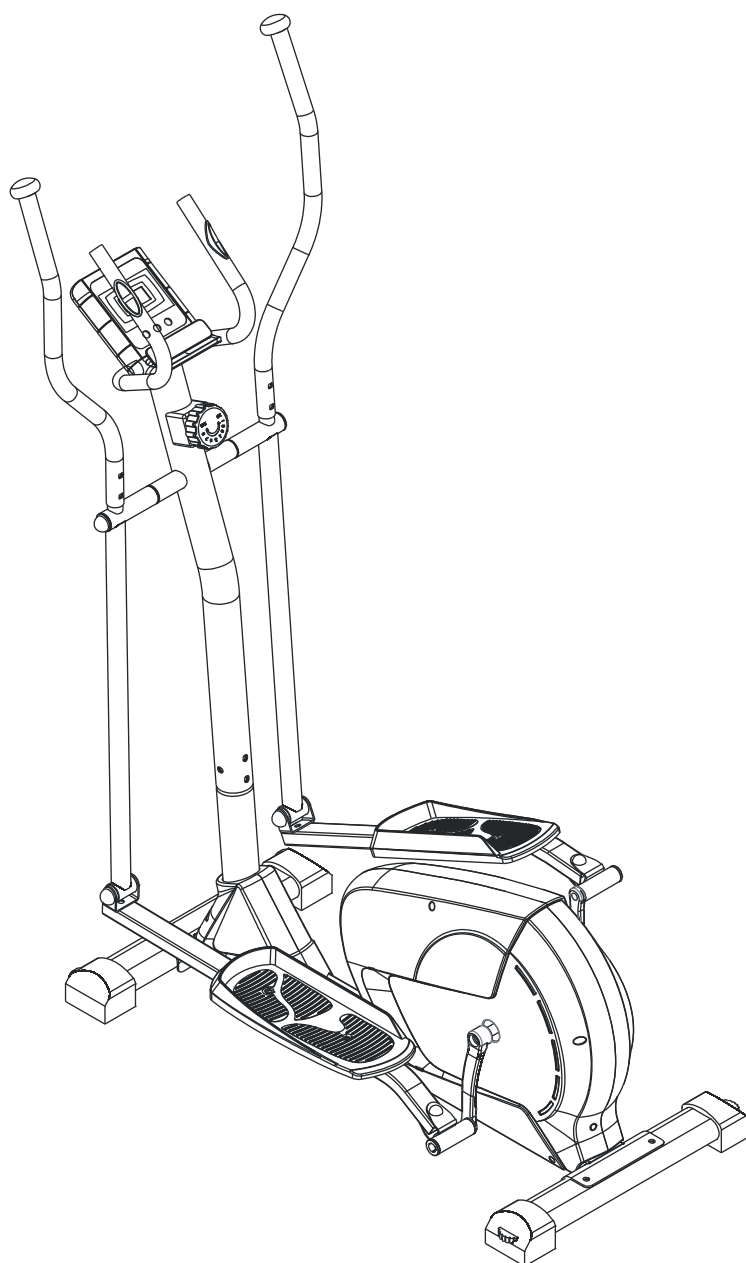


# snode®

## SNODE ELLIPTICAL MACHINE E16 SNODE E16 椭圆机



### INSTRUCTION MANUAL / 使用说明书



**IMPORTANT:** Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from his photo, subject to change without notice.

重要信息：使用本产品前请仔细阅读所有说明。请保留此用户手册以备将来参考。图片仅供参考，产品以实际实物为准。

## USER MANUAL

# ATTENTION



## **Assembly Instruction Video**

You can scan this QR code to enter into our Youtube page to follow the product assembly videos.

Hope it will be helpful for you.



Contact us at Instagram  
(Scan this QR Code)



Contact us at Facebook  
(Scan this QR Code)

**PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.**

**STOP. Contact customer service if you have any questions regarding assembly or proper operation of the machine.**

# CATALOG/目录

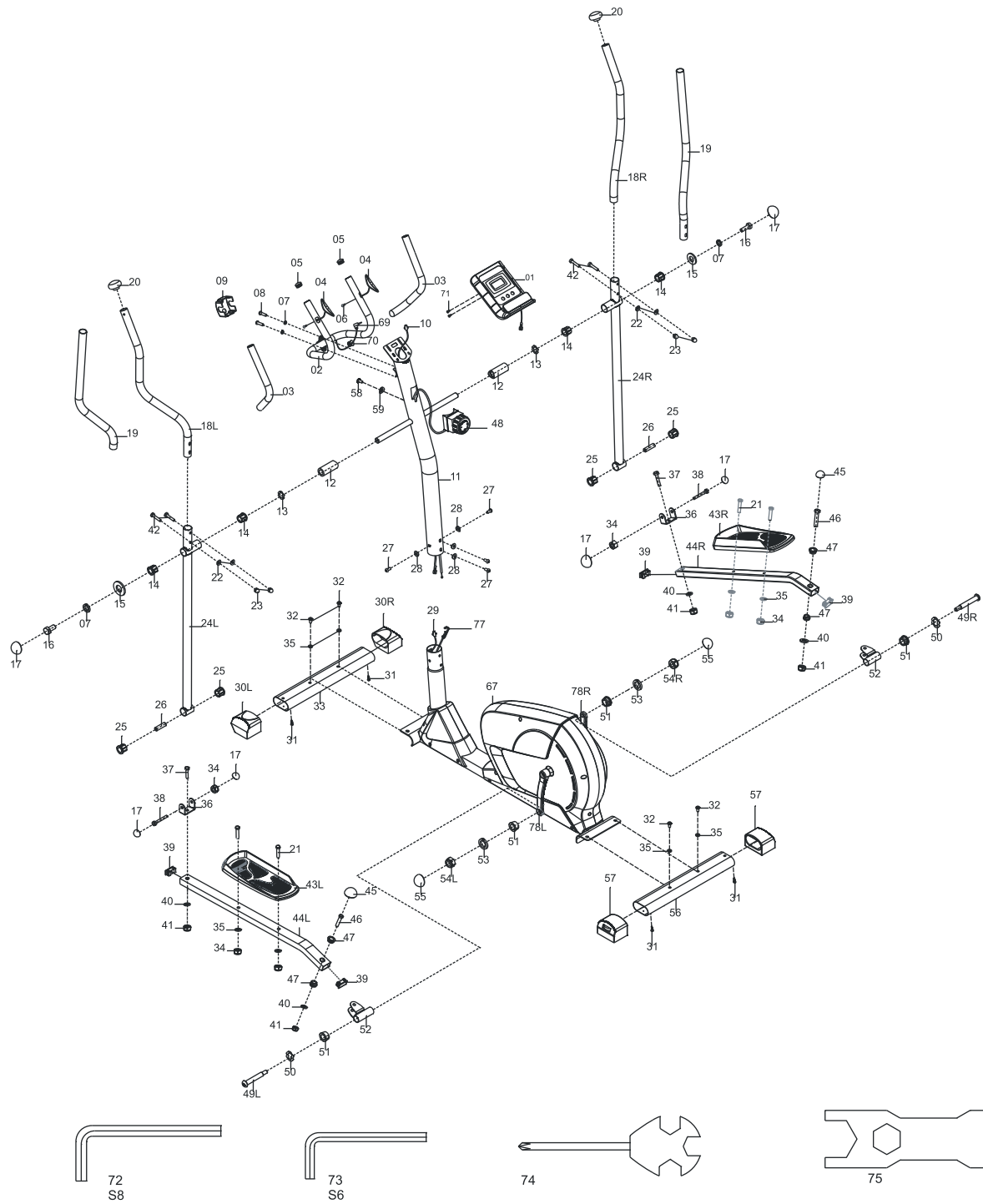
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## **Please keep the instruction manual properly to facilitate future inquiries.**

