

## Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

› [GYMAX](#) /

› [GYMAX Magnetic Portable Elliptical Trainer User Manual](#)

## GYMAX Magnetic Portable Elliptical Trainer

# GYMAX Magnetic Portable Elliptical Trainer User Manual

Model: Magnetic Portable Elliptical Trainer

## 1. SAFETY INFORMATION

Please read all instructions carefully before assembling and using this elliptical trainer. Retain this manual for future reference.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the elliptical trainer on a flat, stable surface. Ensure adequate space around the machine.
- Inspect the equipment for loose or worn parts before each use. Do not use if any components are damaged.
- Wear appropriate exercise attire and footwear.
- The maximum user weight capacity for this elliptical trainer is **220 lbs (100 kg)**.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

## 2. PACKAGE CONTENTS

Verify that all components are present and undamaged before beginning assembly. If any parts are missing or damaged, contact customer support.

- Main Frame Assembly
- Handlebars (Fixed and Movable)
- Pedals
- Stabilizer Bars (Front and Rear)

- LCD Monitor
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual

### 3. ASSEMBLY INSTRUCTIONS

Assembly typically requires two people. Follow the numbered steps in the included assembly diagram. Ensure all bolts are securely tightened.

1. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and washers.
2. **Install Pedals:** Attach the left and right pedals to their respective crank arms. Note that pedal bolts are side-specific (L for left, R for right) and must be threaded correctly to avoid damage.
3. **Connect Handlebars:** Attach the fixed and movable handlebars to the main frame. Ensure all connections are firm.
4. **Mount LCD Monitor:** Connect the sensor wires from the main frame to the LCD monitor. Secure the monitor onto its bracket.
5. **Final Check:** Verify all bolts and nuts are tightened. Ensure the elliptical trainer is stable and does not wobble.





Image: The main components of the GYMAX Elliptical Trainer, showing the base unit, handlebars, and pedals.

## 4. OPERATING INSTRUCTIONS

### 4.1 LCD Monitor Functions

The integrated LCD monitor displays key workout data to help you track your progress.

- **Time:** Duration of your current workout.
- **Speed:** Current speed in distance per unit of time.
- **Distance:** Total distance covered during the current workout.
- **Odometer:** Total accumulated distance since the monitor was reset.
- **Calories:** Estimated calories burned during the current workout.
- **Heart Rate (Pulse):** Your current heart rate, measured by the pulse rate grips on the fixed handlebars.



Time



Speed



Distance



Odometer



Calorie



Pulse



Image: Close-up view of the LCD monitor displaying workout data and the pulse handlebars for heart rate tracking.

## 4.2 Adjusting Resistance

The elliptical trainer features 8 levels of magnetic resistance. To adjust:

- Locate the tension control knob, usually positioned below the handlebars.
- Turn the knob clockwise to increase resistance (levels 1-8).
- Turn the knob counter-clockwise to decrease resistance.
- Start with a lower resistance level and gradually increase as your fitness improves.



Image: Diagram illustrating the 8-level magnetic resistance system and the tension control knob.

#### 4.3 Using the Elliptical Trainer

- **Starting:** Step onto the pedals one foot at a time. Hold onto the handlebars for balance. Begin a smooth, elliptical motion with your feet and arms.
- **Dual Handlebars:** The fixed handlebars allow focus on lower body exercise. The movable handlebars engage your upper body for a full-body workout.
- **Device Holder:** A built-in holder allows you to place your phone or tablet for entertainment during your workout.
- **Adjustable Leg Stabilizer:** Ensure the elliptical is level on uneven surfaces by adjusting the leg stabilizers at the base.



Image: Detailed view of the elliptical trainer's features, including comfortable foam-padded handlebars, a humanized mobile phone holder, large anti-slip foot pedals, and adjustable leg stabilizers.

## FULL BODY WORKOUT

Have a perfect figure right away



Image: A user demonstrating a full-body workout on the elliptical trainer, highlighting engagement of arms, waist, calves, hips, and thighs.

## 5. MAINTENANCE

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

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically apply a silicone-based lubricant to moving joints and pivot points to prevent squeaking and ensure smooth operation. Refer to the assembly diagram for specific lubrication points.
- **Tighten Bolts:** Regularly check and tighten all bolts, nuts, and screws, especially those on the handlebars, pedals, and frame connections. Loose components can lead to instability and noise.
- **Storage:** When not in use, store the elliptical trainer in a dry, cool place away from direct sunlight. The built-in transport wheels allow for easy relocation.



