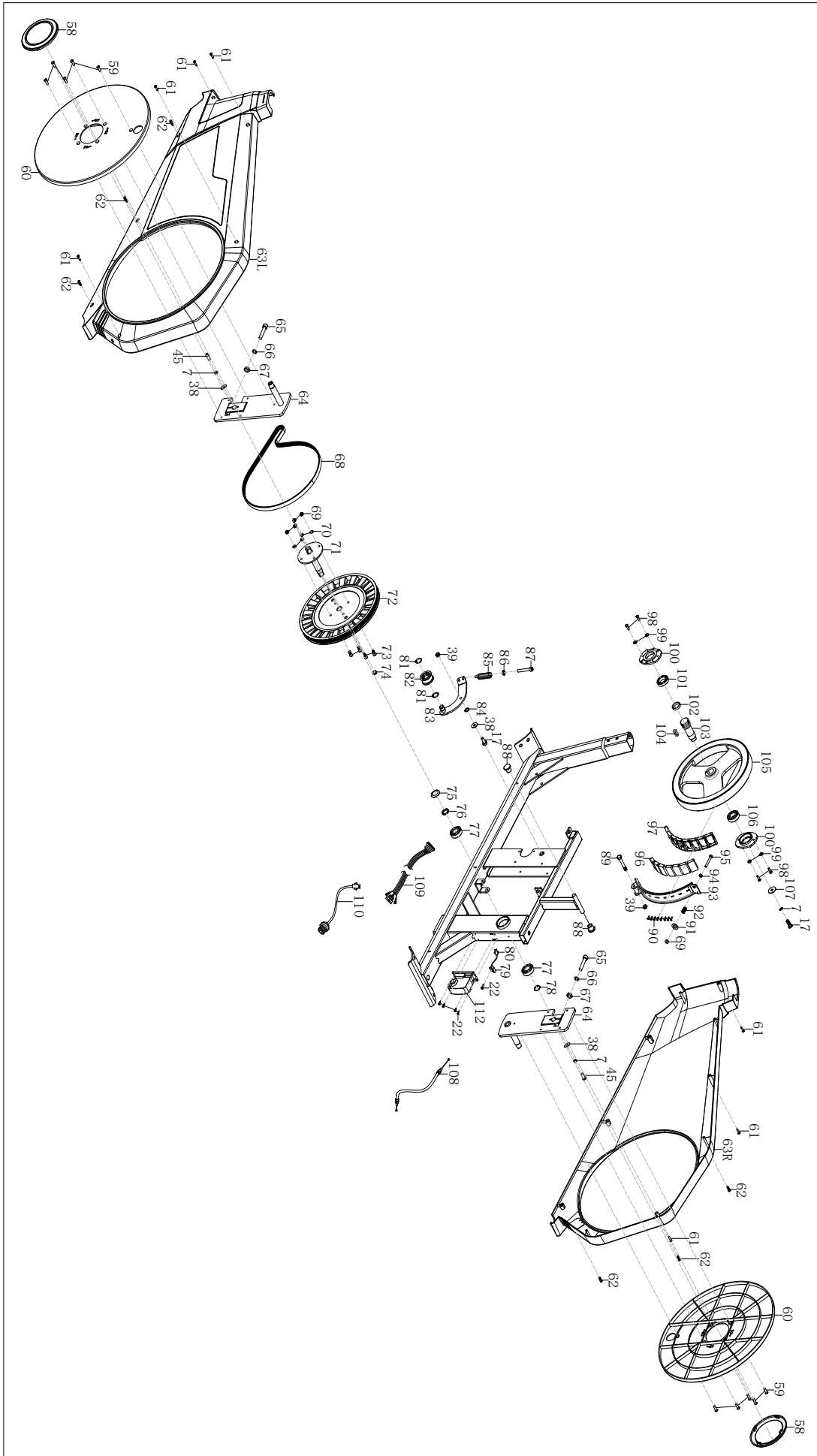
1. Keep children and pets away from the machine at all times. DO NOT leave unattended children in the same room with the machine.

2. Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.

3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.

4. Before beginning training, remove all within a radius of 2 meters from the machine. DO NOT place any sharp objects around the device.

5. Position the machine on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.

6. Use the machine only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.

7. Assemble the machine exactly as the descriptions in the instruction manual.

8. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.

9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so.

10. NEVER operate the machine if it is not functioning properly.

11. This machine can be used for only one person's training at a time.

12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.

13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.

14. Before exercising, always do warm-up and stretching first.
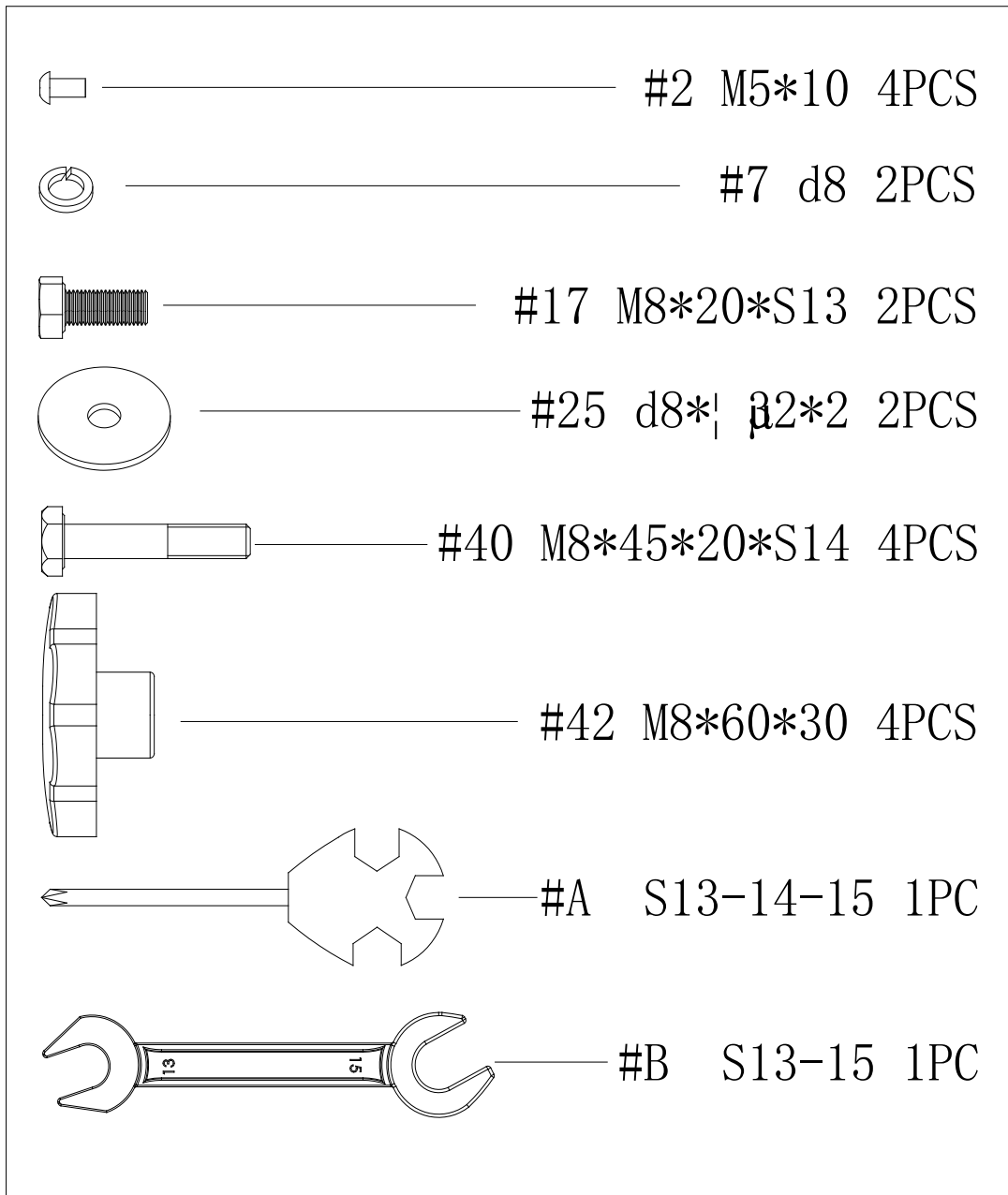
15. Maximum user weight 120kg.