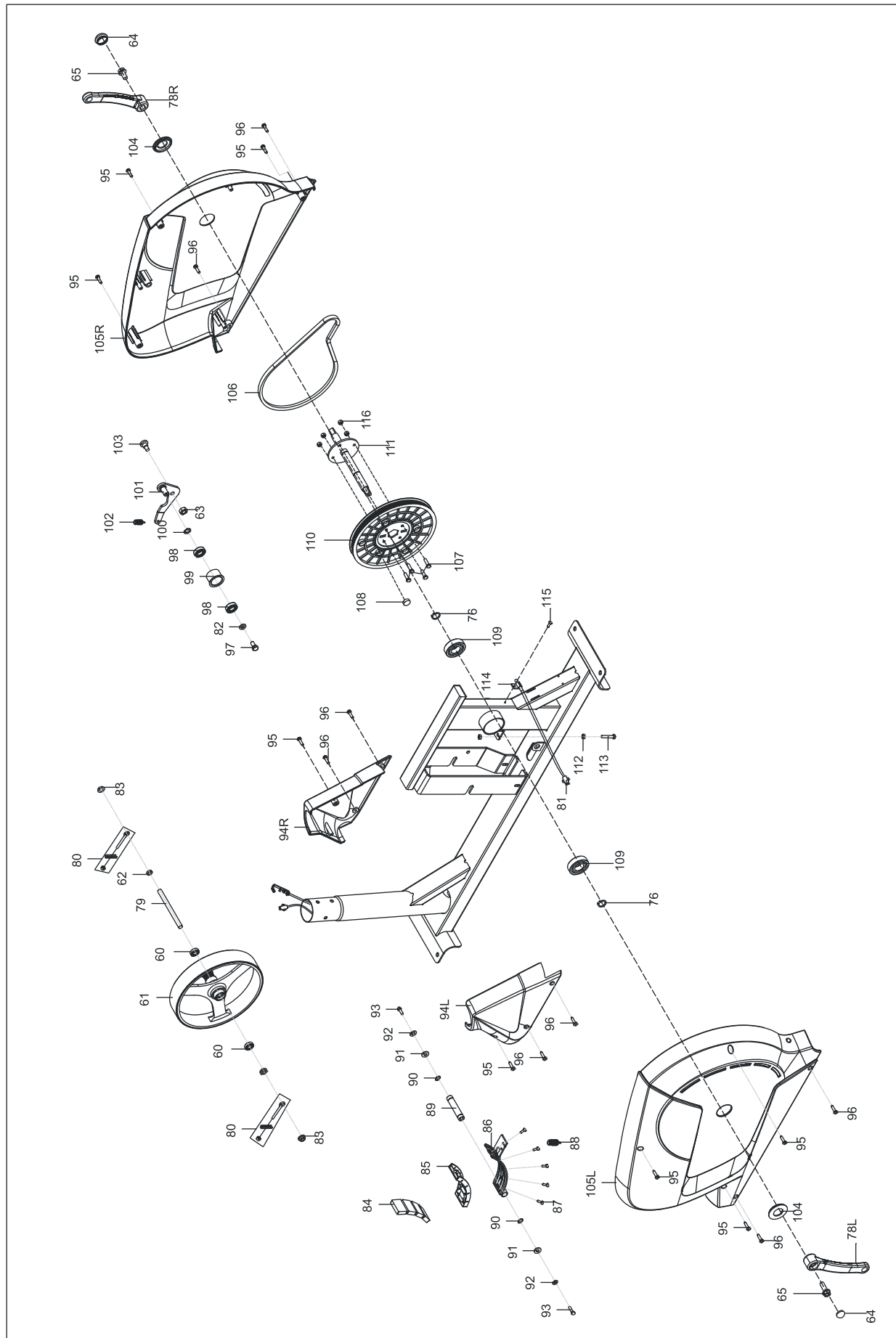
1. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly.
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.6 meters of free space all around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
7. There are many functions of the computer, which value will show when using the equipment according to the amount of exercise, here we warmly remind you that the value of heart pulse just gives you some reference.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
9. This equipment is designed for indoor and family use only. Maximum weight of user: 120 KG.
10. Care must be taken when lifting or moving the equipment so as not to injure your back.
11. The equipment is not suitable for therapeutic use.
12. Please save this manual and assembling tools well.



