



amazon basics Advanced Elliptical Cross Trainer User Manual

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amazon basics



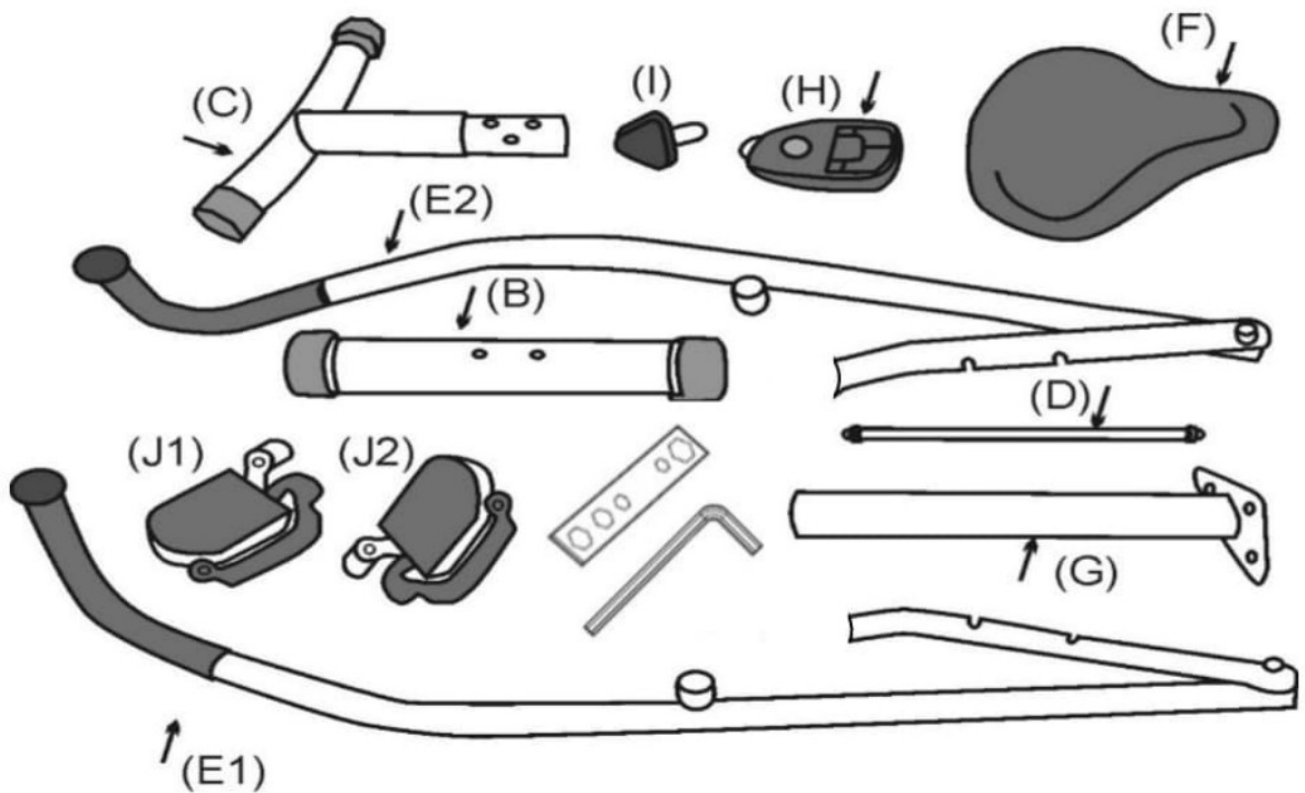
Air Bike User Manual

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Part Identification Chart

Part No.	Component Name	Qty.
A	Main Frame	1 piece
B	Front Leg	1 piece
C	Rear Leg	1 piece
D	Center Rod	1 piece
E	Le	1 piece
E-2	Right Handle	1 piece
F	Seat	1 piece
G	Seat Pillar	1 piece
H	Digital Meter	1 piece
I	Seat Knob	1 piece
J	Pedals	2 piece



Position of Nuts and Bolts



*NUT AND BOLTS INCLUDED IN THE PARTS AS SHOWN

Important Safety Instruction



Read these instructions carefully and retain them for future use. If this product is passed to a third party, then these instructions must be included. When using the equipment, basic safety precautions should always be followed to reduce the risk of injury including the following



CAUTION Risk of injury!

