

A person is shown from the waist down, wearing black leggings and black sneakers, using an elliptical trainer. The machine is black and silver, with a large flywheel visible on the right. The background is a grey wall with a grid pattern. The text "INTENZA" is overlaid in large, white, outlined letters across the bottom half of the image.

ELLIPTICAL TRAINER OWNER'S MANUAL
INTENZA ELLIPTICAL TRAINER 550 ETe2/550 ETi/450 ETi2/450 ETi2S

INTENZA

550ET

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IMPORTANT SAFETY INSTRUCTIONS

WHEN USING AN ELECTRICAL APPLIANCE, BASIC PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING THE FOLLOWING: READ ALL INSTRUCTIONS BEFORE OPERATION.

WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRIC SHOCK, OR INJURY TO PERSONS

- The Elliptical Trainer can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- The Elliptical Trainer is only to be used with the power supply unit provided with the appliance.
- The Elliptical Trainers are designed for aerobic exercise in a commercial or consumer environment.
- Please check with your physician prior to beginning any exercise program.
- Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.
- Stop exercising immediately and consult a physician if you feel any abnormal symptoms such as fainting, dizziness, chest pain, nausea or shortness of breath.
- Brand website: intenzafitness.com

DANGER

- Make sure all users see a physician for a complete physical examination before they begin any fitness program.
- Unsupervised children must be kept away from this equipment.
- Assemble and operate the equipment on a solid level surface.
- Set the equipment a few feet away from walls or furniture, and away from sources of heat, such as radiators, heat registers and stoves. Avoid extreme temperature changes.
- Do not place outdoors or in an enclosed swimming pool environment.
- Keep hands and loose clothing away from moving parts.
- Keep equipment away from water and moisture. Avoid dropping or spilling anything on/inside the equipment to prevent electric shock, or damage to the equipment.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use.
- The optional power adapter is considered a power source for self-powered equipment. Always unplug this equipment from the electrical outlet immediately after use or before cleaning.
- Keep the optional power adapter and plug away from heated surfaces.
- Do not insert any object into any opening, or underneath the equipment.
- Do not attempt to remove the cover or modify the equipment. Service should only be conducted by an authorized service technician.
- Wear shoes with rubber or high-traction soles. Do not wear shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Do not use the equipment with bare feet.
- Stop operating the equipment until any defective components are repaired.
- SAVE THESE INSTRUCTIONS

SAVE THESE INSTRUCTIONS

WARNING

Connect this appliance to a properly grounded outlet only. Grounding Instructions.

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord with an equipment—grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is connected to **12V 80W** adaptor which is **6.67A** and is for use on a circuit having a nominal rating of **100—240 V** and is factory—equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. If the product must be reconnected for use on a different type of electric circuit, reconnection must be made by qualified service personnel.

DANGER

Improper connection of the equipment—grounding conductor can result in risk of electric shock. Check with a qualified electrician if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product— if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

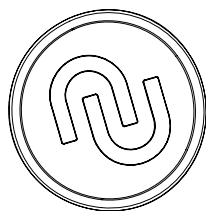
IMPORTANT SAFETY PRECAUTIONS

SAFETY PRECAUTIONS

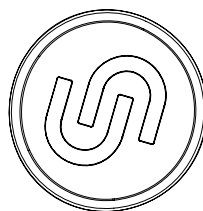
- Unsupervised children must be kept away from this equipment.
- Assemble and operate the equipment on a stable base which is properly leveled.
- Keep an open area of 3 feet by 3 feet (1000 mm x 1000 mm) behind the Elliptical clear of any obstructions including walls, furniture and other equipment.
- Keep away from sources of heat such as radiators, heat registers and stoves. Avoid extreme temperature changes.
- Do not use outdoors or in an enclosed swimming pool environment.
- Keep equipment away from water and moisture. Avoid dropping anything on or spilling anything inside the equipment to prevent electric shock or damage the electronics.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use for a long time.
- Do not drop or insert any object, hands, or feet into any opening, or underneath the equipment.
- Do not attempt to remove the cover or modify the equipment. Service should only be done by an authorized service technician.
- Do not use the equipment with bare feet. Wear shoes with rubber or high—traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in shoe soles.
- Do not operate the equipment until the defective components are repaired.
- Use the handrails whenever additional stability is required. In case of emergency, such as tripping, the user should grab the handrails.

Intenza Elliptical Trainers Parts List

Open the shipping carton. Remove all parts from the carton and cardboard inserts. Before beginning assembly, verify that the following hardware items are packed with the equipment. Do not attempt to move the equipment off the pallet by yourself. At least two people are required for safe moving or lifting. Please use safe lifting techniques. Please use hex wrench (3mm, 5mm, 6mm) and open wrench (13mm) to assemble the Elliptical Trainer.



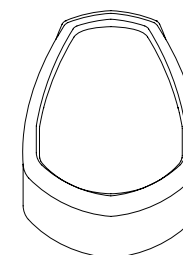
1. RIGHT BUG
QTY 1



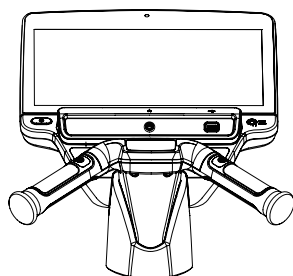
2. LEFT BUG
QTY 1



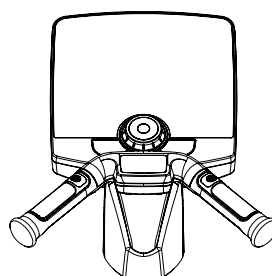
3. FRONT POST
QTY 1



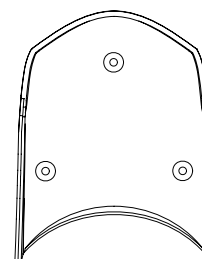
4. FRONT POST COVER
QTY 1



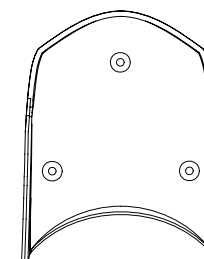
5. CONSOLE FOR 550 ETe2
QTY 1



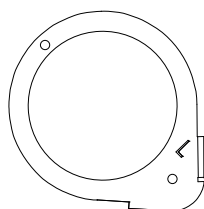
6. CONSOLE FOR 550 ETi
QTY 1



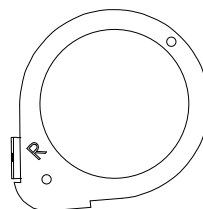
7. CONSOLE COVER FOR ETe2
QTY 1



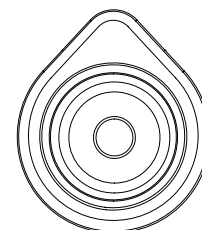
8. CONSOLE COVER FOR ETi
QTY 1



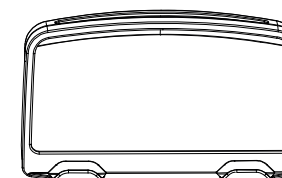
9. LEFT CUP HOLDER BRACKET
QTY 1



10. RIGHT CUP HOLDER BRACKET
QTY 1

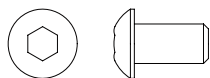


11. CUP HOLDER
QTY 2

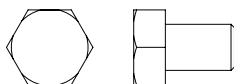


12. IPAD RACK FOR ETi
QTY 1

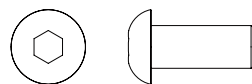
Intenza Elliptical Trainers Parts List



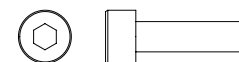
13. DOME SCREW, M8 X 15L
QTY 5



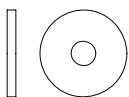
14. HEX BOLT, M8 X 12L
QTY 3



15. DOME SCREW, M6 X 15L
QTY 8



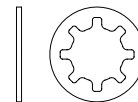
16. TAPPING SCREW, M4 X 15L
QTY 3



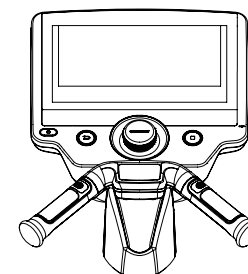
17. WASHER, M8
QTY 2



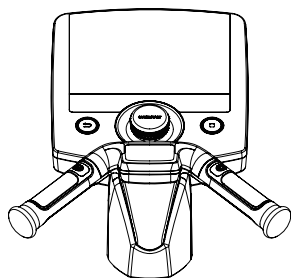
18. STAR WASHER, BLACK, M8
QTY 3



19. STAR WASHER, WHITE, M8
QTY 3



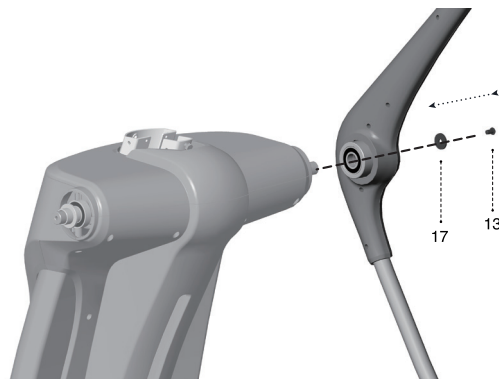
20. 450 SERIES i2 CONSOLE ASSEMBLY
QTY 1



21. 450 SERIES i2S CONSOLE ASSEMBLY
QTY 1

Intenza Elliptical Trainers Assembly Instructions

STEP 1



ASSEMBLE THE RIGHT HANDLE BAR.