# EXPLODED-VIEW & PARTS LIST



# EXPLODED-VIEW & PARTS LIST



# PARTS LIST

No.	Description	Qty.
1	Computer	1
2	Middle Handlebar	1
3	Foam $\Phi 23 \times 3 \times 445$	2
4	Pulse	2
5	End Cap $\Phi 25 \times 16$	2
6	Screw ST4.0*19* $\Phi 11$	2
7	Spring Washer d8	4
8	Screw M8*30*S6	2
9	Small Cover 71*58*40	1
10	Middle Wire 1	1
11	Support Tube	1
12	Spacer $\Phi 32 \times \Phi 19.2 \times 65$	2
13	Arc Washer d19* $\Phi 25 \times 0.3$	2
14	Bushing 2 $\Phi 32 \times 3.3 \times \Phi 28 \times 20.5 \times \Phi 19.1$	4
15	Washer d8* $\Phi 32 \times 2$	2
16	Hexagon Bolt M8*16*S14	2
17	End Cap S13	6
18L/R	Handlebar	2
19	Foam $\Phi 26 \times 3 \times 460$	2
20	End Cap	2
21	Hexagon Bolt M8*45*20*S14	4
22	Arc Washer d8* $\Phi 20 \times 2 \times R16$	4
23	Domed Nut M8*H16*S13	4
24L/R	Lower Handlebar	2
25	Bushing 1 $\Phi 32 \times 3.3 \times \Phi 28 \times 16 \times \Phi 14$	4
26	Spacer $\Phi 14 \times \Phi 8.3 \times 48$	2
27	Screw M8*16*S6	4
28	Arc Washer d8* $\Phi 20 \times 2 \times R30$	4
29	Middle Wire 2	1
30L/R	End Cap PT80*40	2
31	Screw ST3*10* $\Phi 5.6$	2

No.	Description	Qty.
32	Bolt M8*50*20*S14	4
33	Front Stabilizer	1
34	Nylon Nut M8*H7.5*S14	6
35	Washer d8* $\Phi 20 \times 2.0$	8
36	U bracket	2
37	Hexagon Bolt M10*42*20*S17	2
38	Hexagon Nut M8*65*30*S14	2
39	Square End Cap J40*25*15	4
40	Washer d10* $\Phi 25 \times 2$	4
41	Nylon Nut M10*H9.5*S17	4
42	Carriage Bolt M8*40*20*H5	4
43L/R	Pedal	2
44L/R	Pedal Tube	2
45	End Cap S16	2
46	Hexagon Bolt M10*50*13*S17	2
47	Bushing $\Phi 14 \times 12.5 \times \Phi 10.1$	4
48	Tension Control	1
49L/R	Bolt $\Phi 16 \times 74 \times 25 \times 1/2 \times S8$	2
50	Wave Washer d17* $\Phi 25 \times 0.3$	2
51	Bushing $\Phi 24 \times 20 \times \Phi 16.1$	4
52	U bracket	2
53	Spring Washer	2
54	Nylon Nut 1/2*20*H8*S19	2
55	End Cap S18	2
56	Rear Stabilizer	1
57	End Cap	2
58	Screw M5*25	1
59	Washer d6* $\Phi 20 \times 1 \times R30$	1
60	Bearing 6001-2RS	2
61	Flywheel	1
62	Thin Nut M10*1.0	1

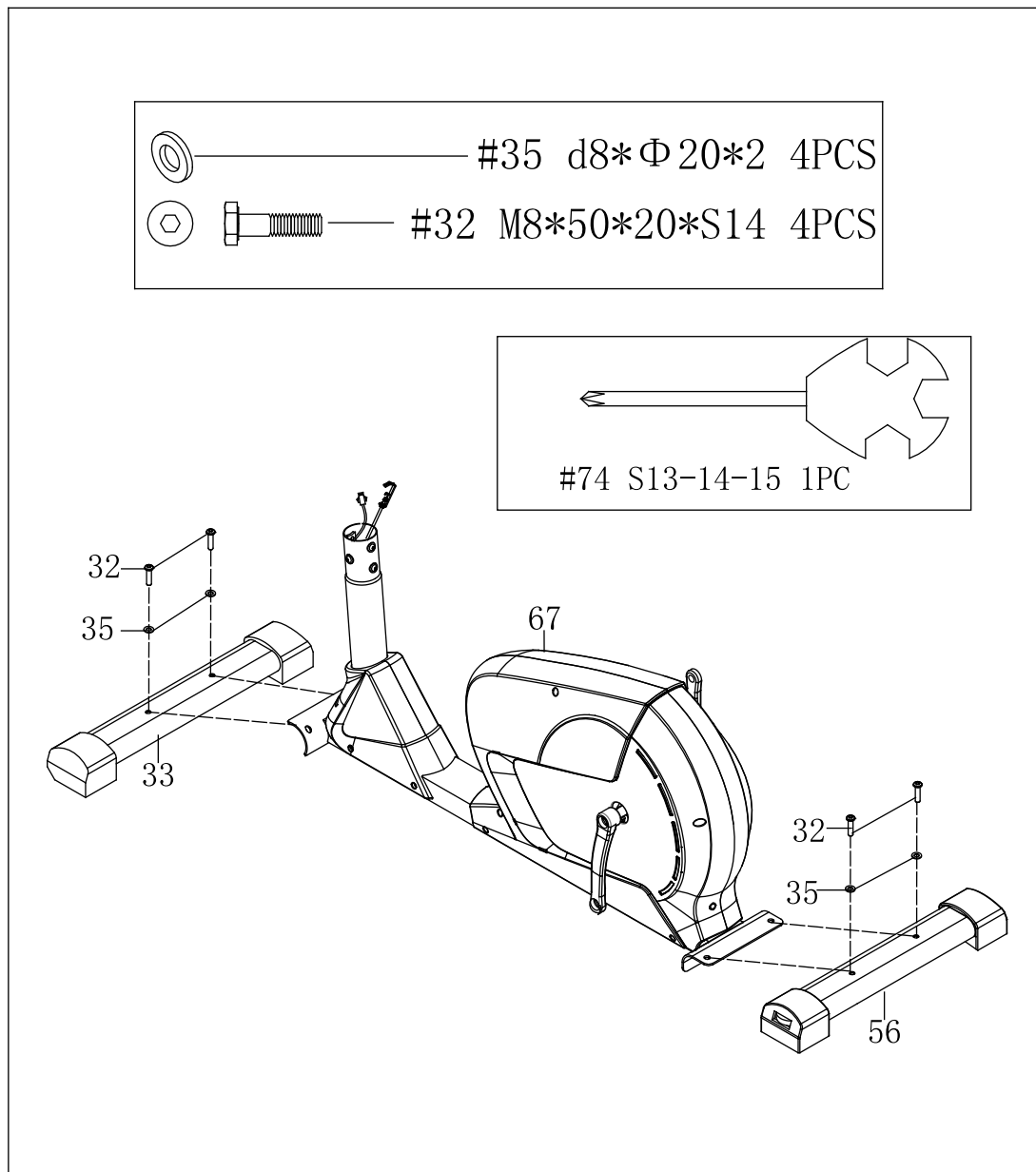
# PARTS LIST

No.	Description	Qty.
63	Nylon Nut M8*H7.5*S13	1
64	End Cap	2
65	Nut M10*1.0	2
66L/R	Crank	2
67	Main Frame	1
69	Handle Pulse Wire	1
70	Stoppie $\Phi 12*11*\Phi 3$	1
71	Screw M5*10	2
72	Allen Wrench S8	1
73	Allen Wrench S6	1
74	Open-end Wrench S13-14-15	1
75	Spanner S17-19	1
76	Washer	2
77	Tension Wire	1
78L/R	Crank	1
80	Bolt Group	2
81	Screw	1
82	Washer d6* $\Phi 12*1.5$	1
83	Hexagon Flange Nut M10*1.0	2
84	Magnet 40*25*10	4
85	Plastic Lattice	1
86	Magnetic board	1
87	Screw ST3*10* $\Phi 5.6$	5
88	Tension Spring	1
89	Axle	1
90	Check Ring d12	2