- Before starting any exercise program, consult your doctor to determine if you have any medical or physical condition that could put your health and safety at risk, or prevent your form using the equipment properly. Your Doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.

- Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tness in your chest, irregular heartbeat, and extreme shortness of breath, lightheaded, dizziness or feeling of nausea. If you do experience any of these condiyou should consult your doctor before conwith your exercise program
- Equipment can over. Do not let children climb on or play with the equipment.
- Keep children and pets away from the equipment. The equipment is designed for adult use only.
- Do not overten the fasteners.
- No more than one person can use the equipment at a time.
- The Maximum permissible weight of a person using the equipment is 100kg.
- This stay training equipment is not suitable for high accuracy purpose.

Warnings

WARNING! Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, stop exercising immediately.
Not suitable for therapeupurposes.

Before you Begin

Before First Use



DANGER Risk of suffocation

- Keep any packaging material away from children and pets – these materials are a potenal source of danger, e.g. suffocation.
- Remove all the packaging materials.
- Check the equipment for transport damages
- Check the delivery content for completeness.

Cleaning and Maintenance

6.1 Cleaning

NOTICE

For hygienic purposes we recommend to clean the equipment aer every use.

- To clean the equipment, wipe with a sotly damp cloth.
- Never use corrosive detergents, wire brushes, abrasive scourers, metals or sharp utensils to clean the equipment.

6.2 Maintenance

WARNING



Safety level of the equipment can be maintained only if it is examined regularly for damage and wear.

- Check the components regularly to make sure all screws and bolts are tened.
- Store in a cool and dry place away from children and pets.
- Replace defece components immediately and/or keep the equipment out of use unepair.

- Pay special attention to components most susceptible to wear.

Warranty & Service

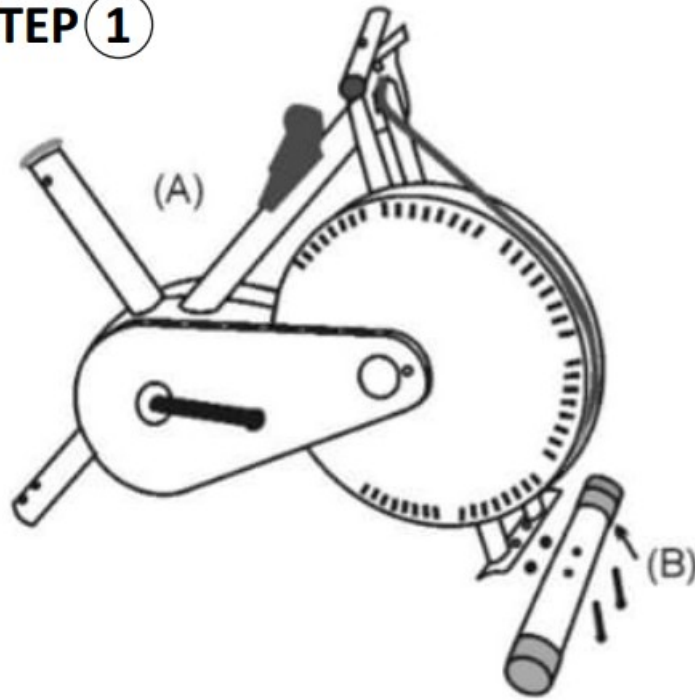
1. We grant 1 year warranty on the product commencing from the date of purchase against defects in manufacturing.
 2. Within the warranty period, we will correct any defect in materials or workmanship, either by repairing or replacing the complete equipment, as we may choose, free of charge. This warranty is valid to the original purchaser only.
 3. Free Warranty – 1 year on product for malfunction arising from manufacturing defects. Get Brand Authorized service, genuine parts and a paperless warranty claim experience through your Amazon account
- Click Warranty support, on Amazon for malfunction arising from manufacturing defects. Get Brand Authorized service, genuine parts and a paperless warranty claim experience through your Amazon account. Hassle free process with complete visibility to every step of your warranty claim.
For claiming warranty,
A) Go to Your orders section
B) Select the product, C) Click on Get product support and
D) Schedule an appointment.

