ENDURANCE®

E4

Endurance® E4 Elliptical Trainer

User Manual

Endurance® wants to thank you for making the E4 a part of your exercise program. Our quality, durability and craftsmanship will enable you to enjoy the E4 for many years to come. We have included some general fitness guidelines that will help you in your pursuit of a healthy lifestyle. The E4 will enable you to customize and monitor your workouts to:
- Increase your cardiovascular system
- Increase your metabolism
- Strengthen and tone your muscles
- Help you maintain weight loss

For a more comprehensive list turn to page 19.

Whether you are a beginner or you are an avid exerciser, the E4 was designed to be an efficient, easy and enjoyable way to achieve an improved level of fitness. So take the next step and achieve that fit and healthy body you want. The on-board digital computer enables you to accurately monitor your progress by tracking speed, time, distance, calories and pulse.
This Owner's Manual contains the information you need to operate and enjoy your Endurance E4. Please read the manual in its entirety before attempting to exercise on the E4. Ready? Well, let's get started!

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E4 ELLIPTICAL TRAINER

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Pedal Arm

Front Foot & Transport Wheels

Levelers

Foot Pedal Adjusters

IMPORTANT SAFETY INSTRUCTIONS

SAVE THESE INSTRUCTIONS!

Failure to follow any of the following safety instructions may result in injury or serious health problems:

- Use this exercise product only as intended and described in this Owner's Guide. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening, or on the Pedal Arm Guide Rails.
- Do not place fingers, feet or any other objects into or near the moving parts of the E4.
- Never turn foot pedals, pedal arms or crank arms by hand.
- To avoid entanglement and possible injury, do not expose hands or arms to the drive mechanism.
- Do not dismount the E4 until the pedals are at a complete STOP.
- Warn bystanders to keep a safe distance away. Do not allow anyone (other than the user) to touch the machine while it is in operation.
- Do not remove the E4 side covers. Only an authorized retailer should perform maintenance or repair services.
- Do not use outdoors.

CHILDREN

- Keep children off and away from your E4 at all times!
- When the E4 is in use, young children and pets should be kept at least 10 feet away.

OTHER SAFETY TIPS FOR YOUR E4

- **CAUTION!** If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Don't wear loose clothing that might catch on any part of the E4.
- Read this Owner's Guide in its entirety before operating the E4.

CLEANING

- Use a damp cloth to wipe your E4 and computer free of sweat and dust. Always avoid getting extra moisture on the computer. By keeping the computer face free of sweat, you can ensure a longer computer life.
- Important Reminder: Never use petroleum - based solvents when cleaning. Doing so will damage the finish on your E4.

ASSEMBLY

If you have elected to assemble this product yourself, for your safety, please read and follow each of the steps in the enclosed assembly instructions. It is recommended that assembly be performed by an authorized retailer. If you have any questions regarding any part or function of your E4, contact your retailer.

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MOVING YOUR E4

Your E4 has a pair of transport wheels built into the front foot. It is easy to move your E4 by picking up the back end and rolling it on the front transport wheels.

PLACEMENT IN YOUR HOME

It is important that you place your E4 in a comfortable and inviting room. Your E4 is designed to use minimal floor space. Many people will place their E4 facing the TV or a picture window. To make exercise a desirable daily activity for you the E4 should be in an attractive setting.

LEVELING YOUR E4

If your E4 wobbles when you have placed it where you intend to use it, raise or lower the adjustable levelers located on either side of the pedal arm guide rail stabilizing foot.

FOOT POSITION

Your E4 has a large foot pedal, offering you a variety of foot positions. When using your E4 you may notice that your heel rises off the footpad. This is normal heel-toe-plant walking or running motion and you should not try to prevent this.

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GLIDE POSITION

Placing the foot pedal toward the <u>back</u> of the pedal arm (using the foot pedal adjusters located on the bottom portion of the foot pedal) will <u>decrease</u> your step height and keep the step pattern elliptical. Your workout will feel more like a ski glide, or smooth run or walk.

STEP POSITION

Moving the foot pedal to the <u>front</u> of the pedal arm (using the foot pedal adjusters located on the bottom portion of the foot pedal) will <u>increase</u> your step height. This will give you a more vertical stepping motion. This position is particularly effective for developing your quadriceps muscles.

