



ANDES 2.0



EX59

OWNER'S MANUAL



Read the ELLIPTICAL GUIDE before using this OWNER'S MANUAL.

IMPORTANT PRECAUTIONS



SAVE THESE INSTRUCTIONS

Read this ELLIPTICAL GUIDE before using the OWNER'S MANUAL. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this elliptical. It is the responsibility of the owner to ensure that all users of this elliptical are adequately informed of all warnings and precautions.

WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- When exercising, always maintain a comfortable pace. Do not sprint above 80 RPMs on this machine. Incorrect or excessive exercise may damage your health.
- To maintain balance, it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.
- Do not turn pedal arms by hand.
- Make sure handlebars are secure before each use.
- Keep the topside of the foot support clean and dry.
- Care should be taken when mounting or dismounting the equipment. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
- Do not wear clothes that might catch on any part of the elliptical.
- Always wear athletic shoes while using this equipment.
- Do not jump on the elliptical.
- At no time should more than one person be on the elliptical while in operation.
- This elliptical is intended for in-home use only. Do not use this elliptical in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not use elliptical in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply will void the warranty.
- This elliptical complies with the EN957-1/9 standard, class of elliptical: HB; braking system is adjustable.
- To prevent electrical shock, never drop or insert any object into any opening.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Use the elliptical only as described in the elliptical guide and owner's manual.
- The equipment shall be installed on a stable base.



At NO time should children under the age of 13 be closer to the elliptical than 10 feet.

At NO time should children under the age of 13 use the elliptical.

Children over the age of 13 or disabled persons should not use the elliptical without adult supervision.

It is essential that your elliptical is used only indoors, in a climate controlled room. If your elliptical has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the elliptical is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

GROUNDING INSTRUCTIONS

If an elliptical should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

WARNING

Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact your Local Dealer for replacement or repair.

BASIC OPERATION

CONGRATULATIONS ON CHOOSING YOUR ELLIPTICAL!

You've taken an important step in developing and sustaining an exercise program! Your elliptical is a tremendously effective tool for achieving your personal fitness goals. Regular use of your elliptical can improve the quality of your life in so many ways.

Here are just a few of the health benefits of exercise:

- Weight loss
- A healthier heart
- Improved muscle tone
- Increased daily energy levels

The key to reaping these benefits is to develop an exercise habit. Your new elliptical will help you eliminate obstacles that prevent you from exercising. Inclement weather and darkness won't interfere with your workout when you use your elliptical in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine.



LOCATION OF THE ELLIPTICAL

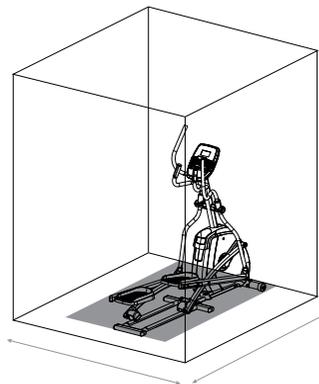
Place the elliptical on a level surface. We advise there should be clearance around your elliptical trainer (see guide). Do not place the elliptical in any area that will block any vent or air openings.

POWER

Your elliptical is powered by a power supply. The power must be plugged into the power jack, which is located in the front of the machine near the stabilizer tube. Some ellipticals have a power switch, located next to the power jack. Make sure it is in the ON position. NOTE: Some ellipticals have an ON/OFF switch located behind the console.

WARNING

Never operate product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Please contact our service centre for technical support, repair or new parts.



TRAINING AREA

173 x 63.5 x 200 cm /
68" x 25" x 78.7"

FREE AREA

418 x 247.5 x 300 cm /
164.6" x 97.4" x 118"

FOOT POSITIONING

Your elliptical offers a variety of foot positions. Moving your foot to the forward most position of the foot pad increases your step height, which will create a feel similar to a step machine. Placing your foot toward the back of the foot pad decreases your step height and creates more of a gliding feel, similar to a smooth walk or run. Always make sure your entire foot is secured on the foot pad.

Your elliptical also allows you to pedal both forward and backwards to offer a variation to your workout and to focus on other major leg muscle groups such as your hamstrings and calves.

WORKOUT OPTIONS

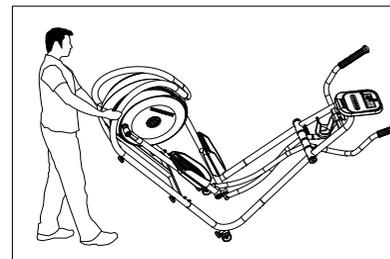


FULL BODY WORKOUT

For a full body workout, push and pull continuously on the dual action arms while pedaling.

MOUNTING THE ELLIPTICAL

1. Stand on the side of the elliptical next to the lowest foot pedal.
2. While holding both of the stationary handlebars, place your foot on the lowest foot pedal and pull yourself up onto the elliptical.
3. Wait until the elliptical finds its resting place and then place your other foot on the opposite pedal.



MOVING THE ELLIPTICAL

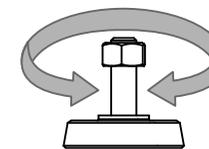
Your elliptical has a pair of transport wheels built into the front stabilizer tube. To move, first remove the power supply and firmly grasp the steel portion of the rear stabilizer bar, carefully tilt and roll. NOTE: be sure to grab the steel bar and not the plastic cover.

