
ELLIPTICAL TRAINERS



User Manual

IMPORTANT

Please read the entire manual carefully before installing and using the Elliptical Trainers, and save for further use. It is very important to read the entire manual thoroughly before installing and using.

SAFETY INSTRUCTIONS

Make sure all users are familiar with all warnings and precautions of this machine.

- Please always pay attention to your body signals, improper use of the machine may affect your health. If you experience any symptoms (including headache, chest pain, irregular heartbeat, shortness of breath, dizziness, or any discomfort), stop exercising immediately and consult your physician, get permission before training again.
- Do not use the product if it is damaged or defective.
- Do not insert or drop debris in the product.
- Do not use the product in wet or dusty environments.
- Do not store or use the product outdoors. Keep the product away from direct sunlight.
- Do not operate the machine with wet hands.
- Do not allow water and other liquids to touch the control switch.
- Do not place the power cord or any heavy object under the product.
- Do not wind the power cord around the product. That could damage the power cord, cause electric shock, or electrical fire.
- Do not use the power cord to move the product.
- If the power plug is loose, do not use the product.
- Use the elliptical indoors on a level surface, and keep at least 3 feet of free space around it.
- If there is a power surge during use, stop using the product. Sudden restoration of power could cause injury to you.
- The product's rated voltage fits 110-240V, rated power is 50W, 30 min.

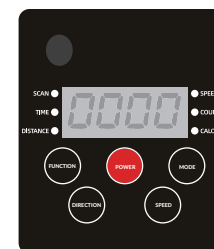
WARNING

ONLY USE THE DEVICE WHILE SITTING. DO NOT STAND ON THE DEVICE.

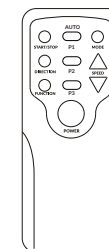
PARTS LIST



CONTROL PANEL:



REMOTE CONTROL:



Note:
When the display is blurred and unclear, please replace 2 AAA batteries in time.

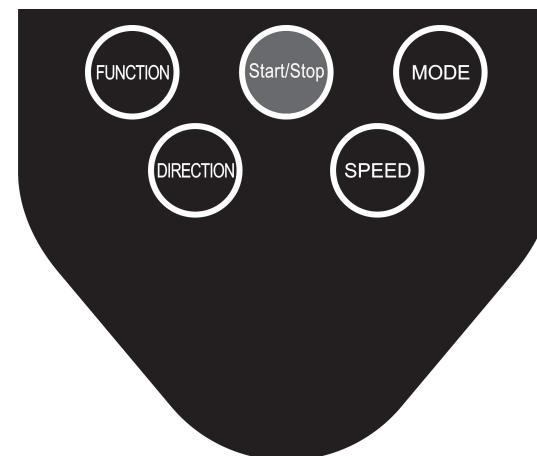
Introduction to the Functions of the Host Display



SCAN	Press FUNCTION until the SCAN light comes on, and the screen will automatically display the reading of each function every 5 seconds
TIME	Press FUNCTION until the TIME light is on, the actual training time will be displayed on the screen, and the maximum working time is 30 minutes
DISTANCE (CYCLES)	Press FUNCTION until the DISTANCE light is on, the display will show the cycles, 1 cycle=1 foot
SPEED	Press FUNCTION until the SPEED light comes on, and the screen will display the current speed
COUNTERS	Press FUNCTION until the COUNTERS lamp lights up, and the screen will display the accumulated turns
CALORIE	Press FUNCTION until the CALORIE light is on, and the screen will display the current calorie

- Note: Before the electric elliptical machine is running, the display screen will flash four times, accompanied by four beeps, and then enter the running state

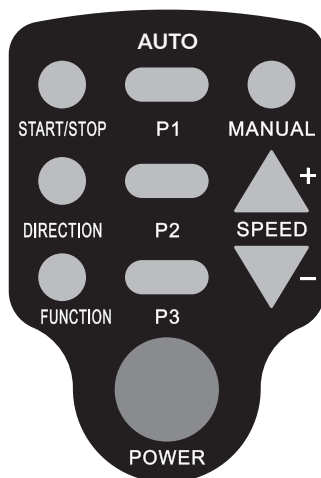
Introduction to Host Button Functions



SPEED	Manual mode has 12 levels of speed which can be increased or decreased by pressing this button, Automatic mode has programmed control with non-adjustable speed.
MODE	Press the MODE button to switch between manual mode (HR), auto matic mode P1 mode, P2 mode, and P3 mode
DIRECTION	Press this button to change the machine working direction.
FUNCTION	Press this button to switch between time, distance, speed, counter and calories.
START/STOP	After the electric elliptical machine is powered on, pressing the START/STOP button will cause the four horizontal bars to disappear and the machine will enter the on state. When the machine is running press the START/STOP button once to stop. After waiting for 1minute, the machine will return to the off state of the four horizontal bars

- Note: Before the electric elliptical machine is running, the display screen will flash four times, accompanied by four beeps, and then enter the running state

Introduction to Remote Control Functions



AUTO	The three preset automatic exercise modes on the motorized elliptical are P1 soft mode, P2 walking mode, and P3 exercise mode.
START/STOP	Start and pause buttons for electric elliptical machines
MANUAL	In manual mode, you can adjust the speed (1, 2, 3 ...12) and direction of travel.
DIRECTION	Press this button to change the machine working direction.
FUNCTION	Press this button to switch between time, distance, speed, counter and calories.
SPEED+	The electric elliptical machine has 12 speed levels. Press this key to increase the speed level
SPEED-	The electric elliptical machine has 12 speed levels. Press this key to reduce the speed level
POWER	When the electric elliptical machine is powered on, the display will display four horizontal lines. Click the POWER button to officially use it. When the machine is running, press the POWER button, and the machine will directly return to the closed state of the four horizontal lines.

- Note: This remote control uses AAA batteries, this remote control is infrared control, and the effective control range is 6.56 feet