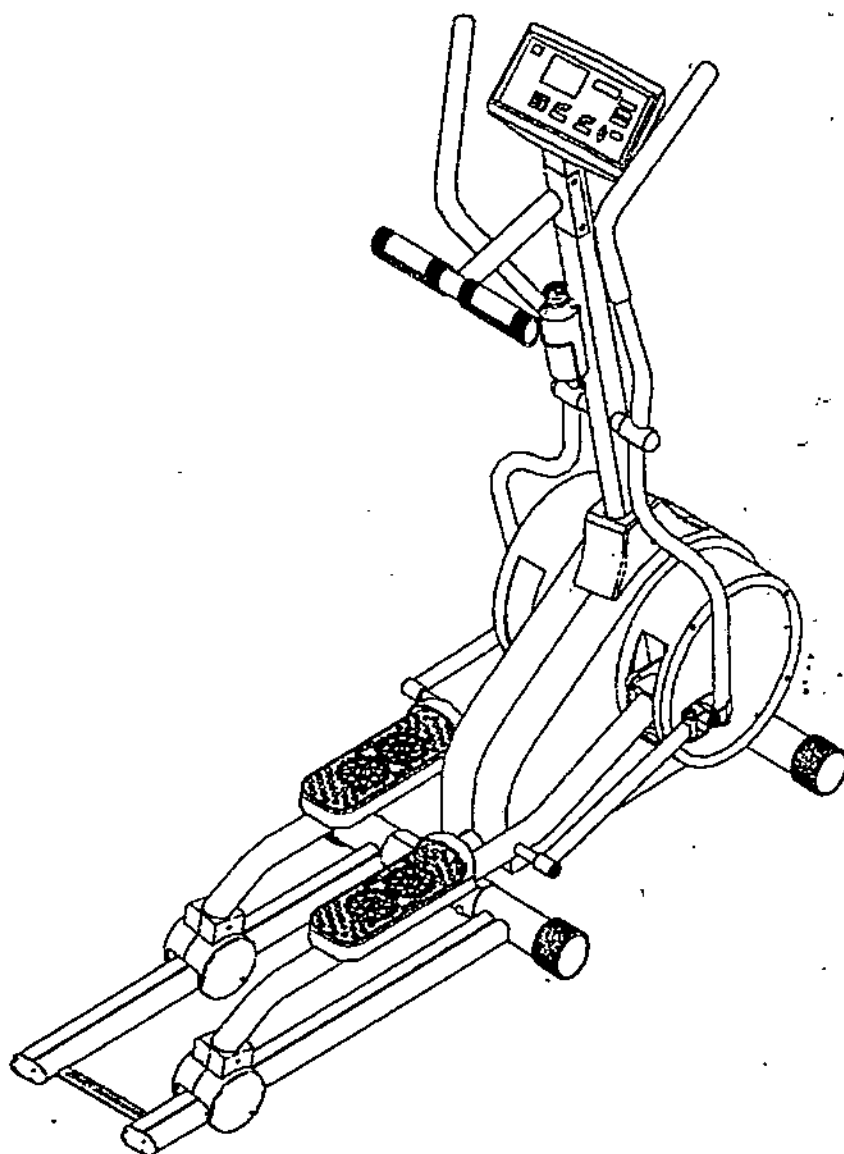


ELLIPTiX

Cross Trainer 6880

By **MULTISPORTS**[®]



MULTISPORTS

THE FUTURE OF FITNESS

www.multisportsfitness.com

IMPORTANT SAFETY INFORMATION

WARNING

Before starting any exercise program, it is recommended that you consult your physician. This is very important for persons over the age of 35 or persons with pre-existing health problems. Before using the Elliptix Cross Trainer, please review this manual to learn about the unit's features, functions, and safe operation. Should you experience any irregular physical conditions such as dizziness, severe muscle or joint pain, pain in your chest or should any other symptoms appear: **STOP EXERCISING** and consult with your physician immediately.

** MultiSports assumes no responsibility for personal injury or property damage sustained by or through the use of this product.*

SAFETY TIPS AND PRECAUTIONS:

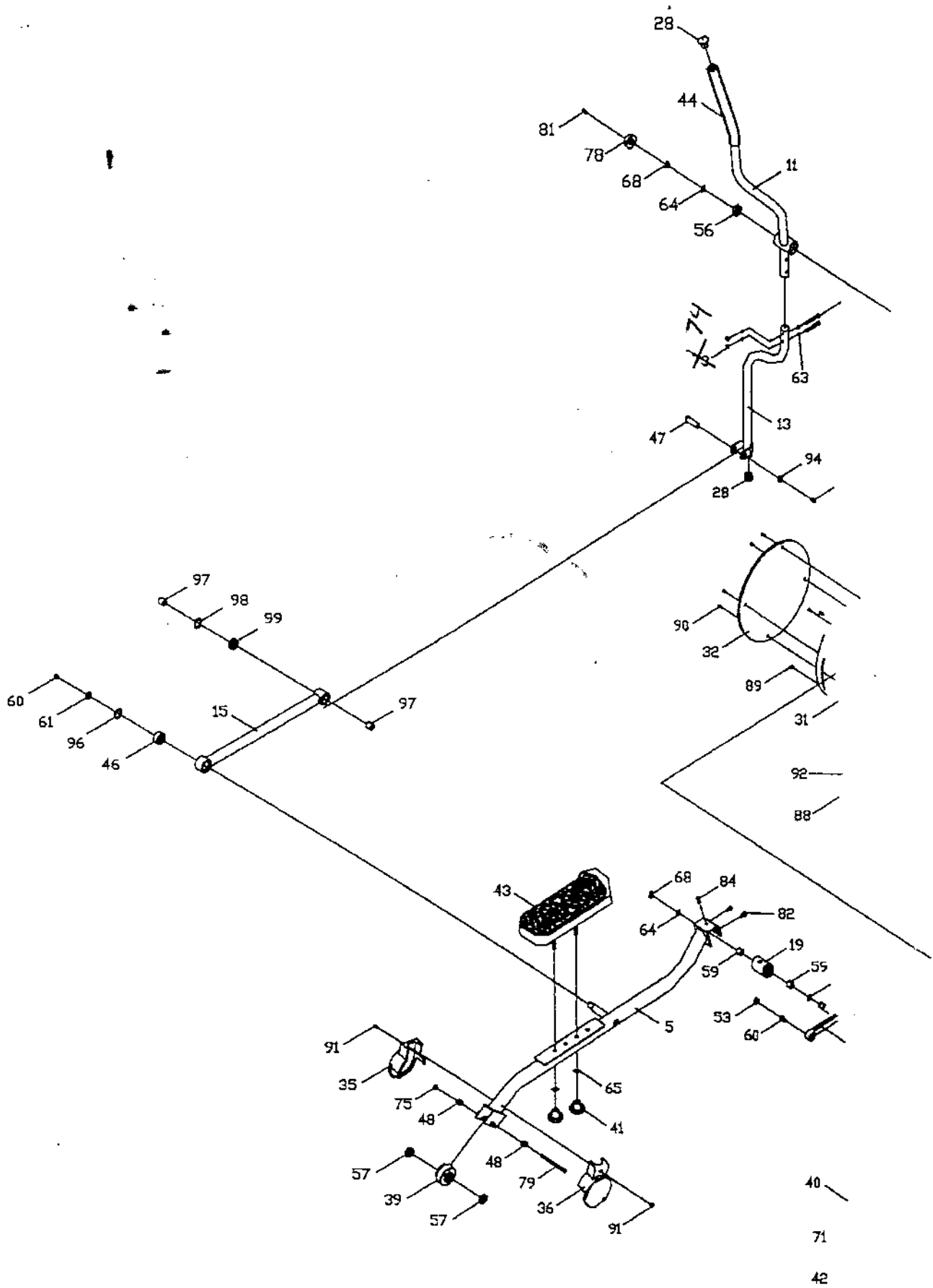
1. Read all instructions in this manual before using the Elliptix Cross Trainer. It is the owner's responsibility to ensure that all users of this equipment are thoroughly informed of all warning and precautions. Use this elliptical for its intended use as described in this manual.
2. Securely tighten all nuts and bolts and inspect and tighten all parts each time you use the Elliptix Cross Trainer. **Replace any worn parts immediately and if you find that any repairs are needed, please keep the elliptical out of use until repair.*
3. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
4. Keep small children and pets away from the Elliptix Cross Trainer at all times.
5. No more than one person should operate the elliptical at one time.
- 6.
7. To avoid any possibility of being struck by or caught between moving parts, by-standers should not be within reach of the Elliptix Cross Trainer while it is in motion.
8. Keep your hands away from moving parts other than the designated handles.
9. Appropriate clothing should be worn while exercising. Never wear loose clothing that could be caught in moving parts. It is recommended that athletic support clothing be worn for both men and women. Athletic shoes should always be worn while exercising. **DO NOT USE** with bare feet, wearing sandals, or wearing only socks or stockings.
10. The user's max weight to operate the Elliptix Cross Trainer 6880 is 300lbs.
11. The Elliptix Cross Trainer should only be used on a level surface and is designed for indoor use only.
12. Never use the Elliptix Cross Trainer around water or while you are wet. Using the unit around a pool, hot tub or sauna will void the warranty and is potentially hazardous.

OPERATION

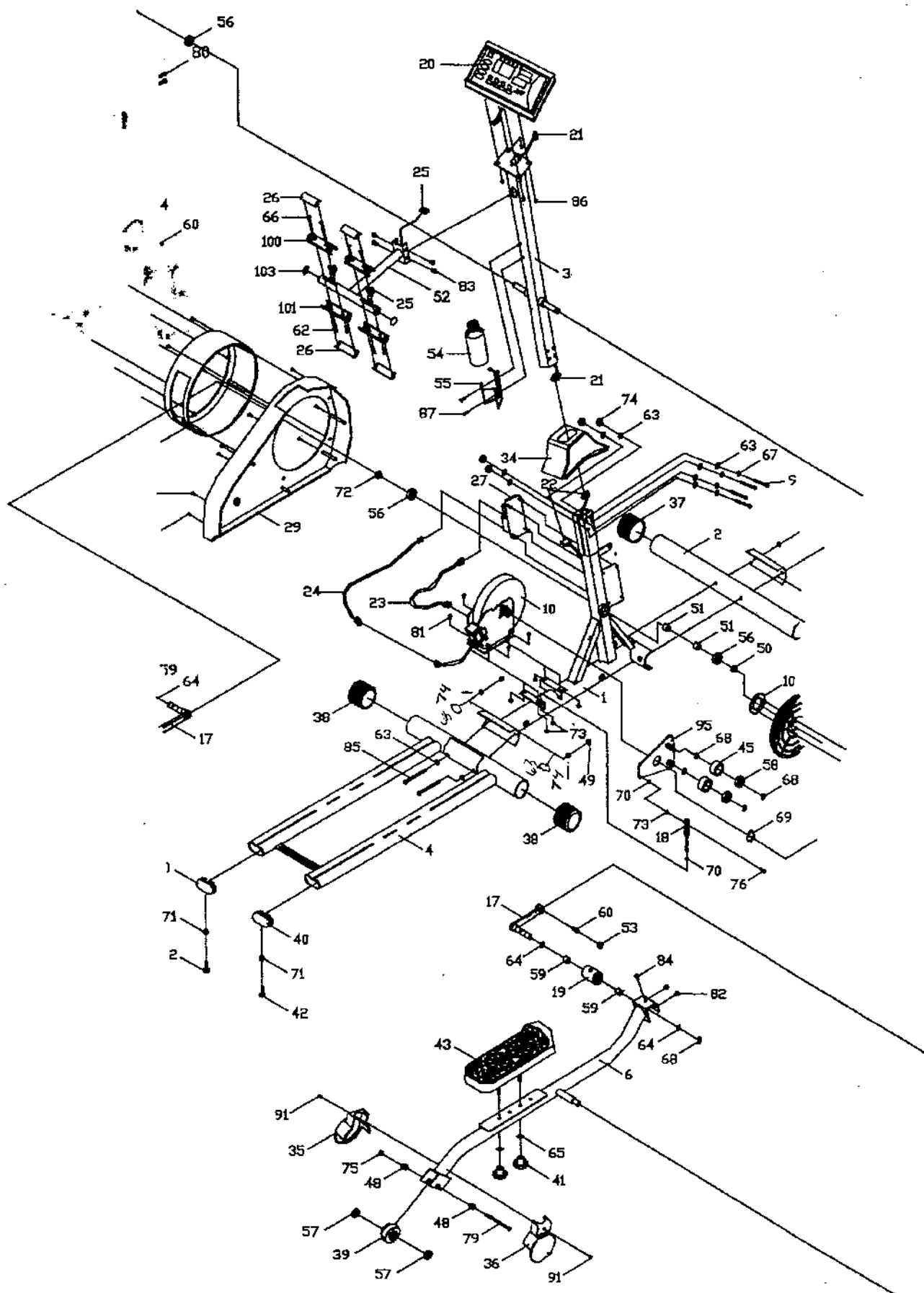
Congratulations on your purchase of the MultiSports ECT-6880 Elliptix Cross Trainer.