WARNING

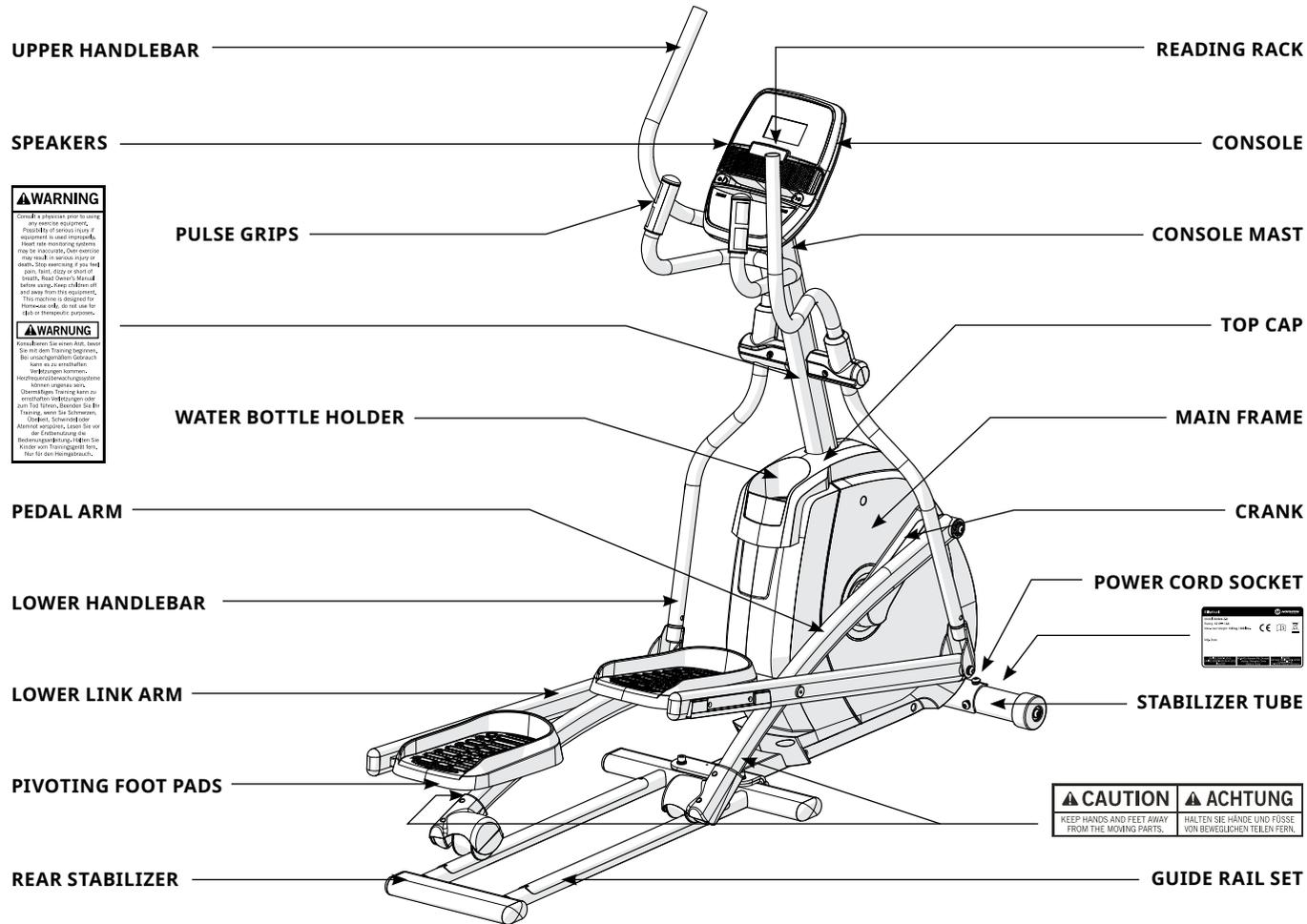
Our ellipticals are heavy, use care and additional help if necessary when moving. Failure to follow these instructions could result in injury.

LEVELING THE ELLIPTICAL

Your elliptical should be leveled for optimum use. Once you have placed your elliptical where you intend to use it, raise or lower one or both of the adjustable levelers located on the bottom of the elliptical frame*. A carpenter's level is recommended. Once you have leveled your elliptical, lock the levelers in place by tightening the nuts against the frame. *NOTE: Some ellipticals do not have levelers.



ADJUST
HEIGHT

**WARNING**

Consult a physician prior to using any exercise equipment. Frequent or intense use of equipment is used improperly, may cause muscle strains, joint pain, dizziness or short of breath. Read Owner's Manual before using. Keep children off and away from this equipment. This machine is designed for fitness only. Do not use for ill or therapeutic purposes.

WARNUNG

Konsultieren Sie einen Arzt, bevor Sie ein neues Trainingsgerät benutzen. Häufige oder intensive Benutzung von Sportgeräten kann zu Muskelzerrungen, Gelenks- oder Brustschmerzen führen. Lesen Sie das Handbuchs vor dem Gebrauch. Halten Sie Kinder von diesem Gerät fern. Dieses Trainingsgerät ist für den Fitnessgebrauch konzipiert. Es ist nicht für therapeutische Zwecke geeignet.

CAUTION **ACHTUNG**
KEEP HANDS AND FEET AWAY FROM THE MOVING PARTS. HALTEN SIE HÄNDE UND FÜSSE VON BEWEGLICHEN TEILEN FERN.

**TOOLS REQUIRED:**

- 8 mm L-Wrench
- 13/17 mm Flat Wrench
- 5 mm L-Wrench/Screwdriver
- Screwdriver (not included)

PARTS INCLUDED:

- 1 Main Frame
- 1 Stabilizer Tube
- 1 Guide Rail Set
- 1 Console Mast
- 2 Pedal Arms
- 2 Lower Handlebars
- 2 Upper Handlebars
- 2 Handlebar Cover Sets
- 2 Lower Link Arms With Footpads
- 1 Front Top Cap Piece
- 1 Rear Top Cap Piece
- 1 Console
- 1 Audio Adapter Cable
- 1 Power Cord
- 1 Hardware Kit

PRE ASSEMBLY**UNPACKING**

Unpack the product where you will be using it. Place the elliptical carton on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