HOW TO USE THE E4

To start using the E4 simply stand on the foot pedals with the toes of your shoes close to the front edge of the foot platform. Place your hands in a comfortable position on the handlebars. Simply move your highest foot forward and follow the natural path of the machine.

E4 MOTION HANDLES

Working in unison with the adjustable resistance of the elliptical stride, the Motion Handles are designed to work your upper body in rhythm with your lower body. The ergonomic design encourages good posture and proper technique. When working with the Motion Handles for the first time, start out at a slow pace to get accustomed to the total body motion.

MOTION HANDLES

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E4 CONSOLE

INSTALLING BATTERIES
If your E4 batteries have not already been installed by your retailer, please install them now. The console uses two AA batteries. Install the batteries in the battery compartment in the back
of the console.
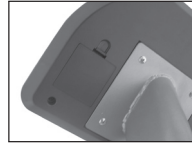
CONVERTING FROM METRIC TO STANDARD
First flip the switch located in the reverse side of the panel. Then, take the batteries out and replace them. When the machine powers back up the readout will switch.

TURNING THE SCREEN DISPLAY ON
You can turn your console on by either pressing the RESET button at the bottom right of the console or by simply getting on your elliptical and beginning your stride.

CLEARING PREVIOUSLY STORED INFORMATION
Your elliptical will retain information from your previous workout such as calories and distance for a few minutes. You can clear this information by pressing RESET.

CONSOLE FEEDBACK
Your E4 provides you with the information you need for an effective workout every time.

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TIME

There are two modes of time display. You can choose either Count Up Mode to monitor the length of your workout or Count Down Mode for a programmed time limit.

To operate in Count-Up Mode:

Simply get on the elliptical and start striding. The console will automatically turn on and the time display will advance from zero and keep time until you finish your workout.

To operate in Count Down Mode:

Turn on the console by pressing the RESET button. Press the MODE button to cycle through the feedback windows until TIME is displayed. Next, press the "+" button until the desired number of minutes of your workout is displayed. Then, start pedaling. The TIME display will show your specified time counting down to zero. When you have reached your goal, the console will beep until you press the RESET button again

DISTANCE

The DISTANCE display will show the amount of mileage you have "traveled" in your workout. Keeping a record of your progress is a great motivational tool. You can also program the amount of distance you desire for your workout:

To program a specific distance:

Turn on the console by pressing the RESET button. Press the MODE button to cycle through the feedback windows until DISTANCE is displayed. Next, press the "+" button until the desired distance for the workout is displayed. Then, start pedaling. The DISTANCE display will show your specified mileage counting backwards to zero. When you have reached your goal, the console will beep until you press the RESET button again.

SPEED

This window readout will display your speed in miles per hour.

CALORIES

The CALORIES display will show the approximate number of calories you burn during your workout. You can also program your elliptical to notify you when you have burned a specific number of calories.

To program a Calorie Countdown:

Turn on the console by pressing the RESET button.

Press the MODE button to cycle through the feedback windows until CALORIES is displayed. Next, press the "+" button until the desired number of calories is displayed. Then, start pedaling. The CALORIES display will show your specified calories counting backwards to zero. When you have reached your goal, the console will beep until you press the RESET button again.

PULSE

The PULSE display will show your heart rate in beats per minute. During your workout, press the MODE button until PULSE is displayed. Next, grasp the inner upright handles with your palms on the heart rates sensors. After 10 seconds your heart rate will be displayed and will change as your heart rate changes. NOTE: Always consult a physician before starting an exercise program. This will be helpful in determining your target heart rate zone.

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SETTING THE MAIN DISPLAY WINDOW

The automatic display mode on your elliptical is SCAN MODE. In this mode, information from each of the feedback windows will automatically cycle on display in the main window. If you desire to keep one feedback function in the main window for quick reference, press the MODE button until the feedback function you desire is displayed. When it does, you will see your selected feedback information in the main window.

TURNING THE SCREEN DISPLAY OFF.

The elliptical console automatically shuts off after a few minutes of inactivity.

ADJUSTING THE RESISTANCE OF YOUR STRIDE

The elliptical's Tension Control Dial increases or decreases the resistance of your stride. You can change this setting at any time during your workout by rotating the dial clockwise for more resistance and counter clockwise for less resistance.

