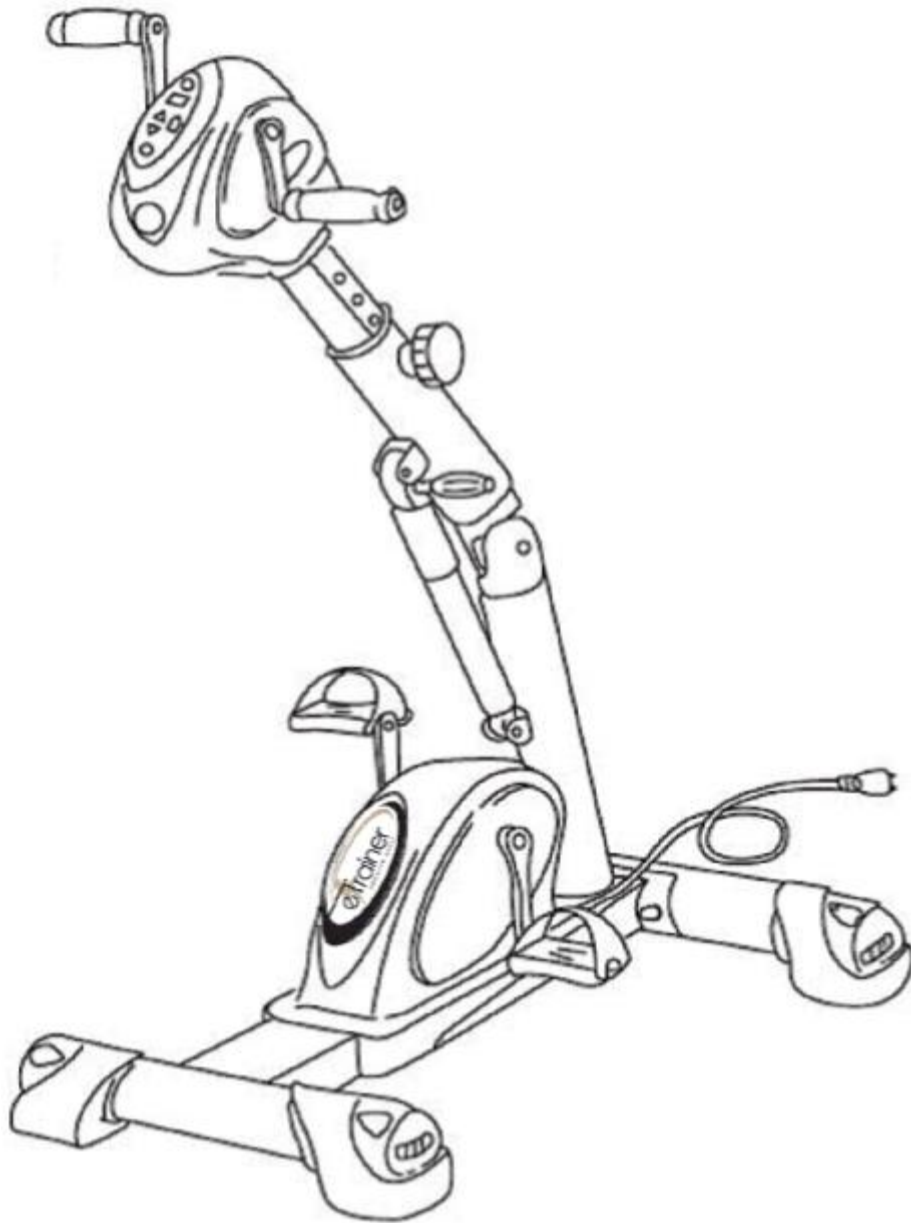




HEALTHCARE
INTERNATIONAL



HealthCare International, Inc.



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Safety Precautions

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine.