WARNING!

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS.

#2 M5*10 4PCS

#7 d8 2PCS

#17 M8*20*S13 2PCS

#25 d8*¦ 32*2 2PCS

#40 M8*45*20*S14 4PCS

#42 M8*60*30 4PCS

#A   S13-14-15 1PC

#B   S13-15 1PC

ASSEMBLY INSTRUCTION

STEP 1.

Remove Bolts (17), Spring Washers (7) and washers(38) from Front stabilizer (51) and rear stabilizer (57).

Attach Front stabilizer (51) and rear stabilizer (57). to Main Frame (54) with Bolts (17), Spring Washers (7) and washers(38) that were removed by Wrench(B).
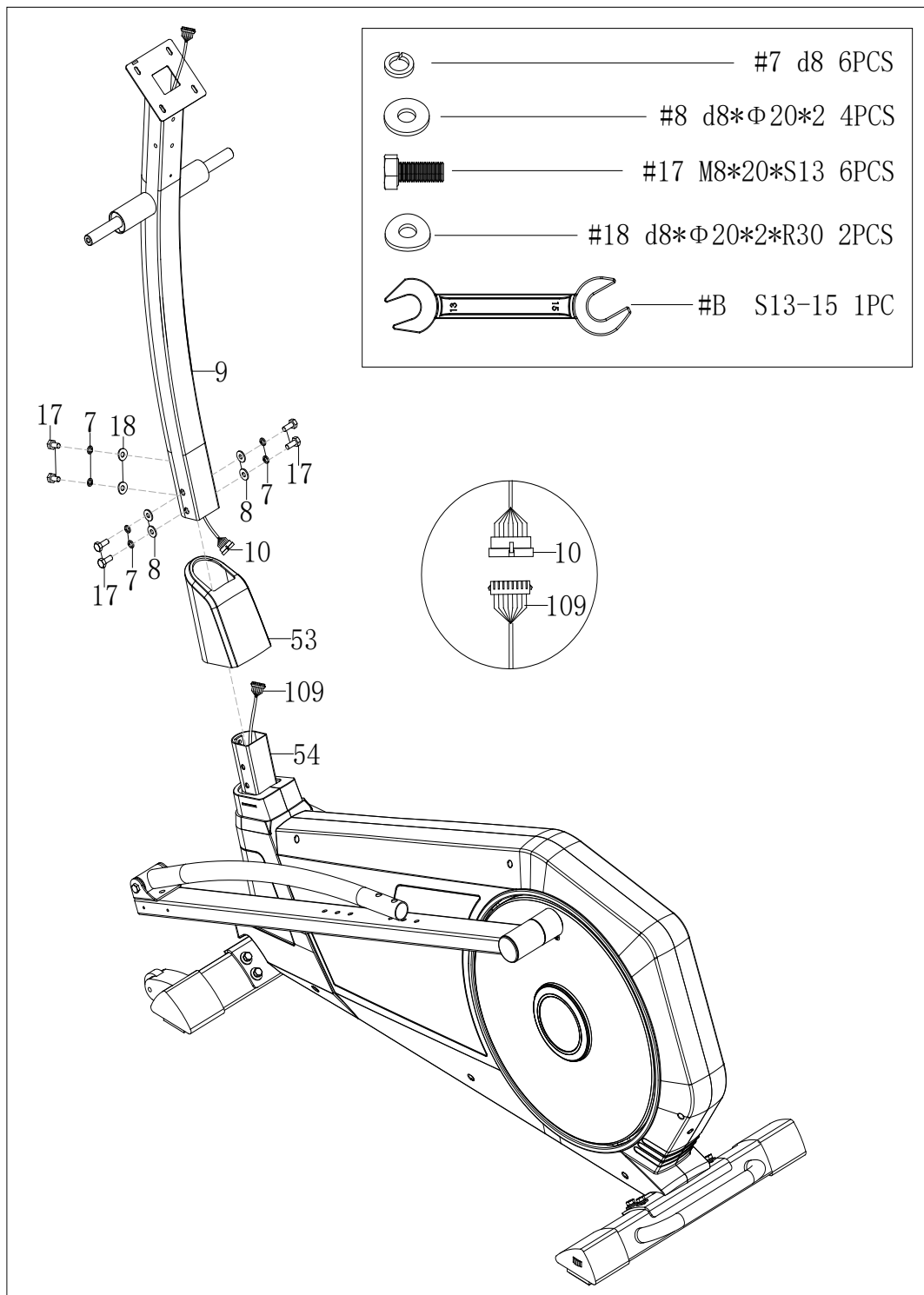

