



MDX

OWNER'S MANUAL



HealthCare International, Inc.
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www.HCIFitness.com
p.360.321.7090

SAFETY PRECAUTIONS

This exercise equipment was designed and built for optimum safety. However, certain precautions apply 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 exercise 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.



Please note:

Maximum weight capacity for the PhysioStep is 350 lbs (159 kg)



WARNING

BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR 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.

PhysioStep RXT – MDX Model with Swivel Seat

Thank you for your purchase!

At HealthCare International, our goal is to provide high-quality and affordable products for Health, Wellness, Fitness & Active Aging. Using the PhysioStep will give you an easy & effective low-impact total body workout. The unique design combines a stable and stress free recumbent sitting position, with the smooth and natural feel of an elliptical. The PhysioStep is easy to use, and will give you a cardiovascular workout while engaging your legs, arms and core. Whatever your fitness level may be, the PhysioStep will work for you. We wish you continued success in your journey towards optimum health and fitness!

We would love to hear from you! Please feel free to post a review with the dealer you purchased from or send it to us directly, sales@hcifitness.com.

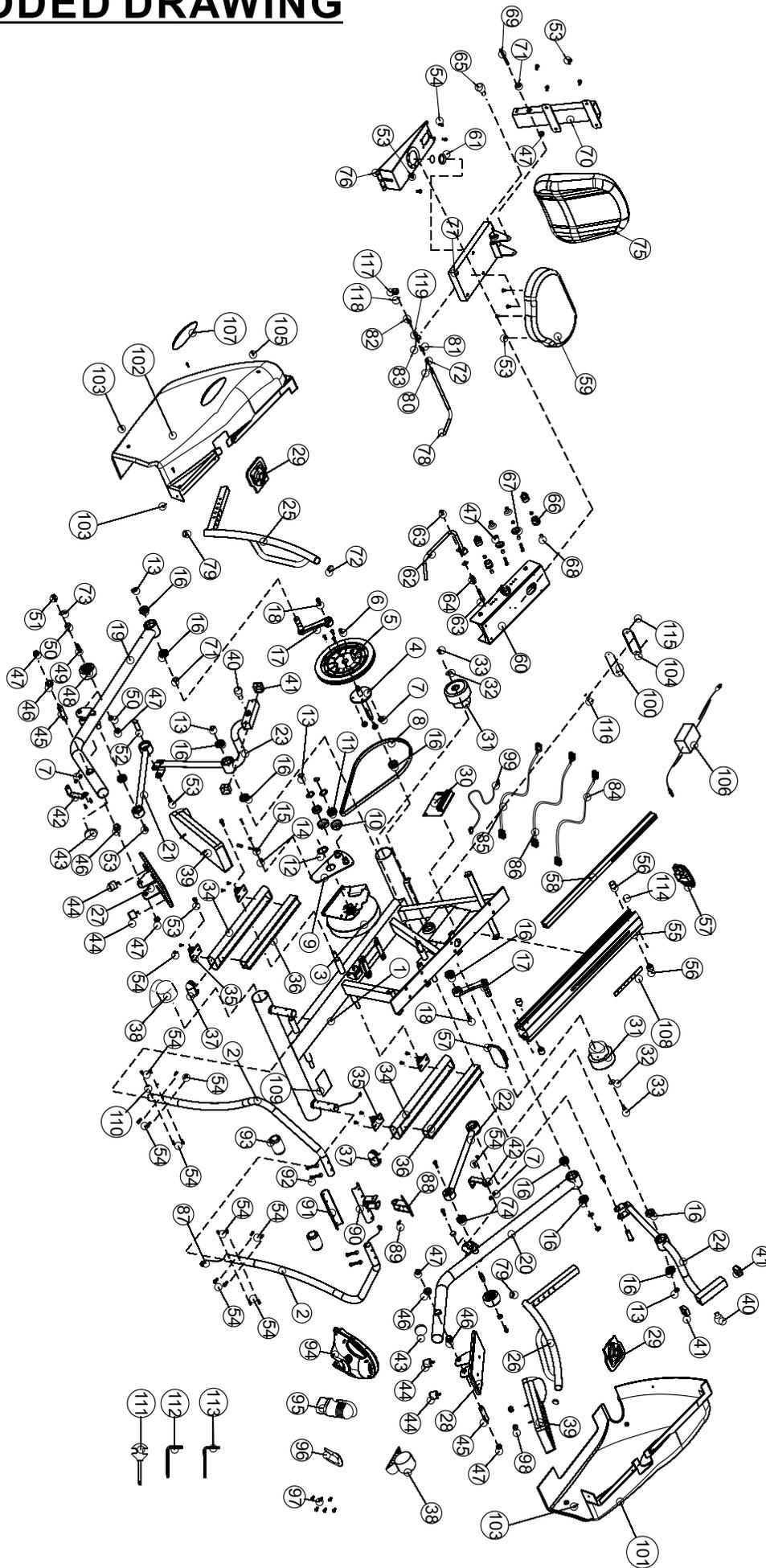
Assembly Overview

When you receive your PhysioStep, some assembly is required. As you can see, the base comes assembled. Assembly consists of putting on the seat, seat back, arms, front support tubes, and display. The following instructions explain the assembly. There are also detailed instructions on how to operate the display. If you need assistance during assembly please call us at 360.321.7090 or email us at service@hcifitness.com.

Before You Begin

Before you begin assembly, please take a moment to review the Hardware and Parts List on the following pages. Each part has been illustrated and numbered for easy identification.

EXPLODED DRAWING



PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	30	Control Board	1
2	Front Support Handle Post	2	31	Rear Leg Wheel	2
3	EMS System	1	32	Screw for roller M8*15L	2
4	Pedal Axle	1	33	Washer OD23*ID8.5*2T	2
5	Pulley	1	34	Aluminum Track Base 40*80*470L	2
6	Mushroom Screw M6*15L	12	35	Aluminum Track Base Holder	2
7	Nylon Nut M6	12	36	Aluminum Track 348L	2
