



Owner's Manual V1.2

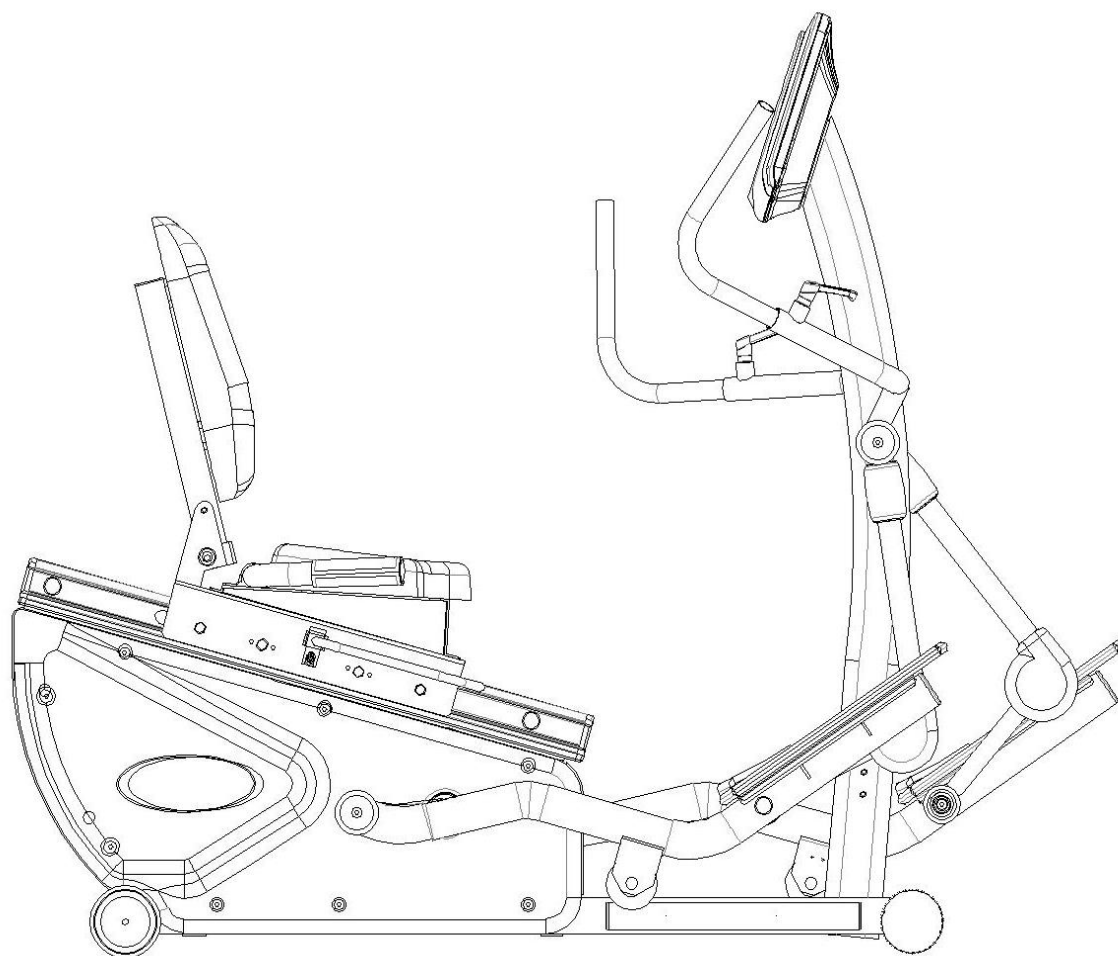


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SAFETY PRECAUTIONS

This exercise equipment was designed and built for optimum safety. However, certain precautions must be applied 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 exercising 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.



NOTE:

Maximum weight capacity for the PhysioStep HXT is 330 lbs (150 kgs)



WARNING

BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 AND 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 for your recent purchase of the **PhysioStep HXT** from HCI Fitness. We believe that you have purchased one of the highest quality and affordable recumbent semi-ellipticals on the market today. Prior to using your new **PhysioStep HXT** 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!

HealthCare International is a leading supplier and distributor of innovative products for Health, Wellness, Fitness & Active Aging. Visit our website – www.HCIFitness.com for information on all of our products.

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:** _____

3 Year Parts Warranty, One Year Labor, Lifetime Main Frame

NOTE:

Prior to assembling, note that some of the parts and screws needed for assembly are already in their respective places on the unit.

