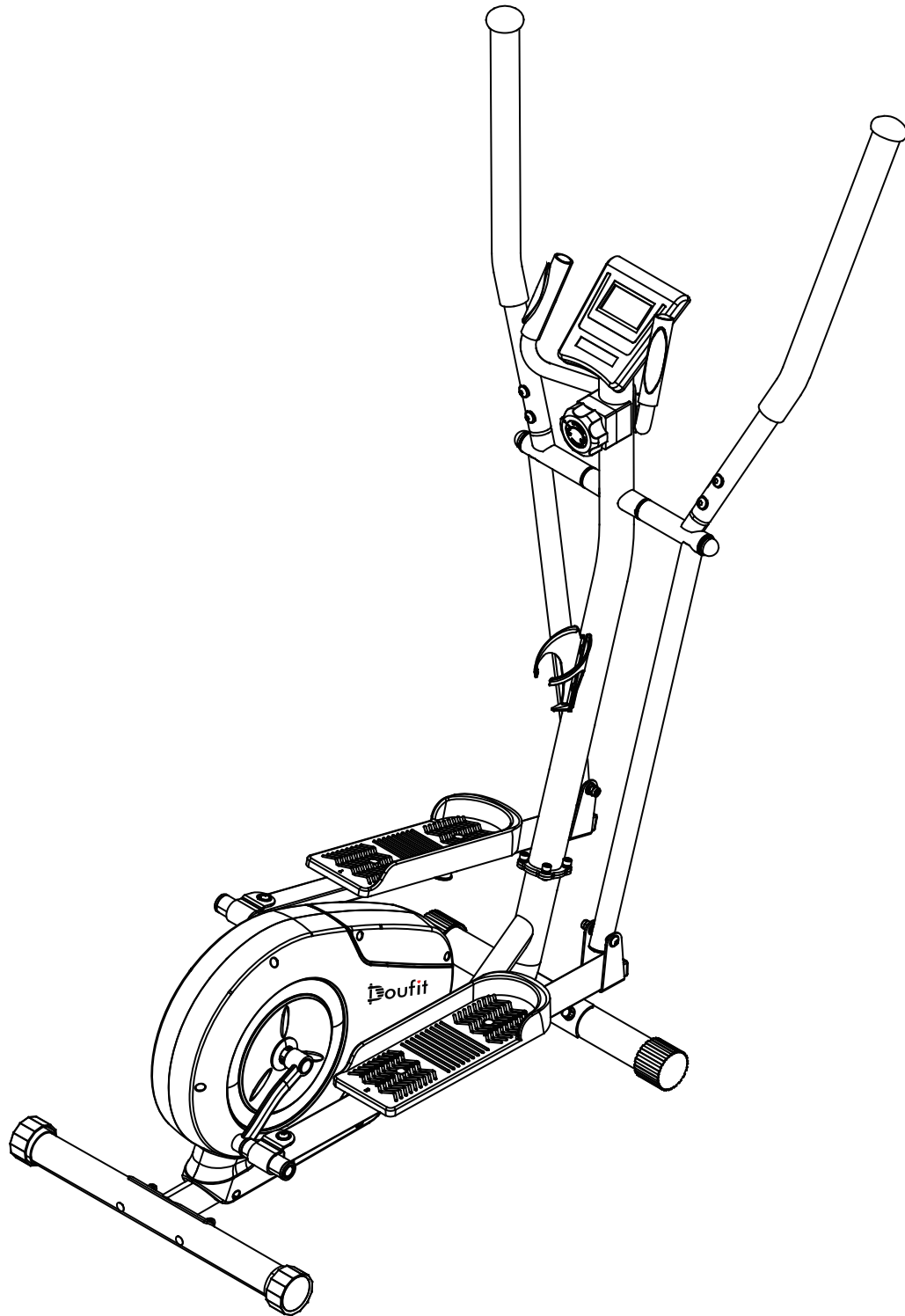


Doufit EM-01 Elliptical Machine

Instruction Manual



- * Please read the instruction manual carefully and follow it.
- * Please keep the instruction manual for your later use.
- * If you want to give this product to your friends, don't forget to bring them the instruction manual.