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Developing a Fitness Program

Warm Up:
Warming up is an extremely important phase, but unfortunately, it's often an activity that is ignored. Painful frustrating muscle pulls or strains may result from not warming up properly. There are two goals for warm up: warming up the muscles of the back and the extremities (so that you can stretch them without injury), and slight acceleration of the heart rate so the body can move gradually into the target heart rate zone.
Warm ups should consist of 5-10 minutes of exercises that are not very demanding: marching in place, stepping side to side and swinging your arms, walking at a pace of 3 to 5 mph, etc.
A gradual warm up will do the following:
• Produce faster, more forceful muscle contractions
• Increase your metabolic rate so oxygen is delivered to the working muscles more quickly
• Lead to more efficient calorie burning by increasing your core body temperature
• Prevent injuries by improving the elasticity of your muscles
• Allow you to work out longer because your energy systems are able to exercise, preventing the build up of lactic acid in the blood
• Improve joint range of motion
• Psychologically prepare you for higher intensities by increasing your arousal and focus on exercise

Warm up: Warm up 5 to 10 minutes before aerobic activity.

Duration: Maintain your exercise intensity for 20 to 60 minutes.

Cool Down: Gradually decrease the intensity of your workout, then stretch to cool down during the last 5 to 10 minutes.
.
NOTE: If weight loss is your major goal, a minimum of 30 minutes of aerobic activity five or more times per week is recommended.

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FLEXIBILITY
Adequate flexibility is the ability to move your limbs and joints easily
(through a complete range of motion) the way you need to in order to meet
the challenges of daily life. Fortunately, there ís a positive reinforcing cycle
between flexibility and activity. Adequate flexibility enables you to maintain
an active lifestyle, and an active lifestyle makes an important contribution to
maintaining adequate flexibility. These relationships grow stronger the older
we become.

When should I stretch?
Any time is a good time to stretch. In the morning it can work out the kinks
in your back. At work you can stretch and relax your neck and shoulders.
After work you can stretch out your lower back.

How should I stretch?
Perform the following stretches slowly and smoothly until you feel a slight
tugging sensation on the muscles involved. Don't stretch to the point you
feel pain, and don't bounce - you could pull a muscle. Hold each stretch for
10 to 20 seconds. Exhale through the stretch, and breathe slowly. This will
keep you from bouncing.
1. Calf (back of lower leg)

    a. To do a straight knee stretch start with the leg to be stretched
       approximately three feet from the wall and the opposite leg on a
       step forward. Lean toward the wall, keeping your heels down
       and feet turned in slightly.
    b. To do a bent knee stretch start as above, but move approximately
       one foot closer to the wall and bend the knee of
       the back leg to be stretched.
   c. Repeat using the other leg.

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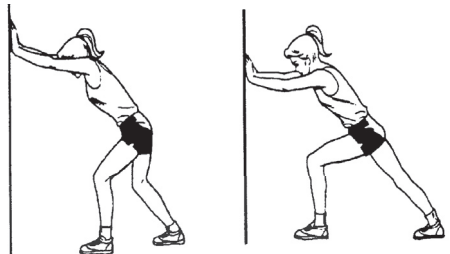
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2. Iliotibial Band (outside of hip)

    a. Start with the leg to be stretched one step back and behind the opposite foot. Move your hips sideways toward the side of your body being stretched. Keep the upper body away from the wall and do not bend forward.

    b. Repeat using the other leg.
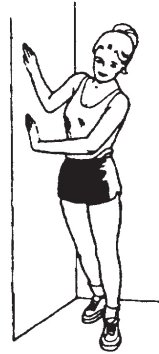
3. Lower Back, Hips, Groin, and Hamstrings

    a. Stand with your feet about shoulder - width apart and pointed straight ahead. If you are reasonably flexible and need more of a stretch, cross one leg in front of the other for a few stretches, then switch legs.

    b. Slowly bend forward from the hips, always keeping your knees slightly bent.