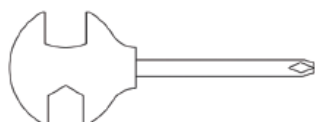
SCREW SET:



(100) 5m/m L Type Tool 1 pc



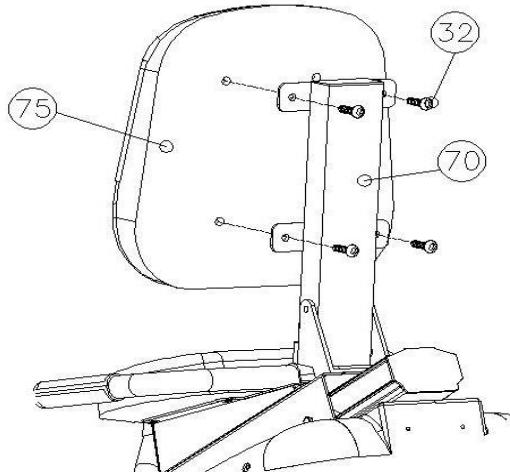
(83) 6m/m L Type Tool 1 pc



(99) 13*15 Tool 1 pc

ASSEMBLY

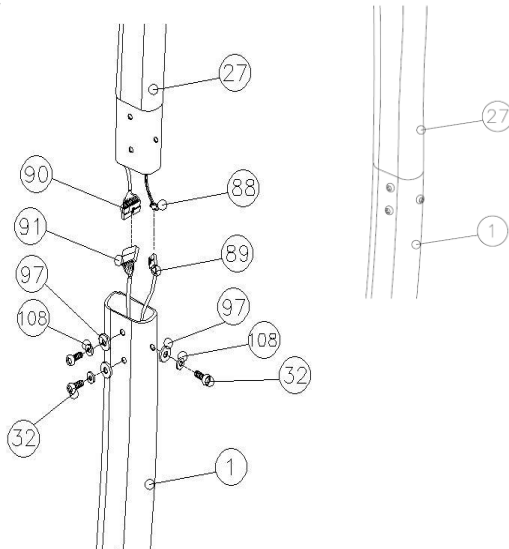
Step 1



Assembling Seat Back

Remove Bolts (No.32) from the seat back (No.75). Attach seat back (No.75) to seat back support (No.70) using bolts (No.32). Secure bolts tightly. Check tightness periodically.

Step 2



Wire Connection

Align the connection so that the display is oriented towards the user.

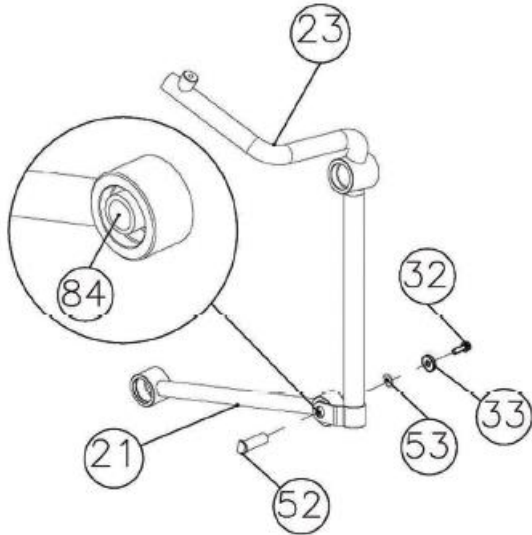
Connect the Upper Display Wire (90) to the Lower Display Wire (91) and the Upper HR Wire (88) to the Lower HR Wire (89).

After connecting the wires, insert the Display Post (27) to the Main Frame (1) using the bolts (32).



Wire Pinch Point

Step 3



Connect Lower Arm Assembly

Arm Connections

A. Remove the axle (52) from the moving handle (23). Be sure to keep the axle (52), bushing (53), washer (33), and bolt (32) for use in Step 3 - C

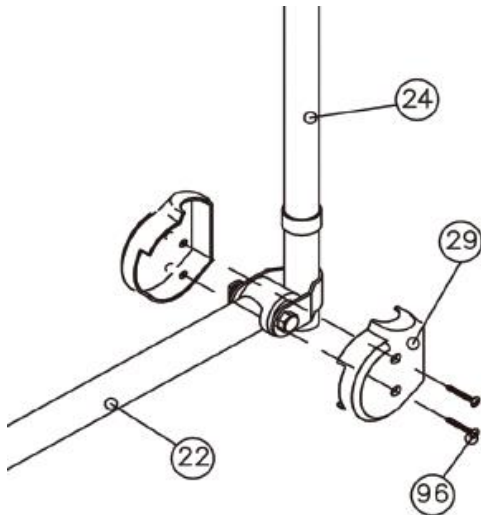
B. Align the bushing (84) so that the axle (52) can be connected.

C. Attach the control pedal (21) to the control arm (23) using the axle (52), bushing (53), and bolt (32).

D. Repeat for the other side.

ASSEMBLY

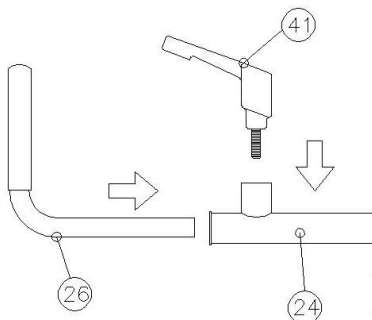
Step 4



Attaching the Joint Cover

Attaching the connecting Tube Cover (29) to the joint from the moving Handle Set (L) (24) and the connecting Parts (L) (22), using the screws (96). Connect the other side in the same way.