Image: The elliptical trainer being moved using its two built-in transport wheels, demonstrating its portability.

## 6. TROUBLESHOOTING

Refer to this section for common issues and their solutions.

Problem	Possible Cause	Solution
Squeaking or Noise	Loose bolts; lack of lubrication on moving parts.	Tighten all assembly bolts. Apply silicone lubricant to pivot points and joints.
Unstable or Wobbling	Uneven surface; loose frame connections.	Ensure the elliptical is on a flat surface. Adjust the leg stabilizers. Re-tighten all frame bolts.
LCD Monitor Not Displaying	Loose sensor connection; dead batteries.	Check that all sensor wires are securely connected. Replace batteries in the LCD monitor.

Problem	Possible Cause	Solution
Inaccurate Heart Rate Reading	Improper hand placement; dry hands.	Ensure both hands are firmly gripping the pulse sensors. Lightly moisten hands if they are too dry.
Resistance Not Changing	Resistance cable issue; internal mechanism fault.	Check if the resistance cable is properly connected and not kinked. If the issue persists, contact customer support.

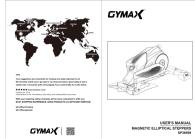
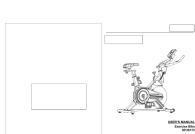
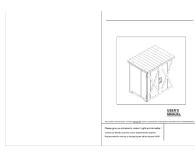
## 7. SPECIFICATIONS

- **Brand:** GYMAX
- **Product Dimensions:** 34"D x 17"W x 60"H
- **Material:** Iron
- **Resistance Mechanism:** Magnetic
- **Number of Resistance Levels:** 8
- **Maximum Weight Recommendation:** 220 Pounds
- **Maximum Stride Length:** 12 Inches
- **Item Weight:** 52 Pounds
- **Monitor Functions:** Time, Speed, Distance, Odometer, Calories, Heart Rate

## 8. WARRANTY AND SUPPORT

For warranty information, replacement parts, or technical assistance, please contact GYMAX customer support. Keep your purchase receipt as proof of purchase.

**Contact Information:** Refer to the GYMAX official website or your purchase documentation for the most current customer service contact details.

	<p><b><a href="#">GYMAX SP36559 Magnetic Elliptical Stepper User Manual</a></b></p> <p>Comprehensive user manual for the GYMAX SP36559 Magnetic Elliptical Stepper, covering safety instructions, assembly, computer operation, exercise guide, and maintenance. Learn how to set up and use your elliptical trainer for effective workouts.</p>
	<p><b><a href="#">Gymax SP37619CA Treadmill User Manual</a></b></p> <p>Comprehensive user manual for the Gymax SP37619CA Treadmill, covering safety precautions, assembly, operation, maintenance, and troubleshooting. Includes information on the Gymax App for enhanced user experience.</p>
	<p><b><a href="#">GYMAX SP36172 Exercise Bike User Manual   Assembly &amp; Operation Guide</a></b></p> <p>User manual for the GYMAX SP36172 Exercise Bike, providing comprehensive assembly instructions, operation guide for the console, adjustment details for seat and handlebars, and general exercise tips. Learn how to set up, use, and maintain your stationary exercise bike for effective home workouts.</p>
	<p><b><a href="#">GYMAX Exercise Bike User Manual: Installation, Operation, and Fitness Guide</a></b></p> <p>A comprehensive user manual for the GYMAX exercise bike, detailing installation steps, security operation guidelines, electronic meter functions, and fitness usage advice for optimal health benefits.</p>
	<p><b><a href="#">GYMAX SP38104US/SP38104CA Walking Machine User Manual &amp; Safety Guide</a></b></p> <p>This user manual provides comprehensive instructions for the GYMAX SP38104US and SP38104CA walking machines, covering setup, operation, safety precautions, maintenance, and troubleshooting for optimal home use.</p>
	<p><b><a href="#">Gymax Outdoor Wooden Storage Shed Cabinet User Manual &amp; Assembly Instructions</a></b></p> <p>Comprehensive user manual and assembly guide for the Gymax GYM05167 Outdoor Wooden Storage Shed Cabinet. Includes parts list, step-by-step instructions, safety information, and product specifications.</p>