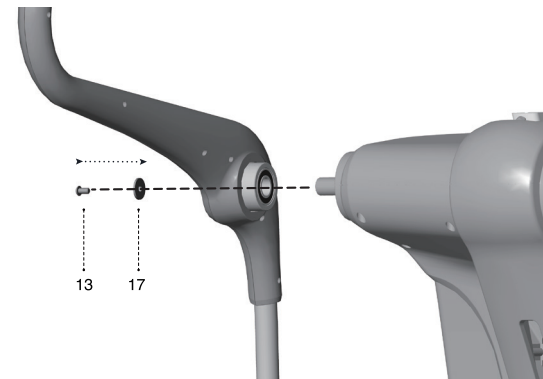
PLEASE NOTE

Align the handle bar to the pivot point.

COMPONENTS AND TOOLS

Dome screw, M8 x 15L(13), Washer, M8(17), Hex wrench— 6mm

STEP 2



ASSEMBLE THE LEFT HANDLE BAR.

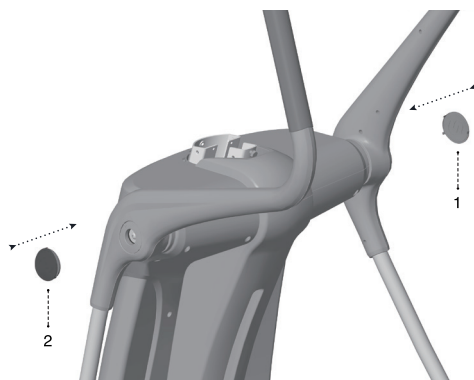
PLEASE NOTE

Align the handle bar to the pivot point.

COMPONENTS AND TOOLS

Dome screw, M8 x 15L(13), Washer, M8(17), Hex wrench— 6mm

STEP 3

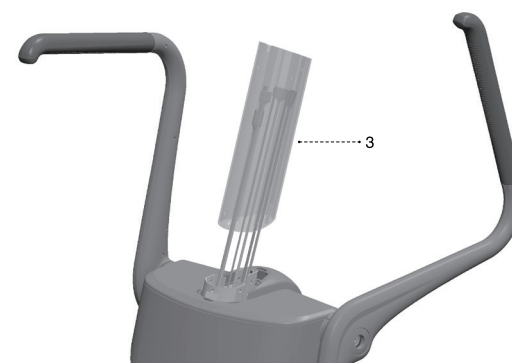


ASSEMBLE THE BUG CAP.

PLEASE NOTE

Identify the Right and Left side bug caps as shown above.
Remove adhesive protective cover from the back of the bug cap.
Attach the cap to the handlebar.

STEP 4



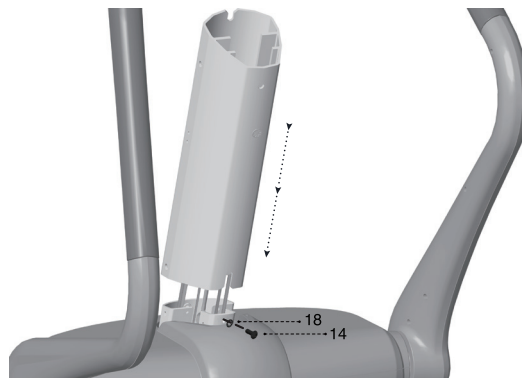
ASSEMBLE THE FRONT POST.

PLEASE NOTE

Make sure the cables are not pinched during front post installation.

Intenza Elliptical Trainers Assembly Instructions

STEP 5



ASSEMBLE THE FRONT POST.

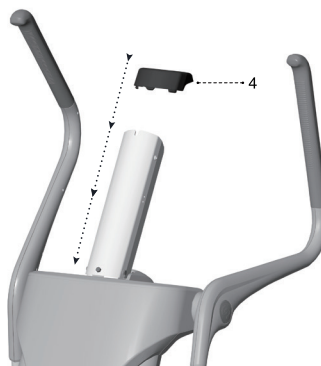
PLEASE NOTE

Screw #14 and washer #18 as shown, are pre-assembled and will need to be properly tightened during the front post installation. Refer to step 6.

COMPONENTS AND TOOLS

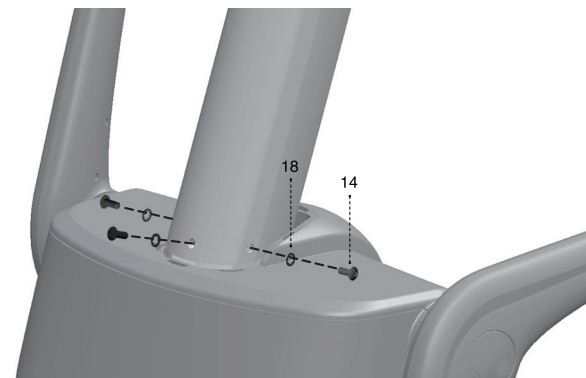
Star washer, Black, M8(18), Hex bolt, M8 x 12L(14), Open wrench— 13mm

STEP 7



ASSEMBLE THE FRONT POST COVER.

STEP 6



ASSEMBLE THE FRONT POST.

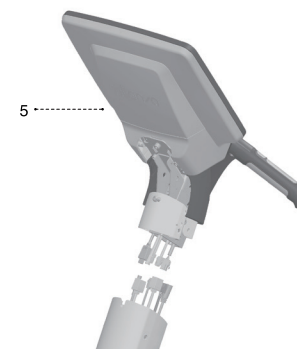
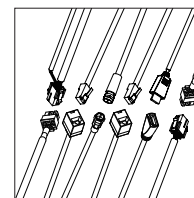
PLEASE NOTE

Tighten the front screw first. Make sure all 3 screws are tightened.

COMPONENTS AND TOOLS

Star washer, Black, M8(18), Hex bolt, M8 x 12L(14), Open wrench— 13mm

STEP 8—1—1



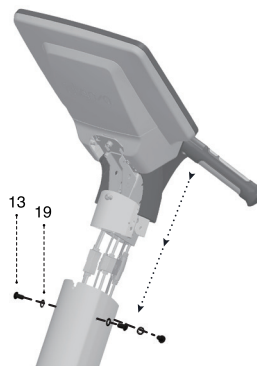
INSTALLING THE 550ETe2 CONSOLE— ASSEMBLE THE CONSOLE.

PLEASE NOTE

Connect the console cable, TV coax cable, TV power, RJ45 cable and HDMI cable, and carefully insert the cable into the front post.

Intenza Elliptical Trainers Assembly Instructions

STEP 8—1—2



PLEASE NOTE

Make sure the post is properly aligned. Install and tighten the front screw first, then tighten the remaining 2 screws.

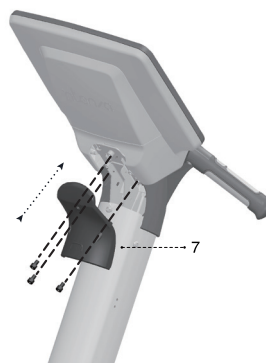
This screw is pre-assembled on the machine but not locked tight. Please ensure it is locked tightly during installation.

INSTALLING THE 550ETe2 CONSOLE— ASSEMBLE THE CONSOLE.

COMPONENTS AND TOOLS

Dome screw, M8 x 15L(13), Star washer, White, M8(19)

STEP 8—1—3



INSTALLING THE 550ETe2 CONSOLE— CONSOLE COVER.

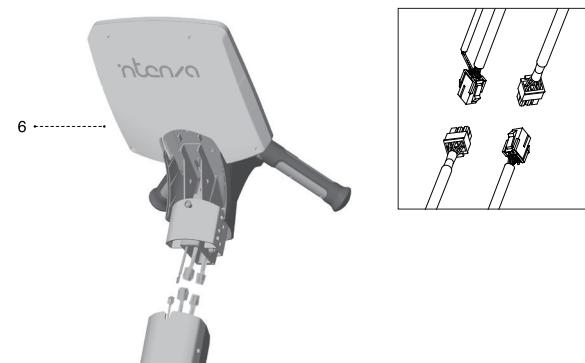
PLEASE NOTE

Install 3 screws and tighten.

COMPONENTS AND TOOLS

Tapping screw, M4 x 15L (16), Hex wrench— 3mm

STEP 8—2—1



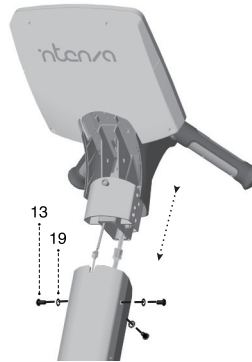
INSTALLING THE 550ETi, 450 ETi2, 450 ETi2S CONSOLE— ASSEMBLE THE CONSOLE.