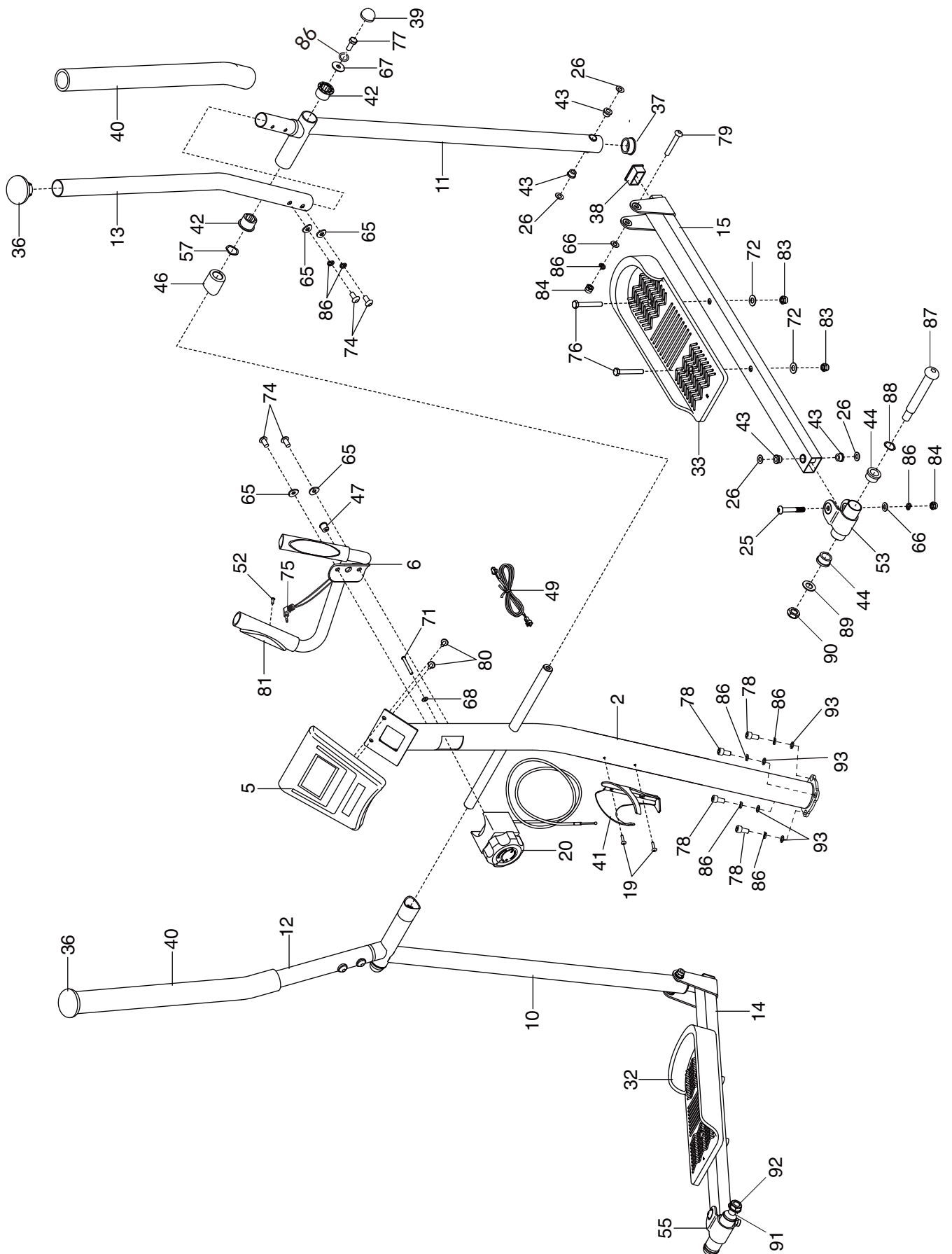
Catalogue

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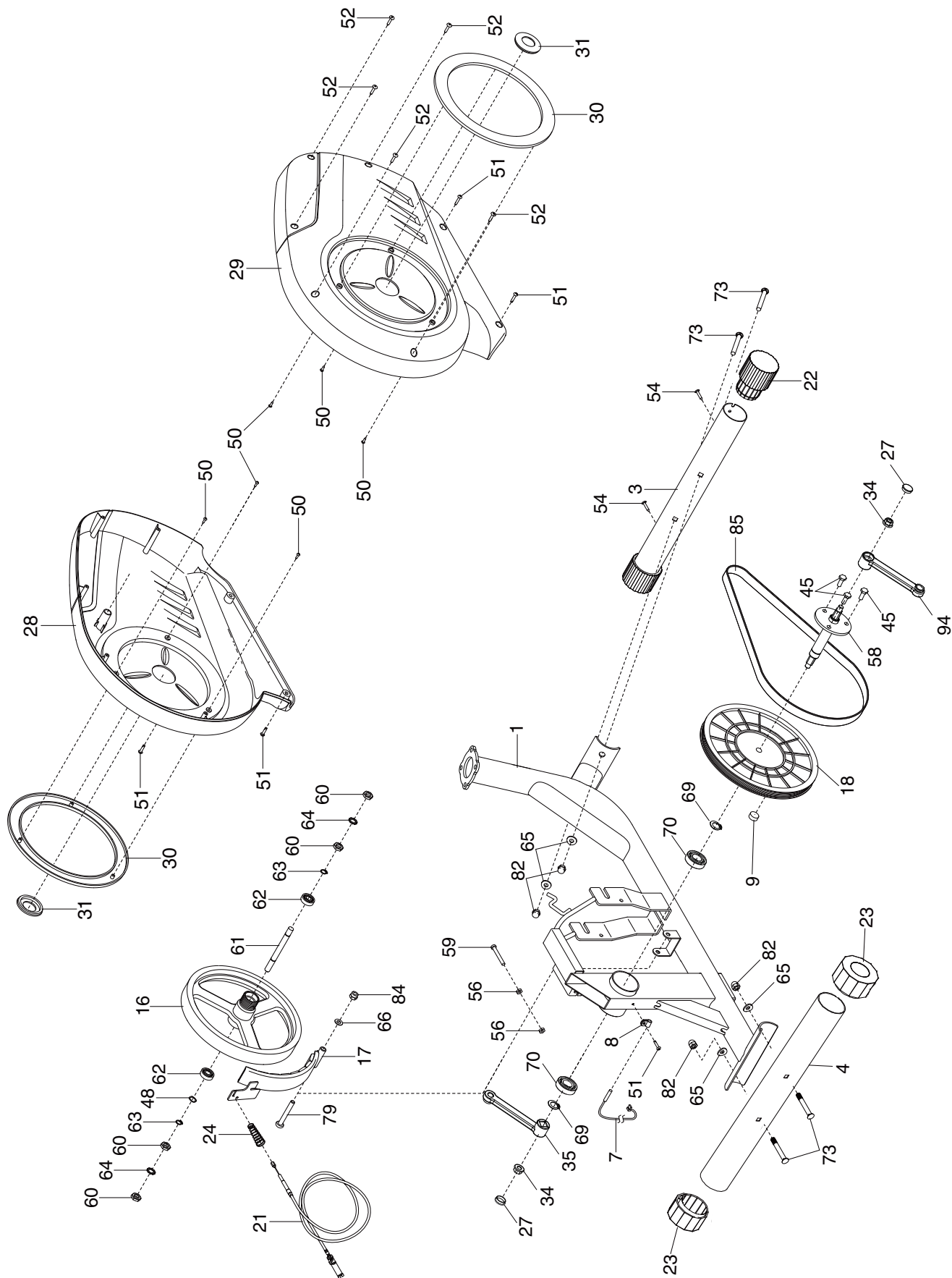
Precautions