This Warranty excludes, or does not apply or becomes void if:

1. Damage is caused by improper use, abuse or excessive use outside the intended purpose.
2. Normal wear or use as well as defects that have a negligible effect on the value or operation of the equipment.
3. Repairs or product modifications have been carried out by unauthorized organizations or persons and if original parts are not used.
4. Consequential damages (Including but not limited to loss of data or loss of income), nor compensation for actions done by yourself.
5. The proof-of-purchase has been altered in any way or is made illegible.
6. The model number, serial number or production code on the product has been altered, removed or made illegible.
7. The defect is caused by connected peripherals, additional equipment or accessories other than those recommended in the user manual.

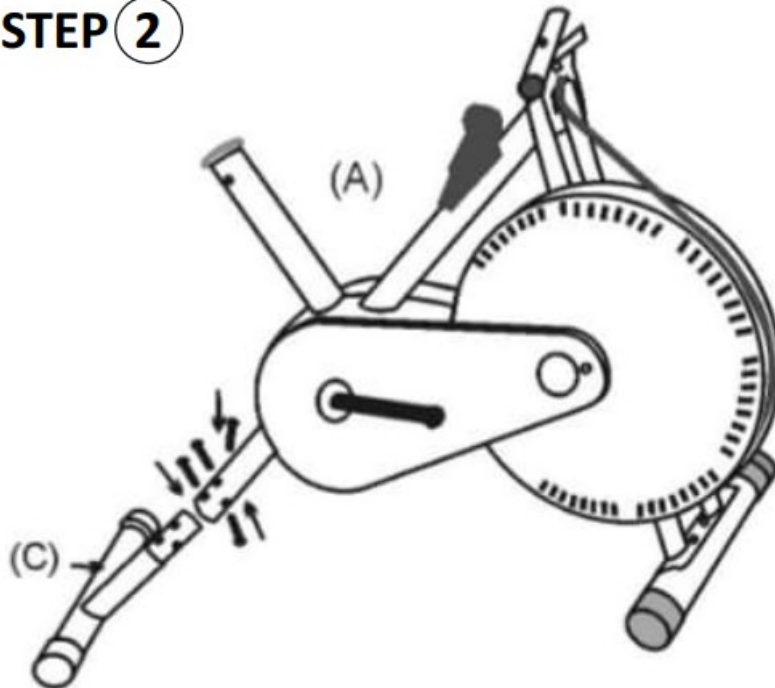
Step by Step Assembly Instructions

STEP 1



Attach the 'Front Leg' (B) to the 'Main Frame' (A), as shown in the picture with the help of nuts and bolts provided

STEP 2



Attach the 'Rear Leg' (C) to the 'Main Frame' (A), as shown in the picture with the help of Allen bolts provided