PLEASE NOTE

Connect the console cable, and carefully insert the cable into the front post.

Intenza Elliptical Trainers Assembly Instructions

STEP 8—2—2



PLEASE NOTE

Make sure the post is properly aligned. Install and tighten the front screw first, then tighten the remaining 2 screws.

This screw is pre-assembled on the machine but not locked tight. Please ensure it is locked tightly during installation.

INSTALLING THE 550ETi, 450 ETi2, 450 ETi2S CONSOLE— ASSEMBLE THE CONSOLE.

COMPONENTS AND TOOLS

Dome screw, M8 x 15L(13), Star washer, White, M8(19)

STEP 8—2—3



INSTALLING THE 550ETi, 450 ETi2, 450 ETi2S CONSOLE— CONSOLE COVER.

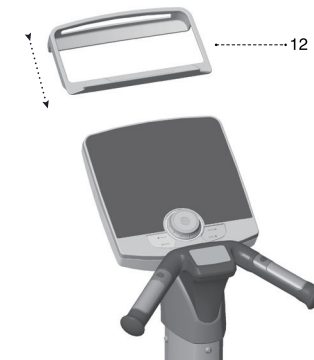
PLEASE NOTE

Install 3 screws and tighten.

COMPONENTS AND TOOLS

Tapping screw, M4 x 15L (16), Hex wrench— 3mm

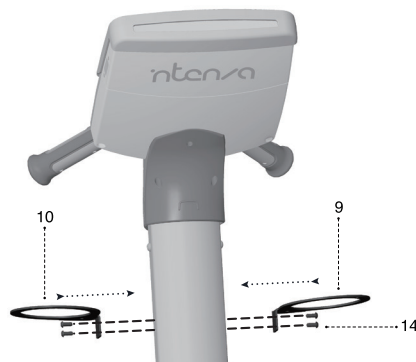
STEP 8—2—4



INSTALL THE iPad RACK.

Intenza Elliptical Trainers Assembly Instructions

STEP 9



ASSEMBLE THE CUP HOLDER BRACKETS.

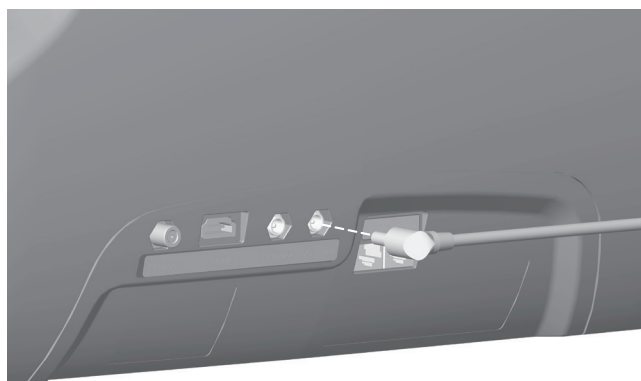
PLEASE NOTE

Identify the Right and Left bracket as shown above. Attach the brackets using 4 dome screws as shown.

COMPONENTS AND TOOLS

Dome screw, M6 x 15L(15), Hex wrench— 5mm

STEP 11



CONNECT THE ADAPTOR.

COMPONENTS AND TOOLS

Please use 12V 80W adaptor and insert adaptor's DC plug into DC power jack on the Elliptical cardio equipment.

STEP 10



ASSEMBLE THE CUP HOLDERS.

PLEASE NOTE

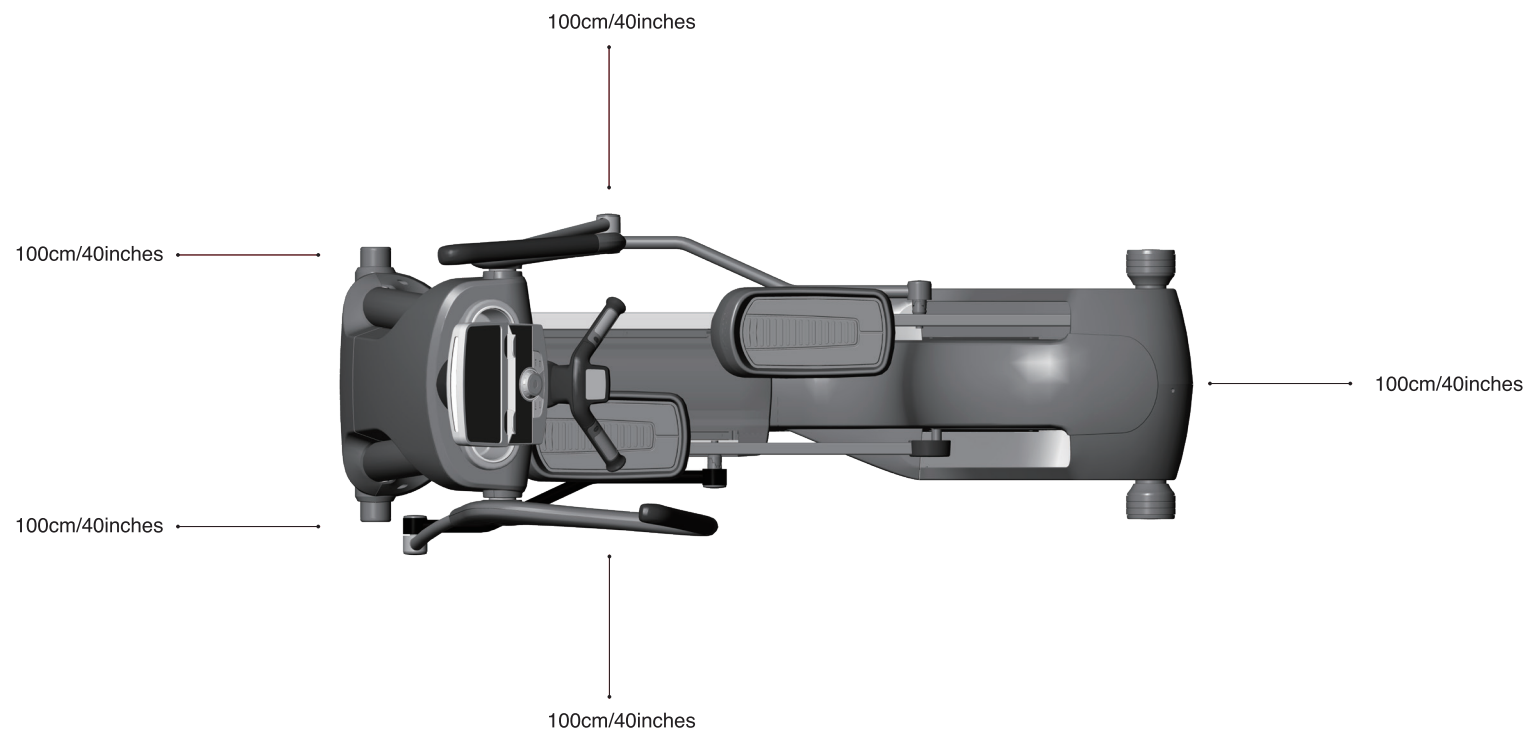
Install the cup holders and secure with 4 dome screws as shown.

COMPONENTS AND TOOLS

Dome screw, M6 x 15L(15), Hex wrench— 5mm

Safety Space

MAKE SURE THAT YOU MAINTAIN THE PROPER SAFETY SPACE, AS SHOWN BELOW, AROUND THE EQUIPMENT



550 ETe2 Entertainment Console Overview

🌐	Language	LANGUAGE Arabic, Dutch, English (UK English), English (US English), Finnish, French, German, Hungarian, Japanese, Korean, Persian, Polish, Portuguese, Russian, Spanish, Simplified Chinese, Traditional Chinese, Turkish, Lithuanian, Italian, Danish. 21 languages are offered
👤	Login ▾	LOGIN Press to login
🔌	USB	USB Displays USB connection status
○ ● ○	SWIPE	SWIPE Swipe screen horizontally to the next page
	Homepage picture	Homepage picture Homepage picture can be customised
START	QUICK START	QUICK START Start a workout immediately through bypassing any setting
🕒 Time	FAVOURITE PROGRAMS	FAVOURITE PROGRAMS Allows easy access to frequently used programs
📍 Distance		
🔥 Calories		
< Exercise	EXERCISES	EXERCISES HR Control/Preset/Target (Time/Distance/Calories) /Custom/Race/Fitness Test. Allows users to select programs to setup “goal” or “customise” program
Entertainment >	FAVOURITE	FAVOURITE Allows easy access to frequently used entertainment
📺 TV	ENTERTAINMENT	ENTERTAINMENT TV/Intenzacast™/Internet/Video/Audio/Virtual scenery/YouTube/HDMI. During workouts you can switch between different types of entertainment on the console
📱 Phone		
🌐 Internet		

A	ENERGY SAVER Use this mode to minimise power consumption when 550 ETe2 is not in use. Press button to put 550 ETe2 into energy saver mode after ending a workout. Press to “wake up” the 550 ETe2
B	READING AND TABLET RACK Built—in holder used for personal devices, books or tablets
C	HEADPHONE JACK Allows users to plug in headphones