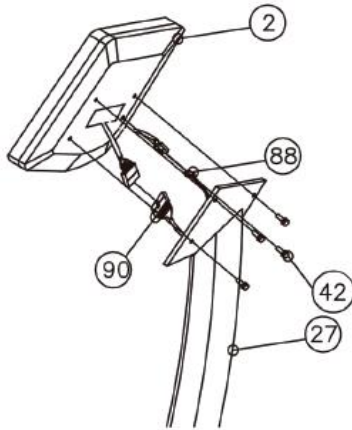
Step 5



Handle Grip Assembly

Insert the Moving Handle Set (26) to the Moving Handle Set (24) using the Rotary hand (41) to lock it.

Step 6



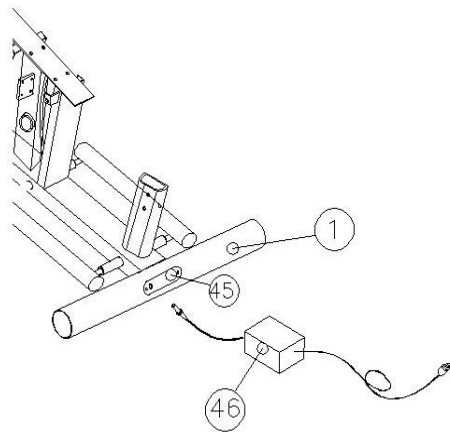
Connect the Display

Connect the Upper HR Sensor Wire (88) and the Upper Display Sensor Wire (90) to the same connection from the Display (2). Attaching the Display (2) to the Display Post (27) using the screws locking.



Wire Pinch Point

Step 8



Connect Power

Put the end of the Adapter (No.46) in the input socket (No.45) on the back of the Main frame (No.1), then put the another end of the adapter (No.46) to connect with the power outlet.

QUICK TIPS

AC Adaptor:

The **PhysioStep HXT** does need to be plugged into a standard electrical outlet. The AC adaptor connects at the rear base of the unit, at ground level, on the end of the unit that is beneath the seat. The display is powered by the adaptor and does not need batteries.

Levelers:

There are levelers in the front of the unit, beneath the shroud. Please adjust the levelers to stabilize the unit on your floor.

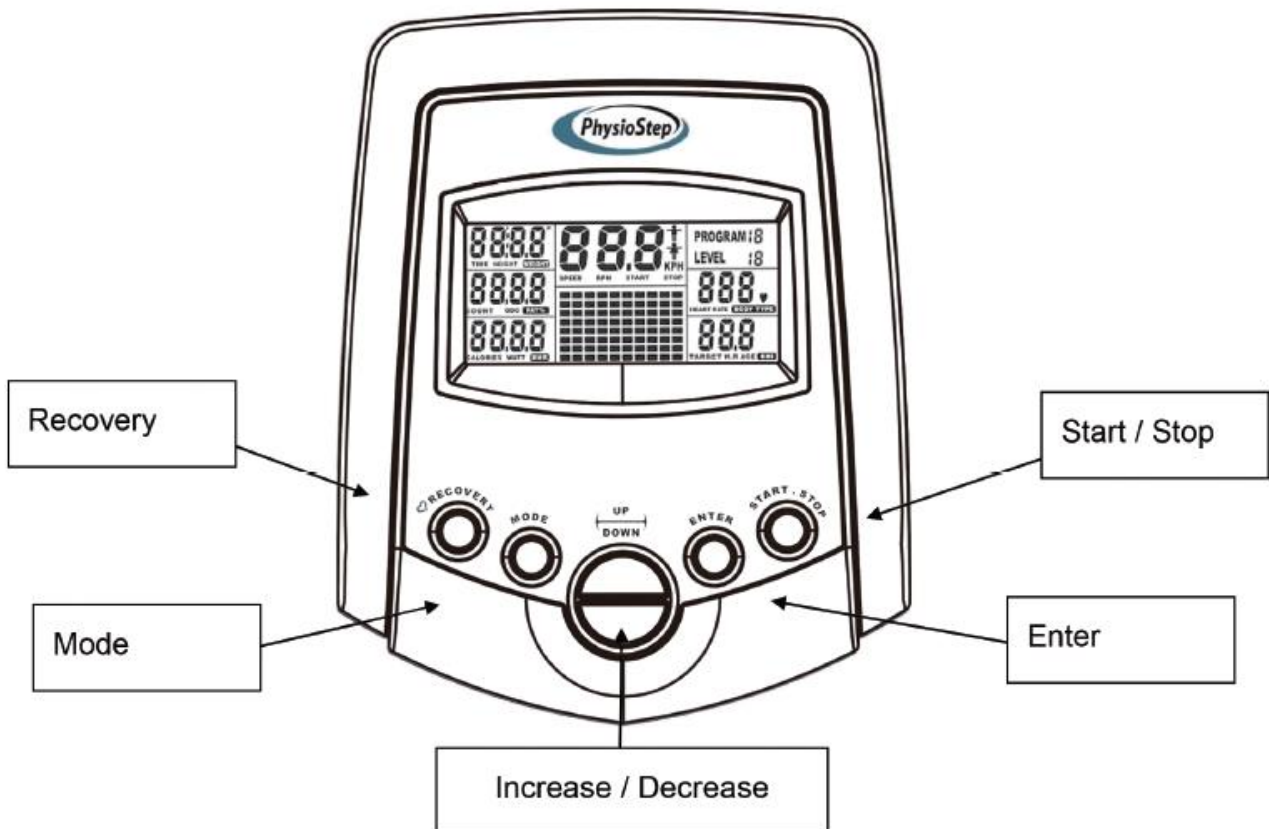
Seat Adjustments:

The **PhysioStep HXT** seat position can be adjusted forward and backward by pulling the yellow bar located on the right side of the seat. In addition, you can adjust the tilt of the **PhysioStep HXT** seat back by pulling the knob locked on the back cushion support

Heart Rate:

If you would like to monitor your heart rate while using the **PhysioStep HXT**, simply use the built in Heart Rate hand grips.

