

USER & ASSEMBLY MANUAL

**ASCEND
L-200
PERFORMANCE
ELLIPTICAL**

ASCEND

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SAFETY INSTRUCTIONS

NOTICE: This document provides important safety instructions, adjustments, and general troubleshooting information for the maintenance of the ASCEND L-200 Performance Elliptical.

If you need assistance, please call Ascend Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada).



This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

BEFORE SERVICING OR USING THIS EQUIPMENT, OBEY THE FOLLOWING WARNINGS:



Read and understand the Service Manual before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.

- Keep bystanders and children away from the product being serviced, at all times.
- Make sure that the repair is done in an appropriate workspace away from foot traffic and exposure to bystanders.
- Disconnect all power to the machine before you service it. (This includes the batteries) .
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by Ascend. Failure to use Ascend-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable, or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- Before starting your training, consult your doctor to determine whether your health and physical condition are suitable for the product. Because bad conditions can pose risks to your health and safety or prevent you from using the product correctly.
- If you are taking a medication that affects your heart rate and blood pressure, your doctor's advice is extremely important.

SAFETY INSTRUCTIONS

• Always pay attention to the adverse reactions of the body. Incorrect and excessive use can damage your body immediately if you find the following symptoms; chest pain and chest tightness, abnormal heartbeat, shortness of breath, light head, dizziness or nausea. If you have the above symptoms during exercise, please consult your doctor for advice before continuing training!

Place the device on a solid, flat level and soft material to protect your floor and carpet. Leave at least 0.6m (24") of open space around the device.

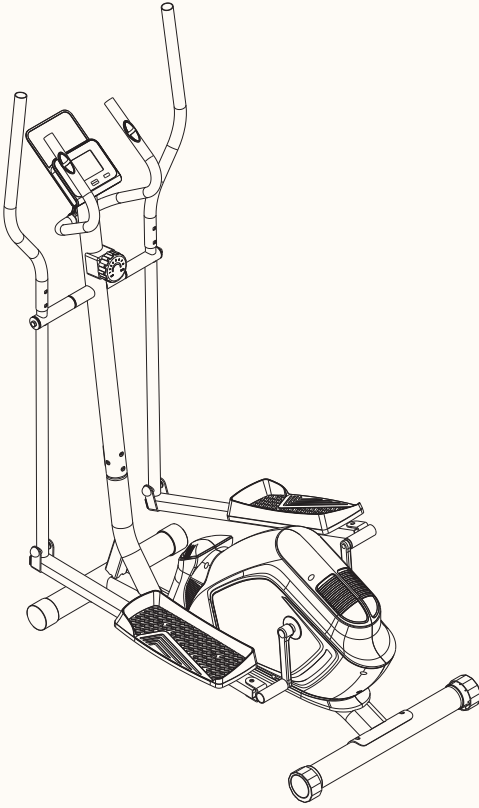
- Ensure that all the screws and nuts are locked before using the product.
- Use the product correctly according to the product label. If the device is assembled or inspected, or the abnormal sound from the device is heard during use, please stop using it immediately. It can never be forced to use it again until the problem is eliminated.
- Wear appropriate clothes during exercise; avoid wearing loose clothes during exercise; such clothes are easy to be hung or restrict movement.

WARNING

- Injury or death is possible if caution is not used while using this machine.
- Keep children and pets away.
- Read and follow all warnings on this machine.
- Refer to the Owner's Manual for additional warnings and safety information.
- The heart rate displayed is an approximation and should be used for reference only.
- Not intended for use by anyone under 14 years of age.
- The maximum user weight for this machine is 330 lbs (150 kg.).
- This machine is for home use only.
- Consult a physician prior to using any exercise equipment.
- Set up and operate the exercise equipment on a solid and leveled surface.
- Care should be taken in mounting and and dismounting the exercise equipment. Before dismounting, bring the machine to a complete stop.
- Spinning pedals can cause injury.
- The exercise equipment does not have a freewheel and pedal speed must be reduced in a controlled manner.