Also, please note the following **safety precautions**:

1. Read all instructions carefully before using the machine.
2. Consult your physician or other health care professional before beginning this or any type of exercise program.
3. Always wear proper exercise apparel when using the machine.
4. If at any time you feel faint, light-headed or dizzy while operating the machine, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
5. Keep children and pets away from the machine while in use.
6. Only one person can use the machine at a time.
7. Make sure your machine is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use and retighten periodically.
8. Do not operate this or any exercise equipment if it is damaged.
9. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
10. Keep clothes, jewelry, or loose items away from moving parts.



WARNING

BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PEOPLE WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THIS FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

Dear Valued Customer,

Thank you!

Thank you for your recent purchase of the **eTrainer Active & Passive** total body trainer from HCl Fitness. We believe that you have purchased one of the highest quality Active and Passive Trainers on the market today. Prior to using your new **eTrainer AP** please review the owner's manual and product tips to maximize your workout experience. Wishing you the best of luck in reaching your health and fitness goals!

While we have been in business for 25 years, we still count on our customers to help spread the word about HealthCare International and the products that we produce. Whether you purchased your unit for your Home, Clinic or Facility we value your opinion and ask you to review us on Amazon.com, hcifitness.com or on your fitness store's website. Just search HCl Fitness on Amazon or scan the link using your phone camera to see a complete list of products.



Team HCl Fitness



Warranty Information

(Your Serial Number is found on a white sticker at the rear base of the unit, the front of the user manual, and on the box)

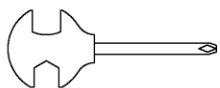
Serial #: _____ Purchase Date: _____

1 Year Warranty Exchange, Lifetime Main Frame

NOTE

Before you start to assemble this unit, please note that some of the parts and screws needed for assembly are already in place on the unit.

Tool Set



(46)Screwdriver

1 Pc

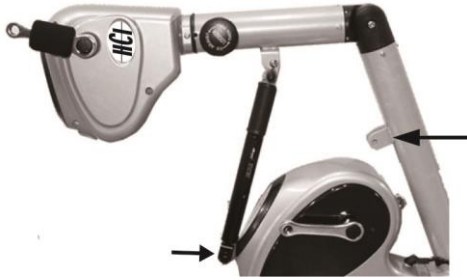


(47) 4mm Allen Key

2 Pcs

Assembly

Step 1



1. Attach the bottom end of the hydraulic cylinder to the frame of the eTrainer AP unit using the 2 allen key tools.

Step 2 + 3



2. Attach the front support tube to the unit using the screw driver.
3. Then screw in the metal bolt caps to the end of the support tube screws located on the back side of the front support using the multi-tool.

Step 4




Left Side has
Reverse Thread!

