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Dripex Under Desk Elliptical Machine

Dripex Under Desk Elliptical Machine User Manual

Model: Under Desk Elliptical Machine



INTRODUCTION AND SAFETY INFORMATION

Thank you for choosing the Dripex Under Desk Elliptical Machine. This manual provides important instructions for the safe assembly, operation, and maintenance of your elliptical trainer. Please read this manual thoroughly before using the product and retain it for future reference.

Important Safety Instructions:

- 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.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight of 100 kg (220 lbs).
- Inspect the machine for loose or damaged parts before each use. Do not use if damaged.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

SETUP AND ASSEMBLY

Your Dripex Under Desk Elliptical Machine comes mostly pre-assembled. Follow these steps to prepare it for use.

1. **Unboxing:** Carefully remove all components from the packaging. Ensure all parts listed in the "Included Components" section are present.
2. **Placement:** Place the elliptical on a stable, level surface. Ensure there is enough clear space around the machine for safe operation, especially if using it in a standing position or with the resistance bands.
3. **Stabilization:** The elliptical features anti-slip pads on its base. Ensure these pads are making full contact with the floor to prevent movement during exercise.
4. **Resistance Bands (Optional):** If your model includes elastic resistance bands for arm workouts, attach them securely to the designated points on the elliptical as per the diagram in the hardware pack.

COMPACT DESIGN

Easy to carry & store



Image: The compact design of the elliptical, showing its dimensions and integrated carry handle for easy placement and storage.

OPERATING INSTRUCTIONS

1. Adjusting Resistance Levels

The Dripex Under Desk Elliptical features 8 levels of adjustable magnetic resistance, allowing you to customize your workout intensity.

- To **increase** resistance, turn the resistance knob clockwise towards the "HIGH" setting.
- To **decrease** resistance, turn the resistance knob counter-clockwise towards the "LOW" setting.

8 LEVELS ADJUSTABLE MAGNETIC RESISTANCE

Inspire your performance



1-2 Levels

Casual Mode



3-5 Levels

Strength Training Mode



6-8 Levels

Body Built Mode



Image: Close-up of the resistance knob, illustrating the 8 adjustable levels from low to high tension for varied workout intensity.

2. Using the LCD Digital Monitor

The integrated LCD monitor tracks your workout progress. It typically displays the following metrics:

- **Time:** Duration of your current workout session.
- **Distance:** Estimated distance covered during your workout.
- **Calories:** Estimated calories burned.
- **Speed:** Current speed of your pedaling.
- **Scan:** Automatically cycles through all metrics.

To operate the monitor, press the button usually located below the display. A single press typically cycles through modes, and holding it down may reset values.



Image: The LCD digital monitor showing various workout data such as time, distance, calories, and speed, with a "STOP SCAN" indicator.

3. Versatile Workout Positions

This elliptical machine supports both sitting and standing exercise positions, allowing for a low-impact workout that targets different muscle groups.

- **Sitting Use:** Place the elliptical under your desk or in front of a chair. Ensure your chair is stable and you maintain good posture while pedaling. This is ideal for relieving knee pressure and improving circulation during prolonged sitting.
- **Standing Use:** Position the elliptical on a flat, stable surface. Stand on the pedals and maintain balance. This position engages more core and leg muscles.
- **Arm Workout (with bands):** If using the included elastic resistance bands, hold the handles and perform arm exercises while pedaling, engaging your upper body, back, shoulders, and chest.

LOW-IMPACT EXERCISE

Rest Time

- ◎ Calorie-Burner
- ◎ Relieve knee pressure
- ◎ Ankle exercises
- ◎ Hip rehabilitation exercises
- ◎ Strengthen knees



Work Time

- ◎ Relieve Work Stress
- ◎ Toning Leg Muscles
- ◎ Prevent Prolonged Sitting
- ◎ Improve Blood Mobility
- ◎ Improve Sub-Health



Image: A person using the elliptical while seated at a desk, demonstrating its low-impact exercise benefits for both rest and work periods.

FULL BODY WORKOUT



Arm Workout



Waist Exercise



Hip Exercise



Leg Exercise



Image: A person demonstrating a full-body workout using the elliptical in a standing position with attached resistance bands for arm, waist, hip, and leg exercises.

4. Quiet Operation

The magnetic resistance system ensures an ultra-smooth and quiet workout experience, making it suitable for use in offices or shared living spaces without disturbing others.

HYPER-QUIET & ULTRA-SMOOTH DESIGN

Inspire your performance

 <20 dB



<20 dB
Ultra Silent Mat

<20 dB
Hyper-Quiet Wheels



Image: An illustration highlighting the hyper-quiet and ultra-smooth design of the elliptical, indicating noise levels below 20 dB, suitable for quiet environments.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your elliptical machine.

- Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- Storage:** Store the elliptical in a cool, dry place away from direct sunlight and extreme temperatures. Its compact size and handle make it easy to store.
- Battery Replacement:** If the LCD monitor display becomes dim or unresponsive, replace the batteries (typically AA or AAA, refer to the monitor compartment for specifics).

TROUBLESHOOTING

Here are solutions to common issues you might encounter:

Problem	Possible Cause	Solution
LCD Monitor not displaying	Dead batteries or loose connection.	Replace batteries. Check battery compartment for secure connection.
Unusual noise during operation	Loose parts or friction.	Inspect and tighten all bolts and nuts. Ensure the machine is on a level surface.
Resistance not changing	Resistance mechanism issue.	Ensure the resistance knob is turning freely. If the issue persists, contact customer support.
Machine slides during use	Not on a stable surface or anti-slip pads are dirty.	Place on a firm, level surface. Clean the anti-slip pads and the floor beneath.

SPECIFICATIONS

Feature	Detail
Model Name	Under Desk Elliptical Machine
Brand	Dripex
Resistance Mechanism	Magnetic
Resistance Levels	8 Adjustable Levels
Maximum Weight Recommendation	100 Kilograms (220 lbs)
Product Dimensions	62D x 42W x 33H Centimeters (24.4D x 16.5W x 13H Inches)
Item Weight	12 Kilograms (26.4 lbs)
Material	Aluminum
Display Type	LCD Digital Monitor
Screen Size	2.5 Inches
Included Components	1x Dripex Under Desk Elliptical, 1x Hardware Pack, 1x User Manual

WARRANTY INFORMATION

Dripex provides friendly after-sales service for its products. Specific warranty terms and duration may vary. Please refer to the warranty card included in your hardware pack or contact customer support for detailed information regarding your product's warranty.

CUSTOMER SUPPORT

For any questions, concerns, or assistance with your Dripex Under Desk Elliptical Machine, please contact our customer support team.

You can reach us through Amazon messages for prompt assistance.

Please have your product model and ASIN (B09SLD94WZ) ready when contacting support to help us serve you

better.

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