SAVE THESE INSTRUCTIONS

SPECIFICATIONS

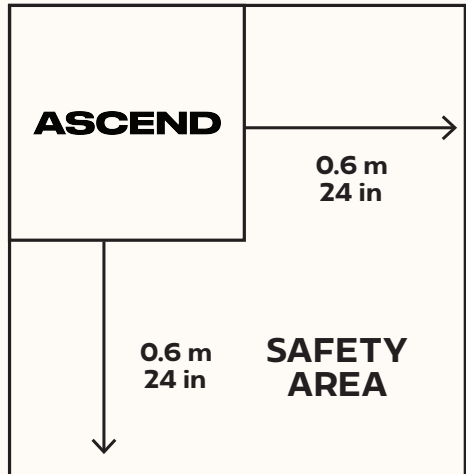


- **Maximum User Weight:**
120 Kg / 264.5 Lb
- **Net Weight:**
29 Kg / 64 Lb
- **Gross Weight:**
32 Kg / 70.5 Lb



DO NOT dispose of this product as trash. This product is to be recycled. For proper disposal of this product, please follow the prescribed methods at an approved waste center.

Select the area where you are going to set up and operate your machine. For safe operation the location must be on a hard leveled surface. You must keep a 0.6m (24") clear space along the side & back to ensure safe access and operation.



REQUIRED MAINTENANCE

For instructions to replace the following parts, please refer to the Assembly Manual



Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be repaired or replaced immediately.

Only manufacturer supplied components can be used to maintain and repair the equipment. If at any time the Warning labels become loose, unreadable, or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.

Daily Maintenance

Before each use, examine the exercise machine for loose, broken, damaged, or worn parts. Do not use if found in this condition. Repair or replace all parts at the first sign of wear or damage. Make sure adjustment knobs are tight. Tighten as necessary. After each workout, use a damp cloth to wipe your machine and Console free of moisture.

NOTICE: If necessary, only use a mild dish soap with a soft cloth to clean the Console. Do not clean with a petroleum-based solvent, automotive cleaner, or any product that contains ammonia. Do not clean the Console in direct sunlight or at high temperatures. Be sure to keep the Console free of moisture.

Weekly Maintenance

Check pedals and tighten as necessary.



Since this machine operates with a fixed gear, do not back, or reverse, pedal. Doing so may loosen the Pedals, which could result in damage to the machine and/or injury to the user. Never operate this machine with loose Pedals.

Clean the machine to remove any dust, dirt, or grime from the surfaces.

Check for smooth seat operation. If needed, sparingly apply a thin coating of silicone lube to ease operation.



Silicone lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.

Note: Do not use petroleum-based products.

