ROTAI SMEB002-B

ROTAI Under Desk Elliptical Machine Instruction Manual

Model: SMEB002-B | Brand: ROTAI

Introduction

This manual provides comprehensive instructions for the ROTAI Under Desk Elliptical Machine, model SMEB002-B. Designed to promote circulation and provide low-impact exercise, this portable trainer is ideal for use at home or in the office, especially for individuals who spend extended periods sitting.

Important Safety Information

- Read all instructions before using the appliance.
- Do not stand on the machine. It is designed for seated use only.
- Keep children and pets away from the machine during operation.
- Ensure the machine is placed on a stable, level surface.
- Unplug the machine when not in use or before cleaning.
- Consult a physician before beginning any exercise program, especially if you have pre-existing medical conditions.

Package Contents

- 1 x ROTAI Under Desk Elliptical Machine
- 1 x Remote Control (2 AAA batteries not included)
- 1 x Power Cord
- 1 x User Manual

Setup

The ROTAI Under Desk Elliptical Machine requires minimal setup.

1. Place the elliptical machine on a flat, stable surface near a power outlet.
2. Connect the power cord to the machine's input port and then to a wall outlet.

3. Insert 2 AAA batteries (not included) into the remote control.



Image Description: The ROTAI Under Desk Elliptical Machine in black, with its remote control shown beside it. The machine features two large foot pedals and a central control panel.

Operating Instructions

Powering On/Off

To power on the machine, press the "Power" button on the remote control or the central control panel. The LCD display will illuminate. To power off, press the "Power" button again.

Modes (Auto/Manual)

The machine offers both automatic and manual workout modes.

- **Automatic Mode (P1, P2, P3)**: Plug in the machine. Press the "Function" button on the control panel or remote to cycle through P1, P2, and P3 preset programs. These programs automatically adjust speed and direction.
- **Manual Mode (HR)**: To engage manual mode, unplug the machine or press the "Function" button until "HR" appears on the display. In this mode, you control the pedaling motion with your own feet.



Image Description: A split image demonstrating "Auto Workout" where the machine pedals automatically when plugged in, and "Manual Workout" where the user pedals by unplugging the machine.

Direction Control

In automatic modes, the direction of pedaling (forward or backward) is controlled by the preset program. To manually change direction, press the "Direction" button on the remote or control panel.



Image Description: A person using the elliptical machine while seated, holding the remote control. The remote allows for easy adjustment of settings without bending down.

Speed Control

The machine has 5 speed levels (Speed 1: 1.5km/h, Speed 2: 2.5km/h, Speed 3: 3.5km/h, Speed 4: 4.5km/h, Speed 5: 5.7km/h). In automatic modes, speed is adjusted by the program. In manual mode, use the "Speed" up/down arrows on the remote or control panel to increase or decrease speed.

Display Functions

The LCD monitor displays various workout metrics. Press the "Mode" button to cycle through:

- **Scan**: Automatically cycles through all metrics.
- **Time**: Duration of your workout.
- **Distance**: Estimated distance covered.
- **Speed**: Current pedaling speed.
- **Counter**: Number of revolutions.

- **Calorie**: Estimated calories burned.



Image Description: A close-up view of the elliptical machine's control panel, highlighting the LCD display and buttons for Function, Power, Mode, Direction, and Speed. Labels indicate what each metric on the display represents.

Quiet Operation

The ROTAI elliptical machine is designed for quiet operation, making it suitable for use in offices or shared living spaces

without causing disturbance.



Image Description: A person working at a desk with the elliptical machine under their feet, illustrating its quiet operation suitable for office environments. A decibel scale is shown at the bottom comparing the machine's noise level to common sounds.

Portability and Storage

The machine is lightweight and features a convenient groove for easy lifting and moving. The remote control can be stored in this groove when not in use.



Image Description: A woman seated on a couch using the elliptical machine, demonstrating its portability and ease of use in various home settings.

Official Product Video

Video Description: An official product video from Rotai Sports&Relax demonstrating the automatic electrical elliptical machine, highlighting its features and ease of use for various users.

Maintenance

- **Cleaning**: Wipe the machine with a damp cloth after each use. Do not use abrasive cleaners.
- **Storage**: Store the machine in a dry, cool place away from direct sunlight.
- **Inspection**: Periodically check all parts for wear and tear. If any damage is found, discontinue use and contact customer support.

Troubleshooting

Problem	Possible Cause	Solution
Machine does not power on	Power cord not connected properly; No power from outlet	Ensure power cord is securely plugged in; Try a different outlet
Remote control not working	Batteries are dead or incorrectly inserted	Replace AAA batteries; Ensure batteries are inserted with correct polarity
Pedals are not moving smoothly	Obstruction; Machine needs cleaning	Check for any foreign objects obstructing the pedals; Clean the machine thoroughly
Machine slides on floor	Surface is too smooth	Place the machine on a carpet or a non-slip mat

Specifications

- **Brand**: ROTAI
- **Model Name**: SMEB002-B
- **Color**: Black
- **Material**: Acrylonitrile Butadiene Styrene (ABS)
- **Item Weight**: 15 Pounds
- **Overall Dimensions**: 18.12"(L) x 14.18"(W) x 10.24"(H)
- **Power**: Electric (Plug-in)
- **Speed Levels**: 5
- **Modes**: Automatic (P1, P2, P3), Manual (HR)
- **Display**: LCD (Time, Distance, Speed, Counter, Calorie)

Warranty and Support

Warranty: The ROTAI Under Desk Elliptical Machine comes with a TWO-YEAR warranty. Please retain your proof of purchase for warranty claims.
Customer Support: For any questions, technical assistance, or warranty claims, please contact ROTAI customer support through the retailer's platform or visit the official ROTAI website for contact information.

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Question

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

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