8	Belt 460-6J-PJ1092	1	37	Plastic Cover 40*80	2
9	Idler Set	1	38	Front Leg Cover	2
10	Idler Wheel Ø53*Ø43*21	2	39	Pedals	2
11	Bearing 6204ZZ	2	40	Knob M16*P1.5*15L	2
12	C Ring S40	1	41	Tube 38*38*75.6L	4
13	C Ring S20	8	42	Moving Leg Stopper139L*66W*30H*6T	2
14	Screw Nut M6	4	43	Moving Leg Cover	2
15	Metal Parts	1	44	Rubber Cushion	4
16	Bearing 6004ZZ	8	45	Alex	2
17	Crank	2	46	Bushing-CH1265B ϕ 19.3* ϕ 25.5* ϕ 32*15L	4
18	Screw M8*1.25*25L	2	47	Nylon NutM8	19
19	Pedal Foot (L)	1	48	PU Wheel	2
20	Pedal Foot (R)	1	49	PU Wheel Axle ϕ 15* ϕ 12*ID8.1*44.5L	2
21	Connecting Parts (R)	1	50	Bushing ϕ 12.1*18*21*8.5L	4
22	Connecting Parts (L)	1	51	Screw for roller M8*65L	2
23	Moving Arm Set (R)	1	52	Axle ϕ 25*52.5L	2
24	Moving Arm Set (L)	1	53	Hexagonal Bolt M8*15L	24
25	Moving Arm Set (R)	1	54	Hexagonal Bolt M6*15L	30
26	Moving Arm Set (L)	1	55	Aluminum Track 783L	1
27	Pedal Regular Group (R)	1	56	Rubber Cushion	4
28	Pedal Regular Group (L)	1	57	Aluminum Track Cover with HCI Logo	2
29	Rubber Cover Moving Handle	2	58	Aluminum Track Supporter	1

No.	Description	Qty	No.	Description	Qty
59	Seat	1	90	Display Support Upper	1
60	Seat Moving Set	1	91	Display Support Lower	1
61	Bushing	1	92	Allen Key Bolt M8*55L	4
62	Dipping Handle	1	93	Rubber Cover 32.4*54*80	2
63	Pin ϕ 16*67L	1	94	Meter With PhysioStep Label	1
64	Spring ϕ 2.0* ϕ 18.5*36	1	95	Meter Back Rubber Cover	1
65	Knob M16*P1.5*25L	1	96	Rubber Cover Gasket Parts 125*89*2T	1
66	Metal Wheel	4	97	Screw M4*10L	8
67	Bearing 608ZZ	4	98	Nylon Nut 3/8"	4
68	Bushing ϕ 8.3* ϕ 12.7*15.5L	8	99	Sensor+Magnetite	1
69	Hexagonal Bolt M8*100L	1	100	Input Socket	1
70	Back Seat Support	1	101	Back Plastic Cover(L)	1
71	Washer ϕ 8.5* ϕ 26*1T	8	102	Back Plastic Cover(R)	1
72	Compass tube	2	103	Screw ST3/8"*25L	2
73	Washer ϕ 8.2* ϕ 16*2T	4	104	Socket Cover	1
74	Bearing 6003ZZ	2	105	Mushroom Screw ST4.5*15L	14
75	Back Seat	1	106	Adapter	1
76	Seat Support	1	107	PhysioStep Logo	1
77	Rotate Post	1	108	Seat Adjustment Sticker	1
78	Swivel Handle	2	109	Warning Sticker	1
79	Tube Cover ϕ 31.8mm	2	110	Washer OD6.2*ID13*1.2T	32
80	Stoppage Screw M5*5	2	111	13*15 Tool	1
81	Chemistry Spring	1	112	5m/m L Type Tool	1
82	Clockwise Spring	1	113	6m/m L Type Tool	1
83	Stoppage Screw M6*6	2	114	"+" Bolt (ST4*10)	4
84	Brake Cable Wire 850mm L	1	115	Screw (M5*15L)	2
85	Power Wire	1	116	Screw (ST4*10L)	4
86	Lower Computer Sensor Wire	1	117	Nylon Nut M10	1
87	Upper Computer Sensor	1	118	Spring Washer SW10	1
88	Meter Holder Parts	1	119	Files block	1
89	Screw M5*20L	1			