ECT-6880 is an aerobic conditioning machine that simulates walking and jogging without the impact. Simply grab the handles and step onto the foot pedals, and your ready to begin. Keep your hands on the handlebars and your weight centered over the pedals during use. Do not lean in any direction or use the handlebars to support your weight.

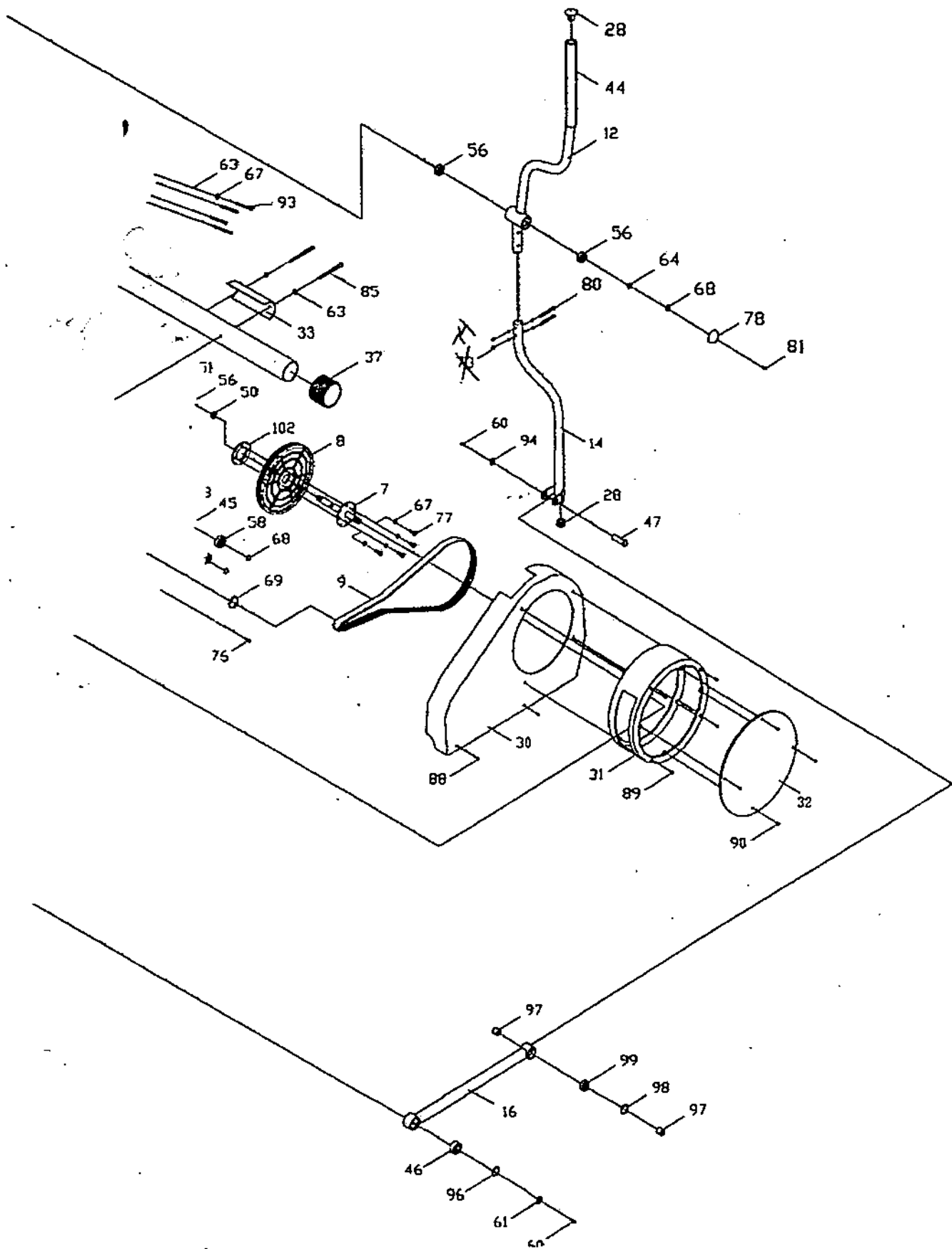
EXPLODED DRAWING



EXPLODED DRAWING



EXPLODED DRAWING



PARTS LIST

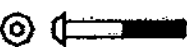
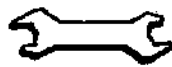
No.	Description	Qty.	No.	Description	Qty.
*1	Main Frame	1 pc	*56	Ball Bearing 6004ZZ	6 pcs
2	Front Stabilizer	1 pc	*57	Ball Bearing 6201ZZ	4 pcs
3	Main Upright Tube	1 pc	*58	Ball Bearing 6204ZZ	2 pcs
4	Rail Tubes	1 pc	*59	Needle Bearing HK2020	4 pcs
5	Foot Pedal Mount Tube (L)	1 pc	60	Hexagonal Bolt M8*20	6 pcs
6	Foot Pedal Mount Tube (R)	1 pc	61	Flat Washer 26*8.5*2t	2 pcs
*7	Axle	1 pc	*62	Screw M3*30	4 pcs
*8	Drive Wheel	1 pc	63	Flat Washer 16*8.2*1.5t	26 pcs
*9	Drive Belt	1 pc	64	Flat Washer 32*20.2*1.5t	6 pcs
*10	Generator	1 pc	65	Flat Washer 26*10.5*2.0t	4 pcs
11	Upper Handlebar (L)	1 pc	*66	Hexagonal Nut M3	4 pcs
12	Upper Handlebar (R)	1 pc	67	Spring Washer M8	17 pcs
13	Lower Handlebar (L)	1 pc	68	Snap Ring S-20	8 pcs
14	Lower Handlebar (R)	1 pc	*69	Snap Ring S-40	1 pc
15	Linking Tube (L)	1 pc	*70	Hexagonal Nut M6	2 pcs
16	Linking Tube (R)	1 pc	*71	Hexagonal Nut 3/8"	2 pcs
*17	Crank	2 pcs	*72	Locking Nut M20	1 pc
*18	Tension Adjustment	1 pc	*73	Nylon Nut M6	6 pcs
*19	Steel Sleeve Insert	2 pcs	74	Nylon Nut M8	9 pcs
20	Computer	1 pc	*75	Nylon Nut M12	2 pcs
*21	Upper Computer Sensor Wire 1000m/m	1 pc	*76	Hexagonal Bolt M6*25	1 pc
*22	Lower Computer Sensor Wire 500m/m	1 pc	*77	Hexagonal Bolt M8*20	4 pcs
*23	Control Cable Wire 750m/m	1 pc	78	Plastic Cap	2 pcs
*24	Brake Cable Wire 850m/m	1 pc	*79	Hexagonal Bolt M12*70	2 pcs
*25	Pulse Sensor Wire	1 pc	80	Allen Bolt M8*25	8 pcs
*26	Hand Pulse Sensor	4 pcs	81	Allen Bolt M6*16	4 pcs
*27	Control Board	1 pc	82	Allen Bolt M8*12	4 pcs
