



ANCHEER

DESK ELECTRIC ELLIPTICAL TRAINER USER MANUAL

*Fine designed, Powerful motor
Bring you a comfortable workout experience*



IMPORTANT :

READ CAREFULLY BEFORE USING FOR THE FIRST TIME

KEEP ALL SAFETY INFORMATION AND INSTRUCTIONS FOR FUTURE REFERENCE AND PASS THEM TO SUBSEQUENT USERS OF THE PRODUCT

WARNING AND SAFETY CAUTIONS:

Thank you for the purchase of your Ancheer desk elliptical, This manual is part of this product. This document is intended for the end-user of the product. Please familiarize yourself with all the information included before using the product.

1. Consult your physician before use, be aware how you are feeling. If you feel uncomfortable or experience any adverse symptoms, stop the using the machine immediately.
2. This machine is not suitable for therapeutic use. Do not use with other medical electronic equipment, such as pacemakers or EKG machines.
3. Keep children and pets away from the machine,It is designed for adult use and the old use,especially suitable for office and home
4. Use the machine on a solid, flat level surface with a protective cover for your floor or carpet.
5. Do not use the product in wet or dusty environment,such as bathroom.
6. Do not use the machine with wet hands. Do not insert any object into the charger input. This may cause damage to the product or electric shock.
7. Do not place fingers or objects into the moving parts of the machine
8. Do not cover while using,to avoid motor overheating and cause malfunction or damage.
9. Do not place the power cord under the product or any heavy object.
- 10.Do not use the power cord to move or drag the machine
- 11.Do not wind the power cord around the product. That could damage the power cord, cause electric shock or electrical fire.
- 12.Do not use the machine if the power plug is loose
- 13.Turn off the power after each use or before cleaning the machine.

Your satisfaction is very important to us. If you have any problems, please contact us at lovesportsservice@gmail.com before return the product.

OVERVIEW:

There is no need to assemble when you open the packing, The Ancheer desk elliptical is ready to use without any installation required.



CARRING ANCHEER

To move the machine ,just take the hole carefully.
please donot take the pedal to move it .it will cause damage to the machine .
Meanwhile it can hold the remote ,which can help you store the remote well.



CONTROL PANEL FUNCTION



FUNCTION BUTTON:

Press it to select the mode you prefer, Manual mode or Automatic mode



Manual mode:HA



Auto mode:P1



Auto mode: P2



Auto mode: P3

POWER BUTTON: Press it to turn on or turn off the machine

MODE BUTTON: Press it to check scan,time,distance,speed,counter,calorie

DIRECTION BUTTON: Press it to change the working direction ,forward or backward

SPEED BUTTON: Press it to increase or decrease the speed (1-5)

Note: DIRECTION BUTTON &SPEED BUTTON only workable in HA mode

SCAN: This function will automatically scan through all of the functions displayed on the bottom line of the display screen

TIME: Automatically keeps track of your time for each session

DISTANCE: Automatically keeps track of your distance for each session

SPEED: Automatically keeps track of the current speed you used

COUNTER: Automatically keeps track of your counts for each session.

CALORIES: Keeps track of your calories burned for each session

REMOTE CONTROLLER



Operation keep same as control panel

*NOTE:AAA 1.5V X 2 battery need to be self-provided

OPERATING INTRODUCTION:

ONLY USE WHILE SITTING .DO NOT STAND ON THE MACHINE



This Ancheer desk elliptical is a two-in-one compact ergonomic item which can plug into the power to assist the workout (Exercise Passively)or can be used directly without power(Exercise Initiatively)

The machine automatically shuts off after 30 minutes rating working time.
When there is 1 minute remaining, the elliptical trainer will produce beep sound.



WHEN POWER IS ON OR PLUGGED IN:

1. Plug the Ancheer desk elliptical in
2. Press the "POWER" to turn on the device
3. Press the "FUNCTION" to choose the mode you prefer when using.
4. Press the "POWER" again to start your exercise

AUTO EXERCISE MODE(P)

When Press "Function" button until P1 shows, the Ancheer desk elliptical will work at AUTO Mode

The machine will work at the programmed speed and direction on different Auto Model.

Direction and speed can not be changed in the AUTO mode.

There are three AUTO modes P1, P2, P3 totally, details as below :

Auto Mode P1-P3																														
P(1-3)	TIME (min)	1m	2m	3m	4m	5m	6m	7m	8m	9m	10m	11m	12m	13m	14m	15m	16m	17m	18m	19m	20m	21m	22m	23m	24m	25m	26m	27m	28m	29m
P1	Speed	1	1	2	2	2	3	3	3	3	4	4	4	4	4	5	5	5	5	5	5	4	4	4	4	4	4	4	3	3
	Direction	Front	Front	Front	Front	Front	Back	Back	Back	Back	Back	Front	Front	Front	Front	Front	Back	Back	Back	Back	Back	Back	Front	Front	Front	Front	Front	Back	Back	Back
P2	Speed	1	1	2	2	2	3	3	3	3	4	4	4	4	4	5	5	5	5	5	5	4	4	4	4	4	4	4	3	3
	Direction	Back	Back	Back	Back	Back	Front	Front	Front	Front	Front	Back	Back	Back	Back	Back	Front	Front	Front	Front	Front	Front	Back	Back	Back	Back	Back	Front	Front	Front
P3	Speed	1	2	3	4	5	4	3	2	1	2	3	4	5	4	3	2	1	2	3	4	5	4	3	2	1	2	3	4	5
	Direction	Back	Front	Back	Front	Back	Front	Back	Front	Back	Front	Back	Front	Back	Front	Back	Front	Back	Front	Back	Front	Back	Front	Back	Front	Back	Front	Back	Front	Back

MANUAL EXERCISE MODE (HA)

When Press "Function" button until HA shows, the Ancheer desk elliptical will work at Manual Mode.

Direction: Press it to switch the working direction.

Speed: Press it to increase or decrease speed (1-5)

Mode: Press it to switch display for Scan, Time, Distance, Speed, Counter, Calorie

There are 5 Speed levels and each speed as below

01: 1.5KM/H

02: 2.5KM/H

03: 3.5KM/H

04: 4.5KM/H

05: 5.7KM/H



WHEN POWER IS OFF OR NOT PLUGGED IN:

You can pedal forward or backward directly without plugging in, backward recommended.

PRODUCT CARE AND MAINTENANCE

Storage

- 1.Fold the plug orderly and tie it up,which can be putted in the remote hole ,too
- 2.Hold the handle to move the device
- 2.Keep it in a dry place

Care and Maintenance

- 1.It is recommended that lubricate oil put on the moving parts(wheels and slide rail) monthly
- 2.Keep Ancheer desk elliptical clean with a cloth after use each time

MADE IN CHINA

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FCC WARNING

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.