TOOL SET:



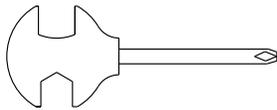
(112) 5m/m L Type Tool

1pcs



(113) 6m/m L Type Tool

1pcs



(111) 13*15 Tool

1pcs

NOTE

Before you start to assemble this unit, please check to be sure you have the correct quantity of parts that are listed above.

NOTE

Some of the parts and screws needed for assembly are already in place on the unit.

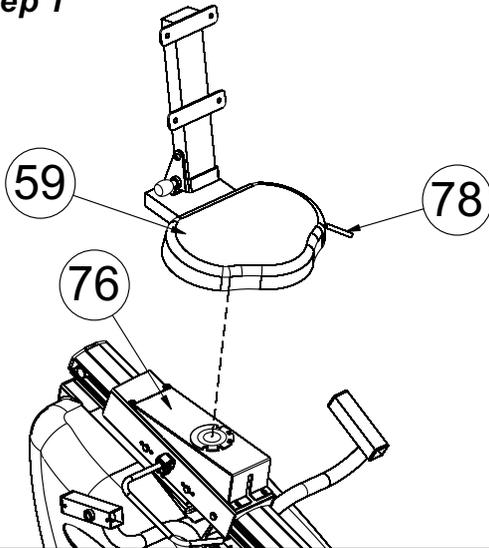
NOTE: Possible Wire Harness Pinch Points When Assembling

- Please note that when assembling the Display Support “Step 6” in the assembly guide. It is important to note the position of the Display Assembly Wire Harness. Please use caution when positioning and bolting the top and lower metal covers together (no. 91 and no. 92) so that the Wire Harness is not pinched. If the wire harness is pinched, the Display Panel will not function.



ASSEMBLY

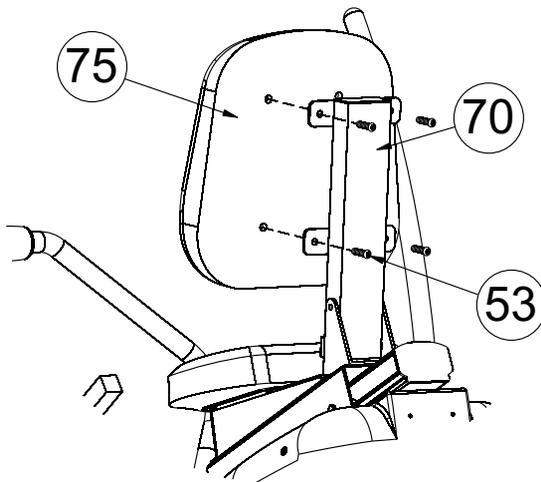
Step 1



Assembling the Seat

Lift the swivel adjustment handle (No.78) and place seat(No.59) into the seat support (No.76). Before you sit on the seat, make sure the seat assembly is fully inserted into the base unit and the swivel function is working properly and locked into place.