D	OPTIONAL RFID/NFC Allows facility operators to offer members swipe facility identification card on the console
E	USB PORT Allows for data download— read and play audio/video files
F	HOME SCREEN See home screen table to the left



550 ETe2+ Entertainment Console Overview

	Language	LANGUAGE Arabic, Dutch, English (UK English), English (US English), Finnish, French, German, Hungarian, Japanese, Korean, Persian, Polish, Portuguese, Russian, Spanish, Simplified Chinese, Traditional Chinese, Turkish, Lithuanian, Italian, Danish. 21 languages are offered
	Login	LOGIN Press to login
	USB	USB Displays USB connection status
	SWIPE	SWIPE Swipe screen horizontally to the next page
	HOMEPAGE PICTURE	HOMEPAGE PICTURE Homepage picture can be customised
START	QUICK START	QUICK START Start a workout immediately through by passing any setting
	Time	FAVOURITE PROGRAMS
	Distance	Allows easy access to frequently used programs
	Calories	
	Exercise	EXERCISES HR Control/ Preset/ Target (Time/ Distance/ Calories)/ Custom/ Race/ Fitness Test. Allows users to select programs to setup “goal” or “customise” programs.
Entertainment	FAVOURITE	FAVOURITE Allows easy access to frequently used entertainment
	TV	ENTERTAINMENT
	Phone	TV/ Intenzacast™/ Internet/ App/ Virtual Scenery/ YouTube* **/ HDMI.
	Internet	During workouts users can switch between different entertainment types on the console.

A	ENERGY SAVER Use this mode to minimise power consumption when 550 ETe2+ is not in use. Press button to put 550 ETe2+ into energy saver mode after ending a workout. Press to “wake up” the 550 ETe2+
B	READING AND TABLET RACK Built-in holder used for personal devices, books or tablets
C	HEADPHONE JACK Allows users to plug in headphones

D	OPTIONAL RFID/NFC Fitness facility owners can order this option for their users, allowing them to swipe facility identification card on the console.
E	USB PORT Allows for data download
F	HOME SCREEN See home screen table to the left

*Similar operation for Youku (China). **Similar operation for Aparat (Iran).



550ETi Interactive Console Overview

A PROFILE WINDOW

Window displays exercise profile for the selected workout

B MESSAGE BAR

During program set-up, operating instructions will be displayed in the message bar and during workouts exercise data will be displayed as below

HR

Heart Rate can be detected if the user wears a Polar heart rate chest strap or grasps the contact heart rate grips consistently

LEVEL

The level of the workout you are using

TIME

Amount of time elapsed since beginning the workout

SPM (Stride Per Minute)

The number of strides at which you are currently pedaling in stride per minute

CALORIES

Number of calories burned since workout start

Watts

Effort level in Watts. The Watt is a unit of power output or the expression of the mechanical rate of work

DISTANCE

Total number of miles or km run so far

INCLINE

The incline of the workout you using

C RESISTANCE SCALE

Increase/decrease the resistance level from 1 (least difficult) to 40 (most difficult) by adjusting the Uni—Dial™ Navigation control clockwise for increased resistance, or counter clockwise for decreased resistance. Users can customise the resistance of their workouts.

D ← BACK/SCAN

During program set up press this key to go back. During name setting press to correct wrong input

① SCAN

During workouts, display information switches between both exercise parameters in each message bar. Press SCAN to display one of the parameters continuously throughout the workout.

E USB ICON

Icon lights up when console detects a USB device

F PROGRAMS

Please refer to Section 5 Exercise Workout Option

G Quick Start QUICK START/ENTER

Press this key to enter the manual workout mode promptly, without selecting a workout program

↵ ENTER

During program set-up, press key to confirm

H HOME/STOP KEY

Press key to return to the first page. This key only works when a program is selected.

■ STOP

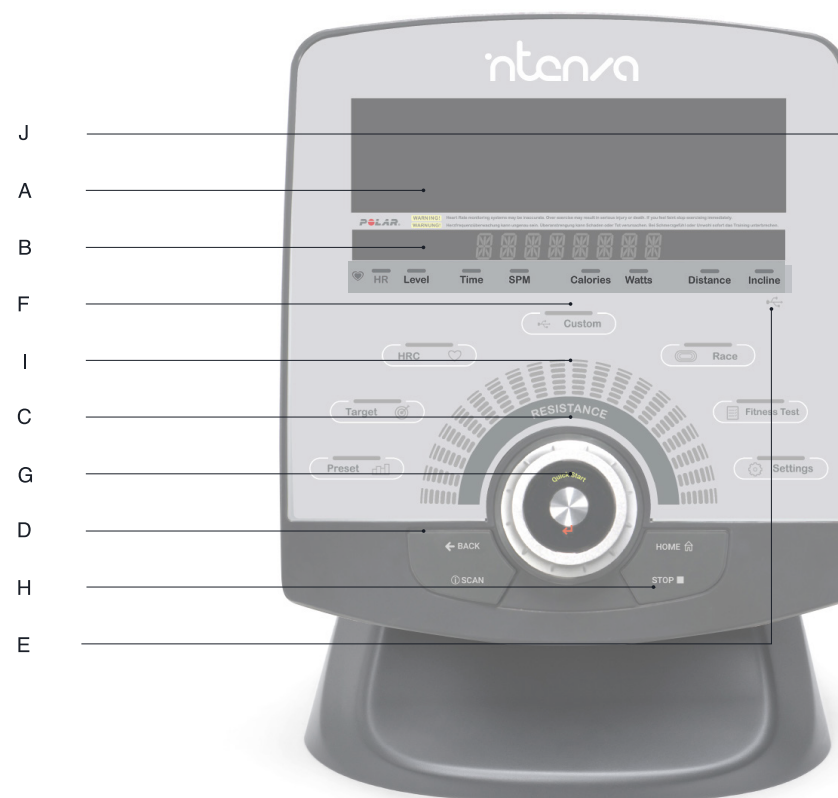
Press **STOP** once to end the workout program and message bar will show the workout summary. Press **STOP** again to promptly exit the workout program

I INZONE™

The Uni—Dial™ skirting light indicates workout intensity

J C—SAFE PORT

All commercial bikes, treadmills and elliptical trainers built after October 2014 are C—SAFE compatible



PLEASE NOTE The Intenza Elliptical's heart rate function is intended only for use as an exercise aide. Various factors can affect the accuracy of your heart rate reading. The heart rate function of the Intenza Ellipticals should not be considered, or used, as a medical device.

How To Effectively Workout At Your Own Level

InZone™ system provides visual colour feedback through the skirting light. The different colors encourage users to optimize their workout efforts for maximum results based on heart rate level, and helps users to stay in their target heart rate zones. The InZone™ system detects heart rate by i) holding onto the contact heart rate plates or ii) by wearing a telemetry heart rate chest strap sensor. It is recommended that users wear a telemetry heart rate chest strap for this function. During a workout there are 4 different colours that represent a workout intensity.

GREEN. THE ENERGY EFFICIENT OR RECOVERY ZONE 55%—65%

Training within this zone develops basic endurance and aerobic capacity. All low intensity running should be completed at a maximum of 65%.

YELLOW. THE AEROBIC ZONE 65% TO 75%

Training in this zone may improve your cardiovascular system. The body's ability to transport oxygen and carbon dioxide to and away from the working muscles may developed and improved.

ORANGE. THE ANAEROBIC ZONE 75%—85%

Training in this zone may develop your lactic acid system. In this zone, your individual anaerobic threshold (AT), sometimes referred to as the point of deflection (POD), is found. In the heart rate zone, the amount of fat being utilized as the main source of energy is greatly reduced and glycogen stored in the muscle is predominantly used. One of the by—products of burning glycogen is lactic acid. The point at which the body can no longer quickly remove the lactic acid from the working muscles is your anaerobic threshold (AT). Through the correct training, it is possible to delay the AT by being able to increase your ability to deal with the lactic acid for a longer period of time or by improving your AT level.

RED. THE EXTREME ZONE 85%—100%

The Red is a high intensity work out. It effectively trains your fast twitch muscle fibres and helps to develop speed. This zone is reserved for interval cycling .

450ETi2 Interactive Console Overview

LANGUAGE

During program set—up, press **HOLD** to display the language page. Arabic, Dutch, English (UK English), English (US English), Finnish, French, German, Hungarian, Japanese, Korean, Persian, Polish, Portuguese, Russian, Spanish, Simplified Chinese, Traditional Chinese, Turkish, Lithuanian, Italian, Danish. 21 languages are offered

**QUICK START**

Allows you to begin a workout with one key press. The default speed of Quick Start is 1km/h (0.6mph) with no incline.