- *The maximum load bearing is 114 Kg (250 Lbs).
- *Don't use this product without your physician's approval.
- *Frequent strenuous exercise must be approved by your doctor. Please exercise in moderation according to your physical condition.
- *If you feel unwell during using the product, please stop using it immediately and consult your doctor for instructions before next use.
- *Please read the instruction manual carefully before assembly.
- *During use, must keep children away from the machine.
- *For children, elderly or disable people, they can only use it under guardianship.
- *For your safety, you must keep at least 1 meter away from anything around.
- *Always check if all of the screws and bolts are tightened. And regularly check all of moving parts for obvious signs of wear or damage.
- *Clean it with a wet cloth. Solvent cleaners are prohibited.
- *Please place the product on a flat and solid place to avoid falling. If necessary, use a rubber mat underneath to avoid slipping.
- *It is better to wear proper sportswear during exercise. Don't wear the clothes too loose to avoid drag.
- *Keep it in a clean and dry place to avoid rusting and other problems we can control.
- *Before using, please warm up at first. Ride lightly, adjust your breath and pace to slowly get into motion.
- *Regular exercise with relevant nutritious diet is more effective for your fitness.
- *Don't use the product immediately after diet or drinking, you need to wait for at least 1 hour.

Exploded Diagram(A)



Exploded Diagram(B)



Parts List

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|----------------------------|---------|------|------------------------------|
| 1 | 1 | Frame | 50 | 6 | M3*8mm Self Tapping Screw |
| 2 | 1 | Main Pipe | 51 | 5 | M4*20mm Screw |
| 3 | 1 | Front Foot Pipe | 52 | 7 | M4*20mm Self Tapping Screw |
| 4 | 1 | Rear Foot Pipe | 53 | 1 | Right Pedal Joint |
| 5 | 1 | Monitor | 54 | 2 | M4*10mm Self Tapping Screw |
| 6 | 1 | Below Sensor Cable | 55 | 1 | Left Pedal Joint |
| 7 | 1 | Below Motion Sensor Cable | 56 | 2 | M6 Lock Nut |
| 8 | 1 | Clamp | 57 | 2 | Pivot Wave Washer |
| 9 | 1 | Sensor Magnet | 58 | 2 | Crank Arm Axle |
| 10 | 1 | Left Swing Arm | 59 | 1 | M6*45mm Allen Bolt |
| 11 | 1 | Right Swing Arm | 60 | 4 | M10 Jam Nut |
| 12 | 1 | Left Handlebar | 61 | 1 | Flywheel Axle |
| 13 | 1 | Right Handlebar | 62 | 2 | Flywheel Bearing |
| 14 | 1 | Left Pedal Arm | 63 | 2 | M10 Snap Ring |
| 15 | 1 | Right Pedal Arm | 64 | 2 | Star Washer |
| 16 | 1 | Flywheel | 65 | 18 | M8 Curved Washer |
| 17 | 1 | C-magnet | 66 | 5 | M8 Flat Washer |
| 18 | 1 | Pulley | 67 | 2 | Pivot Washer |
| 19 | 2 | M4*16mm Self Tapping Screw | 68 | 1 | M5 Curved Washer |
| 20 | 1 | Above Resistance Cable | 69 | 2 | Bigger Snap Ring |
| 21 | 1 | Lower Resistance Cable | 70 | 2 | Crank Arm Bearing |
| 22 | 2 | Front Foot Cap | 71 | 1 | M5*45mm Bolt |
| 23 | 2 | Rear Foot Cap | 72 | 4 | M10 Washer |
| 24 | 1 | Resistance Spring | 73 | 4 | M8*65mm Carriage Bolt |
| 25 | 2 | M8*55mm Allen Bolt | 74 | 6 | M8*16mm Allen Bolt |
| 26 | 8 | Plastic Washer | 75 | 1 | Pulse Cable |
| 27 | 2 | Crank Arm Cover | 76 | 4 | M10*45mm Hex Bolt |
| 28 | 1 | Left Flywheel Cover | 77 | 2 | M8*20mm Hex Bolt |
| 29 | 1 | Right Flywheel Cover | 78 | 4 | M8*16mm Socket Cap Bolt |
| 30 | 2 | Large Accent Ring | 79 | 3 | M8*60mm Allen Bolt |
| 31 | 2 | Small Accent Ring | 80 | 2 | M5*12mm Bolt |
| 32 | 1 | Left Pedal | 81 | 2 | Pulse Sheet |
| 33 | 1 | Right Pedal | 82 | 4 | M8 Acorn Nut |
| 34 | 2 | M10 Flange Nut | 83 | 4 | M10 Lock Nut |
| 35 | 1 | Left Crank Arm | 84 | 5 | M8 Screw Nut |
| 36 | 2 | Upper Arm Cap | 85 | 1 | Belt |
| 37 | 2 | Bottom Arm Cap | 86 | 14 | M8 Split Washer |
| 38 | 2 | Pedal Arm Cap | 87 | 1 | M12*110mm Allen Bolt (Right) |
| 39 | 2 | Rubber Cap | 88 | 2 | M16 Wave Washer |
| 40 | 2 | Handlebar Grip | 89 | 2 | M13 Washer |
| 41 | 1 | Bottle Holder | 90 | 1 | M12 Screw Nut (Right) |
| 42 | 4 | Pivot Bushing | 91 | 1 | M12*110mm Allen Bolt (Left) |
| 43 | 8 | Pedal Pipe Bushing | 92 | 1 | M12 Screw Nut (Left) |
| 44 | 4 | Joint Bushing | 93 | 4 | M8 Washer |
| 45 | 3 | M8*10mm Allen Bolt | 94 | 1 | Right Crank Arm |
| 46 | 2 | Spacer | 95 | 1 | M6 Allen Wrench |
| 47 | 1 | Cable Bushing | 96 | 1 | M8 Allen Wrench |
| 48 | 1 | M10 Wave Washer | 97 | 1 | Plate Wrench |
| 49 | 1 | Above Sensor Cable | 98 | 1 | Multifunctional Wrench |

Accessories Chart

The first number is the code of the part in the Parts List.