	#7 d8 8PCS	
	#17 M8✳20✳S13 8PCS	
	#38 d8✳Φ22✳2 8PCS	
	#B S13-15 1PC	

ASSEMBLY INSTRUCTION
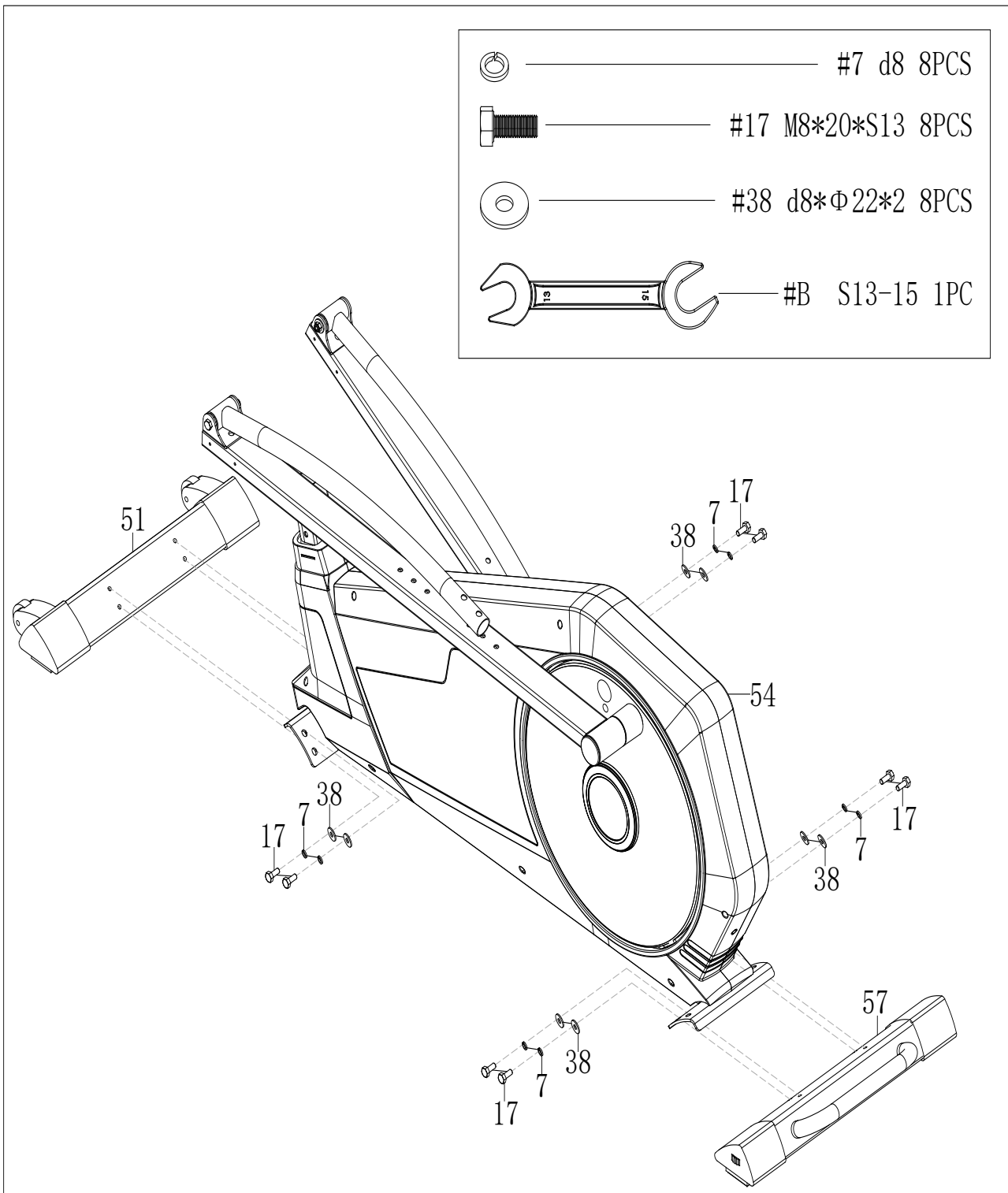
STEP 2.

Remove Bolts (17), Spring Washers (7), Arc washer(18) and Washers (8) from Main Frame (54) by Wrench(B).

Insert front cover(53) to handlebar post(9).

Connect trunk wire 1 (10) with trunk wire 2(109) well.

Fix handlebar post(9) to Main Frame (54) with Bolts (17), Spring Washers (7), Arc washer(18) and Washers (8) by Wrench(B).
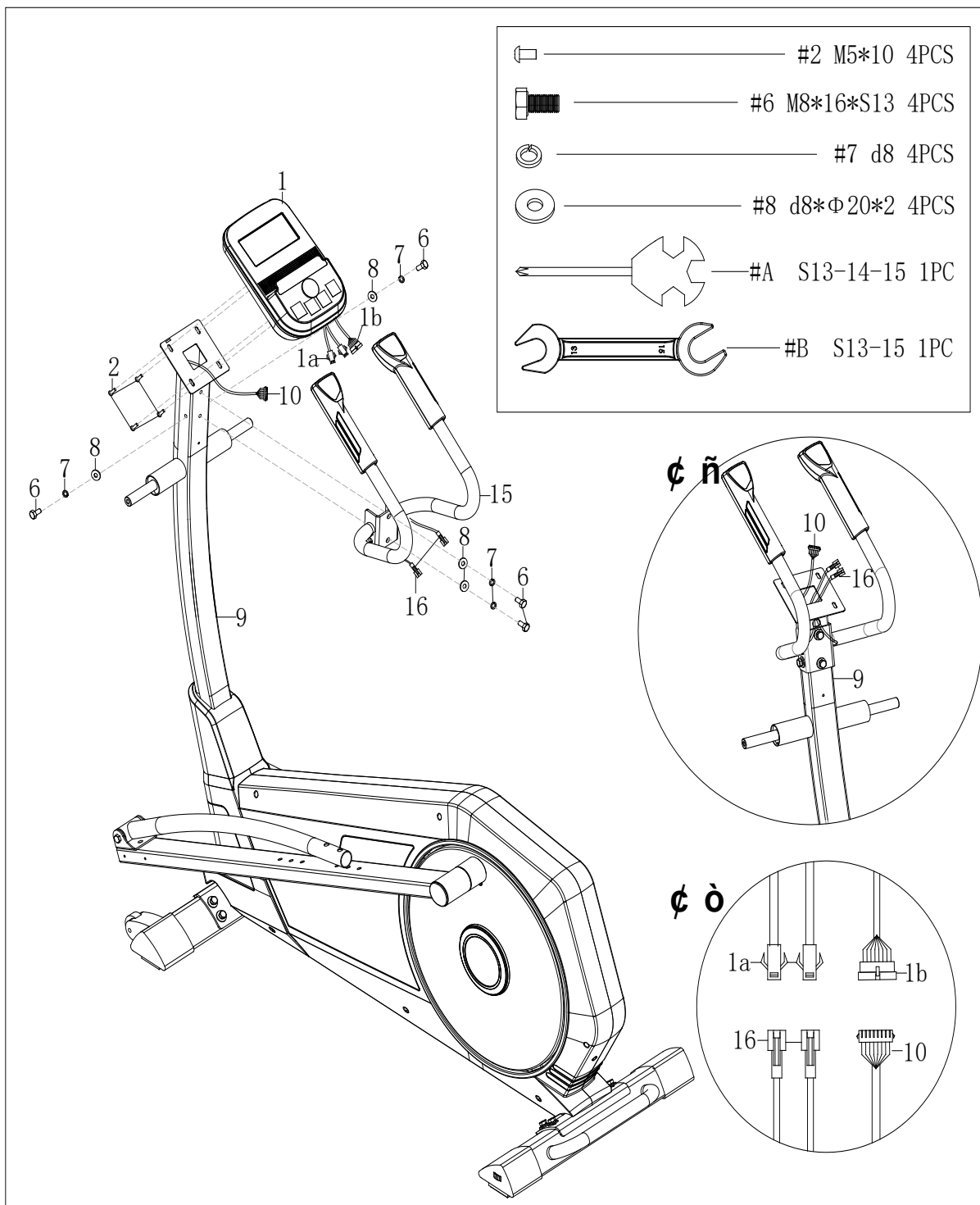

#7 d8 6PCS
#8 d8*Φ20*2 4PCS
#17 M8*20*S13 6PCS
#18 d8*Φ20*2*R30 2PCS
#B   S13-15 1PC

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STEP 3.