No.	Description	Qty.
91	Washer d6* $\Phi 12*1.2$	2
92	Spring Washer d6	2
93	Hexagon Bolt M6*16*S10	2
94L/R	Front Cover	2
95	Screw ST4.2*19* $\Phi 8$	8
96	Screw ST4.2*16* $\Phi 8$	12
97	Hexagon Bolt M6*12*S10	1
98	Bearing 6001-2RS	2
99	Idler $\Phi 39*\Phi 34*24$	1
100	Wave Washer d12* $\Phi 15.5*0.3$	1
101	Belt Bracket	1
102	Tension Spring $\Phi 2*\Phi 12*54*N15$	1
103	Screw M8*19	1
104	Crank Cover	2
105L/R	Chain cover	2
106	Belt	1
107	Hexagon Bolt M6	4
108	Magnet $\Phi 15*7$	1
109	Bearing	2
110	Cover	1
111	Axle	1
112	Hexagon Nut M6*H5*S10	2
113	Hexagon Bolt M6*45*S10	1
114	Sensor Socket	1
115	Screw ST4.2*16* $\Phi 7$	1
116	Nut M6	4

# ASSEMBLY INSTRUCTIONS

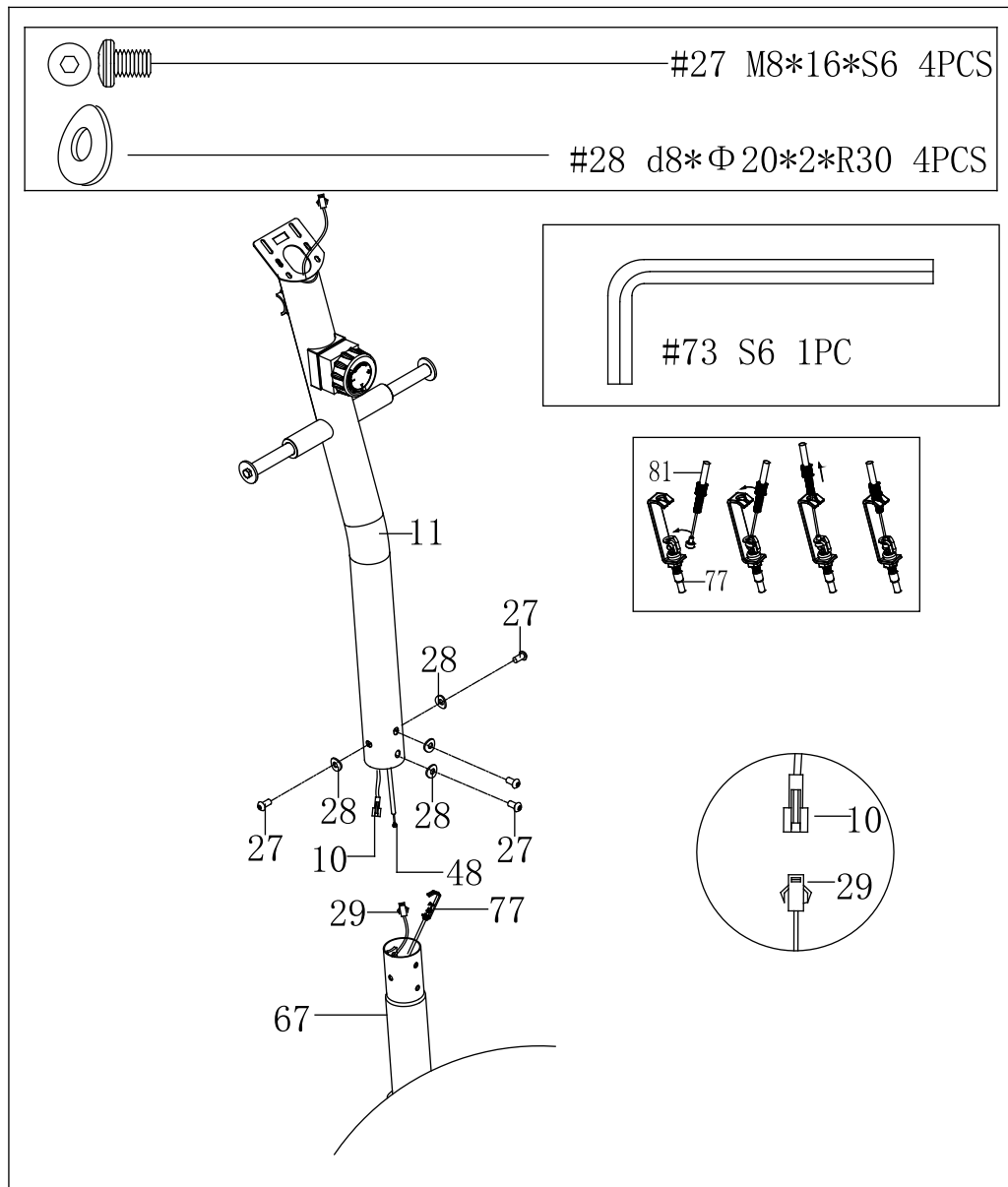
## STEP 1



- A. Remove hexagon bolt (32) and washer (35) from front stabilizer (33) and rear stabilizer (56).
- B. Attach front stabilizer (33) and rear stabilizer (56) onto main frame (67) with carriage bolt (32), arc washer (28), spring washer (7) and domed nut (23).