Attention: If a part isn't in the accessories kit, please check if it was assembled.

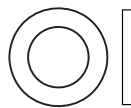
If any part is missing, distorted or broken when you receive the package, please contact service@doufit.net enclosing your order number, we will send the replacement part to you as soon as possible.



65. M8 Curved Washer x 10



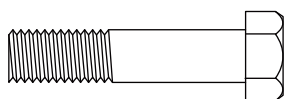
82. M8 Acorn Nut x 4



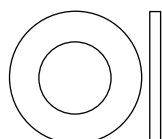
93. M8 Washer x 4



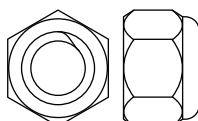
86. M8 Split Washer x 10



76. M10*45mm Hex Bolt x 4



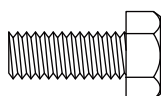
72. M10 Washer x 4



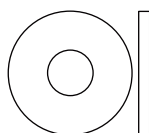
83. M10 Screw Nut x 4



19. M4*16mm Self Tapping Screw x 2
(pre-attached on the main pipe)



77. M8*20mm Hex Bolt x 2



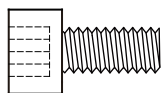
67. Pivot Washer x 2



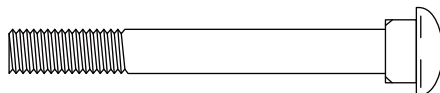
57. Pivot Wave Washer x 2



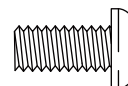
80. M5*12mm Bolt x 2
(pre-attached on the back of monitor)



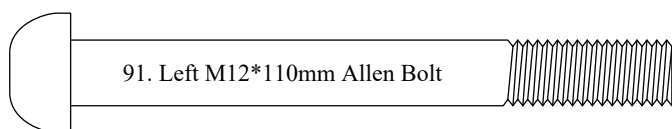
78. M8*16 Socket Cap Bolt x 4



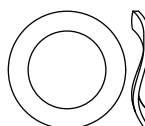
73. M8*65mm Carriage Bolt x 4



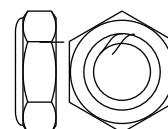
74. M8*16mm Allen Bolt x 6



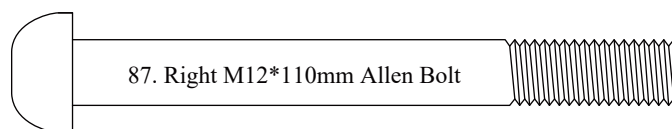
91. Left M12*110mm Allen Bolt



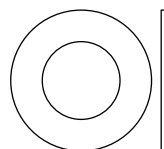
88. M16 Wave Washer x 2



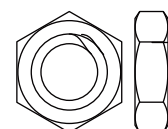
92. Left M12 Screw Nut



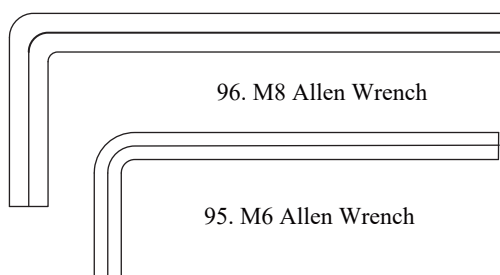
87. Right M12*110mm Allen Bolt



89. M13 Washer x 2

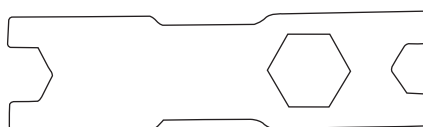


90. Right M12 Screw Nut

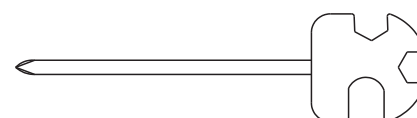


96. M8 Allen Wrench

95. M6 Allen Wrench



97. Plate Wrench



98. Multifunctional Wrench

Assembly Method

For the assembly video, please visit Doufit Youtube:
www.youtube.com/channel/UCorBKk34KZgI96OyGSkjFdA



Attention: Don't tighten all bolts until you finish all assembly steps.