DISPLAY CONSOLE



BUTTON FUNCTIONS

1. START / STOP BUTTON

- 1.1. Pressing the **START / STOP** button begins a manual workout.
- 1.2. Pressing the **START /STOP** button during a workout will pause the workout.
- 1.3. Holding the **START / STOP** button will reset the display.

2. ENTER BUTTON

- 2.1. The **ENTER** button selects programs and confirms data entry.

3. UP BUTTON

- 3.1. Press the **UP** button to increase resistance and scroll values.

4. DOWN BUTTON

- 4.1. Press the **DOWN** button to decrease resistance and scroll values.

5. MODE BUTTON

- 5.1. Pressing the **MODE** button changes the feedback on the display.

6. RECOVERY BUTTON

- 6.1. Pressing the **RECOVERY** button starts the cool down program.

QUICK START

1. Adjust your seat and handles to a comfortable position allowing your legs and arms to use the full range of motion.
2. Press the **START / STOP** button.
3. Start Stepping! You can you the **UP** and **Down** buttons to adjust the resistance level at any time during your workout.

OR

SELECT A PROGRAM

1. Power on the display by taking a few steps.
2. Use the **UP / DOWN** button to scroll through workout.
3. Press the **Enter** button to select the desired workout.
4. Follow the steps described in the next section to start your desired workout.

SETUP WORKOUT PROGRAMS

Before starting your workout make sure that your seat is comfortably adjusted.

Operating Instructions

A. Exercising With a Specific Goal:

1. TIME Control: Set your workout duration for a specific amount of time. (Except in Program 8)
2. COUNT Control: Set your workout duration for a specific "Count" of workout cycles. (Except in Program 8)
3. BODY FAT Control: The display computer will design various programs for people according to their body fat ratio.
4. WATT Control: Set the WATTS for a workout and the display computer will make adjustments to maintain the selected WATTS level.
5. CALORIE Control: Set your workout duration to burn a specific number of calories (Except in Program 8 & 17)
6. Heart Rate Control: Keeps users exercising under a safe heart rate.

B. Pulse Rate:

Use the contact heart rate handles that are on the sides of the seat. The correct way to have your heart rate detected is to gently hold both metal parts in each hand. When the signal is picked up by the display, the heart icon in the HEART RATE/BODY TYPE Display will flash.

C. Manual Program:

PROGRAM 1 is a manual program. Press "ENTER" key to select TIME, COUNT, CALORIES and AGE. Then, press ▲ or ▼ key to adjust the values. The default level of loading is 6. After pressing "START/STOP" key to exercise, please also apply the heart rate detector appropriately. Users may exercise in any desire level (by pressing ▲ or ▼ during the workout) with a period of time or a certain count. With the input of age, the computer may suggest a target heart rate to exercise. The suggested heart rate is 85% (220 – age). So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing. *Please note that the flashing heart icon is a warning for users to slow down or decrease the resistance.*

D. Preset Programs:

PROGRAMS 2 through PROGRAM 7 are the preset programs. Press "ENTER" key to select TIME, COUNT, CALORIES and AGE. Then, press ▲ or ▼ key to adjust the values. Users may exercise at the selected level of resistance for selected intervals as the profiles show. After pressing "START/STOP" key to begin exercising, please place your hands on the contact heart rate handles.

Users may adjust the resistance level by pressing ▲ or ▼ during the workout. When you input your age, the computer may suggest a target heart rate. The suggested heart rate is 85% (220 – age). So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing.

Please note that the flashing heart icon is a warning for users to slow down or decrease the resistance.

E. Body Fat Program:

Program 8 is designed to calculate users' body fat ratio and to design a specific workout profile for users. Press "ENTER" key to select GENDER, HEIGHT, WEIGHT, and AGE. Then, press ▲ or ▼ key to adjust the values. Press the "START/STOP" key to calculate your estimated body fat percentage, at this time place your hands on the contact heart rate handles. If the heart rate sensors are unable to pick up the signal, an error message "E3" will show up in the profile display. If this happens, press the "START/STOP" key to calculate again and adjust the placement of your hands. The display computer will calculate the FAT%, BMR, BMI, BODY TYPE, and a designed workout profile will show up shortly. Press "START/STOP" key to exercise. The profile shown in the display is specially designed for your body type.