4. Attach the handles to the upper body using the multi-tool.

*Select either the Straight Handles or
U-Shaped Handles*

**Left Handle has a Reverse Thread!
Do Not Strip Left Handle.**



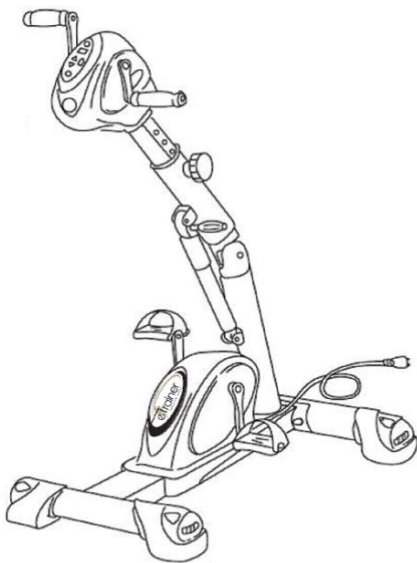
Step 5



5. Attach the handles to the upper body using the multi-tool.

Select either the Straight Pedals or Ortho Pedals

**Left Pedal has a Reverse Thread!
Do Not Strip Left Pedal.**



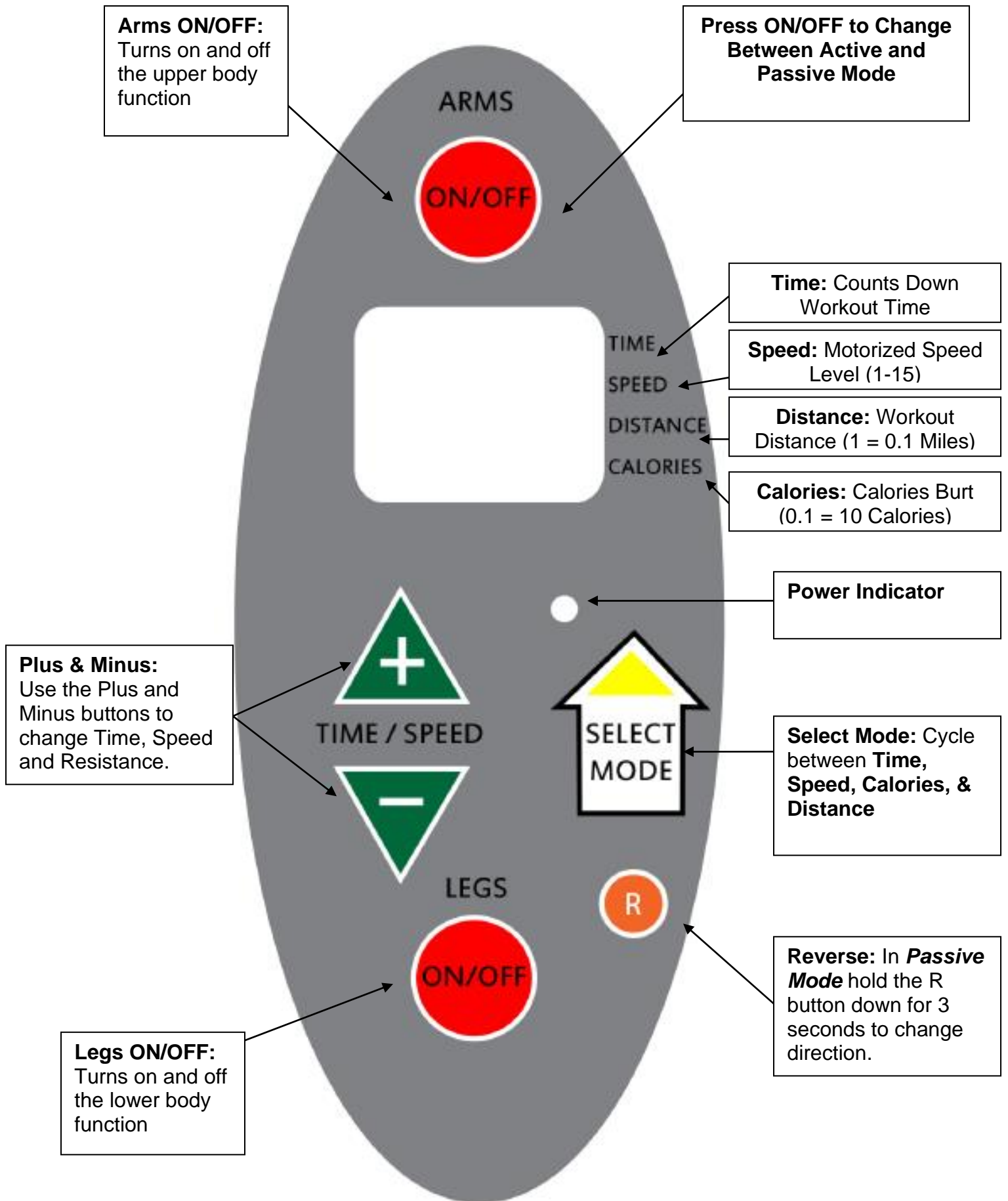
6. Assembly Complete! You can now plug the eTrainer A/P unit into a power source to begin using your machine.

Display QuickStart Guide on Page 8.

Operational Tips on Page 9.

The eTrainer AP will turn off after 10 minutes of inactivity.