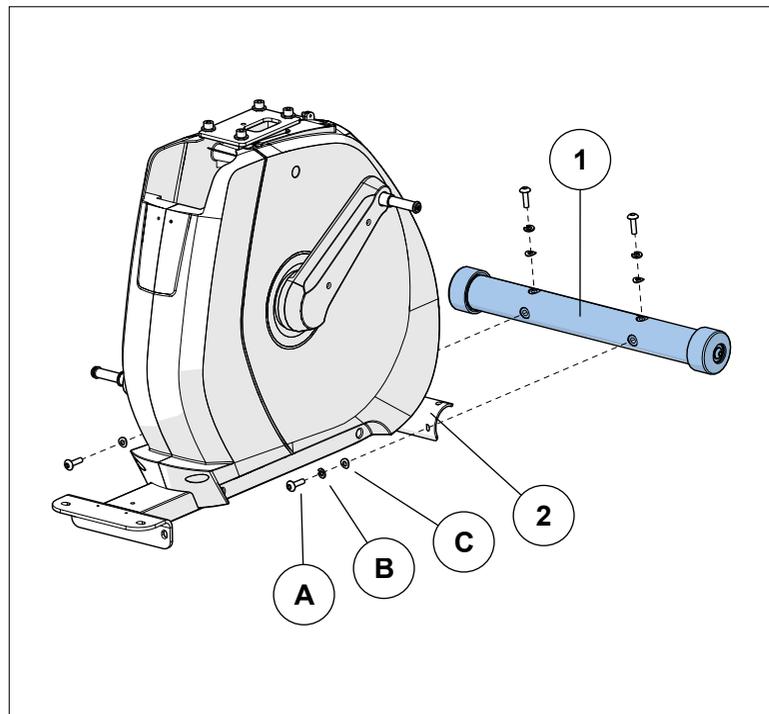
WARNING

- It is recommended that two people work together for ease and efficiency while assembling an elliptical.
- During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded. It is recommended you complete the full assembly of your unit before completely tightening any ONE bolt.
- Several parts have been pre-lubricated to aid in assembly and usage. Please do not wipe this off. If you have difficulty, a light application of lithium bike grease is recommended.

NEED HELP?

If you have questions or if there are any missing parts, please refer to safety sticker on product to contact Customer Tech Support.

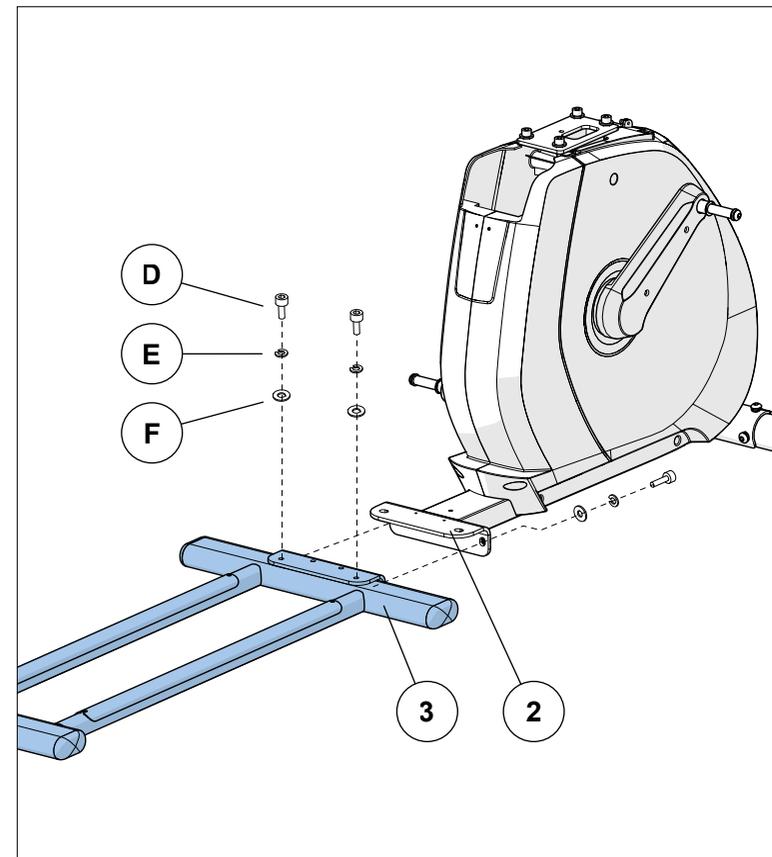
ASSEMBLY STEP 1



HARDWARE FOR STEP 1			
PART	TYPE	DESCRIPTION	QTY
A	BUTTON HEAD BOLT	M8X1.25PX30L	4
B	SPRING WASHER	8.2X15.4X2.0T	4
C	ARC WASHER	8.4X17.0X1.0T	4

- A Open **HARDWARE FOR STEP 1**.
- B Attach the **STABILIZER TUBE (1)** to the **MAIN FRAME (2)** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (C)** on each side.

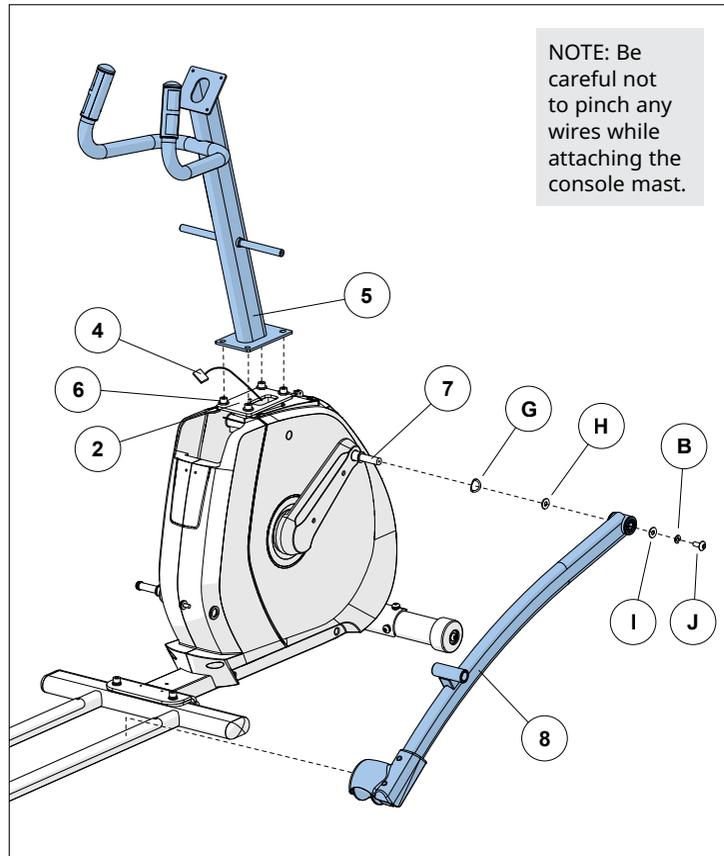
ASSEMBLY STEP 2



HARDWARE FOR STEP 2			
PART	TYPE	DESCRIPTION	QTY
D	SOCKET CAP BOLT	M10X1.5PX20L	4
E	SPRING WASHER	10.2X18.4X2.5T	4
F	FLAT WASHER	10.2X20.0X1.5T	4

- A Open **HARDWARE FOR STEP 2**.
- B Align **GUIDE RAIL SET (3)** with **MAIN FRAME (2)** as shown.
- C Attach the **GUIDE RAIL SET (3)** to the **MAIN FRAME (2)** using 4 **BOLTS (D)**, 4 **SPRING WASHERS (E)** and 4 **FLAT WASHERS (F)**.