F. Heart Rate Control Programs:

Programs 9 through 12 are the Heart Rate Control Programs. In program 9, press "Enter" key to select TIME, COUNT, CALORIES and TARGET H.R. Users may setup a target heart rate to exercise in a period of time or a certain distance. In Program 10 to Program 12, press "Enter" key to select TIME, COUNT, and AGE. Then, press ▲ or ▼ key to adjust the values. Users may exercise in a period of time or a certain count with 60% Max Heart Rate in Program 10, 75% Max Heart Rate in Program 11, and 85% Max Heart Rate in Program 12. After pressing "START/STOP" key to exercise, please also apply the heart rate detector appropriately. In these programs, the computer will adjust the level of loading according to the heart rate detected. For example, the level of loading may increase while the heart rate detected is lower than TARGET H.R. Also, the level of loading may decrease while the heart rate detected is higher than TARGET H.R. As a result, the user's heart rate will be adjusted to close the TARGET H.R. in the range of TARGET H.R. –5 and TARGET H.R. +5.

G. Creating User Profile Programs:

Programs 13 through 16 are the user profile programs. When setting up your program, select the TIME, COUNT, CALORIES, AGE and resistance level. The values selected for your profile will be stored the memory after setup. Press the "START/STOP" key to begin exercise, and place your hands on the contact heart

rate sensors. You can change the resistance level during your workout at anytime by pressing ▲ or ▼ key. Please note, this will not store the change in the profile memory. The computer may suggest a target heart rate to exercise. The suggested heart rate is 85% (220 – age). So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing. *Please note that the flashing heart icon is a warning for users to slow down or decrease the resistance.*

H. Watt Independent Program:

Program 17 is a Watt Independent Program. Press the “ENTER” set the TIME, COUNT, WATT, and AGE. Press the “START/STOP” key to begin exercise, and place your hands on the contact heart rate sensors. During exercise, the level of resistance is not adjustable. In this program, the display computer will adjust the level of resistance according to the preset WATT value. The level of resistance may increase if speed is too slow in order to maintain the watts. Also, the level of resistance will automatically decrease if the speed is too fast. As a result, the calculated WATTS will remain close to the WATTS preset. The suggested heart rate is 85% (220 – age). So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing. *Please note that the flashing heart icon is a warning for users to slow down or decrease the resistance.*

I. Pulse Recovery:

To check your heart rate during recovery this program scales your progress from 1.0 to 6.0. 1.0 is “the best” and 6.0 is “the worst”, increments are 0.1. In order to rate your recovery correctly, perform this test right after your workout is finished, by pressing the “PULSE” key. After the key is pressed, place your hands on the contact heart rate sensors. The test will last for 1 minute and the result will show in the display.

Things You Should Know Before Exercising

A. The values calculated or measured by the computer are for exercise purpose only, **not for medical purpose.**

B. Variables by Program:

Programs	Variables
P1 ~ P7	TIME, COUNT, CALORIES, AGE
P8	GENDER, HEIGHT, WEIGHT, AGE
P9	TIME, COUNT, CALORIES, TARGET H.R.
P10 ~ P12	TIME, COUNT, CALORIES, AGE
P13 ~ P16	TIME, COUNT, CALORIES, AGE, 10 Intervals
P17	TIME, COUNT, WATT, AGE

Please note that only either the TIME or COUNT can be adjusted. Both adjustments cannot be made at the same time. For example, the value of COUNT is “0” while the value of TIME is adjusted to be any number except “00:00”

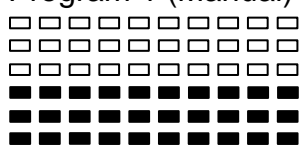
C. Programs Selection:

There are 17 workout programs and 1 Recovery program. Programs include: 1 Manual Program, 6 Preset Programs, 1 Body Fat Program, 4 Heart Rate Control Programs, 4 User Setting Programs, 1 WATTS Control Program, and 1 Pulse Recovery Program.

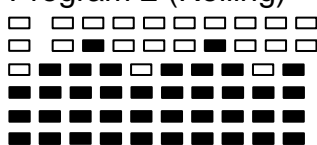
D. Program Graph:

Each graph shows the level of resistance during each program interval.

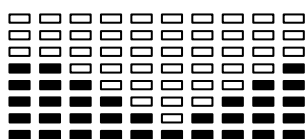
Program 1 (Manual)



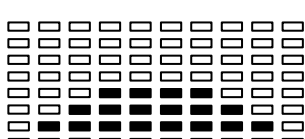
Program 2 (Rolling)



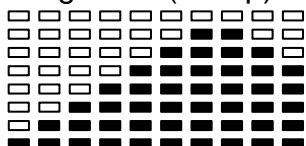
Program 3 (Valley)



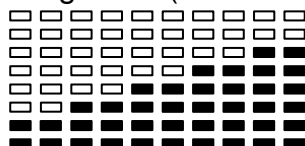
Program 4 (Fat Burn)



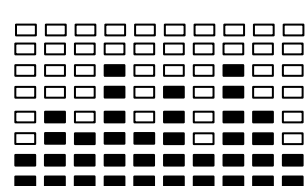
Program 5 (Ramp)