STEP 3



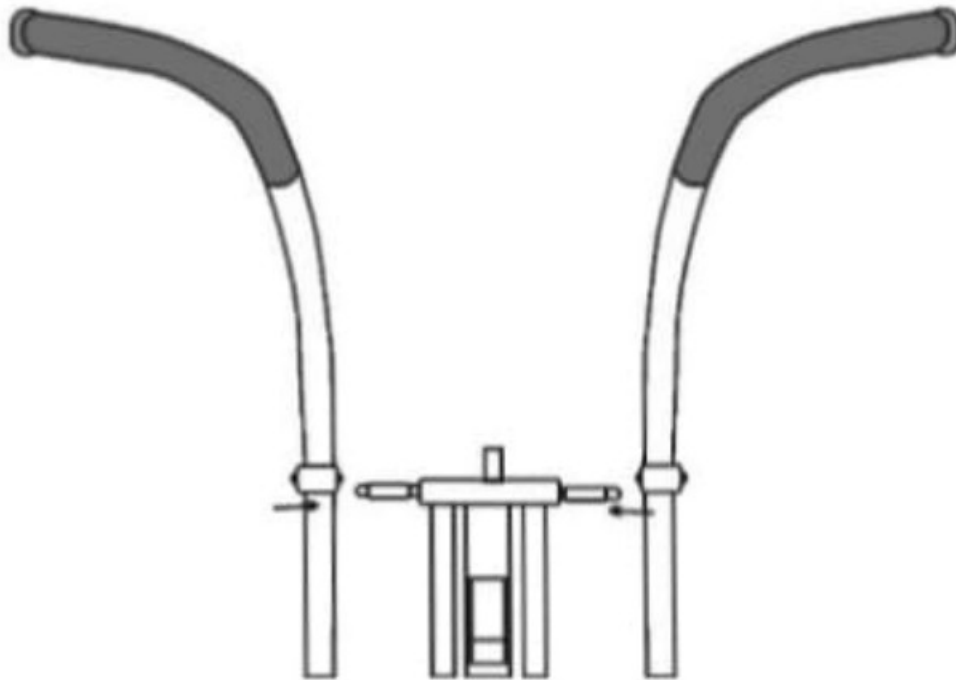
Insert the 'Center Rod' (D) into the 'Main Frame' (A) at the given posi in the picture.

STEP 4



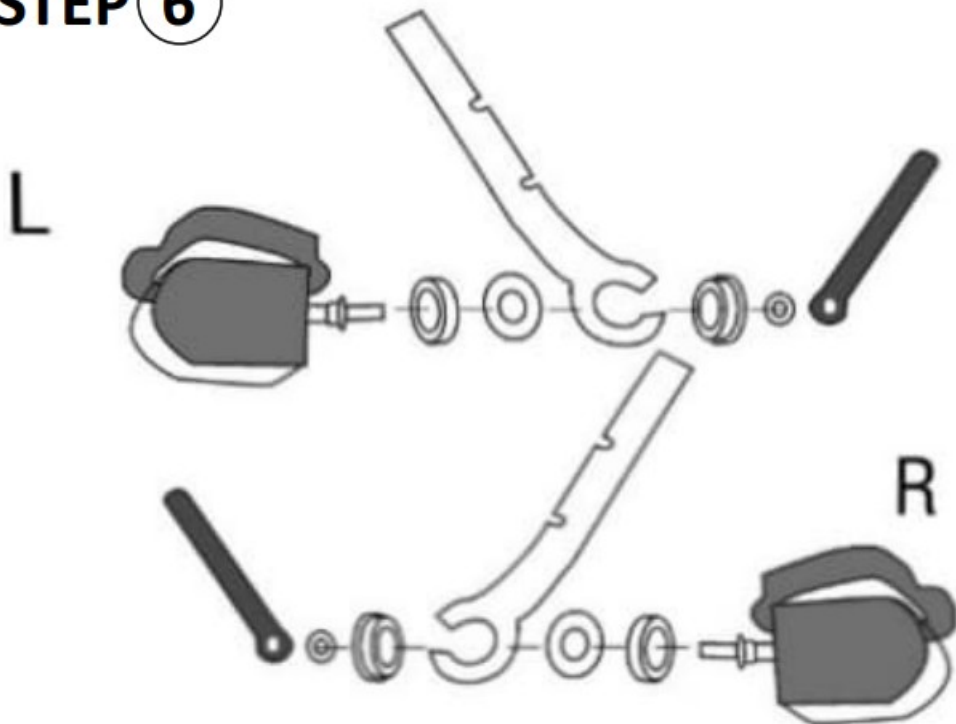
Screw the 'Center Rod' (D) with the help of screw provided.

