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› EXERPEUTIC 900E EXERWORK Under-Desk Elliptical User Manual

EXERPEUTIC 7300

EXERPEUTIC 900E EXERWORK Under-Desk Elliptical User Manual

Model: 7300

INTRODUCTION

Thank you for choosing the EXERPEUTIC 900E EXERWORK Under-Desk Elliptical. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read it thoroughly before use and keep it for future reference.



Image: The EXERPEUTIC 900E EXERWORK Under-Desk Elliptical, a compact fitness device designed for use while seated.

Safety Information

Before starting any exercise program, consult your physician. It is crucial to understand and follow all safety precautions to prevent injury.

- Always place the elliptical on a flat, stable surface.
- Ensure all parts are securely assembled before each use.
- Keep children and pets away from the equipment during operation.
- Do not stand on the elliptical. It is designed for seated use only.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- The maximum user weight for this device is not explicitly stated, but ensure your chair is stable and capable of supporting your weight during exercise.

Package Contents

Verify that all components are present before beginning assembly.

- EXERPEUTIC 900E EXERWORK Under-Desk Elliptical main unit
- Assembly hardware kit
- 2 AAA batteries
- User Manual (this document)

SETUP

Assembly

Your EXERPEUTIC 900E EXERWORK elliptical requires some assembly. Please follow the detailed instructions provided in the separate assembly guide included in your package. Ensure all bolts and screws are tightened securely.

Battery Installation

The elliptical requires 2 AAA batteries for its internal functions and Bluetooth connectivity. Locate the battery compartment, typically on the main unit, and insert the batteries according to the polarity indicators (+/-).

Positioning and Chair Hook Usage

Place the elliptical on a flat surface in front of your chair. The unique extendable chair hook is designed to prevent the elliptical from moving away from you during use.

1. Extend the chair hook mechanism located at the front of the elliptical.
2. Roll your office chair, wheelchair, or armchair so that one of its wheels (or a stable part of the base) fits into the hook.
3. Engage the lock design to secure your chair in place. This ensures stability and prevents the elliptical from sliding.

14-LEVEL
MAGNETIC RESISTANCE



**GUARANTEED TO
MAKE YOU SWEAT**



Image: A hand demonstrating the extension of the chair hook, designed to secure the elliptical in place during use.



Image: A close-up view of an office chair wheel secured within the elliptical's roll-on and lock wheel-holder.

OPERATING INSTRUCTIONS

Starting Your Workout

Once the elliptical is positioned and your chair is secured, sit comfortably and place your feet on the pedals. Begin pedaling in a smooth, elliptical motion.

Adjusting Resistance

The EXERPEUTIC 900E EXERWORK features 14 levels of magnetic tension resistance. To adjust the resistance, turn the resistance knob located on the main unit. Turn clockwise for increased resistance and counter-clockwise for decreased resistance.

TRACK WORKOUT RESULT WITH FREE MYCLOUDFITNESS APP

Great product



I like that it is easy to use. There are a lot of different types of workouts to use, I purchased a rower with this and it is one of the few apps that actually have workouts for a rower. I've had this about two years. Recently I had an issue with subscription and connection. The support team was great and had my account fixed very quickly. Great tracking as well if you like that.

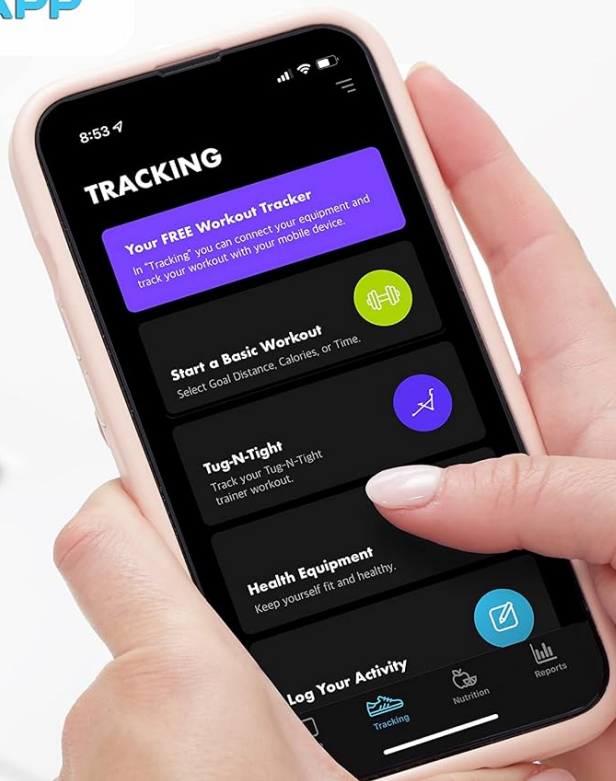


Image: A hand adjusting the resistance knob on the elliptical, which features settings from 1 to 14 for magnetic tension.