# ASSEMBLY INSTRUCTIONS

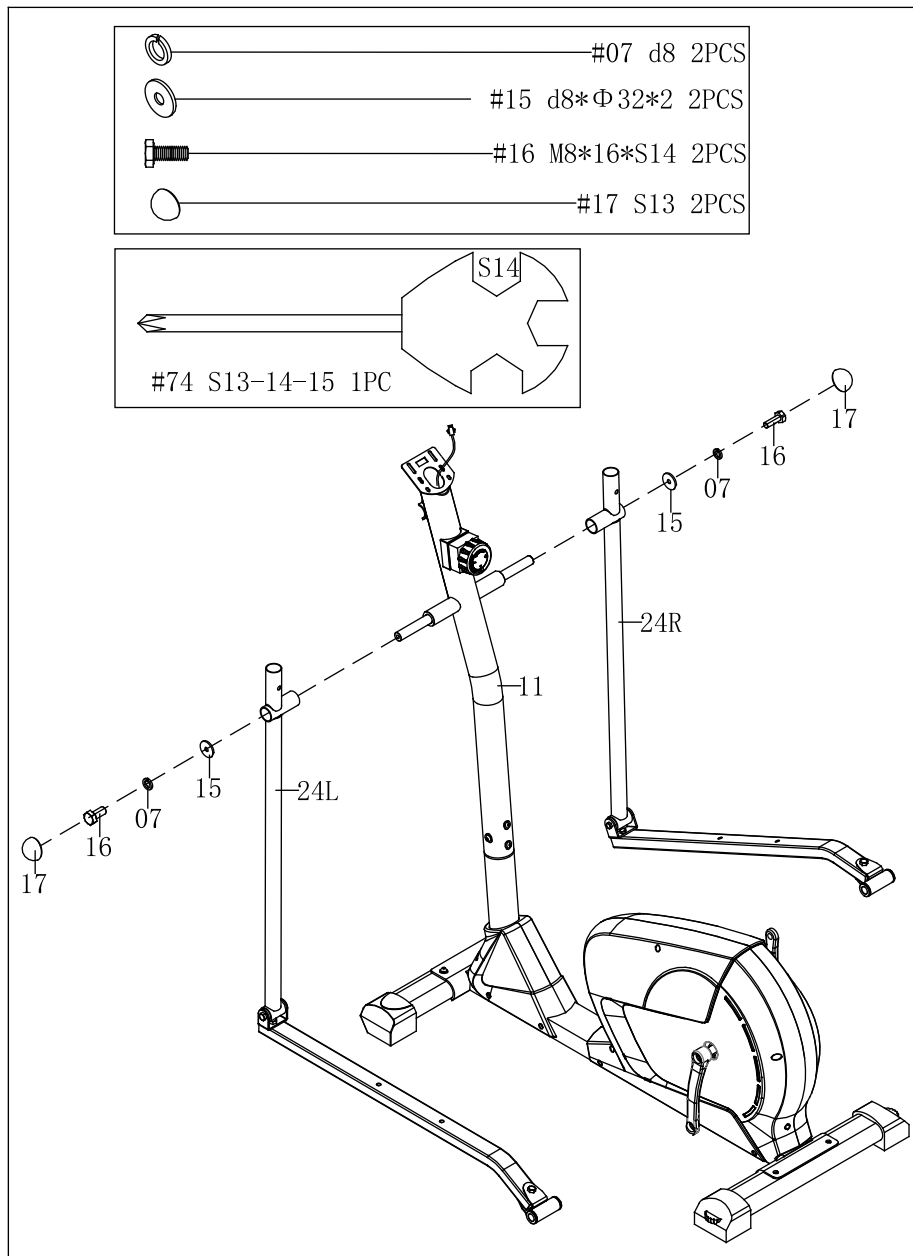
## STEP 2



- Remove screw (27), and arc washer (28) from main frame (67).
- Connect middle wire 1&10 with middle wire 2&29. Connect tension control (81) with tension wire (77).
- Attach support tube (11) onto main frame (67) with screw (27) and arc washer (28).