**TARGET TIME**

Target workout time to meet user training goals. By setting time, user may choose program by turning to enter into the program

**TARGET DISTANCE**

Target workout distance to meet user training goals. By setting distance, you may choose program by turning to enter into the program

**TARGET CALORIE**

Target workout calories to meet user training goals. By setting calories you may choose program by turning to enter into the program

**FITNESS TEST**

VO₂ Max technology is useful in measuring an individual's ability to transport and utilise oxygen during exercise progression

**RACE**

Offer a fun and challenging workout option. Users can compete against, or with, previous champions

**HRC**

Offers 4 Heart Rate Control workout options. HRC workout program allow users to program their target heart rate zone

**PRESET**

Offers 20 preset programs

A**HOME SCREEN**

Industrial grade 12" colour TFT LCD display for longer lifetime. Turn Uni—Dial™ to select program

B**BACK/HOLD****BACK**

During program set—up press this key to go back. During name setting press this key to correct wrong input

C**ENERGY SAVER**

Use this mode to minimise power consumption when 450 ETi2 is not in use. Press this button to put 450 ETi2 into energy saver mode after ending your workout. Press to “wake up” the 450 ETi2

D**QR CODE**

A link to the Intenza website

E**QUICK START****QUICK START**

Press this key to enter the manual workout mode promptly, without selecting a workout program

F**STOP****STOP KEY**

Press key to return to the first page. Pressing **STOP** once will end the workout program and the message bar will show the workout summary. Press **STOP** again to promptly exit the workout program

G**USB PORT**

Software update/install only

H**C—SAFE PORT**

All commercial bikes, treadmills and elliptical trainers built after October 2014 are C—SAFE compatible

H**A****D****E****C****B****F****G**

450ETi2S Interactive Console Overview

A PROFILE WINDOW

Light columns show the information for setting up a workout

TIME Elapsed time since beginning the workout



HR Heart Rate can be detected if the user is wearing a Polar heart rate chest strap, or by grasping the contact heart rate grips throughout workouts

B MESSAGE BAR

During program set-up, operating instructions will be displayed in the message bar. During a workout exercise data listed below will be shown:



INCLINE

The incline of the workout you using



CALORIES

Number of calories burned since start of workout



WATTS

Effort level in Watts. The Watt is a unit of power output or the expression of the mechanical rate of work



SPM (Stride Per Minute)

The number of strides at which you are currently pedaling in stride per minute.



DISTANCE

Total number of miles or km run so far



LEVEL

Intensity of resistance level.

C BACK/HOLD

BACK During program set up, press this key to go back. During name setting, press this key to correct wrong input



HOLD

During workouts, display information switches between both exercise parameters in each message bar. Press **HOLD** to display continuously throughout the workout

D QUICK START

Press this key to enter the manual workout mode promptly, without selecting a workout program

E STOP KEY

STOP Press to return to the first page. Press stop once to end the workout program— message bar will show the workout summary. Press stop again to exit the workout program promptly

F C—SAFE PORT

All commercial bikes, treadmills and elliptical trainers built after October 2014 are C—SAFE compatible



Begin The Workout

Before beginning any fitness program, see your physician for a complete physical examination. To maintain your balance, always grasp the handlebar when you step on, or off, the foot pedals, or use the keypads.

- 1 Hold on to the handlebar and step on the foot pedals.
- 2 When you are in a stable position, begin to pedal.



The handlebars on the Elliptical Trainer provide an upper—body workout which helps increase cardiovascular fitness. The incline function provides adjustable angles between 13° to 40° with 16 levels to optimize your lower body training. In addition to pedal forward, a program of reverse training focuses on the entire lower body by pedaling backwards. Various workout postures keep your workout fresh and exciting in any program.



Maintenance

PREVENTATIVE MAINTENANCE TIPS

With durable, high performance components, the Intenza Ellipticals Trainer is designed for commercial health club usage with minimal maintenance required.

WARNING

¹ The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. connection points.

² Replace defective components immediately and/or keep the equipment out of use until repair.

To keep your Intenza Ellipticals working properly, Intenza strongly recommends performing daily, and regularly scheduled, preventative maintenance measures as outlined below.

DAILY MAINTENANCE

¹ Locate the product in a dry, cool place.

² Before and after each exercise session, ensure the area around the Intenza Ellipticals are free of obstacles and any clutter that may interfere with Intenza Ellipticals operation.

³ Remove excessive accumulations of dust, dirt, and other substances by using a clean, soft cloth and a non—abrasive liquid cleaner.

⁴ Wipe down the exterior of the console, stick shift, handlebars and contact heart rate grips.

⁵ Avoid getting extra moisture on the console. Keeping the console free of fingerprints and sweat will extend its lifespan.

⁶ Never use ammonia, acid—based, or petroleum—based solvents on any surface area of the Intenza Ellipticals as it may damage Intenza products.

⁷ Do not spray cleaning liquid onto the display screen or heart rate grips.

REGULAR MAINTENANCE

¹ Inspect the console mounting screws for security, and retighten if necessary.

² Inspect the display panel keypads for wear and tear.

³ Check that the pedals and shrouds are secure.

⁴ Clean the ramp tracks.

Self Diagnosis

Your Service Representative may need to check accumulated data about the past usage of your Elliptical Trainer, test the function and check for error messages. For these reasons, the Intenza Ellipticals are equipped with a service mode which has diagnostic reports that can assist with troubleshooting. InCare™ Online function is a service diagnostic process that can automatically send out detected error message to Intenza customer service. For more information about self diagnosis, please contact your local dealer or refer to the service manual.

550ETi Series: How to Charge The Battery

Intenza 550ETi is equipped with a generator and rechargeable battery to provide constant power. Upon initial use (or after a prolonged storage period) the battery may require charging before achieving maximum capacity. There is no need to charge the equipment's battery for normal and frequent use. The console will display **CHARGE THE BATTERY** when the battery voltage is low.

CHARGE BY GENERATOR

During normal daily use the power generated by your workout will keep the battery charged.

CHARGE BY EXTERNAL POWER

An optional power adaptor can be purchased and provides constant power to the equipment. A 19V/2.1A type of adaptor is required to charge the battery. To purchase the optional power adaptor, check with your local dealer.

550ETi Series: Recycling The Battery

When no longer useful, this equipment and/or its battery must be recycled, or disposed of, according to your local, or national, recycling regulations. To remove the battery, disassemble the bottom front cover by using a 4mm screwdriver, then disconnect the cables.

Troubleshooting

WHEN TO CALL FOR HELP

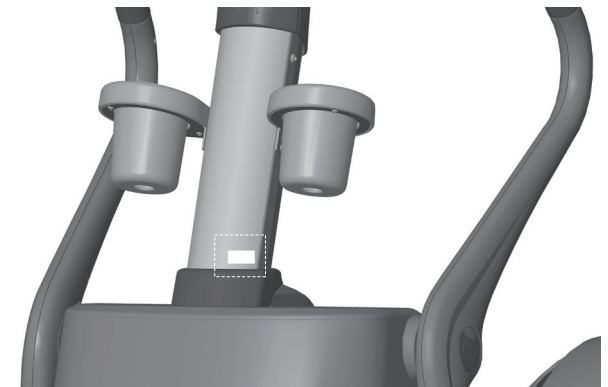
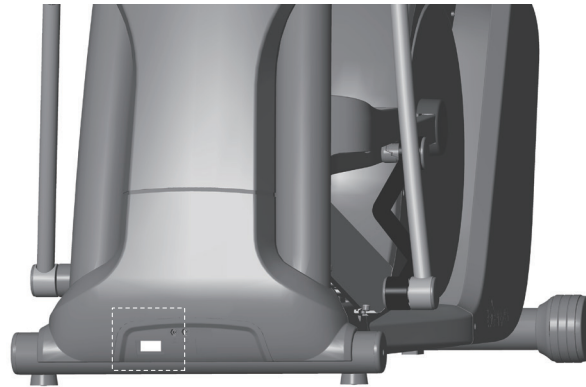
PLEASE NOTE Replace defective components immediately or remove the equipment from use until it is repaired.

- ¹ Verify the symptom and review the operating instructions.
- ² The problem may be unfamiliarity with the product, its features or the workout programs.
- ³ Check the error message, then follow the instructions in the service manual.
- ⁴ When the display shows **NEED MAINTENANCE**, it is suggested to contact your local distributor for service immediately.
- ⁵ If the problem you encounter has not been solved by the above steps, and the Intenza Ellipticals are still not operational. Locate and document the unit serial number and contact your local dealer.
- ⁶ Send the diagnosis report (Please refer to Section 5.2 Self Diagnosis for more information) and serial number to your local distributor for service.