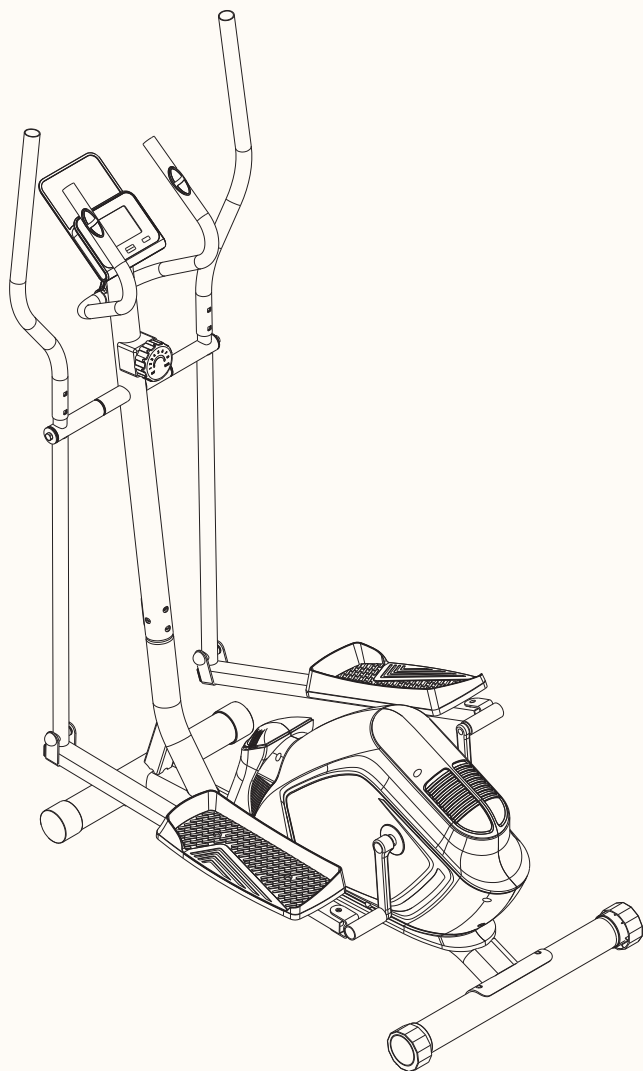
Monthly or after 20 hours

Check crank arms and tighten as necessary. Make sure all bolts and screws are tight.

Tighten as necessary.

Check the drive belt tension and adjust if necessary.

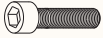
ASSEMBLY



ASCEND L-200 PERFORMANCE ELLIPTICAL

HARDWARE LIST

BOLTS



Bolt M8*30
#8 M8*30
(2PCS)



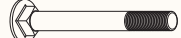
Bolt M8*16
#18 M8*16
(2PCS)



Bolt M8*40
#21 M8*40
(4 PCS)



Bolt M8*16
#26 M8*16*S6
(4 PCS)



Bolt M8*72
#33 M8*72
(4 PCS)



Bolt M10*45
#43 M10*45
(4PCS)



Hexagonal bolts in the head
#46L 1/2"
(1PC)



Hexagonal bolts in the head
#46R 1/2"
(1PC)

WASHERS



Spring washer
#9 d8
(4PCS)



Washer
#19 d8*032*2
(2PCS)



Arc washer
#22 d8*020*1.5*R30
(8PCS)



Special washer
#47 d17
(2PCS)



Spring washer
#50 1/2"
(2PCS)



Arc washer
#85 d8*016*1.5*R30
(4 PCS)

NUTS



#23 M8 (8PCS)



#32 M10 (4PCS)



#51L 1/2" (1PC)

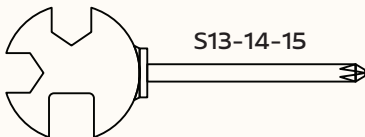


#51R 1/2" (1PC)

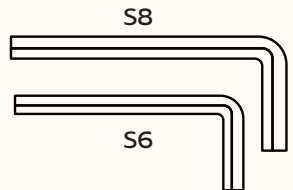
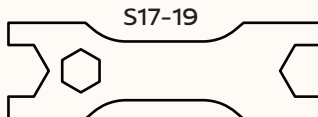
OTHERS



End cap
#17 S13
(2 PCS)



End cap
#28 S17
(6 PCS)