# ASSEMBLY INSTRUCTIONS

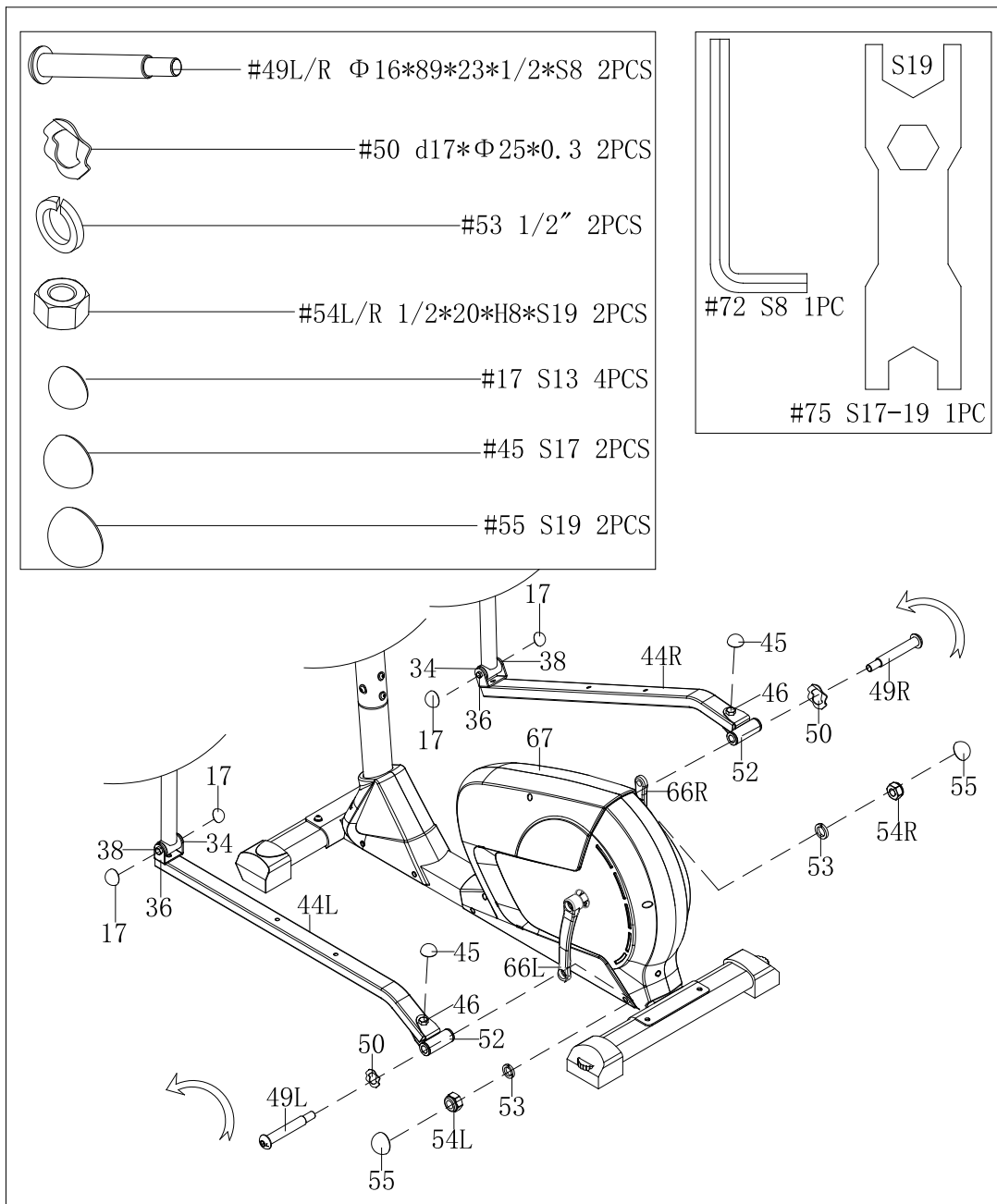
## STEP 3



- Remove hexagon bolt (16), spring washer (7) and washer (15) from support tube (11).
- Attach lower handlebar (24L/R) onto support tube (11) with hexagon bolt (16), spring washer (7) and washer (15). Then, attach end cap (17) to hexagon bolt (16).

# ASSEMBLY INSTRUCTIONS

## STEP 4

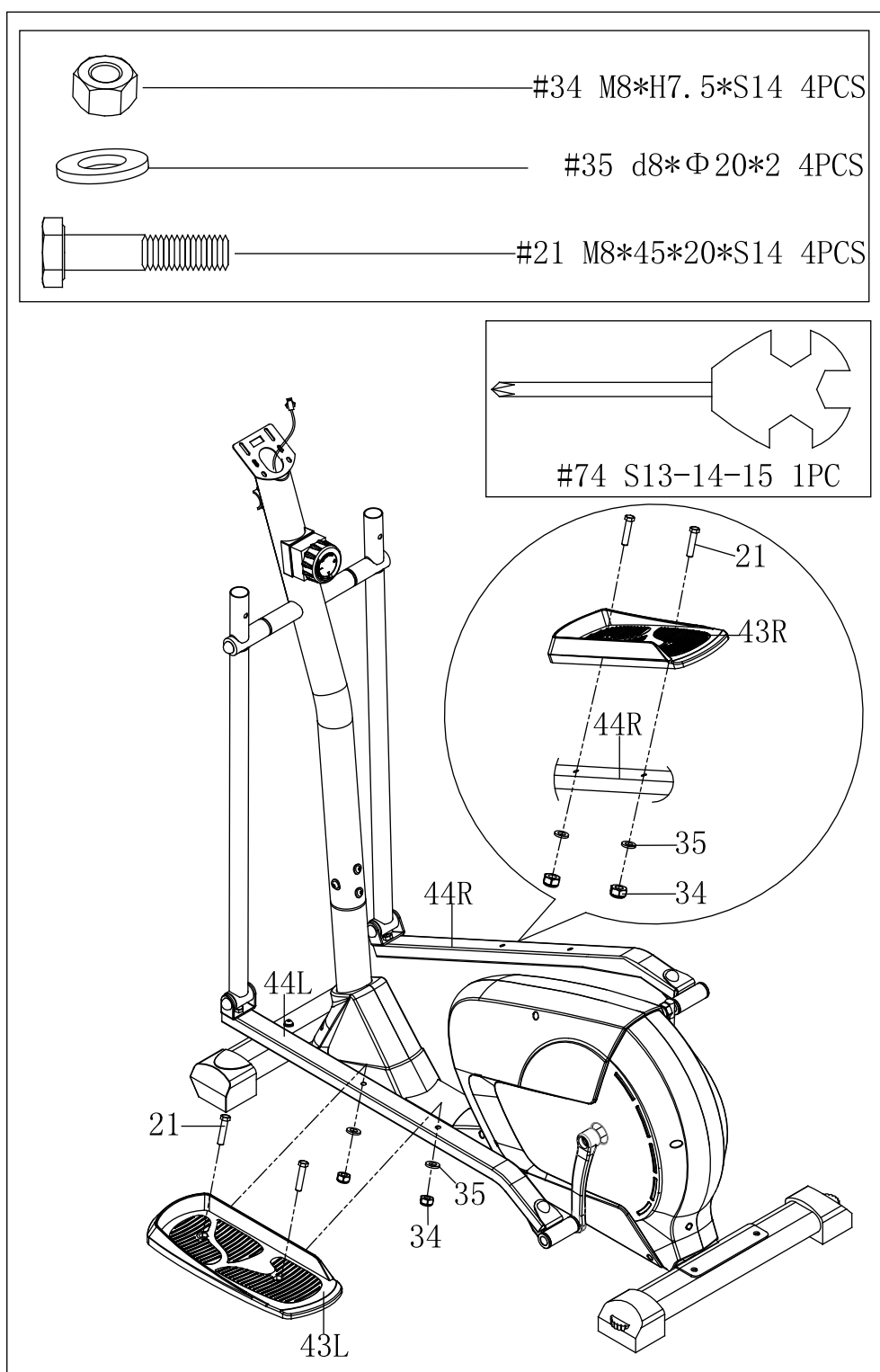


- Attach U bracket (52) to the crank (66L/R) with bolt (49L/R) and arc washer (50). Secure by tightening spring washer (53) and nylon nut (54L/R).
- Attach end cap (55) to nylon nut (54L/R). Attach end cap (45) to hexagon bolt (46).
- Attach end cap (17) to hexagon bolt (38) and nylon nut (34).