Using the My Cloud Fitness App (Bluetooth)

Enhance your workout experience by connecting your elliptical to the free My Cloud Fitness app, available for iOS and Android devices.

1. Download the "My Cloud Fitness" app from the App Store (iOS) or Google Play Store (Android).
2. Ensure Bluetooth is enabled on your mobile device.
3. Open the app and follow the on-screen instructions to pair with your EXERPEUTIC 900E EXERWORK elliptical.
4. The app will track your workout data, including time, distance, speed, calories burned, and revolutions per minute (RPM).
5. You can also set and monitor 3 workout goals: time, distance, and calories.

SPECIAL FEATURE



ULTRA-QUIET



LOW IMPACT EXERCISE



**UNIQUE OFFICE CHAIR WHEEL
HOLDER DESIGN**



TRACKS WORKOUT RESULT



Image: A smartphone displaying the My Cloud Fitness app interface, showing workout tracking options and goals.

MAINTENANCE

Cleaning

Wipe down the elliptical with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.

Lubrication

Periodically check the pedal axles and other moving parts for smooth operation. If any squeaking or stiffness occurs, a small amount of silicone-based lubricant can be applied to the moving joints. Avoid over-lubricating.

Storage

Store the elliptical in a cool, dry place away from direct sunlight and extreme temperatures. The integrated transport

handle and wheels allow for easy relocation and storage.

**UNIQUE CHAIR HOOK DESIGN FOR
EASY RELOCATION WITHOUT LIFTING**



Image: A woman comfortably using the elliptical while seated on a couch, demonstrating its versatility for various settings.

SMART FITNESS SOLUTION



WORKOUT ANYTIME AT ANYWHERE



BUILD UP STAMINA AND INCREASE CIRCULATION



STRENGTHEN MUSCLES, BONES & FLEXIBILITY



MAINTAIN A HEALTHY LIFE



Image: A woman using the elliptical under a desk with an office chair, highlighting its intended use for active sitting.

DIMENSIONS



Image: A diagram illustrating the dimensions of the elliptical: 31 inches in length, 18.5 inches in width, and 14 inches in height.

TROUBLESHOOTING

- **No Power/Display:** Check if the AAA batteries are correctly installed and not depleted. Replace if necessary.
- **Resistance Issues:** Ensure the resistance knob is turned to an appropriate level. If resistance feels inconsistent, check for any obstructions around the flywheel or pedals.
- **App Connectivity Problems:** Make sure Bluetooth is enabled on your device and the elliptical is within range. Try restarting both the app and your device.
- **Unusual Noises:** Inspect for loose parts. Apply a small amount of lubricant to moving joints if squeaking persists after checking for tightness.
- **Elliptical Slides During Use:** Ensure the extendable chair hook is properly engaged with your chair's wheel or base and locked.

SPECIFICATIONS

Feature	Specification
Model Number	7300
Brand	EXERPEUTIC
Resistance Type	Magnetic

Feature	Specification
Resistance Levels	14
Flywheel Equivalent	Approx. 18 kg (due to efficiency)
Max Wattage	Up to 145 watts per minute at 60 RPM
Connectivity	Bluetooth Smart Cloud Fitness
App Compatibility	My Cloud Fitness (iOS/Android)
Max Pedal Height	27 cm (10.5 inches)
Power Source	2 AAA Batteries (included)
Material	Metal
Color	Brown
Dimensions (L x W x H)	78.74 x 46.99 x 35.56 cm (31 x 18.5 x 14 inches)
Weight	14.68 kg (517.76 Ounces)
UPC	888115073009

WARRANTY

The EXERPEUTIC 900E EXERWORK Under-Desk Elliptical is covered by a manufacturer's limited warranty. Please refer to the warranty card included with your product for specific terms, conditions, and registration information. Keep your proof of purchase for warranty claims.

SUPPORT

For technical assistance, replacement parts, or any questions regarding your EXERPEUTIC 900E EXERWORK elliptical, please contact EXERPEUTIC customer support.

- **Website:** Visit the official EXERPEUTIC website for support resources.
- **Phone:** Refer to your product packaging or warranty card for customer service contact numbers.
- **Email:** Contact support via email as provided on the official website.