ASSEMBLY STEP 3

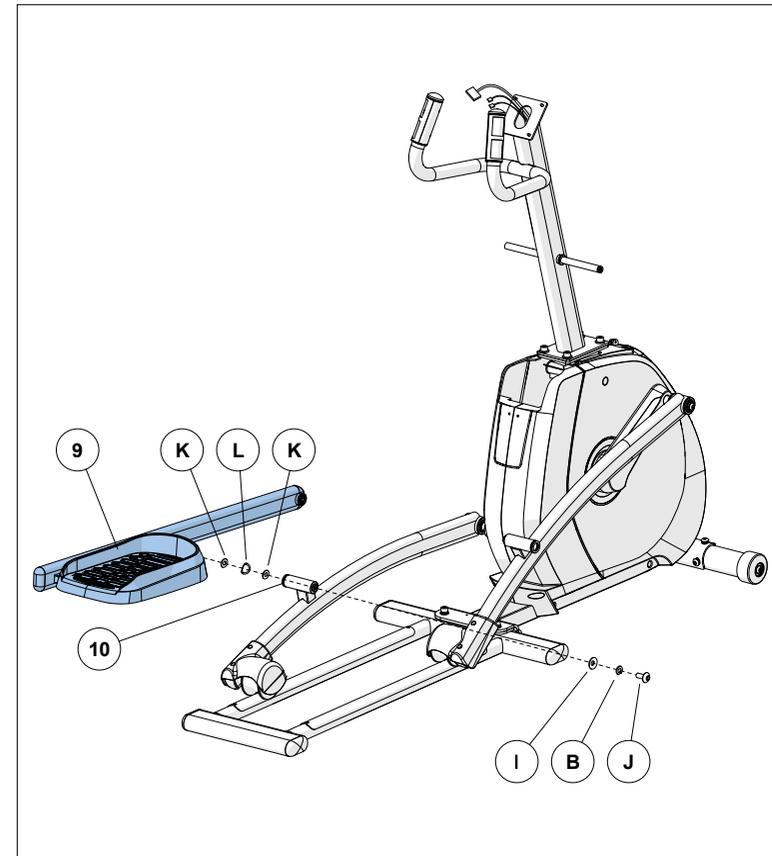


NOTE: Be careful not to pinch any wires while attaching the console mast.

HARDWARE FOR STEP 3			
PART	TYPE	DESCRIPTION	QTY
G	WAVY WASHER	17.2X22.5X0.5T	2
H	FLAT WASHER	16.0X25.0X1.0T	2
I	FLAT WASHER	8.2X30.0X1.5T	2
B	SPRING WASHER	8.2X15.4X2.0T	2
J	BUTTON HEAD BOLT	M8X1.25PX15L	2

- Open **HARDWARE FOR STEP 3**.
- Remove **PRE-INSTALLED BOLTS AND WASHERS (6)** from **MAIN FRAME (2)**.
- Carefully pull the **CONSOLE CABLE (4)** through the **CONSOLE MAST (5)** using the twist tie located inside the **CONSOLE MAST (5)**.
- Attach **CONSOLE MAST (5)** to **MAIN FRAME (2)** using **PRE-INSTALLED BOLTS AND WASHERS (6)**.
- Slide **WAVY WASHER (G)** and **FLAT WASHER (H)** over **CRANK (7)** followed by **PEDAL ARM (8)** as shown. Rest pedal arm wheel on guide rail.
- Attach the **PEDAL ARM (8)** to the **CRANK (7)** using 1 **FLAT WASHER (I)**, 1 **SPRING WASHER (B)** and 1 **BOLT (J)**.
- Repeat steps E-F on the opposite side of the elliptical.

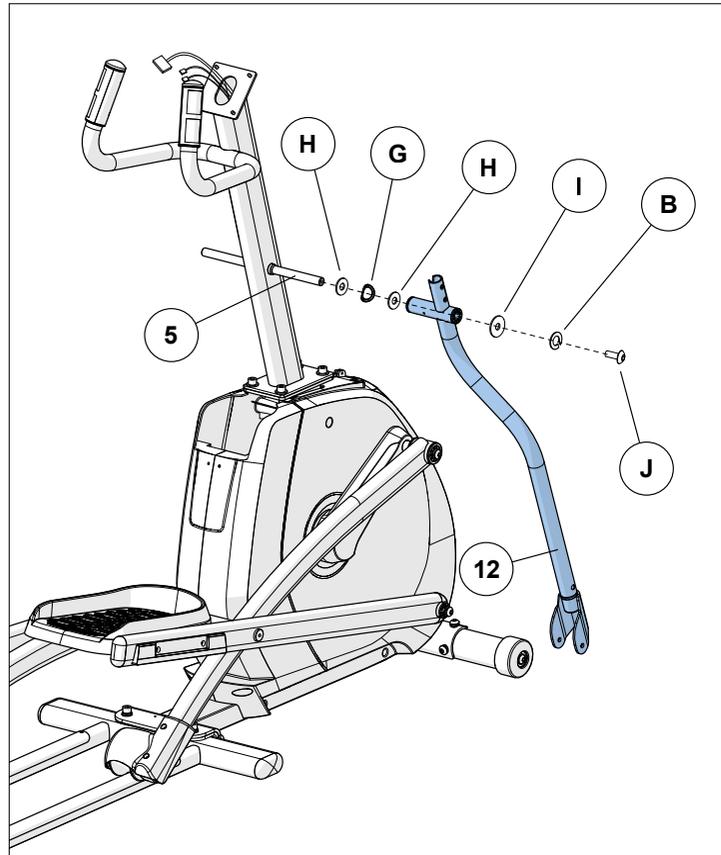
ASSEMBLY STEP 4



HARDWARE FOR STEP 4			
PART	TYPE	DESCRIPTION	QTY
K	FLAT WASHER	20.2X27.2X1.5T	4
L	WAVY WASHER	20.7X29.1X0.5T	2
I	FLAT WASHER	8.2X20.0X1.5T	2
B	SPRING WASHER	8.2X15.4X2.0T	2
J	BUTTON HEAD BOLT	M8X1.25PX20L	2