WHERE IS THE PRODUCT SERIAL NUMBER

The serial number contains six digits, and there are two locations you can find the Intenza Ellipticals serial number:

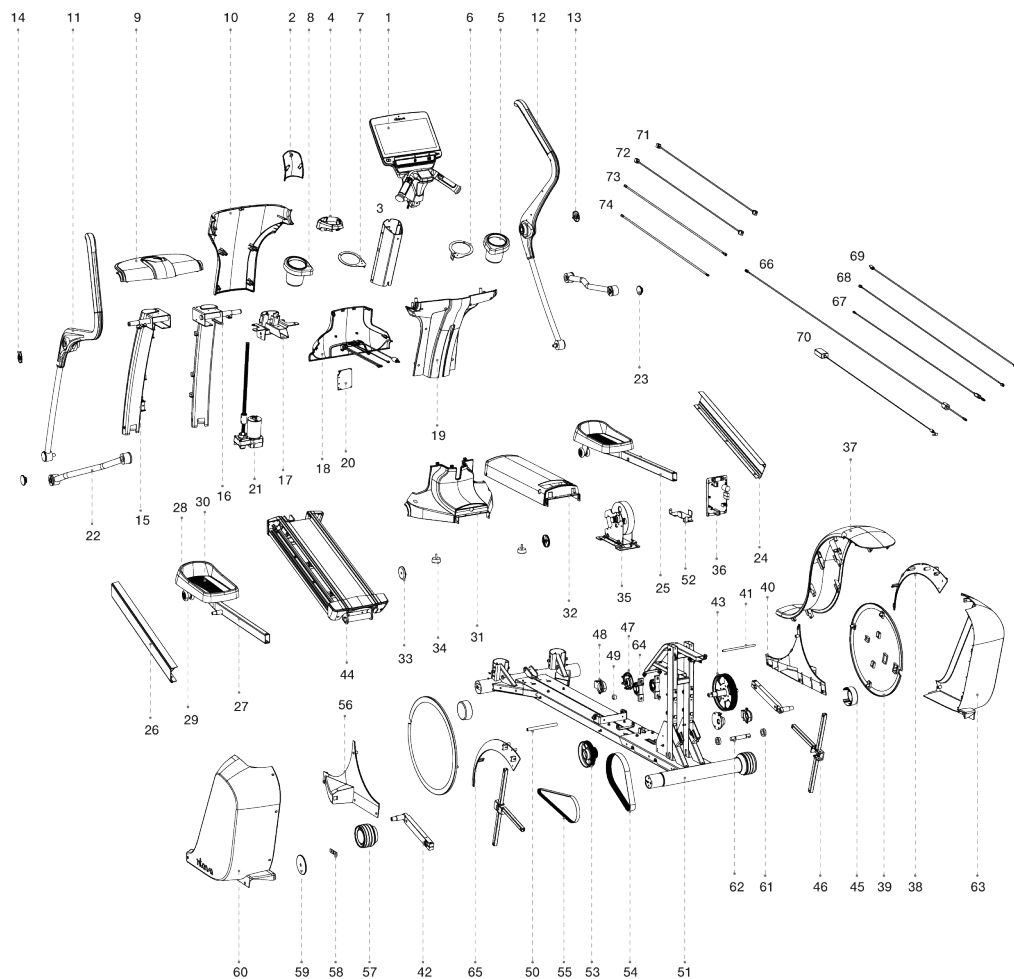
- ¹ One is located on the front of the Intenza Ellipticals, near the power switch.
- ² One is located on the front post.



Error Message

When the display shows error message, please contact your local Authorized Dealer or Service Center.

Intenza 550ETe2 Elliptical Trainer Exploded Drawing And Parts List



NO	ITEM	NO	ITEM	NO	ITEM
1	Console, w/handle	31	Cover, upright, rear, btm	61	Bearing, ball, 6004ZZ
2	Cover, console, mount, btm	32	Cover, upright, rear, top, inj	62	Shaft, pulley, step—up
3	Post, upright	33	Cap, stabilizer	63	Cover, side, top, R
4	Cover, upright	34	Foot, adjustable	64	Bearing, pillow block
5	Holder, bottle	35	Generator, w/bracket	65	Cover, rear, inside, L
6	Bracket, holder, bottle, R	36	LCB, w/heatsink	66	Cable, signal, frame, w/core
7	Bracket, holder, bottle, L	37	Cover, rear, top, injection	67	Cable, TV
8	Holder, bottle	38	Cover, rear, inside, R	68	Cable, LCB, frame + core
9	Cover, upright, top	39	Cover, crankarm	69	Cable, HDMI
10	Cover, upright, front, top	40	Cover, side, bottom, R, inj	70	Adaptor, 12V
11	Handlebar, L	41	Tube, fix, cover	71	Cable, connect, frame, RJ45
12	Handlebar, R	42	Crankarm, coated	72	Cable, connect, frame
13	Decal, bug, handlebar, R	43	Pulley, input, w/shaft	73	Cable, generator, power input
14	Decal, bug, handlebar, L	44	Ramp	74	Cable, hybrid, torque control
15	Post, upright, L, coated	45	Cover, linkarm		
16	Post, upright, R, coated	46	Cross, coated		
17	Mount, post, top, coated	47	Cover, stairarm, injection		
18	Cover, upright, btm, w/cable	48	Block, pivot, stairarm		
19	Cover, upright, rear, top	49	Bearing		
20	Incline Board, w/heatsink	50	Shaft, ramp		
21	Motor, incline, DC12V	51	Frame, main, coated		
22	Linkarm	52	Bracket, battery		
23	Cover, pivot, linkarm	53	Pulley, step—up		
24	Coating, cover, ramp, side	54	Belt, drive		
25	Stairarm, R, coated	55	Belt, drive		
26	Coating, cover, ramp, side	56	Cover, side, bottom, L w/clip		
27	Stairarm, L, coated	57	Wheel, moving		
28	Cover, pedal	58	Bracket, wheel		
29	Wheel, w/bearing	59	Cap, wheel		
30	Sheet, pedal	60	Cover, side, top, L		

Specifications: Intenza 550ETe2 Elliptical Trainer

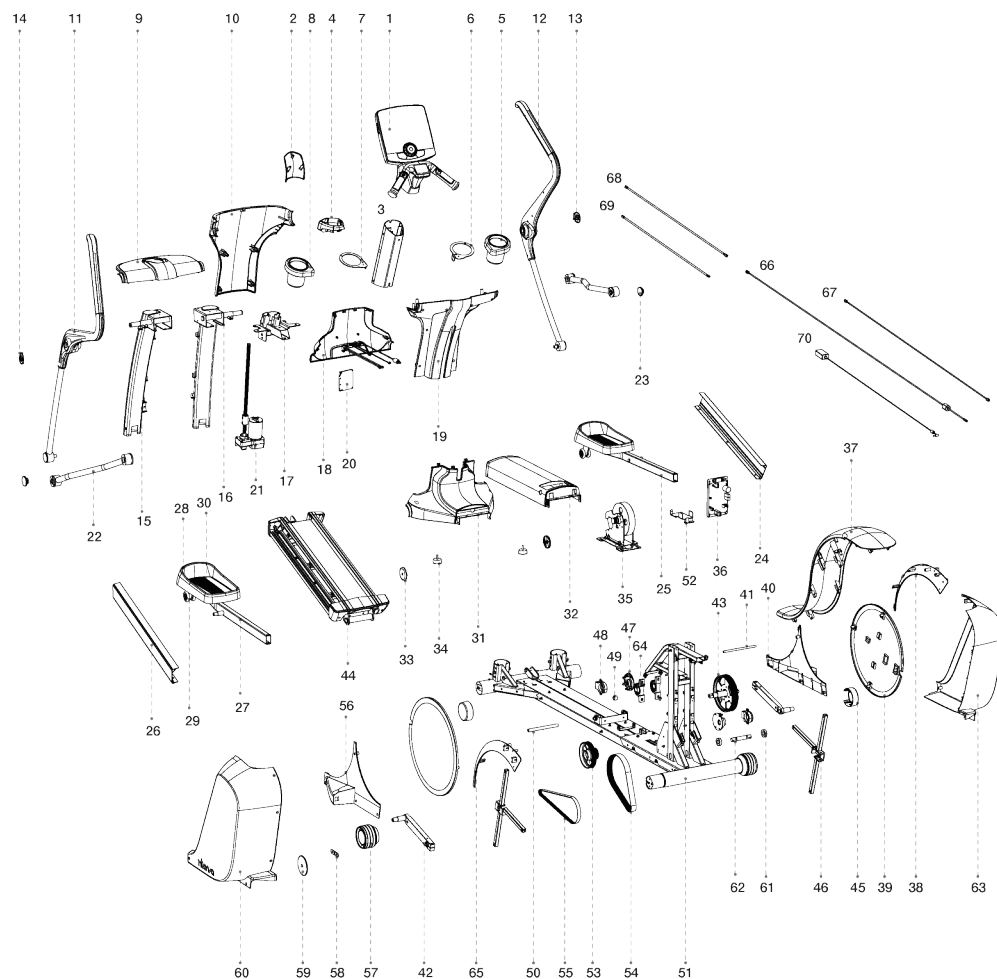
Design Use	Commercial
Maximum User Weight	181kgs/400 lbs
Incline levels	16 incline levels (13°—40°)
Step Up Height	35 cm (13.7 in)
Stride Length	52—55 cm (20.4—21.6 in)
Pedal to pedal distance	6 cm (2.3 in)