STEP 5

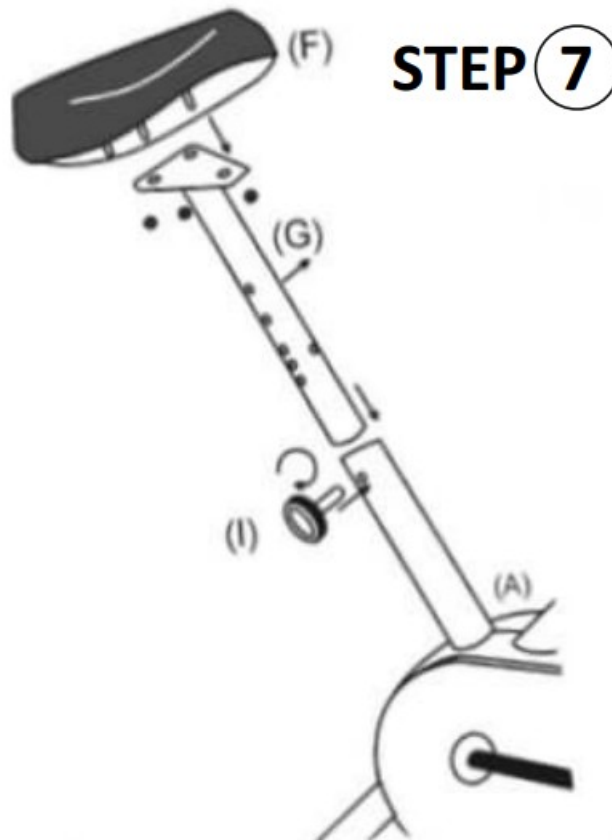


Attach the 'Left Handle' (E2) with the 'Center Rod' (D), as shown, then tighten the handles with the help of nuts provided.

STEP 6



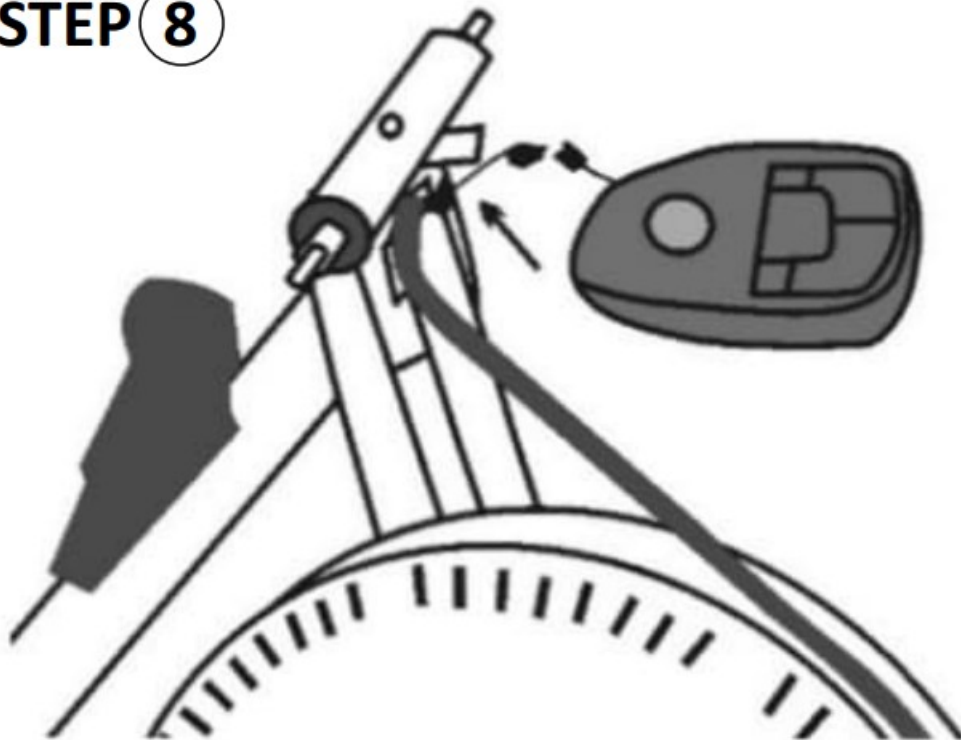
Connect the 'Pedals' (J) with the strip connected to the handles in the same manner as shown in the picture.