- Open **HARDWARE FOR STEP 4**.
- Slide 1 **FLAT WASHER (K)**, 1 **WAVY WASHER (L)** and another **FLAT WASHER (K)** onto the **LOWER LINK ARM (9)**.
- Slide the **LOWER LINK ARM (9)** into the **PEDAL ARM BRACKET (10)**.
- Attach the **LOWER LINK ARM (9)** to the **PEDAL ARM BRACKET (10)** using 1 **FLAT WASHER (I)**, 1 **SPRING WASHER (B)** and 1 **BOLT (J)**.
- Repeat steps B-D on the opposite side of the elliptical.

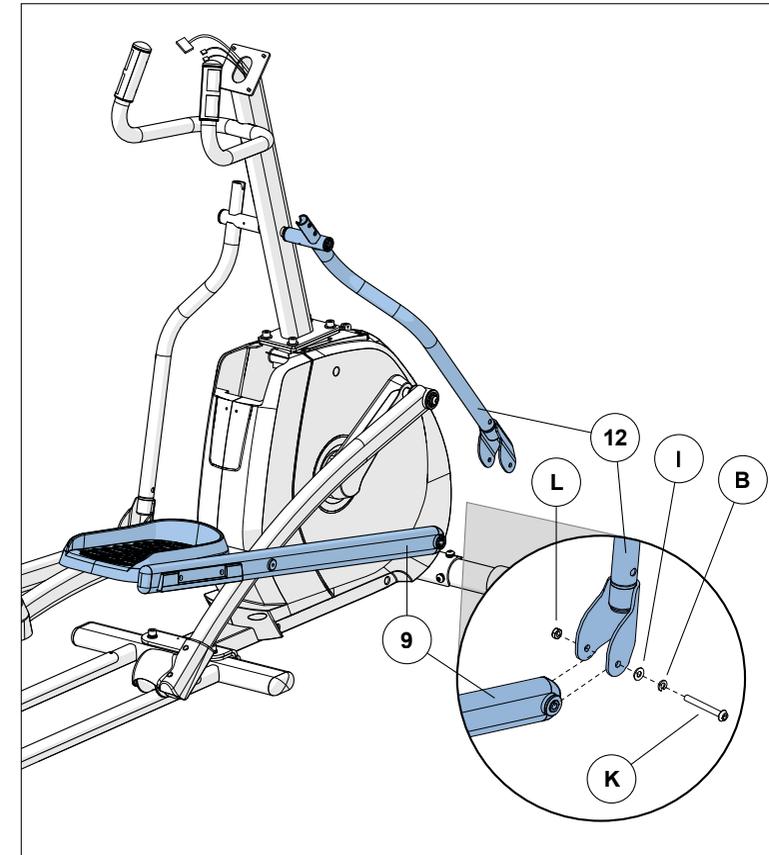
ASSEMBLY STEP 5



HARDWARE FOR STEP 5			
PART	TYPE	DESCRIPTION	QTY
G	WAVY WASHER	17.2X22.5X0.5T	2
H	FLAT WASHER	16.0X25.0X1.0T	4
I	FLAT WASHER	8.2X30.0X1.5T	2
B	SPRING WASHER	8.2X15.4X2.0T	2
J	BUTTON HEAD BOLT	M8X1.25PX20L	2

- A Open **HARDWARE BAG 6**.
- B Slide 1 **FLAT WASHER (H)**, 1 **WAVY WASHER (G)** and 1 **FLAT WASHER (H)** onto the **CONSOLE MAST (5)**.
- C Slide **LOWER HANDLEBAR (12)** onto **CONSOLE MAST (5)** and attach using 1 **FLAT WASHER (I)**, 1 **SPRING WASHER (B)** and 1 **BOLT (J)**.
- D Repeat steps B-C on the other side.

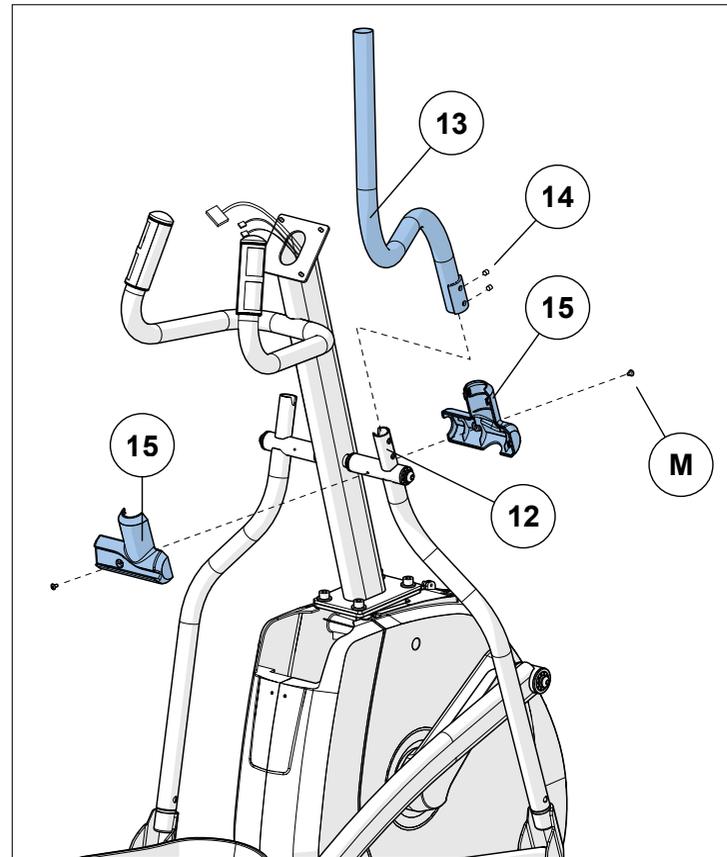
ASSEMBLY STEP 6



HARDWARE FOR STEP 6			
PART	TYPE	DESCRIPTION	QTY
K	BOLT	M8X1.25PX70L-12L	2
B	SPRING WASHER	8.2X15.4X2.0T	2
I	FLAT WASHER	8.2X20.0X1.5T	2
L	NUT	M8X1.25P	2