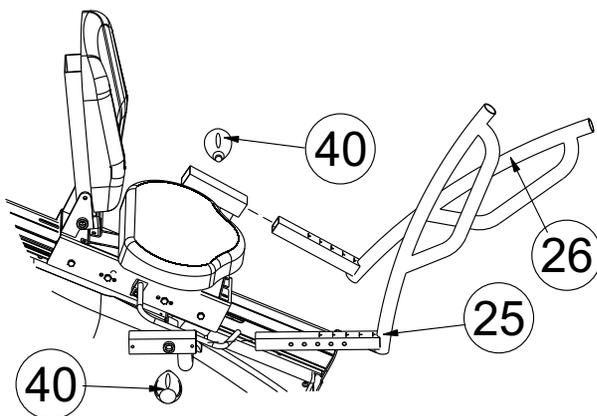
Step 2



Assembling the Seat Back

Remove the Bolts (No.53) from the seat back (No.75). Attach seat back (No.75) to seat back support (No.70) using bolts (No.53).Secure the bolts tightly. Be sure to retighten periodically.

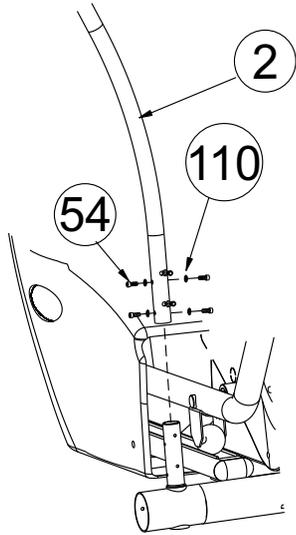
Step 3



Attaching the Arms

Insert Right Arm (No.25) and Left Arm (No.26) into corresponding brackets. Use the Knob (No.40) to fix arms at desired position. The arms are adjustable.

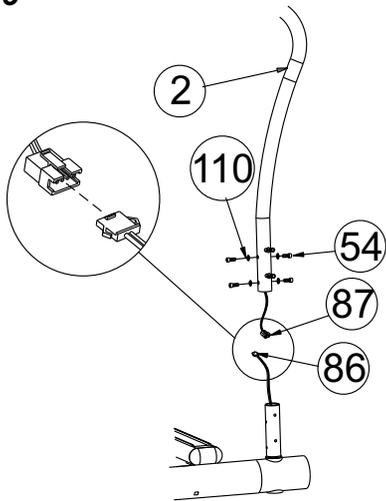
Step 4



Assembling Front Support Handles

Slide right side front support handle (No.2) over upright support handle, use bolts (No.54) and washers (No.110) to secure the front handle to the main frame. Secure bolts tightly. Check tightness periodically.

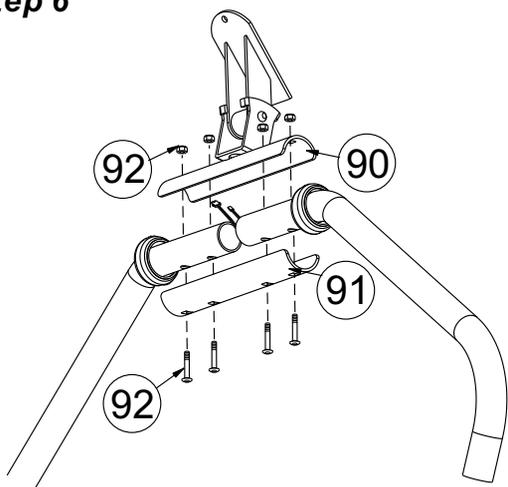
Step 5



Assembling Front Support Handles

Connect Connectors (No.87 and 86) Carefully so not to pinch the wires, slide the left side front handle (No.2) over upright support handle, use bolts (No.54) and washers (No.110) to secure the front handle to the main frame. Secure bolts tightly. Check tightness periodically.

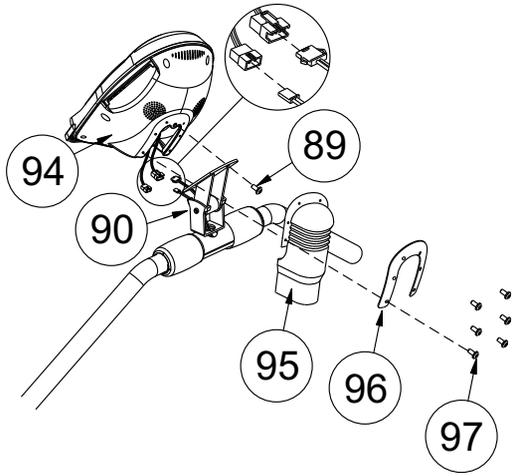
Step 6



Assembling the Display Support

Place the top metal cover (No.90) over the frame and then place the bottom metal cover (No.91) under the frame. Secure the two pieces together using bolts/nuts (No.92). Secure bolts tightly. Check tightness periodically.