*28	Handlebar Caps	4 pcs	83	Allen Bolt M8*16	4 pcs
*29	Shroud (L)	1 pc	84	Allen Bolt M8*20	7 pcs
*30	Shroud (R)	1 pc	85	Allen Bolt M8*95	4 pcs
*31	Side Shroud Covers	2 pcs	86	Mushroom Screw M5*12	4 pcs
32	Acrylic Cover	2 pcs	87	Mushroom Screw M5*20	2 pcs
33	Enforcement Plate	1 pc	*88	Mushroom Screw M5*8	6 pcs
34	Top Cover	1 pc	*89	Mushroom Self Drilling Screw M4*15	8 pcs
*35	Running Wheel Cover (L)	2 pcs	90	Mushroom Self Drilling Screw M4*12	8 pcs
*36	Running Wheel Cover (R)	2 pcs	91	Mushroom Self Drilling Screw M4*19	4 pcs
37	Front Roller Cap	2 pcs	*92	Mushroom Self Drilling Screw M5*15	5 pcs
38	Stabilizer Cap	2 pcs	93	Allen Bolt M8*60	4 pcs
*39	Running Wheel	2 pcs	94	Bushing 22*5.5	2 pcs
*40	Rail End Cap	2 pcs	*95	Roller Plate	1 pc
41	Knob Screw 3/8"	4 pcs	*96	C-Ring R-42	2 pcs
42	Leveler Screw	2 pcs	97	Steel Sleeve Bushing 22*20	4 pcs
43	Pedal	2 pcs	*98	C-Ring R-35	2 pcs
*44	Foam Grip	2 pcs	*99	Bearing 6003ZZ	2 pcs
*45	Idle Roller	2 pcs	*100	Upper Hand Pulse Bar	2 pcs
*46	Universal Ball Bearing	2 pcs	*101	Lower Hand Pulse Bar	2 pcs
*47	Sleeve Bushing	4 pcs	*102	Drive Wheel Back Plate	1 pc
*48	12mm Bushing	4 pcs	*103	Handlebar End Cap	2 pcs
49	Nut Cap M8	9 pcs	104	Pressing Tool	1 pc
*50	Steel Sleeve Bushing 24*7.2	1 pc	105	Allen Wrench M4*40*80	1 pc
*51	Steel Sleeve 24*18	2 pcs	106	Allen Wrench M5*40*80	1 pc
*52	Pulse Handlebar	1 pc	107	Easy Screwdriver	1 pc
*53	Crank End Cap	2 pcs	108	13 * 15 Wrench	1 pc
54	Water Bottle *Optional*	1 pc	109	Fixing Tools	1 pc
55	Bottle Frame	1 pc			

“*” Indicates pre-assembled parts

Note : Specifications are subject to change without notice

HARDWARE PACKING LIST

	(49) Nut Cap M8	— 6pcs.
	(60) Hexagonal Bolt M8*20	— 2pcs.
	(61) Flat Washer 26*8.5*2t	— 2pcs.
	(63) Flat Washer 16*8.2*1.5t	— 22pcs.
	(64) Flat Washer 32*20.2*1.5t	— 2pcs.
	(65) Flat Washer 26*10.5*2.0t	— 4pcs.
	(67) Spring Washer M8	— 4pcs.
	(68) Snap Ring S-20	— 2pcs.
	(74) Nylon Nut M8	— 10pcs.
	(78) Plastic Cap	— 2pcs.
	(80) Allen Bolt M8*25	— 4pcs.
	(81) Allen Bolt M6*16	— 2pcs.
	(82) Allen Bolt M8*12	— 4pcs.
	(83) Allen Bolt M8*16	— 4pcs.

