

PACKAGE INCLUDES:



Elliptical Machine



Remote Control



Power
Cord



Quick Start Guide



Full Manual



Safety Instructions



Important:

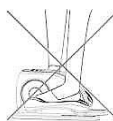
Please read the operating instructions carefully before use, especially the safety precautions. These precautions are listed to prevent damage to the product and injury to users.

1. **Consult your physician before use, especially if you have any medical conditions such as diabetes.**
2. This appliance can only be used by children under adult supervision. All cleaning and maintenance must be completed by an adult.
3. Turn off the power after each use. After using or before cleaning the product unplug the power supply from the outlet.
4. Do not cover while using, to avoid motor overheating and cause malfunction or damage.
5. Be aware how you are feeling. If you feel uncomfortable or experience any adverse symptoms, stop the using the product immediately.
6. Do not use the product if it is damaged or defective.
7. Do not insert or drop debris in the product
8. This product is not suitable for the therapeutic use. Do not use with other medical electronic equipment such as pacemakers or EKG machines.
9. Do not use the product in a wet dusty or environment Do not use it in a humid environment such as bathroom.
10. Do not store or use the product outdoors. Keep the product away from direct sunlight.
11. Do not operate the product with wet hands.
12. Do not allow water and other liquids to touch control switch.
13. Do not place the power cord under the product or any heavy object
14. Do not wind the power cord around the product. That could damage the power cord, cause electric shock or electrical fire.
15. If the power plug is loose, do not use the product
16. Do not use the power cord to move the product
17. Use the product indoors on a level surface and keep at least 3 feet of free space all around it.
18. If there is a power surge during use, stop using the product. Sudden restoration of power could cause injury to you.
19. Place the machine on a clean flat floor. Gel pads have been placed on the base of the product to keep it in place. We recommend putting it on top of an anti-skid rug mat for even added stability.

Warning

Only use the product while sitting. Do NOT stand on the product.

MAXIMUM WEIGHT CAPACITY=50.5 LBS/25kg



Troubleshooting

If you have problems when using this product, refer to the following tips and workable solutions.

Status	Possible Cause	Solution
Product does not turn on	Not powered	Make sure power cord is plugged in
Product suddenly stops operating	1.Power failure	1.Check the power cord is connected
	2. The maximum timer length is 30 minutes. The product automatically shuts off after 30 minutes	2.Press the Power button to turn the product on
	3. Continuous use time is too long-overheat protection triggered shutdown	3.Let machine cool down-wait at least 10 minutes, then turn on again.
	4. User stood on the pedals or have placed weight on the product that is more than maximum capacity weight of 50.5 lbs	4.Do NOT stand on the product nor go beyond maximum weight capacity

Specifications

Power	50W
Voltage / Frequency	100-240V/50-60Hz
Category	Class II
Water resistance	IPX0 (Keep this product away from water to prevent damage. For indoor use only.)
Working environment	Temperature: 0°C ~ 40°C (32 degrees to 104 degrees in Fahrenheit) / Humidity: 10% ~90%
Safety Standard	EN60335-1
Maximum Weight Capacity	25kg/50.5lbs

Operating Instructions

1. Plug in the machine.
2. Using either the manual panel or the remote control, press POWER button on, then press START/STOP button.
3. Press the FUNCTION button to switch to **Automatic Exercise P1,P2,P3** or to return to **Manual Exercise (HR)**.

MANUAL EXERCISE (HR):

- By default, the product starts in Manual Exercise (HR).
- To use Manual Exercise (HR), press the FUNCTION button one more time after you see P3.
- Only available in Manual Exercise (HR): you can press the FUNCTION button. Once to shift the PEDAL DIRECTION between moving forward or backward.
- Only available in Manual Exercise (HR): press the SPEED button to increase from 01-05. There are 5 speed levels:

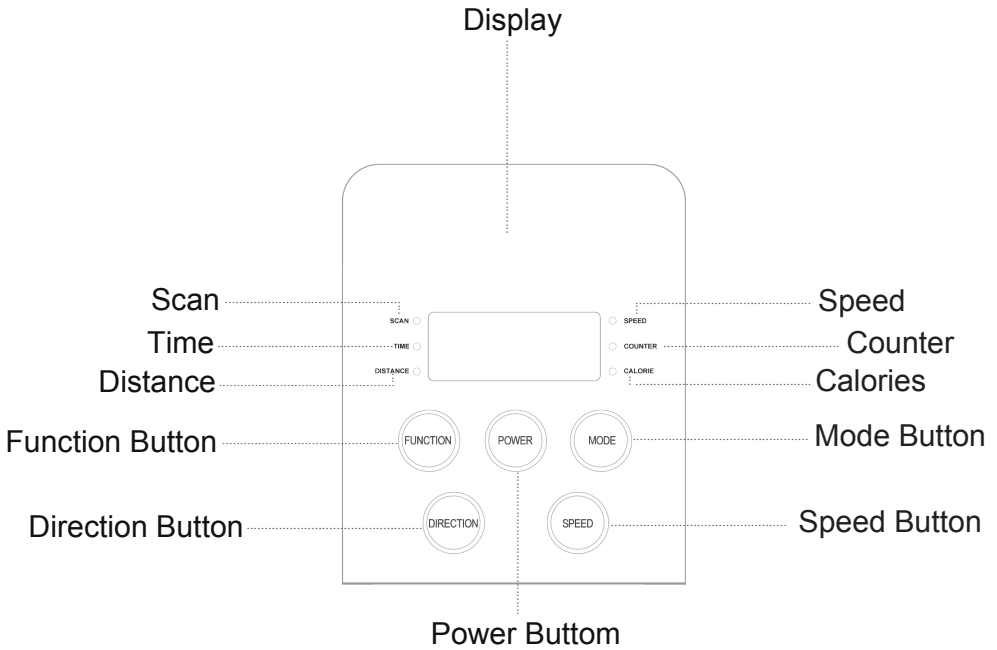
Speed Level 01	1.5 km/h
Speed Level 02	2.5 km/h
Speed Level 03	3.5 km/h
Speed Level 04	4.5 km/h
Speed Level 05	5.7 km/h

- Press the MODE function to switch LCD display to show SCAN, TIME, DISTANCE, SPEED, COUNTER and CALORIES.

AUTOMATIC EXERCISE (P1,P2,P3)

- Press the FUNCTION button once for P1, twice for P2 and thrice for P3.
- The pedals will automatically rotate at different speed and direction based on the different pre-set programs.
- SPEED and pedal direction cannot be adjusted in this mode.

Automatic Exercise P1, P2, P3 Table (Time 1min-30min)



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