ANCHEER AMA006033

ANCHEER Foldable Magnetic Elliptical Trainer User Manual

Model: AMA006033

1. Important Safety Information

Before operating the ANCHEER Elliptical Trainer, please read and understand all instructions in this manual. Keep this manual for future reference. Failure to follow these instructions may result in injury or damage to the equipment.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the elliptical on a flat, stable surface with adequate clearance around it.
- Inspect the equipment for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and athletic shoes.
- Do not exceed the maximum user weight capacity of 550 LBS (250 kg).
- Use the equipment only for its intended purpose as described in this manual.

2. Setup and Assembly

The ANCHEER Elliptical Trainer arrives mostly pre-assembled. Follow these steps for final assembly and setup.

2.1 Unpacking and Preparation

- Carefully remove all components from the packaging.
- Place all parts on a clear, flat surface.
- Verify all parts are present against the included parts list.

2.2 Assembly Steps

Refer to the detailed assembly instructions and diagrams provided in the separate assembly guide included with your product. All necessary tools are provided.



Image: Components and tools for frustration-free installation. The image shows various parts of the elliptical machine, including the main body, handlebars, pedals, and a set of assembly tools, laid out on a floor, indicating readiness for assembly.

For a visual guide, watch the official assembly video:

Video: ANCHEER Elliptical Exercise Machine Assembly and Overview. This video provides a detailed demonstration of assembling the ANCHEER Elliptical Exercise Machine and highlights its key features and operation.

3. Operating Instructions

This section details how to operate your ANCHEER Elliptical Trainer for an effective workout.

3.1 Getting Started

- Step onto the pedals one foot at a time, ensuring a secure footing.
- Grasp the moving handlebars for support and to engage your upper body.
- Begin a smooth, elliptical motion by moving your legs and arms.

3.2 Adjusting Resistance Levels

The elliptical features an ultra-quiet magnetic resistance system with 16 levels. To adjust the intensity:

- Locate the tension knob, typically found on the main console or frame.
- Turn the knob clockwise to increase resistance (higher numbers for more intensity).
- Turn the knob counter-clockwise to decrease resistance (lower numbers for less intensity).



Image: Magnetic Control 16 Resistances. This image displays the resistance tension knob with settings from 1 to 16, indicating the adjustable magnetic resistance levels for varied workout intensity.

3.3 Adjustable Pedal Angles

Customize your foot position and target different muscle groups with 3 adjustable pedal angles (5°, 10°, and 16°).

- To adjust, dismount the elliptical.
- Follow the instructions in your assembly guide to change the pedal angle setting.



Image: Incline Elliptical Trainer with 5°/10°/16° Adjustable Incline. This image shows a person exercising on the elliptical, highlighting the adjustable incline feature with visual indicators for 5, 10, and 16-degree settings, suggesting different workout intensities.

3.4 Using the LCD Monitor and Pulse Sensors

The built-in LCD monitor tracks your workout data, and pulse sensors provide real-time heart rate feedback.

- The monitor displays time, speed, distance, calories burned, and odometer.
- To view your pulse, grip the fixed handlebars with both hands. Your heart rate will appear on the display.