	(84)	Allen Bolt M8*20	- 2pcs.
	(85)	Allen Bolt M8*95	- 4pcs.
	(86)	Mushroom Screw M5*12	- 4pcs.
	(87)	Mushroom Screw M5*20	- 2pcs
	(90)	Mushroom Self Drilling Screw M4*12	- 8pcs.
	(91)	Mushroom Self Drilling Screw M4*19	- 8pcs.
	(93)	Allen Bolt M8*60	- 4pcs
	(94)	Bushing 22*5.5	- 2pcs
	(97)	Steel Sleeve Bushing 22*20	- 4pcs
	(104)	Pressing Tool	- 1pc
	(105)	Allen Wrench M4*40*80	- 1pc
	(106)	Allen Wrench M4*40*80	- 1pc
	(107)	Easy Screwdriver	- 1pc
	(108)	13*15 Wrench	- 1pc
	(109)	Fixing Tools	- 1pc
	(33)	Enforcement Plate	- 1pc

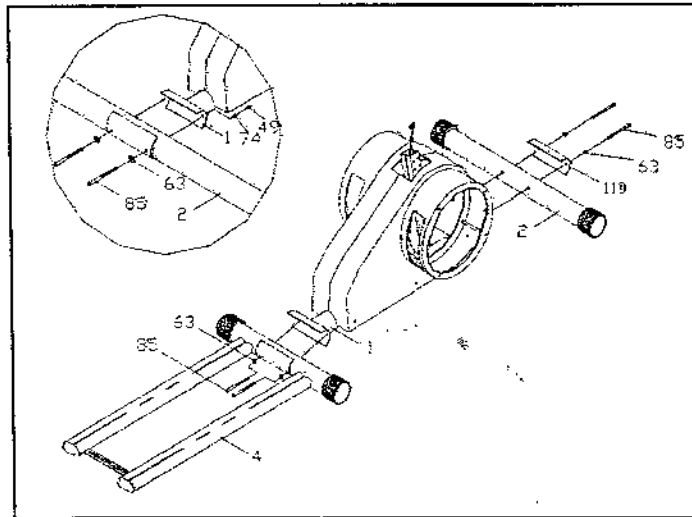
NOTE: Above described parts are all the parts you need to assemble on this machine. Before you start to assemble, please check the hardware packing to make sure they are included.

ASSEMBLY INSTRUCTION

Place the shipping carton in a clear area. Tear down the sides of the carton and remove all packing materials. Do not dispose of the packing materials until assembly is completed!

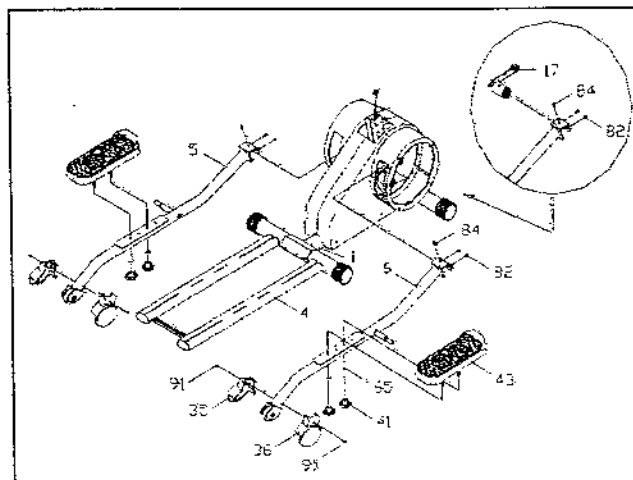
STEP 1

Attach the RAIL TUBES (4) to the MAIN FRAME (1) using two FLAT WASHERS (63) and two ALLEN BOLTS (85). Then attach the FRONT STABILIZER (2) to the front of the MAIN FRAME (1) using two FLAT WASHERS (63) and two ALLEN BOLTS (85).



STEP 2

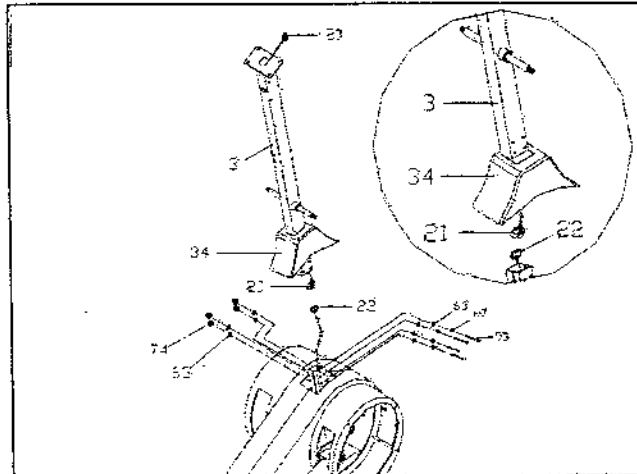
Connect each PEDAL (43) to the FOOT PEDAL MOUNT TUBES (5,6) and secure with KNOB SCREW (41) and FLAT WASHER (65). Remove the MUSHROOM SELF-DRILLING SCREW (91) from each FOOT PEDAL MOUNT TUBE (5,6) at the roller. Attach the left and right RUNNING WHEEL COVER (35,36) over the roller on each FOOT PEDAL MOUNT TUBE (5,6) and secure using the MUSHROOM SELF-DRILLING SCREW (91). Connect each FOOT PEDAL MOUNT TUBE (5,6) to each CRANK (17) and secure with the ALLEN BOLT (82) and ALLEN BOLT (84).