Remove Bolts (6), spring Washers (7) and Washers (8) from handlebar post(9) by Wrench(B).

Fix Middle handlebar (15) to handlebar post(9) with Bolts (6), spring Washers (7) and Washers (8) by Wrench(B). Remove Bolts (2) from computer(1) by Spanner(A).

Draw the handle pulse wire (16) through the hole of the handlebar post (9) and then connect it with computer wire(1a) well, Connect trunk wire 1(10) with computer wire(1b) well.

Attach computer (1) to handlebar post(9) with bolts(2) by wrench(B).

#2	M5*10 4PCS
#6	M8*16*S13 4PCS
#7	d8 4PCS
#8	d8*Φ20*2 4PCS
#A	S13-14-15 1PC
#B	S13-15 1PC

ASSEMBLY INSTRUCTION

STEP 4.

Attach Handlebar(21L/R) to handlebar post(9) with Bolts (17), Spring Washers (7) and Washers (25) by wrench(B).

Attach computer (1) to handlebar post(9) with bolts(2) by wrench(B).

#7 d8 2PCS

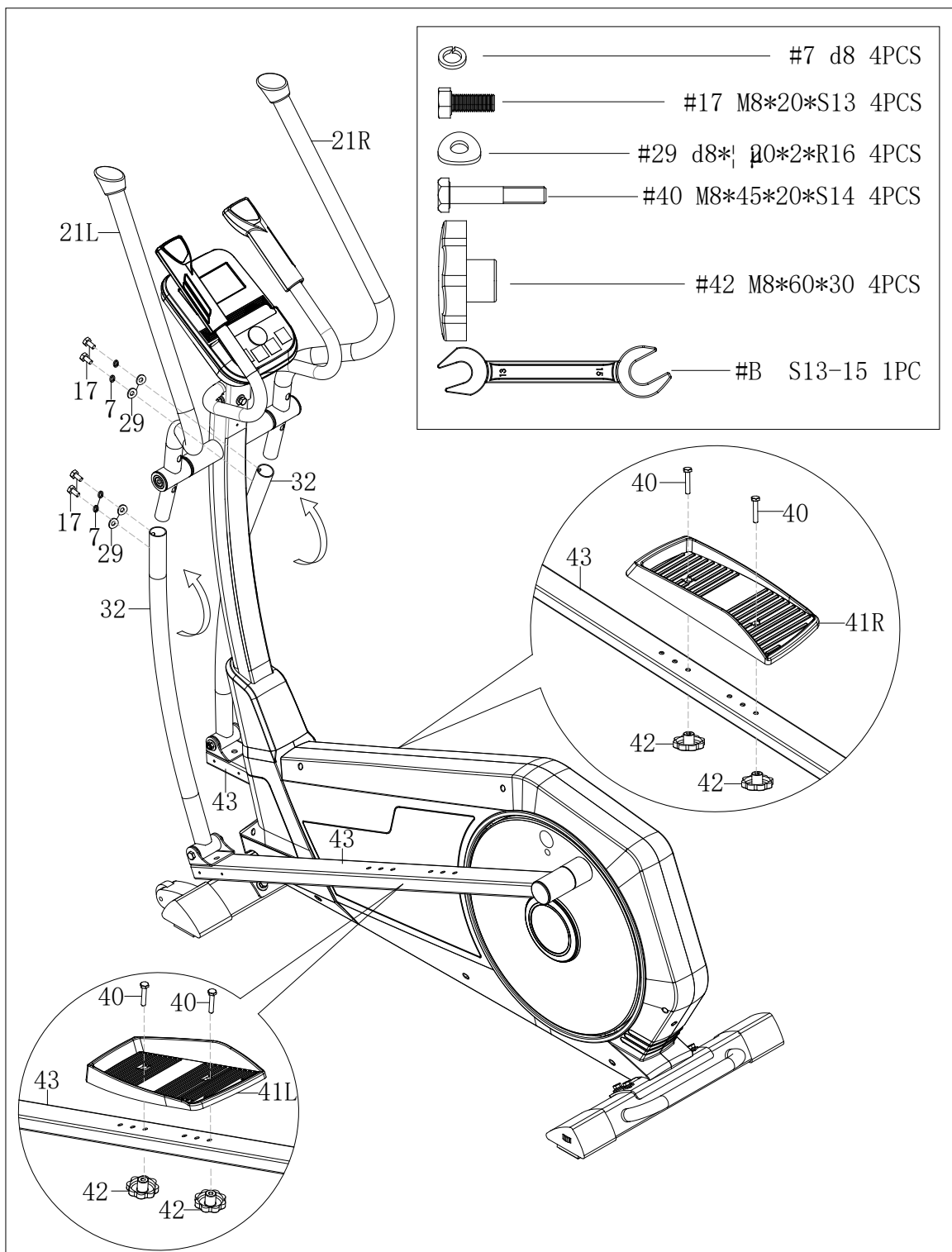#17 M8*20*S13 2PCS

#25 d8*d22*2 2PCS

#B S13-15 1PC
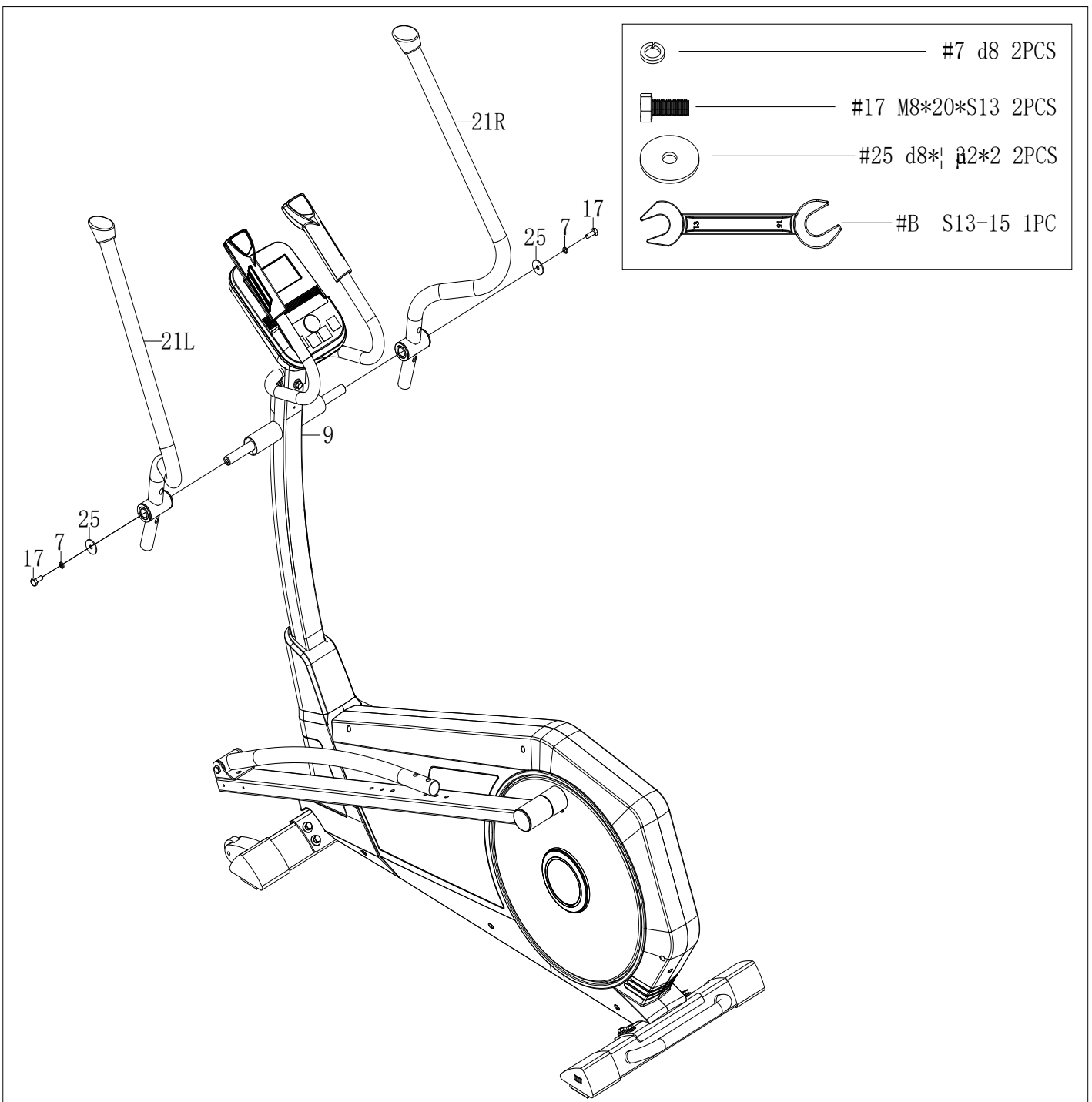
STEP 5.