HARDWARE LIST

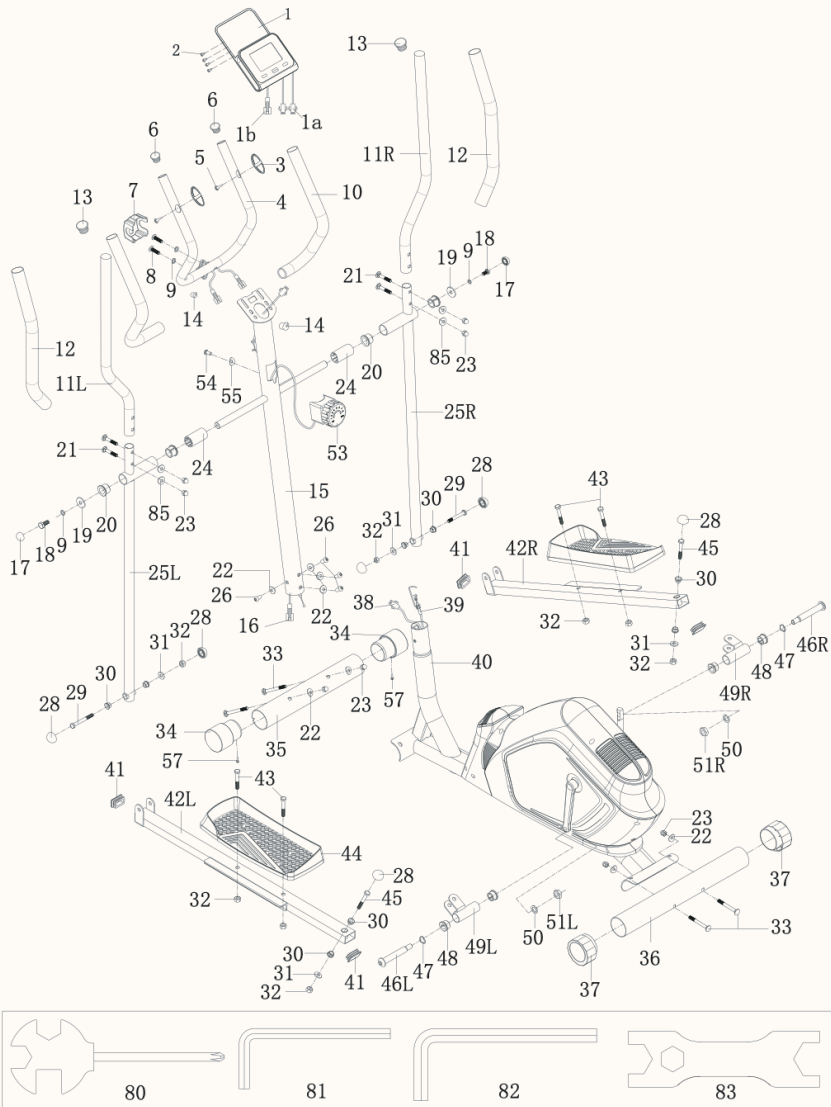
#	Part	Qty	#	Part	Qty
1	Computer	1	37	End cap ϕ 50	1
2	Screw M5	4	38	Sensor	1
3	Pulse	2	39	The lower trim line	1
4	Middle Handlebar	1	40	Main frame	1
5	Screw ST4.2X19	2	41	End cap J40X25	4
6	End cap ϕ 25	2	42	Pedal tube(L/R)	2
7	Small cover	1	43	Bolt M10X45	4
8	Bolt M8x30	2	44	Pedal	2
9	Arc Washer D8	4	45	Bolt M10X50	2
10	Foam grip	2	46	Bolt(L/R) 1/2"	2
11	Foam grip	2	47	Arc Washer D17	2
12	Arc washer d8* ϕ 12*1.5*R30	2	48	Bushing ϕ 24X20X ϕ 16.1	4
13	End cap ϕ 28	2	49	U Bracket	2
14	Stopple ϕ 12.6X ϕ 6	2	50	Spring washer 1/2"	2
15	Upright post	1	51	Nylon nut(L/R) 1/2"	2
16	Wire	1	52	/	/
17	End cap S13	2	53	Knob	1
18	Bolt M8x16	2	54	Bolt M5*45	1
19	Washer D8X ϕ 32X2	2	55	Washer d5	1
20	Bushing ϕ 32X ϕ 19X28	4	56	Crank cover	2
21	BOLT M8x40	4	57	Screw ST3.5*10	2
22	Arc washer D8X ϕ 20X2XR30	8	58	Screw ST4.2*16	14
23	Domed Nut M8	8	59	Chain cover	2
24	Plastic insert	2	60	Circlips	2
25	Lower handlebar(L/R)	2	61	Bearing	2
26	Bolt M8X16X56	4	62	Crank cover	2
27	/	/	63	Crank L	1
28	END CAP S17	6	64	Crank R	1
29	Bolt M10x60	2	65	Hex flange nut M10*1.25	2
30	Bushing ϕ 14X12.5X ϕ 10.1	8	66	Bolt M6*15	4
31	Washer D10X ϕ 20X2	4	67	Chain wheel	1
32	Nylon nut M10	8	68	Belt	1
33	Carriage Bolt M8X72	4	69	U bracket	2
34	End cap ϕ 50	2	70	bearing	1
35	Front stabilizer	1	71	Axle	1
36	Rear stabilizer	1	72	Nut M10	2