    c. Stretch only to the point where you feel a tugging in the back of your legs.
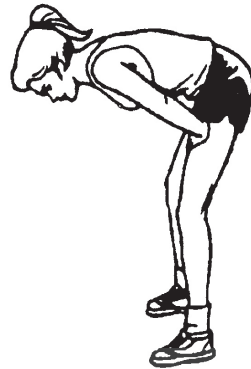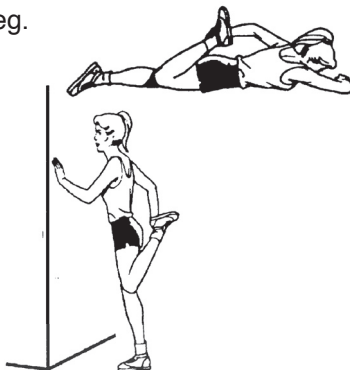
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4. Side Bends
   a. Stand with your feet about shoulder - width apart and toes pointed straight ahead. Keep your knees slightly bent and with one hand on your hip, extend your other arm up and over your head. Slowly bend at your waist to one side - toward the hand on your hip.
   b. Extend both arms overhead. Hold your left wrist with your right hand and bend slowly to the right, using your right arm to pull the left arm gently over the head and down toward the ground.
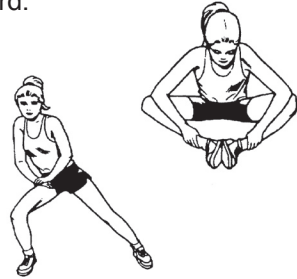   c. Repeat with other side.
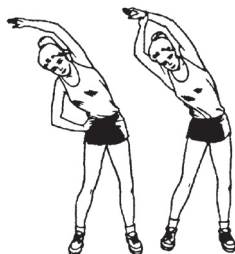
5. Quadriceps (front of thigh)
   a. Lying on our stomach, pull the heel toward your buttocks with the opposite hand. Keep the thigh of the leg being stretched close to the leg on the floor. Repeat with opposite leg.
   b. The same stretch can be done standing. Do not allow your thigh to come in front of you and do not bend forward at the waist.
   c. Repeat with opposite leg.

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6. Groin (inside of thigh)

    a. Sit on the floor with the soles of your feet together. Gently push knees down toward the floor with your elbows.

    b. Stand with your feet three to four feet apart and turned out slightly. Keep the knee of the leg to be stretched straight, and bend the opposite knee as you move your body toward the bent leg. Keep your toes pointed forward.

    c. Repeat using the other leg.

7. Hamstrings (back side of upper leg)

    a. Sit with one knee bent and the leg to be stretched out straight. Reach for the toes of the straight leg with the right hand and then the left hand.

   b. Repeat with the other leg.

8. Gluteus (back of hip)

    a. Lie on your back. Pull one knee up to your chest while keeping the opposite leg down on the floor with the knee straight.

    b. The same may be done standing.
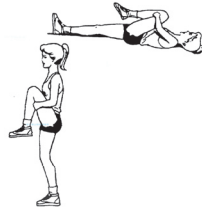
    c. Repeat with the other leg.

9. Anterior Tibialis (front of shin)
   a. Stand with all of your weight on one leg. Extend the opposite
       leg forward, flex your ankle and point your toes forward.
   b. Repeat with the other leg.
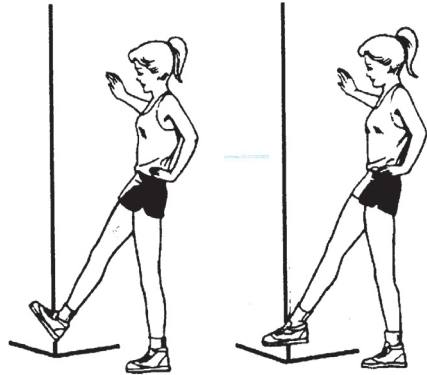
10. Iliopsoas (lower back)
   a. If you have a neck problem, be very careful with this stretch. In a
      sitting position (on a mat or rug) hold your knees with your hands
      and pull them to your chest.
   b. Gently roll up and down your spine, keeping your chin down toward
      your chest. This will further stretch the muscles along the spine.
   c. Try to roll evenly and with control. Roll back and forth 4 to 8
      times or until you feel your back loosen and stretch.