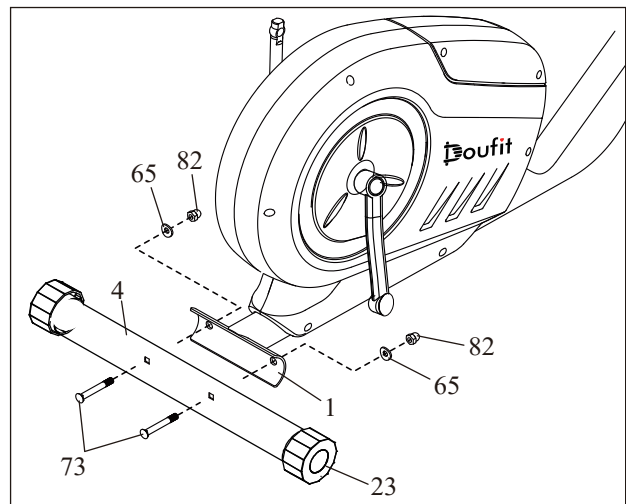
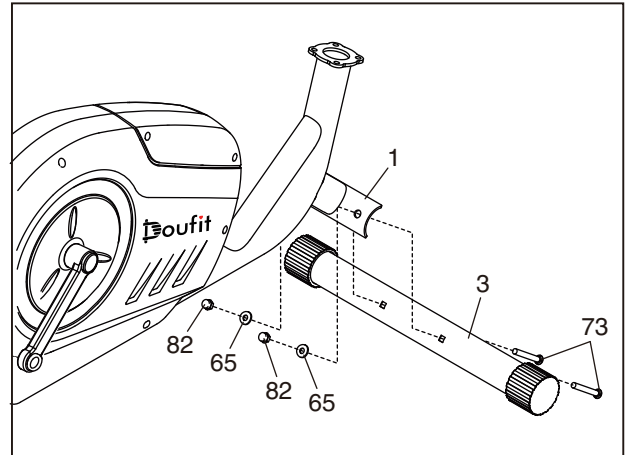
Step 1: Assemble foot pipes

For this step, please prepare front foot pipe(No.3), rear foot pipe(No.4), four M8 curved washers(No.65), four M8*65mm carriage bolts(No.73), four M8 acorn nuts(No.82), and the multifunctional wrench(No.98).

Attention: There are two kinds of foot pipes. The front foot pipe has two wheels, another one doesn't have wheels. Two wheels should face outward. And the arrow on the front foot pipe should be up.

Please assemble the front foot pipe with wheels in front of the main frame.

Insert two M8*65mm carriage bolts from the bottom of each foot pipe, and then screw two M8 acorn nuts and two M8 curved washers by using the wrench.



Step 2: Connect the wires in the main pipe

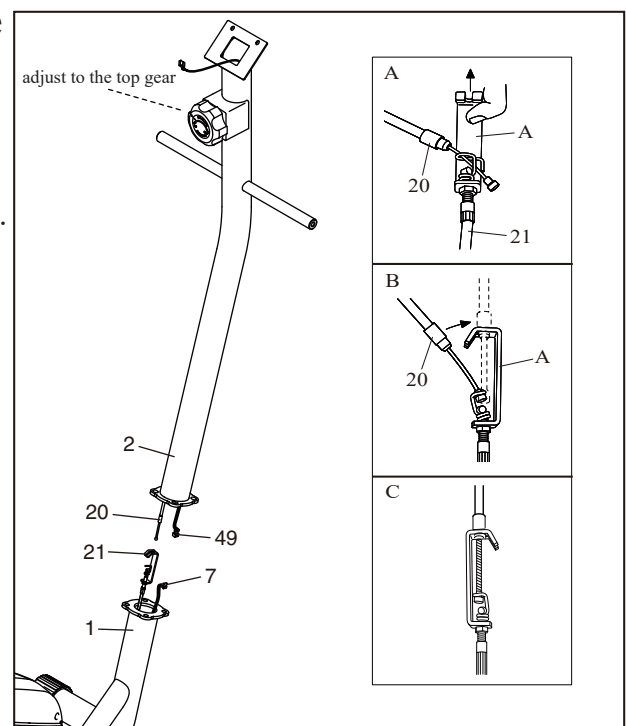
Firstly, adjust the resistance to the 8th gear.
The resistance cable will become more longer.

Secondly, connect the sensor cables(No.7)(No.49) carefully.

Thirdly, insert the bottom of above resistance cable(No.20) into the wire clip of metal bracket(No.21).

Fourthly, firmly pull the resistance cable upward and slide it into the top of the metal bracket.

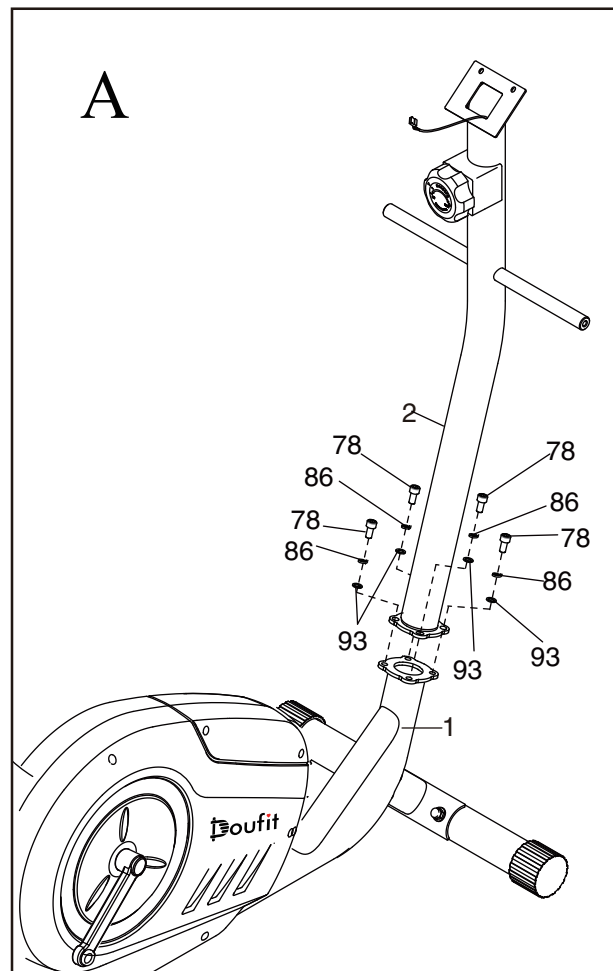
Finally, before insert the main piep, reduce the resistance gear, to prevent the resisance cable unhooks.