HARDWARE LIST

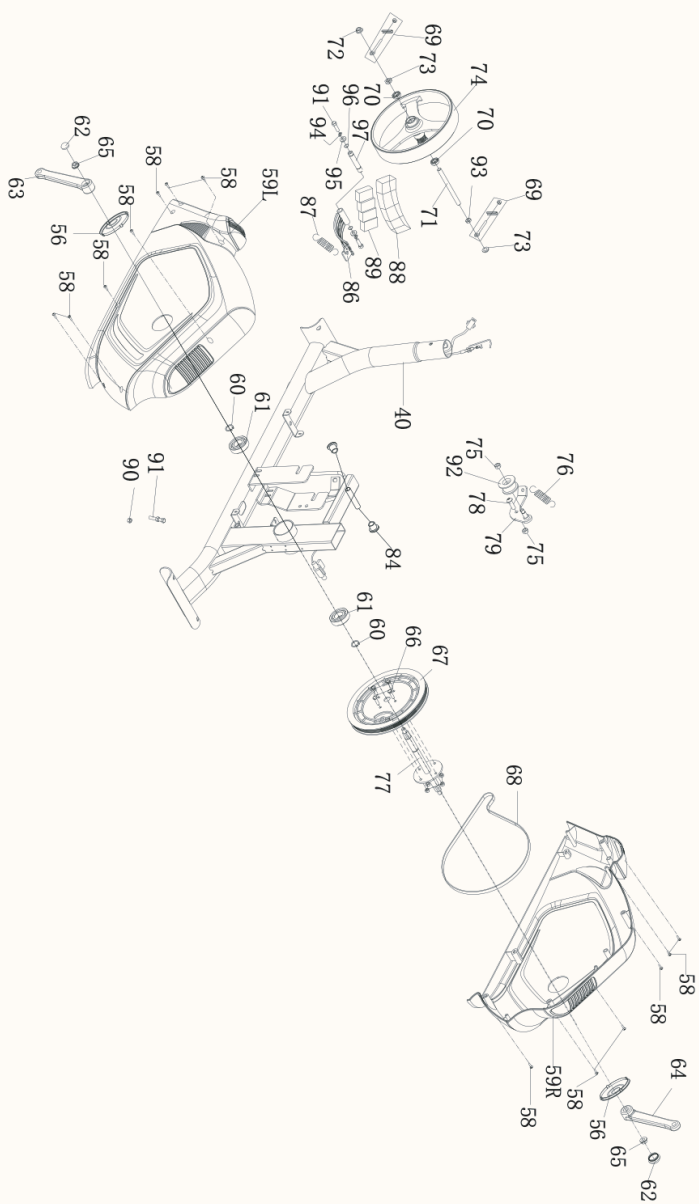
#	Part	Qty
73	Nut M10	2
74	Flywheel	1
75	Nylon nut M8	2
76	Tension spring I	1
77	Bolt	1
78	Magnet	1
79	Bracket	1
80	Open-end wrench S13 14 15	1
81	Hex wrench S6	1
82	Hex wrench S8	1
83	Open-end wrench S17 18 19	1
84	End cap	2
85	Arc washer D8Xφ16X1.5XR30	4

#	Part	Qty
86	Magnetic board	1
87	Tension spring II	2
88	location grid	1
89	Magnet	4
90	Hex nut M6	2
91	Hexagon bolt M6*20	3
92	Idler	1
93	Hexagon thin nut M10*1.0*2	1
94	Spring washer D6	2
95	Washer D6	2
96	Snap spring D12	2
97	Magnetic board axle	1