Display Console

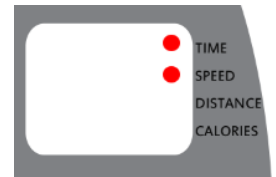


Setup Workout Programs

Active Mode – Resistance Levels 1 -2

**Default Mode is Active Resistance*

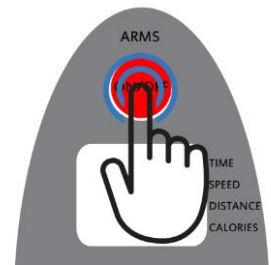
Active Mode is indicated by 2 Solid Red Dots next to Time and Speed



1. Press **ON/OFF** to power on the unit.
2. Press **+/-** to change resistance levels (1-2).
3. Press **Select Mode** to cycle between Calories & Distance.
4. Freely change between Upper, Lower and Total Body Workout in Active Mode.

Change Between Active Mode & Passive Mode:

1. While the unit is **ON**,
2. Press **ON/OFF** to change between Active and Passive Training.
3. Check the Display to Identify the Selected Mode.

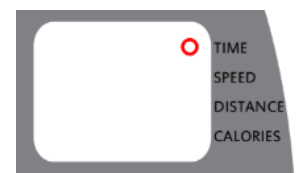


2 Solid Red Dots on **Time & Speed** = Active Mode

1 Blinking Dot on **Time** = Passive Mode

Passive Mode – Motorized Assist Speed 1-15:

Passive Mode is indicated by 1 Blinking Red Dot next to Time

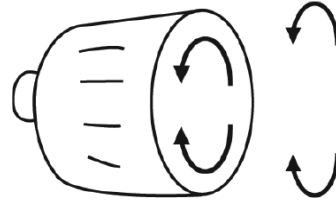


1. Press **ON/OFF** for Arms, Legs, or Both.
 2. Press **+/-** to change the workout TIME.
 3. Press **Select Mode** to change to SPEED.
 4. Use **Select Mode** to cycle between Time, Speed, Calories & Distance.
- Hold (R) Reverse for 3 Seconds to Change the Direction of the Peddles.**
5. Press **ON/OFF** to stop exercising.

The eTrainer AP will turn off after 10 minutes of inactivity.

Operational Tips

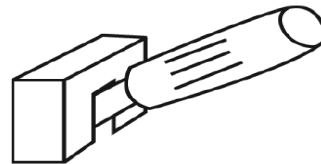
Adjust the Length of the Upper Body Arm



To change the length of the upper body arm, unscrew the locking knob and move the upper body arm in or out.

When you find the correct position, tighten the knob to lock the upper body arm in place.

Adjust the Angle of the Upper Body Arm



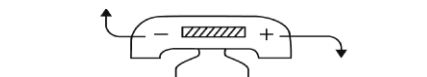
To change the angle of the upper body arm, press down on lever to release the hydraulic cylinder.

While holding down the lever, move the upper body arm up or down to the desired angle. Release the lever to lock the hydraulic cylinder in place.

Adjust the Levelers



If the surface is uneven, use the levelers to adjust the unit.



To prevent your unit from sliding, use the included anti-skid mat.

Accessories

Hand Grips – Velcro Hand grips Available– Learn More: 360-321-7090

General Maintenance

1. Cleaning - Use soap and warm water or antibacterial wipes to clean your unit and pedals.
2. Tightening - Periodically inspect your unit to ensure that all screws, nuts, and bolts are tightened and retighten if necessary. Do not over tighten bolts and screws

Suggested Maintenance Schedule – Component Inspection Matrix

Item	6 Months	3 Years	5 Years
Frame			X
Electrical		X	
Mechanical		X	
High Wear Items	X		

Trouble Shooting

Issue	Cause	Possible Solution
No Power – Power Indicator is not Illuminated	Unit is not plugged in.	Check that the power cord is securely plugged in.
Pedal Not Tightening	Left pedal has reverse thread.	Screw in the left pedal turning left to tighten the pedal.
No Motorized RPM	Unit is in Active Mode.	Press ON/OFF to switch to Passive Mode. Reference Pg 8.
	Set Time and Speed	Set up Workout Programs: Reference Pg 8.
	Motor is damaged.	Motor needs to be replaced.

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