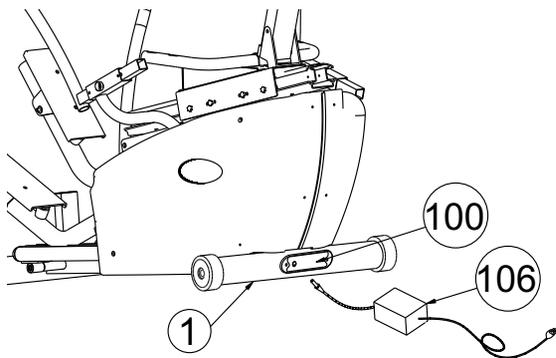
Step 7



Attach Display Console

Slide the display console (No.94) onto the display bracket (No.90), then Connect connectors (No.89) place the rubber cover (No.95) over the display bracket, attach the plastic gasket (No.96) and secure into display console using screws (No.97).

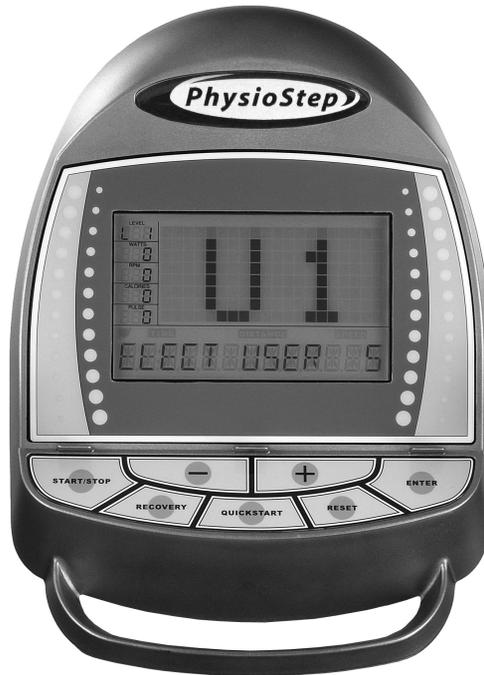
Step 8



Connect Power

Put the end of the Adapter (No.106) in the input socket (No.100) on the back of the Main frame (No.1), then plug the other end of the adapter (No.106) into the power outlet.

INSTRUCTION MANUAL: PhysioStep Display Console



1. Display:

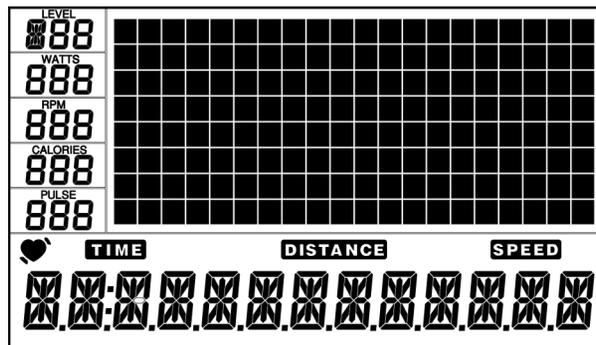
The Console is an LCD screen displaying RPM, SPEED, TIME, DISTANCE, CALORIES, WATTS, PULSE (HEART RATE).

2. Modes:

2.1 POWER UP Mode: When powered on, there is a long beep, and all LCD functions light up for 2 seconds, then the display enters initial workout mode and is ready to begin.

LCD WINDOWS DISPLAY OVERVIEW:

Illustration 1:



Please note: After 15 minutes of inactivity, the display will shut off.

INSTRUCTION MANUAL: PhysioStep Display Console

3. Computer Function – Setting up your User Profiles

***Please note: Quick Start requires no setup**

3.1 Select User 1 or User 2:

The screen will display “U1” and a scrolling message that reads “SELECT USER”. By pressing the UP or DOWN key you can toggle between User 1 (“U1”) and User 2 (“U2”).

- If you are setting up a user profile for the first time, select the User to setup and then press the RESET key for a few seconds to enter the User Data (see step 3.2).
- Once your user profile is setup, press the ENTER key to select the USER and continue to the workout program selection.

3.2 Entering & Changing USER Data:

3.2.1 GENDER:

- First, enter the gender of the user for the profile you are setting up. A scrolling message that reads “ENTER GENDER” will show until a selection is made. Press the UP or DOWN keys to toggle between the choices, Male (“MALE”) and Female (“FEM”).
- Press ENTER to accept either Male or Female.

3.2.2 AGE:

- Next, enter the age of the user for the profile you are setting up. A scrolling message that reads “ENTER AGE” will show until a selection is made. Press the UP or DOWN keys to increase or decrease the Age displayed on the screen.
- Press ENTER to accept the AGE.