EXPLODED VIEW

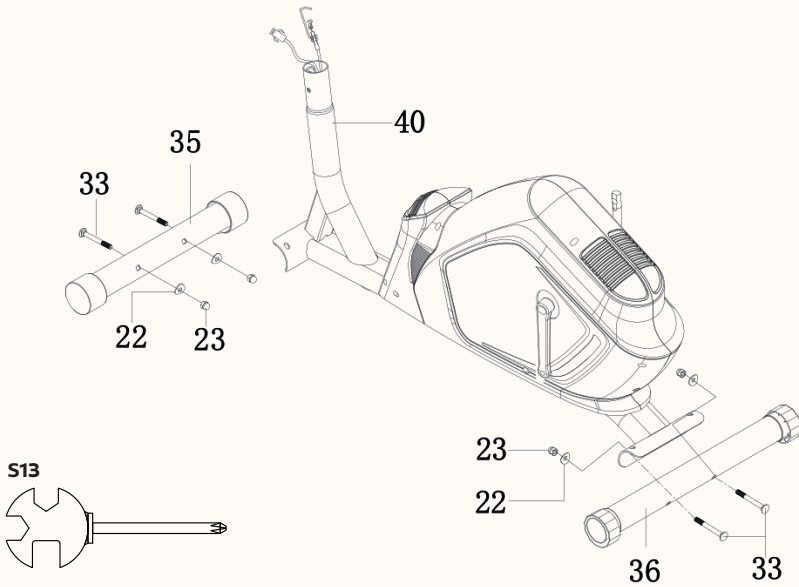


EXPLODED VIEW



ASSEMBLY INSTRUCTIONS

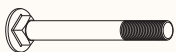
STEP 1



1. Attached the front Stabilizer(35) and the Rear Stabilizer(36) to the Main Frame(40) with Carriage Bolt(33), Domed Nut(23) and Arc Washer(22).

Hardware Required

BOLT



#33 Carriage Bolt
M8*72(4 pieces)

WASHER



#22 Arc Washer
DBXφ20X2XR30
(4 pieces)

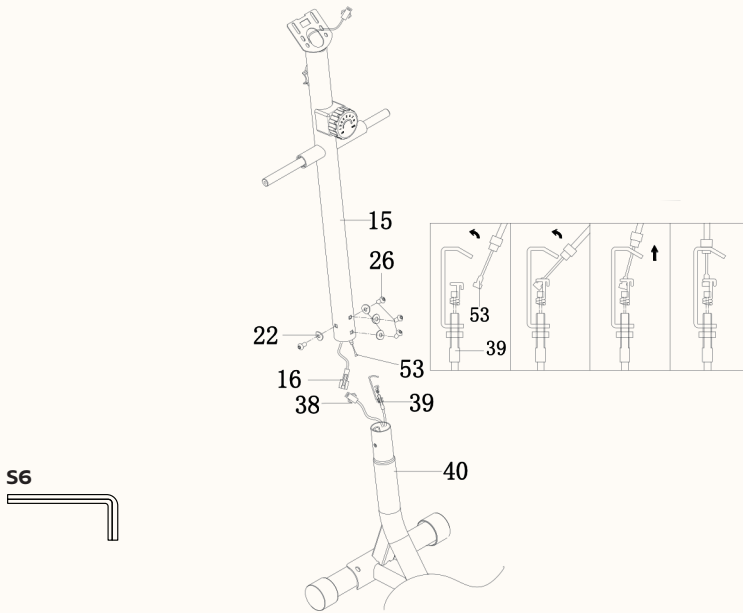
NUT



#23 Domed Nut M8
(4 pieces)

ASSEMBLY INSTRUCTIONS

STEP 2



2. Connect the Sensor (16) and (38) together. Connect the eight-stop trim (53) with the lower trim line (39) as shown in the right figure, fix the Upright Post (15) with the Main Frame (40) with Bolt (26), Arc Washer (22).