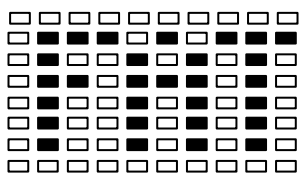
Program 6 (Mountain)



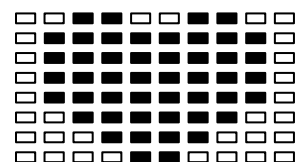
Program 7 (Intervals)



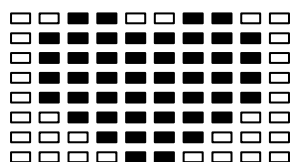
Program 8 (Body Fat)



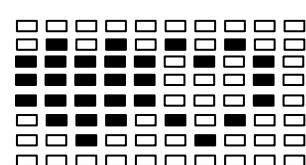
Program 9 (Target H.R.)



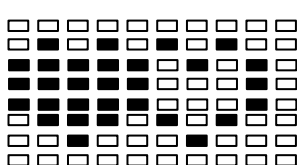
Program 10 (60% H.R.C.)



Program 11 (75% H.R.C.)



Program 12 (85% H.R.C.)



E. Body Types:

There are 9 body types divided according to the FAT% calculated. Type 1 is from 5% to 9%. Type 2 is from 10% to 14%. Type 3 is from 15% to 19%. Type 4 is from 20% to 24%. Type 5 is from 25% to 29%. Type 6 is from 30% to 34%. Type 7 is from 35% to 39%. Type 8 is from 40% to 44%. Type 9 is from 45% to 50%. BMR: Basal Metabolism Rate and BMI: Body Mass Index

MAINTENANCE

1.1 Maintenance Tips

- Keep the PhysioStep well maintained to ensure peak performance and safety.
- Clean the display console and all exterior surface parts routinely. Use a soft cotton cloth and a soft cleaner for best results. Do not use Ammonia or acid based cleaners.
- Vacuum the area directly surrounding and under the unit regularly.
- Keep the Pedal Straps fastened securely when using the PhysioStep.

1.2 Routine Maintenance Schedule

Clean the following items daily:

- Console and Overlay, Hand Contact Sensors, Chain Cover, Pedals and Straps, End Caps and all other exterior parts, Handle Bar, Seat.

Routinely inspect the following items weekly and adjust or tighten if necessary:

- Hand Contact Sensors, Leg Levelers, End Caps, Seat Adjust Position Knob, Seat Upright Adjust Knob, Crank Shaft and Pedals, Display, all Nuts and Bolts and the Console Control Wire.
- Crank, Seat Adjust Position Knob, Upright Post Adjust Knob, Drive Belt.
- Hardware for console.
- Hardware for Handlebar and Frame, Handle Bar, Electronic Compartment, Drive Belt, Crank Axle.