Step 3: Assemble the main pipe

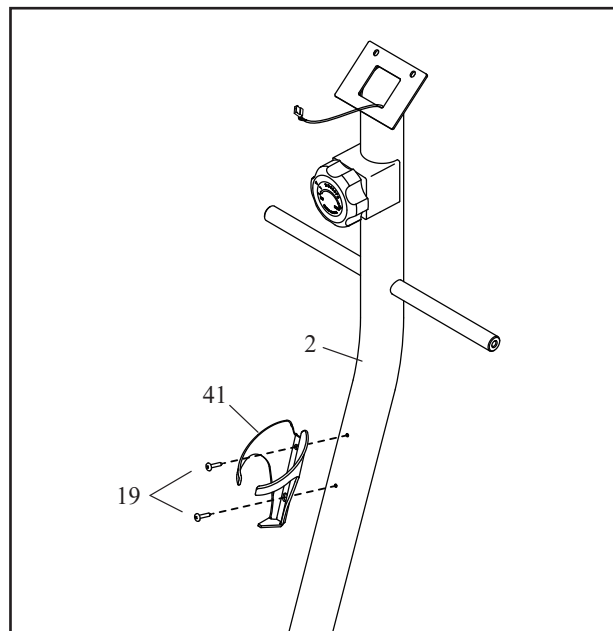
Screw four M8*16mm socket cap bolts(No.78), four M8 split washers(No.86), four M8 washers(No.93) to connect the main pipe and main frame by using the M6 Allen wrench(No.95)

Attention: Don't tighten these bolts until finish Step 7.



Step 4: Assemble the bottle holder

Screw two M4 self tapping screws(No.19) to assemble the bottle holder(No.41) on the main pipe with the multifunctional wrench(No.98).



Step 5: Assemble the swing arms

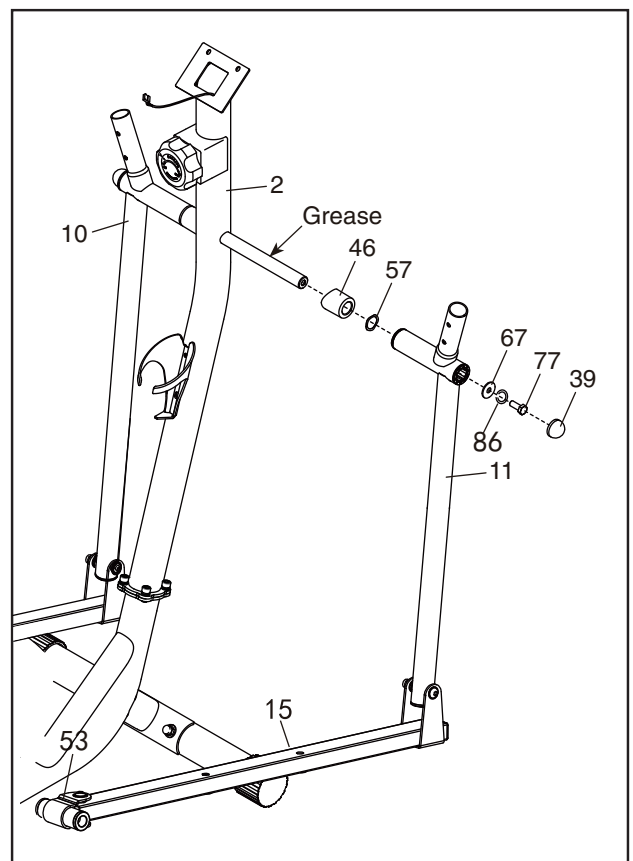
For this step, please prepare left swing arm(No.10), right swing arm(No.11), two pivot caps(No.39), two spacers(No.46), two pivot wave washers(No.57), two pivot washers(No.67), two M8*20mm Hex bolts(No.77), two M8 split washers(No.86), and the multifunctional wrench(No.98).

Attention: These spacers were pre-attached to the horizontal pipe.

Firstly, smear sufficient grease on both sides of horizontal pipe, or the machine might make noise during used.

Attach a spacer, a pivot wave washer and a swing arm to the both sides of the horizontal pipe in turn.
And then screw a M8 Hex bolt through a M8 split washer and a pivot washer with the multifunctional wrench on both sides.

Finally, cover two pivot caps on the both sides.



Step 6: Assemble the pedal arms

For this step, please prepare two M12 black Allen bolt sets(No.87)(No.91), M8 Allen wrench(No.96), and the plate wrench(No.97).

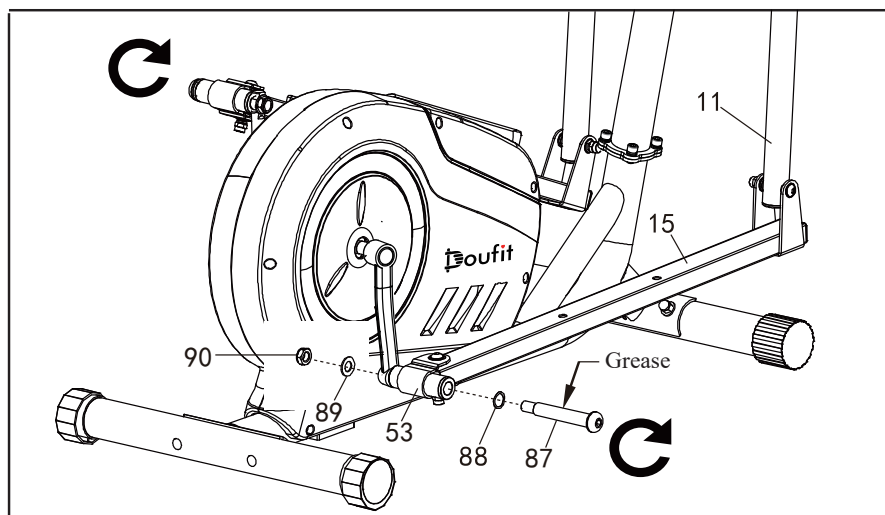
Attention: As the screw directions of two bolts are different, please loosen the Left lock nut clockwise, while the Right lock nut anticlockwise. The letters “L” and “R” are on the head of M12 Allen bolts.

