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FUNMILY elliptical trainers

FUNMILY Elliptical Exercise Machine User Manual

Model: elliptical trainers

1. IMPORTANT SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is essential to read and understand all instructions in this manual before assembling or operating the FUNMILY Elliptical Exercise Machine. Keep this manual for future reference.

- Ensure all parts are securely fastened before each use. Regularly inspect the machine for any loose or damaged components.
- Keep children and pets away from the machine during operation.
- Always wear appropriate athletic footwear during exercise.
- Place the elliptical on a flat, stable surface with adequate clear space around it.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately and consult your physician.
- Do not exceed the maximum weight capacity of 390 pounds (177 kg).
- Use the machine only for its intended purpose as described in this manual.

2. PRODUCT OVERVIEW

The FUNMILY Elliptical Exercise Machine is designed for home use, offering a full-body workout with adjustable magnetic resistance and an LCD monitor to track your progress.



Image: The FUNMILY Elliptical Exercise Machine, showcasing its design and compact footprint suitable for home use.

3. SETUP AND ASSEMBLY

The elliptical machine requires assembly. Please refer to the separate assembly guide included in your package for detailed, step-by-step instructions. Ensure all components are present before starting assembly.

3.1 Placement

- Choose a level, stable surface for placement.
- Allow at least 2 feet (60 cm) of clear space around the machine for safe operation and movement.
- Avoid placing the machine in direct sunlight or near heat sources.

3.2 Moving the Machine

The elliptical is equipped with transport wheels for easy relocation.

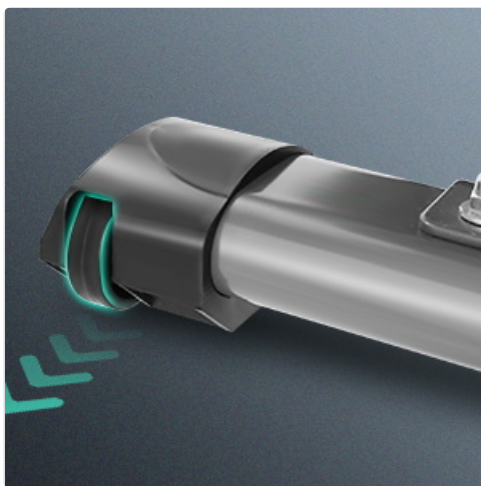


Image: Close-up of the transport wheels located at the front base of the elliptical machine, designed for easy movement.

1. Grasp the rear stabilizer or main frame firmly.
2. Tilt the machine forward until it rests on its transport wheels.
3. Carefully roll the machine to the desired location.
4. Gently lower the machine back onto its stabilizers.

4. OPERATING INSTRUCTIONS

4.1 LCD Monitor Functions

The integrated LCD monitor displays key workout data. Use the 'MODE' button to cycle through display functions and 'RESET' to clear data.

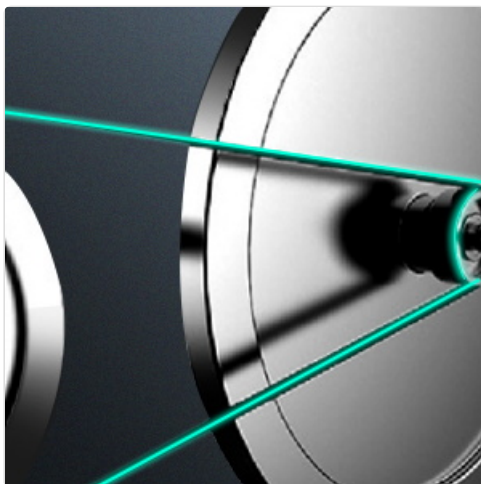


Image: Close-up of the elliptical's LCD monitor, showing digital readouts for various exercise metrics and control buttons.

- **TIME:** Displays the duration of your workout.
- **SPEED:** Shows your current speed.
- **DISTANCE:** Tracks the total distance covered during your session.
- **CALORIES:** Estimates the calories burned.
- **PULSE:** Displays your heart rate when holding the pulse sensors.
- **SCAN:** Automatically cycles through all display functions every few seconds.

4.2 Resistance Adjustment

The machine features 10 levels of magnetic resistance. Turn the resistance knob located on the main frame to increase or decrease the workout intensity.