# ASSEMBLY INSTRUCTIONS

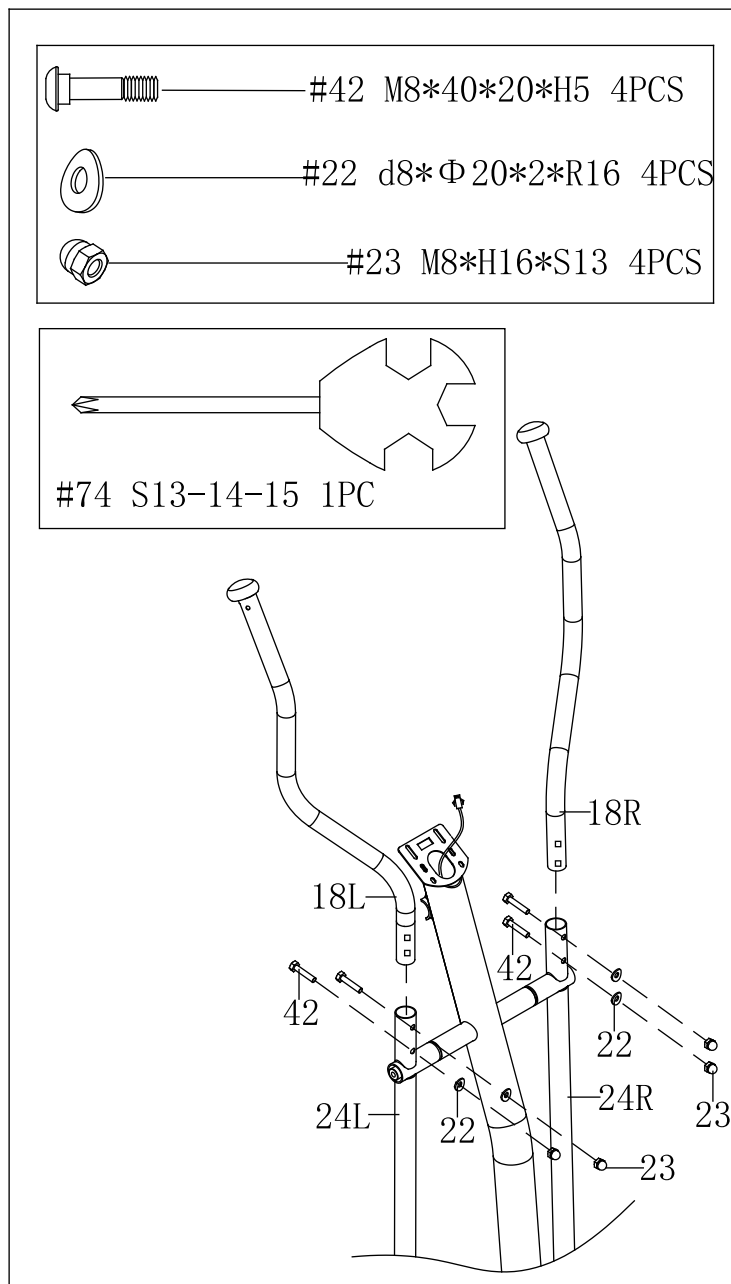
## STEP 5



A. Attach pedal (43L/R) to pedal tube (44L/R) with hexagon bolt (21), washer (35) and nylon nut (34).

# ASSEMBLY INSTRUCTIONS

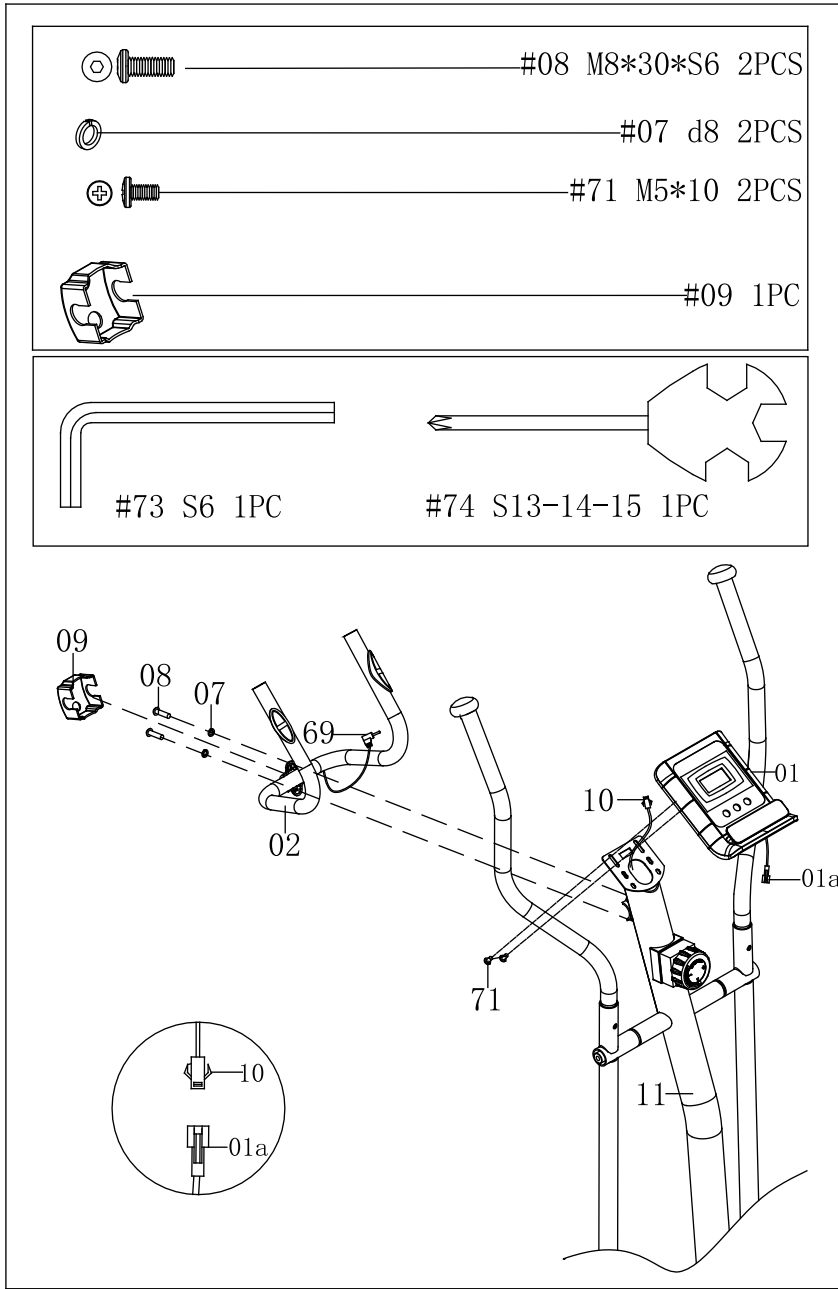
## STEP 6



A. Attach handlebar (18L/R) to lower handlebar (24L/R) with carriage bolt (42), arc washer (22) and domed nut (23).

# ASSEMBLY INSTRUCTIONS

## STEP 7



- A. Remove screw (8) and spring washer (7) front support tube (11).
- B. Attach handlebar (2) to support tube (11) with screw (8), spring washer (7) and small cover (9).
- C. Remove screw (71) from computer (1). Connect computer line (1a) with middle wire (1&10).
- D. Attach computer (1) to support tube (11) with screw (71).
- E. Insert handle pulse wire (69) into the hole on the back of computer (1).  
The assembly is complete.