Remove Bolts (17), arc Washers (29) and spring washer (7) from Handlebar(21L/R).

Attach swing bar(32L/R) to Handlebar(21L/R) with Bolts (17), arc Washers (29) and spring washer (7) by wrench(B).

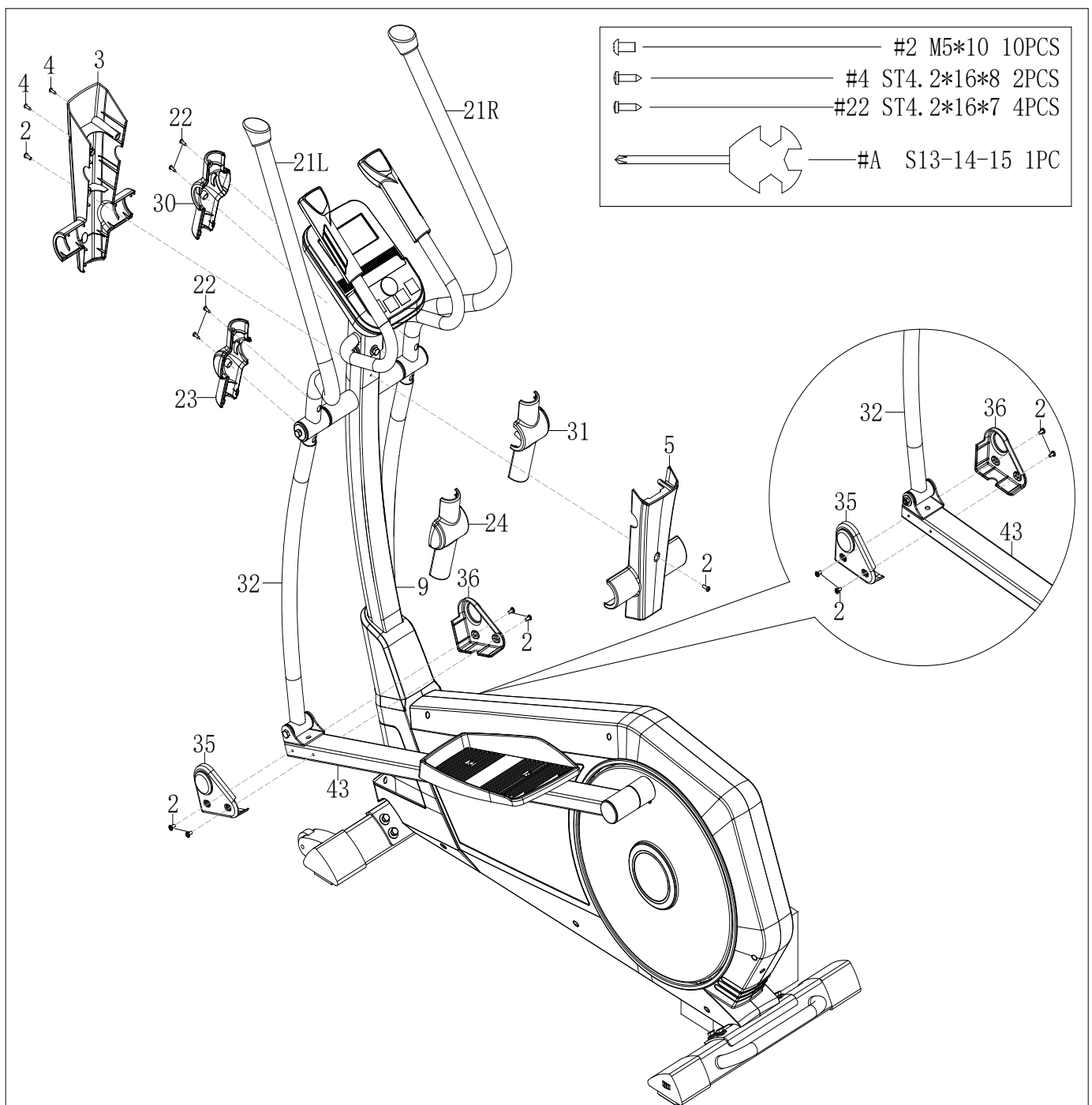Attach Pedal(41L/R) to pedal arm(43L/R) with bolts(40) and nut(42).

#7   d8   4PCS
#17 M8*20*S13   4PCS
#29 d8*|20*2*R16   4PCS
#40 M8*45*20*S14   4PCS
#42 M8*60*30   4PCS
#B   S13-15   1PC

STEP 6.

Remove Bolts (2+4+22) from Front & rear cover of handlebar post(3+5) , L Handlebar Cover(23+24) and R Handlebar Cover(30+31) by spanner(A).