3.2.3 WEIGHT:

- Finally, enter the weight of the user for the profile you are setting up. A scrolling message that reads “ENTER WEIGHT” will show until a selection is made. Press the UP or DOWN keys to increase or decrease the Weight displayed on the screen.
- Press ENTER to accept WEIGHT and move to program selection.

INSTRUCTION MANUAL: PhysioStep Display Console

4. Program Selection:

“**SELECT WORKOUT PROGRAM**” will scroll across the screen before the program names are displayed. The screen will display the resistance profile of each program.

Press the UP or DOWN keys to scroll through all the program names.

- Press the ENTER key to select a program and move to workout time.
- Press the START key to select program and begin workout.

WORKOUT PROGRAMS

- Manual
- Rolling Hill
- Peak
- Plateau
- Mountain Climb
- Hill Interval
- Strength Interval
- Fat Burn HR
- Cardio HR
- Custom

4.1 Target Heart Rate: (FAT BURN and CARDIO only)

- The TARGET HEART RATE is displayed in the Pulse window (flashing). A message that reads “**ENTER TARGET HEART RATE**” will scroll across the screen until a selection is made. The default value is $(220-AGE)*0.65$ for FAT BURN and $(220-AGE)*0.80$ for CARDIO.
- Press the UP and DOWN keys to change the TARGET HEART RATE value.
- Press the ENTER key to accept the TARGET HEART RATE and continue to set the workout time.
- Press the START key to accept the TARGET HEART RATE and begin your workout.

4.2 Workout Time:

- The WORKOUT TIME is displayed on the screen (default time is 20:00). The scrolling message will read “**ENTER WORKOUT TIME**” until a selection is made.
- Press the UP or DOWN key to adjust the WORKOUT TIME, press the RESET key to change the WORKOUT TIME to 0:00.
- Press the ENTER key to accept the WORKOUT TIME and continue to set the resistance level.
- Press the START key to accept the WORKOUT TIME and begin workout.

INSTRUCTION MANUAL: PhysioStep Display Console

4.3 Resistance Level:

- (MANUAL, ROLLING HILL, PEAK, PLATEAU, MOUNTAIN CLIMB, HILL INT., STRENGTH INT. only)
- The maximum RESISTANCE LEVEL for the profile is displayed in the Level window (flashing) and the resistance profile is displayed on the screen. The scrolling message will read
“ENTER MAXIMUM RESISTANCE LEVEL” until a selection is made. Press the UP or DOWN key to adjust the maximum RESISTANCE LEVEL.
- The MAXIMUM RESISTANCE LEVEL is the peak resistance for the workout profile that you selected in step 4.
- Press the ENTER or START key to accept the maximum RESISTANCE LEVEL and your workout will begin. The maximum RESISTANCE LEVEL can be adjusted during the workout by pressing the UP or DOWN key. During the workout, the Level window displays the resistance level during each program segment. Then begin your workout!

4.4 Custom Profiles – User 1 & User 2:

- There is a Custom Workout Program stored for User 1 and User 2 (U1 and U2). When you select the custom workout program, you will be asked to enter the workout time. Follow Step 4.2. Next, you will set your desired resistance level. Hold both UP and DOWN keys at the same time for a few seconds. A scrolling message reads
“CREATE CUSTOM RESISTANCE PROFILE” will appear on the display.
- Press the UP or DOWN key to adjust RESISTANCE LEVEL in each profile segment.
- Press the ENTER key to accept RESISTANCE LEVEL and move to the next profile segment.
- Press and hold the ENTER key for three seconds to accept Custom profile changes and move to workout time. Then begin your workout!

4.5 End of the Workout:

- When you have preset the workout time, the time will count down to 0:00, when the time reaches 0:00 you will hear a beep. A scrolling message reads
“WORKOUT SUMMARY AVE.SPEED XX MPH TOTAL DISTANCE XX.X MILES” will appear on the screen. The message show until any key is pressed or the computer goes into Sleep mode. Your workout will also be ended by pressing and holding the START key for three seconds.