- A Open **HARDWARE BAG 6**.
- B Slide **LOWER LINK ARM (9)** into bottom end of **LOWER HANDLEBAR (12)**.
- C Secure the joint with 1 **BOLT (K)**, 1 **SPRING WASHER (B)**, 1 **FLAT WASHER (I)** and 1 **NUT (L)**.
- D Repeat steps B-C on the opposite side of the elliptical.

ASSEMBLY STEP 7



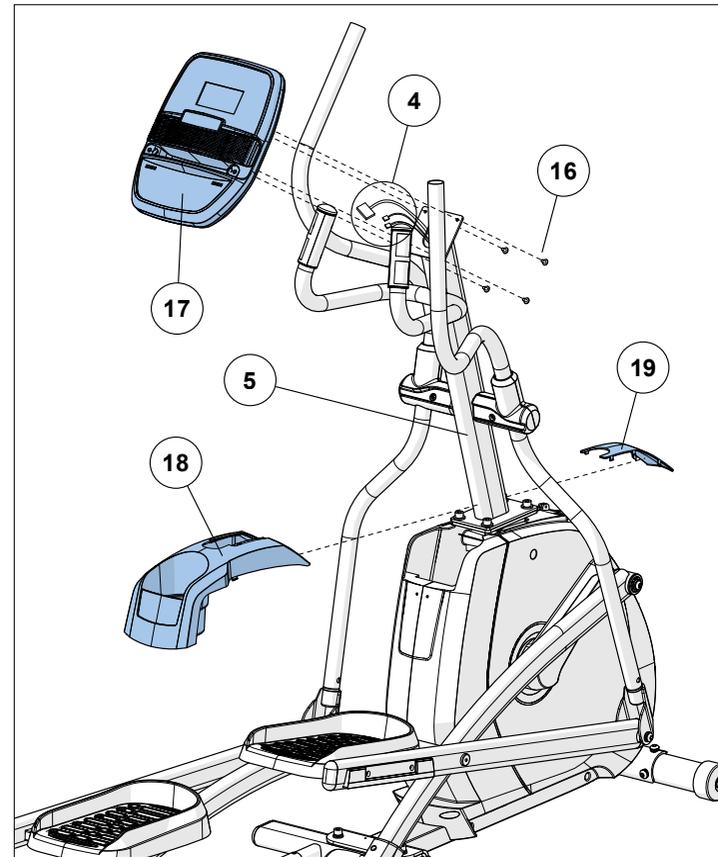
HARDWARE FOR STEP 7			
PART	TYPE	DESCRIPTION	QTY
M	SCREW	M4X0.7PX8L	4

- A Open **HARDWARE BAG 7**.
- B Slide the right (R) **UPPER HANDLEBAR (13)** onto the right **LOWER HANDLEBAR (12)** making sure handlebars are joined together completely. Secure the **UPPER HANDLEBAR (13)** to the **LOWER HANDLEBAR (12)** using **PRE-ATTACHED SET SCREWS (14)**.
- C Slide right (R) **HANDLEBAR COVERS (15)** over **UPPER HANDLEBARS (13)** and attach using 1 **SCREW (M)**.

NOTE: Make sure upper handlebars are as far down as possible. Handlebars can be damaged if not secured correctly.

- D Repeat **STEPS B-C** on left side.

ASSEMBLY STEP 8



NOTE: All hardware for this step is pre-installed.

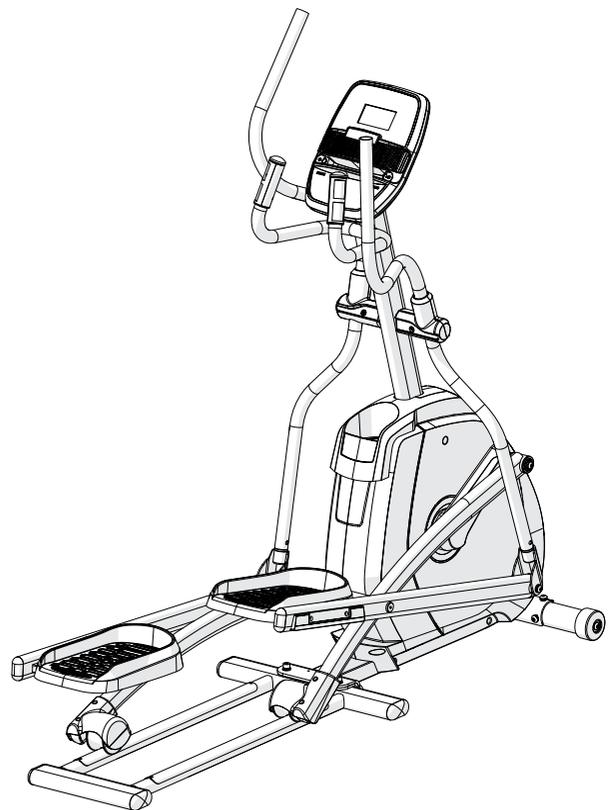
- A Remove 4 **PRE-INSTALLED BOLTS (16)** from the **CONSOLE (17)**.
 - B Attach the **CONSOLE CABLES (4)** to the **CONSOLE (17)**.
 - C Carefully tuck the **CONSOLE CABLES (4)** into the **CONSOLE MAST (5)** before attaching the **CONSOLE (17)**. Attach **CONSOLE (17)** to **CONSOLE MAST (5)** using 4 **PRE-INSTALLED BOLTS (16)**.
- NOTE:**
Do not to pinch any wires while attaching the console.
- D Slide **FRONT TOP CAP PIECE (18)** and **REAR TOP CAP PIECE (19)** over **CONSOLE MAST (5)** and snap into place.