Hardware Required

BOLT



#26 Bolt: M10*45
(4 pieces)

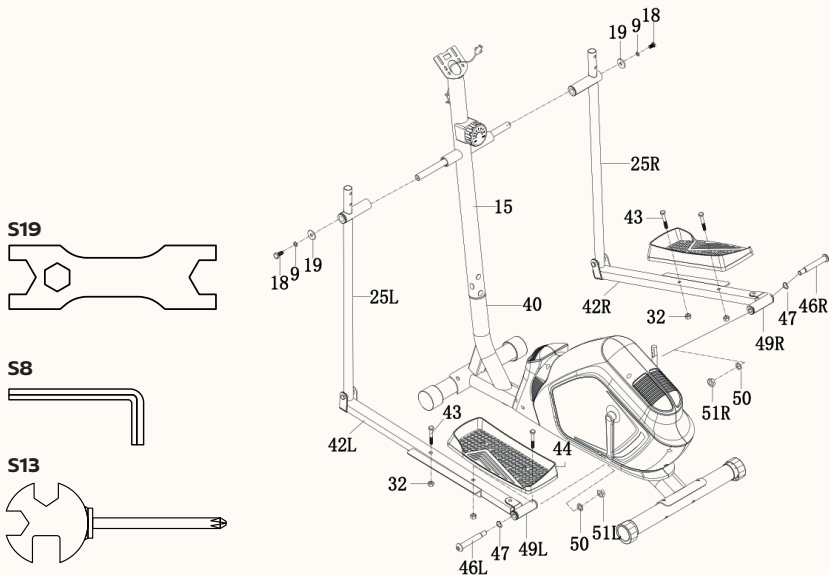
WASHER



#22 Bolt: M8*16
(4 pieces)

ASSEMBLY INSTRUCTIONS

STEP 3



3. Fix the Lower Handle Bar (25L) & (25R) to the Upright Post (15) with Bolts (18), Washers (9) and D Washers (19). Fix the Pedal Tubes 42L & 42R with the Pedal Crank by inserting carefully the Pedal Hinge Bolts 46 L & 46 R, Curved Washers (50) and Nylon Nuts 51L & 51R. Install the Pedal (44) on the Pedal Tube (42L) & (42R) with Hex Head Bolt (43), Nylon Nut (32).

Hardware Required

BOLT



#43 Bolt M10*45
(4 pieces)



#18 Bolt M8*16
(2 pieces)



#46 Bolt (L/R) 1/2"
(2 pieces)

NUT



#32 Nylon nut M10
(4 pieces)



#51 Nylon nut (L/R) 1/2"
(2 pieces)

WASHER



#19 Washer DBXφ32*2
(2 pieces)



#50 Spring washer 1/2"
(2 pieces)



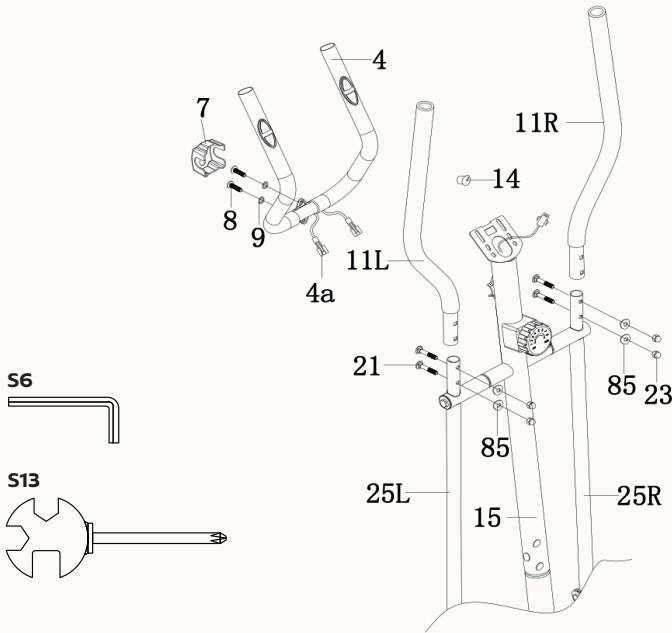
#9 Arc Washer D8
(2 pieces)



#47 Arc Washer D17
(2 pieces)

ASSEMBLY INSTRUCTIONS

STEP 4



4. Fish the sensors 4a through the upright post (15), Install the Middle handlebar(4) on the Upright Post (15) with bolt(8) Arc Washer (9). Fix the Handlebar (11L) & (11R) to the Lower Handle Bar (25L) & (25R) with Bolts (21), Arc Washers (85) and Domed Nuts (23).