INSTRUCTION MANUAL: PhysioStep Display Console

5 Functions:

Item #	Item	Display Range	Default	Stored	Zeroing	Description
5.1	TIME	0 : 00-99 : 00	20:00	NO	YES	1. When set value is 0:00, counting up cycles. 2. When set value is 01:00-99:00, it will count down, when it reaches 0, it beeps.
5.2	DISTANCE	0.00-99.90	0.00	NO	YES	Value is 0:00, counting up cycles.
5.3	PULSE	30-240BPM	0	NO	YES	
5.4	CALORIES	00-999	0	NO	YES	
5.5	WATT	0-999	0	NO	YES	
5.6	RPM	0-250	NO	NO	YES	
5.7	AGE	10-100	30	YES	NO	
5.8	WEIGHT	50-300 lb	150 lb	YES	NO	
5.9	SPEED	0.0-99.9	0.0	NO	YES	

6. Key Function:

6.1 Enter Key

- To confirm set value and enter into the next set value

6.2 Recovery Key

- When HR is not equal to zero, press recovery key to test HR Recovery rate. It will display profile 8. Press this key again, it will restore the previous mode.
- When Time Displays 0:60 seconds, it begins counting down. When counting down, GRADE (A+ thru C) will display in the main field. When it counts down to 0, it will display your GRADE. GRADE is in stop state, and restored HR value after 1 minute.

A+ : Excellent

A : Very Good

B+ : Good

B : Fair

C+ : Poor

C : Very Poor

6.3 RESET KEY

- During Stop Mode only, press this key to clear up the set value to zero, except for work level in custom program and age program.
- Only in Pause State, press this key to switch the current program into another program.
- Hold for three seconds for Total Reset (go to Power Up Mode).

6.4 START/STOP KEY

- During exercising, press this key to pause the workout. Each value will be stored. Press this key again to continue your workout. All set values will be continued until it goes down to zero.

6.5 UP KEY

- Used to scroll through the different programs and profiles.
- Used to change time value and work level.
- Work level can be changed during a workout.

6.6 DOWN KEY

- Used to scroll through the different programs and profiles.
- Used to change time value and work level.
- Work level can be changed during a workout.

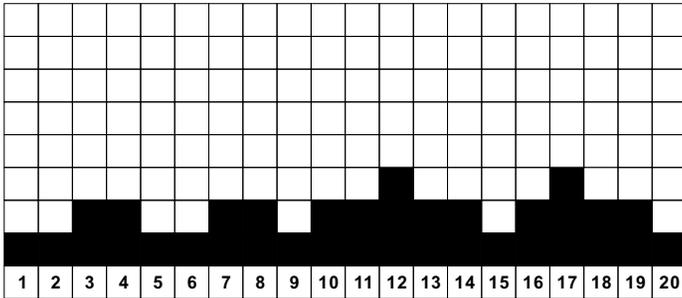
6.7 QUICK START KEY

- At anytime, press this key to start your workout in manual mode with time value 0:00.

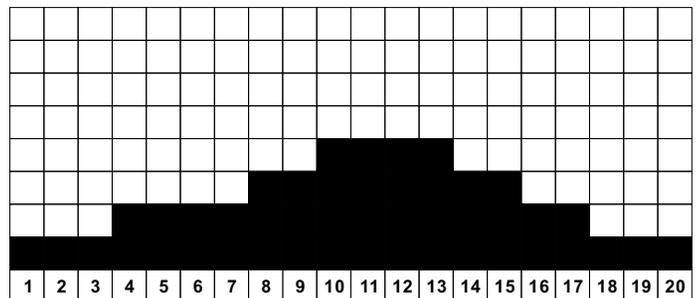
INSTRUCTION MANUAL: PhysioStep Display Console