Firstly, smear sufficient grease on the M12 Allen bolts, or the machine might make noise during used.

Screw a M12 hexagon socket bolt and a M16 wave washer to connect the pedal arm to the crank arm.
Screw the Left bolt anticlockwise and the Right bolt clockwise.

Screw a M13 washer and a M12 screw nut with M8 Allen wrench and plate wrench.

The inner ring of right M12 screw nut is white. The inner ring of left M12 screw nut is black.



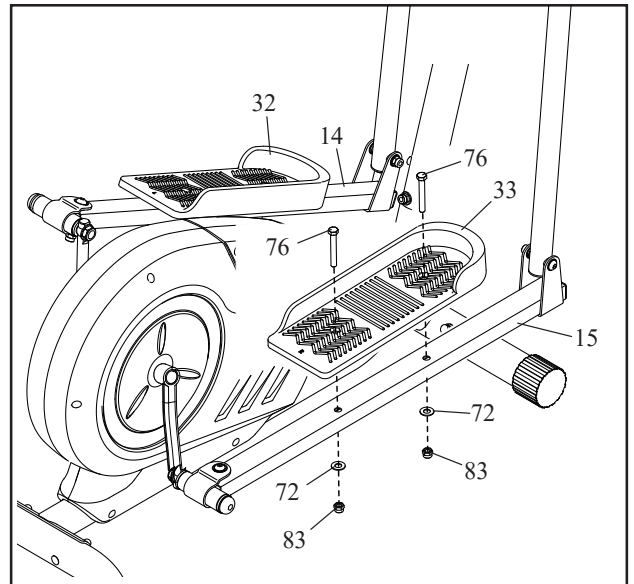
Step 7: Assemble the pedals

Take the right pedal(No.33) as an example. The assembly of the left pedal(No.32) is in the same way.

Attention: The baffles of pedals face inward.

Put the pedal(No.33) on the right pedal arm(No.15) and insert two M10 Hex bolts(No.76).

Then Screw two M10 washers(No.72) and two M10 lock nut(No.83).



Step 8: Assemble the handlebars

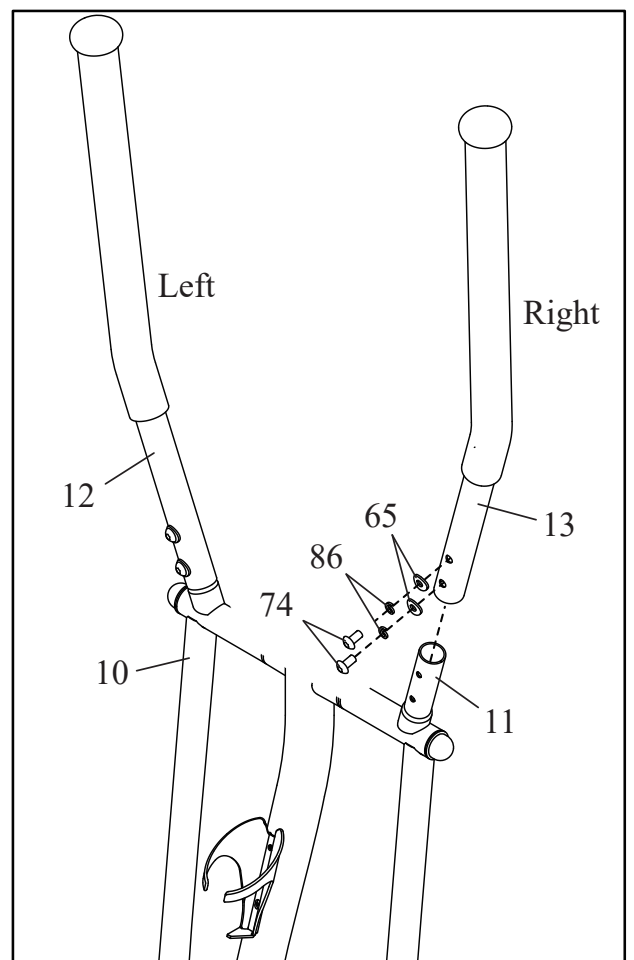
For this step, please prepare left handlebar(No.12), right handlebar (No.13), four M8 curved washers(No.65), four M8*16mm Allen bolts(No.74), four M8 split washers (No.86) and M6 Allen wrench(No.95).

Take the right handlebar as an example. The assembly of the left handlebar is in the same way.

Insert the right handlebar in the right swing arms.

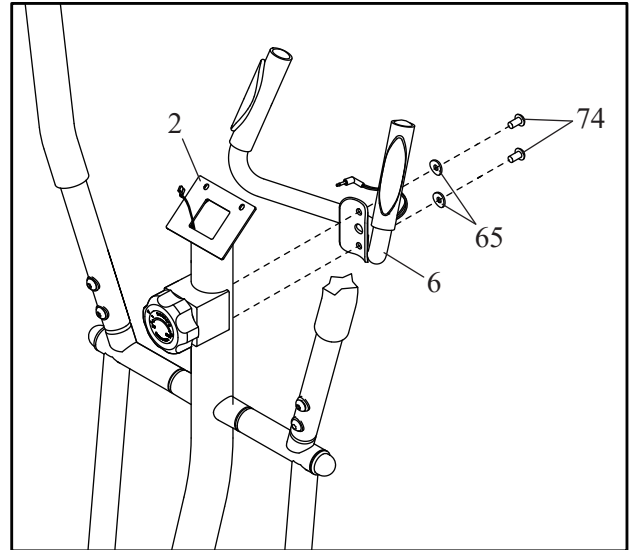
Screw two M8*18mm Allen bolts, two M8 split washers and two M8 curved washers with Allen wrench.