TROUBLE SHOOTING GUIDE

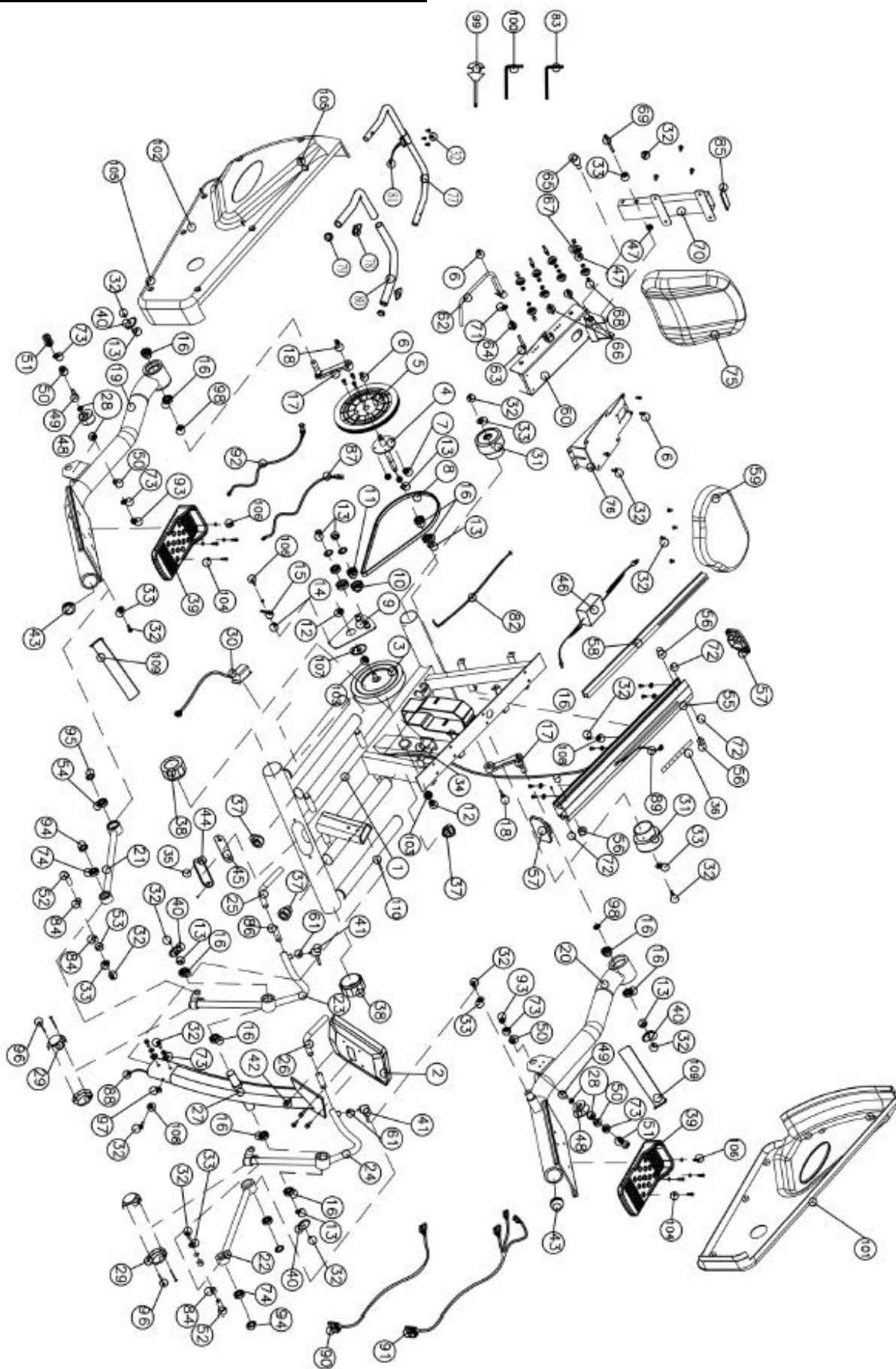
Symptom	Possible Cause	Solution
The LCD Screen does NOT Display anything	The Adaptor is not plugged in?	Check that the Adaptor is correctly connected to the Mains Power Socket and is correctly connected to the Computer.
	The Computer is faulty?	
The Speed Display show 0	The Computer isn't receiving a signal from the Speed Sensor?	(1)Check that the Sensor Magnet is correctly fitted and passes in front of the Sensor.
		(2)Check the gap between Speed Sensor and the Magnet is correct 5mm or less.
		(3)Check that all the Computer Plugs and Sockets are FIRMLY and correctly connected.
		(4)Check that the Computer Wires are not damaged.
	The Sensor is faulty.	If all these Checks fail, then replace the Sensor.
	The Computer is faulty.	Replace the Computer by contacting your dealer.
The LCD Screen Partially Displays	The connection between the Circuit Board and the LCD Screen Membrane is loose, gently press down on the LCD Screen, If the LCD Screen Partial Display disappears then it is a connection problems.	Check that the circuit Board is securely fastened to the Computer Case, retighten the Screw. Do NOT over tighten the screws in the circuit board.

<p>The LCD Screen Partially Displays</p>	<p>The connection between the Circuit Board and the LCD Screen Membrane is Misaligned. If this is the problem you might be able to see that the LCD Screen is on a slight angle and NOT inline or parallel with the Computer Case.</p>	<p>Open the Computer Case, remove the Circuit Board Screws, gently remove the Circuit Board, reassemble the LCD Screen and/or the Membrane taking care not to bump or knock the Membrane out of alignment before the Circuit Board Screws are tight. Do NOT over tighten the screws in the circuit board.</p>
	<p>The Computer is faulty.</p>	<p>Replace the Computer by contacting your dealer.</p>
<p>No Hand Pulse Signal or incorrect Hand Pulse Signal</p>	<p>The Computer is NOT receiving a pulse Signal.</p>	<p>Check that the Hand Pulse Plugs are FIRMLY inserted into the sockets.</p>
	<p>The Computer is receiving a faint or Intermittent Pulse Signal.</p>	<p>(1)The Hand Pulse Sensors will NOT operate correctly if your skin is extremely dry moisten your hands with a little water and try again</p>
		<p>(2)The Hand Pulse Sensors are designed to be held firmly. If you move your hands while exercising then the Computer may receive an Intermittent Pulse Signal. Avoid moving your hands while exercising and hold the Hand Pulse Sensors firmly while exercising. If you do move your hands while exercising give the Computer a few seconds to resample and display your correct Pulse Heart Rate.</p>
		<p>(3)Clean the Hand Pulse Sensors to ensure a good contact between your body and the Pulse Sensors.</p>
		<p>(4)Remove the Hand Pulse Sensors in order to check that the Spade Terminals are correctly attached. *After completing all of the above checks, If the problem still exists then please contact your dealer.</p>
<p>The Computer is faulty.</p>	<p>Replace the Computer by contacting your dealer.</p>	

E1	No signal from motor gear.	(1)Review the Assembly Instructions and check that all the Computer Plugs and Sockets are FIRMLY and correctly connected.
		(2)Review the Bike's Magnetic Resistance System to ensure that it is set correctly and they be at it can freely be adjusted. A symptom of the previous problem is the Motor will struggle to adjust the resistance and will start making an abnormal sound. If this happens the Motor may already be damaged by some kind of interference.
		(3)Motor Problems a. Symptoms include an unusually loud noise coming from the Motor, which means the Gears are NOT meshing correctly. Try reversing the resistance and try again. If this fails then replace the Motor. b. If the Motor fails to move at all then please recheck as per Solutions.
		(4)Above. If this fails then Replace the Motor.
E2	The Computer cannot interface with the IC Chip	Disconnect the Adaptor and /or remove the Batteries. Reconnect the Adaptor and/or the batteries. This will REBOOT the IC Chip and may help the Computer interface with the IC Chip.
		Remove and reinsert the IC Chip.
		If reinsertion fails then Replace the IC Chip with a New IC Chip.
E3	When analyzing body fat, the first 8 second no heart detection, please check under.	Make sure both hands firmly hold on to handgrips. Confirm you have holding handgrip firmly.