Fix Front & rear cover of handlebar post(3+5) to handlebar post(9) with bolts(2+4), fix L Handlebar Cover(23+24) and R Handlebar Cover(30+31) to pedal arm(43L/R) with bolts(22).
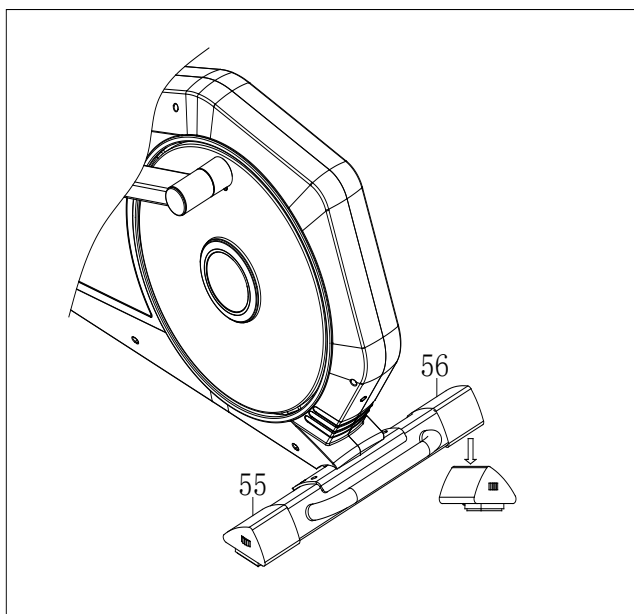
Pedal arm L/R cover(35+36) to Pedal arm (43L/R) with bolts(2).

The assembly is complete!

|		
⬜—	#2 M5*10	10PCS
⬛—	#4 ST4.2*16*8	2PCS
⬛—	#22 ST4.2*16*7	4PCS
⊗—	#A S13-14-15	1PC

ADJUSTMENTS GUIDE

1. ADJUSTING THE BALANCE

When this product is on an uneven surface, please adjust both foot pads on end cap(55+56) according to the instruction picture.

2. MOVING THE MACHINE

To move the machine, press on the handlebar (21L/R) until the transportation wheels on the front stabilizer (51) touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

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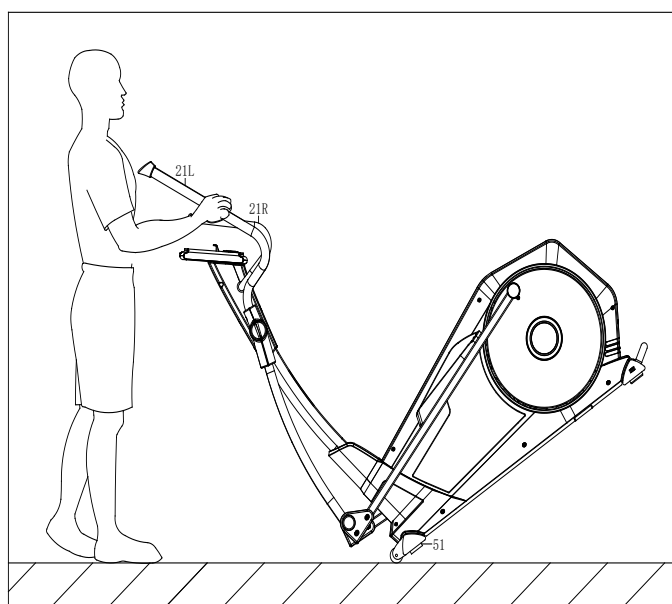
DISPLAY FUNCTIONS

TIME	Display range 0:00 ~ 99:99; Setting range 0:00 ~ 99:00 minutes
DISTANCE	Display range 0 ~ 99.99; Setting range 0~ 99.9KM
CALORIES	Display range 0 ~ 9999; Setting range 0 ~ 9900 cal
PULSE	Display range P-30 ~ 230; Setting range 0-30 ~ 220
WATT	Display range 0 ~ 999 watt; Setting range 10 ~ 350 watt
SPEED	0.0~99.9 KM/H
RPM	0~999

BUTTON FUNCTIONS

START/STOP	Start or stop workout.
RESET	In stop mode, press this button to go back to main menu; Hold on this button for 2 seconds, the console will reboot.
UP(+)	1.Select workout mode 2. Increase function setting value.
MODE	In stop mode, press this button to confirm setting and enter the program. In running mode, it is invalid to press this button.
DOWN(-)	1. Select workout mode 2. Decrease function setting value.
RECOVERY	Test heart rate recovery status.
BODY FAT	Test your body fat percentage.

COMPUTER OPERATION INSTRUCTIONS

OPERATING MANUAL

1. Plug-in the power (or hold on RESET KEY for 2 seconds), the BUZZER beep one sound , and LCD full display 2seconds (Figure 1). Then display wheel diameter, KM or ML, and Fat symbol "E" for 1 second (Figure 2). The console will go to Standby mode (Figure 3). At this point, the motor reverses to Load 1.

2. In the Standby mode (Figure3), user can press "START/STOP" to start workout directly as "QUICK START". Or press UP/DOWN button to select program by sequence: MANUAL→BEGINNER→ADVANCE→ SPORTY→CARDIO→WATT.
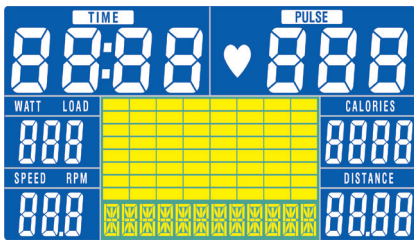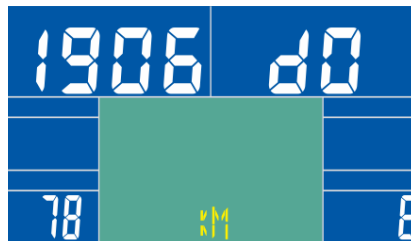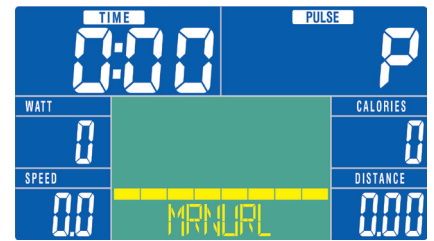
Figure 1.	Figure 2.	Figure 3.

3. If user choose **"MANUAL" mode**, press "MODE"button and press UP(+)/DOWN(-) to set "TIME" (Figure4). Then press"MODE" to confirm and press UP(+)/DOWN(-) to set "Distance/ Calorie" (Figure 5 & 6). After setting, press "START/STOP" button, console start to exercise and calculate. During workout, user can press UP(+)/DOWN (-) to increase or decrease LOAD level (Figure 7 & 8).
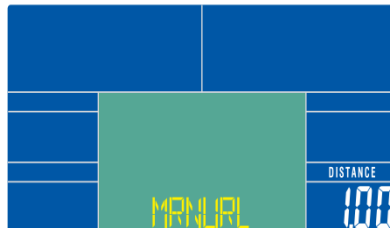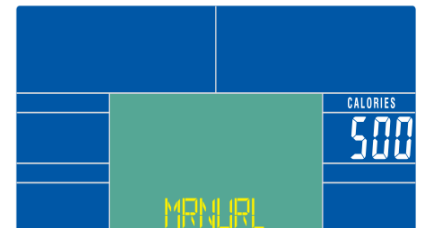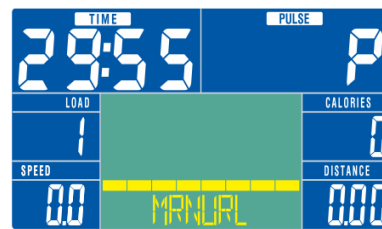
Figure 4.	Figure 5.	Figure 6.

Figure 7.	Figure 8.

