

OPERATING INSTRUCTIONS

- To keep your body stable, when you manage to use it standing up, make sure there is something fixed nearby to hold onto.
Be careful not to slip off when you get on and get off the unit.
- For comfortable pedaling, please be sure to sit in a way that your knees are angled at more than 90 degrees
- You can comfortably use this product with most desks and/or tables
- Use the knob on the front of the machine to adjust the tension and workout intensity
- The elliptical can be used to pedal both backwards and forwards to target different areas of your body for a complete workout

PRODUCT CARE

- To clean the machine, please use a dry or wet cloth
- If the machine starts squeaking, use a small amount of oil (found in the package). Use a Q-tip and put a tiny amount of oil on the wheel or the iron plate beneath the wheel

BUILT-IN ELECTRONIC MONITOR

- **SCAN MODE**– Press the key until the SCAN icon is flashing. The display will now show the information
- **TIME MODE** – Press the key, until the TIME icon lights up, indicating that the TIME function is displayed. When you start pedaling, the monitor will display the length of time since the beginning of the session
- **COUNT MODE** – Press the key, until the COUNT icon lights up. As the exercise starts, the display will show the cumulative number of strides
- **DISTANCE MODE** – Press the key, until the DIST icon is on. Once the movement starts, the monitor will display the cumulative distance, in meters
- **CALORIE MODE** – Press the key, until CAL is lit up. When the exercise starts, the approximate number of calories burnt will be shown

If the monitor does not light up, please replace the battery

This model uses LR44 1.5V batteries

Once you stop exercising, the monitor will turn off after 4 seconds

ELLIPTICAL EXERCISER



* Product may not be as shown

ASSEMBLY INSTRUCTIONS AND OPERATION MANUAL

ASSEMBLY INSTRUCTIONS



Before assembling the product, lay out all the pieces in front of you.



1. Have 2 long screws, 2 nuts and the leg ready. Put the screws in from the **BOTTOM** side of the leg



2. Turn the elliptical upside down, and affix the leg to the elliptical using 2 nuts



3. Turn the elliptical and use the flat spanner to firmly tighten the nuts



4. Have 2 short screws with black nuts ready



5. Affix the iron plate to the bottom of the elliptical, using black nuts, then tighten them using the flat spanner



6. Assemble the left and the right pedal using 4 remaining long screws and 4 nuts



7. Tighten the screw and the nut by holding the screw in place using L-key



PLEASE KEEP IN MIND BEFORE USING

- Before using the machine, please consult your physician
- This product is not a toy, please keep away from children
- Wear comfortable attire when using the machine
- The recommended age for equipment users is 14 and up
- Maximum load is 100 kg (220 lbs)

We hope our products will give you a great shopping experience. Thank you!
If there are noises, add some lubricating oil to the roller for quite ride.