Hardware Required

BOLT



#21 BOLT M8x40
(4 pieces)

NUT



#8 Bolt M8*30
(2 pieces)

WASHER



#85 Arc washer
DBXφ16X1.5XR30
(4 pieces)



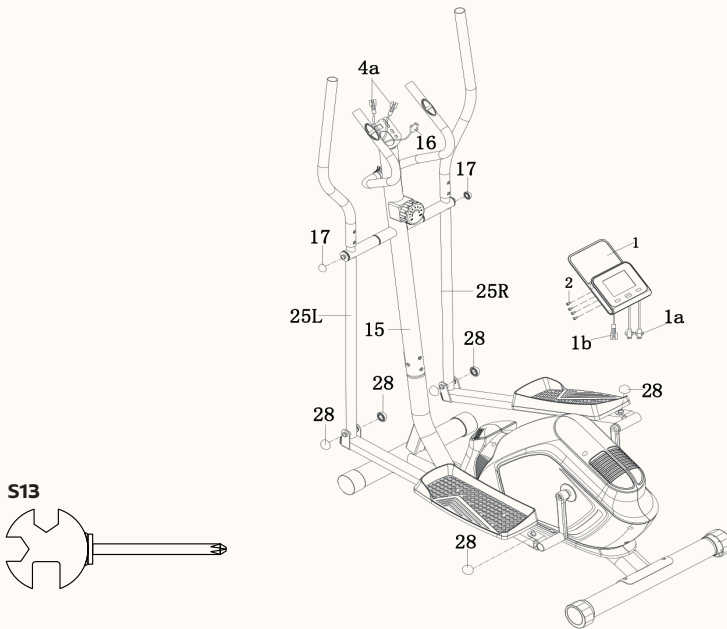
#9 Arc Washer DB
(4 pieces)



#23 Domed Nut M8
(4 pieces)

ASSEMBLY INSTRUCTIONS

STEP 5



- 5.** Connect Handle Pulse Wire (1a) to (4a), then connect Sensor wire (1b) to 16. Fix the Computer (1) onto the Upright Post (15) with Screws (2). Cover the nuts with caps (17) & (28)

Hardware Required

OTHERS

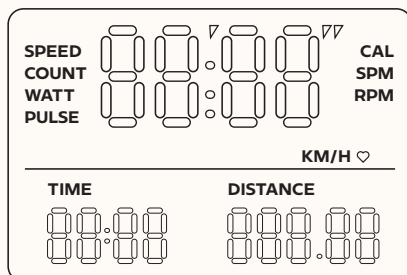


#17 End cap S13
(2 Pieces)



#28 END CAP S17
(6 pieces)

MONITOR



TIME	Run duration
TIEM/500m	Average time per 500m
DISTANCE	Distance traveled
WATT	Watts generated during effort
PULSE*	Heart rate during exercise
CALORIE	Calories burned during exercise
SPM	Pulp frequency, the average number of strokes per minute
COUNT	Total of strokes per workout
TOTAL COUNT	Total of strokes since the last reset

* Note: Heart rate and APP functions are optional, depending on the product. Key function description

MODE	<ul style="list-style-type: none"> · In the movement state: switch time, 500 meters, distance, total slurry number display; · In the stop state: enter the setting mode and switch the function items to be set;
RESET	<ul style="list-style-type: none"> · In the set state: clear the parameter value of the current function item of 0; · In stop state: Short press all values of 0 (except total slurry number);
UP KEY	<ul style="list-style-type: none"> · In motion state: Select and fix a function display; · In the stop state: adjust the setting value upward;
DOWN KEY	<ul style="list-style-type: none"> · In motion state: Select and fix a function display; · In the stop state: adjust the setting value down;