4. BEGINNER mode (P01~P04) (Figure 9) - In any mode, user can press "START/STOP" button and then "RESET"button to go back to main menu. "MANUAL" is flashing, press UP(+) once, go to "Beginner" mode. Press UP(+)/ DOWN (-) to select one mode from Beginner 1~4 and confirm by MODE button. Set target "TIME" by pressing UP(+)/DOWN(-) (Figure 10) and press START to start exercise (Figure 11). During workout, system will automatically adjust load level based on your workout status to reach the preset resistance, user can also press "START/ STOP" button to stop exercise. When the TIME counts down to 0:00, system will stop exercising. Press RESET button will clear all workout data. Long pressing RESET button for 3 seconds will reboot the console.
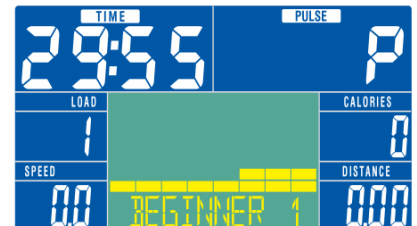

Figure 9.

Figure 10.

Figure 11.

5. ADVANCED mode (P05~P08) (Figure 12) - In any mode, user can press "START/STOP"button and then"RESET"button to go back to main menu. "MANUAL" is flashing, press UP(+) to select Advance mode. Press "MODE" to confirm and select mode from Advance 1~4, press UP(+)/DOWN(-) to set target "TIME" (Figure 13) and press START to start exercise (Figure 14). During workout, system will automatically adjust load level based on your workout status to reach the preset resistance, user can also press "START/ STOP" button to stop exercise. When the TIME counts down to 0:00, system will stop exercising. Press RESET button will clear all workout data. Long pressing RESET button for 3 seconds will reboot the console.
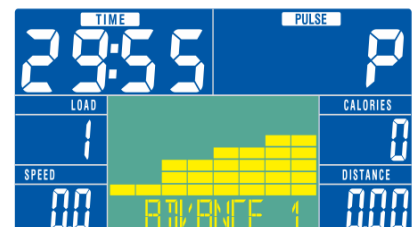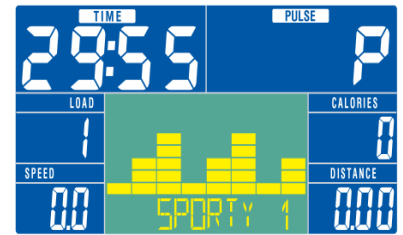

Figure 12.

Figure 13.

Figure 14.

6. SPORTY mode (P09~P12) (Figure 15) - In any mode, user can press "START/STOP" button and then"RESET"button to go back to main menu. "MANUAL" is flashing, press UP(+) to select Sporty mode. Press "MODE" to confirm and select mode from Sporty 1~4, press UP(+)/DOWN(-) to set target "TIME" (Figure 16) and press START to start exercise (Figure 17). During workout, system will automatically adjust load level based on your workout status to reach the preset resistance, user can also press "START/ STOP" button to stop exercise. When the TIME counts down to 0:00, system will stop exercising. Press RESET button will clear all workout data. Long pressing RESET button for 3 seconds will reboot the console.

Figure 15.	Figure 16.	Figure 17.

7. CARDIO mode (P13~P16) (H.R.C, Heart Rate Control)- In main menu, press UP(+)/DOWN(-) to select CARDIO mode and enter by MODE button. Then press UP(+)/DOWN(-) to choose CARDIO 55% ~ TAG (Target) (Figure 18), press MODE and come to TIME setting (Figure 19). Press MODE again to go to custom mode. Press UP(+)/DOWN(-) to set target "PULSE", press MODE twice to go to "AGE" setting (Figure 20), then press "START/STOP" to start exercise (Figure 21). During workout, system will automatically adjust load level based on your workout status to reach the target value, user can also press "START/ STOP" button to stop exercise. Press RESET button will clear all workout data. Long pressing RESET button for 3 seconds will reboot the console.
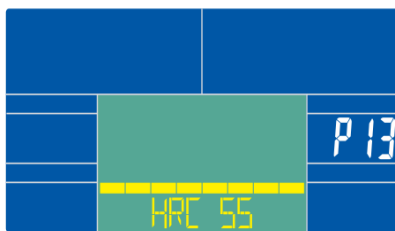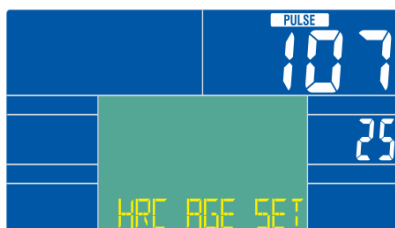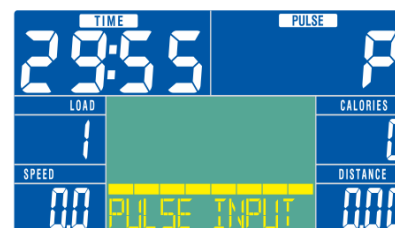
Figure 18.	Figure 19.

Figure 20.	Figure 21.

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8. WATT mode (P17) (Figure 22) - In main menu, press UP(+)/DOWN(-) to select WATT mode and enter by MODE button. Then press UP(+)/DOWN(-) to set TIME (Figure 23). Press MODE to confirm and press UP(+)/DOWN(-) to set target "WATT" value, then press "START/STOP" to start exercise (Figure 24 & 25). During workout, system will automatically adjust load level based on your workout status to reach the target value, user can also press "START/ STOP" button to stop exercise. Press RESET button will clear all workout data. Long pressing RESET button for 3 seconds will reboot the console.
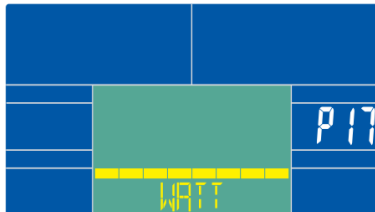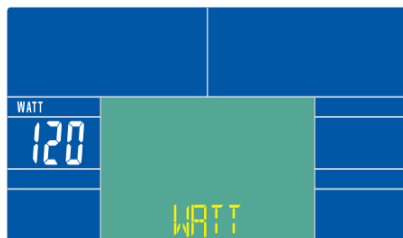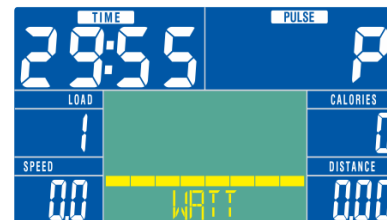

Figure 22.

Figure 23.

Figure 24.

Figure 25.

9. RECOVERY function

(1) Without PULSE input, it is invalid to press this button.

(2) With PULSE value displayed, press this key.

i. Only "TIME" and "PULSE" display, all other functions are disable (Figure 26).

ii. TIME window display "0:60" and start counting down (no matter pulse input or disappear prior to TIME counting down to 0), PULSE will show actual heart rate. After counting down to 0:00, it shows "FX"(X=1....6), and alarm one beep sound. Press RECOVERY to reverse back to main menu.

