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> gridinlux Electric Leg Exerciser Trainer-Legs Smart User Manual

gridinlux FBAGL5-0011

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Model: FBAGL5-0011

INTRODUCTION

The gridinlux Trainer-Legs Smart is an electric leg exerciser designed to provide passive movement for your legs while seated. It promotes circulation, helps reduce discomfort from prolonged sitting, and offers a gentle, non-invasive exercise experience. This manual provides essential information for the safe and effective use of your device.

IMPORTANT SAFETY INSTRUCTIONS

- Read all instructions before using the appliance.
- Do not use if you have any medical conditions that may be aggravated by passive leg movement. Consult a physician before use if you have concerns.
- Keep the device away from water or damp environments.
- Ensure the power cord is not damaged and is properly connected to a suitable power outlet (100-240V).
- Do not attempt to disassemble or repair the device yourself. Contact customer support for assistance.
- Keep out of reach of children and pets.
- Use only on a stable, flat surface.
- Do not stand on the device. It is designed for seated use only.

PACKAGE CONTENTS

Carefully unpack your gridinlux Trainer-Legs Smart and ensure all items are present:

- gridinlux Electric Leg Exerciser (Main Unit)
- Remote Control
- Power Adapter
- User Manual (this document)



Image: The gridinlux Electric Leg Exerciser main unit, showing the orange base, white top, and black foot pedals. The adjustable feet are visible.

PRODUCT OVERVIEW

Familiarize yourself with the components of your leg exerciser:

- **Main Unit:** The core device with an orange base and white top, featuring a non-slip surface.
- **Foot Pedals:** Two black, textured platforms for your feet, each equipped with 6 magnetic stimulation points.
- **Adjustable Feet:** Located on the underside, allowing for inclination adjustment.
- **Digital Display & Control Panel:** Located on the top surface, showing time and speed, with touch controls for Power, Program, Start/Stop, Time, and Speed.
- **Remote Control:** For convenient operation without bending down.



Image: Close-up of the digital display and control panel on the gridinlux Trainer-Legs Smart, showing buttons for Time, Speed, Power, Program, and Start/Stop.



Image: The white remote control for the gridinlux Trainer-Legs Smart, featuring buttons for Start/Stop, Program, Speed+/-, and Time+/-.

SETUP

1. **Placement:** Place the leg exerciser on a flat, stable surface in front of your chair or sofa. Ensure there is enough space for comfortable leg movement.
2. **Adjust Inclination:** If desired, adjust the feet on the underside of the device to achieve your preferred inclination.
3. **Connect Power:** Plug the power adapter into the device's power input port, then plug the adapter into a standard electrical outlet (100-240V).
4. **Remote Control Batteries:** Open the battery compartment on the back of the remote control and insert 2 AAA / 1.5V batteries (not included), ensuring correct polarity.



Image: An elderly man seated in an armchair, using the gridinlux leg exerciser while reading a newspaper, demonstrating typical setup and use.

OPERATING INSTRUCTIONS

The gridinlux Trainer-Legs Smart can be operated using either the control panel on the device or the remote control.

Getting Started

1. Sit comfortably in a chair with the exerciser placed in front of you.
2. Place your feet on the foot pedals. You can use the device with or without shoes.
3. Press the **POWER** button on the device or the remote control to turn it on. The digital display will illuminate.

Manual Mode (HR Mode)

In manual mode, you can customize the exercise time and speed.

- Use the **SPEED+** and **SPEED-** buttons to adjust the movement intensity. There are 30 adjustable speed levels.

- Use the **TIME+** and **TIME-** buttons to set your desired exercise duration.
- Press **START/STOP** to begin or pause the exercise.

Pre-set Programs

The device features 3 pre-set programs that automatically vary the speed for a complete exercise cycle.

- Press the **PROGRAM** button to cycle through the 3 available programs (P1, P2, P3).
- Once a program is selected, press **START/STOP** to begin. The program will automatically adjust the speed.



Image: A person's bare feet resting on the textured pedals of the leg exerciser, with one hand holding the remote control, illustrating active use.

MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your device.

- **Cleaning:** Disconnect the power adapter before cleaning. Wipe the device with a soft, damp cloth. Do not use abrasive

cleaners or immerse the device in water.

- **Storage:** Store the device in a cool, dry place away from direct sunlight when not in use.
- **Remote Control:** If the remote control is not used for an extended period, remove the batteries to prevent leakage.

TROUBLESHOOTING

If you encounter issues with your gridinlux Trainer-Legs Smart, refer to the following common solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Power adapter not connected or faulty outlet.	Ensure the power adapter is securely plugged into both the device and a working electrical outlet. Try a different outlet.
Remote control is not working.	Batteries are dead or incorrectly inserted.	Replace the remote control batteries (2 AAA / 1.5V) with new ones, ensuring correct polarity. Ensure no obstructions between remote and device.
Movement is erratic or stops.	Overload or internal issue.	Ensure you are seated and not standing on the device. If the problem persists, discontinue use and contact customer support.

SPECIFICATIONS

Feature	Detail
Model Number	FBAGL5-0011
Power Input	100-240V, 50/60Hz
Output	24V - 1000mA
Number of Speed Levels	30
Number of Programs	3 (Pre-set)
Control Type	Remote Control, On-device Panel
Material	Plastic and Non-slip Surface
Item Weight	3.6 Kilograms
Package Dimensions	54.6 x 45.1 x 18.7 cm
Recommended Max Weight	100 Kilograms
Remote Control Batteries	2 x AAA / 1.5V (not included)

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation included with your purchase or contact gridinlux customer service. Keep your purchase receipt as proof of purchase.
You can often find support information on the official gridinlux website or through the retailer where you purchased the product.



