

# Electric Elliptical Trainer

## MANUAL INSTRUCTION



### **IMPORTANT :**

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**PRIOR TO FIRST USE ,READ THIS MANUAL COMPLETELY AND ATTENTIVELY!  
IMPERTIVELY FOLLOW THE SAFETY INSTRUCTIONS!  
KEEP THIS MANUAL CAREFULLY AND RETAIN FOR FUTURE USE.**



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# WARNING & SAFETY CAUTIONS

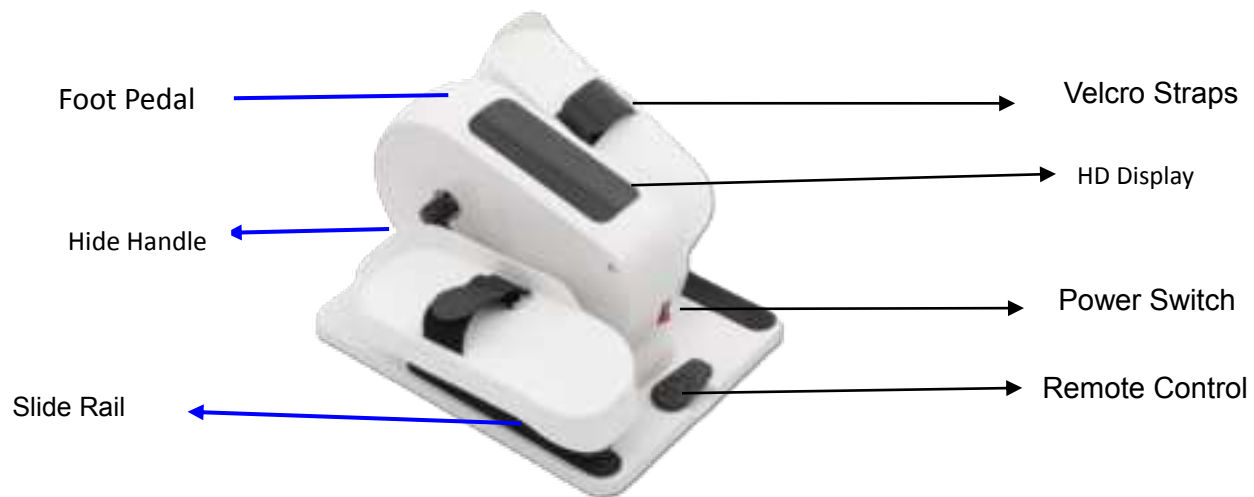
Thank you for the purchase of the electric magnetic under desk elliptical. This manual is a part of this product which is intended for the end-user of the product. Please familiarize yourself with all the information included before using the product.

- ① Consult your physician before using, 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 and elder, especially suitable for office and home use.
- 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 causing 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.



## OVERVIEW

There is no assembly required upon opening the packaging. The Electric Magnetic Under Desk Elliptical is ready to use immediately, with no additional installation necessary.





## CONTROL PANEL:



## DATA DISPLAY

**SPEED:** Automatically keep track of the current speed you used on passive mode

**RESISTANCE:** Automatically keep track of the current resistance you used on active mode

**DISTANCE:** Automatically keep track of your distance for each session

**CALORIES:** Keep track of your calories burned for each session.

**TIME:** Automatically keep track of your time for each session.

## REMOTE CONTROL:



\*Note: Lithium-MnO<sub>2</sub> button cell CR2025 3V 150mAh matched



# OPERATING PROCEDURES

- 1.Plug the desk elliptical into power and then press the switch on the machine
- 2.Press the “POWER”to turn on the device.
- 3.Press the “MODE” to choose the mode (PASSIVE OR ACTIVE MODE) you prefer when using.
- 4.Press the “POWER”again to start your exercise.

## Passive Exercise Mode

- 1.Press the "Mode" button until the speed shows, the machine will work at PASSIVE Mode
- 2.Press the "REVERSE" button to switch the pedal running direction (Forward/Backward)
- 3.Press the "Speed" button to increase or decrease speed level (1-12 Speed Level)
- 4.The default time for power on is 5 minutes, press “TIME+- ” to increase or decrease every 5 minutes, a total of 30 minutes

## Active Exercise Mode

- 1.Press the "Mode" button until the RESISTANCE shows, the machine will work at ACTIVE Mode
- 2.direction can't changed in this mode,you need to put force on the machine to exercise by yourself
- 3.Press the “Speed”" button to increase or decrease speed level (1-5 Speed Level)
- 4.The default time for power on is 5 minutes, press “TIME+- ” to increase or decrease every 5 minutes, a total of 30 minutes

# PRODUCT CARE&MAINTENANCE

## Storage

Fold the plug orderly and tie it up, which can be put in the remote hole.

Keep it in a dry place.

## Cleaning

It is recommended that lubricate oil is put on the moving parts (wheels and slide rail) monthly.

Keep the machine clean with a cloth after use each time.



# FCC CERTIFICATION

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.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

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.

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

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction

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