7. PROFILES:

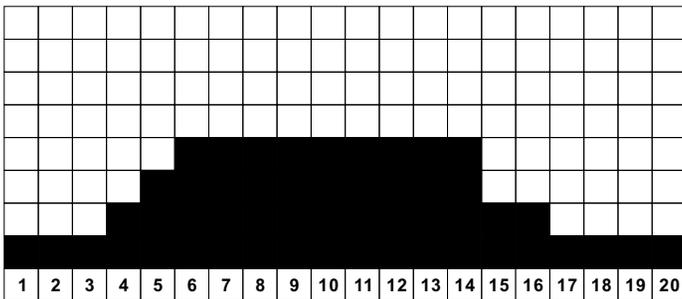
Rolling Hill



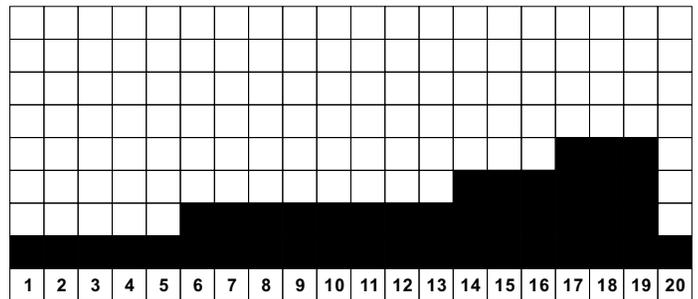
Peak



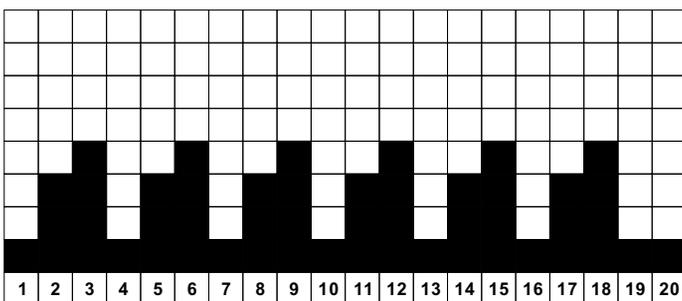
Plateau



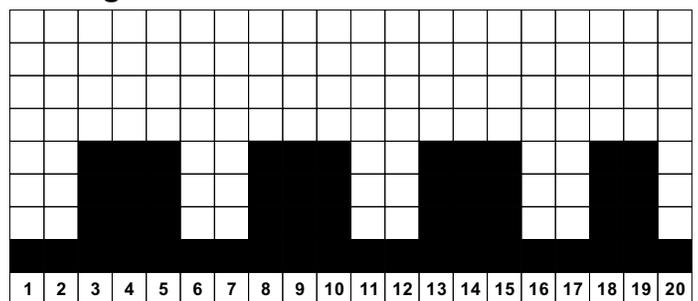
Mountain Climb



Hill Interval



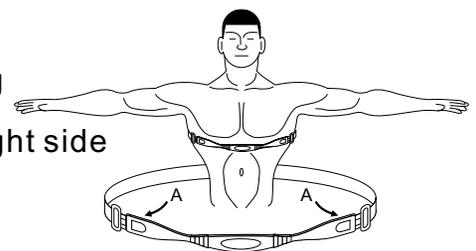
Strength Interval



For Optional Heart Rate Chest Strap:

The PhysioStep is equipped with a Polar® Telemetry Receiver, the heart rate monitoring system in which electrodes, pressed against the skin, transfer heart rate signals to the Bike console. These electrodes are attached to a chest strap that the user wears during the workout. The chest strap is **OPTIONAL**. See the drawing of Right side to show you how to correctly wear the strap on your chest.

The electrodes which have two grooved surfaces inside of the strap must remain wet to transmit accurately the electrical impulses of the heart back to the receiver. Moistening the electrodes is very important and be sure to fasten the strap correctly below your pectoral muscle.



MAINTENANCE AND TECHNICAL DATA

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 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.

Inspect the following items weekly and adjust 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.

Monthly Inspection and Adjustments:

- Crank, Seat Adjust Position Knob, Upright Post Adjust Knob, Drive Belt.

Quarterly Inspections:

- Hardware for console.

Semi-Annual Inspection and Adjustments:

- Hardware for Handlebar and Frame, Handle Bar, Electronic Compartment, Drive Belt, Crank Axle.

1.3 Trouble Shooting Guide for the PhysioStep MDX

Malfunction	Cause	Solution
The display console does not turn on when pedaling lightly.	<ol style="list-style-type: none"> 1. Console wire is disconnected or connected improperly. 2. Low Batteries in the Display 3. Damaged Console Control Wire 4. Damaged Generator, Console PCB or Control PCB 5. Unit not plugged into wall outlet 	<ol style="list-style-type: none"> 1. Detach and Re-connect console wires to make sure they are connected properly 2. Replace the Batteries in the Display 3. Replace any damaged Wires, Control Panels or Generators
Console works well but torque value is zero.	<ol style="list-style-type: none"> 1. Brake Control Wire is improperly connected or damaged 2. The Console PCB or Low Control PCB may also be damaged 	<ol style="list-style-type: none"> 1. Detach and Re-connect brake control wires to make sure they are connected properly 2. Replace Damaged Power Boards if needed
Console does not display the RPM Value.	<ol style="list-style-type: none"> 1. Damaged Generator or Lower Control PCB 	<ol style="list-style-type: none"> 1. The component will need to be repaired or replaced by a qualified technician.
Heavy resistance when you begin pedaling	<ol style="list-style-type: none"> 1. Remove the Console Control Wires, if there is now less resistance it may be caused by a wrong the VR Default Value. 2. Remove the Console Control Wires, if it still has heavy resistance when pedaling it may be a damaged Lower Control PCB. 	<ol style="list-style-type: none"> 1 and 2. In both cases, this component will need to be repaired or replaced by a qualified technician.

Warranty Information:

Serial #: _____ **Purchase Date:** _____

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