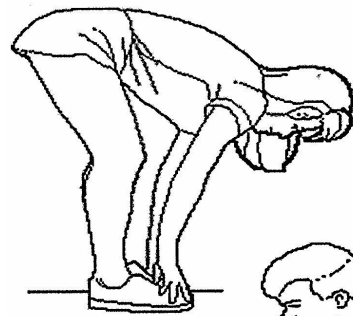
# QUICK START GUIDE

## STRETCH EXERCISE

No matter how you do sports, please do some stretch at first, The warm muscle will extend easily, so warm up yourself with 5-10minutes, Then We suggest the following stretch exercise, five times. 10counts for each time or longer do these exercise again after sports.

### 1.TOE TOUCH

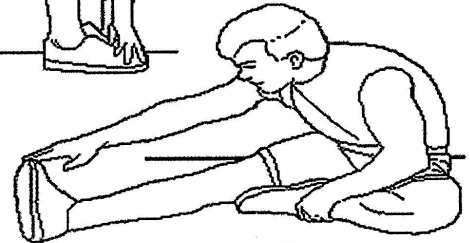
Slow bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes, Reach down as far as you can and hold for 15 counts. And then relax, repeat 3 times. (Picture 1).



Picture 1

### 2.HAMSTRING STRETCH

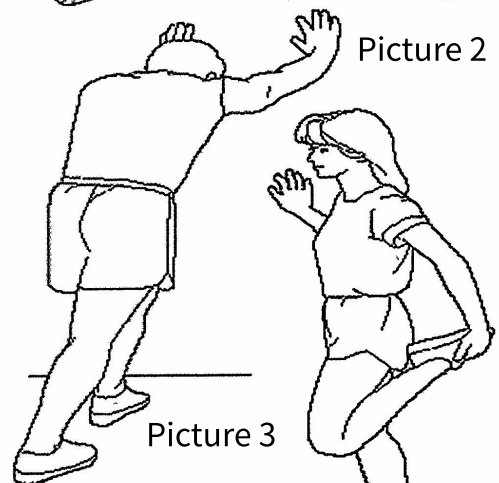
Slow bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes, Reach down as far as you can and hold for 15 counts. And then relax, repeat 3 times. (Picture 2).



Picture 2

### 3.CALF-ACHILLES STRETCH

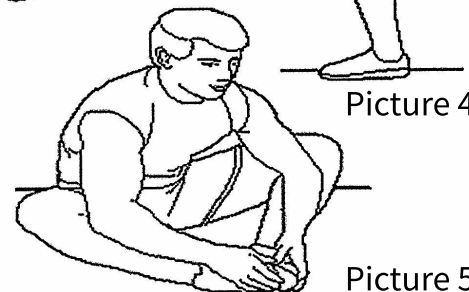
Lean against a wall with your left leg in front of the right and your arms forward,Keep your right leg straight and the left foot on the floor, then bend the left leg and lean forward by moving your hips toward the wall, Hold, then repeat on the other side for 15 counts .Then relax and repeat 3 times for each leg (Picture 3).



Picture 3

### 4.QUADRICEPS STRETCH

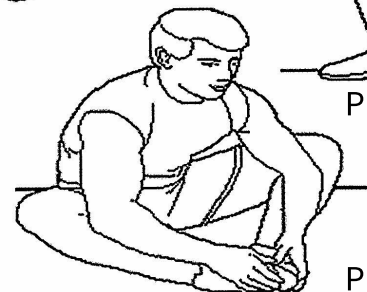
With one hand against a wall for balance, reach behind you and pull your right foot up .Bring your heel as close to your buttocks. hold for 10-15counts,relax.Repeat three times for each foot.(Picture 4).



Picture 4

### 5.INNER THIGH STRETCH

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.Then relax and repeat 3 times. (Picture 5).



Picture 5

## SPECIFICATIONS:

TIME -----	0:00—99:59 HOUR
SPEED -----	0.0—99.9 KM/H or Mile/H
DISTANCE -----	0.00—999.99 KM or Mile
CALORIE -----	0.00—999.9 KCAL
TOTAL DISTANCE -----	0.00—999.99 KM or Mile
PULSE -----	40—240BPM

## FUNCTIONAL BUTTONS:

**MODE** - Press to select functions.

**SET(IF HAVE)**-To set the values of time, distance and calories when not in scan mode.

**RESET (IF HAVE)**-Press to reset time, distance and calories.

## KEY FUNCTION:

### 1. SCAN

- (1). Step into auto scan mode, show every function in turn. in this mode, each function can not be set; hold this key, the computer will be reset, each function will return zero except total distance function.

### 2. TIME

- (1). Show current time you exercise, in the mode, you can press up or down key to set the time you will exercise.

### 3. SPEED

- (1). Show current speed you exercise.

### 4. DIST

- (1). Show current distances you exercise, you can press up or down key to set the distance you will exercise.

### 5. CAL

- (1). Show current calories you exercise, you can press up or down key to set the calories you will exercise.

### 6. ODO

Show the total distances you exercise from the computer work. this mode can not be set.

- (1) Step into the pulse test: place the palms of your hands on both of the contact pads and for 30 seconds, then the computer will show current heart rate to you.
- (2) Computer power on, the monitor will show full screen for 1 second to enter the scan mode: in the scan mode, if not key operation, it will auto scan into each mode for every 6 seconds. if key operation, it will step into the function.
- (3) When exercise, the time speed calorie distance odo functions will work, calculate the values of each function. when you stop, the computer will stop work, the time mode will stop for 4 seconds. if there is not signal input for 4 minutes, the computer will step into sleep mode-----the screen will power off until signal input or key operation wake it up.

## BATTERY:

if there is a possibility to see an improper display on the monitor, please replace the batteries to have a good result. this monitor uses two "aaa" batteries. you can replace the batteries at the same time.

# PARTS REQUEST FORM

**SNODE GROUP, Inc.**

**EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO**  
**[snodefitness@outlook.com](mailto:snodefitness@outlook.com) \***

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**TELEPHONE: (Day)** \_\_\_\_\_

**(Night)** \_\_\_\_\_

**MODEL#:** \_\_\_\_\_

**PURCHASE DATE:** \_\_\_\_\_

**PLACE OF PURCHASE:** \_\_\_\_\_

PART #	DESCRIPTION	QTY

“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”