ASSEMBLY INSTRUCTION

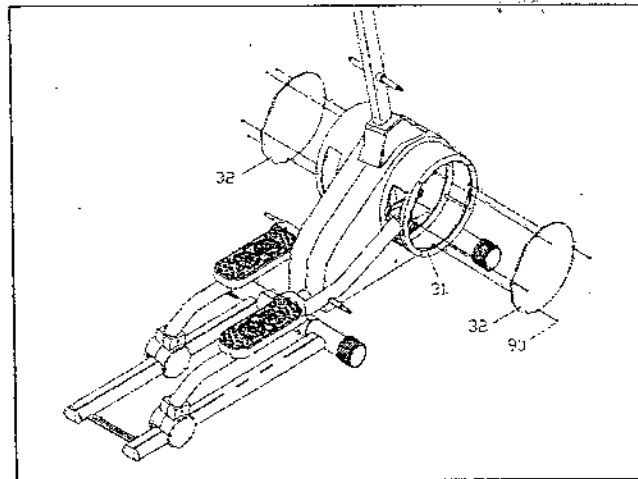
STEP 3

Connect the UPPER COMPUTER SENSOR WIRE (21) from the MAIN UPRIGHT TUBE (3) to the LOWER COMPUTER SENSOR WIRE (22) from the MAIN FRAME (1). Then attach the MAIN UPRIGHT TUBE (3) to the MAIN FRAME (1) and secure with FLAT WASHERS (63), SPRING WASHERS (67), and ALLEN BOLTS (93) to each side.



STEP 4

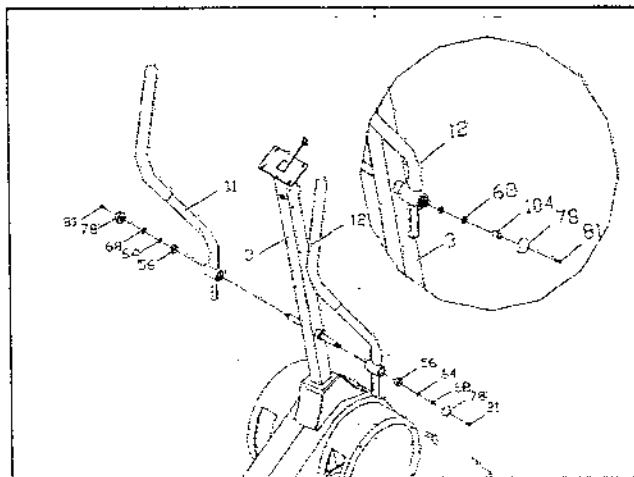
Attach the ACRYLIC COVERS (32) to each side of the SHROUD COVERS (31) and secure with the MUSHROOM SELF-DRILLING SCREW (90).



ASSEMBLY INSTRUCTION

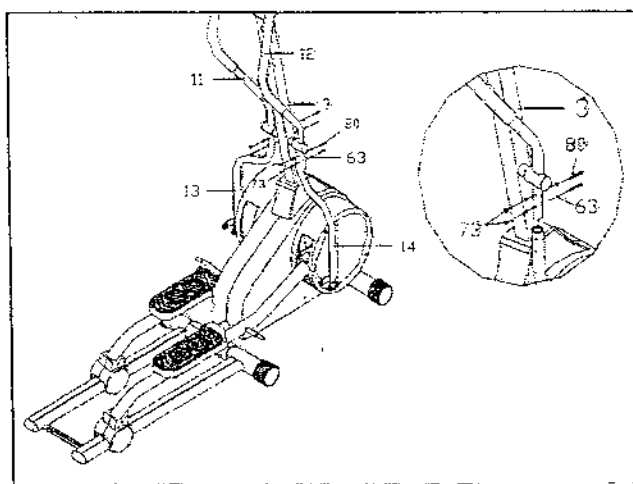
STEP 5

Attach the UPPER HANDLEBARS (11,12) to the MAIN UPRIGHT TUBE (3) and secure using a FLAT WASHER (64), SNAP RING (68). Use the PRESSING TOOL (104) against the SNAP RING (68) and tap lightly with a hammer to secure into place. Cover the shaft with the END CAP (78) and secure with ALLEN BOLT (81)



STEP 6

Connect the LOWER HANDLEBARS (13,14) with the UPPER HANDLEBARS (11,12) and secure with a WASHER (63) and ALLEN BOLT (80).