ASSEMBLY STEP 9

ASSEMBLY COMPLETE!

ELLIPTICAL OPERATION

This section explains how to use your elliptical's console and programming.
For the BASIC OPERATION please see the ELLIPTICAL GUIDE.



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Max. User Weight: 136 kg / 300 lbs.

Overall Dimensions: 173 x 63.5 x 162.5 cm / 68" x 25" x 64"

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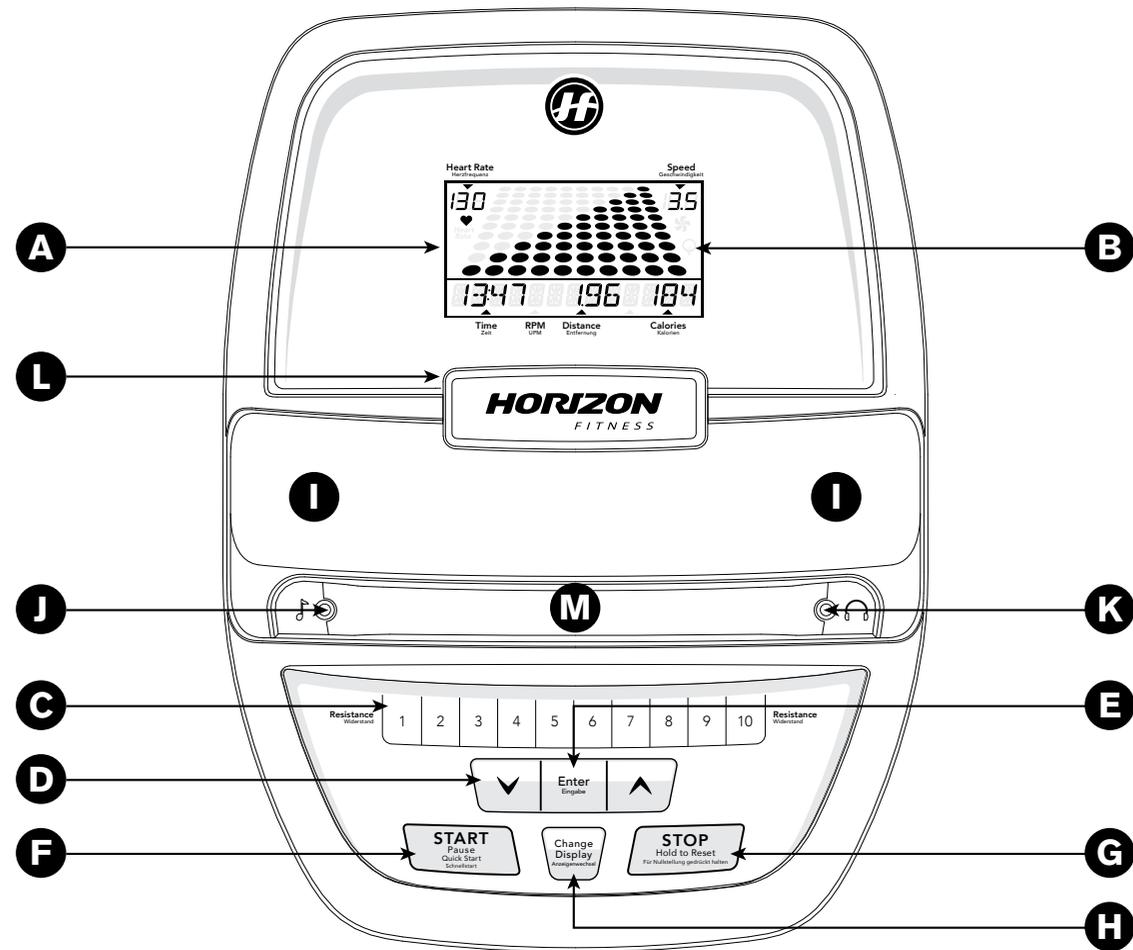
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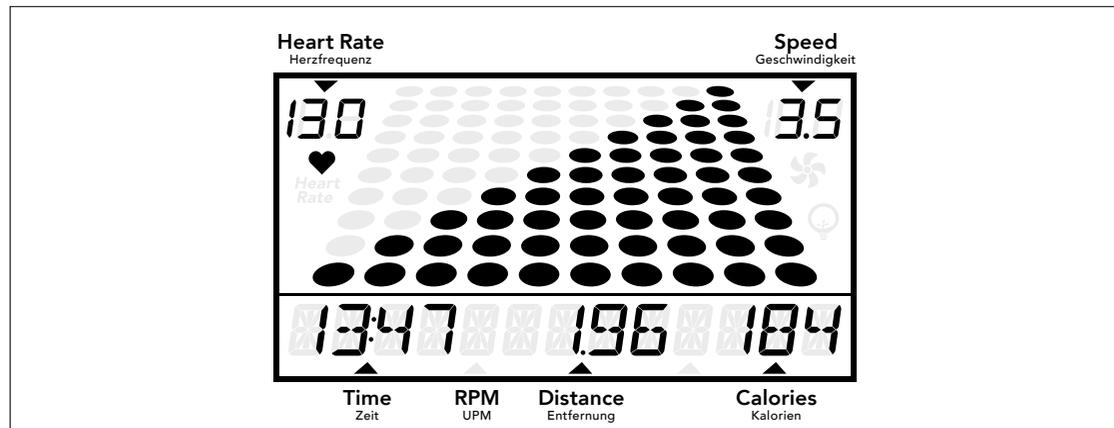


CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) **LCD DISPLAY WINDOW:** time, RPM, distance, calories, heart rate, speed
- B) **ENERGY SAVER INDICATOR:** indicates if the machine is in energy saver mode.
- C) **QUICK KEYS:** used to reach desired resistance quickly.
- D) **▼▲ KEYS:** Used to adjust resistance level and to cycle through selections during program set up.
- E) **ENTER:** used to confirm selection.
- F) **START / PAUSE:** used to start workout, pause workout, and restart after pause.
- G) **STOP / HOLD TO RESET:** used to stop machine and also will reset machine when held down.
- H) **CHANGE DISPLAY:** used to change display feedback during workout.
- I) **SPEAKERS:** plays music through speakers when connected to your media player.
- J) **AUDIO IN JACK:** plug your media player into the console using the included audio adaptor cable.
- K) **AUDIO OUT JACK:** plug your headphones into the console to use during workout.
- L) **READING RACK:** holds reading material.
- M) **STORAGE POCKET:** holds personal items, such as a small TV remote, mobile phone or media player.