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Exercise Guidelines:

The American Council of Sports Medicine (ACSM) recommends the following exercise guidelines for healthy aerobic activity:

Warm up: Warm up 5 to 10 minutes before aerobic activity.
Duration: Maintain your exercise intensity for 20 to 60 minutes
Cool Down: Gradually decrease the intensity of your workout, then stretch to cool down during the last 5 to 10 minutes.
NOTE: If weight loss is your major goal, a minimum of 30 minutes of aerobic activity five or more times per week is recommended.

Determining your target heart rate (Kavvonen Heart Rate Formula)
Example: 40 year old with a resting heart rate of 60 BPM

220 - 40 (age) = 180
180-60 (resting pulse) = 120
120 x .5 (50% intensity) = 60
60 + 60 (resting heart rate) = 120 (target heart rate)

The following chart explains how to determine your target heart rate for varying levels of intensity. The different levels of intensity will help you achieve different objectives.

Training Zones		
Zone Intensity (%MHR)	Goal	Mode
1 50-60%	Improve health and well-being, decrease stress, reduce risk factors	Very easy, conversational pace.
2 60-70%	Weight management and optimal fat burning	Easy pace, longer duration to build endurance
3 70-80%	Aerobic fitness	Faster pace, improve stamina
4 80-85%	Aerobic/Anaerobic fitness	Increase speed and improve stride
5 85-100%	Anaerobic fitness for peak performance and competition	Interval runs increase VO2 MAX, speed, economy, and form.

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ACHIEVING YOUR FITNESS GOALS
Each of us are individuals with possibly different fitness goals. It is critical to determine what your goals are when developing a long term fitness program. Endurance is pleased with your decision to use our quality product to help reach your fitness goals. Below are some benefits of exercising. We have listed these to help you in reaching your fitness goals:

BENEFITS
- Strengthen heart and lungs
- Increase energy
- Lower blood pressure
- Increase metabolism
- Prevent diabetes
- Stengthen bones
- Strengthen and tone muscles
- Maintain weight loss
- Improve productivity
- Improve sleep
- Reduce stress
- Improve posture and appearance
- Reduce feelings of depression
- Improve sense of well-being

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It's important that your goals are well defined and reachable. Put your goals in writing. The more specific you are the easier it will be to keep track of your progress. Long terms goals are best reached if one incorporates short term goals in order to reach the overall long term goal. The E4 console provides you with several readouts that can be used to record your progress. You can track Speed, Distance, Calories and Time.

SAMPLE GOALS:
Goal setting is a popular motivational technique. It's important to set goals and reward yourself when initiating a new exercise program because you're attempting to break current patterns and form new habits. Whether you use this technique or not, you should try to make fitness a priority in your life. You can achieve the ultimate reward...you can establish the exercise habit!
Some of your sample goals may be...

- To strengthen my heart by exercising 30 minutes three days a week.
  (Goal Measurement: Exercise Time = 90 minutes per week).
- To improve my body's ability to utilize and burn fat at a higher rate by exercising at a low intensity for 45 minutes per session, 5 days per week.
  (Goal Measurement: Exercise Time = 225 minutes per week).
- To decrease work stress and other daily stresses by exercising for 20 minutes per day on work days.
  (Goal Measurement: Exercise Time = 100 minutes per week).

KEEPING AN EXERCISE DIARY
Feel free to photocopy the following daily and weekly log sheets. By doing so you can return to look at the progress you have made in your fitness program.

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Week #

Date:_____
Number of hours of sleep:_____
Weekly Goal:_____
Scheduled work out time:_____
Reward:_____
Level of intensity by % of your predicted maximum heart rate:

_____

Day	Date	Workload Level	Exercise Time	Distance
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Totals				

Rating of your perceived exertion (R.P.E., Borg Scale)

6	13	Somewhat hard
7	Very, Very Light	14
8	15	Hard
9	Very Light	16
10	17	Very Hard
11	Fairly Light	18
12	19	Very, Very Hard

Photocopy this chart and use on a daily basis

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HEART RATE CONVERSION FOR 10 SECONDS (USE AS REFERENCE ONLY)

11 = 66	19 = 114	27 = 162
12 = 72	20 = 120	28 = 168
13 = 78	21 = 126	29 = 174
14 = 84	22 = 132	30 = 180
15 = 90	23 = 138	31 = 186
16 = 96	24 = 144	32 = 192
17 = 102	25 = 150	33 = 198
18 = 108	26 = 156	34 = 204

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