



eTrainer Quick Start Guide

1. Plug in the eTrainer
2. Place both feet on pedals.
3. Press "On/Off" for desired workout
4. Press "+/-" to change workout time
5. Press "Select Mode" to select Speed
6. Press "+/-" to change the Speed (1-15)
7. Use "Select Mode" to cycle through input options.
8. Press "On/Off" of active workout to stop