Attention: The letters “L”and “R” are on the handlebars.



Step 9: Assemble the sensor handlebar

Attach the sensor handlebar(No.6) to the main pipe.
Screw two M8*16mm Allen bolts(No.74) and two M8 curved washer(No.65) with M6 Allen wrench(No.95).

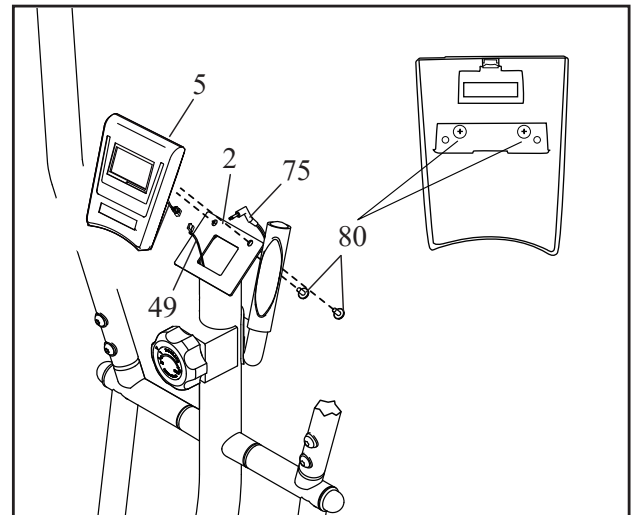


Step 10: Assemble the monitor

Unscrew two M5*12mm bolts(No.80) from the back of the monitor(No.5) with the multifunctional wrench (No.98).

Connect the cable of monitor(No.5) to the main pipe.
Attach the monitor to the head of the main pipe. Screw two M5 bolts back.

Finally, insert the plug of the sensor to the monitor and install two AAA batteries.

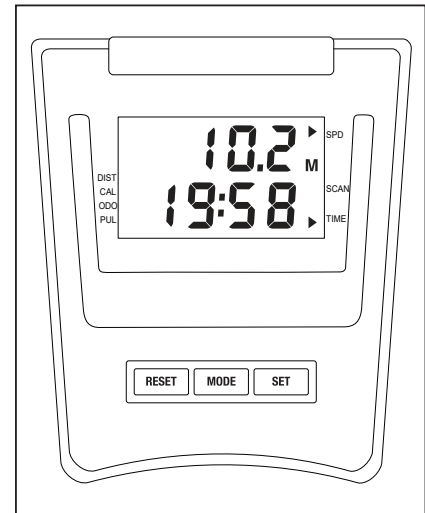


Attention: After Assemble, please tighten all bolts of the above steps.

Details of Monitor

Parameters

| | |
|----------------|----------------|
| Time(TIME) | 00:00-99:59 |
| Speed(SPD) | 0.0-99.9ML/H |
| Distance(DIST) | 0.0-99.99ML |
| Calories(CAL) | 0.00-999.9KCAL |
| Odometer(ODO) | 0-9999ML |
| Pulse(PUL) | 40-240BPM |



Operation

Turn on/off

The monitor will automatically turn on when you start to exercise, and you can also turn on it manually by pressing those buttons.

The monitor will automatically turn off after a while when you stop exercise.

If there is no data showing, please check if the wire has connected, or change the batteries. (The battery model is AAA.)

Mode

(This button is used to choose below 7 modes as your needs.)

Time(TIME) -----This mode displays the time you have pedaled.

Speed(SPD) -----This mode displays the speed of your exercise in real time.

Distance(DIST) -----This mode displays the distance you have pedaled.

Calories(CAL) -----This mode displays the calories you have burned during your exercise.

Odometer(ODO) -----This mode displays the total distance you have pedaled since the elliptical machine was purchased or reset.

Pulse(PUL) -----This mode displays your heart rate per minute.

Scan(SCAN) -----This mode displays above 6 modes automatically in turns.

When “SCAN” is showed in the lower left corner of the screen, the data will switch automatically one by one; And you also can scan each data by pressing the button.

Set

(This button is used to set your exercise goals.)

Press the mode button to choose a mode except speed and scan. Then press the set button to set your goals. When you set a goal, the monitor will show the remaining goal you haven't done.

Reset

(This button is used to reset the data as your need.)

Press the mode button to choose a mode except scan and odometer. Then press the reset button to reset the relevant data or goal.

If you long press the button over 3 seconds, all data will be reset except odometer.

If you re-install the battery, all data will be reset.

Possible Problems & Relevant Solutions

*If the product creaks, please grease both the M12 black bolts(Step 6) and the bolts under the swing bar; Then grease the horizontal pipe(Step 5), and tighten the bolt on two side of the horizontal pipe. Please refer to six circled places in the below picture.

*If you cannot screw two black M12 bolts well, please screw them in different directions. The left M12 bolts should be screwed anticlockwise, while the right M12 bolts should be screwed clockwise.

*If you adjust the resistance but the resistance doesn't change, please confirm whether the resistance cables between the main pipe and frame unhook.

*If the monitor only shows "zero" except pulse, please contact us and we will send the replacement sensor cable to you.

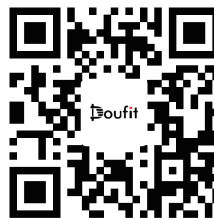
*If you hear some noise from the flywheel, please contact service@doufit.net and attach a video. We will confirm the problem and solve it for you.

Service

If the item is damaged or you are missing some parts, please contact service@doufit.net with your order number, we will try our best to solve it for you ASAP.



service@doufit.net



www.doufit.net