STEP 7

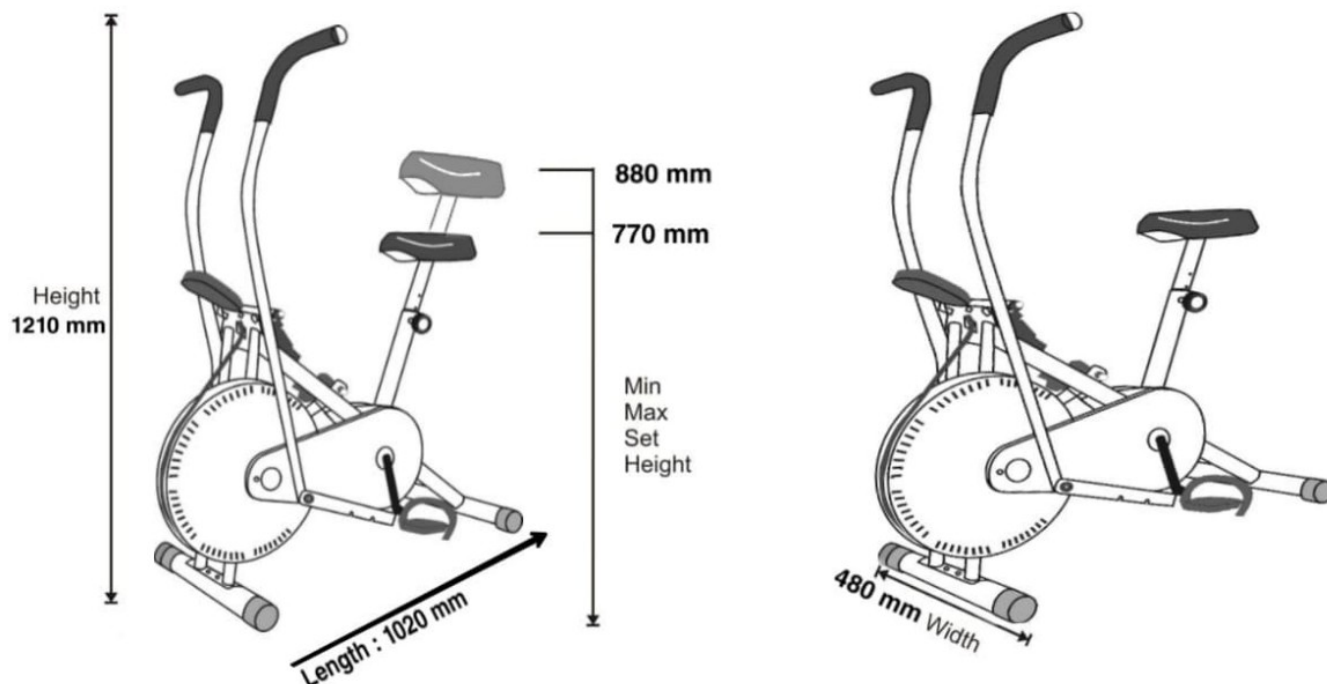
Connect the 'Seat' (F) with the 'Seat Pillar' (G) and insert it in the 'Main Frame' (A), as shown in the picture. Tighten the 'Seat Pillar' (G) with the help of 'Seat Knob' (I) at the suitable position.

STEP 8



Connect the 'Digital Meter' (H) with the 'Main Frame' (A) as shown in the picture.

Product Dimension



E-Waste Management



Be a Responsible User. Recycle or refurbish your old Amazon brand products to help protect the environment. The crossed-out bin symbol on this product or its packaging signifies that this product should be discarded separately from ordinary household waste after the end of its life. Be aware that it is your responsibility to dispose of e-waste in such a manner that no damage to human health and environment occurs.

E-waste is generated from electronic and electrical appliances/components which have reached their end-of-life period or are no longer fit for their original intended use and are designed for recovery, recycling or disposal. E-waste when disposed or recycled improperly, can cause severe environmental pollution and adversely affect the human body as they contain toxic chemicals. Please ensure that the Electronic products that are unwanted, not working, and nearing or at the end of the life are disposed of only through authorised recycling or refurbishing points. Please contact your municipal waste management authority or your household waste disposal service for additional details.