(3) During RECOVERY function, user can press RECOVERY button to stop measure and go back to previous Page (Figure 27).
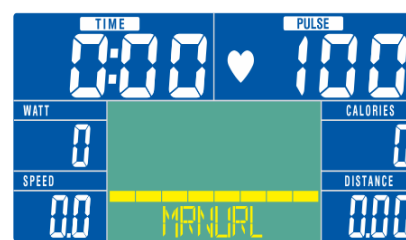

Figure 26.

Figure 27.

10. BODY FAT

In STOP mode, user can press this key to enter Body Fat Measurement.

Press UP (+) / DOWN (-) to set SEX (Figure 28), HEIGHT (Figure 29), WEIGHT(Figure 30), AGE (Figure 31), and confirm setting by pressing MODE. After finish setting, the program will flash, hold the hand bars with both hands. The console will measure and display the measuring result (see Figure 32~35).
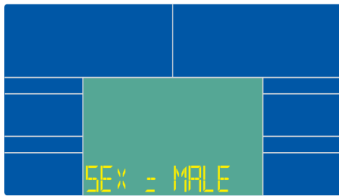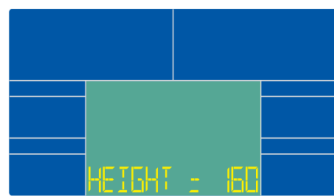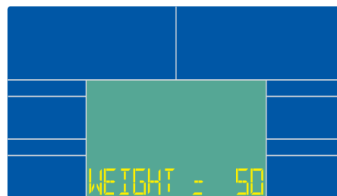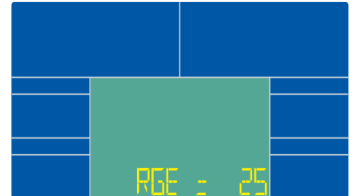

Figure 28.

Figure 29.
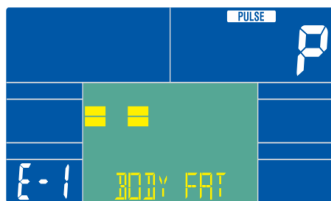

Figure 30.

Figure 31.
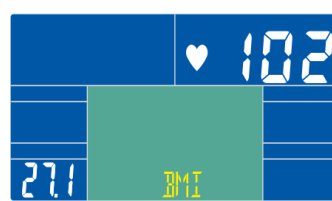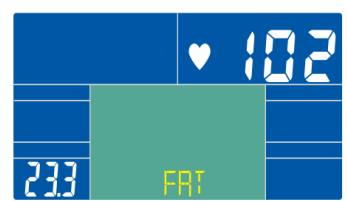

Figure 32.

Figure 33.

Figure 34.

Figure 35.

11. BLUETOOTH FUNCTION

This device is equipped with an integrated Bluetooth® connectivity which allows it to work with Bluetooth® heart rate chest belts and interactive applications such as KinoMap and Swift.

Heart Rate chest belt (not included)

a) Put on your Bluetooth heart rate chest belt.

b) If equipped, press the ON/OFF button to activate the belt. The console searches automatically for devices nearby, and will connect to the belt when in range.

c) Your heart rate will be seen on the pulse window. You are ready to workout.

 Kinomap

a) Download Kinomap APP from AppStore (iOS) or Google Play (Android).

b) Enable bluetooth from your phone or tablet settings.

c) Run the Kinomap APP.

d) Go to the "More" menu and tap on "Equipment management". Tap on the "+" button.

e) Follow the instructions on the APP to complete the connection.

USB Charging

This console has a built-in USB Port which enables charging many USB Devices.

Please note! charging increases the power consumption and the power supplied from the USB port may not be enough to operate the device and charge it at the same time. Use supplied adapter (9V 1.3A).

WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The WARM-UP is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. '

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.
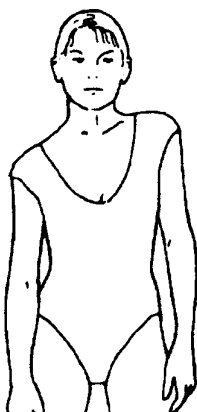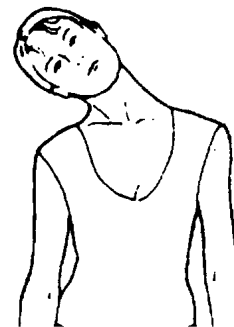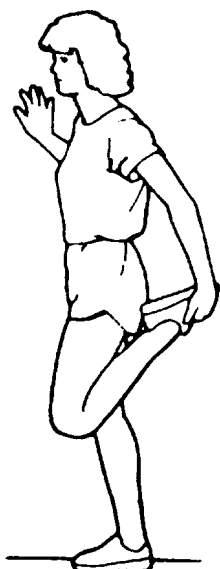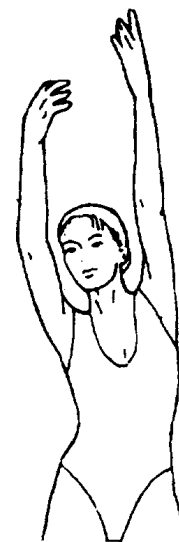
SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.
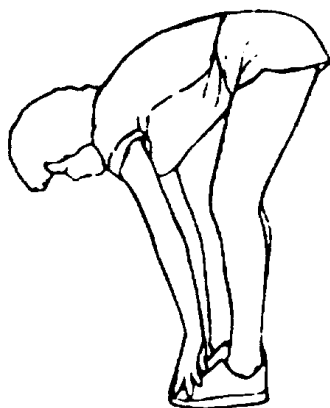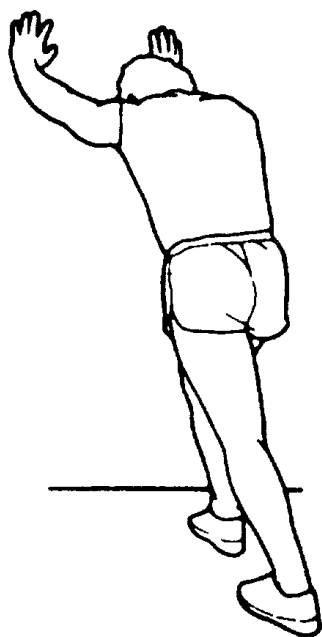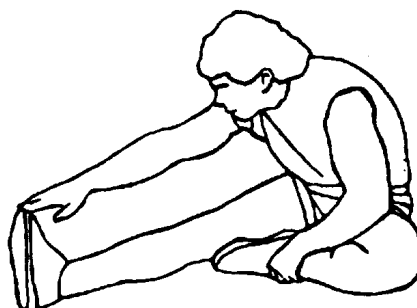
TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.

CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

IMPLIED WARRANTY

The importer of this product assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty for wear parts is valid for 1 year and for frame 3 years, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): frame, electronic devices, wheels, foot straps and pedals.

The guarantee does not cover:
• Damage effected by outer force
• Intervention by unauthorized parties
• Incorrect handling of the product
• Non-compliance of the operating instructions

Note: Wear parts and expendable parts are also not covered.

The device is intended for home use.

Manufactured for:
Gymstick International Oy
Ratavartijankatu 11
15170 Lahti, FINLAND

Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.