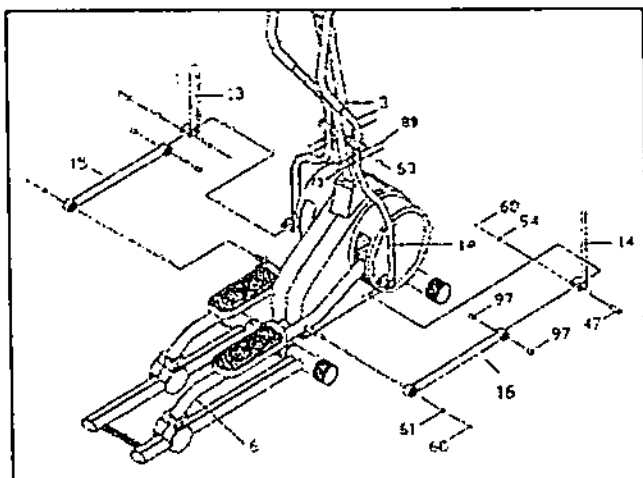


ASSEMBLY INSTRUCTION

STEP 7

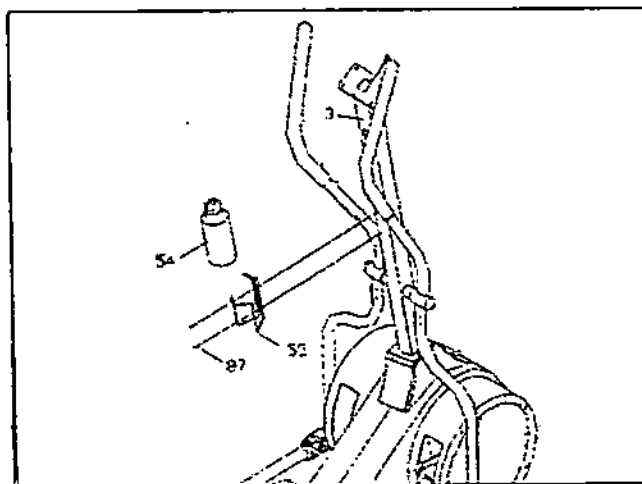
Attach the LINKING TUBE (R) (16) to the FOOT PEDAL MOUNT TUBE (R) (6) and secure with FLAT WASHER (61) and HEXAGONAL BOLT (60). Place the STEEL SLEEVE BUSHINGS (97) into each side of the LINKING TUBE (R) (16) at the front and attach it to the LOWER HANDLEBAR (R) (14). Insert the SLEEVE BUSHING (47) through the LOWER HANDLEBAR (R) (14), LINKING TUBE (R) (16) and attach the BUSHING (94) to the opposite side, then secure with an ALLEN BOLT (60).

*Repeat the above step for the left side.



STEP 8

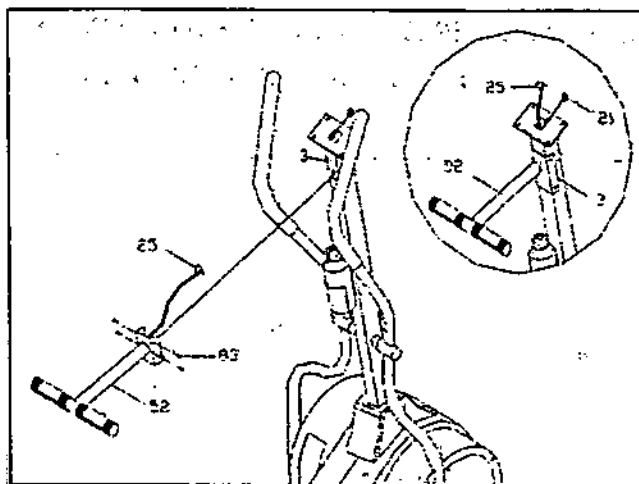
Attach the BOTTLE FRAME (55) onto MAIN UPRIGHT TUBE (3) and secure with two MUSHROOM SCREWS (87). Then the WATER BOTTLE (54) may be placed into the bottle holder.



ASSEMBLY INSTRUCTION

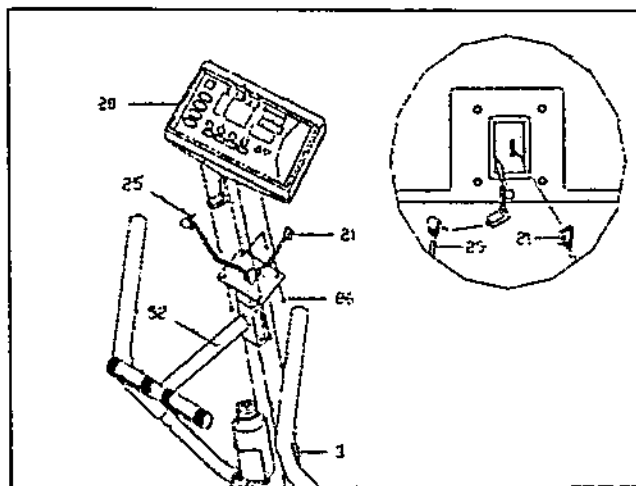
STEP 9

Pull the PULSE SENSOR WIRE (25) from the PULSE HANDLEBAR (52) through the side and up to the top of the MAIN UPRIGHT TUBE (3). Then attach the PULSE HANDLEBAR (52) to the MAIN UPRIGHT TUBE (3) and secure with ALLEN BOLT (83).



STEP 10

Connect the UPPER COMPUTER SENSOR WIRE (21) from the MAIN UPRIGHT TUBE (3) and PULSE SENSOR WIRE (25) from the PULSE HANDLEBAR (52) to the COMPUTER (20). Then attach the COMPUTER (20) to the MAIN UPRIGHT TUBE (3) and secure with the MUSHROOM SCREW (86).

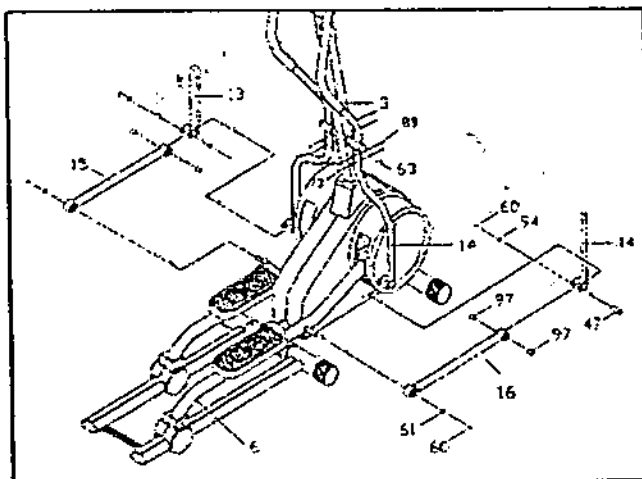


ASSEMBLY INSTRUCTION

STEP 7

Attach the LINKING TUBE (R) (16) to the FOOT PEDAL MOUNT TUBE (R) (6) and secure with FLAT WASHER (61) and HEXAGONAL BOLT (60). Place the STEEL SLEEVE BUSHINGS (97) into each side of the LINKING TUBE (R) (16) at the front and attach it to the LOWER HANDLEBAR (R) (14). Insert the SLEEVE BUSHING (47) through the LOWER HANDLEBAR (R) (14), LINKING TUBE (R) (16) and attach the BUSHING (94) to the opposite side, then secure with an ALLEN BOLT (60).