CONSOLE

Type	16" TFT capacitance touch screen monitor
Display	Heart rate, Incline, Time, Calories, Distance, Level, SPM, Watt, Gradient
Language	21 Languages
Summaries	Total elapsed time of workout, total calories burned, total distance, average heart rate, average SPM, average gradient, average watts generated, average level, resistance/heart rate profile record of workout
Workout	Quick start, Preset programs, Target programs, Heart rate programs, Custom programs, Race programs, Fitness test
Heart rate monitor	Polar telemetry heart rate monitoring system

ASSEMBLY DIMENSIONS			SHIPPING DIMENSIONS		
MODEL	550ETe2		MODEL	550ETe2	
LENGTH	2,090 mm	83 inches	LENGTH	2,200 mm	87 inches
WIDTH	840 mm	33 inches	WIDTH	780 mm	31 inches
HEIGHT	1,720 mm	66 inches	HEIGHT	100 mm	39 inches
WEIGHT	185 kgs	408 lbs	WEIGHT	250 kgs	551 lbs

Intenza 550ETi Elliptical Trainer Exploded Drawing And Parts List



NO	ITEM	NO	ITEM	NO	ITEM
1	Console, w/handle	31	Cover, upright, rear, btm	61	Bearing, ball, 6004ZZ
2	Cover, console, mount, btm	32	Cover, upright, rear, top, inj	62	Shaft, pulley, step—up
3	Post, upright	33	Cap, stabilizer	63	Cover, side, top, R
4	Cover, upright	34	Foot, adjustable	64	Bearing, pillow block
5	Holder, bottle	35	Generator, w/bracket	65	Cover, rear, inside, L
6	Bracket, holder, bottle, R	36	LCB, w/heatsink	66	Cable, signal, frame, w/core
7	Bracket, holder, bottle, L	37	Cover, rear, top, injection	67	Cable, LCB, frame + core
8	Holder, bottle	38	Cover, rear, inside, R	68	Cable, generator, power input
9	Cover, upright, top	39	Cover, crankarm	69	Cable, hybrid, torque control
10	Cover, upright, front, top	40	Cover, side, bottom, R, inj	70	Adaptor, 19V
11	Handlebar, L	41	Tube, fix, cover		
12	Handlebar, R	42	Crankarm, coated		
13	Decal, bug, handlebar, R	43	Pulley, input, w/shaft		
14	Decal, bug, handlebar, L	44	Ramp		
15	Post, upright, L, coated	45	Cover, linkarm		
16	Post, upright, R, coated	46	Cross, coated		
17	Mount, post, top, coated	47	Cover, stairarm, injection		
18	Cover, upright, btm, w/cable	48	Block, pivot, stairarm		
19	Cover, upright, rear, top	49	Bearing		
20	Incline Board, w/heatsink	50	Shaft, ramp		
21	Motor, incline, DC12V	51	Frame, main, coated		
22	Linkarm	52	Bracket, battery		
23	Cover, pivot, linkarm	53	Pulley, step—up		
24	Coating, cover, ramp, side	54	Belt, drive		
25	Stairarm, R, coated	55	Belt, drive		
26	Coating, cover, ramp, side	56	Cover, side, bottom, L w/clip		
27	Stairarm, L, coated	57	Wheel, moving		
28	Cover, pedal	58	Bracket, wheel		
29	Wheel, w/bearing	59	Cap, wheel		
30	Sheet, pedal	60	Cover, side, top, L		

Specifications: Intenza 550ETi Elliptical Trainer

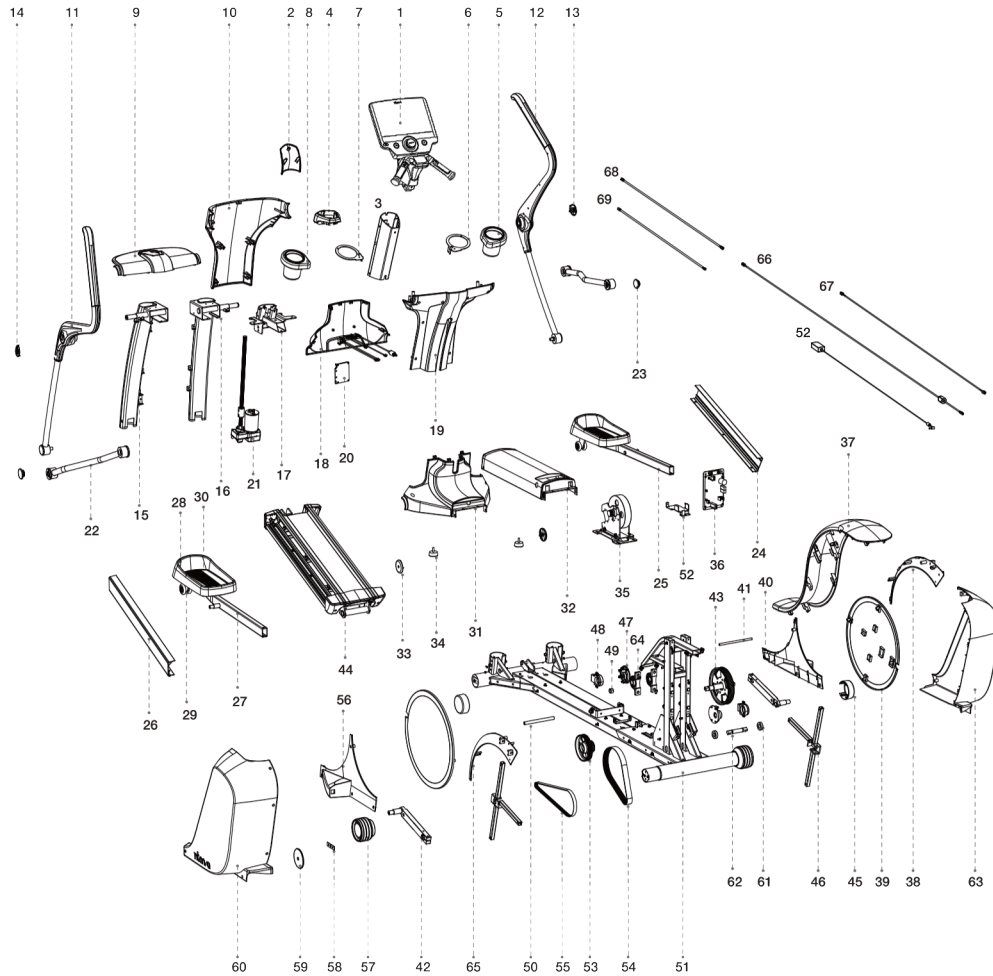
Design Use	Commercial
Maximum User Weight	181kgs/400 lbs
Incline levels	16 incline levels (13°—40°)
Step Up Height	35 cm (13.7 in)
Stride Length	52—55 cm (20.4—21.6 in)
Pedal to pedal distance	6 cm (2.3 in)

CONSOLE

Type	LED display
Display	Heart rate, Incline, Time, Calories, Distance, Level, SPM, Watt, Incline
Language	English, German. 2 languages are offered.
Summaries	Total elapsed time of workout, total calories burned, total distance, total METs generated, heart rate profile record
Workout	Quick start, Preset programs, Target programs, Heart rate programs, Custom programs, Race programs, Fitness test
Heart rate monitor	Polar telemetry heart rate monitoring system

ASSEMBLY DIMENSIONS			SHIPPING DIMENSIONS		
MODEL	550ETi		MODEL	550ETi	
LENGTH	2,090 mm	83 inches	LENGTH	2,200 mm	87 inches
WIDTH	840 mm	33 inches	WIDTH	780 mm	31 inches
HEIGHT	1,720 mm	66 inches	HEIGHT	100 mm	39 inches
WEIGHT	184 kgs	406 lbs	WEIGHT	244 kgs	537 lbs

Intenza 450ETi2 Elliptical Trainer Exploded Drawing And Parts List



NO	ITEM	NO	ITEM	NO	ITEM
1	Console, 450 ETi2	31	Cover, upright, rear, btm	61	Bearing, ball, 6004ZZ
2	Cover, console, mount, btm	32	Cover, upright, rear, top, inj	62	Shaft, pulley, step—up
3	Post, upright	33	Cap, stabilizer	63	Cover, side, top, R
4	Cover, upright	34	Foot, adjustable	64	Bearing, pillow block
5	Holder, bottle	35	Generator, w/bracket	65	Cover, rear, inside, L
6	Bracket, holder, bottle, R	36	LCB, w/heatsink	66	Cable, signal, frame, w/core
7	Bracket, holder, bottle, L	37	Cover, rear, top, injection	67	Cable, LCB, frame + core
8	Holder, bottle	38	Cover, rear, inside, R	68	Cable, generator, power input
9	Cover, upright, top	39	Cover, crankarm	69	Cable, hybrid, torque control
10	Cover, upright, front, top	40	Cover, side, bottom, R, inj		
11	Handlebar, L	41	Tube, fix, cover		
12	Handlebar, R	42	Crankarm, coated		
13	Decal, bug, handlebar, R	43	Pulley, input, w/shaft		
14	Decal, bug, handlebar, L	44	Ramp		
15	Post, upright, L, coated	45	Cover, linkarm		
16	Post, upright, R, coated	46	Cross, coated		
17	Mount, post, top, coated	47	Cover, stairarm, injection		
18	Cover, upright, btm, w/cable	48	Block, pivot, stairarm		
19	Cover, upright, rear, top	49	Bearing		
20	Incline Board, w/heatsink	50	Shaft, ramp		
21	Motor, incline, DC12V	51	Frame, main, coated		
22	Linkarm	52	Adapter, 12V		
23	Cover, pivot, linkarm	53	Pulley, step—up		
24	Coating, cover, ramp, side	54	Belt, drive		
25	Stairarm, R, coated	55	Belt, drive		
26	Coating, cover, ramp, side	56	Cover, side, bottom, L w/clip		
27	Stairarm, L, coated	57	Wheel, moving		
28	Cover, pedal	58	Bracket, wheel		
29	Wheel, w/bearing	59	Cap, wheel		
30	Sheet, pedal	60	Cover, side, top, L		