E5	Auto-tension (Count) is not disconnected from zero point.	<p>(1)Review the Bike's Magnetic Resistance System to ensure that it is set correctly and they be at it can freely be adjusted. A symptom of the previous problem is the Motor will struggle to adjust the resistance and will start making an abnormal sound. If this happens the Motor may already be damaged by some kind of interference.</p>
		<p>(2)Motor Problems a. Symptoms include a loud noise coming from the Motor, which means the Gears are NOT meshing correctly. Try reversing the resistance and try again. If this fails then replace the Motor. b. If the Motor fails to move at all then please recheck as per Solutions.</p>
		<p>(3)Above. If this fails then Replace the Motor.</p>

EXPLODED DRAWING



PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	30	DC Motor	1
2	Computer	1	31	Rear Leg Wheel	2
3	Magnetic Flywheel	1	32	Hexagonal Bolt M8*15L	38
4	Pedal Axle	1	33	Washer OD26*ID8.5*2T	11
5	Pulley	1	34	Screw M4*10L	8
6	Mushroom Screw-M6*15L	7	35	Screw M5*15L	2
7	Nylon Nut (M6)	8	36	Stick of Number	1
8	Belt	1	37	Tube Cover ϕ 38.1mm	4
9	Idler Set	1	38	Plastic Cover	2
10	Idler Wheel	2	39	Pedals	2
11	Bearing	2	40	Pedal Foot Cover	4
12	Flange nut	2	41	Rotary hand	2
13	C-Ring-S20	12	42	Screws M5	4
14	Screw Nuts (M6)	8	43	Moving Leg Cover	2
15	Metal Parts	1	44	Socket Cover	1
16	Bearing	10	45	Input Socket	1
17	Crank	2	46	Adapter	1
18	Screw M8*1.25*25L	2	47	Nylon Nut (M8)	31
19	Pedal Foot (R)	1	48	PU Wheel	2
20	Pedal Foot (L)	1	49	PU Wheel Axle	2
21	Connecting Parts (R)	1	50	Bushing	4
22	Connecting Parts (L)	1	51	Screw for roller M8*70L	2
23	Moving Handle Set (R)	1	52	Axle	2
24	Moving Handle Set (L)	1	53	Bushing	2
25	Moving Handle Set	1	54	Spherical bearing	2
26	Moving Handle Set	1	55	Aluminum Track	1
27	Computer Post	1	56	Rubber Cushion	4
28	Bearing 6300zz	2	57	Aluminum Track Cover	2
29	Connecting Tube Cover	2	58	Aluminum Track Supporter	1

No.	Description	Qty	No.	Description	Qty
59	Seat	1	90	Upper Computer Sensor Wire	1
60	Seat Moving Set	1	91	Computer Sensor Wire	1
61	Hand fixed block	2	92	Power inlet	1
62	Dipping Handle	1	93	Nylon Nut M10	2
63	Pin	1	94	C-Ring-S35	2
64	Spring	1	95	C-Ring-S42	2
65	Knob	1	96	Mushroom Screw ST4.5*50L	4
66	Shaft for PU Wheel	4	97	Curved Washer M8	6
67	Bearing	8	98	Washer ϕ 20* ϕ 30*1T	2
68	Bushing	4	99	13*15 Tool	1
69	Hexagonal Bolt M8*100L	1	100	5m/m L Type Tool	1
70	Back Seat Support	1	101	Back Plastic Cover L	1
71	Flat Washer	2	102	Back Plastic Cover R	1
72	+ Bolt (ST3.5*8)	8	103	Nuts	2
73	Flat Washer ϕ 8.2* ϕ 16*2T	8	104	Washer OD6.2*ID13*1.2T	20
74	Bearing	2	105	Mushroom Screw ST4.5*20L	24
75	Back Seat	1	106	Inside Hexagonal Screw M6*20	9
76	Seat Support	1	107	Retaining Washer	1
77	Seat Handle	1	108	Spring Washer SW8	30
78	HR Hands Cover	2	109	Pedal Strap	2
79	Tube Cover	2	110	Stainless plate for roller guide	2
80	Sponge Cover	2			
81	HR Sensor	1			
82	Tension Cable	1			
83	6m/m L Type Tool	1			
84	Bushing	4			
85	Side tube stopper	1			
86	Round Tube	2			
87	Sensor Wire	1			
88	Upper HR Sensor Wire	1			
89	HR Sensor Wire	1			