The product and the components thereof conform to the provisions of hazardous substances specified under Rule 16(1) and Rule 16(4) of E-waste (Management) Rule, 2022 [Chapter VII the Reduction in the Use of Hazardous Substances in the manufacture of electrical and electronic equipment and their components or consumables or parts or spares].

Optional Attachments



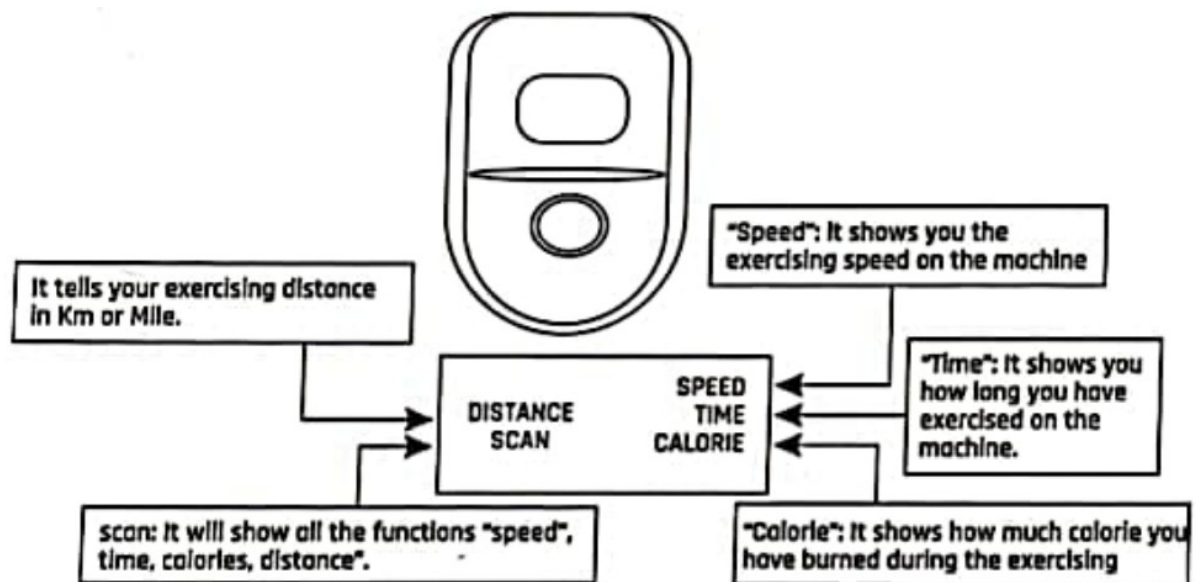
The Back Support

After inserting the seat rod into the seat tube (step 7), before tightening the seat, adjust the back support pipe by matching the holes in the pipe to the bolts attached in the seat and tighten it with the nuts provided with the seat. After fixing the back support pipe, attach the back cushion by matching the holes. Tighten the bolts with the nuts provided with the seat.



The twister. in models with the twister, the front bottom tube has a receiving metal receptacle sticking outwards. Align the holes on the receptacle and the holes on the twister pipe. Insert the metal pin into the holes to fasten the twister to the front bottom stand.

Using The Display




The display has different models to be able to track your workout details effecely. The details that you can access using the display are :

1. Current speed of workout.
2. Time (Duraof workout)
3. Distance covered &
4. Calories burnt.

When you first switch the display on, it is set by default to show speed and Pressing the MODE button repeatedly switches the display to show speed and distance, speed and calories burnt, and The Scan Mode respecely. When you use the Scan Mode opsiton you can see several details simultaneously. At the end of your workout or the start of your next, if you need to reset the readings on your meter simply hold the MODE buon down for 5 seconds.

Documents / Resources

	<p>amazon basics Advanced Elliptical Cross Trainer [pdf] User Manual Advanced Elliptical Cross Trainer, Elliptical Cross Trainer, Cross Trainer, Trainer</p>
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References

- [User Manual](#)