Specifications: Intenza 450ETi2 Elliptical Trainer

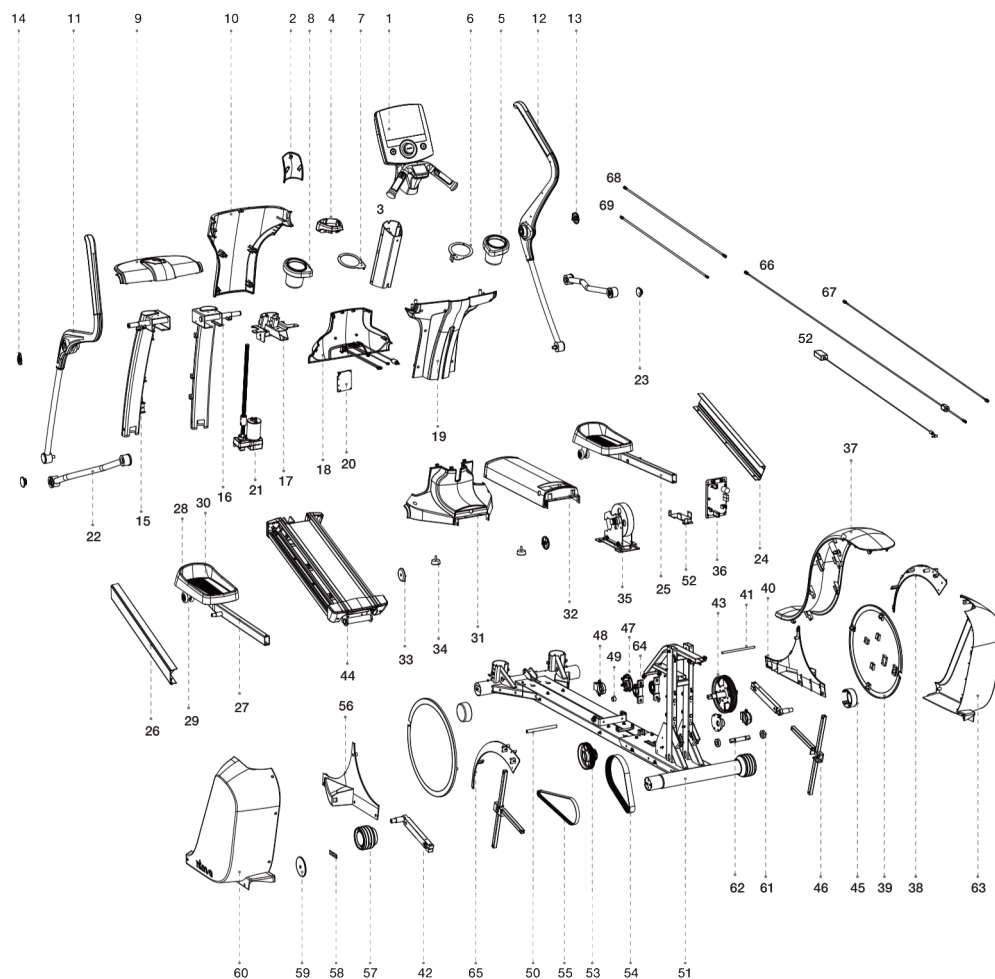
Design Use	Commercial
Maximum User Weight	181kgs/400 lbs
Incline levels	16 incline levels (13°—40°)
Step Up Height	35 cm (13.7 in)
Stride Length	52—55 cm (20.4—21.6 in)
Pedal to pedal distance	6 cm (2.3 in)

CONSOLE

Type	12” Color TFT LCD display
Display	HR, Watt, Time, Incline, Calories, Distance, SPM, Level, Workout summary, Workout Profile
Language	21 countries
Summaries	Total elapsed time of workout, total calories burned, total distance, total METs generated, heart rate profile record
Workout	Fitness Test, HR Control, Race, Quick Start, Advanced Program, Target Program
Heart rate monitor	Polar telemetry heart rate monitoring system

ASSEMBLY DIMENSIONS			SHIPPING DIMENSIONS		
MODEL	450ETi2		MODEL	450ETi2	
LENGTH	2,090 mm	83 inches	LENGTH	2,200 mm	87 inches
WIDTH	840 mm	33 inches	WIDTH	780 mm	31 inches
HEIGHT	1,720 mm	66 inches	HEIGHT	100 mm	39 inches
WEIGHT	186 kgs	410 lbs	WEIGHT	251 kgs	553 lbs

Intenza 450ETi2S Elliptical Trainer Exploded Drawing And Parts List



NO	ITEM	NO	ITEM	NO	ITEM
1	Console, 450ETi2S	31	Cover, upright, rear, btm	61	Bearing, ball, 6004ZZ
2	Cover, console, mount, btm	32	Cover, upright, rear, top, inj	62	Shaft, pulley, step—up
3	Post, upright	33	Cap, stabilizer	63	Cover, side, top, R
4	Cover, upright	34	Foot, adjustable	64	Bearing, pillow block
5	Holder, bottle	35	Generator, w/bracket	65	Cover, rear, inside, L
6	Bracket, holder, bottle, R	36	LCB, w/heatsink	66	Cable, signal, frame, w/core
7	Bracket, holder, bottle, L	37	Cover, rear, top, injection	67	Cable, LCB, frame + core
8	Holder, bottle	38	Cover, rear, inside, R	68	Cable, generator, power input
9	Cover, upright, top	39	Cover, crankarm	69	Cable, hybrid, torque control
10	Cover, upright, front, top	40	Cover, side, bottom, R, inj		
11	Handlebar, L	41	Tube, fix, cover		
12	Handlebar, R	42	Crankarm, coated		
13	Decal, bug, handlebar, R	43	Pulley, input, w/shaft		
14	Decal, bug, handlebar, L	44	Ramp		
15	Post, upright, L, coated	45	Cover, linkarm		
16	Post, upright, R, coated	46	Cross, coated		
17	Mount, post, top, coated	47	Cover, stairarm, injection		
18	Cover, upright, btm, w/cable	48	Block, pivot, stairarm		
19	Cover, upright, rear, top	49	Bearing		
20	Incline Board, w/heatsink	50	Shaft, ramp		
21	Motor, incline, DC12V	51	Frame, main, coated		
22	Linkarm	52	Adaptor, 12V		
23	Cover, pivot, linkarm	53	Pulley, step—up		
24	Coating, cover, ramp, side	54	Belt, drive		
25	Stairarm, R, coated	55	Belt, drive		
26	Coating, cover, ramp, side	56	Cover, side, bottom, L w/clip		
27	Stairarm, L, coated	57	Wheel, moving		
28	Cover, pedal	58	Bracket, wheel		
29	Wheel, w/bearing	59	Cap, wheel		
30	Sheet, pedal	60	Cover, side, top, L		

Specifications: Intenza 450ETi2S Elliptical Trainer

Version—2.1

Design Use	Commercial
Maximum User Weight	181kgs/400 lbs
Incline levels	16 incline levels (13°—40°)
Step Up Height	35 cm (13.7 in)
Stride Length	52—55 cm (20.4—21.6 in)
Pedal to pedal distance	6 cm (2.3 in)

CONSOLE

Type	LED display
Display	HR, Watt, Time, Incline, Calories, Distance, SPM, Level, Workout summary, Workout Profile
Summaries	Total elapsed time of workout, total calories burned, total distance, total METs generated, heart rate profile record
Workout	Fitness Test, HR Control, Race, Quick Start, Advanced Program, Target Program
Heart rate monitor	Polar telemetry heart rate monitoring system

ASSEMBLY DIMENSIONS			SHIPPING DIMENSIONS		
MODEL	450ETi2S		MODEL	450ETi2S	
LENGTH	2,090 mm	83 inches	LENGTH	2,200 mm	87 inches
WIDTH	840 mm	33 inches	WIDTH	780 mm	31 inches
HEIGHT	1,720 mm	66 inches	HEIGHT	100 mm	39 inches
WEIGHT	182 kgs	401 lbs	WEIGHT	249 kgs	548 lbs

DESIGNED, ENGINEERED AND BUILT IN **TAIWAN**

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