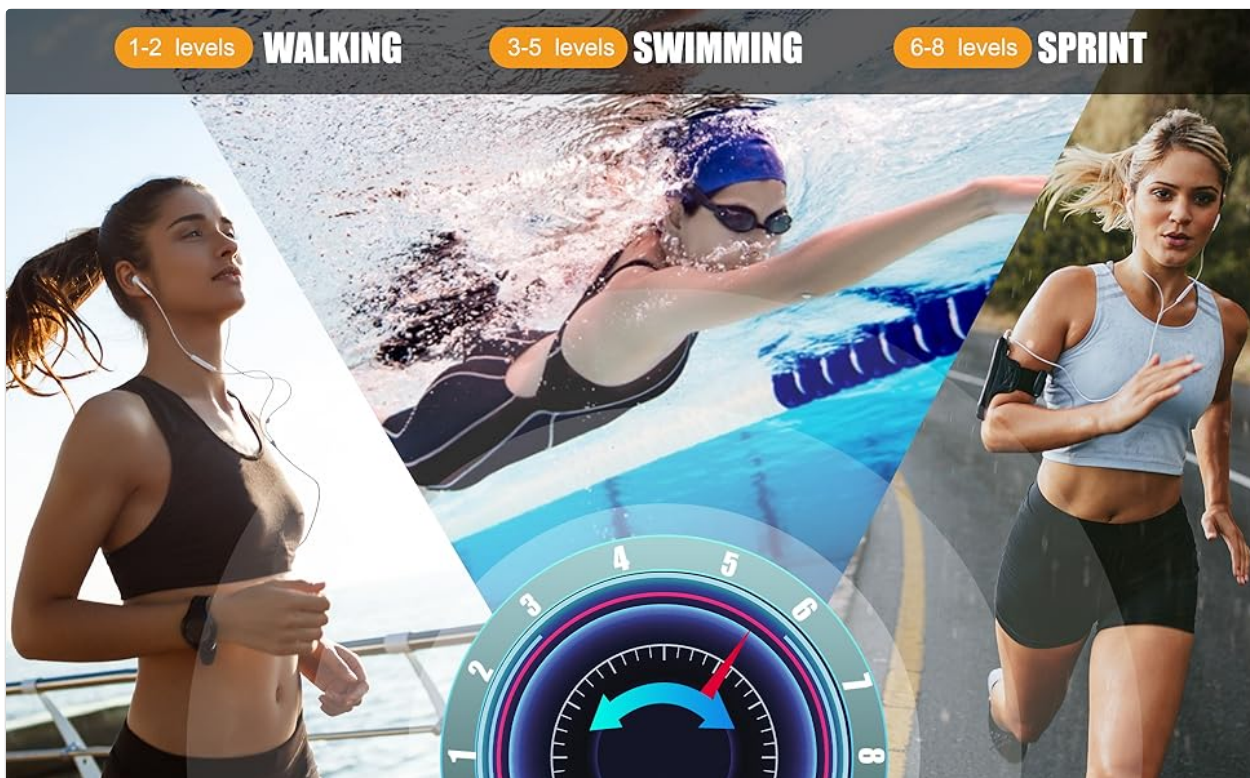


Image: Visual representation of different resistance levels, suggesting appropriate intensity for walking (1-2 levels), swimming (3-5 levels), and sprint (6-8 levels).

- Turn clockwise to increase resistance for a more challenging workout.
- Turn counter-clockwise to decrease resistance for an easier workout.

4.3 Heart Rate Sensor

Grip the pulse pads on the stationary handlebars to measure your heart rate. Ensure both hands are firmly on the sensors for an accurate reading.

4.4 Smart Workout App (FITSHOW APP)

Connect your elliptical to the FITSHOW APP for an enhanced workout experience, including virtual reality exercising and detailed data recording.



Image: A smartphone and tablet displaying the FITSHOW APP interface, showing workout data and virtual routes.

1. Download the FITSHOW APP from your device's app store.

2. Enable Bluetooth on your mobile device.
3. Open the FITSHOW APP and follow the on-screen instructions to connect to your elliptical machine.
4. Begin your workout and track your progress within the app.

4.5 Foot Pedals and Handles

The non-slip 15-inch pedals provide stability, while foam-covered handles allow for upper body engagement.



Image: Close-up of a textured, non-slip foot pedal designed for secure footing during exercise.

- Ensure your feet are centered and secure on the pedals before starting.
- Hold the moving handlebars for a full-body workout, or the stationary handlebars for lower body focus and heart rate monitoring.

5. MAINTENANCE

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

5.1 Cleaning

- Wipe down the machine with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents, as they may damage the finish or electronic components.

5.2 Inspection

- Periodically check all nuts, bolts, and moving parts for tightness. Tighten as necessary.
- Inspect the belt drive system for any signs of wear or damage.



Image: Diagram showing the internal belt drive system of the elliptical, highlighting its smooth operation.

5.3 Storage

- Store the machine in a cool, dry place away from moisture and extreme temperatures.

6. TROUBLESHOOTING

If you encounter issues with your elliptical machine, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
LCD Monitor not displaying	Batteries are low or incorrectly installed.	Replace batteries or ensure they are installed correctly.
Resistance not changing	Resistance cable is loose or disconnected.	Check the connection of the resistance cable to the knob and flywheel.
Unusual noise during operation	Loose bolts or moving parts.	Inspect and tighten all bolts and connections. Lubricate moving joints if necessary.
Heart rate reading is inaccurate or absent	Hands not firmly on sensors; sensors are dirty.	Ensure firm contact with both sensors. Clean sensors with a dry cloth.

7. SPECIFICATIONS

Key technical specifications for the FUNMILY Elliptical Exercise Machine.

Feature	Detail
Model Name	elliptical trainers
Brand	FUNMILY
Product Dimensions	46"D x 13"W x 23"H (116.8 cm D x 33 cm W x 58.4 cm H)
Material	Aluminum
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	390 Pounds (177 kg)
Maximum Stride Length	18 Inches (45.7 cm)
Number of Resistance Levels	10
Included Components	Elliptical cross trainer

8. WARRANTY AND SUPPORT

8.1 Warranty Information

The FUNMILY Elliptical Exercise Machine comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects in materials and workmanship under normal use. It does not cover damage caused by misuse, accident, unauthorized modification, or improper assembly.

8.2 Customer Support

For warranty claims, technical assistance, or replacement parts, please contact FUNMILY customer support. Refer to your purchase documentation or the FUNMILY official website for contact details.