DISPLAY WINDOW

- **BLUE BACKLIT LCD:** Andes 2.0 only
- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **DISTANCE:** Shown as miles. Indicates distance traveled during your workout.
- **CALORIES:** Total calories burned or remaining for your workout.
- **RPM:** Revolutions Per Minute.
- **SPEED:** Shown as MPH. Indicates how fast the foot pads is moving.
- **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).
- **PROGRAM PROFILES:** Represents the profile of the program being used.
- **ENERGY SAVER:** Indicates when machine is in Energy Saver mode to conserve power consumption.

GETTING STARTED

- 1) Check to make sure no objects are nearby that will hinder the movement of the elliptical.
- 2) Plug in the power cord to power the elliptical ON. (Switch is located at the bottom-front of the elliptical.)
- 3) Set User Weight using $\blacktriangledown/\blacktriangle$ and press ENTER.
- 4) You have the following options to start your workout:

A) QUICK START UP

Simply press GO to begin working out.
Time, distance and calories will all count up from zero.
The resistance level will default to level 1.

B) SELECT A PROGRAM

- 1) Use $\blacktriangledown/\blacktriangle$ to scroll through programs
- 2) Press ENTER to select your desired program.
- 3) Set workout level using $\blacktriangledown/\blacktriangle$ and press ENTER.
- 4) Press START to begin workout.

NOTE: You can adjust the resistance level during your workout.



FINISHING YOUR WORKOUT

When your workout is complete, the console will display "workout complete" and beep. Your workout information will stay displayed on the console for 30 seconds and then reset.

TO RESET THE CONSOLE

Hold STOP key for 3 seconds.

TO CLEAR CURRENT SELECTION

To clear the current program selection or screen, hold the stop button for 3 seconds.

PROGRAM INFORMATION

MANUAL: Adjust your resistance level manually during your workout.

WEIGHT LOSS: Promotes weight loss by raising and lowering the resistance level, while keeping you in your fat burning zone. Time based program with 10 levels to choose from.

WEIGHT LOSS PLUS: Promotes weight loss by raising and lowering the resistance level, while keeping you in your fat burning zone. Time based program with 5 levels to choose from and greater intensity than the weight loss program.

INTERVALS: Improves your strength, speed and endurance by raising and lowering the resistance levels through-out your workout to involve both your heart and muscles. Time based program with 10 levels to choose from.

INTERVALS PLUS: Improves your strength, speed and endurance by raising and lowering the resistance levels through-out your workout to involve both your heart and muscles. Time based program with 5 levels to choose from and greater intensity than the intervals program.

ROLLING: Mimics the feeling of moving up and down hills by gradually increasing and decreasing the resistance. Time based program with 7 levels to choose from.

REVERSE TRAIN: Program cues you to pedal forward (F) and backwards (R) for an exciting and challenging workout.

RANDOM: Provides even more workout variety by mixing up your resistance levels. Time based program with 7 levels to choose from.

CALORIE GOAL: Allows you to set the number of calories you would like to burn. Calorie goal can range from 100-999 calories. Calories will count down. User inputs weight and sets starting resistance. Calories burned are calculated using weight input with the speed of the workout.

USING YOUR MEDIA PLAYER



- 1) Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the left of the console and the headphone jack on your media player.
- 2) Use your media player buttons to adjust song settings.
- 3) Remove the AUDIO ADAPTOR CABLE when not in use.



ENERGY SAVER (STANDBY MODE)

This machine has a special feature called Energy Saver™ mode. This mode is NOT automatically activated. When Energy Saver mode is activated, the display will automatically enter standby mode (Energy Saver mode) after 15 minutes of inactivity. This feature saves energy by disabling most power to the machine until a key is pressed on the console. This feature can be turned on or off in the engineering menu.

To enter the engineering menu, press and hold the **▲** key and **▼** key for 3-5 seconds. Use the **▼▲** keys to navigate through the menu to ENG 2. Press **ENTER** to select. Use **▼▲** keys to select ENRGY SVE ON or OFF. Press and hold **STOP** for 3-5 seconds to exit ENG 2. Press and hold **STOP** again for 3-5 seconds to exit the engineering menu.

**Eng: Waste Disposal**

VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

Ger: Entsorgungshinweis

Die Produkte VISION Fitness/HORIZON Fitness/TEMPO Fitness/TREO Fitness sind recycelbar. Führen Sie das Gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

Dut: Verwijderingsaanwijzing

VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness producten zijn recyclebaar. Breng het apparaat aan het einde van de gebruiksduur naar een in recycling gespecialiseerd bedrijf (plaatselijk verzamelpunt).

Fre: Remarque relative à la gestion des déchets

Les produits VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness sont recyclables. Lorsque cet appareil arrive en fin de vie, veuillez l'éliminer de manière correcte et en toute sécurité en le déposant dans une déchetterie communale.

Ita: Indicazione sullo smaltimento

I prodotti VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness sono riciclabili. Quando l'apparecchio non servirà più, portarlo in un apposito punto di raccolta della propria città (punti di raccolta comunali).

Spe: Gestión de residuos

Los productos de VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness son reciclables. Cuando se termine su vida útil, por favor deshágase de este artículo de forma correcta y segura en un punto limpio.

Prb: Descarte

Os produtos VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness são recicláveis. No final de sua vida útil, descarte este equipamento corretamente e com segurança (sites de locais de lixo).

ChT: 廢棄物處理

VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness 產品為可回收產品。產品的使用年限期滿後，請依照正確且安全的方式處理本廢棄商品 (當地的廢棄場)。

ChS: 废弃物处理

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