*Repeat the above step for the left side.



STEP 8

Attach the BOTTLE FRAME (55) onto MAIN UPRIGHT TUBE (3) and secure with two MUSHROOM SCREWS (57). Then the WATER BOTTLE (54) may be placed into the bottle holder.



MultiSports

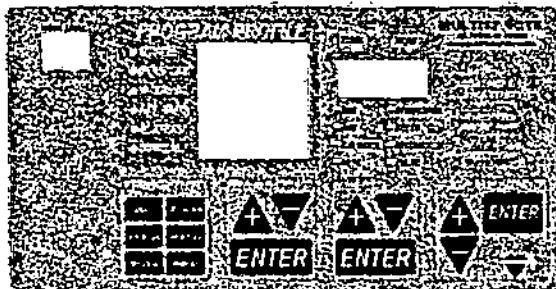
ECT-6880

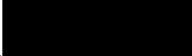
**Console
Instruction Manual**

I. INTRODUCTION

This electronics console manual will instruct you how to use each program and what they are for. Our ECT-6880 Console offers many different programs with several levels to choose from which are sure to keep you motivated. This console also features a "Quick Start" button as an easy start way to exercise on our Elliptical 6880.

II. COMPUTER KEY FUNCTIONS



1.  : Press to enter "Fitness" program.
2.  : Press to enter "Mountain" program.
3.  : Press to enter "Interval" program.
4.  : Press to enter "Fat Burn" program.
5.  : Press to enter "Plateau" program.
6.  : Press to enter "Manual" program.
7.  : Press arrow keys to adjust "Level", "Time", "Age", and the range for "Heart Rate Control".
8.  : Press "Enter" to select and lock in settings.
9.  : Press to enter "Quick Start" mode; the Start Indicator light will come on when you are in "Quick Start". Press to select programs; the Start Indicator light must be off to select programs.
10.  : When in a program and the Start Indicator light is on, press "Constant Power" to enter this mode.
11.  : When the Start Indicator light is on, press "Select/Scan" to scroll through the different readouts or to select a specific readout. When scanning the Scan Indicator light will come on.

1. INPUT MODE:

- a. Press the  key so that the Start Indicator light is off.
 - b. Press the key of the program you wish to select.
 - c. Press the   arrow keys to select the level and press **ENTER**.
 - d. Press the   arrow keys to select the time and press **ENTER**.
 - e. If you want to engage the Heart Rate Control, press the   arrow keys to select your age and press enter. Your minimum and maximum Heart Rate parameters will be displayed; press enter to accept each. You may adjust the Heart Rate Control minimum and maximum levels by using the arrow keys. If you do not want to use the Heart Rate Control, do not enter anything, and simply press the "Start/Reset" key to begin.
 - f. Press the  key so that the Start Indicator light is on and the program will begin.
-
- A. Program: There are 6 programs to choose from; FITNESS, MOUNTAIN, INTERVAL, FAT BURN, PLATEAU, and MANUAL. Each program displays a profile in the Dot Matrix window and the level in the Work Level window. Time, age, calories, mets, strides/min., speed, distance, and pulse share a window which can be in scroll or fixed readout by using the "Select/Scan" key.
 - B. Level: The level can be adjusted from Level 1 (L1) to Level 8 (L8) within each program by using the   arrow keys. The different levels will be displayed in the Dot Matrix window. Press **ENTER** to select.
 - C. Time: The time can be adjusted from 5:00 to 99:00 within each program by using the   arrow keys. Press **ENTER** to select.
 - D. Age: If you will be using the Heart Rate Control, you will need to enter your age using the   arrow keys under the Heart Rate Control section. Press **ENTER** to select and the computer will calculate your minimum and maximum Heart Rate parameters. You may adjust the minimum and maximum settings using the   arrow keys.

E. Heart Rate Control : The computer will calculate your minimum and maximum Heart Rate parameters based on the age you enter.

The formula for maximum heart rate is $HRC\ max = (220 - age) \times 85\%$.

The formula for minimum heart rate is $HRC\ min = (220 - age) \times 65\%$.

Your current exercising Heart Rate will be displayed under Pulse.

You may adjust the minimum and maximum parameters using the   arrow keys.

2. START MODE:

Press the  key to enter Start Mode. The Start Indicator light will come on to indicate you are in Start Mode.

Press the  key while in Start Mode to either scan or select the readouts (Time, Age, Calories, Mets, Strides/Min, Speed, Distance, Pulse) you want to view. The Scan Indicator light will come on to indicate you are in Scan Mode.

Press the   arrow keys to adjust the level between Level 1 (L1) and Level 8 (L8).

Press the  key while in Start Mode to maintain a constant power level throughout the program. The Torque will adjust to the Strides/Min to maintain a constant level of power. A faster rate of Strides/Min will result in a lower level of Torque, and a slower rate of Strides/Min will result in a higher level of Torque to maintain a constant level of power.

IV. HEART RATE CONTROL

The 6880 comes equipped with Hand Pulse Grips to read your heart rate. The handgrips are for reference only, due to upper body physical movement or pressure applied on hand grips that could cause slight inaccuracy in your heart rate readings. When beginning your exercise on the 6880 please allow 20-30 seconds for the heart rate monitor to provide you with a better readout.