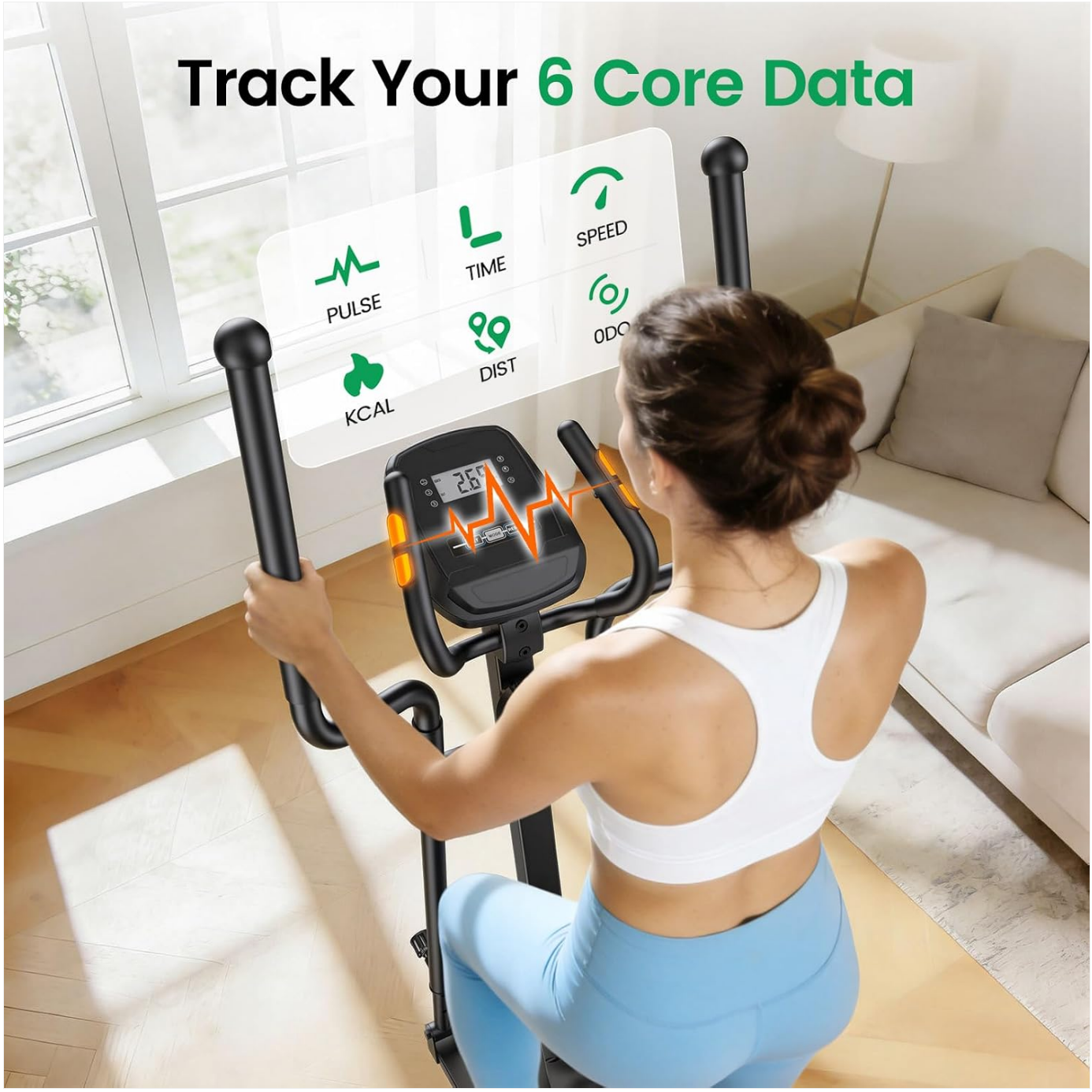


Image: Track Your 6 Core Data. This image shows a person using the elliptical, with a close-up of the LCD monitor displaying various workout metrics like pulse, time, speed, distance, calories, and odometer, emphasizing data tracking capabilities.

3.5 Device Holder

A convenient device holder is integrated into the console for your smartphone or tablet.



Image: Convenient Device Holder. This image shows a person holding the elliptical handlebars, with a smartphone securely placed in the integrated device holder on the console, illustrating its utility for entertainment or fitness apps during workouts.

3.6 Folding and Storage

The elliptical features a foldable design and transport wheels for easy storage.

- To fold, follow the instructions in your assembly guide.
- Use the transport wheels to move the folded elliptical to a storage location.



Image: Easy Exercise to Anywhere. This image shows a woman effortlessly tilting and moving the elliptical machine using its built-in transport wheels, demonstrating its portability and ease of storage.

4. Maintenance

Regular maintenance ensures the longevity and safe operation of your elliptical trainer.

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Moving parts may require occasional lubrication. Refer to the assembly guide for specific lubrication points and recommended lubricants.
- **Storage:** Store the elliptical in a dry, cool place away from direct sunlight and extreme temperatures.

5. Troubleshooting

This section addresses common issues you might encounter with your elliptical trainer.

Problem	Possible Cause	Solution
Squeaking or grinding noise	Loose bolts, lack of lubrication, worn parts	Check and tighten all bolts. Lubricate moving joints as per manual. Contact support if noise persists.
Resistance not changing	Resistance cable disconnected or damaged, tension knob malfunction	Inspect resistance cable connection. Ensure tension knob turns freely. Contact support.
LCD monitor not displaying	Batteries dead or incorrectly installed, loose cable connection	Replace batteries. Check all cable connections to the monitor.
Unstable during use	Uneven surface, loose frame bolts	Ensure elliptical is on a flat, level surface. Check and tighten all frame bolts.

If you encounter an issue not listed here or if the problem persists after attempting a solution, please contact ANCHEER Customer Support.

6. Product Specifications

Key technical specifications for the ANCHEER Foldable Magnetic Elliptical Trainer (Model: AMA006033).

Model Name: AMA006033

Brand: ANCHEER

Color: Black

Product Dimensions (D x W x H): 44" x 24" x 63" (111.76 cm x 60.96 cm x 160.02 cm)

Material: Alloy Steel (Frame); Cast Iron (Flywheel); Engineering Plastic (Pedals, Housing); Magnetic & Copper Coil (Magnetic Resistance System); Rubber / Non-Slip Foam (Handle Grips, Anti-Slip Pads)

UPC: 840533804153

Resistance Mechanism: Magnetic

Maximum Stride Length: 16 inches (40.64 cm)

Number of Resistance Levels: 16

Item Weight: 74.3 pounds (33.7 kg)

Maximum Weight Recommendation: 550 pounds (250 kg)

7. Warranty Information

The ANCHEER Foldable Magnetic Elliptical Trainer comes with a lifetime warranty. For specific terms and conditions, please refer to the warranty card included with your product or contact ANCHEER Customer Support.

8. Customer Support

ANCHEER is committed to providing reliable support for your elliptical exercise machine. If you have any questions regarding assembly, parts, operation, or any other product-related inquiries, our dedicated support team is ready to assist you.
Please refer to the contact information provided in your product packaging or visit the official ANCHEER website for assistance.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question